



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

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

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

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

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85	KRAKOWSKI Maciej	77	#A_MOZE_ULTRA / WKURW_TEAM	M16-29	5	01:52:45	03:12:23	04:55:17.15	04:55:30.65	+01:31:29 (31.0%)	8:56	6.7 (69.1%)
86	DŁUŻNIEWSKI Jacek	25	SBRT BIELSKO-BIAŁA	M40-49	32	01:19:08	02:26:59	03:57:43.50	04:58:36.50	+01:34:35 (31.7%)	7:12	8.3 (85.6%)
87	GRUBICH Damian	41	PARKRUN GRUDZIĄDZ	M40-49	33	01:47:02	03:08:47	04:59:56.05	05:00:13.35	+01:36:12 (32.0%)	9:05	6.6 (68.0%)
88	GOLON Marlena	36	RUN PASJA	K40-49	6	01:57:09	03:16:08	05:00:07.15	05:00:15.55	+01:36:14 (32.1%)	9:05	6.6 (68.0%)
89	BORKOWSKI Bartłomiej	10	RMF4RT GLADIATORS	M30-39	25	01:55:16	03:14:03	05:00:03.25	05:00:24.45	+01:36:23 (32.1%)	9:05	6.6 (68.0%)
90	SAMBORSKI Bartosz	137	WKURW_TEAM	M40-49	34	01:58:21	03:15:20	05:00:20.90	05:00:40.95	+01:36:39 (32.1%)	9:06	6.6 (68.0%)
91	KWIATKOWSKA Renata	87	KB OŻARÓW MAZOWIECKI BIEGA	K50-59	2	01:54:58	03:12:23	05:02:03.70	05:02:07.10	+01:38:05 (32.5%)	9:09	6.6 (68.0%)
92	NOWAK Krzysztof	110		M40-49	35	01:54:51	03:15:26	05:03:59.30	05:04:11.35	+01:40:10 (32.9%)	9:12	6.5 (67.0%)
93	ZYGMUNT Paweł	183		M40-49	36	02:00:42	03:22:33	05:04:49.90	05:04:57.35	+01:40:56 (33.1%)	9:14	6.5 (67.0%)
94	KWIATKOWSKI Jakub	88	ITMBW KRAKÓW	M30-39	26	01:55:15	03:19:57	05:05:59.25	05:06:08.45	+01:42:07 (33.4%)	9:16	6.5 (67.0%)
95	CYGANIK Kajetan	19	JUVERUN	M30-39	27	02:00:57	03:21:10	05:06:02.00	05:06:19.95	+01:42:18 (33.4%)	9:16	6.5 (67.0%)
96	WOJSA Marcin	172		M30-39	28	01:49:05	03:08:01	05:06:33.60	05:06:52.60	+01:42:51 (33.5%)	9:17	6.5 (67.0%)
97	ŚLIŻ Sylwia	192		K30-39	8	02:01:40	03:21:01	05:06:51.20	05:07:00.25	+01:42:58 (33.5%)	9:17	6.5 (67.0%)
98	STACHURA Beata	145	ATLANTIC	K40-49	7	01:54:25	03:06:19	05:07:02.65	05:07:20.55	+01:43:19 (33.6%)	9:18	6.4 (66.0%)
99	MACH Olek	94	ATLANTIC	M40-49	37	01:54:55	03:04:47	05:07:01.55	05:07:20.85	+01:43:19 (33.6%)	9:18	6.4 (66.0%)
100	BURKIEWICZ-ŚLIWA Bernadetta	189		K30-39	9	01:59:28	03:17:31	05:05:29.95	05:09:33.10	+01:45:31 (34.1%)	9:15	6.5 (67.0%)
101	KOZA Robert	72	CARBON RACING TEAM	M40-49	38	01:54:22	03:13:45	05:12:50.40	05:12:57.15	+01:48:55 (34.8%)	9:28	6.3 (64.9%)
102	SZMAJDA Dominik	152	NIE MAM POMYSŁU	M30-39	29	01:57:30	03:20:25	05:13:26.00	05:13:44.25	+01:49:42 (35.0%)	9:29	6.3 (64.9%)
103	BALCERZAK Mariusz	3		M40-49	39	01:56:53	03:18:19	05:14:18.10	05:14:29.65	+01:50:28 (35.1%)	9:31	6.3 (64.9%)
104	OSTAPIŃSKA Magda	114	OSTRESROKI	K40-49	8	02:01:46	03:25:17	05:17:14.45	05:17:28.30	+01:53:27 (35.7%)	9:36	6.2 (63.9%)
105	OSTAPIŃSKI Wojtek	115	OSTRESROKI	M40-49	40	02:01:43	03:25:14	05:17:13.80	05:17:28.65	+01:53:27 (35.7%)	9:36	6.2 (63.9%)
106	TATARCZYK Patrycja	156	SBRT	K16-29	3	02:05:49	03:30:10	05:20:15.40	05:20:23.55	+01:56:22 (36.3%)	9:42	6.2 (63.9%)
107	SZMECHTIG-GAUDEN Ewa	153	PODGÓRZ TORUŃ	K40-49	9	02:02:54	03:23:26	05:21:33.10	05:21:48.80	+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	WOŹNICA Rafał	168		M40-49	41	02:02:47	03:27:08	05:21:47.85	05:21:58.15	+01:57:56 (36.6%)	9:45	6.2 (63.9%)
109	KAWA Barbara	62	MARATOŃCZYK DĘBICA	K30-39	10	02:06:16	03:27:07	05:22:17.90	05:22:32.05	+01:58:30 (36.7%)	9:46	6.1 (62.9%)
110	PIĄTEK Rafał	122	BEFIT24TEAM	M30-39	30	02:01:30	03:25:34	05:23:36.25	05:23:53.70	+01:59:52 (37.0%)	9:48	6.1 (62.9%)
111	WALCZAK Agnieszka	160	PKO BANK POLSKI SA	K40-49	10	02:01:21	03:29:50	05:24:56.35	05:25:06.20	+02:01:04 (37.2%)	9:50	6.1 (62.9%)
112	WALCZAK Dariusz	161	OLKUSZBIEGA.PL	M40-49	42	02:04:50	03:30:05	05:24:57.15	05:25:06.35	+02:01:05 (37.2%)	9:50	6.1 (62.9%)
113	MICHALEC Marcin	100	KKB MOSIR KROSNO	M30-39	31	02:03:05	03:29:52	05:25:37.45	05:25:41.30	+02:01:40 (37.4%)	9:52	6.1 (62.9%)
113	ŁOPATKIEWICZ Beata	91		K50-59	3	02:03:05	03:29:48	05:25:38.10	05:25:41.30	+02:01:40 (37.4%)	9:52	6.1 (62.9%)
115	KARAWACKI Grzegorz	60	KĘCKIE HARPAGANY	M30-39	32	02:00:54	03:29:23	05:27:47.05	05:28:02.35	+02:04:01 (37.8%)	9:55	6 (61.9%)
116	RYBKOWSKI Grzegorz	135	VELMAR	M50-59	10	02:04:22	03:27:54	05:29:07.70	05:29:10.50	+02:05:09 (38.0%)	9:58	6 (61.9%)
117	ZGLIŃSKI Bartłomiej	177	WKURW_TEAM TORUŃ	M30-39	33	02:02:39	03:26:54	05:28:55.40	05:29:15.45	+02:05:14 (38.0%)	9:58	6 (61.9%)
117	SZYMANKIEWICZ Kalina	154		K40-49	11	02:08:18	03:26:56	05:28:59.80	05:29:15.45	+02:05:14 (38.0%)	9:58	6 (61.9%)
119	DĘBSKA Marta	23		K16-29	4	01:55:58	03:12:17	05:30:03.10	05:30:08.70	+02:06:07 (38.2%)	10:00	6 (61.9%)
120	KADYKAŁO Natalia	58	NIE W SZCZEPIONKĘ TEAM	K16-29	5	02:10:11	03:30:02	05:29:51.60	05:30:12.80	+02:06:11 (38.2%)	9:59	6 (61.9%)
121	SZCZYGIELSKI Tomek	150	BIEGUSIEM.PL	M40-49	43	02:00:46	03:26:37	05:31:01.00	05:31:04.45	+02:07:03 (38.4%)	10:01	6 (61.9%)
122	KICZIŃSKA Izabela	63	DRUŻYNA SZPIKU	K40-49	12	02:08:31	03:34:29	05:30:58.55	05:31:09.40	+02:07:08 (38.4%)	10:01	6 (61.9%)
123	PODGÓRSKI Dominik	124	PRORUNNING PROMOTION	M40-49	44	02:05:02	03:36:11	05:33:11.35	05:33:24.35	+02:09:23 (38.8%)	10:05	5.9 (60.8%)
124	GRZYWIŃSKI Wojtek	43		M30-39	34	02:07:23	03:30:16	05:33:21.00	05:33:37.30	+02:09:36 (38.8%)	10:06	5.9 (60.8%)
125	JĘSIEK-BARABASZ Agnieszka	54	STACHOWSCY TEAM	K40-49	13	02:01:12	03:25:05	05:35:36.55	05:35:45.15	+02:11:43 (39.2%)	10:10	5.9 (60.8%)
126	GOKIERT-SKRENTNA Justyna	35		K40-49	14	02:01:09	03:24:42	05:35:37.10	05:35:45.40	+02:11:44 (39.2%)	10:10	5.9 (60.8%)
127	PAŃCZUK-FIGURA Irmína	116	UMCS BIEGA	K40-49	15	02:11:46	03:38:39	05:35:51.95	05:36:05.15	+02:12:03 (39.3%)	10:10	5.9 (60.8%)
128	KUSZTAL Justyna	86	KS ESKADRA KRAKÓW	K40-49	16	02:11:50	03:38:56	05:35:52.75	05:36:05.30	+02:12:04 (39.3%)	10:10	5.9 (60.8%)
129	MICHALSKI Ryszard	102	WWW.SENSORYBEAUTY.PL	M40-49	45	02:09:17	03:38:59	05:36:39.80	05:36:50.90	+02:12:49 (39.4%)	10:12	5.9 (60.8%)
130	MŁODECKA Sylwia	104	VIRTUAL RUNNER CLUB	K40-49	17	02:13:32	03:35:58	05:37:58.45	05:38:14.20	+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	DOMAGAŁA Jerzy	26		M50-59	11	02:07:08	03:31:02	05:39:07.70	05:39:18.65	+02:15:17 (39.9%)	10:16	5.8 (59.8%)
132	GUŹDZIOŁ Jarek	44	TBKM WILK SOLEC KUJAWSKI	M40-49	46	02:08:44	03:37:21	05:39:37.20	05:39:53.25	+02:15:51 (40.0%)	10:17	5.8 (59.8%)
133	KOPANIA Kamil	69	K.S TĘCZA	M30-39	35	02:11:06	03:35:56	05:41:43.85	05:41:54.95	+02:17:53 (40.3%)	10:21	5.8 (59.8%)
134	RAFAŁ Eliza	129		K30-39	11	02:15:05	03:44:44	05:44:41.50	05:44:53.60	+02:20:52 (40.8%)	10:26	5.7 (58.8%)
135	GOMOLIŃSKI Sławomir	38		M40-49	47	02:08:52	03:33:00	05:47:41.75	05:47:46.40	+02:23:45 (41.3%)	10:32	5.7 (58.8%)
136	OCHNIO Ewa	111		K40-49	18	02:17:56	03:44:13	05:48:20.65	05:48:37.80	+02:24:36 (41.5%)	10:33	5.7 (58.8%)
137	KWIECIEŃ Zbigniew	89	FAUDANA	M60+	2	02:14:07	03:44:12	05:48:34.60	05:48:49.05	+02:24:47 (41.5%)	10:33	5.7 (58.8%)
138	KLUBA Łukasz	67	NGB KŁOBUCK	M30-39	36	02:06:05	03:35:56	05:48:53.65	05:49:06.85	+02:25:05 (41.6%)	10:34	5.7 (58.8%)
139	NIESPODZIANA Anna	109	ROGOZIŃSKI KLUB BIEGACZA	K30-39	12	02:17:01	03:50:12	05:50:37.30	05:50:51.60	+02:26:50 (41.9%)	10:37	5.6 (57.7%)
140	SOŁTYSIAK Natalia	143		K30-39	13	02:10:55	03:38:57	05:50:39.00	05:50:57.70	+02:26:56 (41.9%)	10:37	5.6 (57.7%)
141	ZWAAN Johan	182		M30-39	37	02:13:02	03:42:54	05:56:13.85	05:56:30.10	+02:32:28 (42.8%)	10:47	5.6 (57.7%)
142	JOZEFIAK Marta	56		K16-29	6	02:13:01	03:42:51	05:56:14.10	05:56:30.40	+02:32:29 (42.8%)	10:47	5.6 (57.7%)
143	BLIŹNIEWSKA Katarzyna	133	SNG WILD DUCKS	K40-49	19	02:14:02	03:43:38	05:57:33.35	05:57:42.55	+02:33:41 (43.0%)	10:50	5.5 (56.7%)
144	JACHÓŁKOWSKA Małgorzata	48		K16-29	7	02:17:43	03:44:54	05:57:32.95	05:57:42.85	+02:33:41 (43.0%)	10:50	5.5 (56.7%)
145	PASEK Magdalena	117	SRTG NIEPOŁOMICE	K16-29	8	02:22:53	03:55:59	06:01:29.55	06:01:47.00	+02:37:45 (43.6%)	10:57	5.5 (56.7%)
146	RUSEK Jolanta	134	ZABIEGANI MIELEC	K16-29	9	02:09:47	03:37:13	06:02:38.00	06:02:50.55	+02:38:49 (43.8%)	10:59	5.5 (56.7%)
147	NAWROT Dawid	106	SRTG NIEPOŁOMICE	M30-39	38	02:51:11	04:07:13	06:07:51.75	06:08:09.70	+02:44:08 (44.6%)	11:08	5.4 (55.7%)
148	KOŁCIUK Wojciech	68	WKURW_TEAM WARSZAWA	M30-39	39	02:08:13	03:40:36	06:14:04.10	06:14:23.85	+02:50:22 (45.5%)	11:20	5.3 (54.6%)
149	SMOGORZEWSKI Michał	141	WKURW_TEAM WARSZAWA	M30-39	40	02:02:43	03:34:42	06:14:01.65	06:14:24.00	+02:50:22 (45.5%)	11:20	5.3 (54.6%)
150	GAJEWSKI Zenon	30	ZABIEGANI CZĘSTOCHOWA	M60+	3	02:06:09	03:41:48	06:23:33.35	06:23:51.90	+02:59:50 (46.9%)	11:37	5.2 (53.6%)
151	KISZKIS Elżbieta	65		K40-49	20	02:36:26	04:10:54	06:41:29.25	06:41:33.00	+03:17:31 (49.2%)	12:10	4.9 (50.5%)
152	CZARNY Łukasz	21	WKURW_TEAM	M30-39	41	02:36:05	04:10:38	06:41:14.80	06:41:35.00	+03:17:33 (49.2%)	12:09	4.9 (50.5%)
153	WOJNAROWICZ Tomasz	169	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	ŁUKASIAK Adam	92	WARSAW RUN CLUB	M30-39	43	01:45:31				+00:29:36	8:07	7.4 (76.3%)
155	STUPIŃSKA Monika	147	WKURW TEAM	K30-39	14	02:26:45				+01:10:51	11:17	5.3 (54.6%)
156	KOBYLIŃSKI Piotr	188	WKURW_TEAM	M40-49	48	02:34:06				+01:18:12	11:51	5.1 (52.6%)
157	LEWANDOWSKI Igor	456	CTS / IGISPORT	M30-39	44	02:51:18				+01:35:33	13:10	4.6 (47.4%)
158	NAWROT Katarzyna	105	SRTG NIEPOŁOMICE	K30-39	15	02:51:19				+01:35:30	13:10	4.6 (47.4%)
	KOZŁOWSKI Grzegorz	76	ASICS FRONTRUNNER	M30-39		01:30:22 DNF	DNF	DNF	DNF	-	-	- (0.0%)

Znaleziono 159 wynik(ów)