

# I BIEG KRYNICKI - 5KM

B4SPORT

**Wydarzenie:** Bieg Krynicki  
**Organizator:** Fundacja Silni Ciałem Niezłomni Duchem; Sportevo Triathlon Team  
**Data:** 2018-05-05  
**Miejsce:** Krynica Morska  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>RAKOCZY Marcin</b>	<b>59</b>	ITEN - THE HOME OF CHAMPIONS	M18-29	1	<b>00:17:54.95</b>		3:35	16.7 (100%)
2	<b>ILNICKI Darek</b>	<b>30</b>	OCRTRAINING	M30-39	1	<b>00:18:26.65</b>	+00:00:31 (2.9%)	3:41	16.3 (97.6%)
3	<b>POCHRANOWICZ Aleksandra</b>	<b>96</b>	MKL SZCZECINEK	K18-29	1	<b>00:19:53.40</b>	+00:01:58 (9.9%)	3:58	15.1 (90.4%)
4	<b>SZARKO Maciej</b>	<b>76</b>		M40-49	1	<b>00:20:14.65</b>	+00:02:19 (11.5%)	4:02	14.8 (88.6%)
5	<b>KONAT Grześ</b>	<b>38</b>	POLSKA	M40-49	2	<b>00:21:29.30</b>	+00:03:34 (16.6%)	4:17	14 (83.8%)
6	<b>TONGA Jan</b>	<b>82</b>		M30-39	2	<b>00:21:40.35</b>	+00:03:45 (17.3%)	4:20	13.8 (82.6%)
7	<b>BABEROWSKI Marek</b>	<b>3</b>		M50-59	1	<b>00:21:40.80</b>	+00:03:45 (17.4%)	4:20	13.8 (82.6%)
8	<b>MARCINKOWSKI Michał</b>	<b>50</b>	ORLEN RUNNING TEAM	M30-39	3	<b>00:21:42.20</b>	+00:03:47 (17.5%)	4:20	13.8 (82.6%)
9	<b>KUĆ Rafał</b>	<b>102</b>		M30-39	4	<b>00:22:14.10</b>	+00:04:19 (19.4%)	4:26	13.5 (80.8%)
10	<b>AMBROZIAK Lesław</b>	<b>1</b>	SPORTEVO	M40-49	3	<b>00:22:40.80</b>	+00:04:45 (21.0%)	4:32	13.2 (79.0%)
11	<b>JAGODZIŃSKI Damian</b>	<b>33</b>		M18-29	2	<b>00:23:10.55</b>	+00:05:15 (22.7%)	4:38	12.9 (77.2%)
12	<b>KUCIŃSKI Łukasz</b>	<b>44</b>		M18-29	3	<b>00:23:21.75</b>	+00:05:26 (23.3%)	4:40	12.8 (76.6%)
13	<b>STANISZEWSKA Joanna</b>	<b>70</b>	SPORTEVO	K30-39	1	<b>00:23:46.25</b>	+00:05:51 (24.6%)	4:45	12.6 (75.4%)
14	<b>PODOLSKA Joanna</b>	<b>106</b>		K30-39	2	<b>00:23:49.55</b>	+00:05:54 (24.8%)	4:46	12.6 (75.4%)
15	<b>GAŁĄZKA Krzysztof</b>	<b>18</b>		M40-49	4	<b>00:24:29.65</b>	+00:06:34 (26.9%)	4:54	12.2 (73.1%)
16	<b>BŁASZAK Magdalena</b>	<b>9</b>		K30-39	3	<b>00:24:46.25</b>	+00:06:51 (27.7%)	4:57	12.1 (72.5%)
17	<b>KOZIARA Grzegorz</b>	<b>42</b>	SREBRNI BIEGACZE TARNOWSKIE GÓRY	M60-69	1	<b>00:26:04.85</b>	+00:08:09 (31.3%)	5:13	11.5 (68.9%)
18	<b>BALA Mariusz</b>	<b>107</b>		M30-39	5	<b>00:26:25.65</b>	+00:08:30 (32.2%)	5:17	11.3 (67.7%)
19	<b>GRZĄDKA Monika</b>	<b>99</b>	SPORTEVO	K30-39	4	<b>00:26:35.80</b>	+00:08:40 (32.6%)	5:19	11.3 (67.7%)
20	<b>FLIS Kamila</b>	<b>16</b>	ETER-MED	K30-39	5	<b>00:26:43.75</b>	+00:08:48 (33.0%)	5:20	11.2 (67.1%)
21	<b>HELWICZ Wojciech</b>	<b>104</b>	PTA	M30-39	6	<b>00:26:47.35</b>	+00:08:52 (33.1%)	5:21	11.2 (67.1%)
22	<b>SWAT Katarzyna</b>	<b>75</b>		K40-49	1	<b>00:27:24.95</b>	+00:09:30 (34.7%)	5:29	10.9 (65.3%)
23	<b>GWARDYŃSKI Paweł</b>	<b>28</b>		M30-39	7	<b>00:27:26.30</b>	+00:09:31 (34.7%)	5:29	10.9 (65.3%)
24	<b>GRABOWSKI Sebastian</b>	<b>27</b>	STRASZYN BIEGA	M30-39	8	<b>00:27:31.05</b>	+00:09:36 (34.9%)	5:30	10.9 (65.3%)
25	<b>GRABKOWSKI Andrzej</b>	<b>25</b>		M70+	1	<b>00:27:35.50</b>	+00:09:40 (35.1%)	5:31	10.9 (65.3%)
26	<b>BABEROWSKA Jolanta</b>	<b>2</b>		K40-49	2	<b>00:27:49.40</b>	+00:09:54 (35.6%)	5:33	10.8 (64.7%)
27	<b>PRĄTNICKA Kasia</b>	<b>58</b>		K40-49	3	<b>00:27:51.70</b>	+00:09:56 (35.7%)	5:34	10.8 (64.7%)

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28	<b>KUBILUS Robert</b>	<b>94</b>	BIEGAMY RAZEM	M40-49	5	<b>00:27:52.80</b>	+00:09:57 (35.7%)	5:34	10.8 (64.7%)
29	<b>SANECKI Przemysław</b>	<b>63</b>	KS BIEGAM BO LUBIĘ PASŁĘK	M18-29	4	<b>00:28:03.45</b>	+00:10:08 (36.1%)	5:36	10.7 (64.1%)
30	<b>ROGOWSKA-KONAT Emilia</b>	<b>62</b>	EKG MIKOSZEWO	K30-39	6	<b>00:28:06.40</b>	+00:10:11 (36.3%)	5:37	10.7 (64.1%)
31	<b>DURAS Maciej</b>	<b>108</b>		M40-49	6	<b>00:28:30.35</b>	+00:10:35 (37.2%)	5:42	10.5 (62.9%)
32	<b>JABŁOŃSKA Magda</b>	<b>100</b>	GDAŃSK RUSINESS RUN	K40-49	4	<b>00:28:49.80</b>	+00:10:54 (37.9%)	5:46	10.4 (62.3%)
33	<b>GŁOWACKA Anna</b>	<b>19</b>	IKS ATAK ELBLĄG	K40-49	5	<b>00:29:01.50</b>	+00:11:06 (38.3%)	5:48	10.3 (61.7%)
34	<b>STĘPIEŃ Agata</b>	<b>72</b>		K40-49	6	<b>00:29:10.85</b>	+00:11:15 (38.6%)	5:50	10.3 (61.7%)
35	<b>SZPILMAN Katarzyna</b>	<b>80</b>		K50-59	1	<b>00:29:11.60</b>	+00:11:16 (38.6%)	5:50	10.3 (61.7%)
36	<b>KAMIŃSKA Sonia</b>	<b>35</b>	ANANASY	K30-39	7	<b>00:29:19.60</b>	+00:11:24 (38.9%)	5:51	10.2 (61.1%)
37	<b>MALISZEWSKA Marianna</b>	<b>49</b>		K50-59	2	<b>00:29:41.15</b>	+00:11:46 (39.6%)	5:56	10.1 (60.5%)
38	<b>BIELIŃSKA Natalia</b>	<b>103</b>		K18-29	2	<b>00:30:12.45</b>	+00:12:17 (40.7%)	6:02	9.9 (59.3%)
39	<b>PŁODZICKA Ania</b>	<b>55</b>		K30-39	8	<b>00:30:18.00</b>	+00:12:23 (40.9%)	6:03	9.9 (59.3%)
40	<b>SOBIESIAK Agnieszka</b>	<b>65</b>	SAPIĄCE GAZELE	K40-49	7	<b>00:30:31.60</b>	+00:12:36 (41.3%)	6:06	9.8 (58.7%)
41	<b>RESZCZYŃSKA Monika</b>	<b>61</b>		K40-49	8	<b>00:30:34.65</b>	+00:12:39 (41.4%)	6:07	9.8 (58.7%)
42	<b>WURMAŃSKA Helena</b>	<b>92</b>		K30-39	9	<b>00:31:09.90</b>	+00:13:14 (42.5%)	6:14	9.6 (57.5%)
43	<b>SZYLKA Justyna</b>	<b>81</b>		K18-29	3	<b>00:31:18.65</b>	+00:13:23 (42.8%)	6:15	9.6 (57.5%)
44	<b>PIOTROWICZ-GNYP Sylwia</b>	<b>54</b>		K40-49	9	<b>00:31:36.40</b>	+00:13:41 (43.3%)	6:19	9.5 (56.9%)
45	<b>BAKOWSKI Tomasz</b>	<b>98</b>	PATI I TOMEK RT	M30-39	9	<b>00:34:16.15</b>	+00:16:21 (47.7%)	6:51	8.8 (52.7%)
46	<b>TOMAS Patrycja</b>	<b>97</b>	PATI I TOMEK RT	K30-39	10	<b>00:34:16.70</b>	+00:16:21 (47.7%)	6:51	8.8 (52.7%)
47	<b>BARTCZAK Alicja</b>	<b>7</b>		K40-49	10	<b>00:35:02.35</b>	+00:17:07 (48.9%)	7:00	8.6 (51.5%)
48	<b>SOWA Renia</b>	<b>68</b>	IKS ATAK ELBLĄG	K40-49	11	<b>00:35:31.55</b>	+00:17:36 (49.6%)	7:06	8.4 (50.3%)
49	<b>DYKTA Ryszard</b>	<b>88</b>		M70+	2	<b>00:37:48.65</b>	+00:19:53 (52.6%)	7:33	7.9 (47.3%)
50	<b>WITT Henryk</b>	<b>85</b>	NORBOSOFT.PL	M60-69	2	<b>00:38:51.25</b>	+00:20:56 (53.9%)	7:46	7.7 (46.1%)

Znaleziono 50 wynik(ów)