



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

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

# TRIADA MARATON BESKID SĄDECKI

B4SPORT

**B4SPORT**  
INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Przehyba 6km	Czas netto 18km	Czas brutto 18km	Różn	Tempo min/km	Tempo km/h
1	<b>KOŚCIELNIAK Kacper</b>	<b>272</b>	SALCO GARMIN TEAM	M16-29	1	00:49:42	<b>01:50:20.75</b>	<b>01:50:22.45</b>		6:07	9.8 (100%)
2	<b>FLOREK Sebastian</b>	<b>237</b>	NORAFSPORT / SPORT HG	M30-39	1	00:50:25	<b>01:55:00.35</b>	<b>01:55:02.90</b>	+00:04:40 (4.1%)	6:23	9.4 (95.9%)
3	<b>BEREŚ Arkadiusz</b>	<b>203</b>		M30-39	2		<b>01:55:18.50</b>	<b>01:55:19.90</b>	+00:04:57 (4.3%)	6:24	9.4 (95.9%)
4	<b>FABIAN Marcel</b>	<b>235</b>	SOCIOS SILESIA	M16-29	2	00:49:59	<b>01:56:14.60</b>	<b>01:56:15.55</b>	+00:05:53 (5.1%)	6:27	9.3 (94.9%)
5	<b>GAWLIK Sławek</b>	<b>242</b>		M30-39	3	00:50:48	<b>01:58:20.20</b>	<b>01:58:21.45</b>	+00:07:59 (6.7%)	6:34	9.1 (92.9%)
6	<b>STROINSKI Daniel</b>	<b>241</b>		M30-39	4	00:51:46	<b>02:01:34.65</b>	<b>02:01:35.60</b>	+00:11:13 (9.2%)	6:45	8.9 (90.8%)
7	<b>CYRAN Piotr</b>	<b>225</b>	NOA	M30-39	5	00:52:29	<b>02:03:59.25</b>	<b>02:04:00.90</b>	+00:13:38 (11.0%)	6:53	8.7 (88.8%)
8	<b>KLONOWSKI Kamil</b>	<b>271</b>	CARBON OCR RACING TEAM	M30-39	6	00:54:46	<b>02:06:28.70</b>	<b>02:06:29.75</b>	+00:16:07 (12.7%)	7:01	8.5 (86.7%)
9	<b>RYBAK Przemysław</b>	<b>341</b>	PRZE(W)AGA	M30-39	7	00:57:51	<b>02:14:12.70</b>	<b>02:14:15.95</b>	+00:23:53 (17.8%)	7:27	8 (81.6%)
10	<b>TYNUS Grzegorz</b>	<b>667</b>	NKK	M40-49	1	01:00:44	<b>02:15:48.65</b>	<b>02:15:53.05</b>	+00:25:30 (18.8%)	7:32	8 (81.6%)
11	<b>CICHOCKI Tomasz</b>	<b>223</b>	PELETON	M30-39	8	00:55:06	<b>02:18:16.10</b>	<b>02:18:17.45</b>	+00:27:55 (20.2%)	7:40	7.8 (79.6%)
12	<b>SAWA Piotr</b>	<b>617</b>		M16-29	3	00:59:09	<b>02:19:57.20</b>	<b>02:19:59.55</b>	+00:29:37 (21.2%)	7:46	7.7 (78.6%)
13	<b>KUCZYK Szymon</b>	<b>288</b>	ENDURANCE TEAM	M40-49	2	01:01:03	<b>02:22:03.85</b>	<b>02:22:06.70</b>	+00:31:44 (22.3%)	7:53	7.6 (77.6%)
14	<b>MACIEJEWSKI Daniel</b>	<b>336</b>		M30-39	9	01:01:53	<b>02:22:29.25</b>	<b>02:22:37.40</b>	+00:32:14 (22.6%)	7:54	7.6 (77.6%)
15	<b>SZPUNAR Maciej</b>	<b>364</b>	ROBIĘ TO DLA SIEBIE	M40-49	3	01:01:05	<b>02:22:50.25</b>	<b>02:23:01.25</b>	+00:32:38 (22.8%)	7:56	7.6 (77.6%)
16	<b>SZELĄG Dariusz</b>	<b>360</b>	LISY PUSTYNI	M40-49	4	01:02:13	<b>02:23:47.35</b>	<b>02:23:51.45</b>	+00:33:29 (23.3%)	7:59	7.5 (76.5%)
17	<b>FEICHTINGER Marek</b>	<b>236</b>		M40-49	5	01:01:39	<b>02:24:07.10</b>	<b>02:24:09.45</b>	+00:33:47 (23.4%)	8:00	7.5 (76.5%)
18	<b>KOZIEŁ Krzysztof</b>	<b>282</b>		M30-39	10	00:58:51	<b>02:24:21.25</b>	<b>02:24:27.00</b>	+00:34:04 (23.6%)	8:01	7.5 (76.5%)
19	<b>OLEJNIK Franciszek</b>	<b>326</b>	INŻYNIERIA BIEGANIA TEAM	M16-29	4	00:59:51	<b>02:24:46.85</b>	<b>02:24:48.25</b>	+00:34:25 (23.8%)	8:02	7.5 (76.5%)
20	<b>KOLACHA Patryk</b>	<b>275</b>	STUDIO GTS	M16-29	5	01:02:12	<b>02:26:14.85</b>	<b>02:26:15.65</b>	+00:35:53 (24.5%)	8:07	7.4 (75.5%)
21	<b>NOWAK Lukasz</b>	<b>322</b>	NOA / CS RUNNING TEAM	M30-39	11	01:03:37	<b>02:26:10.25</b>	<b>02:26:18.00</b>	+00:35:55 (24.6%)	8:07	7.4 (75.5%)
22	<b>BROL Dominika</b>	<b>209</b>	ENDURANCE TEAM	K30-39	1	01:01:20	<b>02:26:35.80</b>	<b>02:26:38.15</b>	+00:36:15 (24.7%)	8:08	7.4 (75.5%)
23	<b>SOWA Grzegorz</b>	<b>353</b>	STG-KRAKÓW ŚRÓDMIEŚCIE	M30-39	12	01:01:45	<b>02:26:46.35</b>	<b>02:26:50.15</b>	+00:36:27 (24.8%)	8:09	7.4 (75.5%)
24	<b>ZIĘCINA Sylwia</b>	<b>395</b>	ATLANTIC	K30-39	2	01:02:06	<b>02:26:56.85</b>	<b>02:26:58.80</b>	+00:36:36 (24.9%)	8:09	7.3 (74.5%)
25	<b>SKORUPKA Leszek</b>	<b>348</b>	M3 SIEDLCE	M40-49	6		<b>02:28:58.70</b>	<b>02:29:04.00</b>	+00:38:41 (26.0%)	8:16	7.2 (73.5%)
26	<b>JASIULEWICZ Anna</b>	<b>258</b>	BIAŁYSTOK BIEGA TEAM	K40-49	1	01:02:58	<b>02:29:10.40</b>	<b>02:29:12.25</b>	+00:38:49 (26.0%)	8:17	7.2 (73.5%)
27	<b>WŁOCH Sławomir</b>	<b>380</b>		M50-59	1	01:03:05	<b>02:29:18.85</b>	<b>02:29:19.95</b>	+00:38:57 (26.1%)	8:17	7.2 (73.5%)
28	<b>MICHALSKI Damian</b>	<b>313</b>	ALIOR RUNNING TEAM	M40-49	7	01:01:11	<b>02:30:33.80</b>	<b>02:30:35.45</b>	+00:40:13 (26.7%)	8:21	7.2 (73.5%)
29	<b>STEFANIUK Roman</b>	<b>357</b>		M50-59	2		<b>02:31:01.65</b>	<b>02:31:05.45</b>	+00:40:43 (26.9%)	8:23	7.2 (73.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Przehyba 6km	Czas netto 18km	Czas brutto 18km	Różn	Tempo min/km	Tempo km/h
30	<b>PYTEL Waldek</b>	<b>340</b>	YULO RANTEAM SIEDLCE	M50-59	3	01:03:11	<b>02:31:08.90</b>	<b>02:31:12.50</b>	+00:40:50 (27.0%)	8:23	7.1 (72.4%)
31	<b>DYLEG Andrzej</b>	<b>669</b>	LIMANOWA FOREST	M40-49	8		<b>02:31:12.60</b>	<b>02:31:15.25</b>	+00:40:52 (27.0%)	8:24	7.1 (72.4%)
32	<b>MĘDRYKOWSKI Damian</b>	<b>311</b>		M30-39	13	01:03:36	<b>02:32:04.30</b>	<b>02:32:09.35</b>	+00:41:46 (27.5%)	8:26	7.1 (72.4%)
33	<b>CHODOWIEC Karolina</b>	<b>221</b>	ADIDAS RUNNERS WARSAW	K30-39	3	01:05:20	<b>02:32:35.60</b>	<b>02:32:38.85</b>	+00:42:16 (27.7%)	8:28	7.1 (72.4%)
34	<b>CHODOWIEC Przemysław</b>	<b>220</b>	ADIDAS RUNNERS WARSAW	M30-39	14	01:05:17	<b>02:32:35.70</b>	<b>02:32:39.00</b>	+00:42:16 (27.7%)	8:28	7.1 (72.4%)
35	<b>SOSNOWSKA Agnieszka</b>	<b>352</b>	SOSNA RADOSNA	K40-49	2	01:06:10	<b>02:32:54.15</b>	<b>02:33:02.55</b>	+00:42:40 (27.9%)	8:29	7.1 (72.4%)
36	<b>BYRCZEK Michał</b>	<b>216</b>	WATAHA	M30-39	15	01:09:03	<b>02:32:56.10</b>	<b>02:33:17.70</b>	+00:42:55 (28.0%)	8:29	7.1 (72.4%)
37	<b>MARCINKOWSKI Bartosz</b>	<b>308</b>	SACKY RUNNERS	M16-29	6	01:02:03	<b>02:33:38.15</b>	<b>02:33:40.70</b>	+00:43:18 (28.2%)	8:32	7 (71.4%)
38	<b>KRAWCZYK Karol</b>	<b>283</b>	LENIWY INACZEJ	M30-39	16	01:09:20	<b>02:35:16.85</b>	<b>02:35:40.35</b>	+00:45:17 (29.1%)	8:37	7 (71.4%)
39	<b>SZKODA Kasia</b>	<b>361</b>		K16-29	1	01:06:01	<b>02:36:15.90</b>	<b>02:36:23.20</b>	+00:46:00 (29.4%)	8:40	6.9 (70.4%)
40	<b>CIERPIOŁ Andrzej</b>	<b>224</b>	SACKY RUNNERS	M16-29	7	01:05:51	<b>02:37:06.85</b>	<b>02:37:09.70</b>	+00:46:47 (29.8%)	8:43	6.9 (70.4%)
41	<b>OSIAK Artur</b>	<b>327</b>	BIEGUSIEM.PL	M30-39	17	01:06:19	<b>02:37:19.40</b>	<b>02:37:24.10</b>	+00:47:01 (29.9%)	8:44	6.9 (70.4%)
42	<b>STANKIEWICZ Tomasz</b>	<b>355</b>	GT TEAM	M30-39	18	01:09:47	<b>02:37:20.55</b>	<b>02:37:45.60</b>	+00:47:23 (30.0%)	8:44	6.9 (70.4%)
43	<b>MAŁEK Daren</b>	<b>307</b>		M30-39	19	00:58:40	<b>02:38:03.10</b>	<b>02:38:05.05</b>	+00:47:42 (30.2%)	8:46	6.8 (69.4%)
44	<b>BAĆMAGA Tomasz</b>	<b>202</b>		M30-39	20	01:09:36	<b>02:38:44.70</b>	<b>02:38:57.45</b>	+00:48:35 (30.6%)	8:49	6.8 (69.4%)
45	<b>GŁOWACKI Jerzy</b>	<b>243</b>	JUVENIA KRAKÓW	M30-39	21	01:08:35	<b>02:38:53.35</b>	<b>02:39:02.65</b>	+00:48:40 (30.6%)	8:49	6.8 (69.4%)
46	<b>JARNOT Konrad</b>	<b>256</b>	BIEGAM W KATO :)	M30-39	22	01:09:22	<b>02:39:08.20</b>	<b>02:39:40.25</b>	+00:49:17 (30.9%)	8:50	6.8 (69.4%)
47	<b>DROŚ Aleksander</b>	<b>228</b>	POWER TRAINING	M30-39	23	01:08:44	<b>02:39:50.05</b>	<b>02:39:54.35</b>	+00:49:31 (31.0%)	8:52	6.8 (69.4%)
48	<b>GODLEWSKI Cezary</b>	<b>246</b>		M30-39	24	01:10:11	<b>02:40:16.80</b>	<b>02:40:45.85</b>	+00:50:23 (31.3%)	8:54	6.7 (68.4%)
49	<b>PRZYBYLSKI Tomasz</b>	<b>339</b>	TRI TOMAJ	M40-49	9	01:06:20	<b>02:41:15.80</b>	<b>02:41:22.35</b>	+00:50:59 (31.6%)	8:57	6.7 (68.4%)
50	<b>KUDZIOR Piotr</b>	<b>289</b>	PRO366	M16-29	8	01:06:26	<b>02:42:27.50</b>	<b>02:42:34.05</b>	+00:52:11 (32.1%)	9:01	6.6 (67.3%)
51	<b>GRUSZKA Grzegorz</b>	<b>250</b>	ENDURANCE TEAM	M40-49	10	01:04:06	<b>02:42:51.25</b>	<b>02:42:54.45</b>	+00:52:32 (32.2%)	9:02	6.6 (67.3%)
52	<b>KOWALSKI Krzysztof</b>	<b>279</b>	HRMAXCROSSTEAM	M50-59	4	01:05:58	<b>02:42:53.95</b>	<b>02:42:58.25</b>	+00:52:35 (32.3%)	9:03	6.6 (67.3%)
53	<b>KUNA Aleksandra</b>	<b>290</b>		K30-39	4	01:10:00	<b>02:43:19.40</b>	<b>02:43:34.05</b>	+00:53:11 (32.5%)	9:04	6.6 (67.3%)
54	<b>WOLAŃCZUK Marcin</b>	<b>387</b>		M30-39	25	01:08:35	<b>02:44:48.45</b>	<b>02:44:51.65</b>	+00:54:29 (33.1%)	9:09	6.6 (67.3%)
55	<b>CZAPSKI Piotr</b>	<b>227</b>		M50-59	5	01:11:10	<b>02:44:36.65</b>	<b>02:44:57.45</b>	+00:54:35 (33.1%)	9:08	6.6 (67.3%)
56	<b>CHILICKA Marta</b>	<b>219</b>	RED LION CLUB	K30-39	5	01:10:27	<b>02:44:54.20</b>	<b>02:44:58.80</b>	+00:54:36 (33.1%)	9:09	6.5 (66.3%)
57	<b>GOŹDZIK Tomek</b>	<b>244</b>		M16-29	9	01:10:03	<b>02:44:46.45</b>	<b>02:45:05.40</b>	+00:54:42 (33.1%)	9:09	6.6 (67.3%)
58	<b>GRABOWSKI Damian</b>	<b>248</b>	-	M30-39	26	01:09:58	<b>02:45:04.10</b>	<b>02:45:15.25</b>	+00:54:52 (33.2%)	9:10	6.5 (66.3%)
59	<b>ŁOBODOWSKI Marcin</b>	<b>299</b>	RACEFIGHTER GOSIR DĘBE WIELKIE	M30-39	27		<b>02:45:23.05</b>	<b>02:45:28.45</b>	+00:55:06 (33.3%)	9:11	6.5 (66.3%)
60	<b>ADAMCZAK Barbara</b>	<b>200</b>	TRAVOIS	K40-49	3	01:13:42	<b>02:46:32.55</b>	<b>02:46:42.15</b>	+00:56:19 (33.8%)	9:15	6.5 (66.3%)
61	<b>KOWALSKI Szymon</b>	<b>280</b>	HTF LUDWIK SIKORSKI	M40-49	11	01:10:22	<b>02:47:00.85</b>	<b>02:47:04.20</b>	+00:56:41 (33.9%)	9:16	6.5 (66.3%)
62	<b>KITOWSKA Anna</b>	<b>232</b>	PERFECT RUNNER TEAM	K40-49	4	01:12:40	<b>02:47:21.00</b>	<b>02:47:33.95</b>	+00:57:11 (34.1%)	9:17	6.5 (66.3%)
63	<b>DZIERŻAK Elżbieta</b>	<b>233</b>	HUSARIA RACE TEAM	K40-49	5	01:12:57	<b>02:47:21.40</b>	<b>02:47:34.05</b>	+00:57:11 (34.1%)	9:17	6.5 (66.3%)
64	<b>LUTEREK Michał</b>	<b>298</b>		M40-49	12	01:11:13	<b>02:47:49.30</b>	<b>02:48:03.60</b>	+00:57:41 (34.3%)	9:19	6.4 (65.3%)
65	<b>SALIŃSKI Bartosz</b>	<b>342</b>	WKURW_TEAM	M30-39	28	01:09:46	<b>02:48:14.40</b>	<b>02:48:20.30</b>	+00:57:57 (34.4%)	9:20	6.4 (65.3%)
66	<b>SOBCZYK Piotr</b>	<b>349</b>		M40-49	13	01:15:29	<b>02:48:38.45</b>	<b>02:49:00.15</b>	+00:58:37 (34.7%)	9:22	6.4 (65.3%)
67	<b>SAWCZUK Robert</b>	<b>343</b>	PADRE TEAM	M30-39	29	01:12:56	<b>02:48:45.95</b>	<b>02:49:09.30</b>	+00:58:46 (34.7%)	9:22	6.4 (65.3%)
68	<b>NOWICKI Artur</b>	<b>323</b>		M30-39	30	01:13:08	<b>02:49:00.25</b>	<b>02:49:22.15</b>	+00:58:59 (34.8%)	9:23	6.4 (65.3%)
69	<b>KALETA Anna</b>	<b>262</b>		K30-39	6	01:15:06	<b>02:49:05.70</b>	<b>02:49:32.25</b>	+00:59:09 (34.9%)	9:23	6.4 (65.3%)
70	<b>WIATR Wojciech</b>	<b>374</b>	ENDURANCE TEAM	M40-49	14	01:10:24	<b>02:49:30.60</b>	<b>02:49:35.05</b>	+00:59:12 (34.9%)	9:25	6.4 (65.3%)
71	<b>KALISZAN Krzysztof</b>	<b>263</b>	12 WBOT	M16-29	10	01:06:07	<b>02:49:31.75</b>	<b>02:49:39.05</b>	+00:59:16 (34.9%)	9:25	6.4 (65.3%)
72	<b>GOĆŁOWSKI Cezary</b>	<b>245</b>		M40-49	15	01:09:48	<b>02:49:51.95</b>	<b>02:50:02.90</b>	+00:59:40 (35.1%)	9:26	6.4 (65.3%)
73	<b>ZIELIŃSKA Iwona</b>	<b>394</b>	KUJAWSCY RUNNERS	K40-49	6	01:13:00	<b>02:50:28.85</b>	<b>02:50:42.10</b>	+01:00:19 (35.3%)	9:28	6.3 (64.3%)

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74	<b>WENARSKI Grzegorz</b>	<b>626</b>		M30-39	31	01:13:27	<b>02:50:55.15</b>	<b>02:51:02.75</b>	+01:00:40 (35.5%)	9:29	6.3 (64.3%)
75	<b>NIMSZ Kamila</b>	<b>206</b>	KB HARCOWNIK JELCZ-LASKOWICE	K30-39	7	01:11:05	<b>02:51:10.25</b>	<b>02:51:26.10</b>	+01:01:03 (35.6%)	9:30	6.3 (64.3%)
76	<b>WONKO Ewa</b>	<b>389</b>	HTF LUDWIK SIKORSKI	K30-39	8	01:10:13	<b>02:51:24.15</b>	<b>02:51:27.50</b>	+01:01:05 (35.6%)	9:31	6.3 (64.3%)
77	<b>KOWALSKI Łukasz</b>	<b>281</b>	BYCHAWA RUNNERS	M30-39	32	01:10:15	<b>02:51:27.65</b>	<b>02:51:36.50</b>	+01:01:14 (35.7%)	9:31	6.3 (64.3%)
78	<b>JEŹDZIKOWSKI Marcin</b>	<b>260</b>	RUN TEAM GAŚAWA	M40-49	16	01:13:14	<b>02:51:54.60</b>	<b>02:52:12.15</b>	+01:01:49 (35.9%)	9:33	6.3 (64.3%)
79	<b>WOJTASIK Grzegorz</b>	<b>386</b>	STALOWOWOLSKI KLUB BIEGACZA	M40-49	17	01:13:15	<b>02:52:05.65</b>	<b>02:52:12.30</b>	+01:01:49 (35.9%)	9:33	6.3 (64.3%)
80	<b>KUŚ Tomasz</b>	<b>286</b>	MIRAZ RACE TEAM	M30-39	33	01:10:28	<b>02:52:12.55</b>	<b>02:52:22.45</b>	+01:02:00 (36.0%)	9:34	6.3 (64.3%)
81	<b>POGORZELSKA Katarzyna</b>	<b>333</b>	BWM TEAM	K40-49	7	01:14:42	<b>02:53:42.00</b>	<b>02:54:04.75</b>	+01:03:42 (36.6%)	9:39	6.2 (63.3%)
82	<b>SZKUDLAREK Artur</b>	<b>362</b>	ANDRYCHÓW RUNNING	M30-39	34	01:15:10	<b>02:53:46.35</b>	<b>02:54:11.85</b>	+01:03:49 (36.6%)	9:39	6.2 (63.3%)
83	<b>POŁOM Rafał</b>	<b>335</b>	NOA	M30-39	35	01:09:25	<b>02:54:12.25</b>	<b>02:54:20.40</b>	+01:03:57 (36.7%)	9:40	6.2 (63.3%)
84	<b>MICHALAK Sławomir</b>	<b>312</b>	INZYNIER.EU NOSI TRAILOWE BOTKI	M50-59	6	01:13:18	<b>02:54:18.35</b>	<b>02:54:39.60</b>	+01:04:17 (36.8%)	9:41	6.2 (63.3%)
85	<b>OŹGA Sebastian</b>	<b>329</b>		M30-39	36	01:13:19	<b>02:54:37.15</b>	<b>02:54:59.50</b>	+01:04:37 (36.9%)	9:42	6.2 (63.3%)
86	<b>SOWA-OKRASA Sylwia</b>	<b>354</b>	DOGOŃ GRODZISK MAZOWIECKI	K40-49	8	01:12:53	<b>02:55:26.80</b>	<b>02:55:31.95</b>	+01:05:09 (37.1%)	9:44	6.2 (63.3%)
87	<b>WALAC Jacek</b>	<b>369</b>	DOGOŃ GRODZISK MAZOWIECKI	M30-39	37	01:13:51	<b>02:55:24.35</b>	<b>02:55:32.10</b>	+01:05:09 (37.1%)	9:44	6.2 (63.3%)
88	<b>WOLAŃCZUK Piotr</b>	<b>388</b>		M16-29	11	01:08:09	<b>02:55:31.05</b>	<b>02:55:33.30</b>	+01:05:10 (37.1%)	9:45	6.2 (63.3%)
89	<b>KOPEĆ Renata</b>	<b>276</b>	KS STASZEWSKY	K40-49	9	01:15:24	<b>02:55:48.80</b>	<b>02:56:07.65</b>	+01:05:45 (37.3%)	9:46	6.1 (62.2%)
90	<b>KARPIEL Magdalena</b>	<b>266</b>	SFITRUN.PL	K16-29	2	01:13:46	<b>02:55:59.50</b>	<b>02:56:18.40</b>	+01:05:55 (37.4%)	9:46	6.1 (62.2%)
91	<b>KĘPARA Marcin</b>	<b>267</b>	ADVA OPTICAL NETWORKING	M30-39	38	01:18:56	<b>02:56:48.60</b>	<b>02:57:08.10</b>	+01:06:45 (37.7%)	9:49	6.1 (62.2%)
92	<b>WOJAS Jakub</b>	<b>383</b>	INŻYNIERIA BIEGANIA	M30-39	39	01:13:16	<b>02:57:13.25</b>	<b>02:57:14.95</b>	+01:06:52 (37.7%)	9:50	6.1 (62.2%)
93	<b>WAŁĘGA Monika</b>	<b>371</b>		K30-39	9	01:14:43	<b>02:57:11.90</b>	<b>02:57:21.85</b>	+01:06:59 (37.8%)	9:50	6.1 (62.2%)
94	<b>KOBIAŁKA Irek</b>	<b>273</b>		M40-49	18	01:14:49	<b>02:57:14.10</b>	<b>02:57:24.20</b>	+01:07:01 (37.8%)	9:50	6.1 (62.2%)
95	<b>ŁUCZKA Sylwia</b>	<b>300</b>	KASTYO / VEGE RUNNERS	K16-29	3	01:14:24	<b>02:57:19.25</b>	<b>02:57:38.50</b>	+01:07:16 (37.9%)	9:51	6.1 (62.2%)
96	<b>KOCHANOWSKI Sebastian</b>	<b>274</b>	ROZBIEGAMY NOWY DWÓR	M40-49	19	01:09:35	<b>02:57:34.80</b>	<b>02:57:41.75</b>	+01:07:19 (37.9%)	9:51	6.1 (62.2%)
97	<b>WALKOWSKI Tomasz</b>	<b>370</b>	JACEKBIEGA RUNNING TEAM	M50-59	7	01:15:04	<b>02:57:58.85</b>	<b>02:58:16.00</b>	+01:07:53 (38.1%)	9:53	6.1 (62.2%)
98	<b>KACZMARCZYK Krzysztof</b>	<b>261</b>	ŻUBRY BOCHNIA	M40-49	20	01:13:46	<b>02:59:33.10</b>	<b>02:59:49.10</b>	+01:09:26 (38.6%)	9:58	6 (61.2%)
99	<b>ZARĘBA Beata</b>	<b>393</b>	BIEGAM BO LUBIĘ NOCĄ WARSZAWA	K30-39	10	01:14:40	<b>02:59:29.80</b>	<b>02:59:57.75</b>	+01:09:35 (38.7%)	9:58	6 (61.2%)
100	<b>NIMSZ Bartosz</b>	<b>320</b>		M30-39	40	01:13:40	<b>02:59:52.85</b>	<b>03:00:08.90</b>	+01:09:46 (38.7%)	9:59	6 (61.2%)
101	<b>SZCZĘSNA Edyta</b>	<b>359</b>	CARBON OCR RACING TEAM	K30-39	11	01:02:33	<b>03:00:11.10</b>	<b>03:00:19.80</b>	+01:09:57 (38.8%)	10:00	6 (61.2%)
102	<b>NIEDŹWIEDŹ Tomasz</b>	<b>319</b>	RED LION CLUB	M40-49	21	01:11:19	<b>03:00:34.90</b>	<b>03:00:39.65</b>	+01:10:17 (38.9%)	10:01	6 (61.2%)
103	<b>POGORZELSKI Grzegorz</b>	<b>334</b>	BWM TEAM	M40-49	22	01:12:45	<b>03:01:06.60</b>	<b>03:01:29.25</b>	+01:11:06 (39.2%)	10:03	6 (61.2%)
104	<b>SITKOWSKI Kamil</b>	<b>346</b>		M30-39	41	01:15:32	<b>03:02:18.85</b>	<b>03:02:31.65</b>	+01:12:09 (39.5%)	10:07	5.9 (60.2%)
105	<b>BULANDA Barbara</b>	<b>212</b>	ŻUBRY BOCHNIA	K30-39	12	01:14:01	<b>03:02:55.95</b>	<b>03:03:11.35</b>	+01:12:48 (39.7%)	10:09	5.9 (60.2%)
106	<b>NOWAK Beata</b>	<b>321</b>		K30-39	13	01:14:51	<b>03:03:08.25</b>	<b>03:03:19.20</b>	+01:12:56 (39.8%)	10:10	5.9 (60.2%)
107	<b>NOWIŃSKI Marcin</b>	<b>324</b>	HUSARIA RACE TEAM	M16-29	12	01:13:41	<b>03:03:22.10</b>	<b>03:03:29.05</b>	+01:13:06 (39.8%)	10:11	5.9 (60.2%)
108	<b>BREĆZEWSKI Andrzej</b>	<b>208</b>	UKS KOPERNIK	M50-59	8	01:15:32	<b>03:05:17.90</b>	<b>03:05:38.20</b>	+01:15:15 (40.5%)	10:17	5.8 (59.2%)
109	<b>WIECZOREK Łukasz</b>	<b>376</b>	OSP GAŚAWA	M30-39	42	01:13:19	<b>03:07:43.55</b>	<b>03:08:01.70</b>	+01:17:39 (41.3%)	10:25	5.8 (59.2%)
110	<b>FRAĆKIEWICZ Karol</b>	<b>240</b>	SCV	M40-49	23	01:16:19	<b>03:07:54.50</b>	<b>03:08:19.25</b>	+01:17:56 (41.4%)	10:26	5.7 (58.2%)
111	<b>TOCZEWSKA Anna</b>	<b>367</b>	JACEKBIEGA RUNNING TEAM	K50-59	1	01:18:13	<b>03:08:33.55</b>	<b>03:08:50.80</b>	+01:18:28 (41.6%)	10:28	5.7 (58.2%)
112	<b>STEC Iwona</b>	<b>356</b>		K30-39	14	01:16:30	<b>03:08:42.35</b>	<b>03:08:52.85</b>	+01:18:30 (41.6%)	10:29	5.7 (58.2%)
113	<b>NOWOTARSKI Wojtek</b>	<b>325</b>		M30-39	43	01:21:18	<b>03:10:38.10</b>	<b>03:11:04.65</b>	+01:20:42 (42.2%)	10:35	5.7 (58.2%)
114	<b>JARECKA Katarzyna</b>	<b>255</b>	ALLERGAN RUNNING TEAM	K40-49	10	01:15:10	<b>03:11:32.25</b>	<b>03:11:38.00</b>	+01:21:15 (42.4%)	10:38	5.6 (57.1%)
115	<b>CYWIŃSKI Paweł</b>	<b>226</b>	AKG	M40-49	24	01:15:33	<b>03:11:59.00</b>	<b>03:12:04.80</b>	+01:21:42 (42.5%)	10:39	5.6 (57.1%)
116	<b>CAŁKA Agnieszka</b>	<b>217</b>	RADZYMIŃ RUN TEAM	K40-49	11	01:21:24	<b>03:11:53.80</b>	<b>03:12:20.70</b>	+01:21:58 (42.6%)	10:39	5.6 (57.1%)
117	<b>CAŁKA Grzegorz</b>	<b>218</b>	RADZYMIŃ RUN TEAM	M40-49	25	01:21:27	<b>03:11:54.50</b>	<b>03:12:21.30</b>	+01:21:58 (42.6%)	10:39	5.6 (57.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Przehyba 6km	Czas netto 18km	Czas brutto 18km	Różn	Tempo min/km	Tempo km/h
118	WINIARCZYK Adrian	379	WIOLAADI	M30-39	44	01:20:42	03:13:27.50	03:13:39.55	+01:23:17 (43.0%)	10:44	5.6 (57.1%)
119	DYDERSKA Wioletta	230	WIOLAADI	K40-49	12	00:50:19	03:13:27.90	03:13:39.70	+01:23:17 (43.0%)	10:44	5.6 (57.1%)
120	BUDNY Aleksandra	211	KRAŚNIK BIEGA	K40-49	13	01:22:21	03:13:30.85	03:13:43.00	+01:23:20 (43.0%)	10:45	5.6 (57.1%)
121	MASTALERZ Marcin	597		M50-59	9	01:15:42	03:13:47.15	03:13:52.55	+01:23:30 (43.1%)	10:45	5.6 (57.1%)
122	KOWALSKA-GRZEJDA Anna	278		K40-49	14	01:18:11	03:14:08.90	03:14:14.85	+01:23:52 (43.2%)	10:47	5.6 (57.1%)
123	DZIEWIATOWSKA Agnieszka	234		K40-49	15	01:17:10	03:14:39.80	03:14:51.25	+01:24:28 (43.4%)	10:48	5.5 (56.1%)
124	NOWACZYK Robert	455		M30-39	45	01:19:15	03:14:41.00	03:16:12.35	+01:25:49 (43.7%)	10:48	5.5 (56.1%)
125	MAKLES Wioletta	304	EUROPA UBEZPIECZENIA / NOA	K40-49	16	01:18:42	03:16:14.50	03:16:22.10	+01:25:59 (43.8%)	10:54	5.5 (56.1%)
126	MUCHA Marek	318	APOSTLES OF STARS	M30-39	46	01:18:10	03:16:33.15	03:16:50.10	+01:26:27 (43.9%)	10:55	5.5 (56.1%)
127	MAZURKIEWICZ Jolanta	310	BYCHAWA RUNNERS / NAJWIĘKSZA ARMIA ŚWIATA	K30-39	15	01:21:25	03:16:59.50	03:17:09.85	+01:26:47 (44.0%)	10:56	5.5 (56.1%)
128	SZYSZKA Maciej	366	KETO KOTY	M30-39	47	01:20:07	03:16:24.10	03:17:55.70	+01:27:33 (44.2%)	10:54	5.5 (56.1%)
129	MALAWKO Aleksandra	305		K40-49	17	01:25:46	03:18:23.70	03:18:46.75	+01:28:24 (44.5%)	11:01	5.4 (55.1%)
130	JATA Marta	259	WW TEAM	K30-39	16	01:21:01	03:19:11.70	03:19:22.85	+01:29:00 (44.6%)	11:03	5.4 (55.1%)
131	BOBINSKA Marta	207		K30-39	17	01:21:50	03:19:12.35	03:19:27.90	+01:29:05 (44.7%)	11:04	5.4 (55.1%)
132	MROZIK Magdalena	317	POWER TRAINING	K30-39	18	01:21:49	03:19:13.35	03:19:28.00	+01:29:05 (44.7%)	11:04	5.4 (55.1%)
133	WOJNO Małgorzata	385	DROGA DO ULTRA	K30-39	19	01:23:11	03:19:54.15	03:20:18.15	+01:29:55 (44.9%)	11:06	5.4 (55.1%)
134	SKŁADANOWSKA Beata	347	EUROCASH TEAM	K30-39	20	01:20:06	03:20:35.35	03:20:45.95	+01:30:23 (45.0%)	11:08	5.4 (55.1%)
135	MACKIEWICZ Dorota	301	EAT RUN FUN	K40-49	18	01:20:25	03:20:46.15	03:20:52.70	+01:30:30 (45.1%)	11:09	5.4 (55.1%)
136	KĄDZIOŁKA Łukasz	285	K2	M30-39	48	01:23:26	03:20:30.55	03:20:56.35	+01:30:33 (45.1%)	11:08	5.4 (55.1%)
137	ZABŁOCKA Małgorzata	390	NATIONALE-NEDERLANDEN	K40-49	19	01:21:14	03:20:54.35	03:21:14.10	+01:30:51 (45.2%)	11:09	5.4 (55.1%)
138	MORITZ Karol	315	BIEGIEM DLA MAGDY	M50-59	10	01:23:23	03:21:02.30	03:21:17.55	+01:30:55 (45.2%)	11:10	5.4 (55.1%)
139	WEBER Agata	372	JACEKBIEGA RUNNING TEAM	K40-49	20	01:20:19	03:22:01.85	03:22:18.60	+01:31:56 (45.4%)	11:13	5.3 (54.1%)
140	KURPANIK Karol	292		M30-39	49	01:21:34	03:22:35.05	03:22:47.10	+01:32:24 (45.6%)	11:15	5.3 (54.1%)
141	WIECHA Marcin	375		M40-49	26	01:22:47	03:22:50.35	03:23:00.65	+01:32:38 (45.6%)	11:16	5.3 (54.1%)
142	PATEREK Ada	332		K40-49	21	01:24:48	03:23:44.40	03:24:07.30	+01:33:44 (45.9%)	11:19	5.3 (54.1%)
143	KINDRYK Tomasz	269	ZAGŁĘBIOWSKI KLUB OYAMA KARATE	M40-49	27	01:23:07	03:23:53.50	03:24:09.70	+01:33:47 (45.9%)	11:19	5.3 (54.1%)
144	ŻACZEK Anna	664	BIEGUSIEM.PL	K40-49	22	01:22:18	03:25:16.95	03:25:38.60	+01:35:16 (46.3%)	11:24	5.3 (54.1%)
145	KĘPKA-WAROWNA Weronika	268	BIEGUSIEM.PL	K40-49	23	01:22:14	03:25:16.65	03:25:38.90	+01:35:16 (46.3%)	11:24	5.3 (54.1%)
145	LUC Adam	296	BIEGUSIEM.PL	M40-49	28	01:22:24	03:25:18.75	03:25:38.90	+01:35:16 (46.3%)	11:24	5.3 (54.1%)
147	KĄDZIOŁKA Jan	284	K2	M50-59	11	01:23:19	03:25:19.10	03:25:46.65	+01:35:24 (46.4%)	11:24	5.3 (54.1%)
148	ŻYLSKI Janusz	665	DZIADY OCR	M50-59	12	01:22:41	03:26:46.25	03:27:05.35	+01:36:42 (46.7%)	11:29	5.2 (53.1%)
149	KOSMAŁA Przemek	277	MARCINSWIERTTEAM	M30-39	50	01:21:32	03:27:37.45	03:27:53.55	+01:37:31 (46.9%)	11:32	5.2 (53.1%)
150	WILK Magdalena	378	TEAM ZABIEGANEDNI	K40-49	24	01:21:45	03:27:47.85	03:28:02.70	+01:37:40 (46.9%)	11:32	5.2 (53.1%)
151	KUBLER Anna	287		K40-49	25	01:23:20	03:30:48.65	03:31:02.25	+01:40:39 (47.7%)	11:42	5.1 (52.0%)
152	PRZEBINDA Bogdan	337	#ADAMCZERWIŃSKI TEAM	M50-59	13	01:23:23	03:31:16.55	03:31:35.45	+01:41:13 (47.8%)	11:44	5.1 (52.0%)
153	PRZEBINDA Renata	338	#ADAMCZERWIŃSKITEAM	K40-49	26	01:23:26	03:31:17.45	03:31:35.90	+01:41:13 (47.8%)	11:44	5.1 (52.0%)
154	ROGUSKA Klaudia	666	RADZYMIIN RUN TEAM	K30-39	21	01:25:52	03:34:47.10	03:35:14.45	+01:44:52 (48.7%)	11:55	5 (51.0%)
155	ZACHARA Katarzyna	391		K30-39	22	01:23:15	03:35:10.85	03:35:23.65	+01:45:01 (48.8%)	11:57	5 (51.0%)
156	GAŚIOROWSKA Dorota	251	LADIESLOSTGAŞBAGAŞ	K50-59	2	01:24:57	03:35:16.70	03:35:42.20	+01:45:19 (48.8%)	11:57	5 (51.0%)
157	JARZĄBEK Agnieszka	257	RADZYMIIN RUN TEAM	K40-49	27	01:25:48	03:35:27.70	03:35:53.50	+01:45:31 (48.9%)	11:58	5 (51.0%)
158	SZYMAŃSKA Agata	365	RADZYMIIN RUN TEAM	K30-39	23	01:25:50	03:35:27.30	03:35:53.60	+01:45:31 (48.9%)	11:58	5 (51.0%)
159	TROJANEK Edyta	368	SENSORYBEAUTY.PL	K40-49	28	01:26:19	03:35:54.10	03:36:05.75	+01:45:43 (48.9%)	11:59	5 (51.0%)
160	FRIEZE Tatiana	238	DROGA DO ULTRA	K40-49	29	01:30:33	03:40:35.35	03:40:59.45	+01:50:37 (50.1%)	12:15	4.9 (50.0%)
161	WNOROWSKA Magdalena	381	RMF4RT GLADIATORS	K40-49	30	01:25:00	03:41:18.90	03:41:32.65	+01:51:10 (50.2%)	12:17	4.9 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Przehyba 6km	Czas netto 18km	Czas brutto 18km	Różn	Tempo min/km	Tempo km/h
162	<b>FRIEZE Krzysztof</b>	<b>239</b>	ORANGE POLSKA	M40-49	29	01:30:17	<b>03:42:53.00</b>	<b>03:43:17.90</b>	+01:52:55 (50.6%)	12:22	4.8 (49.0%)
163	<b>PAPROCKI Bartłomiej</b>	<b>330</b>		M40-49	30	01:16:22	<b>03:43:52.45</b>	<b>03:43:59.05</b>	+01:53:36 (50.7%)	12:26	4.8 (49.0%)
164	<b>MAGNUSZEWSKA Izabela</b>	<b>302</b>	CARBON OCR RACING TEAM	K40-49	31	01:31:58	<b>03:44:13.95</b>	<b>03:44:23.25</b>	+01:54:00 (50.8%)	12:27	4.8 (49.0%)
165	<b>WRZESIŃSKA Joanna</b>	<b>252</b>		K40-49	32	01:31:03	<b>03:45:31.00</b>	<b>03:45:52.95</b>	+01:55:30 (51.1%)	12:31	4.8 (49.0%)
166	<b>LORENC-KRUSZYŃSKA Sylwia</b>	<b>295</b>	FORDONRUNNERS/WKURW_TEAM	K30-39	24	01:27:48	<b>03:45:32.10</b>	<b>03:45:53.15</b>	+01:55:30 (51.1%)	12:31	4.8 (49.0%)
167	<b>IDZIK Angelika</b>	<b>253</b>	HUSARIA RACE TEAM	K16-29	4	01:24:44	<b>03:46:35.10</b>	<b>03:46:43.60</b>	+01:56:21 (51.3%)	12:35	4.8 (49.0%)
168	<b>FRUCZ Jacek</b>	<b>28</b>		M50-59	14	01:26:47	<b>03:46:31.40</b>	<b>03:46:59.10</b>	+01:56:36 (51.4%)	12:35	4.8 (49.0%)
169	<b>MAKARZEC-SURMA Agnieszka</b>	<b>303</b>	BIŁGORAJ	K30-39	25	01:34:07	<b>03:47:29.30</b>	<b>03:48:02.50</b>	+01:57:40 (51.6%)	12:38	4.7 (48.0%)
170	<b>MASTALERZ Katarzyna</b>	<b>309</b>	SŁONIÓWKA	K40-49	33	01:30:43	<b>03:51:05.15</b>	<b>03:51:10.50</b>	+02:00:48 (52.3%)	12:50	4.7 (48.0%)
171	<b>WIŚNIEWSKI Paweł</b>	<b>373</b>	NIGHT RUNNERS GLIWICE	M30-39	51	01:27:51	<b>03:51:10.85</b>	<b>03:51:39.40</b>	+02:01:16 (52.4%)	12:50	4.7 (48.0%)
172	<b>SIERECKI Zbigniew</b>	<b>344</b>	TEAM ZABIEGANEDNI // WKURW_TEAM	M40-49	31	01:29:45	<b>03:51:29.30</b>	<b>03:51:42.70</b>	+02:01:20 (52.4%)	12:51	4.7 (48.0%)
173	<b>SZLAKOWICZ Ewa</b>	<b>363</b>		K40-49	34	01:33:49	<b>04:00:51.15</b>	<b>04:01:09.40</b>	+02:10:46 (54.2%)	13:22	4.5 (45.9%)
174	<b>MALEWSKI Tomasz</b>	<b>306</b>		M40-49	32	01:33:45	<b>04:00:51.65</b>	<b>04:01:09.65</b>	+02:10:47 (54.2%)	13:22	4.5 (45.9%)
175	<b>KAPŁON Anna</b>	<b>264</b>		K40-49	35	01:37:49	<b>04:05:12.20</b>	<b>04:05:23.45</b>	+02:15:01 (55.0%)	13:37	4.4 (44.9%)
176	<b>SOKOŁOWSKI Artur</b>	<b>350</b>	TEAM ZABIEGANEDNI	M40-49	33	01:31:18	<b>04:06:32.25</b>	<b>04:06:46.95</b>	+02:16:24 (55.3%)	13:41	4.4 (44.9%)
177	<b>JARACZ-PATEREK Alina</b>	<b>254</b>	NOA	K40-49	36	01:30:36	<b>04:30:02.30</b>	<b>04:30:11.30</b>	+02:39:48 (59.1%)	15:00	4 (40.8%)
178	<b>WITKOWSKA Maria</b>	<b>668</b>		K60+	1	01:42:24	<b>04:29:37.05</b>	<b>04:30:17.25</b>	+02:39:54 (59.2%)	14:58	4 (40.8%)
179	<b>BUTRYN Wojciech</b>	<b>215</b>	BBKTS	M40-49	34	01:33:54	<b>04:04:23.25</b>	<b>05:39:26.00</b>	+03:49:03 (67.5%)	13:34	4.4 (44.9%)

Znaleziono 179 wynik(ów)