



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	KOŚCIELNIAK Kacper	272	SALCO GARMIN TEAM	M16-29	1	00:24:31	00:48:44.40	00:48:45.35		4:25	13.5 (100%)
2	FLOREK Sebastian	237	NORAFSPORT / SPORT HG	M30-39	1	00:25:28	00:52:17.30	00:52:18.65	+00:03:33 (6.8%)	4:45	12.6 (93.3%)
3	GAWLIK Sławek	242		M30-39	2	00:26:08	00:53:17.80	00:53:19.35	+00:04:34 (8.6%)	4:50	12.4 (91.9%)
4	FABIAN Marcel	235	SOCIOS SILESIA	M16-29	2	00:25:43	00:53:48.20	00:53:49.95	+00:05:04 (9.4%)	4:53	12.3 (91.1%)
5	STROINSKI Daniel	241		M30-39	3	00:26:41	00:54:54.80	00:54:56.75	+00:06:11 (11.3%)	4:59	12 (88.9%)
6	BEREŚ Arkadiusz	203		M30-39	4	00:27:18	00:55:32.30	00:55:33.35	+00:06:48 (12.2%)	5:02	11.9 (88.1%)
7	CYRAN Piotr	225	NOA	M30-39	5	00:27:27	00:55:50.45	00:55:52.90	+00:07:07 (12.8%)	5:04	11.8 (87.4%)
8	KLONOWSKI Kamil	271	CARBON OCR RACING TEAM	M30-39	6	00:27:52	00:57:06.20	00:57:07.25	+00:08:21 (14.6%)	5:11	11.6 (85.9%)
9	SAWA Piotr	617		M16-29	3	00:28:51	00:59:29.10	00:59:49.85	+00:11:04 (18.5%)	5:24	11.1 (82.2%)
10	TYNUS Grzegorz	667	NKK	M40-49	1	00:29:24	01:01:15.20	01:01:17.15	+00:12:31 (20.4%)	5:34	10.8 (80.0%)
11	RYBAK Przemysław	341	PRZE(W)AGA	M30-39	7	00:30:25	01:03:16.70	01:03:18.95	+00:14:33 (23.0%)	5:45	10.4 (77.0%)
12	NOWAK Lukasz	322	NOA / CS RUNNING TEAM	M30-39	8	00:30:51	01:03:35.45	01:04:06.25	+00:15:20 (23.9%)	5:46	10.4 (77.0%)
13	MAŁEK Daren	307		M30-39	9	00:30:21	01:04:17.10	01:04:18.45	+00:15:33 (24.2%)	5:50	10.3 (76.3%)
14	OLEJNIK Franciszek	326	INŻYNIERIA BIEGANIA TEAM	M16-29	4	00:30:25	01:04:05.60	01:04:22.65	+00:15:37 (24.3%)	5:49	10.3 (76.3%)
15	JARNOT Konrad	256	BIEGAM W KATO :)	M30-39	10	00:32:36	01:06:09.85	01:06:30.00	+00:17:44 (26.7%)	6:00	10 (74.1%)
16	SOWA Grzegorz	353	STG-KRAKÓW ŚRÓDMIEŚCIE	M30-39	11	00:32:19	01:06:34.45	01:06:40.45	+00:17:55 (26.9%)	6:03	9.9 (73.3%)
17	SZELAĞ Dariusz	360	LISY PUSTYNI	M40-49	2	00:32:02	01:06:37.90	01:06:51.25	+00:18:05 (27.1%)	6:03	9.9 (73.3%)
18	CICHOCKI Tomasz	223	PELETON	M30-39	12	00:32:42	01:07:01.60	01:07:03.65	+00:18:18 (27.3%)	6:05	9.8 (72.6%)
19	BROL Dominika	209	ENDURANCE TEAM	K30-39	1	00:32:57	01:07:01.45	01:07:04.70	+00:18:19 (27.3%)	6:05	9.8 (72.6%)
20	JASIULEWICZ Anna	258	BIĄŁYSTOK BIEGA TEAM	K40-49	1	00:32:43	01:07:11.45	01:07:13.00	+00:18:27 (27.5%)	6:06	9.8 (72.6%)
21	SKORUPKA Leszek	348	M3 SIEDLCE	M40-49	3	00:33:29	01:07:30.10	01:07:37.90	+00:18:52 (27.9%)	6:08	9.8 (72.6%)
22	FEICHTINGER Marek	236		M40-49	4	00:32:15	01:07:38.90	01:07:42.15	+00:18:56 (28.0%)	6:09	9.8 (72.6%)
23	KUCZYK Szymon	288	ENDURANCE TEAM	M40-49	5	00:33:18	01:07:50.00	01:07:53.95	+00:19:08 (28.2%)	6:10	9.7 (71.9%)
24	BIEŃ Przemysław	205	KS RYGLICE- SEKCJA BIEGOWA	M30-39	13	00:31:11	01:08:45.35	01:08:45.35	+00:20:00 (29.1%)	6:15	9.6 (71.1%)
25	BYRCZEK Michał	216	WATAHA	M30-39	14	00:34:36	01:08:48.25	01:09:05.50	+00:20:20 (29.4%)	6:15	9.6 (71.1%)
26	MĘDRYKOWSKI Damian	311		M30-39	15	00:33:56	01:09:27.95	01:09:34.70	+00:20:49 (29.9%)	6:18	9.5 (70.4%)
27	MARCINKOWSKI Bartosz	308	SACKY RUNNERS	M16-29	5	00:32:57	01:09:36.50	01:09:46.45	+00:21:01 (30.1%)	6:19	9.5 (70.4%)
28	MICHALSKI Damian	313	ALIOR RUNNING TEAM	M40-49	6	00:32:14	01:09:59.05	01:10:01.45	+00:21:16 (30.4%)	6:21	9.4 (69.6%)
29	KOLACHA Patryk	275	STUDIO GTS	M16-29	6	00:33:29	01:10:05.25	01:10:09.25	+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	KRAWCZYK Karol	283	LENIWY INACZEJ	M30-39	16	00:34:37	01:10:40.75	01:10:45.00	+00:21:59 (31.1%)	6:25	9.3 (68.9%)
31	DROŚ Aleksander	228	POWER TRAINING	M30-39	17	00:33:58	01:10:37.75	01:10:45.30	+00:21:59 (31.1%)	6:25	9.3 (68.9%)
32	OSIAK Artur	327	BIEGUSIEM.PL	M30-39	18	00:33:58	01:10:37.30	01:10:45.40	+00:22:00 (31.1%)	6:25	9.3 (68.9%)
33	ZIĘCINA Sylwia	395	ATLANTIC	K30-39	2	00:34:23	01:10:44.90	01:10:46.65	+00:22:01 (31.1%)	6:25	9.3 (68.9%)
34	DYLEG Andrzej	669	LIMANOWA FOREST	M40-49	7	00:33:41	01:10:27.30	01:10:53.75	+00:22:08 (31.2%)	6:24	9.4 (69.6%)
35	WŁOCH Sławomir	380		M50-59	1	00:34:25	01:11:16.00	01:11:24.75	+00:22:39 (31.7%)	6:28	9.3 (68.9%)
36	MACIEJEWSKI Daniel	336		M30-39	19	00:33:20	01:11:10.95	01:11:31.75	+00:22:46 (31.8%)	6:28	9.3 (68.9%)
37	KOZIEŁ Krzysztof	282		M30-39	20	00:33:37	01:11:31.60	01:11:46.10	+00:23:00 (32.1%)	6:30	9.2 (68.1%)
38	SOSNOWSKA Agnieszka	352	SOSNA RADOSNA	K40-49	2	00:34:40	01:11:57.10	01:11:59.75	+00:23:14 (32.3%)	6:32	9.2 (68.1%)
39	ŁOBODOWSKI Marcin	299	RACEFIGHTER GOSIR DĘBE WIELKIE	M30-39	21	00:34:12	01:12:27.95	01:12:32.95	+00:23:47 (32.8%)	6:35	9.1 (67.4%)
40	CIERPIOŁ Andrzej	224	SACKY RUNNERS	M16-29	7	00:36:45	01:12:50.65	01:13:00.45	+00:24:15 (33.2%)	6:37	9.1 (67.4%)
41	PRZYBYLSKI Tomasz	339	TRI TOMAJ	M40-49	8	00:37:05	01:13:06.05	01:13:24.55	+00:24:39 (33.6%)	6:38	9 (66.7%)
42	CHODOWIEC Karolina	221	ADIDAS RUNNERS WARSAW	K30-39	3	00:35:50	01:13:14.60	01:13:25.20	+00:24:39 (33.6%)	6:39	9 (66.7%)
43	GRUSZKA Grzegorz	250	ENDURANCE TEAM	M40-49	9	00:35:28	01:13:40.95	01:13:45.25	+00:24:59 (33.9%)	6:41	9 (66.7%)
44	SAWCZUK Robert	343	PADRE TEAM	M30-39	22	00:37:47	01:13:24.45	01:13:52.10	+00:25:06 (34.0%)	6:40	9 (66.7%)
45	SZKODA Kasia	361		K16-29	1	00:36:14	01:13:49.90	01:14:04.80	+00:25:19 (34.2%)	6:42	8.9 (65.9%)
46	OŻGA Sebastian	329		M30-39	23	00:36:45	01:13:57.70	01:14:11.05	+00:25:25 (34.3%)	6:43	8.9 (65.9%)
47	STEFANIUK Roman	357		M50-59	2	00:35:44	01:14:03.75	01:14:11.70	+00:25:26 (34.3%)	6:44	8.9 (65.9%)
48	PYTEL Waldek	340	YULO RANTEAM SIEDLCE	M50-59	3	00:36:56	01:14:02.30	01:14:11.75	+00:25:26 (34.3%)	6:43	8.9 (65.9%)
49	DZIERŻAK Elżbieta	233	HUSARIA RACE TEAM	K40-49	3	00:36:55	01:14:11.10	01:14:28.05	+00:25:42 (34.5%)	6:44	8.9 (65.9%)
50	CHILICKA Marta	219	RED LION CLUB	K30-39	4	00:35:41	01:14:42.85	01:14:46.80	+00:26:01 (34.8%)	6:47	8.8 (65.2%)
51	KALISZAN Krzysztof	263	12 WBOT	M16-29	8	00:36:15	01:14:35.55	01:14:49.75	+00:26:04 (34.8%)	6:46	8.8 (65.2%)
52	LUTEREK Michał	298		M40-49	10	00:36:34	01:14:58.90	01:15:10.65	+00:26:25 (35.1%)	6:49	8.8 (65.2%)
53	KITOWSKA Anna	232	PERFECT RUNNER TEAM	K40-49	4	00:36:55	01:15:04.70	01:15:21.05	+00:26:35 (35.3%)	6:49	8.8 (65.2%)
54	NOWIŃSKI Marcin	324	HUSARIA RACE TEAM	M16-29	9	00:36:34	01:15:12.80	01:15:30.20	+00:26:44 (35.4%)	6:50	8.8 (65.2%)
55	STANKIEWICZ Tomasz	355	GT TEAM	M30-39	24	00:37:29	01:15:07.10	01:15:30.85	+00:26:45 (35.4%)	6:49	8.8 (65.2%)
56	POŁOM Rafał	335	NOA	M30-39	25	00:37:19	01:15:21.10	01:15:33.65	+00:26:48 (35.5%)	6:51	8.8 (65.2%)
57	WOLAŃCZUK Piotr	388		M16-29	10	00:36:04	01:15:48.95	01:15:54.65	+00:27:09 (35.8%)	6:53	8.7 (64.4%)
58	WOLAŃCZUK Marcin	387		M30-39	26	00:36:02	01:15:48.40	01:15:54.95	+00:27:09 (35.8%)	6:53	8.7 (64.4%)
59	GRABOWSKI Damian	248	-	M30-39	27	00:37:14	01:16:30.70	01:16:44.30	+00:27:58 (36.5%)	6:57	8.6 (63.7%)
60	KUNA Aleksandra	290		K30-39	5	00:37:16	01:16:35.90	01:16:55.05	+00:28:09 (36.6%)	6:57	8.6 (63.7%)
61	SZPUNAR Maciej	364	ROBIĘ TO DLA SIEBIE	M40-49	11	00:38:08	01:16:08.30	01:17:02.85	+00:28:17 (36.7%)	6:55	8.7 (64.4%)
62	WALKOWSKI Tomasz	370	JACEKBIEGA RUNNING TEAM	M50-59	4	00:38:16	01:16:59.70	01:17:14.05	+00:28:28 (36.9%)	7:00	8.6 (63.7%)
63	KOWALSKI Krzysztof	279	HRMAXCROSSTEAM	M50-59	5	00:37:50	01:17:18.20	01:17:28.30	+00:28:42 (37.1%)	7:01	8.5 (63.0%)
64	WENARSKI Grzegorz	626		M30-39	28	00:38:20	01:17:23.50	01:17:44.30	+00:28:58 (37.3%)	7:02	8.5 (63.0%)
65	SZKUDLAREK Artur	362	ANDRYCHÓW RUNNING	M30-39	29	00:37:10	01:17:34.30	01:17:58.80	+00:29:13 (37.5%)	7:03	8.5 (63.0%)
66	SOBCZYK Piotr	349		M40-49	12	00:37:46	01:17:49.50	01:18:04.00	+00:29:18 (37.5%)	7:04	8.5 (63.0%)
67	NOWICKI Artur	323		M30-39	30	00:38:59	01:18:14.95	01:18:43.30	+00:29:57 (38.1%)	7:06	8.4 (62.2%)
68	ZIELIŃSKA Iwona	394	KUJAWSCY RUNNERS	K40-49	5	00:40:04	01:18:45.00	01:19:02.65	+00:30:17 (38.3%)	7:09	8.4 (62.2%)
69	GŁOWACKI Jerzy	243	JUVENIA KRAKÓW	M30-39	31	00:40:01	01:18:46.35	01:19:19.20	+00:30:33 (38.5%)	7:09	8.4 (62.2%)
70	ADAMCZAK Barbara	200	TRAVOIS	K40-49	6	00:39:21	01:19:08.10	01:19:19.65	+00:30:34 (38.5%)	7:11	8.3 (61.5%)
71	CZAPSKI Piotr	227		M50-59	6	00:39:41	01:19:03.45	01:19:20.70	+00:30:35 (38.6%)	7:11	8.3 (61.5%)
72	WOJTASIK Grzegorz	386	STALOWOWOLSKI KLUB BIEGACZA	M40-49	13	00:39:44	01:19:33.35	01:19:42.40	+00:30:57 (38.8%)	7:13	8.3 (61.5%)
73	KLATKA Arleta	270	BBL TOMASZÓW MAZOWIECKI	K40-49	7	00:38:08	01:20:23.55	01:20:35.00	+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	GOŹDZIK Tomek	244		M16-29	11	00:37:14	01:20:19.25	01:20:37.45	+00:31:52 (39.5%)	7:18	8.2 (60.7%)
75	KOCHANOWSKI Sebastian	274	ROZBIEGAMY NOWY DWÓR	M40-49	14	00:39:08	01:20:10.60	01:20:38.55	+00:31:53 (39.5%)	7:17	8.2 (60.7%)
76	KOWALSKI Łukasz	281	BYCHAWA RUNNERS	M30-39	32	00:37:54	01:20:19.65	01:20:40.65	+00:31:55 (39.6%)	7:18	8.2 (60.7%)
77	MICHALAK Sławomir	312	INZYNIER.EU NOSI TRAILOWE BOTKI	M50-59	7	00:39:36	01:20:45.20	01:20:45.20	+00:31:59 (39.6%)	7:20	8.2 (60.7%)
78	KOPEĆ Renata	276	KS STASZEWSKY	K40-49	8	00:40:02	01:20:31.05	01:21:00.05	+00:32:14 (39.8%)	7:19	8.2 (60.7%)
79	KALETA Anna	262		K30-39	6	00:40:34	01:20:45.15	01:21:06.30	+00:32:20 (39.9%)	7:20	8.2 (60.7%)
80	WIATR Wojciech	374	ENDURANCE TEAM	M40-49	15	00:39:53	01:21:03.25	01:21:09.00	+00:32:23 (39.9%)	7:22	8.1 (60.0%)
81	SALIŃSKI Bartosz	342	WKURW_TEAM	M30-39	33	00:39:52	01:21:05.85	01:21:16.40	+00:32:31 (40.0%)	7:22	8.1 (60.0%)
82	KOWALSKI Szymon	280	HTF LUDWIK SIKORSKI	M40-49	16	00:40:55	01:21:05.20	01:21:27.15	+00:32:41 (40.1%)	7:22	8.1 (60.0%)
83	SZCZĘSNA Edyta	359	CARBON OCR RACING TEAM	K30-39	7	00:41:02	01:21:26.05	01:21:53.15	+00:33:07 (40.5%)	7:24	8.1 (60.0%)
84	KUDZIOR Piotr	289	PRO366	M16-29	12	00:40:22	01:21:58.60	01:22:06.85	+00:33:21 (40.6%)	7:27	8.1 (60.0%)
85	KURPANIK Karol	292		M30-39	34	00:39:12	01:22:03.45	01:22:22.35	+00:33:37 (40.8%)	7:27	8 (59.3%)
86	FRAĆKIEWICZ Karol	240	SCV	M40-49	17	00:41:03	01:22:53.40	01:23:03.35	+00:34:18 (41.3%)	7:32	8 (59.3%)
87	BAĆMAGA Tomasz	202		M30-39	35	00:41:19	01:23:09.20	01:23:14.70	+00:34:29 (41.4%)	7:33	7.9 (58.5%)
88	BULANDA Barbara	212	ŻUBRY BOCHNIA	K30-39	8	00:40:31	01:23:03.90	01:23:21.90	+00:34:36 (41.5%)	7:33	7.9 (58.5%)
89	SOWA-OKRASA Sylwia	354	DOGOŃ GRODZISK MAZOWIECKI	K40-49	9	00:39:47	01:23:42.25	01:23:46.35	+00:35:01 (41.8%)	7:36	7.9 (58.5%)
90	WALAC Jacek	369	DOGOŃ GRODZISK MAZOWIECKI	M30-39	36	00:40:41	01:23:39.20	01:23:46.65	+00:35:01 (41.8%)	7:36	7.9 (58.5%)
91	ŁUCZKA Sylwia	300	KASTYO / VEGE RUNNERS	K16-29	2	00:40:55	01:23:25.15	01:23:56.15	+00:35:10 (41.9%)	7:35	7.9 (58.5%)
92	KUŚ Tomasz	286	MIRAZ RACE TEAM	M30-39	37	00:42:00	01:23:28.00	01:24:02.85	+00:35:17 (42.0%)	7:35	7.9 (58.5%)
93	KACZMARCZYK Krzysztof	261	ŻUBRY BOCHNIA	M40-49	18	00:40:34	01:23:48.50	01:24:06.85	+00:35:21 (42.0%)	7:37	7.9 (58.5%)
94	KARPIEL Magdalena	266	SFITRUN.PL	K16-29	3	00:41:18	01:23:55.90	01:24:21.90	+00:35:36 (42.2%)	7:37	7.9 (58.5%)
95	WIECZOREK Łukasz	376	OSP GAŚAWA	M30-39	38	00:38:44	01:24:22.65	01:24:51.30	+00:36:05 (42.5%)	7:40	7.8 (57.8%)
96	JEŹDZIKOWSKI Marcin	260	RUN TEAM GAŚAWA	M40-49	19	00:38:44	01:24:23.50	01:24:52.40	+00:36:07 (42.6%)	7:40	7.8 (57.8%)
97	GOĆŁOWSKI Cezary	245		M40-49	20	00:39:11	01:24:25.60	01:24:57.90	+00:36:12 (42.6%)	7:40	7.8 (57.8%)
98	WAŁĘGA Monika	371		K30-39	9	00:42:46	01:24:27.45	01:25:07.65	+00:36:22 (42.7%)	7:40	7.8 (57.8%)
99	KOBIAŁKA Irek	273		M40-49	21	00:42:50	01:24:28.05	01:25:08.10	+00:36:22 (42.7%)	7:40	7.8 (57.8%)
100	MASTALERZ Marcin	597		M50-59	8	00:41:20	01:25:09.30	01:25:14.40	+00:36:29 (42.8%)	7:44	7.8 (57.8%)
101	CAŁKA Agnieszka	217	RADZYMIN RUN TEAM	K40-49	10	00:43:08	01:24:41.10	01:25:21.80	+00:36:36 (42.9%)	7:41	7.8 (57.8%)
102	CAŁKA Grzegorz	218	RADZYMIN RUN TEAM	M40-49	22	00:43:09	01:24:42.35	01:25:22.05	+00:36:36 (42.9%)	7:42	7.8 (57.8%)
103	GROCHAL Marcin	249	PSEUDOMOUNTAINRUNNER	M40-49	23	00:41:54	01:25:09.40	01:25:36.45	+00:36:51 (43.0%)	7:44	7.8 (57.8%)
104	WOJAS Jakub	383	INŻYNIERIA BIEGANIA	M30-39	39	00:41:51	01:25:35.70	01:25:58.55	+00:37:13 (43.3%)	7:46	7.7 (57.0%)
105	WONKO Ewa	389	HTF LUDWIK SIKORSKI	K30-39	10	00:42:34	01:25:47.50	01:26:10.05	+00:37:24 (43.4%)	7:48	7.7 (57.0%)
106	NIMSZ Bartosz	320		M30-39	40	00:43:47	01:25:56.25	01:26:16.75	+00:37:31 (43.5%)	7:48	7.7 (57.0%)
107	SITKOWSKI Kamil	346		M30-39	41	00:44:00	01:26:16.10	01:26:37.95	+00:37:52 (43.7%)	7:50	7.7 (57.0%)
108	POGORZELSKA Katarzyna	333	BWM TEAM	K40-49	11	00:43:35	01:26:27.90	01:27:06.25	+00:38:20 (44.0%)	7:51	7.6 (56.3%)
109	NOWAK Beata	321		K30-39	11	00:41:13	01:27:01.00	01:27:17.35	+00:38:32 (44.1%)	7:54	7.6 (56.3%)
110	NIMSZ Kamila	206	KB HARCOWNIK JELCZ-LASKOWICE	K30-39	12	00:44:37	01:26:59.80	01:27:21.55	+00:38:36 (44.2%)	7:54	7.6 (56.3%)
111	STEC Iwona	356		K30-39	13	00:43:22	01:26:59.05	01:27:29.20	+00:38:43 (44.3%)	7:54	7.6 (56.3%)
112	NOWOTARSKI Wojtek	325		M30-39	42	00:39:32	01:27:32.75	01:27:41.00	+00:38:55 (44.4%)	7:57	7.5 (55.6%)
113	KINDRYK Tomasz	269	ZAGŁĘBIOWSKI KLUB OYAMA KARATE	M40-49	24	00:43:02	01:27:34.85	01:28:02.80	+00:39:17 (44.6%)	7:57	7.5 (55.6%)
114	MAZURKIEWICZ Jolanta	310	BYCHAWA RUNNERS / NAJWIĘKSZA ARMIA ŚWIATA	K30-39	14	00:43:12	01:27:49.05	01:28:05.70	+00:39:20 (44.7%)	7:59	7.5 (55.6%)
115	TOCZEWSKA Anna	367	JACEKBIEGA RUNNING TEAM	K50-59	1	00:42:29	01:28:00.00	01:28:13.90	+00:39:28 (44.7%)	8:00	7.5 (55.6%)
116	MUCHA Marek	318	APOSTLES OF STARS	M30-39	43	00:42:51	01:27:37.00	01:28:19.35	+00:39:34 (44.8%)	7:57	7.5 (55.6%)
117	DZIEWIATOWSKA Agnieszka	234		K40-49	12	00:43:34	01:27:59.20	01:28:21.85	+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	NOWACZYK Robert	455		M30-39	44	00:44:22	01:27:47.90	01:28:30.75	+00:39:45 (44.9%)	7:58	7.5 (55.6%)
119	ŻYLSKI Janusz	665	DZIADY OCR	M50-59	9	00:42:00	01:28:22.30	01:28:33.55	+00:39:48 (44.9%)	8:02	7.5 (55.6%)
120	ZARĘBA Beata	393	BIEGAM BO LUBIĘ NOCĄ WARSZAWA	K30-39	15	00:43:34	01:29:30.25	01:29:54.10	+00:41:08 (45.8%)	8:08	7.4 (54.8%)
121	GODLEWSKI Cezary	246		M30-39	45	00:43:33	01:29:30.90	01:29:54.75	+00:41:09 (45.8%)	8:08	7.4 (54.8%)
122	BRĘCZEWSKI Andrzej	208	UKS KOPERNIK	M50-59	10	00:44:19	01:29:30.85	01:30:05.90	+00:41:20 (45.9%)	8:08	7.4 (54.8%)
123	CYWIŃSKI Paweł	226	AKG	M40-49	25	00:43:35	01:29:59.95	01:30:23.35	+00:41:38 (46.1%)	8:10	7.3 (54.1%)
124	KĘPARA Marcin	267	ADVA OPTICAL NETWORKING	M30-39	46	00:44:44	01:30:17.50	01:30:56.95	+00:42:11 (46.4%)	8:12	7.3 (54.1%)
125	MALAWKO Aleksandra	305		K40-49	13	00:44:13	01:30:55.25	01:31:10.95	+00:42:25 (46.5%)	8:15	7.3 (54.1%)
126	SKŁADANOWSKA Beata	347	EUROCASH TEAM	K30-39	16	00:44:01	01:30:49.35	01:31:16.00	+00:42:30 (46.6%)	8:15	7.3 (54.1%)
127	NIEDŹWIEDŹ Tomasz	319	RED LION CLUB	M40-49	26	00:41:23	01:31:19.65	01:31:24.40	+00:42:39 (46.7%)	8:18	7.2 (53.3%)
128	CHRAPLEWSKA Karolina	222	PRO366	K30-39	17	00:45:03	01:31:43.35	01:31:57.30	+00:43:11 (47.0%)	8:20	7.2 (53.3%)
129	KOWALSKA-GRZEJDA Anna	278		K40-49	14	00:44:20	01:31:35.40	01:31:59.45	+00:43:14 (47.0%)	8:19	7.2 (53.3%)
130	PAPROCKI Bartłomiej	330		M40-49	27	00:43:56	01:32:20.50	01:33:03.45	+00:44:18 (47.6%)	8:23	7.1 (52.6%)
131	MAKLES Wioletta	304	EUROPA UBEZPIECZENIA / NOA	K40-49	15	00:49:02	01:33:31.50	01:34:00.55	+00:45:15 (48.1%)	8:30	7.1 (52.6%)
132	GAŚSIOROWSKA Dorota	251	LADIESLOSTGĄSBAGAŚ	K50-59	2	00:46:16	01:33:33.50	01:34:09.45	+00:45:24 (48.2%)	8:30	7.1 (52.6%)
133	BUDNY Aleksandra	211	KRAŚNIK BIEGA	K40-49	16	00:47:01	01:33:59.05	01:34:19.85	+00:45:34 (48.3%)	8:32	7 (51.9%)
134	WILK Magdalena	378	TEAM ZABIEGANEDNI	K40-49	17	00:46:35	01:34:35.90	01:34:51.95	+00:46:06 (48.6%)	8:35	7 (51.9%)
135	KĄDZIOŁKA Jan	284	K2	M50-59	11	00:44:14	01:34:27.35	01:35:11.40	+00:46:26 (48.8%)	8:35	7 (51.9%)
136	KĄDZIOŁKA Łukasz	285	K2	M30-39	47	00:44:12	01:34:28.05	01:35:11.70	+00:46:26 (48.8%)	8:35	7 (51.9%)
137	POGORZELSKI Grzegorz	334	BWM TEAM	M40-49	28	00:44:51	01:34:46.70	01:35:24.95	+00:46:39 (48.9%)	8:36	7 (51.9%)
138	DYDERSKA Wioletta	230	WIOLAADI	K40-49	18	00:47:50	01:35:19.00	01:35:40.15	+00:46:54 (49.0%)	8:39	6.9 (51.1%)
139	WINIARCZYK Adrian	379	WIOLAADI	M30-39	48	00:47:50	01:35:20.10	01:35:40.75	+00:46:55 (49.0%)	8:40	6.9 (51.1%)
140	WIELIŃSKA-JACHYMIAK Olga	377	SPECJALISTYCZNY GABINET REHABILITACJI DZIECI	K40-49	19	00:46:17	01:35:16.65	01:35:57.90	+00:47:12 (49.2%)	8:39	6.9 (51.1%)
141	ROGUSKA Klaudia	666	RADZYMIN RUN TEAM	K30-39	18	00:47:45	01:35:34.20	01:36:12.25	+00:47:26 (49.3%)	8:41	6.9 (51.1%)
142	JARZĄBEK Agnieszka	257	RADZYMIN RUN TEAM	K40-49	20	00:47:45	01:35:34.35	01:36:12.55	+00:47:27 (49.3%)	8:41	6.9 (51.1%)
143	SZYMAŃSKA Agata	365	RADZYMIN RUN TEAM	K30-39	19	00:47:44	01:35:33.55	01:36:12.65	+00:47:27 (49.3%)	8:41	6.9 (51.1%)
144	KOSMAŁA Przemek	277	MARCINSWIERCTEAM	M30-39	49	00:42:12	01:35:56.40	01:36:13.50	+00:47:28 (49.3%)	8:43	6.9 (51.1%)
145	MAGNUSZEWSKA Izabela	302	CARBON OCR RACING TEAM	K40-49	21	00:46:21	01:36:18.05	01:36:35.50	+00:47:50 (49.5%)	8:45	6.9 (51.1%)
146	MASTALERZ Katarzyna	309	SŁONIÓWKA	K40-49	22	00:46:35	01:36:34.85	01:36:44.35	+00:47:59 (49.6%)	8:46	6.8 (50.4%)
147	WIECHA Marcin	375		M40-49	29	00:47:25	01:37:28.55	01:38:01.40	+00:49:16 (50.3%)	8:51	6.8 (50.4%)
148	FRIEZE Tatiana	238	DROGA DO ULTRA	K40-49	23	00:49:29	01:37:54.05	01:38:16.70	+00:49:31 (50.4%)	8:54	6.7 (49.6%)
148	FRIEZE Krzysztof	239	ORANGE POLSKA	M40-49	30	00:49:29	01:37:53.85	01:38:16.70	+00:49:31 (50.4%)	8:54	6.7 (49.6%)
150	SZYSZKA Maciej	366	KETO KOTY	M30-39	50	00:49:02	01:37:48.35	01:38:30.40	+00:49:45 (50.5%)	8:53	6.7 (49.6%)
151	WOJNO Małgorzata	385	DROGA DO ULTRA	K30-39	20	00:44:34	01:38:18.90	01:38:42.45	+00:49:57 (50.6%)	8:56	6.7 (49.6%)
152	ZABŁOCKA Małgorzata	390	NATIONALE-NEDERLANDEN	K40-49	24	00:49:02	01:38:21.80	01:38:49.85	+00:50:04 (50.7%)	8:56	6.7 (49.6%)
153	WIŚNIEWSKI Paweł	373	NIGHT RUNNERS GLIWICE	M30-39	51	00:45:17	01:38:29.30	01:39:03.45	+00:50:18 (50.8%)	8:57	6.7 (49.6%)
154	ZACHARA Katarzyna	391		K30-39	21	00:48:44	01:38:28.15	01:39:05.00	+00:50:19 (50.8%)	8:57	6.7 (49.6%)
155	WRZESIŃSKA Joanna	252		K40-49	25	00:50:13	01:38:37.00	01:39:08.10	+00:50:22 (50.8%)	8:57	6.7 (49.6%)
156	LORENC-KRUSZYŃSKA Sylwia	295	FORDONRUNNERS/WKURW_TEAM	K30-39	22	00:50:12	01:38:36.45	01:39:08.45	+00:50:23 (50.8%)	8:57	6.7 (49.6%)
157	WNOROWSKA Magdalena	381	RMF4RT GLADIATORS	K40-49	26	00:46:13	01:39:02.55	01:39:15.10	+00:50:29 (50.9%)	9:00	6.7 (49.6%)
158	LUC Adam	296	BIEGUSIEM.PL	M40-49	31	00:48:59	01:39:23.10	01:39:35.85	+00:50:50 (51.0%)	9:02	6.6 (48.9%)
159	MAKARZEC-SURMA Agnieszka	303	BIŁGORAJ	K30-39	23	00:48:09	01:39:52.95	01:40:26.30	+00:51:40 (51.5%)	9:04	6.6 (48.9%)
160	MORITZ Karol	315	BIEGIEM DLA MAGDY	M50-59	12	00:50:00	01:40:56.45	01:41:21.35	+00:52:36 (51.9%)	9:10	6.5 (48.1%)
161	ŻACZEK Anna	664	BIEGUSIEM.PL	K40-49	27	00:50:03	01:41:50.60	01:42:01.35	+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	KĘPKA-WAROWNA Weronika	268	BIEGUSIEM.PL	K40-49	28	00:50:02	01:41:50.60	01:42:01.75	+00:53:16 (52.2%)	9:15	6.5 (48.1%)
163	PATEREK Ada	332		K40-49	29	00:49:25	01:41:50.00	01:42:14.65	+00:53:29 (52.3%)	9:15	6.5 (48.1%)
164	WEBER Agata	372	JACEKBIEGA RUNNING TEAM	K40-49	30	00:49:32	01:42:07.90	01:42:15.70	+00:53:30 (52.3%)	9:17	6.5 (48.1%)
165	KUBLER Anna	287		K40-49	31	00:51:26	01:42:06.75	01:42:42.65	+00:53:57 (52.5%)	9:17	6.5 (48.1%)
166	JATA Marta	259	WW TEAM	K30-39	24	00:50:52	01:42:55.70	01:43:12.25	+00:54:26 (52.8%)	9:21	6.4 (47.4%)
167	JARACZ-PATEREK Alina	254	NOA	K40-49	32	00:50:29	01:42:46.25	01:43:15.75	+00:54:30 (52.8%)	9:20	6.4 (47.4%)
168	PRZEBINDA Renata	338	#ADAMCZERWIŃSKITEAM	K40-49	33	00:51:48	01:43:40.25	01:44:04.85	+00:55:19 (53.2%)	9:25	6.4 (47.4%)
169	MACKIEWICZ Dorota	301	EAT RUN FUN	K40-49	34	00:51:22	01:43:49.10	01:44:07.30	+00:55:21 (53.2%)	9:26	6.4 (47.4%)
170	KAPŁON Anna	264		K40-49	35	00:51:27	01:45:19.05	01:45:37.35	+00:56:52 (53.8%)	9:34	6.3 (46.7%)
171	BOBINSKA Marta	207		K30-39	25	00:51:49	01:45:25.95	01:46:03.30	+00:57:17 (54.0%)	9:35	6.3 (46.7%)
172	MROZIK Magdalena	317	POWER TRAINING	K30-39	26	00:51:50	01:45:26.30	01:46:03.45	+00:57:18 (54.0%)	9:35	6.3 (46.7%)
173	IDZIK Angelika	253	HUSARIA RACE TEAM	K16-29	4	00:51:01	01:45:52.55	01:46:08.95	+00:57:23 (54.1%)	9:37	6.2 (45.9%)
174	TROJANEK Edyta	368	SENSORYBEAUTY.PL	K40-49	36	00:54:01	01:50:50.20	01:51:19.40	+01:02:34 (56.2%)	10:04	6 (44.4%)
175	KURKUS Aleksander	291	DOGOŃ GRODZISK MAZOWIECKI	M40-49	32	00:51:56	01:51:41.35	01:52:14.90	+01:03:29 (56.6%)	10:09	5.9 (43.7%)
176	SIERECKI Zbigniew	344	TEAM ZABIEGANEDNI // WKURW_TEAM	M40-49	33	00:51:00	01:51:38.60	01:52:20.00	+01:03:34 (56.6%)	10:09	5.9 (43.7%)
177	SOKOŁOWSKI Artur	350	TEAM ZABIEGANEDNI	M40-49	34	00:51:40	01:52:14.70	01:52:40.90	+01:03:55 (56.7%)	10:12	5.9 (43.7%)
178	SZLAKOWICZ Ewa	363		K40-49	37	00:57:11	01:55:19.85	01:55:54.25	+01:07:08 (57.9%)	10:29	5.7 (42.2%)
179	MALEWSKI Tomasz	306		M40-49	35	00:57:11	01:55:20.15	01:55:54.55	+01:07:09 (57.9%)	10:29	5.7 (42.2%)
180	WITKOWSKA Maria	668		K60+	1	00:58:21	02:07:59.65	02:08:55.15	+01:20:09 (62.2%)	11:38	5.2 (38.5%)
181	BUTRYN Wojciech	215	BBKTS	M40-49	36	00:59:37	02:08:01.80	02:08:57.00	+01:20:11 (62.2%)	11:38	5.2 (38.5%)
182	MICHOŃ Krystian	314		M30-39	52	00:43:55			+00:19:42	8:47	6.8 (50.4%)
183	JARECKA Katarzyna	255	ALLERGAN RUNNING TEAM	K40-49	38	00:44:46			+00:20:25	8:57	6.7 (49.6%)

Znaleziono 183 wynik(ów)