

SMOCZEK | 19KM

Wydarzenie: SMOCZY CROSS MARATON
Organizator: Fundacja Na Ratunek
Data: 2022-10-22
Miejsce: BRANDYSÓWKA – DOLINKI PODKRAKOWSKIE
Dystans: 19 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kobylany 6km	Lasek 13km	Czas netto 19km	Czas brutto 19km	Różn	Tempo min/km	Tempo km/h
1	**DEL BOSQUE Jorge**	**1983**	DUBOIS RUN	Senior Mężczyzn	1			**01:33:41.45**	**01:33:41.45**		4:55	12.2 (100%)
2	**BUCZYŃSKI Adam**	**1957**	NON STOP TRAIL	Weteran Mężczyzn	1		01:08:44	**01:36:46.10**	**01:36:46.10**	+00:03:04 (3.2%)	5:05	11.8 (96.7%)
3	**DRABIŃSKI Mariusz**	**1977**		Senior Mężczyzn	2		01:08:48	**01:38:37.45**	**01:38:37.45**	+00:04:56 (5.0%)	5:11	11.6 (95.1%)
4	**BURZYŃSKI Błażej**	**27**		Senior Mężczyzn	3		01:14:05	**01:40:44.80**	**01:40:44.80**	+00:07:03 (7.0%)	5:18	11.3 (92.6%)
5	**JAWOREK Grzegorz**	**1953**		Master Mężczyzn	1		01:12:01	**01:40:48.95**	**01:40:48.95**	+00:07:07 (7.1%)	5:18	11.3 (92.6%)
6	**ZIEMIAŃSKI Grzegorz**	**1902**	MCP TEAM	Master Mężczyzn	2		01:12:06	**01:41:52.05**	**01:41:52.05**	+00:08:10 (8.0%)	5:21	11.2 (91.8%)
7	**KOPIEĆ Kamil**	**3089**	JAJA NA BOK RUNNING TEAM	Senior Mężczyzn	4		01:14:48	**01:46:54.65**	**01:46:54.65**	+00:13:13 (12.4%)	5:37	10.7 (87.7%)
8	**APOSTOLSKI Łukasz**	**1944**	ZABIERZÓW BIEGA	Senior Mężczyzn	5		01:14:24	**01:50:02.70**	**01:50:02.70**	+00:16:21 (14.9%)	5:47	10.4 (85.2%)
9	**ŚLEPIAK Adam**	**1984**	STAJNIA BALONA	Master Mężczyzn	3		01:19:46	**01:52:07.80**	**01:52:07.80**	+00:18:26 (16.4%)	5:54	10.2 (83.6%)
10	**KORŻYK Marek**	**1912**		Weteran Mężczyzn	2		01:21:57	**01:56:56.35**	**01:56:56.35**	+00:23:14 (19.9%)	6:09	9.7 (79.5%)
11	**STACH Jacek**	**1934**		Weteran Mężczyzn	3		01:26:16	**02:00:31.90**	**02:00:31.90**	+00:26:50 (22.3%)	6:20	9.5 (77.9%)
12	**BARNAŚ Marcin**	**8**		Master Mężczyzn	4		01:25:07	**02:01:17.55**	**02:01:17.55**	+00:27:36 (22.8%)	6:23	9.4 (77.0%)
13	**KONOPKA Krystian**	**1959**		Master Mężczyzn	5		01:27:29	**02:03:02.50**	**02:03:02.50**	+00:29:21 (23.9%)	6:28	9.3 (76.2%)
14	**JĘDRZEJCZYK Łukasz**	**1914**	COCA COLA RUNNERS	Master Mężczyzn	6		01:29:01	**02:04:48.10**	**02:04:48.10**	+00:31:06 (24.9%)	6:34	9.1 (74.6%)
15	**WOJTAS Łukasz**	**1938**		Master Mężczyzn	7		01:28:27	**02:05:31.00**	**02:05:31.00**	+00:31:49 (25.4%)	6:36	9.1 (74.6%)

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16	**ANTOŃCZAK Justyna**	**1970**	RUCH IZBICA	Senior Kobiet	1		01:30:02	**02:06:02.60**	**02:06:02.60**	+00:32:21 (25.7%)	6:38	9 (73.8%)
17	**ANTOŃCZAK Marek**	**1969**	RUCH IZBICA	Master Mężczyzn	8		01:30:06	**02:06:04.15**	**02:06:04.15**	+00:32:22 (25.7%)	6:38	9 (73.8%)
18	**BILSKI Kamil**	**1929**	GRODZIECRUN	Senior Mężczyzn	6		01:30:18	**02:06:14.55**	**02:06:14.55**	+00:32:33 (25.8%)	6:38	9 (73.8%)
19	**MARSZAŁEK Dariusz**	**1939**	MCP TEAM	Weteran Mężczyzn	4		01:28:21	**02:06:21.80**	**02:06:21.80**	+00:32:40 (25.9%)	6:39	9 (73.8%)
20	**MOLASY Dorota**	**21**	AKTYWNIE Z MOLKAMI	Senior Kobiet	2		01:31:41	**02:07:19.95**	**02:07:19.95**	+00:33:38 (26.4%)	6:42	9 (73.8%)
21	**OLEJNICZAK Dominik**	**1985**		Master Mężczyzn	9		01:29:09	**02:08:10.30**	**02:08:10.30**	+00:34:28 (26.9%)	6:44	8.9 (73.0%)
22	**STOCKI Tomasz**	**1974**		Master Mężczyzn	10		01:31:21	**02:08:10.40**	**02:08:10.40**	+00:34:28 (26.9%)	6:44	8.9 (73.0%)
23	**KUZIOŁA Iwona**	**1909**	#NOLIMITS	Weteran Kobiet	1		01:31:34	**02:09:19.85**	**02:09:19.85**	+00:35:38 (27.6%)	6:48	8.8 (72.1%)
24	**PAWIŃSKI Artur**	**1918**	ADIDAS RUNNERS WARSAW	Master Mężczyzn	11		01:31:38	**02:10:08.15**	**02:10:08.15**	+00:36:26 (28.0%)	6:50	8.8 (72.1%)
25	**WILCZYŃSKI Marcin**	**1930**	RESHAPE RUNNERS	Weteran Mężczyzn	5		01:32:38	**02:10:29.85**	**02:10:29.85**	+00:36:48 (28.2%)	6:52	8.7 (71.3%)
26	**NIZIOŁEK Jakub**	**6**		Senior Mężczyzn	7		01:32:58	**02:13:07.80**	**02:13:07.80**	+00:39:26 (29.6%)	7:00	8.6 (70.5%)
27	**ŻARNICKI Kamil**	**1956**	BANDA GRUDNIA	Master Mężczyzn	12		01:36:07	**02:13:45.60**	**02:13:45.60**	+00:40:04 (30.0%)	7:02	8.5 (69.7%)
28	**GILAS Michał**	**1917**	BIŁGORUN	Master Mężczyzn	13		01:31:59	**02:14:03.75**	**02:14:03.75**	+00:40:22 (30.1%)	7:03	8.5 (69.7%)
29	**APOSTOLSKI Przemysław**	**1943**	ZABIERZÓW BIEGA	Senior Mężczyzn	8		01:31:29	**02:14:08.10**	**02:14:08.10**	+00:40:26 (30.2%)	7:03	8.5 (69.7%)
30	**POLEC Tomasz**	**1942**		Master Mężczyzn	14		01:34:28	**02:18:20.80**	**02:18:20.80**	+00:44:39 (32.3%)	7:16	8.2 (67.2%)
31	**PRAŁAT Dawid**	**1928**	PZU SPORT TEAM	Master Mężczyzn	15		01:37:42	**02:19:10.00**	**02:19:10.00**	+00:45:28 (32.7%)	7:19	8.2 (67.2%)
32	**STELMACH-TOFIL Ewa**	**1907**	#NOLIMITS	Weteran Kobiet	2		01:35:07	**02:19:20.45**	**02:19:20.45**	+00:45:39 (32.8%)	7:20	8.2 (67.2%)
33	**KOPEĆ Krystian**	**1922**		Senior Mężczyzn	9		01:37:53	**02:19:37.55**	**02:19:37.55**	+00:45:56 (32.9%)	7:20	8.2 (67.2%)
34	**KRUKOWSKI Robert**	**1923**	PLATINIUM ZAMOŚĆ	Senior Mężczyzn	10		01:39:10	**02:19:38.85**	**02:19:38.85**	+00:45:57 (32.9%)	7:20	8.2 (67.2%)
35	**RACZYŃSKA Gosia**	**1913**	COCA-COLA RUNNERS	Weteran Kobiet	3		01:39:24	**02:20:21.75**	**02:20:21.75**	+00:46:40 (33.3%)	7:23	8.1 (66.4%)
36	**SOCHAJ Anna**	**4711**	FUKUNDA	Master Kobiet	1		01:40:07	**02:21:05.65**	**02:21:05.65**	+00:47:24 (33.6%)	7:25	8.1 (66.4%)
37	**ZAWÓŁ Paweł**	**1932**	BIKE EQUIPA SANDOMIERZ	Master Mężczyzn	16		01:39:20	**02:21:24.20**	**02:21:24.20**	+00:47:42 (33.7%)	7:26	8.1 (66.4%)
38	**BALON Adam**	**1975**	NORDTREAT	Senior Mężczyzn	11		01:42:49	**02:22:00.25**	**02:22:00.25**	+00:48:18 (34.0%)	7:28	8 (65.6%)

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39	**SAMOLAK Łukasz**	**1950**	POMYŁKA TEAM	Master Mężczyzn	17		01:43:49	**02:22:07.50**	**02:22:07.50**	+00:48:26 (34.1%)	7:28	8 (65.6%)
40	**CARDUCCI Mattia**	**1945**		Senior Mężczyzn	12		01:44:06	**02:23:13.55**	**02:23:13.55**	+00:49:32 (34.6%)	7:32	8 (65.6%)
41	**STANEK Paweł**	**1954**		Weteran Mężczyzn	6		01:38:01	**02:24:18.10**	**02:24:18.10**	+00:50:36 (35.1%)	7:35	7.9 (64.8%)
42	**DAJTROWSKI Łukasz**	**1949**	SAMOTNY WILK	Master Mężczyzn	18		01:43:56	**02:25:15.40**	**02:25:15.40**	+00:51:33 (35.5%)	7:38	7.8 (63.9%)
43	**GAJDA Mateusz**	**1951**		Senior Mężczyzn	13		01:41:59	**02:25:39.65**	**02:25:39.65**	+00:51:58 (35.7%)	7:39	7.8 (63.9%)
44	**MARSZAŁEK Mariola**	**1940**	MCP TEAM	Weteran Kobiet	4		01:43:34	**02:26:53.15**	**02:26:53.15**	+00:53:11 (36.2%)	7:43	7.8 (63.9%)
45	**ŁĄCKA Małgorzata**	**1982**		Master Kobiet	2		01:44:36	**02:26:56.40**	**02:26:56.40**	+00:53:14 (36.2%)	7:44	7.8 (63.9%)
46	**NASTAZIAK Andrzej**	**1979**	ZABIEGANY WOŁOMIN	Weteran Mężczyzn	7		01:44:12	**02:27:25.10**	**02:27:25.10**	+00:53:43 (36.4%)	7:45	7.7 (63.1%)
47	**SZAWARA-ZIÓŁKOWSKA Ewelina**	**3075**	KB HARCOWNIK JELCZ-LASKOWICE	Master Kobiet	3		01:47:08	**02:29:40.50**	**02:29:40.50**	+00:55:59 (37.4%)	7:52	7.6 (62.3%)
48	**NOWAK Jacek**	**1936**	STOWARZYSZENIE PRZYJACIÓŁ WIELICZANKI	Weteran Mężczyzn	8		01:43:18	**02:29:54.65**	**02:29:54.65**	+00:56:13 (37.5%)	7:53	7.6 (62.3%)
49	**WOLNY Michał**	**1968**		Weteran Mężczyzn	9		01:46:48	**02:32:16.55**	**02:32:16.55**	+00:58:35 (38.5%)	8:00	7.5 (61.5%)
50	**WOLNA Karolina**	**1966**		Senior Kobiet	3		01:46:39	**02:32:16.70**	**02:32:16.70**	+00:58:35 (38.5%)	8:00	7.5 (61.5%)
51	**WOLNY Jan**	**1965**		Weteran Mężczyzn	10		01:46:54	**02:32:33.65**	**02:32:33.65**	+00:58:52 (38.6%)	8:01	7.5 (61.5%)
52	**STANOSZEK Robert**	**1924**		Weteran Mężczyzn	11		01:52:12	**02:34:30.80**	**02:34:30.80**	+01:00:49 (39.4%)	8:07	7.4 (60.7%)
53	**ZAJĄC Aga**	**1986**	77CATS	Weteran Kobiet	5		01:55:37	**02:34:31.40**	**02:34:31.40**	+01:00:49 (39.4%)	8:07	7.4 (60.7%)
54	**ZDUNEK Małgorzata**	**1910**		Weteran Kobiet	6		01:47:27	**02:35:11.65**	**02:35:11.65**	+01:01:30 (39.6%)	8:10	7.3 (59.8%)
55	**STANOSZEK Agnieszka**	**1908**		Weteran Kobiet	7		01:50:16	**02:35:45.95**	**02:35:45.95**	+01:02:04 (39.9%)	8:11	7.3 (59.8%)
56	**ZABOROWSKI Łukasz**	**3020**	8BALL CROSS GYM	Senior Mężczyzn	14		01:44:24	**02:35:59.45**	**02:35:59.45**	+01:02:18 (39.9%)	8:12	7.3 (59.8%)
57	**PUDŁOWSKI Adam**	**3028**	CHEŁM BIEGA	Master Mężczyzn	19		01:44:50	**02:35:59.60**	**02:35:59.60**	+01:02:18 (39.9%)	8:12	7.3 (59.8%)
58	**BRZĘCZEK Izabela**	**1946**		Weteran Kobiet	8		01:51:27	**02:38:20.65**	**02:38:20.65**	+01:04:39 (40.8%)	8:20	7.2 (59.0%)
59	**SZCZYPKOWSKI Krzysztof**	**1973**	ZABIEGANY WOŁOMIN	Master Mężczyzn	20		01:54:29	**02:40:43.10**	**02:40:43.10**	+01:07:01 (41.7%)	8:27	7.1 (58.2%)
60	**SERWIK Agnieszka**	**1976**	BEMOWO BIEGA	Master Kobiet	4		01:48:18	**02:40:50.10**	**02:40:50.10**	+01:07:08 (41.7%)	8:27	7.1 (58.2%)
61	**KOCZARA Marta Koczara**	**1981**		Master Kobiet	5		01:48:21	**02:40:52.70**	**02:40:52.70**	+01:07:11 (41.8%)	8:28	7.1 (58.2%)

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62	**POLAKÓW Sławomir**	**1978**	Z GÓRKI I POD GÓRKĘ	Weteran Mężczyzn	12		01:50:05	**02:41:23.55**	**02:41:23.55**	+01:07:42 (41.9%)	8:29	7.1 (58.2%)
63	**GILAS Szymon**	**1916**	CHEŁM BIEGA	Master Mężczyzn	21		01:50:08	**02:42:09.45**	**02:42:09.45**	+01:08:28 (42.2%)	8:32	7 (57.4%)
64	**SIWEK Ola**	**1926**		Weteran Kobiet	9		01:52:23	**02:42:42.15**	**02:42:42.15**	+01:09:00 (42.4%)	8:33	7 (57.4%)
65	**DRABIK Jacek**	**39**		Weteran Mężczyzn	13		01:53:09	**02:42:52.55**	**02:42:52.55**	+01:09:11 (42.5%)	8:34	7 (57.4%)
66	**TURECKA Katarzyna**	**20**		Senior Kobiet	4			**02:43:00.85**	**02:43:00.85**	+01:09:19 (42.5%)	8:34	7 (57.4%)
67	**SZCZYPKOWSKA Kinga**	**1972**	ZABIEGANY WOŁOMIN	Master Kobiet	6		01:55:21	**02:45:32.70**	**02:45:32.70**	+01:11:51 (43.4%)	8:42	6.9 (56.6%)
67	**SZCZYBELSKA Elwira**	**1964**	ZABIEGANY WOŁOMIN	Master Kobiet	6		01:55:15	**02:45:32.70**	**02:45:32.70**	+01:11:51 (43.4%)	8:42	6.9 (56.6%)
69	**CYGAS Ewa**	**1961**	ZABIEGANY WOŁOMIN	Master Kobiet	8		01:55:11	**02:45:32.80**	**02:45:32.80**	+01:11:51 (43.4%)	8:42	6.9 (56.6%)
70	**SOTNIK Katarzyna**	**1952**	ZABIEGANY WOLOMIN	Senior Kobiet	5		01:55:58	**02:45:33.15**	**02:45:33.15**	+01:11:51 (43.4%)	8:42	6.9 (56.6%)
71	**KOZIŃSKA Wiktoria**	**1925**		Senior Kobiet	6		01:54:36	**02:45:49.35**	**02:45:49.35**	+01:12:07 (43.5%)	8:43	6.9 (56.6%)
72	**WADAS Katarzyna**	**1906**	NOWA HUTA TEAM	Weteran Kobiet	10		01:54:19	**02:45:53.25**	**02:45:53.25**	+01:12:11 (43.5%)	8:43	6.9 (56.6%)
73	**KRUKOWSKA Ewa**	**1921**	PLATINIUM ZAMOŚĆ	Master Kobiet	9		01:52:17	**02:47:39.30**	**02:47:39.30**	+01:13:57 (44.1%)	8:49	6.8 (55.7%)
74	**ZIARKO Agnieszka**	**1920**	CZARNA TĘCZA	Weteran Kobiet	11		01:55:24	**02:48:30.60**	**02:48:30.60**	+01:14:49 (44.4%)	8:52	6.8 (55.7%)
75	**KANIA Aleksandra**	**4762**		Master Kobiet	10		02:01:45	**02:55:59.65**	**02:55:59.65**	+01:22:18 (46.8%)	9:15	6.5 (53.3%)
76	**PECYNA Kasia**	**4753**		Master Kobiet	11		02:01:50	**02:56:00.10**	**02:56:00.10**	+01:22:18 (46.8%)	9:15	6.5 (53.3%)
77	**BALCERZAK Cezary**	**1980**		Weteran Mężczyzn	14		02:00:27	**02:56:00.60**	**02:56:00.60**	+01:22:19 (46.8%)	9:15	6.5 (53.3%)
78	**SURY Bartłomiej**	**1967**		Senior Mężczyzn	15		02:02:41	**02:57:05.35**	**02:57:05.35**	+01:23:23 (47.1%)	9:19	6.4 (52.5%)
79	**BOJANOWSKI Jakub**	**1948**		Weteran Mężczyzn	15		01:59:28	**02:57:33.15**	**02:57:33.15**	+01:23:51 (47.2%)	9:20	6.4 (52.5%)
80	**MALICKA Kasia**	**1915**		Master Kobiet	12		02:05:21	**02:57:36.90**	**02:57:36.90**	+01:23:55 (47.3%)	9:20	6.4 (52.5%)
81	**BRYDNIAK Sylwia**	**1904**		Master Kobiet	13		02:02:45	**02:57:37.60**	**02:57:37.60**	+01:23:56 (47.3%)	9:20	6.4 (52.5%)
82	**LIPIŃSKI Piotr**	**1919**		Master Mężczyzn	22		02:04:54	**02:59:17.30**	**02:59:17.30**	+01:25:35 (47.7%)	9:26	6.4 (52.5%)
83	**ZIUBIŃSKI Paweł**	**1935**		Master Mężczyzn	23		02:04:58	**02:59:17.70**	**02:59:17.70**	+01:25:36 (47.7%)	9:26	6.4 (52.5%)
84	**MACIĄG Alina**	**1933**	BIKE EQUIPA SANDOMIERZ	Weteran Kobiet	12		01:06:20	**03:00:56.15**	**03:00:56.15**	+01:27:14 (48.2%)	9:31	6.3 (51.6%)

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85	**LITKE Andżelika**	**1963**	EAZYMUT.PL	Senior Kobiet	7		02:05:55	**03:02:20.80**	**03:02:20.80**	+01:28:39 (48.6%)	9:35	6.3 (51.6%)
86	**NOWOSAD Kamil**	**1927**		Senior Mężczyzn	16		02:09:17	**03:07:38.55**	**03:07:38.55**	+01:33:57 (50.1%)	9:52	6.1 (50.0%)
87	**WOLENTARSKA Żaneta**	**1962**		Master Kobiet	14		02:31:10	**03:39:25.00**	**03:39:25.00**	+02:05:43 (57.3%)	11:32	5.2 (42.6%)
88	**WOLENTARSKI Przemysław**	**4820**	ZABIEGANY WOŁOMIN	Master Mężczyzn	24		02:31:04	**03:39:25.75**	**03:39:25.75**	+02:05:44 (57.3%)	11:32	5.2 (42.6%)
89	**MILER Lidia**	**1937**	ZABIERZÓW BIEGA	Master Kobiet	15		02:31:37	**03:45:26.45**	**03:45:26.45**	+02:11:45 (58.4%)	11:51	5.1 (41.8%)
90	**SZKAMRUK Bogusława**	**1955**	EXTREMALNI RZEŹNICY NA RELAKSIE	Dinozaur Kobiet	1		02:36:29	**03:48:11.90**	**03:48:11.90**	+02:14:30 (58.9%)	12:00	5 (41.0%)

Znaleziono 90 wynik(ów)