



Klasyfikacja: Wszyscy

WIOSENNY BIEG WSCHODZĄCEGO SŁOŃCA

B4SPORT

Organizator: Fundacja Kozica
Data: 2022-06-05
Miejsce: Stańcowa
Dystans: 4,7 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 4.7km	Czas brutto 4.7km	Różn	Tempo min/km	Tempo km/h
1	DUDCZAK Michał	194	BUFF/ THE NORTH FACE	M1 (18-35)	1	00:35:59.00	00:35:59.00		7:39	7.8 (100%)
2	TABOR Dominik	183	SYMFERIA - FIZJOTERAPIA OSTEOPATIA TRENING KRAKÓW	M1 (18-35)	2	00:37:28.00	00:37:28.00	+00:01:29 (4.0%)	7:58	7.5 (96.2%)
3	BROJ Marcel	190	BROJ TEAM ŻLINICE	M1 (18-35)	3	00:38:06.00	00:38:06.00	+00:02:07 (5.6%)	8:06	7.4 (94.9%)
4	SKUPIEŃ Tomasz	207		M2 (36-49)	1	00:39:02.00	00:39:02.00	+00:03:03 (7.8%)	8:18	7.2 (92.3%)
5	STOBIECKI Marcin	165		M1 (18-35)	4	00:39:26.00	00:39:26.00	+00:03:27 (8.7%)	8:23	7.2 (92.3%)
6	PARIS Nicola	17	LA RECASTELL	M1 (18-35)	5	00:39:33.00	00:39:33.00	+00:03:34 (9.0%)	8:24	7.1 (91.0%)
7	KUNZ Marcin	203	LACHO TEAM	M1 (18-35)	6	00:40:09.00	00:40:09.00	+00:04:10 (10.4%)	8:32	7 (89.7%)
8	TUKA Michał	158	DLUGOSZ TEAM SCARPA	M1 (18-35)	7	00:40:23.00	00:40:23.00	+00:04:24 (10.9%)	8:35	7 (89.7%)
9	ŻÓŁTEK Grzegorz	56		M1 (18-35)	8	00:40:41.00	00:40:41.00	+00:04:42 (11.6%)	8:39	6.9 (88.5%)
10	ALBRECHT Krystian	138	KŚ AZS POLITECHNIKA ŚLĄSKA/GB GALOPUJĄCE ŚLIMAKI	M1 (18-35)	9	00:40:46.00	00:40:46.00	+00:04:47 (11.7%)	8:40	6.9 (88.5%)
11	MAGERČÁK Miloš	121	DYNAMEČKO	M1 (18-35)	10	00:42:10.00	00:42:10.00	+00:06:11 (14.7%)	8:58	6.7 (85.9%)
12	HANKUS Tadeusz	111	HKS RUN	M2 (36-49)	2	00:42:19.00	00:42:19.00	+00:06:20 (15.0%)	9:00	6.7 (85.9%)
13	STANUCH Dariusz	39	AZS ZAKOPANE	M2 (36-49)	3	00:42:40.00	00:42:40.00	+00:06:41 (15.7%)	9:04	6.6 (84.6%)
14	ATANASOW ANCEW Dawid	182		M3 (50+)	1	00:43:13.00	00:43:13.00	+00:07:14 (16.7%)	9:11	6.5 (83.3%)
15	PACHUT Jerzy	195	MY ENDURANCE COACHING TEAM	M1 (18-35)	11	00:43:26.00	00:43:26.00	+00:07:27 (17.2%)	9:14	6.5 (83.3%)
16	BUCZYŃSKI Adam	113	NON STOP TRAIL	M2 (36-49)	4	00:44:26.00	00:44:26.00	+00:08:27 (19.0%)	9:27	6.3 (80.8%)
17	MAZAN Beata	200	FINISZ RYMANÓW/#R	K2 (36-49)	1	00:44:49.00	00:44:49.00	+00:08:50 (19.7%)	9:32	6.3 (80.8%)
18	SZATANIK Zbigniew	168		M3 (50+)	2	00:46:45.00	00:46:45.00	+00:10:46 (23.0%)	9:56	6 (76.9%)
19	WRÓBEL Przemysław	34		M2 (36-49)	5	00:46:50.00	00:46:50.00	+00:10:51 (23.2%)	9:57	6 (76.9%)
20	PÓŁTORAK Sylwester	35	DOBCZYCKIE KLUB BIEGACZA	M2 (36-49)	6	00:47:43.00	00:47:43.00	+00:11:44 (24.6%)	10:09	5.9 (75.6%)
21	JAKIEŁA-RZADKOSZ Katarzyna	108		K1 (18-35)	1	00:48:00.00	00:48:00.00	+00:12:01 (25.0%)	10:12	5.9 (75.6%)
22	ZACHARA Dawid	159		M1 (18-35)	12	00:48:28.00	00:48:28.00	+00:12:29 (25.8%)	10:18	5.8 (74.4%)
23	PALOVA Alžbeta	211	SK ORAVAMAN	K2 (36-49)	2	00:49:05.00	00:49:05.00	+00:13:06 (26.7%)	10:26	5.7 (73.1%)
24	FITAK Marta	6		K1 (18-35)	2	00:49:20.00	00:49:20.00	+00:13:21 (27.1%)	10:29	5.7 (73.1%)
25	RENÒ Vittoriano	192		M1 (18-35)	13	00:49:39.00	00:49:39.00	+00:13:40 (27.5%)	10:33	5.7 (73.1%)
26	NOSALIK Marek	126	MTA	M3 (50+)	3	00:49:46.00	00:49:46.00	+00:13:47 (27.7%)	10:35	5.7 (73.1%)
27	KOS Tomasz	120		M2 (36-49)	7	00:49:52.00	00:49:52.00	+00:13:53 (27.8%)	10:36	5.7 (73.1%)
28	KOZAK Tomasz	129		M1 (18-35)	14	00:49:58.00	00:49:58.00	+00:13:59 (28.0%)	10:37	5.6 (71.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 4.7km	Czas brutto 4.7km	Różn	Tempo min/km	Tempo km/h
29	BOLECHOWSKA Dominika	208		K2 (36-49)	3	00:50:25.00	00:50:25.00	+00:14:26 (28.6%)	10:43	5.6 (71.8%)
30	LANTOS Borbála	74	ZOLNA SKYRUNNING TEAM	K1 (18-35)	3	00:50:41.00	00:50:41.00	+00:14:42 (29.0%)	10:47	5.6 (71.8%)
31	ŻADŁO Władysław	184		M1 (18-35)	15	00:50:44.00	00:50:44.00	+00:14:45 (29.1%)	10:47	5.6 (71.8%)
32	CIERPIAŁEK Jakub	133	ADAM CZERWIŃSKI TEAM	M1 (18-35)	16	00:51:50.00	00:51:50.00	+00:15:51 (30.6%)	11:01	5.4 (69.2%)
33	DUBOWIECKI Witek	53	CHATA BIEGACZA K34 ZAKOPANE	M3 (50+)	4	00:52:18.00	00:52:18.00	+00:16:19 (31.2%)	11:07	5.4 (69.2%)
34	WOŹNIAK Michał	27	RUNNER_ULTRA	M1 (18-35)	17	00:52:22.00	00:52:22.00	+00:16:23 (31.3%)	11:08	5.4 (69.2%)
35	MIŚKOWIEC Szymon	202	TC ORZEŁ	M2 (36-49)	8	00:52:35.00	00:52:35.00	+00:16:36 (31.6%)	11:11	5.4 (69.2%)
36	KARPIEL Tomasz	52		M1 (18-35)	18	00:52:43.00	00:52:43.00	+00:16:44 (31.7%)	11:12	5.3 (67.9%)
37	DYRCZ Konrad	115		M2 (36-49)	9	00:53:15.00	00:53:15.00	+00:17:16 (32.4%)	11:19	5.3 (67.9%)
38	PACHURA Kinga	21	ULTRA BABIA	K2 (36-49)	4	00:53:24.00	00:53:24.00	+00:17:25 (32.6%)	11:21	5.3 (67.9%)
39	PRZYBYŁOWSKI Piotr	193		M2 (36-49)	10	00:53:29.00	00:53:29.00	+00:17:30 (32.7%)	11:22	5.3 (67.9%)
40	KACZOR Miłosz	180	KG TRAWERS	M1 (18-35)	19	00:53:33.00	00:53:33.00	+00:17:34 (32.8%)	11:23	5.3 (67.9%)
41	ŽELEZNÍK Peter	210	SK ORAVAMAN	M3 (50+)	5	00:54:27.00	00:54:27.00	+00:18:28 (33.9%)	11:35	5.2 (66.7%)
42	ŠPRLAK Miloš	104	DYNAMEČKO	M1 (18-35)	20	00:54:32.00	00:54:32.00	+00:18:33 (34.0%)	11:36	5.2 (66.7%)
43	SKOWRONEK Łukasz	89		M2 (36-49)	11	00:54:35.00	00:54:35.00	+00:18:36 (34.1%)	11:36	5.2 (66.7%)
44	MRÓZ Piotrek	114		M1 (18-35)	21	00:54:54.00	00:54:54.00	+00:18:55 (34.5%)	11:40	5.1 (65.4%)
45	SZCZUREK Sławomir	185		M2 (36-49)	12	00:55:26.00	00:55:26.00	+00:19:27 (35.1%)	11:47	5.1 (65.4%)
46	TURAK Rafał	11		M3 (50+)	6	00:55:31.00	00:55:31.00	+00:19:32 (35.2%)	11:48	5.1 (65.4%)
47	WRÓBEL Paweł	105	DOPOZYGUTEAM	M1 (18-35)	22	00:55:34.00	00:55:34.00	+00:19:35 (35.2%)	11:49	5.1 (65.4%)
48	KARDYL Krzysztof	153		M1 (18-35)	23	00:55:56.00	00:55:56.00	+00:19:57 (35.7%)	11:54	5 (64.1%)
49	JAKCINAIMIĘ Andżeju	37	ZDRAJCY METALU	M2 (36-49)	13	00:56:08.00	00:56:08.00	+00:20:09 (35.9%)	11:56	5 (64.1%)
50	RAMOTOWSKI Marcin	172		M2 (36-49)	14	00:56:44.00	00:56:44.00	+00:20:45 (36.6%)	12:04	5 (64.1%)
51	MUCHA Agnieszka	28		K2 (36-49)	5	00:56:58.00	00:56:58.00	+00:20:59 (36.8%)	12:07	5 (64.1%)
52	LUBOS Dawid	162		M2 (36-49)	15	00:57:14.00	00:57:14.00	+00:21:15 (37.1%)	12:10	4.9 (62.8%)
53	MYSIURA Adam	59	#ADAMCZERWIŃSKITEAM	M2 (36-49)	16	00:57:16.00	00:57:16.00	+00:21:17 (37.2%)	12:11	4.9 (62.8%)
54	MAŚLANKA Ewa	167		K2 (36-49)	6	00:57:50.00	00:57:50.00	+00:21:51 (37.8%)	12:18	4.9 (62.8%)
55	KUKLA Grzegorz	178		M3 (50+)	7	00:58:14.00	00:58:14.00	+00:22:15 (38.2%)	12:23	4.8 (61.5%)
56	MACIEJEWSKI Marek	61	TRUCHTACZ MYSŁOWICE	M3 (50+)	8	00:58:17.00	00:58:17.00	+00:22:18 (38.3%)	12:24	4.8 (61.5%)
57	WIEWIÓRA Piotr	155	AKRIWOS	M2 (36-49)	17	00:58:29.00	00:58:29.00	+00:22:30 (38.5%)	12:26	4.8 (61.5%)
58	BISKUP Paweł	150		M2 (36-49)	18	00:59:00.00	00:59:00.00	+00:23:01 (39.0%)	12:33	4.8 (61.5%)
59	BIAŁEK Paweł	14		M2 (36-49)	19	00:59:37.00	00:59:37.00	+00:23:38 (39.6%)	12:41	4.7 (60.3%)
60	BORYCZKA Szymon	127		M2 (36-49)	20	00:59:44.00	00:59:44.00	+00:23:45 (39.8%)	12:42	4.7 (60.3%)
61	WITAS Jacek	191		M2 (36-49)	21	01:00:01.00	01:00:01.00	+00:24:02 (40.0%)	12:46	4.7 (60.3%)
62	GRACÍK Vlastimil	209		M2 (36-49)	22	01:00:17.00	01:00:17.00	+00:24:18 (40.3%)	12:49	4.7 (60.3%)
63	KSIĘŻYK Anna	95		K2 (36-49)	7	01:00:37.00	01:00:37.00	+00:24:38 (40.6%)	12:53	4.7 (60.3%)
64	OLEJARNIK Łukasz	110		M1 (18-35)	24	01:00:45.00	01:00:45.00	+00:24:46 (40.8%)	12:55	4.6 (59.0%)
65	RYNDUCH Renata	32		K2 (36-49)	8	01:01:05.00	01:01:05.00	+00:25:06 (41.1%)	12:59	4.6 (59.0%)
66	LOSKA Tomasz	19		M1 (18-35)	25	01:01:08.00	01:01:08.00	+00:25:09 (41.1%)	13:00	4.6 (59.0%)
67	GÓRAK Piotr	10	#DIABLAK120	M2 (36-49)	23	01:01:11.00	01:01:11.00	+00:25:12 (41.2%)	13:01	4.6 (59.0%)
68	OCZKOWSKI Mateusz	24	GRUPA BIEGOWA CHTMO	M2 (36-49)	24	01:01:34.00	01:01:34.00	+00:25:35 (41.6%)	13:05	4.6 (59.0%)
69	DOBOSZ Artur	117		M2 (36-49)	25	01:01:49.00	01:01:49.00	+00:25:50 (41.8%)	13:09	4.6 (59.0%)
70	DOBOSZ Mariusz	116	ROZBIEGANY BALIN	M2 (36-49)	26	01:01:57.00	01:01:57.00	+00:25:58 (41.9%)	13:10	4.6 (59.0%)
71	TRELA Jacek	152	AZS AWF KRAKÓW MASTERS	M3 (50+)	9	01:02:00.00	01:02:00.00	+00:26:01 (42.0%)	13:11	4.5 (57.7%)
72	BAŃKOSZ Kinga	186		K1 (18-35)	4	01:02:04.00	01:02:04.00	+00:26:05 (42.0%)	13:12	4.5 (57.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						netto 4.7km	brutto 4.7km			
73	OROCZ Dawid	188		M1 (18-35)	26	01:02:17.00	01:02:17.00	+00:26:18 (42.2%)	13:15	4.5 (57.7%)
74	GANCZEWSKI Paweł	25		M3 (50+)	10	01:02:47.00	01:02:47.00	+00:26:48 (42.7%)	13:21	4.5 (57.7%)
75	CIEŚLIK Mateusz	101	TEAM APK	M1 (18-35)	27	01:03:11.00	01:03:11.00	+00:27:12 (43.0%)	13:26	4.5 (57.7%)
76	NAWROT Waldek	98	J U V E R U N	M2 (36-49)	27	01:03:27.00	01:03:27.00	+00:27:28 (43.3%)	13:30	4.4 (56.4%)
77	PALEJ Janusz	146	J&J	M2 (36-49)	28	01:03:29.00	01:03:29.00	+00:27:30 (43.3%)	13:30	4.4 (56.4%)
78	GACH-MICHALSKA Justyna	9		K2 (36-49)	9	01:03:34.00	01:03:34.00	+00:27:35 (43.4%)	13:31	4.4 (56.4%)
79	SKWAREK Grzegorz	112		M2 (36-49)	29	01:03:53.00	01:03:53.00	+00:27:54 (43.7%)	13:35	4.4 (56.4%)
80	ZACHARA Kamil	179		M1 (18-35)	28	01:04:01.00	01:04:01.00	+00:28:02 (43.8%)	13:37	4.4 (56.4%)
81	CHMIELEWSKI Maciej	58		M2 (36-49)	30	01:04:36.00	01:04:36.00	+00:28:37 (44.3%)	13:44	4.4 (56.4%)
82	TYBOŃ Maciej	26		M1 (18-35)	29	01:04:38.00	01:04:38.00	+00:28:39 (44.3%)	13:45	4.4 (56.4%)
83	HOŁUJ Andrzej	49		M3 (50+)	11	01:04:49.00	01:04:49.00	+00:28:50 (44.5%)	13:47	4.4 (56.4%)
84	MILER Robert	64		M2 (36-49)	31	01:05:16.00	01:05:16.00	+00:29:17 (44.9%)	13:53	4.3 (55.1%)
85	KOCZENASZ Mariusz	151		M2 (36-49)	32	01:05:19.00	01:05:19.00	+00:29:20 (44.9%)	13:53	4.3 (55.1%)
86	SERAFIN Krzysztof	16		M2 (36-49)	33	01:05:23.00	01:05:23.00	+00:29:24 (45.0%)	13:54	4.3 (55.1%)
87	OROCZ Magdalena	189		K1 (18-35)	5	01:05:48.00	01:05:48.00	+00:29:49 (45.3%)	14:00	4.3 (55.1%)
88	ŻBIK Agnieszka	92	HAGER SPORT TEAM	K2 (36-49)	10	01:05:53.00	01:05:53.00	+00:29:54 (45.4%)	14:01	4.3 (55.1%)
89	ŻUREK Dariusz	106		M1 (18-35)	30	01:05:55.00	01:05:55.00	+00:29:56 (45.4%)	14:01	4.3 (55.1%)
90	SAŁACIAK Jakub	118		M1 (18-35)	31	01:06:10.00	01:06:10.00	+00:30:11 (45.6%)	14:04	4.3 (55.1%)
91	CIASTOŃ Bartłomiej	100	OLA&BARTLO	M2 (36-49)	34	01:06:29.00	01:06:29.00	+00:30:30 (45.9%)	14:08	4.2 (53.8%)
92	PAJOR-LESZCZYŃSKA Aleksandra	128	OLA&BARTLO	K2 (36-49)	11	01:06:31.00	01:06:31.00	+00:30:32 (45.9%)	14:09	4.2 (53.8%)
93	GABRYŚ Arkadiusz	163		M2 (36-49)	35	01:06:40.00	01:06:40.00	+00:30:41 (46.0%)	14:11	4.2 (53.8%)
94	SKOCZYLAS Piotr	142	ENDURANCE TEAM	M2 (36-49)	36	01:06:56.00	01:06:56.00	+00:30:57 (46.2%)	14:14	4.2 (53.8%)
95	CZAPCZYK Adrian	73		M2 (36-49)	37	01:07:11.00	01:07:11.00	+00:31:12 (46.4%)	14:17	4.2 (53.8%)
96	PARZNIEWSKI Maciej	55	TOWARZYSTWO TURYSTYCZNE AKS POLONIA WARSZAWA	M2 (36-49)	38	01:07:31.00	01:07:31.00	+00:31:32 (46.7%)	14:21	4.2 (53.8%)
97	CISZAK Wojtek	43		M2 (36-49)	39	01:07:54.00	01:07:54.00	+00:31:55 (47.0%)	14:26	4.2 (53.8%)
98	SAŁACIAK Bartłomiej	119		M1 (18-35)	32	01:08:18.00	01:08:18.00	+00:32:19 (47.3%)	14:31	4.1 (52.6%)
99	SOWIŃSKI Dariusz	29	SOWSTOL	M2 (36-49)	40	01:09:06.00	01:09:06.00	+00:33:07 (47.9%)	14:42	4.1 (52.6%)
100	PAPIERZ Justyna	48	NBRC	K2 (36-49)	12	01:09:25.00	01:09:25.00	+00:33:26 (48.2%)	14:46	4.1 (52.6%)
101	KADYK Łukasz	50	CEZAR	M2 (36-49)	41	01:09:28.00	01:09:28.00	+00:33:29 (48.2%)	14:46	4.1 (52.6%)
102	MILER Urszula	65	KBKS RADOMSKO	K2 (36-49)	13	01:09:57.00	01:09:57.00	+00:33:58 (48.6%)	14:52	4 (51.3%)
103	SERWADCZAK Piotr	124	P+E	M3 (50+)	12	01:10:03.00	01:10:03.00	+00:34:04 (48.6%)	14:54	4 (51.3%)
104	STANISZEWSKI Rafał	23	TURBODZIKI	M2 (36-49)	42	01:10:06.00	01:10:06.00	+00:34:07 (48.7%)	14:54	4 (51.3%)
105	GAWLIKOWSKA Agnieszka	123		K1 (18-35)	6	01:10:08.00	01:10:08.00	+00:34:09 (48.7%)	14:55	4 (51.3%)
106	MOKRZYCKA Weronika	79		K2 (36-49)	14	01:10:29.00	01:10:29.00	+00:34:30 (48.9%)	14:59	4 (51.3%)
106	SKAŁOŃ Robert	161		M1 (18-35)	33	01:10:29.00	01:10:29.00	+00:34:30 (48.9%)	14:59	4 (51.3%)
108	KONSTAŃCZAK Joanna	72		K2 (36-49)	15	01:10:34.00	01:10:34.00	+00:34:35 (49.0%)	15:00	4 (51.3%)
109	GŁOWACKA-PRUS Dorota	206	#ADAMCZERWIŃSKITEAM	K2 (36-49)	16	01:10:39.00	01:10:39.00	+00:34:40 (49.1%)	15:01	4 (51.3%)
110	ŁAWNICZAK-CIELIŃSKA Dorota	173		K2 (36-49)	17	01:11:02.00	01:11:02.00	+00:35:03 (49.3%)	15:06	4 (51.3%)
111	HNATIUK Mateusz	164		M1 (18-35)	34	01:11:19.00	01:11:19.00	+00:35:20 (49.5%)	15:10	4 (51.3%)
112	KUKLA Katarzyna	177		K2 (36-49)	18	01:11:49.00	01:11:49.00	+00:35:50 (49.9%)	15:16	3.9 (50.0%)
113	MUSIOLIK Sylwia	122		K2 (36-49)	19	01:11:56.00	01:11:56.00	+00:35:57 (50.0%)	15:18	3.9 (50.0%)
114	ZIAJA Robert	109	ROBERT ALKOHOLIK	M2 (36-49)	43	01:12:21.00	01:12:21.00	+00:36:22 (50.3%)	15:23	3.9 (50.0%)
115	KAŻMIROWICZ Basia	71	PRACOWNIA PROJEKTOWA ZZM	K2 (36-49)	20	01:12:35.00	01:12:35.00	+00:36:36 (50.4%)	15:26	3.9 (50.0%)
116	BYTOMSKA-MACIEJEWSKA. Grażyna	62		K3 (50+)	1	01:13:45.00	01:13:45.00	+00:37:46 (51.2%)	15:41	3.8 (48.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 4.7km	Czas brutto 4.7km	Różn	Tempo min/km	Tempo km/h
117	MOCZKO Ola	63		K2 (36-49)	21	01:14:16.00	01:14:16.00	+00:38:17 (51.5%)	15:48	3.8 (48.7%)
118	KSIĘŻYK Mirosław	96		M2 (36-49)	44	01:14:29.00	01:14:29.00	+00:38:30 (51.7%)	15:50	3.8 (48.7%)
119	ISKRAK Izabela	4		K2 (36-49)	22	01:14:41.00	01:14:41.00	+00:38:42 (51.8%)	15:53	3.8 (48.7%)
120	BAJOŁEK Aleksandra	212	AZS AWF KRAKÓW MASTERS	K3 (50+)	2	01:14:44.00	01:14:44.00	+00:38:45 (51.9%)	15:54	3.8 (48.7%)
121	BUCZAK Wojciech	160		M1 (18-35)	35	01:14:48.00	01:14:48.00	+00:38:49 (51.9%)	15:54	3.8 (48.7%)
122	GŁUSZKOWSKA Monika	131		K3 (50+)	3	01:14:57.00	01:14:57.00	+00:38:58 (52.0%)	15:56	3.8 (48.7%)
123	DOMBEK Andrzej	84	BIEGAMYŚŁOWICE	M3 (50+)	13	01:15:01.00	01:15:01.00	+00:39:02 (52.0%)	15:57	3.8 (48.7%)
124	KAMIŃSKA Krystyna	78	BIEGAMYŚŁOWICE	K3 (50+)	4	01:15:14.00	01:15:14.00	+00:39:15 (52.2%)	16:00	3.7 (47.4%)
125	MENDREK Ireneusz	40	TURBODZIKI	M2 (36-49)	45	01:15:54.00	01:15:54.00	+00:39:55 (52.6%)	16:08	3.7 (47.4%)
126	DUMAŃSKA Iwona	33		K2 (36-49)	23	01:15:57.00	01:15:57.00	+00:39:58 (52.6%)	16:09	3.7 (47.4%)
127	HANDY Samanta	87	POWOLI DO CELU	K1 (18-35)	7	01:16:38.00	01:16:38.00	+00:40:39 (53.0%)	16:18	3.7 (47.4%)
128	GRUSZKA Marian	90	TRUCHTACZ MYŚŁOWICE	M3 (50+)	14	01:17:02.00	01:17:02.00	+00:41:03 (53.3%)	16:23	3.7 (47.4%)
129	MAJEWSKI Dominik	103	TEAM APK	M1 (18-35)	36	01:17:05.00	01:17:05.00	+00:41:06 (53.3%)	16:24	3.7 (47.4%)
130	CZAJKOWSKI Stefan	102	TEAM APK	M1 (18-35)	37	01:18:01.00	01:18:01.00	+00:42:02 (53.9%)	16:35	3.6 (46.2%)
131	KACZMARCZYK Dorota	15	AZS AWF KRAKÓW MASTERS	K2 (36-49)	24	01:18:07.00	01:18:07.00	+00:42:08 (53.9%)	16:37	3.6 (46.2%)
132	PRZYBYSZ Aneta	85		K2 (36-49)	25	01:20:42.00	01:20:42.00	+00:44:43 (55.4%)	17:10	3.5 (44.9%)
133	ŚLÓSARCZYK Jakub	166	SS RUNNING CLUB	M2 (36-49)	46	01:20:50.00	01:20:50.00	+00:44:51 (55.5%)	17:11	3.5 (44.9%)
134	SYPKO-MARCINISZYN Magdalena	175		K2 (36-49)	26	01:21:03.00	01:21:03.00	+00:45:04 (55.6%)	17:14	3.5 (44.9%)
135	KUTYŁA Marek	176		M2 (36-49)	47	01:21:06.00	01:21:06.00	+00:45:07 (55.6%)	17:15	3.5 (44.9%)
136	KRASZEWSKA Renata	88	AZS AWF KRAKÓW MASTERS	K3 (50+)	5	01:21:30.00	01:21:30.00	+00:45:31 (55.8%)	17:20	3.5 (44.9%)
137	OSIKA Aleksandra	3		K1 (18-35)	8	01:22:02.00	01:22:02.00	+00:46:03 (56.1%)	17:27	3.4 (43.6%)
138	NAWROT Magdalena	181	J U V E R U N	K2 (36-49)	27	01:22:29.00	01:22:29.00	+00:46:30 (56.4%)	17:32	3.4 (43.6%)
139	DOROBISZ Magdalena	81	#DIABLAK120	K2 (36-49)	28	01:23:06.00	01:23:06.00	+00:47:07 (56.7%)	17:40	3.4 (43.6%)
140	KLIŚ Dawid	144		M1 (18-35)	38	01:23:46.00	01:23:46.00	+00:47:47 (57.0%)	17:49	3.4 (43.6%)
141	WILCZYŃSKA-KOGUT Aleksandra	143	BANDA Z POLUDNIA	K2 (36-49)	29	01:24:12.00	01:24:12.00	+00:48:13 (57.3%)	17:54	3.3 (42.3%)
142	IWASZKO Paweł	45		M2 (36-49)	48	01:24:40.00	01:24:40.00	+00:48:41 (57.5%)	18:00	3.3 (42.3%)
143	OCHALSKI Grzegorz	86		M2 (36-49)	49	01:25:21.00	01:25:21.00	+00:49:22 (57.8%)	18:09	3.3 (42.3%)
144	ROCZNIAK Klara	141		K1 (18-35)	9	01:25:56.00	01:25:56.00	+00:49:57 (58.1%)	18:17	3.3 (42.3%)
145	KIM Renata	130		K3 (50+)	6	01:26:54.00	01:26:54.00	+00:50:55 (58.6%)	18:29	3.2 (41.0%)
146	RADKOWSKI Michał	44		M2 (36-49)	50	01:27:08.00	01:27:08.00	+00:51:09 (58.7%)	18:32	3.2 (41.0%)
147	DERDA Joanna	134		K3 (50+)	7	01:27:15.00	01:27:15.00	+00:51:16 (58.8%)	18:33	3.2 (41.0%)
148	MACIĄGA Magda	136		K2 (36-49)	30	01:27:26.00	01:27:26.00	+00:51:27 (58.8%)	18:36	3.2 (41.0%)
149	SANKOWSKA Monika	135		K2 (36-49)	31	01:27:44.00	01:27:44.00	+00:51:45 (59.0%)	18:40	3.2 (41.0%)
150	STASICA Monika	83		K2 (36-49)	32	01:28:16.00	01:28:16.00	+00:52:17 (59.2%)	18:46	3.2 (41.0%)
151	OLEŃSKA Agnieszka	42	SIOSTRY MADIZAR	K1 (18-35)	10	01:29:16.00	01:29:16.00	+00:53:17 (59.7%)	18:59	3.2 (41.0%)
152	DOMOWICZ Monika	201		K2 (36-49)	33	01:29:53.00	01:29:53.00	+00:53:54 (60.0%)	19:07	3.1 (39.7%)
153	WILANOWSKA Alicja	139	-	K2 (36-49)	34	01:29:56.00	01:29:56.00	+00:53:57 (60.0%)	19:08	3.1 (39.7%)
154	HOŁUJ Barbara	51		K3 (50+)	8	01:30:22.00	01:30:22.00	+00:54:23 (60.2%)	19:13	3.1 (39.7%)
155	ADAMEK Paweł	147	ADAMEK.SHOP.PL	M3 (50+)	15	01:31:15.00	01:31:15.00	+00:55:16 (60.6%)	19:24	3.1 (39.7%)
156	SEWERYN Rafał	148	ADAMEK.SHOP.PL	M3 (50+)	16	01:31:17.00	01:31:17.00	+00:55:18 (60.6%)	19:25	3.1 (39.7%)
157	WOJTOWICZ Karolina	54	SIOSTRY MADIZAR	K2 (36-49)	35	01:31:29.00	01:31:29.00	+00:55:30 (60.7%)	19:27	3.1 (39.7%)
158	OKSIENIUK Marcin	22	TURBODZIKI	M2 (36-49)	51	01:32:59.00	01:32:59.00	+00:57:00 (61.3%)	19:47	3 (38.5%)
159	STRZELCZYK Edyta	125	P+E	K3 (50+)	9	01:35:46.00	01:35:46.00	+00:59:47 (62.4%)	20:22	2.9 (37.2%)
160	GLIŃSKA Renata	132		K2 (36-49)	36	01:35:55.00	01:35:55.00	+00:59:56 (62.5%)	20:24	2.9 (37.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 4.7km	Czas brutto 4.7km	Różn	Tempo min/km	Tempo km/h
161	PALEJ Justyna	145	J&J	K2 (36-49)	37	01:36:17.00	01:36:17.00	+01:00:18 (62.6%)	20:29	2.9 (37.2%)
162	DZIURZYŃSKA Ulka	57	VEGE RUNNERS	K2 (36-49)	38	01:38:02.00	01:38:02.00	+01:02:03 (63.3%)	20:51	2.9 (37.2%)
163	PAWLAK Roman	157		M2 (36-49)	52	01:38:23.00	01:38:23.00	+01:02:24 (63.4%)	20:55	2.9 (37.2%)
164	DZIEMIERA Daniel	156		M2 (36-49)	53	01:38:25.00	01:38:25.00	+01:02:26 (63.4%)	20:56	2.9 (37.2%)
165	PRUSZKOWSKA-OPARA Elwira	46		K2 (36-49)	39	01:39:32.00	01:39:32.00	+01:03:33 (63.8%)	21:10	2.8 (35.9%)
166	STAMM Paulina	107		K2 (36-49)	40	01:40:08.00	01:40:08.00	+01:04:09 (64.1%)	21:18	2.8 (35.9%)
167	RATAJCZAK Weronika	204		K1 (18-35)	11	01:42:06.00	01:42:06.00	+01:06:07 (64.8%)	21:43	2.8 (35.9%)
168	JĘDRZEJEWSKA Dominika	47		K2 (36-49)	41	01:43:46.00	01:43:46.00	+01:07:47 (65.3%)	22:04	2.7 (34.6%)
169	KOSIOREK Elżbieta	82		K2 (36-49)	42	01:44:16.00	01:44:16.00	+01:08:17 (65.5%)	22:11	2.7 (34.6%)
170	BENEDYCZUK Kornelia	80		K1 (18-35)	12	01:44:17.00	01:44:17.00	+01:08:18 (65.5%)	22:11	2.7 (34.6%)
171	SZALIŃSKA Magdalena	77		K2 (36-49)	43	01:50:18.00	01:50:18.00	+01:14:19 (67.4%)	23:28	2.6 (33.3%)
172	POTOCZNY Lidia	76		K1 (18-35)	13	01:50:21.00	01:50:21.00	+01:14:22 (67.4%)	23:28	2.6 (33.3%)
173	MALEC Katarzyna	666	ULTRA BABIA TEAM	K2 (36-49)	44	01:59:32.00	01:59:32.00	+01:23:33 (69.9%)	25:25	2.4 (30.8%)

Znaleziono 173 wynik(ów)