



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

TRIADA MARATON 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	KOŚCIELNIAK Kacper	272	SALCO GARMIN TEAM	M16-29	1	01:19:44.95	01:19:45.70		4:59	12
2	FABIAN Marcel	235	SOCIOS SILESIA	M16-29	2	01:27:11.55	01:27:12.80	+00:07:27	5:26	11
3	BEREŚ Arkadiusz	203		M30-39	1	01:27:13.20	01:27:14.20	+00:07:28	5:27	11
4	FLOREK Sebastian	237	NORAFSPORT / SPORT HG	M30-39	2	01:27:24.95	01:27:25.95	+00:07:40	5:27	11
5	GAWLIK Sławek	242		M30-39	3	01:29:14.45	01:29:15.15	+00:09:29	5:34	10.8
6	STROINSKI Daniel	241		M30-39	4	01:32:23.55	01:32:25.50	+00:12:39	5:46	10.4
7	KLONOWSKI Kamil	271	CARBON OCR RACING TEAM	M30-39	5	01:35:37.90	01:35:38.30	+00:15:52	5:58	10
8	CYRAN Piotr	225	NOA	M30-39	6	01:35:50.70	01:35:53.25	+00:16:07	5:59	10
9	TYNUS Grzegorz	667	NKK	M40-49	1	01:36:47.55	01:36:52.45	+00:17:06	6:03	9.9
10	RYBAK Przemysław	341	PRZE(W)AGA	M30-39	7	01:43:18.25	01:43:21.85	+00:23:36	6:27	9.3
11	MARCINKOWSKI Bartosz	308	SACKY RUNNERS	M16-29	3	01:43:51.20	01:44:03.00	+00:24:17	6:29	9.2
12	BIEŃ Przemysław	205	KS RYGLICE- SEKCJA BIEGOWA	M30-39	8	01:43:59.10	01:44:11.15	+00:24:25	6:29	9.2
13	OLEJNIK Franciszek	326	INŻYNIERIA BIEGANIA TEAM	M16-29	4	01:45:37.60	01:45:46.65	+00:26:00	6:36	9.1
14	MAŁEK Daren	307		M30-39	9	01:46:41.35	01:46:42.80	+00:26:57	6:40	9
15	FEICHTINGER Marek	236		M40-49	2	01:47:30.30	01:47:30.30	+00:27:44	6:43	8.9
16	MICHALSKI Damian	313	ALIOR RUNNING TEAM	M40-49	3	01:48:02.15	01:48:05.30	+00:28:19	6:45	8.9
17	KUCZYK Szymon	288	ENDURANCE TEAM	M40-49	4	01:48:13.20	01:48:26.70	+00:28:41	6:45	8.9
18	NOWAK Lukasz	322	NOA / CS RUNNING TEAM	M30-39	10	01:49:12.85	01:49:17.75	+00:29:32	6:49	8.8
19	SZELĄG Dariusz	360	LISY PUSTYNI	M40-49	5	01:49:29.00	01:49:36.40	+00:29:50	6:50	8.8
20	SOWA Grzegorz	353	STG-KRAKÓW ŚRÓDMIEŚCIE	M30-39	11	01:50:08.65	01:50:15.60	+00:30:29	6:53	8.7
21	SAWA Piotr	617		M16-29	5	01:50:09.20	01:50:28.10	+00:30:42	6:53	8.7
22	GRUSZKA Grzegorz	250	ENDURANCE TEAM	M40-49	6	01:50:49.55	01:50:52.45	+00:31:06	6:55	8.7
23	JASIULEWICZ Anna	258	BIAŁYSTOK BIEGA TEAM	K40-49	1	01:51:42.70	01:51:47.10	+00:32:01	6:58	8.6
24	CICHOCKI Tomasz	223	PELETON	M30-39	12	01:51:50.25	01:51:51.65	+00:32:05	6:59	8.6
25	MACIEJEWSKI Daniel	336		M30-39	13	01:51:41.90	01:51:59.40	+00:32:13	6:58	8.6
26	KOLACHA Patryk	275	STUDIO GTS	M16-29	6	01:52:32.90	01:52:40.10	+00:32:54	7:02	8.5
27	MĘDRYKOWSKI Damian	311		M30-39	14	01:52:16.25	01:52:44.35	+00:32:58	7:01	8.6
28	ŁOBODOWSKI Marcin	299	RACEFIGHTER GOSIR DĘBE WIELKIE	M30-39	15	01:53:14.70	01:53:20.65	+00:33:34	7:04	8.5
29	SZPUNAR Maciej	364	ROBIĘ TO DLA SIEBIE	M40-49	7	01:52:59.10	01:53:23.40	+00:33:37	7:03	8.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 16km	Czas brutto 16km	Różn	Tempo min/km	Tempo km/h
30	KOZIEŁ Krzysztof	282		M30-39	16	01:53:22.20	01:53:32.00	+00:33:46	7:05	8.5
31	BYRCZEK Michał	216	WATAHA	M30-39	17	01:53:40.65	01:54:13.90	+00:34:28	7:06	8.4
32	WŁOCH Sławomir	380		M50-59	1	01:54:17.60	01:54:25.35	+00:34:39	7:08	8.4
33	SOBCZYK Piotr	349		M40-49	8	01:54:32.40	01:54:46.85	+00:35:01	7:09	8.4
34	BROL Dominika	209	ENDURANCE TEAM	K30-39	1	01:55:11.50	01:55:13.50	+00:35:27	7:11	8.3
35	SOSNOWSKA Agnieszka	352	SOSNA RADOSNA	K40-49	2	01:55:14.50	01:55:18.70	+00:35:33	7:12	8.3
36	CIERPIOŁ Andrzej	224	SACKY RUNNERS	M16-29	7	01:55:18.60	01:55:30.70	+00:35:45	7:12	8.3
37	KRAWCZYK Karol	283	LENIWY INACZEJ	M30-39	18	01:56:29.55	01:56:41.60	+00:36:55	7:16	8.2
38	ZIĘCINA Sylwia	395	ATLANTIC	K30-39	2	01:56:40.45	01:56:44.45	+00:36:58	7:17	8.2
39	SKORUPKA Leszek	348	M3 SIEDLCE	M40-49	9	01:56:46.90	01:57:00.55	+00:37:14	7:17	8.2
40	JARNOT Konrad	256	BIEGAM W KATO :)	M30-39	19	01:57:03.95	01:57:27.25	+00:37:41	7:19	8.2
41	STANKIEWICZ Tomasz	355	GT TEAM	M30-39	20	01:56:37.15	01:57:36.25	+00:37:50	7:17	8.2
42	STEFANIUK Roman	357		M50-59	2	01:57:35.90	01:57:46.65	+00:38:00	7:21	8.2
43	DYLEG Andrzej	669	LIMANOWA FOREST	M40-49	10	01:58:15.55	01:58:16.70	+00:38:31	7:23	8.1
44	CHODOWIEC Przemysław	220	ADIDAS RUNNERS WARSAW	M30-39	21	01:58:20.10	01:58:29.20	+00:38:43	7:23	8.1
45	CHODOWIEC Karolina	221	ADIDAS RUNNERS WARSAW	K30-39	3	01:58:21.25	01:58:29.35	+00:38:43	7:23	8.1
46	SAWCZUK Robert	343	PADRE TEAM	M30-39	22	01:59:59.60	02:00:23.20	+00:40:37	7:30	8
47	PRZYBYLSKI Tomasz	339	TRI TOMAJ	M40-49	11	02:01:53.55	02:02:20.30	+00:42:34	7:37	7.9
48	WIATR Wojciech	374	ENDURANCE TEAM	M40-49	12	02:02:19.10	02:02:23.60	+00:42:37	7:38	7.8
49	CHILICKA Marta	219	RED LION CLUB	K30-39	4	02:02:22.70	02:02:25.60	+00:42:39	7:38	7.8
50	PYTEL Waldek	340	YULO RANTEAM SIEDLCE	M50-59	3	02:02:31.00	02:02:31.00	+00:42:45	7:39	7.8
51	KUNA Aleksandra	290		K30-39	5	02:02:15.20	02:02:31.15	+00:42:45	7:38	7.9
52	NOWICKI Artur	323		M30-39	23	02:03:16.20	02:03:48.70	+00:44:03	7:42	7.8
53	DROŚ Aleksander	228	POWER TRAINING	M30-39	24	02:04:15.20	02:04:18.35	+00:44:32	7:45	7.7
54	WOLAŃCZUK Marcin	387		M30-39	25	02:04:17.50	02:04:25.70	+00:44:40	7:46	7.7
55	GŁOWACKI Jerzy	243	JUVENIA KRAKÓW	M30-39	26	02:03:34.05	02:04:34.50	+00:44:48	7:43	7.8
56	OSIAK Artur	327	BIEGUSIEM.PL	M30-39	27	02:04:31.45	02:04:34.60	+00:44:48	7:46	7.7
57	WOLAŃCZUK Piotr	388		M16-29	8	02:04:26.80	02:04:34.85	+00:44:49	7:46	7.7
58	SZKODA Kasia	361		K16-29	1	02:04:04.15	02:04:52.70	+00:45:07	7:45	7.7
59	KALISZAN Krzysztof	263	12 WBOT	M16-29	9	02:04:06.55	02:04:55.75	+00:45:10	7:45	7.7
60	KOWALSKI Łukasz	281	BYCHAWA RUNNERS	M30-39	28	02:04:47.25	02:05:02.60	+00:45:16	7:47	7.7
61	KLATKA Arleta	270	BBL TOMASZÓW MAZOWIECKI	K40-49	3	02:04:59.75	02:05:05.05	+00:45:19	7:48	7.7
62	WOJTASIK Grzegorz	386	STAŁOWOWOLSKI KLUB BIEGACZA	M40-49	13	02:04:50.40	02:05:06.35	+00:45:20	7:48	7.7
63	SZKUDLAREK Artur	362	ANDRYCHÓW RUNNING	M30-39	29	02:05:04.10	02:05:31.05	+00:45:45	7:49	7.7
64	NOWIŃSKI Marcin	324	HUSARIA RACE TEAM	M16-29	10	02:06:08.65	02:06:23.35	+00:46:37	7:53	7.6
65	NOWOTARSKI Wojtek	325		M30-39	30	02:06:16.25	02:06:42.60	+00:46:56	7:53	7.6
66	POŁOM Rafał	335	NOA	M30-39	31	02:06:47.65	02:06:54.60	+00:47:08	7:55	7.6
67	GOCŁOWSKI Cezary	245		M40-49	14	02:06:05.25	02:07:05.10	+00:47:19	7:52	7.6
68	GOŹDZIK Tomek	244		M16-29	11	02:06:48.30	02:07:31.85	+00:47:46	7:55	7.6
69	ADAMCZAK Barbara	200	TRAVOIS	K40-49	4	02:06:53.85	02:07:38.85	+00:47:53	7:55	7.6
70	GRABOWSKI Damian	248	-	M30-39	32	02:07:19.65	02:07:41.30	+00:47:55	7:57	7.5
71	BAĆMAGA Tomasz	202		M30-39	33	02:07:42.55	02:07:42.55	+00:47:56	7:58	7.5
72	JĘDZIKOWSKI Marcin	260	RUN TEAM GAŚAWA	M40-49	15	02:07:29.55	02:07:51.75	+00:48:06	7:58	7.5
73	POGORZELSKA Katarzyna	333	BWM TEAM	K40-49	5	02:07:21.85	02:07:52.95	+00:48:07	7:57	7.5

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74	FRĄCKIEWICZ Karol	240	SCV	M40-49	16	02:07:53.90	02:08:12.45	+00:48:26	7:59	7.5
75	DZIERŻAK Elżbieta	233	HUSARIA RACE TEAM	K40-49	6	02:08:04.20	02:08:25.35	+00:48:39	8:00	7.5
76	GODLEWSKI Cezary	246		M30-39	34	02:08:25.70	02:08:44.60	+00:48:58	8:01	7.5
77	WOJAS Jakub	383	INŻYNIERIA BIEGANIA	M30-39	35	02:08:56.55	02:09:07.50	+00:49:21	8:03	7.4
78	MICHALAK Sławomir	312	INZYNIER.EU NOSI TRAILOWE BOTKI	M50-59	4	02:08:46.00	02:09:32.85	+00:49:47	8:02	7.5
79	KOWALSKI Krzysztof	279	HRMAXCROSSTEAM	M50-59	5	02:09:24.00	02:09:33.30	+00:49:47	8:05	7.4
80	OŻGA Sebastian	329		M30-39	36	02:09:02.85	02:09:49.20	+00:50:03	8:03	7.4
81	LUTEREK Michał	298		M40-49	17	02:08:53.85	02:09:49.35	+00:50:03	8:03	7.4
82	NIEDŹWIEDŹ Tomasz	319	RED LION CLUB	M40-49	18	02:09:49.05	02:09:52.45	+00:50:06	8:06	7.4
83	KUDZIOR Piotr	289	PRO366	M16-29	12	02:09:29.05	02:09:55.55	+00:50:09	8:05	7.4
84	CZAPSKI Piotr	227		M50-59	6	02:10:15.85	02:11:04.40	+00:51:18	8:08	7.4
85	NIMSZ Bartosz	320		M30-39	37	02:10:22.15	02:11:09.00	+00:51:23	8:08	7.4
86	KOWALSKI Szymon	280	HTF LUDWIK SIKORSKI	M40-49	19	02:11:16.10	02:11:29.95	+00:51:44	8:12	7.3
87	KURPANIK Karol	292		M30-39	38	02:11:42.15	02:11:53.95	+00:52:08	8:13	7.3
88	WALKOWSKI Tomasz	370	JACEKBIEGA RUNNING TEAM	M50-59	7	02:11:10.90	02:12:08.85	+00:52:23	8:11	7.3
89	KALETA Anna	262		K30-39	6	02:12:02.60	02:12:39.35	+00:52:53	8:15	7.3
90	KACZMARCZYK Krzysztof	261	ŻUBRY BOCHNIA	M40-49	20	02:12:21.70	02:13:00.65	+00:53:14	8:16	7.3
91	KOSMAŁA Przemek	277	MARCINSWIERCTEAM	M30-39	39	02:12:10.15	02:13:10.30	+00:53:24	8:15	7.3
92	WAŁĘGA Monika	371		K30-39	7	02:12:32.75	02:13:14.20	+00:53:28	8:17	7.2
93	KOBIĄŁKA Irek	273		M40-49	21	02:12:32.65	02:13:14.80	+00:53:29	8:17	7.2
94	OTOCKI Wojciech	328	NOWAK RUN	M40-49	22	02:12:35.50	02:13:16.05	+00:53:30	8:17	7.2
95	ZIELIŃSKA Iwona	394	KUJAWSCY RUNNERS	K40-49	7	02:12:56.55	02:13:16.70	+00:53:31	8:18	7.2
96	WONKO Ewa	389	HTF LUDWIK SIKORSKI	K30-39	8	02:13:26.30	02:13:40.90	+00:53:55	8:20	7.2
97	SZCZĘSNA Edyta	359	CARBON OCR RACING TEAM	K30-39	9	02:13:16.80	02:13:42.15	+00:53:56	8:19	7.2
98	NIMSZ Kamila	206	KB HARCOWNIK JELCZ-LASKOWICE	K30-39	10	02:12:59.30	02:13:46.60	+00:54:00	8:18	7.2
99	ŁUCZKA Sylwia	300	KASTYO / VEGE RUNNERS	K16-29	2	02:13:58.60	02:14:22.50	+00:54:36	8:22	7.2
100	KOCHANOWSKI Sebastian	274	ROZBIEGAMY NOWY DWÓR	M40-49	23	02:13:45.00	02:14:34.30	+00:54:48	8:21	7.2
101	GROCHAL Marcin	249	PSEUDOMOUNTAINRUNNER	M40-49	24	02:13:56.65	02:14:57.55	+00:55:11	8:22	7.2
102	MICHOŃ Krystian	314		M30-39	40	02:14:54.95	02:15:28.25	+00:55:42	8:25	7.1
103	WENARSKI Grzegorz	626		M30-39	41	02:15:24.85	02:15:45.75	+00:56:00	8:27	7.1
104	WIECZOREK Łukasz	376	OSP GAŚAWA	M30-39	42	02:15:47.85	02:16:09.40	+00:56:23	8:29	7.1
105	KARPIEL Magdalena	266	SFITRUN.PL	K16-29	3	02:16:09.65	02:16:51.60	+00:57:05	8:30	7.1
106	KITOWSKA Anna	232	PERFECT RUNNER TEAM	K40-49	8	02:17:38.00	02:17:58.85	+00:58:13	8:36	7
107	BRĘCZEWSKI Andrzej	208	UKS KOPERNIK	M50-59	8	02:17:20.75	02:18:03.15	+00:58:17	8:35	7
108	BULANDA Barbara	212	ŻUBRY BOCHNIA	K30-39	11	02:18:12.20	02:18:51.60	+00:59:05	8:38	6.9
109	KOPEĆ Renata	276	KS STASZEWSKY	K40-49	9	02:18:39.25	02:19:07.75	+00:59:22	8:39	6.9
110	KUŚ Tomasz	286	MIRAZ RACE TEAM	M30-39	43	02:19:22.80	02:19:46.10	+01:00:00	8:42	6.9
111	CYWIŃSKI Paweł	226	AKG	M40-49	25	02:19:06.90	02:19:58.40	+01:00:12	8:41	6.9
112	MASTALERZ Marcin	597		M50-59	9	02:19:40.20	02:20:42.35	+01:00:56	8:43	6.9
113	STEC Iwona	356		K30-39	12	02:20:27.55	02:20:46.10	+01:01:00	8:46	6.8
114	SALIŃSKI Bartosz	342	WKURW_TEAM	M30-39	44	02:20:33.35	02:21:05.90	+01:01:20	8:47	6.8
115	POGORZELSKI Grzegorz	334	BWM TEAM	M40-49	26	02:20:49.55	02:21:21.60	+01:01:35	8:48	6.8
116	MAZURKIEWICZ Jolanta	310	BYCHAWA RUNNERS / NAJWIĘKSZA ARMIA ŚWIATA	K30-39	13	02:22:41.20	02:22:56.35	+01:03:10	8:55	6.7
117	MUCHA Marek	318	APOSTLES OF STARS	M30-39	45	02:22:42.30	02:23:02.75	+01:03:17	8:55	6.7

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118	TOCZEWSKA Anna	367	JACEKBIEGA RUNNING TEAM	K50-59	1	02:22:08.95	02:23:05.90	+01:03:20	8:53	6.8
119	MORITZ Karol	315	BIEGIEM DLA MAGDY	M50-59	10	02:23:10.05	02:23:20.60	+01:03:34	8:56	6.7
120	NOWAK Beata	321		K30-39	14	02:23:34.85	02:23:49.25	+01:04:03	8:58	6.7
121	PAPROCKI Bartłomiej	330		M40-49	27	02:25:27.85	02:25:49.80	+01:06:04	9:05	6.6
122	WALAC Jacek	369	DOGOŃ GRODZISK MAZOWIECKI	M30-39	46	02:25:44.00	02:25:51.55	+01:06:05	9:06	6.6
123	SOWA-OKRASA Sylwia	354	DOGOŃ GRODZISK MAZOWIECKI	K40-49	10	02:25:45.55	02:25:51.70	+01:06:06	9:06	6.6
124	JARECKA Katarzyna	255	ALLERGAN RUNNING TEAM	K40-49	11	02:25:44.75	02:25:53.35	+01:06:07	9:06	6.6
125	CHRAPLEWSKA Karolina	222	PRO366	K30-39	15	02:27:24.00	02:27:45.25	+01:07:59	9:12	6.5
126	NOWACZYK Robert	455		M30-39	47	02:27:52.55	02:28:12.05	+01:08:26	9:14	6.5
127	SZYSZKA Maciej	366	KETO KOTY	M30-39	48	02:28:32.05	02:28:50.20	+01:09:04	9:17	6.5
128	PRZEBINDA Renata	338	#ADAMCZERWIŃSKITEAM	K40-49	12	02:28:39.80	02:28:56.80	+01:09:11	9:17	6.5
129	KĘPARA Marcin	267	ADVA OPTICAL NETWORKING	M30-39	49	02:28:32.45	02:29:19.50	+01:09:33	9:17	6.5
130	WILK Magdalena	378	TEAM ZABIEGANEDNI	K40-49	13	02:29:04.40	02:29:29.35	+01:09:43	9:19	6.4
131	ZARĘBA Beata	393	BIEGAM BO LUBIĘ NOCĄ WARSZAWA	K30-39	16	02:29:12.15	02:29:30.30	+01:09:44	9:19	6.4
132	KOWALSKA-GRZEJDA Anna	278		K40-49	14	02:28:39.25	02:29:37.80	+01:09:52	9:17	6.5
133	KINDRYK Tomasz	269	ZAGŁĘBIOWSKI KLUB OYAMA KARATE	M40-49	28	02:29:48.10	02:30:49.00	+01:11:03	9:21	6.4
134	KĄDZIOŁKA Łukasz	285	K2	M30-39	50	02:29:54.95	02:30:59.70	+01:11:14	9:22	6.4
135	CAŁKA Agnieszka	217	RADZYMIN RUN TEAM	K40-49	15	02:30:37.25	02:31:12.30	+01:11:26	9:24	6.4
136	PRZEBINDA Bogdan	337	#ADAMCZERWIŃSKI TEAM	M50-59	11	02:31:02.15	02:31:20.55	+01:11:34	9:26	6.4
137	CAŁKA Grzegorz	218	RADZYMIN RUN TEAM	M40-49	29	02:30:54.90	02:31:29.05	+01:11:43	9:25	6.4
138	SITKOWSKI Kamil	346		M30-39	51	02:31:09.80	02:31:34.45	+01:11:48	9:26	6.4
139	ZACHARA Katarzyna	391		K30-39	17	02:31:12.00	02:31:38.25	+01:11:52	9:27	6.3
140	WOJNO Małgorzata	385	DROGA DO ULTRA	K30-39	18	02:30:55.15	02:31:39.45	+01:11:53	9:25	6.4
141	KĄDZIOŁKA Jan	284	K2	M50-59	12	02:30:37.15	02:31:41.60	+01:11:55	9:24	6.4
142	MASTALERZ Katarzyna	309	SŁONIÓWKA	K40-49	16	02:30:45.50	02:31:48.45	+01:12:02	9:25	6.4
143	WIELIŃSKA-JACHYMIAK Olga	377	SPECJALISTYCZNY GABINET REHABILITACJI DZIECI	K40-49	17	02:34:11.90	02:34:39.20	+01:14:53	9:38	6.2
144	WINIARCZYK Adrian	379	WIOLAADI	M30-39	52	02:34:34.95	02:35:00.10	+01:15:14	9:39	6.2
145	BUDNY Aleksandra	211	KRAŚNIK BIEGA	K40-49	18	02:34:38.25	02:35:00.15	+01:15:14	9:39	6.2
146	DYDERSKA Wioletta	230	WIOLAADI	K40-49	19	02:34:37.50	02:35:00.20	+01:15:14	9:39	6.2
147	PATEREK Ada	332		K40-49	20	02:34:17.75	02:35:12.25	+01:15:26	9:38	6.2
148	DZIEWIATOWSKA Agnieszka	234		K40-49	21	02:35:16.95	02:35:44.85	+01:15:59	9:42	6.2
149	KURKUS Aleksander	291	DOGOŃ GRODZISK MAZOWIECKI	M40-49	30	02:35:14.35	02:36:00.10	+01:16:14	9:42	6.2
150	WIECHA Marcin	375		M40-49	31	02:36:27.30	02:36:55.40	+01:17:09	9:46	6.1
151	WIŚNIEWSKI Paweł	373	NIGHT RUNNERS GLIWICE	M30-39	53	02:36:02.90	02:37:08.30	+01:17:22	9:45	6.2
152	ŻYLSKI Janusz	665	DZIADY OCR	M50-59	13	02:37:14.70	02:37:58.05	+01:18:12	9:49	6.1
153	LUC Adam	296	BIEGUSTEM.PL	M40-49	32	02:38:02.25	02:38:26.60	+01:18:40	9:52	6.1
154	MAKLES Wioletta	304	EUROPA UBEZPIECZENIA / NOA	K40-49	22	02:39:00.60	02:39:05.80	+01:19:20	9:56	6
155	JARACZ-PATEREK Alina	254	NOA	K40-49	23	02:39:02.30	02:39:06.00	+01:19:20	9:56	6
156	MROZIK Magdalena	317	POWER TRAINING	K30-39	19	02:38:53.85	02:39:50.20	+01:20:04	9:55	6
157	BOBINSKA Marta	207		K30-39	20	02:38:54.55	02:39:50.35	+01:20:04	9:55	6
158	MACKIEWICZ Dorota	301	EAT RUN FUN	K40-49	24	02:40:07.65	02:40:28.20	+01:20:42	10:00	6
159	KAPŁON Anna	264		K40-49	25	02:40:43.75	02:41:08.40	+01:21:22	10:02	6
160	SIMANKOWICZ Sebastian	345		M40-49	33	02:40:39.75	02:41:10.40	+01:21:24	10:02	6
161	ROGUSKA Klaudia	666	RADZYMIN RUN TEAM	K30-39	21	02:40:45.35	02:41:21.40	+01:21:35	10:02	6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 16km	Czas brutto 16km	Różn	Tempo min/km	Tempo km/h
162	ŻACZEK Anna	664	BIEGUSIEM.PL	K40-49	26	02:41:03.80	02:41:27.85	+01:21:42	10:03	6
163	SZYMAŃSKA Agata	365	RADZYMIN RUN TEAM	K30-39	22	02:41:12.70	02:41:48.35	+01:22:02	10:04	6
164	JARZĄBEK Agnieszka	257	RADZYMIN RUN TEAM	K40-49	27	02:41:12.00	02:41:48.55	+01:22:02	10:04	6
165	KĘPKA-WAROWNA Weronika	268	BIEGUSIEM.PL	K40-49	28	02:41:36.30	02:41:58.75	+01:22:13	10:06	5.9
166	MAKARZEC-SURMA Agnieszka	303	BIŁGORAJ	K30-39	23	02:41:58.00	02:42:14.15	+01:22:28	10:07	5.9
167	MALAWKO Aleksandra	305		K40-49	29	02:42:33.25	02:43:05.60	+01:23:19	10:09	5.9
168	ZABŁOCKA Małgorzata	390	NATIONALE-NEDERLANDEN	K40-49	30	02:42:48.30	02:43:15.30	+01:23:29	10:10	5.9
169	JATA Marta	259	WW TEAM	K30-39	24	02:43:06.95	02:43:25.70	+01:23:40	10:11	5.9
170	SKŁADANOWSKA Beata	347	EUROCASH TEAM	K30-39	25	02:44:22.60	02:44:49.15	+01:25:03	10:16	5.8
171	WNOROWSKA Magdalena	381	RMF4RT GLADIATORS	K40-49	31	02:44:01.15	02:44:56.40	+01:25:10	10:15	5.9
172	KUBLER Anna	287		K40-49	32	02:44:20.40	02:45:13.45	+01:25:27	10:16	5.8
173	WEBER Agata	372	JACEKBIEGA RUNNING TEAM	K40-49	33	02:45:57.35	02:46:55.40	+01:27:09	10:22	5.8
174	GAŚSIOROWSKA Dorota	251	LADIESLOSTGAŚBAGAŚ	K50-59	2	02:47:46.90	02:48:28.15	+01:28:42	10:29	5.7
175	TROJANEK Edyta	368	SENSORYBEAUTY.PL	K40-49	34	02:48:56.10	02:49:25.20	+01:29:39	10:33	5.7
176	FRIEZE Tatiana	238	DROGA DO ULTRA	K40-49	35	02:49:10.30	02:49:55.45	+01:30:09	10:34	5.7
177	FRIEZE Krzysztof	239	ORANGE POLSKA	M40-49	34	02:49:12.20	02:49:55.75	+01:30:10	10:34	5.7
178	DUBIŃSKI Przemysław	229	PRZEMEK DUBIŃSKI - BIEGIEMPRZEŻWIAT	M40-49	35	02:50:13.55	02:50:46.65	+01:31:00	10:38	5.6
179	IDZIK Angelika	253	HUSARIA RACE TEAM	K16-29	4	02:51:15.90	02:51:15.90	+01:31:30	10:42	5.6
180	LORENC-KRUSZYŃSKA Sylwia	295	FORDONRUNNERS/WKURW_TEAM	K30-39	26	02:52:00.25	02:53:01.25	+01:33:15	10:45	5.6
181	MAGNUSZEWSKA Izabela	302	CARBON OCR RACING TEAM	K40-49	36	02:52:48.50	02:53:09.95	+01:33:24	10:48	5.6
182	SIERECKI Zbigniew	344	TEAM ZABIEGANEDNI // WKURW_TEAM	M40-49	36	02:55:47.30	02:56:51.10	+01:37:05	10:59	5.5
183	LUDKA Dagmara	297		K40-49	37	02:57:09.15	02:57:40.40	+01:37:54	11:04	5.4
184	SOKOŁOWSKI Artur	350	TEAM ZABIEGANEDNI	M40-49	37	02:57:37.80	02:58:34.15	+01:38:48	11:06	5.4
185	WRZESIŃSKA Joanna	252		K40-49	38	03:04:49.10	03:05:50.65	+01:46:04	11:33	5.2
186	SZLAKOWICZ Ewa	363		K40-49	39	03:08:35.60	03:09:38.35	+01:49:52	11:47	5.1
187	MALEWSKI Tomasz	306		M40-49	38	03:08:35.55	03:09:38.40	+01:49:52	11:47	5.1
188	BUTRYN Wojciech	215	BBKTS	M40-49	39	03:38:10.75	03:39:19.10	+02:19:33	13:38	4.4
189	WITKOWSKA Maria	668		K60+	1	03:38:12.30	03:39:21.55	+02:19:35	13:38	4.4

Znaleziono 189 wynik(ów)