



Wydarzenie: ETAPOWA TRIADA ZIMOWA
Organizator: Fundacja Kocham Góry
Data: 2020-01-04
Miejsce: Krościenko nad Dunajcem
Dystans: 16 km

TRIADA INTRO GORCE

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 16km	Czas brutto 16km	Różn	Tempo min/km	Tempo km/h
1	JAWORSKI Zbigniew	473	---	M40-49	1	01:22:49.60	01:22:49.85		5:10	11.6
2	GABRYŚ Rafał	447	KAWIK RUNNING TEAM	M30-39	1	01:28:01.40	01:28:03.25	+00:05:13	5:30	10.9
3	PACHUT Jerzy	551	COLWAY	M16-29	1	01:28:28.70	01:28:29.85	+00:05:40	5:31	10.9
4	CHLIPAŁA Paweł	429		M16-29	2	01:28:52.05	01:28:53.20	+00:06:03	5:33	10.8
5	FABIAN Bogusław	445	EVANLITE.COM	M40-49	2	01:30:20.05	01:30:21.80	+00:07:31	5:38	10.6
6	DUDZIK Łukasz	439	GÓRAL BIEGA	M30-39	2	01:31:05.20	01:31:07.20	+00:08:17	5:41	10.5
7	CELEJEWSKI Marcin	427	MYDŁOWSKA ATHLETIC TEAM	M16-29	3	01:33:22.75	01:33:22.75	+00:10:32	5:50	10.3
8	ZYGMUNT Tomasz	656		M16-29	4	01:33:29.85	01:33:33.60	+00:10:43	5:50	10.3
9	MADZIAR Wiktor	524		M16-29	5	01:35:00.70	01:35:03.80	+00:12:13	5:56	10.1
10	SAROSI Kristof	670	GLOBO SPORT SE	M16-29	6	01:36:18.25	01:36:20.60	+00:13:30	6:01	10
11	KOZIK Adam	500		M16-29	7	01:36:31.65	01:36:36.05	+00:13:46	6:02	9.9
12	MADZIAR Mateusz	525	AO MYKONOV	M16-29	8	01:36:36.20	01:36:39.10	+00:13:49	6:02	9.9
13	SZCZEPANIAK Damian	615	KAMIENICA	M30-39	3	01:36:56.85	01:36:58.25	+00:14:08	6:03	9.9
14	BATORYNA Aleksander	406	UNIWERSYTET EKONOMICZNY W KATOWICACH	M30-39	4	01:37:24.65	01:37:26.10	+00:14:36	6:05	9.9
15	BRENDZOWSKI Adam	420	SOLINATEAM / RUNONLINE.PL TEAM	M30-39	5	01:40:53.90	01:41:12.00	+00:18:22	6:18	9.5
16	BROL Piotr	423	ENDURANCE TEAM	M30-39	6	01:43:29.05	01:43:31.00	+00:20:41	6:28	9.3
17	OLEŚ Rafał	548	HUSARIA RACE TEAM	M16-29	9	01:43:51.60	01:43:51.60	+00:21:01	6:29	9.2
18	OCHYRA Konrad	545	SOLINA TEAM	M30-39	7	01:43:42.30	01:43:59.65	+00:21:09	6:28	9.3
19	ROMANOWSKI Łukasz	584	HUSARIA RACE TEAM	M30-39	8	01:47:46.75	01:47:50.50	+00:25:00	6:44	8.9
20	PIECZONKA Rafał	558	SPARTAN TREINING GROUP TARNÓW	M30-39	9	01:48:34.90	01:48:45.95	+00:25:56	6:47	8.8
21	PIETROCZUK Sylwia	561	NOA	K16-29	1	01:49:55.30	01:49:58.10	+00:27:08	6:52	8.7
22	REICHEL Marcin	579		M30-39	10	01:52:36.00	01:52:42.45	+00:29:52	7:02	8.5
23	KOPIEĆ Kamil	492	JAJA NA BOK	M30-39	11	01:52:35.10	01:52:42.50	+00:29:52	7:02	8.5
24	GULBA Krzysztof	459	PENTEL	M40-49	3	01:54:09.40	01:54:14.95	+00:31:25	7:08	8.4
25	KUBIESA-CRO Jakub	506		M30-39	12	01:54:09.15	01:54:23.45	+00:31:33	7:08	8.4
26	REJMAN Marek	581		M40-49	4	01:55:51.35	01:55:59.65	+00:33:09	7:14	8.3
27	DOBOSZ Daniel	436		M40-49	5	01:55:38.70	01:56:08.80	+00:33:18	7:13	8.3
28	KEMPKA Marcin	495	RAJSPOK ACTIVE	M30-39	13	01:56:20.70	01:56:30.20	+00:33:40	7:16	8.3
29	SKI BA Maciej	139	SKIBASPORT.PL / SPORTOWE DZBANY	M16-29	10	01:55:40.10	01:56:36.20	+00:33:46	7:13	8.3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 16km	Czas brutto 16km	Różn	Tempo min/km	Tempo km/h
30	KOZŁOWSKI Bartosz	501	THE THRULERS	M30-39	14	01:56:32.35	01:56:37.70	+00:33:47	7:17	8.2
31	MŁYNARCZYK Krzysztof	536	ANDRYCHÓW RUNNING	M30-39	15	01:56:43.40	01:57:11.00	+00:34:21	7:17	8.2
32	BORYCKI Artur	419	TGR	M40-49	6	01:57:15.15	01:57:21.60	+00:34:31	7:19	8.2
33	KLOCEK Konrad	663		M30-39	16	01:57:16.60	01:57:37.45	+00:34:47	7:19	8.2
34	KOCUR Grzegorz	483		M40-49	7	01:57:53.40	01:58:26.20	+00:35:36	7:22	8.1
35	LANGE Magda	510	STG TARNOW	K30-39	1	01:59:37.50	01:59:46.85	+00:36:57	7:28	8
36	SURUS Artur	614		M30-39	17	01:59:35.10	02:00:08.70	+00:37:18	7:28	8
37	SOSNOWSKI Roman	609	LACHO TEAM	M50-59	1	02:00:39.65	02:01:04.45	+00:38:14	7:32	8
38	KARDASZ Marek	265	SOLINA TEAM	M40-49	8	02:01:59.75	02:02:15.40	+00:39:25	7:37	7.9
39	CHOJNACKI Mikołaj	431	WARSAW RUN CLUB	M40-49	9	02:01:48.80	02:02:21.90	+00:39:32	7:36	7.9
40	MIKOŚ Magdalena	535		K30-39	2	02:01:59.30	02:02:37.10	+00:39:47	7:37	7.9
41	GRZEGORZAK Wojciech	458	#ADAMCZERWIŃSKITEAM	M40-49	10	02:03:31.15	02:03:47.40	+00:40:57	7:43	7.8
42	SZUMNY Nina	622		K30-39	3	02:04:26.90	02:04:31.10	+00:41:41	7:46	7.7
43	WICHA Małgorzata	637	WKS WAWEL	K16-29	2	02:04:34.75	02:04:40.60	+00:41:50	7:47	7.7
44	HERLICZKA Tomasz	466	AML-FLY TEAM	M40-49	11	02:03:54.30	02:04:56.55	+00:42:06	7:44	7.7
45	BLOK Izabela	418	72D ROWMIX JAVA TEAM	K30-39	4	02:05:51.05	02:05:55.80	+00:43:05	7:51	7.6
46	CHMIELEWSKA-BORUCH Milena	430		K30-39	5	02:04:49.35	02:05:56.50	+00:43:06	7:48	7.7
47	DEPTUŚ Bartłomiej	435		M30-39	18	02:05:51.95	02:06:19.40	+00:43:29	7:52	7.6
48	NIŻNIK Borys	537	HUSARIA RACE TEAM	M40-49	12	02:06:54.70	02:07:33.20	+00:44:43	7:55	7.6
49	SKIERSKI Adam	600	ENDURANCE TEAM	M40-49	13	02:07:31.55	02:07:42.90	+00:44:53	7:58	7.5
50	KALCZYŃSKI Marcin	475		M16-29	11	02:07:35.20	02:08:43.05	+00:45:53	7:58	7.5
51	RZEPKA Tomasz	589	HTF-LUDWIK SIKORSKI	M40-49	14	02:08:17.15	02:08:54.65	+00:46:04	8:01	7.5
52	KOPEĆ Krystian	491		M16-29	12	02:09:09.60	02:09:23.45	+00:46:33	8:04	7.4
53	WOŹNIAK Janusz	643	PORMAT JEDLICZE BIEGA	M50-59	2	02:09:33.75	02:09:43.45	+00:46:53	8:05	7.4
54	LEWCZUK Norbert	515	BIEGACZE POMAGACZE/ ELITE RUNNERS	M30-39	19	02:09:09.85	02:09:48.05	+00:46:58	8:04	7.4
55	SKRZYŃSKI Rafał	603	RUNONLINE.PL	M30-39	20	02:09:18.40	02:09:53.65	+00:47:03	8:04	7.4
56	GNIADY Jarosław	454		M40-49	15	02:10:12.00	02:11:02.95	+00:48:13	8:08	7.4
57	PIASECKI Mariusz	556	MNK	M40-49	16	02:10:09.05	02:11:10.30	+00:48:20	8:08	7.4
58	PINTSCHER Paulina	564		K30-39	6	02:10:49.35	02:11:11.90	+00:48:22	8:10	7.3
59	KOMAR Bartosz	485		M40-49	17	02:11:04.00	02:11:34.55	+00:48:44	8:11	7.3
60	SZUREK Paulina	623		K30-39	7	02:11:13.25	02:11:34.90	+00:48:45	8:12	7.3
61	BISZCZUK Mariola	417	THE THRULERS	K30-39	8	02:12:14.25	02:12:19.00	+00:49:29	8:15	7.3
62	GAWRYS Bartek	451	ENDURANCE TEAM	M30-39	21	02:14:18.40	02:14:31.00	+00:51:41	8:23	7.1
63	SAROSI Boldi	592		M16-29	13	02:13:54.55	02:14:39.00	+00:51:49	8:22	7.2
64	NOWAK Piotr	540		M16-29	14	02:14:19.50	02:14:53.05	+00:52:03	8:23	7.1
65	PAWEŁCZYK Kacper	554	K.S. CELIRONMAN S.A.	M30-39	22	02:14:10.95	02:14:54.50	+00:52:04	8:23	7.2
66	PODOLAK Zbigniew	567	STOWARZYSZENIE PRZYJACIÓŁ DOBREGO WOJAKA SZWEJKA	M50-59	3	02:14:35.40	02:15:05.20	+00:52:15	8:24	7.1
67	ŚLUSARSKI Włodek	518		M50-59	4	02:14:59.70	02:15:10.50	+00:52:20	8:26	7.1
68	BEŚCIAK Kamil	407	SPARTAN TRAINING GROUP TARNÓW	M16-29	15	02:15:40.35	02:15:40.35	+00:52:50	8:28	7.1
69	KWASEK Kazek	293	MUAY RUNNING TEAM	M40-49	18	02:15:30.40	02:15:46.95	+00:52:57	8:28	7.1
70	PAWELEC Aleksandra	552	HUSARIA RACE TEAM	K16-29	3	02:15:15.50	02:15:52.90	+00:53:03	8:27	7.1
71	KOPEĆ Sebastian	490		M30-39	23	02:15:54.90	02:16:07.00	+00:53:17	8:29	7.1
72	TYKSINSKI Rafal	629	EXPRESSMAP	M40-49	19	02:16:09.40	02:16:32.40	+00:53:42	8:30	7.1
73	OSTROWSKI Łukasz	549		M30-39	24	02:16:08.25	02:16:35.10	+00:53:45	8:30	7.1

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74	STEFANIUK Marzena	610		K30-39	9	02:16:25.85	02:16:42.50	+00:53:52	8:31	7
75	UNIEJEWSKI Tomasz	630		M40-49	20	02:16:19.85	02:17:05.80	+00:54:15	8:31	7
76	ŻUKOWSKI Grzegorz	657	ENDURANCE TEAM	M50-59	5	02:17:27.60	02:17:38.05	+00:54:48	8:35	7
77	ROGÓŻ Elżbieta	583	PRORUNNING PROMOTION	K40-49	1	02:17:29.55	02:17:40.40	+00:54:50	8:35	7
78	CIMASZEWSKI Michał	434		M16-29	16	02:17:52.65	02:18:31.40	+00:55:41	8:37	7
79	PROCHASEK Anna	569		K30-39	10	02:18:50.95	02:19:45.75	+00:56:55	8:40	6.9
80	BIELECKI Adam	416		M40-49	21	02:19:45.75	02:20:15.85	+00:57:26	8:44	6.9
81	HRYC Martyna	467		K16-29	4	02:20:19.10	02:20:26.85	+00:57:37	8:46	6.8
82	HANUSIAK Leszek	461	HUSARIA RACE TEAM	M30-39	25	02:19:44.30	02:20:30.55	+00:57:40	8:44	6.9
83	FRANKOWSKI Piotr	446		M40-49	22	02:20:22.35	02:20:57.90	+00:58:08	8:46	6.8
84	KOBIAŁKA Paweł	482	ROZBIEGANE DOBCZYCE	M40-49	23	02:22:12.60	02:22:33.75	+00:59:43	8:53	6.8
85	GAWLIKOWSKI Robert	544		M40-49	24	02:22:01.05	02:22:46.40	+00:59:56	8:52	6.8
86	BEDNARZ Józef	410		M16-29	17	02:22:04.90	02:23:01.25	+01:00:11	8:52	6.8
87	RAKOWSKI Krzysztof	577	RUCHLIWI ŚWIŃSKA NOGA	M40-49	25	02:22:45.25	02:23:35.55	+01:00:45	8:55	6.7
88	KRYGER Jacek	504	OTE TEAM	M40-49	26	02:23:10.50	02:23:53.85	+01:01:04	8:56	6.7
89	SOKOŁOWSKI Władysław	607	HUSARIA RACE TEAM	M16-29	18	02:23:47.30	02:24:34.65	+01:01:44	8:59	6.7
90	HENDZLIK Monika	463		K40-49	2	02:25:24.85	02:25:53.70	+01:03:03	9:05	6.6
91	DUDA Waldemar	438	TARNOWSKI KLUB KARATE SHINKYOKUSHIN	M40-49	27	02:25:46.85	02:25:54.60	+01:03:04	9:06	6.6
92	GARDEŁA Justyna	449	WOLBROM TEAM	K30-39	11	02:24:59.50	02:25:57.05	+01:03:07	9:03	6.6
93	HAŚNIK Daria	460		K30-39	12	02:25:45.70	02:26:02.05	+01:03:12	9:06	6.6
94	SIEKANIEC Dorota	595	NIDEC ALL FOR DREAMS	K30-39	13	02:25:55.50	02:26:34.40	+01:03:44	9:07	6.6
95	ROGOWSKA Aleksandra	582	SIOSTRY OLSEN	K16-29	5	02:26:02.50	02:26:35.90	+01:03:46	9:07	6.6
96	BEDNARZ Franciszek	409		M30-39	26	02:27:14.40	02:28:12.70	+01:05:22	9:12	6.5
97	ROZMUS Marzena	586	FRELKI LOTAJOM	K40-49	3	02:28:45.35	02:29:02.20	+01:06:12	9:17	6.5
98	WÓJCIK Łukasz	646	OLEJ RUNNING TEAM / CELIRONMAN	M30-39	27	02:28:32.95	02:29:17.10	+01:06:27	9:17	6.5
99	BEDNARZ Anna	408	42 DO SZCZĘŚCIA	K16-29	6	02:28:24.05	02:29:21.10	+01:06:31	9:16	6.5
100	POŻNIAK-STYCZYŃSKA Maja	565	DDC	K30-39	14	02:29:34.80	02:29:40.10	+01:06:50	9:20	6.4
101	LUDWA Michał	516	TARNOWSKI KLUB SPORTOWY SHINKYOKUSHIN KARATE	M30-39	28	02:30:21.85	02:30:21.85	+01:07:32	9:23	6.4
102	JACHIMOWICZ Jarosław	468	SPARTAN TRAINING GROUP TARNÓW	M16-29	19	02:30:47.10	02:30:59.40	+01:08:09	9:25	6.4
103	KONS Katarzyna	487	POKA HERKI TEAM	K16-29	7	02:30:18.50	02:31:18.25	+01:08:28	9:23	6.4
104	KORNAGA Kamil	493	KS RUDNIANKA RUDNA WIELKA	M16-29	20	02:30:22.95	02:31:22.05	+01:08:32	9:23	6.4
105	JAGIEŁA Tomasz	469	BAKOMAT TEAM	M30-39	29	02:31:10.95	02:31:24.45	+01:08:34	9:26	6.3
106	WÓŁKIEWICZ Dorota	647	KS STASZEWSCY	K50-59	1	02:31:07.60	02:31:37.20	+01:08:47	9:26	6.4
107	JURCZENKO Marcin	474	ITMBW KRAKÓW	M40-49	28	02:31:18.05	02:31:55.20	+01:09:05	9:27	6.3
108	NOWAK Krzysztof	542	STG TARNÓW	M40-49	29	02:31:42.75	02:31:55.50	+01:09:05	9:28	6.3
109	TOKARSKA Bożena	624	#ADAMCZERWIŃSKITEAM	K40-49	4	02:31:25.15	02:32:03.60	+01:09:13	9:27	6.3
110	TOKARSKI Rafał	625		M40-49	30	02:31:23.50	02:32:03.70	+01:09:13	9:27	6.3
111	ADAMSKI Jakub	662	OŚRODEK TWÓRCZEJ INTERWENCJI	M30-39	30	02:32:05.25	02:33:00.45	+01:10:10	9:30	6.3
112	ZAŁUBSKA Anna	652	DIETETYK-NIEPOLOMICE.PL	K30-39	15	02:33:15.75	02:33:15.75	+01:10:25	9:34	6.3
113	WIŚNIEWSKI Tomasz	635		M40-49	31	02:32:31.05	02:33:24.50	+01:10:34	9:31	6.3
114	WILCZEWSKA Weronika	642		K16-29	8	02:33:01.30	02:34:00.70	+01:11:10	9:33	6.3
115	HERLICZKA Renata	465	AML-FLY TEAM	K30-39	16	02:33:46.50	02:34:50.30	+01:12:00	9:36	6.2
116	SAMOJLUK-ŚLUSARSKA Bożena	591	DRUŻYNA TVN	K60+	1	02:35:16.35	02:36:04.60	+01:13:14	9:42	6.2
117	REJMAN Dorota	580		K40-49	5	02:36:02.30	02:36:51.95	+01:14:02	9:45	6.2

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118	SALAMON Barbara	590		K40-49	6	02:37:41.20	02:38:04.35	+01:15:14	9:51	6.1
119	PRZYBYŁKA Agnieszka	571		K30-39	17	02:38:04.80	02:38:28.10	+01:15:38	9:52	6.1
120	CHRZAN Magdalena	432		K30-39	18	02:38:37.00	02:39:08.75	+01:16:18	9:54	6.1
121	SOBULSKI Karol	606	SB SOBOLE	M40-49	32	02:38:53.60	02:39:13.75	+01:16:23	9:55	6
122	SZCZESNIAK Agnieszka	616	SB SOBOLE	K40-49	7	02:38:52.40	02:39:13.85	+01:16:24	9:55	6
123	TRUSZKOWSKA Marta	628		K30-39	19	02:38:28.00	02:39:24.95	+01:16:35	9:54	6.1
124	LEFELIC Monika	512		K40-49	8	02:38:55.95	02:39:27.70	+01:16:37	9:56	6
125	BOROŃ Marlena	639		K16-29	9	02:39:13.80	02:39:39.95	+01:16:50	9:57	6
126	NORWECKA Sylwia	538		K30-39	20	02:39:23.05	02:39:56.45	+01:17:06	9:57	6
127	SŁOWIŃSKI Karol	604		M40-49	33	02:39:24.75	02:40:06.20	+01:17:16	9:57	6
128	ARMAŃSKA Marianna	400		K30-39	21	02:40:12.45	02:40:41.60	+01:17:51	10:00	6
129	DZIEWIĄTKOWSKA Ewa	443		K40-49	9	02:40:16.70	02:40:44.10	+01:17:54	10:01	6
130	POSS Marcin	568		M40-49	34	02:40:30.25	02:41:05.85	+01:18:16	10:01	6
131	MAJDA Karolina	527		K16-29	10	02:40:59.25	02:41:39.10	+01:18:49	10:03	6
132	RACZEK Radosław	574	GORĄCY POTOK TEAM	M16-29	21	02:40:59.05	02:41:39.60	+01:18:49	10:03	6
133	DĄBROWSKI Marek	437	TRANSPOREON	M30-39	31	02:40:55.95	02:41:53.20	+01:19:03	10:03	6
134	WARCHOCKA Ewelina	632		K40-49	10	02:41:45.00	02:42:03.55	+01:19:13	10:06	5.9
135	RADOSZ-KWASEK Agata	575	MUAY RUNNING TEAM	K30-39	22	02:41:55.10	02:42:24.55	+01:19:34	10:07	5.9
136	SKIBA Katarzyna	599		K40-49	11	02:41:54.25	02:42:42.35	+01:19:52	10:07	5.9
137	JAROSZEWSKA Iwona	471		K40-49	12	02:42:38.45	02:43:21.20	+01:20:31	10:09	5.9
138	WÓŁKIEWICZ Paweł	648	OX5	M50-59	6	02:42:39.70	02:43:21.25	+01:20:31	10:10	5.9
139	STERNIK Daniel	611	NAJWIĘKSZA ARMIA ŚWIATA	M30-39	32	02:44:27.75	02:44:44.00	+01:21:54	10:16	5.8
140	ZIÓŁEK Kornelia	654		K30-39	23	02:44:14.60	02:44:47.20	+01:21:57	10:15	5.8
141	NOWAK Paulina	543	SPARTAN TREINING GROUP TARNÓW	K30-39	24	02:44:36.85	02:44:47.30	+01:21:57	10:17	5.8
142	CIECHAROWSKA Justyna	433		K30-39	25	02:44:03.45	02:44:56.55	+01:22:06	10:15	5.9
143	SIKORSKI Ludwik	598	HTF LUDWIK SIKORSKI	M40-49	35	02:44:12.85	02:45:03.90	+01:22:14	10:15	5.8
144	KONIEC Mariusz	486	CARBON OCR RACING TEAM	M30-39	33	02:44:44.85	02:45:09.15	+01:22:19	10:17	5.8
145	PIETROŃ Monika	562	LEMON TEAM	K30-39	26	02:44:46.50	02:45:09.35	+01:22:19	10:17	5.8
146	BALCERZAK Krystyna	402		K40-49	13	02:44:23.50	02:45:14.00	+01:22:24	10:16	5.8
147	ZIÓŁEK Teresa	655	STEY INSANE	K60+	2	02:44:23.15	02:45:14.10	+01:22:24	10:16	5.8
148	SKOCZYLAS Piotr	601	ENDURANCE TEAM	M40-49	36	02:46:04.75	02:46:20.10	+01:23:30	10:22	5.8
149	RUDNIK Katarzyna	587		K30-39	27	02:45:37.65	02:46:31.55	+01:23:41	10:21	5.8
150	SIATKA Agnieszka	594	RUNNING PERFORMANCE	K40-49	14	02:46:05.75	02:46:31.70	+01:23:41	10:22	5.8
151	KURCIŃSKA Lidia	507		K30-39	28	02:45:40.55	02:46:31.75	+01:23:41	10:21	5.8
152	KOSTKA Aneta	496	ADIDAS RUNNERS WARSAW	K16-29	11	02:46:21.90	02:46:38.65	+01:23:48	10:23	5.8
153	HEPNER Malwina	464	ADIDAS RUNNERS WARSAW	K30-39	29	02:46:24.90	02:46:42.15	+01:23:52	10:24	5.8
154	ZAKRZEWSKI Jarosław	651		M40-49	37	02:46:13.10	02:46:53.30	+01:24:03	10:23	5.8
155	WOŹNIAK Lidia	644	PORMAT JEDLICZE BIEGA	K50-59	2	02:47:24.00	02:47:35.05	+01:24:45	10:27	5.7
156	BIAŁEK Mariusz	413	ENDURANCE TEAM	M30-39	34	02:48:07.15	02:48:21.75	+01:25:31	10:30	5.7
157	BUNIKOWSKA Emilia	425		K30-39	30	02:47:47.50	02:48:23.65	+01:25:33	10:29	5.7
158	OTOLA Iwona	550	ENDURANCE TEAM	K30-39	31	02:48:12.80	02:48:58.00	+01:26:08	10:30	5.7
159	BAR Przemek	405	ENDURANCE TEAM	M30-39	35	02:48:13.70	02:48:58.30	+01:26:08	10:30	5.7
160	GAWRYLAK Beata	450	ZUMBIARY	K40-49	15	02:48:02.30	02:48:58.75	+01:26:08	10:30	5.7
161	KOWALCZYK Justyna	499	ACCENTURE	K50-59	3	02:49:58.65	02:50:26.55	+01:27:36	10:37	5.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 16km	Czas brutto 16km	Różn	Tempo min/km	Tempo km/h
162	BURMAN Beata	426		K40-49	16	02:51:20.15	02:51:51.20	+01:29:01	10:42	5.6
163	BALON Marcin	403	BB RUNNERS	M40-49	38	02:52:08.00	02:52:20.90	+01:29:31	10:45	5.6
164	ŚWIEŻEWSKA Klementyna	640		K30-39	32	02:51:26.60	02:52:21.70	+01:29:31	10:42	5.6
165	NOWACZEK Aleksandra	539	MULTIMEDIA RUNNERS PUŁAWY	K30-39	33	02:53:08.15	02:53:36.10	+01:30:46	10:49	5.5
166	BRODAWKA Olga	421		K30-39	34	02:53:24.30	02:53:51.10	+01:31:01	10:50	5.5
167	SEBZDA Małgorzata	593	HUSARIA RACE TEAM	K40-49	17	02:53:34.05	02:53:58.25	+01:31:08	10:50	5.5
168	KAPAŁKA Krzysztof	478	STG TARNÓW	M60+	1	02:53:47.50	02:54:00.40	+01:31:10	10:51	5.5
169	KŁOPOT Grażyna	481	MULTIMEDIA RUNNERS PUŁAWY	K40-49	18	02:53:31.35	02:54:02.50	+01:31:12	10:50	5.5
170	RUTKOWSKA Milena	588	MULTIMEDIA RUNNERS PUŁAWY	K30-39	35	02:53:31.90	02:54:02.65	+01:31:12	10:50	5.5
171	WIŚNIEWSKA Katarzyna	634	WIŚNIA TEAM	K40-49	19	02:53:28.75	02:54:16.35	+01:31:26	10:50	5.5
172	MICHALIK Justyna	533	ZABIERZOW BIEGA	K30-39	36	02:53:30.65	02:54:20.25	+01:31:30	10:50	5.5
173	WALKOWSKA Justyna	631	JACEKBIEGA RUNNING TEAM	K40-49	20	02:53:34.30	02:54:31.55	+01:31:41	10:50	5.5
174	KRAVETS Anastasiia	502	TRANSPOREON	K16-29	12	02:54:10.50	02:55:04.45	+01:32:14	10:53	5.5
175	PRZYBYLSKI Michał	570	TRANSPOREON	M30-39	36	02:54:10.60	02:55:04.70	+01:32:14	10:53	5.5
176	TROJANOWSKA Kinga	627		K60+	3	02:55:19.40	02:55:49.10	+01:32:59	10:57	5.5
177	BEZKOROWAJNY Joanna	411	NOKIA	K30-39	37	02:54:54.30	02:55:52.60	+01:33:02	10:55	5.5
178	BEZKOROWAJNY Mateusz	412	NOKIA	M30-39	37	02:54:54.70	02:55:52.70	+01:33:02	10:55	5.5
179	ŻURKOWSKA Dorota	658		K30-39	38	02:55:12.05	02:56:00.50	+01:33:10	10:57	5.5
180	GŁUCHOWSKI Jacek	453	BB RUNERS	M40-49	39	02:55:43.45	02:56:03.35	+01:33:13	10:59	5.5
181	KORPALSKI Jacek	494		M50-59	7	02:55:55.85	02:56:35.55	+01:33:45	10:59	5.5
182	ZBROSZCZYK Damian	585	CARBON OCR RACING TEAM	M30-39	38	02:57:51.60	02:58:15.35	+01:35:25	11:07	5.4
183	ŁATA Katarzyna	519		K40-49	21	02:57:58.95	02:58:51.60	+01:36:01	11:07	5.4
184	DZIÓBEK Sylwia	444		K40-49	22	02:58:41.55	02:59:17.00	+01:36:27	11:10	5.4
185	MARKOWSKA Jadwiga	530		K30-39	39	02:58:42.70	02:59:17.20	+01:36:27	11:10	5.4
186	PAWŁOWSKA Maria	555	MARUSIABIEGAPL	K40-49	23	02:58:44.40	02:59:34.70	+01:36:44	11:10	5.4
187	ŁUKASZEWSKA Katarzyna	523		K50-59	4	02:58:58.40	02:59:48.40	+01:36:58	11:11	5.4
188	JACKOWSKA Ewa	660	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	K40-49	24	03:00:27.65	03:01:30.30	+01:38:40	11:16	5.3
189	LULA Radek	517		M40-49	40	03:00:54.05	03:01:30.40	+01:38:40	11:18	5.3
190	RADYK Joanna	576	PRZEMYSKI KLUB BIEGACZA	K30-39	40	03:01:02.95	03:01:33.00	+01:38:43	11:18	5.3
191	JACKOWSKI Jacek	661	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	M40-49	41	03:00:29.60	03:01:33.45	+01:38:43	11:16	5.3
192	PUKOCZ Katarzyna	573		K30-39	41	03:00:32.25	03:01:38.25	+01:38:48	11:17	5.3
193	KOPCZYK Jakub	489		M16-29	22	03:03:24.10	03:03:55.95	+01:41:06	11:27	5.2
194	ZAINCIKOVSKAIA-WÓJCIK Inna	649	NIE MAM POMYSŁU	K30-39	42	03:03:48.45	03:03:58.70	+01:41:08	11:29	5.2
195	ŚWIEŻEWSKA Kaja	641		K30-39	43	03:03:42.50	03:04:37.95	+01:41:48	11:28	5.2
196	KWIATKOWSKA Katarzyna	509	RUNKASIARUN	K30-39	44	03:03:48.05	03:04:42.00	+01:41:52	11:29	5.2
197	ŁĘPICKI Mateusz	521	LEMON TEAM	M30-39	39	03:05:36.25	03:06:10.95	+01:43:21	11:36	5.2
198	ŁĘPICKA Marta	520		K16-29	13	03:05:38.15	03:06:12.05	+01:43:22	11:36	5.2
199	PIETRZYKOWSKA Katarzyna	563		K30-39	45	03:06:06.95	03:06:58.80	+01:44:08	11:37	5.2
200	SOSNOWSKA Barbara	608	LACHO TEAM	K40-49	25	03:06:08.10	03:06:58.85	+01:44:09	11:38	5.2
201	OGAZA Anna	546		K30-39	46	03:08:14.95	03:08:35.20	+01:45:45	11:45	5.1
202	KUREK Małgorzata	508	CARBON OCR RACING TEAM	K30-39	47	03:08:17.50	03:08:37.50	+01:45:47	11:46	5.1
203	MEINERT Jakub	532	CARBON OCR RACING TEAM	M16-29	23	03:07:36.90	03:08:43.00	+01:45:53	11:43	5.1
204	MAŃKO Monika	529		K16-29	14	03:09:32.95	03:10:04.05	+01:47:14	11:50	5.1
205	STYŁA Sebastian	612		M40-49	42	03:09:32.35	03:10:05.15	+01:47:15	11:50	5.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 16km	Czas brutto 16km	Różn	Tempo min/km	Tempo km/h
206	DZIEDZIC-WÓJTOWICZ Agnieszka	442	SRTG-NIEPOŁOMICE	K40-49	26	03:09:46.25	03:10:11.90	+01:47:22	11:51	5.1
207	LESZCZYNSKI Aleksander	514		M40-49	43	03:09:25.05	03:10:19.95	+01:47:30	11:50	5.1
208	KRÓLIKOWSKA Anna	503	HUSARIA RACE TEAM	K16-29	15	03:10:35.75	03:10:46.70	+01:47:56	11:54	5
209	ŁUCZAK Paweł	522		M16-29	24	03:10:36.75	03:10:46.85	+01:47:57	11:54	5
210	MALOCHLEB Mateusz	659	ZAWISZA STARA KUŹNIA	M16-29	25	03:13:28.65	03:14:34.30	+01:51:44	12:05	5
211	KOTULA Jakub	498		M30-39	40	03:14:27.55	03:15:10.75	+01:52:20	12:09	4.9
212	GERLE-KOTULA Anna	452		K30-39	48	03:14:30.45	03:15:10.90	+01:52:21	12:09	4.9
213	BRODECKI Adam	422	WATAHA ŁĄCZY NAS BIEGANIE	M16-29	26	03:17:00.05	03:18:00.75	+01:55:10	12:18	4.9
214	GRABOWSKA Joanna	457	SPC/ KM UMK	K40-49	27	03:17:10.30	03:18:15.05	+01:55:25	12:19	4.9
215	KANDERSKI Sławek	476	WKB MARATOŃCZYK	M50-59	8	03:17:10.35	03:18:15.25	+01:55:25	12:19	4.9
216	NOWAK Ewelina	541	STG TARNÓW	K30-39	49	03:20:27.70	03:20:39.65	+01:57:49	12:31	4.8
217	KUBIESA Patrycja	505	HUSARIA RACE TEAM	K30-39	50	03:22:02.20	03:22:28.25	+01:59:38	12:37	4.8
218	SURDEJ Paulina	613	STG TARNÓW	K16-29	16	03:22:52.25	03:23:04.55	+02:00:14	12:40	4.7
219	KAPAŁKA Bożena	477	STG TARNÓW	K50-59	5	03:22:50.80	03:23:04.80	+02:00:14	12:40	4.7
220	SKORUPKA Anna	602		K40-49	28	03:22:27.00	03:23:27.80	+02:00:37	12:39	4.7
221	WIŚNIEWSKA Dorota	633		K40-49	29	03:24:22.40	03:25:17.95	+02:02:28	12:46	4.7
222	JASIUL Mariola	472		K40-49	30	03:25:06.70	03:25:58.15	+02:03:08	12:49	4.7
223	SITEK Szymon	620	ZABIEGANI CZĘSTOCHOWA	M30-39	41	03:30:00.00	03:30:00.00	+02:07:10	13:07	4.6
223	CHLEWICKA Magdalena	414	ZABIEGANI CZĘSTOCHOWA	K30-39	51	03:30:00.00	03:30:00.00	+02:07:10	13:07	4.6
223	DUBIŃSKI Przemysław	415	PRZEMEK DUBIŃSKI - BIEGIEMPRZEZŚWIAT	M40-49	44	03:30:00.00	03:30:00.00	+02:07:10	13:07	4.6
223	RADYK Jakub	440	PRZEMYSKI KLUB BIEGACZA	M30-39	41	03:30:00.00	03:30:00.00	+02:07:10	13:07	4.6
223	LUDKA Dagmara	513		K40-49	31	03:30:00.00	03:30:00.00	+02:07:10	13:07	4.6
223	GROCHAL Marcin	557	PSEUDOMOUNTAINRUNNER	M40-49	44	03:30:00.00	03:30:00.00	+02:07:10	13:07	4.6
229	WIECZOREK Andrzej	638		M50-59	9	03:31:09.05	03:31:24.15	+02:08:34	13:11	4.5
230	KARPIŃSKA Ania	479	DZIKIE GRUBASY SZATANA/ADIDAS RUNERS WARSAW	K40-49	32	03:31:05.50	03:31:45.85	+02:08:56	13:11	4.5
231	MATUSZCZAK Angelika	531	STG TARNÓW	K30-39	52	03:32:13.35	03:32:24.40	+02:09:34	13:15	4.5
232	PIEŃKOWSKI Leszek	559	WM TRISELF	M50-59	10	03:32:48.55	03:33:25.00	+02:10:35	13:18	4.5
233	ZIENKIEWICZ Agata	653		K30-39	53	03:32:48.00	03:33:25.55	+02:10:35	13:18	4.5
234	MIERZEJEWSKA Olga	534		K30-39	54	03:33:57.95	03:34:42.65	+02:11:52	13:22	4.5
235	SIERECKA Dorota	596	TEAM ZABIEGANEDNI // WKURW_TEAM	K40-49	33	03:36:49.85	03:37:56.90	+02:15:07	13:33	4.4
235	SMOGORZEWSKA Marta	605	WKURW_TEAM	K30-39	55	03:36:50.45	03:37:56.90	+02:15:07	13:33	4.4
237	MALARA Dalia	528	CARBON OCR RACING TEAM	K30-39	56	03:38:37.00	03:38:59.50	+02:16:09	13:39	4.4
238	KOSZNIERUK Elzbieta	497	WYBIEGAJ SIEBIE	K50-59	6	03:38:10.50	03:39:18.75	+02:16:28	13:38	4.4
239	PRZYBYŁO Marta	572		K30-39	57	03:38:11.80	03:39:18.90	+02:16:29	13:38	4.4

Znaleziono 239 wynik(ów)