



**Organizator:** Urząd Miasta w Piechowicach  
**Data:** 2023-12-09  
**Miejsce:** Piechowice  
**Dystans:** 10 km

## V KROPELKA RUN

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Piechowic	Mostek 6.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>JOLIBSKI Jacek</b>	<b>39</b>	BIEGAMDLAZDROWIA.PL	M-30	1		00:23:17	<b>00:40:20.00</b>	<b>00:40:21.90</b>		4:02	14.9 (100%)
2	<b>KUR Michał</b>	<b>34</b>		M-30	2		00:23:19	<b>00:40:28.05</b>	<b>00:40:29.85</b>	+00:00:07 (0.3%)	4:02	14.8 (99.3%)
3	<b>SKUZA Krzysztof</b>	<b>56</b>	KLINIKA URODY JOLANTA SKUZA LEGNICA	M-40	1		00:24:03	<b>00:41:37.00</b>	<b>00:41:39.00</b>	+00:01:17 (3.1%)	4:09	14.4 (96.6%)
4	<b>TARŁOWSKI Ryszard</b>	<b>105</b>	SEID TEAM	M-50	1		00:24:01	<b>00:41:40.75</b>	<b>00:41:42.45</b>	+00:01:20 (3.2%)	4:10	14.4 (96.6%)
5	<b>MAZURKIEWICZ Dariusz</b>	<b>94</b>		M-40	2		00:23:56	<b>00:41:51.25</b>	<b>00:41:52.85</b>	+00:01:30 (3.6%)	4:11	14.3 (96.0%)
6	<b>ZIENTARA Krzysztof</b>	<b>10</b>		M-30	3		00:24:38	<b>00:43:20.30</b>	<b>00:43:23.00</b>	+00:03:01 (7.0%)	4:20	13.8 (92.6%)
7	<b>ZIENTARA Adrian</b>	<b>41</b>	KGHM ZG RUN	M-30	4		00:25:22	<b>00:43:32.15</b>	<b>00:43:32.15</b>	+00:03:10 (7.3%)	4:21	13.8 (92.6%)
8	<b>PRZYBYSZ Artur</b>	<b>149</b>	ŻARY RUNNERS TEAM	M-50	2		00:24:54	<b>00:43:40.15</b>	<b>00:43:42.45</b>	+00:03:20 (7.6%)	4:22	13.7 (91.9%)
9	<b>MALEWICZ Grzegorz</b>	<b>135</b>	KOLKA TEAM LUBAŃ	M-40	3		00:25:14	<b>00:44:22.80</b>	<b>00:44:25.15</b>	+00:04:03 (9.1%)	4:26	13.5 (90.6%)
10	<b>MARSZAŁEK Kazimierz</b>	<b>75</b>	ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO	M-40	4		00:25:54	<b>00:45:47.35</b>	<b>00:45:50.30</b>	+00:05:28 (11.9%)	4:34	13.1 (87.9%)
11	<b>GRONDECKI Tomasz</b>	<b>155</b>	FAMILY TEAM	M-40	5		00:26:25	<b>00:45:54.15</b>	<b>00:45:58.20</b>	+00:05:36 (12.2%)	4:35	13.1 (87.9%)
12	<b>RACHAŃSKI Michał</b>	<b>70</b>	ROCK BALANCING ICE	M-30	5		00:26:47	<b>00:46:26.80</b>	<b>00:46:29.05</b>	+00:06:07 (13.2%)	4:38	12.9 (86.6%)
13	<b>WANDYCZ Mariusz</b>	<b>62</b>	KOLKA TEAM LUBAŃ	M-30	6		00:26:37	<b>00:46:40.95</b>	<b>00:46:44.85</b>	+00:06:22 (13.7%)	4:40	12.9 (86.6%)
14	<b>OSKULSKI Robert</b>	<b>104</b>	KOWARY BIEGAJĄ	M-50	3		00:27:02	<b>00:47:53.15</b>	<b>00:47:58.10</b>	+00:07:36 (15.9%)	4:47	12.5 (83.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Piechowic	Mostek 6.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
15	<b>BANASZEK Sławomir</b>	<b>153</b>	SZYMI TEAM ŻARY	M-40	6		00:28:10	<b>00:49:22.45</b>	<b>00:49:24.70</b>	+00:09:02 (18.3%)	4:56	12.2 (81.9%)
16	<b>STRUGAŁA Damian</b>	<b>95</b>		M-30	7		00:28:58	<b>00:49:23.70</b>	<b>00:49:26.75</b>	+00:09:04 (18.4%)	4:56	12.1 (81.2%)
17	<b>UPTAS Tomasz</b>	<b>84</b>	CROSS STRACENĆÓW TEAM	M-40	7		00:29:20	<b>00:50:43.75</b>	<b>00:50:51.50</b>	+00:10:29 (20.6%)	5:04	11.8 (79.2%)
18	<b>SYCHOWIEC Adrian</b>	<b>77</b>		M-40	8		00:29:35	<b>00:51:09.80</b>	<b>00:51:14.60</b>	+00:10:52 (21.2%)	5:06	11.7 (78.5%)
19	<b>KURASIEWICZ Mariusz</b>	<b>37</b>		M-40	9		00:30:12	<b>00:51:06.55</b>	<b>00:51:15.50</b>	+00:10:53 (21.3%)	5:06	11.7 (78.5%)
20	<b>JÓŹWIAK Radosław</b>	<b>152</b>	ŻARY RUNNERS TEAM	M-40	10		00:29:34	<b>00:51:12.05</b>	<b>00:51:15.95</b>	+00:10:54 (21.3%)	5:07	11.7 (78.5%)
21	<b>MACIEJEWSKI Daniel</b>	<b>5</b>	JURNY BUHAJ	M-30	8		00:29:40	<b>00:51:15.55</b>	<b>00:51:18.40</b>	+00:10:56 (21.3%)	5:07	11.7 (78.5%)
22	<b>TRZCIŃSKI Paweł</b>	<b>137</b>	SPORT GENERATION	M-40	11		00:30:08	<b>00:51:30.70</b>	<b>00:51:41.00</b>	+00:11:19 (21.9%)	5:09	11.7 (78.5%)
23	<b>KULKA Jacek</b>	<b>110</b>		M-40	12		00:29:18	<b>00:52:00.70</b>	<b>00:52:04.90</b>	+00:11:43 (22.5%)	5:12	11.5 (77.2%)
24	<b>ZASIADŁY Daniel</b>	<b>90</b>		M-40	13		00:30:21	<b>00:51:59.90</b>	<b>00:52:06.70</b>	+00:11:44 (22.5%)	5:11	11.5 (77.2%)
25	<b>CICHOSZ Edyta</b>	<b>117</b>		K-30	1		00:29:50	<b>00:52:07.30</b>	<b>00:52:09.60</b>	+00:11:47 (22.6%)	5:12	11.5 (77.2%)
26	<b>FIDOR Arnold</b>	<b>96</b>	SCHRONISKO WOJTEK	M-40	14	Tak	00:30:21	<b>00:52:09.30</b>	<b>00:52:14.90</b>	+00:11:53 (22.7%)	5:12	11.5 (77.2%)
27	<b>MATUSIK Mateusz</b>	<b>85</b>		M-30	9		00:29:52	<b>00:52:19.50</b>	<b>00:52:30.10</b>	+00:12:08 (23.1%)	5:13	11.5 (77.2%)
28	<b>ILNICKI Tadeusz</b>	<b>15</b>		M-40	15		00:29:47	<b>00:52:18.50</b>	<b>00:52:30.50</b>	+00:12:08 (23.1%)	5:13	11.5 (77.2%)
29	<b>N Piotr</b>	<b>23</b>	KOWARY BIEGAJĄ	M-40	16		00:29:40	<b>00:52:36.60</b>	<b>00:52:44.05</b>	+00:12:22 (23.5%)	5:15	11.4 (76.5%)
30	<b>ZAGROBELNY Michał</b>	<b>40</b>		M-30	10		00:29:35	<b>00:52:36.40</b>	<b>00:52:44.25</b>	+00:12:22 (23.5%)	5:15	11.4 (76.5%)
31	<b>SOCHOŃ Zbigniew</b>	<b>150</b>		M-50	4		00:30:02	<b>00:52:46.25</b>	<b>00:52:50.30</b>	+00:12:28 (23.6%)	5:16	11.4 (76.5%)
32	<b>DUL Magdalena</b>	<b>144</b>	ARKADIUSZ GARDZIELEWSKI RUNNING TEAM/ FAMILY TEAM	K-40	1		00:30:22	<b>00:52:52.80</b>	<b>00:52:56.70</b>	+00:12:34 (23.8%)	5:17	11.3 (75.8%)
33	<b>SZEP CZYŃSKA Anna</b>	<b>59</b>	ŻARY RUUNERS TEAM	K-40	2		00:30:50	<b>00:52:58.65</b>	<b>00:53:02.10</b>	+00:12:40 (23.9%)	5:17	11.3 (75.8%)
34	<b>PLEŚNIARSKI Zbigniew</b>	<b>50</b>	KLUB SPORTOWY GRAŃ W KARPACZU	M-60+	1		00:30:57	<b>00:53:07.45</b>	<b>00:53:10.15</b>	+00:12:48 (24.1%)	5:18	11.3 (75.8%)
35	<b>TOŁWIŃSKA-TRZECIAK Gabriela</b>	<b>115</b>		K-40	3		00:30:39	<b>00:53:08.50</b>	<b>00:53:13.50</b>	+00:12:51 (24.2%)	5:18	11.3 (75.8%)
36	<b>KOSSOWICZ Krzysztof</b>	<b>7</b>		M-50	5	Tak	00:30:18	<b>00:53:19.00</b>	<b>00:53:23.70</b>	+00:13:01 (24.4%)	5:19	11.3 (75.8%)
37	<b>STAROŚCIAK Krzysztof</b>	<b>125</b>		M-30	11		00:30:32	<b>00:53:32.55</b>	<b>00:53:38.15</b>	+00:13:16 (24.7%)	5:21	11.2 (75.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Piechowic	Mostek 6.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
38	<b>KAŹMIERCZAK Dawid</b>	<b>47</b>		M-30	12			<b>00:53:32.65</b>	<b>00:53:38.25</b>	+00:13:16 (24.7%)	5:21	11.2 (75.2%)
39	<b>KOJRO Waldemar</b>	<b>14</b>	JELEŃIA PLAST SPORT TEAM	M-40	17	Tak	00:30:54	<b>00:53:41.95</b>	<b>00:53:49.40</b>	+00:13:27 (25.0%)	5:22	11.2 (75.2%)
40	<b>NOWAK Bartosz</b>	<b>21</b>		M-40	18		00:31:10	<b>00:53:50.80</b>	<b>00:54:00.40</b>	+00:13:38 (25.3%)	5:23	11.1 (74.5%)
41	<b>PIOTROWSKI Krzysztof</b>	<b>9</b>		M-40	19		00:30:40	<b>00:53:56.50</b>	<b>00:54:05.50</b>	+00:13:43 (25.4%)	5:23	11.1 (74.5%)
42	<b>PIOTROWSKI Patryk</b>	<b>126</b>		M-20	1	Tak	00:30:26	<b>00:54:01.85</b>	<b>00:54:06.20</b>	+00:13:44 (25.4%)	5:24	11.1 (74.5%)
43	<b>SZWAGRZYK Natalia</b>	<b>128</b>		K-20	1		00:31:28	<b>00:54:20.70</b>	<b>00:54:26.30</b>	+00:14:04 (25.9%)	5:26	11 (73.8%)
44	<b>WAŁKUSKI Mateusz</b>	<b>151</b>		M-20	2		00:30:52	<b>00:54:22.15</b>	<b>00:54:37.55</b>	+00:14:15 (26.1%)	5:26	11 (73.8%)
45	<b>MŁYNAR Izabela</b>	<b>18</b>		K-20	2		00:31:51	<b>00:54:44.70</b>	<b>00:54:58.45</b>	+00:14:36 (26.6%)	5:28	11 (73.8%)
46	<b>MATYSIAK Agnieszka</b>	<b>136</b>	SPORT GENERATION	K-40	4		00:31:56	<b>00:55:03.00</b>	<b>00:55:12.25</b>	+00:14:50 (26.9%)	5:30	10.9 (73.2%)
47	<b>STEFAŃSKA Anna</b>	<b>148</b>		K-40	5			<b>00:55:16.45</b>	<b>00:55:19.30</b>	+00:14:57 (27.0%)	5:31	10.9 (73.2%)
48	<b>MARKOWSKI Grzegorz</b>	<b>69</b>	FAMILY TEAM / ŚLĘZAK TEAM	M-40	20		00:32:04	<b>00:55:11.15</b>	<b>00:55:21.30</b>	+00:14:59 (27.1%)	5:31	10.9 (73.2%)
49	<b>CHOJNACKI Marek</b>	<b>133</b>		M-30	13	Tak	00:32:20	<b>00:55:11.50</b>	<b>00:55:22.50</b>	+00:15:00 (27.1%)	5:31	10.9 (73.2%)
50	<b>DOMAGAŁA Andrzej</b>	<b>46</b>	BIEGAMDLAZDROWIA.PL	M-50	6		00:31:22	<b>00:55:23.00</b>	<b>00:55:25.10</b>	+00:15:03 (27.2%)	5:32	10.8 (72.5%)
51	<b>GOŁĘBIEWSKI Marcin</b>	<b>3</b>		M-40	21		00:31:28	<b>00:55:31.85</b>	<b>00:55:43.35</b>	+00:15:21 (27.6%)	5:33	10.8 (72.5%)
52	<b>PIETRASZEK Robert</b>	<b>31</b>		M-50	7		00:32:03	<b>00:55:38.40</b>	<b>00:55:54.80</b>	+00:15:32 (27.8%)	5:33	10.8 (72.5%)
53	<b>MISZCZYK Aureliusz</b>	<b>157</b>	KOWARY BIEGAJĄ	M-20	3		00:32:00	<b>00:56:00.45</b>	<b>00:56:03.00</b>	+00:15:41 (28.0%)	5:36	10.7 (71.8%)
54	<b>JELEŃ Tomasz</b>	<b>121</b>	EDI-TEAM	M-40	22		00:32:32	<b>00:56:03.00</b>	<b>00:56:08.05</b>	+00:15:46 (28.1%)	5:36	10.7 (71.8%)
55	<b>LINKIEWICZ Krzysztof</b>	<b>131</b>	BIEGAMDLAZDROWIA.PL	M-40	23		00:33:16	<b>00:56:21.90</b>	<b>00:56:29.20</b>	+00:16:07 (28.5%)	5:38	10.6 (71.1%)
56	<b>CHROMIŃSKA-LINKIEWICZ Renata</b>	<b>132</b>	BIEGAMDLAZDROWIA.PL	K-40	6		00:33:25	<b>00:56:22.90</b>	<b>00:56:33.25</b>	+00:16:11 (28.6%)	5:38	10.6 (71.1%)
57	<b>KORZENIOWSKI Wojciech</b>	<b>124</b>		M-50	8		00:31:54	<b>00:56:30.40</b>	<b>00:56:33.85</b>	+00:16:11 (28.6%)	5:39	10.6 (71.1%)
58	<b>STAWIARSKA Katarzyna</b>	<b>86</b>	KOWARY BIEGAJĄ	K-30	2			<b>00:56:33.20</b>	<b>00:56:37.70</b>	+00:16:15 (28.7%)	5:39	10.6 (71.1%)
59	<b>GUZERA Magdalena</b>	<b>123</b>	ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO	K-40	7		00:32:40	<b>00:56:30.55</b>	<b>00:56:39.85</b>	+00:16:17 (28.8%)	5:39	10.6 (71.1%)
60	<b>SANIUK Joanna</b>	<b>71</b>	ŻARY RUNNERS TEAM	K-30	3		00:32:50	<b>00:56:41.40</b>	<b>00:56:45.65</b>	+00:16:23 (28.9%)	5:40	10.6 (71.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Piechowic	Mostek 6.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
61	REWIŃSKI Sławek	73		M-40	24		00:33:07	<b>00:56:49.10</b>	<b>00:57:02.80</b>	+00:16:40 (29.2%)	5:40	10.6 (71.1%)
62	GUTOWSKI Dariusz	19	BIEGAMDLAZDROWIA.PL	M-50	9		00:33:21	<b>00:56:58.55</b>	<b>00:57:06.05</b>	+00:16:44 (29.3%)	5:41	10.5 (70.5%)
63	MISIURA Łukasz	140		M-30	14		00:31:57	<b>00:57:26.15</b>	<b>00:57:40.50</b>	+00:17:18 (30.0%)	5:44	10.4 (69.8%)
64	WESOŁOWSKI Maciej	82		M-50	10		00:33:31	<b>00:57:39.95</b>	<b>00:57:47.55</b>	+00:17:25 (30.2%)	5:45	10.4 (69.8%)
65	ILNICKA Marzena	12		K-50	1		00:33:30	<b>00:58:12.20</b>	<b>00:58:24.10</b>	+00:18:02 (30.9%)	5:49	10.3 (69.1%)
66	CHWIEJ Marcin	55	BIEGACZE ŚWINOUJŚCIE	M-40	25		00:33:48	<b>00:58:19.45</b>	<b>00:58:25.10</b>	+00:18:03 (30.9%)	5:49	10.3 (69.1%)
67	PASTUCHEWICZ Przemysław	48		M-40	26		00:33:05	<b>00:58:26.60</b>	<b>00:58:28.60</b>	+00:18:06 (31.0%)	5:50	10.3 (69.1%)
68	NOWACKI Jerzy	2	ŻARY RUNNERS TEAM - MAGOREX	M-40	27		00:33:51	<b>00:58:28.40</b>	<b>00:58:32.65</b>	+00:18:10 (31.1%)	5:50	10.3 (69.1%)
69	MATYJASZCZYK Marcin	42		M-40	28		00:32:42	<b>00:58:19.10</b>	<b>00:58:35.80</b>	+00:18:13 (31.1%)	5:49	10.3 (69.1%)
70	CIEŚLAR Grzegorz	127		M-30	15		00:32:45	<b>00:58:19.15</b>	<b>00:58:36.05</b>	+00:18:14 (31.1%)	5:49	10.3 (69.1%)
71	MATKOWSKI Wiktor	145		M-40	29		00:32:09	<b>00:58:22.35</b>	<b>00:58:37.15</b>	+00:18:15 (31.1%)	5:50	10.3 (69.1%)
72	IGNATIUK Marta	32		K-40	8		00:33:46	<b>00:58:36.00</b>	<b>00:58:49.75</b>	+00:18:27 (31.4%)	5:51	10.2 (68.5%)
73	SZEWCUWIANIE C Jacek	35		M-30	16		00:34:05	<b>00:58:39.05</b>	<b>00:58:52.30</b>	+00:18:30 (31.4%)	5:51	10.2 (68.5%)
74	KAJDAS Krzysztof	116	CROSS STRACENICÓW TEAM	M-40	30		00:35:32	<b>00:58:50.55</b>	<b>00:58:59.55</b>	+00:18:37 (31.6%)	5:53	10.2 (68.5%)
75	BOBER Dorota	141		K-40	9	Tak	00:34:39	<b>01:00:17.60</b>	<b>01:00:26.55</b>	+00:20:04 (33.2%)	6:01	10 (67.1%)
76	PIETROW Tadeusz	118		M-60+	2		00:34:50	<b>01:00:40.95</b>	<b>01:00:50.65</b>	+00:20:28 (33.7%)	6:04	9.9 (66.4%)
77	STĘPINSKI Robert	129		M-50	11		00:34:27	<b>01:00:44.20</b>	<b>01:00:54.55</b>	+00:20:32 (33.7%)	6:04	9.9 (66.4%)
78	MĘDOŃ Anna	65		K-50	2		00:35:57	<b>01:00:59.95</b>	<b>01:01:15.70</b>	+00:20:53 (34.1%)	6:05	9.8 (65.8%)
79	MOREAU Dominique	146		M-50	12		00:35:38	<b>01:01:11.25</b>	<b>01:01:19.90</b>	+00:20:58 (34.2%)	6:07	9.8 (65.8%)
80	WRONA Łukasz	13		M-40	31		00:35:41	<b>01:01:19.55</b>	<b>01:01:31.85</b>	+00:21:09 (34.4%)	6:07	9.8 (65.8%)
81	SZAGAŁA Adam	76		M-30	17		00:35:13	<b>01:01:21.75</b>	<b>01:01:40.35</b>	+00:21:18 (34.5%)	6:08	9.8 (65.8%)
82	KOŁODZIEJ Grzegorz	38	KARKONOSKI KLUB KIBICÓW NIEPEŁNOSPRAWNYCH	M-40	32		00:35:07	<b>01:01:35.15</b>	<b>01:01:44.10</b>	+00:21:22 (34.6%)	6:09	9.7 (65.1%)
83	GOJŻEWSKI Leszek	100	DYNAMIC	M-40	33		00:37:37	<b>01:02:01.05</b>	<b>01:02:13.55</b>	+00:21:51 (35.1%)	6:12	9.7 (65.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Piechowic	Mostek 6.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
84	JANCZAK Angelika	43		K-50	3		00:36:16	01:02:08.50	01:02:14.60	+00:21:52 (35.1%)	6:12	9.7 (65.1%)
85	WESOŁOWSKA Magdalena	1		K-40	10		00:36:10	01:02:10.75	01:02:17.15	+00:21:55 (35.2%)	6:13	9.7 (65.1%)
86	STELZER Lidia	99	DYNAMIC LUBAŃ	K-40	11		00:37:26	01:02:33.35	01:02:45.65	+00:22:23 (35.7%)	6:15	9.6 (64.4%)
87	SENETRA Małgorzata	102	ROCK BALANCING ICE	K-40	12		00:36:01	01:02:40.70	01:02:48.20	+00:22:26 (35.7%)	6:16	9.6 (64.4%)
88	DYL Małgorzata	91		K-40	13		00:36:41	01:02:56.35	01:03:09.45	+00:22:47 (36.1%)	6:17	9.5 (63.8%)
89	FILIPEK Irek	16		M-50	13		00:36:40	01:03:02.50	01:03:14.65	+00:22:52 (36.2%)	6:18	9.5 (63.8%)
90	KOZAK Marta	28		K-30	4	Tak	00:37:24	01:03:17.10	01:03:24.35	+00:23:02 (36.3%)	6:19	9.5 (63.8%)
91	TRZCIŃSKA Jolanta	142	ROCK BALANCING ICE	K-40	14		00:36:21	01:03:41.30	01:03:48.50	+00:23:26 (36.7%)	6:22	9.4 (63.1%)
92	ZYNER Karolina	103		K-40	15			01:04:12.30	01:04:24.00	+00:24:02 (37.3%)	6:25	9.3 (62.4%)
93	PLUCHA Michał	33	KOWARY BIEGAJĄ	M-40	34		00:36:31	01:04:21.45	01:04:29.85	+00:24:07 (37.4%)	6:26	9.3 (62.4%)
94	KANECKA Mariola	25	KOWARY BIEGAJĄ	K-50	4		00:36:39	01:04:21.60	01:04:30.00	+00:24:08 (37.4%)	6:26	9.3 (62.4%)
95	KRÓL Marcin	98	KOWARY BIEGAJĄ	M-40	35		00:33:24	01:04:22.05	01:04:30.10	+00:24:08 (37.4%)	6:26	9.3 (62.4%)
96	MARCZYK Tomasz	87	BIEGAMDŁAZDROWIA	M-40	36		00:38:40	01:04:45.10	01:05:00.30	+00:24:38 (37.9%)	6:28	9.3 (62.4%)
97	KUMELSKA Monika	139	BE ACTIVE LEŚNA	K-30	5		00:38:08	01:05:19.20	01:05:32.20	+00:25:10 (38.4%)	6:31	9.2 (61.7%)
98	DUL Wiesław	36	FAMILY TEAM	M-60+	3		00:39:30	01:05:48.45	01:06:03.10	+00:25:41 (38.9%)	6:34	9.1 (61.1%)
99	STAWICKA Agnieszka	24		K-40	16		00:37:12	01:06:21.60	01:06:31.25	+00:26:09 (39.3%)	6:38	9 (60.4%)
100	KOŁODZIEJ Ernest	122	KARKONOSKI KKN JELENIA GÓRA	M-20	4		00:38:03	01:06:59.35	01:07:07.75	+00:26:45 (39.9%)	6:41	9 (60.4%)
101	JAROSIŃSKA Wioletta	88		K-40	17		00:38:12	01:07:11.80	01:07:15.55	+00:26:53 (40.0%)	6:43	8.9 (59.7%)
102	FIERKOWICZ Teresa	4	ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO	K-50	5		00:40:32	01:07:33.75	01:07:49.95	+00:27:28 (40.5%)	6:45	8.9 (59.7%)
103	RÓŻAŃSKA Magdalena	101		K-40	18		00:41:28	01:08:05.60	01:08:13.05	+00:27:51 (40.8%)	6:48	8.8 (59.1%)
104	KAJDAS Katarzyna	114	CROSS STRACIEŃCÓW TEAM	K-40	19		00:39:10	01:08:17.50	01:08:26.20	+00:28:04 (41.0%)	6:49	8.8 (59.1%)
105	MAZUR Agnieszka	79		K-40	20		00:39:39	01:10:13.75	01:10:20.35	+00:29:58 (42.6%)	7:01	8.5 (57.0%)
106	LIPOWSKI Andrzej	80		M-40	37		00:39:34	01:10:13.80	01:10:20.50	+00:29:58 (42.6%)	7:01	8.5 (57.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Piechowic	Mostek 6.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
107	<b>PAKIET Waldemar</b>	<b>134</b>	ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO	M-50	14		00:39:48	<b>01:10:52.50</b>	<b>01:11:07.90</b>	+00:30:46 (43.3%)	7:05	8.5 (57.0%)
108	<b>MIĘTEK Agnieszka</b>	<b>107</b>		K-40	21		00:40:30	<b>01:11:38.15</b>	<b>01:11:41.60</b>	+00:31:19 (43.7%)	7:09	8.4 (56.4%)
109	<b>MIĘTEK Dariusz</b>	<b>108</b>		M-40	38		00:40:20	<b>01:11:56.50</b>	<b>01:11:58.20</b>	+00:31:36 (43.9%)	7:11	8.3 (55.7%)
110	<b>NAWOJ Jakub</b>	<b>49</b>		M-30	18		00:42:23	<b>01:11:48.00</b>	<b>01:11:59.40</b>	+00:31:37 (43.9%)	7:10	8.4 (56.4%)
111	<b>MARCINKOWSKA Renata</b>	<b>63</b>		K-50	6		00:42:25	<b>01:11:48.15</b>	<b>01:11:59.55</b>	+00:31:37 (43.9%)	7:10	8.4 (56.4%)
112	<b>KUGLARZ Tomasz</b>	<b>154</b>		M-40	39		00:39:43	<b>01:12:34.55</b>	<b>01:12:40.15</b>	+00:32:18 (44.5%)	7:15	8.3 (55.7%)
113	<b>KOWALSKA Karolina</b>	<b>29</b>		K-40	22		00:43:28	<b>01:12:38.55</b>	<b>01:12:54.90</b>	+00:32:33 (44.6%)	7:15	8.3 (55.7%)
114	<b>SZELAĞOWSKA Małgorzata</b>	<b>81</b>		K-50	7		00:43:32	<b>01:12:38.80</b>	<b>01:12:55.15</b>	+00:32:33 (44.6%)	7:15	8.3 (55.7%)
115	<b>KOCIEMBA Adrianna</b>	<b>8</b>		K-40	23		00:41:38	<b>01:13:00.65</b>	<b>01:13:10.95</b>	+00:32:49 (44.8%)	7:18	8.2 (55.0%)
116	<b>SROKA Dawid</b>	<b>97</b>		M-40	40		00:40:14	<b>01:13:23.40</b>	<b>01:13:35.30</b>	+00:33:13 (45.1%)	7:20	8.2 (55.0%)
117	<b>PLATA Anna</b>	<b>20</b>		K-40	24		00:41:59	<b>01:13:37.45</b>	<b>01:13:47.95</b>	+00:33:26 (45.3%)	7:21	8.2 (55.0%)
118	<b>PAWEŁ Piątkiewicz</b>	<b>147</b>		M-30	19		00:30:47	<b>01:13:37.80</b>	<b>01:13:48.15</b>	+00:33:26 (45.3%)	7:21	8.2 (55.0%)
119	<b>WESOŁOWSKA Urszula</b>	<b>83</b>		K-50	8		00:44:13	<b>01:14:56.50</b>	<b>01:15:04.35</b>	+00:34:42 (46.2%)	7:29	8 (53.7%)
120	<b>PRUSAKOWSKI Daniel</b>	<b>112</b>	STOMET POLSKA TEAM	M-30	20		00:43:44	<b>01:15:42.75</b>	<b>01:15:57.30</b>	+00:35:35 (46.9%)	7:34	7.9 (53.0%)
121	<b>GDOWSKI Wojtek</b>	<b>113</b>	STOMET POLSKA TEAM	M-30	21		00:43:51	<b>01:15:43.00</b>	<b>01:15:57.60</b>	+00:35:35 (46.9%)	7:34	7.9 (53.0%)
122	<b>MAGIERSKI Mateusz</b>	<b>58</b>		M-20	5		00:44:53	<b>01:19:35.50</b>	<b>01:19:53.75</b>	+00:39:31 (49.5%)	7:57	7.5 (50.3%)
123	<b>PLATA Julia</b>	<b>57</b>		K-20	3		00:45:13	<b>01:19:35.65</b>	<b>01:19:53.90</b>	+00:39:32 (49.5%)	7:57	7.5 (50.3%)
124	<b>FLAK Monika</b>	<b>64</b>		K-30	6		00:46:34	<b>01:23:40.05</b>	<b>01:23:46.95</b>	+00:43:25 (51.8%)	8:22	7.2 (48.3%)
125	<b>BŁASZCZYK Mariusz</b>	<b>11</b>	AKTYWNY WAŁBRZYCH	M-40	41		00:46:44	<b>01:24:14.75</b>	<b>01:24:27.70</b>	+00:44:05 (52.2%)	8:25	7.1 (47.7%)
126	<b>DOBROWOLSKI Robert</b>	<b>53</b>	SPORTOWI EMERYCI JELENIA GORA	M-60+	4		00:49:38	<b>01:27:44.20</b>	<b>01:27:55.80</b>	+00:47:33 (54.1%)	8:46	6.8 (45.6%)
127	<b>KOWALISZYN Małgorzata</b>	<b>158</b>	BIEGAMDLAZDROWIA.PL	K-40	25		00:49:17	<b>01:28:48.80</b>	<b>01:29:02.95</b>	+00:48:41 (54.7%)	8:52	6.8 (45.6%)
128	<b>SKIEMISZ Katarzyna</b>	<b>120</b>		K-50	9		00:49:31	<b>01:28:48.85</b>	<b>01:29:03.00</b>	+00:48:41 (54.7%)	8:52	6.8 (45.6%)
129	<b>ERBETOWSKA Agnieszka</b>	<b>160</b>		K-50	10		00:49:16	<b>01:30:05.45</b>	<b>01:30:18.80</b>	+00:49:56 (55.3%)	9:00	6.7 (45.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Piechowic	Mostek 6.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
130	<b>DOBROWOLSKA Bożena</b>	<b>52</b>	SPORTOWI EMERYCI JELENIA GORA	K-60+	1		00:49:49	<b>01:30:53.60</b>	<b>01:31:04.60</b>	+00:50:42 (55.7%)	9:05	6.6 (44.3%)
131	<b>SZYŁAK Małgorzata</b>	<b>54</b>	OSK GOSIA	K-40	26		00:50:52	<b>01:32:24.20</b>	<b>01:32:24.20</b>	+00:52:02 (56.3%)	9:14	6.5 (43.6%)
132	<b>NOWAKOWSKA Genowefa</b>	<b>111</b>		K-60+	2		00:56:41	<b>01:49:26.80</b>	<b>01:49:38.10</b>	+01:09:16 (63.2%)	10:56	5.5 (36.9%)
133	<b>HADAS Dawid</b>	<b>159</b>	DAW-MAL	M-40	42		00:38:02			+00:14:45	5:51	10.3 (69.1%)

Znaleziono 133 wynik(ów)