

## X ZIMOWY MARATON BIESZCZADZKI 2024 - 20KM

Organizator: Fundacja Bieg Rzeźnika  
 Data: 2024-01-27  
 Miejsce: Cisna  
 Dystans: 22 km  
 Klasyfikacja wg czasów brutto.



### X ZIMOWY MARATON BIESZCZADZKI 2024 - 20KM, OPEN

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	12km	12.1km	18km	Netto	Brutto	min/km	km/h
1	SIKOŃCZYK MIŁOSZ	2170	ALPIN SPORT TEAM	KRAKÓW	POL	M30	1	M 1	00:19:41	00:51:58	00:52:10	01:21:14	01:43:45.35	01:43:45.35	4:30	13.3
2	MATUSZNY MAREK	2227	STAŃCZAK TEAM	DZIEGIELÓW	POL	M20	1	M 2	00:19:14	00:50:34	00:50:50	01:21:08	01:44:48.60	01:44:48.60	4:33	13.2
3	PITUCH GRZEGORZ	2229	KS WYSOKA	WYSOKA	POL	M40	1	M 3	00:19:40	00:52:10	00:52:22	01:21:14	01:46:09.30	01:46:09.45	4:36	13
4	KUROWSKI ANDREW	2029		ŻYWIĘC	GBR	M40	2	M 4	00:19:16	00:51:34	00:51:46	01:23:33	01:48:43.75	01:48:44.15	4:43	12.7
5	GUT JACEK	2159	KLUB MORSA SŁONECZKO/ AKADEMIA BIEGACZA MATYLDA KOWAL	GŁOGÓW MAŁOPOLSKI	POL	M30	2	M 5	00:20:26	00:55:05	00:55:18	01:25:11	01:50:38.00	01:50:38.90	4:48	12.5
6	ŁOZA MATEUSZ	2014	MY ENDURANCE COACHING	GORKZÓW	POL	M30	3	M 6	00:20:51	00:54:45	00:54:58	01:26:39	01:51:37.90	01:51:40.10	4:51	12.4
7	DUDEK KAMIL	2001		JASZENICA ROSIELNA	POL	M20	2	M 7	00:20:28	00:53:35	00:53:48	01:24:00	01:51:57.30	01:51:57.60	4:52	12.3
8	DMITRZAK MICHAŁ	2175		SANOK	POL	M50	1	M 8	00:23:26	00:59:35	00:59:49	01:31:19	01:57:10.15	01:57:13.30	5:05	11.8
9	POŻAK GRZEGORZ	2207		LUBARTÓW	POL	M40	3	M 9	00:22:41	00:59:28	00:59:44	01:33:05	01:58:49.40	01:58:52.35	5:09	11.6
10	BODANKA PIOTR	2225	APAMA ACOUSTIC PROJECT	NIEZANICE	POL	M40	4	M 10	00:22:19	00:59:25	00:59:38	01:32:51	01:59:05.80	01:59:06.85	5:10	11.6
11	POTKAJ PRZEMYSŁAW	2133	DĄBROWSKI TEAM	KADZIDŁO	POL	M30	4	M 11	00:22:30	00:58:59	00:59:20	01:32:47	02:00:01.95	02:00:08.25	5:13	11.5
12	PERNAL DARIUSZ	2201		RYMANÓW	POL	M30	5	M 12	00:22:29	00:58:53	00:59:09	01:32:07	02:00:21.20	02:00:22.00	5:13	11.5
13	HEJNAR JAKUB	2098		SZCZEPANÓWA	POL	M40	5	M 13	00:23:08	01:01:19	01:01:33	01:34:53	02:01:42.25	02:01:45.80	5:17	11.3
14	ZBLEWSKI KRZYSZTOF	2093		RUMIA	POL	M30	6	M 14	00:22:40	00:59:27	00:59:43	01:33:39	02:02:58.35	02:03:03.75	5:20	11.2
15	BOLECHOWSKA DOMINIKA	2234	ALPIN SPORT TEAM	RABKA ZDRÓJ	POL	K40	1	K 1	00:24:16	01:03:03	01:03:16	01:37:23	02:04:02.80	02:04:04.10	5:23	11.1
16	HLAVÁČ LUMÍR	2211	SK FUGA		CZE	M50	2	M 15	00:23:23	01:01:17	01:01:32	01:34:52	02:03:59.75	02:04:04.20	5:23	11.1
17	KOČAJ JAKUB	2058	GÓRAL Z MAZUR RUNNING TEAM	HARTA	POL	M20	3	M 16	00:23:34	01:02:46	01:03:06	01:37:06	02:04:51.80	02:04:58.85	5:25	11.1
18	ZABIELSKI MAREK	2148		WARSZAWA	POL	M30	7	M 17	00:24:57	01:03:46	01:04:19	01:36:41	02:05:14.65	02:05:26.55	5:26	11
19	WASYLÓW JACEK	2165	CZR1-TEAM PRZEMYSŁ	PRZEMYSŁ	POL	M40	6	M 18	00:23:41	01:02:35	01:03:30	01:37:38	02:05:40.35	02:05:43.80	5:27	11
20	SKARUZ JAROSŁAW	2088		WARSZAWA	POL	M40	7	M 19	00:23:54	01:02:59	01:03:16	01:37:23	02:06:20.55	02:06:26.85	5:29	10.9
21	KOT DAWID	2162		RZESZÓW	POL	M30	8	M 20	00:24:19	01:02:50	01:03:05	01:37:17	02:06:38.50	02:06:45.05	5:30	10.9
22	PIĄTEK BEATA	2220		ŁAŃCUT 37-100	POL	K40	2	K 2	00:24:16	01:04:02	01:04:16	01:38:43	02:07:01.50	02:07:03.15	5:31	10.9
23	BANASIK KRZYSZTOF	2027		PRUCHNIK	POL	M40	8	M 21	00:23:26	01:01:22	01:01:36	01:36:52	02:07:19.95	02:07:22.10	5:32	10.8
24	SZCZUDRAWA DARIUSZ	2037		NOWA DĘBA	POL	M40	9	M 22	00:22:35	01:00:08	01:00:26	01:36:22	02:08:20.45	02:08:22.60	5:34	10.8
25	GUŁAŚ DANIEL	2135		MOTYCZ	POL	M40	10	M 23	00:24:34	01:04:42	01:04:55	01:39:47	02:08:34.55	02:08:37.70	5:35	10.7
26	KUŚMIERZAK PIOTR	2087	PRZEDWOJEWSKI TEAM	LUBLIN	POL	M40	11	M 24	00:23:55	01:04:01	01:04:31	01:39:24	02:09:07.05	02:09:09.80	5:36	10.7
27	MASŁOŃ BŁAŻEJ	2084		RUDNIK MAŁY	POL	M50	3	M 25	00:24:13	01:03:05	01:03:44	01:38:20	02:09:04.80	02:09:11.30	5:36	10.7
28	KROPIWNIKI MARCIN	2091		BIAŁYSTOK	POL	M30	9	M 26	00:23:34	01:02:28	01:02:44	01:38:00	02:09:33.00	02:09:37.15	5:37	10.7
29	BATORY MAREK	2125	BATORY BAU	GORLICE	POL	M40	12	M 27	00:23:52	01:03:07	01:03:45	01:39:25	02:11:33.80	02:11:37.15	5:43	10.5
30	ROGAŁA GRZEGORZ	2233		36-040 BOGUCHWAŁA	POL	M50	4	M 28	00:24:15	01:04:36	01:04:50	01:40:56	02:11:36.05	02:11:38.80	5:43	10.5
31	PIERZ SŁAWOMIR	2174		ISKRZYŃNIA	POL	M40	13	M 29	00:25:42	01:06:34	01:06:48	01:42:22	02:11:46.20	02:12:03.70	5:43	10.5
32	GURGUŁ MATEUSZ	2023	AROMAT NÓG	KRAKÓW	POL	M30	10	M 30	00:24:36	01:03:53	01:04:46	01:41:35	02:12:10.45	02:12:12.05	5:44	10.4
33	WAŚIK ŁUKASZ	2176		SANOK	POL	M30	11	M 31	00:26:55	01:06:55	01:08:34	01:43:21	02:13:53.75	02:14:15.00	5:49	10.3
34	ZIĘBA MATEUSZ	2190	FOREVER TEAM	ŚWILCZA	POL	M40	14	M 32	00:24:19	01:04:23	01:04:37	01:43:53	02:14:28.70	02:14:30.05	5:50	10.3
35	CZARNOCKI PAWEŁ	2054	GBSB	GOŁĄBEK	POL	M40	15	M 33	01:35:25				02:13:56.60	02:14:31.45	5:49	10.3
36	ZALECKI ZBIGNIEW	2143		BOCHNIA	POL	M50	5	M 34	00:25:32	01:04:56	01:05:23	01:43:26	02:14:22.10	02:14:42.75	5:50	10.3
37	OLEJARNIK ŁUKASZ	2182	ITMBW KRAKÓW	KRAKÓW	POL	M30	12	M 35	00:26:25	01:07:32	01:07:55	01:44:39	02:15:06.60	02:15:51.05	5:52	10.2
38	RACZKOWSKI PAWEŁ	2076		LUBLIN	POL	M40	16	M 36	00:25:53	01:06:49	01:07:29	01:43:34	02:15:48.85	02:16:20.40	5:54	10.2
39	SZAROWICZ FABIAN	2230	BATORYBAU	SEKOWA 422	POL	M40	17	M 37	00:25:58	01:07:25	01:08:40	01:45:22	02:16:11.45	02:16:24.30	5:55	10.1
40	TABĘDZKI BARTŁOMIEJ	2134		PIASTÓW	POL	M40	18	M 38	00:25:59	01:07:27	01:09:17	01:46:32	02:16:17.70	02:16:25.75	5:55	10.1
41	BANASIK MONIKA	2028		PRUCHNIK	POL	K40	3	K 3	00:24:17	01:06:11	01:07:05	01:43:54	02:16:47.40	02:16:49.55	5:56	10.1
42	DOMARECKI PAWEŁ	2127	STOPKA PILAWA	PILAWA	POL	M40	19	M 39	00:26:56	01:07:29	01:07:58	01:43:20	02:17:32.75	02:17:43.45	5:58	10
43	JACNIAK EWA	2138	#NOLIMITS		POL	K30	1	K 4	00:26:17	01:08:47	01:09:02	01:46:30	02:18:17.00	02:18:26.25	6:00	10

**X ZIMOWY MARATON BIESZCZADZKI 2024 - 20KM, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	12km	12.1km	18km	Netto	Brutto	min/km	km/h
44	ŁUKASIEWICZ EWELINA	2124		POZNAŃ	POL	K30	2	K 5	00:25:52	01:08:47	01:09:07	01:46:38	02:19:06.35	02:19:11.70	6:02	9.9
45	BUKOWSKI BARTOSZ	2197	KIERAT	GDYNIA	POL	M30	13	M 40	00:30:05	01:12:36	01:12:58	01:48:50	02:19:02.30	02:19:35.55	6:02	9.9
46	STEFANIUK ROMAN	2040	GRUPA BIEGACZY SKÓRZEC BIEGA	SIEDLCE	POL	M60	1	M 41	00:26:55	01:09:48	01:10:17	01:47:49	02:19:43.05	02:19:51.95	6:04	9.9
47	KASELA MACIEK	2172		KIELCE	POL	M30	14	M 42	00:27:34	01:10:30	01:11:30	01:49:42	02:19:58.05	02:20:11.90	6:05	9.9
48	SZCZUREK PAWEŁ	2033		DUKLA	POL	M50	6	M 43	00:25:03	01:06:45	01:07:00	01:46:30	02:20:38.30	02:20:42.35	6:06	9.8
49	ZADROŻNY SŁAWOMIR	2067	STOPKA PILAWA	LIPÓWKI	POL	M60	2	M 44	00:26:30	01:07:43	01:08:26	01:46:42	02:21:16.00	02:21:29.25	6:08	9.8
50	SIKORA MATEUSZ	2152	#NOLIMITS		POL	M20	4	M 45	00:27:28	01:09:40	01:09:55	01:48:41	02:21:04.30	02:21:30.00	6:08	9.8
51	KALISZ KAROLINA MARIA	2078		WARSZAWA	POL	K30	3	K 6	00:27:59	01:12:53	01:14:20	01:50:41	02:21:36.40	02:21:40.70	6:09	9.7
52	WERLE MICHAŁ	2169		WARSZAWA	POL	M30	15	M 46	00:26:25	01:08:31	01:09:51	01:48:24	02:22:01.40	02:22:38.85	6:10	9.7
53	RYCHLIK GRZEGORZ	2189		HALASY	POL	M40	20	M 47	00:27:57	01:11:32	01:12:20	01:49:29	02:22:40.70	02:23:10.05	6:12	9.7
54	BOBOLA SEBASTIAN	2208		ZACZERNIE	POL	M30	16	M 48	00:27:29	01:11:45	01:13:30	01:50:55	02:23:03.55	02:23:17.15	6:13	9.6
55	DZIERŻAK ELŻBIETA	2222	AQUAREH/TRENINGFIZJO.PL	GŁOGÓW MAŁOPOLSKI	POL	K40	4	K 7	00:27:08	01:11:58	01:12:19	01:51:08	02:23:21.70	02:23:23.55	6:13	9.6
56	MAZUR JAKUB	2149			POL	M30	17	M 49	00:27:36	01:11:17	01:12:40	01:49:52	02:23:13.35	02:23:26.50	6:13	9.6
57	FEDAN ŁUKASZ	2010		LASZKI	POL	M40	21	M 50	00:25:21	01:08:10	01:09:53	01:48:56	02:23:53.20	02:23:57.05	6:15	9.6
58	LINNAMAGI OTT	2141		MARJAMAA	EST	M30	18	M 51	00:28:56	01:11:05	01:11:24	01:47:42	02:23:41.50	02:24:24.90	6:14	9.6
59	ŚLESICKI KONSTANTY	2107		KONIN	POL	M30	19	M 52	00:27:57	01:11:27	01:11:47	01:50:28	02:24:39.60	02:25:14.45	6:17	9.5
60	KURZYDŁO MICHAŁ	2216		WARA	POL	M30	20	M 53	00:24:37	01:05:52	01:09:01	01:48:49	02:28:03.30	02:28:06.05	6:26	9.3
61	WAŚIK KORNELIA	2156	STOPKA PILAWA	GARWOLIN	POL	K30	4	K 8	00:27:32	01:12:47	01:14:08	01:53:01	02:29:47.75	02:29:58.75	6:30	9.2
62	ARTYM MAGDA	2009	#TRENUJKOSTEREM	PRZEMYSŁ	POL	K50	1	K 9	00:28:14	01:14:32	01:14:53	01:56:59	02:32:39.45	02:32:41.80	6:38	9
63	KARDASZ JACEK	2031	ATTYLA	ZAMOSĆ	POL	M40	22	M 54	00:29:03	01:15:02	01:16:45	01:56:55	02:32:05.20	02:32:44.80	6:36	9.1
64	KUDYBA IRENEUSZ	2074	PO JEDNYCH PINIIONDZACH	JASIONKA	POL	M50	7	M 55	00:31:32	01:15:56	01:18:50	01:55:41	02:32:55.50	02:33:34.65	6:38	9
65	BILSKI MARCIN	2044	PO JEDNYCH PINIADZACH	DĘBOWIEC	POL	M40	23	M 56	00:31:32	01:14:53	01:18:50	01:57:48	02:33:01.15	02:33:41.30	6:39	9
66	MARCHEWICZ MAREK	2115		SKOPANIE	POL	M30	21	M 57	00:27:08	01:11:57	01:12:43	01:55:05	02:34:17.25	02:34:23.55	6:42	8.9
67	TARNAWSKI SŁAWOMIR	2047		DYNÓW	POL	M40	24	M 58	00:28:10	01:14:44	01:15:43	01:56:49	02:34:22.20	02:34:29.90	6:42	8.9
68	ŁĄCZNY MARCIN	2155	GALOPUJĄCE DŹDŻOWNICE/SPARTAŃSKA DZICZ	LUBLIN/WITRYŁÓW	POL	M40	25	M 59	00:28:21	01:14:24	01:15:49	01:57:25	02:35:48.75	02:35:54.25	6:46	8.9
69	SKARŻYŃSKI MICHAŁ	2068	TURBACZE	WARSZAWA	POL	M40	26	M 60	00:29:09	01:19:03	01:20:37	02:01:53	02:35:37.40	02:35:57.90	6:45	8.9
70	OSIECKI EDWIN	2030	KUZNIA TRIATHLONU	KONSTANCIN	POL	M50	8	M 61	00:27:56	01:14:28	01:15:58	01:59:12	02:35:47.90	02:36:27.05	6:46	8.9
71	DOSKOCZ NINA	2002	BIEGAJĄCE ZĄBKI	ZĄBKI	POL	K30	5	K 10	00:28:47	01:16:16	01:18:06	01:58:42	02:36:09.20	02:36:33.45	6:47	8.8
72	DOSKOCZ MIKOŁAJ	2210	BIEGAJĄCE ZĄBKI	ZĄBKI	POL	M30	22	M 62	00:28:45	01:16:21	01:18:06	01:58:40	02:36:08.55	02:36:33.70	6:47	8.8
73	WYGONOWSKI JACEK	2232	DZIKUR CREW	WARSZAWA	POL	M50	9	M 63	00:28:25	01:14:41	01:15:01	01:56:12	02:36:35.25	02:37:25.70	6:48	8.8
74	BARANOWSKI ROBERT	2213		WROCLAW	POL	M50	10	M 64	00:28:30	01:17:29	01:17:47	02:00:22	02:36:56.60	02:37:26.90	6:49	8.8
75	MALETA KAMIL	2118	MIECHÓW	MIECHÓW	POL	M20	5	M 65	00:28:50	01:16:37	01:19:10	01:58:46	02:40:44.00	02:41:01.20	6:59	8.6
76	PAWELEC PIOTR	2206	DALEKO JESZCZE?	KRAKÓW	POL	M50	11	M 66	00:25:54	01:12:52	01:15:22	01:57:45	02:41:14.35	02:41:19.25	7:00	8.6
77	MARZEC KATARZYNA	2097	KOMFORT ZONE	SZCZEPANEK	POL	K40	5	K 11	00:28:46	01:15:19	01:17:13	01:59:13	02:41:14.90	02:41:29.90	7:00	8.6
78	GRUSZKA MARCIN	2163			POL	M30	23	M 67	00:28:57	01:18:13	01:20:38	02:02:33	02:41:19.00	02:41:30.90	7:00	8.6
79	LEWCZUK NORBERT	2082	BIEGACZE POMAGACZE EDYTA LEWANDOWSKA TEAM	ŁOSICE	POL	M40	27	M 68	00:28:40	01:15:05	01:18:51	02:00:32	02:41:07.60	02:41:39.55	7:00	8.6
80	JONKISZ MARCIN	2147		ŁAŃCUT	POL	M40	28	M 69	00:31:46	01:20:59	01:24:07	02:05:35	02:42:14.15	02:43:05.60	7:03	8.5
81	BUDZIAZEK AGNIESZKA	2036	EFFI RUN TEAM	KRAKOW	POL	K20	1	K 12	00:29:03	01:19:21	01:20:43	02:02:48	02:42:59.95	02:43:10.35	7:05	8.5
82	LEŃCZUK ANDRZEJ	2204		JASŁO	POL	M50	12	M 70	00:30:15	01:18:55	01:22:07	02:04:39	02:43:33.30	02:44:08.90	7:06	8.4
83	MACIEJEWSKI ARTUR	2085			POL	M50	13	M 71	00:29:05	01:18:16	01:19:41	02:03:16	02:44:09.65	02:44:15.30	7:08	8.4
84	ZBLEWSKA BARBARA	2092		RUMIA	POL	K30	6	K 13	00:29:05	01:18:17	01:19:41	02:03:26	02:44:09.75	02:44:15.60	7:08	8.4
85	NOWAK KATARZYNA	2121		LUBLIN	POL	K30	7	K 14	00:28:50	01:16:28	01:17:04	02:01:53	02:44:42.95	02:45:04.25	7:09	8.4
86	HAPUNOWICZ TOMASZ	2038	MOSTOSTAL SIEDLCE	SIEDLCE	POL	M40	29	M 72	00:29:10	01:15:23	01:17:08	02:00:41	02:45:38.45	02:46:00.65	7:12	8.3
87	GÓROWSKA ANNA	2215		CIECHANÓW	POL	K30	8	K 15	00:32:20	01:21:45	01:22:02	02:06:00	02:45:28.40	02:46:02.45	7:11	8.3
88	DOBROGOST MACIEJ	2131	DECEPTICON	WARSZAWA	POL	M30	24	M 73	00:29:01	01:20:08	01:20:40	02:05:40	02:45:50.35	02:46:07.25	7:12	8.3
89	ZAJĄC KATARZYNA	2100		BIECZ	POL	K30	9	K 16	00:33:28	01:24:57	01:26:41	02:09:18	02:46:35.75	02:46:35.75	7:14	8.3
90	WERESINSKI MICHAŁ	2161		STUBNO	POL	M40	30	M 74	00:31:34	01:22:47	01:23:08	02:09:12	02:47:05.75	02:47:09.85	7:15	8.3
91	MICHALAK WITOLD	2108	#NOLIMITS	LUBLIN	POL	M50	14	M 75	00:31:02	01:22:43	01:24:53	02:08:20	02:47:05.25	02:47:25.75	7:15	8.3
92	DUDEK ŁUKASZ	2151		RZESZÓW	POL	M30	25	M 76	00:30:00	01:21:59	01:24:21	02:08:08	02:47:29.65	02:47:56.95	7:16	8.2
93	SZAJEWSKI ARKADIUSZ	2013	O TAK ŁO	KRAKÓW	POL	M40	31	M 77	00:31:04	01:20:44	01:25:15	02:08:57	02:47:19.10	02:48:14.15	7:16	8.2
94	KIELPIŃSKI PIOTR	2072		GDAŃSK	POL	M40	32	M 78	00:30:01	01:19:06	01:28:06	02:12:17	02:47:51.00	02:48:18.35	7:17	8.2
95	KRUPA JACEK	2181	LEBIODA RUNNING TEAM	RUDA	POL	M50	15	M 79	00:28:58	01:17:51	01:19:16	02:04:10	02:48:16.45	02:48:31.65	7:18	8.2

**X ZIMOWY MARATON BIESZCZADZKI 2024 - 20KM, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	12km	12.1km	18km	Netto	Brutto	min/km	km/h
96	TUPTYŃSKA MARIKA	2160	CZARNA OWCA	BRODNICA	POL	K40	6	K 17	00:32:07	01:24:20	01:24:47	02:09:07	02:47:45.80	02:48:33.40	7:17	8.2
97	OCHYRA KRZYSZTOF	2226		LESKO	POL	M60	3	M 80	00:30:25	01:22:37	01:23:58	02:09:03	02:48:41.15	02:48:48.50	7:20	8.2
98	LUDKOWSKI MARIUSZ	2042	ALPEJSKIE MAMUTY	STOJADŁA	POL	M50	16	M 81	00:32:41	01:23:06	01:28:12		02:48:54.95	02:48:54.95	7:20	8.2
99	MALCZEWSKI ROBERT	2217		WARSZAWA	POL	M50	17	M 82	00:32:14	01:21:01	01:26:48	02:09:50	02:48:05.95	02:49:05.40	7:18	8.2
100	KORYCKA DOROTA	2066	STOPKA PILAWA	GARWOLIN	POL	K30	10	K 18	00:29:19	01:18:21	01:19:40	02:02:31	02:49:12.40	02:49:24.75	7:21	8.2
101	TURKOWSKI MACIEJ	2039		SIEDLCE	POL	M50	18	M 83	00:28:49	01:21:33	01:25:51	02:08:54	02:50:14.20	02:50:23.70	7:24	8.1
102	SŁOWIK MARIUSZ	2104	ROM TEAM	BORKOWICE	POL	M50	19	M 84	00:30:38	01:21:58	01:23:38	02:09:30	02:50:19.75	02:50:43.60	7:24	8.1
103	WYSOCKI BARTOSZ	2051	KS JANUSZE	LEŻAJSK	POL	M40	33	M 85	00:29:11	01:20:26	01:23:24	02:07:47	02:51:06.90	02:51:14.25	7:26	8.1
104	RUSIN GRZEGORZ	2052		RZESZÓW	POL	M30	26	M 86	00:29:12	01:20:26	01:23:23	02:07:49	02:51:06.00	02:51:14.75	7:26	8.1
105	WYSOCKA IWONA	2053		GIEDLAROWA	POL	K40	7	K 19	00:29:12	01:20:43	01:23:26	02:08:08	02:51:07.45	02:51:14.80	7:26	8.1
106	ZIEMKIEWICZ MICHAŁ	2187	BIEGACZE KLECZEW	KLECZEW	POL	M40	34	M 87	00:30:31	01:21:19	01:25:39	02:09:51	02:51:09.65	02:51:46.40	7:26	8.1
107	MROZEK MARCIN	2198	T4B	WARSZAWA	POL	M30	27	M 88	00:33:15	01:24:36	01:25:01	02:09:26	02:51:50.20	02:52:24.75	7:28	8
108	NYCZ MICHAŁ	2094	NYLUDENT PROFESJONALNE OCHRONIACZE NA ZĘBY	RZESZÓW	POL	M30	28	M 89	00:31:54	01:22:36	01:27:20	02:11:34	02:51:44.05	02:52:34.70	7:28	8
109	ZAWADZKI BERNARD	2136		PRZEMYŚL	POL	M30	29	M 90	00:30:58	01:22:02	01:26:23	02:09:55	02:52:13.20	02:52:41.35	7:29	8
110	PITUCH PATRYCJA	2183		KRAKÓW	POL	K30	11	K 20	00:29:59	01:23:35	01:27:07	02:10:39	02:53:17.30	02:53:47.25	7:32	8
111	PIOTROWSKA ANNA	2202	META NADARZYN / SPARTANIE DZIECIOM	NADARZYN	POL	K50	2	K 21	00:32:37	01:26:27	01:28:43	02:13:14	02:53:14.10	02:54:08.35	7:31	8
112	GÓROWSKA MARIOLA	2199		CIECHANÓW	POL	K50	3	K 22	00:32:21	01:24:39	01:25:03	02:10:10	02:55:11.80	02:55:45.15	7:37	7.9
113	GRAL KATARZYNA	2007	WŁÓCZYMORDY	GDYNIA	POL	K50	4	K 23	00:32:00	01:24:44	01:28:16	02:15:33	02:56:28.80	02:57:11.15	7:40	7.8
114	GRAL PIOTR	2034	WŁÓCZYMORDY		POL	M30	30	M 91	00:31:59	01:25:05	01:31:04	02:18:31	02:57:52.25	02:58:33.05	7:44	7.8
115	LARA NATALIA	2035	WARRIORS ŁÓDŹ	ŁÓDŹ	POL	K30	12	K 24	00:33:48	01:27:51	01:28:14	02:14:35	02:58:26.15	02:59:13.70	7:45	7.7
116	BOGACZYK ŁUKASZ	2032		ODRZYKOŃ	POL	M30	31	M 92	00:29:04	01:18:41	01:19:45	02:09:27	03:00:22.65	03:00:26.65	7:50	7.7
117	BOZA BEATA	2012		CHŁAPOWO	POL	K50	5	K 25	00:36:13	01:32:20	01:33:32	02:20:11	02:59:52.05	03:00:37.30	7:49	7.7
118	KĘDRA AGNIESZKA	2048	CARPATHIAN RUNNERS	RZESZÓW	POL	K30	13	K 26	00:30:24	01:23:46	01:26:23	02:10:26	03:00:43.75	03:01:02.10	7:51	7.6
119	ZEGAR BARBARA	2061		LUBARTÓW	POL	K50	6	K 27	00:32:54	01:28:28	01:29:25	02:18:52	03:01:37.10	03:01:56.15	7:53	7.6
120	KOCOT MAGDALENA	2219	META NADARZYN	NADARZYN	POL	K40	8	K 28	00:33:15	01:29:52	01:31:33	02:19:41	03:01:32.10	03:02:25.70	7:53	7.6
121	ZDUNEK MAŁGORZATA	2106	#NOLIMITS	LUBLIN	POL	K40	9	K 29	00:33:02	01:28:12	01:28:46	02:17:12	03:03:38.60	03:03:52.80	7:59	7.5
122	KADZIDŁOWSKA ALEKSANDRA	2178	EVERRUN	ŁÓDŹ	POL	K40	10	K 30	00:33:31	01:29:07	01:32:05	02:18:20	03:03:45.80	03:04:17.75	7:59	7.5
123	GALUS JACEK	2126		TARNÓW	POL	M50	20	M 93	00:32:54	01:28:18	01:32:20	02:21:18	03:04:42.55	03:04:58.45	8:01	7.5
124	NAZIMEK LILIANA	2236	VISEGRAD MARATON RYTRO	NOWY SĄCZ	POL	K50	7	K 31	00:32:02	01:26:45	01:27:08	02:18:31	03:05:15.10	03:05:23.95	8:03	7.4
125	BIEDROŃ ARTUR	2086	ERP HEART TEAM	WARSZAWA	POL	M40	35	M 94	00:32:44	01:28:45	01:37:41	02:24:17	03:05:02.20	03:06:01.65	8:02	7.5
126	NOWAK MICHAŁ	2122		LUBLIN	POL	M30	32	M 95	00:31:05	01:25:11	01:28:11	02:15:01	03:05:44.90	03:06:07.25	8:04	7.4
127	BEATA BEATA	2154	KUŹNIA TRIATLONU	KONSTANCJA-JEJZIORNA	POL	K50	8	K 32	00:35:31	01:32:27	01:33:36	02:21:24	03:06:45.20	03:07:23.45	8:07	7.4
128	MATYSEK IRENEUSZ	2179	BIEGAMBOLUBIĘ	WAŁCZ DRUGI	POL	M60	4	M 96	00:33:25	01:27:17	01:30:01	02:21:20	03:08:41.75	03:09:14.05	8:12	7.3
129	UBA ARKADIUSZ	2158		KRAKÓW	POL	M20	6	M 97	00:33:12	01:30:17	01:34:13	02:22:47	03:08:47.85	03:09:25.35	8:12	7.3
130	PLUSA ALEKSANDRA	2150	#NOLIMITS	LUBLIN	POL	K30	14	K 33	00:33:24	01:30:39	01:31:06	02:22:18	03:09:32.85	03:09:43.70	8:14	7.3
131	NOWAK MACIEJ	2103		WARSZAWA	POL	M40	36	M 98	00:30:41	01:25:25	01:28:17	02:15:22	03:10:57.65	03:11:01.10	8:18	7.2
132	CIUPIŃSKA MAGDA	2006		OSTRÓW	POL	K40	11	K 34	00:35:19	01:31:59	01:35:37	02:25:07	03:10:15.90	03:11:02.15	8:16	7.3
133	BOROWSKI GRZEGORZ	2132	STOPKA PILAWA	PILAWA	POL	M20	7	M 99	00:29:03	01:20:44	01:24:56	02:11:19	03:11:48.20	03:12:02.75	8:20	7.2
134	JASINOWICZ NORBERT	2105		GORZELIN	POL	M40	37	M 100	00:29:51	01:27:06	01:28:06	02:19:34	03:12:58.55	03:13:10.30	8:23	7.2
135	JAWORSKA MAGDALENA	2064	KS CELESTYNA		POL	K30	15	K 35	00:33:33	01:31:22	01:31:46	02:22:22	03:12:23.85	03:13:21.15	8:21	7.2
136	ROGUS KRYSZTYAN	2140		RUDOŁOWICE	POL	M30	33	M 101	00:37:36	01:35:55	01:39:19	02:27:16	03:11:24.25	03:14:19.15	8:19	7.2
137	BAK PRZEMYSŁAW	2139			POL	M30	34	M 102	00:37:35	01:35:56	01:39:20	02:27:16	03:11:25.10	03:14:20.00	8:19	7.2
138	KOZAK KAMIL	2099		CZEMIERNIKI	POL	M30	35	M 103	00:33:51	01:30:12	01:34:05	02:23:19	03:13:50.25	03:14:34.20	8:25	7.1
139	KRZAN TOMASZ	2203	KRZAN PRZEWORSK	PRZEWORSK	POL	M40	38	M 104	00:33:42	01:30:44	01:37:17	02:26:00	03:15:36.40	03:16:31.45	8:30	7.1
140	MACHNIKOWSKA GRAŻYNA	2196	LUBARTOWSKI BEERGACZ	WARSZAWA	POL	K30	16	K 36	00:33:26	01:31:25	01:41:20	02:29:41	03:17:09.55	03:17:53.05	8:34	7
141	LEŚNICZAK BARBARA	2192		ZIELONKA	POL	K40	12	K 37	00:35:08	01:33:29	01:39:56	02:30:10	03:17:55.70	03:18:07.10	8:36	7
142	TADLA IZABELA	2223	#NOLIMITS	DĄBROWICA	POL	K30	17	K 38	00:31:47	01:23:18	01:26:35	02:30:02	03:17:49.95	03:18:12.10	8:36	7
143	NYCZ DOMINIKA	2015	TRIFUN	RZESZÓW	POL	M30	36	M 105	00:35:57	01:36:06	01:39:43	02:28:52	03:17:29.50	03:18:19.95	8:35	7
144	BEDNARCZYK KATARZYNA	2018	KLUB PĘDZĄCYCH WIATRÓW	KRAKÓW	POL	K30	18	K 39	00:38:39	01:39:10	01:45:36	02:35:33	03:15:59.65	03:18:26.55	8:31	7
145	KALBARCZYK JAKUB	2016		KRAKÓW	POL	M30	37	M 106	00:38:40	01:39:10	01:45:36	02:35:32	03:16:00.15	03:18:26.95	8:31	7
146	STOYKOV PAVLIN	2146		ZGORZALA	BUL	M50	21	M 107	00:33:51	01:30:50	01:41:33	02:30:13	03:17:54.25	03:18:39.80	8:36	7
147	KURDEJ KRZYSZTOF	2049	ALPEJSKIE MAMUTY	WARSZAWA	POL	M50	22	M 108	00:34:24	01:36:12	01:39:43	02:31:42	03:19:02.95	03:19:02.95	8:39	6.9
148	LUDKOWSKA URSZULA	2043	ALPEJSKIE MAMUTY	STOJADŁA	POL	K50	9	K 40	00:35:26	01:36:34	01:39:45	02:31:35	03:19:03.65	03:19:03.65	8:39	6.9

**X ZIMOWY MARATON BIESZCZADZKI 2024 - 20KM, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	12km	12.1km	18km	Netto	Brutto	min/km	km/h
149	NOWIŃSKI ARTUR	2026		05-800	POL	M30	38	M 109	00:34:04	01:32:18	01:42:26	02:35:19	03:18:15.65	03:19:05.95	8:37	7
150	BODNIAK TOMASZ	2069	POJEDNYCHPINIONDZACH	USTRZYKI DOLNE	POL	M40	39	M 110	00:34:16	01:31:46	01:42:04	02:30:31	03:18:30.10	03:19:10.25	8:37	7
151	LESZCZYŃSKI RAFAŁ	2077		ŁOMIANKI DOLNE	POL	M50	23	M 111	00:35:41	01:32:11	01:45:16	02:34:38	03:19:35.70	03:19:56.50	8:40	6.9
152	POPKOWSKI ADAM	2116		RZEPIN	POL	M30	39	M 112	00:33:31	01:30:42	01:42:08	02:30:27	03:20:12.10	03:20:49.75	8:42	6.9
153	POPKOWSKA KATARZYNA	2117		RZEPIN	POL	K30	19	K 41	00:33:30	01:30:46	01:42:08	02:30:28	03:20:12.75	03:20:50.05	8:42	6.9
154	MALEC KRYSZTIAN	2063	BRAVE SNAILS LUBLIN	LUBLIN	POL	M40	40	M 113	00:33:25	01:31:25	01:41:19	02:29:48	03:20:26.00	03:21:10.95	8:42	6.9
155	PIOTROWSKA EWA	2209	METANADARZYN	NADARZYN	POL	K50	10	K 42	00:34:15	01:34:23	01:44:34	02:33:20	03:21:28.50	03:22:21.60	8:45	6.8
156	KLUZ ROBERT	2221	PODIUM	RZESZÓW	POL	M50	24	M 114	00:39:27	01:43:17	01:47:19	02:40:17	03:22:28.70	03:22:46.80	8:48	6.8
157	STARZECKA JOANNA	2021		JAROSŁAW	POL	K50	11	K 43	00:34:20	01:32:23	01:32:56	02:24:33	03:22:34.30	03:22:48.35	8:48	6.8
158	KUŁAKOWSKI PIOTR	2095		KONSTANCIN-JEZIORNA	POL	M60	5	M 115	00:32:48	01:30:21	01:42:25	02:32:13	03:24:30.05	03:25:22.80	8:53	6.7
159	SIKORSKA AGNIESZKA	2144		WARSZAWA	POL	K40	13	K 44	00:32:51	01:30:23	01:42:26	02:32:15	03:24:33.70	03:25:25.25	8:53	6.7
160	INTRYS BARTOSZ	2142		POZNAN	POL	M30	40	M 116	00:39:17	01:38:20	01:42:05	02:32:44	03:25:41.55	03:26:15.50	8:56	6.7
161	WIŚNIEWSKI DARIUSZ	2235		STRZELCE OPOLSKIE	POL	M50	25	M 117	00:32:01	01:31:25	01:33:49	02:28:45	03:26:10.35	03:26:26.00	8:57	6.7
162	PODOBINSKI PIOTR	2046		WARSZAWA	POL	M50	26	M 118	00:34:26	01:35:38	01:41:40	02:31:53	03:26:10.55	03:26:32.25	8:57	6.7
163	DRAB MAGDA	2020	CHCE CI SIĘ?	ALEKSANDRIA	POL	K30	20	K 45	00:36:26	01:37:57	01:45:47	02:36:11	03:26:50.90	03:27:19.95	8:59	6.7
164	NALEWAJKA AGATA	2075		KONOPIKA	POL	K30	21	K 46	00:36:25	01:37:55	01:45:46	02:35:26	03:26:49.95	03:27:20.00	8:59	6.7
165	MIŻEJEWSKA MARTA	2070		KONOPIKA	POL	K30	22	K 47	00:37:05	01:42:05	01:45:48	02:35:28	03:26:51.15	03:27:20.30	8:59	6.7
166	NOWAK ŁUKASZ	2073	PRESSGLASS SPORT AND SUPPORT	KONOPIKA	POL	M40	41	M 119	00:37:06	01:42:07	01:49:11	02:35:26	03:26:57.60	03:27:26.55	8:59	6.7
167	MIKSA SŁAWOMIR	2167		ŁÓDŹ	POL	M50	27	M 120	00:35:32	01:37:52	01:45:12	02:38:52	03:27:22.35	03:27:28.85	9:00	6.7
168	KORNECKA-CIELIBAŁA ANETA	2055		SOBKÓW	POL	K40	14	K 48	00:37:42	01:36:20	01:37:13	02:31:48	03:27:21.00	03:27:51.75	9:00	6.7
169	UNKIEWICZ MICHAŁ	2195		WARSZAWA	POL	M40	42	M 121	00:33:28	01:31:30	01:41:18	02:29:48	03:29:33.55	03:30:18.80	9:06	6.6
170	PASTWA GRZEGORZ	2168		BUSKO ZDROJ	POL	M30	41	M 122	00:42:34	01:48:58	01:50:36	02:47:46	03:34:03.05	03:34:17.90	9:18	6.4
171	GAWĘŁ AGATA	2123	NAJMNIEJSZA WATAHA ŚWIATA Z..F	KRAKÓW	POL	K40	15	K 49	00:35:48	01:39:51	01:45:29	02:38:20	03:33:55.20	03:34:31.40	9:18	6.5
172	POJNAR KAROL	2119	BIEGUSIEM. PL	BESKO	POL	M30	42	M 123	00:30:26	01:30:23	01:47:19	02:38:09	03:35:43.45	03:35:59.25	9:22	6.4
173	NASUTA PAWEŁ	2120		KANIÓW	POL	M30	43	M 124	00:30:27	01:30:25	01:47:19	02:38:10	03:35:44.10	03:35:59.70	9:22	6.4
174	POKRYWKA STEFAN	2228		CISNA	POL	M60	6	M 125	00:39:16	01:43:37	01:48:05	02:43:40	03:37:23.10	03:37:51.15	9:27	6.3
175	DALKE JOWITA	2113	ZABIEGANE DWIE	GDAŃSK	POL	K40	16	K 50	00:36:40	01:41:55	01:52:58	02:44:36	03:41:23.55	03:42:17.75	9:37	6.2
176	WIŚNIEWSKA KORNELIA	2112	ZABIEGANE DWIE	GDAŃSK	POL	K50	12	K 51	00:36:40	01:42:00	01:52:58	02:44:54	03:41:23.70	03:42:18.25	9:37	6.2
177	OBARSKI NORBERT	2102		KIELCE	POL	M60	7	M 126	00:39:10	01:45:08	01:47:37	02:47:15	03:46:41.10	03:47:19.45	9:51	6.1
178	STEPNOWSKI ŁUKASZ	2184		GDYNIA	POL	M40	43	M 127	00:36:52	01:40:49	01:48:46	02:45:26	03:47:37.40	03:48:24.30	9:53	6.1
179	BUGAJSKA KATARZYNA	2011		K40	POL	K40	17	K 52	00:39:33	01:45:11	01:48:15	02:48:23	03:47:48.50	03:48:41.10	9:54	6.1
180	GÓRAJEK MICHAŁ	2022	LILA&ALA	NOWY KRĘPIEC	POL	M40	44	M 128	00:36:14	01:39:18	01:48:46	02:42:04	03:50:11.00	03:50:40.85	10:00	6
181	WINIARCZYK ŁUKASZ	2129	MIKI&OLUŚ&REMUŚ	LUBLIN	POL	M40	45	M 129	00:36:08	01:38:53	01:48:47	02:42:10	03:50:15.20	03:50:43.75	10:00	6
182	KOMÓR WIESŁAW	2200	WROCLAWSKIE MORSY	WROCLAW	POL	M60	8	M 130	00:42:18	01:48:30	01:50:26	02:50:15	03:52:02.85	03:52:26.40	10:05	5.9
183	ŁASZKIEWICZ PIOTR	2188	ATHLETICS TEAM PRUSICE	BRZEŻNO	POL	M60	9	M 131	00:39:56	01:47:06	02:01:40	02:59:36	04:00:17.85	04:00:49.10	10:26	5.7
184	WOJNOWSKA RENATA	2218	MORSY ZNAD NIDY SOBKÓW	SOBKÓW	POL	K50	13	K 53	00:43:03	01:53:54	01:55:18	02:59:27	04:04:18.25	04:04:49.60	10:37	5.6
185	JABŁOŃSKI KAZIMIERZ	2191	SPRINTER PRĄDY	PRĄDY	POL	M60	10	M 132	00:44:45	01:59:48	02:01:55	03:06:20	04:04:24.40	04:04:58.15	10:37	5.6
186	PAŁACH KATARZYNA	2062		WARSZAWA	POL	K30	23	K 54	00:45:02			03:07:11	04:12:06.35	04:13:03.70	10:57	5.5
187	KIJAN ANNA	2194	BIEGAMBOLUBIĘ	OLSZTYN	POL	K30	24	K 55	00:43:02	01:54:20	02:20:12	03:18:06	04:14:37.10	04:15:05.90	11:04	5.4
188	WABNO WOJCIECH	2056	PORANNY PATROL	KRAKÓW	POL	M20	8	M 133	00:40:19	01:46:19	01:58:49	02:59:12	04:07:25.25	04:15:49.70	10:45	5.6
189	KLIMCZAK MARCIN	2057	PORANNY PATROL	KRAKÓW	POL	M20	9	M 134	00:40:21	01:46:17	01:58:51	02:59:14	04:08:07.25	04:16:32.45	10:47	5.6
190	SAMEK ARTUR	2212		KRAKÓW	POL	M50	28	M 135	00:45:41			03:09:24	04:16:09.35	04:16:34.15	11:08	5.4
191	WOJTYŚ ANDRZEJ	2171		KRAKÓW	POL	M40	46	M 136	00:40:21	01:46:18	01:58:49	02:59:11	04:08:10.45	04:16:38.55	10:47	5.6
192	IZDEBSKA RENATA	2065		LUBLIN	POL	K60	1	K 56	00:45:52	02:03:09	02:09:35	03:15:46	04:21:42.50	04:22:07.75	11:22	5.3
193	KOPCZYŃSKA DOMINIKA	2231	DZIKUR CREW	WARSZAWA	POL	K50	14	K 57	00:41:29	01:50:13	02:14:36	03:13:17	04:22:03.95	04:22:55.45	11:23	5.3
194	REY ANDRZEJ	2079	REYRUNNINGTEAM	WARSZAWA	POL	M50	29	M 137	00:51:12	02:19:31	02:26:38	03:49:58	04:24:28.95	04:25:24.30	11:29	5.2
195	ORZECZOWSKI MARIUSZ	2109	BIEGACZE KLECZEW	SŁAWOSZEWEK	POL	M50	30	M 138	00:45:59	02:01:56	02:26:37	03:25:45	04:25:50.05	04:26:36.55	11:33	5.2
196	PRUS ANNA	2110	BIEGACZE KLECZEW	SŁAWOSZEWEK	POL	K40	18	K 58	00:45:49	02:01:04	02:25:08	03:26:32	04:28:23.55	04:29:10.85	11:40	5.1
197	BALCERZAK KRYSIA	2145	DROGA DO ULTRA / SZAKALE BAŁUT ŁÓDŹ	ŁÓDŹ	POL	K40	19	K 59	00:37:13	01:49:19	02:18:51	03:19:46	04:28:37.75	04:29:13.00	11:40	5.1
198	BORKOWSKA EWA	2059		ZŁOTÓW	POL	K60	2	K 60	00:48:04	02:06:10	02:13:20	03:21:33	04:30:03.25	04:30:33.70	11:44	5.1
199	MANUSZAK LIDIA	2114	BIEGACZE KLECZEW	KLECZEW	POL	K40	20	K 61	00:45:55	02:01:07	02:25:09	03:26:52	04:31:45.20	04:32:31.55	11:48	5.1
200	OBARSKA MAŁGORZATA	2101		STARACHOWICE	POL	K60	3	K 62	00:48:33	02:08:43	02:11:25	03:20:34	04:34:21.45	04:34:59.85	11:55	5
201	SROCZYŃSKA EWA	2111	BIEGACZE KLECZEW	SŁAWOSZEWEK	POL	K50	15	K 63	00:45:59	02:01:45	02:26:38	03:27:02	04:35:41.35	04:36:29.55	11:59	5

**X ZIMOWY MARATON BIESZCZADZKI 2024 - 20KM, OPEN c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	12km	12.1km	18km	Netto	Brutto	min/km	km/h
202	GŁOWACKA ALEKSANDRA	2173	MŁODY VS STARY	LEGIONOWO	POL	K50	16	K 64	00:43:56	02:01:34	02:15:39	03:30:46	04:41:41.15	04:42:03.85	12:14	4.9
203	SOWIŃSKA MAGDALENA	2025	DOGOŃ GRODZISK MAZOWIECKI	BRWINÓW	POL	K40	21	K 65	00:45:41	02:03:03	02:28:21	03:31:06	04:41:20.25	04:42:44.05	12:13	4.9
204	TARGOŃSKA MARTA	2004		GDAŃSK	POL	K40	22	K 66	00:44:49	02:03:12	02:06:27	03:29:32	04:47:00.30	04:47:44.40	12:28	4.8
205	PAWŁOWSKI MARCIN	2214		OTRĘBUSY	POL	M50	31	M 139	00:48:34	02:08:48	02:22:12	03:36:30	04:53:28.15	04:53:52.10	12:45	4.7
206	PAWŁOWSKA DANUTA	2186		POLAND (POL)	POL	K50	17	K 67	00:48:33	02:08:46	02:22:10	03:36:29	04:53:28.00	04:53:52.15	12:45	4.7
207	JEZIOREK JOZI	2157	GRUPA KOK	ŁAPCZYCA	POL	M50	32	M 140	00:48:53	02:09:47	02:12:30	03:26:09	04:56:15.25	04:56:29.40	12:52	4.7
208	BRODECKI ADAM	2083		RADZYŃ PODLASKI	POL	M30	44	M 141	00:46:20	02:10:51	02:25:46	03:37:17	04:59:47.45	05:00:32.55	13:02	4.6
209	WOJTOWICZ NATALIA	2019		SANOK	POL	K30	25	K 68	00:45:38	02:09:07	02:32:22	03:43:13	05:02:08.70	05:04:35.55	13:08	4.6
210	POLAŃSKI KONRAD	2017		SROGÓW DOLNY	POL	M40	47	M 142	00:45:33	02:08:55	02:32:17	03:43:07	05:02:05.10	05:04:36.15	13:08	4.6
211	BRZOSTOWSKA KAMA	2041			POL	K40	23	K 69	00:33:59	01:47:50	05:01:47	06:22:01	07:52:36.25	07:54:03.85	20:32	2.9
	SCHLAPPA SEBASTIAN	2153	IZBICKO W BIEGU	IZBICKO	POL	M40			00:41:56	01:51:35	DNF	DNF	DNF	DNF	-	-
	REY PATRYK	2180		PRUSZKÓW	POL	M20			00:51:11	DNF	DNF	DNF	DNF	DNF	-	-

**X ZIMOWY MARATON BIESZCZADZKI 2024 - 20KM, Kobiety**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	12km	12.1km	18km	Netto	Brutto	min/km	km/h
1	BOLECHOWSKA DOMINIKA	2234	ALPIN SPORT TEAM	RABKA ZDRÓJ	POL	K40	1	K 1	00:24:16	01:03:03	01:03:16	01:37:23	02:04:02.80	02:04:04.10	5:23	11.1
2	PIĄTEK BEATA	2220		ŁAŃCUT 37-100	POL	K40	2	K 2	00:24:16	01:04:02	01:04:16	01:38:43	02:07:01.50	02:07:03.15	5:31	10.9
3	BANASIK MONIKA	2028		PRUCHNIK	POL	K40	3	K 3	00:24:17	01:06:11	01:07:05	01:43:54	02:16:47.40	02:16:49.55	5:56	10.1
4	JACIŃIAK EWA	2138	#NOLIMITS		POL	K30	1	K 4	00:26:17	01:08:47	01:09:02	01:46:30	02:18:17.00	02:18:26.25	6:00	10
5	ŁUKASIEWICZ EWELINA	2124		POZNAŃ	POL	K30	2	K 5	00:25:52	01:08:47	01:09:07	01:46:38	02:19:06.35	02:19:11.70	6:02	9.9
6	KALISZ KAROLINA MARIA	2078		WARSZAWA	POL	K30	3	K 6	00:27:59	01:12:53	01:14:20	01:50:41	02:21:36.40	02:21:40.70	6:09	9.7
7	DZIERŻAK ELŻBIETA	2222	AQUAREH/TRENINGFIZJO.PL	GŁOGÓW MAŁOPOLSKI	POL	K40	4	K 7	00:27:08	01:11:58	01:12:19	01:51:08	02:23:21.70	02:23:23.55	6:13	9.6
8	WAŚIK KORNELIA	2156	STOPKA PILAWA	GARWOLIN	POL	K30	4	K 8	00:27:32	01:12:47	01:14:08	01:53:01	02:29:47.75	02:29:58.75	6:30	9.2
9	ARTYM MAGDA	2009	#TRENUJKOSTEREM	PRZEMYŚL	POL	K50	1	K 9	00:28:14	01:14:32	01:14:53	01:56:59	02:32:39.45	02:32:41.80	6:38	9
10	DOSKOCZ NINA	2002	BIEGAJĄCE ZĄBKI	ZĄBKI	POL	K30	5	K 10	00:28:47	01:16:16	01:18:06	01:58:42	02:36:09.20	02:36:33.45	6:47	8.8
11	MARZEC KATARZYNA	2097	KOMFORT ZONE	SZCZEPANEK	POL	K40	5	K 11	00:28:46	01:15:19	01:17:13	01:59:13	02:41:14.90	02:41:29.90	7:00	8.6
12	BUDZIAŚZEK AGNIESZKA	2036	EFFI RUN TEAM	KRAKOW	POL	K20	1	K 12	00:29:03	01:19:21	01:20:43	02:02:48	02:42:59.95	02:43:10.35	7:05	8.5
13	ZBLEWSKA BARBARA	2092		RUMIA	POL	K30	6	K 13	00:29:05	01:18:17	01:19:41	02:03:26	02:44:09.75	02:44:15.60	7:08	8.4
14	NOWAK KATARZYNA	2121		LUBLIN	POL	K30	7	K 14	00:28:50	01:16:28	01:17:04	02:01:53	02:44:42.95	02:45:04.25	7:09	8.4
15	GÓROWSKA ANNA	2215		CIECHANÓW	POL	K30	8	K 15	00:32:20	01:21:45	01:22:02	02:06:00	02:45:28.40	02:46:02.45	7:11	8.3
16	ZAJĄC KATARZYNA	2100		BIECZ	POL	K30	9	K 16	00:33:28	01:24:57	01:26:41	02:09:18	02:46:35.75	02:46:35.75	7:14	8.3
17	TUPTYŃSKA MARIKA	2160	CZARNA OWCA	BRODNICA	POL	K40	6	K 17	00:32:07	01:24:20	01:24:47	02:09:07	02:47:45.80	02:48:33.40	7:17	8.2
18	KORYCKA DOROTA	2066	STOPKA PILAWA	GARWOLIN	POL	K30	10	K 18	00:29:19	01:18:21	01:19:40	02:02:31	02:49:12.40	02:49:24.75	7:21	8.2
19	WYSOCKA IWONA	2053		GIEDLAROWA	POL	K40	7	K 19	00:29:12	01:20:43	01:23:26	02:08:08	02:51:07.45	02:51:14.80	7:26	8.1
20	PITUCH PATRYCJA	2183		KRAKÓW	POL	K30	11	K 20	00:29:59	01:23:35	01:27:07	02:10:39	02:53:17.30	02:53:47.25	7:32	8
21	PIOTROWSKA ANNA	2202	META NADARZYN / SPARTANIE DZIECIOM	NADARZYN	POL	K50	2	K 21	00:32:37	01:26:27	01:28:43	02:13:14	02:53:14.10	02:54:08.35	7:31	8
22	GÓROWSKA MARIOLA	2199		CIECHANÓW	POL	K50	3	K 22	00:32:21	01:24:39	01:25:03	02:10:10	02:55:11.80	02:55:45.15	7:37	7.9
23	GRAL KATARZYNA	2007	WŁÓCZYMORDY	GDYNIA	POL	K50	4	K 23	00:32:00	01:24:44	01:28:16	02:15:33	02:56:28.80	02:57:11.15	7:40	7.8
24	LARA NATALIA	2035	WARRIORS ŁÓDŹ	ŁÓDŹ	POL	K30	12	K 24	00:33:48	01:27:51	01:28:14	02:14:35	02:58:26.15	02:59:13.70	7:45	7.7
25	BOZA BEATA	2012		CHŁAPOWO	POL	K50	5	K 25	00:36:13	01:32:20	01:33:32	02:20:11	02:59:52.05	03:00:37.30	7:49	7.7
26	KĘDRA AGNIESZKA	2048	CARPATHIAN RUNNERS	RZESZÓW	POL	K30	13	K 26	00:30:24	01:23:46	01:26:23	02:10:26	03:00:43.75	03:01:02.10	7:51	7.6
27	ZEGAR BARBARA	2061		LUBARTÓW	POL	K50	6	K 27	00:32:54	01:28:28	01:29:25	02:18:52	03:01:37.10	03:01:56.15	7:53	7.6
28	KOCOT MAGDALENA	2219	META NADARZYN	NADARZYN	POL	K40	8	K 28	00:33:15	01:29:52	01:31:33	02:19:41	03:01:32.10	03:02:25.70	7:53	7.6
29	ZDUNEK MAŁGORZATA	2106	#NOLIMITS	LUBLIN	POL	K40	9	K 29	00:33:02	01:28:12	01:28:46	02:17:12	03:03:38.60	03:03:52.80	7:59	7.5
30	KADZIDŁOWSKA ALEKSANDRA	2178	EVERRUN	ŁÓDŹ	POL	K40	10	K 30	00:33:31	01:29:07	01:32:05	02:18:20	03:03:45.80	03:04:17.75	7:59	7.5
31	NAZIMEK LILIANNA	2236	VISEGRAD MARATON RYTRO	NOWY SĄCZ	POL	K50	7	K 31	00:32:02	01:26:45	01:27:08	02:18:31	03:05:15.10	03:05:23.95	8:03	7.4
32	BEATA BEATA	2154	KUŹNIA TRIATLONU	KONSTANCIN-JEZIORNA	POL	K50	8	K 32	00:35:31	01:32:27	01:33:36	02:21:24	03:06:45.20	03:07:23.45	8:07	7.4
33	PEUSA ALEKSANDRA	2150	#NOLIMITS	LUBLIN	POL	K30	14	K 33	00:33:24	01:30:39	01:31:06	02:22:18	03:09:32.85	03:09:43.70	8:14	7.3
34	CIUPIŃSKA MAGDA	2006		OSTRÓW	POL	K40	11	K 34	00:35:19	01:31:59	01:35:37	02:25:07	03:10:15.90	03:11:02.15	8:16	7.3
35	JAWORSKA MAGDALENA	2064	KS CELESTYNA		POL	K30	15	K 35	00:33:33	01:31:22	01:31:46	02:22:22	03:12:23.85	03:13:21.15	8:21	7.2

**X ZIMOWY MARATON BIESZCZADZKI 2024 - 20KM, Kobiety c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	12km	12.1km	18km	Netto	Brutto	min/km	km/h
36	MACHNIKOWSKA GRAŻYNA	2196	LUBARTOWSKI BEERGACZ	WARSZAWA	POL	K30	16	K 36	00:33:26	01:31:25	01:41:20	02:29:41	03:17:09.55	03:17:53.05	8:34	7
37	LEŚNICZAK BARBARA	2192		ZIELONKA	POL	K40	12	K 37	00:35:08	01:33:29	01:39:56	02:30:10	03:17:55.70	03:18:07.10	8:36	7
38	TADLA IZABELA	2223	#NOLIMITS	DĄBROWICA	POL	K30	17	K 38	00:31:47	01:23:18	01:26:35	02:30:02	03:17:49.95	03:18:12.10	8:36	7
39	BEDNARCZYK KATARZYNA	2018	KLUB PĘDZĄCYCH WIATRÓW	KRAKÓW	POL	K30	18	K 39	00:38:39	01:39:10	01:45:36	02:35:33	03:15:59.65	03:18:26.55	8:31	7
40	LUDKOWSKA URSZULA	2043	ALPEJSKIE MAMUTY	STOJADŁA	POL	K50	9	K 40	00:35:26	01:36:34	01:39:45	02:31:35	03:19:03.65	03:19:03.65	8:39	6.9
41	POPKOWSKA KATARZYNA	2117		RZEPIN	POL	K30	19	K 41	00:33:30	01:30:46	01:42:08	02:30:28	03:20:12.75	03:20:50.05	8:42	6.9
42	PIOTROWSKA EWA	2209	METANADARZYN	NADARZYN	POL	K50	10	K 42	00:34:15	01:34:23	01:44:34	02:33:20	03:21:28.50	03:22:21.60	8:45	6.8
43	STARZECKA JOANNA	2021		JAROSŁAW	POL	K50	11	K 43	00:34:20	01:32:23	01:32:56	02:24:33	03:22:34.30	03:22:48.35	8:48	6.8
44	SIKORSKA AGNIESZKA	2144		WARSZAWA	POL	K40	13	K 44	00:32:51	01:30:23	01:42:26	02:32:15	03:24:33.70	03:25:25.25	8:53	6.7
45	DRAB MAGDA	2020	CHCE CI SIĘ?	ALEKSANDRIA	POL	K30	20	K 45	00:36:26	01:37:57	01:45:47	02:36:11	03:26:50.90	03:27:19.95	8:59	6.7
46	NALEWAJKA AGATA	2075		KONOPISKA	POL	K30	21	K 46	00:36:25	01:37:55	01:45:46	02:35:26	03:26:49.95	03:27:20.00	8:59	6.7
47	MIŻEJEWSKA MARTA	2070		KONOPISKA	POL	K30	22	K 47	00:37:05	01:42:05	01:45:48	02:35:28	03:26:51.15	03:27:20.30	8:59	6.7
48	KORNECKA-CIELIBAŁA ANETA	2055		SOBKÓW	POL	K40	14	K 48	00:37:42	01:36:20	01:37:13	02:31:48	03:27:21.00	03:27:51.75	9:00	6.7
49	GAWĘŁ AGATA	2123	NAJMNIJSZA WATAHA ŚWIATA Z:F	KRAKÓW	POL	K40	15	K 49	00:35:48	01:39:51	01:45:29	02:38:20	03:33:55.20	03:34:31.40	9:18	6.5
50	DALKE JOWITA	2113	ZABIEGANE DWIE	GDAŃSK	POL	K40	16	K 50	00:36:40	01:41:55	01:52:58	02:44:36	03:41:23.55	03:42:17.75	9:37	6.2
51	WIŚNIEWSKA KORNELIA	2112	ZABIEGANE DWIE	GDAŃSK	POL	K50	12	K 51	00:36:40	01:42:00	01:52:58	02:44:54	03:41:23.70	03:42:18.25	9:37	6.2
52	BUGAJSKA KATARZYNA	2011			POL	K40	17	K 52	00:39:33	01:45:11	01:48:15	02:48:23	03:47:48.50	03:48:41.10	9:54	6.1
53	WOJNOWSKA RENATA	2218	MORSY ZNAD NIDY SOBKÓW	SOBKÓW	POL	K50	13	K 53	00:43:03	01:53:54	01:55:18	02:59:27	04:04:18.25	04:04:49.60	10:37	5.6
54	PAŁACH KATARZYNA	2062		WARSZAWA	POL	K30	23	K 54	00:45:02			03:07:11	04:12:06.35	04:13:03.70	10:57	5.5
55	KIJAN ANNA	2194	BIEGAMBOLUBIĘ	OLSZTYN	POL	K30	24	K 55	00:43:02	01:54:20	02:20:12	03:18:06	04:14:37.10	04:15:05.90	11:04	5.4
56	IZDEBSKA RENATA	2065		LUBLIN	POL	K60	1	K 56	00:45:52	02:03:09	02:09:35	03:15:46	04:21:42.50	04:22:07.75	11:22	5.3
57	KOPCZYŃSKA DOMINIKA	2231	DZIKUR CREW	WARSZAWA	POL	K50	14	K 57	00:41:29	01:50:13	02:14:36	03:13:17	04:22:03.95	04:22:55.45	11:23	5.3
58	PRUS ANNA	2110	BIEGACZE KLECZEW	SŁAWOSZEWEK	POL	K40	18	K 58	00:45:49	02:01:04	02:25:08	03:26:32	04:28:23.55	04:29:10.85	11:40	5.1
59	BALCERZAK KRYSIA	2145	DROGA DO ULTRA / SZAKALE BAŁUT ŁÓDŹ	ŁÓDŹ	POL	K40	19	K 59	00:37:13	01:49:19	02:18:51	03:19:46	04:28:37.75	04:29:13.00	11:40	5.1
60	BORKOWSKA EWA	2059		ZŁOTÓW	POL	K60	2	K 60	00:48:04	02:06:10	02:13:20	03:21:33	04:30:03.25	04:30:33.70	11:44	5.1
61	MANUSZAK LIDIA	2114	BIEGACZE KLECZEW	KLECZEW	POL	K40	20	K 61	00:45:55	02:01:07	02:25:09	03:26:52	04:31:45.20	04:32:31.55	11:48	5.1
62	OBARSKA MAŁGORZATA	2101		STARACHOWICE	POL	K60	3	K 62	00:48:33	02:08:43	02:11:25	03:20:34	04:34:21.45	04:34:59.85	11:55	5
63	SROCZYŃSKA EWA	2111	BIEGACZE KLECZEW	SŁAWOSZEWEK	POL	K50	15	K 63	00:45:59	02:01:45	02:26:38	03:27:02	04:35:41.35	04:36:29.55	11:59	5
64	GŁOWACKA ALEKSANDRA	2173	MŁODY VS STARY	LEGIONOWO	POL	K50	16	K 64	00:43:56	02:01:34	02:15:39	03:30:46	04:41:41.15	04:42:03.85	12:14	4.9
65	SOWIŃSKA MAGDALENA	2025	DOGOŃ GRODZISK MAZOWIECKI	BRWINÓW	POL	K40	21	K 65	00:45:41	02:03:03	02:28:21	03:31:06	04:41:20.25	04:42:44.05	12:13	4.9
66	TARGOŃSKA MARTA	2004		GDAŃSK	POL	K40	22	K 66	00:44:49	02:03:12	02:06:27	03:29:32	04:47:00.30	04:47:44.40	12:28	4.8
67	PAWŁOWSKA DANUTA	2186		POLAND (POL)	POL	K50	17	K 67	00:48:33	02:08:46	02:22:10	03:36:29	04:53:28.00	04:53:52.15	12:45	4.7
68	WOJTOWICZ NATALIA	2019		SANOK	POL	K30	25	K 68	00:45:38	02:09:07	02:32:22	03:43:13	05:02:08.70	05:04:35.55	13:08	4.6
69	BRZOSTOWSKA KAMA	2041			POL	K40	23	K 69	00:33:59	01:47:50	05:01:47	06:22:01	07:52:36.25	07:54:03.85	20:32	2.9

**X ZIMOWY MARATON BIESZCZADZKI 2024 - 20KM, Mężczyźni**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	12km	12.1km	18km	Netto	Brutto	min/km	km/h
1	SIKOŃCZYK MIŁOSZ	2170	ALPIN SPORT TEAM	KRAKÓW	POL	M30	1	M 1	00:19:41	00:51:58	00:52:10	01:21:14	01:43:45.35	01:43:45.35	4:30	13.3
2	MATUSZNY MAREK	2227	STAŃCZAK TEAM	DZIĘGIELÓW	POL	M20	1	M 2	00:19:14	00:50:34	00:50:50	01:21:08	01:44:48.60	01:44:48.60	4:33	13.2
3	PITUCH GRZEGORZ	2229	KS WYSOKA	WYSOKA	POL	M40	1	M 3	00:19:40	00:52:10	00:52:22	01:21:14	01:46:09.30	01:46:09.45	4:36	13
4	KUROWSKI ANDREW	2029		ŻYWIEC	GBR	M40	2	M 4	00:19:16	00:51:34	00:51:46	01:23:33	01:48:43.75	01:48:44.15	4:43	12.7
5	GUT JACEK	2159	KLUB MORSZA SŁONECZKO/ AKADEMIA BIEGACZA MATYLDA KOWAL	GŁOGÓW MAŁOPOLSKI	POL	M30	2	M 5	00:20:26	00:55:05	00:55:18	01:25:11	01:50:38.00	01:50:38.90	4:48	12.5
6	ŁOZA MATEUSZ	2014	MY ENDURANCE COACHING	GORZKÓW	POL	M30	3	M 6	00:20:51	00:54:45	00:54:58	01:26:39	01:51:37.90	01:51:40.10	4:51	12.4
7	DUDEK KAMIL	2001		JASIENICA ROSIELNA	POL	M20	2	M 7	00:20:28	00:53:35	00:53:48	01:24:00	01:51:57.30	01:51:57.60	4:52	12.3
8	DMITRZAK MICHAŁ	2175		SANOK	POL	M50	1	M 8	00:23:26	00:59:35	00:59:49	01:31:19	01:57:10.15	01:57:13.30	5:05	11.8
9	POŻAK GRZEGORZ	2207		LUBARTÓW	POL	M40	3	M 9	00:22:41	00:59:28	00:59:44	01:33:05	01:58:49.40	01:58:52.35	5:09	11.6
10	BODANKA PIOTR	2225	APAMA ACOUSTIC PROJECT	NIEZANANICE	POL	M40	4	M 10	00:22:19	00:59:25	00:59:38	01:32:51	01:59:05.80	01:59:06.85	5:10	11.6
11	POTKAJ PRZEMYSŁAW	2133	DĄBROWSKI TEAM	KADZIDŁO	POL	M30	4	M 11	00:22:30	00:58:59	00:59:20	01:32:47	02:00:01.95	02:00:08.25	5:13	11.5

**X ZIMOWY MARATON BIESZCZADZKI 2024 - 20KM, Mężczyźni c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	12km	12.1km	18km	Netto	Brutto	min/km	km/h
12	PERNAL DARIUSZ	2201		RYMANÓW	POL	M30	5	M 12	00:22:29	00:58:53	00:59:09	01:32:07	02:00:21.20	02:00:22.00	5:13	11.5
13	HEJNAR JAKUB	2098		SZCZEPAŃCOWA	POL	M40	5	M 13	00:23:08	01:01:19	01:01:33	01:34:53	02:01:42.25	02:01:45.80	5:17	11.3
14	ZBLEWSKI KRZYSZTOF	2093		RUMIA	POL	M30	6	M 14	00:22:40	00:59:27	00:59:43	01:33:39	02:02:58.35	02:03:03.75	5:20	11.2
15	HĽAVÁČ LUMIR	2211	SK FUGA		CZE	M50	2	M 15	00:23:23	01:01:17	01:01:32	01:34:52	02:03:59.75	02:04:04.20	5:23	11.1
16	KOČAJ JAKUB	2058	GÓRAL Z MAZUR RUNNING TEAM	HARTA	POL	M20	3	M 16	00:23:34	01:02:46	01:03:06	01:37:06	02:04:51.80	02:04:58.85	5:25	11.1
17	ZABIELSKI MAREK	2148		WARSZAWA	POL	M30	7	M 17	00:24:57	01:03:46	01:04:19	01:36:41	02:05:14.65	02:05:26.55	5:26	11
18	WASYŁÓW JACEK	2165	CZR1-TEAM PRZEMYSŁ	PRZEMYSŁ	POL	M40	6	M 18	00:23:41	01:02:35	01:03:30	01:37:38	02:05:40.35	02:05:43.80	5:27	11
19	SKARUZ JAROSŁAW	2088		WARSZAWA	POL	M40	7	M 19	00:23:54	01:02:59	01:03:16	01:37:23	02:06:20.55	02:06:26.85	5:29	10.9
20	KOT DAWID	2162		RZESZÓW	POL	M30	8	M 20	00:24:19	01:02:50	01:03:05	01:37:17	02:06:38.50	02:06:45.05	5:30	10.9
21	BANASIK KRZYSZTOF	2027		PRUCHNIK	POL	M40	8	M 21	00:23:26	01:01:22	01:01:36	01:36:52	02:07:19.95	02:07:22.10	5:32	10.8
22	SZCZUDRAWA DARIUSZ	2037		NOWA DĘBA	POL	M40	9	M 22	00:22:35	01:00:08	01:00:26	01:36:22	02:08:20.45	02:08:22.60	5:34	10.8
23	GUŁAŚ DANIEL	2135		MOTYCZ	POL	M40	10	M 23	00:24:34	01:04:42	01:04:55	01:39:47	02:08:34.55	02:08:37.70	5:35	10.7
24	KUŚMIERZAK PIOTR	2087	PRZEDWOJEWSKI TEAM	LUBLIN	POL	M40	11	M 24	00:23:55	01:04:01	01:04:31	01:39:24	02:09:07.05	02:09:09.80	5:36	10.7
25	MASŁOŃ BŁAŻEJ	2084		RUDNIK MAŁY	POL	M50	3	M 25	00:24:13	01:03:05	01:03:44	01:38:20	02:09:04.80	02:09:11.30	5:36	10.7
26	KROPIWNIKI MARCIN	2091		BIĄŁYSTOK	POL	M30	9	M 26	00:23:34	01:02:28	01:02:44	01:38:00	02:09:33.00	02:09:37.15	5:37	10.7
27	BATORY MAREK	2125	BATORY BAU	GORLICE	POL	M40	12	M 27	00:23:52	01:03:07	01:03:45	01:39:25	02:11:33.80	02:11:37.15	5:43	10.5
28	ROGAŁA GRZEGORZ	2233		36-040 BOGUCHWAŁA	POL	M50	4	M 28	00:24:15	01:04:36	01:04:50	01:40:56	02:11:36.05	02:11:38.80	5:43	10.5
29	PIERZ SŁAWOMIR	2174		ISKRZYŃNIA	POL	M40	13	M 29	00:25:42	01:06:34	01:06:48	01:42:22	02:11:46.20	02:12:03.70	5:43	10.5
30	GURGUŁ MATEUSZ	2023	AROMAT NÓG	KRAKÓW	POL	M30	10	M 30	00:24:36	01:03:53	01:04:46	01:41:35	02:12:10.45	02:12:12.05	5:44	10.4
31	WAŚNIK ŁUKASZ	2176		SANOK	POL	M30	11	M 31	00:26:55	01:06:55	01:08:34	01:43:21	02:13:53.75	02:14:15.00	5:49	10.3
32	ZIĘBA MATEUSZ	2190	FOREVER TEAM	ŚWILCZA	POL	M40	14	M 32	00:24:19	01:04:23	01:04:37	01:43:53	02:14:28.70	02:14:30.05	5:50	10.3
33	CZARNOCKI PAWEŁ	2054	GBSB	GOŁĄBEK	POL	M40	15	M 33	01:35:25				02:13:56.60	02:14:31.45	5:49	10.3
34	ZALECKI ZBIGNIEW	2143		BOCHNIA	POL	M50	5	M 34	00:25:32	01:04:56	01:05:23	01:43:26	02:14:22.10	02:14:42.75	5:50	10.3
35	OLEJARNIK ŁUKASZ	2182	ITMBW KRAKÓW	KRAKÓW	POL	M30	12	M 35	00:26:25	01:07:32	01:07:55	01:44:39	02:15:06.60	02:15:51.05	5:52	10.2
36	RACZKOWSKI PAWEŁ	2076		LUBLIN	POL	M40	16	M 36	00:25:53	01:06:49	01:07:29	01:43:34	02:15:48.85	02:16:20.40	5:54	10.2
37	SZAROWICZ FABIAN	2230	BATORYBAU	SEKOWA 422	POL	M40	17	M 37	00:25:58	01:07:25	01:08:40	01:45:22	02:16:11.45	02:16:24.30	5:55	10.1
38	TABĘDZKI BARTŁOMIEJ	2134		PIASTÓW	POL	M40	18	M 38	00:25:59	01:07:27	01:09:17	01:46:32	02:16:17.70	02:16:25.75	5:55	10.1
39	DOMARECKI PAWEŁ	2127	STOPKA PILAWA	PILAWA	POL	M40	19	M 39	00:26:56	01:07:29	01:07:58	01:43:20	02:17:32.75	02:17:43.45	5:58	10
40	BUKOWSKI BARTOSZ	2197		KIERAT	POL	M30	13	M 40	00:30:05	01:12:36	01:12:58	01:48:50	02:19:02.30	02:19:35.55	6:02	9.9
41	STEFANIUK ROMAN	2040	GRUPA BIEGACZY SKÓRZEC BIEGA	SIEDLCE	POL	M60	1	M 41	00:26:55	01:09:48	01:10:17	01:47:49	02:19:43.05	02:19:51.95	6:04	9.9
42	KASELA MACIEK	2172		KIELCE	POL	M30	14	M 42	00:27:34	01:10:30	01:11:30	01:49:42	02:19:58.05	02:20:11.90	6:05	9.9
43	SZCZUREK PAWEŁ	2033		DUKŁA	POL	M50	6	M 43	00:25:03	01:06:45	01:07:00	01:46:30	02:20:38.30	02:20:42.35	6:06	9.8
44	ZADROŻNY SŁAWOMIR	2067	STOPKA PILAWA	LIPÓWKI	POL	M60	2	M 44	00:26:30	01:07:43	01:08:26	01:46:42	02:21:16.00	02:21:29.25	6:08	9.8
45	SIKORA MATEUSZ	2152	#NOLIMITS		POL	M20	4	M 45	00:27:28	01:09:40	01:09:55	01:48:41	02:21:04.30	02:21:30.00	6:08	9.8
46	WERLE MICHAŁ	2169		WARSZAWA	POL	M30	15	M 46	00:26:25	01:08:31	01:09:51	01:48:24	02:22:01.40	02:22:38.85	6:10	9.7
47	RYCHLIK GRZEGORZ	2189		HALASY	POL	M40	20	M 47	00:27:57	01:11:32	01:12:20	01:49:29	02:22:40.70	02:23:10.05	6:12	9.7
48	BOBOLA SEBASTIAN	2208		ZACZERNIE	POL	M30	16	M 48	00:27:29	01:11:45	01:13:30	01:50:55	02:23:03.55	02:23:17.15	6:13	9.6
49	MAZUR JAKUB	2149			POL	M30	17	M 49	00:27:36	01:11:17	01:12:40	01:49:52	02:23:13.35	02:23:26.50	6:13	9.6
50	FEDAN ŁUKASZ	2010		LASZKI	POL	M40	21	M 50	00:25:21	01:08:10	01:09:53	01:48:56	02:23:53.20	02:23:57.05	6:15	9.6
51	LINNAMAGI OTT	2141		MARJAMAA	EST	M30	18	M 51	00:28:56	01:11:05	01:11:24	01:47:42	02:23:41.50	02:24:24.90	6:14	9.6
52	ŚLESICKI KONSTANTY	2107		KONIN	POL	M30	19	M 52	00:27:57	01:11:27	01:11:47	01:50:28	02:24:39.60	02:25:14.45	6:17	9.5
53	KURZYDŁO MICHAŁ	2216		WARA	POL	M30	20	M 53	00:24:37	01:05:52	01:09:01	01:48:49	02:28:03.30	02:28:06.05	6:26	9.3
54	KARDASZ JACEK	2031	ATTYLA	ZAMOSĆ	POL	M40	22	M 54	00:29:03	01:15:02	01:16:45	01:56:55	02:32:05.20	02:32:44.80	6:36	9.1
55	KUDYBA IRENEUSZ	2074	PO JEDNYCH PINIÓNDZACH	JASIONKA	POL	M50	7	M 55	00:31:32	01:15:56	01:18:50	01:55:41	02:32:55.50	02:33:34.65	6:38	9
56	BILSKI MARCIN	2044	PO JEDNYCH PINIÓNDZACH	DĘBOWIEC	POL	M40	23	M 56	00:31:32	01:14:53	01:18:50	01:57:48	02:33:01.15	02:33:41.30	6:39	9
57	MARCHEWICZ MAREK	2115		SKOPANIE	POL	M30	21	M 57	00:27:08	01:11:57	01:12:43	01:55:05	02:34:17.25	02:34:23.55	6:42	8.9
58	TARNAWSKI SŁAWOMIR	2047		DYNÓW	POL	M40	24	M 58	00:28:10	01:14:44	01:15:43	01:56:49	02:34:22.20	02:34:29.90	6:42	8.9
59	ŁĄCZNY MARCIN	2155	GALOPUJĄCE DZDŻOWNICE/SPARTAŃSKA DZICZ	LUBLIN/WITRYŁÓW	POL	M40	25	M 59	00:28:21	01:14:24	01:15:49	01:57:25	02:35:48.75	02:35:54.25	6:46	8.9
60	SKARŻYŃSKI MICHAŁ	2068	TURBACZE	WARSZAWA	POL	M40	26	M 60	00:29:09	01:19:03	01:20:37	02:01:53	02:35:37.40	02:35:57.90	6:45	8.9
61	OSIECKI EDWIN	2030	KUZNIA TRIATHLONU	KONSTANCIN	POL	M50	8	M 61	00:27:56	01:14:28	01:15:58	01:59:12	02:35:47.90	02:36:27.05	6:46	8.9
62	DOSKOCZ MIKOŁAJ	2210	BIEGAJĄCE ZĄBKI	ZĄBKI	POL	M30	22	M 62	00:28:45	01:16:21	01:18:06	01:58:40	02:36:08.55	02:36:33.70	6:47	8.8
63	WYGONOWSKI JACEK	2232	DZIKUR CREW	WARSZAWA	POL	M50	9	M 63	00:28:25	01:14:41	01:15:01	01:56:12	02:36:35.25	02:37:25.70	6:48	8.8
64	BARANOWSKI ROBERT	2213		WROCŁAW	POL	M50	10	M 64	00:28:30	01:17:29	01:17:47	02:00:22	02:36:56.60	02:37:26.90	6:49	8.8

**X ZIMOWY MARATON BIESZCZADZKI 2024 - 20KM, Mężczyźni c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	12km	12.1km	18km	Netto	Brutto	min/km	km/h
65	MALETA KAMIL	2118	MIECHÓW	MIECHÓW	POL	M20	5	M 65	00:28:50	01:16:37	01:19:10	01:58:46	02:40:44.00	02:41:01.20	6:59	8.6
66	PAWELEC PIOTR	2206	DALEKO JESZCZE?	KRAKÓW	POL	M50	11	M 66	00:25:54	01:12:52	01:15:22	01:57:45	02:41:14.35	02:41:19.25	7:00	8.6
67	GRUSZKA MARCIN	2163			POL	M30	23	M 67	00:28:57	01:18:13	01:20:38	02:02:33	02:41:19.00	02:41:30.90	7:00	8.6
68	LEWCZUK NORBERT	2082	BIEGACZE POMAGACZE EDYTA LEWANDOWSKA TEAM	ŁOSICE	POL	M40	27	M 68	00:28:40	01:15:05	01:18:51	02:00:32	02:41:07.60	02:41:39.55	7:00	8.6
69	JONKISZ MARCIN	2147		ŁAŃCUT	POL	M40	28	M 69	00:31:46	01:20:59	01:24:07	02:05:35	02:42:14.15	02:43:05.60	7:03	8.5
70	LEŃCZUK ANDRZEJ	2204		JASŁO	POL	M50	12	M 70	00:30:15	01:18:55	01:22:07	02:04:39	02:43:33.30	02:44:08.90	7:06	8.4
71	MACIEJEWSKI ARTUR	2085			POL	M50	13	M 71	00:29:05	01:18:16	01:19:41	02:03:16	02:44:09.65	02:44:15.30	7:08	8.4
72	HAPUNOWICZ TOMASZ	2038	MOSTOSTAL SIEDLCE	SIEDLCE	POL	M40	29	M 72	00:29:10	01:15:23	01:17:08	02:00:41	02:45:38.45	02:46:00.65	7:12	8.3
73	DOBROGOST MACIEJ	2131	DECEPTICON	WARSZAWA	POL	M30	24	M 73	00:29:01	01:20:08	01:20:40	02:05:40	02:45:50.35	02:46:07.25	7:12	8.3
74	WERESINSKI MICHAŁ	2161		STUBNO	POL	M40	30	M 74	00:31:34	01:22:47	01:23:08	02:09:12	02:47:05.75	02:47:09.85	7:15	8.3
75	MICHALAK WITOLD	2108	#NOLIMITS	LUBLIN	POL	M50	14	M 75	00:31:02	01:22:43	01:24:53	02:08:20	02:47:05.25	02:47:25.75	7:15	8.3
76	DUDEK ŁUKASZ	2151		RZESZÓW	POL	M30	25	M 76	00:30:00	01:21:59	01:24:21	02:08:08	02:47:29.65	02:47:56.95	7:16	8.2
77	SZAJEWSKI ARKADIUSZ	2013	O TAK ŁO	KRAKÓW	POL	M40	31	M 77	00:31:04	01:20:44	01:25:15	02:08:57	02:47:19.10	02:48:14.15	7:16	8.2
78	KIELPIŃSKI PIOTR	2072		GDAŃSK	POL	M40	32	M 78	00:30:01	01:19:06	01:28:06	02:12:17	02:47:51.00	02:48:18.35	7:17	8.2
79	KRUPA JACEK	2181	LEBIODA RUNNING TEAM	RUDA	POL	M50	15	M 79	00:28:58	01:17:51	01:19:16	02:04:10	02:48:16.45	02:48:31.65	7:18	8.2
80	OCHYRA KRZYSZTOF	2226		LESKO	POL	M60	3	M 80	00:30:25	01:22:37	01:23:58	02:09:03	02:48:41.15	02:48:48.50	7:20	8.2
81	LUDKOWSKI MARIUSZ	2042	ALPEJSKIE MAMUTY	STOJADŁA	POL	M50	16	M 81	00:32:41	01:23:06	01:28:12	02:08:54	02:48:54.95	02:48:54.95	7:20	8.2
82	MALCZEWSKI ROBERT	2217		WARSZAWA	POL	M50	17	M 82	00:32:14	01:21:01	01:26:48	02:09:50	02:48:05.95	02:49:05.40	7:18	8.2
83	TURKOWSKI MACIEJ	2039		SIEDLCE	POL	M50	18	M 83	00:28:49	01:21:33	01:25:51	02:08:54	02:50:14.20	02:50:23.70	7:24	8.1
84	SŁOWIK MARIUSZ	2104	ROM TEAM	BORKOWICE	POL	M50	19	M 84	00:30:38	01:21:58	01:23:38	02:09:30	02:50:19.75	02:50:43.60	7:24	8.1
85	WYSOCKI BARTOSZ	2051	KS JANUSZE	LEŻAJSK	POL	M40	33	M 85	00:29:11	01:20:26	01:23:24	02:07:47	02:51:06.90	02:51:14.25	7:26	8.1
86	RUSIN GRZEGORZ	2052		RZESZÓW	POL	M30	26	M 86	00:29:12	01:20:26	01:23:23	02:07:49	02:51:06.00	02:51:14.75	7:26	8.1
87	ZIEMKIEWICZ MICHAŁ	2187	BIEGACZE KLECZEW	KLECZEW	POL	M40	34	M 87	00:30:31	01:21:19	01:25:39	02:09:51	02:51:09.65	02:51:46.40	7:26	8.1
88	MROZEK MARCIN	2198	T4B	WARSZAWA	POL	M30	27	M 88	00:33:15	01:24:36	01:25:01	02:09:26	02:51:50.20	02:52:24.75	7:28	8
89	NYCZ MICHAŁ	2094	NYLUDENT PROFESJONALNE OCHRONIACZE NA ZĘBY	RZESZÓW	POL	M30	28	M 89	00:31:54	01:22:36	01:27:20	02:11:34	02:51:44.05	02:52:34.70	7:28	8
90	ZAWADZKI BERNARD	2136		PRZEMYŚL	POL	M30	29	M 90	00:30:58	01:22:02	01:26:23	02:09:55	02:52:13.20	02:52:41.35	7:29	8
91	GRAL PIOTR	2034	WŁUCZYMORDY		POL	M30	30	M 91	00:31:59	01:25:05	01:31:04	02:18:31	02:57:52.25	02:58:33.05	7:44	7.8
92	BOGACZYK ŁUKASZ	2032		ODRZYKOŃ	POL	M30	31	M 92	00:29:04	01:18:41	01:19:45	02:09:27	03:00:22.65	03:00:26.65	7:50	7.7
93	GALUS JACEK	2126		TARNOW	POL	M50	20	M 93	00:32:54	01:28:18	01:32:20	02:21:18	03:04:42.55	03:04:58.45	8:01	7.5
94	BIEDROŃ ARTUR	2086	ERP HEART TEAM	WARSZAWA	POL	M40	35	M 94	00:32:44	01:28:45	01:37:41	02:24:17	03:05:02.20	03:06:01.65	8:02	7.5
95	NOWAK MICHAŁ	2122		LUBLIN	POL	M30	32	M 95	00:31:05	01:25:11	01:28:11	02:15:01	03:05:44.90	03:06:07.25	8:04	7.4
96	MATYSEK IRENEUSZ	2179	BIEGAMBOLUBIĘ	WAŁCZ DRUGI	POL	M60	4	M 96	00:33:25	01:27:17	01:30:01	02:21:20	03:08:41.75	03:09:14.05	8:12	7.3
97	UBA ARKADIUSZ	2158		KRAKÓW	POL	M20	6	M 97	00:33:12	01:30:17	01:34:13	02:22:47	03:08:47.85	03:09:25.35	8:12	7.3
98	NOWAK MACIEJ	2103		WARSZAWA	POL	M40	36	M 98	00:30:41	01:25:25	01:28:17	02:15:22	03:10:57.65	03:11:01.10	8:18	7.2
99	BOROWSKI GRZEGORZ	2132	STOPKA PILAWA	PILAWA	POL	M20	7	M 99	00:29:03	01:20:44	01:24:56	02:11:19	03:11:48.20	03:12:02.75	8:20	7.2
100	JASINOWICZ NORBERT	2105		GORZELIN	POL	M40	37	M 100	00:29:51	01:27:06	01:28:06	02:19:34	03:12:58.55	03:13:10.30	8:23	7.2
101	ROGUS KRYSZTIAN	2140		RUDOŁOWICE	POL	M30	33	M 101	00:37:36	01:35:55	01:39:19	02:27:16	03:11:24.25	03:14:19.15	8:19	7.2
102	BAK PRZEMYSŁAW	2139			POL	M30	34	M 102	00:37:35	01:35:56	01:39:20	02:27:16	03:11:25.10	03:14:20.00	8:19	7.2
103	KOZAK KAMIL	2099		CZEMIERNIKI	POL	M30	35	M 103	00:33:51	01:30:12	01:34:05	02:23:19	03:13:50.25	03:14:34.20	8:25	7.1
104	KRZAN TOMASZ	2203	KRZAN PRZEWORSK	PRZEWORSK	POL	M40	38	M 104	00:33:42	01:30:44	01:37:17	02:26:00	03:15:36.40	03:16:31.45	8:30	7.1
105	NYCZ DOMINIKA	2015	TRIFUN	RZESZÓW	POL	M30	36	M 105	00:35:57	01:36:06	01:39:43	02:28:52	03:17:29.50	03:18:19.95	8:35	7
106	KALBARCZYK JAKUB	2016		KRAKÓW	POL	M30	37	M 106	00:38:40	01:39:10	01:45:36	02:35:32	03:16:00.15	03:18:26.95	8:31	7
107	STOYKOV PAVLIN	2146		ZGORZALA	BUL	M50	21	M 107	00:33:51	01:30:50	01:41:33	02:30:13	03:17:54.25	03:18:39.80	8:36	7
108	KURDEJ KRZYSZTOF	2049	ALPEJSKIE MAMUTY	WARSZAWA	POL	M50	22	M 108	00:34:24	01:36:12	01:39:43	02:31:42	03:19:02.95	03:19:02.95	8:39	6.9
109	NOWIŃSKI ARTUR	2026		05-800	POL	M30	38	M 109	00:34:04	01:32:18	01:42:26	02:35:19	03:18:15.65	03:19:05.95	8:37	7
110	BODNIAK TOMASZ	2069	POJEDNYCHPINIONDZACH	USTRZYKI DOLNE	POL	M40	39	M 110	00:34:16	01:31:46	01:42:04	02:30:31	03:18:30.10	03:19:10.25	8:37	7
111	LESZCZYŃSKI RAFAŁ	2077		ŁOMIANKI DOLNE	POL	M50	23	M 111	00:35:41	01:32:11	01:45:16	02:34:38	03:19:35.70	03:19:56.50	8:40	6.9
112	POPKOWSKI ADAM	2116		RZEPIN	POL	M30	39	M 112	00:33:31	01:30:42	01:42:08	02:30:27	03:20:12.10	03:20:49.75	8:42	6.9
113	MALEC KRYSZTIAN	2063	BRAVE SNAILS LUBLIN	LUBLIN	POL	M40	40	M 113	00:33:25	01:31:25	01:41:19	02:29:48	03:20:26.00	03:21:10.95	8:42	6.9
114	KLUZ ROBERT	2221	PODIUM	RZESZÓW	POL	M50	24	M 114	00:39:27	01:43:17	01:47:19	02:40:17	03:22:28.70	03:22:46.80	8:48	6.8
115	KULAKOWSKI PIOTR	2095		KONSTANCIN-JEZIORNA	POL	M60	5	M 115	00:32:48	01:30:21	01:42:25	02:32:13	03:24:30.05	03:25:22.80	8:53	6.7
116	INTRYS BARTOSZ	2142		POZNAN	POL	M30	40	M 116	00:39:17	01:38:20	01:42:05	02:32:44	03:25:41.55	03:26:15.50	8:56	6.7
117	WIŚNIEWSKI DARIUSZ	2235		STRZELCE OPOLSKIE	POL	M50	25	M 117	00:32:01	01:31:25	01:33:49	02:28:45	03:26:10.35	03:26:26.00	8:57	6.7
118	PODOBIŃSKI PIOTR	2046		WARSZAWA	POL	M50	26	M 118	00:34:26	01:35:38	01:41:40	02:31:53	03:26:10.55	03:26:32.25	8:57	6.7



**X ZIMOWY MARATON BIESZCZADZKI 2024 - 20KM, Mężczyźni c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	12km	12.1km	18km	Netto	Brutto	min/km	km/h
119	NOWAK ŁUKASZ	2073	PRESSGLASS SPORT AND SUPPORT	KONOPISKA	POL	M40	41	M 119	00:37:06	01:42:07	01:49:11	02:35:26	03:26:57.60	03:27:26.55	8:59	6.7
120	MIKSA SŁAWOMIR	2167		ŁÓDŹ	POL	M50	27	M 120	00:35:32	01:37:52	01:45:12	02:38:52	03:27:22.35	03:27:28.85	9:00	6.7
121	UNKIEWICZ MICHAŁ	2195		WARSZAWA	POL	M40	42	M 121	00:33:28	01:31:30	01:41:18	02:29:48	03:29:33.55	03:30:18.80	9:06	6.6
122	PASTWA GRZEGORZ	2168		BUSKO ZDROJ	POL	M30	41	M 122	00:42:34	01:48:58	01:50:36	02:47:46	03:34:03.05	03:34:17.90	9:18	6.4
123	POJNAR KAROL	2119	BIEGUSIEM. PL	BESKO	POL	M30	42	M 123	00:30:26	01:30:23	01:47:19	02:38:09	03:35:43.45	03:35:59.25	9:22	6.4
124	NASUTA PAWEŁ	2120		KANIÓW	POL	M30	43	M 124	00:30:27	01:30:25	01:47:19	02:38:10	03:35:44.10	03:35:59.70	9:22	6.4
125	POKRYWKA STEFAN	2228		CISNA	POL	M60	6	M 125	00:39:16	01:43:37	01:48:05	02:43:40	03:37:23.10	03:37:51.15	9:27	6.3
126	OBARSKI NORBERT	2102		KIELCE	POL	M60	7	M 126	00:39:10	01:45:08	01:47:37	02:47:15	03:46:41.10	03:47:19.45	9:51	6.1
127	STEPNOWSKI ŁUKASZ	2184		GDYNIA	POL	M40	43	M 127	00:36:52	01:40:49	01:48:46	02:45:26	03:47:37.40	03:48:24.30	9:53	6.1
128	GORAJEK MICHAŁ	2022	LILA&ALA	NOWY KRĘPIEC	POL	M40	44	M 128	00:36:14	01:39:18	01:48:46	02:42:04	03:50:11.00	03:50:40.85	10:00	6
129	WINIARCZYK ŁUKASZ	2129	MIKI&OLUŚ&REMUŚ	LUBLIN	POL	M40	45	M 129	00:36:08	01:38:53	01:48:47	02:42:10	03:50:15.20	03:50:43.75	10:00	6
130	KOMÓR WIESŁAW	2200	WROCŁAWSKIE MORSY	WROCŁAW	POL	M60	8	M 130	00:42:18	01:48:30	01:50:26	02:50:15	03:52:02.85	03:52:26.40	10:05	5.9
131	ŁASZKIEWICZ PIOTR	2188	ATHLETICS TEAM PRUSICE	BRZEŻNO	POL	M60	9	M 131	00:39:56	01:47:06	02:01:40	02:59:36	04:00:17.85	04:00:49.10	10:26	5.7
132	JABŁOŃSKI KAZIMIERZ	2191	SPRINTER PRĄDY	PRĄDY	POL	M60	10	M 132	00:44:45	01:59:48	02:01:55	03:06:20	04:04:24.40	04:04:58.15	10:37	5.6
133	WABNO WOJCIECH	2056	PORANNY PATROL	KRAKÓW	POL	M20	8	M 133	00:40:19	01:46:19	01:58:49	02:59:12	04:07:25.25	04:15:49.70	10:45	5.6
134	KLIMCZAK MARCIN	2057	PORANNY PATROL	KRAKÓW	POL	M20	9	M 134	00:40:21	01:46:17	01:58:51	02:59:14	04:08:07.25	04:16:32.45	10:47	5.6
135	SAMEK ARTUR	2212		KRAKÓW	POL	M50	28	M 135	00:45:41			03:09:24	04:16:09.35	04:16:34.15	11:08	5.4
136	WOJTYŚ ANDRZEJ	2171		KRAKÓW	POL	M40	46	M 136	00:40:21	01:46:18	01:58:49	02:59:11	04:08:10.45	04:16:38.55	10:47	5.6
137	REY ANDRZEJ	2079	REYRUNNINGTEAM	WARSZAWA	POL	M50	29	M 137	00:51:12	02:19:31	02:26:38	03:49:58	04:24:28.95	04:25:24.30	11:29	5.2
138	ORZECHOWSKI MARIUSZ	2109	BIEGACZE KLECZEW	SŁAWOSZEWEK	POL	M50	30	M 138	00:45:59	02:01:56	02:26:37	03:25:45	04:25:50.05	04:26:36.55	11:33	5.2
139	PAWŁOWSKI MARCIN	2214		OTRĘBUSY	POL	M50	31	M 139	00:48:34	02:08:48	02:22:12	03:36:30	04:53:28.15	04:53:52.10	12:45	4.7
140	JEZIOREK JOZI	2157	GRUPA KOK	ŁAPCZYCA	POL	M50	32	M 140	00:48:53	02:09:47	02:12:30	03:26:09	04:56:15.25	04:56:29.40	12:52	4.7
141	BRODECKI ADAM	2083		RADZYŃ PODLASKI	POL	M30	44	M 141	00:46:20	02:10:51	02:25:46	03:37:17	04:59:47.45	05:00:32.55	13:02	4.6
142	POLAŃSKI KONRAD	2017		SROGÓW DOLNY	POL	M40	47	M 142	00:45:33	02:08:55	02:32:17	03:43:07	05:02:05.10	05:04:36.15	13:08	4.6
	SCHLAPPA SEBASTIAN	2153	IZBICKO W BIEGU	IZBICKO	POL	M40			00:41:56	01:51:35	DNF	DNF	DNF	DNF	-	-
	REY PATRYK	2180		PRUSZKÓW	POL	M20			00:51:11	DNF	DNF	DNF	DNF	DNF	-	-

**X ZIMOWY MARATON BIESZCZADZKI 2024 - 20KM, K20**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	12km	12.1km	18km	Netto	Brutto	min/km	km/h
1	BUDZIASZEK AGNIESZKA	2036	EFFI RUN TEAM	KRAKOW	POL	K20	1	K 12	00:29:03	01:19:21	01:20:43	02:02:48	02:42:59.95	02:43:10.35	7:05	8.5

**X ZIMOWY MARATON BIESZCZADZKI 2024 - 20KM, M20**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	12km	12.1km	18km	Netto	Brutto	min/km	km/h
1	MATUSZNY MAREK	2227	STAŃCZAK TEAM	DZIEGIELÓW	POL	M20	1	M 2	00:19:14	00:50:34	00:50:50	01:21:08	01:44:48.60	01:44:48.60	4:33	13.2
2	DUDEK KAMIL	2001		JASIENICA ROSIELNA	POL	M20	2	M 7	00:20:28	00:53:35	00:53:48	01:24:00	01:51:57.30	01:51:57.60	4:52	12.3
3	KOAJ JAKUB	2058	GÓRAL Z MAZUR RUNNING TEAM	HARTA	POL	M20	3	M 16	00:23:34	01:02:46	01:03:06	01:37:06	02:04:51.80	02:04:58.85	5:25	11.1
4	SIKORA MATEUSZ	2152	#NOLIMITS		POL	M20	4	M 45	00:27:28	01:09:40	01:09:55	01:48:41	02:21:04.30	02:21:30.00	6:08	9.8
5	MALETA KAMIL	2118		MIECHÓW	POL	M20	5	M 65	00:28:50	01:16:37	01:19:10	01:58:46	02:40:44.00	02:41:01.20	6:59	8.6
6	UBA ARKADIUSZ	2158		KRAKÓW	POL	M20	6	M 97	00:33:12	01:30:17	01:34:13	02:22:47	03:08:47.85	03:09:25.35	8:12	7.3
7	BOROWSKI GRZEGORZ	2132	STOPKA PILAWA	PILAWA	POL	M20	7	M 99	00:29:03	01:20:44	01:24:56	02:11:19	03:11:48.20	03:12:02.75	8:20	7.2
8	WABNO WOJCIECH	2056	PORANNY PATROL	KRAKÓW	POL	M20	8	M 133	00:40:19	01:46:19	01:58:49	02:59:12	04:07:25.25	04:15:49.70	10:45	5.6
9	KLIMCZAK MARCIN	2057	PORANNY PATROL	KRAKÓW	POL	M20	9	M 134	00:40:21	01:46:17	01:58:51	02:59:14	04:08:07.25	04:16:32.45	10:47	5.6
	REY PATRYK	2180		PRUSZKÓW	POL	M20			00:51:11	DNF	DNF	DNF	DNF	DNF	-	-

### X ZIMOWY MARATON BIESZCZADZKI 2024 - 20KM, K30

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	12km	12.1km	18km	Netto	Brutto	min/km	km/h
1	JACNIAK EWA	2138	#NOLIMITS		POL	K30	1	K 4	00:26:17	01:08:47	01:09:02	01:46:30	02:18:17.00	02:18:26.25	6:00	10
2	ŁUKASIEWICZ EWELINA	2124		POZNAŃ	POL	K30	2	K 5	00:25:52	01:08:47	01:09:07	01:46:38	02:19:06.35	02:19:11.70	6:02	9.9
3	KALISZ KAROLINA MARIA	2078		WARSZAWA	POL	K30	3	K 6	00:27:59	01:12:53	01:14:20	01:50:41	02:21:36.40	02:21:40.70	6:09	9.7
4	WĄSIK KORNELIA	2156	STOPKA PILAWA	GARWOLIN	POL	K30	4	K 8	00:27:32	01:12:47	01:14:08	01:53:01	02:29:47.75	02:29:58.75	6:30	9.2
5	DOSKOCZ NINA	2002	BIEGAJĄCE ZĄBKI	ZĄBKI	POL	K30	5	K 10	00:28:47	01:16:16	01:18:06	01:58:42	02:36:09.20	02:36:33.45	6:47	8.8
6	ZBLEWSKA BARBARA	2092		RUMIA	POL	K30	6	K 13	00:29:05	01:18:17	01:19:41	02:03:26	02:44:09.75	02:44:15.60	7:08	8.4
7	NOWAK KATARZYNA	2121		LUBLIN	POL	K30	7	K 14	00:28:50	01:16:28	01:17:04	02:01:53	02:44:42.95	02:45:04.25	7:09	8.4
8	GÓROWSKA ANNA	2215		CIECHANÓW	POL	K30	8	K 15	00:32:20	01:21:45	01:22:02	02:06:00	02:45:28.40	02:46:02.45	7:11	8.3
9	ZAJĄC KATARZYNA	2100		BIECZ	POL	K30	9	K 16	00:33:28	01:24:57	01:26:41	02:09:18	02:46:35.75	02:46:35.75	7:14	8.3
10	KORYCKA DOROTA	2066	STOPKA PILAWA	GARWOLIN	POL	K30	10	K 18	00:29:19	01:18:21	01:19:40	02:02:31	02:49:12.40	02:49:24.75	7:21	8.2
11	PITUCH PATRYCJA	2183		KRAKÓW	POL	K30	11	K 20	00:29:59	01:23:35	01:27:07	02:10:39	02:53:17.30	02:53:47.25	7:32	8
12	LARA NATALIA	2035	WARRIORS ŁÓDŹ	ŁÓDŹ	POL	K30	12	K 24	00:33:48	01:27:51	01:28:14	02:14:35	02:58:26.15	02:59:13.70	7:45	7.7
13	KĘDRA AGNIESZKA	2048	CARPATHIAN RUNNERS	RZESZÓW	POL	K30	13	K 26	00:30:24	01:23:46	01:26:23	02:10:26	03:00:43.75	03:01:02.10	7:51	7.6
14	PLUSA ALEKSANDRA	2150	#NOLIMITS	LUBLIN	POL	K30	14	K 33	00:33:24	01:30:39	01:31:06	02:22:18	03:09:32.85	03:09:43.70	8:14	7.3
15	JAWORSKA MAGDALENA	2064	KS CELESTYNA		POL	K30	15	K 35	00:33:33	01:31:22	01:31:46	02:22:22	03:12:23.85	03:13:21.15	8:21	7.2
16	MACHNIKOWSKA GRAŻYNA	2196	LUBARTOWSKI BEERGACZ	WARSZAWA	POL	K30	16	K 36	00:33:26	01:31:25	01:41:20	02:29:41	03:17:09.55	03:17:53.05	8:34	7
17	TADLA IZABELA	2223	#NOLIMITS	DĄBROWICA	POL	K30	17	K 38	00:31:47	01:23:18	01:26:35	02:30:02	03:17:49.95	03:18:12.10	8:36	7
18	BEDNARCZYK KATARZYNA	2018	KLUB PĘDZĄCYCH WIATRÓW	KRAKÓW	POL	K30	18	K 39	00:38:39	01:39:10	01:45:36	02:35:33	03:15:59.65	03:18:26.55	8:31	7
19	POPKOWSKA KATARZYNA	2117		RZEPIN	POL	K30	19	K 41	00:33:30	01:30:46	01:42:08	02:30:28	03:20:12.75	03:20:50.05	8:42	6.9
20	DRAB MAGDA	2020	CHCE CI SIĘ?	ALEKSANDRIA	POL	K30	20	K 45	00:36:26	01:37:57	01:45:47	02:36:11	03:26:50.90	03:27:19.95	8:59	6.7
21	NALEWAJKA AGATA	2075		KONOPISKA	POL	K30	21	K 46	00:36:25	01:37:55	01:45:46	02:35:26	03:26:49.95	03:27:20.00	8:59	6.7
22	MIŻEJEWSKA MARTA	2070		KONOPISKA	POL	K30	22	K 47	00:37:05	01:42:05	01:45:48	02:35:28	03:26:51.15	03:27:20.30	8:59	6.7
23	PAŁACH KATARZYNA	2062		WARSZAWA	POL	K30	23	K 54	00:45:02			03:07:11	04:12:06.35	04:13:03.70	10:57	5.5
24	KIJAN ANNA	2194	BIEGAMBOLUBIĘ	OLSZTYN	POL	K30	24	K 55	00:43:02	01:54:20	02:20:12	03:18:06	04:14:37.10	04:15:05.90	11:04	5.4
25	WOJTOWICZ NATALIA	2019		SANOK	POL	K30	25	K 68	00:45:38	02:09:07	02:32:22	03:43:13	05:02:08.70	05:04:35.55	13:08	4.6

### X ZIMOWY MARATON BIESZCZADZKI 2024 - 20KM, M30

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	12km	12.1km	18km	Netto	Brutto	min/km	km/h
1	SIKOŃCZYK MIŁOSZ	2170	ALPIN SPORT TEAM	KRAKÓW	POL	M30	1	M 1	00:19:41	00:51:58	00:52:10	01:21:14	01:43:45.35	01:43:45.35	4:30	13.3
2	GUT JACEK	2159	KLUB MORSZA SŁONECZKO/ AKADEMIA BIEGACZA MATYLDA KOWAL	GŁOGÓW MAŁOPOLSKI	POL	M30	2	M 5	00:20:26	00:55:05	00:55:18	01:25:11	01:50:38.00	01:50:38.90	4:48	12.5
3	ŁOZA MATEUSZ	2014	MY ENDURANCE COACHING	GORZKÓW	POL	M30	3	M 6	00:20:51	00:54:45	00:54:58	01:26:39	01:51:37.90	01:51:40.10	4:51	12.4
4	POTKAJ PRZEMYSŁAW	2133	DĄBROWSKI TEAM	KADZIDŁO	POL	M30	4	M 11	00:22:30	00:58:59	00:59:20	01:32:47	02:00:01.95	02:00:08.25	5:13	11.5
5	PERNAL DARIUSZ	2201		RYMANÓW	POL	M30	5	M 12	00:22:29	00:58:53	00:59:09	01:32:07	02:00:21.20	02:00:22.00	5:13	11.5
6	ZBLEWSKI KRZYSZTOF	2093		RUMIA	POL	M30	6	M 14	00:22:40	00:59:27	00:59:43	01:33:39	02:02:58.35	02:03:03.75	5:20	11.2
7	ZABIELSKI MAREK	2148		WARSZAWA	POL	M30	7	M 17	00:24:57	01:03:46	01:04:19	01:36:41	02:05:14.65	02:05:26.55	5:26	11
8	KOT DAWID	2162		RZESZÓW	POL	M30	8	M 20	00:24:19	01:02:50	01:03:05	01:37:17	02:06:38.50	02:06:45.05	5:30	10.9
9	KROPIWNICKI MARCIN	2091		BIAŁYSTOK	POL	M30	9	M 26	00:23:34	01:02:28	01:02:44	01:38:00	02:09:33.00	02:09:37.15	5:37	10.7
10	GURGUL MATEUSZ	2023	AROMAT NÓG	KRAKÓW	POL	M30	10	M 30	00:24:36	01:03:53	01:04:46	01:41:35	02:12:10.45	02:12:12.05	5:44	10.4
11	WĄSIK ŁUKASZ	2176		SANOK	POL	M30	11	M 31	00:26:55	01:06:55	01:08:34	01:43:21	02:13:53.75	02:14:15.00	5:49	10.3
12	OLEJARNIK ŁUKASZ	2182	ITMBW KRAKÓW	KRAKÓW	POL	M30	12	M 35	00:26:25	01:07:32	01:07:55	01:44:39	02:15:06.60	02:15:51.05	5:52	10.2
13	BUKOWSKI BARTOSZ	2197	KIERAT	GDYŃIA	POL	M30	13	M 40	00:30:05	01:12:36	01:12:58	01:48:50	02:19:02.30	02:19:35.55	6:02	9.9
14	KASELA MACIEK	2172		KIELCE	POL	M30	14	M 42	00:27:34	01:10:30	01:11:30	01:49:42	02:19:58.05	02:20:11.90	6:05	9.9
15	WERLE MICHAŁ	2169		WARSZAWA	POL	M30	15	M 46	00:26:25	01:08:31	01:09:51	01:48:24	02:22:01.40	02:22:38.85	6:10	9.7
16	BOBOLA SEBASTIAN	2208		ZACZERNIE	POL	M30	16	M 48	00:27:29	01:11:45	01:13:30	01:50:55	02:23:03.55	02:23:17.15	6:13	9.6
17	MAZUR JAKUB	2149			POL	M30	17	M 49	00:27:36	01:11:17	01:12:40	01:49:52	02:23:13.35	02:23:26.50	6:13	9.6
18	LINNAMAGI OTT	2141		MARJAMAA	EST	M30	18	M 51	00:28:56	01:11:05	01:11:24	01:47:42	02:23:41.50	02:24:24.90	6:14	9.6
19	ŚLESICKI KONSTANTY	2107		KONIN	POL	M30	19	M 52	00:27:57	01:11:27	01:11:47	01:50:28	02:24:39.60	02:25:14.45	6:17	9.5
20	KURZYDŁO MICHAŁ	2216		WARA	POL	M30	20	M 53	00:24:37	01:05:52	01:09:01	01:48:49	02:28:03.30	02:28:06.05	6:26	9.3
21	MARCHEWICZ MAREK	2115		SKOPANIE	POL	M30	21	M 57	00:27:08	01:11:57	01:12:43	01:55:05	02:34:17.25	02:34:23.55	6:42	8.9
22	DOSKOCZ MIKOŁAJ	2210	BIEGAJĄCE ZĄBKI	ZĄBKI	POL	M30	22	M 62	00:28:45	01:16:21	01:18:06	01:58:40	02:36:08.55	02:36:33.70	6:47	8.8
23	GRUSZKA MARCIN	2163			POL	M30	23	M 67	00:28:57	01:18:13	01:20:38	02:02:33	02:41:19.00	02:41:30.90	7:00	8.6
24	DOBROGOST MACIEJ	2131	DECEPTICON	WARSZAWA	POL	M30	24	M 73	00:29:01	01:20:08	01:20:40	02:05:40	02:45:50.35	02:46:07.25	7:12	8.3

**X ZIMOWY MARATON BIESZCZADZKI 2024 - 20KM, M30 c.d.**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	12km	12.1km	18km	Netto	Brutto	min/km	km/h
25	DUDEK ŁUKASZ	2151		RZESZÓW	POL	M30	25	M 76	00:30:00	01:21:59	01:24:21	02:08:08	02:47:29.65	02:47:56.95	7:16	8.2
26	RUSIN GRZEGORZ	2052		RZESZÓW	POL	M30	26	M 86	00:29:12	01:20:26	01:23:23	02:07:49	02:51:06.00	02:51:14.75	7:26	8.1
27	MROZEK MARCIN	2198	T4B	WARSZAWA	POL	M30	27	M 88	00:33:15	01:24:36	01:25:01	02:09:26	02:51:50.20	02:52:24.75	7:28	8
28	NYCZ MICHAŁ	2094	NYLUUDENT PROFESJONALNE OCHRANIACZE NA ZĘBY	RZESZÓW	POL	M30	28	M 89	00:31:54	01:22:36	01:27:20	02:11:34	02:51:44.05	02:52:34.70	7:28	8
29	ZAWADZKI BERNARD	2136		PRZEMYŚL	POL	M30	29	M 90	00:30:58	01:22:02	01:26:23	02:09:55	02:52:13.20	02:52:41.35	7:29	8
30	GRAL PIOTR	2034	WŁUCZYMORDY		POL	M30	30	M 91	00:31:59	01:25:05	01:31:04	02:18:31	02:57:52.25	02:58:33.05	7:44	7.8
31	BOGACZYK ŁUKASZ	2032		ODRZYKOŃ	POL	M30	31	M 92	00:29:04	01:18:41	01:19:45	02:09:27	03:00:22.65	03:00:26.65	7:50	7.7
32	NOWAK MICHAŁ	2122		LUBLIN	POL	M30	32	M 95	00:31:05	01:25:11	01:28:11	02:15:01	03:05:44.90	03:06:07.25	8:04	7.4
33	ROGUS KRYSZTIAN	2140		RUDOŁOWICE	POL	M30	33	M 101	00:37:36	01:35:55	01:39:19	02:27:16	03:11:24.25	03:14:19.15	8:19	7.2
34	BAK PRZEMYSŁAW	2139			POL	M30	34	M 102	00:37:35	01:35:56	01:39:20	02:27:16	03:11:25.10	03:14:20.00	8:19	7.2
35	KOZAK KAMIL	2099		CZEMIERNIKI	POL	M30	35	M 103	00:33:51	01:30:12	01:34:05	02:23:19	03:13:50.25	03:14:34.20	8:25	7.1
36	NYCZ DOMINIKA	2015	TRIFUN	RZESZÓW	POL	M30	36	M 105	00:35:57	01:36:06	01:39:43	02:28:52	03:17:29.50	03:18:19.95	8:35	7
37	KALBARCZYK JAKUB	2016		KRAKÓW	POL	M30	37	M 106	00:38:40	01:39:10	01:45:36	02:35:32	03:16:00.15	03:18:26.95	8:31	7
38	NOWIŃSKI ARTUR	2026		05-800	POL	M30	38	M 109	00:34:04	01:32:18	01:42:26	02:35:19	03:18:15.65	03:19:05.95	8:37	7
39	POPKOWSKI ADAM	2116		RZEPIN	POL	M30	39	M 112	00:33:31	01:30:42	01:42:08	02:30:27	03:20:12.10	03:20:49.75	8:42	6.9
40	INTRYS BARTOSZ	2142		POZNAN	POL	M30	40	M 116	00:39:17	01:38:20	01:42:05	02:32:44	03:25:41.55	03:26:15.50	8:56	6.7
41	PASTWA GRZEGORZ	2168		BUSKO ZDROJ	POL	M30	41	M 122	00:42:34	01:48:58	01:50:36	02:47:46	03:34:03.05	03:34:17.90	9:18	6.4
42	POJNAR KAROL	2119	BIEGUSIEM. PL	BESKO	POL	M30	42	M 123	00:30:26	01:30:23	01:47:19	02:38:09	03:35:43.45	03:35:59.25	9:22	6.4
43	NASUTA PAWEŁ	2120		KANIÓW	POL	M30	43	M 124	00:30:27	01:30:25	01:47:19	02:38:10	03:35:44.10	03:35:59.70	9:22	6.4
44	BRODECKI ADAM	2083		RADZYŃ PODLASKI	POL	M30	44	M 141	00:46:20	02:10:51	02:25:46	03:37:17	04:59:47.45	05:00:32.55	13:02	4.6

**X ZIMOWY MARATON BIESZCZADZKI 2024 - 20KM, K40**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	12km	12.1km	18km	Netto	Brutto	min/km	km/h
1	BOLECHOWSKA DOMINIKA	2234	ALPIN SPORT TEAM	RABKA ZDRÓJ	POL	K40	1	K 1	00:24:16	01:03:03	01:03:16	01:37:23	02:04:02.80	02:04:04.10	5:23	11.1
2	PIĄTEK BEATA	2220		ŁAŃCUT 37-100	POL	K40	2	K 2	00:24:16	01:04:02	01:04:16	01:38:43	02:07:01.50	02:07:03.15	5:31	10.9
3	BANASIK MONIKA	2028		PRUCHNIK	POL	K40	3	K 3	00:24:17	01:06:11	01:07:05	01:43:54	02:16:47.40	02:16:49.55	5:56	10.1
4	DZIERŻAK ELŻBIETA	2222	AQUAREH/TRENINGFIZJO.PL	GŁOGÓW MAŁOPOLSKI	POL	K40	4	K 7	00:27:08	01:11:58	01:12:19	01:51:08	02:23:21.70	02:23:23.55	6:13	9.6
5	MARZEC KATARZYNA	2097	KOMFORT ZONE	SZCZEPANEK	POL	K40	5	K 11	00:28:46	01:15:19	01:17:13	01:59:13	02:41:14.90	02:41:29.90	7:00	8.6
6	TUPTYŃSKA MARIKA	2160		BRODNICA	POL	K40	6	K 17	00:32:07	01:24:20	01:24:47	02:09:07	02:47:45.80	02:48:33.40	7:17	8.2
7	WYSOCKA IWONA	2053		GIEDLAROWA	POL	K40	7	K 19	00:29:12	01:20:43	01:23:26	02:08:08	02:51:07.45	02:51:14.80	7:26	8.1
8	KOCOT MAGDALENA	2219	META NADARZYN	NADARZYN	POL	K40	8	K 28	00:33:15	01:29:52	01:31:33	02:19:41	03:01:32.10	03:02:25.70	7:53	7.6
9	ZDUNEK MAŁGORZATA	2106	#NOLIMITS	LUBLIN	POL	K40	9	K 29	00:33:02	01:28:12	01:28:46	02:17:12	03:03:38.60	03:03:52.80	7:59	7.5
10	KADZIDŁOWSKA ALEKSANDRA	2178	EVERRUN	ŁÓDŹ	POL	K40	10	K 30	00:33:31	01:29:07	01:32:05	02:18:20	03:03:45.80	03:04:17.75	7:59	7.5
11	CIUPIŃSKA MAGDA	2006		OSTRÓW	POL	K40	11	K 34	00:35:19	01:31:59	01:35:37	02:25:07	03:10:15.90	03:11:02.15	8:16	7.3
12	LEŚNICZAK BARBARA	2192		ZIELONKA	POL	K40	12	K 37	00:35:08	01:33:29	01:39:56	02:30:10	03:17:55.70	03:18:07.10	8:36	7
13	SIKORSKA AGNIESZKA	2144		WARSZAWA	POL	K40	13	K 44	00:32:51	01:30:23	01:42:26	02:32:15	03:24:33.70	03:25:25.25	8:53	6.7
14	KORNECKA-CIELIBAŁA ANETA	2055		SOBKÓW	POL	K40	14	K 48	00:37:42	01:36:20	01:37:13	02:31:48	03:27:21.00	03:27:51.75	9:00	6.7
15	GAWĘŁ AGATA	2123	NAJMNIEJSZA WATAHA ŚWIATA Z:F	KRAKÓW	POL	K40	15	K 49	00:35:48	01:39:51	01:45:29	02:38:20	03:33:55.20	03:34:31.40	9:18	6.5
16	DALKE JOWITA	2113	ZABIEGANE DWIE	GDAŃSK	POL	K40	16	K 50	00:36:40	01:41:55	01:52:58	02:44:36	03:41:23.55	03:42:17.75	9:37	6.2
17	BUGAJSKA KATARZYNA	2011			POL	K40	17	K 52	00:39:33	01:45:11	01:48:15	02:48:23	03:47:48.50	03:48:41.10	9:54	6.1
18	PRUS ANNA	2110	BIEGACZE KLECZEW	SŁAWOSZEWEK	POL	K40	18	K 58	00:45:49	02:01:04	02:25:08	03:26:32	04:28:23.55	04:29:10.85	11:40	5.1
19	BALCERZAK KRYSIA	2145	DROGA DO ULTRA / SZAKALE BAŁUT ŁÓDŹ	ŁÓDŹ	POL	K40	19	K 59	00:37:13	01:49:19	02:18:51	03:19:46	04:28:37.75	04:29:13.00	11:40	5.1
20	MANUSZAK LIDIA	2114	BIEGACZE KLECZEW	KLECZEW	POL	K40	20	K 61	00:45:55	02:01:07	02:25:09	03:26:52	04:31:45.20	04:32:31.55	11:48	5.1
21	SOWIŃSKA MAGDALENA	2025	DOGOŃ GRODZISK MAZOWIECKI	BRWINÓW	POL	K40	21	K 65	00:45:41	02:03:03	02:28:21	03:31:06	04:41:20.25	04:42:44.05	12:13	4.9
22	TARGOŃSKA MARTA	2004		GDAŃSK	POL	K40	22	K 66	00:44:49	02:03:12	02:06:27	03:29:32	04:47:00.30	04:47:44.40	12:28	4.8
23	BRZOSTOWSKA KAMA	2041			POL	K40	23	K 69	00:33:59	01:47:50	05:01:47	06:22:01	07:52:36.25	07:54:03.85	20:32	2.9

**X ZIMOWY MARATON BIESZCZADZKI 2024 - 20KM, M40**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	12km	12.1km	18km	Netto	Brutto	min/km	km/h
1	PITUCH GRZEGORZ	2229	KS WYSOKA	WYSOKA	POL	M40	1	M 3	00:19:40	00:52:10	00:52:22	01:21:14	01:46:09.30	01:46:09.45	4:36	13
2	KUROWSKI ANDREW	2029		ŻYWIEC	GBR	M40	2	M 4	00:19:16	00:51:34	00:51:46	01:23:33	01:48:43.75	01:48:44.15	4:43	12.7
3	POŻAK GRZEGORZ	2207		LUBARTÓW	POL	M40	3	M 9	00:22:41	00:59:28	00:59:44	01:33:05	01:58:49.40	01:58:52.35	5:09	11.6
4	BODANKA PIOTR	2225	APAMA ACOUSTIC PROJECT	NIEZGANICE	POL	M40	4	M 10	00:22:19	00:59:25	00:59:38	01:32:51	01:59:05.80	01:59:06.85	5:10	11.6
5	HEJNAR JAKUB	2098		SZCZEPAŃCOWA	POL	M40	5	M 13	00:23:08	01:01:19	01:01:33	01:34:53	02:01:42.25	02:01:45.80	5:17	11.3
6	WASYLÓW JACEK	2165	CZR1-TEAM PRZEMYŚL	PRZEMYŚL	POL	M40	6	M 18	00:23:41	01:02:35	01:03:30	01:37:38	02:05:40.35	02:05:43.80	5:27	11
7	SKARUZ JAROSŁAW	2088		WARSZAWA	POL	M40	7	M 19	00:23:54	01:02:59	01:03:16	01:37:23	02:06:20.55	02:06:26.85	5:29	10.9
8	BANASIK KRZYSZTOF	2027		PRUCHNIK	POL	M40	8	M 21	00:23:26	01:01:22	01:01:36	01:36:52	02:07:19.95	02:07:22.10	5:32	10.8
9	SZCZUDRAWA DARIUSZ	2037		NOWA DĘBA	POL	M40	9	M 22	00:22:35	01:00:28	01:00:26	01:36:22	02:08:20.45	02:08:22.60	5:34	10.8
10	GUŁAŚ DANIEL	2135		MOTYCZ	POL	M40	10	M 23	00:24:34	01:04:42	01:04:55	01:39:47	02:08:34.55	02:08:37.70	5:35	10.7
11	KUŚMIERZAK PIOTR	2087	PRZEDWOJEWSKI TEAM	LUBLIN	POL	M40	11	M 24	00:23:55	01:04:01	01:04:31	01:39:24	02:09:07.05	02:09:09.80	5:36	10.7
12	BATORY MAREK	2125	BATORY BAU	GORLICE	POL	M40	12	M 27	00:23:52	01:03:07	01:03:45	01:39:25	02:11:33.80	02:11:37.15	5:43	10.5
13	PIERZ SŁAWOMIR	2174		ISKRZYŃNIA	POL	M40	13	M 29	00:25:42	01:06:34	01:06:48	01:42:22	02:11:46.20	02:12:03.70	5:43	10.5
14	ZIĘBA MATEUSZ	2190	FOREVER TEAM	ŚWILCZA	POL	M40	14	M 32	00:24:19	01:04:23	01:04:37	01:43:53	02:14:28.70	02:14:30.05	5:50	10.3
15	CZARNOCKI PAWEŁ	2054	GBSB	GOŁĄBEK	POL	M40	15	M 33	01:35:25				02:13:56.60	02:14:31.45	5:49	10.3
16	RACZKOWSKI PAWEŁ	2076		LUBLIN	POL	M40	16	M 36	00:25:53	01:06:49	01:07:29	01:43:34	02:15:48.85	02:16:20.40	5:54	10.2
17	SZAROWICZ FABIAN	2230	BATORYBAU	SĘKOWA 422	POL	M40	17	M 37	00:25:58	01:07:25	01:08:40	01:45:22	02:16:11.45	02:16:24.30	5:55	10.1
18	TABĘDZKI BARTŁOMIEJ	2134		PIASTÓW	POL	M40	18	M 38	00:25:59	01:07:27	01:09:17	01:46:32	02:16:17.70	02:16:25.75	5:55	10.1
19	DOMARECKI PAWEŁ	2127	STOPKA PILAWA	PILAWA	POL	M40	19	M 39	00:26:56	01:07:29	01:07:58	01:43:20	02:17:32.75	02:17:43.45	5:58	10
20	RYCHLIK GRZEGORZ	2189		HALASY	POL	M40	20	M 47	00:27:57	01:11:32	01:12:20	01:49:29	02:22:40.70	02:23:10.05	6:12	9.7
21	FEDAN ŁUKASZ	2010		LASZKI	POL	M40	21	M 50	00:25:21	01:08:10	01:09:53	01:48:56	02:23:53.20	02:23:57.05	6:15	9.6
22	KARDASZ JACEK	2031	ATTYLA	ZAMOSC	POL	M40	22	M 54	00:29:03	01:15:02	01:16:45	01:56:55	02:32:05.20	02:32:44.80	6:36	9.1
23	BILSKI MARCIN	2044	PO JEDNYCH PINIADZACH	DĘBOWIEC	POL	M40	23	M 56	00:31:32	01:14:53	01:18:50	01:57:48	02:33:01.15	02:33:41.30	6:39	9
24	TARNAWSKI SŁAWOMIR	2047		DYNÓW	POL	M40	24	M 58	00:28:10	01:14:44	01:15:43	01:56:49	02:34:22.20	02:34:29.90	6:42	8.9
25	ŁĄCZNY MARCIN	2155	GALOPUJĄCE DŹDŻOWNICE/SPARTAŃSKA DZICZ	LUBLIN/WITRYŁÓW	POL	M40	25	M 59	00:28:21	01:14:24	01:15:49	01:57:25	02:35:48.75	02:35:54.25	6:46	8.9
26	SKARŻYŃSKI MICHAŁ	2068	TURBACZE	WARSZAWA	POL	M40	26	M 60	00:29:09	01:19:03	01:20:37	02:01:53	02:35:37.40	02:35:57.90	6:45	8.9
27	LEWCZUK NORBERT	2082	BIEGACZE POMAGACZE EDYTA LEWANDOWSKA TEAM	ŁOSICE	POL	M40	27	M 68	00:28:40	01:15:05	01:18:51	02:00:32	02:41:07.60	02:41:39.55	7:00	8.6
28	JONKISZ MARCIN	2147		ŁAŃCUT	POL	M40	28	M 69	00:31:46	01:20:59	01:24:07	02:05:35	02:42:14.15	02:43:05.60	7:03	8.5
29	HAPUNOWICZ TOMASZ	2038	MOSTOSTAL SIEDLCE	SIEDLCE	POL	M40	29	M 72	00:29:10	01:15:23	01:17:08	02:00:41	02:45:38.45	02:46:00.65	7:12	8.3
30	WERESINSKI MICHAŁ	2161		STUBNO	POL	M40	30	M 74	00:31:34	01:22:47	01:23:08	02:09:12	02:47:05.75	02:47:09.85	7:15	8.3
31	SZAJEWSKI ARKADIUSZ	2013	O TAK ŁO	KRAKÓW	POL	M40	31	M 77	00:31:04	01:20:44	01:25:15	02:08:57	02:47:19.10	02:48:14.15	7:16	8.2
32	KIEŁPIŃSKI PIOTR	2072		GDAŃSK	POL	M40	32	M 78	00:30:01	01:19:06	01:28:06	02:12:17	02:47:51.00	02:48:18.35	7:17	8.2
33	WYSOCKI BARTOSZ	2051	KS JANUSZE	LEŻAJSK	POL	M40	33	M 85	00:29:11	01:20:26	01:23:24	02:07:47	02:51:06.90	02:51:14.25	7:26	8.1
34	ZIEMKIEWICZ MICHAŁ	2187	BIEGACZE KLECZEW	KLECZEW	POL	M40	34	M 87	00:30:31	01:21:19	01:25:39	02:09:51	02:51:09.65	02:51:46.40	7:26	8.1
35	BIEDROŃ ARTUR	2086	ERP HEART TEAM	WARSZAWA	POL	M40	35	M 94	00:32:44	01:28:45	01:37:41	02:24:17	03:05:02.20	03:06:01.65	8:02	7.5
36	NOWAK MACIEJ	2103		WARSZAWA	POL	M40	36	M 98	00:30:41	01:25:25	01:28:17	02:15:22	03:10:57.65	03:11:01.10	8:18	7.2
37	JASINOWICZ NORBERT	2105		GORZELIN	POL	M40	37	M 100	00:29:51	01:27:06	01:28:06	02:19:34	03:12:58.55	03:13:10.30	8:23	7.2
38	KRZAN TOMASZ	2203	KRZAN PRZEWORSK	PRZEWORSK	POL	M40	38	M 104	00:33:42	01:30:44	01:37:17	02:26:00	03:15:36.40	03:16:31.45	8:30	7.1
39	BODNIAK TOMASZ	2069	POJEDNYCHPINIONDZACH	USTRZYKI DOLNE	POL	M40	39	M 110	00:34:16	01:31:46	01:42:04	02:30:31	03:18:30.10	03:19:10.25	8:37	7
40	MALEC KRYSZTIAN	2063	BRAVE SNAILS LUBLIN	LUBLIN	POL	M40	40	M 113	00:33:25	01:31:25	01:41:19	02:29:48	03:20:26.00	03:21:10.95	8:42	6.9
41	NOWAK ŁUKASZ	2073	PRESSGLASS SPORT AND SUPPORT	KONOPISKA	POL	M40	41	M 119	00:37:06	01:42:07	01:49:11	02:35:26	03:26:57.60	03:27:26.55	8:59	6.7
42	UNKIEWICZ MICHAŁ	2195		WARSZAWA	POL	M40	42	M 121	00:33:28	01:31:30	01:41:18	02:29:48	03:29:33.55	03:30:18.80	9:06	6.6
43	STEPNOWSKI ŁUKASZ	2184		GDYNIA	POL	M40	43	M 127	00:36:52	01:40:49	01:48:46	02:45:26	03:47:37.40	03:48:24.30	9:53	6.1
44	GORAJEK MICHAŁ	2022	LILA&ALA	NOWY KRĘPIEC	POL	M40	44	M 128	00:36:14	01:39:18	01:48:46	02:42:04	03:50:11.00	03:50:40.85	10:00	6
45	WINIARCZYK ŁUKASZ	2129	MIKI&OLUŚ&REMUŚ	LUBLIN	POL	M40	45	M 129	00:36:08	01:38:53	01:48:47	02:42:10	03:50:15.20	03:50:43.75	10:00	6
46	WOJTYŁY ANDRZEJ	2171		KRAKÓW	POL	M40	46	M 136	00:40:21	01:46:18	01:58:49	02:59:11	04:08:10.45	04:16:38.55	10:47	5.6
47	POLAŃSKI KONRAD	2017		SROGÓW DOLNY	POL	M40	47	M 142	00:45:33	02:08:55	02:32:17	03:43:07	05:02:05.10	05:04:36.15	13:08	4.6
	SCHLAPPA SEBASTIAN	2153	IZBICKO W BIEGU	IZBICKO	POL	M40			00:41:56	01:51:35	DNF	DNF	DNF	DNF	-	-
									DNF	DNF						

## X ZIMOWY MARATON BIESZCZADZKI 2024 - 20KM, K50

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	12km	12.1km	18km	Netto	Brutto	min/km	km/h
1	ARTYM MAGDA	2009	#TRENUJKOSTEREM	PRZEMYŚL	POL	K50	1	K 9	00:28:14	01:14:32	01:14:53	01:56:59	02:32:39.45	02:32:41.80	6:38	9
2	PIOTROWSKA ANNA	2202	META NADARZYN / SPARTANIE DZIECIOM	NADARZYN	POL	K50	2	K 21	00:32:37	01:26:27	01:28:43	02:13:14	02:53:14.10	02:54:08.35	7:31	8
3	GÓROWSKA MARIOLA	2199		CIECHANÓW	POL	K50	3	K 22	00:32:21	01:24:39	01:25:03	02:10:10	02:55:11.80	02:55:45.15	7:37	7.9
4	GRAL KATARZYNA	2007	WŁÓCZYMORDY	GDYNIA	POL	K50	4	K 23	00:32:00	01:24:44	01:28:16	02:15:33	02:56:28.80	02:57:11.15	7:40	7.8
5	BOZA BEATA	2012		CHŁAPOWO	POL	K50	5	K 25	00:36:13	01:32:20	01:33:32	02:20:11	02:59:52.05	03:00:37.30	7:49	7.7
6	ZEGAR BARBARA	2061		LUBARTÓW	POL	K50	6	K 27	00:32:54	01:28:28	01:29:25	02:18:52	03:01:37.10	03:01:56.15	7:53	7.6
7	NAZIMEK LILIANA	2236	VISEGRAD MARATON RYTRO	NOWY SĄCZ	POL	K50	7	K 31	00:32:02	01:26:45	01:27:08	02:18:31	03:05:15.10	03:05:23.95	8:03	7.4
8	BEATA BEATA	2154	KUŹNIA TRIATLONU	KONSTANCIN-JEZIORNA	POL	K50	8	K 32	00:35:31	01:32:27	01:33:36	02:21:24	03:06:45.20	03:07:23.45	8:07	7.4
9	LUDKOWSKA URSZULA	2043	ALPEJSKIE MAMUTY	STOJADŁA	POL	K50	9	K 40	00:35:26	01:36:34	01:39:45	02:31:35	03:19:03.65	03:19:03.65	8:39	6.9
10	PIOTROWSKA EWA	2209	METANADARZYN	NADARZYN	POL	K50	10	K 42	00:34:15	01:34:23	01:44:34	02:33:20	03:21:28.50	03:22:21.60	8:45	6.8
11	STARZECKA JOANNA	2021		JAROSŁAW	POL	K50	11	K 43	00:34:20	01:32:23	01:32:56	02:24:33	03:22:34.30	03:22:48.35	8:48	6.8
12	WIŚNIEWSKA KORNELIA	2112	ZABIEGANE DWIE	GDĄŃSK	POL	K50	12	K 51	00:36:40	01:42:00	01:52:58	02:44:54	03:41:23.70	03:42:18.25	9:37	6.2
13	WOJNOWSKA RENATA	2218	MORSY ZNAD NIDY SOBKÓW	SOBKÓW	POL	K50	13	K 53	00:43:03	01:53:54	01:55:18	02:59:27	04:04:18.25	04:04:49.60	10:37	5.6
14	KOPCZYŃSKA DOMINIKA	2231	DZIKUR CREW	WARSZAWA	POL	K50	14	K 57	00:41:29	01:50:13	02:14:36	03:13:17	04:22:03.95	04:22:55.45	11:23	5.3
15	SROCZYŃSKA EWA	2111	BIEGACZE KLECZEW	SŁAWOSZEWEK	POL	K50	15	K 63	00:45:59	02:01:45	02:26:38	03:27:02	04:35:41.35	04:36:29.55	11:59	5
16	GŁOWACKA ALEKSANDRA	2173	MŁODY VS STARY	LEGIONOWO	POL	K50	16	K 64	00:43:56	02:01:34	02:15:39	03:30:46	04:41:41.15	04:42:03.85	12:14	4.9
17	PAWŁOWSKA DANUTA	2186		POLAND (POL)	POL	K50	17	K 67	00:48:33	02:08:46	02:22:10	03:36:29	04:53:28.00	04:53:52.15	12:45	4.7

## X ZIMOWY MARATON BIESZCZADZKI 2024 - 20KM, M50

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	12km	12.1km	18km	Netto	Brutto	min/km	km/h
1	DMITRAK MICHAŁ	2175		SANOK	POL	M50	1	M 8	00:23:26	00:59:35	00:59:49	01:31:19	01:57:10.15	01:57:13.30	5:05	11.8
2	HĽAVÁČ LUMÍR	2211	SK FUGA		CZE	M50	2	M 15	00:23:23	01:01:17	01:01:32	01:34:52	02:03:59.75	02:04:04.20	5:23	11.1
3	MASŁOŃ BŁAŻEJ	2084		RUDNIK MAŁY	POL	M50	3	M 25	00:24:13	01:03:05	01:03:44	01:38:20	02:09:04.80	02:09:11.30	5:36	10.7
4	ROGAŁA GRZEGORZ	2233		36-040 BOGUCHWAŁA	POL	M50	4	M 28	00:24:15	01:04:36	01:04:50	01:40:56	02:11:36.05	02:11:38.80	5:43	10.5
5	ZALECKI ZBIGNIEW	2143		BOCHNIA	POL	M50	5	M 34	00:25:32	01:04:56	01:05:23	01:43:26	02:14:22.10	02:14:42.75	5:50	10.3
6	SZCZUREK PAWEŁ	2033		DUKŁA	POL	M50	6	M 43	00:25:03	01:06:45	01:07:00	01:46:30	02:20:38.30	02:20:42.35	6:06	9.8
7	KUDYBA IRENEUSZ	2074	PO JEDNYCH PINIONDZACH	JASIONKA	POL	M50	7	M 55	00:31:32	01:15:56	01:18:50	01:55:41	02:32:55.50	02:33:34.65	6:38	9
8	OSIECKI EDWIN	2030	KUŹNIA TRIATHLONU	KONSTANCIN	POL	M50	8	M 61	00:27:56	01:14:28	01:15:58	01:59:12	02:35:47.90	02:36:27.05	6:46	8.9
9	WYGONOWSKI JACEK	2232	DZIKUR CREW	WARSZAWA	POL	M50	9	M 63	00:28:25	01:14:41	01:15:01	01:56:12	02:36:35.25	02:37:25.70	6:48	8.8
10	BARANOWSKI ROBERT	2213		WROCŁAW	POL	M50	10	M 64	00:28:30	01:17:29	01:17:47	02:00:22	02:36:56.60	02:37:26.90	6:49	8.8
11	PAWELEC PIOTR	2206	DALEKO JESZCZE?	KRAKÓW	POL	M50	11	M 66	00:25:54	01:12:52	01:15:22	01:57:45	02:41:14.35	02:41:19.25	7:00	8.6
12	LEŃCZUK ANDRZEJ	2204		JASŁO	POL	M50	12	M 70	00:30:15	01:18:55	01:22:07	02:04:39	02:43:33.30	02:44:08.90	7:06	8.4
13	MACIEJEWSKI ARTUR	2085			POL	M50	13	M 71	00:29:05	01:18:16	01:19:41	02:03:16	02:44:09.65	02:44:15.30	7:08	8.4
14	MICHAŁAK WITOLD	2108	#NOLIMITS	LUBLIN	POL	M50	14	M 75	00:31:02	01:22:43	01:24:53	02:08:20	02:47:05.25	02:47:25.75	7:15	8.3
15	KRUPA JACEK	2181	LEBIODA RUNNING TEAM	RUDA	POL	M50	15	M 79	00:28:58	01:17:51	01:19:16	02:04:10	02:48:16.45	02:48:31.65	7:18	8.2
16	LUDKOWSKI MARIUSZ	2042	ALPEJSKIE MAMUTY	STOJADŁA	POL	M50	16	M 81	00:32:41	01:23:06	01:28:12		02:48:54.95	02:48:54.95	7:20	8.2
17	MALCZEWSKI ROBERT	2217		WARSZAWA	POL	M50	17	M 82	00:32:14	01:21:01	01:26:48	02:09:50	02:48:05.95	02:49:05.40	7:18	8.2
18	TURKOWSKI MACIEJ	2039		SIEDLCE	POL	M50	18	M 83	00:28:49	01:21:33	01:25:51	02:08:54	02:50:14.20	02:50:23.70	7:24	8.1
19	SŁOWIK MARIUSZ	2104	ROM TEAM	BORKOWICE	POL	M50	19	M 84	00:30:38	01:21:58	01:23:38	02:09:30	02:50:19.75	02:50:43.60	7:24	8.1
20	GALUS JACEK	2126		TARNÓW	POL	M50	20	M 93	00:32:54	01:28:18	01:32:20	02:21:18	03:04:42.55	03:04:58.45	8:01	7.5
21	STOYKOV PAVLIN	2146		ZGORZALA	BUL	M50	21	M 107	00:33:51	01:30:50	01:41:33	02:30:13	03:17:54.25	03:18:39.80	8:36	7
22	KURDEJ KRZYSZTOF	2049	ALPEJSKIE MAMUTY	WARSZAWA	POL	M50	22	M 108	00:34:24	01:36:12	01:39:43	02:31:42	03:19:02.95	03:19:02.95	8:39	6.9
23	LESZCZYŃSKI RAFAŁ	2077		ŁOMIANKI DOLNE	POL	M50	23	M 111	00:35:41	01:32:11	01:45:16	02:34:38	03:19:35.70	03:19:56.50	8:40	6.9
24	KLUZ ROBERT	2221	PODIUM	RZESZÓW	POL	M50	24	M 114	00:39:27	01:43:17	01:47:19	02:40:17	03:22:28.70	03:22:46.80	8:48	6.8
25	WIŚNIEWSKI DARIUSZ	2235		STRZELCE OPOLSKIE	POL	M50	25	M 117	00:32:01	01:31:25	01:33:49	02:28:45	03:26:10.35	03:26:26.00	8:57	6.7
26	PODOBINSKI PIOTR	2046		WARSZAWA	POL	M50	26	M 118	00:34:26	01:35:38	01:41:40	02:31:53	03:26:10.55	03:26:32.25	8:57	6.7
27	MIKSA SŁAWOMIR	2167		ŁÓDŹ	POL	M50	27	M 120	00:35:32	01:37:52	01:45:12	02:38:52	03:27:22.35	03:27:28.85	9:00	6.7
28	SAMEK ARTUR	2212		KRAKÓW	POL	M50	28	M 135	00:45:41			03:09:24	04:16:09.35	04:16:34.15	11:08	5.4
29	REY ANDRZEJ	2079	REYRUNNINGTEAM	WARSZAWA	POL	M50	29	M 137	00:51:12	02:19:31	02:26:38	03:49:58	04:24:28.95	04:25:24.30	11:29	5.2
30	ORZECHOWSKI MARIUSZ	2109	BIEGACZE KLECZEW	SŁAWOSZEWEK	POL	M50	30	M 138	00:45:59	02:01:56	02:26:37	03:25:45	04:25:50.05	04:26:36.55	11:33	5.2
31	PAWŁOWSKI MARCIN	2214		OTRĘBUSY	POL	M50	31	M 139	00:48:34	02:08:48	02:22:12	03:36:30	04:53:28.15	04:53:52.10	12:45	4.7
32	JEZIOREK JOZI	2157	GRUPA KOK	ŁAPCZYCA	POL	M50	32	M 140	00:48:53	02:09:47	02:12:30	03:26:09	04:56:15.25	04:56:29.40	12:52	4.7

**X ZIMOWY MARATON BIESZCZADZKI 2024 - 20KM, K60**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	12km	12.1km	18km	Netto	Brutto	min/km	km/h
1	IZDEBSKA RENATA	2065		LUBLIN	POL	K60	1	K 56	00:45:52	02:03:09	02:09:35	03:15:46	04:21:42.50	04:22:07.75	11:22	5.3
2	BORKOWSKA EWA	2059		ZŁOTÓW	POL	K60	2	K 60	00:48:04	02:06:10	02:13:20	03:21:33	04:30:03.25	04:30:33.70	11:44	5.1
3	OBARSKA MAŁGORZATA	2101		STARACHOWICE	POL	K60	3	K 62	00:48:33	02:08:43	02:11:25	03:20:34	04:34:21.45	04:34:59.85	11:55	5

**X ZIMOWY MARATON BIESZCZADZKI 2024 - 20KM, M60**

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	5km	12km	12.1km	18km	Netto	Brutto	min/km	km/h
1	STEFANIUK ROMAN	2040	GRUPA BIEGACZY SKÓRZEC BIEGA	SIEDLCE	POL	M60	1	M 41	00:26:55	01:09:48	01:10:17	01:47:49	02:19:43.05	02:19:51.95	6:04	9.9
2	ZADROŻNY SŁAWOMIR	2067	STOPKA PILAWA	LIPÓWKI	POL	M60	2	M 44	00:26:30	01:07:43	01:08:26	01:46:42	02:21:16.00	02:21:29.25	6:08	9.8
3	OCHYRA KRZYSZTOF	2226		LESKO	POL	M60	3	M 80	00:30:25	01:22:37	01:23:58	02:09:03	02:48:41.15	02:48:48.50	7:20	8.2
4	MATYSEK IRENEUSZ	2179	BIEGAMBOLUBIĘ	WAŁCZ DRUGI	POL	M60	4	M 96	00:33:25	01:27:17	01:30:01	02:21:20	03:08:41.75	03:09:14.05	8:12	7.3
5	KUŁAKOWSKI PIOTR	2095		KONSTANCIN-JEZIORNA	POL	M60	5	M 115	00:32:48	01:30:21	01:42:25	02:32:13	03:24:30.05	03:25:22.80	8:53	6.7
6	POKRYWKA STEFAN	2228		CISNA	POL	M60	6	M 125	00:39:16	01:43:37	01:48:05	02:43:40	03:37:23.10	03:37:51.15	9:27	6.3
7	OBARSKI NORBERT	2102		KIELCE	POL	M60	7	M 126	00:39:10	01:45:08	01:47:37	02:47:15	03:46:41.10	03:47:19.45	9:51	6.1
8	KOMÓR WIESŁAW	2200	WROCŁAWSKIE MORSY	WROCŁAW	POL	M60	8	M 130	00:42:18	01:48:30	01:50:26	02:50:15	03:52:02.85	03:52:26.40	10:05	5.9
9	ŁASZKIEWICZ PIOTR	2188	ATHLETICS TEAM PRUSICE	BRZEŻNO	POL	M60	9	M 131	00:39:56	01:47:06	02:01:40	02:59:36	04:00:17.85	04:00:49.10	10:26	5.7
10	JABŁOŃSKI KAZIMIERZ	2191	SPRINTER PRĄDY	PRĄDY	POL	M60	10	M 132	00:44:45	01:59:48	02:01:55	03:06:20	04:04:24.40	04:04:58.15	10:37	5.6