



# ZIMOWY JANOSIK 10+KM | KIERPCE MARYNY

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

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

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	<b>WÓJCIK Adam</b>	<b>18</b>	EX TEAM	Senior Mężczyzn	1	00:33:04	<b>00:53:03.90</b>	<b>00:53:03.90</b>		5:18	11.3 (100%)
2	<b>MALEC Łukasz</b>	<b>1091</b>	SPISZ TEAM	Master Mężczyzn	1	00:33:15	<b>00:53:09.95</b>	<b>00:53:09.95</b>	+00:00:06 (0.2%)	5:18	11.3 (100%)
3	<b>ŚCIESZKA Wojciech</b>	<b>1146</b>	13 ELT KRAKÓW-BALICE	Weteran Mężczyzn	1	00:34:47	<b>00:56:23.00</b>	<b>00:56:23.00</b>	+00:03:19 (5.9%)	5:38	10.6 (93.8%)
4	<b>MICHAŁ Targosz</b>	<b>1099</b>	#ADAMCZERWIŃSKITEAM	Master Mężczyzn	2	00:34:12	<b>00:57:18.40</b>	<b>00:57:18.40</b>	+00:04:14 (7.4%)	5:43	10.5 (92.9%)
5	<b>KOZIARSKI Mateusz</b>	<b>38</b>		Senior Mężczyzn	2		<b>01:00:43.90</b>	<b>01:00:43.90</b>	+00:07:40 (12.6%)	6:04	9.9 (87.6%)
6	<b>SZLACHETKA Łukasz</b>	<b>1143</b>		Senior Mężczyzn	3	00:36:44	<b>01:00:57.25</b>	<b>01:00:57.25</b>	+00:07:53 (12.9%)	6:05	9.8 (86.7%)
7	<b>JELTEMA Bastin</b>	<b>1050</b>	WM TRISELF	Master Mężczyzn	3	00:39:02	<b>01:03:27.70</b>	<b>01:03:27.70</b>	+00:10:23 (16.4%)	6:20	9.5 (84.1%)
8	<b>DYDA Krzysztof</b>	<b>1029</b>		Master Mężczyzn	4	00:39:38	<b>01:03:35.55</b>	<b>01:03:35.55</b>	+00:10:31 (16.6%)	6:21	9.4 (83.2%)
9	<b>KORZYK Marek</b>	<b>1066</b>		Weteran Mężczyzn	2	00:39:33	<b>01:04:16.20</b>	<b>01:04:16.20</b>	+00:11:12 (17.4%)	6:25	9.3 (82.3%)
10	<b>KONOPKA Krystian</b>	<b>1063</b>		Master Mężczyzn	5	00:39:50	<b>01:04:51.90</b>	<b>01:04:51.90</b>	+00:11:48 (18.2%)	6:29	9.3 (82.3%)
11	<b>KRZYŻANOWSKI Mikołaj</b>	<b>1074</b>		Master Mężczyzn	6	00:41:12	<b>01:06:48.65</b>	<b>01:06:48.65</b>	+00:13:44 (20.6%)	6:40	9 (79.6%)
12	<b>GACEK Alicja</b>	<b>1032</b>	GŁUSZEC OBIDOWA	Master Kobiet	1	00:41:21	<b>01:06:54.45</b>	<b>01:06:54.45</b>	+00:13:50 (20.7%)	6:41	9 (79.6%)
13	<b>KORZENIOWSKA Monika</b>	<b>1064</b>		Senior Kobiet	1	00:43:38	<b>01:09:12.10</b>	<b>01:09:12.10</b>	+00:16:08 (23.3%)	6:55	8.7 (77.0%)
14	<b>KUZIOŁA Iwona</b>	<b>1079</b>	#NOLIMITS	Weteran Kobiet	1	00:43:30	<b>01:09:52.30</b>	<b>01:09:52.30</b>	+00:16:48 (24.1%)	6:59	8.6 (76.1%)
15	<b>WACH Robert</b>	<b>1149</b>		Senior Mężczyzn	4	00:43:52	<b>01:10:49.85</b>	<b>01:10:49.85</b>	+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	<b>RZEPISZCZAK Andrzej</b>	<b>1130</b>	SIERRA TEQUILA	Senior Mężczyzn	5	00:43:59	<b>01:11:09.80</b>	<b>01:11:09.80</b>	+00:18:05 (25.4%)	7:06	8.4 (74.3%)
17	<b>GORTAT Kamil</b>	<b>1037</b>		Senior Mężczyzn	6	00:43:43	<b>01:12:09.40</b>	<b>01:12:09.40</b>	+00:19:05 (26.5%)	7:12	8.3 (73.5%)
18	<b>BIESZCZAD Regina</b>	<b>1015</b>	KB ATHLETIC ZRĘCIN	Senior Kobiet	2	00:46:26	<b>01:12:22.75</b>	<b>01:12:22.75</b>	+00:19:18 (26.7%)	7:14	8.3 (73.5%)
19	<b>MARCINEK Krzysztof</b>	<b>1094</b>	PZU SPORT TEAM	Master Mężczyzn	7	00:44:59	<b>01:13:13.50</b>	<b>01:13:13.50</b>	+00:20:09 (27.5%)	7:19	8.2 (72.6%)
20	<b>KOZŁOWSKI Jerzy</b>	<b>1070</b>		Master Mężczyzn	8	00:45:06	<b>01:13:19.80</b>	<b>01:13:19.80</b>	+00:20:15 (27.6%)	7:19	8.2 (72.6%)
21	<b>ZIOMBKA Kuba</b>	<b>1167</b>	ADRIAN DANILEWICZ GROUP	Master Mężczyzn	9	00:46:21	<b>01:13:27.45</b>	<b>01:13:27.45</b>	+00:20:23 (27.8%)	7:20	8.2 (72.6%)
22	<b>KOWALCZYK Szymon</b>	<b>1069</b>		Senior Mężczyzn	7	00:44:49	<b>01:13:27.55</b>	<b>01:13:27.55</b>	+00:20:23 (27.8%)	7:20	8.2 (72.6%)
23	<b>BIEL Izabela</b>	<b>1012</b>	ZA LINIĄ METY	Master Kobiet	2		<b>01:13:55.20</b>	<b>01:13:55.20</b>	+00:20:51 (28.2%)	7:23	8.1 (71.7%)
24	<b>GUZIAK Irena</b>	<b>1040</b>	OBIDOWA GŁUSZEC	Weteran Kobiet	2	00:46:16	<b>01:14:51.95</b>	<b>01:14:51.95</b>	+00:21:48 (29.1%)	7:29	8 (70.8%)
25	<b>BEŁZA Michał</b>	<b>1010</b>		Master Mężczyzn	10	00:46:12	<b>01:15:43.75</b>	<b>01:15:43.75</b>	+00:22:39 (29.9%)	7:34	7.9 (69.9%)
26	<b>JACHERA Elżbieta</b>	<b>1046</b>	WINNICA SPISZ	Weteran Kobiet	3	00:48:00	<b>01:16:10.90</b>	<b>01:16:10.90</b>	+00:23:07 (30.3%)	7:37	7.9 (69.9%)
27	<b>BIELAWA Damian</b>	<b>1014</b>		Master Mężczyzn	11	00:48:05	<b>01:16:55.40</b>	<b>01:16:55.40</b>	+00:23:51 (31.0%)	7:41	7.8 (69.0%)
28	<b>WENC Tomasz</b>	<b>1154</b>		Weteran Mężczyzn	3		<b>01:16:56.45</b>	<b>01:16:56.45</b>	+00:23:52 (31.0%)	7:41	7.8 (69.0%)
29	<b>ZAJONCOVA Jana</b>	<b>2348</b>	ZAMAGURSKI BEZCI	Master Kobiet	3		<b>01:18:05.85</b>	<b>01:18:05.85</b>	+00:25:01 (32.1%)	7:48	7.7 (68.1%)
30	<b>JAWORSKI Łukasz</b>	<b>1049</b>		Master Mężczyzn	12	00:48:47	<b>01:18:06.65</b>	<b>01:18:06.65</b>	+00:25:02 (32.1%)	7:48	7.7 (68.1%)
31	<b>OSKWAREK Bogdan</b>	<b>1114</b>		Weteran Mężczyzn	4	00:48:22	<b>01:18:43.05</b>	<b>01:18:43.05</b>	+00:25:39 (32.6%)	7:52	7.6 (67.3%)
32	<b>STELMACH-TOFIL Ewa</b>	<b>1135</b>	#NOLIMITS	Weteran Kobiet	4	00:49:12	<b>01:18:55.40</b>	<b>01:18:55.40</b>	+00:25:51 (32.8%)	7:53	7.6 (67.3%)
33	<b>MAJEWSKI Szymon</b>	<b>1088</b>		Master Mężczyzn	13	00:49:25	<b>01:19:03.50</b>	<b>01:19:03.50</b>	+00:25:59 (32.9%)	7:54	7.6 (67.3%)
34	<b>ANDRUSZKÓW Piotr</b>	<b>1004</b>		Weteran Mężczyzn	5	00:49:29	<b>01:19:21.40</b>	<b>01:19:21.40</b>	+00:26:17 (33.1%)	7:56	7.6 (67.3%)
35	<b>GLIŃSKA Renata</b>	<b>1035</b>	KS STASZEWCY	Weteran Kobiet	5	00:51:01	<b>01:21:41.50</b>	<b>01:21:41.50</b>	+00:28:37 (35.0%)	8:10	7.3 (64.6%)
36	<b>BERNACKA Kinga</b>	<b>1011</b>		Master Kobiet	4	00:49:20	<b>01:22:17.25</b>	<b>01:22:17.25</b>	+00:29:13 (35.5%)	8:13	7.3 (64.6%)
37	<b>WAŁĘGA-ROSTEK Małgorzata</b>	<b>1151</b>	KOSZYCE WIELKIE	Weteran Kobiet	6	00:52:08	<b>01:23:12.95</b>	<b>01:23:12.95</b>	+00:30:09 (36.2%)	8:19	7.2 (63.7%)
38	<b>BALON Adam</b>	<b>1007</b>		Senior Mężczyzn	8	00:50:55	<b>01:23:33.80</b>	<b>01:23:33.80</b>	+00:30:29 (36.5%)	8:21	7.2 (63.7%)

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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Barwinkowa Góra 5km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 10km	brutto 10km			
62	<b>SIWIŃSKA Gosia</b>	<b>1132</b>	MELATEAM	Master Kobiet	12	00:57:35	<b>01:34:34.40</b>	<b>01:34:34.40</b>	+00:41:30 (43.9%)	9:27	6.3 (55.8%)
63	<b>PETER Katarzyna</b>	<b>1120</b>		Weteran Kobiet	11	00:58:01	<b>01:34:38.15</b>	<b>01:34:38.15</b>	+00:41:34 (43.9%)	9:27	6.3 (55.8%)
64	<b>KIC Paweł</b>	<b>1054</b>		Master Mężczyzn	16	00:48:08	<b>01:34:45.50</b>	<b>01:34:45.50</b>	+00:41:41 (44.0%)	9:28	6.3 (55.8%)
65	<b>MICHALSKA Ewa</b>	<b>1098</b>		Master Kobiet	13	00:57:32	<b>01:35:37.40</b>	<b>01:35:37.40</b>	+00:42:33 (44.5%)	9:33	6.3 (55.8%)
66	<b>HADAM Przemysaw</b>	<b>1044</b>	TYCHY	Master Mężczyzn	17	00:57:53	<b>01:35:37.95</b>	<b>01:35:37.95</b>	+00:42:34 (44.5%)	9:33	6.3 (55.8%)
67	<b>KUŁACH Lesław</b>	<b>1077</b>		Weteran Mężczyzn	9	00:59:16	<b>01:36:23.70</b>	<b>01:36:23.70</b>	+00:43:19 (45.0%)	9:38	6.2 (54.9%)
68	<b>ADAMSKI Marzena</b>	<b>1002</b>		Master Kobiet	14	00:59:10	<b>01:36:29.75</b>	<b>01:36:29.75</b>	+00:43:25 (45.0%)	9:38	6.2 (54.9%)
69	<b>SZCZABEL Aleksandra</b>	<b>1138</b>		Senior Kobiet	9	00:59:48	<b>01:37:31.55</b>	<b>01:37:31.55</b>	+00:44:27 (45.6%)	9:45	6.2 (54.9%)
70	<b>KOCINIAK Małgorzata</b>	<b>1062</b>		Weteran Kobiet	12	01:00:36	<b>01:38:09.90</b>	<b>01:38:09.90</b>	+00:45:06 (45.9%)	9:48	6.1 (54.0%)
71	<b>SKOWROŃSKA Katarzyna</b>	<b>1133</b>		Weteran Kobiet	13	01:00:09	<b>01:38:15.90</b>	<b>01:38:15.90</b>	+00:45:12 (46.0%)	9:49	6.1 (54.0%)
72	<b>WALASEK Przemysław</b>	<b>1150</b>		Master Mężczyzn	18	00:59:54	<b>01:38:31.00</b>	<b>01:38:31.00</b>	+00:45:27 (46.1%)	9:51	6.1 (54.0%)
73	<b>CHOJNICKI Grzegorz</b>	<b>1021</b>		Weteran Mężczyzn	10	00:59:44	<b>01:38:52.90</b>	<b>01:38:52.90</b>	+00:45:49 (46.3%)	9:53	6.1 (54.0%)
74	<b>HOŁUJ Barbara</b>	<b>1045</b>		Weteran Kobiet	14	01:00:26	<b>01:39:00.05</b>	<b>01:39:00.05</b>	+00:45:56 (46.4%)	9:54	6.1 (54.0%)
75	<b>STEPANIUK Joanna</b>	<b>1136</b>	BIEGAMY DZISIAJ?WIERZBICA	Weteran Kobiet	15	00:59:04	<b>01:42:27.45</b>	<b>01:42:27.45</b>	+00:49:23 (48.2%)	10:14	5.9 (52.2%)
76	<b>PAKUŁA Aneta</b>	<b>1115</b>	8 BALL CROSS GYM CHEŁM	Master Kobiet	15	00:59:38	<b>01:42:28.05</b>	<b>01:42:28.05</b>	+00:49:24 (48.2%)	10:14	5.9 (52.2%)
77	<b>PRUSZKOWSKA Katarzyna</b>	<b>1122</b>	CHEŁM BIEGA	Weteran Kobiet	16		<b>01:42:28.25</b>	<b>01:42:28.25</b>	+00:49:24 (48.2%)	10:14	5.9 (52.2%)
78	<b>KRZEMIŃSKA Agata</b>	<b>1073</b>	BIKE EQUIPA SANDOMIERZ	Weteran Kobiet	17	01:01:46	<b>01:42:31.30</b>	<b>01:42:31.30</b>	+00:49:27 (48.2%)	10:15	5.9 (52.2%)
79	<b>ROZMUS Anna</b>	<b>1129</b>	UKA MURALL	Senior Kobiet	10	00:59:57	<b>01:45:13.70</b>	<b>01:45:13.70</b>	+00:52:09 (49.6%)	10:31	5.7 (50.4%)
80	<b>OGRODNIK Jakub</b>	<b>1112</b>	GRIMUAR	Master Mężczyzn	19	00:59:51	<b>01:45:15.50</b>	<b>01:45:15.50</b>	+00:52:11 (49.6%)	10:31	5.7 (50.4%)
81	<b>HABER Katarzyna</b>	<b>1042</b>	MGB	Weteran Kobiet	18	01:02:00	<b>01:45:25.10</b>	<b>01:45:25.10</b>	+00:52:21 (49.7%)	10:32	5.7 (50.4%)
82	<b>TRĘBACZ Marianna</b>	<b>1147</b>		Master Kobiet	16	01:04:45	<b>01:45:41.15</b>	<b>01:45:41.15</b>	+00:52:37 (49.8%)	10:34	5.7 (50.4%)
83	<b>WIETESKA Anna</b>	<b>1157</b>		Master Kobiet	17	01:01:33	<b>01:46:09.00</b>	<b>01:46:09.00</b>	+00:53:05 (50.0%)	10:36	5.7 (50.4%)
84	<b>BOJANOWSKA Joanna</b>	<b>1019</b>		Weteran Kobiet	19	01:03:11	<b>01:46:31.75</b>	<b>01:46:31.75</b>	+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	<b>MALEC Marta</b>	<b>1090</b>	SPISZ TEAM	Master Kobiet	18	01:04:36	<b>01:46:42.80</b>	<b>01:46:42.80</b>	+00:53:38 (50.3%)	10:40	5.6 (49.6%)
86	<b>DOMAŃSKA Katarzyna</b>	<b>1027</b>	SII RUNNING TEAM	Master Kobiet	19	01:01:25	<b>01:47:22.20</b>	<b>01:47:22.20</b>	+00:54:18 (50.6%)	10:44	5.6 (49.6%)
87	<b>SZAWARA-ZIÓŁKOWSKA Ewelina</b>	<b>20</b>	KB HARCOWNIK JELCZ-LASKOWICE	Master Kobiet	20	01:02:40	<b>01:50:08.60</b>	<b>01:50:08.60</b>	+00:57:04 (51.8%)	11:00	5.4 (47.8%)
88	<b>SZÓSTAK Marzena</b>	<b>1144</b>	JELCZ-LASKOWICE	Dinozaur Kobiet	1	01:04:39	<b>01:50:16.65</b>	<b>01:50:16.65</b>	+00:57:12 (51.9%)	11:01	5.4 (47.8%)
89	<b>PARTYKA Agnieszka</b>	<b>1116</b>	KLUB BIEGACZA HARCOWNIK JELCZ-LASKOWICE	Master Kobiet	21	01:02:43	<b>01:50:16.70</b>	<b>01:50:16.70</b>	+00:57:12 (51.9%)	11:01	5.4 (47.8%)
90	<b>GONERA Janina</b>	<b>1036</b>	KB HARCOWNIK JELCZ-LASKOWICE	Dinozaur Kobiet	2	01:05:04	<b>01:50:17.70</b>	<b>01:50:17.70</b>	+00:57:13 (51.9%)	11:01	5.4 (47.8%)
91	<b>KOT Ola</b>	<b>1068</b>		Senior Kobiet	11	01:06:49	<b>01:52:03.70</b>	<b>01:52:03.70</b>	+00:58:59 (52.6%)	11:12	5.4 (47.8%)
92	<b>HABER Monika</b>	<b>1043</b>		Senior Kobiet	12	01:03:18	<b>01:52:13.45</b>	<b>01:52:13.45</b>	+00:59:09 (52.7%)	11:13	5.3 (46.9%)
93	<b>BOJANOWSKA Ewa</b>	<b>1018</b>		Senior Kobiet	13	01:05:38	<b>01:52:47.20</b>	<b>01:52:47.20</b>	+00:59:43 (53.0%)	11:16	5.3 (46.9%)
94	<b>SZKAMRUK Janusz</b>	<b>1142</b>	EXTREMALNE OTK NA RELAKSIE	Dinozaur Mężczyzn	2	01:01:41	<b>01:53:53.35</b>	<b>01:53:53.35</b>	+01:00:49 (53.4%)	11:23	5.3 (46.9%)
95	<b>KIRSZNIOK-SOROWSKA Anna</b>	<b>1055</b>		Senior Kobiet	14	01:07:02	<b>01:54:46.10</b>	<b>01:54:46.10</b>	+01:01:42 (53.8%)	11:28	5.2 (46.0%)
96	<b>JARMULOWICZ-KUBON Sylwia</b>	<b>1048</b>		Senior Kobiet	15	01:07:06	<b>01:54:54.00</b>	<b>01:54:54.00</b>	+01:01:50 (53.8%)	11:29	5.2 (46.0%)
97	<b>PAZERA Jozef</b>	<b>2230</b>	ZAMAGURSKI BEZCI	Senior Mężczyzn	9	01:06:45	<b>01:55:06.40</b>	<b>01:55:06.40</b>	+01:02:02 (53.9%)	11:30	5.2 (46.0%)
98	<b>KLEMOVÁ Martina</b>	<b>1059</b>	ZAMAGURSKÍ BEŽCI	Weteran Kobiet	20	01:06:37	<b>01:55:08.05</b>	<b>01:55:08.05</b>	+01:02:04 (53.9%)	11:30	5.2 (46.0%)
99	<b>MARUSZCZAK Marek</b>	<b>1096</b>	MIECHOWICKA GRUPA BIEGOWA	Weteran Mężczyzn	11	01:08:27	<b>01:56:02.20</b>	<b>01:56:02.20</b>	+01:02:58 (54.3%)	11:36	5.2 (46.0%)
100	<b>KLAMERUS Izabela</b>	<b>1057</b>		Weteran Kobiet	21	01:22:12	<b>02:09:25.80</b>	<b>02:09:25.80</b>	+01:16:21 (59.0%)	12:56	4.6 (40.7%)
101	<b>KLAMERUS Maciej</b>	<b>1058</b>		Weteran Mężczyzn	12	01:22:20	<b>02:11:03.75</b>	<b>02:11:03.75</b>	+01:17:59 (59.5%)	13:06	4.6 (40.7%)
102	<b>KOT Ania</b>	<b>1067</b>		Senior Kobiet	16	01:18:51	<b>02:21:07.45</b>	<b>02:21:07.45</b>	+01:28:03 (62.4%)	14:06	4.3 (38.1%)
103	<b>STRASZAK Marta</b>	<b>1137</b>	KLUB BIEGACZA WARTA	Master Kobiet	22	01:22:39	<b>02:21:18.75</b>	<b>02:21:18.75</b>	+01:28:14 (62.4%)	14:07	4.2 (37.2%)
104	<b>ZIELIŃSKA Katarzyna</b>	<b>1165</b>		Weteran Kobiet	22	01:11:35	<b>02:23:26.05</b>	<b>02:23:26.05</b>	+01:30:22 (63.0%)	14:20	4.2 (37.2%)
105	<b>GUZIK Piotr</b>	<b>1041</b>		Weteran Mężczyzn	13	01:11:39	<b>02:23:28.70</b>	<b>02:23:28.70</b>	+01:30:24 (63.0%)	14:20	4.2 (37.2%)
106	<b>MARUSZCZAK Justyna</b>	<b>1097</b>	MIECHOWICKA GRUPA BIEGOWA	Weteran Kobiet	23	01:32:21	<b>02:29:17.55</b>	<b>02:29:17.55</b>	+01:36:13 (64.5%)	14:55	4 (35.4%)
107	<b>BLOCH Katarzyna</b>	<b>1017</b>		Weteran Kobiet	24	01:32:26	<b>02:33:27.15</b>	<b>02:33:27.15</b>	+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	<b>KROCHMALSKA Jadwiga</b>	<b>1071</b>	MIECHOWICKA GRUPA BIEGOWA	Weteran Kobiet	25	01:32:35	<b>02:33:45.75</b>	<b>02:33:45.75</b>	+01:40:41 (65.5%)	15:22	3.9 (34.5%)
	<b>STACH Jacek</b>	<b>1134</b>		Weteran Mężczyzn		00:42:53 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)
	<b>GÓRECKI Marcin</b>	<b>19</b>		Master Mężczyzn		03:21:14 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 110 wynik(ów)