



Organizator: Fundacja Bieg Rzeźnika
Data: 2016-01-31
Miejsce: Cisna
Dystans: 10 km

II ZIMOWA BIESZCZADZKA DYCHA 2016

B4SPORT

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: [Wszyscy](#)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	5.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	DOMISZEWSKI Ignacy	1105	USTRZYKI DOLNE	M20	1	00:07:11	00:19:28	00:33:39.65	00:33:39.65		3:21	17.8
2	KĘPKA Kamil	1158	SZKOŁA GŁÓWNA SŁUŻBY POŻARNICZEJ	M20	2	00:07:14	00:20:23	00:34:36.85	00:34:36.85	+00:00:57	3:27	17.3
3	ŚLIWIŃSKI Dariusz	1210	PAŁUKI RUNNING TEAM/WALECZNE SERCA	M20	3	00:07:14	00:20:08	00:34:50.85	00:34:50.85	+00:01:11	3:29	17.2
4	ZDANOWSKI Łukasz	1259	KS-CHOCHOŁÓW	M20	4	00:07:15	00:20:30	00:35:19.95	00:35:19.95	+00:01:40	3:31	17
5	RODAK Paweł	1181	SKLEPBIEGACZA.PL GLIWCE	M20	5	00:07:46	00:20:42	00:35:46.45	00:35:46.45	+00:02:06	3:34	16.8
6	CHOJNOWSKI Sebastian	1195	GTT	M20	6	00:07:46	00:21:20	00:36:42.40	00:36:42.40	+00:03:02	3:40	16.3
7	LIPA Wojciech	1151	RZSZOWSKIE GAZELE I GEPARDY	M30	1	00:08:02	00:22:23	00:38:06.75	00:38:06.75	+00:04:27	3:48	15.7
8	OLEKSY Przemysław	1086	RZESZOWSKIE GAZELE I GEPARDY	M30	2	00:08:03	00:22:21	00:38:28.00	00:38:28.00	+00:04:48	3:50	15.6
9	MICHALAK Grzegorz	1156	SGSP	M20	7	00:08:12	00:22:56	00:39:15.15	00:39:15.15	+00:05:35	3:55	15.3
10	SUROWIEC Grzegorz	1057	BESTA PB SP Z O.O.	M30	3	00:08:02	00:22:38	00:39:31.90	00:39:31.90	+00:05:52	3:57	15.2
11	DROZDA Mateusz	1163	SZKOŁA GŁÓWNA SŁUŻBY POŻARNICZEJ	M20	8	00:08:14	00:23:44	00:40:27.00	00:40:27.00	+00:06:47	4:02	14.8
12	KOT Łukasz	1152	RZESZOWSKIE GAZELE I GEPARDY	M30	4	00:08:38	00:23:38	00:40:31.95	00:40:31.95	+00:06:52	4:03	14.8
13	ROMANOWICZ Emilia	1258		K20	1	00:08:21	00:23:43	00:41:28.05	00:41:28.05	+00:07:48	4:08	14.5
14	ŁUCZAK Stanisław	1024		M40	1	00:08:45	00:23:47	00:41:28.65	00:41:28.65	+00:07:49	4:08	14.5
15	KIBART Krzysztof	1124	BUBBA GUMP RUN TEAM	M30	5	00:08:58	00:24:18	00:41:35.10	00:41:35.10	+00:07:55	4:09	14.4
16	WOJNOWICZ Marek	1139	RUNNING TEAM HORMANN LEGNICA	M20	9	00:08:12	00:23:58	00:42:09.85	00:42:09.85	+00:08:30	4:12	14.2
17	PIĄTEK Mateusz	1153	BRAK	M20	10	00:09:01	00:24:51	00:42:28.90	00:42:28.90	+00:08:49	4:14	14.1
18	ZAJEZIERSKI Mateusz	1030		M20	11	00:09:13	00:25:09	00:43:02.75	00:43:02.75	+00:09:23	4:18	13.9
19	MIELOCH Tamara	1289		K30	1	00:09:44	00:25:59	00:43:17.15	00:43:17.15	+00:09:37	4:19	13.9
20	PŁACZEK Paweł	1204	WETLINA	M30	6	00:09:20	00:25:34	00:43:41.70	00:43:41.70	+00:10:02	4:22	13.7
21	WETHACZ Dariusz	1274		M30	7	00:08:51	00:25:26	00:43:46.75	00:43:46.75	+00:10:07	4:22	13.7
22	NOWOMIEJSKI Marcin	1137	OWM LUBLIN TEAM OFIARY WUJA MARCINA	M30	8	00:08:36	00:25:09	00:43:55.90	00:43:55.90	+00:10:16	4:23	13.7
23	FARBANIEC Tomasz	1146	SZKOŁA GŁÓWNA SŁUŻBY POŻARNICZEJ	M20	12	00:09:28	00:25:47	00:43:56.75	00:43:56.75	+00:10:17	4:23	13.7
24	WIETCHA Piotr	1223		M30	9	00:08:38	00:25:37	00:44:13.20	00:44:13.20	+00:10:33	4:25	13.6
25	MARYNICZ Łukasz	1221		M30	10	00:09:44	00:26:14	00:44:55.60	00:44:55.60	+00:11:15	4:29	13.4
26	SZCZUR Wiesław	1072		M40	2	00:09:39	00:26:28	00:45:00.10	00:45:00.10	+00:11:20	4:30	13.3
27	BRZOZOWSKI Łukasz	1138	I-BS.PL SPORT TEAM	M30	11	00:11:14	00:27:31	00:45:15.80	00:45:15.80	+00:11:36	4:31	13.3
28	TYSZCZAK Rafał	1239	BLOCK B CROSSFIT PRZEMYSŁ	M40	3	00:10:33	00:27:18	00:45:40.70	00:45:40.70	+00:12:01	4:34	13.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	5.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
29	POPIOŁEK Michał	1233		M20	13	00:10:08	00:26:35	00:45:48.90	00:45:48.90	+00:12:09	4:34	13.1
30	SIPIERA Tomasz	1166	LACHO TEAM	M40	4	00:09:10	00:26:16	00:45:57.60	00:45:57.60	+00:12:17	4:35	13.1
31	BRENDZOWSKI Adam	1033	SOLINA TEAM	M30	12	00:10:58	00:27:46	00:46:20.15	00:46:20.15	+00:12:40	4:38	12.9
32	BAŁCHAN Krzysztof	1011	CPR RZESZÓW	M20	14	00:09:57	00:26:55	00:46:30.60	00:46:30.60	+00:12:50	4:39	12.9
33	DOPART Tomasz	1130		M30	13	00:09:45	00:26:20	00:46:59.55	00:46:59.55	+00:13:19	4:41	12.8
34	SANKOWSKI Szymon	1065	ZABIEGANI MIELEC	M30	14	00:10:56	00:28:19	00:47:34.25	00:47:34.25	+00:13:54	4:45	12.6
35	KOŚCIAŃSKI Paweł	1238		M30	15	00:11:10	00:28:25	00:47:34.65	00:47:34.65	+00:13:55	4:45	12.6
36	HRYSZKO Robert	1113	KLUB (SPORTING CLUB NAME)	M40	5	00:11:41	00:29:07	00:47:35.65	00:47:35.65	+00:13:56	4:45	12.6
37	ZIĘBA Piotr	1287		M30	16	00:10:11	00:27:28	00:47:39.40	00:47:39.40	+00:13:59	4:45	12.6
38	CIĄGŁO Jacek	1012		M30	17	00:12:01	00:29:23	00:47:47.70	00:47:47.70	+00:14:08	4:46	12.6
39	CELIŃSKI Tomasz	1263		M40	6	00:10:48	00:28:45	00:47:52.25	00:47:52.25	+00:14:12	4:47	12.5
40	SZALACHA Katarzyna	1236		K30	2	00:11:10	00:28:27	00:48:09.35	00:48:09.35	+00:14:29	4:48	12.5
41	MAZUR Sebastian	1068		M40	7	00:11:48	00:29:21	00:48:17.30	00:48:17.30	+00:14:37	4:49	12.4
42	PIEKARZ Marcin Marian	1282	ALFREDÓWKA	M30	18	00:10:28	00:27:57	00:48:31.05	00:48:31.05	+00:14:51	4:51	12.4
43	KRENZEL Regina	1060		K20	2	00:09:57	00:28:08	00:48:36.30	00:48:36.30	+00:14:56	4:51	12.3
44	BOŻĘTKA Józef	1286		M40	8	00:11:03	00:28:31	00:48:48.15	00:48:48.15	+00:15:08	4:52	12.3
45	KRUPA Paweł	1273	WWW.SERWMSDRZEWNY.COM	M30	19	00:13:39	00:30:22	00:48:56.35	00:48:56.35	+00:15:16	4:53	12.3
46	MATUSIAK Małgorzata	1140		K20	3	00:11:11	00:28:29	00:49:10.80	00:49:10.80	+00:15:31	4:55	12.2
47	KAPRAL Adam	1129		M40	9	00:09:45	00:28:07	00:49:20.25	00:49:20.25	+00:15:40	4:56	12.2
48	SZCZUR Iwona	1073		K40	1	00:10:18	00:28:21	00:49:20.85	00:49:20.85	+00:15:41	4:56	12.2
49	POŚPIECH Herbert	1350		M30	20	00:10:30	00:29:19	00:49:24.45	00:49:24.45	+00:15:44	4:56	12.1
50	PYSZKO Janusz	1040		M30	21	00:11:42	00:29:16	00:49:29.25	00:49:29.25	+00:15:49	4:56	12.1
51	WITKOWSKA Beata	1027	KLUB BIEGACZA WARTA	K30	3	00:11:04	00:28:35	00:49:33.45	00:49:33.45	+00:15:53	4:57	12.1
52	FLĄDRO Daniel	1080		M30	22	00:13:13	00:30:38	00:49:36.25	00:49:36.25	+00:15:56	4:57	12.1
53	SKRZYNIARZ Bartłomiej	1053	JGB SOKÓŁ	M20	15	00:13:02	00:30:14	00:49:40.35	00:49:40.35	+00:16:00	4:58	12.1
54	OSINIAK Marek	1044		M30	23	00:13:01	00:30:15	00:49:41.05	00:49:41.05	+00:16:01	4:58	12.1
55	KALANDYK Wojciech	1155		M30	24	00:11:02	00:29:14	00:49:41.45	00:49:41.45	+00:16:01	4:58	12.1
56	SOŁTYSIAK Emilia	1237	KALIŃSKA TEAM	K20	4	00:12:39	00:30:51	00:49:41.85	00:49:41.85	+00:16:02	4:58	12.1
57	KWASEK Kazimierz	1176	ESKADRA KRAKÓW	M30	25	00:09:42	00:28:17	00:49:45.00	00:49:45.00	+00:16:05	4:58	12.1
58	KIBART Robert	1125	BUBBA GUMP RUN TEAM	M40	10	00:12:31	00:30:55	00:50:13.65	00:50:13.65	+00:16:34	5:01	11.9
59	BAHIR Said	1205	PRZEMYSŁ	M40	11	00:12:38	00:30:19	00:50:16.40	00:50:16.40	+00:16:36	5:01	11.9
60	JAKUBÓW Magdalena	1099	PRZEMYSKI KLUB BIEGACZA	K30	4	00:10:48	00:28:57	00:50:28.95	00:50:28.95	+00:16:49	5:02	11.9
60	JAKUBÓW Krzysztof	1100	PRZEMYSKI KLUB BIEGACZA	M30	26	00:10:48	00:28:58	00:50:28.95	00:50:28.95	+00:16:49	5:02	11.9
62	PRZYBYSZ Mariusz	1021		M40	12	00:13:02	00:30:55	00:50:31.40	00:50:31.40	+00:16:51	5:03	11.9
63	SIKORA Irmina	1190		K20	5	00:12:36	00:30:52	00:50:33.30	00:50:33.30	+00:16:53	5:03	11.9
64	KIELAR Marcin	1179	IDEO.PL	M20	16	00:12:30	00:30:04	00:50:34.25	00:50:34.25	+00:16:54	5:03	11.9
65	ZIMAK Sebastian	1228		M30	27	00:12:19	00:30:21	00:50:36.10	00:50:36.10	+00:16:56	5:03	11.9
66	PILCH Daniel	1078	ZAMEK DUBIECKO RUNNING TEAM	M30	28	00:11:42	00:29:47	00:50:37.55	00:50:37.55	+00:16:57	5:03	11.9
67	TALMA Paweł	1028	LUBARTOWBIEGA.PL	M40	13	00:13:01	00:30:58	00:50:38.80	00:50:38.80	+00:16:59	5:03	11.8
68	MAZUR Marek	1207	PRZEMYSŁ	M30	29	00:12:38	00:30:18	00:50:48.55	00:50:48.55	+00:17:08	5:04	11.8
69	BARAN Krystian	1180	IDEO.PL	M30	30	00:13:32	00:31:18	00:51:00.25	00:51:00.25	+00:17:20	5:06	11.8
70	KUREK Kamil	1164		M20	17	00:09:28	00:28:25	00:51:20.10	00:51:20.10	+00:17:40	5:08	11.7
71	KIERES Michał	1062	LEŚNE RUN TEAM	M30	31	00:11:25	00:30:31	00:51:38.65	00:51:38.65	+00:17:59	5:09	11.6
72	POŁOŻYŃSKI Andrzej	1118	ZACISZE NIGHT RUNNERS	M30	32	00:12:51	00:30:40	00:51:39.15	00:51:39.15	+00:17:59	5:09	11.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	5.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 10km	brutto 10km			
73	SKUBIDA Marcin	1226	GORZYCE	M30	33	00:10:30	00:29:45	00:51:48.35	00:51:48.35	+00:18:08	5:10	11.6
74	KLEPACKI Maciej	1032	YOZEN.PL	M30	34	00:10:44	00:29:38	00:51:53.35	00:51:53.35	+00:18:13	5:11	11.6
75	PAWŁOWSKI Paweł	1187		M40	14	00:11:46	00:30:27	00:51:55.45	00:51:55.45	+00:18:15	5:11	11.6
76	WOŹNIAK Janusz	1301		M50	1	00:12:04	00:30:23	00:52:11.50	00:52:11.50	+00:18:31	5:13	11.5
77	WRÓBEL Bartłomiej	1038	CISNA	M40	15	00:11:25	00:30:44	00:52:19.85	00:52:19.85	+00:18:40	5:13	11.5
78	NOWIŃSKI Wojciech	1257		M30	35	00:11:46	00:30:37	00:52:20.35	00:52:20.35	+00:18:40	5:14	11.5
79	ZAJDEL Sławomir	1215		M30	36	00:10:23	00:29:40	00:52:25.80	00:52:25.80	+00:18:46	5:14	11.4
80	WOJTOWICZ -SANDER Sylwia	1183		K20	6	00:12:37	00:31:03	00:52:27.70	00:52:27.70	+00:18:48	5:14	11.4
81	BOGACZEWICZ Dawid	1284	GOOD LIFE FITNESS	M20	18	00:13:33	00:31:44	00:52:33.35	00:52:33.35	+00:18:53	5:15	11.4
82	ZAWADZKI Grzegorz	1132		M30	37	00:12:30	00:31:59	00:52:36.35	00:52:36.35	+00:18:56	5:15	11.4
83	KATYŃSKA Marta	1079		K30	5	00:12:10	00:31:06	00:52:42.40	00:52:42.40	+00:19:02	5:16	11.4
84	STEMPAK Marcin	1091	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	M30	38	00:13:55	00:31:48	00:52:47.45	00:52:47.45	+00:19:07	5:16	11.4
85	KARAŚ Wojciech	1041		M20	19	00:11:12	00:30:24	00:52:52.15	00:52:52.15	+00:19:12	5:17	11.3
86	GODLEWSKI Krzysztof	1171		M20	20	00:13:41	00:31:58	00:53:03.05	00:53:03.05	+00:19:23	5:18	11.3
87	PREJS Beata Marta	1058		K30	6	00:11:23	00:30:32	00:53:06.95	00:53:06.95	+00:19:27	5:18	11.3
88	HONKISZ Maciej	1242		M50	2	00:12:35	00:31:29	00:53:15.75	00:53:15.75	+00:19:36	5:19	11.3
89	PACZOCHA Dariusz	1020		M30	39	00:12:22	00:31:25	00:53:20.45	00:53:20.45	+00:19:40	5:20	11.3
90	CIEŚLA Maksymilian	1047		M30	40	00:13:56	00:33:05	00:53:22.80	00:53:22.80	+00:19:43	5:20	11.2
91	LEŚKO Paweł	1262	GOŃ ZAJĄCZKA SQAD	M30	41	00:12:57	00:32:44	00:53:23.15	00:53:23.15	+00:19:43	5:20	11.2
92	LACHOWICZ Przemysław	1104		M30	42	00:11:19	00:31:16	00:53:48.70	00:53:48.70	+00:20:09	5:22	11.2
93	SĘKOWSKI Damian	1150	WF SPORTRUN TEAM	M30	43	00:12:03	00:30:27	00:53:55.45	00:53:55.45	+00:20:15	5:23	11.1
94	WĘGRZYN Małgorzata	1246	RZESZOWSKIE GAZELE I GEPARDY	K40	2	00:12:23	00:31:36	00:53:56.30	00:53:56.30	+00:20:16	5:23	11.1
95	URYGA Kinga	1222		K30	7	00:12:09	00:31:14	00:53:56.75	00:53:56.75	+00:20:17	5:23	11.1
96	SZYMAŃSKA Ewa	1218	JGB SOKÓŁ	K50	1	00:12:38	00:31:54	00:53:57.20	00:53:57.20	+00:20:17	5:23	11.1
97	MYSZKOWSKA Teresa	1202	BIEGOMANIA LUBACZÓW	K30	8	00:12:27	00:31:27	00:53:59.30	00:53:59.30	+00:20:19	5:23	11.1
98	KRUPA Jacek	1271	UNIWHEELS	M40	16	00:13:41	00:32:01	00:54:05.85	00:54:05.85	+00:20:26	5:24	11.1
99	DOŁOWY Łukasz	1279		M30	44	00:14:25	00:34:22	00:54:11.40	00:54:11.40	+00:20:31	5:25	11.1
100	SZCZYPEK Jacek	1119	KLUB (SPORTING CLUB NAME)	M30	45	00:13:03	00:31:53	00:54:12.20	00:54:12.20	+00:20:32	5:25	11.1
101	STAROŃ Jolanta	1054		K20	7	00:12:18	00:32:02	00:54:14.25	00:54:14.25	+00:20:34	5:25	11.1
102	ZWOLIŃSKI Mariusz	1120	KLUB (SPORTING CLUB NAME)	M30	46	00:13:03	00:31:52	00:54:20.55	00:54:20.55	+00:20:40	5:26	11
103	SZAJCZYK Hubert	1110		M30	47	00:12:56	00:32:38	00:54:26.20	00:54:26.20	+00:20:46	5:26	11
104	RUTKOWSKA Hanna	1168	-	K20	8	00:12:37	00:31:51	00:54:27.75	00:54:27.75	+00:20:48	5:26	11
105	WIETECZA Paweł	1241	WARZYCE	M30	48	00:11:24	00:31:50	00:54:30.45	00:54:30.45	+00:20:50	5:27	11
106	FELSKA Katarzyna	1154	NIGHT RUNNERS SŁUPSK	K20	9	00:11:25	00:31:04	00:54:33.30	00:54:33.30	+00:20:53	5:27	11
107	SZCZEPANIAK Marcin	1055		M20	21	00:12:19	00:32:35	00:54:36.40	00:54:36.40	+00:20:56	5:27	11
108	WYZINA Andrzej	1280		M30	49	00:14:25	00:34:37	00:54:44.80	00:54:44.80	+00:21:05	5:28	11
109	PASULA Katarzyna	1281	KENDA	K40	3	00:11:27	00:31:49	00:54:59.35	00:54:59.35	+00:21:19	5:29	10.9
110	ŚWISTAK Piotr	1014		M30	50	00:12:57	00:32:26	00:55:01.65	00:55:01.65	+00:21:22	5:30	10.9
111	KIBART Piotr	1182	BUBBA GUMP RUN TEAM	M30	51	00:12:32	00:32:14	00:55:06.70	00:55:06.70	+00:21:27	5:30	10.9
112	WŁADYKA Marek	1269		M30	52	00:13:20	00:32:48	00:55:09.45	00:55:09.45	+00:21:29	5:30	10.9
113	ZAWADZKA Agnieszka	1123		K30	9	00:12:30	00:32:07	00:55:10.25	00:55:10.25	+00:21:30	5:31	10.9
114	NIZIOŁEK Marek	1296	PEDRAFORZA / NIZIOLKI ZABORZAŃSKIE	M40	17	00:12:28	00:32:43	00:55:23.05	00:55:23.05	+00:21:43	5:32	10.8
115	MAGDALIŃSKA Joanna	1107	SPELEOKLUB WARSZAWSKI	K30	10	00:12:56	00:32:56	00:55:29.70	00:55:29.70	+00:21:50	5:32	10.8
116	WINIARSKA Katarzyna	1136		K20	10	00:13:34	00:33:29	00:55:31.85	00:55:31.85	+00:21:52	5:33	10.8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	5.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 10km	brutto 10km			
117	MOŚ Rafał	1116	B4SPORTONLINE	M30	53	00:12:55	00:32:36	00:55:37.75	00:55:37.75	+00:21:58	5:33	10.8
118	TWOREK Bogusław	1252	BBL JAROSŁAW	M40	18	00:13:55	00:33:37	00:55:39.10	00:55:39.10	+00:21:59	5:33	10.8
119	CHLEBIŃSKA Paulina	1268	RZESZOWSKIE GAZELE I GEPARDY	K20	11	00:12:45	00:32:50	00:55:54.95	00:55:54.95	+00:22:15	5:35	10.7
120	WITKOWSKA Anna	1265		K30	11	00:12:50	00:33:33	00:56:03.15	00:56:03.15	+00:22:23	5:36	10.7
121	WOJTOWICZ Daniel	1056		M40	19	00:13:28	00:33:39	00:56:06.35	00:56:06.35	+00:22:26	5:36	10.7
122	MUSIAŁ Kamil	1141		M20	22	00:13:29	00:33:56	00:56:26.35	00:56:26.35	+00:22:46	5:38	10.6
123	SZYBIAK Maciej	1093		M20	23	00:12:26	00:32:56	00:56:32.95	00:56:32.95	+00:22:53	5:39	10.6
124	PLISZCZYŃSKA Justyna	1074		K40	4	00:12:09	00:32:48	00:56:34.65	00:56:34.65	+00:22:55	5:39	10.6
125	NADOLSKI Stanisław	1098		M40	20	00:12:52	00:33:57	00:56:42.70	00:56:42.70	+00:23:03	5:40	10.6
126	NIEWIAROWSKI Cezary	1250	GRUPA SZALONYCH ROWERZYSTÓW	M40	21	00:11:22	00:32:37	00:56:45.45	00:56:45.45	+00:23:05	5:40	10.6
127	MAĆZKA Krystyna	1277	OTK RZEŹNIK	K60	1	00:12:15	00:33:10	00:56:52.75	00:56:52.75	+00:23:13	5:41	10.6
128	SOCHA Dorota	1224	SPORTRUN	K30	12	00:13:04	00:34:11	00:56:57.65	00:56:57.65	+00:23:18	5:41	10.5
129	LIGENZA Zbigniew	1294	PÓŁNOC - POŁUDNIE	M30	54	00:13:59	00:33:59	00:56:59.80	00:56:59.80	+00:23:20	5:41	10.5
130	KARKUT Katarzyna	1295		K30	13	00:13:59	00:33:58	00:56:59.95	00:56:59.95	+00:23:20	5:41	10.5
131	MAZIAKOWSKI Krzysztof	1122	MAZIAKOWSKI RUNNING TEAM	M40	22	00:13:49	00:34:41	00:57:07.15	00:57:07.15	+00:23:27	5:42	10.5
132	KLIKS Andrzej	1043	BIEGAM, BO ŻONA MI KAŻE	M40	23	00:15:27	00:34:49	00:57:09.90	00:57:09.90	+00:23:30	5:42	10.5
133	DĘBICKA Brygida	1225	WOSZK ZAKOPANE	K30	14	00:12:24	00:33:39	00:57:19.55	00:57:19.55	+00:23:39	5:43	10.5
134	ŁAPIŃSKA Anna	1160	PRZEMYSKI KLUB BIEGACZA	K30	15	00:12:17	00:33:31	00:57:22.50	00:57:22.50	+00:23:42	5:44	10.5
135	GRZEBNIEWSKA Judyta	1147	WF SPORTRUN TEAM	K20	12	00:13:04	00:34:07	00:57:35.70	00:57:35.70	+00:23:56	5:45	10.4
136	PRAŻMOWSKI Piotr	1275	AM NAT KRAKÓW	M30	55	00:11:24	00:33:28	00:57:39.00	00:57:39.00	+00:23:59	5:45	10.4
137	MIESZCZAK Anna	1134	AZS AWF KATOWICE	K20	13	00:11:39	00:32:43	00:57:41.40	00:57:41.40	+00:24:01	5:46	10.4
138	BIAŁECKA Magdalena	1022	BARLINEK	K30	16	00:12:18	00:34:06	00:57:52.95	00:57:52.95	+00:24:13	5:47	10.4
139	MIKUTANIEC Patrycja	1213		K30	17	00:13:08	00:33:31	00:57:54.40	00:57:54.40	+00:24:14	5:47	10.4
140	MIKUTANIEC Sebastian	1214		M30	56	00:13:11	00:33:34	00:57:54.50	00:57:54.50	+00:24:14	5:47	10.4
141	GANCARSKI Marcin	1023		M20	24	00:12:08	00:33:22	00:58:03.60	00:58:03.60	+00:24:23	5:48	10.3
142	PODSKARBI Mariusz	1083		M40	24	00:11:08	00:32:18	00:58:08.35	00:58:08.35	+00:24:28	5:48	10.3
143	MACIEJEWSKA Małgorzata	1184		K30	18	00:13:02	00:34:14	00:58:19.60	00:58:19.60	+00:24:39	5:49	10.3
144	FANSLAU Magdalena	1230		K20	14	00:14:23	00:35:22	00:58:35.40	00:58:35.40	+00:24:55	5:51	10.2
145	HORBACZEWSKI Marek	1167		M50	3	00:13:57	00:35:13	00:58:48.70	00:58:48.70	+00:25:09	5:52	10.2
146	DANILUK Andrzej	1117	ZACISZE NIGHT RUNNERS	M30	57	00:12:51	00:34:13	00:58:59.60	00:58:59.60	+00:25:19	5:53	10.2
147	GAWCZYŃSKA - BACZA Izabela	1209	ŻURAWICA	K40	5	00:13:52	00:35:12	00:59:00.75	00:59:00.75	+00:25:21	5:54	10.2
148	BARCZEWSKA Agnieszka	1290	FC MI SIĘ NIE CHCE	K20	15	00:13:31	00:34:57	00:59:09.55	00:59:09.55	+00:25:29	5:54	10.1
149	BŁĄD Grzegorz	1232		M30	58	00:13:56	00:35:06	00:59:16.35	00:59:16.35	+00:25:36	5:55	10.1
149	MALINOWSKI Tomasz	1088		M30	59	00:13:56	00:35:07	00:59:16.35	00:59:16.35	+00:25:36	5:55	10.1
151	CHRUŚCIEL Monika	1089		K20	16	00:13:56	00:35:06	00:59:16.40	00:59:16.40	+00:25:36	5:55	10.1
152	ŁABNO Anna	1278		K40	6	00:13:22	00:35:04	00:59:28.70	00:59:28.70	+00:25:49	5:56	10.1
153	RYGLEWICZ Marcin	1165		M20	25	00:14:24	00:35:24	00:59:33.15	00:59:33.15	+00:25:53	5:57	10.1
154	IGNASZAK Marek	1144	JÓZEFIŃSKA TEAM	M60	1	00:13:07	00:35:10	00:59:40.20	00:59:40.20	+00:26:00	5:58	10.1
155	ZAGASKA Linda	1169	GLIWICKIE TOWARZYSTWO TRIATHLONOWE	K20	17	00:13:17	00:34:21	00:59:41.65	00:59:41.65	+00:26:02	5:58	10.1
156	GARCZYŃSKI Dariusz	1197		M40	25	00:14:13	00:36:17	01:00:00.00	01:00:00.00	+00:26:20	6:00	10
157	RYŁKO Mariola	1189	SOLINA TEAM	K40	7	00:13:56	00:35:09	01:00:10.50	01:00:10.50	+00:26:30	6:01	10
158	JAWOROWICZ Dobrochna	1046	KALIŃSKA TEAM	K40	8	00:13:54	00:34:21	01:00:31.75	01:00:31.75	+00:26:52	6:03	9.9
159	SZYBIAK Joanna	1092		K40	9	00:12:26	00:34:58	01:00:32.75	01:00:32.75	+00:26:53	6:03	9.9
160	STACHERA Piotr	1234		M30	60	00:14:00	00:36:03	01:00:33.05	01:00:33.05	+00:26:53	6:03	9.9

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	5.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 10km	brutto 10km			
161	WRONA Tomek	1045	PARKRUN KONSTANCIN	M20	26	00:13:54	00:35:29	01:00:46.70	01:00:46.70	+00:27:07	6:04	9.9
162	ZYGUŁA Magdalena	1216	NOWA HUTA TEAM	K30	19	00:14:16	00:35:34	01:00:52.95	01:00:52.95	+00:27:13	6:05	9.9
163	STYŚ- LITWIN Magdalena	1256		K30	20	00:14:12	00:35:50	01:00:57.35	01:00:57.35	+00:27:17	6:05	9.8
164	LUPA Kornela	1131	NTT TRIADA NAMYSŁÓW	K40	10	00:14:06	00:36:20	01:01:02.60	01:01:02.60	+00:27:22	6:06	9.8
165	GARCZYŃSKA Anna	1196		K40	11	00:14:14	00:36:15	01:01:15.65	01:01:15.65	+00:27:36	6:07	9.8
166	RZEPA Andrzej	1149	JÓZEFIŃSKA TEAM	M30	61	00:13:06	00:34:55	01:01:17.20	01:01:17.20	+00:27:37	6:07	9.8
167	ZARZYCKA Sylwia	1185	KLUB WYSOKOGÓRSKI WARSZAWA	K30	21	00:13:02	00:36:01	01:01:26.05	01:01:26.05	+00:27:46	6:08	9.8
168	ZAWADZKI Marcin	1266		M30	62	00:14:06	00:35:32	01:01:26.95	01:01:26.95	+00:27:47	6:08	9.8
169	NIERADKA Katarzyna	1035		K30	22	00:15:10	00:37:00	01:01:39.85	01:01:39.85	+00:28:00	6:09	9.7
170	GOSTYŃSKA Weronika	1198	GOSTYŃSCY TEAM	K30	23	00:14:29	00:35:48	01:01:40.40	01:01:40.40	+00:28:00	6:10	9.7
171	PIKOR Agata	1039		K40	12	00:13:55	00:36:46	01:01:55.90	01:01:55.90	+00:28:16	6:11	9.7
172	TURCZANIK Aneta	1081	ROZBIEGANY ZAMOŚĆ	K40	13	00:13:55	00:36:45	01:01:56.05	01:01:56.05	+00:28:16	6:11	9.7
173	MAJEWSKA Edyta	1172	WDŁOROGI	K30	24	00:13:00	00:36:25	01:02:05.30	01:02:05.30	+00:28:25	6:12	9.7
174	SOŁTYS Teresa	1267		K20	18	00:14:34	00:37:05	01:02:16.25	01:02:16.25	+00:28:36	6:13	9.6
175	TOMANEK Renata	1211		K40	14	00:14:26	00:36:42	01:02:23.00	01:02:23.00	+00:28:43	6:14	9.6
176	MAZUR Magdalena	1206	PRZEMYŚL	K30	25	00:13:53	00:36:09	01:02:26.95	01:02:26.95	+00:28:47	6:14	9.6
177	CETNARSKI Łukasz	1127	KROKODYLE	M30	63	00:13:35	00:37:23	01:02:28.55	01:02:28.55	+00:28:48	6:14	9.6
178	POLIKOWSKA-WYZINA Barbara	1115	KLUB (SPORTING CLUB NAME)	K30	26	00:14:25	00:37:09	01:03:23.90	01:03:23.90	+00:29:44	6:20	9.5
179	HRYŃ Agata	1097	NIGHT RUNNERS	K30	27	00:13:30	00:37:25	01:03:31.60	01:03:31.60	+00:29:51	6:21	9.4
180	PLISZYŁO Paweł	1272	JUDO-JASLO.PL	M40	26	00:13:53	00:37:10	01:03:32.85	01:03:32.85	+00:29:53	6:21	9.4
181	TROJNAR Justyna	1034	PRZEMYSKI KLUB BIEGACZA	K40	15	00:12:17	00:33:36	01:03:32.90	01:03:32.90	+00:29:53	6:21	9.4
182	MAKOWIECKI Przemysław	1036	STOWARZYSZENIE CZUWAJ WARO!	M30	64	00:12:17	00:33:36	01:03:33.25	01:03:33.25	+00:29:53	6:21	9.4
183	RESZYTYŁO Anna	1261	ŁAŃCUT	K40	16	00:14:12	00:36:40	01:03:47.50	01:03:47.50	+00:30:07	6:22	9.4
184	HYZIAK Joanna	1026	JJ.RUNNERS GORLICE	K40	17	00:13:11	00:37:04	01:03:48.95	01:03:48.95	+00:30:09	6:22	9.4
185	MAGOCZY Justyna	1148		K20	19	00:14:00	00:37:13	01:03:54.85	01:03:54.85	+00:30:15	6:23	9.4
186	WRÓBEL Agnieszka	1219	ZAMEK DUBIECKO RUNNING TEAM	K20	20	00:13:10	00:36:58	01:04:13.65	01:04:13.65	+00:30:34	6:25	9.3
187	TYBUREK Agnieszka	1200		K30	28	00:14:23	00:37:02	01:04:16.90	01:04:16.90	+00:30:37	6:25	9.3
188	SUCHODOLSKA Wioletta	1121	KLUB (SPORTING CLUB NAME)	K40	18	00:12:59	00:36:28	01:04:17.90	01:04:17.90	+00:30:38	6:25	9.3
189	TYLKA Przemysław	1090		M30	65	00:13:44	00:36:49	01:04:19.30	01:04:19.30	+00:30:39	6:25	9.3
190	WÓJCIK Anna	1145		K40	19	00:14:35	00:36:53	01:04:20.75	01:04:20.75	+00:30:41	6:26	9.3
191	ROSIEK Anna	1085	USTRZYKI DOLNE	K30	29	00:15:30	00:38:50	01:04:45.75	01:04:45.75	+00:31:06	6:28	9.3
192	WRÓBEL Nina	1201		K30	30	00:14:37	00:37:42	01:05:12.40	01:05:12.40	+00:31:32	6:31	9.2
193	KOCZWARA Agnieszka	1220		K30	31	00:14:37	00:37:43	01:05:12.60	01:05:12.60	+00:31:32	6:31	9.2
194	ŚWIGONIAK Anna	1082	NOWA HUTA TEAM	K30	32	00:15:53	00:39:29	01:05:21.00	01:05:21.00	+00:31:41	6:32	9.2
195	SPYRA Anna	1050	ŚLĄSKA OFICYNA DRUKARSKA	K30	33	00:15:01	00:39:17	01:05:24.40	01:05:24.40	+00:31:44	6:32	9.2
196	KOZACZKIEWICZ Aneta	1248	JÓZEFIŃSKA TEAM	K40	20	00:13:24	00:37:14	01:05:28.30	01:05:28.30	+00:31:48	6:32	9.2
197	MAĆKOWIAK-RYDZYŃSKA Anna	1101		K40	21	00:14:02	00:37:44	01:05:40.25	01:05:40.25	+00:32:00	6:34	9.1
198	DYKMAN-WALICKA Małgorzata	1231	PILATES POWER	K20	21	00:13:31	00:37:09	01:05:45.65	01:05:45.65	+00:32:06	6:34	9.1
199	STRYJKOWSKA-GÓRA Aleksandra	1128	ALEKSANDRA STRYJKOWSKA-GÓRA	K30	34	00:13:32	00:36:52	01:05:45.80	01:05:45.80	+00:32:06	6:34	9.1
200	SYREK-KAPLITA Karolina	1157		K30	35	00:13:32	00:36:59	01:05:45.85	01:05:45.85	+00:32:06	6:34	9.1
201	PRZYBYTEK Bartosz	1175		M40	27	00:13:30	00:37:09	01:05:50.25	01:05:50.25	+00:32:10	6:35	9.1
202	MICKIEWICZ Jolanta	1084		K40	22	00:16:06	00:42:08	01:05:57.50	01:05:57.50	+00:32:17	6:35	9.1
203	CHRUŚCIEL Agata	1173		K30	36	00:15:17	00:38:31	01:06:10.10	01:06:10.10	+00:32:30	6:37	9.1
204	ZATORSKI Paweł	1174		M30	66	00:15:17	00:38:32	01:06:10.25	01:06:10.25	+00:32:30	6:37	9.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2km	5.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
205	WILK Agnieszka	1087		K30	37	00:13:32	00:38:04	01:06:16.10	01:06:16.10	+00:32:36	6:37	9.1
206	BARAN Marta	1059		K30	38	00:15:55	00:40:28	01:06:26.90	01:06:26.90	+00:32:47	6:38	9
207	GĘBSKA Gabriela	1253		K20	22	00:13:42	00:37:57	01:06:38.05	01:06:38.05	+00:32:58	6:39	9
208	KWAS Edyta	1037		K30	39	00:14:25	00:38:38	01:06:54.70	01:06:54.70	+00:33:15	6:41	9
209	WILISOWSKA Ewelina	1049		K20	23	00:14:26	00:38:40	01:06:54.85	01:06:54.85	+00:33:15	6:41	9
210	STRZĘPKA Krzysiek	1094	KROKODYLE	M40	28	00:14:38	00:38:33	01:07:06.10	01:07:06.10	+00:33:26	6:42	8.9
211	ZARYCKA Julia	1143	TERRA AVENTURA	K30	40	00:13:27	00:35:52	01:07:09.05	01:07:09.05	+00:33:29	6:42	8.9
212	SMERKOWSKI Mariusz	1067	UZALEŻNIENI BIEGACZE	M50	4	00:15:58	00:40:12	01:07:26.80	01:07:26.80	+00:33:47	6:44	8.9
213	FILAK Natalia	1208		K20	24	00:13:41	00:38:52	01:07:30.80	01:07:30.80	+00:33:51	6:45	8.9
214	HULKO Jarosław	1285		K30	41	00:13:41	00:38:49	01:07:31.25	01:07:31.25	+00:33:51	6:45	8.9
215	TARKOWSKA-FANSLAU Jolanta	1229		K50	2	00:14:23	00:39:03	01:07:43.65	01:07:43.65	+00:34:04	6:46	8.9
216	NIEMIEC Edyta	1293	NOWOSARZYŃSKA GB TATARY	K20	25	00:15:11	00:40:50	01:07:55.90	01:07:55.90	+00:34:16	6:47	8.8
217	NIZIOŁEK Gabriela Wiktoria	1052	PEDRAFORZA / NIZIOŁKI ZABORZAŃSKIE	K30	42	00:14:33	00:39:46	01:08:09.35	01:08:09.35	+00:34:29	6:48	8.8
218	SZOSTAK Dorota	1051		K40	23	00:15:53	00:41:19	01:08:45.45	01:08:45.45	+00:35:05	6:52	8.7
219	SIKORA Marta	1247	JÓZEFIŃSKA TEAM	K40	24	00:13:32	00:38:54	01:09:00.75	01:09:00.75	+00:35:21	6:54	8.7
220	WYSZYŃSKA Małgorzata	1264		K50	3	00:14:12	00:40:29	01:09:45.45	01:09:45.45	+00:36:05	6:58	8.6
221	HRYSZKIEWICZ Barbara	1103	UNISONO FLOW / AKMB PĘDZIMATR GLIWICE	K40	25	00:15:41	00:40:56	01:10:19.00	01:10:19.00	+00:36:39	7:01	8.5
222	POGORZELSKA-KLIKS Agata	1042	BIEGAM, BO TAK I JUŻ	K40	26	00:15:41	00:40:55	01:10:25.75	01:10:25.75	+00:36:46	7:02	8.5
223	DĘBSKA Małgorzata	1095		K30	43	00:15:53	00:41:01	01:10:56.40	01:10:56.40	+00:37:16	7:05	8.5
224	SOWA Magdalena	1255		K20	26	00:14:09	00:40:45	01:13:17.15	01:13:17.15	+00:39:37	7:19	8.2
225	GĘBSKA Karolina	1260		K20	27	00:14:09	00:40:46	01:13:20.10	01:13:20.10	+00:39:40	7:20	8.2
226	PASIK Wojciech	1194		M40	29	00:16:08	00:42:50	01:13:31.05	01:13:31.05	+00:39:51	7:21	8.2
227	ZAGDAŃSKI Robert	1292	FINISZ RYMANÓW	M30	67	00:15:51	00:44:12	01:13:42.90	01:13:42.90	+00:40:03	7:22	8.1
227	SURDEJ Agnieszka	1291	FINISZ RYMANÓW	K30	44	00:15:51	00:44:14	01:13:42.90	01:13:42.90	+00:40:03	7:22	8.1
229	SOT Lucjan	1102		M50	5	00:15:51	00:44:21	01:14:47.10	01:14:47.10	+00:41:07	7:28	8
230	SŁOBODA Elżbieta	1114	USTRZYKI DOLNE	K30	45	00:16:46	00:44:21	01:16:32.00	01:16:32.00	+00:42:52	7:39	7.8
231	WRÓBEL Elżbieta	1276		K50	4	00:16:49	00:45:11	01:16:32.15	01:16:32.15	+00:42:52	7:39	7.8
232	SŁOBODA Krzysztof	1212		M50	6	00:16:49	00:44:58	01:16:32.30	01:16:32.30	+00:42:52	7:39	7.8
233	TWOREK Anita	1251	BBL JAROSŁAW	K40	27	00:16:06	00:43:42	01:17:37.50	01:17:37.50	+00:43:57	7:45	7.7
234	WĘGLARZ Monika	1135	FINISZ RYMANÓW	K20	28	00:15:35	00:44:53	01:17:57.70	01:17:57.70	+00:44:18	7:47	7.7
235	KARDACH Kamil	1245	FINISZ RYMANÓW	M20	27	00:15:34	00:44:52	01:17:57.85	01:17:57.85	+00:44:18	7:47	7.7
236	BOŻĘCKI Sebastian	1108	NOWA HUTA TEAM	M40	30	00:16:48	00:49:09	01:31:40.20	01:31:40.20	+00:58:00	9:10	6.5
237	LAMPART Marta	1235	NIGHT RUNNERS	K30	46	00:14:34	00:42:33	01:33:16.20	01:33:16.20	+00:59:36	9:19	6.4
238	SURUS Karolina	1270		K30	47	00:14:47	00:45:46	01:34:45.75	01:34:45.75	+01:01:06	9:28	6.3
239	MIRECKI Jan	1217		M40	31	00:18:39	00:53:14	01:36:55.00	01:36:55.00	+01:03:15	9:41	6.2

Znaleziono 239 wynik(ów)