



ZIMOWY JANOSIK 10+KM | KIERPCE MARYNY

B4SPORT

Wydarzenie: Zimowy Janosik 2022
Organizator: Fundacja Na Ratunek
Data: 2022-01-22
Miejsce: Niedzica
Dystans: 10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Barwinkowa Góra 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	WÓJCIK Adam	18	EX TEAM	Senior Mężczyzn	1	00:33:04	00:53:03.90	00:53:03.90		5:18	11.3 (100%)
2	MALEC Łukasz	1091	SPISZ TEAM	Master Mężczyzn	1	00:33:15	00:53:09.95	00:53:09.95	+00:00:06 (0.2%)	5:18	11.3 (100%)
3	ŚCIESZKA Wojciech	1146	13 ELT KRAKÓW-BALICE	Weteran Mężczyzn	1	00:34:47	00:56:23.00	00:56:23.00	+00:03:19 (5.9%)	5:38	10.6 (93.8%)
4	MICHAŁ Targosz	1099	#ADAMCZERWIŃSKITEAM	Master Mężczyzn	2	00:34:12	00:57:18.40	00:57:18.40	+00:04:14 (7.4%)	5:43	10.5 (92.9%)
5	KOZIARSKI Mateusz	38		Senior Mężczyzn	2		01:00:43.90	01:00:43.90	+00:07:40 (12.6%)	6:04	9.9 (87.6%)
6	SZLACHETKA Łukasz	1143		Senior Mężczyzn	3	00:36:44	01:00:57.25	01:00:57.25	+00:07:53 (12.9%)	6:05	9.8 (86.7%)
7	JELTEMA Bastin	1050	WM TRISELF	Master Mężczyzn	3	00:39:02	01:03:27.70	01:03:27.70	+00:10:23 (16.4%)	6:20	9.5 (84.1%)
8	DYDA Krzysztof	1029		Master Mężczyzn	4	00:39:38	01:03:35.55	01:03:35.55	+00:10:31 (16.6%)	6:21	9.4 (83.2%)
9	KORŻYK Marek	1066		Weteran Mężczyzn	2	00:39:33	01:04:16.20	01:04:16.20	+00:11:12 (17.4%)	6:25	9.3 (82.3%)
10	KONOPKA Krystian	1063		Master Mężczyzn	5	00:39:50	01:04:51.90	01:04:51.90	+00:11:48 (18.2%)	6:29	9.3 (82.3%)
11	KRZYŻANOWSKI Mikołaj	1074		Master Mężczyzn	6	00:41:12	01:06:48.65	01:06:48.65	+00:13:44 (20.6%)	6:40	9 (79.6%)
12	GACEK Alicja	1032	GŁUSZEC OBIDOWA	Master Kobiet	1	00:41:21	01:06:54.45	01:06:54.45	+00:13:50 (20.7%)	6:41	9 (79.6%)
13	KORZENIOWSKA Monika	1064		Senior Kobiet	1	00:43:38	01:09:12.10	01:09:12.10	+00:16:08 (23.3%)	6:55	8.7 (77.0%)
14	KUZIOŁA Iwona	1079	#NOLIMITS	Weteran Kobiet	1	00:43:30	01:09:52.30	01:09:52.30	+00:16:48 (24.1%)	6:59	8.6 (76.1%)
15	WACH Robert	1149		Senior Mężczyzn	4	00:43:52	01:10:49.85	01:10:49.85	+00:17:45 (25.1%)	7:04	8.5 (75.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Barwinkowa Góra 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
16	RZEPISZCZAK Andrzej	1130	SIERRA TEQUILA	Senior Mężczyzn	5	00:43:59	01:11:09.80	01:11:09.80	+00:18:05 (25.4%)	7:06	8.4 (74.3%)
17	GORTAT Kamil	1037		Senior Mężczyzn	6	00:43:43	01:12:09.40	01:12:09.40	+00:19:05 (26.5%)	7:12	8.3 (73.5%)
18	BIESZCZAD Regina	1015	KB ATHLETIC ZRĘCIN	Senior Kobiet	2	00:46:26	01:12:22.75	01:12:22.75	+00:19:18 (26.7%)	7:14	8.3 (73.5%)
19	MARCINEK Krzysztof	1094	PZU SPORT TEAM	Master Mężczyzn	7	00:44:59	01:13:13.50	01:13:13.50	+00:20:09 (27.5%)	7:19	8.2 (72.6%)
20	KOZŁOWSKI Jerzy	1070		Master Mężczyzn	8	00:45:06	01:13:19.80	01:13:19.80	+00:20:15 (27.6%)	7:19	8.2 (72.6%)
21	ZIOMBKA Kuba	1167	ADRIAN DANILEWICZ GROUP	Master Mężczyzn	9	00:46:21	01:13:27.45	01:13:27.45	+00:20:23 (27.8%)	7:20	8.2 (72.6%)
22	KOWALCZYK Szymon	1069		Senior Mężczyzn	7	00:44:49	01:13:27.55	01:13:27.55	+00:20:23 (27.8%)	7:20	8.2 (72.6%)
23	BIEL Izabela	1012	ZA LINIĄ METY	Master Kobiet	2		01:13:55.20	01:13:55.20	+00:20:51 (28.2%)	7:23	8.1 (71.7%)
24	GUZIAK Irena	1040	OBIDOWA GŁUSZEC	Weteran Kobiet	2	00:46:16	01:14:51.95	01:14:51.95	+00:21:48 (29.1%)	7:29	8 (70.8%)
25	BEŁZA Michał	1010		Master Mężczyzn	10	00:46:12	01:15:43.75	01:15:43.75	+00:22:39 (29.9%)	7:34	7.9 (69.9%)
26	JACHERA Elżbieta	1046	WINNICA SPISZ	Weteran Kobiet	3	00:48:00	01:16:10.90	01:16:10.90	+00:23:07 (30.3%)	7:37	7.9 (69.9%)
27	BIELAWA Damian	1014		Master Mężczyzn	11	00:48:05	01:16:55.40	01:16:55.40	+00:23:51 (31.0%)	7:41	7.8 (69.0%)
28	WENC Tomasz	1154		Weteran Mężczyzn	3		01:16:56.45	01:16:56.45	+00:23:52 (31.0%)	7:41	7.8 (69.0%)
29	ZAJONCOVA Jana	2348	ZAMAGURSKI BEZCI	Master Kobiet	3		01:18:05.85	01:18:05.85	+00:25:01 (32.1%)	7:48	7.7 (68.1%)
30	JAWORSKI Łukasz	1049		Master Mężczyzn	12	00:48:47	01:18:06.65	01:18:06.65	+00:25:02 (32.1%)	7:48	7.7 (68.1%)
31	OSKWAREK Bogdan	1114		Weteran Mężczyzn	4	00:48:22	01:18:43.05	01:18:43.05	+00:25:39 (32.6%)	7:52	7.6 (67.3%)
32	STELMACH-TOFIL Ewa	1135	#NOLIMITS	Weteran Kobiet	4	00:49:12	01:18:55.40	01:18:55.40	+00:25:51 (32.8%)	7:53	7.6 (67.3%)
33	MAJEWSKI Szymon	1088		Master Mężczyzn	13	00:49:25	01:19:03.50	01:19:03.50	+00:25:59 (32.9%)	7:54	7.6 (67.3%)
34	ANDRUSZKÓW Piotr	1004		Weteran Mężczyzn	5	00:49:29	01:19:21.40	01:19:21.40	+00:26:17 (33.1%)	7:56	7.6 (67.3%)
35	GLIŃSKA Renata	1035	KS STASZEWCY	Weteran Kobiet	5	00:51:01	01:21:41.50	01:21:41.50	+00:28:37 (35.0%)	8:10	7.3 (64.6%)
36	BERNACKA Kinga	1011		Master Kobiet	4	00:49:20	01:22:17.25	01:22:17.25	+00:29:13 (35.5%)	8:13	7.3 (64.6%)
37	WAŁĘGA-ROSTEK Małgorzata	1151	KOSZYCE WIELKIE	Weteran Kobiet	6	00:52:08	01:23:12.95	01:23:12.95	+00:30:09 (36.2%)	8:19	7.2 (63.7%)
38	BALON Adam	1007		Senior Mężczyzn	8	00:50:55	01:23:33.80	01:23:33.80	+00:30:29 (36.5%)	8:21	7.2 (63.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Barwinkowa Góra 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
39	SZÓSTAK Krzysztof	1145	KB HARCOWNIK JELCZ-LASKOWICE	Dinozaur Mężczyzn	1	00:50:05	01:23:48.70	01:23:48.70	+00:30:44 (36.7%)	8:22	7.2 (63.7%)
40	MARSZAŁEK Mariola	1095	MCP TEAM	Weteran Kobiet	7	00:53:53	01:24:07.40	01:24:07.40	+00:31:03 (36.9%)	8:24	7.1 (62.8%)
41	PULKOWSKA Anna	1125		Master Kobiet	5	00:52:29	01:24:16.25	01:24:16.25	+00:31:12 (37.0%)	8:25	7.1 (62.8%)
42	JACH-BIELICKA Aleksandra	52		Master Kobiet	6		01:25:02.35	01:25:02.35	+00:31:58 (37.6%)	8:30	7.1 (62.8%)
43	KŁODZIŃSKA Barbara	1060	ULTRAMEKI	Weteran Kobiet	8	00:53:56	01:25:12.65	01:25:12.65	+00:32:08 (37.7%)	8:31	7 (61.9%)
44	ZIOJŁA Natalia	1166	BIEGAM BO LUBIĘ :)	Senior Kobiet	3	00:53:13	01:25:57.45	01:25:57.45	+00:32:53 (38.3%)	8:35	7 (61.9%)
45	GUSTAW Agnieszka	1039	PZU SPORT TEAM	Master Kobiet	7	00:52:44	01:26:52.00	01:26:52.00	+00:33:48 (38.9%)	8:41	6.9 (61.1%)
46	- -	1031		Weteran Mężczyzn	6	00:54:04	01:27:17.80	01:27:17.80	+00:34:13 (39.2%)	8:43	6.9 (61.1%)
47	OGRODOWICZ Paula	1113		Senior Kobiet	4	00:54:00	01:27:18.35	01:27:18.35	+00:34:14 (39.2%)	8:43	6.9 (61.1%)
48	BACHURSKA Ewa	1005	KB HARCOWNIK JELCZ-LASKOWICE	Master Kobiet	8	00:55:54	01:29:53.05	01:29:53.05	+00:36:49 (41.0%)	8:59	6.7 (59.3%)
49	BURDA Monika	1020		Weteran Kobiet	9	00:56:08	01:30:07.60	01:30:07.60	+00:37:03 (41.1%)	9:00	6.7 (59.3%)
50	MACIĄG Alina	1085	BIKE EQUIPA SANDOMIERZ	Weteran Kobiet	10	00:56:19	01:30:36.95	01:30:36.95	+00:37:33 (41.4%)	9:03	6.6 (58.4%)
51	ZAWÓŁ Paweł	1163	BIKE EQUIPA SANDOMIERZ	Master Mężczyzn	14	00:56:15	01:30:37.25	01:30:37.25	+00:37:33 (41.4%)	9:03	6.6 (58.4%)
52	KORZENIOWSKA Joanna	1065	UMCS BIEGA	Master Kobiet	9	00:55:36	01:30:37.65	01:30:37.65	+00:37:33 (41.4%)	9:03	6.6 (58.4%)
53	KOWALIK Anna	3124	UMCS BIEGA	Master Kobiet	10	00:55:30	01:30:38.50	01:30:38.50	+00:37:34 (41.5%)	9:03	6.6 (58.4%)
54	MOLITORYS Marek	1103		Weteran Mężczyzn	7	00:57:06	01:31:20.70	01:31:20.70	+00:38:16 (41.9%)	9:08	6.6 (58.4%)
55	KUCHTA Agata	1076	TEAM KACWIN	Senior Kobiet	5	00:56:23	01:31:37.60	01:31:37.60	+00:38:33 (42.1%)	9:09	6.5 (57.5%)
56	ZELEŃÁK Kamil	1164	ZAMAGURSKÍ BEŽCI	Master Mężczyzn	15		01:31:43.40	01:31:43.40	+00:38:39 (42.1%)	9:10	6.5 (57.5%)
57	BALON Marcin	1006		Weteran Mężczyzn	8		01:32:54.35	01:32:54.35	+00:39:50 (42.9%)	9:17	6.5 (57.5%)
58	ŁAPA Aleksandra	1083	4A	Master Kobiet	11	00:57:46	01:33:09.35	01:33:09.35	+00:40:05 (43.0%)	9:18	6.4 (56.6%)
59	SZEWCZYK Nina	1140		Senior Kobiet	6		01:34:18.95	01:34:18.95	+00:41:15 (43.7%)	9:25	6.4 (56.6%)
60	BARTOSIEWICZ Karolina	1008		Senior Kobiet	7	00:57:17	01:34:23.95	01:34:23.95	+00:41:20 (43.8%)	9:26	6.4 (56.6%)
60	GROŃSKA Karolina	1038		Senior Kobiet	7	00:57:13	01:34:23.95	01:34:23.95	+00:41:20 (43.8%)	9:26	6.4 (56.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Barwinkowa Góra 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
62	SIWIŃSKA Gosia	1132	MELATEAM	Master Kobiet	12	00:57:35	01:34:34.40	01:34:34.40	+00:41:30 (43.9%)	9:27	6.3 (55.8%)
63	PETER Katarzyna	1120		Weteran Kobiet	11	00:58:01	01:34:38.15	01:34:38.15	+00:41:34 (43.9%)	9:27	6.3 (55.8%)
64	KIC Paweł	1054		Master Mężczyzn	16	00:48:08	01:34:45.50	01:34:45.50	+00:41:41 (44.0%)	9:28	6.3 (55.8%)
65	MICHALSKA Ewa	1098		Master Kobiet	13	00:57:32	01:35:37.40	01:35:37.40	+00:42:33 (44.5%)	9:33	6.3 (55.8%)
66	HADAM Przemysław	1044	TYCHY	Master Mężczyzn	17	00:57:53	01:35:37.95	01:35:37.95	+00:42:34 (44.5%)	9:33	6.3 (55.8%)
67	KUŁACH Lesław	1077		Weteran Mężczyzn	9	00:59:16	01:36:23.70	01:36:23.70	+00:43:19 (45.0%)	9:38	6.2 (54.9%)
68	ADAMSKI Marzena	1002		Master Kobiet	14	00:59:10	01:36:29.75	01:36:29.75	+00:43:25 (45.0%)	9:38	6.2 (54.9%)
69	SZCZABEL Aleksandra	1138		Senior Kobiet	9	00:59:48	01:37:31.55	01:37:31.55	+00:44:27 (45.6%)	9:45	6.2 (54.9%)
70	KOCINIAK Małgorzata	1062		Weteran Kobiet	12	01:00:36	01:38:09.90	01:38:09.90	+00:45:06 (45.9%)	9:48	6.1 (54.0%)
71	SKOWROŃSKA Katarzyna	1133		Weteran Kobiet	13	01:00:09	01:38:15.90	01:38:15.90	+00:45:12 (46.0%)	9:49	6.1 (54.0%)
72	WALASEK Przemysław	1150		Master Mężczyzn	18	00:59:54	01:38:31.00	01:38:31.00	+00:45:27 (46.1%)	9:51	6.1 (54.0%)
73	CHOJNICKI Grzegorz	1021		Weteran Mężczyzn	10	00:59:44	01:38:52.90	01:38:52.90	+00:45:49 (46.3%)	9:53	6.1 (54.0%)
74	HOŁUJ Barbara	1045		Weteran Kobiet	14	01:00:26	01:39:00.05	01:39:00.05	+00:45:56 (46.4%)	9:54	6.1 (54.0%)
75	STEPANIUK Joanna	1136	BIEGAMY DZISIAJ?WIERZBICA	Weteran Kobiet	15	00:59:04	01:42:27.45	01:42:27.45	+00:49:23 (48.2%)	10:14	5.9 (52.2%)
76	PAKUŁA Aneta	1115	8 BALL CROSS GYM CHEŁM	Master Kobiet	15	00:59:38	01:42:28.05	01:42:28.05	+00:49:24 (48.2%)	10:14	5.9 (52.2%)
77	PRUSZKOWSKA Katarzyna	1122	CHEŁM BIEGA	Weteran Kobiet	16		01:42:28.25	01:42:28.25	+00:49:24 (48.2%)	10:14	5.9 (52.2%)
78	KRZEMIŃSKA Agata	1073	BIKE EQUIPA SANDOMIERZ	Weteran Kobiet	17	01:01:46	01:42:31.30	01:42:31.30	+00:49:27 (48.2%)	10:15	5.9 (52.2%)
79	ROZMUS Anna	1129	UKA MURALL	Senior Kobiet	10	00:59:57	01:45:13.70	01:45:13.70	+00:52:09 (49.6%)	10:31	5.7 (50.4%)
80	OGRODNIK Jakub	1112	GRIMUAR	Master Mężczyzn	19	00:59:51	01:45:15.50	01:45:15.50	+00:52:11 (49.6%)	10:31	5.7 (50.4%)
81	HABER Katarzyna	1042	MGB	Weteran Kobiet	18	01:02:00	01:45:25.10	01:45:25.10	+00:52:21 (49.7%)	10:32	5.7 (50.4%)
82	TRĘBACZ Marianna	1147		Master Kobiet	16	01:04:45	01:45:41.15	01:45:41.15	+00:52:37 (49.8%)	10:34	5.7 (50.4%)
83	WIETESKA Anna	1157		Master Kobiet	17	01:01:33	01:46:09.00	01:46:09.00	+00:53:05 (50.0%)	10:36	5.7 (50.4%)
84	BOJANOWSKA Joanna	1019		Weteran Kobiet	19	01:03:11	01:46:31.75	01:46:31.75	+00:53:27 (50.2%)	10:39	5.6 (49.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Barwinkowa Góra 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
85	MALEC Marta	1090	SPISZ TEAM	Master Kobiet	18	01:04:36	01:46:42.80	01:46:42.80	+00:53:38 (50.3%)	10:40	5.6 (49.6%)
86	DOMAŃSKA Katarzyna	1027	SII RUNNING TEAM	Master Kobiet	19	01:01:25	01:47:22.20	01:47:22.20	+00:54:18 (50.6%)	10:44	5.6 (49.6%)
87	SZAWARA-ZIÓŁKOWSKA Ewelina	20	KB HARCOWNIK JELCZ-LASKOWICE	Master Kobiet	20	01:02:40	01:50:08.60	01:50:08.60	+00:57:04 (51.8%)	11:00	5.4 (47.8%)
88	SZÓSTAK Marzena	1144	JELCZ-LASKOWICE	Dinozaur Kobiet	1	01:04:39	01:50:16.65	01:50:16.65	+00:57:12 (51.9%)	11:01	5.4 (47.8%)
89	PARTYKA Agnieszka	1116	KLUB BIEGACZA HARCOWNIK JELCZ-LASKOWICE	Master Kobiet	21	01:02:43	01:50:16.70	01:50:16.70	+00:57:12 (51.9%)	11:01	5.4 (47.8%)
90	GONERA Janina	1036	KB HARCOWNIK JELCZ-LASKOWICE	Dinozaur Kobiet	2	01:05:04	01:50:17.70	01:50:17.70	+00:57:13 (51.9%)	11:01	5.4 (47.8%)
91	KOT Ola	1068		Senior Kobiet	11	01:06:49	01:52:03.70	01:52:03.70	+00:58:59 (52.6%)	11:12	5.4 (47.8%)
92	HABER Monika	1043		Senior Kobiet	12	01:03:18	01:52:13.45	01:52:13.45	+00:59:09 (52.7%)	11:13	5.3 (46.9%)
93	BOJANOWSKA Ewa	1018		Senior Kobiet	13	01:05:38	01:52:47.20	01:52:47.20	+00:59:43 (53.0%)	11:16	5.3 (46.9%)
94	SZKAMRUK Janusz	1142	EXTREMALNE OTK NA RELAKSIE	Dinozaur Mężczyzn	2	01:01:41	01:53:53.35	01:53:53.35	+01:00:49 (53.4%)	11:23	5.3 (46.9%)
95	KIRSZNIOK-SOROWSKA Anna	1055		Senior Kobiet	14	01:07:02	01:54:46.10	01:54:46.10	+01:01:42 (53.8%)	11:28	5.2 (46.0%)
96	JARMULOWICZ-KUBON Sylwia	1048		Senior Kobiet	15	01:07:06	01:54:54.00	01:54:54.00	+01:01:50 (53.8%)	11:29	5.2 (46.0%)
97	PAZERA Jozef	2230	ZAMAGURSKI BEZCI	Senior Mężczyzn	9	01:06:45	01:55:06.40	01:55:06.40	+01:02:02 (53.9%)	11:30	5.2 (46.0%)
98	KLEMOVÁ Martina	1059	ZAMAGURSKÍ BEŽCI	Weteran Kobiet	20	01:06:37	01:55:08.05	01:55:08.05	+01:02:04 (53.9%)	11:30	5.2 (46.0%)
99	MARUSZCZAK Marek	1096	MIECHOWICKA GRUPA BIEGOWA	Weteran Mężczyzn	11	01:08:27	01:56:02.20	01:56:02.20	+01:02:58 (54.3%)	11:36	5.2 (46.0%)
100	KLAMERUS Izabela	1057		Weteran Kobiet	21	01:22:12	02:09:25.80	02:09:25.80	+01:16:21 (59.0%)	12:56	4.6 (40.7%)
101	KLAMERUS Maciej	1058		Weteran Mężczyzn	12	01:22:20	02:11:03.75	02:11:03.75	+01:17:59 (59.5%)	13:06	4.6 (40.7%)
102	KOT Ania	1067		Senior Kobiet	16	01:18:51	02:21:07.45	02:21:07.45	+01:28:03 (62.4%)	14:06	4.3 (38.1%)
103	STRASZAK Marta	1137	KLUB BIEGACZA WARTA	Master Kobiet	22	01:22:39	02:21:18.75	02:21:18.75	+01:28:14 (62.4%)	14:07	4.2 (37.2%)
104	ZIELIŃSKA Katarzyna	1165		Weteran Kobiet	22	01:11:35	02:23:26.05	02:23:26.05	+01:30:22 (63.0%)	14:20	4.2 (37.2%)
105	GUZIK Piotr	1041		Weteran Mężczyzn	13	01:11:39	02:23:28.70	02:23:28.70	+01:30:24 (63.0%)	14:20	4.2 (37.2%)
106	MARUSZCZAK Justyna	1097	MIECHOWICKA GRUPA BIEGOWA	Weteran Kobiet	23	01:32:21	02:29:17.55	02:29:17.55	+01:36:13 (64.5%)	14:55	4 (35.4%)
107	BLOCH Katarzyna	1017		Weteran Kobiet	24	01:32:26	02:33:27.15	02:33:27.15	+01:40:23 (65.4%)	15:20	3.9 (34.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Barwinkowa Góra 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
108	KROCHMALSKA Jadwiga	1071	MIECHOWICKA GRUPA BIEGOWA	Weteran Kobiet	25	01:32:35	02:33:45.75	02:33:45.75	+01:40:41 (65.5%)	15:22	3.9 (34.5%)
	STACH Jacek	1134		Weteran Mężczyzn		00:42:53 DNF	DNF	DNF		-	- (0.0%)
	GÓRECKI Marcin	19		Master Mężczyzn		03:21:14 DNF	DNF	DNF		-	- (0.0%)

Znaleziono 110 wynik(ów)