



# HUNT RUN - 12KM

B4SPORT

**Wydarzenie:** HUNT RUN BAŁTÓW  
**Organizator:** Organic Barbara Sułowska  
**Data:** 2017-07-01  
**Miejsce:** Bałtów  
**Dystans:** 12 km

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: #1OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Point_1 3km	Point_2 6km	Czas netto 12km	Różn	Tempo min/km	Tempo km/h
1	<b>ŻAK Jakub</b>	<b>59</b>	HUSARIA RACE TEAM / 11MPA	#1OPEN	1	00:34:13	01:09:54	<b>01:37:45.15</b>		8:08	7.4 (100%)
2	<b>PUDŁO Mateusz</b>	<b>55</b>	HUSARIA RACE TEAM	#1OPEN	2	00:35:26	01:13:00	<b>01:42:48.35</b>	+00:05:03 (4.9%)	8:34	7 (94.6%)
3	<b>CICHY Mateusz</b>	<b>180</b>		#1OPEN	3	00:36:41	01:14:32	<b>01:43:19.45</b>	+00:05:34 (5.4%)	8:36	7 (94.6%)
4	<b>ZMOKŁA Joanna</b>	<b>7104</b>		#1OPEN	4	00:36:50	01:14:50	<b>01:43:51.95</b>	+00:06:06 (5.9%)	8:39	6.9 (93.2%)
5	<b>.PAWLAK Łukasz</b>	<b>4</b>	4 KNURY I PROSIACZEK	#1OPEN	5	00:35:38	01:13:24	<b>01:45:26.75</b>	+00:07:41 (7.3%)	8:47	6.8 (91.9%)
6	<b>MARUSZEWSKI Marcin</b>	<b>165</b>	XRUNNERS	#1OPEN	6	00:35:54	01:15:42	<b>01:49:03.05</b>	+00:11:17 (10.4%)	9:05	6.6 (89.2%)
7	<b>MORAWSKI Grzegorz</b>	<b>158</b>	TRENER24H.COM.PL	#1OPEN	7	00:36:23	01:17:30	<b>01:50:33.70</b>	+00:12:48 (11.6%)	9:12	6.5 (87.8%)
8	<b>WNUCZEK Marek</b>	<b>112</b>	POWER TRAINING	#1OPEN	8	00:38:25	01:20:45	<b>01:52:12.05</b>	+00:14:26 (12.9%)	9:21	6.4 (86.5%)
9	<b>WOSIEK Paweł</b>	<b>ELITE M 38</b>	OSTROWIEC	#1OPEN	9	00:38:29	01:20:55	<b>01:53:51.25</b>	+00:16:06 (14.1%)	9:29	6.3 (85.1%)
10	<b>KUBICA Mateusz</b>	<b>3</b>	100% SATURACJI ENDORFINĄ	#1OPEN	10	00:37:34	01:19:51	<b>01:54:00.10</b>	+00:16:14 (14.3%)	9:30	6.3 (85.1%)
11	<b>KRZACZKOWSKA Iwona</b>	<b>43</b>	DZIKI WROCŁAW	#1OPEN	11	00:41:20	01:23:15	<b>01:56:40.05</b>	+00:18:54 (16.2%)	9:43	6.2 (83.8%)
12	<b>TOMASZEWSKI Rafał</b>	<b>2</b>	100% SATURACJI ENDORFINĄ	#1OPEN	12	00:41:59	01:24:28	<b>01:56:45.05</b>	+00:18:59 (16.3%)	9:43	6.2 (83.8%)
13	<b>SITEK Tomasz</b>	<b>51</b>	EKIPA HARREGO	#1OPEN	13	00:40:20	01:22:55	<b>01:57:12.95</b>	+00:19:27 (16.6%)	9:46	6.1 (82.4%)
14	<b>MITRUS Sławomir</b>	<b>192</b>		#1OPEN	14	00:39:05	01:21:46	<b>01:57:21.15</b>	+00:19:36 (16.7%)	9:46	6.1 (82.4%)
15	<b>ŁOBODA Dominik</b>	<b>68</b>	KAİK TEAM	#1OPEN	15	00:43:18	01:26:44	<b>01:58:03.25</b>	+00:20:18 (17.2%)	9:50	6.1 (82.4%)
16	<b>MAŁECKI Jacek</b>	<b>178</b>		#1OPEN	16	00:39:57	01:22:56	<b>01:58:36.20</b>	+00:20:51 (17.6%)	9:53	6.1 (82.4%)
17	<b>SZOSTAK Artur</b>	<b>19</b>	BRAVEHEARTS LEGIONOWO	#1OPEN	17	00:40:21	01:22:58	<b>01:58:54.80</b>	+00:21:09 (17.8%)	9:54	6.1 (82.4%)
18	<b>KOSMALA Grzegorz</b>	<b>8</b>	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	#1OPEN	18	00:42:26	01:25:59	<b>02:01:10.40</b>	+00:23:25 (19.3%)	10:05	5.9 (79.7%)
19	<b>KAMIŃSKI Paweł</b>	<b>153</b>	TRENER24H.COM.PL	#1OPEN	19	00:42:29	01:27:09	<b>02:01:46.35</b>	+00:24:01 (19.7%)	10:08	5.9 (79.7%)
20	<b>GŁĘBOCKI Marcin</b>	<b>103</b>	POWER TRAINING	#1OPEN	20	00:43:55	01:27:50	<b>02:02:50.10</b>	+00:25:04 (20.4%)	10:14	5.9 (79.7%)
21	<b>NIEVIAROUSKI Kiryl</b>	<b>54</b>	HUSARIA RACE TEAM	#1OPEN	21	00:41:08	01:26:40	<b>02:04:24.95</b>	+00:26:39 (21.4%)	10:22	5.8 (78.4%)
22	<b>KRZACZKOWSKI Łukasz</b>	<b>173</b>	DZIKI WROCŁAW	#1OPEN	22	00:42:20	01:27:07	<b>02:05:31.75</b>	+00:27:46 (22.1%)	10:27	5.7 (77.0%)
23	<b>MACH Tomasz</b>	<b>84</b>	LUBELSKA GRUPA TRIATHLONU	#1OPEN	23	00:46:02	01:29:55	<b>02:05:51.50</b>	+00:28:06 (22.3%)	10:29	5.7 (77.0%)
24	<b>PITURA Eliza</b>	<b>83</b>	LUBELSKA GRUPA TRIATHLONU	#1OPEN	24	00:46:04	01:29:55	<b>02:05:52.50</b>	+00:28:07 (22.3%)	10:29	5.7 (77.0%)
25	<b>MAZUR Krzysztof</b>	<b>146</b>	TARNOBRZEŻANIE	#1OPEN	25	00:52:21	01:38:33	<b>02:08:27.55</b>	+00:30:42 (23.9%)	10:42	5.6 (75.7%)
26	<b>OLSZAK Zenon</b>	<b>42</b>	DRINK TEAM	#1OPEN	26	00:43:11	01:32:41	<b>02:08:50.65</b>	+00:31:05 (24.1%)	10:44	5.6 (75.7%)
27	<b>ARTYKIEWICZ Adrian</b>	<b>193</b>		#1OPEN	27	00:43:28	01:30:21	<b>02:09:08.30</b>	+00:31:23 (24.3%)	10:45	5.6 (75.7%)
28	<b>MUSIŃSKI Łukasz</b>	<b>24</b>	BRAVEHEARTS LEGIONOWO	#1OPEN	28	00:43:35	01:33:56	<b>02:10:28.85</b>	+00:32:43 (25.1%)	10:52	5.5 (74.3%)
29	<b>ASMANN Miłosz</b>	<b>179</b>		#1OPEN	29	00:47:21	01:33:56	<b>02:10:45.75</b>	+00:33:00 (25.2%)	10:53	5.5 (74.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Point_1 3km	Point_2 6km	Czas		Tempo min/km	Tempo km/h
								netto 12km	Różn		
30	SKOCZYLAS Łukasz	188		#1OPEN	30	00:45:45	01:33:44	<b>02:10:47.30</b>	+00:33:02 (25.3%)	10:54	5.5 (74.3%)
31	SZCZĘSNA Emilia	78	LENIWE KOCURY	#1OPEN	31	00:45:37	01:33:00	<b>02:10:54.15</b>	+00:33:09 (25.3%)	10:54	5.5 (74.3%)
32	KRAWCZYK Łukasz	195	OSTROWIEC	#1OPEN	32	00:46:16	01:33:03	<b>02:11:10.50</b>	+00:33:25 (25.5%)	10:55	5.5 (74.3%)
33	SZCZĘSNY Maksymilian	77	LENIWE KOCURY	#1OPEN	33	00:45:39	01:33:37	<b>02:11:48.75</b>	+00:34:03 (25.8%)	10:59	5.5 (74.3%)
34	KIERCZYŃSKA Wioletta	6	BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ	#1OPEN	34	00:47:53	01:35:17	<b>02:12:19.40</b>	+00:34:34 (26.1%)	11:01	5.4 (73.0%)
35	WRÓBEL Tomasz	155	TRENER24H.COM.PL	#1OPEN	35	00:45:41	01:35:21	<b>02:12:19.45</b>	+00:34:34 (26.1%)	11:01	5.4 (73.0%)
36	MIKULSKI Wojciech	202		#1OPEN	36	00:47:34	01:35:17	<b>02:13:39.50</b>	+00:35:54 (26.9%)	11:08	5.4 (73.0%)
37	DOMAŃ Marcin	176		#1OPEN	37	00:47:38	01:35:18	<b>02:13:39.60</b>	+00:35:54 (26.9%)	11:08	5.4 (73.0%)
38	KOTYNIOWICZ Krzysztof	75	KULAWIE SARNY W LEGINSACH	#1OPEN	38	00:50:57	01:37:09	<b>02:13:58.65</b>	+00:36:13 (27.0%)	11:09	5.4 (73.0%)
39	POTERA Aleksandra	47	EKIPA HARREGO	#1OPEN	39	00:47:39	01:38:03	<b>02:14:00.50</b>	+00:36:15 (27.1%)	11:10	5.4 (73.0%)
40	HAWRYŁO Łukasz	136	SKARPARK	#1OPEN	40	00:45:23	01:34:55	<b>02:14:30.95</b>	+00:36:45 (27.3%)	11:12	5.4 (73.0%)
41	CHILICKA Marta	125	RED LION CLUB	#1OPEN	41	00:51:48	01:39:13	<b>02:16:07.50</b>	+00:38:22 (28.2%)	11:20	5.3 (71.6%)
42	NIEDŹWIEDŹ Tomasz	174		#1OPEN	42	00:51:32	01:39:14	<b>02:16:09.10</b>	+00:38:23 (28.2%)	11:20	5.3 (71.6%)
43	DUDZIC Paweł	111	POWER TRAINING	#1OPEN	43	00:50:37	01:39:15	<b>02:16:55.00</b>	+00:39:09 (28.6%)	11:24	5.3 (71.6%)
44	WACH Łukasz	58	HUSARIA RACE TEAM	#1OPEN	44	00:48:04	01:38:05	<b>02:19:01.60</b>	+00:41:16 (29.7%)	11:35	5.2 (70.3%)
45	STOCHMALSKI Marcin	88	MKS SYGNAŁ CHODEL	#1OPEN	45	00:47:57	01:36:58	<b>02:19:23.35</b>	+00:41:38 (29.9%)	11:36	5.2 (70.3%)
46	KURMAN Arkadiusz	156	TRENER24H.COM.PL	#1OPEN	46	00:50:59	01:40:44	<b>02:19:56.35</b>	+00:42:11 (30.1%)	11:39	5.1 (68.9%)
47	CHOROŚ Michał	57	HUSARIA RACE TEAM	#1OPEN	47	00:44:46	01:37:39	<b>02:20:14.45</b>	+00:42:29 (30.3%)	11:41	5.1 (68.9%)
48	OSIŃSKI Arkadiusz	52	FERDEKKIEPSKISUPERSTAR	#1OPEN	48	00:51:38	01:39:07	<b>02:20:46.35</b>	+00:43:01 (30.6%)	11:43	5.1 (68.9%)
49	ŁYDZIŃSKA Urszula	186		#1OPEN	49	00:52:00	01:40:39	<b>02:21:06.00</b>	+00:43:20 (30.7%)	11:45	5.1 (68.9%)
50	MADEJ Wojciech	129	RUDA TEAM	#1OPEN	50	00:47:41	01:38:54	<b>02:21:09.30</b>	+00:43:24 (30.7%)	11:45	5.1 (68.9%)
51	JAGIEŁŁO-CZERWONKA Anna	134	SKARPARK	#1OPEN	51	00:53:16	01:43:12	<b>02:21:36.65</b>	+00:43:51 (31.0%)	11:48	5.1 (68.9%)
52	WILK Maciej	89	MŁODE WILCY	#1OPEN	52	00:50:04	01:42:17	<b>02:22:49.60</b>	+00:45:04 (31.6%)	11:54	5 (67.6%)
53	RADWAŃSKI Łukasz	821	TYLKO SIĘ STRESZCZAJ BO SILNEMU CHCE SIĘ PIĆ	#1OPEN	53	00:48:34	01:39:13	<b>02:23:27.40</b>	+00:45:42 (31.9%)	11:57	5 (67.6%)
54	NALEWAJK Tomasz	93	NATURAL FORCE WORKOUT	#1OPEN	54	00:49:45	01:41:44	<b>02:23:34.10</b>	+00:45:48 (31.9%)	11:57	5 (67.6%)
55	WĄSOWICZ Joanna	128	RED LION CLUB	#1OPEN	55	00:53:36	01:43:38	<b>02:23:44.60</b>	+00:45:59 (32.0%)	11:58	5 (67.6%)
56	JASKÓŁKA Magdalena	105	POWER TRAINING	#1OPEN	56	00:49:58	01:42:45	<b>02:24:11.45</b>	+00:46:26 (32.2%)	12:00	5 (67.6%)
57	ŁĘCKA-MILISZLIEWICZ Izabela	199		#1OPEN	57	00:53:25	01:46:16	<b>02:25:37.50</b>	+00:47:52 (32.9%)	12:08	4.9 (66.2%)
58	KAPROŃ Bartosz	10	BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ	#1OPEN	58	00:59:51	01:49:35	<b>02:27:46.10</b>	+00:50:00 (33.8%)	12:18	4.9 (66.2%)
59	KULESZA Piotr	61	JADYMA	#1OPEN	59	00:57:02	01:52:14	<b>02:27:56.00</b>	+00:50:10 (33.9%)	12:19	4.9 (66.2%)
60	MAREK Daniel	520	BEER FORCE ONE	#1OPEN	60	00:53:23	01:46:58	<b>02:30:16.45</b>	+00:52:31 (35.0%)	12:31	4.8 (64.9%)
61	POKOJSKI Marek	278	BRAVEHEARTS LEGIONOWO	#1OPEN	61	00:52:42	01:47:13	<b>02:32:43.80</b>	+00:54:58 (36.0%)	12:43	4.7 (63.5%)
62	KUK Urszula	142	SOFTSOL	#1OPEN	62	00:52:28	01:50:52	<b>02:35:33.80</b>	+00:57:48 (37.2%)	12:57	4.6 (62.2%)
63	LITWINEK Marek	163	WW TEAM	#1OPEN	63	00:57:14	01:51:12	<b>02:35:34.70</b>	+00:57:49 (37.2%)	12:57	4.6 (62.2%)
64	MATYJASIAK Konrad	141	SOFTSOL	#1OPEN	64	00:52:45	01:50:53	<b>02:35:34.95</b>	+00:57:49 (37.2%)	12:57	4.6 (62.2%)
65	KARCZYŃSKA Monika	110	POWER TRAINING	#1OPEN	65	00:56:52	01:57:26	<b>02:35:49.00</b>	+00:58:03 (37.3%)	12:59	4.6 (62.2%)
66	SUKIENNIK Anna	102	POWER TRAINING	#1OPEN	66	00:56:26	01:53:13	<b>02:35:56.30</b>	+00:58:11 (37.3%)	12:59	4.6 (62.2%)
67	WALCZAK Michał	29	BRAVEHEARTS LEGIONOWO	#1OPEN	67	00:50:10	01:52:05	<b>02:37:37.00</b>	+00:59:51 (38.0%)	13:08	4.6 (62.2%)
68	ZALEWSKI Wojtek	36	C2H5OH	#1OPEN	68	00:59:07	01:54:36	<b>02:38:05.80</b>	+01:00:20 (38.2%)	13:10	4.6 (62.2%)
69	KRÓL Łukasz	719	C2H5OH	#1OPEN	69	00:59:12	01:54:36	<b>02:38:06.70</b>	+01:00:21 (38.2%)	13:10	4.6 (62.2%)
70	WRZOCHAL Jarosław	35	C2H5OH	#1OPEN	70		01:54:57	<b>02:38:27.25</b>	+01:00:42 (38.3%)	13:12	4.5 (60.8%)
71	MAJCHRZYK Marta	13	BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ	#1OPEN	71	00:55:56	01:53:35	<b>02:38:41.95</b>	+01:00:56 (38.4%)	13:13	4.5 (60.8%)
72	KURZAWA Grzegorz	44	DZIKIE BOBRY	#1OPEN	72	00:55:43	01:53:35	<b>02:38:43.15</b>	+01:00:58 (38.4%)	13:13	4.5 (60.8%)
73	GAWEŁ Monika	97	HUSARIA RACE TEAM	#1OPEN	73	00:54:24	01:54:18	<b>02:38:53.85</b>	+01:01:08 (38.5%)	13:14	4.5 (60.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Point_1 3km	Point_2 6km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 12km				
74	<b>GUZEK Agnieszka</b>	<b>277</b>	BRAVEHEARTS LEGIONOWO	#1OPEN	74	00:57:42	01:54:45	<b>02:39:20.25</b>	+01:01:35 (38.7%)	13:16	4.5 (60.8%)	
75	<b>PIĄTKOWSKI Rafał</b>	<b>27</b>	BRAVEHEARTS LEGIONOWO	#1OPEN	75	00:57:45	01:54:52	<b>02:39:20.75</b>	+01:01:35 (38.7%)	13:16	4.5 (60.8%)	
76	<b>PAJEK Izabela</b>	<b>305</b>	DRINK TEAM	#1OPEN	76	00:55:29	01:55:12	<b>02:39:34.40</b>	+01:01:49 (38.7%)	13:17	4.5 (60.8%)	
77	<b>KOZIEŁ Piotr</b>	<b>304</b>	DRINK TEAM	#1OPEN	77	00:54:41	01:55:11	<b>02:39:34.60</b>	+01:01:49 (38.7%)	13:17	4.5 (60.8%)	
78	<b>BANKIEWICZ Michał</b>	<b>185</b>		#1OPEN	78	01:05:05	01:58:43	<b>02:39:43.15</b>	+01:01:58 (38.8%)	13:18	4.5 (60.8%)	
79	<b>SZCZUKA Krzysztof</b>	<b>1</b>	7SUMMITS	#1OPEN	79	00:53:37	01:53:07	<b>02:40:06.15</b>	+01:02:21 (38.9%)	13:20	4.5 (60.8%)	
80	<b>SOBIESZEK Cezary</b>	<b>53</b>	HARDCOROWE WYCHYLYBYMY	#1OPEN	80	00:56:02	01:53:08	<b>02:40:08.25</b>	+01:02:23 (39.0%)	13:20	4.5 (60.8%)	
81	<b>KURPIŃSKI Wiktor</b>	<b>94</b>	NATURAL FORCE WORKOUT	#1OPEN	81	00:54:19	01:50:39	<b>02:40:31.85</b>	+01:02:46 (39.1%)	13:22	4.5 (60.8%)	
82	<b>LECH Andrzej</b>	<b>194</b>		#1OPEN	82	00:56:54	01:54:25	<b>02:40:48.40</b>	+01:03:03 (39.2%)	13:24	4.5 (60.8%)	
83	<b>MAJEWSKA Karolina</b>	<b>203</b>		#1OPEN	83	00:58:33	01:57:30	<b>02:41:58.90</b>	+01:04:13 (39.7%)	13:29	4.4 (59.5%)	
84	<b>NIEZBECKA Mariola</b>	<b>190</b>		#1OPEN	84	00:58:35	01:57:34	<b>02:42:02.90</b>	+01:04:17 (39.7%)	13:30	4.4 (59.5%)	
85	<b>LUTEREK Michał</b>	<b>31</b>	BYLE DO METY	#1OPEN	85	00:59:34	01:58:29	<b>02:43:48.45</b>	+01:06:03 (40.3%)	13:39	4.4 (59.5%)	
86	<b>WNOROWSKA Magdalena</b>	<b>30</b>	BYLE DO METY	#1OPEN	86	00:59:35	01:58:30	<b>02:43:52.30</b>	+01:06:07 (40.3%)	13:39	4.4 (59.5%)	
87	<b>MIALIK Konrad</b>	<b>65</b>	JADYMA	#1OPEN	87	00:57:24	01:57:43	<b>02:44:09.10</b>	+01:06:23 (40.4%)	13:40	4.4 (59.5%)	
88	<b>STANOSZEK Filip</b>	<b>120</b>	POWERADE TEAM	#1OPEN	88	01:00:28	01:59:21	<b>02:47:29.60</b>	+01:09:44 (41.6%)	13:57	4.3 (58.1%)	
89	<b>OPARA Maja</b>	<b>18</b>	BRAVEHEARTS LEGIONOWO	#1OPEN	89	01:05:53	02:04:09	<b>02:48:29.20</b>	+01:10:44 (42.0%)	14:02	4.3 (58.1%)	
90	<b>BIEŃ Piotr</b>	<b>22</b>	BRAVEHEARTS LEGIONOWO	#1OPEN	90	01:06:12	02:04:21	<b>02:48:30.35</b>	+01:10:45 (42.0%)	14:02	4.3 (58.1%)	
91	<b>JĘDRZEJEWSKI Łukasz</b>	<b>137</b>	SKARPARK	#1OPEN	91	01:06:05	02:04:05	<b>02:48:49.15</b>	+01:11:04 (42.1%)	14:04	4.3 (58.1%)	
92	<b>MACIĄG Ewelina</b>	<b>38</b>	CROSSFIT KIELCE	#1OPEN	92	01:01:50	02:02:54	<b>02:48:52.50</b>	+01:11:07 (42.1%)	14:04	4.3 (58.1%)	
93	<b>DOMAŃSKA Mariola</b>	<b>39</b>	CROSSFIT KIELCE	#1OPEN	93	01:02:03	02:02:55	<b>02:48:52.65</b>	+01:11:07 (42.1%)	14:04	4.3 (58.1%)	
94	<b>RYBIŃSKI Kamil</b>	<b>209</b>		#1OPEN	94	01:01:36	02:02:56	<b>02:48:53.25</b>	+01:11:08 (42.1%)	14:04	4.3 (58.1%)	
95	<b>CYWINSKI Kamil</b>	<b>717</b>	BRAVEHEARTS LEGIONOWO	#1OPEN	95	00:55:46	01:56:13	<b>02:49:49.80</b>	+01:12:04 (42.4%)	14:09	4.2 (56.8%)	
96	<b>ZABILSKI Arkadiusz</b>	<b>171</b>		#1OPEN	96	01:05:02	02:04:18	<b>02:49:57.30</b>	+01:12:12 (42.5%)	14:09	4.2 (56.8%)	
97	<b>WZOREK Ewa</b>	<b>5</b>	BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ	#1OPEN	97	01:06:01	02:04:15	<b>02:50:24.80</b>	+01:12:39 (42.6%)	14:12	4.2 (56.8%)	
98	<b>JAKUBSKI Grzegorz</b>	<b>127</b>	RED LION CLUB	#1OPEN	98	00:57:09	01:58:42	<b>02:51:26.55</b>	+01:13:41 (43.0%)	14:17	4.2 (56.8%)	
99	<b>RYSZ Robert</b>	<b>63</b>	JADYMA	#1OPEN	99	00:55:19	02:01:20	<b>02:51:34.95</b>	+01:13:49 (43.0%)	14:17	4.2 (56.8%)	
100	<b>CICHOSZ Dorota</b>	<b>48</b>	EKIPA HARREGO	#1OPEN	100	00:58:46	02:00:50	<b>02:51:35.90</b>	+01:13:50 (43.0%)	14:18	4.2 (56.8%)	
101	<b>BANAŚ Kamil</b>	<b>151</b>	TRENER24H.COM.PL	#1OPEN	101	01:00:43	02:01:17	<b>02:53:13.20</b>	+01:15:28 (43.6%)	14:26	4.2 (56.8%)	
102	<b>KANTOR Tomasz</b>	<b>154</b>	TRENER24H.COM.PL	#1OPEN	102	01:00:48	02:01:20	<b>02:53:14.25</b>	+01:15:29 (43.6%)	14:26	4.2 (56.8%)	
103	<b>MIĄDZEL Katarzyna</b>	<b>166</b>	ZAGNAŃSK BIEGA	#1OPEN	103	01:11:49	02:09:33	<b>02:53:47.90</b>	+01:16:02 (43.8%)	14:29	4.1 (55.4%)	
104	<b>TOBIASZ Kamil</b>	<b>12</b>	BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ	#1OPEN	104	01:11:43	02:09:25	<b>02:53:47.95</b>	+01:16:02 (43.8%)	14:29	4.1 (55.4%)	
105	<b>OLESIK Patrycja</b>	<b>207</b>	BOZONY HIGGSA	#1OPEN	105	00:59:31	02:06:59	<b>02:53:59.20</b>	+01:16:14 (43.8%)	14:29	4.1 (55.4%)	
106	<b>KRZEMIŃSKA Monika</b>	<b>201</b>	BOZONY HIGGSA	#1OPEN	106	01:00:10	02:07:02	<b>02:54:00.65</b>	+01:16:15 (43.8%)	14:30	4.1 (55.4%)	
107	<b>SEVERS Edvins</b>	<b>206</b>	BOZONY HIGGSA	#1OPEN	107	01:00:27	02:07:03	<b>02:54:00.75</b>	+01:16:15 (43.8%)	14:30	4.1 (55.4%)	
108	<b>NOGAŃSKI Paweł</b>	<b>106</b>	POWER TRAINING	#1OPEN	108	00:59:57	02:08:11	<b>02:54:06.40</b>	+01:16:21 (43.9%)	14:30	4.1 (55.4%)	
109	<b>WIŚNIEWSKI Daniel</b>	<b>64</b>	JADYMA	#1OPEN	109	00:58:31	02:01:26	<b>02:54:18.20</b>	+01:16:33 (43.9%)	14:31	4.1 (55.4%)	
110	<b>SZABŁOWSKA Dorota</b>	<b>109</b>	POWER TRAINING	#1OPEN	110	01:00:06	02:08:11	<b>02:54:18.35</b>	+01:16:33 (43.9%)	14:31	4.1 (55.4%)	
111	<b>FLORCZYK Mariola</b>	<b>5010</b>	SPPP RADOM	#1OPEN	111	00:58:27	02:08:07	<b>02:57:14.35</b>	+01:19:29 (44.8%)	14:46	4.1 (55.4%)	
112	<b>NAJMAN Michał</b>	<b>143</b>	SPPP RADOM	#1OPEN	112	00:58:02	02:08:03	<b>02:57:15.15</b>	+01:19:30 (44.9%)	14:46	4.1 (55.4%)	
113	<b>DĄBROWSKI Krzysztof</b>	<b>205</b>		#1OPEN	113	01:02:52	02:02:50	<b>03:00:06.40</b>	+01:22:21 (45.7%)	15:00	4 (54.1%)	
114	<b>KLEPCZYŃSKA Monika</b>	<b>204</b>		#1OPEN	114	01:02:39	02:02:48	<b>03:00:08.90</b>	+01:22:23 (45.7%)	15:00	4 (54.1%)	
115	<b>MICHALSKA Monika</b>	<b>21</b>	BRAVEHEARTS LEGIONOWO	#1OPEN	115	01:06:21	02:09:46	<b>03:00:12.20</b>	+01:22:27 (45.8%)	15:01	4 (54.1%)	
116	<b>ZIEŃKOWSKA Izabela</b>	<b>164</b>	WW TEAM	#1OPEN	116	01:03:15	02:10:22	<b>03:00:50.65</b>	+01:23:05 (45.9%)	15:04	4 (54.1%)	
117	<b>PYLAK Krzysztof</b>	<b>162</b>	WW TEAM	#1OPEN	117	01:01:47	02:10:29	<b>03:00:56.40</b>	+01:23:11 (46.0%)	15:04	4 (54.1%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Point_1 3km	Point_2 6km	Czas		Tempo min/km	Tempo km/h
								netto 12km	Różn		
118	OSTALSKI Adam	116	POWER TRAINING	#1OPEN	118	01:00:41	02:08:40	<b>03:01:43.60</b>	+01:23:58 (46.2%)	15:08	4 (54.1%)
119	WRONKOWSKA Katarzyna	602	POWER TRAINING	#1OPEN	119	01:04:52	02:11:28	<b>03:02:43.45</b>	+01:24:58 (46.5%)	15:13	3.9 (52.7%)
120	KUFFEL Michał	117	POWER TRAINING	#1OPEN	120	01:05:05	02:11:25	<b>03:03:15.20</b>	+01:25:30 (46.7%)	15:16	3.9 (52.7%)
121	ŻYGADŁO Anna	108	POWER TRAINING	#1OPEN	121	01:04:34	02:11:30	<b>03:03:15.40</b>	+01:25:30 (46.7%)	15:16	3.9 (52.7%)
122	KOWALIK Anna	170		#1OPEN	122	01:02:40	02:10:15	<b>03:03:18.85</b>	+01:25:33 (46.7%)	15:16	3.9 (52.7%)
123	KORZENIOWSKA Joanna	169		#1OPEN	123	01:03:24	02:10:09	<b>03:03:19.75</b>	+01:25:34 (46.7%)	15:16	3.9 (52.7%)
124	KUZIOŁA Joanna	90	NATURAL FORCE WORKOUT	#1OPEN	124	01:10:04	02:14:36	<b>03:03:40.85</b>	+01:25:55 (46.8%)	15:18	3.9 (52.7%)
125	WOŁOWICZ Magdalena	95	NATURAL FORCE WORKOUT	#1OPEN	125	01:10:20	02:14:41	<b>03:03:41.20</b>	+01:25:56 (46.8%)	15:18	3.9 (52.7%)
126	WYGODA Cezary	96	NATURAL FORCE WORKOUT	#1OPEN	126	01:10:24	02:14:35	<b>03:03:41.40</b>	+01:25:56 (46.8%)	15:18	3.9 (52.7%)
127	DAJNOWSKA Małgorzata	92	NATURAL FORCE WORKOUT	#1OPEN	127	01:09:41	02:14:36	<b>03:03:41.55</b>	+01:25:56 (46.8%)	15:18	3.9 (52.7%)
128	GRABOWSKI Łukasz	91	NATURAL FORCE WORKOUT	#1OPEN	128	01:10:32	02:14:34	<b>03:03:42.00</b>	+01:25:56 (46.8%)	15:18	3.9 (52.7%)
129	SZAFRAN Łukasz	131	SCHABY	#1OPEN	129	01:07:19	02:15:59	<b>03:05:21.05</b>	+01:27:35 (47.3%)	15:26	3.9 (52.7%)
130	MIOTŁA Jagoda	130	SCHABY	#1OPEN	130	01:09:16	02:16:00	<b>03:05:21.60</b>	+01:27:36 (47.3%)	15:26	3.9 (52.7%)
131	WALCZAK Marcin	138	SKARPARK	#1OPEN	131	01:10:40	02:17:24	<b>03:05:56.35</b>	+01:28:11 (47.4%)	15:29	3.9 (52.7%)
132	WALCZAK Izabela	160	WW TEAM	#1OPEN	132	01:10:40	02:17:25	<b>03:05:57.85</b>	+01:28:12 (47.4%)	15:29	3.9 (52.7%)
133	STAJEK Mariusz	208		#1OPEN	133	01:10:27	02:17:27	<b>03:06:00.65</b>	+01:28:15 (47.4%)	15:30	3.9 (52.7%)
134	WILK Dawid	145	TARNOBRZEŻANIE	#1OPEN	134	01:07:07	02:17:29	<b>03:06:24.95</b>	+01:28:39 (47.6%)	15:32	3.9 (52.7%)
135	STANKIEWICZ Marcin	46	EKIPA HARREGO	#1OPEN	135	01:04:56	02:15:13	<b>03:07:00.75</b>	+01:29:15 (47.7%)	15:35	3.8 (51.4%)
136	SZYK Andrzej	82	LENIWE KOCURY	#1OPEN	136	01:21:46	02:24:57	<b>03:10:26.35</b>	+01:32:41 (48.7%)	15:52	3.8 (51.4%)
137	PIESIAK Gosia	148	TRENER24H.COM.PL	#1OPEN	137	01:07:08	02:16:30	<b>03:12:08.70</b>	+01:34:23 (49.1%)	16:00	3.7 (50.0%)
138	JEZIORSKA Klaudia	172		#1OPEN	138	00:57:12	02:17:32	<b>03:17:17.00</b>	+01:39:31 (50.5%)	16:26	3.6 (48.6%)
139	CAK Mariusz	41	DRINK TEAM	#1OPEN	139	01:09:47	02:27:19	<b>03:21:06.45</b>	+01:43:21 (51.4%)	16:45	3.6 (48.6%)
140	WALEWANDER Roman	1121	DRINK TEAM	#1OPEN	140	01:09:39	02:27:19	<b>03:21:08.65</b>	+01:43:23 (51.4%)	16:45	3.6 (48.6%)
141	POTERA Kamil	49	EKIPA HARREGO	#1OPEN	141	01:11:40	02:27:22	<b>03:21:48.15</b>	+01:44:03 (51.6%)	16:49	3.6 (48.6%)
142	GORAJSKI Piotr	62	JADYMA	#1OPEN	142	01:12:57	02:36:30	<b>03:28:31.60</b>	+01:50:46 (53.1%)	17:22	3.5 (47.3%)
143	SIWEK Aleksandra	182		#1OPEN	143	01:10:38	02:32:53	<b>03:29:13.55</b>	+01:51:28 (53.3%)	17:26	3.4 (45.9%)
144	RACZYŃSKA Gosia	121	POWERADE TEAM	#1OPEN	144	01:11:04	02:32:52	<b>03:29:14.20</b>	+01:51:29 (53.3%)	17:26	3.4 (45.9%)
144	OCHOJSKI Dominik	123	POWERADE TEAM	#1OPEN	145	01:11:16	02:33:09	<b>03:29:14.20</b>	+01:51:29 (53.3%)	17:26	3.4 (45.9%)
146	STANOSZEK Agnieszka	118	POWERADE TEAM	#1OPEN	146	01:09:30	02:32:52	<b>03:29:14.60</b>	+01:51:29 (53.3%)	17:26	3.4 (45.9%)
147	OCHOJSKA Sabina	122	POWERADE TEAM	#1OPEN	147	01:09:22	02:33:07	<b>03:29:14.90</b>	+01:51:29 (53.3%)	17:26	3.4 (45.9%)
148	STANOSZEK Robert	119	POWERADE TEAM	#1OPEN	148	01:11:10	02:33:04	<b>03:29:15.20</b>	+01:51:30 (53.3%)	17:26	3.4 (45.9%)
149	GRYC Piotr	26	BRAVEHEARTS LEGIONOWO	#1OPEN	149	01:10:35	02:27:42	<b>03:31:15.35</b>	+01:53:30 (53.7%)	17:36	3.4 (45.9%)
150	SZULCZEWSKA Maja	25	BRAVEHEARTS LEGIONOWO	#1OPEN	150	01:13:26	02:33:58	<b>03:31:16.15</b>	+01:53:31 (53.7%)	17:36	3.4 (45.9%)
151	BIERON Robert	20	BRAVEHEARTS LEGIONOWO	#1OPEN	151	01:13:33	02:33:58	<b>03:31:16.55</b>	+01:53:31 (53.7%)	17:36	3.4 (45.9%)
152	POKOJSKA Ewa	17	BRAVEHEARTS LEGIONOWO	#1OPEN	152	01:10:24	02:27:32	<b>03:31:17.60</b>	+01:53:32 (53.7%)	17:36	3.4 (45.9%)
153	KURENKO Kasia	140	SKARPARK	#1OPEN	153	01:13:37	02:32:36	<b>03:32:01.35</b>	+01:54:16 (53.9%)	17:40	3.4 (45.9%)
154	BUGAJ Marcin	60	JADYMA	#1OPEN	154	01:13:14	02:36:29	<b>03:34:46.80</b>	+01:57:01 (54.5%)	17:53	3.4 (45.9%)
155	PRZECH-FUS Agnieszka	159	WW TEAM	#1OPEN	155	01:15:37	02:39:00	<b>03:36:34.70</b>	+01:58:49 (54.9%)	18:02	3.3 (44.6%)
156	CHMIELNICKI Michał	133	SKARPARK	#1OPEN	156	01:14:01	02:36:27	<b>03:37:54.25</b>	+02:00:09 (55.1%)	18:09	3.3 (44.6%)
157	SUCHOROWSKA Agnieszka	132	SKARPARK	#1OPEN	157	01:13:58	02:36:28	<b>03:38:14.30</b>	+02:00:29 (55.2%)	18:11	3.3 (44.6%)
158	SZUŁCZYŃSKI Tomasz	72	KRETY	#1OPEN	158	01:11:59	02:34:22	<b>03:39:18.85</b>	+02:01:33 (55.4%)	18:16	3.3 (44.6%)
159	PAWELCZAK Rafał	73	KRETY	#1OPEN	159	01:11:54	02:34:23	<b>03:39:19.05</b>	+02:01:33 (55.4%)	18:16	3.3 (44.6%)
160	KAMIŃSKA-KURAS Magdalena	74	KRETY	#1OPEN	160	01:11:57	02:34:24	<b>03:39:20.00</b>	+02:01:34 (55.4%)	18:16	3.3 (44.6%)
161	DĄBROWSKI Przemek	139	SKARPARK	#1OPEN	161	01:13:46	02:32:34	<b>03:39:33.95</b>	+02:01:48 (55.5%)	18:17	3.3 (44.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Point_1 3km	Point_2 6km	Czas netto 12km	Różn	Tempo min/km	Tempo km/h
162	<b>BARA Jarek</b>	<b>67</b>	JERRY&EWKA	#1OPEN	162	01:20:19	02:37:33	<b>03:39:36.50</b>	+02:01:51 (55.5%)	18:18	3.3 (44.6%)
163	<b>POPIOLEK Monika</b>	<b>15</b>	BIEGUSIEM.PL	#1OPEN	163	01:11:29	02:31:53	<b>03:41:55.45</b>	+02:04:10 (56.0%)	18:29	3.2 (43.2%)
164	<b>POPIOLEK Jacek</b>	<b>14</b>	BIEGUSIEM.PL	#1OPEN	164	01:11:39	02:31:54	<b>03:41:55.60</b>	+02:04:10 (56.0%)	18:29	3.2 (43.2%)
165	<b>GIL Mateusz</b>	<b>1405</b>		#1OPEN	165	01:16:23	02:38:30	<b>03:42:47.30</b>	+02:05:02 (56.1%)	18:33	3.2 (43.2%)
166	<b>BORDUN Maciej</b>	<b>144</b>	TARNOBRZEŻANIE	#1OPEN	166	01:17:01	02:40:03	<b>03:42:47.40</b>	+02:05:02 (56.1%)	18:34	3.2 (43.2%)
167	<b>SZUBA Łukasz</b>	<b>9</b>	BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ	#1OPEN	167	01:14:03	02:37:49	<b>03:44:29.90</b>	+02:06:44 (56.5%)	18:42	3.2 (43.2%)
168	<b>SZUBA Izabela</b>	<b>7</b>	BIEGNĘ, ŻEBY BARTEK MÓGL BIEGAĆ	#1OPEN	168	01:14:11	02:37:50	<b>03:44:31.40</b>	+02:06:46 (56.5%)	18:42	3.2 (43.2%)
169	<b>PIOTROWSKI Jerzy</b>	<b>107</b>	POWER TRAINING	#1OPEN	169	01:11:48	02:36:46	<b>03:44:47.30</b>	+02:07:02 (56.5%)	18:43	3.2 (43.2%)
170	<b>MAKSYMIUK Paweł</b>	<b>98</b>	ONE PUNCH MAN TEAM	#1OPEN	170	01:11:04	02:37:49	<b>03:45:48.50</b>	+02:08:03 (56.7%)	18:49	3.2 (43.2%)
171	<b>JAKUBOWSKI Michał</b>	<b>100</b>	ONE PUNCH MAN TEAM	#1OPEN	171	01:11:16	02:38:31	<b>03:45:48.85</b>	+02:08:03 (56.7%)	18:49	3.2 (43.2%)
172	<b>GÓRECKI Jakub</b>	<b>189</b>		#1OPEN	172	01:15:16	02:36:38	<b>03:46:03.50</b>	+02:08:18 (56.8%)	18:50	3.2 (43.2%)
173	<b>GALAS Przemysław</b>	<b>79</b>	LENIWE KOCURY	#1OPEN	173	01:23:11	02:47:54	<b>03:51:06.95</b>	+02:13:21 (57.7%)	19:15	3.1 (41.9%)
174	<b>ĆWIK Joanna</b>	<b>80</b>	LENIWE KOCURY	#1OPEN	174	01:23:06	02:48:42	<b>03:51:07.90</b>	+02:13:22 (57.7%)	19:15	3.1 (41.9%)
175	<b>MONARSKA Magdalena</b>	<b>81</b>	LENIWE KOCURY	#1OPEN	175	01:22:40	02:48:41	<b>03:51:09.20</b>	+02:13:24 (57.7%)	19:15	3.1 (41.9%)
176	<b>SELECKI Piotr</b>	<b>2216</b>	WŁÓCZYBIEGI	#1OPEN	176	01:16:17	02:42:32	<b>03:51:54.55</b>	+02:14:09 (57.8%)	19:19	3.1 (41.9%)
177	<b>KMIECIK Marcin</b>	<b>87</b>	MALUTKI TEAM	#1OPEN	177	01:17:34	02:44:10	<b>03:52:28.05</b>	+02:14:42 (58.0%)	19:22	3.1 (41.9%)
178	<b>DUL Justyna</b>	<b>86</b>	MALUTKI TEAM	#1OPEN	178	01:17:22	02:44:13	<b>03:52:28.25</b>	+02:14:43 (58.0%)	19:22	3.1 (41.9%)
179	<b>JAKUBOWSKA Magdalena</b>	<b>113</b>	POWER TRAINING	#1OPEN	179	01:19:06	02:54:54	<b>04:02:23.15</b>	+02:24:38 (59.7%)	20:12	3 (40.5%)
180	<b>MASŁOWSKA Eliza</b>	<b>114</b>	POWER TRAINING	#1OPEN	180	01:19:52	02:55:03	<b>04:02:24.35</b>	+02:24:39 (59.7%)	20:12	3 (40.5%)
181	<b>ROGALA Karol</b>	<b>115</b>	POWER TRAINING	#1OPEN	181	01:20:03	02:55:04	<b>04:02:24.90</b>	+02:24:39 (59.7%)	20:12	3 (40.5%)
182	<b>KOZERA Marcin</b>	<b>76</b>	LENIWE KOCURY	#1OPEN	182	01:23:18	03:04:32	<b>04:21:24.75</b>	+02:43:39 (62.6%)	21:47	2.8 (37.8%)
183	<b>JÓŹWIAK Maria</b>	<b>167</b>	ZWOLEŃSCY DRAPIEŻCY	#1OPEN	183	01:42:58	03:34:34	<b>05:05:46.55</b>	+03:28:01 (68.0%)	25:28	2.4 (32.4%)
184	<b>WRONA Anna</b>	<b>7125</b>	PO SECIE NA MECIE	#1OPEN	184	01:16:00	02:46:19		+01:36:25	27:43	2.2 (29.7%)
185	<b>MAZUR Konrad</b>	<b>32</b>	C2H5OH	#1OPEN	185						(0.0%)

Znaleziono 185 wynik(ów)