



# PÓŁMARATON 1X BABIA GÓRA

B4SPORT

**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

ULTRAMARATON BABIA GÓRA 2020  
KOZICA Fundacja Biegów Górskich  
2020-08-08  
Babia Góra  
23.5 km

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P3_Babia 9km	P5_Markowe 17.6km	Czas netto 23.5km	Czas brutto 23.5km	Różn	Tempo min/km	Tempo km/h
1	<b>MAREK Dariusz</b>	<b>460</b>	MONK SANDALS TEAM	M1	1	00:00:01	01:05:28	01:53:48	<b>02:20:41.90</b>	<b>02:20:43.05</b>		5:59	10 (100%)
2	<b>KLAMUT Michał</b>	<b>525</b>	GOPR KARKONOSZE / LEKI POLSKA	M1	2	00:00:01	01:08:52	01:59:59	<b>02:29:41.70</b>	<b>02:29:42.95</b>	+00:08:59 (6.0%)	6:22	9.4 (94.0%)
3	<b>BORYCKI Mirosław</b>	<b>519</b>		M2	1	00:00:01	01:13:58	02:11:11	<b>02:43:32.95</b>	<b>02:43:34.45</b>	+00:22:51 (14.0%)	6:57	8.6 (86.0%)
4	<b>TOBERA Łukasz</b>	<b>446</b>		M2	2	00:00:02	01:16:12	02:13:18	<b>02:44:18.00</b>	<b>02:44:20.10</b>	+00:23:36 (14.4%)	6:59	8.6 (86.0%)
5	<b>STREIT Dawid</b>	<b>500</b>	SBRT BIELSKO-BIAŁA	M1	3	00:00:01	01:13:53	02:13:52	<b>02:45:25.75</b>	<b>02:45:27.40</b>	+00:24:43 (14.9%)	7:02	8.5 (85.0%)
6	<b>WOLCZKO Grzegorz</b>	<b>463</b>	DANIEL WOSIK TERVEL TEAM	M2	3	00:00:02	01:18:04	02:16:35	<b>02:49:40.25</b>	<b>02:49:42.50</b>	+00:28:58 (17.1%)	7:13	8.3 (83.0%)
7	<b>WINIARCZYK-JADACH Beata</b>	<b>508</b>	TG SOKÓŁ ZAKOPANE/ PZLAM	K2	1	00:00:02	01:19:51	02:23:46	<b>02:57:31.65</b>	<b>02:57:34.40</b>	+00:36:49 (20.7%)	7:33	7.9 (79.0%)
8	<b>ŚWIDA Adam</b>	<b>513</b>	FIZJOPASJONACI	M1	4	00:00:00	01:29:04	02:28:14	<b>03:00:28.40</b>	<b>03:00:28.40</b>	+00:39:46 (22.0%)	7:40	7.8 (78.0%)
9	<b>ROZLAZLY Marcin</b>	<b>515</b>		M2	4	00:00:03	01:20:07	02:24:28	<b>03:02:32.40</b>	<b>03:02:35.40</b>	+00:41:50 (22.9%)	7:46	7.7 (77.0%)
10	<b>WOJCIECHOWSKI Mateusz</b>	<b>408</b>		M1	5	00:00:02	01:22:11	02:28:52	<b>03:06:54.15</b>	<b>03:06:56.85</b>	+00:46:12 (24.7%)	7:57	7.5 (75.0%)
11	<b>KIDON Anna</b>	<b>390</b>	ORAWARUN	K1	1	00:00:03	01:30:06	02:34:28	<b>03:09:10.30</b>	<b>03:09:14.10</b>	+00:48:28 (25.6%)	8:03	7.5 (75.0%)
12	<b>WITEK Karolina</b>	<b>483</b>		K1	2	00:00:02	01:26:33	02:34:35	<b>03:12:25.00</b>	<b>03:12:27.20</b>	+00:51:43 (26.9%)	8:11	7.3 (73.0%)
13	<b>TOPOLSKI Marcin</b>	<b>380</b>	CZŁOWIEK KTÓRY NIE BOI SIĘ CHUCKA NORRISA	M2	5	00:00:04	01:24:32	02:33:26	<b>03:12:35.50</b>	<b>03:12:40.25</b>	+00:51:53 (26.9%)	8:11	7.3 (73.0%)
14	<b>WĄSOWICZ Jan</b>	<b>488</b>		M2	6	00:00:02	01:17:01	02:30:36	<b>03:13:47.85</b>	<b>03:13:49.95</b>	+00:53:05 (27.4%)	8:14	7.3 (73.0%)
15	<b>GALEWICZ Katarzyna</b>	<b>520</b>		K2	2	00:00:02	01:30:09	02:37:40	<b>03:16:40.05</b>	<b>03:16:42.75</b>	+00:55:58 (28.5%)	8:22	7.2 (72.0%)
16	<b>KUBIAK Jagoda</b>	<b>391</b>		K1	3	00:00:09	01:32:30	02:40:38	<b>03:17:19.85</b>	<b>03:17:29.45</b>	+00:56:37 (28.7%)	8:23	7.1 (71.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P3_Babia 9km	P5_Markowe 17.6km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 23.5km	brutto 23.5km			
17	MIGACZ Jacek	502	TRAIL RUN KRAKÓW	M2	7	00:00:05	01:33:23	02:40:58	03:18:22.35	03:18:27.50	+00:57:40 (29.1%)	8:26	7.1 (71.0%)
18	PODGÓRSKI Jakub	482	LWY IM	M1	6	00:00:17	01:33:59	02:43:37	03:23:35.70	03:23:52.75	+01:02:53 (30.9%)	8:39	6.9 (69.0%)
19	JĘDRZEJAK Piotr	312		M2	8	00:00:09	01:30:46	02:44:35	03:24:14.15	03:24:23.35	+01:03:32 (31.1%)	8:41	6.9 (69.0%)
20	MAGDA Katarzyna	452		K2	3	00:00:04	01:38:00	02:48:16	03:27:32.90	03:27:37.45	+01:06:51 (32.2%)	8:49	6.8 (68.0%)
21	FISZER Natalia	511	KARKONOSKA HUSARIA	K1	4	00:00:03	01:35:20	02:50:44	03:30:21.10	03:30:24.50	+01:09:39 (33.1%)	8:57	6.7 (67.0%)
22	TURCHAN Michał	359		M1	7	00:00:03	01:30:14	02:45:29	03:32:15.50	03:32:19.10	+01:11:33 (33.7%)	9:01	6.6 (66.0%)
23	WOJCIECHOWSKI Arkadiusz	334	OFF-TRAIL	M2	9	00:00:06	01:31:58	02:49:56	03:34:14.20	03:34:20.25	+01:13:32 (34.3%)	9:06	6.6 (66.0%)
24	WEYNA Bartosz	523		M2	10	00:00:15	01:35:51	02:53:41	03:34:15.00	03:34:30.55	+01:13:33 (34.3%)	9:07	6.6 (66.0%)
25	KOŁODZIEJ Tomasz	435		M1	8	00:00:04	01:30:41	02:48:37	03:34:55.95	03:35:00.40	+01:14:14 (34.5%)	9:08	6.6 (66.0%)
26	MICHALSKA Agnieszka	510		K1	5	00:00:05	01:41:05	02:55:22	03:35:27.65	03:35:33.00	+01:14:45 (34.7%)	9:10	6.5 (65.0%)
27	KOWALCZYK Rafał	447		M1	9	00:00:05	01:31:19	02:52:01	03:36:14.80	03:36:20.05	+01:15:32 (34.9%)	9:12	6.5 (65.0%)
28	ZAJĄCZKOWSKI Paweł	301	POWER TRAINING	M1	10	00:00:16	01:37:42	02:55:13	03:36:51.55	03:37:07.90	+01:16:09 (35.1%)	9:13	6.5 (65.0%)
29	SLIWA Szymon	522		M1	11	00:00:06	01:29:51	02:51:28	03:41:24.90	03:41:30.95	+01:20:43 (36.5%)	9:25	6.4 (64.0%)
30	STERKOWICZ Dorota	514		K1	6	00:00:06	01:48:13	03:03:12	03:42:23.30	03:42:30.00	+01:21:41 (36.7%)	9:27	6.3 (63.0%)
31	GONCZAR Szymon	412		M1	12	00:00:05	01:25:36	02:51:31	03:44:12.80	03:44:18.05	+01:23:30 (37.2%)	9:32	6.3 (63.0%)
32	KRZYZOWSKI Hubert	516		M2	11	00:00:15	01:43:08	03:00:39	03:44:21.15	03:44:36.70	+01:23:39 (37.3%)	9:32	6.3 (63.0%)
33	LUBIENIECKI Kamil	468		M1	13	00:00:07	01:41:36	03:00:45	03:45:24.55	03:45:31.85	+01:24:42 (37.6%)	9:35	6.3 (63.0%)
34	WRÓBEL Kamil	490		M1	14	00:00:03	01:39:28	03:00:52	03:47:48.25	03:47:51.55	+01:27:06 (38.2%)	9:41	6.2 (62.0%)
35	LAZAR Damian	411		M1	15	00:00:18	01:46:27	03:05:37	03:48:19.80	03:48:38.40	+01:27:37 (38.4%)	9:42	6.2 (62.0%)
36	GARUS Łukasz	459		M2	12	00:00:03	01:35:44	03:01:30	03:48:20.85	03:48:24.65	+01:27:38 (38.4%)	9:43	6.2 (62.0%)
37	PUDEŁEK Agnieszka	322		K2	4	00:00:10	01:35:54	02:58:37	03:49:10.95	03:49:21.60	+01:28:29 (38.6%)	9:45	6.2 (62.0%)
38	GRABSKI Konrad	493	NIEPOŁOMICE BIEGAJĄ	M2	13	00:00:31	01:50:40	03:09:15	03:50:21.00	03:50:52.75	+01:29:39 (38.9%)	9:48	6.1 (61.0%)
39	DRÓŹDŹ Tomasz	444	CZEWARUN TIM	M2	14	00:00:09	01:37:29	03:04:22	03:50:22.05	03:50:31.65	+01:29:40 (38.9%)	9:48	6.1 (61.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P3_Babia 9km	P5_Markowe 17.6km	Czas netto 23.5km	Czas brutto 23.5km	Różn	Tempo min/km	Tempo km/h
40	<b>DZIOB Grzegorz</b>	<b>496</b>	NIEPOŁOMICE BIEGAJĄ	M2	15	00:00:22	01:39:27	03:01:52	<b>03:51:21.55</b>	<b>03:51:44.30</b>	+01:30:39 (39.2%)	9:50	6.1 (61.0%)
41	<b>SOLOVIOV Volodymyr</b>	<b>473</b>		M1	16	00:00:14	01:48:07	03:05:46	<b>03:51:40.05</b>	<b>03:51:54.50</b>	+01:30:58 (39.3%)	9:51	6.1 (61.0%)
42	<b>MAGNUCKI Adam</b>	<b>476</b>		M1	17	00:00:05	01:43:16	03:06:04	<b>03:52:06.35</b>	<b>03:52:12.00</b>	+01:31:24 (39.4%)	9:52	6.1 (61.0%)
43	<b>DOMAGAŁA Monika</b>	<b>456</b>		K1	7	00:00:08	01:47:58	03:10:45	<b>03:53:00.75</b>	<b>03:53:09.10</b>	+01:32:18 (39.6%)	9:54	6.1 (61.0%)
44	<b>CHLIPAŁA Marek</b>	<b>477</b>		M1	18	00:00:11	01:40:20	03:05:24	<b>03:53:25.00</b>	<b>03:53:36.35</b>	+01:32:43 (39.7%)	9:55	6 (60.0%)
45	<b>LEWANDOWSKI Wojciech</b>	<b>535</b>		M2	16	00:00:07	01:37:14	02:59:26	<b>03:53:52.80</b>	<b>03:54:00.75</b>	+01:33:10 (39.8%)	9:57	6 (60.0%)
46	<b>MAZUR Grzegorz</b>	<b>464</b>		M3	1	00:00:07	01:44:46	03:09:29	<b>03:53:59.10</b>	<b>03:54:06.85</b>	+01:33:17 (39.9%)	9:57	6 (60.0%)
47	<b>PARZNIEWSKI Maciej</b>	<b>454</b>	TOWARZYSTWO TURYSTYCZNE AKS POLONIA WARSZAWA	M2	17	00:00:22	01:44:00	03:06:43	<b>03:54:25.20</b>	<b>03:54:47.30</b>	+01:33:43 (40.0%)	9:58	6 (60.0%)
48	<b>GORNIAK Malgorzata</b>	<b>410</b>	AZS AWF KRAKOW MASTERD	K2	5	00:00:07	01:44:14	03:11:02	<b>03:55:36.00</b>	<b>03:55:43.95</b>	+01:34:54 (40.3%)	10:01	6 (60.0%)
49	<b>DUTKIEWICZ Leszek</b>	<b>402</b>		M2	18	00:00:39	01:45:56	03:11:11	<b>03:55:36.60</b>	<b>03:56:15.75</b>	+01:34:54 (40.3%)	10:01	6 (60.0%)
50	<b>ZAWADZKI Piotr</b>	<b>385</b>		M2	19	00:00:09	01:46:33	03:13:22	<b>03:56:21.20</b>	<b>03:56:30.60</b>	+01:35:39 (40.5%)	10:03	6 (60.0%)
51	<b>WROŃSKI Łukasz</b>	<b>472</b>		M1	19	00:00:14	01:44:42	03:09:25	<b>03:56:30.65</b>	<b>03:56:45.45</b>	+01:35:48 (40.5%)	10:03	6 (60.0%)
52	<b>MUCHA Agnieszka</b>	<b>352</b>		K2	6	00:00:13	01:48:24	03:14:36	<b>03:56:46.90</b>	<b>03:57:00.00</b>	+01:36:05 (40.6%)	10:04	6 (60.0%)
53	<b>PACANOWSKI Lukasz</b>	<b>428</b>	PARA-NIE-DO-PARY	M2	20	00:00:15	01:41:48	03:08:05	<b>03:57:11.15</b>	<b>03:57:27.05</b>	+01:36:29 (40.7%)	10:05	5.9 (59.0%)
54	<b>STARZYK Ewa</b>	<b>302</b>		K2	7	00:00:09	01:50:17	03:14:23	<b>03:58:13.10</b>	<b>03:58:22.80</b>	+01:37:31 (40.9%)	10:08	5.9 (59.0%)
55	<b>GARCZYŃSKI Radosław</b>	<b>426</b>	POWER TRAINING TEAM	M1	20	00:00:17	01:48:51	03:13:11	<b>03:58:29.40</b>	<b>03:58:46.55</b>	+01:37:47 (41.0%)	10:08	5.9 (59.0%)
56	<b>BISKUP Paweł</b>	<b>506</b>		M2	21	00:00:05	01:42:28	03:09:57	<b>03:58:49.25</b>	<b>03:58:55.20</b>	+01:38:07 (41.1%)	10:09	5.9 (59.0%)
57	<b>BAK Tymoteusz</b>	<b>521</b>	I-SYSTEMS.PL	M2	22	00:00:21	01:50:59	03:14:42	<b>03:59:03.10</b>	<b>03:59:24.45</b>	+01:38:21 (41.1%)	10:10	5.9 (59.0%)
58	<b>MOZEJKO Artur</b>	<b>495</b>	NIEPOŁOMICE BIEGAJĄ	M2	23	00:00:31	01:48:08	03:11:34	<b>04:00:52.15</b>	<b>04:01:23.95</b>	+01:40:10 (41.6%)	10:14	5.9 (59.0%)
59	<b>KUBIAK Andrzej</b>	<b>360</b>		M3	2	00:00:13	01:44:38	03:14:17	<b>04:01:01.35</b>	<b>04:01:14.75</b>	+01:40:19 (41.6%)	10:15	5.9 (59.0%)
60	<b>BOGUCKI Antoni</b>	<b>489</b>		M1	21	00:00:07	01:41:37	03:11:56	<b>04:02:19.55</b>	<b>04:02:27.15</b>	+01:41:37 (41.9%)	10:18	5.8 (58.0%)
61	<b>ANTOLAK Adam</b>	<b>396</b>		M1	22	00:00:07	01:42:22	03:09:45	<b>04:03:42.30</b>	<b>04:03:49.40</b>	+01:43:00 (42.3%)	10:22	5.8 (58.0%)
62	<b>BUDEK Joanna</b>	<b>433</b>	ZAKRĘCONE	K2	8	00:00:14	01:51:39	03:20:42	<b>04:06:11.65</b>	<b>04:06:25.85</b>	+01:45:29 (42.9%)	10:28	5.7 (57.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P3_Babia 9km	P5_Markowe 17.6km	Czas netto 23.5km	Czas brutto 23.5km	Różn	Tempo min/km	Tempo km/h
63	<b>SZYSZKA Ryszard</b>	<b>335</b>		M2	24	00:00:10	01:45:51	03:16:43	<b>04:06:52.55</b>	<b>04:07:02.90</b>	+01:46:10 (43.0%)	10:30	5.7 (57.0%)
64	<b>LENART Sylwia</b>	<b>349</b>		K2	9	00:00:17	01:51:05	03:21:31	<b>04:07:56.20</b>	<b>04:08:13.75</b>	+01:47:14 (43.3%)	10:33	5.7 (57.0%)
65	<b>SKWARNECKI Damian</b>	<b>337</b>	RAZEM TRENUJEMY SPORT	M2	25	00:00:06	01:51:58	03:21:31	<b>04:07:57.95</b>	<b>04:08:04.30</b>	+01:47:16 (43.3%)	10:33	5.7 (57.0%)
66	<b>KOZERA Bartłomiej</b>	<b>303</b>		M1	23	00:00:15	01:49:59	03:17:52	<b>04:08:16.15</b>	<b>04:08:31.50</b>	+01:47:34 (43.3%)	10:33	5.7 (57.0%)
67	<b>BELOWSKI Dariusz</b>	<b>318</b>		M3	3	00:00:14	01:52:15	03:26:59	<b>04:08:34.15</b>	<b>04:08:48.45</b>	+01:47:52 (43.4%)	10:34	5.7 (57.0%)
68	<b>RZESZOTARSKI Tomasz</b>	<b>362</b>	WYBITE JEDYNKI	M2	26	00:00:09	01:51:04	03:24:14	<b>04:12:09.95</b>	<b>04:12:19.05</b>	+01:51:28 (44.2%)	10:43	5.6 (56.0%)
69	<b>KITLAS Dariusz</b>	<b>527</b>		M2	27	00:00:06	01:45:42	03:17:24	<b>04:13:02.25</b>	<b>04:13:08.70</b>	+01:52:20 (44.4%)	10:46	5.6 (56.0%)
70	<b>SIESS Jarosław</b>	<b>308</b>		M3	4	00:00:14	01:52:04	03:25:45	<b>04:13:41.50</b>	<b>04:13:55.60</b>	+01:52:59 (44.5%)	10:47	5.6 (56.0%)
71	<b>LITWINOWICZ Karolina</b>	<b>436</b>	PARANIEDOPARY	K2	10	00:00:15	01:49:20	03:23:57	<b>04:13:46.90</b>	<b>04:14:02.50</b>	+01:53:05 (44.6%)	10:47	5.6 (56.0%)
72	<b>KORZENIOWSKA Małgorzata</b>	<b>316</b>	METLIFE RUN	K2	11	00:00:30	01:49:35	03:25:45	<b>04:14:42.35</b>	<b>04:15:12.35</b>	+01:54:00 (44.8%)	10:50	5.5 (55.0%)
73	<b>CYBULSKA Monika</b>	<b>470</b>		K2	12	00:00:29	01:49:32	03:25:42	<b>04:14:42.65</b>	<b>04:15:12.60</b>	+01:54:00 (44.8%)	10:50	5.5 (55.0%)
74	<b>ŁABĘCKA Agata</b>	<b>321</b>	KLUB BIEGACZA RTV EURO AGD	K2	13	00:00:30	01:56:49	03:27:53	<b>04:15:00.10</b>	<b>04:15:30.35</b>	+01:54:18 (44.8%)	10:51	5.5 (55.0%)
75	<b>KATOLIK Jolanta</b>	<b>356</b>		K2	14	00:00:43	01:58:01	03:28:35	<b>04:15:59.05</b>	<b>04:16:42.80</b>	+01:55:17 (45.0%)	10:53	5.5 (55.0%)
76	<b>WRÓBEL Jakub</b>	<b>455</b>		M2	28	00:00:14	01:48:26	03:22:26	<b>04:17:20.75</b>	<b>04:17:34.80</b>	+01:56:38 (45.3%)	10:57	5.5 (55.0%)
77	<b>MACIAS Adam</b>	<b>422</b>		M1	24	00:00:08	01:49:25	03:24:20	<b>04:17:37.35</b>	<b>04:17:45.85</b>	+01:56:55 (45.4%)	10:57	5.5 (55.0%)
78	<b>GAWRYLCZYK Andrzej</b>	<b>393</b>		M1	25	00:00:11	01:59:11	03:29:08	<b>04:18:01.85</b>	<b>04:18:13.00</b>	+01:57:19 (45.5%)	10:58	5.5 (55.0%)
79	<b>SIESS Małgorzata</b>	<b>309</b>		K1	8	00:00:13	01:52:25	03:26:48	<b>04:18:05.70</b>	<b>04:18:18.80</b>	+01:57:23 (45.5%)	10:58	5.5 (55.0%)
80	<b>BIJATOWSKI Adrian</b>	<b>517</b>		M2	29	00:00:16	01:51:01	03:24:33	<b>04:18:12.20</b>	<b>04:18:28.25</b>	+01:57:30 (45.5%)	10:59	5.5 (55.0%)
81	<b>HANDY Samanta</b>	<b>354</b>	POWOLI DO CELU	K1	9	00:00:19	02:02:16	03:30:56	<b>04:19:53.30</b>	<b>04:20:12.85</b>	+01:59:11 (45.9%)	11:03	5.4 (54.0%)
82	<b>CZAPSKI Piotr</b>	<b>504</b>		M3	5	00:00:17	02:00:57	03:29:56	<b>04:21:58.35</b>	<b>04:22:15.40</b>	+02:01:16 (46.3%)	11:08	5.4 (54.0%)
83	<b>TYSZEWICZ-OBARA Anna</b>	<b>375</b>		K2	15	00:00:35	01:53:04	03:33:41	<b>04:23:30.55</b>	<b>04:24:06.45</b>	+02:02:48 (46.6%)	11:12	5.4 (54.0%)
84	<b>NALEPA Szymon</b>	<b>363</b>	IM-POSSIBLE TEAM	M2	30	00:00:17	01:53:54	03:31:03	<b>04:24:04.50</b>	<b>04:24:22.30</b>	+02:03:22 (46.7%)	11:14	5.3 (53.0%)
85	<b>KĄKOL Jarosław</b>	<b>437</b>	SUSKA GRUPA BIEGOWA	M1	26	00:00:17	02:03:08	03:36:54	<b>04:24:27.15</b>	<b>04:24:44.90</b>	+02:03:45 (46.8%)	11:15	5.3 (53.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P3_Babia 9km	P5_Markowe 17.6km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 23.5km	brutto 23.5km			
86	<b>BŁAŻEJOWSKI Krzysztof</b>	<b>370</b>		M3	6	00:00:31	02:00:53	03:34:55	<b>04:25:30.35</b>	<b>04:26:01.55</b>	+02:04:48 (47.0%)	11:17	5.3 (53.0%)
87	<b>PAWEŁ Łaciak</b>	<b>479</b>	GDÓW PROUD RUNNERS	M2	31	00:00:16	01:48:56	03:26:36	<b>04:26:56.35</b>	<b>04:27:12.60</b>	+02:06:14 (47.3%)	11:21	5.3 (53.0%)
88	<b>TARASIUK Łukasz</b>	<b>307</b>		M2	32	00:00:24	01:55:05	03:30:59	<b>04:28:30.65</b>	<b>04:28:55.10</b>	+02:07:48 (47.6%)	11:25	5.3 (53.0%)
89	<b>BALCER Marcin</b>	<b>416</b>		M2	33	00:00:37	02:01:19	03:36:25	<b>04:29:58.40</b>	<b>04:30:35.65</b>	+02:09:16 (47.9%)	11:29	5.2 (52.0%)
90	<b>RYPUŁA Maria</b>	<b>438</b>	ZEN RUNNING TEAM	K2	16	00:00:13	02:04:17	03:42:40	<b>04:30:34.60</b>	<b>04:30:48.30</b>	+02:09:52 (48.0%)	11:30	5.2 (52.0%)
91	<b>RYPUŁA Jacek</b>	<b>439</b>	ZEN RUNNING TEAM	M2	34	00:00:13	02:04:10	03:42:35	<b>04:30:35.15</b>	<b>04:30:48.55</b>	+02:09:53 (48.0%)	11:30	5.2 (52.0%)
92	<b>ANTOŃCZYK Krzysztof</b>	<b>466</b>		M3	7	00:00:01	01:51:34	03:29:27	<b>04:31:01.00</b>	<b>04:31:02.00</b>	+02:10:19 (48.1%)	11:31	5.2 (52.0%)
93	<b>SZOSTEK Rafał</b>	<b>358</b>		M1	27	00:00:03	01:50:57	03:31:24	<b>04:33:36.80</b>	<b>04:33:40.25</b>	+02:12:54 (48.6%)	11:38	5.2 (52.0%)
94	<b>KASKA Krzysztof</b>	<b>351</b>		M3	8	00:00:23	02:01:31	03:37:47	<b>04:33:43.65</b>	<b>04:34:07.15</b>	+02:13:01 (48.6%)	11:38	5.2 (52.0%)
95	<b>DORENDA-ZABOROWICZ Marta</b>	<b>401</b>		K1	10	00:00:13	02:08:18	03:43:29	<b>04:33:48.75</b>	<b>04:34:02.30</b>	+02:13:06 (48.6%)	11:39	5.1 (51.0%)
96	<b>ROGÓŻ Agnieszka</b>	<b>507</b>	NIEPOŁOMICE BIEGAJĄ	K1	11	00:00:29	02:00:48	03:40:38	<b>04:34:41.40</b>	<b>04:35:10.40</b>	+02:13:59 (48.8%)	11:41	5.1 (51.0%)
97	<b>PAWIŃSKI Artur</b>	<b>480</b>	ADIDAS RUNNERS WARSAW	M2	35	00:00:19	02:03:50	03:48:51	<b>04:38:09.15</b>	<b>04:38:28.55</b>	+02:17:27 (49.4%)	11:50	5.1 (51.0%)
98	<b>SZCZERBOWSKI Karol</b>	<b>330</b>		M2	36	00:00:09	02:01:50	03:41:03	<b>04:38:40.30</b>	<b>04:38:49.45</b>	+02:17:58 (49.5%)	11:51	5.1 (51.0%)
99	<b>PACZYŃSKI Kamil</b>	<b>469</b>	TUPOT MAŁYCH STÓP	M1	28	00:00:07	02:04:25	03:45:30	<b>04:39:43.55</b>	<b>04:39:51.00</b>	+02:19:01 (49.7%)	11:54	5 (50.0%)
100	<b>MACHULA Arkadiusz</b>	<b>524</b>		M2	37	00:00:12	01:59:32	03:45:16	<b>04:41:45.85</b>	<b>04:41:58.35</b>	+02:21:03 (50.1%)	11:59	5 (50.0%)
101	<b>BELOWSKA Anna</b>	<b>317</b>		K2	17	00:00:17	02:12:25	03:52:15	<b>04:42:43.70</b>	<b>04:43:01.15</b>	+02:22:01 (50.2%)	12:01	5 (50.0%)
102	<b>ROJEK Magdalena</b>	<b>530</b>		K2	18	00:00:25	02:02:00	03:51:01	<b>04:44:14.90</b>	<b>04:44:40.20</b>	+02:23:33 (50.5%)	12:05	5 (50.0%)
103	<b>SZEJKA Katarzyna</b>	<b>326</b>		K2	19	00:00:34	02:07:44	03:57:48	<b>04:45:15.45</b>	<b>04:45:49.65</b>	+02:24:33 (50.7%)	12:08	4.9 (49.0%)
104	<b>IWANIEC Ewa</b>	<b>324</b>		K2	20	00:00:33	02:07:28	03:57:43	<b>04:45:15.70</b>	<b>04:45:49.60</b>	+02:24:33 (50.7%)	12:08	4.9 (49.0%)
105	<b>WIECZOREK Łukasz</b>	<b>305</b>	OSP GAŚAWA	M2	38	00:00:35	01:59:03	03:47:21	<b>04:46:24.45</b>	<b>04:46:59.60</b>	+02:25:42 (50.9%)	12:11	4.9 (49.0%)
106	<b>KOSNO Piotr</b>	<b>528</b>		M2	39	00:00:26	01:56:34	03:40:08	<b>04:47:00.40</b>	<b>04:47:26.95</b>	+02:26:18 (51.0%)	12:12	4.9 (49.0%)
107	<b>WLAZŁO Marcin</b>	<b>386</b>	GRUPA POŚCIGOWA	M2	40	00:00:19	01:58:23	03:52:04	<b>04:47:18.15</b>	<b>04:47:37.85</b>	+02:26:36 (51.0%)	12:13	4.9 (49.0%)
108	<b>MAŃKA Justyna</b>	<b>419</b>		K2	21	00:00:08	02:05:25	03:57:24	<b>04:47:51.30</b>	<b>04:48:00.10</b>	+02:27:09 (51.1%)	12:14	4.9 (49.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P3_Babia 9km	P5_Markowe 17.6km	Czas netto 23.5km	Czas brutto 23.5km	Różn	Tempo min/km	Tempo km/h
109	<b>STĘPIEŃ Daria</b>	<b>418</b>		K2	22	00:00:08	02:05:19	03:57:28	<b>04:47:51.60</b>	<b>04:48:00.15</b>	+02:27:09 (51.1%)	12:14	4.9 (49.0%)
110	<b>WOJTON Malgorzata</b>	<b>512</b>	PORANNY PATROL	K2	23	00:00:23	02:03:08	03:50:07	<b>04:48:01.00</b>	<b>04:48:24.25</b>	+02:27:19 (51.1%)	12:15	4.9 (49.0%)
111	<b>FIGZAŁ Leszek</b>	<b>357</b>		M3	9	00:00:04	01:55:56	03:47:05	<b>04:48:04.35</b>	<b>04:48:08.35</b>	+02:27:22 (51.2%)	12:15	4.9 (49.0%)
112	<b>WLAZŁO Monika</b>	<b>387</b>	GRUPA POŚCIGOWA	K2	24	00:00:18	02:01:34	03:52:09	<b>04:48:17.55</b>	<b>04:48:36.35</b>	+02:27:35 (51.2%)	12:16	4.9 (49.0%)
113	<b>MAGDIJ Kamila</b>	<b>361</b>	MEGKURSY.PL	K2	25	00:00:12	02:05:19	03:52:31	<b>04:48:35.95</b>	<b>04:48:48.60</b>	+02:27:54 (51.2%)	12:16	4.9 (49.0%)
114	<b>MAGDIJ Krzysztof</b>	<b>372</b>	MEGKURSY.PL	M2	41	00:00:12	02:05:11	03:52:25	<b>04:48:36.80</b>	<b>04:48:49.65</b>	+02:27:54 (51.3%)	12:16	4.9 (49.0%)
115	<b>ZIEMSKI Maciej</b>	<b>467</b>		M2	42	00:00:22	02:01:48	03:50:54	<b>04:48:50.70</b>	<b>04:49:12.75</b>	+02:28:08 (51.3%)	12:17	4.9 (49.0%)
116	<b>GROCHOWSKI Marcin</b>	<b>327</b>		M2	43	00:00:12	01:58:59	03:56:12	<b>04:49:30.60</b>	<b>04:49:42.95</b>	+02:28:48 (51.4%)	12:19	4.9 (49.0%)
117	<b>TARASIUK Bartosz</b>	<b>451</b>		M1	29	00:00:25	02:02:57	03:51:54	<b>04:49:46.45</b>	<b>04:50:11.90</b>	+02:29:04 (51.4%)	12:19	4.9 (49.0%)
118	<b>GRZESIK Michał</b>	<b>475</b>		M1	30	00:00:28	02:05:39	03:53:38	<b>04:50:14.70</b>	<b>04:50:42.95</b>	+02:29:32 (51.5%)	12:21	4.9 (49.0%)
119	<b>KORZENIOWSKA Magdalena</b>	<b>486</b>	NIEPOŁOMICE BIEGAJĄ	K2	26	00:00:31	02:11:07	03:53:59	<b>04:54:39.70</b>	<b>04:55:10.90</b>	+02:33:57 (52.3%)	12:32	4.8 (48.0%)
120	<b>KIERYŚ Renata</b>	<b>457</b>		K1	12	00:00:07	02:05:13	03:56:05	<b>04:55:03.20</b>	<b>04:55:10.80</b>	+02:34:21 (52.3%)	12:33	4.8 (48.0%)
121	<b>KOWALSKA Katarzyna</b>	<b>491</b>	NIEPOŁOMICE BIEGAJĄ	K2	27	00:00:33	02:07:49	03:57:57	<b>04:55:59.45</b>	<b>04:56:32.50</b>	+02:35:17 (52.5%)	12:35	4.8 (48.0%)
122	<b>JUSZCZYK Małgorzata</b>	<b>494</b>	NIEPOŁOMICE BIEGAJĄ	K2	28	00:00:32	02:16:51	04:03:51	<b>04:58:35.75</b>	<b>04:59:07.80</b>	+02:37:53 (52.9%)	12:42	4.7 (47.0%)
123	<b>POLIT Tomasz</b>	<b>471</b>		M1	31	00:00:24	01:57:14	03:46:41	<b>04:59:38.20</b>	<b>05:00:02.60</b>	+02:38:56 (53.0%)	12:45	4.7 (47.0%)
124	<b>KUCIEL Dawid</b>	<b>345</b>		M1	32	00:00:23	01:57:01	03:46:37	<b>04:59:39.15</b>	<b>05:00:02.85</b>	+02:38:57 (53.0%)	12:45	4.7 (47.0%)
125	<b>URBAŃCZYK Paweł</b>	<b>320</b>		M1	33	00:00:22	01:57:10	03:37:10	<b>04:59:41.10</b>	<b>05:00:04.05</b>	+02:38:59 (53.1%)	12:45	4.7 (47.0%)
126	<b>PIĄTOŃ Piotr</b>	<b>503</b>	NIEPOŁOMICE BIEGAJĄ	M2	44	00:00:00	02:17:27		<b>05:00:15.00</b>	<b>05:00:15.00</b>	+02:39:33 (53.1%)	12:46	4.7 (47.0%)
127	<b>MARCINIAK Agata</b>	<b>338</b>		K2	29	00:00:50	02:10:45	04:00:31	<b>05:01:15.35</b>	<b>05:02:06.25</b>	+02:40:33 (53.3%)	12:49	4.7 (47.0%)
128	<b>ŚCIESZKA Mateusz</b>	<b>415</b>		M2	45	00:00:37	02:09:02	03:59:56	<b>05:02:48.55</b>	<b>05:03:25.55</b>	+02:42:06 (53.5%)	12:53	4.7 (47.0%)
129	<b>RÓŻAŃSKI Michał</b>	<b>417</b>		M2	46	00:00:36	02:09:05	04:00:04	<b>05:02:52.60</b>	<b>05:03:29.55</b>	+02:42:10 (53.5%)	12:53	4.7 (47.0%)
130	<b>LUX Tomasz</b>	<b>485</b>		M2	47	00:00:50	02:13:44	04:08:12	<b>05:03:10.30</b>	<b>05:04:00.40</b>	+02:42:28 (53.6%)	12:54	4.7 (47.0%)
131	<b>WŁODARCZYK Anna</b>	<b>432</b>	ZAKRĘCONE	K2	30	00:00:14	02:12:20	04:08:58	<b>05:04:15.90</b>	<b>05:04:30.85</b>	+02:43:34 (53.8%)	12:56	4.6 (46.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P3_Babia 9km	P5_Markowe 17.6km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 23.5km	brutto 23.5km			
132	<b>ROSZKOWSKA Justyna</b>	<b>395</b>		K1	13	00:00:36	02:16:57	04:03:05	<b>05:05:11.95</b>	<b>05:05:48.60</b>	+02:44:30 (53.9%)	12:59	4.6 (46.0%)
133	<b>BURDA Marek</b>	<b>497</b>	NIEPOŁOMICIE BIEGAJĄ	M3	10	00:00:32	02:12:12	04:08:32	<b>05:08:25.20</b>	<b>05:08:58.00</b>	+02:47:43 (54.4%)	13:07	4.6 (46.0%)
134	<b>MALEC Zbigniew</b>	<b>398</b>		M2	48	00:00:34	02:20:28	04:11:29	<b>05:11:05.00</b>	<b>05:11:39.80</b>	+02:50:23 (54.8%)	13:14	4.5 (45.0%)
135	<b>WYBRANSKA Marta</b>	<b>399</b>		K2	31	00:00:34	02:20:25	04:11:30	<b>05:11:28.90</b>	<b>05:12:03.45</b>	+02:50:47 (54.8%)	13:15	4.5 (45.0%)
136	<b>KANIOWSKI Wojciech</b>	<b>529</b>		M3	11	00:00:16	02:15:44	04:08:42	<b>05:14:06.80</b>	<b>05:14:23.35</b>	+02:53:24 (55.2%)	13:22	4.5 (45.0%)
137	<b>WOJAS Justyna</b>	<b>501</b>	NIEPOŁOMICIE BIEGAJĄ	K1	14	00:00:28	02:03:45	03:49:58	<b>05:17:39.00</b>	<b>05:18:07.25</b>	+02:56:57 (55.7%)	13:31	4.4 (44.0%)
138	<b>OTRĘBSKI Tomasz</b>	<b>409</b>		M2	49	00:00:23	02:11:38	04:14:37	<b>05:18:59.10</b>	<b>05:19:22.15</b>	+02:58:17 (55.9%)	13:34	4.4 (44.0%)
139	<b>MATUSZEWSKI Szymon</b>	<b>383</b>		M1	34	00:00:23	02:15:20	04:11:52	<b>05:24:00.70</b>	<b>05:24:24.20</b>	+03:03:18 (56.6%)	13:47	4.4 (44.0%)
140	<b>SACKIEWICZ-WIĄCEK Agnieszka</b>	<b>505</b>	BIEGAJ W JEDLINIE	K2	32	00:00:14	02:21:22	04:21:53	<b>05:24:38.10</b>	<b>05:24:52.85</b>	+03:03:56 (56.7%)	13:48	4.3 (43.0%)
141	<b>JANIA Przemysław</b>	<b>509</b>		M1	35	00:00:15	02:13:51	04:20:49	<b>05:25:44.80</b>	<b>05:26:00.25</b>	+03:05:02 (56.8%)	13:51	4.3 (43.0%)
142	<b>KOZIOŁ Ewa</b>	<b>373</b>	PORANNY PATROL	K2	33	00:00:23	02:19:06	04:21:56	<b>05:26:28.60</b>	<b>05:26:52.45</b>	+03:05:46 (56.9%)	13:53	4.3 (43.0%)
143	<b>KOCIUBA Katarzyna</b>	<b>319</b>	OBOZYBIEGOWE.PL	K2	34	00:00:26	02:20:40	04:18:13	<b>05:27:52.80</b>	<b>05:28:19.55</b>	+03:07:10 (57.1%)	13:57	4.3 (43.0%)
144	<b>PONIATOWSKI Krzysztof</b>	<b>333</b>	RODZINNA GRUPA ROWEROWA	M2	50	00:00:26	02:20:44	04:20:28	<b>05:28:38.75</b>	<b>05:29:05.45</b>	+03:07:56 (57.2%)	13:59	4.3 (43.0%)
145	<b>SURZYN Aleksandra</b>	<b>420</b>	MOCNI POMOCNI	K1	15	00:00:28	02:28:23	04:23:34	<b>05:28:56.25</b>	<b>05:29:24.45</b>	+03:08:14 (57.2%)	13:59	4.3 (43.0%)
146	<b>MACIOŁEK Radosław</b>	<b>484</b>	FANKLUB IGI I KOFIEGO	M1	36	00:00:26	02:20:48	04:20:24	<b>05:29:40.35</b>	<b>05:30:06.65</b>	+03:08:58 (57.3%)	14:01	4.3 (43.0%)
147	<b>ADAMOWSKA Justyna</b>	<b>448</b>	ZAKRĘCONA	K2	35	00:00:14	02:23:33	04:32:11	<b>05:30:54.70</b>	<b>05:31:09.50</b>	+03:10:12 (57.5%)	14:04	4.3 (43.0%)
148	<b>SZCZUCKI Krzysztof</b>	<b>343</b>		M2	51	00:00:07	02:16:36	04:32:42	<b>05:38:23.20</b>	<b>05:38:30.85</b>	+03:17:41 (58.4%)	14:23	4.2 (42.0%)
149	<b>CHROMIK Krzysztof</b>	<b>369</b>		M2	52	00:00:33	02:12:17	04:32:14	<b>05:43:22.65</b>	<b>05:43:56.30</b>	+03:22:40 (59.0%)	14:36	4.1 (41.0%)
150	<b>ZEMŁA Krzysztof</b>	<b>310</b>		M3	12	00:00:24	02:22:33	04:33:17	<b>05:44:03.20</b>	<b>05:44:27.95</b>	+03:23:21 (59.1%)	14:38	4.1 (41.0%)
151	<b>RUDNICKA Agata</b>	<b>382</b>		K3	1	00:00:30	02:38:32	04:47:30	<b>05:45:00.15</b>	<b>05:45:30.45</b>	+03:24:18 (59.2%)	14:40	4.1 (41.0%)
152	<b>KOCHANOWSKA Anna</b>	<b>445</b>	CZEWARUN TIM	K2	36	00:00:09	02:49:33	04:48:21	<b>05:46:54.30</b>	<b>05:47:04.15</b>	+03:26:12 (59.4%)	14:45	4.1 (41.0%)
153	<b>SMORAĞIEWICZ Marcin</b>	<b>331</b>		M2	53	00:00:33	02:38:26	04:47:26	<b>05:47:02.60</b>	<b>05:47:36.35</b>	+03:26:20 (59.5%)	14:46	4.1 (41.0%)
154	<b>ŁUGOWSKI Sebastian</b>	<b>481</b>		M2	54	00:00:20	02:39:35	04:49:32	<b>05:49:36.55</b>	<b>05:49:57.30</b>	+03:28:54 (59.8%)	14:52	4 (40.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	P3_Babia 9km	P5_Markowe 17.6km	Czas netto 23.5km	Czas brutto 23.5km	Różn	Tempo min/km	Tempo km/h
<b>Przekroczony limit czasu: 06:00:00</b>													
155	<b>CABAJ Rafał</b>	<b>342</b>	BIEGUSIEM.PL	M2	55	00:00:27	02:57:27	05:21:34	<b>06:32:19.55</b>	<b>06:32:47.00</b>	+04:11:37 (64.1%)	16:41	3.6 (36.0%)
156	<b>ZAJĄCZKOWSKA Paulina</b>	<b>304</b>	POWER TRAINING	K1	16	00:00:19	02:57:43	05:21:50	<b>06:32:57.75</b>	<b>06:33:17.45</b>	+04:12:15 (64.2%)	16:43	3.6 (36.0%)
157	<b>STASIAK Mateusz</b>	<b>461</b>	ITFF	M1	37	00:00:41	02:47:29	05:21:47	<b>06:42:54.05</b>	<b>06:43:35.05</b>	+04:22:12 (65.1%)	17:08	3.5 (35.0%)
158	<b>KAIM Antoni</b>	<b>355</b>		M3	13	00:00:34	03:02:30	05:44:43	<b>07:14:11.75</b>	<b>07:14:46.60</b>	+04:53:29 (67.6%)	18:28	3.2 (32.0%)
159	<b>NICIEJA Anna</b>	<b>531</b>		K2	37	00:00:00	02:02:29	03:51:29			+	13:09	4.6 (46.0%)
160	<b>WOSZCZYK Daniel</b>	<b>328</b>		M2	56	00:00:12	02:07:42				+01:02:15	14:11	4.2 (42.0%)
	<b>KUBIK Marek</b>	<b>421</b>		M3		DNF	01:42:25 DNF	03:22:04 DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)
	<b>GRZESIK Renata</b>	<b>474</b>		K1		DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Znaleziono 162 wynik(ów)