

TRZECIA DYCHA DO MARATONU

Organizator: Fundacja Rozwoju Sportu w Lublinie

Data: Lublin, 11/12.02.2017

Dystans 10 km

| M-sce | Nr Zaw. | Nazwisko imię | Klub | Miejscowość | Kraj | Rok ur. | Kat. Wiek. | M-sce w kat | Tempo min/km | Tempo km/h | 5 km | Czas netto | Czas brutto | Miejsce M | Miejsce K |
|-------|---------|--------------------|---|---------------------|-------------|---------|------------|-------------|--------------|------------|----------|------------|-------------|-----------|-----------|
| 1 | 814 | MYDLAK TOMASZ | agros CHEŁM biega | 26 | POLSKA | 1994 | M16 | 1 | 03:26 | 17.45 | 00:17:18 | 00:34:22 | 00:34:23 | 1 | |
| 2 | 334 | CEBERAK BARTOSZ | | LUBARTÓW | POLSKA | 1988 | M16 | 2 | 03:28 | 17.31 | 00:17:19 | 00:34:38 | 00:34:40 | 2 | |
| 3 | 163 | WYSOCKI PAWEŁ | lubelskibiegacz.pl TEAM | LUBLIN | POLSKA | 1989 | M16 | 3 | 03:32 | 16.97 | 00:17:49 | 00:35:21 | 00:35:21 | 3 | |
| 4 | 783 | ORZEŁ MICHAŁ | ENTRE.PL Team | LUBLIN | POLSKA | 1981 | M30 | 1 | 03:33 | 16.89 | 00:17:48 | 00:35:30 | 00:35:31 | 4 | |
| 5 | 57 | SIATKA KRZESIMIR | Lubelskibiegacz.pl Team | LUBLIN | POLSKA | 1985 | M30 | 2 | 03:36 | 16.69 | 00:17:53 | 00:35:56 | 00:35:57 | 5 | |
| 6 | 1090 | GRUDZIEŃ KAMIL | Banda Grudnia | LUBLIN | POLSKA | 1979 | M30 | 3 | 03:37 | 16.61 | 00:17:54 | 00:36:05 | 00:36:07 | 6 | |
| 7 | 747 | BEDNARZ CEZARY | Banda Grudnia | ŚWIDNIK | POLSKA | 1988 | M16 | 4 | 03:38 | 16.51 | 00:18:05 | 00:36:19 | 00:36:21 | 7 | |
| 8 | 693 | BRĄGIEL KRZYSZTOF | Majugs Federation of Athletics Team | KĘDZIERZYN-KOŹLE | POLSKA | 1987 | M30 | 4 | 03:39 | 16.44 | 00:18:22 | 00:36:29 | 00:36:30 | 8 | |
| 9 | 935 | PAWŁOWSKI TOMASZ | | LUBLIN | POLSKA | 1990 | M16 | 5 | 03:40 | 16.39 | 00:18:09 | 00:36:36 | 00:36:36 | 9 | |
| 10 | 499 | LISTOPAD DARIUSZ | NFZ Lublin/Chemik Noxy Puławy | LUBLIN | POLSKA | 1971 | M40 | 1 | 03:40 | 16.36 | 00:18:22 | 00:36:40 | 00:36:41 | 10 | |
| 11 | 197 | KRZYSZCZAK JAROMIR | Sklep Biegacza Lublin Team | LUBLIN | POLSKA | 1982 | M30 | 5 | 03:41 | 16.25 | 00:18:25 | 00:36:52 | 00:36:55 | 11 | |
| 12 | 1173 | CHOROŚ PIOTR | Banda Grudnia | NIEMCE | POLSKA | 1980 | M30 | 6 | 03:43 | 16.19 | 00:18:37 | 00:37:02 | 00:37:04 | 12 | |
| 13 | 277 | KIJOWSKI ADRIAN | 1 Batalion Strzelców Podhalanskich | ŻABNO | POLSKA | 1993 | M16 | 6 | 03:44 | 16.06 | 00:18:48 | 00:37:20 | 00:37:21 | 13 | |
| 14 | 829 | KIEREŚ MATEUSZ | Wąwozowa | LUBLIN | POLSKA | 1977 | M40 | 2 | 03:44 | 16.06 | 00:19:08 | 00:37:21 | 00:37:22 | 14 | |
| 15 | 1532 | JADACH MICHAŁ | Sygnal Chodel | CHODEL | POLSKA | 1991 | M16 | 7 | 03:44 | 16.05 | 00:18:56 | 00:37:21 | 00:37:23 | 15 | |
| 16 | 707 | KOZYRA PAWEŁ | Runnerpawcislaw | LUBLIN | POLSKA | 1996 | M16 | 8 | 03:44 | 16.04 | 00:18:52 | 00:37:22 | 00:37:24 | 16 | |
| 17 | 78 | POLAK KRZYSZTOF | MULTIMEDIA RUNNERS | PUŁAWY | POLSKA | 1978 | M30 | 7 | 03:47 | 15.89 | 00:18:45 | 00:37:44 | 00:37:45 | 17 | |
| 18 | 370 | MARZEC WOJCIECH | Jama Zła Running Team | LUBLIN | POLSKA | 1990 | M16 | 9 | 03:47 | 15.88 | 00:19:29 | 00:37:45 | 00:37:47 | 18 | |
| 19 | 209 | DEJER DOMINIK | STRAŻ GRANICZNA WŁODAWA | WŁODAWA | POLSKA | 1986 | M30 | 8 | 03:48 | 15.8 | 00:19:04 | 00:37:57 | 00:37:59 | 19 | |
| 20 | 1328 | PRZYBYSZ DAMIAN | Karino | ŁASKARZEW | POLSKA | 1983 | M30 | 9 | 03:49 | 15.74 | 00:19:07 | 00:38:05 | 00:38:07 | 20 | |
| 21 | 289 | RYCYK GRZEGORZ | Krasnystaw Biega | KRASNYSTAW | POLSKA | 1975 | M40 | 3 | 03:49 | 15.71 | 00:19:27 | 00:38:09 | 00:38:11 | 21 | |
| 22 | 179 | PORADA MARCIN | Run_Helpersi | JASIONKA | POLSKA | 1988 | M16 | 10 | 03:49 | 15.69 | 00:18:58 | 00:38:13 | 00:38:14 | 22 | |
| 23 | 1393 | ZIOŁO MIOSŁAW | Kraśnik biega | KRAŚNIK | POLSKA | 1973 | M40 | 4 | 03:50 | 15.63 | 00:19:18 | 00:38:21 | 00:38:24 | 23 | |
| 24 | 856 | KĘDRA MICHAŁ | Brzozowski Klub Biegacza/ vivio.pl | LUBLIN | POLSKA | 1995 | M16 | 11 | 03:51 | 15.56 | 00:19:43 | 00:38:31 | 00:38:33 | 24 | |
| 25 | 867 | ŚLIWIŃSKI MATEUSZ | lubelskibiegacz.pl TEAM | LUBLIN | POLSKA | 1991 | M16 | 12 | 03:52 | 15.52 | 00:19:35 | 00:38:39 | 00:38:40 | 25 | |
| 26 | 356 | CZAJKA KAROL | Inkubator Przedsiębiorczości w Lublinie | KRĘPIEC | SAN ESCOBAR | 1981 | M30 | 10 | 03:53 | 15.48 | 00:19:31 | 00:38:43 | 00:38:46 | 26 | |
| 27 | 685 | GROCHMAL PAWEŁ | LUBELSKIBIEGACZ.PL TEAM | LUBLIN | POLSKA | 1977 | M40 | 5 | 03:53 | 15.45 | 00:19:36 | 00:38:48 | 00:38:50 | 27 | |
| 28 | 673 | KAWIAK MAREK | | LUBLIN | POLSKA | 1981 | M30 | 11 | 03:54 | 15.39 | 00:20:02 | 00:38:56 | 00:38:59 | 28 | |
| 29 | 103 | KIEREPKA KRYSZTIAN | LUBELSKIBIEGACZ.PL TEAM | BISKUPICE | POLSKA | 1993 | M16 | 13 | 03:54 | 15.37 | 00:19:36 | 00:39:00 | 00:39:02 | 29 | |
| 30 | 382 | MOTYL ARTUR | Biegający Świdnik | ŚWIDNIK | POLSKA | 1976 | M40 | 6 | 03:55 | 15.35 | 00:19:38 | 00:39:03 | 00:39:06 | 30 | |
| 31 | 1584 | KRZYSZTOŃ MARCIN | GMP Lasy | LASY | POLSKA | 1983 | M30 | 12 | 03:55 | 15.33 | 00:19:55 | 00:39:05 | 00:39:09 | 31 | |
| 32 | 1051 | PRZECZ MARCIN | Sklep Biegacza Lublin Team | LUBLIN | POLSKA | 1995 | M16 | 14 | 03:55 | 15.31 | 00:19:59 | 00:39:08 | 00:39:11 | 32 | |
| 33 | 1074 | DROB MAREK | Banda Grudnia | LUBLIN | POLSKA | 1986 | M30 | 13 | 03:56 | 15.28 | 00:20:10 | 00:39:14 | 00:39:16 | 33 | |
| 34 | 1525 | MAZUREK PAWEŁ | ARCUS SI | LUBLIN | POLSKA | 1980 | M30 | 14 | 03:56 | 15.27 | 00:20:17 | 00:39:12 | 00:39:17 | 34 | |
| 35 | 414 | HURKACZ MICHAŁ | | WARSZAWA | POLSKA | 1985 | M30 | 15 | 03:56 | 15.25 | 00:20:17 | 00:39:16 | 00:39:20 | 35 | |
| 36 | 758 | KOWALCZYK BARTOSZ | | GARBÓW | POLSKA | 1977 | M40 | 7 | 03:56 | 15.25 | 00:19:37 | 00:39:17 | 00:39:20 | 36 | |
| 37 | 502 | CAR JACEK | | UNISZOWICE | POLSKA | 1976 | M40 | 8 | 03:56 | 15.25 | 00:20:17 | 00:39:19 | 00:39:21 | 37 | |
| 38 | 16 | STOMA KAROL | Bonappetit.net.pl | LUBLIN | POLSKA | 1980 | M30 | 16 | 03:56 | 15.24 | 00:20:12 | 00:39:19 | 00:39:22 | 38 | |
| 39 | 1378 | KAPROŃ PRZEMYSŁAW | | LUBLIN | POLSKA | 1985 | M30 | 17 | 03:56 | 15.22 | 00:19:42 | 00:39:22 | 00:39:26 | 39 | |
| 40 | 112 | WILGOS MAREK | UNIA HRUBIESZÓW | JAROSŁAWIEC\K.UCHAŃ | POLSKA | 1987 | M30 | 18 | 03:57 | 15.21 | 00:20:19 | 00:39:24 | 00:39:27 | 40 | |

TRZECIA DYCHA DO MARATONU

Organizator: Fundacja Rozwoju Sportu w Lublinie

Data: Lublin, 11/12.02.2017

Dystans: 10 km

| M-sce | Nr Zaw. | Nazwisko imię | Klub | Miejscowość | Kraj | Rok ur. | Kat. Wiek. | M-sce w kat | Tempo min/km | Tempo km/h | 5 km | Czas netto | Czas brutto | Miejsce M | Miejsce K |
|-------|---------|---------------------|-------------------------------------|----------------------|--------|---------|------------|-------------|--------------|------------|----------|------------|-------------|-----------|-----------|
| 41 | 1448 | KŁODA MAGDA | LUBELSKIBIEGACZ.PL TEAM | LUBLIN | POLSKA | 1987 | K30 | 1 | 03:57 | 15.19 | 00:20:22 | 00:39:26 | 00:39:30 | | 1 |
| 42 | 1336 | KOWALSKI ŁUKASZ | Lubelskie Stowarzyszenie Biegowe | LUBLIN | POLSKA | 1984 | M30 | 19 | 03:57 | 15.17 | 00:19:44 | 00:39:30 | 00:39:33 | 41 | |
| 43 | 1221 | OLEK ARTUR | biegusiem.pl | RYKI | POLSKA | 1975 | M40 | 9 | 03:58 | 15.15 | 00:20:19 | 00:39:31 | 00:39:36 | 42 | |
| 44 | 948 | ŚLEDŹ SŁAWEK | Perfect Runner Lublin | LUBLIN | POLSKA | 1977 | M40 | 10 | 03:58 | 15.14 | 00:20:11 | 00:39:34 | 00:39:38 | 43 | |
| 45 | 1305 | POŻAK GRZEGORZ | Lubartów Biega | LUBARTÓW | POLSKA | 1980 | M30 | 20 | 03:58 | 15.11 | 00:19:59 | 00:39:39 | 00:39:42 | 44 | |
| 46 | 713 | STEC STANISŁAW | | LISZNO | POLSKA | 1965 | M50 | 1 | 03:58 | 15.11 | 00:19:37 | 00:39:42 | 00:39:43 | 45 | |
| 47 | 922 | MAJEWSKI ANDRZEJ | K.B. Biała Biega | BIAŁA PODLASKA | POLSKA | 1962 | M50 | 2 | 03:59 | 15.08 | 00:19:48 | 00:39:46 | 00:39:48 | 46 | |
| 48 | 1273 | PRÓSZYŃSKI ROMUALD | Puławianin Puławy | PUŁAWY | POLSKA | 1969 | M40 | 11 | 03:59 | 15.06 | 00:20:02 | 00:39:46 | 00:39:51 | 47 | |
| 49 | 1175 | WRONA WOJTEK | | LUBLIN | POLSKA | 1988 | M16 | 15 | 04:00 | 15.01 | 00:20:41 | 00:39:49 | 00:39:58 | 48 | |
| 50 | 407 | MASŁOWSKI MARCIN | TriAmigos | TOMASZOWICE | POLSKA | 1976 | M40 | 12 | 04:00 | 14.99 | 00:20:14 | 00:39:58 | 00:40:01 | 49 | |
| 51 | 276 | WESOŁOWSKI ŁUKASZ | | LUBLIN | POLSKA | 1990 | M16 | 16 | 04:01 | 14.94 | 00:19:54 | 00:40:07 | 00:40:10 | 50 | |
| 52 | 827 | RAJSKI KAROL | Wąwozowa | LUBLIN | POLSKA | 1981 | M30 | 21 | 04:01 | 14.92 | 00:20:28 | 00:40:10 | 00:40:13 | 51 | |
| 53 | 727 | BUCOŃ JANUSZ | STREFATRIATHLONU | KRAŚNIK | POLSKA | 1973 | M40 | 13 | 04:02 | 14.91 | 00:20:28 | 00:40:11 | 00:40:15 | 52 | |
| 54 | 858 | PLUTA ŁUKASZ | Fajstławice Biegają | FAJSŁAWICE | POLSKA | 1990 | M16 | 17 | 04:02 | 14.88 | 00:20:14 | 00:40:17 | 00:40:20 | 53 | |
| 55 | 841 | KOCYBA GRZEGORZ | | LUBLIN | POLSKA | 1985 | M30 | 22 | 04:02 | 14.87 | 00:20:22 | 00:40:15 | 00:40:21 | 54 | |
| 56 | 1426 | BUTKIEWICZ TOMASZ | | LUBLIN | POLSKA | 1984 | M30 | 23 | 04:02 | 14.84 | 00:20:29 | 00:40:22 | 00:40:26 | 55 | |
| 57 | 1394 | KALINOWSKI ARTUR | Cisowianka | GARBÓW | POLSKA | 1983 | M30 | 24 | 04:03 | 14.83 | 00:20:17 | 00:40:25 | 00:40:28 | 56 | |
| 58 | 1027 | MACHAŁA KAMIL | Przeworska Grupa Biegowa | WÓLKA OGRYZKOWA | POLSKA | 1991 | M16 | 18 | 04:03 | 14.8 | 00:20:05 | 00:40:27 | 00:40:32 | 57 | |
| 59 | 1203 | GŁODEK MARCIN | DSS Orleża Dęblin | STĘŻYCA | POLSKA | 1981 | M30 | 25 | 04:04 | 14.79 | 00:20:23 | 00:40:28 | 00:40:34 | 58 | |
| 60 | 1165 | AUGUSTYNIAK ŁUKASZ | BIEGAJĄCY ŚWIDNIK | JACKÓW | POLSKA | 1992 | M16 | 19 | 04:04 | 14.78 | 00:20:52 | 00:40:32 | 00:40:35 | 59 | |
| 61 | 429 | PIETRYKOWSKI KONRAD | lubelskibiegacz.pl TEAM | LUBLIN | POLSKA | 1980 | M30 | 26 | 04:04 | 14.77 | 00:20:53 | 00:40:33 | 00:40:37 | 60 | |
| 62 | 434 | DROZD GRZEGORZ | | LUBLIN | POLSKA | 1977 | M40 | 14 | 04:04 | 14.76 | 00:20:42 | 00:40:35 | 00:40:39 | 61 | |
| 63 | 600 | TYBUREK MICHAŁ | Biegający Świdnik | LUBLIN | POLSKA | 1979 | M30 | 27 | 04:04 | 14.75 | 00:20:30 | 00:40:38 | 00:40:41 | 62 | |
| 64 | 1330 | WIEDRO WOJTEK | | LUBLIN | POLSKA | 1983 | M30 | 28 | 04:04 | 14.74 | 00:20:32 | 00:40:38 | 00:40:42 | 63 | |
| 65 | 1555 | WASILEWSKA JOANNA | | BIŁGORAJ | POLSKA | 1981 | K30 | 2 | 04:04 | 14.74 | 00:20:31 | 00:40:41 | 00:40:43 | | 2 |
| 66 | 110 | PRZEBIROWSKI KAROL | Husaria Race Team | FAJSŁAWICE | POLSKA | 1993 | M16 | 20 | 04:05 | 14.68 | 00:20:45 | 00:40:49 | 00:40:53 | 64 | |
| 67 | 589 | SIATECKI PAWEŁ | Paweł Siatecki | GARBÓW | POLSKA | 1992 | M16 | 21 | 04:06 | 14.65 | 00:20:33 | 00:40:52 | 00:40:57 | 65 | |
| 68 | 1166 | LANGNER DAMIAN | | LUBLIN | POLSKA | 1996 | M16 | 22 | 04:06 | 14.65 | 00:20:53 | 00:40:47 | 00:40:58 | 66 | |
| 69 | 379 | BAZELA JACEK | Orzeł Srebrzyszcze | CHEŁM | POLSKA | 1988 | M16 | 23 | 04:06 | 14.64 | 00:20:23 | 00:40:54 | 00:40:59 | 67 | |
| 70 | 235 | CHUDZIK PIOTR | | WOJCIECHÓW | POLSKA | 1973 | M40 | 15 | 04:06 | 14.64 | 00:20:19 | 00:40:56 | 00:40:59 | 68 | |
| 71 | 1382 | BUJAK MACIEJ | TRAINING ROOM MMBUJAK REHABILITACJA | LUBLIN | POLSKA | 1973 | M40 | 16 | 04:06 | 14.64 | 00:20:33 | 00:40:57 | 00:40:59 | 69 | |
| 72 | 1472 | PAWLAK ŁUKASZ | Szkoła Tańca Zamek A&Ł Pawlak | LUBLIN | POLSKA | 1980 | M30 | 29 | 04:06 | 14.63 | 00:20:43 | 00:40:58 | 00:41:00 | 70 | |
| 73 | 1556 | HURKAŁA MATEUSZ | | TERESPOL | POLSKA | 1999 | M16 | 24 | 04:06 | 14.63 | 00:20:34 | 00:40:59 | 00:41:01 | 71 | |
| 74 | 864 | SZELCHAUZ PAWEŁ | PKO Bank Polski | LUBLIN | POLSKA | 1984 | M30 | 30 | 04:06 | 14.62 | 00:21:00 | 00:40:51 | 00:41:02 | 72 | |
| 75 | 1451 | FALECKI RAFAŁ | Makondo | MAJDAN KOZIC DOLNYCH | POLSKA | 1989 | M16 | 25 | 04:06 | 14.62 | 00:20:14 | 00:41:01 | 00:41:03 | 73 | |
| 76 | 466 | GARDZIEL JERZY | | LUBLIN | POLSKA | 1973 | M40 | 17 | 04:07 | 14.6 | 00:20:32 | 00:41:00 | 00:41:05 | 74 | |
| 77 | 222 | KACUGA KINGA | | BAŁTÓW | POLSKA | 1990 | K16 | 1 | 04:07 | 14.59 | 00:20:41 | 00:41:04 | 00:41:08 | | 3 |
| 78 | 236 | SKOWRONEK KRYSZTOF | Giuseppe team | LUBLIN | POLSKA | 1985 | M30 | 31 | 04:07 | 14.57 | 00:21:00 | 00:41:04 | 00:41:11 | 75 | |
| 79 | 608 | WALEROWICZ RAFAŁ | | LUBLIN | POLSKA | 1991 | M16 | 26 | 04:08 | 14.55 | 00:21:11 | 00:41:10 | 00:41:15 | 76 | |
| 80 | 1002 | JĘDRZEJEWSKI PAWEŁ | Banda Grudnia | NAŁĘCZÓW | POLSKA | 1980 | M30 | 32 | 04:08 | 14.52 | 00:21:13 | 00:41:14 | 00:41:20 | 77 | |

TRZECIA DYCHA DO MARATONU

Organizator: Fundacja Rozwoju Sportu w Lublinie

Data: Lublin, 11/12.02.2017

Dystans 10 km

| M-sce | Nr Zaw. | Nazwisko imię | Klub | Miejscowość | Kraj | Rok ur. | Kat. Wiek. | M-sce w kat | Tempo min/km | Tempo km/h | 5 km | Czas netto | Czas brutto | Miejsce M | Miejsce K |
|-------|-------------|-----------------------|--------------------------------------|-------------|--------|---------|------------|-------------|--------------|------------|----------|------------|-------------|-----------|-----------|
| 81 | 656 | MACH TOMASZ | LUBELSKA GRUPA TRIATHLONU | LUBLIN | POLSKA | 1976 | M40 | 18 | 04:08 | 14.51 | 00:20:43 | 00:41:19 | 00:41:21 | 78 | |
| 82 | 854 | HAWRYLUK IRENEUSZ | Krasnystaw Biega | KRASNYSTAW | POLSKA | 1969 | M40 | 19 | 04:08 | 14.5 | 00:21:06 | 00:41:17 | 00:41:23 | 79 | |
| 83 | 1528 | SERAFIN DAMIAN | | UNISZOWICE | POLSKA | 1978 | M30 | 33 | 04:08 | 14.49 | 00:20:48 | 00:41:22 | 00:41:25 | 80 | |
| 84 | 1057 | KAWALA KONRAD | | KALINOWKA | POLSKA | 1994 | M16 | 27 | 04:08 | 14.49 | 00:20:52 | 00:41:20 | 00:41:25 | 81 | |
| 85 | 1174 | BIELAK MATEUSZ | | LUBLIN | POLSKA | 1988 | M16 | 28 | 04:09 | 14.48 | 00:20:55 | 00:41:20 | 00:41:27 | 82 | |
| 86 | 780 | KIEŁBASA ROBERT | Szkoła Pływania WODNIK | ŚWIDNIK | POLSKA | 1987 | M30 | 34 | 04:09 | 14.46 | 00:21:09 | 00:41:26 | 00:41:29 | 83 | |
| 87 | 1104 | PAWLAK GRZEGORZ | LW Bogdanka | ŁĘCZNA | POLSKA | 1986 | M30 | 35 | 04:09 | 14.46 | 00:21:23 | 00:41:26 | 00:41:30 | 84 | |
| 88 | 507 | BERDZIK KAROL | | LUBLIN | POLSKA | 1989 | M16 | 29 | 04:09 | 14.46 | 00:20:40 | 00:41:29 | 00:41:30 | 85 | |
| 89 | 1154 | SAWA PIOTR | SKLEP BIEGACZA LUBLIN TEAM / WW TEAM | LUBLIN | POLSKA | 1994 | M16 | 30 | 04:09 | 14.45 | 00:20:43 | 00:41:26 | 00:41:31 | 86 | |
| 90 | 804 | ZYCH MAGDALENA | AZS UMCS Lublin | LUBLIN | POLSKA | 1998 | K16 | 2 | 04:09 | 14.44 | 00:20:52 | 00:41:25 | 00:41:33 | | 4 |
| 91 | 1413 | POŁUDNIUK RADOSŁAW | SII POWER PEOPLE | LUBLIN | POLSKA | 1983 | M30 | 36 | 04:10 | 14.4 | 00:20:56 | 00:41:33 | 00:41:40 | 87 | |
| 92 | 77 | OLSZEWSKI PAWEŁ | | DYS | POLSKA | 1989 | M16 | 31 | 04:10 | 14.38 | 00:20:52 | 00:41:41 | 00:41:44 | 88 | |
| 93 | 1544 | TERENTOWICZ STANISŁAW | LSB | LUBLIN | POLSKA | 1966 | M50 | 3 | 04:11 | 14.37 | 00:20:53 | 00:41:42 | 00:41:45 | 89 | |
| 94 | 483 | KRZOSEK MICHAŁ | | LUBLIN | POLSKA | 1985 | M30 | 37 | 04:11 | 14.36 | 00:21:47 | 00:41:34 | 00:41:47 | 90 | |
| 95 | 102 | RAPA MARIUSZ | SPORT CLUB | LUBLIN | POLSKA | 1976 | M40 | 20 | 04:11 | 14.35 | 00:21:23 | 00:41:40 | 00:41:49 | 91 | |
| 96 | 620 | KLOC MARTA | Perfect Runner Lublin | URSZULIN | POLSKA | 1991 | K16 | 3 | 04:11 | 14.35 | 00:20:57 | 00:41:42 | 00:41:49 | | 5 |
| 97 | 58 | KĘPOWICZ MARCIN | | ŻABIA WOLA | POLSKA | 1977 | M40 | 21 | 04:11 | 14.31 | 00:20:53 | 00:41:52 | 00:41:56 | 92 | |
| 98 | 778 | CZYŻEWSKI IRENEUSZ | | BEZEK | POLSKA | 1976 | M40 | 22 | 04:12 | 14.3 | 00:20:47 | 00:41:49 | 00:41:57 | 93 | |
| 99 | 88 | ŁUKASZCZYK HENRYK | | HRUBIESZÓW | POLSKA | 1960 | M50 | 4 | 04:12 | 14.3 | 00:20:45 | 00:41:52 | 00:41:58 | 94 | |
| 100 | 252 | WRÓBLEWSKI ROBERT | | LUBLIN | POLSKA | 1987 | M30 | 38 | 04:12 | 14.27 | 00:21:14 | 00:41:55 | 00:42:02 | 95 | |
| 101 | 143 | BIL MARCIN | LITPOLUKRBRIG | LUBLIN | POLSKA | 1975 | M40 | 23 | 04:13 | 14.26 | 00:21:28 | 00:41:56 | 00:42:05 | 96 | |
| 102 | 105 | KAŻMIERCZAK KRZYSZTOF | | RYKI | POLSKA | 1972 | M40 | 24 | 04:13 | 14.24 | 00:21:07 | 00:42:03 | 00:42:08 | 97 | |
| 103 | 196 | RESZKA MAREK | Banda Grudnia | LUBLIN | POLSKA | 1987 | M30 | 39 | 04:13 | 14.23 | 00:22:23 | 00:41:57 | 00:42:10 | 98 | |
| 104 | 899 | GUT JAROSŁAW | Rozbiegane Kopytka | LUBLIN | POLSKA | 1988 | M16 | 32 | 04:13 | 14.22 | 00:21:38 | 00:42:01 | 00:42:11 | 99 | |
| 105 | 147 | KRAWCZYK GRZEGORZ | Biegiem Radom! | RADOM | POLSKA | 1975 | M40 | 25 | 04:14 | 14.2 | 00:21:08 | 00:42:06 | 00:42:16 | 100 | |
| 106 | 605 | PĘDRAK TOMASZ | Kraśnik Biega | KRAŚNIK | POLSKA | 1984 | M30 | 40 | 04:14 | 14.18 | 00:21:13 | 00:42:03 | 00:42:19 | 101 | |
| 107 | 26 | WÓJCIK PAWEŁ | Lubella | NOWA WÓLKA | POLSKA | 1974 | M40 | 26 | 04:14 | 14.17 | 00:21:28 | 00:42:14 | 00:42:20 | 102 | |
| 108 | 493 | KOCHAJ WOJCIECH | | LUBLIN | POLSKA | 1978 | M30 | 41 | 04:14 | 14.17 | 00:21:26 | 00:42:12 | 00:42:20 | 103 | |
| 109 | 1473 | BIGORAJ MARCIN | Baran Cycling Team | LUBLIN | POLSKA | 1990 | M16 | 33 | 04:14 | 14.15 | 00:21:36 | 00:42:12 | 00:42:25 | 104 | |
| 110 | 1227 | SKRZYPCZAK PIOTR | Banda Grudnia | LUBLIN | POLSKA | 1978 | M30 | 42 | 04:14 | 14.15 | 00:20:56 | 00:42:16 | 00:42:25 | 105 | |
| 111 | 468 | ZIMNICKI DANIEL | Stalowe Łosie | LUBLIN | POLSKA | 1975 | M40 | 27 | 04:14 | 14.14 | 00:21:08 | 00:42:24 | 00:42:26 | 106 | |
| 112 | 1250 | SOLPA ROBERT | | ŚWIDNIK | POLSKA | 1968 | M40 | 28 | 04:15 | 14.13 | 00:21:09 | 00:42:22 | 00:42:28 | 107 | |
| 113 | 1108 | ANTOŃCZAK MAREK | Krasnystaw Biega | ŻÓŁKIEWKA | POLSKA | 1982 | M30 | 43 | 04:15 | 14.12 | 00:21:36 | 00:42:20 | 00:42:29 | 108 | |
| 114 | 1100 | BUDZYŃSKI BOGDAN | | LUBLIN | POLSKA | 1976 | M40 | 29 | 04:15 | 14.11 | 00:21:17 | 00:42:28 | 00:42:31 | 109 | |
| 115 | 296 | ŁOŚ PIOTR | Turlam się Team | LUBLIN | POLSKA | 1980 | M30 | 44 | 04:16 | 14.1 | 00:21:37 | 00:42:26 | 00:42:34 | 110 | |
| 116 | 131 | WÓJCIK JÓZEF | Chełm Biega | CHEŁM | POLSKA | 1969 | M40 | 30 | 04:16 | 14.08 | 00:21:32 | 00:42:30 | 00:42:36 | 111 | |
| 117 | 200 | WALASEK GRZEGORZ | biegusiem.pl | RYKI | POLSKA | 1970 | M40 | 31 | 04:16 | 14.08 | 00:21:04 | 00:42:32 | 00:42:37 | 112 | |
| 118 | 1205 | ZAKOŚCIELNY MARCIN | wieś tańczy i biega | LUBLIN | POLSKA | 1970 | M40 | 32 | 04:16 | 14.07 | 00:21:33 | 00:42:31 | 00:42:38 | 113 | |
| 119 | 826 | GORCZYCA JACEK | lubelskibiegacz.pl TEAM | LUBLIN | POLSKA | 1969 | M40 | 33 | 04:16 | 14.07 | 00:21:36 | 00:42:31 | 00:42:39 | 114 | |
| 120 | 920 | KRYWCZUK TOMASZ | Legia Warszawa | ŁOMAZY | POLSKA | 1995 | M16 | 34 | 04:16 | 14.06 | 00:22:21 | 00:42:33 | 00:42:40 | 115 | |

TRZECIA DYCHA DO MARATONU

Organizator: Fundacja Rozwoju Sportu w Lublinie

Data: Lublin, 11/12.02.2017

Dystans: 10 km

| M-sce | Nr Zaw. | Nazwisko imię | Klub | Miejscowość | Kraj | Rok ur. | Kat. Wiek. | M-sce w kat | Tempo min/km | Tempo km/h | 5 km | Czas netto | Czas brutto | Miejsce M | Miejsce K |
|-------|---------|----------------------|---|-------------|--------|---------|------------|-------------|--------------|------------|----------|------------|-------------|-----------|-----------|
| 121 | 753 | ZYGO KAROLINA | LUBELSKIBIEGACZ.PL TEAM | LUBLIN | POLSKA | 1996 | K16 | 4 | 04:16 | 14.06 | 00:21:01 | 00:42:34 | 00:42:41 | | 6 |
| 122 | 1372 | MYSZKIEWICZ PIOTR | CISOWIANKA TEAM.PL | NAŁĘCZÓW | POLSKA | 1977 | M40 | 34 | 04:16 | 14.05 | 00:21:38 | 00:42:39 | 00:42:43 | 116 | |
| 123 | 46 | MAZUREK ROBERT | Mam nawyki mam wyniki/Run helpersi | LUBLIN | POLSKA | 1976 | M40 | 35 | 04:17 | 14.04 | 00:21:16 | 00:42:39 | 00:42:45 | 117 | |
| 124 | 1406 | KUPIEC STANISŁAW | DSS ORLETA | DĘBLIN | POLSKA | 1967 | M50 | 5 | 04:17 | 14.03 | 00:21:43 | 00:42:29 | 00:42:46 | 118 | |
| 125 | 1315 | CZARNECKI PAWEŁ | Biegam z ACL | LUBLIN | POLSKA | 1981 | M30 | 45 | 04:17 | 14 | 00:22:14 | 00:42:45 | 00:42:52 | 119 | |
| 126 | 422 | WĘDA ŁUKAS NAPOLEONE | KB Biała Biega/UPH Siedlce/Studzianka | STUDZIANKA | POLSKA | 1982 | M30 | 46 | 04:17 | 14 | 00:22:21 | 00:42:46 | 00:42:52 | 120 | |
| 127 | 545 | WIECZOREK KRYSZTOF | | LUBLIN | POLSKA | 1998 | M16 | 35 | 04:18 | 13.94 | 00:20:32 | 00:42:59 | 00:43:02 | 121 | |
| 128 | 187 | MITRUCZUK SŁAWEK | | LUBLIN | POLSKA | 1974 | M40 | 36 | 04:18 | 13.94 | 00:21:32 | 00:42:56 | 00:43:02 | 122 | |
| 129 | 380 | JONIK MARCIN | http://members.chello.pl/m.jonik | LUBLIN | POLSKA | 1974 | M40 | 37 | 04:18 | 13.94 | 00:22:12 | 00:42:52 | 00:43:02 | 123 | |
| 130 | 820 | ŻURAWSKI MICHAŁ | SKPB Lublin | LUBLIN | POLSKA | 1984 | M30 | 47 | 04:19 | 13.93 | 00:22:11 | 00:42:52 | 00:43:05 | 124 | |
| 131 | 268 | BRODACKI WALDEMAR | Tkkf chemik pulawy | PULAWY | POLSKA | 1955 | M60 | 1 | 04:19 | 13.93 | 00:21:25 | 00:43:01 | 00:43:05 | 125 | |
| 132 | 1272 | STRUG ARTUR | Lubelska Grupa Triathlonu | LUBLIN | POLSKA | 1987 | M30 | 48 | 04:19 | 13.93 | 00:21:56 | 00:42:53 | 00:43:05 | 126 | |
| 133 | 1260 | WÓJCICKA MAGDALENA | AZS UP Lublin | LUBARTÓW | POLSKA | 1994 | K16 | 5 | 04:19 | 13.89 | 00:22:10 | 00:43:03 | 00:43:12 | | 7 |
| 134 | 1251 | BANAŚKIEWICZ KAMIL | CISOWIANKA TEAM PL | DOMINÓW | POLSKA | 1983 | M30 | 49 | 04:19 | 13.89 | 00:23:08 | 00:43:01 | 00:43:12 | 127 | |
| 135 | 544 | ZBIGNIEW STELMACH | Lubelski Wegiel Bogdanka | ĆMIŁÓW | POLSKA | 1960 | M50 | 6 | 04:19 | 13.88 | 00:21:53 | 00:43:08 | 00:43:13 | 128 | |
| 136 | 654 | KUNCEWICZ DARIUSZ | Banda Grudnia | LUBLIN | POLSKA | 1970 | M40 | 38 | 04:19 | 13.88 | 00:21:41 | 00:43:07 | 00:43:13 | 129 | |
| 137 | 639 | GOLIAN SEBASTIAN | GRAT | LUBLIN | POLSKA | 1985 | M30 | 50 | 04:19 | 13.88 | 00:21:51 | 00:43:04 | 00:43:14 | 130 | |
| 138 | 149 | CZELEJ RAFAŁ | Biegający Świdnik | ŚWIDNIK | POLSKA | 1982 | M30 | 51 | 04:20 | 13.87 | 00:22:10 | 00:43:04 | 00:43:15 | 131 | |
| 139 | 536 | BALAWENDER PAWEŁ | Kraśnicki Klub Morsów | KRAŚNIK | POLSKA | 1970 | M40 | 39 | 04:20 | 13.85 | 00:22:08 | 00:43:03 | 00:43:19 | 132 | |
| 140 | 996 | MIROSŁAW JERZY | | STRZYŻEWICE | POLSKA | 1964 | M50 | 7 | 04:20 | 13.84 | 00:21:34 | 00:43:16 | 00:43:21 | 133 | |
| 141 | 1236 | RACZKOWSKI PAWEŁ | | LUBLIN | POLSKA | 1977 | M40 | 40 | 04:20 | 13.83 | 00:22:14 | 00:43:13 | 00:43:23 | 134 | |
| 142 | 232 | WAŚOWSKI KRZYSZTOF | Lubelskie Stowarzyszenie Biegowe | LUBLIN | POLSKA | 1966 | M50 | 8 | 04:20 | 13.82 | 00:21:52 | 00:43:17 | 00:43:24 | 135 | |
| 143 | 1554 | BIAŁAS DARIUSZ | Miód Kozacki Biłgoraj | FRAMPOL | POLSKA | 1968 | M40 | 41 | 04:20 | 13.82 | 00:21:30 | 00:43:23 | 00:43:25 | 136 | |
| 144 | 561 | KOŁTUNIEWICZ ANDRZEJ | wieś tańczy i biega | LUBLIN | POLSKA | 1976 | M40 | 42 | 04:20 | 13.81 | 00:21:52 | 00:43:19 | 00:43:26 | 137 | |
| 145 | 1580 | KOMENDARSKI JAKUB | | PONIATOWA | POLSKA | 1997 | M16 | 36 | 04:21 | 13.81 | 00:22:10 | 00:43:18 | 00:43:27 | 138 | |
| 146 | 237 | SZEWczyk DAMIAN | | KRASNYSTAW | POLSKA | 1988 | M16 | 37 | 04:21 | 13.8 | 00:22:27 | 00:43:12 | 00:43:28 | 139 | |
| 147 | 1592 | CHLASTAWA RAFAŁ | | LUBLIN | POLSKA | 1998 | M16 | 38 | 04:21 | 13.8 | 00:23:12 | 00:43:13 | 00:43:28 | 140 | |
| 148 | 368 | ŚLUSARZ KRZYSZTOF | | LUBLIN | POLSKA | 1985 | M30 | 52 | 04:21 | 13.8 | 00:22:04 | 00:43:20 | 00:43:29 | 141 | |
| 149 | 281 | BISEK PIOTR | | LUBLIN | POLSKA | 1987 | M30 | 53 | 04:21 | 13.79 | 00:22:16 | 00:43:22 | 00:43:30 | 142 | |
| 150 | 1402 | KIEŁBASA DAMIAN | UKS Azymut Siedliska | ZAMOŚĆ | POLSKA | 1987 | M30 | 54 | 04:21 | 13.79 | 00:21:52 | 00:43:22 | 00:43:30 | 143 | |
| 151 | 1483 | FRĘCHOWICZ JACEK | | LUBLIN | POLSKA | 1974 | M40 | 43 | 04:22 | 13.75 | 00:21:30 | 00:43:32 | 00:43:39 | 144 | |
| 152 | 1590 | SKOCZYŁAS ADRIAN | Forest Jump | ŚWIDNIK | POLSKA | 1989 | M16 | 39 | 04:22 | 13.74 | 00:22:26 | 00:43:24 | 00:43:40 | 145 | |
| 153 | 479 | USIDUS PIOTR | Świdnik Triathlon Team | ŚWIDNIK | POLSKA | 1990 | M16 | 40 | 04:22 | 13.74 | 00:22:15 | 00:43:34 | 00:43:41 | 146 | |
| 154 | 531 | MOSKWA MARIUSZ | INTROGRAF LUBLIN S.A. | LUBLIN | POLSKA | 1983 | M30 | 55 | 04:22 | 13.72 | 00:22:18 | 00:43:35 | 00:43:43 | 147 | |
| 155 | 1367 | KURKIEWICZ ANDRZEJ | SWIDNIK TRIATHLON TEAM | FRANCISZKOW | POLSKA | 1972 | M40 | 44 | 04:22 | 13.72 | 00:22:02 | 00:43:38 | 00:43:44 | 148 | |
| 156 | 123 | JEŻ JAROSŁAW | Endorświnki | NIEMCE | POLSKA | 1978 | M30 | 56 | 04:23 | 13.71 | 00:22:09 | 00:43:39 | 00:43:45 | 149 | |
| 157 | 230 | DELEŻUCH WOJCIECH | | NIEMCE | POLSKA | 1976 | M40 | 45 | 04:23 | 13.71 | 00:22:08 | 00:43:38 | 00:43:45 | 150 | |
| 158 | 186 | LECKI ŁUKASZ | | TURKA | POLSKA | 1980 | M30 | 57 | 04:23 | 13.7 | 00:22:12 | 00:43:39 | 00:43:47 | 151 | |
| 159 | 572 | PRÓCHNIEWICZ MARCIN | marcinprochniewicz.pl | LUBLIN | POLSKA | 1981 | M30 | 58 | 04:23 | 13.7 | 00:22:35 | 00:43:39 | 00:43:48 | 152 | |
| 160 | 457 | KORULCZYK ŁUKASZ | | LUBLIN | POLSKA | 1976 | M40 | 46 | 04:23 | 13.69 | 00:22:23 | 00:43:35 | 00:43:49 | 153 | |

TRZECIA DYCHA DO MARATONU

Organizator: Fundacja Rozwoju Sportu w Lublinie

Data: Lublin, 11/12.02.2017

Dystans 10 km

| M-sce | Nr Zaw. | Nazwisko imię | Klub | Miejscowość | Kraj | Rok ur. | Kat. Wiek. | M-sce w kat | Tempo min/km | Tempo km/h | 5 km | Czas netto | Czas brutto | Miejsce M | Miejsce K |
|-------|---------|-----------------------|----------------------------------|----------------------|--------|---------|------------|-------------|--------------|------------|----------|------------|-------------|-----------|-----------|
| 161 | 506 | SACHARUK ROBERT | | TERESPOL | POLSKA | 1975 | M40 | 47 | 04:23 | 13.69 | 00:22:08 | 00:43:39 | 00:43:50 | 154 | |
| 162 | 181 | PAPROTA JACEK | lubelskibiegacz.pl TEAM | MIŁOCIN | POLSKA | 1970 | M40 | 48 | 04:23 | 13.69 | 00:22:06 | 00:43:42 | 00:43:50 | 155 | |
| 163 | 612 | SZYMAŃSKI PIOTR | | PRUSZKÓW | POLSKA | 1980 | M30 | 59 | 04:23 | 13.69 | 00:22:46 | 00:43:38 | 00:43:50 | 156 | |
| 164 | 1582 | PRZYPOLSKI PAWEŁ | Im-Possible Team | WARSZAWA | POLSKA | 1976 | M40 | 49 | 04:23 | 13.67 | 00:23:01 | 00:43:35 | 00:43:53 | 157 | |
| 165 | 790 | KOZŁOWSKI MAREK | GRAT | LUBLIN | POLSKA | 1975 | M40 | 50 | 04:23 | 13.67 | 00:22:13 | 00:43:44 | 00:43:54 | 158 | |
| 166 | 1212 | STĘPNIAK MICHAŁ | | LUBLIN | POLSKA | 1983 | M30 | 60 | 04:24 | 13.65 | 00:22:51 | 00:43:50 | 00:43:58 | 159 | |
| 167 | 85 | MICHALAK PAWEŁ | | LUBLIN | POLSKA | 1971 | M40 | 51 | 04:24 | 13.64 | 00:22:53 | 00:43:46 | 00:44:00 | 160 | |
| 168 | 157 | ZUBIK MICHAŁ | | LUBLIN | POLSKA | 1976 | M40 | 52 | 04:24 | 13.63 | 00:23:07 | 00:43:38 | 00:44:01 | 161 | |
| 169 | 602 | BAŃBURA SŁAWEK | KB Biała Biega | RAKOWISKA | POLSKA | 1970 | M40 | 53 | 04:24 | 13.62 | 00:22:44 | 00:43:58 | 00:44:03 | 162 | |
| 170 | 336 | WEGIERA ANDRZEJ | | ABRAMOWICE PRYWATNE | POLSKA | 1974 | M40 | 54 | 04:25 | 13.6 | 00:22:22 | 00:44:01 | 00:44:07 | 163 | |
| 171 | 1275 | MACIĄG BARTŁOMIEJ | Krasnystaw Biega | KRASNYSTAW | POLSKA | 1982 | M30 | 61 | 04:25 | 13.6 | 00:22:54 | 00:43:57 | 00:44:08 | 164 | |
| 172 | 135 | TARASIŃSKI PAWEŁ | | LUBLIN | POLSKA | 1979 | M30 | 62 | 04:25 | 13.59 | 00:22:34 | 00:44:02 | 00:44:09 | 165 | |
| 173 | 74 | MAKUCH MARCIN | | WARSZAWA | POLSKA | 1986 | M30 | 63 | 04:25 | 13.58 | 00:22:23 | 00:43:59 | 00:44:10 | 166 | |
| 174 | 833 | DUDZIK MACIEJ | | LUBLIN | POLSKA | 1984 | M30 | 64 | 04:25 | 13.57 | 00:22:26 | 00:44:03 | 00:44:13 | 167 | |
| 175 | 821 | KOBYLARZ ADAM | | NOWOSIELEC | POLSKA | 1986 | M30 | 65 | 04:26 | 13.56 | 00:22:32 | 00:44:08 | 00:44:15 | 168 | |
| 176 | 328 | TARNOWSKI KRZYSZTOF | KW Lublin | LUBLIN | POLSKA | 1986 | M30 | 66 | 04:26 | 13.55 | 00:22:31 | 00:44:06 | 00:44:17 | 169 | |
| 177 | 1037 | STPICZYŃSKI MARCIN | | LUBLIN | POLSKA | 1983 | M30 | 67 | 04:26 | 13.54 | 00:22:06 | 00:44:04 | 00:44:18 | 170 | |
| 178 | 126 | WARSZAWA KUBA | | LUBLIN | POLSKA | 1987 | M30 | 68 | 04:26 | 13.54 | 00:22:36 | 00:44:04 | 00:44:18 | 171 | |
| 179 | 151 | PIETRZYK ZBIGNIEW | | KĘPA BORZECZOWSKA | POLSKA | 1969 | M40 | 55 | 04:26 | 13.53 | 00:22:24 | 00:44:10 | 00:44:20 | 172 | |
| 180 | 212 | HATAŁA DARIUSZ | | LUBLIN | POLSKA | 1983 | M30 | 69 | 04:26 | 13.53 | 00:22:37 | 00:44:10 | 00:44:20 | 173 | |
| 181 | 744 | PIĄTEK PAWEŁ | | FIRLEJ | POLSKA | 1986 | M30 | 70 | 04:26 | 13.53 | 00:22:34 | 00:44:12 | 00:44:21 | 174 | |
| 182 | 174 | GOŁĘBIEWSKI KRZYSZTOF | Chełm Biega | CHEŁM | POLSKA | 1974 | M40 | 56 | 04:26 | 13.52 | 00:22:49 | 00:44:16 | 00:44:23 | 175 | |
| 183 | 1376 | JEDZINIAK PIOTR | Im-Possible Team | PUŁAWY | POLSKA | 1978 | M30 | 71 | 04:26 | 13.51 | 00:23:01 | 00:44:06 | 00:44:24 | 176 | |
| 184 | 389 | FILIP PAWEŁ | | 45 | POLSKA | 1971 | M40 | 57 | 04:26 | 13.5 | 00:22:55 | 00:44:13 | 00:44:26 | 177 | |
| 185 | 709 | WIŚNIEWSKI WOJCIECH | | LUBLIN | POLSKA | 1985 | M30 | 72 | 04:26 | 13.5 | 00:22:05 | 00:44:21 | 00:44:26 | 178 | |
| 186 | 677 | FURMANIK EWA | Krasnystaw Biega | ŚWIERŻE GM. DOROHUSK | POLSKA | 1978 | K30 | 3 | 04:27 | 13.49 | 00:22:23 | 00:44:25 | 00:44:28 | | 8 |
| 187 | 777 | HAJBOS KAROL | AZS LBN | ROMASZKI | POLSKA | 1993 | M16 | 41 | 04:27 | 13.49 | 00:22:54 | 00:44:15 | 00:44:29 | 179 | |
| 188 | 75 | SULEK ADAM | | LUBLIN | POLSKA | 1993 | M16 | 42 | 04:27 | 13.48 | 00:21:49 | 00:44:25 | 00:44:30 | 180 | |
| 189 | 27 | PROKOP MAREK | LRH S.A. | NIEMCE | POLSKA | 1971 | M40 | 58 | 04:28 | 13.46 | 00:22:16 | 00:44:25 | 00:44:34 | 181 | |
| 190 | 1153 | MAMEJ PIOTR | Sklep Biegacza Lublin | LUBLIN | POLSKA | 1964 | M50 | 9 | 04:28 | 13.45 | 00:22:40 | 00:44:31 | 00:44:37 | 182 | |
| 191 | 482 | ODZIEMCZYK SYLWESTER | Lubelska Grupa Triathlonu | LUBLIN | POLSKA | 1965 | M50 | 10 | 04:28 | 13.44 | 00:22:44 | 00:44:32 | 00:44:38 | 183 | |
| 192 | 1247 | DESSAUER WIOLETTA | Lubartówbiega.pl | LUBARTÓW | POLSKA | 1975 | K40 | 1 | 04:28 | 13.42 | 00:22:40 | 00:44:33 | 00:44:42 | | 9 |
| 193 | 1546 | KANIA KRZYSZTOF | Lubelskie Stowarzyszenie Biegowe | LUBLIN | POLSKA | 1966 | M50 | 11 | 04:28 | 13.42 | 00:22:23 | 00:44:39 | 00:44:42 | 184 | |
| 194 | 578 | ZIÓŁEK MIROSŁAW | BANDA GRUDNIA | JACKÓW | POLSKA | 1963 | M50 | 12 | 04:28 | 13.41 | 00:22:51 | 00:44:27 | 00:44:44 | 185 | |
| 195 | 743 | PIETRZYK DARIUSZ | Biegający Świdnik | MEŁGIEW | POLSKA | 1974 | M40 | 59 | 04:28 | 13.41 | 00:22:56 | 00:44:30 | 00:44:45 | 186 | |
| 196 | 908 | JÓŹWIAK ADRIAN | | LUBLIN | POLSKA | 1992 | M16 | 43 | 04:29 | 13.4 | 00:22:48 | 00:44:34 | 00:44:46 | 187 | |
| 197 | 47 | FLIS MARIUSZ | Mam nawyki mam wyniki | | POLSKA | 1983 | M30 | 73 | 04:29 | 13.4 | 00:22:11 | 00:44:39 | 00:44:47 | 188 | |
| 198 | 1028 | WOŁOS JACEK | | HRUBIESZÓW | POLSKA | 1968 | M40 | 60 | 04:29 | 13.4 | 00:22:18 | 00:44:37 | 00:44:47 | 189 | |
| 199 | 275 | KĘDRA ADRIAN | Biegający Świdnik | ŚWIDNIK | POLSKA | 1985 | M30 | 74 | 04:29 | 13.4 | 00:22:58 | 00:44:31 | 00:44:47 | 190 | |
| 200 | 360 | DUDEK GRZEGORZ | LUBELSKIBIEGACZ.PL TEAM | LUBLIN | POLSKA | 1977 | M40 | 61 | 04:29 | 13.39 | 00:22:46 | 00:44:39 | 00:44:48 | 191 | |

TRZECIA DYCHA DO MARATONU

Organizator: Fundacja Rozwoju Sportu w Lublinie

Data: Lublin, 11/12.02.2017

Dystans 10 km

| M-sce | Nr Zaw. | Nazwisko imię | Klub | Miejscowość | Kraj | Rok ur. | Kat. Wiek. | M-sce w kat | Tempo min/km | Tempo km/h | 5 km | Czas netto | Czas brutto | Miejsce M | Miejsce K |
|-------|---------|-------------------------|--|-------------------|--------|---------|------------|-------------|--------------|------------|----------|------------|-------------|-----------|-----------|
| 201 | 452 | TARADYŚ TOMASZ | GUKS Modliborzyce | MODLIBORZYCE | POLSKA | 1979 | M30 | 75 | 04:29 | 13.39 | 00:23:13 | 00:44:28 | 00:44:49 | 192 | |
| 202 | 1375 | MISIAK DAMIAN | GUKS Modliborzyce | MODLIBORZYCE | POLSKA | 1985 | M30 | 76 | 04:29 | 13.39 | 00:23:13 | 00:44:28 | 00:44:49 | 193 | |
| 203 | 1578 | BĄBIK ADAM | Biegający Świdnik | ŚWIDNIK | POLSKA | 1987 | M30 | 77 | 04:29 | 13.38 | 00:23:28 | 00:44:33 | 00:44:50 | 194 | |
| 204 | 243 | GRAJ ARKADIUSZ | | ŚWIDNIK | POLSKA | 1986 | M30 | 78 | 04:29 | 13.38 | 00:23:11 | 00:44:40 | 00:44:51 | 195 | |
| 205 | 288 | WNĘK KRZYSZTOF | | RZESZOW | POLSKA | 1992 | M16 | 44 | 04:29 | 13.38 | 00:22:39 | 00:44:41 | 00:44:51 | 196 | |
| 206 | 1133 | ZASIADKO MIKOŁAJ | LW Bogdanka | ŁĘCZNA | POLSKA | 1970 | M40 | 62 | 04:29 | 13.37 | 00:22:40 | 00:44:46 | 00:44:53 | 197 | |
| 207 | 729 | GOLEC IRENEUSZ | Krasnystaw Biega / Vege Runners | KRASNYSTAW | POLSKA | 1985 | M30 | 79 | 04:29 | 13.36 | 00:23:29 | 00:44:35 | 00:44:55 | 198 | |
| 208 | 865 | RYCAK KRZYSZTOF | | MAŁKÓW | POLSKA | 1972 | M40 | 63 | 04:30 | 13.34 | 00:23:12 | 00:44:39 | 00:44:58 | 199 | |
| 209 | 1356 | WIĘCH ŁUKASZ | | LUBARTÓW | POLSKA | 1985 | M30 | 80 | 04:30 | 13.34 | 00:22:43 | 00:44:47 | 00:44:59 | 200 | |
| 210 | 1501 | SIEJKO ŁUKASZ | Mimochodek | LUBLIN | POLSKA | 1981 | M30 | 81 | 04:30 | 13.33 | 00:22:42 | 00:44:51 | 00:45:01 | 201 | |
| 211 | 1168 | GAJEK MAGDALENA | wieś tańczy i biega | LUBLIN | POLSKA | 1974 | K40 | 2 | 04:30 | 13.33 | 00:22:43 | 00:44:53 | 00:45:01 | | 10 |
| 212 | 125 | SPRAWKA MARCIN | Sklep Biegacza Lublin Team / WW Team | LUBLIN | POLSKA | 1985 | M30 | 82 | 04:30 | 13.32 | 00:22:45 | 00:44:50 | 00:45:02 | 202 | |
| 213 | 1405 | BUKOWSKI ARTUR | Karino | ŁASKARZEW | POLSKA | 1973 | M40 | 64 | 04:31 | 13.32 | 00:22:43 | 00:44:58 | 00:45:03 | 203 | |
| 214 | 1019 | TRZASKOWSKI PAWEŁ | Victus Rębków | ŁASKARZEW | POLSKA | 1983 | M30 | 83 | 04:31 | 13.31 | 00:22:43 | 00:44:59 | 00:45:04 | 204 | |
| 215 | 1012 | JASINSKI PAWEŁ | victus rębków | ŁASKARZEW | POLSKA | 1968 | M40 | 65 | 04:31 | 13.31 | 00:22:43 | 00:44:59 | 00:45:04 | 205 | |
| 216 | 1467 | ANTONIUK ARTUR | BARAN CYCLING TEAM | KRAŚNIK | POLSKA | 1980 | M30 | 84 | 04:31 | 13.31 | 00:22:54 | 00:44:52 | 00:45:05 | 206 | |
| 217 | 1069 | MIROSŁAW DAWID | | BORZECZOW | POLSKA | 1990 | M16 | 45 | 04:31 | 13.31 | 00:22:23 | 00:45:01 | 00:45:05 | 207 | |
| 218 | 1127 | GOLUCH SYLWESTER | | LUBLIN | POLSKA | 1991 | M16 | 46 | 04:31 | 13.3 | 00:23:28 | 00:44:44 | 00:45:06 | 208 | |
| 219 | 1135 | DRAGAN GRZEGORZ | AKTYWNYNADGARSTEK.PL | LUBLIN | POLSKA | 1975 | M40 | 66 | 04:31 | 13.3 | 00:22:57 | 00:44:53 | 00:45:06 | 209 | |
| 220 | 712 | SUGIER TOMASZ | WW TEAM | LUBLIN | POLSKA | 1986 | M30 | 85 | 04:31 | 13.3 | 00:22:49 | 00:45:00 | 00:45:06 | 210 | |
| 221 | 563 | ŁUSZCZAK KAMIL | DELTAzwadronSUPERcoolKOMANDOWilkówALFA | LUBLIN | POLSKA | 1983 | M30 | 86 | 04:31 | 13.29 | 00:23:06 | 00:44:53 | 00:45:08 | 211 | |
| 222 | 1529 | RUTKOWSKI DAREK | DSS ORLETA | DĘBLIN | POLSKA | 1978 | M30 | 87 | 04:31 | 13.29 | 00:23:11 | 00:44:51 | 00:45:09 | 212 | |
| 223 | 800 | GOŁĘBIEWSKI ALBERT | 1986 | LUBLIN | POLSKA | 1986 | M30 | 88 | 04:31 | 13.28 | 00:23:01 | 00:44:57 | 00:45:10 | 213 | |
| 224 | 886 | MAJ SŁAWOMIR | Biegający Świdnik | ŚWIDNIK | POLSKA | 1978 | M30 | 89 | 04:31 | 13.28 | 00:23:12 | 00:44:55 | 00:45:10 | 214 | |
| 225 | 739 | KULIKOWSKI TADEUSZ | | RADZYMIN | POLSKA | 1971 | M40 | 67 | 04:31 | 13.28 | 00:23:03 | 00:44:55 | 00:45:11 | 215 | |
| 226 | 332 | PAROL GRZEGORZ | Firlej Biega | FIRLEJ | POLSKA | 1985 | M30 | 90 | 04:31 | 13.28 | 00:23:40 | 00:44:49 | 00:45:11 | 216 | |
| 227 | 526 | DZYR KONRAD | | PONIATOWA | POLSKA | 1991 | M16 | 47 | 04:31 | 13.28 | 00:23:27 | 00:44:59 | 00:45:11 | 217 | |
| 228 | 441 | MIERZWA ADAM | | ZABRZE | POLSKA | 1969 | M40 | 68 | 04:31 | 13.27 | 00:23:34 | 00:44:58 | 00:45:12 | 218 | |
| 229 | 98 | KAŹMIERCZAK ERYK | | RYKI | POLSKA | 1997 | M16 | 48 | 04:31 | 13.27 | 00:23:13 | 00:45:03 | 00:45:12 | 219 | |
| 230 | 421 | WYSMULSKI TOMASZ | | LUBLIN | POLSKA | 1973 | M40 | 69 | 04:31 | 13.27 | 00:23:02 | 00:45:02 | 00:45:12 | 220 | |
| 231 | 1120 | HARATYNOWICZ TOMASZ | Biegam z ABS | LUBLIN | POLSKA | 1978 | M30 | 91 | 04:31 | 13.27 | 00:23:00 | 00:45:02 | 00:45:13 | 221 | |
| 232 | 732 | SZKODA ROBERT | Biłgoraj Biega | BIŁGORAJ | POLSKA | 1985 | M30 | 92 | 04:31 | 13.27 | 00:22:53 | 00:45:05 | 00:45:13 | 222 | |
| 233 | 1050 | BIDA MARCIN | Krasnystaw biega | KRASNYSTAE | POLSKA | 1982 | M30 | 93 | 04:31 | 13.27 | 00:23:30 | 00:44:56 | 00:45:13 | 223 | |
| 234 | 611 | GODZWON MATEUSZ | FB.COM/BIEGIEMZAMARZENIAMI | PONIATOWA | POLSKA | 1991 | M16 | 49 | 04:31 | 13.26 | 00:23:27 | 00:45:02 | 00:45:14 | 224 | |
| 235 | 455 | KOBIELARZ ADRIAN | lublinbiega.pl | LUBLIN | POLSKA | 1985 | M30 | 94 | 04:31 | 13.26 | 00:22:34 | 00:45:11 | 00:45:14 | 225 | |
| 236 | 1526 | DOLECKI ŁUKASZ | | WILKOŁAZ PIERWSZY | POLSKA | 2000 | M16 | 50 | 04:32 | 13.26 | 00:22:30 | 00:45:12 | 00:45:15 | 226 | |
| 237 | 138 | WINIARCZYK EMIL | | LUBLIN | POLSKA | 1981 | M30 | 95 | 04:32 | 13.25 | 00:23:06 | 00:45:08 | 00:45:18 | 227 | |
| 238 | 766 | ŚCIUBA ANETA | | LUBLIN | POLSKA | 1987 | K30 | 4 | 04:32 | 13.24 | 00:23:03 | 00:45:11 | 00:45:19 | | 11 |
| 239 | 494 | KUNA PRZEMYSŁAW DARIUSZ | Dębiny Team | DĘBINY | POLSKA | 1992 | M16 | 51 | 04:32 | 13.24 | 00:23:04 | 00:45:05 | 00:45:20 | 228 | |
| 240 | 311 | CZERNIAKIEWICZ DARIUSZ | | JASTKÓW | POLSKA | 1976 | M40 | 70 | 04:32 | 13.23 | 00:22:52 | 00:45:12 | 00:45:21 | 229 | |

TRZECIA DYCHA DO MARATONU

Organizator: Fundacja Rozwoju Sportu w Lublinie

Data: Lublin, 11/12.02.2017

Dystans: 10 km

| M-sce | Nr Zaw. | Nazwisko imię | Klub | Miejscowość | Kraj | Rok ur. | Kat. Wiek. | M-sce w kat | Tempo min/km | Tempo km/h | 5 km | Czas netto | Czas brutto | Miejsce M | Miejsce K |
|-------|---------|-----------------------|--|-------------------|--------|---------|------------|-------------|--------------|------------|----------|------------|-------------|-----------|-----------|
| 241 | 358 | ZDUN GRZEGORZ | Team Dynsanios | LUBLIN | POLSKA | 1983 | M30 | 96 | 04:32 | 13.23 | 00:22:52 | 00:45:05 | 00:45:22 | 230 | |
| 242 | 622 | TUSZEWSKI MICHAŁ | MT-GEO/Biegający Świdnik | NOWY KRĘPIEC | POLSKA | 1976 | M40 | 71 | 04:32 | 13.22 | 00:23:12 | 00:45:08 | 00:45:24 | 231 | |
| 243 | 584 | LEGĘZA PATRYK | | CHODEL | POLSKA | 1996 | M16 | 52 | 04:32 | 13.21 | 00:23:19 | 00:45:15 | 00:45:25 | 232 | |
| 244 | 1399 | KURZYNA KRZYSZTOF | SKB Kraśnik | DZIERZKOWICE | POLSKA | 1972 | M40 | 72 | 04:32 | 13.21 | 00:23:19 | 00:45:15 | 00:45:25 | 233 | |
| 245 | 199 | ĆWIKŁA PAWEŁ | | LUBLIN | POLSKA | 1986 | M30 | 97 | 04:32 | 13.21 | 00:23:16 | 00:45:11 | 00:45:25 | 234 | |
| 246 | 1003 | SAWA JAROSŁAW | Sklep Biegacza Lublin Team | LUBLIN | POLSKA | 1979 | M30 | 98 | 04:33 | 13.18 | 00:23:03 | 00:45:17 | 00:45:31 | 235 | |
| 247 | 439 | ROSŁOWICZ JERZY | Lub. stow. biegowe | LUBLIN | POLSKA | 1952 | M60 | 2 | 04:34 | 13.17 | 00:23:00 | 00:45:29 | 00:45:33 | 236 | |
| 248 | 642 | JARZYŃKA KRZYSZTOF | | LUBLIN | POLSKA | 1968 | M40 | 73 | 04:34 | 13.17 | 00:23:30 | 00:45:25 | 00:45:34 | 237 | |
| 249 | 487 | BISEK MAREK | Lubelski Węgiel Bogdanka | LUBLIN | POLSKA | 1962 | M50 | 13 | 04:34 | 13.16 | 00:22:53 | 00:45:29 | 00:45:36 | 238 | |
| 250 | 566 | KOZŁOWSKI GRZEGORZ | Sok | LESCE | POLSKA | 1970 | M40 | 74 | 04:34 | 13.15 | 00:23:34 | 00:45:27 | 00:45:37 | 239 | |
| 251 | 1022 | WOŁOSIUK PRZEMYSŁAW | | BIAŁA PODLASKA | POLSKA | 1975 | M40 | 75 | 04:34 | 13.15 | 00:23:14 | 00:45:22 | 00:45:37 | 240 | |
| 252 | 961 | SARZYŃSKI PAWEŁ | | NIEDRZWICA DUŻA | POLSKA | 1985 | M30 | 99 | 04:34 | 13.14 | 00:23:08 | 00:45:33 | 00:45:39 | 241 | |
| 253 | 114 | ANDRZEJCZUK KAROL | | LUBLIN | POLSKA | 1988 | M16 | 53 | 04:34 | 13.13 | 00:23:21 | 00:45:30 | 00:45:41 | 242 | |
| 254 | 1029 | BORUCKI KAMIL | Multimedia Runners | PUŁAWY | POLSKA | 1986 | M30 | 100 | 04:34 | 13.13 | 00:24:30 | 00:45:05 | 00:45:41 | 243 | |
| 255 | 1444 | PAWŁOWSKI BARTŁOMIEJ | | ŚWIDNIK | POLSKA | 1995 | M16 | 54 | 04:34 | 13.13 | 00:23:31 | 00:45:29 | 00:45:42 | 244 | |
| 256 | 964 | BEDNARCZYK BARTŁOMIEJ | Mate Mountains | LUBARTÓW | POLSKA | 1986 | M30 | 101 | 04:34 | 13.13 | 00:23:16 | 00:45:28 | 00:45:42 | 245 | |
| 257 | 1263 | KUŚMIERZAK PIOTR | Polsat biega | LUBLIN | POLSKA | 1983 | M30 | 102 | 04:34 | 13.12 | 00:23:55 | 00:45:23 | 00:45:44 | 246 | |
| 258 | 211 | DOBROWOLSKI PIOTR | 23bOT | LUBLIN | POLSKA | 1973 | M40 | 76 | 04:35 | 13.11 | 00:23:14 | 00:45:34 | 00:45:45 | 247 | |
| 259 | 259 | CZERWIŃSKI SEBASTIAN | Biegający Świdnik | ŚWIDNIK | POLSKA | 1973 | M40 | 77 | 04:35 | 13.11 | 00:23:07 | 00:45:35 | 00:45:46 | 248 | |
| 260 | 847 | LEZIAK WOJCIECH | FŁT Kraśnik | WILKOŁAZ | POLSKA | 1968 | M40 | 78 | 04:35 | 13.11 | 00:23:41 | 00:45:28 | 00:45:47 | 249 | |
| 261 | 746 | BIERNAT ROBERT | KB „Biała Biega” | RAKOWISKA | POLSKA | 1986 | M30 | 103 | 04:35 | 13.09 | 00:23:49 | 00:45:26 | 00:45:50 | 250 | |
| 262 | 1500 | DOŁBA AREK | LUBELSKIBIEGACZ.PL TEAM | LUBLIN | POLSKA | 1979 | M30 | 104 | 04:35 | 13.08 | 00:23:15 | 00:45:44 | 00:45:52 | 251 | |
| 263 | 776 | JEŻEWSKA-MAZUR JULIA | | LUBLIN | POLSKA | 1983 | K30 | 5 | 04:35 | 13.07 | 00:23:29 | 00:45:39 | 00:45:54 | | 12 |
| 264 | 485 | RYCUNIAK PAWEŁ | | TURKA | POLSKA | 1979 | M30 | 105 | 04:35 | 13.06 | 00:23:49 | 00:45:31 | 00:45:56 | 252 | |
| 265 | 386 | SURDACKI MATEUSZ | | NAŁĘCZÓW | POLSKA | 1987 | M30 | 106 | 04:36 | 13.06 | 00:22:59 | 00:45:48 | 00:45:57 | 253 | |
| 266 | 638 | DREWNIAK PAWEŁ | BDWB | ŚWIDNIK | POLSKA | 1988 | M16 | 55 | 04:36 | 13.06 | 00:22:56 | 00:45:45 | 00:45:57 | 254 | |
| 267 | 1146 | MAZUR MATEUSZ | Orange Polska | BATORZ | POLSKA | 1986 | M30 | 107 | 04:36 | 13.05 | 00:24:08 | 00:45:43 | 00:45:58 | 255 | |
| 268 | 1335 | GRECZYCHO ADRIAN | Grupa TIPMEDIA | LUBLIN | POLSKA | 1986 | M30 | 108 | 04:36 | 13.05 | 00:23:57 | 00:45:39 | 00:45:59 | 256 | |
| 269 | 672 | ZAWIŚLAK MICHAŁ | | LUBLIN | POLSKA | 1990 | M16 | 56 | 04:36 | 13.05 | 00:23:42 | 00:45:40 | 00:45:59 | 257 | |
| 270 | 401 | JĘDRYS ANDRZEJ | | PUŁAWY | POLSKA | 1967 | M50 | 14 | 04:36 | 13.04 | 00:23:46 | 00:45:42 | 00:46:00 | 258 | |
| 271 | 1464 | ZATOŃSKI ZBIGNIEW | Lubelskie Stowarzyszenie Biegowe | LUBLIN | POLSKA | 1977 | M40 | 79 | 04:36 | 13.04 | 00:23:55 | 00:45:48 | 00:46:01 | 259 | |
| 272 | 840 | MIROSLAW MAREK | Stowarzyszenie Sędziów Piłki Nożnej Lubl | LUBLIN | POLSKA | 1975 | M40 | 80 | 04:37 | 13.02 | 00:23:43 | 00:45:42 | 00:46:04 | 260 | |
| 273 | 655 | ŚLIWA KONRAD | Jabłonna Winners | JABŁONNA | POLSKA | 1976 | M40 | 81 | 04:37 | 13.02 | 00:23:45 | 00:45:37 | 00:46:05 | 261 | |
| 274 | 534 | KLIN MARIUSZ | Chełm biega | CHEŁM | POLSKA | 1979 | M30 | 109 | 04:37 | 13.02 | 00:23:29 | 00:45:52 | 00:46:05 | 262 | |
| 275 | 769 | STEPANIUK ADAM | CHEŁM BIEGA | WIERZBICA-OSIEDLE | POLSKA | 1973 | M40 | 82 | 04:37 | 13 | 00:23:53 | 00:45:55 | 00:46:09 | 263 | |
| 276 | 1498 | DUDA TOMASZ | | LUBLIN | POLSKA | 1982 | M30 | 110 | 04:37 | 13 | 00:23:38 | 00:45:46 | 00:46:10 | 264 | |
| 277 | 1047 | WÓJCIK ŁUKASZ | Szybciej nie dam rady | NIEMCE | POLSKA | 1984 | M30 | 111 | 04:37 | 12.99 | 00:24:17 | 00:45:42 | 00:46:11 | 265 | |
| 278 | 1596 | TRUS MARIUSZ | | LUBLIN | POLSKA | 1974 | M40 | 83 | 04:37 | 12.99 | 00:23:26 | 00:46:00 | 00:46:12 | 266 | |
| 279 | 1007 | DANIŁKO MATEUSZ | BR-BZ Wiski | WISKI | POLSKA | 1993 | M16 | 57 | 04:37 | 12.98 | 00:23:54 | 00:46:00 | 00:46:14 | 267 | |
| 280 | 955 | GRABOWSKI SEBASTIAN | Drużyna Mirmiła | URZĘDÓW | POLSKA | 1981 | M30 | 112 | 04:37 | 12.98 | 00:23:51 | 00:46:05 | 00:46:14 | 268 | |

TRZECIA DYCHA DO MARATONU

Organizator: Fundacja Rozwoju Sportu w Lublinie

Data: Lublin, 11/12.02.2017

Dystans: 10 km

| M-sce | Nr Zaw. | Nazwisko imię | Klub | Miejscowość | Kraj | Rok ur. | Kat. Wiek. | M-sce w kat | Tempo min/km | Tempo km/h | 5 km | Czas netto | Czas brutto | Miejsce M | Miejsce K |
|-------|---------|-------------------------|------------------------------|-------------------|--------|---------|------------|-------------|--------------|------------|----------|------------|-------------|-----------|-----------|
| 281 | 100 | GOLAS MICHAŁ | Goły Biega | DĄBROWICA | POLSKA | 1997 | M16 | 58 | 04:37 | 12.98 | 00:23:44 | 00:46:01 | 00:46:14 | 269 | |
| 282 | 832 | PYTKA IREK | | LUBLIN | POLSKA | 1997 | M16 | 59 | 04:38 | 12.97 | 00:23:38 | 00:46:02 | 00:46:15 | 270 | |
| 283 | 1353 | SPRAWKA PAWEŁ | Między Nami Sprawczkami Team | LUBLIN | POLSKA | 1972 | M40 | 84 | 04:38 | 12.96 | 00:23:05 | 00:46:08 | 00:46:17 | 271 | |
| 284 | 1140 | PUŁA WALDEMAR | | LUBLIN | POLSKA | 1977 | M40 | 85 | 04:38 | 12.96 | 00:23:32 | 00:46:04 | 00:46:17 | 272 | |
| 285 | 905 | MIROŚLAW RAFAŁ | | WOJCIECHÓW | POLSKA | 1981 | M30 | 113 | 04:38 | 12.96 | 00:23:49 | 00:45:56 | 00:46:18 | 273 | |
| 286 | 490 | FILIPOWICZ ZENON | lubelskibiegacz.pl TEAM | LUBLIN | POLSKA | 1962 | M50 | 15 | 04:38 | 12.95 | 00:23:56 | 00:46:02 | 00:46:19 | 274 | |
| 287 | 247 | JABŁOŃSKI MAREK | PGB Sportowa Paczka | NIEMCE | POLSKA | 1993 | M16 | 60 | 04:38 | 12.95 | 00:24:13 | 00:46:09 | 00:46:19 | 275 | |
| 288 | 25 | OSIŃSKI DANIEL | Sędzia / Lubella | LUBLIN | POLSKA | 1976 | M40 | 86 | 04:38 | 12.95 | 00:23:56 | 00:45:58 | 00:46:20 | 276 | |
| 289 | 5 | GAWDA PIOTR | Orto Optimist | LUBLIN | POLSKA | 1966 | M50 | 16 | 04:38 | 12.94 | 00:23:18 | 00:46:12 | 00:46:22 | 277 | |
| 290 | 692 | KARWOWSKI MAREK | | TCHÓRZEW-KOL. | POLSKA | 1977 | M40 | 87 | 04:38 | 12.92 | 00:23:02 | 00:46:12 | 00:46:26 | 278 | |
| 291 | 225 | BYJOŚ MACIEJ | MULTIMEDIA RUNNERS | PUŁAWY | POLSKA | 1986 | M30 | 114 | 04:39 | 12.92 | 00:23:40 | 00:46:09 | 00:46:27 | 279 | |
| 292 | 198 | PRZYSIADŁY MICHAŁ | PERFECT RUNNER LUBLIN | WÓLKA ROKICKA | POLSKA | 1976 | M40 | 88 | 04:39 | 12.91 | 00:23:50 | 00:46:10 | 00:46:28 | 280 | |
| 293 | 116 | CHYLIŃSKI MICHAŁ | BIEGAJĄCY ŚWIDNIK | KALINÓWKA/ŚWIDNIK | POLSKA | 1986 | M30 | 115 | 04:39 | 12.9 | 00:23:50 | 00:46:14 | 00:46:30 | 281 | |
| 294 | 695 | CISEK KAROLINA | AZS KUL | JAROSŁAW | POLSKA | 1994 | K16 | 6 | 04:39 | 12.9 | 00:24:06 | 00:46:15 | 00:46:30 | | 13 |
| 295 | 631 | DUDZIC MIECZYŚLAW | | LUBLIN | POLSKA | 1977 | M40 | 89 | 04:39 | 12.89 | 00:24:20 | 00:46:00 | 00:46:32 | 282 | |
| 296 | 1233 | OPOKA DAWID | lubelskibiegacz.pl Team | LUBLIN | POLSKA | 1988 | M16 | 61 | 04:39 | 12.89 | 00:24:24 | 00:46:23 | 00:46:33 | 283 | |
| 297 | 127 | STYŁA SEBASTIAN | | LUBLIN | POLSKA | 1980 | M30 | 116 | 04:40 | 12.86 | 00:23:32 | 00:46:26 | 00:46:39 | 284 | |
| 298 | 527 | KONDZIOŁA KRZYSZTOF | Perfect Runner Lublin | LUBLIN | POLSKA | 1983 | M30 | 117 | 04:40 | 12.85 | 00:24:16 | 00:46:19 | 00:46:41 | 285 | |
| 299 | 392 | MACHNIKOWSKI BARTŁOMIEJ | BieguSIem | NAŁĘCZÓW | POLSKA | 1988 | M16 | 62 | 04:40 | 12.85 | 00:23:59 | 00:46:27 | 00:46:42 | 286 | |
| 300 | 306 | BLICHARZ JACEK | | BIŁGORAJ | POLSKA | 1966 | M50 | 17 | 04:40 | 12.85 | 00:24:21 | 00:46:07 | 00:46:42 | 287 | |
| 301 | 1008 | KLIMIUK PAWEŁ | BRBZ WISKI | WISKI | POLSKA | 1998 | M16 | 63 | 04:40 | 12.84 | 00:23:55 | 00:46:30 | 00:46:44 | 288 | |
| 302 | 658 | KOZAK MARCIN | Sklep Biegacza Lublin Team | LUBLIN | POLSKA | 1978 | M30 | 118 | 04:41 | 12.83 | 00:24:22 | 00:46:23 | 00:46:47 | 289 | |
| 303 | 567 | ZĄBEK ROBERT | | OPOLE LUBELSKIE | POLSKA | 1978 | M30 | 119 | 04:41 | 12.81 | 00:24:36 | 00:46:20 | 00:46:50 | 290 | |
| 304 | 1040 | ADAMCZYK MARIUSZ | | BORZECZOW KOLONIA | POLSKA | 1971 | M40 | 90 | 04:41 | 12.81 | 00:23:09 | 00:46:41 | 00:46:50 | 291 | |
| 305 | 260 | HANCZYN ADAM | | LUBLIN | POLSKA | 1985 | M30 | 120 | 04:41 | 12.8 | 00:24:09 | 00:46:36 | 00:46:52 | 292 | |
| 306 | 1507 | TKACZUK EUGENIUSZ | | BIELSK PODLASKI | POLSKA | 1959 | M50 | 18 | 04:41 | 12.8 | 00:24:17 | 00:46:40 | 00:46:53 | 293 | |
| 307 | 1339 | PUCHAŁA KAROL | | LUBLIN | POLSKA | 1994 | M16 | 64 | 04:41 | 12.8 | 00:23:23 | 00:46:37 | 00:46:53 | 294 | |
| 308 | 1550 | CHMIELEWSKI PIOTR | | LUBLIN | POLSKA | 1970 | M40 | 91 | 04:41 | 12.8 | 00:24:24 | 00:46:27 | 00:46:53 | 295 | |
| 309 | 1036 | SKOWROŃSKI MACIEJ | | LUBLIN | POLSKA | 1978 | M30 | 121 | 04:41 | 12.8 | 00:24:21 | 00:46:31 | 00:46:53 | 296 | |
| 310 | 701 | STAWECKI KAROL | Polska Marka S.C | LUBLIN | POLSKA | 1996 | M16 | 65 | 04:41 | 12.79 | 00:24:26 | 00:46:03 | 00:46:54 | 297 | |
| 311 | 73 | TRUK ARTUR | | MILEJÓW | POLSKA | 1976 | M40 | 92 | 04:41 | 12.79 | 00:24:12 | 00:46:33 | 00:46:55 | 298 | |
| 312 | 1172 | MAJCHER KRZYSZTOF | WW TEAM | LUBLIN | POLSKA | 1979 | M30 | 122 | 04:41 | 12.78 | 00:22:34 | 00:46:49 | 00:46:56 | 299 | |
| 313 | 917 | KOWALSKA AGNIESZKA | Świdnik Triathlon Team | ŚWIDNIK | POLSKA | 1990 | K16 | 7 | 04:41 | 12.78 | 00:23:42 | 00:46:46 | 00:46:56 | | 14 |
| 314 | 367 | BOGDANOW ANDRZEJ | ORANGE POLSKA | LUBLIN | POLSKA | 1960 | M50 | 19 | 04:42 | 12.78 | 00:23:39 | 00:46:45 | 00:46:57 | 300 | |
| 315 | 1422 | GÓRSKI RAFAŁ | Jama Zła Running Team | LUBLIN | POLSKA | 1990 | M16 | 66 | 04:42 | 12.77 | 00:25:08 | 00:46:32 | 00:46:59 | 301 | |
| 316 | 242 | WIĘSEK ANDRZEJ | BIEGAJĄCY ŚWIDNIK | ŚWIDNIK | POLSKA | 1971 | M40 | 93 | 04:42 | 12.77 | 00:23:31 | 00:46:44 | 00:47:00 | 302 | |
| 317 | 763 | OSIAK ARTUR | | GOŁĄB | POLSKA | 1988 | M16 | 67 | 04:42 | 12.77 | 00:23:26 | 00:46:49 | 00:47:00 | 303 | |
| 318 | 489 | KUCZMOWSKI TOMASZ | | LUBLIN | POLSKA | 1976 | M40 | 94 | 04:42 | 12.77 | 00:23:25 | 00:46:45 | 00:47:00 | 304 | |
| 319 | 1158 | STARZYŃSKI STEFAN | Perfect Runner Lublin | LUBLIN | POLSKA | 1968 | M40 | 95 | 04:42 | 12.77 | 00:24:06 | 00:46:43 | 00:47:00 | 305 | |
| 320 | 355 | CHUDEK MARCIN | UKS Skrzydła | LUBLIN | POLSKA | 1979 | M30 | 123 | 04:42 | 12.76 | 00:24:02 | 00:46:40 | 00:47:01 | 306 | |

TRZECIA DYCHA DO MARATONU

Organizator: Fundacja Rozwoju Sportu w Lublinie

Data: Lublin, 11/12.02.2017

Dystans 10 km

| M-sce | Nr Zaw. | Nazwisko imię | Klub | Miejscowość | Kraj | Rok ur. | Kat. Wiek. | M-sce w kat | Tempo min/km | Tempo km/h | 5 km | Czas netto | Czas brutto | Miejsce M | Miejsce K |
|-------|---------|----------------------------|----------------------------|--------------------|--------|---------|------------|-------------|--------------|------------|----------|------------|-------------|-----------|-----------|
| 321 | 697 | JARGIŁO MARCIN | | JANÓW LUBELSKI | POLSKA | 1983 | M30 | 124 | 04:42 | 12.76 | 00:24:15 | 00:46:40 | 00:47:01 | 307 | |
| 322 | 1311 | SŁUPSKI TOMASZ | Drużyna Czarnego Alibaby | LUBLIN | POLSKA | 1985 | M30 | 125 | 04:42 | 12.76 | 00:24:28 | 00:46:37 | 00:47:02 | 308 | |
| 323 | 1136 | ZARĘBSKI KONRAD | PKO Bank Polski | LUBLIN | POLSKA | 1981 | M30 | 126 | 04:43 | 12.75 | 00:24:10 | 00:46:39 | 00:47:04 | 309 | |
| 324 | 1023 | ŚLIFIRCZYK WOJCIECH | KP PSP Lubartów | LUBARTÓW | POLSKA | 1973 | M40 | 96 | 04:43 | 12.74 | 00:24:13 | 00:46:48 | 00:47:05 | 310 | |
| 325 | 994 | PIETRAS RYSZARD | Biegam z ABS | LUBLIN | POLSKA | 1972 | M40 | 97 | 04:43 | 12.73 | 00:23:51 | 00:46:54 | 00:47:07 | 311 | |
| 326 | 165 | SALACHNA - NOWAK MAGDALENA | Biegam z ABS | LUBLIN | POLSKA | 1977 | K40 | 3 | 04:43 | 12.73 | 00:24:03 | 00:46:47 | 00:47:07 | | 15 |
| 327 | 1072 | MIERZWIŃSKI PIOTR | Lubelski Klub Morsów | BEZWOLA | POLSKA | 1989 | M16 | 68 | 04:43 | 12.73 | 00:24:38 | 00:46:48 | 00:47:09 | 312 | |
| 328 | 129 | LENARD MICHAŁ | | SKARŻYSKO-KAMIENNA | POLSKA | 1992 | M16 | 69 | 04:43 | 12.72 | 00:24:15 | 00:46:52 | 00:47:11 | 313 | |
| 329 | 144 | TOPOROWSKI KAMIL | Biegający Świdnik | ŚWIDNIK | POLSKA | 1984 | M30 | 127 | 04:43 | 12.72 | 00:23:50 | 00:46:58 | 00:47:11 | 314 | |
| 330 | 680 | JĘDRUSZCZAK TOMASZ | | WOJSŁAWICE | POLSKA | 1981 | M30 | 128 | 04:43 | 12.71 | 00:24:05 | 00:46:55 | 00:47:13 | 315 | |
| 331 | 1506 | WIŚNIEWSKI MARCIN | Aktywnie Bardzo | LUBLIN | POLSKA | 1976 | M40 | 98 | 04:43 | 12.71 | 00:23:44 | 00:47:05 | 00:47:13 | 316 | |
| 332 | 1114 | GRYMUZA ZBIGNIEW | | LUBLIN | POLSKA | 1965 | M50 | 20 | 04:43 | 12.71 | 00:24:27 | 00:46:47 | 00:47:13 | 317 | |
| 333 | 684 | GRZESIUK MICHAŁ | Brzeczoncy Tamabóryn Group | ŁĘCZNA | POLSKA | 1977 | M40 | 99 | 04:43 | 12.7 | 00:24:31 | 00:46:47 | 00:47:14 | 318 | |
| 334 | 76 | MAJEWSKI SEBASTIAN | Odrobinę Bliżej Nieba | LUBLIN | POLSKA | 1984 | M30 | 129 | 04:44 | 12.69 | 00:23:22 | 00:47:09 | 00:47:17 | 319 | |
| 335 | 444 | WARYSZAK MARIUSZ | BIEGAM Z ABS | LUBLIN | POLSKA | 1973 | M40 | 100 | 04:44 | 12.68 | 00:23:35 | 00:47:05 | 00:47:19 | 320 | |
| 336 | 1245 | HENIBORG MAREK | PSG Skryhiczyn | DOROHUSK | POLSKA | 1980 | M30 | 130 | 04:44 | 12.68 | 00:24:13 | 00:46:52 | 00:47:20 | 321 | |
| 337 | 775 | SAŁATA IRENEUSZ | Home-Trader | LUBLIN | POLSKA | 1965 | M50 | 21 | 04:44 | 12.68 | 00:23:50 | 00:47:07 | 00:47:20 | 322 | |
| 338 | 1565 | CIEPLAK MACIEJ | | LUBLIN | POLSKA | 1979 | M30 | 131 | 04:44 | 12.68 | 00:23:59 | 00:47:04 | 00:47:20 | 323 | |
| 339 | 398 | GRZELAK TOMASZ | | PUŁAWY | POLSKA | 1962 | M50 | 22 | 04:44 | 12.67 | 00:23:52 | 00:47:09 | 00:47:22 | 324 | |
| 340 | 81 | ZARZECZNA OLGA | HUSARIA RACE TEAM | LUBLIN | POLSKA | 1987 | K30 | 6 | 04:44 | 12.66 | 00:23:56 | 00:47:16 | 00:47:23 | | 16 |
| 341 | 714 | MAZURKIEWICZ ŁUKASZ | Wiercipiętki | BYCHAWA | POLSKA | 1993 | M16 | 70 | 04:44 | 12.66 | 00:24:59 | 00:47:05 | 00:47:23 | 325 | |
| 342 | 372 | NOSALEWICZ ARTUR | LSB | LUBLIN | POLSKA | 1972 | M40 | 101 | 04:44 | 12.65 | 00:24:43 | 00:47:03 | 00:47:25 | 326 | |
| 343 | 1414 | FURMAN PRZEMYSŁAW | SII POWER PEOPLE | BARANÓW | POLSKA | 1985 | M30 | 132 | 04:45 | 12.63 | 00:23:58 | 00:47:16 | 00:47:31 | 327 | |
| 344 | 554 | STRACHOWSKI ADAM | | NOWA WOLA | POLSKA | 1966 | M50 | 23 | 04:45 | 12.62 | 00:24:09 | 00:47:23 | 00:47:32 | 328 | |
| 345 | 1183 | PIĘTA PIOTR | | OSTROWIEC ŚW | POLSKA | 1982 | M30 | 133 | 04:46 | 12.61 | 00:24:39 | 00:47:04 | 00:47:36 | 329 | |
| 346 | 564 | GUZ BARTEK | | LUBLIN | POLSKA | 1988 | M16 | 71 | 04:46 | 12.6 | 00:25:39 | 00:47:04 | 00:47:37 | 330 | |
| 347 | 1491 | MIKOS IRENEUSZ | | LUBARTÓW | POLSKA | 1969 | M40 | 102 | 04:46 | 12.6 | 00:25:04 | 00:47:03 | 00:47:37 | 331 | |
| 348 | 1492 | MAJ ROBERT | TVP Lublin | LUBLIN | POLSKA | 1973 | M40 | 103 | 04:46 | 12.6 | 00:23:45 | 00:47:34 | 00:47:38 | 332 | |
| 349 | 811 | BIRSKI PAWEŁ | ZEMBO | LUBLIN | POLSKA | 1976 | M40 | 104 | 04:46 | 12.59 | 00:24:22 | 00:47:24 | 00:47:40 | 333 | |
| 350 | 321 | BURDACH BOGDAN | | LUBLIN | POLSKA | 1970 | M40 | 105 | 04:46 | 12.58 | 00:24:08 | 00:47:29 | 00:47:41 | 334 | |
| 351 | 1342 | KOWALSKA PATRYCJA | | LUBLIN | POLSKA | 1972 | K40 | 4 | 04:46 | 12.57 | 00:24:03 | 00:47:32 | 00:47:43 | | 17 |
| 352 | 773 | IWANICKI WŁADYSŁAW | LUBELSKI WĘGIEL „BOGDANKA” | ŁĘCZNA | POLSKA | 1959 | M50 | 24 | 04:46 | 12.57 | 00:24:50 | 00:47:18 | 00:47:44 | 335 | |
| 353 | 1363 | PAJĄK ANDRZEJ | BIEGAM Z ABS | PRZYBYŚLAWICE | POLSKA | 1974 | M40 | 106 | 04:47 | 12.57 | 00:24:19 | 00:47:32 | 00:47:45 | 336 | |
| 354 | 274 | SIKORA MICHAŁ | BezMiar | PUŁAWY | POLSKA | 1977 | M40 | 107 | 04:47 | 12.56 | 00:24:16 | 00:47:26 | 00:47:46 | 337 | |
| 355 | 892 | KOWALIK PIOTR | | LUBLIN | POLSKA | 1982 | M30 | 134 | 04:47 | 12.56 | 00:24:13 | 00:47:34 | 00:47:47 | 338 | |
| 356 | 946 | RESZTAK KAMIL | | ŁĘCZNA | POLSKA | 1984 | M30 | 135 | 04:47 | 12.55 | 00:24:21 | 00:47:28 | 00:47:48 | 339 | |
| 357 | 404 | BOGACZEWICZ DAWID | ENDORŚWINKI | KAMIONKA | POLSKA | 1989 | M16 | 72 | 04:47 | 12.55 | 00:25:21 | 00:46:50 | 00:47:48 | 340 | |
| 358 | 664 | KWIATKOWSKI KRZYSZTOF | biegusiem.pl | ZAMOŚĆ | POLSKA | 1985 | M30 | 136 | 04:47 | 12.55 | 00:24:58 | 00:47:26 | 00:47:49 | 341 | |
| 359 | 694 | DOBROMILSKI ROBERT | AK-47 | ZAMOŚĆ | POLSKA | 1976 | M40 | 108 | 04:47 | 12.55 | 00:24:58 | 00:47:26 | 00:47:49 | 342 | |
| 360 | 850 | PYTKA HENRYK | LW BOGDANKA | ŁĘCZNA | POLSKA | 1965 | M50 | 25 | 04:47 | 12.54 | 00:24:07 | 00:47:41 | 00:47:50 | 343 | |

TRZECIA DYCHA DO MARATONU

Organizator: Fundacja Rozwoju Sportu w Lublinie

Data: Lublin, 11/12.02.2017

Dystans 10 km

| M-sce | Nr Zaw. | Nazwisko imię | Klub | Miejscowość | Kraj | Rok ur. | Kat. Wiek. | M-sce w kat | Tempo min/km | Tempo km/h | 5 km | Czas netto | Czas brutto | Miejsce M | Miejsce K |
|-------|---------|---------------------------|--------------------------------|--------------|--------|---------|------------|-------------|--------------|------------|----------|------------|-------------|-----------|-----------|
| 361 | 588 | DUL MARCIN | | LUBLIN | POLSKA | 1984 | M30 | 137 | 04:47 | 12.54 | 00:24:37 | 00:47:32 | 00:47:51 | 344 | |
| 362 | 816 | GROCHAL NORBERT | | PUŁAWY | POLSKA | 1975 | M40 | 109 | 04:47 | 12.53 | 00:24:49 | 00:47:15 | 00:47:52 | 345 | |
| 363 | 648 | TARGOŃSKI AMADEUSZ | | LUBLIN | POLSKA | 1975 | M40 | 110 | 04:47 | 12.53 | 00:24:58 | 00:47:25 | 00:47:52 | 346 | |
| 364 | 217 | MROCZEK PRZEMYSŁAW | UMCS biega | LUBLIN | POLSKA | 1974 | M40 | 111 | 04:47 | 12.53 | 00:23:48 | 00:47:42 | 00:47:53 | 347 | |
| 365 | 1271 | SICZEK KAMIL | | LUBLIN | POLSKA | 1987 | M30 | 138 | 04:47 | 12.53 | 00:24:31 | 00:47:32 | 00:47:54 | 348 | |
| 366 | 168 | KUZIOŁA GRZEGORZ | | LUBLIN | POLSKA | 1976 | M40 | 112 | 04:48 | 12.51 | 00:24:43 | 00:47:30 | 00:47:57 | 349 | |
| 367 | 1447 | KORZENIAK JACEK | | 16 | POLSKA | 1980 | M30 | 139 | 04:48 | 12.5 | 00:24:54 | 00:47:33 | 00:47:59 | 350 | |
| 368 | 1058 | NIEDŹWIECKI PATRYK | AZS UP LUBLIN/ UKS AZYMUT | LUBLIN | POLSKA | 1993 | M16 | 73 | 04:48 | 12.5 | 00:23:37 | 00:47:49 | 00:48:00 | 351 | |
| 369 | 1391 | GROSMAN JAN | UKS „Azymut” Gmina Zamość | ZAMOŚĆ | POLSKA | 1998 | M16 | 74 | 04:48 | 12.5 | 00:24:37 | 00:47:52 | 00:48:00 | 352 | |
| 370 | 255 | KRÓLIKOWSKI ANDRZEJ | CENTRUM MEDYCZNE ORTO-OPTYMIST | LUBLIN | POLSKA | 1969 | M40 | 113 | 04:48 | 12.5 | 00:24:39 | 00:47:40 | 00:48:01 | 353 | |
| 371 | 929 | IWANIUK-MROCZEK KATARZYNA | Centrum Medyczne Orto-Optymist | LUBARTÓW | POLSKA | 1990 | K16 | 8 | 04:48 | 12.5 | 00:24:32 | 00:47:46 | 00:48:01 | | 18 |
| 372 | 1222 | ZARZYCKI MICHAŁ | ma być zyciowka | LUBLIN | POLSKA | 1977 | M40 | 114 | 04:48 | 12.49 | 00:25:12 | 00:47:36 | 00:48:02 | 354 | |
| 373 | 128 | NAZARUK PAWEŁ | | TURKA | POLSKA | 1987 | M30 | 140 | 04:49 | 12.49 | 00:24:14 | 00:47:51 | 00:48:03 | 355 | |
| 374 | 525 | UZAREK MARIUSZ | SIPBUD - REMONTY | LUBLIN | POLSKA | 1971 | M40 | 115 | 04:49 | 12.48 | 00:24:21 | 00:47:44 | 00:48:04 | 356 | |
| 375 | 788 | SARNA MAREK | | LUBLIN | POLSKA | 1972 | M40 | 116 | 04:49 | 12.48 | 00:24:30 | 00:47:53 | 00:48:04 | 357 | |
| 376 | 711 | PIASECKI TOMASZ | PROMIL | LUBLIN | POLSKA | 1972 | M40 | 117 | 04:49 | 12.48 | 00:25:02 | 00:47:47 | 00:48:05 | 358 | |
| 377 | 1204 | KUŚMIERZ JERZY | | SKIERNIEWICE | POLSKA | 1963 | M50 | 26 | 04:49 | 12.48 | 00:25:02 | 00:47:47 | 00:48:05 | 359 | |
| 378 | 522 | JOŚKO JACEK | KS Strażak | WOJCIECHÓW | POLSKA | 1991 | M16 | 75 | 04:49 | 12.47 | 00:23:55 | 00:47:43 | 00:48:06 | 360 | |
| 379 | 1226 | KALINOWSKI MICHAŁ | | LUBLIN | POLSKA | 1982 | M30 | 141 | 04:49 | 12.46 | 00:25:53 | 00:47:39 | 00:48:09 | 361 | |
| 380 | 593 | JASKOWSKI MIROSŁAW | | LUBLIN | POLSKA | 1973 | M40 | 118 | 04:49 | 12.46 | 00:23:56 | 00:47:53 | 00:48:09 | 362 | |
| 381 | 1567 | GOŁĘBIEWSKI ROMAN | GBUREK | LUBLIN | POLSKA | 1982 | M30 | 142 | 04:49 | 12.46 | 00:26:03 | 00:47:46 | 00:48:09 | 363 | |
| 382 | 871 | MACIEJEWSKI PIOTR | | LUBLIN | POLSKA | 1982 | M30 | 143 | 04:49 | 12.46 | 00:24:38 | 00:47:49 | 00:48:10 | 364 | |
| 383 | 1178 | MATUSZAK MARIUSZ | Lubelska Grupa Triathlonu | LUBLIN | POLSKA | 1989 | M16 | 76 | 04:49 | 12.46 | 00:25:05 | 00:47:41 | 00:48:10 | 365 | |
| 384 | 291 | KRYSTJAŃCZUK KAROL | | LUDWIN | POLSKA | 1978 | M30 | 144 | 04:49 | 12.45 | 00:24:53 | 00:47:55 | 00:48:11 | 366 | |
| 385 | 1216 | PAWŁOWSKI ZBIGNIEW | Senior51Team | PUŁAWY | POLSKA | 1951 | M60 | 3 | 04:49 | 12.45 | 00:24:36 | 00:48:01 | 00:48:11 | 367 | |
| 386 | 918 | ŻUKOWSKI ARKADIUSZ | | ŚWIDNIK | POLSKA | 1976 | M40 | 119 | 04:49 | 12.45 | 00:24:09 | 00:48:03 | 00:48:12 | 368 | |
| 387 | 1208 | IWANEK SEBASTIAN | Biegusiem.pl | RYKI | POLSKA | 1983 | M30 | 145 | 04:49 | 12.45 | 00:24:48 | 00:47:58 | 00:48:12 | 369 | |
| 388 | 1519 | LIPNIACKI DANIEL | hels lublin | LUBLIN | POLSKA | 1981 | M30 | 146 | 04:49 | 12.44 | 00:25:24 | 00:47:45 | 00:48:13 | 370 | |
| 389 | 528 | BĄK MARCIN | Zmiana Klimatu | LUBLIN | POLSKA | 1979 | M30 | 147 | 04:49 | 12.44 | 00:24:30 | 00:48:09 | 00:48:13 | 371 | |
| 390 | 1157 | JÓZEFOWICZ PIOTR | biegusiem.pl | RYKI | POLSKA | 1982 | M30 | 148 | 04:50 | 12.44 | 00:25:12 | 00:47:33 | 00:48:15 | 372 | |
| 391 | 649 | GRABIAS PIOTR | MKS Sygnał Lublin | LUBLIN | POLSKA | 1986 | M30 | 149 | 04:50 | 12.44 | 00:24:29 | 00:47:53 | 00:48:15 | 373 | |
| 392 | 617 | CHODUN MAREK | | LUBLIN | POLSKA | 1973 | M40 | 120 | 04:50 | 12.44 | 00:25:11 | 00:47:27 | 00:48:15 | 374 | |
| 393 | 436 | CZAPLIŃSKI JAROSŁAW | Ratownicy.umlub.2015 | LUBLIN | POLSKA | 1980 | M30 | 150 | 04:50 | 12.43 | 00:24:46 | 00:47:52 | 00:48:16 | 375 | |
| 394 | 517 | WYSOCKI PIOTR | | LUBLIN | POLSKA | 1989 | M16 | 77 | 04:50 | 12.43 | 00:25:31 | 00:47:38 | 00:48:17 | 376 | |
| 395 | 470 | LOTEK RADOSŁAW | | DRELÓW | POLSKA | 1996 | M16 | 78 | 04:50 | 12.42 | 00:24:12 | 00:48:05 | 00:48:18 | 377 | |
| 396 | 307 | GAŁAN TOMASZ | RUN_HELPERSI/LSB | LUBLIN | POLSKA | 1974 | M40 | 121 | 04:50 | 12.42 | 00:24:15 | 00:48:06 | 00:48:18 | 378 | |
| 397 | 586 | KULA SEBASTIAN | | LUBLIN | POLSKA | 1988 | M16 | 79 | 04:50 | 12.42 | 00:24:12 | 00:48:06 | 00:48:18 | 379 | |
| 398 | 1282 | DZIADUCH WERONIKA | AZS UMCS | LUBLIN | POLSKA | 1999 | K16 | 9 | 04:50 | 12.42 | 00:24:58 | 00:47:49 | 00:48:19 | | 19 |
| 399 | 256 | HOŁOWIENIEC PIOTR | JustForFun | ROZWADÓWKA | POLSKA | 1990 | M16 | 80 | 04:50 | 12.41 | 00:25:04 | 00:47:57 | 00:48:21 | 380 | |
| 400 | 641 | GOŁAWSKA JOANNA | Akademia-sportu.eu | LUBLIN | POLSKA | 1978 | K30 | 7 | 04:50 | 12.41 | 00:25:09 | 00:47:51 | 00:48:21 | | 20 |

TRZECIA DYCHA DO MARATONU

Organizator: Fundacja Rozwoju Sportu w Lublinie

Data: Lublin, 11/12.02.2017

Dystans: 10 km

| M-sce | Nr Zaw. | Nazwisko imię | Klub | Miejscowość | Kraj | Rok ur. | Kat. Wiek. | M-sce w kat | Tempo min/km | Tempo km/h | 5 km | Czas netto | Czas brutto | Miejsce M | Miejsce K |
|-------|---------|---------------------|---------------------------|-------------------|--------|---------|------------|-------------|--------------|------------|----------|------------|-------------|-----------|-----------|
| 401 | 20 | MATUSZEWSKI MICHAŁ | Stokrotka Team | GARBÓW | POLSKA | 1980 | M30 | 151 | 04:50 | 12.41 | 00:25:51 | 00:47:54 | 00:48:21 | 381 | |
| 402 | 975 | ŻYTAR PAWEŁ | WW Team | LUBLIN | POLSKA | 1985 | M30 | 152 | 04:50 | 12.41 | 00:25:16 | 00:48:08 | 00:48:22 | 382 | |
| 403 | 509 | KOZAK MARCIN | Saint-Gobain Sqad | LUBARTÓW | POLSKA | 1979 | M30 | 153 | 04:50 | 12.41 | 00:25:11 | 00:47:51 | 00:48:22 | 383 | |
| 404 | 338 | TOPOROWSKI MARIUSZ | | LUBLIN | POLSKA | 1983 | M30 | 154 | 04:50 | 12.41 | 00:24:38 | 00:47:53 | 00:48:22 | 384 | |
| 405 | 652 | GIELZA DANIEL | SAMAYA | LUBLIN | POLSKA | 1983 | M30 | 155 | 04:50 | 12.4 | 00:25:30 | 00:47:54 | 00:48:23 | 385 | |
| 406 | 1145 | REWERSKI MATEUSZ | | LUBLIN | POLSKA | 1994 | M16 | 81 | 04:50 | 12.39 | 00:25:15 | 00:48:09 | 00:48:25 | 386 | |
| 407 | 63 | WALICKI WOJCIECH | | LUBLIN | POLSKA | 1970 | M40 | 122 | 04:50 | 12.39 | 00:24:24 | 00:48:17 | 00:48:26 | 387 | |
| 408 | 55 | SOLAN ŁUKASZ | VAN Running Team | LUBLIN | POLSKA | 1983 | M30 | 156 | 04:51 | 12.38 | 00:24:02 | 00:48:15 | 00:48:27 | 388 | |
| 409 | 142 | HARASIMIUK MAREK | ROWEROWY LUBLIN | LUBLIN | POLSKA | 1984 | M30 | 157 | 04:51 | 12.38 | 00:24:02 | 00:48:12 | 00:48:28 | 389 | |
| 410 | 1041 | SZYSZKA PRZEMYSŁAW | | OSOWA KOLONIA | POLSKA | 1994 | M16 | 82 | 04:51 | 12.38 | 00:24:59 | 00:48:13 | 00:48:29 | 390 | |
| 411 | 1171 | ŚWIĄTEK MATEUSZ | | LUBLIN | POLSKA | 1991 | M16 | 83 | 04:51 | 12.37 | 00:25:15 | 00:48:14 | 00:48:31 | 391 | |
| 412 | 846 | GRABCZUK PATRYK | | LUBLIN | POLSKA | 1989 | M16 | 84 | 04:51 | 12.36 | 00:25:00 | 00:47:54 | 00:48:32 | 392 | |
| 413 | 1097 | MISZTAL WOJCIECH | | PIOTRKÓW PIERWSZY | POLSKA | 1974 | M40 | 123 | 04:51 | 12.36 | 00:24:21 | 00:48:16 | 00:48:33 | 393 | |
| 414 | 511 | STACHYRA ANDRZEJ | LSB | LUBLIN | POLSKA | 1968 | M40 | 124 | 04:52 | 12.35 | 00:24:41 | 00:48:15 | 00:48:34 | 394 | |
| 415 | 559 | PITURA ELIZA | Lubelska Grupa Triathlonu | LUBLIN | POLSKA | 1976 | K40 | 5 | 04:52 | 12.35 | 00:25:16 | 00:48:03 | 00:48:34 | | 21 |
| 416 | 1508 | STĘPNIAK PAWEŁ | | FAJSŁAWICE | POLSKA | 1979 | M30 | 158 | 04:52 | 12.35 | 00:25:03 | 00:48:12 | 00:48:34 | 395 | |
| 417 | 1577 | ŚLIWIŃSKI PAWEŁ | SZATAN | ŚWIDNIK | POLSKA | 1981 | M30 | 159 | 04:52 | 12.35 | 00:25:04 | 00:48:07 | 00:48:35 | 396 | |
| 418 | 1102 | PIECHNIK MARCIN | DIE HARD | BYCHAWA | POLSKA | 1993 | M16 | 85 | 04:52 | 12.35 | 00:25:08 | 00:48:16 | 00:48:35 | 397 | |
| 419 | 787 | WYSOCKI DANIEL | | KRAŚNIK | POLSKA | 1977 | M40 | 125 | 04:52 | 12.35 | 00:25:26 | 00:48:12 | 00:48:35 | 398 | |
| 420 | 1484 | ZABRATAŃSKI KAMIL | | KRZCZONÓW | POLSKA | 1990 | M16 | 86 | 04:52 | 12.35 | 00:25:50 | 00:47:40 | 00:48:35 | 399 | |
| 421 | 263 | PAWEŁCZAK KRZYSZTOF | | LUBLIN | POLSKA | 1987 | M30 | 160 | 04:52 | 12.34 | 00:24:25 | 00:48:27 | 00:48:37 | 400 | |
| 422 | 343 | DADAS MARCIN | Chełm Biega | CHEŁM | POLSKA | 1977 | M40 | 126 | 04:52 | 12.34 | 00:25:18 | 00:48:15 | 00:48:37 | 401 | |
| 423 | 553 | RYSZARD GODULA | BIEGNIJ FORREST BIEGNIJ | LUBLIN | POLSKA | 1959 | M50 | 27 | 04:52 | 12.34 | 00:24:55 | 00:48:18 | 00:48:38 | 402 | |
| 424 | 1557 | KOT LESZEK | LW „Bogdanka” | ŁĘCZNA | POLSKA | 1951 | M60 | 4 | 04:52 | 12.33 | 00:24:22 | 00:48:24 | 00:48:39 | 403 | |
| 425 | 92 | ULMA MIROSLAW | | LUBARTÓW | POLSKA | 1978 | M30 | 161 | 04:52 | 12.33 | 00:24:40 | 00:48:10 | 00:48:40 | 404 | |
| 426 | 1024 | PSUJA ANNA | BIEGAJĄCY ŚWIDNIK | ŚWIDNIK | POLSKA | 1985 | K30 | 8 | 04:52 | 12.32 | 00:24:30 | 00:48:25 | 00:48:41 | | 22 |
| 427 | 875 | KIEŁBASA MIECZYSLAW | Szkoła Pływania Wodnik | ŚWIDNIK | POLSKA | 1962 | M50 | 28 | 04:52 | 12.32 | 00:25:05 | 00:48:19 | 00:48:41 | 405 | |
| 428 | 942 | SEGIT MICHAŁ | | LUBLIN | POLSKA | 1982 | M30 | 162 | 04:52 | 12.32 | 00:25:24 | 00:48:14 | 00:48:42 | 406 | |
| 429 | 56 | CYRANKIEWICZ PATRYK | | ŻABIA WOLA | POLSKA | 1991 | M16 | 87 | 04:52 | 12.32 | 00:25:14 | 00:48:20 | 00:48:42 | 407 | |
| 430 | 177 | GRZEGORCZYK PAWEŁ | lubelskibiegacz.pl TEAM | LUBLIN | POLSKA | 1981 | M30 | 163 | 04:52 | 12.32 | 00:24:55 | 00:48:28 | 00:48:42 | 408 | |
| 431 | 812 | KOWALCZYK GRZEGORZ | | LUBLIN | POLSKA | 1975 | M40 | 127 | 04:53 | 12.3 | 00:25:12 | 00:48:21 | 00:48:46 | 409 | |
| 432 | 1488 | ZYGMUNT JACEK | | LUBLIN | POLSKA | 1970 | M40 | 128 | 04:53 | 12.3 | 00:24:39 | 00:48:22 | 00:48:47 | 410 | |
| 433 | 1469 | GORAJEK MICHAŁ | BPN | NOWY KRĘPIEC | POLSKA | 1980 | M30 | 164 | 04:53 | 12.3 | 00:24:28 | 00:48:31 | 00:48:48 | 411 | |
| 434 | 320 | BORUCH ZBIGNIEW | Biegający Świdnik | ŚWIDNIK | POLSKA | 1968 | M40 | 129 | 04:53 | 12.29 | 00:25:21 | 00:48:23 | 00:48:49 | 412 | |
| 435 | 560 | ZIELNIK ARTUR | IGOLI | LUBLIN | POLSKA | 1984 | M30 | 165 | 04:53 | 12.29 | 00:25:19 | 00:48:32 | 00:48:50 | 413 | |
| 436 | 1220 | SZCZERBATKO KONRAD | Team Hejże | LUBLIN | POLSKA | 1976 | M40 | 130 | 04:53 | 12.28 | 00:25:19 | 00:48:22 | 00:48:51 | 414 | |
| 437 | 111 | SĄGOL MARCIN | | ŻELECHÓW | POLSKA | 1984 | M30 | 166 | 04:53 | 12.28 | 00:25:56 | 00:48:12 | 00:48:52 | 415 | |
| 438 | 609 | SKRZYPCZAK PIOTR | LITPOLUKRBRIG | LUBLIN | POLSKA | 1984 | M30 | 167 | 04:53 | 12.28 | 00:25:02 | 00:48:35 | 00:48:52 | 416 | |
| 439 | 1591 | CEGIEŁKO PAWEŁ | | LUBLIN | POLSKA | 1972 | M40 | 131 | 04:53 | 12.28 | 00:24:37 | 00:48:27 | 00:48:52 | 417 | |
| 440 | 923 | GRABOWSKI SEBASTIAN | Endorświnki | LUBARTÓW | POLSKA | 1979 | M30 | 168 | 04:53 | 12.28 | 00:25:22 | 00:48:11 | 00:48:52 | 418 | |

TRZECIA DYCHA DO MARATONU

Organizator: Fundacja Rozwoju Sportu w Lublinie

Data: Lublin, 11/12.02.2017

Dystans 10 km

| M-sce | Nr Zaw. | Nazwisko imię | Klub | Miejscowość | Kraj | Rok ur. | Kat. Wiek. | M-sce w kat | Tempo min/km | Tempo km/h | 5 km | Czas netto | Czas brutto | Miejsce M | Miejsce K |
|-------|---------|-------------------------|--|--------------------|--------|---------|------------|-------------|--------------|------------|----------|------------|-------------|-----------|-----------|
| 441 | 294 | OSIŃSKI KUBA | www.kubaosinski.eu / MyLittleAntSRun | JAWIDZ | POLSKA | 1983 | M30 | 169 | 04:53 | 12.27 | 00:25:18 | 00:48:33 | 00:48:53 | 419 | |
| 442 | 477 | MOMOT MICHAŁ | | JANÓW LUBELSKI | POLSKA | 1983 | M30 | 170 | 04:53 | 12.27 | 00:25:10 | 00:48:34 | 00:48:53 | 420 | |
| 443 | 863 | CYRANKIEWICZ PAWEŁ | | LUBLIN | POLSKA | 1969 | M40 | 132 | 04:53 | 12.27 | 00:25:42 | 00:48:03 | 00:48:54 | 421 | |
| 444 | 520 | STOCHMALSKI MARCIN | MKS Sygnał Chodel | CHODEL | POLSKA | 1991 | M16 | 88 | 04:53 | 12.26 | 00:26:16 | 00:48:25 | 00:48:56 | 422 | |
| 445 | 1440 | SZCZYGIEŁ TOMASZ | | PRZYPIŚÓWKA | POLSKA | 1987 | M30 | 171 | 04:54 | 12.26 | 00:26:11 | 00:48:30 | 00:48:57 | 423 | |
| 446 | 896 | KUTNIK MIROSŁAW | KB Biała Biega | BIAŁA PODLASKA | POLSKA | 1975 | M40 | 133 | 04:54 | 12.26 | 00:25:56 | 00:48:04 | 00:48:57 | 424 | |
| 447 | 337 | MUDA MATEUSZ | KRASNYSTAW BIEGA | BORUŃ | POLSKA | 1995 | M16 | 89 | 04:54 | 12.26 | 00:25:36 | 00:48:38 | 00:48:57 | 425 | |
| 448 | 1169 | PŁECHA MICHAŁ | Sklep Biegacza Lublin / Sygnał Chodel | CHODEL | POLSKA | 1989 | M16 | 90 | 04:54 | 12.26 | 00:26:16 | 00:48:27 | 00:48:57 | 426 | |
| 449 | 512 | SZWAGIERCZAK PRZEMYSŁAW | | RUDKI | POLSKA | 1980 | M30 | 172 | 04:54 | 12.25 | 00:25:14 | 00:48:39 | 00:48:58 | 427 | |
| 450 | 239 | FUSIARA TOMASZ | Bike Club Janów Lubelski | JANÓW LUBELSKI | POLSKA | 1981 | M30 | 173 | 04:54 | 12.25 | 00:24:48 | 00:48:41 | 00:48:59 | 428 | |
| 451 | 678 | ŻAK PRZEMYSŁAW | | PALIKIJE DRUGIE | POLSKA | 1993 | M16 | 91 | 04:54 | 12.25 | 00:25:22 | 00:48:42 | 00:48:59 | 429 | |
| 452 | 635 | STYŻEJ JAROSŁAW | | LUBLIN | POLSKA | 1974 | M40 | 134 | 04:54 | 12.25 | 00:23:20 | 00:48:52 | 00:48:59 | 430 | |
| 453 | 784 | BEDNARSKI ANDRZEJ | | KRZCZONÓW | POLSKA | 1982 | M30 | 174 | 04:54 | 12.24 | 00:24:36 | 00:48:58 | 00:49:00 | 431 | |
| 454 | 23 | GŁOWACKI PAWEŁ | Lubella | LUBLIN | POLSKA | 1975 | M40 | 135 | 04:54 | 12.24 | 00:25:12 | 00:48:43 | 00:49:00 | 432 | |
| 455 | 519 | SZYSZKOWSKI KRYSZTIAN | | DĘBOWA KŁODA | POLSKA | 1998 | M16 | 92 | 04:54 | 12.24 | 00:25:12 | 00:48:52 | 00:49:01 | 433 | |
| 456 | 897 | BANACH PIOTR | | LUBLIN | POLSKA | 1970 | M40 | 136 | 04:54 | 12.24 | 00:25:49 | 00:48:27 | 00:49:02 | 434 | |
| 457 | 1322 | KONOWAŁEK PAWEŁ | | ŚWIDNIK | POLSKA | 1976 | M40 | 137 | 04:54 | 12.23 | 00:25:56 | 00:48:19 | 00:49:03 | 435 | |
| 458 | 500 | KLIMEK RADOSŁAW | Tarasy Melanżu | LUBLIN | POLSKA | 1980 | M30 | 175 | 04:55 | 12.22 | 00:25:41 | 00:48:38 | 00:49:05 | 436 | |
| 459 | 459 | LIK MAREK | CHEŁM BIEGA | CHEŁM | POLSKA | 1966 | M50 | 29 | 04:55 | 12.22 | 00:25:01 | 00:48:36 | 00:49:05 | 437 | |
| 460 | 1355 | KOZYRA ARTUR | | LUBARTÓW | POLSKA | 1993 | M16 | 93 | 04:55 | 12.22 | 00:24:54 | 00:48:29 | 00:49:06 | 438 | |
| 461 | 1327 | RUDNIK ARTUR | KWP | PIOTROWICE WIELKIE | POLSKA | 1978 | M30 | 176 | 04:55 | 12.22 | 00:24:25 | 00:49:01 | 00:49:06 | 439 | |
| 462 | 305 | REDESTOWICZ PAWEŁ | Szerokie | LUBLIN | POLSKA | 1963 | M50 | 30 | 04:55 | 12.21 | 00:25:03 | 00:48:45 | 00:49:08 | 440 | |
| 463 | 284 | SOBOLEWSKI PAWEŁ | WOLE.TO | LUBLIN | POLSKA | 1985 | M30 | 177 | 04:55 | 12.21 | 00:25:26 | 00:48:40 | 00:49:09 | 441 | |
| 464 | 49 | GARDYAS MONIKA | Husaria Racea Team Lublin | LUBLIN | POLSKA | 1981 | K30 | 9 | 04:55 | 12.2 | 00:24:48 | 00:49:05 | 00:49:11 | | 23 |
| 465 | 576 | KAPUSTA DAWID | Psycho Runner | SZASTARKA | POLSKA | 1998 | M16 | 94 | 04:55 | 12.2 | 00:25:49 | 00:48:31 | 00:49:11 | 442 | |
| 466 | 633 | PECIAK ROBERT | WW Team | LUBLIN | POLSKA | 1964 | M50 | 31 | 04:55 | 12.19 | 00:25:53 | 00:48:40 | 00:49:13 | 443 | |
| 467 | 910 | GOŹDZICKI ŁUKASZ | ENDORŚWINKI | LUBARTÓW | POLSKA | 1987 | M30 | 178 | 04:55 | 12.19 | 00:26:04 | 00:48:48 | 00:49:14 | 444 | |
| 468 | 1089 | DOBROWOLSKI MARCIN | | CHEŁM | POLSKA | 1981 | M30 | 179 | 04:55 | 12.19 | 00:25:31 | 00:48:52 | 00:49:14 | 445 | |
| 469 | 1219 | REK WOJCIECH | KANCELARIA RADCY PRAWNEGO WOJCIECH REK | LUBLIN | POLSKA | 1980 | M30 | 180 | 04:55 | 12.19 | 00:25:53 | 00:48:46 | 00:49:14 | 446 | |
| 470 | 462 | KOTUŁA JAROSŁAW | Sklep Biegacza Team/ORa Lublin | LUBLIN | POLSKA | 1986 | M30 | 181 | 04:56 | 12.18 | 00:25:00 | 00:49:00 | 00:49:15 | 447 | |
| 471 | 989 | POŻAROWSZCZYK MAREK | ENDORŚWINKI | LUBARTÓW | POLSKA | 1987 | M30 | 182 | 04:56 | 12.18 | 00:26:04 | 00:48:49 | 00:49:15 | 448 | |
| 472 | 809 | HOLC KATARZYNA | | LUBLIN | POLSKA | 1991 | K16 | 10 | 04:56 | 12.18 | 00:24:59 | 00:48:57 | 00:49:15 | | 24 |
| 473 | 1156 | MALISZEWSKA JUSTYNA | | LUBLIN | POLSKA | 1993 | K16 | 11 | 04:56 | 12.17 | 00:26:01 | 00:48:17 | 00:49:17 | | 25 |
| 474 | 1248 | ZYGO GRZEGORZ | Uwolnić ślimaka | BORZECZÓW | POLSKA | 1976 | M40 | 138 | 04:56 | 12.17 | 00:25:57 | 00:48:06 | 00:49:17 | 449 | |
| 475 | 782 | KUTA ŁUKASZ | | LUBLIN | POLSKA | 1987 | M30 | 183 | 04:56 | 12.17 | 00:25:19 | 00:48:48 | 00:49:18 | 450 | |
| 476 | 981 | LIPSKI WOJCIECH | endorświnki | LUBARTÓW | POLSKA | 1987 | M30 | 184 | 04:56 | 12.17 | 00:26:04 | 00:48:53 | 00:49:18 | 451 | |
| 477 | 987 | JANKOWSKI EUGENIUSZ | OPEC PUŁAWY | PUŁAWY | POLSKA | 1954 | M60 | 5 | 04:56 | 12.16 | 00:25:01 | 00:49:03 | 00:49:20 | 452 | |
| 478 | 93 | LUBOWIECKI KONRAD | Biegający Świdnik | ŚWIDNIK | POLSKA | 1983 | M30 | 185 | 04:56 | 12.16 | 00:26:01 | 00:49:00 | 00:49:21 | 453 | |
| 479 | 1270 | ŻELECHOWSKI TOMASZ | | ŚWIDNIK | POLSKA | 1988 | M16 | 95 | 04:56 | 12.15 | 00:25:13 | 00:49:06 | 00:49:22 | 454 | |
| 480 | 991 | MACKIEWICZ DARIUSZ | KODENŃ BIEGA | KODENŃ | POLSKA | 1975 | M40 | 139 | 04:56 | 12.15 | 00:26:04 | 00:48:29 | 00:49:22 | 455 | |

TRZECIA DYCHA DO MARATONU

Organizator: Fundacja Rozwoju Sportu w Lublinie

Data: Lublin, 11/12.02.2017

Dystans: 10 km

| M-sce | Nr Zaw. | Nazwisko imię | Klub | Miejscowość | Kraj | Rok ur. | Kat. Wiek. | M-sce w kat | Tempo min/km | Tempo km/h | 5 km | Czas netto | Czas brutto | Miejsce M | Miejsce K |
|-------|---------|---------------------|---------------------------|--------------------|---------|---------|------------|-------------|--------------|------------|----------|------------|-------------|-----------|-----------|
| 481 | 481 | WOLAN MATEUSZ | | LUBLIN | POLSKA | 1993 | M16 | 96 | 04:56 | 12.15 | 00:25:48 | 00:49:00 | 00:49:22 | 456 | |
| 482 | 205 | PACEK ANDRZEJ | | LUBLIN | POLSKA | 1969 | M40 | 140 | 04:56 | 12.15 | 00:25:53 | 00:48:52 | 00:49:23 | 457 | |
| 483 | 995 | PODSIADŁA KATARZYNA | | LUBARTÓW | POLSKA | 1992 | K16 | 12 | 04:56 | 12.15 | 00:25:08 | 00:48:55 | 00:49:24 | | 26 |
| 484 | 1324 | ZLOT MICHAŁ | | KURÓW | POLSKA | 1993 | M16 | 97 | 04:57 | 12.13 | 00:23:47 | 00:49:11 | 00:49:27 | 458 | |
| 485 | 779 | NIZIOŁEK ARKADIUSZ | Senatorska | WESOŁÓWKA | POLSKA | 1983 | M30 | 186 | 04:57 | 12.13 | 00:25:46 | 00:49:17 | 00:49:27 | 459 | |
| 486 | 1045 | BISKUP PAWEŁ | Kraśnik Biega | KRAŚNIK | POLSKA | 1972 | M40 | 141 | 04:57 | 12.13 | 00:24:46 | 00:49:14 | 00:49:29 | 460 | |
| 487 | 472 | LASKOWSKI PIOTR | OXY Team | LUBLIN | POLSKA | 1984 | M30 | 187 | 04:57 | 12.13 | 00:26:32 | 00:48:48 | 00:49:29 | 461 | |
| 488 | 958 | STEFANIAK JAROSŁAW | | PODWIERZBIE | POLSKA | 1975 | M40 | 142 | 04:57 | 12.12 | 00:25:41 | 00:49:06 | 00:49:30 | 462 | |
| 489 | 562 | GUZ JAKUB | | LUBLIN | POLSKA | 1988 | M16 | 98 | 04:57 | 12.12 | 00:25:43 | 00:48:57 | 00:49:31 | 463 | |
| 490 | 488 | BISEK TOMASZ | | LUBLIN | POLSKA | 1988 | M16 | 99 | 04:58 | 12.1 | 00:25:14 | 00:49:16 | 00:49:34 | 464 | |
| 491 | 224 | MACHAJ WOJCIECH | Lubartów Biega | LUBARTÓW | POLSKA | 1979 | M30 | 188 | 04:58 | 12.1 | 00:25:35 | 00:49:10 | 00:49:35 | 465 | |
| 492 | 451 | MALESA ARTUR | | PAŁEczNICA KOLONIA | POLSKA | 1976 | M40 | 143 | 04:58 | 12.09 | 00:24:58 | 00:49:04 | 00:49:38 | 466 | |
| 493 | 957 | SKOMOROWSKI ROBERT | | STRZYŻEWICE | POLSKA | 1996 | M16 | 100 | 04:58 | 12.09 | 00:24:40 | 00:49:27 | 00:49:38 | 467 | |
| 494 | 1141 | SULEJ MICHAŁ | KB Biała biega | BIAŁA PODLASKA | POLSKA | 1982 | M30 | 189 | 04:58 | 12.08 | 00:26:00 | 00:49:10 | 00:49:39 | 468 | |
| 495 | 37 | DROZD PAWEŁ | Kereza Team | LUBLIN | POLSKA | 1973 | M40 | 144 | 04:58 | 12.08 | 00:25:48 | 00:49:04 | 00:49:40 | 469 | |
| 496 | 153 | SYSA KAZIMIERZ | Krasnystaw Biega | KRASNYSTAW | POLSKA | 1956 | M60 | 6 | 04:58 | 12.08 | 00:25:36 | 00:49:12 | 00:49:41 | 470 | |
| 497 | 1191 | ZMYŚŁOWSKI ŁUKASZ | | MOTYCZ | POLSKA | 1982 | M30 | 190 | 04:58 | 12.08 | 00:25:50 | 00:49:05 | 00:49:41 | 471 | |
| 498 | 1581 | GUZ PIOTR | | LUBARTÓW | POLSKA | 1997 | M16 | 101 | 04:58 | 12.08 | 00:26:26 | 00:49:08 | 00:49:41 | 472 | |
| 499 | 362 | GOLUCH GRZEGORZ | | LEOPOLDÓW | POLSKA | 1985 | M30 | 191 | 04:58 | 12.07 | 00:25:59 | 00:49:00 | 00:49:43 | 473 | |
| 500 | 202 | KARASEK MARIUSZ | | LUBLIN | POLSKA | 1972 | M40 | 145 | 04:58 | 12.07 | 00:25:58 | 00:49:05 | 00:49:43 | 474 | |
| 501 | 938 | PLISZKO STASZEK | Rozbiegamy Biznes | LUBLIN | POLSKA | 1975 | M40 | 146 | 04:58 | 12.06 | 00:25:45 | 00:49:25 | 00:49:44 | 475 | |
| 502 | 1545 | DRĄŻEK SŁAWOMIR | | FAJSŁAWICE | POLSKA | 1971 | M40 | 147 | 04:58 | 12.06 | 00:25:26 | 00:49:26 | 00:49:45 | 476 | |
| 503 | 290 | KOBUS RADOSŁAW | | LUBLIN | POLSKA | 1980 | M30 | 192 | 04:59 | 12.06 | 00:25:06 | 00:49:28 | 00:49:46 | 477 | |
| 504 | 326 | OSTAPOWICZ BARTEK | | OPOLE LUBELSKIE | POLSKA | 1981 | M30 | 193 | 04:59 | 12.05 | 00:25:20 | 00:49:15 | 00:49:47 | 478 | |
| 505 | 1094 | RACZKIEWICZ MARIUSZ | RCT | TOMASZÓW LUBELSKI | POLSKA | 1975 | M40 | 148 | 04:59 | 12.05 | 00:25:17 | 00:49:25 | 00:49:47 | 479 | |
| 506 | 1364 | KONOPKA PIOTR | Lubelska Grupa Triathlonu | LUBLIN | POLSKA | 1978 | M30 | 194 | 04:59 | 12.04 | 00:26:05 | 00:49:22 | 00:49:49 | 480 | |
| 507 | 48 | MACKIEWICZ KAMIL | Mam nawyki mam wyniki | CHEŁM | POLSKA | 1988 | M16 | 102 | 04:59 | 12.04 | 00:25:29 | 00:49:33 | 00:49:49 | 481 | |
| 508 | 66 | ŚCIBIOR ŁUKASZ | Biegający Świdnik | ŚWIDNIK | POLSKA | 1985 | M30 | 195 | 04:59 | 12.04 | 00:25:07 | 00:49:30 | 00:49:49 | 482 | |
| 509 | 1323 | ZIELONKA DANIEL | Amatorzy | KURÓW | POLSKA | 1993 | M16 | 103 | 04:59 | 12.04 | 00:25:55 | 00:49:30 | 00:49:50 | 483 | |
| 510 | 1243 | WIECZOREK PAWEŁ | | CHEŁM | POLSKA | 1975 | M40 | 149 | 04:59 | 12.04 | 00:25:54 | 00:49:36 | 00:49:50 | 484 | |
| 511 | 1035 | BOCHRA PAWEŁ | Okszków Biega | OKSZÓW | POLSKA | 1982 | M30 | 196 | 04:59 | 12.04 | 00:25:54 | 00:49:36 | 00:49:50 | 485 | |
| 512 | 357 | LITWINEK MAREK | WW TEAM | LUBARTÓW | POLSKA | 1980 | M30 | 197 | 04:59 | 12.04 | 00:25:29 | 00:49:36 | 00:49:50 | 486 | |
| 513 | 15 | IWANEC DANIEL | Akademia Karate | MARYSIN | POLSKA | 1980 | M30 | 198 | 04:59 | 12.04 | 00:24:51 | 00:49:40 | 00:49:51 | 487 | |
| 514 | 997 | ZIELIŃSKI PATRYK | | LUBLIN | POLSKA | 1988 | M16 | 104 | 04:59 | 12.03 | 00:26:05 | 00:48:54 | 00:49:52 | 488 | |
| 515 | 301 | KALICKI PIOTR | BEŁŻYCE I OKOLICE BIEGAJĄ | BEŁŻYCE | POLSKA | 1985 | M30 | 199 | 04:59 | 12.03 | 00:25:40 | 00:49:12 | 00:49:52 | 489 | |
| 516 | 33 | GŁUSZAK KATARZYNA | | LUBLIN | POLSKA | 1982 | K30 | 10 | 04:59 | 12.02 | 00:25:44 | 00:49:04 | 00:49:54 | | 27 |
| 517 | 852 | LEZIAK PIOTR | | KRAŚNIK | POLSKA | 1983 | M30 | 200 | 04:59 | 12.02 | 00:26:00 | 00:49:24 | 00:49:54 | 490 | |
| 518 | 18 | NADULSKI PAWEŁ | Stokrotka Team | LUBLIN | POLSKA | 1971 | M40 | 150 | 05:00 | 12.01 | 00:25:56 | 00:49:29 | 00:49:57 | 491 | |
| 519 | 361 | PSZENNY MARCIN | | LUBLIN | POLSKA | 1984 | M30 | 201 | 05:00 | 12.01 | 00:25:29 | 00:49:25 | 00:49:57 | 492 | |
| 520 | 89 | SOLEIKIN RENAT | | LUBLIN | UKRAINA | 1986 | M30 | 202 | 05:00 | 12.01 | 00:25:28 | 00:49:32 | 00:49:58 | 493 | |

TRZECIA DYCHA DO MARATONU

Organizator: Fundacja Rozwoju Sportu w Lublinie

Data: Lublin, 11/12.02.2017

Dystans 10 km

| M-sce | Nr Zaw. | Nazwisko imię | Klub | Miejscowość | Kraj | Rok ur. | Kat. Wiek. | M-sce w kat | Tempo min/km | Tempo km/h | 5 km | Czas netto | Czas brutto | Miejsce M | Miejsce K |
|-------|---------|-----------------------|--------------------------------|-------------------------|--------|---------|------------|-------------|--------------|------------|----------|------------|-------------|-----------|-----------|
| 521 | 293 | SIENIAWSKI DANIEL | KW Lublin | LUBLIN | POLSKA | 1979 | M30 | 203 | 05:00 | 12 | 00:25:16 | 00:49:37 | 00:49:59 | 494 | |
| 522 | 430 | KAMIŃSKI ZBIGNIEW | 1313 | LUBLIN | POLSKA | 1972 | M40 | 151 | 05:00 | 12 | 00:25:11 | 00:49:46 | 00:49:59 | 495 | |
| 523 | 1231 | KARWAN ZBIGNIEW | SAM | LUBLIN | POLSKA | 1960 | M50 | 32 | 05:00 | 12 | 00:25:43 | 00:49:30 | 00:50:01 | 496 | |
| 524 | 824 | GORCZYCA DOROTA | lubelskibiegacz.pl TEAM | LUBLIN | POLSKA | 1974 | K40 | 6 | 05:00 | 11.99 | 00:25:55 | 00:49:37 | 00:50:02 | | 28 |
| 525 | 244 | BIENIAS KRZYSZTOF | BPB GARBATKA | GARBATKA LETNISKO | POLSKA | 1991 | M16 | 105 | 05:00 | 11.99 | 00:25:18 | 00:49:42 | 00:50:02 | 497 | |
| 526 | 1197 | TKACZYK PRZEMYSŁAW | Sklep Biegacza Lublin Team | LUBLIN | POLSKA | 1972 | M40 | 152 | 05:01 | 11.98 | 00:25:55 | 00:49:39 | 00:50:04 | 498 | |
| 527 | 720 | JĘDRZEJEWSKI MARCIN | 1984 | ZAMOŚĆ | POLSKA | 1984 | M30 | 204 | 05:01 | 11.98 | 00:26:13 | 00:49:20 | 00:50:05 | 499 | |
| 528 | 1073 | BĘBEN ROBERT | Bbl Ostrowiec Świętokrzyski | OSTROWIEC ŚWIĘTOKRZYSKI | POLSKA | 1971 | M40 | 153 | 05:01 | 11.98 | 00:25:50 | 00:49:34 | 00:50:06 | 500 | |
| 529 | 1600 | WILK MACIEJ | | LUBLIN | POLSKA | 1986 | M30 | 205 | 05:01 | 11.97 | 00:00:00 | 00:49:40 | 00:50:07 | 501 | |
| 530 | 1122 | HARATYNOWICZ JOANNA | Dunder Mifflin | LUBLIN | POLSKA | 1979 | K30 | 11 | 05:01 | 11.96 | 00:25:31 | 00:49:43 | 00:50:10 | | 29 |
| 531 | 503 | JANKOWSKI TOMASZ | | STALOWA WOLA | POLSKA | 1981 | M30 | 206 | 05:01 | 11.96 | 00:25:23 | 00:49:53 | 00:50:10 | 502 | |
| 532 | 1313 | DOBROWOLSKI MATEUSZ | Wiercpiętki | HUMNISKA | POLSKA | 1992 | M16 | 106 | 05:01 | 11.96 | 00:25:55 | 00:49:51 | 00:50:11 | 503 | |
| 533 | 400 | NOWAKOWSKI ROBERT | Nowakowscy | LUBLIN | POLSKA | 1975 | M40 | 154 | 05:01 | 11.95 | 00:25:56 | 00:49:44 | 00:50:12 | 504 | |
| 534 | 956 | SOSNÓWKA JACEK | | KRAŚNIK | POLSKA | 1976 | M40 | 155 | 05:01 | 11.95 | 00:25:32 | 00:49:56 | 00:50:13 | 505 | |
| 535 | 203 | CIEKLIŃSKI MICHAŁ | MALBORK PRAWIE BIEGA | MALBORK | POLSKA | 1993 | M16 | 107 | 05:02 | 11.94 | 00:25:50 | 00:49:32 | 00:50:15 | 506 | |
| 536 | 122 | ZIELINSKI PAWEŁ | WARSZTAT PLASTYCZNO TECHNICZNY | LUBLIN | POLSKA | 1983 | M30 | 207 | 05:02 | 11.94 | 00:25:37 | 00:50:01 | 00:50:16 | 507 | |
| 537 | 413 | ŚLIWA ANDRZEJ | LW Bogdanka | ŁĘCZNA | POLSKA | 1966 | M50 | 33 | 05:02 | 11.94 | 00:25:54 | 00:50:01 | 00:50:16 | 508 | |
| 538 | 1180 | POTYRA KRZYSZTOF | DSS ORLETA | DĘBLIN | POLSKA | 1966 | M50 | 34 | 05:02 | 11.93 | 00:26:12 | 00:49:32 | 00:50:17 | 509 | |
| 539 | 161 | SOBÓL KAMIL | ORLETA DĘBLIN | DĘBLIN | POLSKA | 1983 | M30 | 208 | 05:02 | 11.93 | 00:26:00 | 00:49:32 | 00:50:17 | 510 | |
| 540 | 1332 | WROŃSKI ŁUKASZ | | ŁĘCZNA | POLSKA | 1984 | M30 | 209 | 05:02 | 11.93 | 00:26:00 | 00:49:48 | 00:50:18 | 511 | |
| 541 | 300 | IGLICKI MARCIN | | ŁĘCZNA | POLSKA | 1981 | M30 | 210 | 05:02 | 11.92 | 00:25:58 | 00:49:49 | 00:50:19 | 512 | |
| 542 | 1188 | WOJCIECHOWSKI DARIUSZ | | LUBLIN | POLSKA | 1985 | M30 | 211 | 05:02 | 11.92 | 00:26:05 | 00:49:55 | 00:50:19 | 513 | |
| 543 | 67 | DZIRBA TOMASZ | | 21-025 | POLSKA | 1987 | M30 | 212 | 05:02 | 11.92 | 00:26:26 | 00:49:50 | 00:50:20 | 514 | |
| 544 | 366 | GOLIŃSKI MARIUSZ | KRAŚNIK BIEGA | KRAŚNIK | POLSKA | 1972 | M40 | 156 | 05:02 | 11.91 | 00:25:50 | 00:49:58 | 00:50:22 | 515 | |
| 545 | 689 | CWIK JANUSZ | Wiatr We Włosach | MIELEC | POLSKA | 1955 | M60 | 7 | 05:02 | 11.91 | 00:25:59 | 00:50:04 | 00:50:22 | 516 | |
| 546 | 1192 | BRODA MICHAŁ | HBKT / SPORT MEDICAL | OSTROWIEC ŚWIĘTOKRZYSKI | POLSKA | 1982 | M30 | 213 | 05:02 | 11.91 | 00:26:16 | 00:49:32 | 00:50:23 | 517 | |
| 547 | 1558 | WAKUŁA MARIUSZ | Saba Team | JABŁONNA DRUGA | POLSKA | 1987 | M30 | 214 | 05:02 | 11.9 | 00:26:45 | 00:49:45 | 00:50:25 | 518 | |
| 548 | 715 | IRZYK TOMASZ | | LUBLIN | POLSKA | 1969 | M40 | 157 | 05:02 | 11.9 | 00:25:44 | 00:50:04 | 00:50:26 | 519 | |
| 549 | 921 | WOJTAŚ MAŁGORZATA | | LUBLIN | POLSKA | 1988 | K16 | 13 | 05:03 | 11.89 | 00:26:23 | 00:49:59 | 00:50:27 | | 30 |
| 550 | 645 | RORAT LENA | Chełm Biega | CHEŁM | POLSKA | 1982 | K30 | 12 | 05:03 | 11.89 | 00:26:19 | 00:49:53 | 00:50:28 | | 31 |
| 551 | 104 | DURCZAK MATEUSZ | | LUBLIN | POLSKA | 1980 | M30 | 215 | 05:03 | 11.89 | 00:25:34 | 00:50:01 | 00:50:28 | 520 | |
| 552 | 82 | KOWALSKI SŁAWOMIR | CHEŁM BIEGA | REJOWIEC FABRYCZNY | POLSKA | 1975 | M40 | 158 | 05:03 | 11.89 | 00:25:30 | 00:50:11 | 00:50:28 | 521 | |
| 553 | 1059 | BIELSKI BARTŁOMIEJ | WW Team | LUBLIN | POLSKA | 1984 | M30 | 216 | 05:03 | 11.89 | 00:26:45 | 00:49:39 | 00:50:28 | 522 | |
| 554 | 919 | LEZIAK WOJCIECH | | LUBLIN | POLSKA | 1989 | M16 | 108 | 05:03 | 11.89 | 00:26:33 | 00:49:50 | 00:50:29 | 523 | |
| 555 | 405 | RÓJ PIOTR | | LUBLIN | POLSKA | 1984 | M30 | 217 | 05:03 | 11.89 | 00:26:25 | 00:49:56 | 00:50:29 | 524 | |
| 556 | 167 | KRUK TOMASZ | LSB/RUN_HELPERS | LUBLIN | POLSKA | 1974 | M40 | 159 | 05:03 | 11.89 | 00:26:37 | 00:49:54 | 00:50:29 | 525 | |
| 557 | 1149 | ŚMIECHOWICZ FILIP | sekcja sardyny | LUBLIN | POLSKA | 1970 | M40 | 160 | 05:03 | 11.89 | 00:26:15 | 00:49:59 | 00:50:29 | 526 | |
| 558 | 475 | CIOCZEK ADRIAN | | LUBLIN | POLSKA | 1997 | M16 | 109 | 05:03 | 11.88 | 00:26:47 | 00:50:01 | 00:50:30 | 527 | |
| 559 | 191 | BOBER WOJCIECH | | LUBLIN | POLSKA | 1967 | M50 | 35 | 05:03 | 11.88 | 00:26:02 | 00:50:13 | 00:50:31 | 528 | |
| 560 | 1589 | NIEZGODA AGATA | | LUBLIN | POLSKA | 1976 | K40 | 7 | 05:03 | 11.88 | 00:25:26 | 00:50:15 | 00:50:31 | | 32 |

TRZECIA DYCHA DO MARATONU

Organizator: Fundacja Rozwoju Sportu w Lublinie

Data: Lublin, 11/12.02.2017

Dystans 10 km

| M-sce | Nr Zaw. | Nazwisko imię | Klub | Miejscowość | Kraj | Rok ur. | Kat. Wiek. | M-sce w kat | Tempo min/km | Tempo km/h | 5 km | Czas netto | Czas brutto | Miejsce M | Miejsce K |
|-------|---------|---------------------------|--------------------------------------|-------------------------|--------|---------|------------|-------------|--------------|------------|----------|------------|-------------|-----------|-----------|
| 561 | 79 | KRAWCZYK KASIA | | LUBLIN | POLSKA | 1987 | K30 | 13 | 05:03 | 11.88 | 00:25:32 | 00:50:12 | 00:50:31 | | 33 |
| 562 | 348 | GRABOWSKI GRZEGORZ | HARDKOROWE KOKSY | URZĘDÓW | POLSKA | 1982 | M30 | 218 | 05:03 | 11.87 | 00:26:21 | 00:50:01 | 00:50:32 | 529 | |
| 563 | 1279 | DWORZAŃSKI TOMASZ | | LUBLIN | POLSKA | 1980 | M30 | 219 | 05:04 | 11.87 | 00:27:13 | 00:49:44 | 00:50:34 | 530 | |
| 564 | 108 | KARDASZ JACEK | attyla running club | ZAMOSC | POLSKA | 1980 | M30 | 220 | 05:04 | 11.87 | 00:26:02 | 00:50:12 | 00:50:34 | 531 | |
| 565 | 872 | MOŚCICKI ŁUKASZ | KB V-MAX ADAMÓW/BIEGACZE POMAGACZE | ŁUKÓW | POLSKA | 1984 | M30 | 221 | 05:04 | 11.86 | 00:26:00 | 00:50:06 | 00:50:35 | 532 | |
| 566 | 65 | BIGELMAJER DARIUSZ | lubelskibiegacz.pl TEAM/Run_Helpersi | LUBLIN | POLSKA | 1983 | M30 | 222 | 05:04 | 11.86 | 00:26:10 | 00:50:00 | 00:50:36 | 533 | |
| 567 | 597 | BURY SYLWIA | | KRZCZONÓW | POLSKA | 1990 | K16 | 14 | 05:04 | 11.86 | 00:25:23 | 00:50:32 | 00:50:36 | | 34 |
| 568 | 984 | BUGAŁA ROBERT | SOLID HOUSE | LUBLIN | POLSKA | 1968 | M40 | 161 | 05:04 | 11.85 | 00:26:06 | 00:50:07 | 00:50:38 | 534 | |
| 569 | 53 | STRUMIDŁO MIKOŁAJ | | ULHÓWEK | POLSKA | 1993 | M16 | 110 | 05:04 | 11.85 | 00:26:20 | 00:50:08 | 00:50:38 | 535 | |
| 570 | 1262 | SUSKI RADOŚLAW | ROAD RUNNER TEAM | LUBLIN | POLSKA | 1967 | M50 | 36 | 05:04 | 11.85 | 00:26:05 | 00:49:58 | 00:50:39 | 536 | |
| 571 | 96 | ŚLIWA GRZEGORZ | Biegający Świdnik | ŚWIDNIK | POLSKA | 1970 | M40 | 162 | 05:04 | 11.85 | 00:25:55 | 00:50:24 | 00:50:39 | 537 | |
| 572 | 377 | KOT MICHAŁ | | LUBLIN | POLSKA | 1977 | M40 | 163 | 05:04 | 11.85 | 00:25:46 | 00:50:14 | 00:50:39 | 538 | |
| 573 | 1576 | MATUSZKIEWICZ PAWEŁ | | LUBLIN | POLSKA | 1977 | M40 | 164 | 05:04 | 11.84 | 00:25:55 | 00:50:11 | 00:50:40 | 539 | |
| 574 | 1542 | KUCZMARA PIOTR | | LUBLIN | POLSKA | 1969 | M40 | 165 | 05:04 | 11.84 | 00:26:20 | 00:50:17 | 00:50:41 | 540 | |
| 575 | 1478 | PUTOWSKI ŁUKASZ | www.epiar.pl | MOTYCZ | POLSKA | 1989 | M16 | 111 | 05:04 | 11.84 | 00:25:58 | 00:49:57 | 00:50:41 | 541 | |
| 576 | 556 | BADOWSKI KRZYSZTOF | ON I ON - KOMEDIOWY DUET MUZYCZNY | LUBLIN | POLSKA | 1982 | M30 | 223 | 05:04 | 11.84 | 00:26:53 | 00:50:04 | 00:50:41 | 542 | |
| 577 | 335 | SEKUŁA JOANNA | Belfer Team Świdnik | FRANCISZKÓW | POLSKA | 1969 | K40 | 8 | 05:04 | 11.83 | 00:25:53 | 00:50:15 | 00:50:42 | | 35 |
| 578 | 762 | OLECH ŁUKASZ | Ludzka Stonoga | KRAŚNIK | POLSKA | 1982 | M30 | 224 | 05:04 | 11.83 | 00:26:41 | 00:50:11 | 00:50:42 | 543 | |
| 579 | 1437 | RÓŻYŃSKI MACIEJ | MULTIMEDIA RUNNERS | PUŁAWY | POLSKA | 1990 | M16 | 112 | 05:04 | 11.83 | 00:25:41 | 00:50:22 | 00:50:44 | 544 | |
| 580 | 1241 | PAŹDZIOR IRENA | Chełm Biega | CHEŁM | POLSKA | 1959 | K50 | 1 | 05:04 | 11.83 | 00:25:49 | 00:50:21 | 00:50:44 | | 36 |
| 581 | 22 | KRZYMOWSKI PIOTR | stokrotka | LUBLIN | POLSKA | 1989 | M16 | 113 | 05:05 | 11.82 | 00:26:01 | 00:50:14 | 00:50:45 | 545 | |
| 582 | 1217 | BRYŁA-CRUZ AGNIESZKA | | LUBLIN | POLSKA | 1981 | K30 | 14 | 05:05 | 11.82 | 00:26:27 | 00:50:09 | 00:50:46 | | 37 |
| 583 | 384 | POLAKOWSKI FILIP | | LUBLIN | POLSKA | 1992 | M16 | 114 | 05:05 | 11.81 | 00:28:00 | 00:49:57 | 00:50:47 | 546 | |
| 584 | 396 | TADASIEWICZ DOROTA | | PUŁAWY | POLSKA | 1975 | K40 | 9 | 05:05 | 11.81 | 00:25:49 | 00:50:31 | 00:50:49 | | 38 |
| 585 | 1493 | JAGIEŁŁO DANIEL | CrossfitZ16 | LUBLIN | POLSKA | 1987 | M30 | 225 | 05:05 | 11.81 | 00:26:16 | 00:50:10 | 00:50:49 | 547 | |
| 586 | 371 | KUKIEŁKA BOGUSŁAW | | LUBLIN | POLSKA | 1978 | M30 | 226 | 05:05 | 11.8 | 00:24:56 | 00:50:37 | 00:50:50 | 548 | |
| 587 | 949 | WOŁOSZYN-KARDAS KATARZYNA | Kraśnik Biega | LUBLIN | POLSKA | 1989 | K16 | 15 | 05:05 | 11.8 | 00:25:37 | 00:50:38 | 00:50:50 | | 39 |
| 588 | 795 | BUKOWSKI RAFAŁ | | LUBLIN | POLSKA | 1974 | M40 | 166 | 05:05 | 11.8 | 00:26:39 | 00:50:23 | 00:50:50 | 549 | |
| 589 | 1004 | SZCZĘSNA ADRIANNA | | LUBLIN | POLSKA | 1994 | K16 | 16 | 05:05 | 11.8 | 00:26:12 | 00:50:19 | 00:50:50 | | 40 |
| 590 | 1134 | KULCZYCKI MARCIN | RozbiegamyBiznes.eu | LUBLIN | POLSKA | 1990 | M16 | 115 | 05:05 | 11.8 | 00:26:42 | 00:50:31 | 00:50:51 | 550 | |
| 591 | 406 | JANISZ RAFAŁ | | TURKA | POLSKA | 1989 | M16 | 116 | 05:05 | 11.8 | 00:26:07 | 00:50:28 | 00:50:52 | 551 | |
| 592 | 501 | LENART-KŁOŚ KATARZYNA | PKO Bank Polski | LUBLIN | POLSKA | 1987 | K30 | 15 | 05:05 | 11.79 | 00:26:30 | 00:50:27 | 00:50:53 | | 41 |
| 593 | 665 | KUCHARSKI ANDRZEJ | | LUBLIN | POLSKA | 1986 | M30 | 227 | 05:05 | 11.79 | 00:25:43 | 00:50:41 | 00:50:53 | 552 | |
| 594 | 962 | PIĄTKOWSKI DARIUSZ | Chełm Biega | NOWINY | POLSKA | 1962 | M50 | 37 | 05:05 | 11.79 | 00:25:53 | 00:50:32 | 00:50:54 | 553 | |
| 595 | 590 | DĄBROWSKI ŁUKASZ | po secie na mecie | OSTROWIEC ŚWIĘTOKRZYSKI | POLSKA | 1988 | M16 | 117 | 05:05 | 11.78 | 00:26:00 | 00:50:31 | 00:50:55 | 554 | |
| 596 | 1159 | WÓJCIK RENATA | Renia Team | LUBLIN | POLSKA | 1982 | K30 | 16 | 05:05 | 11.78 | 00:25:56 | 00:50:25 | 00:50:55 | | 42 |
| 597 | 1286 | DOMARADZKI GRZEGORZ | BT WAGABUNDA | RZESZÓW | POLSKA | 1964 | M50 | 38 | 05:05 | 11.78 | 00:25:42 | 00:50:37 | 00:50:56 | 555 | |
| 598 | 1441 | KARDYKA ANETA | | ŚWIDNIK | POLSKA | 1977 | K40 | 10 | 05:05 | 11.78 | 00:26:09 | 00:50:28 | 00:50:56 | | 43 |
| 599 | 350 | FRAK JAKUB | | LUBLIN | POLSKA | 1975 | M40 | 167 | 05:06 | 11.78 | 00:26:22 | 00:50:19 | 00:50:57 | 556 | |
| 600 | 1184 | PIĘTA MARLENA | | OSTROWIEC ŚW | POLSKA | 1979 | K30 | 17 | 05:06 | 11.77 | 00:26:28 | 00:50:26 | 00:50:58 | | 44 |

TRZECIA DYCHA DO MARATONU

Organizator: Fundacja Rozwoju Sportu w Lublinie

Data: Lublin, 11/12.02.2017

Dystans 10 km

| M-sce | Nr Zaw. | Nazwisko imię | Klub | Miejscowość | Kraj | Rok ur. | Kat. Wiek. | M-sce w kat | Tempo min/km | Tempo km/h | 5 km | Czas netto | Czas brutto | Miejsce M | Miejsce K |
|-------|---------|----------------------|--|----------------|--------|---------|------------|-------------|--------------|------------|----------|------------|-------------|-----------|-----------|
| 601 | 1070 | RYBIŃSKA ANNA | | LUBLIN | POLSKA | 1989 | K16 | 17 | 05:06 | 11.77 | 00:26:31 | 00:50:31 | 00:50:58 | | 45 |
| 602 | 312 | WITNICKA MAGDALENA | CHEŁM BIEGA | CHEŁM | POLSKA | 1981 | K30 | 18 | 05:06 | 11.77 | 00:26:14 | 00:50:13 | 00:50:58 | | 46 |
| 603 | 675 | MAŁACHOWSKI MACIEJ | | TURKA | POLSKA | 1994 | M16 | 118 | 05:06 | 11.77 | 00:26:49 | 00:50:22 | 00:50:58 | 557 | |
| 604 | 1459 | SAMOLEWICZ JANUSZ | Handlopex | RZESZÓW | POLSKA | 1955 | M60 | 8 | 05:06 | 11.77 | 00:26:02 | 00:50:54 | 00:50:59 | 558 | |
| 605 | 756 | PRZYBYŁA ROBERT | | KRASNYSTAW | POLSKA | 1980 | M30 | 228 | 05:06 | 11.76 | 00:26:02 | 00:50:40 | 00:51:01 | 559 | |
| 606 | 1585 | KOWALCZYK ROBERT | | ŁĘCZNA | POLSKA | 1977 | M40 | 168 | 05:06 | 11.76 | 00:25:33 | 00:50:45 | 00:51:01 | 560 | |
| 607 | 1111 | MOCHOL BARTŁOMIEJ | Kraśnik Biega | STRÓŻA-KOLONIA | POLSKA | 1994 | M16 | 119 | 05:06 | 11.76 | 00:26:48 | 00:50:25 | 00:51:01 | 561 | |
| 608 | 250 | DROZD JERZY | | LUBLIN | POLSKA | 1955 | M60 | 9 | 05:06 | 11.76 | 00:25:55 | 00:50:42 | 00:51:02 | 562 | |
| 609 | 792 | KASZYŃSKI BARTŁOMIEJ | 1 bz | CHEŁM | POLSKA | 1986 | M30 | 229 | 05:07 | 11.75 | 00:26:33 | 00:50:26 | 00:51:05 | 563 | |
| 610 | 1465 | JÓŻWIK PAWEŁ | | LUBLIN | POLSKA | 1983 | M30 | 230 | 05:07 | 11.75 | 00:26:10 | 00:50:44 | 00:51:05 | 564 | |
| 611 | 815 | JABŁOŃSKI ŁUKASZ | Kraśnik Biega | KRAŚNIK | POLSKA | 1978 | M30 | 231 | 05:07 | 11.74 | 00:25:51 | 00:50:42 | 00:51:06 | 565 | |
| 612 | 1025 | PRILL WITOLD | Pozytywnie Aktywni | URSZULIN | POLSKA | 1966 | M50 | 39 | 05:07 | 11.74 | 00:24:44 | 00:50:46 | 00:51:07 | 566 | |
| 613 | 573 | KARWAT ROBERT | Nasutów | LUBARTÓW | POLSKA | 1984 | M30 | 232 | 05:07 | 11.74 | 00:26:57 | 00:50:07 | 00:51:07 | 567 | |
| 614 | 1151 | WAC GRZEGORZ | Sklep Biegacza Lublin Team | LUBLIN | POLSKA | 1992 | M16 | 120 | 05:07 | 11.73 | 00:26:53 | 00:50:34 | 00:51:09 | 568 | |
| 615 | 155 | KOPCZEWSKI MARCIN | DSS Orłęta Dęblin | DĘBLIN | POLSKA | 1989 | M16 | 121 | 05:07 | 11.72 | 00:26:57 | 00:50:27 | 00:51:11 | 569 | |
| 616 | 139 | CHRUŚCICKI ANDRZEJ | | LUBLIN | POLSKA | 1977 | M40 | 169 | 05:07 | 11.72 | 00:26:42 | 00:50:48 | 00:51:12 | 570 | |
| 617 | 1063 | PRUŚ PAWEŁ | | LUBLIN | POLSKA | 1990 | M16 | 122 | 05:07 | 11.72 | 00:27:02 | 00:50:41 | 00:51:12 | 571 | |
| 618 | 1593 | MARCINEK MAREK | | CHEŁM | POLSKA | 1994 | M16 | 123 | 05:07 | 11.71 | 00:26:21 | 00:50:43 | 00:51:14 | 572 | |
| 619 | 19 | NOWAKOWSKI TOMASZ | STOKROTKA TEAM | LUBLIN | POLSKA | 1982 | M30 | 233 | 05:07 | 11.71 | 00:25:51 | 00:50:46 | 00:51:14 | 573 | |
| 620 | 1598 | MILANOWSKI RAFAŁ | | LUBLIN | POLSKA | 1983 | M30 | 234 | 05:08 | 11.71 | 00:27:30 | 00:50:26 | 00:51:15 | 574 | |
| 621 | 624 | RYCEK PIOTR | PKO BP | LUBLIN | POLSKA | 1980 | M30 | 235 | 05:08 | 11.71 | 00:25:57 | 00:50:57 | 00:51:15 | 575 | |
| 622 | 1409 | POKORSKI RAFAŁ | MOBICA RUNNERS | LUBLIN | POLSKA | 1988 | M16 | 124 | 05:08 | 11.7 | 00:26:32 | 00:50:52 | 00:51:16 | 576 | |
| 623 | 1509 | BORKOWSKI RADOSŁAW | Trans Kampania | BIAŁA PODLASKA | POLSKA | 1975 | M40 | 170 | 05:08 | 11.7 | 00:27:08 | 00:50:59 | 00:51:17 | 577 | |
| 624 | 663 | TRĘBICKI DARIUSZ | KLUB BIEGACZA BIAŁA BIEGA | BIAŁA PODLASKA | POLSKA | 1970 | M40 | 171 | 05:08 | 11.7 | 00:26:06 | 00:51:06 | 00:51:17 | 578 | |
| 625 | 555 | BRYGOŁA ANDRZEJ | | LUBLIN | POLSKA | 1959 | M50 | 40 | 05:08 | 11.7 | 00:26:42 | 00:50:49 | 00:51:18 | 579 | |
| 626 | 644 | OCHAL KRZYSZTOF | | LUBLIN | POLSKA | 1989 | M16 | 125 | 05:08 | 11.7 | 00:26:48 | 00:50:42 | 00:51:18 | 580 | |
| 627 | 347 | GORZEL PIOTR | Biegający Świdnik | ŚWIDNIK | POLSKA | 1983 | M30 | 236 | 05:08 | 11.69 | 00:26:50 | 00:50:23 | 00:51:19 | 581 | |
| 628 | 1319 | MAJCHRZAK ŁUKASZ | Klub Morsa-Z łabędziem być . | DĘBLIN | POLSKA | 1991 | M16 | 126 | 05:08 | 11.69 | 00:27:17 | 00:50:46 | 00:51:19 | 582 | |
| 629 | 1096 | OPOLSKI PIOTR | LUKS Lubartów - Sekcja Szachowa | LUBARTÓW | POLSKA | 1975 | M40 | 172 | 05:08 | 11.69 | 00:26:53 | 00:50:43 | 00:51:20 | 583 | |
| 630 | 548 | IWAN JACEK | ENDORŚWINKI | LUBARTÓW | POLSKA | 1988 | M16 | 127 | 05:08 | 11.68 | 00:26:36 | 00:50:57 | 00:51:21 | 584 | |
| 631 | 885 | BOGUNIECKI JAKUB | | LUBLIN | POLSKA | 1984 | M30 | 237 | 05:08 | 11.68 | 00:26:03 | 00:51:06 | 00:51:22 | 585 | |
| 632 | 851 | STASIAK ŁUKASZ | HUSARIA RACE TEAM | DĄBROWICA | POLSKA | 1993 | M16 | 128 | 05:08 | 11.68 | 00:26:29 | 00:51:00 | 00:51:23 | 586 | |
| 633 | 974 | KRAKIEWICZ ARKADIUSZ | Klub Wesolej Wiewiórki i Dużego Orzeszka | LUBLIN | POLSKA | 1985 | M30 | 238 | 05:08 | 11.68 | 00:25:32 | 00:51:03 | 00:51:23 | 587 | |
| 634 | 220 | MATUŁA PRZEMYSŁAW | UMCS Biega | LUBLIN | POLSKA | 1966 | M50 | 41 | 05:08 | 11.67 | 00:26:26 | 00:50:57 | 00:51:25 | 588 | |
| 635 | 736 | MAZUR ANDRZEJ | KW Kotłownia/UMCS Biega | LUBLIN | POLSKA | 1973 | M40 | 173 | 05:08 | 11.67 | 00:26:28 | 00:50:56 | 00:51:25 | 589 | |
| 636 | 1476 | STĘPKOWSKA BERTA | Run_Helpers/LSB | LUBLIN | POLSKA | 1977 | K40 | 11 | 05:08 | 11.67 | 00:27:10 | 00:50:50 | 00:51:25 | | 47 |
| 637 | 587 | RORAT ARTUR | Chełm Biega | CHEŁM | POLSKA | 1990 | M16 | 129 | 05:08 | 11.67 | 00:26:54 | 00:50:50 | 00:51:25 | 590 | |
| 638 | 352 | CHOJĘTA DARIUSZ | | ŁĘCZNA | POLSKA | 1970 | M40 | 174 | 05:09 | 11.66 | 00:26:02 | 00:51:03 | 00:51:27 | 591 | |
| 639 | 550 | GNATIUK KRZYSZTOF | Lubelska Grupa Trathlonu | LUBLIN | POLSKA | 1965 | M50 | 42 | 05:09 | 11.66 | 00:26:37 | 00:50:54 | 00:51:27 | 592 | |
| 640 | 828 | RAJSKA MAGDALENA | Wąwozowa | LUBLIN | POLSKA | 1984 | K30 | 19 | 05:09 | 11.66 | 00:27:00 | 00:50:47 | 00:51:27 | | 48 |

TRZECIA DYCHA DO MARATONU

Organizator: Fundacja Rozwoju Sportu w Lublinie

Data: Lublin, 11/12.02.2017

Dystans 10 km

| M-sce | Nr Zaw. | Nazwisko imię | Klub | Miejscowość | Kraj | Rok ur. | Kat. Wiek. | M-sce w kat | Tempo min/km | Tempo km/h | 5 km | Czas netto | Czas brutto | Miejsce M | Miejsce K |
|-------|---------|-----------------------|----------------------------|----------------------|--------|---------|------------|-------------|--------------|------------|----------|------------|-------------|-----------|-----------|
| 641 | 418 | SKIBA WITOLD | Biegomania Lubaczów | LUBACZÓW | POLSKA | 1962 | M50 | 43 | 05:09 | 11.66 | 00:26:55 | 00:50:43 | 00:51:27 | 593 | |
| 642 | 1510 | SKRZYŃSKI EMIL | SII POWER PEOPLE | LUBLIN | POLSKA | 1990 | M16 | 130 | 05:09 | 11.65 | 00:27:12 | 00:50:50 | 00:51:29 | 594 | |
| 643 | 324 | OSTAPOWICZ JUSTYNA | | OPOLE LUBELSKIE | POLSKA | 1984 | K30 | 20 | 05:09 | 11.65 | 00:26:17 | 00:50:57 | 00:51:29 | | 49 |
| 644 | 87 | JANIUK PIOTR | Chełm Biega | CHEŁM | POLSKA | 1974 | M40 | 175 | 05:09 | 11.65 | 00:26:33 | 00:50:58 | 00:51:30 | 595 | |
| 645 | 322 | CELEJ DANIEL | Dss orleta deblin | DĘBLIN | POLSKA | 1983 | M30 | 239 | 05:09 | 11.65 | 00:26:31 | 00:50:45 | 00:51:31 | 596 | |
| 646 | 1310 | BOJARSKI PAWEŁ | | LUBLIN | POLSKA | 1974 | M40 | 176 | 05:09 | 11.65 | 00:26:53 | 00:50:54 | 00:51:31 | 597 | |
| 647 | 831 | MAJCHER BEATA | | LUBLIN | POLSKA | 1983 | K30 | 21 | 05:09 | 11.65 | 00:27:03 | 00:50:54 | 00:51:31 | | 50 |
| 648 | 476 | MAKUCH KAMIL | CrossFit Z16 | ŚWIDNIK | POLSKA | 1986 | M30 | 240 | 05:09 | 11.64 | 00:26:38 | 00:51:20 | 00:51:32 | 598 | |
| 649 | 195 | CZERNIEC ALEKSANDRA | | JASTKÓW | POLSKA | 1989 | K16 | 18 | 05:09 | 11.64 | 00:26:12 | 00:51:03 | 00:51:33 | | 51 |
| 650 | 518 | WÓJCIK GRZEGORZ | Crossfit Z16 | ŚWIDNIK | POLSKA | 1984 | M30 | 241 | 05:09 | 11.64 | 00:26:38 | 00:51:21 | 00:51:33 | 599 | |
| 651 | 1142 | CHATAŁA MAREK | Szerokie Biega | LUBLIN | POLSKA | 1972 | M40 | 177 | 05:09 | 11.64 | 00:25:50 | 00:51:13 | 00:51:33 | 600 | |
| 652 | 124 | DUDZIAK DARIUSZ | | CHEŁM | POLSKA | 1977 | M40 | 178 | 05:10 | 11.63 | 00:27:01 | 00:51:03 | 00:51:36 | 601 | |
| 653 | 765 | LIPSKI GRZEGORZ | S7 | LUBLIN | POLSKA | 1983 | M30 | 242 | 05:10 | 11.62 | 00:27:10 | 00:50:46 | 00:51:37 | 602 | |
| 654 | 54 | JANUSZ GRZEGORZ | UMCS biega | LUBLIN | POLSKA | 1976 | M40 | 179 | 05:10 | 11.62 | 00:26:23 | 00:51:10 | 00:51:38 | 603 | |
| 655 | 879 | GAIK JAROSŁAW | S7 | KALINÓWKA | POLSKA | 1980 | M30 | 243 | 05:10 | 11.62 | 00:27:11 | 00:50:47 | 00:51:38 | 604 | |
| 656 | 271 | PAWLOS JAROSŁAW | Biegam z ABS | LUBLIN | POLSKA | 1981 | M30 | 244 | 05:10 | 11.61 | 00:27:09 | 00:50:50 | 00:51:40 | 605 | |
| 657 | 710 | MALINOWSKA IZABELA | chełmska grupa triathlonu | KRAŚNICZYN | POLSKA | 1988 | K16 | 19 | 05:10 | 11.61 | 00:27:25 | 00:50:55 | 00:51:41 | | 52 |
| 658 | 1107 | GRELA MONIKA | | LUBLIN | POLSKA | 1989 | K16 | 20 | 05:10 | 11.61 | 00:27:45 | 00:50:56 | 00:51:42 | | 53 |
| 659 | 1511 | BIELSKI KRZYSZTOF | Chełm Biega | CHEŁM | POLSKA | 1982 | M30 | 245 | 05:10 | 11.61 | 00:26:37 | 00:51:10 | 00:51:42 | 606 | |
| 660 | 1017 | FRANCZUK ROBERT | LUBELSKIBIEGACZ.PL TEAM | LUBLIN | POLSKA | 1985 | M30 | 246 | 05:10 | 11.6 | 00:27:17 | 00:51:02 | 00:51:43 | 607 | |
| 661 | 752 | JURASZEWSKI SŁAWOMIR | www.juraszewski.pl | LUBLIN | POLSKA | 1977 | M40 | 180 | 05:10 | 11.6 | 00:27:06 | 00:51:09 | 00:51:43 | 608 | |
| 662 | 1331 | BIELIŃSKA MONIKA | J@busko.pl Team | LUBLIN | POLSKA | 1985 | K30 | 22 | 05:10 | 11.6 | 00:27:40 | 00:51:04 | 00:51:43 | | 54 |
| 663 | 1458 | SADOWNICZEK NORBERT | Makondo | MAJDAN KOZIC DOLNYCH | POLSKA | 1994 | M16 | 131 | 05:10 | 11.6 | 00:26:06 | 00:51:15 | 00:51:44 | 609 | |
| 664 | 180 | BARCICKA KAROLINA | Run_Helpersi | LUBLIN | POLSKA | 1977 | K40 | 12 | 05:10 | 11.6 | 00:27:12 | 00:51:09 | 00:51:44 | | 55 |
| 665 | 359 | ZDUN ARTUR | Team Dynsanios | LUBLIN | POLSKA | 1980 | M30 | 247 | 05:10 | 11.6 | 00:25:48 | 00:51:16 | 00:51:44 | 610 | |
| 666 | 1085 | KRZYSIAK GRZEGORZ | KLUB SPORTOWY S7 | LUBLIN | POLSKA | 1986 | M30 | 248 | 05:11 | 11.59 | 00:27:12 | 00:50:54 | 00:51:45 | 611 | |
| 667 | 1306 | MYSŁOWSKI ANDRZEJ | S7 KLUB SPORTOWY | LUBLIN | POLSKA | 1973 | M40 | 181 | 05:11 | 11.59 | 00:27:12 | 00:50:55 | 00:51:46 | 612 | |
| 668 | 1505 | LEWARTOWSKI JACEK | | 21 | POLSKA | 1989 | M16 | 132 | 05:11 | 11.58 | 00:26:28 | 00:51:30 | 00:51:49 | 613 | |
| 669 | 445 | PSZCZOŁA IRENEUSZ | | LUBLIN | POLSKA | 1981 | M30 | 249 | 05:11 | 11.58 | 00:26:30 | 00:51:34 | 00:51:49 | 614 | |
| 670 | 446 | WARYCH JOANNA | Lubelska Grupa Triathlonu | LUBLIN | POLSKA | 1980 | K30 | 23 | 05:11 | 11.58 | 00:27:18 | 00:51:17 | 00:51:50 | | 56 |
| 671 | 1054 | KUROWSKI MICHAŁ | | NIEDRZWICA DUŻA | POLSKA | 1997 | M16 | 133 | 05:11 | 11.58 | 00:25:49 | 00:51:31 | 00:51:50 | 615 | |
| 672 | 378 | KOWALSKI HENRYK | SKOK Chmielewskiego/LSB | LUBLIN | POLSKA | 1950 | M60 | 10 | 05:11 | 11.57 | 00:25:36 | 00:51:40 | 00:51:52 | 616 | |
| 673 | 1454 | MISIEK JAKUB | Makondo | MAJDAN KOZIC DOLNYCH | POLSKA | 1995 | M16 | 134 | 05:11 | 11.57 | 00:26:13 | 00:50:54 | 00:51:52 | 617 | |
| 674 | 107 | NALEWAJKO IZABELA | | LUBLIN | POLSKA | 1993 | K16 | 21 | 05:11 | 11.56 | 00:26:34 | 00:51:12 | 00:51:53 | | 57 |
| 675 | 909 | SKIBA DANIEL | | WESOŁÓWKA | POLSKA | 1984 | M30 | 250 | 05:11 | 11.56 | 00:26:43 | 00:51:40 | 00:51:53 | 618 | |
| 676 | 594 | KOZACZUK KONRAD | | LUBLIN | POLSKA | 1991 | M16 | 135 | 05:11 | 11.56 | 00:26:55 | 00:51:34 | 00:51:55 | 619 | |
| 677 | 741 | MIERNICKA DOROTA | Sklep Biegacza Lublin Team | LUBLIN | POLSKA | 1984 | K30 | 24 | 05:11 | 11.55 | 00:26:51 | 00:51:14 | 00:51:56 | | 58 |
| 678 | 1442 | WÓJCIK PATRYK | www.twojskarbiec.pl | LUBLIN | POLSKA | 1983 | M30 | 251 | 05:12 | 11.55 | 00:26:09 | 00:51:32 | 00:51:58 | 620 | |
| 679 | 1466 | KAMIENIECKI KRZYSZTOF | BALANCE | LUBLIN | POLSKA | 1976 | M40 | 182 | 05:12 | 11.53 | 00:26:16 | 00:51:41 | 00:52:02 | 621 | |
| 680 | 1475 | SADOWSKI MACIEJ | | LUBLIN | POLSKA | 2000 | M16 | 136 | 05:13 | 11.53 | 00:26:25 | 00:51:32 | 00:52:03 | 622 | |

TRZECIA DYCHA DO MARATONU

Organizator: Fundacja Rozwoju Sportu w Lublinie

Data: Lublin, 11/12.02.2017

Dystans 10 km

| M-sce | Nr Zaw. | Nazwisko imię | Klub | Miejscowość | Kraj | Rok ur. | Kat. Wiek. | M-sce w kat | Tempo min/km | Tempo km/h | 5 km | Czas netto | Czas brutto | Miejsce M | Miejsce K |
|-------|---------|-----------------------------|--------------------------------------|-----------------------|--------|---------|------------|-------------|--------------|------------|----------|------------|-------------|-----------|-----------|
| 681 | 419 | LUTAK AGNIESZKA | UM Lublin | STRZYŻÓW | POLSKA | 1991 | K16 | 22 | 05:13 | 11.53 | 00:27:46 | 00:51:29 | 00:52:03 | | 59 |
| 682 | 1504 | NOWOSAD TOMASZ | NOWY | ŁĘCZNA | POLSKA | 1981 | M30 | 252 | 05:13 | 11.52 | 00:27:01 | 00:51:37 | 00:52:05 | 623 | |
| 683 | 130 | BUKOWSKI SEBASTIAN | biegusiem.pl | RYKI | POLSKA | 1979 | M30 | 253 | 05:13 | 11.52 | 00:27:22 | 00:51:31 | 00:52:06 | 624 | |
| 684 | 810 | WOSK JACEK | biegusiem.pl | RYKI | POLSKA | 1962 | M50 | 44 | 05:13 | 11.51 | 00:27:22 | 00:51:24 | 00:52:07 | 625 | |
| 685 | 71 | KOTARSKI JAKUB | Chełm biega | CYCÓW | POLSKA | 1991 | M16 | 137 | 05:13 | 11.51 | 00:25:36 | 00:52:05 | 00:52:08 | 626 | |
| 686 | 286 | POLSKI DARIUSZ | Lublin Biega | LUBLIN | POLSKA | 1966 | M50 | 45 | 05:13 | 11.51 | 00:26:09 | 00:51:45 | 00:52:08 | 627 | |
| 687 | 1489 | SZPYT TERESA | 1960 | DĘBLIN | POLSKA | 1960 | K50 | 2 | 05:13 | 11.51 | 00:26:20 | 00:51:59 | 00:52:09 | | 60 |
| 688 | 1530 | WRONA JAKUB | | LUBLIN | POLSKA | 1980 | M30 | 254 | 05:13 | 11.5 | 00:26:39 | 00:51:57 | 00:52:10 | 628 | |
| 689 | 1131 | WÓJTOWICZ TOMASZ | Chełm Biega | CHEŁM | POLSKA | 1967 | M50 | 46 | 05:13 | 11.5 | 00:26:40 | 00:51:19 | 00:52:11 | 629 | |
| 690 | 1297 | PAŁKA MAGDALENA | Pozytywnie Aktywni | URSZULIN | POLSKA | 1980 | K30 | 25 | 05:14 | 11.48 | 00:26:38 | 00:51:51 | 00:52:15 | | 61 |
| 691 | 1309 | PAŁKA RAFAŁ | Pozytywnie Aktywni | URSZULIN | POLSKA | 1981 | M30 | 255 | 05:14 | 11.48 | 00:26:38 | 00:51:51 | 00:52:15 | 630 | |
| 692 | 592 | BRAKOWIECKI WOJCIECH | | LUBLIN | POLSKA | 1973 | M40 | 183 | 05:14 | 11.48 | 00:26:41 | 00:51:51 | 00:52:16 | 631 | |
| 693 | 1325 | JANOWSKI GRZEGORZ | | LUBLIN | POLSKA | 1970 | M40 | 184 | 05:14 | 11.48 | 00:26:33 | 00:52:05 | 00:52:16 | 632 | |
| 694 | 1435 | WĄSIK JACEK | cbfs | LUBLIN | POLSKA | 1959 | M50 | 47 | 05:14 | 11.48 | 00:26:50 | 00:51:53 | 00:52:17 | 633 | |
| 695 | 1240 | BĄK WACŁAW | | DOMINÓW | POLSKA | 1974 | M40 | 185 | 05:14 | 11.48 | 00:27:13 | 00:51:29 | 00:52:17 | 634 | |
| 696 | 1098 | RADZIKOWSKI SŁAWOMIR | | LUBLIN | POLSKA | 1986 | M30 | 256 | 05:14 | 11.48 | 00:26:33 | 00:51:38 | 00:52:17 | 635 | |
| 697 | 323 | GRODZICKI PIOTR | | LUBLIN | POLSKA | 1980 | M30 | 257 | 05:14 | 11.47 | 00:27:15 | 00:51:43 | 00:52:18 | 636 | |
| 698 | 148 | PATKOWSKI JACEK | UMCS biega | LUBLIN | POLSKA | 1977 | M40 | 186 | 05:14 | 11.47 | 00:27:02 | 00:51:45 | 00:52:19 | 637 | |
| 699 | 941 | POŁĘTEK TOMEK | | JANÓW LUBELSKI | POLSKA | 1982 | M30 | 258 | 05:14 | 11.46 | 00:00:00 | 00:51:49 | 00:52:20 | 638 | |
| 700 | 101 | PASZKOWSKI PAWEŁ | | ŚWIDNIK | POLSKA | 1985 | M30 | 259 | 05:14 | 11.45 | 00:27:45 | 00:51:36 | 00:52:23 | 639 | |
| 701 | 299 | WIDOMSKA-MACIEJEWSKA JOANNA | NAJWIĘKSZA ARMIA ŚWIATA | LUBLIN | POLSKA | 1982 | K30 | 26 | 05:14 | 11.45 | 00:27:08 | 00:51:33 | 00:52:25 | | 62 |
| 702 | 150 | ZIÓŁEK ANDRZEJ | Największa Armia Świata | LUBLIN | POLSKA | 1985 | M30 | 260 | 05:14 | 11.45 | 00:27:07 | 00:51:33 | 00:52:25 | 640 | |
| 703 | 1230 | WINKLER TOMEK | N.D.N.K. | LUBLIN | POLSKA | 1980 | M30 | 261 | 05:14 | 11.45 | 00:27:00 | 00:52:06 | 00:52:25 | 641 | |
| 704 | 1048 | KRAWCZYK PIOTR | NDNK | LUBLIN | POLSKA | 1979 | M30 | 262 | 05:14 | 11.45 | 00:27:00 | 00:52:06 | 00:52:25 | 642 | |
| 705 | 1400 | JASZCZUK KRZYSZTOF | | WÓLKA ROKICKA KOLONIA | POLSKA | 1997 | M16 | 138 | 05:14 | 11.44 | 00:26:27 | 00:51:57 | 00:52:26 | 643 | |
| 706 | 770 | MAZIK KRZYSZTOF | Ludzka Stonoga, Srefatriathlonu | KRAŚNIK | POLSKA | 1982 | M30 | 263 | 05:14 | 11.44 | 00:26:48 | 00:51:54 | 00:52:26 | 644 | |
| 707 | 431 | KANTOR DAREK | RUN_HELPERSI/lubelskibiegacz.pl TEAM | BODUSZYN | POLSKA | 1968 | M40 | 187 | 05:14 | 11.44 | 00:27:18 | 00:51:50 | 00:52:26 | 645 | |
| 708 | 10 | KAWULA SŁAWOMIR | KS 1906 | LUBLIN | POLSKA | 1983 | M30 | 264 | 05:14 | 11.44 | 00:25:53 | 00:52:08 | 00:52:26 | 646 | |
| 709 | 194 | LEWANDOWSKI MACIEJ | | TURKA | POLSKA | 1972 | M40 | 188 | 05:15 | 11.44 | 00:25:38 | 00:52:09 | 00:52:27 | 647 | |
| 710 | 245 | LEWCZYŃSKI PIOTR | | LUBLIN | POLSKA | 1959 | M50 | 48 | 05:15 | 11.44 | 00:26:22 | 00:52:04 | 00:52:28 | 648 | |
| 711 | 1128 | BLICHARZ STASZEK | KEJM CIECIERZYN | NIEMCE | POLSKA | 1967 | M50 | 49 | 05:15 | 11.44 | 00:26:40 | 00:52:03 | 00:52:28 | 649 | |
| 712 | 447 | CZERNIAKIEWICZ BEATA | | JASTKÓW | POLSKA | 1975 | K40 | 13 | 05:15 | 11.43 | 00:27:13 | 00:51:47 | 00:52:29 | | 63 |
| 713 | 1401 | ZDAŃSKI KAMIL | | PUŁAWY | POLSKA | 1982 | M30 | 265 | 05:15 | 11.43 | 00:27:12 | 00:51:52 | 00:52:29 | 650 | |
| 714 | 184 | MELANIUK MIROSŁAW | | LUBLIN | POLSKA | 1955 | M60 | 11 | 05:15 | 11.43 | 00:27:56 | 00:51:32 | 00:52:30 | 651 | |
| 715 | 745 | WOJTUNIK GRZEGORZ | Apteki PharmaProfit | LUBLIN | POLSKA | 1985 | M30 | 266 | 05:15 | 11.42 | 00:27:43 | 00:51:58 | 00:52:31 | 652 | |
| 716 | 1386 | BANASZCZYK KAMIL | | LUBLIN | POLSKA | 1989 | M16 | 139 | 05:16 | 11.41 | 00:27:25 | 00:52:00 | 00:52:34 | 653 | |
| 717 | 681 | BRZozowski MIROSŁAW | | HRUBIESZÓW | POLSKA | 1979 | M30 | 267 | 05:16 | 11.41 | 00:26:35 | 00:52:17 | 00:52:34 | 654 | |
| 718 | 265 | PUTOWSKI PIOTR | Bulit Team | MOTYCZ | POLSKA | 1990 | M16 | 140 | 05:16 | 11.41 | 00:27:44 | 00:51:45 | 00:52:35 | 655 | |
| 719 | 569 | CZARNACKA KAROLINA | | LUBLIN | POLSKA | 1984 | K30 | 27 | 05:16 | 11.41 | 00:27:43 | 00:52:04 | 00:52:36 | | 64 |
| 720 | 598 | BURY JADWIGA | | KRZCZONÓW | POLSKA | 1960 | K50 | 3 | 05:16 | 11.4 | 00:26:41 | 00:52:21 | 00:52:37 | | 65 |

TRZECIA DYCHA DO MARATONU

Organizator: Fundacja Rozwoju Sportu w Lublinie

Data: Lublin, 11/12.02.2017

Dystans 10 km

| M-sce | Nr Zaw. | Nazwisko imię | Klub | Miejscowość | Kraj | Rok ur. | Kat. Wiek. | M-sce w kat | Tempo min/km | Tempo km/h | 5 km | Czas netto | Czas brutto | Miejsce M | Miejsce K |
|-------|---------|-----------------------|---------------------------------|-------------|--------|---------|------------|-------------|--------------|------------|----------|------------|-------------|-----------|-----------|
| 721 | 1424 | BIELECKI KONRAD | Włodawa Biega | WŁODAWA | POLSKA | 1992 | M16 | 141 | 05:16 | 11.4 | 00:28:00 | 00:51:49 | 00:52:37 | 656 | |
| 722 | 1232 | SZCZEPANIAK AGNIESZKA | | LUBARTÓW | POLSKA | 1978 | K30 | 28 | 05:16 | 11.4 | 00:27:56 | 00:51:51 | 00:52:39 | | 66 |
| 723 | 1412 | WAŚKOWICZ WALDEMAR | | LUBLIN | POLSKA | 1969 | M40 | 189 | 05:16 | 11.4 | 00:26:31 | 00:52:16 | 00:52:39 | 657 | |
| 724 | 1289 | MIDZIERSKA JOANNA | | TURKA | POLSKA | 1984 | K30 | 29 | 05:16 | 11.39 | 00:27:12 | 00:52:08 | 00:52:40 | | 67 |
| 725 | 1420 | TROĆ ADRIAN | | LUBLIN | POLSKA | 1978 | M30 | 268 | 05:16 | 11.39 | 00:28:43 | 00:51:44 | 00:52:42 | 658 | |
| 726 | 650 | WALCZAK RAFAŁ | Biegający Świdnik | ŚWIDNIK | POLSKA | 1984 | M30 | 269 | 05:16 | 11.38 | 00:26:50 | 00:51:59 | 00:52:44 | 659 | |
| 727 | 1043 | GRĘDZIŃSKI RADEK | Arcus SI | LUBLIN | POLSKA | 1979 | M30 | 270 | 05:17 | 11.37 | 00:27:48 | 00:51:57 | 00:52:47 | 660 | |
| 728 | 1182 | CICHACZ RAFAŁ | | LUBLIN | POLSKA | 1993 | M16 | 142 | 05:17 | 11.36 | 00:27:16 | 00:52:25 | 00:52:48 | 661 | |
| 729 | 615 | KIJEK ROBERT | | TURKA | POLSKA | 1969 | M40 | 190 | 05:17 | 11.36 | 00:28:14 | 00:51:48 | 00:52:49 | 662 | |
| 730 | 1213 | WALASEK EMIL | Biegusiem.pl | RYKI | POLSKA | 1990 | M16 | 143 | 05:17 | 11.36 | 00:26:21 | 00:52:16 | 00:52:50 | 663 | |
| 731 | 625 | ROMANOWSKI SERGIUSZ | MKS Sygnał Chodel | CHODEL | POLSKA | 1991 | M16 | 144 | 05:17 | 11.35 | 00:27:08 | 00:52:20 | 00:52:51 | 664 | |
| 732 | 1443 | DOŁŻYŃSKI KRZYSZTOF | Parówkowi cichożercy | LUBLIN | POLSKA | 1986 | M30 | 271 | 05:17 | 11.35 | 00:27:52 | 00:52:01 | 00:52:53 | 665 | |
| 733 | 1126 | NALEPA SZYMON | Im-Possible Team | WARSZAWA | POLSKA | 1984 | M30 | 272 | 05:17 | 11.35 | 00:27:52 | 00:51:56 | 00:52:53 | 666 | |
| 734 | 317 | KAWALEC KAMIL | 7 Piwek Górnik Lublin | LUBLIN | POLSKA | 1982 | M30 | 273 | 05:17 | 11.34 | 00:28:08 | 00:52:13 | 00:52:54 | 667 | |
| 735 | 1559 | LIŚKIEWICZ ALEKSANDRA | Vege Runners / Krasnystaw Biega | KRASNYSTAW | POLSKA | 1993 | K16 | 23 | 05:17 | 11.34 | 00:27:30 | 00:52:23 | 00:52:55 | | 68 |
| 736 | 947 | MAJ TOMASZ | FKS | LUBLIN | POLSKA | 1980 | M30 | 274 | 05:17 | 11.34 | 00:27:43 | 00:52:23 | 00:52:55 | 668 | |
| 737 | 515 | JURKOWSKI ŁUKASZ | biegusiem.pl | SZYMANOWO | POLSKA | 1985 | M30 | 275 | 05:18 | 11.33 | 00:26:43 | 00:52:29 | 00:52:57 | 669 | |
| 738 | 543 | PIOTROWSKI PIOTR | FILMIC TEAM | LUBLIN | POLSKA | 1968 | M40 | 191 | 05:18 | 11.33 | 00:26:35 | 00:52:39 | 00:52:58 | 670 | |
| 739 | 845 | MRÓZ ELŻBIETA | | CHEŁM | POLSKA | 1978 | K30 | 30 | 05:18 | 11.32 | 00:27:04 | 00:52:21 | 00:53:00 | | 69 |
| 740 | 1357 | JAKUBOWSKI PIOTR | Chełm Biega | CHEŁM | POLSKA | 1978 | M30 | 276 | 05:18 | 11.32 | 00:27:55 | 00:52:20 | 00:53:00 | 671 | |
| 741 | 1366 | GAĆKOWSKI MICHAŁ | | NASUTÓW | POLSKA | 1979 | M30 | 277 | 05:18 | 11.32 | 00:27:32 | 00:52:34 | 00:53:01 | 672 | |
| 742 | 1354 | MISCH JERZY | J@BUSKO.PL TEAM | KIELCE | POLSKA | 1983 | M30 | 278 | 05:18 | 11.32 | 00:28:23 | 00:52:22 | 00:53:01 | 673 | |
| 743 | 1365 | SOWA KRZYSZTOF | | LUBLIN | POLSKA | 1984 | M30 | 279 | 05:19 | 11.3 | 00:28:17 | 00:52:07 | 00:53:05 | 674 | |
| 744 | 959 | JUSIAK KONRAD | | LUBLIN | POLSKA | 1984 | M30 | 280 | 05:19 | 11.3 | 00:27:55 | 00:52:17 | 00:53:07 | 675 | |
| 745 | 309 | STANISŁAWEK KINGA | Lubelska Grupa Triathlonu | LUBLIN | POLSKA | 1984 | K30 | 31 | 05:19 | 11.29 | 00:27:31 | 00:52:47 | 00:53:08 | | 70 |
| 746 | 839 | SOBIESIAK KONRAD | | LUBLIN | POLSKA | 1995 | M16 | 145 | 05:19 | 11.29 | 00:27:17 | 00:52:23 | 00:53:08 | 676 | |
| 747 | 704 | KRYSA HALINA | | LUBLIN | POLSKA | 1961 | K50 | 4 | 05:19 | 11.29 | 00:27:18 | 00:52:22 | 00:53:08 | | 71 |
| 748 | 216 | KUDŁO AGNIESZKA | | LUBARTÓW | POLSKA | 1974 | K40 | 14 | 05:19 | 11.29 | 00:27:56 | 00:52:21 | 00:53:09 | | 72 |
| 749 | 1549 | RACZYŃSKI MIROSŁAW | | CHEŁM | POLSKA | 1960 | M50 | 50 | 05:19 | 11.28 | 00:27:26 | 00:52:34 | 00:53:11 | 677 | |
| 750 | 1143 | REWERSKI MICHAŁ | | LUBLIN | POLSKA | 1992 | M16 | 146 | 05:19 | 11.28 | 00:26:35 | 00:52:55 | 00:53:11 | 678 | |
| 751 | 1068 | PIASECKA ANETA | | LUBLIN | POLSKA | 1974 | K40 | 15 | 05:19 | 11.28 | 00:26:58 | 00:52:51 | 00:53:11 | | 73 |
| 752 | 1362 | WYBRANIEC ROBERT | | LUBLIN | POLSKA | 1988 | M16 | 147 | 05:19 | 11.27 | 00:27:59 | 00:52:53 | 00:53:13 | 679 | |
| 753 | 182 | SŁOWIK PAWEŁ | | LUBARTÓW | POLSKA | 1984 | M30 | 281 | 05:19 | 11.27 | 00:27:47 | 00:52:26 | 00:53:13 | 680 | |
| 754 | 1468 | DROBEK KONRAD | | LUBLIN | POLSKA | 1988 | M16 | 148 | 05:19 | 11.27 | 00:28:00 | 00:52:52 | 00:53:14 | 681 | |
| 755 | 282 | SIEDLACZEK ZBIGNIEW | Sklep Biegacza Lublin Team | LUBLIN | POLSKA | 1957 | M60 | 12 | 05:19 | 11.27 | 00:27:05 | 00:52:40 | 00:53:14 | 682 | |
| 756 | 661 | REJKIEWICZ ROBERT | | LUBLIN | POLSKA | 1995 | M16 | 149 | 05:19 | 11.27 | 00:29:04 | 00:52:36 | 00:53:14 | 683 | |
| 757 | 1256 | OSOBA ANDRZEJ | | LUBLIN | POLSKA | 1962 | M50 | 51 | 05:19 | 11.27 | 00:27:07 | 00:52:56 | 00:53:14 | 684 | |
| 758 | 24 | MAMCZARZ PATRYCJUSZ | Lubella | SNOPKÓW | POLSKA | 1979 | M30 | 282 | 05:20 | 11.26 | 00:27:46 | 00:52:20 | 00:53:16 | 685 | |
| 759 | 160 | SADURA MAREK | Biegniemy po ciastki | NIEMCE | POLSKA | 1987 | M30 | 283 | 05:20 | 11.26 | 00:27:47 | 00:52:53 | 00:53:17 | 686 | |
| 760 | 1084 | HEJDUK MONIKA | UMCS Biega | LUBLIN | POLSKA | 1976 | K40 | 16 | 05:20 | 11.25 | 00:27:38 | 00:52:37 | 00:53:20 | | 74 |

TRZECIA DYCHA DO MARATONU

Organizator: Fundacja Rozwoju Sportu w Lublinie

Data: Lublin, 11/12.02.2017

Dystans 10 km

| M-sce | Nr Zaw. | Nazwisko imię | Klub | Miejscowość | Kraj | Rok ur. | Kat. Wiek. | M-sce w kat | Tempo min/km | Tempo km/h | 5 km | Czas netto | Czas brutto | Miejsce M | Miejsce K |
|-------|---------|-----------------------|-----------------------------------|-------------------------|--------|---------|------------|-------------|--------------|------------|----------|------------|-------------|-----------|-----------|
| 761 | 907 | WACIŃSKI JACEK | | LUBLIN | POLSKA | 1981 | M30 | 284 | 05:20 | 11.24 | 00:26:59 | 00:53:02 | 00:53:22 | 687 | |
| 762 | 963 | LENART ARTUR | Intive | OSTROWIEC ŚWIĘTOKRZYSKI | POLSKA | 1990 | M16 | 150 | 05:20 | 11.24 | 00:26:28 | 00:53:03 | 00:53:23 | 688 | |
| 763 | 915 | CHOMICZ ZBIGNIEW | lubartowbiega.pl | LUBARTÓW | POLSKA | 1983 | M30 | 285 | 05:20 | 11.24 | 00:28:18 | 00:52:47 | 00:53:24 | 689 | |
| 764 | 1283 | PAWEŁKO MARIUSZ | 1 bz chełm | BIŁGORAJ | POLSKA | 1977 | M40 | 192 | 05:20 | 11.24 | 00:27:50 | 00:52:46 | 00:53:24 | 690 | |
| 765 | 698 | NOWAK KAROL | niech tylko Nowak wyleczy kolano | LUBLIN | POLSKA | 1988 | M16 | 151 | 05:20 | 11.24 | 00:28:09 | 00:52:37 | 00:53:24 | 691 | |
| 766 | 363 | FERENS ROBERT | | SWIDNIK | POLSKA | 1979 | M30 | 286 | 05:20 | 11.23 | 00:27:45 | 00:52:49 | 00:53:25 | 692 | |
| 767 | 903 | GRUCHALSKA DOROTA | Krasnickie Kluby Morsów | KRAŚNIK | POLSKA | 1980 | K30 | 32 | 05:20 | 11.23 | 00:26:58 | 00:53:01 | 00:53:26 | | 75 |
| 768 | 986 | CHLEBIO JAROSŁAW | | LUBLIN | POLSKA | 1975 | M40 | 193 | 05:21 | 11.23 | 00:27:59 | 00:52:45 | 00:53:27 | 693 | |
| 769 | 1569 | KRUKAR ARYSTYDES | | LUBLIN | POLSKA | 1998 | M16 | 152 | 05:21 | 11.21 | 00:28:29 | 00:52:44 | 00:53:32 | 694 | |
| 770 | 1462 | WĘGLIŃSKI KRZYSZTOF | Makondo | MAJDAN KOZIC DOLNYCH | POLSKA | 1982 | M30 | 287 | 05:22 | 11.2 | 00:27:22 | 00:53:03 | 00:53:33 | 695 | |
| 771 | 120 | NIEDZIAŁEK KATARZYNA | Biegający Świdnik | 21-040 | POLSKA | 1991 | K16 | 24 | 05:22 | 11.2 | 00:28:16 | 00:52:47 | 00:53:33 | | 76 |
| 772 | 330 | PIETRZAK PIOTR | ARCUS SI | LUBLIN | POLSKA | 1980 | M30 | 288 | 05:22 | 11.2 | 00:31:25 | 00:52:27 | 00:53:35 | 696 | |
| 773 | 1566 | KAWKA PIOTR | | LUBLIN | POLSKA | 1998 | M16 | 153 | 05:22 | 11.18 | 00:27:47 | 00:53:04 | 00:53:39 | 697 | |
| 774 | 636 | BERNAT ARKADIUSZ | UMCS Biega | ŁUCKA KOLONIA | POLSKA | 1993 | M16 | 154 | 05:22 | 11.18 | 00:27:15 | 00:53:12 | 00:53:40 | 698 | |
| 775 | 154 | JURKOWSKI DARIUSZ | | LUBLIN | POLSKA | 1988 | M16 | 155 | 05:22 | 11.17 | 00:28:55 | 00:52:53 | 00:53:42 | 699 | |
| 776 | 388 | JURKOWSKI KRZYSZTOF | | LUBLIN | POLSKA | 1989 | M16 | 156 | 05:22 | 11.17 | 00:28:56 | 00:52:53 | 00:53:42 | 700 | |
| 777 | 1194 | ŻUKIEWICZ RAFAŁ | Strefa Piękna-Lublin | LUBLIN | POLSKA | 1986 | M30 | 289 | 05:22 | 11.17 | 00:28:43 | 00:52:58 | 00:53:44 | 701 | |
| 778 | 424 | FIGURA DAREK | On i On - Komediowy duet muzyczny | LUBLIN | POLSKA | 1986 | M30 | 290 | 05:22 | 11.17 | 00:27:05 | 00:53:06 | 00:53:44 | 702 | |
| 779 | 1490 | MISZTAL AGNIESZKA | | LUBARTÓW | POLSKA | 1977 | K40 | 17 | 05:23 | 11.16 | 00:27:54 | 00:53:07 | 00:53:46 | | 77 |
| 780 | 1161 | MARCINEK KRZYSZTOF | PZU SPORT TEAM | LUBLIN | POLSKA | 1980 | M30 | 291 | 05:23 | 11.16 | 00:27:05 | 00:53:21 | 00:53:46 | 703 | |
| 781 | 106 | FIJAŁKOWSKA BEATA | | LUBLIN | POLSKA | 1989 | K16 | 25 | 05:23 | 11.16 | 00:27:11 | 00:53:11 | 00:53:47 | | 78 |
| 782 | 427 | WEPA WIESŁAW | | CHEŁM | POLSKA | 1956 | M60 | 13 | 05:23 | 11.15 | 00:26:42 | 00:53:25 | 00:53:48 | 704 | |
| 783 | 1523 | FLIS TOMASZ | Sklep Biegacza Lublin | LUBLIN | POLSKA | 1990 | M16 | 157 | 05:23 | 11.15 | 00:27:35 | 00:53:14 | 00:53:49 | 705 | |
| 784 | 1522 | PŁATEK MARTA | | JANÓW LUBELSKI | POLSKA | 1993 | K16 | 26 | 05:23 | 11.15 | 00:27:35 | 00:53:14 | 00:53:50 | | 79 |
| 785 | 585 | POŁEĆ IRENUESZ | Polska Marka | LUBLIN | POLSKA | 1986 | M30 | 292 | 05:23 | 11.14 | 00:27:07 | 00:52:59 | 00:53:51 | 706 | |
| 786 | 266 | ŁUKASIK ANDRZEJ | | LUBLIN | POLSKA | 1965 | M50 | 52 | 05:23 | 11.14 | 00:28:15 | 00:52:59 | 00:53:53 | 707 | |
| 787 | 1303 | SOBKOWICZ JAREK | | BYCHAWKA | POLSKA | 1985 | M30 | 293 | 05:23 | 11.13 | 00:28:32 | 00:53:01 | 00:53:55 | 708 | |
| 788 | 1574 | SZCZUKA JAROSŁAW | LSB | LUBLIN | POLSKA | 1973 | M40 | 194 | 05:23 | 11.13 | 00:28:21 | 00:53:16 | 00:53:55 | 709 | |
| 789 | 1496 | CZORNIK HENRYK | Lubelskie Stowarzyszenie Biegowe | LUBLIN | POLSKA | 1965 | M50 | 53 | 05:23 | 11.13 | 00:28:21 | 00:53:19 | 00:53:55 | 710 | |
| 790 | 484 | HANCZYN PAWEŁ | | KROSNO | POLSKA | 1980 | M30 | 294 | 05:23 | 11.12 | 00:28:19 | 00:53:12 | 00:53:56 | 711 | |
| 791 | 977 | ZIELONKA EDYTA | Nałęczów biega | NAŁĘCZÓW | POLSKA | 1976 | K40 | 18 | 05:24 | 11.12 | 00:27:28 | 00:53:17 | 00:53:57 | | 80 |
| 792 | 1053 | BELOWSKI LESZEK | Chemik Elektrownia Puławy | PULAWY | POLSKA | 1953 | M60 | 14 | 05:24 | 11.12 | 00:27:59 | 00:53:21 | 00:53:58 | 712 | |
| 793 | 207 | GUZIK ADRIAN | guzikluzik | MALBORK | POLSKA | 1993 | M16 | 158 | 05:24 | 11.12 | 00:27:17 | 00:53:15 | 00:53:58 | 713 | |
| 794 | 930 | LECH ANDRZEJ | pizza capri biega lublin | LUBLIN | POLSKA | 1969 | M40 | 195 | 05:24 | 11.11 | 00:27:07 | 00:53:34 | 00:54:00 | 714 | |
| 795 | 1285 | DOMARADZKA MAŁGORZATA | BT WAGABUNDA | RZESZÓW | POLSKA | 1966 | K50 | 5 | 05:24 | 11.11 | 00:27:17 | 00:53:49 | 00:54:01 | | 81 |
| 796 | 1553 | GADZAŁA STANISŁAW | Lubartów Biega | LUBARTÓW | POLSKA | 1983 | M30 | 295 | 05:24 | 11.1 | 00:28:18 | 00:53:26 | 00:54:03 | 715 | |
| 797 | 849 | SOCHA MARCIN | www.lubartowbiega.pl | LUBARTÓW | POLSKA | 1980 | M30 | 296 | 05:24 | 11.1 | 00:28:18 | 00:53:28 | 00:54:03 | 716 | |
| 798 | 1257 | PACHUTA PATRYK | | KRASNYSTAW | POLSKA | 1998 | M16 | 159 | 05:25 | 11.1 | 00:28:31 | 00:53:35 | 00:54:04 | 717 | |
| 799 | 1321 | MAZUR DANIEL | | LUBLIN | POLSKA | 1976 | M40 | 196 | 05:25 | 11.09 | 00:28:17 | 00:53:19 | 00:54:05 | 718 | |
| 800 | 1129 | BORKOWSKI ŁUKASZ | Husaria race Team | LUBLIN | POLSKA | 1974 | M40 | 197 | 05:25 | 11.09 | 00:26:54 | 00:53:47 | 00:54:06 | 719 | |

TRZECIA DYCHA DO MARATONU

Organizator: Fundacja Rozwoju Sportu w Lublinie

Data: Lublin, 11/12.02.2017

Dystans 10 km

| M-sce | Nr Zaw. | Nazwisko imię | Klub | Miejscowość | Kraj | Rok ur. | Kat. Wiek. | M-sce w kat | Tempo min/km | Tempo km/h | 5 km | Czas netto | Czas brutto | Miejsce M | Miejsce K |
|-------|---------|-------------------------|---------------------------------------|--------------------|--------|---------|------------|-------------|--------------|------------|----------|------------|-------------|-----------|-----------|
| 801 | 755 | PIOTROWSKI EMIL | CBL Banda | LUBLIN | POLSKA | 1987 | M30 | 297 | 05:25 | 11.08 | 00:27:11 | 00:53:53 | 00:54:08 | 720 | |
| 802 | 700 | CZEŃCZYK MACIEJ | KS Ciecierzyn | DYS | POLSKA | 1979 | M30 | 298 | 05:25 | 11.08 | 00:28:07 | 00:53:31 | 00:54:08 | 721 | |
| 803 | 425 | TCHOREK ANNA | | LUBLIN | POLSKA | 1976 | K40 | 19 | 05:25 | 11.08 | 00:27:43 | 00:53:33 | 00:54:09 | | 82 |
| 804 | 1190 | CZEMERYŚ ŁUKASZ | Biegający Świdnik | ŚWIDNIK | POLSKA | 1985 | M30 | 299 | 05:25 | 11.08 | 00:28:29 | 00:53:26 | 00:54:10 | 722 | |
| 805 | 670 | JASIŃSKA ANNA | BIEGAJĄCY ŚWIDNIK/BIEGNĘ, ŻEBY BARTEK | ŚWIDNIK | POLSKA | 1985 | K30 | 33 | 05:25 | 11.07 | 00:28:16 | 00:53:25 | 00:54:11 | | 83 |
| 806 | 1014 | GAWROŃSKI JACEK | Biegający Świdnik | ŚWIDNIK | POLSKA | 1979 | M30 | 300 | 05:25 | 11.07 | 00:28:17 | 00:53:25 | 00:54:12 | 723 | |
| 807 | 781 | BOCIAN MICHAŁ | | DOROHUSK | POLSKA | 1989 | M16 | 160 | 05:26 | 11.04 | 00:27:17 | 00:53:42 | 00:54:21 | 724 | |
| 808 | 1329 | TOMASZEWSKI WOJTEK | | BEŁŻYCE | POLSKA | 1984 | M30 | 301 | 05:26 | 11.03 | 00:28:11 | 00:53:43 | 00:54:24 | 725 | |
| 809 | 1317 | NAKONIECZNY PAWEŁ | | LUBLIN | POLSKA | 1993 | M16 | 161 | 05:26 | 11.03 | 00:28:45 | 00:53:35 | 00:54:24 | 726 | |
| 810 | 302 | RUMIŃSKA ŻANETA | BEŁŻYCE I OKOLICE BIEGAJĄ | BEŁŻYCE | POLSKA | 1975 | K40 | 20 | 05:26 | 11.03 | 00:28:10 | 00:53:44 | 00:54:24 | | 84 |
| 811 | 1517 | WOŹNIACKI ADAM | Lubelskie Stowarzyszenie Biegowe | LUBLIN | POLSKA | 1974 | M40 | 198 | 05:26 | 11.03 | 00:27:45 | 00:53:59 | 00:54:25 | 727 | |
| 812 | 632 | PRĘDKIEWICZ KATARZYNA | | STAROŚCIN | POLSKA | 1992 | K16 | 27 | 05:26 | 11.02 | 00:28:45 | 00:53:36 | 00:54:26 | | 85 |
| 813 | 339 | MILCZAREK SŁAWOMIR | | TURKA | POLSKA | 1961 | M50 | 54 | 05:27 | 11.02 | 00:27:48 | 00:53:49 | 00:54:27 | 728 | |
| 814 | 925 | STAROŃSKA DOROTA | Stalowowolski Klub Biegacza | STALOWA WOLA | POLSKA | 1987 | K30 | 34 | 05:27 | 11.01 | 00:30:38 | 00:53:24 | 00:54:29 | | 86 |
| 815 | 420 | LECH ZBIGNIEW | Nie | LUBLIN | POLSKA | 1957 | M60 | 15 | 05:27 | 11 | 00:28:10 | 00:53:53 | 00:54:32 | 729 | |
| 816 | 883 | KIEŁBASA SYLWIA | | LUBLIN | POLSKA | 1986 | K30 | 35 | 05:28 | 11 | 00:28:49 | 00:53:51 | 00:54:33 | | 87 |
| 817 | 750 | DRZAZGA WIOLETTA | Biegamy dzisiaj? | WIERZBICA- OSIEDLE | POLSKA | 1981 | K30 | 36 | 05:28 | 11 | 00:28:28 | 00:53:45 | 00:54:33 | | 88 |
| 818 | 442 | DANIELAK DOMINIK | | LUBLIN | POLSKA | 1971 | M40 | 199 | 05:28 | 11 | 00:27:44 | 00:54:06 | 00:54:33 | 730 | |
| 819 | 178 | IWAN DANIEL | | PONIATOWA | POLSKA | 1993 | M16 | 162 | 05:28 | 11 | 00:28:34 | 00:54:00 | 00:54:33 | 731 | |
| 820 | 1011 | ZIELONKA MARCIN | | PONIATOWA | POLSKA | 1993 | M16 | 163 | 05:28 | 11 | 00:28:34 | 00:54:00 | 00:54:34 | 732 | |
| 821 | 1318 | BAKA MAGDALENA | Go Sport Lublin | LUBLIN | POLSKA | 1987 | K30 | 37 | 05:28 | 11 | 00:28:09 | 00:53:44 | 00:54:34 | | 89 |
| 822 | 740 | WASZCZYŃSKI PAWEŁ | | SIENNICA NADOLNA | POLSKA | 1987 | M30 | 302 | 05:28 | 10.99 | 00:30:07 | 00:53:37 | 00:54:35 | 733 | |
| 823 | 583 | MRÓZ SYLWESTER | | LUBLIN | POLSKA | 1987 | M30 | 303 | 05:28 | 10.99 | 00:28:46 | 00:53:53 | 00:54:35 | 734 | |
| 824 | 601 | KUBICKI MAREK | | PLISZCZYN | POLSKA | 1968 | M40 | 200 | 05:28 | 10.99 | 00:27:27 | 00:54:18 | 00:54:36 | 735 | |
| 825 | 229 | ZIEMECKI PIOTR | Run_helpersi | LUBLIN | POLSKA | 1980 | M30 | 304 | 05:28 | 10.99 | 00:27:42 | 00:54:02 | 00:54:36 | 736 | |
| 826 | 251 | KAWALEC BARTŁOMIEJ | www.wedki.pl | LUBLIN | POLSKA | 1976 | M40 | 201 | 05:28 | 10.99 | 00:28:34 | 00:53:55 | 00:54:37 | 737 | |
| 827 | 473 | GABRYEL MACIEJ | Biegam do minus sześciu :) | LUBLIN | POLSKA | 1979 | M30 | 305 | 05:28 | 10.98 | 00:29:03 | 00:53:47 | 00:54:39 | 738 | |
| 828 | 1052 | DZIUBA PIOTR | | NIEMCE | POLSKA | 1984 | M30 | 306 | 05:28 | 10.98 | 00:28:43 | 00:54:11 | 00:54:40 | 739 | |
| 829 | 1395 | REJMAK SYLWESTER | CISOWIANKA TEAM.PL | NAŁĘCZÓW | POLSKA | 1990 | M16 | 164 | 05:28 | 10.97 | 00:26:04 | 00:54:35 | 00:54:41 | 740 | |
| 830 | 333 | LIPCZYŃSKI OLAF | WOLNOŚĆ ENDORFINOM | LUBLIN | POLSKA | 1979 | M30 | 307 | 05:29 | 10.96 | 00:29:36 | 00:53:31 | 00:54:45 | 741 | |
| 831 | 913 | PRZYCZYNA MAREK | | TOMASZÓW LUBELSKI | POLSKA | 1973 | M40 | 202 | 05:29 | 10.95 | 00:29:20 | 00:53:52 | 00:54:47 | 742 | |
| 832 | 1055 | MACIK IRENEUSZ | Pawtrans Holding sp. z o.o. | LUBLIN | POLSKA | 1977 | M40 | 203 | 05:29 | 10.95 | 00:27:49 | 00:54:24 | 00:54:48 | 743 | |
| 833 | 629 | KOWALUK WOJTEK | SOS Wioski Dziecięce | LUBLIN | POLSKA | 1981 | M30 | 308 | 05:29 | 10.94 | 00:28:32 | 00:53:59 | 00:54:50 | 744 | |
| 834 | 1207 | MIERZWA ZBIGNIEW | BdowWB | LUBLIN | POLSKA | 1976 | M40 | 204 | 05:29 | 10.94 | 00:28:06 | 00:54:25 | 00:54:52 | 745 | |
| 835 | 904 | MALICKA KATARZYNA | PKO Bank Polski | LUBLIN | POLSKA | 1981 | K30 | 38 | 05:29 | 10.94 | 00:28:55 | 00:54:10 | 00:54:52 | | 90 |
| 836 | 521 | RENC PIOTR | bdowWb | LUBLIN | POLSKA | 1975 | M40 | 205 | 05:29 | 10.93 | 00:28:06 | 00:54:26 | 00:54:53 | 746 | |
| 837 | 59 | NALEWAJKO JOANNA | Bełżyce i okolice biegają | BEŁŻYCE | POLSKA | 1978 | K30 | 39 | 05:29 | 10.93 | 00:29:00 | 00:53:55 | 00:54:53 | | 91 |
| 838 | 1586 | PIECH DOROTA | | GÓRY | POLSKA | 1991 | K16 | 28 | 05:29 | 10.93 | 00:27:56 | 00:54:08 | 00:54:53 | | 92 |
| 839 | 269 | KOZIK IZA | | MAŁYSZYN | POLSKA | 1987 | K30 | 40 | 05:29 | 10.93 | 00:28:11 | 00:54:06 | 00:54:53 | | 93 |
| 840 | 1152 | KŁEMBOKOWSKI ALEKSANDER | Sklep Biegacza Lublin Team | LUBLIN | POLSKA | 1980 | M30 | 309 | 05:29 | 10.93 | 00:27:56 | 00:54:09 | 00:54:54 | 747 | |

TRZECIA DYCHA DO MARATONU

Organizator: Fundacja Rozwoju Sportu w Lublinie

Data: Lublin, 11/12.02.2017

Dystans 10 km

| M-sce | Nr Zaw. | Nazwisko imię | Klub | Miejscowość | Kraj | Rok ur. | Kat. Wiek. | M-sce w kat | Tempo min/km | Tempo km/h | 5 km | Czas netto | Czas brutto | Miejsce M | Miejsce K |
|-------|---------|----------------------|-------------------------------|-----------------|--------|---------|------------|-------------|--------------|------------|----------|------------|-------------|-----------|-----------|
| 841 | 146 | NAZARUK RAFAŁ | Uks15Lublin | LUBLIN | POLSKA | 1981 | M30 | 310 | 05:29 | 10.93 | 00:27:33 | 00:54:18 | 00:54:54 | 748 | |
| 842 | 432 | PYRA MAREK | Biegam z ABS | LUBLIN | POLSKA | 1984 | M30 | 311 | 05:29 | 10.93 | 00:28:57 | 00:54:05 | 00:54:55 | 749 | |
| 843 | 721 | WAPA MAREK | KB Biała Biega | BIAŁA PODLASKA | POLSKA | 1980 | M30 | 312 | 05:29 | 10.93 | 00:28:09 | 00:54:22 | 00:54:55 | 750 | |
| 844 | 496 | DOBIES AGNIESZKA | KW Lublin | LUBLIN | POLSKA | 1982 | K30 | 41 | 05:30 | 10.92 | 00:29:01 | 00:54:04 | 00:54:57 | | 94 |
| 845 | 873 | KWIETNIEWSKI RAFAŁ | FIRSTSTOP | LUBLIN | POLSKA | 1976 | M40 | 206 | 05:30 | 10.92 | 00:28:10 | 00:54:22 | 00:54:58 | 751 | |
| 846 | 759 | BARANIECKI TOMASZ | Elneg.pl | LUBLIN | POLSKA | 1988 | M16 | 165 | 05:30 | 10.91 | 00:27:50 | 00:54:02 | 00:55:00 | 752 | |
| 847 | 1343 | KOMOTAJTIS PAWEŁ | | LUBLIN | POLSKA | 1976 | M40 | 207 | 05:30 | 10.9 | 00:27:56 | 00:54:23 | 00:55:02 | 753 | |
| 848 | 1346 | POLACZEK PAWEŁ | UMCS - EKONOMIA | NIEDRZWICA DUŻA | POLSKA | 1997 | M16 | 166 | 05:31 | 10.9 | 00:28:30 | 00:54:07 | 00:55:03 | 754 | |
| 849 | 660 | JAREMEK PAWEŁ | Start In Smart | LUBLIN | POLSKA | 1975 | M40 | 208 | 05:31 | 10.9 | 00:28:08 | 00:54:23 | 00:55:04 | 755 | |
| 850 | 1358 | DOMAŃSKI MICHAŁ | | LUBARTÓW | POLSKA | 1989 | M16 | 167 | 05:31 | 10.9 | 00:30:30 | 00:53:53 | 00:55:04 | 756 | |
| 851 | 214 | LENARD WOJCIECH | | LUBLIN | POLSKA | 1989 | M16 | 168 | 05:31 | 10.89 | 00:28:23 | 00:54:19 | 00:55:05 | 757 | |
| 852 | 1294 | SŁOTWINSKI PIOTR | kapitan jastrzęb | LUBLIN | POLSKA | 1980 | M30 | 313 | 05:31 | 10.88 | 00:29:13 | 00:54:04 | 00:55:08 | 758 | |
| 853 | 164 | TWARDZIAK JACEK | | LUBLIN | POLSKA | 1969 | M40 | 209 | 05:31 | 10.88 | 00:29:50 | 00:53:57 | 00:55:08 | 759 | |
| 854 | 315 | KOWALSKI ŁUKASZ | | ŻABIA WOLA | POLSKA | 1982 | M30 | 314 | 05:31 | 10.88 | 00:28:28 | 00:54:29 | 00:55:10 | 760 | |
| 855 | 109 | SZYSZKO PAWEŁ | | LUBLIN | POLSKA | 1974 | M40 | 210 | 05:31 | 10.88 | 00:28:19 | 00:53:55 | 00:55:10 | 761 | |
| 856 | 1229 | JANOWSKI PAWEŁ | | ŁĘCZNA | POLSKA | 1982 | M30 | 315 | 05:31 | 10.87 | 00:28:39 | 00:54:09 | 00:55:13 | 762 | |
| 857 | 1352 | JANOWSKI TOMASZ | CrossFit Lublin | ŁĘCZNA | POLSKA | 1986 | M30 | 316 | 05:31 | 10.87 | 00:28:39 | 00:54:10 | 00:55:13 | 763 | |
| 858 | 516 | GUZOWSKI KRZYSZTOF | | LUBLIN | POLSKA | 1986 | M30 | 317 | 05:31 | 10.86 | 00:28:36 | 00:54:20 | 00:55:14 | 764 | |
| 859 | 722 | KURANC MACIEK | MAŚLUCHY TEAM | LUBLIN | POLSKA | 1995 | M16 | 169 | 05:31 | 10.86 | 00:28:17 | 00:54:47 | 00:55:14 | 765 | |
| 860 | 354 | BIEGAJ JACEK | Biegam z ABS | LUBLIN | POLSKA | 1971 | M40 | 211 | 05:32 | 10.85 | 00:27:58 | 00:54:47 | 00:55:17 | 766 | |
| 861 | 1147 | MILCZARSKI MICHAŁ | Na Grubej Malinie | BIAŁA PODLASKA | POLSKA | 1982 | M30 | 318 | 05:32 | 10.85 | 00:28:11 | 00:54:32 | 00:55:19 | 767 | |
| 862 | 1242 | STRÓŻAK PAWEŁ | | LUBLIN | POLSKA | 1983 | M30 | 319 | 05:32 | 10.85 | 00:28:28 | 00:54:32 | 00:55:19 | 768 | |
| 863 | 498 | GAŁUS ANGELIKA | NFZ Lublin | LUBLIN | POLSKA | 1990 | K16 | 29 | 05:32 | 10.85 | 00:29:21 | 00:54:35 | 00:55:19 | | 95 |
| 864 | 258 | BEDNARCZYK TOMASZ | FIRLEJ BIEGA POLSKA | FIRLEJ | POLSKA | 1983 | M30 | 320 | 05:32 | 10.84 | 00:28:22 | 00:54:40 | 00:55:20 | 769 | |
| 865 | 861 | ZYCHMAN OFELIA | | LUBLIN | POLSKA | 1993 | K16 | 30 | 05:32 | 10.84 | 00:29:14 | 00:55:03 | 00:55:20 | | 96 |
| 866 | 3 | RAKOWSKI TOMASZ | | WOJCIECHÓW | POLSKA | 1969 | M40 | 212 | 05:32 | 10.84 | 00:29:06 | 00:54:22 | 00:55:20 | 770 | |
| 867 | 1010 | ANTOŃ MICHAŁ | | NIEDRZWICA DUŻA | POLSKA | 1994 | M16 | 170 | 05:32 | 10.84 | 00:29:14 | 00:55:03 | 00:55:20 | 771 | |
| 868 | 393 | SZPONAR KAROLINA | | LUBLIN | POLSKA | 1991 | K16 | 31 | 05:32 | 10.84 | 00:29:12 | 00:54:31 | 00:55:21 | | 97 |
| 869 | 696 | SKOWRONEK WERONIKA | Maśluchy Team | UŚCIMÓW | POLSKA | 1997 | K16 | 32 | 05:32 | 10.83 | 00:28:17 | 00:54:56 | 00:55:23 | | 98 |
| 870 | 1562 | SZEWCZYK KRZYSZTOF | | LUBLIN | POLSKA | 1987 | M30 | 321 | 05:32 | 10.83 | 00:27:26 | 00:55:08 | 00:55:24 | 772 | |
| 871 | 94 | SKÓRSKI ŁUKASZ | | KAMIEŃ | POLSKA | 1993 | M16 | 171 | 05:32 | 10.83 | 00:27:41 | 00:54:55 | 00:55:24 | 773 | |
| 872 | 1561 | PROŚCIŃSKI KRZYSZTOF | ELPIE TEAM | LUBLIN | POLSKA | 1981 | M30 | 322 | 05:32 | 10.83 | 00:28:37 | 00:54:40 | 00:55:25 | 774 | |
| 873 | 568 | GOLIS MAGDALENA | | RYKI | POLSKA | 1988 | K16 | 33 | 05:32 | 10.83 | 00:28:28 | 00:54:25 | 00:55:25 | | 99 |
| 874 | 395 | GAJEWSKI PIOTR | Run_Helpersi | LUBLIN | POLSKA | 1980 | M30 | 323 | 05:32 | 10.82 | 00:28:15 | 00:54:51 | 00:55:26 | 775 | |
| 875 | 630 | PAWĘZKA MIROSŁAW | Banda Grudnia / Orange Polska | LUBLIN | POLSKA | 1980 | M30 | 324 | 05:33 | 10.8 | 00:29:19 | 00:54:12 | 00:55:32 | 776 | |
| 876 | 616 | LISOWSKI JACEK | Banda Grudnia | DABROWICA | POLSKA | 1970 | M40 | 213 | 05:33 | 10.8 | 00:29:18 | 00:54:13 | 00:55:32 | 777 | |
| 877 | 970 | BOROCH JAROSŁAW | | LUBLIN | POLSKA | 1973 | M40 | 214 | 05:34 | 10.8 | 00:28:29 | 00:55:11 | 00:55:34 | 778 | |
| 878 | 1209 | MACIEJ LORENC | Biegusiem.pl | RYKI | POLSKA | 1975 | M40 | 215 | 05:34 | 10.79 | 00:28:55 | 00:54:52 | 00:55:35 | 779 | |
| 879 | 474 | CYBULSKI TOMASZ | provaluer.pl | LUBARTÓW | POLSKA | 1980 | M30 | 325 | 05:34 | 10.78 | 00:28:59 | 00:54:53 | 00:55:38 | 780 | |
| 880 | 1246 | MAKOWSKI SŁAWOMIR | | LUBLIN | POLSKA | 1961 | M50 | 55 | 05:34 | 10.78 | 00:27:27 | 00:55:04 | 00:55:38 | 781 | |

TRZECIA DYCHA DO MARATONU

Organizator: Fundacja Rozwoju Sportu w Lublinie

Data: Lublin, 11/12.02.2017

Dystans 10 km

| M-sce | Nr Zaw. | Nazwisko imię | Klub | Miejscowość | Kraj | Rok ur. | Kat. Wiek. | M-sce w kat | Tempo min/km | Tempo km/h | 5 km | Czas netto | Czas brutto | Miejsce M | Miejsce K |
|-------|---------|---------------------|---------------------------|-------------------|--------|---------|------------|-------------|--------------|------------|----------|------------|-------------|-----------|-----------|
| 881 | 1196 | GRZYWNA PAWEŁ | | LUBLIN | POLSKA | 1970 | M40 | 216 | 05:34 | 10.78 | 00:31:38 | 00:54:19 | 00:55:38 | 782 | |
| 882 | 1341 | GAJEWSKA ANNA | | LUBLIN | POLSKA | 1983 | K30 | 42 | 05:34 | 10.78 | 00:31:38 | 00:54:20 | 00:55:38 | | 100 |
| 883 | 1499 | STĘPIEŃ GRZEGORZ | | LUBLIN | POLSKA | 1974 | M40 | 217 | 05:34 | 10.78 | 00:28:42 | 00:55:02 | 00:55:40 | 783 | |
| 884 | 1144 | POŹNIAK KAROL | AktywnyNadgarstek.pl | LUBLIN | POLSKA | 1979 | M30 | 326 | 05:34 | 10.77 | 00:31:01 | 00:54:33 | 00:55:42 | 784 | |
| 885 | 394 | KOŁODZIEJ MARCIN | | LEŚNIEWICE | POLSKA | 1981 | M30 | 327 | 05:35 | 10.76 | 00:28:38 | 00:54:54 | 00:55:46 | 785 | |
| 886 | 238 | PIOTROWSKI ŁUKASZ | Lublin Biega | LUBLIN | POLSKA | 1984 | M30 | 328 | 05:35 | 10.76 | 00:29:04 | 00:55:09 | 00:55:47 | 786 | |
| 887 | 702 | NAUMIUK MAREK | Bento | LUBLIN | POLSKA | 1966 | M50 | 56 | 05:35 | 10.76 | 00:28:26 | 00:55:05 | 00:55:47 | 787 | |
| 888 | 115 | POTRZYSCZ LUKASZ | Biegam z ABS | LUBLIN | POLSKA | 1980 | M30 | 329 | 05:35 | 10.75 | 00:28:51 | 00:54:57 | 00:55:48 | 788 | |
| 889 | 1434 | BUCZEK MATEUSZ | | PALIKIJE PIERWSZE | POLSKA | 2000 | M16 | 172 | 05:35 | 10.75 | 00:29:48 | 00:54:52 | 00:55:48 | 789 | |
| 890 | 365 | JEDLEWSKI KRZYSZTOF | | LUBLIN | POLSKA | 1978 | M30 | 330 | 05:35 | 10.75 | 00:28:28 | 00:55:25 | 00:55:48 | 790 | |
| 891 | 295 | GAŃSKI FILIP | Biegający Świdnik | ŚWIDNIK | POLSKA | 1986 | M30 | 331 | 05:35 | 10.75 | 00:28:18 | 00:54:46 | 00:55:49 | 791 | |
| 892 | 767 | WOĆ KRZYSZTOF | | LUBLIN | POLSKA | 1976 | M40 | 218 | 05:35 | 10.75 | 00:28:08 | 00:55:19 | 00:55:49 | 792 | |
| 893 | 855 | SZCZERBATKO JOANNA | SIOSTRY BIEGAJĄ | LUBLIN | POLAND | 1976 | K40 | 21 | 05:35 | 10.75 | 00:29:11 | 00:54:57 | 00:55:50 | | 101 |
| 894 | 857 | HOŁUB MONIKA | SIOSTRY BIEGAJĄ | LUBLIN | POLAND | 1971 | K40 | 22 | 05:35 | 10.75 | 00:29:11 | 00:54:57 | 00:55:50 | | 102 |
| 895 | 796 | AUGUSTYNIAK PAULINA | Insane Runners | LUBLIN | POLSKA | 1986 | K30 | 43 | 05:35 | 10.74 | 00:28:21 | 00:55:16 | 00:55:52 | | 103 |
| 896 | 51 | GĄSZCZYK PAWEŁ | | LUBLIN | POLSKA | 1986 | M30 | 332 | 05:35 | 10.73 | 00:28:52 | 00:55:06 | 00:55:54 | 793 | |
| 897 | 993 | KULIK ŁUKASZ | | LUBLIN | POLSKA | 1986 | M30 | 333 | 05:35 | 10.73 | 00:28:09 | 00:55:29 | 00:55:55 | 794 | |
| 898 | 84 | GŁOWACKI LESZEK | | LUBLIN | POLSKA | 1955 | M60 | 16 | 05:35 | 10.73 | 00:28:42 | 00:55:17 | 00:55:56 | 795 | |
| 899 | 1099 | KORNACKA MAGDALENA | Lubelska Grupa Triathlonu | LUBLIN | POLSKA | 1975 | K40 | 23 | 05:35 | 10.73 | 00:28:42 | 00:55:15 | 00:55:56 | | 104 |
| 900 | 542 | MICHALUK ALBERT | | LUBLIN | POLSKA | 1978 | M30 | 334 | 05:36 | 10.72 | 00:28:59 | 00:54:55 | 00:55:57 | 796 | |
| 901 | 862 | KARWOWSKI MATEUSZ | | LUBLIN | POLSKA | 2000 | M16 | 173 | 05:36 | 10.72 | 00:29:48 | 00:55:01 | 00:55:57 | 797 | |
| 902 | 1234 | WAROWNY JACEK | bdow WB | TURZYSTWO | POLSKA | 1987 | M30 | 335 | 05:36 | 10.72 | 00:27:38 | 00:55:36 | 00:55:58 | 798 | |
| 903 | 1438 | WŁAZ TADEUSZ | | LUBLIN | POLSKA | 1949 | M60 | 17 | 05:36 | 10.72 | 00:28:51 | 00:55:13 | 00:55:59 | 799 | |
| 904 | 1379 | STACHYRA MICHAŁ | Draco Kowala | PONIATOWA | POLSKA | 1990 | M16 | 174 | 05:36 | 10.72 | 00:29:12 | 00:55:19 | 00:55:59 | 800 | |
| 905 | 1087 | SŁAWIŃSKI ARKADIUSZ | | LUBLIN | POLSKA | 1990 | M16 | 175 | 05:36 | 10.72 | 00:29:28 | 00:55:16 | 00:55:59 | 801 | |
| 906 | 465 | SIEWIELEC MONIKA | | JASTKÓW | POLSKA | 1990 | K16 | 34 | 05:36 | 10.72 | 00:29:33 | 00:55:03 | 00:55:59 | | 105 |
| 907 | 937 | JÓŹWIK KAROLINA | | PRZYPISÓWKA | POLSKA | 1993 | K16 | 35 | 05:36 | 10.72 | 00:28:39 | 00:55:05 | 00:55:59 | | 106 |
| 908 | 409 | POPIOŁEK JACEK | biegusiem.pl | ŻELECHÓW | POLSKA | 1981 | M30 | 336 | 05:36 | 10.71 | 00:29:16 | 00:55:18 | 00:56:02 | 802 | |
| 909 | 60 | SKÓRSKA EMILIA | | LUBLIN | POLSKA | 1990 | K16 | 36 | 05:36 | 10.71 | 00:29:16 | 00:55:29 | 00:56:02 | | 107 |
| 910 | 1287 | BARTOSZEK ANDRZEJ | | WYŻNICA-KOLONIA | POLSKA | 1966 | M50 | 57 | 05:36 | 10.71 | 00:29:46 | 00:55:13 | 00:56:02 | 803 | |
| 911 | 1537 | SMAGA JAN | ojciec i syn | BORZECZÓW | POLSKA | 1994 | M16 | 176 | 05:37 | 10.7 | 00:28:50 | 00:55:30 | 00:56:03 | 804 | |
| 912 | 1432 | SMAGA KRZYSZTOF | | BORZECZÓW | POLSKA | 1970 | M40 | 219 | 05:37 | 10.7 | 00:28:50 | 00:55:29 | 00:56:04 | 805 | |
| 913 | 273 | SENDER ANDRZEJ | | LUBLIN | POLSKA | 1970 | M40 | 220 | 05:37 | 10.7 | 00:28:53 | 00:55:24 | 00:56:05 | 806 | |
| 914 | 807 | MISIUREK MIRON | | LUBLIN | POLSKA | 1979 | M30 | 337 | 05:37 | 10.7 | 00:29:28 | 00:55:05 | 00:56:06 | 807 | |
| 915 | 119 | KUSAL JACEK | | ŁĘCZNA | POLSKA | 1984 | M30 | 338 | 05:37 | 10.69 | 00:30:12 | 00:55:05 | 00:56:07 | 808 | |
| 916 | 1124 | WALCZUK ARTUR | Chełm Biega | CHEŁM | POLSKA | 1978 | M30 | 339 | 05:37 | 10.69 | 00:28:01 | 00:55:26 | 00:56:07 | 809 | |
| 917 | 539 | FRAK MARCIN | Zespół Niepokojnych Nóg | LUBLIN | POLSKA | 1999 | M16 | 177 | 05:37 | 10.69 | 00:29:53 | 00:55:27 | 00:56:09 | 810 | |
| 918 | 185 | KOWALCZYK MARCIN | | LUBLIN | POLSKA | 1986 | M30 | 340 | 05:37 | 10.68 | 00:00:00 | 00:55:28 | 00:56:10 | 811 | |
| 919 | 538 | FRAK MIROSŁAW | Biegam do minus szczęściu | LUBLIN | POLSKA | 1969 | M40 | 221 | 05:37 | 10.68 | 00:29:53 | 00:55:29 | 00:56:11 | 812 | |
| 920 | 233 | REDŹKO MICHAŁ | | LUBLIN | POLSKA | 1971 | M40 | 222 | 05:37 | 10.68 | 00:28:31 | 00:55:26 | 00:56:12 | 813 | |

TRZECIA DYCHA DO MARATONU

Organizator: Fundacja Rozwoju Sportu w Lublinie

Data: Lublin, 11/12.02.2017

Dystans: 10 km

| M-sce | Nr Zaw. | Nazwisko imię | Klub | Miejscowość | Kraj | Rok ur. | Kat. Wiek. | M-sce w kat | Tempo min/km | Tempo km/h | 5 km | Czas netto | Czas brutto | Miejsce M | Miejsce K |
|-------|---------|-----------------------|---------------------------|----------------|--------|---------|------------|-------------|--------------|------------|----------|------------|-------------|-----------|-----------|
| 921 | 1388 | JAKUBIEC JUSTYNA | Lubelska Grupa Triathlonu | LUBLIN | POLSKA | 1971 | K40 | 24 | 05:37 | 10.67 | 00:29:40 | 00:55:24 | 00:56:13 | | 108 |
| 922 | 12 | ŚWISTOWSKI SŁAWOMIR | | PRAWIEDNIKI | POLSKA | 1969 | M40 | 223 | 05:37 | 10.67 | 00:28:40 | 00:55:40 | 00:56:14 | 814 | |
| 923 | 735 | WIŚNIEWSKI MACIEJ | | LUBLIN | POLSKA | 1978 | M30 | 341 | 05:38 | 10.67 | 00:29:51 | 00:55:33 | 00:56:15 | 815 | |
| 924 | 577 | MIANOWSKI MARCIN | | LUBLIN | POLSKA | 1974 | M40 | 224 | 05:38 | 10.66 | 00:29:51 | 00:55:34 | 00:56:16 | 816 | |
| 925 | 1202 | BAKOWSKI PIOTR | | LUBLIN | POLSKA | 1969 | M40 | 225 | 05:38 | 10.66 | 00:28:52 | 00:55:41 | 00:56:17 | 817 | |
| 926 | 1397 | ROMANISZYN RAFAŁ | Chełm biega | CHEŁM | POLSKA | 1976 | M40 | 226 | 05:38 | 10.66 | 00:29:39 | 00:55:16 | 00:56:18 | 818 | |
| 927 | 402 | KULCZYCKI MICHAŁ | | LUBLIN | POLSKA | 1986 | M30 | 342 | 05:38 | 10.66 | 00:29:47 | 00:55:34 | 00:56:18 | 819 | |
| 928 | 640 | GRZĘDA MICHAŁ | | GOŁĄB | POLSKA | 1987 | M30 | 343 | 05:38 | 10.65 | 00:29:46 | 00:55:13 | 00:56:19 | 820 | |
| 929 | 1224 | BUCZKOWSKI PAWEŁ | Dziennik Wschodni | LUBLIN | POLSKA | 1981 | M30 | 344 | 05:38 | 10.65 | 00:28:40 | 00:55:39 | 00:56:20 | 821 | |
| 930 | 595 | PAŃCZUK-FIGURA IRMINA | UMCS Biega | PUŁAWY | POLSKA | 1976 | K40 | 25 | 05:38 | 10.65 | 00:29:00 | 00:55:33 | 00:56:20 | | 109 |
| 931 | 1276 | DABROWSKI ALBERT | | LUBLIN | POLSKA | 1993 | M16 | 178 | 05:38 | 10.65 | 00:28:08 | 00:55:39 | 00:56:20 | 822 | |
| 932 | 1568 | KAJDASZUK MICHAŁ | | CHEŁM | POLSKA | 1986 | M30 | 345 | 05:38 | 10.65 | 00:28:31 | 00:55:26 | 00:56:21 | 823 | |
| 933 | 8 | DOMAŃSKI BARTŁOMIEJ | Mam nawyki mam wyniki | LUBLIN | POLSKA | 1983 | M30 | 346 | 05:38 | 10.64 | 00:28:27 | 00:55:46 | 00:56:24 | 824 | |
| 934 | 310 | KAPKIN WOJCIECH | | CHEŁM | POLSKA | 1986 | M30 | 347 | 05:38 | 10.64 | 00:29:22 | 00:55:45 | 00:56:24 | 825 | |
| 935 | 1326 | OKRASA IWONA | Chełm biega | 40 | POLSKA | 1981 | K30 | 44 | 05:38 | 10.64 | 00:29:55 | 00:55:22 | 00:56:25 | | 110 |
| 936 | 628 | SKWARZYŃSKI ERWIN | | LUBLIN | POLSKA | 1984 | M30 | 348 | 05:38 | 10.63 | 00:28:45 | 00:55:53 | 00:56:26 | 826 | |
| 937 | 1369 | LATOSEK RAFAŁ | | WARSZAWA | POLSKA | 1969 | M40 | 227 | 05:38 | 10.63 | 00:27:57 | 00:55:56 | 00:56:26 | 827 | |
| 938 | 1360 | KOLASA ARKADIUSZ | | LUBLIN | POLSKA | 1989 | M16 | 179 | 05:39 | 10.61 | 00:29:05 | 00:55:48 | 00:56:32 | 828 | |
| 939 | 141 | GÓRNIAK PAWEŁ | Łyzio & Milord Kąpany | LUBLIN | POLSKA | 1993 | M16 | 180 | 05:39 | 10.61 | 00:30:12 | 00:55:23 | 00:56:32 | 829 | |
| 940 | 914 | BAŁĘKOWSKI KRZYSZTOF | | WARSZAWA | POLSKA | 1989 | M16 | 181 | 05:40 | 10.6 | 00:29:06 | 00:55:57 | 00:56:37 | 830 | |
| 941 | 1081 | NAZARUK SŁAWOMIR | UKS 15 Lublin | LUBLIN | POLSKA | 1976 | M40 | 228 | 05:40 | 10.59 | 00:29:12 | 00:55:46 | 00:56:39 | 831 | |
| 942 | 246 | GÓRNIAK BARTEK | GetGym | RADOMYSŁ | POLSKA | 1990 | M16 | 182 | 05:40 | 10.59 | 00:29:20 | 00:56:10 | 00:56:41 | 832 | |
| 943 | 68 | KORZENIOWSKA JOANNA | UMCS Biega | LUBLIN | POLSKA | 1984 | K30 | 45 | 05:40 | 10.59 | 00:29:05 | 00:55:44 | 00:56:41 | | 111 |
| 944 | 1066 | ZARZEKA AGNIESZKA | | GARBÓW | POLSKA | 1979 | K30 | 46 | 05:40 | 10.58 | 00:29:05 | 00:55:44 | 00:56:42 | | 112 |
| 945 | 719 | MROCZKOWSKI MARIUSZ | | BIAŁA PODLASKA | POLSKA | 1985 | M30 | 349 | 05:40 | 10.58 | 00:30:09 | 00:55:51 | 00:56:42 | 833 | |
| 946 | 1583 | TCHOREK GABRIELA | | LUBLIN | POLSKA | 2000 | K16 | 37 | 05:40 | 10.58 | 00:29:23 | 00:56:07 | 00:56:42 | | 113 |
| 947 | 1425 | WINKLER KUBA | Skarpatians | LUBLIN | POLSKA | 1984 | M30 | 350 | 05:40 | 10.58 | 00:29:27 | 00:56:07 | 00:56:44 | 834 | |
| 948 | 1301 | BOCIAN PIOTR | | LUBLIN | POLSKA | 1970 | M40 | 229 | 05:40 | 10.58 | 00:28:37 | 00:56:10 | 00:56:44 | 835 | |
| 949 | 889 | BODIO MATEUSZ | NOSG | KRASNYSTAW | POLSKA | 1982 | M30 | 351 | 05:41 | 10.57 | 00:30:32 | 00:55:49 | 00:56:45 | 836 | |
| 950 | 283 | MUSZYŃSKA MAGDALENA | | LUBLIN | POLSKA | 1983 | K30 | 47 | 05:41 | 10.57 | 00:30:14 | 00:55:33 | 00:56:45 | | 114 |
| 951 | 688 | KUCHARZYK ADAM | AMATOR | LUBLIN | POLSKA | 1986 | M30 | 352 | 05:41 | 10.57 | 00:30:14 | 00:55:33 | 00:56:45 | 837 | |
| 952 | 497 | KOŁOWERZO MARTYNA | | LUBLIN | POLSKA | 1996 | K16 | 38 | 05:41 | 10.57 | 00:29:59 | 00:55:48 | 00:56:46 | | 115 |
| 953 | 1572 | RUDZKI MICHAŁ | | LUBLIN | POLSKA | 1990 | M16 | 183 | 05:41 | 10.57 | 00:30:09 | 00:55:58 | 00:56:46 | 838 | |
| 954 | 1377 | BORDZOŁ JUSTYNA | | LUBARTÓW | POLSKA | 1981 | K30 | 48 | 05:41 | 10.56 | 00:29:21 | 00:55:52 | 00:56:48 | | 116 |
| 955 | 571 | STEFANIAK PIOTR | Nasutów | NASUTÓW | POLSKA | 1980 | M30 | 353 | 05:41 | 10.56 | 00:28:31 | 00:55:45 | 00:56:48 | 839 | |
| 956 | 1163 | CZARNOTA BARTŁOMIEJ | | LUBLIN | POLSKA | 1992 | M16 | 184 | 05:41 | 10.56 | 00:29:00 | 00:56:04 | 00:56:49 | 840 | |
| 957 | 952 | PRZĄDKA MICHAŁ | biegusiem.pl | LEOPOLDÓW | POLSKA | 1982 | M30 | 354 | 05:41 | 10.55 | 00:29:24 | 00:56:09 | 00:56:52 | 841 | |
| 958 | 842 | SMIT SEBASTIAN | UMCS BIEGA | LUBLIN | POLAND | 1978 | M30 | 355 | 05:41 | 10.54 | 00:29:07 | 00:56:02 | 00:56:55 | 842 | |
| 959 | 530 | WYRWISZ DAMIAN | INTROGRAF LUBLIN S.A. | LUBLIN | POLSKA | 1977 | M40 | 230 | 05:41 | 10.54 | 00:28:29 | 00:56:10 | 00:56:56 | 843 | |
| 960 | 951 | SADURSKI ROBERT | | LUBLIN | POLSKA | 1984 | M30 | 356 | 05:42 | 10.54 | 00:29:12 | 00:56:01 | 00:56:57 | 844 | |

TRZECIA DYCHA DO MARATONU

Organizator: Fundacja Rozwoju Sportu w Lublinie

Data: Lublin, 11/12.02.2017

Dystans 10 km

| M-sce | Nr Zaw. | Nazwisko imię | Klub | Miejscowość | Kraj | Rok ur. | Kat. Wiek. | M-sce w kat | Tempo min/km | Tempo km/h | 5 km | Czas netto | Czas brutto | Miejsce M | Miejsce K |
|-------|---------|-------------------------|----------------------------------|----------------------|---------|---------|------------|-------------|--------------|------------|----------|------------|-------------|-----------|-----------|
| 961 | 162 | SKORUPA PAULINA | Kraśnik Biega | KRAŚNIK | POLSKA | 1995 | K16 | 39 | 05:42 | 10.53 | 00:29:46 | 00:56:01 | 00:56:59 | | 117 |
| 962 | 798 | MIKA ANDRZEJ | | LUBARTÓW | POLSKA | 1973 | M40 | 231 | 05:42 | 10.53 | 00:29:28 | 00:56:20 | 00:57:00 | 845 | |
| 963 | 303 | PYC PAWEŁ | | LUBLIN | POLSKA | 1979 | M30 | 357 | 05:42 | 10.52 | 00:28:57 | 00:56:20 | 00:57:01 | 846 | |
| 964 | 1431 | PIERZCHAŁA RAFAŁ | | LUBLIN | POLSKA | 1971 | M40 | 232 | 05:42 | 10.52 | 00:30:17 | 00:55:56 | 00:57:01 | 847 | |
| 965 | 1503 | BEDNARZ KONRAD | | LUBLIN | POLSKA | 1993 | M16 | 185 | 05:42 | 10.52 | 00:28:34 | 00:56:37 | 00:57:01 | 848 | |
| 966 | 433 | MAJDAŃSKI ARTUR | | LUBLIN | POLSKA | 1985 | M30 | 358 | 05:43 | 10.52 | 00:30:15 | 00:56:11 | 00:57:03 | 849 | |
| 967 | 390 | WAWRZYKOWSKI JAROSŁAW | Sklep Biegacza Lublin Team | LUBLIN | POLSKA | 1972 | M40 | 233 | 05:43 | 10.5 | 00:28:50 | 00:56:34 | 00:57:08 | 850 | |
| 968 | 1347 | KRZYŻANOWSKI TOMASZ | | LUBLIN | POLSKA | 1992 | M16 | 186 | 05:43 | 10.5 | 00:30:31 | 00:55:56 | 00:57:10 | 851 | |
| 969 | 70 | KOWALIK ANNA | UMCS Biega | ŁADA | POLSKA | 1984 | K30 | 49 | 05:43 | 10.49 | 00:29:11 | 00:56:13 | 00:57:11 | | 118 |
| 970 | 1579 | MAJCHERSKI PIOTR | | ZEMBORZYCE PODLEŚNE | POLSKA | 1973 | M40 | 234 | 05:43 | 10.49 | 00:27:54 | 00:56:51 | 00:57:12 | 852 | |
| 971 | 248 | ŚWIDER KRZYSZTOF | | LUBLIN | POLSKA | 1974 | M40 | 235 | 05:43 | 10.49 | 00:29:43 | 00:56:33 | 00:57:13 | 853 | |
| 972 | 623 | GÓRECKA ANNA | | KAZIMIERZ DOLNY | POLSKA | 1991 | K16 | 40 | 05:43 | 10.48 | 00:29:09 | 00:56:49 | 00:57:14 | | 119 |
| 973 | 928 | URBAŃSKI TOMASZ | Run Mietek Run | WĘGRZCE | POLSKA | 1986 | M30 | 359 | 05:43 | 10.48 | 00:29:58 | 00:56:17 | 00:57:14 | 854 | |
| 974 | 687 | CYRANKA JAROSŁAW | | LUBLIN | POLSKA | 1975 | M40 | 236 | 05:44 | 10.48 | 00:29:21 | 00:56:43 | 00:57:15 | 855 | |
| 975 | 90 | GIRBA IURII | | LUBLIN | UKRAINE | 1981 | M30 | 360 | 05:44 | 10.47 | 00:29:32 | 00:56:49 | 00:57:17 | 856 | |
| 976 | 1370 | ILOWIECKI MARIUSZ | Krasnystaw biega | KRASNYSTAW | POLSKA | 1962 | M50 | 58 | 05:44 | 10.47 | 00:30:01 | 00:56:31 | 00:57:18 | 857 | |
| 977 | 1298 | MICIUK PAWEŁ | | LUBLIN | POLSKA | 1974 | M40 | 237 | 05:44 | 10.47 | 00:29:34 | 00:56:28 | 00:57:18 | 858 | |
| 978 | 1599 | KUNIEWICZ EWA | | JAKUBOWICE KONIŃSKIE | POLSKA | 1976 | K40 | 26 | 05:44 | 10.47 | 00:29:27 | 00:56:42 | 00:57:18 | | 120 |
| 979 | 579 | FIGURSKI ŁUKASZ | | LUBLIN | POLSKA | 1992 | M16 | 187 | 05:44 | 10.47 | 00:28:27 | 00:56:54 | 00:57:20 | 859 | |
| 980 | 325 | GAJAK ANNA | | LUBLIN | POLSKA | 1984 | K30 | 50 | 05:44 | 10.47 | 00:30:03 | 00:56:31 | 00:57:20 | | 121 |
| 981 | 1258 | FILA MICHAŁ | | LUBLIN | POLSKA | 1994 | M16 | 188 | 05:44 | 10.46 | 00:29:17 | 00:57:17 | 00:57:21 | 860 | |
| 982 | 1439 | GAJOS ANNA | Lubelskie Stowarzyszenie Biegowe | LUBLIN | POLSKA | 1974 | K40 | 27 | 05:44 | 10.46 | 00:29:59 | 00:56:31 | 00:57:21 | | 122 |
| 983 | 1101 | JATA MARTA | WW TEAM | LUBLIN | POLSKA | 1981 | K30 | 51 | 05:44 | 10.46 | 00:29:59 | 00:56:32 | 00:57:21 | | 123 |
| 984 | 1361 | NOWAKOWSKI PRZEMYSŁAW | | LUBLIN | POLSKA | 1990 | M16 | 189 | 05:44 | 10.46 | 00:27:43 | 00:57:02 | 00:57:23 | 861 | |
| 985 | 329 | BIAŁEK DANIEL | | LUBLIN | POLSKA | 1980 | M30 | 361 | 05:44 | 10.45 | 00:29:03 | 00:56:25 | 00:57:24 | 862 | |
| 986 | 1299 | ŁUKSZA MAREK | ŁUKDAR | LUBLIN | POLSKA | 1988 | M16 | 190 | 05:44 | 10.45 | 00:29:04 | 00:56:13 | 00:57:24 | 863 | |
| 987 | 866 | PASIK MONIKA | | LUBLIN | POLSKA | 1985 | K30 | 52 | 05:44 | 10.45 | 00:29:04 | 00:56:42 | 00:57:26 | | 124 |
| 988 | 1006 | KAMIŃSKI ŁUKASZ | LUBELSKIE STOWARZYSZENIE BIEGOWE | LUBLIN | POLSKA | 1982 | M30 | 362 | 05:45 | 10.44 | 00:28:35 | 00:57:04 | 00:57:28 | 864 | |
| 989 | 902 | KARBOWNICZEK ANDRZEJ | | WOJCIECHÓW | POLSKA | 1974 | M40 | 238 | 05:45 | 10.43 | 00:28:33 | 00:57:06 | 00:57:30 | 865 | |
| 990 | 1502 | DUDEK BARBARA | lusia biega | LUBLIN | POLSKA | 1970 | K40 | 28 | 05:45 | 10.43 | 00:29:25 | 00:57:08 | 00:57:31 | | 125 |
| 991 | 304 | WINIARSKA-BISZCZAN ANNA | BIEGAMY DZISIAJ? | WIERZBICA-OSIEDLE | POLSKA | 1978 | K30 | 53 | 05:46 | 10.42 | 00:30:20 | 00:56:47 | 00:57:34 | | 126 |
| 992 | 764 | DOBROWOLSKA KAROLINA | | URZEDOW | POLSKA | 1986 | K30 | 54 | 05:46 | 10.42 | 00:30:42 | 00:57:09 | 00:57:34 | | 127 |
| 993 | 1290 | ŻEBROWSKA JOLANTA | UMCS Biega | PUŁAWY | POLSKA | 1969 | K40 | 29 | 05:46 | 10.41 | 00:29:44 | 00:56:50 | 00:57:38 | | 128 |
| 994 | 1450 | BOROWSKI IGOR | Makondo | MAJDAN KOZIC DOLNYCH | POLSKA | 1985 | M30 | 363 | 05:46 | 10.4 | 00:31:21 | 00:56:42 | 00:57:41 | 866 | |
| 995 | 570 | SKOCZYLAS ŁUKASZ | Cebulage Squad | ŚWIDNIK | POLSKA | 1987 | M30 | 364 | 05:47 | 10.39 | 00:29:23 | 00:57:09 | 00:57:45 | 867 | |
| 996 | 801 | MIKA ŁUKASZ | | LUBARTÓW | POLSKA | 1998 | M16 | 191 | 05:47 | 10.39 | 00:29:36 | 00:57:07 | 00:57:46 | 868 | |
| 997 | 423 | CIECHAŃSKI ZENON | | LUBLIN | POLSKA | 1962 | M50 | 59 | 05:47 | 10.38 | 00:28:58 | 00:57:23 | 00:57:47 | 869 | |
| 998 | 35 | BIELAK KRZYSZTOF | Runventure | LUBLIN | POLSKA | 1980 | M30 | 365 | 05:47 | 10.38 | 00:31:30 | 00:56:29 | 00:57:48 | 870 | |
| 999 | 375 | DAJAS SŁAWEK | oddychaj.pl | LUBLIN | POLSKA | 1975 | M40 | 239 | 05:47 | 10.38 | 00:29:37 | 00:57:06 | 00:57:49 | 871 | |
| 1000 | 1456 | PAŃCZYSZYN RADOSŁAW | Makondo | MAJDAN KOZIC DOLNYCH | POLSKA | 1994 | M16 | 192 | 05:47 | 10.36 | 00:30:56 | 00:56:58 | 00:57:54 | 872 | |

TRZECIA DYCHA DO MARATONU

Organizator: Fundacja Rozwoju Sportu w Lublinie

Data: Lublin, 11/12.02.2017

Dystans 10 km

| M-sce | Nr Zaw. | Nazwisko imię | Klub | Miejscowość | Kraj | Rok ur. | Kat. Wiek. | M-sce w kat | Tempo min/km | Tempo km/h | 5 km | Czas netto | Czas brutto | Miejsce M | Miejsce K |
|-------|-------------|-----------------------|--------------------------------------|----------------------|--------|---------|------------|-------------|--------------|------------|----------|------------|-------------|-----------|-----------|
| 1001 | 748 | RAZNATOWSKA ANASTAZJA | UMCS Biega | ŁĘCZNA | POLSKA | 1985 | K30 | 55 | 05:47 | 10.36 | 00:29:27 | 00:56:57 | 00:57:54 | | 129 |
| 1002 | 1389 | KŁOCZEK SZYMON | uks azymut siedliska/PWSZ Zamość | ZAMOŚĆ | POLSKA | 1995 | M16 | 193 | 05:47 | 10.36 | 00:28:51 | 00:57:21 | 00:57:55 | 873 | |
| 1003 | 1457 | PETRYK GRZEGORZ | Makondo | MAJDAN KOZIC DOLNYCH | POLSKA | 1991 | M16 | 194 | 05:47 | 10.36 | 00:30:56 | 00:56:57 | 00:57:55 | 874 | |
| 1004 | 1474 | KUZIUK SYLWESTER | Kuziuk Team | LUBLIN | POLSKA | 1975 | M40 | 240 | 05:47 | 10.36 | 00:29:51 | 00:56:58 | 00:57:56 | 875 | |
| 1005 | 757 | PRACZ LESZEK | | LUBLIN | POLSKA | 1980 | M30 | 366 | 05:47 | 10.36 | 00:30:22 | 00:56:52 | 00:57:56 | 876 | |
| 1006 | 228 | ŻARNICKI KAMIL | | TURKA | POLSKA | 1986 | M30 | 367 | 05:48 | 10.35 | 00:30:15 | 00:57:04 | 00:57:57 | 877 | |
| 1007 | 1312 | MUZYKA ROBERT | | LUBARTÓW | POLSKA | 1986 | M30 | 368 | 05:48 | 10.35 | 00:31:23 | 00:56:54 | 00:57:59 | 878 | |
| 1008 | 683 | GROSIK MAGDALENA | | ŚWIDNIK | POLSKA | 1994 | K16 | 41 | 05:48 | 10.35 | 00:29:11 | 00:57:29 | 00:57:59 | | 130 |
| 1009 | 461 | KOWALCZYK KRZYSZTOF | Run_Helpersi | LUBLIN | POLSKA | 1981 | M30 | 369 | 05:48 | 10.34 | 00:31:01 | 00:56:59 | 00:58:00 | 879 | |
| 1010 | 621 | KUŚ MICHAŁ | | LUBLIN | POLSKA | 1985 | M30 | 370 | 05:48 | 10.34 | 00:30:05 | 00:57:18 | 00:58:02 | 880 | |
| 1011 | 643 | KOZIEŁ KAMIL | | OPOLE LUBELSKIE | POLSKA | 1985 | M30 | 371 | 05:48 | 10.34 | 00:30:05 | 00:57:16 | 00:58:02 | 881 | |
| 1012 | 1446 | FILIPIAK MARCIN | | GÓRY | POLSKA | 1975 | M40 | 241 | 05:49 | 10.34 | 00:30:15 | 00:57:30 | 00:58:03 | 882 | |
| 1013 | 637 | BABICZ KAROL | | LUBLIN | POLSKA | 1990 | M16 | 195 | 05:49 | 10.34 | 00:29:46 | 00:57:05 | 00:58:03 | 883 | |
| 1014 | 1005 | OŁOWNIA PIOTR | | PRAWIEDNIKI KOLONIA | POLSKA | 1980 | M30 | 372 | 05:49 | 10.33 | 00:30:11 | 00:57:21 | 00:58:04 | 884 | |
| 1015 | 835 | MIKITA MARCIN | ZK Opole Lubelskie | OPOLE LUBELSKIE | POLSKA | 1984 | M30 | 373 | 05:49 | 10.33 | 00:31:30 | 00:56:52 | 00:58:04 | 885 | |
| 1016 | 426 | NIEZBECKA MARIOLA | | OPOLE LUBELSKIE | POLSKA | 1991 | K16 | 42 | 05:49 | 10.33 | 00:31:30 | 00:56:54 | 00:58:06 | | 131 |
| 1017 | 760 | GOŁOFIT KAROL | PKO Bank Polski | LUBLIN | POLSKA | 1985 | M30 | 374 | 05:49 | 10.33 | 00:31:05 | 00:57:11 | 00:58:06 | 886 | |
| 1018 | 1374 | WIKIERA KAMIL | Multimedia Runners | BARANÓW | POLSKA | 1983 | M30 | 375 | 05:49 | 10.32 | 00:30:38 | 00:57:00 | 00:58:09 | 887 | |
| 1019 | 458 | KOZYRA MARTA | Arcus SI | ŚWIDNIK | POLSKA | 1987 | K30 | 56 | 05:49 | 10.31 | 00:31:25 | 00:57:04 | 00:58:12 | | 132 |
| 1020 | 971 | SZARKOWICZ ROMUALD | | NAŁĘCZÓW | POLSKA | 1970 | M40 | 242 | 05:49 | 10.31 | 00:30:23 | 00:57:18 | 00:58:12 | 888 | |
| 1021 | 345 | PRZYCHODZEŃ PAWEŁ | Arcus SI | LUBLIN | POLSKA | 1982 | M30 | 376 | 05:49 | 10.31 | 00:31:01 | 00:57:04 | 00:58:13 | 889 | |
| 1022 | 210 | KRYK PAWEŁ | Arcus SI | LUBLIN | POLSKA | 1978 | M30 | 377 | 05:49 | 10.31 | 00:31:25 | 00:57:05 | 00:58:13 | 890 | |
| 1023 | 257 | CYBULSKA DOMINIKA | | LUBLIN | POLSKA | 1975 | K40 | 30 | 05:49 | 10.3 | 00:30:01 | 00:57:21 | 00:58:14 | | 133 |
| 1024 | 1288 | KUŚMIERZAK ARTUR | | LUBARTÓW | POLSKA | 1980 | M30 | 378 | 05:50 | 10.3 | 00:30:15 | 00:57:26 | 00:58:15 | 891 | |
| 1025 | 647 | JAKUBOWSKI PAWEŁ | | LUBLIN | POLSKA | 1990 | M16 | 196 | 05:50 | 10.29 | 00:30:11 | 00:57:10 | 00:58:17 | 892 | |
| 1026 | 416 | ORŁOWSKI PRZEMEK | | LUBLIN | POLSKA | 1977 | M40 | 243 | 05:50 | 10.29 | 00:29:38 | 00:57:41 | 00:58:18 | 893 | |
| 1027 | 1042 | SUROWIEC JUSTYNA | LKS MILANÓW | PARCZEW | POLSKA | 1978 | K30 | 57 | 05:50 | 10.29 | 00:30:31 | 00:57:29 | 00:58:20 | | 134 |
| 1028 | 1396 | DANIŁ MAREK | | LUBARTÓW | POLSKA | 1969 | M40 | 244 | 05:50 | 10.28 | 00:30:16 | 00:57:33 | 00:58:21 | 894 | |
| 1029 | 853 | KRYŃSKA MAGDALENA | | LUBLIN | POLSKA | 1991 | K16 | 43 | 05:50 | 10.28 | 00:29:00 | 00:57:38 | 00:58:22 | | 135 |
| 1030 | 754 | ŁABEDZKI RAFAŁ | | CHEŁM | POLSKA | 1977 | M40 | 245 | 05:50 | 10.28 | 00:29:50 | 00:57:51 | 00:58:22 | 895 | |
| 1031 | 646 | KUCIA-OCHAL MAGDALENA | | LUBLIN | POLSKA | 1988 | K16 | 44 | 05:50 | 10.28 | 00:30:09 | 00:57:36 | 00:58:23 | | 136 |
| 1032 | 133 | ZIEŃKOWSKA IZABELA | | LUBLIN | POLSKA | 1986 | K30 | 58 | 05:50 | 10.27 | 00:30:12 | 00:57:51 | 00:58:24 | | 137 |
| 1033 | 674 | BAŃCEROWSKA DOROTA | BIEGAMY NAJPIĘKNIEJ | LUBLIN | POLSKA | 1978 | K30 | 59 | 05:50 | 10.27 | 00:30:16 | 00:57:29 | 00:58:24 | | 138 |
| 1034 | 188 | WÓJTOWICZ PAWEŁ | Lublin Biega | LUBLIN | POLSKA | 1978 | M30 | 379 | 05:50 | 10.27 | 00:30:11 | 00:57:51 | 00:58:25 | 896 | |
| 1035 | 272 | LATO KAROLINA | Lublin Biega | LUBLIN | POLSKA | 1984 | K30 | 60 | 05:50 | 10.27 | 00:30:12 | 00:57:52 | 00:58:25 | | 139 |
| 1036 | 950 | GAJEWSKI PAWEŁ | WOLNO ALE DO PRZODU | LUBLIN | POLSKA | 1988 | M16 | 197 | 05:50 | 10.27 | 00:30:02 | 00:57:40 | 00:58:26 | 897 | |
| 1037 | 1307 | GÓŹDŹ PIOTR | AKTYWNY NADGARSTEK/ METODABUTEYKO.PL | LUBLIN | POLSKA | 1971 | M40 | 246 | 05:50 | 10.27 | 00:31:02 | 00:57:17 | 00:58:26 | 898 | |
| 1038 | 943 | SIERPIŃSKI RADOSŁAW | WOLNO ALE DO PRZODU !! | LUBLIN | POLSKA | 1970 | M40 | 247 | 05:50 | 10.27 | 00:30:03 | 00:57:40 | 00:58:26 | 899 | |
| 1039 | 666 | URBAŚ ŁUKASZ | | DYS | POLSKA | 1994 | M16 | 198 | 05:51 | 10.26 | 00:29:40 | 00:57:56 | 00:58:28 | 900 | |
| 1040 | 183 | BIĄŁOSZEWSKI PIOTR | Biegający Świdnik | ŚWIDNIK | POLSKA | 1984 | M30 | 380 | 05:51 | 10.26 | 00:30:39 | 00:57:24 | 00:58:29 | 901 | |

TRZECIA DYCHA DO MARATONU

Organizator: Fundacja Rozwoju Sportu w Lublinie

Data: Lublin, 11/12.02.2017

Dystans 10 km

| M-sce | Nr Zaw. | Nazwisko imię | Klub | Miejscowość | Kraj | Rok ur. | Kat. Wiek. | M-sce w kat | Tempo min/km | Tempo km/h | 5 km | Czas netto | Czas brutto | Miejsce M | Miejsce K |
|-------|-------------|----------------------------|--|-------------------|--------|---------|------------|-------------|--------------|------------|----------|------------|-------------|-----------|-----------|
| 1041 | 659 | WÓJCICKI MARCIN | WOLNOŚĆ ENDORFINOM | ŁĘCZNA | POLSKA | 1977 | M40 | 248 | 05:51 | 10.26 | 00:30:36 | 00:57:30 | 00:58:29 | 902 | |
| 1042 | 794 | PIETRYNKO SYLWESTER | | LUBLIN | POLSKA | 1975 | M40 | 249 | 05:51 | 10.26 | 00:30:43 | 00:57:41 | 00:58:29 | 903 | |
| 1043 | 830 | KIEREPKA MIŁOSZ | | LUBLIN | POLSKA | 1999 | M16 | 199 | 05:51 | 10.26 | 00:30:37 | 00:57:33 | 00:58:30 | 904 | |
| 1044 | 1265 | WIELEBA MARIUSZ | Janusze biegania | LUBLIN | POLSKA | 1989 | M16 | 200 | 05:51 | 10.26 | 00:30:14 | 00:57:33 | 00:58:30 | 905 | |
| 1045 | 213 | TKACZYK SYLWIA | | LUBLIN | POLSKA | 1978 | K30 | 61 | 05:51 | 10.25 | 00:30:49 | 00:57:29 | 00:58:31 | | 140 |
| 1046 | 219 | CIUPA WOJCIECH | Multimedia Runners | PUŁAWY | POLSKA | 1976 | M40 | 250 | 05:51 | 10.25 | 00:31:23 | 00:57:21 | 00:58:31 | 906 | |
| 1047 | 83 | KOSIŃSKI MARIUSZ | Lubelska Grupa Triathlonu | LUBLIN | POLSKA | 1985 | M30 | 381 | 05:52 | 10.25 | 00:30:14 | 00:57:52 | 00:58:33 | 907 | |
| 1048 | 1093 | STARZYŃSKA MARTA | Perfect Runner Lublin | LUBLIN | POLSKA | 1973 | K40 | 31 | 05:52 | 10.24 | 00:30:40 | 00:57:37 | 00:58:34 | | 141 |
| 1049 | 771 | STEPANIUK JOANNA | Biegamy Dzisiaj/Chełm Biega | WIERZBICA-OSIEDLE | POLSKA | 1972 | K40 | 32 | 05:52 | 10.24 | 00:30:21 | 00:57:47 | 00:58:34 | | 142 |
| 1050 | 869 | LATAŁA ANDRZEJ | Biegający Świdnik | ŚWIDNIK | POLSKA | 1973 | M40 | 251 | 05:52 | 10.24 | 00:30:44 | 00:57:35 | 00:58:35 | 908 | |
| 1051 | 253 | PELC AREK | TarasyMelanzu | LUBLIN | POLSKA | 1978 | M30 | 382 | 05:52 | 10.24 | 00:30:17 | 00:58:09 | 00:58:36 | 909 | |
| 1052 | 1524 | SZYMENDERSKI ŁUKASZ | Arcus SI | LUBLIN | POLSKA | 1977 | M40 | 252 | 05:52 | 10.24 | 00:29:20 | 00:57:45 | 00:58:37 | 910 | |
| 1053 | 173 | BOCIARN RADOSŁAW | Największa Armia Świata | LUBLIN | POLSKA | 1975 | M40 | 253 | 05:52 | 10.23 | 00:30:18 | 00:57:42 | 00:58:38 | 911 | |
| 1054 | 121 | ŁAGOWSKA BARBARA | BIEGAJĄCY ŚWIDNIK | FRANCISZKÓW | POLSKA | 1986 | K30 | 62 | 05:52 | 10.23 | 00:30:34 | 00:57:39 | 00:58:39 | | 143 |
| 1055 | 1268 | ZALEWSKI IGOR | | 13 | POLSKA | 1975 | M40 | 254 | 05:52 | 10.23 | 00:30:31 | 00:57:56 | 00:58:39 | 912 | |
| 1056 | 471 | BOROWIEC-RÓŻYCKA MAGDALENA | | ŚWIDNIK | POLSKA | 1981 | K30 | 63 | 05:52 | 10.23 | 00:31:14 | 00:57:36 | 00:58:39 | | 144 |
| 1057 | 403 | KAWALEC BOGDAN | | LUBLIN | POLSKA | 1963 | M50 | 60 | 05:52 | 10.23 | 00:30:28 | 00:57:39 | 00:58:39 | 913 | |
| 1058 | 1086 | PAWLIK MICHAŁ | Stay Alive Med Zabezpieczenia Medyczne | RYKI | POLSKA | 1985 | M30 | 383 | 05:52 | 10.23 | 00:30:12 | 00:57:56 | 00:58:40 | 914 | |
| 1059 | 1427 | JAKÓBCZYK ROBERT | | OPOLE LUBELSKIE | POLSKA | 1985 | M30 | 384 | 05:52 | 10.22 | 00:30:04 | 00:57:57 | 00:58:42 | 915 | |
| 1060 | 926 | STAROŃSKA ANNA | Stalowowski Klub Biegacza | STAŁOWA WOLA | POLSKA | 1985 | K30 | 64 | 05:52 | 10.22 | 00:30:39 | 00:57:38 | 00:58:43 | | 145 |
| 1061 | 1513 | WOŹNY MICHAŁ | | JABŁONNA MAJĄTEK | POLSKA | 1991 | M16 | 201 | 05:52 | 10.22 | 00:31:42 | 00:57:29 | 00:58:43 | 916 | |
| 1062 | 1487 | ROKICKI MICHAŁ | | KRZCZONÓW | POLSKA | 1989 | M16 | 202 | 05:52 | 10.22 | 00:31:41 | 00:57:30 | 00:58:44 | 917 | |
| 1063 | 1539 | SUGIER MARTA | GETGYM | LUBLIN | POLSKA | 1987 | K30 | 65 | 05:53 | 10.21 | 00:30:45 | 00:57:38 | 00:58:45 | | 146 |
| 1064 | 1345 | GRZYB ŁUKASZ | | LUBLIN | POLSKA | 1987 | M30 | 385 | 05:53 | 10.21 | 00:31:00 | 00:57:53 | 00:58:47 | 918 | |
| 1065 | 532 | MARKUT ELIZA | INTROGRAF LUBLIN S.A. | LUBLIN | POLSKA | 1987 | K30 | 66 | 05:53 | 10.2 | 00:29:56 | 00:58:01 | 00:58:48 | | 147 |
| 1066 | 1385 | PSUJEK SEBASTIAN | | LUBLIN | POLSKA | 1998 | M16 | 203 | 05:53 | 10.2 | 00:30:49 | 00:57:51 | 00:58:48 | 919 | |
| 1067 | 201 | BOREK TOMASZ | borki2 | HRUBIESZÓW | POLSKA | 1977 | M40 | 255 | 05:53 | 10.2 | 00:29:58 | 00:57:59 | 00:58:50 | 920 | |
| 1068 | 417 | SIEK ANNA | Biegam bo lubię | ŁOPIENNIK GÓRNY | POLSKA | 1986 | K30 | 67 | 05:53 | 10.2 | 00:30:22 | 00:57:49 | 00:58:50 | | 148 |
| 1069 | 1170 | KURSA MAŁGOSIA | Biegający Świdnik | ŚWIDNIK | POLSKA | 1985 | K30 | 68 | 05:53 | 10.2 | 00:30:34 | 00:57:51 | 00:58:51 | | 149 |
| 1070 | 965 | CIEĆKO ARTUR | Zatkało Kakało | PRZEMYŚL | POLSKA | 1976 | M40 | 256 | 05:53 | 10.19 | 00:29:45 | 00:58:03 | 00:58:52 | 921 | |
| 1071 | 966 | CIEĆKO MAGDALENA | Zatkało Kakało | PRZEMYŚL | POLSKA | 1976 | K40 | 33 | 05:53 | 10.19 | 00:29:44 | 00:58:03 | 00:58:52 | | 150 |
| 1072 | 1575 | ZAWIŚLAK KATARZYNA | | LUBLIN | POLSKA | 1992 | K16 | 45 | 05:53 | 10.19 | 00:30:26 | 00:58:07 | 00:58:52 | | 151 |
| 1073 | 342 | MAZUREK MALGORZATA | NKS ZRYW | LUBLIN | POLSKA | 1981 | K30 | 69 | 05:53 | 10.19 | 00:30:55 | 00:58:03 | 00:58:54 | | 152 |
| 1074 | 169 | ZWOLAKIEWICZ PRZEMYSŁAW | Największa Armia Świata | LUBLIN | POLSKA | 1979 | M30 | 386 | 05:53 | 10.18 | 00:30:52 | 00:57:59 | 00:58:55 | 922 | |
| 1075 | 705 | RZEDZICKI MARIUSZ | | LUBLIN | POLSKA | 1980 | M30 | 387 | 05:53 | 10.18 | 00:30:57 | 00:58:01 | 00:58:56 | 923 | |
| 1076 | 1255 | DUMA DARIUSZ | | LUBLIN | POLSKA | 1966 | M50 | 61 | 05:53 | 10.18 | 00:29:49 | 00:58:29 | 00:58:56 | 924 | |
| 1077 | 934 | USS KAMIL | Bieganie Uzależnia | CYCÓW | POLSKA | 1991 | M16 | 204 | 05:53 | 10.18 | 00:30:39 | 00:58:08 | 00:58:56 | 925 | |
| 1078 | 36 | UGARENKO JUSTYNA | Nike Lublin Plaza | PNIÓWNO | POLSKA | 1991 | M16 | 205 | 05:53 | 10.18 | 00:30:40 | 00:58:08 | 00:58:56 | 926 | |
| 1079 | 596 | IWANIAK MICHAŁ | | LUBLIN | POLSKA | 1995 | M16 | 206 | 05:54 | 10.18 | 00:30:32 | 00:58:06 | 00:58:57 | 927 | |
| 1080 | 761 | MAKOWSKI SEBASTIAN | | LUBLIN | POLSKA | 1983 | M30 | 388 | 05:54 | 10.18 | 00:29:26 | 00:58:23 | 00:58:57 | 928 | |

TRZECIA DYCHA DO MARATONU

Organizator: Fundacja Rozwoju Sportu w Lublinie

Data: Lublin, 11/12.02.2017

Dystans 10 km

| M-sce | Nr Zaw. | Nazwisko imię | Klub | Miejscowość | Kraj | Rok ur. | Kat. Wiek. | M-sce w kat | Tempo min/km | Tempo km/h | 5 km | Czas netto | Czas brutto | Miejsce M | Miejsce K |
|-------|-------------|-----------------------------|--------------------------------|-----------------|--------|---------|------------|-------------|--------------|------------|----------|------------|-------------|-----------|-----------|
| 1081 | 706 | PRAŻMO ROMAN | | SAMOKŁĘSKI | POLSKA | 1956 | M60 | 18 | 05:54 | 10.17 | 00:31:04 | 00:58:10 | 00:58:59 | 929 | |
| 1082 | 982 | GOŹDZICKI KRZYSZTOF | biegam do minus szczęściu | LUBLIN | POLSKA | 1969 | M40 | 257 | 05:54 | 10.16 | 00:30:25 | 00:58:11 | 00:59:02 | 930 | |
| 1083 | 983 | GOŹDZICKI PIOTR | Czekam na Hanię :) | LUBLIN | POLSKA | 1992 | M16 | 207 | 05:54 | 10.16 | 00:30:25 | 00:58:12 | 00:59:03 | 931 | |
| 1084 | 547 | DUDA IWONA | Ruta Runners | LUBLIN | POLSKA | 1986 | K30 | 70 | 05:55 | 10.16 | 00:31:07 | 00:57:58 | 00:59:04 | | 153 |
| 1085 | 549 | DUDA RAFAŁ | Ruta Runners | LUBLIN | POLSKA | 1984 | M30 | 389 | 05:55 | 10.16 | 00:31:07 | 00:57:58 | 00:59:04 | 932 | |
| 1086 | 1531 | WĄSIK KORNELIA | Biegiem.pl | KŁOCZEW | POLSKA | 1992 | K16 | 46 | 05:55 | 10.16 | 00:30:13 | 00:58:22 | 00:59:05 | | 154 |
| 1087 | 1333 | STOPYRA PAULINA | Lubelska Grupa Triathlonu | LUBLIN | POLSKA | 1986 | K30 | 71 | 05:55 | 10.15 | 00:32:05 | 00:58:03 | 00:59:06 | | 155 |
| 1088 | 703 | SUROWIEC MARIAN | LKS MILANÓW | MILANÓW | POLSKA | 1950 | M60 | 19 | 05:55 | 10.15 | 00:30:35 | 00:58:15 | 00:59:06 | 933 | |
| 1089 | 1416 | GONCIARZ MATEUSZ | SII POWER PEOPLE | LUBLIN | POLSKA | 1982 | M30 | 390 | 05:55 | 10.15 | 00:31:05 | 00:57:55 | 00:59:07 | 934 | |
| 1090 | 14 | TELEON MARLENA | Lubelska Grupa Triathlonu | LUBLIN | POLSKA | 1988 | K16 | 47 | 05:55 | 10.15 | 00:32:05 | 00:58:07 | 00:59:08 | | 156 |
| 1091 | 41 | POLSKI ADRIAN | lubelska Grupa Triathlonu | LUBLIN | POLSKA | 1992 | M16 | 208 | 05:55 | 10.14 | 00:32:05 | 00:58:08 | 00:59:09 | 935 | |
| 1092 | 979 | KOTARSKI ROMAN | UKS 15 Lublin | LUBLIN | POLSKA | 1972 | M40 | 258 | 05:55 | 10.14 | 00:30:19 | 00:58:15 | 00:59:10 | 936 | |
| 1093 | 529 | BURZYKOWSKI STANISŁAW | | LUBLIN | POLSKA | 1959 | M50 | 62 | 05:55 | 10.14 | 00:30:59 | 00:58:14 | 00:59:10 | 937 | |
| 1094 | 486 | ZELEK ANDRZEJ | the ALL SAINTS | LUBLIN | POLSKA | 1973 | M40 | 259 | 05:55 | 10.14 | 00:30:33 | 00:58:41 | 00:59:11 | 938 | |
| 1095 | 1167 | WALKOWIAK PAWEŁ | Aktywne Borki | BORKI | POLSKA | 1992 | M16 | 209 | 05:55 | 10.13 | 00:31:55 | 00:58:18 | 00:59:13 | 939 | |
| 1096 | 505 | MAZUREK MIROSŁAW | bdowWB | KRAŚNIK | POLSKA | 1975 | M40 | 260 | 05:56 | 10.12 | 00:30:34 | 00:58:19 | 00:59:19 | 940 | |
| 1097 | 803 | SAŁBUT GRZEGORZ | | LUBLIN | POLSKA | 1975 | M40 | 261 | 05:56 | 10.12 | 00:29:11 | 00:58:45 | 00:59:19 | 941 | |
| 1098 | 170 | KRAWCZYK MACIEJ | | PULAWY | POLSKA | 1988 | M16 | 210 | 05:56 | 10.11 | 00:31:00 | 00:58:19 | 00:59:21 | 942 | |
| 1099 | 1160 | CHMIELEWSKI TOMASZ | Centrum Medyczne Orto-Optymist | LUBLIN | POLSKA | 1976 | M40 | 262 | 05:56 | 10.11 | 00:31:36 | 00:58:06 | 00:59:22 | 943 | |
| 1100 | 1520 | STOLA DOROTA | | KRAŚNIK | POLSKA | 1973 | K40 | 34 | 05:56 | 10.1 | 00:31:11 | 00:58:18 | 00:59:23 | | 157 |
| 1101 | 614 | SZYMAŃSKA MALWINA | | PRUSZKÓW | POLSKA | 1980 | K30 | 72 | 05:56 | 10.1 | 00:31:21 | 00:58:22 | 00:59:24 | | 158 |
| 1102 | 880 | JURAŚ-KMIEĆ MARZENA | | LUBLIN | POLSKA | 1975 | K40 | 35 | 05:56 | 10.1 | 00:30:10 | 00:58:37 | 00:59:25 | | 159 |
| 1103 | 565 | MACHNICKI RAFAŁ | | RYKI | POLSKA | 1987 | M30 | 391 | 05:57 | 10.09 | 00:31:09 | 00:58:27 | 00:59:27 | 944 | |
| 1104 | 1259 | WACH GRZEGORZ | POLSKIE STOWARZYSZENIE BITCOIN | LUBLIN | POLSKA | 1979 | M30 | 392 | 05:57 | 10.09 | 00:29:18 | 00:58:54 | 00:59:27 | 945 | |
| 1105 | 574 | STYRNIK MARCIN | Nasutów | NIEMCE | POLSKA | 1982 | M30 | 393 | 05:57 | 10.09 | 00:30:47 | 00:58:25 | 00:59:28 | 946 | |
| 1106 | 62 | WENARSKI GRZEGORZ | | LUBLIN | POLSKA | 1982 | M30 | 394 | 05:57 | 10.09 | 00:30:50 | 00:58:32 | 00:59:28 | 947 | |
| 1107 | 176 | MAKOSZ MAŁGORZATA | Aktywne Borki | RADZYŃ PODLASKI | POLSKA | 1987 | K30 | 73 | 05:57 | 10.09 | 00:31:54 | 00:58:34 | 00:59:28 | | 160 |
| 1108 | 172 | MAKOSZ MAREK | Aktywne Borki | RADZYŃ PODLASKI | POLSKA | 1982 | M30 | 395 | 05:57 | 10.09 | 00:31:55 | 00:58:34 | 00:59:28 | 948 | |
| 1109 | 331 | SIKORA WOJCIECH | Aktywne Borki | BORKI | POLSKA | 1980 | M30 | 396 | 05:57 | 10.09 | 00:31:55 | 00:58:35 | 00:59:29 | 949 | |
| 1110 | 860 | WOJNOWSKI PAWEŁ | Klub Sucheł Łydki | MARYSIN | POLSKA | 1976 | M40 | 263 | 05:57 | 10.08 | 00:31:06 | 00:58:24 | 00:59:30 | 950 | |
| 1111 | 785 | WYSOCKA KATARZYNA | Kraśnik Biega | KRAŚNIK | POLSKA | 1974 | K40 | 36 | 05:57 | 10.08 | 00:31:12 | 00:58:41 | 00:59:30 | | 161 |
| 1112 | 364 | BUDNY OLA | Kraśnik Biega | JÓZEFIN | POLSKA | 1978 | K30 | 74 | 05:57 | 10.08 | 00:31:11 | 00:58:41 | 00:59:30 | | 162 |
| 1113 | 189 | KOŻUCH REMIGIUSZ | | DOMINÓW | POLSKA | 1970 | M40 | 264 | 05:57 | 10.08 | 00:31:06 | 00:58:31 | 00:59:31 | 951 | |
| 1114 | 226 | FOLTYN DAWID | | LUDWIN | POLSKA | 2000 | M16 | 211 | 05:57 | 10.08 | 00:31:10 | 00:58:39 | 00:59:32 | 952 | |
| 1115 | 1015 | KOCUR MARCIN | Lubelski Klub Karate Kyokushin | ŚWIDNIK | POLSKA | 1984 | M30 | 397 | 05:57 | 10.08 | 00:32:03 | 00:58:14 | 00:59:32 | 953 | |
| 1116 | 953 | SKALIŃSKA-KRÓLIK MAŁGORZATA | | ŚWIDNIK | POLSKA | 1977 | K40 | 37 | 05:57 | 10.08 | 00:31:00 | 00:58:43 | 00:59:32 | | 163 |
| 1117 | 91 | PIETRZYK ALEKSANDRA | | LUBLIN | POLSKA | 1990 | K16 | 48 | 05:57 | 10.08 | 00:30:31 | 00:58:36 | 00:59:32 | | 164 |
| 1118 | 440 | GOŁOFIT ANETA | | LUBLIN | POLSKA | 1981 | K30 | 75 | 05:58 | 10.08 | 00:30:55 | 00:58:40 | 00:59:33 | | 165 |
| 1119 | 1020 | MAZURKIEWICZ JOLANTA | | BYCHAWA | POLSKA | 1984 | K30 | 76 | 05:58 | 10.08 | 00:31:22 | 00:58:41 | 00:59:33 | | 166 |
| 1120 | 264 | ŻMIJSKI DARIUSZ | | CHEŁM | POLSKA | 1967 | M50 | 63 | 05:58 | 10.07 | 00:29:57 | 00:58:42 | 00:59:34 | 954 | |

TRZECIA DYCHA DO MARATONU

Organizator: Fundacja Rozwoju Sportu w Lublinie

Data: Lublin, 11/12.02.2017

Dystans 10 km

| M-sce | Nr Zaw. | Nazwisko imię | Klub | Miejscowość | Kraj | Rok ur. | Kat. Wiek. | M-sce w kat | Tempo min/km | Tempo km/h | 5 km | Czas netto | Czas brutto | Miejsce M | Miejsce K |
|-------|---------|--------------------------|-------------------------------------|----------------|--------|---------|------------|-------------|--------------|------------|----------|------------|-------------|-----------|-----------|
| 1121 | 72 | BOCHEN KATARZYNA | | LUBLIN | POLSKA | 1992 | K16 | 49 | 05:58 | 10.07 | 00:30:36 | 00:58:36 | 00:59:34 | | 167 |
| 1122 | 537 | GLINKA URSZULA | | KARPIÓWKA | POLSKA | 1970 | K40 | 38 | 05:58 | 10.07 | 00:31:25 | 00:58:32 | 00:59:35 | | 168 |
| 1123 | 535 | KOT MAREK | | ZAKRZÓWEK | POLSKA | 1971 | M40 | 265 | 05:58 | 10.07 | 00:31:25 | 00:58:33 | 00:59:36 | 955 | |
| 1124 | 449 | PASIECZYŃSKI GRZEGORZ | | LUBLIN | POLSKA | 1983 | M30 | 398 | 05:58 | 10.07 | 00:31:51 | 00:58:35 | 00:59:36 | 956 | |
| 1125 | 1195 | ŁUKASIAK TOMASZ | iegusiem.pl | KŁOCZEW | POLSKA | 1967 | M50 | 64 | 05:58 | 10.07 | 00:30:21 | 00:58:53 | 00:59:36 | 957 | |
| 1126 | 789 | WOŚKO MARLENA | GetGym | KRAŚNIK | POLSKA | 1988 | K16 | 50 | 05:58 | 10.06 | 00:31:11 | 00:59:07 | 00:59:38 | | 169 |
| 1127 | 1284 | ŻEBRAKOWSKI ARTUR | Spartan Race Training Group Rzeszów | RZESZÓW | POLSKA | 1978 | M30 | 399 | 05:58 | 10.06 | 00:30:13 | 00:58:59 | 00:59:38 | 958 | |
| 1128 | 175 | MALINOWSKA JUSTYNA | UMCS BIEGA | LUBLIN | POLSKA | 1989 | K16 | 51 | 05:58 | 10.06 | 00:31:07 | 00:58:32 | 00:59:38 | | 170 |
| 1129 | 254 | ŚWIDER BARTOSZ | | LUBLIN | POLSKA | 2000 | M16 | 212 | 05:58 | 10.06 | 00:29:44 | 00:59:00 | 00:59:40 | 959 | |
| 1130 | 86 | KICZYŃSKI RADOSŁAW | Kiczkol | ŚWIDNIK | POLSKA | 1985 | M30 | 400 | 05:58 | 10.05 | 00:32:03 | 00:58:25 | 00:59:42 | 960 | |
| 1131 | 1292 | CZUJ ALEKSANDRA | | LUBLIN | POLSKA | 1996 | K16 | 52 | 05:58 | 10.05 | 00:31:29 | 00:58:41 | 00:59:42 | | 171 |
| 1132 | 627 | KOWALSKA KAMILA | Fanclub ZADYSZKA | RADOSZYCE | POLSKA | 1987 | K30 | 77 | 05:58 | 10.05 | 00:30:33 | 00:59:08 | 00:59:43 | | 172 |
| 1133 | 802 | SZATKOWSKA ALEKSANDRA | GetGym | KRAŚNIK | POLSKA | 1988 | K16 | 53 | 05:58 | 10.04 | 00:31:11 | 00:59:13 | 00:59:44 | | 173 |
| 1134 | 159 | TURLEWICZ MAGDALENA | | LUBLIN | POLSKA | 1985 | K30 | 78 | 05:58 | 10.04 | 00:30:54 | 00:58:53 | 00:59:44 | | 174 |
| 1135 | 1118 | BANACH TOMASZ | | CHEŁM | POLSKA | 1994 | M16 | 213 | 05:58 | 10.04 | 00:31:16 | 00:58:59 | 00:59:44 | 961 | |
| 1136 | 64 | JAWOSZEK-MAZUREK JUSTYNA | | LUBLIN | POLSKA | 1984 | K30 | 79 | 05:59 | 10.03 | 00:31:39 | 00:58:38 | 00:59:48 | | 175 |
| 1137 | 478 | CIOCZEK ROBERT | | LUBLIN | POLSKA | 1972 | M40 | 266 | 05:59 | 10.03 | 00:31:36 | 00:58:39 | 00:59:49 | 962 | |
| 1138 | 1390 | WINKLER IZABELA | | LUBLIN | POLSKA | 1980 | K30 | 80 | 05:59 | 10.02 | 00:30:18 | 00:59:33 | 00:59:52 | | 176 |
| 1139 | 774 | KORNILUK BOGDAN | Biała Biega | BIAŁA PODLASKA | POLSKA | 1954 | M60 | 20 | 05:59 | 10.02 | 00:30:34 | 00:59:20 | 00:59:53 | 963 | |
| 1140 | 1527 | JĘDRYCKOWSKA IWONA | Biała Biega | BIAŁA PODLASKA | POLSKA | 1962 | K50 | 6 | 05:59 | 10.02 | 00:30:34 | 00:59:20 | 00:59:53 | | 177 |
| 1141 | 1308 | SIEDUSZEWSKI TOMASZ | | LUBLIN | POLSKA | 1986 | M30 | 401 | 05:59 | 10.02 | 00:30:28 | 00:58:59 | 00:59:54 | 964 | |
| 1142 | 1521 | STOLA PIOTR | | KRAŚNIK | POLSKA | 1966 | M50 | 65 | 05:59 | 10.01 | 00:31:08 | 00:58:51 | 00:59:56 | 965 | |
| 1143 | 551 | FOKS KONRAD | | LUBLIN | POLSKA | 1979 | M30 | 402 | 06:00 | 10 | 00:30:37 | 00:58:55 | 01:00:00 | 966 | |
| 1144 | 1552 | BOROWSKI RAFAŁ | | LUBLIN | POLSKA | 1978 | M30 | 403 | 06:01 | 9.99 | 00:31:24 | 00:59:02 | 01:00:03 | 967 | |
| 1145 | 346 | KULIK MARIUSZ | | RYKI | POLSKA | 1972 | M40 | 267 | 06:01 | 9.98 | 00:30:34 | 00:59:14 | 01:00:08 | 968 | |
| 1146 | 843 | KAŻMIERCZAK SYLWIA | Biegusiem.pl | RYKI | POLSKA | 1974 | K40 | 39 | 06:01 | 9.97 | 00:30:53 | 00:59:10 | 01:00:10 | | 178 |
| 1147 | 911 | SZEWCZYK MAGDALENA | mistrzkirownicy.pl | LUBLIN | POLSKA | 1979 | K30 | 81 | 06:01 | 9.97 | 00:31:04 | 00:59:10 | 01:00:12 | | 179 |
| 1148 | 912 | SZEWCZYK BARTOSZ | mistrzkirownicy.pl | LUBLIN | POLSKA | 1982 | M30 | 404 | 06:01 | 9.97 | 00:31:04 | 00:59:09 | 01:00:12 | 969 | |
| 1149 | 1106 | KUBINOWSKI MACIEK | | LUBLIN | POLSKA | 1984 | M30 | 405 | 06:01 | 9.96 | 00:31:03 | 00:59:38 | 01:00:13 | 970 | |
| 1150 | 768 | KELER GRZEGORZ | Lublin Biega | LUBLIN | POLSKA | 1977 | M40 | 268 | 06:01 | 9.96 | 00:32:22 | 00:58:54 | 01:00:13 | 971 | |
| 1151 | 786 | RZAŻEWSKA ALEKSANDRA | „Pół człowiek - pół matka” | LUBLIN | POLSKA | 1991 | K16 | 54 | 06:02 | 9.96 | 00:31:54 | 00:59:05 | 01:00:15 | | 180 |
| 1152 | 540 | CHOŁDZIŃSKI KONRAD | | JABŁONNA | POLSKA | 1991 | M16 | 214 | 06:02 | 9.96 | 00:31:46 | 00:59:10 | 01:00:16 | 972 | |
| 1153 | 1218 | BLOCH MACIEJ | | LUBLIN | POLSKA | 1979 | M30 | 406 | 06:02 | 9.95 | 00:30:34 | 00:59:15 | 01:00:17 | 973 | |
| 1154 | 1238 | WIDOMSKI JAROSŁAW | UNDEFINED | LUBLIN | POLSKA | 1977 | M40 | 269 | 06:02 | 9.94 | 00:32:29 | 00:59:06 | 01:00:20 | 974 | |
| 1155 | 152 | OLCZAK WITOLD | | LUBLIN | POLSKA | 1961 | M50 | 66 | 06:02 | 9.94 | 00:31:49 | 00:59:13 | 01:00:20 | 975 | |
| 1156 | 1177 | MAŁEK AGNIESZKA | | LUBLIN | POLSKA | 1988 | K16 | 55 | 06:02 | 9.94 | 00:31:11 | 00:59:24 | 01:00:22 | | 181 |
| 1157 | 387 | BARTNIK WOJCIECH | | HRUBIESZÓW | POLSKA | 1960 | M50 | 67 | 06:02 | 9.93 | 00:29:54 | 00:59:53 | 01:00:26 | 976 | |
| 1158 | 349 | KWAŚNY STANISŁAW | | LUBLIN | POLSKA | 1955 | M60 | 21 | 06:03 | 9.92 | 00:30:55 | 00:59:46 | 01:00:30 | 977 | |
| 1159 | 940 | ŁOPUSZYŃSKI MARIUSZ | | CHEŁM | POLSKA | 1980 | M30 | 407 | 06:03 | 9.91 | 00:31:02 | 00:59:40 | 01:00:32 | 978 | |
| 1160 | 884 | SMOLIŃSKI GRZEGORZ | | ŚWIDNIK | POLSKA | 1980 | M30 | 408 | 06:04 | 9.91 | 00:32:17 | 00:59:37 | 01:00:34 | 979 | |

TRZECIA DYCHA DO MARATONU

Organizator: Fundacja Rozwoju Sportu w Lublinie

Data: Lublin, 11/12.02.2017

Dystans 10 km

| M-sce | Nr Zaw. | Nazwisko imię | Klub | Miejscowość | Kraj | Rok ur. | Kat. Wiek. | M-sce w kat | Tempo min/km | Tempo km/h | 5 km | Czas netto | Czas brutto | Miejsce M | Miejsce K |
|-------|---------|----------------------------|-------------------------------------|----------------------|--------|---------|------------|-------------|--------------|------------|----------|------------|-------------|-----------|-----------|
| 1161 | 383 | ZIMNICKI WOJCIECH | STALOWE ŁOSIE | RZESZÓW | POLSKA | 1983 | M30 | 409 | 06:04 | 9.9 | 00:32:21 | 00:59:39 | 01:00:35 | 980 | |
| 1162 | 279 | KOWALSKA GABRIELA | Biegający Świdnik | ŚWIDNIK | POLSKA | 1984 | K30 | 82 | 06:04 | 9.9 | 00:31:53 | 00:59:37 | 01:00:38 | | 182 |
| 1163 | 558 | KORDOWSKA-WOCH KATARZYNA | | LUBLIN | POLSKA | 1982 | K30 | 83 | 06:04 | 9.9 | 00:32:05 | 00:59:30 | 01:00:38 | | 183 |
| 1164 | 280 | ZIELIŃSKA MARLENA | Biegający Świdnik | KREPIEC | POLSKA | 1990 | K16 | 56 | 06:04 | 9.89 | 00:31:53 | 00:59:40 | 01:00:40 | | 184 |
| 1165 | 385 | FRANKOWSKA DOROTA | | ŚWIDNIK | POLSKA | 1972 | K40 | 40 | 06:04 | 9.89 | 00:32:18 | 00:59:44 | 01:00:41 | | 185 |
| 1166 | 1185 | SIWIŃSKI PATRYK | | LUBLIN | POLSKA | 1998 | M16 | 215 | 06:04 | 9.89 | 00:29:55 | 01:00:05 | 01:00:41 | 981 | |
| 1167 | 1486 | PRUŚ IWONA | Kosarzew Team | KRZCZONÓW | POLSKA | 1994 | K16 | 57 | 06:05 | 9.88 | 00:31:42 | 00:59:31 | 01:00:45 | | 186 |
| 1168 | 874 | BORUCH WOJCIECH | | ŚWIDNIK | POLSKA | 1996 | M16 | 216 | 06:05 | 9.88 | 00:29:35 | 00:59:46 | 01:00:45 | 982 | |
| 1169 | 1228 | MROCZEK LESZEK | Shrew Extreme Team | LUBLIN | POLSKA | 1984 | M30 | 410 | 06:05 | 9.87 | 00:31:14 | 00:59:39 | 01:00:46 | 983 | |
| 1170 | 491 | STOPYRA MICHAŁ | | LUBLIN | POLSKA | 1980 | M30 | 411 | 06:05 | 9.87 | 00:30:53 | 00:59:47 | 01:00:47 | 984 | |
| 1171 | 1380 | CIASZTEK ALEKSANDRA | | KRAŚNIK | POLSKA | 1995 | K16 | 58 | 06:05 | 9.87 | 00:31:01 | 00:59:52 | 01:00:48 | | 187 |
| 1172 | 954 | ŻUKOWSKA BASIA | wydolność.pl | LUBLIN | POLSKA | 1968 | K40 | 41 | 06:05 | 9.87 | 00:31:23 | 00:59:44 | 01:00:48 | | 188 |
| 1173 | 223 | ŻARNICKA ANNA | Albatrosy | TURKA | POLSKA | 1983 | K30 | 84 | 06:05 | 9.86 | 00:31:03 | 00:59:59 | 01:00:52 | | 189 |
| 1174 | 1269 | WOJCISZYN EWA | | LUBLIN | POLSKA | 1987 | K30 | 85 | 06:05 | 9.85 | 00:31:10 | 01:00:05 | 01:00:53 | | 190 |
| 1175 | 603 | GDAK MAŁGORZATA | | LUBLIN | POLSKA | 1995 | K16 | 59 | 06:05 | 9.85 | 00:31:41 | 01:00:00 | 01:00:54 | | 191 |
| 1176 | 1392 | KLISZ AGNIESZKA | Husaria Race Team | LUBLIN | POLSKA | 1982 | K30 | 86 | 06:05 | 9.85 | 00:31:25 | 00:59:54 | 01:00:55 | | 192 |
| 1177 | 1253 | PIOTROWICZ MAGDALENA | CISOWIANKA TEAM PL | LUBLIN | POLSKA | 1986 | K30 | 87 | 06:05 | 9.85 | 00:31:08 | 01:00:08 | 01:00:55 | | 193 |
| 1178 | 1034 | GŁOS ANNA | | LUBLIN | POLSKA | 1976 | K40 | 42 | 06:05 | 9.85 | 00:31:23 | 00:59:47 | 01:00:56 | | 194 |
| 1179 | 1061 | PODLECKI MAREK | | ĆMIŁÓW | POLSKA | 1968 | M40 | 270 | 06:05 | 9.85 | 00:31:22 | 00:59:48 | 01:00:56 | 985 | |
| 1180 | 1065 | PODLECKI ROBERT | szkolny klub biegowy PODWALE ZS NR1 | LUBLIN | POLSKA | 1975 | M40 | 271 | 06:05 | 9.85 | 00:31:22 | 00:59:47 | 01:00:56 | 986 | |
| 1181 | 888 | BRYK WOJCIECH | | LUBLIN | POLSKA | 1994 | M16 | 217 | 06:06 | 9.83 | 00:31:39 | 00:59:55 | 01:01:01 | 987 | |
| 1182 | 192 | MALEC BASIA | Crossfit Lublin | LUBLIN | POLSKA | 1963 | K50 | 7 | 06:07 | 9.82 | 00:31:25 | 01:00:05 | 01:01:05 | | 195 |
| 1183 | 340 | SAŁATA RADOSŁAW | Aktywne Borki | BORKI | POLSKA | 1980 | M30 | 412 | 06:07 | 9.82 | 00:32:24 | 01:00:12 | 01:01:07 | 988 | |
| 1184 | 234 | KICKA MARCIN | | LUBLIN | POLSKA | 1987 | M30 | 413 | 06:07 | 9.82 | 00:31:45 | 01:00:10 | 01:01:07 | 989 | |
| 1185 | 1249 | KUZIOŁA MICHAŁ | | LUBARTÓW | POLSKA | 1985 | M30 | 414 | 06:07 | 9.81 | 00:32:06 | 01:00:19 | 01:01:08 | 990 | |
| 1186 | 868 | JAKUBCZYK-LATAŁA AGNIESZKA | Biegający Świdnik | ŚWIDNIK | POLSKA | 1970 | K40 | 43 | 06:07 | 9.81 | 00:32:33 | 01:00:11 | 01:01:11 | | 196 |
| 1187 | 1214 | STEC GRZEGORZ | UKS Olimpijczyk 23 | LUBLIN | POLSKA | 1977 | M40 | 272 | 06:08 | 9.78 | 00:31:37 | 01:00:33 | 01:01:20 | 991 | |
| 1188 | 1560 | DAROSZEWSKA-WARDAWY DOROTA | | LUBLIN | POLSKA | 1973 | K40 | 44 | 06:08 | 9.77 | 00:32:19 | 01:00:22 | 01:01:26 | | 197 |
| 1189 | 240 | FOLTYN ULA | Wolność Endorfinom | LUDWIN | POLSKA | 1975 | K40 | 45 | 06:09 | 9.76 | 00:31:48 | 01:00:34 | 01:01:27 | | 198 |
| 1190 | 859 | JURKOWSKI LESZEK | FIBREX | LUBLIN | POLSKA | 1977 | M40 | 273 | 06:09 | 9.76 | 00:31:35 | 01:00:34 | 01:01:29 | 992 | |
| 1191 | 730 | CZERNIAK ANNA | Krasnystaw Biega / Vege Runners | KRASNYSTAW | POLSKA | 1991 | K16 | 60 | 06:09 | 9.76 | 00:33:28 | 01:00:23 | 01:01:30 | | 199 |
| 1192 | 1423 | RYCAJ ARKADIUSZ | | ŚWIDNIK | POLSKA | 1979 | M30 | 415 | 06:09 | 9.75 | 00:30:58 | 01:00:45 | 01:01:32 | 993 | |
| 1193 | 1463 | WIDEL TOMEK | Makondo | MAJDAN KOZIC DOLNYCH | POLSKA | 1982 | M30 | 416 | 06:10 | 9.74 | 00:34:02 | 01:00:38 | 01:01:36 | 994 | |
| 1194 | 510 | KASPERKIEWICZ STANISŁAWA | | LUBLIN | POLSKA | 1965 | K50 | 8 | 06:10 | 9.73 | 00:32:03 | 01:00:20 | 01:01:39 | | 200 |
| 1195 | 1244 | ANYSZEK MARIUSZ | | DĘBLIN | POLSKA | 1980 | M30 | 417 | 06:10 | 9.72 | 00:29:54 | 01:00:58 | 01:01:43 | 995 | |
| 1196 | 1359 | ROSA MAGDALENA | Lublin Biega | LUBLIN | POLSKA | 1978 | K30 | 88 | 06:11 | 9.72 | 00:32:20 | 01:00:41 | 01:01:45 | | 201 |
| 1197 | 1411 | OLESZEK MARIAN | | JANÓ LUBELSKI | POLSKA | 1964 | M50 | 68 | 06:11 | 9.72 | 00:32:32 | 01:00:40 | 01:01:45 | 996 | |
| 1198 | 604 | OBEL MARCIN | Dwa Misie | LUBLIN | POLSKA | 1968 | M40 | 274 | 06:11 | 9.71 | 00:32:17 | 01:00:51 | 01:01:46 | 997 | |
| 1199 | 1046 | MIEŃKO JERZY | Lubelski Klub Morsów | LUBLIN | POLSKA | 1953 | M60 | 22 | 06:11 | 9.71 | 00:30:27 | 01:01:25 | 01:01:47 | 998 | |
| 1200 | 1398 | BUCZKOWSKA ALEKSANDRA | | DOMINÓW | POLSKA | 2000 | K16 | 61 | 06:11 | 9.71 | 00:30:12 | 01:01:32 | 01:01:48 | | 202 |

TRZECIA DYCHA DO MARATONU

Organizator: Fundacja Rozwoju Sportu w Lublinie

Data: Lublin, 11/12.02.2017

Dystans 10 km

| M-sce | Nr Zaw. | Nazwisko imię | Klub | Miejscowość | Kraj | Rok ur. | Kat. Wiek. | M-sce w kat | Tempo min/km | Tempo km/h | 5 km | Czas netto | Czas brutto | Miejsce M | Miejsce K |
|-------|---------|-----------------------------|----------------------------|-------------|--------|---------|------------|-------------|--------------|------------|----------|------------|-------------|-----------|-----------|
| 1201 | 876 | TOKARSKI PIOTR | Extreme-Divers | LUBLIN | POLSKA | 1973 | M40 | 275 | 06:11 | 9.71 | 00:32:19 | 01:00:41 | 01:01:48 | 999 | |
| 1202 | 524 | PAŚNIK MATEUSZ | | LUBLIN | POLSKA | 1994 | M16 | 218 | 06:11 | 9.71 | 00:32:35 | 01:00:53 | 01:01:49 | 1000 | |
| 1203 | 327 | ZIÓŁEK TERESA | Banda Grudnia | JACKÓW | POLSKA | 1960 | K50 | 9 | 06:11 | 9.71 | 00:32:54 | 01:00:50 | 01:01:49 | | 203 |
| 1204 | 1371 | ROSIŃSKA MAŁGORZATA | | PONIATOWA | POLSKA | 1987 | K30 | 89 | 06:11 | 9.7 | 00:33:25 | 01:00:40 | 01:01:50 | | 204 |
| 1205 | 97 | GRABOWSKA IWONA | | DĘBLIN | POLSKA | 1983 | K30 | 90 | 06:11 | 9.7 | 00:32:21 | 01:00:43 | 01:01:51 | | 205 |
| 1206 | 848 | LESIEWICZ ARTUR | | KURÓW | POLSKA | 1972 | M40 | 276 | 06:11 | 9.7 | 00:32:27 | 01:00:55 | 01:01:51 | 1001 | |
| 1207 | 99 | GRABOWSKI JAROSŁAW | | DĘBLIN | POLSKA | 1981 | M30 | 418 | 06:11 | 9.7 | 00:32:21 | 01:00:44 | 01:01:51 | 1002 | |
| 1208 | 1123 | KRZYSZTOFIK DAMIAN | | LUBLIN | POLSKA | 1982 | M30 | 419 | 06:11 | 9.7 | 00:33:26 | 01:00:38 | 01:01:51 | 1003 | |
| 1209 | 657 | SKOREK KAROL | | ŚWIDNIK | POLSKA | 1991 | M16 | 219 | 06:11 | 9.7 | 00:30:55 | 01:01:19 | 01:01:53 | 1004 | |
| 1210 | 1320 | BŁASZCZAK EWA | | ŁĘCZNA | POLSKA | 1987 | K30 | 91 | 06:11 | 9.69 | 00:32:19 | 01:00:53 | 01:01:55 | | 206 |
| 1211 | 1088 | ŚCIOCH ANNA | Skarpark | LUBLIN | POLSKA | 1992 | K16 | 62 | 06:11 | 9.69 | 00:32:22 | 01:00:52 | 01:01:55 | | 207 |
| 1212 | 1239 | DUBIEL MARCIN | | LUBLIN | POLSKA | 1981 | M30 | 420 | 06:11 | 9.69 | 00:32:20 | 01:00:49 | 01:01:56 | 1005 | |
| 1213 | 61 | BOT LIDIA | | LUBARTÓW | POLSKA | 1984 | K30 | 92 | 06:12 | 9.68 | 00:31:35 | 01:01:03 | 01:02:00 | | 208 |
| 1214 | 381 | WIELEBA MARCIN | CROSSFIT Z16 | ŚWIDNIK | POLSKA | 1979 | M30 | 421 | 06:12 | 9.67 | 00:33:31 | 01:00:47 | 01:02:01 | 1006 | |
| 1215 | 1277 | WÓJCIK DANIEL | | LUBLIN | POLSKA | 1982 | M30 | 422 | 06:12 | 9.67 | 00:33:31 | 01:00:48 | 01:02:02 | 1007 | |
| 1216 | 448 | MADEJ JULIA | | LUBLIN | POLSKA | 1979 | K30 | 93 | 06:13 | 9.67 | 00:32:29 | 01:00:48 | 01:02:04 | | 209 |
| 1217 | 1117 | BŁAŻEJEWSKI JAKUB | | LUBLIN | POLSKA | 1994 | M16 | 220 | 06:13 | 9.66 | 00:33:46 | 01:00:59 | 01:02:06 | 1008 | |
| 1218 | 1116 | MIĄC ADAM | | LUBLIN | POLSKA | 1994 | M16 | 221 | 06:13 | 9.66 | 00:33:46 | 01:01:00 | 01:02:06 | 1009 | |
| 1219 | 221 | ZĘGOTA IZABELA | Klub Ciciura! | 76 | POLSKA | 1991 | K16 | 63 | 06:13 | 9.66 | 00:31:49 | 01:01:16 | 01:02:07 | | 210 |
| 1220 | 1383 | SŁUPSKI JAN | | BIŁGORAJ | POLSKA | 1981 | M30 | 423 | 06:13 | 9.65 | 00:33:27 | 01:00:55 | 01:02:11 | 1010 | |
| 1221 | 836 | NIECIECKA-LEGOCKA KATARZYNA | | LUBLIN | POLSKA | 1977 | K40 | 46 | 06:13 | 9.65 | 00:31:57 | 01:01:23 | 01:02:11 | | 211 |
| 1222 | 9 | SZACOŃ MARZENA | | LUBLIN | POLSKA | 1983 | K30 | 94 | 06:13 | 9.65 | 00:33:07 | 01:01:07 | 01:02:12 | | 212 |
| 1223 | 231 | KUK AGNIESZKA | DSS ORLETA DĘBLIN | DĘBLIN | POLSKA | 1985 | K30 | 95 | 06:13 | 9.64 | 00:33:13 | 01:01:02 | 01:02:14 | | 213 |
| 1224 | 1515 | NAGOWSKA EWA | Vege Runners | KRASNYSTAW | POLSKA | 1994 | K16 | 64 | 06:13 | 9.64 | 00:33:28 | 01:01:06 | 01:02:14 | | 214 |
| 1225 | 1179 | MAJSTEREK ADAM | DSS ORLETA | DĘBLIN | POLSKA | 1983 | M30 | 424 | 06:14 | 9.64 | 00:33:13 | 01:01:02 | 01:02:15 | 1011 | |
| 1226 | 1130 | POWAŻYŃSKI TOMASZ | DTS SYSTEM | LUBLIN | POLSKA | 1984 | M30 | 425 | 06:14 | 9.64 | 00:30:45 | 01:01:21 | 01:02:16 | 1012 | |
| 1227 | 1237 | WIDOMSKA ANNA | | LUBLIN | POLSKA | 1978 | K30 | 96 | 06:14 | 9.63 | 00:32:29 | 01:01:06 | 01:02:20 | | 215 |
| 1228 | 1470 | JAKUBIEC MAGDA | | LUBLIN | POLSKA | 1988 | K16 | 65 | 06:14 | 9.62 | 00:31:12 | 01:01:22 | 01:02:23 | | 216 |
| 1229 | 1551 | DĄBROWSKA BOŻENA | Krasnystaw Biega | KRASNYSTAW | POLSKA | 1976 | K40 | 47 | 06:14 | 9.62 | 00:31:56 | 01:01:18 | 01:02:23 | | 217 |
| 1230 | 2 | SOBIESZCZAŃSKA KATARZYNA | | LUBLIN | POLSKA | 1981 | K30 | 97 | 06:14 | 9.62 | 00:32:41 | 01:01:09 | 01:02:24 | | 218 |
| 1231 | 285 | POLSKA BOŻENA | Lublin Biega | LUBLIN | POLSKA | 1968 | K40 | 48 | 06:14 | 9.62 | 00:32:54 | 01:01:09 | 01:02:24 | | 219 |
| 1232 | 270 | JANIEC ALEKSANDRA | | LUBLIN | POLSKA | 1994 | K16 | 66 | 06:14 | 9.62 | 00:33:22 | 01:01:10 | 01:02:24 | | 220 |
| 1233 | 541 | BIELECKI WOJCIECH | | BEŁŻYCE | POLSKA | 1983 | M30 | 426 | 06:15 | 9.6 | 00:31:46 | 01:01:36 | 01:02:29 | 1013 | |
| 1234 | 805 | KRZYŻANOWSKI WOJCIECH | | ŚWIDNIK | POLSKA | 1989 | M16 | 222 | 06:15 | 9.6 | 00:30:40 | 01:01:44 | 01:02:29 | 1014 | |
| 1235 | 438 | KOSSAKOWSKI PIOTR | | URSZULIN | POLSKA | 1963 | M50 | 69 | 06:16 | 9.58 | 00:31:45 | 01:01:45 | 01:02:37 | 1015 | |
| 1236 | 1038 | GĄGAŁA AGATA | Chełm Biega | CHEŁM | POLSKA | 1987 | K30 | 98 | 06:16 | 9.58 | 00:33:24 | 01:01:35 | 01:02:37 | | 221 |
| 1237 | 1538 | WALCZAK IZABELA | WW Team | LUBLIN | POLSKA | 1984 | K30 | 99 | 06:16 | 9.58 | 00:32:26 | 01:01:30 | 01:02:38 | | 222 |
| 1238 | 893 | MAZUREK PIOTR | Agram Biega | WOJCIECHÓW | POLSKA | 1983 | M30 | 427 | 06:16 | 9.57 | 00:32:15 | 01:01:49 | 01:02:43 | 1016 | |
| 1239 | 313 | ORDYK KUBA | BIEGAM DO MINUS SZEŚCIU :) | LUBLIN | POLSKA | 1974 | M40 | 277 | 06:16 | 9.57 | 00:32:27 | 01:01:52 | 01:02:43 | 1017 | |
| 1240 | 113 | BIENIAS MARIOLA | ŁYZIO & MILORD KĄPANY | WARSZAWA | POLSKA | 1988 | K16 | 67 | 06:17 | 9.56 | 00:32:18 | 01:01:37 | 01:02:46 | | 223 |

TRZECIA DYCHA DO MARATONU

Organizator: Fundacja Rozwoju Sportu w Lublinie

Data: Lublin, 11/12.02.2017

Dystans 10 km

| M-sce | Nr Zaw. | Nazwisko imię | Klub | Miejscowość | Kraj | Rok ur. | Kat. Wiek. | M-sce w kat | Tempo min/km | Tempo km/h | 5 km | Czas netto | Czas brutto | Miejsce M | Miejsce K |
|-------|-------------|---------------------------|--------------------------------|---------------|--------|---------|------------|-------------|--------------|------------|----------|------------|-------------|-----------|-----------|
| 1241 | 808 | ŻAK MAŁGORZATA | | ŚWIDNIK | POLSKA | 1990 | K16 | 68 | 06:17 | 9.56 | 00:30:39 | 01:02:01 | 01:02:46 | | 224 |
| 1242 | 682 | PIKOR JACEK | Ponure Glizdy | ZAMOŚĆ | POLSKA | 1973 | M40 | 278 | 06:17 | 9.55 | 00:33:29 | 01:01:31 | 01:02:49 | 1018 | |
| 1243 | 686 | PIKOR AGATA | Ponure Glizdy | ZAMOŚĆ | POLSKA | 1974 | K40 | 49 | 06:17 | 9.55 | 00:33:29 | 01:01:32 | 01:02:49 | | 225 |
| 1244 | 156 | BOCHENKIEWICZ MARCIN | MULTIMEDIA RUNNERS | PUŁAWY | POLSKA | 1979 | M30 | 428 | 06:17 | 9.55 | 00:33:33 | 01:01:42 | 01:02:51 | 1019 | |
| 1245 | 218 | MROCZEK MAGDALENA | | LUBLIN | POLSKA | 1974 | K40 | 50 | 06:17 | 9.54 | 00:33:20 | 01:01:56 | 01:02:55 | | 226 |
| 1246 | 136 | KWIATKOWSKA IZABELA | | LUBLIN | POLSKA | 1980 | K30 | 100 | 06:18 | 9.53 | 00:32:14 | 01:02:05 | 01:02:57 | | 227 |
| 1247 | 145 | LISZKA BŁAŻEJ | Multimedia Runners | PUŁAWY | POLSKA | 1983 | M30 | 429 | 06:18 | 9.53 | 00:33:20 | 01:01:47 | 01:02:57 | 1020 | |
| 1248 | 208 | ZWIERZ MAŁGORZATA | | LUBLIN | POLSKA | 1975 | K40 | 51 | 06:18 | 9.52 | 00:32:28 | 01:01:58 | 01:03:01 | | 228 |
| 1249 | 1083 | SŁOMKA-MICHALAK KATARZYNA | Spiczynskie Sprintery | SPICZYN | POLSKA | 1983 | K30 | 101 | 06:19 | 9.52 | 00:33:28 | 01:01:58 | 01:03:03 | | 229 |
| 1250 | 204 | DRABIK KAROL | | LUBLIN | POLSKA | 1985 | M30 | 430 | 06:19 | 9.52 | 00:33:15 | 01:01:46 | 01:03:03 | 1021 | |
| 1251 | 1573 | JEŻYŃSKI MICHAŁ | | LUBLIN | POLSKA | 1990 | M16 | 223 | 06:19 | 9.51 | 00:32:48 | 01:01:57 | 01:03:04 | 1022 | |
| 1252 | 1067 | KARWAT SŁAWOMIR | | LUBLIN | POLSKA | 1987 | M30 | 431 | 06:19 | 9.51 | 00:31:27 | 01:01:47 | 01:03:05 | 1023 | |
| 1253 | 1278 | DWORZAŃSKA EWA | | LUBLIN | POLSKA | 1981 | K30 | 102 | 06:19 | 9.5 | 00:32:58 | 01:02:20 | 01:03:09 | | 230 |
| 1254 | 227 | WÓLCZYŃSKI KRZYSZTOF | Multimedia Runners | GÓRA PUŁAWSKA | POLSKA | 1980 | M30 | 432 | 06:19 | 9.5 | 00:33:34 | 01:01:58 | 01:03:09 | 1024 | |
| 1255 | 895 | KARWACKA ANETA | WOLNOŚĆ ENDORFINOM | ŁĘCZNA | POLSKA | 1976 | K40 | 52 | 06:19 | 9.5 | 00:33:49 | 01:01:56 | 01:03:10 | | 231 |
| 1256 | 838 | ZABIELSKI GRZEGORZ | WOLNOŚĆ ENDORFINOM | LUBLIN | POLSKA | 1975 | M40 | 279 | 06:19 | 9.5 | 00:33:49 | 01:01:56 | 01:03:11 | 1025 | |
| 1257 | 249 | KRÓLIKOWSKA KATARZYNA | CENTRUM MEDYCZNE ORTO-OPTYMIST | LUBLIN | POLSKA | 1970 | K40 | 53 | 06:19 | 9.49 | 00:32:28 | 01:02:10 | 01:03:12 | | 232 |
| 1258 | 45 | KOTOWSKI WOJCIECH | Mam nawyki mam wyniki | | POLSKA | 1979 | M30 | 433 | 06:20 | 9.49 | 00:33:30 | 01:02:11 | 01:03:15 | 1026 | |
| 1259 | 44 | SKOWRONEK PIOTR | Mam nawyki mam wyniki | | POLSKA | 1975 | M40 | 280 | 06:20 | 9.48 | 00:33:30 | 01:02:12 | 01:03:16 | 1027 | |
| 1260 | 262 | BEDNARCZYK REMIGIUSZ | CKB Lublin | LUBLIN | POLSKA | 1988 | M16 | 224 | 06:20 | 9.48 | 00:33:39 | 01:02:02 | 01:03:17 | 1028 | |
| 1261 | 619 | SZACAWA DAMIAN | UMCS Biega | PUŁAWY | POLSKA | 1981 | M30 | 434 | 06:20 | 9.48 | 00:33:22 | 01:02:06 | 01:03:19 | 1029 | |
| 1262 | 158 | DĄBROWSKA KATARZYNA | | LUBLIN | POLSKA | 1984 | K30 | 103 | 06:20 | 9.48 | 00:32:22 | 01:02:19 | 01:03:19 | | 233 |
| 1263 | 1300 | ŚPIEWAK EDYTA | Bez pośpiechu | PRAWIEDNIKI | POLSKA | 1978 | K30 | 104 | 06:20 | 9.47 | 00:32:21 | 01:02:14 | 01:03:20 | | 234 |
| 1264 | 1302 | ŚPIEWAK ARTUR | Bez pośpiechu | PRAWIEDNIKI | POLSKA | 1978 | M30 | 435 | 06:20 | 9.47 | 00:32:21 | 01:02:14 | 01:03:20 | 1030 | |
| 1265 | 933 | OLEJNICZAK LECH | Husaria Race Team | LUBLIN | POLSKA | 1981 | M30 | 436 | 06:20 | 9.46 | 00:32:18 | 01:02:20 | 01:03:24 | 1031 | |
| 1266 | 718 | PIETRZYK MARIUSZ | Biegający Świdnik | MEŁGIEW | POLSKA | 1986 | M30 | 437 | 06:21 | 9.46 | 00:34:10 | 01:02:13 | 01:03:27 | 1032 | |
| 1267 | 469 | PAJURO EWA | Piwny Lublin | LUBLIN | POLSKA | 1985 | K30 | 105 | 06:21 | 9.45 | 00:33:23 | 01:02:21 | 01:03:31 | | 235 |
| 1268 | 1407 | JASTRZĄB MARIUSZ | MOBICA RUNNERS | LUBLIN | POLSKA | 1977 | M40 | 281 | 06:22 | 9.44 | 00:33:47 | 01:02:18 | 01:03:33 | 1033 | |
| 1269 | 834 | MAJCHER PIOTR | Lubelski Klub Morsa | LUBLIN | POLSKA | 1962 | M50 | 70 | 06:22 | 9.44 | 00:32:57 | 01:02:45 | 01:03:35 | 1034 | |
| 1270 | 166 | SZADKOWSKI MATEUSZ | Łyzio&Milord Kąpany | LUBLIN | POLSKA | 1990 | M16 | 225 | 06:22 | 9.43 | 00:32:51 | 01:02:29 | 01:03:36 | 1035 | |
| 1271 | 1181 | BANY PIOTR | Biegusiem.pl | RYKI | POLSKA | 1986 | M30 | 438 | 06:22 | 9.43 | 00:33:13 | 01:02:26 | 01:03:38 | 1036 | |
| 1272 | 870 | DĘBIŃSKA AGNIESZKA | Vege Runners | BELŻYCE | POLSKA | 1987 | K30 | 106 | 06:22 | 9.42 | 00:33:29 | 01:02:36 | 01:03:43 | | 236 |
| 1273 | 734 | NIEDZIELA MARCIN | | SZCZEKARKÓW | POLSKA | 1982 | M30 | 439 | 06:22 | 9.41 | 00:33:06 | 01:02:38 | 01:03:44 | 1037 | |
| 1274 | 1211 | JASIŃSKI JERZY | grube korzenie | LUBLIN | POLSKA | 1954 | M60 | 23 | 06:23 | 9.41 | 00:33:30 | 01:02:36 | 01:03:45 | 1038 | |
| 1275 | 437 | KOPERWAS KONRAD | UMCS Biega | LUBLIN | POLSKA | 1981 | M30 | 440 | 06:23 | 9.41 | 00:33:37 | 01:02:32 | 01:03:46 | 1039 | |
| 1276 | 742 | PIETRZYK EWA | Biegający Świdnik | MEŁGIEW | POLSKA | 1976 | K40 | 54 | 06:23 | 9.41 | 00:34:10 | 01:02:34 | 01:03:47 | | 237 |
| 1277 | 1056 | ROMAŃSKI KRYSZTIAN | | LUBLIN | POLSKA | 1993 | M16 | 226 | 06:23 | 9.41 | 00:30:10 | 01:03:09 | 01:03:47 | 1040 | |
| 1278 | 726 | PIOTROWSKA EDYTA | | LUBLIN | POLSKA | 1986 | K30 | 107 | 06:23 | 9.4 | 00:32:55 | 01:02:46 | 01:03:48 | | 238 |
| 1279 | 1548 | BARTOCHA GRZEGORZ | | CHEŁM | POLSKA | 1973 | M40 | 282 | 06:23 | 9.4 | 00:29:23 | 01:03:11 | 01:03:49 | 1041 | |
| 1280 | 267 | NOWAK BEATA | | DUKLA | POLSKA | 1989 | K16 | 69 | 06:24 | 9.38 | 00:32:02 | 01:03:10 | 01:04:00 | | 239 |

TRZECIA DYCHA DO MARATONU

Organizator: Fundacja Rozwoju Sportu w Lublinie

Data: Lublin, 11/12.02.2017

Dystans 10 km

| M-sce | Nr Zaw. | Nazwisko imię | Klub | Miejscowość | Kraj | Rok ur. | Kat. Wiek. | M-sce w kat | Tempo min/km | Tempo km/h | 5 km | Czas netto | Czas brutto | Miejsce M | Miejsce K |
|-------|---------|----------------------|---|------------------------------|--------|---------|------------|-------------|--------------|------------|----------|------------|-------------|-----------|-----------|
| 1281 | 882 | MIECZAN TOMASZ | | LUBLIN | POLSKA | 1974 | M40 | 283 | 06:25 | 9.36 | 00:33:38 | 01:02:57 | 01:04:07 | 1042 | |
| 1282 | 877 | SPYTEK WITOLD | | LUBLIN | POLSKA | 1970 | M40 | 284 | 06:25 | 9.36 | 00:33:39 | 01:02:57 | 01:04:08 | 1043 | |
| 1283 | 813 | JABŁOŃSKA MONIKA | Kraśnik Biega | KRAŚNIK | POLSKA | 1981 | K30 | 108 | 06:25 | 9.35 | 00:31:31 | 01:03:46 | 01:04:12 | | 240 |
| 1284 | 69 | TARKOWSKA MONIKA | | LUBLIN | POLSKA | 1978 | K30 | 109 | 06:26 | 9.34 | 00:33:01 | 01:03:12 | 01:04:16 | | 241 |
| 1285 | 575 | WŁODARCZYK MIROSŁAW | I LO UKS Kościuszko | WŁODAWA | POLSKA | 1976 | M40 | 285 | 06:27 | 9.31 | 00:33:04 | 01:03:24 | 01:04:27 | 1044 | |
| 1286 | 40 | ONISZCZUK ŁUKASZ | | LUBLIN | POLSKA | 1990 | M16 | 227 | 06:29 | 9.27 | 00:32:18 | 01:04:07 | 01:04:45 | 1045 | |
| 1287 | 1281 | SZMYGIN KATARZYNA | | LUBLIN | POLSKA | 1991 | K16 | 70 | 06:29 | 9.26 | 00:34:01 | 01:03:37 | 01:04:46 | | 242 |
| 1288 | 411 | BOROWIEC MICHAŁ | Biegający Świdnik | ŚWIDNIK | POLSKA | 1985 | M30 | 441 | 06:29 | 9.26 | 00:34:33 | 01:03:33 | 01:04:48 | 1046 | |
| 1289 | 410 | BOROWIEC ALICJA | Biegający Świdnik | ŚWIDNIK | POLSKA | 1985 | K30 | 110 | 06:29 | 9.26 | 00:34:33 | 01:03:33 | 01:04:49 | | 243 |
| 1290 | 513 | NOWICKA OLGA | | NASUTÓW | POLSKA | 1987 | K30 | 111 | 06:29 | 9.26 | 00:33:30 | 01:03:40 | 01:04:49 | | 244 |
| 1291 | 215 | ZIELIŃSKI PAWEŁ | | ŚWIDNIK | POLSKA | 1987 | M30 | 442 | 06:29 | 9.26 | 00:33:30 | 01:03:40 | 01:04:49 | 1047 | |
| 1292 | 1564 | PACUŁA MARIA | Lubelskie Stowarzyszenie Biegowe | RZESZÓW | POLSKA | 1990 | K16 | 71 | 06:29 | 9.25 | 00:34:06 | 01:03:47 | 01:04:52 | | 245 |
| 1293 | 1293 | TOMCZYK TOMASZ | Biegający Świdnik | ŚWIDNIK | POLSKA | 1987 | M30 | 443 | 06:29 | 9.24 | 00:33:30 | 01:03:50 | 01:04:54 | 1048 | |
| 1294 | 412 | NIEZGODA ANNA | Lublin biega | LUBLIN | POLSKA | 1985 | K30 | 112 | 06:29 | 9.24 | 00:33:27 | 01:03:41 | 01:04:55 | | 246 |
| 1295 | 1009 | MAZUREK MATEUSZ | Mazi Biega | NIEDRZWICA DUŻA | POLSKA | 1989 | M16 | 228 | 06:30 | 9.23 | 00:33:51 | 01:03:48 | 01:04:59 | 1049 | |
| 1296 | 241 | FOLTYN ANDRZEJ | Wolność Endorfinom | LUDWIN | POLSKA | 1971 | M40 | 286 | 06:31 | 9.22 | 00:32:45 | 01:03:49 | 01:05:05 | 1050 | |
| 1297 | 460 | KRASOWICZ IWONA | | LUBLIN | POLSKA | 1977 | K40 | 55 | 06:31 | 9.21 | 00:33:23 | 01:04:04 | 01:05:07 | | 247 |
| 1298 | 960 | GLINKA MARTA | | JAKUBOWICE KONIŃSKIE KOLONIA | POLSKA | 1978 | K30 | 113 | 06:31 | 9.2 | 00:33:31 | 01:04:11 | 01:05:11 | | 248 |
| 1299 | 1091 | ŚWISZCZ GRZEGORZ | Perfect Runner Lublin/Rozbiegany Zamość | ZAMOŚĆ | POLSKA | 1972 | M40 | 287 | 06:32 | 9.19 | 00:33:57 | 01:03:58 | 01:05:16 | 1051 | |
| 1300 | 397 | PUTOWSKA KATARZYNA | MOTYCZ BIEGA | MOTYCZ | POLSKA | 1995 | K16 | 72 | 06:32 | 9.18 | 00:33:12 | 01:04:14 | 01:05:23 | | 249 |
| 1301 | 667 | TOMCZYK DAWID | | LUBLIN | POLSKA | 1977 | M40 | 288 | 06:32 | 9.18 | 00:33:57 | 01:04:09 | 01:05:23 | 1052 | |
| 1302 | 819 | SYROKA-PAWELEC IWONA | | LUBLIN | POLSKA | 1985 | K30 | 114 | 06:34 | 9.14 | 00:32:33 | 01:04:28 | 01:05:39 | | 250 |
| 1303 | 1410 | ŻAKIEWICZ ANNA | MOBICA RUNNERS | LUBLIN | POLSKA | 1991 | K16 | 73 | 06:34 | 9.14 | 00:34:21 | 01:04:24 | 01:05:40 | | 251 |
| 1304 | 881 | NAPIÓRKOWSKA BEATA | | PIOTRKÓW TRYBUNALSKI | POLSKA | 1987 | K30 | 115 | 06:34 | 9.13 | 00:33:07 | 01:04:39 | 01:05:44 | | 252 |
| 1305 | 1571 | JANICKI LESZEK | | LUBLIN | POLSKA | 1972 | M40 | 289 | 06:34 | 9.13 | 00:33:21 | 01:04:40 | 01:05:44 | 1053 | |
| 1306 | 1266 | BARTNIK DOMINIKA | | LUBLIN | POLSKA | 1991 | K16 | 74 | 06:35 | 9.13 | 00:00:00 | 01:04:45 | 01:05:45 | | 253 |
| 1307 | 906 | SMIT MARIUSZ | VIELE.PL/UMCS BIAGA | LUBLIN | POLSKA | 1981 | M30 | 444 | 06:35 | 9.12 | 00:32:14 | 01:04:55 | 01:05:49 | 1054 | |
| 1308 | 669 | WIERZBICKI MARCIN | | LUBLIN | POLSKA | 1985 | M30 | 445 | 06:35 | 9.11 | 00:33:48 | 01:04:43 | 01:05:50 | 1055 | |
| 1309 | 668 | WIERZBICKA MAGDALENA | | LUBLIN | POLSKA | 1984 | K30 | 116 | 06:35 | 9.11 | 00:33:48 | 01:04:44 | 01:05:50 | | 254 |
| 1310 | 844 | PLASŁO NATALIA | | JAROSŁAW | POLSKA | 1997 | M16 | 229 | 06:35 | 9.11 | 00:34:02 | 01:04:49 | 01:05:51 | 1056 | |
| 1311 | 738 | KOPAŃSKA KINGA | | JAROSŁAW | POLSKA | 1996 | K16 | 75 | 06:35 | 9.11 | 00:34:01 | 01:04:49 | 01:05:52 | | 255 |
| 1312 | 737 | SKWARA MAGDA | GetGym | LUBLIN | POLSKA | 1993 | K16 | 76 | 06:35 | 9.1 | 00:33:45 | 01:04:50 | 01:05:55 | | 256 |
| 1313 | 467 | ZAGAJSKI TOMASZ | | LUBLIN | POLSKA | 1998 | M16 | 230 | 06:35 | 9.1 | 00:34:15 | 01:04:45 | 01:05:55 | 1057 | |
| 1314 | 319 | RAJEWICZ ŁUKASZ | | LUBLIN | POLSKA | 1980 | M30 | 446 | 06:36 | 9.1 | 00:33:22 | 01:04:46 | 01:05:58 | 1058 | |
| 1315 | 998 | OLESIŃSKA OLGA | Pani | WARSZAWA | POLSKA | 1986 | K30 | 117 | 06:36 | 9.09 | 00:33:28 | 01:04:50 | 01:05:59 | | 257 |
| 1316 | 1570 | CZERNECKI MAREK | Drużyna Jezusa | LUBLIN | POLSKA | 1975 | M40 | 290 | 06:37 | 9.08 | 00:34:09 | 01:05:03 | 01:06:04 | 1059 | |
| 1317 | 504 | MURAT MONIKA | | LUBLIN | POLSKA | 1991 | K16 | 77 | 06:37 | 9.08 | 00:33:56 | 01:05:19 | 01:06:06 | | 258 |
| 1318 | 1408 | ŁYSZCZYK TOMASZ | MOBICA RUNNERS | LUBLIN | POLSKA | 1991 | M16 | 231 | 06:37 | 9.07 | 00:34:35 | 01:04:53 | 01:06:09 | 1060 | |
| 1319 | 415 | WHITE ASHLEY | | LUBLIN | USA | 1981 | K30 | 118 | 06:38 | 9.06 | 00:34:37 | 01:05:00 | 01:06:15 | | 259 |
| 1320 | 580 | GILEWSKA AGNIESZKA | FORMA | LUBLIN | POLSKA | 1977 | K40 | 56 | 06:38 | 9.05 | 00:34:13 | 01:05:11 | 01:06:17 | | 260 |

TRZECIA DYCHA DO MARATONU

Organizator: Fundacja Rozwoju Sportu w Lublinie

Data: Lublin, 11/12.02.2017

Dystans 10 km

| M-sce | Nr Zaw. | Nazwisko imię | Klub | Miejscowość | Kraj | Rok ur. | Kat. Wiek. | M-sce w kat | Tempo min/km | Tempo km/h | 5 km | Czas netto | Czas brutto | Miejsce M | Miejsce K |
|-------|---------|-----------------------|---------------------------|----------------------|--------|---------|------------|-------------|--------------|------------|----------|------------|-------------|-----------|-----------|
| 1321 | 1417 | ŻUK WIKTORIA | | LUBLIN | POLSKA | 1995 | K16 | 78 | 06:39 | 9.02 | 00:34:35 | 01:05:22 | 01:06:29 | | 261 |
| 1322 | 980 | CZECH BOGDAN | | ŁĘCZNA | POLSKA | 1977 | M40 | 291 | 06:39 | 9.02 | 00:34:37 | 01:05:14 | 01:06:32 | 1061 | |
| 1323 | 1000 | WOSZUK IWONA | | BELŻYCE | POLSKA | 1981 | K30 | 119 | 06:40 | 9.01 | 00:33:29 | 01:05:44 | 01:06:34 | | 262 |
| 1324 | 1001 | ZYGO DOROTA | | BELŻYCE | POLSKA | 1966 | K50 | 10 | 06:40 | 9.01 | 00:33:29 | 01:05:42 | 01:06:34 | | 263 |
| 1325 | 1215 | PAWŁOWSKA ELŻBIETA | Senior51Team | PUŁAWY | POLSKA | 1956 | K60 | 1 | 06:40 | 9.01 | 00:34:12 | 01:05:28 | 01:06:36 | | 264 |
| 1326 | 314 | BYSTREK PIOTR | Biegajacy Świdnik | ŚWIDNIK | POLSKA | 1985 | M30 | 447 | 06:40 | 9.01 | 00:34:36 | 01:05:36 | 01:06:37 | 1062 | |
| 1327 | 316 | BYSTREK MAŁGORZATA | Biegajacy Świdnik | ŚWIDNIK | POLSKA | 1986 | K30 | 120 | 06:40 | 9 | 00:34:36 | 01:05:36 | 01:06:38 | | 265 |
| 1328 | 891 | KRZYŻANEK PAWEŁ | | CHODEL | POLSKA | 1983 | M30 | 448 | 06:40 | 9 | 00:34:34 | 01:05:33 | 01:06:38 | 1063 | |
| 1329 | 890 | KRZYŻANEK MONIKA | | CHODEL | POLSKA | 1989 | K16 | 79 | 06:40 | 9 | 00:34:34 | 01:05:33 | 01:06:39 | | 266 |
| 1330 | 967 | PIJANOWSKI PAWEŁ | TONIEMY | STRZYŻEWICE | POLSKA | 1980 | M30 | 449 | 06:40 | 9 | 00:33:38 | 01:05:35 | 01:06:42 | 1064 | |
| 1331 | 968 | OŻGA ANNA | | STRZYŻEWICE | POLSKA | 1977 | K40 | 57 | 06:40 | 9 | 00:33:38 | 01:05:35 | 01:06:42 | | 267 |
| 1332 | 132 | BEDENAK-KISIEL JOANNA | | LUBLIN | POLSKA | 1985 | K30 | 121 | 06:40 | 9 | 00:33:45 | 01:05:41 | 01:06:42 | | 268 |
| 1333 | 1461 | WARDA DOBROSŁAW | Makondo | MAJDAN KOZIC DOLNYCH | POLSKA | 1991 | M16 | 232 | 06:41 | 8.99 | 00:33:33 | 01:05:47 | 01:06:45 | 1065 | |
| 1334 | 837 | PARFIN AGNIESZKA | | LUBLIN | POLSKA | 1986 | K30 | 122 | 06:41 | 8.98 | 00:34:26 | 01:05:54 | 01:06:47 | | 269 |
| 1335 | 557 | KOŁODZIEJAK JOANNA | | LUBLIN | POLSKA | 1987 | K30 | 123 | 06:41 | 8.98 | 00:35:08 | 01:05:32 | 01:06:47 | | 270 |
| 1336 | 1421 | ŻUK AGATA | | LUBLIN | POLSKA | 1976 | K40 | 58 | 06:41 | 8.98 | 00:34:36 | 01:05:41 | 01:06:47 | | 271 |
| 1337 | 1587 | RYNIEWSKI TOMASZ | | LUBLIN | POLSKA | 1975 | M40 | 292 | 06:41 | 8.98 | 00:34:49 | 01:05:40 | 01:06:49 | 1066 | |
| 1338 | 1198 | FILO RAFAŁ | | LUBLIN | POLSKA | 1980 | M30 | 450 | 06:41 | 8.96 | 00:33:58 | 01:05:49 | 01:06:56 | 1067 | |
| 1339 | 1479 | OLSZEWSKA ANNA | Agram biega | JASTKÓW | POLSKA | 1979 | K30 | 124 | 06:43 | 8.94 | 00:32:52 | 01:06:12 | 01:07:07 | | 272 |
| 1340 | 1334 | PRZECH BARTOSZ | Deloitte Adventure Team | LUBLIN | POLSKA | 1991 | M16 | 233 | 06:43 | 8.93 | 00:34:25 | 01:06:09 | 01:07:10 | 1068 | |
| 1341 | 454 | PRZECH-FUS AGNIESZKA | WW Team | LUBLIN | POLSKA | 1967 | K50 | 11 | 06:43 | 8.93 | 00:34:25 | 01:06:09 | 01:07:10 | | 273 |
| 1342 | 1460 | STASZAK ROBERT | Makondo | MAJDAN KOZIC DOLNYCH | POLSKA | 1987 | M30 | 451 | 06:43 | 8.93 | 00:33:33 | 01:06:12 | 01:07:11 | 1069 | |
| 1343 | 38 | KLOC MAREK | | LUBLIN | POLSKA | 1983 | M30 | 452 | 06:43 | 8.93 | 00:33:14 | 01:06:22 | 01:07:12 | 1070 | |
| 1344 | 546 | WIECZOREK WIESŁAW | | WŁODAWA | POLSKA | 1972 | M40 | 293 | 06:43 | 8.93 | 00:33:03 | 01:06:22 | 01:07:13 | 1071 | |
| 1345 | 193 | TUŁAJEW MICHAŁ | ODL | LUBLIN | POLSKA | 1978 | M30 | 453 | 06:44 | 8.92 | 00:34:42 | 01:06:14 | 01:07:15 | 1072 | |
| 1346 | 679 | MAJEWSKA DOROTA | Get Gym | LUBLIN | POLSKA | 1988 | K16 | 80 | 06:44 | 8.92 | 00:35:27 | 01:05:59 | 01:07:17 | | 274 |
| 1347 | 1445 | CYGAN PIOTR | | DĘBLIN | POLSKA | 1979 | M30 | 454 | 06:44 | 8.9 | 00:34:55 | 01:06:11 | 01:07:23 | 1073 | |
| 1348 | 825 | MAZUR SŁAWEK | Biegam do minus szczęściu | LUBLIN | POLSKA | 1980 | M30 | 455 | 06:45 | 8.89 | 00:33:54 | 01:06:28 | 01:07:29 | 1074 | |
| 1349 | 514 | GUMIELA AGATA | Zona Gumirunera | LUBLIN | POLSKA | 1974 | K40 | 59 | 06:45 | 8.89 | 00:34:54 | 01:06:18 | 01:07:31 | | 275 |
| 1350 | 298 | GUMIELA MARIUSZ | GUMIRUNNER | LUBLIN | POLSKA | 1974 | M40 | 294 | 06:45 | 8.89 | 00:34:54 | 01:06:18 | 01:07:31 | 1075 | |
| 1351 | 1252 | BORUCH DARIUSZ | Cisowianka Team PL | NAŁĘCZÓW | POLSKA | 1989 | M16 | 234 | 06:46 | 8.87 | 00:34:37 | 01:06:27 | 01:07:37 | 1076 | |
| 1352 | 1348 | AUGUSTYNIAK AGNIESKA | | LUBLIN | POLSKA | 1992 | K16 | 81 | 06:46 | 8.87 | 00:34:37 | 01:06:27 | 01:07:37 | | 276 |
| 1353 | 1595 | WACHOWICZ KRZYSZTOF | | DZIAŁDOWO | POLSKA | 1977 | M40 | 295 | 06:46 | 8.87 | 00:33:45 | 01:06:39 | 01:07:37 | 1077 | |
| 1354 | 1225 | DYBKOWSKA MAGDALENA | | LUBLIN | POLSKA | 1978 | K30 | 125 | 06:46 | 8.87 | 00:34:32 | 01:06:27 | 01:07:38 | | 277 |
| 1355 | 190 | FIGIEL DARIUSZ | biegam ja | LUBLIN | POLSKA | 1971 | M40 | 296 | 06:46 | 8.86 | 00:34:55 | 01:06:29 | 01:07:41 | 1078 | |
| 1356 | 1200 | MARZEC BEATA | | KRAŚNIK | POLSKA | 1971 | K40 | 60 | 06:46 | 8.86 | 00:34:55 | 01:06:46 | 01:07:42 | | 278 |
| 1357 | 21 | POPIOŁEK JUSTYNA | Stokrotka | LUBLIN | POLSKA | 1972 | K40 | 61 | 06:47 | 8.85 | 00:35:19 | 01:06:41 | 01:07:49 | | 279 |
| 1358 | 29 | CHOJECKI DARIUSZ | | LUBLIN | POLSKA | 1972 | M40 | 297 | 06:47 | 8.85 | 00:35:19 | 01:06:41 | 01:07:50 | 1079 | |
| 1359 | 351 | SAWCZUK DOROTA | | SPICZYN | POLSKA | 1974 | K40 | 62 | 06:48 | 8.83 | 00:34:36 | 01:06:47 | 01:07:57 | | 280 |
| 1360 | 822 | SKORUPSKI TOMASZ | | KONOPNICA | POLSKA | 1989 | M16 | 235 | 06:48 | 8.82 | 00:34:18 | 01:06:45 | 01:08:01 | 1080 | |

TRZECIA DYCHA DO MARATONU

Organizator: Fundacja Rozwoju Sportu w Lublinie

Data: Lublin, 11/12.02.2017

Dystans 10 km

| M-sce | Nr Zaw. | Nazwisko imię | Klub | Miejscowość | Kraj | Rok ur. | Kat. Wiek. | M-sce w kat | Tempo min/km | Tempo km/h | 5 km | Czas netto | Czas brutto | Miejsce M | Miejsce K |
|-------|-------------|----------------------------|---------------------------|-----------------|--------|---------|------------|-------------|--------------|------------|----------|------------|-------------|-----------|-----------|
| 1361 | 823 | WALCZAK KAMILA | | BELŻYCE | POLSKA | 1989 | K16 | 82 | 06:48 | 8.82 | 00:34:18 | 01:06:44 | 01:08:01 | | 281 |
| 1362 | 1187 | BARTNIK ARTUR | RUTA Runners Lublin | WARSZAWA | POLSKA | 1979 | M30 | 456 | 06:49 | 8.81 | 00:34:48 | 01:06:46 | 01:08:06 | 1081 | |
| 1363 | 134 | WALCZYŃSKA ANNA | | LUBLIN | POLSKA | 1974 | K40 | 63 | 06:49 | 8.8 | 00:34:47 | 01:07:03 | 01:08:13 | | 282 |
| 1364 | 1193 | ŻUKIEWICZ-WÓJCIK MAGDALENA | Strefa Piękna-Lublin | LUBLIN | POLSKA | 1982 | K30 | 126 | 06:50 | 8.78 | 00:34:09 | 01:07:33 | 01:08:20 | | 283 |
| 1365 | 1199 | ŻUKIEWICZ KONRAD | Strefa Piękna Lublin | LUBLIN | POLSKA | 1977 | M40 | 298 | 06:50 | 8.78 | 00:34:08 | 01:07:34 | 01:08:20 | 1082 | |
| 1366 | 1588 | NOGAJ MARTA | | LUBLIN | POLSKA | 1991 | K16 | 83 | 06:50 | 8.78 | 00:34:09 | 01:07:34 | 01:08:20 | | 284 |
| 1367 | 552 | CZARNECKA JOANNA | | JASTKÓW | POLSKA | 1972 | K40 | 64 | 06:50 | 8.77 | 00:34:47 | 01:07:10 | 01:08:23 | | 285 |
| 1368 | 626 | SOSNOWSKA PAULINA | | LUBLIN | POLSKA | 1995 | K16 | 84 | 06:52 | 8.74 | 00:34:39 | 01:07:23 | 01:08:40 | | 286 |
| 1369 | 793 | NOWAK AGNIESZKA | | WARSZAWA | POLSKA | 1986 | K30 | 127 | 06:52 | 8.74 | 00:34:39 | 01:07:23 | 01:08:40 | | 287 |
| 1370 | 137 | KOZAK BARTOSZ | LONE WOLF | OPOLE LUBELSKIE | POLSKA | 1994 | M16 | 236 | 06:53 | 8.73 | 00:33:28 | 01:07:52 | 01:08:46 | 1083 | |
| 1371 | 1296 | PYTKA MARCIN | | LUBLIN | POLSKA | 1978 | M30 | 457 | 06:53 | 8.71 | 00:31:42 | 01:08:05 | 01:08:51 | 1084 | |
| 1372 | 523 | DOMONIK BARTOSZ | | NASUTÓW | POLSKA | 1987 | M30 | 458 | 06:55 | 8.69 | 00:34:17 | 01:07:50 | 01:09:04 | 1085 | |
| 1373 | 1113 | KUZIA KATARZYNA | | LUBLIN | POLSKA | 1983 | K30 | 128 | 06:56 | 8.65 | 00:34:28 | 01:08:22 | 01:09:23 | | 288 |
| 1374 | 1436 | GÓRNA NATALIA | Aktywne Borki | STARA WIEŚ | POLSKA | 2000 | K16 | 85 | 06:57 | 8.64 | 00:33:48 | 01:08:36 | 01:09:29 | | 289 |
| 1375 | 1235 | GÓRNY PRZEMEK | Aktywne Borki | BORKI | POLSKA | 1983 | M30 | 459 | 06:57 | 8.63 | 00:33:48 | 01:08:35 | 01:09:30 | 1086 | |
| 1376 | 292 | GRELA KATARZYNA | ABY DO PRZODU | ZAMOŚĆ | POLSKA | 1993 | K16 | 86 | 06:59 | 8.6 | 00:34:14 | 01:09:03 | 01:09:46 | | 290 |
| 1377 | 976 | WIDOMSKA DAGMARA | | LUBLIN | POLSKA | 1988 | K16 | 87 | 06:59 | 8.59 | 00:35:07 | 01:08:55 | 01:09:53 | | 291 |
| 1378 | 1021 | GÓRNIAK SYLWIA | | JABŁONNA | POLSKA | 1989 | K16 | 88 | 06:59 | 8.59 | 00:35:07 | 01:08:55 | 01:09:53 | | 292 |
| 1379 | 117 | PIETRZAK MAŁGORZATA | Rowerowy Lublin | LUBLIN | POLSKA | 1989 | K16 | 89 | 07:01 | 8.54 | 00:35:15 | 01:09:11 | 01:10:14 | | 293 |
| 1380 | 1164 | PARUCH AGNIESZKA | | LUBLIN | POLSKA | 1995 | K16 | 90 | 07:02 | 8.53 | 00:36:30 | 01:09:05 | 01:10:19 | | 294 |
| 1381 | 723 | BACZEWSKA AGNIESZKA | BIEGAJĄCY ŚWIDNIK | ŚWIDNIK | POLSKA | 1978 | K30 | 129 | 07:04 | 8.48 | 00:36:20 | 01:09:25 | 01:10:43 | | 295 |
| 1382 | 1373 | WIKIERA ALA | Multimedia Runners | BARANÓW | POLSKA | 1988 | K16 | 91 | 07:04 | 8.48 | 00:35:35 | 01:09:35 | 01:10:44 | | 296 |
| 1383 | 932 | SABA KRYSZTOF | BDOW WB/ LSB | LUBLIN | POLSKA | 1988 | M16 | 237 | 07:05 | 8.48 | 00:36:22 | 01:09:30 | 01:10:47 | 1087 | |
| 1384 | 1295 | ALBINIAK MARCIN | | LUBLIN | POLSKA | 1972 | M40 | 299 | 07:05 | 8.46 | 00:35:28 | 01:09:57 | 01:10:54 | 1088 | |
| 1385 | 399 | BOŻEK MAŁGORZATA | | LUBLIN | POLSKA | 1980 | K30 | 130 | 07:06 | 8.45 | 00:34:39 | 01:09:59 | 01:11:00 | | 297 |
| 1386 | 42 | KARPIŃSKA AGNIESZKA | lubelska grupa Triathlonu | LUBLIN | POLSKA | 1977 | K40 | 65 | 07:07 | 8.42 | 00:36:57 | 01:10:24 | 01:11:13 | | 298 |
| 1387 | 1485 | KRZYŻANOWSKI PAWEŁ | UMCS Biega | ŚWIDNIK | POLSKA | 1985 | M30 | 460 | 07:10 | 8.38 | 00:35:26 | 01:10:25 | 01:11:35 | 1089 | |
| 1388 | 717 | PIETRZYK RENATA | Biegający Świdnik | MEŁGIEW | POLSKA | 1986 | K30 | 131 | 07:11 | 8.35 | 00:36:20 | 01:10:34 | 01:11:49 | | 299 |
| 1389 | 1563 | MORAWSKI MARCIN | | CYCÓW | POLSKA | 1985 | M30 | 461 | 07:12 | 8.33 | 00:36:12 | 01:11:07 | 01:12:00 | 1090 | |
| 1390 | 927 | NAFALSKA MONIKA | | CHEŁM | POLSKA | 1980 | K30 | 132 | 07:13 | 8.33 | 00:35:44 | 01:11:34 | 01:12:04 | | 300 |
| 1391 | 691 | PALUCH KATARZYNA | | LUBLIN | POLSKA | 1986 | K30 | 133 | 07:14 | 8.29 | 00:36:21 | 01:11:27 | 01:12:21 | | 301 |
| 1392 | 1351 | KUŚMIERCZUK MAŁGORZATA | UMCS EKONOMIA | LUBLIN | POLSKA | 1998 | K16 | 92 | 07:16 | 8.27 | 00:34:32 | 01:11:39 | 01:12:35 | | 302 |
| 1393 | 1349 | MICHOTA MARCIN | UMCS EKONOMIA | WĄWOLNICA | POLSKA | 1997 | M16 | 238 | 07:16 | 8.27 | 00:34:31 | 01:11:39 | 01:12:35 | 1091 | |
| 1394 | 508 | BARCZAK SYLWIA | PERFECT RUNNER LUBLIN | LUBLIN | POLSKA | 1984 | K30 | 134 | 07:17 | 8.23 | 00:37:32 | 01:11:54 | 01:12:56 | | 303 |
| 1395 | 369 | GĘCA MAŁGORZATA | Umcs Biega | LUBLIN | POLSKA | 1978 | K30 | 135 | 07:19 | 8.2 | 00:36:58 | 01:12:29 | 01:13:12 | | 304 |
| 1396 | 1030 | KISIEL EDYTA | | LUBLIN | POLSKA | 1978 | K30 | 136 | 07:20 | 8.19 | 00:36:59 | 01:12:35 | 01:13:18 | | 305 |
| 1397 | 308 | STOŃ DANIEL | Biegusiem.pl | SARNY | POLSKA | 1977 | M40 | 300 | 07:20 | 8.18 | 00:37:34 | 01:12:09 | 01:13:21 | 1092 | |
| 1398 | 1404 | TIMOSZUK ŁUKASZ | biegusiem.pl | DĘBLIN | POLSKA | 1986 | M30 | 462 | 07:20 | 8.18 | 00:37:31 | 01:12:10 | 01:13:21 | 1093 | |
| 1399 | 716 | CHARKOT SŁAWOMIR | BIEGUSIEM.PL | KRASNYSTAW | POLSKA | 1975 | M40 | 301 | 07:20 | 8.18 | 00:37:32 | 01:12:10 | 01:13:21 | 1094 | |
| 1400 | 1403 | TIMOSZUK DAGMARA | biegusiem.pl | DĘBLIN | POLSKA | 1983 | K30 | 137 | 07:20 | 8.18 | 00:37:32 | 01:12:10 | 01:13:21 | | 306 |

TRZECIA DYCHA DO MARATONU

Organizator: Fundacja Rozwoju Sportu w Lublinie

Data: Lublin, 11/12.02.2017

Dystans 10 km

| M-sce | Nr Zaw. | Nazwisko imię | Klub | Miejscowość | Kraj | Rok ur. | Kat. Wiek. | M-sce w kat | Tempo min/km | Tempo km/h | 5 km | Czas netto | Czas brutto | Miejsce M | Miejsce K |
|-------|-------------|--------------------|-------------------|-------------|--------|---------|------------|-------------|--------------|------------|----------|------------|-------------|-----------|-----------|
| 1401 | 463 | PANCZENKO KAMIL | | LUBLIN | POLSKA | 1993 | M16 | 239 | 07:25 | 8.09 | 00:38:06 | 01:12:55 | 01:14:11 | 1095 | |
| 1402 | 464 | SEREWA PAULINA | | LUBLIN | POLSKA | 1993 | K16 | 93 | 07:25 | 8.09 | 00:38:07 | 01:12:55 | 01:14:12 | | 307 |
| 1403 | 1176 | WRONA ANDRZEJ | TRICLUB LUBLIN | LUBLIN | POLSKA | 1959 | M50 | 71 | 07:26 | 8.07 | 00:38:11 | 01:13:19 | 01:14:23 | 1096 | |
| 1404 | 1338 | WOŹNIACKI ANDRZEJ | | LUBLIN | POLSKA | 1972 | M40 | 302 | 07:55 | 7.58 | 00:39:06 | 01:18:09 | 01:19:09 | 1097 | |
| 1405 | 443 | SAŁEK ARKADIUSZ | | ŚREM | POLSKA | 1982 | M30 | 463 | 07:55 | 7.58 | 00:39:04 | 01:17:58 | 01:19:09 | 1098 | |
| 1406 | 1138 | LIPSKA BEATA | Power Girl | LUBLIN | POLSKA | 1980 | K30 | 138 | 08:00 | 7.5 | 00:40:14 | 01:18:57 | 01:20:01 | | 308 |
| 1407 | 1139 | LIPSKI GRZEGORZ | AZBESTOWY JOGHURT | LUBLIN | POLSKA | 1979 | M30 | 464 | 08:00 | 7.5 | 00:40:14 | 01:18:57 | 01:20:02 | 1099 | |
| 1408 | 1387 | MARCZEWSKI MARIUSZ | VW | MARYSIN | POLSKA | 1975 | M40 | 303 | 08:00 | 7.5 | 00:40:14 | 01:18:57 | 01:20:02 | 1100 | |