



BIEG CZTERECH GENERALÓW

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Organizator: Fundacja Nasza Historia
Data: 2023-09-16
Miejsce: Modlin
Dystans: 10 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	BARTOŁOWICZ Dawid	4		M OPEN	1	TMT	00:39:46.95		3:58	15.1 (100%)
2	MAGDA Łukasz	113		M OPEN	2		00:44:08.60	+00:04:21 (9.9%)	4:24	13.6 (90.1%)
3	OLESIŃSKI Piotr	133		M OPEN	3	Drużyna Orzecha Żyrardów	00:44:09.00	+00:04:22 (9.9%)	4:24	13.6 (90.1%)
4	WŁODARCZYK Dawid	202		M OPEN	4	Kutno Biega	00:45:38.10	+00:05:51 (12.8%)	4:33	13.1 (86.8%)
5	BRONOWSKI Paweł	10		M OPEN	5	Sokół Bodzanów	00:45:43.80	+00:05:56 (13.0%)	4:34	13.1 (86.8%)
6	NOWECKI Michał	131		M OPEN	6	OSP WRĘCZA	00:45:48.40	+00:06:01 (13.2%)	4:34	13.1 (86.8%)
7	KWIATKOWSKI Damian	102		M OPEN	7	Lecę Bo Chcę	00:46:08.40	+00:06:21 (13.8%)	4:36	13 (86.1%)
8	SZYMAŃSKI Daniel	186		M OPEN	8		00:47:01.05	+00:07:14 (15.4%)	4:42	12.8 (84.8%)
9	RYBARCZYK Daniel	156		M OPEN	9		00:47:05.55	+00:07:18 (15.5%)	4:42	12.7 (84.1%)
10	GOŁĘBIEWSKI Jakub	42		M OPEN	10		00:47:06.80	+00:07:19 (15.6%)	4:42	12.7 (84.1%)
11	KASKA Damian	74		M OPEN	11	Zglechów Runners	00:47:11.05	+00:07:24 (15.7%)	4:43	12.7 (84.1%)
12	KRZYŻANOWSKI Krzysztof	97		M OPEN	12	Reckitt Runners	00:47:17.35	+00:07:30 (15.9%)	4:43	12.7 (84.1%)
13	BARTCZAK Robert	3		M OPEN	13		00:47:19.20	+00:07:32 (15.9%)	4:43	12.7 (84.1%)
14	KASPERKIEWICZ Maja	76		K OPEN	1		00:47:19.80	+00:07:32 (15.9%)	4:43	12.7 (84.1%)
15	ZIELIŃSKI Michał	215		M OPEN	14	#StepByStep	00:47:22.40	+00:07:35 (16.0%)	4:44	12.7 (84.1%)
16	UMIASTOWSKI Bartosz	191		M OPEN	15		00:47:29.65	+00:07:42 (16.2%)	4:44	12.6 (83.4%)
17	TAŃSKI Darek	189		M OPEN	16		00:47:36.55	+00:07:49 (16.4%)	4:45	12.6 (83.4%)
18	KACZOROWSKI Robert	67		M OPEN	17	Są Wolniejsi	00:47:37.50	+00:07:50 (16.5%)	4:45	12.6 (83.4%)
19	CHOLEWSKI Piotr	18		M OPEN	18		00:47:41.55	+00:07:54 (16.6%)	4:46	12.6 (83.4%)
20	MAĆKOWSKI Radosław	112		M OPEN	19	PodakiNaZdrowie	00:47:42.30	+00:07:55 (16.6%)	4:46	12.6 (83.4%)
21	DZIEDZIC Józef	28		M OPEN	20	Zabiegany Wołomin	00:47:57.10	+00:08:10 (17.0%)	4:47	12.5 (82.8%)
22	WOJTCZAK Michał	204		M OPEN	21		00:48:07.05	+00:08:20 (17.3%)	4:48	12.5 (82.8%)
23	MILCZAREK Marcin	124		M OPEN	22	Drużyna Orzecha Żyrardów	00:48:08.45	+00:08:21 (17.4%)	4:48	12.5 (82.8%)
24	KONARSKI Tomasz	88		M OPEN	23		00:48:08.75	+00:08:21 (17.4%)	4:48	12.5 (82.8%)
25	STASIAK Piotr	173		M OPEN	24		00:48:11.95	+00:08:25 (17.5%)	4:49	12.5 (82.8%)
26	FILIPCZUK Dariusz	33		M OPEN	25		00:48:14.45	+00:08:27 (17.5%)	4:49	12.4 (82.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas		Tempo min/km	Tempo km/h
							netto 10km	Różn		
27	DOBROWOLSKI Piotr	23		M OPEN	26		00:48:20.90	+00:08:33 (17.7%)	4:50	12.4 (82.1%)
28	RUTKOWSKA Izabela	155		K OPEN	2	TMT	00:48:32.00	+00:08:45 (18.0%)	4:51	12.4 (82.1%)
29	SIELSKI Wiktor	161		M OPEN	27	OSP WRĘCZA	00:48:37.90	+00:08:50 (18.2%)	4:51	12.3 (81.5%)
30	JURKOWSKI Artur	66		M OPEN	28	Zglechów Runners	00:48:41.25	+00:08:54 (18.3%)	4:52	12.3 (81.5%)
31	BAKUŁA Mateusz	1		M OPEN	29		00:48:48.85	+00:09:01 (18.5%)	4:52	12.3 (81.5%)
32	SADOWSKI Robert	159		M OPEN	30		00:48:50.10	+00:09:03 (18.5%)	4:53	12.3 (81.5%)
33	SŁODKOWSKI Marek	166		M OPEN	31		00:48:59.30	+00:09:12 (18.8%)	4:53	12.2 (80.8%)
34	OWCZAREK Sebastian	136		M OPEN	32		00:49:11.05	+00:09:24 (19.1%)	4:55	12.2 (80.8%)
35	GADOMSKI Łukasz	35		M OPEN	33	Aktywność Rodzi Pozytywność	00:49:17.10	+00:09:30 (19.3%)	4:55	12.2 (80.8%)
36	NAWROT Arkadiusz	128		M OPEN	34	Wesołe Misie	00:49:44.20	+00:09:57 (20.0%)	4:58	12.1 (80.1%)
37	OWCZAREK Katarzyna	135		K OPEN	3		00:49:53.05	+00:10:06 (20.3%)	4:59	12 (79.5%)
38	MAŁKIEWICZ Michał	116		M OPEN	35		00:50:06.45	+00:10:19 (20.6%)	5:00	12 (79.5%)
39	KOCIEŃSKA Magdalena	85		K OPEN	4	Wesołe Misie	00:50:06.50	+00:10:19 (20.6%)	5:00	12 (79.5%)
40	KOŁODZIEJCZAK Robert	220		M OPEN	36		00:50:10.30	+00:10:23 (20.7%)	5:01	12 (79.5%)
41	KRASUSKI Marcin	94		M OPEN	37		00:50:11.50	+00:10:24 (20.7%)	5:01	12 (79.5%)
42	BIEL Artur	6		M OPEN	38	Wesołe Misie	00:50:11.70	+00:10:24 (20.7%)	5:01	12 (79.5%)
43	CZYTRZYŃSKA Alicja	21		K OPEN	5		00:50:13.05	+00:10:26 (20.8%)	5:01	11.9 (78.8%)
44	ŻAGLEWSKI Dariusz	219		M OPEN	39	Aktywność Rodzi Pozytywność	00:50:28.75	+00:10:41 (21.2%)	5:02	11.9 (78.8%)
45	BUKOWSKI Tomasz	14		M OPEN	40		00:50:32.55	+00:10:45 (21.3%)	5:03	11.9 (78.8%)
46	KON Monika	87		K OPEN	6	Aktywność Rodzi Pozytywność	00:50:35.25	+00:10:48 (21.4%)	5:03	11.9 (78.8%)
47	SURMIAK Maciej	177		M OPEN	41		00:50:35.65	+00:10:48 (21.4%)	5:03	11.9 (78.8%)
48	STYŚ Marek	175		M OPEN	42	Lecę Bo Chcę	00:51:04.20	+00:11:17 (22.1%)	5:06	11.7 (77.5%)
49	RADZIKOWSKI Karol	148		M OPEN	43		00:51:06.75	+00:11:19 (22.2%)	5:06	11.7 (77.5%)
50	NAPIONTEK Maria	126		K OPEN	7	Adventure Team by Deloitte	00:51:08.40	+00:11:21 (22.2%)	5:06	11.7 (77.5%)
51	SOSIŃSKI Mateusz	169		M OPEN	44		00:51:45.40	+00:11:58 (23.1%)	5:10	11.6 (76.8%)
52	OWSIANKO Justyna	138		K OPEN	8	Lecę Bo Chcę	00:51:54.60	+00:12:07 (23.4%)	5:11	11.6 (76.8%)
53	JODŁOWSKI Grzegorz	64		M OPEN	45		00:52:03.90	+00:12:16 (23.6%)	5:12	11.5 (76.2%)
54	BARTOS Michał	5		M OPEN	46		00:52:07.85	+00:12:20 (23.7%)	5:12	11.5 (76.2%)
55	KURASZKIEWICZ Maciej	100		M OPEN	47		00:52:16.80	+00:12:29 (23.9%)	5:13	11.5 (76.2%)
56	BARANOWSKI Łukasz	2		M OPEN	48		00:52:19.65	+00:12:32 (24.0%)	5:13	11.5 (76.2%)
57	JABŁONKA Radosław	54		M OPEN	49		00:52:20.45	+00:12:33 (24.0%)	5:14	11.5 (76.2%)
58	WIKTOROWICZ Bartłomiej	197		M OPEN	50		00:52:27.35	+00:12:40 (24.2%)	5:14	11.4 (75.5%)
59	MASKIEWICZ Magdalena	119		K OPEN	9		00:52:29.70	+00:12:42 (24.2%)	5:14	11.4 (75.5%)
60	MIKLASZEWSKI Kamil	123		M OPEN	51		00:52:47.60	+00:13:00 (24.6%)	5:16	11.4 (75.5%)
61	KUCHARCZYK Piotr	98		M OPEN	52		00:53:03.55	+00:13:16 (25.0%)	5:18	11.3 (74.8%)
62	JARCZEWSKI Mariusz	62		M OPEN	53		00:53:12.70	+00:13:25 (25.2%)	5:19	11.3 (74.8%)
63	RAPINCZUK Jan	149		M OPEN	54	CWCR	00:53:22.20	+00:13:35 (25.5%)	5:20	11.2 (74.2%)
64	KŁOS Radosław	82		M OPEN	55	DZIK.CC	00:53:22.50	+00:13:35 (25.5%)	5:20	11.2 (74.2%)
65	ŁYSZKOWSKI Jarosław	111		M OPEN	56	DZIK.CC	00:53:23.40	+00:13:36 (25.5%)	5:20	11.2 (74.2%)
66	LEŻNICKI Tomasz	103		M OPEN	57		00:53:35.20	+00:13:48 (25.8%)	5:21	11.2 (74.2%)
67	DĘBSKI Robert	22		M OPEN	58		00:53:38.15	+00:13:51 (25.8%)	5:21	11.2 (74.2%)
68	BUDKOWSKA Dorota	11		K OPEN	10		00:53:47.70	+00:14:00 (26.0%)	5:22	11.2 (74.2%)
69	ZGÓRZAK Aleksandra	214		K OPEN	11	OSP WRĘCZA	00:53:52.15	+00:14:05 (26.1%)	5:23	11.1 (73.5%)
70	BORKOWSKI Wojciech	9		M OPEN	59	Kabanosy	00:53:53.40	+00:14:06 (26.2%)	5:23	11.1 (73.5%)

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71	KACZOROWSKI Ryszard	68		M OPEN	60	Są Wolniejsi	00:54:04.65	+00:14:17 (26.4%)	5:24	11.1 (73.5%)
72	MAJCHRZAK Krystian	114		M OPEN	61		00:54:12.65	+00:14:25 (26.6%)	5:25	11.1 (73.5%)
73	GOSZCZYŃSKA Wioleta	45		K OPEN	12		00:54:14.10	+00:14:27 (26.6%)	5:25	11.1 (73.5%)
74	WYSOCKI Piotr	209		M OPEN	62		00:54:19.00	+00:14:32 (26.8%)	5:25	11 (72.8%)
75	PIEKARSKI Michał	142		M OPEN	63	DZIK.CC	00:54:20.15	+00:14:33 (26.8%)	5:26	11 (72.8%)
76	ŻAGLEWSKA Jolanta	218		K OPEN	13	Reckitt Runners	00:54:21.45	+00:14:34 (26.8%)	5:26	11 (72.8%)
77	DZIURANIUK Jan	30		M OPEN	64		00:54:22.55	+00:14:35 (26.8%)	5:26	11 (72.8%)
78	PIEKUTOWSKI Przemysław	143		M OPEN	65		00:54:24.90	+00:14:37 (26.9%)	5:26	11 (72.8%)
79	RUCIŃSKA Wioleta	154		K OPEN	14	Aktywność Rodzi Pozytywność	00:54:28.65	+00:14:41 (27.0%)	5:26	11 (72.8%)
80	PASTUSZKO Maciek	140		M OPEN	66		00:54:40.05	+00:14:53 (27.2%)	5:28	11 (72.8%)
81	WOŹNICA Mariusz	206		M OPEN	67		00:54:59.55	+00:15:12 (27.7%)	5:29	10.9 (72.2%)
82	WIŚNIEWSKI Mariusz	201		M OPEN	68		00:55:01.35	+00:15:14 (27.7%)	5:30	10.9 (72.2%)
83	MARCZUK Marta	118		K OPEN	15		00:55:09.05	+00:15:22 (27.9%)	5:30	10.9 (72.2%)
84	JANISZEWSKI Aleksander	60		M OPEN	69		00:55:09.10	+00:15:22 (27.9%)	5:30	10.9 (72.2%)
85	KRYSIAK Artur	95		M OPEN	70		00:55:11.25	+00:15:24 (27.9%)	5:31	10.9 (72.2%)
86	MUCHA Michał	125		M OPEN	71		00:55:19.20	+00:15:32 (28.1%)	5:31	10.8 (71.5%)
87	FELDMAN Łukasz	32		M OPEN	72		00:56:03.05	+00:16:16 (29.0%)	5:36	10.7 (70.9%)
88	KUCZYNSKI Igor	99		M OPEN	73		00:56:07.45	+00:16:20 (29.1%)	5:36	10.7 (70.9%)
89	CYBULSKI Dawid	20		M OPEN	74		00:56:09.95	+00:16:23 (29.2%)	5:36	10.7 (70.9%)
90	WIERZBA Karol	195		M OPEN	75		00:56:14.95	+00:16:28 (29.3%)	5:37	10.7 (70.9%)
91	GROCHOWIAK-FELDMAN Magdalena	48		K OPEN	16		00:56:18.40	+00:16:31 (29.3%)	5:37	10.7 (70.9%)
92	KOŁOWIECKA-WILKOS Angela	86		K OPEN	17		00:56:27.95	+00:16:41 (29.5%)	5:38	10.6 (70.2%)
93	BOBROWSKI Marcin	7		M OPEN	76		00:56:28.15	+00:16:41 (29.6%)	5:38	10.6 (70.2%)
94	DURLAK Rafał	25		M OPEN	77		00:56:30.75	+00:16:43 (29.6%)	5:39	10.6 (70.2%)
95	GAWROŃSKI Bartosz	38		M OPEN	78		00:56:38.80	+00:16:51 (29.8%)	5:39	10.6 (70.2%)
96	GAWROŃSKA Agata	37		K OPEN	18		00:56:39.95	+00:16:53 (29.8%)	5:39	10.6 (70.2%)
97	SZAKURO Michał	178		M OPEN	79		00:56:43.05	+00:16:56 (29.9%)	5:40	10.6 (70.2%)
98	SZYLBERG Piotr	183		M OPEN	80	Rozbiegajmy Wawer	00:56:51.55	+00:17:04 (30.0%)	5:41	10.6 (70.2%)
99	SZYLBERG Aleksandra	184		K OPEN	19	Rozbiegajmy Wawer	00:56:51.65	+00:17:04 (30.0%)	5:41	10.6 (70.2%)
100	SOBCZYK Maks	129		M OPEN	81		00:56:54.65	+00:17:07 (30.1%)	5:41	10.5 (69.5%)
101	PARUSZEWSKA- DUKLANOWSKA Angelika	139		K OPEN	20		00:57:01.10	+00:17:14 (30.2%)	5:42	10.5 (69.5%)
102	ŁABA Piotr	109		M OPEN	82		00:57:20.80	+00:17:33 (30.6%)	5:44	10.5 (69.5%)
103	GÓRSKI Dariusz	46		M OPEN	83		00:57:20.95	+00:17:34 (30.6%)	5:44	10.5 (69.5%)
104	ZBICIAK Paweł	213		M OPEN	84		00:57:36.00	+00:17:49 (30.9%)	5:45	10.4 (68.9%)
105	KŁOS Bartosz	83		M OPEN	85	DZIK.CC	00:57:40.90	+00:17:53 (31.0%)	5:46	10.4 (68.9%)
106	ZIÓLKOWSKA Anna	216		K OPEN	21	Aktywność Rodzi Pozytywność	00:57:44.65	+00:17:57 (31.1%)	5:46	10.4 (68.9%)
107	RYBICKA Agnieszka	157		K OPEN	22	Aktywność Rodzi Pozytywność	00:57:44.70	+00:17:57 (31.1%)	5:46	10.4 (68.9%)
108	MIKLASZEWSKI Marian	122		M OPEN	86		00:58:25.10	+00:18:38 (31.9%)	5:50	10.3 (68.2%)
109	GOOS Angelika	44		K OPEN	23		00:58:27.40	+00:18:40 (31.9%)	5:50	10.3 (68.2%)
110	LITWINEK Paweł	107		M OPEN	87		00:58:34.50	+00:18:47 (32.1%)	5:51	10.2 (67.5%)
111	SZAŁANKIEWICZ Marcin	179		M OPEN	88		00:58:35.75	+00:18:48 (32.1%)	5:51	10.2 (67.5%)
112	SOBCZYK Basia	168		K OPEN	24	Rozbiegamy Nowy Dwór	00:58:36.25	+00:18:49 (32.1%)	5:51	10.2 (67.5%)
113	SMOLIŃSKA Agata	167		K OPEN	25	Reckitt Runners	00:59:17.00	+00:19:30 (32.9%)	5:55	10.1 (66.9%)
114	WIKTORSKA Mariola	198		K OPEN	26		00:59:30.65	+00:19:43 (33.2%)	5:57	10.1 (66.9%)

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115	BURZYŃSKA Patrycja	16		K OPEN	27	Reckitt Runners	00:59:42.75	+00:19:55 (33.4%)	5:58	10.1 (66.9%)
116	BURZYŃSKA Katarzyna	15		K OPEN	28	Reckitt Runners	00:59:44.00	+00:19:57 (33.4%)	5:58	10 (66.2%)
117	SZEWCZYK Robert	180		M OPEN	89		00:59:46.35	+00:19:59 (33.4%)	5:58	10 (66.2%)
118	SKONIECZNY Dawid	165		M OPEN	90		00:59:56.10	+00:20:09 (33.6%)	5:59	10 (66.2%)
119	YUKHNIK Yury	211		M OPEN	91		00:59:57.40	+00:20:10 (33.6%)	5:59	10 (66.2%)
120	WOJTALA Wioletta	203		K OPEN	29	Reckitt Runners	01:00:32.35	+00:20:45 (34.3%)	6:03	9.9 (65.6%)
121	ŁUSZCZEWSKA Katarzyna	110		K OPEN	30		01:00:32.75	+00:20:45 (34.3%)	6:03	9.9 (65.6%)
122	KŁOSINSKI Piotr	84		M OPEN	92		01:00:36.85	+00:20:49 (34.4%)	6:03	9.9 (65.6%)
123	MALINOWSKI Patryk	115		M OPEN	93	Reckitt Runners	01:00:39.80	+00:20:52 (34.4%)	6:03	9.9 (65.6%)
124	KAMER Patrycja	73		K OPEN	31		01:00:46.35	+00:20:59 (34.5%)	6:04	9.9 (65.6%)
125	ROMANOWSKA Agnieszka	151		K OPEN	32	Aktywność Rodzi Pozytywność	01:01:26.55	+00:21:39 (35.3%)	6:08	9.8 (64.9%)
126	KOZIARA Katarzyna	93		K OPEN	33	Reckitt Runners	01:01:28.30	+00:21:41 (35.3%)	6:08	9.8 (64.9%)
127	LISTOPADZKA Anna	106		K OPEN	34		01:01:31.95	+00:21:45 (35.3%)	6:09	9.8 (64.9%)
128	IWAŃSKA Arleta	52		K OPEN	35	Aktywnie Uzależniamy	01:01:35.20	+00:21:48 (35.4%)	6:09	9.7 (64.2%)
129	MATUSZEWSKI Piotr	120		M OPEN	94		01:01:36.75	+00:21:49 (35.4%)	6:09	9.7 (64.2%)
130	WACHOL Pawel	192		M OPEN	95		01:02:45.00	+00:22:58 (36.6%)	6:16	9.6 (63.6%)
131	PTASZYŃSKI Mariusz	147		M OPEN	96	Albatrosy	01:02:59.90	+00:23:12 (36.9%)	6:17	9.5 (62.9%)
132	GOMULSKA Agnieszka	43		K OPEN	36		01:03:46.25	+00:23:59 (37.6%)	6:22	9.4 (62.3%)
133	WYSOCKI Marek	208		M OPEN	97		01:03:49.25	+00:24:02 (37.7%)	6:22	9.4 (62.3%)
134	GK Monika	41		K OPEN	37		01:03:51.05	+00:24:04 (37.7%)	6:23	9.4 (62.3%)
135	EJSAK Arkadiusz	31		M OPEN	98	DZIK.CC	01:03:51.10	+00:24:04 (37.7%)	6:23	9.4 (62.3%)
136	STEFAŃSKI Robert	174		M OPEN	99		01:03:59.30	+00:24:12 (37.8%)	6:23	9.4 (62.3%)
137	ROMAN Damian	150		M OPEN	100	DZIK.CC	01:04:08.55	+00:24:21 (38.0%)	6:24	9.4 (62.3%)
138	KRYSZKIEWICZ Wioletta	96		K OPEN	38	DZIK.CC	01:04:09.70	+00:24:22 (38.0%)	6:24	9.4 (62.3%)
139	SZUL Marta	182		K OPEN	39		01:04:14.30	+00:24:27 (38.1%)	6:25	9.3 (61.6%)
140	STAŃCZAK Anna	172		K OPEN	40		01:04:14.35	+00:24:27 (38.1%)	6:25	9.3 (61.6%)
141	GRZESZEK Małgorzata	50		K OPEN	41		01:04:53.50	+00:25:06 (38.7%)	6:29	9.2 (60.9%)
142	SZPOJANKOWSKA Anna	181		K OPEN	42		01:05:33.00	+00:25:46 (39.3%)	6:33	9.2 (60.9%)
143	LUBERACKI Artur	108		M OPEN	101	Aktywność Rodzi Pozytywność	01:06:13.20	+00:26:26 (39.9%)	6:37	9.1 (60.3%)
144	STYŚ Monika	176		K OPEN	43	Lecę Bo Chcę	01:06:44.65	+00:26:57 (40.4%)	6:40	9 (59.6%)
145	WÓJCIK Małgorzata	207		K OPEN	44	Aktywność Rodzi Pozytywność	01:07:12.50	+00:27:25 (40.8%)	6:43	8.9 (58.9%)
146	WOŹNIAK Aleksandra	205		K OPEN	45	Aktywność Rodzi Pozytywność	01:07:13.15	+00:27:26 (40.8%)	6:43	8.9 (58.9%)
147	PIOTROWSKA Kasia	144		K OPEN	46	Aktywność Rodzi Pozytywność	01:07:13.45	+00:27:26 (40.8%)	6:43	8.9 (58.9%)
148	WYSOCKI Wojciech	210		M OPEN	102		01:07:26.95	+00:27:40 (41.0%)	6:44	8.9 (58.9%)
149	JABŁOŃSKA Kamila	55		K OPEN	47		01:07:35.90	+00:27:48 (41.1%)	6:45	8.9 (58.9%)
150	WAROWICKI Sebastian	193		M OPEN	103	Grupa biegowa CHTMO	01:07:40.75	+00:27:53 (41.2%)	6:46	8.9 (58.9%)
151	ZARZYCKI Krzysztof	212		M OPEN	104	Reckitt Runners	01:07:54.30	+00:28:07 (41.4%)	6:47	8.8 (58.3%)
152	KASPEREK Krzysztof	75		M OPEN	105	Reckitt Runners	01:08:07.45	+00:28:20 (41.6%)	6:48	8.8 (58.3%)
153	WAWRZONKIEWICZ Justyna	194		K OPEN	48		01:08:15.25	+00:28:28 (41.7%)	6:49	8.8 (58.3%)
154	WIŚNIEWSKA-DUDA Anna	200		K OPEN	49		01:08:40.50	+00:28:53 (42.1%)	6:52	8.7 (57.6%)
155	PAWŁOWSKA Maja	141		K OPEN	50		01:08:43.80	+00:28:56 (42.1%)	6:52	8.7 (57.6%)
156	NIETRZEBKA Paweł	130		M OPEN	106		01:08:44.80	+00:28:57 (42.1%)	6:52	8.7 (57.6%)
157	CHOMICZEWSKI Artur	19		M OPEN	107		01:09:22.20	+00:29:35 (42.7%)	6:56	8.6 (57.0%)
158	RÓŻYŃSKI Mariusz	152		M OPEN	108		01:09:28.25	+00:29:41 (42.7%)	6:56	8.6 (57.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
159	KALINOWSKI Marek	72		M OPEN	109		01:09:28.75	+00:29:41 (42.7%)	6:56	8.6 (57.0%)
160	ZUCHOWSKA Agata	217		K OPEN	51		01:10:42.35	+00:30:55 (43.7%)	7:04	8.5 (56.3%)
161	FLANK Paweł	34		M OPEN	110		01:10:42.40	+00:30:55 (43.7%)	7:04	8.5 (56.3%)
162	KATNER Tomasz	78		M OPEN	111		01:11:06.90	+00:31:19 (44.1%)	7:06	8.4 (55.6%)
163	LIPKA Edyta	104		K OPEN	52		01:11:32.05	+00:31:45 (44.4%)	7:09	8.4 (55.6%)
164	LIPKA Cezary	105		M OPEN	112		01:11:32.35	+00:31:45 (44.4%)	7:09	8.4 (55.6%)
165	OLKOWSKI Robert	134		M OPEN	113		01:12:12.80	+00:32:25 (44.9%)	7:13	8.3 (55.0%)
166	MATYSIAK Ola	121		K OPEN	53		01:12:45.95	+00:32:59 (45.3%)	7:16	8.2 (54.3%)
167	TOMCZAK Agnieszka	190		K OPEN	54		01:12:46.00	+00:32:59 (45.3%)	7:16	8.2 (54.3%)
168	KACZYŃSKA Angelika	71		K OPEN	55	Albatrosy	01:12:59.55	+00:33:12 (45.5%)	7:17	8.2 (54.3%)
169	GRYŻEWSKI Karol	49		M OPEN	114	Albatrosy	01:12:59.70	+00:33:12 (45.5%)	7:17	8.2 (54.3%)
170	JABLONSKI Jarosław	53		M OPEN	115		01:13:16.45	+00:33:29 (45.7%)	7:19	8.2 (54.3%)
171	NOWOSIELSKA Monika	132		K OPEN	56		01:14:15.40	+00:34:28 (46.4%)	7:25	8.1 (53.6%)
172	PIÓRKOWSKA Ela	145		K OPEN	57		01:14:33.20	+00:34:46 (46.6%)	7:27	8 (53.0%)
173	RUBACHA Robert	153		M OPEN	116		01:16:19.35	+00:36:32 (47.9%)	7:37	7.9 (52.3%)
174	DUBIEL Paulina	24		K OPEN	58		01:16:19.85	+00:36:32 (47.9%)	7:37	7.9 (52.3%)
175	KILIŃSKI Piotr	80		M OPEN	117		01:16:40.05	+00:36:53 (48.1%)	7:40	7.8 (51.7%)
176	GRABOWSKA Monika	47		K OPEN	59		01:16:42.50	+00:36:55 (48.1%)	7:40	7.8 (51.7%)
177	KOSTECKI Sebastian	90		M OPEN	118	ASzWoj	01:17:03.05	+00:37:16 (48.4%)	7:42	7.8 (51.7%)
178	GAWRYŁO Joanna	39		K OPEN	60		01:20:49.85	+00:41:02 (50.8%)	8:04	7.4 (49.0%)
179	ŚLUBOWSKA Katarzyna	188		K OPEN	61	Sokół Bodzanów	01:21:30.40	+00:41:43 (51.2%)	8:09	7.4 (49.0%)
180	JANUSZEWSKA Ewa	61		K OPEN	62	Sokół Bodzanów	01:21:31.15	+00:41:44 (51.2%)	8:09	7.4 (49.0%)

Znaleziono 180 wynik(ów)