



# 6 ĆWIERĆMARATON KOMANDOSA - KATEGORIA MUNDUROWA - 10.55 KM

B4SPORT

**Wydarzenie:** 6 ĆWIERĆMARATON KOMANDOSA  
**Organizator:** Fundacja Wspierania Inicjatyw Niekonwencjonalnych "Sub ventum", Słupski Ośrodek Sportu i Rekreacji  
**Data:** 2020-01-25  
**Miejsce:** Słupsk  
**Dystans:** 10.55 km



Klasyfikacja: M-OPEN

| Msc | Zawodnik            | Numer | Klub                                                       | Kategoria | Mkat | Lap 5.1km | Czas netto 10.55km | Różn              | Tempo min/km | Tempo km/h   |
|-----|---------------------|-------|------------------------------------------------------------|-----------|------|-----------|--------------------|-------------------|--------------|--------------|
| 1   | PEŁO Artur          | 1     | 7 BRYGADA OBRONY WYBRZEŻA/1 BATALION ZMECHANIZOWANY ŁĘBORK | M36-44    | 1    | 00:22:04  | 00:43:33.20        |                   | 4:07         | 14.5 (100%)  |
| 2   | STRUK Adam          | 216   | 7 BRYGADA OBRONY WYBRZEŻA/1 BATALION ZMECHANIZOWANY ŁĘBORK | M18-35    | 1    | 00:23:01  | 00:45:06.75        | +00:01:33 (3.5%)  | 4:16         | 14 (96.6%)   |
| 3   | SOKOŁOWSKI Ryszard  | 277   | 7 BRYGADA OBRONY WYBRZEŻA                                  | M18-35    | 2    | 00:23:05  | 00:45:42.75        | +00:02:09 (4.7%)  | 4:19         | 13.9 (95.9%) |
| 4   | GUZOWSKI Denis      | 54    | PRAWIE JAK HERMES                                          | M18-35    | 3    | 00:24:16  | 00:49:13.85        | +00:05:40 (11.5%) | 4:39         | 12.9 (89.0%) |
| 5   | SOŁTYS Sebastian    | 212   | JWA                                                        | M18-35    | 4    | 00:25:17  | 00:49:37.95        | +00:06:04 (12.2%) | 4:42         | 12.8 (88.3%) |
| 6   | KRYSZAK Wacław      | 106   | AKADEMIA MARYNARKI WOJENNEJ                                | M18-35    | 5    | 00:25:05  | 00:49:43.25        | +00:06:10 (12.4%) | 4:42         | 12.7 (87.6%) |
| 7   | PIEŚKIEWICZ Mateusz | 163   | WAT WARSZAWA                                               | M18-35    | 6    | 00:25:03  | 00:49:50.70        | +00:06:17 (12.6%) | 4:43         | 12.7 (87.6%) |
| 8   | SZMIST Szymon       | 220   | 3 PODKARPACKA BRYGADA OBRONY TERYTORIALNEJ                 | M36-44    | 2    | 00:25:46  | 00:50:06.20        | +00:06:33 (13.1%) | 4:44         | 12.6 (86.9%) |
| 9   | NOWICKI Artur       | 148   | 7 BRYGADA OBRONY WYBRZEŻA/1 BATALION ZMECHANIZOWANY ŁĘBORK | M36-44    | 3    | 00:25:45  | 00:50:32.95        | +00:06:59 (13.8%) | 4:47         | 12.5 (86.2%) |
| 10  | PALICKI Mateusz     | 156   | AKADEMIA WOJSK LĄDOWYCH                                    | M18-35    | 7    | 00:25:52  | 00:50:43.95        | +00:07:10 (14.2%) | 4:48         | 12.5 (86.2%) |
| 11  | NIEDZIÓŁKA Jakub    | 142   | AKADEMIA WOJSK LĄDOWYCH                                    | M18-35    | 8    | 00:25:48  | 00:51:17.70        | +00:07:44 (15.1%) | 4:51         | 12.3 (84.8%) |
| 12  | BŁASZCZYK Artur     | 83    | 18 DYWIZJA ZMECHANIZOWANA                                  | M36-44    | 4    | 00:26:14  | 00:52:13.40        | +00:08:40 (16.6%) | 4:56         | 12.1 (83.4%) |
| 13  | SZOPIŃSKI Tomasz    | 221   | PMC                                                        | M36-44    | 5    | 00:26:35  | 00:52:25.05        | +00:08:51 (16.9%) | 4:58         | 12.1 (83.4%) |

| Msc | Zawodnik             | Numer | Klub                                                       | Kategoria | Mkat | Lap<br>5.1km | Czas<br>netto<br>10.55km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|----------------------|-------|------------------------------------------------------------|-----------|------|--------------|--------------------------|----------------------|-----------------|-----------------|
| 14  | KLAJNA Przemysław    | 86    | 7 BRYGADA OBRONY WYBRZEŻA/1 BATALION ZMECHANIZOWANY LĘBORK | M18-35    | 9    | 00:26:33     | 00:52:28.30              | +00:08:55<br>(17.0%) | 4:58            | 12.1<br>(83.4%) |
| 15  | ROSZKOWSKI Damian    | 191   | 7 BRYGADA OBRONY WYBRZEŻA/1 BATALION ZMECHANIZOWANY LĘBORK | M36-44    | 6    | 00:26:52     | 00:52:43.30              | +00:09:10<br>(17.4%) | 4:59            | 12<br>(82.8%)   |
| 16  | SAMBURSKI Tomasz     | 198   | 7 BRYGADA OBRONY WYBRZEŻA/1 BATALION ZMECHANIZOWANY LĘBORK | M18-35    | 10   | 00:26:48     | 00:53:02.70              | +00:09:29<br>(17.9%) | 5:01            | 11.9<br>(82.1%) |
| 17  | HERMAN Arkadiusz     | 59    |                                                            | M45+      | 1    | 00:26:36     | 00:53:14.40              | +00:09:41<br>(18.2%) | 5:02            | 11.9<br>(82.1%) |
| 18  | BŁOŃSKI Roman        | 14    | 3 FLOTYLLA OKRĘTÓW                                         | M18-35    | 11   | 00:26:18     | 00:53:30.25              | +00:09:57<br>(18.6%) | 5:04            | 11.8<br>(81.4%) |
| 19  | BRZOSKOWSKI Andrzej  | 16    | PLR/4KDOW/1BZ LĘBORK                                       | M18-35    | 12   | 00:26:54     | 00:53:47.40              | +00:10:14<br>(19.0%) | 5:05            | 11.8<br>(81.4%) |
| 20  | TOMASZEK Zbigniew    | 228   | 3 PODKARPACKA BRYGADA OBRONY TERYTORIALNEJ                 | M36-44    | 7    | 00:26:38     | 00:53:58.45              | +00:10:25<br>(19.3%) | 5:06            | 11.7<br>(80.7%) |
| 21  | POCHYLSKI Łukasz     | 172   | 4 SKRZYDŁO LOTNICTWA SZKOLNEGO                             | M36-44    | 8    | 00:27:13     | 00:54:04.20              | +00:10:31<br>(19.5%) | 5:07            | 11.7<br>(80.7%) |
| 22  | WALCZAK Maciej       | 235   | QUAY POZNAŃ/HERCOG RUNNING TEAM                            | M36-44    | 9    | 00:27:41     | 00:54:11.90              | +00:10:38<br>(19.6%) | 5:08            | 11.7<br>(80.7%) |
| 23  | PIONK Rafał          | 166   | 3 FLOTYLLA OKRĘTÓW                                         | M36-44    | 10   | 00:27:13     | 00:54:20.55              | +00:10:47<br>(19.9%) | 5:09            | 11.7<br>(80.7%) |
| 24  | CHILIMONIUK Leszek   | 20    | 18 DYWIZJA ZMECHANIZOWANA                                  | M36-44    | 11   | 00:27:47     | 00:54:25.55              | +00:10:52<br>(20.0%) | 5:09            | 11.6<br>(80.0%) |
| 25  | RZECHOWSKI Filip     | 195   | BIGYELLOWFOOT ADVENTURE TEAM                               | M36-44    | 12   | 00:27:44     | 00:54:31.90              | +00:10:58<br>(20.1%) | 5:10            | 11.6<br>(80.0%) |
| 26  | WIECZERZAK Daniel    | 240   | 3 FLOTYLLA OKRĘTÓW                                         | M18-35    | 13   | 00:27:19     | 00:54:59.10              | +00:11:25<br>(20.8%) | 5:12            | 11.5<br>(79.3%) |
| 27  | MURAWSKI Mariusz     | 139   | ODDZIAŁ SPECJALNY ŻANDARMERII WOJSKOWEJ                    | M36-44    | 13   | 00:27:18     | 00:55:02.15              | +00:11:28<br>(20.9%) | 5:12            | 11.5<br>(79.3%) |
| 28  | MICHNO Mariusz       | 134   | PMC                                                        | M45+      | 2    | 00:27:47     | 00:55:07.30              | +00:11:34<br>(21.0%) | 5:13            | 11.5<br>(79.3%) |
| 29  | KACZYKOWSKI Mariusz  | 74    | RCI-GDYNIA PUNKTY OBSERWACYJNE                             | M36-44    | 14   | 00:28:17     | 00:55:19.40              | +00:11:46<br>(21.3%) | 5:14            | 11.4<br>(78.6%) |
| 30  | WILMONT Krzysztof    | 243   | CENTRUM SZKOLENIA MARYNARKI WOJENNEJ                       | M18-35    | 14   | 00:28:06     | 00:55:25.25              | +00:11:52<br>(21.4%) | 5:15            | 11.4<br>(78.6%) |
| 31  | MAŁYSA Wiesław       | 128   |                                                            | M36-44    | 15   | 00:28:28     | 00:55:30.75              | +00:11:57<br>(21.5%) | 5:15            | 11.4<br>(78.6%) |
| 32  | OŻAŃSKI Tomasz       | 155   | 15 GIŻYCKA BRYGADA ZMECHANIZOWANA                          | M18-35    | 15   | 00:28:25     | 00:55:37.00              | +00:12:03<br>(21.7%) | 5:16            | 11.4<br>(78.6%) |
| 33  | KĘPIŃSKI Maksymilian | 85    | 6 MBOT, 65 BLP                                             | M36-44    | 16   | 00:28:37     | 00:55:44.50              | +00:12:11<br>(21.9%) | 5:16            | 11.4<br>(78.6%) |
| 34  | WALAT Adrian         | 234   | 3 PODKARPACKA BRYGADA OBRONY TERYTORIALNEJ                 | M18-35    | 16   | 00:28:22     | 00:56:04.25              | +00:12:31<br>(22.3%) | 5:18            | 11.3<br>(77.9%) |
| 35  | MAĆKOWIAK Łukasz     | 122   |                                                            | M36-44    | 17   | 00:28:34     | 00:56:29.65              | +00:12:56<br>(22.9%) | 5:21            | 11.2<br>(77.2%) |
| 36  | PIŁCZYŃSKI Zbigniew  | 165   |                                                            | M45+      | 3    | 00:28:30     | 00:56:39.45              | +00:13:06<br>(23.1%) | 5:22            | 11.2<br>(77.2%) |

| Msc | Zawodnik                 | Numer | Klub                                                            | Kategoria | Mkat | Lap<br>5.1km | Czas<br>netto<br>10.55km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|--------------------------|-------|-----------------------------------------------------------------|-----------|------|--------------|--------------------------|----------------------|-----------------|-----------------|
| 37  | STRUPIECHOWSKI<br>Maciej | 217   | 18 DYWIZJA ZMECHANIZOWANA                                       | M18-35    | 17   | 00:28:42     | 00:56:51.75              | +00:13:18<br>(23.4%) | 5:23            | 11.1<br>(76.6%) |
| 38  | WRYCZA Daniel            | 253   | 3 FLOTYLLA OKRĘTÓW                                              | M36-44    | 18   | 00:28:00     | 00:57:11.05              | +00:13:37<br>(23.8%) | 5:25            | 11.1<br>(76.6%) |
| 39  | MAJOR Krzysiek           | 126   | AWL WROCŁAW                                                     | M18-35    | 18   | 00:28:59     | 00:57:44.60              | +00:14:11<br>(24.6%) | 5:28            | 11<br>(75.9%)   |
| 40  | ŚWIĘCICKI Karol          | 226   | AKADEMIA WOJSK LĄDOWYCH                                         | M18-35    | 19   | 00:29:24     | 00:57:48.65              | +00:14:15<br>(24.7%) | 5:28            | 11<br>(75.9%)   |
| 41  | DRYWA Jakub              | 33    | 7 PBOT                                                          | M18-35    | 20   | 00:29:35     | 00:57:52.85              | +00:14:19<br>(24.8%) | 5:29            | 10.9<br>(75.2%) |
| 42  | POSADZKI Paweł           | 179   | 3 PODKARPACKA BRYGADA OBRONY TERYTORIALNEJ                      | M36-44    | 19   | 00:29:14     | 00:57:57.80              | +00:14:24<br>(24.9%) | 5:29            | 10.9<br>(75.2%) |
| 43  | FILIPEK Marcin           | 41    | DAS/12BZ                                                        | M36-44    | 20   | 00:28:52     | 00:58:10.75              | +00:14:37<br>(25.1%) | 5:30            | 10.9<br>(75.2%) |
| 44  | PIASZCZYŃSKI Maciej      | 161   | ZESPÓŁ SZKÓŁ NR 7 W BIAŁYM BORZE - KOORDYNATOR KLAS MUNDUROWYCH | M18-35    | 21   | 00:29:12     | 00:58:24.35              | +00:14:51<br>(25.4%) | 5:32            | 10.8<br>(74.5%) |
| 45  | RYNKIEWICZ Jędrzej       | 193   | 15 GIŻYCKA BRYGADA ZMECHANIZOWANA                               | M18-35    | 22   | 00:29:39     | 00:58:25.10              | +00:14:51<br>(25.4%) | 5:32            | 10.8<br>(74.5%) |
| 46  | KWIATKOWSKI Adrian       | 112   | AKADEMIA MARYNARKI WOJENNEJ                                     | M18-35    | 23   | 00:29:14     | 00:58:40.95              | +00:15:07<br>(25.8%) | 5:33            | 10.8<br>(74.5%) |
| 47  | POPEK Bartosz            | 177   | AWL WROCŁAW                                                     | M18-35    | 24   | 00:29:39     | 00:58:41.40              | +00:15:08<br>(25.8%) | 5:33            | 10.8<br>(74.5%) |
| 48  | RZĄDKOWSKI Mirosław      | 194   | NIAGARAFITNES KLUB RAKONIEWICE                                  | M45+      | 4    | 00:30:34     | 00:58:55.35              | +00:15:22<br>(26.1%) | 5:35            | 10.7<br>(73.8%) |
| 49  | SIWIŃSKI Kamil           | 205   | 11 LUBUSKA DYWIZJA KAWALERII PANCERNEJ                          | M18-35    | 25   | 00:29:22     | 00:59:19.90              | +00:15:46<br>(26.6%) | 5:37            | 10.7<br>(73.8%) |
| 50  | KOSZAŁKA Adam            | 98    | AWL WROCŁAW                                                     | M18-35    | 26   | 00:29:13     | 00:59:24.95              | +00:15:51<br>(26.7%) | 5:37            | 10.7<br>(73.8%) |
| 51  | ŁUCZAK Stanisław         | 119   | 3 PODKARPACKA BRYGADA OBRONY TERYTORIALNEJ                      | M45+      | 5    | 00:29:55     | 00:59:31.05              | +00:15:57<br>(26.8%) | 5:38            | 10.6<br>(73.1%) |
| 52  | KĘDRA Antoni             | 84    |                                                                 | M18-35    | 27   | 00:30:10     | 00:59:34.65              | +00:16:01<br>(26.9%) | 5:38            | 10.6<br>(73.1%) |
| 53  | CEJKO Dawid              | 18    | 7 BRYGADA OBRONY WYBRZEŻA/1 BATALION ZMECHANIZOWANY LĘBORK      | M18-35    | 28   | 00:27:41     | 00:59:39.60              | +00:16:06<br>(27.0%) | 5:39            | 10.6<br>(73.1%) |
| 54  | DRESLER Bartosz          | 31    | 7 BRYGADA OBRONY WYBRZEŻA/1 BATALION ZMECHANIZOWANY LĘBORK      | M18-35    | 29   | 00:29:35     | 00:59:40.60              | +00:16:07<br>(27.0%) | 5:39            | 10.6<br>(73.1%) |
| 55  | MICHALAK Sebastian       | 133   | PLR/4KDOW/1BZ LĘBORK                                            | M36-44    | 21   | 00:29:21     | 00:59:43.40              | +00:16:10<br>(27.1%) | 5:39            | 10.6<br>(73.1%) |
| 56  | JASNOCH Arkadiusz        | 67    | PLR/4KDOW/1BZ LĘBORK                                            | M18-35    | 30   | 00:29:20     | 00:59:43.45              | +00:16:10<br>(27.1%) | 5:39            | 10.6<br>(73.1%) |
| 57  | NIEMCZYK Michał          | 144   | 7 BRYGADA OBRONY WYBRZEŻA/1 BATALION ZMECHANIZOWANY LĘBORK      | M18-35    | 31   | 00:29:52     | 00:59:46.35              | +00:16:13<br>(27.1%) | 5:39            | 10.6<br>(73.1%) |
| 58  | PANEK Ireneusz           | 157   | 7 BRYGADA OBRONY WYBRZEŻA/1 BATALION ZMECHANIZOWANY LĘBORK      | M36-44    | 22   | 00:30:23     | 01:00:09.55              | +00:16:36<br>(27.6%) | 5:42            | 10.5<br>(72.4%) |
| 59  | KEMPIŃSKI Łukasz         | 13    | PMC                                                             | M18-35    | 32   | 00:30:05     | 01:00:30.00              | +00:16:56<br>(28.0%) | 5:44            | 10.5<br>(72.4%) |

| Msc | Zawodnik             | Numer | Klub                                                       | Kategoria | Mkat | Lap<br>5.1km | Czas        |                      | Różn | Tempo<br>min/km | Tempo<br>km/h |
|-----|----------------------|-------|------------------------------------------------------------|-----------|------|--------------|-------------|----------------------|------|-----------------|---------------|
|     |                      |       |                                                            |           |      |              | netto       | 10.55km              |      |                 |               |
| 60  | KOBIEROWSKI Sławomir | 87    | 7 BRYGADA OBRONY WYBRZEŻA                                  | M36-44    | 23   | 00:30:20     | 01:00:36.30 | +00:17:03<br>(28.1%) | 5:44 | 10.4<br>(71.7%) |               |
| 61  | ŻAL Przemysław       | 259   | JW 4115                                                    | M36-44    | 24   | 00:30:23     | 01:00:41.00 | +00:17:07<br>(28.2%) | 5:45 | 10.4<br>(71.7%) |               |
| 62  | GRAJNERT Adam        | 51    | PLR/4KDOW/1BZ LĘBORK                                       | M18-35    | 33   | 00:31:00     | 01:00:44.95 | +00:17:11<br>(28.3%) | 5:45 | 10.4<br>(71.7%) |               |
| 63  | MOSOŃ Wiktor         | 137   | 3 PODKARPACKA BRYGADA OBRONY TERYTORIALNEJ                 | M45+      | 6    | 00:30:02     | 01:00:54.75 | +00:17:21<br>(28.5%) | 5:46 | 10.4<br>(71.7%) |               |
| 64  | WŁOCH Grzegorz       | 246   | WAT WARSZAWA                                               | M36-44    | 25   | 00:29:31     | 01:01:13.35 | +00:17:40<br>(28.9%) | 5:48 | 10.3<br>(71.0%) |               |
| 65  | PORADA Przemysław    | 178   | PRESS GLASS - BIEGAMY I WSPIERAMY                          | M18-35    | 34   | 00:29:26     | 01:01:13.40 | +00:17:40<br>(28.9%) | 5:48 | 10.3<br>(71.0%) |               |
| 66  | KAWALEC Tomasz       | 82    | AKADEMIA MARYNARKI WOJENNEJ                                | M18-35    | 35   | 00:30:44     | 01:01:16.95 | +00:17:43<br>(28.9%) | 5:48 | 10.3<br>(71.0%) |               |
| 67  | ZIELONKA Dominik     | 257   | 12 BRYGADA ZMECHANIZOWANA                                  | M18-35    | 36   | 00:30:18     | 01:01:19.00 | +00:17:45<br>(29.0%) | 5:48 | 10.3<br>(71.0%) |               |
| 68  | NOWAK Michał         | 146   | 5 MBOT / 53 BLP                                            | M18-35    | 37   | 00:30:57     | 01:01:23.20 | +00:17:50<br>(29.1%) | 5:49 | 10.3<br>(71.0%) |               |
| 69  | MAĆKOWIAK Marek      | 123   |                                                            | M18-35    | 38   | 00:30:31     | 01:01:26.70 | +00:17:53<br>(29.1%) | 5:49 | 10.3<br>(71.0%) |               |
| 70  | WOŹNIAK Ryszard      | 250   | STRAŻ AKADEMICKA POLITECHNIKA WARSZAWSKA                   | M45+      | 7    | 00:31:25     | 01:01:27.70 | +00:17:54<br>(29.1%) | 5:49 | 10.3<br>(71.0%) |               |
| 71  | BANAŚ Michał         | 6     | IPA WROCŁAW                                                | M18-35    | 39   | 00:31:51     | 01:01:28.65 | +00:17:55<br>(29.2%) | 5:49 | 10.3<br>(71.0%) |               |
| 72  | GWADERA Mirosław     | 55    |                                                            | M45+      | 8    | 00:31:44     | 01:01:31.80 | +00:17:58<br>(29.2%) | 5:49 | 10.3<br>(71.0%) |               |
| 73  | SZURMIAK Kamil       | 222   | WYDZIAŁ ŻANDARMERII WOJSKOWEJ W POZNANIU                   | M18-35    | 40   | 00:31:24     | 01:01:50.60 | +00:18:17<br>(29.6%) | 5:51 | 10.2<br>(70.3%) |               |
| 74  | ROMAN Krzysztof      | 190   | SFORA BMK                                                  | M36-44    | 26   | 00:30:31     | 01:02:07.60 | +00:18:34<br>(29.9%) | 5:53 | 10.2<br>(70.3%) |               |
| 75  | STASZAK Wojciech     | 215   | KMP KOSZALIN                                               | M18-35    | 41   | 00:29:57     | 01:02:15.60 | +00:18:42<br>(30.0%) | 5:54 | 10.2<br>(70.3%) |               |
| 76  | TWARDOWSKI Wojciech  | 232   | 3 PODKARPACKA BRYGADA OBRONY TERYTORIALNEJ                 | M18-35    | 42   | 00:31:41     | 01:02:26.35 | +00:18:53<br>(30.2%) | 5:55 | 10.1<br>(69.7%) |               |
| 77  | BOROWIEC Kamil       | 15    | PLR/4KDOW/1BZ LĘBORK                                       | M18-35    | 43   | 00:30:30     | 01:02:32.15 | +00:18:58<br>(30.4%) | 5:55 | 10.1<br>(69.7%) |               |
| 78  | KASPRZYK Piotr       | 81    | WAT WARSZAWA                                               | M18-35    | 44   | 00:30:59     | 01:02:41.50 | +00:19:08<br>(30.5%) | 5:56 | 10.1<br>(69.7%) |               |
| 79  | BANDOSZ Radosław     | 7     | 7 BRYGADA OBRONY WYBRZEŻA/1 BATALION ZMECHANIZOWANY LĘBORK | M18-35    | 45   | 00:30:43     | 01:02:41.55 | +00:19:08<br>(30.5%) | 5:56 | 10.1<br>(69.7%) |               |
| 80  | POMIAN Daniel        | 175   | AWL WROCŁAW                                                | M18-35    | 46   | 00:31:43     | 01:02:55.70 | +00:19:22<br>(30.8%) | 5:57 | 10.1<br>(69.7%) |               |
| 81  | HARASZCZUK Dawid     | 58    | 7 BRYGADA OBRONY WYBRZEŻA/1 BATALION ZMECHANIZOWANY LĘBORK | M18-35    | 47   | 00:32:19     | 01:02:57.05 | +00:19:23<br>(30.8%) | 5:58 | 10.1<br>(69.7%) |               |
| 82  | KAMIŃSKI Daniel      | 76    | AKADEMIA MARYNARKI WOJENNEJ                                | M18-35    | 48   | 00:31:22     | 01:02:59.30 | +00:19:26<br>(30.9%) | 5:58 | 10.1<br>(69.7%) |               |

| Msc | Zawodnik              | Numer | Klub                                                       | Kategoria | Mkat | Lap<br>5.1km | Czas<br>netto |                      | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-----------------------|-------|------------------------------------------------------------|-----------|------|--------------|---------------|----------------------|-----------------|----------------|
|     |                       |       |                                                            |           |      |              | 10.55km       | Różn                 |                 |                |
| 83  | SIWIŃSKI Łukasz       | 206   | 11 LUBUSKA DYWIZJA KAWALERII PANCERNEJ                     | M36-44    | 27   | 00:31:40     | 01:03:00.35   | +00:19:27<br>(30.9%) | 5:58            | 10<br>(69.0%)  |
| 84  | MENDYKA Kacper        | 132   | AKADEMIA MARYNARKI WOJENNEJ                                | M18-35    | 49   | 00:32:02     | 01:03:03.50   | +00:19:30<br>(30.9%) | 5:58            | 10<br>(69.0%)  |
| 85  | BIELSKI Dawid         | 11    | 4 WARMIŃSKO-MAZURSKA BRYGADA OBRONY TERYTORIALNEJ          | M36-44    | 28   | 00:30:50     | 01:03:14.95   | +00:19:41<br>(31.1%) | 5:59            | 10<br>(69.0%)  |
| 86  | SAWICKI Gabor         | 200   | 4 WARMIŃSKO-MAZURSKA BRYGADA OBRONY TERYTORIALNEJ          | M18-35    | 50   | 00:30:54     | 01:03:25.00   | +00:19:51<br>(31.3%) | 6:00            | 10<br>(69.0%)  |
| 87  | KALKOWSKI Paweł       | 75    | JW 1223                                                    | M18-35    | 51   | 00:30:31     | 01:03:26.15   | +00:19:52<br>(31.3%) | 6:00            | 10<br>(69.0%)  |
| 88  | JUNKO Łukasz          | 70    | 15 GIŻYCKA BRYGADA ZMECHANIZOWANA                          | M18-35    | 52   | 00:31:47     | 01:03:28.65   | +00:19:55<br>(31.4%) | 6:00            | 10<br>(69.0%)  |
| 89  | WOJCIECHOWSKI Dariusz | 247   | KWATERY U WOJCIECHOWSKICH SWORNEGACIE                      | M45+      | 9    | 00:31:36     | 01:03:52.30   | +00:20:19<br>(31.8%) | 6:03            | 9.9<br>(68.3%) |
| 90  | GŁOWACKI Kamil        | 47    | AWL WROCŁAW                                                | M18-35    | 53   | 00:32:20     | 01:03:55.65   | +00:20:22<br>(31.9%) | 6:03            | 9.9<br>(68.3%) |
| 91  | ŁOJEK Konrad          | 118   | WAT WARSZAWA                                               | M18-35    | 54   | 00:32:48     | 01:03:57.90   | +00:20:24<br>(31.9%) | 6:03            | 9.9<br>(68.3%) |
| 92  | CICHAŁA Damian        | 24    | BATALION OCHRONY BAZY REDZIKOWO                            | M18-35    | 55   | 00:32:21     | 01:04:04.55   | +00:20:31<br>(32.0%) | 6:04            | 9.9<br>(68.3%) |
| 93  | RETKOWSKI Rafał       | 188   | 7 BRYGADA OBRONY WYBRZEŻA/1 BATALION ZMECHANIZOWANY LĘBORK | M18-35    | 56   | 00:32:17     | 01:04:14.80   | +00:20:41<br>(32.2%) | 6:05            | 9.9<br>(68.3%) |
| 94  | SKUMIAŁ Oskar         | 208   | 7 PBOT                                                     | M36-44    | 29   | 00:30:42     | 01:04:41.50   | +00:21:08<br>(32.7%) | 6:07            | 9.8<br>(67.6%) |
| 95  | WAŻNY Karol           | 238   | AKADEMIA MARYNARKI WOJENNEJ                                | M18-35    | 57   | 00:31:02     | 01:04:42.15   | +00:21:08<br>(32.7%) | 6:07            | 9.8<br>(67.6%) |
| 96  | DURKA Paweł           | 34    | JW 4653 GL DARŁOWO                                         | M36-44    | 30   | 00:32:51     | 01:04:42.60   | +00:21:09<br>(32.7%) | 6:07            | 9.8<br>(67.6%) |
| 97  | WYSOCKI Dariusz       | 255   | 7 PBOT                                                     | M18-35    | 58   | 00:32:36     | 01:04:44.05   | +00:21:10<br>(32.7%) | 6:08            | 9.8<br>(67.6%) |
| 98  | ADAMUS Mateusz        | 4     |                                                            | M18-35    | 59   | 00:32:15     | 01:04:45.65   | +00:21:12<br>(32.7%) | 6:08            | 9.8<br>(67.6%) |
| 98  | LISOWSKI Jakub        | 115   | JS 3301                                                    | M18-35    | 59   | 00:32:50     | 01:04:45.65   | +00:21:12<br>(32.7%) | 6:08            | 9.8<br>(67.6%) |
| 100 | WOŁOSIK Dominik       | 248   | ODDZIAŁ PREWENCJI POLICJI W BIAŁYMSTOKU                    | M18-35    | 61   | 00:32:43     | 01:04:57.40   | +00:21:24<br>(33.0%) | 6:09            | 9.7<br>(66.9%) |
| 101 | KARCZEWSKI Piotr      | 78    | BEST BEASTS                                                | M18-35    | 62   | 00:32:45     | 01:05:06.05   | +00:21:32<br>(33.1%) | 6:10            | 9.7<br>(66.9%) |
| 102 | NOWAK Dawid           | 145   | 7 BRYGADA OBRONY WYBRZEŻA/1 BATALION ZMECHANIZOWANY LĘBORK | M18-35    | 63   | 00:32:34     | 01:05:08.30   | +00:21:35<br>(33.1%) | 6:10            | 9.7<br>(66.9%) |
| 103 | SYGOCKI Konrad        | 218   | 1 BAZA LOTNICTWA TRANSPORTOWEGO                            | M36-44    | 31   | 00:33:22     | 01:05:15.10   | +00:21:41<br>(33.3%) | 6:11            | 9.7<br>(66.9%) |
| 104 | PŁOSKI Krzysztof      | 171   | DARŁOWSKIE CHARTY                                          | M36-44    | 32   | 00:31:48     | 01:05:16.15   | +00:21:42<br>(33.3%) | 6:11            | 9.7<br>(66.9%) |
| 105 | OLSZAR Grzegorz       | 151   | DARŁOWSKIE CHARTY/KP DARŁOWO                               | M36-44    | 33   | 00:31:57     | 01:05:16.85   | +00:21:43<br>(33.3%) | 6:11            | 9.7<br>(66.9%) |

| Msc | Zawodnik            | Numer | Klub                                                     | Kategoria | Mkat | Lap<br>5.1km | Czas             |                      | Tempo<br>min/km | Tempo<br>km/h  |
|-----|---------------------|-------|----------------------------------------------------------|-----------|------|--------------|------------------|----------------------|-----------------|----------------|
|     |                     |       |                                                          |           |      |              | netto<br>10.55km | Różn                 |                 |                |
| 106 | KUDLIŃSKI Leszek    | 109   |                                                          | M18-35    | 64   | 00:34:28     | 01:05:17.90      | +00:21:44<br>(33.3%) | 6:11            | 9.7<br>(66.9%) |
| 107 | WARZOCHA Jan        | 237   | JW 4071                                                  | M18-35    | 65   | 00:33:17     | 01:05:28.45      | +00:21:55<br>(33.5%) | 6:12            | 9.7<br>(66.9%) |
| 108 | THEIL Adrian        | 227   | AKADEMIA MARYNARKI WOJENNEJ                              | M18-35    | 66   | 00:32:36     | 01:05:39.25      | +00:22:06<br>(33.7%) | 6:13            | 9.6<br>(66.2%) |
| 109 | WÓJCIK Łukasz       | 251   | 10 BRYGADA KAWALERII PANCERNEJ                           | M18-35    | 67   | 00:31:45     | 01:05:52.45      | +00:22:19<br>(33.9%) | 6:14            | 9.6<br>(66.2%) |
| 110 | DANILCZUK Łukasz    | 28    | ODDZIAŁ PREWENCJI POLICJI W BIAŁYMSTOKU                  | M18-35    | 68   | 00:32:43     | 01:06:13.45      | +00:22:40<br>(34.2%) | 6:16            | 9.6<br>(66.2%) |
| 111 | KARCZEWSKI Michał   | 77    | WAT WARSZAWA                                             | M18-35    | 69   | 00:32:24     | 01:06:22.20      | +00:22:49<br>(34.4%) | 6:17            | 9.5<br>(65.5%) |
| 111 | PIETRZAK Damian     | 164   | AWL WROCŁAW                                              | M18-35    | 69   | 00:32:58     | 01:06:22.20      | +00:22:49<br>(34.4%) | 6:17            | 9.5<br>(65.5%) |
| 113 | KLINGBEIN Dawid     | 263   | 102 BATALION OCHRONY REDZIKOWO                           | M18-35    | 71   | 00:31:32     | 01:06:29.30      | +00:22:56<br>(34.5%) | 6:18            | 9.5<br>(65.5%) |
| 114 | SIWIŃSKI Konrad     | 204   | 11 LUBUSKA DYWIZJA KAWALERII PANCERNEJ                   | M18-35    | 72   | 00:33:18     | 01:06:41.85      | +00:23:08<br>(34.7%) | 6:19            | 9.5<br>(65.5%) |
| 115 | SAKRA Piotr         | 196   | JW 4393 1BKPOW                                           | M18-35    | 73   | 00:33:29     | 01:07:09.80      | +00:23:36<br>(35.2%) | 6:21            | 9.4<br>(64.8%) |
| 116 | CHMIELEWSKI Mariusz | 21    | WAT WARSZAWA                                             | M36-44    | 34   | 00:33:31     | 01:07:21.75      | +00:23:48<br>(35.3%) | 6:23            | 9.4<br>(64.8%) |
| 117 | ZIELIŃSKI Rafał     | 256   | CSWL DRAWSKO                                             | M36-44    | 35   | 00:32:54     | 01:07:28.10      | +00:23:54<br>(35.4%) | 6:23            | 9.4<br>(64.8%) |
| 118 | STACHOWSKI Mirosław | 213   | CZARNA DYWIZJA                                           | M45+      | 10   | 00:33:44     | 01:07:56.15      | +00:24:22<br>(35.9%) | 6:26            | 9.3<br>(64.1%) |
| 119 | PRĘDKI Grzegorz     | 183   | KB BRYZA POSTOMINO                                       | M18-35    | 74   | 00:33:15     | 01:08:07.15      | +00:24:33<br>(36.1%) | 6:27            | 9.3<br>(64.1%) |
| 120 | PUSZ Jakub          | 184   | AKADEMIA MARYNARKI WOJENNEJ                              | M18-35    | 75   | 00:33:52     | 01:08:10.90      | +00:24:37<br>(36.1%) | 6:27            | 9.3<br>(64.1%) |
| 121 | ADACH Krzysztof     | 160   | SFORA BMK                                                | M18-35    | 76   | 00:33:11     | 01:08:20.30      | +00:24:47<br>(36.3%) | 6:28            | 9.3<br>(64.1%) |
| 122 | DUŻNIAK Krystian    | 36    | JEDNOSTKA STRZELECKA 1001                                | M18-35    | 77   | 00:33:00     | 01:08:30.40      | +00:24:57<br>(36.4%) | 6:29            | 9.2<br>(63.4%) |
| 123 | OCHOCKI Paweł       | 150   | WUJEK BIEGA                                              | M45+      | 11   | 00:34:15     | 01:08:48.40      | +00:25:15<br>(36.7%) | 6:31            | 9.2<br>(63.4%) |
| 124 | FIRMANTY Przemysław | 42    | CWAŁUJĄCE ŻÓŁWIE                                         | M36-44    | 36   | 00:34:39     | 01:08:50.85      | +00:25:17<br>(36.7%) | 6:31            | 9.2<br>(63.4%) |
| 125 | MAKSYMOWICZ Bogumił | 127   | CENTRUM ROZPOZNANIA I WSPARCIA WALKI RADIOELEKTRONICZNEJ | M36-44    | 37   | 00:34:02     | 01:09:11.45      | +00:25:38<br>(37.1%) | 6:33            | 9.1<br>(62.8%) |
| 126 | SPIECHOWICZ Andrzej | 236   | KMP ZABRZE                                               | M36-44    | 38   | 00:34:05     | 01:09:16.50      | +00:25:43<br>(37.1%) | 6:33            | 9.1<br>(62.8%) |
| 127 | POLISZAK Łukasz     | 173   |                                                          | M18-35    | 78   | 00:33:52     | 01:09:21.55      | +00:25:48<br>(37.2%) | 6:34            | 9.1<br>(62.8%) |
| 128 | PIOTROWICZ Piotr    | 168   |                                                          | M36-44    | 39   | 00:33:38     | 01:09:32.55      | +00:25:59<br>(37.4%) | 6:35            | 9.1<br>(62.8%) |

| Msc | Zawodnik             | Numer | Klub                                                       | Kategoria | Mkat | Lap<br>5.1km | Czas        |                      | Różn | Tempo<br>min/km | Tempo<br>km/h |
|-----|----------------------|-------|------------------------------------------------------------|-----------|------|--------------|-------------|----------------------|------|-----------------|---------------|
|     |                      |       |                                                            |           |      |              | netto       | 10.55km              |      |                 |               |
| 129 | SAMBULSKI Radosław   | 197   | 15 GIŻYCKA BRYGADA ZMECHANIZOWANA                          | M18-35    | 79   | 00:35:32     | 01:09:34.90 | +00:26:01<br>(37.4%) | 6:35 | 9.1<br>(62.8%)  |               |
| 130 | GACKI Damian         | 45    | AKADEMIA WOJSK LĄDOWYCH                                    | M18-35    | 80   | 00:33:22     | 01:09:42.95 | +00:26:09<br>(37.5%) | 6:36 | 9.1<br>(62.8%)  |               |
| 131 | ŻUBER Piotr          | 261   | KOMENDA STOŁECZNA POLICJI                                  | M18-35    | 81   | 00:34:27     | 01:09:51.80 | +00:26:18<br>(37.7%) | 6:37 | 9.1<br>(62.8%)  |               |
| 132 | ELERYK Wojciech      | 39    |                                                            | M18-35    | 82   | 00:32:15     | 01:09:53.60 | +00:26:20<br>(37.7%) | 6:37 | 9.1<br>(62.8%)  |               |
| 133 | WIĘCZKOWSKI Wojciech | 242   |                                                            | M45+      | 12   | 00:34:34     | 01:10:01.05 | +00:26:27<br>(37.8%) | 6:38 | 9 (62.1%)       |               |
| 134 | POWARZYŃSKI Daniel   | 181   | AKADEMIA MARYNARKI WOJENNEJ                                | M18-35    | 83   | 00:34:38     | 01:10:16.15 | +00:26:42<br>(38.0%) | 6:39 | 9 (62.1%)       |               |
| 135 | MAJCHRZAK Dariusz    | 125   | CENTRALNY POLIGON SIŁ POWIETRZNYCH USTKA                   | M45+      | 13   | 00:34:07     | 01:10:24.05 | +00:26:50<br>(38.1%) | 6:40 | 9 (62.1%)       |               |
| 136 | MAJCHRZAK Łukasz     | 124   | 73 BATALION LEKKIEJ PIECHOTY SŁUPSK / 7PBOT GDAŃSK         | M18-35    | 84   | 00:34:06     | 01:10:24.25 | +00:26:51<br>(38.1%) | 6:40 | 9 (62.1%)       |               |
| 137 | KOSTRZEWA Paweł      | 95    | BATALION OCHRONY BAZY REDZIKOWO                            | M36-44    | 40   | 00:36:15     | 01:10:42.85 | +00:27:09<br>(38.4%) | 6:42 | 9 (62.1%)       |               |
| 138 | MŁYNARCZYK Zbyszek   | 136   | CENTRALNY POLIGON SIŁ POWIETRZNYCH USTKA                   | M18-35    | 85   | 00:33:17     | 01:10:47.50 | +00:27:14<br>(38.5%) | 6:42 | 8.9<br>(61.4%)  |               |
| 139 | WRONA Robert         | 252   | DAS/12BZ                                                   | M18-35    | 86   | 00:35:18     | 01:11:01.00 | +00:27:27<br>(38.7%) | 6:43 | 8.9<br>(61.4%)  |               |
| 140 | MATUSZEWSKI Rafał    | 131   | 7 BRYGADA OBRONY WYBRZEŻA/1 BATALION ZMECHANIZOWANY LĘBORK | M45+      | 14   | 00:35:19     | 01:11:02.30 | +00:27:29<br>(38.7%) | 6:43 | 8.9<br>(61.4%)  |               |
| 141 | POSŁUSZNY Paweł      | 180   | AWF WROCŁAW                                                | M36-44    | 41   | 00:36:17     | 01:11:02.90 | +00:27:29<br>(38.7%) | 6:43 | 8.9<br>(61.4%)  |               |
| 142 | RABÓW Alan           | 185   |                                                            | M18-35    | 87   | 00:37:08     | 01:11:07.75 | +00:27:34<br>(38.8%) | 6:44 | 8.9<br>(61.4%)  |               |
| 143 | SOBCZAK Radosław     | 279   | 73 BLP 7 POMORSKA BRYGADA OBRONY TERYTORIALNEJ             | M45+      | 15   | 00:34:35     | 01:11:11.50 | +00:27:38<br>(38.8%) | 6:44 | 8.9<br>(61.4%)  |               |
| 144 | HARASIMOWICZ Michał  | 56    | 12 BBSP                                                    | M18-35    | 88   | 00:35:32     | 01:11:12.55 | +00:27:39<br>(38.8%) | 6:44 | 8.9<br>(61.4%)  |               |
| 145 | JANOWSKI Damian      | 65    | KMP ZABRZE                                                 | M18-35    | 89   | 00:36:06     | 01:12:03.35 | +00:28:30<br>(39.6%) | 6:49 | 8.8<br>(60.7%)  |               |
| 146 | SAWICZ Łukasz        | 201   | NO EXCUSES TEAM                                            | M18-35    | 90   | 00:35:27     | 01:12:03.55 | +00:28:30<br>(39.6%) | 6:49 | 8.8<br>(60.7%)  |               |
| 147 | DZIUDZIEL Maciej     | 38    |                                                            | M18-35    | 91   | 00:35:31     | 01:12:34.45 | +00:29:01<br>(40.0%) | 6:52 | 8.7<br>(60.0%)  |               |
| 148 | WIŚNIEWSKI Kornel    | 245   | CSWL DRAWSKO                                               | M36-44    | 42   | 00:34:59     | 01:12:40.00 | +00:29:06<br>(40.1%) | 6:53 | 8.7<br>(60.0%)  |               |
| 149 | GRABOWSKI Rafał      | 50    | ODDZIAŁ PREWENCJI POLICJI W BIAŁYMSTOKU                    | M18-35    | 92   | 00:35:38     | 01:12:48.55 | +00:29:15<br>(40.2%) | 6:54 | 8.7<br>(60.0%)  |               |
| 150 | ŚLIWIŃSKI Łukasz     | 224   | JW 4115                                                    | M18-35    | 93   | 00:34:33     | 01:12:58.05 | +00:29:24<br>(40.3%) | 6:54 | 8.7<br>(60.0%)  |               |
| 151 | BIŃCZAK Paweł        | 262   | AŚ SŁUPSK                                                  | M36-44    | 43   | 00:36:20     | 01:13:24.65 | +00:29:51<br>(40.7%) | 6:57 | 8.6<br>(59.3%)  |               |

| Msc | Zawodnik           | Numer | Klub                                                       | Kategoria | Mkat | Lap<br>5.1km | Czas<br>netto |                      | Tempo<br>min/km | Tempo<br>km/h  |
|-----|--------------------|-------|------------------------------------------------------------|-----------|------|--------------|---------------|----------------------|-----------------|----------------|
|     |                    |       |                                                            |           |      |              | 10.55km       | Różn                 |                 |                |
| 152 | TORZEWSKI Roman    | 230   | PAMIĘCI 61PP                                               | M45+      | 16   | 00:36:20     | 01:13:25.05   | +00:29:51<br>(40.7%) | 6:57            | 8.6<br>(59.3%) |
| 153 | PIELICH Konrad     | 162   |                                                            | M18-35    | 94   | 00:36:56     | 01:13:28.05   | +00:29:54<br>(40.7%) | 6:57            | 8.6<br>(59.3%) |
| 154 | POLOCZEK Jakub     | 174   | KMP ZABRZE                                                 | M18-35    | 95   | 00:36:12     | 01:13:30.60   | +00:29:57<br>(40.8%) | 6:58            | 8.6<br>(59.3%) |
| 155 | KUCHTA Paweł       | 108   | JW 4055                                                    | M18-35    | 96   | 00:36:11     | 01:14:01.45   | +00:30:28<br>(41.2%) | 7:00            | 8.6<br>(59.3%) |
| 156 | OSTROWSKI Robert   | 153   | DAS/12BZ                                                   | M18-35    | 97   | 00:36:13     | 01:14:06.00   | +00:30:32<br>(41.2%) | 7:01            | 8.5<br>(58.6%) |
| 157 | STANKIEWICZ Szymon | 214   |                                                            | M18-35    | 98   | 00:37:15     | 01:14:17.55   | +00:30:44<br>(41.4%) | 7:02            | 8.5<br>(58.6%) |
| 158 | WEILAND Adrian     | 239   | NIGHT WOLVES SŁUPSK                                        | M36-44    | 44   | 00:34:28     | 01:14:19.35   | +00:30:46<br>(41.4%) | 7:02            | 8.5<br>(58.6%) |
| 159 | KOSTRZON Maciej    | 97    | OCR DZIADY                                                 | M45+      | 17   | 00:36:41     | 01:14:26.70   | +00:30:53<br>(41.5%) | 7:03            | 8.5<br>(58.6%) |
| 160 | HARASIM Tomasz     | 57    | JW 1872                                                    | M18-35    | 99   | 00:36:13     | 01:14:35.55   | +00:31:02<br>(41.6%) | 7:04            | 8.5<br>(58.6%) |
| 161 | CZAJCZYŃSKI Daniel | 26    | SFORA BMK                                                  | M45+      | 18   | 00:38:17     | 01:14:46.00   | +00:31:12<br>(41.7%) | 7:05            | 8.5<br>(58.6%) |
| 162 | GACH Andrzej       | 44    | 9 DPLOT                                                    | M18-35    | 100  | 00:36:25     | 01:14:58.10   | +00:31:24<br>(41.9%) | 7:06            | 8.4<br>(57.9%) |
| 163 | NOWAK Piotr        | 265   | ZAKŁAD KARNY CZARNE                                        | M36-44    | 45   | 00:37:57     | 01:14:58.15   | +00:31:24<br>(41.9%) | 7:06            | 8.4<br>(57.9%) |
| 164 | KARPIEL Maciej     | 80    | 11 MBOT/ 111BLP                                            | M36-44    | 46   | 00:35:47     | 01:15:00.00   | +00:31:26<br>(41.9%) | 7:06            | 8.4<br>(57.9%) |
| 165 | KOSTRZEWA Karol    | 96    | 7 BRYGADA OBRONY WYBRZEŻA/1 BATALION ZMECHANIZOWANY LĘBORK | M18-35    | 101  | 00:36:36     | 01:15:15.25   | +00:31:42<br>(42.1%) | 7:07            | 8.4<br>(57.9%) |
| 166 | NOWICKI Mateusz    | 149   | CENTRUM SZKOLENIA MARYNARKI WOJENNEJ                       | M18-35    | 102  | 00:37:54     | 01:15:40.90   | +00:32:07<br>(42.5%) | 7:10            | 8.4<br>(57.9%) |
| 167 | DARKOWSKI Rafał    | 29    | LIDER WINNICA                                              | M36-44    | 47   | 00:36:37     | 01:15:41.30   | +00:32:08<br>(42.5%) | 7:10            | 8.4<br>(57.9%) |
| 168 | FIJAŁKOWSKI Tomasz | 40    | 11 MBOT                                                    | M36-44    | 48   | 00:38:06     | 01:15:47.20   | +00:32:14<br>(42.5%) | 7:10            | 8.4<br>(57.9%) |
| 169 | TOMCZAK Dominik    | 229   | MORSKA JEDNOSTKA RAKIETOWA JW 4498 SIEMIROWICE             | M45+      | 19   | 00:37:47     | 01:15:53.20   | +00:32:20<br>(42.6%) | 7:11            | 8.3<br>(57.2%) |
| 170 | LISZEWSKI Damian   | 116   |                                                            | M36-44    | 49   | 00:37:47     | 01:15:59.40   | +00:32:26<br>(42.7%) | 7:12            | 8.3<br>(57.2%) |
| 171 | TULCZYŃSKI Marcin  | 231   | CWAŁUJĄCE ŻÓŁWIE                                           | M45+      | 20   | 00:39:05     | 01:16:10.95   | +00:32:37<br>(42.8%) | 7:13            | 8.3<br>(57.2%) |
| 172 | KOSTRZEWA Łukasz   | 94    | 8 PPLOT                                                    | M36-44    | 50   | 00:36:17     | 01:16:16.25   | +00:32:43<br>(42.9%) | 7:13            | 8.3<br>(57.2%) |
| 173 | KUFLOWSKI Artur    | 110   | CENTRUM ROZPOZNANIA I WSPARCIA WALKI RADIOELEKTRONICZNEJ   | M36-44    | 51   | 00:38:12     | 01:16:20.60   | +00:32:47<br>(43.0%) | 7:14            | 8.3<br>(57.2%) |
| 174 | NOWAK Sebastian    | 147   | NADWIŚLAŃSKI ODDZIAŁ STRAŻY GRANICZNEJ                     | M18-35    | 103  | 00:38:04     | 01:16:29.20   | +00:32:56<br>(43.1%) | 7:14            | 8.3<br>(57.2%) |

| Msc | Zawodnik            | Numer | Klub                                                     | Kategoria | Mkat | Lap      | Czas netto  | Różn                 | Tempo min/km | Tempo km/h     |
|-----|---------------------|-------|----------------------------------------------------------|-----------|------|----------|-------------|----------------------|--------------|----------------|
|     |                     |       |                                                          |           |      | 5.1km    | 10.55km     |                      |              |                |
| 175 | GUZA Adam           | 53    | 62 BLP                                                   | M18-35    | 104  | 00:38:22 | 01:16:33.90 | +00:33:00<br>(43.1%) | 7:15         | 8.3<br>(57.2%) |
| 176 | JURKOWSKI Łukasz    | 71    | 2 BRYGADA ZMECHANIZOWANA W ZŁOCIEŃCU                     | M18-35    | 105  | 00:38:36 | 01:16:42.40 | +00:33:09<br>(43.2%) | 7:16         | 8.3<br>(57.2%) |
| 177 | ZIMNY Paweł         | 258   | OSWRIS                                                   | M18-35    | 106  | 00:39:13 | 01:16:42.95 | +00:33:09<br>(43.2%) | 7:16         | 8.3<br>(57.2%) |
| 178 | JEŻYNA Bartosz      | 69    | AKADEMIA WOJSK LĄDOWYCH                                  | M18-35    | 107  | 00:37:46 | 01:16:43.40 | +00:33:10<br>(43.2%) | 7:16         | 8.3<br>(57.2%) |
| 179 | MARCINIAK Robert    | 130   |                                                          | M18-35    | 108  | 00:38:06 | 01:16:44.00 | +00:33:10<br>(43.2%) | 7:16         | 8.2<br>(56.6%) |
| 180 | CISZEWSKI Patryk    | 25    |                                                          | M18-35    | 109  | 00:37:06 | 01:16:49.25 | +00:33:16<br>(43.3%) | 7:16         | 8.2<br>(56.6%) |
| 181 | MULAREWICZ Szymon   | 138   |                                                          | M18-35    | 110  | 00:40:14 | 01:16:49.80 | +00:33:16<br>(43.3%) | 7:16         | 8.2<br>(56.6%) |
| 182 | KRÓL Kamil          | 105   | WAT WARSZAWA                                             | M18-35    | 111  | 00:38:15 | 01:16:51.45 | +00:33:18<br>(43.3%) | 7:17         | 8.2<br>(56.6%) |
| 183 | CZYŻYKOWSKI Łukasz  | 27    |                                                          | M18-35    | 112  | 00:37:58 | 01:17:16.60 | +00:33:43<br>(43.6%) | 7:19         | 8.2<br>(56.6%) |
| 184 | WIECZOREK Arkadiusz | 241   | LANCET                                                   | M36-44    | 52   | 00:38:19 | 01:17:25.70 | +00:33:52<br>(43.8%) | 7:20         | 8.2<br>(56.6%) |
| 185 | SKOKOWSKI Marek     | 207   | 12 BBSP                                                  | M18-35    | 113  | 00:38:54 | 01:18:10.70 | +00:34:37<br>(44.3%) | 7:24         | 8.1<br>(55.9%) |
| 186 | NAKONIECZNY Michał  | 141   | AWL WROCŁAW                                              | M18-35    | 114  | 00:37:40 | 01:18:14.30 | +00:34:41<br>(44.3%) | 7:24         | 8.1<br>(55.9%) |
| 187 | KOT Daniel          | 99    | KOT TEAM                                                 | M45+      | 21   | 00:38:22 | 01:18:20.80 | +00:34:47<br>(44.4%) | 7:25         | 8.1<br>(55.9%) |
| 188 | OSIŃSKI Krzysztof   | 152   | CSAIU                                                    | M18-35    | 115  | 00:38:57 | 01:18:55.10 | +00:35:21<br>(44.8%) | 7:28         | 8 (55.2%)      |
| 189 | KOTOWSKI Michał     | 103   | KB SZURACZ                                               | M18-35    | 116  | 00:39:58 | 01:19:09.85 | +00:35:36<br>(45.0%) | 7:30         | 8 (55.2%)      |
| 190 | BIAŁAS Paweł        | 10    | 15 GIŻYCKA BRYGADA ZMECHANIZOWANA                        | M18-35    | 117  | 00:42:29 | 01:19:23.35 | +00:35:50<br>(45.1%) | 7:31         | 8 (55.2%)      |
| 191 | SERDAK Łukasz       | 202   | CENTRUM ROZPOZNANIA I WSPARCIA WALKI RADIOELEKTRONICZNEJ | M18-35    | 118  | 00:40:35 | 01:19:25.60 | +00:35:52<br>(45.2%) | 7:31         | 8 (55.2%)      |
| 192 | PIRÓG Kamil         | 169   | CENTRUM ROZPOZNANIA I WSPARCIA WALKI RADIOELEKTRONICZNEJ | M18-35    | 119  | 00:40:56 | 01:19:27.10 | +00:35:53<br>(45.2%) | 7:31         | 8 (55.2%)      |
| 193 | DZIEMIAN Maciej     | 37    | ODDZIAŁ PREWENCJI POLICJI W BIAŁYMSTOKU                  | M18-35    | 120  | 00:38:24 | 01:19:29.00 | +00:35:55<br>(45.2%) | 7:32         | 8 (55.2%)      |
| 194 | DĄBKOWSKI Mariusz   | 30    |                                                          | M36-44    | 53   | 00:38:26 | 01:19:58.35 | +00:36:25<br>(45.5%) | 7:34         | 7.9<br>(54.5%) |
| 195 | ZIOBRO Aleksander   | 48    | 2 BRYGADA ZMECHANIZOWANA W ZŁOCIEŃCU                     | M36-44    | 54   | 00:39:48 | 01:20:06.05 | +00:36:32<br>(45.6%) | 7:35         | 7.9<br>(54.5%) |
| 196 | STASIAK Wojciech    | 280   |                                                          | M45+      | 22   | 00:39:39 | 01:20:12.40 | +00:36:39<br>(45.7%) | 7:36         | 7.9<br>(54.5%) |
| 197 | KONOPKA Leszek      | 92    | 33 BLTR                                                  | M18-35    | 121  | 00:39:54 | 01:20:13.00 | +00:36:39<br>(45.7%) | 7:36         | 7.9<br>(54.5%) |

| Msc | Zawodnik                 | Numer | Klub                                       | Kategoria | Mkat | Lap<br>5.1km | Czas<br>netto<br>10.55km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|--------------------------|-------|--------------------------------------------|-----------|------|--------------|--------------------------|----------------------|-----------------|-----------------|
| 198 | JANISZEWSKI Andrzej      | 64    | CWAŁUJĄCE ŻÓŁWIE                           | M36-44    | 55   | 00:40:57     | 01:22:03.75              | +00:38:30<br>(46.9%) | 7:46            | 7.7<br>(53.1%)  |
| 199 | WINIAREK Marcin          | 244   |                                            | M18-35    | 122  | 00:41:56     | 01:22:33.45              | +00:39:00<br>(47.2%) | 7:49            | 7.7<br>(53.1%)  |
| 200 | WOŹNIAK Jakub            | 249   | WAT WARSZAWA                               | M18-35    | 123  | 00:40:06     | 01:23:07.05              | +00:39:33<br>(47.6%) | 7:52            | 7.6<br>(52.4%)  |
| 201 | HRYCIÓW Paweł            | 61    | JW 1223                                    | M36-44    | 56   | 00:39:26     | 01:23:30.40              | +00:39:57<br>(47.8%) | 7:54            | 7.6<br>(52.4%)  |
| 202 | KOS Krystian             | 93    | CENTRALNY POLIGON SIŁ POWIETRZNYCH         | M18-35    | 124  | 00:39:15     | 01:23:33.30              | +00:40:00<br>(47.9%) | 7:55            | 7.6<br>(52.4%)  |
| 203 | BANASZCZYK Kacper        | 5     |                                            | M18-35    | 125  | 00:41:10     | 01:23:43.50              | +00:40:10<br>(48.0%) | 7:56            | 7.6<br>(52.4%)  |
| 204 | SARBIEWSKI<br>Przemysław | 199   | 102 BATALION OCHRONY BIELKOWO              | M36-44    | 57   | 00:42:42     | 01:25:25.75              | +00:41:52<br>(49.0%) | 8:05            | 7.4<br>(51.0%)  |
| 205 | KAROLEWSKI Albert        | 79    | WAT WARSZAWA                               | M18-35    | 126  | 00:41:55     | 01:25:53.15              | +00:42:19<br>(49.3%) | 8:08            | 7.4<br>(51.0%)  |
| 206 | ŻAŁOBA Paweł             | 260   | WAT WARSZAWA                               | M18-35    | 127  | 00:41:55     | 01:25:53.45              | +00:42:20<br>(49.3%) | 8:08            | 7.4<br>(51.0%)  |
| 207 | GUJDA Janusz             | 52    |                                            | M45+      | 23   | 00:40:26     | 01:27:05.05              | +00:43:31<br>(50.0%) | 8:15            | 7.3<br>(50.3%)  |
| 208 | ŁUCZKIEWICZ Maciej       | 121   | ZKS WARSZAWA                               | M36-44    | 58   | 00:43:43     | 01:30:02.65              | +00:46:29<br>(51.6%) | 8:32            | 7 (48.3%)       |
| 209 | DROŹDZYŃSKI Dawid        | 32    | 7 EDS                                      | M36-44    | 59   | 00:43:53     | 01:30:09.70              | +00:46:36<br>(51.7%) | 8:32            | 7 (48.3%)       |
| 210 | PANOWICZ Marcin          | 158   |                                            | M18-35    | 128  | 00:43:51     | 01:30:10.35              | +00:46:37<br>(51.7%) | 8:32            | 7 (48.3%)       |
| 211 | GARBACZ Michał           | 46    | LANCET                                     | M18-35    | 129  | 00:45:43     | 01:30:26.35              | +00:46:53<br>(51.8%) | 8:34            | 7 (48.3%)       |
| 212 | RAJDA Piotr              | 187   | 3 PODKARPACKA BRYGADA OBRONY TERYTORIALNEJ | M45+      | 24   | 00:43:44     | 01:31:31.85              | +00:47:58<br>(52.4%) | 8:40            | 6.9<br>(47.6%)  |
| 213 | RUTKOWSKI Patryk         | 192   |                                            | M18-35    | 130  | 00:47:14     | 01:38:02.50              | +00:54:29<br>(55.6%) | 9:17            | 6.5<br>(44.8%)  |
| 214 | KOBIEROWSKI Kamil        | 88    |                                            | M18-35    | 131  | 00:47:14     | 01:38:03.15              | +00:54:29<br>(55.6%) | 9:17            | 6.5<br>(44.8%)  |
| 215 | SZWEDA Marek             | 223   | KAMARKI                                    | M45+      | 25   | 00:50:21     | 01:43:08.25              | +00:59:35<br>(57.8%) | 9:46            | 6.1<br>(42.1%)  |
| DNC | OSTAPOWICZ Michał        | 266   | I BATALION KAWALERII POWIETRZNEJ           | M18-35    |      | 00:25:51     | 00:51:02.35              |                      | 0:00            | 12.4<br>(85.5%) |

Znaleziono 216 wynik(ów)