EFB 10 - MAŁOPOLSKA REKORDOWA DYCHA

Wydarzenie: Europejski Festiwal Biegowy
Organizator: Fundacja na Ratunek
Data: 2021-09-05
Miejsce: Krynica Zdrój
Dystans: 10 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	**LIPIŃSKI Mateusz**	**521**		Senior Mężczyzn	1	00:15:00	**00:31:02.80**	**00:31:04.15**		3:06	19.3 (100%)
2	**POCIECHA Tomasz**	**77**	TLC GORLICE	Senior Mężczyzn	2	00:15:00	**00:31:44.40**	**00:31:45.85**	+00:00:41 (2.2%)	3:10	18.9 (97.9%)
3	**DOMISZEWSKI Ignacy**	**105**	GUKLA BRATKOWICE KORZENIOWSKI.PL	Senior Mężczyzn	3	00:15:00	**00:31:50.45**	**00:31:51.60**	+00:00:47 (2.5%)	3:11	18.8 (97.4%)
4	**SUŁKOWSKI Rafał**	**532**		Senior Mężczyzn	4	00:15:01	**00:33:01.25**	**00:33:02.50**	+00:01:58 (6.0%)	3:18	18.2 (94.3%)
5	**BUŹNIAK Arkadiusz**	**68**	BRYGADA BESKIDÓW	Senior Mężczyzn	5	00:15:16	**00:34:15.85**	**00:34:17.50**	+00:03:13 (9.4%)	3:25	17.5 (90.7%)
6	**BIEŃ Przemysław**	**80**	KS RYGLICE-SEKCJA BIEGOWA	Senior Mężczyzn	6	00:15:44	**00:34:27.75**	**00:34:30.20**	+00:03:26 (10.0%)	3:26	17.4 (90.2%)
7	**DUDCZAK Kacper**	**158**	LLKS WSCHOWA SIEŃ	Senior Mężczyzn	7	00:16:25	**00:35:03.95**	**00:35:06.70**	+00:04:02 (11.5%)	3:30	17.1 (88.6%)
8	**MALEC Łukasz**	**32**	NIEDZICA TEAM	Master Mężczyzn	1	00:16:17	**00:35:10.75**	**00:35:13.95**	+00:04:09 (11.8%)	3:31	17.1 (88.6%)
9	**WICHA Iwona**	**124**	ŁOBODZIŃSKI TEAM/PREFBET SONAROL	Senior Kobiet	1	00:16:48	**00:35:26.40**	**00:35:28.05**	+00:04:23 (12.4%)	3:32	16.9 (87.6%)
10	**CZYŻ Grzegorz**	**117**	GRUPA AZOTY-AUTOMATYKA TARNÓW	Weteran Senior Mężczyzn	1	00:16:44	**00:35:48.00**	**00:35:50.15**	+00:04:46 (13.3%)	3:34	16.8 (87.0%)
11	**BOCHNIAK Maciej**	**529**		Master Mężczyzn	2	00:16:43	**00:36:09.90**	**00:36:11.90**	+00:05:07 (14.2%)	3:36	16.6 (86.0%)
12	**GUZOWSKI Dariusz**	**38**	TALEX BORZYTUCHOM	Weteran Senior Mężczyzn	2	00:16:44	**00:36:23.20**	**00:36:25.55**	+00:05:21 (14.7%)	3:38	16.5 (85.5%)
13	**POCIECHA Piotr**	**537**		Senior Mężczyzn	8	00:16:20	**00:36:51.15**	**00:36:52.70**	+00:05:48 (15.8%)	3:41	16.3 (84.5%)
14	**RODZOCH Daniel**	**166**		Senior Mężczyzn	9	00:17:21	**00:36:52.70**	**00:36:55.45**	+00:05:51 (15.9%)	3:41	16.3 (84.5%)
15	**CZUBA Wojciech**	**123**	CHARTY Z POŁUDNIA	Master Mężczyzn	3	00:16:55	**00:37:08.20**	**00:37:11.70**	+00:06:07 (16.5%)	3:42	16.2 (83.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
16	**KMIEĆ Katarzyna**	**533**		Senior Kobiet	2	00:17:34	**00:37:16.05**	**00:37:18.15**	+00:06:14 (16.7%)	3:43	16.1 (83.4%)
17	**JANUS Jacek**	**146**	R.T.C.K. W ŻYCIU	Weteran Senior Mężczyzn	3	00:16:52	**00:37:31.85**	**00:37:34.15**	+00:06:30 (17.3%)	3:45	16 (82.9%)
18	**DARŁAK Lucasz**	**420**	STAJNIA BALONA	Senior Mężczyzn	10	00:17:50	**00:37:37.90**	**00:37:40.35**	+00:06:36 (17.5%)	3:45	16 (82.9%)
19	**HEBDA Adrian**	**107**		Senior Mężczyzn	11	00:17:04	**00:37:46.20**	**00:37:48.80**	+00:06:44 (17.8%)	3:46	15.9 (82.4%)
20	**CHOJNACKI Wiktor**	**111**	DWERNIK KAMIEŃ TRAIL	Master Mężczyzn	4	00:16:46	**00:37:55.45**	**00:37:58.20**	+00:06:54 (18.2%)	3:47	15.8 (81.9%)
21	**KULKA-MNICH Regina**	**153**		Senior Kobiet	3	00:17:50	**00:38:01.05**	**00:38:03.20**	+00:06:59 (18.4%)	3:48	15.8 (81.9%)
22	**KUBACKI Krzysztof**	**104**	LASY PAŃSTWOWE	Senior Mężczyzn	12	00:17:30	**00:39:16.15**	**00:39:19.40**	+00:08:15 (21.0%)	3:55	15.3 (79.3%)
23	**KRASIŃSKI Marcin**	**535**		Master Mężczyzn	5	00:18:29	**00:40:03.75**	**00:40:08.45**	+00:09:04 (22.6%)	4:00	15 (77.7%)
24	**GŁÓWKA Michał**	**121**		Senior Mężczyzn	13	00:18:31	**00:40:14.25**	**00:40:17.30**	+00:09:13 (22.9%)	4:01	14.9 (77.2%)
25	**SKALSKA Anna**	**142**	CARBON SILESIA SPORT	Master Kobiet	1	00:18:46	**00:40:17.60**	**00:40:20.25**	+00:09:16 (23.0%)	4:01	14.9 (77.2%)
26	**ŚLEPIAK Adam**	**151**	STAJNIA BALONA	Senior Mężczyzn	14	00:18:15	**00:40:29.70**	**00:40:32.80**	+00:09:28 (23.4%)	4:02	14.8 (76.7%)
27	**SZWAJKA Kacper**	**81**	STAJNIA BALONA	Senior Mężczyzn	15	00:19:36	**00:41:04.65**	**00:41:09.50**	+00:10:05 (24.5%)	4:06	14.6 (75.6%)
28	**KRUK Emilia**	**450**		Senior Kobiet	4	00:19:37	**00:41:10.10**	**00:41:12.40**	+00:10:08 (24.6%)	4:07	14.6 (75.6%)
29	**SMOŁUCH Tomasz**	**141**	SAINT-GOBAIN SQUAD/ADAM DRACZYŃSKI RUNNING TEAM	Master Mężczyzn	6	00:19:10	**00:41:31.65**	**00:41:34.55**	+00:10:30 (25.3%)	4:09	14.5 (75.1%)
30	**KOMARNICKI David**	**155**	NOWY STYL RUNNING TEAM	Senior Mężczyzn	16	00:18:57	**00:42:07.95**	**00:42:12.45**	+00:11:08 (26.4%)	4:12	14.2 (73.6%)
31	**JASIULEWICZ Anna**	**2222**	BIAŁYSTOK BIEGA TEAM	Weteran Senior Kobiet	1	00:19:10	**00:42:17.65**	**00:42:19.80**	+00:11:15 (26.6%)	4:13	14.2 (73.6%)
32	**STOGOWSKI Grzegorz**	**16**	BRAK	Master Mężczyzn	7	00:19:54	**00:42:12.00**	**00:42:22.25**	+00:11:18 (26.7%)	4:13	14.2 (73.6%)
33	**NALEPA Paweł**	**75**	CHILLOUT CREW	Senior Mężczyzn	17	00:19:05	**00:42:19.15**	**00:42:23.90**	+00:11:19 (26.7%)	4:13	14.2 (73.6%)
34	**BRZOZOWICZ Jakub**	**98**	TS AKS CHORZÓW	Master Mężczyzn	8	00:19:37	**00:42:27.15**	**00:42:30.40**	+00:11:26 (26.9%)	4:14	14.1 (73.1%)
35	**JAWORSKA Wioleta**	**71**	TEAM KOPEĆ	Senior Kobiet	5	00:19:46	**00:42:31.65**	**00:42:36.40**	+00:11:32 (27.1%)	4:15	14.1 (73.1%)
36	**ŚWIRSZCZ Andrzej**	**27**	ANAFIZJOTERAPIA	Senior Mężczyzn	18	00:18:56	**00:42:40.45**	**00:42:46.40**	+00:11:42 (27.4%)	4:16	14.1 (73.1%)
37	**SIKORA Rafał**	**159**		Senior Mężczyzn	19	00:19:35	**00:42:42.70**	**00:42:49.35**	+00:11:45 (27.4%)	4:16	14.1 (73.1%)
38	**ZBOROWSKI Józef**	**459**		Weteran Senior Mężczyzn	4	00:19:25	**00:42:48.35**	**00:42:51.40**	+00:11:47 (27.5%)	4:16	14 (72.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
39	**SIBIK Andrzej**	**134**	ITMBW KRAKÓW	Senior Mężczyzn	20	00:19:00	**00:43:17.80**	**00:43:21.60**	+00:12:17 (28.3%)	4:19	13.9 (72.0%)
40	**HOMA Rafał**	**507**	HOTEL KLIMEK****SPA	Senior Mężczyzn	21	00:20:29	**00:43:20.85**	**00:43:24.35**	+00:12:20 (28.4%)	4:20	13.8 (71.5%)
41	**DAWID Katarzyna**	**29**		Master Kobiet	2	00:20:08	**00:43:21.05**	**00:43:25.30**	+00:12:21 (28.4%)	4:20	13.8 (71.5%)
42	**LEWCZUK Norbert**	**534**		Master Mężczyzn	9	00:20:25	**00:43:44.80**	**00:43:52.35**	+00:12:48 (29.2%)	4:22	13.7 (71.0%)
43	**KOŁEK Tomasz**	**97**		Senior Mężczyzn	22	00:20:46	**00:43:55.70**	**00:44:02.05**	+00:12:57 (29.4%)	4:23	13.7 (71.0%)
44	**STARZEC Malgorzata**	**102**	SUSKA GRUPA BIEGOWA	Master Kobiet	3	00:20:29	**00:43:56.45**	**00:44:02.30**	+00:12:58 (29.4%)	4:23	13.7 (71.0%)
45	**KAŁUŻYŃSKI Bogdan**	**506**	HOTEL KLIMEK****SPA	Weteran Senior Mężczyzn	5	00:21:36	**00:43:50.20**	**00:44:02.60**	+00:12:58 (29.5%)	4:23	13.7 (71.0%)
46	**ISKRZYCKI Andrzej**	**510**	HOTEL KLIMEK****SPA	Weteran Senior Mężczyzn	6	00:21:35	**00:43:49.60**	**00:44:02.70**	+00:12:58 (29.5%)	4:22	13.7 (71.0%)
47	**KICZKA Kamil**	**59**	DOJO AKADEMIA	Senior Mężczyzn	23	00:20:54	**00:43:54.10**	**00:44:03.25**	+00:12:59 (29.5%)	4:23	13.7 (71.0%)
48	**DUBIEL Jaroslaw**	**137**	IAC DÜREN	Weteran Senior Mężczyzn	7	00:19:53	**00:43:57.95**	**00:44:06.65**	+00:13:02 (29.6%)	4:23	13.7 (71.0%)
49	**DUNAL Paweł**	**90**	ŚLĘZAK TEAM	Master Mężczyzn	10	00:21:11	**00:44:09.70**	**00:44:20.00**	+00:13:15 (29.9%)	4:24	13.6 (70.5%)
50	**KANIA Marian**	**457**		Weteran Senior Mężczyzn	8	00:20:12	**00:44:19.40**	**00:44:23.55**	+00:13:19 (30.0%)	4:25	13.5 (69.9%)
51	**ANDERSON Avash**	**119**		Senior Mężczyzn	24	00:20:40	**00:44:45.65**	**00:44:48.40**	+00:13:44 (30.7%)	4:28	13.4 (69.4%)
52	**NADRATOWSKI Sławomir**	**145**		Weteran Senior Mężczyzn	9	00:20:49	**00:44:47.95**	**00:44:53.20**	+00:13:49 (30.8%)	4:28	13.4 (69.4%)
53	**SADO Tomasz Sado**	**2**	AZS AWF KRAKÓW MASTERS	Senior Mężczyzn	25	00:20:48	**00:44:45.10**	**00:44:56.55**	+00:13:52 (30.9%)	4:28	13.4 (69.4%)
54	**SIDOWSKI Krzysztof**	**150**	BBL OSTROWIEC ŚWIĘTOKRZYSKI	Weteran Senior Mężczyzn	10	00:20:24	**00:44:55.50**	**00:45:01.60**	+00:13:57 (31.0%)	4:29	13.4 (69.4%)
55	**SKIBICKI Krzysztof**	**109**	D.A.M.Y.R.A.D.E.	Weteran Senior Mężczyzn	11	00:20:30	**00:44:56.35**	**00:45:02.80**	+00:13:58 (31.0%)	4:29	13.4 (69.4%)
56	**KORULCZYK Katarzyna**	**149**	BBL OSTROWIEC ŚWIĘTOKRZYSKI	Master Kobiet	4	00:20:24	**00:45:14.45**	**00:45:20.70**	+00:14:16 (31.5%)	4:31	13.3 (68.9%)
57	**MAGIERA Marek**	**152**	ULTRA BESKID SPORT	Weteran Master Mężczyzn	1	00:20:53	**00:45:25.70**	**00:45:30.60**	+00:14:26 (31.7%)	4:32	13.2 (68.4%)
58	**STROIŃSKI Franciszek**	**498**		Weteran Senior Mężczyzn	12	00:20:22	**00:45:32.65**	**00:45:34.65**	+00:14:30 (31.8%)	4:33	13.2 (68.4%)
59	**ZOSGÓRNIK Aleksandra**	**46**	F4 / O CO BIEGA W KALETACH	Master Kobiet	5	00:20:37	**00:45:39.50**	**00:45:43.30**	+00:14:39 (32.0%)	4:33	13.1 (67.9%)
60	**ZŁOCKI Arkadiusz**	**144**		Senior Mężczyzn	26	00:21:06	**00:45:44.60**	**00:45:51.60**	+00:14:47 (32.3%)	4:34	13.1 (67.9%)
61	**GAJOWSKI Dariusz**	**531**		Master Mężczyzn	11	00:21:26	**00:46:04.60**	**00:46:08.10**	+00:15:03 (32.7%)	4:36	13 (67.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
62	**ZALEŚNY Janusz**	**44**	JASIELSKIE STOWARZYSZENIE CYKLISTÓW	Weteran Senior Mężczyzn	13	00:21:09	**00:46:10.95**	**00:46:17.30**	+00:15:13 (32.9%)	4:37	13 (67.4%)
63	**ANDRZEJEWSKI Krzysztof**	**12**		Weteran Senior Mężczyzn	14	00:21:18	**00:46:39.30**	**00:46:47.10**	+00:15:42 (33.6%)	4:39	12.9 (66.8%)
64	**NOWOTNY Marian**	**63**	NIEPOŁOMICE BIEGAJĄ	Weteran Master Mężczyzn	2	00:20:37	**00:46:39.35**	**00:46:50.90**	+00:15:46 (33.7%)	4:39	12.9 (66.8%)
65	**DAWID Mateusz**	**35**	AQUA FITNESS BIELSKO-BIAŁA	Senior Mężczyzn	27	00:22:22	**00:46:54.40**	**00:46:58.60**	+00:15:54 (33.9%)	4:41	12.8 (66.3%)
66	**ŁACNY Łukasz**	**76**		Senior Mężczyzn	28	00:21:23	**00:46:59.35**	**00:47:03.15**	+00:15:59 (34.0%)	4:41	12.8 (66.3%)
67	**ORZYSZEK Roksana**	**50**		Senior Kobiet	6	00:21:40	**00:47:16.05**	**00:47:19.55**	+00:16:15 (34.4%)	4:43	12.7 (65.8%)
68	**MLEKO Roman**	**74**	ITMBW KRAKÓW	Weteran Master Mężczyzn	3	00:21:24	**00:47:21.30**	**00:47:25.30**	+00:16:21 (34.5%)	4:44	12.7 (65.8%)
69	**DYDA Krzysztof**	**163**		Master Mężczyzn	12	00:21:15	**00:47:21.05**	**00:47:28.05**	+00:16:23 (34.5%)	4:44	12.7 (65.8%)
70	**ZBOROWSKI Kazimierz**	**96**		Weteran Senior Mężczyzn	15	00:22:02	**00:47:38.10**	**00:47:43.80**	+00:16:39 (34.9%)	4:45	12.6 (65.3%)
71	**GNUTEK Wioletta**	**130**		Master Kobiet	6	00:21:30	**00:47:36.35**	**00:47:47.50**	+00:16:43 (35.0%)	4:45	12.6 (65.3%)
72	**SKAWIŃSKA Justyna**	**125**		Master Kobiet	7	00:21:32	**00:47:42.85**	**00:47:49.90**	+00:16:45 (35.0%)	4:46	12.6 (65.3%)
73	**NOWOTNY Jarosław**	**517**		Master Mężczyzn	13	00:21:53	**00:47:43.05**	**00:47:55.25**	+00:16:51 (35.2%)	4:46	12.6 (65.3%)
74	**KAPRAL Adam**	**114**	DWERNIK KAMIEŃ TRAIL	Weteran Senior Mężczyzn	16	00:22:13	**00:47:58.05**	**00:48:06.30**	+00:17:02 (35.4%)	4:47	12.5 (64.8%)
75	**WESOŁOWSKI Robert**	**536**		Master Mężczyzn	14	00:22:27	**00:47:54.75**	**00:48:07.80**	+00:17:03 (35.4%)	4:47	12.5 (64.8%)
76	**SZYMAŃSKI Michał**	**133**		Master Mężczyzn	15	00:21:58	**00:47:58.25**	**00:48:09.40**	+00:17:05 (35.5%)	4:47	12.5 (64.8%)
77	**NALEPA Maciek**	**84**		Master Mężczyzn	16	00:21:52	**00:48:16.05**	**00:48:25.50**	+00:17:21 (35.8%)	4:49	12.4 (64.2%)
78	**JOŃSKI Tomasz**	**522**		Senior Mężczyzn	29	00:23:45	**00:48:23.10**	**00:48:25.80**	+00:17:21 (35.8%)	4:50	12.4 (64.2%)
79	**FIRLEJ Anna**	**2176**		Master Kobiet	8	00:22:32	**00:48:18.00**	**00:48:26.55**	+00:17:22 (35.9%)	4:49	12.4 (64.2%)
80	**DOMISZEWSKI Wojciech**	**165**		Weteran Senior Mężczyzn	17	00:22:13	**00:48:23.25**	**00:48:31.15**	+00:17:27 (36.0%)	4:50	12.4 (64.2%)
81	**DAWID Piotr**	**30**		Weteran Senior Mężczyzn	18	00:22:01	**00:48:41.90**	**00:48:49.45**	+00:17:45 (36.4%)	4:52	12.3 (63.7%)
82	**KILAR Marcin**	**519**		Master Mężczyzn	17	00:22:09	**00:48:53.15**	**00:49:00.35**	+00:17:56 (36.6%)	4:53	12.3 (63.7%)
83	**HERMAN Ireneusz**	**67**		Master Mężczyzn	18	00:22:59	**00:49:13.60**	**00:49:23.50**	+00:18:19 (37.1%)	4:55	12.2 (63.2%)
84	**KICZKA Natalia**	**60**	DOJO AKADEMIA SPORTOWA MUSZYNA	Senior Kobiet	7	00:23:33	**00:49:15.80**	**00:49:24.40**	+00:18:20 (37.1%)	4:55	12.2 (63.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
85	**WIŚNIEWSKA Anna**	**129**	STREFA FIT	Senior Kobiet	8	00:22:46	**00:49:48.35**	**00:49:57.85**	+00:18:53 (37.8%)	4:58	12 (62.2%)
86	**MORDARSKI Jacek**	**118**	BIEGAM BO LUBIĘ	Weteran Master Mężczyzn	4	00:22:57	**00:50:10.15**	**00:50:15.90**	+00:19:11 (38.2%)	5:01	12 (62.2%)
87	**SOWA Jacek**	**525**		Master Mężczyzn	19	00:23:14	**00:50:04.55**	**00:50:19.55**	+00:19:15 (38.3%)	5:00	12 (62.2%)
88	**PŁYWACZYK Maciej**	**147**	TEAM PLESZEW	Weteran Senior Mężczyzn	19	00:23:09	**00:50:31.05**	**00:50:36.40**	+00:19:32 (38.6%)	5:03	11.9 (61.7%)
89	**PILCH Marek**	**419**	GŁOS SENIORA	Weteran Master Mężczyzn	5	00:22:25	**00:50:45.95**	**00:50:49.00**	+00:19:44 (38.9%)	5:04	11.8 (61.1%)
90	**DALEWSKI Michał**	**58**		Master Mężczyzn	20	00:23:05	**00:50:42.95**	**00:50:52.10**	+00:19:47 (38.9%)	5:04	11.8 (61.1%)
91	**PANEK Marek**	**526**		Senior Mężczyzn	30	00:24:04	**00:50:57.60**	**00:51:12.30**	+00:20:08 (39.3%)	5:05	11.8 (61.1%)
92	**TRELA Jacek**	**115**	AZS AWF KRAKÓW MASTERS	Weteran Master Mężczyzn	6	00:24:16	**00:51:11.55**	**00:51:23.45**	+00:20:19 (39.5%)	5:07	11.7 (60.6%)
93	**WITEK Natalia**	**8**	AZS AWF KRAKÓW MASTERS	Senior Kobiet	9	00:24:17	**00:51:12.45**	**00:51:23.60**	+00:20:19 (39.5%)	5:07	11.7 (60.6%)
94	**DUBIEL Beata**	**138**	IAC DÜREN	Weteran Senior Kobiet	2	00:23:03	**00:51:23.75**	**00:51:33.55**	+00:20:29 (39.7%)	5:08	11.7 (60.6%)
95	**WÓJTOWICZ Paweł**	**472**		Weteran Senior Mężczyzn	20	00:22:57	**00:51:23.30**	**00:51:38.25**	+00:20:34 (39.8%)	5:08	11.7 (60.6%)
96	**WRĘCZYCKA Iwona**	**43**	O CO BIEGA W KALETACH	Weteran Senior Kobiet	3	00:23:32	**00:51:35.15**	**00:51:40.60**	+00:20:36 (39.9%)	5:09	11.6 (60.1%)
97	**LACHCIK Iwona**	**527**		Master Kobiet	9	00:23:34	**00:51:46.90**	**00:51:53.75**	+00:20:49 (40.1%)	5:10	11.6 (60.1%)
98	**NOWIK Jerzy**	**110**		Weteran Senior Mężczyzn	21	00:23:52	**00:51:59.40**	**00:52:11.65**	+00:21:07 (40.5%)	5:11	11.5 (59.6%)
99	**RZEMIŃSKA Kinga**	**99**		Senior Kobiet	10	00:23:35	**00:52:10.80**	**00:52:16.65**	+00:21:12 (40.6%)	5:13	11.5 (59.6%)
100	**RÓZYCKA Iwona**	**94**		Master Kobiet	10	00:23:32	**00:52:24.55**	**00:52:34.60**	+00:21:30 (40.9%)	5:14	11.5 (59.6%)
101	**OLEŚ Rafał**	**508**	HOTEL KLIMEK****SPA	Senior Mężczyzn	31	00:24:06	**00:52:38.15**	**00:52:50.40**	+00:21:46 (41.2%)	5:15	11.4 (59.1%)
102	**PIĘTA Marlena**	**66**	OSTROBIEC	Master Kobiet	11	00:25:05	**00:52:42.50**	**00:52:55.85**	+00:21:51 (41.3%)	5:16	11.4 (59.1%)
103	**PRZYSTAŚ Agata**	**127**	FORREST KRYNICA	Master Kobiet	12	00:24:37	**00:53:14.30**	**00:53:24.00**	+00:22:19 (41.8%)	5:19	11.3 (58.5%)
104	**KALBARCZYK Waldemar**	**474**		Weteran Master Mężczyzn	7	00:24:40	**00:53:36.95**	**00:53:42.30**	+00:22:38 (42.1%)	5:21	11.2 (58.0%)
105	**MRÓZ Teresa**	**53**		Weteran Senior Kobiet	4	00:24:53	**00:53:37.70**	**00:53:43.10**	+00:22:38 (42.2%)	5:21	11.2 (58.0%)
106	**KRÓL Edyta**	**511**		Senior Kobiet	11	00:24:54	**00:53:53.95**	**00:53:57.45**	+00:22:53 (42.4%)	5:23	11.1 (57.5%)
107	**MAZUR Oliwer**	**62**	O CO BIEGA W KALETACH	Senior Mężczyzn	32	00:24:19	**00:54:11.90**	**00:54:16.20**	+00:23:12 (42.8%)	5:25	11.1 (57.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
108	**GAJDA Beata**	**40**	#YOLOTEAM	Weteran Senior Kobiet	5	00:24:23	**00:54:09.55**	**00:54:20.40**	+00:23:16 (42.8%)	5:24	11.1 (57.5%)
109	**CYRAN Andrzej**	**10**	NOWY ŻMIGRÓD BIEGA	Weteran Senior Mężczyzn	22	00:25:52	**00:54:27.15**	**00:54:44.40**	+00:23:40 (43.2%)	5:26	11 (57.0%)
110	**BALON Adam**	**140**		Senior Mężczyzn	33	00:26:56	**00:54:43.35**	**00:54:56.70**	+00:23:52 (43.5%)	5:28	11 (57.0%)
111	**SZOZDA Damian**	**487**		Senior Mężczyzn	34	00:25:00	**00:55:00.75**	**00:55:17.25**	+00:24:13 (43.8%)	5:30	10.9 (56.5%)
112	**MUCHA Orest**	**128**		Master Mężczyzn	21	00:23:07	**00:55:23.95**	**00:55:29.10**	+00:24:24 (44.0%)	5:32	10.8 (56.0%)
113	**REPELEWICZ Natalia**	**56**		Senior Kobiet	12	00:25:41	**00:55:18.30**	**00:55:30.70**	+00:24:26 (44.0%)	5:31	10.8 (56.0%)
114	**SZEWCZYK Nina**	**69**		Senior Kobiet	13	00:24:36	**00:55:24.35**	**00:55:36.80**	+00:24:32 (44.1%)	5:32	10.8 (56.0%)
115	**STANEK Tomasz**	**538**		Weteran Senior Mężczyzn	23	00:24:17	**00:55:29.25**	**00:55:37.05**	+00:24:32 (44.1%)	5:32	10.8 (56.0%)
116	**POLAK Bogusława**	**57**		Weteran Senior Kobiet	6	00:25:01	**00:55:37.20**	**00:55:42.85**	+00:24:38 (44.2%)	5:33	10.8 (56.0%)
117	**KACZMAREK Mariusz**	**161**	BBL	Senior Mężczyzn	35	00:25:31	**00:55:35.65**	**00:55:51.60**	+00:24:47 (44.4%)	5:33	10.8 (56.0%)
118	**BURNUS Beata**	**101**		Master Kobiet	13	00:25:45	**00:56:09.65**	**00:56:22.80**	+00:25:18 (44.9%)	5:36	10.7 (55.4%)
119	**MAZUR Danka**	**61**	O CO BIEGA W KALETACH	Weteran Senior Kobiet	7	00:25:03	**00:56:28.05**	**00:56:34.20**	+00:25:30 (45.1%)	5:38	10.6 (54.9%)
120	**KOŁAKOWSKI Dariusz**	**122**		Weteran Senior Mężczyzn	24	00:23:32	**00:56:28.15**	**00:56:34.70**	+00:25:30 (45.1%)	5:38	10.6 (54.9%)
121	**MICHNO Agata**	**132**		Senior Kobiet	14	00:26:38	**00:56:29.45**	**00:56:41.20**	+00:25:37 (45.2%)	5:38	10.6 (54.9%)
122	**SZEWCZYK Bożena**	**154**		Weteran Senior Kobiet	8	00:25:18	**00:56:37.05**	**00:56:44.30**	+00:25:40 (45.2%)	5:39	10.6 (54.9%)
123	**SOSNOWSKA Stella**	**13**		Master Kobiet	14	00:25:23	**00:56:41.10**	**00:56:48.75**	+00:25:44 (45.3%)	5:40	10.6 (54.9%)
124	**SPYRKA Ewelina**	**136**		Senior Kobiet	15	00:26:24	**00:57:07.60**	**00:57:16.30**	+00:26:12 (45.8%)	5:42	10.5 (54.4%)
125	**SKIBA Kamila**	**157**		Master Kobiet	15	00:26:45	**00:57:47.95**	**00:57:57.60**	+00:26:53 (46.4%)	5:46	10.4 (53.9%)
126	**KOSMALA Przemek**	**73**		Senior Mężczyzn	36	00:27:54	**00:57:42.15**	**00:57:58.20**	+00:26:54 (46.4%)	5:46	10.4 (53.9%)
127	**MŁOCKA Agata**	**524**		Senior Kobiet	16	00:25:04	**00:58:09.75**	**00:58:19.90**	+00:27:15 (46.7%)	5:48	10.3 (53.4%)
128	**SZWACZKA Sebastian**	**106**		Master Mężczyzn	22	00:26:29	**00:58:20.35**	**00:58:26.30**	+00:27:22 (46.8%)	5:50	10.3 (53.4%)
129	**PIĄTEK Paweł**	**528**		Weteran Senior Mężczyzn	25	00:26:32	**00:58:13.25**	**00:58:27.20**	+00:27:23 (46.8%)	5:49	10.3 (53.4%)
130	**KRAWCZYK Jakub**	**82**		Senior Mężczyzn	37	00:25:53	**00:58:30.60**	**00:58:35.65**	+00:27:31 (47.0%)	5:51	10.3 (53.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
131	**MICHALIK Karolina**	**2134**		Master Kobiet	16	00:27:54	**00:58:33.75**	**00:58:41.85**	+00:27:37 (47.1%)	5:51	10.2 (52.8%)
132	**BRZESKI Mirosław**	**64**		Master Mężczyzn	23	00:28:13	**00:58:46.00**	**00:59:01.15**	+00:27:57 (47.4%)	5:52	10.2 (52.8%)
133	**BRZESKA Iwona**	**65**		Master Kobiet	17	00:28:13	**00:58:47.15**	**00:59:01.35**	+00:27:57 (47.4%)	5:52	10.2 (52.8%)
134	**URBANIAK Anna**	**523**		Weteran Senior Kobiet	9	00:25:01	**00:58:55.00**	**00:59:05.60**	+00:28:01 (47.4%)	5:53	10.2 (52.8%)
135	**KACZOR Lukasz**	**100**	ŁUKASZ KACZOR	Master Mężczyzn	24	00:26:12	**00:59:09.55**	**00:59:23.05**	+00:28:18 (47.7%)	5:54	10.1 (52.3%)
136	**JASTRZĘBSKA Barbara**	**160**		Weteran Senior Kobiet	10	00:25:43	**00:59:18.90**	**00:59:31.40**	+00:28:27 (47.8%)	5:55	10.1 (52.3%)
137	**FLOREK Beata**	**9**		Master Kobiet	18	00:26:22	**00:59:25.20**	**00:59:32.70**	+00:28:28 (47.8%)	5:56	10.1 (52.3%)
138	**FLOREK Tomasz**	**7**		Master Mężczyzn	25	00:26:26	**00:59:25.35**	**00:59:32.95**	+00:28:28 (47.8%)	5:56	10.1 (52.3%)
139	**JANIK Zofia**	**493**		Senior Kobiet	17	00:29:29	**00:59:58.20**	**01:00:09.65**	+00:29:05 (48.4%)	5:59	10 (51.8%)
140	**STAJSZCZYK Barbara**	**113**	NIEPOŁOMICE BIEGAJĄ	Master Kobiet	19	00:27:48	**01:00:11.20**	**01:00:24.80**	+00:29:20 (48.6%)	6:01	10 (51.8%)
141	**KOPACKA Wioletta**	**11**		Master Kobiet	20	00:27:14	**01:00:55.20**	**01:00:55.20**	+00:29:51 (49.0%)	6:05	9.8 (50.8%)
142	**MARKIEWICZ Urszula**	**468**		Senior Kobiet	18	00:27:49	**01:00:51.75**	**01:01:03.10**	+00:29:58 (49.1%)	6:05	9.9 (51.3%)
143	**BAŁAZIŃSKA Anna**	**88**		Master Kobiet	21	00:27:35	**01:01:22.90**	**01:01:33.45**	+00:30:29 (49.5%)	6:08	9.8 (50.8%)
144	**BAŁAZIŃSKI Sebastian**	**89**		Master Mężczyzn	26	00:27:36	**01:01:25.50**	**01:01:35.85**	+00:30:31 (49.6%)	6:08	9.8 (50.8%)
145	**NOWAK Paulina**	**26**		Master Kobiet	22	00:28:11	**01:02:06.70**	**01:02:22.35**	+00:31:18 (50.2%)	6:12	9.7 (50.3%)
146	**PIĄTKOWSKI Paweł**	**23**		Master Mężczyzn	27	00:28:10	**01:02:06.95**	**01:02:22.40**	+00:31:18 (50.2%)	6:12	9.7 (50.3%)
147	**KRÓL Natalia**	**83**	LUBELSKI BANK SPÓŁDZIELCZY	Senior Kobiet	19	00:26:52	**01:03:04.40**	**01:03:08.35**	+00:32:04 (50.8%)	6:18	9.5 (49.2%)
148	**MARASOIU Eveline**	**162**		Senior Kobiet	20		**01:03:23.00**	**01:03:23.00**	+00:32:18 (51.0%)	6:20	9.5 (49.2%)
149	**KILAR Anna**	**518**		Senior Kobiet	21	00:28:56	**01:03:18.65**	**01:03:31.20**	+00:32:27 (51.1%)	6:19	9.5 (49.2%)
150	**WÓJTOWICZ Zdzisław**	**530**		Weteran Master Mężczyzn	8	00:29:02	**01:03:29.15**	**01:03:40.45**	+00:32:36 (51.2%)	6:20	9.5 (49.2%)
151	**STOPNICKI Ignacy**	**116**	TUPOT USTKA	Weteran Master Mężczyzn	9	00:28:49	**01:03:47.45**	**01:03:55.85**	+00:32:51 (51.4%)	6:22	9.4 (48.7%)
152	**BOŻEK Agnieszka**	**112**	NIEPOŁOMICE BIEGAJĄ	Master Kobiet	23	00:29:47	**01:04:02.25**	**01:04:16.65**	+00:33:12 (51.7%)	6:24	9.4 (48.7%)
153	**SOJKA Małgorzata**	**495**		Master Kobiet	24	00:29:46	**01:04:03.00**	**01:04:17.05**	+00:33:12 (51.7%)	6:24	9.4 (48.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
154	**SZCZEPOCKI Andrzej**	**31**		Weteran Senior Mężczyzn	26	00:29:50	**01:04:10.15**	**01:04:24.70**	+00:33:20 (51.8%)	6:25	9.4 (48.7%)
155	**ZAWIŚLAN Agnieszka**	**167**		Senior Kobiet	22	00:27:02	**01:04:26.85**	**01:04:36.55**	+00:33:32 (51.9%)	6:26	9.3 (48.2%)
156	**HABEL Ewa**	**509**	HOTEL KLIMEK****SPA	Master Kobiet	25	00:29:39	**01:04:45.85**	**01:04:58.85**	+00:33:54 (52.2%)	6:28	9.3 (48.2%)
157	**BEDNAREK-KŁOS Sandra**	**91**		Senior Kobiet	23	00:30:06	**01:04:57.15**	**01:05:07.70**	+00:34:03 (52.3%)	6:29	9.2 (47.7%)
157	**BŁASZCZUK-MALIK Ewa**	**95**		Senior Kobiet	23	00:30:06	**01:04:57.15**	**01:05:07.70**	+00:34:03 (52.3%)	6:29	9.2 (47.7%)
159	**BAŁAZIŃSKI Mieczysław**	**520**		Weteran Master Mężczyzn	10	00:29:01	**01:05:51.50**	**01:06:00.35**	+00:34:56 (52.9%)	6:35	9.1 (47.2%)
160	**WRONICZ Zygmunt**	**164**		Weteran Master Mężczyzn	11	00:30:03	**01:06:03.80**	**01:06:16.80**	+00:35:12 (53.1%)	6:36	9.1 (47.2%)
161	**PABIAN Katarzyna**	**481**		Senior Kobiet	25	00:30:45	**01:07:39.60**	**01:07:57.20**	+00:36:53 (54.3%)	6:45	8.9 (46.1%)
162	**TALAGA Konrad**	**482**		Senior Mężczyzn	38	00:30:45	**01:07:43.65**	**01:08:01.70**	+00:36:57 (54.3%)	6:46	8.9 (46.1%)
163	**STANEK Agnieszka**	**143**		Master Kobiet	26	00:30:00	**01:08:31.65**	**01:08:38.95**	+00:37:34 (54.7%)	6:51	8.8 (45.6%)
164	**MIELCZAREK Halina**	**5**	AM.TRENER TEAM	Weteran Senior Kobiet	11	00:29:44	**01:08:51.20**	**01:09:00.35**	+00:37:56 (55.0%)	6:53	8.7 (45.1%)
165	**MIELCZAREK Grzegorz**	**15**	AM.TRENER TEAM	Weteran Senior Mężczyzn	27	00:29:44	**01:08:51.55**	**01:09:00.95**	+00:37:56 (55.0%)	6:53	8.7 (45.1%)
166	**WIKTOREK Jadwiga**	**467**		Weteran Master Kobiet	1	00:31:15	**01:08:59.80**	**01:09:11.65**	+00:38:07 (55.1%)	6:53	8.7 (45.1%)
167	**MUSZ Helena**	**452**		Weteran Master Kobiet	2	00:31:15	**01:11:21.15**	**01:11:25.45**	+00:40:21 (56.5%)	7:08	8.4 (43.5%)
168	**ŚLIWA Maciej**	**156**	BRAK	Weteran Senior Mężczyzn	28	00:37:05	**01:21:52.55**	**01:22:03.10**	+00:50:58 (62.1%)	8:11	7.3 (37.8%)

Znaleziono 168 wynik(ów)