



Wydarzenie: ETAPOWA TRIADA ZIMOWA
Organizator: Fundacja Kocham Góry
Data: 2020-01-05
Miejsce: Krościenko nad Dunajcem
Dystans: 60 km

TRIADA ULTRA ŁĄCZNIE

B4SPORT

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gorce	Nocne Pieniny	Beskid Sądecki	Czas netto 60km	Czas brutto 60km	Różn	Tempo min/km	Tempo km/h
1	ZIAJKA Karol	178	FINISZ RYMANÓW	M16-29	1	01:23:36.00	00:49:39.00	03:24:01.00	05:37:10.00	05:37:16.00		5:37	10.7
2	PLACKO Martin	1	SLOVAK ULTRA TRAIL TEAM	M40-49	1	01:27:00.00	00:51:12.00	03:31:12.00	05:49:19.00	05:49:24.00	+00:12:08	5:49	10.3
3	MARCINIAK Przemysław	95	NOA	M30-39	1	01:25:56.00	00:51:31.00	03:32:08.00	05:49:33.00	05:49:35.00	+00:12:19	5:49	10.3
4	KICZIŃSKI Bartosz	64	DRUŻYNA SZPIKU	M30-39	2	01:27:08.00	00:52:54.00	03:36:40.00	05:56:41.00	05:56:42.00	+00:19:26	5:56	10.1
5	WOJNAROWSKI Piotr	170		M40-49	2	01:27:26.00	00:55:44.00	03:38:28.00	06:01:35.00	06:01:38.00	+00:24:22	6:01	10
6	SZELĄG Sławomir	151	LISY PUSTYNI	M40-49	3	01:33:33.00	00:58:00.00	03:35:22.00	06:06:44.00	06:06:55.00	+00:29:39	6:06	9.8
7	JARCZOK Zdzichu	51	FESTIWAL BIEGOWY W KRYNICY	M30-39	3	01:39:22.00	00:56:55.00	03:48:24.00	06:24:16.00	06:24:41.00	+00:47:25	6:24	9.4
8	GURGUL Sebastian	45	AROMAT NÓG	M30-39	4	01:37:33.00	00:57:50.00	03:51:40.00	06:26:53.00	06:27:03.00	+00:49:47	6:26	9.3
9	ZBOZIEŃ Jarosław	175		M30-39	5	01:34:37.00	01:00:23.00	03:53:10.00	06:27:57.00	06:28:10.00	+00:50:54	6:27	9.3
10	SZCZEPANIAK Witold	166		M40-49	4	01:37:35.00	01:02:20.00	03:51:13.00	06:31:02.00	06:31:08.00	+00:53:52	6:31	9.2
11	STAŃCZAK Piotr	146	CZERWONAK BIEGA	M30-39	6	01:38:09.00	00:57:11.00	03:58:02.00	06:33:10.00	06:33:22.00	+00:56:06	6:33	9.2
12	WOJNO Arkadiusz	171	DROGA DO ULTRA	M30-39	7	01:34:40.00	00:55:59.00	04:03:09.00	06:33:45.00	06:33:48.00	+00:56:32	6:33	9.1
13	WICENBACH Arkadiusz	164	STRASZYN ULTRA TEAM	M30-39	8	01:32:58.00	00:55:20.00	04:06:12.00	06:34:22.00	06:34:30.00	+00:57:14	6:34	9.1
14	SZABŁOWSKA Iwona	149	STRASZYN ULTRA TEAM	K30-39	1	01:42:47.00	00:59:57.00	03:51:56.00	06:34:30.00	06:34:40.00	+00:57:24	6:34	9.1
15	WARWAS Radosław	163		M40-49	5	01:42:10.00	01:02:24.00	03:53:09.00	06:37:22.00	06:37:43.00	+01:00:27	6:37	9.1
16	GOMOLIŃSKA Danuta	37	GUMISIE	K40-49	1	01:41:54.00	01:04:03.00	03:52:58.00	06:38:28.00	06:38:55.00	+01:01:39	6:38	9
17	ROWIŃSKI Michał	131		M30-39	9	01:38:42.00	01:00:31.00	04:00:27.00	06:39:29.00	06:39:40.00	+01:02:24	6:39	9
18	GEPPERT Jakub	33	ADRUNALINE RUNNING TEAM	M30-39	10	01:37:45.00	01:01:18.00	04:05:01.00	06:43:58.00	06:44:04.00	+01:06:48	6:43	8.9
19	PIWOWARCZYK Paweł	123	ROZBIEGANE DOBCZYCE	M30-39	11	01:42:06.00	01:01:00.00	04:01:27.00	06:44:19.00	06:44:33.00	+01:07:17	6:44	8.9
20	GARDENER Jacek	31	JACEKBIEGA RUNNING TEAM	M50-59	1	01:41:24.00	01:01:47.00	04:02:10.00	06:45:15.00	06:45:21.00	+01:08:05	6:45	8.9
21	TELEPSKI Michał	157	NULL	M30-39	12	01:37:53.00	01:02:18.00	04:06:12.00	06:46:04.00	06:46:23.00	+01:09:07	6:46	8.9
22	BORÓWKA Ryszard	11		M40-49	6	01:42:24.00	01:03:45.00	04:02:04.00	06:48:05.00	06:48:13.00	+01:10:57	6:48	8.8
23	JACHYMIAK Robert	50	SPECJALISTYCZNY GABINET REHABILITACJI DZIECI	M40-49	7	01:37:15.00	00:58:27.00	04:12:55.00	06:48:37.00	06:48:37.00	+01:11:21	6:48	8.8
24	LATAK Michał	90	JACEKBIEGA RUNNING TEAM	M40-49	8	01:43:24.00	01:05:56.00	04:00:41.00	06:49:46.00	06:50:01.00	+01:12:45	6:49	8.8
25	KRAWCZAK Paulina	78	BIEGUSIEM.PL	K30-39	2	01:48:02.00	01:02:24.00	04:01:59.00	06:52:20.00	06:52:25.00	+01:15:09	6:52	8.7
26	FILAS Witold	27		M60+	1	01:47:02.00	01:07:52.00	03:57:49.00	06:52:34.00	06:52:43.00	+01:15:27	6:52	8.7
27	SWORSKI Roman	148	VEGAN / VEGE RUNNERS / KASTYO / DROGA DO ULTRA	M30-39	13	01:39:26.00	01:02:35.00	04:10:50.00	06:52:44.00	06:52:51.00	+01:15:35	6:52	8.7
28	URBANEK Patryk	158		M16-29	2	01:42:44.00	01:02:15.00	04:08:28.00	06:53:09.00	06:53:27.00	+01:16:11	6:53	8.7
29	WÓJCICKI Darek	173	CSC ADVENTURE ACADEMY	M40-49	9	01:44:18.00	01:05:32.00	04:04:23.00	06:53:56.00	06:54:13.00	+01:16:57	6:53	8.7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gorce	Nocne Pieniny	Beskid Sądecki	Czas netto 60km	Czas brutto 60km	Różn	Tempo min/km	Tempo km/h
30	JESIOŁOWSKI Michal	52		M30-39	14	01:40:39.00	01:03:15.00	04:12:29.00	06:55:55.00	06:56:23.00	+01:19:07	6:55	8.7
31	BUCHLA Marcin	13		M40-49	10	01:46:10.00	01:02:41.00	04:09:15.00	06:57:58.00	06:58:06.00	+01:20:50	6:57	8.6
32	BONIKOWSKI Tomasz	9		M40-49	11	01:48:09.00	01:06:55.00	04:05:40.00	07:00:09.00	07:00:44.00	+01:23:28	7:00	8.6
33	PĘDZISZEWSKI Piotr	120	VAI ALTO	M30-39	15	01:48:54.00	01:05:55.00	04:09:42.00	07:04:01.00	07:04:31.00	+01:27:15	7:04	8.5
34	MIELCZARSKI Bartosz	103		M30-39	16	01:43:53.00	01:02:37.00	04:20:34.00	07:06:33.00	07:07:04.00	+01:29:48	7:06	8.4
35	NIEDŹWIADEK Piotr	108	#ADAMCZERWIŃSKITEAM	M40-49	12	01:44:34.00	01:04:13.00	04:18:47.00	07:07:02.00	07:07:34.00	+01:30:18	7:07	8.4
36	CZUWAJ Andrzej	22		M40-49	13	01:46:21.00	01:05:38.00	04:20:38.00	07:11:29.00	07:12:37.00	+01:35:21	7:11	8.3
37	ŁUKOMSKI Maciej	93	SZAKALE BAŁUT	M40-49	14	01:47:40.00	01:03:30.00	04:22:20.00	07:13:24.00	07:13:30.00	+01:36:14	7:13	8.3
38	KSYTA Martyna	81	KW KRAKÓW	K30-39	3	01:52:25.00	01:07:39.00	04:14:23.00	07:14:08.00	07:14:27.00	+01:37:11	7:14	8.3
39	GLEISNER Tomasz	34	EKIPA Z TARNOWA	M40-49	15	01:48:57.00	01:05:01.00	04:20:35.00	07:14:26.00	07:14:33.00	+01:37:17	7:14	8.3
40	PIKUL Piotr	121		M40-49	16	01:49:53.00	01:06:20.00	04:19:49.00	07:15:47.00	07:16:02.00	+01:38:46	7:15	8.3
41	PATELKA Przemysław	119	KW KRAKÓW	M30-39	17	01:45:41.00	01:07:35.00	04:23:21.00	07:16:15.00	07:16:37.00	+01:39:21	7:16	8.3
42	KOPEĆ Mateusz	70	25 BATALION LOGISTYCZNY	M16-29	3	01:55:35.00	01:07:44.00	04:14:23.00	07:17:02.00	07:17:42.00	+01:40:26	7:17	8.2
43	BURMAN Michał	14	KB GEPARD	M40-49	17	01:50:36.00	01:05:58.00	04:25:08.00	07:21:19.00	07:21:42.00	+01:44:26	7:21	8.2
44	SOBCZAK Robert	142	ŁÓDZKI KLUB BIEGOWY	M30-39	18	01:49:40.00	01:03:55.00	04:28:58.00	07:22:03.00	07:22:33.00	+01:45:17	7:22	8.1
45	CZAJKOWSKI Wojtek	20	ADIDAS RUNNERS WARSAW	M40-49	18	01:46:52.00	01:13:26.00	04:23:47.00	07:23:39.00	07:24:05.00	+01:46:49	7:23	8.1
46	DŁUGAJ Andrzej	24		M50-59	2	01:50:06.00	01:07:13.00	04:27:00.00	07:23:23.00	07:24:19.00	+01:47:03	7:23	8.1
47	ROGÓŻ Radosław	130	#ULTRATRACK	M40-49	19	01:51:33.00	01:10:42.00	04:25:05.00	07:26:34.00	07:27:20.00	+01:50:04	7:26	8.1
48	KRYSKA Eliza	79	NUTREND BIEGA	K40-49	2	01:55:17.00	01:08:47.00	04:25:12.00	07:28:52.00	07:29:16.00	+01:52:00	7:28	8
49	ZDUNEK Michał	176	EUROSOFT TEAM / WKURW_TEAM	M40-49	20	01:58:04.00	01:09:03.00	04:22:25.00	07:28:48.00	07:29:32.00	+01:52:16	7:28	8
50	ŁĘCKA Agnieszka	187	JACEKBIEGA RUNNING TEAM	K30-39	4	01:54:09.00	01:10:43.00	04:27:36.00	07:32:11.00	07:32:28.00	+01:55:12	7:32	8
51	SOWIK Marcin	144	TIME4RUNNING	M50-59	3	01:54:57.00	01:08:51.00	04:30:56.00	07:34:17.00	07:34:44.00	+01:57:28	7:34	7.9
52	CHOLEWA Zbigniew	18	LISY PUSTYNI	M40-49	21	02:00:21.00	01:12:15.00	04:22:39.00	07:34:38.00	07:35:15.00	+01:57:59	7:34	7.9
53	JACHYMEK Bartłomiej	49	JACEKBIEGA RUNNING TEAM	M40-49	22	01:56:06.00	01:10:26.00	04:34:59.00	07:41:14.00	07:41:31.00	+02:04:15	7:41	7.8
54	OKOŃ Łukasz	112		M40-49	23	01:56:39.00	01:14:08.00	04:32:18.00	07:42:43.00	07:43:05.00	+02:05:49	7:42	7.8
55	BALON Piotr	4	BAKOMAT TEAM	M30-39	19	01:54:38.00	01:07:48.00	04:40:44.00	07:42:55.00	07:43:10.00	+02:05:54	7:42	7.8
56	KASKA-ŁOBODOWSKA Ewelina	61	RACEFIGHTER GOSIR DĘBE WIELKIE	K30-39	5	01:56:40.00	01:10:39.00	04:40:13.00	07:47:13.00	07:47:32.00	+02:10:16	7:47	7.7
57	ADAMCZYK Mirosław	2	CSC ADVENTURE ACADEMY	M50-59	4	01:52:14.00	01:12:07.00	04:43:57.00	07:47:59.00	07:48:18.00	+02:11:02	7:47	7.7
58	BŁĘDOWSKI Mariusz	8	AAC FORD AUTO STYL WŁOCŁAWEK TEAM	M40-49	24	01:54:21.00	01:13:35.00	04:41:06.00	07:48:18.00	07:49:02.00	+02:11:46	7:48	7.7
59	PLACKOVA Gabriela	99	SLOVAK ULTRA TRAIL	K40-49	3	01:57:44.00	01:07:57.00	04:45:52.00	07:51:21.00	07:51:33.00	+02:14:17	7:51	7.6
60	GURGUL Mateusz	46	AROMAT NÓG	M30-39	20	01:54:09.00	01:09:35.00	04:48:51.00	07:52:23.00	07:52:35.00	+02:15:19	7:52	7.6
61	ZATORSKA-RADLIŃSKA Katarzyna	174	RPD	K30-39	6	01:58:24.00	01:11:54.00	04:43:26.00	07:53:22.00	07:53:44.00	+02:16:28	7:53	7.6
62	WITEK Wojciech	165		M16-29	4	01:51:30.00	01:16:14.00	04:47:12.00	07:53:48.00	07:54:56.00	+02:17:40	7:53	7.6
63	MACH Olek	94	ATLANTIC	M40-49	25	01:43:46.00	01:04:15.00	05:07:20.00	07:54:56.00	07:55:21.00	+02:18:05	7:54	7.6
64	WÓJCICKI Bohdan	167		M30-39	21	01:59:22.00	01:11:43.00	04:46:13.00	07:56:57.00	07:57:18.00	+02:20:02	7:56	7.5
65	BEDNARZ Marta	191		K30-39	7	02:03:14.00	01:14:12.00	04:39:53.00	07:56:41.00	07:57:19.00	+02:20:03	7:56	7.6
66	ZIÓŁEK Mirosław	180	STAY INSANE	M50-59	5	02:04:29.00	01:16:07.00	04:40:56.00	08:00:51.00	08:01:32.00	+02:24:16	8:00	7.5
67	CHOJNOWSKI Andrzej	17		M50-59	6	01:57:49.00	01:13:58.00	04:51:09.00	08:02:23.00	08:02:56.00	+02:25:40	8:02	7.5
68	ZUB Arkadiusz	181	GRUPA BIEGOWA BEZ GRANIC	M40-49	26	02:08:24.00	01:15:34.00	04:40:29.00	08:04:19.00	08:04:27.00	+02:27:11	8:04	7.4
69	GRUBICH Damian	41	PARKRUN GRUDZIĄDZ	M40-49	27	01:56:52.00	01:09:40.00	05:00:13.00	08:05:39.00	08:06:45.00	+02:29:29	8:05	7.4
70	KUROWSKA Monika	84	ATLANTIC	K40-49	4	02:04:51.00	01:15:05.00	04:46:57.00	08:06:29.00	08:06:53.00	+02:29:37	8:06	7.4
71	ROŹNIATA Iwona	132	SNG WILD DUCKS	K40-49	5	02:06:03.00	01:15:31.00	04:47:28.00	08:08:18.00	08:09:02.00	+02:31:46	8:08	7.4
72	GRZYWINSKI Bartosz	42		M40-49	28	02:05:48.00	01:19:38.00	04:44:12.00	08:07:54.00	08:09:38.00	+02:32:22	8:07	7.4

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73	GAWĘŁKO Janusz	32		M50-59	7	02:03:51.00	01:17:21.00	04:48:45.00	08:08:57.00	08:09:57.00	+02:32:41	8:08	7.4
73	KUBAT Daniel	82	BMS	M40-49	29	02:11:56.00	01:19:04.00	04:38:57.00	08:08:21.00	08:09:57.00	+02:32:41	8:08	7.4
75	WAROWNY Piotr	162	BIEGUSIEM.PL	M40-49	30	02:10:02.00	01:14:56.00	04:46:34.00	08:09:45.00	08:11:32.00	+02:34:16	8:09	7.4
76	DŁUŻNIEWSKI Jacek	25	SBRT BIELSKO-BIAŁA	M40-49	31	01:59:27.00	01:13:59.00	04:58:36.00	07:09:50.00	08:12:02.00	+02:34:46	7:09	8.4
77	RACZYŁŁO Krzysztof	126		M30-39	22	02:10:31.00	01:14:35.00	04:47:11.00	08:10:58.00	08:12:17.00	+02:35:01	8:10	7.3
78	BIEL Łukasz	6	VEGE RUNNERS	M30-39	23	02:05:34.00	01:19:15.00	04:50:27.00	08:14:14.00	08:15:16.00	+02:38:00	8:14	7.3
79	NĘDZUSIAK Dariusz	107	DBN SUKURS	M50-59	8	02:09:17.00	01:20:14.00	04:46:29.00	08:14:12.00	08:16:00.00	+02:38:44	8:14	7.3
80	BIEL Tomasz	7		M40-49	32	02:07:34.00	01:18:49.00	04:49:52.00	08:15:00.00	08:16:15.00	+02:38:59	8:15	7.3
81	ZYGMUNT Paweł	183		M40-49	33	01:59:30.00	01:12:55.00	05:04:57.00	08:17:04.00	08:17:22.00	+02:40:06	8:17	7.2
82	RACZYŁŁO Maja	127		K16-29	1	02:14:16.00	01:19:06.00	04:44:55.00	08:16:58.00	08:18:17.00	+02:41:01	8:16	7.2
83	ŻEBROWSKA Jolanta	185	POTRENUJEMY? / CHEMIK NOXY PUŁAWY / UMCS BIEGA	K50-59	1	02:07:36.00	01:18:14.00	04:53:20.00	08:18:58.00	08:19:10.00	+02:41:54	8:18	7.2
84	SKRZYPCZAK Hubert	140	RUNNINGPOWERPLAY	M40-49	34	02:12:13.00	01:20:36.00	04:48:34.00	08:20:05.00	08:21:23.00	+02:44:07	8:20	7.2
85	BASTER Aleksandra	5		K16-29	2	02:12:50.00	01:22:49.00	04:46:00.00	08:20:50.00	08:21:39.00	+02:44:23	8:20	7.2
85	MICHALSKI Michał	101	FRAMESFACTORY RACINGTEAM	M30-39	24	02:12:50.00	01:22:49.00	04:46:00.00	08:20:50.00	08:21:39.00	+02:44:23	8:20	7.2
87	STACHURA Beata	145	ATLANTIC	K40-49	6	01:58:28.00	01:15:52.00	05:07:20.00	08:21:13.00	08:21:40.00	+02:44:24	8:21	7.2
88	KRAKOWSKI Maciej	77	#A_MOZE_ULTRA / WKURW_TEAM	M16-29	5	02:11:48.00	01:14:40.00	04:55:30.00	08:21:00.00	08:21:58.00	+02:44:42	8:21	7.2
89	PASIERBIŃSKI Piotr	118	WTP	M50-59	9	02:17:17.00	01:15:43.00	04:50:42.00	08:23:33.00	08:23:42.00	+02:46:26	8:23	7.1
90	WOJSA Marcin	172		M30-39	25	02:01:23.00	01:17:33.00	05:06:52.00	08:24:10.00	08:25:48.00	+02:48:32	8:24	7.1
91	KOWALCZYK Paweł	71	KĘCKIE HARPAGANY	M40-49	35	02:25:56.00	01:22:44.00	04:38:20.00	08:26:58.00	08:27:00.00	+02:49:44	8:26	7.1
92	CYGANIK Kajetan	19	JUVERUN	M30-39	26	02:02:47.00	01:19:24.00	05:06:19.00	08:26:41.00	08:28:30.00	+02:51:14	8:26	7.1
93	SAMBORSKI Bartosz	137	WKURW_TEAM	M40-49	36	02:12:04.00	01:21:32.00	05:00:40.00	08:32:08.00	08:34:16.00	+02:57:00	8:32	7
94	KWIATKOWSKI Jakub	88	ITMBW KRAKÓW	M30-39	27	02:10:10.00	01:18:05.00	05:06:08.00	08:33:27.00	08:34:23.00	+02:57:07	8:33	7
95	KOZA Robert	72	CARBON RACING TEAM	M40-49	37	02:07:06.00	01:14:46.00	05:12:57.00	08:33:22.00	08:34:49.00	+02:57:33	8:33	7
96	GOLON Marlena	36	RUN PASJA	K40-49	7	02:12:14.00	01:24:08.00	05:00:15.00	08:36:07.00	08:36:37.00	+02:59:21	8:36	7
97	NOWAK Krzysztof	110		M40-49	38	02:08:45.00	01:24:07.00	05:04:11.00	08:36:26.00	08:37:03.00	+02:59:47	8:36	7
98	SZMAJDA Dominik	152	NIE MAM POMYSŁU	M30-39	28	02:04:33.00	01:20:44.00	05:13:44.00	08:38:24.00	08:39:01.00	+03:01:45	8:38	6.9
99	ŚLIŻ Sylwia	192		K30-39	8	02:14:58.00	01:18:13.00	05:07:00.00	08:39:51.00	08:40:11.00	+03:02:55	8:39	6.9
100	KWIATKOWSKA Renata	87	KB OŻARÓW MAZOWIECKI BIEGA	K50-59	2	02:15:47.00	01:24:41.00	05:02:07.00	08:42:03.00	08:42:35.00	+03:05:19	8:42	6.9
101	WOŹNICA Rafał	168		M40-49	39	02:09:30.00	01:19:24.00	05:21:58.00	08:49:43.00	08:50:52.00	+03:13:36	8:49	6.8
102	BURKIEWICZ-ŚLIWA Bernadetta	189		K30-39	9	02:14:20.00	01:29:59.00	05:09:33.00	08:48:25.00	08:53:52.00	+03:16:36	8:48	6.8
103	OSTAPIŃSKA Magda	114	OSTRESROKI	K40-49	8	02:13:21.00	01:23:30.00	05:17:28.00	08:53:34.00	08:54:19.00	+03:17:03	8:53	6.7
103	OSTAPIŃSKI Wojtek	115	OSTRESROKI	M40-49	40	02:13:21.00	01:23:30.00	05:17:28.00	08:53:33.00	08:54:19.00	+03:17:03	8:53	6.7
105	PIĄTEK Rafał	122	BEFIT24TEAM	M30-39	29	02:10:12.00	01:20:57.00	05:23:53.00	08:53:34.00	08:55:02.00	+03:17:46	8:53	6.7
106	SZMECHTIG-GAUDEN Ewa	153	PODGÓRZ TORUŃ	K40-49	9	02:11:46.00	01:21:57.00	05:21:48.00	08:53:55.00	08:55:31.00	+03:18:15	8:53	6.7
107	BALCERZAK Mariusz	3		M40-49	41	02:19:46.00	01:24:37.00	05:14:29.00	08:57:25.00	08:58:52.00	+03:21:36	8:57	6.7
108	PODGÓRSKI Dominik	124	PRORUNNING PROMOTION	M40-49	42	02:06:31.00	01:20:33.00	05:33:24.00	08:59:08.00	09:00:28.00	+03:23:12	8:59	6.7
109	WALCZAK Agnieszka	160	PKO BANK POLSKI SA	K40-49	10	02:14:51.00	01:24:39.00	05:25:06.00	09:03:54.00	09:04:36.00	+03:27:20	9:03	6.6
109	WALCZAK Dariusz	161	OLKUSZBIEGA.PL	M40-49	43	02:14:51.00	01:24:39.00	05:25:06.00	09:03:57.00	09:04:36.00	+03:27:20	9:03	6.6
111	KARAWACKI Grzegorz	60	KĘCKIE HARPAGANY	M30-39	30	02:12:04.00	01:25:13.00	05:28:02.00	09:03:53.00	09:05:19.00	+03:28:03	9:03	6.6
112	ZGLIŃSKI Bartłomiej	177	WKURW_TEAM TORUŃ	M30-39	31	02:14:30.00	01:24:58.00	05:29:15.00	09:06:36.00	09:08:43.00	+03:31:27	9:06	6.6
113	RYBKOWSKI Grzegorz	135	VELMAR	M50-59	10	02:10:31.00	01:30:37.00	05:29:10.00	09:10:03.00	09:10:18.00	+03:33:02	9:10	6.5
114	SZCZYGIELSKI Tomek	150	BIEGUSIEM.PL	M40-49	44	02:18:25.00	01:21:11.00	05:31:04.00	09:10:10.00	09:10:40.00	+03:33:24	9:10	6.5
115	KICZIŃSKA Izabela	63	DRUŻYNA SZPIKU	K40-49	11	02:15:57.00	01:26:30.00	05:31:09.00	09:13:10.00	09:13:36.00	+03:36:20	9:13	6.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gorce	Nocne Pieniny	Beskid Sądecki	Czas netto 60km	Czas brutto 60km	Różn	Tempo min/km	Tempo km/h
116	TATARCZYK Patrycja	156	SBRT	K16-29	3	02:22:35.00	01:32:32.00	05:20:23.00	09:14:34.00	09:15:30.00	+03:38:14	9:14	6.5
117	KAWA Barbara	62	MARATOŃCZYK DĘBICA	K30-39	10	02:24:17.00	01:33:49.00	05:22:32.00	09:19:38.00	09:20:38.00	+03:43:22	9:19	6.4
118	ŁOPATKIEWICZ Beata	91		K50-59	3	02:31:03.00	01:24:19.00	05:25:41.00	09:20:51.00	09:21:03.00	+03:43:47	9:20	6.4
118	MICHALEC Marcin	100	KKB MOSIR KROSNO	M30-39	32	02:31:03.00	01:24:19.00	05:25:41.00	09:20:47.00	09:21:03.00	+03:43:47	9:20	6.4
120	MICHALSKI Ryszard	102	WWW.SENSORYBEAUTY.PL	M40-49	45	02:14:51.00	01:29:56.00	05:36:50.00	09:20:45.00	09:21:37.00	+03:44:21	9:20	6.4
121	BORKOWSKI Bartłomiej	10	RMF4RT GLADIATORS	M30-39	33	02:44:53.00	01:40:40.00	05:00:24.00	09:24:31.00	09:25:57.00	+03:48:41	9:24	6.4
122	SZYMANKIEWICZ Kalina	154		K40-49	12	02:37:09.00	01:23:15.00	05:29:15.00	09:28:02.00	09:29:39.00	+03:52:23	9:28	6.3
123	DĘBSKA Marta	23		K16-29	4	02:30:24.00	01:31:29.00	05:30:08.00	09:30:36.00	09:32:01.00	+03:54:45	9:30	6.3
124	GOKIERT-SKRENTNA Justyna	35		K40-49	13	02:32:21.00	01:25:19.00	05:35:45.00	09:32:25.00	09:33:25.00	+03:56:09	9:32	6.3
125	DOMAGAŁA Jerzy	26		M50-59	11	02:27:08.00	01:27:04.00	05:39:18.00	09:32:16.00	09:33:30.00	+03:56:14	9:32	6.3
126	GRZYWIŃSKI Wojtek	43		M30-39	34	02:29:19.00	01:30:58.00	05:33:37.00	09:32:13.00	09:33:54.00	+03:56:38	9:32	6.3
127	KOPANIA Kamil	69	K.S TĘCZA	M30-39	35	02:21:49.00	01:30:23.00	05:41:54.00	09:33:23.00	09:34:06.00	+03:56:50	9:33	6.3
128	JĘSIEK-BARABASZ Agnieszka	54	STACHOWSCY TEAM	K40-49	14	02:35:44.00	01:28:21.00	05:35:45.00	09:38:49.00	09:39:50.00	+04:02:34	9:38	6.2
129	PAŃCZUK-FIGURA Irmina	116	UMCS BIEGA	K40-49	15	02:31:27.00	01:35:14.00	05:36:05.00	09:41:42.00	09:42:46.00	+04:05:30	9:41	6.2
130	KUSZTAL Justyna	86	KS ESKADRA KRAKÓW	K40-49	16	02:31:27.00	01:35:40.00	05:36:05.00	09:42:10.00	09:43:12.00	+04:05:56	9:42	6.2
131	GOMOLIŃSKI Sławomir	38		M40-49	46	02:22:41.00	01:33:00.00	05:47:46.00	09:42:58.00	09:43:27.00	+04:06:11	9:42	6.2
132	RAFAŁ Eliza	129		K30-39	11	02:25:22.00	01:37:49.00	05:44:53.00	09:47:06.00	09:48:04.00	+04:10:48	9:47	6.1
133	KLUBA Łukasz	67	NGB KŁOBUCK	M30-39	36	02:30:19.00	01:31:07.00	05:49:06.00	09:48:52.00	09:50:32.00	+04:13:16	9:48	6.1
134	KADYKAŁO Natalia	58	NIE W SZCZEPIONKĘ TEAM	K16-29	5	02:45:36.00	01:40:40.00	05:30:12.00	09:55:01.00	09:56:28.00	+04:19:12	9:55	6.1
135	MŁODECKA Sylwia	104	VIRTUAL RUNNER CLUB	K40-49	17	02:37:33.00	01:40:50.00	05:38:14.00	09:55:03.00	09:56:37.00	+04:19:21	9:55	6
136	NIESPODZIANA Anna	109	ROGOZIŃSKI KLUB BIEGACZA	K30-39	12	02:38:13.00	01:29:22.00	05:50:51.00	09:57:02.00	09:58:26.00	+04:21:10	9:57	6
137	KWIECIEŃ Zbigniew	89	FAUDANA	M60+	2	02:25:16.00	01:44:29.00	05:48:49.00	09:57:51.00	09:58:34.00	+04:21:18	9:57	6
138	SMOGORZEWSKI Michał	141	WKURW_TEAM WARSZAWA	M30-39	37	02:15:44.00	01:30:38.00	06:14:24.00	09:58:33.00	10:00:46.00	+04:23:30	9:58	6
139	RUSEK Jolanta	134	ZABIEGANI MIELEC	K16-29	6	02:24:18.00	01:33:56.00	06:02:50.00	10:00:05.00	10:01:04.00	+04:23:48	10:00	6
140	SOŁTYSIAK Natalia	143		K30-39	13	02:41:23.00	01:30:06.00	05:50:57.00	10:00:50.00	10:02:26.00	+04:25:10	10:00	6
141	GUŹDZIOŁ Jarek	44	TBKM WILK SOLEC KUJAWSKI	M40-49	47	02:51:41.00	01:32:03.00	05:39:53.00	10:01:48.00	10:03:37.00	+04:26:21	10:01	6
142	BLIŹNIEWSKA Katarzyna	133	SNG WILD DUCKS	K40-49	18	02:34:45.00	01:32:04.00	05:57:42.00	10:03:41.00	10:04:31.00	+04:27:15	10:03	6
143	JOZEFIAK Marta	56		K16-29	7	02:32:13.00	01:45:32.00	05:56:30.00	10:12:31.00	10:14:15.00	+04:36:59	10:12	5.9
143	ZWAAN Johan	182		M30-39	38	02:32:13.00	01:45:32.00	05:56:30.00	10:12:28.00	10:14:15.00	+04:36:59	10:12	5.9
145	GAJEWSKI Zenon	30	ZABIEGANI CZĘSTOCHOWA	M60+	3	02:25:03.00	01:25:23.00	06:23:51.00	10:12:18.00	10:14:17.00	+04:37:01	10:12	5.9
146	PASEK Magdalena	117	SRTG NIEPOŁOMICE	K16-29	8	02:30:28.00	01:45:07.00	06:01:47.00	10:16:06.00	10:17:22.00	+04:40:06	10:16	5.8
147	OCHNIO Ewa	111		K40-49	19	02:52:36.00	01:39:16.00	05:48:37.00	10:19:19.00	10:20:29.00	+04:43:13	10:19	5.8
148	KOŁCZUK Wojciech	68	WKURW_TEAM WARSZAWA	M30-39	39	02:35:27.00	01:31:45.00	06:14:23.00	10:19:27.00	10:21:35.00	+04:44:19	10:19	5.8
149	JACHÓŁKOWSKA Małgorzata	48		K16-29	9	02:47:47.00	01:40:17.00	05:57:42.00	10:24:44.00	10:25:46.00	+04:48:30	10:24	5.8
150	KISZKIS Elżbieta	65		K40-49	20	02:57:01.00	01:45:44.00	06:41:33.00	11:23:11.00	11:24:18.00	+05:47:02	11:23	5.3
151	NAWROT Dawid	106	SRTG NIEPOŁOMICE	M30-39	40	03:15:42.00	02:02:00.00	06:08:09.00	11:24:31.00	11:25:51.00	+05:48:35	11:24	5.3
152	CZARNY Łukasz	21	WKURW_TEAM	M30-39	41	03:08:15.00	01:51:50.00	06:41:35.00	11:39:32.00	11:41:40.00	+06:04:24	11:39	5.1
	RADYK Jakub	128	PRZEMYSKI KLUB BIEGACZA	M30-39		02:15:05.00 DNF	00:00:00.00 DNF	00:00:00.00 DNF	DNF	DNF		-	-
	SITEK Szymon	138	ZABIEGANI CZĘSTOCHOWA	M30-39		02:19:00.00 DNF	00:00:00.00 DNF	00:00:00.00 DNF	DNF	DNF		-	-
	FUDALEJ Piotr	29	TG SOK`OŁ ZAKOPANE	M50-59		02:27:45.00 DNF	00:00:00.00 DNF	00:00:00.00 DNF	DNF	DNF		-	-
	KOZŁOWSKI Grzegorz	76	ASICS FRONTRUNNER	M30-39		01:34:08.00 DNF	00:58:47.00 DNF	00:00:00.00 DNF	DNF	DNF		-	-

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gorce	Nocne Pieniny	Beskid Sądecki	Czas netto 60km	Czas brutto 60km	Różn	Tempo min/km	Tempo km/h
	CHLEWICKA Magdalena	15	ZABIEGANI CZĘSTOCHOWA	K30-39		02:43:28.00 DNF	00:00:00.00 DNF	00:00:00.00 DNF	DNF	DNF		-	-
	JĘCEK Maciej	53		M30-39		01:48:46.00 DNF	01:03:42.00 DNF	00:00:00.00 DNF	DNF	DNF		-	-
	KUSIAK Marcin	85	CREATIVE BOCHNIA BIEGA TEAM	M40-49		01:49:19.00 DNF	01:06:38.00 DNF	00:00:00.00 DNF	DNF	DNF		-	-
	KOZŁOWSKA Karolina	74		K16-29		03:05:50.00 DNF	00:00:00.00 DNF	00:00:00.00 DNF	DNF	DNF		-	-
	CHLIPAŁA Marcin	16		M30-39		02:04:01.00 DNF	01:16:36.00 DNF	00:00:00.00 DNF	DNF	DNF		-	-
	KLATKA Michał	66	BBL TOMASZÓW W MAZOWIECKI	M40-49		02:01:08.00 DNF	01:21:02.00 DNF	00:00:00.00 DNF	DNF	DNF		-	-
	LEWANDOWSKI Igor	456	CTS / IGISPORT	M30-39		03:39:21.00 DNF	00:00:00.00 DNF	00:00:00.00 DNF	DNF	DNF		-	-
	GUZOWSKI Jacek	47	MCT	M40-49		02:18:27.00 DNF	01:24:07.00 DNF	00:00:00.00 DNF	DNF	DNF		-	-
	OLSZEWSKI Jacek	113	KACYK TEAM	M40-49		02:18:10.00 DNF	01:25:26.00 DNF	00:00:00.00 DNF	DNF	DNF		-	-
	WOJNAROWICZ Tomasz	169	SPARTANIEDZIECIA	M30-39		02:13:04.00 DNF	01:30:54.00 DNF	00:00:00.00 DNF	DNF	DNF		-	-
	ŁUKASIAK Adam	92	WARSAW RUN CLUB	M30-39		02:05:11.00 DNF	01:54:03.00 DNF	00:00:00.00 DNF	DNF	DNF		-	-
	KRZYŻANOWSKI Przemysław	80	HARPAGAN BEAST	M30-39		02:25:56.00 DNF	01:33:48.00 DNF	00:00:00.00 DNF	DNF	DNF		-	-
	JÓZEPIAK Jakub	57	BOKONONI	M50-59		02:26:11.00 DNF	01:42:13.00 DNF	00:00:00.00 DNF	DNF	DNF		-	-
	KOBYLIŃSKI Piotr	188	WKURW_TEAM	M40-49		02:50:17.00 DNF	01:43:17.00 DNF	00:00:00.00 DNF	DNF	DNF		-	-
	STUPIŃSKA Monika	147	WKURW TEAM	K30-39		02:50:18.00 DNF	01:43:18.00 DNF	00:00:00.00 DNF	DNF	DNF		-	-
	FRUCZ Jacek	28		M50-59		02:51:00.00 DNF	01:47:32.00 DNF	00:00:00.00 DNF	DNF	DNF		-	-
	KALBARCZYK Izabella	59		K40-49		03:12:45.00 DNF	01:54:03.00 DNF	00:00:00.00 DNF	DNF	DNF		-	-
	NAWROT Katarzyna	105	SRTG NIEPOŁOMICE	K30-39		03:16:15.00 DNF	02:02:00.00 DNF	00:00:00.00 DNF	DNF	DNF		-	-

Znaleziono 174 wynik(ów)