

## TWT ZIMNA POŁÓWKA 21KM

Organizator: Fundacja Rozwoju Sportu i Promocji Obronności "MURAWA"

Data: 2021-02-13

Miejsce: Nowy Targ

Dystans: 21 km

Klasyfikacja wg czasów netto.



### TWT ZIMNA POŁÓWKA 21KM, OPEN

| M-ce | Nazwisko i imię    | Nr  | Klub                                 | M-scowość          | Kraj | Kat.      | M. kat | K/M  | 14km     | Netto       | min/km | km/h |
|------|--------------------|-----|--------------------------------------|--------------------|------|-----------|--------|------|----------|-------------|--------|------|
| 1    | CZUBA JAREK        | 122 | TEAM MOUNTAIN FUEL                   | KRAKÓW             | POL  | MĘZCZYŹNI | 1      | M 1  | 01:28:32 | 01:56:34.60 | 5:33   | 10.8 |
| 2    | SUROWIEC MICHAŁ    | 244 |                                      | WOJKOWICE          | POL  | MĘZCZYŹNI | 2      | M 2  | 01:31:29 | 01:59:59.25 | 5:42   | 10.5 |
| 3    | GRUBKA BARTOSZ     | 145 | TRIO TEAM                            | OSIEK              | POL  | MĘZCZYŹNI | 3      | M 3  | 01:31:53 | 02:01:18.10 | 5:46   | 10.4 |
| 4    | PAWLIKOWSKI MICHAŁ | 212 |                                      | GLICZARÓW DOLNY    | POL  | MĘZCZYŹNI | 4      | M 4  | 01:31:35 | 02:01:18.45 | 5:46   | 10.4 |
| 5    | MAREK DARIUSZ      | 297 | MONK SANDALS TEAM                    | KRAKÓW             | POL  | MĘZCZYŹNI | 5      | M 5  |          | 02:07:07.15 | 6:03   | 9.9  |
| 6    | TYNUS GRZEGORZ     | 293 | NOWOTARSKI KLUB KOLARSKI             | FRYDMAN            | POL  | MĘZCZYŹNI | 6      | M 6  | 01:39:08 | 02:11:36.15 | 6:16   | 9.6  |
| 7    | GAŁDYN KAMIL       | 296 | GORĄCY POTOK                         | SZAFLARY           | POL  | MĘZCZYŹNI | 7      | M 7  | 01:42:03 | 02:12:58.50 | 6:19   | 9.5  |
| 8    | KOWALIK MARCIN     | 165 | PGE RUN OBRÓT                        | RZESZÓW            | POL  | MĘZCZYŹNI | 8      | M 8  |          | 02:14:11.75 | 6:23   | 9.4  |
| 9    | KOCIOŁEK WITOLD    | 116 |                                      | KRAKÓW             | POL  | MĘZCZYŹNI | 9      | M 9  | 01:41:57 | 02:15:40.45 | 6:27   | 9.3  |
| 10   | MANJURA TOMASZ     | 189 | CSC ADVENTURE ACADEMY                | CHORZÓW            | POL  | MĘZCZYŹNI | 10     | M 10 | 01:45:32 | 02:18:37.35 | 6:36   | 9.1  |
| 11   | MIKOŚ MARCIN       | 197 | BDB KATOWICE                         | KATOWICE           | POL  | MĘZCZYŹNI | 11     | M 11 | 01:45:13 | 02:18:43.40 | 6:36   | 9.1  |
| 12   | BEDNARZ JAKUB      | 107 | DRUŻYNA SZPIKU/BIEGANIE NA SZCZYTACH | ZAKOPANE           | POL  | MĘZCZYŹNI | 12     | M 12 | 01:43:23 | 02:18:46.75 | 6:36   | 9.1  |
| 13   | MAŁEK ŁUKASZ       | 289 | NIEDZICA                             | NIEDZICA           | POL  | MĘZCZYŹNI | 13     | M 13 | 01:45:12 | 02:18:52.50 | 6:36   | 9.1  |
| 14   | SYSKA JACEK        | 245 |                                      | NOWY TARG          | POL  | MĘZCZYŹNI | 14     | M 14 | 01:45:38 | 02:19:37.35 | 6:38   | 9    |
| 15   | RACHTAN WOJTEK     | 291 | GORĄCY POTOK TEAM                    | KRAKÓW             | POL  | MĘZCZYŹNI | 15     | M 15 | 01:47:27 | 02:20:44.90 | 6:42   | 9    |
| 16   | LEWANDOWSKI PAWEŁ  | 180 | PGE RUN OBRÓT                        | RZESZÓW            | POL  | MĘZCZYŹNI | 16     | M 16 | 01:49:50 | 02:22:51.05 | 6:48   | 8.8  |
| 17   | KAPIARZ JULIA      | 295 |                                      | KLIKUSZOWA         | POL  | KOBIETY   | 1      | K 1  | 01:47:46 | 02:23:21.45 | 6:49   | 8.8  |
| 18   | WOJCIECH ŁUKASZ    | 266 |                                      | GOCZAŁKOWICE ZDRÓJ | POL  | MĘZCZYŹNI | 17     | M 17 | 01:50:17 | 02:24:14.95 | 6:52   | 8.7  |
| 19   | KUBIK MACIEJ       | 175 |                                      | KATOWICE           | POL  | MĘZCZYŹNI | 18     | M 18 | 01:49:54 | 02:24:37.00 | 6:53   | 8.7  |
| 20   | KACZMAREK TOMASZ   | 284 | NIEPOŁOMICIE BIEGAJĄ                 | WIELICZKA          | POL  | MĘZCZYŹNI | 19     | M 19 | 01:48:10 | 02:26:43.65 | 6:59   | 8.6  |
| 21   | ORŁÓW ŁUKASZ       | 206 |                                      | JAWORZNO           | POL  | MĘZCZYŹNI | 20     | M 20 | 01:52:31 | 02:27:24.00 | 7:01   | 8.5  |
| 22   | SZUMIEC DOMINIK    | 250 | JASIELSKIE STOWARZYSZENIE CYKLISTÓW  | JASŁO              | POL  | MĘZCZYŹNI | 21     | M 21 | 01:47:31 | 02:29:15.15 | 7:06   | 8.4  |
| 23   | GARBIEN ANDRZEJ    | 136 | ROZBIEGANI                           | BIELSKO BIAŁA      | POL  | MĘZCZYŹNI | 22     | M 22 | 01:54:38 | 02:30:08.35 | 7:08   | 8.4  |
| 24   | MIĄSIK TOMASZ      | 196 | NONAME PRASZKA                       | SZYSZKÓW           | POL  | MĘZCZYŹNI | 23     | M 23 | 01:55:43 | 02:30:49.85 | 7:10   | 8.4  |
| 25   | SRAGA MAREK        | 240 | KOPCIM                               | PCIM               | POL  | MĘZCZYŹNI | 24     | M 24 | 01:51:41 | 02:30:52.70 | 7:11   | 8.4  |
| 26   | ANTOLAK MACIEJ     | 112 |                                      |                    | POL  | MĘZCZYŹNI | 25     | M 25 | 01:57:26 | 02:31:51.70 | 7:13   | 8.3  |
| 27   | GLINKA MICHAŁ      | 138 | NONAME PRASZKA                       | PRASZKA            | POL  | MĘZCZYŹNI | 26     | M 26 | 01:55:50 | 02:32:19.55 | 7:15   | 8.3  |
| 28   | TUSZYŃSKI ZYGMUNT  | 256 | PGE RUN OBRÓT                        | RZESZÓW            | POL  | MĘZCZYŹNI | 27     | M 27 | 01:54:53 | 02:33:46.40 | 7:19   | 8.2  |
| 29   | PARIS NICOLA       | 209 |                                      | KRAKOW             | POL  | KOBIETY   | 2      | K 2  |          | 02:34:05.35 | 7:20   | 8.2  |
| 30   | RENO VITTORIANO    | 224 |                                      | KRAKOW             | ITA  | MĘZCZYŹNI | 28     | M 28 | 01:55:00 | 02:34:08.65 | 7:20   | 8.2  |
| 31   | FIREK RAFAŁ        | 132 | LACHO TEAM                           | KRAKÓW             | POL  | MĘZCZYŹNI | 29     | M 29 | 01:53:22 | 02:34:30.65 | 7:21   | 8.2  |
| 32   | SIUTA JAKUB        | 233 |                                      | LUDŹMIERZ          | POL  | MĘZCZYŹNI | 30     | M 30 | 01:55:14 | 02:34:35.90 | 7:21   | 8.2  |
| 33   | ZABEL ROBERT       | 271 | ZABEL.PL                             | MYŚLENICE          | POL  | MĘZCZYŹNI | 31     | M 31 | 02:05:45 | 02:39:18.10 | 7:35   | 7.9  |
| 34   | SOŁTYSIAK MARTA    | 239 |                                      | ŁÓDŹ               | POL  | KOBIETY   | 3      | K 3  |          | 02:40:37.15 | 7:38   | 7.8  |
| 35   | GIERLACH GRZEGORZ  | 137 |                                      | JERZMANOWICE       | POL  | MĘZCZYŹNI | 32     | M 32 | 02:00:44 | 02:41:39.80 | 7:41   | 7.8  |
| 36   | CZŁONKOWSKI PIOTR  | 121 | OLIMPIJCZYK SZCZĘKOCINY              | CZĘSTOCHOWA        | POL  | MĘZCZYŹNI | 33     | M 33 | 02:02:03 | 02:41:43.90 | 7:42   | 7.8  |
| 37   | MASTELA ANDRZEJ    | 191 | POLPLAST BIEGA                       | LUBIEN             | POL  | MĘZCZYŹNI | 34     | M 34 | 01:58:28 | 02:42:07.75 | 7:43   | 7.8  |
| 38   | PORCZYK ZBIGNIEW   | 220 | POWER TRAINING                       | WARSZAWA           | POL  | MĘZCZYŹNI | 35     | M 35 | 02:04:27 | 02:43:11.90 | 7:46   | 7.7  |
| 39   | DYTŁOF MARCIN      | 128 |                                      | NOWY TARG          | POL  | MĘZCZYŹNI | 36     | M 36 | 02:02:34 | 02:43:12.90 | 7:46   | 7.7  |
| 40   | POKORSKI PIOTR     | 216 |                                      | SZYSZKOW           | POL  | MĘZCZYŹNI | 37     | M 37 | 02:02:57 | 02:44:37.05 | 7:50   | 7.7  |
| 41   | NOCOŃ JAKUB        | 204 |                                      | KLUCZE             | POL  | MĘZCZYŹNI | 38     | M 38 | 02:01:25 | 02:45:04.95 | 7:51   | 7.6  |
| 42   | MAJOR KAMIL        | 184 |                                      | JAWORZNO           | POL  | MĘZCZYŹNI | 39     | M 39 | 02:01:48 | 02:45:12.05 | 7:52   | 7.6  |
| 43   | KURP BARTŁOMIEJ    | 176 |                                      | KIELCE             | POL  | MĘZCZYŹNI | 40     | M 40 | 02:02:21 | 02:47:11.90 | 7:57   | 7.5  |
| 44   | ZIEMNICKI MICHAŁ   | 274 |                                      | KRAKÓW             | POL  | MĘZCZYŹNI | 41     | M 41 | 02:12:28 | 02:50:46.25 | 8:07   | 7.4  |
| 45   | NYKAZA ADAM        | 294 |                                      | KLIKUSZOWA         | POL  | MĘZCZYŹNI | 42     | M 42 | 01:59:55 | 02:51:14.05 | 8:09   | 7.4  |
| 46   | WIĘCŁAW PAWEŁ      | 262 |                                      | KRAKÓW             | POL  | MĘZCZYŹNI | 43     | M 43 | 02:11:46 | 02:52:11.15 | 8:11   | 7.3  |

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| M-ce | Nazwisko i imię            | Nr  | Klub                       | M-scowość       | Kraj | Kat.      | M. kat | K/M  | 14km     | Netto       | min/km | km/h |
|------|----------------------------|-----|----------------------------|-----------------|------|-----------|--------|------|----------|-------------|--------|------|
| 47   | OSYSZKO IZABELA            | 207 |                            | KOBYLE          | POL  | KOBIETY   | 4      | K 4  | 02:11:39 | 02:52:11.25 | 8:11   | 7.3  |
| 48   | LEBIEST RADOŚLAW           | 179 | ŻUBRY RACE TEAM            | WĘGRZCE WIELKIE | POL  | MĘZCZYŹNI | 44     | M 44 | 02:10:54 | 02:52:13.35 | 8:12   | 7.3  |
| 49   | POLAKIEWICZ DARIUSZ        | 218 | SAGITTARIUS TRI            | TRZYCIAŻ        | POL  | MĘZCZYŹNI | 45     | M 45 | 02:07:55 | 02:52:51.45 | 8:13   | 7.3  |
| 50   | BEREZOWSKI WALDEMAR        | 108 | PGE RUN OBRÓT              | RZESZÓW         | POL  | MĘZCZYŹNI | 46     | M 46 | 02:05:34 | 02:53:10.60 | 8:14   | 7.3  |
| 51   | KRZYŻANOWSKI ŁUKASZ        | 173 |                            | KRAKÓW          | POL  | MĘZCZYŹNI | 47     | M 47 | 02:13:37 | 02:55:22.25 | 8:21   | 7.2  |
| 52   | MATUSZAK GRZESIEK          | 192 |                            | KORZENIEW       | POL  | MĘZCZYŹNI | 48     | M 48 | 02:06:14 | 02:59:30.10 | 8:32   | 7    |
| 53   | KÓCWIN MICHAŁ              | 160 | ROZBBIEGANI                | BIELSKO BIAŁA   | POL  | MĘZCZYŹNI | 49     | M 49 | 02:13:35 | 02:59:37.40 | 8:33   | 7    |
| 54   | JĘDRZEJCZAK WOJCIECH       | 151 |                            | ŁÓDŹ            | POL  | MĘZCZYŹNI | 50     | M 50 | 02:17:31 | 02:59:50.85 | 8:33   | 7    |
| 55   | KOLBIARZ DOMINIK           | 286 |                            | PCIM            | POL  | MĘZCZYŹNI | 51     | M 51 | 02:11:33 | 03:00:05.95 | 8:34   | 7    |
| 56   | PARWA MICHAŁ               | 210 | MAGAZYN NA SZCZYCIE        | DZIEKANOWICE    | POL  | MĘZCZYŹNI | 52     | M 52 | 02:15:07 | 03:01:33.60 | 8:38   | 6.9  |
| 57   | JASKULSKI ROBERT           | 150 |                            | MYSZKÓW         | POL  | MĘZCZYŹNI | 53     | M 53 | 02:16:54 | 03:03:31.25 | 8:44   | 6.9  |
| 58   | SZKOŁA-SNIEŻEK AGNIESZKA   | 248 | PRZYSZŁAM POPATRZEĆ        | KRAKÓW          | POL  | KOBIETY   | 5      | K 5  | 02:17:44 | 03:03:38.20 | 8:44   | 6.9  |
| 59   | ZIOŁEK MARCIN              | 276 |                            | KRAKÓW          | POL  | MĘZCZYŹNI | 54     | M 54 | 02:18:03 | 03:03:50.15 | 8:45   | 6.9  |
| 60   | SALIŃSKI BARTOSZ           | 228 | WKURW_TEAM                 | KATOWICE        | POL  | MĘZCZYŹNI | 55     | M 55 | 02:16:17 | 03:04:15.85 | 8:46   | 6.8  |
| 61   | MIROCHA GRAŻYNA            | 198 | SUSKA GRUPA BIEGOWA        | KRZESZÓW        | POL  | KOBIETY   | 6      | K 6  |          | 03:04:47.85 | 8:47   | 6.8  |
| 62   | GORCZYŃSKI WOJCIECH        | 282 |                            | WARSZAWA        | POL  | MĘZCZYŹNI | 56     | M 56 | 02:19:56 | 03:04:56.40 | 8:48   | 6.8  |
| 63   | MŁOCKA-GORCZYŃSKA MATYLDA  | 283 |                            | WARSZAWA        | POL  | KOBIETY   | 7      | K 7  | 02:20:00 | 03:04:56.55 | 8:48   | 6.8  |
| 64   | WIŚNIEWSKI MICHAŁ          | 264 |                            | KRAKÓW          | POL  | MĘZCZYŹNI | 57     | M 57 | 02:17:11 | 03:05:28.70 | 8:49   | 6.8  |
| 65   | CHARKOT MATEUSZ            | 117 | MATEUSZ CHARKOT            | TARNOWSKIE GÓRY | POL  | MĘZCZYŹNI | 58     | M 58 | 02:19:43 | 03:07:16.70 | 8:55   | 6.7  |
| 66   | MALINA MICHAŁ              | 187 | HUTNIK RUN                 | KRAKÓW          | POL  | MĘZCZYŹNI | 59     | M 59 | 02:15:23 | 03:07:44.90 | 8:56   | 6.7  |
| 67   | PRZYWARA-SZUMIEC AGNIESZKA | 223 |                            | JASLO           | POL  | KOBIETY   | 8      | K 8  | 02:16:58 | 03:08:09.40 | 8:57   | 6.7  |
| 68   | OSZYWA DAMIAN              | 277 | DAMCZI RUN                 | KIELCE          | POL  | MĘZCZYŹNI | 60     | M 60 | 02:21:15 | 03:10:02.75 | 9:02   | 6.6  |
| 69   | BAK MAREK                  | 106 | TRIDIVISION TRIATHLON TEAM | TARNOWSKIE GÓRY | POL  | MĘZCZYŹNI | 61     | M 61 | 02:17:02 | 03:13:16.50 | 9:12   | 6.5  |
| 70   | KAMIL WEINBERG             | 125 |                            | ŁÓDŹ            | POL  | MĘZCZYŹNI | 62     | M 62 |          | 03:13:17.00 | 9:12   | 6.5  |
| 71   | CZAPSKI PIOTR              | 120 |                            | WARSZAWA        | POL  | MĘZCZYŹNI | 63     | M 63 | 02:26:17 | 03:13:34.85 | 9:13   | 6.5  |
| 72   | DYMEK BARTOSZ              | 127 | TRIDIVISION                | GLIWICE         | POL  | MĘZCZYŹNI | 64     | M 64 | 02:17:15 | 03:14:08.85 | 9:14   | 6.5  |
| 73   | PIETRYGA MACIEJ            | 214 | TRIDIVISION TRIATHLON TEAM | TARNOWSKIE GÓRY | POL  | MĘZCZYŹNI | 65     | M 65 | 02:17:07 | 03:14:44.10 | 9:16   | 6.5  |
| 74   | SAMOCIUK KAROLINA          | 229 | STG WARSZAWA               | WARSZAWA        | POL  | KOBIETY   | 9      | K 9  | 02:29:39 | 03:15:23.50 | 9:18   | 6.4  |
| 75   | KRÓLICKI KONRAD            | 171 | STG WARSZAWA               | WARSZAWA        | POL  | MĘZCZYŹNI | 66     | M 66 | 02:30:00 | 03:15:26.95 | 9:18   | 6.4  |
| 76   | HENSZKE WALDEMAR           | 148 |                            | KRAKÓW          | POL  | MĘZCZYŹNI | 67     | M 67 | 02:23:08 | 03:15:57.60 | 9:19   | 6.4  |
| 77   | SKOCZYŁAS JERZY            | 235 | KKM KALORYFER              | KRAKÓW          | POL  | MĘZCZYŹNI | 68     | M 68 | 02:20:19 | 03:15:59.80 | 9:19   | 6.4  |
| 78   | TOMAKA BARTLOMIEJ          | 254 |                            | RZESZÓW         | POL  | MĘZCZYŹNI | 69     | M 69 | 02:23:10 | 03:16:19.35 | 9:20   | 6.4  |
| 79   | SAWICKI ROBERT             | 230 |                            | GORLICE         | POL  | MĘZCZYŹNI | 70     | M 70 | 02:27:44 | 03:17:00.50 | 9:22   | 6.4  |
| 80   | SZUREK JOANNA              | 251 |                            | GORLICE         | POL  | KOBIETY   | 10     | K 10 | 02:27:55 | 03:17:01.30 | 9:22   | 6.4  |
| 81   | BARTKOWSKI WALDEMAR        | 104 | NONAME PRASZKA             | GORZÓW ŚLĄSKI   | POL  | MĘZCZYŹNI | 71     | M 71 | 02:20:09 | 03:17:19.40 | 9:23   | 6.4  |
| 82   | GOLONKA MAREK              | 140 | BIEGAMYŚLOWICE             | MYSŁOWICE       | POL  | MĘZCZYŹNI | 72     | M 72 | 02:15:43 | 03:17:23.45 | 9:23   | 6.4  |
| 83   | CIEŚLA PRZEMYSŁAW          | 119 |                            | KUDOWA ZDRÓJ    | POL  | MĘZCZYŹNI | 73     | M 73 | 02:23:26 | 03:17:55.40 | 9:25   | 6.4  |
| 84   | KRAWCZYK JAKUB             | 169 |                            | KRAKÓW          | POL  | MĘZCZYŹNI | 74     | M 74 | 02:24:03 | 03:18:33.25 | 9:27   | 6.3  |
| 85   | KOZIOŁ PAWEŁ               | 168 |                            | KRAKÓW          | POL  | MĘZCZYŹNI | 75     | M 75 | 02:30:44 | 03:19:20.00 | 9:29   | 6.3  |
| 86   | SKAWIŃSKI KACPER           | 234 |                            | WARSZAWA        | POL  | MĘZCZYŹNI | 76     | M 76 |          | 03:19:41.35 | 9:30   | 6.3  |
| 87   | RUSIN PIOTR                | 226 | ALBOTERAZALBONIGDY         | KRAKÓW          | POL  | MĘZCZYŹNI | 77     | M 77 | 02:21:38 | 03:19:58.10 | 9:31   | 6.3  |
| 88   | KOTYLA KAMIL               | 164 |                            | RACIBOROWICE    | POL  | MĘZCZYŹNI | 78     | M 78 | 02:21:52 | 03:20:05.90 | 9:31   | 6.3  |
| 89   | MATLAK PIOTR               | 290 |                            | WROCLAW         | POL  | MĘZCZYŹNI | 79     | M 79 | 02:21:53 | 03:20:08.60 | 9:31   | 6.3  |
| 90   | KOSSAKOWSKA KATARZYNA      | 18  |                            | WARSZAWA        | POL  | KOBIETY   | 11     | K 11 | 02:34:34 | 03:24:59.45 | 9:45   | 6.1  |
| 91   | ZIELIŃSKA-KOŁACZ EWELINA   | 273 |                            | KRAKÓW          | POL  | KOBIETY   | 12     | K 12 | 02:36:57 | 03:25:37.25 | 9:47   | 6.1  |
| 92   | TARNAWSKI ANDRZEJ          | 252 |                            | JAWORZNO        | POL  | MĘZCZYŹNI | 80     | M 80 | 02:36:46 | 03:27:55.60 | 9:54   | 6.1  |
| 93   | SIEMIEZ PAWEŁ              | 231 |                            | JASŁO           | POL  | MĘZCZYŹNI | 81     | M 81 | 02:31:06 | 03:28:08.95 | 9:54   | 6.1  |
| 94   | MOKRY BASTEK               | 200 |                            | MYSŁOWICE       | POL  | MĘZCZYŹNI | 82     | M 82 | 02:29:33 | 03:28:40.00 | 9:56   | 6    |
| 95   | SZŁÓSARCZYK KRZYSZTOF      | 249 |                            | MYSLENICE       | POL  | MĘZCZYŹNI | 83     | M 83 | 02:37:43 | 03:28:55.50 | 9:56   | 6    |
| 96   | ADAMCZYK ŁUKASZ            | 100 | STG WARSZAWA               | WARSZAWA        | POL  | MĘZCZYŹNI | 84     | M 84 | 02:33:18 | 03:28:58.10 | 9:57   | 6    |
| 97   | MAKARENKOV SERGIJ          | 186 | DOGOŃ GRODZISK MAZOWIECKI  | MILANÓWEK       | POL  | MĘZCZYŹNI | 85     | M 85 | 02:44:32 | 03:32:03.00 | 10:05  | 5.9  |
| 98   | PERŁOWSKA-ŁOŚ JUSTYNA      | 213 |                            | RZESZÓW         | POL  | KOBIETY   | 13     | K 13 | 02:37:16 | 03:32:20.40 | 10:06  | 5.9  |
| 99   | FORMAS ADRIAN              | 134 | HATI TEAM                  | BESTWINA        | POL  | MĘZCZYŹNI | 86     | M 86 | 02:40:29 | 03:33:05.70 | 10:08  | 5.9  |
| 100  | LOSOR AGNIESZKA            | 288 |                            | PRÓSZKÓW        | POL  | KOBIETY   | 14     | K 14 | 02:37:34 | 03:34:06.90 | 10:11  | 5.9  |
| 101  | WALNIK RAFAŁ               | 260 |                            | KRAKÓW          | POL  | MĘZCZYŹNI | 87     | M 87 | 02:39:51 | 03:34:12.45 | 10:12  | 5.9  |
| 102  | ROŻKO SEBASTIAN            | 225 | GRYF-INO TEAM              | GRYFINO         | POL  | MĘZCZYŹNI | 88     | M 88 | 02:36:39 | 03:34:21.90 | 10:12  | 5.9  |
| 103  | SZELĄGIEWICZ AREK          | 247 |                            | SZCZECIN        | POL  | MĘZCZYŹNI | 89     | M 89 | 02:36:43 | 03:34:22.60 | 10:12  | 5.9  |

**TWT ZIMNA POŁÓWKA 21KM, OPEN c.d.**

| M-ce | Nazwisko i imię        | Nr  | Klub                       | M-scowość           | Kraj | Kat.      | M. kat | K/M   | 14km     | Netto       | min/km | km/h |
|------|------------------------|-----|----------------------------|---------------------|------|-----------|--------|-------|----------|-------------|--------|------|
| 104  | BARTOSIEWICZ ADAM      | 105 |                            | GRYFINO             | POL  | MĘZCZYŹNI | 90     | M 90  | 02:37:02 | 03:34:25.65 | 10:12  | 5.9  |
| 105  | MROZOWSKA WIOLETA      | 109 |                            | MIKOŁÓW             | POL  | KOBIETY   | 15     | K 15  | 02:39:50 | 03:35:41.15 | 10:16  | 5.8  |
| 106  | SZABELAK WITOLD        | 246 | KINGRUNNER ULTRA           | ZAKOPANE            | POL  | MĘZCZYŹNI | 91     | M 91  | 02:44:42 | 03:35:41.70 | 10:16  | 5.8  |
| 107  | MALISZEWSKA MARTA      | 188 | KINGRUNNER ULTRA           | ZAKOPANE            | POL  | KOBIETY   | 16     | K 16  | 02:44:34 | 03:35:43.70 | 10:16  | 5.8  |
| 108  | WALAC JACEK            | 259 | DOGOŃ GRODZISK MAZOWIECKI  | GRODZISK MAZOWIECKI | POL  | MĘZCZYŹNI | 92     | M 92  | 02:45:30 | 03:38:41.30 | 10:24  | 5.8  |
| 109  | WALAC ANNA             | 258 | DOGOŃ GRODZISK MAZOWIECKI  | GRODZISK MAZOWIECKI | POL  | KOBIETY   | 17     | K 17  | 02:45:28 | 03:38:42.75 | 10:24  | 5.8  |
| 110  | GRĘBOWSKA DAGMARA      | 144 |                            | ŁÓDŹ                | AFG  | KOBIETY   | 18     | K 18  | 02:33:19 | 03:38:47.10 | 10:25  | 5.8  |
| 111  | ŁASKAWSKA JUSTYNA      | 181 |                            | WARSZAWA            | POL  | KOBIETY   | 19     | K 19  | 02:42:22 | 03:39:31.20 | 10:27  | 5.7  |
| 112  | WOJTON MALGORZATA      | 269 | PORANNY PATROL             | KRAKÓW              | POL  | KOBIETY   | 20     | K 20  | 02:45:48 | 03:40:46.40 | 10:30  | 5.7  |
| 113  | JURASZCZYK DOMINIKA    | 129 | INŻYNIERIA BIEGANIA        | KRAKÓW              | POL  | KOBIETY   | 21     | K 21  | 02:49:45 | 03:41:13.85 | 10:32  | 5.7  |
| 114  | JURASZCZYK KATARZYNA   | 201 | INŻYNIERIA BIEGANIA        | ŻORY                | POL  | KOBIETY   | 22     | K 22  | 02:49:54 | 03:41:30.30 | 10:32  | 5.7  |
| 115  | ADAMUS DOMINIKA        | 101 | SUPERMARATON KALISZ        | KALISZ              | POL  | KOBIETY   | 23     | K 23  | 02:42:37 | 03:41:50.50 | 10:33  | 5.7  |
| 116  | ŁOPUCH ROBERT          | 182 |                            | ŁĄBOWA              | POL  | MĘZCZYŹNI | 93     | M 93  | 02:47:41 | 03:41:52.15 | 10:33  | 5.7  |
| 117  | WOJCIESZAK KLAUDIA     | 268 | BRAVEHEARTS LEGIONOWO      | LEGIONOWO           | POL  | KOBIETY   | 24     | K 24  | 02:44:45 | 03:43:00.85 | 10:37  | 5.7  |
| 118  | TYLKA MAŁGORZATA       | 257 |                            | LEGNICA             | POL  | KOBIETY   | 25     | K 25  | 02:43:39 | 03:43:53.55 | 10:39  | 5.6  |
| 119  | KOZDROJ WIOLETTA       | 166 | DOGOŃ GRODZISK MAZOWIECKI  | GRODZISK MAZOWIECKI | POL  | KOBIETY   | 26     | K 26  |          | 03:45:22.35 | 10:43  | 5.6  |
| 120  | PAWELEC KRYSZYNA       | 211 | DOGOŃ GRODZISK MAZOWIECKI  | PIASTÓW             | POL  | KOBIETY   | 27     | K 27  |          | 03:47:00.00 | 10:48  | 5.6  |
| 121  | WOJCIECHOWSKA DOROTA   | 267 | DOGOŃ GRODZISK MAZOWIECKI  | GRODZISK MAZOWIECKI | POL  | KOBIETY   | 28     | K 28  | 02:52:21 | 03:47:43.15 | 10:50  | 5.5  |
| 122  | KRAWCZYŃSKI MIROŚLAW   | 170 |                            | GLIWICE             | POL  | MĘZCZYŹNI | 94     | M 94  | 02:47:10 | 03:48:41.75 | 10:53  | 5.5  |
| 123  | MARCZEWSKA GABRIELA    | 190 |                            | KRAKOW              | POL  | KOBIETY   | 29     | K 29  | 02:57:23 | 03:50:12.45 | 10:57  | 5.5  |
| 124  | FLIS MARCIN            | 133 |                            | NOWA DĘBA           | POL  | MĘZCZYŹNI | 95     | M 95  | 02:43:21 | 03:51:01.80 | 11:00  | 5.5  |
| 125  | KOTULA WERONIKA        | 163 |                            | CHORZÓW             | POL  | KOBIETY   | 30     | K 30  | 02:46:13 | 03:51:21.50 | 11:01  | 5.4  |
| 126  | MISZEWSKA MONIKA       | 199 |                            | WEJHEROWO           | POL  | KOBIETY   | 31     | K 31  | 02:56:44 | 03:55:43.70 | 11:13  | 5.3  |
| 127  | STRZELCZYK ALEKSANDRA  | 243 | KLUB BIEGACZA RTV EURO AGD | WARSZAWA            | POL  | KOBIETY   | 32     | K 32  | 02:56:46 | 03:55:47.95 | 11:13  | 5.3  |
| 128  | BAJOŁEK ALEKSANDRA     | 102 | AZS AWF KRAKÓW MASTERS     | KRAKÓW              | POL  | KOBIETY   | 33     | K 33  | 02:49:36 | 03:59:22.80 | 11:23  | 5.3  |
| 129  | LOSOR ANDRZEJ          | 287 |                            | PRÓSZKÓW            | POL  | MĘZCZYŹNI | 96     | M 96  | 02:56:09 | 04:03:15.75 | 11:35  | 5.2  |
| 130  | KARCZYŃSKI DARIUSZ     | 154 | BIEGANIE=POMAGANIE         | OLEŚNICA            | POL  | MĘZCZYŹNI | 97     | M 97  | 03:04:14 | 04:04:26.50 | 11:38  | 5.2  |
| 131  | KARCZYŃSKA JOANNA      | 153 |                            | OLEŚNICA            | POL  | KOBIETY   | 34     | K 34  | 03:04:37 | 04:04:50.50 | 11:39  | 5.1  |
| 132  | KWIATKOWSKA MARTYNA    | 177 | MIRAZ RACE TEAM            | CHORZÓW             | POL  | KOBIETY   | 35     | K 35  | 03:03:49 | 04:05:19.10 | 11:40  | 5.1  |
| 133  | ZIĘBA ANNA             | 275 |                            | KRAKÓW              | POL  | KOBIETY   | 36     | K 36  | 03:00:01 | 04:06:42.85 | 11:44  | 5.1  |
| 134  | JACKOWSKA MONIKA       | 149 | BIEGOWA KUZNIA             | BEDZIN              | POL  | KOBIETY   | 37     | K 37  | 03:09:52 | 04:08:27.00 | 11:49  | 5.1  |
| 135  | KATNER KAROLINA        | 156 |                            | LUCYNÓW DUŻY        | POL  | KOBIETY   | 38     | K 38  | 03:13:36 | 04:08:53.75 | 11:51  | 5.1  |
| 136  | PODEMSKA PATRYCJA      | 215 | FOREST GANG                | BYDGOSZCZ           | POL  | KOBIETY   | 39     | K 39  |          | 04:08:54.60 | 11:51  | 5.1  |
| 137  | WIECZOREK KAMIL        | 261 |                            | BIELSKO-BIAŁA       | POL  | MĘZCZYŹNI | 98     | M 98  | 03:07:51 | 04:10:04.80 | 11:54  | 5    |
| 138  | WOCIAL ADRIANNA        | 265 |                            | ZAKRĘT              | POL  | KOBIETY   | 40     | K 40  | 03:08:08 | 04:10:19.60 | 11:55  | 5    |
| 139  | SZELAĞ IWONA           | 292 |                            | GLIWICE             | POL  | KOBIETY   | 41     | K 41  | 03:06:02 | 04:11:58.35 | 11:59  | 5    |
| 140  | SIPIERA TOMASZ         | 298 |                            | GIEBUŁTÓW           | POL  | MĘZCZYŹNI | 99     | M 99  | 03:05:56 | 04:12:00.85 | 12:00  | 5    |
| 141  | KUNA KATARZYNA         | 278 | BIEGOWA KUŹNIA             | DĄBROWA GÓRNICZA    | POL  | KOBIETY   | 42     | K 42  | 03:09:14 | 04:12:28.30 | 12:01  | 5    |
| 142  | WÓJCIK MAGDALENA       | 118 |                            | KRAKÓW              | POL  | KOBIETY   | 43     | K 43  | 02:54:48 | 04:14:14.95 | 12:06  | 5    |
| 143  | DUDA WOJCIECH          | 126 | SKAWINA BIEGA              | KRAKÓW              | POL  | MĘZCZYŹNI | 100    | M 100 | 03:08:45 | 04:19:05.25 | 12:20  | 4.9  |
| 144  | DOBOSZ DAMIAN          | 124 | DZIADEK I WNUKI            | KRAKÓW              | POL  | MĘZCZYŹNI | 101    | M 101 | 03:02:38 | 04:21:30.55 | 12:27  | 4.8  |
| 145  | GADOMSKA NATALIA       | 135 | DZIADEK I WNUKI            | KATOWICE            | POL  | KOBIETY   | 44     | K 44  | 03:02:23 | 04:21:31.10 | 12:27  | 4.8  |
| 146  | MĄDRZYK DANIEL         | 194 |                            | SOSNOWIEC           | POL  | MĘZCZYŹNI | 102    | M 102 | 03:07:11 | 04:22:16.45 | 12:29  | 4.8  |
| 147  | MĄDRZYK EWELINA        | 195 |                            | SOSNOWIEC           | POL  | KOBIETY   | 45     | K 45  | 03:07:15 | 04:22:16.50 | 12:29  | 4.8  |
| 148  | KOZIOŁ EWA             | 167 | PORANNY PATROL             | KRAKÓW              | POL  | KOBIETY   | 46     | K 46  | 03:27:00 | 04:26:52.10 | 12:42  | 4.7  |
| 149  | ZIELIŃSKA IZABELA      | 272 | BIEGAJ Z TRENERAMI         | GLIWICE             | POL  | KOBIETY   | 47     | K 47  | 03:23:13 | 04:27:43.05 | 12:44  | 4.7  |
| 150  | PARADOWSKI PAWEŁ       | 208 | BYLEDOMETY                 | RZESZÓW             | POL  | MĘZCZYŹNI | 103    | M 103 | 03:23:34 | 04:32:31.90 | 12:58  | 4.6  |
| 151  | BURZ-PARADOWSKA JOWITA | 115 | BYLE DO METY               | RZESZÓW             | POL  | KOBIETY   | 48     | K 48  | 03:23:15 | 04:32:36.95 | 12:58  | 4.6  |
| 152  | KOCZOROWSKA ANNA       | 158 | TEAM ZABIEGANEDNI          | RADIÓWEK            | POL  | KOBIETY   | 49     | K 49  | 03:33:14 | 04:33:21.80 | 13:01  | 4.6  |
| 153  | KOCZOROWSKI MARCIN     | 103 | TEAM ZABIEGANEDNI          | RADIÓWEK            | POL  | MĘZCZYŹNI | 104    | M 104 | 03:33:18 | 04:33:23.85 | 13:01  | 4.6  |
| 154  | REDEK SYLWIA           | 111 |                            |                     | POL  | KOBIETY   | 50     | K 50  | 03:32:45 | 04:54:49.40 | 14:02  | 4.3  |
| 155  | FRANCKIEWICZ OLGA      | 485 | NEXT LEVEL                 | LATCHORZEW          | POL  | KOBIETY   | 51     | K 51  |          | 04:55:44.05 | 14:04  | 4.3  |
| 156  | STELMASZCZYK MICHALINA | 241 |                            | WARSZAWA            | POL  | KOBIETY   | 52     | K 52  | 03:38:54 | 04:57:32.50 | 14:10  | 4.2  |
| 157  | RUSSYAN MAGDALENA      | 486 | NEXT LEVEL                 | LATCHORZEW          | POL  | KOBIETY   | 53     | K 53  |          | 04:57:50.00 | 14:10  | 4.2  |
| 158  | SOKOŁOWSKI ARTUR       | 238 | TEAM ZABIEGANEDNI          | OTWOCK              | POL  | MĘZCZYŹNI | 105    | M 105 | 03:38:35 | 05:00:05.70 | 14:17  | 4.2  |
| DQ   | GURGUL SEBASTIAN       | 147 |                            | KRAKÓW              | POL  | MĘZCZYŹNI | DQ     | DQ    | 01:07:04 | 01:40:02.45 | 0:00   | 12.6 |
|      |                        |     |                            |                     |      |           |        |       | DQ       | DQ          |        |      |

**TWT ZIMNA POŁÓWKA 21KM, OPEN c.d.**

| M-ce | Nazwisko i imię | Nr     | Klub | M-scowość | Kraj | Kat.      | M. kat | K/M | 14km            | Netto | min/km | km/h |
|------|-----------------|--------|------|-----------|------|-----------|--------|-----|-----------------|-------|--------|------|
|      | ŁAPA JULIA      | 281    |      | PSZCZYNA  | POL  | KOBIETY   |        |     | 03:06:37<br>DNF | DNF   | -      | -    |
|      | DŁUGOSZ MARCIN  | 123    |      | KRAKÓW    | POL  | MĘŻCZYŹNI |        |     | 06:39:59<br>DNF | DNF   | -      | -    |
|      | ŁAPA ALEKSANDRA | 280 4A |      | PSZCZYNA  | POL  | KOBIETY   |        |     | 07:44:27<br>DNF | DNF   | -      | -    |