



Wydarzenie: ETAPOWA TRIADA ZIMOWA
Organizator: Fundacja Kocham Góry
Data: 2020-01-04
Miejsce: Krościenko nad Dunajcem
Dystans: 16 km

TRIADA INTRO GORCE

B4SPORT

B4SPORT
INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 16km	Czas brutto 16km	Różn	Tempo min/km	Tempo km/h
1	JAWORSKI Zbigniew	473	---	M40-49	1	01:22:49.60	01:22:49.85		5:10	11.6 (100%)
2	GABRYŚ Rafał	447	KAWIK RUNNING TEAM	M30-39	1	01:28:01.40	01:28:03.25	+00:05:13 (5.9%)	5:30	10.9 (94.0%)
3	PACHUT Jerzy	551	COLWAY	M16-29	1	01:28:28.70	01:28:29.85	+00:05:40 (6.4%)	5:31	10.9 (94.0%)
4	CHLIPAŁA Paweł	429		M16-29	2	01:28:52.05	01:28:53.20	+00:06:03 (6.8%)	5:33	10.8 (93.1%)
5	FABIAN Bogusław	445	EVANLITE.COM	M40-49	2	01:30:20.05	01:30:21.80	+00:07:31 (8.3%)	5:38	10.6 (91.4%)
6	DUDZIK Łukasz	439	GÓRAL BIEGA	M30-39	2	01:31:05.20	01:31:07.20	+00:08:17 (9.1%)	5:41	10.5 (90.5%)
7	CELEJEWSKI Marcin	427	MYDŁOWSKA ATHLETIC TEAM	M16-29	3	01:33:22.75	01:33:22.75	+00:10:32 (11.3%)	5:50	10.3 (88.8%)
8	ZYGMUNT Tomasz	656		M16-29	4	01:33:29.85	01:33:33.60	+00:10:43 (11.5%)	5:50	10.3 (88.8%)
9	MADZIAR Wiktor	524		M16-29	5	01:35:00.70	01:35:03.80	+00:12:13 (12.9%)	5:56	10.1 (87.1%)
10	SAROSI Kristof	670	GLOBO SPORT SE	M16-29	6	01:36:18.25	01:36:20.60	+00:13:30 (14.0%)	6:01	10 (86.2%)
11	KOZIK Adam	500		M16-29	7	01:36:31.65	01:36:36.05	+00:13:46 (14.3%)	6:02	9.9 (85.3%)
12	MADZIAR Mateusz	525	AO MYKONÓY	M16-29	8	01:36:36.20	01:36:39.10	+00:13:49 (14.3%)	6:02	9.9 (85.3%)
13	SZCZEPANIAK Damian	615	KAMIENICA	M30-39	3	01:36:56.85	01:36:58.25	+00:14:08 (14.6%)	6:03	9.9 (85.3%)
14	BATORYNA Aleksander	406	UNIWERSYTET EKONOMICZNY W KATOWICACH	M30-39	4	01:37:24.65	01:37:26.10	+00:14:36 (15.0%)	6:05	9.9 (85.3%)
15	BRENDZOWSKI Adam	420	SOLINATEAM / RUNONLINE.PL TEAM	M30-39	5	01:40:53.90	01:41:12.00	+00:18:22 (18.2%)	6:18	9.5 (81.9%)
16	BROL Piotr	423	ENDURANCE TEAM	M30-39	6	01:43:29.05	01:43:31.00	+00:20:41 (20.0%)	6:28	9.3 (80.2%)
17	OLEŚ Rafał	548	HUSARIA RACE TEAM	M16-29	9	01:43:51.60	01:43:51.60	+00:21:01 (20.2%)	6:29	9.2 (79.3%)
18	OCHYRA Konrad	545	SOLINA TEAM	M30-39	7	01:43:42.30	01:43:59.65	+00:21:09 (20.4%)	6:28	9.3 (80.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 16km	Czas brutto 16km	Różn	Tempo min/km	Tempo km/h
19	ROMANOWSKI Łukasz	584	HUSARIA RACE TEAM	M30-39	8	01:47:46.75	01:47:50.50	+00:25:00 (23.2%)	6:44	8.9 (76.7%)
20	PIECZONKA Rafal	558	SPARTAN TREINING GROUP TARNÓW	M30-39	9	01:48:34.90	01:48:45.95	+00:25:56 (23.8%)	6:47	8.8 (75.9%)
21	PIETROCZUK Sylwia	561	NOA	K16-29	1	01:49:55.30	01:49:58.10	+00:27:08 (24.7%)	6:52	8.7 (75.0%)
22	REICHEL Marcin	579		M30-39	10	01:52:36.00	01:52:42.45	+00:29:52 (26.5%)	7:02	8.5 (73.3%)
23	KOPIEĆ Kamil	492	JAJA NA BOK	M30-39	11	01:52:35.10	01:52:42.50	+00:29:52 (26.5%)	7:02	8.5 (73.3%)
24	GULBA Krzysztof	459	PENTEL	M40-49	3	01:54:09.40	01:54:14.95	+00:31:25 (27.5%)	7:08	8.4 (72.4%)
25	KUBIESA-CRO Jakub	506		M30-39	12	01:54:09.15	01:54:23.45	+00:31:33 (27.6%)	7:08	8.4 (72.4%)
26	REJMAN Marek	581		M40-49	4	01:55:51.35	01:55:59.65	+00:33:09 (28.6%)	7:14	8.3 (71.6%)
27	DOBOSZ Daniel	436		M40-49	5	01:55:38.70	01:56:08.80	+00:33:18 (28.7%)	7:13	8.3 (71.6%)
28	KEMPKA Marcin	495	RAJSPOORT ACTIVE	M30-39	13	01:56:20.70	01:56:30.20	+00:33:40 (28.9%)	7:16	8.3 (71.6%)
29	SKIBA Maciej	139	SKIBASPORT.PL / SPORTOWE DZBANY	M16-29	10	01:55:40.10	01:56:36.20	+00:33:46 (29.0%)	7:13	8.3 (71.6%)
30	KOZŁOWSKI Bartosz	501	THE THRULERS	M30-39	14	01:56:32.35	01:56:37.70	+00:33:47 (29.0%)	7:17	8.2 (70.7%)
31	MŁYNARCZYK Krzysztof	536	ANDRYCHÓW RUNNING	M30-39	15	01:56:43.40	01:57:11.00	+00:34:21 (29.3%)	7:17	8.2 (70.7%)
32	BORYCKI Artur	419	TGR	M40-49	6	01:57:15.15	01:57:21.60	+00:34:31 (29.4%)	7:19	8.2 (70.7%)
33	KLOCEK Konrad	663		M30-39	16	01:57:16.60	01:57:37.45	+00:34:47 (29.6%)	7:19	8.2 (70.7%)
34	KOCUR Grzegorz	483		M40-49	7	01:57:53.40	01:58:26.20	+00:35:36 (30.1%)	7:22	8.1 (69.8%)
35	LANGE Magda	510	STG TARNOW	K30-39	1	01:59:37.50	01:59:46.85	+00:36:57 (30.8%)	7:28	8 (69.0%)
36	SURUS Artur	614		M30-39	17	01:59:35.10	02:00:08.70	+00:37:18 (31.1%)	7:28	8 (69.0%)
37	SOSNOWSKI Roman	609	LACHO TEAM	M50-59	1	02:00:39.65	02:01:04.45	+00:38:14 (31.6%)	7:32	8 (69.0%)
38	KARDASZ Marek	265	SOLINA TEAM	M40-49	8	02:01:59.75	02:02:15.40	+00:39:25 (32.2%)	7:37	7.9 (68.1%)
39	CHOJNACKI Mikołaj	431	WARSAW RUN CLUB	M40-49	9	02:01:48.80	02:02:21.90	+00:39:32 (32.3%)	7:36	7.9 (68.1%)
40	MIKOŚ Magdalena	535		K30-39	2	02:01:59.30	02:02:37.10	+00:39:47 (32.4%)	7:37	7.9 (68.1%)
41	GRZEGORZAK Wojciech	458	#ADAMCZERWIŃSKITEAM	M40-49	10	02:03:31.15	02:03:47.40	+00:40:57 (33.1%)	7:43	7.8 (67.2%)

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42	SZUMNY Nina	622		K30-39	3	02:04:26.90	02:04:31.10	+00:41:41 (33.5%)	7:46	7.7 (66.4%)
43	WICHA Małgorzata	637	WKS WAWEL	K16-29	2	02:04:34.75	02:04:40.60	+00:41:50 (33.6%)	7:47	7.7 (66.4%)
44	HERLICZKA Tomasz	466	AML-FLY TEAM	M40-49	11	02:03:54.30	02:04:56.55	+00:42:06 (33.7%)	7:44	7.7 (66.4%)
45	BLOK Izabela	418	72D ROWMIX JAVA TEAM	K30-39	4	02:05:51.05	02:05:55.80	+00:43:05 (34.2%)	7:51	7.6 (65.5%)
46	CHMIELEWSKA-BORUCH Milena	430		K30-39	5	02:04:49.35	02:05:56.50	+00:43:06 (34.2%)	7:48	7.7 (66.4%)
47	DEPTUŚ Bartłomiej	435		M30-39	18	02:05:51.95	02:06:19.40	+00:43:29 (34.4%)	7:52	7.6 (65.5%)
48	NIŹNIK Borys	537	HUSARIA RACE TEAM	M40-49	12	02:06:54.70	02:07:33.20	+00:44:43 (35.1%)	7:55	7.6 (65.5%)
49	SKIERSKI Adam	600	ENDURANCE TEAM	M40-49	13	02:07:31.55	02:07:42.90	+00:44:53 (35.1%)	7:58	7.5 (64.7%)
50	KALCZYŃSKI Marcin	475		M16-29	11	02:07:35.20	02:08:43.05	+00:45:53 (35.6%)	7:58	7.5 (64.7%)
51	RZEPKA Tomasz	589	HTF-LUDWIK SIKORSKI	M40-49	14	02:08:17.15	02:08:54.65	+00:46:04 (35.7%)	8:01	7.5 (64.7%)
52	KOPEĆ Krystian	491		M16-29	12	02:09:09.60	02:09:23.45	+00:46:33 (36.0%)	8:04	7.4 (63.8%)
53	WOŹNIAK Janusz	643	PORMAT JEDLICZE BIEGA	M50-59	2	02:09:33.75	02:09:43.45	+00:46:53 (36.1%)	8:05	7.4 (63.8%)
54	LEWCZUK Norbert	515	BIEGACZE POMAGACZE/ ELITE RUNNERS	M30-39	19	02:09:09.85	02:09:48.05	+00:46:58 (36.2%)	8:04	7.4 (63.8%)
55	SKRZYŃSKI Rafał	603	RUNONLINE.PL	M30-39	20	02:09:18.40	02:09:53.65	+00:47:03 (36.2%)	8:04	7.4 (63.8%)
56	GNIADY Jarosław	454		M40-49	15	02:10:12.00	02:11:02.95	+00:48:13 (36.8%)	8:08	7.4 (63.8%)
57	PIASECKI Mariusz	556	MNK	M40-49	16	02:10:09.05	02:11:10.30	+00:48:20 (36.9%)	8:08	7.4 (63.8%)
58	PINTSCHER Paulina	564		K30-39	6	02:10:49.35	02:11:11.90	+00:48:22 (36.9%)	8:10	7.3 (62.9%)
59	KOMAR Bartosz	485		M40-49	17	02:11:04.00	02:11:34.55	+00:48:44 (37.0%)	8:11	7.3 (62.9%)
60	SZUREK Paulina	623		K30-39	7	02:11:13.25	02:11:34.90	+00:48:45 (37.0%)	8:12	7.3 (62.9%)
61	BISZCZUK Mariola	417	THE THRULERS	K30-39	8	02:12:14.25	02:12:19.00	+00:49:29 (37.4%)	8:15	7.3 (62.9%)
62	GAWRYS Bartek	451	ENDURANCE TEAM	M30-39	21	02:14:18.40	02:14:31.00	+00:51:41 (38.4%)	8:23	7.1 (61.2%)
63	SAROSI Boldi	592		M16-29	13	02:13:54.55	02:14:39.00	+00:51:49 (38.5%)	8:22	7.2 (62.1%)
64	NOWAK Piotr	540		M16-29	14	02:14:19.50	02:14:53.05	+00:52:03 (38.6%)	8:23	7.1 (61.2%)

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65	PAWEŁCZYK Kacper	554	K.S. CELIRONMAN S.A.	M30-39	22	02:14:10.95	02:14:54.50	+00:52:04 (38.6%)	8:23	7.2 (62.1%)
66	PODOLAK Zbigniew	567	STOWARZYSZENIE PRZYJACIÓŁ DOBREGO WOJAKA SZWEJKA	M50-59	3	02:14:35.40	02:15:05.20	+00:52:15 (38.7%)	8:24	7.1 (61.2%)
67	ŚLUSARSKI Włodek	518		M50-59	4	02:14:59.70	02:15:10.50	+00:52:20 (38.7%)	8:26	7.1 (61.2%)
68	BEŚCIAK Kamil	407	SPARTAN TRAINING GROUP TARNÓW	M16-29	15	02:15:40.35	02:15:40.35	+00:52:50 (38.9%)	8:28	7.1 (61.2%)
69	KWASEK Kazek	293	MUAY RUNNING TEAM	M40-49	18	02:15:30.40	02:15:46.95	+00:52:57 (39.0%)	8:28	7.1 (61.2%)
70	PAWELEC Aleksandra	552	HUSARIA RACE TEAM	K16-29	3	02:15:15.50	02:15:52.90	+00:53:03 (39.0%)	8:27	7.1 (61.2%)
71	KOPEĆ Sebastian	490		M30-39	23	02:15:54.90	02:16:07.00	+00:53:17 (39.1%)	8:29	7.1 (61.2%)
72	TYKSINSKI Rafal	629	EXPRESSMAP	M40-49	19	02:16:09.40	02:16:32.40	+00:53:42 (39.3%)	8:30	7.1 (61.2%)
73	OSTROWSKI Łukasz	549		M30-39	24	02:16:08.25	02:16:35.10	+00:53:45 (39.4%)	8:30	7.1 (61.2%)
74	STEFANIUK Marzena	610		K30-39	9	02:16:25.85	02:16:42.50	+00:53:52 (39.4%)	8:31	7 (60.3%)
75	UNIEJEWSKI Tomasz	630		M40-49	20	02:16:19.85	02:17:05.80	+00:54:15 (39.6%)	8:31	7 (60.3%)
76	ŻUKOWSKI Grzegorz	657	ENDURANCE TEAM	M50-59	5	02:17:27.60	02:17:38.05	+00:54:48 (39.8%)	8:35	7 (60.3%)
77	ROGÓŻ Elżbieta	583	PRORUNNING PROMOTION	K40-49	1	02:17:29.55	02:17:40.40	+00:54:50 (39.8%)	8:35	7 (60.3%)
78	CIMASZEWSKI Michał	434		M16-29	16	02:17:52.65	02:18:31.40	+00:55:41 (40.2%)	8:37	7 (60.3%)
79	PROCHASEK Anna	569		K30-39	10	02:18:50.95	02:19:45.75	+00:56:55 (40.7%)	8:40	6.9 (59.5%)
80	BIELECKI Adam	416		M40-49	21	02:19:45.75	02:20:15.85	+00:57:26 (40.9%)	8:44	6.9 (59.5%)
81	HRYC Martyna	467		K16-29	4	02:20:19.10	02:20:26.85	+00:57:37 (41.0%)	8:46	6.8 (58.6%)
82	HANUSIAK Leszek	461	HUSARIA RACE TEAM	M30-39	25	02:19:44.30	02:20:30.55	+00:57:40 (41.0%)	8:44	6.9 (59.5%)
83	FRANKOWSKI Piotr	446		M40-49	22	02:20:22.35	02:20:57.90	+00:58:08 (41.2%)	8:46	6.8 (58.6%)
84	KOBIAŁKA Paweł	482	ROZBIEGANE DOBCZYCE	M40-49	23	02:22:12.60	02:22:33.75	+00:59:43 (41.9%)	8:53	6.8 (58.6%)
85	GAWLIKOWSKI Robert	544		M40-49	24	02:22:01.05	02:22:46.40	+00:59:56 (42.0%)	8:52	6.8 (58.6%)
86	BEDNARZ Józef	410		M16-29	17	02:22:04.90	02:23:01.25	+01:00:11 (42.1%)	8:52	6.8 (58.6%)
87	RAKOWSKI Krzysztof	577	RUCHLIWI ŚWIŃSKA NOGA	M40-49	25	02:22:45.25	02:23:35.55	+01:00:45 (42.3%)	8:55	6.7 (57.8%)

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88	KRYGER Jacek	504	OTE TEAM	M40-49	26	02:23:10.50	02:23:53.85	+01:01:04 (42.4%)	8:56	6.7 (57.8%)
89	SOKOŁOWSKI Władysław	607	HUSARIA RACE TEAM	M16-29	18	02:23:47.30	02:24:34.65	+01:01:44 (42.7%)	8:59	6.7 (57.8%)
90	HENDZLIK Monika	463		K40-49	2	02:25:24.85	02:25:53.70	+01:03:03 (43.2%)	9:05	6.6 (56.9%)
91	DUDA Waldemar	438	TARNOWSKI KLUB KARATE SHINKYOKUSHIN	M40-49	27	02:25:46.85	02:25:54.60	+01:03:04 (43.2%)	9:06	6.6 (56.9%)
92	GARDEŁA Justyna	449	WOLBROM TEAM	K30-39	11	02:24:59.50	02:25:57.05	+01:03:07 (43.2%)	9:03	6.6 (56.9%)
93	HAŚNIK Daria	460		K30-39	12	02:25:45.70	02:26:02.05	+01:03:12 (43.3%)	9:06	6.6 (56.9%)
94	SIEKANIEC Dorota	595	NIDEC ALL FOR DREAMS	K30-39	13	02:25:55.50	02:26:34.40	+01:03:44 (43.5%)	9:07	6.6 (56.9%)
95	ROGOWSKA Aleksandra	582	SIOSTRY OLSEN	K16-29	5	02:26:02.50	02:26:35.90	+01:03:46 (43.5%)	9:07	6.6 (56.9%)
96	BEDNARZ Franciszek	409		M30-39	26	02:27:14.40	02:28:12.70	+01:05:22 (44.1%)	9:12	6.5 (56.0%)
97	ROZMUS Marzena	586	FRELKI LOTAJOM	K40-49	3	02:28:45.35	02:29:02.20	+01:06:12 (44.4%)	9:17	6.5 (56.0%)
98	WÓJCIK Łukasz	646	OLEJ RUNNING TEAM / CELIRONMAN	M30-39	27	02:28:32.95	02:29:17.10	+01:06:27 (44.5%)	9:17	6.5 (56.0%)
99	BEDNARZ Anna	408	42 DO SZCZĘŚCIA	K16-29	6	02:28:24.05	02:29:21.10	+01:06:31 (44.5%)	9:16	6.5 (56.0%)
100	POŹNIAK-STYCZYŃSKA Maja	565	DDC	K30-39	14	02:29:34.80	02:29:40.10	+01:06:50 (44.7%)	9:20	6.4 (55.2%)
101	LUDWA Michał	516	TARNOWSKI KLUB SPORTOWY SHINKYOKUSHIN KARATE	M30-39	28	02:30:21.85	02:30:21.85	+01:07:32 (44.9%)	9:23	6.4 (55.2%)
102	JACHIMOWICZ Jarosław	468	SPARTAN TRAINING GROUP TARNÓW	M16-29	19	02:30:47.10	02:30:59.40	+01:08:09 (45.1%)	9:25	6.4 (55.2%)
103	KONS Katarzyna	487	POKA HERKI TEAM	K16-29	7	02:30:18.50	02:31:18.25	+01:08:28 (45.3%)	9:23	6.4 (55.2%)
104	KORNAGA Kamil	493	KS RUDNIANKA RUDNA WIELKA	M16-29	20	02:30:22.95	02:31:22.05	+01:08:32 (45.3%)	9:23	6.4 (55.2%)
105	JAGIEŁA Tomasz	469	BAKOMAT TEAM	M30-39	29	02:31:10.95	02:31:24.45	+01:08:34 (45.3%)	9:26	6.3 (54.3%)
106	WÓŁKIEWICZ Dorota	647	KS STASZEWSKY	K50-59	1	02:31:07.60	02:31:37.20	+01:08:47 (45.4%)	9:26	6.4 (55.2%)
107	JURCZENKO Marcin	474	ITMBW KRAKÓW	M40-49	28	02:31:18.05	02:31:55.20	+01:09:05 (45.5%)	9:27	6.3 (54.3%)
108	NOWAK Krzysztof	542	STG TARNÓW	M40-49	29	02:31:42.75	02:31:55.50	+01:09:05 (45.5%)	9:28	6.3 (54.3%)
109	TOKARSKA Bożena	624	#ADAMCZERWIŃSKITEAM	K40-49	4	02:31:25.15	02:32:03.60	+01:09:13 (45.5%)	9:27	6.3 (54.3%)
110	TOKARSKI Rafał	625		M40-49	30	02:31:23.50	02:32:03.70	+01:09:13 (45.5%)	9:27	6.3 (54.3%)

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111	ADAMSKI Jakub	662	OŚRODEK TWÓRCZEJ INTERWENCJI	M30-39	30	02:32:05.25	02:33:00.45	+01:10:10 (45.9%)	9:30	6.3 (54.3%)
112	ZAŁUBSKA Anna	652	DIETETYK-NIEPOLOMICE.PL	K30-39	15	02:33:15.75	02:33:15.75	+01:10:25 (46.0%)	9:34	6.3 (54.3%)
113	WIŚNIEWSKI Tomasz	635		M40-49	31	02:32:31.05	02:33:24.50	+01:10:34 (46.0%)	9:31	6.3 (54.3%)
114	WILCZEWSKA Weronika	642		K16-29	8	02:33:01.30	02:34:00.70	+01:11:10 (46.2%)	9:33	6.3 (54.3%)
115	HERLICZKA Renata	465	AML-FLY TEAM	K30-39	16	02:33:46.50	02:34:50.30	+01:12:00 (46.5%)	9:36	6.2 (53.4%)
116	SAMOJLUK-ŚLUSARSKA Bożena	591	DRUŻYNA TVN	K60+	1	02:35:16.35	02:36:04.60	+01:13:14 (46.9%)	9:42	6.2 (53.4%)
117	REJMAN Dorota	580		K40-49	5	02:36:02.30	02:36:51.95	+01:14:02 (47.2%)	9:45	6.2 (53.4%)
118	SALAMON Barbara	590		K40-49	6	02:37:41.20	02:38:04.35	+01:15:14 (47.6%)	9:51	6.1 (52.6%)
119	PRZYBYŁKA Agnieszka	571		K30-39	17	02:38:04.80	02:38:28.10	+01:15:38 (47.7%)	9:52	6.1 (52.6%)
120	CHRZAN Magdalena	432		K30-39	18	02:38:37.00	02:39:08.75	+01:16:18 (48.0%)	9:54	6.1 (52.6%)
121	SOBULSKI Karol	606	SB SOBOLE	M40-49	32	02:38:53.60	02:39:13.75	+01:16:23 (48.0%)	9:55	6 (51.7%)
122	SZCZESNIAK Agnieszka	616	SB SOBOLE	K40-49	7	02:38:52.40	02:39:13.85	+01:16:24 (48.0%)	9:55	6 (51.7%)
123	TRUSZKOWSKA Marta	628		K30-39	19	02:38:28.00	02:39:24.95	+01:16:35 (48.0%)	9:54	6.1 (52.6%)
124	LEFELIC Monika	512		K40-49	8	02:38:55.95	02:39:27.70	+01:16:37 (48.1%)	9:56	6 (51.7%)
125	BOROŃ Marlena	639		K16-29	9	02:39:13.80	02:39:39.95	+01:16:50 (48.1%)	9:57	6 (51.7%)
126	NORWECKA Sylwia	538		K30-39	20	02:39:23.05	02:39:56.45	+01:17:06 (48.2%)	9:57	6 (51.7%)
127	SŁOWIŃSKI Karol	604		M40-49	33	02:39:24.75	02:40:06.20	+01:17:16 (48.3%)	9:57	6 (51.7%)
128	ARMAŃSKA Marianna	400		K30-39	21	02:40:12.45	02:40:41.60	+01:17:51 (48.5%)	10:00	6 (51.7%)
129	DZIEWIĄTKOWSKA Ewa	443		K40-49	9	02:40:16.70	02:40:44.10	+01:17:54 (48.5%)	10:01	6 (51.7%)
130	POSS Marcin	568		M40-49	34	02:40:30.25	02:41:05.85	+01:18:16 (48.6%)	10:01	6 (51.7%)
131	MAJDA Karolina	527		K16-29	10	02:40:59.25	02:41:39.10	+01:18:49 (48.8%)	10:03	6 (51.7%)
132	RACZEK Radosław	574	GORĄCY POTOK TEAM	M16-29	21	02:40:59.05	02:41:39.60	+01:18:49 (48.8%)	10:03	6 (51.7%)
133	DĄBROWSKI Marek	437	TRANSPOREON	M30-39	31	02:40:55.95	02:41:53.20	+01:19:03 (48.8%)	10:03	6 (51.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 16km	Czas brutto 16km	Różn	Tempo min/km	Tempo km/h
134	WARCHOCKA Ewelina	632		K40-49	10	02:41:45.00	02:42:03.55	+01:19:13 (48.9%)	10:06	5.9 (50.9%)
135	RADOSZ-KWASEK Agata	575	MUAY RUNNING TEAM	K30-39	22	02:41:55.10	02:42:24.55	+01:19:34 (49.0%)	10:07	5.9 (50.9%)
136	SKIBA Katarzyna	599		K40-49	11	02:41:54.25	02:42:42.35	+01:19:52 (49.1%)	10:07	5.9 (50.9%)
137	JAROSZEWSKA Iwona	471		K40-49	12	02:42:38.45	02:43:21.20	+01:20:31 (49.3%)	10:09	5.9 (50.9%)
138	WÓLKIEWICZ Paweł	648	OX5	M50-59	6	02:42:39.70	02:43:21.25	+01:20:31 (49.3%)	10:10	5.9 (50.9%)
139	STERNIK Daniel	611	NAJWIĘKSZA ARMIA ŚWIATA	M30-39	32	02:44:27.75	02:44:44.00	+01:21:54 (49.7%)	10:16	5.8 (50.0%)
140	ZIÓŁEK Kornelia	654		K30-39	23	02:44:14.60	02:44:47.20	+01:21:57 (49.7%)	10:15	5.8 (50.0%)
141	NOWAK Paulina	543	SPARTAN TREINING GROUP TARNÓW	K30-39	24	02:44:36.85	02:44:47.30	+01:21:57 (49.7%)	10:17	5.8 (50.0%)
142	CIECHAROWSKA Justyna	433		K30-39	25	02:44:03.45	02:44:56.55	+01:22:06 (49.8%)	10:15	5.9 (50.9%)
143	SIKORSKI Ludwik	598	HTF LUDWIK SIKORSKI	M40-49	35	02:44:12.85	02:45:03.90	+01:22:14 (49.8%)	10:15	5.8 (50.0%)
144	KONIEC Mariusz	486	CARBON OCR RACING TEAM	M30-39	33	02:44:44.85	02:45:09.15	+01:22:19 (49.8%)	10:17	5.8 (50.0%)
145	PIETROŃ Monika	562	LEMON TEAM	K30-39	26	02:44:46.50	02:45:09.35	+01:22:19 (49.8%)	10:17	5.8 (50.0%)
146	BALCERZAK Krystyna	402		K40-49	13	02:44:23.50	02:45:14.00	+01:22:24 (49.9%)	10:16	5.8 (50.0%)
147	ZIÓŁEK Teresa	655	STEY INSANE	K60+	2	02:44:23.15	02:45:14.10	+01:22:24 (49.9%)	10:16	5.8 (50.0%)
148	SKOCZYLAS Piotr	601	ENDURANCE TEAM	M40-49	36	02:46:04.75	02:46:20.10	+01:23:30 (50.2%)	10:22	5.8 (50.0%)
149	RUDNIK Katarzyna	587		K30-39	27	02:45:37.65	02:46:31.55	+01:23:41 (50.3%)	10:21	5.8 (50.0%)
150	SIATKA Agnieszka	594	RUNNING PERFORMANCE	K40-49	14	02:46:05.75	02:46:31.70	+01:23:41 (50.3%)	10:22	5.8 (50.0%)
151	KURCIŃSKA Lidia	507		K30-39	28	02:45:40.55	02:46:31.75	+01:23:41 (50.3%)	10:21	5.8 (50.0%)
152	KOSTKA Aneta	496	ADIDAS RUNNERS WARSAW	K16-29	11	02:46:21.90	02:46:38.65	+01:23:48 (50.3%)	10:23	5.8 (50.0%)
153	HEPNER Malwina	464	ADIDAS RUNNERS WARSAW	K30-39	29	02:46:24.90	02:46:42.15	+01:23:52 (50.3%)	10:24	5.8 (50.0%)
154	ZAKRZEWSKI Jaroslaw	651		M40-49	37	02:46:13.10	02:46:53.30	+01:24:03 (50.4%)	10:23	5.8 (50.0%)
155	WOŹNIAK Lidia	644	PORMAT JEDLICZE BIEGA	K50-59	2	02:47:24.00	02:47:35.05	+01:24:45 (50.6%)	10:27	5.7 (49.1%)
156	BIAŁEK Mariusz	413	ENDURANCE TEAM	M30-39	34	02:48:07.15	02:48:21.75	+01:25:31 (50.8%)	10:30	5.7 (49.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 16km	Czas brutto 16km	Różn	Tempo min/km	Tempo km/h
157	BUNIKOWSKA Emilia	425		K30-39	30	02:47:47.50	02:48:23.65	+01:25:33 (50.8%)	10:29	5.7 (49.1%)
158	OTOLA Iwona	550	ENDURANCE TEAM	K30-39	31	02:48:12.80	02:48:58.00	+01:26:08 (51.0%)	10:30	5.7 (49.1%)
159	BAR Przemek	405	ENDURANCE TEAM	M30-39	35	02:48:13.70	02:48:58.30	+01:26:08 (51.0%)	10:30	5.7 (49.1%)
160	GAWRYLAK Beata	450	ZUMBIARY	K40-49	15	02:48:02.30	02:48:58.75	+01:26:08 (51.0%)	10:30	5.7 (49.1%)
161	KOWALCZYK Justyna	499	ACCENTURE	K50-59	3	02:49:58.65	02:50:26.55	+01:27:36 (51.4%)	10:37	5.6 (48.3%)
162	BURMAN Beata	426		K40-49	16	02:51:20.15	02:51:51.20	+01:29:01 (51.8%)	10:42	5.6 (48.3%)
163	BALON Marcin	403	BB RUNNERS	M40-49	38	02:52:08.00	02:52:20.90	+01:29:31 (51.9%)	10:45	5.6 (48.3%)
164	ŚWIEŻEWSKA Klementyna	640		K30-39	32	02:51:26.60	02:52:21.70	+01:29:31 (51.9%)	10:42	5.6 (48.3%)
165	NOWACZEK Aleksandra	539	MULTIMEDIA RUNNERS PUŁAWY	K30-39	33	02:53:08.15	02:53:36.10	+01:30:46 (52.3%)	10:49	5.5 (47.4%)
166	BRODAWKA Olga	421		K30-39	34	02:53:24.30	02:53:51.10	+01:31:01 (52.4%)	10:50	5.5 (47.4%)
167	SEBZDA Malgorzata	593	HUSARIA RACE TEAM	K40-49	17	02:53:34.05	02:53:58.25	+01:31:08 (52.4%)	10:50	5.5 (47.4%)
168	KAPAŁKA Krzysztof	478	STG TARNÓW	M60+	1	02:53:47.50	02:54:00.40	+01:31:10 (52.4%)	10:51	5.5 (47.4%)
169	KŁOPOT Grażyna	481	MULTIMEDIA RUNNERS PUŁAWY	K40-49	18	02:53:31.35	02:54:02.50	+01:31:12 (52.4%)	10:50	5.5 (47.4%)
170	RUTKOWSKA Milena	588	MULTIMEDIA RUNNERS PUŁAWY	K30-39	35	02:53:31.90	02:54:02.65	+01:31:12 (52.4%)	10:50	5.5 (47.4%)
171	WIŚNIEWSKA Katarzyna	634	WIŚNIA TEAM	K40-49	19	02:53:28.75	02:54:16.35	+01:31:26 (52.5%)	10:50	5.5 (47.4%)
172	MICHALIK Justyna	533	ZABIERZOW BIEGA	K30-39	36	02:53:30.65	02:54:20.25	+01:31:30 (52.5%)	10:50	5.5 (47.4%)
173	WALKOWSKA Justyna	631	JACEKBIEGA RUNNING TEAM	K40-49	20	02:53:34.30	02:54:31.55	+01:31:41 (52.5%)	10:50	5.5 (47.4%)
174	KRAVETS Anastasiia	502	TRANSPOREON	K16-29	12	02:54:10.50	02:55:04.45	+01:32:14 (52.7%)	10:53	5.5 (47.4%)
175	PRZYBYLSKI Michał	570	TRANSPOREON	M30-39	36	02:54:10.60	02:55:04.70	+01:32:14 (52.7%)	10:53	5.5 (47.4%)
176	TROJANOWSKA Kinga	627		K60+	3	02:55:19.40	02:55:49.10	+01:32:59 (52.9%)	10:57	5.5 (47.4%)
177	BEZKOROWAJNY Joanna	411	NOKIA	K30-39	37	02:54:54.30	02:55:52.60	+01:33:02 (52.9%)	10:55	5.5 (47.4%)
178	BEZKOROWAJNY Mateusz	412	NOKIA	M30-39	37	02:54:54.70	02:55:52.70	+01:33:02 (52.9%)	10:55	5.5 (47.4%)
179	ŻURKOWSKA Dorota	658		K30-39	38	02:55:12.05	02:56:00.50	+01:33:10 (52.9%)	10:57	5.5 (47.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 16km	Czas brutto 16km	Różn	Tempo min/km	Tempo km/h
180	GŁUCHOWSKI Jacek	453	BB RUNERS	M40-49	39	02:55:43.45	02:56:03.35	+01:33:13 (53.0%)	10:59	5.5 (47.4%)
181	KORPALSKI Jacek	494		M50-59	7	02:55:55.85	02:56:35.55	+01:33:45 (53.1%)	10:59	5.5 (47.4%)
182	ZBROSZCZYK Damian	585	CARBON OCR RACING TEAM	M30-39	38	02:57:51.60	02:58:15.35	+01:35:25 (53.5%)	11:07	5.4 (46.6%)
183	ŁATA Katarzyna	519		K40-49	21	02:57:58.95	02:58:51.60	+01:36:01 (53.7%)	11:07	5.4 (46.6%)
184	DZIÓBEK Sylwia	444		K40-49	22	02:58:41.55	02:59:17.00	+01:36:27 (53.8%)	11:10	5.4 (46.6%)
185	MARKOWSKA Jadwiga	530		K30-39	39	02:58:42.70	02:59:17.20	+01:36:27 (53.8%)	11:10	5.4 (46.6%)
186	PAWŁOWSKA Maria	555	MARUSIABIEGAPL	K40-49	23	02:58:44.40	02:59:34.70	+01:36:44 (53.9%)	11:10	5.4 (46.6%)
187	ŁUKASZEWSKA Katarzyna	523		K50-59	4	02:58:58.40	02:59:48.40	+01:36:58 (53.9%)	11:11	5.4 (46.6%)
188	JACKOWSKA Ewa	660	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	K40-49	24	03:00:27.65	03:01:30.30	+01:38:40 (54.4%)	11:16	5.3 (45.7%)
189	LULA Radek	517		M40-49	40	03:00:54.05	03:01:30.40	+01:38:40 (54.4%)	11:18	5.3 (45.7%)
190	RADYK Joanna	576	PRZEMYSKI KLUB BIEGACZA	K30-39	40	03:01:02.95	03:01:33.00	+01:38:43 (54.4%)	11:18	5.3 (45.7%)
191	JACKOWSKI Jacek	661	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	M40-49	41	03:00:29.60	03:01:33.45	+01:38:43 (54.4%)	11:16	5.3 (45.7%)
192	PUKOCZ Katarzyna	573		K30-39	41	03:00:32.25	03:01:38.25	+01:38:48 (54.4%)	11:17	5.3 (45.7%)
193	KOPCZYK Jakub	489		M16-29	22	03:03:24.10	03:03:55.95	+01:41:06 (55.0%)	11:27	5.2 (44.8%)
194	ZAINCIKOVSKAIA-WÓJCIK Inna	649	NIE MAM POMYSŁU	K30-39	42	03:03:48.45	03:03:58.70	+01:41:08 (55.0%)	11:29	5.2 (44.8%)
195	ŚWIEŻEWSKA Kaja	641		K30-39	43	03:03:42.50	03:04:37.95	+01:41:48 (55.1%)	11:28	5.2 (44.8%)
196	KWIATKOWSKA Katarzyna	509	RUNKASIARUN	K30-39	44	03:03:48.05	03:04:42.00	+01:41:52 (55.2%)	11:29	5.2 (44.8%)
197	ŁĘPICKI Mateusz	521	LEMON TEAM	M30-39	39	03:05:36.25	03:06:10.95	+01:43:21 (55.5%)	11:36	5.2 (44.8%)
198	ŁĘPICKA Marta	520		K16-29	13	03:05:38.15	03:06:12.05	+01:43:22 (55.5%)	11:36	5.2 (44.8%)
199	PIETRZYKOWSKA Katarzyna	563		K30-39	45	03:06:06.95	03:06:58.80	+01:44:08 (55.7%)	11:37	5.2 (44.8%)
200	SOSNOWSKA Barbara	608	LACHO TEAM	K40-49	25	03:06:08.10	03:06:58.85	+01:44:09 (55.7%)	11:38	5.2 (44.8%)
201	OGAZA Anna	546		K30-39	46	03:08:14.95	03:08:35.20	+01:45:45 (56.1%)	11:45	5.1 (44.0%)
202	KUREK Małgorzata	508	CARBON OCR RACING TEAM	K30-39	47	03:08:17.50	03:08:37.50	+01:45:47 (56.1%)	11:46	5.1 (44.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 16km	Czas brutto 16km	Różn	Tempo min/km	Tempo km/h
203	MEINERT Jakub	532	CARBON OCR RACING TEAM	M16-29	23	03:07:36.90	03:08:43.00	+01:45:53 (56.1%)	11:43	5.1 (44.0%)
204	MAŃKO Monika	529		K16-29	14	03:09:32.95	03:10:04.05	+01:47:14 (56.4%)	11:50	5.1 (44.0%)
205	STYŁA Sebastian	612		M40-49	42	03:09:32.35	03:10:05.15	+01:47:15 (56.4%)	11:50	5.1 (44.0%)
206	DZIEDZIC-WÓJTOWICZ Agnieszka	442	SRTG-NIEPOŁOMICE	K40-49	26	03:09:46.25	03:10:11.90	+01:47:22 (56.5%)	11:51	5.1 (44.0%)
207	LESZCZYNSKI Aleksander	514		M40-49	43	03:09:25.05	03:10:19.95	+01:47:30 (56.5%)	11:50	5.1 (44.0%)
208	KRÓLIKOWSKA Anna	503	HUSARIA RACE TEAM	K16-29	15	03:10:35.75	03:10:46.70	+01:47:56 (56.6%)	11:54	5 (43.1%)
209	ŁUCZAK Paweł	522		M16-29	24	03:10:36.75	03:10:46.85	+01:47:57 (56.6%)	11:54	5 (43.1%)
210	MALOCHLEB Mateusz	659	ZAWISZA STARA KUŹNIA	M16-29	25	03:13:28.65	03:14:34.30	+01:51:44 (57.4%)	12:05	5 (43.1%)
211	KOTULA Jakub	498		M30-39	40	03:14:27.55	03:15:10.75	+01:52:20 (57.6%)	12:09	4.9 (42.2%)
212	GERLE-KOTULA Anna	452		K30-39	48	03:14:30.45	03:15:10.90	+01:52:21 (57.6%)	12:09	4.9 (42.2%)
213	BRODECKI Adam	422	WATAHA ŁĄCZY NAS BIEGANIE	M16-29	26	03:17:00.05	03:18:00.75	+01:55:10 (58.2%)	12:18	4.9 (42.2%)
214	GRABOWSKA Joanna	457	SPC/ KM UMK	K40-49	27	03:17:10.30	03:18:15.05	+01:55:25 (58.2%)	12:19	4.9 (42.2%)
215	KANDERSKI Sławek	476	WKB MARATOŃCZYK	M50-59	8	03:17:10.35	03:18:15.25	+01:55:25 (58.2%)	12:19	4.9 (42.2%)
216	NOWAK Ewelina	541	STG TARNÓW	K30-39	49	03:20:27.70	03:20:39.65	+01:57:49 (58.7%)	12:31	4.8 (41.4%)
217	KUBIESA Patrycja	505	HUSARIA RACE TEAM	K30-39	50	03:22:02.20	03:22:28.25	+01:59:38 (59.1%)	12:37	4.8 (41.4%)
218	SURDEJ Paulina	613	STG TARNÓW	K16-29	16	03:22:52.25	03:23:04.55	+02:00:14 (59.2%)	12:40	4.7 (40.5%)
219	KAPAŁKA Bożena	477	STG TARNÓW	K50-59	5	03:22:50.80	03:23:04.80	+02:00:14 (59.2%)	12:40	4.7 (40.5%)
220	SKORUPKA Anna	602		K40-49	28	03:22:27.00	03:23:27.80	+02:00:37 (59.3%)	12:39	4.7 (40.5%)
221	WIŚNIEWSKA Dorota	633		K40-49	29	03:24:22.40	03:25:17.95	+02:02:28 (59.7%)	12:46	4.7 (40.5%)
222	JASIUL Mariola	472		K40-49	30	03:25:06.70	03:25:58.15	+02:03:08 (59.8%)	12:49	4.7 (40.5%)
223	SITEK Szymon	620	ZABIEGANI CZĘSTOCHOWA	M30-39	41	03:30:00.00	03:30:00.00	+02:07:10 (60.6%)	13:07	4.6 (39.7%)
223	CHLEWICKA Magdalena	414	ZABIEGANI CZĘSTOCHOWA	K30-39	51	03:30:00.00	03:30:00.00	+02:07:10 (60.6%)	13:07	4.6 (39.7%)
223	DUBIŃSKI Przemysław	415	PRZEMEK DUBIŃSKI - BIEGIEMPRZEZŚWIAT	M40-49	44	03:30:00.00	03:30:00.00	+02:07:10 (60.6%)	13:07	4.6 (39.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 16km	Czas brutto 16km	Różn	Tempo min/km	Tempo km/h
223	RADYK Jakub	440	PRZEMYSKI KLUB BIEGACZA	M30-39	41	03:30:00.00	03:30:00.00	+02:07:10 (60.6%)	13:07	4.6 (39.7%)
223	LUDKA Dagmara	513		K40-49	31	03:30:00.00	03:30:00.00	+02:07:10 (60.6%)	13:07	4.6 (39.7%)
223	GROCHAL Marcin	557	PSEUDOMOUNTAINRUNNER	M40-49	44	03:30:00.00	03:30:00.00	+02:07:10 (60.6%)	13:07	4.6 (39.7%)
229	WIECZOREK Andrzej	638		M50-59	9	03:31:09.05	03:31:24.15	+02:08:34 (60.8%)	13:11	4.5 (38.8%)
230	KARPIŃSKA Ania	479	DZIKIE GRUBASY SZATANA/ADIDAS RUNERS WARSAW	K40-49	32	03:31:05.50	03:31:45.85	+02:08:56 (60.9%)	13:11	4.5 (38.8%)
231	MATUSZCZAK Angelika	531	STG TARNÓW	K30-39	52	03:32:13.35	03:32:24.40	+02:09:34 (61.0%)	13:15	4.5 (38.8%)
232	PIĘNKOWSKI Leszek	559	WM TRISELF	M50-59	10	03:32:48.55	03:33:25.00	+02:10:35 (61.2%)	13:18	4.5 (38.8%)
233	ZIENKIEWICZ Agata	653		K30-39	53	03:32:48.00	03:33:25.55	+02:10:35 (61.2%)	13:18	4.5 (38.8%)
234	MIERZEJEWSKA Olga	534		K30-39	54	03:33:57.95	03:34:42.65	+02:11:52 (61.4%)	13:22	4.5 (38.8%)
235	SIERECKA Dorota	596	TEAM ZABIEGANEDNI // WKURW_TEAM	K40-49	33	03:36:49.85	03:37:56.90	+02:15:07 (62.0%)	13:33	4.4 (37.9%)
235	SMOGORZEWSKA Marta	605	WKURW_TEAM	K30-39	55	03:36:50.45	03:37:56.90	+02:15:07 (62.0%)	13:33	4.4 (37.9%)
237	MALARA Dalia	528	CARBON OCR RACING TEAM	K30-39	56	03:38:37.00	03:38:59.50	+02:16:09 (62.2%)	13:39	4.4 (37.9%)
238	KOSZNIRUK Elzbieta	497	WYBIEGAJ SIEBIE	K50-59	6	03:38:10.50	03:39:18.75	+02:16:28 (62.2%)	13:38	4.4 (37.9%)
239	PRZYBYŁO Marta	572		K30-39	57	03:38:11.80	03:39:18.90	+02:16:29 (62.2%)	13:38	4.4 (37.9%)

Znaleziono 239 wynik(ów)