



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

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

## TRIADA MARATON NOCNE PIENINY

B4SPORT

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
1	<b>KOŚCIELNIAK Kacper</b>	<b>272</b>	SALCO GARMIN TEAM	M16-29	1	00:24:31	<b>00:48:44.40</b>	<b>00:48:45.35</b>		4:25	13.5 (100%)
2	<b>FLOREK Sebastian</b>	<b>237</b>	NORAFSPORT / SPORT HG	M30-39	1	00:25:28	<b>00:52:17.30</b>	<b>00:52:18.65</b>	+00:03:33 (6.8%)	4:45	12.6 (93.3%)
3	<b>GAWLIK Sławek</b>	<b>242</b>		M30-39	2	00:26:08	<b>00:53:17.80</b>	<b>00:53:19.35</b>	+00:04:34 (8.6%)	4:50	12.4 (91.9%)
4	<b>FABIAN Marcel</b>	<b>235</b>	SOCIOS SILESIA	M16-29	2	00:25:43	<b>00:53:48.20</b>	<b>00:53:49.95</b>	+00:05:04 (9.4%)	4:53	12.3 (91.1%)
5	<b>STROINSKI Daniel</b>	<b>241</b>		M30-39	3	00:26:41	<b>00:54:54.80</b>	<b>00:54:56.75</b>	+00:06:11 (11.3%)	4:59	12 (88.9%)
6	<b>BEREŚ Arkadiusz</b>	<b>203</b>		M30-39	4	00:27:18	<b>00:55:32.30</b>	<b>00:55:33.35</b>	+00:06:48 (12.2%)	5:02	11.9 (88.1%)
7	<b>CYRAN Piotr</b>	<b>225</b>	NOA	M30-39	5	00:27:27	<b>00:55:50.45</b>	<b>00:55:52.90</b>	+00:07:07 (12.8%)	5:04	11.8 (87.4%)
8	<b>KLONOWSKI Kamil</b>	<b>271</b>	CARBON OCR RACING TEAM	M30-39	6	00:27:52	<b>00:57:06.20</b>	<b>00:57:07.25</b>	+00:08:21 (14.6%)	5:11	11.6 (85.9%)
9	<b>SAWA Piotr</b>	<b>617</b>		M16-29	3	00:28:51	<b>00:59:29.10</b>	<b>00:59:49.85</b>	+00:11:04 (18.5%)	5:24	11.1 (82.2%)
10	<b>TYNUS Grzegorz</b>	<b>667</b>	NKK	M40-49	1	00:29:24	<b>01:01:15.20</b>	<b>01:01:17.15</b>	+00:12:31 (20.4%)	5:34	10.8 (80.0%)
11	<b>RYBAK Przemysław</b>	<b>341</b>	PRZE(W)AGA	M30-39	7	00:30:25	<b>01:03:16.70</b>	<b>01:03:18.95</b>	+00:14:33 (23.0%)	5:45	10.4 (77.0%)
12	<b>NOWAK Lukasz</b>	<b>322</b>	NOA / CS RUNNING TEAM	M30-39	8	00:30:51	<b>01:03:35.45</b>	<b>01:04:06.25</b>	+00:15:20 (23.9%)	5:46	10.4 (77.0%)
13	<b>MAŁEK Daren</b>	<b>307</b>		M30-39	9	00:30:21	<b>01:04:17.10</b>	<b>01:04:18.45</b>	+00:15:33 (24.2%)	5:50	10.3 (76.3%)
14	<b>OLEJNIK Franciszek</b>	<b>326</b>	INŻYNIERIA BIEGANIA TEAM	M16-29	4	00:30:25	<b>01:04:05.60</b>	<b>01:04:22.65</b>	+00:15:37 (24.3%)	5:49	10.3 (76.3%)
15	<b>JARNOT Konrad</b>	<b>256</b>	BIEGAM W KATO :)	M30-39	10	00:32:36	<b>01:06:09.85</b>	<b>01:06:30.00</b>	+00:17:44 (26.7%)	6:00	10 (74.1%)
16	<b>SOWA Grzegorz</b>	<b>353</b>	STG-KRAKÓW ŚRÓDMIEŚCIE	M30-39	11	00:32:19	<b>01:06:34.45</b>	<b>01:06:40.45</b>	+00:17:55 (26.9%)	6:03	9.9 (73.3%)
17	<b>SZELAĞ Dariusz</b>	<b>360</b>	LISY PUSTYNI	M40-49	2	00:32:02	<b>01:06:37.90</b>	<b>01:06:51.25</b>	+00:18:05 (27.1%)	6:03	9.9 (73.3%)
18	<b>CICHOCKI Tomasz</b>	<b>223</b>	PELETON	M30-39	12	00:32:42	<b>01:07:01.60</b>	<b>01:07:03.65</b>	+00:18:18 (27.3%)	6:05	9.8 (72.6%)
19	<b>BROL Dominika</b>	<b>209</b>	ENDURANCE TEAM	K30-39	1	00:32:57	<b>01:07:01.45</b>	<b>01:07:04.70</b>	+00:18:19 (27.3%)	6:05	9.8 (72.6%)
20	<b>JASIULEWICZ Anna</b>	<b>258</b>	BIĄŁYSTOK BIEGA TEAM	K40-49	1	00:32:43	<b>01:07:11.45</b>	<b>01:07:13.00</b>	+00:18:27 (27.5%)	6:06	9.8 (72.6%)
21	<b>SKORUPKA Leszek</b>	<b>348</b>	M3 SIEDLCE	M40-49	3	00:33:29	<b>01:07:30.10</b>	<b>01:07:37.90</b>	+00:18:52 (27.9%)	6:08	9.8 (72.6%)
22	<b>FEICHTINGER Marek</b>	<b>236</b>		M40-49	4	00:32:15	<b>01:07:38.90</b>	<b>01:07:42.15</b>	+00:18:56 (28.0%)	6:09	9.8 (72.6%)
23	<b>KUCZYK Szymon</b>	<b>288</b>	ENDURANCE TEAM	M40-49	5	00:33:18	<b>01:07:50.00</b>	<b>01:07:53.95</b>	+00:19:08 (28.2%)	6:10	9.7 (71.9%)
24	<b>BIEŃ Przemysław</b>	<b>205</b>	KS RYGLICE- SEKCJA BIEGOWA	M30-39	13	00:31:11	<b>01:08:45.35</b>	<b>01:08:45.35</b>	+00:20:00 (29.1%)	6:15	9.6 (71.1%)
25	<b>BYRCZEK Michał</b>	<b>216</b>	WATAHA	M30-39	14	00:34:36	<b>01:08:48.25</b>	<b>01:09:05.50</b>	+00:20:20 (29.4%)	6:15	9.6 (71.1%)
26	<b>MĘDRYKOWSKI Damian</b>	<b>311</b>		M30-39	15	00:33:56	<b>01:09:27.95</b>	<b>01:09:34.70</b>	+00:20:49 (29.9%)	6:18	9.5 (70.4%)
27	<b>MARCINKOWSKI Bartosz</b>	<b>308</b>	SACKY RUNNERS	M16-29	5	00:32:57	<b>01:09:36.50</b>	<b>01:09:46.45</b>	+00:21:01 (30.1%)	6:19	9.5 (70.4%)
28	<b>MICHALSKI Damian</b>	<b>313</b>	ALIOR RUNNING TEAM	M40-49	6	00:32:14	<b>01:09:59.05</b>	<b>01:10:01.45</b>	+00:21:16 (30.4%)	6:21	9.4 (69.6%)
29	<b>KOLACHA Patryk</b>	<b>275</b>	STUDIO GTS	M16-29	6	00:33:29	<b>01:10:05.25</b>	<b>01:10:09.25</b>	+00:21:23 (30.5%)	6:22	9.4 (69.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
30	<b>KRAWCZYK Karol</b>	<b>283</b>	LENIWY INACZEJ	M30-39	16	00:34:37	<b>01:10:40.75</b>	<b>01:10:45.00</b>	+00:21:59 (31.1%)	6:25	9.3 (68.9%)
31	<b>DROŚ Aleksander</b>	<b>228</b>	POWER TRAINING	M30-39	17	00:33:58	<b>01:10:37.75</b>	<b>01:10:45.30</b>	+00:21:59 (31.1%)	6:25	9.3 (68.9%)
32	<b>OSIAK Artur</b>	<b>327</b>	BIEGUSIEM.PL	M30-39	18	00:33:58	<b>01:10:37.30</b>	<b>01:10:45.40</b>	+00:22:00 (31.1%)	6:25	9.3 (68.9%)
33	<b>ZIĘCINA Sylwia</b>	<b>395</b>	ATLANTIC	K30-39	2	00:34:23	<b>01:10:44.90</b>	<b>01:10:46.65</b>	+00:22:01 (31.1%)	6:25	9.3 (68.9%)
34	<b>DYLEG Andrzej</b>	<b>669</b>	LIMANOWA FOREST	M40-49	7	00:33:41	<b>01:10:27.30</b>	<b>01:10:53.75</b>	+00:22:08 (31.2%)	6:24	9.4 (69.6%)
35	<b>WŁOCH Sławomir</b>	<b>380</b>		M50-59	1	00:34:25	<b>01:11:16.00</b>	<b>01:11:24.75</b>	+00:22:39 (31.7%)	6:28	9.3 (68.9%)
36	<b>MACIEJEWSKI Daniel</b>	<b>336</b>		M30-39	19	00:33:20	<b>01:11:10.95</b>	<b>01:11:31.75</b>	+00:22:46 (31.8%)	6:28	9.3 (68.9%)
37	<b>KOZIEŁ Krzysztof</b>	<b>282</b>		M30-39	20	00:33:37	<b>01:11:31.60</b>	<b>01:11:46.10</b>	+00:23:00 (32.1%)	6:30	9.2 (68.1%)
38	<b>SOSNOWSKA Agnieszka</b>	<b>352</b>	SOSNA RADOSNA	K40-49	2	00:34:40	<b>01:11:57.10</b>	<b>01:11:59.75</b>	+00:23:14 (32.3%)	6:32	9.2 (68.1%)
39	<b>ŁOBODOWSKI Marcin</b>	<b>299</b>	RACEFIGHTER GOSIR DĘBE WIELKIE	M30-39	21	00:34:12	<b>01:12:27.95</b>	<b>01:12:32.95</b>	+00:23:47 (32.8%)	6:35	9.1 (67.4%)
40	<b>CIERPIOŁ Andrzej</b>	<b>224</b>	SACKY RUNNERS	M16-29	7	00:36:45	<b>01:12:50.65</b>	<b>01:13:00.45</b>	+00:24:15 (33.2%)	6:37	9.1 (67.4%)
41	<b>PRZYBYLSKI Tomasz</b>	<b>339</b>	TRI TOMAJ	M40-49	8	00:37:05	<b>01:13:06.05</b>	<b>01:13:24.55</b>	+00:24:39 (33.6%)	6:38	9 (66.7%)
42	<b>CHODOWIEC Karolina</b>	<b>221</b>	ADIDAS RUNNERS WARSAW	K30-39	3	00:35:50	<b>01:13:14.60</b>	<b>01:13:25.20</b>	+00:24:39 (33.6%)	6:39	9 (66.7%)
43	<b>GRUSZKA Grzegorz</b>	<b>250</b>	ENDURANCE TEAM	M40-49	9	00:35:28	<b>01:13:40.95</b>	<b>01:13:45.25</b>	+00:24:59 (33.9%)	6:41	9 (66.7%)
44	<b>SAWCZUK Robert</b>	<b>343</b>	PADRE TEAM	M30-39	22	00:37:47	<b>01:13:24.45</b>	<b>01:13:52.10</b>	+00:25:06 (34.0%)	6:40	9 (66.7%)
45	<b>SZKODA Kasia</b>	<b>361</b>		K16-29	1	00:36:14	<b>01:13:49.90</b>	<b>01:14:04.80</b>	+00:25:19 (34.2%)	6:42	8.9 (65.9%)
46	<b>OŻGA Sebastian</b>	<b>329</b>		M30-39	23	00:36:45	<b>01:13:57.70</b>	<b>01:14:11.05</b>	+00:25:25 (34.3%)	6:43	8.9 (65.9%)
47	<b>STEFANIUK Roman</b>	<b>357</b>		M50-59	2	00:35:44	<b>01:14:03.75</b>	<b>01:14:11.70</b>	+00:25:26 (34.3%)	6:44	8.9 (65.9%)
48	<b>PYTEL Waldek</b>	<b>340</b>	YULO RANTEAM SIEDLCE	M50-59	3	00:36:56	<b>01:14:02.30</b>	<b>01:14:11.75</b>	+00:25:26 (34.3%)	6:43	8.9 (65.9%)
49	<b>DZIERŻAK Elżbieta</b>	<b>233</b>	HUSARIA RACE TEAM	K40-49	3	00:36:55	<b>01:14:11.10</b>	<b>01:14:28.05</b>	+00:25:42 (34.5%)	6:44	8.9 (65.9%)
50	<b>CHILICKA Marta</b>	<b>219</b>	RED LION CLUB	K30-39	4	00:35:41	<b>01:14:42.85</b>	<b>01:14:46.80</b>	+00:26:01 (34.8%)	6:47	8.8 (65.2%)
51	<b>KALISZAN Krzysztof</b>	<b>263</b>	12 WBOT	M16-29	8	00:36:15	<b>01:14:35.55</b>	<b>01:14:49.75</b>	+00:26:04 (34.8%)	6:46	8.8 (65.2%)
52	<b>LUTEREK Michał</b>	<b>298</b>		M40-49	10	00:36:34	<b>01:14:58.90</b>	<b>01:15:10.65</b>	+00:26:25 (35.1%)	6:49	8.8 (65.2%)
53	<b>KITOWSKA Anna</b>	<b>232</b>	PERFECT RUNNER TEAM	K40-49	4	00:36:55	<b>01:15:04.70</b>	<b>01:15:21.05</b>	+00:26:35 (35.3%)	6:49	8.8 (65.2%)
54	<b>NOWIŃSKI Marcin</b>	<b>324</b>	HUSARIA RACE TEAM	M16-29	9	00:36:34	<b>01:15:12.80</b>	<b>01:15:30.20</b>	+00:26:44 (35.4%)	6:50	8.8 (65.2%)
55	<b>STANKIEWICZ Tomasz</b>	<b>355</b>	GT TEAM	M30-39	24	00:37:29	<b>01:15:07.10</b>	<b>01:15:30.85</b>	+00:26:45 (35.4%)	6:49	8.8 (65.2%)
56	<b>POŁOM Rafał</b>	<b>335</b>	NOA	M30-39	25	00:37:19	<b>01:15:21.10</b>	<b>01:15:33.65</b>	+00:26:48 (35.5%)	6:51	8.8 (65.2%)
57	<b>WOLAŃCZUK Piotr</b>	<b>388</b>		M16-29	10	00:36:04	<b>01:15:48.95</b>	<b>01:15:54.65</b>	+00:27:09 (35.8%)	6:53	8.7 (64.4%)
58	<b>WOLAŃCZUK Marcin</b>	<b>387</b>		M30-39	26	00:36:02	<b>01:15:48.40</b>	<b>01:15:54.95</b>	+00:27:09 (35.8%)	6:53	8.7 (64.4%)
59	<b>GRABOWSKI Damian</b>	<b>248</b>	-	M30-39	27	00:37:14	<b>01:16:30.70</b>	<b>01:16:44.30</b>	+00:27:58 (36.5%)	6:57	8.6 (63.7%)
60	<b>KUNA Aleksandra</b>	<b>290</b>		K30-39	5	00:37:16	<b>01:16:35.90</b>	<b>01:16:55.05</b>	+00:28:09 (36.6%)	6:57	8.6 (63.7%)
61	<b>SZPUNAR Maciej</b>	<b>364</b>	ROBIĘ TO DLA SIEBIE	M40-49	11	00:38:08	<b>01:16:08.30</b>	<b>01:17:02.85</b>	+00:28:17 (36.7%)	6:55	8.7 (64.4%)
62	<b>WALKOWSKI Tomasz</b>	<b>370</b>	JACEKBIEGA RUNNING TEAM	M50-59	4	00:38:16	<b>01:16:59.70</b>	<b>01:17:14.05</b>	+00:28:28 (36.9%)	7:00	8.6 (63.7%)
63	<b>KOWALSKI Krzysztof</b>	<b>279</b>	HRMAXCROSSTEAM	M50-59	5	00:37:50	<b>01:17:18.20</b>	<b>01:17:28.30</b>	+00:28:42 (37.1%)	7:01	8.5 (63.0%)
64	<b>WENARSKI Grzegorz</b>	<b>626</b>		M30-39	28	00:38:20	<b>01:17:23.50</b>	<b>01:17:44.30</b>	+00:28:58 (37.3%)	7:02	8.5 (63.0%)
65	<b>SZKUDLAREK Artur</b>	<b>362</b>	ANDRYCHÓW RUNNING	M30-39	29	00:37:10	<b>01:17:34.30</b>	<b>01:17:58.80</b>	+00:29:13 (37.5%)	7:03	8.5 (63.0%)
66	<b>SOBCZYK Piotr</b>	<b>349</b>		M40-49	12	00:37:46	<b>01:17:49.50</b>	<b>01:18:04.00</b>	+00:29:18 (37.5%)	7:04	8.5 (63.0%)
67	<b>NOWICKI Artur</b>	<b>323</b>		M30-39	30	00:38:59	<b>01:18:14.95</b>	<b>01:18:43.30</b>	+00:29:57 (38.1%)	7:06	8.4 (62.2%)
68	<b>ZIELIŃSKA Iwona</b>	<b>394</b>	KUJAWSCY RUNNERS	K40-49	5	00:40:04	<b>01:18:45.00</b>	<b>01:19:02.65</b>	+00:30:17 (38.3%)	7:09	8.4 (62.2%)
69	<b>GŁOWACKI Jerzy</b>	<b>243</b>	JUVENIA KRAKÓW	M30-39	31	00:40:01	<b>01:18:46.35</b>	<b>01:19:19.20</b>	+00:30:33 (38.5%)	7:09	8.4 (62.2%)
70	<b>ADAMCZAK Barbara</b>	<b>200</b>	TRAVOIS	K40-49	6	00:39:21	<b>01:19:08.10</b>	<b>01:19:19.65</b>	+00:30:34 (38.5%)	7:11	8.3 (61.5%)
71	<b>CZAPSKI Piotr</b>	<b>227</b>		M50-59	6	00:39:41	<b>01:19:03.45</b>	<b>01:19:20.70</b>	+00:30:35 (38.6%)	7:11	8.3 (61.5%)
72	<b>WOJTASIK Grzegorz</b>	<b>386</b>	STALOWOWOLSKI KLUB BIEGACZA	M40-49	13	00:39:44	<b>01:19:33.35</b>	<b>01:19:42.40</b>	+00:30:57 (38.8%)	7:13	8.3 (61.5%)
73	<b>KLATKA Arleta</b>	<b>270</b>	BBL TOMASZÓW MAZOWIECKI	K40-49	7	00:38:08	<b>01:20:23.55</b>	<b>01:20:35.00</b>	+00:31:49 (39.5%)	7:18	8.2 (60.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
74	<b>GOŹDZIK Tomek</b>	<b>244</b>		M16-29	11	00:37:14	<b>01:20:19.25</b>	<b>01:20:37.45</b>	+00:31:52 (39.5%)	7:18	8.2 (60.7%)
75	<b>KOCHANOWSKI Sebastian</b>	<b>274</b>	ROZBIEGAMY NOWY DWÓR	M40-49	14	00:39:08	<b>01:20:10.60</b>	<b>01:20:38.55</b>	+00:31:53 (39.5%)	7:17	8.2 (60.7%)
76	<b>KOWALSKI Łukasz</b>	<b>281</b>	BYCHAWA RUNNERS	M30-39	32	00:37:54	<b>01:20:19.65</b>	<b>01:20:40.65</b>	+00:31:55 (39.6%)	7:18	8.2 (60.7%)
77	<b>MICHALAK Sławomir</b>	<b>312</b>	INZYNIER.EU NOSI TRAILOWE BOTKI	M50-59	7	00:39:36	<b>01:20:45.20</b>	<b>01:20:45.20</b>	+00:31:59 (39.6%)	7:20	8.2 (60.7%)
78	<b>KOPEĆ Renata</b>	<b>276</b>	KS STASZEWSKY	K40-49	8	00:40:02	<b>01:20:31.05</b>	<b>01:21:00.05</b>	+00:32:14 (39.8%)	7:19	8.2 (60.7%)
79	<b>KALETA Anna</b>	<b>262</b>		K30-39	6	00:40:34	<b>01:20:45.15</b>	<b>01:21:06.30</b>	+00:32:20 (39.9%)	7:20	8.2 (60.7%)
80	<b>WIATR Wojciech</b>	<b>374</b>	ENDURANCE TEAM	M40-49	15	00:39:53	<b>01:21:03.25</b>	<b>01:21:09.00</b>	+00:32:23 (39.9%)	7:22	8.1 (60.0%)
81	<b>SALIŃSKI Bartosz</b>	<b>342</b>	WKURW_TEAM	M30-39	33	00:39:52	<b>01:21:05.85</b>	<b>01:21:16.40</b>	+00:32:31 (40.0%)	7:22	8.1 (60.0%)
82	<b>KOWALSKI Szymon</b>	<b>280</b>	HTF LUDWIK SIKORSKI	M40-49	16	00:40:55	<b>01:21:05.20</b>	<b>01:21:27.15</b>	+00:32:41 (40.1%)	7:22	8.1 (60.0%)
83	<b>SZCZĘSNA Edyta</b>	<b>359</b>	CARBON OCR RACING TEAM	K30-39	7	00:41:02	<b>01:21:26.05</b>	<b>01:21:53.15</b>	+00:33:07 (40.5%)	7:24	8.1 (60.0%)
84	<b>KUDZIOR Piotr</b>	<b>289</b>	PRO366	M16-29	12	00:40:22	<b>01:21:58.60</b>	<b>01:22:06.85</b>	+00:33:21 (40.6%)	7:27	8.1 (60.0%)
85	<b>KURPANIK Karol</b>	<b>292</b>		M30-39	34	00:39:12	<b>01:22:03.45</b>	<b>01:22:22.35</b>	+00:33:37 (40.8%)	7:27	8 (59.3%)
86	<b>FRAĆKIEWICZ Karol</b>	<b>240</b>	SCV	M40-49	17	00:41:03	<b>01:22:53.40</b>	<b>01:23:03.35</b>	+00:34:18 (41.3%)	7:32	8 (59.3%)
87	<b>BAĆMAGA Tomasz</b>	<b>202</b>		M30-39	35	00:41:19	<b>01:23:09.20</b>	<b>01:23:14.70</b>	+00:34:29 (41.4%)	7:33	7.9 (58.5%)
88	<b>BULANDA Barbara</b>	<b>212</b>	ŻUBRY BOCHNIA	K30-39	8	00:40:31	<b>01:23:03.90</b>	<b>01:23:21.90</b>	+00:34:36 (41.5%)	7:33	7.9 (58.5%)
89	<b>SOWA-OKRASA Sylwia</b>	<b>354</b>	DOGOŃ GRODZISK MAZOWIECKI	K40-49	9	00:39:47	<b>01:23:42.25</b>	<b>01:23:46.35</b>	+00:35:01 (41.8%)	7:36	7.9 (58.5%)
90	<b>WALAC Jacek</b>	<b>369</b>	DOGOŃ GRODZISK MAZOWIECKI	M30-39	36	00:40:41	<b>01:23:39.20</b>	<b>01:23:46.65</b>	+00:35:01 (41.8%)	7:36	7.9 (58.5%)
91	<b>ŁUCZKA Sylwia</b>	<b>300</b>	KASTYO / VEGE RUNNERS	K16-29	2	00:40:55	<b>01:23:25.15</b>	<b>01:23:56.15</b>	+00:35:10 (41.9%)	7:35	7.9 (58.5%)
92	<b>KUŚ Tomasz</b>	<b>286</b>	MIRAZ RACE TEAM	M30-39	37	00:42:00	<b>01:23:28.00</b>	<b>01:24:02.85</b>	+00:35:17 (42.0%)	7:35	7.9 (58.5%)
93	<b>KACZMARCZYK Krzysztof</b>	<b>261</b>	ŻUBRY BOCHNIA	M40-49	18	00:40:34	<b>01:23:48.50</b>	<b>01:24:06.85</b>	+00:35:21 (42.0%)	7:37	7.9 (58.5%)
94	<b>KARPIEL Magdalena</b>	<b>266</b>	SFITRUN.PL	K16-29	3	00:41:18	<b>01:23:55.90</b>	<b>01:24:21.90</b>	+00:35:36 (42.2%)	7:37	7.9 (58.5%)
95	<b>WIECZOREK Łukasz</b>	<b>376</b>	OSP GAŚAWA	M30-39	38	00:38:44	<b>01:24:22.65</b>	<b>01:24:51.30</b>	+00:36:05 (42.5%)	7:40	7.8 (57.8%)
96	<b>JEŹDZIKOWSKI Marcin</b>	<b>260</b>	RUN TEAM GAŚAWA	M40-49	19	00:38:44	<b>01:24:23.50</b>	<b>01:24:52.40</b>	+00:36:07 (42.6%)	7:40	7.8 (57.8%)
97	<b>GOĆŁOWSKI Cezary</b>	<b>245</b>		M40-49	20	00:39:11	<b>01:24:25.60</b>	<b>01:24:57.90</b>	+00:36:12 (42.6%)	7:40	7.8 (57.8%)
98	<b>WAŁĘGA Monika</b>	<b>371</b>		K30-39	9	00:42:46	<b>01:24:27.45</b>	<b>01:25:07.65</b>	+00:36:22 (42.7%)	7:40	7.8 (57.8%)
99	<b>KOBIAŁKA Irek</b>	<b>273</b>		M40-49	21	00:42:50	<b>01:24:28.05</b>	<b>01:25:08.10</b>	+00:36:22 (42.7%)	7:40	7.8 (57.8%)
100	<b>MASTALERZ Marcin</b>	<b>597</b>		M50-59	8	00:41:20	<b>01:25:09.30</b>	<b>01:25:14.40</b>	+00:36:29 (42.8%)	7:44	7.8 (57.8%)
101	<b>CAŁKA Agnieszka</b>	<b>217</b>	RADZYMIN RUN TEAM	K40-49	10	00:43:08	<b>01:24:41.10</b>	<b>01:25:21.80</b>	+00:36:36 (42.9%)	7:41	7.8 (57.8%)
102	<b>CAŁKA Grzegorz</b>	<b>218</b>	RADZYMIN RUN TEAM	M40-49	22	00:43:09	<b>01:24:42.35</b>	<b>01:25:22.05</b>	+00:36:36 (42.9%)	7:42	7.8 (57.8%)
103	<b>GROCHAL Marcin</b>	<b>249</b>	PSEUDOMOUNTAINRUNNER	M40-49	23	00:41:54	<b>01:25:09.40</b>	<b>01:25:36.45</b>	+00:36:51 (43.0%)	7:44	7.8 (57.8%)
104	<b>WOJAS Jakub</b>	<b>383</b>	INŻYNIERIA BIEGANIA	M30-39	39	00:41:51	<b>01:25:35.70</b>	<b>01:25:58.55</b>	+00:37:13 (43.3%)	7:46	7.7 (57.0%)
105	<b>WONKO Ewa</b>	<b>389</b>	HTF LUDWIK SIKORSKI	K30-39	10	00:42:34	<b>01:25:47.50</b>	<b>01:26:10.05</b>	+00:37:24 (43.4%)	7:48	7.7 (57.0%)
106	<b>NIMSZ Bartosz</b>	<b>320</b>		M30-39	40	00:43:47	<b>01:25:56.25</b>	<b>01:26:16.75</b>	+00:37:31 (43.5%)	7:48	7.7 (57.0%)
107	<b>SITKOWSKI Kamil</b>	<b>346</b>		M30-39	41	00:44:00	<b>01:26:16.10</b>	<b>01:26:37.95</b>	+00:37:52 (43.7%)	7:50	7.7 (57.0%)
108	<b>POGORZELSKA Katarzyna</b>	<b>333</b>	BWM TEAM	K40-49	11	00:43:35	<b>01:26:27.90</b>	<b>01:27:06.25</b>	+00:38:20 (44.0%)	7:51	7.6 (56.3%)
109	<b>NOWAK Beata</b>	<b>321</b>		K30-39	11	00:41:13	<b>01:27:01.00</b>	<b>01:27:17.35</b>	+00:38:32 (44.1%)	7:54	7.6 (56.3%)
110	<b>NIMSZ Kamila</b>	<b>206</b>	KB HARCOWNIK JELCZ-LASKOWICE	K30-39	12	00:44:37	<b>01:26:59.80</b>	<b>01:27:21.55</b>	+00:38:36 (44.2%)	7:54	7.6 (56.3%)
111	<b>STEC Iwona</b>	<b>356</b>		K30-39	13	00:43:22	<b>01:26:59.05</b>	<b>01:27:29.20</b>	+00:38:43 (44.3%)	7:54	7.6 (56.3%)
112	<b>NOWOTARSKI Wojtek</b>	<b>325</b>		M30-39	42	00:39:32	<b>01:27:32.75</b>	<b>01:27:41.00</b>	+00:38:55 (44.4%)	7:57	7.5 (55.6%)
113	<b>KINDRYK Tomasz</b>	<b>269</b>	ZAGŁĘBIOWSKI KLUB OYAMA KARATE	M40-49	24	00:43:02	<b>01:27:34.85</b>	<b>01:28:02.80</b>	+00:39:17 (44.6%)	7:57	7.5 (55.6%)
114	<b>MAZURKIEWICZ Jolanta</b>	<b>310</b>	BYCHAWA RUNNERS / NAJWIĘKSZA ARMIA ŚWIATA	K30-39	14	00:43:12	<b>01:27:49.05</b>	<b>01:28:05.70</b>	+00:39:20 (44.7%)	7:59	7.5 (55.6%)
115	<b>TOCZEWSKA Anna</b>	<b>367</b>	JACEKBIEGA RUNNING TEAM	K50-59	1	00:42:29	<b>01:28:00.00</b>	<b>01:28:13.90</b>	+00:39:28 (44.7%)	8:00	7.5 (55.6%)
116	<b>MUCHA Marek</b>	<b>318</b>	APOSTLES OF STARS	M30-39	43	00:42:51	<b>01:27:37.00</b>	<b>01:28:19.35</b>	+00:39:34 (44.8%)	7:57	7.5 (55.6%)
117	<b>DZIEWIATOWSKA Agnieszka</b>	<b>234</b>		K40-49	12	00:43:34	<b>01:27:59.20</b>	<b>01:28:21.85</b>	+00:39:36 (44.8%)	7:59	7.5 (55.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
118	<b>NOWACZYK Robert</b>	<b>455</b>		M30-39	44	00:44:22	<b>01:27:47.90</b>	<b>01:28:30.75</b>	+00:39:45 (44.9%)	7:58	7.5 (55.6%)
119	<b>ŻYLSKI Janusz</b>	<b>665</b>	DZIADY OCR	M50-59	9	00:42:00	<b>01:28:22.30</b>	<b>01:28:33.55</b>	+00:39:48 (44.9%)	8:02	7.5 (55.6%)
120	<b>ZARĘBA Beata</b>	<b>393</b>	BIEGAM BO LUBIĘ NOCĄ WARSZAWA	K30-39	15	00:43:34	<b>01:29:30.25</b>	<b>01:29:54.10</b>	+00:41:08 (45.8%)	8:08	7.4 (54.8%)
121	<b>GODLEWSKI Cezary</b>	<b>246</b>		M30-39	45	00:43:33	<b>01:29:30.90</b>	<b>01:29:54.75</b>	+00:41:09 (45.8%)	8:08	7.4 (54.8%)
122	<b>BRĘCZEWSKI Andrzej</b>	<b>208</b>	UKS KOPERNIK	M50-59	10	00:44:19	<b>01:29:30.85</b>	<b>01:30:05.90</b>	+00:41:20 (45.9%)	8:08	7.4 (54.8%)
123	<b>CYWIŃSKI Paweł</b>	<b>226</b>	AKG	M40-49	25	00:43:35	<b>01:29:59.95</b>	<b>01:30:23.35</b>	+00:41:38 (46.1%)	8:10	7.3 (54.1%)
124	<b>KĘPARA Marcin</b>	<b>267</b>	ADVA OPTICAL NETWORKING	M30-39	46	00:44:44	<b>01:30:17.50</b>	<b>01:30:56.95</b>	+00:42:11 (46.4%)	8:12	7.3 (54.1%)
125	<b>MALAWKO Aleksandra</b>	<b>305</b>		K40-49	13	00:44:13	<b>01:30:55.25</b>	<b>01:31:10.95</b>	+00:42:25 (46.5%)	8:15	7.3 (54.1%)
126	<b>SKŁADANOWSKA Beata</b>	<b>347</b>	EUROCASH TEAM	K30-39	16	00:44:01	<b>01:30:49.35</b>	<b>01:31:16.00</b>	+00:42:30 (46.6%)	8:15	7.3 (54.1%)
127	<b>NIEDŹWIEDŹ Tomasz</b>	<b>319</b>	RED LION CLUB	M40-49	26	00:41:23	<b>01:31:19.65</b>	<b>01:31:24.40</b>	+00:42:39 (46.7%)	8:18	7.2 (53.3%)
128	<b>CHRAPLEWSKA Karolina</b>	<b>222</b>	PRO366	K30-39	17	00:45:03	<b>01:31:43.35</b>	<b>01:31:57.30</b>	+00:43:11 (47.0%)	8:20	7.2 (53.3%)
129	<b>KOWALSKA-GRZEJDA Anna</b>	<b>278</b>		K40-49	14	00:44:20	<b>01:31:35.40</b>	<b>01:31:59.45</b>	+00:43:14 (47.0%)	8:19	7.2 (53.3%)
130	<b>PAPROCKI Bartłomiej</b>	<b>330</b>		M40-49	27	00:43:56	<b>01:32:20.50</b>	<b>01:33:03.45</b>	+00:44:18 (47.6%)	8:23	7.1 (52.6%)
131	<b>MAKLES Wioletta</b>	<b>304</b>	EUROPA UBEZPIECZENIA / NOA	K40-49	15	00:49:02	<b>01:33:31.50</b>	<b>01:34:00.55</b>	+00:45:15 (48.1%)	8:30	7.1 (52.6%)
132	<b>GAŚSIOROWSKA Dorota</b>	<b>251</b>	LADIESLOSTGĄSBAGAŚ	K50-59	2	00:46:16	<b>01:33:33.50</b>	<b>01:34:09.45</b>	+00:45:24 (48.2%)	8:30	7.1 (52.6%)
133	<b>BUDNY Aleksandra</b>	<b>211</b>	KRAŚNIK BIEGA	K40-49	16	00:47:01	<b>01:33:59.05</b>	<b>01:34:19.85</b>	+00:45:34 (48.3%)	8:32	7 (51.9%)
134	<b>WILK Magdalena</b>	<b>378</b>	TEAM ZABIEGANEDNI	K40-49	17	00:46:35	<b>01:34:35.90</b>	<b>01:34:51.95</b>	+00:46:06 (48.6%)	8:35	7 (51.9%)
135	<b>KĄDZIOŁKA Jan</b>	<b>284</b>	K2	M50-59	11	00:44:14	<b>01:34:27.35</b>	<b>01:35:11.40</b>	+00:46:26 (48.8%)	8:35	7 (51.9%)
136	<b>KĄDZIOŁKA Łukasz</b>	<b>285</b>	K2	M30-39	47	00:44:12	<b>01:34:28.05</b>	<b>01:35:11.70</b>	+00:46:26 (48.8%)	8:35	7 (51.9%)
137	<b>POGORZELSKI Grzegorz</b>	<b>334</b>	BWM TEAM	M40-49	28	00:44:51	<b>01:34:46.70</b>	<b>01:35:24.95</b>	+00:46:39 (48.9%)	8:36	7 (51.9%)
138	<b>DYDERSKA Wioletta</b>	<b>230</b>	WIOLAADI	K40-49	18	00:47:50	<b>01:35:19.00</b>	<b>01:35:40.15</b>	+00:46:54 (49.0%)	8:39	6.9 (51.1%)
139	<b>WINIARCZYK Adrian</b>	<b>379</b>	WIOLAADI	M30-39	48	00:47:50	<b>01:35:20.10</b>	<b>01:35:40.75</b>	+00:46:55 (49.0%)	8:40	6.9 (51.1%)
140	<b>WIELIŃSKA-JACHYMIAK Olga</b>	<b>377</b>	SPECJALISTYCZNY GABINET REHABILITACJI DZIECI	K40-49	19	00:46:17	<b>01:35:16.65</b>	<b>01:35:57.90</b>	+00:47:12 (49.2%)	8:39	6.9 (51.1%)
141	<b>ROGUSKA Klaudia</b>	<b>666</b>	RADZYMIN RUN TEAM	K30-39	18	00:47:45	<b>01:35:34.20</b>	<b>01:36:12.25</b>	+00:47:26 (49.3%)	8:41	6.9 (51.1%)
142	<b>JARZĄBEK Agnieszka</b>	<b>257</b>	RADZYMIN RUN TEAM	K40-49	20	00:47:45	<b>01:35:34.35</b>	<b>01:36:12.55</b>	+00:47:27 (49.3%)	8:41	6.9 (51.1%)
143	<b>SZYMAŃSKA Agata</b>	<b>365</b>	RADZYMIN RUN TEAM	K30-39	19	00:47:44	<b>01:35:33.55</b>	<b>01:36:12.65</b>	+00:47:27 (49.3%)	8:41	6.9 (51.1%)
144	<b>KOSMAŁA Przemek</b>	<b>277</b>	MARCINSWIERCTEAM	M30-39	49	00:42:12	<b>01:35:56.40</b>	<b>01:36:13.50</b>	+00:47:28 (49.3%)	8:43	6.9 (51.1%)
145	<b>MAGNUSZEWSKA Izabela</b>	<b>302</b>	CARBON OCR RACING TEAM	K40-49	21	00:46:21	<b>01:36:18.05</b>	<b>01:36:35.50</b>	+00:47:50 (49.5%)	8:45	6.9 (51.1%)
146	<b>MASTALERZ Katarzyna</b>	<b>309</b>	SŁONIÓWKA	K40-49	22	00:46:35	<b>01:36:34.85</b>	<b>01:36:44.35</b>	+00:47:59 (49.6%)	8:46	6.8 (50.4%)
147	<b>WIECHA Marcin</b>	<b>375</b>		M40-49	29	00:47:25	<b>01:37:28.55</b>	<b>01:38:01.40</b>	+00:49:16 (50.3%)	8:51	6.8 (50.4%)
148	<b>FRIEZE Tatiana</b>	<b>238</b>	DROGA DO ULTRA	K40-49	23	00:49:29	<b>01:37:54.05</b>	<b>01:38:16.70</b>	+00:49:31 (50.4%)	8:54	6.7 (49.6%)
148	<b>FRIEZE Krzysztof</b>	<b>239</b>	ORANGE POLSKA	M40-49	30	00:49:29	<b>01:37:53.85</b>	<b>01:38:16.70</b>	+00:49:31 (50.4%)	8:54	6.7 (49.6%)
150	<b>SZYSZKA Maciej</b>	<b>366</b>	KETO KOTY	M30-39	50	00:49:02	<b>01:37:48.35</b>	<b>01:38:30.40</b>	+00:49:45 (50.5%)	8:53	6.7 (49.6%)
151	<b>WOJNO Małgorzata</b>	<b>385</b>	DROGA DO ULTRA	K30-39	20	00:44:34	<b>01:38:18.90</b>	<b>01:38:42.45</b>	+00:49:57 (50.6%)	8:56	6.7 (49.6%)
152	<b>ZABŁOCKA Małgorzata</b>	<b>390</b>	NATIONALE-NEDERLANDEN	K40-49	24	00:49:02	<b>01:38:21.80</b>	<b>01:38:49.85</b>	+00:50:04 (50.7%)	8:56	6.7 (49.6%)
153	<b>WIŚNIEWSKI Paweł</b>	<b>373</b>	NIGHT RUNNERS GLIWICE	M30-39	51	00:45:17	<b>01:38:29.30</b>	<b>01:39:03.45</b>	+00:50:18 (50.8%)	8:57	6.7 (49.6%)
154	<b>ZACHARA Katarzyna</b>	<b>391</b>		K30-39	21	00:48:44	<b>01:38:28.15</b>	<b>01:39:05.00</b>	+00:50:19 (50.8%)	8:57	6.7 (49.6%)
155	<b>WRZESIŃSKA Joanna</b>	<b>252</b>		K40-49	25	00:50:13	<b>01:38:37.00</b>	<b>01:39:08.10</b>	+00:50:22 (50.8%)	8:57	6.7 (49.6%)
156	<b>LORENC-KRUSZYŃSKA Sylwia</b>	<b>295</b>	FORDONRUNNERS/WKURW_TEAM	K30-39	22	00:50:12	<b>01:38:36.45</b>	<b>01:39:08.45</b>	+00:50:23 (50.8%)	8:57	6.7 (49.6%)
157	<b>WNOROWSKA Magdalena</b>	<b>381</b>	RMF4RT GLADIATORS	K40-49	26	00:46:13	<b>01:39:02.55</b>	<b>01:39:15.10</b>	+00:50:29 (50.9%)	9:00	6.7 (49.6%)
158	<b>LUC Adam</b>	<b>296</b>	BIEGUSIEM.PL	M40-49	31	00:48:59	<b>01:39:23.10</b>	<b>01:39:35.85</b>	+00:50:50 (51.0%)	9:02	6.6 (48.9%)
159	<b>MAKARZEC-SURMA Agnieszka</b>	<b>303</b>	BIŁGORAJ	K30-39	23	00:48:09	<b>01:39:52.95</b>	<b>01:40:26.30</b>	+00:51:40 (51.5%)	9:04	6.6 (48.9%)
160	<b>MORITZ Karol</b>	<b>315</b>	BIEGIEM DLA MAGDY	M50-59	12	00:50:00	<b>01:40:56.45</b>	<b>01:41:21.35</b>	+00:52:36 (51.9%)	9:10	6.5 (48.1%)
161	<b>ŻACZEK Anna</b>	<b>664</b>	BIEGUSIEM.PL	K40-49	27	00:50:03	<b>01:41:50.60</b>	<b>01:42:01.35</b>	+00:53:16 (52.2%)	9:15	6.5 (48.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
162	<b>KĘPKA-WAROWNA Weronika</b>	<b>268</b>	BIEGUSIEM.PL	K40-49	28	00:50:02	<b>01:41:50.60</b>	<b>01:42:01.75</b>	+00:53:16 (52.2%)	9:15	6.5 (48.1%)
163	<b>PATEREK Ada</b>	<b>332</b>		K40-49	29	00:49:25	<b>01:41:50.00</b>	<b>01:42:14.65</b>	+00:53:29 (52.3%)	9:15	6.5 (48.1%)
164	<b>WEBER Agata</b>	<b>372</b>	JACEKBIEGA RUNNING TEAM	K40-49	30	00:49:32	<b>01:42:07.90</b>	<b>01:42:15.70</b>	+00:53:30 (52.3%)	9:17	6.5 (48.1%)
165	<b>KUBLER Anna</b>	<b>287</b>		K40-49	31	00:51:26	<b>01:42:06.75</b>	<b>01:42:42.65</b>	+00:53:57 (52.5%)	9:17	6.5 (48.1%)
166	<b>JATA Marta</b>	<b>259</b>	WW TEAM	K30-39	24	00:50:52	<b>01:42:55.70</b>	<b>01:43:12.25</b>	+00:54:26 (52.8%)	9:21	6.4 (47.4%)
167	<b>JARACZ-PATEREK Alina</b>	<b>254</b>	NOA	K40-49	32	00:50:29	<b>01:42:46.25</b>	<b>01:43:15.75</b>	+00:54:30 (52.8%)	9:20	6.4 (47.4%)
168	<b>PRZEBINDA Renata</b>	<b>338</b>	#ADAMCZERWIŃSKITEAM	K40-49	33	00:51:48	<b>01:43:40.25</b>	<b>01:44:04.85</b>	+00:55:19 (53.2%)	9:25	6.4 (47.4%)
169	<b>MACKIEWICZ Dorota</b>	<b>301</b>	EAT RUN FUN	K40-49	34	00:51:22	<b>01:43:49.10</b>	<b>01:44:07.30</b>	+00:55:21 (53.2%)	9:26	6.4 (47.4%)
170	<b>KAPŁON Anna</b>	<b>264</b>		K40-49	35	00:51:27	<b>01:45:19.05</b>	<b>01:45:37.35</b>	+00:56:52 (53.8%)	9:34	6.3 (46.7%)
171	<b>BOBINSKA Marta</b>	<b>207</b>		K30-39	25	00:51:49	<b>01:45:25.95</b>	<b>01:46:03.30</b>	+00:57:17 (54.0%)	9:35	6.3 (46.7%)
172	<b>MROZIK Magdalena</b>	<b>317</b>	POWER TRAINING	K30-39	26	00:51:50	<b>01:45:26.30</b>	<b>01:46:03.45</b>	+00:57:18 (54.0%)	9:35	6.3 (46.7%)
173	<b>IDZIK Angelika</b>	<b>253</b>	HUSARIA RACE TEAM	K16-29	4	00:51:01	<b>01:45:52.55</b>	<b>01:46:08.95</b>	+00:57:23 (54.1%)	9:37	6.2 (45.9%)
174	<b>TROJANEK Edyta</b>	<b>368</b>	SENSORYBEAUTY.PL	K40-49	36	00:54:01	<b>01:50:50.20</b>	<b>01:51:19.40</b>	+01:02:34 (56.2%)	10:04	6 (44.4%)
175	<b>KURKUS Aleksander</b>	<b>291</b>	DOGOŃ GRODZISK MAZOWIECKI	M40-49	32	00:51:56	<b>01:51:41.35</b>	<b>01:52:14.90</b>	+01:03:29 (56.6%)	10:09	5.9 (43.7%)
176	<b>SIERECKI Zbigniew</b>	<b>344</b>	TEAM ZABIEGANEDNI // WKURW_TEAM	M40-49	33	00:51:00	<b>01:51:38.60</b>	<b>01:52:20.00</b>	+01:03:34 (56.6%)	10:09	5.9 (43.7%)
177	<b>SOKOŁOWSKI Artur</b>	<b>350</b>	TEAM ZABIEGANEDNI	M40-49	34	00:51:40	<b>01:52:14.70</b>	<b>01:52:40.90</b>	+01:03:55 (56.7%)	10:12	5.9 (43.7%)
178	<b>SZLAKOWICZ Ewa</b>	<b>363</b>		K40-49	37	00:57:11	<b>01:55:19.85</b>	<b>01:55:54.25</b>	+01:07:08 (57.9%)	10:29	5.7 (42.2%)
179	<b>MALEWSKI Tomasz</b>	<b>306</b>		M40-49	35	00:57:11	<b>01:55:20.15</b>	<b>01:55:54.55</b>	+01:07:09 (57.9%)	10:29	5.7 (42.2%)
180	<b>WITKOWSKA Maria</b>	<b>668</b>		K60+	1	00:58:21	<b>02:07:59.65</b>	<b>02:08:55.15</b>	+01:20:09 (62.2%)	11:38	5.2 (38.5%)
181	<b>BUTRYN Wojciech</b>	<b>215</b>	BBKTS	M40-49	36	00:59:37	<b>02:08:01.80</b>	<b>02:08:57.00</b>	+01:20:11 (62.2%)	11:38	5.2 (38.5%)
182	<b>MICHOŃ Krystian</b>	<b>314</b>		M30-39	52	00:43:55			+00:19:42	8:47	6.8 (50.4%)
183	<b>JARECKA Katarzyna</b>	<b>255</b>	ALLERGAN RUNNING TEAM	K40-49	38	00:44:46			+00:20:25	8:57	6.7 (49.6%)

Znaleziono 183 wynik(ów)