



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

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

# TRIADA ULTRA BESKID SADECKI

B4SPORT

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	13km	Przehyba 19km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
1	<b>ZIAJKA Karol</b>	<b>178</b>	FINISZ RYMANÓW	M16-29	1	01:16:05	02:12:19	<b>03:24:00.25</b>	<b>03:24:01.30</b>		6:10	9.7 (100%)
2	<b>PLACKO Martin</b>	<b>1</b>	SLOVAK ULTRA TRAIL TEAM	M40-49	1	01:24:54	02:19:25	<b>03:31:10.30</b>	<b>03:31:12.90</b>	+00:07:11 (3.4%)	6:23	9.4 (96.9%)
3	<b>MARCINIAK Przemysław</b>	<b>95</b>	NOA	M30-39	1	01:21:14	02:17:46	<b>03:32:08.60</b>	<b>03:32:08.85</b>	+00:08:07 (3.8%)	6:25	9.3 (95.9%)
4	<b>SZELAŁ Sławomir</b>	<b>151</b>	LISY PUSTYNI	M40-49	2	01:25:28	02:21:31	<b>03:35:18.65</b>	<b>03:35:22.05</b>	+00:11:20 (5.3%)	6:31	9.2 (94.8%)
5	<b>KICZIŃSKI Bartosz</b>	<b>64</b>	DRUŻYNA SZPIKU	M30-39	2	01:22:38	02:20:22	<b>03:36:40.10</b>	<b>03:36:40.45</b>	+00:12:39 (5.8%)	6:33	9.1 (93.8%)
6	<b>WOJNAROWSKI Piotr</b>	<b>170</b>		M40-49	3	01:20:24	02:17:39	<b>03:38:27.75</b>	<b>03:38:28.90</b>	+00:14:27 (6.6%)	6:37	9.1 (93.8%)
7	<b>JARCZOK Zdzichu</b>	<b>51</b>	FESTIWAL BIEGOWY W KRYNICY	M30-39	3	01:29:23	02:29:27	<b>03:48:16.80</b>	<b>03:48:24.15</b>	+00:24:22 (10.7%)	6:55	8.7 (89.7%)
8	<b>SZCZEPANIAK Witold</b>	<b>166</b>		M40-49	4	01:34:38	02:34:05	<b>03:51:09.60</b>	<b>03:51:13.75</b>	+00:27:12 (11.8%)	7:00	8.6 (88.7%)
9	<b>GURGUL Sebastian</b>	<b>45</b>	AROMAT NÓG	M30-39	4	01:31:19	02:30:55	<b>03:51:38.60</b>	<b>03:51:40.05</b>	+00:27:38 (11.9%)	7:01	8.5 (87.6%)
10	<b>SZABŁOWSKA Iwona</b>	<b>149</b>	STRASZYN ULTRA TEAM	K30-39	1	01:30:14	02:30:52	<b>03:51:53.50</b>	<b>03:51:56.35</b>	+00:27:55 (12.0%)	7:01	8.5 (87.6%)
11	<b>GOMOLIŃSKA Danuta</b>	<b>37</b>	GUMISIE	K40-49	1	01:30:11	02:30:47	<b>03:52:54.85</b>	<b>03:52:58.40</b>	+00:28:57 (12.4%)	7:03	8.5 (87.6%)
12	<b>WARWAS Radosław</b>	<b>163</b>		M40-49	5	01:30:01	02:30:35	<b>03:53:04.60</b>	<b>03:53:09.90</b>	+00:29:08 (12.5%)	7:03	8.5 (87.6%)
13	<b>ZBOZIEŃ Jarosław</b>	<b>175</b>		M30-39	5	01:30:08	02:30:42	<b>03:53:04.65</b>	<b>03:53:10.50</b>	+00:29:09 (12.5%)	7:03	8.5 (87.6%)
14	<b>FILAS Witold</b>	<b>27</b>		M60+	1	01:30:28	02:29:20	<b>03:57:48.95</b>	<b>03:57:49.90</b>	+00:33:48 (14.2%)	7:12	8.3 (85.6%)
15	<b>STAŃCZAK Piotr</b>	<b>146</b>	CZERWONAK BIEGA	M30-39	6	01:31:31	02:33:32	<b>03:57:59.55</b>	<b>03:58:02.65</b>	+00:34:01 (14.3%)	7:12	8.3 (85.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	13km	Przehyba 19km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
16	<b>ROWIŃSKI Michał</b>	<b>131</b>		M30-39	7	01:33:30	02:37:29	<b>04:00:23.45</b>	<b>04:00:27.90</b>	+00:36:26 (15.2%)	7:17	8.2 (84.5%)
17	<b>LATAK Michał</b>	<b>90</b>	JACEKBIEGA RUNNING TEAM	M40-49	6	01:32:43	02:36:47	<b>04:00:35.90</b>	<b>04:00:41.75</b>	+00:36:40 (15.2%)	7:17	8.2 (84.5%)
18	<b>PIWOWARCZYK Paweł</b>	<b>123</b>	ROZBIEGANE DOBCZYCE	M30-39	8	01:31:20	02:34:57	<b>04:01:24.50</b>	<b>04:01:27.00</b>	+00:37:25 (15.5%)	7:18	8.2 (84.5%)
19	<b>KRAWCZAK Paulina</b>	<b>78</b>	BIEGUSIEM.PL	K30-39	2	01:35:28	02:40:25	<b>04:01:57.15</b>	<b>04:01:59.70</b>	+00:37:58 (15.7%)	7:19	8.2 (84.5%)
20	<b>BORÓWKA Ryszard</b>	<b>11</b>		M40-49	7	01:32:47	02:36:51	<b>04:02:02.35</b>	<b>04:02:04.60</b>	+00:38:03 (15.7%)	7:20	8.2 (84.5%)
21	<b>GARDENER Jacek</b>	<b>31</b>	JACEKBIEGA RUNNING TEAM	M50-59	1	01:32:43	02:36:07	<b>04:02:08.00</b>	<b>04:02:10.00</b>	+00:38:08 (15.8%)	7:20	8.2 (84.5%)
22	<b>WOJNO Arkadiusz</b>	<b>171</b>	DROGA DO ULTRA	M30-39	9	01:32:37	02:38:33	<b>04:03:08.15</b>	<b>04:03:09.40</b>	+00:39:08 (16.1%)	7:22	8.1 (83.5%)
23	<b>WÓJCICKI Darek</b>	<b>173</b>	CSC ADVENTURE ACADEMY	M40-49	8	01:34:28	02:38:13	<b>04:04:17.70</b>	<b>04:04:23.25</b>	+00:40:21 (16.5%)	7:24	8.1 (83.5%)
24	<b>GEPPERT Jakub</b>	<b>33</b>	ADRUNALINE RUNNING TEAM	M30-39	10	01:34:11	02:39:04	<b>04:04:57.30</b>	<b>04:05:01.75</b>	+00:41:00 (16.7%)	7:25	8.1 (83.5%)
25	<b>BONIKOWSKI Tomasz</b>	<b>9</b>		M40-49	9	01:35:54	02:41:04	<b>04:05:33.40</b>	<b>04:05:40.75</b>	+00:41:39 (17.0%)	7:26	8.1 (83.5%)
26	<b>WICENBACH Arkadiusz</b>	<b>164</b>	STRASZYN ULTRA TEAM	M30-39	11	01:32:02	02:35:52	<b>04:06:09.85</b>	<b>04:06:12.50</b>	+00:42:11 (17.1%)	7:27	8 (82.5%)
27	<b>TELEPSKI Michał</b>	<b>157</b>	NULL	M30-39	12	01:33:50	02:41:47	<b>04:06:07.00</b>	<b>04:06:12.55</b>	+00:42:11 (17.1%)	7:27	8 (82.5%)
28	<b>URBANEK Patryk</b>	<b>158</b>		M16-29	2	01:36:35	02:43:11	<b>04:08:23.55</b>	<b>04:08:28.55</b>	+00:44:27 (17.9%)	7:31	8 (82.5%)
29	<b>BUCHLA Marcin</b>	<b>13</b>		M40-49	10	01:37:09	02:43:27	<b>04:09:13.80</b>	<b>04:09:15.75</b>	+00:45:14 (18.1%)	7:33	7.9 (81.4%)
30	<b>PĘDZISZEWSKI Piotr</b>	<b>120</b>	VAI ALTO	M30-39	13	01:35:24	02:41:05	<b>04:09:37.70</b>	<b>04:09:42.50</b>	+00:45:41 (18.3%)	7:33	7.9 (81.4%)
31	<b>SWORSKI Roman</b>	<b>148</b>	VEGAN / VEGE RUNNERS / KASTYO / DROGA DO ULTRA	M30-39	14	01:33:54	02:45:16	<b>04:10:48.25</b>	<b>04:10:50.10</b>	+00:46:48 (18.7%)	7:36	7.9 (81.4%)
32	<b>JESIOŁOWSKI Michał</b>	<b>52</b>		M30-39	15	01:36:05	02:45:46	<b>04:12:08.75</b>	<b>04:12:29.25</b>	+00:48:27 (19.2%)	7:38	7.9 (81.4%)
33	<b>JACHYMIAK Robert</b>	<b>50</b>	SPECJALISTYCZNY GABINET REHABILITACJI DZIECI	M40-49	11	01:34:05	02:38:15	<b>04:12:55.35</b>	<b>04:12:55.75</b>	+00:48:54 (19.3%)	7:39	7.8 (80.4%)
34	<b>KOPEĆ Mateusz</b>	<b>70</b>	25 BATALION LOGISTYCZNY	M16-29	3	01:41:16	02:49:01	<b>04:14:16.10</b>	<b>04:14:23.80</b>	+00:50:22 (19.8%)	7:42	7.8 (80.4%)
35	<b>KSYTA Martyna</b>	<b>81</b>	KW KRAKÓW	K30-39	3	01:39:57	02:45:22	<b>04:14:13.50</b>	<b>04:14:23.90</b>	+00:50:22 (19.8%)	7:42	7.8 (80.4%)
36	<b>NIEDŹWIADEK Piotr</b>	<b>108</b>	#ADAMCZERWIŃSKITEAM	M40-49	12	01:31:39	02:35:01	<b>04:18:45.30</b>	<b>04:18:47.60</b>	+00:54:46 (21.2%)	7:50	7.7 (79.4%)
37	<b>PIKUL Piotr</b>	<b>121</b>		M40-49	13	01:47:08	02:55:51	<b>04:19:42.60</b>	<b>04:19:49.75</b>	+00:55:48 (21.5%)	7:52	7.6 (78.4%)
38	<b>MIELCZARSKI Bartosz</b>	<b>103</b>		M30-39	16	01:42:34	02:52:02	<b>04:20:24.00</b>	<b>04:20:34.80</b>	+00:56:33 (21.7%)	7:53	7.6 (78.4%)

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39	<b>GLEISNER Tomasz</b>	<b>34</b>	EKIPA Z TARNOWA	M40-49	14	01:39:23	02:48:42	<b>04:20:32.75</b>	<b>04:20:35.85</b>	+00:56:34 (21.7%)	7:53	7.6 (78.4%)
40	<b>CZUWAJ Andrzej</b>	<b>22</b>		M40-49	15	01:35:32	02:44:44	<b>04:20:34.65</b>	<b>04:20:38.65</b>	+00:56:37 (21.7%)	7:53	7.6 (78.4%)
41	<b>ŁUKOMSKI Maciej</b>	<b>93</b>	SZAKALE BAŁUT	M40-49	16	01:35:47	02:48:14	<b>04:22:18.40</b>	<b>04:22:20.25</b>	+00:58:18 (22.2%)	7:56	7.5 (77.3%)
42	<b>ZDUNEK Michał</b>	<b>176</b>	EUROSOFT TEAM / WKURW_TEAM	M40-49	17	01:41:18	02:51:00	<b>04:22:07.05</b>	<b>04:22:25.15</b>	+00:58:23 (22.3%)	7:56	7.6 (78.4%)
43	<b>CHOLEWA Zbigniew</b>	<b>18</b>	LISY PUSTYNI	M40-49	18	01:40:46	02:48:28	<b>04:22:28.80</b>	<b>04:22:39.85</b>	+00:58:38 (22.3%)	7:57	7.5 (77.3%)
44	<b>PATELKA Przemysław</b>	<b>119</b>	KW KRAKÓW	M30-39	17	01:43:02	02:54:21	<b>04:23:12.45</b>	<b>04:23:21.40</b>	+00:59:20 (22.5%)	7:58	7.5 (77.3%)
45	<b>CZAJKOWSKI Wojtek</b>	<b>20</b>	ADIDAS RUNNERS WARSAW	M40-49	19	01:41:05	02:53:15	<b>04:23:40.55</b>	<b>04:23:47.20</b>	+00:59:45 (22.7%)	7:59	7.5 (77.3%)
46	<b>ROGÓZ Radosław</b>	<b>130</b>	#ULTRATRACK	M40-49	20	01:46:16	02:53:36	<b>04:24:51.85</b>	<b>04:25:05.65</b>	+01:01:04 (23.0%)	8:01	7.5 (77.3%)
47	<b>BURMAN Michał</b>	<b>14</b>	KB GEPARD	M40-49	21	01:40:54	02:50:22	<b>04:25:02.35</b>	<b>04:25:08.60</b>	+01:01:07 (23.1%)	8:01	7.5 (77.3%)
48	<b>KRYSKA Eliza</b>	<b>79</b>	NUTREND BIEGA	K40-49	2	01:45:04	02:54:39	<b>04:25:05.05</b>	<b>04:25:12.55</b>	+01:01:11 (23.1%)	8:01	7.5 (77.3%)
49	<b>DŁUGAJ Andrzej</b>	<b>24</b>		M50-59	2	01:39:57	02:49:45	<b>04:26:54.60</b>	<b>04:27:00.85</b>	+01:02:59 (23.6%)	8:05	7.4 (76.3%)
50	<b>ŁĘCKA Agnieszka</b>	<b>187</b>	JACEKBIEGA RUNNING TEAM	K30-39	4	01:44:26	02:53:35	<b>04:27:29.75</b>	<b>04:27:36.65</b>	+01:03:35 (23.8%)	8:06	7.4 (76.3%)
51	<b>SOBCZAK Robert</b>	<b>142</b>	ŁÓDZKI KLUB BIEGOWY	M30-39	18	01:36:10	02:48:50	<b>04:28:54.75</b>	<b>04:28:58.75</b>	+01:04:57 (24.1%)	8:08	7.4 (76.3%)
52	<b>SOWIK Marcin</b>	<b>144</b>	TIME4RUNNING	M50-59	3	01:44:05	02:55:48	<b>04:30:50.05</b>	<b>04:30:56.95</b>	+01:06:55 (24.7%)	8:12	7.3 (75.3%)
53	<b>OKOŃ Łukasz</b>	<b>112</b>		M40-49	22	01:42:54	02:53:40	<b>04:32:13.55</b>	<b>04:32:18.25</b>	+01:08:16 (25.1%)	8:14	7.3 (75.3%)
54	<b>JACHYMEK Bartłomiej</b>	<b>49</b>	JACEKBIEGA RUNNING TEAM	M40-49	23	01:45:12	02:58:57	<b>04:34:53.95</b>	<b>04:34:59.00</b>	+01:10:57 (25.8%)	8:19	7.2 (74.2%)
55	<b>KOWALCZYK Paweł</b>	<b>71</b>	KĘCKIE HARPAGANY	M40-49	24	01:45:58	02:55:10	<b>04:38:20.05</b>	<b>04:38:20.45</b>	+01:14:19 (26.7%)	8:26	7.1 (73.2%)
56	<b>KUBAT Daniel</b>	<b>82</b>	BMS	M40-49	25	01:46:37	03:01:45	<b>04:38:45.75</b>	<b>04:38:57.70</b>	+01:14:56 (26.9%)	8:26	7.1 (73.2%)
57	<b>BEDNARZ Marta</b>	<b>191</b>		K30-39	5	01:46:04	03:01:32	<b>04:39:45.70</b>	<b>04:39:53.55</b>	+01:15:52 (27.1%)	8:28	7.1 (73.2%)
58	<b>KASKA-ŁOBODOWSKA Ewelina</b>	<b>61</b>	RACEFIGHTER GOSIR DĘBE WIELKIE	K30-39	6	01:44:46	02:59:39	<b>04:40:07.50</b>	<b>04:40:13.65</b>	+01:16:12 (27.2%)	8:29	7.1 (73.2%)
59	<b>ZUB Arkadiusz</b>	<b>181</b>	GRUPA BIEGOWA BEZ GRANIC	M40-49	26	01:52:52	03:05:25	<b>04:40:27.85</b>	<b>04:40:29.70</b>	+01:16:28 (27.3%)	8:29	7.1 (73.2%)
60	<b>BALON Piotr</b>	<b>4</b>	BAKOMAT TEAM	M30-39	19	01:47:39	03:01:37	<b>04:40:38.95</b>	<b>04:40:44.05</b>	+01:16:42 (27.3%)	8:30	7.1 (73.2%)
61	<b>ZIÓŁEK Mirosław</b>	<b>180</b>	STAY INSANE	M50-59	4	01:49:32	03:01:54	<b>04:40:50.95</b>	<b>04:40:56.80</b>	+01:16:55 (27.4%)	8:30	7.1 (73.2%)

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62	<b>BŁĘDOWSKI Mariusz</b>	<b>8</b>	AAC FORD AUTO STYL WŁOCŁAWEK TEAM	M40-49	27	01:48:00	03:01:58	<b>04:40:55.15</b>	<b>04:41:06.50</b>	+01:17:05 (27.4%)	8:30	7 (72.2%)
63	<b>ZATORSKA-RADLIŃSKA Katarzyna</b>	<b>174</b>	RPD	K30-39	7	01:44:12	03:01:29	<b>04:43:22.65</b>	<b>04:43:26.65</b>	+01:19:25 (28.0%)	8:35	7 (72.2%)
64	<b>ADAMCZYK Mirosław</b>	<b>2</b>	CSC ADVENTURE ACADEMY	M50-59	5	01:46:22	03:01:35	<b>04:43:51.05</b>	<b>04:43:57.20</b>	+01:19:55 (28.1%)	8:36	7 (72.2%)
65	<b>GRZYWIŃSKI Bartosz</b>	<b>42</b>		M40-49	28	01:53:50	03:06:29	<b>04:43:55.80</b>	<b>04:44:12.55</b>	+01:20:11 (28.2%)	8:36	7 (72.2%)
66	<b>RACZYŁO Maja</b>	<b>127</b>		K16-29	1	01:45:05		<b>04:44:46.10</b>	<b>04:44:55.90</b>	+01:20:54 (28.4%)	8:37	7 (72.2%)
67	<b>PLACKOVA Gabriela</b>	<b>99</b>	SLOVAK ULTRA TRAIL	K40-49	3	01:55:11	03:09:00	<b>04:45:46.00</b>	<b>04:45:52.45</b>	+01:21:51 (28.6%)	8:39	6.9 (71.1%)
68	<b>BASTER Aleksandra</b>	<b>5</b>		K16-29	2	01:52:22	03:04:16	<b>04:45:46.35</b>	<b>04:46:00.15</b>	+01:21:58 (28.7%)	8:39	6.9 (71.1%)
69	<b>MICHAŁSKI Michał</b>	<b>101</b>	FRAMESFACTORY RACINGTEAM	M30-39	20	01:52:21	03:04:18	<b>04:45:46.15</b>	<b>04:46:00.40</b>	+01:21:59 (28.7%)	8:39	6.9 (71.1%)
70	<b>WÓJCICKI Bohdan</b>	<b>167</b>		M30-39	21	01:45:32	03:01:26	<b>04:46:03.05</b>	<b>04:46:13.25</b>	+01:22:11 (28.7%)	8:40	6.9 (71.1%)
71	<b>NĘDZUSIAK Dariusz</b>	<b>107</b>	DBN SUKURS	M50-59	6	01:54:47	03:06:29	<b>04:46:10.25</b>	<b>04:46:29.25</b>	+01:22:27 (28.8%)	8:40	6.9 (71.1%)
72	<b>WAROWNY Piotr</b>	<b>162</b>	BIEGUSIEM.PL	M40-49	29	01:51:40	03:06:59	<b>04:44:53.00</b>	<b>04:46:34.55</b>	+01:22:33 (28.8%)	8:37	7 (72.2%)
73	<b>KUROWSKA Monika</b>	<b>84</b>	ATLANTIC	K40-49	4	01:51:52	03:06:22	<b>04:46:41.25</b>	<b>04:46:57.55</b>	+01:22:56 (28.9%)	8:41	6.9 (71.1%)
74	<b>RACZYŁO Krzysztof</b>	<b>126</b>		M30-39	22	01:43:11	02:57:20	<b>04:47:01.55</b>	<b>04:47:11.80</b>	+01:23:10 (29.0%)	8:41	6.9 (71.1%)
75	<b>WITEK Wojciech</b>	<b>165</b>		M16-29	4	01:52:06	03:06:43	<b>04:47:04.10</b>	<b>04:47:12.25</b>	+01:23:10 (29.0%)	8:41	6.9 (71.1%)
76	<b>ROŹNIATA Iwona</b>	<b>132</b>	SNG WILD DUCKS	K40-49	5	01:53:06	03:08:47	<b>04:47:19.60</b>	<b>04:47:28.35</b>	+01:23:27 (29.0%)	8:42	6.9 (71.1%)
77	<b>SKRZYPCZAK Hubert</b>	<b>140</b>	RUNNINGPOWERPLAY	M40-49	30	01:54:07	03:09:38	<b>04:48:21.60</b>	<b>04:48:34.15</b>	+01:24:32 (29.3%)	8:44	6.9 (71.1%)
78	<b>GAWEŁKO Janusz</b>	<b>32</b>		M50-59	7	01:52:34	03:08:54	<b>04:48:29.95</b>	<b>04:48:45.05</b>	+01:24:43 (29.3%)	8:44	6.9 (71.1%)
79	<b>GURGUL Mateusz</b>	<b>46</b>	AROMAT NÓG	M30-39	23	01:48:41	03:05:34	<b>04:48:49.60</b>	<b>04:48:51.15</b>	+01:24:49 (29.4%)	8:45	6.9 (71.1%)
80	<b>BIEL Tomasz</b>	<b>7</b>		M40-49	31	01:51:43	03:08:47	<b>04:49:38.90</b>	<b>04:49:52.55</b>	+01:25:51 (29.6%)	8:46	6.8 (70.1%)
81	<b>BIEL Łukasz</b>	<b>6</b>	VEGE RUNNERS	M30-39	24		03:09:02	<b>04:50:27.00</b>	<b>04:50:27.00</b>	+01:26:25 (29.8%)	8:48	6.8 (70.1%)
82	<b>PASIERBIŃSKI Piotr</b>	<b>118</b>	WTP	M50-59	8	01:55:03	03:10:13	<b>04:50:38.05</b>	<b>04:50:42.55</b>	+01:26:41 (29.8%)	8:48	6.8 (70.1%)
83	<b>CHOJNOWSKI Andrzej</b>	<b>17</b>		M50-59	9	01:48:03	03:07:48	<b>04:51:02.25</b>	<b>04:51:09.30</b>	+01:27:08 (29.9%)	8:49	6.8 (70.1%)
84	<b>ŻEBROWSKA Jolanta</b>	<b>185</b>	POTRENUJEMY? / CHEMIK NOXY PUŁAWY / UMCS BIEGA	K50-59	1	01:52:45	03:09:32	<b>04:53:16.05</b>	<b>04:53:20.85</b>	+01:29:19 (30.5%)	8:53	6.8 (70.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	13km	Przehyba 19km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
85	<b>KRAKOWSKI Maciej</b>	<b>77</b>	#A_MOZE_ULTRA / WKURW_TEAM	M16-29	5	01:52:45	03:12:23	<b>04:55:17.15</b>	<b>04:55:30.65</b>	+01:31:29 (31.0%)	8:56	6.7 (69.1%)
86	<b>DŁUŻNIEWSKI Jacek</b>	<b>25</b>	SBRT BIELSKO-BIAŁA	M40-49	32	01:19:08	02:26:59	<b>03:57:43.50</b>	<b>04:58:36.50</b>	+01:34:35 (31.7%)	7:12	8.3 (85.6%)
87	<b>GRUBICH Damian</b>	<b>41</b>	PARKRUN GRUDZIĄDZ	M40-49	33	01:47:02	03:08:47	<b>04:59:56.05</b>	<b>05:00:13.35</b>	+01:36:12 (32.0%)	9:05	6.6 (68.0%)
88	<b>GOLON Marlena</b>	<b>36</b>	RUN PASJA	K40-49	6	01:57:09	03:16:08	<b>05:00:07.15</b>	<b>05:00:15.55</b>	+01:36:14 (32.1%)	9:05	6.6 (68.0%)
89	<b>BORKOWSKI Bartłomiej</b>	<b>10</b>	RMF4RT GLADIATORS	M30-39	25	01:55:16	03:14:03	<b>05:00:03.25</b>	<b>05:00:24.45</b>	+01:36:23 (32.1%)	9:05	6.6 (68.0%)
90	<b>SAMBORSKI Bartosz</b>	<b>137</b>	WKURW_TEAM	M40-49	34	01:58:21	03:15:20	<b>05:00:20.90</b>	<b>05:00:40.95</b>	+01:36:39 (32.1%)	9:06	6.6 (68.0%)
91	<b>KWIATKOWSKA Renata</b>	<b>87</b>	KB OŻARÓW MAZOWIECKI BIEGA	K50-59	2	01:54:58	03:12:23	<b>05:02:03.70</b>	<b>05:02:07.10</b>	+01:38:05 (32.5%)	9:09	6.6 (68.0%)
92	<b>NOWAK Krzysztof</b>	<b>110</b>		M40-49	35	01:54:51	03:15:26	<b>05:03:59.30</b>	<b>05:04:11.35</b>	+01:40:10 (32.9%)	9:12	6.5 (67.0%)
93	<b>ZYGMUNT Paweł</b>	<b>183</b>		M40-49	36	02:00:42	03:22:33	<b>05:04:49.90</b>	<b>05:04:57.35</b>	+01:40:56 (33.1%)	9:14	6.5 (67.0%)
94	<b>KWIATKOWSKI Jakub</b>	<b>88</b>	ITMBW KRAKÓW	M30-39	26	01:55:15	03:19:57	<b>05:05:59.25</b>	<b>05:06:08.45</b>	+01:42:07 (33.4%)	9:16	6.5 (67.0%)
95	<b>CYGANIK Kajetan</b>	<b>19</b>	JUVERUN	M30-39	27	02:00:57	03:21:10	<b>05:06:02.00</b>	<b>05:06:19.95</b>	+01:42:18 (33.4%)	9:16	6.5 (67.0%)
96	<b>WOJSA Marcin</b>	<b>172</b>		M30-39	28	01:49:05	03:08:01	<b>05:06:33.60</b>	<b>05:06:52.60</b>	+01:42:51 (33.5%)	9:17	6.5 (67.0%)
97	<b>ŚLIŻ Sylwia</b>	<b>192</b>		K30-39	8	02:01:40	03:21:01	<b>05:06:51.20</b>	<b>05:07:00.25</b>	+01:42:58 (33.5%)	9:17	6.5 (67.0%)
98	<b>STACHURA Beata</b>	<b>145</b>	ATLANTIC	K40-49	7	01:54:25	03:06:19	<b>05:07:02.65</b>	<b>05:07:20.55</b>	+01:43:19 (33.6%)	9:18	6.4 (66.0%)
99	<b>MACH Olek</b>	<b>94</b>	ATLANTIC	M40-49	37	01:54:55	03:04:47	<b>05:07:01.55</b>	<b>05:07:20.85</b>	+01:43:19 (33.6%)	9:18	6.4 (66.0%)
100	<b>BURKIEWICZ-ŚLIWA Bernadetta</b>	<b>189</b>		K30-39	9	01:59:28	03:17:31	<b>05:05:29.95</b>	<b>05:09:33.10</b>	+01:45:31 (34.1%)	9:15	6.5 (67.0%)
101	<b>KOZA Robert</b>	<b>72</b>	CARBON RACING TEAM	M40-49	38	01:54:22	03:13:45	<b>05:12:50.40</b>	<b>05:12:57.15</b>	+01:48:55 (34.8%)	9:28	6.3 (64.9%)
102	<b>SZMAJDA Dominik</b>	<b>152</b>	NIE MAM POMYSŁU	M30-39	29	01:57:30	03:20:25	<b>05:13:26.00</b>	<b>05:13:44.25</b>	+01:49:42 (35.0%)	9:29	6.3 (64.9%)
103	<b>BALCERZAK Mariusz</b>	<b>3</b>		M40-49	39	01:56:53	03:18:19	<b>05:14:18.10</b>	<b>05:14:29.65</b>	+01:50:28 (35.1%)	9:31	6.3 (64.9%)
104	<b>OSTAPIŃSKA Magda</b>	<b>114</b>	OSTRESROKI	K40-49	8	02:01:46	03:25:17	<b>05:17:14.45</b>	<b>05:17:28.30</b>	+01:53:27 (35.7%)	9:36	6.2 (63.9%)
105	<b>OSTAPIŃSKI Wojtek</b>	<b>115</b>	OSTRESROKI	M40-49	40	02:01:43	03:25:14	<b>05:17:13.80</b>	<b>05:17:28.65</b>	+01:53:27 (35.7%)	9:36	6.2 (63.9%)
106	<b>TATARCZYK Patrycja</b>	<b>156</b>	SBRT	K16-29	3	02:05:49	03:30:10	<b>05:20:15.40</b>	<b>05:20:23.55</b>	+01:56:22 (36.3%)	9:42	6.2 (63.9%)
107	<b>SZMECHTIG-GAUDEN Ewa</b>	<b>153</b>	PODGÓRZ TORUŃ	K40-49	9	02:02:54	03:23:26	<b>05:21:33.10</b>	<b>05:21:48.80</b>	+01:57:47 (36.6%)	9:44	6.2 (63.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	13km	Przehyba 19km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
108	<b>WOŹNICA Rafał</b>	<b>168</b>		M40-49	41	02:02:47	03:27:08	<b>05:21:47.85</b>	<b>05:21:58.15</b>	+01:57:56 (36.6%)	9:45	6.2 (63.9%)
109	<b>KAWA Barbara</b>	<b>62</b>	MARATOŃCZYK DĘBICA	K30-39	10	02:06:16	03:27:07	<b>05:22:17.90</b>	<b>05:22:32.05</b>	+01:58:30 (36.7%)	9:46	6.1 (62.9%)
110	<b>PIĄTEK Rafał</b>	<b>122</b>	BEFIT24TEAM	M30-39	30	02:01:30	03:25:34	<b>05:23:36.25</b>	<b>05:23:53.70</b>	+01:59:52 (37.0%)	9:48	6.1 (62.9%)
111	<b>WALCZAK Agnieszka</b>	<b>160</b>	PKO BANK POLSKI SA	K40-49	10	02:01:21	03:29:50	<b>05:24:56.35</b>	<b>05:25:06.20</b>	+02:01:04 (37.2%)	9:50	6.1 (62.9%)
112	<b>WALCZAK Dariusz</b>	<b>161</b>	OLKUSZBIEGA.PL	M40-49	42	02:04:50	03:30:05	<b>05:24:57.15</b>	<b>05:25:06.35</b>	+02:01:05 (37.2%)	9:50	6.1 (62.9%)
113	<b>MICHALEC Marcin</b>	<b>100</b>	KKB MOSIR KROSNO	M30-39	31	02:03:05	03:29:52	<b>05:25:37.45</b>	<b>05:25:41.30</b>	+02:01:40 (37.4%)	9:52	6.1 (62.9%)
113	<b>ŁOPATKIEWICZ Beata</b>	<b>91</b>		K50-59	3	02:03:05	03:29:48	<b>05:25:38.10</b>	<b>05:25:41.30</b>	+02:01:40 (37.4%)	9:52	6.1 (62.9%)
115	<b>KARAWACKI Grzegorz</b>	<b>60</b>	KĘCKIE HARPAGANY	M30-39	32	02:00:54	03:29:23	<b>05:27:47.05</b>	<b>05:28:02.35</b>	+02:04:01 (37.8%)	9:55	6 (61.9%)
116	<b>RYBKOWSKI Grzegorz</b>	<b>135</b>	VELMAR	M50-59	10	02:04:22	03:27:54	<b>05:29:07.70</b>	<b>05:29:10.50</b>	+02:05:09 (38.0%)	9:58	6 (61.9%)
117	<b>ZGLIŃSKI Bartłomiej</b>	<b>177</b>	WKURW_TEAM TORUŃ	M30-39	33	02:02:39	03:26:54	<b>05:28:55.40</b>	<b>05:29:15.45</b>	+02:05:14 (38.0%)	9:58	6 (61.9%)
117	<b>SZYMANKIEWICZ Kalina</b>	<b>154</b>		K40-49	11	02:08:18	03:26:56	<b>05:28:59.80</b>	<b>05:29:15.45</b>	+02:05:14 (38.0%)	9:58	6 (61.9%)
119	<b>DĘBSKA Marta</b>	<b>23</b>		K16-29	4	01:55:58	03:12:17	<b>05:30:03.10</b>	<b>05:30:08.70</b>	+02:06:07 (38.2%)	10:00	6 (61.9%)
120	<b>KADYKAŁO Natalia</b>	<b>58</b>	NIE W SZCZEPIONKĘ TEAM	K16-29	5	02:10:11	03:30:02	<b>05:29:51.60</b>	<b>05:30:12.80</b>	+02:06:11 (38.2%)	9:59	6 (61.9%)
121	<b>SZCZYGIELSKI Tomek</b>	<b>150</b>	BIEGUSIEM.PL	M40-49	43	02:00:46	03:26:37	<b>05:31:01.00</b>	<b>05:31:04.45</b>	+02:07:03 (38.4%)	10:01	6 (61.9%)
122	<b>KICZIŃSKA Izabela</b>	<b>63</b>	DRUŻYNA SZPIKU	K40-49	12	02:08:31	03:34:29	<b>05:30:58.55</b>	<b>05:31:09.40</b>	+02:07:08 (38.4%)	10:01	6 (61.9%)
123	<b>PODGÓRSKI Dominik</b>	<b>124</b>	PRORUNNING PROMOTION	M40-49	44	02:05:02	03:36:11	<b>05:33:11.35</b>	<b>05:33:24.35</b>	+02:09:23 (38.8%)	10:05	5.9 (60.8%)
124	<b>GRZYWIŃSKI Wojtek</b>	<b>43</b>		M30-39	34	02:07:23	03:30:16	<b>05:33:21.00</b>	<b>05:33:37.30</b>	+02:09:36 (38.8%)	10:06	5.9 (60.8%)
125	<b>JĘSIEK-BARABASZ Agnieszka</b>	<b>54</b>	STACHOWSCY TEAM	K40-49	13	02:01:12	03:25:05	<b>05:35:36.55</b>	<b>05:35:45.15</b>	+02:11:43 (39.2%)	10:10	5.9 (60.8%)
126	<b>GOKIERT-SKRENTNA Justyna</b>	<b>35</b>		K40-49	14	02:01:09	03:24:42	<b>05:35:37.10</b>	<b>05:35:45.40</b>	+02:11:44 (39.2%)	10:10	5.9 (60.8%)
127	<b>PAŃCZUK-FIGURA Irmína</b>	<b>116</b>	UMCS BIEGA	K40-49	15	02:11:46	03:38:39	<b>05:35:51.95</b>	<b>05:36:05.15</b>	+02:12:03 (39.3%)	10:10	5.9 (60.8%)
128	<b>KUSZTAL Justyna</b>	<b>86</b>	KS ESKADRA KRAKÓW	K40-49	16	02:11:50	03:38:56	<b>05:35:52.75</b>	<b>05:36:05.30</b>	+02:12:04 (39.3%)	10:10	5.9 (60.8%)
129	<b>MICHALSKI Ryszard</b>	<b>102</b>	WWW.SENSORYBEAUTY.PL	M40-49	45	02:09:17	03:38:59	<b>05:36:39.80</b>	<b>05:36:50.90</b>	+02:12:49 (39.4%)	10:12	5.9 (60.8%)
130	<b>MŁODECKA Sylwia</b>	<b>104</b>	VIRTUAL RUNNER CLUB	K40-49	17	02:13:32	03:35:58	<b>05:37:58.45</b>	<b>05:38:14.20</b>	+02:14:12 (39.7%)	10:14	5.9 (60.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	13km	Przehyba 19km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
131	<b>DOMAGAŁA Jerzy</b>	<b>26</b>		M50-59	11	02:07:08	03:31:02	<b>05:39:07.70</b>	<b>05:39:18.65</b>	+02:15:17 (39.9%)	10:16	5.8 (59.8%)
132	<b>GUŹDZIOŁ Jarek</b>	<b>44</b>	TBKM WILK SOLEC KUJAWSKI	M40-49	46	02:08:44	03:37:21	<b>05:39:37.20</b>	<b>05:39:53.25</b>	+02:15:51 (40.0%)	10:17	5.8 (59.8%)
133	<b>KOPANIA Kamil</b>	<b>69</b>	K.S TĘCZA	M30-39	35	02:11:06	03:35:56	<b>05:41:43.85</b>	<b>05:41:54.95</b>	+02:17:53 (40.3%)	10:21	5.8 (59.8%)
134	<b>RAFAŁ Eliza</b>	<b>129</b>		K30-39	11	02:15:05	03:44:44	<b>05:44:41.50</b>	<b>05:44:53.60</b>	+02:20:52 (40.8%)	10:26	5.7 (58.8%)
135	<b>GOMOLIŃSKI Sławomir</b>	<b>38</b>		M40-49	47	02:08:52	03:33:00	<b>05:47:41.75</b>	<b>05:47:46.40</b>	+02:23:45 (41.3%)	10:32	5.7 (58.8%)
136	<b>OCHNIO Ewa</b>	<b>111</b>		K40-49	18	02:17:56	03:44:13	<b>05:48:20.65</b>	<b>05:48:37.80</b>	+02:24:36 (41.5%)	10:33	5.7 (58.8%)
137	<b>KWIECIEŃ Zbigniew</b>	<b>89</b>	FAUDANA	M60+	2	02:14:07	03:44:12	<b>05:48:34.60</b>	<b>05:48:49.05</b>	+02:24:47 (41.5%)	10:33	5.7 (58.8%)
138	<b>KLUBA Łukasz</b>	<b>67</b>	NGB KŁOBUCK	M30-39	36	02:06:05	03:35:56	<b>05:48:53.65</b>	<b>05:49:06.85</b>	+02:25:05 (41.6%)	10:34	5.7 (58.8%)
139	<b>NIESPODZIANA Anna</b>	<b>109</b>	ROGOZIŃSKI KLUB BIEGACZA	K30-39	12	02:17:01	03:50:12	<b>05:50:37.30</b>	<b>05:50:51.60</b>	+02:26:50 (41.9%)	10:37	5.6 (57.7%)
140	<b>SOŁTYSIAK Natalia</b>	<b>143</b>		K30-39	13	02:10:55	03:38:57	<b>05:50:39.00</b>	<b>05:50:57.70</b>	+02:26:56 (41.9%)	10:37	5.6 (57.7%)
141	<b>ZWAAN Johan</b>	<b>182</b>		M30-39	37	02:13:02	03:42:54	<b>05:56:13.85</b>	<b>05:56:30.10</b>	+02:32:28 (42.8%)	10:47	5.6 (57.7%)
142	<b>JOZEFIAK Marta</b>	<b>56</b>		K16-29	6	02:13:01	03:42:51	<b>05:56:14.10</b>	<b>05:56:30.40</b>	+02:32:29 (42.8%)	10:47	5.6 (57.7%)
143	<b>BLIŹNIEWSKA Katarzyna</b>	<b>133</b>	SNG WILD DUCKS	K40-49	19	02:14:02	03:43:38	<b>05:57:33.35</b>	<b>05:57:42.55</b>	+02:33:41 (43.0%)	10:50	5.5 (56.7%)
144	<b>JACHÓŁKOWSKA Małgorzata</b>	<b>48</b>		K16-29	7	02:17:43	03:44:54	<b>05:57:32.95</b>	<b>05:57:42.85</b>	+02:33:41 (43.0%)	10:50	5.5 (56.7%)
145	<b>PASEK Magdalena</b>	<b>117</b>	SRTG NIEPOŁOMICE	K16-29	8	02:22:53	03:55:59	<b>06:01:29.55</b>	<b>06:01:47.00</b>	+02:37:45 (43.6%)	10:57	5.5 (56.7%)
146	<b>RUSEK Jolanta</b>	<b>134</b>	ZABIEGANI MIELEC	K16-29	9	02:09:47	03:37:13	<b>06:02:38.00</b>	<b>06:02:50.55</b>	+02:38:49 (43.8%)	10:59	5.5 (56.7%)
147	<b>NAWROT Dawid</b>	<b>106</b>	SRTG NIEPOŁOMICE	M30-39	38	02:51:11	04:07:13	<b>06:07:51.75</b>	<b>06:08:09.70</b>	+02:44:08 (44.6%)	11:08	5.4 (55.7%)
148	<b>KOŁCIUK Wojciech</b>	<b>68</b>	WKURW_TEAM WARSZAWA	M30-39	39	02:08:13	03:40:36	<b>06:14:04.10</b>	<b>06:14:23.85</b>	+02:50:22 (45.5%)	11:20	5.3 (54.6%)
149	<b>SMOGORZEWSKI Michał</b>	<b>141</b>	WKURW_TEAM WARSZAWA	M30-39	40	02:02:43	03:34:42	<b>06:14:01.65</b>	<b>06:14:24.00</b>	+02:50:22 (45.5%)	11:20	5.3 (54.6%)
150	<b>GAJEWSKI Zenon</b>	<b>30</b>	ZABIEGANI CZĘSTOCHOWA	M60+	3	02:06:09	03:41:48	<b>06:23:33.35</b>	<b>06:23:51.90</b>	+02:59:50 (46.9%)	11:37	5.2 (53.6%)
151	<b>KISZKIS Elżbieta</b>	<b>65</b>		K40-49	20	02:36:26	04:10:54	<b>06:41:29.25</b>	<b>06:41:33.00</b>	+03:17:31 (49.2%)	12:10	4.9 (50.5%)
152	<b>CZARNY Łukasz</b>	<b>21</b>	WKURW_TEAM	M30-39	41	02:36:05	04:10:38	<b>06:41:14.80</b>	<b>06:41:35.00</b>	+03:17:33 (49.2%)	12:09	4.9 (50.5%)
153	<b>WOJNAROWICZ Tomasz</b>	<b>169</b>	SPARTANIEDZIECIA	M30-39	42	02:06:03	03:31:58			+01:19:49	11:09	5.4 (55.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	13km	Przehyba 19km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
154	<b>ŁUKASIAK Adam</b>	<b>92</b>	WARSAW RUN CLUB	M30-39	43	01:45:31				+00:29:36	8:07	7.4 (76.3%)
155	<b>STUPIŃSKA Monika</b>	<b>147</b>	WKURW TEAM	K30-39	14	02:26:45				+01:10:51	11:17	5.3 (54.6%)
156	<b>KOBYLIŃSKI Piotr</b>	<b>188</b>	WKURW_TEAM	M40-49	48	02:34:06				+01:18:12	11:51	5.1 (52.6%)
157	<b>LEWANDOWSKI Igor</b>	<b>456</b>	CTS / IGISPORT	M30-39	44	02:51:18				+01:35:33	13:10	4.6 (47.4%)
158	<b>NAWROT Katarzyna</b>	<b>105</b>	SRTG NIEPOŁOMICE	K30-39	15	02:51:19				+01:35:30	13:10	4.6 (47.4%)
	<b>KOZŁOWSKI Grzegorz</b>	<b>76</b>	ASICS FRONTRUNNER	M30-39		01:30:22 DNF	DNF	<b>DNF</b>	<b>DNF</b>	-	-	- (0.0%)

Znaleziono 159 wynik(ów)