



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

ETAPOWA TRIADA ZIMOWA  
Fundacja Kocham Góry  
2020-01-04  
Krościenko nad Dunajcem  
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	<b>ROMANOWSKI Łukasz</b>	<b>584</b>	HUSARIA RACE TEAM	M30-39	8	<b>01:47:46.75</b>	<b>01:47:50.50</b>	+00:25:00 (23.2%)	6:44	8.9 (76.7%)
20	<b>PIECZONKA Rafal</b>	<b>558</b>	SPARTAN TREINING GROUP TARNÓW	M30-39	9	<b>01:48:34.90</b>	<b>01:48:45.95</b>	+00:25:56 (23.8%)	6:47	8.8 (75.9%)
21	<b>PIETROCZUK Sylwia</b>	<b>561</b>	NOA	K16-29	1	<b>01:49:55.30</b>	<b>01:49:58.10</b>	+00:27:08 (24.7%)	6:52	8.7 (75.0%)
22	<b>REICHEL Marcin</b>	<b>579</b>		M30-39	10	<b>01:52:36.00</b>	<b>01:52:42.45</b>	+00:29:52 (26.5%)	7:02	8.5 (73.3%)
23	<b>KOPIEĆ Kamil</b>	<b>492</b>	JAJA NA BOK	M30-39	11	<b>01:52:35.10</b>	<b>01:52:42.50</b>	+00:29:52 (26.5%)	7:02	8.5 (73.3%)
24	<b>GULBA Krzysztof</b>	<b>459</b>	PENTEL	M40-49	3	<b>01:54:09.40</b>	<b>01:54:14.95</b>	+00:31:25 (27.5%)	7:08	8.4 (72.4%)
25	<b>KUBIESA-CRO Jakub</b>	<b>506</b>		M30-39	12	<b>01:54:09.15</b>	<b>01:54:23.45</b>	+00:31:33 (27.6%)	7:08	8.4 (72.4%)
26	<b>REJMAN Marek</b>	<b>581</b>		M40-49	4	<b>01:55:51.35</b>	<b>01:55:59.65</b>	+00:33:09 (28.6%)	7:14	8.3 (71.6%)
27	<b>DOBOSZ Daniel</b>	<b>436</b>		M40-49	5	<b>01:55:38.70</b>	<b>01:56:08.80</b>	+00:33:18 (28.7%)	7:13	8.3 (71.6%)
28	<b>KEMPKA Marcin</b>	<b>495</b>	RAJSPOORT ACTIVE	M30-39	13	<b>01:56:20.70</b>	<b>01:56:30.20</b>	+00:33:40 (28.9%)	7:16	8.3 (71.6%)
29	<b>SKIBA Maciej</b>	<b>139</b>	SKIBASPORT.PL / SPORTOWE DZBANY	M16-29	10	<b>01:55:40.10</b>	<b>01:56:36.20</b>	+00:33:46 (29.0%)	7:13	8.3 (71.6%)
30	<b>KOZŁOWSKI Bartosz</b>	<b>501</b>	THE THRULERS	M30-39	14	<b>01:56:32.35</b>	<b>01:56:37.70</b>	+00:33:47 (29.0%)	7:17	8.2 (70.7%)
31	<b>MŁYNARCZYK Krzysztof</b>	<b>536</b>	ANDRYCHÓW RUNNING	M30-39	15	<b>01:56:43.40</b>	<b>01:57:11.00</b>	+00:34:21 (29.3%)	7:17	8.2 (70.7%)
32	<b>BORYCKI Artur</b>	<b>419</b>	TGR	M40-49	6	<b>01:57:15.15</b>	<b>01:57:21.60</b>	+00:34:31 (29.4%)	7:19	8.2 (70.7%)
33	<b>KLOCEK Konrad</b>	<b>663</b>		M30-39	16	<b>01:57:16.60</b>	<b>01:57:37.45</b>	+00:34:47 (29.6%)	7:19	8.2 (70.7%)
34	<b>KOCUR Grzegorz</b>	<b>483</b>		M40-49	7	<b>01:57:53.40</b>	<b>01:58:26.20</b>	+00:35:36 (30.1%)	7:22	8.1 (69.8%)
35	<b>LANGE Magda</b>	<b>510</b>	STG TARNOW	K30-39	1	<b>01:59:37.50</b>	<b>01:59:46.85</b>	+00:36:57 (30.8%)	7:28	8 (69.0%)
36	<b>SURUS Artur</b>	<b>614</b>		M30-39	17	<b>01:59:35.10</b>	<b>02:00:08.70</b>	+00:37:18 (31.1%)	7:28	8 (69.0%)
37	<b>SOSNOWSKI Roman</b>	<b>609</b>	LACHO TEAM	M50-59	1	<b>02:00:39.65</b>	<b>02:01:04.45</b>	+00:38:14 (31.6%)	7:32	8 (69.0%)
38	<b>KARDASZ Marek</b>	<b>265</b>	SOLINA TEAM	M40-49	8	<b>02:01:59.75</b>	<b>02:02:15.40</b>	+00:39:25 (32.2%)	7:37	7.9 (68.1%)
39	<b>CHOJNACKI Mikołaj</b>	<b>431</b>	WARSAW RUN CLUB	M40-49	9	<b>02:01:48.80</b>	<b>02:02:21.90</b>	+00:39:32 (32.3%)	7:36	7.9 (68.1%)
40	<b>MIKOŚ Magdalena</b>	<b>535</b>		K30-39	2	<b>02:01:59.30</b>	<b>02:02:37.10</b>	+00:39:47 (32.4%)	7:37	7.9 (68.1%)
41	<b>GRZEGORZAK Wojciech</b>	<b>458</b>	#ADAMCZERWIŃSKITEAM	M40-49	10	<b>02:03:31.15</b>	<b>02:03:47.40</b>	+00:40:57 (33.1%)	7:43	7.8 (67.2%)

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

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

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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 16km	Czas brutto 16km	Różn	Tempo min/km	Tempo km/h
111	<b>ADAMSKI Jakub</b>	<b>662</b>	OŚRODEK TWÓRCZEJ INTERWENCJI	M30-39	30	<b>02:32:05.25</b>	<b>02:33:00.45</b>	+01:10:10 (45.9%)	9:30	6.3 (54.3%)
112	<b>ZAŁUBSKA Anna</b>	<b>652</b>	DIETETYK-NIEPOLOMICE.PL	K30-39	15	<b>02:33:15.75</b>	<b>02:33:15.75</b>	+01:10:25 (46.0%)	9:34	6.3 (54.3%)
113	<b>WIŚNIEWSKI Tomasz</b>	<b>635</b>		M40-49	31	<b>02:32:31.05</b>	<b>02:33:24.50</b>	+01:10:34 (46.0%)	9:31	6.3 (54.3%)
114	<b>WILCZEWSKA Weronika</b>	<b>642</b>		K16-29	8	<b>02:33:01.30</b>	<b>02:34:00.70</b>	+01:11:10 (46.2%)	9:33	6.3 (54.3%)
115	<b>HERLICZKA Renata</b>	<b>465</b>	AML-FLY TEAM	K30-39	16	<b>02:33:46.50</b>	<b>02:34:50.30</b>	+01:12:00 (46.5%)	9:36	6.2 (53.4%)
116	<b>SAMOJLUK-ŚLUSARSKA Bożena</b>	<b>591</b>	DRUŻYNA TVN	K60+	1	<b>02:35:16.35</b>	<b>02:36:04.60</b>	+01:13:14 (46.9%)	9:42	6.2 (53.4%)
117	<b>REJMAN Dorota</b>	<b>580</b>		K40-49	5	<b>02:36:02.30</b>	<b>02:36:51.95</b>	+01:14:02 (47.2%)	9:45	6.2 (53.4%)
118	<b>SALAMON Barbara</b>	<b>590</b>		K40-49	6	<b>02:37:41.20</b>	<b>02:38:04.35</b>	+01:15:14 (47.6%)	9:51	6.1 (52.6%)
119	<b>PRZYBYŁKA Agnieszka</b>	<b>571</b>		K30-39	17	<b>02:38:04.80</b>	<b>02:38:28.10</b>	+01:15:38 (47.7%)	9:52	6.1 (52.6%)
120	<b>CHRZAN Magdalena</b>	<b>432</b>		K30-39	18	<b>02:38:37.00</b>	<b>02:39:08.75</b>	+01:16:18 (48.0%)	9:54	6.1 (52.6%)
121	<b>SOBULSKI Karol</b>	<b>606</b>	SB SOBOLE	M40-49	32	<b>02:38:53.60</b>	<b>02:39:13.75</b>	+01:16:23 (48.0%)	9:55	6 (51.7%)
122	<b>SZCZESNIAK Agnieszka</b>	<b>616</b>	SB SOBOLE	K40-49	7	<b>02:38:52.40</b>	<b>02:39:13.85</b>	+01:16:24 (48.0%)	9:55	6 (51.7%)
123	<b>TRUSZKOWSKA Marta</b>	<b>628</b>		K30-39	19	<b>02:38:28.00</b>	<b>02:39:24.95</b>	+01:16:35 (48.0%)	9:54	6.1 (52.6%)
124	<b>LEFELIC Monika</b>	<b>512</b>		K40-49	8	<b>02:38:55.95</b>	<b>02:39:27.70</b>	+01:16:37 (48.1%)	9:56	6 (51.7%)
125	<b>BOROŃ Marlena</b>	<b>639</b>		K16-29	9	<b>02:39:13.80</b>	<b>02:39:39.95</b>	+01:16:50 (48.1%)	9:57	6 (51.7%)
126	<b>NORWECKA Sylwia</b>	<b>538</b>		K30-39	20	<b>02:39:23.05</b>	<b>02:39:56.45</b>	+01:17:06 (48.2%)	9:57	6 (51.7%)
127	<b>SŁOWIŃSKI Karol</b>	<b>604</b>		M40-49	33	<b>02:39:24.75</b>	<b>02:40:06.20</b>	+01:17:16 (48.3%)	9:57	6 (51.7%)
128	<b>ARMAŃSKA Marianna</b>	<b>400</b>		K30-39	21	<b>02:40:12.45</b>	<b>02:40:41.60</b>	+01:17:51 (48.5%)	10:00	6 (51.7%)
129	<b>DZIEWIĄTKOWSKA Ewa</b>	<b>443</b>		K40-49	9	<b>02:40:16.70</b>	<b>02:40:44.10</b>	+01:17:54 (48.5%)	10:01	6 (51.7%)
130	<b>POSS Marcin</b>	<b>568</b>		M40-49	34	<b>02:40:30.25</b>	<b>02:41:05.85</b>	+01:18:16 (48.6%)	10:01	6 (51.7%)
131	<b>MAJDA Karolina</b>	<b>527</b>		K16-29	10	<b>02:40:59.25</b>	<b>02:41:39.10</b>	+01:18:49 (48.8%)	10:03	6 (51.7%)
132	<b>RACZEK Radosław</b>	<b>574</b>	GORĄCY POTOK TEAM	M16-29	21	<b>02:40:59.05</b>	<b>02:41:39.60</b>	+01:18:49 (48.8%)	10:03	6 (51.7%)
133	<b>DĄBROWSKI Marek</b>	<b>437</b>	TRANSPOREON	M30-39	31	<b>02:40:55.95</b>	<b>02:41:53.20</b>	+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	WÓŁKIEWICZ 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	<b>BUNIKOWSKA Emilia</b>	<b>425</b>		K30-39	30	<b>02:47:47.50</b>	<b>02:48:23.65</b>	+01:25:33 (50.8%)	10:29	5.7 (49.1%)
158	<b>OTOLA Iwona</b>	<b>550</b>	ENDURANCE TEAM	K30-39	31	<b>02:48:12.80</b>	<b>02:48:58.00</b>	+01:26:08 (51.0%)	10:30	5.7 (49.1%)
159	<b>BAR Przemek</b>	<b>405</b>	ENDURANCE TEAM	M30-39	35	<b>02:48:13.70</b>	<b>02:48:58.30</b>	+01:26:08 (51.0%)	10:30	5.7 (49.1%)
160	<b>GAWRYLAK Beata</b>	<b>450</b>	ZUMBIARY	K40-49	15	<b>02:48:02.30</b>	<b>02:48:58.75</b>	+01:26:08 (51.0%)	10:30	5.7 (49.1%)
161	<b>KOWALCZYK Justyna</b>	<b>499</b>	ACCENTURE	K50-59	3	<b>02:49:58.65</b>	<b>02:50:26.55</b>	+01:27:36 (51.4%)	10:37	5.6 (48.3%)
162	<b>BURMAN Beata</b>	<b>426</b>		K40-49	16	<b>02:51:20.15</b>	<b>02:51:51.20</b>	+01:29:01 (51.8%)	10:42	5.6 (48.3%)
163	<b>BALON Marcin</b>	<b>403</b>	BB RUNNERS	M40-49	38	<b>02:52:08.00</b>	<b>02:52:20.90</b>	+01:29:31 (51.9%)	10:45	5.6 (48.3%)
164	<b>ŚWIEŻEWSKA Klementyna</b>	<b>640</b>		K30-39	32	<b>02:51:26.60</b>	<b>02:52:21.70</b>	+01:29:31 (51.9%)	10:42	5.6 (48.3%)
165	<b>NOWACZEK Aleksandra</b>	<b>539</b>	MULTIMEDIA RUNNERS PUŁAWY	K30-39	33	<b>02:53:08.15</b>	<b>02:53:36.10</b>	+01:30:46 (52.3%)	10:49	5.5 (47.4%)
166	<b>BRODAWKA Olga</b>	<b>421</b>		K30-39	34	<b>02:53:24.30</b>	<b>02:53:51.10</b>	+01:31:01 (52.4%)	10:50	5.5 (47.4%)
167	<b>SEBZDA Malgorzata</b>	<b>593</b>	HUSARIA RACE TEAM	K40-49	17	<b>02:53:34.05</b>	<b>02:53:58.25</b>	+01:31:08 (52.4%)	10:50	5.5 (47.4%)
168	<b>KAPAŁKA Krzysztof</b>	<b>478</b>	STG TARNÓW	M60+	1	<b>02:53:47.50</b>	<b>02:54:00.40</b>	+01:31:10 (52.4%)	10:51	5.5 (47.4%)
169	<b>KŁOPOT Grażyna</b>	<b>481</b>	MULTIMEDIA RUNNERS PUŁAWY	K40-49	18	<b>02:53:31.35</b>	<b>02:54:02.50</b>	+01:31:12 (52.4%)	10:50	5.5 (47.4%)
170	<b>RUTKOWSKA Milena</b>	<b>588</b>	MULTIMEDIA RUNNERS PUŁAWY	K30-39	35	<b>02:53:31.90</b>	<b>02:54:02.65</b>	+01:31:12 (52.4%)	10:50	5.5 (47.4%)
171	<b>WIŚNIEWSKA Katarzyna</b>	<b>634</b>	WIŚNIA TEAM	K40-49	19	<b>02:53:28.75</b>	<b>02:54:16.35</b>	+01:31:26 (52.5%)	10:50	5.5 (47.4%)
172	<b>MICHALIK Justyna</b>	<b>533</b>	ZABIERZOW BIEGA	K30-39	36	<b>02:53:30.65</b>	<b>02:54:20.25</b>	+01:31:30 (52.5%)	10:50	5.5 (47.4%)
173	<b>WALKOWSKA Justyna</b>	<b>631</b>	JACEKBIEGA RUNNING TEAM	K40-49	20	<b>02:53:34.30</b>	<b>02:54:31.55</b>	+01:31:41 (52.5%)	10:50	5.5 (47.4%)
174	<b>KRAVETS Anastasiia</b>	<b>502</b>	TRANSPOREON	K16-29	12	<b>02:54:10.50</b>	<b>02:55:04.45</b>	+01:32:14 (52.7%)	10:53	5.5 (47.4%)
175	<b>PRZYBYLSKI Michał</b>	<b>570</b>	TRANSPOREON	M30-39	36	<b>02:54:10.60</b>	<b>02:55:04.70</b>	+01:32:14 (52.7%)	10:53	5.5 (47.4%)
176	<b>TROJANOWSKA Kinga</b>	<b>627</b>		K60+	3	<b>02:55:19.40</b>	<b>02:55:49.10</b>	+01:32:59 (52.9%)	10:57	5.5 (47.4%)
177	<b>BEZKOROWAJNY Joanna</b>	<b>411</b>	NOKIA	K30-39	37	<b>02:54:54.30</b>	<b>02:55:52.60</b>	+01:33:02 (52.9%)	10:55	5.5 (47.4%)
178	<b>BEZKOROWAJNY Mateusz</b>	<b>412</b>	NOKIA	M30-39	37	<b>02:54:54.70</b>	<b>02:55:52.70</b>	+01:33:02 (52.9%)	10:55	5.5 (47.4%)
179	<b>ŻURKOWSKA Dorota</b>	<b>658</b>		K30-39	38	<b>02:55:12.05</b>	<b>02:56:00.50</b>	+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	<b>GŁUCHOWSKI Jacek</b>	<b>453</b>	BB RUNERS	M40-49	39	<b>02:55:43.45</b>	<b>02:56:03.35</b>	+01:33:13 (53.0%)	10:59	5.5 (47.4%)
181	<b>KORPALSKI Jacek</b>	<b>494</b>		M50-59	7	<b>02:55:55.85</b>	<b>02:56:35.55</b>	+01:33:45 (53.1%)	10:59	5.5 (47.4%)
182	<b>ZBROSZCZYK Damian</b>	<b>585</b>	CARBON OCR RACING TEAM	M30-39	38	<b>02:57:51.60</b>	<b>02:58:15.35</b>	+01:35:25 (53.5%)	11:07	5.4 (46.6%)
183	<b>ŁATA Katarzyna</b>	<b>519</b>		K40-49	21	<b>02:57:58.95</b>	<b>02:58:51.60</b>	+01:36:01 (53.7%)	11:07	5.4 (46.6%)
184	<b>DZIÓBEK Sylwia</b>	<b>444</b>		K40-49	22	<b>02:58:41.55</b>	<b>02:59:17.00</b>	+01:36:27 (53.8%)	11:10	5.4 (46.6%)
185	<b>MARKOWSKA Jadwiga</b>	<b>530</b>		K30-39	39	<b>02:58:42.70</b>	<b>02:59:17.20</b>	+01:36:27 (53.8%)	11:10	5.4 (46.6%)
186	<b>PAWŁOWSKA Maria</b>	<b>555</b>	MARUSIABIEGAPL	K40-49	23	<b>02:58:44.40</b>	<b>02:59:34.70</b>	+01:36:44 (53.9%)	11:10	5.4 (46.6%)
187	<b>ŁUKASZEWSKA Katarzyna</b>	<b>523</b>		K50-59	4	<b>02:58:58.40</b>	<b>02:59:48.40</b>	+01:36:58 (53.9%)	11:11	5.4 (46.6%)
188	<b>JACKOWSKA Ewa</b>	<b>660</b>	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	K40-49	24	<b>03:00:27.65</b>	<b>03:01:30.30</b>	+01:38:40 (54.4%)	11:16	5.3 (45.7%)
189	<b>LULA Radek</b>	<b>517</b>		M40-49	40	<b>03:00:54.05</b>	<b>03:01:30.40</b>	+01:38:40 (54.4%)	11:18	5.3 (45.7%)
190	<b>RADYK Joanna</b>	<b>576</b>	PRZEMYSKI KLUB BIEGACZA	K30-39	40	<b>03:01:02.95</b>	<b>03:01:33.00</b>	+01:38:43 (54.4%)	11:18	5.3 (45.7%)
191	<b>JACKOWSKI Jacek</b>	<b>661</b>	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	M40-49	41	<b>03:00:29.60</b>	<b>03:01:33.45</b>	+01:38:43 (54.4%)	11:16	5.3 (45.7%)
192	<b>PUKOCZ Katarzyna</b>	<b>573</b>		K30-39	41	<b>03:00:32.25</b>	<b>03:01:38.25</b>	+01:38:48 (54.4%)	11:17	5.3 (45.7%)
193	<b>KOPCZYK Jakub</b>	<b>489</b>		M16-29	22	<b>03:03:24.10</b>	<b>03:03:55.95</b>	+01:41:06 (55.0%)	11:27	5.2 (44.8%)
194	<b>ZAINCIKOVSKAIA-WÓJCIK Inna</b>	<b>649</b>	NIE MAM POMYSŁU	K30-39	42	<b>03:03:48.45</b>	<b>03:03:58.70</b>	+01:41:08 (55.0%)	11:29	5.2 (44.8%)
195	<b>ŚWIEŻEWSKA Kaja</b>	<b>641</b>		K30-39	43	<b>03:03:42.50</b>	<b>03:04:37.95</b>	+01:41:48 (55.1%)	11:28	5.2 (44.8%)
196	<b>KWIATKOWSKA Katarzyna</b>	<b>509</b>	RUNKASIARUN	K30-39	44	<b>03:03:48.05</b>	<b>03:04:42.00</b>	+01:41:52 (55.2%)	11:29	5.2 (44.8%)
197	<b>ŁĘPICKI Mateusz</b>	<b>521</b>	LEMON TEAM	M30-39	39	<b>03:05:36.25</b>	<b>03:06:10.95</b>	+01:43:21 (55.5%)	11:36	5.2 (44.8%)
198	<b>ŁĘPICKA Marta</b>	<b>520</b>		K16-29	13	<b>03:05:38.15</b>	<b>03:06:12.05</b>	+01:43:22 (55.5%)	11:36	5.2 (44.8%)
199	<b>PIETRZYKOWSKA Katarzyna</b>	<b>563</b>		K30-39	45	<b>03:06:06.95</b>	<b>03:06:58.80</b>	+01:44:08 (55.7%)	11:37	5.2 (44.8%)
200	<b>SOSNOWSKA Barbara</b>	<b>608</b>	LACHO TEAM	K40-49	25	<b>03:06:08.10</b>	<b>03:06:58.85</b>	+01:44:09 (55.7%)	11:38	5.2 (44.8%)
201	<b>OGAZA Anna</b>	<b>546</b>		K30-39	46	<b>03:08:14.95</b>	<b>03:08:35.20</b>	+01:45:45 (56.1%)	11:45	5.1 (44.0%)
202	<b>KUREK Małgorzata</b>	<b>508</b>	CARBON OCR RACING TEAM	K30-39	47	<b>03:08:17.50</b>	<b>03:08:37.50</b>	+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	<b>MEINERT Jakub</b>	<b>532</b>	CARBON OCR RACING TEAM	M16-29	23	<b>03:07:36.90</b>	<b>03:08:43.00</b>	+01:45:53 (56.1%)	11:43	5.1 (44.0%)
204	<b>MAŃKO Monika</b>	<b>529</b>		K16-29	14	<b>03:09:32.95</b>	<b>03:10:04.05</b>	+01:47:14 (56.4%)	11:50	5.1 (44.0%)
205	<b>STYŁA Sebastian</b>	<b>612</b>		M40-49	42	<b>03:09:32.35</b>	<b>03:10:05.15</b>	+01:47:15 (56.4%)	11:50	5.1 (44.0%)
206	<b>DZIEDZIC-WÓJTOWICZ Agnieszka</b>	<b>442</b>	SRTG-NIEPOŁOMICE	K40-49	26	<b>03:09:46.25</b>	<b>03:10:11.90</b>	+01:47:22 (56.5%)	11:51	5.1 (44.0%)
207	<b>LESZCZYNSKI Aleksander</b>	<b>514</b>		M40-49	43	<b>03:09:25.05</b>	<b>03:10:19.95</b>	+01:47:30 (56.5%)	11:50	5.1 (44.0%)
208	<b>KRÓLIKOWSKA Anna</b>	<b>503</b>	HUSARIA RACE TEAM	K16-29	15	<b>03:10:35.75</b>	<b>03:10:46.70</b>	+01:47:56 (56.6%)	11:54	5 (43.1%)
209	<b>ŁUCZAK Paweł</b>	<b>522</b>		M16-29	24	<b>03:10:36.75</b>	<b>03:10:46.85</b>	+01:47:57 (56.6%)	11:54	5 (43.1%)
210	<b>MALOCHLEB Mateusz</b>	<b>659</b>	ZAWISZA STARA KUŹNIA	M16-29	25	<b>03:13:28.65</b>	<b>03:14:34.30</b>	+01:51:44 (57.4%)	12:05	5 (43.1%)
211	<b>KOTULA Jakub</b>	<b>498</b>		M30-39	40	<b>03:14:27.55</b>	<b>03:15:10.75</b>	+01:52:20 (57.6%)	12:09	4.9 (42.2%)
212	<b>GERLE-KOTULA Anna</b>	<b>452</b>		K30-39	48	<b>03:14:30.45</b>	<b>03:15:10.90</b>	+01:52:21 (57.6%)	12:09	4.9 (42.2%)
213	<b>BRODECKI Adam</b>	<b>422</b>	WATAHA ŁĄCZY NAS BIEGANIE	M16-29	26	<b>03:17:00.05</b>	<b>03:18:00.75</b>	+01:55:10 (58.2%)	12:18	4.9 (42.2%)
214	<b>GRABOWSKA Joanna</b>	<b>457</b>	SPC/ KM UMK	K40-49	27	<b>03:17:10.30</b>	<b>03:18:15.05</b>	+01:55:25 (58.2%)	12:19	4.9 (42.2%)
215	<b>KANDERSKI Sławek</b>	<b>476</b>	WKB MARATOŃCZYK	M50-59	8	<b>03:17:10.35</b>	<b>03:18:15.25</b>	+01:55:25 (58.2%)	12:19	4.9 (42.2%)
216	<b>NOWAK Ewelina</b>	<b>541</b>	STG TARNÓW	K30-39	49	<b>03:20:27.70</b>	<b>03:20:39.65</b>	+01:57:49 (58.7%)	12:31	4.8 (41.4%)
217	<b>KUBIESA Patrycja</b>	<b>505</b>	HUSARIA RACE TEAM	K30-39	50	<b>03:22:02.20</b>	<b>03:22:28.25</b>	+01:59:38 (59.1%)	12:37	4.8 (41.4%)
218	<b>SURDEJ Paulina</b>	<b>613</b>	STG TARNÓW	K16-29	16	<b>03:22:52.25</b>	<b>03:23:04.55</b>	+02:00:14 (59.2%)	12:40	4.7 (40.5%)
219	<b>KAPAŁKA Bożena</b>	<b>477</b>	STG TARNÓW	K50-59	5	<b>03:22:50.80</b>	<b>03:23:04.80</b>	+02:00:14 (59.2%)	12:40	4.7 (40.5%)
220	<b>SKORUPKA Anna</b>	<b>602</b>		K40-49	28	<b>03:22:27.00</b>	<b>03:23:27.80</b>	+02:00:37 (59.3%)	12:39	4.7 (40.5%)
221	<b>WIŚNIEWSKA Dorota</b>	<b>633</b>		K40-49	29	<b>03:24:22.40</b>	<b>03:25:17.95</b>	+02:02:28 (59.7%)	12:46	4.7 (40.5%)
222	<b>JASIUL Mariola</b>	<b>472</b>		K40-49	30	<b>03:25:06.70</b>	<b>03:25:58.15</b>	+02:03:08 (59.8%)	12:49	4.7 (40.5%)
223	<b>SITEK Szymon</b>	<b>620</b>	ZABIEGANI CZĘSTOCHOWA	M30-39	41	<b>03:30:00.00</b>	<b>03:30:00.00</b>	+02:07:10 (60.6%)	13:07	4.6 (39.7%)
223	<b>CHLEWICKA Magdalena</b>	<b>414</b>	ZABIEGANI CZĘSTOCHOWA	K30-39	51	<b>03:30:00.00</b>	<b>03:30:00.00</b>	+02:07:10 (60.6%)	13:07	4.6 (39.7%)
223	<b>DUBIŃSKI Przemysław</b>	<b>415</b>	PRZEMEK DUBIŃSKI - BIEGIEMPRZEZŚWIAT	M40-49	44	<b>03:30:00.00</b>	<b>03:30:00.00</b>	+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	<b>RADYK Jakub</b>	<b>440</b>	PRZEMYSKI KLUB BIEGACZA	M30-39	41	<b>03:30:00.00</b>	<b>03:30:00.00</b>	+02:07:10 (60.6%)	13:07	4.6 (39.7%)
223	<b>LUDKA Dagmara</b>	<b>513</b>		K40-49	31	<b>03:30:00.00</b>	<b>03:30:00.00</b>	+02:07:10 (60.6%)	13:07	4.6 (39.7%)
223	<b>GROCHAL Marcin</b>	<b>557</b>	PSEUDOMOUNTAINRUNNER	M40-49	44	<b>03:30:00.00</b>	<b>03:30:00.00</b>	+02:07:10 (60.6%)	13:07	4.6 (39.7%)
229	<b>WIECZOREK Andrzej</b>	<b>638</b>		M50-59	9	<b>03:31:09.05</b>	<b>03:31:24.15</b>	+02:08:34 (60.8%)	13:11	4.5 (38.8%)
230	<b>KARPIŃSKA Ania</b>	<b>479</b>	DZIKIE GRUBASY SZATANA/ADIDAS RUNERS WARSAW	K40-49	32	<b>03:31:05.50</b>	<b>03:31:45.85</b>	+02:08:56 (60.9%)	13:11	4.5 (38.8%)
231	<b>MATUSZCZAK Angelika</b>	<b>531</b>	STG TARNÓW	K30-39	52	<b>03:32:13.35</b>	<b>03:32:24.40</b>	+02:09:34 (61.0%)	13:15	4.5 (38.8%)
232	<b>PIŃKOWSKI Leszek</b>	<b>559</b>	WM TRISELF	M50-59	10	<b>03:32:48.55</b>	<b>03:33:25.00</b>	+02:10:35 (61.2%)	13:18	4.5 (38.8%)
233	<b>ZIENKIEWICZ Agata</b>	<b>653</b>		K30-39	53	<b>03:32:48.00</b>	<b>03:33:25.55</b>	+02:10:35 (61.2%)	13:18	4.5 (38.8%)
234	<b>MIERZEJEWSKA Olga</b>	<b>534</b>		K30-39	54	<b>03:33:57.95</b>	<b>03:34:42.65</b>	+02:11:52 (61.4%)	13:22	4.5 (38.8%)
235	<b>SIERECKA Dorota</b>	<b>596</b>	TEAM ZABIEGANEDNI // WKURW_TEAM	K40-49	33	<b>03:36:49.85</b>	<b>03:37:56.90</b>	+02:15:07 (62.0%)	13:33	4.4 (37.9%)
235	<b>SMOGORZEWSKA Marta</b>	<b>605</b>	WKURW_TEAM	K30-39	55	<b>03:36:50.45</b>	<b>03:37:56.90</b>	+02:15:07 (62.0%)	13:33	4.4 (37.9%)
237	<b>MALARA Dalia</b>	<b>528</b>	CARBON OCR RACING TEAM	K30-39	56	<b>03:38:37.00</b>	<b>03:38:59.50</b>	+02:16:09 (62.2%)	13:39	4.4 (37.9%)
238	<b>KOSZNIRUK Elzbieta</b>	<b>497</b>	WYBIEGAJ SIEBIE	K50-59	6	<b>03:38:10.50</b>	<b>03:39:18.75</b>	+02:16:28 (62.2%)	13:38	4.4 (37.9%)
239	<b>PRZYBYŁO Marta</b>	<b>572</b>		K30-39	57	<b>03:38:11.80</b>	<b>03:39:18.90</b>	+02:16:29 (62.2%)	13:38	4.4 (37.9%)

Znaleziono 239 wynik(ów)