



**Organizator:** Zakład Wychowania Fizycznego i Sportu Akademii  
Wojsk Lądowych imienia generała Tadeusza  
Kościuszki  
**Data:** 2018-11-24  
**Miejsce:** Wrocław  
**Dystans:** 5 km

## 48 BIEG Z OKAZJI DNIA PODCHORAŻEGO

B4SPORT



Klasyfikacja: Wszyscy

| Msc | Zawodnik                   | Numer      | Klub   | Kategoria                | Mkat | Czas netto 5km     | Różn              | Tempo min/km | Tempo km/h   |
|-----|----------------------------|------------|--|--------------------------|------|--------------------|-------------------|--------------|--------------|
| 1   | <b>SEMPER Mateusz</b>      | <b>189</b> | POLITECHNIKA WROCŁAWSKA                              | OPEN-Liga Międz.         | 1    | <b>00:14:29.23</b> |                   | 2:53         | 20.7 (100%)  |
| 2   | <b>STYPUŁKOWSKI Patryk</b> | <b>203</b> | CENTRUM SZKOLENIA WOJSK INŻYNIERYJNYCH I CHEMICZNYCH | Garnizon Wrocław         | 1    | <b>00:14:30.08</b> | +00:00:00 (0.1%)  | 2:54         | 20.7 (100%)  |
| 3   | <b>MROWIŃSKI Rafał</b>     | <b>144</b> | WOSIEK TEAM  | OPEN-Liga Międz.         | 2    | <b>00:14:39.08</b> | +00:00:09 (1.1%)  | 2:55         | 20.5 (99.0%) |
| 4   | <b>KLATKA Łukasz</b>       | <b>83</b>  | SL GKS OLSZA OLSZYNA/ ZSP KZL LUBAŃ                  | M-Open                   | 1    | <b>00:15:01.22</b> | +00:00:31 (3.5%)  | 3:00         | 20 (96.6%)   |
| 5   | <b>FEDORCZAK Michał</b>    | <b>44</b>  | POLITECHNIKA WROCŁAWSKA                              | OPEN-Liga Międz.         | 3    | <b>00:15:02.30</b> | +00:00:33 (3.7%)  | 3:00         | 20 (96.6%)   |
| 6   | <b>BORYCHOWSKI Mariusz</b> | <b>365</b> | 1 BATALION ZMECHANIZOWANY                            | M-Open                   | 2    | <b>00:15:07.75</b> | +00:00:38 (4.2%)  | 3:01         | 19.8 (95.7%) |
| 7   | <b>WIELGUS Arkadiusz</b>   | <b>357</b> | AWF WROCŁAW  | OPEN-Liga Międz.         | 4    | <b>00:15:16.17</b> | +00:00:46 (5.1%)  | 3:03         | 19.7 (95.2%) |
| 8   | <b>JAMRO Dariusz</b>       | <b>70</b>  | 23 KOMPANIA SZKOLNA                                  | Pracownicy AWL do 40 lat | 1    | <b>00:15:16.26</b> | +00:00:47 (5.1%)  | 3:03         | 19.7 (95.2%) |
| 9   | <b>MARKOWICZ Łukasz</b>    | <b>134</b> | UNIwersytet WROCŁAWSKI                               | OPEN-Liga Międz.         | 5    | <b>00:15:19.77</b> | +00:00:50 (5.5%)  | 3:04         | 19.6 (94.7%) |
| 10  | <b>STASIK Marek</b>        | <b>199</b> | POLITECHNIKA WROCŁAWSKA                              | OPEN-Liga Międz.         | 6    | <b>00:15:39.71</b> | +00:01:10 (7.5%)  | 3:08         | 19.1 (92.3%) |
| 11  | <b>PELC Paweł</b>          | <b>164</b> | LOMAG SOFTWARE                                       | M-Open                   | 3    | <b>00:15:43.50</b> | +00:01:14 (7.9%)  | 3:08         | 19.1 (92.3%) |
| 12  | <b>CHROSTOWSKI Konrad</b>  | <b>25</b>  | POLITECHNIKA WROCŁAWSKA                              | OPEN-Liga Międz.         | 7    | <b>00:15:47.77</b> | +00:01:18 (8.3%)  | 3:09         | 19 (91.8%)   |
| 13  | <b>KWARTA Maciej</b>       | <b>273</b> | 15 KOMPANIA SZKOLNA                                  | Garnizon Wrocław         | 2    | <b>00:15:48.12</b> | +00:01:18 (8.3%)  | 3:09         | 19 (91.8%)   |
| 14  | <b>KARUŚ Łukasz</b>        | <b>78</b>  | 15 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL       | 1    | <b>00:15:52.29</b> | +00:01:23 (8.7%)  | 3:10         | 18.9 (91.3%) |
| 15  | <b>SOBOLEWSKI Michał</b>   | <b>195</b> | 21 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL       | 2    | <b>00:15:54.43</b> | +00:01:25 (8.9%)  | 3:10         | 18.9 (91.3%) |
| 16  | <b>OŚLIZŁO Marek</b>       | <b>249</b> | 11 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL       | 3    | <b>00:15:58.93</b> | +00:01:29 (9.4%)  | 3:11         | 18.8 (90.8%) |
| 17  | <b>JONIK Michał</b>        | <b>75</b>  | 21 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL       | 4    | <b>00:16:09.25</b> | +00:01:40 (10.3%) | 3:14         | 18.6 (89.9%) |
| 18  | <b>KOŚCIELNIAK Jakub</b>   | <b>298</b> | 15 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL       | 5    | <b>00:16:13.46</b> | +00:01:44 (10.7%) | 3:14         | 18.5 (89.4%) |
| 19  | <b>ŁADYSZ Jerzy</b>        | <b>121</b> | AZS UNIwersytet EKONOMICZNY WE WROCŁAWIU             | OPEN-Liga Międz.         | 8    | <b>00:16:20.00</b> | +00:01:50 (11.3%) | 3:16         | 18.4 (88.9%) |
| 20  | <b>MYJAK Patryk</b>        | <b>145</b> | UNIwersytet WROCŁAWSKI                               | OPEN-Liga Międz.         | 9    | <b>00:16:21.95</b> | +00:01:52 (11.5%) | 3:16         | 18.3 (88.4%) |
| 21  | <b>PATERAK Łukasz</b>      | <b>160</b> | UNIwersytet WROCŁAWSKI                               | OPEN-Liga Międz.         | 10   | <b>00:16:22.84</b> | +00:01:53 (11.6%) | 3:16         | 18.3 (88.4%) |
| 22  | <b>GLAPIAK Maciej</b>      | <b>52</b>  | 21 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL       | 6    | <b>00:16:24.93</b> | +00:01:55 (11.7%) | 3:17         | 18.3 (88.4%) |
| 23  | <b>MIROWSKI Sławomir</b>   | <b>142</b> | CENTRUM SZKOLENIA WOJSK INŻYNIERYJNYCH I CHEMICZNYCH | Garnizon Wrocław         | 3    | <b>00:16:25.02</b> | +00:01:55 (11.8%) | 3:17         | 18.3 (88.4%) |
| 24  | <b>FRANCZAK Michał</b>     | <b>47</b>  | 23 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL       | 7    | <b>00:16:27.94</b> | +00:01:58 (12.0%) | 3:17         | 18.2 (87.9%) |
| 25  | <b>NOWICKI Mateusz</b>     | <b>155</b> | UNIwersytet WROCŁAWSKI                               | OPEN-Liga Międz.         | 11   | <b>00:16:34.99</b> | +00:02:05 (12.6%) | 3:19         | 18.1 (87.4%) |
| 26  | <b>KRĘŻEL Kuba</b>         | <b>101</b> | SOBCZYK TEAM   | M-Open                   | 4    | <b>00:16:37.39</b> | +00:02:08 (12.8%) | 3:19         | 18 (87.0%)   |
| 27  | <b>SIOREK Filip</b>        | <b>191</b> | 23 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL       | 8    | <b>00:16:41.31</b> | +00:02:12 (13.2%) | 3:20         | 18 (87.0%)   |

| Msc | Zawodnik                     | Numer      | Klub   | Kategoria                | Mkat | Czas netto 5km     | Różn              | Tempo min/km | Tempo km/h   |
|-----|------------------------------|------------|--|--------------------------|------|--------------------|-------------------|--------------|--------------|
| 28  | <b>GRZYBOWSKI Olek</b>       | <b>62</b>  | 14 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL       | 9    | <b>00:16:46.59</b> | +00:02:17 (13.6%) | 3:21         | 17.9 (86.5%) |
| 29  | <b>SKOWRONEK Tobiasz</b>     | <b>251</b> | 11 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL       | 10   | <b>00:16:47.10</b> | +00:02:17 (13.7%) | 3:21         | 17.9 (86.5%) |
| 30  | <b>KARWACKI Maciej</b>       | <b>79</b>  | AKS PWR  | OPEN-Liga Międz.         | 12   | <b>00:16:47.34</b> | +00:02:18 (13.7%) | 3:21         | 17.9 (86.5%) |
| 31  | <b>ZIELEŃ Małgorzata</b>     | <b>244</b> | POLITECHNIKA WROCŁAWSKA, WOSIEK TEAM                 | OPEN-Liga Międz.         | 13   | <b>00:16:57.05</b> | +00:02:27 (14.5%) | 3:23         | 17.7 (85.5%) |
| 32  | <b>WIDZIEWICZ Remigiusz</b>  | <b>230</b> |  | M-Open                   | 5    | <b>00:16:58.73</b> | +00:02:29 (14.7%) | 3:23         | 17.7 (85.5%) |
| 33  | <b>LUBERECKI Wojciech</b>    | <b>119</b> | 21 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL       | 11   | <b>00:17:00.61</b> | +00:02:31 (14.8%) | 3:24         | 17.6 (85.0%) |
| 34  | <b>BAJUR Bartosz</b>         | <b>7</b>   | AWL  | OPEN- Studenci AWL       | 12   | <b>00:17:05.49</b> | +00:02:36 (15.2%) | 3:25         | 17.5 (84.5%) |
| 35  | <b>MARCZAK Arkadiusz</b>     | <b>132</b> | 23 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL       | 13   | <b>00:17:09.22</b> | +00:02:39 (15.5%) | 3:25         | 17.5 (84.5%) |
| 36  | <b>PIOTROWSKI Jan</b>        | <b>168</b> | MEDYCY   | OPEN-Liga Międz.         | 14   | <b>00:17:09.35</b> | +00:02:40 (15.6%) | 3:25         | 17.5 (84.5%) |
| 37  | <b>STĘPIEŃ Marcin</b>        | <b>202</b> | CENTRUM SZKOLENIA WOJSK INŻYNIERYJNYCH I CHEMICZNYCH | Garnizon Wrocław         | 4    | <b>00:17:14.05</b> | +00:02:44 (15.9%) | 3:26         | 17.4 (84.1%) |
| 38  | <b>KOŁACZEK Hubert</b>       | <b>85</b>  | XRUNNERS   | M-Open                   | 6    | <b>00:17:14.58</b> | +00:02:45 (16.0%) | 3:27         | 17.4 (84.1%) |
| 39  | <b>SZRAMA Dariusz</b>        | <b>213</b> | 21 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL       | 14   | <b>00:17:15.47</b> | +00:02:46 (16.1%) | 3:27         | 17.4 (84.1%) |
| 40  | <b>SOBCZYK Tomasz</b>        | <b>194</b> | MKS SIECHNICE  | M-Open                   | 7    | <b>00:17:17.30</b> | +00:02:48 (16.2%) | 3:27         | 17.4 (84.1%) |
| 41  | <b>LIPUTA Emilia</b>         | <b>118</b> | MKS SIECHNICE / UNIWERSYTET WROCŁAWSKI               | OPEN-Liga Międz.         | 15   | <b>00:17:17.98</b> | +00:02:48 (16.3%) | 3:27         | 17.3 (83.6%) |
| 42  | <b>POWAŻNY Marek</b>         | <b>171</b> | XRUNNERS   | M-Open                   | 8    | <b>00:17:19.46</b> | +00:02:50 (16.4%) | 3:28         | 17.3 (83.6%) |
| 43  | <b>NAJDEK Daniel</b>         | <b>147</b> | 15 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL       | 15   | <b>00:17:19.92</b> | +00:02:50 (16.4%) | 3:28         | 17.3 (83.6%) |
| 44  | <b>ŚWIĘCICKI Karol</b>       | <b>280</b> | 15 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL       | 16   | <b>00:17:23.31</b> | +00:02:54 (16.7%) | 3:28         | 17.2 (83.1%) |
| 45  | <b>WALASIK Damian</b>        | <b>222</b> | AWL  | OPEN- Studenci AWL       | 17   | <b>00:17:25.18</b> | +00:02:55 (16.8%) | 3:29         | 17.2 (83.1%) |
| 46  | <b>ŁAZEWSKI Oskar</b>        | <b>253</b> | 11 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL       | 18   | <b>00:17:27.24</b> | +00:02:58 (17.0%) | 3:29         | 17.2 (83.1%) |
| 47  | <b>WIĄCEK Michał</b>         | <b>274</b> | 4 RB LOG   | Garnizon Wrocław         | 5    | <b>00:17:27.93</b> | +00:02:58 (17.1%) | 3:29         | 17.2 (83.1%) |
| 48  | <b>BIAŁUCH Bartłomiej</b>    | <b>11</b>  | 22 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL       | 19   | <b>00:17:31.87</b> | +00:03:02 (17.4%) | 3:30         | 17.1 (82.6%) |
| 49  | <b>SKÓRSKI Arkadiusz</b>     | <b>192</b> | UNIWERSYTET WROCŁAWSKI                               | OPEN-Liga Międz.         | 16   | <b>00:17:33.07</b> | +00:03:03 (17.5%) | 3:30         | 17.1 (82.6%) |
| 50  | <b>BEKIESZCZUK Dominik</b>   | <b>10</b>  | 15 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL       | 20   | <b>00:17:37.78</b> | +00:03:08 (17.8%) | 3:31         | 17 (82.1%)   |
| 51  | <b>WYSZOMIERSKI Michał</b>   | <b>240</b> | 14 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL       | 21   | <b>00:17:37.98</b> | +00:03:08 (17.8%) | 3:31         | 17 (82.1%)   |
| 52  | <b>TRACZ Łukasz</b>          | <b>220</b> | 21 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL       | 22   | <b>00:17:38.02</b> | +00:03:08 (17.8%) | 3:31         | 17 (82.1%)   |
| 53  | <b>MIGACZ Kacper</b>         | <b>141</b> | 23 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL       | 23   | <b>00:17:39.53</b> | +00:03:10 (18.0%) | 3:31         | 17 (82.1%)   |
| 54  | <b>MAJOR Krzysiek</b>        | <b>130</b> | 15 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL       | 24   | <b>00:17:40.07</b> | +00:03:10 (18.0%) | 3:32         | 17 (82.1%)   |
| 55  | <b>KURCZAK Kacper</b>        | <b>110</b> | AWF WROCŁAW  | M-Open                   | 9    | <b>00:17:40.80</b> | +00:03:11 (18.1%) | 3:32         | 17 (82.1%)   |
| 56  | <b>CZAJKOWSKI Marcin</b>     | <b>27</b>  | 15 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL       | 25   | <b>00:17:42.24</b> | +00:03:13 (18.2%) | 3:32         | 16.9 (81.6%) |
| 57  | <b>DŁUGOSZ Paulinad</b>      | <b>34</b>  | MEDYCY   | OPEN-Liga Międz.         | 17   | <b>00:17:45.76</b> | +00:03:16 (18.4%) | 3:33         | 16.9 (81.6%) |
| 58  | <b>SINICKA Zuzanna</b>       | <b>190</b> | UNIWERSYTET EKONOMICZNY WE WROCŁAWIU                 | K-Open                   | 1    | <b>00:17:47.43</b> | +00:03:18 (18.6%) | 3:33         | 16.9 (81.6%) |
| 59  | <b>NOWAK Arkadiusz</b>       | <b>152</b> | 23 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL       | 26   | <b>00:17:50.38</b> | +00:03:21 (18.8%) | 3:34         | 16.8 (81.2%) |
| 60  | <b>POROŻYŃSKI Michał</b>     | <b>170</b> | 21 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL       | 27   | <b>00:17:52.48</b> | +00:03:23 (19.0%) | 3:34         | 16.8 (81.2%) |
| 61  | <b>OSTAŁOWSKI Bartłomiej</b> | <b>156</b> | 23 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL       | 28   | <b>00:17:53.99</b> | +00:03:24 (19.1%) | 3:34         | 16.8 (81.2%) |
| 62  | <b>POJMICZ Paweł</b>         | <b>169</b> |  | OPEN- Studenci AWL       | 29   | <b>00:17:56.42</b> | +00:03:27 (19.2%) | 3:35         | 16.7 (80.7%) |
| 63  | <b>MALEWICZ Jakub</b>        | <b>131</b> | AWL  | Pracownicy AWL do 40 lat | 2    | <b>00:17:56.56</b> | +00:03:27 (19.3%) | 3:35         | 16.7 (80.7%) |
| 64  | <b>ROMANOWSKA Justyna</b>    | <b>181</b> | AZS PWR / WOSIEK TEAM                                | OPEN-Liga Międz.         | 18   | <b>00:17:56.63</b> | +00:03:27 (19.3%) | 3:35         | 16.7 (80.7%) |
| 65  | <b>MATUSIAK Adrian</b>       | <b>364</b> | AWF  | M-Open                   | 10   | <b>00:17:58.93</b> | +00:03:29 (19.4%) | 3:35         | 16.7 (80.7%) |
| 66  | <b>JANIAK Witold</b>         | <b>71</b>  | BESTER-LINCOLN                                       | M-Open                   | 11   | <b>00:18:01.06</b> | +00:03:31 (19.6%) | 3:36         | 16.7 (80.7%) |
| 67  | <b>RUDY Jacek</b>            | <b>353</b> |  | M-Open                   | 12   | <b>00:18:02.85</b> | +00:03:33 (19.7%) | 3:36         | 16.6 (80.2%) |
| 68  | <b>MATEUSIAK Cezary</b>      | <b>136</b> | 15 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL       | 30   | <b>00:18:03.00</b> | +00:03:33 (19.7%) | 3:36         | 16.6 (80.2%) |
| 69  | <b>DOŁĘGA Adam</b>           | <b>260</b> | AZS UNIWERSYTET PRZYRODNICZY                         | OPEN- Studenci AWL       | 31   | <b>00:18:06.59</b> | +00:03:37 (20.0%) | 3:37         | 16.6 (80.2%) |
| 70  | <b>GOBIS Mateusz</b>         | <b>256</b> | 11 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL       | 32   | <b>00:18:07.82</b> | +00:03:38 (20.1%) | 3:37         | 16.6 (80.2%) |
| 71  | <b>BUBICZ Michał</b>         | <b>18</b>  | 15 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL       | 33   | <b>00:18:09.19</b> | +00:03:39 (20.2%) | 3:37         | 16.5 (79.7%) |

| Msc | Zawodnik                      | Numer      | Klub   | Kategoria                  | Mkat | Czas netto 5km     | Różn              | Tempo min/km | Tempo km/h   |
|-----|-------------------------------|------------|--|----------------------------|------|--------------------|-------------------|--------------|--------------|
| 72  | <b>MIELCAREK Bartłomiej</b>   | <b>140</b> |  | M-Open                     | 13   | <b>00:18:10.25</b> | +00:03:41 (20.3%) | 3:38         | 16.5 (79.7%) |
| 73  | <b>GŁOWACKI Kamil</b>         | <b>53</b>  | 23 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL         | 34   | <b>00:18:11.58</b> | +00:03:42 (20.4%) | 3:38         | 16.5 (79.7%) |
| 74  | <b>OLEJNICZAK Kacper</b>      | <b>337</b> | 15 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL         | 35   | <b>00:18:12.62</b> | +00:03:43 (20.4%) | 3:38         | 16.5 (79.7%) |
| 75  | <b>DANKO Jakub</b>            | <b>349</b> | 15 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL         | 36   | <b>00:18:12.69</b> | +00:03:43 (20.4%) | 3:38         | 16.5 (79.7%) |
| 76  | <b>MAREK Zuzanna</b>          | <b>133</b> | UNIWERSYTET MEDYCZNY                                 | OPEN-Liga Międz.           | 19   | <b>00:18:13.02</b> | +00:03:43 (20.5%) | 3:38         | 16.5 (79.7%) |
| 77  | <b>GORAJ Grzegorz</b>         | <b>55</b>  | UNIWERSYTET WROCŁAWSKI                               | OPEN-Liga Międz.           | 20   | <b>00:18:15.84</b> | +00:03:46 (20.7%) | 3:39         | 16.4 (79.2%) |
| 78  | <b>MICHAŁKIEWICZ Wojciech</b> | <b>139</b> | AWL  | Pracownicy AWL pow. 41 lat | 1    | <b>00:18:19.83</b> | +00:03:50 (21.0%) | 3:40         | 16.4 (79.2%) |
| 79  | <b>WAŻNY Dariusz</b>          | <b>228</b> | CENTRUM SZKOLENIA WOJSK INŻYNIERYJNYCH I CHEMICZNYCH | Garnizon Wrocław           | 6    | <b>00:18:20.06</b> | +00:03:50 (21.0%) | 3:40         | 16.4 (79.2%) |
| 80  | <b>ŻABA Bartosz</b>           | <b>250</b> | 11 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL         | 37   | <b>00:18:20.31</b> | +00:03:51 (21.0%) | 3:40         | 16.4 (79.2%) |
| 81  | <b>SZAFRAN Patryk</b>         | <b>206</b> | 23 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL         | 38   | <b>00:18:22.88</b> | +00:03:53 (21.2%) | 3:40         | 16.3 (78.7%) |
| 82  | <b>KRASUCKI Kacper</b>        | <b>98</b>  | AWF WROCŁAW  | M-Open                     | 14   | <b>00:18:23.74</b> | +00:03:54 (21.2%) | 3:40         | 16.3 (78.7%) |
| 83  | <b>BANASIEWICZ Eliasz</b>     | <b>254</b> | 23 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL         | 39   | <b>00:18:25.33</b> | +00:03:56 (21.4%) | 3:41         | 16.3 (78.7%) |
| 84  | <b>JAKUBOWSKI Oskar</b>       | <b>69</b>  | 15 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL         | 40   | <b>00:18:25.69</b> | +00:03:56 (21.4%) | 3:41         | 16.3 (78.7%) |
| 85  | <b>WANIOWSKI Tomasz</b>       | <b>225</b> | UNIWERSYTET WROCŁAWSKI                               | OPEN-Liga Międz.           | 21   | <b>00:18:26.23</b> | +00:03:56 (21.4%) | 3:41         | 16.3 (78.7%) |
| 86  | <b>BACH Mateusz</b>           | <b>6</b>   | 15 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL         | 41   | <b>00:18:27.94</b> | +00:03:58 (21.5%) | 3:41         | 16.2 (78.3%) |
| 87  | <b>LADA Damian</b>            | <b>257</b> | 21 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL         | 42   | <b>00:18:29.33</b> | +00:04:00 (21.6%) | 3:42         | 16.2 (78.3%) |
| 88  | <b>SOWA Mateusz</b>           | <b>267</b> | 15 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL         | 43   | <b>00:18:30.10</b> | +00:04:00 (21.7%) | 3:42         | 16.2 (78.3%) |
| 89  | <b>RYCZKO Adam</b>            | <b>185</b> | 15 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL         | 44   | <b>00:18:30.53</b> | +00:04:01 (21.7%) | 3:42         | 16.2 (78.3%) |
| 90  | <b>POKRYWKA Tobiasz</b>       | <b>324</b> | 15 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL         | 45   | <b>00:18:30.80</b> | +00:04:01 (21.7%) | 3:42         | 16.2 (78.3%) |
| 91  | <b>LEWANDOWSKI Mateusz</b>    | <b>115</b> | 15 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL         | 46   | <b>00:18:30.97</b> | +00:04:01 (21.8%) | 3:42         | 16.2 (78.3%) |
| 92  | <b>BIAŁY Michał</b>           | <b>12</b>  | MEDYCY   | OPEN-Liga Międz.           | 22   | <b>00:18:31.72</b> | +00:04:02 (21.8%) | 3:42         | 16.2 (78.3%) |
| 93  | <b>NOWACKI Bartosz</b>        | <b>150</b> | ANATOMIA BIEGANIA                                    | M-Open                     | 15   | <b>00:18:31.78</b> | +00:04:02 (21.8%) | 3:42         | 16.2 (78.3%) |
| 94  | <b>ZUBA Dominik</b>           | <b>246</b> | 23 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL         | 47   | <b>00:18:32.32</b> | +00:04:03 (21.9%) | 3:42         | 16.2 (78.3%) |
| 95  | <b>WOJTCZAK Krzysztof</b>     | <b>234</b> | CENTRUM SZKOLENIA WOJSK INŻYNIERYJNYCH I CHEMICZNYCH | Garnizon Wrocław           | 7    | <b>00:18:32.91</b> | +00:04:03 (21.9%) | 3:42         | 16.2 (78.3%) |
| 96  | <b>KALININ Jarosław</b>       | <b>76</b>  | AKS PWR, XRUNNERS                                    | OPEN-Liga Międz.           | 23   | <b>00:18:34.55</b> | +00:04:05 (22.0%) | 3:43         | 16.1 (77.8%) |
| 97  | <b>DZIAŁDOWSKI Damian</b>     | <b>258</b> | AWL 21 KOMPANIA SZKOLNA                              | M-Open                     | 16   | <b>00:18:35.96</b> | +00:04:06 (22.1%) | 3:43         | 16.1 (77.8%) |
| 98  | <b>SZUMADA Maria</b>          | <b>214</b> | POLITECHNIKA WROCŁAWSKA                              | OPEN-Liga Międz.           | 24   | <b>00:18:37.02</b> | +00:04:07 (22.2%) | 3:43         | 16.1 (77.8%) |
| 99  | <b>ERDMANN Krzysztof</b>      | <b>43</b>  | 15 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL         | 48   | <b>00:18:37.80</b> | +00:04:08 (22.2%) | 3:43         | 16.1 (77.8%) |
| 100 | <b>KOSIERADZKI Łukasz</b>     | <b>91</b>  | AWL  | OPEN- Studenci AWL         | 49   | <b>00:18:37.94</b> | +00:04:08 (22.2%) | 3:43         | 16.1 (77.8%) |
| 101 | <b>MICHALAK Kamil</b>         | <b>259</b> | UNIWERYTET WROCŁAWSKI                                | OPEN-Liga Międz.           | 25   | <b>00:18:40.91</b> | +00:04:11 (22.5%) | 3:44         | 16.1 (77.8%) |
| 102 | <b>WALUŚKIEWICZ Adam</b>      | <b>224</b> | 23 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL         | 50   | <b>00:18:41.09</b> | +00:04:11 (22.5%) | 3:44         | 16.1 (77.8%) |
| 103 | <b>KUSZCZUK Dawid</b>         | <b>252</b> | 11 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL         | 51   | <b>00:18:46.83</b> | +00:04:17 (22.9%) | 3:45         | 16 (77.3%)   |
| 104 | <b>JARUSZEWICZ Aleksander</b> | <b>74</b>  | 15 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL         | 52   | <b>00:18:50.29</b> | +00:04:21 (23.1%) | 3:46         | 15.9 (76.8%) |
| 105 | <b>PRZYGODA Piotr</b>         | <b>176</b> | 23 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL         | 53   | <b>00:18:50.70</b> | +00:04:21 (23.1%) | 3:46         | 15.9 (76.8%) |
| 106 | <b>LIPKA Michał</b>           | <b>117</b> | 15 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL         | 54   | <b>00:18:52.46</b> | +00:04:23 (23.2%) | 3:46         | 15.9 (76.8%) |
| 107 | <b>MATWIEJCZUK Paweł</b>      | <b>137</b> | 23 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL         | 55   | <b>00:18:54.50</b> | +00:04:25 (23.4%) | 3:46         | 15.9 (76.8%) |
| 108 | <b>JEŻYNA Bartosz</b>         | <b>323</b> | 15 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL         | 56   | <b>00:18:54.70</b> | +00:04:25 (23.4%) | 3:47         | 15.9 (76.8%) |
| 109 | <b>ROGOZIŃSKI Grzegorz</b>    | <b>269</b> | 15 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL         | 57   | <b>00:18:55.31</b> | +00:04:26 (23.4%) | 3:47         | 15.9 (76.8%) |
| 110 | <b>HAJDAMOWICZ Adam</b>       | <b>64</b>  | AZS UNIWERSYTET EKONOMICZNY WE WROCŁAWIU             | OPEN-Liga Międz.           | 26   | <b>00:18:58.22</b> | +00:04:28 (23.6%) | 3:47         | 15.8 (76.3%) |
| 111 | <b>SCHAEFER Daniel</b>        | <b>187</b> |  | M-Open                     | 17   | <b>00:18:59.15</b> | +00:04:29 (23.7%) | 3:47         | 15.8 (76.3%) |
| 112 | <b>SZAREK Dawid</b>           | <b>344</b> | 15 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL         | 58   | <b>00:19:00.57</b> | +00:04:31 (23.8%) | 3:48         | 15.8 (76.3%) |
| 113 | <b>KRZYŚKÓW Piotr</b>         | <b>368</b> |  | M-Open                     | 18   | <b>00:19:00.92</b> | +00:04:31 (23.8%) | 3:48         | 15.8 (76.3%) |
| 114 | <b>JAROMIN Wojciech</b>       | <b>294</b> | 15 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL         | 59   | <b>00:19:04.14</b> | +00:04:34 (24.0%) | 3:48         | 15.7 (75.8%) |
| 115 | <b>GAŁKA Szymon</b>           | <b>326</b> | 15 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL         | 60   | <b>00:19:04.93</b> | +00:04:35 (24.1%) | 3:49         | 15.7 (75.8%) |

| Msc | Zawodnik                        | Numer      | Klub   | Kategoria                  | Mkat | Czas netto 5km     | Różn              | Tempo min/km | Tempo km/h   |
|-----|---------------------------------|------------|--|----------------------------|------|--------------------|-------------------|--------------|--------------|
| 116 | <b>OSTRĘGA Oskar</b>            | <b>367</b> | AZS  | OPEN-Liga Międz.           | 27   | <b>00:19:05.80</b> | +00:04:36 (24.1%) | 3:49         | 15.7 (75.8%) |
| 117 | <b>PAYET Frederic</b>           | <b>163</b> | MEDYCZNY AZS LA                                      | OPEN-Liga Międz.           | 28   | <b>00:19:06.24</b> | +00:04:37 (24.2%) | 3:49         | 15.7 (75.8%) |
| 118 | <b>CZECHANOWSKI Jakub</b>       | <b>29</b>  | 31 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL         | 61   | <b>00:19:06.52</b> | +00:04:37 (24.2%) | 3:49         | 15.7 (75.8%) |
| 119 | <b>KORZEŃ Paweł</b>             | <b>90</b>  | 21 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL         | 62   | <b>00:19:07.13</b> | +00:04:37 (24.2%) | 3:49         | 15.7 (75.8%) |
| 120 | <b>WYLEŻOŁ Dominika</b>         | <b>239</b> | UNIWERSYTET WROCŁAWSKI                               | OPEN-Liga Międz.           | 29   | <b>00:19:07.85</b> | +00:04:38 (24.3%) | 3:49         | 15.7 (75.8%) |
| 121 | <b>SOCHAŃSKI Piotr</b>          | <b>318</b> | 15 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL         | 63   | <b>00:19:08.79</b> | +00:04:39 (24.3%) | 3:49         | 15.7 (75.8%) |
| 122 | <b>KOLOCH Michał</b>            | <b>265</b> | 15 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL         | 64   | <b>00:19:09.49</b> | +00:04:40 (24.4%) | 3:50         | 15.7 (75.8%) |
| 123 | <b>MAKARUK Konrad</b>           | <b>264</b> | 15 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL         | 65   | <b>00:19:10.23</b> | +00:04:41 (24.4%) | 3:50         | 15.6 (75.4%) |
| 124 | <b>KARCZEWSKI Norbert</b>       | <b>305</b> | 15 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL         | 66   | <b>00:19:10.89</b> | +00:04:41 (24.5%) | 3:50         | 15.6 (75.4%) |
| 125 | <b>OSTROWSKI Adam</b>           | <b>319</b> | 15 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL         | 67   | <b>00:19:10.90</b> | +00:04:41 (24.5%) | 3:50         | 15.6 (75.4%) |
| 126 | <b>DROZDOWSKA Ewa</b>           | <b>38</b>  | AZS UMED WROC  | OPEN-Liga Międz.           | 30   | <b>00:19:11.12</b> | +00:04:41 (24.5%) | 3:50         | 15.6 (75.4%) |
| 127 | <b>OSTROWSKI Kamil</b>          | <b>321</b> | 15 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL         | 68   | <b>00:19:11.86</b> | +00:04:42 (24.5%) | 3:50         | 15.6 (75.4%) |
| 128 | <b>HINZ Kamil</b>               | <b>340</b> | 15 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL         | 69   | <b>00:19:12.57</b> | +00:04:43 (24.6%) | 3:50         | 15.6 (75.4%) |
| 129 | <b>RUMIŃSKI Tomasz</b>          | <b>182</b> | AWF WROCŁAW  | M-Open                     | 19   | <b>00:19:13.69</b> | +00:04:44 (24.7%) | 3:50         | 15.6 (75.4%) |
| 130 | <b>NIEZABITOWSKI Grzegorz</b>   | <b>347</b> | 15 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL         | 70   | <b>00:19:14.12</b> | +00:04:44 (24.7%) | 3:50         | 15.6 (75.4%) |
| 131 | <b>KRÓLICKI Tomasz</b>          | <b>352</b> | UMW MED WROCŁAW                                      | OPEN-Liga Międz.           | 31   | <b>00:19:16.12</b> | +00:04:46 (24.8%) | 3:51         | 15.6 (75.4%) |
| 132 | <b>TOBIASZ Błażej</b>           | <b>289</b> | 15 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL         | 71   | <b>00:19:16.77</b> | +00:04:47 (24.9%) | 3:51         | 15.6 (75.4%) |
| 133 | <b>DYCFELD Szymon</b>           | <b>255</b> | 23 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL         | 72   | <b>00:19:21.25</b> | +00:04:52 (25.1%) | 3:52         | 15.5 (74.9%) |
| 134 | <b>WOŹNIAK Adam</b>             | <b>238</b> | AKADEMIA WOJSK ŁĄDOWYCH                              | OPEN- Studenci AWL         | 73   | <b>00:19:23.12</b> | +00:04:53 (25.3%) | 3:52         | 15.5 (74.9%) |
| 135 | <b>BEREZA Igor</b>              | <b>266</b> | 15 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL         | 74   | <b>00:19:23.25</b> | +00:04:54 (25.3%) | 3:52         | 15.5 (74.9%) |
| 136 | <b>GRZEGORZEWSKI Marcin</b>     | <b>61</b>  | CENTRUM SZKOLENIA WOJSK INŻYNIERYJNYCH I CHEMICZNYCH | Garnizon Wrocław           | 8    | <b>00:19:23.35</b> | +00:04:54 (25.3%) | 3:52         | 15.5 (74.9%) |
| 137 | <b>JANYGA Dominik</b>           | <b>72</b>  | UNIWERSYTET EKONOMICZNY WE WROCŁAWIU                 | OPEN-Liga Międz.           | 32   | <b>00:19:24.57</b> | +00:04:55 (25.4%) | 3:53         | 15.5 (74.9%) |
| 138 | <b>WIATER Wioleta</b>           | <b>229</b> | UNIWERSYTET WROCŁAWSKI                               | OPEN-Liga Międz.           | 33   | <b>00:19:28.49</b> | +00:04:59 (25.6%) | 3:53         | 15.4 (74.4%) |
| 139 | <b>GRABOWSKI Maciej</b>         | <b>332</b> | 15 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL         | 75   | <b>00:19:28.73</b> | +00:04:59 (25.6%) | 3:53         | 15.4 (74.4%) |
| 140 | <b>ŁUCZAK Justyna</b>           | <b>127</b> | 11 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL         | 76   | <b>00:19:29.08</b> | +00:04:59 (25.6%) | 3:53         | 15.4 (74.4%) |
| 141 | <b>CZAPCZYŃSKI Tomasz</b>       | <b>28</b>  | UKS SPORT BRALIN                                     | M-Open                     | 20   | <b>00:19:29.26</b> | +00:05:00 (25.7%) | 3:53         | 15.4 (74.4%) |
| 142 | <b>ZAWIŁA Dominik</b>           | <b>286</b> | 15 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL         | 77   | <b>00:19:29.79</b> | +00:05:00 (25.7%) | 3:54         | 15.4 (74.4%) |
| 143 | <b>LACH Paweł</b>               | <b>112</b> | 15 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL         | 78   | <b>00:19:30.78</b> | +00:05:01 (25.8%) | 3:54         | 15.4 (74.4%) |
| 144 | <b>HALOT Mirosław</b>           | <b>261</b> | AWL  | Pracownicy AWL pow. 41 lat | 2    | <b>00:19:31.40</b> | +00:05:02 (25.8%) | 3:54         | 15.4 (74.4%) |
| 145 | <b>BAJTEK Kacper</b>            | <b>262</b> | 15 KOMPANIA SZKOLNA                                  | Garnizon Wrocław           | 9    | <b>00:19:31.70</b> | +00:05:02 (25.8%) | 3:54         | 15.4 (74.4%) |
| 146 | <b>PIETRZAK Joanna Pietrzak</b> | <b>167</b> | 14 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL         | 79   | <b>00:19:32.98</b> | +00:05:03 (25.9%) | 3:54         | 15.3 (73.9%) |
| 147 | <b>TKACZ Adrian</b>             | <b>314</b> | 15 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL         | 80   | <b>00:19:33.13</b> | +00:05:03 (25.9%) | 3:54         | 15.3 (73.9%) |
| 148 | <b>GORCZYŃSKI Bartosz</b>       | <b>57</b>  | 23 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL         | 81   | <b>00:19:37.00</b> | +00:05:07 (26.1%) | 3:55         | 15.3 (73.9%) |
| 149 | <b>GWIZDAŁA Dominik</b>         | <b>301</b> | 15 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL         | 82   | <b>00:19:37.57</b> | +00:05:08 (26.2%) | 3:55         | 15.3 (73.9%) |
| 150 | <b>JURCZAK Jarosław</b>         | <b>300</b> | 15 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL         | 83   | <b>00:19:37.88</b> | +00:05:08 (26.2%) | 3:55         | 15.3 (73.9%) |
| 151 | <b>ABRAMCZYK Radosław</b>       | <b>293</b> | 15 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL         | 84   | <b>00:19:38.12</b> | +00:05:08 (26.2%) | 3:55         | 15.3 (73.9%) |
| 152 | <b>HABRAT Barbara</b>           | <b>63</b>  | 15 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL         | 85   | <b>00:19:38.16</b> | +00:05:08 (26.2%) | 3:55         | 15.3 (73.9%) |
| 153 | <b>ŻELAZNY Mikołaj</b>          | <b>248</b> | 21 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL         | 86   | <b>00:19:39.33</b> | +00:05:10 (26.3%) | 3:56         | 15.3 (73.9%) |
| 154 | <b>LEJA Tomasz</b>              | <b>114</b> |  | Pracownicy AWL do 40 lat   | 3    | <b>00:19:40.42</b> | +00:05:11 (26.4%) | 3:56         | 15.3 (73.9%) |
| 155 | <b>KOSTRZEWA Mikołaj</b>        | <b>92</b>  | 21 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL         | 87   | <b>00:19:42.16</b> | +00:05:12 (26.5%) | 3:56         | 15.2 (73.4%) |
| 156 | <b>KUPCZAK Kacper</b>           | <b>109</b> | 15 KOMPANIA SZKOLNA                                  | OPEN- Studenci AWL         | 88   | <b>00:19:43.14</b> | +00:05:13 (26.5%) | 3:56         | 15.2 (73.4%) |
| 157 | <b>ŻARCZYŃSKA Martyna</b>       | <b>247</b> | AWF WROCŁAW  | K-Open                     | 2    | <b>00:19:46.18</b> | +00:05:16 (26.7%) | 3:57         | 15.2 (73.4%) |
| 158 | <b>SĄLDAN Wojciech</b>          | <b>186</b> | POLITECHNIKA WROCŁAWSKA                              | M-Open                     | 21   | <b>00:19:46.37</b> | +00:05:17 (26.7%) | 3:57         | 15.2 (73.4%) |
| 159 | <b>DUDEK Karol</b>              | <b>39</b>  | MEDYCY   | OPEN-Liga Międz.           | 34   | <b>00:19:49.79</b> | +00:05:20 (26.9%) | 3:58         | 15.1 (72.9%) |

| Msc | Zawodnik                   | Numer      | Klub                          | Kategoria                  | Mkat | Czas netto 5km     | Różn              | Tempo min/km | Tempo km/h   |
|-----|----------------------------|------------|-------------------------------|----------------------------|------|--------------------|-------------------|--------------|--------------|
| 160 | <b>ANTONIAK Jakub</b>      | <b>4</b>   | 21 KOMPANIA SZKOLNA           | OPEN- Studenci AWL         | 89   | <b>00:19:50.61</b> | +00:05:21 (27.0%) | 3:58         | 15.1 (72.9%) |
| 161 | <b>FIJALKOWSKI Hubert</b>  | <b>325</b> | 15 KOMPANIA SZKOLNA           | OPEN- Studenci AWL         | 90   | <b>00:19:51.13</b> | +00:05:21 (27.0%) | 3:58         | 15.1 (72.9%) |
| 162 | <b>KUCHLEWSKI Kamil</b>    | <b>270</b> | 15 KOMPANIA SZKOLNA           | OPEN- Studenci AWL         | 91   | <b>00:19:52.27</b> | +00:05:23 (27.1%) | 3:58         | 15.1 (72.9%) |
| 163 | <b>GOSTKOWSKI Patryk</b>   | <b>336</b> | 15 KOMPANIA SZKOLNA           | OPEN- Studenci AWL         | 92   | <b>00:19:53.39</b> | +00:05:24 (27.2%) | 3:58         | 15.1 (72.9%) |
| 164 | <b>JASZCZAK Łukasz</b>     | <b>345</b> | 15 KOMPANIA SZKOLNA           | OPEN- Studenci AWL         | 93   | <b>00:19:56.28</b> | +00:05:27 (27.3%) | 3:59         | 15.1 (72.9%) |
| 165 | <b>DRABIK Joanna</b>       | <b>35</b>  | KS AZS AWF KRAKÓW, UE WROCŁAW | OPEN-Liga Międz.           | 35   | <b>00:19:57.51</b> | +00:05:28 (27.4%) | 3:59         | 15 (72.5%)   |
| 166 | <b>OLINKIEWICZ Piotr</b>   | <b>316</b> | 15 KOMPANIA SZKOLNA           | OPEN- Studenci AWL         | 94   | <b>00:19:57.81</b> | +00:05:28 (27.4%) | 3:59         | 15 (72.5%)   |
| 167 | <b>MAZUR Tomasz</b>        | <b>138</b> | ZORZA                         | M-Open                     | 22   | <b>00:19:59.13</b> | +00:05:29 (27.5%) | 3:59         | 15 (72.5%)   |
| 168 | <b>BROCKI Artur</b>        | <b>359</b> |                               | M-Open                     | 23   | <b>00:20:00.77</b> | +00:05:31 (27.6%) | 4:00         | 15 (72.5%)   |
| 169 | <b>KORCZUK Natalia</b>     | <b>88</b>  | UNIWERSYTET WROCŁAWSKI        | OPEN-Liga Międz.           | 36   | <b>00:20:01.38</b> | +00:05:32 (27.6%) | 4:00         | 15 (72.5%)   |
| 170 | <b>ORDA Jakub</b>          | <b>334</b> | 15 KOMPANIA SZKOLNA           | OPEN- Studenci AWL         | 95   | <b>00:20:01.68</b> | +00:05:32 (27.7%) | 4:00         | 15 (72.5%)   |
| 171 | <b>KANTOROWSKI Henryk</b>  | <b>279</b> | 15 KOMPANIA SZKOLNA           | OPEN- Studenci AWL         | 96   | <b>00:20:03.95</b> | +00:05:34 (27.8%) | 4:00         | 15 (72.5%)   |
| 172 | <b>SZCZĘSNY Krystian</b>   | <b>335</b> | 15 KOMPANIA SZKOLNA           | OPEN- Studenci AWL         | 97   | <b>00:20:04.43</b> | +00:05:35 (27.8%) | 4:00         | 15 (72.5%)   |
| 173 | <b>TURŁA Olaf</b>          | <b>304</b> | 15 KOMPANIA SZKOLNA           | OPEN- Studenci AWL         | 98   | <b>00:20:06.08</b> | +00:05:36 (27.9%) | 4:01         | 14.9 (72.0%) |
| 174 | <b>PIETRZAK Damian</b>     | <b>166</b> | 15 KOMPANIA SZKOLNA           | OPEN- Studenci AWL         | 99   | <b>00:20:10.49</b> | +00:05:41 (28.2%) | 4:02         | 14.9 (72.0%) |
| 175 | <b>ŁANOCHA Mikołaj</b>     | <b>122</b> | MEDYCY                        | OPEN-Liga Międz.           | 37   | <b>00:20:10.63</b> | +00:05:41 (28.2%) | 4:02         | 14.9 (72.0%) |
| 176 | <b>HAWRA Michał</b>        | <b>66</b>  | UNIWERSYTET WROCŁAWSKI        | OPEN-Liga Międz.           | 38   | <b>00:20:12.14</b> | +00:05:42 (28.3%) | 4:02         | 14.8 (71.5%) |
| 177 | <b>KŁUSEK Dariusz</b>      | <b>278</b> | AWL                           | Pracownicy AWL pow. 41 lat | 3    | <b>00:20:12.44</b> | +00:05:43 (28.3%) | 4:02         | 14.9 (72.0%) |
| 178 | <b>KOTERAS Wiktor</b>      | <b>296</b> | 15 KOMPANIA SZKOLNA           | OPEN- Studenci AWL         | 100  | <b>00:20:14.24</b> | +00:05:45 (28.4%) | 4:02         | 14.8 (71.5%) |
| 179 | <b>ADAMSKI Rafał</b>       | <b>3</b>   | PARKRUN WROCŁAW               | M-Open                     | 24   | <b>00:20:15.40</b> | +00:05:46 (28.5%) | 4:03         | 14.8 (71.5%) |
| 180 | <b>ADAMSKA Joanna</b>      | <b>2</b>   | UNIWERSYTET WROCŁAWSKI        | OPEN-Liga Międz.           | 39   | <b>00:20:15.68</b> | +00:05:46 (28.5%) | 4:03         | 14.8 (71.5%) |
| 181 | <b>MICAKOWSKI Filip</b>    | <b>343</b> | 15 KOMPANIA SZKOLNA           | OPEN- Studenci AWL         | 101  | <b>00:20:15.78</b> | +00:05:46 (28.5%) | 4:03         | 14.8 (71.5%) |
| 182 | <b>MAKOWSKI Kamil</b>      | <b>263</b> | 15 KOMPANIA SZKOLNA           | Garnizon Wrocław           | 10   | <b>00:20:16.65</b> | +00:05:47 (28.6%) | 4:03         | 14.8 (71.5%) |
| 183 | <b>JANIEC Tomasz</b>       | <b>311</b> | 15 KOMPANIA SZKOLNA           | OPEN- Studenci AWL         | 102  | <b>00:20:17.55</b> | +00:05:48 (28.6%) | 4:03         | 14.8 (71.5%) |
| 184 | <b>KASPRZAK Hubert</b>     | <b>80</b>  | 15 KOMPANIA SZKOLNA           | OPEN- Studenci AWL         | 103  | <b>00:20:18.63</b> | +00:05:49 (28.7%) | 4:03         | 14.8 (71.5%) |
| 185 | <b>CZETYRBOK Sebastian</b> | <b>309</b> |                               | OPEN- Studenci AWL         | 104  | <b>00:20:19.02</b> | +00:05:49 (28.7%) | 4:03         | 14.8 (71.5%) |
| 186 | <b>PIOTROWSKI Łukasz</b>   | <b>283</b> | 15 KOMPANIA SZKOLNA           | OPEN- Studenci AWL         | 105  | <b>00:20:22.79</b> | +00:05:53 (28.9%) | 4:04         | 14.7 (71.0%) |
| 187 | <b>OPALIŃSKI Dawid</b>     | <b>308</b> | 15 KOMPANIA SZKOLNA           | OPEN- Studenci AWL         | 106  | <b>00:20:24.23</b> | +00:05:54 (29.0%) | 4:05         | 14.7 (71.0%) |
| 188 | <b>FRASK Aneta</b>         | <b>48</b>  | 21 KOMPANIA SZKOLNA           | OPEN- Studenci AWL         | 107  | <b>00:20:26.43</b> | +00:05:57 (29.1%) | 4:05         | 14.7 (71.0%) |
| 189 | <b>KUBICZ Arkadiusz</b>    | <b>268</b> | 15 KOMPANIA SZKOLNA           | OPEN- Studenci AWL         | 108  | <b>00:20:26.90</b> | +00:05:57 (29.2%) | 4:05         | 14.7 (71.0%) |
| 190 | <b>SŁAWIŃSKI Marcin</b>    | <b>193</b> | 3 BRYGADA RADIOTECHNICZNA     | Garnizon Wrocław           | 11   | <b>00:20:32.19</b> | +00:06:02 (29.5%) | 4:06         | 14.6 (70.5%) |
| 191 | <b>CHODOROWSKI Adrian</b>  | <b>291</b> | 15 KOMPANIA SZKOLNA           | OPEN- Studenci AWL         | 109  | <b>00:20:33.53</b> | +00:06:04 (29.5%) | 4:06         | 14.6 (70.5%) |
| 192 | <b>TYMOSZ Piotr</b>        | <b>317</b> | 15 KOMPANIA SZKOLNA           | OPEN- Studenci AWL         | 110  | <b>00:20:33.71</b> | +00:06:04 (29.5%) | 4:06         | 14.6 (70.5%) |
| 193 | <b>KOPEĆ Patrycja</b>      | <b>87</b>  | 23 KOMPANIA SZKOLNA           | OPEN- Studenci AWL         | 111  | <b>00:20:34.71</b> | +00:06:05 (29.6%) | 4:07         | 14.6 (70.5%) |
| 194 | <b>RYBCZYŃSKA Paulina</b>  | <b>184</b> | UNIWERSYTET WROCŁAWSKI        | OPEN-Liga Międz.           | 40   | <b>00:20:35.05</b> | +00:06:05 (29.6%) | 4:07         | 14.6 (70.5%) |
| 195 | <b>PRUSZKOWSKI Mateusz</b> | <b>174</b> | AWL                           | OPEN- Studenci AWL         | 112  | <b>00:20:35.51</b> | +00:06:06 (29.6%) | 4:07         | 14.6 (70.5%) |
| 196 | <b>WOJTCZAK Krystian</b>   | <b>322</b> | 15 KOMPANIA SZKOLNA           | OPEN- Studenci AWL         | 113  | <b>00:20:36.08</b> | +00:06:06 (29.7%) | 4:07         | 14.6 (70.5%) |
| 197 | <b>KRASUSKI Piotr</b>      | <b>99</b>  | 16 KOMPANIA SZKOLNA           | OPEN- Studenci AWL         | 114  | <b>00:20:36.70</b> | +00:06:07 (29.7%) | 4:07         | 14.6 (70.5%) |
| 198 | <b>CYMERMAN Rafał</b>      | <b>290</b> | 15 KOMPANIA SZKOLNA           | OPEN- Studenci AWL         | 115  | <b>00:20:42.51</b> | +00:06:13 (30.0%) | 4:08         | 14.5 (70.0%) |
| 199 | <b>RUTOWICZ Rafał</b>      | <b>342</b> | 15 KOMPANIA SZKOLNA           | OPEN- Studenci AWL         | 116  | <b>00:20:42.87</b> | +00:06:13 (30.1%) | 4:08         | 14.5 (70.0%) |
| 200 | <b>SOBIERAJ Gerard</b>     | <b>287</b> | 15 KOMPANIA SZKOLNA           | OPEN- Studenci AWL         | 117  | <b>00:20:44.23</b> | +00:06:14 (30.1%) | 4:08         | 14.5 (70.0%) |
| 201 | <b>ZIÓŁKOWSKI Marcin</b>   | <b>306</b> | 15 KOMPANIA SZKOLNA           | OPEN- Studenci AWL         | 118  | <b>00:20:46.67</b> | +00:06:17 (30.3%) | 4:09         | 14.4 (69.6%) |
| 202 | <b>NOWICKI Bartosz</b>     | <b>285</b> | 15 KOMPANIA SZKOLNA           | OPEN- Studenci AWL         | 119  | <b>00:20:47.18</b> | +00:06:17 (30.3%) | 4:09         | 14.4 (69.6%) |
| 203 | <b>KORYLUK Szymon</b>      | <b>89</b>  | 23 KOMPANIA SZKOLNA           | OPEN- Studenci AWL         | 120  | <b>00:20:48.26</b> | +00:06:19 (30.4%) | 4:09         | 14.4 (69.6%) |

| Msc | Zawodnik                     | Numer      | Klub                      | Kategoria                  | Mkat | Czas netto 5km     | Różn              | Tempo min/km | Tempo km/h   |
|-----|------------------------------|------------|---------------------------|----------------------------|------|--------------------|-------------------|--------------|--------------|
| 204 | <b>AUGUST Artur</b>          | <b>307</b> | 15 KOMPANIA SZKOLNA       | OPEN- Studenci AWL         | 121  | <b>00:20:52.48</b> | +00:06:23 (30.6%) | 4:10         | 14.4 (69.6%) |
| 205 | <b>WALUŚKIEWICZ Artur</b>    | <b>223</b> |                           | M-Open                     | 25   | <b>00:20:55.78</b> | +00:06:26 (30.8%) | 4:11         | 14.3 (69.1%) |
| 206 | <b>SEŃKO Dawid</b>           | <b>288</b> | 15 KOMPANIA SZKOLNA       | OPEN- Studenci AWL         | 122  | <b>00:21:00.25</b> | +00:06:31 (31.0%) | 4:12         | 14.3 (69.1%) |
| 207 | <b>BAK Bartłomiej</b>        | <b>125</b> | 11 KOMPANIA SZKOLNA       | OPEN- Studenci AWL         | 123  | <b>00:21:00.85</b> | +00:06:31 (31.1%) | 4:12         | 14.3 (69.1%) |
| 208 | <b>GORCZYCA Paweł</b>        | <b>56</b>  | KSP 2 OSP                 | M-Open                     | 26   | <b>00:21:02.59</b> | +00:06:33 (31.2%) | 4:12         | 14.3 (69.1%) |
| 209 | <b>KOWAL Jakub</b>           | <b>94</b>  |                           | M-Open                     | 27   | <b>00:21:02.63</b> | +00:06:33 (31.2%) | 4:12         | 14.3 (69.1%) |
| 210 | <b>WOŁCZYK Cezary</b>        | <b>236</b> | 15 KOMPANIA SZKOLNA       | OPEN- Studenci AWL         | 124  | <b>00:21:04.11</b> | +00:06:34 (31.2%) | 4:12         | 14.2 (68.6%) |
| 211 | <b>ZAJĄC Piotr</b>           | <b>86</b>  | 3 BRYGADA RADIOTECHNICZNA | Garnizon Wrocław           | 12   | <b>00:21:08.53</b> | +00:06:39 (31.5%) | 4:13         | 14.2 (68.6%) |
| 212 | <b>WARDA Krzysztofa</b>      | <b>227</b> | MEDYCY                    | OPEN-Liga Międz.           | 41   | <b>00:21:10.57</b> | +00:06:41 (31.6%) | 4:14         | 14.2 (68.6%) |
| 213 | <b>TYMOFEJEWICZ Natalia</b>  | <b>276</b> | 15 KOMPANIA SZKOLNA       | OPEN- Studenci AWL         | 125  | <b>00:21:11.66</b> | +00:06:42 (31.6%) | 4:14         | 14.2 (68.6%) |
| 214 | <b>WAŃCZYK Zuzanna</b>       | <b>226</b> | 21 KOMPANIA SZKOLNA       | OPEN- Studenci AWL         | 126  | <b>00:21:14.56</b> | +00:06:45 (31.8%) | 4:15         | 14.1 (68.1%) |
| 215 | <b>CHELIŃSKA Magdalena</b>   | <b>23</b>  | 3 BRYGADA RADIOTECHNICZNA | Garnizon Wrocław           | 13   | <b>00:21:15.87</b> | +00:06:46 (31.9%) | 4:15         | 14.1 (68.1%) |
| 216 | <b>TRACZ Łukasz</b>          | <b>221</b> | 3 BRYGADA RADIOTECHNICZNA | Garnizon Wrocław           | 14   | <b>00:21:16.11</b> | +00:06:46 (31.9%) | 4:15         | 14.1 (68.1%) |
| 217 | <b>DOMAGALSKI Jakub</b>      | <b>277</b> | 15 KOMPANIA SZKOLNA       | OPEN- Studenci AWL         | 127  | <b>00:21:16.44</b> | +00:06:47 (31.9%) | 4:15         | 14.1 (68.1%) |
| 218 | <b>SIMIONKOWSKI Patryk</b>   | <b>333</b> | 15 KOMPANIA SZKOLNA       | OPEN- Studenci AWL         | 128  | <b>00:21:17.16</b> | +00:06:47 (31.9%) | 4:15         | 14.1 (68.1%) |
| 219 | <b>BARTYZEL Andrzej</b>      | <b>331</b> | 15 KOMPANIA SZKOLNA       | OPEN- Studenci AWL         | 129  | <b>00:21:17.56</b> | +00:06:48 (32.0%) | 4:15         | 14.1 (68.1%) |
| 220 | <b>BOGUSZEWSKI Michał</b>    | <b>14</b>  |                           | OPEN- Studenci AWL         | 130  | <b>00:21:18.21</b> | +00:06:48 (32.0%) | 4:15         | 14.1 (68.1%) |
| 221 | <b>KOMAR Bartosz</b>         | <b>284</b> | 15 KOMPANIA SZKOLNA       | OPEN- Studenci AWL         | 131  | <b>00:21:19.15</b> | +00:06:49 (32.0%) | 4:15         | 14.1 (68.1%) |
| 222 | <b>GRALEC Bartłomiej</b>     | <b>350</b> | 15 KOMPANIA SZKOLNA       | OPEN- Studenci AWL         | 132  | <b>00:21:19.76</b> | +00:06:50 (32.1%) | 4:16         | 14.1 (68.1%) |
| 223 | <b>LEWIŃSKI Mateusz</b>      | <b>116</b> | AWL                       | OPEN- Studenci AWL         | 133  | <b>00:21:20.01</b> | +00:06:50 (32.1%) | 4:16         | 14.1 (68.1%) |
| 224 | <b>SKUPSKI Damian</b>        | <b>329</b> | 15 KOMPANIA SZKOLNA       | OPEN- Studenci AWL         | 134  | <b>00:21:21.31</b> | +00:06:52 (32.2%) | 4:16         | 14.1 (68.1%) |
| 225 | <b>CIERZNIAK Hubert</b>      | <b>328</b> | 15 KOMPANIA SZKOLNA       | OPEN- Studenci AWL         | 135  | <b>00:21:22.70</b> | +00:06:53 (32.2%) | 4:16         | 14 (67.6%)   |
| 226 | <b>BRZEZKI Bartłomiej</b>    | <b>348</b> | 15 KOMPANIA SZKOLNA       | OPEN- Studenci AWL         | 136  | <b>00:21:29.41</b> | +00:07:00 (32.6%) | 4:17         | 14 (67.6%)   |
| 227 | <b>ŚLICZNIAK Weronika</b>    | <b>216</b> | 23 KOMPANIA SZKOLNA       | OPEN- Studenci AWL         | 137  | <b>00:21:31.34</b> | +00:07:02 (32.7%) | 4:18         | 13.9 (67.1%) |
| 228 | <b>PILICHOWSKA Karolina</b>  | <b>351</b> |                           | K-Open                     | 3    | <b>00:21:36.41</b> | +00:07:07 (33.0%) | 4:19         | 13.9 (67.1%) |
| 229 | <b>KOWALSKI Kazimierz</b>    | <b>96</b>  | AWL                       | Pracownicy AWL pow. 41 lat | 4    | <b>00:21:40.38</b> | +00:07:11 (33.2%) | 4:20         | 13.8 (66.7%) |
| 230 | <b>CHLEBOWSKI Mateusz</b>    | <b>24</b>  | 21 KOMPANIA SZKOLNA       | OPEN- Studenci AWL         | 138  | <b>00:21:44.89</b> | +00:07:15 (33.4%) | 4:21         | 13.8 (66.7%) |
| 231 | <b>BAK Zuzanna</b>           | <b>9</b>   | UNIWERSYTET WROCŁAWSKI    | OPEN-Liga Międz.           | 42   | <b>00:21:46.31</b> | +00:07:17 (33.5%) | 4:21         | 13.8 (66.7%) |
| 232 | <b>ŁAWRYNOWICZ Jakub</b>     | <b>123</b> | NIEZRZESZONY              | M-Open                     | 28   | <b>00:21:48.42</b> | +00:07:19 (33.6%) | 4:21         | 13.8 (66.7%) |
| 233 | <b>SCHILTENWOLF Anna</b>     | <b>188</b> | AZS UMED LEKKA ATLETYKA   | OPEN-Liga Międz.           | 43   | <b>00:21:48.85</b> | +00:07:19 (33.6%) | 4:21         | 13.8 (66.7%) |
| 234 | <b>TREMBOWSKI Piotr</b>      | <b>315</b> | 15 KOMPANIA SZKOLNA       | OPEN- Studenci AWL         | 139  | <b>00:21:53.38</b> | +00:07:24 (33.8%) | 4:22         | 13.7 (66.2%) |
| 235 | <b>NATANEK Patryk</b>        | <b>320</b> | 15 KOMPANIA SZKOLNA       | OPEN- Studenci AWL         | 140  | <b>00:21:55.38</b> | +00:07:26 (33.9%) | 4:23         | 13.7 (66.2%) |
| 236 | <b>WITCZAK Maciej</b>        | <b>233</b> | 21 KOMPANIA SZKOLNA       | OPEN- Studenci AWL         | 141  | <b>00:21:56.17</b> | +00:07:26 (34.0%) | 4:23         | 13.7 (66.2%) |
| 237 | <b>SZAŁKOPLAS Bronisław</b>  | <b>207</b> | INNE                      | M-Open                     | 29   | <b>00:21:56.99</b> | +00:07:27 (34.0%) | 4:23         | 13.7 (66.2%) |
| 238 | <b>OLSZOWY Bartłomiej</b>    | <b>360</b> | 15 KOMPANIA SZKOLNA       | OPEN- Studenci AWL         | 142  | <b>00:22:01.38</b> | +00:07:32 (34.2%) | 4:24         | 13.6 (65.7%) |
| 239 | <b>KARABAN Krystian</b>      | <b>292</b> | 15 KOMPANIA SZKOLNA       | OPEN- Studenci AWL         | 143  | <b>00:22:01.62</b> | +00:07:32 (34.2%) | 4:24         | 13.6 (65.7%) |
| 240 | <b>DANIELEWICZ Daria</b>     | <b>32</b>  | 15 KOMPANIA SZKOLNA       | OPEN- Studenci AWL         | 144  | <b>00:22:01.84</b> | +00:07:32 (34.2%) | 4:24         | 13.6 (65.7%) |
| 241 | <b>BOROWSKI Adrian</b>       | <b>363</b> | 15 KOMPANIA SZKOLNA       | OPEN- Studenci AWL         | 145  | <b>00:22:04.02</b> | +00:07:34 (34.3%) | 4:24         | 13.6 (65.7%) |
| 242 | <b>OSTROWSKI Dariusz</b>     | <b>157</b> | AWL                       | Pracownicy AWL pow. 41 lat | 5    | <b>00:22:06.27</b> | +00:07:37 (34.5%) | 4:25         | 13.6 (65.7%) |
| 243 | <b>SUCHARSKI Mateusz</b>     | <b>204</b> | UNIWERSYTET WROCŁAWSKI    | OPEN-Liga Międz.           | 44   | <b>00:22:14.67</b> | +00:07:45 (34.9%) | 4:27         | 13.5 (65.2%) |
| 244 | <b>WISZNIEWSKI Mateusz</b>   | <b>232</b> | 15 KOMPANIA SZKOLNA       | OPEN- Studenci AWL         | 146  | <b>00:22:15.24</b> | +00:07:46 (34.9%) | 4:27         | 13.5 (65.2%) |
| 245 | <b>KACZKOWSKI Bartłomiej</b> | <b>356</b> | 15 KOMPANIA SZKOLNA       | OPEN- Studenci AWL         | 147  | <b>00:22:15.47</b> | +00:07:46 (34.9%) | 4:27         | 13.5 (65.2%) |
| 246 | <b>PRUKOP Wojciech</b>       | <b>173</b> | RAWLPLUG                  | M-Open                     | 30   | <b>00:22:31.12</b> | +00:08:01 (35.7%) | 4:30         | 13.3 (64.3%) |
| 247 | <b>SZCZECH Anita</b>         | <b>208</b> | 21 KOMPANIA SZKOLNA       | OPEN- Studenci AWL         | 148  | <b>00:22:34.31</b> | +00:08:05 (35.8%) | 4:31         | 13.3 (64.3%) |

| Msc | Zawodnik                    | Numer      | Klub  | Kategoria          | Mkat | Czas netto 5km     | Różn              | Tempo min/km | Tempo km/h   |
|-----|-----------------------------|------------|---|--------------------|------|--------------------|-------------------|--------------|--------------|
| 248 | <b>GWIAZDZIŃSKI Maciej</b>  | <b>327</b> | 15 KOMPANIA SZKOLNA                         | OPEN- Studenci AWL | 149  | <b>00:22:34.58</b> | +00:08:05 (35.8%) | 4:31         | 13.3 (64.3%) |
| 249 | <b>STROPA Marcin</b>        | <b>302</b> | 15 KOMPANIA SZKOLNA                         | OPEN- Studenci AWL | 150  | <b>00:22:35.82</b> | +00:08:06 (35.9%) | 4:31         | 13.3 (64.3%) |
| 250 | <b>BANAŚ Adam</b>           | <b>282</b> | 15 KOMPANIA SZKOLNA                         | OPEN- Studenci AWL | 151  | <b>00:22:39.29</b> | +00:08:10 (36.1%) | 4:31         | 13.2 (63.8%) |
| 251 | <b>GERMAN Adam</b>          | <b>295</b> | 15 KOMPANIA SZKOLNA                         | OPEN- Studenci AWL | 152  | <b>00:22:42.06</b> | +00:08:12 (36.2%) | 4:32         | 13.2 (63.8%) |
| 252 | <b>SZCZEŚNIAK Andrzej</b>   | <b>209</b> | WOJSKOWY ODDZIAŁ MEDYCZYNY PREWENCYJNEJ     | Garnizon Wrocław   | 15   | <b>00:22:42.66</b> | +00:08:13 (36.2%) | 4:32         | 13.2 (63.8%) |
| 253 | <b>UJMA Piotr</b>           | <b>312</b> | 15 KOMPANIA SZKOLNA                         | OPEN- Studenci AWL | 153  | <b>00:22:44.57</b> | +00:08:15 (36.3%) | 4:32         | 13.2 (63.8%) |
| 254 | <b>SZEWCZYK Mateusz</b>     | <b>281</b> | 15 KOMPANIA SZKOLNA                         | OPEN- Studenci AWL | 154  | <b>00:22:44.85</b> | +00:08:15 (36.3%) | 4:33         | 13.2 (63.8%) |
| 255 | <b>WOŹNIAK Karolina</b>     | <b>237</b> | UNIWERSYTET WROCŁAWSKI                      | OPEN-Liga Międz.   | 45   | <b>00:22:47.07</b> | +00:08:17 (36.4%) | 4:33         | 13.2 (63.8%) |
| 256 | <b>KINAST Olaf</b>          | <b>82</b>  | 15 KOMPANIA SZKOLNA                         | OPEN- Studenci AWL | 155  | <b>00:22:47.20</b> | +00:08:17 (36.4%) | 4:33         | 13.2 (63.8%) |
| 257 | <b>OLSZAŃSKA Martyna</b>    | <b>275</b> | 15 KOMPANIA SZKOLNA                         | OPEN- Studenci AWL | 156  | <b>00:22:47.51</b> | +00:08:18 (36.4%) | 4:33         | 13.2 (63.8%) |
| 258 | <b>KRAWCZYK Jakub</b>       | <b>100</b> | AWF WROCŁAW                                 | M-Open             | 31   | <b>00:22:48.50</b> | +00:08:19 (36.5%) | 4:33         | 13.1 (63.3%) |
| 259 | <b>KWAŚNIK Natalia</b>      | <b>111</b> | 23 KOMPANIA SZKOLNA                         | OPEN- Studenci AWL | 157  | <b>00:22:51.43</b> | +00:08:22 (36.6%) | 4:34         | 13.1 (63.3%) |
| 260 | <b>DWOJAK Aleksandra</b>    | <b>40</b>  | 21 KOMPANIA SZKOLNA                         | OPEN- Studenci AWL | 158  | <b>00:23:03.09</b> | +00:08:33 (37.2%) | 4:36         | 13 (62.8%)   |
| 261 | <b>KOWAL Paweł</b>          | <b>310</b> | 15 KOMPANIA SZKOLNA                         | OPEN- Studenci AWL | 159  | <b>00:23:07.26</b> | +00:08:38 (37.3%) | 4:37         | 13 (62.8%)   |
| 262 | <b>PAJAK Arkadiusz</b>      | <b>313</b> | 15 KOMPANIA SZKOLNA                         | OPEN- Studenci AWL | 160  | <b>00:23:13.02</b> | +00:08:43 (37.6%) | 4:38         | 12.9 (62.3%) |
| 263 | <b>MARSZEWSKI Krzysztof</b> | <b>362</b> | 15 KOMPANIA SZKOLNA                         | OPEN- Studenci AWL | 161  | <b>00:23:15.12</b> | +00:08:45 (37.7%) | 4:39         | 12.9 (62.3%) |
| 264 | <b>ONISZCZUK Kamil</b>      | <b>346</b> | 15 KOMPANIA SZKOLNA                         | OPEN- Studenci AWL | 162  | <b>00:23:17.45</b> | +00:08:48 (37.8%) | 4:39         | 12.9 (62.3%) |
| 265 | <b>ADAMCZYK Zofia</b>       | <b>1</b>   | AWF WROCŁAW                                 | K-Open             | 4    | <b>00:23:18.06</b> | +00:08:48 (37.8%) | 4:39         | 12.9 (62.3%) |
| 266 | <b>GIENIBOR Katarzyna</b>   | <b>51</b>  | 22 KOMPANIA SZKOLNA                         | OPEN- Studenci AWL | 163  | <b>00:23:43.02</b> | +00:09:13 (38.9%) | 4:44         | 12.6 (60.9%) |
| 267 | <b>GOŁĄBEK Fabian</b>       | <b>330</b> | 15 KOMPANIA SZKOLNA                         | OPEN- Studenci AWL | 164  | <b>00:23:50.93</b> | +00:09:21 (39.3%) | 4:46         | 12.6 (60.9%) |
| 268 | <b>WOJTKOWSKI Konrad</b>    | <b>235</b> |   | M-Open             | 32   | <b>00:23:57.78</b> | +00:09:28 (39.5%) | 4:47         | 12.5 (60.4%) |
| 269 | <b>BOKSA Jakub</b>          | <b>15</b>  | AWF WROCŁAW                                 | M-Open             | 33   | <b>00:24:09.34</b> | +00:09:40 (40.0%) | 4:50         | 12.4 (59.9%) |
| 270 | <b>ĆWIĘKAŁA Kacper</b>      | <b>338</b> | 15 KOMPANIA SZKOLNA                         | OPEN- Studenci AWL | 165  | <b>00:24:11.35</b> | +00:09:42 (40.1%) | 4:50         | 12.4 (59.9%) |
| 271 | <b>JANUS Wojciech</b>       | <b>339</b> | 15 KOMPANIA SZKOLNA                         | Garnizon Wrocław   | 16   | <b>00:24:12.31</b> | +00:09:43 (40.1%) | 4:50         | 12.4 (59.9%) |
| 272 | <b>SZPUNAR Krystian</b>     | <b>212</b> |   | M-Open             | 34   | <b>00:24:15.33</b> | +00:09:46 (40.3%) | 4:51         | 12.4 (59.9%) |
| 273 | <b>GÓRSKI Jakub</b>         | <b>299</b> | 15 KOMPANIA SZKOLNA                         | OPEN- Studenci AWL | 166  | <b>00:24:15.69</b> | +00:09:46 (40.3%) | 4:51         | 12.4 (59.9%) |
| 274 | <b>SOWA Alina</b>           | <b>198</b> | WKB PIAST WROCŁAW                           | K-Open             | 5    | <b>00:24:29.81</b> | +00:10:00 (40.9%) | 4:54         | 12.2 (58.9%) |
| 275 | <b>GORWA Martyna</b>        | <b>58</b>  |   | K-Open             | 6    | <b>00:24:37.11</b> | +00:10:07 (41.2%) | 4:55         | 12.2 (58.9%) |
| 276 | <b>ZARZYCKA Anita</b>       | <b>303</b> | 15 KOMPANIA SZKOLNA                         | OPEN- Studenci AWL | 167  | <b>00:24:41.05</b> | +00:10:11 (41.3%) | 4:56         | 12.2 (58.9%) |
| 277 | <b>FAJCIK Hanna</b>         | <b>271</b> | KS AZS AWF KRAKÓW, UE WROCŁAW               | K-Open             | 7    | <b>00:24:43.20</b> | +00:10:13 (41.4%) | 4:56         | 12.1 (58.5%) |
| 278 | <b>POŹNIAK Anna</b>         | <b>172</b> | MEDYCY                                      | OPEN-Liga Międz.   | 46   | <b>00:24:48.69</b> | +00:10:19 (41.6%) | 4:57         | 12.1 (58.5%) |
| 279 | <b>KURASZ Wiktoria</b>      | <b>297</b> | 15 KOMPANIA SZKOLNA                         | OPEN- Studenci AWL | 168  | <b>00:24:57.47</b> | +00:10:28 (42.0%) | 4:59         | 12 (58.0%)   |
| 280 | <b>ŁECHTAŃSKI Łukasz</b>    | <b>361</b> | 15 KOMPANIA SZKOLNA                         | OPEN- Studenci AWL | 169  | <b>00:25:00.06</b> | +00:10:30 (42.1%) | 5:00         | 12 (58.0%)   |
| 281 | <b>BYRA Szymon</b>          | <b>21</b>  | AWF WROCŁAW                                 | M-Open             | 35   | <b>00:25:11.18</b> | +00:10:41 (42.5%) | 5:02         | 11.9 (57.5%) |
| 282 | <b>LUPA Natalia</b>         | <b>120</b> | AWF WROCŁAW                                 | K-Open             | 8    | <b>00:25:17.44</b> | +00:10:48 (42.7%) | 5:03         | 11.9 (57.5%) |
| 283 | <b>PRZEMUSIAŁA Klaudia</b>  | <b>175</b> | AWF WROCŁAW                                 | K-Open             | 9    | <b>00:25:17.93</b> | +00:10:48 (42.7%) | 5:03         | 11.9 (57.5%) |
| 284 | <b>KUBASIK Julia</b>        | <b>105</b> | AKADEMIA WYCHOWANIA FIZYCZNEGO WE WROCŁAWIU | K-Open             | 10   | <b>00:25:18.78</b> | +00:10:49 (42.8%) | 5:03         | 11.9 (57.5%) |
| 285 | <b>SOKOŁOWSKA Olga</b>      | <b>196</b> | 15 KOMPANIA SZKOLNA                         | OPEN- Studenci AWL | 170  | <b>00:25:18.89</b> | +00:10:49 (42.8%) | 5:03         | 11.8 (57.0%) |
| 286 | <b>KĘDZIERSKA Patrycja</b>  | <b>81</b>  | 15 KOMPANIA SZKOLNA                         | OPEN- Studenci AWL | 171  | <b>00:25:18.99</b> | +00:10:49 (42.8%) | 5:03         | 11.8 (57.0%) |
| 287 | <b>HANYŻ Kornela</b>        | <b>65</b>  | 15 KOMPANIA SZKOLNA                         | OPEN- Studenci AWL | 172  | <b>00:25:19.18</b> | +00:10:49 (42.8%) | 5:03         | 11.8 (57.0%) |
| 288 | <b>MARKOWSKA Angelika</b>   | <b>135</b> | 15 KOMPANIA SZKOLNA                         | OPEN- Studenci AWL | 173  | <b>00:25:19.25</b> | +00:10:50 (42.8%) | 5:04         | 11.8 (57.0%) |
| 289 | <b>TABOR Małgorzata</b>     | <b>217</b> |   | K-Open             | 11   | <b>00:25:22.48</b> | +00:10:53 (42.9%) | 5:04         | 11.8 (57.0%) |
| 290 | <b>DRELAK Maja</b>          | <b>36</b>  | UKS SPORT BRALIN                            | K-Open             | 12   | <b>00:25:27.07</b> | +00:10:57 (43.1%) | 5:05         | 11.8 (57.0%) |
| 291 | <b>CIESIELSKA Marika</b>    | <b>26</b>  | AWF WROCŁAW                                 | K-Open             | 13   | <b>00:25:27.78</b> | +00:10:58 (43.1%) | 5:05         | 11.8 (57.0%) |

| Msc | Zawodnik                    | Numer      | Klub                   | Kategoria                  | Mkat | Czas netto 5km     | Różn              | Tempo min/km | Tempo km/h   |
|-----|-----------------------------|------------|------------------------|----------------------------|------|--------------------|-------------------|--------------|--------------|
| 292 | <b>MŁYNARCZYK Katarzyna</b> | <b>143</b> | UNIWERSYTET WROCŁAWSKI | K-Open                     | 14   | <b>00:25:27.88</b> | +00:10:58 (43.1%) | 5:05         | 11.8 (57.0%) |
| 293 | <b>KRUCZKIEWICZ Mateusz</b> | <b>102</b> | KRUKI                  | M-Open                     | 36   | <b>00:25:28.42</b> | +00:10:59 (43.1%) | 5:05         | 11.8 (57.0%) |
| 294 | <b>HAPEL Hanna</b>          | <b>369</b> |                        | K-Open                     | 15   | <b>00:25:32.64</b> | +00:11:03 (43.3%) | 5:06         | 11.7 (56.5%) |
| 295 | <b>ROKITNICKA Jessica</b>   | <b>180</b> | AWL                    | Pracownicy AWL do 40 lat   | 4    | <b>00:25:38.55</b> | +00:11:09 (43.5%) | 5:07         | 11.7 (56.5%) |
| 296 | <b>NAZIMEK Zbigniew</b>     | <b>148</b> | AWL                    | Pracownicy AWL pow. 41 lat | 6    | <b>00:25:39.98</b> | +00:11:10 (43.6%) | 5:08         | 11.7 (56.5%) |
| 297 | <b>ADAMSKA Iwona</b>        | <b>272</b> |                        | K-Open                     | 16   | <b>00:25:40.14</b> | +00:11:10 (43.6%) | 5:08         | 11.7 (56.5%) |
| 298 | <b>BIŃKOWSKA Klaudia</b>    | <b>358</b> | 15 KOMPANIA SZKOLNA    | OPEN- Studenci AWL         | 174  | <b>00:26:09.13</b> | +00:11:39 (44.6%) | 5:13         | 11.5 (55.6%) |
| 299 | <b>KRWACZYK Wiktoria</b>    | <b>355</b> | 15 KOMPANIA SZKOLNA    | OPEN- Studenci AWL         | 175  | <b>00:26:11.13</b> | +00:11:41 (44.7%) | 5:14         | 11.5 (55.6%) |
| 300 | <b>JUNKIERT Bartosz</b>     | <b>341</b> | 15 KOMPANIA SZKOLNA    | OPEN- Studenci AWL         | 176  | <b>00:26:14.28</b> | +00:11:45 (44.8%) | 5:14         | 11.4 (55.1%) |
| 301 | <b>MYSZKOWSKA Julia</b>     | <b>146</b> | AWF KATOWICE           | OPEN-Liga Międz.           | 47   | <b>00:26:17.43</b> | +00:11:48 (44.9%) | 5:15         | 11.4 (55.1%) |
| 302 | <b>ZEGADŁO Aleksandra</b>   | <b>243</b> | UNIWERSYTET WROCŁAWSKI | OPEN-Liga Międz.           | 48   | <b>00:27:30.01</b> | +00:13:00 (47.3%) | 5:30         | 10.9 (52.7%) |
| 303 | <b>KOZERA Tomasz</b>        | <b>97</b>  | UNIWERSYTET WROCŁAWSKI | M-Open                     | 37   | <b>00:27:38.22</b> | +00:13:08 (47.6%) | 5:31         | 10.9 (52.7%) |
| 304 | <b>KASIŃSKI Patryk</b>      | <b>366</b> |                        | M-Open                     | 38   | <b>00:27:56.92</b> | +00:13:27 (48.2%) | 5:35         | 10.7 (51.7%) |
| 305 | <b>STERNALSKI Michal</b>    | <b>201</b> |                        | M-Open                     | 39   | <b>00:29:53.72</b> | +00:15:24 (51.5%) | 5:58         | 10 (48.3%)   |
| 306 | <b>OŚLIZŁO Paulina</b>      | <b>158</b> | AWF WROCŁAW            | K-Open                     | 17   | <b>00:29:57.18</b> | +00:15:27 (51.6%) | 5:59         | 10 (48.3%)   |
| 307 | <b>KARASIŃSKA Izabela</b>   | <b>77</b>  | AWF WROCŁAW            | K-Open                     | 18   | <b>00:29:57.27</b> | +00:15:28 (51.6%) | 5:59         | 10 (48.3%)   |
| 308 | <b>KUCIŃSKI Kevin</b>       | <b>354</b> | 15 KOMPANIA SZKOLNA    | OPEN- Studenci AWL         | 177  |                    |                   |              | (0.0%)       |

Znaleziono 308 wynik(ów)