

CZWARTA DYCHA DO MARATONU

Organizator: Fundacja Rozwoju Sportu / MOSiR "Bystrzyca"
 Data: 13.04.2014 r.
 Dystans: 10km
 Miejscowość: Lublin

Klasyfikacja: OPEN



| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Kraj | Rok urodz. | Kat wiek. | M-ce w kat | tempo min/km | P1 | Czas netto | Wynik | M | K |
|------|---------|------------------------|-----------------|------------------------------------|--------|------------|-----------|------------|--------------|----------|------------|----------|----|---|
| 1 | 775 | BIĄŁY MICHAŁ | KRAŚNIK | SKB KRAŚNIK | POLSKA | 1991 | M16+ | 1 | 3:21 | 00:16:38 | 00:33:30 | 00:33:30 | 1 | |
| 2 | 232 | BEDNARZ CEZARY | ŚWIDNIK | BIEGAJĄCY ŚWIDNIK | POLSKA | 1988 | M16+ | 2 | 3:29 | 00:17:22 | 00:34:45 | 00:34:46 | 2 | |
| 3 | 581 | LISTOPAD DARIUSZ | LUBLIN | CHEMIK NOXY PUŁAWY | POLSKA | 1971 | M40+ | 1 | 3:31 | 00:17:24 | 00:35:10 | 00:35:11 | 3 | |
| 4 | 760 | ZIĘBA PIOTR | LUBLIN | AZS KUL / DECATHLON LUBLIN | POLSKA | 1987 | M16+ | 3 | 3:32 | 00:17:58 | 00:35:24 | 00:35:24 | 4 | |
| 5 | 575 | WRONA BARTŁOMIEJ | LUBLIN | III LO LUBLIN | POLSKA | 1995 | M16+ | 4 | 3:32 | 00:17:58 | 00:35:24 | 00:35:25 | 5 | |
| 6 | 586 | PŁECHA MICHAŁ | CHODEL | SYGNAŁ CHODEL | POLSKA | 1989 | M16+ | 5 | 3:34 | 00:17:58 | 00:35:41 | 00:35:43 | 6 | |
| 7 | 626 | RUTA DAMIAN NIXON | LUBLIN | MARATONYPOLSKIE.PL TEAM/UM LUBLIN | POLSKA | 1989 | M16+ | 6 | 3:35 | 00:17:15 | 00:35:53 | 00:35:53 | 7 | |
| 8 | 540 | KITLIŃSKI PIOTR | LUBLIN | LUBELSKIE STOWARZYSZENIE BIEGOWE | POLSKA | 1972 | M40+ | 2 | 3:39 | 00:18:24 | 00:36:33 | 00:36:33 | 8 | |
| 9 | 559 | KOWALSKI ŁUKASZ | LUBLIN | LUBELSKIE STOWARZYSZENIE BIEGOWE | POLSKA | 1984 | M30+ | 1 | 3:43 | 00:18:26 | 00:37:05 | 00:37:07 | 9 | |
| 10 | 388 | BRĄGIEL KRZYSZTOF | LUBLIN | | POLSKA | 1987 | M16+ | 7 | 3:44 | 00:18:25 | 00:37:19 | 00:37:20 | 10 | |
| 11 | 370 | RYCYK GRZEGORZ | KRASNYSTAW | STOWARZYSZENIE KRASNYSTAW BIEGA | POLSKA | 1975 | M30+ | 2 | 3:45 | 00:18:43 | 00:37:27 | 00:37:28 | 11 | |
| 12 | 102 | BUDZYŃSKI BOGDAN | LUBLIN | VEGE RUNNERS | POLSKA | 1976 | M30+ | 3 | 3:46 | 00:18:43 | 00:37:33 | 00:37:36 | 12 | |
| 13 | 495 | MAJEWSKI ANDRZEJ | BIAŁA PODLASKA | BIAŁA BIEGA-BIAŁA PODLASKA | POLSKA | 1962 | M50+ | 1 | 3:46 | 00:18:30 | 00:37:35 | 00:37:38 | 13 | |
| 14 | 690 | WÓJTOWICZ PAWEŁ | LUBLIN | WWW.SKRYZDŁA.LUBLIN.PL | POLSKA | 1972 | M40+ | 3 | 3:46 | 00:18:41 | 00:37:42 | 00:37:42 | 14 | |
| 15 | 666 | LIS ŁUKASZ | LUBLIN | TRICLUB LUBLIN | POLSKA | 1986 | M16+ | 8 | 3:46 | 00:19:16 | 00:37:41 | 00:37:45 | 15 | |
| 16 | 29 | BUJAK MACIEJ | LUBLIN | | POLSKA | 1973 | M40+ | 4 | 3:47 | 00:19:13 | 00:37:46 | 00:37:46 | 16 | |
| 17 | 95 | PRÓSZYŃSKI ROMUALD | PUŁAWY | PUŁAWIANIN PUŁAWY | POLSKA | 1969 | M40+ | 5 | 3:47 | 00:18:52 | 00:37:39 | 00:37:49 | 17 | |
| 18 | 480 | SOLIŃSKI WOJCIECH | LUBLIN | UNIwersytet Medyczny w Lublinie RM | POLSKA | 1988 | M16+ | 9 | 3:48 | 00:18:46 | 00:37:54 | 00:37:58 | 18 | |
| 19 | 119 | HURKACZ MICHAŁ | WARSZAWA | | POLSKA | 1985 | M16+ | 10 | 3:48 | 00:19:15 | 00:37:52 | 00:37:59 | 19 | |
| 20 | 513 | OSINA JAKUB | ŚWIDNIK | WWW.ARTUBA.PL | POLSKA | 1978 | M30+ | 4 | 3:49 | 00:18:51 | 00:38:03 | 00:38:06 | 20 | |
| 21 | 473 | JAGNIONKOWSKI JAROSŁAW | KRASNYSTAW | STOWARZYSZENIE KRASNYSTAW BIEGA | POLSKA | 1984 | M30+ | 5 | 3:50 | 00:19:09 | 00:38:22 | 00:38:25 | 21 | |
| 22 | 630 | OZOG GRZEGORZ | MOTYCZ | AZS LUBLIN | POLSKA | 1975 | M30+ | 6 | 3:51 | 00:18:48 | 00:38:26 | 00:38:27 | 22 | |
| 23 | 527 | KOZYRA PAWEŁ | LUBLIN | | POLSKA | 1996 | M16+ | 11 | 3:51 | 00:19:20 | 00:38:28 | 00:38:28 | 23 | |
| 24 | 484 | CAR JACEK | UNISZOWICE | LUBELSKIE STOWARZYSZENIE BIEGOWE | POLSKA | 1976 | M30+ | 7 | 3:51 | 00:19:40 | 00:38:33 | 00:38:33 | 24 | |
| 25 | 511 | KOWALCZYK DAMIAN | LUBLIN | LUBELSKI KLUB KOLARSTWA GÓRSKIEGO | POLSKA | 1990 | M16+ | 12 | 3:54 | 00:19:27 | 00:38:53 | 00:38:59 | 25 | |
| 26 | 686 | KAWALA KONRAD | KALINÓWKA | | POLSKA | 1994 | M16+ | 13 | 3:54 | 00:19:19 | 00:39:03 | 00:39:04 | 26 | |
| 27 | 313 | HAŁAJKO PIOTR | RADZYŃ PODLASKI | | POLSKA | 1991 | M16+ | 14 | 3:54 | 00:19:11 | 00:39:01 | 00:39:05 | 27 | |
| 28 | 233 | STĘC STANISŁAW | LISZNO | | POLSKA | 1965 | M40+ | 6 | 3:55 | 00:19:36 | 00:39:07 | 00:39:08 | 28 | |
| 29 | 281 | JÓŻWIK PIOTR | LUBLIN | | POLSKA | 1971 | M40+ | 7 | 3:55 | 00:19:14 | 00:39:11 | 00:39:13 | 29 | |
| 30 | 689 | BANAŚKIEWICZ KAMIL | | CISOWIANKA | POLSKA | 1983 | M30+ | 8 | 3:56 | 00:19:11 | 00:39:13 | 00:39:15 | 30 | |
| 31 | 684 | GRUCA KRZYSZTOF | LUBLIN | CEWAR MAY DAY TEAM | POLSKA | 1960 | M50+ | 2 | 3:56 | 00:19:27 | 00:39:16 | 00:39:18 | 31 | |
| 32 | 452 | STELMACH ZBIGNIEW | ĆMIĘÓW | LW BOGDANKA | POLSKA | 1960 | M50+ | 3 | 3:56 | 00:19:37 | 00:39:20 | 00:39:20 | 32 | |
| 33 | 771 | JÓŻWIK PAWEŁ | LUBLIN | MARATON LUBELSKI | POLSKA | 1985 | M16+ | 15 | 3:57 | 00:19:20 | 00:39:25 | 00:39:29 | 33 | |
| 34 | 175 | MATYJASZCZYK KAMIL | ŁĘCZNA | | POLSKA | 1987 | M16+ | 16 | 3:58 | 00:20:35 | 00:39:32 | 00:39:42 | 34 | |
| 35 | 379 | DUDKOWSKI KAMIL | BEŁŻYCE | | POLSKA | 1988 | M16+ | 17 | 3:59 | 00:19:56 | 00:39:37 | 00:39:46 | 35 | |
| 36 | 455 | BISEK MAREK | LUBLIN | LW BOGDANKA | POLSKA | 1962 | M50+ | 4 | 3:59 | 00:19:37 | 00:39:50 | 00:39:51 | 36 | |
| 37 | 325 | PIĘTAK PAWEŁ | BUKOWA | | POLSKA | 1987 | M16+ | 18 | 3:59 | 00:20:10 | 00:39:46 | 00:39:53 | 37 | |
| 38 | 389 | WAŚOWSKI KRZYSZTOF | LUBLIN | LUBELSKIE STOWARZYSZENIE BIEGOWE | POLSKA | 1966 | M40+ | 8 | 4:00 | 00:19:45 | 00:39:48 | 00:39:56 | 38 | |
| 39 | 160 | MICHALAK PAWEŁ | LUBLIN | | POLSKA | 1971 | M40+ | 9 | 4:00 | 00:20:21 | 00:39:52 | 00:40:01 | 39 | |
| 40 | 576 | WRONA JERZY | LUBLIN | ZPD STOLMAR | POLSKA | 1962 | M50+ | 5 | 4:01 | 00:19:37 | 00:40:06 | 00:40:07 | 40 | |
| 41 | 207 | BIGORAJ MARCIN | LUBLIN | BIEGŁEM PO BUŁKI | POLSKA | 1990 | M16+ | 19 | 4:02 | 00:19:41 | 00:40:16 | 00:40:18 | 41 | |
| 42 | 336 | MOTYL ARTUR | ŚWIDNIK | | POLSKA | 1976 | M30+ | 9 | 4:02 | 00:20:02 | 00:40:19 | 00:40:21 | 42 | |

CZWARTA DYCHA DO MARATONU

Organizator: Fundacja Rozwoju Sportu / MOSiR "Bystrzyca"
 Data: 13.04.2014 r.
 Dystans: 10km
 Miejscowość: Lublin

Klasyfikacja: OPEN



| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Kraj | Rok urodz. | Kat wiek. | M-ce w kat | tempo min/km | P1 | Czas netto | Wynik | M | K |
|------|---------|-----------------------|------------------------|-------------------------------------|--------|------------|-----------|------------|--------------|----------|------------|----------|----|---|
| 43 | 215 | WIERUSZEWSKI NORBERT | LUBLIN | LUBELSKIE STOWARZYSZENIE BIEGOWE | POLSKA | 1992 | M16+ | 20 | 4:02 | 00:19:40 | 00:40:17 | 00:40:22 | 43 | |
| 44 | 120 | STYK MACIEJ | LUBLIN | NUTRICUS | POLSKA | 1993 | M16+ | 21 | 4:02 | 00:20:19 | 00:40:21 | 00:40:23 | 44 | |
| 45 | 483 | WŁUDARCZYK DAMIAN | PUŁAWY | CHEMIK ADBLUE PUŁAWY | POLSKA | 1982 | M30+ | 10 | 4:03 | 00:20:13 | 00:40:24 | 00:40:26 | 45 | |
| 46 | 253 | ZUBIK MICHAŁ | LUBLIN | | POLSKA | 1976 | M30+ | 11 | 4:03 | 00:20:12 | 00:40:22 | 00:40:28 | 46 | |
| 47 | 765 | MAZIEJUK MAREK | TREBELA | AZS KUL | POLSKA | 1993 | M16+ | 22 | 4:03 | 00:19:49 | 00:40:22 | 00:40:29 | 47 | |
| 48 | 435 | BIERNACKI ARTUR | LUBARTÓW | | POLSKA | 1963 | M50+ | 6 | 4:03 | 00:20:10 | 00:40:27 | 00:40:30 | 48 | |
| 49 | 453 | MAĆZKA JANUSZ | ZAMOŚĆ | ROZBIEGANY ZAMOŚĆ | POLSKA | 1968 | M40+ | 10 | 4:03 | 00:19:50 | 00:40:25 | 00:40:31 | 49 | |
| 50 | 657 | ZARZYCKI DARIUSZ | TURLA | BIEGAJĄCY ŚWIDNIK | POLSKA | 1975 | M30+ | 12 | 4:03 | 00:20:15 | 00:40:28 | 00:40:34 | 50 | |
| 51 | 535 | ONISZCZUK MARCIN | KOZŁÓWA | | POLSKA | 1977 | M30+ | 13 | 4:04 | 00:19:57 | 00:40:33 | 00:40:35 | 51 | |
| 52 | 114 | KORZENIECKI ANDRZEJ | LUBLIN/BIELSK PODLASKI | DROGA NEOKATECHUMENALNA / JRG 1 | POLSKA | 1985 | M16+ | 23 | 4:04 | 00:20:10 | 00:40:22 | 00:40:36 | 52 | |
| 53 | 776 | FORYCKI MARIUSZ | PIASECZNO | | POLSKA | 1969 | M40+ | 11 | 4:04 | 00:20:10 | 00:40:33 | 00:40:39 | 53 | |
| 54 | 394 | KOWALIK WOJCIECH | LUBLIN | TIR AWF BIAŁA PODLASKA | POLSKA | 1989 | M16+ | 24 | 4:04 | 00:19:41 | 00:40:37 | 00:40:42 | 54 | |
| 55 | 345 | KLOC MARTA | URSZULIN | LSB/AZS UM LUBLIN | POLSKA | 1991 | K16+ | 1 | 4:04 | 00:20:12 | 00:40:38 | 00:40:42 | | 1 |
| 56 | 568 | MYSZKOWSKI ADRIAN | ŚWIDNIK | BIEGAJĄCY ŚWIDNIK | POLSKA | 1973 | M40+ | 12 | 4:05 | 00:20:20 | 00:40:41 | 00:40:46 | 55 | |
| 57 | 134 | STYŻEJ JAROSŁAW | LUBLIN | SPORTSPARK | POLSKA | 1974 | M40+ | 13 | 4:05 | 00:20:13 | 00:40:40 | 00:40:48 | 56 | |
| 58 | 468 | BARAN DAWID | ŻÓŁKIEWKA | | POLSKA | 1992 | M16+ | 25 | 4:05 | 00:20:21 | 00:40:45 | 00:40:52 | 57 | |
| 59 | 23 | MAJ ROBERT | LUBLIN | TVP LUBLIN | POLSKA | 1973 | M40+ | 14 | 4:06 | 00:20:20 | 00:40:47 | 00:40:57 | 58 | |
| 60 | 122 | KORULCZYK ŁUKASZ | LUBLIN | | POLSKA | 1976 | M30+ | 14 | 4:06 | 00:20:54 | 00:40:45 | 00:40:58 | 59 | |
| 61 | 641 | AUGUSTYNIAK ŁUKASZ | JACKÓW | BIEGAJĄCY ŚWIDNIK | POLSKA | 1992 | M16+ | 26 | 4:06 | 00:20:41 | 00:40:57 | 00:40:59 | 60 | |
| 62 | 225 | WÓJCİK PAWEŁ | WÓŁKA NOWA | START LUBLIN | POLSKA | 1974 | M40+ | 15 | 4:06 | 00:20:45 | 00:40:49 | 00:41:02 | 61 | |
| 63 | 703 | DZIADUCH ROBERT | PUŁAWY | | POLSKA | 1972 | M40+ | 16 | 4:06 | 00:20:16 | 00:41:00 | 00:41:02 | 62 | |
| 64 | 800 | MYSZKIEWICZ PIOTR | NAŁĘCZÓW | CISOWIANKA | POLSKA | 1977 | M30+ | 15 | 4:06 | 00:20:46 | 00:40:44 | 00:41:03 | 63 | |
| 65 | 606 | SZABAT WIESŁAW | ANNOPOL | | POLSKA | 1960 | M50+ | 7 | 4:07 | 00:20:11 | 00:41:02 | 00:41:06 | 64 | |
| 66 | 152 | KOCYBA GRZEGORZ | LUBLIN | | POLSKA | 1985 | M16+ | 27 | 4:07 | 00:20:40 | 00:40:59 | 00:41:06 | 65 | |
| 67 | 204 | WĘDA ŁUKASZ NAPOLEONE | STUDZIANKA K. ŁOMAZ | KLUB BIEGACZA BIAŁA BIEGA | POLSKA | 1982 | M30+ | 16 | 4:07 | 00:21:03 | 00:41:04 | 00:41:08 | 66 | |
| 68 | 523 | SIEKALSKI TOMASZ | LUBLIN | | POLSKA | 1972 | M40+ | 17 | 4:07 | 00:20:45 | 00:41:00 | 00:41:12 | 67 | |
| 69 | 728 | SULKOWSKI KAMIL | BYCHAWA | | POLSKA | 1992 | M16+ | 28 | 4:07 | 00:20:35 | 00:41:03 | 00:41:14 | 68 | |
| 70 | 416 | PŁECHA GRZEGORZ | CHODEL | SYGNAŁ CHODEL | POLSKA | 1971 | M40+ | 18 | 4:08 | 00:20:28 | 00:41:13 | 00:41:16 | 69 | |
| 71 | 678 | LASKOWSKI ANDRZEJ | DRAGANY | OSP DRAGANY | POLSKA | 1957 | M50+ | 8 | 4:08 | 00:20:54 | 00:41:03 | 00:41:17 | 70 | |
| 72 | 251 | POGORZELEC WOJCIECH | CHELM | | POLSKA | 1995 | M16+ | 29 | 4:08 | 00:21:15 | 00:41:06 | 00:41:18 | 71 | |
| 73 | 459 | STRUG ARTUR | LUBLIN | | POLSKA | 1987 | M16+ | 30 | 4:08 | 00:20:21 | 00:41:09 | 00:41:19 | 72 | |
| 74 | 333 | DUMA KAMIL | LUBLIN | | POLSKA | 1991 | M16+ | 31 | 4:08 | 00:21:02 | 00:41:16 | 00:41:21 | 73 | |
| 75 | 146 | BARTOSZEK JAREK | KAZIMIERZ DOLNY | WWW.BIEGAJWKAZIMIERZU.PL | POLSKA | 1979 | M30+ | 17 | 4:08 | 00:20:17 | 00:41:13 | 00:41:21 | 74 | |
| 76 | 369 | KAWALEC KRZYSZTOF | LUBLIN | JABLONNA LUBELSKA | POLSKA | 1981 | M30+ | 18 | 4:08 | 00:21:05 | 00:41:11 | 00:41:22 | 75 | |
| 77 | 447 | MIERZWIŃSKI PIOTR | WOHYŃ | LUBELSKI KLUB MORSÓW | POLSKA | 1989 | M16+ | 32 | 4:09 | 00:20:59 | 00:40:48 | 00:41:27 | 76 | |
| 78 | 346 | ZYCH ZBIGNIEW | LUBLIN | REF | POLSKA | 1972 | M40+ | 19 | 4:09 | 00:20:43 | 00:41:25 | 00:41:30 | 77 | |
| 79 | 637 | TYBUREK MICHAŁ | LUBLIN | | POLSKA | 1979 | M30+ | 19 | 4:09 | 00:20:35 | 00:41:16 | 00:41:30 | 78 | |
| 80 | 337 | SKWARZYŃSKI ERWIN | LUBLIN | | POLSKA | 1984 | M30+ | 20 | 4:10 | 00:20:39 | 00:41:29 | 00:41:38 | 79 | |
| 81 | 648 | ORZEL PAWEŁ | KONOPNICA | EUROINSTAL PUŁAWY | POLSKA | 1977 | M30+ | 21 | 4:10 | 00:20:46 | 00:41:21 | 00:41:38 | 80 | |
| 82 | 471 | CABAN PAWEŁ | KOBYLANY | | POLSKA | 1975 | M30+ | 22 | 4:10 | 00:21:06 | 00:41:27 | 00:41:39 | 81 | |
| 83 | 82 | SIATKA KRZESIMIR | LUBLIN | ROZBIEGANY ZAMOŚĆ | POLSKA | 1985 | M16+ | 33 | 4:10 | 00:21:02 | 00:41:19 | 00:41:41 | 82 | |
| 84 | 419 | BARAŃSKI RAFAŁ | OSTROWIEC ŚWIĘTOKRZY! | CENTRUM SPORT OSTROWIEC ŚWIĘTOKRZY! | POLSKA | 1978 | M30+ | 23 | 4:10 | 00:20:44 | 00:41:37 | 00:41:42 | 83 | |

CZWARTA DYCHA DO MARATONU

Organizator: Fundacja Rozwoju Sportu / MOSiR "Bystrzyca"
 Data: 13.04.2014 r.
 Dystans: 10km
 Miejsowość: Lublin

Klasyfikacja: OPEN



| M-ce | Nr zaw. | Nazwisko Imię | Miejsowość | Klub | Kraj | Rok urodz. | Kat wiek. | M-ce w kat | tempo min/km | P1 | Czas netto | Wynik | M | K |
|------|---------|---------------------|-------------------|---------------------------------|-----------|------------|-----------|------------|--------------|----------|------------|----------|-----|---|
| 85 | 585 | ORZECHOWSKI MARCIN | ŚWIDNIK | | POLSKA | 1985 | M16+ | 34 | 4:10 | 00:21:35 | 00:41:33 | 00:41:43 | 84 | |
| 86 | 616 | CHODOROWSKI MACIEJ | LUBLIN | RUNINHD.CBA.PL | POLSKA | 1990 | M16+ | 35 | 4:11 | 00:20:41 | 00:41:41 | 00:41:47 | 85 | |
| 87 | 280 | SAŁDAN GRZEGORZ | BUSZKOWICE | | POLSKA | 1991 | M16+ | 36 | 4:11 | 00:21:01 | 00:41:34 | 00:41:47 | 86 | |
| 88 | 547 | WILGOS MAREK | HRUBIESZÓW | UNIA HRUBIESZÓW | POLSKA | 1987 | M16+ | 37 | 4:12 | 00:21:24 | 00:41:47 | 00:41:59 | 87 | |
| 89 | 542 | ŁOPUSZYŃSKI MATEUSZ | LUBLIN | | POLSKA | 1996 | M16+ | 38 | 4:12 | 00:22:10 | 00:41:33 | 00:42:01 | 88 | |
| 90 | 91 | PRZECH MARCIN | LUBLIN | | POLSKA | 1995 | M16+ | 39 | 4:12 | 00:21:41 | 00:41:19 | 00:42:01 | 89 | |
| 91 | 700 | PASIECZNY JERZY | TOMASZÓW LUBELSKI | | POLSKA | 1957 | M50+ | 9 | 4:12 | 00:20:34 | 00:42:01 | 00:42:03 | 90 | |
| 92 | 552 | JAREMEK WITOLD | LUBLIN | | POLSKA | 1966 | M40+ | 20 | 4:13 | 00:20:26 | 00:42:01 | 00:42:06 | 91 | |
| 93 | 15 | GAWDA PIOTR | | ORTO-OPTYMIST | POLSKA | 1966 | M40+ | 21 | 4:13 | 00:21:18 | 00:42:01 | 00:42:07 | 92 | |
| 94 | 739 | BOROWSKI MARCIN | LUBLIN | | POLSKA | 1996 | M16+ | 40 | 4:13 | 00:21:16 | 00:41:23 | 00:42:10 | 93 | |
| 95 | 243 | NOWOSAD JAN | LUBLIN | | POLSKA | 1993 | M16+ | 41 | 4:13 | 00:21:17 | 00:41:55 | 00:42:11 | 94 | |
| 96 | 501 | ZYGO KAROLINA | LUBLIN | LSB | POLSKA | 1996 | K16+ | 2 | 4:13 | 00:20:34 | 00:42:07 | 00:42:11 | | 2 |
| 97 | 221 | LEZIAK WOJCIECH | WILKOŁAZ PIERWSZY | | POLSKA | 1968 | M40+ | 22 | 4:13 | 00:21:12 | 00:42:01 | 00:42:13 | 95 | |
| 98 | 655 | GOLEC IRENEUSZ | KRASNOSTAW | VEGE RUNNERS | POLSKA | 1985 | M16+ | 42 | 4:13 | 00:21:33 | 00:42:02 | 00:42:15 | 96 | |
| 99 | 90 | CICHOSZ KRZYSZTOF | KRASNOSTAW | KRASNOSTAW BIEGA | POLSKA | 1976 | M30+ | 24 | 4:14 | 00:21:33 | 00:42:04 | 00:42:16 | 97 | |
| 100 | 39 | SKRZYPCZAK PIOTR | LUBLIN | MARATON LUBELSKI | POLSKA | 1978 | M30+ | 25 | 4:14 | 00:21:20 | 00:41:56 | 00:42:16 | 98 | |
| 101 | 695 | CHOROŚ PIOTR | | | POLSKA | 1980 | m30+ | 26 | 4:14 | 00:21:21 | 00:41:55 | 00:42:16 | 99 | |
| 102 | 643 | MAZUREK PAWEŁ | LUBLIN | NKS ZRYW | POLSKA | 1980 | M30+ | 27 | 4:14 | 00:21:35 | 00:41:58 | 00:42:17 | 100 | |
| 103 | 100 | TRĄBKA KAROL | LUBARTÓW | LUBARTÓWBIEGA | POLSKA | 1993 | M16+ | 43 | 4:14 | 00:21:26 | 00:42:01 | 00:42:18 | 101 | |
| 104 | 224 | ZAKOŚCIELNY MARCIN | LUBLIN | ANTI NAZI | POLSKA | 1970 | M40+ | 23 | 4:14 | 00:21:21 | 00:42:12 | 00:42:18 | 102 | |
| 105 | 723 | IRITATE JOSE | CARACAS | SOS WENEZUELA | WENEZUELA | 1988 | M16+ | 44 | 4:14 | 00:42:20 | 00:42:20 | 00:42:20 | 103 | |
| 106 | 235 | DACHNO MAREK | TOMASZOWICE | | POLSKA | 1985 | M16+ | 45 | 4:14 | 00:21:06 | 00:42:12 | 00:42:23 | 104 | |
| 107 | 692 | TOMASZEWSKI ARTUR | LUBLIN | | POLSKA | 1975 | M30+ | 28 | 4:15 | 00:21:07 | 00:42:23 | 00:42:27 | 105 | |
| 108 | 532 | BIELECKI TOMASZ | LUBLIN | | POLSKA | 1987 | M16+ | 46 | 4:16 | 00:21:09 | 00:42:35 | 00:42:37 | 106 | |
| 109 | 55 | ŚLUSARZ KRZYSZTOF | LUBLIN | | POLSKA | 1985 | M16+ | 47 | 4:16 | 00:21:08 | 00:42:27 | 00:42:37 | 107 | |
| 110 | 79 | OSIŃSKI KUBA | LUBLIN | MARCELINA TEAM | POLSKA | 1983 | M30+ | 29 | 4:16 | 00:21:31 | 00:42:11 | 00:42:38 | 108 | |
| 111 | 640 | SAGAN ADAM | BYCHAWA | | POLSKA | 1988 | M16+ | 48 | 4:16 | 00:21:27 | 00:42:04 | 00:42:40 | 109 | |
| 112 | 107 | WINIARCZYK EMIL | LUBLIN | | POLSKA | 1981 | M30+ | 30 | 4:17 | 00:21:19 | 00:42:38 | 00:42:45 | 110 | |
| 113 | 469 | PAPROTA JACEK | LUBLIN | | POLSKA | 1970 | M40+ | 24 | 4:17 | 00:21:09 | 00:42:51 | 00:42:54 | 111 | |
| 114 | 607 | BOROWIEC MICHAŁ | ŚWIDNIK | | POLSKA | 1985 | M16+ | 49 | 4:17 | 00:22:09 | 00:42:42 | 00:42:55 | 112 | |
| 115 | 359 | STEPANIUK ADAM | WIERZBICA | BIEGAM BO LUBIĘ | POLSKA | 1973 | M40+ | 25 | 4:18 | 00:21:34 | 00:42:54 | 00:43:01 | 113 | |
| 116 | 748 | SINICKI PIOTR | LUBLIN | | POLSKA | 1980 | M30+ | 31 | 4:18 | 00:21:52 | 00:42:52 | 00:43:05 | 114 | |
| 117 | 69 | DUŃKO JAKUB | KRASNOSTAW | STOWARZYSZENIE KRASNOSTAW BIEGA | POLSKA | 1991 | M16+ | 50 | 4:19 | 00:21:33 | 00:42:57 | 00:43:09 | 115 | |
| 118 | 392 | MAMEJ PIOTR | LUBLIN | BBL LUBLIN | POLSKA | 1964 | M50+ | 10 | 4:19 | 00:21:52 | 00:43:06 | 00:43:11 | 116 | |
| 119 | 460 | MICHALCZUK DOMINIK | LUBLIN | ORANGE POLSKA | POLSKA | 1975 | M30+ | 32 | 4:19 | 00:21:35 | 00:43:04 | 00:43:14 | 117 | |
| 120 | 438 | WIŚNIEWSKI WOJCIECH | LUBLIN | | POLSKA | 1985 | M16+ | 51 | 4:20 | 00:21:28 | 00:43:01 | 00:43:15 | 118 | |
| 121 | 14 | KONRAD JAN | ŚWIDNIK | LUBELSKA FEDERACJA BARDA | POLSKA | 1959 | M50+ | 11 | 4:20 | 00:21:51 | 00:43:16 | 00:43:19 | 119 | |
| 122 | 2 | RAKOWSKI TOMASZ | | | POLSKA | | | | 4:20 | 00:21:52 | 00:43:12 | 00:43:21 | 120 | |
| 123 | 719 | OSIŃSKI DANIEL | LUBLIN | | POLSKA | 1976 | M30+ | 33 | 4:20 | 00:22:10 | 00:42:50 | 00:43:22 | 121 | |
| 124 | 407 | WOŁOS JACEK | HRUBIESZOW | | POLSKA | 1968 | M40+ | 26 | 4:20 | 00:22:01 | 00:43:11 | 00:43:22 | 122 | |
| 125 | 456 | PĄCZKO MARIUSZ | LUBLIN | BRAK | POLSKA | 1981 | M30+ | 34 | 4:20 | 00:21:05 | 00:43:16 | 00:43:24 | 123 | |
| 126 | 270 | KOSMAŁA KAROL | LUBLIN | | POLSKA | 1987 | M16+ | 52 | 4:20 | 00:22:39 | 00:43:00 | 00:43:25 | 124 | |

CZWARTA DYCHA DO MARATONU

Organizator: Fundacja Rozwoju Sportu / MOSiR "Bystrzyca"
 Data: 13.04.2014 r.
 Dystans: 10km
 Miejscowość: Lublin

Klasyfikacja: OPEN



| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Kraj | Rok urodz. | Kat wiek. | M-ce w kat | tempo min/km | P1 | Czas netto | Wynik | M | K |
|------|---------|----------------------|--------------|-----------------------------------|--------|------------|-----------|------------|--------------|----------|------------|----------|-----|---|
| 127 | 121 | FRĘCHOWICZ JACEK | LUBLIN | | POLSKA | 1974 | M40+ | 27 | 4:21 | 00:21:43 | 00:43:05 | 00:43:26 | 125 | |
| 128 | 396 | KOŁODZIEJCZYK MACIEJ | ŁĘCZNA | FIZJO-SPORT | POLSKA | 1978 | M30+ | 35 | 4:21 | 00:21:56 | 00:43:13 | 00:43:27 | 126 | |
| 129 | 442 | STASZEK KAMIL | LUBLIN | | POLSKA | 1984 | M30+ | 36 | 4:21 | 00:21:39 | 00:43:14 | 00:43:29 | 127 | |
| 130 | 205 | CEGIEŁKO PAWEŁ | LUBLIN | | POLSKA | 1972 | M40+ | 28 | 4:22 | 00:22:05 | 00:42:52 | 00:43:35 | 128 | |
| 131 | 498 | MAZUREK ROBERT | LUBLIN | AMATOR | POLSKA | 1976 | M30+ | 37 | 4:22 | 00:21:13 | 00:43:34 | 00:43:40 | 129 | |
| 132 | 591 | FILIP BARTOSZ | LUBLIN | | POLSKA | 1992 | M16+ | 53 | 4:23 | 00:22:18 | 00:43:28 | 00:43:45 | 130 | |
| 133 | 143 | GUZ ŁUKASZ | LUBARTÓW | | POLSKA | 1981 | M30+ | 38 | 4:23 | 00:22:10 | 00:43:25 | 00:43:48 | 131 | |
| 134 | 9 | PTASZNIK GRZEGORZ | STALOWA WOLA | PZU | POLSKA | 1971 | M40+ | 29 | 4:23 | 00:21:22 | 00:43:48 | 00:43:50 | 132 | |
| 135 | 564 | GOLIAN SEBASTIAN | LUBLIN | | POLSKA | 1985 | M16+ | 54 | 4:23 | 00:22:00 | 00:43:44 | 00:43:53 | 133 | |
| 136 | 620 | MIKA SZCZEPAN | NIEMCE | | POLSKA | 1983 | M30+ | 39 | 4:24 | 00:21:37 | 00:43:10 | 00:43:55 | 134 | |
| 137 | 779 | KSIĘŻAK BARTŁOMIEJ | WARSZAWA | BIEG SZLAK TRAFI | POLSKA | 1983 | M30+ | 40 | 4:24 | 00:22:34 | 00:43:24 | 00:43:56 | 135 | |
| 138 | 310 | KUK DANIEL | LUBLIN | POLITECHNIKA LUBELSKA BIEGA | POLSKA | 1989 | M16+ | 55 | 4:24 | 00:21:25 | 00:43:50 | 00:44:58 | 136 | |
| 139 | 241 | KOWALSKI HENRYK | LUBLIN | SKOK CHMIELEWSKIEGO | POLSKA | 1950 | M60+ | 1 | 4:24 | 00:21:32 | 00:43:56 | 00:44:00 | 137 | |
| 140 | 487 | WILGOS PAWEŁ | LUBLIN | POLITECHNIKA LUBELSKA | POLSKA | 1988 | M16+ | 56 | 4:24 | 00:22:48 | 00:43:40 | 00:44:00 | 138 | |
| 141 | 496 | SAWA JAROSŁAW | LUBLIN | | POLSKA | 1979 | M30+ | 41 | 4:25 | 00:21:59 | 00:43:54 | 00:44:06 | 139 | |
| 142 | 161 | ZIELIŃSKI GRZEGORZ | LUBLIN | | POLSKA | 1996 | M16+ | 57 | 4:25 | 00:21:42 | 00:44:05 | 00:44:10 | 140 | |
| 143 | 593 | FILIP PAWEŁ | LUBLIN | | POLSKA | 1971 | M40+ | 30 | 4:25 | 00:22:19 | 00:43:54 | 00:44:13 | 141 | |
| 144 | 64 | PENKALA JAGODA | ARBROATH | ARBROATH FOOTERS | POLSKA | 1983 | K30+ | 1 | 4:26 | 00:21:55 | 00:44:10 | 00:44:16 | | 3 |
| 145 | 276 | PAWŁOWSKI ZBIGNIEW | PUŁAWY | | POLSKA | 1951 | M60+ | 2 | 4:26 | 00:21:57 | 00:44:16 | 00:44:19 | 142 | |
| 146 | 735 | POPAJWESKI KRZYSZTOF | LUBLIN | SPORT SANEA | POLSKA | 1959 | M50+ | 12 | 4:26 | 00:22:18 | 00:44:15 | 00:44:22 | 143 | |
| 147 | 494 | BIELAK KRZYSZTOF | LUBLIN | PKO BANK POLSKI | POLSKA | 1980 | M30+ | 42 | 4:26 | 00:22:57 | 00:43:25 | 00:44:23 | 144 | |
| 148 | 385 | RYDZEWSKI RAFAŁ | LUBARTÓW | LUBARTOWBIEGA.PL | POLSKA | 1972 | M40+ | 31 | 4:27 | 00:22:06 | 00:44:15 | 00:44:27 | 145 | |
| 149 | 128 | MALEC GRZEGORZ | LUBLIN | | POLSKA | 1988 | M16+ | 58 | 4:27 | 00:22:07 | 00:44:00 | 00:44:29 | 146 | |
| 150 | 402 | SZYMANEK BARTOSZ | LUBLIN | | POLSKA | 1984 | M30+ | 43 | 4:27 | 00:21:40 | 00:44:22 | 00:44:30 | 147 | |
| 151 | 476 | ZIĘBA KRZYSZTOF | LUBLIN | | POLSKA | 1989 | M16+ | 59 | 4:27 | 00:22:32 | 00:44:08 | 00:44:32 | 148 | |
| 152 | 422 | KUSZPA MARIUSZ | LUBLIN | INFINITE | POLSKA | 1975 | M30+ | 44 | 4:28 | 00:22:11 | 00:44:30 | 00:44:35 | 149 | |
| 153 | 588 | FURTAK KAROL | LUBLIN | | POLSKA | 1996 | M16+ | 60 | 4:28 | 00:22:35 | 00:44:34 | 00:44:42 | 150 | |
| 154 | 242 | KUNCEWICZ DARIUSZ | LUBLIN | | POLSKA | 1970 | M40+ | 32 | 4:28 | 00:22:09 | 00:44:29 | 00:44:45 | 151 | |
| 155 | 411 | SIKORA MICHAŁ | PUŁAWY | | POLSKA | 1977 | M30+ | 45 | 4:29 | 00:22:38 | 00:44:35 | 00:44:46 | 152 | |
| 156 | 688 | KOWALCZYK MARIUSZ | LUBARTÓW | | POLSKA | 1965 | M40+ | 33 | 4:29 | 00:22:48 | 00:44:18 | 00:44:49 | 153 | |
| 157 | 334 | BIELAK ŁUKASZ | MYSZKÓW | | POLSKA | 1980 | M30+ | 46 | 4:29 | 00:23:15 | 00:43:58 | 00:44:51 | 154 | |
| 158 | 289 | KUREK ARKADIUSZ | LUBLIN | | POLSKA | 1984 | M30+ | 47 | 4:29 | 00:22:20 | 00:44:37 | 00:44:51 | 155 | |
| 159 | 525 | LEŚNIEWSKI FILIP | KŁOMNICE | | POLSKA | 1992 | M16+ | 61 | 4:29 | 00:22:44 | 00:44:03 | 00:44:52 | 156 | |
| 160 | 195 | SAWA PIOTR | LUBLIN | | POLSKA | 1994 | M16+ | 62 | 4:29 | 00:22:34 | 00:44:13 | 00:44:53 | 157 | |
| 161 | 130 | GRUZA PAWEŁ | 19 | | POLSKA | 1985 | M16+ | 63 | 4:30 | 00:22:23 | 00:44:42 | 00:44:55 | 158 | |
| 162 | 97 | LIS JAKUB | LUBLIN | CHOOIGANI JEZUSA RUNNING TEAM | POLSKA | 1975 | M30+ | 48 | 4:30 | 00:21:56 | 00:44:49 | 00:44:58 | 159 | |
| 163 | 144 | SZRENIAWSKI PIOTR | LUBLIN | LUBELSKI KLUB KARATE TRADYCYJNEGO | POLSKA | 1976 | M30+ | 49 | 4:30 | 00:23:11 | 00:44:44 | 00:45:02 | 160 | |
| 164 | 255 | REDESTOWICZ PAWEŁ | LUBLIN | | POLSKA | 1963 | M50+ | 13 | 4:30 | 00:23:08 | 00:44:28 | 00:45:05 | 161 | |
| 165 | 770 | SZCZEPANEK MONIKA | LUBLIN | | POLSKA | 1973 | K40+ | 1 | 4:31 | 00:22:18 | 00:45:00 | 00:45:07 | | 4 |
| 166 | 508 | RESZTAK KAMIL | ŁĘCZNA | | POLSKA | 1984 | M30+ | 50 | 4:31 | 00:22:46 | 00:44:39 | 00:45:07 | 162 | |
| 167 | 106 | STANIAK MARCIN | LUBLIN | | POLSKA | 1982 | M30+ | 51 | 4:31 | 00:22:39 | 00:44:56 | 00:45:08 | 163 | |
| 168 | 278 | TYLUS PAWEŁ | KRASNYSTAW | STOWARZYSZENIE KRASNYSTAW BIEGA | POLSKA | 1980 | M30+ | 52 | 4:31 | 00:22:30 | 00:44:54 | 00:45:08 | 164 | |

CZWARTA DYCHA DO MARATONU

Organizator: Fundacja Rozwoju Sportu / MOSiR "Bystrzyca"
 Data: 13.04.2014 r.
 Dystans: 10km
 Miejsowość: Lublin

Klasyfikacja: OPEN



| M-ce | Nr zaw. | Nazwisko Imię | Miejsowość | Klub | Kraj | Rok urodz. | Kat wiek. | M-ce w kat | tempo min/km | P1 | Czas netto | Wynik | M | K |
|------|---------|----------------------|-----------------------|---------------------------------|--------|------------|-----------|------------|--------------|----------|------------|----------|-----|---|
| 169 | 59 | BOBER WOJCIECH | LUBLIN | | POLSKA | 1967 | M40+ | 34 | 4:31 | 00:22:12 | 00:45:02 | 00:45:10 | 165 | |
| 170 | 309 | SKOCZYLAŚ ADRIAN | ŚWIDNIK | | POLSKA | 1989 | M16+ | 64 | 4:31 | 00:23:29 | 00:44:31 | 00:45:14 | 166 | |
| 171 | 439 | DZIUBAN JACEK | SIEDLCE | | POLSKA | 1981 | M30+ | 53 | 4:31 | 00:22:50 | 00:44:47 | 00:45:14 | 167 | |
| 172 | 214 | WIATR ANETA | LUBLIN | VEGE RUNNERS/ LSB | POLSKA | 1990 | K16+ | 3 | 4:32 | 00:22:13 | 00:45:10 | 00:45:15 | | 5 |
| 173 | 556 | MOMORA PRZEMEK | LUBLIN | KS FIGHTERS | POLSKA | 1978 | M30+ | 54 | 4:32 | 00:22:54 | 00:45:00 | 00:45:16 | 168 | |
| 174 | 529 | GUMIENIAK PAWEŁ | LUBLIN | | POLSKA | 1995 | M16+ | 65 | 4:32 | 00:21:58 | 00:45:04 | 00:45:18 | 169 | |
| 175 | 374 | PIEKARZ JANUSZ | KRASNIK | | POLSKA | 1966 | M40+ | 35 | 4:32 | 00:23:05 | 00:45:00 | 00:45:19 | 170 | |
| 176 | 485 | BRZOZOWSKI DANIEL | PARCZEW | | POLSKA | 1976 | M30+ | 55 | 4:32 | 00:22:20 | 00:45:13 | 00:45:20 | 171 | |
| 177 | 572 | BRODA MICHAŁ | OSTROWIEC ŚW. | HANDBEER TEAM | POLSKA | 1982 | M30+ | 56 | 4:32 | 00:22:23 | 00:45:18 | 00:45:24 | 172 | |
| 178 | 230 | LANGNER DAMIAN | LUBLIN | | POLSKA | 1996 | M16+ | 66 | 4:32 | 00:22:26 | 00:45:02 | 00:45:24 | 173 | |
| 179 | 506 | ROZMUS KAROL | ANNOPOL | | POLSKA | 1993 | M16+ | 67 | 4:33 | 00:22:53 | 00:44:55 | 00:45:25 | 174 | |
| 180 | 277 | FILIPOWSKI JACEK | RADOM | | POLSKA | 1977 | M30+ | 57 | 4:33 | 00:23:42 | 00:44:50 | 00:45:29 | 175 | |
| 181 | 702 | STASAK MALWINA | LUBLIN | | POLSKA | 1994 | K16+ | 4 | 4:33 | 00:22:37 | 00:45:17 | 00:45:31 | | 6 |
| 182 | 705 | KLIMEK ARTUR | NAŁĘCZÓW | ALIBI TEAM | POLSKA | 1985 | M16+ | 68 | 4:33 | 00:22:06 | 00:45:16 | 00:45:33 | 176 | |
| 183 | 746 | PUCHALSKI ANDRZEJ | LUBLIN | | POLSKA | 1966 | M40+ | 36 | 4:33 | 00:22:18 | 00:45:28 | 00:45:34 | 177 | |
| 184 | 350 | KRÓLIKOWSKI PIOTR | LUBLIN | | POLSKA | 1976 | M30+ | 58 | 4:33 | 00:22:25 | 00:45:19 | 00:45:35 | 178 | |
| 185 | 428 | ADYNOWSKI ŁUKASZ | LUBLIN | | POLSKA | 1982 | M30+ | 59 | 4:34 | 00:23:20 | 00:45:17 | 00:45:36 | 179 | |
| 186 | 377 | RZĄDKOWSKI KRZYSZTOF | LUBLIN | | POLSKA | 1974 | M40+ | 37 | 4:34 | 00:23:12 | 00:45:06 | 00:45:38 | 180 | |
| 187 | 137 | TOMASZEWSKI PIOTR | LUBLIN | | POLSKA | 1980 | M30+ | 60 | 4:34 | 00:22:40 | 00:45:24 | 00:45:40 | 181 | |
| 188 | 463 | KORULCZYK RAFAŁ | BAŁTÓW | AMIGO-SKI TEAM | POLSKA | 1981 | M30+ | 61 | 4:34 | 00:23:34 | 00:45:17 | 00:45:43 | 182 | |
| 189 | 151 | LIPSKI ANDRZEJ | PARCZEW | | POLSKA | 1963 | M50+ | 14 | 4:35 | 00:22:41 | 00:45:35 | 00:45:46 | 183 | |
| 190 | 238 | SOBIESIAK SŁAWOMIR | LUBLIN | | POLSKA | 1982 | M30+ | 62 | 4:35 | 00:22:54 | 00:45:15 | 00:45:47 | 184 | |
| 191 | 519 | WILK MACIEJ | ZAMOŚĆ | ROZBIEGANY ZAMOŚĆ | POLSKA | 1987 | M16+ | 69 | 4:35 | 00:22:34 | 00:45:43 | 00:45:49 | 185 | |
| 192 | 391 | WARDACH PIOTR | LUBLIN | AZS UM LUBLIN | POLSKA | 1991 | M16+ | 70 | 4:35 | 00:23:55 | 00:45:12 | 00:45:52 | 186 | |
| 193 | 488 | PUŁA WALDEMAR | LUBLIN | | POLSKA | 1977 | M30+ | 63 | 4:36 | 00:23:11 | 00:45:43 | 00:45:55 | 187 | |
| 194 | 502 | WIERZBICKI MARCIN | OSTROWIEC ŚWIĘTOKRZY! | | POLSKA | 1985 | M16+ | 71 | 4:36 | 00:23:40 | 00:45:22 | 00:45:56 | 188 | |
| 195 | 491 | JASIŃSKI KRZYSZTOF | LUBLIN | GT85.PL | POLSKA | 1980 | M30+ | 64 | 4:36 | 00:23:35 | 00:45:41 | 00:45:59 | 189 | |
| 196 | 198 | CHOLEWA ANDRZEJ | DĘBOWA KŁODA | | POLSKA | 1986 | M16+ | 72 | 4:36 | 00:22:46 | 00:45:46 | 00:46:00 | 190 | |
| 197 | 360 | WITKIEWICZ MACIEJ | LUBLIN | FUN SURF TEAM ;) | POLSKA | 1972 | M40+ | 38 | 4:36 | 00:23:19 | 00:45:44 | 00:46:02 | 191 | |
| 198 | 722 | CIENIAWA GRZEGORZ | LUBLIN | | POLSKA | 1992 | M16+ | 73 | 4:36 | 00:22:45 | 00:45:13 | 00:46:02 | 192 | |
| 199 | 219 | JĘDRAS PIOTR | LUBLIN | | POLSKA | 1987 | M16+ | 74 | 4:36 | 00:23:30 | 00:45:38 | 00:46:02 | 193 | |
| 200 | 759 | KWAK WOJCIECH | OSTROWIEC ŚW. | | POLSKA | 1992 | M16+ | 75 | 4:37 | 00:22:15 | 00:45:59 | 00:46:08 | 194 | |
| 201 | 186 | BIRSKI PAWEŁ | LUBLIN | NADCIŚNIENIE ZEMPOL | POLSKA | 1976 | M30+ | 65 | 4:37 | 00:23:00 | 00:45:55 | 00:46:13 | 195 | |
| 202 | 569 | KRAWCZUK TOMASZ | KRASNYSTAW | STOWARZYSZENIE KRASNYSTAW BIEGA | POLSKA | 1970 | M40+ | 39 | 4:38 | 00:23:30 | 00:46:04 | 00:46:19 | 196 | |
| 203 | 286 | KOT KAMIL | KRASNYSTAW | KRASNYSTAW BIEGA | POLSKA | 1981 | M30+ | 66 | 4:38 | 00:22:37 | 00:46:06 | 00:46:21 | 197 | |
| 204 | 694 | SOCHA WOJCIECH | PUŁAWY | WENA RUNNING TEAM | POLSKA | 1982 | M30+ | 67 | 4:38 | 00:22:52 | 00:46:01 | 00:46:21 | 198 | |
| 205 | 629 | TRYKA MATEUSZ | LUBLIN | | POLSKA | 1983 | M30+ | 68 | 4:38 | 00:23:52 | 00:45:57 | 00:46:25 | 199 | |
| 206 | 363 | BORUCH ZBIGNIEW | ŚWIDNIK | INFINITE TEAM | POLSKA | 1968 | M40+ | 40 | 4:39 | 00:22:16 | 00:46:17 | 00:46:25 | 200 | |
| 207 | 610 | DZIKOWIEC JAN | LUBLIN | WWW.CS.BIALOWIEZA.PL | POLSKA | 1974 | M40+ | 41 | 4:39 | 00:22:29 | 00:46:24 | 00:46:28 | 201 | |
| 208 | 259 | KNAP ARKADIUSZ | MIĄCZYŃ | POLITECHNIKA LUBELSKA | POLSKA | 1989 | M16+ | 76 | 4:39 | 00:22:45 | 00:46:03 | 00:46:28 | 202 | |
| 209 | 475 | RATYNA MICHAŁ | LUBLIN | | POLSKA | 1990 | M16+ | 77 | 4:39 | 00:23:38 | 00:45:45 | 00:46:29 | 203 | |
| 210 | 520 | RADKOWSKI KONRAD | LUBLIN | | POLSKA | 1979 | M30+ | 69 | 4:39 | 00:23:14 | 00:46:13 | 00:46:30 | 204 | |

CZWARTA DYCHA DO MARATONU

Organizator: Fundacja Rozwoju Sportu / MOSiR "Bystrzyca"
 Data: 13.04.2014 r.
 Dystans: 10km
 Miejsowość: Lublin

Klasyfikacja: OPEN



| M-ce | Nr zaw. | Nazwisko Imię | Miejsowość | Klub | Kraj | Rok urodz. | Kat wiek. | M-ce w kat | tempo min/km | P1 | Czas netto | Wynik | M | K |
|------|---------|---------------------|----------------------|----------------------------------|--------|------------|-----------|------------|--------------|----------|------------|----------|-----|----|
| 211 | 320 | ŁOPUSZYŃSKI ANDRZEJ | LUBLIN | | POLSKA | 1969 | M40+ | 42 | 4:39 | 00:23:08 | 00:46:04 | 00:46:30 | 205 | |
| 212 | 188 | DRAGAN GRZEGORZ | LUBLIN | | POLSKA | 1975 | M30+ | 70 | 4:39 | 00:23:21 | 00:46:24 | 00:46:34 | 206 | |
| 213 | 604 | IWANICKI WŁADYSŁAW | ŁĘCZNA | LW BOGDANKA | POLSKA | 1959 | M50+ | 15 | 4:39 | 00:24:07 | 00:46:05 | 00:46:34 | 207 | |
| 214 | 206 | WIĘCŁAW JACEK | KRAKÓW | | POLSKA | 1965 | M40+ | 43 | 4:39 | 00:23:06 | 00:46:12 | 00:46:35 | 208 | |
| 215 | 318 | DADAS MARCIN | 42 | CHEŁM BIEGA | POLSKA | 1977 | M30+ | 71 | 4:40 | 00:23:30 | 00:46:14 | 00:46:35 | 209 | |
| 216 | 27 | PODLECKI ROBERT | LUBLIN | PODWALE | POLSKA | 1975 | M30+ | 72 | 4:40 | 00:23:40 | 00:45:42 | 00:46:36 | 210 | |
| 217 | 659 | RUSZNIK PAWEŁ | KRASNOSTAW | KRASNOSTAW BIEGA | POLSKA | 1987 | M16+ | 78 | 4:40 | 00:23:33 | 00:46:37 | 00:46:37 | 211 | |
| 218 | 661 | CHODUŃ TOMASZ | JAWIDZ | | POLSKA | 1976 | M30+ | 73 | 4:40 | 00:22:24 | 00:46:31 | 00:46:38 | 212 | |
| 219 | 34 | KUCHTA KRYSZTIAN | MAJDAN KOZIC DOLNYCH | MAKONDO | POLSKA | 1993 | M16+ | 79 | 4:40 | 00:25:12 | 00:45:59 | 00:46:41 | 213 | |
| 220 | 441 | GORCZYCA JACEK | LUBLIN | | POLSKA | 1969 | M40+ | 44 | 4:40 | 00:23:31 | 00:46:26 | 00:46:43 | 214 | |
| 221 | 522 | DEPTUŚ BARTŁOMIEJ | KRASNOSTAW | | POLSKA | 1986 | M16+ | 80 | 4:41 | 00:23:33 | 00:46:37 | 00:46:47 | 215 | |
| 222 | 229 | DZYNDRA DANIEL | LUBLIN | ARTUS TONERY TEAM | POLSKA | 1973 | M40+ | 45 | 4:41 | 00:23:22 | 00:46:23 | 00:46:47 | 216 | |
| 223 | 20 | DUMA GRZEGORZ | LUBLIN | | POLSKA | 1966 | M40+ | 46 | 4:41 | 00:23:22 | 00:46:23 | 00:46:48 | 217 | |
| 224 | 673 | SARZYŃSKI PAWEŁ | NIERZWICA DUŻA | | POLSKA | 1985 | M16+ | 81 | 4:41 | 00:23:12 | 00:46:28 | 00:46:49 | 218 | |
| 225 | 397 | BRYGOŁA ANDRZEJ | LUBLIN | | POLSKA | 1959 | M50+ | 16 | 4:41 | 00:22:35 | 00:46:46 | 00:46:50 | 219 | |
| 226 | 342 | UZAREK MARIUSZ | LUBLIN | | POLSKA | 1971 | M40+ | 47 | 4:41 | 00:23:27 | 00:46:27 | 00:46:51 | 220 | |
| 227 | 171 | BARTNIK PIOTR | LUBLIN | | POLSKA | 1996 | M16+ | 82 | 4:41 | 00:23:09 | 00:46:25 | 00:46:54 | 221 | |
| 228 | 306 | POLESZCZUK PIOTR | LUBLIN | BISKUPIAK | POLSKA | 1996 | M16+ | 83 | 4:41 | 00:23:41 | 00:46:18 | 00:46:55 | 222 | |
| 229 | 340 | SWACHA PIOTR | BIŁGORAJ | FB BIŁGORAJ BIEGA | POLSKA | 1983 | M30+ | 74 | 4:42 | 00:23:29 | 00:46:53 | 00:47:02 | 223 | |
| 230 | 727 | WARDA JAROSŁAW | LUBLIN | | POLSKA | 1988 | M16+ | 84 | 4:42 | 00:23:14 | 00:46:43 | 00:47:02 | 224 | |
| 231 | 383 | DĘBIEC RAFAŁ | JANÓW LUBELSKI | LJA | POLSKA | 1981 | M30+ | 75 | 4:42 | 00:24:07 | 00:46:49 | 00:47:05 | 225 | |
| 232 | 624 | SURDACKI MATEUSZ | NAŁĘCZÓW | SPROCHA BIEGAJ! | POLSKA | 1987 | M16+ | 85 | 4:43 | 00:24:06 | 00:46:23 | 00:47:06 | 226 | |
| 233 | 200 | SEKUŁA MAGDALENA | ŚWIDNIK | BELFER TEAM | POLSKA | 1997 | K16+ | 5 | 4:43 | 00:23:15 | 00:46:59 | 00:47:07 | | 7 |
| 234 | 663 | SPRAWKA DARIUSZ | LUBLIN | | POLSKA | 1968 | M40+ | 48 | 4:43 | 00:23:53 | 00:47:04 | 00:47:09 | 227 | |
| 235 | 297 | WALASZEK KAMIL | LUBLIN | | POLSKA | 1986 | M16+ | 86 | 4:43 | 00:24:07 | 00:46:51 | 00:47:10 | 228 | |
| 236 | 357 | DOMONIK SEBASTIAN | LUBLIN | EKOPARKIET-LUBLIN.PL | POLSKA | 1982 | M30+ | 76 | 4:43 | 00:23:20 | 00:46:40 | 00:47:11 | 229 | |
| 237 | 676 | RYBAK PRZEMYSŁAW | PUŁAWY | | POLSKA | 1983 | M30+ | 77 | 4:43 | 00:24:52 | 00:46:55 | 00:47:11 | 230 | |
| 238 | 478 | SZOT IWONA | LUBLIN | | POLSKA | 1971 | K40+ | 2 | 4:43 | 00:23:29 | 00:46:51 | 00:47:14 | | 8 |
| 239 | 187 | WELMAN PIOTR | LUBLIN | | POLSKA | 1971 | M40+ | 49 | 4:44 | 00:23:04 | 00:47:10 | 00:47:16 | 231 | |
| 240 | 458 | MARGULA PRZEMYSŁAW | LUBLIN | | POLSKA | 1974 | M40+ | 50 | 4:44 | 00:23:14 | 00:47:03 | 00:47:20 | 232 | |
| 241 | 269 | PSUJA ANNA | ŚWIDNIK | BIEGAJĄCY ŚWIDNIK | POLSKA | 1985 | K16+ | 6 | 4:44 | 00:23:24 | 00:47:18 | 00:47:21 | | 9 |
| 242 | 662 | KUCZMOWSKI TOMASZ | LUBLIN | | POLSKA | 1976 | M30+ | 78 | 4:44 | 00:23:07 | 00:47:07 | 00:47:23 | 233 | |
| 243 | 623 | OLECH SŁAWOMIR | ŁĘCZNA | | POLSKA | 1969 | M40+ | 51 | 4:45 | 00:23:35 | 00:47:00 | 00:47:27 | 234 | |
| 244 | 330 | DUDZIŃSKA JUSTYNA | PARCZEW | | POLSKA | 1980 | K30+ | 2 | 4:45 | 00:23:58 | 00:47:09 | 00:47:28 | | 10 |
| 245 | 123 | KOZIEŁ KRZYSZTOF | WARSZAWA | ENZO | POLSKA | 1979 | M30+ | 79 | 4:45 | 00:23:53 | 00:47:14 | 00:47:30 | 235 | |
| 246 | 129 | PIELACH PIOTR | LUBLIN | 1 BATALION KAWALERII POWIETRZNEJ | POLSKA | 1982 | M30+ | 80 | 4:45 | 00:24:32 | 00:47:00 | 00:47:32 | 236 | |
| 247 | 560 | BIELIŃSKI DOMINIK | LUBLIN | | POLSKA | 1992 | M16+ | 87 | 4:45 | 00:23:15 | 00:47:04 | 00:47:34 | 237 | |
| 248 | 112 | MĘDREK MAREK | LUBLIN | | POLSKA | 1973 | M40+ | 52 | 4:46 | 00:23:44 | 00:47:16 | 00:47:35 | 238 | |
| 249 | 751 | SAŁATA IRENEUSZ | LUBLIN | HOME-TRADER | POLSKA | 1965 | M40+ | 53 | 4:46 | 00:23:16 | 00:47:28 | 00:47:36 | 239 | |
| 250 | 582 | KARWAT ROBERT | LUBLIN | | POLSKA | 1958 | M50+ | 17 | 4:46 | 00:24:02 | 00:47:02 | 00:47:39 | 240 | |
| 251 | 554 | PRZYSIADŁY MICHAŁ | WÓLKA ROKICKA | | POLSKA | 1976 | M30+ | 81 | 4:46 | 00:24:03 | 00:47:09 | 00:47:42 | 241 | |
| 252 | 753 | SKOMRA MATEUSZ | PUŁAWY | | POLSKA | 1991 | M16+ | 88 | 4:46 | 00:23:31 | 00:47:36 | 00:47:42 | 242 | |

CZWARTA DYCHA DO MARATONU

Organizator: Fundacja Rozwoju Sportu / MOSiR "Bystrzyca"
 Data: 13.04.2014 r.
 Dystans: 10km
 Miejscowość: Lublin

Klasyfikacja: OPEN



| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Kraj | Rok urodz. | Kat wiek. | M-ce w kat | tempo min/km | P1 | Czas netto | Wynik | M | K |
|------|---------|-----------------------|-----------------|------------------------------------|--------|------------|-----------|------------|--------------|----------|------------|----------|-----|----|
| 253 | 778 | KOWALCZYK AGNIESZKA | LUBLIN | AZS KUL | POLSKA | 1988 | K16+ | 7 | 4:46 | 00:23:37 | 00:47:31 | 00:47:43 | | 11 |
| 254 | 311 | OLESZCZUK LESZEK | LUBLIN | INFINITE.PL | POLSKA | 1981 | M30+ | 82 | 4:46 | 00:22:46 | 00:47:32 | 00:47:43 | 243 | |
| 255 | 376 | TRĄBKA OLGA | LUBARTÓW | | POLSKA | 1988 | K16+ | 8 | 4:47 | 00:24:19 | 00:47:16 | 00:47:45 | | 12 |
| 256 | 295 | WARYSZAK TOMASZ | ŚWIDNIK | | POLSKA | 1977 | M30+ | 83 | 4:47 | 00:23:19 | 00:47:45 | 00:47:47 | 244 | |
| 257 | 505 | LUBAŚ KAROLINA | ŚWIDNIK | | POLSKA | 1985 | K16+ | 9 | 4:47 | 00:23:34 | 00:47:44 | 00:47:48 | | 13 |
| 258 | 436 | KWAS TOMASZ | RYKI | | POLSKA | 1986 | M16+ | 89 | 4:47 | 00:24:51 | 00:47:09 | 00:47:49 | 245 | |
| 259 | 355 | DURKO GRZEGORZ | LUBLIN | SPORT.SANEA.PL | POLSKA | 1985 | M16+ | 90 | 4:47 | 00:25:01 | 00:47:06 | 00:47:50 | 246 | |
| 260 | 202 | ŚLUSARSKI ADAM | LUBLIN | | POLSKA | 1990 | M16+ | 91 | 4:47 | 00:25:02 | 00:47:06 | 00:47:51 | 247 | |
| 261 | 551 | JANUSZCZYK WOJCIECH | LUBLIN | | POLSKA | 1978 | M30+ | 84 | 4:47 | 00:23:18 | 00:47:40 | 00:47:53 | 248 | |
| 262 | 101 | SIERADZKI ZBIGNIEW | PUŁAWY | | POLSKA | 1977 | M30+ | 85 | 4:47 | 00:23:29 | 00:47:43 | 00:47:53 | 249 | |
| 263 | 668 | CZURYŁOWSKI SŁAWOMIR | CHODEL | SYGNAŁ CHODEL | POLSKA | 1979 | M30+ | 86 | 4:47 | 00:23:43 | 00:47:51 | 00:47:55 | 250 | |
| 264 | 664 | CHADAŁA KAMIL | OSTROWIEC ŚW. | CENTRUM SPORT OSTROWIEC ŚWIĘTOKRZY | POLSKA | 1985 | M16+ | 92 | 4:48 | 00:22:44 | 00:47:52 | 00:47:57 | 251 | |
| 265 | 80 | MIKITA MARCIN | OPOLE LUBELSKIE | ZK OPOLE LUBELSKIE | POLSKA | 1984 | M30+ | 87 | 4:48 | 00:24:34 | 00:47:34 | 00:47:58 | 252 | |
| 266 | 499 | PLACEK MIROSŁAW | LUBLIN | | POLSKA | 1983 | M30+ | 88 | 4:48 | 00:23:48 | 00:47:40 | 00:47:58 | 253 | |
| 267 | 28 | BIAŁA AGATA | KRAŚNIK | AZS KUL/SKB KRAŚNIK | POLSKA | 1994 | K16+ | 10 | 4:48 | 00:23:18 | 00:47:50 | 00:47:59 | | 14 |
| 268 | 307 | MATEŃKO ŁUKASZ | LUBLIN | | POLSKA | 1981 | M30+ | 89 | 4:48 | 00:25:25 | 00:47:24 | 00:47:59 | 254 | |
| 269 | 605 | SIDLYARCHUK OLENA | GARBÓW | | POLSKA | 1984 | K30+ | 3 | 4:48 | 00:23:18 | 00:47:48 | 00:48:00 | | 15 |
| 270 | 329 | MAŁEK BARTŁOMIEJ | LUBLIN | MALKIDO.PL | POLSKA | 1977 | M30+ | 90 | 4:48 | 00:25:22 | 00:47:18 | 00:48:02 | 255 | |
| 271 | 62 | SŁAWIŃSKI ARKADIUSZ | LUBLIN | | POLSKA | 1990 | M16+ | 93 | 4:48 | 00:24:41 | 00:47:23 | 00:48:03 | 256 | |
| 272 | 558 | DZIUBA PIOTR | NIEMCE | | POLSKA | 1984 | M30+ | 91 | 4:49 | 00:23:02 | 00:47:56 | 00:48:07 | 257 | |
| 273 | 534 | GIGILEWICZ EDWARD | ŚWIDNIK | | POLSKA | 1965 | M40+ | 54 | 4:49 | 00:24:08 | 00:47:52 | 00:48:08 | 258 | |
| 274 | 54 | WILCZEWSKI MAREK | LUBLIN | MKS FAN | POLSKA | 1976 | M30+ | 92 | 4:49 | 00:23:39 | 00:47:44 | 00:48:09 | 259 | |
| 275 | 470 | PYTKA HENRYK | ŁĘCZNA | LW BOGDANKA | POLSKA | 1965 | M40+ | 55 | 4:49 | 00:24:15 | 00:47:42 | 00:48:10 | 260 | |
| 276 | 589 | CZORNIK HENRYK | LUBLIN | LUBELSKIE STOWARZYSZENIE BIEGOWE | POLSKA | 1965 | M40+ | 56 | 4:49 | 00:23:51 | 00:47:55 | 00:48:11 | 261 | |
| 277 | 670 | ZIELIŃSKI DARIUSZ | ŁĘCZNA | FIZJO- SPORT ŁĘCZNA | POLSKA | 1982 | M30+ | 93 | 4:49 | 00:23:17 | 00:47:57 | 00:48:11 | 262 | |
| 278 | 570 | JÓZWIK MAREK | LUBLIN | | POLSKA | 1976 | M30+ | 94 | 4:49 | 00:23:02 | 00:47:57 | 00:48:13 | 263 | |
| 279 | 486 | BOJARCZUK KAROLINA | KRASNOSTAW | KRASNOSTAW BIEGA | POLSKA | 1984 | K30+ | 4 | 4:49 | 00:24:34 | 00:47:58 | 00:48:13 | | 16 |
| 280 | 712 | BAKON BARTŁOMIEJ | LUBLIN | | POLSKA | 1989 | M16+ | 94 | 4:49 | 00:25:07 | 00:47:24 | 00:48:14 | 264 | |
| 281 | 77 | PIĄTEK PAWEŁ | FIRLEJ | | POLSKA | 1986 | M16+ | 95 | 4:49 | 00:25:48 | 00:47:34 | 00:48:14 | 265 | |
| 282 | 371 | KOCHANIEC KAROLINA | LUBLIN | LUBELSKIE STOWARZYSZENIE BIEGOWE | POLSKA | 1988 | K16+ | 11 | 4:49 | 00:23:43 | 00:48:05 | 00:48:15 | | 17 |
| 283 | 159 | ŁUSZCZAK KAMIL | LUBLIN | DELTASZWARDRONSUPERCOOLKOMANDOWI | POLSKA | 1983 | M30+ | 95 | 4:49 | 00:24:35 | 00:47:44 | 00:48:15 | 266 | |
| 284 | 191 | SZYMAŃSKI MICHAŁ | LUBLIN | | POLSKA | 1977 | M30+ | 96 | 4:50 | 00:24:16 | 00:47:48 | 00:48:16 | 267 | |
| 285 | 279 | TUSZEWSKI MICHAŁ | NOWY KRĘPIEC | MT-GEO USŁUGI GEODEZYJNE | POLSKA | 1976 | M30+ | 97 | 4:50 | 00:24:09 | 00:47:51 | 00:48:18 | 268 | |
| 286 | 103 | STARZYŃSKI STEFAN | LUBLIN | BBM | POLSKA | 1968 | M40+ | 57 | 4:50 | 00:24:27 | 00:48:09 | 00:48:20 | 269 | |
| 287 | 61 | ĆWIEKA MATEUSZ | KRAŚNIK | | POLSKA | 1985 | M16+ | 96 | 4:50 | 00:24:57 | 00:48:03 | 00:48:21 | 270 | |
| 288 | 602 | GAŚCZYK JOANNA | LUBLIN | | POLSKA | 1979 | K30+ | 5 | 4:50 | 00:23:39 | 00:48:19 | 00:48:24 | | 18 |
| 289 | 66 | MATUSZKIEWICZ PAWEŁ | LUBLIN | | POLSKA | 1977 | M30+ | 98 | 4:52 | 00:24:28 | 00:47:50 | 00:48:35 | 271 | |
| 290 | 774 | WRZEŚNIEWSKI WALDEMAR | LUBLIN | | POLSKA | 1967 | M40+ | 58 | 4:52 | 00:23:12 | 00:48:30 | 00:48:38 | 272 | |
| 291 | 89 | TALMA PAWEŁ | LUBARTÓW | LUBARTOWBIEGA.PL | POLSKA | 1976 | M30+ | 99 | 4:52 | 00:23:43 | 00:48:20 | 00:48:38 | 273 | |
| 292 | 401 | NIEZGODA MARCELI | LUBLIN | MIR | POLSKA | 1972 | M40+ | 59 | 4:52 | 00:24:13 | 00:48:41 | 00:48:42 | 274 | |
| 293 | 315 | DRATH ADAM | JASKOW | BAJMSTUDIO.PL | POLSKA | 1966 | M40+ | 60 | 4:52 | 00:23:49 | 00:48:43 | 00:48:43 | 275 | |
| 294 | 467 | ZIEŃCZUK BARTOSZ | LUBLIN | | POLSKA | 1985 | M16+ | 97 | 4:52 | 00:24:05 | 00:48:04 | 00:48:45 | 276 | |

CZWARTA DYCHA DO MARATONU

Organizator: Fundacja Rozwoju Sportu / MOSiR "Bystrzyca"
 Data: 13.04.2014 r.
 Dystans: 10km
 Miejsowość: Lublin

Klasyfikacja: OPEN



| M-ce | Nr zaw. | Nazwisko Imię | Miejsowość | Klub | Kraj | Rok urodz. | Kat wiek. | M-ce w kat | tempo min/km | P1 | Czas netto | Wynik | M | K |
|------|---------|-----------------------|-------------------|-------------------|--------|------------|-----------|------------|--------------|----------|------------|----------|-----|----|
| 295 | 566 | GUZOWSKI KRZYSZTOF | LUBLIN | | POLSKA | 1986 | M16+ | 98 | 4:53 | 00:23:50 | 00:48:21 | 00:48:45 | 277 | |
| 296 | 734 | KAPUSTA MARCIN | LUBLIN | ZBE | POLSKA | 1989 | M16+ | 99 | 4:53 | 00:25:29 | 00:48:23 | 00:48:46 | 278 | |
| 297 | 375 | KOBUS RADOSŁAW | LUBLIN | | POLSKA | 1980 | M30+ | 100 | 4:53 | 00:24:16 | 00:48:26 | 00:48:47 | 279 | |
| 298 | 158 | KOŁTUNIEWICZ ANDRZEJ | LUBLIN | SOA | POLSKA | 1976 | M30+ | 101 | 4:53 | 00:24:29 | 00:48:28 | 00:48:47 | 280 | |
| 299 | 580 | HOFMAN ARTUR | KRAŚNIK | | POLSKA | 1978 | M30+ | 102 | 4:53 | 00:25:03 | 00:48:16 | 00:48:47 | 281 | |
| 300 | 237 | LEWANDOWSKI MACIEJ | TURKA | | POLSKA | 1972 | M40+ | 61 | 4:53 | 00:24:29 | 00:48:14 | 00:48:47 | 282 | |
| 301 | 268 | MĘDRALA ROBERT | LUBLIN | | POLSKA | 1965 | M40+ | 62 | 4:53 | 00:25:29 | 00:48:31 | 00:48:49 | 283 | |
| 302 | 358 | ZĄBEK ROBERT | OPOLE LUBELSKIE | | POLSKA | 1978 | M30+ | 103 | 4:53 | 00:24:59 | 00:48:27 | 00:48:50 | 284 | |
| 303 | 481 | PAWŁAT WALDEMAR | KRZCZONÓW | | POLSKA | 1964 | M50+ | 18 | 4:53 | 00:23:37 | 00:48:45 | 00:48:51 | 285 | |
| 304 | 545 | ĆWIKLIŃSKA JOANNA | JAROSŁAWIEC | ROZBIEGANY ZAMOŚĆ | POLSKA | 1982 | K30+ | 6 | 4:53 | 00:23:14 | 00:48:48 | 00:48:53 | | 19 |
| 305 | 741 | KAWULA SŁAWOMIR | LUBLIN | | POLSKA | 1983 | M30+ | 104 | 4:53 | 00:25:13 | 00:48:40 | 00:48:53 | 286 | |
| 306 | 37 | PETRYK GRZESIEK | CHEŁM | MAKONDO | POLSKA | 1991 | M16+ | 100 | 4:53 | 00:25:11 | 00:48:12 | 00:48:54 | 287 | |
| 307 | 425 | GAŁAN TOMASZ | LUBLIN | | POLSKA | 1974 | M40+ | 63 | 4:53 | 00:24:26 | 00:48:30 | 00:48:54 | 288 | |
| 308 | 660 | TOPOROWSKA OLGA | | | POLSKA | 1987 | K16+ | 12 | 4:53 | 00:24:47 | 00:48:24 | 00:48:55 | | 20 |
| 309 | 543 | ZIÓŁEK MIROSŁAW | JACKÓW | | POLSKA | 1963 | M50+ | 19 | 4:53 | 00:24:30 | 00:48:41 | 00:48:55 | 289 | |
| 310 | 201 | SEKUŁA JOANNA | ŚWIDNIK | BELFER TEAM | POLSKA | 1969 | K40+ | 3 | 4:54 | 00:24:06 | 00:48:50 | 00:48:57 | | 21 |
| 311 | 431 | WYSOCKI TOMASZ | WARSZAWA | | POLSKA | 1985 | M16+ | 101 | 4:54 | 00:24:47 | 00:48:27 | 00:48:57 | 290 | |
| 312 | 574 | KOT ROBERT | ŚWIDNIK | ORANGE POLSKA | POLSKA | 1968 | M40+ | 64 | 4:54 | 00:25:13 | 00:48:26 | 00:48:59 | 291 | |
| 313 | 406 | HAJDUK TOMEK | SIEDLCE | | POLSKA | 1975 | M30+ | 105 | 4:54 | 00:24:17 | 00:48:32 | 00:49:00 | 292 | |
| 314 | 1 | GRAD MARIUSZ | TOMASZÓW LUBELSKI | SEJM RP | POLSKA | 1973 | M40+ | 65 | 4:54 | 00:24:26 | 00:48:59 | 00:49:00 | 293 | |
| 315 | 462 | PACZKOWSKA MAŁGORZATA | ŚWIDNIK | | POLSKA | 1988 | K16+ | 13 | 4:54 | 00:24:28 | 00:48:39 | 00:49:01 | | 22 |
| 316 | 598 | KIEŁT JACEK | ŁAŃCUT | | POLSKA | 1987 | M16+ | 102 | 4:54 | 00:24:10 | 00:48:26 | 00:49:03 | 294 | |
| 317 | 256 | BURY JADWIGA | KRZCZONÓW | | POLSKA | 1960 | K50+ | 1 | 4:55 | 00:23:58 | 00:49:00 | 00:49:06 | | 23 |
| 318 | 395 | WIELGOSZ MARIA | GARWOLIN | | POLSKA | 1993 | K16+ | 14 | 4:55 | 00:24:23 | 00:49:04 | 00:49:11 | | 24 |
| 319 | 635 | GŁOWACKI PAWEŁ | LUBLIN | TAMARATON | POLSKA | 1975 | M30+ | 106 | 4:55 | 00:25:50 | 00:48:22 | 00:49:14 | 295 | |
| 320 | 687 | TERPIKOWSKI RAFAŁ | RADOM | | POLSKA | 1988 | M16+ | 103 | 4:55 | 00:25:08 | 00:48:47 | 00:49:15 | 296 | |
| 321 | 652 | GOŁAWSKA JOANNA | LUBLIN | | POLSKA | 1978 | K30+ | 7 | 4:56 | 00:24:08 | 00:49:11 | 00:49:16 | | 25 |
| 322 | 720 | GRUSZKOWSKI MATEUSZ | | | POLSKA | 1991 | M16+ | 104 | 4:56 | 00:24:43 | 00:48:35 | 00:49:16 | 297 | |
| 323 | 208 | BRYŁA-CRUZ AGNIESZKA | LUBLIN | | POLSKA | 1981 | K30+ | 8 | 4:56 | 00:25:03 | 00:48:31 | 00:49:17 | | 26 |
| 324 | 638 | WILKOWICZ WIKTOR | KOCK | NIEZRZESZONY | POLSKA | 1998 | M16+ | 105 | 4:56 | 00:24:08 | 00:49:10 | 00:49:19 | 298 | |
| 325 | 409 | GĄSZCZYK MAREK | LUBLIN | | POLSKA | 1958 | M50+ | 20 | 4:56 | 00:23:55 | 00:48:49 | 00:49:20 | 299 | |
| 326 | 421 | JANKOWSKI PIOTR | LUBLIN | AMP NIERUCHOMOŚCI | POLSKA | 1975 | M30+ | 107 | 4:56 | 00:24:53 | 00:49:03 | 00:49:22 | 300 | |
| 327 | 322 | WALCZAK GRZEGORZ | LUBLIN | | POLSKA | 1974 | M40+ | 66 | 4:56 | 00:24:51 | 00:49:01 | 00:49:22 | 301 | |
| 328 | 514 | KOZŁOWSKI PIOTR | LUBLIN | | POLSKA | 1985 | M16+ | 106 | 4:56 | 00:24:06 | 00:48:30 | 00:49:23 | 302 | |
| 329 | 665 | KUŚMIERZAK ARTUR | LUBARTÓW | AGAT.EU | POLSKA | 1980 | M30+ | 108 | 4:57 | 00:24:14 | 00:49:05 | 00:49:26 | 303 | |
| 330 | 248 | RORAT ARTUR | CHEŁM | CHEŁM BIEGA | POLSKA | 1990 | M16+ | 107 | 4:57 | 00:24:15 | 00:49:10 | 00:49:27 | 304 | |
| 331 | 53 | KONDZIOŁA KRZYSZTOF | LUBLIN | DANCERS TEAM | POLSKA | 1983 | M30+ | 109 | 4:57 | 00:24:30 | 00:49:05 | 00:49:27 | 305 | |
| 332 | 390 | MAZUR ANDRZEJ | LUBLIN | AKW KOTŁOWNIA | POLSKA | 1973 | M40+ | 67 | 4:57 | 00:24:17 | 00:49:17 | 00:49:28 | 306 | |
| 333 | 701 | BISEK TOMASZ | LUBLIN | | POLSKA | 1988 | M16+ | 108 | 4:57 | 00:25:05 | 00:48:59 | 00:49:28 | 307 | |
| 334 | 153 | FRĄK JAKUB | LUBLIN | | POLSKA | 1975 | M30+ | 110 | 4:57 | 00:25:41 | 00:48:57 | 00:49:31 | 308 | |
| 335 | 691 | CHAŁAJ PATRYK | LUBLIN | | POLSKA | 1974 | M40+ | 68 | 4:57 | 00:24:38 | 00:49:09 | 00:49:31 | 309 | |
| 336 | 169 | ZAWADA PAWEŁ | LUBLIN | | POLSKA | 1990 | M16+ | 109 | 4:57 | 00:24:07 | 00:49:05 | 00:49:32 | 310 | |

CZWARTA DYCHA DO MARATONU

Organizator: Fundacja Rozwoju Sportu / MOSiR "Bystrzyca"
 Data: 13.04.2014 r.
 Dystans: 10km
 Miejscowość: Lublin

Klasyfikacja: OPEN



| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Kraj | Rok urodz. | Kat wiek. | M-ce w kat | tempo min/km | P1 | Czas netto | Wynik | M | K |
|------|---------|--------------------------|----------------|-----------------------|-----------|------------|-----------|------------|--------------|----------|------------|----------|-----|----|
| 337 | 117 | PIECH KRZYSZTOF | GRABANÓW | AWF BIAŁA PODLASKA | POLSKA | 1961 | M50+ | 21 | 4:57 | 00:23:57 | 00:49:24 | 00:49:33 | 311 | |
| 338 | 731 | CAŁKA KRYSZTIAN | LUBLIN | | POLSKA | 1984 | M30+ | 111 | 4:57 | 00:25:33 | 00:49:08 | 00:49:33 | 312 | |
| 339 | 622 | DUBIEL ANNA | JABŁONNA | LUBELSKI KLUB MORSÓW | POLSKA | 1985 | K16+ | 15 | 4:58 | 00:25:29 | 00:49:01 | 00:49:37 | | 27 |
| 340 | 573 | KARDYKA ANETA | ŚWIDNIK | BEFER TEAM | POLSKA | 1977 | K30+ | 9 | 4:58 | 00:24:27 | 00:49:29 | 00:49:38 | | 28 |
| 341 | 509 | BURDACH BOGDAN | LUBLIN | | POLSKA | 1970 | M40+ | 69 | 4:58 | 00:24:59 | 00:49:19 | 00:49:40 | 313 | |
| 342 | 539 | LUBAŚ PATRYCJA | LUBLIN | LSB | POLSKA | 1983 | K30+ | 10 | 4:58 | 00:24:18 | 00:49:36 | 00:49:41 | | 29 |
| 343 | 562 | KOPIŃSKI ŁUKASZ | LUBLIN | AZOTROP | POLSKA | 1986 | M16+ | 110 | 4:59 | 00:24:31 | 00:49:33 | 00:49:50 | 314 | |
| 344 | 454 | WROCŁAWSKI STANISŁAW | CHODEL | LW BOGDANKA | POLSKA | 1957 | M50+ | 22 | 4:59 | 00:24:43 | 00:49:48 | 00:49:51 | 315 | |
| 345 | 557 | ANDRZEJAK MICHAŁ | LUBLIN | DZIEWCZYNY LUBIĄ BRĄZ | POLSKA | 1985 | M16+ | 111 | 4:59 | 00:25:40 | 00:49:53 | 00:49:53 | 316 | |
| 346 | 707 | ŻYWICKI ADAM | NAŁĘCZÓW | CISOWIANKA | POLSKA | 1986 | M16+ | 112 | 4:59 | 00:24:38 | 00:49:36 | 00:49:54 | 317 | |
| 347 | 98 | PRZYBYSZ MARIUSZ | LUBARTÓW | | POLSKA | 1976 | M30+ | 112 | 5:00 | 00:25:09 | 00:49:36 | 00:49:55 | 318 | |
| 348 | 713 | KONRAD CHMIELOWSKI | LUBLIN | | POLSKA | 1991 | M16+ | 113 | 5:00 | 00:23:50 | 00:49:48 | 00:49:58 | 319 | |
| 349 | 685 | BIEGAJ JACEK | LUBLIN | | POLSKA | 1971 | M40+ | 70 | 5:00 | 00:24:23 | 00:49:42 | 00:49:58 | 320 | |
| 350 | 708 | MIAŻDZYK DANIEL | LUBLIN | | POLSKA | 1991 | M16+ | 114 | 5:00 | 00:25:24 | 00:49:13 | 00:50:01 | 321 | |
| 351 | 83 | SKRZAT KONRAD | JAROSŁAWIEC | JARO RUNNING TEAM | POLSKA | 1988 | M16+ | 115 | 5:00 | 00:25:21 | 00:49:42 | 00:50:02 | 322 | |
| 352 | 450 | KURYŁO TOMASZ | LUBLIN | | POLSKA | 1978 | M30+ | 113 | 5:00 | 00:25:53 | 00:49:08 | 00:50:05 | 323 | |
| 353 | 426 | SZCZUKA KRZYSZTOF | LUBLIN | --- | POLSKA | 1985 | M16+ | 116 | 5:01 | 00:25:32 | 00:49:32 | 00:50:09 | 324 | |
| 354 | 744 | KAŃCZUGOWSKI PIOTR | BEŁŻYCE | LUBELSKI KLUB MORSÓW | POLSKA | 1982 | M30+ | 114 | 5:01 | 00:25:08 | 00:49:23 | 00:50:09 | 325 | |
| 355 | 72 | GAJEK MAGDALENA | LUBLIN | | POLSKA | 1974 | K40+ | 4 | 5:01 | 00:24:57 | 00:49:54 | 00:50:09 | | 30 |
| 356 | 73 | GAJEK GRZEGORZ | CZÓŁNA | WIEŚ TAŃCZY I BIEGA | POLSKA | 1979 | M30+ | 115 | 5:01 | 00:24:57 | 00:49:53 | 00:50:09 | 326 | |
| 357 | 466 | ZWIERZCHOWSKI JACEK | LUBLIN | | POLSKA | 1970 | M40+ | 71 | 5:01 | 00:25:00 | 00:49:46 | 00:50:10 | 327 | |
| 358 | 368 | LEWCZYŃSKI PIOTR | LUBLIN | | POLSKA | 1959 | M50+ | 23 | 5:01 | 00:25:05 | 00:49:25 | 00:50:11 | 328 | |
| 359 | 231 | CHOJNIAK ŁUKASZ | RYKI | BIEGUSIEM.PL | POLSKA | 1985 | M16+ | 117 | 5:01 | 00:24:44 | 00:49:42 | 00:50:13 | 329 | |
| 360 | 457 | GOŁOFIT KAROL | LUBLIN | PKO BANK POLSKI | POLSKA | 1985 | M16+ | 118 | 5:01 | 00:25:22 | 00:49:20 | 00:50:14 | 330 | |
| 361 | 584 | ORZECZOWSKA ANETA | ŚWIDNIK | | POLSKA | 1985 | K16+ | 16 | 5:02 | 00:25:19 | 00:50:06 | 00:50:16 | | 31 |
| 362 | 472 | JAGNIONTKOWSKI KRZYSZTOF | KRASNYSTAW | | POLSKA | 1986 | M16+ | 119 | 5:02 | 00:25:23 | 00:49:41 | 00:50:18 | 331 | |
| 363 | 87 | FLIS DOMINIK | ZAMOŚĆ | ROZBIEGANI ZAMOŚĆ | POLSKA | 1982 | M30+ | 116 | 5:02 | 00:25:06 | 00:49:24 | 00:50:18 | 332 | |
| 364 | 683 | FILIPIAK MARCIN | MARKUSZÓW | | POLSKA | 1975 | M30+ | 117 | 5:02 | 00:25:28 | 00:50:07 | 00:50:19 | 333 | |
| 365 | 639 | NEPELSKI KRZYSZTOF | LUBLIN | | POLSKA | 1986 | M16+ | 120 | 5:02 | 00:25:13 | 00:50:00 | 00:50:22 | 334 | |
| 366 | 294 | PITEK IRENEUSZ | LUBLIN | | POLSKA | 1974 | M40+ | 72 | 5:02 | 00:24:58 | 00:50:11 | 00:50:22 | 335 | |
| 367 | 599 | MOMOT MICHAŁ | JANÓW LUBELSKI | | POLSKA | 1983 | M30+ | 118 | 5:02 | 00:27:08 | 00:49:27 | 00:50:23 | 336 | |
| 368 | 75 | ŚWISZCZ GRZEGORZ | ZAMOŚĆ | ROZBIEGANI ZAMOŚĆ | POLSKA | 1972 | M40+ | 73 | 5:02 | 00:24:54 | 00:49:57 | 00:50:23 | 337 | |
| 369 | 710 | ALONSO FERNANDEZ LUIS | MALAGA | | HISZPANIA | | | | 5:02 | 00:24:25 | 00:50:03 | 00:50:23 | 338 | |
| 370 | 526 | DĄBROWSKI WITOLD | LUBLIN | NZOZ SERVIAM | POLSKA | 1976 | M30+ | 119 | 5:02 | 00:25:51 | 00:49:32 | 00:50:24 | 339 | |
| 371 | 507 | KOWALECZKO MAREK | LUBLIN | | POLSKA | 1965 | M40+ | 74 | 5:02 | 00:26:30 | 00:49:39 | 00:50:24 | 340 | |
| 372 | 319 | MONIAKOWSKI MICHAŁ | KRASNYSTAW | | POLSKA | 1979 | M30+ | 120 | 5:03 | 00:25:53 | 00:49:43 | 00:50:25 | 341 | |
| 373 | 228 | KAPICA IZABELA | ZAKLIKÓW | | POLSKA | 1971 | K40+ | 5 | 5:03 | 00:24:50 | 00:50:16 | 00:50:25 | | 32 |
| 374 | 284 | LITWIŃSKI RAFAŁ | LUBLIN | | POLSKA | 1984 | M30+ | 121 | 5:03 | 00:25:35 | 00:49:53 | 00:50:28 | 342 | |
| 375 | 740 | PAWŁOWSKI PAWEŁ | BORKOWIZNA | | POLSKA | 1983 | M30+ | 122 | 5:03 | 00:24:27 | 00:50:17 | 00:50:30 | 343 | |
| 376 | 577 | PLEWA MATEUSZ | JANÓW LUBELSKI | | POLSKA | 1982 | M30+ | 123 | 5:03 | 00:26:48 | 00:49:36 | 00:50:33 | 344 | |
| 377 | 192 | WIERZBIŃSKA MAŁGORZATA | BIAŁA PODLASKA | | POLSKA | 1977 | K30+ | 11 | 5:03 | 00:25:15 | 00:50:06 | 00:50:33 | | 33 |
| 378 | 211 | WRÓBLEWSKA OLGA | LUBARTÓW | | POLSKA | 1977 | K30+ | 12 | 5:04 | 00:25:07 | 00:49:58 | 00:50:35 | | 34 |

CZWARTA DYCHA DO MARATONU

Organizator: Fundacja Rozwoju Sportu / MOSiR "Bystrzyca"
 Data: 13.04.2014 r.
 Dystans: 10km
 Miejsowość: Lublin

Klasyfikacja: OPEN



| M-ce | Nr zaw. | Nazwisko Imię | Miejsowość | Klub | Kraj | Rok urodz. | Kat wiek. | M-ce w kat | tempo min/km | P1 | Czas netto | Wynik | M | K |
|------|---------|------------------------|----------------------|-----------------------------|--------|------------|-----------|------------|--------------|----------|------------|----------|-----|----|
| 379 | 656 | MARECZKO MAJA | ŚWIDNIK | | POLSKA | 1986 | K16+ | 17 | 5:04 | 00:25:19 | 00:50:26 | 00:50:36 | | 35 |
| 380 | 654 | RODAK ANDRZEJ | LUBLIN | | POLSKA | 1971 | M40+ | 75 | 5:04 | 00:26:02 | 00:49:56 | 00:50:42 | 345 | |
| 381 | 597 | BUCOŃ SŁAWOMIR | LUBLIN | | POLSKA | 1979 | M30+ | 124 | 5:04 | 00:26:46 | 00:50:14 | 00:50:43 | 346 | |
| 382 | 413 | GDULA ZBIGNIEW | NIEMCE | | POLSKA | 1960 | M50+ | 24 | 5:04 | 00:25:08 | 00:50:29 | 00:50:45 | 347 | |
| 383 | 348 | KRÓL MACIEJ | LUBLIN | | POLSKA | 1982 | M30+ | 125 | 5:05 | 00:25:55 | 00:49:55 | 00:50:46 | 348 | |
| 384 | 631 | NOWAKOWSKI ROBERT | LUBLIN | | POLSKA | 1975 | M30+ | 126 | 5:05 | 00:25:47 | 00:50:41 | 00:50:46 | 349 | |
| 385 | 88 | TRĄBKA BARTŁOMIEJ | LUBARTÓW | LUBARTOWBIEGA | POLSKA | 1985 | M16+ | 121 | 5:05 | 00:24:15 | 00:50:42 | 00:50:49 | 350 | |
| 386 | 716 | BUGAŁA ROBERT | LUBLIN | | POLSKA | 1968 | M40+ | 76 | 5:05 | 00:24:57 | 00:50:26 | 00:50:51 | 351 | |
| 387 | 440 | PACIORKOWSKI PIOTR | LUBLIN | | POLSKA | 1970 | M40+ | 77 | 5:05 | 00:24:46 | 00:50:32 | 00:50:52 | 352 | |
| 388 | 125 | HADUCH PIOTR | LUBLIN | | POLSKA | 1972 | M40+ | 78 | 5:05 | 00:24:45 | 00:50:28 | 00:50:53 | 353 | |
| 389 | 84 | BAWKIEWICZ SZYMON | LUBLIN | RUSZ SIĘ W LUBLINIE | POLSKA | 1982 | M30+ | 127 | 5:06 | 00:24:46 | 00:50:33 | 00:50:55 | 354 | |
| 390 | 332 | DYŚ PAWEŁ | LUBLIN | INSANE RUNNERS | POLSKA | 1983 | M30+ | 128 | 5:06 | 00:25:51 | 00:50:08 | 00:50:59 | 355 | |
| 391 | 579 | OLSZÓWKA MAŁGORZATA | LUBLIN | | POLSKA | 1978 | K30+ | 13 | 5:06 | 00:25:51 | 00:50:08 | 00:51:00 | | 36 |
| 392 | 199 | GRYMA BARTOSZ | LUBLIN | BB GRYMSKI | POLSKA | 1980 | M30+ | 129 | 5:07 | 00:25:29 | 00:50:45 | 00:51:06 | 356 | |
| 393 | 399 | SAMBROWSKA MARIOLA | ŚWIDNIK | | POLSKA | 1971 | K40+ | 6 | 5:07 | 00:25:27 | 00:50:59 | 00:51:06 | | 37 |
| 394 | 669 | BULTER RAFAŁ | MARKI | RUN FOR SZPAN | POLSKA | 1980 | M30+ | 130 | 5:07 | 00:25:32 | 00:50:53 | 00:51:07 | 357 | |
| 395 | 510 | WÓCIK MARCIN | LUBLIN | | POLSKA | 1975 | M30+ | 131 | 5:07 | 00:25:00 | 00:50:38 | 00:51:11 | 358 | |
| 396 | 291 | GÓRSKI PAWEŁ | WARSZAWA | PZU SPORT TEAM | POLSKA | 1984 | M30+ | 132 | 5:07 | 00:26:30 | 00:50:29 | 00:51:13 | 359 | |
| 397 | 621 | SKWARZYŃSKI ARTUR | LUBLIN | | POLSKA | 1967 | M40+ | 79 | 5:08 | 00:25:02 | 00:51:06 | 00:51:16 | 360 | |
| 398 | 321 | BARTOSZEK KRZYSZTOF | LUBLIN | WWW.BIEGAJWKAZIMIERZU.PL | POLSKA | 1983 | M30+ | 133 | 5:08 | 00:25:21 | 00:50:34 | 00:51:17 | 361 | |
| 399 | 528 | STEFAŃSKI PRZEMYSŁAW | HAJNÓWKA | POLITECHNIKA LUBELSKA BIEGA | POLSKA | 1993 | M16+ | 122 | 5:08 | 00:25:32 | 00:51:05 | 00:51:18 | 362 | |
| 400 | 517 | JENDREJ AGNIESZKA | LUBLIN | LAMA TEAM | POLSKA | 1986 | K16+ | 18 | 5:08 | 00:25:28 | 00:50:44 | 00:51:18 | | 38 |
| 401 | 108 | MROCZEK LESZEK | LUBLIN | SHREW EXTREME TEAM | POLSKA | 1984 | M30+ | 134 | 5:08 | 00:26:31 | 00:50:41 | 00:51:20 | 363 | |
| 402 | 290 | GÓRSKA NATALIA | WARSZAWA | EDC RUNNERS | POLSKA | 1984 | K30+ | 14 | 5:08 | 00:26:30 | 00:50:41 | 00:51:24 | | 39 |
| 403 | 293 | KUBIK SYLWIA | LUBARTÓW | | POLSKA | 1979 | K30+ | 15 | 5:09 | 00:25:35 | 00:50:49 | 00:51:27 | | 40 |
| 404 | 437 | BURY JADWIGA | KRZCZONÓW | | POLSKA | 1992 | K16+ | 19 | 5:09 | 00:25:52 | 00:50:48 | 00:51:27 | | 41 |
| 405 | 651 | KOULECHOV GUEORGUI | LUBLIN | | POLSKA | 1989 | M16+ | 123 | 5:09 | 00:26:43 | 00:51:18 | 00:51:29 | 364 | |
| 406 | 11 | SOCHACKI DANIEL | LUBLIN | SZKOLTEX CENTRUM USŁUG | POLSKA | 1975 | M30+ | 135 | 5:09 | 00:25:46 | 00:51:09 | 00:51:29 | 365 | |
| 407 | 704 | KRĘCISZ PAWEŁ | NAŁĘCZÓW | CISOWIANKA | POLSKA | 1980 | M30+ | 136 | 5:10 | 00:24:58 | 00:51:18 | 00:51:37 | 366 | |
| 408 | 633 | CHYMOSZ ANDRZEJ | LUBLIN | | POLSKA | 1962 | M50+ | 25 | 5:10 | 00:25:49 | 00:51:05 | 00:51:39 | 367 | |
| 409 | 763 | ZYGMUNT ALEKSANDER | LUBLIN | | POLSKA | 1961 | M50+ | 26 | 5:10 | 00:25:49 | 00:51:04 | 00:51:39 | 368 | |
| 410 | 449 | BANASIK EDWARD | LESZKOWICE | LESZKOWICE BIEGAJĄ | POLSKA | 1970 | M40+ | 80 | 5:10 | 00:25:55 | 00:51:25 | 00:51:41 | 369 | |
| 411 | 257 | FARON KRZYSZTOF | LUBLIN | RUN FOR FUN | POLSKA | 1963 | M50+ | 27 | 5:10 | 00:26:23 | 00:51:08 | 00:51:41 | 370 | |
| 412 | 35 | WYBRAŃSKI BARTOSZ | MAJDAN KOZIC DOLNYCH | MAKONDO | POLSKA | 1988 | M16+ | 124 | 5:10 | 00:25:50 | 00:51:19 | 00:51:42 | 371 | |
| 413 | 546 | JAKUBOWSKI PAWEŁ | RADOM | | POLSKA | 1990 | M16+ | 125 | 5:10 | 00:25:52 | 00:51:26 | 00:51:43 | 372 | |
| 414 | 448 | BOJARSKI KAMIL | LUBLIN | | POLSKA | 1997 | M16+ | 126 | 5:10 | 00:27:04 | 00:51:11 | 00:51:43 | 373 | |
| 415 | 298 | JAROWICKI JANEK | LUBLIN | | POLSKA | 1974 | M40+ | 81 | 5:10 | 00:25:58 | 00:51:31 | 00:51:44 | 374 | |
| 416 | 244 | KARŁOWICZ LEON TADEUSZ | LUBLIN | | POLSKA | 1950 | M60+ | 3 | 5:10 | 00:24:49 | 00:51:30 | 00:51:44 | 375 | |
| 417 | 750 | JACHIM GRZEGORZ | PIOTRKÓW I | | POLSKA | 1990 | M16+ | 127 | 5:10 | 00:24:29 | 00:51:29 | 00:51:44 | 376 | |
| 418 | 645 | MAKSIM GRZEGORZ | LUBLIN | | POLSKA | 1997 | M16+ | 128 | 5:10 | 00:27:04 | 00:51:13 | 00:51:45 | 377 | |
| 419 | 773 | KOSACKI JACEK | LUBARTÓW | | POLSKA | 1977 | M30+ | 137 | 5:10 | 00:26:49 | 00:50:57 | 00:51:45 | 378 | |
| 420 | 477 | BAKA MAGDALENA | LUBLIN | | POLSKA | 1987 | K16+ | 20 | 5:11 | 00:25:28 | 00:51:24 | 00:51:45 | | 42 |

CZWARTA DYCHA DO MARATONU

Organizator: Fundacja Rozwoju Sportu / MOSiR "Bystrzyca"
 Data: 13.04.2014 r.
 Dystans: 10km
 Miejscowość: Lublin

Klasyfikacja: OPEN



| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Kraj | Rok urodz. | Kat wiek. | M-ce w kat | tempo min/km | P1 | Czas netto | Wynik | M | K |
|------|---------|--------------------------|----------------------|------------------------------------|--------|------------|-----------|------------|--------------|----------|------------|----------|-----|----|
| 421 | 65 | SOBIESZEK MARCIN | PONIATOWA | | POLSKA | 1987 | M16+ | 129 | 5:11 | 00:25:45 | 00:51:17 | 00:51:46 | 379 | |
| 422 | 327 | WITKOWICZ ŁUKASZ | KODEŃ | | POLSKA | 1982 | M30+ | 138 | 5:11 | 00:26:00 | 00:51:02 | 00:51:48 | 380 | |
| 423 | 247 | RÓŻAŃSKI PAWEŁ | BIAŁA PODLASKA | SŁUŻBY MUNDUROWE AWF BIAŁA PODLASK | POLSKA | 1971 | M40+ | 82 | 5:11 | 00:26:45 | 00:51:06 | 00:51:50 | 381 | |
| 424 | 354 | GRZYBEK MACIEJ | LUBLIN | WWW.PETITSTUDIO.EU | POLSKA | 1987 | M16+ | 130 | 5:11 | 00:24:24 | 00:51:16 | 00:51:52 | 382 | |
| 425 | 352 | SKÓRSKI ŁUKASZ | KAMIEN | | POLSKA | 1993 | M16+ | 131 | 5:11 | 00:26:30 | 00:51:14 | 00:51:52 | 383 | |
| 426 | 497 | MAZUREK KATARZYNA | LUBLIN | | POLSKA | 1975 | K30+ | 16 | 5:11 | 00:26:02 | 00:51:32 | 00:51:53 | | 43 |
| 427 | 155 | WNEK KRZYSZTOF | LUBLIN | | POLSKA | 1992 | M16+ | 132 | 5:11 | 00:25:55 | 00:51:34 | 00:51:53 | 384 | |
| 428 | 366 | PIECZYKOLAN PIOTR | BIŁGORAJ | | POLSKA | 1977 | M30+ | 139 | 5:12 | 00:26:42 | 00:51:11 | 00:51:56 | 385 | |
| 429 | 531 | DYLEWSKI PAWEŁ | ŁĘCZNA | | POLSKA | 1978 | M30+ | 140 | 5:12 | 00:26:32 | 00:51:41 | 00:51:56 | 386 | |
| 430 | 530 | POZNIAK KAROL | LUBLIN | AKTYWNY NADGARSTEK.PL | POLSKA | 1979 | M30+ | 141 | 5:12 | 00:27:06 | 00:51:18 | 00:52:00 | 387 | |
| 431 | 749 | WOŹNIAK MICHAŁ | LUBLIN | | POLSKA | 1979 | M30+ | 142 | 5:12 | 00:25:40 | 00:51:21 | 00:52:03 | 388 | |
| 432 | 587 | BZDĘGA JAN | CZĘSTOCHOWA | NIEZRZESZONY | POLSKA | 1957 | M50+ | 28 | 5:12 | 00:26:29 | 00:51:15 | 00:52:03 | 389 | |
| 433 | 220 | MAJCHER BEATA | LUBLIN | | POLSKA | 1983 | K30+ | 17 | 5:12 | 00:25:33 | 00:51:45 | 00:52:05 | | 44 |
| 434 | 32 | WERCHOWICZ KRZYSZTOF | MAJDAN KOZIC DOLNYCH | MAKONDO | POLSKA | 1977 | M30+ | 143 | 5:13 | 00:25:50 | 00:51:48 | 00:52:10 | 390 | |
| 435 | 166 | KLEWIŃSKI WOJCIECH | LUBLIN | | POLSKA | 1976 | M30+ | 144 | 5:13 | 00:25:28 | 00:51:49 | 00:52:15 | 391 | |
| 436 | 260 | CIECHOŃSKI MAREK | LUBLIN | | POLSKA | 1975 | M30+ | 145 | 5:14 | 00:26:26 | 00:51:40 | 00:52:15 | 392 | |
| 437 | 24 | WIEWIÓRKA JAKUB | LUBLIN | | POLSKA | 1991 | M16+ | 133 | 5:14 | 00:25:52 | 00:51:39 | 00:52:18 | 393 | |
| 438 | 227 | KLICZKA MAGDALENA | BEŁŻYCE | | POLSKA | 1986 | K16+ | 21 | 5:14 | 00:26:53 | 00:52:00 | 00:52:18 | | 45 |
| 439 | 213 | KMIT ANDRZEJ | LUBLIN | | POLSKA | 1966 | M40+ | 83 | 5:14 | 00:25:36 | 00:51:43 | 00:52:19 | 394 | |
| 440 | 163 | KRUK TOMASZ | LUBLIN | | POLSKA | 1974 | M40+ | 84 | 5:14 | 00:26:42 | 00:51:52 | 00:52:23 | 395 | |
| 441 | 249 | MAZUR KRYSZTIAN | LUBLIN | | POLSKA | 1980 | M30+ | 146 | 5:14 | 00:27:43 | 00:51:46 | 00:52:25 | 396 | |
| 442 | 78 | BADOWSKI KRZYSZTOF | LUBLIN | KLUB MIŁOŚNIKÓW ŻÓŁTYCH KACZUSZEK | POLSKA | 1982 | M30+ | 147 | 5:14 | 00:24:34 | 00:51:46 | 00:52:25 | 397 | |
| 443 | 304 | KĘDRA RADOSŁAW | ŁĘCZNA | LW BOGDANKA | POLSKA | 1977 | M30+ | 148 | 5:15 | 00:26:08 | 00:51:58 | 00:52:26 | 398 | |
| 444 | 287 | WENERSKI MARCIN | LUBLIN | | POLSKA | 1979 | M30+ | 149 | 5:15 | 00:26:24 | 00:51:49 | 00:52:27 | 399 | |
| 445 | 400 | ROSA DAWID | GARBÓW | | POLSKA | 1994 | M16+ | 134 | 5:15 | 00:25:42 | 00:51:58 | 00:52:28 | 400 | |
| 446 | 63 | MALEC EMILIA | BIŁGORAJ | SŁUŻBY MUNDUROWE AWF BIAŁA PODLASK | POLSKA | 1990 | K16+ | 22 | 5:15 | 00:26:51 | 00:51:41 | 00:52:28 | | 46 |
| 447 | 328 | OMELCZUK BARTOSZ | WŁODAWA | | POLSKA | 1987 | M16+ | 135 | 5:15 | 00:26:11 | 00:51:45 | 00:52:30 | 401 | |
| 448 | 180 | KOULECHOV KONSTANTIN | LUBLIN | | POLSKA | 1990 | M16+ | 136 | 5:15 | 00:26:43 | 00:52:20 | 00:52:31 | 402 | |
| 449 | 617 | ŻAK NATALIA | ZEZULIN NIŻSZY | | POLSKA | 1986 | K16+ | 23 | 5:15 | 00:26:15 | 00:51:45 | 00:52:32 | | 47 |
| 450 | 614 | MUZYKA ROBERT | LUBARTÓW | LUBARTÓW BIEGA | POLSKA | 1986 | M16+ | 137 | 5:15 | 00:27:41 | 00:51:38 | 00:52:32 | 403 | |
| 451 | 209 | MAJ SŁAWOMIR | ŚWIDNIK | | POLSKA | 1978 | M30+ | 150 | 5:15 | 00:26:47 | 00:52:33 | 00:52:33 | 404 | |
| 452 | 772 | HIJEK KRZYSZTOF | LUBLIN | | POLSKA | 1980 | M30+ | 151 | 5:15 | 00:26:53 | 00:51:55 | 00:52:35 | 405 | |
| 453 | 512 | GÓRSKA-KOSICKA MAGDALENA | NATALIN | | POLSKA | 1975 | K30+ | 18 | 5:16 | 00:26:14 | 00:52:07 | 00:52:38 | | 48 |
| 454 | 393 | SZCZERBATKO JOANNA | LUBLIN | SIOSTRY BIEGAJĄ | POLSKA | 1977 | K30+ | 19 | 5:16 | 00:25:07 | 00:52:35 | 00:52:39 | | 49 |
| 455 | 608 | RESZKA GRZEGORZ | LUBLIN | | POLSKA | 1994 | M16+ | 138 | 5:16 | 00:25:42 | 00:52:08 | 00:52:39 | 406 | |
| 456 | 331 | MIZIOŁEK JAKUB | SPICZYN | | POLSKA | 1988 | M16+ | 139 | 5:16 | 00:25:57 | 00:52:07 | 00:52:41 | 407 | |
| 457 | 658 | ELŻBIETA BRUS | | | POLSKA | 1981 | K30+ | 20 | 5:16 | 00:26:45 | 00:52:38 | 00:52:43 | | 50 |
| 458 | 732 | KORULCZYK MICHAŁ | KĄKOLEWKA | | POLSKA | 1992 | M16+ | 140 | 5:16 | 00:26:54 | 00:52:22 | 00:52:45 | 408 | |
| 459 | 274 | SKOREK MONIKA | ŚWIDNIK | | POLSKA | 1989 | K16+ | 24 | 5:17 | 00:25:33 | 00:52:42 | 00:52:45 | | 51 |
| 460 | 234 | DACHNO DANIEL | LUBLIN | | POLSKA | 1959 | M50+ | 29 | 5:17 | 00:27:32 | 00:52:10 | 00:52:45 | 409 | |
| 461 | 628 | JASIŃSKA ANNA | ŚWIDNIK | BIEGAJĄCY ŚWIDNIK | POLSKA | 1985 | K16+ | 25 | 5:17 | 00:25:41 | 00:52:44 | 00:52:46 | | 52 |
| 462 | 479 | DROZD PIOTR | LUBLIN | | POLSKA | 1992 | M16+ | 141 | 5:17 | 00:26:14 | 00:51:59 | 00:52:50 | 410 | |

CZWARTA DYCHA DO MARATONU

Organizator: Fundacja Rozwoju Sportu / MOSiR "Bystrzyca"
 Data: 13.04.2014 r.
 Dystans: 10km
 Miejscowość: Lublin

Klasyfikacja: OPEN



| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Kraj | Rok urodz. | Kat wiek. | M-ce w kat | tempo min/km | P1 | Czas netto | Wynik | M | K |
|------|---------|----------------------|--------------------|------------------------------------|--------|------------|-----------|------------|--------------|----------|------------|----------|-----|----|
| 463 | 490 | KRYK PAWEŁ | LUBLIN | | POLSKA | 1978 | M30+ | 152 | 5:17 | 00:25:58 | 00:52:13 | 00:52:53 | 411 | |
| 464 | 571 | PILICHOWSKI MATEUSZ | ŁAZISKA | | POLSKA | 1991 | M16+ | 142 | 5:17 | 00:27:31 | 00:52:16 | 00:52:54 | 412 | |
| 465 | 303 | DENEKA BEATA | ŁĘCZNA | | POLSKA | 1984 | K30+ | 21 | 5:17 | 00:26:08 | 00:52:25 | 00:52:54 | | 53 |
| 466 | 653 | CHĘĆ MICHAŁ | LUBLIN | | POLSKA | 1983 | M30+ | 153 | 5:18 | 00:26:47 | 00:52:18 | 00:52:57 | 413 | |
| 467 | 603 | ZALEWSKI ŁUKASZ | LUBLIN | | POLSKA | 1982 | M30+ | 154 | 5:18 | 00:26:06 | 00:52:15 | 00:52:58 | 414 | |
| 468 | 254 | PIECHNIK ROMAN | LUBLIN | SYGNAŁ | POLSKA | 1964 | M50+ | 30 | 5:18 | 00:26:11 | 00:52:22 | 00:52:58 | 415 | |
| 469 | 682 | JANUSZEWSKI KAROL | LUBLIN | LAMA TEAM | POLSKA | 1985 | M16+ | 143 | 5:18 | 00:26:00 | 00:52:25 | 00:52:59 | 416 | |
| 470 | 349 | SKUCIŃSKA MARTYNA | JĘDRZEJÓW | | POLSKA | 1988 | K16+ | 26 | 5:18 | 00:26:32 | 00:52:20 | 00:53:00 | | 54 |
| 471 | 464 | ZALEWSKA ALEKSANDRA | SOPOT | SMIGO-SKI TEAM | POLSKA | 1988 | K16+ | 27 | 5:18 | 00:27:05 | 00:52:36 | 00:53:02 | | 55 |
| 472 | 482 | PAWŁAT KAMIL | CHMIEL | | POLSKA | 1992 | M16+ | 144 | 5:18 | 00:26:18 | 00:52:56 | 00:53:02 | 417 | |
| 473 | 592 | RAK MATEUSZ | LUBLIN | 104 LDSH AVANGARDA | POLSKA | 1996 | M16+ | 145 | 5:18 | 00:26:24 | 00:52:31 | 00:53:03 | 418 | |
| 474 | 273 | MALIK TOMASZ | LUBLIN | | POLSKA | 1986 | M16+ | 146 | 5:18 | 00:25:34 | 00:52:56 | 00:53:04 | 419 | |
| 475 | 179 | KOTUŁA JAROSŁAW | KRAŚNIK | | POLSKA | 1986 | M16+ | 147 | 5:19 | 00:26:55 | 00:52:09 | 00:53:07 | 420 | |
| 476 | 634 | PORTKA MARCIN | LUBLIN | | POLSKA | 1976 | M30+ | 155 | 5:19 | 00:25:51 | 00:52:45 | 00:53:10 | 421 | |
| 477 | 408 | ZAWIŚLAK TOMASZ | LUBLIN | | POLSKA | 1969 | M40+ | 85 | 5:19 | 00:26:38 | 00:52:50 | 00:53:12 | 422 | |
| 478 | 136 | MIROŚLAW ALBERT | LUBLIN | | POLSKA | 1970 | M40+ | 86 | 5:19 | 00:25:39 | 00:53:08 | 00:53:14 | 423 | |
| 479 | 7 | STACHYRA MAŁGORZATA | | | POLSKA | | | | 5:20 | 00:25:10 | 00:53:04 | 00:53:16 | | 56 |
| 480 | 516 | KOSSAK ŁUKASZ | LUBLIN | | POLSKA | 1979 | M30+ | 156 | 5:20 | 00:26:30 | 00:52:42 | 00:53:16 | 424 | |
| 481 | 250 | RORAT LENA | CHEŁM | CHEŁM BIEGA | POLSKA | 1982 | K30+ | 22 | 5:20 | 00:26:28 | 00:53:01 | 00:53:19 | | 57 |
| 482 | 423 | WÓJCİK JOANNA | GARBÓW | | POLSKA | 1990 | K16+ | 28 | 5:20 | 00:25:56 | 00:53:13 | 00:53:19 | | 58 |
| 483 | 323 | BRAKOWIECKI WOJCIECH | LUBLIN | | POLSKA | 1973 | M40+ | 87 | 5:20 | 00:26:54 | 00:52:46 | 00:53:20 | 425 | |
| 484 | 81 | WRÓBLEWSKI MIROŚLAW | LUBLIN | | POLSKA | 1962 | M50+ | 31 | 5:20 | 00:28:19 | 00:52:30 | 00:53:21 | 426 | |
| 485 | 444 | SZABAŁA PIOTR | CIECIERZYN | | POLSKA | 1965 | M40+ | 88 | 5:20 | 00:26:34 | 00:52:54 | 00:53:22 | 427 | |
| 486 | 40 | DZIĘCIOŁ KAMIL | LUBLIN | | POLSKA | 1981 | M30+ | 157 | 5:20 | 00:26:16 | 00:52:38 | 00:53:24 | 428 | |
| 487 | 372 | HILLER JERZY | LUBLIN | LUBELSKIE STOWARZYSZENIE BIEGOWE | POLSKA | 1947 | M60+ | 4 | 5:20 | 00:26:53 | 00:53:05 | 00:53:24 | 429 | |
| 488 | 729 | KIELISZEK BEATA | LUBLIN | | POLSKA | 1992 | K16+ | 29 | 5:21 | 00:25:57 | 00:53:20 | 00:53:28 | | 59 |
| 489 | 474 | OPALKO KRZYSZTOF | SZÓSTKA | AWF BIAŁA PODLASKA SŁUŻBY MUNDUROW | POLSKA | 1990 | M16+ | 148 | 5:21 | 00:26:51 | 00:52:44 | 00:53:29 | 430 | |
| 490 | 262 | ROGAŁA KAROLINA | LUBLIN (LUBELSKIE) | | POLSKA | 1990 | K16+ | 30 | 5:21 | 00:26:24 | 00:53:13 | 00:53:29 | | 60 |
| 491 | 550 | BADUROWICZ MIROŚLAW | SWIDNIK | | POLSKA | 1961 | M50+ | 32 | 5:21 | 00:27:18 | 00:53:14 | 00:53:30 | 431 | |
| 492 | 154 | BOGUSZEWSKI MACIEJ | LUBLIN | SAFARI | POLSKA | 1978 | M30+ | 158 | 5:21 | 00:26:44 | 00:52:49 | 00:53:33 | 432 | |
| 493 | 424 | CIECHAŃSKI ZENON | LUBLIN | | POLSKA | 1962 | M50+ | 33 | 5:21 | 00:26:09 | 00:53:13 | 00:53:35 | 433 | |
| 494 | 756 | GRUDZIEŃ SŁAWOMIR | LUBLIN | | POLSKA | 1972 | M40+ | 89 | 5:22 | 00:25:09 | 00:53:33 | 00:53:36 | 434 | |
| 495 | 317 | PIETRYKA PAWEŁ | ŚWIDNIK | JEDNOSTKA STRZELECKA 2063 ŚWIDNIK | POLSKA | 1984 | M30+ | 159 | 5:22 | 00:26:25 | 00:53:02 | 00:53:38 | 435 | |
| 496 | 109 | JANUSZEK TOMASZ | LUBLIN | | POLSKA | 1989 | M16+ | 149 | 5:22 | 00:26:20 | 00:53:08 | 00:53:39 | 436 | |
| 497 | 344 | GUZ MAGDA | LUBLIN | | POLSKA | 1976 | K30+ | 23 | 5:22 | 00:26:29 | 00:53:37 | 00:53:41 | | 61 |
| 498 | 433 | KUCZMARA MARTA | LUBLIN | CRH ŻAGIEL - MED | POLSKA | 1973 | K40+ | 7 | 5:22 | 00:26:22 | 00:53:41 | 00:53:42 | | 62 |
| 499 | 432 | KUCZMARA PIOTR | LUBLIN | KPVII | POLSKA | 1969 | M40+ | 90 | 5:22 | 00:25:24 | 00:53:41 | 00:53:43 | 437 | |
| 500 | 733 | KURULCZYK MARCIN | KĄKOCIEWNICA | ZBE | POLSKA | 1986 | M16+ | 150 | 5:22 | 00:26:55 | 00:53:20 | 00:53:43 | 438 | |
| 501 | 410 | GOŁĘBIEWSKI ROMAN | LUBLIN | GBUREK | POLSKA | 1982 | M30+ | 160 | 5:22 | 00:26:20 | 00:53:16 | 00:53:44 | 439 | |
| 502 | 780 | DOMIŃSKI SEBASTIAN | LUBLIN | | POLSKA | 1990 | M16+ | 151 | 5:23 | 00:26:33 | 00:52:57 | 00:53:46 | 440 | |
| 503 | 420 | KOT MICHAŁ | LUBLIN | | POLSKA | 1977 | M30+ | 161 | 5:23 | 00:26:30 | 00:53:23 | 00:53:49 | 441 | |
| 504 | 537 | KAPROŃ AGNIESZKA | KRZEMIEN PIERWSZY | | POLSKA | 1979 | K30+ | 24 | 5:23 | 00:26:03 | 00:53:45 | 00:53:50 | | 63 |

CZWARTA DYCHA DO MARATONU

Organizator: Fundacja Rozwoju Sportu / MOSiR "Bystrzyca"
 Data: 13.04.2014 r.
 Dystans: 10km
 Miejsowość: Lublin

Klasyfikacja: OPEN



| M-ce | Nr zaw. | Nazwisko Imię | Miejsowość | Klub | Kraj | Rok urodz. | Kat wiek. | M-ce w kat | tempo min/km | P1 | Czas netto | Wynik | M | K |
|------|---------|------------------------------|-----------------|------------------------------------|-----------|------------|-----------|------------|--------------|----------|------------|----------|-----|----|
| 505 | 197 | KOZACZUK-BRAJERSKA MAGDALENA | LUBLIN | | POLSKA | 1978 | K30+ | 25 | 5:23 | 00:26:57 | 00:53:18 | 00:53:51 | | 64 |
| 506 | 68 | MOMORA MAŁGORZATA | LUBLIN | | POLSKA | 1986 | K16+ | 31 | 5:23 | 00:26:36 | 00:53:12 | 00:53:51 | | 65 |
| 507 | 353 | KLOC MIROSŁAW | LUBLIN | KTOZABIL.PL | POLSKA | 1982 | M30+ | 162 | 5:23 | 00:26:07 | 00:53:25 | 00:53:54 | 442 | |
| 508 | 196 | WALKIEWICZ EWA | LUBLIN | | POLSKA | 1970 | K40+ | 8 | 5:23 | 00:26:24 | 00:53:35 | 00:53:54 | | 66 |
| 509 | 13 | GRZAŚKO NORBERT | LUBLIN | AKW KOTŁOWNIA | POLSKA | 1975 | M30+ | 163 | 5:23 | 00:27:01 | 00:53:51 | 00:53:55 | 443 | |
| 510 | 632 | POGODA MARCIN | LUBLIN | FUN SURF | POLSKA | 1973 | M40+ | 91 | 5:24 | 00:27:29 | 00:53:36 | 00:54:02 | 444 | |
| 511 | 714 | MAKOWSKI MARISZ | LUBLIN | ART.-MAR | POLSKA | 1970 | M40+ | 92 | 5:25 | 00:26:01 | 00:53:38 | 00:54:06 | 445 | |
| 512 | 430 | WYSOCKA KATARZYNA | WARSZAWA | | POLSKA | 1985 | K16+ | 32 | 5:25 | 00:26:52 | 00:53:40 | 00:54:09 | | 67 |
| 513 | 417 | POPIOŁEK-JANIEC TOMASZ | LUBLIN | ILALEX | POLSKA | 1968 | M40+ | 93 | 5:25 | 00:26:41 | 00:53:23 | 00:54:09 | 446 | |
| 514 | 283 | NOSOWSKA AGNIESZKA | LUBLIN | | POLSKA | 1972 | K40+ | 9 | 5:25 | 00:26:38 | 00:54:00 | 00:54:12 | | 68 |
| 515 | 93 | POLESZAK MICHAŁ | LUBLIN | | POLSKA | 1981 | M30+ | 164 | 5:26 | 00:27:25 | 00:53:29 | 00:54:23 | 447 | |
| 516 | 548 | KAWĘCKI ANDRZEJ | LUBLIN | | POLSKA | 1982 | M30+ | 165 | 5:26 | 00:27:35 | 00:53:39 | 00:54:24 | 448 | |
| 517 | 74 | PLISZCZYŃSKA JUSTYNA | LUBLIN | | POLSKA | 1975 | K30+ | 26 | 5:27 | 00:26:40 | 00:54:06 | 00:54:25 | | 69 |
| 518 | 26 | SĘKOWSKA DOROTA | LUBLIN | MARATON LUBELSKI | POLSKA | 1979 | K30+ | 27 | 5:27 | 00:27:59 | 00:53:57 | 00:54:29 | | 70 |
| 519 | 429 | BANASIK MAŁGORZATA | LESZKOWICE | LESZKOWICE BIEGAJĄ | POLSKA | 1968 | K40+ | 10 | 5:27 | 00:27:14 | 00:54:19 | 00:54:34 | | 71 |
| 520 | 600 | FILIPEK ADAM | KOCK | | POLSKA | 1981 | M30+ | 166 | 5:27 | 00:27:30 | 00:54:00 | 00:54:35 | 449 | |
| 521 | 619 | ZAROŚLIŃSKI SYLWESTER | WOLA GAŁĘŻOWSKA | | POLSKA | 1988 | M16+ | 152 | 5:28 | 00:26:54 | 00:54:01 | 00:54:37 | 450 | |
| 522 | 767 | PALYTA BARTOSZ | LUBLIN | | POLSKA | 1986 | M16+ | 153 | 5:28 | 00:25:40 | 00:54:20 | 00:54:45 | 451 | |
| 523 | 764 | CZAJKA MARZENA | LUBLIN | | POLSKA | 1977 | K30+ | 28 | 5:29 | 00:28:10 | 00:53:59 | 00:54:49 | | 72 |
| 524 | 387 | REJ ZOFIA | STRÓŻA | | POLSKA | 1988 | K16+ | 33 | 5:29 | 00:27:31 | 00:54:08 | 00:54:50 | | 73 |
| 525 | 267 | BIEDACHA TOMASZ | LUBLIN | WWW.SKRYZDIA.LUBLIN.PL | POLSKA | 1980 | M30+ | 167 | 5:29 | 00:27:35 | 00:53:55 | 00:54:50 | 452 | |
| 526 | 521 | PYŚNIAK SZYMON | LUBLIN | | POLSKA | 1992 | M16+ | 154 | 5:29 | 00:26:52 | 00:54:00 | 00:54:52 | 453 | |
| 527 | 672 | KORDOWSKA-WOCN KATARZYNA | LUBLIN | | POLSKA | 1982 | K30+ | 29 | 5:29 | 00:26:21 | 00:54:28 | 00:54:54 | | 74 |
| 528 | 533 | SKOCZEWSKI PIOTR | LUBLIN | | POLSKA | 1993 | M16+ | 155 | 5:29 | 00:29:04 | 00:54:10 | 00:54:54 | 454 | |
| 529 | 131 | BARANOWSKI PAWEŁ | LUBLIN | | POLSKA | 1978 | M30+ | 168 | 5:30 | 00:28:39 | 00:54:21 | 00:55:00 | 455 | |
| 530 | 595 | KULIK GRZEGORZ | LUBLIN | | POLSKA | 1977 | M30+ | 169 | 5:31 | 00:27:54 | 00:55:10 | 00:55:10 | 456 | |
| 531 | 596 | WEPA WIESŁAW | CHEŁM | LUBELSKI KLUB MORSÓW | POLSKA | 1956 | M50+ | 34 | 5:31 | 00:26:45 | 00:54:25 | 00:55:13 | 457 | |
| 532 | 644 | ŚLIWA KONRAD | JABŁONNA | | POLSKA | 1976 | M30+ | 170 | 5:31 | 00:28:04 | 00:54:38 | 00:55:15 | 458 | |
| 533 | 226 | HODA MICHAŁ | LUBLIN | | POLSKA | 1984 | M30+ | 171 | 5:31 | 00:26:53 | 00:55:06 | 00:55:15 | 459 | |
| 534 | 730 | REMBA MACIEJ | LUBLIN | | POLSKA | 1983 | M30+ | 172 | 5:32 | 00:26:48 | 00:55:09 | 00:55:16 | 460 | |
| 535 | 60 | KULIK MAREK | BIAŁA PODLASKA | SŁUŻBY MUNDUROWE AWF BIAŁA PODLASK | POLSKA | 1984 | M30+ | 173 | 5:32 | 00:28:22 | 00:54:33 | 00:55:16 | 461 | |
| 536 | 217 | STEC GRZEGORZ | LUBLIN | | POLSKA | 1977 | M30+ | 174 | 5:32 | 00:28:39 | 00:54:37 | 00:55:17 | 462 | |
| 537 | 724 | ORŁOWSKI PRZEMYSŁAW | LUBLIN | | POLSKA | 1977 | M30+ | 175 | 5:32 | 00:29:33 | 00:54:31 | 00:55:17 | 463 | |
| 538 | 138 | BUCIOR DAGMARA | LUBLIN | | POLSKA | 1986 | K16+ | 34 | 5:32 | 00:27:38 | 00:54:45 | 00:55:18 | | 75 |
| 539 | 711 | FERNANDEZ LUIS ANDREA | MALAGA | | HISZPANIA | | | | 5:32 | 00:27:40 | 00:55:01 | 00:55:21 | | 76 |
| 540 | 216 | DROZD JERZY | LUBLIN | U.B. | POLSKA | 1955 | M50+ | 35 | 5:33 | 00:28:21 | 00:54:51 | 00:55:31 | 464 | |
| 541 | 341 | GIANNPOULOS KRZYSZTOF | LUBLIN | FUNDACJA KOOCHAM | POLSKA | 1977 | M30+ | 176 | 5:34 | 00:27:39 | 00:55:32 | 00:55:36 | 465 | |
| 542 | 367 | WIERZBIŃSKI SEBASTIAN | LUBLIN | RATMED | POLSKA | 1978 | M30+ | 177 | 5:34 | 00:27:35 | 00:55:04 | 00:55:36 | 466 | |
| 543 | 362 | SKALIŃSKA-KRÓLIK MAŁGORZATA | ŚWIDNIK | | POLSKA | 1977 | K30+ | 30 | 5:34 | 00:26:24 | 00:55:29 | 00:55:37 | | 77 |
| 544 | 167 | PIOTROWSKI PIOTR | LUBLIN | | POLSKA | 1968 | M40+ | 94 | 5:34 | 00:26:32 | 00:55:21 | 00:55:39 | 467 | |
| 545 | 56 | MALINOWSKI JAROSŁAW | RYKI | | POLSKA | 1970 | M40+ | 95 | 5:34 | 00:28:53 | 00:54:51 | 00:55:41 | 468 | |
| 546 | 524 | MUZYCZUK MAŁGORZATA | HRUBIESZÓW | | POLSKA | 1962 | K50+ | 2 | 5:34 | 00:27:20 | 00:55:35 | 00:55:42 | | 78 |

CZWARTA DYCHA DO MARATONU

Organizator: Fundacja Rozwoju Sportu / MOSiR "Bystrzyca"
 Data: 13.04.2014 r.
 Dystans: 10km
 Miejsowość: Lublin

Klasyfikacja: OPEN



| M-ce | Nr zaw. | Nazwisko Imię | Miejsowość | Klub | Kraj | Rok urodz. | Kat wiek. | M-ce w kat | tempo min/km | P1 | Czas netto | Wynik | M | K |
|------|---------|------------------------|-----------------|-----------------------------------|--------|------------|-----------|------------|--------------|----------|------------|----------|-----|----|
| 547 | 613 | TROJECKA SYLWIA | RADOM | | POLSKA | 1988 | K16+ | 35 | 5:34 | 00:27:45 | 00:55:40 | 00:55:43 | | 79 |
| 548 | 755 | KRZYSIAK JAKUB | LUBLIN | AGENCJA PERFORM | POLSKA | 1981 | M30+ | 178 | 5:35 | 00:27:36 | 00:55:01 | 00:55:49 | 469 | |
| 549 | 271 | MAZUR PAULINA | LUBLIN | | POLSKA | 1994 | K16+ | 36 | 5:35 | 00:28:48 | 00:55:26 | 00:55:55 | | 80 |
| 550 | 127 | DOBROWOLSKI MICHAŁ | LUBLIN | | POLSKA | 1986 | M16+ | 156 | 5:36 | 00:29:06 | 00:55:22 | 00:55:59 | 470 | |
| 551 | 769 | TOPOROWSKI RAFAŁ | LUBLIN | LUBELSKIE STOWARZYSZENIE BIEGOWE | POLSKA | 1984 | M30+ | 179 | 5:36 | 00:27:39 | 00:55:30 | 00:56:01 | 471 | |
| 552 | 601 | ŁUCZAK MICHAŁ | LUBLIN | RUTA RUNNERS | POLSKA | 1984 | M30+ | 180 | 5:37 | 00:28:17 | 00:55:25 | 00:56:06 | 472 | |
| 553 | 239 | KAMIŃSKI JAN | LUBLIN | | POLSKA | 1982 | M30+ | 181 | 5:37 | 00:30:06 | 00:55:53 | 00:56:06 | 473 | |
| 554 | 292 | HAŁADYJ PIOTR | LUBLIN | PRIVATE INDIVIDUAL | POLSKA | 1974 | M40+ | 96 | 5:37 | 00:26:58 | 00:55:40 | 00:56:07 | 474 | |
| 555 | 361 | LUTEREK MACIEJ | LUBLIN | | POLSKA | 1975 | M30+ | 182 | 5:37 | 00:28:11 | 00:55:14 | 00:56:11 | 475 | |
| 556 | 347 | ZYCH ANNA | LUBLIN | | POLSKA | 1972 | K40+ | 11 | 5:37 | 00:27:28 | 00:55:53 | 00:56:14 | | 81 |
| 557 | 339 | GIEROBA KAMIL | LUBLIN | SPORT TEAM LUBLIN:) | POLSKA | 1977 | M30+ | 183 | 5:38 | 00:27:52 | 00:56:00 | 00:56:24 | 476 | |
| 558 | 492 | JANIEC PAWEŁ | STARACHOWICE | | POLSKA | 1990 | M16+ | 157 | 5:38 | 00:28:02 | 00:55:40 | 00:56:25 | 477 | |
| 559 | 246 | KOZŁOWSKI GRZEGORZ | ŚWIDNIK | | POLSKA | 1990 | M16+ | 158 | 5:39 | 00:29:09 | 00:55:46 | 00:56:30 | 478 | |
| 560 | 427 | TARKOWSKI BARTOSZ | TOMASZOWICE | | POLSKA | 1975 | M30+ | 184 | 5:39 | 00:27:35 | 00:56:03 | 00:56:31 | 479 | |
| 561 | 515 | PELC AREK | LUBLIN | DZIEWCZYNY LUBIĄ BRĄZ | POLSKA | 1978 | M30+ | 185 | 5:39 | 00:27:26 | 00:56:15 | 00:56:34 | 480 | |
| 562 | 567 | ZARĘBA AGNIESZKA | LUBLIN | | POLSKA | 1981 | K30+ | 31 | 5:39 | 00:28:07 | 00:56:15 | 00:56:34 | | 82 |
| 563 | 418 | BEDNARZ JOLANTA | NIEDRZWICA DUŻA | | POLSKA | 1979 | K30+ | 32 | 5:40 | 00:27:20 | 00:55:53 | 00:56:41 | | 83 |
| 564 | 245 | BODO DOMINIKA | 1 | | POLSKA | 1989 | K16+ | 37 | 5:40 | 00:28:26 | 00:56:29 | 00:56:42 | | 84 |
| 565 | 549 | SUJAK KRZYSZTOF | LUBLIN | | POLSKA | 1980 | M30+ | 186 | 5:40 | 00:28:25 | 00:56:28 | 00:56:43 | 481 | |
| 566 | 94 | MAMCZUR JERZY | LUBLIN | RESCUE TEAM MOSIR LUBLIN | POLSKA | 1952 | M60+ | 5 | 5:42 | 00:28:46 | 00:56:19 | 00:56:55 | 482 | |
| 567 | 583 | WOJCIECHOWSKI GRZEGORZ | JASTKÓW | | POLSKA | 1964 | M50+ | 36 | 5:42 | 00:28:19 | 00:56:32 | 00:57:01 | 483 | |
| 568 | 625 | SUCHOCKI BARTOSZ | LUBLIN | RUTA RUNNERS | POLSKA | 1984 | M30+ | 187 | 5:44 | 00:28:18 | 00:56:35 | 00:57:16 | 484 | |
| 569 | 465 | WITKOWSKA GABRIELA | LUBLIN | | POLSKA | 1992 | K16+ | 38 | 5:44 | 00:28:32 | 00:56:37 | 00:57:16 | | 85 |
| 570 | 415 | ŚWIDER MARCIN | RADKÓW | | POLSKA | 1989 | M16+ | 159 | 5:44 | 00:28:32 | 00:56:37 | 00:57:16 | 485 | |
| 571 | 754 | GRUBECKI ANDRZEJ | LUBLIN | | POLSKA | 1959 | M50+ | 37 | 5:44 | 00:28:44 | 00:56:54 | 00:57:21 | 486 | |
| 572 | 275 | MAJCHRZAK MARCIN | LUBLIN | | POLSKA | 1980 | M30+ | 188 | 5:44 | 00:28:34 | 00:56:48 | 00:57:23 | 487 | |
| 573 | 141 | MAZUREK JUSTYNA | ŚWIDNIK | | POLSKA | 1983 | K30+ | 33 | 5:46 | 00:29:18 | 00:56:52 | 00:57:39 | | 86 |
| 574 | 142 | SZABŁOWSKA DOMINIKA | ŚWIDNIK | | POLSKA | 1988 | K16+ | 39 | 5:46 | 00:29:18 | 00:56:52 | 00:57:39 | | 87 |
| 575 | 305 | KUDEŁKA JACEK | LUBLIN | BIEGAM BO LUBIĘ | POLSKA | 1977 | M30+ | 189 | 5:46 | 00:29:28 | 00:56:59 | 00:57:39 | 488 | |
| 576 | 612 | WINIARSKI PAWEŁ | LUBLIN | | POLSKA | 1984 | M30+ | 190 | 5:46 | 00:27:33 | 00:56:47 | 00:57:41 | 489 | |
| 577 | 31 | BRZOSTOWSKI WIESŁAW | LUBARTÓW | | POLSKA | 1960 | M50+ | 38 | 5:47 | 00:29:18 | 00:57:33 | 00:57:46 | 490 | |
| 578 | 443 | GORCZYCA DOROTA | LUBLIN | | POLSKA | 1974 | K40+ | 12 | 5:47 | 00:29:19 | 00:57:10 | 00:57:48 | | 88 |
| 579 | 758 | WAŃCZYK JADWIGA | LUBLIN | | POLSKA | 1990 | K16+ | 40 | 5:47 | 00:29:05 | 00:57:39 | 00:57:48 | 89 | |
| 580 | 538 | ZIÓŁEK TERESA | MEŁGIEW | | POLSKA | 1960 | K50+ | 3 | 5:47 | 00:29:06 | 00:57:21 | 00:57:48 | 90 | |
| 581 | 590 | GAJAK ANNA | LUBLIN | - | POLSKA | 1984 | K30+ | 34 | 5:47 | 00:29:08 | 00:57:21 | 00:57:49 | | 91 |
| 582 | 503 | KRAJEWSKI TOMASZ | LUBLIN | | POLSKA | 1975 | M30+ | 191 | 5:48 | 00:31:03 | 00:57:08 | 00:57:56 | 491 | |
| 583 | 111 | BISZKONT HUBERT | ŚWIDNIK | | POLSKA | 1985 | M16+ | 160 | 5:48 | 00:28:40 | 00:57:36 | 00:57:58 | 492 | |
| 584 | 737 | DUDA RAFAŁ WOJCIECH | LUBLIN | RUTA RUNNERS | POLSKA | 1984 | M30+ | 192 | 5:48 | 00:28:26 | 00:57:19 | 00:58:00 | 493 | |
| 585 | 33 | CIESIELKA PIOTR | LUBLIN | MAKONDO | POLSKA | 1979 | M30+ | 193 | 5:48 | 00:27:06 | 00:57:37 | 00:58:01 | 494 | |
| 586 | 312 | GRABOŚ JOANNA | LUBLIN | WOJEWÓDZKI URZĄD PRACY W LUBLINIE | POLSKA | 1987 | K16+ | 41 | 5:49 | 00:28:35 | 00:57:51 | 00:58:15 | 92 | |
| 587 | 742 | RYLSKA MARTA | ŁĘCZNA | WWW.FIZIO-SPORT.COM.PL | POLSKA | 1988 | K16+ | 42 | 5:50 | 00:28:18 | 00:58:01 | 00:58:16 | 93 | |
| 588 | 650 | GĄGOŁ MICHAŁ | LUBLIN | RUN-LOG.COM | POLSKA | 1991 | M16+ | 161 | 5:50 | 00:31:08 | 00:57:23 | 00:58:18 | 495 | |

CZWARTA DYCHA DO MARATONU

Organizator: Fundacja Rozwoju Sportu / MOSiR "Bystrzyca"
 Data: 13.04.2014 r.
 Dystans: 10km
 Miejscowość: Lublin

Klasyfikacja: OPEN



| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Kraj | Rok urodz. | Kat wiek. | M-ce w kat | tempo min/km | P1 | Czas netto | Wynik | M | K |
|------|---------|-----------------------------|--------------------|----------------------|--------|------------|-----------|------------|--------------|----------|------------|----------|-----|-----|
| 589 | 285 | FALKOWICZ KATARZYNA | LUBLIN | | POLSKA | 1987 | K16+ | 43 | 5:50 | 00:30:05 | 00:57:32 | 00:58:20 | | 94 |
| 590 | 212 | PISKORSKI ŁUKASZ | LUBLIN | | POLSKA | 1980 | M30+ | 194 | 5:51 | 00:27:29 | 00:58:19 | 00:58:27 | 496 | |
| 591 | 258 | KORZEŃ FRYDERYK | LUBLIN | | POLSKA | 1992 | M16+ | 162 | 5:51 | 00:29:01 | 00:57:40 | 00:58:30 | 497 | |
| 592 | 384 | WAJSTUCH KAMILA | LUBLIN | | POLSKA | 1987 | K16+ | 44 | 5:51 | 00:30:22 | 00:57:44 | 00:58:34 | | 95 |
| 593 | 182 | BARTMIŃSKI PAWEŁ | WOLA PRZYBYŚLAWSKA | | POLSKA | 1974 | M40+ | 97 | 5:52 | 00:28:59 | 00:57:55 | 00:58:43 | 498 | |
| 594 | 184 | BARTMIŃSKI JAN | WOLA PRZYBYŚLAWSKA | | POLSKA | 1997 | M16+ | 163 | 5:52 | 00:28:59 | 00:57:56 | 00:58:43 | 499 | |
| 595 | 414 | MASŁOWSKI MARCIN | TOMASZOWICE | ORION | POLSKA | 1976 | M30+ | 195 | 5:53 | 00:29:41 | 00:57:56 | 00:58:47 | 500 | |
| 596 | 493 | JASIŃSKI JERZY | LUBLIN | RK.COM.PL | POLSKA | 1954 | M60+ | 6 | 5:53 | 00:28:52 | 00:58:19 | 00:58:47 | 501 | |
| 597 | 118 | STACHAL MAŁGORZATA | LUBLIN | | POLSKA | 1976 | K30+ | 35 | 5:53 | 00:28:45 | 00:58:02 | 00:58:49 | | 96 |
| 598 | 461 | MICHALCZUK KATARZYNA | LUBLIN | | POLSKA | 1978 | K30+ | 36 | 5:53 | 00:28:03 | 00:58:05 | 00:58:49 | | 97 |
| 599 | 743 | KONONIUK MARCELINA | LUBLIN | | POLSKA | 1991 | K16+ | 45 | 5:53 | 00:29:06 | 00:58:11 | 00:58:52 | | 98 |
| 600 | 105 | WYROŚLAK MAŁGORZATA | LUBLIN | MARATON LUBELSKI | POLSKA | 1984 | K30+ | 37 | 5:53 | 00:29:56 | 00:58:11 | 00:58:52 | | 99 |
| 601 | 541 | PUDEŁEK GRZEGORZ | LUBLIN | FUNDACJA KOOCAM | POLSKA | 1980 | M30+ | 196 | 5:54 | 00:28:12 | 00:58:56 | 00:58:56 | 502 | |
| 602 | 299 | LESIAK JAKUB | LUBLIN | | POLSKA | 1984 | M30+ | 197 | 5:54 | 00:30:16 | 00:58:09 | 00:58:59 | 503 | |
| 603 | 22 | SITARSKA PATRYCJA | LUBLIN | NIKE LUBLIN PLAZA | POLSKA | 1986 | K16+ | 46 | 5:54 | 00:30:16 | 00:58:09 | 00:59:00 | | 100 |
| 604 | 709 | KAWA ALEKSANDER | LUBLIN | | POLSKA | 1995 | M16+ | 164 | 5:54 | 00:30:23 | 00:58:15 | 00:59:03 | 504 | |
| 605 | 434 | BULISZ EWA | WERBKOWICE | | POLSKA | 1987 | K16+ | 47 | 5:55 | 00:28:52 | 00:58:34 | 00:59:05 | | 101 |
| 606 | 52 | BARCZAK SYLWIA | LUBLIN | DREAM DANCERS | POLSKA | 1984 | K30+ | 38 | 5:55 | 00:29:07 | 00:58:47 | 00:59:08 | | 102 |
| 607 | 398 | SKULIMOWSKA AGNIESZKA | LUBLIN | | POLSKA | 1988 | K16+ | 48 | 5:55 | 00:29:02 | 00:58:30 | 00:59:09 | | 103 |
| 608 | 642 | WAŚIK MARCIN | LUBLIN | | POLSKA | 1982 | M30+ | 198 | 5:55 | 00:31:16 | 00:58:24 | 00:59:12 | 505 | |
| 609 | 504 | PIOŚ KLAUDIA | LUBLIN | | POLSKA | 1994 | K16+ | 49 | 5:55 | 00:29:56 | 00:58:43 | 00:59:12 | | 104 |
| 610 | 649 | BIELECKI ADAM | LUBLIN | NIE ZRZESZONY | POLSKA | 1970 | M40+ | 98 | 5:55 | 00:29:35 | 00:58:25 | 00:59:12 | 506 | |
| 611 | 76 | JENDREJ EWA | LUBLIN | LAMA TEAM | POLSKA | 1987 | K16+ | 50 | 5:55 | 00:30:58 | 00:58:39 | 00:59:13 | | 105 |
| 612 | 721 | NOWAKOWSKI PAWEŁ | LUBLIN | | POLSKA | 1927 | M60+ | 7 | 5:55 | 00:29:12 | 00:58:22 | 00:59:15 | 507 | |
| 613 | 308 | PAPROTA EWELINA | LUBLIN | | POLSKA | 1984 | K30+ | 39 | 5:57 | 00:29:04 | 00:58:59 | 00:59:33 | | 106 |
| 614 | 747 | MAGDZIARZ LESZEK | LUBLIN | SPORT.SANEA.PL | POLSKA | 1962 | M50+ | 39 | 5:58 | 00:29:41 | 00:59:22 | 00:59:43 | 508 | |
| 615 | 147 | SZKLANNY MARCIN | LUBLIN | | POLSKA | 1992 | M16+ | 165 | 5:58 | 00:29:07 | 00:59:44 | 00:59:44 | 509 | |
| 616 | 518 | KANIA KONRAD | ŚWIDNIK | | POLSKA | 1976 | M30+ | 199 | 5:58 | 00:28:16 | 00:59:12 | 00:59:45 | 510 | |
| 617 | 162 | PAWELEC MAŁGORZATA | RADOM | | POLSKA | 1986 | K16+ | 51 | 5:59 | 00:30:19 | 00:58:54 | 00:59:46 | | 107 |
| 618 | 757 | KRÓLIKOWSKA KATARZYNA | LUBLIN | | POLSKA | 1991 | K16+ | 52 | 5:59 | 00:29:05 | 00:59:39 | 00:59:48 | | 108 |
| 619 | 544 | OLEJNIK MAŁGORZATA | STAROŚCIN KOLONIA | | POLSKA | 1977 | K30+ | 40 | 5:59 | 00:29:04 | 00:59:44 | 00:59:48 | | 109 |
| 620 | 174 | NAJDA RENATA | LUBLIN | | POLSKA | 1984 | K30+ | 41 | 5:59 | 00:30:16 | 00:59:13 | 00:59:48 | | 110 |
| 621 | 99 | HANN MARIA | LUBLIN | | POLSKA | 1981 | K30+ | 42 | 6:00 | 00:30:03 | 00:59:25 | 00:59:58 | | 111 |
| 622 | 777 | CYBULSKI MICHAŁ | LUBLIN | | POLSKA | 1995 | M16+ | 166 | 6:00 | 00:30:24 | 00:59:12 | 01:00:01 | 511 | |
| 623 | 706 | CYBULSKA DOMINIKA | LUBLIN | | POLSKA | 1975 | K30+ | 43 | 6:00 | 00:30:00 | 00:59:14 | 01:00:02 | | 112 |
| 624 | 380 | KOWALCZYK PAWEŁ | JABŁONNA | HUFIEC ZHP LUBLIN | POLSKA | 1990 | M16+ | 167 | 6:00 | 00:30:19 | 00:59:26 | 01:00:03 | 512 | |
| 625 | 38 | SYSKA MICHAŁ | KIELCE | MAJDAN KOZIC DOLNYCH | POLSKA | 1988 | M16+ | 168 | 6:00 | 00:30:03 | 00:59:22 | 01:00:04 | 513 | |
| 626 | 594 | NIECIECKA-LEGOCKA KATARZYNA | LUBLIN | | POLSKA | 1977 | K30+ | 44 | 6:01 | 00:31:07 | 00:59:20 | 01:00:05 | | 113 |
| 627 | 36 | ROKICKA MARTA | WARSZAWA | MAJDAN KOZIC DOLNYCH | POLSKA | 1995 | K16+ | 53 | 6:01 | 00:30:03 | 00:59:42 | 01:00:06 | | 114 |
| 628 | 150 | BARTOSZEK ALEKSANDRA | LUBLIN | BIEGAJWKAZIMIERZU.PL | POLSKA | 1991 | K16+ | 54 | 6:01 | 00:30:16 | 00:59:32 | 01:00:06 | | 115 |
| 629 | 266 | WRZOS MAGDALENA | LUBLIN | | POLSKA | 1989 | K16+ | 55 | 6:01 | 00:30:32 | 00:59:31 | 01:00:07 | | 116 |
| 630 | 193 | WOJTOWICZ KATARZYNA | LUBLIN | HUFIEC ZHP LUBLIN | POLSKA | 1990 | K16+ | 56 | 6:01 | 00:30:19 | 00:59:31 | 01:00:08 | | 117 |

CZWARTA DYCHA DO MARATONU

Organizator: Fundacja Rozwoju Sportu / MOSiR "Bystrzyca"
 Data: 13.04.2014 r.
 Dystans: 10km
 Miejscowość: Lublin

Klasyfikacja: OPEN



| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Kraj | Rok urodz. | Kat wiek. | M-ce w kat | tempo min/km | P1 | Czas netto | Wynik | M | K |
|------|---------|-----------------------|----------------|------------------------------------|---------|------------|-----------|------------|--------------|----------|------------|----------|-----|-----|
| 631 | 316 | KOCHALSKI WIESŁAW | LUBARTÓW | | POLSKA | 1952 | M60+ | 8 | 6:01 | 00:31:15 | 00:59:26 | 01:00:08 | 514 | |
| 632 | 565 | GOLIK KAROL | STALOWA WOLA | | POLSKA | 1984 | M30+ | 200 | 6:03 | 00:30:30 | 00:59:34 | 01:00:30 | 515 | |
| 633 | 30 | BRZOSTOWSKA GRAŻYNA | LUBARTÓW | SAINT-GUBAIN SQUAD | POLSKA | 1963 | K50+ | 4 | 6:03 | 00:30:25 | 01:00:18 | 01:00:32 | | 118 |
| 634 | 761 | WOJTAN ZOFIA | LUBLIN | | POLSKA | 1975 | K30+ | 45 | 6:04 | 00:32:09 | 00:59:55 | 01:00:37 | | 119 |
| 635 | 364 | KAWALEC MARTYNA | ZAWIERCIE | | POLSKA | 1990 | K16+ | 57 | 6:04 | 00:30:32 | 01:00:04 | 01:00:39 | | 120 |
| 636 | 261 | SIEPSIAK ŁUKASZ | ŚWIDNIK | RUNNERSHOP.PL/BIEGAJĄCY ŚWIDNIK | POLSKA | 1981 | M30+ | 201 | 6:04 | 00:30:20 | 00:59:46 | 01:00:40 | 516 | |
| 637 | 446 | CICHY ROMAN | ŁĘCZNA | | POLSKA | 1986 | M16+ | 169 | 6:04 | 00:30:52 | 00:59:47 | 01:00:40 | 517 | |
| 638 | 412 | MAŁEK MICHAŁ | LUBLIN | EVERPROF | POLSKA | 1979 | M30+ | 202 | 6:04 | 00:30:38 | 00:59:45 | 01:00:42 | 518 | |
| 639 | 21 | MAŁEK KATARZYNA | LUBLIN | EVERPROF | POLSKA | 1979 | K30+ | 46 | 6:04 | 00:30:39 | 00:59:45 | 01:00:42 | | 121 |
| 640 | 176 | MATYJASZCZYK RADOSŁAW | LUBARTÓW | | POLSKA | 1990 | M16+ | 170 | 6:04 | 00:25:29 | 01:00:20 | 01:00:44 | 519 | |
| 641 | 223 | MOLENDĄ ZBIGNIEW | LUBLIN | | POLSKA | 1957 | M50+ | 40 | 6:05 | 00:30:26 | 01:00:04 | 01:00:53 | 520 | |
| 642 | 210 | BUCZKOWSKI PAWEŁ | LUBLIN | | POLSKA | 1981 | M30+ | 203 | 6:06 | 00:30:14 | 01:00:25 | 01:01:02 | 521 | |
| 643 | 218 | GÓRECKI MACIEJ | PARCZEW | 8XLZL | POLSKA | 1974 | M40+ | 99 | 6:07 | 00:31:28 | 01:00:24 | 01:01:14 | 522 | |
| 644 | 135 | MICIUK PAWEŁ | LUBLIN | | POLSKA | 1974 | M40+ | 100 | 6:08 | 00:31:02 | 01:00:29 | 01:01:16 | 523 | |
| 645 | 104 | STARZYŃSKA MARTA | LUBLIN | BBM | POLSKA | 1973 | K40+ | 13 | 6:08 | 00:30:29 | 01:01:02 | 01:01:25 | | 122 |
| 646 | 302 | PĄCZEK KAMIL | LUBLIN | | POLSKA | 1983 | M30+ | 204 | 6:09 | 00:31:07 | 01:00:59 | 01:01:32 | 524 | |
| 647 | 113 | WOLSKI MARCIN | LUBLIN | | POLSKA | 1979 | M30+ | 205 | 6:10 | 00:32:03 | 01:01:15 | 01:01:39 | 525 | |
| 648 | 618 | ŻAK DOMINIKA | ZEZULIN NIŻSZY | | POLSKA | 1982 | K30+ | 47 | 6:10 | 00:30:11 | 01:00:53 | 01:01:40 | | 123 |
| 649 | 725 | KOSICKI TOMASZ | NATALIN | | POLSKA | 1975 | M30+ | 206 | 6:11 | 00:30:11 | 01:01:22 | 01:01:52 | 526 | |
| 650 | 373 | WRZESIEŃ PIOTR | RADOM | | POLSKA | 1974 | M40+ | 101 | 6:11 | 00:31:14 | 01:01:15 | 01:01:53 | 527 | |
| 651 | 172 | SAMULAK ADRIAN | BIŁGORAJ | | POLSKA | 1974 | M40+ | 102 | 6:12 | 00:30:28 | 01:00:59 | 01:01:55 | 528 | |
| 652 | 173 | SAMULAK SYLWIA | BIŁGORAJ | | POLSKA | 1973 | K40+ | 14 | 6:12 | 00:30:28 | 01:01:00 | 01:01:56 | | 124 |
| 653 | 536 | MARECZKO KORNEŁ | ŚWIDNIK | | POLSKA | 1980 | M30+ | 207 | 6:12 | 00:32:36 | 01:01:04 | 01:02:01 | 529 | |
| 654 | 646 | CZERNECKI MAREK | LUBLIN | | POLSKA | 1975 | M30+ | 208 | 6:12 | 00:31:49 | 01:01:29 | 01:02:01 | 530 | |
| 655 | 386 | MICHOŃSKI MAREK | LUBLIN | | POLSKA | 1951 | M60+ | 9 | 6:14 | 00:31:13 | 01:01:55 | 01:02:25 | 531 | |
| 656 | 381 | PIESIO JAGODA | RYKI | "BIEGNE, ŻEBY BARTEK MÓGŁ BIEGAĆ" | POLSKA | 1989 | K16+ | 58 | 6:14 | 00:31:53 | 01:01:46 | 01:02:25 | | 125 |
| 657 | 338 | KONOPKA PIOTR | LUBLIN | LUBELSKIE STOWARZYSZENIE BIEGOWE | POLSKA | 1978 | M30+ | 209 | 6:15 | 00:30:21 | 01:02:15 | 01:02:30 | 532 | |
| 658 | 500 | KUKIER ULA | NATALIN | | POLSKA | 1986 | K16+ | 59 | 6:15 | 00:30:22 | 01:01:52 | 01:02:32 | | 126 |
| 659 | 222 | SMITH LESLEYANNE | RZESZÓW | | ENGLAND | 1978 | K30+ | 48 | 6:16 | 00:31:31 | 01:01:59 | 01:02:41 | | 127 |
| 660 | 288 | TYSZKIEWICZ ARKADIUSZ | STARA KORNICA | | POLSKA | 1985 | M16+ | 171 | 6:18 | 00:31:26 | 01:02:07 | 01:02:56 | 533 | |
| 661 | 715 | MAKOWSKI SEBASTIAN | LUBLIN | | POLSKA | 1992 | M16+ | 172 | 6:18 | 00:29:10 | 01:02:32 | 01:02:59 | 534 | |
| 662 | 116 | KUCZYŃSKI SERGIUSZ | LUBLIN | MARATON LUBELSKI | POLSKA | 1970 | M40+ | 103 | 6:18 | 00:30:50 | 01:02:16 | 01:03:00 | 535 | |
| 663 | 148 | SYROKA-PAWELEC IWONA | LUBLIN | | POLSKA | 1985 | K16+ | 60 | 6:19 | 00:31:02 | 01:02:23 | 01:03:14 | | 128 |
| 664 | 445 | ZAGÓRA KATARZYNA | ŚWIERŻE | | POLSKA | 1994 | K16+ | 61 | 6:20 | 00:32:20 | 01:02:29 | 01:03:16 | | 129 |
| 665 | 149 | SYROKA RADOSŁAW | LUBLIN | | POLSKA | 1986 | M16+ | 173 | 6:20 | 00:31:02 | 01:02:28 | 01:03:18 | 536 | |
| 666 | 679 | KIEŁBOWICZ DIANA | BIAŁA PODLASKA | KLUB WIELBICIELI OSKARA | POLSKA | 1987 | K16+ | 62 | 6:20 | 00:31:51 | 01:02:40 | 01:03:25 | | 130 |
| 667 | 563 | ZGIET IŁONA | ŁĄCZKI | | POLSKA | 1962 | K50+ | 5 | 6:21 | 00:32:05 | 01:02:45 | 01:03:28 | | 131 |
| 668 | 561 | ZGIET MICHAŁ | ŁĄCZKI | | POLSKA | 1960 | M50+ | 41 | 6:21 | 00:33:08 | 01:02:48 | 01:03:30 | 537 | |
| 669 | 555 | CEBULAK PIOTR | LUBLIN | TURBO-ROTEC TURBOSPŹĘŻARKI SAMOCHO | POLSKA | 1983 | M30+ | 210 | 6:22 | 00:31:20 | 01:02:46 | 01:03:39 | 538 | |
| 670 | 335 | SKÓRNICKI ŁUKASZ | RADOM | TURBO-ROTEC TURBOSPŹĘŻARKI SAMOCHO | POLSKA | 1981 | M30+ | 211 | 6:24 | 00:31:21 | 01:03:06 | 01:03:59 | 539 | |
| 671 | 19 | WEŁO EWELINA | LUBLIN | NIKE LUBLIN PLAZA | POLSKA | 1990 | K16+ | 63 | 6:27 | 00:32:18 | 01:03:56 | 01:04:33 | | 132 |
| 672 | 18 | JANIK KATARZYNA | CHEŁM | NIKE LUBLIN PLAZA | POLSKA | 1992 | K16+ | 64 | 6:27 | 00:32:18 | 01:03:57 | 01:04:33 | | 133 |

CZWARTA DYCHA DO MARATONU

Organizator: Fundacja Rozwoju Sportu / MOSiR "Bystrzyca"
 Data: 13.04.2014 r.
 Dystans: 10km
 Miejsowość: Lublin

Klasyfikacja: OPEN



| M-ce | Nr zaw. | Nazwisko Imię | Miejsowość | Klub | Kraj | Rok urodz. | Kat wiek. | M-ce w kat | tempo min/km | P1 | Czas netto | Wynik | M | K |
|------|---------|-----------------------------------|----------------|--------------|--------|------------|-----------|------------|--------------|----------|------------|----------|-----|-----|
| 673 | 627 | WÓJCIK BARBARA | LUBLIN | | POLSKA | 1987 | K16+ | 65 | 6:27 | 00:31:50 | 01:03:39 | 01:04:33 | | 134 |
| 674 | 726 | ZGIERSKA KOLETA | LUBLIN | | POLSKA | 1983 | K30+ | 49 | 6:30 | 00:30:34 | 01:04:45 | 01:04:59 | | 135 |
| 675 | 96 | FOKS MAŁGORZATA | LUBLIN | NO TEAM :) | POLSKA | 1980 | K30+ | 50 | 6:31 | 00:32:01 | 01:04:36 | 01:05:09 | | 136 |
| 676 | 766 | MISZTAŁ MAŁGORZATA | LUBLIN | | POLSKA | 1986 | K16+ | 66 | 6:32 | 00:31:12 | 01:04:53 | 01:05:17 | | 137 |
| 677 | 203 | SIEROCIŃSKA MAGDALENA | LUBLIN | | POLSKA | 1983 | K30+ | 51 | 6:33 | 00:32:14 | 01:04:51 | 01:05:26 | | 138 |
| 678 | 365 | GĘBAŁA EWELINA | ŚWIDNIK | | POLSKA | 1990 | K16+ | 67 | 6:33 | 00:31:17 | 01:04:54 | 01:05:30 | | 139 |
| 679 | 768 | KAPROŃ ALEKSANDRA | ŁĘCZNA | | POLSKA | 1992 | K16+ | 68 | 6:34 | 00:32:53 | 01:04:53 | 01:05:37 | | 140 |
| 680 | 681 | SARZYŃSKA ANETA | WÓLKA OLBIECKA | | POLSKA | 1987 | K16+ | 69 | 6:38 | 00:32:39 | 01:05:42 | 01:06:15 | | 141 |
| 681 | 762 | WOJTAN WITOLD | LUBLIN | UKS WIDOK | POLSKA | 1973 | M40+ | 104 | 6:43 | 00:32:10 | 01:06:29 | 01:07:11 | 540 | |
| 682 | 553 | KOPIŃSKA MAŁGORZATA | LUBLIN | | POLSKA | 1983 | K30+ | 52 | 6:45 | 00:33:25 | 01:06:49 | 01:07:26 | | 142 |
| 683 | 351 | KOPIŃSKA KAROLINA | NAŁĘCZÓW | | POLSKA | 1985 | K16+ | 70 | 6:45 | 00:33:25 | 01:06:50 | 01:07:27 | | 143 |
| 684 | 611 | STRZELEC-MATUSZKIEWICZ MAŁGORZATA | LUBLIN | SP30 BIEGA | POLSKA | 1979 | K30+ | 53 | 6:50 | 00:34:20 | 01:07:37 | 01:08:22 | | 144 |
| 685 | 132 | OLESIJUK ANTONI | LUBARTOW | | POLSKA | 1954 | M60+ | 10 | 7:17 | 00:35:22 | 01:11:56 | 01:12:52 | 541 | |
| 686 | 356 | GĘBAŁA KAMILA | LUBLIN | | POLSKA | 1994 | K16+ | 71 | 7:17 | 00:34:47 | 01:12:08 | 01:12:54 | | 145 |
| 687 | 717 | KĘSKA EWA | LUBLIN | | POLSKA | 1960 | K50+ | 6 | 7:17 | 00:36:20 | 01:12:02 | 01:12:54 | | 146 |
| 688 | 718 | KĘSKA PAWEŁ | LUBLIN | | POLSKA | 1958 | M50+ | 42 | 7:18 | 00:36:20 | 01:12:03 | 01:12:55 | 542 | |
| 689 | 301 | OLESIJUK KASIA | LUBLIN | OLESIJUKTEAM | POLSKA | 1986 | K16+ | 72 | 7:18 | 00:35:25 | 01:12:04 | 01:12:59 | | 147 |
| 690 | 133 | OLESIJUK MICHAŁ | LUBARTOW | | POLSKA | 1987 | M16+ | 174 | 7:18 | 00:35:26 | 01:12:04 | 01:12:59 | 543 | |
| 691 | 615 | WILGUSIAK AGNIESZKA | LUBLIN | | POLSKA | 1984 | K30+ | 54 | 8:07 | 00:38:51 | 01:20:33 | 01:21:10 | | 148 |