

TRIADA INTRO ŁĄCZNIE

Organizator: Fundacja Kocham Góry
Data: 2020-01-05
Miejsce: Krościenko nad Dunajcem
Dystans: 30 km
Klasyfikacja wg czasów brutto.



TRIADA INTRO ŁĄCZNIE, OPEN

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Gorce	Nocne	Beskid	Netto	Brutto	min/km	km/h	
											Pieniny	Sądecki				
1	JAWORSKI ZBIGNIEW	473	---	KLUSZKOWCE	POL	M40-49	1	M 1	01:22:49.00	00:25:42.00	00:52:29.00	02:40:57.00	02:41:00.00	5:11	11.6	
2	CHLIPAŁA PAWEŁ	429		KAMIENICA	POL	M16-29	1	M 2	01:28:53.00	00:25:49.00	00:55:20.00	02:49:56.00	02:50:02.00	5:28	10.9	
3	FABIAN BOGUSŁAW	445	EVANLITE.COM	PYSKOWICE	POL	M40-49	2	M 3	01:30:21.00	00:26:46.00	00:55:48.00	02:52:48.00	02:52:55.00	5:34	10.8	
4	PACHUT JERZY	551	COLWAY	SŁOPNICE	POL	M16-29	2	M 4	01:28:29.00	00:26:44.00	00:58:24.00	02:53:31.00	02:53:37.00	5:35	10.7	
5	DUDZIK ŁUKASZ	439	GÓRAL BIEGA	KAMIENICA	POL	M30-39	1	M 5	01:31:07.00	00:27:08.00	00:57:34.00	02:55:41.00	02:55:49.00	5:40	10.6	
6	MADZIAR MATEUSZ	525	AO MYKONÓY	STARY SACZ	POL	M16-29	3	M 6	01:36:39.00	00:25:26.00	00:55:20.00	02:57:13.00	02:57:25.00	5:43	10.5	
7	ZYGMUNT TOMASZ	656		GIEDLAROWA	POL	M16-29	4	M 7	01:33:33.00	00:28:30.00	00:55:23.00	02:57:16.00	02:57:26.00	5:43	10.5	
8	SZCZEPANIAK DAMIAN	615	KAMIENICA	KAMIENICA	POL	M30-39	2	M 8	01:36:58.00	00:26:29.00	00:55:33.00	02:58:53.00	02:59:00.00	5:46	10.4	
9	CELEJEWSKI MARCIN	427	MYDŁOWSKA ATHLETIC TEAM	LIPKI WIELKIE	POL	M16-29	5	M 9	01:33:22.00	00:26:32.00	00:59:21.00	02:59:07.00	02:59:15.00	5:46	10.4	
10	MADZIAR WIKTOR	524		ZARZECZE	POL	M16-29	6	M 10	01:35:03.00	00:26:35.00	01:00:08.00	03:01:37.00	03:01:46.00	5:51	10.2	
11	SAROSI KRISTOF	670	GLOBO SPORT SE	DOBRA	HUN	M16-29	7	M 11	01:36:20.00	00:27:37.00	00:57:53.00	03:01:43.00	03:01:50.00	5:51	10.2	
12	KOZIK ADAM	500		KROŚCIENKO NAD DUNAJCEM	POL	M16-29	8	M 12	01:36:36.00	00:27:17.00	00:58:05.00	03:01:40.00	03:01:58.00	5:51	10.2	
13	BATORYNA ALEKSANDER	406	UNIwersytet Ekonomiczny w Katowicach	BĘDZIN	POL	M30-39	3	M 13	01:37:26.00	00:29:18.00	01:00:20.00	03:06:57.00	03:07:04.00	6:01	9.9	
14	BRENDZOWSKI ADAM	420	SOLINATEAM / RUNONLINE.PL TEAM	SOLINA	POL	M30-39	4	M 14	01:41:12.00	00:29:18.00	01:02:28.00	03:12:30.00	03:12:58.00	6:12	9.7	
15	OCHYRA KONRAD	545	SOLINA TEAM	LESKO	POL	M30-39	5	M 15	01:43:59.00	00:29:07.00	01:03:44.00	03:16:16.00	03:16:50.00	6:19	9.5	
16	OLEŚ RAFAŁ	548	HUSARIA RACE TEAM	ZEMBRZYCE	POL	M16-29	9	M 16	01:43:51.00	00:31:07.00	01:02:37.00	03:17:27.00	03:17:35.00	6:22	9.4	
17	BROL PIOTR	423	ENDURANCE TEAM	SIEMIANOWICE	POL	M30-39	6	M 17	01:43:31.00	00:30:53.00	01:04:26.00	03:18:44.00	03:18:50.00	6:24	9.4	
18	ROMANOWSKI ŁUKASZ	584	HUSARIA RACE TEAM	KRAKÓW	POL	M30-39	7	M 18	01:47:50.00	00:32:19.00	01:03:48.00	03:23:42.00	03:23:57.00	6:34	9.1	
19	REICHEL MARCIN	579		KRAKÓW	POL	M30-39	8	M 19	01:52:42.00	00:31:38.00	01:04:06.00	03:28:05.00	03:28:26.00	6:42	8.9	
20	KOPIEC KAMIL	492	JAJA NA BOK	KRAKÓW	POL	M30-39	9	M 20	01:52:42.00	00:31:38.00	01:04:07.00	03:28:04.00	03:28:27.00	6:42	8.9	
21	PIETROCZUK SYLWIA	561	NOA	NYSA	POL	K16-29	1	K 1	01:49:58.00	00:33:52.00	01:07:54.00	03:31:35.00	03:31:44.00	6:49	8.8	
22	REJMAN MAREK	581		TARNOBRZEG	POL	M40-49	3	M 21	01:55:59.00	00:33:27.00	01:03:38.00	03:32:31.00	03:33:04.00	6:51	8.8	
23	DOBOSZ DANIEL	436		GLIWICE	POL	M40-49	4	M 22	01:56:08.00	00:32:13.00	01:05:19.00	03:32:51.00	03:33:40.00	6:51	8.7	
24	KUBIESA-CRO JAKUB	506		KRAKÓW	POL	M30-39	10	M 23	01:54:23.00	00:34:37.00	01:07:25.00	03:35:47.00	03:36:25.00	6:57	8.6	
25	GULBA KRZYSZTOF	459	PENTEL	KRAKÓW	POL	M40-49	5	M 24	01:54:14.00	00:33:49.00	01:10:05.00	03:37:56.00	03:38:08.00	7:01	8.5	
26	KEMPKA MARCIN	495	RAJSPORT ACTIVE	ZDUŃSKA WOLA	POL	M30-39	11	M 25	01:56:30.00	00:34:37.00	01:08:11.00	03:38:46.00	03:39:18.00	7:03	8.5	
27	SKIBA MACIEJ	139	SKIBASPORT.PL / SPORTOWE DZBANY	WAŁBRZYCH	POL	M16-29	10	M 26	01:56:36.00	00:31:45.00	01:11:21.00	03:38:29.00	03:39:42.00	7:02	8.5	
28	KLOCEK KONRAD	663		ŁĘŻYNY		M30-39	12	M 27	01:57:37.00	00:35:06.00	01:09:25.00	03:41:28.00	03:42:08.00	7:08	8.4	
29	KARDASZ MAREK	265	SOLINA TEAM	POLAŃCZYK	POL	M40-49	6	M 28	02:02:15.00	00:33:41.00	01:06:31.00	03:41:59.00	03:42:27.00	7:09	8.4	
30	BORYCKI ARTUR	419	TGR	DĄBROWA TARNOWSKA	POL	M40-49	7	M 29	01:57:21.00	00:34:46.00	01:10:46.00	03:42:37.00	03:42:53.00	7:10	8.4	
31	KOZŁOWSKI BARTOSZ	501	THE THRULERS	PUŁAWY	POL	M30-39	13	M 30	01:56:37.00	00:34:49.00	01:11:34.00	03:42:35.00	03:43:00.00	7:10	8.4	
32	MŁYNARCZYK KRZYSZTOF	536	ANDRYCHÓW RUNNING	WIEPRZ	POL	M30-39	14	M 31	01:57:11.00	00:33:55.00	01:12:55.00	03:43:14.00	03:44:01.00	7:12	8.3	
33	SOSNOWSKI ROMAN	609	LACHO TEAM	KRAKÓW	POL	M50-59	1	M 32	02:01:04.00	00:34:01.00	01:10:48.00	03:45:11.00	03:45:53.00	7:15	8.3	
34	KOCUR GRZEGORZ	483		GLIWICE	POL	M40-49	8	M 33	01:58:26.00	00:35:50.00	01:13:45.00	03:47:03.00	03:48:01.00	7:19	8.2	
35	CHMIELEWSKA-BORUCH MILENA	430		MRAGOWO	POL	K30-39	1	K 2	02:05:56.00	00:34:17.00	01:08:25.00	03:47:16.00	03:48:38.00	7:19	8.2	
36	CHOJNACKI MIKOŁAJ	431	WARSAW RUN CLUB	WARSAWA	POL	M40-49	9	M 34	02:02:21.00	00:35:46.00	01:10:52.00	03:48:00.00	03:48:59.00	7:21	8.2	
37	RZEPKA TOMASZ	589	HTF-LUDWIK SIKORSKI	ALEKSANDRÓW ŁÓDZKI	POL	M40-49	10	M 35	02:08:54.00	00:34:09.00	01:07:50.00	03:50:07.00	03:50:53.00	7:25	8.1	
38	LANGĘ MAGDA	510	STG TARNÓW	GROMNIK	POL	K30-39	2	K 3	01:59:46.00	00:39:29.00	01:12:18.00	03:51:15.00	03:51:33.00	7:27	8	
39	GRZEGORZAK WOJCIECH	458	#ADAMCZERWIŃSKITEAM	NIEPOŁOMICE	POL	M40-49	11	M 36	02:03:47.00	00:34:32.00	01:13:24.00	03:51:04.00	03:51:43.00	7:27	8	
40	WICHA MAŁGORZATA	637	WKS WAWEL	KRAKÓW	POL	K16-29	2	K 4	02:04:40.00	00:35:02.00	01:13:21.00	03:52:50.00	03:53:03.00	7:30	8	
41	KALCZYŃSKI MARCIN	475		KRAKÓW	POL	M16-29	11	M 37	02:08:43.00	00:31:57.00	01:13:27.00	03:52:47.00	03:54:07.00	7:30	8	

TRIADA INTRO ŁĄCZNIE, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Gorce	Nocne Pieniny	Beskid Sądecki	Netto	Brutto	min/km	km/h
42	SZUMNY NINA	622		KRAKÓW	POL	K30-39	3	K 5	02:04:31.00	00:36:19.00	01:13:30.00	03:54:09.00	03:54:20.00	7:33	7.9
43	DEPTUŚ BARTŁOMIEJ	435		KRASNYSTAW	POL	M30-39	15	M 38	02:06:19.00	00:36:35.00	01:12:11.00	03:54:02.00	03:55:05.00	7:32	7.9
44	HERLICZKA TOMASZ	466	AML-FLY TEAM	GLIWICE	POL	M40-49	12	M 39	02:04:56.00	00:36:29.00	01:13:43.00	03:53:33.00	03:55:08.00	7:32	8
45	NIŻNIK BORYS	537	HUSARIA RACE TEAM	KRAKÓW	POL	M40-49	13	M 40	02:07:33.00	00:34:59.00	01:13:47.00	03:55:34.00	03:56:19.00	7:35	7.9
46	SKIERSKI ADAM	600	ENDURANCE TEAM	KATOWICE	POL	M40-49	14	M 41	02:07:42.00	00:36:44.00	01:12:36.00	03:56:39.00	03:57:02.00	7:38	7.9
47	MIKOŚ MAGDALENA	535		KRAKÓW	POL	K30-39	4	K 6	02:02:37.00	00:38:04.00	01:18:32.00	03:58:02.00	03:59:13.00	7:40	7.8
48	WOŹNIAK JANUSZ	643	PORMAT JEDLICZE BIEGA	SKOŁYSZYN	POL	M50-59	2	M 42	02:09:43.00	00:36:18.00	01:15:23.00	04:00:50.00	04:01:24.00	7:46	7.7
49	PIASECKI MARIUSZ	556	MNK	GLIWICE	POL	M40-49	15	M 43	02:11:10.00	00:35:24.00	01:16:59.00	04:01:57.00	04:03:33.00	7:48	7.7
50	SZUREK PAULINA	623		MODERÓWKA	POL	K30-39	5	K 7	02:11:34.00	00:36:05.00	01:16:13.00	04:03:18.00	04:03:52.00	7:50	7.6
51	KOPEĆ KRYSZTIAN	491		RYCZÓWEK	POL	M16-29	12	M 44	02:09:23.00	00:38:07.00	01:17:00.00	04:03:52.00	04:04:30.00	7:52	7.6
52	KOMAR BARTOSZ	485		GLIWICE	POL	M40-49	16	M 45	02:11:34.00	00:36:57.00	01:17:21.00	04:04:57.00	04:05:52.00	7:54	7.6
53	PAWELEC ALEKSANDRA	552	HUSARIA RACE TEAM	KRAKÓW	POL	K16-29	3	K 8	02:15:52.00	00:37:01.00	01:13:54.00	04:05:56.00	04:06:47.00	7:56	7.6
54	GNIADY JAROSŁAW	454		ZGLOBICE	POL	M40-49	17	M 46	02:11:02.00	00:35:56.00	01:20:22.00	04:05:54.00	04:07:20.00	7:55	7.6
55	PINTSCHER PAULINA	564		RABKA-ZDRÓJ	POL	K30-39	6	K 9	02:11:11.00	00:38:42.00	01:17:46.00	04:06:59.00	04:07:39.00	7:58	7.5
56	SAROSI BOLDI	592		DOBRA	HUN	M16-29	13	M 47	02:14:39.00	00:34:42.00	01:18:37.00	04:06:51.00	04:07:58.00	7:57	7.5
57	GAWRYS BARTEK	451	ENDURANCE TEAM	SIEMIANOWICE	POL	M30-39	16	M 48	02:14:31.00	00:36:20.00	01:17:23.00	04:07:50.00	04:08:14.00	7:59	7.5
58	BISZCZUK MARIOLA	417	THE THRULERS	PULAWY	POL	K30-39	7	K 10	02:12:19.00	00:36:59.00	01:19:30.00	04:08:25.00	04:08:48.00	8:00	7.5
59	LEWCZUK NORBERT	515	BIEGACZE POMAGACZE/ ELITE RUNNERS	ŁOSICE	POL	M30-39	17	M 49	02:09:48.00	00:37:45.00	01:22:16.00	04:08:27.00	04:09:49.00	8:00	7.5
60	SKRZYŃSKI RAFAŁ	603	RUNONLINE.PL	NIEPOŁOMICE	POL	M30-39	18	M 50	02:09:53.00	00:38:03.00	01:22:51.00	04:09:38.00	04:10:47.00	8:03	7.5
61	PODOLAK ZBIGNIEW	567	STOWARZYSZENIE PRZYJACIÓŁ DOBREGO WOJAKA SZWEJKA	PRZEMYŚL	POL	M50-59	3	M 51	02:15:05.00	00:37:42.00	01:19:27.00	04:11:27.00	04:12:14.00	8:06	7.4
62	TYKSINSKI RAFAŁ	629	EXPRESSMAP	WARSZAWA	POL	M40-49	18	M 52	02:16:32.00	00:39:20.00	01:19:29.00	04:14:40.00	04:15:21.00	8:12	7.3
63	STEFANIUK MARZENA	610		RADZYMIN	POL	K30-39	8	K 11	02:16:42.00	00:38:02.00	01:20:48.00	04:14:57.00	04:15:32.00	8:13	7.3
64	BLOK IZABELA	418	72D ROWMIX JAVA TEAM	KRAKOW	POL	K30-39	9	K 12	02:05:55.00	00:35:59.00	01:34:40.00	04:16:20.00	04:16:34.00	8:16	7.3
65	PIECZONKA RAFAŁ	558	SPARTAN TREINING GROUP TARNÓW	TARNÓW	POL	M30-39	19	M 53	01:48:45.00	00:49:13.00	01:38:41.00	04:16:13.00	04:16:39.00	8:15	7.3
66	OSTROWSKI ŁUKASZ	549		KRASNYSTAW	POL	M30-39	20	M 54	02:16:35.00	00:38:49.00	01:21:50.00	04:16:15.00	04:17:14.00	8:15	7.3
67	ŚLUSARSKI WŁODEK	518		WARSZAWA	POL	M50-59	4	M 55	02:15:10.00	00:40:43.00	01:23:48.00	04:19:16.00	04:19:41.00	8:21	7.2
68	NOWAK PIOTR	540		TYCHY	POL	M16-29	14	M 56	02:14:53.00	00:41:23.00	01:24:18.00	04:19:48.00	04:20:34.00	8:22	7.2
69	ŻUKOWSKI GRZEGORZ	657	ENDURANCE TEAM	SIEMIANOWICE	POL	M50-59	5	M 57	02:17:38.00	00:40:10.00	01:25:34.00	04:22:46.00	04:23:22.00	8:28	7.1
70	HANUSIAK LESZEK	461	HUSARIA RACE TEAM	KRAKÓW	POL	M30-39	21	M 58	02:20:30.00	00:36:01.00	01:27:02.00	04:22:12.00	04:23:33.00	8:27	7.1
71	CIMASZEWSKI MICHAŁ	434		WAŁBRZYCH	POL	M16-29	15	M 59	02:18:31.00	00:44:08.00	01:21:12.00	04:22:47.00	04:23:51.00	8:28	7.1
72	HRYC MARTYNA	467		GRYWAŁD	POL	K16-29	4	K 13	02:20:26.00	00:38:16.00	01:25:29.00	04:23:58.00	04:24:11.00	8:30	7
73	PROCHASEK ANNA	569		SKRBEŃSKO	POL	K30-39	10	K 14	02:19:45.00	00:40:40.00	01:23:58.00	04:22:58.00	04:24:23.00	8:28	7.1
74	UNIEJEWSKI TOMASZ	630		KATOWICE	POL	M40-49	19	M 60	02:17:05.00	00:42:15.00	01:25:22.00	04:23:18.00	04:24:42.00	8:29	7.1
75	SOKOŁOWSKI WŁADYSŁAW	607	HUSARIA RACE TEAM	KRAKÓW	POL	M16-29	16	M 61	02:24:34.00	00:39:10.00	01:21:28.00	04:24:00.00	04:25:12.00	8:30	7
76	BEDNARZ FRANCISZEK	409		SIEDLISKA	POL	M30-39	22	M 62	02:28:12.00	00:40:38.00	01:16:43.00	04:23:54.00	04:25:33.00	8:30	7
77	BIELECKI ADAM	416		BIELSKO-BIAŁA	POL	M40-49	20	M 63	02:20:15.00	00:41:27.00	01:24:06.00	04:24:53.00	04:25:48.00	8:32	7
78	BEŚCIAK KAMIL	407	SPARTAN TRAINING GROUP TARNÓW	TARNÓW	POL	M16-29	17	M 64	02:15:40.00	00:49:13.00	01:20:59.00	04:25:23.00	04:25:52.00	8:33	7
79	KRYGER JACEK	504	OTE TEAM	RYTEL	POL	M40-49	21	M 65	02:23:53.00	00:39:14.00	01:23:29.00	04:25:37.00	04:26:36.00	8:34	7
80	ROGÓŻ ELŻBIETA	583	PRORUNNING PROMOTION	WARSZAWA	POL	K40-49	1	K 15	02:17:40.00	00:43:49.00	01:25:46.00	04:26:39.00	04:27:15.00	8:36	7
81	DUDA WALDEMAR	438	TARNOWSKI KLUB KARATE SHINKYOKUSHIN	TATNÓW	POL	M40-49	22	M 66	02:25:54.00	00:39:37.00	01:23:24.00	04:28:33.00	04:28:55.00	8:39	6.9
82	KOPEĆ SEBASTIAN	490		RYCZÓWEK	POL	M30-39	23	M 66	02:16:07.00	00:43:46.00	01:29:02.00	04:28:18.00	04:28:55.00	8:39	6.9
83	FRANKOWSKI PIOTR	446		WARSZAWA	POL	M40-49	23	M 68	02:20:57.00	00:43:53.00	01:26:24.00	04:30:01.00	04:31:14.00	8:42	6.9
84	GAWLIKOWSKI ROBERT	544		KATOWICE	POL	M40-49	24	M 69	02:22:46.00	00:41:17.00	01:27:19.00	04:30:14.00	04:31:22.00	8:43	6.9
85	GARDEŁA JUSTYNA	449	WOLBROM TEAM	WOLBROM	POL	K30-39	11	K 16	02:25:57.00	00:40:03.00	01:25:46.00	04:30:14.00	04:31:46.00	8:43	6.9
86	WÓLKIEWICZ DOROTA	647	KS STASZEWSKY	PRUSZKÓW	POL	K50-59	1	K 17	02:31:37.00	00:39:31.00	01:22:18.00	04:32:07.00	04:33:26.00	8:46	6.8
87	KOBIALKA PAWEŁ	482	ROZBIEGANIE DOBCZYCE	DOBCZYCE	POL	M40-49	25	M 70	02:22:33.00	00:43:35.00	01:28:09.00	04:33:15.00	04:34:17.00	8:48	6.8
88	HENDZLIK MONIKA	463		CZĘSTOCHOWA	POL	K40-49	2	K 18	02:25:53.00	00:40:54.00	01:27:51.00	04:33:47.00	04:34:38.00	8:49	6.8
89	ADAMSKI JAKUB	662	OŚRODEK TWÓRCZEJ INTERWENCJI	KRAKÓW		M30-39	24	M 71	02:33:00.00	00:38:55.00	01:22:47.00	04:33:14.00	04:34:42.00	8:48	6.8
90	BEDNARZ JÓZEF	410		SIEDLISKA	POL	M16-29	18	M 72	02:23:01.00	00:42:29.00	01:29:52.00	04:33:34.00	04:35:22.00	8:49	6.8
91	JACHIMOWICZ JAROSŁAW	468	SPARTAN TRAINING GROUP TARNÓW	TARNÓW	POL	M16-29	19	M 73	02:30:59.00	00:40:08.00	01:24:18.00	04:34:58.00	04:35:25.00	8:52	6.8

TRIADA INTRO ŁĄCZNIE, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Gorce	Nocne Pieniny	Beskid Sądecki	Netto	Brutto	min/km	km/h
92	RAKOWSKI KRZYSZTOF	577	RUCHLIWI ŚWIŃSKA NOGA	ZDUŃSKA WOLA	POL	M40-49	26	M 74	02:23:35.00	00:44:04.00	01:30:11.00	04:36:18.00	04:37:50.00	8:54	6.7
93	ROZMUS MARZENA	586	FRELKI LOTAJOM	BOJSZOWY NOWE	POL	K40-49	3	K 19	02:29:02.00	00:40:55.00	01:28:10.00	04:37:29.00	04:38:07.00	8:57	6.7
94	HAŚNIK DARIA	460		BIERUŃ	POL	K30-39	12	K 20	02:26:02.00	00:42:05.00	01:31:45.00	04:39:14.00	04:39:52.00	9:00	6.7
95	KONS KATARZYNA	487	POKA HERKI TEAM	ŁĄCZANY	POL	K16-29	5	K 21	02:31:18.00	00:43:33.00	01:26:34.00	04:40:04.00	04:41:25.00	9:02	6.6
96	JURCZENKO MARCIN	474	ITMBW KRAKÓW	KRAKÓW	POL	M40-49	27	M 75	02:31:55.00	00:43:33.00	01:26:24.00	04:40:39.00	04:41:52.00	9:03	6.6
97	POŹNIAK-STYCZYŃSKA MAJA	565	DDC	PULAWY	POL	K30-39	13	K 22	02:29:40.00	00:41:18.00	01:31:33.00	04:42:14.00	04:42:31.00	9:06	6.6
98	SEKANIEC DOROTA	595	NIDEC ALL FOR DREAMS	KRAKÓW	POL	K30-39	14	K 23	02:26:34.00	00:45:34.00	01:32:54.00	04:43:45.00	04:45:02.00	9:09	6.6
99	WÓJCIK ŁUKASZ	646	OLEJ RUNNING TEAM / CELIRONMAN	PABIANICE	POL	M30-39	25	M 76	02:29:17.00	00:44:13.00	01:31:33.00	04:43:16.00	04:45:03.00	9:08	6.6
100	ROGOWSKA ALEKSANDRA	582	SIOSTRY OLSEN	KRAKÓW	POL	K16-29	6	K 24	02:26:35.00	00:45:26.00	01:34:21.00	04:45:16.00	04:46:22.00	9:12	6.5
101	SAMOJLUK-ŚLUSARSKA BOŻENA	591	DRUŻYNA TVN	WARSZAWA	POL	K60+	1	K 25	02:36:04.00	00:43:31.00	01:27:38.00	04:46:04.00	04:47:13.00	9:13	6.5
102	LUDWA MICHAŁ	516	TARNOWSKI KLUB SPORTOWY SHINKYOKUSHIN KARATE	TARNÓW	POL	M30-39	26	M 77	02:30:21.00	00:49:14.00	01:28:18.00	04:47:24.00	04:47:53.00	9:16	6.5
103	TRUSZKOWSKA MARTA	628		WARSZAWA	POL	K30-39	15	K 26	02:39:24.00	00:40:46.00	01:29:16.00	04:47:58.00	04:49:26.00	9:17	6.5
104	BEDNARZ ANNA	408	42 DO SZCZĘŚCIA	SIEDLIKA	POL	K16-29	7	K 27	02:29:21.00	00:45:56.00	01:34:39.00	04:48:17.00	04:49:56.00	9:17	6.5
105	TOKARSKA BOŻENA	624	#ADAMCZERWIŃSKITEAM	KRAKÓW	POL	K40-49	4	K 28	02:32:03.00	00:46:11.00	01:31:49.00	04:49:04.00	04:50:03.00	9:19	6.4
106	TOKARSKI RAFAŁ	625		KRAKÓW	POL	M40-49	28	M 78	02:32:03.00	00:46:12.00	01:31:49.00	04:49:02.00	04:50:04.00	9:19	6.4
107	HERLICZKA RENATA	465	AML-FLY TEAM	GLIWICE	POL	K30-39	16	K 29	02:34:50.00	00:45:39.00	01:31:00.00	04:49:52.00	04:51:29.00	9:21	6.4
108	WIŚNIEWSKI TOMASZ	635		ALEKSANDRÓW KUJAWSKI	POL	M40-49	29	M 79	02:33:24.00	00:42:17.00	01:35:54.00	04:50:14.00	04:51:35.00	9:21	6.4
109	REJMAN DOROTA	580		TARNOBRZEG	POL	K40-49	5	K 30	02:36:51.00	00:45:54.00	01:29:53.00	04:51:24.00	04:52:38.00	9:24	6.4
110	CHRZAN MAGDALENA	432		KRAKÓW	POL	K30-39	17	K 31	02:39:08.00	00:40:03.00	01:34:06.00	04:52:39.00	04:53:17.00	9:26	6.4
111	NOWAK KRZYSZTOF	542	STG TARNÓW	GROMNIK	POL	M40-49	30	M 80	02:31:55.00	00:46:05.00	01:35:28.00	04:52:41.00	04:53:28.00	9:26	6.4
112	ZĄLUBSKA ANNA	652	DIETETYK-NIEPOLOMICE.PL	KRAKÓW	POL	K30-39	18	K 32	02:33:15.00	00:45:52.00	01:34:54.00	04:53:00.00	04:54:01.00	9:28	6.3
113	NORWECKA SYLWIA	538		KRAKÓW	POL	K30-39	19	K 33	02:39:56.00	00:44:34.00	01:32:22.00	04:55:39.00	04:56:52.00	9:32	6.3
114	SZCZESNIAK AGNIESZKA	616	SB SOBOLE	WARSZAWA	POL	K40-49	6	K 34	02:39:13.00	00:46:06.00	01:34:04.00	04:58:30.00	04:59:23.00	9:37	6.2
115	SOBULSKI KAROL	606	SB SOBOLE	PIASECZNO	POL	M40-49	31	M 81	02:39:13.00	00:46:07.00	01:34:04.00	04:58:33.00	04:59:24.00	9:37	6.2
116	BAR PRZEMEK	405	ENDURANCE TEAM	SIEMIANOWICE	POL	M30-39	27	M 82	02:48:58.00	00:39:31.00	01:32:42.00	05:00:03.00	05:01:11.00	9:40	6.2
117	SŁOWIŃSKI KAROL	604		KRAKÓW	POL	M40-49	32	M 83	02:40:06.00	00:41:53.00	01:39:27.00	04:59:42.00	05:01:26.00	9:40	6.2
118	DĄBROWSKI MAREK	437	TRANSPOREON	WIĘCŁAWICE STARE	POL	M30-39	28	M 84	02:41:53.00	00:45:31.00	01:34:09.00	04:59:53.00	05:01:33.00	9:40	6.2
119	BOROŃ MARLENA	639		KRAKÓW	POL	K16-29	8	K 35	02:39:39.00	00:46:49.00	01:35:36.00	05:01:10.00	05:02:04.00	9:42	6.2
120	WARCHOCKA EWELINA	632		LUBLIN	POL	K40-49	7	K 36	02:42:03.00	00:44:50.00	01:36:04.00	05:01:51.00	05:02:57.00	9:44	6.2
121	SALAMON BARBARA	590		GLIWICE	POL	K40-49	8	K 37	02:38:04.00	00:48:32.00	01:39:32.00	05:05:25.00	05:06:08.00	9:51	6.1
122	SKIBA KATARZYNA	599		ZDUŃSKA WOLA	POL	K40-49	9	K 38	02:42:42.00	00:48:22.00	01:35:42.00	05:05:17.00	05:06:46.00	9:50	6.1
123	PRZYBYLSKI MICHAŁ	570	TRANSPOREON	ZABIERZÓW	POL	M30-39	29	M 85	02:55:04.00	00:43:45.00	01:28:04.00	05:05:19.00	05:06:53.00	9:50	6.1
124	JAGIEŁA TOMASZ	469	BAKOMAT TEAM	KROSNO	POL	M30-39	30	M 86	02:31:24.00	00:50:41.00	01:45:15.00	05:06:44.00	05:07:20.00	9:53	6.1
125	RACZEK RADOSŁAW	574	GORĄCY POTOK TEAM	KRAKÓW	POL	M16-29	20	M 87	02:41:39.00	00:48:23.00	01:37:39.00	05:06:27.00	05:07:41.00	9:53	6.1
126	MAJDA KAROLINA	527		KRAKÓW	POL	K16-29	9	K 39	02:41:39.00	00:48:23.00	01:37:39.00	05:06:29.00	05:07:41.00	9:53	6.1
127	RADOSZ-KWASEK AGATA	575	MUAY RUNNING TEAM	KRAKÓW	POL	K30-39	20	K 40	02:42:24.00	00:51:42.00	01:34:50.00	05:07:51.00	05:08:56.00	9:55	6
128	PRZYBYŁKA AGNIESZKA	571		MYSŁOWICE	POL	K30-39	21	K 41	02:38:28.00	00:47:15.00	01:43:15.00	05:07:53.00	05:08:58.00	9:55	6
129	ARMAŃSKA MARIANNA	400		LEGNICA	POL	K30-39	22	K 42	02:40:41.00	00:48:35.00	01:40:23.00	05:08:57.00	05:09:39.00	9:57	6
130	KONIEC MARIUSZ	486	CARBON OCR RACING TEAM	DĄBROWA GÓRNICZA	POL	M30-39	31	M 88	02:45:09.00	00:50:48.00	01:34:02.00	05:08:45.00	05:09:59.00	9:57	6
131	CIECHAROWSKA JUSTYNA	433		ŻYRARDÓW	POL	K30-39	23	K 43	02:44:56.00	00:47:26.00	01:38:25.00	05:09:24.00	05:10:47.00	9:58	6
132	STYŁA SEBASTIAN	612		TURKA	POL	M40-49	33	M 89	03:10:05.00	00:39:28.00	01:21:42.00	05:10:16.00	05:11:15.00	10:00	6
133	PIETROŃ MONIKA	562	LEMON TEAM	KRAKÓW	POL	K30-39	24	K 44	02:45:09.00	00:48:26.00	01:39:00.00	05:11:24.00	05:12:35.00	10:02	6
134	NOWAK PAULINA	543	SPARTAN TRAINING GROUP TARNÓW	TARNÓW	POL	K30-39	25	K 45	02:44:47.00	00:49:13.00	01:38:41.00	05:12:17.00	05:12:41.00	10:04	6
135	ZIÓŁEK TERESA	655	STEY INSANE	JACKÓW	POL	K60+	2	K 46	02:45:14.00	00:50:57.00	01:37:02.00	05:11:46.00	05:13:13.00	10:03	6
136	GAWRYŁAK BEATA	450	ZUMBIARY	PIASECZNO	POL	K40-49	10	K 47	02:48:58.00	00:46:53.00	01:37:53.00	05:12:03.00	05:13:44.00	10:03	6
137	JĄROSZEWSKA IWONA	471		KOZIEGLÓWY	POL	K40-49	11	K 48	02:43:21.00	00:48:18.00	01:43:08.00	05:13:09.00	05:14:47.00	10:06	5.9
138	WÓLKIEWICZ PAWEŁ	648	OX5	PRUSZKÓW	POL	M50-59	6	M 90	02:43:21.00	00:48:18.00	01:43:08.00	05:13:10.00	05:14:47.00	10:06	5.9
139	KOSTKA ANETA	496	ADIDAS RUNNERS WARSAW	KAZIMIERÓW	POL	K16-29	10	K 49	02:46:38.00	00:46:09.00	01:42:21.00	05:14:24.00	05:15:08.00	10:08	5.9
140	NOWACZEK ALEKSANDRA	539	MULTIMEDIA RUNNERS PULAWY	PULAWY	POL	K30-39	26	K 50	02:53:36.00	00:44:56.00	01:36:48.00	05:14:25.00	05:15:20.00	10:08	5.9
141	ZIÓŁEK KORNELIA	654		WARSZAWA	POL	K30-39	27	K 51	02:44:47.00	00:46:21.00	01:44:29.00	05:14:45.00	05:15:37.00	10:09	5.9
142	POSS MARCIN	568		WARSZAWA	POL	M40-49	34	M 91	02:41:05.00	00:56:14.00	01:39:03.00	05:14:58.00	05:16:22.00	10:09	5.9
143	HEPNER MALWINA	464	ADIDAS RUNNERS WARSAW	WARSZAWA	POL	K30-39	28	K 52	02:46:42.00	00:47:28.00	01:42:21.00	05:15:46.00	05:16:31.00	10:11	5.9
144	DZIÓBEK SYLWIA	444		WIELICZKA	POL	K40-49	12	K 53	02:59:17.00	00:47:18.00	01:30:33.00	05:16:05.00	05:17:08.00	10:11	5.9

TRIADA INTRO ŁĄCZNIE, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Gorce	Nocne Pieniny	Beskid Sądecki	Netto	Brutto	min/km	km/h
201	GROCHAL MARCIN	557	PSEUDOMOUNTAINRUNNER	WYGIEŁZÓW	POL	M40-49	41	M 109	03:30:00.00	01:00:00.00	01:35:38.00	06:05:06.00	06:05:38.00	11:46	5.1
202	OGAZA ANNA	546		SIEMIANOWICE ŚLĄSKIE	POL	K30-39	48	K 93	03:08:35.00	00:58:50.00	01:59:57.00	06:06:22.00	06:07:22.00	11:49	5.1
203	BRODECKI ADAM	422	WATAHA ŁĄCZY NAS BIEGANIE	RADZYŃ PODLASKI	POL	M16-29	24	M 110	03:18:00.00	00:53:30.00	01:55:56.00	06:05:27.00	06:07:26.00	11:47	5.1
204	KANDERSKI SŁAWEK	476	WKB MARATOŃCZYK	WŁOCLAWEK	POL	M50-59	8	M 111	03:18:15.00	00:53:49.00	01:56:06.00	06:06:19.00	06:08:10.00	11:49	5.1
205	DZIEDZIC-WÓJTOWICZ AGNIESZKA	442	SRTG-NIEPOŁOMICE	TARGOWISKO	POL	K40-49	25	K 94	03:10:11.00	01:01:50.00	01:58:43.00	06:09:30.00	06:10:44.00	11:55	5
206	LESZCZYŃSKI ALEKSANDER	514		KRAKÓW	POL	M40-49	42	M 112	03:10:19.00	00:55:43.00	02:06:36.00	06:11:00.00	06:12:38.00	11:58	5
207	LUDKA DAGMARA	513		ZŁOTÓW	POL	K40-49	26	K 95	03:30:00.00	00:52:03.00	01:52:03.00	06:13:36.00	06:14:06.00	12:03	5
208	NOWAK EWELINA	541	STG TARNÓW	GROMNIK		K30-39	49	K 96	03:20:39.00	00:56:27.00	02:03:55.00	06:20:15.00	06:21:01.00	12:15	4.9
209	WIŚNIEWSKA DOROTA	633		ALEKSANDRÓW KUJAWSKI	POL	K40-49	27	K 97	03:25:17.00	00:57:11.00	02:00:58.00	06:21:51.00	06:23:26.00	12:19	4.9
210	GERLE-KOTULA ANNA	452		KATOWICE	POL	K30-39	50	K 98	03:15:10.00	00:55:52.00	02:12:53.00	06:22:38.00	06:23:55.00	12:20	4.9
211	KOTULA JAKUB	498		KATOWICE	POL	M30-39	38	M 113	03:15:10.00	00:56:34.00	02:12:53.00	06:23:16.00	06:24:37.00	12:21	4.9
212	DUBIŃSKI PRZEMYSŁAW	415	PRZEMEK DUBIŃSKI - BIEGIEMPRZEZŚWIAT	CZĘSTOCHOWA	POL	M40-49	43	M 114	03:30:00.00	00:53:02.00	02:02:11.00	06:24:34.00	06:25:13.00	12:24	4.8
213	SKORUPKA ANNA	602		SIEDLCE	POL	K40-49	28	K 99	03:23:27.00	00:56:32.00	02:08:28.00	06:26:30.00	06:28:27.00	12:28	4.8
214	JASIUL MARIOLA	472		LEGIONOWO	POL	K40-49	29	K 100	03:25:58.00	01:05:25.00	02:04:20.00	06:34:09.00	06:35:43.00	12:42	4.7
215	MALARA DALIA	528	CARBON OCR RACING TEAM	ZABRZE	POL	K30-39	51	K 101	03:38:59.00	01:05:59.00	01:53:06.00	06:37:42.00	06:38:04.00	12:49	4.7
216	MALOCHLEB MATEUSZ	659	ZAWISZA STARA KUźNIA	KATOWICE		M16-29	25	M 115	03:14:34.00	00:43:33.00	02:45:03.00	06:41:07.00	06:43:10.00	12:56	4.6
217	ZIENKIEWICZ AGATA	653		WROCLAW	POL	K30-39	52	K 102	03:33:25.00	01:00:44.00	02:09:28.00	06:42:08.00	06:43:37.00	12:58	4.6
218	KAPAŁKA BOŻENA	477	STG TARNÓW	GROMNIK	POL	K50-59	5	K 103	03:23:04.00	01:01:33.00	02:22:56.00	06:46:32.00	06:47:33.00	13:06	4.6
219	WIECZOREK ANDRZEJ	638		TARNÓW	POL	M50-59	9	M 116	03:31:24.00	00:57:01.00	02:22:57.00	06:50:19.00	06:51:22.00	13:14	4.5
220	MIERZEJEWSKA OLGA	534		SIEMIANOWICE ŚLĄSKIE	POL	K30-39	53	K 104	03:34:42.00	01:00:46.00	02:20:35.00	06:54:40.00	06:56:03.00	13:22	4.5
221	SIERECKA DOROTA	596	TEAM ZABIEGANEDNI // WKURW_TEAM	ŻELECHÓW	POL	K40-49	30	K 105	03:37:56.00	01:09:51.00	02:08:46.00	06:54:24.00	06:56:33.00	13:22	4.5
222	SMOGORZEWSKA MARTA	605	WKURW_TEAM	WARSZAWA	POL	K30-39	54	K 106	03:37:56.00	01:02:46.00	02:25:08.00	07:03:42.00	07:05:50.00	13:40	4.4
223	MATUSZCZAK ANGELIKA	531	STG TARNÓW	TARNÓW	POL	K30-39	55	K 107	03:32:24.00	01:14:54.00	02:36:22.00	07:22:44.00	07:23:40.00	14:16	4.2
224	PRZYBYŁO MARTA	572		KRAKÓW	POL	K30-39	56	K 108	03:39:18.00	01:15:42.00	02:39:08.00	07:32:13.00	07:34:08.00	14:35	4.1
225	KOSZNIUK ELZBIETA	497	WYBIEGAJ SIEBIE	CHOTOMÓW	POL	K50-59	6	K 109	03:39:18.00	01:15:42.00	02:45:03.00	07:37:48.00	07:40:03.00	14:46	4.1
	ZAJĄCZKOWSKA EWELINA	650	GRUPA BIEGOWA UM W-WA	WARSZAWA	POL	K30-39			00:00:00.00	00:00:00.00	01:22:10.00	DNF	DNF	-	-
	GABRYŚ RAFAŁ	447	KAWIK RUNNING TEAM	SZCZAWA	POL	M30-39			DNF	DNF	DNF	DNF	DNF	-	-
	SURUS ARTUR	614		TARNÓW	POL	M30-39			02:00:08.00	00:00:00.00	00:00:00.00	DNF	DNF	-	-
	KWASEK KAZEK	293	MUAY RUNNING TEAM	BIBICE	POL	M40-49			02:15:46.00	00:00:00.00	00:00:00.00	DNF	DNF	-	-
	BIAŁEK MARIUSZ	413	ENDURANCE TEAM	KATOWICE	POL	M30-39			02:48:21.00	00:00:00.00	00:00:00.00	DNF	DNF	-	-
	PAWEŁCZYK KACPER	554	K.S. CELIRONMAN S.A.	ŁÓDŹ	POL	M30-39			02:14:54.00	00:44:59.00	00:00:00.00	DNF	DNF	-	-
	MAŃKO MONIKA	529		TURKA	POL	K16-29			03:10:04.00	00:00:00.00	00:00:00.00	DNF	DNF	-	-
	WILCZEWSKA WERONIKA	642		HRUBIESZÓW	POL	K16-29			02:34:00.00	00:47:50.00	00:00:00.00	DNF	DNF	-	-
	KUBIESA PATRYCJA	505	HUSARIA RACE TEAM	KRAKÓW	POL	K30-39			03:22:28.00	00:00:00.00	00:00:00.00	DNF	DNF	-	-
	KARPIŃSKA ANIA	479	DZIKIE GRUBASY SZATANA/ADIDAS RUNERS WARSAW	WARSZAWA	POL	K40-49			03:31:45.00	00:00:00.00	00:00:00.00	DNF	DNF	-	-
	DZIEWIĄTKOWSKA EWA	443		STARE BABICE	POL	K40-49			02:40:44.00	00:00:00.00	01:43:23.00	DNF	DNF	-	-
	PIENKOWSKI LESZEK	559	WM TRISELF	KRAKÓW	POL	M50-59			03:33:25.00	00:58:53.00	00:00:00.00	DNF	DNF	-	-
	JACKOWSKA EWA	660	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	JAROSŁAW		K40-49			03:01:30.00	00:00:00.00	01:48:51.00	DNF	DNF	-	-
	JACKOWSKI JACEK	661	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	JAROSŁAW		M40-49			03:01:33.00	00:00:00.00	01:48:50.00	DNF	DNF	-	-

TRIADA INTRO ŁĄCZNIE, OPEN c.d.

M-ce	Nazwisko i imię	Nr	Klub	M-scowość	Kraj	Kat.	M. kat	K/M	Gorce	Nocne Pieniny	Beskid Sądecki	Netto	Brutto	min/km	km/h
	KOPCZYK JAKUB	489		LUBLIN	POL	M16-29			03:03:55.00 DNF	00:00:00.00 DNF	01:54:23.00 DNF	DNF	DNF	-	-