

# ZADYMA 2019

B4SPORT



**Wydarzenie:** ZAMIEĆ 2019 24h na Skrzyczne  
**Organizator:** FUNDACJA AKTYWNE BESKIDY  
**Data:** 2019-01-26  
**Miejsce:** Szczyrk  
**Dystans:** 13.5 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Skrzyczne 7.5km	Czas netto 13.5km	Czas brutto 13.5km	Różn	Tempo min/km	Tempo km/h
1	MIKLER Joachim	383		OPEN M	1	01:09:28	<b>02:09:57.30</b>	<b>02:09:59.55</b>		9:37	6.2 (100%)
2	STOPA Michał	279		OPEN M	2	01:16:11	<b>02:12:18.05</b>	<b>02:12:19.45</b>	+00:02:19 (1.8%)	9:48	6.1 (98.4%)
3	KUBACZKA Grzegorz	457		OPEN M	3	01:13:15	<b>02:12:47.00</b>	<b>02:12:48.85</b>	+00:02:49 (2.1%)	9:50	6.1 (98.4%)
4	GRUBKA Bartosz	333	PASSIONBIKE OŚWIĘCIM	OPEN M	4		<b>02:14:35.30</b>	<b>02:14:36.85</b>	+00:04:37 (3.4%)	9:58	6 (96.8%)
5	BROJ Marcel	308	BROJ TEAM ŻLINICE	OPEN M	5	01:15:36	<b>02:15:56.15</b>	<b>02:15:58.65</b>	+00:05:59 (4.4%)	10:04	6 (96.8%)
6	SIKORA Mieczysław	422		OPEN M	6	01:14:51	<b>02:22:05.00</b>	<b>02:22:06.40</b>	+00:12:06 (8.5%)	10:31	5.7 (91.9%)
7	DANIEL Piotr	316		OPEN M	7	01:17:49	<b>02:22:39.20</b>	<b>02:22:42.00</b>	+00:12:42 (8.9%)	10:34	5.7 (91.9%)
8	STEC Jakub	424	DECATHLON BIELSKO-BIAŁA	OPEN M	8	01:22:01	<b>02:26:56.50</b>	<b>02:26:58.70</b>	+00:16:59 (11.6%)	10:53	5.5 (88.7%)
9	HAZUKA Ireneusz	335		OPEN M	9	01:20:04	<b>02:27:40.55</b>	<b>02:27:46.05</b>	+00:17:46 (12.0%)	10:56	5.5 (88.7%)
10	JURASZEK Mariusz	453		OPEN M	10	01:26:24	<b>02:28:18.75</b>	<b>02:28:23.45</b>	+00:18:23 (12.4%)	10:59	5.5 (88.7%)
11	MIKOŁAJCZYK Mirosław	384	MIRAZ RACE TEAM	OPEN M	11	01:25:52	<b>02:31:00.75</b>	<b>02:31:02.90</b>	+00:21:03 (13.9%)	11:11	5.4 (87.1%)
12	SZCZUREK Marcin	427		OPEN M	12	01:21:33	<b>02:32:35.45</b>	<b>02:32:38.90</b>	+00:22:39 (14.8%)	11:18	5.3 (85.5%)
13	HAJTO Dominik	275		OPEN M	13	01:27:18	<b>02:35:08.05</b>	<b>02:35:10.60</b>	+00:25:11 (16.2%)	11:29	5.2 (83.9%)
14	KOTYRBA Tomasz	575		OPEN M	14	01:35:17	<b>02:37:43.75</b>	<b>02:37:50.15</b>	+00:27:50 (17.6%)	11:41	5.1 (82.3%)
15	GÓRNIAK Andreas	458		OPEN M	15	01:27:11	<b>02:43:32.20</b>	<b>02:43:35.15</b>	+00:33:35 (20.5%)	12:06	5 (80.6%)
16	MISZTAL Kamil	387		OPEN M	16	01:34:18	<b>02:46:11.90</b>	<b>02:46:17.55</b>	+00:36:18 (21.8%)	12:18	4.9 (79.0%)
17	WASIELEWSKI Michał	450	ATLAS WARD	OPEN M	17	01:34:40	<b>02:46:15.50</b>	<b>02:46:19.45</b>	+00:36:19 (21.8%)	12:18	4.9 (79.0%)
18	KOPSZAK Piotr	454		OPEN M	18	01:35:05	<b>02:47:18.05</b>	<b>02:47:20.85</b>	+00:37:21 (22.3%)	12:23	4.8 (77.4%)
19	SAMORAŃSKI Samorański	420	MUYA RUNNING TEAM	OPEN M	19	01:35:41	<b>02:47:32.95</b>	<b>02:47:36.60</b>	+00:37:37 (22.4%)	12:24	4.8 (77.4%)
20	GREŃ Wacław	330	HUSARIA RACE TEAM	OPEN M	20	01:34:40	<b>02:48:46.75</b>	<b>02:48:53.15</b>	+00:38:53 (23.0%)	12:30	4.8 (77.4%)
21	SZLĘZAK Edward	429	EWELINA RUNNERS	OPEN M	21	01:36:01	<b>02:49:01.25</b>	<b>02:49:06.75</b>	+00:39:07 (23.1%)	12:31	4.8 (77.4%)
22	SOBOLA Grzegorz	423	4DRINKI	OPEN M	22	01:35:52	<b>02:50:40.40</b>	<b>02:50:43.85</b>	+00:40:44 (23.9%)	12:38	4.7 (75.8%)
23	PSZCZOŁA Marcin	414		OPEN M	23	01:35:59	<b>02:51:59.20</b>	<b>02:52:01.45</b>	+00:42:01 (24.4%)	12:44	4.7 (75.8%)
24	MAGNUCKI Adam	370		OPEN M	24	01:35:42	<b>02:55:58.10</b>	<b>02:55:58.10</b>	+00:45:58 (26.1%)	13:02	4.6 (74.2%)
25	MIREK Szczepan	386		OPEN M	25	01:35:40	<b>02:55:51.90</b>	<b>02:55:58.95</b>	+00:45:59 (26.1%)	13:01	4.6 (74.2%)
26	ANCZYKOWSKI Nikodem	302	WARSZTAT FORMY	OPEN M	26	01:35:28	<b>02:57:12.25</b>	<b>02:57:19.25</b>	+00:47:19 (26.7%)	13:07	4.6 (74.2%)
27	HALEJCIO Krzysztof	334		OPEN M	27	01:35:47	<b>02:57:12.50</b>	<b>02:57:19.35</b>	+00:47:19 (26.7%)	13:07	4.6 (74.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Skrzyczne 7.5km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 13.5km	brutto 13.5km			
28	<b>MIECH Szymon</b>	<b>381</b>	HUSARIA RACE TEAM	OPEN M	28	01:35:50	<b>02:58:35.70</b>	<b>02:58:42.75</b>	+00:48:43 (27.3%)	13:13	4.5 (72.6%)
29	<b>WOŹNIAK Przemysław</b>	<b>445</b>		OPEN M	29	01:46:19	<b>02:59:19.30</b>	<b>02:59:27.55</b>	+00:49:28 (27.6%)	13:16	4.5 (72.6%)
30	<b>SKORUPA Adam</b>	<b>456</b>		OPEN M	30	01:48:44	<b>02:59:22.75</b>	<b>02:59:29.45</b>	+00:49:29 (27.6%)	13:17	4.5 (72.6%)
31	<b>REDZIK Dorota</b>	<b>417</b>	ENDURANCE TEAM	OPEN K	1	01:46:39	<b>03:00:25.00</b>	<b>03:00:27.75</b>	+00:50:28 (28.0%)	13:21	4.5 (72.6%)
32	<b>OLBRICH Artur</b>	<b>400</b>		OPEN M	31	01:34:57	<b>03:01:43.05</b>	<b>03:01:44.90</b>	+00:51:45 (28.5%)	13:27	4.5 (72.6%)
33	<b>MICHALSKI Tomek</b>	<b>379</b>		OPEN M	32	01:34:49	<b>03:04:31.15</b>	<b>03:04:36.15</b>	+00:54:36 (29.6%)	13:40	4.4 (71.0%)
34	<b>PIECZARKA Szymon</b>	<b>407</b>		OPEN M	33	01:55:23	<b>03:04:42.00</b>	<b>03:04:42.00</b>	+00:54:42 (29.6%)	13:40	4.4 (71.0%)
35	<b>TRĄBA Tomasz</b>	<b>451</b>	ASC	OPEN M	34	01:48:15	<b>03:04:48.40</b>	<b>03:04:55.70</b>	+00:54:56 (29.7%)	13:41	4.4 (71.0%)
36	<b>DZIEGUĆ Piotr</b>	<b>319</b>		OPEN M	35	01:50:35	<b>03:05:00.70</b>	<b>03:05:00.70</b>	+00:55:01 (29.7%)	13:42	4.4 (71.0%)
37	<b>ŁOBODA Marcin</b>	<b>368</b>	ŚWIRY STELA	OPEN M	36	01:49:28	<b>03:06:53.45</b>	<b>03:07:07.70</b>	+00:57:08 (30.5%)	13:50	4.3 (69.4%)
38	<b>JACEK Natalia</b>	<b>455</b>		OPEN K	2	01:50:44	<b>03:07:02.25</b>	<b>03:07:08.75</b>	+00:57:09 (30.5%)	13:51	4.3 (69.4%)
39	<b>PALICOVA Nikola</b>	<b>280</b>		OPEN K	3	01:50:24	<b>03:07:07.00</b>	<b>03:07:12.60</b>	+00:57:13 (30.6%)	13:51	4.3 (69.4%)
40	<b>PIRONKA Denis</b>	<b>281</b>		OPEN M	37	01:49:56	<b>03:07:07.15</b>	<b>03:07:12.65</b>	+00:57:13 (30.6%)	13:51	4.3 (69.4%)
41	<b>JĘDRUCH Marcin</b>	<b>341</b>	FIREEAGLES	OPEN M	38	01:46:27	<b>03:07:05.40</b>	<b>03:07:13.35</b>	+00:57:13 (30.6%)	13:51	4.3 (69.4%)
42	<b>TABIŚ Sebastian</b>	<b>459</b>		OPEN M	39	01:48:59	<b>03:08:22.40</b>	<b>03:08:30.80</b>	+00:58:31 (31.0%)	13:57	4.3 (69.4%)
43	<b>NIEWIADOMSKI Artur</b>	<b>470</b>		OPEN M	40	01:47:20	<b>03:08:41.20</b>	<b>03:08:47.15</b>	+00:58:47 (31.1%)	13:58	4.3 (69.4%)
44	<b>JAGIELSKI Piotr</b>	<b>338</b>		OPEN M	41	01:52:37	<b>03:10:10.65</b>	<b>03:10:13.40</b>	+01:00:13 (31.7%)	14:05	4.3 (69.4%)
45	<b>PRZYBYŁA Amadeusz</b>	<b>411</b>	4DRINKI	OPEN M	42	01:50:17	<b>03:11:32.70</b>	<b>03:11:37.65</b>	+01:01:38 (32.2%)	14:11	4.2 (67.7%)
46	<b>HEJNA Kamil</b>	<b>452</b>		OPEN M	43	01:50:32	<b>03:11:32.40</b>	<b>03:11:37.90</b>	+01:01:38 (32.2%)	14:11	4.2 (67.7%)
47	<b>URBAŃSKI Maciej</b>	<b>438</b>		OPEN M	44	01:54:17	<b>03:11:52.40</b>	<b>03:12:03.00</b>	+01:02:03 (32.3%)	14:12	4.2 (67.7%)
48	<b>TARGOSZ Piotr</b>	<b>433</b>	HARDRIVER TEAM	OPEN M	45	01:50:40	<b>03:12:49.25</b>	<b>03:12:57.00</b>	+01:02:57 (32.6%)	14:17	4.2 (67.7%)
49	<b>MALADA Łukasz</b>	<b>468</b>		OPEN M	46	01:48:48	<b>03:13:52.90</b>	<b>03:13:57.60</b>	+01:03:58 (33.0%)	14:21	4.2 (67.7%)
50	<b>JUZOF Arkadiusz</b>	<b>344</b>		OPEN M	47	01:52:18	<b>03:13:59.00</b>	<b>03:14:17.35</b>	+01:04:17 (33.1%)	14:22	4.2 (67.7%)
51	<b>POLAK Rafał</b>	<b>409</b>	KĘTY	OPEN M	48	01:49:12	<b>03:14:50.00</b>	<b>03:14:54.65</b>	+01:04:55 (33.3%)	14:25	4.2 (67.7%)
52	<b>JELONEK Lukas</b>	<b>340</b>	EKOTECH TRIATHLON	OPEN M	49	01:46:55	<b>03:15:56.40</b>	<b>03:16:00.95</b>	+01:06:01 (33.7%)	14:30	4.1 (66.1%)
53	<b>KURSA Marcin</b>	<b>363</b>		OPEN M	50	01:58:41	<b>03:16:27.15</b>	<b>03:16:44.90</b>	+01:06:45 (33.9%)	14:33	4.1 (66.1%)
54	<b>TOKARZ Paweł</b>	<b>434</b>	BYĆ JAK PANTOKRATOR	OPEN M	51	01:58:55	<b>03:17:46.00</b>	<b>03:17:46.00</b>	+01:07:46 (34.3%)	14:38	4.1 (66.1%)
55	<b>SZOŁTYSIAK Rafał</b>	<b>469</b>		OPEN M	52	01:49:30	<b>03:18:04.70</b>	<b>03:18:09.95</b>	+01:08:10 (34.4%)	14:40	4.1 (66.1%)
56	<b>ŻUREK Rafał</b>	<b>449</b>	4DRINKI	OPEN M	53	01:55:14	<b>03:18:16.90</b>	<b>03:18:21.35</b>	+01:08:21 (34.5%)	14:41	4.1 (66.1%)
57	<b>ROCH Marcin</b>	<b>272</b>		OPEN M	54	01:46:47	<b>03:18:26.05</b>	<b>03:18:31.95</b>	+01:08:32 (34.5%)	14:41	4.1 (66.1%)
58	<b>ZIEMIŃSKI Tomasz</b>	<b>685</b>	ŚWIRY STELA	OPEN M	55	01:52:33	<b>03:19:27.95</b>	<b>03:19:43.15</b>	+01:09:43 (34.9%)	14:46	4.1 (66.1%)
59	<b>REKIEĆ Kaja</b>	<b>418</b>		OPEN K	4	01:58:57	<b>03:19:39.85</b>	<b>03:19:44.50</b>	+01:09:44 (34.9%)	14:47	4.1 (66.1%)
60	<b>KRZYSZTOŃ Eliza</b>	<b>359</b>		OPEN K	5	01:55:20	<b>03:19:50.40</b>	<b>03:20:00.30</b>	+01:10:00 (35.0%)	14:48	4.1 (66.1%)
61	<b>KASTELIK Dariusz</b>	<b>348</b>	SPRINTEX TEAM	OPEN M	56	01:50:34	<b>03:20:40.40</b>	<b>03:20:48.00</b>	+01:10:48 (35.3%)	14:51	4 (64.5%)
62	<b>WÓJCIK Jacek</b>	<b>446</b>	KLUB PĘDZĄCEGO ŚLIMAKA	OPEN M	57	02:04:42	<b>03:21:12.45</b>	<b>03:21:25.60</b>	+01:11:26 (35.5%)	14:54	4 (64.5%)
63	<b>GRZYB Karolina</b>	<b>312</b>	RATEL TRI TEAM	OPEN K	6		<b>03:21:27.10</b>	<b>03:21:34.75</b>	+01:11:35 (35.5%)	14:55	4 (64.5%)
64	<b>GECOW Marcin</b>	<b>322</b>		OPEN M	58	01:57:51	<b>03:22:20.95</b>	<b>03:22:33.70</b>	+01:12:34 (35.8%)	14:59	4 (64.5%)
65	<b>NOGA Angelika</b>	<b>396</b>	KĘCKIE HARPAGANY	OPEN K	7	01:50:15	<b>03:22:34.95</b>	<b>03:22:39.30</b>	+01:12:39 (35.9%)	15:00	4 (64.5%)
66	<b>MIĘKIŃSKI Jacek</b>	<b>382</b>	KWIACIARNIA 'LILIA' LIPOWA	OPEN M	59	02:01:20	<b>03:26:40.65</b>	<b>03:26:54.00</b>	+01:16:54 (37.2%)	15:18	3.9 (62.9%)
67	<b>KOŁODZIEJ Aleksandra</b>	<b>353</b>		OPEN K	8	01:59:01	<b>03:27:11.60</b>	<b>03:27:17.75</b>	+01:17:18 (37.3%)	15:20	3.9 (62.9%)
68	<b>PANCERZ Mariusz</b>	<b>402</b>		OPEN M	60	02:01:10	<b>03:27:27.80</b>	<b>03:27:47.10</b>	+01:17:47 (37.4%)	15:22	3.9 (62.9%)
69	<b>KOŁODZIEJCZYK Krzysztof</b>	<b>354</b>		OPEN M	61	02:01:40	<b>03:28:58.85</b>	<b>03:29:11.00</b>	+01:19:11 (37.9%)	15:28	3.9 (62.9%)
70	<b>NAPIERALSKA Natalia</b>	<b>270</b>		OPEN K	9	02:01:10	<b>03:29:50.50</b>	<b>03:30:01.65</b>	+01:20:02 (38.1%)	15:32	3.9 (62.9%)
71	<b>NAPIERALSKI Michał</b>	<b>269</b>		OPEN M	62	02:01:13	<b>03:29:50.10</b>	<b>03:30:02.05</b>	+01:20:02 (38.1%)	15:32	3.9 (62.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Skrzyczne 7.5km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 13.5km	brutto 13.5km			
72	<b>STOŃ Leszek</b>	<b>426</b>	OSIR WAWER	OPEN M	63	01:54:59	<b>03:30:43.95</b>	<b>03:30:49.60</b>	+01:20:50 (38.3%)	15:36	3.8 (61.3%)
73	<b>FRANCZAK Katarzyna</b>	<b>273</b>		OPEN K	10	01:58:42	<b>03:30:52.55</b>	<b>03:30:55.80</b>	+01:20:56 (38.4%)	15:37	3.8 (61.3%)
74	<b>GAMZA Mariusz</b>	<b>321</b>		OPEN M	64	01:53:08	<b>03:31:02.55</b>	<b>03:31:13.00</b>	+01:21:13 (38.5%)	15:38	3.8 (61.3%)
75	<b>ULBRICH Paweł</b>	<b>437</b>		OPEN M	65	02:01:28	<b>03:31:25.25</b>	<b>03:31:36.00</b>	+01:21:36 (38.6%)	15:39	3.8 (61.3%)
76	<b>OSTRY Michał</b>	<b>401</b>		OPEN M	66	02:11:09	<b>03:32:47.95</b>	<b>03:33:01.30</b>	+01:23:01 (39.0%)	15:45	3.8 (61.3%)
77	<b>GORZAWSKI Andrzej</b>	<b>326</b>		OPEN M	67	01:52:47	<b>03:35:03.95</b>	<b>03:35:13.55</b>	+01:25:14 (39.6%)	15:55	3.8 (61.3%)
78	<b>MALEŃSKI Andrzej</b>	<b>271</b>		OPEN M	68	01:59:07	<b>03:35:44.15</b>	<b>03:36:00.65</b>	+01:26:01 (39.8%)	15:58	3.8 (61.3%)
79	<b>GRABOWSKI Łukasz</b>	<b>329</b>		OPEN M	69	01:53:14	<b>03:38:30.45</b>	<b>03:38:39.70</b>	+01:28:40 (40.6%)	16:11	3.7 (59.7%)
80	<b>GÓRECKA Iwona</b>	<b>328</b>		OPEN K	11	02:11:16	<b>03:39:26.25</b>	<b>03:39:37.55</b>	+01:29:38 (40.8%)	16:15	3.7 (59.7%)
81	<b>WROŻYNA Adam</b>	<b>447</b>	PĘDZĄCE ŻÓŁWIE	OPEN M	70	02:01:34	<b>03:42:01.55</b>	<b>03:42:11.65</b>	+01:32:12 (41.5%)	16:26	3.6 (58.1%)
82	<b>KRZEMIĘ Adrian</b>	<b>358</b>	BB RUNNERS	OPEN M	71	02:01:54	<b>03:42:05.45</b>	<b>03:42:12.45</b>	+01:32:12 (41.5%)	16:27	3.6 (58.1%)
83	<b>ODOLIŃSKA Agnieszka</b>	<b>399</b>	PSZCZÓŁKOWSKI TEAM	OPEN K	12	02:09:41	<b>03:45:27.45</b>	<b>03:45:36.60</b>	+01:35:37 (42.4%)	16:42	3.6 (58.1%)
84	<b>ZIEMIŃSKA Patrycja</b>	<b>448</b>	ŚWIRY STELA	OPEN K	13	02:07:42	<b>03:46:20.60</b>	<b>03:46:33.65</b>	+01:36:34 (42.6%)	16:45	3.6 (58.1%)
85	<b>RACZYŃSKA Gosia</b>	<b>416</b>	COCA-COLA RUNNERS	OPEN K	14	02:09:24	<b>03:46:54.70</b>	<b>03:47:02.15</b>	+01:37:02 (42.7%)	16:48	3.6 (58.1%)
86	<b>KUŚ Paweł</b>	<b>364</b>	ŚWIRY STELA	OPEN M	72	02:08:26	<b>03:47:01.60</b>	<b>03:47:16.50</b>	+01:37:16 (42.8%)	16:49	3.6 (58.1%)
87	<b>BANAŚ Justyna</b>	<b>305</b>	ŚWIRY STELA	OPEN K	15	02:07:20	<b>03:47:12.00</b>	<b>03:47:26.65</b>	+01:37:27 (42.8%)	16:49	3.6 (58.1%)
88	<b>BOJDA Brygida</b>	<b>307</b>	ŚWRYSTELA	OPEN K	16	02:07:12	<b>03:47:29.40</b>	<b>03:47:44.40</b>	+01:37:44 (42.9%)	16:51	3.6 (58.1%)
89	<b>CIESLAR Kasia</b>	<b>314</b>		OPEN K	17	02:23:06	<b>03:47:27.70</b>	<b>03:47:54.70</b>	+01:37:55 (43.0%)	16:50	3.6 (58.1%)
90	<b>GOMÓŁKA Beata</b>	<b>325</b>		OPEN K	18	02:11:40	<b>03:47:58.30</b>	<b>03:48:07.10</b>	+01:38:07 (43.0%)	16:53	3.6 (58.1%)
91	<b>HELLER Szymon</b>	<b>336</b>		OPEN M	73	02:05:56	<b>03:48:28.80</b>	<b>03:48:32.15</b>	+01:38:32 (43.1%)	16:55	3.5 (56.5%)
92	<b>NADACY Eliza</b>	<b>393</b>	4DRINKI	OPEN K	19	02:08:52	<b>03:49:04.25</b>	<b>03:49:13.05</b>	+01:39:13 (43.3%)	16:58	3.5 (56.5%)
93	<b>KASPEREK Ryszard</b>	<b>347</b>		OPEN M	74	02:11:42	<b>03:52:05.70</b>	<b>03:52:23.30</b>	+01:42:23 (44.1%)	17:11	3.5 (56.5%)
94	<b>WALUŚ Sandra</b>	<b>324</b>	BB RUNNERS	OPEN K	20	02:14:15	<b>03:52:31.95</b>	<b>03:52:38.75</b>	+01:42:39 (44.1%)	17:13	3.5 (56.5%)
95	<b>BAŁAZY Patryk</b>	<b>372</b>	PGB SPORTOWA PACZKA	OPEN M	75	02:02:46	<b>03:52:20.70</b>	<b>03:52:39.35</b>	+01:42:39 (44.1%)	17:12	3.5 (56.5%)
96	<b>MICHAŁEK Jarosław</b>	<b>380</b>	ONE WAY TICKET	OPEN M	76	02:13:05	<b>03:54:10.15</b>	<b>03:54:13.90</b>	+01:44:14 (44.5%)	17:20	3.5 (56.5%)
97	<b>NIESTOLIK Anna</b>	<b>395</b>	PKO BANK POLSKI	OPEN K	21	02:12:31	<b>03:53:53.95</b>	<b>03:54:19.55</b>	+01:44:20 (44.5%)	17:19	3.5 (56.5%)
98	<b>FERFECKA Barbara</b>	<b>320</b>	ŚWIRY STELA	OPEN K	22	02:12:33	<b>03:57:35.45</b>	<b>03:57:48.95</b>	+01:47:49 (45.3%)	17:35	3.4 (54.8%)
99	<b>ANTONIO PIĄTEK Romano</b>	<b>303</b>	PGB SPORTOWA PACZKA	OPEN M	77	01:15:36	<b>03:57:31.45</b>	<b>03:57:49.85</b>	+01:47:50 (45.3%)	17:35	3.4 (54.8%)
100	<b>MARONKA Agnieszka</b>	<b>376</b>		OPEN K	23	02:16:46	<b>03:58:46.30</b>	<b>03:58:50.25</b>	+01:48:50 (45.6%)	17:41	3.4 (54.8%)
101	<b>KINDRYK Tomasz</b>	<b>349</b>		OPEN M	78	02:08:45	<b>03:59:48.45</b>	<b>04:00:01.00</b>	+01:50:01 (45.8%)	17:45	3.4 (54.8%)
102	<b>LENART Adrian</b>	<b>366</b>	BYM RUNNERS	OPEN M	79	02:16:54	<b>04:00:00.40</b>	<b>04:00:04.35</b>	+01:50:04 (45.9%)	17:46	3.4 (54.8%)
103	<b>KAMIŃSKA Ania</b>	<b>345</b>		OPEN K	24	02:11:45	<b>03:59:50.35</b>	<b>04:00:10.10</b>	+01:50:10 (45.9%)	17:46	3.4 (54.8%)
104	<b>KOIM Robert</b>	<b>351</b>		OPEN M	80	02:11:40	<b>04:00:12.25</b>	<b>04:00:17.10</b>	+01:50:17 (45.9%)	17:47	3.4 (54.8%)
105	<b>CHOLEWIŃSKI Paweł</b>	<b>311</b>		OPEN M	81	02:06:07	<b>04:00:11.45</b>	<b>04:00:17.70</b>	+01:50:18 (45.9%)	17:47	3.4 (54.8%)
106	<b>SZCZĘSNY Michał</b>	<b>282</b>		OPEN M	82	02:16:35	<b>04:01:36.40</b>	<b>04:01:38.00</b>	+01:51:38 (46.2%)	17:53	3.4 (54.8%)
107	<b>JĘDRZEJCZYK Łukasz</b>	<b>342</b>	COCA-COLA RUNNERS	OPEN M	83	02:09:29	<b>04:03:42.30</b>	<b>04:03:50.20</b>	+01:53:50 (46.7%)	18:03	3.3 (53.2%)
108	<b>MOŻEJKO Artur</b>	<b>392</b>		OPEN M	84	02:18:15	<b>04:05:00.40</b>	<b>04:05:09.20</b>	+01:55:09 (47.0%)	18:08	3.3 (53.2%)
109	<b>LEGIEĆ-KUAŚNY Monika</b>	<b>461</b>		OPEN K	25	02:22:24	<b>04:05:27.65</b>	<b>04:05:39.90</b>	+01:55:40 (47.1%)	18:10	3.3 (53.2%)
110	<b>WIĄZANIA Marek</b>	<b>442</b>		OPEN M	85	02:18:36	<b>04:08:49.70</b>	<b>04:09:13.05</b>	+01:59:13 (47.8%)	18:25	3.3 (53.2%)
111	<b>LENART Sylwia</b>	<b>365</b>		OPEN K	26	02:18:29	<b>04:08:48.75</b>	<b>04:09:13.10</b>	+01:59:13 (47.8%)	18:25	3.3 (53.2%)
112	<b>SZCZYGIEŁ Michał</b>	<b>428</b>		OPEN M	86	02:08:38	<b>04:10:06.35</b>	<b>04:10:15.50</b>	+02:00:15 (48.1%)	18:31	3.2 (51.6%)
113	<b>BALCERZAK Magdalena</b>	<b>304</b>		OPEN K	27	02:12:32	<b>04:10:07.05</b>	<b>04:10:15.55</b>	+02:00:16 (48.1%)	18:31	3.2 (51.6%)
114	<b>STOLECKA Katarzyna</b>	<b>425</b>		OPEN K	28	02:17:09	<b>04:12:59.15</b>	<b>04:13:04.95</b>	+02:03:05 (48.6%)	18:44	3.2 (51.6%)
115	<b>WYRĄBKIEWICZ Janusz</b>	<b>463</b>		OPEN M	87	02:11:53	<b>04:15:43.50</b>	<b>04:15:59.35</b>	+02:05:59 (49.2%)	18:56	3.2 (51.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Skrzyczne 7.5km	Czas netto 13.5km	Czas brutto 13.5km	Różn	Tempo min/km	Tempo km/h
116	<b>DĄBKOWSKA Dorota</b>	<b>462</b>		OPEN K	29	02:11:57	<b>04:15:43.15</b>	<b>04:15:59.55</b>	+02:06:00 (49.2%)	18:56	3.2 (51.6%)
117	<b>GINTER Katarzyna</b>	<b>323</b>		OPEN K	30	02:28:41	<b>04:17:37.30</b>	<b>04:17:55.10</b>	+02:07:55 (49.6%)	19:05	3.1 (50.0%)
118	<b>GREŃ Dorota</b>	<b>331</b>	OLZA CIESZYN	OPEN K	31	02:25:44	<b>04:19:29.25</b>	<b>04:19:56.15</b>	+02:09:56 (50.0%)	19:13	3.1 (50.0%)
119	<b>BRZEZIŃSKA Teresa</b>	<b>309</b>	NIGHT RUNNERS G	OPEN K	32	02:29:47	<b>04:20:15.50</b>	<b>04:20:26.45</b>	+02:10:26 (50.1%)	19:16	3.1 (50.0%)
120	<b>WIATER Tomasz</b>	<b>441</b>		OPEN M	88	01:46:45	<b>04:30:34.70</b>	<b>04:30:44.80</b>	+02:20:45 (52.0%)	20:02	3 (48.4%)
121	<b>NOWAK Mirosław</b>	<b>398</b>		OPEN M	89	02:39:15	<b>04:37:01.70</b>	<b>04:37:08.40</b>	+02:27:08 (53.1%)	20:31	2.9 (46.8%)
122	<b>MIKUSZ-MAZUR Gosia</b>	<b>385</b>	BRZUCHATE MISIE	OPEN K	33	02:37:31	<b>04:37:35.75</b>	<b>04:37:47.60</b>	+02:27:48 (53.2%)	20:33	2.9 (46.8%)
123	<b>MAZUR Wojciech</b>	<b>377</b>	BRZUCHATE MISIE	OPEN M	90	02:37:04	<b>04:37:35.95</b>	<b>04:37:47.80</b>	+02:27:48 (53.2%)	20:33	2.9 (46.8%)
124	<b>PERZYNA Wojciech</b>	<b>406</b>	OSP KSRG KOTORYDZ	OPEN M	91	02:32:04	<b>04:41:45.65</b>	<b>04:41:55.40</b>	+02:31:55 (53.9%)	20:52	2.9 (46.8%)
125	<b>ADAMUS Katarzyna</b>	<b>300</b>	OLZA CIESZYN	OPEN K	34	02:38:51	<b>04:45:31.40</b>	<b>04:45:52.95</b>	+02:35:53 (54.5%)	21:08	2.8 (45.2%)
126	<b>BARTAS Agnieszka</b>	<b>306</b>	W POGONI ZA DUCHEM	OPEN K	35	02:43:41	<b>04:49:26.10</b>	<b>04:49:46.75</b>	+02:39:47 (55.1%)	21:26	2.8 (45.2%)
127	<b>POŹNIAK Aleksandra</b>	<b>410</b>	WIECZORNE BIEGANIE W SZCZECINIE	OPEN K	36	02:47:27	<b>04:57:49.35</b>	<b>04:57:58.85</b>	+02:47:59 (56.4%)	22:03	2.7 (43.5%)
128	<b>PASIERB Arkadiusz</b>	<b>403</b>	PKO BANK POLSKI	OPEN M	92	02:54:24	<b>05:01:12.90</b>	<b>05:01:38.15</b>	+02:51:38 (56.9%)	22:18	2.7 (43.5%)
129	<b>NOWAK Ewa</b>	<b>397</b>		OPEN K	37	02:54:45	<b>05:06:55.35</b>	<b>05:07:05.25</b>	+02:57:05 (57.7%)	22:44	2.6 (41.9%)
130	<b>MANIURA Adam</b>	<b>374</b>		OPEN M	93	02:43:15	<b>05:10:42.10</b>	<b>05:10:55.35</b>	+03:00:55 (58.2%)	23:00	2.6 (41.9%)
131	<b>BLUKACZ Milena</b>	<b>466</b>		OPEN K	38	03:04:59	<b>05:12:30.05</b>	<b>05:12:45.85</b>	+03:02:46 (58.4%)	23:08	2.6 (41.9%)
132	<b>BLUKACZ Andrzej</b>	<b>465</b>		OPEN M	94	02:55:12	<b>05:12:30.45</b>	<b>05:12:46.10</b>	+03:02:46 (58.4%)	23:08	2.6 (41.9%)
133	<b>SERWATKA Angelika</b>	<b>421</b>	WATAHA	OPEN K	39	02:53:17	<b>05:25:42.00</b>	<b>05:25:46.85</b>	+03:15:47 (60.1%)	24:07	2.5 (40.3%)
134	<b>JASEK Wiola</b>	<b>339</b>	WATAHA	OPEN K	40	02:53:01	<b>05:25:42.30</b>	<b>05:25:47.00</b>	+03:15:47 (60.1%)	24:07	2.5 (40.3%)
135	<b>KOŁCZYK Gosia</b>	<b>352</b>	W POGONI ZA DUCHEM	OPEN K	41	02:54:45	<b>05:37:47.70</b>	<b>05:38:07.15</b>	+03:28:07 (61.6%)	25:01	2.4 (38.7%)
136	<b>SZYMAŃSKI Filip</b>	<b>431</b>		OPEN M	95	02:54:48	<b>05:37:47.25</b>	<b>05:38:07.25</b>	+03:28:07 (61.6%)	25:01	2.4 (38.7%)
137	<b>SZYMAŃSKA Dominika</b>	<b>430</b>		OPEN K	42	02:54:53	<b>05:37:47.50</b>	<b>05:38:07.55</b>	+03:28:08 (61.6%)	25:01	2.4 (38.7%)
138	<b>NIEDZIELA Kamil</b>	<b>394</b>	W POGONI ZA DUCHEM	OPEN M	96	02:54:41	<b>05:37:49.80</b>	<b>05:38:10.75</b>	+03:28:11 (61.6%)	25:01	2.4 (38.7%)
138	<b>PAWLIK-NIEDZIELA Sandra</b>	<b>405</b>	W POGONI ZA DUCHEM	OPEN K	43	02:54:57	<b>05:37:51.25</b>	<b>05:38:10.75</b>	+03:28:11 (61.6%)	25:01	2.4 (38.7%)
140	<b>TALAREK Magdalena</b>	<b>432</b>		OPEN K	44	02:52:44	<b>05:40:58.95</b>	<b>05:41:16.30</b>	+03:31:16 (61.9%)	25:15	2.4 (38.7%)
140	<b>PASIKIEWICZ Małgorzata</b>	<b>404</b>		OPEN K	44	02:52:53	<b>05:40:59.00</b>	<b>05:41:16.30</b>	+03:31:16 (61.9%)	25:15	2.4 (38.7%)
142	<b>HOŁOMEK Michał</b>	<b>337</b>		OPEN M	97	03:24:04	<b>05:51:45.15</b>	<b>05:51:49.10</b>	+03:41:49 (63.1%)	26:03	2.3 (37.1%)
143	<b>LEWICKA Beata</b>	<b>367</b>		OPEN K	46	03:23:51	<b>06:11:44.55</b>	<b>06:11:56.15</b>	+04:01:56 (65.0%)	27:32	2.2 (35.5%)
144	<b>WAGNER Jakub</b>	<b>440</b>		OPEN M	98	03:23:34	<b>06:11:31.60</b>	<b>06:11:56.25</b>	+04:01:56 (65.0%)	27:31	2.2 (35.5%)
145	<b>KOLAKOWSKA Anna</b>	<b>276</b>		OPEN K	47	03:27:10	<b>06:32:00.70</b>	<b>06:32:11.45</b>	+04:22:11 (66.9%)	29:02	2.1 (33.9%)
146	<b>PRZYŁUCKI Grzegorz</b>	<b>412</b>		OPEN M	99	03:30:11	<b>06:43:38.75</b>	<b>06:43:55.50</b>	+04:33:55 (67.8%)	29:54	2 (32.3%)
147	<b>PRZYŁUCKA Grażyna</b>	<b>413</b>	GRAMMI	OPEN K	48	03:30:15	<b>06:43:55.05</b>	<b>06:44:11.00</b>	+04:34:11 (67.8%)	29:55	2 (32.3%)
	<b>GROCHAL Marcin</b>	<b>332</b>		OPEN M		02:01:55 DNF	<b>DNF</b>	<b>DNF</b>	-	-	(0.0%)

Znaleziono 148 wynik(ów)