

TRIADA INTRO NOCNE PIENINY

Wydarzenie: ETAPOWA TRIADA ZIMOWA
Organizator: Fundacja Kocham Góry
Data: 2020-01-04
Miejsce: Krościenko nad Dunajcem
Dystans: 5 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	**MADZIAR Mateusz**	**525**	AO MYKONOY	M16-29	1	**00:25:24.10**	**00:25:26.35**		5:04	11.8 (100%)
2	**JAWORSKI Zbigniew**	**473**	---	M40-49	1	**00:25:41.45**	**00:25:42.80**	+00:00:16 (1.1%)	5:08	11.7 (99.2%)
3	**CHLIPAŁA Paweł**	**429**		M16-29	2	**00:25:47.45**	**00:25:49.10**	+00:00:22 (1.5%)	5:09	11.6 (98.3%)
4	**SZCZEPANIAK Damian**	**615**	KAMIENICA	M30-39	1	**00:26:27.25**	**00:26:29.90**	+00:01:03 (4.0%)	5:17	11.3 (95.8%)
5	**CELEJEWSKI Marcin**	**427**	MYDŁOWSKA ATHLETIC TEAM	M16-29	3	**00:26:30.40**	**00:26:32.65**	+00:01:06 (4.2%)	5:18	11.3 (95.8%)
6	**MADZIAR Wiktor**	**524**		M16-29	4	**00:26:33.60**	**00:26:35.55**	+00:01:09 (4.3%)	5:18	11.3 (95.8%)
7	**PACHUT Jerzy**	**551**	COLWAY	M16-29	5	**00:26:42.85**	**00:26:44.10**	+00:01:17 (4.8%)	5:20	11.2 (94.9%)
8	**FABIAN Bogusław**	**445**	EVANLITE.COM	M40-49	2	**00:26:44.65**	**00:26:46.30**	+00:01:19 (5.0%)	5:21	11.2 (94.9%)
9	**DUDZIK Łukasz**	**439**	GÓRAL BIEGA	M30-39	2	**00:27:05.95**	**00:27:08.70**	+00:01:42 (6.3%)	5:25	11.1 (94.1%)
10	**KOZIK Adam**	**500**		M16-29	6	**00:27:14.25**	**00:27:17.25**	+00:01:50 (6.8%)	5:26	11 (93.2%)
11	**GABRYŚ Rafał**	**447**	KAWIK RUNNING TEAM	M30-39	3	**00:27:27.50**	**00:27:28.95**	+00:02:02 (7.4%)	5:29	10.9 (92.4%)
12	**SAROSI Kristof**	**670**	GLOBO SPORT SE	M16-29	7	**00:27:35.60**	**00:27:37.15**	+00:02:10 (7.9%)	5:31	10.9 (92.4%)
13	**ZYGMUNT Tomasz**	**656**		M16-29	8	**00:28:28.80**	**00:28:30.75**	+00:03:04 (10.8%)	5:41	10.5 (89.0%)
14	**OCHYRA Konrad**	**545**	SOLINA TEAM	M30-39	4	**00:29:03.05**	**00:29:07.75**	+00:03:41 (12.7%)	5:48	10.3 (87.3%)
15	**BRENDZOWSKI Adam**	**420**	SOLINATEAM / RUNONLINE.PL TEAM	M30-39	5	**00:29:14.25**	**00:29:18.05**	+00:03:51 (13.2%)	5:51	10.3 (87.3%)
16	**BATORYNA Aleksander**	**406**	UNIWERSYTET EKONOMICZNY W KATOWICACH	M30-39	6	**00:29:15.85**	**00:29:18.25**	+00:03:51 (13.2%)	5:51	10.3 (87.3%)
17	**BROL Piotr**	**423**	ENDURANCE TEAM	M30-39	7	**00:30:51.10**	**00:30:53.45**	+00:05:27 (17.6%)	6:10	9.7 (82.2%)
18	**OLEŚ Rafał**	**548**	HUSARIA RACE TEAM	M16-29	9	**00:31:03.80**	**00:31:07.90**	+00:05:41 (18.3%)	6:12	9.7 (82.2%)
19	**KOPIEĆ Kamil**	**492**	JAJA NA BOK	M30-39	8	**00:31:35.15**	**00:31:38.70**	+00:06:12 (19.6%)	6:19	9.5 (80.5%)
20	**REICHEL Marcin**	**579**		M30-39	9	**00:31:35.60**	**00:31:38.80**	+00:06:12 (19.6%)	6:19	9.5 (80.5%)
21	**SKIBA Maciej**	**139**	SKIBASPORT.PL / SPORTOWE DZBANY	M16-29	10	**00:31:40.00**	**00:31:45.40**	+00:06:19 (19.9%)	6:20	9.5 (80.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
22	**KALCZYŃSKI Marcin**	**475**		M16-29	11	**00:31:55.70**	**00:31:57.95**	+00:06:31 (20.4%)	6:23	9.4 (79.7%)
23	**DOBOSZ Daniel**	**436**		M40-49	3	**00:32:06.35**	**00:32:13.65**	+00:06:47 (21.1%)	6:25	9.3 (78.8%)
24	**ROMANOWSKI Łukasz**	**584**	HUSARIA RACE TEAM	M30-39	10	**00:32:15.20**	**00:32:19.35**	+00:06:53 (21.3%)	6:27	9.3 (78.8%)
25	**REJMAN Marek**	**581**		M40-49	4	**00:33:16.90**	**00:33:27.25**	+00:08:00 (24.0%)	6:39	9 (76.3%)
26	**KARDASZ Marek**	**265**	SOLINA TEAM	M40-49	5	**00:33:36.60**	**00:33:41.00**	+00:08:14 (24.5%)	6:43	8.9 (75.4%)
27	**GULBA Krzysztof**	**459**	PENTEL	M40-49	6	**00:33:46.65**	**00:33:49.65**	+00:08:23 (24.8%)	6:45	8.9 (75.4%)
28	**PIETROCZUK Sylwia**	**561**	NOA	K16-29	1	**00:33:50.65**	**00:33:52.50**	+00:08:26 (24.9%)	6:46	8.9 (75.4%)
29	**MŁYNARCZYK Krzysztof**	**536**	ANDRYCHÓW RUNNING	M30-39	11	**00:33:50.00**	**00:33:55.80**	+00:08:29 (25.0%)	6:46	8.9 (75.4%)
30	**SOSNOWSKI Roman**	**609**	LACHO TEAM	M50-59	1	**00:33:57.45**	**00:34:01.25**	+00:08:34 (25.2%)	6:47	8.8 (74.6%)
31	**RZEPKA Tomasz**	**589**	HTF-LUDWIK SIKORSKI	M40-49	7	**00:34:05.65**	**00:34:09.80**	+00:08:43 (25.5%)	6:49	8.8 (74.6%)
32	**CHMIELEWSKA-BORUCH Milena**	**430**		K30-39	1	**00:34:14.90**	**00:34:17.15**	+00:08:50 (25.8%)	6:51	8.8 (74.6%)
33	**GRZEGORZAK Wojciech**	**458**	#ADAMCZERWIŃSKITEAM	M40-49	8	**00:34:26.80**	**00:34:32.55**	+00:09:06 (26.4%)	6:53	8.7 (73.7%)
34	**KUBIESA-CRO Jakub**	**506**		M30-39	12	**00:34:17.20**	**00:34:37.05**	+00:09:10 (26.5%)	6:51	8.7 (73.7%)
35	**KEMPKA Marcin**	**495**	RAJSPORT ACTIVE	M30-39	13	**00:34:19.05**	**00:34:37.30**	+00:09:10 (26.5%)	6:51	8.7 (73.7%)
36	**SAROSI Boldi**	**592**		M16-29	12	**00:34:36.95**	**00:34:42.35**	+00:09:16 (26.7%)	6:55	8.7 (73.7%)
37	**BORYCKI Artur**	**419**	TGR	M40-49	9	**00:34:42.80**	**00:34:46.80**	+00:09:20 (26.9%)	6:56	8.6 (72.9%)
38	**KOZŁOWSKI Bartosz**	**501**	THE THRULERS	M30-39	14	**00:34:43.50**	**00:34:49.15**	+00:09:22 (26.9%)	6:56	8.6 (72.9%)
39	**NIŹNIK Borys**	**537**	HUSARIA RACE TEAM	M40-49	10	**00:34:58.30**	**00:34:59.75**	+00:09:33 (27.3%)	6:59	8.6 (72.9%)
40	**WICHA Małgorzata**	**637**	WKS WAWEL	K16-29	2	**00:35:00.85**	**00:35:02.90**	+00:09:36 (27.4%)	7:00	8.6 (72.9%)
41	**KLOCEK Konrad**	**663**		M30-39	15	**00:34:58.05**	**00:35:06.15**	+00:09:39 (27.5%)	6:59	8.6 (72.9%)
42	**PIASECKI Mariusz**	**556**	MNK	M40-49	11	**00:35:09.30**	**00:35:24.10**	+00:09:57 (28.1%)	7:02	8.5 (72.0%)
43	**CHOJNACKI Mikołaj**	**431**	WARSAW RUN CLUB	M40-49	12	**00:35:37.70**	**00:35:46.25**	+00:10:19 (28.9%)	7:07	8.4 (71.2%)
44	**KOCUR Grzegorz**	**483**		M40-49	13	**00:35:39.25**	**00:35:50.15**	+00:10:23 (29.0%)	7:08	8.4 (71.2%)

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45	**GNIADY Jarosław**	**454**		M40-49	14	**00:35:43.65**	**00:35:56.20**	+00:10:29 (29.2%)	7:08	8.4 (71.2%)
46	**BLOK Izabela**	**418**	72D ROWMIX JAVA TEAM	K30-39	2	**00:35:54.90**	**00:35:59.30**	+00:10:32 (29.3%)	7:11	8.4 (71.2%)
47	**SITEK Szymon**	**620**	ZABIEGANI CZĘSTOCHOWA	M30-39	16	**00:35:51.70**	**00:36:00.75**	+00:10:34 (29.4%)	7:10	8.4 (71.2%)
48	**HANUSIAK Leszek**	**461**	HUSARIA RACE TEAM	M30-39	17	**00:35:44.70**	**00:36:01.85**	+00:10:35 (29.4%)	7:08	8.4 (71.2%)
49	**SZUREK Paulina**	**623**		K30-39	3	**00:36:03.55**	**00:36:05.00**	+00:10:38 (29.5%)	7:12	8.3 (70.3%)
50	**WOŹNIAK Janusz**	**643**	PORMAT JEDLICZE BIEGA	M50-59	2	**00:36:11.70**	**00:36:18.55**	+00:10:52 (29.9%)	7:14	8.3 (70.3%)
51	**SZUMNY Nina**	**622**		K30-39	4	**00:36:17.35**	**00:36:19.70**	+00:10:53 (30.0%)	7:15	8.3 (70.3%)
52	**GAWRYS Bartek**	**451**	ENDURANCE TEAM	M30-39	18	**00:36:13.50**	**00:36:20.65**	+00:10:54 (30.0%)	7:14	8.3 (70.3%)
53	**HERLICZKA Tomasz**	**466**	AML-FLY TEAM	M40-49	15	**00:36:16.40**	**00:36:29.65**	+00:11:03 (30.3%)	7:15	8.3 (70.3%)
54	**DEPTUŚ Bartłomiej**	**435**		M30-39	19	**00:36:22.40**	**00:36:35.05**	+00:11:08 (30.5%)	7:16	8.2 (69.5%)
55	**SKIERSKI Adam**	**600**	ENDURANCE TEAM	M40-49	16	**00:36:37.30**	**00:36:44.45**	+00:11:18 (30.8%)	7:19	8.2 (69.5%)
56	**KOMAR Bartosz**	**485**		M40-49	17	**00:36:47.05**	**00:36:57.45**	+00:11:31 (31.2%)	7:21	8.2 (69.5%)
57	**BISZCZUK Mariola**	**417**	THE THRULERS	K30-39	5	**00:36:54.85**	**00:36:59.55**	+00:11:33 (31.2%)	7:23	8.1 (68.6%)
58	**PAWELEC Aleksandra**	**552**	HUSARIA RACE TEAM	K16-29	3	**00:36:51.55**	**00:37:01.85**	+00:11:35 (31.3%)	7:22	8.1 (68.6%)
59	**PODOLAK Zbigniew**	**567**	STOWARZYSZENIE PRZYJACIÓŁ DOBREGO WOJAKA SZWEJKA	M50-59	3	**00:37:37.15**	**00:37:42.05**	+00:12:15 (32.5%)	7:31	8 (67.8%)
60	**LEWCZUK Norbert**	**515**	BIEGACZE POMAGACZE/ ELITE RUNNERS	M30-39	20	**00:37:29.60**	**00:37:45.30**	+00:12:18 (32.6%)	7:30	8 (67.8%)
61	**STEFANIUK Marzena**	**610**		K30-39	6	**00:37:57.15**	**00:38:02.45**	+00:12:36 (33.1%)	7:35	7.9 (66.9%)
62	**SKRZYŃSKI Rafał**	**603**	RUNONLINE.PL	M30-39	21	**00:37:43.00**	**00:38:03.45**	+00:12:37 (33.2%)	7:32	8 (67.8%)
63	**MIKOŚ Magdalena**	**535**		K30-39	7	**00:37:44.05**	**00:38:04.65**	+00:12:38 (33.2%)	7:32	8 (67.8%)
64	**KOPEĆ Krystian**	**491**		M16-29	13	**00:37:58.75**	**00:38:07.60**	+00:12:41 (33.3%)	7:35	7.9 (66.9%)
65	**HRYC Martyna**	**467**		K16-29	4	**00:38:13.70**	**00:38:16.15**	+00:12:49 (33.5%)	7:38	7.8 (66.1%)
66	**PINTSCHER Paulina**	**564**		K30-39	8	**00:38:37.75**	**00:38:42.90**	+00:13:16 (34.3%)	7:43	7.8 (66.1%)
67	**OSTROWSKI Łukasz**	**549**		M30-39	22	**00:38:37.50**	**00:38:49.60**	+00:13:23 (34.5%)	7:43	7.8 (66.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
68	**ADAMSKI Jakub**	**662**	OŚRODEK TWÓRCZEJ INTERWENCJI	M30-39	23	**00:38:40.85**	**00:38:55.05**	+00:13:28 (34.6%)	7:44	7.8 (66.1%)
69	**SOKOŁOWSKI Władysław**	**607**	HUSARIA RACE TEAM	M16-29	14	**00:39:03.40**	**00:39:10.15**	+00:13:43 (35.1%)	7:48	7.7 (65.3%)
70	**KRYGER Jacek**	**504**	OTE TEAM	M40-49	18	**00:39:11.50**	**00:39:14.25**	+00:13:47 (35.2%)	7:50	7.7 (65.3%)
71	**TYKSINSKI Rafal**	**629**	EXPRESSMAP	M40-49	19	**00:39:15.80**	**00:39:20.85**	+00:13:54 (35.3%)	7:51	7.6 (64.4%)
72	**STYŁA Sebastian**	**612**		M40-49	20	**00:39:23.75**	**00:39:28.75**	+00:14:02 (35.6%)	7:52	7.6 (64.4%)
73	**LANGE Magda**	**510**	STG TARNOW	K30-39	9	**00:39:26.40**	**00:39:29.05**	+00:14:02 (35.6%)	7:53	7.6 (64.4%)
74	**BAR Przemek**	**405**	ENDURANCE TEAM	M30-39	24	**00:39:23.55**	**00:39:31.15**	+00:14:04 (35.6%)	7:52	7.6 (64.4%)
75	**WÓŁKIEWICZ Dorota**	**647**	KS STASZEWSCY	K50-59	1	**00:39:07.50**	**00:39:31.50**	+00:14:05 (35.6%)	7:49	7.7 (65.3%)
76	**DUDA Waldemar**	**438**	TARNOWSKI KLUB KARATE SHINKYOKUSHIN	M40-49	21	**00:39:34.15**	**00:39:37.65**	+00:14:11 (35.8%)	7:54	7.6 (64.4%)
77	**GRABOWSKA Joanna**	**457**	SPC/ KM UMK	K40-49	1	**00:39:57.65**	**00:40:00.40**	+00:14:34 (36.4%)	7:59	7.5 (63.6%)
78	**CHRZAN Magdalena**	**432**		K30-39	10	**00:39:56.10**	**00:40:03.35**	+00:14:37 (36.5%)	7:59	7.5 (63.6%)
79	**GARDEŁA Justyna**	**449**	WOLBROM TEAM	K30-39	11	**00:39:41.90**	**00:40:03.55**	+00:14:37 (36.5%)	7:56	7.6 (64.4%)
80	**JACHIMOWICZ Jarosław**	**468**	SPARTAN TRAINING GROUP TARNÓW	M16-29	15	**00:40:05.20**	**00:40:08.70**	+00:14:42 (36.6%)	8:01	7.5 (63.6%)
81	**ŻUKOWSKI Grzegorz**	**657**	ENDURANCE TEAM	M50-59	4	**00:40:03.60**	**00:40:10.50**	+00:14:44 (36.7%)	8:00	7.5 (63.6%)
82	**BEDNARZ Franciszek**	**409**		M30-39	25	**00:40:14.85**	**00:40:38.65**	+00:15:12 (37.4%)	8:03	7.5 (63.6%)
83	**PROCHASEK Anna**	**569**		K30-39	12	**00:40:26.05**	**00:40:40.55**	+00:15:14 (37.5%)	8:05	7.4 (62.7%)
84	**ŚLUSARSKI Włodek**	**518**		M50-59	5	**00:40:39.95**	**00:40:43.50**	+00:15:17 (37.5%)	8:08	7.4 (62.7%)
85	**TRUSZKOWSKA Marta**	**628**		K30-39	13	**00:40:28.60**	**00:40:46.45**	+00:15:20 (37.6%)	8:05	7.4 (62.7%)
86	**HENDZLIK Monika**	**463**		K40-49	2	**00:40:47.90**	**00:40:54.35**	+00:15:28 (37.8%)	8:09	7.4 (62.7%)
87	**ROZMUS Marzena**	**586**	FRELKI LOTAJOM	K40-49	3	**00:40:46.65**	**00:40:55.50**	+00:15:29 (37.8%)	8:09	7.4 (62.7%)
88	**GAWLIKOWSKI Robert**	**544**		M40-49	22	**00:41:10.60**	**00:41:17.65**	+00:15:51 (38.4%)	8:14	7.3 (61.9%)
89	**POŹNIAK-STYCZYŃSKA Maja**	**565**	DDC	K30-39	14	**00:41:13.75**	**00:41:18.45**	+00:15:52 (38.4%)	8:14	7.3 (61.9%)
90	**NOWAK Piotr**	**540**		M16-29	16	**00:41:15.80**	**00:41:23.55**	+00:15:57 (38.5%)	8:15	7.3 (61.9%)

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91	**BIELECKI Adam**	**416**		M40-49	23	**00:41:15.15**	**00:41:27.20**	+00:16:00 (38.6%)	8:15	7.3 (61.9%)
92	**SŁOWIŃSKI Karol**	**604**		M40-49	24	**00:41:24.15**	**00:41:53.20**	+00:16:26 (39.3%)	8:16	7.2 (61.0%)
93	**HAŚNIK Daria**	**460**		K30-39	15	**00:41:56.80**	**00:42:05.00**	+00:16:38 (39.6%)	8:23	7.2 (61.0%)
94	**UNIEJEWSKI Tomasz**	**630**		M40-49	25	**00:41:59.15**	**00:42:15.50**	+00:16:49 (39.8%)	8:23	7.1 (60.2%)
95	**WIŚNIEWSKI Tomasz**	**635**		M40-49	26	**00:42:08.40**	**00:42:17.15**	+00:16:50 (39.8%)	8:25	7.1 (60.2%)
96	**BEDNARZ Józef**	**410**		M16-29	17	**00:42:06.50**	**00:42:29.25**	+00:17:02 (40.1%)	8:25	7.1 (60.2%)
97	**SAMOJLUK-ŚLUSARSKA Bożena**	**591**	DRUŻYNA TVN	K60+	1	**00:43:25.90**	**00:43:31.10**	+00:18:04 (41.5%)	8:41	6.9 (58.5%)
98	**KONS Katarzyna**	**487**	POKA HERKI TEAM	K16-29	5	**00:43:33.25**	**00:43:33.25**	+00:18:06 (41.6%)	8:42	6.9 (58.5%)
99	**JURCZENKO Marcin**	**474**	ITMBW KRAKÓW	M40-49	27	**00:43:17.20**	**00:43:33.30**	+00:18:06 (41.6%)	8:39	6.9 (58.5%)
100	**MALOCHLEB Mateusz**	**659**	ZAWISZA STARA KUŹNIA	M16-29	18	**00:43:13.80**	**00:43:33.95**	+00:18:07 (41.6%)	8:38	6.9 (58.5%)
101	**KOBIAŁKA Paweł**	**482**	ROZBIEGANE DOBCZYCE	M40-49	28	**00:43:17.30**	**00:43:35.15**	+00:18:08 (41.6%)	8:39	6.9 (58.5%)
102	**PRZYBYLSKI Michał**	**570**	TRANSPOREON	M30-39	26	**00:43:30.00**	**00:43:45.90**	+00:18:19 (41.9%)	8:42	6.9 (58.5%)
103	**KOPEĆ Sebastian**	**490**		M30-39	27	**00:43:37.55**	**00:43:46.60**	+00:18:20 (41.9%)	8:43	6.9 (58.5%)
104	**ROGÓŻ Elżbieta**	**583**	PRORUNNING PROMOTION	K40-49	4	**00:43:42.65**	**00:43:49.50**	+00:18:23 (42.0%)	8:44	6.9 (58.5%)
105	**FRANKOWSKI Piotr**	**446**		M40-49	29	**00:43:37.95**	**00:43:53.35**	+00:18:27 (42.0%)	8:43	6.9 (58.5%)
106	**RAKOWSKI Krzysztof**	**577**	RUCHLIWI ŚWIŃSKA NOGA	M40-49	30	**00:43:43.60**	**00:44:04.35**	+00:18:38 (42.3%)	8:44	6.9 (58.5%)
107	**CIMASZEWSKI Michał**	**434**		M16-29	19	**00:44:02.20**	**00:44:08.35**	+00:18:42 (42.4%)	8:48	6.8 (57.6%)
108	**WÓJCIK Łukasz**	**646**	OLEJ RUNNING TEAM / CELIRONMAN	M30-39	28	**00:43:47.75**	**00:44:13.25**	+00:18:46 (42.5%)	8:45	6.8 (57.6%)
109	**NORWECKA Sylwia**	**538**		K30-39	16	**00:44:22.75**	**00:44:34.80**	+00:19:08 (42.9%)	8:52	6.8 (57.6%)
110	**WARCHOCKA Ewelina**	**632**		K40-49	5	**00:44:32.25**	**00:44:50.85**	+00:19:24 (43.3%)	8:54	6.7 (56.8%)
111	**NOWACZEK Aleksandra**	**539**	MULTIMEDIA RUNNERS PUŁAWY	K30-39	17	**00:44:50.30**	**00:44:56.20**	+00:19:29 (43.4%)	8:58	6.7 (56.8%)
112	**PAWEŁCZYK Kacper**	**554**	K.S. CELIRONMAN S.A.	M30-39	29	**00:44:33.55**	**00:44:59.35**	+00:19:33 (43.5%)	8:54	6.7 (56.8%)
113	**ROGOWSKA Aleksandra**	**582**	SIOSTRY OLSEN	K16-29	6	**00:45:05.45**	**00:45:26.55**	+00:20:00 (44.0%)	9:01	6.7 (56.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
114	**KRAVETS Anastasiia**	**502**	TRANSPOREON	K16-29	7	**00:45:16.20**	**00:45:30.85**	+00:20:04 (44.1%)	9:03	6.6 (55.9%)
115	**DŠBROWSKI Marek**	**437**	TRANSPOREON	M30-39	30	**00:45:15.55**	**00:45:31.75**	+00:20:05 (44.1%)	9:03	6.6 (55.9%)
116	**SIEKANIEC Dorota**	**595**	NIDEC ALL FOR DREAMS	K30-39	18	**00:45:13.60**	**00:45:34.55**	+00:20:08 (44.2%)	9:02	6.6 (55.9%)
117	**LULA Radek**	**517**		M40-49	31	**00:45:23.00**	**00:45:37.25**	+00:20:10 (44.2%)	9:04	6.6 (55.9%)
118	**HERLICZKA Renata**	**465**	AML-FLY TEAM	K30-39	19	**00:45:24.30**	**00:45:39.15**	+00:20:12 (44.3%)	9:05	6.6 (55.9%)
119	**ZAŁUBSKA Anna**	**652**	DIETETYK-NIEPOLOMICE.PL	K30-39	20	**00:45:39.40**	**00:45:52.85**	+00:20:26 (44.6%)	9:07	6.6 (55.9%)
120	**REJMAN Dorota**	**580**		K40-49	6	**00:45:44.75**	**00:45:54.85**	+00:20:28 (44.6%)	9:08	6.6 (55.9%)
121	**BEDNARZ Anna**	**408**	42 DO SZCZĘŚCIA	K16-29	8	**00:45:33.05**	**00:45:56.00**	+00:20:29 (44.6%)	9:06	6.6 (55.9%)
122	**KORNAGA Kamil**	**493**	KS RUDNIANKA RUDNA WIELKA	M16-29	20	**00:45:48.20**	**00:46:01.00**	+00:20:34 (44.7%)	9:09	6.5 (55.1%)
123	**NOWAK Krzysztof**	**542**	STG TARNÓW	M40-49	32	**00:45:55.50**	**00:46:05.15**	+00:20:38 (44.8%)	9:11	6.5 (55.1%)
124	**SZCZESNIAK Agnieszka**	**616**	SB SOBOLE	K40-49	7	**00:45:50.40**	**00:46:06.40**	+00:20:40 (44.8%)	9:10	6.5 (55.1%)
125	**SOBULSKI Karol**	**606**	SB SOBOLE	M40-49	33	**00:45:52.35**	**00:46:07.30**	+00:20:40 (44.8%)	9:10	6.5 (55.1%)
126	**KOSTKA Aneta**	**496**	ADIDAS RUNNERS WARSAW	K16-29	9	**00:46:06.00**	**00:46:09.80**	+00:20:43 (44.9%)	9:13	6.5 (55.1%)
127	**TOKARSKA Bożena**	**624**	#ADAMCZERWIŃSKITEAM	K40-49	8	**00:46:05.35**	**00:46:11.95**	+00:20:45 (44.9%)	9:13	6.5 (55.1%)
128	**TOKARSKI Rafał**	**625**		M40-49	34	**00:46:05.55**	**00:46:12.10**	+00:20:45 (44.9%)	9:13	6.5 (55.1%)
129	**BURMAN Beata**	**426**		K40-49	9	**00:46:03.30**	**00:46:14.45**	+00:20:48 (45.0%)	9:12	6.5 (55.1%)
130	**SKOCZYLAS Piotr**	**601**	ENDURANCE TEAM	M40-49	35	**00:46:01.05**	**00:46:16.45**	+00:20:50 (45.0%)	9:12	6.5 (55.1%)
131	**ZIÓŁEK Kornelia**	**654**		K30-39	21	**00:46:17.85**	**00:46:21.65**	+00:20:55 (45.1%)	9:15	6.5 (55.1%)
132	**MICHALIK Justyna**	**533**	ZABIERZOW BIEGA	K30-39	22	**00:46:18.40**	**00:46:26.85**	+00:21:00 (45.2%)	9:15	6.5 (55.1%)
133	**BOROŃ Marlena**	**639**		K16-29	10	**00:46:26.25**	**00:46:49.10**	+00:21:22 (45.7%)	9:17	6.5 (55.1%)
134	**GAWRYLAK Beata**	**450**	ZUMBIARY	K40-49	10	**00:46:37.20**	**00:46:53.85**	+00:21:27 (45.8%)	9:19	6.4 (54.2%)
135	**PRZYBYŁKA Agnieszka**	**571**		K30-39	23	**00:47:07.00**	**00:47:15.10**	+00:21:48 (46.2%)	9:25	6.4 (54.2%)
136	**DZIÓBEK Sylwia**	**444**		K40-49	11	**00:47:06.70**	**00:47:18.15**	+00:21:51 (46.2%)	9:25	6.4 (54.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
137	**ŁATA Katarzyna**	**519**		K40-49	12	**00:47:11.25**	**00:47:19.40**	+00:21:53 (46.2%)	9:26	6.4 (54.2%)
138	**TROJANOWSKA Kinga**	**627**		K60+	2	**00:47:18.20**	**00:47:25.05**	+00:21:58 (46.4%)	9:27	6.3 (53.4%)
139	**CIECHAROWSKA Justyna**	**433**		K30-39	24	**00:47:16.50**	**00:47:26.10**	+00:21:59 (46.4%)	9:27	6.3 (53.4%)
140	**HEPNER Malwina**	**464**	ADIDAS RUNNERS WARSAW	K30-39	25	**00:47:24.55**	**00:47:28.55**	+00:22:02 (46.4%)	9:28	6.3 (53.4%)
141	**OTOLA Iwona**	**550**	ENDURANCE TEAM	K30-39	26	**00:47:33.75**	**00:47:40.60**	+00:22:14 (46.6%)	9:30	6.3 (53.4%)
142	**WILCZEWSKA Weronika**	**642**		K16-29	11	**00:47:42.50**	**00:47:50.25**	+00:22:23 (46.8%)	9:32	6.3 (53.4%)
143	**RUTKOWSKA Milena**	**588**	MULTIMEDIA RUNNERS PUŁAWY	K30-39	27	**00:48:09.25**	**00:48:14.85**	+00:22:48 (47.3%)	9:37	6.2 (52.5%)
144	**KŁOPOT Grażyna**	**481**	MULTIMEDIA RUNNERS PUŁAWY	K40-49	13	**00:48:09.55**	**00:48:15.70**	+00:22:49 (47.3%)	9:37	6.2 (52.5%)
145	**WÓŁKIEWICZ Paweł**	**648**	OX5	M50-59	6	**00:47:54.35**	**00:48:18.50**	+00:22:52 (47.3%)	9:34	6.3 (53.4%)
146	**JAROSZEWSKA Iwona**	**471**		K40-49	14	**00:47:54.70**	**00:48:18.55**	+00:22:52 (47.3%)	9:35	6.3 (53.4%)
147	**MARKOWSKA Jadwiga**	**530**		K30-39	28	**00:48:09.35**	**00:48:20.85**	+00:22:54 (47.4%)	9:37	6.2 (52.5%)
148	**BEZKOROWAJNY Mateusz**	**412**	NOKIA	M30-39	31	**00:47:59.30**	**00:48:22.10**	+00:22:55 (47.4%)	9:36	6.3 (53.4%)
149	**BEZKOROWAJNY Joanna**	**411**	NOKIA	K30-39	29	**00:47:59.25**	**00:48:22.40**	+00:22:56 (47.4%)	9:35	6.3 (53.4%)
150	**SKIBA Katarzyna**	**599**		K40-49	15	**00:48:02.20**	**00:48:22.95**	+00:22:56 (47.4%)	9:36	6.2 (52.5%)
151	**RACZEK Radosław**	**574**	GORŠCY POTOK TEAM	M16-29	21	**00:48:09.80**	**00:48:23.75**	+00:22:57 (47.4%)	9:38	6.2 (52.5%)
152	**MAJDA Karolina**	**527**		K16-29	12	**00:48:10.15**	**00:48:23.90**	+00:22:57 (47.4%)	9:38	6.2 (52.5%)
153	**PIETROŃ Monika**	**562**	LEMON TEAM	K30-39	30	**00:48:05.05**	**00:48:26.75**	+00:23:00 (47.5%)	9:37	6.2 (52.5%)
154	**WOŹNIAK Lidia**	**644**	PORMAT JEDLICZE BIEGA	K50-59	2	**00:48:22.85**	**00:48:28.85**	+00:23:02 (47.5%)	9:40	6.2 (52.5%)
155	**SALAMON Barbara**	**590**		K40-49	16	**00:48:25.30**	**00:48:32.20**	+00:23:05 (47.6%)	9:41	6.2 (52.5%)
156	**ARMAŃSKA Marianna**	**400**		K30-39	31	**00:48:22.80**	**00:48:35.95**	+00:23:09 (47.7%)	9:40	6.2 (52.5%)
157	**KAPAŁKA Krzysztof**	**478**	STG TARNÓW	M60+	1	**00:48:41.20**	**00:48:44.20**	+00:23:17 (47.8%)	9:44	6.2 (52.5%)
158	**NOWAK Paulina**	**543**	SPARTAN TREINING GROUP TARNÓW	K30-39	32	**00:49:11.10**	**00:49:13.55**	+00:23:47 (48.3%)	9:50	6.1 (51.7%)
159	**PIECZONKA Rafal**	**558**	SPARTAN TREINING GROUP TARNÓW	M30-39	32	**00:49:11.05**	**00:49:13.70**	+00:23:47 (48.3%)	9:50	6.1 (51.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
160	**BEŚCIAK Kamil**	**407**	SPARTAN TRAINING GROUP TARNÓW	M16-29	22	**00:49:09.80**	**00:49:13.90**	+00:23:47 (48.3%)	9:49	6.1 (51.7%)
160	**SURDEJ Paulina**	**613**	STG TARNÓW	K16-29	13	**00:49:11.20**	**00:49:13.90**	+00:23:47 (48.3%)	9:50	6.1 (51.7%)
162	**LUDWA Michał**	**516**	TARNOWSKI KLUB SPORTOWY SHINKYOKUSHIN KARATE	M30-39	33	**00:49:11.35**	**00:49:14.40**	+00:23:48 (48.3%)	9:50	6.1 (51.7%)
163	**GŁUCHOWSKI Jacek**	**453**	BB RUNERS	M40-49	36	**00:49:10.20**	**00:49:18.60**	+00:23:52 (48.4%)	9:50	6.1 (51.7%)
164	**SIKORSKI Ludwik**	**598**	HTF LUDWIK SIKORSKI	M40-49	37	**00:49:18.05**	**00:49:22.90**	+00:23:56 (48.5%)	9:51	6.1 (51.7%)
165	**WALKOWSKA Justyna**	**631**	JACEKBIEGA RUNNING TEAM	K40-49	17	**00:49:50.20**	**00:50:01.30**	+00:24:34 (49.1%)	9:58	6 (50.8%)
166	**ZAKRZEWSKI Jaroslaw**	**651**		M40-49	38	**00:49:46.75**	**00:50:02.95**	+00:24:36 (49.2%)	9:57	6 (50.8%)
167	**JAGIEŁA Tomasz**	**469**	BAKOMAT TEAM	M30-39	34	**00:50:36.05**	**00:50:41.35**	+00:25:15 (49.8%)	10:07	5.9 (50.0%)
168	**KONIEC Mariusz**	**486**	CARBON OCR RACING TEAM	M30-39	35	**00:50:25.35**	**00:50:48.80**	+00:25:22 (49.9%)	10:05	6 (50.8%)
169	**KURCIŃSKA Lidia**	**507**		K30-39	33	**00:50:37.45**	**00:50:56.10**	+00:25:29 (50.1%)	10:07	5.9 (50.0%)
170	**ŚWIEŻEWSKA Klementyna**	**640**		K30-39	34	**00:50:29.95**	**00:50:56.70**	+00:25:30 (50.1%)	10:06	5.9 (50.0%)
171	**ZIÓŁEK Teresa**	**655**	STEY INSANE	K60+	3	**00:50:39.80**	**00:50:57.35**	+00:25:31 (50.1%)	10:08	5.9 (50.0%)
172	**BRODAWKA Olga**	**421**		K30-39	35	**00:50:48.45**	**00:50:59.65**	+00:25:33 (50.1%)	10:09	5.9 (50.0%)
173	**ŁUKASZEWSKA Katarzyna**	**523**		K50-59	3	**00:50:52.10**	**00:51:11.25**	+00:25:44 (50.3%)	10:10	5.9 (50.0%)
174	**RUDNIK Katarzyna**	**587**		K30-39	36	**00:50:53.90**	**00:51:13.60**	+00:25:47 (50.3%)	10:10	5.9 (50.0%)
175	**MEINERT Jakub**	**532**	CARBON OCR RACING TEAM	M16-29	23	**00:51:05.30**	**00:51:15.70**	+00:25:49 (50.4%)	10:13	5.9 (50.0%)
176	**ZBROSZCZYK Damian**	**585**	CARBON OCR RACING TEAM	M30-39	36	**00:50:59.60**	**00:51:23.15**	+00:25:56 (50.5%)	10:12	5.9 (50.0%)
177	**BALCERZAK Krystyna**	**402**		K40-49	18	**00:51:07.85**	**00:51:26.40**	+00:26:00 (50.5%)	10:13	5.9 (50.0%)
178	**RADOSZ-KWASEK Agata**	**575**	MUAY RUNNING TEAM	K30-39	37	**00:51:20.80**	**00:51:42.75**	+00:26:16 (50.8%)	10:16	5.8 (49.2%)
179	**BALON Marcin**	**403**	BB RUNNERS	M40-49	39	**00:51:36.35**	**00:51:51.85**	+00:26:25 (51.0%)	10:19	5.8 (49.2%)
180	**LUDKA Dagmara**	**513**		K40-49	19	**00:51:56.95**	**00:52:03.55**	+00:26:37 (51.1%)	10:23	5.8 (49.2%)
181	**SEBZDA Malgorzata**	**593**	HUSARIA RACE TEAM	K40-49	20	**00:52:06.30**	**00:52:12.25**	+00:26:45 (51.3%)	10:25	5.8 (49.2%)
182	**PAWŁOWSKA Maria**	**555**	MARUSIABIEGAPL	K40-49	21	**00:52:04.60**	**00:52:22.05**	+00:26:55 (51.4%)	10:25	5.8 (49.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
183	**SOSNOWSKA Barbara**	**608**	LACHO TEAM	K40-49	22	**00:52:07.20**	**00:52:27.95**	+00:27:01 (51.5%)	10:25	5.8 (49.2%)
184	**PIETRZYKOWSKA Katarzyna**	**563**		K30-39	38	**00:52:07.50**	**00:52:28.15**	+00:27:01 (51.5%)	10:25	5.8 (49.2%)
185	**KRÓLIKOWSKA Anna**	**503**	HUSARIA RACE TEAM	K16-29	14	**00:52:17.60**	**00:52:39.75**	+00:27:13 (51.7%)	10:27	5.7 (48.3%)
186	**ŁUCZAK Paweł**	**522**		M16-29	24	**00:52:18.20**	**00:52:40.05**	+00:27:13 (51.7%)	10:27	5.7 (48.3%)
187	**KWIATKOWSKA Katarzyna**	**509**	RUNKASIARUN	K30-39	39	**00:52:21.85**	**00:52:40.50**	+00:27:14 (51.7%)	10:28	5.7 (48.3%)
188	**STERNIK Daniel**	**611**	NAJWIĘKSZA ARMIA ŚWIATA	M30-39	37	**00:52:27.15**	**00:52:45.60**	+00:27:19 (51.8%)	10:29	5.7 (48.3%)
189	**ZAINCIKOVSKAIA-WÓJCIK Inna**	**649**	NIE MAM POMYSŁU	K30-39	40	**00:52:37.15**	**00:52:49.30**	+00:27:22 (51.8%)	10:31	5.7 (48.3%)
190	**SIATKA Agnieszka**	**594**	RUNNING PERFORMANCE	K40-49	23	**00:52:44.30**	**00:52:52.80**	+00:27:26 (51.9%)	10:32	5.7 (48.3%)
191	**RADYK Jakub**	**440**	PRZEMYSKI KLUB BIEGACZA	M30-39	38	**00:52:50.10**	**00:52:54.55**	+00:27:28 (51.9%)	10:34	5.7 (48.3%)
192	**RADYK Joanna**	**576**	PRZEMYSKI KLUB BIEGACZA	K30-39	41	**00:52:48.75**	**00:52:54.90**	+00:27:28 (51.9%)	10:33	5.7 (48.3%)
193	**ŁĘPICKI Mateusz**	**521**	LEMON TEAM	M30-39	39	**00:52:41.25**	**00:52:59.40**	+00:27:33 (52.0%)	10:32	5.7 (48.3%)
194	**ŁĘPICKA Marta**	**520**		K16-29	15	**00:52:41.30**	**00:53:00.70**	+00:27:34 (52.0%)	10:32	5.7 (48.3%)
195	**CHLEWICKA Magdalena**	**414**	ZABIEGANI CZĘSTOCHOWA	K30-39	42	**00:52:53.95**	**00:53:01.60**	+00:27:35 (52.0%)	10:34	5.7 (48.3%)
196	**DUBIŃSKI Przemysław**	**415**	PRZEMEK DUBIŃSKI - BIEGIEMPRZEZŚWIAT	M40-49	40	**00:52:54.20**	**00:53:02.60**	+00:27:36 (52.0%)	10:34	5.7 (48.3%)
197	**ŚWIEŻEWSKA Kaja**	**641**		K30-39	43	**00:52:35.95**	**00:53:03.30**	+00:27:36 (52.1%)	10:31	5.7 (48.3%)
198	**KORPALSKI Jacek**	**494**		M50-59	7	**00:52:50.75**	**00:53:08.70**	+00:27:42 (52.1%)	10:34	5.7 (48.3%)
199	**BUNIKOWSKA Emilia**	**425**		K30-39	44	**00:53:00.50**	**00:53:22.65**	+00:27:56 (52.3%)	10:36	5.7 (48.3%)
200	**WIŚNIEWSKA Katarzyna**	**634**	WIŚNIA TEAM	K40-49	24	**00:53:14.30**	**00:53:27.45**	+00:28:01 (52.4%)	10:38	5.6 (47.5%)
201	**PUKOCZ Katarzyna**	**573**		K30-39	45	**00:53:03.25**	**00:53:28.15**	+00:28:01 (52.4%)	10:36	5.7 (48.3%)
202	**BRODECKI Adam**	**422**	WATAHA ŁŚCZY NAS BIEGANIE	M16-29	25	**00:53:05.80**	**00:53:30.70**	+00:28:04 (52.5%)	10:37	5.6 (47.5%)
203	**KANDERSKI Sławek**	**476**	WKB MARATOŃCZYK	M50-59	8	**00:53:23.85**	**00:53:49.35**	+00:28:23 (52.7%)	10:40	5.6 (47.5%)
204	**ŻURKOWSKA Dorota**	**658**		K30-39	46	**00:54:59.10**	**00:55:23.70**	+00:29:57 (54.1%)	10:59	5.5 (46.6%)
205	**LESZCZYNSKI Aleksander**	**514**		M40-49	41	**00:55:27.10**	**00:55:43.20**	+00:30:16 (54.3%)	11:05	5.4 (45.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
206	**GERLE-KOTULA Anna**	**452**		K30-39	47	**00:55:43.15**	**00:55:52.95**	+00:30:26 (54.5%)	11:08	5.4 (45.8%)
207	**POSS Marcin**	**568**		M40-49	42	**00:55:54.50**	**00:56:14.20**	+00:30:47 (54.8%)	11:11	5.4 (45.8%)
208	**NOWAK Ewelina**	**541**	STG TARNÓW	K30-39	48	**00:56:18.20**	**00:56:27.65**	+00:31:01 (54.9%)	11:15	5.3 (44.9%)
209	**SKORUPKA Anna**	**602**		K40-49	25	**00:56:08.35**	**00:56:32.10**	+00:31:05 (55.0%)	11:13	5.3 (44.9%)
210	**KOTULA Jakub**	**498**		M30-39	40	**00:56:24.20**	**00:56:34.85**	+00:31:08 (55.0%)	11:16	5.3 (44.9%)
211	**WIECZOREK Andrzej**	**638**		M50-59	9	**00:56:50.45**	**00:57:01.95**	+00:31:35 (55.4%)	11:22	5.3 (44.9%)
212	**WIŚNIEWSKA Dorota**	**633**		K40-49	26	**00:56:49.35**	**00:57:11.20**	+00:31:44 (55.5%)	11:22	5.3 (44.9%)
213	**KOWALCZYK Justyna**	**499**	ACCENTURE	K50-59	4	**00:58:06.05**	**00:58:14.90**	+00:32:48 (56.3%)	11:37	5.2 (44.1%)
214	**LEFELIC Monika**	**512**		K40-49	27	**00:58:33.80**	**00:58:47.05**	+00:33:20 (56.7%)	11:42	5.1 (43.2%)
215	**KUREK Małgorzata**	**508**	CARBON OCR RACING TEAM	K30-39	49	**00:58:35.95**	**00:58:50.75**	+00:33:24 (56.8%)	11:43	5.1 (43.2%)
215	**OGAZA Anna**	**546**		K30-39	49	**00:58:36.75**	**00:58:50.75**	+00:33:24 (56.8%)	11:43	5.1 (43.2%)
217	**PIEŃKOWSKI Leszek**	**559**	WM TRISELF	M50-59	10	**00:58:33.40**	**00:58:53.15**	+00:33:26 (56.8%)	11:42	5.1 (43.2%)
218	**GROCHAL Marcin**	**557**	PSEUDOMOUNTAINRUNNER	M40-49	43	**01:00:00.00**	**01:00:00.00**	+00:34:33 (57.6%)	12:00	5 (42.4%)
219	**ZIENKIEWICZ Agata**	**653**		K30-39	51	**01:00:24.80**	**01:00:44.65**	+00:35:18 (58.1%)	12:05	5 (42.4%)
220	**MIERZEJEWSKA Olga**	**534**		K30-39	52	**01:00:37.40**	**01:00:46.75**	+00:35:20 (58.1%)	12:07	4.9 (41.5%)
221	**KAPAŁKA Bożena**	**477**	STG TARNÓW	K50-59	5	**01:01:22.00**	**01:01:33.55**	+00:36:07 (58.7%)	12:16	4.9 (41.5%)
222	**DZIEDZIC-WÓJTOWICZ Agnieszka**	**442**	SRTG-NIEPOŁOMICE	K40-49	28	**01:01:33.30**	**01:01:50.55**	+00:36:24 (58.9%)	12:18	4.9 (41.5%)
223	**SMOGORZEWSKA Marta**	**605**	WKURW_TEAM	K30-39	53	**01:02:20.25**	**01:02:46.65**	+00:37:20 (59.5%)	12:28	4.8 (40.7%)
224	**JASIUL Mariola**	**472**		K40-49	29	**01:05:08.80**	**01:05:25.95**	+00:39:59 (61.1%)	13:01	4.6 (39.0%)
225	**MALARA Dalia**	**528**	CARBON OCR RACING TEAM	K30-39	54	**01:05:59.60**	**01:05:59.60**	+00:40:33 (61.5%)	13:11	4.5 (38.1%)
226	**SIERECKA Dorota**	**596**	TEAM ZABIEGANEDNI // WKURW_TEAM	K40-49	30	**01:09:24.85**	**01:09:51.35**	+00:44:25 (63.6%)	13:53	4.3 (36.4%)
227	**MATUSZCZAK Angelika**	**531**	STG TARNÓW	K30-39	55	**01:14:44.55**	**01:14:54.80**	+00:49:28 (66.0%)	14:56	4 (33.9%)
228	**KOSZNIRUK Elzbieta**	**497**	WYBIEGAJ SIEBIE	K50-59	6	**01:15:14.05**	**01:15:42.10**	+00:50:15 (66.4%)	15:02	4 (33.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
229	**PRZYBYŁO Marta**	**572**		K30-39	56	**01:15:29.85**	**01:15:42.65**	+00:50:16 (66.4%)	15:06	4 (33.9%)

Znaleziono 229 wynik(ów)