

# RZEŹNIK NA RATY - GENERALNA

B4SPORT

**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2016-05-25  
**Miejsce:** Cisna  
**Dystans:** 78 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Dzień 1	Dzień 2	Dzień 3	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
1	<b>KAMIŃSKI Artur</b>	<b>2109</b>	GMINA SADKOWCE	M30	1	02:45:24.50	02:25:25.65	01:44:27.00	<b>06:55:17.15</b>	<b>06:55:21.15</b>		5:27	11
2	<b>POLAŃSKI Tomasz</b>	<b>2091</b>	B4SPORT	M40	1	02:57:08.95	02:32:42.60	01:46:02.85	<b>07:15:54.40</b>	<b>07:15:59.75</b>	+00:20:37	5:44	10.5
3	<b>GAPSKI Mateusz</b>	<b>2125</b>		M20	1	02:56:14.65	02:34:42.80	01:59:17.25	<b>07:30:14.70</b>	<b>07:30:18.00</b>	+00:34:57	5:55	10.1
4	<b>KUJAWSKI Bartek</b>	<b>2059</b>	GRUPETTO GORLICE	M20	2	03:07:42.05	02:41:24.80	01:54:53.70	<b>07:44:00.55</b>	<b>07:44:06.70</b>	+00:48:43	6:06	9.8
5	<b>PRĘDKI Mirosław</b>	<b>2131</b>		M30	2	03:08:15.00	02:45:05.05	01:53:08.70	<b>07:46:28.75</b>	<b>07:46:34.65</b>	+00:51:11	6:08	9.8
6	<b>BAKALARZ Emil</b>	<b>2068</b>		M20	3	03:05:18.90	02:52:53.55	01:50:02.55	<b>07:48:15.00</b>	<b>07:48:19.55</b>	+00:52:57	6:09	9.7
7	<b>KNOPEK Robert</b>	<b>2144</b>		M30	3	03:22:27.85	02:55:57.45	01:54:59.40	<b>08:13:24.70</b>	<b>08:13:31.90</b>	+01:18:07	6:29	9.2
8	<b>MORAWSKI Filip</b>	<b>2027</b>	FILIP MORAWSKI	M40	2	03:10:30.00	03:08:41.05	02:00:53.85	<b>08:20:04.90</b>	<b>08:20:11.20</b>	+01:24:47	6:34	9.1
8	<b>MORAWSKI Filip</b>	<b>2027</b>	FILIP MORAWSKI	M40	3	03:10:30.00	03:08:41.05	02:00:53.85	<b>08:20:04.90</b>	<b>08:20:11.20</b>	+01:24:47	6:34	9.1
10	<b>FIJĄŁKOWSKI Radosław</b>	<b>2142</b>	CROSSFIT GCW	M30	4	03:23:33.20	02:59:45.50	02:06:25.00	<b>08:29:43.70</b>	<b>08:30:45.35</b>	+01:34:26	6:42	8.9
11	<b>WARSKI Patryk</b>	<b>2060</b>		M30	5	03:20:57.80	03:03:25.40	02:07:50.20	<b>08:32:13.40</b>	<b>08:32:20.15</b>	+01:36:56	6:44	8.9
12	<b>WAŁCZYK Krzysztof</b>	<b>2083</b>		M30	6	03:40:18.65	02:55:21.50	02:01:16.80	<b>08:36:56.95</b>	<b>08:38:04.05</b>	+01:41:39	6:48	8.8
13	<b>DUCKI Piotr</b>	<b>2170</b>	OTK RZEŹNIK	M30	7	03:28:20.90	03:01:49.70	02:09:40.35	<b>08:39:50.95</b>	<b>08:40:54.20</b>	+01:44:33	6:50	8.8
14	<b>FOGIEL-PAWŁOWSKA Agnieszka</b>	<b>2168</b>	LOS BIEGANEROS	K30	1	03:38:37.45	03:04:37.40	02:12:38.50	<b>08:55:53.35</b>	<b>08:56:57.35</b>	+02:00:36	7:03	8.5
15	<b>PAWLIŃSKI Adam</b>	<b>2132</b>	PRO-RUN WROCŁAW	M30	8	03:40:59.65	03:07:46.15	02:12:07.75	<b>09:00:53.55</b>	<b>09:02:02.90</b>	+02:05:36	7:07	8.4
16	<b>SALIK Stanisław</b>	<b>2151</b>		M40	4	03:43:41.35	03:05:45.50	02:13:06.80	<b>09:02:33.65</b>	<b>09:03:42.90</b>	+02:07:16	7:08	8.4
17	<b>GOLBA Łukasz</b>	<b>2063</b>	ZABIEGANI MIELEC	M30	9	03:38:55.15	03:15:22.30	02:15:16.35	<b>09:09:33.80</b>	<b>09:10:41.10</b>	+02:14:16	7:13	8.3
18	<b>MAZIARZ Damian</b>	<b>2047</b>	BIEGAJĄCY ŚWIDNIK	M30	10	03:50:57.05	03:12:24.75	02:10:57.05	<b>09:14:18.85</b>	<b>09:16:14.60</b>	+02:19:01	7:17	8.2
19	<b>SUROWIEC Grzegorz</b>	<b>2120</b>	BESTA SP. Z O.O.	M30	11	04:07:49.20	03:10:39.85	01:56:46.25	<b>09:15:15.30</b>	<b>09:18:07.50</b>	+02:19:58	7:18	8.2
20	<b>ROWIŃSKI Michał</b>	<b>2043</b>	LUBAWA KOCHA BIEGAĆ	M30	12	03:31:24.00	03:35:26.35	02:11:48.05	<b>09:18:38.40</b>	<b>09:19:44.65</b>	+02:23:21	7:21	8.2
21	<b>KRUSZEWSKA-SENK Agnieszka</b>	<b>2062</b>	OBOZYBIEGOWE.PL	K30	2	03:44:02.00	03:22:49.75	02:18:00.85	<b>09:24:52.60</b>	<b>09:26:00.95</b>	+02:29:35	7:25	8.1
22	<b>CISKI Piotr</b>	<b>2128</b>		M40	5	03:43:13.65	03:21:50.45	02:20:44.95	<b>09:25:49.05</b>	<b>09:26:58.05</b>	+02:30:31	7:26	8.1
23	<b>POTĘGA Izabela</b>	<b>2046</b>	DELPHI RUNNING TEAM	K30	3	03:42:10.95	03:27:48.25	02:17:43.55	<b>09:27:42.75</b>	<b>09:28:51.10</b>	+02:32:25	7:28	8
24	<b>PIETRASZEWSKI Witold</b>	<b>2126</b>	NETBOX BIEGA	M30	13	03:44:41.25	03:25:45.85	02:19:13.10	<b>09:29:40.20</b>	<b>09:31:41.70</b>	+02:34:23	7:29	8
25	<b>CZELNY Tomasz</b>	<b>2031</b>	SMASHING PĄPKINS	M30	14	03:45:58.20	03:28:09.20	02:18:39.55	<b>09:32:46.95</b>	<b>09:32:57.65</b>	+02:37:29	7:32	8
26	<b>MOĆKO Jacek</b>	<b>2012</b>		M20	4	03:48:09.85	03:29:37.05	02:15:41.35	<b>09:33:28.25</b>	<b>09:35:24.75</b>	+02:38:11	7:32	8
27	<b>ZAWAL Przemysław</b>	<b>2020</b>	REMBERTÓW TEAM	M30	15	03:46:37.95	03:27:38.75	02:22:40.35	<b>09:36:57.05</b>	<b>09:38:54.60</b>	+02:41:39	7:35	7.9

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Dzień 1	Dzień 2	Dzień 3	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
28	WAHL Daniel	2071	T.S. AKS CHORZÓW	M30	16	04:18:50.00	03:16:56.55	02:02:08.85	09:37:55.40	09:41:46.60	+02:42:38	7:36	7.9
29	TERESZKIEWICZ Joanna	2028	PKO BP	K20	1	04:08:10.80	03:15:22.50	02:19:18.30	09:42:51.60	09:43:54.80	+02:47:34	7:40	7.8
30	KWIECIEN Sebastian	2048	ZAPIERDALACZE	M30	17	04:14:08.25	03:15:41.55	02:13:56.45	09:43:46.25	11:59:26.80	+02:48:29	7:40	7.8
31	JUSZCZAK Zbigniew	2092	NIEZRZESZONY	M50	1	03:54:06.10	03:29:05.95	02:20:35.40	09:43:47.45	09:45:46.80	+02:48:30	7:40	7.8
32	BURANDT Magdalena	2019	123 TRI DRUŻYNA WLKA	K30	4	03:52:15.45	03:29:20.05	02:22:40.75	09:44:16.25	09:46:10.35	+02:48:59	7:41	7.8
33	MISIEK Marek	2014	POCZTOWA GRUPA BIEGOWA SPORTOWA PACZKA	M50	2	04:39:03.55	03:06:21.85	02:04:26.10	09:49:51.50	09:54:40.25	+02:54:34	7:45	7.7
34	LUBAŃSKI Robert	2156		M50	3	04:36:33.35	03:06:18.25	02:13:25.75	09:56:17.35	10:01:11.55	+03:01:00	7:50	7.6
35	ŻULEWSKI Radosław	2101		M20	5	03:55:41.10	03:26:52.35	02:35:49.15	09:58:22.60	10:00:31.75	+03:03:05	7:52	7.6
36	BRYLONEK Grzegorz	2080	RADIO WROCŁAW	M40	6	04:39:03.60	03:12:43.10	02:07:41.50	09:59:28.20	10:04:19.80	+03:04:11	7:53	7.6
37	BAR Tomasz	2064		M30	18	04:21:40.05	03:23:37.95	02:15:27.45	10:00:45.45	10:04:36.35	+03:05:28	7:54	7.6
38	GIMZICKA Ewa	2075	BANDA I WANDA	K30	5	03:54:26.20	03:40:57.40	02:26:13.25	10:01:36.85	10:03:34.05	+03:06:19	7:54	7.6
39	ZIELIŃSKI Marek	2129		M20	6	04:23:05.75	03:23:52.75	02:18:22.00	10:05:20.50	10:09:20.15	+03:10:03	7:57	7.5
40	HYJEK Elżbieta	2040		K40	1	03:56:16.60	03:35:11.65	02:35:47.25	10:07:15.50	10:09:13.90	+03:11:58	7:59	7.5
41	BRYŁA Krzysztof	2079	DRUŻYNA SZPIKU BIEGNIJMY.PL KOSZALIN	M40	7	03:56:21.70	03:43:57.20	02:28:44.75	10:09:03.65	10:10:59.35	+03:13:46	8:00	7.5
42	KOKOSZKA Magdalena	2039	ZABIEGANI MIELEC	K30	6	03:56:44.25	03:37:15.35	02:36:13.80	10:10:13.40	10:12:11.30	+03:14:56	8:01	7.5
43	CHWAŁA Artur	2165		M30	19	04:03:32.80	03:39:34.30	02:28:18.25	10:11:25.35	10:14:22.50	+03:16:08	8:02	7.5
44	SKALSKI Radosław	2074	KB AKTYWNI KONIN	M40	8	04:48:51.25	03:13:24.85	02:10:02.20	10:12:18.30	10:19:56.45	+03:17:01	8:03	7.4
45	FLAK Łukasz	2049	ZAPIERDALACZE	M30	20	04:44:19.30	03:13:42.85	02:19:53.20	10:17:55.35	12:33:34.60	+03:22:38	8:07	7.4
46	ADAMCZYK Janusz	2073		M40	9	04:17:48.90	03:39:27.90	02:23:33.20	10:20:50.00	10:24:45.35	+03:25:32	8:10	7.3
47	FRAĆKIEWICZ Karol	2105		M40	10	04:08:00.25	03:41:02.70	02:35:53.20	10:24:56.15	10:27:52.65	+03:29:39	8:13	7.3
48	BRAUN Krzysztof	2115	SMARTOYS.PL	M40	11	04:20:33.90	03:28:57.80	02:35:39.80	10:25:11.50	10:29:15.35	+03:29:54	8:13	7.3
49	ĆWIKLINSKI Maciej	2065		M40	12	04:24:39.20	03:39:19.85	02:21:37.85	10:25:36.90	10:29:34.80	+03:30:19	8:13	7.3
50	WIADERNA Nina	2021		K30	7	04:05:05.95	03:49:55.10	02:32:57.95	10:27:59.00	10:30:51.75	+03:32:41	8:15	7.3
51	KACZMAREK Karolina	2022		K30	8	04:05:05.95	03:49:55.90	02:32:57.50	10:27:59.35	10:30:51.90	+03:32:42	8:15	7.3
52	CHABKO Jacek	2066	2. WOG WROCŁAW	M40	13	04:01:45.65	04:06:53.95	02:27:48.65	10:36:28.25	10:39:27.65	+03:41:11	8:22	7.2
53	ZYGADLEWICZ Grzegorz	2112		M30	21	04:10:04.55	03:57:02.15	02:32:35.05	10:39:41.75	10:42:36.10	+03:44:24	8:25	7.1
54	SZUSZKIEWICZ Marzena	2111		K40	2	04:09:10.65	03:58:40.20	02:37:11.55	10:45:02.40	10:47:57.75	+03:49:45	8:29	7.1
55	SIKORA Paweł	2149	KRABOLUDZIE	M30	22	04:21:59.00	03:52:48.55	02:30:34.25	10:45:21.80	10:49:25.85	+03:50:04	8:29	7.1
56	SZUBART Krzysztof	2157		M40	14	05:11:47.30	03:25:38.50	02:11:39.55	10:49:05.35	10:54:51.75	+03:53:48	8:32	7
57	SALAK Piotr	2122		M40	15	04:14:47.65	04:05:55.30	02:35:57.00	10:56:39.95	10:59:34.85	+04:01:22	8:38	6.9
58	DARŁAK Lucasz	2134	SMASHING PAPKINS	M20	7	04:13:18.35	04:13:12.50	02:30:58.90	10:57:29.75	11:00:24.65	+04:02:12	8:39	6.9
59	MRUGAŁA Wojciech	2133	KILOWATY RUNNERS	M20	8	04:13:55.25	03:58:37.55	02:46:08.20	10:58:41.00	11:01:39.20	+04:03:23	8:40	6.9
60	STAWIARSKI Artur	2152		M40	16	04:28:54.95	03:56:56.15	02:33:40.05	10:59:31.15	11:04:30.60	+04:04:14	8:40	6.9
61	PÓŁTORAK Katarzyna	2081		K30	9	04:14:05.85	03:57:31.65	02:48:45.80	11:00:23.30	11:03:20.90	+04:05:06	8:41	6.9
62	SERAFIN Paulina	2140		K20	2	04:15:54.50	04:16:40.25	02:31:13.25	11:03:48.00	11:06:43.75	+04:08:30	8:44	6.9
63	OTAWSKI Maciej	2050	ARCADIS RUNNING TEAM	M30	23	04:18:14.50	03:59:53.85	02:46:05.30	11:04:13.65	11:08:16.05	+04:08:56	8:44	6.9
64	KREFT Dorota	2164	KLUB WYSOKOGÓRSKI TRÓJMIASTO	K30	10	04:30:10.50	03:55:10.85	02:41:14.15	11:06:35.50	11:11:25.90	+04:11:18	8:46	6.8
65	MARCINEK Łukasz	2016	NIE TERAZ, POTEM	M30	24	04:29:59.50	03:55:57.15	02:43:37.65	11:09:34.30	11:14:33.10	+04:14:17	8:48	6.8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Dzień 1	Dzień 2	Dzień 3	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
66	<b>KRUPCZYŃSKI Mariusz</b>	<b>2084</b>	KRUPOLS TEAM	M50	4	04:21:46.75	04:04:08.10	02:46:29.40	<b>11:12:24.25</b>	<b>11:16:29.10</b>	+04:17:07	8:50	6.8
67	<b>SOŁTYS Krzysztof</b>	<b>2017</b>		M40	17	04:25:45.15	03:57:52.80	02:52:05.95	<b>11:15:43.90</b>	<b>11:20:40.55</b>	+04:20:26	8:53	6.7
68	<b>KMIEĆ Robert</b>	<b>2011</b>		M40	18	04:24:28.65	03:54:26.60	02:59:28.15	<b>11:18:23.40</b>	<b>11:22:26.95</b>	+04:23:06	8:55	6.7
69	<b>CEGLARZ Jacek</b>	<b>2153</b>		M30	25	04:27:41.90	04:03:28.80	02:47:29.40	<b>11:18:40.10</b>	<b>11:23:47.40</b>	+04:23:22	8:55	6.7
70	<b>KOBYLAŃSKI Piotr</b>	<b>2158</b>		M30	26	05:11:46.75	03:47:11.15	02:20:22.85	<b>11:19:20.75</b>	<b>11:25:07.85</b>	+04:24:03	8:56	6.7
71	<b>KREBS Marcin</b>	<b>2107</b>	RUN&SMILE PABIANICE	M30	27	04:30:49.95	04:07:05.65	02:43:40.10	<b>11:21:35.70</b>	<b>11:26:35.40</b>	+04:26:18	8:58	6.7
72	<b>KARPIŃSKI Robert</b>	<b>2096</b>	SPARTANIE DZIECIOM	M40	19	04:56:21.85	04:06:38.55	02:21:52.60	<b>11:24:53.00</b>	<b>11:30:42.65</b>	+04:29:35	9:00	6.7
73	<b>GAŁUSZEK Michał</b>	<b>2045</b>	EPO RACING ADVENTURE TEAM	M20	9	04:32:43.90	04:05:18.55	02:51:49.25	<b>11:29:51.70</b>	<b>11:34:50.80</b>	+04:34:34	9:04	6.6
74	<b>POGORZELSKI Jacek</b>	<b>2032</b>		M40	20	04:33:39.25	04:14:58.30	02:45:20.40	<b>11:33:57.95</b>	<b>11:38:55.45</b>	+04:38:40	9:07	6.6
75	<b>BIJOŚ Mirosław</b>	<b>2070</b>		M30	28	04:17:21.95	04:25:18.40	02:51:24.35	<b>11:34:04.70</b>	<b>11:38:02.70</b>	+04:38:47	9:07	6.6
76	<b>BRAUN Maria</b>	<b>2116</b>	SMARTOYS.PL	K30	11	04:45:26.55	04:04:37.10	02:48:35.40	<b>11:38:39.05</b>	<b>11:47:25.70</b>	+04:43:21	9:11	6.5
77	<b>PIETRZYKOWSKI Artur</b>	<b>2024</b>		M40	21	04:46:11.15	04:14:00.20	02:38:38.95	<b>11:38:50.30</b>	<b>11:47:35.30</b>	+04:43:33	9:11	6.5
78	<b>STODULSKI Tomasz</b>	<b>2015</b>		M30	29	04:46:11.45	04:14:04.35	02:38:39.75	<b>11:38:55.55</b>	<b>11:47:37.30</b>	+04:43:38	9:11	6.5
79	<b>BRUSZEWSKA-GŁOMBIOWSKA Monika</b>	<b>2052</b>		K40	3	04:33:43.30	04:13:23.60	02:54:24.80	<b>11:41:31.70</b>	<b>11:46:27.30</b>	+04:46:14	9:13	6.5
80	<b>ATRASZKIEWICZ Magda</b>	<b>2118</b>	F3TEAM	K40	4	04:44:57.35	04:10:03.70	02:46:35.20	<b>11:41:36.25</b>	<b>11:50:13.35</b>	+04:46:19	9:13	6.5
81	<b>KOPERA Anna</b>	<b>2124</b>	KAMZIK TEAM	K40	5	04:43:24.75	04:17:11.15	02:58:41.80	<b>11:59:17.70</b>	<b>12:08:00.10</b>	+05:04:00	9:27	6.3
82	<b>DZIAŁO Agnieszka</b>	<b>2041</b>		K30	12	04:24:28.25	04:46:46.80	02:48:06.75	<b>11:59:21.80</b>	<b>12:03:20.35</b>	+05:04:04	9:27	6.3
83	<b>HAUTON Monika</b>	<b>2013</b>	NIE TERAZ, POTEM	K30	13	04:50:00.90	04:21:08.65	02:56:46.00	<b>12:07:55.55</b>	<b>12:15:45.15</b>	+05:12:38	9:34	6.3
84	<b>PITAS Andrzej</b>	<b>2037</b>	ZAPIERDALACZE	M40	22	05:34:58.95	04:15:02.85	02:20:27.85	<b>12:10:29.65</b>	<b>14:26:15.00</b>	+05:15:12	9:36	6.2
85	<b>ŁUKASIEWICZ Marcin</b>	<b>2148</b>	BOZONY HIGGSA	M20	10	04:19:02.15	04:34:05.45	03:17:32.25	<b>12:10:39.85</b>	<b>12:14:50.60</b>	+05:15:22	9:36	6.2
86	<b>GOWIN Wiktor</b>	<b>2147</b>	BOZONY HIGGSA	M20	11	04:19:02.10	04:34:05.90	03:17:32.00	<b>12:10:40.00</b>	<b>12:14:50.00</b>	+05:15:22	9:36	6.2
87	<b>KRUPCZYŃSKI Szymon</b>	<b>2086</b>	KRUPOLS TEAM	M20	12	04:33:20.45	04:39:36.85	02:58:12.40	<b>12:11:09.70</b>	<b>12:16:06.80</b>	+05:15:52	9:37	6.2
88	<b>HORBACZEWSKI Marek</b>	<b>2155</b>		M50	5	04:49:03.05	04:27:42.05	02:57:14.00	<b>12:13:59.10</b>	<b>12:21:42.20</b>	+05:18:41	9:39	6.2
89	<b>ŁĄTKOWSKI Maciej</b>	<b>2119</b>	KB MANIAC ULTRA	M40	23	04:40:35.95	04:24:15.00	03:09:30.35	<b>12:14:21.30</b>	<b>12:20:10.35</b>	+05:19:04	9:39	6.2
90	<b>CZAJKA Joanna</b>	<b>2072</b>		K30	14	04:40:35.65	04:25:00.40	03:09:30.90	<b>12:15:06.95</b>	<b>12:20:10.65</b>	+05:19:49	9:40	6.2
91	<b>MAŃKOWSKI Krzysztof</b>	<b>2033</b>	12TRI.PL MAKERUNEASIER	M30	30	05:13:45.15	04:05:22.55	02:59:00.05	<b>12:18:07.75</b>	<b>12:24:50.60</b>	+05:22:50	9:42	6.2
92	<b>KRUZEL Rafal</b>	<b>2018</b>	BIEGOWE MISIE	M40	24	05:07:31.60	04:18:05.10	02:53:25.75	<b>12:19:02.45</b>	<b>12:24:00.55</b>	+05:23:45	9:43	6.2
93	<b>KOCIOŁEK Andrzej</b>	<b>2055</b>	KANCELARIA BIEGOWA STASZEWSCY	M40	25	04:40:55.55	04:43:01.85	03:07:55.50	<b>12:31:52.90</b>	<b>12:39:31.40</b>	+05:36:35	9:53	6.1
94	<b>LEGENDZIEWICZ Iga</b>	<b>2069</b>		K30	15	05:00:37.50	04:39:44.70	02:56:48.00	<b>12:37:10.20</b>	<b>12:43:05.95</b>	+05:41:53	9:57	6
95	<b>KORNŁOW Piotr</b>	<b>2167</b>		M40	26	05:01:06.80	04:31:16.70	03:07:13.50	<b>12:39:37.00</b>	<b>12:45:26.95</b>	+05:44:19	9:59	6
96	<b>SZCZEPANIAK Jadwiga</b>	<b>2067</b>	EVERRUN	K50	1	05:16:45.35	04:18:58.15	03:04:23.20	<b>12:40:06.70</b>	<b>12:46:48.35</b>	+05:44:49	10:00	6
97	<b>ZIELONKA Adam</b>	<b>2121</b>	AMICUS AR	M50	6	04:55:27.15	04:40:12.35	03:06:02.35	<b>12:41:41.85</b>	<b>12:47:25.75</b>	+05:46:24	10:01	6
98	<b>CZYZEWSKA Mariola</b>	<b>2026</b>	12TRI.PL DRUZYNA WLKA	K30	16	05:09:36.15	04:37:11.30	03:04:55.90	<b>12:51:43.35</b>	<b>12:57:29.10</b>	+05:56:26	10:09	5.9
99	<b>POKRYWKA Stefan</b>	<b>2169</b>	NA BUCIE	M50	7	05:04:38.95	04:42:37.45	03:06:59.75	<b>12:54:16.15</b>	<b>13:00:08.65</b>	+05:58:59	10:11	5.9
100	<b>PROCHWICZ Tomasz</b>	<b>2099</b>		M20	13	05:13:20.20	04:36:23.20	03:12:10.15	<b>13:01:53.55</b>	<b>13:08:40.85</b>	+06:06:36	10:17	5.8
101	<b>ŚWIDERSKA Joanna</b>	<b>2143</b>		K20	3	05:21:38.15	04:40:33.05	03:07:57.70	<b>13:10:08.90</b>	<b>13:17:53.10</b>	+06:14:51	10:23	5.8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Dzień 1	Dzień 2	Dzień 3	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
102	<b>SNARSKA Katarzyna</b>	<b>2036</b>	ALBATROSY	K30	17	04:50:06.15	04:52:17.55	03:31:34.25	<b>13:13:57.95</b>	<b>13:20:47.50</b>	+06:18:40	10:26	5.7
103	<b>ŻYCHLIŃSKA Agata</b>	<b>2141</b>		K30	18	05:20:35.20	04:37:54.65	03:16:25.10	<b>13:14:54.95</b>	<b>13:22:40.05</b>	+06:19:37	10:27	5.7
104	<b>GORCZYCA Aneta</b>	<b>2094</b>		K30	19	04:50:06.15	04:53:16.00	03:31:34.65	<b>13:14:56.80</b>	<b>13:20:47.90</b>	+06:19:39	10:27	5.7
105	<b>SZEWCZUK Sylwester</b>	<b>2127</b>		M30	31	05:13:26.75	04:46:49.10	03:16:51.35	<b>13:17:07.20</b>	<b>13:23:53.10</b>	+06:21:50	10:29	5.7
106	<b>ATRASZKIEWICZ Olga</b>	<b>2117</b>		K40	6	05:15:48.30	04:44:05.25	03:21:12.20	<b>13:21:05.75</b>	<b>13:27:50.15</b>	+06:25:48	10:32	5.7
107	<b>SIWIŃSKI Jerzy</b>	<b>2023</b>	12TRI.PL DRUŻYNA WLKA	M50	8	05:44:21.15	04:49:44.55	02:49:22.70	<b>13:23:28.40</b>	<b>13:31:10.50</b>	+06:28:11	10:34	5.7
108	<b>ORIOŁ-SIGNERSKA Monika</b>	<b>2053</b>	XTEAM KLUB SPORTOWY XTRI.PL	K40	7	05:13:17.75	04:58:11.70	03:21:33.45	<b>13:33:02.90</b>	<b>13:38:52.05</b>	+06:37:45	10:41	5.6
109	<b>KUCIŃSKA Magdalena</b>	<b>2100</b>	RUNRECORD.PL	K40	8	05:16:32.00	04:57:18.80	03:21:13.35	<b>13:35:04.15</b>	<b>13:41:45.50</b>	+06:39:47	10:43	5.6
110	<b>WÓJCIK Grażyna</b>	<b>2136</b>		K30	20	05:13:44.25	04:49:48.95	03:41:06.25	<b>13:44:39.45</b>	<b>13:51:30.90</b>	+06:49:22	10:51	5.5
111	<b>WÓJCIK Michał</b>	<b>2135</b>		M40	27	05:13:44.20	04:49:49.85	03:41:07.85	<b>13:44:41.90</b>	<b>13:51:31.90</b>	+06:49:24	10:51	5.5
112	<b>JABŁOŃSKI Kazimierz</b>	<b>2093</b>		M60	1	05:20:12.65	05:11:25.95	03:21:34.45	<b>13:53:13.05</b>	<b>14:02:11.70</b>	+06:57:55	10:57	5.5
113	<b>SELWA Katarzyna</b>	<b>2103</b>		K20	4	05:38:42.05	04:51:01.65	03:24:56.30	<b>13:54:40.00</b>	<b>14:02:31.55</b>	+06:59:22	10:58	5.5
114	<b>GÓRA Daniel</b>	<b>2108</b>		M30	32	05:44:35.15	05:29:18.05	03:46:10.90	<b>15:00:04.10</b>	<b>15:08:54.40</b>	+08:04:46	11:50	5.1
115	<b>DORSZEWSKA Bożena</b>	<b>2076</b>		K50	2	05:42:40.00	05:15:16.80	04:14:19.55	<b>15:12:16.35</b>	<b>15:20:04.15</b>	+08:16:59	12:00	5
116	<b>PERKOWSKI Tomasz</b>	<b>2162</b>		M30	33	05:57:30.60	05:29:07.85	03:45:45.30	<b>15:12:23.75</b>	<b>15:21:17.45</b>	+08:17:06	12:00	5
117	<b>PODKÓWKA Zbigniew</b>	<b>2077</b>		M50	9	05:42:40.20	05:15:23.60	04:14:21.00	<b>15:12:24.80</b>	<b>15:20:11.85</b>	+08:17:07	12:00	5
118	<b>LOS Anna</b>	<b>2044</b>	TURLAM SIĘ TEAM	K40	9	05:48:22.70	05:41:36.45	03:48:36.20	<b>15:18:35.35</b>	<b>15:27:30.85</b>	+08:23:18	12:05	5
119	<b>STRZELECKI Artur</b>	<b>2078</b>		M50	10	05:44:43.15	06:07:05.40	03:52:25.55	<b>15:44:14.10</b>	<b>15:53:03.15</b>	+08:48:56	12:25	4.8
120	<b>JODŁOWSKA Wioletta</b>	<b>2054</b>	XTEAM KLUB SPORTOWY XTRI.PL	K40	10	06:10:27.05	06:32:39.70	04:00:47.35	<b>16:43:54.10</b>	<b>16:52:46.45</b>	+09:48:36	13:12	4.5
121	<b>PACANOWSKA Agnieszka</b>	<b>2034</b>	WEŁNICA BIEGA	K40	11	06:13:16.35	06:36:02.60	04:02:11.45	<b>16:51:30.40</b>	<b>17:00:22.15</b>	+09:56:13	13:18	4.5
122	<b>PACANOWSKI Robert</b>	<b>2035</b>	WEŁNICA BIEGA	M40	28	06:13:16.85	06:36:04.50	04:02:13.00	<b>16:51:34.35</b>	<b>17:00:24.30</b>	+09:56:17	13:18	4.5
	<b>PITAS Piotr</b>	<b>2038</b>	ZAPIERDALACZE	M20		00:00:00.00 DNF	04:15:15.65 DNF	00:00:00.00 DNF	<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>CISZCZONIK Sebastian</b>	<b>2159</b>	SPORTIVA.PL	M30		02:46:35.15 DNF	02:38:11.90 DNF	00:00:00.00 DNF	<b>DNF</b>	<b>DNF</b>	-	-	-
	<b>KOŚCIUCH Justyna</b>	<b>2166</b>		K40		00:00:00.00 DNF	04:18:59.50 DNF	03:06:19.85 DNF	<b>DNF</b>	<b>DNF</b>	-	-	-
DQ	<b>ŚLEDZIEWSKA Marta</b>	<b>2160</b>	OTK RZEZNIK	K30		08:57:00.00 DQ	00:00:00.00 DQ	00:00:00.00 DQ	<b>DQ</b>	<b>DQ</b>	-	-	-

Znaleziono 126 wynik(ów)