| Organizator: | Hotel Brzoza |
| :--- | :--- |
| Data: | $2017-12-31$ |
| Miejsce: | Brzoza |
| Dystans: | 10 km |

Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Split <br> 2.5 km | $\begin{gathered} \text { Split } \\ 4.85 \mathrm{~km} \end{gathered}$ | Split <br> 7.2 km | $\begin{aligned} & \text { Split } \\ & 9.55 \mathrm{~km} \end{aligned}$ | Czas netto 10 km | Czas brutto 10km | Różn | Tempo min/km | $\begin{aligned} & \text { Tempo } \\ & \text { km/h } \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | ROGIEWICZ Andrzej | 4 |  | M-20 | 1 | 00:00:01 | 00:08:02 | 00:15:40 | 00:23:03 | 00:30:33 | 00:31:49.15 | 00:31:50.70 |  | 3:10 | $\begin{aligned} & 18.9 \\ & (100 \%) \end{aligned}$ |
| 2 | MIERECZKO Maciek | 182 |  | M-30 | 1 | 00:00:01 | 00:08:02 | 00:15:40 | 00:23:03 | 00:30:33 | 00:31:51.30 | 00:31:52.80 | $\begin{aligned} & +00: 00: 02 \\ & (0.1 \%) \end{aligned}$ | 3:11 | $\begin{aligned} & 18.8 \\ & \text { (99.5\%) } \end{aligned}$ |
| 3 | PAWLAK Bartosz | 291 |  | M-20 | 2 | 00:00:01 | 00:08:03 | 00:15:40 | 00:23:11 | 00:30:46 | 00:32:05.10 | 00:32:06.60 | $\begin{aligned} & +00: 00: 15 \\ & (0.8 \%) \end{aligned}$ | 3:12 | $\begin{aligned} & 18.7 \\ & \text { (98.9\%) } \end{aligned}$ |
| 4 | MIKIELSKI Daniel | 150 |  | M-20 | 3 | 00:00:00 | 00:08:21 | 00:16:21 | 00:24:25 | 00:32:25 | 00:33:48.75 | 00:33:48.75 | $\begin{aligned} & +00: 01: 59 \\ & (5.9 \%) \end{aligned}$ | 3:22 | $\begin{aligned} & 17.8 \\ & \text { (94.2\%) } \end{aligned}$ |
| 5 | ŚWIĄTKOWSKI Paweł | 75 |  | M-30 | 2 | 00:00:01 | 00:08:39 | 00:16:48 | 00:25:03 | 00:33:09 | 00:34:31.85 | 00:34:33.70 | $\begin{aligned} & +00: 02: 42 \\ & (7.9 \%) \end{aligned}$ | 3:27 | $\begin{aligned} & 17.4 \\ & \text { (92.1\%) } \end{aligned}$ |
| 6 | POLAŃSKI Tomasz | 640 | B4SPORT | M-40 | 1 | 00:00:02 | 00:08:41 | 00:16:51 | 00:25:03 | 00:33:12 | 00:34:38.45 | 00:34:40.80 | $\begin{aligned} & +00: 02: 49 \\ & (8.1 \%) \end{aligned}$ | 3:27 | $\begin{aligned} & 17.3 \\ & \text { (91.5\%) } \end{aligned}$ |
| 7 | JARANOWSKI Andrzej | 372 |  | M-20 | 4 | 00:00:02 | 00:08:32 | 00:16:45 | 00:25:03 | 00:33:27 | 00:34:54.40 | 00:34:56.45 | $\begin{aligned} & +00: 03: 05 \\ & (8.8 \%) \end{aligned}$ | 3:29 | $\begin{aligned} & 17.2 \\ & \text { (91.0\%) } \end{aligned}$ |
| 8 | MOTOCZYŃSKI Wojciech | 314 |  | M-30 | 3 | 00:00:01 | 00:08:51 | 00:17:08 | 00:25:26 | 00:33:36 | 00:34:57.80 | 00:34:59.65 | $\begin{aligned} & +00: 03: 08 \\ & (9.0 \%) \end{aligned}$ | 3:29 | $\begin{aligned} & 17.2 \\ & \text { (91.0\%) } \end{aligned}$ |
| 9 | KICZIŃSKI Bartosz | 462 |  | M-30 | 4 | 00:00:01 | 00:08:51 | 00:17:08 | 00:25:25 | 00:33:38 | 00:35:03.25 | 00:35:05.00 | $\begin{aligned} & +00: 03: 14 \\ & (9.2 \%) \end{aligned}$ | 3:30 | $\begin{aligned} & 17.1 \\ & \text { (90.5\%) } \end{aligned}$ |
| 10 | LUTOWSKI Wojciech | 162 |  | M-30 | 5 | 00:00:01 | 00:08:49 | 00:17:02 | 00:25:24 | 00:33:44 | 00:35:12.60 | 00:35:14.30 | $\begin{aligned} & +00: 03: 23 \\ & \text { (9.6\%) } \end{aligned}$ | 3:31 | $\begin{aligned} & 17 \\ & \text { (89.9\%) } \end{aligned}$ |
| 11 | BEDNARCZYK Adrian | 42 |  | M-30 | 6 | 00:00:01 | 00:08:31 | 00:17:00 | 00:25:39 | 00:34:11 | 00:35:38.40 | 00:35:40.00 | $\begin{aligned} & +00: 03: 49 \\ & (10.7 \%) \end{aligned}$ | 3:33 | $\begin{aligned} & 16.8 \\ & \text { (88.9\%) } \end{aligned}$ |
| 12 | KUCZEK Piotr | 621 |  | M-30 | 7 | 00:00:02 | 00:08:51 | 00:17:12 | 00:25:45 | 00:34:14 | 00:35:39.90 | 00:35:42.55 | $\begin{aligned} & +00: 03: 50 \\ & (10.8 \%) \end{aligned}$ | 3:34 | $\begin{aligned} & 16.8 \\ & \text { (88.9\%) } \end{aligned}$ |
| 13 | GEHRKE Robert | 246 |  | M-30 | 8 | 00:00:02 | 00:08:42 | 00:17:16 | 00:26:02 | 00:34:45 | 00:36:14.85 | 00:36:17.10 | $\begin{aligned} & +00: 04: 25 \\ & (12.2 \%) \end{aligned}$ | 3:37 | $\begin{aligned} & 16.6 \\ & \text { (87.8\%) } \end{aligned}$ |
| 14 | JAGODZIŃSKI Mateusz | 133 |  | M-20 | 5 | 00:00:02 | 00:08:53 | 00:17:23 | 00:26:05 | 00:34:56 | 00:36:22.20 | 00:36:24.40 | $\begin{aligned} & +00: 04: 33 \\ & (12.5 \%) \end{aligned}$ | 3:38 | $\begin{aligned} & 16.5 \\ & \text { (87.3\%) } \end{aligned}$ |
| 15 | WIWATOWSKI Michał | 55 |  | M-30 | 9 | 00:00:01 | 00:08:54 | 00:17:27 | 00:26:16 | 00:35:03 | 00:36:34.40 | 00:36:36.30 | $\begin{aligned} & +00: 04: 45 \\ & (13.0 \%) \end{aligned}$ | 3:39 | $\begin{aligned} & 16.4 \\ & \text { (86.8\%) } \end{aligned}$ |
| 16 | GROCHOWIAK Piotr | 177 |  | M-30 | 10 | 00:00:02 | 00:09:14 | 00:17:53 | 00:26:36 | 00:35:22 | 00:36:52.15 | 00:36:55.10 | $\begin{aligned} & +00: 05: 03 \\ & (13.7 \%) \end{aligned}$ | 3:41 | $\begin{aligned} & 16.3 \\ & \text { (86.2\%) } \end{aligned}$ |


| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | $\begin{aligned} & \text { Split } \\ & 2.5 \mathrm{~km} \end{aligned}$ | $\begin{gathered} \text { Split } \\ \text { 4.85km } \end{gathered}$ | $\begin{aligned} & \text { Split } \\ & 7.2 \mathrm{~km} \end{aligned}$ | $\begin{gathered} \text { Split } \\ \text { 9.55km } \end{gathered}$ | Czas netto 10 km | Czas brutto 10 km | Różn | Tempo min/km | $\begin{aligned} & \text { Tempo } \\ & \text { km/h } \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 17 | KMITTA Leszek | 504 |  | M-20 | 6 | 00:00:03 | 00:09:13 | 00:17:51 | 00:26:42 | 00:35:37 | 00:37:07.90 | 00:37:11.30 | $\begin{aligned} & +00: 05: 18 \\ & \text { (14.3\%) } \end{aligned}$ | 3:42 | $\begin{aligned} & 16.2 \\ & \text { (85.7\%) } \end{aligned}$ |
| 18 | HAPKE Tomasz | 276 |  | M-40 | 2 | 00:00:02 | 00:09:12 | 00:18:03 | 00:26:55 | 00:35:42 | 00:37:11.20 | 00:37:13.25 | $\begin{aligned} & +00: 05: 22 \\ & \text { (14.4\%) } \end{aligned}$ | 3:43 | $\begin{aligned} & 16.1 \\ & (85.2 \%) \end{aligned}$ |
| 19 | SZYSZKA Mariusz | 158 |  | M-30 | 11 | 00:00:03 | 00:09:23 | 00:18:13 | 00:27:03 | 00:35:45 | 00:37:12.90 | 00:37:16.30 | $\begin{aligned} & +00: 05: 23 \\ & (14.5 \%) \end{aligned}$ | 3:43 | $\begin{aligned} & 16.1 \\ & \text { (85.2\%) } \end{aligned}$ |
| 20 | KOWALCZYK Marek | 11 |  | M-30 | 12 | 00:00:02 | 00:09:22 | 00:18:16 | 00:27:01 | 00:35:45 | 00:37:15.35 | 00:37:18.30 | $\begin{aligned} & +00: 05: 26 \\ & (14.6 \%) \end{aligned}$ | 3:43 | $\begin{aligned} & 16.1 \\ & \text { (85.2\%) } \end{aligned}$ |
| 21 | PIATKOWSKI Michał | 169 |  | M-20 | 7 | 00:00:00 |  |  |  |  | 00:37:18.00 | 00:37:18.00 | $\begin{aligned} & +00: 05: 28 \\ & (14.7 \%) \end{aligned}$ | 3:43 | $\begin{aligned} & 16.1 \\ & (85.2 \%) \end{aligned}$ |
| 22 | WOLNY Piotr | 10 |  | M-50 | 1 | 00:00:02 | 00:09:22 | 00:18:16 | 00:27:03 | 00:35:50 | 00:37:23.85 | 00:37:25.90 | $\begin{aligned} & +00: 05: 34 \\ & (14.9 \%) \end{aligned}$ | 3:44 | $\begin{aligned} & 16 \\ & (84.7 \%) \end{aligned}$ |
| 23 | MOKRZYCKI Rafał | 555 |  | M-40 | 3 | 00:00:02 | 00:09:15 | 00:18:09 | 00:27:07 | 00:36:04 | 00:37:37.30 | 00:37:39.55 | $\begin{aligned} & +00: 05: 48 \\ & (15.4 \%) \end{aligned}$ | 3:45 | $\begin{aligned} & 16 \\ & (84.7 \%) \end{aligned}$ |
| 24 | WARCZAK Piotr | 249 |  | M-40 | 4 | 00:00:00 | 00:09:26 | 00:18:17 | 00:27:09 | 00:36:12 | 00:37:45.20 | 00:37:45.20 | $\begin{aligned} & +00: 05: 56 \\ & (15.7 \%) \end{aligned}$ | 3:46 | $\begin{aligned} & 15.9 \\ & (84.1 \%) \end{aligned}$ |
| 25 | WIĘCKOWSKI Dariusz | 22 |  | M-30 | 13 | 00:00:03 | 00:09:23 | 00:18:17 | 00:27:19 | 00:36:17 | 00:37:49.50 | 00:37:53.05 | $\begin{aligned} & +00: 06: 00 \\ & (15.9 \%) \end{aligned}$ | 3:47 | $\begin{aligned} & 15.9 \\ & (84.1 \%) \end{aligned}$ |
| 26 | KOZAR Karol | 439 |  | M-30 | 14 | 00:00:03 | 00:09:31 | 00:18:30 | 00:27:31 | 00:36:25 | 00:37:53.95 | 00:37:57.50 | $\begin{aligned} & +00: 06: 04 \\ & (16.0 \%) \end{aligned}$ | 3:47 | $\begin{aligned} & 15.8 \\ & (83.6 \%) \end{aligned}$ |
| 27 | MAĆKOWSKI Maciej | 66 |  | M-30 | 15 | 00:00:03 | 00:09:21 | 00:18:14 | 00:27:18 | 00:36:28 | 00:37:58.40 | 00:38:01.80 | $\begin{aligned} & +00: 06: 09 \\ & (16.2 \%) \end{aligned}$ | 3:47 | $\begin{aligned} & 15.8 \\ & (83.6 \%) \end{aligned}$ |
| 28 | SZENK Marta | 78 |  | K-30 | 1 | 00:00:03 | 00:09:23 | 00:18:16 | 00:27:22 | 00:36:31 | 00:38:01.60 | 00:38:04.90 | $\begin{aligned} & +00: 06: 12 \\ & (16.3 \%) \end{aligned}$ | 3:48 | $\begin{aligned} & 15.8 \\ & (83.6 \%) \end{aligned}$ |
| 29 | KOLMAJER Rafał | 274 |  | M-30 | 16 | 00:00:03 | 00:09:21 | 00:18:16 | 00:27:22 | 00:36:32 | 00:38:06.85 | 00:38:10.50 | $\begin{aligned} & +00: 06: 17 \\ & (16.5 \%) \end{aligned}$ | 3:48 | $\begin{aligned} & 15.7 \\ & (83.1 \%) \end{aligned}$ |
| 30 | ETTINGER Paweł | 609 |  | M-30 | 17 | 00:00:04 | 00:09:42 | 00:18:36 | 00:27:33 | 00:36:37 | 00:38:13.95 | 00:38:18.20 | $\begin{aligned} & +00: 06: 24 \\ & (16.8 \%) \end{aligned}$ | 3:49 | $\begin{aligned} & 15.7 \\ & (83.1 \%) \end{aligned}$ |
| 31 | OSIŃSKI Ryszard | 572 |  | M-50 | 2 | 00:00:02 | 00:09:22 | 00:18:21 | 00:27:41 | 00:37:07 | 00:38:47.20 | 00:38:49.90 | $\begin{aligned} & +00: 06: 58 \\ & (18.0 \%) \end{aligned}$ | 3:52 | $\begin{aligned} & 15.5 \\ & (82.0 \%) \end{aligned}$ |
| 32 | PAWŁOWSKI Tomasz | 84 |  | M-20 | 8 | 00:00:03 | 00:09:46 | 00:18:57 | 00:28:09 | 00:37:17 | 00:38:49.25 | 00:38:52.50 | $\begin{aligned} & +00: 07: 00 \\ & (18.0 \%) \end{aligned}$ | 3:52 | $\begin{aligned} & 15.5 \\ & (82.0 \%) \end{aligned}$ |
| 33 | RYCHTER Karol | 623 |  | M-40 | 5 | 00:00:05 | 00:09:41 | 00:18:48 | 00:28:09 | 00:37:21 | 00:38:54.60 | 00:38:59.90 | $\begin{aligned} & +00: 07: 05 \\ & (18.2 \%) \end{aligned}$ | 3:53 | $\begin{aligned} & 15.4 \\ & (81.5 \%) \end{aligned}$ |
| 34 | SOBIERALSKI Rafał | 143 |  | M-40 | 6 | 00:00:03 | 00:09:40 | 00:18:54 | 00:28:15 | 00:37:32 | 00:39:06.25 | 00:39:09.90 | $\begin{aligned} & +00: 07: 17 \\ & (18.6 \%) \end{aligned}$ | 3:54 | $\begin{aligned} & 15.3 \\ & (81.0 \%) \end{aligned}$ |
| 35 | RUTKOWSKI Szymon | 597 |  | M-1 | 1 | 00:00:02 | 00:09:15 | 00:18:22 | 00:28:01 | 00:37:48 | 00:39:15.30 | 00:39:17.80 | $\begin{aligned} & +00: 07: 26 \\ & (18.9 \%) \end{aligned}$ | 3:55 | $\begin{aligned} & 15.3 \\ & (81.0 \%) \end{aligned}$ |
| 36 | KUBANEK Łukasz | 61 |  | M-30 | 18 | 00:00:02 | 00:09:24 | 00:18:41 | 00:28:10 | 00:37:44 | 00:39:21.85 | 00:39:24.30 | $\begin{aligned} & +00: 07: 32 \\ & \text { (19.2\%) } \end{aligned}$ | 3:56 | $\begin{aligned} & 15.2 \\ & (80.4 \%) \end{aligned}$ |
| 37 | BUKOWIŃSKI Michał | 424 |  | M-30 | 19 | 00:00:05 | 00:09:57 | 00:19:20 | 00:28:50 | 00:38:00 | 00:39:29.35 | 00:39:35.20 | $\begin{aligned} & +00: 07: 40 \\ & \text { (19.4\%) } \end{aligned}$ | 3:57 | $\begin{aligned} & 15.2 \\ & (80.4 \%) \end{aligned}$ |
| 38 | NIESPODZIŃSKI Robert | 628 |  | M-40 | 7 | 00:00:06 | 00:09:46 | 00:19:07 | 00:28:36 | 00:37:59 | 00:39:34.90 | 00:39:41.75 | $\begin{aligned} & +00: 07: 45 \\ & (19.6 \%) \end{aligned}$ | 3:57 | $\begin{aligned} & 15.2 \\ & (80.4 \%) \end{aligned}$ |
| 39 | JOACHIMIAK Marek | 536 |  | M-20 | 9 | 00:00:02 | 00:09:48 | 00:19:14 | 00:28:42 | 00:38:04 | 00:39:36.90 | 00:39:39.45 | $\begin{aligned} & +00: 07: 47 \\ & (19.7 \%) \end{aligned}$ | 3:57 | $\begin{aligned} & 15.1 \\ & (79.9 \%) \end{aligned}$ |


| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | $\begin{aligned} & \text { Split } \\ & 2.5 \mathrm{~km} \end{aligned}$ | $\begin{gathered} \text { Split } \\ \text { 4.85km } \end{gathered}$ | $\begin{gathered} \text { Split } \\ 7.2 \mathrm{~km} \end{gathered}$ | $\begin{gathered} \text { Split } \\ \text { 9.55km } \end{gathered}$ | Czas netto 10 km | Czas brutto 10km | Róż | Tempo min/km | $\begin{gathered} \text { Tempo } \\ \mathrm{km} / \mathrm{h} \end{gathered}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 40 | ZIELIŃSKI Nicolas | 473 |  | M-20 | 10 | 00:00:03 | 00:09:56 | 00:19:24 | 00:28:52 | 00:38:14 | 00:39:47.65 | 00:39:51.50 | $\begin{aligned} & +00: 07: 58 \\ & (20.0 \%) \end{aligned}$ | 3:58 | $\begin{aligned} & 15.1 \\ & \text { (79.9\%) } \end{aligned}$ |
| 41 | SPYCHALSKI Waldemar | 374 |  | M-40 | 8 | 00:00:03 | 00:09:50 | 00:19:14 | 00:28:47 | 00:38:16 | 00:39:52.85 | 00:39:56.45 | $\begin{aligned} & +00: 08: 03 \\ & (20.2 \%) \end{aligned}$ | 3:59 | $\begin{aligned} & 15 \\ & \text { (79.4\%) } \end{aligned}$ |
| 42 | CHMIELEWSKI Tomasz | 532 |  | M-50 | 3 | 00:00:04 | 00:10:09 | 00:19:38 | 00:29:08 | 00:38:23 | 00:40:01.60 | 00:40:06.05 | $\begin{aligned} & +00: 08: 12 \\ & (20.5 \%) \end{aligned}$ | 4:00 | $\begin{aligned} & 15 \\ & \text { (79.4\%) } \end{aligned}$ |
| 43 | CZUK Marek | 167 |  | M-60 | 1 | 00:00:02 | 00:09:49 | 00:19:17 | 00:28:51 | 00:38:25 | 00:40:05.50 | 00:40:07.85 | $\begin{aligned} & +00: 08: 16 \\ & (20.6 \%) \end{aligned}$ | 4:00 | $\begin{aligned} & 15 \\ & \text { (79.4\%) } \end{aligned}$ |
| 44 | ŻAROŃ Sławomir | 204 |  | M-50 | 4 | 00:00:03 | 00:09:52 | 00:19:25 | 00:29:10 | 00:38:26 | 00:40:08.10 | 00:40:11.55 | $\begin{aligned} & +00: 08: 18 \\ & (20.7 \%) \end{aligned}$ | 4:00 | $\begin{aligned} & 15 \\ & \text { (79.4\%) } \end{aligned}$ |
| 45 | KULBAKA Dawid | 31 |  | M-30 | 20 | 00:00:09 | 00:10:13 | 00:19:46 | 00:29:29 | 00:38:38 | 00:40:11.75 | 00:40:20.90 | $\begin{aligned} & +00: 08: 22 \\ & (20.8 \%) \end{aligned}$ | 4:01 | $\begin{aligned} & 14.9 \\ & (78.8 \%) \end{aligned}$ |
| 46 | ZAKURZEWSKI Tomasz | 590 |  | M-40 | 9 | 00:00:05 | 00:10:08 | 00:19:31 | 00:29:02 | 00:38:31 | 00:40:12.60 | 00:40:18.30 | $\begin{aligned} & +00: 08: 23 \\ & (20.9 \%) \end{aligned}$ | 4:01 | $\begin{aligned} & 14.9 \\ & (78.8 \%) \end{aligned}$ |
| 47 | JĘDRZEJCZYK Mikołaj | 269 |  | M-40 | 10 | 00:00:03 | 00:10:01 | 00:19:28 | 00:29:05 | 00:38:41 | 00:40:19.55 | 00:40:23.05 | $\begin{aligned} & +00: 08: 30 \\ & (21.1 \%) \end{aligned}$ | 4:02 | $\begin{aligned} & 14.9 \\ & (78.8 \%) \end{aligned}$ |
| 48 | KĄTNIK Jacek | 403 |  | M-40 | 11 | 00:00:05 | 00:10:13 | 00:19:43 | 00:29:24 | 00:39:02 | 00:40:32.50 | 00:40:38.35 | $\begin{aligned} & +00: 08: 43 \\ & (21.5 \%) \end{aligned}$ | 4:03 | $\begin{aligned} & 14.8 \\ & (78.3 \%) \end{aligned}$ |
| 49 | NALIŃSKI Mateusz | 193 |  | M-1 | 2 | 00:00:02 | 00:09:16 | 00:18:25 | 00:28:43 | 00:38:58 | 00:40:33.75 | 00:40:36.40 | $\begin{aligned} & +00: 08: 44 \\ & \text { (21.6\%) } \end{aligned}$ | 4:03 | $\begin{aligned} & 14.8 \\ & \text { (78.3\%) } \end{aligned}$ |
| 50 | LEWANDOWSKI Jacek | 106 |  | M-30 | 21 | 00:00:06 | 00:10:11 | 00:19:42 | 00:29:22 | 00:38:57 | 00:40:36.05 | 00:40:42.85 | $\begin{aligned} & +00: 08: 46 \\ & (21.6 \%) \end{aligned}$ | 4:03 | $\begin{aligned} & 14.8 \\ & (78.3 \%) \end{aligned}$ |
| 51 | RACZYŃSKI Krzysztof | 28 |  | M-50 | 5 | 00:00:05 | 00:10:13 | 00:19:43 | 00:29:24 | 00:39:07 | 00:40:48.10 | 00:40:53.75 | $\begin{aligned} & +00: 08: 58 \\ & (22.0 \%) \end{aligned}$ | 4:04 | $\begin{aligned} & 14.7 \\ & (77.8 \%) \end{aligned}$ |
| 52 | KUBIAK Bartłomiej | 600 |  | M-30 | 22 | 00:00:05 | 00:10:14 | 00:19:50 | 00:29:33 | 00:39:14 | 00:40:49.55 | 00:40:55.40 | $\begin{aligned} & +00: 09: 00 \\ & (22.1 \%) \end{aligned}$ | 4:05 | $\begin{aligned} & 14.7 \\ & (77.8 \%) \end{aligned}$ |
| 53 | STOMSKI Krzysztof | 376 |  | M-40 | 12 | 00:00:05 | 00:10:00 | 00:19:37 | 00:29:25 | 00:39:14 | 00:40:49.90 | 00:40:55.60 | $\begin{aligned} & +00: 09: 00 \\ & (22.1 \%) \end{aligned}$ | 4:05 | $\begin{aligned} & 14.7 \\ & \text { (77.8\%) } \end{aligned}$ |
| 54 | PAWLACZYK Szymon | 343 |  | M-30 | 23 | 00:00:05 | 00:10:24 | 00:20:03 | 00:29:45 | 00:39:16 | 00:40:52.30 | 00:40:57.30 | $\begin{aligned} & +00: 09: 03 \\ & (22.1 \%) \end{aligned}$ | 4:05 | $\begin{aligned} & 14.7 \\ & (77.8 \%) \end{aligned}$ |
| 55 | KRUPA Piotr | 80 |  | M-30 | 24 | 00:00:05 | 00:10:07 | 00:19:40 | 00:29:31 | 00:39:20 | 00:41:00.70 | 00:41:06.30 | $\begin{aligned} & +00: 09: 11 \\ & (22.4 \%) \end{aligned}$ | 4:06 | $\begin{aligned} & 14.6 \\ & (77.2 \%) \end{aligned}$ |
| 56 | GALIŃSKI Bartosz | 200 |  | M-20 | 11 | 00:00:04 | 00:10:10 | 00:19:48 | 00:29:43 | 00:39:29 | 00:41:04.55 | 00:41:08.75 | $\begin{aligned} & +00: 09: 15 \\ & (22.5 \%) \end{aligned}$ | 4:06 | $\begin{aligned} & 14.6 \\ & (77.2 \%) \end{aligned}$ |
| 57 | JARZABB Piotr | 333 |  | M-30 | 25 | 00:00:07 | 00:10:16 | 00:19:53 | 00:29:44 | 00:39:28 | 00:41:08.55 | 00:41:16.30 | $\begin{aligned} & +00: 09: 19 \\ & (22.7 \%) \end{aligned}$ | 4:06 | $\begin{aligned} & 14.6 \\ & (77.2 \%) \end{aligned}$ |
| 58 | KUŁAKOWSKI Krzysztof | 414 |  | M-30 | 26 | 00:00:10 | 00:10:09 | 00:19:48 | 00:29:41 | 00:39:33 | 00:41:13.05 | 00:41:23.50 | $\begin{aligned} & +00: 09: 23 \\ & (22.8 \%) \end{aligned}$ | 4:07 | $\begin{aligned} & 14.6 \\ & (77.2 \%) \end{aligned}$ |
| 59 | RUDNICKI Michał | 23 |  | M-30 | 27 | 00:00:02 | 00:09:58 | 00:19:41 | 00:29:37 | 00:39:30 | 00:41:13.25 | 00:41:16.10 | $\begin{aligned} & +00: 09: 24 \\ & (22.8 \%) \end{aligned}$ | 4:07 | $\begin{aligned} & 14.6 \\ & (77.2 \%) \end{aligned}$ |
| 60 | STANKIEWICZ Jacek | 359 |  | M-20 | 12 | 00:00:03 | 00:09:49 | 00:19:32 | 00:29:30 | 00:39:37 | 00:41:16.90 | 00:41:20.25 | $\begin{aligned} & +00: 09: 27 \\ & (22.9 \%) \end{aligned}$ | 4:07 | $\begin{aligned} & 14.5 \\ & (76.7 \%) \end{aligned}$ |
| 61 | PRZYBYLSKI Maciej | 388 |  | M-40 | 13 | 00:00:03 | 00:10:07 | 00:19:51 | 00:29:47 | 00:39:40 | 00:41:18.30 | 00:41:22.25 | $\begin{aligned} & +00: 09: 29 \\ & (23.0 \%) \end{aligned}$ | 4:07 | $\begin{aligned} & 14.5 \\ & (76.7 \%) \end{aligned}$ |
| 62 | sZCZEPANIAK Cezary | 486 |  | M-40 | 14 | 00:00:03 | 00:10:19 | 00:20:08 | 00:29:57 | 00:39:42 | 00:41:18.75 | 00:41:22.15 | $\begin{aligned} & +00: 09: 29 \\ & (23.0 \%) \end{aligned}$ | 4:07 | $\begin{aligned} & 14.5 \\ & (76.7 \%) \end{aligned}$ |


| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | $\begin{aligned} & \text { Split } \\ & 2.5 \mathrm{~km} \end{aligned}$ | $\begin{gathered} \text { Split } \\ \text { 4.85km } \end{gathered}$ | $\begin{aligned} & \text { Split } \\ & 7.2 \mathrm{~km} \end{aligned}$ | $\begin{gathered} \text { Split } \\ \text { 9.55km } \end{gathered}$ | Czas netto 10 km | Czas brutto 10 km | Różn | Tempo min/km | Tempo km/h |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 63 | KRZYWDZIŃSKI Dominik | 383 |  | M-1 | 3 | 00:00:03 | 00:09:44 | 00:19:14 | 00:29:27 | 00:39:44 | 00:41:24.30 | 00:41:28.00 | $\begin{aligned} & +00: 09: 35 \\ & (23.2 \%) \end{aligned}$ | 4:08 | $\begin{aligned} & 14.5 \\ & (76.7 \%) \end{aligned}$ |
| 64 | MOROSZCZAK Bogumił | 202 | SPÓJNIA BIAŁE BŁOTA | M-40 | 15 | 00:00:06 | 00:10:15 | 00:20:05 | 00:29:55 | 00:39:47 | 00:41:30.30 | 00:41:36.70 | $\begin{aligned} & +00: 09: 41 \\ & (23.3 \%) \end{aligned}$ | 4:09 | $\begin{aligned} & 14.5 \\ & (76.7 \%) \end{aligned}$ |
| 65 | CIMACHOWSKI Jakub | 380 |  | M-30 | 28 | 00:00:04 | 00:10:15 | 00:20:09 | 00:30:09 | 00:39:58 | 00:41:33.50 | 00:41:37.75 | $\begin{aligned} & +00: 09: 44 \\ & (23.4 \%) \end{aligned}$ | 4:09 | $\begin{aligned} & 14.4 \\ & (76.2 \%) \end{aligned}$ |
| 66 | ŚWITAL Leszek | 217 |  | M-40 | 16 | 00:00:03 | 00:10:15 | 00:20:07 | 00:30:07 | 00:40:01 | 00:41:36.00 | 00:41:39.95 | $\begin{aligned} & +00: 09: 46 \\ & (23.5 \%) \end{aligned}$ | 4:09 | $\begin{aligned} & 14.4 \\ & (76.2 \%) \end{aligned}$ |
| 67 | KALACZYŃSKI Miłosz | 510 |  | M-20 | 13 | 00:00:05 | 00:10:18 | 00:20:06 | 00:29:58 | 00:40:04 | 00:41:36.35 | 00:41:42.15 | $\begin{aligned} & +00: 09: 47 \\ & (23.5 \%) \end{aligned}$ | 4:09 | $\begin{aligned} & 14.4 \\ & (76.2 \%) \end{aligned}$ |
| 68 | OLKOWSKI Jurek | 310 |  | M-60 | 2 | 00:00:02 | 00:09:56 | 00:19:55 | 00:30:02 | 00:39:54 | 00:41:36.60 | 00:41:39.55 | $\begin{aligned} & +00: 09: 47 \\ & (23.5 \%) \end{aligned}$ | 4:09 | $\begin{aligned} & 14.4 \\ & (76.2 \%) \end{aligned}$ |
| 69 | GAJC Artur | 323 |  | M-40 | 17 | 00:00:04 | 00:10:20 | 00:20:12 | 00:30:10 | 00:40:00 | 00:41:40.95 | 00:41:45.65 | $\begin{aligned} & +00: 09: 51 \\ & (23.7 \%) \end{aligned}$ | 4:10 | $\begin{aligned} & 14.4 \\ & (76.2 \%) \end{aligned}$ |
| 70 | LEWANDOWSKI Rafał | 205 |  | M-30 | 29 | 00:00:05 | 00:10:09 | 00:19:41 | 00:29:50 | 00:40:03 | 00:41:46.50 | 00:41:52.05 | $\begin{aligned} & +00: 09: 57 \\ & (23.8 \%) \end{aligned}$ | 4:10 | $\begin{aligned} & 14.4 \\ & (76.2 \%) \end{aligned}$ |
| 71 | BARTOSZ Marek | 68 |  | M-30 | 30 | 00:00:03 | 00:10:01 | 00:20:01 | 00:30:06 | 00:40:13 | 00:41:51.40 | 00:41:54.70 | $\begin{aligned} & +00: 10: 02 \\ & (24.0 \%) \end{aligned}$ | 4:11 | $\begin{aligned} & 14.3 \\ & (75.7 \%) \end{aligned}$ |
| 72 | LIPINSKI Arkadiusz | 443 |  | M-30 | 31 | 00:00:08 | 00:10:21 | 00:20:06 | 00:30:08 | 00:40:11 | 00:41:54.25 | 00:42:02.35 | $\begin{aligned} & +00: 10: 05 \\ & (24.1 \%) \end{aligned}$ | 4:11 | $\begin{aligned} & 14.3 \\ & (75.7 \%) \end{aligned}$ |
| 73 | PRZYBYLSKI Bartłomiej | 617 | RUN BYDGOSZCZ | M-30 | 32 | 00:00:23 | 00:10:37 | 00:20:32 | 00:30:33 | 00:40:31 | 00:42:09.15 | 00:42:32.40 | $\begin{aligned} & +00: 10: 20 \\ & (24.5 \%) \end{aligned}$ | 4:12 | $\begin{aligned} & 14.2 \\ & (75.1 \%) \end{aligned}$ |
| 74 | SITKO Mariusz | 417 |  | M-30 | 33 | 00:00:02 | 00:10:14 | 00:20:13 | 00:30:18 | 00:40:28 | 00:42:10.35 | 00:42:12.90 | $\begin{aligned} & +00: 10: 21 \\ & (24.5 \%) \end{aligned}$ | 4:13 | $\begin{aligned} & 14.2 \\ & (75.1 \%) \end{aligned}$ |
| 75 | WEGNER Marek | 251 |  | M-50 | 6 | 00:00:03 | 00:10:25 | 00:20:26 | 00:30:28 | 00:40:30 | 00:42:11.95 | 00:42:15.30 | $\begin{aligned} & +00: 10: 22 \\ & (24.6 \%) \end{aligned}$ | 4:13 | $\begin{aligned} & 14.2 \\ & (75.1 \%) \end{aligned}$ |
| 76 | LESZCZEWICZ Waldek | 584 |  | M-40 | 18 | 00:00:04 | 00:10:47 | 00:20:44 | 00:30:50 | 00:40:34 | 00:42:13.45 | 00:42:18.10 | $\begin{aligned} & +00: 10: 24 \\ & (24.6 \%) \end{aligned}$ | 4:13 | $\begin{aligned} & 14.2 \\ & (75.1 \%) \end{aligned}$ |
| 77 | DUDEK Agnieszka | 454 |  | K-40 | 1 | 00:00:03 | 00:10:21 | 00:20:25 | 00:30:29 | 00:40:36 | 00:42:17.55 | 00:42:20.85 | $\begin{aligned} & +00: 10: 28 \\ & (24.8 \%) \end{aligned}$ | 4:13 | $\begin{aligned} & 14.2 \\ & (75.1 \%) \end{aligned}$ |
| 78 | LEWANDOWSKI Rafał | 401 |  | M-30 | 34 | 00:00:03 | 00:10:30 | 00:20:26 | 00:30:25 | 00:40:35 | 00:42:19.30 | 00:42:23.00 | $\begin{aligned} & +00: 10: 30 \\ & (24.8 \%) \end{aligned}$ | 4:14 | $\begin{aligned} & 14.2 \\ & (75.1 \%) \end{aligned}$ |
| 79 | CALDARA Dario | 445 |  | M-30 | 35 | 00:00:08 | 00:10:30 | 00:20:20 | 00:30:19 | 00:40:32 | 00:42:25.60 | 00:42:34.20 | $\begin{aligned} & +00: 10: 36 \\ & (25.0 \%) \end{aligned}$ | 4:14 | $\begin{aligned} & 14.1 \\ & (74.6 \%) \end{aligned}$ |
| 80 | MICHALSKI Adam | 560 |  | M-40 | 19 | 00:00:15 | 00:10:30 | 00:20:26 | 00:30:33 | 00:40:44 | 00:42:31.20 | 00:42:46.25 | $\begin{aligned} & +00: 10: 42 \\ & (25.2 \%) \end{aligned}$ | 4:15 | $\begin{aligned} & 14.1 \\ & (74.6 \%) \end{aligned}$ |
| 81 | MOLTZAN-MAŁKOWSKA Magdalena | 232 |  | K-40 | 2 | 00:00:09 | 00:10:50 | 00:20:50 | 00:30:52 | 00:40:51 | 00:42:35.60 | 00:42:44.65 | $\begin{aligned} & +00: 10: 46 \\ & (25.3 \%) \end{aligned}$ | 4:15 | $\begin{aligned} & 14.1 \\ & (74.6 \%) \end{aligned}$ |
| 82 | MOLTZAN Zbigniew | 233 |  | M-40 | 20 | 00:00:08 | 00:10:51 | 00:20:51 | 00:30:53 | 00:40:50 | 00:42:36.30 | 00:42:44.65 | $\begin{aligned} & +00: 10: 47 \\ & (25.3 \%) \end{aligned}$ | 4:15 | $\begin{aligned} & 14.1 \\ & (74.6 \%) \end{aligned}$ |
| 83 | KRÓL Maciej | 525 |  | M-40 | 21 | 00:00:05 | 00:10:36 | 00:20:42 | 00:30:49 | 00:40:54 | 00:42:38.75 | 00:42:44.00 | $\begin{aligned} & +00: 10: 49 \\ & (25.4 \%) \end{aligned}$ | 4:15 | $\begin{aligned} & 14.1 \\ & (74.6 \%) \end{aligned}$ |
| 84 | CICHOŃCZYK Antoni | 14 |  | M-60 | 3 | 00:00:04 | 00:10:28 | 00:20:26 | 00:30:47 | 00:40:58 | 00:42:42.00 | 00:42:46.50 | $\begin{aligned} & +00: 10: 52 \\ & (25.5 \%) \end{aligned}$ | 4:16 | $\begin{aligned} & 14.1 \\ & (74.6 \%) \end{aligned}$ |
| 85 | KOWALSKI Jacek | 26 |  | M-40 | 22 | 00:00:06 | 00:10:18 | 00:20:21 | 00:30:26 | 00:40:59 | 00:42:47.90 | 00:42:54.30 | $\begin{aligned} & +00: 10: 58 \\ & (25.7 \%) \end{aligned}$ | 4:16 | $\begin{aligned} & 14 \\ & (74.1 \%) \end{aligned}$ |


| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | $\begin{aligned} & \text { Split } \\ & 2.5 \mathrm{~km} \end{aligned}$ | $\begin{gathered} \text { Split } \\ \text { 4.85km } \end{gathered}$ | $\begin{aligned} & \text { Split } \\ & 7.2 \mathrm{~km} \end{aligned}$ | $\begin{aligned} & \text { Split } \\ & 9.55 \mathrm{~km} \end{aligned}$ | Czas netto 10 km | Czas brutto 10 km | Różn | Tempo min/km | $\begin{aligned} & \text { Tempo } \\ & \text { km/h } \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 86 | NAMIEŚNIK Krzysztof | 20 |  | M-40 | 23 | 00:00:14 | 00:10:49 | 00:20:48 | 00:30:52 | 00:41:02 | 00:42:49.60 | 00:43:04.45 | $\begin{aligned} & +00: 11: 00 \\ & \text { (25.7\%) } \end{aligned}$ | 4:17 | $\begin{aligned} & 14 \\ & (74.1 \%) \end{aligned}$ |
| 87 | KOSAKOWSKI Marian | 15 |  | M-60 | 4 | 00:00:02 | 00:10:39 | 00:20:49 | 00:31:00 | 00:41:07 | 00:42:50.05 | 00:42:52.40 | $\begin{aligned} & +00: 11: 00 \\ & \text { (25.7\%) } \end{aligned}$ | 4:17 | $\begin{aligned} & 14 \\ & (74.1 \%) \end{aligned}$ |
| 88 | CHWIŁKA Daniel | 30 |  | M-30 | 36 | 00:00:04 | 00:10:42 | 00:20:47 | 00:31:00 | 00:41:05 | 00:42:50.30 | 00:42:54.75 | $\begin{aligned} & +00: 11: 01 \\ & (25.7 \%) \end{aligned}$ | 4:17 | $\begin{aligned} & 14 \\ & (74.1 \%) \end{aligned}$ |
| 89 | MAGDZIARZ Jakub | 385 |  | M-30 | 37 | 00:00:15 | 00:10:29 | 00:20:41 | 00:31:01 | 00:41:10 | 00:42:57.30 | 00:43:12.80 | $\begin{aligned} & +00: 11: 08 \\ & (25.9 \%) \end{aligned}$ | 4:17 | $\begin{aligned} & 14 \\ & (74.1 \%) \end{aligned}$ |
| 90 | JAGODZIŃSKI Krzysztof | 607 |  | M-20 | 14 | 00:00:07 | 00:10:51 | 00:20:55 | 00:31:11 | 00:41:19 | 00:43:01.05 | 00:43:08.55 | $\begin{aligned} & +00: 11: 11 \\ & (26.0 \%) \end{aligned}$ | 4:18 | $\begin{aligned} & 13.9 \\ & (73.5 \%) \end{aligned}$ |
| 91 | CZARNECKI Piotr | 364 |  | M-30 | 38 | 00:00:08 | 00:10:52 | 00:20:50 | 00:31:05 | 00:41:27 | 00:43:05.55 | 00:43:13.85 | $\begin{aligned} & +00: 11: 16 \\ & (26.2 \%) \end{aligned}$ | 4:18 | $\begin{aligned} & 13.9 \\ & \text { (73.5\%) } \end{aligned}$ |
| 92 | WINIARSKI Grzegorz | 330 |  | M-30 | 39 | 00:00:05 | 00:10:40 | 00:20:45 | 00:30:57 | 00:41:18 | 00:43:05.75 | 00:43:11.00 | $\begin{aligned} & +00: 11: 16 \\ & (26.2 \%) \end{aligned}$ | 4:18 | $\begin{aligned} & 13.9 \\ & (73.5 \%) \end{aligned}$ |
| 93 | PAWŁOWSKI Radosław | 83 |  | M-50 | 7 | 00:00:03 | 00:10:52 | 00:21:00 | 00:31:13 | 00:41:30 | 00:43:15.40 | 00:43:19.00 | $\begin{aligned} & +00: 11: 26 \\ & \text { (26.4\%) } \end{aligned}$ | 4:19 | $\begin{aligned} & 13.9 \\ & (73.5 \%) \end{aligned}$ |
| 94 | WŁÓDARCZAK Witold | 604 |  | M-50 | 8 | 00:00:05 | 00:10:51 | 00:21:00 | 00:31:13 | 00:41:29 | 00:43:16.60 | 00:43:21.95 | $\begin{aligned} & +00: 11: 27 \\ & (26.5 \%) \end{aligned}$ | 4:19 | $\begin{aligned} & 13.9 \\ & (73.5 \%) \end{aligned}$ |
| 95 | MARCINKOWSKI Paweł | 340 |  | M-40 | 24 | 00:00:16 | 00:11:20 | 00:21:36 | 00:31:40 | 00:41:34 | 00:43:16.90 | 00:43:33.00 | $\begin{aligned} & +00: 11: 27 \\ & (26.5 \%) \end{aligned}$ | 4:19 | $\begin{aligned} & 13.9 \\ & \text { (73.5\%) } \end{aligned}$ |
| 96 | TRZCIŃSKI Franciszek | 387 |  | M-50 | 9 | 00:00:05 | 00:10:57 | 00:21:02 | 00:31:26 | 00:41:47 | 00:43:31.00 | 00:43:36.10 | $\begin{aligned} & +00: 11: 41 \\ & (26.9 \%) \end{aligned}$ | 4:21 | $\begin{aligned} & 13.8 \\ & \text { (73.0\%) } \end{aligned}$ |
| 97 | NAGOW Michał | 183 |  | M-40 | 25 | 00:00:07 | 00:10:56 | 00:21:12 | 00:31:33 | 00:41:50 | 00:43:35.85 | 00:43:43.35 | $\begin{aligned} & +00: 11: 46 \\ & (27.0 \%) \end{aligned}$ | 4:21 | $\begin{aligned} & 13.8 \\ & (73.0 \%) \end{aligned}$ |
| 98 | PLUCIŃSKI Jakub | 416 |  | M-30 | 40 | 00:00:25 | 00:10:49 | 00:21:03 | 00:31:29 | 00:41:56 | 00:43:40.80 | 00:44:06.65 | $\begin{aligned} & +00: 11: 51 \\ & (27.2 \%) \end{aligned}$ | 4:22 | $\begin{aligned} & 13.7 \\ & (72.5 \%) \end{aligned}$ |
| 99 | GURNA Jolanta | 384 |  | K-50 | 1 | 00:00:04 | 00:10:58 | 00:21:03 | 00:31:28 | 00:41:55 | 00:43:42.50 | 00:43:47.45 | $\begin{aligned} & +00: 11: 53 \\ & (27.2 \%) \end{aligned}$ | 4:22 | $\begin{aligned} & 13.7 \\ & (72.5 \%) \end{aligned}$ |
| 100 | WIERZBOWSKI Piotr | 491 |  | M-30 | 41 | 00:00:04 | 00:10:16 | 00:20:27 | 00:31:05 | 00:41:57 | 00:43:48.50 | 00:43:52.75 | $\begin{aligned} & +00: 11: 59 \\ & (27.4 \%) \end{aligned}$ | 4:22 | $\begin{aligned} & 13.7 \\ & \text { (72.5\%) } \end{aligned}$ |
| 101 | JUREK Piotr | 438 |  | M-50 | 10 | 00:00:05 | 00:10:57 | 00:20:59 | 00:31:28 | 00:42:02 | 00:43:53.25 | 00:43:58.95 | $\begin{aligned} & +00: 12: 04 \\ & (27.5 \%) \end{aligned}$ | 4:23 | $\begin{aligned} & 13.7 \\ & (72.5 \%) \end{aligned}$ |
| 102 | WIŚNIEWSKI Leszek | 281 |  | M-40 | 26 | 00:00:05 | 00:10:39 | 00:20:45 | 00:31:19 | 00:42:10 | 00:43:56.60 | 00:44:02.55 | $\begin{aligned} & +00: 12: 07 \\ & (27.6 \%) \end{aligned}$ | 4:23 | $\begin{aligned} & 13.7 \\ & (72.5 \%) \end{aligned}$ |
| 103 | MAŚLIŃSKI Mirosław | 455 |  | M-50 | 11 | 00:00:06 | 00:10:56 | 00:20:56 | 00:31:25 | 00:42:04 | 00:43:56.80 | 00:44:02.80 | $\begin{aligned} & +00: 12: 07 \\ & (27.6 \%) \end{aligned}$ | 4:23 | $\begin{aligned} & 13.7 \\ & (72.5 \%) \end{aligned}$ |
| 104 | CHOJNACKI Krzysztof | 168 |  | M-40 | 27 | 00:00:17 | 00:11:13 | 00:21:32 | 00:32:04 | 00:42:33 | 00:44:13.65 | 00:44:31.25 | $\begin{aligned} & +00: 12: 24 \\ & (28.1 \%) \end{aligned}$ | 4:25 | $\begin{aligned} & 13.6 \\ & (72.0 \%) \end{aligned}$ |
| 105 | LIPSKI Krzysztof | 415 |  | M-40 | 28 | 00:00:09 | 00:10:58 | 00:21:22 | 00:31:58 | 00:42:34 | 00:44:15.15 | 00:44:25.10 | $\begin{aligned} & +00: 12: 26 \\ & (28.1 \%) \end{aligned}$ | 4:25 | $\begin{aligned} & 13.6 \\ & (72.0 \%) \end{aligned}$ |
| 106 | ANDRZEJEWSKI Paweł | 73 |  | M-30 | 42 | 00:00:04 | 00:10:22 | 00:20:49 | 00:31:55 | 00:42:39 | 00:44:20.15 | 00:44:24.40 | $\begin{aligned} & +00: 12: 31 \\ & (28.2 \%) \end{aligned}$ | 4:26 | $\begin{aligned} & 13.5 \\ & \text { (71.4\%) } \end{aligned}$ |
| 107 | KOWALSKA Angelika | 317 |  | K-30 | 2 | 00:00:06 | 00:11:03 | 00:21:31 | 00:32:05 | 00:42:37 | 00:44:22.35 | 00:44:28.65 | $\begin{aligned} & +00: 12: 33 \\ & (28.3 \%) \end{aligned}$ | 4:26 | $\begin{aligned} & 13.5 \\ & \text { (71.4\%) } \end{aligned}$ |
| 108 | KADOW Ryszard | 506 |  | M-40 | 29 | 00:00:06 | 00:11:04 | 00:21:31 | 00:32:01 | 00:42:39 | 00:44:25.00 | 00:44:31.65 | $\begin{aligned} & +00: 12: 35 \\ & (28.4 \%) \end{aligned}$ | 4:26 | $\begin{aligned} & 13.5 \\ & \text { (71.4\%) } \end{aligned}$ |


| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | $\begin{aligned} & \text { Split } \\ & 2.5 \mathrm{~km} \end{aligned}$ | $\begin{aligned} & \text { Split } \\ & \text { 4.85km } \end{aligned}$ | $\begin{aligned} & \text { Split } \\ & 7.2 \mathrm{~km} \end{aligned}$ | $\begin{aligned} & \text { Split } \\ & \text { 9.55km } \end{aligned}$ | Czas netto 10 km | Czas brutto 10 km | Różn | Tempo min/km | $\begin{aligned} & \text { Tempo } \\ & \text { km/h } \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 109 | ROSZAK Zbigniew | 184 |  | M-20 | 15 | 00:00:04 | 00:10:32 | 00:20:51 | 00:31:41 | 00:42:43 | 00:44:26.35 | 00:44:30.80 | $\begin{aligned} & +00: 12: 37 \\ & (28.4 \%) \end{aligned}$ | 4:26 | $\begin{aligned} & 13.5 \\ & \text { (71.4\%) } \end{aligned}$ |
| 110 | ŁADZIK Szymon | 8 |  | M-20 | 16 | 00:00:05 | 00:11:16 | 00:21:59 | 00:32:40 | 00:42:56 | 00:44:31.45 | 00:44:36.65 | $\begin{aligned} & +00: 12: 42 \\ & (28.5 \%) \end{aligned}$ | 4:27 | $\begin{aligned} & 13.5 \\ & \text { (71.4\%) } \end{aligned}$ |
| 111 | STORZYŃSKI Paweł | 529 |  | M-30 | 43 | 00:00:08 | 00:11:07 | 00:22:03 | 00:32:40 | 00:42:54 | 00:44:32.25 | 00:44:40.25 | $\begin{aligned} & +00: 12: 43 \\ & (28.6 \%) \end{aligned}$ | 4:27 | $\begin{aligned} & 13.5 \\ & \text { (71.4\%) } \end{aligned}$ |
| 112 | TORCHALSKI Krzysztof | 517 |  | M-60 | 5 | 00:00:10 | 00:11:04 | 00:21:31 | 00:32:15 | 00:42:46 | 00:44:36.25 | 00:44:47.00 | $\begin{aligned} & +00: 12: 47 \\ & (28.7 \%) \end{aligned}$ | 4:27 | $\begin{aligned} & 13.4 \\ & (70.9 \%) \end{aligned}$ |
| 113 | JAKUBOWSKA Anna | 173 |  | K-30 | 3 | 00:00:06 | 00:11:02 | 00:21:32 | 00:32:05 | 00:42:47 | 00:44:36.35 | 00:44:42.50 | $\begin{aligned} & +00: 12: 47 \\ & (28.7 \%) \end{aligned}$ | 4:27 | $\begin{aligned} & 13.5 \\ & \text { (71.4\%) } \end{aligned}$ |
| 114 | KANARKOWSKI Stanisław | 453 |  | M-50 | 12 | 00:00:04 | 00:11:05 | 00:21:38 | 00:32:14 | 00:42:48 | 00:44:41.40 | 00:44:45.45 | $\begin{aligned} & +00: 12: 52 \\ & (28.8 \%) \end{aligned}$ | 4:28 | $\begin{aligned} & 13.4 \\ & (70.9 \%) \end{aligned}$ |
| 115 | CYRANOWSKI Artur | 626 |  | M-30 | 44 | 00:00:06 | 00:11:19 | 00:21:29 | 00:32:17 | 00:42:59 | 00:44:41.70 | 00:44:47.90 | $\begin{aligned} & +00: 12: 52 \\ & (28.8 \%) \end{aligned}$ | 4:28 | $\begin{aligned} & 13.4 \\ & (70.9 \%) \end{aligned}$ |
| 116 | GOŁATA Wojciech | 243 |  | M-30 | 45 | 00:00:09 | 00:11:07 | 00:21:42 | 00:32:25 | 00:43:03 | 00:44:41.90 | 00:44:51.30 | $\begin{aligned} & +00: 12: 52 \\ & (28.8 \%) \end{aligned}$ | 4:28 | $\begin{aligned} & 13.4 \\ & (70.9 \%) \end{aligned}$ |
| 117 | KWIATKOWSKI Piotr | 466 |  | M-30 | 46 | 00:00:05 | 00:10:56 | 00:21:13 | 00:32:12 | 00:42:59 | 00:44:43.20 | 00:44:48.40 | $\begin{aligned} & +00: 12: 54 \\ & (28.8 \%) \end{aligned}$ | 4:28 | $\begin{aligned} & 13.4 \\ & (70.9 \%) \end{aligned}$ |
| 118 | DAWIDOWICZ Maciej | 503 |  | M-30 | 47 | 00:00:08 | 00:11:10 | 00:21:44 | 00:32:23 | 00:42:56 | 00:44:44.00 | 00:44:52.90 | $\begin{aligned} & +00: 12: 54 \\ & (28.9 \%) \end{aligned}$ | 4:28 | $\begin{aligned} & 13.4 \\ & (70.9 \%) \end{aligned}$ |
| 119 | RYCHTER Marcin | 622 |  | M-40 | 30 | 00:00:06 | 00:10:48 | 00:20:56 | 00:31:13 | 00:42:47 | 00:44:44.10 | 00:44:50.40 | $\begin{aligned} & +00: 12: 54 \\ & (28.9 \%) \end{aligned}$ | 4:28 | $\begin{aligned} & 13.4 \\ & (70.9 \%) \end{aligned}$ |
| 120 | GLIWKA Artur | 82 |  | M-30 | 48 | 00:00:14 | 00:10:54 | 00:21:30 | 00:32:18 | 00:43:02 | 00:44:45.00 | 00:44:59.80 | $\begin{aligned} & +00: 12: 55 \\ & (28.9 \%) \end{aligned}$ | 4:28 | $\begin{aligned} & 13.4 \\ & (70.9 \%) \end{aligned}$ |
| 121 | WIŚNIEWSKI Maciej | 331 |  | M-40 | 31 | 00:00:24 | 00:11:28 | 00:22:12 | 00:32:56 | 00:43:03 | 00:44:47.45 | 00:45:11.70 | $\begin{aligned} & +00: 12: 58 \\ & (29.0 \%) \end{aligned}$ | 4:28 | $\begin{aligned} & 13.4 \\ & (70.9 \%) \end{aligned}$ |
| 122 | HENDRZAK Sylwester | 581 |  | M-30 | 49 | 00:00:06 | 00:11:08 | 00:21:49 | 00:32:37 | 00:43:01 | 00:44:48.05 | 00:44:54.65 | $\begin{aligned} & +00: 12: 58 \\ & (29.0 \%) \end{aligned}$ | 4:28 | $\begin{aligned} & 13.4 \\ & (70.9 \%) \end{aligned}$ |
| 123 | POWALISZ Dariusz | 492 |  | M-40 | 32 | 00:00:22 | 00:11:15 | 00:21:57 | 00:32:46 | 00:43:09 | 00:44:51.55 | 00:45:14.25 | $\begin{aligned} & +00: 13: 02 \\ & (29.1 \%) \end{aligned}$ | 4:29 | $\begin{aligned} & 13.4 \\ & \text { (70.9\%) } \end{aligned}$ |
| 124 | SAWIEŁAJC Jakub | 423 |  | M-1 | 4 | 00:00:19 | 00:10:56 | 00:21:21 | 00:32:03 | 00:43:06 | 00:45:02.35 | 00:45:21.95 | $\begin{aligned} & +00: 13: 13 \\ & (29.4 \%) \end{aligned}$ | 4:30 | $\begin{aligned} & 13.3 \\ & (70.4 \%) \end{aligned}$ |
| 125 | SZYMAŃSKI Krzysztof | 259 |  | M-40 | 33 | 00:00:04 | 00:11:17 | 00:22:20 | 00:33:33 | 00:43:23 | 00:45:02.40 | 00:45:06.60 | $\begin{aligned} & +00: 13: 13 \\ & (29.4 \%) \end{aligned}$ | 4:30 | $\begin{aligned} & 13.3 \\ & (70.4 \%) \end{aligned}$ |
| 126 | TOCZKIEWICZ Piotr | 109 |  | M-40 | 34 | 00:00:05 | 00:11:01 | 00:21:40 | 00:32:30 | 00:43:25 | 00:45:06.35 | 00:45:11.40 | $\begin{aligned} & +00: 13: 17 \\ & (29.5 \%) \end{aligned}$ | 4:30 | $\begin{aligned} & 13.3 \\ & (70.4 \%) \end{aligned}$ |
| 127 | CYROK Maciej | 370 |  | M-20 | 17 | 00:00:09 | 00:11:24 | 00:22:09 | 00:32:57 | 00:43:23 | 00:45:06.85 | 00:45:16.35 | $\begin{aligned} & +00: 13: 17 \\ & (29.5 \%) \end{aligned}$ | 4:30 | $\begin{aligned} & 13.3 \\ & \text { (70.4\%) } \end{aligned}$ |
| 128 | KOTWICA Hanna | 188 |  | K-20 | 1 | 00:00:05 | 00:11:28 | 00:22:12 | 00:33:01 | 00:43:27 | 00:45:10.80 | 00:45:16.15 | $\begin{aligned} & +00: 13: 21 \\ & (29.6 \%) \end{aligned}$ | 4:31 | $\begin{aligned} & 13.3 \\ & (70.4 \%) \end{aligned}$ |
| 129 | BOGACZ Mariusz | 141 |  | M-30 | 50 | 00:00:07 | 00:11:59 | 00:22:30 | 00:33:01 | 00:43:30 | 00:45:18.25 | 00:45:25.50 | $\begin{aligned} & +00: 13: 29 \\ & (29.8 \%) \end{aligned}$ | 4:31 | $\begin{aligned} & 13.2 \\ & (69.8 \%) \end{aligned}$ |
| 130 | RATAJ Zuzanna | 56 |  | K-30 | 4 | 00:00:05 | 00:11:17 | 00:21:59 | 00:32:48 | 00:43:33 | 00:45:21.30 | 00:45:26.55 | $\begin{aligned} & +00: 13: 32 \\ & (29.8 \%) \end{aligned}$ | 4:32 | $\begin{aligned} & 13.2 \\ & (69.8 \%) \end{aligned}$ |
| 131 | GRYCZKA Piotr | 254 |  | M-50 | 13 | 00:00:06 | 00:11:02 | 00:21:36 | 00:32:37 | 00:43:36 | 00:45:24.65 | 00:45:30.95 | $\begin{aligned} & +00: 13: 35 \\ & (29.9 \%) \end{aligned}$ | 4:32 | $\begin{aligned} & 13.2 \\ & (69.8 \%) \end{aligned}$ |


| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | $\begin{aligned} & \text { Split } \\ & 2.5 \mathrm{~km} \end{aligned}$ | $\begin{gathered} \text { Split } \\ \text { 4.85km } \end{gathered}$ | $\begin{aligned} & \text { Split } \\ & 7.2 \mathrm{~km} \end{aligned}$ | $\begin{gathered} \text { Split } \\ \text { 9.55km } \end{gathered}$ | Czas netto 10 km | Czas brutto 10 km | Różn | Tempo min/km | $\begin{aligned} & \text { Tempo } \\ & \mathrm{km} / \mathrm{h} \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 132 | KATULSKI Radosław | 264 |  | M-30 | 51 | 00:00:28 | 00:11:47 | 00:22:34 | 00:33:12 | 00:43:44 | 00:45:25.65 | 00:45:53.65 | $\begin{aligned} & +00: 13: 36 \\ & (30.0 \%) \end{aligned}$ | 4:32 | $\begin{aligned} & 13.2 \\ & \text { (69.8\%) } \end{aligned}$ |
| 133 | CZEPEK Aleksander | 138 |  | M-60 | 6 | 00:00:08 | 00:11:00 | 00:21:38 | 00:32:36 | 00:43:37 | 00:45:26.95 | 00:45:35.15 | $\begin{aligned} & +00: 13: 37 \\ & (30.0 \%) \end{aligned}$ | 4:32 | $\begin{aligned} & 13.2 \\ & (69.8 \%) \end{aligned}$ |
| 134 | HIRT Tomasz | 482 |  | M-30 | 52 | 00:00:30 | 00:11:38 | 00:22:25 | 00:33:11 | 00:43:44 | 00:45:32.50 | 00:46:03.15 | $\begin{aligned} & +00: 13: 43 \\ & (30.1 \%) \end{aligned}$ | 4:33 | $\begin{aligned} & 13.2 \\ & (69.8 \%) \end{aligned}$ |
| 134 | MICHALEWSKI Bartosz | 465 |  | M-40 | 35 | 00:00:30 | 00:11:40 | 00:22:27 | 00:33:12 | 00:43:49 | 00:45:32.50 | 00:46:03.20 | $\begin{aligned} & +00: 13: 43 \\ & (30.1 \%) \end{aligned}$ | 4:33 | $\begin{aligned} & 13.2 \\ & (69.8 \%) \end{aligned}$ |
| 136 | KRYSKE Mariusz | 12 |  | M-30 | 53 | 00:00:08 | 00:11:01 | 00:21:32 | 00:32:34 | 00:43:43 | 00:45:33.80 | 00:45:42.45 | $\begin{aligned} & +00: 13: 44 \\ & (30.2 \%) \end{aligned}$ | 4:33 | $\begin{aligned} & 13.2 \\ & (69.8 \%) \end{aligned}$ |
| 137 | SOBCZYŃSKI Michał | 537 |  | M-30 | 54 | 00:00:14 | 00:11:23 | 00:22:07 | 00:33:06 | 00:43:51 | 00:45:35.05 | 00:45:49.10 | $\begin{aligned} & +00: 13: 45 \\ & (30.2 \%) \end{aligned}$ | 4:33 | $\begin{aligned} & 13.2 \\ & (69.8 \%) \end{aligned}$ |
| 138 | TATULIŃSKA Aleksandra | 505 |  | K-30 | 5 | 00:00:09 | 00:11:36 | 00:22:22 | 00:33:08 | 00:43:47 | 00:45:36.40 | 00:45:46.35 | $\begin{aligned} & +00: 13: 47 \\ & (30.2 \%) \end{aligned}$ | 4:33 | $\begin{aligned} & 13.2 \\ & (69.8 \%) \end{aligned}$ |
| 139 | SZATTEN Dawid | 51 |  | M-30 | 55 | 00:00:16 | 00:11:36 | 00:22:17 | 00:33:06 | 00:43:53 | 00:45:37.85 | 00:45:54.60 | $\begin{aligned} & +00: 13: 48 \\ & (30.3 \%) \end{aligned}$ | 4:33 | $\begin{aligned} & 13.1 \\ & (69.3 \%) \end{aligned}$ |
| 140 | GÓRSKI Marian | 366 |  | M-60 | 7 | 00:00:03 | 00:11:13 | 00:21:51 | 00:32:46 | 00:43:42 | 00:45:38.10 | 00:45:41.95 | $\begin{aligned} & +00: 13: 48 \\ & (30.3 \%) \end{aligned}$ | 4:33 | $\begin{aligned} & 13.1 \\ & (69.3 \%) \end{aligned}$ |
| 141 | GABRYSZAK Bartosz | 519 |  | M-30 | 56 | 00:00:14 | 00:11:12 | 00:21:54 | 00:33:00 | 00:43:56 | 00:45:45.60 | 00:46:00.10 | $\begin{aligned} & +00: 13: 56 \\ & (30.5 \%) \end{aligned}$ | 4:34 | $\begin{aligned} & 13.1 \\ & (69.3 \%) \end{aligned}$ |
| 142 | KAZUBOWSKI Jacek | 198 |  | M-50 | 14 | 00:00:08 | 00:11:37 | 00:22:27 | 00:33:14 | 00:43:57 | 00:45:46.85 | 00:45:55.75 | $\begin{aligned} & +00: 13: 57 \\ & (30.5 \%) \end{aligned}$ | 4:34 | $\begin{aligned} & 13.1 \\ & (69.3 \%) \end{aligned}$ |
| 143 | MUCHA Marcin | 303 |  | M-30 | 57 | 00:00:12 | 00:11:23 | 00:22:06 | 00:33:02 | 00:44:04 | 00:45:48.05 | 00:46:00.10 | $\begin{aligned} & +00: 13: 58 \\ & (30.5 \%) \end{aligned}$ | 4:34 | $\begin{aligned} & 13.1 \\ & (69.3 \%) \end{aligned}$ |
| 144 | MICHALAK Wojciech | 221 |  | M-50 | 15 | 00:00:18 | 00:11:07 | 00:21:51 | 00:32:49 | 00:44:02 | 00:45:49.35 | 00:46:08.15 | $\begin{aligned} & +00: 14: 00 \\ & (30.6 \%) \end{aligned}$ | 4:35 | $\begin{aligned} & 13.1 \\ & (69.3 \%) \end{aligned}$ |
| 145 | MACIEJEWSKA Kamila | 319 |  | K-30 | 6 | 00:00:04 | 00:11:29 | 00:22:13 | 00:33:02 | 00:43:55 | 00:45:49.50 | 00:45:54.20 | $\begin{aligned} & +00: 14: 00 \\ & (30.6 \%) \end{aligned}$ | 4:35 | $\begin{aligned} & 13.1 \\ & (69.3 \%) \end{aligned}$ |
| 146 | MORITZ Rafał | 175 |  | M-40 | 36 | 00:00:04 | 00:11:29 | 00:22:13 | 00:33:03 | 00:43:55 | 00:45:50.00 | 00:45:54.40 | $\begin{aligned} & +00: 14: 00 \\ & (30.6 \%) \end{aligned}$ | 4:35 | $\begin{aligned} & 13.1 \\ & (69.3 \%) \end{aligned}$ |
| 147 | JANOWSKI Jacek | 591 |  | M-40 | 37 | 00:00:15 | 00:11:27 | 00:22:11 | 00:33:05 | 00:44:00 | 00:45:50.65 | 00:46:06.30 | $\begin{aligned} & +00: 14: 01 \\ & (30.6 \%) \end{aligned}$ | 4:35 | $\begin{aligned} & 13.1 \\ & (69.3 \%) \end{aligned}$ |
| 148 | BORUCH Łukasz | 619 |  | M-30 | 58 | 00:00:22 | 00:12:33 | 00:23:26 | 00:33:59 | 00:44:09 | 00:45:50.85 | 00:46:13.80 | $\begin{aligned} & +00: 14: 01 \\ & (30.6 \%) \end{aligned}$ | 4:35 | $\begin{aligned} & 13.1 \\ & (69.3 \%) \end{aligned}$ |
| 149 | BUKOWSKI Mateusz | 122 |  | M-30 | 59 | 00:00:05 | 00:11:13 | 00:21:56 | 00:32:58 | 00:44:08 | 00:45:59.20 | 00:46:04.20 | $\begin{aligned} & +00: 14: 10 \\ & (30.8 \%) \end{aligned}$ | 4:35 | $\begin{aligned} & 13 \\ & (68.8 \%) \end{aligned}$ |
| 150 | KRZYŻANOWSKI Robert | 559 |  | M-40 | 38 | 00:00:10 | 00:11:22 | 00:22:02 | 00:33:03 | 00:44:08 | 00:46:00.30 | 00:46:11.00 | $\begin{aligned} & +00: 14: 11 \\ & (30.8 \%) \end{aligned}$ | 4:36 | $\begin{aligned} & 13 \\ & (68.8 \%) \end{aligned}$ |
| 151 | LUZAK Mirosław | 488 |  | M-50 | 16 | 00:00:07 | 00:11:29 | 00:22:20 | 00:33:15 | 00:44:14 | 00:46:03.05 | 00:46:10.55 | $\begin{aligned} & +00: 14: 13 \\ & (30.9 \%) \end{aligned}$ | 4:36 | $\begin{aligned} & 13 \\ & (68.8 \%) \end{aligned}$ |
| 152 | WNUCZYŃSKI Andrzej | 446 |  | M-40 | 39 | 00:00:18 | 00:11:17 | 00:22:01 | 00:33:00 | 00:44:11 | 00:46:04.45 | 00:46:22.90 | $\begin{aligned} & +00: 14: 15 \\ & (30.9 \%) \end{aligned}$ | 4:36 | $\begin{aligned} & 13 \\ & (68.8 \%) \end{aligned}$ |
| 153 | BUZALSKI Robert | 441 |  | M-40 | 40 | 00:00:18 | 00:11:17 | 00:22:01 | 00:33:01 | 00:44:11 | 00:46:04.50 | 00:46:23.00 | $\begin{aligned} & +00: 14: 15 \\ & (30.9 \%) \end{aligned}$ | 4:36 | $\begin{aligned} & 13 \\ & (68.8 \%) \end{aligned}$ |
| 154 | DĄBKOWSKA Dorota | 603 |  | K-50 | 2 | 00:00:06 | 00:11:36 | 00:22:29 | 00:33:13 | 00:44:15 | 00:46:10.35 | 00:46:16.85 | $\begin{aligned} & +00: 14: 21 \\ & (31.1 \%) \end{aligned}$ | 4:37 | $\begin{aligned} & 13 \\ & (68.8 \%) \end{aligned}$ |


| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | $\begin{gathered} \text { Split } \\ 2.5 \mathrm{~km} \end{gathered}$ | $\begin{gathered} \text { Split } \\ \text { 4.85km } \end{gathered}$ | $\begin{aligned} & \text { Split } \\ & 7.2 \mathrm{~km} \end{aligned}$ | $\begin{gathered} \text { Split } \\ \text { 9.55km } \end{gathered}$ | Czas netto 10 km | Czas brutto 10km | Róż | Tempo min/km | $\begin{aligned} & \text { Tempo } \\ & \mathrm{km} / \mathrm{h} \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 155 | SZULC Edmund | 108 |  | M-50 | 17 | 00:00:14 | 00:11:02 | 00:21:40 | 00:33:02 | 00:44:16 | 00:46:10.70 | 00:46:25.25 | $\begin{aligned} & +00: 14: 21 \\ & (31.1 \%) \end{aligned}$ | 4:37 | $\begin{aligned} & 13 \\ & \text { (68.8\%) } \end{aligned}$ |
| 156 | STEMPNIAK Krzysztof | 54 |  | M-40 | 41 | 00:00:08 | 00:11:37 | 00:22:29 | 00:33:28 | 00:44:27 | 00:46:15.30 | 00:46:23.90 | $\begin{aligned} & +00: 14: 26 \\ & (31.2 \%) \end{aligned}$ | 4:37 | $\begin{aligned} & 13 \\ & (68.8 \%) \end{aligned}$ |
| 157 | UKLEJEWSKI Tomasz | 292 |  | M-40 | 42 | 00:00:10 | 00:11:42 | 00:22:44 | 00:33:42 | 00:44:30 | 00:46:15.45 | 00:46:25.60 | $\begin{aligned} & +00: 14: 26 \\ & (31.2 \%) \end{aligned}$ | 4:37 | $\begin{aligned} & 13 \\ & \text { (68.8\%) } \end{aligned}$ |
| 158 | FURTAK Tomasz | 187 |  | M-40 | 43 | 00:00:09 | 00:11:42 | 00:22:44 | 00:33:42 | 00:44:30 | 00:46:16.20 | 00:46:26.00 | $\begin{aligned} & +00: 14: 27 \\ & (31.2 \%) \end{aligned}$ | 4:37 | $\begin{aligned} & 13 \\ & \text { (68.8\%) } \end{aligned}$ |
| 159 | KANTORSKI Zbysław | 140 |  | M-50 | 18 | 00:00:18 | 00:11:28 | 00:22:08 | 00:33:11 | 00:44:24 | 00:46:20.05 | 00:46:38.20 | $\begin{aligned} & +00: 14: 30 \\ & (31.3 \%) \end{aligned}$ | 4:38 | $\begin{aligned} & 12.9 \\ & (68.3 \%) \end{aligned}$ |
| 160 | SŁOMA Maciej | 224 |  | M-40 | 44 | 00:00:22 | 00:11:21 | 00:22:03 | 00:33:27 | 00:44:32 | 00:46:20.50 | 00:46:42.90 | $\begin{aligned} & +00: 14: 31 \\ & (31.3 \%) \end{aligned}$ | 4:38 | $\begin{aligned} & 12.9 \\ & (68.3 \%) \end{aligned}$ |
| 161 | NOWACKI Mariusz | 480 |  | M-40 | 45 | 00:00:03 | 00:10:53 | 00:21:53 | 00:33:13 | 00:44:30 | 00:46:21.05 | 00:46:24.20 | $\begin{aligned} & +00: 14: 31 \\ & (31.4 \%) \end{aligned}$ | 4:38 | $\begin{aligned} & 12.9 \\ & (68.3 \%) \end{aligned}$ |
| 162 | MITKOWSKA Natalia | 562 |  | K-30 | 7 | 00:00:24 | 00:11:20 | 00:22:00 | 00:33:11 | 00:44:32 | 00:46:22.25 | 00:46:46.40 | $\begin{aligned} & +00: 14: 33 \\ & (31.4 \%) \end{aligned}$ | 4:38 | $\begin{aligned} & 12.9 \\ & (68.3 \%) \end{aligned}$ |
| 163 | SZYSZKA Radosław | 589 |  | M-30 | 60 | 00:00:05 | 00:10:54 | 00:21:41 | 00:33:00 | 00:44:32 | 00:46:28.00 | 00:46:33.55 | $\begin{aligned} & +00: 14: 38 \\ & (31.5 \%) \end{aligned}$ | 4:38 | $\begin{aligned} & 12.9 \\ & (68.3 \%) \end{aligned}$ |
| 164 | GACKOWSKI Krzysztof | 120 |  | M-40 | 46 | 00:00:07 | 00:11:06 | 00:22:04 | 00:33:20 | 00:44:36 | 00:46:29.80 | 00:46:37.00 | $\begin{aligned} & +00: 14: 40 \\ & (31.6 \%) \end{aligned}$ | 4:39 | $\begin{aligned} & 12.9 \\ & (68.3 \%) \end{aligned}$ |
| 165 | KANARKOWSKA Zofia | 610 |  | K-1 | 1 | 00:00:11 | 00:11:46 | 00:22:50 | 00:34:00 | 00:44:46 | 00:46:32.00 | 00:46:43.50 | $\begin{aligned} & +00: 14: 42 \\ & (31.6 \%) \end{aligned}$ | 4:39 | $\begin{aligned} & 12.9 \\ & (68.3 \%) \end{aligned}$ |
| 166 | WYRĄBKIEWICZ Janusz | 568 |  | M-60 | 8 | 00:00:06 | 00:11:34 | 00:22:30 | 00:33:32 | 00:44:37 | 00:46:32.25 | 00:46:38.75 | $\begin{aligned} & +00: 14: 43 \\ & (31.6 \%) \end{aligned}$ | 4:39 | $\begin{aligned} & 12.9 \\ & (68.3 \%) \end{aligned}$ |
| 167 | KANARKOWSKI Tomasz | 611 |  | M-40 | 47 | 00:00:10 | 00:11:47 | 00:22:51 | 00:34:01 | 00:44:47 | 00:46:33.60 | 00:46:44.50 | $\begin{aligned} & +00: 14: 44 \\ & (31.7 \%) \end{aligned}$ | 4:39 | $\begin{aligned} & 12.9 \\ & (68.3 \%) \end{aligned}$ |
| 168 | BUJAK Karol | 302 |  | M-40 | 48 | 00:00:02 | 00:11:24 | 00:22:14 | 00:33:30 | 00:44:45 | 00:46:34.25 | 00:46:36.50 | $\begin{aligned} & +00: 14: 45 \\ & (31.7 \%) \end{aligned}$ | 4:39 | $\begin{aligned} & 12.9 \\ & (68.3 \%) \end{aligned}$ |
| 169 | WIŚNIEWSKI Jakub | 280 |  | M-20 | 18 | 00:00:11 | 00:11:02 | 00:22:07 | 00:33:09 | 00:44:43 | 00:46:34.85 | 00:46:46.75 | $\begin{aligned} & +00: 14: 45 \\ & (31.7 \%) \end{aligned}$ | 4:39 | $\begin{aligned} & 12.9 \\ & (68.3 \%) \end{aligned}$ |
| 170 | ZIÓŁKOWSKI Mieczysław | 117 |  | M-50 | 19 | 00:00:05 | 00:11:52 | 00:22:54 | 00:33:52 | 00:44:49 | 00:46:35.25 | 00:46:40.95 | $\begin{aligned} & +00: 14: 46 \\ & (31.7 \%) \end{aligned}$ | 4:39 | $\begin{aligned} & 12.9 \\ & (68.3 \%) \end{aligned}$ |
| 171 | SZŁYK Maciej | 582 |  | M-40 | 49 | 00:00:07 | 00:11:48 | 00:22:54 | 00:33:59 | 00:44:52 | 00:46:36.65 | 00:46:44.05 | $\begin{aligned} & +00: 14: 47 \\ & (31.7 \%) \end{aligned}$ | 4:39 | $\begin{aligned} & 12.9 \\ & (68.3 \%) \end{aligned}$ |
| 172 | SUCHODOLSKI Radosław | 338 |  | M-40 | 50 | 00:00:07 | 00:11:27 | 00:22:28 | 00:33:47 | 00:44:45 | 00:46:37.35 | 00:46:45.20 | $\begin{aligned} & +00: 14: 48 \\ & (31.8 \%) \end{aligned}$ | 4:39 | $\begin{aligned} & 12.9 \\ & (68.3 \%) \end{aligned}$ |
| 173 | LIBAN Zygfryd | 19 |  | M-70 | 1 | 00:00:03 | 00:11:35 | 00:22:34 | 00:33:34 | 00:44:42 | 00:46:39.60 | 00:46:42.60 | $\begin{aligned} & +00: 14: 50 \\ & \text { (31.8\%) } \end{aligned}$ | 4:39 | $\begin{aligned} & 12.9 \\ & (68.3 \%) \end{aligned}$ |
| 174 | JASIŃSKI Marek | 627 |  | M-20 | 19 | 00:00:07 | 00:11:24 | 00:22:29 | 00:33:36 | 00:44:49 | 00:46:39.80 | 00:46:46.90 | $\begin{aligned} & +00: 14: 50 \\ & (31.8 \%) \end{aligned}$ | 4:39 | $\begin{aligned} & 12.9 \\ & (68.3 \%) \end{aligned}$ |
| 175 | OCHENDAL Maciej | 32 |  | M-30 | 61 | 00:00:07 | 00:11:23 | 00:21:55 | 00:33:19 | 00:44:45 | 00:46:47.75 | 00:46:54.75 | $\begin{aligned} & +00: 14: 58 \\ & (32.0 \%) \end{aligned}$ | 4:40 | $\begin{aligned} & 12.8 \\ & \text { (67.7\%) } \end{aligned}$ |
| 175 | SIERACKI Krzysztof | 114 |  | M-30 | 62 | 00:00:52 | 00:11:34 | 00:22:17 | 00:33:32 | 00:44:46 | 00:46:47.75 | 00:47:40.10 | $\begin{aligned} & +00: 14: 58 \\ & (32.0 \%) \end{aligned}$ | 4:40 | $\begin{aligned} & 12.8 \\ & (67.7 \%) \end{aligned}$ |
| 177 | MACIEJEWSKI Zbigniew | 191 |  | M-50 | 20 | 00:00:02 | 00:11:10 | 00:22:23 | 00:33:41 | 00:44:53 | 00:46:48.65 | 00:46:50.70 | $\begin{aligned} & +00: 14: 59 \\ & (32.0 \%) \end{aligned}$ | 4:40 | $\begin{aligned} & 12.8 \\ & (67.7 \%) \end{aligned}$ |


| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | $\begin{aligned} & \text { Split } \\ & 2.5 \mathrm{~km} \end{aligned}$ | $\begin{gathered} \text { Split } \\ \text { 4.85km } \end{gathered}$ | $\begin{aligned} & \text { Split } \\ & 7.2 \mathrm{~km} \end{aligned}$ | $\begin{gathered} \text { Split } \\ \text { 9.55km } \end{gathered}$ | Czas netto 10 km | Czas brutto 10 km | Różn | Tempo min/km | $\begin{aligned} & \text { Tempo } \\ & \text { km/h } \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 177 | WALIGÓRA Karolina | 332 |  | K-40 | 3 | 00:00:03 | 00:11:18 | 00:22:21 | 00:33:35 | 00:44:54 | 00:46:48.65 | 00:46:52.60 | $\begin{aligned} & +00: 14: 59 \\ & (32.0 \%) \end{aligned}$ | 4:40 | $\begin{aligned} & 12.8 \\ & \text { (67.7\%) } \end{aligned}$ |
| 179 | TUBAJA Albert | 368 |  | M-40 | 51 | 00:00:07 | 00:11:23 | 00:21:56 | 00:33:20 | 00:44:47 | 00:46:48.85 | 00:46:56.10 | $\begin{aligned} & +00: 14: 59 \\ & (32.0 \%) \end{aligned}$ | 4:40 | $\begin{aligned} & 12.8 \\ & (67.7 \%) \end{aligned}$ |
| 180 | DRÓBKA Krzysztof | 262 |  | M-50 | 21 | 00:00:08 | 00:11:29 | 00:22:28 | 00:33:35 | 00:44:54 | 00:46:49.25 | 00:46:57.40 | $\begin{aligned} & +00: 15: 00 \\ & (32.0 \%) \end{aligned}$ | 4:40 | $\begin{aligned} & 12.8 \\ & (67.7 \%) \end{aligned}$ |
| 181 | RYMARKIEWICZ Małgorzata | 50 |  | K-30 | 8 | 00:00:28 | 00:11:39 | 00:22:39 | 00:33:43 | 00:44:58 | 00:46:51.40 | 00:47:19.60 | $\begin{aligned} & +00: 15: 02 \\ & \text { (32.1\%) } \end{aligned}$ | 4:41 | $\begin{aligned} & 12.8 \\ & (67.7 \%) \end{aligned}$ |
| 182 | WIDŹGOWSKI Przemysław | 226 |  | M-30 | 63 | 00:00:11 | 00:11:58 | 00:22:49 | 00:33:53 | 00:45:04 | 00:46:55.70 | 00:47:07.00 | $\begin{aligned} & +00: 15: 06 \\ & \text { (32.2\%) } \end{aligned}$ | 4:41 | $\begin{aligned} & 12.8 \\ & (67.7 \%) \end{aligned}$ |
| 183 | ZASADA Krystian | 252 |  | M-40 | 52 | 00:00:33 | 00:11:05 | 00:22:09 | 00:33:47 | 00:45:09 | 00:47:03.80 | 00:47:37.30 | $\begin{aligned} & +00: 15: 14 \\ & (32.4 \%) \end{aligned}$ | 4:42 | $\begin{aligned} & 12.7 \\ & (67.2 \%) \end{aligned}$ |
| 184 | RUSIECKI Mikołaj | 540 |  | M-30 | 64 | 00:00:11 | 00:12:00 | 00:23:13 | 00:34:34 | 00:45:15 | 00:47:04.45 | 00:47:15.45 | $\begin{aligned} & +00: 15: 15 \\ & (32.4 \%) \end{aligned}$ | 4:42 | $\begin{aligned} & 12.7 \\ & (67.2 \%) \end{aligned}$ |
| 185 | WAWRZYŃCZAK Arek | 602 |  | M-40 | 53 | 00:00:11 | 00:12:20 | 00:23:14 | 00:34:21 | 00:45:19 | 00:47:06.50 | 00:47:18.05 | $\begin{aligned} & +00: 15: 17 \\ & (32.5 \%) \end{aligned}$ | 4:42 | $\begin{aligned} & 12.7 \\ & (67.2 \%) \end{aligned}$ |
| 186 | KIEŁBASIEWICZ Bartosz | 563 |  | M-20 | 20 | 00:00:22 | 00:11:51 | 00:22:49 | 00:34:01 | 00:45:22 | 00:47:07.10 | 00:47:29.35 | $\begin{aligned} & +00: 15: 17 \\ & (32.5 \%) \end{aligned}$ | 4:42 | $\begin{aligned} & 12.7 \\ & (67.2 \%) \end{aligned}$ |
| 187 | MAŁKIŃSKI Józef | 118 |  | M-60 | 9 | 00:00:09 | 00:11:44 | 00:22:46 | 00:33:53 | 00:45:10 | 00:47:09.90 | 00:47:19.10 | $\begin{aligned} & +00: 15: 20 \\ & (32.5 \%) \end{aligned}$ | 4:43 | $\begin{aligned} & 12.7 \\ & (67.2 \%) \end{aligned}$ |
| 188 | MONDRY Waldemar | 278 |  | M-50 | 22 | 00:00:21 | 00:12:11 | 00:22:51 | 00:34:25 | 00:45:15 | 00:47:11.40 | 00:47:32.40 | $\begin{aligned} & +00: 15: 22 \\ & (32.6 \%) \end{aligned}$ | 4:43 | $\begin{aligned} & 12.7 \\ & (67.2 \%) \end{aligned}$ |
| 189 | DĄBKOWSKI Wojciech | 81 |  | M-30 | 65 | 00:00:37 | 00:12:23 | 00:23:38 | 00:34:45 | 00:45:30 | 00:47:15.40 | 00:47:52.50 | $\begin{aligned} & +00: 15: 26 \\ & (32.7 \%) \end{aligned}$ | 4:43 | $\begin{aligned} & 12.7 \\ & (67.2 \%) \end{aligned}$ |
| 190 | SAK Joanna | 556 |  | K-20 | 2 | 00:00:06 | 00:11:52 | 00:23:03 | 00:34:23 | 00:45:27 | 00:47:16.45 | 00:47:23.20 | $\begin{aligned} & +00: 15: 27 \\ & (32.7 \%) \end{aligned}$ | 4:43 | $\begin{aligned} & 12.7 \\ & (67.2 \%) \end{aligned}$ |
| 191 | KLOSKOWSKI Adam | 440 |  | M-30 | 66 | 00:00:24 | 00:11:23 | 00:22:26 | 00:33:51 | 00:45:34 | 00:47:17.30 | 00:47:42.15 | $\begin{aligned} & +00: 15: 28 \\ & (32.7 \%) \end{aligned}$ | 4:43 | $\begin{aligned} & 12.7 \\ & (67.2 \%) \end{aligned}$ |
| 192 | SZTEJKA Damian | 228 |  | M-40 | 54 | 00:00:15 | 00:11:53 | 00:23:13 | 00:34:28 | 00:45:42 | 00:47:30.90 | 00:47:45.90 | $\begin{aligned} & +00: 15: 41 \\ & (33.0 \%) \end{aligned}$ | 4:45 | $\begin{aligned} & 12.6 \\ & (66.7 \%) \end{aligned}$ |
| 193 | KLATECKI Adam | 130 |  | M-30 | 67 | 00:00:17 | 00:12:03 | 00:23:17 | 00:34:33 | 00:45:46 | 00:47:33.50 | 00:47:50.50 | $\begin{aligned} & +00: 15: 44 \\ & (33.1 \%) \end{aligned}$ | 4:45 | $\begin{aligned} & 12.6 \\ & (66.7 \%) \end{aligned}$ |
| 194 | ŻYWICA Adam | 17 |  | M-40 | 55 | 00:00:04 | 00:12:10 | 00:23:27 | 00:34:45 | 00:45:50 | 00:47:39.30 | 00:47:44.10 | $\begin{aligned} & +00: 15: 50 \\ & (33.2 \%) \end{aligned}$ | 4:46 | $\begin{aligned} & 12.6 \\ & (66.7 \%) \end{aligned}$ |
| 195 | ZBORALSKI Krzysztof | 442 |  | M-40 | 56 | 00:00:08 | 00:11:56 | 00:23:11 | 00:34:27 | 00:45:44 | 00:47:40.35 | 00:47:48.60 | $\begin{aligned} & +00: 15: 51 \\ & (33.3 \%) \end{aligned}$ | 4:46 | $\begin{aligned} & 12.6 \\ & (66.7 \%) \end{aligned}$ |
| 195 | STASZEWSKI Adam | 422 |  | M-30 | 68 | 00:00:35 | 00:12:06 | 00:23:14 | 00:34:35 | 00:45:52 | 00:47:40.35 | 00:48:15.70 | $\begin{aligned} & +00: 15: 51 \\ & (33.3 \%) \end{aligned}$ | 4:46 | $\begin{aligned} & 12.6 \\ & (66.7 \%) \end{aligned}$ |
| 197 | STANKOWSKA Justyna | 601 |  | K-40 | 4 | 00:00:09 | 00:12:03 | 00:23:19 | 00:34:48 | 00:45:56 | 00:47:44.35 | 00:47:53.85 | $\begin{aligned} & +00: 15: 55 \\ & (33.3 \%) \end{aligned}$ | 4:46 | $\begin{aligned} & 12.6 \\ & (66.7 \%) \end{aligned}$ |
| 198 | RUSZKIEWICZ Łukasz | 352 |  | M-30 | 69 | 00:00:38 | 00:12:09 | 00:23:01 | 00:34:32 | 00:46:01 | 00:47:49.65 | 00:48:28.25 | $\begin{aligned} & +00: 16: 00 \\ & (33.5 \%) \end{aligned}$ | 4:47 | $\begin{aligned} & 12.5 \\ & (66.1 \%) \end{aligned}$ |
| 199 | MIERECZKO Marta | 181 |  | K-30 | 9 | 00:00:04 | 00:11:33 | 00:22:43 | 00:34:16 | 00:45:52 | 00:47:50.65 | 00:47:55.10 | $\begin{aligned} & +00: 16: 01 \\ & (33.5 \%) \end{aligned}$ | 4:47 | $\begin{aligned} & 12.5 \\ & (66.1 \%) \end{aligned}$ |
| 200 | RYDLEWSKI Marek | 53 |  | M-40 | 57 | 00:00:09 | 00:11:50 | 00:23:11 | 00:34:38 | 00:46:05 | 00:47:55.30 | 00:48:05.20 | $\begin{aligned} & +00: 16: 06 \\ & (33.6 \%) \end{aligned}$ | 4:47 | $\begin{aligned} & 12.5 \\ & (66.1 \%) \end{aligned}$ |


| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | $\begin{aligned} & \text { Split } \\ & 2.5 \mathrm{~km} \end{aligned}$ | $\begin{gathered} \text { Split } \\ \text { 4.85km } \end{gathered}$ | $\begin{aligned} & \text { Split } \\ & 7.2 \mathrm{~km} \end{aligned}$ | $\begin{gathered} \text { Split } \\ \text { 9.55km } \end{gathered}$ | Czas netto 10 km | Czas brutto 10 km | Róż | Tempo min/km | $\begin{aligned} & \text { Tempo } \\ & \text { km/h } \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 201 | KUJAWA Daniel | 29 |  | M-30 | 70 | 00:00:33 | 00:11:29 | 00:22:44 | 00:34:14 | 00:45:52 | 00:47:57.20 | 00:48:30.65 | $\begin{aligned} & +00: 16: 08 \\ & (33.6 \%) \end{aligned}$ | 4:47 | $\begin{aligned} & 12.5 \\ & \text { (66.1\%) } \end{aligned}$ |
| 202 | KUNKE Tomasz | 277 |  | M-30 | 71 | 00:00:05 | 00:11:00 | 00:22:24 | 00:34:17 | 00:46:00 | 00:47:57.35 | 00:48:03.00 | $\begin{aligned} & +00: 16: 08 \\ & (33.6 \%) \end{aligned}$ | 4:47 | $\begin{aligned} & 12.5 \\ & \text { (66.1\%) } \end{aligned}$ |
| 203 | KWIATKOWSKA Bożena | 497 |  | K-40 | 5 | 00:00:13 | 00:11:54 | 00:23:16 | 00:34:43 | 00:46:00 | 00:47:57.70 | 00:48:10.95 | $\begin{aligned} & +00: 16: 08 \\ & (33.7 \%) \end{aligned}$ | 4:47 | $\begin{aligned} & 12.5 \\ & \text { (66.1\%) } \end{aligned}$ |
| 204 | LEWANDOWSKI Marcin | 539 |  | M-20 | 21 | 00:00:10 | 00:12:01 | 00:23:14 | 00:34:35 | 00:46:02 | 00:47:58.35 | 00:48:08.95 | $\begin{aligned} & +00: 16: 09 \\ & (33.7 \%) \end{aligned}$ | 4:47 | $\begin{aligned} & 12.5 \\ & (66.1 \%) \end{aligned}$ |
| 205 | WISIŃSKI Piotr | 296 |  | M-50 | 23 | 00:00:06 | 00:12:37 | 00:23:48 | 00:34:53 | 00:45:57 | 00:47:58.70 | 00:48:05.65 | $\begin{aligned} & +00: 16: 09 \\ & (33.7 \%) \end{aligned}$ | 4:47 | $\begin{aligned} & 12.5 \\ & (66.1 \%) \end{aligned}$ |
| 206 | SMYK Piotr | 178 |  | M-30 | 72 | 00:00:11 | 00:12:01 | 00:23:24 | 00:34:53 | 00:46:22 | 00:48:04.15 | 00:48:15.80 | $\begin{aligned} & +00: 16: 15 \\ & (33.8 \%) \end{aligned}$ | 4:48 | $\begin{aligned} & 12.5 \\ & (66.1 \%) \end{aligned}$ |
| 207 | MROZEK Mariusz | 521 |  | M-30 | 73 | 00:00:29 | 00:12:01 | 00:23:25 | 00:34:53 | 00:46:10 | 00:48:04.30 | 00:48:33.40 | $\begin{aligned} & +00: 16: 15 \\ & (33.8 \%) \end{aligned}$ | 4:48 | $\begin{aligned} & 12.5 \\ & (66.1 \%) \end{aligned}$ |
| 208 | BURY Tomasz | 551 |  | M-20 | 22 | 00:00:01 | 00:11:10 | 00:22:34 | 00:34:13 | 00:46:01 | 00:48:05.20 | 00:48:07.10 | $\begin{aligned} & +00: 16: 16 \\ & (33.8 \%) \end{aligned}$ | 4:48 | $\begin{aligned} & 12.5 \\ & (66.1 \%) \end{aligned}$ |
| 209 | JANIK Roman | 85 |  | M-60 | 10 | 00:00:02 | 00:11:58 | 00:23:26 | 00:34:49 | 00:46:10 | 00:48:07.30 | 00:48:10.20 | $\begin{aligned} & +00: 16: 18 \\ & (33.9 \%) \end{aligned}$ | 4:48 | $\begin{aligned} & 12.5 \\ & (66.1 \%) \end{aligned}$ |
| 210 | SZULC Mateusz | 253 |  | M-20 | 23 | 00:00:18 | 00:12:41 | 00:24:19 | 00:35:35 | 00:46:24 | 00:48:08.90 | 00:48:27.70 | $\begin{aligned} & +00: 16: 19 \\ & (33.9 \%) \end{aligned}$ | 4:48 | $\begin{aligned} & 12.5 \\ & (66.1 \%) \end{aligned}$ |
| 211 | KONIEC Krzysztof | 93 |  | M-40 | 58 | 00:00:24 | 00:11:45 | 00:22:57 | 00:34:44 | 00:46:17 | 00:48:09.10 | 00:48:34.00 | $\begin{aligned} & +00: 16: 19 \\ & (33.9 \%) \end{aligned}$ | 4:49 | $\begin{aligned} & 12.5 \\ & (66.1 \%) \end{aligned}$ |
| 212 | SIKORA Kamil | 605 |  | M-30 | 74 | 00:00:19 | 00:12:27 | 00:23:47 | 00:35:00 | 00:46:17 | 00:48:11.30 | 00:48:30.40 | $\begin{aligned} & +00: 16: 22 \\ & (34.0 \%) \end{aligned}$ | 4:49 | $\begin{aligned} & 12.5 \\ & \text { (66.1\%) } \end{aligned}$ |
| 213 | BIEL Marek | 325 |  | M-40 | 59 | 00:00:22 | 00:11:34 | 00:22:40 | 00:34:15 | 00:46:06 | 00:48:11.80 | 00:48:34.10 | $\begin{aligned} & +00: 16: 22 \\ & (34.0 \%) \end{aligned}$ | 4:49 | $\begin{aligned} & 12.4 \\ & \text { (65.6\%) } \end{aligned}$ |
| 214 | DĄBKOWSKI Maciej | 79 |  | M-40 | 60 | 00:00:36 | 00:12:25 | 00:23:49 | 00:35:02 | 00:46:15 | 00:48:11.95 | 00:48:48.75 | $\begin{aligned} & +00: 16: 22 \\ & (34.0 \%) \end{aligned}$ | 4:49 | $\begin{aligned} & 12.4 \\ & \text { (65.6\%) } \end{aligned}$ |
| 215 | SUCHOMSKI Eugeniusz | 124 |  | M-60 | 11 | 00:00:00 | 00:11:50 | 00:23:10 | 00:34:57 | 00:46:21 | 00:48:13.00 | 00:48:13.00 | $\begin{aligned} & +00: 16: 23 \\ & (34.0 \%) \end{aligned}$ | 4:49 | $\begin{aligned} & 12.4 \\ & (65.6 \%) \end{aligned}$ |
| 216 | STASZKIEWICZ Lucyna | 356 |  | K-50 | 3 | 00:00:09 | 00:11:44 | 00:22:56 | 00:34:30 | 00:46:10 | 00:48:13.30 | 00:48:22.90 | $\begin{aligned} & +00: 16: 24 \\ & (34.0 \%) \end{aligned}$ | 4:49 | $\begin{aligned} & 12.4 \\ & (65.6 \%) \end{aligned}$ |
| 217 | GOLINOWSKI Dariusz | 229 |  | M-40 | 61 | 00:00:12 | 00:11:42 | 00:23:01 | 00:34:42 | 00:46:10 | 00:48:13.65 | 00:48:25.75 | $\begin{aligned} & +00: 16: 24 \\ & (34.0 \%) \end{aligned}$ | 4:49 | $\begin{aligned} & 12.4 \\ & (65.6 \%) \end{aligned}$ |
| 218 | LASKOWSKI Łukasz | 381 |  | M-20 | 24 | 00:00:11 | 00:11:27 | 00:22:57 | 00:34:39 | 00:46:17 | 00:48:15.90 | 00:48:27.50 | $\begin{aligned} & +00: 16: 26 \\ & (34.1 \%) \end{aligned}$ | 4:49 | $\begin{aligned} & 12.4 \\ & (65.6 \%) \end{aligned}$ |
| 219 | FILIPEK Piotr | 481 |  | M-40 | 62 | 00:00:13 | 00:12:14 | 00:23:35 | 00:35:08 | 00:46:27 | 00:48:17.20 | 00:48:31.15 | $\begin{aligned} & +00: 16: 28 \\ & (34.1 \%) \end{aligned}$ | 4:49 | $\begin{aligned} & 12.4 \\ & (65.6 \%) \end{aligned}$ |
| 220 | KANIA Dariusz | 477 |  | M-40 | 63 | 00:00:08 | 00:11:57 | 00:23:12 | 00:34:30 | 00:46:18 | 00:48:23.30 | 00:48:32.00 | $\begin{aligned} & +00: 16: 34 \\ & (34.2 \%) \end{aligned}$ | 4:50 | $\begin{aligned} & 12.4 \\ & (65.6 \%) \end{aligned}$ |
| 221 | ROBINSON Paul | 113 |  | M-60 | 12 | 00:00:13 | 00:12:29 | 00:23:48 | 00:35:06 | 00:46:25 | 00:48:26.85 | 00:48:40.25 | $\begin{aligned} & +00: 16: 37 \\ & (34.3 \%) \end{aligned}$ | 4:50 | $\begin{aligned} & 12.4 \\ & (65.6 \%) \end{aligned}$ |
| 222 | ŚWIATOWY Krystian | 544 |  | M-30 | 75 | 00:00:21 | 00:11:47 | 00:23:01 | 00:34:45 | 00:46:36 | 00:48:28.95 | 00:48:50.65 | $\begin{aligned} & +00: 16: 39 \\ & (34.4 \%) \end{aligned}$ | 4:50 | $\begin{aligned} & 12.4 \\ & \text { (65.6\%) } \end{aligned}$ |
| 223 | KACZYŃSKI Marek | 358 |  | M-30 | 76 | 00:00:02 | 00:12:09 | 00:23:36 | 00:35:13 | 00:46:43 | 00:48:30.10 | 00:48:33.00 | $\begin{aligned} & +00: 16: 40 \\ & (34.4 \%) \end{aligned}$ | 4:51 | $\begin{aligned} & 12.4 \\ & (65.6 \%) \end{aligned}$ |


| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | $\begin{aligned} & \text { Split } \\ & 2.5 \mathrm{~km} \end{aligned}$ | $\begin{aligned} & \text { Split } \\ & \text { 4.85km } \end{aligned}$ | $\begin{aligned} & \text { Split } \\ & 7.2 \mathrm{~km} \end{aligned}$ | $\begin{gathered} \text { Split } \\ \text { 9.55km } \end{gathered}$ | Czas netto 10 km | Czas brutto 10km | Róż | Tempo min/km | $\begin{aligned} & \text { Tempo } \\ & \text { km/h } \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 224 | LIPINSKA Anna | 444 |  | K-40 | 6 | 00:00:08 | 00:12:11 | 00:23:49 | 00:35:23 | 00:46:39 | 00:48:32.65 | 00:48:41.25 | $\begin{aligned} & +00: 16: 43 \\ & (34.5 \%) \end{aligned}$ | 4:51 | $\begin{aligned} & 12.4 \\ & \text { (65.6\%) } \end{aligned}$ |
| 225 | DRAPIEWSKI Mirosław | 449 |  | M-30 | 77 | 00:00:09 | 00:11:59 | 00:23:25 | 00:35:04 | 00:46:32 | 00:48:32.80 | 00:48:42.45 | $\begin{aligned} & +00: 16: 43 \\ & (34.5 \%) \end{aligned}$ | 4:51 | $\begin{aligned} & 12.4 \\ & (65.6 \%) \end{aligned}$ |
| 226 | KURS Jarosław | 197 |  | M-50 | 24 | 00:00:21 | 00:12:05 | 00:23:25 | 00:35:03 | 00:46:42 | 00:48:33.70 | 00:48:55.65 | $\begin{aligned} & +00: 16: 44 \\ & (34.5 \%) \end{aligned}$ | 4:51 | $\begin{aligned} & 12.4 \\ & (65.6 \%) \end{aligned}$ |
| 227 | GACKOWSKA Beata | 428 |  | K-40 | 7 | 00:00:08 | 00:11:59 | 00:23:30 | 00:35:05 | 00:46:35 | 00:48:37.65 | 00:48:46.55 | $\begin{aligned} & +00: 16: 48 \\ & (34.6 \%) \end{aligned}$ | 4:51 | $\begin{aligned} & 12.3 \\ & (65.1 \%) \end{aligned}$ |
| 228 | GACKA Ania | 418 |  | K-30 | 10 | 00:00:15 | 00:11:59 | 00:23:19 | 00:34:57 | 00:46:38 | 00:48:37.70 | 00:48:52.70 | $\begin{aligned} & +00: 16: 48 \\ & (34.6 \%) \end{aligned}$ | 4:51 | $\begin{aligned} & 12.3 \\ & (65.1 \%) \end{aligned}$ |
| 229 | GACKA Rafał | 420 |  | M-40 | 64 | 00:00:14 | 00:12:00 | 00:23:19 | 00:34:58 | 00:46:39 | 00:48:39.25 | 00:48:53.60 | $\begin{aligned} & +00: 16: 50 \\ & (34.6 \%) \end{aligned}$ | 4:51 | $\begin{aligned} & 12.3 \\ & (65.1 \%) \end{aligned}$ |
| 230 | GACKA Paula | 419 |  | K-1 | 2 | 00:00:14 | 00:12:00 | 00:23:19 | 00:34:58 | 00:46:38 | 00:48:39.80 | 00:48:53.90 | $\begin{aligned} & +00: 16: 50 \\ & (34.6 \%) \end{aligned}$ | 4:51 | $\begin{aligned} & 12.3 \\ & (65.1 \%) \end{aligned}$ |
| 231 | SZUBARTOWSKI Robert | 147 |  | M-40 | 65 | 00:00:17 | 00:12:12 | 00:23:28 | 00:35:03 | 00:46:50 | 00:48:45.20 | 00:49:03.05 | $\begin{aligned} & +00: 16: 56 \\ & (34.7 \%) \end{aligned}$ | 4:52 | $\begin{aligned} & 12.3 \\ & (65.1 \%) \end{aligned}$ |
| 232 | RÓżYCKI Waldemar | 452 |  | M-40 | 66 | 00:00:26 | 00:12:15 | 00:24:18 | 00:36:03 | 00:46:57 | 00:48:47.55 | 00:49:13.95 | $\begin{aligned} & +00: 16: 58 \\ & (34.8 \%) \end{aligned}$ | 4:52 | $\begin{aligned} & 12.3 \\ & (65.1 \%) \end{aligned}$ |
| 233 | NURKIEWICZ Jarosław | 512 |  | M-40 | 67 | 00:00:22 | 00:12:10 | 00:23:41 | 00:35:23 | 00:46:57 | 00:48:49.25 | 00:49:11.45 | $\begin{aligned} & +00: 17: 00 \\ & (34.8 \%) \end{aligned}$ | 4:52 | $\begin{aligned} & 12.3 \\ & (65.1 \%) \end{aligned}$ |
| 234 | TOMCZAK Zbigniew | 74 |  | M-60 | 13 | 00:00:27 | 00:12:25 | 00:23:51 | 00:35:15 | 00:46:52 | 00:48:52.20 | 00:49:20.00 | $\begin{aligned} & +00: 17: 03 \\ & (34.9 \%) \end{aligned}$ | 4:53 | $\begin{aligned} & 12.3 \\ & (65.1 \%) \end{aligned}$ |
| 235 | RATKOWSKA Małgorzata | 345 |  | K-30 | 11 | 00:00:11 | 00:12:25 | 00:24:04 | 00:35:32 | 00:46:59 | 00:48:55.05 | 00:49:06.60 | $\begin{aligned} & +00: 17: 05 \\ & (35.0 \%) \end{aligned}$ | 4:53 | $\begin{aligned} & 12.3 \\ & (65.1 \%) \end{aligned}$ |
| 236 | RYBAK Remigiusz | 538 |  | M-40 | 68 | 00:00:11 | 00:12:06 | 00:23:41 | 00:35:26 | 00:47:02 | 00:48:59.60 | 00:49:10.90 | $\begin{aligned} & +00: 17: 10 \\ & (35.1 \%) \end{aligned}$ | 4:53 | $\begin{aligned} & 12.2 \\ & (64.6 \%) \end{aligned}$ |
| 237 | PASTWA Donata | 508 |  | K-40 | 8 | 00:00:06 | 00:12:11 | 00:23:44 | 00:35:29 | 00:47:02 | 00:49:01.20 | 00:49:07.80 | $\begin{aligned} & +00: 17: 12 \\ & (35.1 \%) \end{aligned}$ | 4:54 | $\begin{aligned} & 12.2 \\ & (64.6 \%) \end{aligned}$ |
| 238 | SADOWSKI Michał | 97 |  | M-30 | 78 | 00:00:15 | 00:12:06 | 00:23:34 | 00:35:16 | 00:47:01 | 00:49:03.00 | 00:49:18.05 | $\begin{aligned} & +00: 17: 13 \\ & (35.1 \%) \end{aligned}$ | 4:54 | $\begin{aligned} & 12.2 \\ & (64.6 \%) \end{aligned}$ |
| 238 | PRZEDWOJSKI Dariusz | 35 |  | M-40 | 69 | 00:00:38 | 00:12:28 | 00:24:01 | 00:35:37 | 00:47:08 | 00:49:03.00 | 00:49:41.35 | $\begin{aligned} & +00: 17: 13 \\ & (35.1 \%) \end{aligned}$ | 4:54 | $\begin{aligned} & 12.2 \\ & (64.6 \%) \end{aligned}$ |
| 240 | KĘPSKI Mariusz | 478 |  | M-30 | 79 | 00:00:07 | 00:11:57 | 00:23:13 | 00:34:57 | 00:46:58 | 00:49:04.75 | 00:49:12.55 | $\begin{aligned} & +00: 17: 15 \\ & (35.2 \%) \end{aligned}$ | 4:54 | $\begin{aligned} & 12.2 \\ & (64.6 \%) \end{aligned}$ |
| 241 | DOMAN Janusz | 112 |  | M-60 | 14 | 00:00:03 | 00:11:46 | 00:23:20 | 00:35:12 | 00:47:12 | 00:49:12.30 | 00:49:16.15 | $\begin{aligned} & +00: 17: 23 \\ & (35.3 \%) \end{aligned}$ | 4:55 | $\begin{aligned} & 12.2 \\ & (64.6 \%) \end{aligned}$ |
| 242 | SZULC Jarosław | 362 |  | M-30 | 80 | 00:00:21 | 00:12:05 | 00:23:40 | 00:35:13 | 00:47:07 | 00:49:12.40 | 00:49:34.30 | $\begin{aligned} & +00: 17: 23 \\ & (35.3 \%) \end{aligned}$ | 4:55 | $\begin{aligned} & 12.2 \\ & (64.6 \%) \end{aligned}$ |
| 243 | MATLEWSKA Marzena | 484 |  | K-40 | 9 | 00:00:01 | 00:11:58 | 00:23:28 | 00:35:12 | 00:47:07 | 00:49:13.25 | 00:49:15.10 | $\begin{aligned} & +00: 17: 24 \\ & (35.4 \%) \end{aligned}$ | 4:55 | $\begin{aligned} & 12.2 \\ & (64.6 \%) \end{aligned}$ |
| 244 | LICA Krzysiu | 500 |  | M-50 | 25 | 00:00:16 | 00:12:15 | 00:23:48 | 00:35:28 | 00:47:13 | 00:49:14.70 | 00:49:31.10 | $\begin{aligned} & +00: 17: 25 \\ & (35.4 \%) \end{aligned}$ | 4:55 | $\begin{aligned} & 12.2 \\ & (64.6 \%) \end{aligned}$ |
| 245 | LUDWINIAK Bogdan | 92 |  | M-50 | 26 | 00:00:09 | 00:12:17 | 00:23:53 | 00:35:33 | 00:47:19 | 00:49:19.25 | 00:49:28.60 | $\begin{aligned} & +00: 17: 30 \\ & (35.5 \%) \end{aligned}$ | 4:55 | $\begin{aligned} & 12.2 \\ & (64.6 \%) \end{aligned}$ |
| 246 | WOJCIECHOWSKI Grzegorz | 136 |  | M-50 | 27 | 00:00:31 | 00:13:15 | 00:24:49 | 00:36:18 | 00:47:28 | 00:49:21.80 | 00:49:53.40 | $\begin{aligned} & +00: 17: 32 \\ & (35.5 \%) \end{aligned}$ | 4:56 | $\begin{aligned} & 12.2 \\ & (64.6 \%) \end{aligned}$ |


| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | $\begin{aligned} & \text { Split } \\ & 2.5 \mathrm{~km} \end{aligned}$ | $\begin{gathered} \text { Split } \\ \text { 4.85km } \end{gathered}$ | Split $7.2 \mathrm{~km}$ | $\begin{gathered} \text { Split } \\ \text { 9.55km } \end{gathered}$ | Czas netto 10 km | Czas brutto 10 km | Róż | Tempo min/km | $\begin{aligned} & \text { Tempo } \\ & \text { km/h } \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 247 | ŚWIATKOWSKI Marcin | 593 |  | M-30 | 81 | 00:00:21 | 00:11:58 | 00:23:35 | 00:35:33 | 00:47:25 | 00:49:24.75 | 00:49:46.05 | $\begin{aligned} & +00: 17: 35 \\ & (35.6 \%) \end{aligned}$ | 4:56 | $\begin{aligned} & 12.1 \\ & (64.0 \%) \end{aligned}$ |
| 248 | KOLANOWSKI Wojciech | 65 |  | M-50 | 28 | 00:00:12 | 00:12:27 | 00:24:11 | 00:35:52 | 00:47:33 | 00:49:26.20 | 00:49:39.15 | $\begin{aligned} & +00: 17: 37 \\ & (35.6 \%) \end{aligned}$ | 4:56 | $\begin{aligned} & 12.1 \\ & (64.0 \%) \end{aligned}$ |
| 249 | REPKA Marek | 549 |  | M-40 | 70 | 00:00:14 | 00:12:10 | 00:23:54 | 00:35:53 | 00:47:35 | 00:49:26.35 | 00:49:40.55 | $\begin{aligned} & +00: 17: 37 \\ & \text { (35.6\%) } \end{aligned}$ | 4:56 | $\begin{aligned} & 12.1 \\ & (64.0 \%) \end{aligned}$ |
| 250 | GORDON Roman | 121 |  | M-60 | 15 | 00:00:11 | 00:12:10 | 00:23:46 | 00:35:24 | 00:47:32 | 00:49:32.90 | 00:49:44.15 | $\begin{aligned} & +00: 17: 43 \\ & \text { (35.8\%) } \end{aligned}$ | 4:57 | $\begin{aligned} & 12.1 \\ & (64.0 \%) \end{aligned}$ |
| 251 | SIKORA Antoni | 393 |  | M-60 | 16 | 00:00:08 | 00:12:04 | 00:23:47 | 00:35:43 | 00:47:37 | 00:49:39.40 | 00:49:47.50 | $\begin{aligned} & +00: 17: 50 \\ & \text { (35.9\%) } \end{aligned}$ | 4:57 | $\begin{aligned} & 12.1 \\ & (64.0 \%) \end{aligned}$ |
| 252 | KOWALSKI Jacek | 336 |  | M-40 | 71 | 00:00:37 | 00:12:25 | 00:24:03 | 00:35:51 | 00:47:39 | 00:49:40.60 | 00:50:17.85 | $\begin{aligned} & +00: 17: 51 \\ & (35.9 \%) \end{aligned}$ | 4:58 | $\begin{aligned} & 12.1 \\ & (64.0 \%) \end{aligned}$ |
| 253 | KRUCZKOWSKI Piotr | 507 |  | M-50 | 29 | 00:00:36 | 00:12:36 | 00:24:19 | 00:36:13 | 00:47:48 | 00:49:42.45 | 00:50:19.20 | $\begin{aligned} & +00: 17: 53 \\ & (36.0 \%) \end{aligned}$ | 4:58 | $\begin{aligned} & 12.1 \\ & (64.0 \%) \end{aligned}$ |
| 254 | KWIATKOWSKI Tomasz | 437 |  | M-40 | 72 | 00:00:11 | 00:12:46 | 00:25:03 | 00:36:30 | 00:47:48 | 00:49:46.45 | 00:49:57.50 | $\begin{aligned} & +00: 17: 57 \\ & (36.1 \%) \end{aligned}$ | 4:58 | $\begin{aligned} & 12.1 \\ & (64.0 \%) \end{aligned}$ |
| 255 | MATYSZCZAK Damian | 244 |  | M-40 | 73 | 00:00:16 | 00:12:07 | 00:23:39 | 00:35:32 | 00:47:44 | 00:49:47.55 | 00:50:04.35 | $\begin{aligned} & +00: 17: 58 \\ & (36.1 \%) \end{aligned}$ | 4:58 | $\begin{aligned} & 12 \\ & \text { (63.5\%) } \end{aligned}$ |
| 256 | GRYCZKA Karol | 279 |  | M-1 | 5 | 00:00:15 | 00:12:34 | 00:24:15 | 00:36:11 | 00:47:59 | 00:49:54.05 | 00:50:09.80 | $\begin{aligned} & +00: 18: 04 \\ & (36.2 \%) \end{aligned}$ | 4:59 | $\begin{aligned} & 12 \\ & (63.5 \%) \end{aligned}$ |
| 257 | KRÓL Ireneusz | 599 |  | M-60 | 17 | 00:00:15 | 00:12:58 | 00:24:30 | 00:36:01 | 00:47:59 | 00:49:57.45 | 00:50:12.60 | $\begin{aligned} & +00: 18: 08 \\ & (36.3 \%) \end{aligned}$ | 4:59 | $\begin{aligned} & 12 \\ & \text { (63.5\%) } \end{aligned}$ |
| 258 | JENERALSKI Maciej | 527 |  | M-40 | 74 | 00:00:22 | 00:12:26 | 00:24:14 | 00:36:18 | 00:48:02 | 00:50:00.70 | 00:50:22.80 | $\begin{aligned} & +00: 18: 11 \\ & (36.4 \%) \end{aligned}$ | 5:00 | $\begin{aligned} & 12 \\ & (63.5 \%) \end{aligned}$ |
| 259 | SOBAŃSKI Michał | 357 |  | M-30 | 82 | 00:00:11 | 00:12:47 | 00:25:08 | 00:37:08 | 00:48:17 | 00:50:00.75 | 00:50:12.40 | $\begin{aligned} & +00: 18: 11 \\ & (36.4 \%) \end{aligned}$ | 5:00 | $\begin{aligned} & 12 \\ & (63.5 \%) \end{aligned}$ |
| 260 | WINKLEWSKI Krzysztof | 44 |  | M-40 | 75 | 00:00:40 | 00:12:28 | 00:24:13 | 00:36:09 | 00:48:06 | 00:50:04.05 | 00:50:44.45 | $\begin{aligned} & +00: 18: 14 \\ & (36.4 \%) \end{aligned}$ | 5:00 | $\begin{aligned} & 12 \\ & \text { (63.5\%) } \end{aligned}$ |
| 261 | SZEWCZYKOWSKI Grzegorz | 487 |  | M-30 | 83 | 00:00:30 | 00:12:35 | 00:24:22 | 00:36:16 | 00:48:08 | 00:50:06.85 | 00:50:37.30 | $\begin{aligned} & +00: 18: 17 \\ & (36.5 \%) \end{aligned}$ | 5:00 | $\begin{aligned} & 12 \\ & \text { (63.5\%) } \end{aligned}$ |
| 262 | KARPIŃSKI Daniel Marek | 210 |  | M-30 | 84 | 00:00:12 | 00:13:15 | 00:24:55 | 00:36:28 | 00:48:11 | 00:50:09.90 | 00:50:22.55 | $\begin{aligned} & +00: 18: 20 \\ & (36.6 \%) \end{aligned}$ | 5:01 | $\begin{aligned} & 12 \\ & (63.5 \%) \end{aligned}$ |
| 263 | JURSKI Robert | 212 |  | M-40 | 76 | 00:00:10 | 00:12:50 | 00:24:32 | 00:36:17 | 00:48:12 | 00:50:11.25 | 00:50:21.65 | $\begin{aligned} & +00: 18: 22 \\ & (36.6 \%) \end{aligned}$ | 5:01 | $\begin{aligned} & 12 \\ & \text { (63.5\%) } \end{aligned}$ |
| 264 | KOLANOWSKA Grażyna | 62 |  | K-50 | 4 | 00:00:13 | 00:12:26 | 00:24:10 | 00:36:06 | 00:48:07 | 00:50:11.65 | 00:50:24.75 | $\begin{aligned} & +00: 18: 22 \\ & (36.6 \%) \end{aligned}$ | 5:01 | $\begin{aligned} & 12 \\ & (63.5 \%) \end{aligned}$ |
| 265 | ŁOŚ Piotr | 9 |  | M-40 | 77 | 00:00:27 | 00:12:48 | 00:24:43 | 00:36:19 | 00:48:20 | 00:50:16.15 | 00:50:43.85 | $\begin{aligned} & +00: 18: 27 \\ & (36.7 \%) \end{aligned}$ | 5:01 | $\begin{aligned} & 11.9 \\ & (63.0 \%) \end{aligned}$ |
| 266 | KUKAWKA Damian | 365 |  | M-30 | 85 | 00:00:22 | 00:12:26 | 00:23:48 | 00:35:51 | 00:48:11 | 00:50:16.70 | 00:50:39.20 | $\begin{aligned} & +00: 18: 27 \\ & (36.7 \%) \end{aligned}$ | 5:01 | $\begin{aligned} & 11.9 \\ & (63.0 \%) \end{aligned}$ |
| 267 | WIŚNIEWSKI Janusz | 45 |  | M-50 | 30 | 00:00:47 | 00:12:59 | 00:24:34 | 00:36:21 | 00:48:19 | 00:50:19.15 | 00:51:06.90 | $\begin{aligned} & +00: 18: 30 \\ & (36.8 \%) \end{aligned}$ | 5:01 | $\begin{aligned} & 11.9 \\ & (63.0 \%) \end{aligned}$ |
| 268 | FILIPIAK Jakub | 208 |  | M-30 | 86 | 00:00:19 | 00:12:42 | 00:24:37 | 00:36:31 | 00:48:27 | 00:50:27.70 | 00:50:47.60 | $\begin{aligned} & +00: 18: 38 \\ & (36.9 \%) \end{aligned}$ | 5:02 | $\begin{aligned} & 11.9 \\ & (63.0 \%) \end{aligned}$ |
| 269 | MARCYJANIAK Krzysztof | 135 |  | M-40 | 78 | 00:00:31 | 00:12:25 | 00:24:04 | 00:36:06 | 00:48:31 | 00:50:32.40 | 00:51:04.15 | $\begin{aligned} & +00: 18: 43 \\ & \text { (37.0\%) } \end{aligned}$ | 5:03 | $\begin{aligned} & 11.9 \\ & (63.0 \%) \end{aligned}$ |


| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | $\begin{aligned} & \text { Split } \\ & 2.5 \mathrm{~km} \end{aligned}$ | $\begin{gathered} \text { Split } \\ \text { 4.85km } \end{gathered}$ | $\begin{aligned} & \text { Split } \\ & 7.2 \mathrm{~km} \end{aligned}$ | $\begin{gathered} \text { Split } \\ \text { 9.55km } \end{gathered}$ | Czas netto 10 km | Czas brutto 10 km | Różn | Tempo min/km | $\begin{aligned} & \text { Tempo } \\ & \mathrm{km} / \mathrm{h} \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 270 | ŚLESIŃSKI Bartosz | 513 |  | M-40 | 79 | 00:00:38 | 00:13:03 | 00:25:01 | 00:36:56 | 00:48:42 | 00:50:33.30 | 00:51:11.95 | $\begin{aligned} & +00: 18: 44 \\ & (37.1 \%) \end{aligned}$ | 5:03 | $\begin{aligned} & 11.9 \\ & (63.0 \%) \end{aligned}$ |
| 271 | KRAWCZUK Andrzej | 311 |  | M-60 | 18 | 00:00:01 | 00:11:59 | 00:23:52 | 00:36:04 | 00:48:31 | 00:50:34.90 | 00:50:36.15 | $\begin{aligned} & +00: 18: 45 \\ & (37.1 \%) \end{aligned}$ | 5:03 | $\begin{aligned} & 11.9 \\ & (63.0 \%) \end{aligned}$ |
| 272 | SOKOŁOWSKA Hanna | 564 |  | K-50 | 5 | 00:00:21 | 00:12:56 | 00:25:04 | 00:37:04 | 00:48:33 | 00:50:39.05 | 00:51:00.65 | $\begin{aligned} & +00: 18: 49 \\ & (37.2 \%) \end{aligned}$ | 5:03 | $\begin{aligned} & 11.8 \\ & (62.4 \%) \end{aligned}$ |
| 273 | SITKO Arkadiusz | 421 |  | M-40 | 80 | 00:00:02 | 00:12:27 | 00:24:32 | 00:36:43 | 00:48:41 | 00:50:41.95 | 00:50:44.50 | $\begin{aligned} & +00: 18: 52 \\ & (37.2 \%) \end{aligned}$ | 5:04 | $\begin{aligned} & 11.8 \\ & \text { (62.4\%) } \end{aligned}$ |
| 274 | TRZCIŃSKI Eugeniusz | 230 |  | M-60 | 19 | 00:00:19 | 00:12:21 | 00:24:11 | 00:36:13 | 00:48:39 | 00:50:42.95 | 00:51:02.40 | $\begin{aligned} & +00: 18: 53 \\ & (37.3 \%) \end{aligned}$ | 5:04 | $\begin{aligned} & 11.8 \\ & \text { (62.4\%) } \end{aligned}$ |
| 275 | MACKIEWICZ Piotr | 125 |  | M-30 | 87 | 00:00:24 | 00:13:04 | 00:25:21 | 00:37:23 | 00:48:48 | 00:50:45.90 | 00:51:10.85 | $\begin{aligned} & +00: 18: 56 \\ & (37.3 \%) \end{aligned}$ | 5:04 | $\begin{aligned} & 11.8 \\ & \text { (62.4\%) } \end{aligned}$ |
| 276 | BRZOZOWSKI Marcin | 160 |  | M-20 | 25 | 00:00:42 | 00:13:32 | 00:25:19 | 00:36:56 | 00:48:53 | 00:50:47.25 | 00:51:29.45 | $\begin{aligned} & +00: 18: 58 \\ & (37.3 \%) \end{aligned}$ | 5:04 | $\begin{aligned} & 11.8 \\ & (62.4 \%) \end{aligned}$ |
| 277 | WROBEL Mateusz | 580 |  | M-20 | 26 | 00:00:08 | 00:11:39 | 00:23:48 | 00:36:23 | 00:48:55 | 00:50:48.70 | 00:50:57.60 | $\begin{aligned} & +00: 18: 59 \\ & (37.4 \%) \end{aligned}$ | 5:04 | $\begin{aligned} & 11.8 \\ & (62.4 \%) \end{aligned}$ |
| 278 | TRZÓSŁO Dorota | 300 |  | K-30 | 12 | 00:00:25 | 00:12:39 | 00:24:29 | 00:36:31 | 00:48:44 | 00:50:48.95 | 00:51:14.80 | $\begin{aligned} & +00: 18: 59 \\ & (37.4 \%) \end{aligned}$ | 5:04 | $\begin{aligned} & 11.8 \\ & \text { (62.4\%) } \end{aligned}$ |
| 279 | RAUT Wiesław | 307 |  | M-60 | 20 | 00:00:27 | 00:13:02 | 00:25:17 | 00:37:18 | 00:48:51 | 00:50:53.70 | 00:51:21.40 | $\begin{aligned} & +00: 19: 04 \\ & (37.5 \%) \end{aligned}$ | 5:05 | $\begin{aligned} & 11.8 \\ & \text { (62.4\%) } \end{aligned}$ |
| 280 | ŻOŁNOWSKA Monika | 516 |  | K-30 | 13 | 00:00:07 | 00:12:18 | 00:24:29 | 00:36:44 | 00:48:53 | 00:50:53.95 | 00:51:01.65 | $\begin{aligned} & +00: 19: 04 \\ & (37.5 \%) \end{aligned}$ | 5:05 | $\begin{aligned} & 11.8 \\ & \text { (62.4\%) } \end{aligned}$ |
| 281 | RUDOL Sebastian | 213 |  | M-40 | 81 | 00:00:30 | 00:13:34 | 00:25:22 | 00:37:01 | 00:49:07 | 00:50:55.00 | 00:51:25.30 | $\begin{aligned} & +00: 19: 05 \\ & (37.5 \%) \end{aligned}$ | 5:05 | $\begin{aligned} & 11.8 \\ & (62.4 \%) \end{aligned}$ |
| 282 | RUDOL Magdalena | 214 |  | K-40 | 10 | 00:00:29 | 00:13:35 | 00:25:23 | 00:37:03 | 00:48:54 | 00:50:55.65 | 00:51:25.55 | $\begin{aligned} & +00: 19: 06 \\ & (37.5 \%) \end{aligned}$ | 5:05 | $\begin{aligned} & 11.8 \\ & \text { (62.4\%) } \end{aligned}$ |
| 283 | KRUTUL Kasia | 305 |  | K-40 | 11 | 00:00:04 | 00:12:48 | 00:24:54 | 00:37:04 | 00:49:02 | 00:51:02.65 | 00:51:07.40 | $\begin{aligned} & +00: 19: 13 \\ & (37.7 \%) \end{aligned}$ | 5:06 | $\begin{aligned} & 11.8 \\ & (62.4 \%) \end{aligned}$ |
| 284 | STAWCZYK Dariusz | 41 |  | M-40 | 82 | 00:00:18 | 00:12:51 | 00:24:57 | 00:37:02 | 00:49:06 | 00:51:05.85 | 00:51:23.85 | $\begin{aligned} & +00: 19: 16 \\ & (37.7 \%) \end{aligned}$ | 5:06 | $\begin{aligned} & 11.7 \\ & (61.9 \%) \end{aligned}$ |
| 285 | MICHNA Justyna | 107 |  | K-40 | 12 | 00:00:37 | 00:13:13 | 00:25:22 | 00:37:16 | 00:49:00 | 00:51:06.20 | 00:51:44.10 | $\begin{aligned} & +00: 19: 17 \\ & (37.7 \%) \end{aligned}$ | 5:06 | $\begin{aligned} & 11.7 \\ & (61.9 \%) \end{aligned}$ |
| 286 | LUZAK Magdalena | 498 |  | K-20 | 3 | 00:00:16 | 00:12:35 | 00:24:40 | 00:36:51 | 00:49:06 | 00:51:06.40 | 00:51:22.90 | $\begin{aligned} & +00: 19: 17 \\ & (37.7 \%) \end{aligned}$ | 5:06 | $\begin{aligned} & 11.7 \\ & (61.9 \%) \end{aligned}$ |
| 287 | LEBIEDZIŃSKI Konrad | 576 |  | M-30 | 88 | 00:00:14 | 00:12:15 | 00:24:05 | 00:36:31 | 00:49:08 | 00:51:08.40 | 00:51:22.60 | $\begin{aligned} & +00: 19: 19 \\ & (37.8 \%) \end{aligned}$ | 5:06 | $\begin{aligned} & 11.7 \\ & (61.9 \%) \end{aligned}$ |
| 288 | ŚLOT Michał | 389 |  | M-40 | 83 | 00:00:32 | 00:13:24 | 00:25:33 | 00:37:32 | 00:49:08 | 00:51:09.90 | 00:51:42.30 | $\begin{aligned} & +00: 19: 20 \\ & (37.8 \%) \end{aligned}$ | 5:07 | $\begin{aligned} & 11.7 \\ & \text { (61.9\%) } \end{aligned}$ |
| 289 | DERENDA Mirosław | 104 |  | M-30 | 89 | 00:00:16 | 00:12:07 | 00:23:53 | 00:36:09 | 00:49:01 | 00:51:11.95 | 00:51:28.20 | $\begin{aligned} & +00: 19: 22 \\ & (37.9 \%) \end{aligned}$ | 5:07 | $\begin{aligned} & 11.7 \\ & \text { (61.9\%) } \end{aligned}$ |
| 290 | BOLINSKI Bartosz | 533 |  | M-30 | 90 | 00:00:29 | 00:12:30 | 00:24:31 | 00:37:08 | 00:49:20 | 00:51:12.45 | 00:51:41.75 | $\begin{aligned} & +00: 19: 23 \\ & (37.9 \%) \end{aligned}$ | 5:07 | $\begin{aligned} & 11.7 \\ & (61.9 \%) \end{aligned}$ |
| 291 | PASTECKI Robert | 583 |  | M-40 | 84 | 00:00:27 | 00:12:52 | 00:24:59 | 00:36:58 | 00:49:08 | 00:51:14.90 | 00:51:42.60 | $\begin{aligned} & +00: 19: 25 \\ & (37.9 \%) \end{aligned}$ | 5:07 | $\begin{aligned} & 11.7 \\ & \text { (61.9\%) } \end{aligned}$ |
| 292 | SOWIŃSKA Justyna | 394 |  | K-40 | 13 | 00:00:11 | 00:12:44 | 00:24:50 | 00:37:08 | 00:49:14 | 00:51:15.45 | 00:51:27.00 | $\begin{aligned} & +00: 19: 26 \\ & (37.9 \%) \end{aligned}$ | 5:07 | $\begin{aligned} & 11.7 \\ & (61.9 \%) \end{aligned}$ |


| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | $\begin{aligned} & \text { Split } \\ & 2.5 \mathrm{~km} \end{aligned}$ | $\begin{gathered} \text { Split } \\ \text { 4.85km } \end{gathered}$ | $\begin{aligned} & \text { Split } \\ & 7.2 \mathrm{~km} \end{aligned}$ | $\begin{gathered} \text { Split } \\ \text { 9.55km } \end{gathered}$ | Czas netto 10 km | Czas brutto 10km | Różn | Tempo min/km | $\begin{aligned} & \text { Tempo } \\ & \mathrm{km} / \mathrm{h} \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 293 | MAŁKOWSKI Sebastian | 329 |  | M-30 | 91 | 00:00:22 | 00:13:00 | 00:25:18 | 00:37:31 | 00:49:21 | 00:51:23.65 | 00:51:46.15 | $\begin{aligned} & +00: 19: 34 \\ & (38.1 \%) \end{aligned}$ | 5:08 | $\begin{aligned} & 11.7 \\ & \text { (61.9\%) } \end{aligned}$ |
| 294 | KOWAL Michał | 399 |  | M-30 | 92 | 00:00:23 | 00:13:35 | 00:25:53 | 00:37:36 | 00:49:28 | 00:51:23.95 | 00:51:47.80 | $\begin{aligned} & +00: 19: 34 \\ & (38.1 \%) \end{aligned}$ | 5:08 | $\begin{aligned} & 11.7 \\ & (61.9 \%) \end{aligned}$ |
| 295 | CHROBAK Tomasz | 207 |  | M-30 | 93 | 00:00:14 | 00:12:13 | 00:24:16 | 00:36:39 | 00:49:14 | 00:51:25.65 | 00:51:40.30 | $\begin{aligned} & +00: 19: 36 \\ & \text { (38.1\%) } \end{aligned}$ | 5:08 | $\begin{aligned} & 11.7 \\ & \text { (61.9\%) } \end{aligned}$ |
| 296 | REPKA Anna | 546 |  | K-40 | 14 | 00:00:13 | 00:12:56 | 00:25:04 | 00:37:24 | 00:49:28 | 00:51:26.35 | 00:51:39.85 | $\begin{aligned} & +00: 19: 37 \\ & (38.1 \%) \end{aligned}$ | 5:08 | $\begin{aligned} & 11.7 \\ & (61.9 \%) \end{aligned}$ |
| 297 | KOWALCZYK Tomasz | 161 |  | M-40 | 85 | 00:00:18 | 00:12:34 | 00:24:27 | 00:36:45 | 00:49:18 | 00:51:28.70 | 00:51:47.05 | $\begin{aligned} & +00: 19: 39 \\ & (38.2 \%) \end{aligned}$ | 5:08 | $\begin{aligned} & 11.7 \\ & \text { (61.9\%) } \end{aligned}$ |
| 298 | KIEŁBASIWICZ Bartosz | 543 |  | M-20 | 27 | 00:00:31 | 00:13:31 | 00:26:01 | 00:38:01 | 00:49:44 | 00:51:28.95 | 00:52:00.45 | $\begin{aligned} & +00: 19: 39 \\ & (38.2 \%) \end{aligned}$ | 5:08 | $\begin{aligned} & 11.7 \\ & (61.9 \%) \end{aligned}$ |
| 299 | JAMNY Miłosz | 585 |  | M-60 | 21 | 00:00:30 | 00:12:07 | 00:23:47 | 00:35:43 | 00:49:30 | 00:51:32.00 | 00:52:02.10 | $\begin{aligned} & +00: 19: 42 \\ & (38.3 \%) \end{aligned}$ | 5:09 | $\begin{aligned} & 11.6 \\ & \text { (61.4\%) } \end{aligned}$ |
| 300 | CHOŚCIŃSKI Piotr | 574 |  | M-40 | 86 | 00:00:16 | 00:12:43 | 00:24:36 | 00:36:52 | 00:49:23 | 00:51:32.35 | 00:51:48.80 | $\begin{aligned} & +00: 19: 43 \\ & (38.3 \%) \end{aligned}$ | 5:09 | $\begin{aligned} & 11.6 \\ & \text { (61.4\%) } \end{aligned}$ |
| 301 | ANGLART Roman | 355 |  | M-50 | 31 | 00:00:25 | 00:12:47 | 00:25:01 | 00:37:22 | 00:49:39 | 00:51:32.65 | 00:51:58.30 | $\begin{aligned} & +00: 19: 43 \\ & (38.3 \%) \end{aligned}$ | 5:09 | $\begin{aligned} & 11.6 \\ & \text { (61.4\%) } \end{aligned}$ |
| 302 | SOBIERAJ Karolina | 625 |  | K-40 | 15 | 00:00:08 | 00:12:38 | 00:24:44 | 00:37:10 | 00:49:34 | 00:51:39.70 | 00:51:47.70 | $\begin{aligned} & +00: 19: 50 \\ & (38.4 \%) \end{aligned}$ | 5:09 | $\begin{aligned} & 11.6 \\ & \text { (61.4\%) } \end{aligned}$ |
| 303 | GUŹDZIOŁ Jarosław | 321 |  | M-30 | 94 | 00:00:14 | 00:12:16 | 00:24:19 | 00:36:52 | 00:49:32 | 00:51:40.65 | 00:51:55.45 | $\begin{aligned} & +00: 19: 51 \\ & (38.4 \%) \end{aligned}$ | 5:10 | $\begin{aligned} & 11.6 \\ & (61.4 \%) \end{aligned}$ |
| 304 | REY ALAMEDA Javier | 408 |  | M-40 | 87 | 00:00:21 | 00:13:09 | 00:25:25 | 00:37:32 | 00:49:41 | 00:51:44.25 | 00:52:05.95 | $\begin{aligned} & +00: 19: 55 \\ & (38.5 \%) \end{aligned}$ | 5:10 | $\begin{aligned} & 11.6 \\ & \text { (61.4\%) } \end{aligned}$ |
| 305 | KRUPIŃSKI Andrzej | 297 |  | M-50 | 32 | 00:00:34 | 00:13:27 | 00:25:45 | 00:37:58 | 00:49:51 | 00:51:46.30 | 00:52:20.70 | $\begin{aligned} & +00: 19: 57 \\ & (38.5 \%) \end{aligned}$ | 5:10 | $\begin{aligned} & 11.6 \\ & \text { (61.4\%) } \end{aligned}$ |
| 306 | KICZIŃSKA Izabela | 463 |  | K-30 | 14 | 00:00:06 | 00:12:06 | 00:24:24 | 00:37:23 | 00:49:42 | 00:51:48.25 | 00:51:54.70 | $\begin{aligned} & +00: 19: 59 \\ & (38.6 \%) \end{aligned}$ | 5:10 | $\begin{aligned} & 11.6 \\ & \text { (61.4\%) } \end{aligned}$ |
| 306 | MORAWSKI Marek | 219 |  | M-40 | 88 | 00:00:11 | 00:12:20 | 00:24:17 | 00:37:00 | 00:49:48 | 00:51:48.25 | 00:52:00.10 | $\begin{aligned} & +00: 19: 59 \\ & (38.6 \%) \end{aligned}$ | 5:10 | $\begin{aligned} & 11.6 \\ & (61.4 \%) \end{aligned}$ |
| 308 | WILCZYŃSKI Łukasz | 129 |  | M-20 | 28 | 00:00:21 | 00:12:42 | 00:24:47 | 00:37:06 | 00:49:39 | 00:51:49.05 | 00:52:10.05 | $\begin{aligned} & +00: 19: 59 \\ & (38.6 \%) \end{aligned}$ | 5:10 | $\begin{aligned} & 11.6 \\ & (61.4 \%) \end{aligned}$ |
| 309 | STACHEWICZ Iwona | 624 |  | K-30 | 15 | 00:00:28 | 00:13:43 | 00:25:52 | 00:37:50 | 00:49:57 | 00:51:51.60 | 00:52:20.10 | $\begin{aligned} & +00: 20: 02 \\ & (38.6 \%) \end{aligned}$ | 5:11 | $\begin{aligned} & 11.6 \\ & \text { (61.4\%) } \end{aligned}$ |
| 310 | PALACZ Michał | 159 |  | M-40 | 89 | 00:00:27 | 00:13:23 | 00:25:45 | 00:38:04 | 00:49:59 | 00:51:52.90 | 00:52:20.30 | $\begin{aligned} & +00: 20: 03 \\ & (38.7 \%) \end{aligned}$ | 5:11 | $\begin{aligned} & 11.6 \\ & (61.4 \%) \end{aligned}$ |
| 311 | SZUFRAJDA Robert | 151 |  | M-20 | 29 | 00:00:26 | 00:13:24 | 00:25:46 | 00:38:05 | 00:50:00 | 00:51:53.10 | 00:52:19.90 | $\begin{aligned} & +00: 20: 03 \\ & (38.7 \%) \end{aligned}$ | 5:11 | $\begin{aligned} & 11.6 \\ & \text { (61.4\%) } \end{aligned}$ |
| 312 | SADOWSKI Marian | 406 |  | M-40 | 90 | 00:00:36 | 00:13:46 | 00:25:54 | 00:37:50 | 00:49:48 | 00:51:54.60 | 00:52:30.70 | $\begin{aligned} & +00: 20: 05 \\ & (38.7 \%) \end{aligned}$ | 5:11 | $\begin{aligned} & 11.6 \\ & \text { (61.4\%) } \end{aligned}$ |
| 313 | SKUPSZ Jędrzej Kazimierz | 350 |  | M-20 | 30 | 00:00:09 | 00:12:24 | 00:24:39 | 00:37:11 | 00:49:56 | 00:51:57.00 | 00:52:06.90 | $\begin{aligned} & +00: 20: 07 \\ & (38.8 \%) \end{aligned}$ | 5:11 | $\begin{aligned} & 11.5 \\ & (60.8 \%) \end{aligned}$ |
| 314 | ZIĘTARA Rajmund | 344 |  | M-50 | 33 | 00:00:17 | 00:12:06 | 00:23:38 | 00:35:32 | 00:49:29 | 00:52:04.05 | 00:52:21.15 | $\begin{aligned} & +00: 20: 14 \\ & (38.9 \%) \end{aligned}$ | 5:12 | $\begin{aligned} & 11.5 \\ & (60.8 \%) \end{aligned}$ |
| 315 | MIELCARSKI Michał | 46 |  | M-30 | 95 | 00:00:40 | 00:12:31 | 00:24:49 | 00:37:19 | 00:49:57 | 00:52:06.70 | 00:52:47.40 | $\begin{aligned} & +00: 20: 17 \\ & (38.9 \%) \end{aligned}$ | 5:12 | $\begin{aligned} & 11.5 \\ & (60.8 \%) \end{aligned}$ |


| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | $\begin{aligned} & \text { Split } \\ & 2.5 \mathrm{~km} \end{aligned}$ | $\begin{gathered} \text { Split } \\ \text { 4.85km } \end{gathered}$ | Split $7.2 \mathrm{~km}$ | $\begin{gathered} \text { Split } \\ 9.55 \mathrm{~km} \end{gathered}$ | Czas netto 10 km | Czas brutto 10 km | Róż | Tempo min/km | $\begin{aligned} & \text { Tempo } \\ & \text { km/h } \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 316 | ANDRZEJEWSKI Ryszard | 49 |  | M-60 | 22 | 00:00:06 | 00:12:24 | 00:24:22 | 00:37:00 | 00:50:02 | 00:52:14.15 | 00:52:21.00 | $\begin{aligned} & +00: 20: 25 \\ & (39.1 \%) \end{aligned}$ | 5:13 | $\begin{aligned} & 11.5 \\ & (60.8 \%) \end{aligned}$ |
| 317 | JĘDRZEJCZYK Mirosław | 334 |  | M-50 | 34 | 00:00:05 | 00:12:31 | 00:24:45 | 00:37:12 | 00:50:03 | 00:52:16.30 | 00:52:21.65 | $\begin{aligned} & +00: 20: 27 \\ & \text { (39.1\%) } \end{aligned}$ | 5:13 | $\begin{aligned} & 11.5 \\ & (60.8 \%) \end{aligned}$ |
| 318 | SIMIŃSKI Maciej | 509 |  | M-40 | 91 | 00:00:38 | 00:13:41 | 00:25:53 | 00:38:21 | 00:50:20 | 00:52:17.35 | 00:52:55.80 | $\begin{aligned} & +00: 20: 28 \\ & \text { (39.1\%) } \end{aligned}$ | 5:13 | $\begin{aligned} & 11.5 \\ & (60.8 \%) \end{aligned}$ |
| 319 | WOJCIECHOWSKA Emilia | 185 |  | K-40 | 16 | 00:00:20 | 00:12:51 | 00:25:15 | 00:37:38 | 00:50:12 | 00:52:18.45 | 00:52:38.70 | $\begin{aligned} & +00: 20: 29 \\ & (39.2 \%) \end{aligned}$ | 5:13 | $\begin{aligned} & 11.5 \\ & (60.8 \%) \end{aligned}$ |
| 320 | WOJCIECHOWSKI Jarosław | 186 |  | M-40 | 92 | 00:00:19 | 00:12:51 | 00:25:16 | 00:37:40 | 00:50:13 | 00:52:18.80 | 00:52:38.40 | $\begin{aligned} & +00: 20: 29 \\ & (39.2 \%) \end{aligned}$ | 5:13 | $\begin{aligned} & 11.5 \\ & (60.8 \%) \end{aligned}$ |
| 321 | ADAMCZAK Barbara | 351 |  | K-20 | 4 | 00:00:11 | 00:12:34 | 00:25:07 | 00:37:56 | 00:50:21 | 00:52:25.60 | 00:52:36.90 | $\begin{aligned} & +00: 20: 36 \\ & (39.3 \%) \end{aligned}$ | 5:14 | $\begin{aligned} & 11.4 \\ & (60.3 \%) \end{aligned}$ |
| 322 | PAŚ Michał | 273 |  | M-40 | 93 | 00:00:15 | 00:13:25 | 00:25:59 | 00:38:21 | 00:50:28 | 00:52:27.25 | 00:52:42.70 | $\begin{aligned} & +00: 20: 38 \\ & (39.3 \%) \end{aligned}$ | 5:14 | $\begin{aligned} & 11.4 \\ & (60.3 \%) \end{aligned}$ |
| 323 | ARACH Przemysław | 561 |  | M-30 | 96 | 00:00:23 | 00:12:55 | 00:25:17 | 00:37:55 | 00:50:28 | 00:52:28.25 | 00:52:52.05 | $\begin{aligned} & +00: 20: 39 \\ & (39.4 \%) \end{aligned}$ | 5:14 | $\begin{aligned} & 11.4 \\ & (60.3 \%) \end{aligned}$ |
| 324 | CABAŃSKA Katarzyna | 137 |  | K-30 | 16 | 00:00:33 | 00:13:16 | 00:25:26 | 00:37:55 | 00:50:25 | 00:52:28.85 | 00:53:01.95 | $\begin{aligned} & +00: 20: 39 \\ & \text { (39.4\%) } \end{aligned}$ | 5:14 | $\begin{aligned} & 11.4 \\ & (60.3 \%) \end{aligned}$ |
| 325 | BEDNAREK Marta | 154 |  | K-30 | 17 | 00:00:28 | 00:12:52 | 00:25:09 | 00:37:43 | 00:50:21 | 00:52:30.65 | 00:52:58.65 | $\begin{aligned} & +00: 20: 41 \\ & (39.4 \%) \end{aligned}$ | 5:15 | $\begin{aligned} & 11.4 \\ & (60.3 \%) \end{aligned}$ |
| 326 | GŁOWSKI Aleksander | 514 |  | M-40 | 94 | 00:00:13 | 00:13:15 | 00:25:33 | 00:38:04 | 00:50:25 | 00:52:31.80 | 00:52:45.70 | $\begin{aligned} & +00: 20: 42 \\ & (39.4 \%) \end{aligned}$ | 5:15 | $\begin{aligned} & 11.4 \\ & (60.3 \%) \end{aligned}$ |
| 327 | MICHALIK Łukasz | 110 |  | M-30 | 97 | 00:00:12 | 00:13:16 | 00:25:33 | 00:38:05 | 00:50:25 | 00:52:33.30 | 00:52:45.45 | $\begin{aligned} & +00: 20: 44 \\ & \text { (39.5\%) } \end{aligned}$ | 5:15 | $\begin{aligned} & 11.4 \\ & (60.3 \%) \end{aligned}$ |
| 328 | WIŚNIEWSKI Włodzimierz | 222 |  | M-50 | 35 | 00:00:41 | 00:12:54 | 00:24:56 | 00:37:29 | 00:50:31 | 00:52:38.05 | 00:53:19.15 | $\begin{aligned} & +00: 20: 48 \\ & \text { (39.5\%) } \end{aligned}$ | 5:15 | $\begin{aligned} & 11.4 \\ & (60.3 \%) \end{aligned}$ |
| 329 | CHOJNICKI Grzegorz | 499 |  | M-40 | 95 | 00:00:23 | 00:13:02 | 00:25:30 | 00:38:03 | 00:50:28 | 00:52:38.30 | 00:53:01.55 | $\begin{aligned} & +00: 20: 49 \\ & \text { (39.6\%) } \end{aligned}$ | 5:15 | $\begin{aligned} & 11.4 \\ & (60.3 \%) \end{aligned}$ |
| 330 | LUTKOWSKI Dariusz | 430 |  | M-40 | 96 | 00:00:35 | 00:13:43 | 00:26:06 | 00:38:26 | 00:50:38 | 00:52:38.95 | 00:53:14.45 | $\begin{aligned} & +00: 20: 49 \\ & (39.6 \%) \end{aligned}$ | 5:15 | $\begin{aligned} & 11.4 \\ & (60.3 \%) \end{aligned}$ |
| 331 | ZAKOŚCIELNY Krzysztof | 174 |  | M-50 | 36 | 00:00:26 | 00:13:06 | 00:25:50 | 00:38:18 | 00:50:29 | 00:52:39.05 | 00:53:05.15 | $\begin{aligned} & +00: 20: 49 \\ & (39.6 \%) \end{aligned}$ | 5:15 | $\begin{aligned} & 11.4 \\ & (60.3 \%) \end{aligned}$ |
| 332 | RENC Patryk | 255 |  | M-20 | 31 | 00:00:25 | 00:13:09 | 00:25:35 | 00:38:24 | 00:50:53 | 00:52:43.60 | 00:53:08.85 | $\begin{aligned} & +00: 20: 54 \\ & (39.7 \%) \end{aligned}$ | 5:16 | $\begin{aligned} & 11.4 \\ & (60.3 \%) \end{aligned}$ |
| 333 | BRYCKI Łukasz | 567 |  | M-30 | 98 | 00:00:10 | 00:12:50 | 00:24:58 | 00:38:03 | 00:50:33 | 00:52:45.10 | 00:52:55.20 | $\begin{aligned} & +00: 20: 55 \\ & (39.7 \%) \end{aligned}$ | 5:16 | $\begin{aligned} & 11.4 \\ & (60.3 \%) \end{aligned}$ |
| 334 | CZYŻEWSKA Justyna | 59 |  | K-30 | 18 | 00:00:14 | 00:12:36 | 00:24:45 | 00:37:24 | 00:50:32 | 00:52:45.80 | 00:53:00.15 | $\begin{aligned} & +00: 20: 56 \\ & (39.7 \%) \end{aligned}$ | 5:16 | $\begin{aligned} & 11.4 \\ & (60.3 \%) \end{aligned}$ |
| 335 | MELER-LEWANDOWSKA Katarzyna | 397 |  | K-30 | 19 | 00:00:09 | 00:12:38 | 00:25:06 | 00:37:55 | 00:50:35 | 00:52:46.25 | 00:52:55.35 | $\begin{aligned} & +00: 20: 57 \\ & (39.7 \%) \end{aligned}$ | 5:16 | $\begin{aligned} & 11.4 \\ & (60.3 \%) \end{aligned}$ |
| 336 | CENTKOWSKA Iwona | 250 |  | K-40 | 17 | 00:00:20 | 00:13:14 | 00:25:47 | 00:38:24 | 00:50:54 | 00:52:54.20 | 00:53:14.55 | $\begin{aligned} & +00: 21: 05 \\ & (39.9 \%) \end{aligned}$ | 5:17 | $\begin{aligned} & 11.3 \\ & \text { (59.8\%) } \end{aligned}$ |
| 337 | GAC Wojciech | 528 |  | M-1 | 6 | 00:00:02 | 00:11:22 | 00:24:15 | 00:37:53 | 00:51:01 | 00:52:57.10 | 00:52:59.75 | $\begin{aligned} & +00: 21: 07 \\ & (39.9 \%) \end{aligned}$ | 5:17 | $\begin{aligned} & 11.3 \\ & \text { (59.8\%) } \end{aligned}$ |
| 338 | GROCHOWSKI Jakub | 225 |  | M-30 | 99 | 00:00:25 | 00:12:32 | 00:24:46 | 00:37:32 | 00:50:52 | 00:52:57.90 | 00:53:23.35 | $\begin{aligned} & +00: 21: 08 \\ & (39.9 \%) \end{aligned}$ | 5:17 | $\begin{aligned} & 11.3 \\ & \text { (59.8\%) } \end{aligned}$ |


| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | $\begin{aligned} & \text { Split } \\ & 2.5 \mathrm{~km} \end{aligned}$ | $\begin{aligned} & \text { Split } \\ & \text { 4.85km } \end{aligned}$ | $\begin{aligned} & \text { Split } \\ & 7.2 \mathrm{~km} \end{aligned}$ | $\begin{gathered} \text { Split } \\ \text { 9.55km } \end{gathered}$ | Czas netto 10 km | Czas brutto 10km | Róż | Tempo min/km | $\begin{aligned} & \text { Tempo } \\ & \text { km/h } \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 339 | WAWRZYNIAK Michał | 315 |  | M-30 | 100 | 00:00:35 | 00:13:14 | 00:25:35 | 00:38:05 | 00:51:00 | 00:53:08.85 | 00:53:43.90 | $\begin{aligned} & +00: 21: 19 \\ & (40.1 \%) \end{aligned}$ | 5:18 | $\begin{aligned} & 11.3 \\ & \text { (59.8\%) } \end{aligned}$ |
| 340 | KAMIŃSKA Agnieszka | 304 |  | K-30 | 20 | 00:00:35 | 00:13:14 | 00:25:36 | 00:38:05 | 00:51:00 | 00:53:08.90 | 00:53:44.00 | $\begin{aligned} & +00: 21: 19 \\ & (40.1 \%) \end{aligned}$ | 5:18 | $\begin{aligned} & 11.3 \\ & (59.8 \%) \end{aligned}$ |
| 341 | STĘPIEŃ Tomasz | 231 |  | M-40 | 97 | 00:00:32 | 00:13:17 | 00:25:39 | 00:38:09 | 00:51:03 | 00:53:11.50 | 00:53:44.05 | $\begin{aligned} & +00: 21: 22 \\ & (40.2 \%) \end{aligned}$ | 5:19 | $\begin{aligned} & 11.3 \\ & \text { (59.8\%) } \end{aligned}$ |
| 342 | CZYŻNIKIEWICZ Paweł | 474 |  | M-20 | 32 | 00:00:29 | 00:13:37 | 00:25:57 | 00:38:29 | 00:51:22 | 00:53:13.25 | 00:53:42.55 | $\begin{aligned} & +00: 21: 24 \\ & (40.2 \%) \end{aligned}$ | 5:19 | $\begin{aligned} & 11.3 \\ & (59.8 \%) \end{aligned}$ |
| 343 | CZYŻNIKIEWICZ Karol | 476 |  | M-20 | 33 | 00:00:29 | 00:13:37 | 00:25:57 | 00:38:30 | 00:51:21 | 00:53:16.50 | 00:53:45.80 | $\begin{aligned} & +00: 21: 27 \\ & (40.3 \%) \end{aligned}$ | 5:19 | $\begin{aligned} & 11.3 \\ & (59.8 \%) \end{aligned}$ |
| 344 | SUDZIŃSKI Marcin | 405 |  | M-40 | 98 | 00:00:17 | 00:12:55 | 00:25:28 | 00:38:08 | 00:51:00 | 00:53:17.95 | 00:53:35.05 | $\begin{aligned} & +00: 21: 28 \\ & (40.3 \%) \end{aligned}$ | 5:19 | $\begin{aligned} & 11.3 \\ & (59.8 \%) \end{aligned}$ |
| 345 | DROŻDŻ Małgorzata | 25 |  | K-30 | 21 | 00:00:36 | 00:13:38 | 00:26:06 | 00:38:38 | 00:51:08 | 00:53:18.00 | 00:53:54.20 | $\begin{aligned} & +00: 21: 28 \\ & (40.3 \%) \end{aligned}$ | 5:19 | $\begin{aligned} & 11.3 \\ & (59.8 \%) \end{aligned}$ |
| 346 | KUJAWA Roger | 554 |  | M-40 | 99 | 00:00:33 | 00:13:43 | 00:25:56 | 00:38:25 | 00:51:15 | 00:53:20.70 | 00:53:54.20 | $\begin{aligned} & +00: 21: 31 \\ & (40.4 \%) \end{aligned}$ | 5:20 | $\begin{aligned} & 11.2 \\ & (59.3 \%) \end{aligned}$ |
| 347 | LEWANDOWSKA Małgorzata | 70 |  | K-50 | 6 | 00:00:20 | 00:12:59 | 00:25:33 | 00:38:17 | 00:51:08 | 00:53:21.05 | 00:53:41.50 | $\begin{aligned} & +00: 21: 31 \\ & (40.4 \%) \end{aligned}$ | 5:20 | $\begin{aligned} & 11.2 \\ & (59.3 \%) \end{aligned}$ |
| 348 | KUCHARSKI Jarosław | 134 |  | M-40 | 100 | 00:00:33 | 00:13:43 | 00:25:56 | 00:38:25 | 00:51:14 | 00:53:21.35 | 00:53:54.55 | $\begin{aligned} & +00: 21: 32 \\ & (40.4 \%) \end{aligned}$ | 5:20 | $\begin{aligned} & 11.2 \\ & (59.3 \%) \end{aligned}$ |
| 349 | BRYWCZYŃSKA Justyna | 27 |  | K-30 | 22 | 00:00:32 | 00:13:27 | 00:25:57 | 00:38:26 | 00:51:15 | 00:53:21.70 | 00:53:54.30 | $\begin{aligned} & +00: 21: 32 \\ & (40.4 \%) \end{aligned}$ | 5:20 | $\begin{aligned} & 11.2 \\ & (59.3 \%) \end{aligned}$ |
| 350 | TRUSZCZYŃSKA Joanna | 542 |  | K-40 | 18 | 00:00:23 | 00:13:30 | 00:25:54 | 00:38:30 | 00:51:08 | 00:53:23.35 | 00:53:46.55 | $\begin{aligned} & +00: 21: 34 \\ & (40.4 \%) \end{aligned}$ | 5:20 | $\begin{aligned} & 11.2 \\ & \text { (59.3\%) } \end{aligned}$ |
| 351 | HAREMZA Mariusz | 179 |  | M-40 | 101 | 00:00:12 | 00:12:38 | 00:25:01 | 00:37:54 | 00:51:07 | 00:53:25.55 | 00:53:38.05 | $\begin{aligned} & +00: 21: 36 \\ & (40.4 \%) \end{aligned}$ | 5:20 | $\begin{aligned} & 11.2 \\ & (59.3 \%) \end{aligned}$ |
| 352 | POBIEDZIŃSKI Robert | 354 |  | M-20 | 34 | 00:00:07 | 00:13:25 | 00:25:50 | 00:38:43 | 00:51:29 | 00:53:27.10 | 00:53:34.55 | $\begin{aligned} & +00: 21: 37 \\ & (40.5 \%) \end{aligned}$ | 5:20 | $\begin{aligned} & 11.2 \\ & \text { (59.3\%) } \end{aligned}$ |
| 353 | KOWALSKI Grzegorz | 234 |  | M-50 | 37 | 00:00:27 | 00:13:24 | 00:26:26 | 00:38:58 | 00:51:24 | 00:53:29.75 | 00:53:57.00 | $\begin{aligned} & +00: 21: 40 \\ & (40.5 \%) \end{aligned}$ | 5:21 | $\begin{aligned} & 11.2 \\ & \text { (59.3\%) } \end{aligned}$ |
| 354 | KUKLIŃSKI Rafał | 294 |  | M-30 | 101 | 00:00:12 | 00:12:56 | 00:25:42 | 00:38:29 | 00:51:22 | 00:53:30.35 | 00:53:42.45 | $\begin{aligned} & +00: 21: 41 \\ & (40.5 \%) \end{aligned}$ | 5:21 | $\begin{aligned} & 11.2 \\ & (59.3 \%) \end{aligned}$ |
| 355 | WAWRZYNIAK Piotr | 98 |  | M-50 | 38 | 00:00:19 | 00:13:41 | 00:26:36 | 00:39:11 | 00:51:28 | 00:53:31.65 | 00:53:50.95 | $\begin{aligned} & +00: 21: 42 \\ & (40.6 \%) \end{aligned}$ | 5:21 | $\begin{aligned} & 11.2 \\ & (59.3 \%) \end{aligned}$ |
| 356 | ADAMCZYK Agnieszka | 608 |  | K-30 | 23 | 00:00:23 | 00:13:22 | 00:25:52 | 00:38:34 | 00:51:22 | 00:53:36.15 | 00:53:59.55 | $\begin{aligned} & +00: 21: 47 \\ & (40.6 \%) \end{aligned}$ | 5:21 | $\begin{aligned} & 11.2 \\ & (59.3 \%) \end{aligned}$ |
| 357 | RYDLEWSKI Andrzej | 396 |  | M-30 | 102 | 00:00:11 | 00:13:14 | 00:25:50 | 00:38:37 | 00:51:20 | 00:53:36.70 | 00:53:47.70 | $\begin{aligned} & +00: 21: 47 \\ & (40.6 \%) \end{aligned}$ | 5:21 | $\begin{aligned} & 11.2 \\ & (59.3 \%) \end{aligned}$ |
| 358 | MAKUCH Mikołaj | 369 |  | M-20 | 35 | 00:00:43 | 00:13:43 | 00:26:30 | 00:39:34 | 00:51:52 | 00:53:41.85 | 00:54:25.80 | $\begin{aligned} & +00: 21: 52 \\ & (40.7 \%) \end{aligned}$ | 5:22 | $\begin{aligned} & 11.2 \\ & (59.3 \%) \end{aligned}$ |
| 359 | RAZIK Wieslaw | 282 |  | M-30 | 103 | 00:00:36 | 00:13:07 | 00:25:37 | 00:38:23 | 00:51:29 | 00:53:43.25 | 00:54:19.55 | $\begin{aligned} & +00: 21: 54 \\ & (40.8 \%) \end{aligned}$ | 5:22 | $\begin{aligned} & 11.2 \\ & (59.3 \%) \end{aligned}$ |
| 360 | TOBOLSKI Tomasz | 328 |  | M-40 | 102 | 00:00:13 | 00:12:58 | 00:25:35 | 00:38:39 | 00:51:43 | 00:53:45.30 | 00:53:58.85 | $\begin{aligned} & +00: 21: 56 \\ & (40.8 \%) \end{aligned}$ | 5:22 | $\begin{aligned} & 11.2 \\ & (59.3 \%) \end{aligned}$ |
| 361 | ZUPA Wojciech | 375 |  | M-50 | 39 | 00:00:15 | 00:12:10 | 00:24:57 | 00:38:07 | 00:51:35 | 00:53:49.55 | 00:54:04.80 | $\begin{aligned} & +00: 22: 00 \\ & (40.9 \%) \end{aligned}$ | 5:22 | $\begin{aligned} & 11.1 \\ & (58.7 \%) \end{aligned}$ |


| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | $\begin{aligned} & \text { Split } \\ & 2.5 \mathrm{~km} \end{aligned}$ | $\begin{gathered} \text { Split } \\ \text { 4.85km } \end{gathered}$ | $\begin{aligned} & \text { Split } \\ & 7.2 \mathrm{~km} \end{aligned}$ | $\begin{gathered} \text { Split } \\ \text { 9.55km } \end{gathered}$ | Czas netto 10 km | Czas brutto 10 km | Różn | Tempo min/km | $\begin{aligned} & \text { Tempo } \\ & \text { km/h } \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 362 | TYMOSIAK Mateusz | 95 |  | M-20 | 36 | 00:00:43 | 00:14:04 | 00:26:39 | 00:39:14 | 00:51:39 | 00:53:50.40 | 00:54:33.70 | $\begin{aligned} & +00: 22: 01 \\ & (40.9 \%) \end{aligned}$ | 5:23 | $\begin{aligned} & 11.1 \\ & \text { (58.7\%) } \end{aligned}$ |
| 363 | BRZÓSKIEWICZ Rafał | 457 |  | M-30 | 104 | 00:00:10 | 00:13:21 | 00:26:05 | 00:38:52 | 00:51:42 | 00:53:52.20 | 00:54:02.30 | $\begin{aligned} & +00: 22: 03 \\ & (40.9 \%) \end{aligned}$ | 5:23 | $\begin{aligned} & 11.1 \\ & (58.7 \%) \end{aligned}$ |
| 364 | SOŁDON Bogusław | 171 |  | M-60 | 23 | 00:00:27 | 00:13:24 | 00:25:56 | 00:38:45 | 00:51:46 | 00:54:01.50 | 00:54:29.20 | $\begin{aligned} & +00: 22: 12 \\ & (41.1 \%) \end{aligned}$ | 5:24 | $\begin{aligned} & 11.1 \\ & \text { (58.7\%) } \end{aligned}$ |
| 365 | SOLDON Halina | 170 |  | K-40 | 19 | 00:00:26 | 00:13:41 | 00:26:27 | 00:39:00 | 00:51:47 | 00:54:02.65 | 00:54:29.40 | $\begin{aligned} & +00: 22: 13 \\ & (41.1 \%) \end{aligned}$ | 5:24 | $\begin{aligned} & 11.1 \\ & \text { (58.7\%) } \end{aligned}$ |
| 366 | RZETELNA Sylwia | 211 |  | K-40 | 20 | 00:00:08 | 00:12:49 | 00:25:40 | 00:38:35 | 00:51:47 | 00:54:06.70 | 00:54:14.90 | $\begin{aligned} & +00: 22: 17 \\ & (41.2 \%) \end{aligned}$ | 5:24 | $\begin{aligned} & 11.1 \\ & (58.7 \%) \end{aligned}$ |
| 367 | ĆWIKLIŃSKA Anna | 34 |  | K-30 | 24 | 00:00:35 | 00:13:57 | 00:26:32 | 00:39:25 | 00:52:03 | 00:54:10.00 | 00:54:45.55 | $\begin{aligned} & +00: 22: 20 \\ & (41.3 \%) \end{aligned}$ | 5:25 | $\begin{aligned} & 11.1 \\ & (58.7 \%) \end{aligned}$ |
| 368 | TOCZKIEWICZ Kaja | 126 |  | K-1 | 3 | 00:00:29 | 00:14:03 | 00:27:10 | 00:39:57 | 00:52:09 | 00:54:10.15 | 00:54:39.85 | $\begin{aligned} & +00: 22: 21 \\ & (41.3 \%) \end{aligned}$ | 5:25 | $\begin{aligned} & 11.1 \\ & \text { (58.7\%) } \end{aligned}$ |
| 369 | BRACICHOWICZ Bogumiła | 557 |  | K-50 | 7 | 00:00:34 | 00:13:31 | 00:26:19 | 00:39:20 | 00:52:06 | 00:54:13.05 | 00:54:47.05 | $\begin{aligned} & +00: 22: 23 \\ & (41.3 \%) \end{aligned}$ | 5:25 | $\begin{aligned} & 11.1 \\ & (58.7 \%) \end{aligned}$ |
| 370 | SIERANT Marian | 483 |  | M-50 | 40 | 00:00:13 | 00:13:49 | 00:26:26 | 00:39:23 | 00:51:59 | 00:54:14.20 | 00:54:27.30 | $\begin{aligned} & +00: 22: 25 \\ & (41.3 \%) \end{aligned}$ | 5:25 | $\begin{aligned} & 11.1 \\ & (58.7 \%) \end{aligned}$ |
| 371 | ŚWIATOWY Ryszard | 573 |  | M-40 | 103 | 00:00:04 | 00:12:44 | 00:25:48 | 00:38:57 | 00:52:08 | 00:54:15.65 | 00:54:20.20 | $\begin{aligned} & +00: 22: 26 \\ & (41.4 \%) \end{aligned}$ | 5:25 | $\begin{aligned} & 11.1 \\ & (58.7 \%) \end{aligned}$ |
| 372 | SIEKIERKA Zbigniew | 220 |  | M-60 | 24 | 00:00:29 | 00:13:29 | 00:26:04 | 00:39:04 | 00:52:06 | 00:54:16.05 | 00:54:45.20 | $\begin{aligned} & +00: 22: 26 \\ & (41.4 \%) \end{aligned}$ | 5:25 | $\begin{aligned} & 11.1 \\ & (58.7 \%) \end{aligned}$ |
| 373 | OSZUBSKI Kazimierz | 327 |  | M-40 | 104 | 00:00:21 | 00:13:45 | 00:26:34 | 00:39:50 | 00:52:19 | 00:54:16.25 | 00:54:37.95 | $\begin{aligned} & +00: 22: 27 \\ & (41.4 \%) \end{aligned}$ | 5:25 | $\begin{aligned} & 11.1 \\ & (58.7 \%) \end{aligned}$ |
| 374 | NIEDBALSKA Anna | 240 |  | K-40 | 21 | 00:00:23 | 00:13:23 | 00:25:52 | 00:38:35 | 00:52:04 | 00:54:20.40 | 00:54:43.40 | $\begin{aligned} & +00: 22: 31 \\ & (41.4 \%) \end{aligned}$ | 5:26 | $\begin{aligned} & 11 \\ & (58.2 \%) \end{aligned}$ |
| 375 | BICZKOWSKA Magdalena | 295 |  | K-30 | 25 | 00:00:27 | 00:14:09 | 00:27:12 | 00:40:00 | 00:52:11 | 00:54:20.80 | 00:54:48.35 | $\begin{aligned} & +00: 22: 31 \\ & (41.5 \%) \end{aligned}$ | 5:26 | $\begin{aligned} & 11 \\ & \text { (58.2\%) } \end{aligned}$ |
| 376 | NIEDBALSKI Przemysław | 241 |  | M-40 | 105 | 00:00:22 | 00:13:24 | 00:25:53 | 00:38:35 | 00:52:05 | 00:54:20.90 | 00:54:43.40 | $\begin{aligned} & +00: 22: 31 \\ & (41.5 \%) \end{aligned}$ | 5:26 | $\begin{aligned} & 11 \\ & (58.2 \%) \end{aligned}$ |
| 377 | BARTNIK Mieczysław | 163 |  | M-50 | 41 | 00:01:30 | 00:13:03 | 00:25:41 | 00:38:49 | 00:52:08 | 00:54:21.75 | 00:55:52.25 | $\begin{aligned} & +00: 22: 32 \\ & (41.5 \%) \end{aligned}$ | 5:26 | $\begin{aligned} & 11 \\ & \text { (58.2\%) } \end{aligned}$ |
| 378 | ANASZEWICZ Marzena | 87 |  | K-40 | 22 | 00:00:19 | 00:13:50 | 00:26:45 | 00:39:37 | 00:52:19 | 00:54:24.80 | 00:54:43.95 | $\begin{aligned} & +00: 22: 35 \\ & (41.5 \%) \end{aligned}$ | 5:26 | $\begin{aligned} & 11 \\ & \text { (58.2\%) } \end{aligned}$ |
| 379 | MALATYŃSKA Barbara | 76 |  | K-40 | 23 | 00:00:19 | 00:13:50 | 00:26:45 | 00:39:39 | 00:52:21 | 00:54:29.90 | 00:54:49.25 | $\begin{aligned} & +00: 22: 40 \\ & (41.6 \%) \end{aligned}$ | 5:27 | $\begin{aligned} & 11 \\ & \text { (58.2\%) } \end{aligned}$ |
| 380 | BARWIKOWSKA Bogusia | 196 |  | K-40 | 24 | 00:00:15 | 00:13:22 | 00:26:08 | 00:39:06 | 00:52:16 | 00:54:31.45 | 00:54:46.60 | $\begin{aligned} & +00: 22: 42 \\ & (41.6 \%) \end{aligned}$ | 5:27 | $\begin{aligned} & 11 \\ & \text { (58.2\%) } \end{aligned}$ |
| 381 | FARBICKA-ŻYWIC A Paulina | 18 |  | K-40 | 25 | 00:00:04 | 00:13:17 | 00:26:17 | 00:39:21 | 00:52:24 | 00:54:32.05 | 00:54:36.90 | $\begin{aligned} & +00: 22: 42 \\ & (41.7 \%) \end{aligned}$ | 5:27 | $\begin{aligned} & 11 \\ & \text { (58.2\%) } \end{aligned}$ |
| 382 | DR. RITSCHER Tom Nils | 620 |  | M-50 | 42 | 00:00:09 | 00:12:47 | 00:25:48 | 00:39:00 | 00:52:17 | 00:54:36.80 | 00:54:45.90 | $\begin{aligned} & +00: 22: 47 \\ & (41.7 \%) \end{aligned}$ | 5:27 | $\begin{aligned} & 11 \\ & \text { (58.2\%) } \end{aligned}$ |
| 383 | GAWRYCH Andrzej | 201 |  | M-40 | 106 | 00:00:33 | 00:13:03 | 00:25:54 | 00:39:06 | 00:52:33 | 00:54:41.30 | 00:55:14.55 | $\begin{aligned} & +00: 22: 52 \\ & (41.8 \%) \end{aligned}$ | 5:28 | $\begin{aligned} & 11 \\ & \text { (58.2\%) } \end{aligned}$ |
| 384 | KAMIŃSKI Andrzej | 285 |  | M-40 | 107 | 00:00:37 | 00:13:55 | 00:26:46 | 00:39:46 | 00:52:29 | 00:54:41.95 | 00:55:19.25 | $\begin{aligned} & +00: 22: 52 \\ & (41.8 \%) \end{aligned}$ | 5:28 | $\begin{aligned} & 11 \\ & \text { (58.2\%) } \end{aligned}$ |


| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | $\begin{aligned} & \text { Split } \\ & 2.5 \mathrm{~km} \end{aligned}$ | $\begin{gathered} \text { Split } \\ \text { 4.85km } \end{gathered}$ | $\begin{aligned} & \text { Split } \\ & 7.2 \mathrm{~km} \end{aligned}$ | $\begin{gathered} \text { Split } \\ \text { 9.55km } \end{gathered}$ | Czas netto 10 km | Czas brutto 10 km | Róż | Tempo min/km | $\begin{aligned} & \text { Tempo } \\ & \mathrm{km} / \mathrm{h} \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 385 | BYRTEK Grzegorz | 518 |  | M-40 | 108 | 00:00:29 | 00:12:36 | 00:25:11 | 00:38:18 | 00:52:16 | 00:54:43.15 | 00:55:13.10 | $\begin{aligned} & +00: 22: 54 \\ & (41.9 \%) \end{aligned}$ | 5:28 | $\begin{aligned} & 11 \\ & \text { (58.2\%) } \end{aligned}$ |
| 386 | UGOREK Mirosław | 402 |  | M-30 | 105 | 00:00:16 | 00:13:14 | 00:26:37 | 00:39:45 | 00:52:46 | 00:54:48.30 | 00:55:05.00 | $\begin{aligned} & +00: 22: 59 \\ & (41.9 \%) \end{aligned}$ | 5:28 | $\begin{aligned} & 10.9 \\ & (57.7 \%) \end{aligned}$ |
| 387 | ANDRZEJEWSKA Sylwia | 324 |  | K-20 | 5 | 00:00:46 | 00:14:30 | 00:27:11 | 00:40:04 | 00:52:51 | 00:54:50.65 | 00:55:37.25 | $\begin{aligned} & +00: 23: 01 \\ & (42.0 \%) \end{aligned}$ | 5:29 | $\begin{aligned} & 10.9 \\ & (57.7 \%) \end{aligned}$ |
| 388 | KOPIŃSKA-KRÓL Magdalena | 526 |  | K-40 | 26 | 00:00:10 | 00:14:05 | 00:27:03 | 00:39:56 | 00:52:45 | 00:54:54.25 | 00:55:04.70 | $\begin{aligned} & +00: 23: 05 \\ & (42.0 \%) \end{aligned}$ | 5:29 | $\begin{aligned} & 10.9 \\ & (57.7 \%) \end{aligned}$ |
| 389 | NALEWALSKA Justyna | 318 |  | K-20 | 6 | 00:00:26 | 00:13:44 | 00:26:42 | 00:40:00 | 00:52:58 | 00:55:02.45 | 00:55:28.80 | $\begin{aligned} & +00: 23: 13 \\ & (42.2 \%) \end{aligned}$ | 5:30 | $\begin{aligned} & 10.9 \\ & \text { (57.7\%) } \end{aligned}$ |
| 390 | KRUCZYŃSKI Bogusław | 337 |  | M-40 | 109 | 00:00:09 | 00:12:41 | 00:25:43 | 00:39:23 | 00:52:47 | 00:55:05.70 | 00:55:14.75 | $\begin{aligned} & +00: 23: 16 \\ & (42.2 \%) \end{aligned}$ | 5:30 | $\begin{aligned} & 10.9 \\ & (57.7 \%) \end{aligned}$ |
| 391 | SROCZYŃSKA Marta | 353 |  | K-20 | 7 | 00:00:08 | 00:13:45 | 00:26:59 | 00:40:05 | 00:53:16 | 00:55:15.95 | 00:55:23.95 | $\begin{aligned} & +00: 23: 26 \\ & (42.4 \%) \end{aligned}$ | 5:31 | $\begin{aligned} & 10.9 \\ & (57.7 \%) \end{aligned}$ |
| 392 | PIOTROWSKA Marzena | 594 |  | K-30 | 26 | 00:00:37 | 00:13:53 | 00:26:54 | 00:40:01 | 00:53:14 | 00:55:19.05 | 00:55:56.95 | $\begin{aligned} & +00: 23: 29 \\ & (42.5 \%) \end{aligned}$ | 5:31 | $\begin{aligned} & 10.8 \\ & \text { (57.1\%) } \end{aligned}$ |
| 393 | WARCZAK Katarzyna | 592 |  | K-30 | 27 | 00:00:37 | 00:13:53 | 00:26:54 | 00:40:01 | 00:53:13 | 00:55:19.25 | 00:55:56.95 | $\begin{aligned} & +00: 23: 30 \\ & (42.5 \%) \end{aligned}$ | 5:31 | $\begin{aligned} & 10.8 \\ & \text { (57.1\%) } \end{aligned}$ |
| 394 | BRATEK Andrzej | 288 |  | M-50 | 43 | 00:00:22 | 00:14:07 | 00:27:18 | 00:40:25 | 00:53:17 | 00:55:24.40 | 00:55:46.90 | $\begin{aligned} & +00: 23: 35 \\ & (42.6 \%) \end{aligned}$ | 5:32 | $\begin{aligned} & 10.8 \\ & \text { (57.1\%) } \end{aligned}$ |
| 395 | GRABARSKA Anna | 67 |  | K-30 | 28 | 00:00:00 | 00:12:36 | 00:25:39 | 00:39:15 | 00:53:11 | 00:55:27.55 | 00:55:27.55 | $\begin{aligned} & +00: 23: 38 \\ & (42.6 \%) \end{aligned}$ | 5:32 | $\begin{aligned} & 10.8 \\ & \text { (57.1\%) } \end{aligned}$ |
| 396 | GRZYWACZ Marcin | 195 |  | M-30 | 106 | 00:00:14 | 00:12:06 | 00:24:41 | 00:38:57 | 00:53:16 | 00:55:33.35 | 00:55:47.60 | $\begin{aligned} & +00: 23: 44 \\ & (42.7 \%) \end{aligned}$ | 5:33 | $\begin{aligned} & 10.8 \\ & \text { (57.1\%) } \end{aligned}$ |
| 397 | KUZIOŁA Marcin | 450 |  | M-30 | 107 | 00:00:39 | 00:14:11 | 00:27:27 | 00:40:36 | 00:53:28 | 00:55:35.00 | 00:56:14.00 | $\begin{aligned} & +00: 23: 45 \\ & (42.8 \%) \end{aligned}$ | 5:33 | $\begin{aligned} & 10.8 \\ & \text { (57.1\%) } \end{aligned}$ |
| 398 | KUDŁA Krzysztof | 306 |  | M-60 | 25 | 00:00:13 | 00:13:11 | 00:26:13 | 00:39:37 | 00:53:16 | 00:55:35.95 | 00:55:49.50 | $\begin{aligned} & +00: 23: 46 \\ & (42.8 \%) \end{aligned}$ | 5:33 | $\begin{aligned} & 10.8 \\ & (57.1 \%) \end{aligned}$ |
| 399 | REDLAK Tomasz | 58 |  | M-40 | 110 | 00:00:13 | 00:13:11 | 00:26:13 | 00:39:37 | 00:53:16 | 00:55:36.05 | 00:55:49.60 | $\begin{aligned} & +00: 23: 46 \\ & (42.8 \%) \end{aligned}$ | 5:33 | $\begin{aligned} & 10.8 \\ & \text { (57.1\%) } \end{aligned}$ |
| 400 | RYBAK Krzysztof | 464 |  | M-60 | 26 | 00:00:30 | 00:14:20 | 00:27:17 | 00:40:20 | 00:53:26 | 00:55:37.00 | 00:56:07.70 | $\begin{aligned} & +00: 23: 47 \\ & (42.8 \%) \end{aligned}$ | 5:33 | $\begin{aligned} & 10.8 \\ & \text { (57.1\%) } \end{aligned}$ |
| 401 | KONIEC Piotr | 349 |  | M-40 | 111 | 00:00:26 | 00:13:36 | 00:26:55 | 00:40:00 | 00:53:33 | 00:55:37.85 | 00:56:03.85 | $\begin{aligned} & +00: 23: 48 \\ & (42.8 \%) \end{aligned}$ | 5:33 | $\begin{aligned} & 10.8 \\ & \text { (57.1\%) } \end{aligned}$ |
| 402 | BARANOWSKA Julia | 256 |  | K-1 | 4 | 00:00:20 | 00:13:42 | 00:27:01 | 00:40:06 | 00:53:39 | 00:55:44.00 | 00:56:04.90 | $\begin{aligned} & +00: 23: 54 \\ & (42.9 \%) \end{aligned}$ | 5:34 | $\begin{aligned} & 10.8 \\ & \text { (57.1\%) } \end{aligned}$ |
| 403 | JANKOWSKI Tomasz Michał | 390 |  | M-50 | 44 | 00:00:22 | 00:13:06 | 00:26:03 | 00:39:33 | 00:53:26 | 00:55:46.55 | 00:56:09.10 | $\begin{aligned} & +00: 23: 57 \\ & (43.0 \%) \end{aligned}$ | 5:34 | $\begin{aligned} & 10.8 \\ & \text { (57.1\%) } \end{aligned}$ |
| 404 | RACINOWSKI Artur | 630 |  | Mężczyźni | 1 | 00:00:27 | 00:13:50 | 00:25:52 | 00:38:20 | 00:51:23 | 00:55:51.30 | 00:56:19.00 | $\begin{aligned} & +00: 24: 02 \\ & (43.0 \%) \end{aligned}$ | 5:35 | $\begin{aligned} & 10.7 \\ & (56.6 \%) \end{aligned}$ |
| 405 | CZUB Katarzyna | 413 |  | K-40 | 27 | 00:00:21 | 00:14:26 | 00:27:52 | 00:41:03 | 00:53:43 | 00:55:51.40 | 00:56:12.85 | $\begin{aligned} & +00: 24: 02 \\ & (43.0 \%) \end{aligned}$ | 5:35 | $\begin{aligned} & 10.7 \\ & \text { (56.6\%) } \end{aligned}$ |
| 406 | GRZONKA Emilia | 373 |  | K-20 | 8 | 00:00:47 | 00:14:29 | 00:27:10 | 00:40:04 | 00:53:29 | 00:55:54.15 | 00:56:41.50 | $\begin{aligned} & +00: 24: 05 \\ & (43.1 \%) \end{aligned}$ | 5:35 | $\begin{aligned} & 10.7 \\ & (56.6 \%) \end{aligned}$ |
| 407 | BRZOZOWSKI Jarosław | 37 |  | M-50 | 45 | 00:00:41 | 00:14:14 | 00:27:29 | 00:40:43 | 00:53:39 | 00:55:54.75 | 00:56:36.15 | $\begin{aligned} & +00: 24: 05 \\ & (43.1 \%) \end{aligned}$ | 5:35 | $\begin{aligned} & 10.7 \\ & (56.6 \%) \end{aligned}$ |


| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | $\begin{aligned} & \text { Split } \\ & 2.5 \mathrm{~km} \end{aligned}$ | $\begin{gathered} \text { Split } \\ \text { 4.85km } \end{gathered}$ | $\begin{aligned} & \text { Split } \\ & 7.2 \mathrm{~km} \end{aligned}$ | $\begin{gathered} \text { Split } \\ \text { 9.55km } \end{gathered}$ | Czas netto 10 km | Czas brutto 10 km | Róż | Tempo min/km | $\begin{aligned} & \text { Tempo } \\ & \text { km/h } \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 408 | SKOCZYŃSKI Eugeniusz | 596 |  | M-50 | 46 | 00:00:49 | 00:14:31 | 00:27:46 | 00:40:52 | 00:53:53 | 00:56:06.05 | 00:56:55.60 | $\begin{aligned} & +00: 24: 16 \\ & (43.3 \%) \end{aligned}$ | 5:36 | $\begin{aligned} & 10.7 \\ & \text { (56.6\%) } \end{aligned}$ |
| 409 | KOSAKOWSKA Barbara | 16 |  | K-50 | 8 | 00:00:17 | 00:13:50 | 00:27:10 | 00:40:30 | 00:53:49 | 00:56:09.60 | 00:56:27.25 | $\begin{aligned} & +00: 24: 20 \\ & (43.3 \%) \end{aligned}$ | 5:37 | $\begin{aligned} & 10.7 \\ & (56.6 \%) \end{aligned}$ |
| 410 | KRYSZTOFIAK Robert | 127 |  | M-40 | 112 | 00:00:18 | 00:13:21 | 00:26:28 | 00:40:09 | 00:53:54 | 00:56:13.80 | 00:56:32.25 | $\begin{aligned} & +00: 24: 24 \\ & (43.4 \%) \end{aligned}$ | 5:37 | $\begin{aligned} & 10.7 \\ & (56.6 \%) \end{aligned}$ |
| 411 | ZALECH Barbara | 258 |  | K-30 | 29 | 00:00:34 | 00:13:58 | 00:27:20 | 00:40:46 | 00:53:56 | 00:56:13.85 | 00:56:47.90 | $\begin{aligned} & +00: 24: 24 \\ & (43.4 \%) \end{aligned}$ | 5:37 | $\begin{aligned} & 10.7 \\ & \text { (56.6\%) } \end{aligned}$ |
| 412 | KUJAWSKI Damian | 434 |  | M-20 | 37 | 00:00:20 | 00:13:07 | 00:26:32 | 00:40:19 | 00:53:57 | 00:56:17.15 | 00:56:38.05 | $\begin{aligned} & +00: 24: 28 \\ & (43.5 \%) \end{aligned}$ | 5:37 | $\begin{aligned} & 10.7 \\ & (56.6 \%) \end{aligned}$ |
| 413 | SZYCHUŁDA Joanna | 433 |  | K-20 | 9 | 00:00:20 | 00:13:07 | 00:26:33 | 00:40:20 | 00:53:57 | 00:56:17.35 | 00:56:37.85 | $\begin{aligned} & +00: 24: 28 \\ & (43.5 \%) \end{aligned}$ | 5:37 | $\begin{aligned} & 10.7 \\ & (56.6 \%) \end{aligned}$ |
| 414 | UGOREK Dariusz | 404 |  | M-40 | 113 | 00:00:17 | 00:13:43 | 00:26:40 | 00:40:37 | 00:54:11 | 00:56:21.80 | 00:56:39.40 | $\begin{aligned} & +00: 24: 32 \\ & (43.5 \%) \end{aligned}$ | 5:38 | $\begin{aligned} & 10.6 \\ & (56.1 \%) \end{aligned}$ |
| 415 | KOWALSKA Anna | 530 |  | K-30 | 30 | 00:00:07 | 00:12:45 | 00:26:17 | 00:40:09 | 00:53:59 | 00:56:25.15 | 00:56:32.15 | $\begin{aligned} & +00: 24: 36 \\ & (43.6 \%) \end{aligned}$ | 5:38 | $\begin{aligned} & 10.6 \\ & (56.1 \%) \end{aligned}$ |
| 416 | ŁYKO Łukasz | 495 |  | M-30 | 108 | 00:00:44 | 00:14:26 | 00:27:48 | 00:41:11 | 00:54:14 | 00:56:27.00 | 00:57:11.90 | $\begin{aligned} & +00: 24: 37 \\ & (43.6 \%) \end{aligned}$ | 5:38 | $\begin{aligned} & 10.6 \\ & (56.1 \%) \end{aligned}$ |
| 417 | NIEMECZEK Waldemar | 316 |  | M-50 | 47 | 00:00:29 | 00:14:02 | 00:27:18 | 00:40:47 | 00:54:24 | 00:56:29.20 | 00:56:58.20 | $\begin{aligned} & +00: 24: 40 \\ & (43.7 \%) \end{aligned}$ | 5:38 | $\begin{aligned} & 10.6 \\ & (56.1 \%) \end{aligned}$ |
| 418 | WOŁOSZYN Kazimierz | 13 |  | M-60 | 27 | 00:00:18 | 00:13:42 | 00:26:54 | 00:40:46 | 00:55:13 | 00:56:30.30 | 00:56:49.15 | $\begin{aligned} & +00: 24: 41 \\ & (43.7 \%) \end{aligned}$ | 5:39 | $\begin{aligned} & 10.6 \\ & (56.1 \%) \end{aligned}$ |
| 419 | KOSECKI Tomasz | 289 |  | M-20 | 38 | 00:00:24 | 00:13:47 | 00:27:18 | 00:40:54 | 00:54:30 | 00:56:33.75 | 00:56:58.20 | $\begin{aligned} & +00: 24: 44 \\ & (43.7 \%) \end{aligned}$ | 5:39 | $\begin{aligned} & 10.6 \\ & \text { (56.1\%) } \end{aligned}$ |
| 420 | REPCZYŃSKI Wojciech | 299 |  | M-50 | 48 | 00:00:34 | 00:14:10 | 00:27:24 | 00:40:52 | 00:54:35 | 00:56:49.25 | 00:57:23.35 | $\begin{aligned} & +00: 25: 00 \\ & (44.0 \%) \end{aligned}$ | 5:40 | $\begin{aligned} & 10.6 \\ & (56.1 \%) \end{aligned}$ |
| 421 | PAWLACZYK-MATELA Emilia | 347 |  | K-30 | 31 | 00:00:09 | 00:14:16 | 00:27:33 | 00:40:57 | 00:54:41 | 00:56:56.00 | 00:57:05.85 | $\begin{aligned} & +00: 25: 06 \\ & (44.1 \%) \end{aligned}$ | 5:41 | $\begin{aligned} & 10.5 \\ & (55.6 \%) \end{aligned}$ |
| 422 | KWIATKOWSKI Łukasz | 395 |  | M-30 | 109 | 00:00:32 | 00:13:31 | 00:26:36 | 00:40:31 | 00:54:27 | 00:56:56.60 | 00:57:29.20 | $\begin{aligned} & +00: 25: 07 \\ & (44.1 \%) \end{aligned}$ | 5:41 | $\begin{aligned} & 10.5 \\ & (55.6 \%) \end{aligned}$ |
| 423 | GRZELAK Jakub | 119 |  | M-20 | 39 | 00:00:42 | 00:14:40 | 00:28:14 | 00:41:52 | 00:54:52 | 00:56:57.30 | 00:57:40.10 | $\begin{aligned} & +00: 25: 08 \\ & (44.1 \%) \end{aligned}$ | 5:41 | $\begin{aligned} & 10.5 \\ & \text { (55.6\%) } \end{aligned}$ |
| 424 | JAZNY Sevan | 409 |  | M-40 | 114 | 00:00:32 | 00:13:33 | 00:26:37 | 00:40:32 | 00:54:28 | 00:56:57.55 | 00:57:30.05 | $\begin{aligned} & +00: 25: 08 \\ & (44.1 \%) \end{aligned}$ | 5:41 | $\begin{aligned} & 10.5 \\ & (55.6 \%) \end{aligned}$ |
| 425 | RÓG Robert | 616 |  | M-20 | 40 | 00:00:23 | 00:14:25 | 00:28:14 | 00:42:11 | 00:55:00 | 00:57:00.10 | 00:57:23.65 | $\begin{aligned} & +00: 25: 10 \\ & (44.2 \%) \end{aligned}$ | 5:42 | $\begin{aligned} & 10.5 \\ & (55.6 \%) \end{aligned}$ |
| 426 | MAKUCH -DOBOSZ Urszula | 378 |  | K-40 | 28 | 00:00:43 | 00:14:03 | 00:27:41 | 00:41:12 | 00:54:47 | 00:57:00.15 | 00:57:43.80 | $\begin{aligned} & +00: 25: 11 \\ & (44.2 \%) \end{aligned}$ | 5:42 | $\begin{aligned} & 10.5 \\ & (55.6 \%) \end{aligned}$ |
| 427 | DOBOSZ Kamil | 382 |  | M-30 | 110 | 00:00:43 | 00:14:03 | 00:27:41 | 00:41:12 | 00:54:47 | 00:57:00.25 | 00:57:43.65 | $\begin{aligned} & +00: 25: 11 \\ & (44.2 \%) \end{aligned}$ | 5:42 | $\begin{aligned} & 10.5 \\ & \text { (55.6\%) } \end{aligned}$ |
| 428 | STAWNIAK Karol | 290 |  | M-60 | 28 | 00:00:31 | 00:14:22 | 00:27:48 | 00:41:17 | 00:54:51 | 00:57:05.10 | 00:57:36.50 | $\begin{aligned} & +00: 25: 15 \\ & (44.3 \%) \end{aligned}$ | 5:42 | $\begin{aligned} & 10.5 \\ & (55.6 \%) \end{aligned}$ |
| 429 | MELLER Krzysztof | 245 |  | M-30 | 111 | 00:00:41 | 00:15:11 | 00:28:45 | 00:42:09 | 00:54:59 | 00:57:10.00 | 00:57:51.65 | $\begin{aligned} & +00: 25: 20 \\ & (44.3 \%) \end{aligned}$ | 5:43 | $\begin{aligned} & 10.5 \\ & \text { (55.6\%) } \end{aligned}$ |
| 430 | KUBIAK Małgorzata | 203 |  | K-50 | 9 | 00:00:31 | 00:14:27 | 00:27:58 | 00:41:36 | 00:55:01 | 00:57:14.60 | 00:57:46.15 | $\begin{aligned} & +00: 25: 25 \\ & (44.4 \%) \end{aligned}$ | 5:43 | $\begin{aligned} & 10.5 \\ & (55.6 \%) \end{aligned}$ |


| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | $\begin{aligned} & \text { Split } \\ & 2.5 \mathrm{~km} \end{aligned}$ | $\begin{gathered} \text { Split } \\ \text { 4.85km } \end{gathered}$ | $\begin{aligned} & \text { Split } \\ & 7.2 \mathrm{~km} \end{aligned}$ | $\begin{gathered} \text { Split } \\ \text { 9.55km } \end{gathered}$ | Czas netto 10 km | Czas brutto 10 km | Różn | Tempo min/km | $\begin{aligned} & \text { Tempo } \\ & \mathrm{km} / \mathrm{h} \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 431 | BOLLIN Łukasz | 489 |  | M-30 | 112 | 00:00:39 | 00:13:24 | 00:25:56 | 00:39:58 | 00:54:58 | 00:57:26.15 | 00:58:05.45 | $\begin{aligned} & +00: 25: 37 \\ & (44.6 \%) \end{aligned}$ | 5:44 | $\begin{aligned} & 10.4 \\ & \text { (55.0\%) } \end{aligned}$ |
| 432 | KAPELIŃSKI Sebastian | 553 |  | M-20 | 41 | 00:00:34 | 00:14:28 | 00:27:56 | 00:41:32 | 00:55:04 | 00:57:27.25 | 00:58:01.85 | $\begin{aligned} & +00: 25: 38 \\ & (44.6 \%) \end{aligned}$ | 5:44 | $\begin{aligned} & 10.4 \\ & (55.0 \%) \end{aligned}$ |
| 433 | PITUŁA Monika | 63 |  | K-30 | 32 | 00:00:44 | 00:14:19 | 00:27:16 | 00:41:08 | 00:55:15 | 00:57:30.70 | 00:58:15.00 | $\begin{aligned} & +00: 25: 41 \\ & (44.7 \%) \end{aligned}$ | 5:45 | $\begin{aligned} & 10.4 \\ & (55.0 \%) \end{aligned}$ |
| 434 | WEŁNICKI Waldemar | 96 |  | M-40 | 115 | 00:00:42 | 00:14:07 | 00:27:22 | 00:41:10 | 00:55:09 | 00:57:34.25 | 00:58:16.45 | $\begin{aligned} & +00: 25: 45 \\ & (44.7 \%) \end{aligned}$ | 5:45 | $\begin{aligned} & 10.4 \\ & (55.0 \%) \end{aligned}$ |
| 435 | MIKUŁA Tomasz | 218 |  | M-30 | 113 | 00:00:41 | 00:14:08 | 00:27:24 | 00:41:11 | 00:55:10 | 00:57:34.35 | 00:58:16.20 | $\begin{aligned} & +00: 25: 45 \\ & (44.7 \%) \end{aligned}$ | 5:45 | $\begin{aligned} & 10.4 \\ & (55.0 \%) \end{aligned}$ |
| 436 | MICHALSKI Damian | 268 |  | M-30 | 114 | 00:00:32 | 00:14:49 | 00:28:14 | 00:41:53 | 00:55:30 | 00:57:40.70 | 00:58:13.40 | $\begin{aligned} & +00: 25: 51 \\ & (44.8 \%) \end{aligned}$ | 5:46 | $\begin{aligned} & 10.4 \\ & \text { (55.0\%) } \end{aligned}$ |
| 437 | ROBACZEWSKA Joanna | 471 |  | K-1 | 5 | 00:00:31 | 00:14:41 | 00:28:27 | 00:42:23 | 00:55:39 | 00:57:41.95 | 00:58:13.25 | $\begin{aligned} & +00: 25: 52 \\ & (44.9 \%) \end{aligned}$ | 5:46 | $\begin{aligned} & 10.4 \\ & \text { (55.0\%) } \end{aligned}$ |
| 438 | ROBACZEWSKI Marcin | 470 |  | M-40 | 116 | 00:00:30 | 00:14:42 | 00:28:28 | 00:42:24 | 00:55:40 | 00:57:42.80 | 00:58:13.40 | $\begin{aligned} & +00: 25: 53 \\ & (44.9 \%) \end{aligned}$ | 5:46 | $\begin{aligned} & 10.4 \\ & (55.0 \%) \end{aligned}$ |
| 439 | TWAROWSKI Arkadiusz | 469 |  | M-30 | 115 | 00:00:30 | 00:14:42 | 00:28:28 | 00:42:24 | 00:55:39 | 00:57:43.50 | 00:58:14.20 | $\begin{aligned} & +00: 25: 54 \\ & (44.9 \%) \end{aligned}$ | 5:46 | $\begin{aligned} & 10.4 \\ & \text { (55.0\%) } \end{aligned}$ |
| 440 | PODBORNY Piotr | 360 |  | M-40 | 117 | 00:00:48 | 00:14:10 | 00:27:39 | 00:41:32 | 00:55:25 | 00:57:51.30 | 00:58:39.35 | $\begin{aligned} & +00: 26: 02 \\ & (45.0 \%) \end{aligned}$ | 5:47 | $\begin{aligned} & 10.4 \\ & \text { (55.0\%) } \end{aligned}$ |
| 441 | PRZYBYLSKI Mariusz | 309 |  | M-50 | 49 | 00:00:29 | 00:14:14 | 00:27:41 | 00:41:36 | 00:55:30 | 00:57:57.10 | 00:58:26.20 | $\begin{aligned} & +00: 26: 07 \\ & (45.1 \%) \end{aligned}$ | 5:47 | $\begin{aligned} & 10.4 \\ & \text { (55.0\%) } \end{aligned}$ |
| 442 | PRZYBYLSKA Grażyna | 308 |  | K-50 | 10 | 00:00:28 | 00:14:22 | 00:27:52 | 00:41:37 | 00:55:36 | 00:57:57.80 | 00:58:26.20 | $\begin{aligned} & +00: 26: 08 \\ & (45.1 \%) \end{aligned}$ | 5:47 | $\begin{aligned} & 10.4 \\ & (55.0 \%) \end{aligned}$ |
| 443 | JĘDRZEJCZYK Marzenna | 335 |  | K-50 | 11 | 00:00:24 | 00:14:37 | 00:28:23 | 00:42:16 | 00:56:06 | 00:58:29.55 | 00:58:54.00 | $\begin{aligned} & +00: 26: 40 \\ & (45.6 \%) \end{aligned}$ | 5:51 | $\begin{aligned} & 10.3 \\ & (54.5 \%) \end{aligned}$ |
| 444 | MAREK Sławek | 379 |  | M-30 | 116 | 00:00:31 | 00:14:11 | 00:27:49 | 00:42:10 | 00:56:10 | 00:58:29.75 | 00:59:01.55 | $\begin{aligned} & +00: 26: 40 \\ & (45.6 \%) \end{aligned}$ | 5:51 | $\begin{aligned} & 10.3 \\ & (54.5 \%) \end{aligned}$ |
| 445 | DĄBROWSKI Jarosław | 190 |  | M-40 | 118 | 00:00:44 | 00:14:24 | 00:27:50 | 00:41:40 | 00:56:11 | 00:58:32.60 | 00:59:17.40 | $\begin{aligned} & +00: 26: 43 \\ & (45.6 \%) \end{aligned}$ | 5:51 | $\begin{aligned} & 10.2 \\ & (54.0 \%) \end{aligned}$ |
| 446 | BURSKA Małgorzata | 571 |  | K-30 | 33 | 00:00:06 | 00:14:24 | 00:28:16 | 00:42:26 | 00:56:06 | 00:58:34.70 | 00:58:41.30 | $\begin{aligned} & +00: 26: 45 \\ & (45.7 \%) \end{aligned}$ | 5:51 | $\begin{aligned} & 10.2 \\ & (54.0 \%) \end{aligned}$ |
| 447 | SADOWSKA Maria | 407 |  | K-40 | 29 | 00:00:35 | 00:14:43 | 00:28:37 | 00:42:26 | 00:56:17 | 00:58:36.05 | 00:59:11.85 | $\begin{aligned} & +00: 26: 46 \\ & (45.7 \%) \end{aligned}$ | 5:51 | $\begin{aligned} & 10.2 \\ & (54.0 \%) \end{aligned}$ |
| 448 | AUGUSTYNIAK Piotr | 566 |  | M-40 | 119 | 00:00:19 | 00:13:58 | 00:27:42 | 00:42:04 | 00:56:15 | 00:58:38.85 | 00:58:58.60 | $\begin{aligned} & +00: 26: 49 \\ & (45.7 \%) \end{aligned}$ | 5:51 | $\begin{aligned} & 10.2 \\ & \text { (54.0\%) } \end{aligned}$ |
| 449 | SZPERKOWSKI Krzysztof | 629 |  | M-40 | 120 | 00:00:26 | 00:14:04 | 00:27:27 | 00:41:23 | 00:56:05 | 00:58:40.25 | 00:59:07.15 | $\begin{aligned} & +00: 26: 51 \\ & (45.8 \%) \end{aligned}$ | 5:52 | $\begin{aligned} & 10.2 \\ & (54.0 \%) \end{aligned}$ |
| 450 | JAWORSKI Tomasz | 435 |  | M-30 | 117 | 00:00:37 | 00:13:30 | 00:28:16 | 00:43:03 | 00:56:34 | 00:58:57.30 | 00:59:34.90 | $\begin{aligned} & +00: 27: 08 \\ & (46.0 \%) \end{aligned}$ | 5:53 | $\begin{aligned} & 10.2 \\ & (54.0 \%) \end{aligned}$ |
| 451 | WIŚNIEWSKA Karolina | 286 |  | K-30 | 34 | 00:00:36 | 00:14:52 | 00:28:55 | 00:42:44 | 00:56:53 | 00:59:10.80 | 00:59:47.30 | $\begin{aligned} & +00: 27: 21 \\ & (46.2 \%) \end{aligned}$ | 5:55 | $\begin{aligned} & 10.1 \\ & \text { (53.4\%) } \end{aligned}$ |
| 452 | ZIELIŃSKI Radosław | 239 |  | M-30 | 118 | 00:00:38 | 00:14:39 | 00:28:57 | 00:43:28 | 00:57:16 | 00:59:12.40 | 00:59:51.35 | $\begin{aligned} & +00: 27: 23 \\ & (46.3 \%) \end{aligned}$ | 5:55 | $\begin{aligned} & 10.1 \\ & \text { (53.4\%) } \end{aligned}$ |
| 453 | CENTAŁA Jarosław | 598 |  | M-30 | 119 | 00:00:36 | 00:14:57 | 00:28:52 | 00:42:51 | 00:56:52 | 00:59:19.45 | 00:59:56.00 | $\begin{aligned} & +00: 27: 30 \\ & (46.4 \%) \end{aligned}$ | 5:56 | $\begin{aligned} & 10.1 \\ & \text { (53.4\%) } \end{aligned}$ |


| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | $\begin{aligned} & \text { Split } \\ & 2.5 \mathrm{~km} \end{aligned}$ | $\begin{gathered} \text { Split } \\ \text { 4.85km } \end{gathered}$ | $\begin{aligned} & \text { Split } \\ & 7.2 \mathrm{~km} \end{aligned}$ | $\begin{gathered} \text { Split } \\ \text { 9.55km } \end{gathered}$ | Czas netto 10 km | Czas brutto 10 km | Róż | Tempo min/km | $\begin{aligned} & \text { Tempo } \\ & \text { km/h } \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 454 | JULLY Arkadiusz | 313 |  | M-30 | 120 | 00:00:47 | 00:15:24 | 00:29:24 | 00:43:21 | 00:57:06 | 00:59:23.10 | 01:00:10.75 | $\begin{aligned} & +00: 27: 33 \\ & (46.4 \%) \end{aligned}$ | 5:56 | $\begin{aligned} & 10.1 \\ & \text { (53.4\%) } \end{aligned}$ |
| 455 | PRZEDWOJSKA Katarzyna | 36 |  | K-40 | 30 | 00:00:41 | 00:15:17 | 00:29:52 | 00:43:50 | 00:57:07 | 00:59:23.85 | 01:00:05.00 | $\begin{aligned} & +00: 27: 34 \\ & (46.4 \%) \end{aligned}$ | 5:56 | $\begin{aligned} & 10.1 \\ & \text { (53.4\%) } \end{aligned}$ |
| 456 | STYKAŁA Magdalena | 155 |  | K-40 | 31 | 00:00:39 | 00:14:49 | 00:28:43 | 00:42:46 | 00:57:06 | 00:59:26.00 | 01:00:05.80 | $\begin{aligned} & +00: 27: 36 \\ & (46.5 \%) \end{aligned}$ | 5:56 | $\begin{aligned} & 10.1 \\ & (53.4 \%) \end{aligned}$ |
| 457 | GNIOT Bożena | 283 |  | K-30 | 35 | 00:00:39 | 00:14:49 | 00:28:43 | 00:42:46 | 00:57:06 | 00:59:26.05 | 01:00:05.90 | $\begin{aligned} & +00: 27: 36 \\ & (46.5 \%) \end{aligned}$ | 5:56 | $\begin{aligned} & 10.1 \\ & \text { (53.4\%) } \end{aligned}$ |
| 458 | STYKAŁA Adrianna | 156 |  | K-1 | 6 | 00:00:39 | 00:14:49 | 00:28:43 | 00:42:46 | 00:57:06 | 00:59:26.40 | 01:00:06.15 | $\begin{aligned} & +00: 27: 37 \\ & (46.5 \%) \end{aligned}$ | 5:56 | $\begin{aligned} & 10.1 \\ & (53.4 \%) \end{aligned}$ |
| 459 | TREPANOWSKI Tomasz | 448 |  | M-40 | 121 | 00:00:39 | 00:15:54 | 00:30:04 | 00:43:44 | 00:57:08 | 00:59:29.20 | 01:00:08.80 | $\begin{aligned} & +00: 27: 40 \\ & (46.5 \%) \end{aligned}$ | 5:56 | $\begin{aligned} & 10.1 \\ & \text { (53.4\%) } \end{aligned}$ |
| 460 | BĄKOWSKA Jolanta | 247 |  | K-50 | 12 | 00:00:25 | 00:14:34 | 00:28:30 | 00:42:38 | 00:57:02 | 00:59:29.90 | 00:59:55.45 | $\begin{aligned} & +00: 27: 40 \\ & (46.5 \%) \end{aligned}$ | 5:57 | $\begin{aligned} & 10.1 \\ & (53.4 \%) \end{aligned}$ |
| 461 | CZARNECKA-PIJAROWSKA Dominika | 522 |  | K-30 | 36 | 00:00:28 | 00:14:14 | 00:28:06 | 00:42:20 | 00:57:04 | 00:59:34.10 | 01:00:02.85 | $\begin{aligned} & +00: 27: 44 \\ & (46.6 \%) \end{aligned}$ | 5:57 | $\begin{aligned} & 10.1 \\ & (53.4 \%) \end{aligned}$ |
| 462 | KARASZEWSKI Sławomir | 128 |  | M-40 | 122 | 00:00:09 | 00:14:13 | 00:28:32 | 00:42:55 | 00:57:17 | 00:59:42.65 | 00:59:52.15 | $\begin{aligned} & +00: 27: 53 \\ & (46.7 \%) \end{aligned}$ | 5:58 | $\begin{aligned} & 10 \\ & (52.9 \%) \end{aligned}$ |
| 463 | OBORSKI Łukasz | 468 |  | M-30 | 121 | 00:00:49 | 00:16:15 | 00:30:07 | 00:43:46 | 00:57:35 | 00:59:55.55 | 01:00:45.15 | $\begin{aligned} & +00: 28: 06 \\ & (46.9 \%) \end{aligned}$ | 5:59 | $\begin{aligned} & 10 \\ & (52.9 \%) \end{aligned}$ |
| 464 | SZUFRAJDA Weronika | 152 |  | K-20 | 10 | 00:00:28 | 00:14:46 | 00:29:13 | 00:43:37 | 00:57:51 | 01:00:00.35 | 01:00:28.65 | $\begin{aligned} & +00: 28: 11 \\ & (47.0 \%) \end{aligned}$ | 6:00 | $\begin{aligned} & 10 \\ & (52.9 \%) \end{aligned}$ |
| 465 | MACIEJEWSKA Magdalena | 132 |  | K-30 | 37 | 00:00:13 | 00:14:56 | 00:28:59 | 00:43:15 | 00:57:38 | 01:00:04.80 | 01:00:17.80 | $\begin{aligned} & +00: 28: 15 \\ & (47.0 \%) \end{aligned}$ | 6:00 | $\begin{aligned} & 10 \\ & (52.9 \%) \end{aligned}$ |
| 466 | JAŻDŻEWSKA Grażyna | 131 |  | K-30 | 38 | 00:00:12 | 00:14:57 | 00:29:00 | 00:43:16 | 00:57:39 | 01:00:04.90 | 01:00:17.85 | $\begin{aligned} & +00: 28: 15 \\ & (47.0 \%) \end{aligned}$ | 6:00 | $\begin{aligned} & 10 \\ & (52.9 \%) \end{aligned}$ |
| 467 | DRAŻDŻEWSKA Joanna | 293 |  | K-30 | 39 | 00:00:30 | 00:15:17 | 00:29:38 | 00:43:52 | 00:57:54 | 01:00:14.15 | 01:00:44.90 | $\begin{aligned} & +00: 28: 25 \\ & (47.2 \%) \end{aligned}$ | 6:01 | $\begin{aligned} & 10 \\ & \text { (52.9\%) } \end{aligned}$ |
| 468 | TRELA Jolanta | 215 |  | K-30 | 40 | 00:00:24 | 00:15:27 | 00:29:54 | 00:44:06 | 00:58:11 | 01:00:23.65 | 01:00:48.00 | $\begin{aligned} & +00: 28: 34 \\ & (47.3 \%) \end{aligned}$ | 6:02 | $\begin{aligned} & 9.9 \\ & \text { (52.4\%) } \end{aligned}$ |
| 469 | MIŁKOWSKA Monika | 47 |  | K-30 | 41 | 00:00:24 | 00:15:27 | 00:29:54 | 00:44:06 | 00:58:11 | 01:00:23.80 | 01:00:47.80 | $\begin{aligned} & +00: 28: 34 \\ & (47.3 \%) \end{aligned}$ | 6:02 | $\begin{aligned} & 9.9 \\ & (52.4 \%) \end{aligned}$ |
| 470 | KABAT Radosław | 515 |  | M-40 | 123 | 00:00:42 | 00:15:16 | 00:29:51 | 00:43:58 | 00:58:11 | 01:00:25.50 | 01:01:07.85 | $\begin{aligned} & +00: 28: 36 \\ & (47.3 \%) \end{aligned}$ | 6:02 | $\begin{aligned} & 9.9 \\ & (52.4 \%) \end{aligned}$ |
| 471 | BRZOZOWSKI Piotr | 38 |  | M-20 | 42 | 00:00:44 | 00:15:13 | 00:29:30 | 00:43:43 | 00:58:05 | 01:00:25.60 | 01:01:10.55 | $\begin{aligned} & +00: 28: 36 \\ & (47.3 \%) \end{aligned}$ | 6:02 | $\begin{aligned} & 9.9 \\ & \text { (52.4\%) } \end{aligned}$ |
| 472 | SZTEJKA Jolanta | 227 |  | K-30 | 42 | 00:00:46 | 00:15:43 | 00:29:48 | 00:44:12 | 00:58:17 | 01:00:25.65 | 01:01:12.00 | $\begin{aligned} & +00: 28: 36 \\ & (47.3 \%) \end{aligned}$ | 6:02 | $\begin{aligned} & 9.9 \\ & (52.4 \%) \end{aligned}$ |
| 473 | PALACZ Agnieszka | 146 |  | K-40 | 32 | 00:00:28 | 00:14:46 | 00:29:12 | 00:43:37 | 00:58:04 | 01:00:28.60 | 01:00:57.10 | $\begin{aligned} & +00: 28: 39 \\ & (47.4 \%) \end{aligned}$ | 6:02 | $\begin{aligned} & 9.9 \\ & (52.4 \%) \end{aligned}$ |
| 474 | PŁOMIŃSKI Norbert | 426 |  | M-30 | 122 | 00:00:50 | 00:15:45 | 00:30:06 | 00:44:16 | 00:58:06 | 01:00:29.15 | 01:01:19.90 | $\begin{aligned} & +00: 28: 40 \\ & (47.4 \%) \end{aligned}$ | 6:02 | $\begin{aligned} & 9.9 \\ & \text { (52.4\%) } \end{aligned}$ |
| 475 | NAWROCKA Kinga | 427 |  | K-40 | 33 | 00:00:50 | 00:15:45 | 00:30:05 | 00:44:16 | 00:58:05 | 01:00:29.40 | 01:01:19.70 | $\begin{aligned} & +00: 28: 40 \\ & (47.4 \%) \end{aligned}$ | 6:02 | $\begin{aligned} & 9.9 \\ & \text { (52.4\%) } \end{aligned}$ |
| 476 | GAJZLER Jerzy | 261 |  | M-60 | 29 | 00:00:16 | 00:13:53 | 00:28:12 | 00:43:02 | 00:58:02 | 01:00:37.70 | 01:00:54.25 | $\begin{aligned} & +00: 28: 48 \\ & (47.5 \%) \end{aligned}$ | 6:03 | $\begin{aligned} & 9.9 \\ & (52.4 \%) \end{aligned}$ |


| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | $\begin{aligned} & \text { Split } \\ & 2.5 \mathrm{~km} \end{aligned}$ | $\begin{gathered} \text { Split } \\ \text { 4.85km } \end{gathered}$ | $\begin{aligned} & \text { Split } \\ & 7.2 \mathrm{~km} \end{aligned}$ | $\begin{gathered} \text { Split } \\ 9.55 \mathrm{~km} \end{gathered}$ | Czas netto 10 km | Czas brutto 10km | Różn | Tempo min/km | $\begin{aligned} & \text { Tempo } \\ & \text { km/h } \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 477 | OKOŃSKA Małgorzata | 320 |  | K-50 | 13 | 00:00:28 | 00:14:36 | 00:28:44 | 00:43:31 | 00:58:07 | 01:00:38.20 | 01:01:06.45 | $\begin{aligned} & +00: 28: 49 \\ & (47.5 \%) \end{aligned}$ | 6:03 | $\begin{aligned} & 9.9 \\ & (52.4 \%) \end{aligned}$ |
| 478 | GOLA Grzegorz | 86 |  | M-40 | 124 | 00:00:39 | 00:14:24 | 00:28:34 | 00:43:31 | 00:58:03 | 01:00:43.85 | 01:01:22.85 | $\begin{aligned} & +00: 28: 54 \\ & (47.6 \%) \end{aligned}$ | 6:04 | $\begin{aligned} & 9.9 \\ & (52.4 \%) \end{aligned}$ |
| 479 | KASPROWICZ Piotr | 115 |  | M-30 | 123 | 00:00:25 | 00:13:55 | 00:27:54 | 00:42:46 | 00:58:10 | 01:00:44.65 | 01:01:09.85 | $\begin{aligned} & +00: 28: 55 \\ & (47.6 \%) \end{aligned}$ | 6:04 | $\begin{aligned} & 9.9 \\ & (52.4 \%) \end{aligned}$ |
| 480 | GUMIENNY Maciej | 541 |  | M-40 | 125 | 00:00:24 | 00:15:16 | 00:29:36 | 00:44:03 | 00:58:25 | 01:00:46.60 | 01:01:11.00 | $\begin{aligned} & +00: 28: 57 \\ & (47.6 \%) \end{aligned}$ | 6:04 | $\begin{aligned} & 9.9 \\ & \text { (52.4\%) } \end{aligned}$ |
| 481 | KAWA Marcin | 209 |  | M-40 | 126 | 00:00:46 | 00:15:14 | 00:29:25 | 00:43:49 | 00:58:26 | 01:00:49.50 | 01:01:35.80 | $\begin{aligned} & +00: 29: 00 \\ & (47.7 \%) \end{aligned}$ | 6:04 | $\begin{aligned} & 9.9 \\ & (52.4 \%) \end{aligned}$ |
| 482 | PREUSS Daniel | 412 |  | M-40 | 127 | 00:00:17 | 00:14:12 | 00:28:05 | 00:42:51 | 00:58:17 | 01:00:55.00 | 01:01:12.25 | $\begin{aligned} & +00: 29: 05 \\ & (47.8 \%) \end{aligned}$ | 6:05 | $\begin{aligned} & 9.8 \\ & \text { (51.9\%) } \end{aligned}$ |
| 483 | MICHALAK Marianna | 606 |  | K-30 | 43 | 00:00:12 | 00:14:58 | 00:29:21 | 00:43:55 | 00:58:39 | 01:00:59.00 | 01:01:11.65 | $\begin{aligned} & +00: 29: 09 \\ & (47.8 \%) \end{aligned}$ | 6:05 | $\begin{aligned} & 9.8 \\ & \text { (51.9\%) } \end{aligned}$ |
| 484 | BOLEWICZ Mariusz | 176 |  | M-40 | 128 | 00:00:34 | 00:15:04 | 00:29:43 | 00:44:29 | 00:58:49 | 01:01:06.65 | 01:01:40.90 | $\begin{aligned} & +00: 29: 17 \\ & (47.9 \%) \end{aligned}$ | 6:06 | $\begin{aligned} & 9.8 \\ & \text { (51.9\%) } \end{aligned}$ |
| 485 | BOLEWSKA BOLEWICZ Joanna | 189 |  | K-40 | 34 | 00:00:34 | 00:15:04 | 00:29:43 | 00:44:29 | 00:58:49 | 01:01:06.90 | 01:01:40.90 | $\begin{aligned} & +00: 29: 17 \\ & (47.9 \%) \end{aligned}$ | 6:06 | $\begin{aligned} & 9.8 \\ & \text { (51.9\%) } \end{aligned}$ |
| 486 | FRȦSZCZAK Tadeusz | 569 |  | M-60 | 30 | 00:00:02 | 00:14:13 | 00:28:38 | 00:43:38 | 00:58:42 | 01:01:11.65 | 01:01:13.70 | $\begin{aligned} & +00: 29: 22 \\ & (48.0 \%) \end{aligned}$ | 6:07 | $\begin{aligned} & 9.8 \\ & \text { (51.9\%) } \end{aligned}$ |
| 487 | RACIBORSKI Grzegorz | 238 |  | M-30 | 124 | 00:00:35 | 00:13:31 | 00:27:51 | 00:44:56 | 00:58:53 | 01:01:15.15 | 01:01:51.05 | $\begin{aligned} & +00: 29: 26 \\ & (48.1 \%) \end{aligned}$ | 6:07 | $\begin{aligned} & 9.8 \\ & \text { (51.9\%) } \end{aligned}$ |
| 488 | SZULC Joanna | 565 |  | K-40 | 35 | 00:00:19 | 00:14:51 | 00:29:06 | 00:44:06 | 00:58:48 | 01:01:19.95 | 01:01:39.90 | $\begin{aligned} & +00: 29: 30 \\ & (48.1 \%) \end{aligned}$ | 6:08 | $\begin{aligned} & 9.8 \\ & \text { (51.9\%) } \end{aligned}$ |
| 488 | PORAZIŃSKA Viktoria | 301 |  | K-40 | 36 | 00:00:19 | 00:14:52 | 00:29:06 | 00:44:06 | 00:58:48 | 01:01:19.95 | 01:01:39.90 | $\begin{aligned} & +00: 29: 30 \\ & (48.1 \%) \end{aligned}$ | 6:08 | $\begin{aligned} & 9.8 \\ & \text { (51.9\%) } \end{aligned}$ |
| 490 | ZIELIŃSKA Elżbieta | 496 |  | K-50 | 14 | 00:00:21 | 00:15:15 | 00:29:49 | 00:44:36 | 00:59:09 | 01:01:38.40 | 01:01:59.80 | $\begin{aligned} & +00: 29: 49 \\ & (48.4 \%) \end{aligned}$ | 6:09 | $\begin{aligned} & 9.7 \\ & \text { (51.3\%) } \end{aligned}$ |
| 491 | UCIŃSKI Edward | 348 |  | M-60 | 31 | 00:00:07 | 00:14:27 | 00:29:10 | 00:44:06 | 00:58:58 | 01:01:39.80 | 01:01:47.05 | $\begin{aligned} & +00: 29: 50 \\ & (48.4 \%) \end{aligned}$ | 6:10 | $\begin{aligned} & 9.7 \\ & \text { (51.3\%) } \end{aligned}$ |
| 492 | SAWIEŁAJC Michał | 260 |  | M-40 | 129 | 00:00:26 | 00:14:47 | 00:29:03 | 00:43:53 | 00:59:07 | 01:01:44.40 | 01:02:11.30 | $\begin{aligned} & +00: 29: 55 \\ & (48.5 \%) \end{aligned}$ | 6:10 | $\begin{aligned} & 9.7 \\ & (51.3 \%) \end{aligned}$ |
| 493 | FRANCISZKIEWICZ Monika | 552 |  | K-20 | 11 | 00:00:33 | 00:14:49 | 00:29:40 | 00:44:50 | 01:00:36 | 01:01:47.55 | 01:02:21.15 | $\begin{aligned} & +00: 29: 58 \\ & (48.5 \%) \end{aligned}$ | 6:10 | $\begin{aligned} & 9.7 \\ & \text { (51.3\%) } \end{aligned}$ |
| 494 | CHOŚCIŃSKA Agnieszka | 535 |  | K-40 | 37 | 00:00:16 | 00:14:40 | 00:28:46 | 00:43:59 | 00:59:35 | 01:02:00.85 | 01:02:17.00 | $\begin{aligned} & +00: 30: 11 \\ & (48.7 \%) \end{aligned}$ | 6:12 | $\begin{aligned} & 9.7 \\ & (51.3 \%) \end{aligned}$ |
| 495 | MIAZGA Adam | 392 |  | M-30 | 125 | 00:00:25 | 00:15:45 | 00:30:36 | 00:44:59 | 00:59:36 | 01:02:01.60 | 01:02:26.90 | $\begin{aligned} & +00: 30: 12 \\ & (48.7 \%) \end{aligned}$ | 6:12 | $\begin{aligned} & 9.7 \\ & \text { (51.3\%) } \end{aligned}$ |
| 496 | SZARSZEWSKI Witold | 346 |  | M-60 | 32 | 00:00:20 | 00:14:59 | 00:30:31 | 00:45:41 | 01:00:04 | 01:02:30.45 | 01:02:51.05 | $\begin{aligned} & +00: 30: 41 \\ & (49.1 \%) \end{aligned}$ | 6:15 | $\begin{aligned} & 9.6 \\ & (50.8 \%) \end{aligned}$ |
| 497 | BEDNARCZYK Joanna | 511 |  | K-30 | 44 | 00:00:09 | 00:14:54 | 00:29:45 | 00:44:56 | 01:00:11 | 01:02:45.45 | 01:02:55.25 | $\begin{aligned} & +00: 30: 56 \\ & (49.3 \%) \end{aligned}$ | 6:16 | $\begin{aligned} & 9.6 \\ & (50.8 \%) \end{aligned}$ |
| 498 | KALINOWSKA Patrycja | 242 |  | K-20 | 12 | 00:00:15 | 00:14:42 | 00:29:38 | 00:45:15 | 01:00:27 | 01:02:48.00 | 01:03:03.20 | $\begin{aligned} & +00: 30: 58 \\ & (49.3 \%) \end{aligned}$ | 6:16 | $\begin{aligned} & 9.6 \\ & (50.8 \%) \end{aligned}$ |
| 499 | KWIATKOWSKA Maja | 479 |  | K-20 | 13 | 00:00:26 | 00:15:20 | 00:30:01 | 00:44:50 | 01:00:18 | 01:02:52.80 | 01:03:19.60 | $\begin{aligned} & +00: 31: 03 \\ & (49.4 \%) \end{aligned}$ | 6:17 | $\begin{aligned} & 9.5 \\ & (50.3 \%) \end{aligned}$ |


| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | $\begin{aligned} & \text { Split } \\ & 2.5 \mathrm{~km} \end{aligned}$ | $\begin{gathered} \text { Split } \\ \text { 4.85km } \end{gathered}$ | $\begin{aligned} & \text { Split } \\ & 7.2 \mathrm{~km} \end{aligned}$ | $\begin{gathered} \text { Split } \\ \text { 9.55km } \end{gathered}$ | Czas netto 10 km | Czas brutto 10 km | Różn | Tempo min/km | $\begin{aligned} & \text { Tempo } \\ & \text { km/h } \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 500 | DUDEK Marzena | 475 |  | K-50 | 15 | 00:00:26 | 00:15:20 | 00:30:01 | 00:44:50 | 01:00:19 | 01:02:52.90 | 01:03:19.80 | $\begin{aligned} & +00: 31: 03 \\ & (49.4 \%) \end{aligned}$ | 6:17 | $\begin{aligned} & 9.5 \\ & \text { (50.3\%) } \end{aligned}$ |
| 501 | PÓŁGĘSEK Rafał | 142 |  | M-40 | 130 | 00:00:41 | 00:15:38 | 00:30:30 | 00:45:36 | 01:00:33 | 01:03:04.10 | 01:03:46.05 | $\begin{aligned} & +00: 31: 14 \\ & (49.5 \%) \end{aligned}$ | 6:18 | $\begin{aligned} & 9.5 \\ & (50.3 \%) \end{aligned}$ |
| 502 | LENC Janusz | 123 |  | M-60 | 33 | 00:00:49 | 00:15:46 | 00:30:24 | 00:45:18 | 01:00:29 | 01:03:05.85 | 01:03:54.90 | $\begin{aligned} & +00: 31: 16 \\ & (49.6 \%) \end{aligned}$ | 6:18 | $\begin{aligned} & 9.5 \\ & (50.3 \%) \end{aligned}$ |
| 503 | SZPOTANSKI Zbigniew | 361 |  | M-60 | 34 | 00:00:06 | 00:15:13 | 00:30:26 | 00:45:37 | 01:00:47 | 01:03:22.55 | 01:03:28.65 | $\begin{aligned} & +00: 31: 33 \\ & (49.8 \%) \end{aligned}$ | 6:20 | $\begin{aligned} & 9.5 \\ & (50.3 \%) \end{aligned}$ |
| 504 | GROTT Bartłomiej | 284 |  | M-40 | 131 | 00:00:44 | 00:15:33 | 00:30:27 | 00:45:46 | 01:00:55 | 01:03:26.25 | 01:04:10.90 | $\begin{aligned} & +00: 31: 37 \\ & (49.8 \%) \end{aligned}$ | 6:20 | $\begin{aligned} & 9.5 \\ & (50.3 \%) \end{aligned}$ |
| 505 | GRYLEWICZ Tomasz | 398 |  | M-30 | 126 | 00:00:44 | 00:15:33 | 00:30:27 | 00:45:46 | 01:00:55 | 01:03:26.70 | 01:04:11.10 | $\begin{aligned} & +00: 31: 37 \\ & (49.8 \%) \end{aligned}$ | 6:20 | $\begin{aligned} & 9.5 \\ & (50.3 \%) \end{aligned}$ |
| 506 | GRZYWACZ Karolina | 194 |  | K-30 | 45 | 00:00:13 | 00:15:18 | 00:30:27 | 00:45:42 | 01:01:05 | 01:03:35.35 | 01:03:49.15 | $\begin{aligned} & +00: 31: 46 \\ & (50.0 \%) \end{aligned}$ | 6:21 | $\begin{aligned} & 9.4 \\ & (49.7 \%) \end{aligned}$ |
| 507 | ŚLESIŃSKA Ewa | 612 |  | K-40 | 38 | 00:00:21 | 00:15:27 | 00:30:53 | 00:46:04 | 01:01:12 | 01:03:43.90 | 01:04:05.65 | $\begin{aligned} & +00: 31: 54 \\ & \text { (50.1\%) } \end{aligned}$ | 6:22 | $\begin{aligned} & 9.4 \\ & (49.7 \%) \end{aligned}$ |
| 508 | ZAWISZEWSKI Adam | 613 |  | M-30 | 127 | 00:00:21 | 00:15:27 | 00:30:53 | 00:46:04 | 01:01:12 | 01:03:44.05 | 01:04:05.05 | $\begin{aligned} & +00: 31: 54 \\ & \text { (50.1\%) } \end{aligned}$ | 6:22 | $\begin{aligned} & 9.4 \\ & (49.7 \%) \end{aligned}$ |
| 509 | KOLASIŃSKA Edyta | 172 |  | K-30 | 46 | 00:00:26 | 00:15:10 | 00:30:17 | 00:45:58 | 01:01:18 | 01:03:46.75 | 01:04:13.40 | $\begin{aligned} & +00: 31: 57 \\ & (50.1 \%) \end{aligned}$ | 6:22 | $\begin{aligned} & 9.4 \\ & (49.7 \%) \end{aligned}$ |
| 510 | ŁOŚ Anna | 111 |  | K-30 | 47 | 00:00:26 | 00:15:10 | 00:30:17 | 00:45:56 | 01:01:17 | 01:03:46.90 | 01:04:13.50 | $\begin{aligned} & +00: 31: 57 \\ & (50.1 \%) \end{aligned}$ | 6:22 | $\begin{aligned} & 9.4 \\ & (49.7 \%) \end{aligned}$ |
| 511 | KAPELISKI Stanisław | 21 |  | M-50 | 50 | 00:00:32 | 00:15:16 | 00:29:46 | 00:45:16 | 01:01:06 | 01:03:48.70 | 01:04:21.30 | $\begin{aligned} & +00: 31: 59 \\ & (50.1 \%) \end{aligned}$ | 6:22 | $\begin{aligned} & 9.4 \\ & (49.7 \%) \end{aligned}$ |
| 512 | KNIOŁA Lucyna | 102 |  | K-40 | 39 | 00:00:37 | 00:15:03 | 00:30:04 | 00:45:48 | 01:01:07 | 01:03:54.60 | 01:04:31.80 | $\begin{aligned} & +00: 32: 05 \\ & (50.2 \%) \end{aligned}$ | 6:23 | $\begin{aligned} & 9.4 \\ & (49.7 \%) \end{aligned}$ |
| 513 | GRABOWSKI Piotr | 494 |  | M-50 | 51 | 00:00:38 | 00:15:35 | 00:30:35 | 00:46:08 | 01:02:01 | 01:04:29.35 | 01:05:07.80 | $\begin{aligned} & +00: 32: 40 \\ & (50.7 \%) \end{aligned}$ | 6:26 | $\begin{aligned} & 9.3 \\ & (49.2 \%) \end{aligned}$ |
| 514 | BETHKE Sławomir | 501 |  | M-20 | 43 | 00:00:29 | 00:15:39 | 00:30:54 | 00:31:04 | 00:31:15 | 01:04:34.75 | 01:05:04.35 | $\begin{aligned} & +00: 32: 45 \\ & (50.7 \%) \end{aligned}$ | 6:27 | $\begin{aligned} & 9.3 \\ & (49.2 \%) \end{aligned}$ |
| 515 | GRABOWSKA Lucyna | 493 |  | K-50 | 16 | 00:00:34 | 00:15:54 | 00:30:47 | 00:46:12 | 01:01:51 | 01:04:34.80 | 01:05:09.40 | $\begin{aligned} & +00: 32: 45 \\ & (50.7 \%) \end{aligned}$ | 6:27 | $\begin{aligned} & 9.3 \\ & (49.2 \%) \end{aligned}$ |
| 516 | RYBAK Mariusz | 287 |  | M-40 | 132 | 00:00:30 | 00:15:38 | 00:31:08 | 00:47:19 | 01:02:49 | 01:04:58.25 | 01:05:28.35 | $\begin{aligned} & +00: 33: 09 \\ & (51.0 \%) \end{aligned}$ | 6:29 | $\begin{aligned} & 9.2 \\ & (48.7 \%) \end{aligned}$ |
| 517 | KLIMEK Justyna | 502 |  | K-30 | 48 | 00:00:29 | 00:15:39 | 00:31:09 | 00:47:20 | 01:02:50 | 01:04:58.80 | 01:05:28.20 | $\begin{aligned} & +00: 33: 09 \\ & (51.0 \%) \end{aligned}$ | 6:29 | $\begin{aligned} & 9.2 \\ & (48.7 \%) \end{aligned}$ |
| 518 | SZYSZKA Joanna | 265 |  | K-30 | 49 | 00:00:31 | 00:15:40 | 00:30:42 | 00:45:53 | 01:02:27 | 01:04:58.85 | 01:05:30.15 | $\begin{aligned} & +00: 33: 09 \\ & (51.0 \%) \end{aligned}$ | 6:29 | $\begin{aligned} & 9.2 \\ & (48.7 \%) \end{aligned}$ |
| 519 | BŁOŃSKA Natalia | 266 |  | K-30 | 50 | 00:00:31 | 00:15:40 | 00:30:42 | 00:45:53 | 01:02:27 | 01:04:58.95 | 01:05:30.40 | $\begin{aligned} & +00: 33: 09 \\ & (51.0 \%) \end{aligned}$ | 6:29 | $\begin{aligned} & 9.2 \\ & (48.7 \%) \end{aligned}$ |
| 520 | UGOREK Daniel | 461 |  | M-30 | 128 | 00:00:17 | 00:15:39 | 00:31:24 | 00:47:29 | 01:02:53 | 01:05:09.75 | 01:05:27.25 | $\begin{aligned} & +00: 33: 20 \\ & (51.2 \%) \end{aligned}$ | 6:31 | $\begin{aligned} & 9.2 \\ & (48.7 \%) \end{aligned}$ |
| 521 | DOLATA Katarzyna | 267 |  | K-30 | 51 | 00:00:32 | 00:15:09 | 00:30:28 | 00:45:52 | 01:02:30 | 01:05:21.45 | 01:05:53.50 | $\begin{aligned} & +00: 33: 32 \\ & (51.3 \%) \end{aligned}$ | 6:32 | $\begin{aligned} & 9.2 \\ & (48.7 \%) \end{aligned}$ |
| 522 | PAŚ Katarzyna | 272 |  | K-40 | 40 | 00:00:16 | 00:15:21 | 00:30:32 | 00:46:27 | 01:02:45 | 01:05:27.70 | 01:05:43.80 | $\begin{aligned} & +00: 33: 38 \\ & (51.4 \%) \end{aligned}$ | 6:32 | $\begin{aligned} & 9.2 \\ & (48.7 \%) \end{aligned}$ |


| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | $\begin{aligned} & \text { Split } \\ & 2.5 \mathrm{~km} \end{aligned}$ | $\begin{gathered} \text { Split } \\ \text { 4.85km } \end{gathered}$ | $\begin{aligned} & \text { Split } \\ & 7.2 \mathrm{~km} \end{aligned}$ | $\begin{gathered} \text { Split } \\ \text { 9.55km } \end{gathered}$ | Czas netto 10 km | Czas brutto 10 km | Różn | Tempo min/km | $\begin{aligned} & \text { Tempo } \\ & \mathrm{km} / \mathrm{h} \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 523 | OŻDŻYŃKA Patrycja | 458 |  | K-20 | 14 | 00:00:24 | 00:15:55 | 00:31:20 | 00:47:24 | 01:02:56 | 01:05:31.40 | 01:05:56.05 | $\begin{aligned} & +00: 33: 42 \\ & (51.4 \%) \end{aligned}$ | 6:33 | $\begin{aligned} & 9.2 \\ & (48.7 \%) \end{aligned}$ |
| 524 | ROMANOWSKA Halina | 165 |  | K-60 | 1 | 00:00:48 | 00:16:38 | 00:31:54 | 00:46:29 | 01:01:59 | 01:05:38.60 | 01:06:27.50 | $\begin{aligned} & +00: 33: 49 \\ & (51.5 \%) \end{aligned}$ | 6:33 | $\begin{aligned} & 9.1 \\ & (48.1 \%) \end{aligned}$ |
| 525 | STRABEL Łukasz | 199 |  | M-20 | 44 | 00:00:20 | 00:15:02 | 00:30:35 | 00:46:38 | 01:02:55 | 01:05:39.50 | 01:05:59.85 | $\begin{aligned} & +00: 33: 50 \\ & (51.5 \%) \end{aligned}$ | 6:33 | $\begin{aligned} & 9.1 \\ & (48.1 \%) \end{aligned}$ |
| 526 | RATAJ Maciej | 99 |  | M-40 | 133 | 00:00:18 | 00:14:38 | 00:29:57 | 00:45:47 | 01:02:51 | 01:05:41.00 | 01:05:59.25 | $\begin{aligned} & +00: 33: 51 \\ & (51.6 \%) \end{aligned}$ | 6:34 | $\begin{aligned} & 9.1 \\ & (48.1 \%) \end{aligned}$ |
| 527 | JAWORSKA Monika | 436 |  | K-30 | 52 | 00:00:36 | 00:15:30 | 00:30:44 | 00:46:27 | 01:03:00 | 01:05:43.40 | 01:06:19.85 | $\begin{aligned} & +00: 33: 54 \\ & (51.6 \%) \end{aligned}$ | 6:34 | $\begin{aligned} & 9.1 \\ & (48.1 \%) \end{aligned}$ |
| 528 | WRUK1 Justyna | 425 |  | K-40 | 41 | 00:00:35 | 00:15:32 | 00:30:45 | 00:46:29 | 01:03:01 | 01:05:43.95 | 01:06:19.85 | $\begin{aligned} & +00: 33: 54 \\ & (51.6 \%) \end{aligned}$ | 6:34 | $\begin{aligned} & 9.1 \\ & (48.1 \%) \end{aligned}$ |
| 529 | CZASOWIEC Andrzej | 166 |  | M-60 | 35 | 00:00:00 | 00:17:00 | 00:32:42 | 00:47:17 | 01:02:47 | 01:06:07.50 | 01:06:07.50 | $\begin{aligned} & +00: 34: 18 \\ & (51.9 \%) \end{aligned}$ | 6:36 | $\begin{aligned} & 9.1 \\ & (48.1 \%) \end{aligned}$ |
| 530 | ŚLĘZAK Rafał | 588 |  | M-40 | 134 | 00:00:44 | 00:16:37 | 00:32:09 | 00:47:40 | 01:03:28 | 01:06:08.45 | 01:06:53.40 | $\begin{aligned} & +00: 34: 19 \\ & (51.9 \%) \end{aligned}$ | 6:36 | $\begin{aligned} & 9.1 \\ & (48.1 \%) \end{aligned}$ |
| 531 | RASSALSKA-KAUSA Jola | 312 |  | K-30 | 53 | 00:00:39 | 00:15:52 | 00:31:22 | 00:47:32 | 01:03:49 | 01:06:25.60 | 01:07:05.40 | $\begin{aligned} & +00: 34: 36 \\ & \text { (52.1\%) } \end{aligned}$ | 6:38 | $\begin{aligned} & 9 \\ & (47.6 \%) \end{aligned}$ |
| 532 | WYKRZYKOWSKI Andrzej | 235 |  | M-60 | 36 | 00:00:38 | 00:16:51 | 00:31:41 | 00:47:22 | 01:03:35 | 01:06:35.80 | 01:07:14.45 | $\begin{aligned} & +00: 34: 46 \\ & (52.2 \%) \end{aligned}$ | 6:39 | $\begin{aligned} & 9 \\ & (47.6 \%) \end{aligned}$ |
| 533 | DĘBSKI Jan | 116 |  | M-60 | 37 | 00:00:20 | 00:13:02 | 00:25:31 | 00:38:07 | 00:51:09 | 01:06:40.75 | 01:07:01.50 | $\begin{aligned} & +00: 34: 51 \\ & (52.3 \%) \end{aligned}$ | 6:40 | $\begin{aligned} & 9 \\ & (47.6 \%) \end{aligned}$ |
| 534 | ZIELIŃSKI Andrzej | 100 |  | M-40 | 135 | 00:00:47 | 00:16:25 | 00:32:11 | 00:47:58 | 01:04:09 | 01:06:49.25 | 01:07:36.40 | $\begin{aligned} & +00: 35: 00 \\ & (52.4 \%) \end{aligned}$ | 6:40 | $\begin{aligned} & 9 \\ & (47.6 \%) \end{aligned}$ |
| 535 | LUTKOWSKA Katarzyna | 429 |  | K-30 | 54 | 00:00:35 | 00:16:50 | 00:32:28 | 00:48:09 | 01:04:21 | 01:07:00.00 | 01:07:35.60 | $\begin{aligned} & +00: 35: 10 \\ & (52.5 \%) \end{aligned}$ | 6:42 | $\begin{aligned} & 9 \\ & (47.6 \%) \end{aligned}$ |
| 536 | ADAMCZAK Ewa | 467 |  | K-30 | 55 | 00:00:35 | 00:16:50 | 00:32:28 | 00:48:09 | 01:04:21 | 01:07:00.45 | 01:07:35.55 | $\begin{aligned} & +00: 35: 11 \\ & (52.5 \%) \end{aligned}$ | 6:42 | $\begin{aligned} & 9 \\ & (47.6 \%) \end{aligned}$ |
| 537 | WYCZLING Agnieszka | 431 |  | K-30 | 56 | 00:00:35 | 00:16:50 | 00:32:28 | 00:48:09 | 01:04:22 | 01:07:00.60 | 01:07:35.70 | $\begin{aligned} & +00: 35: 11 \\ & (52.5 \%) \end{aligned}$ | 6:42 | $\begin{aligned} & 9 \\ & \text { (47.6\%) } \end{aligned}$ |
| 538 | WYCZLING Piotr | 432 |  | M-40 | 136 | 00:00:35 | 00:16:50 | 00:32:28 | 00:48:09 | 01:04:22 | 01:07:00.70 | 01:07:35.70 | $\begin{aligned} & +00: 35: 11 \\ & (52.5 \%) \end{aligned}$ | 6:42 | $\begin{aligned} & 9 \\ & \text { (47.6\%) } \end{aligned}$ |
| 539 | ANDRYSZAK Vanessa | 298 |  | K-1 | 7 | 00:00:27 | 00:14:49 | 00:30:39 | 00:47:56 | 01:04:41 | 01:07:00.85 | 01:07:28.45 | $\begin{aligned} & +00: 35: 11 \\ & (52.5 \%) \end{aligned}$ | 6:42 | $\begin{aligned} & 9 \\ & (47.6 \%) \end{aligned}$ |
| 540 | MIAZGA Katarzyna | 391 |  | K-20 | 15 | 00:00:25 | 00:15:45 | 00:30:50 | 00:47:03 | 01:04:09 | 01:07:04.15 | 01:07:29.35 | $\begin{aligned} & +00: 35: 15 \\ & (52.6 \%) \end{aligned}$ | 6:42 | $\begin{aligned} & 8.9 \\ & (47.1 \%) \end{aligned}$ |
| 541 | ZIELIŃSKA Justyna | 257 |  | K-30 | 57 | 00:00:40 | 00:15:42 | 00:31:26 | 00:47:48 | 01:04:29 | 01:07:06.80 | 01:07:47.50 | $\begin{aligned} & +00: 35: 17 \\ & (52.6 \%) \end{aligned}$ | 6:42 | $\begin{aligned} & 8.9 \\ & (47.1 \%) \end{aligned}$ |
| 542 | KARDACH Magdalena | 577 |  | K-30 | 58 | 00:00:36 | 00:16:50 | 00:32:30 | 00:48:09 | 01:04:29 | 01:07:11.55 | 01:07:48.35 | $\begin{aligned} & +00: 35: 22 \\ & (52.6 \%) \end{aligned}$ | 6:43 | $\begin{aligned} & 8.9 \\ & (47.1 \%) \end{aligned}$ |
| 543 | ZAGOŻDŻON Wioleta | 237 |  | K-30 | 59 | 00:00:40 | 00:15:42 | 00:31:26 | 00:47:49 | 01:04:30 | 01:07:11.70 | 01:07:52.20 | $\begin{aligned} & +00: 35: 22 \\ & (52.6 \%) \end{aligned}$ | 6:43 | $\begin{aligned} & 8.9 \\ & (47.1 \%) \end{aligned}$ |
| 544 | ŚLASKA Angelika | 485 |  | K-30 | 60 | 00:00:12 | 00:15:11 | 00:30:42 | 00:48:00 | 01:04:28 | 01:07:19.95 | 01:07:32.45 | $\begin{aligned} & +00: 35: 30 \\ & (52.7 \%) \end{aligned}$ | 6:44 | $\begin{aligned} & 8.9 \\ & (47.1 \%) \end{aligned}$ |
| 545 | SZAJDA Magdalena | 456 |  | K-40 | 42 | 00:00:39 | 00:15:54 | 00:31:44 | 00:48:26 | 01:05:13 | 01:07:57.40 | 01:08:36.95 | $\begin{aligned} & +00: 36: 08 \\ & (53.2 \%) \end{aligned}$ | 6:47 | $\begin{aligned} & 8.8 \\ & (46.6 \%) \end{aligned}$ |


| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | $\begin{aligned} & \text { Split } \\ & 2.5 \mathrm{~km} \end{aligned}$ | $\begin{gathered} \text { Split } \\ \text { 4.85km } \end{gathered}$ | $\begin{aligned} & \text { Split } \\ & 7.2 \mathrm{~km} \end{aligned}$ | $\begin{gathered} \text { Split } \\ \text { 9.55km } \end{gathered}$ | Czas netto 10 km | Czas brutto 10 km | Różn | Tempo min/km | $\begin{aligned} & \text { Tempo } \\ & \mathrm{km} / \mathrm{h} \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 546 | WIŚNIEWSKA Ewa | 39 |  | K-40 | 43 | 00:00:43 | 00:16:43 | 00:32:23 | 00:48:30 | 01:05:27 | 01:08:14.60 | 01:08:57.65 | $\begin{aligned} & +00: 36: 25 \\ & (53.4 \%) \end{aligned}$ | 6:49 | $\begin{aligned} & 8.8 \\ & (46.6 \%) \end{aligned}$ |
| 547 | KUCHARSKI Adam | 40 |  | M-50 | 52 | 00:00:42 | 00:16:45 | 00:32:23 | 00:48:31 | 01:05:28 | 01:08:14.90 | 01:08:57.50 | $\begin{aligned} & +00: 36: 25 \\ & (53.4 \%) \end{aligned}$ | 6:49 | $\begin{aligned} & 8.8 \\ & (46.6 \%) \end{aligned}$ |
| 548 | KUBIAK Małgorzata | 91 |  | K-40 | 44 | 00:00:43 | 00:16:19 | 00:32:45 | 00:49:11 | 01:05:37 | 01:08:17.05 | 01:09:00.10 | $\begin{aligned} & +00: 36: 27 \\ & (53.4 \%) \end{aligned}$ | 6:49 | $\begin{aligned} & 8.8 \\ & (46.6 \%) \end{aligned}$ |
| 549 | PISKORSKA Marta | 101 |  | K-30 | 61 | 00:00:42 | 00:16:20 | 00:32:46 | 00:49:11 | 01:05:37 | 01:08:17.25 | 01:08:59.80 | $\begin{aligned} & +00: 36: 28 \\ & (53.4 \%) \end{aligned}$ | 6:49 | $\begin{aligned} & 8.8 \\ & (46.6 \%) \end{aligned}$ |
| 550 | PYRA-KUCZYŃSKA Marzena | 72 |  | K-40 | 45 | 00:00:12 | 00:15:23 | 00:30:47 | 00:48:00 | 01:05:15 | 01:08:21.05 | 01:08:33.40 | $\begin{aligned} & +00: 36: 31 \\ & (53.4 \%) \end{aligned}$ | 6:50 | $\begin{aligned} & 8.8 \\ & (46.6 \%) \end{aligned}$ |
| 551 | CYBUL Anna | 558 |  | K-40 | 46 | 00:00:19 | 00:16:20 | 00:33:10 | 00:49:26 | 01:05:39 | 01:08:23.60 | 01:08:42.75 | $\begin{aligned} & +00: 36: 34 \\ & (53.5 \%) \end{aligned}$ | 6:50 | $\begin{aligned} & 8.8 \\ & (46.6 \%) \end{aligned}$ |
| 552 | ROZMARYNOWICZ Anna | 71 |  | K-30 | 62 | 00:00:02 | 00:15:33 | 00:30:57 | 00:48:09 | 01:05:24 | 01:08:30.40 | 01:08:32.95 | $\begin{aligned} & +00: 36: 41 \\ & (53.6 \%) \end{aligned}$ | 6:51 | $\begin{aligned} & 8.8 \\ & (46.6 \%) \end{aligned}$ |
| 553 | FOLARZYŃSKI Łukasz | 570 |  | M-30 | 129 | 00:00:50 | 00:17:51 | 00:33:57 | 00:49:57 | 01:05:51 | 01:08:31.55 | 01:09:21.70 | $\begin{aligned} & +00: 36: 42 \\ & (53.6 \%) \end{aligned}$ | 6:51 | $\begin{aligned} & 8.8 \\ & (46.6 \%) \end{aligned}$ |
| 554 | DĄBROWSKI Janusz | 342 |  | M-60 | 38 | 00:00:20 | 00:16:47 | 00:32:50 | 00:49:16 | 01:05:52 | 01:08:44.85 | 01:09:05.45 | $\begin{aligned} & +00: 36: 55 \\ & (53.7 \%) \end{aligned}$ | 6:52 | $\begin{aligned} & 8.7 \\ & (46.0 \%) \end{aligned}$ |
| 555 | ZIELIŃSKI Waldemar | 472 |  | M-50 | 53 | 00:00:21 | 00:16:20 | 00:32:55 | 00:49:44 | 01:06:09 | 01:08:49.95 | 01:09:11.25 | $\begin{aligned} & +00: 37: 00 \\ & (53.8 \%) \end{aligned}$ | 6:53 | $\begin{aligned} & 8.7 \\ & (46.0 \%) \end{aligned}$ |
| 556 | DEPKA Agnieszka | 447 |  | K-30 | 63 | 00:00:40 | 00:15:57 | 00:31:46 | 00:48:26 | 01:05:52 | 01:08:57.20 | 01:09:38.15 | $\begin{aligned} & +00: 37: 08 \\ & (53.9 \%) \end{aligned}$ | 6:53 | $\begin{aligned} & 8.7 \\ & (46.0 \%) \end{aligned}$ |
| 557 | CHMIEL Nikodem | 614 |  | M-20 | 45 | 00:00:40 | 00:13:07 | 00:29:21 | 00:48:58 | 01:06:29 | 01:09:16.75 | 01:09:57.70 | $\begin{aligned} & +00: 37: 27 \\ & (54.1 \%) \end{aligned}$ | 6:55 | $\begin{aligned} & 8.7 \\ & (46.0 \%) \end{aligned}$ |
| 558 | SZUBARTOWSKA Pola | 148 |  | K-1 | 8 | 00:00:16 | 00:17:40 | 00:34:12 | 00:51:19 | 01:07:43 | 01:09:58.45 | 01:10:15.35 | $\begin{aligned} & +00: 38: 09 \\ & (54.5 \%) \end{aligned}$ | 6:59 | $\begin{aligned} & 8.6 \\ & (45.5 \%) \end{aligned}$ |
| 559 | MICHALAK Martyna | 149 |  | K-1 | 9 | 00:00:16 | 00:17:40 | 00:34:12 | 00:51:19 | 01:07:43 | 01:09:58.75 | 01:10:15.40 | $\begin{aligned} & +00: 38: 09 \\ & (54.5 \%) \end{aligned}$ | 6:59 | $\begin{aligned} & 8.6 \\ & (45.5 \%) \end{aligned}$ |
| 560 | CENTKOWSKA Ewelina | 411 |  | K-30 | 64 | 00:00:07 | 00:16:48 | 00:33:31 | 00:50:19 | 01:07:29 | 01:10:23.95 | 01:10:31.10 | $\begin{aligned} & +00: 38: 34 \\ & (54.8 \%) \end{aligned}$ | 7:02 | $\begin{aligned} & 8.5 \\ & (45.0 \%) \end{aligned}$ |
| 561 | SUŁKOWSKI Mariusz | 248 |  | M-30 | 130 | 00:00:44 | 00:16:41 | 00:32:29 | 00:49:21 | 01:07:49 | 01:10:27.15 | 01:11:11.95 | $\begin{aligned} & +00: 38: 38 \\ & (54.8 \%) \end{aligned}$ | 7:02 | $\begin{aligned} & 8.5 \\ & (45.0 \%) \end{aligned}$ |
| 562 | FUDALA Marek | 326 |  | M-60 | 39 | 00:00:23 | 00:16:48 | 00:33:26 | 00:50:40 | 01:07:53 | 01:10:41.70 | 01:11:04.70 | $\begin{aligned} & +00: 38: 52 \\ & (55.0 \%) \end{aligned}$ | 7:04 | $\begin{aligned} & 8.5 \\ & (45.0 \%) \end{aligned}$ |
| 563 | DRUŻYŃSKI Sebastian | 64 |  | M-30 | 131 | 00:00:43 | 00:16:16 | 00:32:35 | 00:50:05 | 01:08:11 | 01:11:25.30 | 01:12:09.10 | $\begin{aligned} & +00: 39: 36 \\ & (55.4 \%) \end{aligned}$ | 7:08 | $\begin{aligned} & 8.4 \\ & (44.4 \%) \end{aligned}$ |
| 564 | MAZANOWSKA Ewa | 550 |  | K-40 | 47 | 00:00:47 | 00:17:54 | 00:34:34 | 00:50:37 | 01:07:41 | 01:11:32.30 | 01:12:19.30 | $\begin{aligned} & +00: 39: 43 \\ & (55.5 \%) \end{aligned}$ | 7:09 | $\begin{aligned} & 8.4 \\ & (44.4 \%) \end{aligned}$ |
| 565 | ZUPA Aleksandra | 520 |  | K-20 | 16 | 00:00:40 | 00:16:28 | 00:34:17 | 00:51:10 | 01:09:18 | 01:11:48.15 | 01:12:28.40 | $\begin{aligned} & +00: 39: 59 \\ & (55.7 \%) \end{aligned}$ | 7:10 | $\begin{aligned} & 8.4 \\ & (44.4 \%) \end{aligned}$ |
| 566 | KACZMAREK Agnieszka | 103 |  | K-40 | 48 | 00:00:37 | 00:16:36 | 00:33:37 | 00:50:58 | 01:09:21 | 01:11:51.00 | 01:12:28.30 | $\begin{aligned} & +00: 40: 01 \\ & (55.7 \%) \end{aligned}$ | 7:11 | $\begin{aligned} & 8.4 \\ & (44.4 \%) \end{aligned}$ |
| 567 | JURCZYK Artur | 236 |  | M-40 | 137 | 00:00:43 | 00:18:23 | 00:35:56 | 00:54:39 | 01:14:25 | 01:17:35.80 | 01:18:19.15 | $\begin{aligned} & +00: 45: 46 \\ & (59.0 \%) \end{aligned}$ | 7:45 | $\begin{aligned} & 7.7 \\ & (40.7 \%) \end{aligned}$ |
| 568 | GRABOWSKA Ilona | 451 |  | K-30 | 65 | 00:00:37 | 00:18:29 | 00:35:56 | 00:54:07 | 01:14:31 | 01:17:41.65 | 01:18:19.15 | $\begin{aligned} & +00: 45: 52 \\ & (59.0 \%) \end{aligned}$ | 7:46 | $\begin{aligned} & 7.7 \\ & (40.7 \%) \end{aligned}$ |


| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | $\begin{aligned} & \text { Split } \\ & 2.5 \mathrm{~km} \end{aligned}$ | $\begin{gathered} \text { Split } \\ 4.85 \mathrm{~km} \end{gathered}$ | $\begin{aligned} & \text { Split } \\ & 7.2 \mathrm{~km} \end{aligned}$ | $\begin{gathered} \text { Split } \\ \text { 9.55km } \end{gathered}$ | Czas netto 10 km | Czas brutto 10 km | Róż | Tempo min/km | $\begin{aligned} & \text { Tempo } \\ & \mathrm{km} / \mathrm{h} \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 569 | MŁYNAREK Aneta | 459 |  | K-30 | 66 | 00:00:48 | 00:18:45 | 00:37:07 | 00:56:09 | 01:15:12 | 01:18:25.40 | 01:19:14.00 | $\begin{aligned} & +00: 46: 36 \\ & \text { (59.4\%) } \end{aligned}$ | 7:50 | $\begin{aligned} & 7.6 \\ & \text { (40.2\%) } \end{aligned}$ |
| 570 | MŁYNAREK Piotr | 460 |  | M-40 | 138 | 00:00:48 | 00:18:45 | 00:37:06 | 00:56:09 | 01:15:11 | 01:18:28.80 | 01:19:17.30 | $\begin{aligned} & +00: 46: 39 \\ & (59.5 \%) \end{aligned}$ | 7:50 | $\begin{aligned} & 7.6 \\ & (40.2 \%) \end{aligned}$ |
| 571 | RUDNICKA Karolina | 24 |  | K-30 | 67 | 00:00:44 | 00:18:41 | 00:37:27 | 00:57:06 | 01:16:27 | 01:19:32.00 | 01:20:16.60 | $\begin{aligned} & +00: 47: 42 \\ & (60.0 \%) \end{aligned}$ | 7:57 | $\begin{aligned} & 7.5 \\ & (39.7 \%) \end{aligned}$ |
| 572 | ROSIŃSKA Janina | 618 |  | K-70 | 1 | 00:00:00 | 00:25:57 | 00:49:52 | 01:13:56 | 01:38:22 | 01:42:07.90 | 01:42:07.90 | $\begin{aligned} & +01: 10: 18 \\ & (68.8 \%) \end{aligned}$ | 10:12 | $\begin{aligned} & 5.9 \\ & \text { (31.2\%) } \end{aligned}$ |
| 573 | DRÓżDŻ Małgorzata | 275 |  | K-20 | 17 | 00:00:47 | 00:16:29 | 00:30:42 | 00:44:54 | 00:52:50 |  |  | +00:22:16 | 5:31 | $\begin{aligned} & 10.8 \\ & \text { (57.1\%) } \end{aligned}$ |
| 574 | NIZIOŁ Katarzyna | 632 |  | K-20 | 18 | 00:00:49 | 00:16:14 |  |  |  |  |  | +00:08:11 | 6:29 | $\begin{aligned} & 9.2 \\ & (48.7 \%) \end{aligned}$ |
| 575 | SPARZYŃSKI Adam | 490 |  | M-30 | 132 | 00:00:00 |  |  |  |  |  |  |  |  | (0.0\%) |
|  | MARCINKOWSKA Anna | 341 |  | K-40 |  | DNF | $\begin{aligned} & 00: 16: 03 \\ & \text { DNF } \end{aligned}$ | $\begin{aligned} & \text { 00:31:30 } \\ & \text { DNF } \end{aligned}$ | $00: 46: 51$ <br> DNF | DNF | DNF | DNF |  | - | (0.0\%) |
|  | BLASZKIEWICZ Marzena | 164 |  | K-30 |  | DNF | $00: 16: 16$ <br> DNF | $00: 32: 39$ <br> DNF | $\begin{aligned} & 00: 50: 18 \\ & \text { DNF } \end{aligned}$ | DNF | DNF | DNF |  | - | (0.0\%) |
|  | LIBERA Sabina | 534 |  | K-40 |  | DNF | $\begin{aligned} & \text { 00:17:55 } \\ & \text { DNF } \end{aligned}$ | $\begin{aligned} & \text { 00:35:03 } \\ & \text { DNF } \end{aligned}$ | $00: 52: 37$ <br> DNF | DNF | DNF | DNF |  | - | (0.0\%) |
|  | KOLODYNSKA Aleksandra | 60 |  | K-20 |  | DNF | $00: 18: 19$ <br> DNF | 00:36:49 <br> DNF | $00: 57: 44$ <br> DNF | DNF | DNF | DNF |  | - | (0.0\%) |

[^0]
[^0]:    Znaleziono 579 wynik(ów)

