



# TRIADA MARATON GORCE

B4SPORT  
INTELEKTUALNE ZAWODY SPORTOWE

**Wydarzenie:** ETAPOWA TRIADA ZIMOWA  
**Organizator:** Fundacja Kocham Góry  
**Data:** 2020-01-04  
**Miejsce:** Krościenko nad Dunajcem  
**Dystans:** 16 km

**B4SPORT**  
INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 16km	Czas brutto 16km	Różn	Tempo min/km	Tempo km/h
1	<b>KOŚCIELNIAK Kacper</b>	<b>272</b>	SALCO GARMIN TEAM	M16-29	1	<b>01:19:44.95</b>	<b>01:19:45.70</b>		4:59	12 (100%)
2	<b>FABIAN Marcel</b>	<b>235</b>	SOCIOS SILESIA	M16-29	2	<b>01:27:11.55</b>	<b>01:27:12.80</b>	+00:07:27 (8.5%)	5:26	11 (91.7%)
3	<b>BEREŚ Arkadiusz</b>	<b>203</b>		M30-39	1	<b>01:27:13.20</b>	<b>01:27:14.20</b>	+00:07:28 (8.6%)	5:27	11 (91.7%)
4	<b>FLOREK Sebastian</b>	<b>237</b>	NORAFSPORT / SPORT HG	M30-39	2	<b>01:27:24.95</b>	<b>01:27:25.95</b>	+00:07:40 (8.8%)	5:27	11 (91.7%)
5	<b>GAWLIK Sławek</b>	<b>242</b>		M30-39	3	<b>01:29:14.45</b>	<b>01:29:15.15</b>	+00:09:29 (10.6%)	5:34	10.8 (90.0%)
6	<b>STROINSKI Daniel</b>	<b>241</b>		M30-39	4	<b>01:32:23.55</b>	<b>01:32:25.50</b>	+00:12:39 (13.7%)	5:46	10.4 (86.7%)
7	<b>KLONOWSKI Kamil</b>	<b>271</b>	CARBON OCR RACING TEAM	M30-39	5	<b>01:35:37.90</b>	<b>01:35:38.30</b>	+00:15:52 (16.6%)	5:58	10 (83.3%)
8	<b>CYRAN Piotr</b>	<b>225</b>	NOA	M30-39	6	<b>01:35:50.70</b>	<b>01:35:53.25</b>	+00:16:07 (16.8%)	5:59	10 (83.3%)
9	<b>TYNUS Grzegorz</b>	<b>667</b>	NKK	M40-49	1	<b>01:36:47.55</b>	<b>01:36:52.45</b>	+00:17:06 (17.7%)	6:03	9.9 (82.5%)
10	<b>RYBAK Przemysław</b>	<b>341</b>	PRZE(W)AGA	M30-39	7	<b>01:43:18.25</b>	<b>01:43:21.85</b>	+00:23:36 (22.8%)	6:27	9.3 (77.5%)
11	<b>MARCINKOWSKI Bartosz</b>	<b>308</b>	SACKY RUNNERS	M16-29	3	<b>01:43:51.20</b>	<b>01:44:03.00</b>	+00:24:17 (23.3%)	6:29	9.2 (76.7%)
12	<b>BIEŃ Przemysław</b>	<b>205</b>	KS RYGLICE- SEKCJA BIEGOWA	M30-39	8	<b>01:43:59.10</b>	<b>01:44:11.15</b>	+00:24:25 (23.4%)	6:29	9.2 (76.7%)
13	<b>OLEJNIK Franciszek</b>	<b>326</b>	INŻYNIERIA BIEGANIA TEAM	M16-29	4	<b>01:45:37.60</b>	<b>01:45:46.65</b>	+00:26:00 (24.6%)	6:36	9.1 (75.8%)
14	<b>MAŁEK Daren</b>	<b>307</b>		M30-39	9	<b>01:46:41.35</b>	<b>01:46:42.80</b>	+00:26:57 (25.3%)	6:40	9 (75.0%)
15	<b>FEICHTINGER Marek</b>	<b>236</b>		M40-49	2	<b>01:47:30.30</b>	<b>01:47:30.30</b>	+00:27:44 (25.8%)	6:43	8.9 (74.2%)
16	<b>MICHALSKI Damian</b>	<b>313</b>	ALIOR RUNNING TEAM	M40-49	3	<b>01:48:02.15</b>	<b>01:48:05.30</b>	+00:28:19 (26.2%)	6:45	8.9 (74.2%)
17	<b>KUCZYK Szymon</b>	<b>288</b>	ENDURANCE TEAM	M40-49	4	<b>01:48:13.20</b>	<b>01:48:26.70</b>	+00:28:41 (26.4%)	6:45	8.9 (74.2%)
18	<b>NOWAK Lukasz</b>	<b>322</b>	NOA / CS RUNNING TEAM	M30-39	10	<b>01:49:12.85</b>	<b>01:49:17.75</b>	+00:29:32 (27.0%)	6:49	8.8 (73.3%)
19	<b>SZELAĞ Dariusz</b>	<b>360</b>	LISY PUSTYNI	M40-49	5	<b>01:49:29.00</b>	<b>01:49:36.40</b>	+00:29:50 (27.2%)	6:50	8.8 (73.3%)
20	<b>SOWA Grzegorz</b>	<b>353</b>	STG-KRAKÓW ŚRÓDMIEŚCIE	M30-39	11	<b>01:50:08.65</b>	<b>01:50:15.60</b>	+00:30:29 (27.7%)	6:53	8.7 (72.5%)
21	<b>SAWA Piotr</b>	<b>617</b>		M16-29	5	<b>01:50:09.20</b>	<b>01:50:28.10</b>	+00:30:42 (27.8%)	6:53	8.7 (72.5%)
22	<b>GRUSZKA Grzegorz</b>	<b>250</b>	ENDURANCE TEAM	M40-49	6	<b>01:50:49.55</b>	<b>01:50:52.45</b>	+00:31:06 (28.1%)	6:55	8.7 (72.5%)
23	<b>JASIULEWICZ Anna</b>	<b>258</b>	BIAŁYSTOK BIEGA TEAM	K40-49	1	<b>01:51:42.70</b>	<b>01:51:47.10</b>	+00:32:01 (28.6%)	6:58	8.6 (71.7%)
24	<b>CICHOCKI Tomasz</b>	<b>223</b>	PELETON	M30-39	12	<b>01:51:50.25</b>	<b>01:51:51.65</b>	+00:32:05 (28.7%)	6:59	8.6 (71.7%)
25	<b>MACIEJEWSKI Daniel</b>	<b>336</b>		M30-39	13	<b>01:51:41.90</b>	<b>01:51:59.40</b>	+00:32:13 (28.8%)	6:58	8.6 (71.7%)
26	<b>KOLACHA Patryk</b>	<b>275</b>	STUDIO GTS	M16-29	6	<b>01:52:32.90</b>	<b>01:52:40.10</b>	+00:32:54 (29.2%)	7:02	8.5 (70.8%)
27	<b>MĘDRYKOWSKI Damian</b>	<b>311</b>		M30-39	14	<b>01:52:16.25</b>	<b>01:52:44.35</b>	+00:32:58 (29.3%)	7:01	8.6 (71.7%)
28	<b>ŁOBODOWSKI Marcin</b>	<b>299</b>	RACEFIGHTER GOSIR DĘBE WIELKIE	M30-39	15	<b>01:53:14.70</b>	<b>01:53:20.65</b>	+00:33:34 (29.6%)	7:04	8.5 (70.8%)
29	<b>SZPUNAR Maciej</b>	<b>364</b>	ROBIĘ TO DLA SIEBIE	M40-49	7	<b>01:52:59.10</b>	<b>01:53:23.40</b>	+00:33:37 (29.7%)	7:03	8.5 (70.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 16km	Czas brutto 16km	Różn	Tempo min/km	Tempo km/h
30	<b>KOZIEŁ Krzysztof</b>	<b>282</b>		M30-39	16	<b>01:53:22.20</b>	<b>01:53:32.00</b>	+00:33:46 (29.7%)	7:05	8.5 (70.8%)
31	<b>BYRCZEK Michał</b>	<b>216</b>	WATAHA	M30-39	17	<b>01:53:40.65</b>	<b>01:54:13.90</b>	+00:34:28 (30.2%)	7:06	8.4 (70.0%)
32	<b>WŁOCH Sławomir</b>	<b>380</b>		M50-59	1	<b>01:54:17.60</b>	<b>01:54:25.35</b>	+00:34:39 (30.3%)	7:08	8.4 (70.0%)
33	<b>SOBCZYK Piotr</b>	<b>349</b>		M40-49	8	<b>01:54:32.40</b>	<b>01:54:46.85</b>	+00:35:01 (30.5%)	7:09	8.4 (70.0%)
34	<b>BROL Dominika</b>	<b>209</b>	ENDURANCE TEAM	K30-39	1	<b>01:55:11.50</b>	<b>01:55:13.50</b>	+00:35:27 (30.8%)	7:11	8.3 (69.2%)
35	<b>SOSNOWSKA Agnieszka</b>	<b>352</b>	SOSNA RADOSNA	K40-49	2	<b>01:55:14.50</b>	<b>01:55:18.70</b>	+00:35:33 (30.8%)	7:12	8.3 (69.2%)
36	<b>CIERPIOŁ Andrzej</b>	<b>224</b>	SACKY RUNNERS	M16-29	7	<b>01:55:18.60</b>	<b>01:55:30.70</b>	+00:35:45 (30.9%)	7:12	8.3 (69.2%)
37	<b>KRAWCZYK Karol</b>	<b>283</b>	LENIWY INACZEJ	M30-39	18	<b>01:56:29.55</b>	<b>01:56:41.60</b>	+00:36:55 (31.6%)	7:16	8.2 (68.3%)
38	<b>ZIĘCINA Sylwia</b>	<b>395</b>	ATLANTIC	K30-39	2	<b>01:56:40.45</b>	<b>01:56:44.45</b>	+00:36:58 (31.7%)	7:17	8.2 (68.3%)
39	<b>SKORUPKA Leszek</b>	<b>348</b>	M3 SIEDLCE	M40-49	9	<b>01:56:46.90</b>	<b>01:57:00.55</b>	+00:37:14 (31.8%)	7:17	8.2 (68.3%)
40	<b>JARNOT Konrad</b>	<b>256</b>	BIEGAM W KATO :)	M30-39	19	<b>01:57:03.95</b>	<b>01:57:27.25</b>	+00:37:41 (32.1%)	7:19	8.2 (68.3%)
41	<b>STANKIEWICZ Tomasz</b>	<b>355</b>	GT TEAM	M30-39	20	<b>01:56:37.15</b>	<b>01:57:36.25</b>	+00:37:50 (32.2%)	7:17	8.2 (68.3%)
42	<b>STEFANIUK Roman</b>	<b>357</b>		M50-59	2	<b>01:57:35.90</b>	<b>01:57:46.65</b>	+00:38:00 (32.3%)	7:21	8.2 (68.3%)
43	<b>DYLEG Andrzej</b>	<b>669</b>	LIMANOWA FOREST	M40-49	10	<b>01:58:15.55</b>	<b>01:58:16.70</b>	+00:38:31 (32.6%)	7:23	8.1 (67.5%)
44	<b>CHODOWIEC Przemysław</b>	<b>220</b>	ADIDAS RUNNERS WARSAW	M30-39	21	<b>01:58:20.10</b>	<b>01:58:29.20</b>	+00:38:43 (32.7%)	7:23	8.1 (67.5%)
45	<b>CHODOWIEC Karolina</b>	<b>221</b>	ADIDAS RUNNERS WARSAW	K30-39	3	<b>01:58:21.25</b>	<b>01:58:29.35</b>	+00:38:43 (32.7%)	7:23	8.1 (67.5%)
46	<b>SAWCZUK Robert</b>	<b>343</b>	PADRE TEAM	M30-39	22	<b>01:59:59.60</b>	<b>02:00:23.20</b>	+00:40:37 (33.7%)	7:30	8 (66.7%)
47	<b>PRZYBYLSKI Tomasz</b>	<b>339</b>	TRI TOMAJ	M40-49	11	<b>02:01:53.55</b>	<b>02:02:20.30</b>	+00:42:34 (34.8%)	7:37	7.9 (65.8%)
48	<b>WIATR Wojciech</b>	<b>374</b>	ENDURANCE TEAM	M40-49	12	<b>02:02:19.10</b>	<b>02:02:23.60</b>	+00:42:37 (34.8%)	7:38	7.8 (65.0%)
49	<b>CHILICKA Marta</b>	<b>219</b>	RED LION CLUB	K30-39	4	<b>02:02:22.70</b>	<b>02:02:25.60</b>	+00:42:39 (34.8%)	7:38	7.8 (65.0%)
50	<b>PYTEL Waldek</b>	<b>340</b>	YULO RANTEAM SIEDLCE	M50-59	3	<b>02:02:31.00</b>	<b>02:02:31.00</b>	+00:42:45 (34.9%)	7:39	7.8 (65.0%)
51	<b>KUNA Aleksandra</b>	<b>290</b>		K30-39	5	<b>02:02:15.20</b>	<b>02:02:31.15</b>	+00:42:45 (34.9%)	7:38	7.9 (65.8%)
52	<b>NOWICKI Artur</b>	<b>323</b>		M30-39	23	<b>02:03:16.20</b>	<b>02:03:48.70</b>	+00:44:03 (35.6%)	7:42	7.8 (65.0%)
53	<b>DROŚ Aleksander</b>	<b>228</b>	POWER TRAINING	M30-39	24	<b>02:04:15.20</b>	<b>02:04:18.35</b>	+00:44:32 (35.8%)	7:45	7.7 (64.2%)
54	<b>WOLAŃCZUK Marcin</b>	<b>387</b>		M30-39	25	<b>02:04:17.50</b>	<b>02:04:25.70</b>	+00:44:40 (35.9%)	7:46	7.7 (64.2%)
55	<b>GŁOWACKI Jerzy</b>	<b>243</b>	JUVENIA KRAKÓW	M30-39	26	<b>02:03:34.05</b>	<b>02:04:34.50</b>	+00:44:48 (36.0%)	7:43	7.8 (65.0%)
56	<b>OSIAK Artur</b>	<b>327</b>	BIEGUSIEM.PL	M30-39	27	<b>02:04:31.45</b>	<b>02:04:34.60</b>	+00:44:48 (36.0%)	7:46	7.7 (64.2%)
57	<b>WOLAŃCZUK Piotr</b>	<b>388</b>		M16-29	8	<b>02:04:26.80</b>	<b>02:04:34.85</b>	+00:44:49 (36.0%)	7:46	7.7 (64.2%)
58	<b>SZKODA Kasia</b>	<b>361</b>		K16-29	1	<b>02:04:04.15</b>	<b>02:04:52.70</b>	+00:45:07 (36.1%)	7:45	7.7 (64.2%)
59	<b>KALISZAN Krzysztof</b>	<b>263</b>	12 WBOT	M16-29	9	<b>02:04:06.55</b>	<b>02:04:55.75</b>	+00:45:10 (36.2%)	7:45	7.7 (64.2%)
60	<b>KOWALSKI Łukasz</b>	<b>281</b>	BYCHAWA RUNNERS	M30-39	28	<b>02:04:47.25</b>	<b>02:05:02.60</b>	+00:45:16 (36.2%)	7:47	7.7 (64.2%)
61	<b>KLATKA Arleta</b>	<b>270</b>	BBL TOMASZÓW MAZOWIECKI	K40-49	3	<b>02:04:59.75</b>	<b>02:05:05.05</b>	+00:45:19 (36.2%)	7:48	7.7 (64.2%)
62	<b>WOJTASIK Grzegorz</b>	<b>386</b>	STALOWOWOLSKI KLUB BIEGACZA	M40-49	13	<b>02:04:50.40</b>	<b>02:05:06.35</b>	+00:45:20 (36.2%)	7:48	7.7 (64.2%)
63	<b>SZKUDLAREK Artur</b>	<b>362</b>	ANDRYCHÓW RUNNING	M30-39	29	<b>02:05:04.10</b>	<b>02:05:31.05</b>	+00:45:45 (36.5%)	7:49	7.7 (64.2%)
64	<b>NOWIŃSKI Marcin</b>	<b>324</b>	HUSARIA RACE TEAM	M16-29	10	<b>02:06:08.65</b>	<b>02:06:23.35</b>	+00:46:37 (36.9%)	7:53	7.6 (63.3%)
65	<b>NOWOTARSKI Wojtek</b>	<b>325</b>		M30-39	30	<b>02:06:16.25</b>	<b>02:06:42.60</b>	+00:46:56 (37.1%)	7:53	7.6 (63.3%)
66	<b>POŁOM Rafał</b>	<b>335</b>	NOA	M30-39	31	<b>02:06:47.65</b>	<b>02:06:54.60</b>	+00:47:08 (37.2%)	7:55	7.6 (63.3%)
67	<b>GOŚŁOWSKI Cezary</b>	<b>245</b>		M40-49	14	<b>02:06:05.25</b>	<b>02:07:05.10</b>	+00:47:19 (37.2%)	7:52	7.6 (63.3%)
68	<b>GOŹDZIK Tomek</b>	<b>244</b>		M16-29	11	<b>02:06:48.30</b>	<b>02:07:31.85</b>	+00:47:46 (37.5%)	7:55	7.6 (63.3%)
69	<b>ADAMCZAK Barbara</b>	<b>200</b>	TRAVOIS	K40-49	4	<b>02:06:53.85</b>	<b>02:07:38.85</b>	+00:47:53 (37.5%)	7:55	7.6 (63.3%)
70	<b>GRABOWSKI Damian</b>	<b>248</b>	-	M30-39	32	<b>02:07:19.65</b>	<b>02:07:41.30</b>	+00:47:55 (37.5%)	7:57	7.5 (62.5%)
71	<b>BAĆMAGA Tomasz</b>	<b>202</b>		M30-39	33	<b>02:07:42.55</b>	<b>02:07:42.55</b>	+00:47:56 (37.5%)	7:58	7.5 (62.5%)
72	<b>JEŹDZIKOWSKI Marcin</b>	<b>260</b>	RUN TEAM GAŚAWA	M40-49	15	<b>02:07:29.55</b>	<b>02:07:51.75</b>	+00:48:06 (37.6%)	7:58	7.5 (62.5%)
73	<b>POGORZELSKA Katarzyna</b>	<b>333</b>	BWM TEAM	K40-49	5	<b>02:07:21.85</b>	<b>02:07:52.95</b>	+00:48:07 (37.6%)	7:57	7.5 (62.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 16km	Czas brutto 16km	Różn	Tempo min/km	Tempo km/h
74	<b>FRĄCKIEWICZ Karol</b>	<b>240</b>	SCV	M40-49	16	<b>02:07:53.90</b>	<b>02:08:12.45</b>	+00:48:26 (37.8%)	7:59	7.5 (62.5%)
75	<b>DZIERŻAK Elżbieta</b>	<b>233</b>	HUSARIA RACE TEAM	K40-49	6	<b>02:08:04.20</b>	<b>02:08:25.35</b>	+00:48:39 (37.9%)	8:00	7.5 (62.5%)
76	<b>GODLEWSKI Cezary</b>	<b>246</b>		M30-39	34	<b>02:08:25.70</b>	<b>02:08:44.60</b>	+00:48:58 (38.0%)	8:01	7.5 (62.5%)
77	<b>WOJAS Jakub</b>	<b>383</b>	INŻYNIERIA BIEGANIA	M30-39	35	<b>02:08:56.55</b>	<b>02:09:07.50</b>	+00:49:21 (38.2%)	8:03	7.4 (61.7%)
78	<b>MICHALAK Sławomir</b>	<b>312</b>	INZYNIER.EU NOSI TRAILOWE BOTKI	M50-59	4	<b>02:08:46.00</b>	<b>02:09:32.85</b>	+00:49:47 (38.4%)	8:02	7.5 (62.5%)
79	<b>KOWALSKI Krzysztof</b>	<b>279</b>	HRMAXCROSSTEAM	M50-59	5	<b>02:09:24.00</b>	<b>02:09:33.30</b>	+00:49:47 (38.4%)	8:05	7.4 (61.7%)
80	<b>OŻGA Sebastian</b>	<b>329</b>		M30-39	36	<b>02:09:02.85</b>	<b>02:09:49.20</b>	+00:50:03 (38.6%)	8:03	7.4 (61.7%)
81	<b>LUTEREK Michał</b>	<b>298</b>		M40-49	17	<b>02:08:53.85</b>	<b>02:09:49.35</b>	+00:50:03 (38.6%)	8:03	7.4 (61.7%)
82	<b>NIEDŹWIEDŹ Tomasz</b>	<b>319</b>	RED LION CLUB	M40-49	18	<b>02:09:49.05</b>	<b>02:09:52.45</b>	+00:50:06 (38.6%)	8:06	7.4 (61.7%)
83	<b>KUDZIOR Piotr</b>	<b>289</b>	PRO366	M16-29	12	<b>02:09:29.05</b>	<b>02:09:55.55</b>	+00:50:09 (38.6%)	8:05	7.4 (61.7%)
84	<b>CZAPSKI Piotr</b>	<b>227</b>		M50-59	6	<b>02:10:15.85</b>	<b>02:11:04.40</b>	+00:51:18 (39.1%)	8:08	7.4 (61.7%)
85	<b>NIMSZ Bartosz</b>	<b>320</b>		M30-39	37	<b>02:10:22.15</b>	<b>02:11:09.00</b>	+00:51:23 (39.2%)	8:08	7.4 (61.7%)
86	<b>KOWALSKI Szymon</b>	<b>280</b>	HTF LUDWIK SIKORSKI	M40-49	19	<b>02:11:16.10</b>	<b>02:11:29.95</b>	+00:51:44 (39.3%)	8:12	7.3 (60.8%)
87	<b>KURPANIK Karol</b>	<b>292</b>		M30-39	38	<b>02:11:42.15</b>	<b>02:11:53.95</b>	+00:52:08 (39.5%)	8:13	7.3 (60.8%)
88	<b>WALKOWSKI Tomasz</b>	<b>370</b>	JACEKBIEGA RUNNING TEAM	M50-59	7	<b>02:11:10.90</b>	<b>02:12:08.85</b>	+00:52:23 (39.6%)	8:11	7.3 (60.8%)
89	<b>KALETA Anna</b>	<b>262</b>		K30-39	6	<b>02:12:02.60</b>	<b>02:12:39.35</b>	+00:52:53 (39.9%)	8:15	7.3 (60.8%)
90	<b>KACZMARCZYK Krzysztof</b>	<b>261</b>	ŻUBRY BOCHNIA	M40-49	20	<b>02:12:21.70</b>	<b>02:13:00.65</b>	+00:53:14 (40.0%)	8:16	7.3 (60.8%)
91	<b>KOSMAŁA Przemek</b>	<b>277</b>	MARCINSWIERCTEAM	M30-39	39	<b>02:12:10.15</b>	<b>02:13:10.30</b>	+00:53:24 (40.1%)	8:15	7.3 (60.8%)
92	<b>WAŁĘGA Monika</b>	<b>371</b>		K30-39	7	<b>02:12:32.75</b>	<b>02:13:14.20</b>	+00:53:28 (40.1%)	8:17	7.2 (60.0%)
93	<b>KOBIĄŁKA Irek</b>	<b>273</b>		M40-49	21	<b>02:12:32.65</b>	<b>02:13:14.80</b>	+00:53:29 (40.1%)	8:17	7.2 (60.0%)
94	<b>OTOCKI Wojciech</b>	<b>328</b>	NOWAK RUN	M40-49	22	<b>02:12:35.50</b>	<b>02:13:16.05</b>	+00:53:30 (40.1%)	8:17	7.2 (60.0%)
95	<b>ZIELIŃSKA Iwona</b>	<b>394</b>	KUJAWSCY RUNNERS	K40-49	7	<b>02:12:56.55</b>	<b>02:13:16.70</b>	+00:53:31 (40.2%)	8:18	7.2 (60.0%)
96	<b>WONKO Ewa</b>	<b>389</b>	HTF LUDWIK SIKORSKI	K30-39	8	<b>02:13:26.30</b>	<b>02:13:40.90</b>	+00:53:55 (40.3%)	8:20	7.2 (60.0%)
97	<b>SZCĘSNA Edyta</b>	<b>359</b>	CARBON OCR RACING TEAM	K30-39	9	<b>02:13:16.80</b>	<b>02:13:42.15</b>	+00:53:56 (40.3%)	8:19	7.2 (60.0%)
98	<b>NIMSZ Kamila</b>	<b>206</b>	KB HARCOWNIK JELCZ-LASKOWICE	K30-39	10	<b>02:12:59.30</b>	<b>02:13:46.60</b>	+00:54:00 (40.4%)	8:18	7.2 (60.0%)
99	<b>ŁUCZKA Sylwia</b>	<b>300</b>	KASTYO / VEGE RUNNERS	K16-29	2	<b>02:13:58.60</b>	<b>02:14:22.50</b>	+00:54:36 (40.6%)	8:22	7.2 (60.0%)
100	<b>KOCHANOWSKI Sebastian</b>	<b>274</b>	ROZBIEGAMY NOWY DWÓR	M40-49	23	<b>02:13:45.00</b>	<b>02:14:34.30</b>	+00:54:48 (40.7%)	8:21	7.2 (60.0%)
101	<b>GROCHAL Marcin</b>	<b>249</b>	PSEUDOMOUNTAINRUNNER	M40-49	24	<b>02:13:56.65</b>	<b>02:14:57.55</b>	+00:55:11 (40.9%)	8:22	7.2 (60.0%)
102	<b>MICHON Krystian</b>	<b>314</b>		M30-39	40	<b>02:14:54.95</b>	<b>02:15:28.25</b>	+00:55:42 (41.1%)	8:25	7.1 (59.2%)
103	<b>WENARSKI Grzegorz</b>	<b>626</b>		M30-39	41	<b>02:15:24.85</b>	<b>02:15:45.75</b>	+00:56:00 (41.2%)	8:27	7.1 (59.2%)
104	<b>WIECZOREK Łukasz</b>	<b>376</b>	OSP GAŚAWA	M30-39	42	<b>02:15:47.85</b>	<b>02:16:09.40</b>	+00:56:23 (41.4%)	8:29	7.1 (59.2%)
105	<b>KARPIEL Magdalena</b>	<b>266</b>	SFITRUN.PL	K16-29	3	<b>02:16:09.65</b>	<b>02:16:51.60</b>	+00:57:05 (41.7%)	8:30	7.1 (59.2%)
106	<b>KITOWSKA Anna</b>	<b>232</b>	PERFECT RUNNER TEAM	K40-49	8	<b>02:17:38.00</b>	<b>02:17:58.85</b>	+00:58:13 (42.2%)	8:36	7 (58.3%)
107	<b>BRĘCZEWSKI Andrzej</b>	<b>208</b>	UKS KOPERNIK	M50-59	8	<b>02:17:20.75</b>	<b>02:18:03.15</b>	+00:58:17 (42.2%)	8:35	7 (58.3%)
108	<b>BULANDA Barbara</b>	<b>212</b>	ŻUBRY BOCHNIA	K30-39	11	<b>02:18:12.20</b>	<b>02:18:51.60</b>	+00:59:05 (42.6%)	8:38	6.9 (57.5%)
109	<b>KOPEĆ Renata</b>	<b>276</b>	KS STASZEWSKY	K40-49	9	<b>02:18:39.25</b>	<b>02:19:07.75</b>	+00:59:22 (42.7%)	8:39	6.9 (57.5%)
110	<b>KUŚ Tomasz</b>	<b>286</b>	MIRAZ RACE TEAM	M30-39	43	<b>02:19:22.80</b>	<b>02:19:46.10</b>	+01:00:00 (42.9%)	8:42	6.9 (57.5%)
111	<b>CYWIŃSKI Paweł</b>	<b>226</b>	AKG	M40-49	25	<b>02:19:06.90</b>	<b>02:19:58.40</b>	+01:00:12 (43.0%)	8:41	6.9 (57.5%)
112	<b>MASTALERZ Marcin</b>	<b>597</b>		M50-59	9	<b>02:19:40.20</b>	<b>02:20:42.35</b>	+01:00:56 (43.3%)	8:43	6.9 (57.5%)
113	<b>STEC Iwona</b>	<b>356</b>		K30-39	12	<b>02:20:27.55</b>	<b>02:20:46.10</b>	+01:01:00 (43.3%)	8:46	6.8 (56.7%)
114	<b>SALIŃSKI Bartosz</b>	<b>342</b>	WKURW_TEAM	M30-39	44	<b>02:20:33.35</b>	<b>02:21:05.90</b>	+01:01:20 (43.5%)	8:47	6.8 (56.7%)
115	<b>POGORZELSKI Grzegorz</b>	<b>334</b>	BWM TEAM	M40-49	26	<b>02:20:49.55</b>	<b>02:21:21.60</b>	+01:01:35 (43.6%)	8:48	6.8 (56.7%)
116	<b>MAZURKIEWICZ Jolanta</b>	<b>310</b>	BYCHAWA RUNNERS / NAJWIĘKSZA ARMIA ŚWIATA	K30-39	13	<b>02:22:41.20</b>	<b>02:22:56.35</b>	+01:03:10 (44.2%)	8:55	6.7 (55.8%)
117	<b>MUCHA Marek</b>	<b>318</b>	APOSTLES OF STARS	M30-39	45	<b>02:22:42.30</b>	<b>02:23:02.75</b>	+01:03:17 (44.2%)	8:55	6.7 (55.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 16km	Czas brutto 16km	Różn	Tempo min/km	Tempo km/h
118	<b>TOCZEWSKA Anna</b>	<b>367</b>	JACEKBIEGA RUNNING TEAM	K50-59	1	<b>02:22:08.95</b>	<b>02:23:05.90</b>	+01:03:20 (44.3%)	8:53	6.8 (56.7%)
119	<b>MORITZ Karol</b>	<b>315</b>	BIEGIEM DLA MAGDY	M50-59	10	<b>02:23:10.05</b>	<b>02:23:20.60</b>	+01:03:34 (44.4%)	8:56	6.7 (55.8%)
120	<b>NOWAK Beata</b>	<b>321</b>		K30-39	14	<b>02:23:34.85</b>	<b>02:23:49.25</b>	+01:04:03 (44.5%)	8:58	6.7 (55.8%)
121	<b>PAPROCKI Bartłomiej</b>	<b>330</b>		M40-49	27	<b>02:25:27.85</b>	<b>02:25:49.80</b>	+01:06:04 (45.3%)	9:05	6.6 (55.0%)
122	<b>WALAC Jacek</b>	<b>369</b>	DOGOŃ GRODZISK MAZOWIECKI	M30-39	46	<b>02:25:44.00</b>	<b>02:25:51.55</b>	+01:06:05 (45.3%)	9:06	6.6 (55.0%)
123	<b>SOWA-OKRASA Sylwia</b>	<b>354</b>	DOGOŃ GRODZISK MAZOWIECKI	K40-49	10	<b>02:25:45.55</b>	<b>02:25:51.70</b>	+01:06:06 (45.3%)	9:06	6.6 (55.0%)
124	<b>JARECKA Katarzyna</b>	<b>255</b>	ALLERGAN RUNNING TEAM	K40-49	11	<b>02:25:44.75</b>	<b>02:25:53.35</b>	+01:06:07 (45.3%)	9:06	6.6 (55.0%)
125	<b>CHRAPLEWSKA Karolina</b>	<b>222</b>	PRO366	K30-39	15	<b>02:27:24.00</b>	<b>02:27:45.25</b>	+01:07:59 (46.0%)	9:12	6.5 (54.2%)
126	<b>NOWACZYK Robert</b>	<b>455</b>		M30-39	47	<b>02:27:52.55</b>	<b>02:28:12.05</b>	+01:08:26 (46.2%)	9:14	6.5 (54.2%)
127	<b>SZYSZKA Maciej</b>	<b>366</b>	KETO KOTY	M30-39	48	<b>02:28:32.05</b>	<b>02:28:50.20</b>	+01:09:04 (46.4%)	9:17	6.5 (54.2%)
128	<b>PRZEBINDA Renata</b>	<b>338</b>	#ADAMCZERWIŃSKITEAM	K40-49	12	<b>02:28:39.80</b>	<b>02:28:56.80</b>	+01:09:11 (46.4%)	9:17	6.5 (54.2%)
129	<b>KĘPARA Marcin</b>	<b>267</b>	ADVA OPTICAL NETWORKING	M30-39	49	<b>02:28:32.45</b>	<b>02:29:19.50</b>	+01:09:33 (46.6%)	9:17	6.5 (54.2%)
130	<b>WILK Magdalena</b>	<b>378</b>	TEAM ZABIEGANEDNI	K40-49	13	<b>02:29:04.40</b>	<b>02:29:29.35</b>	+01:09:43 (46.6%)	9:19	6.4 (53.3%)
131	<b>ZARĘBA Beata</b>	<b>393</b>	BIEGAM BO LUBIĘ NOCĄ WARSZAWA	K30-39	16	<b>02:29:12.15</b>	<b>02:29:30.30</b>	+01:09:44 (46.6%)	9:19	6.4 (53.3%)
132	<b>KOWALSKA-GRZEJDA Anna</b>	<b>278</b>		K40-49	14	<b>02:28:39.25</b>	<b>02:29:37.80</b>	+01:09:52 (46.7%)	9:17	6.5 (54.2%)
133	<b>KINDRYK Tomasz</b>	<b>269</b>	ZAGŁĘBIOWSKI KLUB OYAMA KARATE	M40-49	28	<b>02:29:48.10</b>	<b>02:30:49.00</b>	+01:11:03 (47.1%)	9:21	6.4 (53.3%)
134	<b>KĄDZIOŁKA Łukasz</b>	<b>285</b>	K2	M30-39	50	<b>02:29:54.95</b>	<b>02:30:59.70</b>	+01:11:14 (47.2%)	9:22	6.4 (53.3%)
135	<b>CAŁKA Agnieszka</b>	<b>217</b>	RADZYMIN RUN TEAM	K40-49	15	<b>02:30:37.25</b>	<b>02:31:12.30</b>	+01:11:26 (47.2%)	9:24	6.4 (53.3%)
136	<b>PRZEBINDA Bogdan</b>	<b>337</b>	#ADAMCZERWIŃSKI TEAM	M50-59	11	<b>02:31:02.15</b>	<b>02:31:20.55</b>	+01:11:34 (47.3%)	9:26	6.4 (53.3%)
137	<b>CAŁKA Grzegorz</b>	<b>218</b>	RADZYMIN RUN TEAM	M40-49	29	<b>02:30:54.90</b>	<b>02:31:29.05</b>	+01:11:43 (47.3%)	9:25	6.4 (53.3%)
138	<b>SITKOWSKI Kamil</b>	<b>346</b>		M30-39	51	<b>02:31:09.80</b>	<b>02:31:34.45</b>	+01:11:48 (47.4%)	9:26	6.4 (53.3%)
139	<b>ZACHARA Katarzyna</b>	<b>391</b>		K30-39	17	<b>02:31:12.00</b>	<b>02:31:38.25</b>	+01:11:52 (47.4%)	9:27	6.3 (52.5%)
140	<b>WOJNO Małgorzata</b>	<b>385</b>	DROGA DO ULTRA	K30-39	18	<b>02:30:55.15</b>	<b>02:31:39.45</b>	+01:11:53 (47.4%)	9:25	6.4 (53.3%)
141	<b>KĄDZIOŁKA Jan</b>	<b>284</b>	K2	M50-59	12	<b>02:30:37.15</b>	<b>02:31:41.60</b>	+01:11:55 (47.4%)	9:24	6.4 (53.3%)
142	<b>MASTALERZ Katarzyna</b>	<b>309</b>	SŁONIÓWKA	K40-49	16	<b>02:30:45.50</b>	<b>02:31:48.45</b>	+01:12:02 (47.5%)	9:25	6.4 (53.3%)
143	<b>WIELIŃSKA-JACHYMIAK Olga</b>	<b>377</b>	SPECJALISTYCZNY GABINET REHABILITACJI DZIECI	K40-49	17	<b>02:34:11.90</b>	<b>02:34:39.20</b>	+01:14:53 (48.4%)	9:38	6.2 (51.7%)
144	<b>WINIARCZYK Adrian</b>	<b>379</b>	WIOLAADI	M30-39	52	<b>02:34:34.95</b>	<b>02:35:00.10</b>	+01:15:14 (48.5%)	9:39	6.2 (51.7%)
145	<b>BUDNY Aleksandra</b>	<b>211</b>	KRAŚNIK BIEGA	K40-49	18	<b>02:34:38.25</b>	<b>02:35:00.15</b>	+01:15:14 (48.5%)	9:39	6.2 (51.7%)
146	<b>DYDERSKA Wioletta</b>	<b>230</b>	WIOLAADI	K40-49	19	<b>02:34:37.50</b>	<b>02:35:00.20</b>	+01:15:14 (48.5%)	9:39	6.2 (51.7%)
147	<b>PATEREK Ada</b>	<b>332</b>		K40-49	20	<b>02:34:17.75</b>	<b>02:35:12.25</b>	+01:15:26 (48.6%)	9:38	6.2 (51.7%)
148	<b>DZIEWIATOWSKA Agnieszka</b>	<b>234</b>		K40-49	21	<b>02:35:16.95</b>	<b>02:35:44.85</b>	+01:15:59 (48.8%)	9:42	6.2 (51.7%)
149	<b>KURKUS Aleksander</b>	<b>291</b>	DOGOŃ GRODZISK MAZOWIECKI	M40-49	30	<b>02:35:14.35</b>	<b>02:36:00.10</b>	+01:16:14 (48.9%)	9:42	6.2 (51.7%)
150	<b>WIECHA Marcin</b>	<b>375</b>		M40-49	31	<b>02:36:27.30</b>	<b>02:36:55.40</b>	+01:17:09 (49.2%)	9:46	6.1 (50.8%)
151	<b>WIŚNIEWSKI Paweł</b>	<b>373</b>	NIGHT RUNNERS GLIWICE	M30-39	53	<b>02:36:02.90</b>	<b>02:37:08.30</b>	+01:17:22 (49.2%)	9:45	6.2 (51.7%)
152	<b>ŻYLSKI Janusz</b>	<b>665</b>	DZIADY OCR	M50-59	13	<b>02:37:14.70</b>	<b>02:37:58.05</b>	+01:18:12 (49.5%)	9:49	6.1 (50.8%)
153	<b>LUC Adam</b>	<b>296</b>	BIEGUSIEM.PL	M40-49	32	<b>02:38:02.25</b>	<b>02:38:26.60</b>	+01:18:40 (49.7%)	9:52	6.1 (50.8%)
154	<b>MAKLES Wioletta</b>	<b>304</b>	EUROPA UBEZPIECZENIA / NOA	K40-49	22	<b>02:39:00.60</b>	<b>02:39:05.80</b>	+01:19:20 (49.9%)	9:56	6 (50.0%)
155	<b>JARACZ-PATEREK Alina</b>	<b>254</b>	NOA	K40-49	23	<b>02:39:02.30</b>	<b>02:39:06.00</b>	+01:19:20 (49.9%)	9:56	6 (50.0%)
156	<b>MROZIK Magdalena</b>	<b>317</b>	POWER TRAINING	K30-39	19	<b>02:38:53.85</b>	<b>02:39:50.20</b>	+01:20:04 (50.1%)	9:55	6 (50.0%)
157	<b>BOBINSKA Marta</b>	<b>207</b>		K30-39	20	<b>02:38:54.55</b>	<b>02:39:50.35</b>	+01:20:04 (50.1%)	9:55	6 (50.0%)
158	<b>MACKIEWICZ Dorota</b>	<b>301</b>	EAT RUN FUN	K40-49	24	<b>02:40:07.65</b>	<b>02:40:28.20</b>	+01:20:42 (50.3%)	10:00	6 (50.0%)
159	<b>KAPŁON Anna</b>	<b>264</b>		K40-49	25	<b>02:40:43.75</b>	<b>02:41:08.40</b>	+01:21:22 (50.5%)	10:02	6 (50.0%)
160	<b>SIMANKOWICZ Sebastian</b>	<b>345</b>		M40-49	33	<b>02:40:39.75</b>	<b>02:41:10.40</b>	+01:21:24 (50.5%)	10:02	6 (50.0%)
161	<b>ROGUSKA Klaudia</b>	<b>666</b>	RADZYMIN RUN TEAM	K30-39	21	<b>02:40:45.35</b>	<b>02:41:21.40</b>	+01:21:35 (50.6%)	10:02	6 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 16km	Czas brutto 16km	Różn	Tempo min/km	Tempo km/h
162	<b>ŻACZEK Anna</b>	<b>664</b>	BIEGUSIEM.PL	K40-49	26	<b>02:41:03.80</b>	<b>02:41:27.85</b>	+01:21:42 (50.6%)	10:03	6 (50.0%)
163	<b>SZYMAŃSKA Agata</b>	<b>365</b>	RADZYMIN RUN TEAM	K30-39	22	<b>02:41:12.70</b>	<b>02:41:48.35</b>	+01:22:02 (50.7%)	10:04	6 (50.0%)
164	<b>JARZĄBEK Agnieszka</b>	<b>257</b>	RADZYMIN RUN TEAM	K40-49	27	<b>02:41:12.00</b>	<b>02:41:48.55</b>	+01:22:02 (50.7%)	10:04	6 (50.0%)
165	<b>KĘPKA-WAROWNA Weronika</b>	<b>268</b>	BIEGUSIEM.PL	K40-49	28	<b>02:41:36.30</b>	<b>02:41:58.75</b>	+01:22:13 (50.8%)	10:06	5.9 (49.2%)
166	<b>MAKARZEC-SURMA Agnieszka</b>	<b>303</b>	BIŁGORAJ	K30-39	23	<b>02:41:58.00</b>	<b>02:42:14.15</b>	+01:22:28 (50.8%)	10:07	5.9 (49.2%)
167	<b>MALAWKO Aleksandra</b>	<b>305</b>		K40-49	29	<b>02:42:33.25</b>	<b>02:43:05.60</b>	+01:23:19 (51.1%)	10:09	5.9 (49.2%)
168	<b>ZABŁOCKA Małgorzata</b>	<b>390</b>	NATIONALE-NEDERLANDEN	K40-49	30	<b>02:42:48.30</b>	<b>02:43:15.30</b>	+01:23:29 (51.1%)	10:10	5.9 (49.2%)
169	<b>JATA Marta</b>	<b>259</b>	WW TEAM	K30-39	24	<b>02:43:06.95</b>	<b>02:43:25.70</b>	+01:23:40 (51.2%)	10:11	5.9 (49.2%)
170	<b>SKŁADANOWSKA Beata</b>	<b>347</b>	EUROCASH TEAM	K30-39	25	<b>02:44:22.60</b>	<b>02:44:49.15</b>	+01:25:03 (51.6%)	10:16	5.8 (48.3%)
171	<b>WNOROWSKA Magdalena</b>	<b>381</b>	RMF4RT GLADIATORS	K40-49	31	<b>02:44:01.15</b>	<b>02:44:56.40</b>	+01:25:10 (51.6%)	10:15	5.9 (49.2%)
172	<b>KUBLER Anna</b>	<b>287</b>		K40-49	32	<b>02:44:20.40</b>	<b>02:45:13.45</b>	+01:25:27 (51.7%)	10:16	5.8 (48.3%)
173	<b>WEBER Agata</b>	<b>372</b>	JACEKBIEGA RUNNING TEAM	K40-49	33	<b>02:45:57.35</b>	<b>02:46:55.40</b>	+01:27:09 (52.2%)	10:22	5.8 (48.3%)
174	<b>GAŚSIOROWSKA Dorota</b>	<b>251</b>	LADIESLOSTGAŚBAGĄS	K50-59	2	<b>02:47:46.90</b>	<b>02:48:28.15</b>	+01:28:42 (52.7%)	10:29	5.7 (47.5%)
175	<b>TROJANEK Edyta</b>	<b>368</b>	SENSORYBEAUTY.PL	K40-49	34	<b>02:48:56.10</b>	<b>02:49:25.20</b>	+01:29:39 (52.9%)	10:33	5.7 (47.5%)
176	<b>FRIEZE Tatiana</b>	<b>238</b>	DROGA DO ULTRA	K40-49	35	<b>02:49:10.30</b>	<b>02:49:55.45</b>	+01:30:09 (53.1%)	10:34	5.7 (47.5%)
177	<b>FRIEZE Krzysztof</b>	<b>239</b>	ORANGE POLSKA	M40-49	34	<b>02:49:12.20</b>	<b>02:49:55.75</b>	+01:30:10 (53.1%)	10:34	5.7 (47.5%)
178	<b>DUBIŃSKI Przemysław</b>	<b>229</b>	PRZEMEK DUBIŃSKI - BIEGIEMPRZEZŚWIAT	M40-49	35	<b>02:50:13.55</b>	<b>02:50:46.65</b>	+01:31:00 (53.3%)	10:38	5.6 (46.7%)
179	<b>IDZIK Angelika</b>	<b>253</b>	HUSARIA RACE TEAM	K16-29	4	<b>02:51:15.90</b>	<b>02:51:15.90</b>	+01:31:30 (53.4%)	10:42	5.6 (46.7%)
180	<b>LORENC-KRUSZYŃSKA Sylwia</b>	<b>295</b>	FORDONRUNNERS/WKURW_TEAM	K30-39	26	<b>02:52:00.25</b>	<b>02:53:01.25</b>	+01:33:15 (53.9%)	10:45	5.6 (46.7%)
181	<b>MAGNUSZEWSKA Izabela</b>	<b>302</b>	CARBON OCR RACING TEAM	K40-49	36	<b>02:52:48.50</b>	<b>02:53:09.95</b>	+01:33:24 (53.9%)	10:48	5.6 (46.7%)
182	<b>SIERECKI Zbigniew</b>	<b>344</b>	TEAM ZABIEGANEDNI // WKURW_TEAM	M40-49	36	<b>02:55:47.30</b>	<b>02:56:51.10</b>	+01:37:05 (54.9%)	10:59	5.5 (45.8%)
183	<b>LUDKA Dagmara</b>	<b>297</b>		K40-49	37	<b>02:57:09.15</b>	<b>02:57:40.40</b>	+01:37:54 (55.1%)	11:04	5.4 (45.0%)
184	<b>SOKOŁOWSKI Artur</b>	<b>350</b>	TEAM ZABIEGANEDNI	M40-49	37	<b>02:57:37.80</b>	<b>02:58:34.15</b>	+01:38:48 (55.3%)	11:06	5.4 (45.0%)
185	<b>WRZESIŃSKA Joanna</b>	<b>252</b>		K40-49	38	<b>03:04:49.10</b>	<b>03:05:50.65</b>	+01:46:04 (57.1%)	11:33	5.2 (43.3%)
186	<b>SZLAKOWICZ Ewa</b>	<b>363</b>		K40-49	39	<b>03:08:35.60</b>	<b>03:09:38.35</b>	+01:49:52 (57.9%)	11:47	5.1 (42.5%)
187	<b>MALEWSKI Tomasz</b>	<b>306</b>		M40-49	38	<b>03:08:35.55</b>	<b>03:09:38.40</b>	+01:49:52 (57.9%)	11:47	5.1 (42.5%)
188	<b>BUTRYN Wojciech</b>	<b>215</b>	BBKTS	M40-49	39	<b>03:38:10.75</b>	<b>03:39:19.10</b>	+02:19:33 (63.6%)	13:38	4.4 (36.7%)
189	<b>WITKOWSKA Maria</b>	<b>668</b>		K60+	1	<b>03:38:12.30</b>	<b>03:39:21.55</b>	+02:19:35 (63.6%)	13:38	4.4 (36.7%)

Znaleziono 189 wynik(ów)