



Wydarzenie: SMOCZY CROSS MARATON
Organizator: Fundacja Na Ratunek
Data: 2022-10-22
Miejsce: BRANDYSÓWKA - DOLINKI PODKRAKOWSKIE
Dystans: 47 km

SMOCZYSKO | 47KM

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

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Klasyfikacja: [Wszyscy](#)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lasek 13km	Brandysówka 19km	Góra Smoków 27km	Dubie 38km	Czas netto 47km	Czas brutto 47km	Różn	Tempo min/km	Tempo km/h
1	BOROWSKI Kamil	4836	CHEŁM BIEGA	Senior Mężczyzn	1	01:08:22	01:37:00	02:40:11	03:38:42	04:32:50.40	04:32:50.40		5:48	10.3 (100%)
2	RUSEK Marcin	4863	BARTOSZ GORCZYCA TEAM	Master Mężczyzn	1	01:12:33	01:42:12	02:47:12	03:42:08	04:34:19.85	04:34:19.85	+00:01:29 (0.5%)	5:50	10.3 (100%)
3	BERGEL Piotr	4848		Master Mężczyzn	2	01:16:01	01:46:31	02:55:29	03:53:01	04:49:08.30	04:49:08.30	+00:16:17 (5.6%)	6:09	9.8 (95.1%)
4	WYGANOWSKI Konrad	4868		Weteran Mężczyzn	1	01:12:46	01:43:35	02:57:11	04:00:12	05:00:36.70	05:00:36.70	+00:27:46 (9.2%)	6:23	9.4 (91.3%)
5	KOPEĆ Mateusz	4747		Senior Mężczyzn	2	01:20:09	01:53:44	03:05:56	04:09:17	05:09:56.05	05:09:56.05	+00:37:05 (12.0%)	6:35	9.1 (88.3%)
6	WOJTCZAK Mariusz	4757		Weteran Mężczyzn	2	01:22:54	01:55:59	03:09:54	04:13:49	05:13:25.65	05:13:25.65	+00:40:35 (12.9%)	6:40	9 (87.4%)
7	RUMIAN Jakub	4710	KW KRAKÓW	Senior Mężczyzn	3	01:17:38	01:50:33	03:08:46	04:17:53	05:24:17.90	05:24:17.90	+00:51:27 (15.9%)	6:53	8.7 (84.5%)
8	WARDZYŃSKI Łukasz	4796		Master Mężczyzn	3	01:14:14	01:45:08	03:07:52	04:17:21	05:24:52.80	05:24:52.80	+00:52:02 (16.0%)	6:54	8.7 (84.5%)
9	JÓZEF Tomasz	4855	TOMOBI	Master Mężczyzn	4	01:15:51	01:49:39	03:08:18	04:21:53	05:25:04.25	05:25:04.25	+00:52:13 (16.1%)	6:54	8.7 (84.5%)
10	WRÓBEL Tomasz	4845	ZABIEGANY WOŁOMIN	Weteran Mężczyzn	3	01:25:49	01:59:44	03:14:45	04:24:06	05:25:46.85	05:25:46.85	+00:52:56 (16.3%)	6:55	8.7 (84.5%)
11	KRAWCZYK Karol	4844		Master Mężczyzn	5	01:17:11	01:50:40	03:13:29	04:22:56	05:29:54.30	05:29:54.30	+00:57:03 (17.3%)	7:01	8.5 (82.5%)
12	KOZŁOWSKI Paweł	4725		Master Mężczyzn	6	01:21:25	01:56:06	03:15:32	04:26:05	05:31:40.50	05:31:40.50	+00:58:50 (17.7%)	7:03	8.5 (82.5%)
13	WANTUŁOK Paweł	4864	WKURW_TEAM	Senior Mężczyzn	4	01:12:42	01:42:45	03:02:26	04:22:14	05:34:43.20	05:34:43.20	+01:01:52 (18.5%)	7:07	8.4 (81.6%)
14	RUDNICKI Michał	4777	ASSECO ACTIVE TEAM	Master Mężczyzn	7	01:22:15	01:57:14	03:16:09	04:28:48	05:35:13.35	05:35:13.35	+01:02:22 (18.6%)	7:07	8.4 (81.6%)
15	SUCHORA Kacper	4832	***** ***	Senior Mężczyzn	5	01:27:18	02:03:40	03:19:45	04:30:53	05:37:51.80	05:37:51.80	+01:05:01 (19.2%)	7:11	8.3 (80.6%)
16	DRÓZDŹ Tomasz	4856	CZEWARUN TIM	Master Mężczyzn	8	01:29:40	02:05:58	03:27:17	04:36:51	05:39:05.75	05:39:05.75	+01:06:15 (19.5%)	7:12	8.3 (80.6%)
17	WILKOS Kamil	4751		Senior Mężczyzn	6	01:26:25	02:00:14	03:22:50	04:31:38	05:40:24.00	05:40:24.00	+01:07:33 (19.8%)	7:14	8.3 (80.6%)

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						Lasek 13km	Brandysówka 19km	Smoków 27km	Dubie 38km					
18	KONOPKA Łukasz	4769		Master Mężczyzn	9	01:22:25	01:59:27	03:21:20	04:31:08	05:40:51.35	05:40:51.35	+01:08:00 (20.0%)	7:15	8.3 (80.6%)
19	MAJEK Krzysztof	4702	AUGUSTEAM	Weteran Mężczyzn	4	01:22:29	01:58:13	03:20:25	04:32:34	05:41:21.30	05:41:21.30	+01:08:30 (20.1%)	7:15	8.3 (80.6%)
20	SKOTNICZNY Michał	4805		Senior Mężczyzn	7	01:22:11	01:57:16	03:19:40	04:34:03	05:42:29.45	05:42:29.45	+01:09:39 (20.3%)	7:17	8.2 (79.6%)
21	KAMIŃSKI Marcin	4853		Master Mężczyzn	10	01:26:32	02:00:11	03:21:16	04:31:44	05:43:36.10	05:43:36.10	+01:10:45 (20.6%)	7:18	8.2 (79.6%)
22	STOLARSKI Maciej	4837		Master Mężczyzn	11	01:22:36	01:55:43	03:22:07	04:34:13	05:43:59.20	05:43:59.20	+01:11:08 (20.7%)	7:19	8.2 (79.6%)
23	BANASZCZYK Mariusz	4799	EDC.TEAM.ACTIVE	Master Mężczyzn	12	01:19:56	01:53:57	03:13:10	04:27:49	05:44:28.25	05:44:28.25	+01:11:37 (20.8%)	7:19	8.2 (79.6%)
24	KORECKI Andrzej	4843		Weteran Mężczyzn	5	01:23:57	01:59:57	03:23:24	04:38:07	05:47:24.50	05:47:24.50	+01:14:34 (21.5%)	7:23	8.1 (78.6%)
25	MAGDA Łukasz	4876		Senior Mężczyzn	8	01:35:38	02:11:46	03:30:42	04:40:35	05:48:17.20	05:48:17.20	+01:15:26 (21.7%)	7:24	8.1 (78.6%)
25	MIROSŁAW Albert	4828	WW TEAM	Weteran Mężczyzn	6	01:34:10	02:11:08	03:30:46	04:41:44	05:48:17.20	05:48:17.20	+01:15:26 (21.7%)	7:24	8.1 (78.6%)
27	NOWAK Marek	4772		Weteran Mężczyzn	7	01:20:01	01:53:36	03:20:16	04:39:04	05:50:00.80	05:50:00.80	+01:17:10 (22.0%)	7:26	8.1 (78.6%)
28	CHWIŁKA Daniel	4830	ASSECO ACTIVE TEAM	Master Mężczyzn	13	01:29:13	02:06:04	03:31:11	04:44:24	05:50:52.30	05:50:52.30	+01:18:01 (22.2%)	7:27	8 (77.7%)
29	SKOWRON Radosław	4866	HOMOKOMANDO	Master Mężczyzn	14	01:33:50	02:10:11	03:32:48	04:43:37	05:51:21.20	05:51:21.20	+01:18:30 (22.3%)	7:28	8 (77.7%)
30	SZWAJKA Aneta	4886	STAJNIA BALONA	Weteran Kobiet	1	01:27:38	02:06:19	03:28:53	04:41:53	05:52:21.45	05:52:21.45	+01:19:31 (22.6%)	7:29	8 (77.7%)
31	LIPKA Sebastian	4717		Master Mężczyzn	15	01:21:31	01:57:23	03:22:04	04:41:11	05:52:50.45	05:52:50.45	+01:20:00 (22.7%)	7:30	8 (77.7%)
32	ZAJĄC Marcin	4888	77CATS	Master Mężczyzn	16	01:29:17	02:06:05	03:29:02	04:44:28	05:54:21.15	05:54:21.15	+01:21:30 (23.0%)	7:32	8 (77.7%)
33	PAŁUBSKI Andrzej	4761	TECHGIS	Master Mężczyzn	17	01:28:47	02:06:17	03:34:20	04:48:20	05:55:27.50	05:55:27.50	+01:22:37 (23.2%)	7:33	7.9 (76.7%)
34	SZLENDAK Anna	23	MAM WYBIEGANE/WYBIEGAJ SIEBIE	Master Kobiet	1	01:27:25	02:03:31	03:32:00	04:48:13	05:56:10.05	05:56:10.05	+01:23:19 (23.4%)	7:34	7.9 (76.7%)
35	KULCZYŃSKI Mariusz	4736		Master Mężczyzn	18	01:38:43	02:17:38	03:41:02	04:50:37	05:58:15.45	05:58:15.45	+01:25:25 (23.8%)	7:37	7.9 (76.7%)
36	KOZIEŁ Jan	4834	JAJA NA BOK!	Senior Mężczyzn	9	01:28:37	02:08:34	03:37:59	04:53:48	06:04:16.90	06:04:16.90	+01:31:26 (25.1%)	7:45	7.7 (74.8%)
37	KAŁUŻA Sławomir	4701	ADS MASNA	Weteran Mężczyzn	8	01:28:52	02:09:21	03:37:49	04:54:53	06:06:29.70	06:06:29.70	+01:33:39 (25.6%)	7:47	7.7 (74.8%)
38	KONOPKA Sylwia	30		Master Kobiet	2	01:32:18	02:13:27	03:41:44	04:58:28	06:08:32.55	06:08:32.55	+01:35:42 (26.0%)	7:50	7.7 (74.8%)
39	FLOREK Tomasz	4842	BIEGANIE SZYDERCÓW	Weteran Mężczyzn	9	01:30:07	02:09:50	03:39:00	04:56:19	06:09:01.90	06:09:01.90	+01:36:11 (26.1%)	7:51	7.6 (73.8%)
40	KANDEFER Beata	4755	KB ATHLETIC ZRĘCIN	Weteran Kobiet	2	01:29:06	02:08:33	03:37:51	04:57:16	06:09:52.50	06:09:52.50	+01:37:02 (26.2%)	7:52	7.6 (73.8%)
41	JELONEK-WICHTOWSKA Aleksandra	4770		Senior Kobiet	1	01:32:06	02:11:44	03:45:20	05:01:43	06:10:37.10	06:10:37.10	+01:37:46 (26.4%)	7:53	7.6 (73.8%)
42	GWIZDAŁA Łukasz	4732	KW TRAWERS/SUM(P)T	Master Mężczyzn	19	01:46:12	02:25:43	03:53:17	05:05:50	06:12:38.20	06:12:38.20	+01:39:47 (26.8%)	7:55	7.6 (73.8%)

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43	TALAROWSKI Paweł	4722		Master Mężczyzn	20	01:30:22	02:07:16	03:38:23	04:55:32	06:13:07.35	06:13:07.35	+01:40:16 (26.9%)	7:56	7.6 (73.8%)
44	CEBRAT Ewa	4875		Weteran Kobiet	3	01:34:45	02:14:42	03:49:39	05:06:17	06:13:25.00	06:13:25.00	+01:40:34 (26.9%)	7:56	7.6 (73.8%)
45	SZLIFIŃSKA - NOWAK Anna	4771		Weteran Kobiet	4	01:30:45	02:09:46	03:42:36	05:00:58	06:13:36.10	06:13:36.10	+01:40:45 (27.0%)	7:56	7.5 (72.8%)
46	ZIELIŃSKI Mateusz	4825		Senior Mężczyzn	10	01:28:14	02:07:17	03:42:44	05:01:23	06:14:54.25	06:14:54.25	+01:42:03 (27.2%)	7:58	7.5 (72.8%)
47	STANEK Wojciech	4808	WKURW_TEAM	Senior Mężczyzn	11	01:30:40	02:10:03	03:42:40	05:03:22	06:15:46.10	06:15:46.10	+01:42:55 (27.4%)	7:59	7.5 (72.8%)
48	SZPONDER Artur	4812	KBKS RADOMSKO	Master Mężczyzn	21	01:38:11	02:18:31	03:50:32	05:05:47	06:17:09.00	06:17:09.00	+01:44:18 (27.7%)	8:01	7.5 (72.8%)
49	SZLACHTA Dawid	4720		Senior Mężczyzn	12	01:43:57	02:21:38	03:50:55	05:06:21	06:17:29.35	06:17:29.35	+01:44:38 (27.7%)	8:01	7.5 (72.8%)
50	WYSOCKI Tomasz	4883	BIEGAM ŻEBY ŻREĆ WIĘCEJ CIASTKÓW	Weteran Mężczyzn	10	01:30:15	02:11:30	03:43:32	05:05:11	06:17:35.00	06:17:35.00	+01:44:44 (27.7%)	8:02	7.5 (72.8%)
50	WYSOCKA Agnieszka	4869	BIEGAM BY ŻREĆ WIĘCEJ CIASTKÓW	Master Kobiet	3	01:30:19	02:11:30	03:43:28	05:05:08	06:17:35.00	06:17:35.00	+01:44:44 (27.7%)	8:02	7.5 (72.8%)
52	BAK Artur	4795	FATBOYS SPRINT	Weteran Mężczyzn	11	01:38:39	02:19:07	03:49:31	05:05:41	06:18:32.50	06:18:32.50	+01:45:42 (27.9%)	8:03	7.4 (71.8%)
53	HOŁDA Jerzy	4884	DŻRT / HOLDASY	Master Mężczyzn	22	01:29:01	02:08:33	03:42:42		06:19:00.90	06:19:00.90	+01:46:10 (28.0%)	8:03	7.4 (71.8%)
54	NOWOROLNIK Paweł	4754		Master Mężczyzn	23	01:33:12	02:11:30	03:42:55	05:05:28	06:19:02.75	06:19:02.75	+01:46:12 (28.0%)	8:03	7.4 (71.8%)
55	MIŁKOWSKI Dawid	4880		Senior Mężczyzn	13	01:33:09	02:11:06	03:42:32	05:05:21	06:20:23.70	06:20:23.70	+01:47:33 (28.3%)	8:05	7.4 (71.8%)
56	PILCH Patryk	4850		Senior Mężczyzn	14	01:33:04	02:11:04	03:42:27	05:05:15	06:20:23.75	06:20:23.75	+01:47:33 (28.3%)	8:05	7.4 (71.8%)
57	CZUPKIEWICZ Michał	4791	TRUCHT TEAM OPOLE	Master Mężczyzn	24	01:22:41	01:58:23	03:32:05	04:59:48	06:21:30.50	06:21:30.50	+01:48:40 (28.5%)	8:07	7.4 (71.8%)
58	STUDNICKI Paweł	4794		Weteran Mężczyzn	12	01:31:31	02:09:57	03:43:36	05:08:05	06:24:54.30	06:24:54.30	+01:52:03 (29.1%)	8:11	7.3 (70.9%)
59	WINDLOCH Emilia	4822	ZABIEGANY WOŁOMIN	Master Kobiet	4	01:46:01	02:25:49	03:58:41	05:17:11	06:30:13.60	06:30:13.60	+01:57:23 (30.1%)	8:18	7.2 (69.9%)
60	RENKIEL Tomasz	4865		Weteran Mężczyzn	13	01:44:46	02:27:40	03:59:47	05:20:27	06:33:16.20	06:33:16.20	+02:00:25 (30.6%)	8:22	7.2 (69.9%)
61	GOLONKA Łukasz	4728	ELEKTROGOL	Master Mężczyzn	25	01:24:04	01:59:53	03:36:53	05:10:40	06:33:21.30	06:33:21.30	+02:00:30 (30.6%)	8:22	7.2 (69.9%)
62	KORAL Jakub	4798		Senior Mężczyzn	15	01:35:18	02:14:43	03:44:56	05:14:25	06:33:59.10	06:33:59.10	+02:01:08 (30.7%)	8:22	7.2 (69.9%)
63	PODODEMSKA-ZABDYR Izabela	4861		Weteran Kobiet	5	01:39:35	02:24:10	03:56:20	05:18:32	06:34:26.60	06:34:26.60	+02:01:36 (30.8%)	8:23	7.1 (68.9%)
64	PINDEL Piotr	4867	ŁOWCY PIEROŻKÓW	Senior Mężczyzn	16	01:37:28	02:18:55		05:25:46	06:36:10.25	06:36:10.25	+02:03:19 (31.1%)	8:25	7.1 (68.9%)
65	MUCHA Robert	4705		Weteran Mężczyzn	14	01:38:46	02:19:01	03:57:23	05:17:56	06:37:32.90	06:37:32.90	+02:04:42 (31.4%)	8:27	7.1 (68.9%)
66	JAROCKA Agata	4766	BESTIE OCR LEGIONOWO	Master Kobiet	5	01:41:44	02:24:07	03:59:55	05:20:05	06:38:59.55	06:38:59.55	+02:06:09 (31.6%)	8:29	7.1 (68.9%)
67	PIOTROWSKI Karol	4707	ŁOCHOWO TRIAL TEAM	Senior Mężczyzn	17	01:46:38	02:25:41	03:58:46	05:16:13	06:39:52.15	06:39:52.15	+02:07:01 (31.8%)	8:30	7.1 (68.9%)
68	DZIERŻEŃSKA Monika	4734	STAJNIA BALONA	Weteran Kobiet	6	01:35:34	02:20:56	04:00:25	05:24:43	06:40:52.50	06:40:52.50	+02:08:02 (31.9%)	8:31	7 (68.0%)

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69	SZMAJDOWICZ Paweł	4746	FACHDOM TEAM	Weteran Mężczyzn	15	01:38:49	02:19:12	04:00:21	05:26:19	06:41:54.30	06:41:54.30	+02:09:03 (32.1%)	8:33	7 (68.0%)
70	LITWINEK Marek	4882	AKM PROMILEK	Master Mężczyzn	26	01:41:41	02:25:45	04:08:03	05:05:18	06:43:08.70	06:43:08.70	+02:10:18 (32.3%)	8:34	7 (68.0%)
71	LINNERT Marek	4765	NUTREND BIEGA	Weteran Mężczyzn	16	01:35:56	02:16:39	03:55:17	05:20:42	06:43:31.15	06:43:31.15	+02:10:40 (32.4%)	8:35	7 (68.0%)
72	KURZYDLAK Jakub	4802	EDC.TEAM.ACTIVE	Senior Mężczyzn	18	01:31:17	02:10:16	03:48:36	05:23:59	06:43:37.90	06:43:37.90	+02:10:47 (32.4%)	8:35	7 (68.0%)
73	MAŁKOWSKI Bogdan	4781	SPARTANIE DZIECIOM	Weteran Mężczyzn	17	01:32:53	02:20:55	04:04:42	05:31:17	06:43:42.35	06:43:42.35	+02:10:51 (32.4%)	8:35	7 (68.0%)
74	SYGIET Andrzej	4748	HEDONIŚCI	Weteran Mężczyzn	18	01:34:14	02:19:15	03:57:27	05:25:10	06:43:58.55	06:43:58.55	+02:11:08 (32.5%)	8:35	7 (68.0%)
74	BERGIER Paweł	16	BIEGAMBOMUSZĘ XFIT ULTRA	Master Mężczyzn	27	01:44:38	02:24:26	03:57:29	05:25:13	06:43:58.55	06:43:58.55	+02:11:08 (32.5%)	8:35	7 (68.0%)
76	GNIADKOWSKI Paweł	4826		Master Mężczyzn	28	01:47:02	02:27:46	04:03:21	05:29:43	06:44:05.40	06:44:05.40	+02:11:15 (32.5%)	8:35	7 (68.0%)
77	KOZERA Bartłomiej	4718		Master Mężczyzn	29	01:40:55	02:22:22	04:01:25	05:30:00	06:44:37.50	06:44:37.50	+02:11:47 (32.6%)	8:36	7 (68.0%)
78	GAŁWA Dawid	4784		Senior Mężczyzn	19	01:31:22	02:11:38	03:52:16	05:24:04	06:44:47.00	06:44:47.00	+02:11:56 (32.6%)	8:36	7 (68.0%)
79	KUBISZYN Paweł	3		Senior Mężczyzn	20	01:37:07	02:21:41	03:57:32	05:25:18	06:45:22.65	06:45:22.65	+02:12:32 (32.7%)	8:37	7 (68.0%)
80	KOZIŃSKI Paweł	4758	BIEGAM BO LUBIĘ	Weteran Mężczyzn	19	01:38:02	02:19:00	03:59:10	05:29:16	06:47:10.20	06:47:10.20	+02:14:19 (33.0%)	8:39	6.9 (67.0%)
81	KOZINSKI Mariusz	4813		Master Mężczyzn	30	01:35:11	02:17:09	03:59:03	05:29:28	06:47:10.25	06:47:10.25	+02:14:19 (33.0%)	8:39	6.9 (67.0%)
82	MARGAS Grzegorz	4804		Weteran Mężczyzn	20		02:30:16	04:04:50	05:29:56	06:47:20.45	06:47:20.45	+02:14:30 (33.0%)	8:40	6.9 (67.0%)
83	GROMEK Edyta	4721	SZYBCIEJ NIE DAM RADY	Master Kobiet	6	01:45:28	02:27:45	04:06:19	05:30:26	06:48:10.60	06:48:10.60	+02:15:20 (33.2%)	8:41	6.9 (67.0%)
84	WÓJCIK Łukasz	4724	SZYBCIEJ NIE DAM RADY	Master Mężczyzn	31	01:45:32	02:27:45	04:06:23	05:30:23	06:48:10.70	06:48:10.70	+02:15:20 (33.2%)	8:41	6.9 (67.0%)
85	WOJCIECHOWSKA Milena	4738	SILESIA MARATHON CLUB	Master Kobiet	7	01:43:17	02:27:33	04:04:55	05:31:55	06:48:37.60	06:48:37.60	+02:15:47 (33.2%)	8:41	6.9 (67.0%)
86	MOTULEWSKI Tomasz	4841	PAINTRUN	Master Mężczyzn	32	01:56:37	02:39:28	04:09:19	05:32:37	06:48:44.80	06:48:44.80	+02:15:54 (33.2%)	8:41	6.9 (67.0%)
87	ADAMCZYK Jan	4708	GORLIĆKA GRUPA BIEGOWA	Dinozaur Mężczyzn	1	01:40:58	02:22:49	03:59:39	05:26:57	06:50:33.75	06:50:33.75	+02:17:43 (33.5%)	8:44	6.9 (67.0%)
88	WALAS Krzysztof	24		Master Mężczyzn	33	01:44:26	02:30:44	04:05:10	05:33:12	06:56:19.40	06:56:19.40	+02:23:29 (34.5%)	8:51	6.8 (66.0%)
89	WYBRANIEC Michał	4703		Master Mężczyzn	34	01:44:24	02:30:43	04:05:14	05:33:10	06:56:19.50	06:56:19.50	+02:23:29 (34.5%)	8:51	6.8 (66.0%)
90	PALKIJ Aleksandra	15	KS FORREST LIMANOWA	Senior Kobiet	2	01:44:34	02:30:46	04:05:08	05:34:45	06:56:20.10	06:56:20.10	+02:23:29 (34.5%)	8:51	6.8 (66.0%)
91	PODLESNY Marcin	25		Master Mężczyzn	35	01:43:53	02:24:27	04:01:55	05:32:32	06:56:44.55	06:56:44.55	+02:23:54 (34.5%)	8:52	6.8 (66.0%)
92	BOGUSZ Bartosz	4859		Weteran Mężczyzn	21	01:40:40	02:25:11	04:03:46	05:32:30	06:58:00.05	06:58:00.05	+02:25:09 (34.7%)	8:53	6.7 (65.0%)
93	KENIG Jakub	4797		Master Mężczyzn	36	01:51:53	02:39:22	04:12:24	05:39:54	06:58:05.30	06:58:05.30	+02:25:14 (34.7%)	8:53	6.7 (65.0%)
94	LUBELCZYK Grzegorz	4810		Weteran Mężczyzn	22	01:54:33	02:36:41		05:36:22	06:58:07.10	06:58:07.10	+02:25:16 (34.7%)	8:53	6.7 (65.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Góra				Czas netto 47km	Czas brutto 47km	Różn	Tempo min/km	Tempo km/h
						Lasek 13km	Brandysówka 19km	Smoków 27km	Dubie 38km					
95	MATYSZKIEWICZ Paweł	14	W POGONI ZA DUCHEM	Weteran Mężczyzn	23	01:44:15	02:27:34	04:11:31	05:35:51	06:58:11.95	06:58:11.95	+02:25:21 (34.8%)	8:53	6.7 (65.0%)
96	WAŚKO Rafał	4846		Senior Mężczyzn	21	01:58:39	02:42:56	04:23:09	05:44:01	07:02:34.10	07:02:34.10	+02:29:43 (35.4%)	8:59	6.7 (65.0%)
97	CHOŁOTA Marek	4783		Master Mężczyzn	37	01:30:11	02:12:37	03:58:57	05:34:19	07:04:06.70	07:04:06.70	+02:31:16 (35.7%)	9:01	6.6 (64.1%)
98	KOWALIK Anna	4741	UMCS BIEGA	Master Kobiet	8		02:46:59	04:28:19	05:46:24	07:04:25.85	07:04:25.85	+02:31:35 (35.7%)	9:01	6.6 (64.1%)
99	OLESZEK Magdalena	4793	W POGONI ZA DUCHEM	Master Kobiet	9	01:43:08	02:27:14	04:08:01	05:34:16	07:04:26.15	07:04:26.15	+02:31:35 (35.7%)	9:01	6.6 (64.1%)
100	ERENBERG Rafał	4800	FUDU&CO. SPORT TEAM/EDC.TEAM.ACTIVE/DZIKI NA HAMAKACH	Master Mężczyzn	38	01:39:15	02:19:43	04:03:04	05:33:08	07:04:34.70	07:04:34.70	+02:31:44 (35.7%)	9:02	6.6 (64.1%)
101	MARĆ Artur	4872		Weteran Mężczyzn	24	01:51:57	02:37:05	04:25:56	05:45:56	07:06:39.40	07:06:39.40	+02:33:49 (36.1%)	9:04	6.6 (64.1%)
102	HADAM Przemek	4854		Master Mężczyzn	39	01:54:47	02:36:10	04:14:42	05:44:45	07:07:53.05	07:07:53.05	+02:35:02 (36.2%)	9:06	6.6 (64.1%)
103	MAĆKOWSKI Mateusz	4878	NATURAL BORN COFFEE RUNNERS	Weteran Mężczyzn	25	01:49:49	02:36:25	04:16:06	05:49:40	07:11:21.55	07:11:21.55	+02:38:31 (36.7%)	9:10	6.5 (63.1%)
104	OLBRYŚ Stanisław	26	KB LEGIONOWO	Weteran Mężczyzn	26	02:00:36	02:48:01	04:27:30	05:51:21	07:14:14.55	07:14:14.55	+02:41:24 (37.2%)	9:14	6.5 (63.1%)
105	SZKAMRUK Alicja	4807	EXTREMALNI RZEŹNICY NA RELAKSIE	Senior Kobiet	3	01:56:30	02:45:14	04:27:17	05:52:19	07:15:05.80	07:15:05.80	+02:42:15 (37.3%)	9:15	6.5 (63.1%)
106	WILGAT Adam	4815		Weteran Mężczyzn	27	01:44:50	02:29:54	04:15:37	05:49:51	07:15:59.10	07:15:59.10	+02:43:08 (37.4%)	9:16	6.5 (63.1%)
107	NIZIOŁEK Karol	4879	ELEKTRO-PARTNER KRAKÓW KAROL NIZIOŁEK	Senior Mężczyzn	22	01:47:36	02:31:22	04:05:51	05:42:23	07:16:07.95	07:16:07.95	+02:43:17 (37.4%)	9:16	6.5 (63.1%)
108	KĘDZIORA Marta	17	ŻUBRY RACE TEAM	Senior Kobiet	4	01:48:59	02:33:12	04:18:51	05:47:47	07:16:56.40	07:16:56.40	+02:44:06 (37.6%)	9:17	6.5 (63.1%)
109	PODKÓWKA Zbigniew	4714	PODGÓRZ TORUŃ	Dinozaur Mężczyzn	2	01:59:15	02:41:38	04:26:25	05:53:41	07:18:44.35	07:18:44.35	+02:45:53 (37.8%)	9:20	6.4 (62.1%)
110	ANDRZEJEWSKI Paweł	1		Master Mężczyzn	40	01:48:14	02:36:05	04:27:35	05:58:36	07:20:09.30	07:20:09.30	+02:47:18 (38.0%)	9:21	6.4 (62.1%)
111	POTĘGA Izabela	4727	ZABIERZÓW BIEGA	Master Kobiet	10	01:50:11	02:36:25	04:22:39	05:55:57	07:21:26.15	07:21:26.15	+02:48:35 (38.2%)	9:23	6.4 (62.1%)
112	ŁAWNIK Piotr	4885		Weteran Mężczyzn	28	01:45:15	02:26:26	04:10:19	05:52:37	07:23:25.20	07:23:25.20	+02:50:34 (38.5%)	9:26	6.4 (62.1%)
113	MINIAK Lidia	2	WYBIEG SIEBIE	Master Kobiet	11	01:45:54	02:33:24	04:20:37	05:56:51	07:23:58.70	07:23:58.70	+02:51:08 (38.5%)	9:26	6.4 (62.1%)
114	ŚWIERCZYŃSKI Tomasz	4871		Weteran Mężczyzn	29	01:55:05	02:41:24	04:27:10	06:03:18	07:27:43.55	07:27:43.55	+02:54:53 (39.1%)	9:31	6.3 (61.2%)
115	HALASTRA Anna	4790		Master Kobiet	12	01:56:19	02:39:18	04:28:28	06:01:02	07:27:53.45	07:27:53.45	+02:55:03 (39.1%)	9:31	6.3 (61.2%)
116	ŻYNDA Jan	4839		Weteran Mężczyzn	30	01:57:36	02:37:54	04:28:57	06:03:00	07:30:23.70	07:30:23.70	+02:57:33 (39.4%)	9:34	6.3 (61.2%)
117	KORZENIOWSKA Joanna	4740	UMCS BIEGA	Master Kobiet	13		02:47:00	04:37:42	06:06:25	07:30:52.90	07:30:52.90	+02:58:02 (39.5%)	9:35	6.3 (61.2%)
118	GORCZYCA Dariusz	4847		Weteran Mężczyzn	31	01:57:47	02:44:11	04:31:14	06:09:15	07:31:09.20	07:31:09.20	+02:58:18 (39.5%)	9:35	6.3 (61.2%)
119	KORDYS Krzysztof	4780	ZABIERZÓW BIEGA	Master Mężczyzn	41	01:50:14	02:36:35	04:22:44	05:58:33	07:35:05.95	07:35:05.95	+03:02:15 (40.0%)	9:40	6.2 (60.2%)
120	GRADOWSKI Piotrek	4816	BLUE GRADERS	Master Mężczyzn	42	02:04:24	02:55:32	04:49:43	06:13:46	07:35:29.20	07:35:29.20	+03:02:38 (40.1%)	9:41	6.2 (60.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Góra				Czas netto 47km	Czas brutto 47km	Różn	Tempo min/km	Tempo km/h
						Lasek 13km	Brandysówka 19km	Smoków 27km	Dubie 38km					
121	TRZEPIZUR Dominik	4887	NGB	Senior Mężczyzn	23	01:47:59	02:47:59	04:43:28	06:16:41	07:36:04.85	07:36:04.85	+03:03:14 (40.2%)	9:42	6.2 (60.2%)
122	GUMIELA Piotr	4814	GUMISIOLANDIA	Master Mężczyzn	43	01:56:56	02:42:56	04:33:15	06:11:17	07:39:21.35	07:39:21.35	+03:06:30 (40.6%)	9:46	6.1 (59.2%)
123	SZYSZKOWSKI Włodzimierz	4788		Weteran Mężczyzn	32	02:02:19	02:49:10	04:39:28	06:11:32	07:39:28.40	07:39:28.40	+03:06:38 (40.6%)	9:46	6.1 (59.2%)
124	BONDARCZUK Sylwia	4824	ULTRA BESKID SPORT	Weteran Kobiet	7	01:50:20	02:39:27	04:34:50	06:10:26	07:39:38.20	07:39:38.20	+03:06:47 (40.6%)	9:46	6.1 (59.2%)
125	GUTOWSKI Dariusz	4723	NGB KŁOBUCK	Weteran Mężczyzn	33	01:52:06	02:39:19	04:32:16	06:11:12	07:39:49.50	07:39:49.50	+03:06:59 (40.7%)	9:47	6.1 (59.2%)
126	TARNOWSKI Michał	4775		Master Mężczyzn	44	01:57:39	02:43:46	04:28:51	06:09:02	07:39:51.25	07:39:51.25	+03:07:00 (40.7%)	9:47	6.1 (59.2%)
127	MRÓWCZYŃSKI Tomasz	4787		Master Mężczyzn	45	01:57:41	02:43:47	04:28:54	06:09:41	07:39:53.95	07:39:53.95	+03:07:03 (40.7%)	9:47	6.1 (59.2%)
128	PIÓRKOWSKI Marek	4782	BIEGOWA KUŹNIA	Weteran Mężczyzn	34		02:27:33		06:11:50	07:40:07.80	07:40:07.80	+03:07:17 (40.7%)	9:47	6.1 (59.2%)
129	INDRASZAK Adam	4744	SILESIA MARATON CLUB	Weteran Mężczyzn	35	01:52:16	02:36:24	04:23:34	06:03:42	07:40:54.50	07:40:54.50	+03:08:04 (40.8%)	9:48	6.1 (59.2%)
130	RACIBORSKI Grzegorz	4829	ASSECO ACTIVE TEAM	Master Mężczyzn	46	01:55:58	02:39:28	04:33:50	06:15:34	07:42:30.75	07:42:30.75	+03:09:40 (41.0%)	9:50	6.1 (59.2%)
131	KOS Paweł	4873	EAZYMUT.PL	Weteran Mężczyzn	36	02:02:09	02:52:58	04:48:47	06:17:45	07:44:09.00	07:44:09.00	+03:11:18 (41.2%)	9:52	6.1 (59.2%)
132	JAZUKIEWICZ Ewa	4874	EAZYMUT.PL	Weteran Kobiet	8	02:02:15	02:53:04	04:48:53	06:17:54	07:44:09.25	07:44:09.25	+03:11:18 (41.2%)	9:52	6.1 (59.2%)
133	POCIĘGIEL Michał	4749	SKAWINA BIEGA	Master Mężczyzn	47	01:59:30	02:43:45	04:37:02	06:17:41	07:52:34.45	07:52:34.45	+03:19:44 (42.3%)	10:03	6 (58.3%)
134	BARAN Joanna	4735		Master Kobiet	14	01:56:16	02:48:11	04:44:15	06:22:49	07:52:48.95	07:52:48.95	+03:19:58 (42.3%)	10:03	6 (58.3%)
135	BARAN Roman	4731		Master Mężczyzn	48	01:56:24	02:48:11	04:44:04	06:23:01	07:52:49.10	07:52:49.10	+03:19:58 (42.3%)	10:03	6 (58.3%)
136	REKOWSKI Kacper	4811	HAJDAAA	Senior Mężczyzn	24	01:56:33	02:44:30	04:39:38	06:25:06	07:54:05.00	07:54:05.00	+03:21:14 (42.4%)	10:05	5.9 (57.3%)
137	LISZKOWSKI Artur	4809		Weteran Mężczyzn	37	01:56:46	02:41:07	04:46:09	06:28:36	07:59:42.20	07:59:42.20	+03:26:51 (43.1%)	10:12	5.9 (57.3%)
138	CHRUŚCIEL Lesław	4823		Weteran Mężczyzn	38	01:40:52	02:28:38	04:39:44	06:24:27	08:06:09.20	08:06:09.20	+03:33:18 (43.9%)	10:20	5.8 (56.3%)
139	ŚWIACKI Marcin	4840		Weteran Mężczyzn	39	01:57:51	02:37:55	04:39:19	06:27:23	08:06:09.45	08:06:09.45	+03:33:19 (43.9%)	10:20	5.8 (56.3%)
140	SZCZĘŚNIAK Krzysztof	4858	HEL66	Master Mężczyzn	49	02:18:41	03:00:55	04:55:52	06:39:39	08:08:24.80	08:08:24.80	+03:35:34 (44.1%)	10:23	5.8 (56.3%)
141	ZYWERT Agnieszka	4870	SPARTANIE DZIECIOM	Master Kobiet	15	01:57:57	02:48:08	04:48:43	06:28:32	08:09:22.55	08:09:22.55	+03:36:32 (44.2%)	10:24	5.8 (56.3%)
142	MASTALSKI Bartosz	4857	PARKRUN CHRZANÓW	Master Mężczyzn	50	02:18:45	03:00:55	04:55:57	06:39:32	08:09:31.75	08:09:31.75	+03:36:41 (44.3%)	10:24	5.8 (56.3%)
143	LORENS Krzysztof	4821		Weteran Mężczyzn	40	01:58:57	02:49:55	04:49:20	06:35:42	08:15:43.05	08:15:43.05	+03:42:52 (45.0%)	10:32	5.7 (55.3%)
144	HOŁUJ Andrzej	4709		Weteran Mężczyzn	41	01:47:56	02:36:16	04:50:07	06:40:01	08:19:10.30	08:19:10.30	+03:46:19 (45.3%)	10:37	5.6 (54.4%)
145	WOJCIECHOWSKI Paweł	4729	SILESIA MARATHON CLUB	Master Mężczyzn	51	01:57:44	02:50:29	04:49:25	06:42:28	08:24:07.35	08:24:07.35	+03:51:16 (45.9%)	10:43	5.6 (54.4%)
146	ŻBIKOWSKA Mama Marynarza	4852		Weteran Kobiet	9	02:04:32	02:59:09	05:09:54	06:54:38	08:25:59.90	08:25:59.90	+03:53:09 (46.1%)	10:45	5.6 (54.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Góra				Czas netto 47km	Czas brutto 47km	Różn	Tempo min/km	Tempo km/h
						Lasek 13km	Brandysówka 19km	Smoków 27km	Dubie 38km					
147	JUKIEWICZ Krzysztof	4719	KOZIOROŻEC	Weteran Mężczyzn	42	02:03:01	02:57:36	05:01:02	06:54:00	08:35:01.70	08:35:01.70	+04:02:11 (47.0%)	10:57	5.5 (53.4%)
148	PLISZCZYŃSKA Justyna	4768		Weteran Kobiet	10	02:09:05	03:04:23	05:13:35	07:02:22	08:37:26.40	08:37:26.40	+04:04:36 (47.3%)	11:00	5.4 (52.4%)
149	JATA Marta	4764	MROZEK TRI TEAM/ UMCS BIEGA	Master Kobiet	16	02:09:02	03:04:22	05:13:53	07:02:25	08:37:26.55	08:37:26.55	+04:04:36 (47.3%)	11:00	5.4 (52.4%)
150	RUTKOWSKA Małgorzata	4712		Weteran Kobiet	11	02:09:36	03:04:25	05:09:57	06:57:44	08:43:49.45	08:43:49.45	+04:10:59 (47.9%)	11:08	5.4 (52.4%)
151	FRANKOWSKA Dorota	4737		Weteran Kobiet	12	02:14:06	03:10:33	05:20:23	07:09:47	08:45:39.05	08:45:39.05	+04:12:48 (48.1%)	11:11	5.4 (52.4%)
152	PAWLUS Marek	4877	MAKE MARO FIT AGAIN!	Master Mężczyzn	52	02:09:07	03:04:26	05:12:23	07:12:58	08:48:51.10	08:48:51.10	+04:16:00 (48.4%)	11:15	5.3 (51.5%)
153	ZAKRZEWSKA Anna	4827		Master Kobiet	17	02:06:43	03:00:35	05:17:46	07:08:47	08:53:08.20	08:53:08.20	+04:20:17 (48.8%)	11:20	5.3 (51.5%)
154	ADAMUS Katarzyna	4713	ULTRA BESKID SPORT	Master Kobiet	18	02:15:05	03:17:56	05:34:16	07:35:27	09:16:33.75	09:16:33.75	+04:43:43 (51.0%)	11:50	5.1 (49.5%)
154	MASTEK Beata	4774	ULTRA BESKID SPORT	Weteran Kobiet	13	02:15:11	03:17:56	05:34:19	07:33:55	09:16:33.75	09:16:33.75	+04:43:43 (51.0%)	11:50	5.1 (49.5%)
154	KRZEMPEK Bogusława	4726		Weteran Kobiet	13	02:15:08	03:17:55	05:34:31	07:33:59	09:16:33.75	09:16:33.75	+04:43:43 (51.0%)	11:50	5.1 (49.5%)
157	CAŁUS Jolanta	4801		Weteran Kobiet	15	02:15:15	03:17:55	05:34:24	07:34:02	09:16:33.85	09:16:33.85	+04:43:43 (51.0%)	11:50	5.1 (49.5%)
158	DĄBROWSKI Adrian	4778	POWER TRAINING	Senior Mężczyzn	25	02:04:27	03:00:45	05:26:49	07:30:21	09:22:30.90	09:22:30.90	+04:49:40 (51.5%)	11:58	5 (48.5%)
159	MAŁACHOWSKA Izabela	4773	RUNNERS TEAM QUIBL	Master Kobiet	19	02:02:30	03:00:25	05:26:44	07:32:02	09:22:31.20	09:22:31.20	+04:49:40 (51.5%)	11:58	5 (48.5%)
160	GWOŹDZIOWSKI Marcin	4819		Weteran Mężczyzn	43	02:13:58	03:10:35	05:27:23	07:30:28	09:22:32.30	09:22:32.30	+04:49:41 (51.5%)	11:58	5 (48.5%)
161	WÓJTOWICZ Paweł	4743	LUBLIN BIEGA	Master Mężczyzn	53	02:19:04	03:19:11	05:40:27	07:44:48	09:30:21.95	09:30:21.95	+04:57:31 (52.2%)	12:08	4.9 (47.6%)
162	SOKOŁOWSKI Artur	4860	TEAM ZABIEGANEDNI	Weteran Mężczyzn	44	02:19:53	03:22:19	05:45:28	07:42:30	09:33:39.15	09:33:39.15	+05:00:48 (52.4%)	12:12	4.9 (47.6%)
163	SYPNIEWSKA Hanna	4835	SPARTANIE DZIECIOM/ ULTRAWAY TEAM	Dinozaur Kobiet	1	02:23:22	03:26:40	05:41:06	07:42:23	09:38:34.20	09:38:34.20	+05:05:43 (52.8%)	12:18	4.9 (47.6%)
164	SZKAMRUK Małgorzata	4776	EXTREMALNI RZEŹNICY NA RELAKSIE	Master Kobiet	20	02:18:38	03:21:45	05:42:06	07:55:45	09:51:25.80	09:51:25.80	+05:18:35 (53.9%)	12:35	4.8 (46.6%)
165	BALNER Sebastian	4750		Weteran Mężczyzn	45	02:12:48	03:17:13	05:43:54	07:56:22	09:54:04.55	09:54:04.55	+05:21:14 (54.1%)	12:38	4.7 (45.6%)
166	AL-JEABORY Mahdi	4779	CZARNA TĘCZA	Master Mężczyzn	54	02:12:52	03:17:16	05:43:57	07:56:18	09:54:08.65	09:54:08.65	+05:21:18 (54.1%)	12:38	4.7 (45.6%)
167	CZEMERYS Piotr	4838	RUCH IZBICA	Master Mężczyzn	55	01:22:02	01:55:44					+00:18:44	6:05	9.9 (96.1%)
168	SEWERYN Grzegorz	4789	BIEGOWA KUŹNIA	Master Mężczyzn	56	02:26:12	03:31:54					+01:54:54	11:09	5.4 (52.4%)
	CIUPEK Jerzy	4704	RĄCZE GAZELE	Dinozaur Mężczyzn		01:47:33 DNF	02:31:42 DNF	04:22:03 DNF	05:30:55 DNF	DNF	DNF	-	-	- (0.0%)
	MAKAREWICZ Wiktor	4752	GÓRAL Z MAZUR RUNNING TEAM / KUDŁATE MAKARONY	Master Mężczyzn		01:44:30 DNF	02:25:43 DNF	04:04:04 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	TONIARZ Dymitr	4715		Senior Mężczyzn		01:40:23 DNF	02:24:32 DNF	04:07:01 DNF	DNF	DNF	DNF	-	-	- (0.0%)
	STRĄCZEK Urszula	4786	GISZOWIEC BIEGA RAZEM	Master Kobiet		02:26:16 DNF	03:31:54 DNF	DNF	DNF	DNF	DNF	-	-	- (0.0%)

Znaleziono 172 wynik(ów)