



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

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

TRIADA INTRO ŁĄCZNIE

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gorce	Nocne Pieniny	Beskid Sądecki	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
1	JAWORSKI Zbigniew	473	---	M40-49	1	01:22:49.00	00:25:42.00	00:52:29.00	02:40:57.00	02:41:00.00		5:11	11.6 (100%)
2	CHLIPAŁA Paweł	429		M16-29	1	01:28:53.00	00:25:49.00	00:55:20.00	02:49:56.00	02:50:02.00	+00:09:02 (5.3%)	5:28	10.9 (94.0%)
3	FABIAN Bogusław	445	EVANLITE.COM	M40-49	2	01:30:21.00	00:26:46.00	00:55:48.00	02:52:48.00	02:52:55.00	+00:11:55 (6.9%)	5:34	10.8 (93.1%)
4	PACHUT Jerzy	551	COLWAY	M16-29	2	01:28:29.00	00:26:44.00	00:58:24.00	02:53:31.00	02:53:37.00	+00:12:37 (7.3%)	5:35	10.7 (92.2%)
5	DUDZIK Łukasz	439	GÓRAL BIEGA	M30-39	1	01:31:07.00	00:27:08.00	00:57:34.00	02:55:41.00	02:55:49.00	+00:14:49 (8.4%)	5:40	10.6 (91.4%)
6	MADZIAR Mateusz	525	AO MYKONÓY	M16-29	3	01:36:39.00	00:25:26.00	00:55:20.00	02:57:13.00	02:57:25.00	+00:16:25 (9.3%)	5:43	10.5 (90.5%)
7	ZYGMUNT Tomasz	656		M16-29	4	01:33:33.00	00:28:30.00	00:55:23.00	02:57:16.00	02:57:26.00	+00:16:26 (9.3%)	5:43	10.5 (90.5%)
8	SZCZEPANIAK Damian	615	KAMIENICA	M30-39	2	01:36:58.00	00:26:29.00	00:55:33.00	02:58:53.00	02:59:00.00	+00:18:00 (10.1%)	5:46	10.4 (89.7%)
9	CELEJEWSKI Marcin	427	MYDŁOWSKA ATHLETIC TEAM	M16-29	5	01:33:22.00	00:26:32.00	00:59:21.00	02:59:07.00	02:59:15.00	+00:18:15 (10.2%)	5:46	10.4 (89.7%)
10	MADZIAR Wiktor	524		M16-29	6	01:35:03.00	00:26:35.00	01:00:08.00	03:01:37.00	03:01:46.00	+00:20:46 (11.4%)	5:51	10.2 (87.9%)
11	SAROSI Kristof	670	GLOBO SPORT SE	M16-29	7	01:36:20.00	00:27:37.00	00:57:53.00	03:01:43.00	03:01:50.00	+00:20:50 (11.5%)	5:51	10.2 (87.9%)
12	KOZIK Adam	500		M16-29	8	01:36:36.00	00:27:17.00	00:58:05.00	03:01:40.00	03:01:58.00	+00:20:58 (11.5%)	5:51	10.2 (87.9%)
13	BATORYNA Aleksander	406	UNIwersytet Ekonomiczny w Katowicach	M30-39	3	01:37:26.00	00:29:18.00	01:00:20.00	03:06:57.00	03:07:04.00	+00:26:04 (13.9%)	6:01	9.9 (85.3%)
14	BRENDZOWSKI Adam	420	SOLINATEAM / RUNONLINE.PL TEAM	M30-39	4	01:41:12.00	00:29:18.00	01:02:28.00	03:12:30.00	03:12:58.00	+00:31:58 (16.6%)	6:12	9.7 (83.6%)
15	OCHYRA Konrad	545	SOLINA TEAM	M30-39	5	01:43:59.00	00:29:07.00	01:03:44.00	03:16:16.00	03:16:50.00	+00:35:50 (18.2%)	6:19	9.5 (81.9%)
16	OLEŚ Rafał	548	HUSARIA RACE TEAM	M16-29	9	01:43:51.00	00:31:07.00	01:02:37.00	03:17:27.00	03:17:35.00	+00:36:35 (18.5%)	6:22	9.4 (81.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gorce	Nocne Pieniny	Beskid Sądecki	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
17	BROL Piotr	423	ENDURANCE TEAM	M30-39	6	01:43:31.00	00:30:53.00	01:04:26.00	03:18:44.00	03:18:50.00	+00:37:50 (19.0%)	6:24	9.4 (81.0%)
18	ROMANOWSKI Łukasz	584	HUSARIA RACE TEAM	M30-39	7	01:47:50.00	00:32:19.00	01:03:48.00	03:23:42.00	03:23:57.00	+00:42:57 (21.1%)	6:34	9.1 (78.4%)
19	REICHEL Marcin	579		M30-39	8	01:52:42.00	00:31:38.00	01:04:06.00	03:28:05.00	03:28:26.00	+00:47:26 (22.8%)	6:42	8.9 (76.7%)
20	KOPIEĆ Kamil	492	JAJA NA BOK	M30-39	9	01:52:42.00	00:31:38.00	01:04:07.00	03:28:04.00	03:28:27.00	+00:47:27 (22.8%)	6:42	8.9 (76.7%)
21	PIETROCZUK Sylwia	561	NOA	K16-29	1	01:49:58.00	00:33:52.00	01:07:54.00	03:31:35.00	03:31:44.00	+00:50:44 (24.0%)	6:49	8.8 (75.9%)
22	REJMAN Marek	581		M40-49	3	01:55:59.00	00:33:27.00	01:03:38.00	03:32:31.00	03:33:04.00	+00:52:04 (24.4%)	6:51	8.8 (75.9%)
23	DOBOSZ Daniel	436		M40-49	4	01:56:08.00	00:32:13.00	01:05:19.00	03:32:51.00	03:33:40.00	+00:52:40 (24.6%)	6:51	8.7 (75.0%)
24	KUBIESA-CRO Jakub	506		M30-39	10	01:54:23.00	00:34:37.00	01:07:25.00	03:35:47.00	03:36:25.00	+00:55:25 (25.6%)	6:57	8.6 (74.1%)
25	GULBA Krzysztof	459	PENTEL	M40-49	5	01:54:14.00	00:33:49.00	01:10:05.00	03:37:56.00	03:38:08.00	+00:57:08 (26.2%)	7:01	8.5 (73.3%)
26	KEMPKA Marcin	495	RAJSPOORT ACTIVE	M30-39	11	01:56:30.00	00:34:37.00	01:08:11.00	03:38:46.00	03:39:18.00	+00:58:18 (26.6%)	7:03	8.5 (73.3%)
27	SKIBA Maciej	139	SKIBASPORT.PL / SPORTOWE DZBANY	M16-29	10	01:56:36.00	00:31:45.00	01:11:21.00	03:38:29.00	03:39:42.00	+00:58:42 (26.7%)	7:02	8.5 (73.3%)
28	KLOCEK Konrad	663		M30-39	12	01:57:37.00	00:35:06.00	01:09:25.00	03:41:28.00	03:42:08.00	+01:01:08 (27.5%)	7:08	8.4 (72.4%)
29	KARDASZ Marek	265	SOLINA TEAM	M40-49	6	02:02:15.00	00:33:41.00	01:06:31.00	03:41:59.00	03:42:27.00	+01:01:27 (27.6%)	7:09	8.4 (72.4%)
30	BORYCKI Artur	419	TGR	M40-49	7	01:57:21.00	00:34:46.00	01:10:46.00	03:42:37.00	03:42:53.00	+01:01:53 (27.8%)	7:10	8.4 (72.4%)
31	KOZŁOWSKI Bartosz	501	THE THRULERS	M30-39	13	01:56:37.00	00:34:49.00	01:11:34.00	03:42:35.00	03:43:00.00	+01:02:00 (27.8%)	7:10	8.4 (72.4%)
32	MŁYNARCZYK Krzysztof	536	ANDRYCHÓW RUNNING	M30-39	14	01:57:11.00	00:33:55.00	01:12:55.00	03:43:14.00	03:44:01.00	+01:03:01 (28.1%)	7:12	8.3 (71.6%)
33	SOSNOWSKI Roman	609	LACHO TEAM	M50-59	1	02:01:04.00	00:34:01.00	01:10:48.00	03:45:11.00	03:45:53.00	+01:04:53 (28.7%)	7:15	8.3 (71.6%)
34	KOCUR Grzegorz	483		M40-49	8	01:58:26.00	00:35:50.00	01:13:45.00	03:47:03.00	03:48:01.00	+01:07:01 (29.4%)	7:19	8.2 (70.7%)
35	CHMIELEWSKA-BORUCH Milena	430		K30-39	1	02:05:56.00	00:34:17.00	01:08:25.00	03:47:16.00	03:48:38.00	+01:07:38 (29.6%)	7:19	8.2 (70.7%)
36	CHOJNACKI Mikołaj	431	WARSAW RUN CLUB	M40-49	9	02:02:21.00	00:35:46.00	01:10:52.00	03:48:00.00	03:48:59.00	+01:07:59 (29.7%)	7:21	8.2 (70.7%)
37	RZEPKA Tomasz	589	HTF-LUDWIK SIKORSKI	M40-49	10	02:08:54.00	00:34:09.00	01:07:50.00	03:50:07.00	03:50:53.00	+01:09:53 (30.3%)	7:25	8.1 (69.8%)
38	LANGE Magda	510	STG TARNOW	K30-39	2	01:59:46.00	00:39:29.00	01:12:18.00	03:51:15.00	03:51:33.00	+01:10:33 (30.5%)	7:27	8 (69.0%)
39	GRZEGORZAK Wojciech	458	#ADAMCZERWIŃSKITEAM	M40-49	11	02:03:47.00	00:34:32.00	01:13:24.00	03:51:04.00	03:51:43.00	+01:10:43 (30.5%)	7:27	8 (69.0%)
40	WICHA Małgorzata	637	WKS WAWEL	K16-29	2	02:04:40.00	00:35:02.00	01:13:21.00	03:52:50.00	03:53:03.00	+01:12:03 (30.9%)	7:30	8 (69.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gorce	Nocne Pieniny	Beskid Sądecki	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
41	KALCZYŃSKI Marcin	475		M16-29	11	02:08:43.00	00:31:57.00	01:13:27.00	03:52:47.00	03:54:07.00	+01:13:07 (31.2%)	7:30	8 (69.0%)
42	SZUMNY Nina	622		K30-39	3	02:04:31.00	00:36:19.00	01:13:30.00	03:54:09.00	03:54:20.00	+01:13:20 (31.3%)	7:33	7.9 (68.1%)
43	DEPTUŚ Bartłomiej	435		M30-39	15	02:06:19.00	00:36:35.00	01:12:11.00	03:54:02.00	03:55:05.00	+01:14:05 (31.5%)	7:32	7.9 (68.1%)
44	HERLICZKA Tomasz	466	AML-FLY TEAM	M40-49	12	02:04:56.00	00:36:29.00	01:13:43.00	03:53:33.00	03:55:08.00	+01:14:08 (31.5%)	7:32	8 (69.0%)
45	NIŻNIK Borys	537	HUSARIA RACE TEAM	M40-49	13	02:07:33.00	00:34:59.00	01:13:47.00	03:55:34.00	03:56:19.00	+01:15:19 (31.9%)	7:35	7.9 (68.1%)
46	SKIERSKI Adam	600	ENDURANCE TEAM	M40-49	14	02:07:42.00	00:36:44.00	01:12:36.00	03:56:39.00	03:57:02.00	+01:16:02 (32.1%)	7:38	7.9 (68.1%)
47	MIKOŚ Magdalena	535		K30-39	4	02:02:37.00	00:38:04.00	01:18:32.00	03:58:02.00	03:59:13.00	+01:18:13 (32.7%)	7:40	7.8 (67.2%)
48	WOŹNIAK Janusz	643	PORMAT JEDLICZE BIEGA	M50-59	2	02:09:43.00	00:36:18.00	01:15:23.00	04:00:50.00	04:01:24.00	+01:20:24 (33.3%)	7:46	7.7 (66.4%)
49	PIASECKI Mariusz	556	MNK	M40-49	15	02:11:10.00	00:35:24.00	01:16:59.00	04:01:57.00	04:03:33.00	+01:22:33 (33.9%)	7:48	7.7 (66.4%)
50	SZUREK Paulina	623		K30-39	5	02:11:34.00	00:36:05.00	01:16:13.00	04:03:18.00	04:03:52.00	+01:22:52 (34.0%)	7:50	7.6 (65.5%)
51	KOPEĆ Krystian	491		M16-29	12	02:09:23.00	00:38:07.00	01:17:00.00	04:03:52.00	04:04:30.00	+01:23:30 (34.2%)	7:52	7.6 (65.5%)
52	KOMAR Bartosz	485		M40-49	16	02:11:34.00	00:36:57.00	01:17:21.00	04:04:57.00	04:05:52.00	+01:24:52 (34.5%)	7:54	7.6 (65.5%)
53	PAWELEC Aleksandra	552	HUSARIA RACE TEAM	K16-29	3	02:15:52.00	00:37:01.00	01:13:54.00	04:05:56.00	04:06:47.00	+01:25:47 (34.8%)	7:56	7.6 (65.5%)
54	GNIADY Jarosław	454		M40-49	17	02:11:02.00	00:35:56.00	01:20:22.00	04:05:54.00	04:07:20.00	+01:26:20 (34.9%)	7:55	7.6 (65.5%)
55	PINTSCHER Paulina	564		K30-39	6	02:11:11.00	00:38:42.00	01:17:46.00	04:06:59.00	04:07:39.00	+01:26:39 (35.0%)	7:58	7.5 (64.7%)
56	SAROSI Boldi	592		M16-29	13	02:14:39.00	00:34:42.00	01:18:37.00	04:06:51.00	04:07:58.00	+01:26:58 (35.1%)	7:57	7.5 (64.7%)
57	GAWRYS Bartek	451	ENDURANCE TEAM	M30-39	16	02:14:31.00	00:36:20.00	01:17:23.00	04:07:50.00	04:08:14.00	+01:27:14 (35.1%)	7:59	7.5 (64.7%)
58	BISZCZUK Mariola	417	THE THRULERS	K30-39	7	02:12:19.00	00:36:59.00	01:19:30.00	04:08:25.00	04:08:48.00	+01:27:48 (35.3%)	8:00	7.5 (64.7%)
59	LEWCZUK Norbert	515	BIEGACZE POMAGACZE/ ELITE RUNNERS	M30-39	17	02:09:48.00	00:37:45.00	01:22:16.00	04:08:27.00	04:09:49.00	+01:28:49 (35.6%)	8:00	7.5 (64.7%)
60	SKRZYŃSKI Rafał	603	RUNONLINE.PL	M30-39	18	02:09:53.00	00:38:03.00	01:22:51.00	04:09:38.00	04:10:47.00	+01:29:47 (35.8%)	8:03	7.5 (64.7%)
61	PODOLAK Zbigniew	567	STOWARZYSZENIE PRZYJACIÓŁ DOBREGO WOJAKA SZWEJKA	M50-59	3	02:15:05.00	00:37:42.00	01:19:27.00	04:11:27.00	04:12:14.00	+01:31:14 (36.2%)	8:06	7.4 (63.8%)
62	TYKSINSKI Rafal	629	EXPRESSMAP	M40-49	18	02:16:32.00	00:39:20.00	01:19:29.00	04:14:40.00	04:15:21.00	+01:34:21 (36.9%)	8:12	7.3 (62.9%)
63	STEFANIUK Marzena	610		K30-39	8	02:16:42.00	00:38:02.00	01:20:48.00	04:14:57.00	04:15:32.00	+01:34:32 (37.0%)	8:13	7.3 (62.9%)
64	BLOK Izabela	418	72D ROWMIX JAVA TEAM	K30-39	9	02:05:55.00	00:35:59.00	01:34:40.00	04:16:20.00	04:16:34.00	+01:35:34 (37.2%)	8:16	7.3 (62.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gorce	Nocne Pieniny	Beskid Sądecki	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
65	PIECZONKA Rafal	558	SPARTAN TREINING GROUP TARNÓW	M30-39	19	01:48:45.00	00:49:13.00	01:38:41.00	04:16:13.00	04:16:39.00	+01:35:39 (37.3%)	8:15	7.3 (62.9%)
66	OSTROWSKI Łukasz	549		M30-39	20	02:16:35.00	00:38:49.00	01:21:50.00	04:16:15.00	04:17:14.00	+01:36:14 (37.4%)	8:15	7.3 (62.9%)
67	ŚLUSARSKI Włodek	518		M50-59	4	02:15:10.00	00:40:43.00	01:23:48.00	04:19:16.00	04:19:41.00	+01:38:41 (38.0%)	8:21	7.2 (62.1%)
68	NOWAK Piotr	540		M16-29	14	02:14:53.00	00:41:23.00	01:24:18.00	04:19:48.00	04:20:34.00	+01:39:34 (38.2%)	8:22	7.2 (62.1%)
69	ŻUKOWSKI Grzegorz	657	ENDURANCE TEAM	M50-59	5	02:17:38.00	00:40:10.00	01:25:34.00	04:22:46.00	04:23:22.00	+01:42:22 (38.9%)	8:28	7.1 (61.2%)
70	HANUSIAK Leszek	461	HUSARIA RACE TEAM	M30-39	21	02:20:30.00	00:36:01.00	01:27:02.00	04:22:12.00	04:23:33.00	+01:42:33 (38.9%)	8:27	7.1 (61.2%)
71	CIMASZEWSKI Michał	434		M16-29	15	02:18:31.00	00:44:08.00	01:21:12.00	04:22:47.00	04:23:51.00	+01:42:51 (39.0%)	8:28	7.1 (61.2%)
72	HRYC Martyna	467		K16-29	4	02:20:26.00	00:38:16.00	01:25:29.00	04:23:58.00	04:24:11.00	+01:43:11 (39.1%)	8:30	7 (60.3%)
73	PROCHASEK Anna	569		K30-39	10	02:19:45.00	00:40:40.00	01:23:58.00	04:22:58.00	04:24:23.00	+01:43:23 (39.1%)	8:28	7.1 (61.2%)
74	UNIEJEWSKI Tomasz	630		M40-49	19	02:17:05.00	00:42:15.00	01:25:22.00	04:23:18.00	04:24:42.00	+01:43:42 (39.2%)	8:29	7.1 (61.2%)
75	SOKOŁOWSKI Władysław	607	HUSARIA RACE TEAM	M16-29	16	02:24:34.00	00:39:10.00	01:21:28.00	04:24:00.00	04:25:12.00	+01:44:12 (39.3%)	8:30	7 (60.3%)
76	BEDNARZ Franciszek	409		M30-39	22	02:28:12.00	00:40:38.00	01:16:43.00	04:23:54.00	04:25:33.00	+01:44:33 (39.4%)	8:30	7 (60.3%)
77	BIELECKI Adam	416		M40-49	20	02:20:15.00	00:41:27.00	01:24:06.00	04:24:53.00	04:25:48.00	+01:44:48 (39.4%)	8:32	7 (60.3%)
78	BEŚCIAK Kamil	407	SPARTAN TRAINING GROUP TARNÓW	M16-29	17	02:15:40.00	00:49:13.00	01:20:59.00	04:25:23.00	04:25:52.00	+01:44:52 (39.4%)	8:33	7 (60.3%)
79	KRYGER Jacek	504	OTE TEAM	M40-49	21	02:23:53.00	00:39:14.00	01:23:29.00	04:25:37.00	04:26:36.00	+01:45:36 (39.6%)	8:34	7 (60.3%)
80	ROGÓŻ Elżbieta	583	PRORUNNING PROMOTION	K40-49	1	02:17:40.00	00:43:49.00	01:25:46.00	04:26:39.00	04:27:15.00	+01:46:15 (39.8%)	8:36	7 (60.3%)
81	DUDA Waldemar	438	TARNOWSKI KLUB KARATE SHINKYOKUSHIN	M40-49	22	02:25:54.00	00:39:37.00	01:23:24.00	04:28:33.00	04:28:55.00	+01:47:55 (40.1%)	8:39	6.9 (59.5%)
81	KOPEĆ Sebastian	490		M30-39	23	02:16:07.00	00:43:46.00	01:29:02.00	04:28:18.00	04:28:55.00	+01:47:55 (40.1%)	8:39	6.9 (59.5%)
83	FRANKOWSKI Piotr	446		M40-49	23	02:20:57.00	00:43:53.00	01:26:24.00	04:30:01.00	04:31:14.00	+01:50:14 (40.6%)	8:42	6.9 (59.5%)
84	GAWLIKOWSKI Robert	544		M40-49	24	02:22:46.00	00:41:17.00	01:27:19.00	04:30:14.00	04:31:22.00	+01:50:22 (40.7%)	8:43	6.9 (59.5%)
85	GARDEŁA Justyna	449	WOLBROM TEAM	K30-39	11	02:25:57.00	00:40:03.00	01:25:46.00	04:30:14.00	04:31:46.00	+01:50:46 (40.8%)	8:43	6.9 (59.5%)
86	WÓŁKIEWICZ Dorota	647	KS STASZEWSKY	K50-59	1	02:31:37.00	00:39:31.00	01:22:18.00	04:32:07.00	04:33:26.00	+01:52:26 (41.1%)	8:46	6.8 (58.6%)
87	KOBIALKA Paweł	482	ROZBIEGANE DOBCZYCE	M40-49	25	02:22:33.00	00:43:35.00	01:28:09.00	04:33:15.00	04:34:17.00	+01:53:17 (41.3%)	8:48	6.8 (58.6%)
88	HENDZLIK Monika	463		K40-49	2	02:25:53.00	00:40:54.00	01:27:51.00	04:33:47.00	04:34:38.00	+01:53:38 (41.4%)	8:49	6.8 (58.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gorce	Nocne Pieniny	Beskid Sądecki	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
89	ADAMSKI Jakub	662	OŚRODEK TWÓRCZEJ INTERWENCJI	M30-39	24	02:33:00.00	00:38:55.00	01:22:47.00	04:33:14.00	04:34:42.00	+01:53:42 (41.4%)	8:48	6.8 (58.6%)
90	BEDNARZ Józef	410		M16-29	18	02:23:01.00	00:42:29.00	01:29:52.00	04:33:34.00	04:35:22.00	+01:54:22 (41.5%)	8:49	6.8 (58.6%)
91	JACHIMOWICZ Jarosław	468	SPARTAN TRAINING GROUP TARNÓW	M16-29	19	02:30:59.00	00:40:08.00	01:24:18.00	04:34:58.00	04:35:25.00	+01:54:25 (41.5%)	8:52	6.8 (58.6%)
92	RAKOWSKI Krzysztof	577	RUCHLIWI ŚWIŃSKA NOGA	M40-49	26	02:23:35.00	00:44:04.00	01:30:11.00	04:36:18.00	04:37:50.00	+01:56:50 (42.1%)	8:54	6.7 (57.8%)
93	ROZMUS Marzena	586	FRELKI LOTAJOM	K40-49	3	02:29:02.00	00:40:55.00	01:28:10.00	04:37:29.00	04:38:07.00	+01:57:07 (42.1%)	8:57	6.7 (57.8%)
94	HAŚNIK Daria	460		K30-39	12	02:26:02.00	00:42:05.00	01:31:45.00	04:39:14.00	04:39:52.00	+01:58:52 (42.5%)	9:00	6.7 (57.8%)
95	KONS Katarzyna	487	POKA HERKI TEAM	K16-29	5	02:31:18.00	00:43:33.00	01:26:34.00	04:40:04.00	04:41:25.00	+02:00:25 (42.8%)	9:02	6.6 (56.9%)
96	JURCZENKO Marcin	474	ITMBW KRAKÓW	M40-49	27	02:31:55.00	00:43:33.00	01:26:24.00	04:40:39.00	04:41:52.00	+02:00:52 (42.9%)	9:03	6.6 (56.9%)
97	POŹNIAK-STYCZYŃSKA Maja	565	DDC	K30-39	13	02:29:40.00	00:41:18.00	01:31:33.00	04:42:14.00	04:42:31.00	+02:01:31 (43.0%)	9:06	6.6 (56.9%)
98	SIEKANIEC Dorota	595	NIDEC ALL FOR DREAMS	K30-39	14	02:26:34.00	00:45:34.00	01:32:54.00	04:43:45.00	04:45:02.00	+02:04:02 (43.5%)	9:09	6.6 (56.9%)
99	WÓJCIK Łukasz	646	OLEJ RUNNING TEAM / CELIRONMAN	M30-39	25	02:29:17.00	00:44:13.00	01:31:33.00	04:43:16.00	04:45:03.00	+02:04:03 (43.5%)	9:08	6.6 (56.9%)
100	ROGOWSKA Aleksandra	582	SIOSTRY OLSEN	K16-29	6	02:26:35.00	00:45:26.00	01:34:21.00	04:45:16.00	04:46:22.00	+02:05:22 (43.8%)	9:12	6.5 (56.0%)
101	SAMOJLUK-ŚLUSARSKA Bożena	591	DRUŻYNA TVN	K60+	1	02:36:04.00	00:43:31.00	01:27:38.00	04:46:04.00	04:47:13.00	+02:06:13 (43.9%)	9:13	6.5 (56.0%)
102	LUDWA Michał	516	TARNOWSKI KLUB SPORTOWY SHINKYOKUSHIN KARATE	M30-39	26	02:30:21.00	00:49:14.00	01:28:18.00	04:47:24.00	04:47:53.00	+02:06:53 (44.1%)	9:16	6.5 (56.0%)
103	TRUSZKOWSKA Marta	628		K30-39	15	02:39:24.00	00:40:46.00	01:29:16.00	04:47:58.00	04:49:26.00	+02:08:26 (44.4%)	9:17	6.5 (56.0%)
104	BEDNARZ Anna	408	42 DO SZCZĘŚCIA	K16-29	7	02:29:21.00	00:45:56.00	01:34:39.00	04:48:17.00	04:49:56.00	+02:08:56 (44.5%)	9:17	6.5 (56.0%)
105	TOKARSKA Bożena	624	#ADAMCZERWIŃSKITEAM	K40-49	4	02:32:03.00	00:46:11.00	01:31:49.00	04:49:04.00	04:50:03.00	+02:09:03 (44.5%)	9:19	6.4 (55.2%)
106	TOKARSKI Rafał	625		M40-49	28	02:32:03.00	00:46:12.00	01:31:49.00	04:49:02.00	04:50:04.00	+02:09:04 (44.5%)	9:19	6.4 (55.2%)
107	HERLICZKA Renata	465	AML-FLY TEAM	K30-39	16	02:34:50.00	00:45:39.00	01:31:00.00	04:49:52.00	04:51:29.00	+02:10:29 (44.8%)	9:21	6.4 (55.2%)
108	WIŚNIEWSKI Tomasz	635		M40-49	29	02:33:24.00	00:42:17.00	01:35:54.00	04:50:14.00	04:51:35.00	+02:10:35 (44.8%)	9:21	6.4 (55.2%)
109	REJMAN Dorota	580		K40-49	5	02:36:51.00	00:45:54.00	01:29:53.00	04:51:24.00	04:52:38.00	+02:11:38 (45.0%)	9:24	6.4 (55.2%)
110	CHRZAN Magdalena	432		K30-39	17	02:39:08.00	00:40:03.00	01:34:06.00	04:52:39.00	04:53:17.00	+02:12:17 (45.1%)	9:26	6.4 (55.2%)
111	NOWAK Krzysztof	542	STG TARNÓW	M40-49	30	02:31:55.00	00:46:05.00	01:35:28.00	04:52:41.00	04:53:28.00	+02:12:28 (45.1%)	9:26	6.4 (55.2%)
112	ZAŁUBSKA Anna	652	DIETETYK-NIEPOLOMICE.PL	K30-39	18	02:33:15.00	00:45:52.00	01:34:54.00	04:53:30.00	04:54:01.00	+02:13:01 (45.2%)	9:28	6.3 (54.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gorce	Nocne Pieniny	Beskid Sądecki	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
113	NORWECKA Sylwia	538		K30-39	19	02:39:56.00	00:44:34.00	01:32:22.00	04:55:39.00	04:56:52.00	+02:15:52 (45.8%)	9:32	6.3 (54.3%)
114	SZCZESNIAK Agnieszka	616	SB SOBOLE	K40-49	6	02:39:13.00	00:46:06.00	01:34:04.00	04:58:30.00	04:59:23.00	+02:18:23 (46.2%)	9:37	6.2 (53.4%)
115	SOBULSKI Karol	606	SB SOBOLE	M40-49	31	02:39:13.00	00:46:07.00	01:34:04.00	04:58:33.00	04:59:24.00	+02:18:24 (46.2%)	9:37	6.2 (53.4%)
116	BAR Przemek	405	ENDURANCE TEAM	M30-39	27	02:48:58.00	00:39:31.00	01:32:42.00	05:00:03.00	05:01:11.00	+02:20:11 (46.5%)	9:40	6.2 (53.4%)
117	SŁOWIŃSKI Karol	604		M40-49	32	02:40:06.00	00:41:53.00	01:39:27.00	04:59:42.00	05:01:26.00	+02:20:26 (46.6%)	9:40	6.2 (53.4%)
118	DĄBROWSKI Marek	437	TRANSPOREON	M30-39	28	02:41:53.00	00:45:31.00	01:34:09.00	04:59:53.00	05:01:33.00	+02:20:33 (46.6%)	9:40	6.2 (53.4%)
119	BOROŃ Marlena	639		K16-29	8	02:39:39.00	00:46:49.00	01:35:36.00	05:01:10.00	05:02:04.00	+02:21:04 (46.7%)	9:42	6.2 (53.4%)
120	WARCHOCKA Ewelina	632		K40-49	7	02:42:03.00	00:44:50.00	01:36:04.00	05:01:51.00	05:02:57.00	+02:21:57 (46.9%)	9:44	6.2 (53.4%)
121	SALAMON Barbara	590		K40-49	8	02:38:04.00	00:48:32.00	01:39:32.00	05:05:25.00	05:06:08.00	+02:25:08 (47.4%)	9:51	6.1 (52.6%)
122	SKIBA Katarzyna	599		K40-49	9	02:42:42.00	00:48:22.00	01:35:42.00	05:05:17.00	05:06:46.00	+02:25:46 (47.5%)	9:50	6.1 (52.6%)
123	PRZYBYLSKI Michał	570	TRANSPOREON	M30-39	29	02:55:04.00	00:43:45.00	01:28:04.00	05:05:19.00	05:06:53.00	+02:25:53 (47.5%)	9:50	6.1 (52.6%)
124	JAGIEŁA Tomasz	469	BAKOMAT TEAM	M30-39	30	02:31:24.00	00:50:41.00	01:45:15.00	05:06:44.00	05:07:20.00	+02:26:20 (47.6%)	9:53	6.1 (52.6%)
125	MAJDA Karolina	527		K16-29	9	02:41:39.00	00:48:23.00	01:37:39.00	05:06:29.00	05:07:41.00	+02:26:41 (47.7%)	9:53	6.1 (52.6%)
125	RACZEK Radosław	574	GORĄCY POTOK TEAM	M16-29	20	02:41:39.00	00:48:23.00	01:37:39.00	05:06:27.00	05:07:41.00	+02:26:41 (47.7%)	9:53	6.1 (52.6%)
127	RADOSZ-KWASEK Agata	575	MUAY RUNNING TEAM	K30-39	20	02:42:24.00	00:51:42.00	01:34:50.00	05:07:51.00	05:08:56.00	+02:27:56 (47.9%)	9:55	6 (51.7%)
128	PRZYBYŁKA Agnieszka	571		K30-39	21	02:38:28.00	00:47:15.00	01:43:15.00	05:07:53.00	05:08:58.00	+02:27:58 (47.9%)	9:55	6 (51.7%)
129	ARMAŃSKA Marianna	400		K30-39	22	02:40:41.00	00:48:35.00	01:40:23.00	05:08:57.00	05:09:39.00	+02:28:39 (48.0%)	9:57	6 (51.7%)
130	KONIEC Mariusz	486	CARBON OCR RACING TEAM	M30-39	31	02:45:09.00	00:50:48.00	01:34:02.00	05:08:45.00	05:09:59.00	+02:28:59 (48.1%)	9:57	6 (51.7%)
131	CIECHAROWSKA Justyna	433		K30-39	23	02:44:56.00	00:47:26.00	01:38:25.00	05:09:24.00	05:10:47.00	+02:29:47 (48.2%)	9:58	6 (51.7%)
132	STYŁA Sebastian	612		M40-49	33	03:10:05.00	00:39:28.00	01:21:42.00	05:10:16.00	05:11:15.00	+02:30:15 (48.3%)	10:00	6 (51.7%)
133	PIETROŃ Monika	562	LEMON TEAM	K30-39	24	02:45:09.00	00:48:26.00	01:39:00.00	05:11:24.00	05:12:35.00	+02:31:35 (48.5%)	10:02	6 (51.7%)
134	NOWAK Paulina	543	SPARTAN TREINING GROUP TARNÓW	K30-39	25	02:44:47.00	00:49:13.00	01:38:41.00	05:12:17.00	05:12:41.00	+02:31:41 (48.5%)	10:04	6 (51.7%)
135	ZIÓŁEK Teresa	655	STEY INSANE	K60+	2	02:45:14.00	00:50:57.00	01:37:02.00	05:11:46.00	05:13:13.00	+02:32:13 (48.6%)	10:03	6 (51.7%)
136	GAWRYLAK Beata	450	ZUMBIARY	K40-49	10	02:48:58.00	00:46:53.00	01:37:53.00	05:12:03.00	05:13:44.00	+02:32:44 (48.7%)	10:03	6 (51.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gorce	Nocne Pieniny	Beskid Sądecki	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
137	JAROSZEWSKA Iwona	471		K40-49	11	02:43:21.00	00:48:18.00	01:43:08.00	05:13:09.00	05:14:47.00	+02:33:47 (48.9%)	10:06	5.9 (50.9%)
137	WÓŁKIEWICZ Paweł	648	OX5	M50-59	6	02:43:21.00	00:48:18.00	01:43:08.00	05:13:10.00	05:14:47.00	+02:33:47 (48.9%)	10:06	5.9 (50.9%)
139	KOSTKA Aneta	496	ADIDAS RUNNERS WARSAW	K16-29	10	02:46:38.00	00:46:09.00	01:42:21.00	05:14:24.00	05:15:08.00	+02:34:08 (48.9%)	10:08	5.9 (50.9%)
140	NOWACZEK Aleksandra	539	MULTIMEDIA RUNNERS PUŁAWY	K30-39	26	02:53:36.00	00:44:56.00	01:36:48.00	05:14:25.00	05:15:20.00	+02:34:20 (48.9%)	10:08	5.9 (50.9%)
141	ZIÓŁEK Kornelia	654		K30-39	27	02:44:47.00	00:46:21.00	01:44:29.00	05:14:45.00	05:15:37.00	+02:34:37 (49.0%)	10:09	5.9 (50.9%)
142	POSS Marcin	568		M40-49	34	02:41:05.00	00:56:14.00	01:39:03.00	05:14:58.00	05:16:22.00	+02:35:22 (49.1%)	10:09	5.9 (50.9%)
143	HEPNER Malwina	464	ADIDAS RUNNERS WARSAW	K30-39	28	02:46:42.00	00:47:28.00	01:42:21.00	05:15:46.00	05:16:31.00	+02:35:31 (49.1%)	10:11	5.9 (50.9%)
144	DZIÓBEK Sylwia	444		K40-49	12	02:59:17.00	00:47:18.00	01:30:33.00	05:16:05.00	05:17:08.00	+02:36:08 (49.2%)	10:11	5.9 (50.9%)
145	BURMAN Beata	426		K40-49	13	02:51:51.00	00:46:14.00	01:39:08.00	05:16:08.00	05:17:13.00	+02:36:13 (49.2%)	10:11	5.9 (50.9%)
146	OTOLA Iwona	550	ENDURANCE TEAM	K30-39	29	02:48:58.00	00:47:40.00	01:40:52.00	05:16:22.00	05:17:30.00	+02:36:30 (49.3%)	10:12	5.9 (50.9%)
147	SIKORSKI Ludwik	598	HTF LUDWIK SIKORSKI	M40-49	35	02:45:03.00	00:49:22.00	01:43:22.00	05:16:35.00	05:17:47.00	+02:36:47 (49.3%)	10:12	5.9 (50.9%)
148	ŚWIEŻEWSKA Klementyna	640		K30-39	30	02:52:21.00	00:50:56.00	01:34:45.00	05:16:06.00	05:18:02.00	+02:37:02 (49.4%)	10:11	5.9 (50.9%)
149	KRAVETS Anastasiia	502	TRANSPOREON	K16-29	11	02:55:04.00	00:45:30.00	01:37:41.00	05:16:42.00	05:18:15.00	+02:37:15 (49.4%)	10:12	5.9 (50.9%)
150	ZAKRZEWSKI Jarosław	651		M40-49	36	02:46:53.00	00:50:02.00	01:42:17.00	05:18:09.00	05:19:12.00	+02:38:12 (49.6%)	10:15	5.8 (50.0%)
151	WOŹNIAK Lidia	644	PORMAT JEDLICZE BIEGA	K50-59	2	02:47:35.00	00:48:28.00	01:43:17.00	05:18:47.00	05:19:20.00	+02:38:20 (49.6%)	10:17	5.8 (50.0%)
152	SKOCZYLAS Piotr	601	ENDURANCE TEAM	M40-49	37	02:46:20.00	00:46:16.00	01:46:58.00	05:18:37.00	05:19:34.00	+02:38:34 (49.6%)	10:16	5.8 (50.0%)
153	KURCIŃSKA Lidia	507		K30-39	31	02:46:31.00	00:50:56.00	01:42:12.00	05:18:01.00	05:19:39.00	+02:38:39 (49.6%)	10:15	5.8 (50.0%)
154	RUDNIK Katarzyna	587		K30-39	32	02:46:31.00	00:51:13.00	01:42:12.00	05:18:13.00	05:19:56.00	+02:38:56 (49.7%)	10:15	5.8 (50.0%)
155	BALCERZAK Krystyna	402		K40-49	14	02:45:14.00	00:51:26.00	01:45:58.00	05:21:10.00	05:22:38.00	+02:41:38 (50.1%)	10:21	5.8 (50.0%)
156	SIATKA Agnieszka	594	RUNNING PERFORMANCE	K40-49	15	02:46:31.00	00:52:52.00	01:44:38.00	05:23:07.00	05:24:01.00	+02:43:01 (50.3%)	10:25	5.8 (50.0%)
157	MICHALIK Justyna	533	ZABIERZOW BIEGA	K30-39	33	02:54:20.00	00:46:26.00	01:45:44.00	05:25:14.00	05:26:30.00	+02:45:30 (50.7%)	10:29	5.7 (49.1%)
158	TROJANOWSKA Kinga	627		K60+	3	02:55:49.00	00:47:25.00	01:43:23.00	05:25:37.00	05:26:37.00	+02:45:37 (50.7%)	10:30	5.7 (49.1%)
159	BUNIKOWSKA Emilia	425		K30-39	34	02:48:23.00	00:53:22.00	01:45:09.00	05:25:39.00	05:26:54.00	+02:45:54 (50.7%)	10:30	5.7 (49.1%)
160	ŁATA Katarzyna	519		K40-49	16	02:58:51.00	00:47:19.00	01:40:46.00	05:25:23.00	05:26:56.00	+02:45:56 (50.8%)	10:29	5.7 (49.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gorce	Nocne Pieniny	Beskid Sądecki	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
161	BEZKOROWAJNY Joanna	411	NOKIA	K30-39	35	02:55:52.00	00:48:22.00	01:42:58.00	05:25:26.00	05:27:12.00	+02:46:12 (50.8%)	10:29	5.7 (49.1%)
161	BEZKOROWAJNY Mateusz	412	NOKIA	M30-39	32	02:55:52.00	00:48:22.00	01:42:58.00	05:25:27.00	05:27:12.00	+02:46:12 (50.8%)	10:29	5.7 (49.1%)
163	KAPAŁKA Krzysztof	478	STG TARNÓW	M60+	1	02:54:00.00	00:48:44.00	01:45:51.00	05:28:14.00	05:28:35.00	+02:47:35 (51.0%)	10:35	5.7 (49.1%)
164	RUTKOWSKA Milena	588	MULTIMEDIA RUNNERS PUŁAWY	K30-39	36	02:54:02.00	00:48:14.00	01:48:08.00	05:29:27.00	05:30:24.00	+02:49:24 (51.3%)	10:37	5.6 (48.3%)
165	KŁOPOT Grażyna	481	MULTIMEDIA RUNNERS PUŁAWY	K40-49	17	02:54:02.00	00:48:15.00	01:48:08.00	05:29:26.00	05:30:25.00	+02:49:25 (51.3%)	10:37	5.6 (48.3%)
166	GŁUCHOWSKI Jacek	453	BB RUNERS	M40-49	38	02:56:03.00	00:49:18.00	01:45:08.00	05:29:46.00	05:30:29.00	+02:49:29 (51.3%)	10:38	5.6 (48.3%)
167	MARKOWSKA Jadwiga	530		K30-39	37	02:59:17.00	00:48:20.00	01:43:06.00	05:29:43.00	05:30:43.00	+02:49:43 (51.3%)	10:38	5.6 (48.3%)
168	KORNAGA Kamil	493	KS RUDNIANKA RUDNA WIELKA	M16-29	21	02:31:22.00	00:46:01.00	02:13:48.00	05:29:26.00	05:31:11.00	+02:50:11 (51.4%)	10:37	5.6 (48.3%)
169	SITEK Szymon	620	ZABIEGANI CZĘSTOCHOWA	M30-39	33	03:30:00.00	00:36:00.00	01:27:51.00	05:33:13.00	05:33:51.00	+02:52:51 (51.8%)	10:44	5.6 (48.3%)
170	SEBZDA Malgorzata	593	HUSARIA RACE TEAM	K40-49	18	02:53:58.00	00:52:12.00	01:48:58.00	05:34:22.00	05:35:08.00	+02:54:08 (52.0%)	10:47	5.6 (48.3%)
171	BRODAWKA Olga	421		K30-39	38	02:53:51.00	00:50:59.00	01:50:40.00	05:34:38.00	05:35:30.00	+02:54:30 (52.0%)	10:47	5.6 (48.3%)
172	WALKOWSKA Justyna	631	JACEKBIEGA RUNNING TEAM	K40-49	19	02:54:31.00	00:50:01.00	01:51:01.00	05:33:58.00	05:35:33.00	+02:54:33 (52.0%)	10:46	5.6 (48.3%)
173	LULA Radek	517		M40-49	39	03:01:30.00	00:45:37.00	01:48:53.00	05:34:49.00	05:36:00.00	+02:55:00 (52.1%)	10:48	5.6 (48.3%)
174	KRÓLIKOWSKA Anna	503	HUSARIA RACE TEAM	K16-29	12	03:10:46.00	00:52:39.00	01:33:13.00	05:35:50.00	05:36:38.00	+02:55:38 (52.2%)	10:50	5.5 (47.4%)
174	ŁUCZAK Paweł	522		M16-29	22	03:10:46.00	00:52:40.00	01:33:12.00	05:35:51.00	05:36:38.00	+02:55:38 (52.2%)	10:50	5.5 (47.4%)
176	KORPALSKI Jacek	494		M50-59	7	02:56:35.00	00:53:08.00	01:47:33.00	05:35:48.00	05:37:16.00	+02:56:16 (52.3%)	10:49	5.5 (47.4%)
177	ŁUKASZEWSKA Katarzyna	523		K50-59	3	02:59:48.00	00:51:11.00	01:46:19.00	05:35:41.00	05:37:18.00	+02:56:18 (52.3%)	10:49	5.5 (47.4%)
178	STERNIK Daniel	611	NAJWIĘKSZA ARMIA ŚWIATA	M30-39	34	02:44:44.00	00:52:45.00	02:00:11.00	05:36:34.00	05:37:40.00	+02:56:40 (52.3%)	10:51	5.5 (47.4%)
179	BALON Marcin	403	BB RUNNERS	M40-49	40	02:52:20.00	00:51:51.00	01:53:48.00	05:37:09.00	05:37:59.00	+02:56:59 (52.4%)	10:52	5.5 (47.4%)
180	LEFELIC Monika	512		K40-49	20	02:39:27.00	00:58:47.00	02:00:46.00	05:37:47.00	05:39:00.00	+02:58:00 (52.5%)	10:53	5.5 (47.4%)
181	ŻURKOWSKA Dorota	658		K30-39	39	02:56:00.00	00:55:23.00	01:49:01.00	05:38:42.00	05:40:24.00	+02:59:24 (52.7%)	10:55	5.5 (47.4%)
182	ZBROSZCZYK Damian	585	CARBON OCR RACING TEAM	M30-39	35	02:58:15.00	00:51:23.00	01:52:19.00	05:40:49.00	05:41:57.00	+03:00:57 (52.9%)	10:59	5.5 (47.4%)
183	WIŚNIEWSKA Katarzyna	634	WIŚNIA TEAM	K40-49	21	02:54:16.00	00:53:27.00	01:55:34.00	05:41:50.00	05:43:17.00	+03:02:17 (53.1%)	11:01	5.4 (46.6%)
184	PUKOCZ Katarzyna	573		K30-39	40	03:01:38.00	00:53:28.00	01:48:33.00	05:41:36.00	05:43:39.00	+03:02:39 (53.2%)	11:01	5.4 (46.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gorce	Nocne Pieniny	Beskid Sądecki	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
185	SURDEJ Paulina	613	STG TARNÓW	K16-29	13	03:23:04.00	00:49:13.00	01:31:32.00	05:43:24.00	05:43:49.00	+03:02:49 (53.2%)	11:04	5.4 (46.6%)
186	ŚWIEŻEWSKA Kaja	641		K30-39	41	03:04:37.00	00:53:03.00	01:46:10.00	05:41:52.00	05:43:50.00	+03:02:50 (53.2%)	11:01	5.4 (46.6%)
187	MEINERT Jakub	532	CARBON OCR RACING TEAM	M16-29	23	03:08:43.00	00:51:15.00	01:44:23.00	05:42:46.00	05:44:21.00	+03:03:21 (53.2%)	11:03	5.4 (46.6%)
188	RADYK Joanna	576	PRZEMYSKI KLUB BIEGACZA	K30-39	42	03:01:33.00	00:52:54.00	01:50:02.00	05:43:30.00	05:44:29.00	+03:03:29 (53.3%)	11:04	5.4 (46.6%)
189	ZAINCIKOVSKAIA-WÓJCIK Inna	649	NIE MAM POMYSŁU	K30-39	43	03:03:58.00	00:52:49.00	01:49:23.00	05:45:24.00	05:46:10.00	+03:05:10 (53.5%)	11:08	5.4 (46.6%)
190	PAWŁOWSKA Maria	555	MARUSIABIEGAPL	K40-49	22	02:59:34.00	00:52:22.00	01:55:32.00	05:45:58.00	05:47:28.00	+03:06:28 (53.7%)	11:09	5.4 (46.6%)
191	ŁĘPICKI Mateusz	521	LEMON TEAM	M30-39	36	03:06:10.00	00:52:59.00	01:54:57.00	05:52:46.00	05:54:06.00	+03:13:06 (54.5%)	11:22	5.3 (45.7%)
192	ŁĘPICKA Marta	520		K16-29	14	03:06:12.00	00:53:00.00	01:54:56.00	05:52:48.00	05:54:08.00	+03:13:08 (54.5%)	11:22	5.3 (45.7%)
193	GRABOWSKA Joanna	457	SPC/ KM UMK	K40-49	23	03:18:15.00	00:40:00.00	01:56:06.00	05:52:50.00	05:54:21.00	+03:13:21 (54.6%)	11:22	5.3 (45.7%)
194	KUREK Małgorzata	508	CARBON OCR RACING TEAM	K30-39	44	03:08:37.00	00:58:50.00	01:46:58.00	05:53:25.00	05:54:25.00	+03:13:25 (54.6%)	11:24	5.3 (45.7%)
195	SOSNOWSKA Barbara	608	LACHO TEAM	K40-49	24	03:06:58.00	00:52:27.00	01:57:26.00	05:55:10.00	05:56:51.00	+03:15:51 (54.9%)	11:27	5.2 (44.8%)
196	PIETRZYKOWSKA Katarzyna	563		K30-39	45	03:06:58.00	00:52:28.00	01:57:26.00	05:55:08.00	05:56:52.00	+03:15:52 (54.9%)	11:27	5.2 (44.8%)
197	KOWALCZYK Justyna	499	ACCENTURE	K50-59	4	02:50:26.00	00:58:14.00	02:08:35.00	05:56:21.00	05:57:15.00	+03:16:15 (54.9%)	11:29	5.2 (44.8%)
198	CHLEWICKA Magdalena	414	ZABIEGANI CZĘSTOCHOWA	K30-39	46	03:30:00.00	00:53:01.00	01:34:44.00	05:57:07.00	05:57:45.00	+03:16:45 (55.0%)	11:31	5.2 (44.8%)
199	KWIATKOWSKA Katarzyna	509	RUNKASIARUN	K30-39	47	03:04:42.00	00:52:40.00	02:02:05.00	05:57:54.00	05:59:27.00	+03:18:27 (55.2%)	11:32	5.2 (44.8%)
200	RADYK Jakub	440	PRZEMYSKI KLUB BIEGACZA	M30-39	37	03:30:00.00	00:52:54.00	01:40:38.00	06:03:04.00	06:03:32.00	+03:22:32 (55.7%)	11:42	5.1 (44.0%)
201	GROCHAL Marcin	557	PSEUDOMOUNTAINRUNNER	M40-49	41	03:30:00.00	01:00:00.00	01:35:38.00	06:05:06.00	06:05:38.00	+03:24:38 (56.0%)	11:46	5.1 (44.0%)
202	OGAZA Anna	546		K30-39	48	03:08:35.00	00:58:50.00	01:59:57.00	06:06:22.00	06:07:22.00	+03:26:22 (56.2%)	11:49	5.1 (44.0%)
203	BRODECKI Adam	422	WATAHA ŁĄCZY NAS BIEGANIE	M16-29	24	03:18:00.00	00:53:30.00	01:55:56.00	06:05:27.00	06:07:26.00	+03:26:26 (56.2%)	11:47	5.1 (44.0%)
204	KANDERSKI Sławek	476	WKB MARATOŃCZYK	M50-59	8	03:18:15.00	00:53:49.00	01:56:06.00	06:06:19.00	06:08:10.00	+03:27:10 (56.3%)	11:49	5.1 (44.0%)
205	DZIEDZIC-WÓJTOWICZ Agnieszka	442	SRTG-NIEPOŁOMICE	K40-49	25	03:10:11.00	01:01:50.00	01:58:43.00	06:09:30.00	06:10:44.00	+03:29:44 (56.6%)	11:55	5 (43.1%)
206	LESZCZYNSKI Aleksander	514		M40-49	42	03:10:19.00	00:55:43.00	02:06:36.00	06:11:00.00	06:12:38.00	+03:31:38 (56.8%)	11:58	5 (43.1%)
207	LUDKA Dagmara	513		K40-49	26	03:30:00.00	00:52:03.00	01:52:03.00	06:13:36.00	06:14:06.00	+03:33:06 (57.0%)	12:03	5 (43.1%)
208	NOWAK Ewelina	541	STG TARNÓW	K30-39	49	03:20:39.00	00:56:27.00	02:03:55.00	06:20:15.00	06:21:01.00	+03:40:01 (57.7%)	12:15	4.9 (42.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gorce	Nocne Pieniny	Beskid Sądecki	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
209	WIŚNIEWSKA Dorota	633		K40-49	27	03:25:17.00	00:57:11.00	02:00:58.00	06:21:51.00	06:23:26.00	+03:42:26 (58.0%)	12:19	4.9 (42.2%)
210	GERLE-KOTULA Anna	452		K30-39	50	03:15:10.00	00:55:52.00	02:12:53.00	06:22:38.00	06:23:55.00	+03:42:55 (58.1%)	12:20	4.9 (42.2%)
211	KOTULA Jakub	498		M30-39	38	03:15:10.00	00:56:34.00	02:12:53.00	06:23:16.00	06:24:37.00	+03:43:37 (58.1%)	12:21	4.9 (42.2%)
212	DUBIŃSKI Przemysław	415	PRZEMEK DUBIŃSKI - BIEGIEMPRZEZŚWIAT	M40-49	43	03:30:00.00	00:53:02.00	02:02:11.00	06:24:34.00	06:25:13.00	+03:44:13 (58.2%)	12:24	4.8 (41.4%)
213	SKORUPKA Anna	602		K40-49	28	03:23:27.00	00:56:32.00	02:08:28.00	06:26:30.00	06:28:27.00	+03:47:27 (58.6%)	12:28	4.8 (41.4%)
214	JASIUL Mariola	472		K40-49	29	03:25:58.00	01:05:25.00	02:04:20.00	06:34:09.00	06:35:43.00	+03:54:43 (59.3%)	12:42	4.7 (40.5%)
215	MALARA Dalia	528	CARBON OCR RACING TEAM	K30-39	51	03:38:59.00	01:05:59.00	01:53:06.00	06:37:42.00	06:38:04.00	+03:57:04 (59.6%)	12:49	4.7 (40.5%)
216	MALOCHLEB Mateusz	659	ZAWISZA STARA KUŹNIA	M16-29	25	03:14:34.00	00:43:33.00	02:45:03.00	06:41:07.00	06:43:10.00	+04:02:10 (60.1%)	12:56	4.6 (39.7%)
217	ZIENKIEWICZ Agata	653		K30-39	52	03:33:25.00	01:00:44.00	02:09:28.00	06:42:08.00	06:43:37.00	+04:02:37 (60.1%)	12:58	4.6 (39.7%)
218	KAPAŁKA Bożena	477	STG TARNÓW	K50-59	5	03:23:04.00	01:01:33.00	02:22:56.00	06:46:32.00	06:47:33.00	+04:06:33 (60.5%)	13:06	4.6 (39.7%)
219	WIECZOREK Andrzej	638		M50-59	9	03:31:24.00	00:57:01.00	02:22:57.00	06:50:19.00	06:51:22.00	+04:10:22 (60.9%)	13:14	4.5 (38.8%)
220	MIERZEJEWSKA Olga	534		K30-39	53	03:34:42.00	01:00:46.00	02:20:35.00	06:54:40.00	06:56:03.00	+04:15:03 (61.3%)	13:22	4.5 (38.8%)
221	SIERECKA Dorota	596	TEAM ZABIEGANEDNI // WKURW_TEAM	K40-49	30	03:37:56.00	01:09:51.00	02:08:46.00	06:54:24.00	06:56:33.00	+04:15:33 (61.3%)	13:22	4.5 (38.8%)
222	SMOGORZEWSKA Marta	605	WKURW_TEAM	K30-39	54	03:37:56.00	01:02:46.00	02:25:08.00	07:03:42.00	07:05:50.00	+04:24:50 (62.2%)	13:40	4.4 (37.9%)
223	MATUSZCZAK Angelika	531	STG TARNÓW	K30-39	55	03:32:24.00	01:14:54.00	02:36:22.00	07:22:44.00	07:23:40.00	+04:42:40 (63.7%)	14:16	4.2 (36.2%)
224	PRZYBYŁO Marta	572		K30-39	56	03:39:18.00	01:15:42.00	02:39:08.00	07:32:13.00	07:34:08.00	+04:53:08 (64.5%)	14:35	4.1 (35.3%)
225	KOSZNIRUK Elzbieta	497	WYBIEGAJ SIEBIE	K50-59	6	03:39:18.00	01:15:42.00	02:45:03.00	07:37:48.00	07:40:03.00	+04:59:03 (65.0%)	14:46	4.1 (35.3%)
	ZAJĄCZKOWSKA Ewelina	650	GRUPA BIEGOWA UM W-WA	K30-39		00:00:00.00 DNF	00:00:00.00 DNF	01:22:10.00 DNF	DNF	DNF	-	-	- (0.0%)
	GABRYŚ Rafał	447	KAWIK RUNNING TEAM	M30-39		01:28:03.00 DNF	00:27:28.00 DNF	00:00:00.00 DNF	DNF	DNF	-	-	- (0.0%)
	SURUS Artur	614		M30-39		02:00:08.00 DNF	00:00:00.00 DNF	00:00:00.00 DNF	DNF	DNF	-	-	- (0.0%)
	KWASEK Kazek	293	MUAY RUNNING TEAM	M40-49		02:15:46.00 DNF	00:00:00.00 DNF	00:00:00.00 DNF	DNF	DNF	-	-	- (0.0%)
	BIAŁEK Mariusz	413	ENDURANCE TEAM	M30-39		02:48:21.00 DNF	00:00:00.00 DNF	00:00:00.00 DNF	DNF	DNF	-	-	- (0.0%)
	PAWEŁCZYK Kacper	554	K.S. CELIRONMAN S.A.	M30-39		02:14:54.00 DNF	00:44:59.00 DNF	00:00:00.00 DNF	DNF	DNF	-	-	- (0.0%)
	MAŃKO Monika	529		K16-29		03:10:04.00 DNF	00:00:00.00 DNF	00:00:00.00 DNF	DNF	DNF	-	-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gorce	Nocne Pieniny	Beskid Sądecki	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
	WILCZEWSKA Weronika	642		K16-29		02:34:00.00 DNF	00:47:50.00 DNF	00:00:00.00 DNF	DNF	DNF	-	-	(0.0%)
	KUBIESA Patrycja	505	HUSARIA RACE TEAM	K30-39		03:22:28.00 DNF	00:00:00.00 DNF	00:00:00.00 DNF	DNF	DNF	-	-	(0.0%)
	KARPIŃSKA Ania	479	DZIKIE GRUBASY SZATANA/ADIDAS RUNERS WARSAW	K40-49		03:31:45.00 DNF	00:00:00.00 DNF	00:00:00.00 DNF	DNF	DNF	-	-	(0.0%)
	DZIEWIĄTKOWSKA Ewa	443		K40-49		02:40:44.00 DNF	00:00:00.00 DNF	01:43:23.00 DNF	DNF	DNF	-	-	(0.0%)
	PIEŃKOWSKI Leszek	559	WM TRISELF	M50-59		03:33:25.00 DNF	00:58:53.00 DNF	00:00:00.00 DNF	DNF	DNF	-	-	(0.0%)
	JACKOWSKA Ewa	660	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	K40-49		03:01:30.00 DNF	00:00:00.00 DNF	01:48:51.00 DNF	DNF	DNF	-	-	(0.0%)
	JACKOWSKI Jacek	661	JAROSŁAWSKA GRUPA BIEGOWA SOKÓŁ	M40-49		03:01:33.00 DNF	00:00:00.00 DNF	01:48:50.00 DNF	DNF	DNF	-	-	(0.0%)
	KOPCZYK Jakub	489		M16-29		03:03:55.00 DNF	00:00:00.00 DNF	01:54:23.00 DNF	DNF	DNF	-	-	(0.0%)

Znaleziono 240 wynik(ów)