



ELIMINATOR 2016 - ETAP I

B4SPORT

Organizator: Fundacja Bieg Rzeźnika
Data: 2016-11-26
Miejsce: Ustroń
Dystans: 1.7 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Polowka 0.9km	Czas netto 1.7km	Czas brutto 1.7km	Różn	Tempo min/km	Tempo km/h
1	DLUGOSZ Andrzej	167		M30	1	00:06:20	00:14:21.35	00:14:21.35		8:26	7.1 (100%)
2	MALINA Dawid		INŻYNIERIA BIEGANIA - TWÓJ BIEGOWY TRENER!	M20	1	00:06:44	00:15:16.55	00:15:16.55	+00:00:55 (6.0%)	8:58	6.7 (94.4%)
3	GORCZYCA Bartosz	1	SALCO SPORT TEAM	M20	2	00:06:47	00:15:29.05	00:15:29.05	+00:01:07 (7.3%)	9:06	6.6 (93.0%)
4	SZCZEŚNIEWSKI Miłosz	2	SALCO SPORT TEAM	M20	3	00:06:52	00:15:41.65	00:15:41.65	+00:01:20 (8.5%)	9:13	6.5 (91.5%)
5	JAWORSKI Zbigniew	56		M30	2	00:07:12	00:15:58.25	00:15:58.25	+00:01:36 (10.1%)	9:23	6.4 (90.1%)
6	KOŃ Piotr	4	RMD MONTRAIL TEAM	M30	3	00:07:12	00:16:05.45	00:16:05.45	+00:01:44 (10.8%)	9:27	6.3 (88.7%)
7	RZESZÓTKO Marcin	186	KW ZAKOPANE / TOPR	M20	4	00:07:22	00:16:17.75	00:16:17.75	+00:01:56 (11.9%)	9:34	6.3 (88.7%)
8	WAŚOWICZ Jan	9		M40	1	00:07:19	00:16:23.55	00:16:23.55	+00:02:02 (12.4%)	9:38	6.2 (87.3%)
9	GAWROŃSKI Tomasz	6	UMKS NADIR JĘDRZEJÓW	M20	5	00:07:17	00:16:23.70	00:16:23.70	+00:02:02 (12.4%)	9:38	6.2 (87.3%)
10	FARON Robert	3	SALCO SPORT TEAM	M40	2	00:07:51	00:16:50.90	00:16:50.90	+00:02:29 (14.8%)	9:54	6.1 (85.9%)
11	MAREK Dariusz	185	RMD MONTRAIL TEAM	M30	4	00:07:40	00:16:55.25	00:16:55.25	+00:02:33 (15.2%)	9:57	6 (84.5%)
12	BIERNAWSKI Piotr	10	SLOW MOTION	M30	5	00:07:42	00:17:06.00	00:17:06.00	+00:02:44 (16.0%)	10:03	6 (84.5%)
13	FALKOWSKI Krzysztof	39	WOODWARD RUNNERS	M30	6	00:07:30	00:17:08.10	00:17:08.10	+00:02:46 (16.2%)	10:04	6 (84.5%)
14	BIEL Andrzej	17	CLARAHÜTTE	M30	7	00:07:48	00:17:20.40	00:17:20.40	+00:02:59 (17.2%)	10:11	5.9 (83.1%)
15	CZAPLA Piotr	8	SULIS HOKO TEAM/UKS OLIMPIA ZABRZE	M20	6	00:07:47	00:17:27.70	00:17:27.70	+00:03:06 (17.8%)	10:15	5.8 (81.7%)
16	MAGIERA Janusz	90	FORMA WODZISŁAW ŚLĄSKI	M50	1	00:07:51	00:17:34.00	00:17:34.00	+00:03:12 (18.3%)	10:20	5.8 (81.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Polowka 0.9km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 1.7km	brutto 1.7km			
17	MISIAK Bartosz	97	BRAT KUBA	M20	7	00:08:10	00:17:39.60	00:17:39.60	+00:03:18 (18.7%)	10:22	5.8 (81.7%)
18	DOMISZEWSKI Ignacy	34	MKS HALICZ	M20	8	00:07:34	00:17:48.50	00:17:48.50	+00:03:27 (19.4%)	10:28	5.7 (80.3%)
19	SEDLAK Michał	122	LUBIĘ TO BIEGANIE	M40	3	00:07:56	00:18:08.55	00:18:08.55	+00:03:47 (20.9%)	10:40	5.6 (78.9%)
20	LEŚNIAK Kamil	222	INOV-8	M20	9	00:08:04	00:18:19.20	00:18:19.20	+00:03:57 (21.6%)	10:46	5.6 (78.9%)
21	HUZIOR Piotr	187	FAKE RUNNERS	M40	4	00:08:24	00:18:22.85	00:18:22.85	+00:04:01 (21.9%)	10:48	5.6 (78.9%)
22	ULFIK Rafał	152	RMD MONTRAIL TEAM/SKB KRAŚNIK	M20	10	00:07:59	00:18:23.70	00:18:23.70	+00:04:02 (22.0%)	10:48	5.5 (77.5%)
23	CELIŃSKI Robert	25	BYLEDOBIEC ANIN	M30	8	00:08:52	00:18:24.15	00:18:24.15	+00:04:02 (22.0%)	10:49	5.5 (77.5%)
24	KOŹDOŃ Jarosław	77	INŻYNIERIA BIEGANIA / NIEWYMIĘKACZE	M30	9	00:08:20	00:18:26.15	00:18:26.15	+00:04:04 (22.1%)	10:50	5.5 (77.5%)
25	GRYGO Paweł	47	LŁKS PREFBET ŚNIADOWO-ŁOMŻA	M40	5	00:08:08	00:18:29.65	00:18:29.65	+00:04:08 (22.4%)	10:52	5.5 (77.5%)
26	RAKUS Kornel	115	KS KANDAHAR	M40	6	00:08:13	00:18:32.80	00:18:32.80	+00:04:11 (22.6%)	10:54	5.5 (77.5%)
27	KOBRYŃ Dominik	66	BYLEDOBIEC ANIN	M40	7	00:08:32	00:18:36.20	00:18:36.20	+00:04:14 (22.8%)	10:56	5.5 (77.5%)
28	KASZYCA Paweł	169	IGLOO BOCHNIA / APLILKA	M30	10	00:08:28	00:18:39.10	00:18:39.10	+00:04:17 (23.0%)	10:58	5.5 (77.5%)
29	JANKOWSKI Łukasz	55	TRAINING-CONNECTING PEOPLE	M30	11	00:08:15	00:18:45.10	00:18:45.10	+00:04:23 (23.4%)	11:01	5.4 (76.1%)
30	STEC Jakub	134	BRAK	M20	11	00:08:30	00:18:49.65	00:18:49.65	+00:04:28 (23.8%)	11:04	5.4 (76.1%)
31	CELIŃSKA Anna	300	BYLEDOBIEC ANIN	K30	1	00:08:43	00:18:53.40	00:18:53.40	+00:04:32 (24.0%)	11:06	5.4 (76.1%)
32	JANUSZYK Iwonka	303		K20	1	00:08:43	00:19:01.10	00:19:01.10	+00:04:39 (24.5%)	11:11	5.4 (76.1%)
33	MADEJCZYK Marek			M30	12	00:08:44	00:19:02.95	00:19:02.95	+00:04:41 (24.6%)	11:11	5.4 (76.1%)
34	BROJ Marcel	20	BROJ TEAM ZLINICE	M20	12	00:08:21	00:19:08.00	00:19:08.00	+00:04:46 (25.0%)	11:15	5.3 (74.6%)
35	SOKOŁOWSKI Marek	132	RMD MONTRAIL TEAM	M40	8	00:08:47	00:19:16.10	00:19:16.10	+00:04:54 (25.5%)	11:20	5.3 (74.6%)
36	GOLBA Kasia	344	1 SECOND TEAM/ AZS AWF KATOWICE	K20	2	00:08:43	00:19:21.25	00:19:21.25	+00:04:59 (25.8%)	11:22	5.3 (74.6%)
37	PORĘBSKI Rafał	109	PORANNY PATROL/EVIL TEAM	M40	9	00:08:44	00:19:24.30	00:19:24.30	+00:05:02 (26.0%)	11:24	5.3 (74.6%)
38	KAŁUŻA Jerzy			M30	13	00:08:54	00:19:40.50	00:19:40.50	+00:05:19 (27.0%)	11:34	5.2 (73.2%)
39	SZATANIK Zbigniew	141		M40	10	00:08:33	00:19:43.00	00:19:43.00	+00:05:21 (27.2%)	11:35	5.2 (73.2%)

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40	KANTOR Martyna	302	HERCOG RUNNING TEAM	K20	3	00:08:48	00:19:45.35	00:19:45.35	+00:05:24 (27.3%)	11:37	5.2 (73.2%)
41	HOLLY Piotr	7	SPORTFUEL.PL	M30	14	00:08:42	00:19:46.20	00:19:46.20	+00:05:24 (27.4%)	11:37	5.2 (73.2%)
42	WRZESZCZ Mariusz	161	TRIATHLON MIETKÓW TEAM	M20	13	00:08:49	00:19:49.95	00:19:49.95	+00:05:28 (27.6%)	11:39	5.1 (71.8%)
43	BADURA Adam	13	FORMA WODZISŁAW SŁĄSKI	M30	15	00:09:08	00:20:04.10	00:20:04.10	+00:05:42 (28.5%)	11:48	5.1 (71.8%)
44	URBAŃCZYK Karol	154	NIGHT RUNNERS GLIWICE	M20	14	00:09:09	00:20:08.60	00:20:08.60	+00:05:47 (28.7%)	11:50	5.1 (71.8%)
45	ŚCIESZKA Wojciech	149	13 ELT KRAKÓW-BALICE	M40	11	00:08:58	00:20:11.35	00:20:11.35	+00:05:50 (28.9%)	11:52	5.1 (71.8%)
46	JENDRYSIK Karol	188		M20	15	00:09:16	00:20:16.20	00:20:16.20	+00:05:54 (29.2%)	11:55	5 (70.4%)
47	RADOMSKI Zbigniew	112		M60	1	00:09:33	00:20:18.45	00:20:18.45	+00:05:57 (29.3%)	11:56	5 (70.4%)
48	KOS Tomasz	72	PAŃSTWOWA STRAŻ POŻARNA BYTOM	M30	16	00:09:07	00:20:21.50	00:20:21.50	+00:06:00 (29.5%)	11:58	5 (70.4%)
49	KOKOT Krzysztof	70	HRMAX ŻORY	M40	12	00:09:07	00:20:27.00	00:20:27.00	+00:06:05 (29.8%)	12:01	5 (70.4%)
50	KOT Rafał	74	WAY BEHIND HORIZON // KB JURUND SZCZYTNO	M30	17	00:09:17	00:20:28.70	00:20:28.70	+00:06:07 (29.9%)	12:02	5 (70.4%)
51	KOŚNY Krzysztof	175	WIELKOLUD TEAM / KS KANDAHAR	M40	13	00:09:28	00:20:33.70	00:20:33.70	+00:06:12 (30.2%)	12:05	5 (70.4%)
52	RECLAW Arkadiusz	117	VEGE RUNNERS	M30	18	00:09:09	00:20:37.25	00:20:37.25	+00:06:15 (30.4%)	12:07	4.9 (69.0%)
53	DZIDOWSKI Aleksander	38	BIEGAJ RAZEM Z NAMI	M30	19	00:08:46	00:20:38.40	00:20:38.40	+00:06:17 (30.4%)	12:08	4.9 (69.0%)
54	WITOWSKA Mirosława	338	KW ZAKOPANE	K20	4	00:09:27	00:20:38.50	00:20:38.50	+00:06:17 (30.5%)	12:08	4.9 (69.0%)
55	KUSZKA Michał	85	BBL MIKOŁÓW	M30	20	00:09:15	00:20:39.00	00:20:39.00	+00:06:17 (30.5%)	12:08	4.9 (69.0%)
56	BONDARA Sylwia	304	JACEKBIEGA RUNNING TEAM	K20	5	00:09:44	00:20:41.00	00:20:41.00	+00:06:19 (30.6%)	12:10	4.9 (69.0%)
57	KIK Iwona	320	KW KRAKÓW	K30	2	00:09:26	00:20:44.20	00:20:44.20	+00:06:22 (30.8%)	12:11	4.9 (69.0%)
58	FERENC Janusz	40	USKS LUDWIKOWICE	M60	2	00:09:46	00:20:47.70	00:20:47.70	+00:06:26 (31.0%)	12:13	4.9 (69.0%)
59	HATALA Mariusz	183	BB RUNNERS	M30	21	00:09:29	00:20:48.85	00:20:48.85	+00:06:27 (31.0%)	12:14	4.9 (69.0%)
60	KUŚMIERSKI Michał	86	BB RUNNERS	M30	22	00:09:35	00:20:49.05	00:20:49.05	+00:06:27 (31.0%)	12:14	4.9 (69.0%)
61	KUPIJAJ Marcin	82	SOCIOS GÓRNIK	M20	16	00:09:17	00:20:52.10	00:20:52.10	+00:06:30 (31.2%)	12:16	4.9 (69.0%)
62	STYCZEŃ Piotr	139	CKBABCIE	M30	23	00:09:18	00:20:55.75	00:20:55.75	+00:06:34 (31.4%)	12:18	4.9 (69.0%)

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							netto 1.7km	brutto 1.7km			
63	BARYSZNIKOW Mikołaj	170	KINGRUNNER	M30	24	00:09:23	00:20:57.50	00:20:57.50	+00:06:36 (31.5%)	12:19	4.9 (69.0%)
64	GIL Dominika	316	ENDURANCE TEAM	K30	3	00:08:59	00:21:01.85	00:21:01.85	+00:06:40 (31.7%)	12:21	4.9 (69.0%)
65	PIECHULA Katarzyna	328	TEAM PAPRY 20	K40	1	00:09:41	00:21:04.45	00:21:04.45	+00:06:43 (31.9%)	12:23	4.8 (67.6%)
66	KLONOWSKI Kamil	64	MOSIR ŁAZISKA GÓRNE	M20	17	00:09:20	00:21:06.80	00:21:06.80	+00:06:45 (32.0%)	12:24	4.8 (67.6%)
67	WOJDASIEWICZ Tadeusz	157		M30	25	00:09:29	00:21:07.55	00:21:07.55	+00:06:46 (32.0%)	12:25	4.8 (67.6%)
68	BOGUCKI Jacek	19		M20	18	00:09:19	00:21:09.35	00:21:09.35	+00:06:48 (32.1%)	12:26	4.8 (67.6%)
69	KOZIOŁ Kamil	75	HUSARIA RACE TEAM	M20	19	00:09:16	00:21:18.85	00:21:18.85	+00:06:57 (32.6%)	12:31	4.8 (67.6%)
70	MENDECKA Michalina	325	MOSIR ŁAZISKA GÓRNE	K20	6	00:09:32	00:21:20.35	00:21:20.35	+00:06:59 (32.7%)	12:32	4.8 (67.6%)
71	ZBOŻNIAK Łukasz	164	ABOVE2000	M30	26	00:09:30	00:21:20.75	00:21:20.75	+00:06:59 (32.7%)	12:32	4.8 (67.6%)
72	MORAWIEC Marek	100	SZAKAL TEAM	M30	27	00:09:27	00:21:23.00	00:21:23.00	+00:07:01 (32.9%)	12:34	4.8 (67.6%)
73	KROSNY Sebastian	78	BIEGAMYZSERCEM.PL - BIEGATON	M30	28	00:09:35	00:21:23.10	00:21:23.10	+00:07:01 (32.9%)	12:34	4.8 (67.6%)
74	KORZENIOWSKI Robert	11	RK ATHLETICS	M40	14	00:09:24	00:21:23.75	00:21:23.75	+00:07:02 (32.9%)	12:34	4.8 (67.6%)
75	RADZIWONOWICZ Michał	113		M20	20	00:09:13	00:21:27.70	00:21:27.70	+00:07:06 (33.1%)	12:37	4.8 (67.6%)
76	RECZEK Sebastian	118	KS ZIELONO-CZARNI	M30	29	00:09:27	00:21:31.70	00:21:31.70	+00:07:10 (33.3%)	12:39	4.7 (66.2%)
77	GORAJ Agata	317	TRAINING-CONNECTING PEOPLE	K20	7	00:10:01	00:21:35.65	00:21:35.65	+00:07:14 (33.5%)	12:41	4.7 (66.2%)
78	KOCHEL Paweł	67		M30	30	00:09:40	00:21:37.00	00:21:37.00	+00:07:15 (33.6%)	12:42	4.7 (66.2%)
79	KNAP Mateusz	65	KS KANDAHAR/TUTTU KATOWICE	M20	21	00:09:35	00:21:41.90	00:21:41.90	+00:07:20 (33.8%)	12:45	4.7 (66.2%)
80	STEFAŃSKI Jarosław	136	W POGONI ZA DUCHEM	M50	2	00:09:40	00:21:42.90	00:21:42.90	+00:07:21 (33.9%)	12:45	4.7 (66.2%)
81	GÓRNY Mirosław	45	MODELARNIA BIEGA	M50	3	00:09:34	00:21:44.95	00:21:44.95	+00:07:23 (34.0%)	12:47	4.7 (66.2%)
82	BROL Marcin	22	SPORT W WIELKIM MIESCIE	M30	31	00:09:22	00:21:50.05	00:21:50.05	+00:07:28 (34.3%)	12:50	4.7 (66.2%)
83	JAKUBIEC Mateusz	54	BB RUNNERS	M20	22	00:09:47	00:21:50.35	00:21:50.35	+00:07:29 (34.3%)	12:50	4.7 (66.2%)
84	KOSICKI Łukasz	73	PHILIPS LIGHTING BIELSKO	M30	32	00:09:40	00:21:50.95	00:21:50.95	+00:07:29 (34.3%)	12:50	4.7 (66.2%)
85	KANCLERZ-JANUSZEWSKA Katarzyna	341		K50	1	00:09:48	00:21:51.60	00:21:51.60	+00:07:30 (34.3%)	12:51	4.7 (66.2%)

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86	ŻACZEK Szymon	189	NIE PRZESTAWAJ MARZYĆ!	M20	23	00:09:29	00:21:53.15	00:21:53.15	+00:07:31 (34.4%)	12:52	4.7 (66.2%)
87	KOCIOŁEK Ireneusz	68	GRUPA MAX	M20	24	00:09:50	00:22:00.25	00:22:00.25	+00:07:38 (34.8%)	12:56	4.6 (64.8%)
88	KELLER Dariusz	62	NIGHT RUNNERS	M20	25	00:09:43	00:22:00.50	00:22:00.50	+00:07:39 (34.8%)	12:56	4.6 (64.8%)
89	SROMEK Dawid	133	BB RUNNERS	M20	26	00:09:06	00:22:02.75	00:22:02.75	+00:07:41 (34.9%)	12:57	4.6 (64.8%)
90	WOJNO Arkadiusz	158	ŁÓDŹ KOCHA SPORT	M30	33	00:09:52	00:22:05.60	00:22:05.60	+00:07:44 (35.0%)	12:59	4.6 (64.8%)
91	BOLECHOWSKA Dominika	315	ATTIQ TEAM ZAKOPANE	K40	2	00:10:07	00:22:10.20	00:22:10.20	+00:07:48 (35.2%)	13:02	4.6 (64.8%)
92	SZTAŃBER Adam	147	RYTM	M30	34	00:09:32	00:22:10.70	00:22:10.70	+00:07:49 (35.3%)	13:02	4.6 (64.8%)
93	SZKODA Dariusz	142	SOCIOS GÓRNIK	M30	35	00:09:51	00:22:11.75	00:22:11.75	+00:07:50 (35.3%)	13:02	4.6 (64.8%)
94	SZPIŁA Daniel	146		M40	15	00:10:13	00:22:12.05	00:22:12.05	+00:07:50 (35.3%)	13:03	4.6 (64.8%)
95	CIENIAWSKI Piotr	30	WĘGŁOKOKS KRAJ KWK PIEKARY	M30	36	00:09:42	00:22:12.40	00:22:12.40	+00:07:51 (35.4%)	13:03	4.6 (64.8%)
95	MŁYŃCZAK Piotr	99		M40	16	00:09:46	00:22:12.40	00:22:12.40	+00:07:51 (35.4%)	13:03	4.6 (64.8%)
97	SMOLIK Łukasz	130	OLZA CIESZYN	M20	27	00:09:22	00:22:17.60	00:22:17.60	+00:07:56 (35.6%)	13:06	4.6 (64.8%)
98	KOZOWICZ Paweł	76	WECAN COACHING / KS KANDAHAR / GJ GOPR	M30	37	00:09:29	00:22:19.20	00:22:19.20	+00:07:57 (35.7%)	13:07	4.6 (64.8%)
99	GWÓZDŹ Michał	50	#CZELADZBIEGA	M40	17	00:10:04	00:22:20.10	00:22:20.10	+00:07:58 (35.7%)	13:08	4.6 (64.8%)
100	GÓRAL Grzegorz	44	GÓRAL BIEGA HEEJ! / NIGHT RUNNERS +	M30	38	00:10:07	00:22:23.05	00:22:23.05	+00:08:01 (35.9%)	13:10	4.6 (64.8%)
101	JAKUBCZYK Dariusz	53	CKBABCIE	M40	18	00:10:27	00:22:36.10	00:22:36.10	+00:08:14 (36.5%)	13:17	4.5 (63.4%)
102	PYTLARZ Wojtek	111	NEVERLAND TEAM	M30	39	00:10:00	00:22:37.40	00:22:37.40	+00:08:16 (36.5%)	13:18	4.5 (63.4%)
103	GRZELAK Adrian	48	DRUŻYNA SZPIKU	M20	28	00:10:06	00:22:37.50	00:22:37.50	+00:08:16 (36.5%)	13:18	4.5 (63.4%)
104	MATYSIAK Marcin	92	GAPMONT RUNNING TEAM	M30	40	00:10:03	00:22:39.45	00:22:39.45	+00:08:18 (36.6%)	13:19	4.5 (63.4%)
105	MAJCHER Piotr	91	ESKADRA KRAKÓW	M40	19	00:10:09	00:22:40.50	00:22:40.50	+00:08:19 (36.7%)	13:20	4.5 (63.4%)
106	ADAMUS-KOWALSKA Justyna	309	AZS UNIWERSYTET ŚLĄSKI	K30	4	00:10:24	00:22:40.80	00:22:40.80	+00:08:19 (36.7%)	13:20	4.5 (63.4%)
107	CZYŻ Bartłomiej	32	BIKEBROTHERS TEAM	M20	29	00:10:09	00:22:41.40	00:22:41.40	+00:08:20 (36.7%)	13:20	4.5 (63.4%)
108	GRZYB Kazimierz	49	ESKADRA KRAKÓW	M40	20	00:10:19	00:22:41.90	00:22:41.90	+00:08:20 (36.8%)	13:20	4.5 (63.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Polowka 0.9km	Czas netto 1.7km	Czas brutto 1.7km	Różn	Tempo min/km	Tempo km/h
109	SWOBODA Marek	140	BYLEDOBIEC ANIN	M50	4	00:09:54	00:22:42.75	00:22:42.75	+00:08:21 (36.8%)	13:21	4.5 (63.4%)
110	BUCZYŃSKI Adam	23	NOKIA KRAKÓW	M40	21	00:10:11	00:22:43.30	00:22:43.30	+00:08:21 (36.8%)	13:21	4.5 (63.4%)
111	KORDIAK Rafał	71		M30	41	00:10:35	00:22:44.75	00:22:44.75	+00:08:23 (36.9%)	13:22	4.5 (63.4%)
112	KIEŁTYKA Zbigniew	63	KW GLIWICE	M40	22	00:10:25	00:22:45.50	00:22:45.50	+00:08:24 (36.9%)	13:22	4.5 (63.4%)
113	SIKORA Stefan	126	SIKORA TEAM	M60	3	00:10:28	00:22:46.90	00:22:46.90	+00:08:25 (37.0%)	13:23	4.5 (63.4%)
114	SIEWKO Piotr	125	SZWAGRY TEAM	M40	23	00:10:01	00:22:57.25	00:22:57.25	+00:08:35 (37.5%)	13:30	4.4 (62.0%)
115	STEFAŃSKI Zbigniew	135	LIBIĄŻ JANINA	M40	24	00:10:13	00:22:58.95	00:22:58.95	+00:08:37 (37.5%)	13:30	4.4 (62.0%)
116	ZASADA Tomasz	163		M40	25	00:10:36	00:23:00.20	00:23:00.20	+00:08:38 (37.6%)	13:31	4.4 (62.0%)
117	KUSZ Janusz	84		M30	42	00:10:24	00:23:03.90	00:23:03.90	+00:08:42 (37.8%)	13:33	4.4 (62.0%)
118	KAPICA Dominik	60		M20	30	00:09:56	00:23:07.05	00:23:07.05	+00:08:45 (37.9%)	13:35	4.4 (62.0%)
119	BROL Piotr	21	ENDURANCETEAM	M30	43	00:10:06	00:23:08.30	00:23:08.30	+00:08:46 (38.0%)	13:36	4.4 (62.0%)
120	CHAMIELEC Bogusław	26	A EMERYT BIEGA	M40	26	00:10:50	00:23:13.50	00:23:13.50	+00:08:52 (38.2%)	13:39	4.4 (62.0%)
121	SIKORA Alicja	330	SIKORA TEAM	K60	1	00:10:52	00:23:16.00	00:23:16.00	+00:08:54 (38.3%)	13:41	4.4 (62.0%)
122	JACHYMEK Bartłomiej	52	JACEKBIEGA RUNNING TEAM	M40	27	00:10:55	00:23:16.40	00:23:16.40	+00:08:55 (38.3%)	13:41	4.4 (62.0%)
123	PIETRYJA Łukasz	105		M30	44	00:10:07	00:23:17.45	00:23:17.45	+00:08:56 (38.4%)	13:41	4.4 (62.0%)
124	WILCZEK Rafał	156	WAY BEHIND HORIZON	M30	45	00:09:40	00:23:20.30	00:23:20.30	+00:08:58 (38.5%)	13:43	4.4 (62.0%)
125	SNARSKI Bogdan	131	ALBATROSY	M30	46	00:10:21	00:23:21.90	00:23:21.90	+00:09:00 (38.6%)	13:44	4.4 (62.0%)
126	DWORNICKI Tomasz	37	RYBNICKA GRUPA BIEGOWA	M40	28	00:10:22	00:23:22.35	00:23:22.35	+00:09:01 (38.6%)	13:44	4.4 (62.0%)
127	MATYSIUK Jakub	93	MOJA DUPECZKA	M20	31	00:10:47	00:23:28.75	00:23:28.75	+00:09:07 (38.9%)	13:48	4.3 (60.6%)
128	ŁAGOŻNY Łukasz	89	BRUBECK TEAM	M30	47	00:10:39	00:23:36.25	00:23:36.25	+00:09:14 (39.2%)	13:52	4.3 (60.6%)
129	SMIECINSKI Dominik	129	XRUNNERSTEAM/WWW.BIEGI Z PRZESZKODAMI.SKLEP.PL	M30	48	00:10:26	00:23:36.60	00:23:36.60	+00:09:15 (39.2%)	13:52	4.3 (60.6%)
130	PASUTO Grzegorz	177	IRONS	M30	49	00:10:57	00:23:41.00	00:23:41.00	+00:09:19 (39.4%)	13:55	4.3 (60.6%)
131	JACHOWICZ Malwina	319	SALCO SPORT TEAM	K30	5	00:10:53	00:23:43.45	00:23:43.45	+00:09:22 (39.5%)	13:57	4.3 (60.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Polowka 0.9km	Czas netto 1.7km	Czas brutto 1.7km	Różn	Tempo min/km	Tempo km/h
132	BUSZ Rafał	24	UZDROWISKOWY TEAM	M30	50	00:10:54	00:23:48.10	00:23:48.10	+00:09:26 (39.7%)	14:00	4.3 (60.6%)
133	WALCZAK Maciej	155	QUAY POZNAŃ	M30	51	00:10:50	00:23:51.10	00:23:51.10	+00:09:29 (39.8%)	14:01	4.3 (60.6%)
134	STRZELECKI Andrzej	138	STS BIEGATON MIKOŁÓW	M40	29	00:11:00	00:23:52.00	00:23:52.00	+00:09:30 (39.8%)	14:02	4.3 (60.6%)
135	KOHUT Ivan	69	HUSARIA RACE TEAM	M20	32	00:09:38	00:23:53.35	00:23:53.35	+00:09:32 (39.9%)	14:02	4.3 (60.6%)
136	GRYCKO Konrad	46	KS FURION	M20	33	00:11:04	00:23:53.40	00:23:53.40	+00:09:32 (39.9%)	14:02	4.3 (60.6%)
137	KRÓL Elżbieta	343	ESKADRA KRAKÓW	K40	3	00:11:11	00:23:54.35	00:23:54.35	+00:09:33 (39.9%)	14:03	4.3 (60.6%)
138	KANIEWSKI Ireneusz	59		M30	52	00:09:38	00:23:56.65	00:23:56.65	+00:09:35 (40.0%)	14:04	4.3 (60.6%)
139	RENCZ Małgorzata	329		K40	4	00:10:56	00:23:57.90	00:23:57.90	+00:09:36 (40.1%)	14:05	4.3 (60.6%)
140	KURASIŃSKI Konrad	83		M20	34	00:10:57	00:23:58.85	00:23:58.85	+00:09:37 (40.1%)	14:05	4.3 (60.6%)
141	PODSADNIUK Mateusz	108	EASY RUN KRAKÓW	M30	53	00:11:04	00:24:00.40	00:24:00.40	+00:09:39 (40.2%)	14:07	4.3 (60.6%)
142	RUSZCZYK Paweł	120		M20	35	00:09:59	00:24:02.00	00:24:02.00	+00:09:40 (40.3%)	14:08	4.2 (59.2%)
142	PACHURA Kinga	327	CENERIA.PL/GORYONLINE.COM	K40	5	00:10:51	00:24:02.00	00:24:02.00	+00:09:40 (40.3%)	14:08	4.2 (59.2%)
144	SZOPA Piotr	144	ESKADRA KRAKÓW	M30	54	00:11:01	00:24:05.45	00:24:05.45	+00:09:44 (40.4%)	14:10	4.2 (59.2%)
145	WOROBIEC Józef	159	UMKS NADIR JĘDRZEJÓW	M50	5	00:10:47	00:24:07.60	00:24:07.60	+00:09:46 (40.5%)	14:11	4.2 (59.2%)
146	SĘDOR Krzysztof	123	ESKADRA KRAKÓW	M40	30	00:10:53	00:24:09.75	00:24:09.75	+00:09:48 (40.6%)	14:12	4.2 (59.2%)
147	GILAROK Andrzej	176	DKWS	M30	55	00:11:08	00:24:15.85	00:24:15.85	+00:09:54 (40.8%)	14:15	4.2 (59.2%)
148	RESPONDEK Marcin	119	POOMPA TEAM	M20	36	00:10:38	00:24:21.80	00:24:21.80	+00:10:00 (41.1%)	14:19	4.2 (59.2%)
149	ZBIJOWSKA HATALA Ewelina	339	BB RUNNERS	K30	6	00:11:05	00:24:24.70	00:24:24.70	+00:10:03 (41.2%)	14:21	4.2 (59.2%)
150	SREBRNY Mirosław	166		M40	31	00:11:10	00:24:26.25	00:24:26.25	+00:10:04 (41.3%)	14:22	4.2 (59.2%)
151	BEDNAREK Jacek	16	METLIFE RUN	M40	32	00:10:12	00:24:35.90	00:24:35.90	+00:10:14 (41.6%)	14:27	4.1 (57.7%)
152	ŁABUDA Dominika	306	KAMIENNOGÓRSKA GRUPA BIEGOWA	K20	8	00:11:03	00:24:36.95	00:24:36.95	+00:10:15 (41.7%)	14:28	4.1 (57.7%)
153	PITAS Andrzej	106	ZAPIERDALACZE	M40	33	00:10:58	00:24:38.80	00:24:38.80	+00:10:17 (41.8%)	14:29	4.1 (57.7%)
154	PLUCINSKI Grzegorz	107		M40	34		00:24:42.60	00:24:42.60	+00:10:21 (41.9%)	14:31	4.1 (57.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Polowka 0.9km	Czas netto 1.7km	Czas brutto 1.7km	Różn	Tempo min/km	Tempo km/h
155	MURAŃSKI Rafał	101		M40	35	00:11:20	00:24:43.10	00:24:43.10	+00:10:21 (41.9%)	14:32	4.1 (57.7%)
156	BANDER-PASZEK Katarzyna	342		K30	7	00:11:10	00:24:47.40	00:24:47.40	+00:10:26 (42.1%)	14:34	4.1 (57.7%)
157	URBANIAK Sławomir	153	UZDROWISKOWY TEAM	M30	56	00:11:23	00:24:47.85	00:24:47.85	+00:10:26 (42.1%)	14:34	4.1 (57.7%)
158	BANASIEWICZ Paweł	14	POZYTYWNE ZABIEGANI SANOK	M30	57	00:11:12	00:24:51.35	00:24:51.35	+00:10:30 (42.2%)	14:37	4.1 (57.7%)
159	OŹGA Sebastian	104		M20	37	00:11:22	00:24:54.45	00:24:54.45	+00:10:33 (42.4%)	14:38	4.1 (57.7%)
160	FALKOWSKI Piotr	234		M40	36	00:11:33	00:24:55.60	00:24:55.60	+00:10:34 (42.4%)	14:39	4.1 (57.7%)
161	HOMBЕК Maciej	51	UZDROWISKOWY TEAM	M40	37	00:11:46	00:24:55.80	00:24:55.80	+00:10:34 (42.4%)	14:39	4.1 (57.7%)
162	HELLER Karina	318	RUDA SZALONA	K30	8	00:11:10	00:24:58.05	00:24:58.05	+00:10:36 (42.5%)	14:41	4.1 (57.7%)
163	KSIĄŻKIEWICZ Bartłomiej	80	ROCKY BALBOA RUNNING CLUB	M30	58	00:10:34	00:25:07.20	00:25:07.20	+00:10:45 (42.9%)	14:46	4.1 (57.7%)
164	BOCZKOWSKA Justyna	310		K50	2	00:11:06	00:25:10.35	00:25:10.35	+00:10:49 (43.0%)	14:48	4.1 (57.7%)
165	STRASZEWSKI Leszek	137	KS M.E.T.A.	M30	59	00:11:10	00:25:24.70	00:25:24.70	+00:11:03 (43.5%)	14:56	4 (56.3%)
166	SZYPUŁA Michał	181	LIBURNIA TEAM	M30	60	00:11:08	00:25:26.20	00:25:26.20	+00:11:04 (43.6%)	14:57	4 (56.3%)
167	SŁOMA Paweł	127	SŁOMIANE BAMBUSY	M30	61	00:11:08	00:25:32.35	00:25:32.35	+00:11:11 (43.8%)	15:01	4 (56.3%)
168	WYSŁUCH Tomasz	162		M40	38	00:11:19	00:25:53.90	00:25:53.90	+00:11:32 (44.6%)	15:13	3.9 (54.9%)
169	ROGAŁA Maciej	182	KS M.E.T.A.	M40	39	00:11:32	00:25:55.05	00:25:55.05	+00:11:33 (44.6%)	15:14	3.9 (54.9%)
170	MARCOL Wojciech	299	OTK RZEŹNIK	M20	38	00:11:34	00:25:56.75	00:25:56.75	+00:11:35 (44.7%)	15:15	3.9 (54.9%)
171	RAJCHELD Dorian	114	BB RUNNERS	M30	62	00:12:02	00:26:04.15	00:26:04.15	+00:11:42 (44.9%)	15:20	3.9 (54.9%)
172	BĄK Marcin	15	HARPAGAN SANOK	M30	63	00:11:39	00:26:06.25	00:26:06.25	+00:11:44 (45.0%)	15:21	3.9 (54.9%)
173	KONDRACIUK Katarzyna	321	PIASECZYŃSKA FUNDACJA EKOLOGICZNA	K40	6	00:12:05	00:26:07.35	00:26:07.35	+00:11:46 (45.0%)	15:21	3.9 (54.9%)
174	CHWALISZEWSKI Jarosław	29	NIGHT RUNNERS GLIWICE	M40	40	00:10:56	00:26:19.50	00:26:19.50	+00:11:58 (45.5%)	15:28	3.9 (54.9%)
175	SZARUGA Małgorzata	333	SOCIOS GÓRNIK	K20	9	00:11:43	00:26:24.40	00:26:24.40	+00:12:03 (45.6%)	15:31	3.9 (54.9%)
176	SZOŁTYSIK Bartosz	143	LECYMY DURŚ	M30	64	00:11:22	00:26:33.45	00:26:33.45	+00:12:12 (45.9%)	15:37	3.8 (53.5%)
177	LEDWOŃ Jakub	88	NIGHT RUNNERS GLIWICE	M30	65	00:11:27	00:26:48.60	00:26:48.60	+00:12:27 (46.5%)	15:45	3.8 (53.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Polowka 0.9km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 1.7km	brutto 1.7km			
178	SŁOBODA Elżbieta	331	USTRZYKI DOLNE	K30	9	00:12:06	00:26:53.40	00:26:53.40	+00:12:32 (46.6%)	15:48	3.8 (53.5%)
179	NIEURZYŁA Grzegorz	102	UZDROWISKOWI TEAM	M40	41	00:11:47	00:27:00.35	00:27:00.35	+00:12:39 (46.8%)	15:52	3.8 (53.5%)
180	KUČERKA Jakub	81	KASIA I KUBA	M20	39	00:12:26	00:27:05.85	00:27:05.85	+00:12:44 (47.0%)	15:55	3.8 (53.5%)
181	FRANKI Marcin	42	LECYMY DURŚ	M30	66	00:11:58	00:27:09.20	00:27:09.20	+00:12:47 (47.1%)	15:58	3.8 (53.5%)
182	FLAGA Iwona	314	ESKADRA KRAKÓW	K30	10	00:12:22	00:27:13.70	00:27:13.70	+00:12:52 (47.3%)	16:00	3.7 (52.1%)
183	FARON Agnieszka	313	NORAFSPORT	K30	11	00:12:31	00:27:18.50	00:27:18.50	+00:12:57 (47.4%)	16:03	3.7 (52.1%)
184	LIPIŃSKI Tomasz		CANAL+	M40	42	00:11:33	00:27:28.25	00:27:28.25	+00:13:06 (47.7%)	16:09	3.7 (52.1%)
185	POTOCZNY Mirosław	110		M40	43	00:12:14	00:27:29.15	00:27:29.15	+00:13:07 (47.8%)	16:10	3.7 (52.1%)
186	TERLIKOWSKI Kacper	151		M20	40	00:11:23	00:27:33.85	00:27:33.85	+00:13:12 (47.9%)	16:12	3.7 (52.1%)
187	DOMARADZKA Violetta	399	RUN VEGAN TEAM	K30	12	00:12:45	00:27:36.85	00:27:36.85	+00:13:15 (48.0%)	16:14	3.7 (52.1%)
188	SŁOMKOWSKI Mateusz	128		M20	41	00:11:09	00:27:55.55	00:27:55.55	+00:13:34 (48.6%)	16:25	3.7 (52.1%)
189	MAJCHER Beata	301	ESKADRA KRAKÓW	K40	7	00:12:49	00:27:56.90	00:27:56.90	+00:13:35 (48.6%)	16:25	3.7 (52.1%)
190	SNARSKA Katarzyna	332	ALBATROSY	K30	13	00:12:54	00:28:04.10	00:28:04.10	+00:13:42 (48.9%)	16:30	3.6 (50.7%)
191	CHOWANSKA Sylwia	312	BIEGAMY DLA ZDROWIA	K30	14	00:13:07	00:28:06.35	00:28:06.35	+00:13:45 (48.9%)	16:31	3.6 (50.7%)
192	ŚMIATEK Marcin	150	AGRESOR	M40	44	00:12:56	00:28:15.85	00:28:15.85	+00:13:54 (49.2%)	16:37	3.6 (50.7%)
193	PREDKO Grażyna	340		K40	8	00:13:04	00:29:08.75	00:29:08.75	+00:14:47 (50.7%)	17:08	3.5 (49.3%)
194	SZCZYGIEŁ Adriana	334	KNSK RUNNING TEAM	K30	15	00:13:19	00:30:14.70	00:30:14.70	+00:15:53 (52.5%)	17:47	3.4 (47.9%)
195	DUDEK Dominik	35	MCG PROJECTS	M40	45	00:12:42	00:30:32.55	00:30:32.55	+00:16:11 (53.0%)	17:57	3.3 (46.5%)
196	SZKARADNIK Katarzyna	336	UZDROWISKOWY TEAM	K30	16	00:13:37	00:30:55.15	00:30:55.15	+00:16:33 (53.6%)	18:11	3.3 (46.5%)
197	FIJAŁKOWSKI Artur	41		M20	42	00:12:27	00:31:20.55	00:31:20.55	+00:16:59 (54.2%)	18:25	3.3 (46.5%)
198	MIERZOWSKI Klaudiusz	95	TOKYO TEAM	M40	46	00:13:35	00:31:31.90	00:31:31.90	+00:17:10 (54.5%)	18:32	3.2 (45.1%)
199	WĄSOWSKA Jagoda	345		K50	3	00:14:35	00:31:45.20	00:31:45.20	+00:17:23 (54.8%)	18:40	3.2 (45.1%)
200	SZPERLICH Grzegorz	145	AGRESOR	M40	47	00:14:06	00:32:31.45	00:32:31.45	+00:18:10 (55.9%)	19:07	3.1 (43.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Polowka 0.9km	Czas netto 1.7km	Czas brutto 1.7km	Różn	Tempo min/km	Tempo km/h
201	STYŚ Marek	180		M40	48	00:13:56	00:32:42.65	00:32:42.65	+00:18:21 (56.1%)	19:14	3.1 (43.7%)
202	WARZOCHA Katarzyna	337		K30	17	00:13:51	00:32:42.85	00:32:42.85	+00:18:21 (56.1%)	19:14	3.1 (43.7%)
203	KAFAROWSKI Dariusz	174	WIELKOLUD TEAM / KS KANDAHAR	M40	49	00:13:42	00:32:47.65	00:32:47.65	+00:18:26 (56.2%)	19:17	3.1 (43.7%)
204	RĄCZKA Marcin	116	SGO	M30	67	00:14:26	00:34:58.60	00:34:58.60	+00:20:37 (59.0%)	20:34	2.9 (40.8%)
205	DEJA Andrzej	33		M50	6	00:14:47	00:35:24.55	00:35:24.55	+00:21:03 (59.5%)	20:49	2.9 (40.8%)
206	SZCZYGIĘŁ Weronika	335		K30	18	00:15:59	00:35:56.55	00:35:56.55	+00:21:35 (60.1%)	21:08	2.8 (39.4%)
207	BZOWSKA Aleksandra	311	NIGHT RUNNERS	K30	19	00:15:58	00:35:56.95	00:35:56.95	+00:21:35 (60.1%)	21:08	2.8 (39.4%)
208	DEMUT Witold	168		M20	43	00:17:52			+00:11:31	19:51	3 (42.3%)
209	LUBOSIK Laurencja	324	TOKYO TEAM	K30	20	00:18:27			+00:12:07	20:30	2.9 (40.8%)

Znaleziono 209 wynik(ów)