

Bieg Szlak Trafi - 7km

Data: 6 sierpnia 2016

Dystans: 7 km

Miejscowość: Parchatka

| M-ce | Nr zaw. | Nazwisko Imię | Klub | Miejscowość | Kraj | Rok ur. | Tempo min/km | Tempo km/h | Czas netto | Czas brutto | Miejsce M | Miejsce K |
|------|---------|----------------------|------|--------------------------------|--------------------|---------|--------------|------------|------------|-------------|-----------|-----------|
| 1 | 108 | MITROFANIUK MAREK | | YULO RUN TEAM SIEDLCE | SIEDLCE | POLSKA | 1983 | 04:02 | 14.83 | 00:28:18 | 00:28:19 | 1 |
| 2 | 190 | RYBACZEK SEBASTIAN | | FORMA ROSNOWO / JW. 1223 | ROSNOWO - KOSZALIN | POLSKA | 1978 | 04:22 | 13.72 | 00:30:36 | 00:30:37 | 2 |
| 3 | 141 | LISTOPAD DARIUSZ | | CHEMIK ELEKTROWNIA PUŁAWY | LUBLIN | POLSKA | 1971 | 04:24 | 13.63 | 00:30:48 | 00:30:49 | 3 |
| 4 | 100 | LIPA TOMASZ | | KW LUBLIN | LUBLIN | POLSKA | 1985 | 04:40 | 12.84 | 00:32:41 | 00:32:43 | 4 |
| 5 | 23 | SZEWCZYK GRZEGORZ | | | KLEMENTOWICE | POLSKA | 1973 | 04:42 | 12.73 | 00:32:57 | 00:33:00 | 5 |
| 6 | 184 | MIŁEK ANTONINA | | ELEKTROWNIA PUŁAWY | PUŁAWY | POLSKA | 1994 | 04:47 | 12.53 | 00:33:29 | 00:33:31 | 1 |
| 7 | 85 | OSTASIUK ALEKSANDER | | SKN | PIASECZNO | POLSKA | 1990 | 04:59 | 12.02 | 00:34:55 | 00:34:57 | 6 |
| 8 | 2 | OWSIŃSKI MACIEJ | | VEGE RUNNERS | WARSZAWA | POLSKA | 1979 | 05:01 | 11.95 | 00:35:06 | 00:35:08 | 7 |
| 9 | 43 | NICIŃSKI ANDRZEJ | | KB REYTAN | WARSZAWA | POLSKA | 1978 | 05:04 | 11.81 | 00:35:30 | 00:35:34 | 8 |
| 10 | 140 | PIETRZYK ZBIGNIEW | | | KĘPA BORZECZOWSKA | POLSKA | 1969 | 05:06 | 11.74 | 00:35:42 | 00:35:46 | 9 |
| 11 | 195 | DZYR KONRAD | | | PONIATOWA | POLSKA | 1991 | 05:11 | 11.55 | 00:36:18 | 00:36:22 | 10 |
| 12 | 18 | MACIEJCZYK MICHAŁ | | | PUŁAWY | POLSKA | 1988 | 05:12 | 11.52 | 00:36:22 | 00:36:27 | 11 |
| 13 | 507 | DOMAŃSKI MICHAŁ | | T-MOBILE RUNNING TEAM | WARSZAWA | POLSKA | 1980 | 05:13 | 11.5 | 00:36:28 | 00:36:31 | 12 |
| 14 | 123 | KRYSTOSIAK ARKADIUSZ | | | WARSZAWA | POLSKA | 1984 | 05:17 | 11.36 | 00:36:56 | 00:36:59 | 13 |
| 15 | 5 | TOKARSKI PIOTR | | RZESZOWSKIE GAZELE I GEPARDY | RZESZÓW | POLSKA | 1979 | 05:19 | 11.26 | 00:37:14 | 00:37:18 | 14 |
| 16 | 180 | BIGOS JACEK | | | PARCHATKA | POLSKA | 1979 | 05:20 | 11.24 | 00:37:18 | 00:37:21 | 15 |
| 17 | 157 | SZYDŁOWSKI RAFAŁ | | POWER TRAINING TEAM | WARSZAWA | POLSKA | 1988 | 05:20 | 11.23 | 00:37:20 | 00:37:23 | 16 |
| 18 | 164 | POLAK SEBASTIAN | | AVANGARDA | PUŁAWY | POLSKA | 1991 | 05:21 | 11.19 | 00:37:29 | 00:37:33 | 17 |
| 19 | 187 | PSZENICZKA GRZEGORZ | | | NOWY KRĘPIEC | POLSKA | 1980 | 05:21 | 11.19 | 00:37:29 | 00:37:33 | 18 |
| 20 | 92 | NOCEŃ DAWID | | ROZBIEGANY SULEJÓWEK | SULEJÓWEK | POLSKA | 1998 | 05:25 | 11.05 | 00:37:56 | 00:38:01 | 19 |
| 21 | 60 | MADZIK ALEKSANDRA | | GOLDEN TEAM | WARSZAWA | POLSKA | 1981 | 05:27 | 10.98 | 00:38:13 | 00:38:15 | 2 |
| 22 | 71 | GAŁĘZA MACIEJ | | 321 | LEGNICA | POLSKA | 1973 | 05:28 | 10.95 | 00:38:19 | 00:38:21 | 20 |
| 23 | 120 | SZUKAŁA MACIEJ | | MIĘSNY JEŻ | LUBLIN | POLSKA | 1984 | 05:32 | 10.84 | 00:38:40 | 00:38:44 | 21 |
| 24 | 177 | BEŁOWSKI LESZEK | | CHEMIK ELEKTROWNIA | PUŁAWY | POLSKA | 1953 | 05:32 | 10.82 | 00:38:46 | 00:38:49 | 22 |
| 25 | 122 | NIEDZIELSKI PIOTR | | FITFAZA METHOD | WARSZAWA | POLSKA | 1980 | 05:33 | 10.8 | 00:38:52 | 00:38:54 | 23 |
| 26 | 476 | SARZYŃSKI PAWEŁ | | | NIEDRZWICA DUŻA | POLSKA | 1985 | 05:34 | 10.77 | 00:38:54 | 00:39:00 | 24 |
| 27 | 69 | SKOWROŃSKI MACIEJ | | | LUBLIN | POLSKA | 1978 | 05:40 | 10.56 | 00:39:42 | 00:39:46 | 25 |
| 28 | 183 | KRAJEWSKI GRZEGORZ | | ROLKIGROJEC@WP.PL | GRÓJEC | POLSKA | 1987 | 05:42 | 10.52 | 00:39:50 | 00:39:56 | 26 |
| 29 | 87 | PARTYKA PAWEŁ | | AVANGARDA FITNESS & SPA PUŁAWY | PUŁAWY | POLSKA | 1986 | 05:42 | 10.51 | 00:39:53 | 00:39:57 | 27 |
| 30 | 149 | WÓJCIK GRZEGORZ | | GIENEK | ŚWIDNIK | POLSKA | 1984 | 05:45 | 10.41 | 00:40:09 | 00:40:21 | 28 |
| 31 | 348 | JEDZINIAK PIOTR | | IM-POSSIBLE TEAM | PUŁAWY | POLSKA | 1978 | 05:51 | 10.25 | 00:40:52 | 00:40:59 | 29 |
| 32 | 15 | PAWELEC KAMIL | | DZIKIE GRUBASY SZATANA | SOCHACZEW | POLSKA | 1989 | 05:52 | 10.22 | 00:41:02 | 00:41:06 | 30 |
| 33 | 430 | IWANEK SEBASTIAN | | | RYKI | POLSKA | 1983 | 05:52 | 10.2 | 00:41:04 | 00:41:10 | 31 |
| 34 | 398 | BIELSKI BARTŁOMIEJ | | LUBELSKA GRUPA TRIATHLONU | LUBLIN | POLSKA | 1984 | 05:54 | 10.17 | 00:41:07 | 00:41:19 | 32 |
| 35 | 124 | WASZELEWSKI PIOTR | | | WARSZAWA | POLSKA | 1988 | 05:56 | 10.11 | 00:41:29 | 00:41:32 | 33 |
| 36 | 199 | SIEPRACKI RAFAŁ | | | LUBLIN | POLSKA | 1980 | 05:56 | 10.09 | 00:40:49 | 00:41:37 | 34 |
| 37 | 169 | ŁOZA ADAM | | AVANGARDA | PUŁAWY | POLSKA | 1978 | 05:58 | 10.03 | 00:41:47 | 00:41:52 | 35 |
| 38 | 72 | SKRZYPIEC MICHAŁ | | MULTIMEDIA | 44 | POLSKA | 1981 | 06:00 | 9.99 | 00:41:42 | 00:42:02 | 36 |
| 39 | 54 | SZADKOWSKI ŁUKASZ | | ŁÓDZKA SEKCJA SAMBO | ŁÓDŹ | POLAND | 1985 | 06:00 | 9.99 | 00:41:52 | 00:42:03 | 37 |
| 40 | 194 | PAWŁOWSKI MICHAŁ | | | BRONICE | POLSKA | 1987 | 06:00 | 9.98 | 00:41:47 | 00:42:06 | 38 |

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|------|---------|----------------------|--|--------------|--------|---------|--------------|------------|------------|-------------|-----------|-----------|
| 41 | 34 | OLSZAK ŁUKASZ | | PUŁAWY | POLSKA | 1981 | 06:00 | 9.98 | 00:41:47 | 00:42:06 | 39 | |
| 42 | 165 | MAZUREK EWELINA | AVANGARDA | PUŁAWY | POLSKA | 1988 | 06:03 | 9.91 | 00:42:21 | 00:42:23 | | 3 |
| 43 | 98 | STRZELECKI KONRAD | | PIONKI | POLSKA | 1985 | 06:04 | 9.87 | 00:42:29 | 00:42:34 | 40 | |
| 44 | 99 | SZCZEPANIAK MACIEJ | FITFAZA | WARSZAWA | POLSKA | 1980 | 06:07 | 9.8 | 00:42:50 | 00:42:52 | 41 | |
| 45 | 137 | ILLEK ARKADIUSZ | ŚWIDNIK TRIATHLON TEAM | ŚWIDNIK | POLSKA | 1967 | 06:07 | 9.79 | 00:42:45 | 00:42:55 | 42 | |
| 46 | 80 | KOZAK SŁAWOMIR | | ZAMOŚĆ | POLSKA | 1975 | 06:08 | 9.78 | 00:42:45 | 00:42:58 | 43 | |
| 47 | 84 | KANTOR DARIUSZ | RUN_HELPERSI | BODUSZYN | POLSKA | 1968 | 06:08 | 9.77 | 00:42:50 | 00:42:59 | 44 | |
| 48 | 25 | WIECZOREK KRZYSZTOF | NIGHT RUNNERS | POZNAŃ | POLSKA | 1977 | 06:09 | 9.74 | 00:42:55 | 00:43:07 | 45 | |
| 49 | 153 | BŁASZCZYK ANNA | BIEGIEM RADOM! | RADOM | POLSKA | 1982 | 06:10 | 9.71 | 00:43:04 | 00:43:15 | | 4 |
| 50 | 27 | GĄTARCZYK MARIUSZ | DZIKIE GRUBASY SZATANA | SIEDLCE | POLSKA | 1983 | 06:13 | 9.63 | 00:43:25 | 00:43:37 | 46 | |
| 51 | 94 | PIÓRO PIOTR | | WARSZAWA | POLSKA | 1973 | 06:15 | 9.59 | 00:43:40 | 00:43:47 | 47 | |
| 52 | 37 | PRZYBYŁOWICZ MAREK | | DĘBLIN | POLSKA | 1973 | 06:17 | 9.55 | 00:43:57 | 00:44:00 | 48 | |
| 53 | 50 | KOBUS DOROTA | | OSTROŁĘKA | POLSKA | 1973 | 06:17 | 9.55 | 00:43:55 | 00:44:00 | | 5 |
| 54 | 161 | KRAJEWSKI KONRAD | | PUŁAWY | POLSKA | 1984 | 06:17 | 9.54 | 00:43:43 | 00:44:01 | 49 | |
| 55 | 154 | JURKOWSKI ERNEST | | PUŁAWY | POLSKA | 1976 | 06:21 | 9.45 | 00:44:12 | 00:44:27 | 50 | |
| 56 | 88 | KRÓL PRZEMYSŁAW | | KOŃSKOWOLA | POLSKA | 1988 | 06:22 | 9.41 | 00:44:26 | 00:44:37 | 51 | |
| 57 | 480 | RORAT ARTUR | SKLEP BIEGACZA LUBLIN TEAM / ART RUNNER | CHEŁM | POLSKA | 1990 | 06:24 | 9.38 | 00:44:42 | 00:44:48 | 52 | |
| 58 | 132 | GĄŁUS ANGELIKA | | LUBLIN | POLSKA | 1990 | 06:24 | 9.36 | 00:44:43 | 00:44:51 | | 6 |
| 59 | 67 | ŚCIBIOR ROBERT | | KLEMENTOWICE | POLSKA | 1972 | 06:25 | 9.33 | 00:44:53 | 00:45:00 | 53 | |
| 60 | 173 | WOŹNIAK JACEK | | KAZANÓW | POLSKA | 1965 | 06:25 | 9.33 | 00:44:49 | 00:45:01 | 54 | |
| 61 | 185 | TURAK JOANNA | | PUŁAWY | POLSKA | 1966 | 06:26 | 9.32 | 00:45:01 | 00:45:04 | | 7 |
| 62 | 168 | LACHTARA KONRAD | AVANGARDA | PUŁAWY | POLSKA | 1987 | 06:26 | 9.31 | 00:45:04 | 00:45:08 | 55 | |
| 63 | 527 | JURGA PIOTR | IM-POSSIBLE TEAM | PUŁAWY | POLSKA | 1986 | 06:28 | 9.26 | 00:45:13 | 00:45:20 | 56 | |
| 64 | 145 | GORZKOWSKI MARCIN | | NADOLANY | POLSKA | 1980 | 06:29 | 9.25 | 00:45:21 | 00:45:24 | 57 | |
| 65 | 20 | SKRZYŃSKA MAŁGORZATA | | PUŁAWY | POLSKA | 1975 | 06:29 | 9.24 | 00:45:21 | 00:45:26 | | 8 |
| 66 | 136 | MRÓZ PAULINA | LSB | LUBLIN | POLSKA | 1990 | 06:30 | 9.23 | 00:45:18 | 00:45:31 | | 9 |
| 67 | 126 | TIMOSZUK ŁUKASZ | BIEGUSIEM.PL | DĘBLIN | POLSKA | 1986 | 06:32 | 9.17 | 00:45:28 | 00:45:47 | 58 | |
| 68 | 146 | KONOPKA ROBERT | | BRONOWICE | POLSKA | 1976 | 06:40 | 8.99 | 00:46:24 | 00:46:43 | 59 | |
| 69 | 175 | BABCZYŃSKA KATARZYNA | STOKROTKA | | POLSKA | 1988 | 06:42 | 8.95 | 00:46:52 | 00:46:56 | | 10 |
| 70 | 102 | ZYCH ANNA | SKLEP BIEGACZA LUBLIN TEAM/LSB | LUBLIN | POLSKA | 1972 | 06:42 | 8.94 | 00:46:49 | 00:47:00 | | 11 |
| 71 | 158 | NOSAL JAKUB | | REJOWIEC | POLSKA | 1989 | 06:43 | 8.93 | 00:46:48 | 00:47:03 | 60 | |
| 72 | 186 | POPIOŁEK JACEK | | GĄSIORY | POLSKA | 1981 | 06:43 | 8.92 | 00:46:47 | 00:47:05 | 61 | |
| 73 | 33 | BOCHENKIEWICZ MARCIN | MULTIMEDIA | PUŁAWY | POLSKA | 1979 | 06:44 | 8.9 | 00:46:54 | 00:47:11 | 62 | |
| 74 | 91 | GANSKI FILIP | BIEGAJĄCY ŚWIDNIK | ŚWIDNIK | POLSKA | 1986 | 06:44 | 8.9 | 00:46:58 | 00:47:13 | 63 | |
| 75 | 166 | WÓLCZYŃSKI KRZYSZTOF | AVANGARDA | PUŁAWY | POLSKA | 1980 | 06:44 | 8.9 | 00:46:56 | 00:47:13 | 64 | |
| 76 | 134 | OGROCKA AGNIESZKA | | WARSZAWA | POLSKA | 1979 | 06:45 | 8.89 | 00:46:56 | 00:47:15 | | 12 |
| 77 | 150 | JASIŃSKA ANNA | BIEGAJĄCY ŚWIDNIK/BIEGNĘ, ŻEBY BARTEK... | ŚWIDNIK | POLSKA | 1985 | 06:45 | 8.89 | 00:47:05 | 00:47:15 | | 13 |
| 78 | 70 | SENDER ANDRZEJ | | JASTKÓW | POLSKA | 1970 | 06:45 | 8.88 | 00:47:09 | 00:47:17 | 65 | |
| 79 | 116 | ANTCZAK JOLANTA | | WARSZAWA | POLSKA | 1973 | 06:45 | 8.88 | 00:47:09 | 00:47:17 | | 14 |
| 80 | 179 | MROZECZ LESZEK | SHREW EXTRENE TEAM | LUBLIN | POLSKA | 1984 | 06:45 | 8.88 | 00:47:02 | 00:47:18 | 66 | |

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|------|---------|----------------------------|------|-----------------------|-----------------|---------|--------------|------------|------------|-------------|-----------|-----------|
| 81 | 171 | ZAWADZKA MONIKA | | AVANGARDA | PUŁAWY | POLSKA | 1974 | 06:46 | 8.86 | 00:47:07 | | 15 |
| 82 | 4 | WIŚNIEWSKA MAGDA | | | WARSZAWA | POLSKA | 1992 | 06:50 | 8.78 | 00:47:39 | | 16 |
| 83 | 151 | JAKUBCZYK-LATAŁA AGNIESZKA | | BIEGAJĄCY ŚWIDNIK | ŚWIDNIK | POLSKA | 1970 | 06:50 | 8.77 | 00:47:45 | | 17 |
| 84 | 44 | WTULICH DIANA | | | MŁAWA | POLSKA | 1966 | 06:51 | 8.75 | 00:47:54 | | 18 |
| 85 | 82 | ADAMSKA JOWITA | | | PUŁAWY | POLSKA | 1986 | 06:51 | 8.74 | 00:47:57 | | 19 |
| 86 | 188 | CYBULSKI GRZEGORZ | | | | POLSKA | 1975 | 06:54 | 8.69 | 00:48:14 | 67 | |
| 87 | 181 | PODLEŚNA ALEKSANDRA | | | KURÓW | POLSKA | 1979 | 06:54 | 8.68 | 00:48:18 | | 20 |
| 88 | 174 | DUDZIC PAWEŁ | | POWER TRAINING | WARSZAWA | POLSKA | 1980 | 06:56 | 8.65 | 00:48:18 | 68 | |
| 89 | 135 | JANOWSKI PAWEŁ | | | ŁĘCZNA | POLSKA | 1982 | 06:58 | 8.59 | 00:48:36 | 69 | |
| 90 | 167 | GNIOT ANNA | | AVANGARDA | PUŁAWY | POLSKA | 1968 | 06:59 | 8.58 | 00:48:41 | | 21 |
| 91 | 115 | KACZOROWSKI TOMASZ | | | USTANÓW | POLSKA | 1983 | 06:59 | 8.58 | 00:48:43 | 70 | |
| 92 | 110 | KOWALSKA MONIKA | | T-MOBILE RUNNING TEAM | WARSZAWA | POLSKA | 1979 | 07:01 | 8.55 | 00:48:50 | | 22 |
| 93 | 133 | DMUCH PRZEMYSŁAW | | IM-POSSIBLE TEAM | CHEŁM | POLSKA | 1990 | 07:03 | 8.5 | 00:49:13 | 71 | |
| 94 | 104 | SZPAK KRZYSZTOF | | | KRASNYSTAW | POLSKA | 1985 | 07:04 | 8.49 | 00:49:20 | 72 | |
| 95 | 144 | KRASOWICZ IWONA | | | LUBLIN | POLSKA | 1977 | 07:05 | 8.46 | 00:49:25 | | 23 |
| 96 | 160 | BIEŃ JANUSZ | | | LIPNIAK | POLSKA | 1973 | 07:06 | 8.44 | 00:49:34 | 73 | |
| 97 | 139 | BALLARD KAROLINA | | | WARSZAWA | POLSKA | 1980 | 07:07 | 8.42 | 00:49:33 | | 24 |
| 98 | 125 | TIMOSZUK DAGMARA | | BIEGUSIEM.PL | DĘBLIN | POLSKA | 1993 | 07:10 | 8.36 | 00:49:56 | | 25 |
| 99 | 16 | MARCINKIEWICZ KATARZYNA | | BÓBR TŁUSZCZ | KOBYŁKA | POLSKA | 1969 | 07:10 | 8.36 | 00:50:07 | | 26 |
| 100 | 32 | ZDUNEK WALDEMAR | | BÓBR TŁUSZCZ | WOŁOMIN | POLSKA | 1965 | 07:10 | 8.36 | 00:50:07 | 74 | |
| 101 | 103 | PILECKA JOANNA | | | WARSZAWA | POLSKA | 1979 | 07:11 | 8.34 | 00:50:13 | | 27 |
| 102 | 191 | ZAJĄC ANNA | | POWER TRAINING | WARSZAWA | POLSKA | 1982 | 07:16 | 8.25 | 00:50:38 | | 28 |
| 103 | 128 | ZIEŃKOWSKA IZABELA | | | LUBLIN | POLSKA | 1986 | 07:16 | 8.25 | 00:50:46 | | 29 |
| 104 | 156 | BALLARD LEON | | | WARSZAWA | POLSKA | 1982 | 07:16 | 8.25 | 00:50:35 | 75 | |
| 105 | 198 | STANIEC KATARZYNA | | | KIELCE | POLSKA | 1980 | 07:18 | 8.21 | 00:51:00 | | 30 |
| 106 | 66 | PIETRUCHA JACEK | | | KAMIEŃ POMORSKI | POLSKA | 1978 | 07:18 | 8.21 | 00:50:56 | 76 | |
| 107 | 3 | JĘŻAK JOANNA | | | PUŁAWY | POLSKA | 1988 | 07:18 | 8.2 | 00:50:54 | | 31 |
| 108 | 6 | ZIÓŁEK TERESA | | RUN_HELPERS | MEŁGIEW | POLSKA | 1960 | 07:18 | 8.2 | 00:51:01 | | 32 |
| 109 | 539 | ŻYGADKO ANNA | | POWER TRAINING | WARSZAWA | POLSKA | 1982 | 07:21 | 8.15 | 00:51:16 | | 33 |
| 110 | 24 | KURKOWSKA ANNA | | NIGHT RUNNERS | POZNAŃ | POLSKA | 1980 | 07:22 | 8.13 | 00:51:27 | | 34 |
| 111 | 403 | BRZozowska ALICJA | | | KRASNYSTAW | POLSKA | 1992 | 07:24 | 8.1 | 00:51:33 | | 35 |
| 112 | 45 | PANECKA-NIEPSUJ MONIKA | | NIEPOŁOMICE BIEGAJĄ | NIEPOŁOMICE | POLSKA | 1985 | 07:25 | 8.09 | 00:51:42 | | 36 |
| 113 | 147 | KONOPKA ANNA | | | BRONOWICE | POLSKA | 1980 | 07:26 | 8.06 | 00:51:47 | | 37 |
| 114 | 89 | SEROKA ARLETTA | | AVANGARDA FITNESS&SPA | PULAWY | POLSKA | 1993 | 07:26 | 8.06 | 00:52:05 | | 38 |
| 115 | 79 | MORAWSKA BEATA | | BIEGIEM RADOM ! | RADOM | POLSKA | 1969 | 07:28 | 8.04 | 00:51:56 | | 39 |
| 116 | 81 | ROGOZIŃSKA-KOZAK DAGMARA | | | ZAMOŚĆ | POLSKA | 1982 | 07:31 | 7.97 | 00:52:29 | | 40 |
| 117 | 95 | PIÓRO ANIA | | | WARSZAWA | POLSKA | 1997 | 07:32 | 7.96 | 00:52:40 | | 41 |
| 118 | 112 | SYTA JAKUB | | | WARSZAWA | POLSKA | 1978 | 07:32 | 7.96 | 00:52:44 | 77 | |
| 119 | 8 | BINIAŚ PASTUSIAK ANNA | | | NIEMCE | POLSKA | 1978 | 07:34 | 7.92 | 00:52:52 | | 42 |
| 120 | 127 | KARSKI JACEK | | | LUBLIN | POLSKA | 1963 | 07:34 | 7.92 | 00:52:48 | 78 | |

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|------|---------|-------------------------|-------------------------------|-----------------|--------|---------|--------------|------------|------------|-------------|-----------|-----------|
| 121 | 74 | DZIWOŃ ANNA | | KIELCE | POLSKA | 1991 | 07:35 | 7.9 | 00:52:59 | 00:53:10 | | 43 |
| 122 | 21 | MATEJEK DIANA | | PUŁAWY | POLSKA | 1986 | 07:36 | 7.89 | 00:53:06 | 00:53:12 | | 44 |
| 123 | 73 | OSKÓLSKI RAFAŁ | POWER TRAINING | WARSZAWA | POLSKA | 1985 | 07:36 | 7.89 | 00:52:56 | 00:53:13 | 79 | |
| 124 | 162 | BEŁCZYK KAROLINA | AVANGARDA | PUŁAWY | POLSKA | 1993 | 07:37 | 7.87 | 00:53:05 | 00:53:22 | | 45 |
| 125 | 40 | HERNAS ANETA | AKTYWNI OPTYMIŚCI | LUBLIN | POLSKA | 1980 | 07:37 | 7.87 | 00:53:11 | 00:53:24 | | 46 |
| 126 | 163 | MORTKA ALEKSANDRA | AVANGARDA | PUŁAWY | POLSKA | 1985 | 07:38 | 7.85 | 00:53:14 | 00:53:31 | | 47 |
| 127 | 76 | DZIWOŃ MAGDALENA | | KIELCE | POLSKA | 1982 | 07:40 | 7.82 | 00:53:32 | 00:53:42 | | 48 |
| 128 | 152 | LIS KATARZYNA | | PUŁAWY | POLSKA | 1986 | 07:41 | 7.81 | 00:53:39 | 00:53:47 | | 49 |
| 129 | 143 | MARKOWSKA MARTA | | WARSZAWA | POLSKA | 1979 | 07:42 | 7.78 | 00:53:37 | 00:53:57 | | 50 |
| 130 | 10 | DĄBROWSKA KATARZYNA | SKARPARK | LUBLIN | POLSKA | 1984 | 07:46 | 7.72 | 00:54:14 | 00:54:26 | | 51 |
| 131 | 105 | JÓZWICKA MAGDALENA | | PUŁAWY | POLSKA | 1983 | 07:46 | 7.71 | 00:54:19 | 00:54:27 | | 52 |
| 132 | 130 | STASIAK DARIUSZ | TEAM BIEGAJ POD OKIEM TRENERA | WARSZAWA | POLSKA | 1965 | 07:48 | 7.69 | 00:54:29 | 00:54:39 | 80 | |
| 133 | 129 | LEONOWICZ IWONA | TEAM BIEGAJ POD OKIEM TRENERA | WARSZAWA | POLSKA | 1967 | 07:48 | 7.69 | 00:54:29 | 00:54:39 | | 53 |
| 134 | 17 | NIESIEL KATARZYNA | | RADOM | POLSKA | 1982 | 07:50 | 7.65 | 00:54:43 | 00:54:54 | | 54 |
| 135 | 38 | ŻMUDZIŃSKA MARTA | | POZNAŃ | POLSKA | 1987 | 07:50 | 7.65 | 00:54:36 | 00:54:54 | | 55 |
| 136 | 26 | NOWAK KATARZYNA | DZIKIE GRUBASY SZATANA | GÓRA PUŁAWSKA | POLSKA | 1987 | 07:51 | 7.63 | 00:54:51 | 00:55:03 | | 56 |
| 137 | 19 | WIECZOREK BEATA | DZIKIE GRUBASY SZATANA | GÓRA PUŁAWSKA | POLSKA | 1987 | 07:51 | 7.63 | 00:54:51 | 00:55:03 | | 57 |
| 138 | 35 | MARCZAK SIKORA KAROLINA | MULTIMEDIA | MŁYŃKI | POLSKA | 1980 | 07:56 | 7.56 | 00:55:17 | 00:55:35 | | 58 |
| 139 | 142 | SZANIECKA MAGDALENA | | DALESZYCE | POLSKA | 1972 | 07:57 | 7.53 | 00:55:35 | 00:55:45 | | 59 |
| 140 | 197 | ROGAŁA KAROL | POWER TRAINING | GARWOLIN | POLSKA | 1983 | 08:00 | 7.49 | 00:55:48 | 00:56:05 | 81 | |
| 141 | 192 | MASŁOWSKA ELIZA | POWER TRAINING | WARSZAWA | POLSKA | 1986 | 08:01 | 7.48 | 00:55:50 | 00:56:07 | | 60 |
| 142 | 528 | MATYJEWICZ KLAUDIA | | WARSZAWA | POLSKA | 1992 | 08:01 | 7.48 | 00:55:50 | 00:56:07 | | 61 |
| 143 | 36 | STOLAREK AGNIESZKA | | KAZIMIERZ DOLNY | POLSKA | 1983 | 08:05 | 7.42 | 00:56:32 | 00:56:37 | | 62 |
| 144 | 65 | WIKIERA KAMIL | MULTIMEDIA | BARANÓW | POLSKA | 1983 | 08:06 | 7.4 | 00:56:26 | 00:56:44 | 82 | |
| 145 | 339 | LIPERT PAWEŁ | | LUBARTÓW | POLSKA | 1998 | 08:09 | 7.35 | 00:56:55 | 00:57:09 | 83 | |
| 146 | 9 | BADZIO DOMINIKA | | LUBARTÓW | POLSKA | 1991 | 08:09 | 7.35 | 00:56:55 | 00:57:09 | | 63 |
| 147 | 193 | BOROWSKA MARIA | | WARSZAWA | POLSKA | 1979 | 08:10 | 7.34 | 00:57:00 | 00:57:14 | | 64 |
| 148 | 117 | UDOWOLSKI NORBERT | | BIAŁA PODLASKA | POLSKA | 1973 | 08:12 | 7.32 | 00:57:16 | 00:57:24 | 84 | |
| 149 | 11 | MAZUR JUSTYNA | | WARSZAWA | POLSKA | 1973 | 08:12 | 7.3 | 00:57:17 | 00:57:30 | | 65 |
| 150 | 131 | TOMCZYK DAWID | | LUBLIN | POLSKA | 1977 | 08:14 | 7.28 | 00:57:26 | 00:57:40 | 85 | |
| 151 | 189 | GRZECZNIK TOMASZ | | | POLSKA | 1950 | 08:18 | 7.22 | 00:58:04 | 00:58:08 | 86 | |
| 152 | 138 | MADEJCZYK KONRAD | | WARSZAWA | POLSKA | 1985 | 08:27 | 7.09 | 00:58:50 | 00:59:12 | 87 | |
| 153 | 41 | SZYMANEK KRZYSZTOF | MULTIMEDIA | PUŁAWY | POLSKA | 1975 | 08:30 | 7.05 | 00:59:16 | 00:59:34 | 88 | |
| 154 | 59 | KRAWCZYK ELŻBIETA | | PUŁAWY | POLSKA | 1963 | 08:33 | 7.01 | 00:59:37 | 00:59:57 | | 66 |
| 155 | 31 | LUTOMSKI DARIUSZ | | MAGDALENKA | POLSKA | 1963 | 08:34 | 7,00 | 00:59:45 | 01:00:00 | 89 | |
| 156 | 30 | LUTOMSKA ANNA | | MAGDALENKA | POLSKA | 1967 | 08:34 | 7,00 | 00:59:45 | 01:00:00 | | 67 |
| 157 | 170 | BETTLER JOANNA | AVANGARDA | PUŁAWY | POLSKA | 1966 | 08:38 | 6.94 | 01:00:14 | 01:00:30 | | 68 |
| 158 | 86 | KOCIUK MARYSIA | KB BIAŁA BIEGA | BIAŁA PODLASKA | POLSKA | 1993 | 08:38 | 6.94 | 01:00:18 | 01:00:30 | | 69 |
| 159 | 48 | BIELAWSKA ELWIRA | ROZBIEGANY SULEJÓWEK | OKUNIEW | POLSKA | 1979 | 08:51 | 6.78 | 01:01:45 | 01:01:59 | | 70 |
| 160 | 97 | BAJER TOMASZ | | WARSZAWA | POLSKA | 1978 | 08:55 | 6.73 | 01:02:18 | 01:02:25 | 90 | |

Bieg Szlak Trafi - 7km

Data: 6 sierpnia 2016

Dystans: 7 km

Miejscowość: Parchatka

| M-ce | Nr zaw. | Nazwisko Imię | Klub | Miejscowość | Kraj | Rok ur. | Tempo min/km | Tempo km/h | Czas netto | Czas brutto | Miejsce M | Miejsce K |
|------|---------|-------------------|-------------------------|-------------|--------|---------|--------------|------------|------------|-----------------|-----------|-----------|
| 161 | 96 | DEMIANOWICZ ANETA | KOBIETABIEGA.PL | WARSZAWA | POLSKA | 1979 | 08:55 | 6.73 | 01:02:18 | 01:02:25 | | 71 |
| 162 | 121 | FRIEDMAN ZBIGNIEW | FITFAZA METHOD | LUBLIN | POLSKA | 1952 | 09:13 | 6.5 | 01:03:42 | 01:04:36 | 91 | |
| 163 | 178 | WESOŁEK DOROTA | SM RYKI | RYKI | | 1967 | 09:42 | 6.19 | 01:07:54 | 01:07:54 | | 72 |
| 164 | 196 | ROMANOWSKA ANNA | | OTWOCK | POLSKA | 1978 | 09:45 | 6.15 | 01:08:12 | 01:08:20 | | 73 |
| 165 | 29 | MOSKALIK IWONA | MULTIMEDIA | PUŁAWY | POLSKA | 1980 | 09:45 | 6.15 | 01:08:02 | 01:08:20 | | 74 |
| 166 | 12 | RODZUCH PIOTR | MULTIMEDIA | PUŁAWY | POLSKA | 1986 | 09:45 | 6.15 | 01:08:03 | 01:08:20 | 92 | |
| 167 | 1 | CAPAŁA MIECZYSLAW | | PUŁAWY | POLSKA | 1949 | 09:45 | 6.15 | 01:07:59 | 01:08:20 | 93 | |
| 168 | 111 | SŁOMIAK IKA | KLUB SPOKOJNEJ STAROŚCI | GRUDZIĄDZ | POLSKA | 1960 | 09:45 | 6.15 | 01:08:02 | 01:08:20 | | 75 |
| 169 | 83 | BYRA ANNA | PGB SPORTOWA PACZKA | LUBLIN | POLSKA | 1975 | 10:09 | 5.91 | 01:10:51 | 01:11:07 | | 76 |