



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

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

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

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

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112	SEKANIEC Dorota	595	NIDEC ALL FOR DREAMS	K30-39	17	01:32:37.00	01:32:54.95	+00:40:25 (43.5%)	9:15	6.5 (57.0%)
113	ŁUCZAK Paweł	522		M16-29	20	01:32:57.70	01:33:12.90	+00:40:43 (43.7%)	9:17	6.5 (57.0%)
114	KRÓLIKOWSKA Anna	503	HUSARIA RACE TEAM	K16-29	7	01:32:58.45	01:33:13.50	+00:40:44 (43.7%)	9:17	6.5 (57.0%)
115	KONIEC Mariusz	486	CARBON OCR RACING TEAM	M30-39	29	01:33:36.05	01:34:02.85	+00:41:33 (44.2%)	9:21	6.4 (56.1%)
116	SOBULSKI Karol	606	SB SOBOLE	M40-49	30	01:33:48.00	01:34:04.45	+00:41:35 (44.2%)	9:22	6.4 (56.1%)
117	SZCZESNIAK Agnieszka	616	SB SOBOLE	K40-49	7	01:33:48.00	01:34:04.60	+00:41:35 (44.2%)	9:22	6.4 (56.1%)
118	CHRZAN Magdalena	432		K30-39	18	01:34:06.55	01:34:06.55	+00:41:37 (44.2%)	9:24	6.4 (56.1%)
119	DĄBROWSKI Marek	437	TRANSPOREON	M30-39	30	01:33:43.95	01:34:09.90	+00:41:40 (44.3%)	9:22	6.4 (56.1%)
120	ROGOWSKA Aleksandra	582	SIOSTRY OLSEN	K16-29	8	01:34:09.15	01:34:21.15	+00:41:52 (44.4%)	9:24	6.4 (56.1%)
121	BEDNARZ Anna	408	42 DO SZCZĘŚCIA	K16-29	9	01:34:20.45	01:34:39.70	+00:42:10 (44.6%)	9:26	6.4 (56.1%)
122	BLOK Izabela	418	72D ROWMIX JAVA TEAM	K30-39	19	01:34:35.05	01:34:40.15	+00:42:11 (44.6%)	9:27	6.3 (55.3%)
123	CHLEWICKA Magdalena	414	ZABIEGANI CZĘSTOCHOWA	K30-39	20	01:34:14.40	01:34:44.05	+00:42:15 (44.6%)	9:25	6.4 (56.1%)
124	ŚWIEŻEWSKA Klementyna	640		K30-39	21	01:34:11.40	01:34:45.85	+00:42:16 (44.6%)	9:25	6.4 (56.1%)
125	RADOSZ-KWASEK Agata	575	MUAY RUNNING TEAM	K30-39	22	01:34:36.35	01:34:50.00	+00:42:20 (44.7%)	9:27	6.3 (55.3%)
126	ZAŁUBSKA Anna	652	DIETETYK-NIEPOLOMICE.PL	K30-39	23	01:34:36.90	01:34:54.45	+00:42:25 (44.7%)	9:27	6.3 (55.3%)
127	NOWAK Krzysztof	542	STG TARNÓW	M40-49	31	01:35:04.15	01:35:28.20	+00:42:59 (45.0%)	9:30	6.3 (55.3%)
128	BOROŃ Marlena	639		K16-29	10	01:35:31.45	01:35:36.60	+00:43:07 (45.1%)	9:33	6.3 (55.3%)
129	GROCHAL Marcin	557	PSEUDOMOUNTAINRUNNER	M40-49	32	01:35:06.60	01:35:38.50	+00:43:09 (45.1%)	9:30	6.3 (55.3%)
130	SKIBA Katarzyna	599		K40-49	8	01:35:21.20	01:35:42.45	+00:43:13 (45.2%)	9:32	6.3 (55.3%)
131	WIŚNIEWSKI Tomasz	635		M40-49	33	01:35:35.80	01:35:54.50	+00:43:25 (45.3%)	9:33	6.3 (55.3%)
132	WARCHOCKA Ewelina	632		K40-49	9	01:35:34.55	01:36:04.30	+00:43:35 (45.4%)	9:33	6.3 (55.3%)
133	NOWACZEK Aleksandra	539	MULTIMEDIA RUNNERS PUŁAWY	K30-39	24	01:36:27.55	01:36:48.00	+00:44:18 (45.8%)	9:38	6.2 (54.4%)
134	ZIÓŁEK Teresa	655	STEY INSANE	K60+	2	01:36:44.05	01:37:02.80	+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	MAJDA Karolina	527		K16-29	11	01:37:20.15	01:37:39.25	+00:45:10 (46.3%)	9:44	6.2 (54.4%)
136	RACZEK Radosław	574	GORĄCY POTOK TEAM	M16-29	21	01:37:19.65	01:37:39.35	+00:45:10 (46.3%)	9:44	6.2 (54.4%)
137	KRAVETS Anastasiia	502	TRANSPOREON	K16-29	12	01:37:16.60	01:37:41.95	+00:45:12 (46.3%)	9:43	6.2 (54.4%)
138	GAWRYLAK Beata	450	ZUMBIARY	K40-49	10	01:37:24.20	01:37:53.00	+00:45:23 (46.4%)	9:44	6.2 (54.4%)
139	CIECHAROWSKA Justyna	433		K30-39	25	01:38:05.60	01:38:25.25	+00:45:56 (46.7%)	9:48	6.1 (53.5%)
140	NOWAK Paulina	543	SPARTAN TREINING GROUP TARNÓW	K30-39	26	01:38:30.25	01:38:41.35	+00:46:12 (46.8%)	9:51	6.1 (53.5%)
141	PIECZONKA Rafal	558	SPARTAN TREINING GROUP TARNÓW	M30-39	31	01:38:28.85	01:38:41.45	+00:46:12 (46.8%)	9:50	6.1 (53.5%)
142	PIETROŃ Monika	562	LEMON TEAM	K30-39	27	01:38:33.35	01:39:00.10	+00:46:31 (47.0%)	9:51	6.1 (53.5%)
143	POSS Marcin	568		M40-49	34	01:38:34.65	01:39:03.75	+00:46:34 (47.0%)	9:51	6.1 (53.5%)
144	BURMAN Beata	426		K40-49	11	01:38:45.00	01:39:08.15	+00:46:39 (47.1%)	9:52	6.1 (53.5%)
145	SŁOWIŃSKI Karol	604		M40-49	35	01:38:54.95	01:39:27.90	+00:46:58 (47.2%)	9:53	6.1 (53.5%)
146	SALAMON Barbara	590		K40-49	12	01:39:19.00	01:39:32.60	+00:47:03 (47.3%)	9:55	6 (52.6%)
147	ARMAŃSKA Marianna	400		K30-39	28	01:40:23.75	01:40:23.75	+00:47:54 (47.7%)	10:02	6 (52.6%)
148	RADYK Jakub	440	PRZEMYSKI KLUB BIEGACZA	M30-39	32	01:40:14.95	01:40:38.65	+00:48:09 (47.9%)	10:01	6 (52.6%)
149	ŁATA Katarzyna	519		K40-49	13	01:40:14.60	01:40:46.65	+00:48:17 (47.9%)	10:01	6 (52.6%)
150	OTOLA Iwona	550	ENDURANCE TEAM	K30-39	29	01:40:37.05	01:40:52.40	+00:48:23 (48.0%)	10:03	6 (52.6%)
151	KURCIŃSKA Lidia	507		K30-39	30	01:41:44.10	01:42:12.30	+00:49:43 (48.6%)	10:10	5.9 (51.8%)
152	RUDNIK Katarzyna	587		K30-39	31	01:41:43.30	01:42:12.75	+00:49:43 (48.7%)	10:10	5.9 (51.8%)
153	ZAKRZEWSKI Jaroslaw	651		M40-49	36	01:42:10.75	01:42:17.75	+00:49:48 (48.7%)	10:13	5.9 (51.8%)
154	HEPNER Malwina	464	ADIDAS RUNNERS WARSAW	K30-39	32	01:41:58.00	01:42:21.00	+00:49:51 (48.7%)	10:11	5.9 (51.8%)
155	KOSTKA Aneta	496	ADIDAS RUNNERS WARSAW	K16-29	13	01:41:57.45	01:42:21.10	+00:49:52 (48.7%)	10:11	5.9 (51.8%)
156	BEZKOROWAJNY Joanna	411	NOKIA	K30-39	33	01:42:33.45	01:42:58.00	+00:50:28 (49.0%)	10:15	5.8 (50.9%)
157	BEZKOROWAJNY Mateusz	412	NOKIA	M30-39	33	01:42:34.15	01:42:58.10	+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	RUTKOWSKA Milena	588	MULTIMEDIA RUNNERS PUŁAWY	K30-39	41	01:47:47.65	01:48:08.70	+00:55:39 (51.5%)	10:46	5.6 (49.1%)
182	PUKOCZ Katarzyna	573		K30-39	42	01:48:01.10	01:48:33.10	+00:56:04 (51.7%)	10:48	5.6 (49.1%)
183	JACKOWSKI Jacek	661	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	M40-49	40	01:48:33.95	01:48:50.55	+00:56:21 (51.8%)	10:51	5.5 (48.2%)
184	JACKOWSKA Ewa	660	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	K40-49	19	01:48:35.80	01:48:51.05	+00:56:22 (51.8%)	10:51	5.5 (48.2%)
185	LULA Radek	517		M40-49	41	01:48:32.75	01:48:53.45	+00:56:24 (51.8%)	10:51	5.5 (48.2%)
186	SEBZDA Malgorzata	593	HUSARIA RACE TEAM	K40-49	20	01:48:42.00	01:48:58.30	+00:56:29 (51.8%)	10:52	5.5 (48.2%)
187	ŻURKOWSKA Dorota	658		K30-39	43	01:48:31.05	01:49:01.85	+00:56:32 (51.9%)	10:51	5.5 (48.2%)
188	ZAINCIKOVSKAIA-WÓJCIK Inna	649	NIE MAM POMYSŁU	K30-39	44	01:48:59.70	01:49:23.85	+00:56:54 (52.0%)	10:53	5.5 (48.2%)
189	RADYK Joanna	576	PRZEMYSKI KLUB BIEGACZA	K30-39	45	01:49:40.55	01:50:02.70	+00:57:33 (52.3%)	10:58	5.5 (48.2%)
190	BRODAWKA Olga	421		K30-39	46	01:50:26.30	01:50:40.35	+00:58:11 (52.6%)	11:02	5.4 (47.4%)
191	WALKOWSKA Justyna	631	JACEKBIEGA RUNNING TEAM	K40-49	21	01:50:34.75	01:51:01.45	+00:58:32 (52.7%)	11:03	5.4 (47.4%)
192	LUDKA Dagmara	513		K40-49	22	01:51:40.00	01:52:03.65	+00:59:34 (53.2%)	11:10	5.4 (47.4%)
193	ZBROSZCZYK Damian	585	CARBON OCR RACING TEAM	M30-39	35	01:51:59.30	01:52:19.85	+00:59:50 (53.3%)	11:11	5.4 (47.4%)
194	MALARA Dalia	528	CARBON OCR RACING TEAM	K30-39	47	01:53:06.45	01:53:06.45	+01:00:37 (53.6%)	11:18	5.3 (46.5%)
195	BALON Marcin	403	BB RUNNERS	M40-49	42	01:53:25.00	01:53:48.40	+01:01:19 (53.9%)	11:20	5.3 (46.5%)
196	KOPCZYK Jakub	489		M16-29	23	01:54:00.35	01:54:23.05	+01:01:54 (54.1%)	11:24	5.3 (46.5%)
197	ŁĘPICKA Marta	520		K16-29	14	01:54:29.30	01:54:56.65	+01:02:27 (54.3%)	11:26	5.2 (45.6%)
198	ŁĘPICKI Mateusz	521	LEMON TEAM	M30-39	36	01:54:29.50	01:54:57.40	+01:02:28 (54.3%)	11:27	5.2 (45.6%)
199	PAWŁOWSKA Maria	555	MARUSIABIEGAPL	K40-49	23	01:55:10.30	01:55:32.85	+01:03:03 (54.6%)	11:31	5.2 (45.6%)
200	WIŚNIEWSKA Katarzyna	634	WIŚNIA TEAM	K40-49	24	01:55:08.30	01:55:34.05	+01:03:05 (54.6%)	11:30	5.2 (45.6%)
201	BRODECKI Adam	422	WATAHA ŁĄCZY NAS BIEGANIE	M16-29	24	01:55:22.70	01:55:56.45	+01:03:27 (54.7%)	11:32	5.2 (45.6%)
202	GRABOWSKA Joanna	457	SPC/ KM UMK	K40-49	25	01:55:43.90	01:56:06.15	+01:03:37 (54.8%)	11:34	5.2 (45.6%)
203	KANDERSKI Sławek	476	WKB MARATOŃCZYK	M50-59	8	01:55:46.40	01:56:06.45	+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	PIETRZYKOWSKA Katarzyna	563		K30-39	48	01:56:55.00	01:57:26.25	+01:04:57 (55.3%)	11:41	5.1 (44.7%)
205	SOSNOWSKA Barbara	608	LACHO TEAM	K40-49	26	01:56:55.20	01:57:26.35	+01:04:57 (55.3%)	11:41	5.1 (44.7%)
206	DZIEDZIC-WÓJTOWICZ Agnieszka	442	SRTG-NIEPOŁOMICE	K40-49	27	01:58:11.60	01:58:43.50	+01:06:14 (55.8%)	11:49	5.1 (44.7%)
207	OGAZA Anna	546		K30-39	49	01:59:32.20	01:59:57.05	+01:07:28 (56.2%)	11:57	5 (43.9%)
208	STERNIK Daniel	611	NAJWIĘKSZA ARMIA ŚWIATA	M30-39	37	01:59:40.55	02:00:11.10	+01:07:42 (56.3%)	11:58	5 (43.9%)
209	LEFELIC Monika	512		K40-49	28	02:00:19.80	02:00:46.25	+01:08:17 (56.5%)	12:02	5 (43.9%)
210	WIŚNIEWSKA Dorota	633		K40-49	29	02:00:40.30	02:00:58.75	+01:08:29 (56.6%)	12:04	5 (43.9%)
211	KWIATKOWSKA Katarzyna	509	RUNKASJARUN	K30-39	50	02:01:45.60	02:02:05.75	+01:09:36 (57.0%)	12:10	4.9 (43.0%)
212	DUBIŃSKI Przemysław	415	PRZEMEK DUBIŃSKI - BIEGIEMPRZEZŚWIAT	M40-49	43	02:01:40.50	02:02:11.15	+01:09:42 (57.0%)	12:10	4.9 (43.0%)
213	NOWAK Ewelina	541	STG TARNÓW	K30-39	51	02:03:30.80	02:03:55.65	+01:11:26 (57.6%)	12:21	4.9 (43.0%)
214	JASIUL Mariola	472		K40-49	30	02:03:55.15	02:04:20.40	+01:11:51 (57.8%)	12:23	4.8 (42.1%)
215	LESZCZYNSKI Aleksander	514		M40-49	44	02:06:08.65	02:06:36.25	+01:14:07 (58.5%)	12:36	4.8 (42.1%)
216	SKORUPKA Anna	602		K40-49	31	02:07:55.25	02:08:28.75	+01:15:59 (59.1%)	12:47	4.7 (41.2%)
217	KOWALCZYK Justyna	499	ACCENTURE	K50-59	4	02:08:17.40	02:08:35.90	+01:16:06 (59.2%)	12:49	4.7 (41.2%)
218	SIERECKA Dorota	596	TEAM ZABIEGANEDNI // WKURW_TEAM	K40-49	32	02:08:11.30	02:08:46.55	+01:16:17 (59.2%)	12:49	4.7 (41.2%)
219	ZIENKIEWICZ Agata	653		K30-39	52	02:08:56.45	02:09:28.05	+01:16:59 (59.5%)	12:53	4.7 (41.2%)
220	KOTULA Jakub	498		M30-39	38	02:12:25.60	02:12:53.50	+01:20:24 (60.5%)	13:14	4.5 (39.5%)
220	GERLE-KOTULA Anna	452		K30-39	53	02:12:25.90	02:12:53.50	+01:20:24 (60.5%)	13:14	4.5 (39.5%)
222	KORNAGA Kamil	493	KS RUDNIANKA RUDNA WIELKA	M16-29	25	02:13:16.05	02:13:48.85	+01:21:19 (60.8%)	13:19	4.5 (39.5%)
223	MIERZEJEWSKA Olga	534		K30-39	54	02:20:06.55	02:20:35.10	+01:28:06 (62.7%)	14:00	4.3 (37.7%)
224	KAPAŁKA Bożena	477	STG TARNÓW	K50-59	5	02:22:20.20	02:22:56.80	+01:30:27 (63.3%)	14:14	4.2 (36.8%)
225	WIECZOREK Andrzej	638		M50-59	9	02:22:20.10	02:22:57.00	+01:30:27 (63.3%)	14:14	4.2 (36.8%)
226	SMOGORZEWSKA Marta	605	WKURW_TEAM	K30-39	55	02:24:32.45	02:25:08.40	+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	MATUSZCZAK Angelika	531	STG TARNÓW	K30-39	56	02:35:47.00	02:36:22.65	+01:43:53 (66.4%)	15:34	3.9 (34.2%)
228	PRZYBYŁO Marta	572		K30-39	57	02:38:33.75	02:39:08.15	+01:46:39 (67.0%)	15:51	3.8 (33.3%)
229	MALOCHEB Mateusz	659	ZAWISZA STARA KUŹNIA	M16-29	26	02:44:26.20	02:45:03.05	+01:52:34 (68.2%)	16:26	3.6 (31.6%)
229	KOSZNIRUK Elzbieta	497	WYBIEGAJ SIEBIE	K50-59	6	02:44:24.70	02:45:03.05	+01:52:34 (68.2%)	16:26	3.6 (31.6%)

Znaleziono 230 wynik(ów)