



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

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

## TRIADA INTRO NOCNE PIENINY

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	MADZIAR Mateusz	525	AO MYKONOV	M16-29	1	00:25:24.10	00:25:26.35		5:04	11.8 (100%)
2	JAWORSKI Zbigniew	473	---	M40-49	1	00:25:41.45	00:25:42.80	+00:00:16 (1.1%)	5:08	11.7 (99.2%)
3	CHLIPAŁA Paweł	429		M16-29	2	00:25:47.45	00:25:49.10	+00:00:22 (1.5%)	5:09	11.6 (98.3%)
4	SZCZEPANIAK Damian	615	KAMIENICA	M30-39	1	00:26:27.25	00:26:29.90	+00:01:03 (4.0%)	5:17	11.3 (95.8%)
5	CELEJEWSKI Marcin	427	MYDŁOWSKA ATHLETIC TEAM	M16-29	3	00:26:30.40	00:26:32.65	+00:01:06 (4.2%)	5:18	11.3 (95.8%)
6	MADZIAR Wiktor	524		M16-29	4	00:26:33.60	00:26:35.55	+00:01:09 (4.3%)	5:18	11.3 (95.8%)
7	PACHUT Jerzy	551	COLWAY	M16-29	5	00:26:42.85	00:26:44.10	+00:01:17 (4.8%)	5:20	11.2 (94.9%)
8	FABIAN Bogusław	445	EVANLITE.COM	M40-49	2	00:26:44.65	00:26:46.30	+00:01:19 (5.0%)	5:21	11.2 (94.9%)
9	DUDZIK Łukasz	439	GÓRAL BIEGA	M30-39	2	00:27:05.95	00:27:08.70	+00:01:42 (6.3%)	5:25	11.1 (94.1%)
10	KOZIK Adam	500		M16-29	6	00:27:14.25	00:27:17.25	+00:01:50 (6.8%)	5:26	11 (93.2%)
11	GABRYŚ Rafał	447	KAWIK RUNNING TEAM	M30-39	3	00:27:27.50	00:27:28.95	+00:02:02 (7.4%)	5:29	10.9 (92.4%)
12	SAROSI Kristof	670	GLOBO SPORT SE	M16-29	7	00:27:35.60	00:27:37.15	+00:02:10 (7.9%)	5:31	10.9 (92.4%)
13	ZYGMUNT Tomasz	656		M16-29	8	00:28:28.80	00:28:30.75	+00:03:04 (10.8%)	5:41	10.5 (89.0%)
14	OCHYRA Konrad	545	SOLINA TEAM	M30-39	4	00:29:03.05	00:29:07.75	+00:03:41 (12.7%)	5:48	10.3 (87.3%)
15	BRENDZOWSKI Adam	420	SOLINATEAM / RUNONLINE.PL TEAM	M30-39	5	00:29:14.25	00:29:18.05	+00:03:51 (13.2%)	5:51	10.3 (87.3%)
16	BATORYNA Aleksander	406	UNIwersytet Ekonomiczny w Katowicach	M30-39	6	00:29:15.85	00:29:18.25	+00:03:51 (13.2%)	5:51	10.3 (87.3%)
17	BROL Piotr	423	ENDURANCE TEAM	M30-39	7	00:30:51.10	00:30:53.45	+00:05:27 (17.6%)	6:10	9.7 (82.2%)
18	OLEŚ Rafał	548	HUSARIA RACE TEAM	M16-29	9	00:31:03.80	00:31:07.90	+00:05:41 (18.3%)	6:12	9.7 (82.2%)
19	KOPIEĆ Kamil	492	JAJA NA BOK	M30-39	8	00:31:35.15	00:31:38.70	+00:06:12 (19.6%)	6:19	9.5 (80.5%)
20	REICHEL Marcin	579		M30-39	9	00:31:35.60	00:31:38.80	+00:06:12 (19.6%)	6:19	9.5 (80.5%)
21	SKIBA Maciej	139	SKIBASPORT.PL / SPORTOWE DZBANY	M16-29	10	00:31:40.00	00:31:45.40	+00:06:19 (19.9%)	6:20	9.5 (80.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
22	KALCZYŃSKI Marcin	475		M16-29	11	00:31:55.70	00:31:57.95	+00:06:31 (20.4%)	6:23	9.4 (79.7%)
23	DOBOSZ Daniel	436		M40-49	3	00:32:06.35	00:32:13.65	+00:06:47 (21.1%)	6:25	9.3 (78.8%)
24	ROMANOWSKI Łukasz	584	HUSARIA RACE TEAM	M30-39	10	00:32:15.20	00:32:19.35	+00:06:53 (21.3%)	6:27	9.3 (78.8%)
25	REJMAN Marek	581		M40-49	4	00:33:16.90	00:33:27.25	+00:08:00 (24.0%)	6:39	9 (76.3%)
26	KARDASZ Marek	265	SOLINA TEAM	M40-49	5	00:33:36.60	00:33:41.00	+00:08:14 (24.5%)	6:43	8.9 (75.4%)
27	GULBA Krzysztof	459	PENTEL	M40-49	6	00:33:46.65	00:33:49.65	+00:08:23 (24.8%)	6:45	8.9 (75.4%)
28	PIETROCZUK Sylwia	561	NOA	K16-29	1	00:33:50.65	00:33:52.50	+00:08:26 (24.9%)	6:46	8.9 (75.4%)
29	MŁYNARCZYK Krzysztof	536	ANDRYCHÓW RUNNING	M30-39	11	00:33:50.00	00:33:55.80	+00:08:29 (25.0%)	6:46	8.9 (75.4%)
30	SOSNOWSKI Roman	609	LACHO TEAM	M50-59	1	00:33:57.45	00:34:01.25	+00:08:34 (25.2%)	6:47	8.8 (74.6%)
31	RZEPKA Tomasz	589	HTF-LUDWIK SIKORSKI	M40-49	7	00:34:05.65	00:34:09.80	+00:08:43 (25.5%)	6:49	8.8 (74.6%)
32	CHMIELEWSKA-BORUCH Milena	430		K30-39	1	00:34:14.90	00:34:17.15	+00:08:50 (25.8%)	6:51	8.8 (74.6%)
33	GRZEGORZAK Wojciech	458	#ADAMCZERWIŃSKITEAM	M40-49	8	00:34:26.80	00:34:32.55	+00:09:06 (26.4%)	6:53	8.7 (73.7%)
34	KUBIESA-CRO Jakub	506		M30-39	12	00:34:17.20	00:34:37.05	+00:09:10 (26.5%)	6:51	8.7 (73.7%)
35	KEMPKA Marcin	495	RAJSPORT ACTIVE	M30-39	13	00:34:19.05	00:34:37.30	+00:09:10 (26.5%)	6:51	8.7 (73.7%)
36	SAROSI Boldi	592		M16-29	12	00:34:36.95	00:34:42.35	+00:09:16 (26.7%)	6:55	8.7 (73.7%)
37	BORYCKI Artur	419	TGR	M40-49	9	00:34:42.80	00:34:46.80	+00:09:20 (26.9%)	6:56	8.6 (72.9%)
38	KOZŁOWSKI Bartosz	501	THE THRULERS	M30-39	14	00:34:43.50	00:34:49.15	+00:09:22 (26.9%)	6:56	8.6 (72.9%)
39	NIŻNIK Borys	537	HUSARIA RACE TEAM	M40-49	10	00:34:58.30	00:34:59.75	+00:09:33 (27.3%)	6:59	8.6 (72.9%)
40	WICHA Małgorzata	637	WKS WAWEL	K16-29	2	00:35:00.85	00:35:02.90	+00:09:36 (27.4%)	7:00	8.6 (72.9%)
41	KLOCEK Konrad	663		M30-39	15	00:34:58.05	00:35:06.15	+00:09:39 (27.5%)	6:59	8.6 (72.9%)
42	PIASECKI Mariusz	556	MNK	M40-49	11	00:35:09.30	00:35:24.10	+00:09:57 (28.1%)	7:02	8.5 (72.0%)
43	CHOJNACKI Mikołaj	431	WARSAW RUN CLUB	M40-49	12	00:35:37.70	00:35:46.25	+00:10:19 (28.9%)	7:07	8.4 (71.2%)
44	KOCUR Grzegorz	483		M40-49	13	00:35:39.25	00:35:50.15	+00:10:23 (29.0%)	7:08	8.4 (71.2%)

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45	<b>GNIADY Jarosław</b>	<b>454</b>		M40-49	14	<b>00:35:43.65</b>	<b>00:35:56.20</b>	+00:10:29 (29.2%)	7:08	8.4 (71.2%)
46	<b>BLOK Izabela</b>	<b>418</b>	72D ROWMIX JAVA TEAM	K30-39	2	<b>00:35:54.90</b>	<b>00:35:59.30</b>	+00:10:32 (29.3%)	7:11	8.4 (71.2%)
47	<b>SITEK Szymon</b>	<b>620</b>	ZABIEGANI CZĘSTOCHOWA	M30-39	16	<b>00:35:51.70</b>	<b>00:36:00.75</b>	+00:10:34 (29.4%)	7:10	8.4 (71.2%)
48	<b>HANUSIAK Leszek</b>	<b>461</b>	HUSARIA RACE TEAM	M30-39	17	<b>00:35:44.70</b>	<b>00:36:01.85</b>	+00:10:35 (29.4%)	7:08	8.4 (71.2%)
49	<b>SZUREK Paulina</b>	<b>623</b>		K30-39	3	<b>00:36:03.55</b>	<b>00:36:05.00</b>	+00:10:38 (29.5%)	7:12	8.3 (70.3%)
50	<b>WOŹNIAK Janusz</b>	<b>643</b>	PORMAT JEDLICZE BIEGA	M50-59	2	<b>00:36:11.70</b>	<b>00:36:18.55</b>	+00:10:52 (29.9%)	7:14	8.3 (70.3%)
51	<b>SZUMNY Nina</b>	<b>622</b>		K30-39	4	<b>00:36:17.35</b>	<b>00:36:19.70</b>	+00:10:53 (30.0%)	7:15	8.3 (70.3%)
52	<b>GAWRYS Bartek</b>	<b>451</b>	ENDURANCE TEAM	M30-39	18	<b>00:36:13.50</b>	<b>00:36:20.65</b>	+00:10:54 (30.0%)	7:14	8.3 (70.3%)
53	<b>HERLICZKA Tomasz</b>	<b>466</b>	AML-FLY TEAM	M40-49	15	<b>00:36:16.40</b>	<b>00:36:29.65</b>	+00:11:03 (30.3%)	7:15	8.3 (70.3%)
54	<b>DEPTUŚ Bartłomiej</b>	<b>435</b>		M30-39	19	<b>00:36:22.40</b>	<b>00:36:35.05</b>	+00:11:08 (30.5%)	7:16	8.2 (69.5%)
55	<b>SKIERSKI Adam</b>	<b>600</b>	ENDURANCE TEAM	M40-49	16	<b>00:36:37.30</b>	<b>00:36:44.45</b>	+00:11:18 (30.8%)	7:19	8.2 (69.5%)
56	<b>KOMAR Bartosz</b>	<b>485</b>		M40-49	17	<b>00:36:47.05</b>	<b>00:36:57.45</b>	+00:11:31 (31.2%)	7:21	8.2 (69.5%)
57	<b>BISZCZUK Mariola</b>	<b>417</b>	THE THRULERS	K30-39	5	<b>00:36:54.85</b>	<b>00:36:59.55</b>	+00:11:33 (31.2%)	7:23	8.1 (68.6%)
58	<b>PAWELEC Aleksandra</b>	<b>552</b>	HUSARIA RACE TEAM	K16-29	3	<b>00:36:51.55</b>	<b>00:37:01.85</b>	+00:11:35 (31.3%)	7:22	8.1 (68.6%)
59	<b>PODOLAK Zbigniew</b>	<b>567</b>	STOWARZYSZENIE PRZYJACIÓŁ DOBREGO WOJAKA SZWEJKA	M50-59	3	<b>00:37:37.15</b>	<b>00:37:42.05</b>	+00:12:15 (32.5%)	7:31	8 (67.8%)
60	<b>LEWCZUK Norbert</b>	<b>515</b>	BIEGACZE POMAGACZE/ ELITE RUNNERS	M30-39	20	<b>00:37:29.60</b>	<b>00:37:45.30</b>	+00:12:18 (32.6%)	7:30	8 (67.8%)
61	<b>STEFANIUK Marzena</b>	<b>610</b>		K30-39	6	<b>00:37:57.15</b>	<b>00:38:02.45</b>	+00:12:36 (33.1%)	7:35	7.9 (66.9%)
62	<b>SKRZYŃSKI Rafał</b>	<b>603</b>	RUNONLINE.PL	M30-39	21	<b>00:37:43.00</b>	<b>00:38:03.45</b>	+00:12:37 (33.2%)	7:32	8 (67.8%)
63	<b>MIKOŚ Magdalena</b>	<b>535</b>		K30-39	7	<b>00:37:44.05</b>	<b>00:38:04.65</b>	+00:12:38 (33.2%)	7:32	8 (67.8%)
64	<b>KOPEĆ Krystian</b>	<b>491</b>		M16-29	13	<b>00:37:58.75</b>	<b>00:38:07.60</b>	+00:12:41 (33.3%)	7:35	7.9 (66.9%)
65	<b>HRYC Martyna</b>	<b>467</b>		K16-29	4	<b>00:38:13.70</b>	<b>00:38:16.15</b>	+00:12:49 (33.5%)	7:38	7.8 (66.1%)
66	<b>PINTSCHER Paulina</b>	<b>564</b>		K30-39	8	<b>00:38:37.75</b>	<b>00:38:42.90</b>	+00:13:16 (34.3%)	7:43	7.8 (66.1%)
67	<b>OSTROWSKI Łukasz</b>	<b>549</b>		M30-39	22	<b>00:38:37.50</b>	<b>00:38:49.60</b>	+00:13:23 (34.5%)	7:43	7.8 (66.1%)

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68	<b>ADAMSKI Jakub</b>	<b>662</b>	OŚRODEK TWÓRCZEJ INTERWENCJI	M30-39	23	<b>00:38:40.85</b>	<b>00:38:55.05</b>	+00:13:28 (34.6%)	7:44	7.8 (66.1%)
69	<b>SOKOŁOWSKI Władysław</b>	<b>607</b>	HUSARIA RACE TEAM	M16-29	14	<b>00:39:03.40</b>	<b>00:39:10.15</b>	+00:13:43 (35.1%)	7:48	7.7 (65.3%)
70	<b>KRYGER Jacek</b>	<b>504</b>	OTE TEAM	M40-49	18	<b>00:39:11.50</b>	<b>00:39:14.25</b>	+00:13:47 (35.2%)	7:50	7.7 (65.3%)
71	<b>TYKSINSKI Rafal</b>	<b>629</b>	EXPRESSMAP	M40-49	19	<b>00:39:15.80</b>	<b>00:39:20.85</b>	+00:13:54 (35.3%)	7:51	7.6 (64.4%)
72	<b>STYŁA Sebastian</b>	<b>612</b>		M40-49	20	<b>00:39:23.75</b>	<b>00:39:28.75</b>	+00:14:02 (35.6%)	7:52	7.6 (64.4%)
73	<b>LANGE Magda</b>	<b>510</b>	STG TARNOW	K30-39	9	<b>00:39:26.40</b>	<b>00:39:29.05</b>	+00:14:02 (35.6%)	7:53	7.6 (64.4%)
74	<b>BAR Przemek</b>	<b>405</b>	ENDURANCE TEAM	M30-39	24	<b>00:39:23.55</b>	<b>00:39:31.15</b>	+00:14:04 (35.6%)	7:52	7.6 (64.4%)
75	<b>WÓŁKIEWICZ Dorota</b>	<b>647</b>	KS STASZEWCY	K50-59	1	<b>00:39:07.50</b>	<b>00:39:31.50</b>	+00:14:05 (35.6%)	7:49	7.7 (65.3%)
76	<b>DUDA Waldemar</b>	<b>438</b>	TARNOWSKI KLUB KARATE SHINKYOKUSHIN	M40-49	21	<b>00:39:34.15</b>	<b>00:39:37.65</b>	+00:14:11 (35.8%)	7:54	7.6 (64.4%)
77	<b>GRABOWSKA Joanna</b>	<b>457</b>	SPC/ KM UMK	K40-49	1	<b>00:39:57.65</b>	<b>00:40:00.40</b>	+00:14:34 (36.4%)	7:59	7.5 (63.6%)
78	<b>CHRZAN Magdalena</b>	<b>432</b>		K30-39	10	<b>00:39:56.10</b>	<b>00:40:03.35</b>	+00:14:37 (36.5%)	7:59	7.5 (63.6%)
79	<b>GARDEŁA Justyna</b>	<b>449</b>	WOLBROM TEAM	K30-39	11	<b>00:39:41.90</b>	<b>00:40:03.55</b>	+00:14:37 (36.5%)	7:56	7.6 (64.4%)
80	<b>JACHIMOWICZ Jarosław</b>	<b>468</b>	SPARTAN TRAINING GROUP TARNÓW	M16-29	15	<b>00:40:05.20</b>	<b>00:40:08.70</b>	+00:14:42 (36.6%)	8:01	7.5 (63.6%)
81	<b>ŻUKOWSKI Grzegorz</b>	<b>657</b>	ENDURANCE TEAM	M50-59	4	<b>00:40:03.60</b>	<b>00:40:10.50</b>	+00:14:44 (36.7%)	8:00	7.5 (63.6%)
82	<b>BEDNARZ Franciszek</b>	<b>409</b>		M30-39	25	<b>00:40:14.85</b>	<b>00:40:38.65</b>	+00:15:12 (37.4%)	8:03	7.5 (63.6%)
83	<b>PROCHASEK Anna</b>	<b>569</b>		K30-39	12	<b>00:40:26.05</b>	<b>00:40:40.55</b>	+00:15:14 (37.5%)	8:05	7.4 (62.7%)
84	<b>ŚLUSARSKI Włodek</b>	<b>518</b>		M50-59	5	<b>00:40:39.95</b>	<b>00:40:43.50</b>	+00:15:17 (37.5%)	8:08	7.4 (62.7%)
85	<b>TRUSZKOWSKA Marta</b>	<b>628</b>		K30-39	13	<b>00:40:28.60</b>	<b>00:40:46.45</b>	+00:15:20 (37.6%)	8:05	7.4 (62.7%)
86	<b>HENDZLIK Monika</b>	<b>463</b>		K40-49	2	<b>00:40:47.90</b>	<b>00:40:54.35</b>	+00:15:28 (37.8%)	8:09	7.4 (62.7%)
87	<b>ROZMUS Marzena</b>	<b>586</b>	FRELKI LOTAJOM	K40-49	3	<b>00:40:46.65</b>	<b>00:40:55.50</b>	+00:15:29 (37.8%)	8:09	7.4 (62.7%)
88	<b>GAWLIKOWSKI Robert</b>	<b>544</b>		M40-49	22	<b>00:41:10.60</b>	<b>00:41:17.65</b>	+00:15:51 (38.4%)	8:14	7.3 (61.9%)
89	<b>POŹNIAK-STYCZYŃSKA Maja</b>	<b>565</b>	DDC	K30-39	14	<b>00:41:13.75</b>	<b>00:41:18.45</b>	+00:15:52 (38.4%)	8:14	7.3 (61.9%)
90	<b>NOWAK Piotr</b>	<b>540</b>		M16-29	16	<b>00:41:15.80</b>	<b>00:41:23.55</b>	+00:15:57 (38.5%)	8:15	7.3 (61.9%)

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91	<b>BIELECKI Adam</b>	<b>416</b>		M40-49	23	<b>00:41:15.15</b>	<b>00:41:27.20</b>	+00:16:00 (38.6%)	8:15	7.3 (61.9%)
92	<b>SŁOWIŃSKI Karol</b>	<b>604</b>		M40-49	24	<b>00:41:24.15</b>	<b>00:41:53.20</b>	+00:16:26 (39.3%)	8:16	7.2 (61.0%)
93	<b>HAŚNIK Daria</b>	<b>460</b>		K30-39	15	<b>00:41:56.80</b>	<b>00:42:05.00</b>	+00:16:38 (39.6%)	8:23	7.2 (61.0%)
94	<b>UNIEJEWSKI Tomasz</b>	<b>630</b>		M40-49	25	<b>00:41:59.15</b>	<b>00:42:15.50</b>	+00:16:49 (39.8%)	8:23	7.1 (60.2%)
95	<b>WIŚNIEWSKI Tomasz</b>	<b>635</b>		M40-49	26	<b>00:42:08.40</b>	<b>00:42:17.15</b>	+00:16:50 (39.8%)	8:25	7.1 (60.2%)
96	<b>BEDNARZ Józef</b>	<b>410</b>		M16-29	17	<b>00:42:06.50</b>	<b>00:42:29.25</b>	+00:17:02 (40.1%)	8:25	7.1 (60.2%)
97	<b>SAMOJLUK-ŚLUSARSKA Bożena</b>	<b>591</b>	DRUŻYNA TVN	K60+	1	<b>00:43:25.90</b>	<b>00:43:31.10</b>	+00:18:04 (41.5%)	8:41	6.9 (58.5%)
98	<b>KONS Katarzyna</b>	<b>487</b>	POKA HERKI TEAM	K16-29	5	<b>00:43:33.25</b>	<b>00:43:33.25</b>	+00:18:06 (41.6%)	8:42	6.9 (58.5%)
99	<b>JURCZENKO Marcin</b>	<b>474</b>	ITMBW KRAKÓW	M40-49	27	<b>00:43:17.20</b>	<b>00:43:33.30</b>	+00:18:06 (41.6%)	8:39	6.9 (58.5%)
100	<b>MALOCHLEB Mateusz</b>	<b>659</b>	ZAWISZA STARA KUŹNIA	M16-29	18	<b>00:43:13.80</b>	<b>00:43:33.95</b>	+00:18:07 (41.6%)	8:38	6.9 (58.5%)
101	<b>KOBIAŁKA Paweł</b>	<b>482</b>	ROZBIEGANE DOBCZYCE	M40-49	28	<b>00:43:17.30</b>	<b>00:43:35.15</b>	+00:18:08 (41.6%)	8:39	6.9 (58.5%)
102	<b>PRZYBYLSKI Michał</b>	<b>570</b>	TRANSPOREON	M30-39	26	<b>00:43:30.00</b>	<b>00:43:45.90</b>	+00:18:19 (41.9%)	8:42	6.9 (58.5%)
103	<b>KOPEĆ Sebastian</b>	<b>490</b>		M30-39	27	<b>00:43:37.55</b>	<b>00:43:46.60</b>	+00:18:20 (41.9%)	8:43	6.9 (58.5%)
104	<b>ROGÓZ Elżbieta</b>	<b>583</b>	PRORUNNING PROMOTION	K40-49	4	<b>00:43:42.65</b>	<b>00:43:49.50</b>	+00:18:23 (42.0%)	8:44	6.9 (58.5%)
105	<b>FRANKOWSKI Piotr</b>	<b>446</b>		M40-49	29	<b>00:43:37.95</b>	<b>00:43:53.35</b>	+00:18:27 (42.0%)	8:43	6.9 (58.5%)
106	<b>RAKOWSKI Krzysztof</b>	<b>577</b>	RUCHLIWI ŚWIŃSKA NOGA	M40-49	30	<b>00:43:43.60</b>	<b>00:44:04.35</b>	+00:18:38 (42.3%)	8:44	6.9 (58.5%)
107	<b>CIMASZEWSKI Michał</b>	<b>434</b>		M16-29	19	<b>00:44:02.20</b>	<b>00:44:08.35</b>	+00:18:42 (42.4%)	8:48	6.8 (57.6%)
108	<b>WÓJCIK Łukasz</b>	<b>646</b>	OLEJ RUNNING TEAM / CELIRONMAN	M30-39	28	<b>00:43:47.75</b>	<b>00:44:13.25</b>	+00:18:46 (42.5%)	8:45	6.8 (57.6%)
109	<b>NORWECKA Sylwia</b>	<b>538</b>		K30-39	16	<b>00:44:22.75</b>	<b>00:44:34.80</b>	+00:19:08 (42.9%)	8:52	6.8 (57.6%)
110	<b>WARCHOCKA Ewelina</b>	<b>632</b>		K40-49	5	<b>00:44:32.25</b>	<b>00:44:50.85</b>	+00:19:24 (43.3%)	8:54	6.7 (56.8%)
111	<b>NOWACZEK Aleksandra</b>	<b>539</b>	MULTIMEDIA RUNNERS PUŁAWY	K30-39	17	<b>00:44:50.30</b>	<b>00:44:56.20</b>	+00:19:29 (43.4%)	8:58	6.7 (56.8%)
112	<b>PAWEŁCZYK Kacper</b>	<b>554</b>	K.S. CELIRONMAN S.A.	M30-39	29	<b>00:44:33.55</b>	<b>00:44:59.35</b>	+00:19:33 (43.5%)	8:54	6.7 (56.8%)
113	<b>ROGOWSKA Aleksandra</b>	<b>582</b>	SIOSTRY OLSEN	K16-29	6	<b>00:45:05.45</b>	<b>00:45:26.55</b>	+00:20:00 (44.0%)	9:01	6.7 (56.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
114	<b>KRAVETS Anastasiia</b>	<b>502</b>	TRANSPOREON	K16-29	7	<b>00:45:16.20</b>	<b>00:45:30.85</b>	+00:20:04 (44.1%)	9:03	6.6 (55.9%)
115	<b>DŠBROWSKI Marek</b>	<b>437</b>	TRANSPOREON	M30-39	30	<b>00:45:15.55</b>	<b>00:45:31.75</b>	+00:20:05 (44.1%)	9:03	6.6 (55.9%)
116	<b>SIEKANIEC Dorota</b>	<b>595</b>	NIDEC ALL FOR DREAMS	K30-39	18	<b>00:45:13.60</b>	<b>00:45:34.55</b>	+00:20:08 (44.2%)	9:02	6.6 (55.9%)
117	<b>LULA Radek</b>	<b>517</b>		M40-49	31	<b>00:45:23.00</b>	<b>00:45:37.25</b>	+00:20:10 (44.2%)	9:04	6.6 (55.9%)
118	<b>HERLICZKA Renata</b>	<b>465</b>	AML-FLY TEAM	K30-39	19	<b>00:45:24.30</b>	<b>00:45:39.15</b>	+00:20:12 (44.3%)	9:05	6.6 (55.9%)
119	<b>ZAŁUBSKA Anna</b>	<b>652</b>	DIETETYK-NIEPOLOMICE.PL	K30-39	20	<b>00:45:39.40</b>	<b>00:45:52.85</b>	+00:20:26 (44.6%)	9:07	6.6 (55.9%)
120	<b>REJMAN Dorota</b>	<b>580</b>		K40-49	6	<b>00:45:44.75</b>	<b>00:45:54.85</b>	+00:20:28 (44.6%)	9:08	6.6 (55.9%)
121	<b>BEDNARZ Anna</b>	<b>408</b>	42 DO SZCZĘŚCIA	K16-29	8	<b>00:45:33.05</b>	<b>00:45:56.00</b>	+00:20:29 (44.6%)	9:06	6.6 (55.9%)
122	<b>KORNAGA Kamil</b>	<b>493</b>	KS RUDNIANKA RUDNA WIELKA	M16-29	20	<b>00:45:48.20</b>	<b>00:46:01.00</b>	+00:20:34 (44.7%)	9:09	6.5 (55.1%)
123	<b>NOWAK Krzysztof</b>	<b>542</b>	STG TARNÓW	M40-49	32	<b>00:45:55.50</b>	<b>00:46:05.15</b>	+00:20:38 (44.8%)	9:11	6.5 (55.1%)
124	<b>SZCZESNIAK Agnieszka</b>	<b>616</b>	SB SOBOLE	K40-49	7	<b>00:45:50.40</b>	<b>00:46:06.40</b>	+00:20:40 (44.8%)	9:10	6.5 (55.1%)
125	<b>SOBULSKI Karol</b>	<b>606</b>	SB SOBOLE	M40-49	33	<b>00:45:52.35</b>	<b>00:46:07.30</b>	+00:20:40 (44.8%)	9:10	6.5 (55.1%)
126	<b>KOSTKA Aneta</b>	<b>496</b>	ADIDAS RUNNERS WARSAW	K16-29	9	<b>00:46:06.00</b>	<b>00:46:09.80</b>	+00:20:43 (44.9%)	9:13	6.5 (55.1%)
127	<b>TOKARSKA Bożena</b>	<b>624</b>	#ADAMCZERWIŃSKITEAM	K40-49	8	<b>00:46:05.35</b>	<b>00:46:11.95</b>	+00:20:45 (44.9%)	9:13	6.5 (55.1%)
128	<b>TOKARSKI Rafał</b>	<b>625</b>		M40-49	34	<b>00:46:05.55</b>	<b>00:46:12.10</b>	+00:20:45 (44.9%)	9:13	6.5 (55.1%)
129	<b>BURMAN Beata</b>	<b>426</b>		K40-49	9	<b>00:46:03.30</b>	<b>00:46:14.45</b>	+00:20:48 (45.0%)	9:12	6.5 (55.1%)
130	<b>SKOCZYLAS Piotr</b>	<b>601</b>	ENDURANCE TEAM	M40-49	35	<b>00:46:01.05</b>	<b>00:46:16.45</b>	+00:20:50 (45.0%)	9:12	6.5 (55.1%)
131	<b>ZIÓŁEK Kornelia</b>	<b>654</b>		K30-39	21	<b>00:46:17.85</b>	<b>00:46:21.65</b>	+00:20:55 (45.1%)	9:15	6.5 (55.1%)
132	<b>MICHALIK Justyna</b>	<b>533</b>	ZABIERZOW BIEGA	K30-39	22	<b>00:46:18.40</b>	<b>00:46:26.85</b>	+00:21:00 (45.2%)	9:15	6.5 (55.1%)
133	<b>BOROŃ Marlena</b>	<b>639</b>		K16-29	10	<b>00:46:26.25</b>	<b>00:46:49.10</b>	+00:21:22 (45.7%)	9:17	6.5 (55.1%)
134	<b>GAWRYLAK Beata</b>	<b>450</b>	ZUMBIARY	K40-49	10	<b>00:46:37.20</b>	<b>00:46:53.85</b>	+00:21:27 (45.8%)	9:19	6.4 (54.2%)
135	<b>PRZYBYŁKA Agnieszka</b>	<b>571</b>		K30-39	23	<b>00:47:07.00</b>	<b>00:47:15.10</b>	+00:21:48 (46.2%)	9:25	6.4 (54.2%)
136	<b>DZIÓBEK Sylwia</b>	<b>444</b>		K40-49	11	<b>00:47:06.70</b>	<b>00:47:18.15</b>	+00:21:51 (46.2%)	9:25	6.4 (54.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
137	<b>ŁATA Katarzyna</b>	<b>519</b>		K40-49	12	<b>00:47:11.25</b>	<b>00:47:19.40</b>	+00:21:53 (46.2%)	9:26	6.4 (54.2%)
138	<b>TROJANOWSKA Kinga</b>	<b>627</b>		K60+	2	<b>00:47:18.20</b>	<b>00:47:25.05</b>	+00:21:58 (46.4%)	9:27	6.3 (53.4%)
139	<b>CIECHAROWSKA Justyna</b>	<b>433</b>		K30-39	24	<b>00:47:16.50</b>	<b>00:47:26.10</b>	+00:21:59 (46.4%)	9:27	6.3 (53.4%)
140	<b>HEPNER Malwina</b>	<b>464</b>	ADIDAS RUNNERS WARSAW	K30-39	25	<b>00:47:24.55</b>	<b>00:47:28.55</b>	+00:22:02 (46.4%)	9:28	6.3 (53.4%)
141	<b>OTOLA Iwona</b>	<b>550</b>	ENDURANCE TEAM	K30-39	26	<b>00:47:33.75</b>	<b>00:47:40.60</b>	+00:22:14 (46.6%)	9:30	6.3 (53.4%)
142	<b>WILCZEWSKA Weronika</b>	<b>642</b>		K16-29	11	<b>00:47:42.50</b>	<b>00:47:50.25</b>	+00:22:23 (46.8%)	9:32	6.3 (53.4%)
143	<b>RUTKOWSKA Milena</b>	<b>588</b>	MULTIMEDIA RUNNERS PUŁAWY	K30-39	27	<b>00:48:09.25</b>	<b>00:48:14.85</b>	+00:22:48 (47.3%)	9:37	6.2 (52.5%)
144	<b>KŁOPOT Grażyna</b>	<b>481</b>	MULTIMEDIA RUNNERS PUŁAWY	K40-49	13	<b>00:48:09.55</b>	<b>00:48:15.70</b>	+00:22:49 (47.3%)	9:37	6.2 (52.5%)
145	<b>WÓLKIEWICZ Paweł</b>	<b>648</b>	OX5	M50-59	6	<b>00:47:54.35</b>	<b>00:48:18.50</b>	+00:22:52 (47.3%)	9:34	6.3 (53.4%)
146	<b>JAROSZEWSKA Iwona</b>	<b>471</b>		K40-49	14	<b>00:47:54.70</b>	<b>00:48:18.55</b>	+00:22:52 (47.3%)	9:35	6.3 (53.4%)
147	<b>MARKOWSKA Jadwiga</b>	<b>530</b>		K30-39	28	<b>00:48:09.35</b>	<b>00:48:20.85</b>	+00:22:54 (47.4%)	9:37	6.2 (52.5%)
148	<b>BEZKOROWAJNY Mateusz</b>	<b>412</b>	NOKIA	M30-39	31	<b>00:47:59.30</b>	<b>00:48:22.10</b>	+00:22:55 (47.4%)	9:36	6.3 (53.4%)
149	<b>BEZKOROWAJNY Joanna</b>	<b>411</b>	NOKIA	K30-39	29	<b>00:47:59.25</b>	<b>00:48:22.40</b>	+00:22:56 (47.4%)	9:35	6.3 (53.4%)
150	<b>SKIBA Katarzyna</b>	<b>599</b>		K40-49	15	<b>00:48:02.20</b>	<b>00:48:22.95</b>	+00:22:56 (47.4%)	9:36	6.2 (52.5%)
151	<b>RACZEK Radosław</b>	<b>574</b>	GORŚCY POTOK TEAM	M16-29	21	<b>00:48:09.80</b>	<b>00:48:23.75</b>	+00:22:57 (47.4%)	9:38	6.2 (52.5%)
152	<b>MAJDA Karolina</b>	<b>527</b>		K16-29	12	<b>00:48:10.15</b>	<b>00:48:23.90</b>	+00:22:57 (47.4%)	9:38	6.2 (52.5%)
153	<b>PIETROŃ Monika</b>	<b>562</b>	LEMON TEAM	K30-39	30	<b>00:48:05.05</b>	<b>00:48:26.75</b>	+00:23:00 (47.5%)	9:37	6.2 (52.5%)
154	<b>WOŹNIAK Lidia</b>	<b>644</b>	PORMAT JEDLICZE BIEGA	K50-59	2	<b>00:48:22.85</b>	<b>00:48:28.85</b>	+00:23:02 (47.5%)	9:40	6.2 (52.5%)
155	<b>SALAMON Barbara</b>	<b>590</b>		K40-49	16	<b>00:48:25.30</b>	<b>00:48:32.20</b>	+00:23:05 (47.6%)	9:41	6.2 (52.5%)
156	<b>ARMAŃSKA Marianna</b>	<b>400</b>		K30-39	31	<b>00:48:22.80</b>	<b>00:48:35.95</b>	+00:23:09 (47.7%)	9:40	6.2 (52.5%)
157	<b>KAPAŁKA Krzysztof</b>	<b>478</b>	STG TARNÓW	M60+	1	<b>00:48:41.20</b>	<b>00:48:44.20</b>	+00:23:17 (47.8%)	9:44	6.2 (52.5%)
158	<b>NOWAK Paulina</b>	<b>543</b>	SPARTAN TREINING GROUP TARNÓW	K30-39	32	<b>00:49:11.10</b>	<b>00:49:13.55</b>	+00:23:47 (48.3%)	9:50	6.1 (51.7%)
159	<b>PIECZONKA Rafal</b>	<b>558</b>	SPARTAN TREINING GROUP TARNÓW	M30-39	32	<b>00:49:11.05</b>	<b>00:49:13.70</b>	+00:23:47 (48.3%)	9:50	6.1 (51.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
160	<b>BEŚCIAK Kamil</b>	<b>407</b>	SPARTAN TRAINING GROUP TARNÓW	M16-29	22	<b>00:49:09.80</b>	<b>00:49:13.90</b>	+00:23:47 (48.3%)	9:49	6.1 (51.7%)
160	<b>SURDEJ Paulina</b>	<b>613</b>	STG TARNÓW	K16-29	13	<b>00:49:11.20</b>	<b>00:49:13.90</b>	+00:23:47 (48.3%)	9:50	6.1 (51.7%)
162	<b>LUDWA Michał</b>	<b>516</b>	TARNOWSKI KLUB SPORTOWY SHINKYOKUSHIN KARATE	M30-39	33	<b>00:49:11.35</b>	<b>00:49:14.40</b>	+00:23:48 (48.3%)	9:50	6.1 (51.7%)
163	<b>GŁUCHOWSKI Jacek</b>	<b>453</b>	BB RUNERS	M40-49	36	<b>00:49:10.20</b>	<b>00:49:18.60</b>	+00:23:52 (48.4%)	9:50	6.1 (51.7%)
164	<b>SIKORSKI Ludwik</b>	<b>598</b>	HTF LUDWIK SIKORSKI	M40-49	37	<b>00:49:18.05</b>	<b>00:49:22.90</b>	+00:23:56 (48.5%)	9:51	6.1 (51.7%)
165	<b>WALKOWSKA Justyna</b>	<b>631</b>	JACEKBIEGA RUNNING TEAM	K40-49	17	<b>00:49:50.20</b>	<b>00:50:01.30</b>	+00:24:34 (49.1%)	9:58	6 (50.8%)
166	<b>ZAKRZEWSKI Jaroslaw</b>	<b>651</b>		M40-49	38	<b>00:49:46.75</b>	<b>00:50:02.95</b>	+00:24:36 (49.2%)	9:57	6 (50.8%)
167	<b>JAGIEŁA Tomasz</b>	<b>469</b>	BAKOMAT TEAM	M30-39	34	<b>00:50:36.05</b>	<b>00:50:41.35</b>	+00:25:15 (49.8%)	10:07	5.9 (50.0%)
168	<b>KONIEC Mariusz</b>	<b>486</b>	CARBON OCR RACING TEAM	M30-39	35	<b>00:50:25.35</b>	<b>00:50:48.80</b>	+00:25:22 (49.9%)	10:05	6 (50.8%)
169	<b>KURCIŃSKA Lidia</b>	<b>507</b>		K30-39	33	<b>00:50:37.45</b>	<b>00:50:56.10</b>	+00:25:29 (50.1%)	10:07	5.9 (50.0%)
170	<b>ŚWIEŻEWSKA Klementyna</b>	<b>640</b>		K30-39	34	<b>00:50:29.95</b>	<b>00:50:56.70</b>	+00:25:30 (50.1%)	10:06	5.9 (50.0%)
171	<b>ZIÓŁEK Teresa</b>	<b>655</b>	STEY INSANE	K60+	3	<b>00:50:39.80</b>	<b>00:50:57.35</b>	+00:25:31 (50.1%)	10:08	5.9 (50.0%)
172	<b>BRODAWKA Olga</b>	<b>421</b>		K30-39	35	<b>00:50:48.45</b>	<b>00:50:59.65</b>	+00:25:33 (50.1%)	10:09	5.9 (50.0%)
173	<b>ŁUKASZEWSKA Katarzyna</b>	<b>523</b>		K50-59	3	<b>00:50:52.10</b>	<b>00:51:11.25</b>	+00:25:44 (50.3%)	10:10	5.9 (50.0%)
174	<b>RUDNIK Katarzyna</b>	<b>587</b>		K30-39	36	<b>00:50:53.90</b>	<b>00:51:13.60</b>	+00:25:47 (50.3%)	10:10	5.9 (50.0%)
175	<b>MEINERT Jakub</b>	<b>532</b>	CARBON OCR RACING TEAM	M16-29	23	<b>00:51:05.30</b>	<b>00:51:15.70</b>	+00:25:49 (50.4%)	10:13	5.9 (50.0%)
176	<b>ZBROSZCZYK Damian</b>	<b>585</b>	CARBON OCR RACING TEAM	M30-39	36	<b>00:50:59.60</b>	<b>00:51:23.15</b>	+00:25:56 (50.5%)	10:12	5.9 (50.0%)
177	<b>BALCERZAK Krystyna</b>	<b>402</b>		K40-49	18	<b>00:51:07.85</b>	<b>00:51:26.40</b>	+00:26:00 (50.5%)	10:13	5.9 (50.0%)
178	<b>RADOSZ-KWASEK Agata</b>	<b>575</b>	MUAY RUNNING TEAM	K30-39	37	<b>00:51:20.80</b>	<b>00:51:42.75</b>	+00:26:16 (50.8%)	10:16	5.8 (49.2%)
179	<b>BALON Marcin</b>	<b>403</b>	BB RUNNERS	M40-49	39	<b>00:51:36.35</b>	<b>00:51:51.85</b>	+00:26:25 (51.0%)	10:19	5.8 (49.2%)
180	<b>LUDKA Dagmara</b>	<b>513</b>		K40-49	19	<b>00:51:56.95</b>	<b>00:52:03.55</b>	+00:26:37 (51.1%)	10:23	5.8 (49.2%)
181	<b>SEBZDA Malgorzata</b>	<b>593</b>	HUSARIA RACE TEAM	K40-49	20	<b>00:52:06.30</b>	<b>00:52:12.25</b>	+00:26:45 (51.3%)	10:25	5.8 (49.2%)
182	<b>PAWŁOWSKA Maria</b>	<b>555</b>	MARUSIABIEGAPL	K40-49	21	<b>00:52:04.60</b>	<b>00:52:22.05</b>	+00:26:55 (51.4%)	10:25	5.8 (49.2%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
183	<b>SOSNOWSKA Barbara</b>	<b>608</b>	LACHO TEAM	K40-49	22	<b>00:52:07.20</b>	<b>00:52:27.95</b>	+00:27:01 (51.5%)	10:25	5.8 (49.2%)
184	<b>PIETRZYKOWSKA Katarzyna</b>	<b>563</b>		K30-39	38	<b>00:52:07.50</b>	<b>00:52:28.15</b>	+00:27:01 (51.5%)	10:25	5.8 (49.2%)
185	<b>KRÓLIKOWSKA Anna</b>	<b>503</b>	HUSARIA RACE TEAM	K16-29	14	<b>00:52:17.60</b>	<b>00:52:39.75</b>	+00:27:13 (51.7%)	10:27	5.7 (48.3%)
186	<b>ŁUCZAK Paweł</b>	<b>522</b>		M16-29	24	<b>00:52:18.20</b>	<b>00:52:40.05</b>	+00:27:13 (51.7%)	10:27	5.7 (48.3%)
187	<b>KWIATKOWSKA Katarzyna</b>	<b>509</b>	RUNKASIARUN	K30-39	39	<b>00:52:21.85</b>	<b>00:52:40.50</b>	+00:27:14 (51.7%)	10:28	5.7 (48.3%)
188	<b>STERNIK Daniel</b>	<b>611</b>	NAJWIĘKSZA ARMIA ŚWIATA	M30-39	37	<b>00:52:27.15</b>	<b>00:52:45.60</b>	+00:27:19 (51.8%)	10:29	5.7 (48.3%)
189	<b>ZAINCIKOVSKAIA-WÓJCIK Inna</b>	<b>649</b>	NIE MAM POMYSŁU	K30-39	40	<b>00:52:37.15</b>	<b>00:52:49.30</b>	+00:27:22 (51.8%)	10:31	5.7 (48.3%)
190	<b>SIATKA Agnieszka</b>	<b>594</b>	RUNNING PERFORMANCE	K40-49	23	<b>00:52:44.30</b>	<b>00:52:52.80</b>	+00:27:26 (51.9%)	10:32	5.7 (48.3%)
191	<b>RADYK Jakub</b>	<b>440</b>	PRZEMYSKI KLUB BIEGACZA	M30-39	38	<b>00:52:50.10</b>	<b>00:52:54.55</b>	+00:27:28 (51.9%)	10:34	5.7 (48.3%)
192	<b>RADYK Joanna</b>	<b>576</b>	PRZEMYSKI KLUB BIEGACZA	K30-39	41	<b>00:52:48.75</b>	<b>00:52:54.90</b>	+00:27:28 (51.9%)	10:33	5.7 (48.3%)
193	<b>ŁĘPICKI Mateusz</b>	<b>521</b>	LEMON TEAM	M30-39	39	<b>00:52:41.25</b>	<b>00:52:59.40</b>	+00:27:33 (52.0%)	10:32	5.7 (48.3%)
194	<b>ŁĘPICKA Marta</b>	<b>520</b>		K16-29	15	<b>00:52:41.30</b>	<b>00:53:00.70</b>	+00:27:34 (52.0%)	10:32	5.7 (48.3%)
195	<b>CHLEWICKA Magdalena</b>	<b>414</b>	ZABIEGANI CZĘSTOCHOWA	K30-39	42	<b>00:52:53.95</b>	<b>00:53:01.60</b>	+00:27:35 (52.0%)	10:34	5.7 (48.3%)
196	<b>DUBIŃSKI Przemysław</b>	<b>415</b>	PRZEMEK DUBIŃSKI - BIEGIEMPRZEZŚWIAT	M40-49	40	<b>00:52:54.20</b>	<b>00:53:02.60</b>	+00:27:36 (52.0%)	10:34	5.7 (48.3%)
197	<b>ŚWIEŻEWSKA Kaja</b>	<b>641</b>		K30-39	43	<b>00:52:35.95</b>	<b>00:53:03.30</b>	+00:27:36 (52.1%)	10:31	5.7 (48.3%)
198	<b>KORPALSKI Jacek</b>	<b>494</b>		M50-59	7	<b>00:52:50.75</b>	<b>00:53:08.70</b>	+00:27:42 (52.1%)	10:34	5.7 (48.3%)
199	<b>BUNIKOWSKA Emilia</b>	<b>425</b>		K30-39	44	<b>00:53:00.50</b>	<b>00:53:22.65</b>	+00:27:56 (52.3%)	10:36	5.7 (48.3%)
200	<b>WIŚNIEWSKA Katarzyna</b>	<b>634</b>	WIŚNIA TEAM	K40-49	24	<b>00:53:14.30</b>	<b>00:53:27.45</b>	+00:28:01 (52.4%)	10:38	5.6 (47.5%)
201	<b>PUKOCZ Katarzyna</b>	<b>573</b>		K30-39	45	<b>00:53:03.25</b>	<b>00:53:28.15</b>	+00:28:01 (52.4%)	10:36	5.7 (48.3%)
202	<b>BRODECKI Adam</b>	<b>422</b>	WATAHA ŁŚCZY NAS BIEGANIE	M16-29	25	<b>00:53:05.80</b>	<b>00:53:30.70</b>	+00:28:04 (52.5%)	10:37	5.6 (47.5%)
203	<b>KANDERSKI Sławek</b>	<b>476</b>	WKB MARATOŃCZYK	M50-59	8	<b>00:53:23.85</b>	<b>00:53:49.35</b>	+00:28:23 (52.7%)	10:40	5.6 (47.5%)
204	<b>ŻURKOWSKA Dorota</b>	<b>658</b>		K30-39	46	<b>00:54:59.10</b>	<b>00:55:23.70</b>	+00:29:57 (54.1%)	10:59	5.5 (46.6%)
205	<b>LESZCZYNSKI Aleksander</b>	<b>514</b>		M40-49	41	<b>00:55:27.10</b>	<b>00:55:43.20</b>	+00:30:16 (54.3%)	11:05	5.4 (45.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
206	<b>GERLE-KOTULA Anna</b>	<b>452</b>		K30-39	47	<b>00:55:43.15</b>	<b>00:55:52.95</b>	+00:30:26 (54.5%)	11:08	5.4 (45.8%)
207	<b>POSS Marcin</b>	<b>568</b>		M40-49	42	<b>00:55:54.50</b>	<b>00:56:14.20</b>	+00:30:47 (54.8%)	11:11	5.4 (45.8%)
208	<b>NOWAK Ewelina</b>	<b>541</b>	STG TARNÓW	K30-39	48	<b>00:56:18.20</b>	<b>00:56:27.65</b>	+00:31:01 (54.9%)	11:15	5.3 (44.9%)
209	<b>SKORUPKA Anna</b>	<b>602</b>		K40-49	25	<b>00:56:08.35</b>	<b>00:56:32.10</b>	+00:31:05 (55.0%)	11:13	5.3 (44.9%)
210	<b>KOTULA Jakub</b>	<b>498</b>		M30-39	40	<b>00:56:24.20</b>	<b>00:56:34.85</b>	+00:31:08 (55.0%)	11:16	5.3 (44.9%)
211	<b>WIECZOREK Andrzej</b>	<b>638</b>		M50-59	9	<b>00:56:50.45</b>	<b>00:57:01.95</b>	+00:31:35 (55.4%)	11:22	5.3 (44.9%)
212	<b>WIŚNIEWSKA Dorota</b>	<b>633</b>		K40-49	26	<b>00:56:49.35</b>	<b>00:57:11.20</b>	+00:31:44 (55.5%)	11:22	5.3 (44.9%)
213	<b>KOWALCZYK Justyna</b>	<b>499</b>	ACCENTURE	K50-59	4	<b>00:58:06.05</b>	<b>00:58:14.90</b>	+00:32:48 (56.3%)	11:37	5.2 (44.1%)
214	<b>LEFELIC Monika</b>	<b>512</b>		K40-49	27	<b>00:58:33.80</b>	<b>00:58:47.05</b>	+00:33:20 (56.7%)	11:42	5.1 (43.2%)
215	<b>KUREK Małgorzata</b>	<b>508</b>	CARBON OCR RACING TEAM	K30-39	49	<b>00:58:35.95</b>	<b>00:58:50.75</b>	+00:33:24 (56.8%)	11:43	5.1 (43.2%)
215	<b>OGAZA Anna</b>	<b>546</b>		K30-39	49	<b>00:58:36.75</b>	<b>00:58:50.75</b>	+00:33:24 (56.8%)	11:43	5.1 (43.2%)
217	<b>PIĘNKOWSKI Leszek</b>	<b>559</b>	WM TRISELF	M50-59	10	<b>00:58:33.40</b>	<b>00:58:53.15</b>	+00:33:26 (56.8%)	11:42	5.1 (43.2%)
218	<b>GROCHAL Marcin</b>	<b>557</b>	PSEUDOMOUNTAINRUNNER	M40-49	43	<b>01:00:00.00</b>	<b>01:00:00.00</b>	+00:34:33 (57.6%)	12:00	5 (42.4%)
219	<b>ZIENKIEWICZ Agata</b>	<b>653</b>		K30-39	51	<b>01:00:24.80</b>	<b>01:00:44.65</b>	+00:35:18 (58.1%)	12:05	5 (42.4%)
220	<b>MIERZEJEWSKA Olga</b>	<b>534</b>		K30-39	52	<b>01:00:37.40</b>	<b>01:00:46.75</b>	+00:35:20 (58.1%)	12:07	4.9 (41.5%)
221	<b>KAPĄŁKA Bożena</b>	<b>477</b>	STG TARNÓW	K50-59	5	<b>01:01:22.00</b>	<b>01:01:33.55</b>	+00:36:07 (58.7%)	12:16	4.9 (41.5%)
222	<b>DZIEDZIC-WÓJTOWICZ Agnieszka</b>	<b>442</b>	SRTG-NIEPOŁOMICE	K40-49	28	<b>01:01:33.30</b>	<b>01:01:50.55</b>	+00:36:24 (58.9%)	12:18	4.9 (41.5%)
223	<b>SMOGORZEWSKA Marta</b>	<b>605</b>	WKURW_TEAM	K30-39	53	<b>01:02:20.25</b>	<b>01:02:46.65</b>	+00:37:20 (59.5%)	12:28	4.8 (40.7%)
224	<b>JASIUL Mariola</b>	<b>472</b>		K40-49	29	<b>01:05:08.80</b>	<b>01:05:25.95</b>	+00:39:59 (61.1%)	13:01	4.6 (39.0%)
225	<b>MALARA Dalia</b>	<b>528</b>	CARBON OCR RACING TEAM	K30-39	54	<b>01:05:59.60</b>	<b>01:05:59.60</b>	+00:40:33 (61.5%)	13:11	4.5 (38.1%)
226	<b>SIERECKA Dorota</b>	<b>596</b>	TEAM ZABIEGANEDNI // WKURW_TEAM	K40-49	30	<b>01:09:24.85</b>	<b>01:09:51.35</b>	+00:44:25 (63.6%)	13:53	4.3 (36.4%)
227	<b>MATUSZCZAK Angelika</b>	<b>531</b>	STG TARNÓW	K30-39	55	<b>01:14:44.55</b>	<b>01:14:54.80</b>	+00:49:28 (66.0%)	14:56	4 (33.9%)
228	<b>KOSZNIRUK Elzbieta</b>	<b>497</b>	WYBIEGAJ SIEBIE	K50-59	6	<b>01:15:14.05</b>	<b>01:15:42.10</b>	+00:50:15 (66.4%)	15:02	4 (33.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
229	<b>PRZYBYŁO Marta</b>	<b>572</b>		K30-39	56	<b>01:15:29.85</b>	<b>01:15:42.65</b>	+00:50:16 (66.4%)	15:06	4 (33.9%)

Znaleziono 229 wynik(ów)