



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

ETAPOWA TRIADA ZIMOWA  
Fundacja Kocham Góry  
2020-01-05  
Krościenko nad Dunajcem  
10 km

## TRIADA INTRO BESKID SĄDECKI

B4SPORT

**B4SPORT**  
INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	JAWORSKI Zbigniew	473	---	M40-49	1	00:52:27.00	00:52:29.05		5:14	11.4 (100%)
2	MADZIAR Mateusz	525	AO MYKONOY	M16-29	1	00:55:13.35	00:55:20.80	+00:02:51 (5.2%)	5:31	10.9 (95.6%)
3	CHLIPAŁA Paweł	429		M16-29	2	00:55:17.15	00:55:20.95	+00:02:51 (5.2%)	5:31	10.9 (95.6%)
4	ZYGMUNT Tomasz	656		M16-29	3	00:55:19.50	00:55:23.55	+00:02:54 (5.3%)	5:31	10.8 (94.7%)
5	SZCZEPANIAK Damian	615	KAMIENICA	M30-39	1	00:55:30.05	00:55:33.80	+00:03:04 (5.5%)	5:33	10.8 (94.7%)
6	FABIAN Bogusław	445	EVANLITE.COM	M40-49	2	00:55:44.95	00:55:48.25	+00:03:19 (5.9%)	5:34	10.8 (94.7%)
7	DUDZIK Łukasz	439	GÓRAL BIEGA	M30-39	2	00:57:31.45	00:57:34.55	+00:05:05 (8.8%)	5:45	10.4 (91.2%)
8	SAROSI Kristof	670	GLOBO SPORT SE	M16-29	4	00:57:50.30	00:57:53.50	+00:05:24 (9.3%)	5:47	10.4 (91.2%)
9	KOZIK Adam	500		M16-29	5	00:57:55.10	00:58:05.05	+00:05:36 (9.6%)	5:47	10.4 (91.2%)
10	PACHUT Jerzy	551	COLWAY	M16-29	6	00:58:21.50	00:58:24.60	+00:05:55 (10.1%)	5:50	10.3 (90.4%)
11	CELEJEWSKI Marcin	427	MYDŁOWSKA ATHLETIC TEAM	M16-29	7	00:59:15.85	00:59:21.25	+00:06:52 (11.6%)	5:55	10.1 (88.6%)
12	MADZIAR Wiktor	524		M16-29	8	01:00:04.65	01:00:08.60	+00:07:39 (12.7%)	6:00	10 (87.7%)
13	BATORYNA Aleksander	406	UNIwersytet Ekonomiczny w Katowicach	M30-39	3	01:00:18.25	01:00:20.65	+00:07:51 (13.0%)	6:01	10 (87.7%)
14	BRENDZOWSKI Adam	420	SOLINATEAM / RUNONLINE.PL TEAM	M30-39	4	01:02:23.10	01:02:28.55	+00:09:59 (16.0%)	6:14	9.6 (84.2%)
15	OLEŚ Rafał	548	HUSARIA RACE TEAM	M16-29	9	01:02:33.70	01:02:37.95	+00:10:08 (16.2%)	6:15	9.6 (84.2%)
16	REJMAN Marek	581		M40-49	3	01:03:24.35	01:03:38.85	+00:11:09 (17.5%)	6:20	9.5 (83.3%)
17	OCHYRA Konrad	545	SOLINA TEAM	M30-39	5	01:03:31.90	01:03:44.50	+00:11:15 (17.7%)	6:21	9.4 (82.5%)
18	ROMANOWSKI Łukasz	584	HUSARIA RACE TEAM	M30-39	6	01:03:41.90	01:03:48.10	+00:11:19 (17.7%)	6:22	9.4 (82.5%)
19	REICHEL Marcin	579		M30-39	7	01:03:54.50	01:04:06.80	+00:11:37 (18.1%)	6:23	9.4 (82.5%)
20	KOPIEĆ Kamil	492	JAJA NA BOK	M30-39	8	01:03:54.75	01:04:07.10	+00:11:38 (18.1%)	6:23	9.4 (82.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
21	<b>BROL Piotr</b>	<b>423</b>	ENDURANCE TEAM	M30-39	9	<b>01:04:24.20</b>	<b>01:04:26.85</b>	+00:11:57 (18.6%)	6:26	9.3 (81.6%)
22	<b>DOBOSZ Daniel</b>	<b>436</b>		M40-49	4	<b>01:05:07.15</b>	<b>01:05:19.75</b>	+00:12:50 (19.7%)	6:30	9.2 (80.7%)
23	<b>KARDASZ Marek</b>	<b>265</b>	SOLINA TEAM	M40-49	5	<b>01:06:24.80</b>	<b>01:06:31.30</b>	+00:14:02 (21.1%)	6:38	9 (78.9%)
24	<b>KUBIESA-CRO Jakub</b>	<b>506</b>		M30-39	10	<b>01:07:21.70</b>	<b>01:07:25.10</b>	+00:14:56 (22.2%)	6:44	8.9 (78.1%)
25	<b>RZEPKA Tomasz</b>	<b>589</b>	HTF-LUDWIK SIKORSKI	M40-49	6	<b>01:07:45.40</b>	<b>01:07:50.65</b>	+00:15:21 (22.6%)	6:46	8.9 (78.1%)
26	<b>PIETROCZUK Sylwia</b>	<b>561</b>	NOA	K16-29	1	<b>01:07:50.40</b>	<b>01:07:54.75</b>	+00:15:25 (22.7%)	6:47	8.8 (77.2%)
27	<b>KEMPKA Marcin</b>	<b>495</b>	RAJSPORT ACTIVE	M30-39	11	<b>01:08:07.20</b>	<b>01:08:11.25</b>	+00:15:42 (23.0%)	6:48	8.8 (77.2%)
28	<b>CHMIELEWSKA-BORUCH Milena</b>	<b>430</b>		K30-39	1	<b>01:08:13.90</b>	<b>01:08:25.05</b>	+00:15:56 (23.3%)	6:49	8.8 (77.2%)
29	<b>KLOCEK Konrad</b>	<b>663</b>		M30-39	12	<b>01:09:14.80</b>	<b>01:09:25.45</b>	+00:16:56 (24.4%)	6:55	8.7 (76.3%)
30	<b>GULBA Krzysztof</b>	<b>459</b>	PENTEL	M40-49	7	<b>01:10:01.45</b>	<b>01:10:05.90</b>	+00:17:36 (25.1%)	7:00	8.6 (75.4%)
31	<b>BORYCKI Artur</b>	<b>419</b>	TGR	M40-49	8	<b>01:10:40.65</b>	<b>01:10:46.65</b>	+00:18:17 (25.8%)	7:04	8.5 (74.6%)
32	<b>SOSNOWSKI Roman</b>	<b>609</b>	LACHO TEAM	M50-59	1	<b>01:10:35.80</b>	<b>01:10:48.90</b>	+00:18:19 (25.9%)	7:03	8.5 (74.6%)
33	<b>CHOJNACKI Mikołaj</b>	<b>431</b>	WARSAW RUN CLUB	M40-49	9	<b>01:10:35.20</b>	<b>01:10:52.85</b>	+00:18:23 (26.0%)	7:03	8.5 (74.6%)
34	<b>SKIBA Maciej</b>	<b>139</b>	SKIBASPORT.PL / SPORTOWE DZBANY	M16-29	10	<b>01:11:09.35</b>	<b>01:11:21.40</b>	+00:18:52 (26.4%)	7:06	8.4 (73.7%)
35	<b>KOZŁOWSKI Bartosz</b>	<b>501</b>	THE THRULERS	M30-39	13	<b>01:11:20.35</b>	<b>01:11:34.15</b>	+00:19:05 (26.7%)	7:08	8.4 (73.7%)
36	<b>DEPTUŚ Bartłomiej</b>	<b>435</b>		M30-39	14	<b>01:11:49.90</b>	<b>01:12:11.85</b>	+00:19:42 (27.3%)	7:11	8.4 (73.7%)
37	<b>LANGE Magda</b>	<b>510</b>	STG TARNOW	K30-39	2	<b>01:12:12.60</b>	<b>01:12:18.25</b>	+00:19:49 (27.4%)	7:13	8.3 (72.8%)
38	<b>SKIERSKI Adam</b>	<b>600</b>	ENDURANCE TEAM	M40-49	10	<b>01:12:31.65</b>	<b>01:12:36.00</b>	+00:20:06 (27.7%)	7:15	8.3 (72.8%)
39	<b>MŁYNARCZYK Krzysztof</b>	<b>536</b>	ANDRYCHÓW RUNNING	M30-39	15	<b>01:12:41.90</b>	<b>01:12:55.85</b>	+00:20:26 (28.0%)	7:16	8.3 (72.8%)
40	<b>WICHA Małgorzata</b>	<b>637</b>	WKS WAWEL	K16-29	2	<b>01:13:16.70</b>	<b>01:13:21.55</b>	+00:20:52 (28.5%)	7:19	8.2 (71.9%)
41	<b>GRZEGORZAK Wojciech</b>	<b>458</b>	#ADAMCZERWIŃSKITEAM	M40-49	11	<b>01:13:07.55</b>	<b>01:13:24.30</b>	+00:20:55 (28.5%)	7:18	8.2 (71.9%)
42	<b>KALCZYŃSKI Marcin</b>	<b>475</b>		M16-29	11	<b>01:13:17.30</b>	<b>01:13:27.55</b>	+00:20:58 (28.6%)	7:19	8.2 (71.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
43	<b>SZUMNY Nina</b>	<b>622</b>		K30-39	3	<b>01:13:26.35</b>	<b>01:13:30.10</b>	+00:21:01 (28.6%)	7:20	8.2 (71.9%)
44	<b>HERLICZKA Tomasz</b>	<b>466</b>	AML-FLY TEAM	M40-49	12	<b>01:13:23.75</b>	<b>01:13:43.45</b>	+00:21:14 (28.8%)	7:20	8.2 (71.9%)
45	<b>KOCUR Grzegorz</b>	<b>483</b>		M40-49	13	<b>01:13:31.20</b>	<b>01:13:45.40</b>	+00:21:16 (28.8%)	7:21	8.2 (71.9%)
46	<b>NIŹNIK Borys</b>	<b>537</b>	HUSARIA RACE TEAM	M40-49	14	<b>01:13:42.45</b>	<b>01:13:47.90</b>	+00:21:18 (28.9%)	7:22	8.1 (71.1%)
47	<b>PAWELEC Aleksandra</b>	<b>552</b>	HUSARIA RACE TEAM	K16-29	3	<b>01:13:50.05</b>	<b>01:13:54.40</b>	+00:21:25 (29.0%)	7:23	8.1 (71.1%)
48	<b>WOŹNIAK Janusz</b>	<b>643</b>	PORMAT JEDLICZE BIEGA	M50-59	2	<b>01:15:06.80</b>	<b>01:15:23.75</b>	+00:22:54 (30.4%)	7:30	8 (70.2%)
49	<b>SZUREK Paulina</b>	<b>623</b>		K30-39	4	<b>01:16:02.50</b>	<b>01:16:13.75</b>	+00:23:44 (31.1%)	7:36	7.9 (69.3%)
50	<b>BEDNARZ Franciszek</b>	<b>409</b>		M30-39	16	<b>01:16:26.80</b>	<b>01:16:43.55</b>	+00:24:14 (31.6%)	7:38	7.8 (68.4%)
51	<b>PIASECKI Mariusz</b>	<b>556</b>	MNK	M40-49	15	<b>01:16:39.85</b>	<b>01:16:59.20</b>	+00:24:30 (31.8%)	7:40	7.8 (68.4%)
52	<b>KOPEĆ Krystian</b>	<b>491</b>		M16-29	12	<b>01:16:45.90</b>	<b>01:17:00.65</b>	+00:24:31 (31.8%)	7:40	7.8 (68.4%)
53	<b>KOMAR Bartosz</b>	<b>485</b>		M40-49	16	<b>01:17:06.55</b>	<b>01:17:21.05</b>	+00:24:52 (32.1%)	7:42	7.8 (68.4%)
54	<b>GAWRYS Bartek</b>	<b>451</b>	ENDURANCE TEAM	M30-39	17	<b>01:17:19.65</b>	<b>01:17:23.40</b>	+00:24:54 (32.2%)	7:44	7.8 (68.4%)
55	<b>PINTSCHER Paulina</b>	<b>564</b>		K30-39	5	<b>01:17:33.50</b>	<b>01:17:46.15</b>	+00:25:17 (32.5%)	7:45	7.7 (67.5%)
56	<b>MIKOŚ Magdalena</b>	<b>535</b>		K30-39	6	<b>01:18:19.80</b>	<b>01:18:32.85</b>	+00:26:03 (33.2%)	7:49	7.7 (67.5%)
57	<b>SAROSI Boldi</b>	<b>592</b>		M16-29	13	<b>01:18:21.10</b>	<b>01:18:37.20</b>	+00:26:08 (33.2%)	7:50	7.7 (67.5%)
58	<b>PODOLAK Zbigniew</b>	<b>567</b>	STOWARZYSZENIE PRZYJACIÓŁ DOBREGO WOJAKA SZWEJKA	M50-59	3	<b>01:19:15.40</b>	<b>01:19:27.55</b>	+00:26:58 (33.9%)	7:55	7.6 (66.7%)
59	<b>TYKSINSKI Rafal</b>	<b>629</b>	EXPRESSMAP	M40-49	17	<b>01:19:16.55</b>	<b>01:19:29.05</b>	+00:27:00 (34.0%)	7:55	7.6 (66.7%)
60	<b>BISZCZUK Mariola</b>	<b>417</b>	THE THRULERS	K30-39	7	<b>01:19:17.55</b>	<b>01:19:30.95</b>	+00:27:01 (34.0%)	7:55	7.6 (66.7%)
61	<b>GNIADY Jarosław</b>	<b>454</b>		M40-49	18	<b>01:19:59.15</b>	<b>01:20:22.35</b>	+00:27:53 (34.7%)	7:59	7.5 (65.8%)
62	<b>STEFANIUK Marzena</b>	<b>610</b>		K30-39	8	<b>01:20:35.40</b>	<b>01:20:48.50</b>	+00:28:19 (35.1%)	8:03	7.4 (64.9%)
63	<b>BEŚCIAK Kamil</b>	<b>407</b>	SPARTAN TRAINING GROUP TARNÓW	M16-29	14	<b>01:20:34.05</b>	<b>01:20:59.90</b>	+00:28:30 (35.2%)	8:03	7.4 (64.9%)
64	<b>CIMASZEWSKI Michał</b>	<b>434</b>		M16-29	15	<b>01:20:53.65</b>	<b>01:21:12.10</b>	+00:28:43 (35.4%)	8:05	7.4 (64.9%)
65	<b>SOKOŁOWSKI Władysław</b>	<b>607</b>	HUSARIA RACE TEAM	M16-29	16	<b>01:21:10.35</b>	<b>01:21:28.35</b>	+00:28:59 (35.6%)	8:07	7.4 (64.9%)

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66	<b>STYŁA Sebastian</b>	<b>612</b>		M40-49	19	<b>01:21:21.45</b>	<b>01:21:42.95</b>	+00:29:13 (35.8%)	8:08	7.4 (64.9%)
67	<b>OSTROWSKI Łukasz</b>	<b>549</b>		M30-39	18	<b>01:21:30.75</b>	<b>01:21:50.85</b>	+00:29:21 (35.9%)	8:09	7.4 (64.9%)
68	<b>ZAJĄCZKOWSKA Ewelina</b>	<b>650</b>	GRUPA BIEGOWA UM W-WA	K30-39	9	<b>01:21:55.60</b>	<b>01:22:10.15</b>	+00:29:41 (36.1%)	8:11	7.3 (64.0%)
69	<b>LEWCZUK Norbert</b>	<b>515</b>	BIEGACZE POMAGACZE/ ELITE RUNNERS	M30-39	19	<b>01:21:49.90</b>	<b>01:22:16.60</b>	+00:29:47 (36.2%)	8:11	7.3 (64.0%)
70	<b>WÓLKIEWICZ Dorota</b>	<b>647</b>	KS STASZEWSKY	K50-59	1	<b>01:21:53.65</b>	<b>01:22:18.40</b>	+00:29:49 (36.2%)	8:11	7.3 (64.0%)
71	<b>ADAMSKI Jakub</b>	<b>662</b>	OŚRODEK TWÓRCZEJ INTERWENCJI	M30-39	20	<b>01:22:29.20</b>	<b>01:22:47.00</b>	+00:30:17 (36.6%)	8:15	7.3 (64.0%)
72	<b>SKRZYŃSKI Rafał</b>	<b>603</b>	RUNONLINE.PL	M30-39	21	<b>01:22:37.85</b>	<b>01:22:51.40</b>	+00:30:22 (36.7%)	8:15	7.3 (64.0%)
73	<b>DUDA Waldemar</b>	<b>438</b>	TARNOWSKI KLUB KARATE SHINKYOKUSHIN	M40-49	20	<b>01:23:13.25</b>	<b>01:23:24.10</b>	+00:30:55 (37.1%)	8:19	7.2 (63.2%)
74	<b>KRYGER Jacek</b>	<b>504</b>	OTE TEAM	M40-49	21	<b>01:23:16.15</b>	<b>01:23:29.50</b>	+00:31:00 (37.1%)	8:19	7.2 (63.2%)
75	<b>ŚLUSARSKI Włodek</b>	<b>518</b>		M50-59	4	<b>01:23:38.00</b>	<b>01:23:48.75</b>	+00:31:19 (37.4%)	8:21	7.2 (63.2%)
76	<b>PROCHASEK Anna</b>	<b>569</b>		K30-39	10	<b>01:23:42.00</b>	<b>01:23:58.35</b>	+00:31:29 (37.5%)	8:22	7.2 (63.2%)
77	<b>BIELECKI Adam</b>	<b>416</b>		M40-49	22	<b>01:23:53.40</b>	<b>01:24:06.45</b>	+00:31:37 (37.6%)	8:23	7.2 (63.2%)
78	<b>JACHIMOWICZ Jarosław</b>	<b>468</b>	SPARTAN TRAINING GROUP TARNÓW	M16-29	17	<b>01:24:06.55</b>	<b>01:24:18.60</b>	+00:31:49 (37.7%)	8:24	7.1 (62.3%)
79	<b>NOWAK Piotr</b>	<b>540</b>		M16-29	18	<b>01:24:14.30</b>	<b>01:24:18.85</b>	+00:31:49 (37.8%)	8:25	7.1 (62.3%)
80	<b>UNIEJEWSKI Tomasz</b>	<b>630</b>		M40-49	23	<b>01:25:00.90</b>	<b>01:25:22.20</b>	+00:32:53 (38.5%)	8:30	7.1 (62.3%)
81	<b>HRYC Martyna</b>	<b>467</b>		K16-29	4	<b>01:25:26.40</b>	<b>01:25:29.35</b>	+00:33:00 (38.6%)	8:32	7 (61.4%)
82	<b>ŻUKOWSKI Grzegorz</b>	<b>657</b>	ENDURANCE TEAM	M50-59	5	<b>01:25:16.70</b>	<b>01:25:34.35</b>	+00:33:05 (38.7%)	8:31	7 (61.4%)
83	<b>GARDEŁA Justyna</b>	<b>449</b>	WOLBROM TEAM	K30-39	11	<b>01:25:34.05</b>	<b>01:25:46.05</b>	+00:33:17 (38.8%)	8:33	7 (61.4%)
84	<b>ROGÓŻ Elżbieta</b>	<b>583</b>	PRORUNNING PROMOTION	K40-49	1	<b>01:25:28.85</b>	<b>01:25:46.10</b>	+00:33:17 (38.8%)	8:32	7 (61.4%)
85	<b>FRANKOWSKI Piotr</b>	<b>446</b>		M40-49	24	<b>01:26:02.55</b>	<b>01:26:24.50</b>	+00:33:55 (39.3%)	8:36	7 (61.4%)
85	<b>JURCZENKO Marcin</b>	<b>474</b>	ITMBW KRAKÓW	M40-49	24	<b>01:26:04.55</b>	<b>01:26:24.50</b>	+00:33:55 (39.3%)	8:36	7 (61.4%)
87	<b>KONS Katarzyna</b>	<b>487</b>	POKA HERKI TEAM	K16-29	5	<b>01:26:13.15</b>	<b>01:26:34.05</b>	+00:34:05 (39.4%)	8:37	7 (61.4%)
88	<b>HANUSIAK Leszek</b>	<b>461</b>	HUSARIA RACE TEAM	M30-39	22	<b>01:26:44.60</b>	<b>01:27:02.25</b>	+00:34:33 (39.7%)	8:40	6.9 (60.5%)

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89	<b>GAWLIKOWSKI Robert</b>	<b>544</b>		M40-49	26	<b>01:27:03.35</b>	<b>01:27:19.70</b>	+00:34:50 (39.9%)	8:42	6.9 (60.5%)
90	<b>SAMOJLUK-ŚLUSARSKA Bożena</b>	<b>591</b>	DRUŻYNA TVN	K60+	1	<b>01:27:23.90</b>	<b>01:27:38.05</b>	+00:35:09 (40.1%)	8:44	6.9 (60.5%)
91	<b>HENDZLIK Monika</b>	<b>463</b>		K40-49	2	<b>01:27:36.35</b>	<b>01:27:51.60</b>	+00:35:22 (40.3%)	8:45	6.8 (59.6%)
92	<b>SITEK Szymon</b>	<b>620</b>	ZABIEGANI CZĘSTOCHOWA	M30-39	23	<b>01:27:22.45</b>	<b>01:27:51.90</b>	+00:35:22 (40.3%)	8:44	6.9 (60.5%)
93	<b>PRZYBYLSKI Michał</b>	<b>570</b>	TRANSPOREON	M30-39	24	<b>01:27:39.10</b>	<b>01:28:04.95</b>	+00:35:35 (40.4%)	8:45	6.8 (59.6%)
94	<b>KOBIĄŁKA Paweł</b>	<b>482</b>	ROZBIEGANE DOBCZYCE	M40-49	27	<b>01:27:46.90</b>	<b>01:28:09.75</b>	+00:35:40 (40.5%)	8:46	6.8 (59.6%)
95	<b>ROZMUS Marzena</b>	<b>586</b>	FRELKI LOTAJOM	K40-49	3	<b>01:27:58.60</b>	<b>01:28:10.35</b>	+00:35:41 (40.5%)	8:47	6.8 (59.6%)
96	<b>LUDWA Michał</b>	<b>516</b>	TARNOWSKI KLUB SPORTOWY SHINKYOKUSHIN KARATE	M30-39	25	<b>01:27:52.80</b>	<b>01:28:18.85</b>	+00:35:49 (40.6%)	8:47	6.8 (59.6%)
97	<b>KOPEĆ Sebastian</b>	<b>490</b>		M30-39	26	<b>01:28:47.65</b>	<b>01:29:02.10</b>	+00:36:33 (41.1%)	8:52	6.8 (59.6%)
98	<b>TRUSZKOWSKA Marta</b>	<b>628</b>		K30-39	12	<b>01:29:02.55</b>	<b>01:29:16.60</b>	+00:36:47 (41.2%)	8:54	6.7 (58.8%)
99	<b>BEDNARZ Józef</b>	<b>410</b>		M16-29	19	<b>01:29:24.25</b>	<b>01:29:52.95</b>	+00:37:23 (41.6%)	8:56	6.7 (58.8%)
100	<b>REJMAN Dorota</b>	<b>580</b>		K40-49	4	<b>01:29:38.10</b>	<b>01:29:53.25</b>	+00:37:24 (41.6%)	8:57	6.7 (58.8%)
101	<b>RAKOWSKI Krzysztof</b>	<b>577</b>	RUCHLIWI ŚWIŃSKA NOGA	M40-49	28	<b>01:29:50.75</b>	<b>01:30:11.30</b>	+00:37:42 (41.8%)	8:59	6.7 (58.8%)
102	<b>DZIÓBEK Sylwia</b>	<b>444</b>		K40-49	5	<b>01:30:18.30</b>	<b>01:30:33.05</b>	+00:38:04 (42.0%)	9:01	6.6 (57.9%)
103	<b>HERLICZKA Renata</b>	<b>465</b>	AML-FLY TEAM	K30-39	13	<b>01:30:42.10</b>	<b>01:31:00.80</b>	+00:38:31 (42.3%)	9:04	6.6 (57.9%)
104	<b>SURDEJ Paulina</b>	<b>613</b>	STG TARNÓW	K16-29	6	<b>01:31:21.15</b>	<b>01:31:32.70</b>	+00:39:03 (42.7%)	9:08	6.6 (57.9%)
105	<b>WÓJCIK Łukasz</b>	<b>646</b>	OLEJ RUNNING TEAM / CELIRONMAN	M30-39	27	<b>01:30:57.30</b>	<b>01:31:33.60</b>	+00:39:04 (42.7%)	9:05	6.6 (57.9%)
106	<b>POŹNIAK-STYCZYŃSKA Maja</b>	<b>565</b>	DDC	K30-39	14	<b>01:31:27.30</b>	<b>01:31:33.65</b>	+00:39:04 (42.7%)	9:08	6.6 (57.9%)
107	<b>HAŚNIK Daria</b>	<b>460</b>		K30-39	15	<b>01:31:33.35</b>	<b>01:31:45.25</b>	+00:39:16 (42.8%)	9:09	6.6 (57.9%)
108	<b>TOKARSKA Bożena</b>	<b>624</b>	#ADAMCZERWIŃSKITEAM	K40-49	6	<b>01:31:34.05</b>	<b>01:31:49.80</b>	+00:39:20 (42.8%)	9:09	6.6 (57.9%)
109	<b>TOKARSKI Rafał</b>	<b>625</b>		M40-49	29	<b>01:31:34.70</b>	<b>01:31:49.85</b>	+00:39:20 (42.8%)	9:09	6.6 (57.9%)
110	<b>NORWECKA Sylwia</b>	<b>538</b>		K30-39	16	<b>01:31:54.85</b>	<b>01:32:22.05</b>	+00:39:53 (43.2%)	9:11	6.5 (57.0%)
111	<b>BAR Przemek</b>	<b>405</b>	ENDURANCE TEAM	M30-39	28	<b>01:32:27.20</b>	<b>01:32:42.95</b>	+00:40:13 (43.4%)	9:14	6.5 (57.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
112	<b>SEKANIEC Dorota</b>	<b>595</b>	NIDEC ALL FOR DREAMS	K30-39	17	<b>01:32:37.00</b>	<b>01:32:54.95</b>	+00:40:25 (43.5%)	9:15	6.5 (57.0%)
113	<b>ŁUCZAK Paweł</b>	<b>522</b>		M16-29	20	<b>01:32:57.70</b>	<b>01:33:12.90</b>	+00:40:43 (43.7%)	9:17	6.5 (57.0%)
114	<b>KRÓLIKOWSKA Anna</b>	<b>503</b>	HUSARIA RACE TEAM	K16-29	7	<b>01:32:58.45</b>	<b>01:33:13.50</b>	+00:40:44 (43.7%)	9:17	6.5 (57.0%)
115	<b>KONIEC Mariusz</b>	<b>486</b>	CARBON OCR RACING TEAM	M30-39	29	<b>01:33:36.05</b>	<b>01:34:02.85</b>	+00:41:33 (44.2%)	9:21	6.4 (56.1%)
116	<b>SOBULSKI Karol</b>	<b>606</b>	SB SOBOLE	M40-49	30	<b>01:33:48.00</b>	<b>01:34:04.45</b>	+00:41:35 (44.2%)	9:22	6.4 (56.1%)
117	<b>SZCZESNIAK Agnieszka</b>	<b>616</b>	SB SOBOLE	K40-49	7	<b>01:33:48.00</b>	<b>01:34:04.60</b>	+00:41:35 (44.2%)	9:22	6.4 (56.1%)
118	<b>CHRZAN Magdalena</b>	<b>432</b>		K30-39	18	<b>01:34:06.55</b>	<b>01:34:06.55</b>	+00:41:37 (44.2%)	9:24	6.4 (56.1%)
119	<b>DĄBROWSKI Marek</b>	<b>437</b>	TRANSPOREON	M30-39	30	<b>01:33:43.95</b>	<b>01:34:09.90</b>	+00:41:40 (44.3%)	9:22	6.4 (56.1%)
120	<b>ROGOWSKA Aleksandra</b>	<b>582</b>	SIOSTRY OLSEN	K16-29	8	<b>01:34:09.15</b>	<b>01:34:21.15</b>	+00:41:52 (44.4%)	9:24	6.4 (56.1%)
121	<b>BEDNARZ Anna</b>	<b>408</b>	42 DO SZCZĘŚCIA	K16-29	9	<b>01:34:20.45</b>	<b>01:34:39.70</b>	+00:42:10 (44.6%)	9:26	6.4 (56.1%)
122	<b>BLOK Izabela</b>	<b>418</b>	72D ROWMIX JAVA TEAM	K30-39	19	<b>01:34:35.05</b>	<b>01:34:40.15</b>	+00:42:11 (44.6%)	9:27	6.3 (55.3%)
123	<b>CHLEWICKA Magdalena</b>	<b>414</b>	ZABIEGANI CZĘSTOCHOWA	K30-39	20	<b>01:34:14.40</b>	<b>01:34:44.05</b>	+00:42:15 (44.6%)	9:25	6.4 (56.1%)
124	<b>ŚWIEŻEWSKA Klementyna</b>	<b>640</b>		K30-39	21	<b>01:34:11.40</b>	<b>01:34:45.85</b>	+00:42:16 (44.6%)	9:25	6.4 (56.1%)
125	<b>RADOSZ-KWASEK Agata</b>	<b>575</b>	MUAY RUNNING TEAM	K30-39	22	<b>01:34:36.35</b>	<b>01:34:50.00</b>	+00:42:20 (44.7%)	9:27	6.3 (55.3%)
126	<b>ZAŁUBSKA Anna</b>	<b>652</b>	DIETETYK-NIEPOLOMICE.PL	K30-39	23	<b>01:34:36.90</b>	<b>01:34:54.45</b>	+00:42:25 (44.7%)	9:27	6.3 (55.3%)
127	<b>NOWAK Krzysztof</b>	<b>542</b>	STG TARNÓW	M40-49	31	<b>01:35:04.15</b>	<b>01:35:28.20</b>	+00:42:59 (45.0%)	9:30	6.3 (55.3%)
128	<b>BOROŃ Marlena</b>	<b>639</b>		K16-29	10	<b>01:35:31.45</b>	<b>01:35:36.60</b>	+00:43:07 (45.1%)	9:33	6.3 (55.3%)
129	<b>GROCHAL Marcin</b>	<b>557</b>	PSEUDOMOUNTAINRUNNER	M40-49	32	<b>01:35:06.60</b>	<b>01:35:38.50</b>	+00:43:09 (45.1%)	9:30	6.3 (55.3%)
130	<b>SKIBA Katarzyna</b>	<b>599</b>		K40-49	8	<b>01:35:21.20</b>	<b>01:35:42.45</b>	+00:43:13 (45.2%)	9:32	6.3 (55.3%)
131	<b>WIŚNIEWSKI Tomasz</b>	<b>635</b>		M40-49	33	<b>01:35:35.80</b>	<b>01:35:54.50</b>	+00:43:25 (45.3%)	9:33	6.3 (55.3%)
132	<b>WARCHOCKA Ewelina</b>	<b>632</b>		K40-49	9	<b>01:35:34.55</b>	<b>01:36:04.30</b>	+00:43:35 (45.4%)	9:33	6.3 (55.3%)
133	<b>NOWACZEK Aleksandra</b>	<b>539</b>	MULTIMEDIA RUNNERS PUŁAWY	K30-39	24	<b>01:36:27.55</b>	<b>01:36:48.00</b>	+00:44:18 (45.8%)	9:38	6.2 (54.4%)
134	<b>ZIÓŁEK Teresa</b>	<b>655</b>	STEY INSANE	K60+	2	<b>01:36:44.05</b>	<b>01:37:02.80</b>	+00:44:33 (45.9%)	9:40	6.2 (54.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
135	<b>MAJDA Karolina</b>	<b>527</b>		K16-29	11	<b>01:37:20.15</b>	<b>01:37:39.25</b>	+00:45:10 (46.3%)	9:44	6.2 (54.4%)
136	<b>RACZEK Radosław</b>	<b>574</b>	GORĄCY POTOK TEAM	M16-29	21	<b>01:37:19.65</b>	<b>01:37:39.35</b>	+00:45:10 (46.3%)	9:44	6.2 (54.4%)
137	<b>KRAVETS Anastasiia</b>	<b>502</b>	TRANSPOREON	K16-29	12	<b>01:37:16.60</b>	<b>01:37:41.95</b>	+00:45:12 (46.3%)	9:43	6.2 (54.4%)
138	<b>GAWRYLAK Beata</b>	<b>450</b>	ZUMBIARY	K40-49	10	<b>01:37:24.20</b>	<b>01:37:53.00</b>	+00:45:23 (46.4%)	9:44	6.2 (54.4%)
139	<b>CIECHAROWSKA Justyna</b>	<b>433</b>		K30-39	25	<b>01:38:05.60</b>	<b>01:38:25.25</b>	+00:45:56 (46.7%)	9:48	6.1 (53.5%)
140	<b>NOWAK Paulina</b>	<b>543</b>	SPARTAN TREINING GROUP TARNÓW	K30-39	26	<b>01:38:30.25</b>	<b>01:38:41.35</b>	+00:46:12 (46.8%)	9:51	6.1 (53.5%)
141	<b>PIECZONKA Rafal</b>	<b>558</b>	SPARTAN TREINING GROUP TARNÓW	M30-39	31	<b>01:38:28.85</b>	<b>01:38:41.45</b>	+00:46:12 (46.8%)	9:50	6.1 (53.5%)
142	<b>PIETROŃ Monika</b>	<b>562</b>	LEMON TEAM	K30-39	27	<b>01:38:33.35</b>	<b>01:39:00.10</b>	+00:46:31 (47.0%)	9:51	6.1 (53.5%)
143	<b>POSS Marcin</b>	<b>568</b>		M40-49	34	<b>01:38:34.65</b>	<b>01:39:03.75</b>	+00:46:34 (47.0%)	9:51	6.1 (53.5%)
144	<b>BURMAN Beata</b>	<b>426</b>		K40-49	11	<b>01:38:45.00</b>	<b>01:39:08.15</b>	+00:46:39 (47.1%)	9:52	6.1 (53.5%)
145	<b>SŁOWIŃSKI Karol</b>	<b>604</b>		M40-49	35	<b>01:38:54.95</b>	<b>01:39:27.90</b>	+00:46:58 (47.2%)	9:53	6.1 (53.5%)
146	<b>SALAMON Barbara</b>	<b>590</b>		K40-49	12	<b>01:39:19.00</b>	<b>01:39:32.60</b>	+00:47:03 (47.3%)	9:55	6 (52.6%)
147	<b>ARMAŃSKA Marianna</b>	<b>400</b>		K30-39	28	<b>01:40:23.75</b>	<b>01:40:23.75</b>	+00:47:54 (47.7%)	10:02	6 (52.6%)
148	<b>RADYK Jakub</b>	<b>440</b>	PRZEMYSKI KLUB BIEGACZA	M30-39	32	<b>01:40:14.95</b>	<b>01:40:38.65</b>	+00:48:09 (47.9%)	10:01	6 (52.6%)
149	<b>ŁATA Katarzyna</b>	<b>519</b>		K40-49	13	<b>01:40:14.60</b>	<b>01:40:46.65</b>	+00:48:17 (47.9%)	10:01	6 (52.6%)
150	<b>OTOLA Iwona</b>	<b>550</b>	ENDURANCE TEAM	K30-39	29	<b>01:40:37.05</b>	<b>01:40:52.40</b>	+00:48:23 (48.0%)	10:03	6 (52.6%)
151	<b>KURCIŃSKA Lidia</b>	<b>507</b>		K30-39	30	<b>01:41:44.10</b>	<b>01:42:12.30</b>	+00:49:43 (48.6%)	10:10	5.9 (51.8%)
152	<b>RUDNIK Katarzyna</b>	<b>587</b>		K30-39	31	<b>01:41:43.30</b>	<b>01:42:12.75</b>	+00:49:43 (48.7%)	10:10	5.9 (51.8%)
153	<b>ZAKRZEWSKI Jaroslaw</b>	<b>651</b>		M40-49	36	<b>01:42:10.75</b>	<b>01:42:17.75</b>	+00:49:48 (48.7%)	10:13	5.9 (51.8%)
154	<b>HEPNER Malwina</b>	<b>464</b>	ADIDAS RUNNERS WARSAW	K30-39	32	<b>01:41:58.00</b>	<b>01:42:21.00</b>	+00:49:51 (48.7%)	10:11	5.9 (51.8%)
155	<b>KOSTKA Aneta</b>	<b>496</b>	ADIDAS RUNNERS WARSAW	K16-29	13	<b>01:41:57.45</b>	<b>01:42:21.10</b>	+00:49:52 (48.7%)	10:11	5.9 (51.8%)
156	<b>BEZKOROWAJNY Joanna</b>	<b>411</b>	NOKIA	K30-39	33	<b>01:42:33.45</b>	<b>01:42:58.00</b>	+00:50:28 (49.0%)	10:15	5.8 (50.9%)
157	<b>BEZKOROWAJNY Mateusz</b>	<b>412</b>	NOKIA	M30-39	33	<b>01:42:34.15</b>	<b>01:42:58.10</b>	+00:50:29 (49.0%)	10:15	5.8 (50.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
158	MARKOWSKA Jadwiga	530		K30-39	34	01:42:52.30	01:43:06.55	+00:50:37 (49.1%)	10:17	5.8 (50.9%)
159	WÓŁKIEWICZ Paweł	648	OX5	M50-59	6	01:42:37.80	01:43:08.55	+00:50:39 (49.1%)	10:15	5.8 (50.9%)
160	JAROSZEWSKA Iwona	471		K40-49	14	01:42:37.15	01:43:08.60	+00:50:39 (49.1%)	10:15	5.8 (50.9%)
161	PRZYBYŁKA Agnieszka	571		K30-39	35	01:42:42.65	01:43:15.65	+00:50:46 (49.2%)	10:16	5.8 (50.9%)
162	WOŹNIAK Lidia	644	PORMAT JEDLICZE BIEGA	K50-59	2	01:43:01.05	01:43:17.95	+00:50:48 (49.2%)	10:18	5.8 (50.9%)
163	SIKORSKI Ludwik	598	HTF LUDWIK SIKORSKI	M40-49	37	01:43:05.75	01:43:22.35	+00:50:53 (49.2%)	10:18	5.8 (50.9%)
164	DZIEWIĄTKOWSKA Ewa	443		K40-49	15	01:43:04.60	01:43:23.10	+00:50:54 (49.2%)	10:18	5.8 (50.9%)
165	TROJANOWSKA Kinga	627		K60+	3	01:43:00.60	01:43:23.70	+00:50:54 (49.2%)	10:18	5.8 (50.9%)
166	MEINERT Jakub	532	CARBON OCR RACING TEAM	M16-29	22	01:44:05.20	01:44:23.40	+00:51:54 (49.7%)	10:24	5.8 (50.9%)
167	ZIÓŁEK Kornelia	654		K30-39	36	01:44:14.90	01:44:29.45	+00:52:00 (49.8%)	10:25	5.8 (50.9%)
168	SIATKA Agnieszka	594	RUNNING PERFORMANCE	K40-49	16	01:44:18.60	01:44:38.15	+00:52:09 (49.8%)	10:25	5.8 (50.9%)
169	GŁUCHOWSKI Jacek	453	BB RUNERS	M40-49	38	01:44:53.15	01:45:08.65	+00:52:39 (50.1%)	10:29	5.7 (50.0%)
170	BUNIKOWSKA Emilia	425		K30-39	37	01:44:52.60	01:45:09.00	+00:52:39 (50.1%)	10:29	5.7 (50.0%)
171	JAGIEŁA Tomasz	469	BAKOMAT TEAM	M30-39	34	01:44:58.40	01:45:15.45	+00:52:46 (50.1%)	10:29	5.7 (50.0%)
172	MICHALIK Justyna	533	ZABIERZOW BIEGA	K30-39	38	01:45:26.55	01:45:44.35	+00:53:15 (50.4%)	10:32	5.7 (50.0%)
173	KAPAŁKA Krzysztof	478	STG TARNÓW	M60+	1	01:45:46.10	01:45:51.20	+00:53:22 (50.4%)	10:34	5.7 (50.0%)
174	BALCERZAK Krystyna	402		K40-49	17	01:45:40.15	01:45:58.60	+00:53:29 (50.5%)	10:34	5.7 (50.0%)
175	ŚWIEŻEWSKA Kaja	641		K30-39	39	01:45:35.80	01:46:10.95	+00:53:41 (50.6%)	10:33	5.7 (50.0%)
176	ŁUKASZEWSKA Katarzyna	523		K50-59	3	01:45:51.10	01:46:19.30	+00:53:50 (50.6%)	10:35	5.7 (50.0%)
177	SKOCZYLAS Piotr	601	ENDURANCE TEAM	M40-49	39	01:46:32.30	01:46:58.05	+00:54:29 (50.9%)	10:39	5.6 (49.1%)
178	KUREK Małgorzata	508	CARBON OCR RACING TEAM	K30-39	40	01:46:33.85	01:46:58.75	+00:54:29 (50.9%)	10:39	5.6 (49.1%)
179	KORPALSKI Jacek	494		M50-59	7	01:47:03.85	01:47:33.90	+00:55:04 (51.2%)	10:42	5.6 (49.1%)
180	KŁOPOT Grażyna	481	MULTIMEDIA RUNNERS PUŁAWY	K40-49	18	01:47:46.40	01:48:08.65	+00:55:39 (51.5%)	10:46	5.6 (49.1%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
181	<b>RUTKOWSKA Milena</b>	<b>588</b>	MULTIMEDIA RUNNERS PUŁAWY	K30-39	41	<b>01:47:47.65</b>	<b>01:48:08.70</b>	+00:55:39 (51.5%)	10:46	5.6 (49.1%)
182	<b>PUKOCZ Katarzyna</b>	<b>573</b>		K30-39	42	<b>01:48:01.10</b>	<b>01:48:33.10</b>	+00:56:04 (51.7%)	10:48	5.6 (49.1%)
183	<b>JACKOWSKI Jacek</b>	<b>661</b>	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	M40-49	40	<b>01:48:33.95</b>	<b>01:48:50.55</b>	+00:56:21 (51.8%)	10:51	5.5 (48.2%)
184	<b>JACKOWSKA Ewa</b>	<b>660</b>	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	K40-49	19	<b>01:48:35.80</b>	<b>01:48:51.05</b>	+00:56:22 (51.8%)	10:51	5.5 (48.2%)
185	<b>LULA Radek</b>	<b>517</b>		M40-49	41	<b>01:48:32.75</b>	<b>01:48:53.45</b>	+00:56:24 (51.8%)	10:51	5.5 (48.2%)
186	<b>SEBZDA Malgorzata</b>	<b>593</b>	HUSARIA RACE TEAM	K40-49	20	<b>01:48:42.00</b>	<b>01:48:58.30</b>	+00:56:29 (51.8%)	10:52	5.5 (48.2%)
187	<b>ŻURKOWSKA Dorota</b>	<b>658</b>		K30-39	43	<b>01:48:31.05</b>	<b>01:49:01.85</b>	+00:56:32 (51.9%)	10:51	5.5 (48.2%)
188	<b>ZAINCIKOVSKAIA-WÓJCIK Inna</b>	<b>649</b>	NIE MAM POMYSŁU	K30-39	44	<b>01:48:59.70</b>	<b>01:49:23.85</b>	+00:56:54 (52.0%)	10:53	5.5 (48.2%)
189	<b>RADYK Joanna</b>	<b>576</b>	PRZEMYSKI KLUB BIEGACZA	K30-39	45	<b>01:49:40.55</b>	<b>01:50:02.70</b>	+00:57:33 (52.3%)	10:58	5.5 (48.2%)
190	<b>BRODAWKA Olga</b>	<b>421</b>		K30-39	46	<b>01:50:26.30</b>	<b>01:50:40.35</b>	+00:58:11 (52.6%)	11:02	5.4 (47.4%)
191	<b>WALKOWSKA Justyna</b>	<b>631</b>	JACEKBIEGA RUNNING TEAM	K40-49	21	<b>01:50:34.75</b>	<b>01:51:01.45</b>	+00:58:32 (52.7%)	11:03	5.4 (47.4%)
192	<b>LUDKA Dagmara</b>	<b>513</b>		K40-49	22	<b>01:51:40.00</b>	<b>01:52:03.65</b>	+00:59:34 (53.2%)	11:10	5.4 (47.4%)
193	<b>ZBROSZCZYK Damian</b>	<b>585</b>	CARBON OCR RACING TEAM	M30-39	35	<b>01:51:59.30</b>	<b>01:52:19.85</b>	+00:59:50 (53.3%)	11:11	5.4 (47.4%)
194	<b>MALARA Dalia</b>	<b>528</b>	CARBON OCR RACING TEAM	K30-39	47	<b>01:53:06.45</b>	<b>01:53:06.45</b>	+01:00:37 (53.6%)	11:18	5.3 (46.5%)
195	<b>BALON Marcin</b>	<b>403</b>	BB RUNNERS	M40-49	42	<b>01:53:25.00</b>	<b>01:53:48.40</b>	+01:01:19 (53.9%)	11:20	5.3 (46.5%)
196	<b>KOPCZYK Jakub</b>	<b>489</b>		M16-29	23	<b>01:54:00.35</b>	<b>01:54:23.05</b>	+01:01:54 (54.1%)	11:24	5.3 (46.5%)
197	<b>ŁĘPICKA Marta</b>	<b>520</b>		K16-29	14	<b>01:54:29.30</b>	<b>01:54:56.65</b>	+01:02:27 (54.3%)	11:26	5.2 (45.6%)
198	<b>ŁĘPICKI Mateusz</b>	<b>521</b>	LEMON TEAM	M30-39	36	<b>01:54:29.50</b>	<b>01:54:57.40</b>	+01:02:28 (54.3%)	11:27	5.2 (45.6%)
199	<b>PAWŁOWSKA Maria</b>	<b>555</b>	MARUSIABIEGAPL	K40-49	23	<b>01:55:10.30</b>	<b>01:55:32.85</b>	+01:03:03 (54.6%)	11:31	5.2 (45.6%)
200	<b>WIŚNIEWSKA Katarzyna</b>	<b>634</b>	WIŚNIA TEAM	K40-49	24	<b>01:55:08.30</b>	<b>01:55:34.05</b>	+01:03:05 (54.6%)	11:30	5.2 (45.6%)
201	<b>BRODECKI Adam</b>	<b>422</b>	WATAHA ŁĄCZY NAS BIEGANIE	M16-29	24	<b>01:55:22.70</b>	<b>01:55:56.45</b>	+01:03:27 (54.7%)	11:32	5.2 (45.6%)
202	<b>GRABOWSKA Joanna</b>	<b>457</b>	SPC/ KM UMK	K40-49	25	<b>01:55:43.90</b>	<b>01:56:06.15</b>	+01:03:37 (54.8%)	11:34	5.2 (45.6%)
203	<b>KANDERSKI Sławek</b>	<b>476</b>	WKB MARATOŃCZYK	M50-59	8	<b>01:55:46.40</b>	<b>01:56:06.45</b>	+01:03:37 (54.8%)	11:34	5.2 (45.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
204	<b>PIETRZYKOWSKA Katarzyna</b>	<b>563</b>		K30-39	48	<b>01:56:55.00</b>	<b>01:57:26.25</b>	+01:04:57 (55.3%)	11:41	5.1 (44.7%)
205	<b>SOSNOWSKA Barbara</b>	<b>608</b>	LACHO TEAM	K40-49	26	<b>01:56:55.20</b>	<b>01:57:26.35</b>	+01:04:57 (55.3%)	11:41	5.1 (44.7%)
206	<b>DZIEDZIC-WÓJTOWICZ Agnieszka</b>	<b>442</b>	SRTG-NIEPOŁOMICE	K40-49	27	<b>01:58:11.60</b>	<b>01:58:43.50</b>	+01:06:14 (55.8%)	11:49	5.1 (44.7%)
207	<b>OGAZA Anna</b>	<b>546</b>		K30-39	49	<b>01:59:32.20</b>	<b>01:59:57.05</b>	+01:07:28 (56.2%)	11:57	5 (43.9%)
208	<b>STERNIK Daniel</b>	<b>611</b>	NAJWIĘKSZA ARMIA ŚWIATA	M30-39	37	<b>01:59:40.55</b>	<b>02:00:11.10</b>	+01:07:42 (56.3%)	11:58	5 (43.9%)
209	<b>LEFELIC Monika</b>	<b>512</b>		K40-49	28	<b>02:00:19.80</b>	<b>02:00:46.25</b>	+01:08:17 (56.5%)	12:02	5 (43.9%)
210	<b>WIŚNIEWSKA Dorota</b>	<b>633</b>		K40-49	29	<b>02:00:40.30</b>	<b>02:00:58.75</b>	+01:08:29 (56.6%)	12:04	5 (43.9%)
211	<b>KWIATKOWSKA Katarzyna</b>	<b>509</b>	RUNKASJARUN	K30-39	50	<b>02:01:45.60</b>	<b>02:02:05.75</b>	+01:09:36 (57.0%)	12:10	4.9 (43.0%)
212	<b>DUBIŃSKI Przemysław</b>	<b>415</b>	PRZEMEK DUBIŃSKI - BIEGIEMPRZEZŚWIAT	M40-49	43	<b>02:01:40.50</b>	<b>02:02:11.15</b>	+01:09:42 (57.0%)	12:10	4.9 (43.0%)
213	<b>NOWAK Ewelina</b>	<b>541</b>	STG TARNÓW	K30-39	51	<b>02:03:30.80</b>	<b>02:03:55.65</b>	+01:11:26 (57.6%)	12:21	4.9 (43.0%)
214	<b>JASIUL Mariola</b>	<b>472</b>		K40-49	30	<b>02:03:55.15</b>	<b>02:04:20.40</b>	+01:11:51 (57.8%)	12:23	4.8 (42.1%)
215	<b>LESZCZYNSKI Aleksander</b>	<b>514</b>		M40-49	44	<b>02:06:08.65</b>	<b>02:06:36.25</b>	+01:14:07 (58.5%)	12:36	4.8 (42.1%)
216	<b>SKORUPKA Anna</b>	<b>602</b>		K40-49	31	<b>02:07:55.25</b>	<b>02:08:28.75</b>	+01:15:59 (59.1%)	12:47	4.7 (41.2%)
217	<b>KOWALCZYK Justyna</b>	<b>499</b>	ACCENTURE	K50-59	4	<b>02:08:17.40</b>	<b>02:08:35.90</b>	+01:16:06 (59.2%)	12:49	4.7 (41.2%)
218	<b>SIERECKA Dorota</b>	<b>596</b>	TEAM ZABIEGANEDNI // WKURW_TEAM	K40-49	32	<b>02:08:11.30</b>	<b>02:08:46.55</b>	+01:16:17 (59.2%)	12:49	4.7 (41.2%)
219	<b>ZIENKIEWICZ Agata</b>	<b>653</b>		K30-39	52	<b>02:08:56.45</b>	<b>02:09:28.05</b>	+01:16:59 (59.5%)	12:53	4.7 (41.2%)
220	<b>KOTULA Jakub</b>	<b>498</b>		M30-39	38	<b>02:12:25.60</b>	<b>02:12:53.50</b>	+01:20:24 (60.5%)	13:14	4.5 (39.5%)
220	<b>GERLE-KOTULA Anna</b>	<b>452</b>		K30-39	53	<b>02:12:25.90</b>	<b>02:12:53.50</b>	+01:20:24 (60.5%)	13:14	4.5 (39.5%)
222	<b>KORNAGA Kamil</b>	<b>493</b>	KS RUDNIANKA RUDNA WIELKA	M16-29	25	<b>02:13:16.05</b>	<b>02:13:48.85</b>	+01:21:19 (60.8%)	13:19	4.5 (39.5%)
223	<b>MIERZEJEWSKA Olga</b>	<b>534</b>		K30-39	54	<b>02:20:06.55</b>	<b>02:20:35.10</b>	+01:28:06 (62.7%)	14:00	4.3 (37.7%)
224	<b>KAPAŁKA Bożena</b>	<b>477</b>	STG TARNÓW	K50-59	5	<b>02:22:20.20</b>	<b>02:22:56.80</b>	+01:30:27 (63.3%)	14:14	4.2 (36.8%)
225	<b>WIECZOREK Andrzej</b>	<b>638</b>		M50-59	9	<b>02:22:20.10</b>	<b>02:22:57.00</b>	+01:30:27 (63.3%)	14:14	4.2 (36.8%)
226	<b>SMOGORZEWSKA Marta</b>	<b>605</b>	WKURW_TEAM	K30-39	55	<b>02:24:32.45</b>	<b>02:25:08.40</b>	+01:32:39 (63.8%)	14:27	4.2 (36.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
227	<b>MATUSZCZAK Angelika</b>	<b>531</b>	STG TARNÓW	K30-39	56	<b>02:35:47.00</b>	<b>02:36:22.65</b>	+01:43:53 (66.4%)	15:34	3.9 (34.2%)
228	<b>PRZYBYŁO Marta</b>	<b>572</b>		K30-39	57	<b>02:38:33.75</b>	<b>02:39:08.15</b>	+01:46:39 (67.0%)	15:51	3.8 (33.3%)
229	<b>MALOCHLEB Mateusz</b>	<b>659</b>	ZAWISZA STARA KUŹNIA	M16-29	26	<b>02:44:26.20</b>	<b>02:45:03.05</b>	+01:52:34 (68.2%)	16:26	3.6 (31.6%)
229	<b>KOSZNIRUK Elzbieta</b>	<b>497</b>	WYBIEGAJ SIEBIE	K50-59	6	<b>02:44:24.70</b>	<b>02:45:03.05</b>	+01:52:34 (68.2%)	16:26	3.6 (31.6%)

Znaleziono 230 wynik(ów)