



Klasyfikacja: **Wszyscy**

WIOSENNY BIEG WSCHODZĄCEGO SŁOŃCA

B4SPORT

Organizator: Fundacja Kozica
Data: 2021-06-06
Miejsce: Stańcowa
Dystans: 4,5 km

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 4.5km	Czas brutto 4.5km	Różn	Tempo min/km	Tempo km/h
1	JAWORSKI Zbigniew	114		M2 (36-49)	1	00:38:59.00	00:38:59.00		8:39	6.9
2	MAREK Dariusz	124	MONK SANDALS / INOV-8	M2 (36-49)	2	00:39:45.00	00:39:45.00	+00:00:46	8:50	6.8
3	TUKA Michał	13	NIŻNÁ	M1 (18-35)	1	00:40:21.00	00:40:21.00	+00:01:22	8:58	6.7
4	ŻÓŁTEK Grzegorz	51		M1 (18-35)	2	00:40:46.00	00:40:46.00	+00:01:47	9:03	6.6
5	KIDOŃ Robert	36	ORAWARUN	M1 (18-35)	3	00:41:51.00	00:41:51.00	+00:02:52	9:18	6.5
6	ORZEŁ Krzysztof	136	GRUPA ZUE	M2 (36-49)	3	00:44:27.00	00:44:27.00	+00:05:28	9:52	6.1
7	WRÓBEL Przemysław	119		M2 (36-49)	4	00:44:39.00	00:44:39.00	+00:05:40	9:55	6
8	AUGUSTYŃSKI Sylwester	161	GRUPA LUKTRANS	M2 (36-49)	5	00:44:54.00	00:44:54.00	+00:05:55	9:58	6
9	MAGERCAK Miłos	56	DYNAMECKO	M1 (18-35)	4	00:45:11.00	00:45:11.00	+00:06:12	10:02	6
10	LAZAR Paweł	41		M1 (18-35)	5	00:45:49.00	00:45:49.00	+00:06:50	10:10	5.9
11	GÓRA Daniel	165		M1 (18-35)	6	00:46:08.00	00:46:08.00	+00:07:09	10:15	5.9
12	PYREK Przemysław	30	TRAINING BY PP	M1 (18-35)	7	00:46:30.00	00:46:30.00	+00:07:31	10:20	5.8
13	KUCEK Wojciech	71		M1 (18-35)	8	00:47:35.00	00:47:35.00	+00:08:36	10:34	5.7
14	KUBIN Ireneusz	164	TG SOKÓŁ ZAKOPANE	M2 (36-49)	6	00:47:49.00	00:47:49.00	+00:08:50	10:37	5.6
15	JĘDRASZCZYK Mateusz	113		M1 (18-35)	9	00:48:10.00	00:48:10.00	+00:09:11	10:42	5.6
16	BUCHERT Filip	61	MULKS JUVENIA GŁUCHOŁAZY	M1 (18-35)	10	00:48:50.00	00:48:50.00	+00:09:51	10:51	5.5
17	LAZAR Paweł	38		M1 (18-35)	11	00:49:16.00	00:49:16.00	+00:10:17	10:56	5.5
18	KUŁAGA Sebastian	155	MIRAZ RACE TEAM	M2 (36-49)	7	00:49:19.00	00:49:19.00	+00:10:20	10:57	5.5
19	ZACHARA Dawid	173		M1 (18-35)	12	00:50:12.00	00:50:12.00	+00:11:13	11:09	5.4
20	WOŹNIAK Michał	3	GLADIATORS BY RMF4RT	M1 (18-35)	13	00:50:14.00	00:50:14.00	+00:11:15	11:09	5.4
21	ORKWISZEWSKA Oli	152	SCARPA TEAM POLSKA	K1 (18-35)	1	00:50:55.00	00:50:55.00	+00:11:56	11:18	5.3
22	KIEC Mateusz	77	PRZENOSIMY GÓRY	M1 (18-35)	14	00:50:57.00	00:50:57.00	+00:11:58	11:19	5.3
23	DZIEDZIC Marcin	117		M1 (18-35)	15	00:51:21.00	00:51:21.00	+00:12:22	11:24	5.3
24	JAGÓDKA Paweł	141	TC ORZEŁ SPYTKOWCE	M2 (36-49)	8	00:51:35.00	00:51:35.00	+00:12:36	11:27	5.2
25	OLECHNOWICZ Robert	133		M3 (50+)	1	00:51:56.00	00:51:56.00	+00:12:57	11:32	5.2
26	KARPIEL Tomasz	149		M1 (18-35)	16	00:52:47.00	00:52:47.00	+00:13:48	11:43	5.1
27	WRUK Remigiusz	40	TATRA RUNNING TEAM	M3 (50+)	2	00:53:40.00	00:53:40.00	+00:14:41	11:55	5
28	SAŁACIAK Bartłomiej	147		M1 (18-35)	17	00:53:54.00	00:53:54.00	+00:14:55	11:58	5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 4.5km	Czas brutto 4.5km	Różn	Tempo min/km	Tempo km/h
29	BARABASZ Radosław	103	SEKCJA BIEGOWA GRUPY PIWNEJ	M1 (18-35)	18	00:54:42.00	00:54:42.00	+00:15:43	12:09	4.9
30	WIELGOS Łukasz	55		M1 (18-35)	19	00:54:45.00	00:54:45.00	+00:15:46	12:10	4.9
31	TRUSZEL Marcin Truszel	54	KW KRAKÓW	M2 (36-49)	9	00:55:02.00	00:55:02.00	+00:16:03	12:13	4.9
32	KIDOŃ Anna	37	ORAWARUN	K1 (18-35)	2	00:55:05.00	00:55:05.00	+00:16:06	12:14	4.9
33	JASTER Anna	118		K2 (36-49)	1	00:55:16.00	00:55:16.00	+00:16:17	12:16	4.9
34	KASZUBA Bartosz	130	FIT&SPORT	M2 (36-49)	10	00:55:31.00	00:55:31.00	+00:16:32	12:20	4.9
35	BIESZCZAD Patrycja	44	FIT&SPORT	K2 (36-49)	2	00:56:21.00	00:56:21.00	+00:17:22	12:31	4.8
36	SOBŁO Ewa	150		K1 (18-35)	3	00:56:39.00	00:56:39.00	+00:17:40	12:35	4.8
37	IŚTOK Sebastian	170		M1 (18-35)	20	00:56:41.00	00:56:41.00	+00:17:42	12:35	4.8
38	PACHURA Kinga	666		K2 (36-49)	3	00:57:06.00	00:57:06.00	+00:18:07	12:41	4.7
39	GRABSKA Ewa	100	SEKCJA BIEGOWA GRUPY PIWNEJ	K1 (18-35)	4	00:57:16.00	00:57:16.00	+00:18:17	12:43	4.7
40	SZWAGRZYK Marcin	99	SEKCJA BIEGOWA GRUPY PIWNEJ	M1 (18-35)	21	00:57:18.00	00:57:18.00	+00:18:19	12:44	4.7
41	STRASZKO Monika	126		K2 (36-49)	4	00:57:34.00	00:57:34.00	+00:18:35	12:47	4.7
42	GAWĘŁ Bogdan	22	SYNTHOS	M3 (50+)	3	00:57:45.00	00:57:45.00	+00:18:46	12:50	4.7
43	ŁYCZAK Artur	85	KNURÓW MASTERS	M3 (50+)	4	00:57:57.00	00:57:57.00	+00:18:58	12:52	4.7
44	LASZCZAK Robert	70		M1 (18-35)	22	00:58:18.00	00:58:18.00	+00:19:19	12:57	4.6
45	OTRĘBIAK Mateusz	167		M1 (18-35)	23	00:58:40.00	00:58:40.00	+00:19:41	13:02	4.6
46	CEMBALA Tomasz	151		M2 (36-49)	11	00:58:52.00	00:58:52.00	+00:19:53	13:04	4.6
47	PARZNIIEWSKI Maciej	95	TOWARZYSTWO TURYSTYCZNE AKS POLONIA WARSZAWA	M2 (36-49)	12	00:59:07.00	00:59:07.00	+00:20:08	13:08	4.6
48	DRWAL Tomasz	160	SKRAJNA 5	M2 (36-49)	13	00:59:12.00	00:59:12.00	+00:20:13	13:09	4.6
49	KOZAK Matt	125	KOZAK TEAM	M1 (18-35)	24	00:59:30.00	00:59:30.00	+00:20:31	13:13	4.5
50	SZCZERBA Adam	176		M1 (18-35)	25	00:59:37.00	00:59:37.00	+00:20:38	13:14	4.5
51	SERWATKA Adrian	148	BIALI I MŁODZI	M1 (18-35)	26	00:59:39.00	00:59:39.00	+00:20:40	13:15	4.5
52	ŠPRLAK Miloš	23		M1 (18-35)	27	01:00:04.00	01:00:04.00	+00:21:05	13:20	4.5
53	PUCHACZ Piotr	109	MPK/VELO	M2 (36-49)	14	01:00:16.00	01:00:16.00	+00:21:17	13:23	4.5
54	HOŁYŃSKA-URBASIK Karolina	122		K1 (18-35)	5	01:00:19.00	01:00:19.00	+00:21:20	13:24	4.5
55	GAŚIENICA-ROJ Anna	154	TG SOKÓŁ ZAKOPANE	K2 (36-49)	5	01:00:45.00	01:00:45.00	+00:21:46	13:30	4.4
56	GORKA Robert	157	WSLA-HOUSES	M2 (36-49)	15	01:00:49.00	01:00:49.00	+00:21:50	13:30	4.4
57	GRUCA Mariusz	128		M1 (18-35)	28	01:00:52.00	01:00:52.00	+00:21:53	13:31	4.4
58	DZIERŻANOWSKI Tomasz	101		M2 (36-49)	16	01:01:07.00	01:01:07.00	+00:22:08	13:34	4.4
59	HOŁUJ Andrzej	8		M3 (50+)	5	01:01:14.00	01:01:14.00	+00:22:15	13:36	4.4
60	GACEK Alicja	156	GŁUSZEC TEAM	K2 (36-49)	6	01:01:35.00	01:01:35.00	+00:22:36	13:41	4.4
61	ZAJĄC Krystian	143		M1 (18-35)	29	01:01:56.00	01:01:56.00	+00:22:57	13:45	4.4
62	KOCHANOWSKA Michalina	31		K2 (36-49)	7	01:02:34.00	01:02:34.00	+00:23:35	13:54	4.3
63	CZYŁOK Tomasz	88		M2 (36-49)	17	01:02:48.00	01:02:48.00	+00:23:49	13:57	4.3
64	DAŁOMIS Karol	98	CAPOTEAM	M1 (18-35)	30	01:03:02.00	01:03:02.00	+00:24:03	14:00	4.3
65	KAMIŃSKI Marcin	17	BURTON	M3 (50+)	6	01:03:25.00	01:03:25.00	+00:24:26	14:05	4.3
66	ŻYLSKI Janusz	108		M3 (50+)	7	01:03:37.00	01:03:37.00	+00:24:38	14:08	4.2
67	WNUK Adrian	96		M1 (18-35)	31	01:04:02.00	01:04:02.00	+00:25:03	14:13	4.2
68	PAWLIKOWSKA Anna	132		K2 (36-49)	8	01:04:12.00	01:04:12.00	+00:25:13	14:16	4.2
69	PODLEWSKI Wojciech	90	KS SPORTIVA	M3 (50+)	8	01:04:54.00	01:04:54.00	+00:25:55	14:25	4.2
70	SROKA Małgorzata	140		K2 (36-49)	9	01:05:23.00	01:05:23.00	+00:26:24	14:31	4.1
71	MYŚLIWIEC Monika	9	POWOLI DO CELU	K1 (18-35)	6	01:05:32.00	01:05:32.00	+00:26:33	14:33	4.1
72	SZABELAK Witold	112	KINGRUNNER ULTRA	M2 (36-49)	18	01:06:17.00	01:06:17.00	+00:27:18	14:43	4.1

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73	GÓRAK Piotr	53		M2 (36-49)	19	01:06:23.00	01:06:23.00	+00:27:24	14:45	4.1
74	MAJEWSKI Szymon	26		M2 (36-49)	20	01:06:27.00	01:06:27.00	+00:27:28	14:46	4.1
75	SKOCZYLAS Piotr	172	ENDURANCE TEAM	M2 (36-49)	21	01:06:37.00	01:06:37.00	+00:27:38	14:48	4.1
76	ŁABĘCKA Agata	74	KLUB BIEGACZA RTV EURO AGD	K2 (36-49)	10	01:08:06.00	01:08:06.00	+00:29:07	15:08	4
77	KORZENIOWSKA Małgorzata	58	METLIFE RUN	K2 (36-49)	11	01:08:19.00	01:08:19.00	+00:29:20	15:10	4
78	CHRULSKA Joanna	106		K1 (18-35)	7	01:08:30.00	01:08:30.00	+00:29:31	15:13	3.9
79	WOJDAK Anna	63		K2 (36-49)	12	01:08:32.00	01:08:32.00	+00:29:33	15:13	3.9
80	BYRCZEK Bartosz	97	BEFIT24TEAM	M2 (36-49)	22	01:08:38.00	01:08:38.00	+00:29:39	15:15	3.9
81	GACH-MICHALSKA Justyna	73		K2 (36-49)	13	01:08:40.00	01:08:40.00	+00:29:41	15:15	3.9
82	KNAPCZYK-KANIA Gabriela	45	BIEŃKÓWKA TEAM	K2 (36-49)	14	01:09:13.00	01:09:13.00	+00:30:14	15:22	3.9
83	SZEJKA Katarzyna	75		K2 (36-49)	15	01:09:17.00	01:09:17.00	+00:30:18	15:23	3.9
84	KATOLIK Jolanta	12		K2 (36-49)	16	01:09:31.00	01:09:31.00	+00:30:32	15:26	3.9
85	CZOSNEK Daniel	105	SEKCJA BIEGOWA GRUPY PIWNEJ	M1 (18-35)	32	01:09:44.00	01:09:44.00	+00:30:45	15:29	3.9
86	KOSIŃSKA Asia	34		K1 (18-35)	8	01:10:01.00	01:10:01.00	+00:31:02	15:33	3.9
87	GĘBALSKA Agnieszka	29		K1 (18-35)	9	01:10:03.00	01:10:03.00	+00:31:04	15:34	3.9
88	DUDA Paweł	144		M1 (18-35)	33	01:10:06.00	01:10:06.00	+00:31:07	15:34	3.9
89	JACH Dariusz	82		M3 (50+)	9	01:10:11.00	01:10:11.00	+00:31:12	15:35	3.8
90	LEŚNIAK Agnieszka	138		K2 (36-49)	17	01:10:14.00	01:10:14.00	+00:31:15	15:36	3.8
91	KUKLA Katarzyna	163		K2 (36-49)	18	01:10:52.00	01:10:52.00	+00:31:53	15:44	3.8
92	KUKLA Grzegorz	162		M2 (36-49)	23	01:10:58.00	01:10:58.00	+00:31:59	15:46	3.8
93	ŻUREK Mariusz	86		M3 (50+)	10	01:12:11.00	01:12:11.00	+00:33:12	16:02	3.7
94	STAWOWCZYK Marzena	39		K1 (18-35)	10	01:12:31.00	01:12:31.00	+00:33:32	16:06	3.7
95	STAWIŃSKA Agata	171	JUVENIA GŁUCHOŁAZY	K1 (18-35)	11	01:12:40.00	01:12:40.00	+00:33:41	16:08	3.7
96	MATUSZEK Piotr	52	#DIABLAK120	M1 (18-35)	34	01:12:42.00	01:12:42.00	+00:33:43	16:09	3.7
97	MALISZEWSKA Marta	111	KINGRUNNER ULTRA	K2 (36-49)	19	01:13:02.00	01:13:02.00	+00:34:03	16:13	3.7
98	BAKA Ilona	93	BEFIT24TEAM	K1 (18-35)	12	01:13:11.00	01:13:11.00	+00:34:12	16:15	3.7
99	ŻYCHOWICZ Magdalena	92		K1 (18-35)	13	01:13:15.00	01:13:15.00	+00:34:16	16:16	3.7
100	CYBULSKA Monika	64		K2 (36-49)	20	01:13:25.00	01:13:25.00	+00:34:26	16:18	3.7
101	PRZYBYŁA Magdalena	123		K1 (18-35)	14	01:13:28.00	01:13:28.00	+00:34:29	16:19	3.7
102	SOWIŃSKI Dariusz	116	SOWSTOL	M2 (36-49)	24	01:13:39.00	01:13:39.00	+00:34:40	16:22	3.7
103	HUDOMIĘT Dorota	174		K1 (18-35)	15	01:14:25.00	01:14:25.00	+00:35:26	16:32	3.6
104	GUZIAK Irena	153	OBIDOWA GŁUSZEC	K3 (50+)	1	01:14:35.00	01:14:35.00	+00:35:36	16:34	3.6
105	DUDA Bogusia	145		K2 (36-49)	21	01:15:30.00	01:15:30.00	+00:36:31	16:46	3.6
106	MAŁECKA Marta	137		K2 (36-49)	22	01:15:50.00	01:15:50.00	+00:36:51	16:51	3.6
107	PASZKOWSKA Barbara	110		K2 (36-49)	23	01:15:53.00	01:15:53.00	+00:36:54	16:51	3.6
108	SERAFIN Krzysztof	89		M2 (36-49)	25	01:16:56.00	01:16:56.00	+00:37:57	17:05	3.5
109	KOPIEC Estera	10	POWOLIDOCELU	K2 (36-49)	24	01:18:01.00	01:18:01.00	+00:39:02	17:20	3.5
110	BAJOŁEK Aleksandra	28		K3 (50+)	2	01:18:09.00	01:18:09.00	+00:39:10	17:22	3.5
111	TOBER Natalia	177		K1 (18-35)	16	01:20:15.00	01:20:15.00	+00:41:16	17:50	3.4
112	IWANIEC Ewa	66		K2 (36-49)	25	01:20:38.00	01:20:38.00	+00:41:39	17:55	3.3
113	IWULSKA Joanna	72		K2 (36-49)	26	01:20:52.00	01:20:52.00	+00:41:53	17:58	3.3
114	SŁOMSKA Kamila	5		K1 (18-35)	17	01:21:42.00	01:21:42.00	+00:42:43	18:09	3.3
115	MAJECKI Tomasz	6		M1 (18-35)	35	01:21:48.00	01:21:48.00	+00:42:49	18:10	3.3
116	SZYIŃSKA Alicja	120		K2 (36-49)	27	01:24:24.00	01:24:24.00	+00:45:25	18:45	3.2

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 4.5km	Czas brutto 4.5km	Różn	Tempo min/km	Tempo km/h
117	JELINSKI Sebastian	121		M2 (36-49)	26	01:25:28.00	01:25:28.00	+00:46:29	18:59	3.2
118	ŁAGOSZ Ewelina	19		K2 (36-49)	28	01:25:33.00	01:25:33.00	+00:46:34	19:00	3.2
119	BROMBEREK Maja	83		K1 (18-35)	18	01:25:36.00	01:25:36.00	+00:46:37	19:01	3.2
120	SADLOK Anna	129		K2 (36-49)	29	01:26:06.00	01:26:06.00	+00:47:07	19:08	3.1
121	HOŁUJ Barbara	21		K3 (50+)	3	01:26:22.00	01:26:22.00	+00:47:23	19:11	3.1
122	HABIERA Robert	60		M3 (50+)	11	01:29:01.00	01:29:01.00	+00:50:02	19:46	3
123	RUDNICKA Agata	59		K3 (50+)	4	01:29:09.00	01:29:09.00	+00:50:10	19:48	3
124	SMORAĞIEWICZ Marcin	65		M2 (36-49)	27	01:31:57.00	01:31:57.00	+00:52:58	20:26	2.9
125	MYTIAI Oksana	104	POWOLI DO CELU	K2 (36-49)	30	01:33:11.00	01:33:11.00	+00:54:12	20:42	2.9
126	SUCHECKA Małgorzata	139		K2 (36-49)	31	01:33:49.00	01:33:49.00	+00:54:50	20:50	2.9
127	DOROBISZ Magdalena	57	#DIABLAK120	K2 (36-49)	32	01:34:24.00	01:34:24.00	+00:55:25	20:58	2.9
128	WIERUSZEWSKA Agata	166		K2 (36-49)	33	01:38:26.00	01:38:26.00	+00:59:27	21:52	2.7
129	WITECKA Agnieszka	76	BRACTWO BIEGOWE BGK	K2 (36-49)	34	01:39:37.00	01:39:37.00	+01:00:38	22:08	2.7
130	BINCZYCKA Katarzyna	127		K1 (18-35)	19	01:49:53.00	01:49:53.00	+01:10:54	24:25	2.5
131	ZGODA Karolina	131		K1 (18-35)	20	01:50:19.00	01:50:19.00	+01:11:20	24:30	2.4
132	ZGODA Martyna	134		K1 (18-35)	21	01:51:39.00	01:51:39.00	+01:12:40	24:48	2.4
133	BIGA Małgorzata	33		K1 (18-35)	22	01:51:49.00	01:51:49.00	+01:12:50	24:50	2.4
134	HANDY Samanta	11	POWOLI DO CELU	K1 (18-35)	23	01:51:54.00	01:51:54.00	+01:12:55	24:52	2.4
135	KUKLA Agata	16	POWOLI DO CELU	K2 (36-49)	35	01:51:59.00	01:51:59.00	+01:13:00	24:53	2.4
136	FRONCKIEWICZ Ewelina	168		K2 (36-49)	36	02:03:27.00	02:03:27.00	+01:24:28	27:26	2.2
137	DZIERŻANOWSKA Beata	102		K3 (50+)	5	02:10:09.00	02:10:09.00	+01:31:10	28:55	2.1
138	SZEWCZYK Gabriel	169		K2 (36-49)	37	02:15:16.00	02:15:16.00	+01:36:17	30:03	2

Znaleziono 138 wynik(ów)