



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

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

## TRIADA ULTRA GORCE

B4SPORT

**B4SPORT**  
INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 16km	Czas brutto 16km	Różn	Tempo min/km	Tempo km/h
1	ZIAJKA Karol	178	FINISZ RYMANÓW	M16-29	1	01:23:32.80	01:23:36.20		5:13	11.5 (100%)
2	MARCINIAK Przemysław	95	NOA	M30-39	1	01:25:55.40	01:25:56.10	+00:02:19 (2.7%)	5:22	11.2 (97.4%)
3	PLACKO Martin	1	SLOVAK ULTRA TRAIL TEAM	M40-49	1	01:26:58.15	01:27:00.75	+00:03:24 (3.9%)	5:26	11 (95.7%)
4	KICZIŃSKI Bartosz	64	DRUŻYNA SZPIKU	M30-39	2	01:27:07.75	01:27:08.50	+00:03:32 (4.1%)	5:26	11 (95.7%)
5	WOJNAROWSKI Piotr	170		M40-49	2	01:27:25.55	01:27:26.30	+00:03:50 (4.4%)	5:27	11 (95.7%)
6	WICENBACH Arkadiusz	164	STRASZYN ULTRA TEAM	M30-39	3	01:32:56.50	01:32:58.80	+00:09:22 (10.1%)	5:48	10.3 (89.6%)
7	SZELĄG Sławomir	151	LISY PUSTYNI	M40-49	3	01:33:29.15	01:33:33.30	+00:09:57 (10.6%)	5:50	10.3 (89.6%)
8	KOZŁOWSKI Grzegorz	76	ASICS FRONTRUNNER	M30-39	4	01:34:08.45	01:34:08.80	+00:10:32 (11.2%)	5:53	10.2 (88.7%)
9	ZBOZIEN Jarosław	175		M30-39	5	01:34:35.35	01:34:37.85	+00:11:01 (11.7%)	5:54	10.1 (87.8%)
10	WOJNO Arkadiusz	171	DROGA DO ULTRA	M30-39	6	01:34:39.20	01:34:40.15	+00:11:03 (11.7%)	5:55	10.1 (87.8%)
11	JACHYMIAK Robert	50	SPECJALISTYCZNY GABINET REHABILITACJI DZIECI	M40-49	4	01:37:15.50	01:37:15.85	+00:13:39 (14.0%)	6:04	9.9 (86.1%)
12	GURGUL Sebastian	45	AROMAT NÓG	M30-39	7	01:37:27.15	01:37:33.90	+00:13:57 (14.3%)	6:05	9.9 (86.1%)
13	SZCZEPANIAK Witold	166		M40-49	5	01:37:34.90	01:37:35.25	+00:13:59 (14.3%)	6:05	9.8 (85.2%)
14	GEPPERT Jakub	33	ADRUNALINE RUNNING TEAM	M30-39	8	01:37:43.85	01:37:45.90	+00:14:09 (14.5%)	6:06	9.8 (85.2%)
15	TELEPSKI Michał	157	NULL	M30-39	9	01:37:48.70	01:37:53.00	+00:14:16 (14.6%)	6:06	9.8 (85.2%)
16	STAŃCZAK Piotr	146	CZERWONAK BIEGA	M30-39	10	01:38:07.95	01:38:09.70	+00:14:33 (14.8%)	6:08	9.8 (85.2%)
17	ROWIŃSKI Michał	131		M30-39	11	01:38:38.20	01:38:42.50	+00:15:06 (15.3%)	6:09	9.7 (84.3%)
18	JARCZOK Zdzichu	51	FESTIWAL BIEGOWY W KRYNICY	M30-39	12	01:39:15.70	01:39:22.05	+00:15:45 (15.9%)	6:12	9.7 (84.3%)
19	SWORSKI Roman	148	VEGAN / VEGE RUNNERS / KASTYO / DROGA DO ULTRA	M30-39	13	01:39:24.55	01:39:26.50	+00:15:50 (15.9%)	6:12	9.7 (84.3%)
20	JESIOŁOWSKI Michał	52		M30-39	14	01:40:33.85	01:40:39.70	+00:17:03 (16.9%)	6:17	9.5 (82.6%)
21	GARDENER Jacek	31	JACEKBIEGA RUNNING TEAM	M50-59	1	01:41:23.80	01:41:24.80	+00:17:48 (17.6%)	6:20	9.5 (82.6%)
22	GOMOLIŃSKA Danuta	37	GUMISIE	K40-49	1	01:41:41.65	01:41:54.90	+00:18:18 (18.0%)	6:21	9.4 (81.7%)
23	PIWOWARCZYK Paweł	123	ROZBIEGANE DOBCZYCE	M30-39	15	01:41:58.10	01:42:06.40	+00:18:30 (18.1%)	6:22	9.4 (81.7%)
24	WARWAS Radosław	163		M40-49	6	01:42:02.20	01:42:10.95	+00:18:34 (18.2%)	6:22	9.4 (81.7%)
25	BORÓWKA Ryszard	11		M40-49	7	01:42:18.60	01:42:24.75	+00:18:48 (18.4%)	6:23	9.4 (81.7%)
26	URBANEK Patryk	158		M16-29	2	01:42:36.95	01:42:44.75	+00:19:08 (18.6%)	6:24	9.4 (81.7%)
27	SZABŁOWSKA Iwona	149	STRASZYN ULTRA TEAM	K30-39	1	01:42:43.90	01:42:47.00	+00:19:10 (18.7%)	6:25	9.3 (80.9%)
28	LATAK Michał	90	JACEKBIEGA RUNNING TEAM	M40-49	8	01:43:22.80	01:43:24.50	+00:19:48 (19.2%)	6:27	9.3 (80.9%)
29	MACH Olek	94	ATLANTIC	M40-49	9	01:43:42.40	01:43:46.40	+00:20:10 (19.4%)	6:28	9.3 (80.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 16km	Czas brutto 16km	Różn	Tempo min/km	Tempo km/h
30	<b>MIELCZARSKI Bartosz</b>	<b>103</b>		M30-39	16	<b>01:43:39.70</b>	<b>01:43:53.70</b>	+00:20:17 (19.5%)	6:28	9.3 (80.9%)
31	<b>WÓJCICKI Darek</b>	<b>173</b>	CSC ADVENTURE ACADEMY	M40-49	10	<b>01:44:13.55</b>	<b>01:44:18.30</b>	+00:20:42 (19.8%)	6:30	9.2 (80.0%)
32	<b>NIEDŹWIADEK Piotr</b>	<b>108</b>	#ADAMCZERWIŃSKITEAM	M40-49	11	<b>01:44:31.70</b>	<b>01:44:34.20</b>	+00:20:58 (20.1%)	6:32	9.2 (80.0%)
33	<b>PATELKA Przemysław</b>	<b>119</b>	KW KRAKÓW	M30-39	17	<b>01:45:36.75</b>	<b>01:45:41.95</b>	+00:22:05 (20.9%)	6:36	9.1 (79.1%)
34	<b>BUCHLA Marcin</b>	<b>13</b>		M40-49	12	<b>01:46:10.70</b>	<b>01:46:10.70</b>	+00:22:34 (21.3%)	6:38	9 (78.3%)
35	<b>CZUWAJ Andrzej</b>	<b>22</b>		M40-49	13	<b>01:45:47.45</b>	<b>01:46:21.90</b>	+00:22:45 (21.4%)	6:36	9.1 (79.1%)
36	<b>CZAJKOWSKI Wojtek</b>	<b>20</b>	ADIDAS RUNNERS WARSAW	M40-49	14	<b>01:46:45.35</b>	<b>01:46:52.50</b>	+00:23:16 (21.8%)	6:40	9 (78.3%)
37	<b>FILAS Witold</b>	<b>27</b>		M60+	1	<b>01:46:59.50</b>	<b>01:47:02.45</b>	+00:23:26 (21.9%)	6:41	9 (78.3%)
38	<b>ŁUKOMSKI Maciej</b>	<b>93</b>	SZAKALE BAŁUT	M40-49	15	<b>01:47:40.05</b>	<b>01:47:40.05</b>	+00:24:03 (22.4%)	6:43	8.9 (77.4%)
39	<b>KRAWCZAK Paulina</b>	<b>78</b>	BIEGUSIEM.PL	K30-39	2	<b>01:48:01.05</b>	<b>01:48:02.70</b>	+00:24:26 (22.6%)	6:45	8.9 (77.4%)
40	<b>BONIKOWSKI Tomasz</b>	<b>9</b>		M40-49	16	<b>01:47:53.90</b>	<b>01:48:09.25</b>	+00:24:33 (22.7%)	6:44	8.9 (77.4%)
41	<b>JĘCEK Maciej</b>	<b>53</b>		M30-39	18	<b>01:48:39.55</b>	<b>01:48:46.15</b>	+00:25:09 (23.1%)	6:47	8.8 (76.5%)
42	<b>PĘDZISZEWSKI Piotr</b>	<b>120</b>	VAI ALTO	M30-39	19	<b>01:48:44.90</b>	<b>01:48:54.70</b>	+00:25:18 (23.2%)	6:47	8.8 (76.5%)
43	<b>GLEISNER Tomasz</b>	<b>34</b>	EKIPA Z TARNOWA	M40-49	17	<b>01:48:56.10</b>	<b>01:48:57.80</b>	+00:25:21 (23.3%)	6:48	8.8 (76.5%)
44	<b>KUSIAK Marcin</b>	<b>85</b>	CREATIVE BOCHNIA BIEGA TEAM	M40-49	18	<b>01:49:16.35</b>	<b>01:49:19.00</b>	+00:25:42 (23.5%)	6:49	8.8 (76.5%)
45	<b>SOBCZAK Robert</b>	<b>142</b>	ŁÓDZKI KLUB BIEGOWY	M30-39	20	<b>01:49:21.00</b>	<b>01:49:40.90</b>	+00:26:04 (23.8%)	6:50	8.8 (76.5%)
46	<b>PIKUL Piotr</b>	<b>121</b>		M40-49	19	<b>01:49:50.15</b>	<b>01:49:53.45</b>	+00:26:17 (23.9%)	6:51	8.7 (75.7%)
47	<b>DŁUGAJ Andrzej</b>	<b>24</b>		M50-59	2	<b>01:49:47.15</b>	<b>01:50:06.50</b>	+00:26:30 (24.1%)	6:51	8.7 (75.7%)
48	<b>BURMAN Michał</b>	<b>14</b>	KB GEPARD	M40-49	20	<b>01:50:26.10</b>	<b>01:50:36.55</b>	+00:27:00 (24.4%)	6:54	8.7 (75.7%)
49	<b>WITEK Wojciech</b>	<b>165</b>		M16-29	3	<b>01:51:05.75</b>	<b>01:51:30.90</b>	+00:27:54 (25.0%)	6:56	8.6 (74.8%)
50	<b>ROGÓŻ Radosław</b>	<b>130</b>	#ULTRATRACK	M40-49	21	<b>01:51:25.65</b>	<b>01:51:33.35</b>	+00:27:57 (25.1%)	6:57	8.6 (74.8%)
51	<b>ADAMCZYK Mirosław</b>	<b>2</b>	CSC ADVENTURE ACADEMY	M50-59	3	<b>01:52:09.50</b>	<b>01:52:14.40</b>	+00:28:38 (25.5%)	7:00	8.6 (74.8%)
52	<b>KSYTA Martyna</b>	<b>81</b>	KW KRAKÓW	K30-39	3	<b>01:52:25.30</b>	<b>01:52:25.30</b>	+00:28:49 (25.6%)	7:01	8.5 (73.9%)
53	<b>ŁĘCKA Agnieszka</b>	<b>187</b>	JACEKBIEGA RUNNING TEAM	K30-39	4	<b>01:54:06.20</b>	<b>01:54:09.00</b>	+00:30:32 (26.8%)	7:07	8.4 (73.0%)
54	<b>GURGUL Mateusz</b>	<b>46</b>	AROMAT NÓG	M30-39	21	<b>01:54:02.35</b>	<b>01:54:09.60</b>	+00:30:33 (26.8%)	7:07	8.4 (73.0%)
55	<b>BŁĘDOWSKI Mariusz</b>	<b>8</b>	AAC FORD AUTO STYL WŁOCLAWEK TEAM	M40-49	22	<b>01:53:57.60</b>	<b>01:54:21.20</b>	+00:30:45 (26.9%)	7:07	8.4 (73.0%)
56	<b>BALON Piotr</b>	<b>4</b>	BAKOMAT TEAM	M30-39	22	<b>01:54:38.95</b>	<b>01:54:38.95</b>	+00:31:02 (27.1%)	7:09	8.4 (73.0%)
57	<b>SOWIK Marcin</b>	<b>144</b>	TIME4RUNNING	M50-59	4	<b>01:54:50.70</b>	<b>01:54:57.85</b>	+00:31:21 (27.3%)	7:10	8.4 (73.0%)
58	<b>KRYSKA Eliza</b>	<b>79</b>	NUTREND BIEGA	K40-49	2	<b>01:55:11.00</b>	<b>01:55:17.60</b>	+00:31:41 (27.5%)	7:11	8.3 (72.2%)
59	<b>KOPEĆ Mateusz</b>	<b>70</b>	25 BATALION LOGISTYCZNY	M16-29	4	<b>01:55:21.40</b>	<b>01:55:35.25</b>	+00:31:59 (27.7%)	7:12	8.3 (72.2%)
60	<b>JACHYMEK Bartłomiej</b>	<b>49</b>	JACEKBIEGA RUNNING TEAM	M40-49	23	<b>01:56:02.20</b>	<b>01:56:06.65</b>	+00:32:30 (28.0%)	7:15	8.3 (72.2%)
61	<b>OKOŃ Łukasz</b>	<b>112</b>		M40-49	24	<b>01:56:31.35</b>	<b>01:56:39.55</b>	+00:33:03 (28.3%)	7:16	8.2 (71.3%)
62	<b>KASKA-ŁOBODOWSKA Ewelina</b>	<b>61</b>	RACEFIGHTER GOSIR DĘBE WIELKIE	K30-39	5	<b>01:56:32.80</b>	<b>01:56:40.05</b>	+00:33:03 (28.3%)	7:17	8.2 (71.3%)
63	<b>GRUBICH Damian</b>	<b>41</b>	PARKRUN GRUDZIĄDZ	M40-49	25	<b>01:56:33.50</b>	<b>01:56:52.20</b>	+00:33:16 (28.5%)	7:17	8.2 (71.3%)
64	<b>PLACKOVA Gabriela</b>	<b>99</b>	SLOVAK ULTRA TRAIL	K40-49	3	<b>01:57:41.30</b>	<b>01:57:44.10</b>	+00:34:07 (29.0%)	7:21	8.2 (71.3%)
65	<b>CHOJNOWSKI Andrzej</b>	<b>17</b>		M50-59	5	<b>01:57:38.85</b>	<b>01:57:49.40</b>	+00:34:13 (29.0%)	7:21	8.2 (71.3%)
66	<b>ZDUNEK Michał</b>	<b>176</b>	EUROSOFT TEAM / WKURW_TEAM	M40-49	26	<b>01:57:47.45</b>	<b>01:58:04.95</b>	+00:34:28 (29.2%)	7:21	8.2 (71.3%)
67	<b>ZATORSKA-RADLIŃSKA Katarzyna</b>	<b>174</b>	RPD	K30-39	6	<b>01:58:21.40</b>	<b>01:58:24.55</b>	+00:34:48 (29.4%)	7:23	8.1 (70.4%)
68	<b>STACHURA Beata</b>	<b>145</b>	ATLANTIC	K40-49	4	<b>01:58:21.10</b>	<b>01:58:28.35</b>	+00:34:52 (29.4%)	7:23	8.1 (70.4%)
69	<b>WÓJCICKI Bohdan</b>	<b>167</b>		M30-39	23	<b>01:59:15.60</b>	<b>01:59:22.65</b>	+00:35:46 (30.0%)	7:27	8.1 (70.4%)
70	<b>DŁUŹNIEWSKI Jacek</b>	<b>25</b>	SBRT BIELSKO-BIAŁA	M40-49	27	<b>01:58:41.20</b>	<b>01:59:27.05</b>	+00:35:50 (30.0%)	7:25	8.1 (70.4%)
71	<b>ZYGMUNT Paweł</b>	<b>183</b>		M40-49	28	<b>01:59:24.20</b>	<b>01:59:30.35</b>	+00:35:54 (30.0%)	7:27	8 (69.6%)
72	<b>CHOLEWA Zbigniew</b>	<b>18</b>	LISY PUSTYNI	M40-49	29	<b>02:00:12.55</b>	<b>02:00:21.20</b>	+00:36:45 (30.5%)	7:30	8 (69.6%)
73	<b>KLATKA Michał</b>	<b>66</b>	BBL TOMASZÓWW MAZOWIECKI	M40-49	30	<b>02:01:02.30</b>	<b>02:01:08.20</b>	+00:37:32 (31.0%)	7:33	7.9 (68.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 16km	Czas brutto 16km	Różn	Tempo min/km	Tempo km/h
74	WOJSA Marcin	172		M30-39	24	02:00:40.50	02:01:23.15	+00:37:46 (31.1%)	7:32	8 (69.6%)
75	CYGANIK Kajetan	19	JUVERUN	M30-39	25	02:01:48.35	02:02:47.60	+00:39:11 (31.9%)	7:36	7.9 (68.7%)
76	BEDNARZ Marta	191		K30-39	7	02:02:59.20	02:03:14.90	+00:39:38 (32.2%)	7:41	7.8 (67.8%)
77	GAWEŁKO Janusz	32		M50-59	6	02:03:38.70	02:03:51.05	+00:40:14 (32.5%)	7:43	7.8 (67.8%)
78	CHLIPAŁA Marcin	16		M30-39	26	02:03:35.40	02:04:01.45	+00:40:25 (32.6%)	7:43	7.8 (67.8%)
79	ZIÓŁEK Mirosław	180	STAY INSANE	M50-59	7	02:04:14.95	02:04:29.80	+00:40:53 (32.8%)	7:45	7.7 (67.0%)
80	SZMAJDA Dominik	152	NIE MAM POMYSŁU	M30-39	27	02:04:21.80	02:04:33.65	+00:40:57 (32.9%)	7:46	7.7 (67.0%)
81	KUROWSKA Monika	84	ATLANTIC	K40-49	5	02:04:46.45	02:04:51.90	+00:41:15 (33.0%)	7:47	7.7 (67.0%)
82	ŁUKASIAK Adam	92	WARSAW RUN CLUB	M30-39	28	02:04:52.75	02:05:11.50	+00:41:35 (33.2%)	7:48	7.7 (67.0%)
83	BIEL Łukasz	6	VEGE RUNNERS	M30-39	29	02:04:45.50	02:05:34.80	+00:41:58 (33.4%)	7:47	7.7 (67.0%)
84	GRZYWINSKI Bartosz	42		M40-49	31	02:05:01.95	02:05:48.50	+00:42:12 (33.5%)	7:48	7.7 (67.0%)
85	ROŻNIATA Iwona	132	SNG WILD DUCKS	K40-49	6	02:05:44.40	02:06:03.90	+00:42:27 (33.7%)	7:51	7.6 (66.1%)
86	PODGÓRSKI Dominik	124	PRORUNNING PROMOTION	M40-49	32	02:05:49.65	02:06:31.70	+00:42:55 (33.9%)	7:51	7.6 (66.1%)
87	KOZA Robert	72	CARBON RACING TEAM	M40-49	33	02:06:02.60	02:07:06.60	+00:43:30 (34.2%)	7:52	7.6 (66.1%)
88	BIEL Tomasz	7		M40-49	34	02:06:45.45	02:07:34.00	+00:43:57 (34.5%)	7:55	7.6 (66.1%)
89	ŻEBROWSKA Jolanta	185	POTRENUJEMY? / CHEMIK NOXY PUŁAWY / UMCS BIEGA	K50-59	1	02:07:35.20	02:07:36.45	+00:44:00 (34.5%)	7:58	7.5 (65.2%)
90	ZUB Arkadiusz	181	GRUPA BIEGOWA BEZ GRANIC	M40-49	35	02:08:21.95	02:08:24.25	+00:44:48 (34.9%)	8:01	7.5 (65.2%)
91	NOWAK Krzysztof	110		M40-49	36	02:08:35.50	02:08:45.00	+00:45:08 (35.1%)	8:02	7.5 (65.2%)
92	NĘDZUSIAK Dariusz	107	DBN SUKURS	M50-59	8	02:08:18.55	02:09:17.95	+00:45:41 (35.3%)	8:01	7.5 (65.2%)
93	WOŹNICA Rafał	168		M40-49	37	02:09:05.05	02:09:30.25	+00:45:54 (35.4%)	8:04	7.4 (64.3%)
94	WAROWNY Piotr	162	BIEGUSIEM.PL	M40-49	38	02:10:00.35	02:10:02.30	+00:46:26 (35.7%)	8:07	7.4 (64.3%)
95	KWIATKOWSKI Jakub	88	ITMBW KRAKÓW	M30-39	30	02:09:49.80	02:10:10.15	+00:46:33 (35.8%)	8:06	7.4 (64.3%)
96	PIĄTEK Rafał	122	BEFIT24TEAM	M30-39	31	02:09:45.35	02:10:12.70	+00:46:36 (35.8%)	8:06	7.4 (64.3%)
97	RYBKOWSKI Grzegorz	135	VELMAR	M50-59	9	02:10:30.00	02:10:31.00	+00:46:54 (35.9%)	8:09	7.4 (64.3%)
98	RACZYŁO Krzysztof	126		M30-39	32	02:09:38.30	02:10:31.90	+00:46:55 (36.0%)	8:06	7.4 (64.3%)
99	SZMECHTIG-GAUDEN Ewa	153	PODGÓRZ TORUŃ	K40-49	7	02:11:04.40	02:11:46.85	+00:48:10 (36.6%)	8:11	7.3 (63.5%)
100	KRAKOWSKI Maciej	77	#A_MOZE_ULTRA / WKURW_TEAM	M16-29	5	02:11:11.30	02:11:48.20	+00:48:12 (36.6%)	8:12	7.3 (63.5%)
101	KUBAT Daniel	82	BMS	M40-49	39	02:11:15.50	02:11:56.55	+00:48:20 (36.6%)	8:12	7.3 (63.5%)
102	SAMBORSKI Bartosz	137	WKURW_TEAM	M40-49	40	02:11:02.75	02:12:04.70	+00:48:28 (36.7%)	8:11	7.3 (63.5%)
103	KARAWACKI Grzegorz	60	KĘCKIE HARPAGANY	M30-39	33	02:11:35.90	02:12:04.85	+00:48:28 (36.7%)	8:13	7.3 (63.5%)
104	SKRZYPCZAK Hubert	140	RUNNINGPOWERPLAY	M40-49	41	02:11:27.10	02:12:13.10	+00:48:36 (36.8%)	8:12	7.3 (63.5%)
105	GOLON Marlena	36	RUN PASJA	K40-49	8	02:12:04.40	02:12:14.90	+00:48:38 (36.8%)	8:15	7.3 (63.5%)
106	MICHALSKI Michał	101	FRAMESFACTORY RACINGTEAM	M30-39	34	02:12:24.60	02:12:50.35	+00:49:14 (37.1%)	8:16	7.2 (62.6%)
107	BASTER Aleksandra	5		K16-29	1	02:12:24.80	02:12:50.45	+00:49:14 (37.1%)	8:16	7.2 (62.6%)
108	WOJNAROWICZ Tomasz	169	SPARTANIEDZIECIA	M30-39	35	02:12:16.10	02:13:04.80	+00:49:28 (37.2%)	8:16	7.3 (63.5%)
109	OSTAPIŃSKA Magda	114	OSTRESROKI	K40-49	9	02:13:12.90	02:13:21.85	+00:49:45 (37.3%)	8:19	7.2 (62.6%)
109	OSTAPIŃSKI Wojtek	115	OSTRESROKI	M40-49	42	02:13:13.35	02:13:21.85	+00:49:45 (37.3%)	8:19	7.2 (62.6%)
111	RACZYŁO Maja	127		K16-29	2	02:13:22.75	02:14:16.85	+00:50:40 (37.7%)	8:20	7.2 (62.6%)
112	BURKIEWICZ-ŚLIWA Bernadetta	189		K30-39	8	02:13:38.60	02:14:20.25	+00:50:44 (37.8%)	8:21	7.2 (62.6%)
113	ZGLIŃSKI Bartłomiej	177	WKURW_TEAM TORUŃ	M30-39	36	02:13:28.50	02:14:30.95	+00:50:54 (37.8%)	8:20	7.2 (62.6%)
114	MICHALSKI Ryszard	102	WWW.SENSORYBEAUTY.PL	M40-49	43	02:14:23.90	02:14:51.00	+00:51:14 (38.0%)	8:24	7.1 (61.7%)
115	WALCZAK Agnieszka	160	PKO BANK POLSKI SA	K40-49	10	02:14:40.70	02:14:51.45	+00:51:15 (38.0%)	8:25	7.1 (61.7%)
116	WALCZAK Dariusz	161	OLKUSZBIEGA.PL	M40-49	44	02:14:41.65	02:14:51.50	+00:51:15 (38.0%)	8:25	7.1 (61.7%)
117	ŚLIŻ Sylwia	192		K30-39	9	02:14:50.35	02:14:58.55	+00:51:22 (38.1%)	8:25	7.1 (61.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 16km	Czas brutto 16km	Różn	Tempo min/km	Tempo km/h
118	<b>RADYK Jakub</b>	<b>128</b>	PRZEMYSKI KLUB BIEGACZA	M30-39	37	<b>02:15:02.00</b>	<b>02:15:05.40</b>	+00:51:29 (38.1%)	8:26	7.1 (61.7%)
119	<b>SMOGORZEWSKI Michał</b>	<b>141</b>	WKURW_TEAM WARSZAWA	M30-39	38	<b>02:14:39.25</b>	<b>02:15:44.65</b>	+00:52:08 (38.4%)	8:24	7.1 (61.7%)
120	<b>KWIATKOWSKA Renata</b>	<b>87</b>	KB OŻARÓW MAZOWIECKI BIEGA	K50-59	2	<b>02:15:24.15</b>	<b>02:15:47.75</b>	+00:52:11 (38.4%)	8:27	7.1 (61.7%)
121	<b>KICZIŃSKA Izabela</b>	<b>63</b>	DRUŻYNA SZPIKU	K40-49	11	<b>02:15:55.20</b>	<b>02:15:57.50</b>	+00:52:21 (38.5%)	8:29	7.1 (61.7%)
122	<b>PASIERBIŃSKI Piotr</b>	<b>118</b>	WTP	M50-59	10	<b>02:17:17.00</b>	<b>02:17:17.00</b>	+00:53:40 (39.1%)	8:34	7 (60.9%)
123	<b>OLSZEWSKI Jacek</b>	<b>113</b>	KACYK TEAM	M40-49	45	<b>02:17:22.25</b>	<b>02:18:10.20</b>	+00:54:34 (39.5%)	8:35	7 (60.9%)
124	<b>SZCZYGIELSKI Tomek</b>	<b>150</b>	BIEGUSIEM.PL	M40-49	46	<b>02:18:02.35</b>	<b>02:18:25.15</b>	+00:54:48 (39.6%)	8:37	7 (60.9%)
125	<b>GUZOWSKI Jacek</b>	<b>47</b>	MCT	M40-49	47	<b>02:17:40.75</b>	<b>02:18:27.75</b>	+00:54:51 (39.6%)	8:36	7 (60.9%)
126	<b>SITEK Szymon</b>	<b>138</b>	ZABIEGANI CZĘSTOCHOWA	M30-39	39	<b>02:18:28.65</b>	<b>02:19:00.65</b>	+00:55:24 (39.9%)	8:39	6.9 (60.0%)
127	<b>BALCERZAK Mariusz</b>	<b>3</b>		M40-49	48	<b>02:18:57.20</b>	<b>02:19:46.90</b>	+00:56:10 (40.2%)	8:41	6.9 (60.0%)
128	<b>KOPANIA Kamil</b>	<b>69</b>	K.S TĘCZA	M30-39	40	<b>02:21:40.50</b>	<b>02:21:49.40</b>	+00:58:13 (41.1%)	8:51	6.8 (59.1%)
129	<b>TATARCZYK Patrycja</b>	<b>156</b>	SBRT	K16-29	3	<b>02:22:01.55</b>	<b>02:22:35.90</b>	+00:58:59 (41.4%)	8:52	6.8 (59.1%)
130	<b>GOMOLIŃSKI Sławomir</b>	<b>38</b>		M40-49	49	<b>02:22:28.50</b>	<b>02:22:41.70</b>	+00:59:05 (41.4%)	8:54	6.7 (58.3%)
131	<b>KAWA Barbara</b>	<b>62</b>	MARATOŃCZYK DĘBICA	K30-39	10	<b>02:23:59.15</b>	<b>02:24:17.05</b>	+01:00:40 (42.1%)	9:00	6.7 (58.3%)
132	<b>RUSEK Jolanta</b>	<b>134</b>	ZABIEGANI MIELEC	K16-29	4	<b>02:23:39.90</b>	<b>02:24:18.05</b>	+01:00:41 (42.1%)	8:58	6.7 (58.3%)
133	<b>GAJEWSKI Zenon</b>	<b>30</b>	ZABIEGANI CZĘSTOCHOWA	M60+	2	<b>02:24:04.75</b>	<b>02:25:03.25</b>	+01:01:27 (42.4%)	9:00	6.7 (58.3%)
134	<b>KWIECIEŃ Zbigniew</b>	<b>89</b>	FAUDANA	M60+	3	<b>02:25:07.25</b>	<b>02:25:16.15</b>	+01:01:39 (42.4%)	9:04	6.6 (57.4%)
135	<b>RAFAŁ Eliza</b>	<b>129</b>		K30-39	11	<b>02:25:08.20</b>	<b>02:25:22.90</b>	+01:01:46 (42.5%)	9:04	6.6 (57.4%)
136	<b>KOWALCZYK Paweł</b>	<b>71</b>	KĘCKIE HARPAGANY	M40-49	50	<b>02:25:55.60</b>	<b>02:25:56.15</b>	+01:02:19 (42.7%)	9:07	6.6 (57.4%)
137	<b>KRZYŻANOWSKI Przemysław</b>	<b>80</b>	HARPAGAN BEAST	M30-39	41	<b>02:25:07.60</b>	<b>02:25:56.80</b>	+01:02:20 (42.7%)	9:04	6.6 (57.4%)
138	<b>JÓZEFIAK Jakub</b>	<b>57</b>	BOKONONI	M50-59	11	<b>02:25:18.70</b>	<b>02:26:11.25</b>	+01:02:35 (42.8%)	9:04	6.6 (57.4%)
139	<b>DOMAGAŁA Jerzy</b>	<b>26</b>		M50-59	12	<b>02:26:31.20</b>	<b>02:27:08.45</b>	+01:03:32 (43.2%)	9:09	6.6 (57.4%)
140	<b>FUDAŁEJ Piotr</b>	<b>29</b>	TG SOK`OŁ ZAKOPANE	M50-59	13	<b>02:27:23.80</b>	<b>02:27:45.55</b>	+01:04:09 (43.4%)	9:12	6.5 (56.5%)
141	<b>GRZYWIŃSKI Wojtek</b>	<b>43</b>		M30-39	42	<b>02:28:34.60</b>	<b>02:29:19.75</b>	+01:05:43 (44.0%)	9:17	6.5 (56.5%)
142	<b>KLUBA Łukasz</b>	<b>67</b>	NGB KŁOBUCK	M30-39	43	<b>02:29:33.90</b>	<b>02:30:19.35</b>	+01:06:43 (44.4%)	9:20	6.4 (55.7%)
143	<b>DĘBSKA Marta</b>	<b>23</b>		K16-29	5	<b>02:29:29.25</b>	<b>02:30:24.55</b>	+01:06:48 (44.4%)	9:20	6.4 (55.7%)
144	<b>PASEK Magdalena</b>	<b>117</b>	SRTG NIEPOŁOMICE	K16-29	6	<b>02:30:01.55</b>	<b>02:30:28.05</b>	+01:06:51 (44.4%)	9:22	6.4 (55.7%)
145	<b>ŁOPATKIEWICZ Beata</b>	<b>91</b>		K50-59	3	<b>02:30:59.35</b>	<b>02:31:03.10</b>	+01:07:26 (44.7%)	9:26	6.4 (55.7%)
146	<b>MICHALEC Marcin</b>	<b>100</b>	KKB MOSIR KROSNO	M30-39	44	<b>02:30:57.90</b>	<b>02:31:03.25</b>	+01:07:27 (44.7%)	9:26	6.4 (55.7%)
147	<b>KUSZTAL Justyna</b>	<b>86</b>	KS ESKADRA KRAKÓW	K40-49	12	<b>02:30:57.00</b>	<b>02:31:27.05</b>	+01:07:50 (44.8%)	9:26	6.4 (55.7%)
148	<b>PAŃCZUK-FIGURA Irmina</b>	<b>116</b>	UMCS BIEGA	K40-49	13	<b>02:30:56.15</b>	<b>02:31:27.25</b>	+01:07:51 (44.8%)	9:26	6.4 (55.7%)
149	<b>JOZEFIAK Marta</b>	<b>56</b>		K16-29	7	<b>02:31:22.00</b>	<b>02:32:13.15</b>	+01:08:36 (45.1%)	9:27	6.3 (54.8%)
150	<b>ZWAAN Johan</b>	<b>182</b>		M30-39	45	<b>02:31:21.25</b>	<b>02:32:13.50</b>	+01:08:37 (45.1%)	9:27	6.3 (54.8%)
151	<b>GOKIERT-SKRENTNA Justyna</b>	<b>35</b>		K40-49	14	<b>02:31:52.45</b>	<b>02:32:21.40</b>	+01:08:45 (45.1%)	9:29	6.3 (54.8%)
152	<b>BLIŻNIEWSKA Katarzyna</b>	<b>133</b>	SNG WILD DUCKS	K40-49	15	<b>02:34:27.85</b>	<b>02:34:45.45</b>	+01:11:09 (46.0%)	9:39	6.2 (53.9%)
153	<b>KOŁCIUK Wojciech</b>	<b>68</b>	WKURW_TEAM WARSZAWA	M30-39	46	<b>02:34:23.65</b>	<b>02:35:27.05</b>	+01:11:50 (46.2%)	9:39	6.2 (53.9%)
154	<b>JĘSIEK-BARABASZ Agnieszka</b>	<b>54</b>	STACHOWSCY TEAM	K40-49	16	<b>02:35:15.50</b>	<b>02:35:44.65</b>	+01:12:08 (46.3%)	9:42	6.2 (53.9%)
155	<b>SZYMANKIEWICZ Kalina</b>	<b>154</b>		K40-49	17	<b>02:36:29.80</b>	<b>02:37:09.10</b>	+01:13:32 (46.8%)	9:46	6.1 (53.0%)
156	<b>MŁODECKA Sylwia</b>	<b>104</b>	VIRTUAL RUNNER CLUB	K40-49	18	<b>02:36:55.45</b>	<b>02:37:33.50</b>	+01:13:57 (46.9%)	9:48	6.1 (53.0%)
157	<b>NIESPODZIANA Anna</b>	<b>109</b>	ROGOZIŃSKI KLUB BIEGACZA	K30-39	12	<b>02:37:28.30</b>	<b>02:38:13.05</b>	+01:14:36 (47.2%)	9:50	6.1 (53.0%)
158	<b>SOŁTYSIAK Natalia</b>	<b>143</b>		K30-39	13	<b>02:40:40.45</b>	<b>02:41:23.40</b>	+01:17:47 (48.2%)	10:02	6 (52.2%)
159	<b>CHLEWICKA Magdalena</b>	<b>15</b>	ZABIEGANI CZĘSTOCHOWA	K30-39	14	<b>02:42:58.45</b>	<b>02:43:28.50</b>	+01:19:52 (48.9%)	10:11	5.9 (51.3%)
160	<b>BORKOWSKI Bartłomiej</b>	<b>10</b>	RMF4RT GLADIATORS	M30-39	47	<b>02:44:01.15</b>	<b>02:44:53.90</b>	+01:21:17 (49.3%)	10:15	5.9 (51.3%)
161	<b>KADYKAŁO Natalia</b>	<b>58</b>	NIE W SZCZEPIONKĘ TEAM	K16-29	8	<b>02:44:44.30</b>	<b>02:45:36.05</b>	+01:21:59 (49.5%)	10:17	5.8 (50.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 16km	Czas brutto 16km	Różn	Tempo min/km	Tempo km/h
162	<b>JACHÓŁKOWSKA Małgorzata</b>	<b>48</b>		K16-29	9	<b>02:46:55.50</b>	<b>02:47:47.40</b>	+01:24:11 (50.2%)	10:26	5.8 (50.4%)
163	<b>KOBYLIŃSKI Piotr</b>	<b>188</b>	WKURW_TEAM	M40-49	51	<b>02:49:38.90</b>	<b>02:50:17.85</b>	+01:26:41 (50.9%)	10:36	5.7 (49.6%)
164	<b>STUPIŃSKA Monika</b>	<b>147</b>	WKURW_TEAM	K30-39	15	<b>02:49:45.80</b>	<b>02:50:18.60</b>	+01:26:42 (50.9%)	10:36	5.7 (49.6%)
165	<b>FRUCZ Jacek</b>	<b>28</b>		M50-59	14	<b>02:50:07.80</b>	<b>02:51:00.05</b>	+01:27:23 (51.1%)	10:38	5.6 (48.7%)
166	<b>GUŹDZIOŁ Jarek</b>	<b>44</b>	TBKM WILK SOLEC KUJAWSKI	M40-49	52	<b>02:50:41.65</b>	<b>02:51:41.25</b>	+01:28:05 (51.3%)	10:40	5.6 (48.7%)
167	<b>OCHNIO Ewa</b>	<b>111</b>		K40-49	19	<b>02:52:18.10</b>	<b>02:52:36.00</b>	+01:28:59 (51.6%)	10:46	5.6 (48.7%)
168	<b>KISZKIS Elżbieta</b>	<b>65</b>		K40-49	20	<b>02:56:11.90</b>	<b>02:57:01.05</b>	+01:33:24 (52.8%)	11:00	5.4 (47.0%)
169	<b>KOZŁOWSKA Karolina</b>	<b>74</b>		K16-29	10	<b>03:04:48.45</b>	<b>03:05:50.60</b>	+01:42:14 (55.0%)	11:33	5.2 (45.2%)
170	<b>CZARNY Łukasz</b>	<b>21</b>	WKURW_TEAM	M30-39	48	<b>03:07:12.35</b>	<b>03:08:15.55</b>	+01:44:39 (55.6%)	11:42	5.1 (44.3%)
171	<b>KALBARCZYK Izabella</b>	<b>59</b>		K40-49	21	<b>03:12:09.60</b>	<b>03:12:45.50</b>	+01:49:09 (56.6%)	12:00	5 (43.5%)
172	<b>NAWROT Dawid</b>	<b>106</b>	SRTG NIEPOŁOMICE	M30-39	49	<b>03:15:12.20</b>	<b>03:15:42.05</b>	+01:52:05 (57.3%)	12:12	4.9 (42.6%)
173	<b>NAWROT Katarzyna</b>	<b>105</b>	SRTG NIEPOŁOMICE	K30-39	16	<b>03:16:15.50</b>	<b>03:16:15.50</b>	+01:52:39 (57.4%)	12:15	4.9 (42.6%)
174	<b>LEWANDOWSKI Igor</b>	<b>456</b>	CTS / IGISPORT	M30-39	50	<b>03:38:12.15</b>	<b>03:39:21.70</b>	+02:15:45 (61.9%)	13:38	4.4 (38.3%)

Znaleziono 174 wynik(ów)