



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

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

TRIADA ULTRA NOCNE PIENINY

B4SPORT

B4SPORT
INTELIGENTNE 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	ZIAJKA Karol	178	FINISZ RYMANÓW	M16-29	1	00:24:39	00:49:38.25	00:49:39.65		4:30	13.3 (100%)
2	PLACKO Martin	1	SLOVAK ULTRA TRAIL TEAM	M40-49	1	00:25:27	00:51:11.00	00:51:12.65	+00:01:33 (3.0%)	4:39	12.9 (97.0%)
3	MARCINIAK Przemysław	95	NOA	M30-39	1	00:25:14	00:51:30.90	00:51:31.55	+00:01:51 (3.6%)	4:41	12.8 (96.2%)
4	KICZIŃSKI Bartosz	64	DRUŻYNA SZPIKU	M30-39	2	00:25:44	00:52:54.45	00:52:54.90	+00:03:15 (6.1%)	4:48	12.5 (94.0%)
5	WICENBACH Arkadiusz	164	STRASZYN ULTRA TEAM	M30-39	3	00:26:07	00:55:17.20	00:55:20.70	+00:05:41 (10.3%)	5:01	11.9 (89.5%)
6	WOJNAROWSKI Piotr	170		M40-49	2	00:26:40	00:55:43.40	00:55:44.50	+00:06:04 (10.9%)	5:03	11.8 (88.7%)
7	WOJNO Arkadiusz	171	DROGA DO ULTRA	M30-39	4	00:27:11	00:55:58.60	00:55:59.00	+00:06:19 (11.3%)	5:05	11.8 (88.7%)
8	JARCZOK Zdzichu	51	FESTIWAL BIEGOWY W KRYNICY	M30-39	5	00:27:20	00:56:45.25	00:56:55.30	+00:07:15 (12.8%)	5:09	11.6 (87.2%)
9	STAŃCZAK Piotr	146	CZERWONAK BIEGA	M30-39	6	00:28:10	00:57:04.65	00:57:11.35	+00:07:31 (13.2%)	5:11	11.6 (87.2%)
10	GURGUL Sebastian	45	AROMAT NÓG	M30-39	7	00:28:19	00:57:48.15	00:57:50.20	+00:08:10 (14.1%)	5:15	11.4 (85.7%)
11	SZELĄG Sławomir	151	LISY PUSTYNI	M40-49	3	00:28:20	00:57:57.90	00:58:00.15	+00:08:20 (14.4%)	5:16	11.4 (85.7%)
12	JACHYMIAK Robert	50	SPECJALISTYCZNY GABINET REHABILITACJI DZIECI	M40-49	4	00:28:13	00:58:27.45	00:58:27.95	+00:08:48 (15.1%)	5:18	11.3 (85.0%)
13	KOZŁOWSKI Grzegorz	76	ASICS FRONTRUNNER	M30-39	8	00:28:11	00:58:47.00	00:58:47.45	+00:09:07 (15.5%)	5:20	11.2 (84.2%)
14	SZABŁOWSKA Iwona	149	STRASZYN ULTRA TEAM	K30-39	1	00:29:23	00:59:54.00	00:59:57.80	+00:10:18 (17.2%)	5:26	11 (82.7%)
15	ZBOZIEN Jarosław	175		M30-39	9	00:28:59	01:00:18.30	01:00:23.15	+00:10:43 (17.8%)	5:29	10.9 (82.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
16	ROWIŃSKI Michał	131		M30-39	10	00:29:20	01:00:28.70	01:00:31.40	+00:10:51 (17.9%)	5:29	10.9 (82.0%)
17	PIWOWARCZYK Paweł	123	ROZBIEGANE DOBCZYCE	M30-39	11	00:30:00	01:00:57.20	01:01:00.45	+00:11:20 (18.6%)	5:32	10.8 (81.2%)
18	GEPPERT Jakub	33	ADRUNALINE RUNNING TEAM	M30-39	12	00:29:35	01:01:18.50	01:01:18.50	+00:11:38 (19.0%)	5:34	10.8 (81.2%)
19	GARDENER Jacek	31	JACEKBIEGA RUNNING TEAM	M50-59	1	00:30:21	01:01:44.65	01:01:47.55	+00:12:07 (19.6%)	5:36	10.7 (80.5%)
20	URBANEK Patryk	158		M16-29	2	00:29:34	01:02:10.80	01:02:15.20	+00:12:35 (20.2%)	5:39	10.6 (79.7%)
21	TELEPSKI Michał	157	NULL	M30-39	13	00:30:53	01:02:09.25	01:02:18.30	+00:12:38 (20.3%)	5:39	10.6 (79.7%)
22	SZCZEPANIAK Witold	166		M40-49	5	00:31:04	01:02:19.65	01:02:20.05	+00:12:40 (20.3%)	5:40	10.6 (79.7%)
23	KRAWCZAK Paulina	78	BIEGUSIEM.PL	K30-39	2	00:30:52	01:02:22.00	01:02:24.55	+00:12:44 (20.4%)	5:40	10.6 (79.7%)
24	WARWAS Radosław	163		M40-49	6	00:31:09	01:02:16.00	01:02:24.90	+00:12:45 (20.4%)	5:39	10.6 (79.7%)
25	SWORSKI Roman	148	VEGAN / VEGE RUNNERS / KASTYO / DROGA DO ULTRA	M30-39	14	00:29:29	01:02:32.40	01:02:35.90	+00:12:56 (20.7%)	5:41	10.6 (79.7%)
26	MIELCZARSKI Bartosz	103		M30-39	15	00:31:15	01:02:30.85	01:02:37.70	+00:12:58 (20.7%)	5:41	10.6 (79.7%)
27	BUCHLA Marcin	13		M40-49	7	00:31:15	01:02:35.70	01:02:41.05	+00:13:01 (20.8%)	5:41	10.5 (78.9%)
28	JESIOŁOWSKI Michał	52		M30-39	16	00:29:46	01:03:14.45	01:03:15.40	+00:13:35 (21.5%)	5:45	10.4 (78.2%)
29	ŁUKOMSKI Maciej	93	SZAKALE BAŁUT	M40-49	8	00:31:05	01:03:26.60	01:03:30.10	+00:13:50 (21.8%)	5:46	10.4 (78.2%)
30	JĘCEK Maciej	53		M30-39	17	00:31:44	01:03:36.45	01:03:42.50	+00:14:02 (22.0%)	5:46	10.4 (78.2%)
31	BORÓWKA Ryszard	11		M40-49	9	00:31:19	01:03:45.15	01:03:45.15	+00:14:05 (22.1%)	5:47	10.4 (78.2%)
32	SOBCZAK Robert	142	ŁÓDZKI KLUB BIEGOWY	M30-39	18	00:30:38	01:03:48.65	01:03:55.20	+00:14:15 (22.3%)	5:48	10.3 (77.4%)
33	GOMOLIŃSKA Danuta	37	GUMISIE	K40-49	1	00:31:38	01:03:53.00	01:04:03.30	+00:14:23 (22.5%)	5:48	10.3 (77.4%)
34	NIEDŹWIADEK Piotr	108	#ADAMCZERWIŃSKITEAM	M40-49	10	00:31:53	01:03:46.00	01:04:13.05	+00:14:33 (22.7%)	5:47	10.4 (78.2%)
35	MACH Olek	94	ATLANTIC	M40-49	11	00:30:52	01:04:13.05	01:04:15.10	+00:14:35 (22.7%)	5:50	10.3 (77.4%)
36	GLEISNER Tomasz	34	EKIPA Z TARNOWA	M40-49	12	00:31:08	01:04:58.55	01:05:01.45	+00:15:21 (23.6%)	5:54	10.2 (76.7%)
37	WÓJCICKI Darek	173	CSC ADVENTURE ACADEMY	M40-49	13	00:32:32	01:05:26.00	01:05:32.00	+00:15:52 (24.2%)	5:56	10.1 (75.9%)
38	CZUWAJ Andrzej	22		M40-49	14	00:31:49	01:05:08.35	01:05:38.35	+00:15:58 (24.3%)	5:55	10.1 (75.9%)

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39	PĘDZISZEWSKI Piotr	120	VAI ALTO	M30-39	19	00:31:58	01:05:40.40	01:05:55.30	+00:16:15 (24.7%)	5:58	10 (75.2%)
40	LATAK Michał	90	JACEKBIEGA RUNNING TEAM	M40-49	15	00:32:51	01:05:49.30	01:05:56.75	+00:16:17 (24.7%)	5:59	10 (75.2%)
41	BURMAN Michał	14	KB GEPARD	M40-49	16	00:33:15	01:05:51.00	01:05:58.95	+00:16:19 (24.7%)	5:59	10 (75.2%)
42	PIKUL Piotr	121		M40-49	17	00:32:44	01:06:15.55	01:06:20.65	+00:16:41 (25.1%)	6:01	10 (75.2%)
43	KUSIAK Marcin	85	CREATIVE BOCHNIA BIEGA TEAM	M40-49	18	00:33:00	01:06:33.85	01:06:38.90	+00:16:59 (25.5%)	6:03	9.9 (74.4%)
44	BONIKOWSKI Tomasz	9		M40-49	19	00:33:02	01:06:43.70	01:06:55.75	+00:17:16 (25.8%)	6:03	9.9 (74.4%)
45	DŁUGAJ Andrzej	24		M50-59	2	00:32:44	01:06:42.70	01:07:13.40	+00:17:33 (26.1%)	6:03	9.9 (74.4%)
46	PATELKA Przemysław	119	KW KRAKÓW	M30-39	20	00:33:00	01:07:27.20	01:07:35.75	+00:17:56 (26.5%)	6:07	9.8 (73.7%)
47	KSYTA Martyna	81	KW KRAKÓW	K30-39	3	00:33:20	01:07:30.80	01:07:39.80	+00:18:00 (26.6%)	6:08	9.8 (73.7%)
48	KOPEĆ Mateusz	70	25 BATALION LOGISTYCZNY	M16-29	3	00:32:48	01:07:25.35	01:07:44.95	+00:18:05 (26.7%)	6:07	9.8 (73.7%)
49	BALON Piotr	4	BAKOMAT TEAM	M30-39	21	00:33:18	01:07:39.45	01:07:48.90	+00:18:09 (26.8%)	6:09	9.8 (73.7%)
50	FILAS Witold	27		M60+	1	00:33:20	01:07:47.15	01:07:52.55	+00:18:12 (26.8%)	6:09	9.7 (72.9%)
51	PLACKOVA Gabriela	99	SLOVAK ULTRA TRAIL	K40-49	2	00:33:22	01:07:54.80	01:07:57.15	+00:18:17 (26.9%)	6:10	9.7 (72.9%)
52	KRYSKA Eliza	79	NUTREND BIEGA	K40-49	3	00:33:31	01:08:36.45	01:08:47.10	+00:19:07 (27.8%)	6:14	9.6 (72.2%)
53	SOWIK Marcin	144	TIME4RUNNING	M50-59	3	00:33:16	01:08:37.70	01:08:51.90	+00:19:12 (27.9%)	6:14	9.6 (72.2%)
54	ZDUNEK Michał	176	EUROSOFT TEAM / WKURW_TEAM	M40-49	20	00:33:22	01:08:54.25	01:09:03.85	+00:19:24 (28.1%)	6:15	9.6 (72.2%)
55	GURGUL Mateusz	46	AROMAT NÓG	M30-39	22	00:33:40	01:09:32.70	01:09:35.10	+00:19:55 (28.6%)	6:19	9.5 (71.4%)
56	GRUBICH Damian	41	PARKRUN GRUDZIĄDZ	M40-49	21	00:32:52	01:09:10.95	01:09:40.30	+00:20:00 (28.7%)	6:17	9.5 (71.4%)
57	JACHYMEK Bartłomiej	49	JACEKBIEGA RUNNING TEAM	M40-49	22	00:34:06	01:10:19.25	01:10:26.10	+00:20:46 (29.5%)	6:23	9.4 (70.7%)
58	KASKA-ŁOBODOWSKA Ewelina	61	RACEFIGHTER GOSIR DĘBE WIELKIE	K30-39	4	00:33:55	01:10:34.50	01:10:39.05	+00:20:59 (29.7%)	6:25	9.4 (70.7%)
59	ROGÓŻ Radosław	130	#ULTRATRACK	M40-49	23	00:35:13	01:10:18.40	01:10:42.85	+00:21:03 (29.8%)	6:23	9.4 (70.7%)
60	ŁĘCKA Agnieszka	187	JACEKBIEGA RUNNING TEAM	K30-39	5	00:35:12	01:10:36.30	01:10:43.45	+00:21:03 (29.8%)	6:25	9.3 (69.9%)
61	WÓJCICKI Bohdan	167		M30-39	23	00:33:55	01:11:39.65	01:11:43.50	+00:22:03 (30.8%)	6:30	9.2 (69.2%)

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62	ZATORSKA-RADLIŃSKA Katarzyna	174	RPD	K30-39	6	00:34:18	01:11:39.70	01:11:54.40	+00:22:14 (30.9%)	6:30	9.2 (69.2%)
63	ADAMCZYK Mirosław	2	CSC ADVENTURE ACADEMY	M50-59	4	00:35:24	01:11:59.95	01:12:07.40	+00:22:27 (31.1%)	6:32	9.2 (69.2%)
64	CHOLEWA Zbigniew	18	LISY PUSTYNI	M40-49	24	00:34:19	01:11:58.95	01:12:15.60	+00:22:35 (31.3%)	6:32	9.2 (69.2%)
65	ZYGMUNT Paweł	183		M40-49	25	00:34:20	01:12:51.20	01:12:55.30	+00:23:15 (31.9%)	6:37	9.1 (68.4%)
66	CZAJKOWSKI Wojtek	20	ADIDAS RUNNERS WARSAW	M40-49	26	00:35:49	01:13:14.95	01:13:26.15	+00:23:46 (32.4%)	6:39	9 (67.7%)
67	BŁĘDOWSKI Mariusz	8	AAC FORD AUTO STYL WŁOCŁAWEK TEAM	M40-49	27	00:35:33	01:13:26.35	01:13:35.05	+00:23:55 (32.5%)	6:40	9 (67.7%)
68	CHOJNOWSKI Andrzej	17		M50-59	5	00:36:28	01:13:43.05	01:13:58.20	+00:24:18 (32.9%)	6:42	9 (67.7%)
69	DŁUŻNIEWSKI Jacek	25	SBRT BIELSKO-BIAŁA	M40-49	28	00:38:12	01:13:26.00	01:13:59.55	+00:24:19 (32.9%)	6:40	9 (67.7%)
70	OKOŃ Łukasz	112		M40-49	29	00:36:35	01:13:59.90	01:14:08.75	+00:24:29 (33.0%)	6:43	8.9 (66.9%)
71	BEDNARZ Marta	191		K30-39	7	00:37:21	01:13:57.85	01:14:12.85	+00:24:33 (33.1%)	6:43	8.9 (66.9%)
72	RACZYŁO Krzysztof	126		M30-39	24	00:37:38	01:14:19.25	01:14:35.50	+00:24:55 (33.4%)	6:45	8.9 (66.9%)
73	KRAKOWSKI Maciej	77	#A_MOZE_ULTRA / WKURW_TEAM	M16-29	4	00:36:33	01:14:32.00	01:14:40.50	+00:25:00 (33.5%)	6:46	8.9 (66.9%)
74	KOZA Robert	72	CARBON RACING TEAM	M40-49	30	00:36:09	01:14:30.60	01:14:46.05	+00:25:06 (33.6%)	6:46	8.9 (66.9%)
75	WAROWNY Piotr	162	BIEGUSIEM.PL	M40-49	31	00:34:43	01:14:52.95	01:14:56.60	+00:25:16 (33.7%)	6:48	8.8 (66.2%)
76	KUROWSKA Monika	84	ATLANTIC	K40-49	4	00:37:27	01:15:02.30	01:15:05.25	+00:25:25 (33.9%)	6:49	8.8 (66.2%)
77	ROŻNIATA Iwona	132	SNG WILD DUCKS	K40-49	5	00:38:23	01:15:15.00	01:15:31.95	+00:25:52 (34.3%)	6:50	8.8 (66.2%)
78	ZUB Arkadiusz	181	GRUPA BIEGOWA BEZ GRANIC	M40-49	32	00:38:30	01:15:31.45	01:15:34.65	+00:25:55 (34.3%)	6:51	8.7 (65.4%)
79	PASIERBIŃSKI Piotr	118	WTP	M50-59	6	00:37:15	01:15:38.85	01:15:43.45	+00:26:03 (34.4%)	6:52	8.7 (65.4%)
80	STACHURA Beata	145	ATLANTIC	K40-49	6	00:36:59	01:15:50.15	01:15:52.85	+00:26:13 (34.6%)	6:53	8.7 (65.4%)
81	ZIÓŁEK Mirosław	180	STAY INSANE	M50-59	7	00:38:20	01:15:47.95	01:16:07.55	+00:26:27 (34.8%)	6:53	8.7 (65.4%)
82	WITEK Wojciech	165		M16-29	5	00:38:39	01:15:39.35	01:16:14.40	+00:26:34 (34.9%)	6:52	8.7 (65.4%)
83	CHLIPAŁA Marcin	16		M30-39	25	00:37:09	01:16:27.25	01:16:36.55	+00:26:56 (35.2%)	6:57	8.6 (64.7%)
84	GAWĘŁKO Janusz	32		M50-59	8	00:37:42	01:16:50.40	01:17:21.30	+00:27:41 (35.8%)	6:59	8.6 (64.7%)

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85	WOJSA Marcin	172		M30-39	26	00:37:45	01:16:57.35	01:17:33.60	+00:27:53 (36.0%)	6:59	8.6 (64.7%)
86	KWIATKOWSKI Jakub	88	ITMBW KRAKÓW	M30-39	27	00:36:08	01:17:39.10	01:18:05.25	+00:28:25 (36.4%)	7:03	8.5 (63.9%)
87	ŚLIŻ Sylwia	192		K30-39	8	00:38:13	01:18:10.70	01:18:13.75	+00:28:34 (36.5%)	7:06	8.4 (63.2%)
88	ŻEBROWSKA Jolanta	185	POTRENUJEMY? / CHEMIK NOXY PUŁAWY / UMCS BIEGA	K50-59	1	00:38:10	01:18:07.10	01:18:14.25	+00:28:34 (36.5%)	7:06	8.4 (63.2%)
89	BIEL Tomasz	7		M40-49	33	00:40:07	01:18:37.70	01:18:49.85	+00:29:10 (37.0%)	7:08	8.4 (63.2%)
90	KUBAT Daniel	82	BMS	M40-49	34	00:39:35	01:18:21.05	01:19:04.05	+00:29:24 (37.2%)	7:07	8.4 (63.2%)
91	RACZYŁŁO Maja	127		K16-29	1	00:39:17	01:18:50.10	01:19:06.35	+00:29:26 (37.2%)	7:10	8.4 (63.2%)
92	BIEL Łukasz	6	VEGE RUNNERS	M30-39	28	00:40:07	01:19:02.65	01:19:15.65	+00:29:36 (37.3%)	7:11	8.4 (63.2%)
93	CYGANIK Kajetan	19	JUVERUN	M30-39	29	00:37:20	01:18:51.45	01:19:24.40	+00:29:44 (37.5%)	7:10	8.4 (63.2%)
94	WOŹNICA Rafał	168		M40-49	35	00:38:52	01:18:51.05	01:19:24.85	+00:29:45 (37.5%)	7:10	8.4 (63.2%)
95	GRZYWINSKI Bartosz	42		M40-49	36	00:39:42	01:18:58.35	01:19:38.55	+00:29:58 (37.6%)	7:10	8.4 (63.2%)
96	NĘDZUSIAK Dariusz	107	DBN SUKURS	M50-59	9	00:39:22	01:19:44.10	01:20:14.20	+00:30:34 (38.1%)	7:14	8.3 (62.4%)
97	PODGÓRSKI Dominik	124	PRORUNNING PROMOTION	M40-49	37	00:37:02	01:20:08.80	01:20:33.75	+00:30:54 (38.4%)	7:17	8.2 (61.7%)
98	SKRZYPCZAK Hubert	140	RUNNINGPOWERPLAY	M40-49	38	00:40:55	01:20:17.55	01:20:36.35	+00:30:56 (38.4%)	7:18	8.2 (61.7%)
99	SZMAJDA Dominik	152	NIE MAM POMYSŁU	M30-39	30	00:39:15	01:20:37.35	01:20:44.30	+00:31:04 (38.5%)	7:19	8.2 (61.7%)
100	PIĄTEK Rafał	122	BEFIT24TEAM	M30-39	31	00:40:07	01:20:13.30	01:20:57.15	+00:31:17 (38.7%)	7:17	8.2 (61.7%)
101	KLATKA Michał	66	BBL TOMASZÓWW MAZOWIECKI	M40-49	39	00:38:07	01:20:51.30	01:21:02.95	+00:31:23 (38.7%)	7:21	8.2 (61.7%)
102	SZCZYGIELSKI Tomek	150	BIEGUSIEM.PL	M40-49	40	00:38:15	01:21:07.65	01:21:11.45	+00:31:31 (38.8%)	7:22	8.1 (60.9%)
103	SAMBORSKI Bartosz	137	WKURW_TEAM	M40-49	41	00:41:23	01:20:46.55	01:21:32.30	+00:31:52 (39.1%)	7:20	8.2 (61.7%)
104	SZMECHTIG-GAUDEN Ewa	153	PODGÓRZ TORUŃ	K40-49	7	00:40:51	01:21:18.90	01:21:57.55	+00:32:17 (39.4%)	7:23	8.1 (60.9%)
105	KOWALCZYK Paweł	71	KĘCKIE HARPAGANY	M40-49	42	00:40:48	01:22:43.85	01:22:44.80	+00:33:05 (40.0%)	7:31	8 (60.2%)
106	BASTER Aleksandra	5		K16-29	2	00:40:08	01:22:40.35	01:22:49.35	+00:33:09 (40.0%)	7:30	8 (60.2%)
106	MICHALSKI Michał	101	FRAMESFACTORY RACINGTEAM	M30-39	32	00:40:08	01:22:40.05	01:22:49.35	+00:33:09 (40.0%)	7:30	8 (60.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
108	SZYMANKIEWICZ Kalina	154		K40-49	8	00:41:58	01:22:34.65	01:23:15.15	+00:33:35 (40.3%)	7:30	8 (60.2%)
109	OSTAPIŃSKI Wojtek	115	OSTRESROKI	M40-49	43	00:42:08	01:23:07.45	01:23:30.20	+00:33:50 (40.5%)	7:33	7.9 (59.4%)
110	OSTAPIŃSKA Magda	114	OSTRESROKI	K40-49	9	00:42:09	01:23:08.80	01:23:30.45	+00:33:50 (40.5%)	7:33	7.9 (59.4%)
111	GUZOWSKI Jacek	47	MCT	M40-49	44	00:40:56	01:24:01.55	01:24:07.50	+00:34:27 (41.0%)	7:38	7.9 (59.4%)
112	NOWAK Krzysztof	110		M40-49	45	00:41:06	01:23:52.15	01:24:07.65	+00:34:28 (41.0%)	7:37	7.9 (59.4%)
113	GOLON Marlena	36	RUN PASJA	K40-49	10	00:41:11	01:23:56.15	01:24:08.65	+00:34:29 (41.0%)	7:37	7.9 (59.4%)
114	MICHALEC Marcin	100	KKB MOSIR KROSNO	M30-39	33	00:40:10	01:24:13.40	01:24:19.45	+00:34:39 (41.1%)	7:39	7.8 (58.6%)
115	ŁOPATKIEWICZ Beata	91		K50-59	2	00:40:12	01:24:14.35	01:24:19.50	+00:34:39 (41.1%)	7:39	7.8 (58.6%)
116	BALCERZAK Mariusz	3		M40-49	46	00:41:02	01:24:10.45	01:24:37.40	+00:34:57 (41.3%)	7:39	7.8 (58.6%)
117	WALCZAK Agnieszka	160	PKO BANK POLSKI SA	K40-49	11	00:41:20	01:24:18.15	01:24:39.05	+00:34:59 (41.3%)	7:39	7.8 (58.6%)
118	WALCZAK Dariusz	161	OLKUSZBIEGA.PL	M40-49	47	00:41:21	01:24:19.50	01:24:39.25	+00:34:59 (41.3%)	7:40	7.8 (58.6%)
119	KWIATKOWSKA Renata	87	KB OŻARÓW MAZOWIECKI BIEGA	K50-59	3	00:42:00	01:24:36.20	01:24:41.40	+00:35:01 (41.4%)	7:41	7.8 (58.6%)
120	ZGLIŃSKI Bartłomiej	177	WKURW_TEAM TORUŃ	M30-39	34	00:42:12	01:24:13.75	01:24:58.85	+00:35:19 (41.6%)	7:39	7.8 (58.6%)
121	KARAWACKI Grzegorz	60	KĘCKIE HARPAGANY	M30-39	35	00:41:28	01:24:31.00	01:25:13.25	+00:35:33 (41.7%)	7:41	7.8 (58.6%)
122	GOKIERT-SKRENTNA Justyna	35		K40-49	12	00:43:32	01:24:56.40	01:25:19.90	+00:35:40 (41.8%)	7:43	7.8 (58.6%)
123	GAJEWSKI Zenon	30	ZABIEGANI CZĘSTOCHOWA	M60+	2	00:41:43	01:24:41.55	01:25:23.00	+00:35:43 (41.8%)	7:42	7.8 (58.6%)
124	OLSZEWSKI Jacek	113	KACYK TEAM	M40-49	48	00:42:14	01:24:56.40	01:25:26.80	+00:35:47 (41.9%)	7:43	7.8 (58.6%)
125	KICZIŃSKA Izabela	63	DRUŻYNA SZPIKU	K40-49	13	00:42:38	01:26:17.80	01:26:30.80	+00:36:51 (42.6%)	7:50	7.6 (57.1%)
126	DOMAGAŁA Jerzy	26		M50-59	10	00:43:21	01:26:38.60	01:27:04.15	+00:37:24 (43.0%)	7:52	7.6 (57.1%)
127	JĘSIEK-BARABASZ Agnieszka	54	STACHOWSCY TEAM	K40-49	14	00:43:33	01:27:58.40	01:28:21.80	+00:38:42 (43.8%)	7:59	7.5 (56.4%)
128	NIESPODZIANA Anna	109	ROGOZIŃSKI KLUB BIEGACZA	K30-39	9	00:43:32	01:28:57.25	01:29:22.65	+00:39:43 (44.4%)	8:05	7.4 (55.6%)
129	MICHALSKI Ryszard	102	WWW.SENSORYBEAUTY.PL	M40-49	49	00:43:26	01:29:43.00	01:29:56.10	+00:40:16 (44.8%)	8:09	7.4 (55.6%)
130	BURKIEWICZ-ŚLIWA Bernadetta	189		K30-39	10	00:44:12	01:29:18.30	01:29:59.90	+00:40:20 (44.8%)	8:07	7.4 (55.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
131	SOŁTYSIAK Natalia	143		K30-39	11	00:43:55	01:29:31.15	01:30:06.75	+00:40:27 (44.9%)	8:08	7.4 (55.6%)
132	KOPANIA Kamil	69	K.S TĘCZA	M30-39	36	00:44:07	01:30:00.75	01:30:23.05	+00:40:43 (45.1%)	8:11	7.3 (54.9%)
133	RYBKOWSKI Grzegorz	135	VELMAR	M50-59	11	00:42:35	01:30:26.95	01:30:37.20	+00:40:57 (45.2%)	8:13	7.3 (54.9%)
134	SMOGORZEWSKI Michał	141	WKURW_TEAM WARSZAWA	M30-39	37	00:43:08	01:29:53.00	01:30:38.75	+00:40:59 (45.2%)	8:10	7.3 (54.9%)
135	WOJNAROWICZ Tomasz	169	SPARTANIEDZIECIA	M30-39	38	00:43:06	01:30:38.25	01:30:54.50	+00:41:14 (45.4%)	8:14	7.3 (54.9%)
136	GRZYWIŃSKI Wojtek	43		M30-39	39	00:44:44	01:30:18.40	01:30:58.00	+00:41:18 (45.4%)	8:12	7.3 (54.9%)
137	KLUBA Łukasz	67	NGB KŁOBUCK	M30-39	40	00:44:30	01:30:26.75	01:31:07.60	+00:41:27 (45.5%)	8:13	7.3 (54.9%)
138	DĘBSKA Marta	23		K16-29	3	00:44:30	01:31:04.25	01:31:29.55	+00:41:49 (45.7%)	8:16	7.2 (54.1%)
139	KOŁCIUK Wojciech	68	WKURW_TEAM WARSZAWA	M30-39	41	00:44:18	01:31:00.95	01:31:45.80	+00:42:06 (45.9%)	8:16	7.3 (54.9%)
140	GUŹDZIÓŁ Jarek	44	TBKM WILK SOLEC KUJAWSKI	M40-49	50	00:44:35	01:31:30.85	01:32:03.00	+00:42:23 (46.1%)	8:19	7.2 (54.1%)
141	BLIŹNIEWSKA Katarzyna	133	SNG WILD DUCKS	K40-49	15	00:44:43	01:31:41.90	01:32:04.05	+00:42:24 (46.1%)	8:20	7.2 (54.1%)
142	TATARCZYK Patrycja	156	SBRT	K16-29	4	00:44:53	01:32:18.25	01:32:32.30	+00:42:52 (46.3%)	8:23	7.2 (54.1%)
143	GOMOLIŃSKI Sławomir	38		M40-49	51	00:45:37	01:32:49.85	01:33:00.40	+00:43:20 (46.6%)	8:26	7.1 (53.4%)
144	KRZYŻANOWSKI Przemysław	80	HARPAGAN BEAST	M30-39	42	00:45:58	01:33:06.85	01:33:48.65	+00:44:09 (47.1%)	8:27	7.1 (53.4%)
145	KAWA Barbara	62	MARATOŃCZYK DĘBICA	K30-39	12	00:47:45	01:33:22.00	01:33:49.95	+00:44:10 (47.1%)	8:29	7.1 (53.4%)
146	RUSEK Jolanta	134	ZABIEGANI MIELEC	K16-29	5	00:44:49	01:33:48.65	01:33:56.10	+00:44:16 (47.1%)	8:31	7 (52.6%)
147	PAŃCZUK-FIGURA Irmína	116	UMCS BIEGA	K40-49	16	00:45:38	01:34:55.65	01:35:14.15	+00:45:34 (47.9%)	8:37	7 (52.6%)
148	KUSZTAL Justyna	86	KS ESKADRA KRAKÓW	K40-49	17	00:45:39	01:35:21.35	01:35:40.75	+00:46:01 (48.1%)	8:40	6.9 (51.9%)
149	RAFAŁ Eliza	129		K30-39	13	00:47:49	01:37:17.45	01:37:49.90	+00:48:10 (49.2%)	8:50	6.8 (51.1%)
150	OCHNIO Ewa	111		K40-49	18	00:49:08	01:38:41.60	01:39:16.30	+00:49:36 (50.0%)	8:58	6.7 (50.4%)
151	JACHÓŁKOWSKA Małgorzata	48		K16-29	6	00:49:52	01:40:17.15	01:40:17.15	+00:50:37 (50.5%)	9:07	6.6 (49.6%)
152	KADYKAŁO Natalia	58	NIE W SZCZEPIONKĘ TEAM	K16-29	7	00:50:06	01:40:26.65	01:40:40.25	+00:51:00 (50.7%)	9:07	6.6 (49.6%)
153	BORKOWSKI Bartłomiej	10	RMF4RT GLADIATORS	M30-39	43	00:50:07	01:40:27.55	01:40:40.40	+00:51:00 (50.7%)	9:08	6.6 (49.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 11km	Czas brutto 11km	Różn	Tempo min/km	Tempo km/h
154	MŁODECKA Sylwia	104	VIRTUAL RUNNER CLUB	K40-49	19	00:51:20	01:40:10.10	01:40:50.50	+00:51:10 (50.8%)	9:06	6.6 (49.6%)
155	JÓZEFIAK Jakub	57	BOKONONI	M50-59	12	00:50:19	01:41:37.00	01:42:13.30	+00:52:33 (51.4%)	9:14	6.5 (48.9%)
156	KOBYLIŃSKI Piotr	188	WKURW_TEAM	M40-49	52	00:51:17	01:42:51.60	01:43:17.85	+00:53:38 (51.9%)	9:21	6.4 (48.1%)
157	STUPIŃSKA Monika	147	WKURW TEAM	K30-39	14	00:51:20	01:42:53.95	01:43:18.40	+00:53:38 (51.9%)	9:21	6.4 (48.1%)
158	KWIECIEŃ Zbigniew	89	FAUDANA	M60+	3	00:49:30	01:44:10.15	01:44:29.70	+00:54:50 (52.5%)	9:28	6.3 (47.4%)
159	PASEK Magdalena	117	SRTG NIEPOŁOMICE	K16-29	8	00:49:23	01:44:36.60	01:45:07.60	+00:55:27 (52.8%)	9:30	6.3 (47.4%)
160	ZWAAN Johan	182		M30-39	44	00:51:31	01:44:54.80	01:45:32.00	+00:55:52 (52.9%)	9:32	6.3 (47.4%)
161	JOZEFIAK Marta	56		K16-29	9	00:51:31	01:44:55.30	01:45:32.35	+00:55:52 (52.9%)	9:32	6.3 (47.4%)
162	KISZKIS Elżbieta	65		K40-49	20	00:50:09	01:45:31.20	01:45:44.20	+00:56:04 (53.0%)	9:35	6.3 (47.4%)
163	FRUCZ Jacek	28		M50-59	13	00:51:39	01:46:54.90	01:47:32.95	+00:57:53 (53.8%)	9:43	6.2 (46.6%)
164	CZARNY Łukasz	21	WKURW_TEAM	M30-39	45	00:52:51	01:51:06.10	01:51:50.95	+01:02:11 (55.6%)	10:06	5.9 (44.4%)
165	ŁUKASIAK Adam	92	WARSAW RUN CLUB	M30-39	46	00:55:58	01:53:19.55	01:54:03.55	+01:04:23 (56.5%)	10:18	5.8 (43.6%)
166	KALBARCZYK Izabella	59		K40-49	21	00:55:59	01:53:19.65	01:54:03.80	+01:04:24 (56.5%)	10:18	5.8 (43.6%)
167	NAWROT Katarzyna	105	SRTG NIEPOŁOMICE	K30-39	15	00:58:01	02:01:28.55	02:02:00.25	+01:12:20 (59.3%)	11:02	5.4 (40.6%)
167	NAWROT Dawid	106	SRTG NIEPOLOMICE	M30-39	47	00:58:01	02:01:28.65	02:02:00.25	+01:12:20 (59.3%)	11:02	5.4 (40.6%)
169	LEWANDOWSKI Igor	456	CTS / IGISPORT	M30-39	48	00:51:51			+00:27:10	10:22	5.8 (43.6%)

Znaleziono 169 wynik(ów)