



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

ETAPOWA TRIADA ZIMOWA  
Fundacja Kocham Góry  
2020-01-04  
Krościenko nad Dunajcem  
16 km

## TRIADA INTRO GORCE

B4SPORT

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: M Open

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 MYKONNOY	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%)
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	PIEZONKA 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	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%)
22	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%)
23	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%)
24	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%)
25	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%)
26	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%)
27	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%)
28	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%)
29	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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 16km	Czas brutto 16km	Różn	Tempo min/km	Tempo km/h
30	<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%)
31	<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%)
32	<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%)
33	<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%)
34	<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%)
35	<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%)
36	<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%)
37	<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%)
38	<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%)
39	<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%)
40	<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%)
41	<b>NIŻNIK 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%)
42	<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%)
43	<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%)
44	<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%)
45	<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%)
46	<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%)
47	<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%)
48	<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%)
49	<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%)
50	<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%)
51	<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%)
52	<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%)
53	<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%)
54	<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%)
55	<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%)
56	<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%)
57	<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%)
58	<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%)
59	<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%)
60	<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%)
61	<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%)
62	<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%)
63	<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%)
64	<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%)
65	<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%)
66	<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%)
67	<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%)
68	<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%)
69	<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%)
70	<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%)
71	<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%)
72	<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%)
73	<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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 16km	Czas brutto 16km	Różn	Tempo min/km	Tempo km/h
74	<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%)
75	<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%)
76	<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%)
77	<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%)
78	<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%)
79	<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%)
80	<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%)
81	<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%)
82	<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%)
83	<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%)
84	<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%)
85	<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%)
86	<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%)
87	<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%)
88	<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%)
89	<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%)
90	<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%)
91	<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%)
92	<b>WÓŁKIEWICZ Paweł</b>	<b>648</b>	OX5	M50-59	6	<b>02:42:39.70</b>	<b>02:43:21.25</b>	+01:20:31 (49.3%)	10:10	5.9 (50.9%)
93	<b>STERNIK Daniel</b>	<b>611</b>	NAJWIĘKSZA ARMIA ŚWIATA	M30-39	32	<b>02:44:27.75</b>	<b>02:44:44.00</b>	+01:21:54 (49.7%)	10:16	5.8 (50.0%)
94	<b>SIKORSKI Ludwik</b>	<b>598</b>	HTF LUDWIK SIKORSKI	M40-49	35	<b>02:44:12.85</b>	<b>02:45:03.90</b>	+01:22:14 (49.8%)	10:15	5.8 (50.0%)
95	<b>KONIEC Mariusz</b>	<b>486</b>	CARBON OCR RACING TEAM	M30-39	33	<b>02:44:44.85</b>	<b>02:45:09.15</b>	+01:22:19 (49.8%)	10:17	5.8 (50.0%)
96	<b>SKOCZYŁAS Piotr</b>	<b>601</b>	ENDURANCE TEAM	M40-49	36	<b>02:46:04.75</b>	<b>02:46:20.10</b>	+01:23:30 (50.2%)	10:22	5.8 (50.0%)
97	<b>ZAKRZEWSKI Jarosław</b>	<b>651</b>		M40-49	37	<b>02:46:13.10</b>	<b>02:46:53.30</b>	+01:24:03 (50.4%)	10:23	5.8 (50.0%)
98	<b>BIAŁEK Mariusz</b>	<b>413</b>	ENDURANCE TEAM	M30-39	34	<b>02:48:07.15</b>	<b>02:48:21.75</b>	+01:25:31 (50.8%)	10:30	5.7 (49.1%)
99	<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%)
100	<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%)
101	<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%)
102	<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%)
103	<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%)
104	<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%)
105	<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%)
106	<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%)
107	<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%)
108	<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%)
109	<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%)
110	<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%)
111	<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%)
112	<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%)
113	<b>LESZCZYŃSKI 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%)
114	<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%)
115	<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%)
116	<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%)
117	<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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 16km	Czas brutto 16km	Różn	Tempo min/km	Tempo km/h
118	<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%)
119	<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%)
119	<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%)
119	<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%)
119	<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%)
123	<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%)
124	<b>PIĘNKOWSKI 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%)

Znaleziono 124 wynik(ów)