



# MIZUNO NOCNA DYCHA 10KM | TWT 10KM

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

**Wydarzenie:** Turbacz Winter Trail  
**Organizator:** Fundacja Rozwoju Sportu i Promocji Obronności  
"MURAWA"  
**Data:** 2023-02-11  
**Miejsce:** Nowy Targ  
**Dystans:** 10.5 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
1	<b>KUBICA Marcin</b>	<b>538</b>	BUFF/ SALOMON	Senior Mężczyzn	1	<b>01:02:00.55</b>	<b>01:02:02.65</b>		5:54	10.2 (100%)
2	<b>ŻÓŁTEK Grzegorz</b>	<b>591</b>		Senior Mężczyzn	2	<b>01:05:47.35</b>	<b>01:05:49.15</b>	+00:03:46 (5.7%)	6:15	9.6 (94.1%)
3	<b>DZIERWA Marcin</b>	<b>1030</b>	NOWA HUTA TEAM	Senior Mężczyzn	3	<b>01:06:52.50</b>	<b>01:06:54.35</b>	+00:04:51 (7.3%)	6:22	9.4 (92.2%)
4	<b>GAŁDYN Kamil</b>	<b>520</b>	GORĄCY POTOK TEAM	Senior Mężczyzn	4	<b>01:08:28.35</b>	<b>01:08:30.75</b>	+00:06:28 (9.4%)	6:31	9.2 (90.2%)
5	<b>JACHYMIAK Robert</b>	<b>596</b>	SPECJALISTYCZNY GABINET REHABILITACJI DZIECI	Masters Mężczyzn	1	<b>01:10:11.50</b>	<b>01:10:13.15</b>	+00:08:10 (11.6%)	6:41	9 (88.2%)
6	<b>TYNUS Grzegorz</b>	<b>584</b>		Masters Mężczyzn	2	<b>01:12:08.25</b>	<b>01:12:10.95</b>	+00:10:08 (14.0%)	6:52	8.7 (85.3%)
7	<b>TRACZ Paulina</b>	<b>578</b>	TRENINGFIZJO/THENORTHFACE	Senior Kobiet	1	<b>01:12:55.70</b>	<b>01:12:58.25</b>	+00:10:55 (15.0%)	6:56	8.6 (84.3%)
8	<b>OLEKSAK Adam</b>	<b>556</b>		Senior Mężczyzn	5	<b>01:18:25.40</b>	<b>01:18:28.40</b>	+00:16:25 (20.9%)	7:28	8 (78.4%)
9	<b>PLOCH Jakub</b>	<b>559</b>		Senior Mężczyzn	6	<b>01:19:50.50</b>	<b>01:19:53.05</b>	+00:17:50 (22.3%)	7:36	7.9 (77.5%)
10	<b>MALEC Łukasz</b>	<b>549</b>	NIEDZICA TEAM	Masters Mężczyzn	3	<b>01:19:58.55</b>	<b>01:20:00.85</b>	+00:17:58 (22.5%)	7:36	7.9 (77.5%)
11	<b>PAŁKA Tomasz</b>	<b>557</b>	KB PARANTELA	Masters Mężczyzn	4	<b>01:20:29.30</b>	<b>01:20:33.40</b>	+00:18:30 (23.0%)	7:39	7.8 (76.5%)
12	<b>JUDASZ Leszek</b>	<b>529</b>		Senior Mężczyzn	7	<b>01:23:21.95</b>	<b>01:23:27.90</b>	+00:21:25 (25.7%)	7:56	7.6 (74.5%)
13	<b>BULANDA Dawid</b>	<b>507</b>		Masters Mężczyzn	5	<b>01:25:03.85</b>	<b>01:25:07.20</b>	+00:23:04 (27.1%)	8:06	7.4 (72.5%)
14	<b>PACHUT Maksymilian</b>	<b>599</b>	MY ENDURANCE COACHING TEAM	Senior Mężczyzn	8	<b>01:25:12.70</b>	<b>01:25:15.15</b>	+00:23:12 (27.2%)	8:06	7.4 (72.5%)
15	<b>WALKOSZ Mateusz</b>	<b>585</b>	#SOBASTEAM	Senior Mężczyzn	9	<b>01:25:43.05</b>	<b>01:25:45.75</b>	+00:23:43 (27.7%)	8:09	7.3 (71.6%)
16	<b>BOLECHOWSKA Dominika</b>	<b>1018</b>	ALPIN SPORT	Masters Kobiet	1	<b>01:26:13.35</b>	<b>01:26:16.75</b>	+00:24:14 (28.1%)	8:12	7.3 (71.6%)
17	<b>TOMICA Natalia</b>	<b>577</b>		Senior Kobiet	2	<b>01:29:42.05</b>	<b>01:29:44.50</b>	+00:27:41 (30.9%)	8:32	7 (68.6%)
18	<b>WALTER Michał</b>	<b>586</b>	SRKS MIOTŁA	Senior Mężczyzn	10	<b>01:29:37.30</b>	<b>01:29:45.05</b>	+00:27:42 (30.9%)	8:32	7 (68.6%)
19	<b>MIKULEWICZ Przemysław</b>	<b>551</b>	MOVE. TEAM	Senior Mężczyzn	11	<b>01:31:45.15</b>	<b>01:31:48.55</b>	+00:29:45 (32.4%)	8:44	6.9 (67.6%)
20	<b>MACH Oleś</b>	<b>548</b>		Masters Mężczyzn	6	<b>01:32:55.85</b>	<b>01:33:07.40</b>	+00:31:04 (33.4%)	8:50	6.8 (66.7%)
21	<b>SURMACZ Tomasz</b>	<b>569</b>		Senior Mężczyzn	12	<b>01:33:51.40</b>	<b>01:33:58.15</b>	+00:31:55 (34.0%)	8:56	6.7 (65.7%)
22	<b>MAŚLANKA Ewa</b>	<b>595</b>	MEGKURSYV	Masters Kobiet	2	<b>01:35:12.55</b>	<b>01:35:15.45</b>	+00:33:12 (34.9%)	9:04	6.6 (64.7%)
23	<b>KULA Paweł</b>	<b>541</b>		Masters Mężczyzn	7	<b>01:35:28.90</b>	<b>01:35:36.35</b>	+00:33:33 (35.1%)	9:05	6.6 (64.7%)
24	<b>KURP Bartłomiej</b>	<b>543</b>		Senior Mężczyzn	13	<b>01:36:44.00</b>	<b>01:36:54.65</b>	+00:34:52 (36.0%)	9:12	6.5 (63.7%)
25	<b>KOLEGOWICZ Klaudia</b>	<b>536</b>	BEFIT24TEAM	Senior Kobiet	3	<b>01:36:56.15</b>	<b>01:37:04.65</b>	+00:35:02 (36.1%)	9:13	6.5 (63.7%)
26	<b>BRYK Dominik</b>	<b>505</b>		Senior Mężczyzn	14	<b>01:36:55.75</b>	<b>01:37:04.90</b>	+00:35:02 (36.1%)	9:13	6.5 (63.7%)
27	<b>GWIZDALSKA Martynka</b>	<b>525</b>	MOVE.TEAM	Masters Kobiet	3	<b>01:37:30.80</b>	<b>01:37:34.00</b>	+00:35:31 (36.4%)	9:17	6.5 (63.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
28	<b>DĘBSKA Natalia</b>	<b>1003</b>		Senior Kobiet	4	<b>01:37:32.90</b>	<b>01:37:35.60</b>	+00:35:32 (36.4%)	9:17	6.5 (63.7%)
29	<b>ŁAPA Piotr</b>	<b>224</b>	AKTYWNA PSZCZYNA RUNNERS TEAM	Masters Mężczyzn	8	<b>01:37:36.55</b>	<b>01:37:38.65</b>	+00:35:36 (36.5%)	9:17	6.5 (63.7%)
30	<b>ŻÓŁTEK Przemysław</b>	<b>590</b>		Senior Mężczyzn	15	<b>01:38:59.25</b>	<b>01:39:03.80</b>	+00:37:01 (37.4%)	9:25	6.4 (62.7%)
31	<b>CYGAN Łukasz</b>	<b>511</b>	POLPLAST BIEGA	Masters Mężczyzn	9	<b>01:40:36.80</b>	<b>01:40:43.05</b>	+00:38:40 (38.4%)	9:34	6.3 (61.8%)
32	<b>KANCIRUK Paweł</b>	<b>532</b>	NIGHT RUNNERS KRAKÓW	Senior Mężczyzn	16	<b>01:43:15.45</b>	<b>01:43:28.00</b>	+00:41:25 (40.0%)	9:50	6.1 (59.8%)
33	<b>WÓJCIK Sylwia</b>	<b>588</b>	NIE WIEM, NIE OBCHODZI MNIE TO	Senior Kobiet	5	<b>01:43:18.90</b>	<b>01:43:33.70</b>	+00:41:31 (40.1%)	9:50	6.1 (59.8%)
34	<b>BIELAK Daniel</b>	<b>594</b>	#ŻYCIOWIAMATORZY	Senior Mężczyzn	17	<b>01:43:52.85</b>	<b>01:43:59.65</b>	+00:41:57 (40.3%)	9:53	6.1 (59.8%)
35	<b>STRYCHARZ Sławomir</b>	<b>308</b>	STRYCHARZ FUN CLUB	Masters Mężczyzn	10	<b>01:45:04.10</b>	<b>01:45:08.95</b>	+00:43:06 (41.0%)	10:00	6 (58.8%)
36	<b>CZERWIEC Maciej</b>	<b>514</b>	MIZUNO TEAM	Senior Mężczyzn	18	<b>01:45:22.20</b>	<b>01:45:33.25</b>	+00:43:30 (41.2%)	10:02	6 (58.8%)
37	<b>KUROWSKA Monika</b>	<b>542</b>		Senior Kobiet	6	<b>01:45:31.90</b>	<b>01:45:43.30</b>	+00:43:40 (41.3%)	10:02	6 (58.8%)
38	<b>SZOT Dorota</b>	<b>574</b>		Masters Kobiet	4	<b>01:47:23.70</b>	<b>01:47:33.95</b>	+00:45:31 (42.3%)	10:13	5.9 (57.8%)
39	<b>CABAŁA Tomasz</b>	<b>508</b>	PRZYSZOWA NAPIERDZIELA	Masters Mężczyzn	11	<b>01:47:40.55</b>	<b>01:47:44.65</b>	+00:45:42 (42.4%)	10:15	5.9 (57.8%)
40	<b>KALETA Anna</b>	<b>531</b>	GORĄCY POTOK TEAM	Senior Kobiet	7	<b>01:47:43.35</b>	<b>01:47:46.85</b>	+00:45:44 (42.4%)	10:15	5.8 (56.9%)
41	<b>KUKLA Katarzyna</b>	<b>540</b>		Masters Kobiet	5	<b>01:47:46.20</b>	<b>01:47:50.25</b>	+00:45:47 (42.5%)	10:15	5.8 (56.9%)
42	<b>KUKLA Grzegorz</b>	<b>539</b>		Weteran Mężczyzn	1	<b>01:47:46.20</b>	<b>01:47:50.55</b>	+00:45:47 (42.5%)	10:15	5.8 (56.9%)
43	<b>CIEPŁY Patryk</b>	<b>1007</b>		Senior Mężczyzn	19	<b>01:47:50.05</b>	<b>01:47:55.20</b>	+00:45:52 (42.5%)	10:16	5.8 (56.9%)
44	<b>SZKLARCZYK Piotr</b>	<b>572</b>	BRACTWO BIEGOWE BGK	Masters Mężczyzn	12	<b>01:49:31.00</b>	<b>01:49:31.00</b>	+00:47:28 (43.3%)	10:25	5.8 (56.9%)
45	<b>FALKIEWICZ Arkadiusz</b>	<b>518</b>	NIGHT RUNNERS	Masters Mężczyzn	13	<b>01:49:44.05</b>	<b>01:49:57.45</b>	+00:47:54 (43.6%)	10:27	5.7 (55.9%)
46	<b>MOLITORYS Marek</b>	<b>552</b>		Masters Mężczyzn	14	<b>01:49:54.90</b>	<b>01:49:59.45</b>	+00:47:56 (43.6%)	10:28	5.7 (55.9%)
47	<b>CHOWANIEC Sebastian</b>	<b>509</b>	SUNFIT STUDIO	Masters Mężczyzn	15	<b>01:50:19.05</b>	<b>01:50:23.25</b>	+00:48:20 (43.8%)	10:30	5.7 (55.9%)
48	<b>SZCZĘŚNIAK Janusz</b>	<b>571</b>	BEFIT24TEAM	Weteran Mężczyzn	2	<b>01:50:56.60</b>	<b>01:51:05.50</b>	+00:49:02 (44.2%)	10:33	5.7 (55.9%)
49	<b>SIWINSKA Gosia</b>	<b>563</b>		Masters Kobiet	6	<b>01:51:10.95</b>	<b>01:51:14.75</b>	+00:49:12 (44.2%)	10:35	5.7 (55.9%)
50	<b>KURZAK Andrzej</b>	<b>544</b>	BIEGUNKA	Weteran Mężczyzn	3	<b>01:52:13.90</b>	<b>01:52:21.95</b>	+00:50:19 (44.8%)	10:41	5.6 (54.9%)
51	<b>FILAS Rafał</b>	<b>519</b>	BIEGAMBOLUBIĘ	Masters Mężczyzn	16	<b>01:52:20.40</b>	<b>01:52:33.50</b>	+00:50:30 (44.9%)	10:41	5.6 (54.9%)
52	<b>STACHURA Beata</b>	<b>712</b>		Masters Kobiet	7	<b>01:53:52.50</b>	<b>01:54:03.65</b>	+00:52:01 (45.6%)	10:50	5.5 (53.9%)
53	<b>KRZYŻANOWSKI Mikołaj</b>	<b>537</b>	OBIDOWA GŁUSZEC	Masters Mężczyzn	17	<b>01:54:03.00</b>	<b>01:54:08.35</b>	+00:52:05 (45.6%)	10:51	5.5 (53.9%)
54	<b>BROCIEK Damian</b>	<b>504</b>		Masters Mężczyzn	18	<b>01:55:25.10</b>	<b>01:55:34.10</b>	+00:53:31 (46.3%)	10:59	5.5 (53.9%)
55	<b>DZIMIRA Sławomir</b>	<b>517</b>	BROWAR POGÓRZA	Senior Mężczyzn	20	<b>01:56:11.15</b>	<b>01:56:19.95</b>	+00:54:17 (46.7%)	11:03	5.4 (52.9%)
56	<b>WRÓBLEWSKA Paulina</b>	<b>589</b>	BEFIT24TEAM	Masters Kobiet	8	<b>01:57:05.75</b>	<b>01:57:13.35</b>	+00:55:10 (47.1%)	11:09	5.4 (52.9%)
57	<b>TROJAN Anna</b>	<b>579</b>	BEFIT24TEAM	Weteran Kobiet	1	<b>02:00:14.90</b>	<b>02:00:17.75</b>	+00:58:15 (48.4%)	11:27	5.2 (51.0%)
58	<b>BIECUSZEK Marlena</b>	<b>502</b>	AKTYWNA NOWA RUDA	Senior Kobiet	8	<b>02:00:31.90</b>	<b>02:00:35.35</b>	+00:58:32 (48.5%)	11:28	5.2 (51.0%)
59	<b>KALEMBA Tomasz</b>	<b>530</b>		Senior Mężczyzn	21	<b>02:00:55.00</b>	<b>02:01:00.35</b>	+00:58:57 (48.7%)	11:30	5.2 (51.0%)
60	<b>SARNA Joanna</b>	<b>561</b>		Masters Kobiet	9	<b>02:01:37.60</b>	<b>02:01:44.15</b>	+00:59:41 (49.0%)	11:34	5.2 (51.0%)
61	<b>MRUGACZ Anna</b>	<b>555</b>	44	Masters Kobiet	10	<b>02:01:37.20</b>	<b>02:01:44.25</b>	+00:59:41 (49.0%)	11:34	5.2 (51.0%)
62	<b>MRUGACZ Jacek</b>	<b>554</b>		Masters Mężczyzn	19	<b>02:02:55.45</b>	<b>02:03:01.95</b>	+01:00:59 (49.6%)	11:42	5.1 (50.0%)
63	<b>PAŁKA Ewa</b>	<b>593</b>	KB PARANTELA	Masters Kobiet	11	<b>02:03:02.95</b>	<b>02:03:06.95</b>	+01:01:04 (49.6%)	11:43	5.1 (50.0%)
64	<b>WŁODARCZYK Patryk</b>	<b>587</b>		Masters Mężczyzn	20	<b>02:03:24.00</b>	<b>02:03:29.75</b>	+01:01:27 (49.8%)	11:45	5.1 (50.0%)
65	<b>TRZCIŃSKI Maciej</b>	<b>580</b>		Weteran Mężczyzn	4	<b>02:04:09.10</b>	<b>02:04:21.35</b>	+01:02:18 (50.1%)	11:49	5.1 (50.0%)
66	<b>RAKOWSKI Łukasz</b>	<b>560</b>	MOVE. TEAM	Masters Mężczyzn	21	<b>02:05:12.70</b>	<b>02:05:19.05</b>	+01:03:16 (50.5%)	11:55	5 (49.0%)
67	<b>KŁONOWSKI Konrad</b>	<b>535</b>	MOVE.TEAM	Senior Mężczyzn	22	<b>02:07:50.35</b>	<b>02:07:55.95</b>	+01:05:53 (51.5%)	12:10	4.9 (48.0%)
68	<b>KANIA-STANACH Beata</b>	<b>533</b>		Senior Kobiet	9	<b>02:08:12.30</b>	<b>02:08:17.75</b>	+01:06:15 (51.6%)	12:12	4.9 (48.0%)
69	<b>STANACH Tomasz</b>	<b>566</b>		Senior Mężczyzn	23	<b>02:08:12.10</b>	<b>02:08:18.15</b>	+01:06:15 (51.6%)	12:12	4.9 (48.0%)
70	<b>LEWANDOWSKA Marzena</b>	<b>546</b>	MOVE. TEAM	Masters Kobiet	12	<b>02:11:00.85</b>	<b>02:11:06.70</b>	+01:09:04 (52.7%)	12:28	4.8 (47.1%)
71	<b>MORAWSKA Katarzyna</b>	<b>553</b>	MOVE. TEAM	Masters Kobiet	13	<b>02:11:05.10</b>	<b>02:11:09.75</b>	+01:09:07 (52.7%)	12:29	4.8 (47.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10.5km	Czas brutto 10.5km	Różn	Tempo min/km	Tempo km/h
72	<b>STANKIEWICZ Ilona</b>	<b>567</b>	MOVE	Masters Kobiet	14	<b>02:11:07.05</b>	<b>02:11:12.20</b>	+01:09:09 (52.7%)	12:29	4.8 (47.1%)
73	<b>HADAM Jan</b>	<b>527</b>	HADZIE-DZIADZIE	Senior Mężczyzn	24	<b>02:11:52.70</b>	<b>02:12:04.55</b>	+01:10:01 (53.0%)	12:33	4.8 (47.1%)
74	<b>BUJAS Kacper</b>	<b>506</b>	SIEPRAWKA 5	Senior Mężczyzn	25	<b>02:14:16.00</b>	<b>02:14:16.00</b>	+01:12:13 (53.8%)	12:47	4.7 (46.1%)
75	<b>BUJAS Agnieszka</b>	<b>592</b>	SIEPRAWKA 5	Masters Kobiet	15	<b>02:14:26.00</b>	<b>02:14:26.00</b>	+01:12:23 (53.8%)	12:48	4.7 (46.1%)
76	<b>GRYMEK Dagmara</b>	<b>524</b>	BEFIT24TEAM	Masters Kobiet	16	<b>02:16:59.95</b>	<b>02:17:10.10</b>	+01:15:07 (54.8%)	13:02	4.6 (45.1%)
77	<b>BABICZ-SZCZĘŚNIAK Aneta</b>	<b>500</b>	BEFIT24TEAM	Masters Kobiet	17	<b>02:17:38.00</b>	<b>02:17:38.00</b>	+01:15:35 (54.9%)	13:06	4.6 (45.1%)
78	<b>GAWENDA Dariusz</b>	<b>521</b>	DISCO RUNNERS	Masters Mężczyzn	22	<b>02:18:19.30</b>	<b>02:18:29.00</b>	+01:16:26 (55.2%)	13:10	4.6 (45.1%)
79	<b>DZIAŁACH Adam</b>	<b>516</b>		Masters Mężczyzn	23	<b>02:18:18.85</b>	<b>02:18:29.10</b>	+01:16:26 (55.2%)	13:10	4.6 (45.1%)
80	<b>GŁÓW Edyta</b>	<b>522</b>	DYNADYNA TEAM	Senior Kobiet	10	<b>02:18:25.55</b>	<b>02:18:33.65</b>	+01:16:31 (55.2%)	13:10	4.6 (45.1%)
81	<b>SZUMIEC Joanna</b>	<b>575</b>		Masters Kobiet	18	<b>02:18:24.70</b>	<b>02:18:34.00</b>	+01:16:31 (55.2%)	13:10	4.6 (45.1%)
82	<b>SROKA Monika</b>	<b>564</b>	MOVE. TEAM	Masters Kobiet	19	<b>02:21:01.60</b>	<b>02:21:07.50</b>	+01:19:04 (56.0%)	13:25	4.5 (44.1%)
83	<b>GRABOWSKA Beata</b>	<b>523</b>	MOVE. TEAM	Weteran Kobiet	2	<b>02:21:01.45</b>	<b>02:21:07.60</b>	+01:19:04 (56.0%)	13:25	4.5 (44.1%)
84	<b>SUPERSON-RADECKA Agata</b>	<b>568</b>		Masters Kobiet	20	<b>02:25:39.65</b>	<b>02:25:47.30</b>	+01:23:44 (57.4%)	13:52	4.3 (42.2%)
85	<b>SZAFRAN Adrian</b>	<b>570</b>	AMATORSKA GRUPA BIEGOWA BIEGUNKA	Masters Mężczyzn	24	<b>02:25:41.55</b>	<b>02:25:49.75</b>	+01:23:47 (57.5%)	13:52	4.3 (42.2%)
86	<b>SZMYCIŃSKI Wojciech</b>	<b>573</b>	MOVE. TEAM	Weteran Mężczyzn	5	<b>02:43:31.00</b>	<b>02:43:36.45</b>	+01:41:33 (62.1%)	15:34	3.9 (38.2%)
87	<b>KIERYS Renata</b>	<b>534</b>		Masters Kobiet	21	<b>02:53:50.55</b>	<b>02:53:55.10</b>	+01:51:52 (64.3%)	16:33	3.6 (35.3%)
88	<b>PASEK Maria</b>	<b>558</b>		Masters Kobiet	22	<b>02:53:51.05</b>	<b>02:53:55.80</b>	+01:51:53 (64.3%)	16:33	3.6 (35.3%)
89	<b>ŁAPA Julia</b>	<b>547</b>	AKTYWNA PSZCZYNA RUNNERS TEAM	Senior Kobiet	11	<b>03:10:39.95</b>	<b>03:10:42.85</b>	+02:08:40 (67.5%)	18:09	3.3 (32.4%)
<b>Przekroczony limit czasu: 03:30:00</b>										
90	<b>HADAM Paweł</b>	<b>526</b>	HADZIE-DZIADZIE	Senior Mężczyzn	26	<b>03:34:07.85</b>	<b>03:34:21.90</b>	+02:32:19 (71.1%)	20:23	2.9 (28.4%)
91	<b>KLAMERUS Izabela</b>	<b>1004</b>		Weteran Kobiet	3	<b>03:37:15.80</b>	<b>03:37:25.85</b>	+02:35:23 (71.5%)	20:41	2.9 (28.4%)
	<b>KLAMERUS Maciej</b>	<b>1005</b>		Weteran Mężczyzn		<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 92 wynik(ów)