



Klasyfikacja: Wszyscy

BIEG WSCHODZĄCEGO SŁOŃCA 2020

B4SPORT

Wydarzenie: Festiwal Biegów Alpejskich 2020
Organizator: "Kozica" Fundacja Biegów Górskich
Data: 2020-08-02
Miejsce: Zawoja
Dystans: 4,7 km

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 4.7km	Czas brutto 4.7km	Różn	Tempo min/km	Tempo km/h
1	JAWORSKI Zbigniew	375		M2	1	00:00:02	00:35:45.45	00:35:48.00		7:36	7.9 (100%)
2	URBAŃCZYK Karol	201	NON STOP TRAIL	M1	1	00:00:01	00:36:06.00	00:36:07.75	+00:00:20 (0.9%)	7:40	7.8 (98.7%)
3	KOPIEC Przemek	275		M1	2	00:00:03	00:39:05.05	00:39:08.05	+00:03:19 (8.5%)	8:18	7.2 (91.1%)
4	ZAKOWICZ Paweł	363		M1	3	00:00:03	00:39:38.90	00:39:41.90	+00:03:53 (9.8%)	8:25	7.1 (89.9%)
5	KARGÓL Rafał	348	FANTASTIC 4	M2	2	00:00:03	00:40:05.00	00:40:08.60	+00:04:19 (10.8%)	8:31	7 (88.6%)
6	ORCHOLSKI Witold	390	T. S. OPATRUNKI TORUŃ	M2	3	00:00:04	00:42:08.00	00:42:12.60	+00:06:22 (15.1%)	8:57	6.7 (84.8%)
7	BUCZYŃSKI Adam	416	NON STOP TRAIL	M2	4	00:00:04	00:42:47.75	00:42:51.95	+00:07:02 (16.4%)	9:06	6.6 (83.5%)
8	GARSKI Kryspin	394	ŚWIAT PŁYTEK U KRYSPIŃA	M2	5	00:00:05	00:43:31.75	00:43:36.90	+00:07:46 (17.9%)	9:15	6.5 (82.3%)
9	KLONOWSKI Kamil	288	CARBON SILESIA SPORT	M1	4	00:00:02	00:43:31.90	00:43:34.35	+00:07:46 (17.9%)	9:15	6.5 (82.3%)
10	SUSKA Łukasz	278		M2	6	00:00:04	00:43:46.05	00:43:50.35	+00:08:00 (18.3%)	9:18	6.4 (81.0%)
11	ZACHARA Dawid	400		M1	5	00:00:03	00:44:13.20	00:44:17.00	+00:08:27 (19.1%)	9:24	6.4 (81.0%)
12	SZEWczyk Krzysztof	433	CZEWARUN TIM	M2	7	00:00:08	00:44:45.45	00:44:54.00	+00:09:00 (20.1%)	9:31	6.3 (79.7%)
13	ROGOWSKI Maciek	349	FANTASTIC 4/SREBRNI BIEGACZE TARNOWSKIE GÓRY	M2	8	00:00:03	00:44:50.25	00:44:53.55	+00:09:04 (20.3%)	9:32	6.3 (79.7%)
14	WOŹNIAK Michał	263	GLADIATORS BY RMF4RT	M1	6	00:00:16	00:44:55.70	00:45:12.00	+00:09:10 (20.4%)	9:33	6.3 (79.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 4.7km	Czas brutto 4.7km	Różn	Tempo min/km	Tempo km/h
15	ZACHARA Łukasz	436		M1	7	00:00:03	00:45:10.00	00:45:13.90	+00:09:24 (20.8%)	9:36	6.2 (78.5%)
16	GRUND Marek	343	MAFIA TEAM LUBLINIEC	M1	8	00:00:02	00:45:19.05	00:45:21.20	+00:09:33 (21.1%)	9:38	6.2 (78.5%)
17	STUDZIŃSKI Mateusz	356		M1	9	00:00:10	00:45:21.85	00:45:32.50	+00:09:36 (21.2%)	9:39	6.2 (78.5%)
18	PIETRAS Mateusz	365		M2	9	00:00:05	00:45:57.65	00:46:03.20	+00:10:12 (22.2%)	9:46	6.1 (77.2%)
19	TRACZ Michał	246	HARPAGAN SOSNOWIEC	M1	10	00:00:14	00:46:12.90	00:46:27.35	+00:10:27 (22.6%)	9:50	6.1 (77.2%)
20	MORDARSKI Michał	367		M2	10	00:00:18	00:46:16.65	00:46:35.00	+00:10:31 (22.7%)	9:50	6.1 (77.2%)
21	HRUBY Anna	271	KS AZS AWF KRAKÓW	K1	1	00:00:06	00:46:40.95	00:46:47.60	+00:10:55 (23.4%)	9:55	6 (75.9%)
22	KLIMA Adam	272	RUNHOGS TYCHY	M1	11	00:00:09	00:47:12.90	00:47:22.00	+00:11:27 (24.3%)	10:02	6 (75.9%)
23	MUCHA Monika	437	ZABIEGANI CZĘSTOCHOWA	K2	1	00:00:07	00:47:20.65	00:47:28.20	+00:11:35 (24.5%)	10:04	6 (75.9%)
24	KURP Bartłomiej	384		M1	12	00:00:07	00:47:37.10	00:47:45.00	+00:11:51 (24.9%)	10:08	5.9 (74.7%)
25	ORKWISZEWSKA Ola	280	SCARPA TEAM POLSKA	K1	2	00:00:03	00:48:07.70	00:48:11.60	+00:12:22 (25.7%)	10:14	5.9 (74.7%)
26	MROCZKA Maciej	292	HAJIME	M1	13	00:00:53	00:48:25.00	00:49:18.45	+00:12:39 (26.1%)	10:18	5.8 (73.4%)
27	ZACHARA Kamil	421		M1	14	00:00:08	00:49:05.25	00:49:13.55	+00:13:19 (27.2%)	10:26	5.7 (72.2%)
28	MACIOŁ Sebastian	298	TTA BIERUŃ	M2	11	00:00:04	00:49:10.75	00:49:15.45	+00:13:25 (27.3%)	10:27	5.7 (72.2%)
29	GIBAŁA Michał	230		M1	15	00:00:48	00:50:20.20	00:51:08.80	+00:14:34 (29.0%)	10:42	5.6 (70.9%)
30	KRAKOWIAN Marek	379	JEST LEPIEJ RUN TEAM	M1	16	00:00:50	00:50:22.50	00:51:13.00	+00:14:37 (29.0%)	10:43	5.6 (70.9%)
31	MIROCHA Łukasz	247		M2	12	00:00:19	00:50:24.65	00:50:43.75	+00:14:39 (29.1%)	10:43	5.6 (70.9%)
32	GRAJKOWSKI Tomasz	260		M2	13	00:00:23	00:50:30.60	00:50:53.65	+00:14:45 (29.2%)	10:44	5.6 (70.9%)
33	SZCZEPANIK Renata	351		K2	2	00:00:07	00:50:34.30	00:50:42.00	+00:14:48 (29.3%)	10:45	5.6 (70.9%)
34	BŁASZCZYKOWSKI Marcin	340		M2	14	00:00:47	00:50:34.55	00:51:21.95	+00:14:49 (29.3%)	10:45	5.6 (70.9%)
35	ZACHARA Adrian	439		M1	17	00:00:49	00:50:34.75	00:51:24.00	+00:14:49 (29.3%)	10:45	5.6 (70.9%)
36	UZIĘBŁO Damian	217		M1	18	00:00:57	00:50:35.90	00:51:33.00	+00:14:50 (29.3%)	10:45	5.6 (70.9%)
37	LABIAK Krystian	231	GISZOWIEC BIEGA RAZEM	M2	15	00:00:51	00:50:40.00	00:51:31.60	+00:14:54 (29.4%)	10:46	5.6 (70.9%)

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38	PAŁKA Piotr	428	IAG GBS	M1	19	00:00:05	00:50:52.25	00:50:58.10	+00:15:06 (29.7%)	10:49	5.5 (69.6%)
39	ROJEK Paweł	382		M1	20	00:00:09	00:50:56.35	00:51:06.05	+00:15:10 (29.8%)	10:50	5.5 (69.6%)
40	PACHURA Kinga	666		K2	3	00:00:06	00:50:57.90	00:51:04.85	+00:15:12 (29.8%)	10:50	5.5 (69.6%)
41	PAWLAK Wioletta	294		K1	3	00:00:11	00:51:09.15	00:51:20.45	+00:15:23 (30.1%)	10:52	5.5 (69.6%)
42	SAJDAK Piotr	325		M1	21	00:00:06	00:51:22.60	00:51:28.80	+00:15:37 (30.4%)	10:55	5.5 (69.6%)
43	WIATR Wojciech	366	ENDURANCE TEAM	M2	16	00:00:15	00:51:28.80	00:51:44.40	+00:15:43 (30.5%)	10:57	5.5 (69.6%)
44	SITEK Szymon	414	ZABIEGANI CZESTOCHOWA	M2	17	00:00:15	00:51:45.70	00:52:01.10	+00:16:00 (30.9%)	11:00	5.4 (68.4%)
45	SZWAGRZYK Marcin	368	SEKCJA BIEGOWA GRUPY PIWNEJ	M1	22	00:00:44	00:51:57.25	00:52:42.00	+00:16:11 (31.2%)	11:03	5.4 (68.4%)
46	MACHAJSKA Małgorzata	434		K1	4	00:00:05	00:52:29.25	00:52:35.00	+00:16:43 (31.9%)	11:10	5.4 (68.4%)
47	ORDZOWIAŁY Piotr	224	UKS ZAWOJAK \ MOCNI POMOCNI	M3	1	00:00:04	00:52:31.65	00:52:36.30	+00:16:46 (31.9%)	11:10	5.4 (68.4%)
48	STACHOWSKI Jakub	369	NIE WIEM, NIE INTERESUJE MNIE TO	M1	23	00:00:34	00:52:35.30	00:53:10.00	+00:16:49 (32.0%)	11:11	5.4 (68.4%)
49	OŻGA Sebastian	371		M1	24	00:00:15	00:52:44.85	00:53:00.70	+00:16:59 (32.2%)	11:13	5.3 (67.1%)
50	MIREK Dawid	327		M1	25	00:00:00	00:52:47.00	00:52:47.00	+00:17:01 (32.3%)	11:13	5.3 (67.1%)
51	KOWALCZYK Maria	407		K2	4	00:00:16	00:52:56.05	00:53:12.05	+00:17:10 (32.4%)	11:15	5.3 (67.1%)
52	GRABIAS Aleksandra	387	LĘBORSKI KLUB BIEGACZA IM. BRACI PETK	K1	5	00:00:07	00:53:08.85	00:53:16.10	+00:17:23 (32.7%)	11:18	5.3 (67.1%)
53	GOMÓŁKA Agata	424		K2	5	00:00:17	00:53:33.25	00:53:50.90	+00:17:47 (33.2%)	11:23	5.3 (67.1%)
54	FILIPOWSKI Rafał	320	FILIPRUN TEAM	M2	18	00:00:10	00:53:42.45	00:53:52.45	+00:17:57 (33.4%)	11:25	5.3 (67.1%)
55	KAŁUŻA Basia	440		K2	6	00:00:19	00:53:54.30	00:54:13.60	+00:18:08 (33.7%)	11:28	5.2 (65.8%)
56	HOŁUJ Andrzej	211		M3	2	00:00:21	00:53:56.65	00:54:17.80	+00:18:11 (33.7%)	11:28	5.2 (65.8%)
57	CHARUSTA Andrzej	326	DO PORZYGU	M1	26	00:00:26	00:54:10.35	00:54:36.70	+00:18:24 (34.0%)	11:31	5.2 (65.8%)
58	MANTERYŚ Michał	353	KKM KALORYFER	M2	19	00:00:22	00:54:40.45	00:55:03.15	+00:18:55 (34.6%)	11:38	5.2 (65.8%)
59	OLEKSY Krzysztof	236	ADS MASNA	M3	3	00:00:47	00:54:43.00	00:55:30.65	+00:18:57 (34.6%)	11:38	5.2 (65.8%)
60	HAJDA Justyna	345	FANTASTIC 4	K1	6	00:00:10	00:54:43.85	00:54:53.85	+00:18:58 (34.7%)	11:38	5.2 (65.8%)

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61	ROGÓŻ Elżbieta	225	PRORUNNING PROMOTION	K2	7	00:00:12	00:54:48.30	00:55:00.75	+00:19:02 (34.8%)	11:39	5.1 (64.6%)
62	GRABSKA Ewa	319	SEKCJA BIEGOWA GRUPY PIWNEJ	K1	7	00:00:43	00:55:13.65	00:55:57.00	+00:19:28 (35.3%)	11:45	5.1 (64.6%)
63	ZDUŃCZYK Paulina	203	EVERRUN	K1	8	00:00:18	00:55:17.15	00:55:36.10	+00:19:31 (35.3%)	11:45	5.1 (64.6%)
64	CIĘŻKI Konrad	202	EVERRUN	M2	20	00:00:19	00:55:18.40	00:55:37.60	+00:19:32 (35.3%)	11:45	5.1 (64.6%)
65	KOWALIK Michał	316		M1	27	00:00:13	00:55:28.35	00:55:41.55	+00:19:42 (35.5%)	11:48	5.1 (64.6%)
66	MYŚLIWIEC Monika	431	POWOLI DO CELU	K1	9	00:00:40	00:55:29.90	00:56:10.00	+00:19:44 (35.6%)	11:48	5.1 (64.6%)
67	WRÓBEL Paweł	266	NOVOMATIC TECHNOLOGIES	M1	28	00:00:22	00:55:38.00	00:56:00.55	+00:19:52 (35.7%)	11:50	5.1 (64.6%)
68	SKAŁOŃ Robert	227	KAWIKRUNNINGTEAM	M1	29	00:00:22	00:55:39.60	00:56:01.70	+00:19:54 (35.8%)	11:50	5.1 (64.6%)
69	STACHOWSKI Damian	268		M2	21	00:00:39	00:55:42.50	00:56:21.65	+00:19:57 (35.8%)	11:51	5.1 (64.6%)
70	MITEK Sergiusz	296		M2	22	00:01:02	00:55:44.55	00:56:47.25	+00:19:59 (35.9%)	11:51	5.1 (64.6%)
71	BAŃKOWSKI Kamil	426		M2	23	00:00:51	00:55:58.85	00:56:50.75	+00:20:13 (36.1%)	11:54	5 (63.3%)
72	SZCZERBA Adam	410		M1	30	00:00:11	00:56:03.70	00:56:15.55	+00:20:18 (36.2%)	11:55	5 (63.3%)
73	MICHAŁEK Łukasz	309		M1	31	00:00:05	00:56:12.20	00:56:18.10	+00:20:26 (36.4%)	11:57	5 (63.3%)
74	CHARUSTA Martyna	322	DO PORZYGU	K1	10	00:00:25	00:56:22.90	00:56:48.20	+00:20:37 (36.6%)	11:59	5 (63.3%)
75	SZKOŁA-ŚNIEŻEK Agnieszka	208		K2	8	00:00:18	00:56:22.95	00:56:41.00	+00:20:37 (36.6%)	11:59	5 (63.3%)
76	BONDARCZUK Sylwia	443		K2	9	00:00:20	00:56:25.80	00:56:46.20	+00:20:40 (36.6%)	12:00	5 (63.3%)
77	SŁOWIK Radosław	204	KLUB BIEGACZA LEROY MERLIN	M2	24	00:01:01	00:56:29.25	00:57:30.85	+00:20:43 (36.7%)	12:01	5 (63.3%)
78	RZEŹNIK Krzysztof	449		M1	32	00:00:10	00:56:29.75	00:56:40.40	+00:20:44 (36.7%)	12:01	5 (63.3%)
79	PRĘDKI Damian	357		M1	33	00:00:06	00:56:31.25	00:56:38.20	+00:20:45 (36.7%)	12:01	5 (63.3%)
80	HENDZLIK Monika	403	ZABIEGANI CZĘSTOCHOWA	K2	10	00:00:15	00:56:34.10	00:56:49.40	+00:20:48 (36.8%)	12:02	5 (63.3%)
81	BIELAŃSKI Zbyszek	293		M1	34	00:00:09	00:56:55.70	00:57:05.10	+00:21:10 (37.2%)	12:06	5 (63.3%)
82	BAJDA Michał	205		M2	25	00:00:13	00:57:30.35	00:57:44.25	+00:21:44 (37.8%)	12:14	4.9 (62.0%)
83	DZIUBIŃSKI Leszek	305		M2	26	00:00:21	00:57:32.55	00:57:54.50	+00:21:47 (37.9%)	12:14	4.9 (62.0%)

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84	OTOLA Kamil	259	HAGER SPORT TEAM	M1	35	00:00:22	00:57:33.65	00:57:56.20	+00:21:48 (37.9%)	12:14	4.9 (62.0%)
85	MURZYN Krysia	335	HALYNY BIEGAGO	K2	11	00:00:18	00:57:54.20	00:58:12.55	+00:22:08 (38.2%)	12:19	4.9 (62.0%)
86	STOPA Paweł	362		M1	36	00:00:12	00:57:56.90	00:58:09.10	+00:22:11 (38.3%)	12:19	4.9 (62.0%)
87	HORBATIUK Lidia	328		K1	11	00:00:21	00:57:58.20	00:58:19.90	+00:22:12 (38.3%)	12:20	4.9 (62.0%)
88	KOWALIK Jan	342		M3	4	00:00:13	00:58:04.25	00:58:17.95	+00:22:18 (38.4%)	12:21	4.9 (62.0%)
89	STAJER Tomasz	447		M2	27	00:00:24	00:58:05.85	00:58:30.65	+00:22:20 (38.5%)	12:21	4.9 (62.0%)
90	KULIG Karolina	398		K1	12	00:00:15	00:58:08.65	00:58:24.30	+00:22:23 (38.5%)	12:22	4.8 (60.8%)
91	BIAŁECKI Aleksander	301	ROZBIEGANE MYSŁOWICE	M2	28	00:00:53	00:58:18.10	00:59:11.10	+00:22:32 (38.7%)	12:24	4.8 (60.8%)
92	WOŹNIAK Marek	285	BIEGOWA KUŹNIA	M3	5	00:00:09	00:58:22.45	00:58:32.25	+00:22:37 (38.7%)	12:25	4.8 (60.8%)
93	PODEMSKA-REJDYCH Dominika	303		K1	13	00:00:17	00:58:24.10	00:58:41.45	+00:22:38 (38.8%)	12:25	4.8 (60.8%)
94	DOMIN Łukasz	313	RUN TO THE HILLA TEAM LIBIĄŻ	M2	29	00:00:27	00:58:28.00	00:58:55.95	+00:22:42 (38.8%)	12:26	4.8 (60.8%)
95	FIAŁKOWSKA Bożena	243	HARPAGAN SOSNOWIEC	K3	1	00:00:13	00:58:40.90	00:58:54.60	+00:22:55 (39.1%)	12:29	4.8 (60.8%)
96	OSOBA Magdalena	310		K1	14	00:00:05	00:58:40.95	00:58:46.80	+00:22:55 (39.1%)	12:29	4.8 (60.8%)
97	WYKA Artur	344		M1	37	00:00:26	00:58:41.55	00:59:08.50	+00:22:56 (39.1%)	12:29	4.8 (60.8%)
98	WÓJCIK Sylwia	360	NIE WIEM NIE OBCHODZI MNIE TO	K1	15	00:00:33	00:59:56.65	01:00:29.90	+00:24:11 (40.3%)	12:45	4.7 (59.5%)
99	SUSKI Daniel	396	BOCIEK WADOWICE	M2	30	00:00:46	01:00:09.65	01:00:56.55	+00:24:24 (40.6%)	12:48	4.7 (59.5%)
100	MIKOŁAJEK Dariusz	391	SPEED TEAM BRZESZCZE	M3	6	00:00:00	01:00:15.00	01:00:15.00	+00:24:29 (40.7%)	12:49	4.7 (59.5%)
101	KAMIŃSKI Mirosław	331		M2	31	00:01:10	01:00:19.70	01:01:30.00	+00:24:34 (40.7%)	12:50	4.7 (59.5%)
102	RYGIEL Janusz	304		M2	32	00:00:08	01:00:20.10	01:00:28.60	+00:24:34 (40.7%)	12:50	4.7 (59.5%)
103	GRUDNIEWSKI Rafał	405		M2	33	00:00:12	01:00:29.55	01:00:41.60	+00:24:44 (40.9%)	12:52	4.7 (59.5%)
104	SKRZECZEK Anna	395	GDÓW PROUD RUNNERS	K1	16	00:00:28	01:00:55.65	01:01:23.80	+00:25:10 (41.3%)	12:57	4.6 (58.2%)
105	KORZENIOWSKA Małgorzata	206	METLIFE RUN	K2	12	00:00:14	01:01:06.95	01:01:20.95	+00:25:21 (41.5%)	13:00	4.6 (58.2%)
106	KRÓL Kamil	297		M1	38	00:00:42	01:01:09.80	01:01:52.00	+00:25:24 (41.5%)	13:00	4.6 (58.2%)

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107	STELMASZCZYK Bartłomiej	302	NIKODEMOS WINDYKACJA	M2	34	00:00:42	01:01:45.15	01:02:27.60	+00:25:59 (42.1%)	13:08	4.6 (58.2%)
108	RESZOWSKI Bartłomiej	223	NIGHT RUNNERS	M2	35	00:00:33	01:01:58.70	01:02:32.60	+00:26:13 (42.3%)	13:11	4.5 (57.0%)
109	PROCHOWSKA Sylwia	295	NIGHT RUNNERS WROCŁAW	K1	17	00:00:36	01:02:18.35	01:02:54.50	+00:26:32 (42.6%)	13:15	4.5 (57.0%)
110	OLEJNICZAK Maksymilian	364		M1	39	00:00:11	01:02:18.80	01:02:30.05	+00:26:33 (42.6%)	13:15	4.5 (57.0%)
111	PAWLAK Dagmara	373		K2	13	00:00:44	01:02:43.65	01:03:28.05	+00:26:58 (43.0%)	13:20	4.5 (57.0%)
112	SĘK Marek	370	WM TRISELF	M2	36	00:00:20	01:02:48.30	01:03:08.70	+00:27:02 (43.1%)	13:21	4.5 (57.0%)
113	SOBCZAK Daniel	210	KB WYSZKÓW	M2	37	00:00:46	01:02:50.35	01:03:36.45	+00:27:04 (43.1%)	13:22	4.5 (57.0%)
114	JEŻOWSKI Jacek	402		M2	38	00:00:38	01:02:50.60	01:03:29.20	+00:27:05 (43.1%)	13:22	4.5 (57.0%)
115	SOBCZAK Justyna	214	KB WYSZKÓW	K1	18	00:00:44	01:02:51.10	01:03:35.50	+00:27:05 (43.1%)	13:22	4.5 (57.0%)
116	TRĄBKA Anna	267		K2	14	00:00:55	01:02:51.15	01:03:46.85	+00:27:05 (43.1%)	13:22	4.5 (57.0%)
117	ZGŁOBICA Magdalena	427		K1	19	00:00:48	01:02:53.85	01:03:42.75	+00:27:08 (43.1%)	13:22	4.5 (57.0%)
118	GACEK Tadeusz	257	CZwartunio	M3	7	00:00:40	01:03:00.55	01:03:40.60	+00:27:15 (43.3%)	13:24	4.5 (57.0%)
119	KULIG-BAJDA Gabriela	252		K1	20	00:00:15	01:03:18.25	01:03:33.25	+00:27:32 (43.5%)	13:28	4.5 (57.0%)
120	TROJAN Anna	229		K3	2	00:00:59	01:03:29.05	01:04:28.60	+00:27:43 (43.7%)	13:30	4.4 (55.7%)
121	GARSKA Joanna	401	ŚWIAT PŁYTEK U KRYSPIŃA	K2	15	00:00:23	01:03:55.35	01:04:18.95	+00:28:09 (44.1%)	13:35	4.4 (55.7%)
122	CZOPEK Agnieszka	372	KB MCKIS JAWORZNO	K2	16	00:00:37	01:04:40.30	01:05:18.00	+00:28:54 (44.7%)	13:45	4.4 (55.7%)
123	SZTURC Klaudia	383	KB MCKIS JAWORZNO	K1	21	00:00:36	01:04:52.50	01:05:29.00	+00:29:07 (44.9%)	13:48	4.3 (54.4%)
124	BARANOWSKI Marcin	286		M2	39	00:01:06	01:05:12.00	01:06:18.50	+00:29:26 (45.2%)	13:52	4.3 (54.4%)
125	STOSZ Bartosz	300		M2	40	00:00:31	01:05:12.90	01:05:44.50	+00:29:27 (45.2%)	13:52	4.3 (54.4%)
126	KROTOS Krzysztof	299	OQS	M2	41	00:00:34	01:05:13.20	01:05:47.40	+00:29:27 (45.2%)	13:52	4.3 (54.4%)
127	ZOSGÓRNIK Aleksandra	352	F4 / O CO BIEGA W KALETACH	K1	22	00:00:13	01:05:17.20	01:05:30.25	+00:29:31 (45.2%)	13:53	4.3 (54.4%)
128	SKOCZYŁAS Piotr	411	ENDURANCE TEAM	M2	42	00:00:32	01:05:29.20	01:06:01.75	+00:29:43 (45.4%)	13:55	4.3 (54.4%)
129	STARK Sebastian	283	WIECZORNE BIEGANIE W OPOLU	M2	43	00:00:36	01:06:03.40	01:06:39.40	+00:30:17 (45.9%)	14:03	4.3 (54.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 4.7km	Czas brutto 4.7km	Różn	Tempo min/km	Tempo km/h
130	JAŁOCHA Izabela	376		K1	23	00:00:49	01:06:31.85	01:07:21.15	+00:30:46 (46.3%)	14:09	4.2 (53.2%)
131	KACZOR Aleksandra	290		K1	24	00:00:58	01:06:38.85	01:07:36.90	+00:30:53 (46.3%)	14:10	4.2 (53.2%)
132	BUĆKO Wojciech	291		M1	40	00:00:58	01:06:39.10	01:07:38.05	+00:30:53 (46.4%)	14:11	4.2 (53.2%)
133	MALKUSZ Damian	212	KLUB GISZOWIEC BIEGA RAZEM	M2	44	00:01:01	01:07:16.70	01:08:18.60	+00:31:31 (46.9%)	14:18	4.2 (53.2%)
134	SOBIERAJ Bartosz	399		M1	41	00:00:58	01:07:18.55	01:08:17.40	+00:31:33 (46.9%)	14:19	4.2 (53.2%)
135	FEJA Adam	311		M2	45	00:01:01	01:08:17.35	01:09:19.15	+00:32:31 (47.6%)	14:31	4.1 (51.9%)
136	CZEPIEL Daniel	336		M2	46	00:01:23	01:08:29.20	01:09:52.80	+00:32:43 (47.8%)	14:34	4.1 (51.9%)
137	PABICH Honorata	237	MAM_NA_WSZYSTKO_WYBIEGANE	K2	17	00:01:23	01:08:32.75	01:09:55.75	+00:32:47 (47.8%)	14:34	4.1 (51.9%)
138	LEBIEDZKI Jacek	393	SOSNOWIEC	M3	8	00:00:20	01:08:34.70	01:08:54.70	+00:32:49 (47.9%)	14:35	4.1 (51.9%)
139	KUBISZ Joanna	330		K1	25	00:01:00	01:09:00.30	01:10:00.30	+00:33:14 (48.2%)	14:40	4.1 (51.9%)
140	ZACHURA Szymon	374		M1	42	00:00:24	01:09:34.25	01:09:58.75	+00:33:48 (48.6%)	14:48	4.1 (51.9%)
141	BEMBENEK Patrycja	279	EKO-OKNA RUNNERS	K1	26	00:00:29	01:09:36.05	01:10:05.05	+00:33:50 (48.6%)	14:48	4.1 (51.9%)
142	SYPKO-KUBICKA Katarzyna	419		K2	18	00:00:17	01:09:39.70	01:09:57.40	+00:33:54 (48.7%)	14:49	4 (50.6%)
143	MAJOWSKI Michał	254	CARBON SPORT SILESIA	M2	47	00:00:29	01:09:40.05	01:10:09.70	+00:33:54 (48.7%)	14:49	4 (50.6%)
144	KUBICKI Mariusz	435		M2	48	00:00:16	01:09:41.40	01:09:58.00	+00:33:55 (48.7%)	14:49	4 (50.6%)
145	SŁOMSKA Kamila	321		K1	27	00:00:53	01:09:51.40	01:10:45.30	+00:34:05 (48.8%)	14:51	4 (50.6%)
146	MAJECKI Tomasz	415		M1	43	00:00:54	01:09:51.80	01:10:46.35	+00:34:06 (48.8%)	14:51	4 (50.6%)
146	BYTOMSKA Kamila	442	RUSZ RZYĆ	K2	19	00:01:00	01:09:51.80	01:10:52.05	+00:34:06 (48.8%)	14:51	4 (50.6%)
148	BURLIGA Iwona	241		K2	20	00:00:40	01:09:58.80	01:10:39.70	+00:34:13 (48.9%)	14:53	4 (50.6%)
149	KURBIEL Sylwia	413	SIEMIANOWICE I PRZYJECIELE BIEGAJĄ	K2	21	00:00:32	01:10:05.40	01:10:38.10	+00:34:19 (49.0%)	14:54	4 (50.6%)
150	HANDY Samanta	429	POWOLI DO CELU	K1	28	00:00:39	01:10:14.75	01:10:54.00	+00:34:29 (49.1%)	14:56	4 (50.6%)
151	ZIARKOWSKI Bartosz	207	ZABIERZÓW BIEGA	M1	44	00:00:55	01:10:24.60	01:11:20.25	+00:34:39 (49.2%)	14:58	4 (50.6%)
152	PSZCZÓŁKA BUSCH Aneta	253		K2	22	00:00:38	01:10:43.10	01:11:21.40	+00:34:57 (49.4%)	15:02	4 (50.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 4.7km	Czas brutto 4.7km	Różn	Tempo min/km	Tempo km/h
153	KOPCIŃSKA Natalia	306		K1	29	00:00:25	01:12:15.20	01:12:40.20	+00:36:29 (50.5%)	15:22	3.9 (49.4%)
154	KRZYWAK Anna	338		K2	23	00:01:12	01:12:33.85	01:13:46.75	+00:36:48 (50.7%)	15:26	3.9 (49.4%)
155	PYZIK Michał	244		M1	45	00:00:45	01:12:41.05	01:13:26.85	+00:36:55 (50.8%)	15:27	3.9 (49.4%)
156	BONDZIŃSKI Karol	240		M1	46	00:00:41	01:12:42.70	01:13:23.80	+00:36:57 (50.8%)	15:28	3.9 (49.4%)
157	BRYDNIAK Sylwia	235		K1	30	00:00:23	01:12:48.75	01:13:12.50	+00:37:03 (50.9%)	15:29	3.9 (49.4%)
158	SURZYN Aleksandra	262	MOCNI POMOCNI	K1	31	00:00:37	01:13:45.90	01:14:23.75	+00:38:00 (51.5%)	15:41	3.8 (48.1%)
159	TOKARSKA Agnieszka	282		K2	24	00:00:58	01:14:05.35	01:15:04.30	+00:38:19 (51.7%)	15:45	3.8 (48.1%)
160	JÓZEFUS Ewa	250		K2	25	00:00:42	01:14:50.40	01:15:33.20	+00:39:04 (52.2%)	15:55	3.8 (48.1%)
161	JÓZEFUS Rafał	232		M2	49	00:00:00	01:15:54.00	01:15:54.00	+00:40:08 (52.9%)	16:08	3.7 (46.8%)
162	SZELAĞ Piotr	392	TURBO JEŻE TEAM	M2	50	00:00:39	01:16:08.05	01:16:47.75	+00:40:22 (53.0%)	16:11	3.7 (46.8%)
163	ZAWISZA Joanna	277		K2	26	00:00:56	01:16:18.95	01:17:15.55	+00:40:33 (53.1%)	16:14	3.7 (46.8%)
164	WAŁCZYK Andrzej	337		M1	47	00:00:25	01:16:23.35	01:16:48.95	+00:40:37 (53.2%)	16:15	3.7 (46.8%)
165	SZYDŁOWSKI Damian	385		M2	51	00:00:50	01:16:35.60	01:17:25.65	+00:40:50 (53.3%)	16:17	3.7 (46.8%)
166	PIASZCZYŃSKI Bogdan	209		M3	9	00:01:06	01:17:33.60	01:18:40.55	+00:41:48 (53.9%)	16:30	3.6 (45.6%)
167	LIPCZYŃSKA Anna	216	ESKADRA KRAKÓW	K2	27	00:01:06	01:17:34.85	01:18:41.50	+00:41:49 (53.9%)	16:30	3.6 (45.6%)
168	RYŚ Katarzyna	354		K2	28	00:01:24	01:18:32.20	01:19:56.65	+00:42:46 (54.5%)	16:42	3.6 (45.6%)
169	MUSUR Adam	312	KB SZERSZEN OLESNICA	M3	10	00:00:30	01:19:25.55	01:19:55.65	+00:43:40 (55.0%)	16:53	3.6 (45.6%)
170	PODLEŚNY Marek	380		M2	52	00:00:00	01:20:17.85	01:20:17.85	+00:44:32 (55.5%)	17:04	3.5 (44.3%)
171	MARONKA Agnieszka	358		K2	29	00:00:41	01:21:43.10	01:22:25.00	+00:45:57 (56.2%)	17:23	3.5 (44.3%)
172	JONAK Katarzyna	408	LOS TREPOS COMPANIEROS	K2	30	00:00:25	01:23:07.00	01:23:32.30	+00:47:21 (57.0%)	17:41	3.4 (43.0%)
173	RATKA Artur	378	ORLĘTA CZĘSTOCHOWA	M2	53	00:01:05	01:23:46.35	01:24:51.40	+00:48:00 (57.3%)	17:49	3.4 (43.0%)
174	RATKA Sylwia	409		K2	31	00:01:03	01:23:49.25	01:24:52.80	+00:48:03 (57.3%)	17:50	3.4 (43.0%)
175	DYNIA Marzena	256		K1	32	00:00:29	01:28:38.60	01:29:08.20	+00:52:53 (59.7%)	18:51	3.2 (40.5%)

Przekroczony limit czasu: 01:30:00

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 4.7km	Czas brutto 4.7km	Różn	Tempo min/km	Tempo km/h
176	HAWRYLAK Paulina	361		K1	33	00:00:51	01:30:08.75	01:31:00.15	+00:54:23 (60.3%)	19:10	3.1 (39.2%)
177	KAWULAK Kazimierz	222	KB MCKIS JAWORZNIO	M3	11	00:00:38	01:30:41.80	01:31:20.00	+00:54:56 (60.6%)	19:17	3.1 (39.2%)
178	ŚWIĄTEK Tomasz	242		M2	54	00:00:35	01:37:02.90	01:37:37.90	+01:01:17 (63.2%)	20:38	2.9 (36.7%)
179	DYNIA Grzegorz	258		M2	55	00:00:00	01:37:51.50	01:37:51.50	+01:02:06 (63.5%)	20:49	2.9 (36.7%)
180	DOBROSZ - KRAKOWCZYK Joanna	324	SISTARS	K2	32	00:01:31	01:37:59.95	01:39:31.50	+01:02:14 (63.5%)	20:51	2.9 (36.7%)
181	PODLEŚNY Marek	432		M2	56	00:01:31	01:38:02.85	01:39:34.05	+01:02:17 (63.5%)	20:51	2.9 (36.7%)
182	HANKIEWICZ BOMIRSKA Olga	417		K2	33	00:01:20	01:38:22.65	01:39:43.30	+01:02:37 (63.7%)	20:55	2.9 (36.7%)
183	CZERWIŃSKA Kasia	323	OBORYGENI	K2	34	00:01:19	01:38:25.30	01:39:44.50	+01:02:39 (63.7%)	20:56	2.9 (36.7%)
184	ŚWIĄTEK Roksana	233		K1	34	00:00:30	01:38:49.05	01:39:19.25	+01:03:03 (63.8%)	21:01	2.9 (36.7%)
185	MANIAK Agnieszka	341		K1	35	00:00:46	01:40:37.05	01:41:23.75	+01:04:51 (64.5%)	21:24	2.8 (35.4%)
186	SZCZUROWSKA Beata	284		K3	3	00:00:30	01:42:06.55	01:42:37.05	+01:06:21 (65.0%)	21:43	2.8 (35.4%)
187	BRZEZINKA Mariusz	339	SOCIOS SILESIA	M1	48	00:00:31					(0.0%)

Znaleziono 187 wynik(ów)