



**Organizator:** Urząd Miasta w Piechowicach  
**Data:** 2024-12-14  
**Miejsce:** Piechowice  
**Dystans:** 10 km

## VI KROPELKA RUN

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Piechowic	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>CZERNAK Paweł</b>	<b>118</b>	BLACK HAT PRO	M-30	1		<b>00:37:36.70</b>	<b>00:37:36.70</b>		3:45	16 (100%)
2	<b>ROGAŁA Patryk</b>	<b>165</b>		M-30	2		<b>00:38:39.95</b>	<b>00:38:40.30</b>	+00:01:03 (2.7%)	3:51	15.5 (96.9%)
3	<b>KUŃCZAK Michał</b>	<b>136</b>		M-30	3		<b>00:39:47.40</b>	<b>00:39:47.80</b>	+00:02:11 (5.5%)	3:58	15.1 (94.4%)
4	<b>ZIENTARA Krzysztof</b>	<b>24</b>		M-30	4		<b>00:40:12.95</b>	<b>00:40:13.30</b>	+00:02:36 (6.5%)	4:01	14.9 (93.1%)
5	<b>KAFEL Patryk</b>	<b>79</b>	AURORA	M-30	5		<b>00:40:28.25</b>	<b>00:40:28.90</b>	+00:02:52 (7.1%)	4:02	14.8 (92.5%)
6	<b>SKUZA Krzysztof</b>	<b>87</b>	KLINIKA URODY JOLANTA SKUZA LEGNICA	M-40	1		<b>00:41:43.95</b>	<b>00:41:44.00</b>	+00:04:07 (9.9%)	4:10	14.4 (90.0%)
7	<b>RYBIŃSKI Radosław</b>	<b>90</b>	VOSS AUTOMOTIVE POLSKA	M-30	6		<b>00:42:20.15</b>	<b>00:42:21.45</b>	+00:04:44 (11.2%)	4:14	14.2 (88.8%)
8	<b>NICPOŃ Sebastian</b>	<b>135</b>	BLACK HAT PRO	M-30	7		<b>00:42:58.00</b>	<b>00:42:58.00</b>	+00:05:21 (12.5%)	4:17	14 (87.5%)
9	<b>KAŹMIERCZAK Dawid</b>	<b>46</b>	BIEGACZE STU MOSTÓW	M-30	8		<b>00:43:52.90</b>	<b>00:43:53.85</b>	+00:06:17 (14.3%)	4:23	13.7 (85.6%)
10	<b>WŁODARCZYK Jarosław</b>	<b>15</b>	KRUCZKOWSKITEAM/KOWARY BIEGAJĄ	M-40	2		<b>00:44:10.60</b>	<b>00:44:11.45</b>	+00:06:34 (14.9%)	4:25	13.6 (85.0%)
11	<b>SOKÓŁ Mirosław</b>	<b>69</b>	VALMET RUNNING TEAM	M-30	9	Tak	<b>00:44:22.60</b>	<b>00:44:23.70</b>	+00:06:47 (15.3%)	4:26	13.5 (84.4%)
12	<b>PRZYBYSZ Artur</b>	<b>39</b>	ŻARY RUNNERS TEAM	M-50	1		<b>00:44:34.15</b>	<b>00:44:36.65</b>	+00:06:59 (15.7%)	4:27	13.5 (84.4%)
13	<b>MARSZAŁEK Kazimierz</b>	<b>138</b>	ŚWIERADÓW-ZDRÓJ	M-50	2		<b>00:44:44.65</b>	<b>00:44:46.55</b>	+00:07:09 (16.0%)	4:28	13.4 (83.8%)
14	<b>GRONDECKI Tomasz</b>	<b>164</b>	FAMILY TEAM	M-40	3		<b>00:44:59.05</b>	<b>00:45:00.10</b>	+00:07:23 (16.4%)	4:29	13.3 (83.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Piechowic	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
15	<b>KACZAŁKO Michał</b>	<b>20</b>		M-20	1		<b>00:45:09.15</b>	<b>00:45:10.10</b>	+00:07:33 (16.7%)	4:30	13.3 (83.1%)
16	<b>TRZCIŃSKI Paweł</b>	<b>134</b>	SPORT GENERATION	M-40	4		<b>00:45:19.45</b>	<b>00:45:23.05</b>	+00:07:46 (17.1%)	4:31	13.2 (82.5%)
17	<b>GRĘDZIŃSKI Paweł</b>	<b>78</b>		M-30	10		<b>00:45:42.45</b>	<b>00:45:44.95</b>	+00:08:08 (17.8%)	4:34	13.1 (81.9%)
18	<b>OSKULSKI Robert</b>	<b>155</b>		M-50	3		<b>00:46:07.30</b>	<b>00:46:14.40</b>	+00:08:37 (18.7%)	4:36	13 (81.3%)
19	<b>WANDYCZ Mariusz</b>	<b>108</b>	KOLKA TEAM LUBAŃ	M-30	11		<b>00:46:14.95</b>	<b>00:46:17.50</b>	+00:08:40 (18.8%)	4:37	13 (81.3%)
20	<b>WOLIŃSKI Jędrzej</b>	<b>142</b>	RATEL TEAM	M-20	2		<b>00:46:17.70</b>	<b>00:46:20.60</b>	+00:08:43 (18.8%)	4:37	13 (81.3%)
21	<b>NIEWIADOMSKI Roman</b>	<b>10</b>		M-40	5		<b>00:46:23.45</b>	<b>00:46:26.05</b>	+00:08:49 (19.0%)	4:38	12.9 (80.6%)
22	<b>RODAKIEWICZ Michał</b>	<b>96</b>		M-30	12		<b>00:46:26.50</b>	<b>00:46:29.90</b>	+00:08:53 (19.1%)	4:38	12.9 (80.6%)
23	<b>BELCZYK Lukasz</b>	<b>151</b>	RATEL TEAM	M-30	13		<b>00:46:45.65</b>	<b>00:46:49.05</b>	+00:09:12 (19.7%)	4:40	12.8 (80.0%)
24	<b>KOKOSZKO Rafał</b>	<b>81</b>		M-40	6		<b>00:47:05.35</b>	<b>00:47:10.65</b>	+00:09:33 (20.3%)	4:42	12.7 (79.4%)
25	<b>STROJEK Grzegorz</b>	<b>83</b>		M-40	7		<b>00:47:28.05</b>	<b>00:47:30.30</b>	+00:09:53 (20.8%)	4:44	12.6 (78.8%)
26	<b>KOWALCZYK Krzysztof</b>	<b>94</b>	AW - SZYBCIEJ - TEAM	M-30	14		<b>00:47:49.35</b>	<b>00:47:54.00</b>	+00:10:17 (21.5%)	4:46	12.5 (78.1%)
27	<b>WÓJCIKIEWICZ Dominik</b>	<b>59</b>		M-30	15		<b>00:47:55.90</b>	<b>00:48:08.80</b>	+00:10:32 (21.9%)	4:47	12.5 (78.1%)
28	<b>CHYSKI Grzegorz</b>	<b>105</b>		M-40	8		<b>00:48:16.95</b>	<b>00:48:24.45</b>	+00:10:47 (22.3%)	4:49	12.4 (77.5%)
29	<b>KORZENIOWSKI Oskar</b>	<b>160</b>		M-30	16		<b>00:48:29.00</b>	<b>00:48:29.80</b>	+00:10:53 (22.4%)	4:50	12.4 (77.5%)
30	<b>GORLA Adrian</b>	<b>126</b>		M-30	17		<b>00:48:32.55</b>	<b>00:48:36.35</b>	+00:10:59 (22.6%)	4:51	12.4 (77.5%)
31	<b>ŚMIAŁEK Kamil</b>	<b>167</b>		M-30	18		<b>00:48:33.70</b>	<b>00:48:38.15</b>	+00:11:01 (22.7%)	4:51	12.4 (77.5%)
32	<b>MATKOWSKI Wiktor</b>	<b>68</b>	VALMET RUNNING TEAM	M-40	9		<b>00:48:51.40</b>	<b>00:48:53.00</b>	+00:11:16 (23.1%)	4:53	12.3 (76.9%)
33	<b>NAWOJ Jakub</b>	<b>9</b>	IPA GŁOGÓW	M-30	19		<b>00:49:05.90</b>	<b>00:49:10.10</b>	+00:11:33 (23.5%)	4:54	12.2 (76.3%)
34	<b>STĘŻYCKI Artur</b>	<b>158</b>	ŻARY RUNNERS TEAM	M-40	10		<b>00:49:18.10</b>	<b>00:49:28.75</b>	+00:11:52 (24.0%)	4:55	12.2 (76.3%)
35	<b>TOMASZEWSKI Jarosław</b>	<b>125</b>	ŚWIERADÓW-ZDRÓJ GÓRSKIE UZDROWISKO	M-50	4		<b>00:49:42.60</b>	<b>00:49:44.85</b>	+00:12:08 (24.4%)	4:58	12.1 (75.6%)
36	<b>MATYSIAK Agnieszka</b>	<b>116</b>	SPORT GENERATION	K-40	1		<b>00:49:50.45</b>	<b>00:49:53.30</b>	+00:12:16 (24.6%)	4:59	12 (75.0%)
37	<b>WAŁKUSKI Mateusz</b>	<b>149</b>		M-20	3		<b>00:49:46.90</b>	<b>00:49:54.90</b>	+00:12:18 (24.6%)	4:58	12.1 (75.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Piechowic	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
38	<b>SOCHOŃ Zbigniew</b>	<b>6</b>		M-50	5		<b>00:49:50.75</b>	<b>00:50:00.45</b>	+00:12:23 (24.8%)	4:59	12 (75.0%)
39	<b>KORZENIOWSKI Wojciech</b>	<b>156</b>		M-50	6		<b>00:50:00.45</b>	<b>00:50:01.50</b>	+00:12:24 (24.8%)	5:00	12 (75.0%)
40	<b>STAROŚCIAK Krzysztof</b>	<b>162</b>		M-30	20		<b>00:50:03.45</b>	<b>00:50:06.25</b>	+00:12:29 (24.9%)	5:00	12 (75.0%)
41	<b>KARNICKA Iwona</b>	<b>137</b>	DZG RUNNERS	K-50	1		<b>00:50:18.60</b>	<b>00:50:20.60</b>	+00:12:43 (25.3%)	5:01	11.9 (74.4%)
42	<b>DUL Magdalena</b>	<b>42</b>	ARKADIUSZ GARDZIELEWSKI RUNNING TEAM	K-40	2		<b>00:50:24.75</b>	<b>00:50:27.30</b>	+00:12:50 (25.5%)	5:02	11.9 (74.4%)
43	<b>MISIURA Łukasz</b>	<b>1</b>		M-30	21		<b>00:50:33.10</b>	<b>00:50:35.60</b>	+00:12:58 (25.7%)	5:03	11.9 (74.4%)
44	<b>MROZEK Michał</b>	<b>141</b>		M-40	11		<b>00:50:03.75</b>	<b>00:50:44.15</b>	+00:13:07 (25.9%)	5:00	12 (75.0%)
45	<b>MŁYNAR Izabela</b>	<b>45</b>		K-20	1		<b>00:50:31.60</b>	<b>00:50:44.70</b>	+00:13:08 (25.9%)	5:03	11.9 (74.4%)
46	<b>NOWOSAD Piotrek</b>	<b>131</b>	PANDA TEAM	M-30	22		<b>00:50:39.40</b>	<b>00:50:46.50</b>	+00:13:09 (25.9%)	5:03	11.8 (73.8%)
47	<b>SYCHOWIEC Adrian</b>	<b>28</b>	IT CROWD	M-40	12		<b>00:50:48.40</b>	<b>00:50:51.20</b>	+00:13:14 (26.0%)	5:04	11.8 (73.8%)
48	<b>JÓŹWIAK Radosław</b>	<b>8</b>	ŻARY RUNNERS TEAM	M-40	13		<b>00:51:06.10</b>	<b>00:51:14.70</b>	+00:13:38 (26.6%)	5:06	11.7 (73.1%)
49	<b>MŁYNAR Andrzej</b>	<b>75</b>		M-30	23		<b>00:51:10.00</b>	<b>00:51:23.10</b>	+00:13:46 (26.8%)	5:07	11.7 (73.1%)
50	<b>FIDOR Arnold</b>	<b>61</b>		M-50	7	Tak	<b>00:51:28.60</b>	<b>00:51:30.20</b>	+00:13:53 (27.0%)	5:08	11.7 (73.1%)
51	<b>KLUK Paweł</b>	<b>53</b>	BIEGACZE STU MOSTÓW	M-30	24	Tak	<b>00:51:42.35</b>	<b>00:51:48.50</b>	+00:14:11 (27.4%)	5:10	11.6 (72.5%)
52	<b>IZBICKI Arkadiusz</b>	<b>66</b>		M-30	25		<b>00:51:50.45</b>	<b>00:51:56.00</b>	+00:14:19 (27.6%)	5:11	11.6 (72.5%)
53	<b>CIEMIĘGA Roman</b>	<b>101</b>	KOWARY BIEGAJĄ	M-40	14		<b>00:52:04.65</b>	<b>00:52:06.40</b>	+00:14:29 (27.8%)	5:12	11.5 (71.9%)
54	<b>PIOTR Kołdyka</b>	<b>14</b>		M-50	8		<b>00:52:00.00</b>	<b>00:52:09.60</b>	+00:14:32 (27.9%)	5:12	11.5 (71.9%)
55	<b>SŁODOWSKI Paweł</b>	<b>36</b>		M-40	15		<b>00:52:30.05</b>	<b>00:52:35.65</b>	+00:14:58 (28.5%)	5:15	11.4 (71.3%)
56	<b>SKRZYPIEC Filip</b>	<b>11</b>	BEAUTYEUROPE.EU	M-40	16		<b>00:52:48.65</b>	<b>00:53:00.95</b>	+00:15:24 (29.1%)	5:16	11.4 (71.3%)
57	<b>LEWKOWICZ Łukasz</b>	<b>111</b>	KOWARY BIEGAJĄ	M-40	17		<b>00:53:13.30</b>	<b>00:53:17.45</b>	+00:15:40 (29.4%)	5:19	11.3 (70.6%)
58	<b>PLEŚNIARSKI Zbigniew</b>	<b>25</b>	KLUB SPORTOWY GRAŃ W KARPACZU	M-60+	1		<b>00:53:17.90</b>	<b>00:53:19.35</b>	+00:15:42 (29.5%)	5:19	11.3 (70.6%)
59	<b>LEWASZKIEWICZ Remigiusz</b>	<b>82</b>	VALMET RUNNIG TEAM	M-40	18	Tak	<b>00:53:24.60</b>	<b>00:53:26.45</b>	+00:15:49 (29.6%)	5:20	11.2 (70.0%)
60	<b>SAŁACIŃSKI Damian</b>	<b>4</b>	VALMET RUNNING TEAM	M-40	19		<b>00:53:29.00</b>	<b>00:53:32.20</b>	+00:15:55 (29.7%)	5:20	11.2 (70.0%)

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61	<b>KOTOWSKA Klaudia</b>	<b>72</b>	VALMET RUNNING TEAM	K-30	1		<b>00:53:23.70</b>	<b>00:53:33.35</b>	+00:15:56 (29.8%)	5:20	11.2 (70.0%)
62	<b>SPYRA Adam</b>	<b>70</b>	AKTYWNI LIPINKI	M-40	20		<b>00:53:29.15</b>	<b>00:53:39.30</b>	+00:16:02 (29.9%)	5:20	11.2 (70.0%)
63	<b>MARKOWSKI Grzegorz</b>	<b>19</b>	FAMILY TEAM / ARKADIUSZ GARDZIELEWSKI RUNNING TEAM	M-40	21		<b>00:53:42.80</b>	<b>00:53:48.05</b>	+00:16:11 (30.1%)	5:22	11.2 (70.0%)
64	<b>WESOŁOWSKI Maciej</b>	<b>120</b>		M-50	9		<b>00:54:13.60</b>	<b>00:54:20.20</b>	+00:16:43 (30.8%)	5:25	11.1 (69.4%)
65	<b>NASKRĘT Piotr</b>	<b>30</b>	KOWARY BIEGAJĄ	M-40	22		<b>00:54:11.45</b>	<b>00:54:23.10</b>	+00:16:46 (30.8%)	5:25	11.1 (69.4%)
66	<b>ZAGROBELNY Michal</b>	<b>57</b>	KOWARY BIEGAJA	M-30	26		<b>00:54:11.70</b>	<b>00:54:23.20</b>	+00:16:46 (30.8%)	5:25	11.1 (69.4%)
67	<b>STASZAK Piotr</b>	<b>43</b>		M-20	4		<b>00:54:23.40</b>	<b>00:54:35.55</b>	+00:16:58 (31.1%)	5:26	11 (68.8%)
68	<b>KAJDAS Krzysztof</b>	<b>49</b>		M-40	23		<b>00:54:56.50</b>	<b>00:55:04.80</b>	+00:17:28 (31.7%)	5:29	10.9 (68.1%)
69	<b>OZIMKOWSKI Mirosław</b>	<b>139</b>	KOWARY BIEGAJĄ	M-50	10		<b>00:55:10.25</b>	<b>00:55:13.65</b>	+00:17:36 (31.9%)	5:31	10.9 (68.1%)
70	<b>DOMAGAŁA Andrzej</b>	<b>18</b>	ANDYDOMAGRUN	M-50	11		<b>00:55:18.40</b>	<b>00:55:20.30</b>	+00:17:43 (32.0%)	5:31	10.8 (67.5%)
71	<b>KOJRO Waldemar</b>	<b>51</b>	JELENNIA PLAST SPORT TEAM	M-40	24	Tak	<b>00:55:22.80</b>	<b>00:55:23.45</b>	+00:17:46 (32.1%)	5:32	10.8 (67.5%)
72	<b>KROSZCZYŃSKA Jowita</b>	<b>146</b>		K-20	2		<b>00:55:20.60</b>	<b>00:55:24.20</b>	+00:17:47 (32.1%)	5:32	10.8 (67.5%)
73	<b>SKÓRA Robert</b>	<b>114</b>		M-50	12		<b>00:55:54.85</b>	<b>00:56:04.15</b>	+00:18:27 (32.9%)	5:35	10.7 (66.9%)
74	<b>KOSIOROWSKI Leszek</b>	<b>58</b>		M-50	13		<b>00:56:22.90</b>	<b>00:56:27.10</b>	+00:18:50 (33.4%)	5:38	10.6 (66.3%)
75	<b>MOREAU Dominique</b>	<b>157</b>		M-50	14		<b>00:56:31.90</b>	<b>00:56:40.50</b>	+00:19:03 (33.6%)	5:39	10.6 (66.3%)
76	<b>POLAK Wojciech</b>	<b>145</b>		M-50	15		<b>00:56:45.05</b>	<b>00:56:55.25</b>	+00:19:18 (33.9%)	5:40	10.6 (66.3%)
76	<b>ZDZIARSKI Damian</b>	<b>55</b>		M-30	27		<b>00:56:46.65</b>	<b>00:56:55.25</b>	+00:19:18 (33.9%)	5:40	10.6 (66.3%)
78	<b>KAMOLA Sławomir</b>	<b>123</b>		M-50	16		<b>00:56:56.65</b>	<b>00:57:02.40</b>	+00:19:25 (34.1%)	5:41	10.5 (65.6%)
79	<b>HEJMOWSKI Sylwester</b>	<b>63</b>	BIEGAMYRAZEM.PL	M-50	17		<b>00:57:13.75</b>	<b>00:57:19.65</b>	+00:19:42 (34.4%)	5:43	10.5 (65.6%)
80	<b>POLAK Justyna</b>	<b>119</b>		K-40	3		<b>00:57:43.85</b>	<b>00:57:54.00</b>	+00:20:17 (35.0%)	5:46	10.4 (65.0%)
81	<b>STĘPINSKI Robert</b>	<b>128</b>		M-50	18		<b>00:57:58.15</b>	<b>00:58:03.75</b>	+00:20:27 (35.2%)	5:47	10.4 (65.0%)
82	<b>GOŁĘBIEWSKI Marcin</b>	<b>13</b>		M-40	25		<b>00:58:15.05</b>	<b>00:58:20.00</b>	+00:20:43 (35.5%)	5:49	10.3 (64.4%)
83	<b>STALEWSKI Łukasz</b>	<b>97</b>		M-30	28		<b>00:58:10.25</b>	<b>00:58:23.90</b>	+00:20:47 (35.6%)	5:49	10.3 (64.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Piechowic	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
84	<b>KOŁODZIEJ Grzegorz</b>	<b>44</b>	KARKONOSKI KLUB KIBICÓW NIEPEŁNOSPRAWNYCH	M-40	26		<b>00:58:46.95</b>	<b>00:58:56.05</b>	+00:21:19 (36.2%)	5:52	10.2 (63.8%)
85	<b>NAREJKO Agata</b>	<b>107</b>	PARKRUN	K-60+	1		<b>00:58:56.15</b>	<b>00:59:01.15</b>	+00:21:24 (36.3%)	5:53	10.2 (63.8%)
86	<b>SKRZYPIEC Nikodem</b>	<b>16</b>		M-20	5		<b>00:58:53.60</b>	<b>00:59:06.50</b>	+00:21:29 (36.4%)	5:53	10.2 (63.8%)
87	<b>WYCHOTA Filip</b>	<b>106</b>		M-20	6		<b>00:58:54.55</b>	<b>00:59:06.70</b>	+00:21:30 (36.4%)	5:53	10.2 (63.8%)
88	<b>PASTUCHEWICZ Przemysław</b>	<b>80</b>		M-40	27		<b>00:59:24.90</b>	<b>00:59:26.35</b>	+00:21:49 (36.7%)	5:56	10.1 (63.1%)
89	<b>WOJDAT Monika</b>	<b>124</b>		K-40	4	Tak	<b>00:59:30.45</b>	<b>00:59:33.70</b>	+00:21:57 (36.9%)	5:57	10.1 (63.1%)
90	<b>KOZAK Marta</b>	<b>47</b>		K-30	2	Tak	<b>00:59:44.85</b>	<b>00:59:51.45</b>	+00:22:14 (37.2%)	5:58	10 (62.5%)
91	<b>WIERZBA-JURCZAK Anita</b>	<b>65</b>	VEGE RUNNERS	K-40	5		<b>01:00:03.00</b>	<b>01:00:03.00</b>	+00:22:26 (37.4%)	6:00	10 (62.5%)
92	<b>MĘDOŃ Anna</b>	<b>41</b>		K-50	2		<b>01:00:14.80</b>	<b>01:00:25.25</b>	+00:22:48 (37.8%)	6:01	10 (62.5%)
93	<b>WESOŁOWSKA Magdalena</b>	<b>17</b>		K-40	6		<b>01:01:12.95</b>	<b>01:01:19.80</b>	+00:23:43 (38.7%)	6:07	9.8 (61.3%)
94	<b>WRONA Łukasz</b>	<b>52</b>		M-40	28		<b>01:01:29.95</b>	<b>01:01:37.40</b>	+00:24:00 (39.0%)	6:08	9.8 (61.3%)
95	<b>STANUCH Tomasz</b>	<b>32</b>		M-40	29		<b>01:01:27.70</b>	<b>01:01:38.00</b>	+00:24:01 (39.0%)	6:08	9.8 (61.3%)
96	<b>LIPNICKA Joanna</b>	<b>161</b>		K-30	3		<b>01:01:36.75</b>	<b>01:01:41.70</b>	+00:24:05 (39.0%)	6:09	9.7 (60.6%)
97	<b>DYL Małgorzata</b>	<b>40</b>		K-50	3		<b>01:01:42.80</b>	<b>01:01:46.40</b>	+00:24:09 (39.1%)	6:10	9.7 (60.6%)
98	<b>GÓRCZYŃSKI Rafał</b>	<b>132</b>		M-40	30		<b>01:01:42.85</b>	<b>01:01:49.80</b>	+00:24:13 (39.2%)	6:10	9.7 (60.6%)
99	<b>WOLIŃSKI Błażej</b>	<b>152</b>	RATLE TEAM	M-30	29		<b>01:01:49.75</b>	<b>01:01:58.25</b>	+00:24:21 (39.3%)	6:10	9.7 (60.6%)
100	<b>BAUR Łukasz</b>	<b>74</b>		M-30	30		<b>01:02:48.60</b>	<b>01:02:51.70</b>	+00:25:15 (40.2%)	6:16	9.6 (60.0%)
101	<b>ZURAWSKI Konrad</b>	<b>100</b>		M-40	31		<b>01:02:50.10</b>	<b>01:02:57.50</b>	+00:25:20 (40.3%)	6:17	9.5 (59.4%)
102	<b>NATKANIEC Grażyna</b>	<b>3</b>		K-50	4		<b>01:03:08.65</b>	<b>01:03:14.65</b>	+00:25:37 (40.5%)	6:18	9.5 (59.4%)
103	<b>GÓRSKA Anna</b>	<b>31</b>		K-40	7	Tak	<b>01:03:35.10</b>	<b>01:03:42.60</b>	+00:26:05 (41.0%)	6:21	9.4 (58.8%)
104	<b>KONOPIŃSKI Grzegorz</b>	<b>5</b>	MTS DRUŻYNA SZPIKU	M-40	32		<b>01:03:56.70</b>	<b>01:04:01.75</b>	+00:26:25 (41.3%)	6:23	9.4 (58.8%)
105	<b>ZYNER Karolina</b>	<b>92</b>		K-40	8		<b>01:04:00.30</b>	<b>01:04:07.55</b>	+00:26:30 (41.3%)	6:24	9.4 (58.8%)
106	<b>KOCIEMBA Adrianna</b>	<b>154</b>		K-40	9		<b>01:04:07.20</b>	<b>01:04:11.20</b>	+00:26:34 (41.4%)	6:24	9.4 (58.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Piechowic	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
107	<b>KAJDAS Katarzyna</b>	<b>144</b>	CROSS STRACENĆÓW TEAM	K-40	10		<b>01:05:56.30</b>	<b>01:06:02.20</b>	+00:28:25 (43.0%)	6:35	9.1 (56.9%)
108	<b>ŻMIDZIŃSKA Anna</b>	<b>153</b>		K-40	11		<b>01:05:55.60</b>	<b>01:06:05.55</b>	+00:28:28 (43.1%)	6:35	9.1 (56.9%)
109	<b>MIĘTEK Agnieszka</b>	<b>21</b>		K-40	12		<b>01:06:21.85</b>	<b>01:06:27.70</b>	+00:28:51 (43.4%)	6:38	9 (56.3%)
110	<b>MILEWSKA Karolina</b>	<b>163</b>		K-30	4		<b>01:06:29.85</b>	<b>01:06:34.30</b>	+00:28:57 (43.5%)	6:38	9 (56.3%)
111	<b>GARLIŃSKA-WRONA Iwona</b>	<b>91</b>		K-40	13		<b>01:06:33.35</b>	<b>01:06:36.75</b>	+00:29:00 (43.5%)	6:39	9 (56.3%)
112	<b>PUTANS Wiesława</b>	<b>98</b>		K-60+	2		<b>01:07:05.15</b>	<b>01:07:10.10</b>	+00:29:33 (44.0%)	6:42	8.9 (55.6%)
113	<b>HOFMAN Izabela</b>	<b>71</b>		K-40	14		<b>01:07:33.40</b>	<b>01:07:44.90</b>	+00:30:08 (44.5%)	6:45	8.9 (55.6%)
114	<b>PACH Piotr</b>	<b>73</b>		M-50	19		<b>01:07:39.35</b>	<b>01:07:51.10</b>	+00:30:14 (44.6%)	6:45	8.9 (55.6%)
115	<b>KRAWCZYK Krystian</b>	<b>62</b>		M-40	33		<b>01:08:10.80</b>	<b>01:08:21.60</b>	+00:30:44 (45.0%)	6:49	8.8 (55.0%)
116	<b>MISZCZUK Aureliusz</b>	<b>166</b>		M-20	7		<b>01:08:57.45</b>	<b>01:09:00.00</b>	+00:31:23 (45.5%)	6:53	8.7 (54.4%)
117	<b>WESOŁOWSKA Urszula</b>	<b>121</b>		K-50	5		<b>01:09:43.50</b>	<b>01:09:52.70</b>	+00:32:16 (46.2%)	6:58	8.6 (53.8%)
118	<b>ROJEK Agata</b>	<b>110</b>		K-30	5		<b>01:10:33.60</b>	<b>01:10:45.70</b>	+00:33:09 (46.8%)	7:03	8.5 (53.1%)
119	<b>PIETRYKOWSKI Piotr</b>	<b>109</b>	SPARTA LUBAŃ	M-40	34		<b>01:10:33.75</b>	<b>01:10:46.05</b>	+00:33:09 (46.9%)	7:03	8.5 (53.1%)
120	<b>MARCINKOWSKA Kamila</b>	<b>38</b>		K-20	3		<b>01:10:40.30</b>	<b>01:10:55.20</b>	+00:33:18 (47.0%)	7:04	8.5 (53.1%)
121	<b>MARCINKOWSKA Renata</b>	<b>37</b>		K-50	6		<b>01:10:40.30</b>	<b>01:10:55.40</b>	+00:33:18 (47.0%)	7:04	8.5 (53.1%)
122	<b>NIEWIADOMSKA Marzena</b>	<b>60</b>	DZG RUNERS	K-50	7		<b>01:11:03.15</b>	<b>01:11:07.50</b>	+00:33:30 (47.1%)	7:06	8.4 (52.5%)
123	<b>JAKIMKO Monika</b>	<b>27</b>		K-40	15		<b>01:13:01.95</b>	<b>01:13:08.30</b>	+00:35:31 (48.6%)	7:18	8.2 (51.3%)
124	<b>MIĘTEK Dariusz</b>	<b>22</b>		M-50	20		<b>01:14:10.10</b>	<b>01:14:15.65</b>	+00:36:38 (49.4%)	7:25	8.1 (50.6%)
125	<b>BŁASZCZYK Mariusz</b>	<b>95</b>	AKTYWNY WAŁBRZYCH	M-40	35		<b>01:14:41.60</b>	<b>01:14:49.20</b>	+00:37:12 (49.7%)	7:28	8 (50.0%)
126	<b>ZACZEK Marta</b>	<b>117</b>	IZERY BOGATYNIA	K-30	6		<b>01:14:58.80</b>	<b>01:15:07.10</b>	+00:37:30 (49.9%)	7:29	8 (50.0%)
127	<b>KWIATKOWSKA Beata</b>	<b>88</b>	WAŁBRZYSKI KLUB GORSKI I JASKINIOWY	K-40	16		<b>01:15:06.75</b>	<b>01:15:17.55</b>	+00:37:40 (50.0%)	7:30	8 (50.0%)
128	<b>PLEBAŃSKA Ewa</b>	<b>89</b>		K-40	17		<b>01:15:06.70</b>	<b>01:15:17.75</b>	+00:37:41 (50.0%)	7:30	8 (50.0%)
129	<b>STĘPIEŃ Agata</b>	<b>133</b>		K-40	18		<b>01:15:41.30</b>	<b>01:15:45.00</b>	+00:38:08 (50.3%)	7:34	7.9 (49.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Piechowic	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
130	<b>CHĘĆ Michalina</b>	<b>150</b>		K-30	7		<b>01:15:43.40</b>	<b>01:15:53.35</b>	+00:38:16 (50.4%)	7:34	7.9 (49.4%)
131	<b>KUS Barbara</b>	<b>143</b>		K-40	19		<b>01:15:44.70</b>	<b>01:15:53.50</b>	+00:38:16 (50.4%)	7:34	7.9 (49.4%)
132	<b>WOŁOSZYN Aleksandra</b>	<b>148</b>		K-20	4		<b>01:15:40.40</b>	<b>01:15:54.30</b>	+00:38:17 (50.4%)	7:34	7.9 (49.4%)
133	<b>GWIAZDA Wanda</b>	<b>102</b>	SZPROTAWO BIEGAJ	K-60+	3		<b>01:18:15.60</b>	<b>01:18:20.25</b>	+00:40:43 (52.0%)	7:49	7.7 (48.1%)
134	<b>ANDRZEJEWICZ Paweł</b>	<b>50</b>	ULTRA BIMBEER RUNNERS	M-40	36		<b>01:19:45.95</b>	<b>01:19:58.75</b>	+00:42:22 (53.0%)	7:58	7.5 (46.9%)
135	<b>GRETKIEREWICZ Roksana</b>	<b>159</b>		K-30	8		<b>01:19:47.95</b>	<b>01:19:59.00</b>	+00:42:22 (53.0%)	7:58	7.5 (46.9%)
136	<b>DOBROWOLSKI Robert</b>	<b>130</b>	SPORTOWI EMERYCI JELENIA GORA	M-60+	2		<b>01:23:21.10</b>	<b>01:23:30.00</b>	+00:45:53 (55.0%)	8:20	7.2 (45.0%)
137	<b>MUSUR Adam</b>	<b>127</b>	KB SZERSZEŃ OLEŚNICA	M-60+	3		<b>01:26:18.20</b>	<b>01:26:27.75</b>	+00:48:51 (56.5%)	8:37	7 (43.8%)
138	<b>CZERSKI Grzegorz</b>	<b>104</b>		M-50	21		<b>01:26:52.30</b>	<b>01:26:56.65</b>	+00:49:19 (56.7%)	8:41	6.9 (43.1%)
139	<b>HABER-CZERSKA Ewa</b>	<b>103</b>		K-50	8		<b>01:26:53.60</b>	<b>01:26:56.85</b>	+00:49:20 (56.7%)	8:41	6.9 (43.1%)
140	<b>DOBROWOLSKA Bożena</b>	<b>129</b>	SPORTOWI EMERYCI JELENIA GORA	K-60+	4		<b>01:27:05.60</b>	<b>01:27:13.60</b>	+00:49:36 (56.9%)	8:42	6.9 (43.1%)

Znaleziono 140 wynik(ów)