



## BIEG - 6 KM

B4SPORT

**Wydarzenie:** IX Mikołajkowy Kross Górski z Komandorkiem  
**Organizator:** Fundacja "Sub ventum"  
**Data:** 2024-12-07  
**Miejsce:** Słupsk  
**Dystans:** 6 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 6km	Różn	Tempo min/km	Tempo km/h
1	<b>OSIŃSKI Wojciech</b>	<b>101</b>	BEST BEASTS	OPEN -M	1	<b>00:23:00.00</b>		3:50	15.7 (100%)
2	<b>KOZAK Arkadiusz</b>	<b>200</b>		OPEN -M	2	<b>00:23:04.84</b>	+00:00:09 (0.7%)	3:50	15.6 (99.4%)
3	<b>BARAN Radosław</b>	<b>8</b>	DAMNICA	OPEN -M	3	<b>00:25:15.10</b>	+00:02:19 (9.2%)	4:12	14.3 (91.1%)
4	<b>STANIOCH Krzysztof</b>	<b>138</b>		OPEN -M	4	<b>00:25:31.46</b>	+00:02:37 (10.2%)	4:15	14.1 (89.8%)
5	<b>MOTACKI Robert</b>	<b>98</b>		OPEN -M	5	<b>00:25:36.02</b>	+00:02:41 (10.5%)	4:16	14.1 (89.8%)
6	<b>BULCZAK Rafał</b>	<b>19</b>		OPEN -M	6	<b>00:25:45.70</b>	+00:02:50 (11.0%)	4:17	14 (89.2%)
7	<b>KOLCHINA Anastasia</b>	<b>70</b>	AML SŁUPSK	OPEN -K	1	<b>00:26:16.42</b>	+00:03:20 (12.7%)	4:22	13.7 (87.3%)
8	<b>WIŚNIEWSKI Kacper</b>	<b>162</b>	PAWKO RUNNER TEAM	OPEN -M	7	<b>00:26:42.76</b>	+00:03:47 (14.2%)	4:27	13.5 (86.0%)
9	<b>DOMARUS Kamila</b>	<b>37</b>		OPEN -K	2	<b>00:26:45.00</b>	+00:03:49 (14.3%)	4:27	13.5 (86.0%)
10	<b>CASTRO Roi</b>	<b>21</b>	NSF REDZIKOWO	OPEN -M	8	<b>00:26:58.01</b>	+00:03:59 (14.8%)	4:29	13.3 (84.7%)
11	<b>DUDA Grzegorz</b>	<b>38</b>	BEST BEASTS	OPEN -M	9	<b>00:27:02.00</b>	+00:04:03 (15.0%)	4:30	13.3 (84.7%)
12	<b>MACHAŁA Mariusz</b>	<b>90</b>		OPEN -M	10	<b>00:28:09.21</b>	+00:05:14 (18.5%)	4:41	12.8 (81.5%)
13	<b>FANNING Chad</b>	<b>178</b>		OPEN -M	11	<b>00:29:08.67</b>	+00:06:27 (21.9%)	4:51	12.4 (79.0%)
14	<b>KOŁTONOWSKI Jakub</b>	<b>71</b>	CENTRALNY POLIGON SIŁ POWIETRZNYCH USTKA	OPEN -M	12	<b>00:29:17.57</b>	+00:06:31 (22.1%)	4:52	12.3 (78.3%)
15	<b>NACZK Wiktoria</b>	<b>99</b>	KB BIEGAJĄCY DIETETYK TEAM /POLIPACK TEAM GWE, 1BZ	OPEN -K	3	<b>00:29:29.76</b>	+00:06:35 (22.2%)	4:54	12.2 (77.7%)
16	<b>KOWALCZUK Jakub</b>	<b>78</b>		OPEN -M	13	<b>00:29:28.26</b>	+00:06:37 (22.3%)	4:54	12.2 (77.7%)
17	<b>WIŚNIEWSKI Maciej</b>	<b>161</b>		OPEN -M	14	<b>00:29:30.65</b>	+00:06:39 (22.4%)	4:55	12.2 (77.7%)
18	<b>PIŁAT Paweł</b>	<b>115</b>		OPEN -M	15	<b>00:29:25.39</b>	+00:06:41 (22.5%)	4:54	12.2 (77.7%)
19	<b>ŻYLICZ Paweł</b>	<b>171</b>	STOPA SŁUPSK	OPEN -M	16	<b>00:29:35.38</b>	+00:06:41 (22.5%)	4:55	12.2 (77.7%)
20	<b>KAROLAK Ania</b>	<b>63</b>		OPEN -K	4	<b>00:29:34.21</b>	+00:06:41 (22.5%)	4:55	12.2 (77.7%)
21	<b>SIWAK Marcin</b>	<b>186</b>	ZWIERZAKI	OPEN -M	17	<b>00:29:40.70</b>	+00:06:48 (22.8%)	4:56	12.1 (77.1%)
22	<b>KALISZEWSKA Beata</b>	<b>60</b>		OPEN -K	5	<b>00:29:47.86</b>	+00:06:55 (23.1%)	4:57	12.1 (77.1%)
23	<b>CZYŻYKOWSKI Krzysztof</b>	<b>35</b>		OPEN -M	18	<b>00:29:52.57</b>	+00:06:59 (23.3%)	4:58	12.1 (77.1%)
24	<b>PIETRZYK Paweł</b>	<b>109</b>		OPEN -M	19	<b>00:29:59.30</b>	+00:07:07 (23.6%)	4:59	12 (76.4%)
25	<b>WILUSZ Krzysztof</b>	<b>159</b>	STOPA SŁUPSK	OPEN -M	20	<b>00:30:08.02</b>	+00:07:14 (23.9%)	5:01	11.9 (75.8%)
26	<b>JĘCEK Krzysztof</b>	<b>59</b>	MARKOS RUNNING TEAM	OPEN -M	21	<b>00:30:04.63</b>	+00:07:23 (24.3%)	5:00	12 (76.4%)
27	<b>CHODOROWSKI Tomasz</b>	<b>24</b>	BEST BEASTS	OPEN -M	22	<b>00:30:18.84</b>	+00:07:28 (24.5%)	5:03	11.9 (75.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 6km	Różn	Tempo min/km	Tempo km/h
28	<b>WIZE Małgorzata</b>	<b>163</b>	BEST BEASTS	OPEN -K	6	<b>00:30:36.81</b>	+00:07:42 (25.1%)	5:06	11.8 (75.2%)
29		<b>191</b>				<b>00:29:01.35</b>	+00:07:42 (25.1%)	4:50	12.4 (79.0%)
30		<b>194</b>				<b>00:29:01.06</b>	+00:07:42 (25.1%)	4:50	12.4 (79.0%)
31	<b>HORBACZ Grzegorz</b>	<b>54</b>		OPEN -M	23	<b>00:30:36.57</b>	+00:07:42 (25.1%)	5:06	11.8 (75.2%)
32	<b>RUSZCZYŃSKI Łukasz</b>	<b>130</b>	#SIŁADLAPOLI	OPEN -M	24	<b>00:31:01.19</b>	+00:08:08 (26.1%)	5:10	11.6 (73.9%)
33	<b>OLESEK Jerzy</b>	<b>100</b>	SZKOŁA PODOFICERSKA MW	OPEN -M	25	<b>00:31:07.27</b>	+00:08:14 (26.4%)	5:11	11.6 (73.9%)
34	<b>KATA Marcin</b>	<b>64</b>	DZIKIE ŻÓŁWIE	OPEN -M	26	<b>00:31:05.23</b>	+00:08:20 (26.6%)	5:10	11.6 (73.9%)
35	<b>RACZYŃSKA Anna</b>	<b>121</b>	7 BRYGADA OBRONY WYBRZEŻA	OPEN -K	7	<b>00:31:13.00</b>	+00:08:28 (26.9%)	5:12	11.5 (73.2%)
36	<b>CHYLEWSKA Aleksandra</b>	<b>27</b>		OPEN -K	8	<b>00:31:18.01</b>	+00:08:31 (27.0%)	5:13	11.5 (73.2%)
37	<b>ANTOSIK Grzegorz</b>	<b>2</b>	KB BRYZA POSTOMINO	OPEN -M	27	<b>00:31:31.53</b>	+00:08:36 (27.2%)	5:15	11.4 (72.6%)
38	<b>GULBITOWICZ Karol</b>	<b>49</b>		OPEN -M	28	<b>00:31:33.45</b>	+00:08:37 (27.3%)	5:15	11.4 (72.6%)
39	<b>SZYBUT Wioleta</b>	<b>148</b>	NIE LUBIĘ BIEGAĆ	OPEN -K	9	<b>00:31:46.49</b>	+00:08:58 (28.1%)	5:17	11.3 (72.0%)
40	<b>KOSTRZEWA Karol</b>	<b>75</b>	#SIŁADLAPOLI	OPEN -M	29	<b>00:32:16.82</b>	+00:09:23 (29.0%)	5:22	11.2 (71.3%)
41	<b>PRZYDACZ Kamila</b>	<b>119</b>	AKTYWNA FABRYKA	OPEN -K	10	<b>00:32:38.19</b>	+00:09:47 (29.9%)	5:26	11 (70.1%)
42	<b>KRUKOWSKI Tadeusz</b>	<b>81</b>		OPEN -M	30	<b>00:32:49.87</b>	+00:09:58 (30.2%)	5:28	11 (70.1%)
43	<b>KOREWO Andrzej</b>	<b>73</b>		OPEN -M	31	<b>00:33:23.41</b>	+00:10:29 (31.3%)	5:33	10.8 (68.8%)
44	<b>CONDON Clayton</b>	<b>33</b>	NSF REDZIKOWO	OPEN -M	32	<b>00:33:13.07</b>	+00:10:33 (31.4%)	5:32	10.8 (68.8%)
45	<b>PRASOL Adrian</b>	<b>116</b>		OPEN -M	33	<b>00:33:28.96</b>	+00:10:38 (31.6%)	5:34	10.8 (68.8%)
46	<b>KOSTRZEWA Łukasz</b>	<b>74</b>	#SIŁADLAPOLI	OPEN -M	34	<b>00:33:51.78</b>	+00:10:59 (32.3%)	5:38	10.6 (67.5%)
47	<b>CHABOWSKA Agnieszka</b>	<b>22</b>	STOPA SŁUPSK	OPEN -K	11	<b>00:33:45.93</b>	+00:11:04 (32.5%)	5:37	10.7 (68.2%)
48	<b>KONSTAŃCZAK Bartosz</b>	<b>72</b>	NSF REDZIKOWO	OPEN -M	35	<b>00:33:48.00</b>	+00:11:06 (32.5%)	5:38	10.7 (68.2%)
49	<b>TOMCZAK Dominik</b>	<b>152</b>	W.P.K. SŁOŃ TEAM	OPEN -M	36	<b>00:34:18.32</b>	+00:11:26 (33.2%)	5:43	10.5 (66.9%)
50	<b>GRZECH Jowita</b>	<b>174</b>		OPEN -K	12	<b>00:34:20.52</b>	+00:11:26 (33.2%)	5:43	10.5 (66.9%)
51	<b>GROMADZKI Michał</b>	<b>172</b>		OPEN -M	37	<b>00:34:26.26</b>	+00:11:32 (33.4%)	5:44	10.5 (66.9%)
52	<b>PACAK Katarzyna</b>	<b>103</b>		OPEN -K	13	<b>00:34:23.61</b>	+00:11:40 (33.6%)	5:43	10.5 (66.9%)
53	<b>ZIELONKA Mateusz</b>	<b>168</b>	7BOW	OPEN -M	38	<b>00:34:40.81</b>	+00:11:48 (33.9%)	5:46	10.4 (66.2%)
54	<b>GICZELA Kacper</b>	<b>45</b>		OPEN -M	39	<b>00:35:00.73</b>	+00:12:09 (34.6%)	5:50	10.3 (65.6%)
55	<b>KŁOSOWSKA Ewa</b>	<b>68</b>	SZKOŁA PODSTAWOWA NR 1 W SŁUPSKU	OPEN -K	14	<b>00:35:29.42</b>	+00:12:36 (35.4%)	5:54	10.1 (64.3%)
56	<b>MOROZ Dariusz</b>	<b>97</b>	DKB IM MŁ CHOR REZ S. KOWALSKIEGO	OPEN -M	40	<b>00:35:34.48</b>	+00:12:41 (35.5%)	5:55	10.1 (64.3%)
57	<b>TRUSIAK Agnieszka</b>	<b>153</b>	NIGHT WOLVES ULTRA RUNNERS	OPEN -K	15	<b>00:35:23.91</b>	+00:12:42 (35.6%)	5:53	10.2 (65.0%)
58	<b>CICHŃSKI Robert</b>	<b>28</b>		OPEN -M	41	<b>00:35:43.39</b>	+00:12:49 (35.8%)	5:57	10.1 (64.3%)
59	<b>TRUSIAK Miłosz</b>	<b>154</b>	NIGHT WOLVES ULTRA RUNNERS	OPEN -M	42	<b>00:35:54.44</b>	+00:13:13 (36.5%)	5:59	10 (63.7%)
60	<b>KANIA Brajan</b>	<b>61</b>	-/BIEGAM BO LUBIĘ - SŁUPSK	OPEN -M	43	<b>00:36:08.14</b>	+00:13:17 (36.6%)	6:01	10 (63.7%)
61	<b>CHOWANIEC Sławomir</b>	<b>25</b>		OPEN -M	44	<b>00:36:13.13</b>	+00:13:26 (36.9%)	6:02	9.9 (63.1%)
62	<b>TARADAJCZYK Agnieszka</b>	<b>150</b>	BEST BEASTS	OPEN -K	16	<b>00:36:23.93</b>	+00:13:28 (36.9%)	6:03	9.9 (63.1%)
63	<b>SZEWCZUK Piotr</b>	<b>144</b>		OPEN -M	45	<b>00:36:26.00</b>	+00:13:31 (37.0%)	6:04	9.9 (63.1%)
64	<b>PAKUŁA Mateusz</b>	<b>104</b>		OPEN -M	46	<b>00:36:05.39</b>	+00:13:33 (37.1%)	6:00	10 (63.7%)
65	<b>PATYNA Paweł</b>	<b>106</b>		OPEN -M	47	<b>00:36:29.79</b>	+00:13:35 (37.1%)	6:04	9.9 (63.1%)
66	<b>ROMANOWICZ Monika</b>	<b>127</b>	DZIKIE ŻÓŁWIE	OPEN -K	17	<b>00:36:20.56</b>	+00:13:37 (37.2%)	6:03	9.9 (63.1%)
67	<b>KMIECIK Joanna</b>	<b>69</b>	GOPS TRZEBIELINO	OPEN -K	18	<b>00:36:37.76</b>	+00:13:44 (37.4%)	6:06	9.8 (62.4%)
68	<b>FIEŃKO Krzysztof</b>	<b>40</b>		OPEN -M	48	<b>00:37:05.16</b>	+00:14:13 (38.2%)	6:10	9.7 (61.8%)
69	<b>CISZEWSKA Aleksandra</b>	<b>31</b>		OPEN -K	19	<b>00:37:15.83</b>	+00:14:22 (38.4%)	6:12	9.7 (61.8%)
70	<b>KRAJEWSKA Justyna</b>	<b>79</b>		OPEN -K	20	<b>00:37:24.09</b>	+00:14:37 (38.9%)	6:14	9.6 (61.1%)
71	<b>LEŃSKA Agnieszka</b>	<b>87</b>		OPEN -K	21	<b>00:37:33.71</b>	+00:14:46 (39.1%)	6:15	9.6 (61.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 6km	Różn	Tempo min/km	Tempo km/h
72	<b>WHITE Ryan</b>	<b>158</b>	NSF REDZIKOWO	OPEN -M	49	<b>00:37:32.90</b>	+00:14:55 (39.3%)	6:15	9.6 (61.1%)
73	<b>SUCHODOLSKA Aleksandra</b>	<b>140</b>	DZIKIE ŻÓŁWIE	OPEN -K	22	<b>00:37:50.97</b>	+00:15:08 (39.7%)	6:18	9.5 (60.5%)
74	<b>WYSOTA Paweł</b>	<b>165</b>		OPEN -M	50	<b>00:38:12.63</b>	+00:15:29 (40.2%)	6:22	9.4 (59.9%)
75	<b>KROPIŃSKI Adam</b>	<b>80</b>	ŻÓŁWIK # NIE LUBIĘ BIEGAĆ	OPEN -M	51	<b>00:38:15.00</b>	+00:15:32 (40.3%)	6:22	9.4 (59.9%)
76	<b>SZYBUT Rafał</b>	<b>147</b>	NIE LUBIĘ BIEGAĆ	OPEN -M	52	<b>00:38:21.25</b>	+00:15:34 (40.3%)	6:23	9.4 (59.9%)
77	<b>ADAMCZYK Tomasz</b>	<b>1</b>	#SIŁADLAPOLI	OPEN -M	53	<b>00:38:27.51</b>	+00:15:35 (40.4%)	6:24	9.4 (59.9%)
78	<b>PIETRZYCKI Dariusz</b>	<b>113</b>		OPEN -M	54	<b>00:38:31.84</b>	+00:15:48 (40.7%)	6:25	9.3 (59.2%)
79	<b>ZALEWSKI Grzegorz</b>	<b>166</b>	W.P.K. SŁOŃ TEAM	OPEN -M	55	<b>00:38:34.93</b>	+00:15:52 (40.8%)	6:25	9.3 (59.2%)
80	<b>SAGAŁA Patrycja</b>	<b>132</b>		OPEN -K	23	<b>00:38:40.39</b>	+00:15:55 (40.9%)	6:26	9.3 (59.2%)
81	<b>RAHOZA Szymon</b>	<b>124</b>	LION STRONG TEAM	OPEN -M	56	<b>00:38:44.32</b>	+00:15:55 (40.9%)	6:27	9.3 (59.2%)
82	<b>TĘSNA Magdalena</b>	<b>131</b>		OPEN -K	24	<b>00:38:40.98</b>	+00:15:55 (40.9%)	6:26	9.3 (59.2%)
83	<b>CIESIELSKI Mikołaj</b>	<b>30</b>		OPEN -M	57	<b>00:38:54.40</b>	+00:16:03 (41.1%)	6:29	9.3 (59.2%)
84	<b>RUDZIKIEWICZ Dawid</b>	<b>129</b>		OPEN -M	58	<b>00:38:52.33</b>	+00:16:16 (41.4%)	6:28	9.3 (59.2%)
85	<b>JAKRZEWSKA Beata</b>	<b>57</b>	#SIŁADLAPOLI	OPEN -K	25	<b>00:39:17.23</b>	+00:16:25 (41.6%)	6:32	9.2 (58.6%)
86	<b>KLEJDYSZ Beata</b>	<b>67</b>		OPEN -K	26	<b>00:39:15.99</b>	+00:16:25 (41.6%)	6:32	9.2 (58.6%)
87	<b>TUDRUJ Andrzej</b>	<b>155</b>	#SIŁADLAPOLI	OPEN -M	59	<b>00:39:16.51</b>	+00:16:25 (41.6%)	6:32	9.2 (58.6%)
88	<b>FRUBA Karina</b>	<b>42</b>	STOPA SŁUPSK / KORONA SZCZECIN	OPEN -K	27	<b>00:39:24.09</b>	+00:16:34 (41.9%)	6:34	9.1 (58.0%)
89	<b>RYDZIŃSKI Piotr</b>	<b>111</b>		OPEN -M	60	<b>00:39:41.71</b>	+00:16:47 (42.2%)	6:36	9.1 (58.0%)
90	<b>SUFRIED Grzegorz</b>	<b>141</b>	GARFILD TEAM	OPEN -M	61	<b>00:39:36.74</b>	+00:16:50 (42.2%)	6:36	9.1 (58.0%)
91	<b>MOLIS Joanna</b>	<b>96</b>		OPEN -K	28	<b>00:39:39.90</b>	+00:16:52 (42.3%)	6:36	9.1 (58.0%)
92	<b>HEC Tomek</b>	<b>51</b>		OPEN -M	62	<b>00:39:41.95</b>	+00:16:53 (42.3%)	6:36	9.1 (58.0%)
93	<b>BORODZIUK Wiktor</b>	<b>16</b>		OPEN -M	63	<b>00:39:47.81</b>	+00:16:57 (42.4%)	6:37	9 (57.3%)
94	<b>BORODZIUK Aneta</b>	<b>15</b>		OPEN -K	29	<b>00:39:55.70</b>	+00:17:05 (42.6%)	6:39	9 (57.3%)
95	<b>RUBAJ- KRILIKOWSKA Monila</b>	<b>128</b>		OPEN -K	30	<b>00:39:57.66</b>	+00:17:13 (42.8%)	6:39	9 (57.3%)
96	<b>FRASZCZYK Przemek</b>	<b>41</b>		OPEN -M	64	<b>00:40:20.63</b>	+00:17:38 (43.4%)	6:43	8.9 (56.7%)
97		<b>187</b>				<b>00:39:25.35</b>	+00:18:07 (44.1%)	6:34	9.1 (58.0%)
98	<b>KUBIŃSKI Rafał</b>	<b>83</b>	NIGHT RUNNERS SŁUPSK	OPEN -M	65	<b>00:40:58.41</b>	+00:18:10 (44.1%)	6:49	8.8 (56.1%)
99	<b>WIŚNIEWSKA Dorota</b>	<b>160</b>		OPEN -K	31	<b>00:41:03.46</b>	+00:18:20 (44.3%)	6:50	8.8 (56.1%)
100	<b>KUBICA Agnieszka</b>	<b>82</b>		OPEN -K	32	<b>00:41:06.77</b>	+00:18:21 (44.4%)	6:51	8.8 (56.1%)
101	<b>GÓRECKA Agnieszka</b>	<b>47</b>		OPEN -K	33	<b>00:41:06.65</b>	+00:18:21 (44.4%)	6:51	8.8 (56.1%)
102	<b>KUCHARSKA Monika</b>	<b>84</b>	#SIŁADLAPOLI	OPEN -K	34	<b>00:41:53.42</b>	+00:19:04 (45.3%)	6:58	8.6 (54.8%)
103	<b>ŁUBKOWSKA Magdalena</b>	<b>89</b>		OPEN -K	35	<b>00:42:00.18</b>	+00:19:12 (45.5%)	7:00	8.6 (54.8%)
104	<b>MŁYNARZ Łukasz</b>	<b>179</b>		OPEN -M	66	<b>00:42:18.16</b>	+00:19:25 (45.8%)	7:03	8.5 (54.1%)
105	<b>PIETRZAK Mirosław</b>	<b>110</b>		OPEN -M	67	<b>00:42:11.80</b>	+00:19:35 (46.0%)	7:01	8.5 (54.1%)
106	<b>LIPCZYŃSKA Joanna</b>	<b>88</b>	AKTYWNI ŻELKOWO	OPEN -K	36	<b>00:42:21.33</b>	+00:19:37 (46.0%)	7:03	8.5 (54.1%)
107	<b>CZERWIŃSKI Rafał</b>	<b>173</b>	ZZESPÓŁ SZKÓŁ MUNDUROWYCH	OPEN -M	68	<b>00:42:22.70</b>	+00:19:49 (46.3%)	7:03	8.5 (54.1%)
108	<b>PIETRZYCKA Andronika</b>	<b>112</b>		OPEN -K	37	<b>00:42:36.64</b>	+00:19:53 (46.4%)	7:06	8.5 (54.1%)
109	<b>PIETRZYCKI Andrzej</b>	<b>114</b>		OPEN -M	69	<b>00:42:36.43</b>	+00:19:53 (46.4%)	7:06	8.5 (54.1%)
110	<b>MACIEJEWSKI Tomasz</b>	<b>91</b>		OPEN -M	70	<b>00:42:42.88</b>	+00:19:55 (46.4%)	7:07	8.4 (53.5%)
111	<b>CHMIELOWIEC Sebastian</b>	<b>23</b>	KUŹNIA SPORTU	OPEN -M	71	<b>00:42:47.66</b>	+00:20:09 (46.7%)	7:07	8.4 (53.5%)
112	<b>WOŹNIAK Arkadiusz</b>	<b>184</b>	#SIŁADLAPOLI	OPEN -M	72	<b>00:43:06.20</b>	+00:20:18 (46.9%)	7:11	8.4 (53.5%)
113	<b>STURMA Ewa</b>	<b>139</b>		OPEN -K	38	<b>00:43:15.21</b>	+00:20:25 (47.0%)	7:12	8.3 (52.9%)
114	<b>PIERZCHAŁO Dorota</b>	<b>108</b>	BEST BEASTS	OPEN -K	39	<b>00:43:43.30</b>	+00:20:49 (47.5%)	7:17	8.2 (52.2%)
115		<b>192</b>				<b>00:42:18.48</b>	+00:20:59 (47.7%)	7:03	8.5 (54.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 6km	Różn	Tempo min/km	Tempo km/h
116	<b>ŻYDZIANOWSKI Wojciech</b>	<b>170</b>	TEAM PANI OLI	OPEN -M	73	<b>00:43:49.17</b>	+00:20:59 (47.7%)	7:18	8.2 (52.2%)
117	<b>ZIĘBA Agnieszka</b>	<b>169</b>		OPEN -K	40	<b>00:44:23.55</b>	+00:21:33 (48.4%)	7:23	8.1 (51.6%)
118	<b>GISZKA Ewelina</b>	<b>182</b>		OPEN -K	41	<b>00:44:23.55</b>	+00:21:34 (48.4%)	7:23	8.1 (51.6%)
119	<b>SITKIEWICZ Agnieszka</b>	<b>134</b>	#SIŁADLAPOLI	OPEN -K	42	<b>00:44:45.55</b>	+00:21:54 (48.8%)	7:27	8 (51.0%)
120	<b>BURDA Sebastian</b>	<b>20</b>	W.P.K. SŁOŃ TEAM	OPEN -M	74	<b>00:44:39.12</b>	+00:21:54 (48.8%)	7:26	8.1 (51.6%)
121	<b>SZNIGIR Katarzyna</b>	<b>185</b>		OPEN -K	43	<b>00:44:44.26</b>	+00:21:58 (48.8%)	7:27	8 (51.0%)
122	<b>MARCZAK Małgorzata</b>	<b>93</b>	AKTYWNI ŻELKOWO	OPEN -K	44	<b>00:44:46.33</b>	+00:21:58 (48.8%)	7:27	8 (51.0%)
123	<b>URBAN Seweryn</b>	<b>156</b>	ANANASY Z 3 FAL	OPEN -M	75	<b>00:45:18.88</b>	+00:22:32 (49.5%)	7:33	7.9 (50.3%)
124	<b>URBAN Ewelina</b>	<b>86</b>	ANANASY Z 3 FAL	OPEN -K	45	<b>00:45:19.94</b>	+00:22:33 (49.5%)	7:33	7.9 (50.3%)
125	<b>BOCZKOWSKI Waldek</b>	<b>14</b>		OPEN -M	76	<b>00:45:29.37</b>	+00:22:45 (49.7%)	7:34	7.9 (50.3%)
126	<b>BOCZKOWSKA Zuzanna</b>	<b>13</b>		OPEN -K	46	<b>00:45:29.47</b>	+00:22:46 (49.7%)	7:34	7.9 (50.3%)
127	<b>IWANOWSKI Wojciech</b>	<b>56</b>	#SIŁADLAPOLI	OPEN -M	77	<b>00:45:38.76</b>	+00:22:51 (49.8%)	7:36	7.9 (50.3%)
128	<b>NESTEROWICZ Maciej</b>	<b>181</b>	ZZESPÓŁ SZKÓŁ MUNDUROWYCH	OPEN -M	78	<b>00:45:39.27</b>	+00:23:05 (50.1%)	7:36	7.9 (50.3%)
129	<b>STANIASZEK Bogusław</b>	<b>177</b>		OPEN -M	79	<b>00:46:34.45</b>	+00:23:46 (50.8%)	7:45	7.7 (49.0%)
130	<b>RAKOWSKA Katarzyna</b>	<b>125</b>	W.P.K. SŁOŃ TEAM	OPEN -K	47	<b>00:47:12.33</b>	+00:24:30 (51.6%)	7:52	7.6 (48.4%)
131	<b>CIŻMOWSKA Barbara</b>	<b>32</b>	MTS HAMER	OPEN -K	48	<b>00:49:47.64</b>	+00:27:03 (54.0%)	8:17	7.2 (45.9%)
132	<b>BADZIĄG Waldemar</b>	<b>7</b>	ANANASY Z 3 FAL	OPEN -M	80	<b>00:52:15.89</b>	+00:29:32 (56.2%)	8:42	6.9 (43.9%)
133	<b>KĘDYŚ Justyna</b>	<b>107</b>		OPEN -K	49	<b>00:53:58.89</b>	+00:31:15 (57.6%)	8:59	6.7 (42.7%)
134	<b>WRÓBLEWSKI Kamil</b>	<b>183</b>	#SIŁADLAPOLI	OPEN -M	81	<b>00:54:13.04</b>	+00:31:38 (57.9%)	9:02	6.6 (42.0%)

Znaleziono 134 wynik(ów)