



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

ETAPOWA TRIADA ZIMOWA
Fundacja Kocham Góry
2020-01-04
Krościenko nad Dunajcem
11 km

TRIADA MARATON NOCNE PIENINY

B4SPORT

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
1	KOŚCIELNIAK Kacper	272	SALCO GARMIN TEAM	M16-29	1	00:24:31	00:48:44.40	00:48:45.35		4:25	13.5
2	FLOREK Sebastian	237	NORAFSPORT / SPORT HG	M30-39	1	00:25:28	00:52:17.30	00:52:18.65	+00:03:33	4:45	12.6
3	GAWLIK Sławek	242		M30-39	2	00:26:08	00:53:17.80	00:53:19.35	+00:04:34	4:50	12.4
4	FABIAN Marcel	235	SOCIOS SILESIA	M16-29	2	00:25:43	00:53:48.20	00:53:49.95	+00:05:04	4:53	12.3
5	STROINSKI Daniel	241		M30-39	3	00:26:41	00:54:54.80	00:54:56.75	+00:06:11	4:59	12
6	BEREŚ Arkadiusz	203		M30-39	4	00:27:18	00:55:32.30	00:55:33.35	+00:06:48	5:02	11.9
7	CYRAN Piotr	225	NOA	M30-39	5	00:27:27	00:55:50.45	00:55:52.90	+00:07:07	5:04	11.8
8	KLONOWSKI Kamil	271	CARBON OCR RACING TEAM	M30-39	6	00:27:52	00:57:06.20	00:57:07.25	+00:08:21	5:11	11.6
9	SAWA Piotr	617		M16-29	3	00:28:51	00:59:29.10	00:59:49.85	+00:11:04	5:24	11.1
10	TYNUS Grzegorz	667	NKK	M40-49	1	00:29:24	01:01:15.20	01:01:17.15	+00:12:31	5:34	10.8
11	RYBAK Przemysław	341	PRZE(W)AGA	M30-39	7	00:30:25	01:03:16.70	01:03:18.95	+00:14:33	5:45	10.4
12	NOWAK Lukasz	322	NOA / CS RUNNING TEAM	M30-39	8	00:30:51	01:03:35.45	01:04:06.25	+00:15:20	5:46	10.4
13	MAŁEK Daren	307		M30-39	9	00:30:21	01:04:17.10	01:04:18.45	+00:15:33	5:50	10.3
14	OLEJNIK Franciszek	326	INŻYNIERIA BIEGANIA TEAM	M16-29	4	00:30:25	01:04:05.60	01:04:22.65	+00:15:37	5:49	10.3
15	JARNOT Konrad	256	BIEGAM W KATO :)	M30-39	10	00:32:36	01:06:09.85	01:06:30.00	+00:17:44	6:00	10
16	SOWA Grzegorz	353	STG-KRAKÓW ŚRÓDMIEŚCIE	M30-39	11	00:32:19	01:06:34.45	01:06:40.45	+00:17:55	6:03	9.9
17	SZELAĞ Dariusz	360	LISY PUSTYNI	M40-49	2	00:32:02	01:06:37.90	01:06:51.25	+00:18:05	6:03	9.9
18	CICHOCKI Tomasz	223	PELETON	M30-39	12	00:32:42	01:07:01.60	01:07:03.65	+00:18:18	6:05	9.8
19	BROL Dominika	209	ENDURANCE TEAM	K30-39	1	00:32:57	01:07:01.45	01:07:04.70	+00:18:19	6:05	9.8
20	JASIUŁEWICZ Anna	258	BIAŁYSTOK BIEGA TEAM	K40-49	1	00:32:43	01:07:11.45	01:07:13.00	+00:18:27	6:06	9.8
21	SKORUPKA Leszek	348	M3 SIEDLCE	M40-49	3	00:33:29	01:07:30.10	01:07:37.90	+00:18:52	6:08	9.8
22	FEICHTINGER Marek	236		M40-49	4	00:32:15	01:07:38.90	01:07:42.15	+00:18:56	6:09	9.8
23	KUCZYK Szymon	288	ENDURANCE TEAM	M40-49	5	00:33:18	01:07:50.00	01:07:53.95	+00:19:08	6:10	9.7
24	BIEŃ Przemysław	205	KS RYGLICE- SEKCJA BIEGOWA	M30-39	13	00:31:11	01:08:45.35	01:08:45.35	+00:20:00	6:15	9.6
25	BYRCZEK Michał	216	WATAHA	M30-39	14	00:34:36	01:08:48.25	01:09:05.50	+00:20:20	6:15	9.6
26	MĘDRYKOWSKI Damian	311		M30-39	15	00:33:56	01:09:27.95	01:09:34.70	+00:20:49	6:18	9.5
27	MARCINKOWSKI Bartosz	308	SACKY RUNNERS	M16-29	5	00:32:57	01:09:36.50	01:09:46.45	+00:21:01	6:19	9.5
28	MICHALSKI Damian	313	ALIOR RUNNING TEAM	M40-49	6	00:32:14	01:09:59.05	01:10:01.45	+00:21:16	6:21	9.4
29	KOLACHA Patryk	275	STUDIO GTS	M16-29	6	00:33:29	01:10:05.25	01:10:09.25	+00:21:23	6:22	9.4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
30	KRAWCZYK Karol	283	LENIWY INACZEJ	M30-39	16	00:34:37	01:10:40.75	01:10:45.00	+00:21:59	6:25	9.3
31	DROŚ Aleksander	228	POWER TRAINING	M30-39	17	00:33:58	01:10:37.75	01:10:45.30	+00:21:59	6:25	9.3
32	OSIAK Artur	327	BIEGUSIEM.PL	M30-39	18	00:33:58	01:10:37.30	01:10:45.40	+00:22:00	6:25	9.3
33	ZIĘCINA Sylwia	395	ATLANTIC	K30-39	2	00:34:23	01:10:44.90	01:10:46.65	+00:22:01	6:25	9.3
34	DYLEG Andrzej	669	LIMANOWA FOREST	M40-49	7	00:33:41	01:10:27.30	01:10:53.75	+00:22:08	6:24	9.4
35	WŁOCH Sławomir	380		M50-59	1	00:34:25	01:11:16.00	01:11:24.75	+00:22:39	6:28	9.3
36	MACIEJEWSKI Daniel	336		M30-39	19	00:33:20	01:11:10.95	01:11:31.75	+00:22:46	6:28	9.3
37	KOZIEŁ Krzysztof	282		M30-39	20	00:33:37	01:11:31.60	01:11:46.10	+00:23:00	6:30	9.2
38	SOSNOWSKA Agnieszka	352	SOSNA RADOSNA	K40-49	2	00:34:40	01:11:57.10	01:11:59.75	+00:23:14	6:32	9.2
39	ŁOBODOWSKI Marcin	299	RACEFIGHTER GOSIR DĘBE WIELKIE	M30-39	21	00:34:12	01:12:27.95	01:12:32.95	+00:23:47	6:35	9.1
40	CIERPIOŁ Andrzej	224	SACKY RUNNERS	M16-29	7	00:36:45	01:12:50.65	01:13:00.45	+00:24:15	6:37	9.1
41	PRZYBYLSKI Tomasz	339	TRI TOMAJ	M40-49	8	00:37:05	01:13:06.05	01:13:24.55	+00:24:39	6:38	9
42	CHODOWIEC Karolina	221	ADIDAS RUNNERS WARSAW	K30-39	3	00:35:50	01:13:14.60	01:13:25.20	+00:24:39	6:39	9
43	GRUSZKA Grzegorz	250	ENDURANCE TEAM	M40-49	9	00:35:28	01:13:40.95	01:13:45.25	+00:24:59	6:41	9
44	SAWCZUK Robert	343	PADRE TEAM	M30-39	22	00:37:47	01:13:24.45	01:13:52.10	+00:25:06	6:40	9
45	SZKODA Kasia	361		K16-29	1	00:36:14	01:13:49.90	01:14:04.80	+00:25:19	6:42	8.9
46	OŻGA Sebastian	329		M30-39	23	00:36:45	01:13:57.70	01:14:11.05	+00:25:25	6:43	8.9
47	STEFANIUK Roman	357		M50-59	2	00:35:44	01:14:03.75	01:14:11.70	+00:25:26	6:44	8.9
48	PYTEL Waldek	340	YULO RANTEAM SIEDLCE	M50-59	3	00:36:56	01:14:02.30	01:14:11.75	+00:25:26	6:43	8.9
49	DZIERŻAK Elżbieta	233	HUSARIA RACE TEAM	K40-49	3	00:36:55	01:14:11.10	01:14:28.05	+00:25:42	6:44	8.9
50	CHILICKA Marta	219	RED LION CLUB	K30-39	4	00:35:41	01:14:42.85	01:14:46.80	+00:26:01	6:47	8.8
51	KALISZAN Krzysztof	263	12 WBOT	M16-29	8	00:36:15	01:14:35.55	01:14:49.75	+00:26:04	6:46	8.8
52	LUTEREK Michał	298		M40-49	10	00:36:34	01:14:58.90	01:15:10.65	+00:26:25	6:49	8.8
53	KITOWSKA Anna	232	PERFECT RUNNER TEAM	K40-49	4	00:36:55	01:15:04.70	01:15:21.05	+00:26:35	6:49	8.8
54	NOWIŃSKI Marcin	324	HUSARIA RACE TEAM	M16-29	9	00:36:34	01:15:12.80	01:15:30.20	+00:26:44	6:50	8.8
55	STANKIEWICZ Tomasz	355	GT TEAM	M30-39	24	00:37:29	01:15:07.10	01:15:30.85	+00:26:45	6:49	8.8
56	POŁOM Rafał	335	NOA	M30-39	25	00:37:19	01:15:21.10	01:15:33.65	+00:26:48	6:51	8.8
57	WOLAŃCZUK Piotr	388		M16-29	10	00:36:04	01:15:48.95	01:15:54.65	+00:27:09	6:53	8.7
58	WOLAŃCZUK Marcin	387		M30-39	26	00:36:02	01:15:48.40	01:15:54.95	+00:27:09	6:53	8.7
59	GRABOWSKI Damian	248	-	M30-39	27	00:37:14	01:16:30.70	01:16:44.30	+00:27:58	6:57	8.6
60	KUNA Aleksandra	290		K30-39	5	00:37:16	01:16:35.90	01:16:55.05	+00:28:09	6:57	8.6
61	SZPUNAR Maciej	364	ROBIĘ TO DLA SIEBIE	M40-49	11	00:38:08	01:16:08.30	01:17:02.85	+00:28:17	6:55	8.7
62	WALKOWSKI Tomasz	370	JACEKBIEGA RUNNING TEAM	M50-59	4	00:38:16	01:16:59.70	01:17:14.05	+00:28:28	7:00	8.6
63	KOWALSKI Krzysztof	279	HRMAXCROSSTEAM	M50-59	5	00:37:50	01:17:18.20	01:17:28.30	+00:28:42	7:01	8.5
64	WENARSKI Grzegorz	626		M30-39	28	00:38:20	01:17:23.50	01:17:44.30	+00:28:58	7:02	8.5
65	SZKUDLAREK Artur	362	ANDRYCHÓW RUNNING	M30-39	29	00:37:10	01:17:34.30	01:17:58.80	+00:29:13	7:03	8.5
66	SOBCZYK Piotr	349		M40-49	12	00:37:46	01:17:49.50	01:18:04.00	+00:29:18	7:04	8.5
67	NOWICKI Artur	323		M30-39	30	00:38:59	01:18:14.95	01:18:43.30	+00:29:57	7:06	8.4
68	ZIELIŃSKA Iwona	394	KUJAWSCY RUNNERS	K40-49	5	00:40:04	01:18:45.00	01:19:02.65	+00:30:17	7:09	8.4
69	GŁOWACKI Jerzy	243	JUVENIA KRAKÓW	M30-39	31	00:40:01	01:18:46.35	01:19:19.20	+00:30:33	7:09	8.4
70	ADAMCZAK Barbara	200	TRAVOIS	K40-49	6	00:39:21	01:19:08.10	01:19:19.65	+00:30:34	7:11	8.3
71	CZAPSKI Piotr	227		M50-59	6	00:39:41	01:19:03.45	01:19:20.70	+00:30:35	7:11	8.3
72	WOJTASIK Grzegorz	386	STALOWOWOLSKI KLUB BIEGACZA	M40-49	13	00:39:44	01:19:33.35	01:19:42.40	+00:30:57	7:13	8.3
73	KLATKA Arleta	270	BBL TOMASZÓW MAZOWIECKI	K40-49	7	00:38:08	01:20:23.55	01:20:35.00	+00:31:49	7:18	8.2

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
74	GOŹDZIK Tomek	244		M16-29	11	00:37:14	01:20:19.25	01:20:37.45	+00:31:52	7:18	8.2
75	KOCHANOWSKI Sebastian	274	ROZBIEGAMY NOWY DWÓR	M40-49	14	00:39:08	01:20:10.60	01:20:38.55	+00:31:53	7:17	8.2
76	KOWALSKI Łukasz	281	BYCHAWA RUNNERS	M30-39	32	00:37:54	01:20:19.65	01:20:40.65	+00:31:55	7:18	8.2
77	MICHALAK Sławomir	312	INZYNIER.EU NOSI TRAILOWE BOTKI	M50-59	7	00:39:36	01:20:45.20	01:20:45.20	+00:31:59	7:20	8.2
78	KOPEĆ Renata	276	KS STASZEWSKY	K40-49	8	00:40:02	01:20:31.05	01:21:00.05	+00:32:14	7:19	8.2
79	KALETA Anna	262		K30-39	6	00:40:34	01:20:45.15	01:21:06.30	+00:32:20	7:20	8.2
80	WIATR Wojciech	374	ENDURANCE TEAM	M40-49	15	00:39:53	01:21:03.25	01:21:09.00	+00:32:23	7:22	8.1
81	SALIŃSKI Bartosz	342	WKURW_TEAM	M30-39	33	00:39:52	01:21:05.85	01:21:16.40	+00:32:31	7:22	8.1
82	KOWALSKI Szymon	280	HTF LUDWIK SIKORSKI	M40-49	16	00:40:55	01:21:05.20	01:21:27.15	+00:32:41	7:22	8.1
83	SZCZĘSNA Edyta	359	CARBON OCR RACING TEAM	K30-39	7	00:41:02	01:21:26.05	01:21:53.15	+00:33:07	7:24	8.1
84	KUDZIOR Piotr	289	PRO366	M16-29	12	00:40:22	01:21:58.60	01:22:06.85	+00:33:21	7:27	8.1
85	KURPANIK Karol	292		M30-39	34	00:39:12	01:22:03.45	01:22:22.35	+00:33:37	7:27	8
86	FRAŃKIEWICZ Karol	240	SCV	M40-49	17	00:41:03	01:22:53.40	01:23:03.35	+00:34:18	7:32	8
87	BAĆMAGA Tomasz	202		M30-39	35	00:41:19	01:23:09.20	01:23:14.70	+00:34:29	7:33	7.9
88	BULANDA Barbara	212	ŻUBRY BOCHNIA	K30-39	8	00:40:31	01:23:03.90	01:23:21.90	+00:34:36	7:33	7.9
89	SOWA-OKRASA Sylwia	354	DOGOŃ GRODZISK MAZOWIECKI	K40-49	9	00:39:47	01:23:42.25	01:23:46.35	+00:35:01	7:36	7.9
90	WALAC Jacek	369	DOGOŃ GRODZISK MAZOWIECKI	M30-39	36	00:40:41	01:23:39.20	01:23:46.65	+00:35:01	7:36	7.9
91	ŁUCZKA Sylwia	300	KASTYO / VEGE RUNNERS	K16-29	2	00:40:55	01:23:25.15	01:23:56.15	+00:35:10	7:35	7.9
92	KUŚ Tomasz	286	MIRAZ RACE TEAM	M30-39	37	00:42:00	01:23:28.00	01:24:02.85	+00:35:17	7:35	7.9
93	KACZMARCZYK Krzysztof	261	ŻUBRY BOCHNIA	M40-49	18	00:40:34	01:23:48.50	01:24:06.85	+00:35:21	7:37	7.9
94	KARPIEL Magdalena	266	SFITRUN.PL	K16-29	3	00:41:18	01:23:55.90	01:24:21.90	+00:35:36	7:37	7.9
95	WIECZOREK Łukasz	376	OSP GAŚAWA	M30-39	38	00:38:44	01:24:22.65	01:24:51.30	+00:36:05	7:40	7.8
96	JEŹDZIKOWSKI Marcin	260	RUN TEAM GAŚAWA	M40-49	19	00:38:44	01:24:23.50	01:24:52.40	+00:36:07	7:40	7.8
97	GOĆŁOWSKI Cezary	245		M40-49	20	00:39:11	01:24:25.60	01:24:57.90	+00:36:12	7:40	7.8
98	WAŁĘGA Monika	371		K30-39	9	00:42:46	01:24:27.45	01:25:07.65	+00:36:22	7:40	7.8
99	KOBIAŁKA Irek	273		M40-49	21	00:42:50	01:24:28.05	01:25:08.10	+00:36:22	7:40	7.8
100	MASTALERZ Marcin	597		M50-59	8	00:41:20	01:25:09.30	01:25:14.40	+00:36:29	7:44	7.8
101	CAŁKA Agnieszka	217	RADZYMIN RUN TEAM	K40-49	10	00:43:08	01:24:41.10	01:25:21.80	+00:36:36	7:41	7.8
102	CAŁKA Grzegorz	218	RADZYMIN RUN TEAM	M40-49	22	00:43:09	01:24:42.35	01:25:22.05	+00:36:36	7:42	7.8
103	GROCHAL Marcin	249	PSEUDOMOUNTAINRUNNER	M40-49	23	00:41:54	01:25:09.40	01:25:36.45	+00:36:51	7:44	7.8
104	WOJAS Jakub	383	INŻYNIERIA BIEGANIA	M30-39	39	00:41:51	01:25:35.70	01:25:58.55	+00:37:13	7:46	7.7
105	WONKO Ewa	389	HTF LUDWIK SIKORSKI	K30-39	10	00:42:34	01:25:47.50	01:26:10.05	+00:37:24	7:48	7.7
106	NIMSZ Bartosz	320		M30-39	40	00:43:47	01:25:56.25	01:26:16.75	+00:37:31	7:48	7.7
107	SITKOWSKI Kamil	346		M30-39	41	00:44:00	01:26:16.10	01:26:37.95	+00:37:52	7:50	7.7
108	POGORZELSKA Katarzyna	333	BWM TEAM	K40-49	11	00:43:35	01:26:27.90	01:27:06.25	+00:38:20	7:51	7.6
109	NOWAK Beata	321		K30-39	11	00:41:13	01:27:01.00	01:27:17.35	+00:38:32	7:54	7.6
110	NIMSZ Kamila	206	KB HARCOWNIK JELCZ-LASKOWICE	K30-39	12	00:44:37	01:26:59.80	01:27:21.55	+00:38:36	7:54	7.6
111	STEC Iwona	356		K30-39	13	00:43:22	01:26:59.05	01:27:29.20	+00:38:43	7:54	7.6
112	NOWOTARSKI Wojtek	325		M30-39	42	00:39:32	01:27:32.75	01:27:41.00	+00:38:55	7:57	7.5
113	KINDRYK Tomasz	269	ZAGŁĘBIOWSKI KLUB OYAMA KARATE	M40-49	24	00:43:02	01:27:34.85	01:28:02.80	+00:39:17	7:57	7.5
114	MAZURKIEWICZ Jolanta	310	BYCHAWA RUNNERS / NAJWIĘKSZA ARMIA ŚWIATA	K30-39	14	00:43:12	01:27:49.05	01:28:05.70	+00:39:20	7:59	7.5
115	TOCZEWSKA Anna	367	JACEKBIEGA RUNNING TEAM	K50-59	1	00:42:29	01:28:00.00	01:28:13.90	+00:39:28	8:00	7.5
116	MUCHA Marek	318	APOSTLES OF STARS	M30-39	43	00:42:51	01:27:37.00	01:28:19.35	+00:39:34	7:57	7.5
117	DZIEWIATOWSKA Agnieszka	234		K40-49	12	00:43:34	01:27:59.20	01:28:21.85	+00:39:36	7:59	7.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
118	NOWACZYK Robert	455		M30-39	44	00:44:22	01:27:47.90	01:28:30.75	+00:39:45	7:58	7.5
119	ŻYLSKI Janusz	665	DZIADY OCR	M50-59	9	00:42:00	01:28:22.30	01:28:33.55	+00:39:48	8:02	7.5
120	ZARĘBA Beata	393	BIEGAM BO LUBIĘ NOCĄ WARSZAWA	K30-39	15	00:43:34	01:29:30.25	01:29:54.10	+00:41:08	8:08	7.4
121	GODLEWSKI Cezary	246		M30-39	45	00:43:33	01:29:30.90	01:29:54.75	+00:41:09	8:08	7.4
122	BRĘCZEWSKI Andrzej	208	UKS KOPERNIK	M50-59	10	00:44:19	01:29:30.85	01:30:05.90	+00:41:20	8:08	7.4
123	CYWIŃSKI Paweł	226	AKG	M40-49	25	00:43:35	01:29:59.95	01:30:23.35	+00:41:38	8:10	7.3
124	KĘPARA Marcin	267	ADVA OPTICAL NETWORKING	M30-39	46	00:44:44	01:30:17.50	01:30:56.95	+00:42:11	8:12	7.3
125	MALAWKO Aleksandra	305		K40-49	13	00:44:13	01:30:55.25	01:31:10.95	+00:42:25	8:15	7.3
126	SKŁADANOWSKA Beata	347	EUROCASH TEAM	K30-39	16	00:44:01	01:30:49.35	01:31:16.00	+00:42:30	8:15	7.3
127	NIEDŹWIEDŹ Tomasz	319	RED LION CLUB	M40-49	26	00:41:23	01:31:19.65	01:31:24.40	+00:42:39	8:18	7.2
128	CHRAPLEWSKA Karolina	222	PRO366	K30-39	17	00:45:03	01:31:43.35	01:31:57.30	+00:43:11	8:20	7.2
129	KOWALSKA-GRZEJDA Anna	278		K40-49	14	00:44:20	01:31:35.40	01:31:59.45	+00:43:14	8:19	7.2
130	PAPROCKI Bartłomiej	330		M40-49	27	00:43:56	01:32:20.50	01:33:03.45	+00:44:18	8:23	7.1
131	MAKLES Wioletta	304	EUROPA UBEZPIECZENIA / NOA	K40-49	15	00:49:02	01:33:31.50	01:34:00.55	+00:45:15	8:30	7.1
132	GAŚTOROWSKA Dorota	251	LADIESLOSTGAŚBAGAŚ	K50-59	2	00:46:16	01:33:33.50	01:34:09.45	+00:45:24	8:30	7.1
133	BUDNY Aleksandra	211	KRAŚNIK BIEGA	K40-49	16	00:47:01	01:33:59.05	01:34:19.85	+00:45:34	8:32	7
134	WILK Magdalena	378	TEAM ZABIEGANEDNI	K40-49	17	00:46:35	01:34:35.90	01:34:51.95	+00:46:06	8:35	7
135	KĄDZIOŁKA Jan	284	K2	M50-59	11	00:44:14	01:34:27.35	01:35:11.40	+00:46:26	8:35	7
136	KĄDZIOŁKA Łukasz	285	K2	M30-39	47	00:44:12	01:34:28.05	01:35:11.70	+00:46:26	8:35	7
137	POGORZELSKI Grzegorz	334	BWM TEAM	M40-49	28	00:44:51	01:34:46.70	01:35:24.95	+00:46:39	8:36	7
138	DYDERSKA Wioletta	230	WIOLAADI	K40-49	18	00:47:50	01:35:19.00	01:35:40.15	+00:46:54	8:39	6.9
139	WINIARCZYK Adrian	379	WIOLAADI	M30-39	48	00:47:50	01:35:20.10	01:35:40.75	+00:46:55	8:40	6.9
140	WIELIŃSKA-JACHYMIAK Olga	377	SPECJALISTYCZNY GABINET REHABILITACJI DZIECI	K40-49	19	00:46:17	01:35:16.65	01:35:57.90	+00:47:12	8:39	6.9
141	ROGUSKA Klaudia	666	RADZYMIN RUN TEAM	K30-39	18	00:47:45	01:35:34.20	01:36:12.25	+00:47:26	8:41	6.9
142	JARZĄBEK Agnieszka	257	RADZYMIN RUN TEAM	K40-49	20	00:47:45	01:35:34.35	01:36:12.55	+00:47:27	8:41	6.9
143	SZYMAŃSKA Agata	365	RADZYMIN RUN TEAM	K30-39	19	00:47:44	01:35:33.55	01:36:12.65	+00:47:27	8:41	6.9
144	KOSMAŁA Przemek	277	MARCINSWIERCTEAM	M30-39	49	00:42:12	01:35:56.40	01:36:13.50	+00:47:28	8:43	6.9
145	MAGNUSZEWSKA Izabela	302	CARBON OCR RACING TEAM	K40-49	21	00:46:21	01:36:18.05	01:36:35.50	+00:47:50	8:45	6.9
146	MASTALERZ Katarzyna	309	SŁONIÓWKA	K40-49	22	00:46:35	01:36:34.85	01:36:44.35	+00:47:59	8:46	6.8
147	WIECHA Marcin	375		M40-49	29	00:47:25	01:37:28.55	01:38:01.40	+00:49:16	8:51	6.8
148	FRIEZE Tatiana	238	DROGA DO ULTRA	K40-49	23	00:49:29	01:37:54.05	01:38:16.70	+00:49:31	8:54	6.7
148	FRIEZE Krzysztof	239	ORANGE POLSKA	M40-49	30	00:49:29	01:37:53.85	01:38:16.70	+00:49:31	8:54	6.7
150	SZYSZKA Maciej	366	KETO KOTY	M30-39	50	00:49:02	01:37:48.35	01:38:30.40	+00:49:45	8:53	6.7
151	WOJNO Małgorzata	385	DROGA DO ULTRA	K30-39	20	00:44:34	01:38:18.90	01:38:42.45	+00:49:57	8:56	6.7
152	ZABŁOCKA Małgorzata	390	NATIONALE-NEDERLANDEN	K40-49	24	00:49:02	01:38:21.80	01:38:49.85	+00:50:04	8:56	6.7
153	WIŚNIEWSKI Paweł	373	NIGHT RUNNERS GLIWICE	M30-39	51	00:45:17	01:38:29.30	01:39:03.45	+00:50:18	8:57	6.7
154	ZACHARA Katarzyna	391		K30-39	21	00:48:44	01:38:28.15	01:39:05.00	+00:50:19	8:57	6.7
155	WRZESIŃSKA Joanna	252		K40-49	25	00:50:13	01:38:37.00	01:39:08.10	+00:50:22	8:57	6.7
156	LORENC-KRUSZYŃSKA Sylwia	295	FORDONRUNNERS/WKURW_TEAM	K30-39	22	00:50:12	01:38:36.45	01:39:08.45	+00:50:23	8:57	6.7
157	WNOROWSKA Magdalena	381	RMF4RT GLADIATORS	K40-49	26	00:46:13	01:39:02.55	01:39:15.10	+00:50:29	9:00	6.7
158	LUC Adam	296	BIEGUSIEM.PL	M40-49	31	00:48:59	01:39:23.10	01:39:35.85	+00:50:50	9:02	6.6
159	MAKARZEC-SURMA Agnieszka	303	BIŁGORAJ	K30-39	23	00:48:09	01:39:52.95	01:40:26.30	+00:51:40	9:04	6.6
160	MORITZ Karol	315	BIEGIEM DLA MAGDY	M50-59	12	00:50:00	01:40:56.45	01:41:21.35	+00:52:36	9:10	6.5
161	ŻACZEK Anna	664	BIEGUSIEM.PL	K40-49	27	00:50:03	01:41:50.60	01:42:01.35	+00:53:16	9:15	6.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
162	KĘPKA-WAROWNA Weronika	268	BIEGUSIEM.PL	K40-49	28	00:50:02	01:41:50.60	01:42:01.75	+00:53:16	9:15	6.5
163	PATEREK Ada	332		K40-49	29	00:49:25	01:41:50.00	01:42:14.65	+00:53:29	9:15	6.5
164	WEBER Agata	372	JACEKBIEGA RUNNING TEAM	K40-49	30	00:49:32	01:42:07.90	01:42:15.70	+00:53:30	9:17	6.5
165	KUBLER Anna	287		K40-49	31	00:51:26	01:42:06.75	01:42:42.65	+00:53:57	9:17	6.5
166	JATA Marta	259	WW TEAM	K30-39	24	00:50:52	01:42:55.70	01:43:12.25	+00:54:26	9:21	6.4
167	JARACZ-PATEREK Alina	254	NOA	K40-49	32	00:50:29	01:42:46.25	01:43:15.75	+00:54:30	9:20	6.4
168	PRZEBINDA Renata	338	#ADAMCZERWIŃSKITEAM	K40-49	33	00:51:48	01:43:40.25	01:44:04.85	+00:55:19	9:25	6.4
169	MACKIEWICZ Dorota	301	EAT RUN FUN	K40-49	34	00:51:22	01:43:49.10	01:44:07.30	+00:55:21	9:26	6.4
170	KAPŁON Anna	264		K40-49	35	00:51:27	01:45:19.05	01:45:37.35	+00:56:52	9:34	6.3
171	BOBINSKA Marta	207		K30-39	25	00:51:49	01:45:25.95	01:46:03.30	+00:57:17	9:35	6.3
172	MROZIK Magdalena	317	POWER TRAINING	K30-39	26	00:51:50	01:45:26.30	01:46:03.45	+00:57:18	9:35	6.3
173	IDZIK Angelika	253	HUSARIA RACE TEAM	K16-29	4	00:51:01	01:45:52.55	01:46:08.95	+00:57:23	9:37	6.2
174	TROJANEK Edyta	368	SENSORYBEAUTY.PL	K40-49	36	00:54:01	01:50:50.20	01:51:19.40	+01:02:34	10:04	6
175	KURKUS Aleksander	291	DOGOŃ GRODZISK MAZOWIECKI	M40-49	32	00:51:56	01:51:41.35	01:52:14.90	+01:03:29	10:09	5.9
176	SIERECKI Zbigniew	344	TEAM ZABIEGANEDNI // WKURW_TEAM	M40-49	33	00:51:00	01:51:38.60	01:52:20.00	+01:03:34	10:09	5.9
177	SOKOŁOWSKI Artur	350	TEAM ZABIEGANEDNI	M40-49	34	00:51:40	01:52:14.70	01:52:40.90	+01:03:55	10:12	5.9
178	SZLAKOWICZ Ewa	363		K40-49	37	00:57:11	01:55:19.85	01:55:54.25	+01:07:08	10:29	5.7
179	MALEWSKI Tomasz	306		M40-49	35	00:57:11	01:55:20.15	01:55:54.55	+01:07:09	10:29	5.7
180	WITKOWSKA Maria	668		K60+	1	00:58:21	02:07:59.65	02:08:55.15	+01:20:09	11:38	5.2
181	BUTRYN Wojciech	215	BBKTS	M40-49	36	00:59:37	02:08:01.80	02:08:57.00	+01:20:11	11:38	5.2
182	MICHOŃ Krystian	314		M30-39	52	00:43:55			+00:19:43	8:47	6.8
183	JARECKA Katarzyna	255	ALLERGAN RUNNING TEAM	K40-49	38	00:44:46			+00:20:26	8:57	6.7

Znaleziono 183 wynik(ów)