

48 BIEG Z OKAZJI DNIA PODCHORAŻEGO

B4SPORT

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



Klasyfikacja: Wszyscy

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

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

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

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116	OSTRĘGA Oskar	367	AZS	OPEN-Liga Międz.	27	00:19:05.80	+00:04:36 (24.1%)	3:49	15.7 (75.8%)
117	PAYET Frederic	163	MEDYCZNY AZS LA	OPEN-Liga Międz.	28	00:19:06.24	+00:04:37 (24.2%)	3:49	15.7 (75.8%)
118	CZECHANOWSKI Jakub	29	31 KOMPANIA SZKOLNA	OPEN- Studenci AWL	61	00:19:06.52	+00:04:37 (24.2%)	3:49	15.7 (75.8%)
119	KORZEŃ Paweł	90	21 KOMPANIA SZKOLNA	OPEN- Studenci AWL	62	00:19:07.13	+00:04:37 (24.2%)	3:49	15.7 (75.8%)
120	WYLEŻOŁ Dominika	239	UNIwersytet Wrocławski	OPEN-Liga Międz.	29	00:19:07.85	+00:04:38 (24.3%)	3:49	15.7 (75.8%)
121	SOCHAŃSKI Piotr	318	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	63	00:19:08.79	+00:04:39 (24.3%)	3:49	15.7 (75.8%)
122	KOLOCH Michał	265	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	64	00:19:09.49	+00:04:40 (24.4%)	3:50	15.7 (75.8%)
123	MAKARUK Konrad	264	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	65	00:19:10.23	+00:04:41 (24.4%)	3:50	15.6 (75.4%)
124	KARCZEWSKI Norbert	305	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	66	00:19:10.89	+00:04:41 (24.5%)	3:50	15.6 (75.4%)
125	OSTROWSKI Adam	319	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	67	00:19:10.90	+00:04:41 (24.5%)	3:50	15.6 (75.4%)
126	DROZDOWSKA Ewa	38	AZS UMED WROC	OPEN-Liga Międz.	30	00:19:11.12	+00:04:41 (24.5%)	3:50	15.6 (75.4%)
127	OSTROWSKI Kamil	321	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	68	00:19:11.86	+00:04:42 (24.5%)	3:50	15.6 (75.4%)
128	HINZ Kamil	340	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	69	00:19:12.57	+00:04:43 (24.6%)	3:50	15.6 (75.4%)
129	RUMIŃSKI Tomasz	182	AWF WROCŁAW	M-Open	19	00:19:13.69	+00:04:44 (24.7%)	3:50	15.6 (75.4%)
130	NIEZABITOWSKI Grzegorz	347	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	70	00:19:14.12	+00:04:44 (24.7%)	3:50	15.6 (75.4%)
131	KRÓLICKI Tomasz	352	UMW MED WROCŁAW	OPEN-Liga Międz.	31	00:19:16.12	+00:04:46 (24.8%)	3:51	15.6 (75.4%)
132	TOBIASZ Błażej	289	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	71	00:19:16.77	+00:04:47 (24.9%)	3:51	15.6 (75.4%)
133	DYCFELD Szymon	255	23 KOMPANIA SZKOLNA	OPEN- Studenci AWL	72	00:19:21.25	+00:04:52 (25.1%)	3:52	15.5 (74.9%)
134	WOŹNIAK Adam	238	AKADEMIA WOJSK ŁĄDOWYCH	OPEN- Studenci AWL	73	00:19:23.12	+00:04:53 (25.3%)	3:52	15.5 (74.9%)
135	BEREZA Igor	266	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	74	00:19:23.25	+00:04:54 (25.3%)	3:52	15.5 (74.9%)
136	GRZEGORZEWSKI Marcin	61	CENTRUM SZKOLENIA WOJSK INŻYNIERYJNYCH I CHEMICZNYCH	Garnizon Wrocław	8	00:19:23.35	+00:04:54 (25.3%)	3:52	15.5 (74.9%)
137	JANYGA Dominik	72	UNIwersytet Ekonomiczny we Wrocławiu	OPEN-Liga Międz.	32	00:19:24.57	+00:04:55 (25.4%)	3:53	15.5 (74.9%)
138	WIATER Wioleta	229	UNIwersytet Wrocławski	OPEN-Liga Międz.	33	00:19:28.49	+00:04:59 (25.6%)	3:53	15.4 (74.4%)
139	GRABOWSKI Maciej	332	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	75	00:19:28.73	+00:04:59 (25.6%)	3:53	15.4 (74.4%)
140	ŁUCZAK Justyna	127	11 KOMPANIA SZKOLNA	OPEN- Studenci AWL	76	00:19:29.08	+00:04:59 (25.6%)	3:53	15.4 (74.4%)
141	CZAPCZYŃSKI Tomasz	28	UKS SPORT BRALIN	M-Open	20	00:19:29.26	+00:05:00 (25.7%)	3:53	15.4 (74.4%)
142	ZAWIŁA Dominik	286	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	77	00:19:29.79	+00:05:00 (25.7%)	3:54	15.4 (74.4%)
143	LACH Paweł	112	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	78	00:19:30.78	+00:05:01 (25.8%)	3:54	15.4 (74.4%)
144	HALOT Mirosław	261	AWL	Pracownicy AWL pow. 41 lat	2	00:19:31.40	+00:05:02 (25.8%)	3:54	15.4 (74.4%)
145	BAJTEK Kacper	262	15 KOMPANIA SZKOLNA	Garnizon Wrocław	9	00:19:31.70	+00:05:02 (25.8%)	3:54	15.4 (74.4%)
146	PIETRZAK Joanna Pietrzak	167	14 KOMPANIA SZKOLNA	OPEN- Studenci AWL	79	00:19:32.98	+00:05:03 (25.9%)	3:54	15.3 (73.9%)
147	TKACZ Adrian	314	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	80	00:19:33.13	+00:05:03 (25.9%)	3:54	15.3 (73.9%)
148	GORCZYŃSKI Bartosz	57	23 KOMPANIA SZKOLNA	OPEN- Studenci AWL	81	00:19:37.00	+00:05:07 (26.1%)	3:55	15.3 (73.9%)
149	GWIZDAŁA Dominik	301	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	82	00:19:37.57	+00:05:08 (26.2%)	3:55	15.3 (73.9%)
150	JURCZAK Jarosław	300	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	83	00:19:37.88	+00:05:08 (26.2%)	3:55	15.3 (73.9%)
151	ABRAMCZYK Radosław	293	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	84	00:19:38.12	+00:05:08 (26.2%)	3:55	15.3 (73.9%)
152	HABRAT Barbara	63	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	85	00:19:38.16	+00:05:08 (26.2%)	3:55	15.3 (73.9%)
153	ŻELAZNY Mikołaj	248	21 KOMPANIA SZKOLNA	OPEN- Studenci AWL	86	00:19:39.33	+00:05:10 (26.3%)	3:56	15.3 (73.9%)
154	LEJA Tomasz	114		Pracownicy AWL do 40 lat	3	00:19:40.42	+00:05:11 (26.4%)	3:56	15.3 (73.9%)
155	KOSTRZEWA Mikołaj	92	21 KOMPANIA SZKOLNA	OPEN- Studenci AWL	87	00:19:42.16	+00:05:12 (26.5%)	3:56	15.2 (73.4%)
156	KUPCZAK Kacper	109	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	88	00:19:43.14	+00:05:13 (26.5%)	3:56	15.2 (73.4%)
157	ŻARCZYŃSKA Martyna	247	AWF WROCŁAW	K-Open	2	00:19:46.18	+00:05:16 (26.7%)	3:57	15.2 (73.4%)
158	SĄLDAN Wojciech	186	POLITECHNIKA WROCŁAWSKA	M-Open	21	00:19:46.37	+00:05:17 (26.7%)	3:57	15.2 (73.4%)
159	DUDEK Karol	39	MEDYCY	OPEN-Liga Międz.	34	00:19:49.79	+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	ANTONIAK Jakub	4	21 KOMPANIA SZKOLNA	OPEN- Studenci AWL	89	00:19:50.61	+00:05:21 (27.0%)	3:58	15.1 (72.9%)
161	FIJALKOWSKI Hubert	325	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	90	00:19:51.13	+00:05:21 (27.0%)	3:58	15.1 (72.9%)
162	KUCHLEWSKI Kamil	270	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	91	00:19:52.27	+00:05:23 (27.1%)	3:58	15.1 (72.9%)
163	GOSTKOWSKI Patryk	336	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	92	00:19:53.39	+00:05:24 (27.2%)	3:58	15.1 (72.9%)
164	JASZCZAK Łukasz	345	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	93	00:19:56.28	+00:05:27 (27.3%)	3:59	15.1 (72.9%)
165	DRABIK Joanna	35	KS AZS AWF KRAKÓW, UE WROCŁAW	OPEN-Liga Międz.	35	00:19:57.51	+00:05:28 (27.4%)	3:59	15 (72.5%)
166	OLINKIEWICZ Piotr	316	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	94	00:19:57.81	+00:05:28 (27.4%)	3:59	15 (72.5%)
167	MAZUR Tomasz	138	ZORZA	M-Open	22	00:19:59.13	+00:05:29 (27.5%)	3:59	15 (72.5%)
168	BROCKI Artur	359		M-Open	23	00:20:00.77	+00:05:31 (27.6%)	4:00	15 (72.5%)
169	KORCZUK Natalia	88	UNIwersytet Wrocławski	OPEN-Liga Międz.	36	00:20:01.38	+00:05:32 (27.6%)	4:00	15 (72.5%)
170	ORDA Jakub	334	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	95	00:20:01.68	+00:05:32 (27.7%)	4:00	15 (72.5%)
171	KANTOROWSKI Henryk	279	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	96	00:20:03.95	+00:05:34 (27.8%)	4:00	15 (72.5%)
172	SZCZĘSNY Krystian	335	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	97	00:20:04.43	+00:05:35 (27.8%)	4:00	15 (72.5%)
173	TURŁA Olaf	304	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	98	00:20:06.08	+00:05:36 (27.9%)	4:01	14.9 (72.0%)
174	PIETRZAK Damian	166	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	99	00:20:10.49	+00:05:41 (28.2%)	4:02	14.9 (72.0%)
175	ŁANOCHA Mikołaj	122	MEDYCY	OPEN-Liga Międz.	37	00:20:10.63	+00:05:41 (28.2%)	4:02	14.9 (72.0%)
176	HAWRA Michał	66	UNIwersytet Wrocławski	OPEN-Liga Międz.	38	00:20:12.14	+00:05:42 (28.3%)	4:02	14.8 (71.5%)
177	KŁUSEK Dariusz	278	AWL	Pracownicy AWL pow. 41 lat	3	00:20:12.44	+00:05:43 (28.3%)	4:02	14.9 (72.0%)
178	KOTERAS Wiktor	296	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	100	00:20:14.24	+00:05:45 (28.4%)	4:02	14.8 (71.5%)
179	ADAMSKI Rafał	3	PARKRUN WROCŁAW	M-Open	24	00:20:15.40	+00:05:46 (28.5%)	4:03	14.8 (71.5%)
180	ADAMSKA Joanna	2	UNIwersytet Wrocławski	OPEN-Liga Międz.	39	00:20:15.68	+00:05:46 (28.5%)	4:03	14.8 (71.5%)
181	MICAKOWSKI Filip	343	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	101	00:20:15.78	+00:05:46 (28.5%)	4:03	14.8 (71.5%)
182	MAKOWSKI Kamil	263	15 KOMPANIA SZKOLNA	Garnizon Wrocław	10	00:20:16.65	+00:05:47 (28.6%)	4:03	14.8 (71.5%)
183	JANIEC Tomasz	311	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	102	00:20:17.55	+00:05:48 (28.6%)	4:03	14.8 (71.5%)
184	KASPRZAK Hubert	80	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	103	00:20:18.63	+00:05:49 (28.7%)	4:03	14.8 (71.5%)
185	CZETYRBOK Sebastian	309		OPEN- Studenci AWL	104	00:20:19.02	+00:05:49 (28.7%)	4:03	14.8 (71.5%)
186	PIOTROWSKI Łukasz	283	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	105	00:20:22.79	+00:05:53 (28.9%)	4:04	14.7 (71.0%)
187	OPALIŃSKI Dawid	308	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	106	00:20:24.23	+00:05:54 (29.0%)	4:05	14.7 (71.0%)
188	FRASK Aneta	48	21 KOMPANIA SZKOLNA	OPEN- Studenci AWL	107	00:20:26.43	+00:05:57 (29.1%)	4:05	14.7 (71.0%)
189	KUBICZ Arkadiusz	268	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	108	00:20:26.90	+00:05:57 (29.2%)	4:05	14.7 (71.0%)
190	SŁAWIŃSKI Marcin	193	3 BRYGADA RADIOTECHNICZNA	Garnizon Wrocław	11	00:20:32.19	+00:06:02 (29.5%)	4:06	14.6 (70.5%)
191	CHODOROWSKI Adrian	291	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	109	00:20:33.53	+00:06:04 (29.5%)	4:06	14.6 (70.5%)
192	TYMOSZ Piotr	317	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	110	00:20:33.71	+00:06:04 (29.5%)	4:06	14.6 (70.5%)
193	KOPEĆ Patrycja	87	23 KOMPANIA SZKOLNA	OPEN- Studenci AWL	111	00:20:34.71	+00:06:05 (29.6%)	4:07	14.6 (70.5%)
194	RYBCZYŃSKA Paulina	184	UNIwersytet Wrocławski	OPEN-Liga Międz.	40	00:20:35.05	+00:06:05 (29.6%)	4:07	14.6 (70.5%)
195	PRUSZKOWSKI Mateusz	174	AWL	OPEN- Studenci AWL	112	00:20:35.51	+00:06:06 (29.6%)	4:07	14.6 (70.5%)
196	WOJTCZAK Krystian	322	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	113	00:20:36.08	+00:06:06 (29.7%)	4:07	14.6 (70.5%)
197	KRASUSKI Piotr	99	16 KOMPANIA SZKOLNA	OPEN- Studenci AWL	114	00:20:36.70	+00:06:07 (29.7%)	4:07	14.6 (70.5%)
198	CYMERMAN Rafał	290	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	115	00:20:42.51	+00:06:13 (30.0%)	4:08	14.5 (70.0%)
199	RUTOWICZ Rafał	342	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	116	00:20:42.87	+00:06:13 (30.1%)	4:08	14.5 (70.0%)
200	SOBIERAJ Gerard	287	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	117	00:20:44.23	+00:06:14 (30.1%)	4:08	14.5 (70.0%)
201	ZIÓŁKOWSKI Marcin	306	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	118	00:20:46.67	+00:06:17 (30.3%)	4:09	14.4 (69.6%)
202	NOWICKI Bartosz	285	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	119	00:20:47.18	+00:06:17 (30.3%)	4:09	14.4 (69.6%)
203	KORYLUK Szymon	89	23 KOMPANIA SZKOLNA	OPEN- Studenci AWL	120	00:20:48.26	+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	AUGUST Artur	307	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	121	00:20:52.48	+00:06:23 (30.6%)	4:10	14.4 (69.6%)
205	WALUŚKIEWICZ Artur	223		M-Open	25	00:20:55.78	+00:06:26 (30.8%)	4:11	14.3 (69.1%)
206	SEŃKO Dawid	288	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	122	00:21:00.25	+00:06:31 (31.0%)	4:12	14.3 (69.1%)
207	BAK Bartłomiej	125	11 KOMPANIA SZKOLNA	OPEN- Studenci AWL	123	00:21:00.85	+00:06:31 (31.1%)	4:12	14.3 (69.1%)
208	GORCZYCA Paweł	56	KSP 2 OSP	M-Open	26	00:21:02.59	+00:06:33 (31.2%)	4:12	14.3 (69.1%)
209	KOWAL Jakub	94		M-Open	27	00:21:02.63	+00:06:33 (31.2%)	4:12	14.3 (69.1%)
210	WOŁCZYK Cezary	236	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	124	00:21:04.11	+00:06:34 (31.2%)	4:12	14.2 (68.6%)
211	ZAJĄC Piotr	86	3 BRYGADA RADIOTECHNICZNA	Garnizon Wrocław	12	00:21:08.53	+00:06:39 (31.5%)	4:13	14.2 (68.6%)
212	WARDA Krzysztofa	227	MEDYCY	OPEN-Liga Międz.	41	00:21:10.57	+00:06:41 (31.6%)	4:14	14.2 (68.6%)
213	TYMOFEJEWICZ Natalia	276	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	125	00:21:11.66	+00:06:42 (31.6%)	4:14	14.2 (68.6%)
214	WAŃCZYK Zuzanna	226	21 KOMPANIA SZKOLNA	OPEN- Studenci AWL	126	00:21:14.56	+00:06:45 (31.8%)	4:15	14.1 (68.1%)
215	CHELIŃSKA Magdalena	23	3 BRYGADA RADIOTECHNICZNA	Garnizon Wrocław	13	00:21:15.87	+00:06:46 (31.9%)	4:15	14.1 (68.1%)
216	TRACZ Łukasz	221	3 BRYGADA RADIOTECHNICZNA	Garnizon Wrocław	14	00:21:16.11	+00:06:46 (31.9%)	4:15	14.1 (68.1%)
217	DOMAGALSKI Jakub	277	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	127	00:21:16.44	+00:06:47 (31.9%)	4:15	14.1 (68.1%)
218	SIMIONKOWSKI Patryk	333	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	128	00:21:17.16	+00:06:47 (31.9%)	4:15	14.1 (68.1%)
219	BARTYZEL Andrzej	331	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	129	00:21:17.56	+00:06:48 (32.0%)	4:15	14.1 (68.1%)
220	BOGUSZEWSKI Michał	14		OPEN- Studenci AWL	130	00:21:18.21	+00:06:48 (32.0%)	4:15	14.1 (68.1%)
221	KOMAR Bartosz	284	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	131	00:21:19.15	+00:06:49 (32.0%)	4:15	14.1 (68.1%)
222	GRALEC Bartłomiej	350	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	132	00:21:19.76	+00:06:50 (32.1%)	4:16	14.1 (68.1%)
223	LEWIŃSKI Mateusz	116	AWL	OPEN- Studenci AWL	133	00:21:20.01	+00:06:50 (32.1%)	4:16	14.1 (68.1%)
224	SKUPSKI Damian	329	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	134	00:21:21.31	+00:06:52 (32.2%)	4:16	14.1 (68.1%)
225	CIERZNIAK Hubert	328	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	135	00:21:22.70	+00:06:53 (32.2%)	4:16	14 (67.6%)
226	BRZEZKI Bartłomiej	348	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	136	00:21:29.41	+00:07:00 (32.6%)	4:17	14 (67.6%)
227	ŚLICZNIAK Weronika	216	23 KOMPANIA SZKOLNA	OPEN- Studenci AWL	137	00:21:31.34	+00:07:02 (32.7%)	4:18	13.9 (67.1%)
228	PILICHOWSKA Karolina	351		K-Open	3	00:21:36.41	+00:07:07 (33.0%)	4:19	13.9 (67.1%)
229	KOWALSKI Kazimierz	96	AWL	Pracownicy AWL pow. 41 lat	4	00:21:40.38	+00:07:11 (33.2%)	4:20	13.8 (66.7%)
230	CHLEBOWSKI Mateusz	24	21 KOMPANIA SZKOLNA	OPEN- Studenci AWL	138	00:21:44.89	+00:07:15 (33.4%)	4:21	13.8 (66.7%)
231	BAK Zuzanna	9	UNIWERSYTET WROCŁAWSKI	OPEN-Liga Międz.	42	00:21:46.31	+00:07:17 (33.5%)	4:21	13.8 (66.7%)
232	ŁAWRYNOWICZ Jakub	123	NIEZRZESZONY	M-Open	28	00:21:48.42	+00:07:19 (33.6%)	4:21	13.8 (66.7%)
233	SCHILTENWOLF Anna	188	AZS UMED LEKKA ATLETYKA	OPEN-Liga Międz.	43	00:21:48.85	+00:07:19 (33.6%)	4:21	13.8 (66.7%)
234	TREMBOWSKI Piotr	315	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	139	00:21:53.38	+00:07:24 (33.8%)	4:22	13.7 (66.2%)
235	NATANEK Patryk	320	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	140	00:21:55.38	+00:07:26 (33.9%)	4:23	13.7 (66.2%)
236	WITCZAK Maciej	233	21 KOMPANIA SZKOLNA	OPEN- Studenci AWL	141	00:21:56.17	+00:07:26 (34.0%)	4:23	13.7 (66.2%)
237	SZAŁKOPLAS Bronisław	207	INNE	M-Open	29	00:21:56.99	+00:07:27 (34.0%)	4:23	13.7 (66.2%)
238	OLSZOWY Bartłomiej	360	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	142	00:22:01.38	+00:07:32 (34.2%)	4:24	13.6 (65.7%)
239	KARABAN Krystian	292	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	143	00:22:01.62	+00:07:32 (34.2%)	4:24	13.6 (65.7%)
240	DANIELEWICZ Daria	32	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	144	00:22:01.84	+00:07:32 (34.2%)	4:24	13.6 (65.7%)
241	BOROWSKI Adrian	363	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	145	00:22:04.02	+00:07:34 (34.3%)	4:24	13.6 (65.7%)
242	OSTROWSKI Dariusz	157	AWL	Pracownicy AWL pow. 41 lat	5	00:22:06.27	+00:07:37 (34.5%)	4:25	13.6 (65.7%)
243	SUCHARSKI Mateusz	204	UNIWERSYTET WROCŁAWSKI	OPEN-Liga Międz.	44	00:22:14.67	+00:07:45 (34.9%)	4:27	13.5 (65.2%)
244	WISZNIEWSKI Mateusz	232	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	146	00:22:15.24	+00:07:46 (34.9%)	4:27	13.5 (65.2%)
245	KACZKOWSKI Bartłomiej	356	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	147	00:22:15.47	+00:07:46 (34.9%)	4:27	13.5 (65.2%)
246	PRUKOP Wojciech	173	RAWLPLUG	M-Open	30	00:22:31.12	+00:08:01 (35.7%)	4:30	13.3 (64.3%)
247	SZCZECH Anita	208	21 KOMPANIA SZKOLNA	OPEN- Studenci AWL	148	00:22:34.31	+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	GWIAZDZIŃSKI Maciej	327	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	149	00:22:34.58	+00:08:05 (35.8%)	4:31	13.3 (64.3%)
249	STROPA Marcin	302	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	150	00:22:35.82	+00:08:06 (35.9%)	4:31	13.3 (64.3%)
250	BANAŚ Adam	282	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	151	00:22:39.29	+00:08:10 (36.1%)	4:31	13.2 (63.8%)
251	GERMAN Adam	295	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	152	00:22:42.06	+00:08:12 (36.2%)	4:32	13.2 (63.8%)
252	SZCZEŚNIAK Andrzej	209	WOJSKOWY ODDZIAŁ MEDYCZYNY PREWENCYJNEJ	Garnizon Wrocław	15	00:22:42.66	+00:08:13 (36.2%)	4:32	13.2 (63.8%)
253	UJMA Piotr	312	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	153	00:22:44.57	+00:08:15 (36.3%)	4:32	13.2 (63.8%)
254	SZEWCZYK Mateusz	281	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	154	00:22:44.85	+00:08:15 (36.3%)	4:33	13.2 (63.8%)
255	WOŹNIAK Karolina	237	UNIWERSYTET WROCŁAWSKI	OPEN-Liga Międz.	45	00:22:47.07	+00:08:17 (36.4%)	4:33	13.2 (63.8%)
256	KINAST Olaf	82	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	155	00:22:47.20	+00:08:17 (36.4%)	4:33	13.2 (63.8%)
257	OLSZAŃSKA Martyna	275	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	156	00:22:47.51	+00:08:18 (36.4%)	4:33	13.2 (63.8%)
258	KRAWCZYK Jakub	100	AWF WROCŁAW	M-Open	31	00:22:48.50	+00:08:19 (36.5%)	4:33	13.1 (63.3%)
259	KWAŚNIK Natalia	111	23 KOMPANIA SZKOLNA	OPEN- Studenci AWL	157	00:22:51.43	+00:08:22 (36.6%)	4:34	13.1 (63.3%)
260	DWOJAK Aleksandra	40	21 KOMPANIA SZKOLNA	OPEN- Studenci AWL	158	00:23:03.09	+00:08:33 (37.2%)	4:36	13 (62.8%)
261	KOWAL Paweł	310	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	159	00:23:07.26	+00:08:38 (37.3%)	4:37	13 (62.8%)
262	PAJAK Arkadiusz	313	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	160	00:23:13.02	+00:08:43 (37.6%)	4:38	12.9 (62.3%)
263	MARSZEWSKI Krzysztof	362	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	161	00:23:15.12	+00:08:45 (37.7%)	4:39	12.9 (62.3%)
264	ONISZCZUK Kamil	346	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	162	00:23:17.45	+00:08:48 (37.8%)	4:39	12.9 (62.3%)
265	ADAMCZYK Zofia	1	AWF WROCŁAW	K-Open	4	00:23:18.06	+00:08:48 (37.8%)	4:39	12.9 (62.3%)
266	GIENIBOR Katarzyna	51	22 KOMPANIA SZKOLNA	OPEN- Studenci AWL	163	00:23:43.02	+00:09:13 (38.9%)	4:44	12.6 (60.9%)
267	GOŁĄBEK Fabian	330	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	164	00:23:50.93	+00:09:21 (39.3%)	4:46	12.6 (60.9%)
268	WOJTKOWSKI Konrad	235		M-Open	32	00:23:57.78	+00:09:28 (39.5%)	4:47	12.5 (60.4%)
269	BOKSA Jakub	15	AWF WROCŁAW	M-Open	33	00:24:09.34	+00:09:40 (40.0%)	4:50	12.4 (59.9%)
270	ĆWIĘKAŁA Kacper	338	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	165	00:24:11.35	+00:09:42 (40.1%)	4:50	12.4 (59.9%)
271	JANUS Wojciech	339	15 KOMPANIA SZKOLNA	Garnizon Wrocław	16	00:24:12.31	+00:09:43 (40.1%)	4:50	12.4 (59.9%)
272	SZPUNAR Krystian	212		M-Open	34	00:24:15.33	+00:09:46 (40.3%)	4:51	12.4 (59.9%)
273	GÓRSKI Jakub	299	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	166	00:24:15.69	+00:09:46 (40.3%)	4:51	12.4 (59.9%)
274	SOWA Alina	198	WKB PIAST WROCŁAW	K-Open	5	00:24:29.81	+00:10:00 (40.9%)	4:54	12.2 (58.9%)
275	GORWA Martyna	58		K-Open	6	00:24:37.11	+00:10:07 (41.2%)	4:55	12.2 (58.9%)
276	ZARZYCKA Anita	303	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	167	00:24:41.05	+00:10:11 (41.3%)	4:56	12.2 (58.9%)
277	FAJCIK Hanna	271	KS AZS AWF KRAKÓW, UE WROCŁAW	K-Open	7	00:24:43.20	+00:10:13 (41.4%)	4:56	12.1 (58.5%)
278	POŹNIAK Anna	172	MEDYCY	OPEN-Liga Międz.	46	00:24:48.69	+00:10:19 (41.6%)	4:57	12.1 (58.5%)
279	KURASZ Wiktoria	297	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	168	00:24:57.47	+00:10:28 (42.0%)	4:59	12 (58.0%)
280	ŁECHTAŃSKI Łukasz	361	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	169	00:25:00.06	+00:10:30 (42.1%)	5:00	12 (58.0%)
281	BYRA Szymon	21	AWF WROCŁAW	M-Open	35	00:25:11.18	+00:10:41 (42.5%)	5:02	11.9 (57.5%)
282	LUPA Natalia	120	AWF WROCŁAW	K-Open	8	00:25:17.44	+00:10:48 (42.7%)	5:03	11.9 (57.5%)
283	PRZEMUSIAŁA Klaudia	175	AWF WROCŁAW	K-Open	9	00:25:17.93	+00:10:48 (42.7%)	5:03	11.9 (57.5%)
284	KUBASIK Julia	105	AKADEMIA WYCHOWANIA FIZYCZNEGO WE WROCŁAWIU	K-Open	10	00:25:18.78	+00:10:49 (42.8%)	5:03	11.9 (57.5%)
285	SOKOŁOWSKA Olga	196	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	170	00:25:18.89	+00:10:49 (42.8%)	5:03	11.8 (57.0%)
286	KĘDZIERSKA Patrycja	81	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	171	00:25:18.99	+00:10:49 (42.8%)	5:03	11.8 (57.0%)
287	HANYŻ Kornela	65	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	172	00:25:19.18	+00:10:49 (42.8%)	5:03	11.8 (57.0%)
288	MARKOWSKA Angelika	135	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	173	00:25:19.25	+00:10:50 (42.8%)	5:04	11.8 (57.0%)
289	TABOR Małgorzata	217		K-Open	11	00:25:22.48	+00:10:53 (42.9%)	5:04	11.8 (57.0%)
290	DRELAK Maja	36	UKS SPORT BRALIN	K-Open	12	00:25:27.07	+00:10:57 (43.1%)	5:05	11.8 (57.0%)
291	CIESIELSKA Marika	26	AWF WROCŁAW	K-Open	13	00:25:27.78	+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	MŁYNARCZYK Katarzyna	143	UNIWERSYTET WROCŁAWSKI	K-Open	14	00:25:27.88	+00:10:58 (43.1%)	5:05	11.8 (57.0%)
293	KRUCZKIEWICZ Mateusz	102	KRUKI	M-Open	36	00:25:28.42	+00:10:59 (43.1%)	5:05	11.8 (57.0%)
294	HAPEL Hanna	369		K-Open	15	00:25:32.64	+00:11:03 (43.3%)	5:06	11.7 (56.5%)
295	ROKITNICKA Jessica	180	AWL	Pracownicy AWL do 40 lat	4	00:25:38.55	+00:11:09 (43.5%)	5:07	11.7 (56.5%)
296	NAZIMEK Zbigniew	148	AWL	Pracownicy AWL pow. 41 lat	6	00:25:39.98	+00:11:10 (43.6%)	5:08	11.7 (56.5%)
297	ADAMSKA Iwona	272		K-Open	16	00:25:40.14	+00:11:10 (43.6%)	5:08	11.7 (56.5%)
298	BIŃKOWSKA Klaudia	358	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	174	00:26:09.13	+00:11:39 (44.6%)	5:13	11.5 (55.6%)
299	KRWACZYK Wiktoria	355	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	175	00:26:11.13	+00:11:41 (44.7%)	5:14	11.5 (55.6%)
300	JUNKIERT Bartosz	341	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	176	00:26:14.28	+00:11:45 (44.8%)	5:14	11.4 (55.1%)
301	MYSZKOWSKA Julia	146	AWF KATOWICE	OPEN-Liga Międz.	47	00:26:17.43	+00:11:48 (44.9%)	5:15	11.4 (55.1%)
302	ZEGADŁO Aleksandra	243	UNIWERSYTET WROCŁAWSKI	OPEN-Liga Międz.	48	00:27:30.01	+00:13:00 (47.3%)	5:30	10.9 (52.7%)
303	KOZERA Tomasz	97	UNIWERSYTET WROCŁAWSKI	M-Open	37	00:27:38.22	+00:13:08 (47.6%)	5:31	10.9 (52.7%)
304	KASIŃSKI Patryk	366		M-Open	38	00:27:56.92	+00:13:27 (48.2%)	5:35	10.7 (51.7%)
305	STERNALSKI Michal	201		M-Open	39	00:29:53.72	+00:15:24 (51.5%)	5:58	10 (48.3%)
306	OŚLIZŁO Paulina	158	AWF WROCŁAW	K-Open	17	00:29:57.18	+00:15:27 (51.6%)	5:59	10 (48.3%)
307	KARASIŃSKA Izabela	77	AWF WROCŁAW	K-Open	18	00:29:57.27	+00:15:28 (51.6%)	5:59	10 (48.3%)
308	KUCIŃSKI Kevin	354	15 KOMPANIA SZKOLNA	OPEN- Studenci AWL	177				(0.0%)

Znaleziono 308 wynik(ów)