

Mocna Piątka by Dawid Tomala

Wyniki mieszkańców Katowic



22.06.2024, Katowice

| M-ce | Nr | Nazwisko i imię | Miasto | Klub | min/ km | Lap1 | Lap2 | Lap3 | Lap4 | Netto | Wynik (Brutto) | Strata |
|------|----|-----------------|--------|------|------------|------|------|------|------|-------|-------------------|--------|
|------|----|-----------------|--------|------|------------|------|------|------|------|-------|-------------------|--------|

Mocna 5 - Bieg na 5 km

Kobiety

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|-----|-----|--------------------|-----|----------|-------------|------|-------|-------|--|-------|--------------|--------|
| 1. | 437 | Tuleja Aleksandra | POL | Katowice | Ligota Team | 3:50 | 09:27 | 09:42 | | 19:04 | 19:09 | -- |
| 2. | 427 | Szary Małgorzata | POL | Katowice | M.Tren | 4:45 | 11:44 | 11:57 | | 23:33 | 23:41 | +4:32 |
| 3. | 443 | Wawro Małgorzata | POL | Katowice | Ligota Team | 5:02 | 12:41 | 12:27 | | 25:00 | 25:08 | +5:59 |
| 4. | 401 | Perz Małgorzata | POL | Katowice | Czarne Owce | 5:22 | 13:12 | 13:37 | | 26:42 | 26:49 | +7:40 |
| 5. | 415 | Skrzeszowska Anna | POL | Katowice | | 5:33 | 13:48 | 13:55 | | 27:29 | 27:43 | +8:34 |
| 6. | 398 | Pasternak Wiktoria | POL | Katowice | Duolife | 5:38 | 13:52 | 14:19 | | 27:56 | 28:10 | +9:01 |
| 7. | 389 | Mrzygłód Monika | POL | Katowice | | 5:51 | 14:47 | 14:24 | | 28:54 | 29:11 | +10:02 |
| 8. | 342 | Grochowina Justyna | POL | Katowice | | 6:26 | 15:33 | 16:36 | | 31:54 | 32:08 | +12:59 |
| 9. | 395 | Olearczyk Joanna | POL | Katowice | | 6:55 | 17:20 | 17:12 | | 34:12 | 34:32 | +15:23 |
| 10. | 378 | Łukasz Magdalena | POL | Katowice | | 7:20 | 17:46 | 18:52 | | 36:20 | 36:38 | +17:29 |

Mężczyźni

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|-----|-----|--------------------|-----|----------|--------------------------|------|-------|-------|--|-------|--------------|-------|
| 1. | 439 | Urlik Rafał | POL | Katowice | FC Szyszolandia Katowice | 3:35 | 08:46 | 09:06 | | 17:49 | 17:51 | -- |
| 2. | 337 | Gościńiewicz Paweł | POL | Katowice | | 3:35 | 08:57 | 08:56 | | 17:50 | 17:52 | +0:01 |
| 3. | 412 | Shorobura Mykola | POL | Katowice | | 4:03 | 10:03 | 10:09 | | 20:10 | 20:12 | +2:21 |
| 4. | 410 | Sanojca Klaudiusz | POL | Katowice | | 4:11 | 10:20 | 10:33 | | 20:48 | 20:53 | +3:02 |
| 5. | 302 | Barabasz Robert | POL | Katowice | | 4:16 | 10:34 | 10:47 | | 21:14 | 21:20 | +3:29 |
| 6. | 331 | Dudzik Zenon | POL | Katowice | SK Zenteam | 4:20 | 10:36 | 11:04 | | 21:36 | 21:40 | +3:49 |
| 7. | 473 | Maciejczyk Andrzej | POL | Katowice | | 4:21 | 10:51 | 10:51 | | 21:36 | 21:42 | +3:51 |
| 8. | 351 | Jasiok Dominik | POL | Katowice | | 4:30 | 10:57 | 11:29 | | 22:08 | 22:26 | +4:35 |
| 9. | 451 | Wojczyk Arkadiusz | POL | Katowice | | 4:37 | 11:22 | 11:43 | | 22:57 | 23:05 | +5:14 |
| 10. | 350 | Jaromin Patryk | POL | Katowice | | 4:46 | 12:24 | 11:26 | | 23:28 | 23:49 | +5:58 |
| 11. | 371 | Laga Adam | POL | Katowice | | 5:08 | 12:53 | 12:48 | | 25:29 | 25:40 | +7:49 |
| 12. | 448 | Wielgosik Piotr | POL | Katowice | | 5:14 | 13:34 | 12:32 | | 25:16 | 26:06 | +8:15 |



| M-ce | Nr | Nazwisko i imię | | Miasto | Klub | min/ km | Lap1 | Lap2 | Lap3 | Lap4 | Netto | Wynik (Brutto) | Strata |
|------------|-----|-------------------------|-----|----------|----------------|------------|-------|-------|------|------|-------|-------------------|--------|
| 13. | 312 | Bednarski Wojtek | POL | Katowice | Dziadek i Wnuk | 5:17 | 13:02 | 13:24 | | | 26:12 | 26:25 | +8:34 |
| 14. | 328 | Drabik Grzegorz | POL | Katowice | EPK | 5:24 | 13:29 | 13:32 | | | 26:42 | 27:00 | +9:09 |
| 15. | 452 | Wojtala Tadeusz | POL | Katowice | | 5:27 | 14:06 | 13:09 | | | 26:59 | 27:14 | +9:23 |
| 16. | 309 | Batko Dawid | POL | Katowice | | 5:55 | 14:23 | 15:10 | | | 29:23 | 29:33 | +11:42 |
| 17. | 323 | Cholewa Jacek | POL | Katowice | | 6:20 | 15:47 | 15:53 | | | 31:24 | 31:39 | +13:48 |
| DNF | 381 | Merkel Tomasz | POL | Katowice | Team Rakieta | | | | | | | | |

| M-ce | Nr | Nazwisko i imię | Miasto | Klub | min/ km | Lap1 | Lap2 | Lap3 | Lap4 | Netto | Wynik (Brutto) | Strata |
|------|----|-----------------|--------|------|------------|------|------|------|------|-------|-------------------|--------|
|------|----|-----------------|--------|------|------------|------|------|------|------|-------|-------------------|--------|

Nordic Walking 5 km

Kobiety

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|----|-----|--------------------|-----|----------|---------------|------|-------|-------|--|-------|--------------|--------|
| 1. | 616 | Sittek Agnieszka | POL | Katowice | Chodzę w KATO | 6:32 | 16:15 | 16:25 | | 32:37 | 32:39 | -- |
| 2. | 610 | Pasternak Wioletta | POL | Katowice | Duolife | 8:00 | 18:48 | 21:10 | | 39:54 | 39:58 | +7:19 |
| 3. | 605 | Jastrzębska Lidzia | POL | Katowice | Ryczące 40 | 8:53 | 21:45 | 22:38 | | 44:18 | 44:23 | +11:44 |
| 4. | 611 | Paszyńska Ewa | POL | Katowice | | 9:03 | 22:23 | 22:51 | | 45:10 | 45:13 | +12:34 |
| 5. | 617 | Wocław Barbara | POL | Katowice | | 9:03 | 22:23 | 22:52 | | 45:11 | 45:14 | +12:35 |
| 6. | 604 | Janus Dorota | POL | Katowice | Ryczące 40 | 9:07 | 22:43 | 22:51 | | 45:28 | 45:34 | +12:55 |
| 7. | 609 | Kucharska Monika | POL | Katowice | Ryczące 40 | 9:07 | 22:43 | 22:51 | | 45:29 | 45:34 | +12:55 |

Mężczyźni

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|----|-----|--------------|-----|----------|----------------|------|-------|-------|--|-------|--------------|-------|
| 1. | 601 | Bereza Piotr | POL | Katowice | | 7:43 | 18:29 | 20:02 | | 38:27 | 38:31 | -- |
| 2. | 602 | Górnik Jerzy | POL | Katowice | Dziadek i Wnuk | 8:37 | 21:26 | 21:39 | | 42:59 | 43:04 | +4:33 |

| M-ce | Nr | Nazwisko i imię | | Miasto | Klub | min/ km | Lap1 | Lap2 | Lap3 | Lap4 | Netto | Wynik (Brutto) | Strata |
|------|----|-----------------|--|--------|------|------------|------|------|------|------|-------|-------------------|--------|
|------|----|-----------------|--|--------|------|------------|------|------|------|------|-------|-------------------|--------|

Mocna 5 - Bieg 10 km

Kobiety

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|-----|-----|---------------------------|-----|----------|------------|------|-------|-------|-------|-------|---------|----------------|--------|
| 1. | 105 | Cywińska-Małota Monika | POL | Katowice | Nowak-Team | 4:45 | 11:23 | 11:53 | 12:13 | 11:58 | 47:23 | 47:26 | -- |
| 2. | 113 | Dziedzic Żaneta | POL | Katowice | | 5:04 | 11:27 | 12:40 | 13:27 | 13:01 | 50:32 | 50:33 | +3:07 |
| 3. | 115 | Galas Katarzyna | POL | Katowice | | 5:16 | 13:22 | 13:24 | 13:10 | 12:43 | 52:33 | 52:37 | +5:11 |
| 4. | 173 | Wróblewska Elżbieta | POL | Katowice | | 5:44 | 13:38 | 14:13 | 14:48 | 14:38 | 57:02 | 57:15 | +9:49 |
| 5. | 187 | Ignasiak-Mills Aleksandra | POL | Katowice | | 5:47 | 17:20 | 13:55 | 14:57 | 11:30 | 57:42 | 57:42 | +10:16 |
| 6. | 130 | Łasut-Majdiuk Karolina | POL | Katowice | LecęBoChcę | 6:34 | 15:11 | 16:10 | 17:04 | 17:12 | 1:05:26 | 1:05:36 | +18:10 |
| 7. | 129 | Łasut Aleksandra | POL | Katowice | LecęBoChcę | 6:57 | 16:23 | 17:17 | 17:20 | 18:31 | 1:09:17 | 1:09:28 | +22:02 |
| 8. | 153 | Sobanek Kinga | POL | Katowice | | 7:16 | 16:24 | 18:44 | 18:45 | 18:43 | 1:12:23 | 1:12:34 | +25:08 |
| DNF | 103 | Borucka Karolina | POL | Katowice | | | 16:23 | 17:17 | | | | | |

Mężczyźni

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|-----|-----|---------------------|-----|----------|----------------------------|------|-------|-------|-------|-------|-------|--------------|--------|
| 1. | 152 | Pstraś Leszek | POL | Katowice | Parkrun Katowice | 3:47 | 09:17 | 09:26 | 09:36 | 09:33 | 37:49 | 37:50 | -- |
| 2. | 118 | Kamiński Paweł | POL | Katowice | Pablokato | 4:09 | 10:09 | 10:24 | 10:29 | 10:23 | 41:20 | 41:23 | +3:33 |
| 3. | 158 | Szczudliński Dawid | POL | Katowice | | 4:14 | 10:02 | 10:33 | 10:52 | 10:46 | 42:09 | 42:11 | +4:21 |
| 4. | 160 | Szymala Tomasz | POL | Katowice | | 4:36 | 10:56 | 11:37 | 11:46 | 11:37 | 45:54 | 45:55 | +8:05 |
| 5. | 155 | Sotor Piotr | POL | Katowice | | 4:38 | 11:06 | 11:46 | 11:48 | 11:33 | 46:05 | 46:11 | +8:21 |
| 6. | 176 | Żyrek Aleksander | POL | Katowice | Milówcońskie Konie | 4:51 | 11:25 | 11:55 | 12:34 | 12:31 | 48:19 | 48:23 | +10:33 |
| 7. | 117 | Kaczmarczyk Seweryn | POL | Katowice | Crossfit Old Mine Katowice | 4:52 | 11:40 | 12:08 | 12:28 | 12:19 | 48:29 | 48:33 | +10:43 |
| 8. | 175 | Zioła Mateusz | POL | Katowice | | 4:59 | 12:39 | 12:37 | 12:40 | 11:46 | 49:30 | 49:42 | +11:52 |
| 9. | 154 | Solarek Paweł | POL | Katowice | | 5:01 | 12:03 | 12:38 | 12:48 | 12:39 | 49:56 | 50:07 | +12:17 |
| 10. | 136 | Mills Matt | GBR | Katowice | Aim High | 5:03 | 12:29 | 12:31 | 12:44 | 12:41 | 50:16 | 50:24 | +12:34 |
| 11. | 106 | Czarny Tomasz | POL | Katowice | | 5:26 | 12:12 | 13:26 | 13:56 | 14:39 | 54:08 | 54:11 | +16:21 |
| 12. | 149 | Piowczyk Jan | POL | Katowice | | 5:27 | 11:54 | 13:31 | 14:28 | 14:39 | 54:23 | 54:30 | +16:40 |
| 13. | 122 | Kulane Grzegorz | POL | Katowice | | 5:34 | 13:00 | 14:22 | 14:15 | 13:59 | 55:28 | 55:34 | +17:44 |

Liczba uczestników: 59