

**Wydarzenie:** Bieg Krynicki  
**Organizator:** Fundacja Silni Ciałem Niezłomni Duchem; Sportevo Triathlon Team  
**Data:** 2018-05-05  
**Miejsce:** Krynica Morska  
**Dystans:** 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>BAGROWSKI Tomasz</b>	<b>4</b>	RADOŚĆ BIEGANIA	M30-39	1	<b>00:34:35.10</b>		3:27	17.3 (100%)
2	<b>RAKOCZY Marcin</b>	<b>89</b>		M18-29	1	<b>00:35:47.05</b>	+00:01:11 (3.4%)	3:34	16.8 (97.1%)
3	<b>GODLEWSKI Łukasz</b>	<b>21</b>	GODLEWSKI RUNNERS	M30-39	2	<b>00:36:03.20</b>	+00:01:28 (4.1%)	3:36	16.6 (96.0%)
4	<b>LEWOCHA Rafał</b>	<b>46</b>	WOŹNIAK RUNNING TEAM	M30-39	3	<b>00:36:35.20</b>	+00:02:00 (5.5%)	3:39	16.4 (94.8%)
5	<b>BRZEZIŃSKI Andrzej</b>	<b>10</b>	RYKOWISKO	M40-49	1	<b>00:38:56.15</b>	+00:04:21 (11.2%)	3:53	15.4 (89.0%)
6	<b>CHUDEWNIAK Tomasz</b>	<b>12</b>	WILKIŻUŁAWSKIE	M18-29	2	<b>00:39:22.45</b>	+00:04:47 (12.2%)	3:56	15.2 (87.9%)
7	<b>GRADZI Dariusz</b>	<b>114</b>		M30-39	4	<b>00:40:49.25</b>	+00:06:14 (15.3%)	4:04	14.7 (85.0%)
8	<b>KUBILUS Robert</b>	<b>43</b>	BIEGAMYRAZEM.PL&FRYZJERZY Z GARNIZONU	M40-49	2	<b>00:40:51.65</b>	+00:06:16 (15.4%)	4:05	14.7 (85.0%)
9	<b>KOWALSKI Jacek</b>	<b>40</b>	ELAKTYWNY MARATOŃCZYK TEAM	M40-49	3	<b>00:40:57.80</b>	+00:06:22 (15.6%)	4:05	14.6 (84.4%)
10	<b>SANECKI Piotr</b>	<b>105</b>	KS BIEGAM BO LUBIĘ PASŁĘK	M30-39	5	<b>00:41:42.05</b>	+00:07:06 (17.1%)	4:10	14.4 (83.2%)
11	<b>KOS Sławomir</b>	<b>39</b>	DCT DRUŻYNA BIEGOWA	M40-49	4	<b>00:41:46.45</b>	+00:07:11 (17.2%)	4:10	14.4 (83.2%)
12	<b>SOBIESIAK Gabriel</b>	<b>66</b>		M40-49	5	<b>00:42:09.60</b>	+00:07:34 (18.0%)	4:13	14.2 (82.1%)
13	<b>MICHALSKI Dominik</b>	<b>52</b>		M18-29	3	<b>00:42:38.80</b>	+00:08:03 (18.9%)	4:15	14.1 (81.5%)
14	<b>BŁASZAK Roman</b>	<b>8</b>		M40-49	6	<b>00:43:06.85</b>	+00:08:31 (19.8%)	4:18	13.9 (80.3%)
15	<b>STĘPIEŃ Adam</b>	<b>71</b>	ANANASY	M30-39	6	<b>00:43:12.80</b>	+00:08:37 (20.0%)	4:19	13.9 (80.3%)
16	<b>ARTER- KRZYŻEK Angelika</b>	<b>113</b>		K30-39	1	<b>00:43:38.30</b>	+00:09:03 (20.7%)	4:21	13.7 (79.2%)
17	<b>GORĄCY Marcin</b>	<b>22</b>	ROSSBIEGANI	M30-39	7	<b>00:43:55.35</b>	+00:09:20 (21.3%)	4:23	13.7 (79.2%)
18	<b>WLIZŁO Paweł</b>	<b>86</b>	MUZEUM W ELBLĄGU	M18-29	4	<b>00:45:21.05</b>	+00:10:45 (23.7%)	4:32	13.2 (76.3%)
19	<b>SOKÓŁ Sebastian</b>	<b>67</b>	JARZYŃKA	M18-29	5	<b>00:45:25.55</b>	+00:10:50 (23.9%)	4:32	13.2 (76.3%)
20	<b>CZARNECKA Joanna</b>	<b>14</b>		K30-39	2	<b>00:45:26.20</b>	+00:10:51 (23.9%)	4:32	13.2 (76.3%)
21	<b>PŁODZICKI Tomek</b>	<b>56</b>	IŁAWA BIEGA	M30-39	8	<b>00:45:36.15</b>	+00:11:01 (24.2%)	4:33	13.2 (76.3%)
22	<b>WASZKIEWICZ Marcin</b>	<b>109</b>	SĄ WOLNIEJSI	M30-39	9	<b>00:45:54.95</b>	+00:11:19 (24.7%)	4:35	13.1 (75.7%)
23	<b>HAJDUK Mieczysław</b>	<b>29</b>	ANGELA	M40-49	7	<b>00:46:06.30</b>	+00:11:31 (25.0%)	4:36	13 (75.1%)
24	<b>SWAJDA Krzysztof</b>	<b>74</b>	WILKI ŻUŁAWSKIE	M40-49	8	<b>00:46:35.50</b>	+00:12:00 (25.8%)	4:39	12.9 (74.6%)
25	<b>BARCIKOWSKA Wioletta</b>	<b>91</b>		K40-49	1	<b>00:46:43.70</b>	+00:12:08 (26.0%)	4:40	12.8 (74.0%)
26	<b>LIBAN Zygfryd</b>	<b>47</b>	BIEGAJACYTCZEW	M70+	1	<b>00:47:25.60</b>	+00:12:50 (27.1%)	4:44	12.6 (72.8%)
27	<b>SUSZYŃSKI Michał</b>	<b>73</b>		M18-29	6	<b>00:47:45.20</b>	+00:13:10 (27.6%)	4:46	12.6 (72.8%)

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28	<b>ROGULSKI Rafał</b>	<b>111</b>		M40-49	9	<b>00:47:51.60</b>	+00:13:16 (27.7%)	4:47	12.5 (72.3%)
29	<b>FURTAK Arkadiusz</b>	<b>17</b>		M50-59	1	<b>00:48:22.05</b>	+00:13:46 (28.5%)	4:50	12.4 (71.7%)
30	<b>CZEREMAŃSKI Rafał</b>	<b>15</b>	KB IM. P. SĘKOWSKIEGO	M30-39	10	<b>00:48:26.65</b>	+00:13:51 (28.6%)	4:50	12.4 (71.7%)
31	<b>DĄBROWSKI Krzysztof</b>	<b>110</b>		M40-49	10	<b>00:48:42.30</b>	+00:14:07 (29.0%)	4:52	12.3 (71.1%)
32	<b>WURMAŃSKI Wiktor</b>	<b>87</b>	RC WURMANSCY	M30-39	11	<b>00:48:42.75</b>	+00:14:07 (29.0%)	4:52	12.3 (71.1%)
33	<b>MATLEWSKA Marzena</b>	<b>51</b>	NIEZRZESZONA	K40-49	2	<b>00:49:03.45</b>	+00:14:28 (29.5%)	4:54	12.2 (70.5%)
34	<b>WITT Grażyna</b>	<b>84</b>	MARATONYPOLSKIE.PL TEAM	K60-69	1	<b>00:49:38.15</b>	+00:15:03 (30.3%)	4:57	12.1 (69.9%)
35	<b>KESZ-KARCZEWSKA Magdalena</b>	<b>37</b>		K40-49	3	<b>00:50:06.70</b>	+00:15:31 (31.0%)	5:00	12 (69.4%)
36	<b>KUSTRA Łukasz</b>	<b>117</b>	STREETRUN RADOM	M30-39	12	<b>00:50:26.20</b>	+00:15:51 (31.4%)	5:02	11.9 (68.8%)
37	<b>BARANOWSKI Maciej</b>	<b>6</b>	KS PIDRINA GDYNIA	M40-49	11	<b>00:50:30.55</b>	+00:15:55 (31.5%)	5:03	11.9 (68.8%)
38	<b>BARANOWSKA Kornelia</b>	<b>5</b>	SPORTEVO	K40-49	4	<b>00:50:30.70</b>	+00:15:55 (31.5%)	5:03	11.9 (68.8%)
39	<b>MOLASY Dorota</b>	<b>112</b>		K30-39	3	<b>00:51:11.50</b>	+00:16:36 (32.4%)	5:07	11.7 (67.6%)
40	<b>GRABOWSKA Dagmara</b>	<b>26</b>	STRASZYN BIEGA	K30-39	4	<b>00:52:08.60</b>	+00:17:33 (33.7%)	5:12	11.5 (66.5%)
41	<b>WŁADYMIRUK Dariusz</b>	<b>93</b>	PRUSZCZ BIEGA/STRASZYN BIEGA	M30-39	13	<b>00:52:14.60</b>	+00:17:39 (33.8%)	5:13	11.5 (66.5%)
42	<b>KACHNIARZ Żaneta</b>	<b>34</b>	PRUSZCZ BIEGA/STRASZYN BIEGA	K30-39	5	<b>00:52:19.20</b>	+00:17:44 (33.9%)	5:14	11.5 (66.5%)
43	<b>KARCZEWSKI Andrzej</b>	<b>36</b>		M40-49	12	<b>00:52:22.40</b>	+00:17:47 (34.0%)	5:14	11.5 (66.5%)
44	<b>ŁUKASZEWICZ Barbara</b>	<b>48</b>	MARATONYPOLSKIE.PL TEAM	K40-49	5	<b>00:52:26.50</b>	+00:17:51 (34.1%)	5:14	11.4 (65.9%)
45	<b>SZKLARSKI Andrzej</b>	<b>79</b>		M40-49	13	<b>00:53:01.90</b>	+00:18:26 (34.8%)	5:18	11.3 (65.3%)
46	<b>LENKIEWICZ Ryszard</b>	<b>45</b>	MARATONYPOLSKIE.PL TEAM	M60-69	1	<b>00:53:53.15</b>	+00:19:18 (35.8%)	5:23	11.1 (64.2%)
47	<b>SOWA Sylwek</b>	<b>69</b>	IKS ATAK ELBLĄG	M40-49	14	<b>00:54:06.45</b>	+00:19:31 (36.1%)	5:24	11.1 (64.2%)
48	<b>LEDZION Hubert</b>	<b>95</b>		M30-39	14	<b>00:54:20.20</b>	+00:19:45 (36.4%)	5:26	11 (63.6%)
49	<b>GOS Jan</b>	<b>24</b>		M40-49	15	<b>00:54:25.40</b>	+00:19:50 (36.5%)	5:26	11 (63.6%)
50	<b>WALKIEWICZ Bartłomiej</b>	<b>101</b>		M30-39	15	<b>00:55:18.00</b>	+00:20:42 (37.5%)	5:31	10.8 (62.4%)
51	<b>GNYP Daniel</b>	<b>20</b>		M40-49	16	<b>00:56:56.35</b>	+00:22:21 (39.3%)	5:41	10.5 (60.7%)
52	<b>ZAMBRZYCKI Tomasz</b>	<b>115</b>		M40-49	17	<b>00:58:04.00</b>	+00:23:28 (40.4%)	5:48	10.3 (59.5%)
53	<b>WITEK Sylwia</b>	<b>116</b>		K40-49	6	<b>00:58:22.50</b>	+00:23:47 (40.8%)	5:50	10.3 (59.5%)
54	<b>IZAK Aneta</b>	<b>32</b>	WILLA CHABROWA	K18-29	1	<b>00:59:19.05</b>	+00:24:43 (41.7%)	5:55	10.1 (58.4%)
55	<b>IZAK Wojciech</b>	<b>31</b>	WILLA CHABROWA	M18-29	7	<b>00:59:19.25</b>	+00:24:44 (41.7%)	5:55	10.1 (58.4%)
56	<b>KOZIARA Grzegorz</b>	<b>41</b>	SREBRNI BIEGACZE TARNOWSKIE GÓRY	M60-69	2	<b>00:59:51.35</b>	+00:25:16 (42.2%)	5:59	10 (57.8%)
57	<b>BARCIKOWSKA Agnieszka</b>	<b>90</b>		K18-29	2	<b>01:00:35.35</b>	+00:26:00 (42.9%)	6:03	9.9 (57.2%)
58	<b>MIECHOWSKA Iwona</b>	<b>53</b>		K40-49	7	<b>01:00:43.00</b>	+00:26:07 (43.0%)	6:04	9.9 (57.2%)
59	<b>CHUDAŚ Aleksandra</b>	<b>11</b>		K30-39	6	<b>01:04:46.60</b>	+00:30:11 (46.6%)	6:28	9.3 (53.8%)
60	<b>GOS Elżbieta</b>	<b>23</b>	AKTYWNIENIE Z MOKAMI	K40-49	8	<b>01:07:39.80</b>	+00:33:04 (48.9%)	6:46	8.9 (51.4%)
61	<b>SZKLARSKA Alicja</b>	<b>78</b>		K40-49	9	<b>01:08:17.60</b>	+00:33:42 (49.4%)	6:49	8.8 (50.9%)

Znaleziono 61 wynik(ów)