



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

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

TRIADA MARATON ŁĄCZNIE

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gorce	Nocne Pieniny	Beskid Sądecki	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
1	KOŚCIELNIAK Kacper	272	SALCO GARMIN TEAM	M16-29	1	01:19:45.00	00:48:45.00	01:50:22.00	03:58:48.00	03:58:52.00		5:18	11.3 (100%)
2	FLOREK Sebastian	237	NORAFSPORT / SPORT HG	M30-39	1	01:27:25.00	00:52:18.00	01:55:02.00	04:14:41.00	04:14:45.00	+00:15:53 (6.2%)	5:39	10.6 (93.8%)
3	FABIAN Marcel	235	SOCIOS SILESIA	M16-29	2	01:27:12.00	00:53:49.00	01:56:15.00	04:17:13.00	04:17:16.00	+00:18:24 (7.2%)	5:42	10.5 (92.9%)
4	BEREŚ Arkadiusz	203		M30-39	2	01:27:14.00	00:55:33.00	01:55:19.00	04:18:03.00	04:18:06.00	+00:19:14 (7.5%)	5:44	10.5 (92.9%)
5	GAWLIK Sławek	242		M30-39	3	01:29:15.00	00:53:19.00	01:58:21.00	04:20:51.00	04:20:55.00	+00:22:03 (8.5%)	5:47	10.4 (92.0%)
6	STROINSKI Daniel	241		M30-39	4	01:32:25.00	00:54:56.00	02:01:35.00	04:28:51.00	04:28:56.00	+00:30:04 (11.2%)	5:58	10 (88.5%)
7	CYRAN Piotr	225	NOA	M30-39	5	01:35:53.00	00:55:52.00	02:04:00.00	04:35:39.00	04:35:45.00	+00:36:53 (13.4%)	6:07	9.8 (86.7%)
8	KLONOWSKI Kamil	271	CARBON OCR RACING TEAM	M30-39	6	01:35:38.00	00:57:07.00	02:06:29.00	04:39:11.00	04:39:14.00	+00:40:22 (14.5%)	6:12	9.7 (85.8%)
9	TYNUS Grzegorz	667	NKK	M40-49	1	01:36:52.00	01:01:17.00	02:15:53.00	04:53:50.00	04:54:02.00	+00:55:10 (18.8%)	6:31	9.2 (81.4%)
10	RYBAK Przemysław	341	PRZE(W)AGA	M30-39	7	01:43:21.00	01:03:18.00	02:14:15.00	05:00:46.00	05:00:54.00	+01:02:02 (20.6%)	6:41	9 (79.6%)
11	SAWA Piotr	617		M16-29	3	01:50:28.00	00:59:49.00	02:19:59.00	05:09:35.00	05:10:16.00	+01:11:24 (23.0%)	6:52	8.7 (77.0%)
12	OLEJNIK Franciszek	326	INŻYNIERIA BIEGANIA TEAM	M16-29	4	01:45:46.00	01:04:22.00	02:24:48.00	05:14:28.00	05:14:56.00	+01:16:04 (24.2%)	6:59	8.6 (76.1%)
13	CICHOCKI Tomasz	223	PELETON	M30-39	8	01:51:51.00	01:07:03.00	02:18:17.00	05:17:07.00	05:17:11.00	+01:18:19 (24.7%)	7:02	8.5 (75.2%)
14	KUCZYK Szymon	288	ENDURANCE TEAM	M40-49	2	01:48:26.00	01:07:53.00	02:22:06.00	05:18:06.00	05:18:25.00	+01:19:33 (25.0%)	7:04	8.5 (75.2%)
15	FEICHTINGER Marek	236		M40-49	3	01:47:30.00	01:07:42.00	02:24:09.00	05:19:15.00	05:19:21.00	+01:20:29 (25.2%)	7:05	8.5 (75.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gorce	Nocne Pieniny	Beskid Sądecki	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
16	NOWAK Lukasz	322	NOA / CS RUNNING TEAM	M30-39	9	01:49:17.00	01:04:06.00	02:26:18.00	05:18:57.00	05:19:41.00	+01:20:49 (25.3%)	7:05	8.5 (75.2%)
17	SZELAĞ Dariusz	360	LISY PUSTYNI	M40-49	4	01:49:36.00	01:06:51.00	02:23:51.00	05:19:53.00	05:20:18.00	+01:21:26 (25.4%)	7:06	8.4 (74.3%)
18	SOWA Grzegorz	353	STG-KRAKÓW ŚRÓDMIEŚCIE	M30-39	10	01:50:15.00	01:06:40.00	02:26:50.00	05:23:28.00	05:23:45.00	+01:24:53 (26.2%)	7:11	8.3 (73.5%)
19	MACIEJEWSKI Daniel	336		M30-39	11	01:51:59.00	01:11:31.00	02:22:37.00	05:25:20.00	05:26:07.00	+01:27:15 (26.8%)	7:13	8.3 (73.5%)
20	MARCINKOWSKI Bartosz	308	SACKY RUNNERS	M16-29	5	01:44:03.00	01:09:46.00	02:33:40.00	05:27:05.00	05:27:29.00	+01:28:37 (27.1%)	7:16	8.3 (73.5%)
21	JASIULEWICZ Anna	258	BIAŁYSTOK BIEGA TEAM	K40-49	1	01:51:47.00	01:07:13.00	02:29:12.00	05:28:03.00	05:28:12.00	+01:29:20 (27.2%)	7:17	8.2 (72.6%)
22	MICHALSKI Damian	313	ALIOR RUNNING TEAM	M40-49	5	01:48:05.00	01:10:01.00	02:30:35.00	05:28:34.00	05:28:41.00	+01:29:49 (27.3%)	7:18	8.2 (72.6%)
23	BROL Dominika	209	ENDURANCE TEAM	K30-39	1	01:55:13.00	01:07:04.00	02:26:38.00	05:28:47.00	05:28:55.00	+01:30:03 (27.4%)	7:18	8.2 (72.6%)
24	KOLACHA Patryk	275	STUDIO GTS	M16-29	6	01:52:40.00	01:10:09.00	02:26:15.00	05:28:51.00	05:29:04.00	+01:30:12 (27.4%)	7:18	8.2 (72.6%)
25	MAŁEK Daren	307		M30-39	12	01:46:42.00	01:04:18.00	02:38:05.00	05:29:01.00	05:29:05.00	+01:30:13 (27.4%)	7:18	8.2 (72.6%)
26	KOZIEŁ Krzysztof	282		M30-39	13	01:53:32.00	01:11:46.00	02:24:27.00	05:29:14.00	05:29:45.00	+01:30:53 (27.6%)	7:18	8.2 (72.6%)
27	SZPUNAR Maciej	364	ROBIĘ TO DLA SIEBIE	M40-49	6	01:53:23.00	01:17:02.00	02:23:01.00	05:31:57.00	05:33:26.00	+01:34:34 (28.4%)	7:22	8.1 (71.7%)
28	SKORUPKA Leszek	348	M3 SIEDLCE	M40-49	7	01:57:00.00	01:07:37.00	02:29:04.00	05:33:14.00	05:33:41.00	+01:34:49 (28.4%)	7:24	8.1 (71.7%)
29	MĘDRYKOWSKI Damian	311		M30-39	14	01:52:44.00	01:09:34.00	02:32:09.00	05:33:47.00	05:34:27.00	+01:35:35 (28.6%)	7:25	8.1 (71.7%)
30	ZIĘCINA Sylwia	395	ATLANTIC	K30-39	2	01:56:44.00	01:10:46.00	02:26:58.00	05:34:20.00	05:34:28.00	+01:35:36 (28.6%)	7:25	8.1 (71.7%)
31	WŁOCH Sławomir	380		M50-59	1	01:54:25.00	01:11:24.00	02:29:19.00	05:34:51.00	05:35:08.00	+01:36:16 (28.7%)	7:26	8.1 (71.7%)
32	BYRCZEK Michał	216	WATAHA	M30-39	15	01:54:13.00	01:09:05.00	02:33:17.00	05:35:24.00	05:36:35.00	+01:37:43 (29.0%)	7:27	8.1 (71.7%)
33	SOSNOWSKA Agnieszka	352	SOSNA RADOSNA	K40-49	2	01:55:18.00	01:11:59.00	02:33:02.00	05:40:05.00	05:40:19.00	+01:41:27 (29.8%)	7:33	7.9 (69.9%)
34	DYLEG Andrzej	669	LIMANOWA FOREST	M40-49	8	01:58:16.00	01:10:53.00	02:31:15.00	05:39:54.00	05:40:24.00	+01:41:32 (29.8%)	7:33	7.9 (69.9%)
35	STEFANIUK Roman	357		M50-59	2	01:57:46.00	01:14:11.00	02:31:05.00	05:42:39.00	05:43:02.00	+01:44:10 (30.4%)	7:36	7.9 (69.9%)
36	KRAWCZYK Karol	283	LENIWY INACZEJ	M30-39	16	01:56:41.00	01:10:45.00	02:35:40.00	05:42:25.00	05:43:06.00	+01:44:14 (30.4%)	7:36	7.9 (69.9%)
37	JARNOT Konrad	256	BIEGAM W KATO :)	M30-39	17	01:57:27.00	01:06:30.00	02:39:40.00	05:42:20.00	05:43:37.00	+01:44:45 (30.5%)	7:36	7.9 (69.9%)
38	CHODOWIEC Karolina	221	ADIDAS RUNNERS WARSAW	K30-39	3	01:58:29.00	01:13:25.00	02:32:38.00	05:44:10.00	05:44:32.00	+01:45:40 (30.7%)	7:38	7.8 (69.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gorce	Nocne Pieniny	Beskid Sądecki	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
39	CIERPIOŁ Andrzej	224	SACKY RUNNERS	M16-29	7	01:55:30.00	01:13:00.00	02:37:09.00	05:45:14.00	05:45:39.00	+01:46:47 (30.9%)	7:40	7.8 (69.0%)
40	GRUSZKA Grzegorz	250	ENDURANCE TEAM	M40-49	9	01:50:52.00	01:13:45.00	02:42:54.00	05:47:20.00	05:47:31.00	+01:48:39 (31.3%)	7:43	7.8 (69.0%)
41	PYTEL Waldek	340	YULO RANTEAM SIEDLCE	M50-59	3	02:02:31.00	01:14:11.00	02:31:12.00	05:47:41.00	05:47:54.00	+01:49:02 (31.3%)	7:43	7.8 (69.0%)
42	STANKIEWICZ Tomasz	355	GT TEAM	M30-39	18	01:57:36.00	01:15:30.00	02:37:45.00	05:49:04.00	05:50:51.00	+01:51:59 (31.9%)	7:45	7.7 (68.1%)
43	ŁOBODOWSKI Marcin	299	RACEFIGHTER GOSIR DĘBE WIELKIE	M30-39	19	01:53:20.00	01:12:32.00	02:45:28.00	05:51:04.00	05:51:20.00	+01:52:28 (32.0%)	7:48	7.7 (68.1%)
44	OSIAK Artur	327	BIEGUSIEM.PL	M30-39	20	02:04:34.00	01:10:45.00	02:37:24.00	05:52:27.00	05:52:43.00	+01:53:51 (32.3%)	7:49	7.7 (68.1%)
45	DROŚ Aleksander	228	POWER TRAINING	M30-39	21	02:04:18.00	01:10:45.00	02:39:54.00	05:54:42.00	05:54:57.00	+01:56:05 (32.7%)	7:52	7.6 (67.3%)
46	SZKODA Kasia	361		K16-29	1	02:04:52.00	01:14:04.00	02:36:23.00	05:54:08.00	05:55:19.00	+01:56:27 (32.8%)	7:52	7.6 (67.3%)
47	PRZYBYLSKI Tomasz	339	TRI TOMAJ	M40-49	10	02:02:20.00	01:13:24.00	02:41:22.00	05:56:14.00	05:57:06.00	+01:58:14 (33.1%)	7:54	7.6 (67.3%)
48	SOBCZYK Piotr	349		M40-49	11	01:54:46.00	01:18:04.00	02:49:00.00	06:00:59.00	06:01:50.00	+02:02:58 (34.0%)	8:01	7.5 (66.4%)
49	CHILICKA Marta	219	RED LION CLUB	K30-39	4	02:02:25.00	01:14:46.00	02:44:58.00	06:01:58.00	06:02:09.00	+02:03:17 (34.0%)	8:02	7.5 (66.4%)
50	GŁOWACKI Jerzy	243	JUVENIA KRAKÓW	M30-39	22	02:04:34.00	01:19:19.00	02:39:02.00	06:01:13.00	06:02:55.00	+02:04:03 (34.2%)	8:01	7.5 (66.4%)
51	KUNA Aleksandra	290		K30-39	5	02:02:31.00	01:16:55.00	02:43:34.00	06:02:09.00	06:03:00.00	+02:04:08 (34.2%)	8:02	7.5 (66.4%)
52	SAWCZUK Robert	343	PADRE TEAM	M30-39	23	02:00:23.00	01:13:52.00	02:49:09.00	06:02:08.00	06:03:24.00	+02:04:32 (34.3%)	8:02	7.5 (66.4%)
53	WOLAŃCZUK Marcin	387		M30-39	24	02:04:25.00	01:15:54.00	02:44:51.00	06:04:53.00	06:05:10.00	+02:06:18 (34.6%)	8:06	7.4 (65.5%)
54	KALISZAN Krzysztof	263	12 WBOT	M16-29	8	02:04:55.00	01:14:49.00	02:49:39.00	06:08:12.00	06:09:23.00	+02:10:31 (35.3%)	8:10	7.3 (64.6%)
55	GRABOWSKI Damian	248	-	M30-39	25	02:07:41.00	01:16:44.00	02:45:15.00	06:08:53.00	06:09:40.00	+02:10:48 (35.4%)	8:11	7.3 (64.6%)
56	BAĆMAGA Tomasz	202		M30-39	26	02:07:42.00	01:23:14.00	02:38:57.00	06:09:35.00	06:09:53.00	+02:11:01 (35.4%)	8:12	7.3 (64.6%)
57	KOWALSKI Krzysztof	279	HRMAXCROSSTEAM	M50-59	4	02:09:33.00	01:17:28.00	02:42:58.00	06:09:35.00	06:09:59.00	+02:11:07 (35.4%)	8:12	7.3 (64.6%)
58	DZIERŻAK Elżbieta	233	HUSARIA RACE TEAM	K40-49	3	02:08:25.00	01:14:28.00	02:47:34.00	06:09:36.00	06:10:27.00	+02:11:35 (35.5%)	8:12	7.3 (64.6%)
59	NOWICKI Artur	323		M30-39	27	02:03:48.00	01:18:43.00	02:49:22.00	06:10:30.00	06:11:53.00	+02:13:01 (35.8%)	8:14	7.3 (64.6%)
60	LUTEREK Michał	298		M40-49	12	02:09:49.00	01:15:10.00	02:48:03.00	06:11:40.00	06:13:02.00	+02:14:10 (36.0%)	8:15	7.3 (64.6%)
61	WIATR Wojciech	374	ENDURANCE TEAM	M40-49	13	02:02:23.00	01:21:09.00	02:49:35.00	06:12:52.00	06:13:07.00	+02:14:15 (36.0%)	8:17	7.2 (63.7%)

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62	GOŹDZIK Tomek	244		M16-29	9	02:07:31.00	01:20:37.00	02:45:05.00	06:11:53.00	06:13:13.00	+02:14:21 (36.0%)	8:15	7.3 (64.6%)
63	ADAMCZAK Barbara	200	TRAVOIS	K40-49	4	02:07:38.00	01:19:19.00	02:46:42.00	06:12:33.00	06:13:39.00	+02:14:47 (36.1%)	8:16	7.2 (63.7%)
64	KUDZIOR Piotr	289	PRO366	M16-29	10	02:09:55.00	01:22:06.00	02:42:34.00	06:13:54.00	06:14:35.00	+02:15:43 (36.2%)	8:18	7.2 (63.7%)
65	CZAPSKI Piotr	227		M50-59	5	02:11:04.00	01:19:20.00	02:44:57.00	06:13:54.00	06:15:21.00	+02:16:29 (36.4%)	8:18	7.2 (63.7%)
66	WOLAŃCZUK Piotr	388		M16-29	11	02:04:34.00	01:15:54.00	02:55:33.00	06:15:45.00	06:16:01.00	+02:17:09 (36.5%)	8:21	7.2 (63.7%)
67	POŁOM Rafał	335	NOA	M30-39	28	02:06:54.00	01:15:33.00	02:54:20.00	06:16:20.00	06:16:47.00	+02:17:55 (36.6%)	8:21	7.2 (63.7%)
68	WOJTASIK Grzegorz	386	STALOWOWOLSKI KLUB BIEGACZA	M40-49	14	02:05:06.00	01:19:42.00	02:52:12.00	06:16:28.00	06:17:00.00	+02:18:08 (36.6%)	8:21	7.2 (63.7%)
69	KOWALSKI Łukasz	281	BYCHAWA RUNNERS	M30-39	29	02:05:02.00	01:20:40.00	02:51:36.00	06:16:33.00	06:17:18.00	+02:18:26 (36.7%)	8:22	7.2 (63.7%)
70	SZKUDLAREK Artur	362	ANDRYCHÓW RUNNING	M30-39	30	02:05:31.00	01:17:58.00	02:54:11.00	06:16:24.00	06:17:40.00	+02:18:48 (36.8%)	8:21	7.2 (63.7%)
71	OŹGA Sebastian	329		M30-39	31	02:09:49.00	01:14:11.00	02:54:59.00	06:17:36.00	06:18:59.00	+02:20:07 (37.0%)	8:23	7.2 (63.7%)
72	GODLEWSKI Cezary	246		M30-39	32	02:08:44.00	01:29:54.00	02:40:45.00	06:18:11.00	06:19:23.00	+02:20:31 (37.0%)	8:24	7.1 (62.8%)
73	KOWALSKI Szymon	280	HTF LUDWIK SIKORSKI	M40-49	15	02:11:29.00	01:21:27.00	02:47:04.00	06:19:21.00	06:20:00.00	+02:21:08 (37.1%)	8:25	7.1 (62.8%)
74	KITOWSKA Anna	232	PERFECT RUNNER TEAM	K40-49	5	02:17:58.00	01:15:21.00	02:47:33.00	06:20:03.00	06:20:52.00	+02:22:00 (37.3%)	8:26	7.1 (62.8%)
75	GOCŁOWSKI Cezary	245		M40-49	16	02:07:05.00	01:24:57.00	02:50:02.00	06:20:21.00	06:22:04.00	+02:23:12 (37.5%)	8:27	7.1 (62.8%)
76	ZIELIŃSKA Iwona	394	KUJAWSCY RUNNERS	K40-49	6	02:13:16.00	01:19:02.00	02:50:42.00	06:22:09.00	06:23:00.00	+02:24:08 (37.6%)	8:29	7.1 (62.8%)
77	KALETA Anna	262		K30-39	6	02:12:39.00	01:21:06.00	02:49:32.00	06:21:52.00	06:23:17.00	+02:24:25 (37.7%)	8:29	7.1 (62.8%)
78	WENARSKI Grzegorz	626		M30-39	33	02:15:45.00	01:17:44.00	02:51:02.00	06:23:42.00	06:24:31.00	+02:25:39 (37.9%)	8:31	7 (61.9%)
79	JEŹDZIKOWSKI Marcin	260	RUN TEAM GAŚAWA	M40-49	17	02:07:51.00	01:24:52.00	02:52:12.00	06:23:46.00	06:24:55.00	+02:26:03 (37.9%)	8:31	7 (61.9%)
80	MICHALAK Sławomir	312	INZYNIER.EU NOSI TRAILOWE BOTKI	M50-59	6	02:09:32.00	01:20:45.00	02:54:39.00	06:23:49.00	06:24:56.00	+02:26:04 (37.9%)	8:31	7 (61.9%)
81	NOWIŃSKI Marcin	324	HUSARIA RACE TEAM	M16-29	12	02:06:23.00	01:15:30.00	03:03:29.00	06:24:42.00	06:25:22.00	+02:26:30 (38.0%)	8:32	7 (61.9%)
82	WALKOWSKI Tomasz	370	JACEKBIEGA RUNNING TEAM	M50-59	7	02:12:08.00	01:17:14.00	02:58:16.00	06:26:07.00	06:27:38.00	+02:28:46 (38.4%)	8:34	7 (61.9%)
83	POGORZELSKA Katarzyna	333	BWM TEAM	K40-49	7	02:07:52.00	01:27:06.00	02:54:04.00	06:27:30.00	06:29:02.00	+02:30:10 (38.6%)	8:36	7 (61.9%)
84	SALIŃSKI Bartosz	342	WKURW_TEAM	M30-39	34	02:21:05.00	01:21:16.00	02:48:20.00	06:29:52.00	06:30:41.00	+02:31:49 (38.9%)	8:39	6.9 (61.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gorce	Nocne Pieniny	Beskid Sądecki	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
85	WONKO Ewa	389	HTF LUDWIK SIKORSKI	K30-39	7	02:13:40.00	01:26:10.00	02:51:27.00	06:30:37.00	06:31:17.00	+02:32:25 (39.0%)	8:40	6.9 (61.1%)
86	WOJAS Jakub	383	INŻYNIERIA BIEGANIA	M30-39	35	02:09:07.00	01:25:58.00	02:57:14.00	06:31:44.00	06:32:19.00	+02:33:27 (39.1%)	8:42	6.9 (61.1%)
87	NIMSZ Kamila	206	KB HARCOWNIK JELCZ-LASKOWICE	K30-39	8	02:13:46.00	01:27:21.00	02:51:26.00	06:31:08.00	06:32:33.00	+02:33:41 (39.2%)	8:41	6.9 (61.1%)
88	KOCHANOWSKI Sebastian	274	ROZBIEGAMY NOWY DWÓR	M40-49	18	02:14:34.00	01:20:38.00	02:57:41.00	06:31:29.00	06:32:53.00	+02:34:01 (39.2%)	8:41	6.9 (61.1%)
89	WAŁĘGA Monika	371		K30-39	9	02:13:14.00	01:25:07.00	02:57:21.00	06:34:10.00	06:35:42.00	+02:36:50 (39.6%)	8:45	6.8 (60.2%)
90	KOBIĄŁKA Irek	273		M40-49	19	02:13:14.00	01:25:08.00	02:57:24.00	06:34:14.00	06:35:46.00	+02:36:54 (39.6%)	8:45	6.8 (60.2%)
91	SZCZĘSNA Edyta	359	CARBON OCR RACING TEAM	K30-39	10	02:13:42.00	01:21:53.00	03:00:19.00	06:34:53.00	06:35:54.00	+02:37:02 (39.7%)	8:46	6.8 (60.2%)
92	ŁUCZKA Sylwia	300	KASTYO / VEGE RUNNERS	K16-29	2	02:14:22.00	01:23:56.00	02:57:38.00	06:34:42.00	06:35:56.00	+02:37:04 (39.7%)	8:46	6.8 (60.2%)
93	KUŚ Tomasz	286	MIRAZ RACE TEAM	M30-39	36	02:19:46.00	01:24:02.00	02:52:22.00	06:35:02.00	06:36:10.00	+02:37:18 (39.7%)	8:46	6.8 (60.2%)
94	KOPEĆ Renata	276	KS STASZEWCY	K40-49	8	02:19:07.00	01:21:00.00	02:56:07.00	06:34:58.00	06:36:14.00	+02:37:22 (39.7%)	8:46	6.8 (60.2%)
95	KACZMARCZYK Krzysztof	261	ŻUBRY BOCHNIA	M40-49	20	02:13:00.00	01:24:06.00	02:59:49.00	06:35:42.00	06:36:55.00	+02:38:03 (39.8%)	8:47	6.8 (60.2%)
96	KARPIEL Magdalena	266	SFITRUN.PL	K16-29	3	02:16:51.00	01:24:21.00	02:56:18.00	06:36:03.00	06:37:30.00	+02:38:38 (39.9%)	8:48	6.8 (60.2%)
97	NIMSZ Bartosz	320		M30-39	37	02:11:09.00	01:26:16.00	03:00:08.00	06:36:10.00	06:37:33.00	+02:38:41 (39.9%)	8:48	6.8 (60.2%)
98	FRAĆKIEWICZ Karol	240	SCV	M40-49	21	02:08:12.00	01:23:03.00	03:08:19.00	06:38:40.00	06:39:34.00	+02:40:42 (40.2%)	8:51	6.8 (60.2%)
99	NIEDŹWIEDŹ Tomasz	319	RED LION CLUB	M40-49	22	02:09:52.00	01:31:24.00	03:00:39.00	06:41:42.00	06:41:55.00	+02:43:03 (40.6%)	8:55	6.7 (59.3%)
100	SOWA-OKRASA Sylwia	354	DOGOŃ GRODZISK MAZOWIECKI	K40-49	9	02:25:51.00	01:23:46.00	02:55:31.00	06:44:53.00	06:45:08.00	+02:46:16 (41.0%)	8:59	6.7 (59.3%)
101	WALAC Jacek	369	DOGOŃ GRODZISK MAZOWIECKI	M30-39	38	02:25:51.00	01:23:46.00	02:55:32.00	06:44:47.00	06:45:09.00	+02:46:17 (41.0%)	8:59	6.7 (59.3%)
102	BULANDA Barbara	212	ŻUBRY BOCHNIA	K30-39	11	02:18:51.00	01:23:21.00	03:03:11.00	06:44:10.00	06:45:23.00	+02:46:31 (41.1%)	8:58	6.7 (59.3%)
103	NOWOTARSKI Wojtek	325		M30-39	39	02:06:42.00	01:27:41.00	03:11:04.00	06:44:26.00	06:45:27.00	+02:46:35 (41.1%)	8:59	6.7 (59.3%)
104	WIECZOREK Łukasz	376	OSP GAŚAWA	M30-39	40	02:16:09.00	01:24:51.00	03:08:01.00	06:47:52.00	06:49:01.00	+02:50:09 (41.6%)	9:03	6.6 (58.4%)
105	BRĘCZEWSKI Andrzej	208	UKS KOPERNIK	M50-59	8	02:18:03.00	01:30:05.00	03:05:38.00	06:52:07.00	06:53:46.00	+02:54:54 (42.3%)	9:09	6.6 (58.4%)
106	NOWAK Beata	321		K30-39	12	02:23:49.00	01:27:17.00	03:03:19.00	06:53:43.00	06:54:25.00	+02:55:33 (42.4%)	9:11	6.5 (57.5%)
107	KURPANIK Karol	292		M30-39	41	02:11:53.00	01:22:22.00	03:22:47.00	06:56:20.00	06:57:02.00	+02:58:10 (42.7%)	9:15	6.5 (57.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gorce	Nocne Pieniny	Beskid Sądecki	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
108	STEC Iwona	356		K30-39	13	02:20:46.00	01:27:29.00	03:08:52.00	06:56:08.00	06:57:07.00	+02:58:15 (42.7%)	9:14	6.5 (57.5%)
109	KĘPARA Marcin	267	ADVA OPTICAL NETWORKING	M30-39	42	02:29:19.00	01:30:56.00	02:57:08.00	06:55:37.00	06:57:23.00	+02:58:31 (42.8%)	9:14	6.5 (57.5%)
110	POGORZELSKI Grzegorz	334	BWM TEAM	M40-49	23	02:21:21.00	01:35:24.00	03:01:29.00	06:56:41.00	06:58:14.00	+02:59:22 (42.9%)	9:15	6.5 (57.5%)
111	ZARĘBA Beata	393	BIEGAM BO LUBIĘ NOCĄ WARSZAWA	K30-39	14	02:29:30.00	01:29:54.00	02:59:57.00	06:58:11.00	06:59:21.00	+03:00:29 (43.0%)	9:17	6.5 (57.5%)
112	MASTALERZ Marcin	597		M50-59	9	02:20:42.00	01:25:14.00	03:13:52.00	06:58:36.00	06:59:48.00	+03:00:56 (43.1%)	9:18	6.5 (57.5%)
113	TOCZEWSKA Anna	367	JACEKBIEGA RUNNING TEAM	K50-59	1	02:23:05.00	01:28:13.00	03:08:50.00	06:58:41.00	07:00:08.00	+03:01:16 (43.1%)	9:18	6.4 (56.6%)
114	SITKOWSKI Kamil	346		M30-39	43	02:31:34.00	01:26:37.00	03:02:31.00	06:59:43.00	07:00:42.00	+03:01:50 (43.2%)	9:19	6.4 (56.6%)
115	CYWIŃSKI Paweł	226	AKG	M40-49	24	02:19:58.00	01:30:23.00	03:12:04.00	07:01:04.00	07:02:25.00	+03:03:33 (43.5%)	9:21	6.4 (56.6%)
116	MAZURKIEWICZ Jolanta	310	BYCHAWA RUNNERS / NAJWIĘKSZA ARMIA ŚWIATA	K30-39	15	02:22:56.00	01:28:05.00	03:17:09.00	07:07:29.00	07:08:10.00	+03:09:18 (44.2%)	9:29	6.3 (55.8%)
117	MUCHA Marek	318	APOSTLES OF STARS	M30-39	44	02:23:02.00	01:28:19.00	03:16:50.00	07:06:52.00	07:08:11.00	+03:09:19 (44.2%)	9:29	6.3 (55.8%)
118	CAŁKA Agnieszka	217	RADZYMIN RUN TEAM	K40-49	10	02:31:12.00	01:25:21.00	03:12:20.00	07:07:11.00	07:08:53.00	+03:10:01 (44.3%)	9:29	6.3 (55.8%)
119	CAŁKA Grzegorz	218	RADZYMIN RUN TEAM	M40-49	25	02:31:29.00	01:25:22.00	03:12:21.00	07:07:30.00	07:09:12.00	+03:10:20 (44.3%)	9:30	6.3 (55.8%)
120	NOWACZYK Robert	455		M30-39	45	02:28:12.00	01:28:30.00	03:16:12.00	07:10:20.00	07:12:54.00	+03:14:02 (44.8%)	9:33	6.3 (55.8%)
121	KOWALSKA-GRZEJDA Anna	278		K40-49	11	02:29:37.00	01:31:59.00	03:14:14.00	07:14:22.00	07:15:50.00	+03:16:58 (45.2%)	9:39	6.2 (54.9%)
122	KOSMAŁA Przemek	277	MARCINSWIERCTEAM	M30-39	46	02:13:10.00	01:36:13.00	03:27:53.00	07:15:43.00	07:17:16.00	+03:18:24 (45.4%)	9:40	6.2 (54.9%)
123	DZIEWIATOWSKA Agnieszka	234		K40-49	12	02:35:44.00	01:28:21.00	03:14:51.00	07:17:54.00	07:18:56.00	+03:20:04 (45.6%)	9:43	6.2 (54.9%)
124	KINDRYK Tomasz	269	ZAGŁĘBIOWSKI KLUB OYAMA KARATE	M40-49	26	02:30:49.00	01:28:02.00	03:24:09.00	07:21:15.00	07:23:00.00	+03:24:08 (46.1%)	9:48	6.1 (54.0%)
125	BUDNY Aleksandra	211	KRAŚNIK BIEGA	K40-49	13	02:35:00.00	01:34:19.00	03:13:43.00	07:22:07.00	07:23:02.00	+03:24:10 (46.1%)	9:49	6.1 (54.0%)
126	DYDERSKA Wioletta	230	WIOLAADI	K40-49	14	02:35:00.00	01:35:40.00	03:13:39.00	07:23:23.00	07:24:19.00	+03:25:27 (46.2%)	9:51	6.1 (54.0%)
126	WINIARCZYK Adrian	379	WIOLAADI	M30-39	47	02:35:00.00	01:35:40.00	03:13:39.00	07:23:21.00	07:24:19.00	+03:25:27 (46.2%)	9:51	6.1 (54.0%)
128	SZYSZKA Maciej	366	KETO KOTY	M30-39	48	02:28:50.00	01:38:30.00	03:17:55.00	07:22:44.00	07:25:15.00	+03:26:23 (46.4%)	9:50	6.1 (54.0%)
129	MORITZ Karol	315	BIEGIEM DLA MAGDY	M50-59	10	02:23:20.00	01:41:21.00	03:21:17.00	07:25:08.00	07:25:58.00	+03:27:06 (46.4%)	9:53	6.1 (54.0%)
130	KĄDZIOŁKA Łukasz	285	K2	M30-39	49	02:30:59.00	01:35:11.00	03:20:56.00	07:24:52.00	07:27:06.00	+03:28:14 (46.6%)	9:53	6.1 (54.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gorce	Nocne Pieniny	Beskid Sądecki	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
131	MAKLES Wioletta	304	EUROPA UBEZPIECZENIA / NOA	K40-49	15	02:39:05.00	01:34:00.00	03:16:22.00	07:28:45.00	07:29:27.00	+03:30:35 (46.9%)	9:58	6 (53.1%)
132	WOJNO Małgorzata	385	DROGA DO ULTRA	K30-39	16	02:31:39.00	01:38:42.00	03:20:18.00	07:29:07.00	07:30:39.00	+03:31:47 (47.0%)	9:58	6 (53.1%)
133	WILK Magdalena	378	TEAM ZABIEGANEDNI	K40-49	16	02:29:29.00	01:34:51.00	03:28:02.00	07:31:26.00	07:32:22.00	+03:33:30 (47.2%)	10:01	6 (53.1%)
134	KĄDZIOŁKA Jan	284	K2	M50-59	11	02:31:41.00	01:35:11.00	03:25:46.00	07:30:23.00	07:32:38.00	+03:33:46 (47.2%)	10:00	6 (53.1%)
135	MALAWKO Aleksandra	305		K40-49	17	02:43:05.00	01:31:10.00	03:18:46.00	07:31:51.00	07:33:01.00	+03:34:09 (47.3%)	10:02	6 (53.1%)
136	ŻYLSKI Janusz	665	DZIADY OCR	M50-59	12	02:37:58.00	01:28:33.00	03:27:05.00	07:32:22.00	07:33:36.00	+03:34:44 (47.3%)	10:03	6 (53.1%)
137	SKŁADANOWSKA Beata	347	EUROCASH TEAM	K30-39	17	02:44:49.00	01:31:16.00	03:20:45.00	07:35:46.00	07:36:50.00	+03:37:58 (47.7%)	10:07	5.9 (52.2%)
138	WIECHA Marcin	375		M40-49	27	02:36:55.00	01:38:01.00	03:23:00.00	07:36:45.00	07:37:56.00	+03:39:04 (47.8%)	10:09	5.9 (52.2%)
139	PATEREK Ada	332		K40-49	18	02:35:12.00	01:42:14.00	03:24:07.00	07:39:51.00	07:41:33.00	+03:42:41 (48.2%)	10:13	5.9 (52.2%)
140	PAPROCKI Bartłomiej	330		M40-49	28	02:25:49.00	01:33:03.00	03:43:59.00	07:41:39.00	07:42:51.00	+03:43:59 (48.4%)	10:15	5.8 (51.3%)
141	ZABŁOCKA Małgorzata	390	NATIONALE-NEDERLANDEN	K40-49	19	02:43:15.00	01:38:49.00	03:21:14.00	07:42:03.00	07:43:18.00	+03:44:26 (48.4%)	10:16	5.8 (51.3%)
142	LUC Adam	296	BIEGUSIEM.PL	M40-49	29	02:38:26.00	01:39:35.00	03:25:38.00	07:42:43.00	07:43:39.00	+03:44:47 (48.5%)	10:16	5.8 (51.3%)
143	PRZEBINDA Renata	338	#ADAMCZERWIŃSKITEAM	K40-49	20	02:28:56.00	01:44:04.00	03:31:35.00	07:43:36.00	07:44:35.00	+03:45:43 (48.6%)	10:18	5.8 (51.3%)
144	BOBINSKA Marta	207		K30-39	18	02:39:50.00	01:46:03.00	03:19:27.00	07:43:31.00	07:45:20.00	+03:46:28 (48.7%)	10:18	5.8 (51.3%)
145	MROZIK Magdalena	317	POWER TRAINING	K30-39	19	02:39:50.00	01:46:03.00	03:19:28.00	07:43:32.00	07:45:21.00	+03:46:29 (48.7%)	10:18	5.8 (51.3%)
146	MACKIEWICZ Dorota	301	EAT RUN FUN	K40-49	21	02:40:28.00	01:44:07.00	03:20:52.00	07:44:42.00	07:45:27.00	+03:46:35 (48.7%)	10:19	5.8 (51.3%)
147	JATA Marta	259	WW TEAM	K30-39	20	02:43:25.00	01:43:12.00	03:19:22.00	07:45:12.00	07:45:59.00	+03:47:07 (48.7%)	10:20	5.8 (51.3%)
148	ZACHARA Katarzyna	391		K30-39	21	02:31:38.00	01:39:05.00	03:35:23.00	07:44:50.00	07:46:06.00	+03:47:14 (48.8%)	10:19	5.8 (51.3%)
149	ŻACZEK Anna	664	BIEGUSIEM.PL	K40-49	22	02:41:27.00	01:42:01.00	03:25:38.00	07:48:09.00	07:49:06.00	+03:50:14 (49.1%)	10:24	5.8 (51.3%)
150	KĘPKA-WAROWNIA Weronika	268	BIEGUSIEM.PL	K40-49	23	02:41:58.00	01:42:01.00	03:25:38.00	07:48:42.00	07:49:37.00	+03:50:45 (49.1%)	10:24	5.8 (51.3%)
151	WEBER Agata	372	JACEKBIEGA RUNNING TEAM	K40-49	24	02:46:55.00	01:42:15.00	03:22:18.00	07:50:05.00	07:51:28.00	+03:52:36 (49.3%)	10:26	5.7 (50.4%)
152	ROGUSKA Klaudia	666	RADZYMIN RUN TEAM	K30-39	22	02:41:21.00	01:36:12.00	03:35:14.00	07:51:06.00	07:52:47.00	+03:53:55 (49.5%)	10:28	5.7 (50.4%)
153	JARZĄBEK Agnieszka	257	RADZYMIN RUN TEAM	K40-49	25	02:41:48.00	01:36:12.00	03:35:53.00	07:52:13.00	07:53:53.00	+03:55:01 (49.6%)	10:29	5.7 (50.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gorce	Nocne Pieniny	Beskid Sądecki	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
153	SZYMAŃSKA Agata	365	RADZYMIN RUN TEAM	K30-39	23	02:41:48.00	01:36:12.00	03:35:53.00	07:52:12.00	07:53:53.00	+03:55:01 (49.6%)	10:29	5.7 (50.4%)
155	GAŚIOROWSKA Dorota	251	LADIESLOSTGAŚBAGAŚ	K50-59	2	02:48:28.00	01:34:09.00	03:35:42.00	07:56:35.00	07:58:19.00	+03:59:27 (50.1%)	10:35	5.7 (50.4%)
156	KUBLER Anna	287		K40-49	26	02:45:13.00	01:42:42.00	03:31:02.00	07:57:14.00	07:58:57.00	+04:00:05 (50.1%)	10:36	5.7 (50.4%)
157	MASTALERZ Katarzyna	309	SŁONIÓWKA	K40-49	27	02:31:48.00	01:36:44.00	03:51:10.00	07:58:24.00	07:59:42.00	+04:00:50 (50.2%)	10:37	5.6 (49.6%)
158	WNOROWSKA Magdalena	381	RMF4RT GLADIATORS	K40-49	28	02:44:56.00	01:39:15.00	03:41:32.00	08:04:21.00	08:05:43.00	+04:06:51 (50.8%)	10:45	5.6 (49.6%)
159	WIŚNIEWSKI Paweł	373	NIGHT RUNNERS GLIWICE	M30-39	50	02:37:08.00	01:39:03.00	03:51:39.00	08:05:41.00	08:07:50.00	+04:08:58 (51.0%)	10:47	5.6 (49.6%)
160	FRIEZE Tatiana	238	DROGA DO ULTRA	K40-49	29	02:49:55.00	01:38:16.00	03:40:59.00	08:07:39.00	08:09:10.00	+04:10:18 (51.2%)	10:50	5.5 (48.7%)
161	MAKARZEC-SURMA Agnieszka	303	BIŁGORAJ	K30-39	24	02:42:14.00	01:40:26.00	03:48:02.00	08:09:19.00	08:10:42.00	+04:11:50 (51.3%)	10:52	5.5 (48.7%)
162	FRIEZE Krzysztof	239	ORANGE POLSKA	M40-49	30	02:49:55.00	01:38:16.00	03:43:17.00	08:09:58.00	08:11:28.00	+04:12:36 (51.4%)	10:53	5.5 (48.7%)
163	MAGNUSZEWSKA Izabela	302	CARBON OCR RACING TEAM	K40-49	30	02:53:09.00	01:36:35.00	03:44:23.00	08:13:19.00	08:14:07.00	+04:15:15 (51.7%)	10:57	5.5 (48.7%)
164	TROJANEK Edyta	368	SENSORYBEAUTY.PL	K40-49	31	02:49:25.00	01:51:19.00	03:36:05.00	08:15:40.00	08:16:49.00	+04:17:57 (51.9%)	11:00	5.4 (47.8%)
165	LORENC-KRUSZYŃSKA Sylwia	295	FORDONRUNNERS/WKURW_TEAM	K30-39	25	02:53:01.00	01:39:08.00	03:45:53.00	08:16:08.00	08:18:02.00	+04:19:10 (52.0%)	11:01	5.4 (47.8%)
166	IDZIK Angelika	253	HUSARIA RACE TEAM	K16-29	4	02:51:15.00	01:46:08.00	03:46:43.00	08:23:42.00	08:24:06.00	+04:25:14 (52.6%)	11:11	5.4 (47.8%)
167	WRZESIŃSKA Joanna	252		K40-49	32	03:05:50.00	01:39:08.00	03:45:52.00	08:28:57.00	08:30:50.00	+04:31:58 (53.2%)	11:18	5.3 (46.9%)
168	KAPŁON Anna	264		K40-49	33	02:41:08.00	01:45:37.00	04:05:23.00	08:31:14.00	08:32:08.00	+04:33:16 (53.4%)	11:21	5.3 (46.9%)
169	SIERECKI Zbigniew	344	TEAM ZABIEGANEDNI // WKURW_TEAM	M40-49	31	02:56:51.00	01:52:20.00	03:51:42.00	08:38:54.00	08:40:53.00	+04:42:01 (54.1%)	11:31	5.2 (46.0%)
170	JARACZ-PATEREK Alina	254	NOA	K40-49	34	02:39:06.00	01:43:15.00	04:30:11.00	08:51:50.00	08:52:32.00	+04:53:40 (55.1%)	11:49	5.1 (45.1%)
171	SOKOŁOWSKI Artur	350	TEAM ZABIEGANEDNI	M40-49	32	02:58:34.00	01:52:40.00	04:06:46.00	08:56:23.00	08:58:00.00	+04:59:08 (55.6%)	11:55	5 (44.2%)
172	MALEWSKI Tomasz	306		M40-49	33	03:09:38.00	01:55:54.00	04:01:09.00	09:04:46.00	09:06:41.00	+05:07:49 (56.3%)	12:06	5 (44.2%)
172	SZLAKOWICZ Ewa	363		K40-49	35	03:09:38.00	01:55:54.00	04:01:09.00	09:04:45.00	09:06:41.00	+05:07:49 (56.3%)	12:06	5 (44.2%)
174	WITKOWSKA Maria	668		K60+	1	03:39:21.00	02:08:55.00	04:30:17.00	10:15:48.00	10:18:33.00	+06:19:41 (61.4%)	13:41	4.4 (38.9%)
175	BUTRYN Wojciech	215	BBKTS	M40-49	34	03:39:19.00	02:08:57.00	05:39:26.00	09:50:34.00	11:27:42.00	+07:28:50 (65.3%)	13:07	4.6 (40.7%)
	OTOCKI Wojciech	328	NOWAK RUN	M40-49		02:13:16.00 DNF	00:00:00.00 DNF	00:00:00.00 DNF	DNF	DNF	-	-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria Mkat	Gorce	Nocne Pieniny	Beskid Sądecki	Czas netto 45km	Czas brutto 45km	Różn	Tempo min/km	Tempo km/h
	MICHOŃ Krystian	314		M30-39	02:15:28.00 DNF	00:00:00.00 DNF	00:00:00.00 DNF	DNF	DNF	-	-	(0.0%)
	SIMANKOWICZ Sebastian	345		M40-49	02:41:10.00 DNF	00:00:00.00 DNF	00:00:00.00 DNF	DNF	DNF	-	-	(0.0%)
	DUBIŃSKI Przemysław	229	PRZEMEK DUBIŃSKI - BIEGIEMPRZEZŚWIAT	M40-49	02:50:46.00 DNF	00:00:00.00 DNF	00:00:00.00 DNF	DNF	DNF	-	-	(0.0%)
	BIEŃ Przemysław	205	KS RYGLICE- SEKCJA BIEGOWA	M30-39	01:44:11.00 DNF	01:08:45.00 DNF	00:00:00.00 DNF	DNF	DNF	-	-	(0.0%)
	LUDKA Dagmara	297		K40-49	02:57:40.00 DNF	00:00:00.00 DNF	00:00:00.00 DNF	DNF	DNF	-	-	(0.0%)
	KLATKA Arleta	270	BBL TOMASZÓW MAZOWIECKI	K40-49	02:05:05.00 DNF	01:20:35.00 DNF	00:00:00.00 DNF	DNF	DNF	-	-	(0.0%)
	GROCHAL Marcin	249	PSEUDOMOUNTAINRUNNER	M40-49	02:14:57.00 DNF	01:25:36.00 DNF	00:00:00.00 DNF	DNF	DNF	-	-	(0.0%)
	CHRAPLEWSKA Karolina	222	PRO366	K30-39	02:27:45.00 DNF	01:31:57.00 DNF	00:00:00.00 DNF	DNF	DNF	-	-	(0.0%)
	WIELIŃSKA-JACHYMIAK Olga	377	SPECJALISTYCZNY GABINET REHABILITACJI DZIECI	K40-49	02:34:39.00 DNF	01:35:57.00 DNF	00:00:00.00 DNF	DNF	DNF	-	-	(0.0%)
	KURKUS Aleksander	291	DOGOŃ GRODZISK MAZOWIECKI	M40-49	02:36:00.00 DNF	01:52:14.00 DNF	00:00:00.00 DNF	DNF	DNF	-	-	(0.0%)
	CHODOWIEC Przemysław	220	ADIDAS RUNNERS WARSAW	M30-39	01:58:29.00 DNF	00:00:00.00 DNF	02:32:39.00 DNF	DNF	DNF	-	-	(0.0%)
	JARECKA Katarzyna	255	ALLERGAN RUNNING TEAM	K40-49	02:25:53.00 DNF	00:00:00.00 DNF	03:11:38.00 DNF	DNF	DNF	-	-	(0.0%)
	PRZEBINDA Bogdan	337	#ADAMCZERWIŃSKI TEAM	M50-59	02:31:20.00 DNF	00:00:00.00 DNF	03:31:35.00 DNF	DNF	DNF	-	-	(0.0%)

Znaleziono 189 wynik(ów)