



TRIADA MARATON BESKID SĄDECKI

B4SPORT

Wydarzenie: ETAPOWA TRIADA ZIMOWA
Organizator: Fundacja Kocham Góry
Data: 2020-01-05
Miejsce: Krościenko nad Dunajcem
Dystans: 18 km

B4SPORT
INTELIĞENTNE 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	KOŚCIELNIAK Kacper	272	SALCO GARMIN TEAM	M16-29	1	00:49:42	01:50:20.75	01:50:22.45		6:07	9.8 (100%)
2	FLOREK Sebastian	237	NORAFSPORT / SPORT HG	M30-39	1	00:50:25	01:55:00.35	01:55:02.90	+00:04:40 (4.1%)	6:23	9.4 (95.9%)
3	BEREŚ Arkadiusz	203		M30-39	2		01:55:18.50	01:55:19.90	+00:04:57 (4.3%)	6:24	9.4 (95.9%)
4	FABIAN Marcel	235	SOCIOS SILESIA	M16-29	2	00:49:59	01:56:14.60	01:56:15.55	+00:05:53 (5.1%)	6:27	9.3 (94.9%)
5	GAWLIK Sławek	242		M30-39	3	00:50:48	01:58:20.20	01:58:21.45	+00:07:59 (6.7%)	6:34	9.1 (92.9%)
6	STROINSKI Daniel	241		M30-39	4	00:51:46	02:01:34.65	02:01:35.60	+00:11:13 (9.2%)	6:45	8.9 (90.8%)
7	CYRAN Piotr	225	NOA	M30-39	5	00:52:29	02:03:59.25	02:04:00.90	+00:13:38 (11.0%)	6:53	8.7 (88.8%)
8	KLONOWSKI Kamil	271	CARBON OCR RACING TEAM	M30-39	6	00:54:46	02:06:28.70	02:06:29.75	+00:16:07 (12.7%)	7:01	8.5 (86.7%)
9	RYBAK Przemysław	341	PRZE(W)AGA	M30-39	7	00:57:51	02:14:12.70	02:14:15.95	+00:23:53 (17.8%)	7:27	8 (81.6%)
10	TYNUS Grzegorz	667	NKK	M40-49	1	01:00:44	02:15:48.65	02:15:53.05	+00:25:30 (18.8%)	7:32	8 (81.6%)
11	CICHOCKI Tomasz	223	PELETON	M30-39	8	00:55:06	02:18:16.10	02:18:17.45	+00:27:55 (20.2%)	7:40	7.8 (79.6%)
12	SAWA Piotr	617		M16-29	3	00:59:09	02:19:57.20	02:19:59.55	+00:29:37 (21.2%)	7:46	7.7 (78.6%)
13	KUCZYK Szymon	288	ENDURANCE TEAM	M40-49	2	01:01:03	02:22:03.85	02:22:06.70	+00:31:44 (22.3%)	7:53	7.6 (77.6%)
14	MACIEJEWSKI Daniel	336		M30-39	9	01:01:53	02:22:29.25	02:22:37.40	+00:32:14 (22.6%)	7:54	7.6 (77.6%)
15	SZPUNAR Maciej	364	ROBIĘ TO DLA SIEBIE	M40-49	3	01:01:05	02:22:50.25	02:23:01.25	+00:32:38 (22.8%)	7:56	7.6 (77.6%)
16	SZELĄG Dariusz	360	LISY PUSTYNI	M40-49	4	01:02:13	02:23:47.35	02:23:51.45	+00:33:29 (23.3%)	7:59	7.5 (76.5%)
17	FEICHTINGER Marek	236		M40-49	5	01:01:39	02:24:07.10	02:24:09.45	+00:33:47 (23.4%)	8:00	7.5 (76.5%)
18	KOZIEŁ Krzysztof	282		M30-39	10	00:58:51	02:24:21.25	02:24:27.00	+00:34:04 (23.6%)	8:01	7.5 (76.5%)
19	OLEJNIK Franciszek	326	INŻYNIERIA BIEGANIA TEAM	M16-29	4	00:59:51	02:24:46.85	02:24:48.25	+00:34:25 (23.8%)	8:02	7.5 (76.5%)
20	KOLACHA Patryk	275	STUDIO GTS	M16-29	5	01:02:12	02:26:14.85	02:26:15.65	+00:35:53 (24.5%)	8:07	7.4 (75.5%)
21	NOWAK Lukasz	322	NOA / CS RUNNING TEAM	M30-39	11	01:03:37	02:26:10.25	02:26:18.00	+00:35:55 (24.6%)	8:07	7.4 (75.5%)
22	BROL Dominika	209	ENDURANCE TEAM	K30-39	1	01:01:20	02:26:35.80	02:26:38.15	+00:36:15 (24.7%)	8:08	7.4 (75.5%)
23	SOWA Grzegorz	353	STG-KRAKÓW ŚRÓDMIEŚCIE	M30-39	12	01:01:45	02:26:46.35	02:26:50.15	+00:36:27 (24.8%)	8:09	7.4 (75.5%)
24	ZIĘCINA Sylwia	395	ATLANTIC	K30-39	2	01:02:06	02:26:56.85	02:26:58.80	+00:36:36 (24.9%)	8:09	7.3 (74.5%)
25	SKORUPKA Leszek	348	M3 SIEDLCE	M40-49	6		02:28:58.70	02:29:04.00	+00:38:41 (26.0%)	8:16	7.2 (73.5%)
26	JASIULEWICZ Anna	258	BIAŁYSTOK BIEGA TEAM	K40-49	1	01:02:58	02:29:10.40	02:29:12.25	+00:38:49 (26.0%)	8:17	7.2 (73.5%)
27	WŁOCH Sławomir	380		M50-59	1	01:03:05	02:29:18.85	02:29:19.95	+00:38:57 (26.1%)	8:17	7.2 (73.5%)
28	MICHALSKI Damian	313	ALIOR RUNNING TEAM	M40-49	7	01:01:11	02:30:33.80	02:30:35.45	+00:40:13 (26.7%)	8:21	7.2 (73.5%)
29	STEFANIUK Roman	357		M50-59	2		02:31:01.65	02:31:05.45	+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	PYTEL Waldek	340	YULO RANTEAM SIEDLCE	M50-59	3	01:03:11	02:31:08.90	02:31:12.50	+00:40:50 (27.0%)	8:23	7.1 (72.4%)
31	DYLEG Andrzej	669	LIMANOWA FOREST	M40-49	8		02:31:12.60	02:31:15.25	+00:40:52 (27.0%)	8:24	7.1 (72.4%)
32	MĘDRYKOWSKI Damian	311		M30-39	13	01:03:36	02:32:04.30	02:32:09.35	+00:41:46 (27.5%)	8:26	7.1 (72.4%)
33	CHODOWIEC Karolina	221	ADIDAS RUNNERS WARSAW	K30-39	3	01:05:20	02:32:35.60	02:32:38.85	+00:42:16 (27.7%)	8:28	7.1 (72.4%)
34	CHODOWIEC Przemysław	220	ADIDAS RUNNERS WARSAW	M30-39	14	01:05:17	02:32:35.70	02:32:39.00	+00:42:16 (27.7%)	8:28	7.1 (72.4%)
35	SOSNOWSKA Agnieszka	352	SOSNA RADOSNA	K40-49	2	01:06:10	02:32:54.15	02:33:02.55	+00:42:40 (27.9%)	8:29	7.1 (72.4%)
36	BYRCZEK Michał	216	WATAHA	M30-39	15	01:09:03	02:32:56.10	02:33:17.70	+00:42:55 (28.0%)	8:29	7.1 (72.4%)
37	MARCINKOWSKI Bartosz	308	SACKY RUNNERS	M16-29	6	01:02:03	02:33:38.15	02:33:40.70	+00:43:18 (28.2%)	8:32	7 (71.4%)
38	KRAWCZYK Karol	283	LENIWY INACZEJ	M30-39	16	01:09:20	02:35:16.85	02:35:40.35	+00:45:17 (29.1%)	8:37	7 (71.4%)
39	SZKODA Kasia	361		K16-29	1	01:06:01	02:36:15.90	02:36:23.20	+00:46:00 (29.4%)	8:40	6.9 (70.4%)
40	CIERPIOŁ Andrzej	224	SACKY RUNNERS	M16-29	7	01:05:51	02:37:06.85	02:37:09.70	+00:46:47 (29.8%)	8:43	6.9 (70.4%)
41	OSIAK Artur	327	BIEGUSIEM.PL	M30-39	17	01:06:19	02:37:19.40	02:37:24.10	+00:47:01 (29.9%)	8:44	6.9 (70.4%)
42	STANKIEWICZ Tomasz	355	GT TEAM	M30-39	18	01:09:47	02:37:20.55	02:37:45.60	+00:47:23 (30.0%)	8:44	6.9 (70.4%)
43	MAŁEK Daren	307		M30-39	19	00:58:40	02:38:03.10	02:38:05.05	+00:47:42 (30.2%)	8:46	6.8 (69.4%)
44	BAĆMAGA Tomasz	202		M30-39	20	01:09:36	02:38:44.70	02:38:57.45	+00:48:35 (30.6%)	8:49	6.8 (69.4%)
45	GŁOWACKI Jerzy	243	JUVENIA KRAKÓW	M30-39	21	01:08:35	02:38:53.35	02:39:02.65	+00:48:40 (30.6%)	8:49	6.8 (69.4%)
46	JARNOT Konrad	256	BIEGAM W KATO :)	M30-39	22	01:09:22	02:39:08.20	02:39:40.25	+00:49:17 (30.9%)	8:50	6.8 (69.4%)
47	DROŚ Aleksander	228	POWER TRAINING	M30-39	23	01:08:44	02:39:50.05	02:39:54.35	+00:49:31 (31.0%)	8:52	6.8 (69.4%)
48	GODLEWSKI Cezary	246		M30-39	24	01:10:11	02:40:16.80	02:40:45.85	+00:50:23 (31.3%)	8:54	6.7 (68.4%)
49	PRZYBYLSKI Tomasz	339	TRI TOMAJ	M40-49	9	01:06:20	02:41:15.80	02:41:22.35	+00:50:59 (31.6%)	8:57	6.7 (68.4%)
50	KUDZIOR Piotr	289	PRO366	M16-29	8	01:06:26	02:42:27.50	02:42:34.05	+00:52:11 (32.1%)	9:01	6.6 (67.3%)
51	GRUSZKA Grzegorz	250	ENDURANCE TEAM	M40-49	10	01:04:06	02:42:51.25	02:42:54.45	+00:52:32 (32.2%)	9:02	6.6 (67.3%)
52	KOWALSKI Krzysztof	279	HRMAXCROSSTEAM	M50-59	4	01:05:58	02:42:53.95	02:42:58.25	+00:52:35 (32.3%)	9:03	6.6 (67.3%)
53	KUNA Aleksandra	290		K30-39	4	01:10:00	02:43:19.40	02:43:34.05	+00:53:11 (32.5%)	9:04	6.6 (67.3%)
54	WOLAŃCZUK Marcin	387		M30-39	25	01:08:35	02:44:48.45	02:44:51.65	+00:54:29 (33.1%)	9:09	6.6 (67.3%)
55	CZAPSKI Piotr	227		M50-59	5	01:11:10	02:44:36.65	02:44:57.45	+00:54:35 (33.1%)	9:08	6.6 (67.3%)
56	CHILICKA Marta	219	RED LION CLUB	K30-39	5	01:10:27	02:44:54.20	02:44:58.80	+00:54:36 (33.1%)	9:09	6.5 (66.3%)
57	GOŹDZIK Tomek	244		M16-29	9	01:10:03	02:44:46.45	02:45:05.40	+00:54:42 (33.1%)	9:09	6.6 (67.3%)
58	GRABOWSKI Damian	248	-	M30-39	26	01:09:58	02:45:04.10	02:45:15.25	+00:54:52 (33.2%)	9:10	6.5 (66.3%)
59	ŁOBODOWSKI Marcin	299	RACEFIGHTER GOSIR DĘBE WIELKIE	M30-39	27		02:45:23.05	02:45:28.45	+00:55:06 (33.3%)	9:11	6.5 (66.3%)
60	ADAMCZAK Barbara	200	TRAVOIS	K40-49	3	01:13:42	02:46:32.55	02:46:42.15	+00:56:19 (33.8%)	9:15	6.5 (66.3%)
61	KOWALSKI Szymon	280	HTF LUDWIK SIKORSKI	M40-49	11	01:10:22	02:47:00.85	02:47:04.20	+00:56:41 (33.9%)	9:16	6.5 (66.3%)
62	KITOWSKA Anna	232	PERFECT RUNNER TEAM	K40-49	4	01:12:40	02:47:21.00	02:47:33.95	+00:57:11 (34.1%)	9:17	6.5 (66.3%)
63	DZIERŻAK Elżbieta	233	HUSARIA RACE TEAM	K40-49	5	01:12:57	02:47:21.40	02:47:34.05	+00:57:11 (34.1%)	9:17	6.5 (66.3%)
64	LUTEREK Michał	298		M40-49	12	01:11:13	02:47:49.30	02:48:03.60	+00:57:41 (34.3%)	9:19	6.4 (65.3%)
65	SALIŃSKI Bartosz	342	WKURW_TEAM	M30-39	28	01:09:46	02:48:14.40	02:48:20.30	+00:57:57 (34.4%)	9:20	6.4 (65.3%)
66	SOBCZYK Piotr	349		M40-49	13	01:15:29	02:48:38.45	02:49:00.15	+00:58:37 (34.7%)	9:22	6.4 (65.3%)
67	SAWCZUK Robert	343	PADRE TEAM	M30-39	29	01:12:56	02:48:45.95	02:49:09.30	+00:58:46 (34.7%)	9:22	6.4 (65.3%)
68	NOWICKI Artur	323		M30-39	30	01:13:08	02:49:00.25	02:49:22.15	+00:58:59 (34.8%)	9:23	6.4 (65.3%)
69	KALETA Anna	262		K30-39	6	01:15:06	02:49:05.70	02:49:32.25	+00:59:09 (34.9%)	9:23	6.4 (65.3%)
70	WIATR Wojciech	374	ENDURANCE TEAM	M40-49	14	01:10:24	02:49:30.60	02:49:35.05	+00:59:12 (34.9%)	9:25	6.4 (65.3%)
71	KALISZAN Krzysztof	263	12 WBOT	M16-29	10	01:06:07	02:49:31.75	02:49:39.05	+00:59:16 (34.9%)	9:25	6.4 (65.3%)
72	GOĆŁOWSKI Cezary	245		M40-49	15	01:09:48	02:49:51.95	02:50:02.90	+00:59:40 (35.1%)	9:26	6.4 (65.3%)
73	ZIELIŃSKA Iwona	394	KUJAWSCY RUNNERS	K40-49	6	01:13:00	02:50:28.85	02:50:42.10	+01:00:19 (35.3%)	9:28	6.3 (64.3%)

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74	WENARSKI Grzegorz	626		M30-39	31	01:13:27	02:50:55.15	02:51:02.75	+01:00:40 (35.5%)	9:29	6.3 (64.3%)
75	NIMSZ Kamila	206	KB HARCOWNIK JELCZ-LASKOWICE	K30-39	7	01:11:05	02:51:10.25	02:51:26.10	+01:01:03 (35.6%)	9:30	6.3 (64.3%)
76	WONKO Ewa	389	HTF LUDWIK SIKORSKI	K30-39	8	01:10:13	02:51:24.15	02:51:27.50	+01:01:05 (35.6%)	9:31	6.3 (64.3%)
77	KOWALSKI Łukasz	281	BYCHAWA RUNNERS	M30-39	32	01:10:15	02:51:27.65	02:51:36.50	+01:01:14 (35.7%)	9:31	6.3 (64.3%)
78	JEŹDZIKOWSKI Marcin	260	RUN TEAM GAŚAWA	M40-49	16	01:13:14	02:51:54.60	02:52:12.15	+01:01:49 (35.9%)	9:33	6.3 (64.3%)
79	WOJTASIK Grzegorz	386	STALOWOWOLSKI KLUB BIEGACZA	M40-49	17	01:13:15	02:52:05.65	02:52:12.30	+01:01:49 (35.9%)	9:33	6.3 (64.3%)
80	KUŚ Tomasz	286	MIRAZ RACE TEAM	M30-39	33	01:10:28	02:52:12.55	02:52:22.45	+01:02:00 (36.0%)	9:34	6.3 (64.3%)
81	POGORZELSKA Katarzyna	333	BWM TEAM	K40-49	7	01:14:42	02:53:42.00	02:54:04.75	+01:03:42 (36.6%)	9:39	6.2 (63.3%)
82	SZKUDLAREK Artur	362	ANDRYCHÓW RUNNING	M30-39	34	01:15:10	02:53:46.35	02:54:11.85	+01:03:49 (36.6%)	9:39	6.2 (63.3%)
83	POŁOM Rafał	335	NOA	M30-39	35	01:09:25	02:54:12.25	02:54:20.40	+01:03:57 (36.7%)	9:40	6.2 (63.3%)
84	MICHALAK Sławomir	312	INZYNIER.EU NOSI TRAILOWE BOTKI	M50-59	6	01:13:18	02:54:18.35	02:54:39.60	+01:04:17 (36.8%)	9:41	6.2 (63.3%)
85	OŹGA Sebastian	329		M30-39	36	01:13:19	02:54:37.15	02:54:59.50	+01:04:37 (36.9%)	9:42	6.2 (63.3%)
86	SOWA-OKRASA Sylwia	354	DOGOŃ GRODZISK MAZOWIECKI	K40-49	8	01:12:53	02:55:26.80	02:55:31.95	+01:05:09 (37.1%)	9:44	6.2 (63.3%)
87	WALAC Jacek	369	DOGOŃ GRODZISK MAZOWIECKI	M30-39	37	01:13:51	02:55:24.35	02:55:32.10	+01:05:09 (37.1%)	9:44	6.2 (63.3%)
88	WOLAŃCZUK Piotr	388		M16-29	11	01:08:09	02:55:31.05	02:55:33.30	+01:05:10 (37.1%)	9:45	6.2 (63.3%)
89	KOPEĆ Renata	276	KS STASZEWSKY	K40-49	9	01:15:24	02:55:48.80	02:56:07.65	+01:05:45 (37.3%)	9:46	6.1 (62.2%)
90	KARPIEL Magdalena	266	SFITRUN.PL	K16-29	2	01:13:46	02:55:59.50	02:56:18.40	+01:05:55 (37.4%)	9:46	6.1 (62.2%)
91	KĘPARA Marcin	267	ADVA OPTICAL NETWORKING	M30-39	38	01:18:56	02:56:48.60	02:57:08.10	+01:06:45 (37.7%)	9:49	6.1 (62.2%)
92	WOJAS Jakub	383	INŻYNIERIA BIEGANIA	M30-39	39	01:13:16	02:57:13.25	02:57:14.95	+01:06:52 (37.7%)	9:50	6.1 (62.2%)
93	WAŁĘGA Monika	371		K30-39	9	01:14:43	02:57:11.90	02:57:21.85	+01:06:59 (37.8%)	9:50	6.1 (62.2%)
94	KOBIAŁKA Irek	273		M40-49	18	01:14:49	02:57:14.10	02:57:24.20	+01:07:01 (37.8%)	9:50	6.1 (62.2%)
95	ŁUCZKA Sylwia	300	KASTYO / VEGE RUNNERS	K16-29	3	01:14:24	02:57:19.25	02:57:38.50	+01:07:16 (37.9%)	9:51	6.1 (62.2%)
96	KOCHANOWSKI Sebastian	274	ROZBIEGAMY NOWY DWÓR	M40-49	19	01:09:35	02:57:34.80	02:57:41.75	+01:07:19 (37.9%)	9:51	6.1 (62.2%)
97	WALKOWSKI Tomasz	370	JACEKBIEGA RUNNING TEAM	M50-59	7	01:15:04	02:57:58.85	02:58:16.00	+01:07:53 (38.1%)	9:53	6.1 (62.2%)
98	KACZMARCZYK Krzysztof	261	ŻUBRY BOCHNIA	M40-49	20	01:13:46	02:59:33.10	02:59:49.10	+01:09:26 (38.6%)	9:58	6 (61.2%)
99	ZARĘBA Beata	393	BIEGAM BO LUBIĘ NOCĄ WARSZAWA	K30-39	10	01:14:40	02:59:29.80	02:59:57.75	+01:09:35 (38.7%)	9:58	6 (61.2%)
100	NIMSZ Bartosz	320		M30-39	40	01:13:40	02:59:52.85	03:00:08.90	+01:09:46 (38.7%)	9:59	6 (61.2%)
101	SZCZĘSNA Edyta	359	CARBON OCR RACING TEAM	K30-39	11	01:02:33	03:00:11.10	03:00:19.80	+01:09:57 (38.8%)	10:00	6 (61.2%)
102	NIEDŹWIEDŹ Tomasz	319	RED LION CLUB	M40-49	21	01:11:19	03:00:34.90	03:00:39.65	+01:10:17 (38.9%)	10:01	6 (61.2%)
103	POGORZELSKI Grzegorz	334	BWM TEAM	M40-49	22	01:12:45	03:01:06.60	03:01:29.25	+01:11:06 (39.2%)	10:03	6 (61.2%)
104	SITKOWSKI Kamil	346		M30-39	41	01:15:32	03:02:18.85	03:02:31.65	+01:12:09 (39.5%)	10:07	5.9 (60.2%)
105	BULANDA Barbara	212	ŻUBRY BOCHNIA	K30-39	12	01:14:01	03:02:55.95	03:03:11.35	+01:12:48 (39.7%)	10:09	5.9 (60.2%)
106	NOWAK Beata	321		K30-39	13	01:14:51	03:03:08.25	03:03:19.20	+01:12:56 (39.8%)	10:10	5.9 (60.2%)
107	NOWIŃSKI Marcin	324	HUSARIA RACE TEAM	M16-29	12	01:13:41	03:03:22.10	03:03:29.05	+01:13:06 (39.8%)	10:11	5.9 (60.2%)
108	BREĆZEWSKI Andrzej	208	UKS KOPERNIK	M50-59	8	01:15:32	03:05:17.90	03:05:38.20	+01:15:15 (40.5%)	10:17	5.8 (59.2%)
109	WIECZOREK Łukasz	376	OSP GAŚAWA	M30-39	42	01:13:19	03:07:43.55	03:08:01.70	+01:17:39 (41.3%)	10:25	5.8 (59.2%)
110	FRAĆKIEWICZ Karol	240	SCV	M40-49	23	01:16:19	03:07:54.50	03:08:19.25	+01:17:56 (41.4%)	10:26	5.7 (58.2%)
111	TOCZEWSKA Anna	367	JACEKBIEGA RUNNING TEAM	K50-59	1	01:18:13	03:08:33.55	03:08:50.80	+01:18:28 (41.6%)	10:28	5.7 (58.2%)
112	STEC Iwona	356		K30-39	14	01:16:30	03:08:42.35	03:08:52.85	+01:18:30 (41.6%)	10:29	5.7 (58.2%)
113	NOWOTARSKI Wojtek	325		M30-39	43	01:21:18	03:10:38.10	03:11:04.65	+01:20:42 (42.2%)	10:35	5.7 (58.2%)
114	JARECKA Katarzyna	255	ALLERGAN RUNNING TEAM	K40-49	10	01:15:10	03:11:32.25	03:11:38.00	+01:21:15 (42.4%)	10:38	5.6 (57.1%)
115	CYWIŃSKI Paweł	226	AKG	M40-49	24	01:15:33	03:11:59.00	03:12:04.80	+01:21:42 (42.5%)	10:39	5.6 (57.1%)
116	CAŁKA Agnieszka	217	RADZYMIŃ RUN TEAM	K40-49	11	01:21:24	03:11:53.80	03:12:20.70	+01:21:58 (42.6%)	10:39	5.6 (57.1%)
117	CAŁKA Grzegorz	218	RADZYMIŃ RUN TEAM	M40-49	25	01:21:27	03:11:54.50	03:12:21.30	+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	FRIEZE Krzysztof	239	ORANGE POLSKA	M40-49	29	01:30:17	03:42:53.00	03:43:17.90	+01:52:55 (50.6%)	12:22	4.8 (49.0%)
163	PAPROCKI Bartłomiej	330		M40-49	30	01:16:22	03:43:52.45	03:43:59.05	+01:53:36 (50.7%)	12:26	4.8 (49.0%)
164	MAGNUSZEWSKA Izabela	302	CARBON OCR RACING TEAM	K40-49	31	01:31:58	03:44:13.95	03:44:23.25	+01:54:00 (50.8%)	12:27	4.8 (49.0%)
165	WRZESIŃSKA Joanna	252		K40-49	32	01:31:03	03:45:31.00	03:45:52.95	+01:55:30 (51.1%)	12:31	4.8 (49.0%)
166	LORENC-KRUSZYŃSKA Sylwia	295	FORDONRUNNERS/WKURW_TEAM	K30-39	24	01:27:48	03:45:32.10	03:45:53.15	+01:55:30 (51.1%)	12:31	4.8 (49.0%)
167	IDZIK Angelika	253	HUSARIA RACE TEAM	K16-29	4	01:24:44	03:46:35.10	03:46:43.60	+01:56:21 (51.3%)	12:35	4.8 (49.0%)
168	FRUCZ Jacek	28		M50-59	14	01:26:47	03:46:31.40	03:46:59.10	+01:56:36 (51.4%)	12:35	4.8 (49.0%)
169	MAKARZEC-SURMA Agnieszka	303	BIŁGORAJ	K30-39	25	01:34:07	03:47:29.30	03:48:02.50	+01:57:40 (51.6%)	12:38	4.7 (48.0%)
170	MASTALERZ Katarzyna	309	SŁONIÓWKA	K40-49	33	01:30:43	03:51:05.15	03:51:10.50	+02:00:48 (52.3%)	12:50	4.7 (48.0%)
171	WIŚNIEWSKI Paweł	373	NIGHT RUNNERS GLIWICE	M30-39	51	01:27:51	03:51:10.85	03:51:39.40	+02:01:16 (52.4%)	12:50	4.7 (48.0%)
172	SIERECKI Zbigniew	344	TEAM ZABIEGANEDNI // WKURW_TEAM	M40-49	31	01:29:45	03:51:29.30	03:51:42.70	+02:01:20 (52.4%)	12:51	4.7 (48.0%)
173	SZLAKOWICZ Ewa	363		K40-49	34	01:33:49	04:00:51.15	04:01:09.40	+02:10:46 (54.2%)	13:22	4.5 (45.9%)
174	MALEWSKI Tomasz	306		M40-49	32	01:33:45	04:00:51.65	04:01:09.65	+02:10:47 (54.2%)	13:22	4.5 (45.9%)
175	KAPŁON Anna	264		K40-49	35	01:37:49	04:05:12.20	04:05:23.45	+02:15:01 (55.0%)	13:37	4.4 (44.9%)
176	SOKOŁOWSKI Artur	350	TEAM ZABIEGANEDNI	M40-49	33	01:31:18	04:06:32.25	04:06:46.95	+02:16:24 (55.3%)	13:41	4.4 (44.9%)
177	JARACZ-PATEREK Alina	254	NOA	K40-49	36	01:30:36	04:30:02.30	04:30:11.30	+02:39:48 (59.1%)	15:00	4 (40.8%)
178	WITKOWSKA Maria	668		K60+	1	01:42:24	04:29:37.05	04:30:17.25	+02:39:54 (59.2%)	14:58	4 (40.8%)
179	BUTRYN Wojciech	215	BBKTS	M40-49	34	01:33:54	04:04:23.25	05:39:26.00	+03:49:03 (67.5%)	13:34	4.4 (44.9%)

Znaleziono 179 wynik(ów)