



BIEG MORSKIEGO KOMANDOSA 2019 - HARD 22KM

B4SPORT

Wydarzenie: X Bieg Morskiego Komandosa
Organizator: OCR Events
Data: 2019-08-31
Miejsce: Gdynia
Dystans: 22 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Kara/ bonifikata	Czas netto 22km	Czas brutto 22km	Różn	Tempo min/km	Tempo km/h
1	KREFT Łukasz	H085		Hard 1 - M	1	00:00:00		03:19:03.90	03:19:03.90		9:02	6.6 (100%)
2	ŁUKASZEWSKI Jakub	X6	NOWOHUCKI KOMBINAT SPORTOWY	Hard X	1	00:50:19		03:20:01.85	04:10:21.15	+00:00:57 (0.5%)	9:05	6.6 (100%)
3	KULIKOWSKI Piotr	H222	AKADEMIA WOJSK LĄDOWYCH	Hard 2 - M	1	00:00:00	00:20:00	03:25:11.00	03:25:11.00	+00:06:07 (3.0%)	8:25	7.1 (107.6%)
4	CHOMICZ Krzysztof	X2	16 BPD	Hard X	2	00:50:24		03:27:05.10	04:17:29.55	+00:08:01 (3.9%)	9:24	6.4 (97.0%)
5	KOŚCIECHA Mateusz	H047	OPP GDAŃSK	Hard 1 - M	2	00:00:00		03:27:57.65	03:27:57.65	+00:08:53 (4.3%)	9:27	6.3 (95.5%)
6	KRUCZKOWSKI Michał	X5	XRUNNERS	Hard X	3	00:50:20		03:32:37.25	04:22:57.25	+00:13:33 (6.4%)	9:39	6.2 (93.9%)
7	GOLIANEK Krzysztof	A023		Hard Hist - M	1	00:00:00		03:33:09.05	03:33:09.05	+00:14:05 (6.6%)	9:41	6.2 (93.9%)
8	KANAWKA Grzegorz	A036		Hard Hist - M	2	00:00:00		03:37:39.25	03:37:39.25	+00:18:35 (8.5%)	9:53	6.1 (92.4%)
9	WASIELEWSKI Michał	X16		Hard X	4	00:50:19		03:45:24.85	04:35:44.00	+00:26:20 (11.7%)	10:14	5.9 (89.4%)
10	CZAPLA Paweł	H038	9 PÓŁK ROZPOZNAWCZY	Hard 1 - M	3	00:00:00		03:55:31.00	03:55:31.00	+00:36:27 (15.5%)	10:42	5.6 (84.8%)
11	PAWLYTA Jerzy	X9		Hard X	5	00:50:21		03:57:59.35	04:48:21.25	+00:38:55 (16.4%)	10:49	5.5 (83.3%)
12	SZUMLAŃSKI Marcin	H146	GORĄCY POTOK TEAM	Hard 1 - M	4	00:00:00		03:58:06.10	03:58:06.10	+00:39:02 (16.4%)	10:49	5.5 (83.3%)
13	PELO Artur	H258		Hard 1 - M	5	00:00:00	00:40:00	03:59:04.00	03:59:04.00	+00:40:00 (16.7%)	9:02	6.6 (100%)
14	MAKAREWICZ Hubert	A047		Hard Hist - M	3	00:00:00		04:01:16.90	04:01:16.90	+00:42:13 (17.5%)	10:58	5.5 (83.3%)
15	NIEDŹWIECKI Damian	A055	17 WBZ	Hard Hist - M	4	00:00:00		04:02:10.35	04:02:10.35	+00:43:06 (17.8%)	11:00	5.5 (83.3%)

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16	FARKOWSKI Konrad	A013	KONIUCHY OCR	Hard Hist - M	5	00:00:00	00:20:00	04:03:09.00	04:03:09.00	+00:44:05 (18.1%)	10:08	5.9 (89.4%)
17	STOLAREK Sebastian	H249		Hard 2 - M	2	00:00:00		04:06:59.95	04:06:59.95	+00:47:56 (19.4%)	11:13	5.3 (80.3%)
18	NIEDZIELSKI Mirosław	A054		Hard Hist - M	6	00:00:00		04:07:42.00	04:07:42.00	+00:48:38 (19.6%)	11:15	5.3 (80.3%)
19	PIONK Rafał	H237	KOMENDA PORTU WOJENNEGO GDYNIA	Hard 2 - M	3	00:00:00		04:10:06.65	04:10:06.65	+00:51:02 (20.4%)	11:22	5.3 (80.3%)
20	ROSIŃSKI Szymon	X12		Hard X	6	00:50:26		04:13:47.60	05:04:14.50	+00:54:43 (21.6%)	11:32	5.2 (78.8%)
21	GŁOWACKI Adrian	A022		Hard Hist - M	7	00:00:00		04:18:31.65	04:18:31.65	+00:59:27 (23.0%)	11:45	5.1 (77.3%)
22	RYMSZEWICZ Tomasz	H239	11 MAZURSKI PUŁK ARTYLERII	Hard 2 - M	4	00:00:00		04:20:29.20	04:20:29.20	+01:01:25 (23.6%)	11:50	5.1 (77.3%)
23	KANIA Mateusz	A037		Hard Hist - M	8	00:00:00		04:21:46.45	04:21:46.45	+01:02:42 (24.0%)	11:53	5 (75.8%)
24	ŁAKOMY Paweł	A044		Hard Hist - M	9	00:00:00		04:22:02.00	04:22:02.00	+01:02:58 (24.0%)	11:54	5 (75.8%)
25	ŁYŚ Daniel	A090	JW1889, 1 BZ	Hard Hist - M	10	00:00:00		04:22:02.65	04:22:02.65	+01:02:58 (24.0%)	11:54	5 (75.8%)
26	WICZLING Daniel	H164		Hard 1 - M	6	00:00:00		04:23:39.90	04:23:39.90	+01:04:36 (24.5%)	11:59	5 (75.8%)
27	JENDRYCHOWSKI Łukasz	A031	STUDIO TRENINGU PERSONALNEGO ŁUKASZA JENDRYCHOWSKI	Hard Hist - M	11	00:00:00		04:26:46.15	04:26:46.15	+01:07:42 (25.4%)	12:07	4.9 (74.2%)
28	GAIDA Karol	H211		Hard 2 - M	5	00:00:00		04:26:49.00	04:26:49.00	+01:07:45 (25.4%)	12:07	4.9 (74.2%)
29	PAKUŁA Konrad	X8		Hard X	7	00:50:20		04:27:09.20	05:17:29.35	+01:08:05 (25.5%)	12:08	4.9 (74.2%)
30	BANDZAREWICZ Karol	H007	SUPLEMENTY.PL	Hard 1 - M	7	00:00:00		04:27:15.75	04:27:15.75	+01:08:11 (25.5%)	12:08	4.9 (74.2%)
31	NOWINOWSKI Andrzej	H092	KP PSP TUREK	Hard 1 - M	8	00:00:00		04:27:20.30	04:27:20.30	+01:08:16 (25.5%)	12:09	4.9 (74.2%)
32	ADAMUS Mateusz	A001		Hard Hist - M	12	00:00:00		04:27:29.00	04:27:29.00	+01:08:25 (25.6%)	12:09	4.9 (74.2%)
33	TRYZNO Jakub	X19		Hard X	8	00:50:29		04:27:43.80	05:18:13.35	+01:08:39 (25.6%)	12:10	4.9 (74.2%)
34	MENDYKA Kacper	A051	AKADEMIA MARYNARKI WOJENNEJ	Hard Hist - M	13	00:00:00		04:27:46.60	04:27:46.60	+01:08:42 (25.7%)	12:10	4.9 (74.2%)
35	GOŁĄB Szymon	H034		Hard 1 - M	9	00:00:00		04:28:07.55	04:28:07.55	+01:09:03 (25.8%)	12:11	4.9 (74.2%)
36	SENATOR Piotr	H123		Hard 1 - M	10	00:00:00		04:28:56.40	04:28:56.40	+01:09:52 (26.0%)	12:13	4.9 (74.2%)
37	WOJCIECHOWSKI Dawid	H169	KWATERY U WOJCIECHOWSKICH SWORNEGACIE	Hard 1 - M	11	00:00:00		04:29:53.15	04:29:53.15	+01:10:49 (26.2%)	12:16	4.9 (74.2%)
38	WOJCIECHOWSKI Dariusz	H168	KWATERY U WOJCIECHOWSKICH	Hard 1 - M	12	00:00:00		04:29:53.20	04:29:53.20	+01:10:49 (26.2%)	12:16	4.9 (74.2%)

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39	WALKOWIAK Robert , BILIŃSKI Krzysztof , SZPILEWSKI Adrian , PLEWKO Jakub	T021	KGHM ZG RUN	TEAM	1	00:00:00		04:29:53.65	04:29:53.65	+01:10:49 (26.2%)	12:16	4.9 (74.2%)
Przekroczony limit czasu: 04:30:00												
40	GEMBACZ Wojciech	H031		Hard 1 - M	13	00:00:00	00:20:00	04:30:23.00	04:30:23.00	+01:11:19 (26.4%)	11:22	5.3 (80.3%)
41	PIOTROWSKI Roman	H106	HUSARIA RACE TEAM	Hard 1 - M	14	00:00:00		04:30:32.15	04:30:32.15	+01:11:28 (26.4%)	12:17	4.9 (74.2%)
42	CIEŚLAK Roman	A010	17 WBZ	Hard Hist - M	14	00:00:00		04:30:53.90	04:30:53.90	+01:11:50 (26.5%)	12:18	4.9 (74.2%)
43	SROCZYŃSKI Marcin	A074	OSTRESROKI	Hard Hist - M	15	00:00:00		04:32:33.75	04:32:33.75	+01:13:29 (27.0%)	12:23	4.8 (72.7%)
44		X20		Hard X	9	00:50:23		04:32:34.95	05:22:58.05	+01:13:31 (27.0%)	12:23	4.8 (72.7%)
45	GRZYBOWSKI Mateusz	H040		Hard 1 - M	15	00:00:00		04:33:09.00	04:33:09.00	+01:14:05 (27.1%)	12:24	4.8 (72.7%)
46	ROGACEWICZ Hubert	H118	ORKAN TACTICAL	Hard 1 - M	16	00:00:00		04:33:43.65	04:33:43.65	+01:14:39 (27.3%)	12:26	4.8 (72.7%)
47	BUŁAKOWSKI Tomasz	H204		Hard 2 - M	6	00:00:00		04:34:41.05	04:34:41.05	+01:15:37 (27.5%)	12:29	4.8 (72.7%)
48	GOSIENIECKI Sebastian	H213	1BZ	Hard 2 - M	7	00:00:00		04:34:41.20	04:34:41.20	+01:15:37 (27.5%)	12:29	4.8 (72.7%)
49	MALACH Dariusz	A048	CISI I WALECZNI	Hard Hist - M	16	00:00:00		04:35:37.00	04:35:37.00	+01:16:33 (27.8%)	12:31	4.8 (72.7%)
50	PIEŚKIEWICZ Mateusz	H236		Hard 2 - M	8	00:00:00		04:36:40.55	04:36:40.55	+01:17:36 (28.1%)	12:34	4.8 (72.7%)
51	BABIARZ Piotr	H005		Hard 1 - M	17	00:00:00		04:38:52.75	04:38:52.75	+01:19:48 (28.6%)	12:40	4.7 (71.2%)
52	LECHWAR Mirek	H071	RATOWNICY ZG RUDNA	Hard 1 - M	18	00:00:00		04:40:15.05	04:40:15.05	+01:21:11 (29.0%)	12:44	4.7 (71.2%)
53	SYLDATK Adam	A078	PRONESTA TEAM	Hard Hist - M	17	00:00:00		04:41:14.05	04:41:14.05	+01:22:10 (29.2%)	12:47	4.7 (71.2%)
54	ŁUSZCZAK Mirek	H075	GRR	Hard 1 - M	19	00:00:00		04:42:53.70	04:42:53.70	+01:23:49 (29.6%)	12:51	4.7 (71.2%)
55	ŁUSZCZAK Piotr	H076	GRR	Hard 1 - M	20	00:00:00		04:42:53.75	04:42:53.75	+01:23:49 (29.6%)	12:51	4.7 (71.2%)
56	GÓRECKI Przemysław	H016		Hard 1 - M	21	00:00:00		04:43:13.40	04:43:13.40	+01:24:09 (29.7%)	12:52	4.7 (71.2%)
57	BIERNACKA Magdalena	H011		Hard 1 - K	1	00:00:00		04:43:33.65	04:43:33.65	+01:24:29 (29.8%)	12:53	4.7 (71.2%)
58	BAJZERT Filip	H006		Hard 1 - M	22	00:00:00		04:45:10.80	04:45:10.80	+01:26:06 (30.2%)	12:57	4.6 (69.7%)
59	BŁOCZYŃSKI Szymon	H012		Hard 1 - M	23	00:00:00		04:45:50.95	04:45:50.95	+01:26:47 (30.4%)	12:59	4.6 (69.7%)
60	DŁUGOKENCKI Mateusz	H018		Hard 1 - M	24	00:00:00		04:46:01.65	04:46:01.65	+01:26:57 (30.4%)	13:00	4.6 (69.7%)

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61	LUTY Michał	H072		Hard 1 - M	25	00:00:00		04:46:08.15	04:46:08.15	+01:27:04 (30.4%)	13:00	4.6 (69.7%)
62	KOŁUCKI Mikołaj	H219		Hard 2 - M	9	00:00:00		04:46:17.75	04:46:17.75	+01:27:13 (30.5%)	13:00	4.6 (69.7%)
63	ŚWIERCZEWSKI Marcin	H156		Hard 1 - M	26	00:00:00		04:47:14.35	04:47:14.35	+01:28:10 (30.7%)	13:03	4.6 (69.7%)
64	NIEDŹWIECKI Tomasz	A056		Hard Hist - M	18	00:00:00	00:20:00	04:47:24.00	04:47:24.00	+01:28:20 (30.7%)	12:09	4.9 (74.2%)
65	DĘBOWSKI Kamil	H207		Hard 2 - M	10	00:00:00		04:50:28.80	04:50:28.80	+01:31:24 (31.5%)	13:12	4.5 (68.2%)
66	PRANICA Daniel	H112		Hard 1 - M	27	00:00:00		04:50:47.75	04:50:47.75	+01:31:43 (31.5%)	13:13	4.5 (68.2%)
67	OPOKA Piotr	A059		Hard Hist - M	19	00:00:00		04:51:16.35	04:51:16.35	+01:32:12 (31.7%)	13:14	4.5 (68.2%)
68	LASZCZYK Nadya	A043		Hard Hist - K	1	00:00:00		04:51:57.65	04:51:57.65	+01:32:53 (31.8%)	13:16	4.5 (68.2%)
69	MAJEWSKI Krystian	A080		Hard Hist - M	20	00:00:00		04:52:14.30	04:52:14.30	+01:33:10 (31.9%)	13:17	4.5 (68.2%)
70	WOJCIECHOWSKI Hubert	H170		Hard 1 - M	28	00:00:00		04:52:27.10	04:52:27.10	+01:33:23 (31.9%)	13:17	4.5 (68.2%)
71	MIAŚNIK Tomasz	H233	NONAME PRASZKA	Hard 2 - M	11	00:00:00	00:20:00	04:53:24.00	04:53:24.00	+01:34:20 (32.2%)	12:25	4.8 (72.7%)
72	SZABLEWSKI Marcin	H139	MANIAK TEAM TRZEMESZNO	Hard 1 - M	29	00:00:00		04:53:26.05	04:53:26.05	+01:34:22 (32.2%)	13:20	4.5 (68.2%)
73	ŚLIZEWSKI Kamil	H153		Hard 1 - M	30	00:00:00		04:53:34.00	04:53:34.00	+01:34:30 (32.2%)	13:20	4.5 (68.2%)
74	MORAWSKI Piotr	A053	NOWOHUCKI KOMBINAT SPORTOWY	Hard Hist - M	21	00:00:00	00:20:00	04:53:38.00	04:53:38.00	+01:34:34 (32.2%)	12:26	4.8 (72.7%)
75	MAJEWSKI Maciej	H082	BRAVEHEARTS LEGIONOWO	Hard 1 - M	31	00:00:00		04:54:56.15	04:54:56.15	+01:35:52 (32.5%)	13:24	4.5 (68.2%)
76	SZTOLCMAN Michał	H251		Hard 2 - M	12	00:00:00		04:55:03.00	04:55:03.00	+01:35:59 (32.5%)	13:24	4.5 (68.2%)
77	SZULC Michał	X13	SGO	Hard X	10	00:50:27		04:57:26.50	05:47:54.10	+01:38:22 (33.1%)	13:31	4.4 (66.7%)
78	MAĆKOWIAK Łukasz	H079		Hard 1 - M	32	00:00:00		04:58:04.20	04:58:04.20	+01:39:00 (33.2%)	13:32	4.4 (66.7%)
79	ZALIŃSKI Leszek	H176		Hard 1 - M	33	00:00:00		04:58:43.95	04:58:43.95	+01:39:40 (33.4%)	13:34	4.4 (66.7%)
80	LANDOWSKI Mateusz	H225	JW1300	Hard 2 - M	13	00:00:00		05:00:42.20	05:00:42.20	+01:41:38 (33.8%)	13:40	4.4 (66.7%)
81	ABRAMOWICZ Agata	H001		Hard 1 - K	2	00:00:00		05:01:33.90	05:01:33.90	+01:42:30 (34.0%)	13:42	4.4 (66.7%)
82	OŻÓG Piotr , POMIRSKI Patryk , PLEWKO Łukasz , SKRZYPCZAK Krzysztof	T015	RATOWNICY ZG RUDNA	TEAM	2	00:00:00		05:01:40.65	05:01:40.65	+01:42:36 (34.0%)	13:42	4.4 (66.7%)

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83	KAMIENIECKI Michał	H216		Hard 2 - M	14	00:00:00		05:01:46.70	05:01:46.70	+01:42:42 (34.0%)	13:43	4.4 (66.7%)
84	KASPROWICZ Artur , SITEK Adam , KUROWSKI Dawid , SKOLIMOWSKI Dariusz	T008	WSM CROSSFIT TEAM RÓŻYNY	TEAM	3	00:00:00		05:02:09.25	05:02:09.25	+01:43:05 (34.1%)	13:44	4.4 (66.7%)
85	MAĆKOWIAK Marek	H080		Hard 1 - M	34	00:00:00		05:02:39.85	05:02:39.85	+01:43:35 (34.2%)	13:45	4.4 (66.7%)
86	MADEJ Dariusz	H081	SANDA TEAM TARNÓW	Hard 1 - M	35	00:00:00		05:03:32.15	05:03:32.15	+01:44:28 (34.4%)	13:47	4.3 (65.2%)
87	GALBARCZYK Renard , PAŻ Marcin , SKLARZEWSKI Rafał , POLESIAK Mateusz	T005	RATOWNICY RUDNA	TEAM	4	00:00:00		05:04:05.95	05:04:05.95	+01:45:02 (34.5%)	13:49	4.3 (65.2%)
88	ORZECZOWSKI Kai	H096		Hard 1 - M	36	00:00:00		05:04:41.25	05:04:41.25	+01:45:37 (34.7%)	13:50	4.3 (65.2%)
89	SZCZESNY Max	A079	LENIWE KOCURY	Hard Hist - M	22	00:00:00		05:05:37.90	05:05:37.90	+01:46:34 (34.9%)	13:53	4.3 (65.2%)
90	URBAŃSKI Maciej	H252		Hard 2 - M	15	00:00:00		05:06:12.15	05:06:12.15	+01:47:08 (35.0%)	13:55	4.3 (65.2%)
91	ODROBINA Filip	H093	RATOWNICY ZG RUDNA	Hard 1 - M	37	00:00:00		05:07:17.30	05:07:17.30	+01:48:13 (35.2%)	13:58	4.3 (65.2%)
92	STAWIARZ Paweł	H135		Hard 1 - M	38	00:00:00		05:08:03.70	05:08:03.70	+01:48:59 (35.4%)	14:00	4.3 (65.2%)
93	PIŁCZYŃSKI Zbigniew	H105		Hard 1 - M	39	00:00:00		05:08:25.75	05:08:25.75	+01:49:21 (35.5%)	14:01	4.3 (65.2%)
94	PŁUSA Marcin	H107		Hard 1 - M	40	00:00:00		05:08:33.75	05:08:33.75	+01:49:29 (35.5%)	14:01	4.3 (65.2%)
94	SZTUBE Łukasz	H145		Hard 1 - M	41	00:00:00		05:08:33.75	05:08:33.75	+01:49:29 (35.5%)	14:01	4.3 (65.2%)
96	WYSOCKI Dariusz	H175	7 POMORSKA BRYGADA OBRONY TERYTORIALNEJ	Hard 1 - M	42	00:00:00		05:08:58.85	05:08:58.85	+01:49:54 (35.6%)	14:02	4.3 (65.2%)
97	PRACHNIO Maciej	H111		Hard 1 - M	43	00:00:00		05:09:14.30	05:09:14.30	+01:50:10 (35.6%)	14:03	4.3 (65.2%)
98	DURKA Paweł	H024	KONIUCHY OCR	Hard 1 - M	44	00:00:00		05:09:20.55	05:09:20.55	+01:50:16 (35.6%)	14:03	4.3 (65.2%)
99	PLUSKOTA Michał	X10		Hard X	11	00:50:22		05:10:29.80	06:00:52.10	+01:51:25 (35.9%)	14:06	4.3 (65.2%)
100	REDA Grzegorz	X4		Hard X	12	00:50:23		05:10:30.70	06:00:54.30	+01:51:26 (35.9%)	14:06	4.3 (65.2%)
101	JAŚKOWIEC Wojciech	A030		Hard Hist - M	23	00:00:00		05:10:31.55	05:10:31.55	+01:51:27 (35.9%)	14:06	4.3 (65.2%)
102	BRZÓSKA Tomasz	X1		Hard X	13	00:50:21		05:10:33.10	06:00:54.30	+01:51:29 (35.9%)	14:06	4.3 (65.2%)
103	CZECZOT Jacek	A011	GORILLAS OCR KIDS	Hard Hist - M	24	00:00:00		05:10:56.70	05:10:56.70	+01:51:52 (36.0%)	14:08	4.2 (63.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Kara/ bonifikata	Czas netto 22km	Czas brutto 22km	Różn	Tempo min/km	Tempo km/h
104	SZPARA Mateusz	H143		Hard 1 - M	45	00:00:00	00:20:00	05:12:56.00	05:12:56.00	+01:53:52 (36.4%)	13:18	4.5 (68.2%)
104	KUREK Daniel	H068		Hard 1 - M	46	00:00:00	00:20:00	05:12:56.00	05:12:56.00	+01:53:52 (36.4%)	13:18	4.5 (68.2%)
106	MACZULSKI Krzysztof	H229		Hard 2 - M	16	00:00:00		05:13:01.35	05:13:01.35	+01:53:57 (36.4%)	14:13	4.2 (63.6%)
107	SIROCKI Dawid	A092		Hard Hist - M	25	00:00:00		05:13:19.45	05:13:19.45	+01:54:15 (36.5%)	14:14	4.2 (63.6%)
108	TROCHA Martyna	A081	CISI I WALECZNI	Hard Hist - K	2	00:00:00		05:14:17.00	05:14:17.00	+01:55:13 (36.7%)	14:17	4.2 (63.6%)
109	WICHŁACZ Arkadiusz	A084	17 WBZ	Hard Hist - M	26	00:00:00		05:14:55.65	05:14:55.65	+01:55:51 (36.8%)	14:18	4.2 (63.6%)
110	MANIKOWSKI Daniel	A050		Hard Hist - M	27	00:00:00		05:17:42.90	05:17:42.90	+01:58:39 (37.3%)	14:26	4.2 (63.6%)
111	ROMAN Krzysztof	X11	PRZECINAK 77	Hard X	14	00:50:23		05:17:53.10	06:08:16.75	+01:58:49 (37.4%)	14:26	4.2 (63.6%)
112	WOJCIULA Konrad	A086	18PULK ROZPOZNAWCZY	Hard Hist - M	28	00:00:00		05:18:18.10	05:18:18.10	+01:59:14 (37.5%)	14:28	4.1 (62.1%)
113	SOBCZYK Piotr	H131		Hard 1 - M	47	00:00:00		05:18:43.05	05:18:43.05	+01:59:39 (37.5%)	14:29	4.1 (62.1%)
114	WYDROWSKI Mirosław	H173		Hard 1 - M	48	00:00:00		05:20:51.80	05:20:51.80	+02:01:47 (38.0%)	14:35	4.1 (62.1%)
115	ANDREASSON Freddy	H002		Hard 1 - M	49	00:00:00		05:21:16.15	05:21:16.15	+02:02:12 (38.0%)	14:36	4.1 (62.1%)
116	ROZMUS Wiktor	H119		Hard 1 - M	50	00:00:00		05:21:50.95	05:21:50.95	+02:02:47 (38.1%)	14:37	4.1 (62.1%)
117	STRONGOWSKI Sebastian	A075		Hard Hist - M	29	00:00:00		05:22:07.15	05:22:07.15	+02:03:03 (38.2%)	14:38	4.1 (62.1%)
118	SIDORSKI Kuba	H242		Hard 2 - M	17	00:00:00		05:22:56.35	05:22:56.35	+02:03:52 (38.4%)	14:40	4.1 (62.1%)
119	CZAJCZYŃSKI Daniel	H205		Hard 2 - M	18	00:00:00		05:22:57.85	05:22:57.85	+02:03:53 (38.4%)	14:40	4.1 (62.1%)
120	JANKOWSKI Piotr	338		Hard 2 - M	19	00:00:00		05:23:27.20	05:23:27.20	+02:04:23 (38.5%)	14:42	4.1 (62.1%)
121	STUDZIŃSKI Adam	A076	HUSARIA RACE TEAM	Hard Hist - M	30	00:00:00		05:24:34.10	05:24:34.10	+02:05:30 (38.7%)	14:45	4.1 (62.1%)
122	WOJTASZAK Paweł	H253		Hard 2 - M	20	00:00:00	00:20:00	05:25:47.00	05:25:47.00	+02:06:43 (38.9%)	13:53	4.3 (65.2%)
123	BARAN Arkadiusz	H008	HUSARIA RACE TEAM	Hard 1 - M	51	00:00:00		05:26:09.25	05:26:09.25	+02:07:05 (39.0%)	14:49	4 (60.6%)
124	ŚWIĄTEK Michał	X14	MANIAK TEAM TRZEMESZNO	Hard X	15	00:50:22	00:20:00	05:26:34.00	06:16:56.00	+02:07:30 (39.0%)	13:56	4.3 (65.2%)
125	SZYDŁOWSKI Marcin	H149	71.BLP	Hard 1 - M	52	00:00:00		05:26:41.65	05:26:41.65	+02:07:37 (39.1%)	14:50	4 (60.6%)
126	ELLMANN Filip	H026	STYL PIJANEGO MISTRZA	Hard 1 - M	53	00:00:00		05:27:19.90	05:27:19.90	+02:08:16 (39.2%)	14:52	4 (60.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Kara/ bonifikata	Czas netto 22km	Czas brutto 22km	Różn	Tempo min/km	Tempo km/h
127	DROZD Mateusz	H257		Hard 1 - M	54	00:00:00	00:20:00	05:29:31.00	05:29:31.00	+02:10:27 (39.6%)	14:04	4.3 (65.2%)
128	OSTROWSKI Konrad	X7		Hard X	16	00:50:25	00:20:00	05:30:28.00	06:20:54.00	+02:11:24 (39.8%)	14:06	4.3 (65.2%)
129	ROPELLA Marek , MOROCH Jaroslaw , LASKOWSKI Mariusz , KAMIŃSKI Wojciech	T018	GÓRNICZE HARTY	TEAM	5	00:00:00		05:31:10.05	05:31:10.05	+02:12:06 (39.9%)	15:03	4 (60.6%)
130	SZUPIANY Szymon	H147		Hard 1 - M	55	00:00:00		05:31:30.00	05:31:30.00	+02:12:26 (40.0%)	15:04	4 (60.6%)
131	ORŁOWSKI Bartosz	A060		Hard Hist - M	31	00:00:00		05:31:37.15	05:31:37.15	+02:12:33 (40.0%)	15:04	4 (60.6%)
132	GRYKA Malkolm	H037	JW1696	Hard 1 - M	56	00:00:00		05:31:40.25	05:31:40.25	+02:12:36 (40.0%)	15:04	4 (60.6%)
133	KARBOWSKI Sławomir	A038	NEXTREME	Hard Hist - M	32	00:00:00		05:32:12.35	05:32:12.35	+02:13:08 (40.1%)	15:06	4 (60.6%)
134	RAK Michal	A067		Hard Hist - M	33	00:00:00	00:20:00	05:32:38.00	05:32:38.00	+02:13:34 (40.2%)	14:12	4.2 (63.6%)
135	SZYNSZECKI Zenon	H150		Hard 1 - M	57	00:00:00		05:33:10.50	05:33:10.50	+02:14:06 (40.3%)	15:08	4 (60.6%)
136	KARGUL Grzegorz	H048	HUSARIA RACE TEAM	Hard 1 - M	58	00:00:00		05:33:49.40	05:33:49.40	+02:14:45 (40.4%)	15:10	4 (60.6%)
137	GAJEWSKI Andrzej	A017		Hard Hist - M	34	00:00:00		05:33:56.75	05:33:56.75	+02:14:52 (40.4%)	15:10	4 (60.6%)
138	KORD Radosław	H055	JAKORDCZUK	Hard 1 - M	59	00:00:00		05:34:06.05	05:34:06.05	+02:15:02 (40.4%)	15:11	4 (60.6%)
139	RICHERT Piotr	A068		Hard Hist - M	35	00:00:00		05:34:06.55	05:34:06.55	+02:15:02 (40.4%)	15:11	4 (60.6%)
140	JAKOŃCZUK Piotr	H043		Hard 1 - M	60	00:00:00		05:34:15.85	05:34:15.85	+02:15:11 (40.4%)	15:11	3.9 (59.1%)
141	KORSAK Mateusz Korsak	A041		Hard Hist - M	36	00:00:00		05:37:47.15	05:37:47.15	+02:18:43 (41.1%)	15:21	3.9 (59.1%)
142	TRZCIŃSKA Agata	X15		Hard X	17	00:50:28	00:20:00	05:38:25.00	06:28:53.00	+02:19:21 (41.2%)	14:28	4.1 (62.1%)
143	PAWŁOWSKI Tadek	H101		Hard 1 - M	61	00:00:00		05:38:53.45	05:38:53.45	+02:19:49 (41.3%)	15:24	3.9 (59.1%)
144	NIEMCZUK Daniel	H090		Hard 1 - M	62	00:00:00		05:39:07.45	05:39:07.45	+02:20:03 (41.3%)	15:24	3.9 (59.1%)
145	WARZYŃSKI Adrian	A083	HUSARIA RACE TEAM	Hard Hist - M	37	00:00:00	00:20:00	05:39:16.00	05:39:16.00	+02:20:12 (41.3%)	14:30	4.1 (62.1%)
146	CYCHYLIC Przemysław	H083		Hard 1 - M	63	00:00:00		05:39:30.55	05:39:30.55	+02:20:26 (41.4%)	15:25	3.9 (59.1%)
147	POLAŃSKI Jerzy	H108		Hard 1 - M	64	00:00:00		05:42:36.35	05:42:36.35	+02:23:32 (41.9%)	15:34	3.9 (59.1%)
148	MALANOWSKI Dawid	H230		Hard 2 - M	21	00:00:00		05:44:03.30	05:44:03.30	+02:24:59 (42.1%)	15:38	3.8 (57.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Kara/ bonifikata	Czas netto 22km	Czas brutto 22km	Różn	Tempo min/km	Tempo km/h
149	SKOCZKOWSKI Jarosław	H127	JANOSIKI	Hard 1 - M	65	00:00:00		05:44:25.05	05:44:25.05	+02:25:21 (42.2%)	15:39	3.8 (57.6%)
150	KASPRZAK Jacek , SKRABA Krzysztof , DUDA Jakub , GAŚSIOR Roman	T009	NISZCZYPAŁY RUDNA	TEAM	6	00:00:00		05:45:34.65	05:45:34.65	+02:26:30 (42.4%)	15:42	3.8 (57.6%)
151	DĄBROWSKI Bartosz	H049	JANOSIKI	Hard 1 - M	66	00:00:00		05:46:27.00	05:46:27.00	+02:27:23 (42.5%)	15:44	3.8 (57.6%)
152	KOŁODZIEJSKI Wiesław	H053		Hard 1 - M	67	00:00:00		05:46:32.00	05:46:32.00	+02:27:28 (42.6%)	15:45	3.8 (57.6%)
153	KOŁUCKI Stefan	H218		Hard 2 - M	22	00:00:00		05:47:19.55	05:47:19.55	+02:28:15 (42.7%)	15:47	3.8 (57.6%)
154	CHRZANOWSKI Błażej	A008	NSZ	Hard Hist - M	38	00:00:00		05:48:10.25	05:48:10.25	+02:29:06 (42.8%)	15:49	3.8 (57.6%)
155	PROKOP Piotrek	H113		Hard 1 - M	68	00:00:00		05:48:41.70	05:48:41.70	+02:29:37 (42.9%)	15:50	3.8 (57.6%)
156	WOŚ Tomasz	H255		Hard 2 - M	23	00:00:00		05:49:23.45	05:49:23.45	+02:30:19 (43.0%)	15:52	3.8 (57.6%)
157	MANTHAJ Michał	H231		Hard 2 - M	24	00:00:00		05:49:30.45	05:49:30.45	+02:30:26 (43.0%)	15:53	3.8 (57.6%)
158	GDOWSKI Filip	H030		Hard 1 - M	69	00:00:00		05:50:32.65	05:50:32.65	+02:31:28 (43.2%)	15:56	3.8 (57.6%)
159	WOŹNIAK Michał	X17		Hard X	18	00:50:27		05:50:45.15	06:41:12.40	+02:31:41 (43.2%)	15:56	3.8 (57.6%)
160	GRABOWSKA Joanna	H035	8 KP - WOT/ 81 BLP	Hard 1 - K	3	00:00:00		05:51:16.40	05:51:16.40	+02:32:12 (43.3%)	15:58	3.8 (57.6%)
161	NĘDZUSIAK Dariusz	H089	SPC	Hard 1 - M	70	00:00:00		05:51:16.75	05:51:16.75	+02:32:12 (43.3%)	15:58	3.8 (57.6%)
162	ARANOWSKI Artur	H004	CHILLIN TEO CF RAIDERS	Hard 1 - M	71	00:00:00		05:51:53.05	05:51:53.05	+02:32:49 (43.4%)	15:59	3.8 (57.6%)
163	CHOMICZ Daniel	H013		Hard 1 - M	72	00:00:00		05:52:06.05	05:52:06.05	+02:33:02 (43.5%)	16:00	3.7 (56.1%)
164	MALISZEWSKI Jakub	A049	HUSARIA RACE TEAM	Hard Hist - M	39	00:00:00		05:53:05.10	05:53:05.10	+02:34:01 (43.6%)	16:02	3.7 (56.1%)
165	GRACKI Waldemar	H036		Hard 1 - M	73	00:00:00		05:53:12.00	05:53:12.00	+02:34:08 (43.6%)	16:03	3.7 (56.1%)
166	CHUDZYŃSKA Aleksandra	H014	SINNET	Hard 1 - K	4	00:00:00		05:53:14.00	05:53:14.00	+02:34:10 (43.6%)	16:03	3.7 (56.1%)
167	ŚWIECA Jakub	H155		Hard 1 - M	74	00:00:00		05:53:32.35	05:53:32.35	+02:34:28 (43.7%)	16:04	3.7 (56.1%)
168	GODLEWSKI Łukasz	H033		Hard 1 - M	75	00:00:00		05:54:03.35	05:54:03.35	+02:34:59 (43.8%)	16:05	3.7 (56.1%)
169	SYREWICZ Sylwia	H138	HUSARIA RACE TEAM	Hard 1 - K	5	00:00:00		05:54:17.25	05:54:17.25	+02:35:13 (43.8%)	16:06	3.7 (56.1%)
170	KOLARCZYK Piotr	H052		Hard 1 - M	76	00:00:00		05:54:19.50	05:54:19.50	+02:35:15 (43.8%)	16:06	3.7 (56.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Kara/ bonifikata	Czas netto 22km	Czas brutto 22km	Różn	Tempo min/km	Tempo km/h
171	JANKIEWICZ Marek	H046		Hard 1 - M	77	00:00:00		05:54:36.00	05:54:36.00	+02:35:32 (43.9%)	16:07	3.7 (56.1%)
172	ŁYKO Marcin	H077		Hard 1 - M	78	00:00:00		05:55:15.50	05:55:15.50	+02:36:11 (44.0%)	16:08	3.7 (56.1%)
173	GŁOWACKI Andrzej	H032	DOWÓDZTWO WOJSK OBRONY TERYTORIALNEJ	Hard 1 - M	79	00:00:00		05:55:26.05	05:55:26.05	+02:36:22 (44.0%)	16:09	3.7 (56.1%)
174	KOZŁOWSKI Paweł	H062		Hard 1 - M	80	00:00:00		05:55:26.25	05:55:26.25	+02:36:22 (44.0%)	16:09	3.7 (56.1%)
175	POPIELSKI Tomasz	H110		Hard 1 - M	81	00:00:00		05:56:05.30	05:56:05.30	+02:37:01 (44.1%)	16:11	3.7 (56.1%)
176	KOWALSKI Dominik	H059	HOJNIE OBDARZENI	Hard 1 - M	82	00:00:00		05:56:30.55	05:56:30.55	+02:37:26 (44.2%)	16:12	3.7 (56.1%)
177	KRUPIŃSKI Daniel	H064	HOJNIE OBDARZENI	Hard 1 - M	83	00:00:00		05:56:30.80	05:56:30.80	+02:37:26 (44.2%)	16:12	3.7 (56.1%)
178	SŁONIEWSKI Rafał	H244		Hard 2 - M	25	00:00:00		05:56:40.50	05:56:40.50	+02:37:36 (44.2%)	16:12	3.7 (56.1%)
179	PARZYŃSKI Łukasz	H100	JW 2189	Hard 1 - M	84	00:00:00		05:57:46.60	05:57:46.75	+02:38:42 (44.4%)	16:15	3.7 (56.1%)
180	MITORAJ Szymon	H086	WAT WARSZAWA	Hard 1 - M	85	00:00:00		05:57:47.95	05:57:47.95	+02:38:44 (44.4%)	16:15	3.7 (56.1%)
181	WYDRZYŃSKI Marek	H174		Hard 1 - M	86	00:00:00		05:58:18.20	05:58:18.20	+02:39:14 (44.4%)	16:17	3.7 (56.1%)
182	BIEŃKOWSKI Jacek	A004		Hard Hist - M	40	00:00:00		05:59:48.60	05:59:48.60	+02:40:44 (44.7%)	16:21	3.7 (56.1%)
183	BARGIELSKI Michał	H009	KD 310	Hard 1 - M	87	00:00:00		05:59:51.70	05:59:51.70	+02:40:47 (44.7%)	16:21	3.7 (56.1%)
184	SŁOWIKOWSKI Tomasz	H130	JW 2189	Hard 1 - M	88	00:00:00		06:00:59.00	06:00:59.45	+02:41:55 (44.9%)	16:24	3.7 (56.1%)
185	JANAS Szymon	H044	35 BATALION LEKKIEJ PIECHOTY SANOK	Hard 1 - M	89	00:00:00		06:01:26.45	06:01:26.45	+02:42:22 (44.9%)	16:25	3.7 (56.1%)
186	KITOWSKI Szymon	H051		Hard 1 - M	90	00:00:00		06:01:35.80	06:01:35.80	+02:42:31 (44.9%)	16:26	3.7 (56.1%)
187	DUDZIŃSKI Rafał	H022	BÓG HONOR OJCZYŻNA	Hard 1 - M	91	00:00:00		06:03:32.90	06:03:32.90	+02:44:29 (45.2%)	16:31	3.6 (54.5%)
188	MAĆZYŃSKI Michał	H021		Hard 1 - M	92	00:00:00		06:03:33.25	06:03:33.25	+02:44:29 (45.2%)	16:31	3.6 (54.5%)
189	KEMPA Piotr	H050		Hard 1 - M	93	00:00:00		06:03:33.50	06:03:33.50	+02:44:29 (45.2%)	16:31	3.6 (54.5%)
190	GURBIEL Michał	A025		Hard Hist - M	41	00:00:00		06:05:14.05	06:05:14.05	+02:46:10 (45.5%)	16:36	3.6 (54.5%)
191	JAGODA Anna	A029		Hard Hist - K	3	00:00:00		06:06:09.95	06:06:09.95	+02:47:06 (45.6%)	16:38	3.6 (54.5%)
192	RZECHOWSKI Filip	A069	BIGYELLOWFOOT ADVENTURE TEAM	Hard Hist - M	42	00:00:00		06:06:23.05	06:06:23.05	+02:47:19 (45.7%)	16:39	3.6 (54.5%)
193	WLAŻLAK Damian	A085	DROGA DO ULTRA	Hard Hist - M	43	00:00:00	00:20:00	06:06:30.00	06:06:30.00	+02:47:26 (45.7%)	15:45	3.8 (57.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Kara/ bonifikata	Czas netto 22km	Czas brutto 22km	Różn	Tempo min/km	Tempo km/h
194	KAIM Sebastian	A033		Hard Hist - M	44	00:00:00		06:06:42.85	06:06:42.85	+02:47:38 (45.7%)	16:40	3.6 (54.5%)
195	PÉTR Patryk	A063	17 WBZ	Hard Hist - M	45	00:00:00		06:07:24.70	06:07:24.70	+02:48:20 (45.8%)	16:42	3.6 (54.5%)
196	SADOWSKI Adam	H122		Hard 1 - M	94	00:00:00		06:07:42.25	06:07:42.25	+02:48:38 (45.9%)	16:42	3.6 (54.5%)
197	JAKSZEWICZ Sławomir	H214	JW 4260	Hard 2 - M	26	00:00:00		06:08:40.05	06:08:40.05	+02:49:36 (46.0%)	16:45	3.6 (54.5%)
198	NOWACZYK Tomasz , KOSMACZEWSKI Leszek , BUCZKOWSKI Mateusz , SZEWCZYK Paweł	T013	17WBZ	TEAM	7	00:00:00		06:09:16.55	06:09:16.55	+02:50:12 (46.1%)	16:47	3.6 (54.5%)
199	ZACHAR -	H256		Hard X	19	00:50:30	00:20:00	06:10:44.00	07:01:15.00	+02:51:40 (46.3%)	15:56	3.8 (57.6%)
200	CHWASTOWICZ Jarek	H015		Hard 1 - M	95	00:00:00		06:11:44.20	06:11:44.20	+02:52:40 (46.4%)	16:53	3.6 (54.5%)
201	DOMBROWICZ Wojciech , SZRULL Łukasz , SZYCHULSKI Krzysztof , PŁOTKOWSKI Jarosław	T003	FCC TEAM TORUŃ	TEAM	8	00:00:00	00:20:00	06:11:53.00	06:11:53.00	+02:52:49 (46.5%)	15:59	3.8 (57.6%)
202	PIOTROWSKI Marcin	A065		Hard Hist - M	46	00:00:00		06:12:40.15	06:12:40.15	+02:53:36 (46.6%)	16:56	3.5 (53.0%)
203	FRYDRYCH Artur	H028	LIVE LONG AND PROSPER	Hard 1 - M	96	00:00:00		06:13:23.75	06:13:23.75	+02:54:19 (46.7%)	16:58	3.5 (53.0%)
204	RECHTZYGIEL Waldemar , ARYSZTOWICZ Bartosz , SEWERYNOWICZ Michał , PIĘTKA Marcin	T017	HARDCOROWE WYCHYLYLYBYMY	TEAM	9	00:00:00	00:20:00	06:13:26.00	06:13:26.00	+02:54:22 (46.7%)	16:03	3.7 (56.1%)
205	KOTŁOWSKI Marcin	H058	BIGYELLOWFOOT ADVENTURE TEAM	Hard 1 - M	97	00:00:00		06:13:26.55	06:13:26.55	+02:54:22 (46.7%)	16:58	3.5 (53.0%)
206	MACKIEWICZ Łukasz	H078		Hard 1 - M	98	00:00:00	00:20:00	06:13:34.00	06:13:34.00	+02:54:30 (46.7%)	16:04	3.7 (56.1%)
207	JAKUBSKI Jakub	H215		Hard 2 - M	27	00:00:00		06:16:15.00	06:16:15.00	+02:57:11 (47.1%)	17:06	3.5 (53.0%)
208	MŁOCEK Małgorzata	H235	11 MAZURSKI PUŁK ARTYLERII	Hard 2 - K	1	00:00:00		06:16:21.55	06:16:21.55	+02:57:17 (47.1%)	17:06	3.5 (53.0%)
209	SIERZPUTOWSKI Mateusz	H243		Hard 2 - M	28	00:00:00		06:16:29.55	06:16:29.55	+02:57:25 (47.1%)	17:06	3.5 (53.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Kara/ bonifikata	Czas netto 22km	Czas brutto 22km	Różn	Tempo min/km	Tempo km/h
210	STASZAK Wojciech	H247		Hard 2 - M	29	00:00:00		06:16:49.45	06:16:49.45	+02:57:45 (47.2%)	17:07	3.5 (53.0%)
211	KUBOŃ Dawid	H065		Hard 1 - M	99	00:00:00		06:17:34.05	06:17:34.05	+02:58:30 (47.3%)	17:09	3.5 (53.0%)
212	BUDZYŃSKI Arkadiusz	A006	NIEZRZESZONY	Hard Hist - M	47	00:00:00		06:17:38.20	06:17:38.20	+02:58:34 (47.3%)	17:09	3.5 (53.0%)
212	MADZIARA Aneta	A046		Hard Hist - K	4	00:00:00		06:17:38.20	06:17:38.20	+02:58:34 (47.3%)	17:09	3.5 (53.0%)
214	KAJA Robert	A034	WIELUŃ BIEGA	Hard Hist - M	48	00:00:00		06:17:38.25	06:17:38.25	+02:58:34 (47.3%)	17:09	3.5 (53.0%)
215	SEKUŁA Ania	A070	PROGRESS GŁOGÓW S&C	Hard Hist - K	5	00:00:00	00:20:00	06:18:36.00	06:18:36.00	+02:59:32 (47.4%)	16:18	3.7 (56.1%)
215	BERHEL SŁUŻENKO Agata	A003	PROGRESS GŁOGÓW S&C	Hard Hist - K	6	00:00:00	00:20:00	06:18:36.00	06:18:36.00	+02:59:32 (47.4%)	16:18	3.7 (56.1%)
217	KURA Krzysztof	A042	16 BPD	Hard Hist - M	49	00:00:00		06:18:51.50	06:18:51.50	+02:59:47 (47.5%)	17:13	3.5 (53.0%)
218	GRZYBOWSKI Patryk	H039		Hard 1 - M	100	00:00:00		06:22:09.30	06:22:09.30	+03:03:05 (47.9%)	17:22	3.5 (53.0%)
219	KOSEWSKA Monika	H057		Hard 1 - K	6	00:00:00		06:23:42.70	06:23:42.70	+03:04:38 (48.1%)	17:26	3.4 (51.5%)
220	BIAŁY Michał , SZEWKA Jarosław , BIAŁY Małgorzata , KOSIK Dagmara	T001	NO NAME SONS	TEAM	10	00:00:00		06:24:03.50	06:24:03.50	+03:04:59 (48.2%)	17:27	3.4 (51.5%)
221	TRUN Marcin	H159		Hard 1 - M	101	00:00:00		06:24:46.95	06:24:46.95	+03:05:43 (48.3%)	17:29	3.4 (51.5%)
222	SŁOMSKI Tomasz	H129		Hard 1 - M	102	00:00:00		06:25:14.35	06:25:14.35	+03:06:10 (48.3%)	17:30	3.4 (51.5%)
223	KRAUZE Marcin , MAROSZEK Jarosław , PYSZNIK Piotr , PŁACHTA Łukasz	T010	49. BAZA LOTNICZA - TEAM 1	TEAM	11	00:00:00	00:20:00	06:26:08.00	06:26:08.00	+03:07:04 (48.4%)	16:38	3.6 (54.5%)
224	WITEK Michał	H167		Hard 1 - M	103	00:00:00		06:27:04.05	06:27:04.05	+03:08:00 (48.6%)	17:35	3.4 (51.5%)
225	PERUCKI Maciej	H102		Hard 1 - M	104	00:00:00		06:27:47.35	06:27:47.35	+03:08:43 (48.7%)	17:37	3.4 (51.5%)
226	FORTUNIAK Patryk	A015		Hard Hist - M	50	00:00:00		06:28:05.70	06:28:05.70	+03:09:01 (48.7%)	17:38	3.4 (51.5%)
227	LASKOWSKI Krzysztof	H069	JW4057	Hard 1 - M	105	00:00:00		06:29:14.65	06:29:14.65	+03:10:10 (48.9%)	17:41	3.4 (51.5%)
228	NOSEK Łukasz	H091		Hard 1 - M	106	00:00:00		06:30:54.95	06:30:54.95	+03:11:51 (49.1%)	17:46	3.4 (51.5%)
229	JAŁMUŻNA Marcin	A028		Hard Hist - M	51	00:00:00	00:20:00	06:31:16.00	06:31:16.00	+03:12:12 (49.1%)	16:52	3.6 (54.5%)
230	SERAFIN Wojciech	H124		Hard 1 - M	107	00:00:00	00:20:00	06:31:44.00	06:31:44.00	+03:12:40 (49.2%)	16:53	3.6 (54.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Kara/ bonifikata	Czas netto 22km	Czas brutto 22km	Różn	Tempo min/km	Tempo km/h
231	STĘPNIAK Bartłomiej	H248		Hard 2 - M	30	00:00:00	00:20:00	06:34:31.00	06:34:31.00	+03:15:27 (49.5%)	17:01	3.5 (53.0%)
232	FURMAN Paweł	H210		Hard 2 - M	31	00:00:00	00:20:00	06:36:59.00	06:36:59.00	+03:17:55 (49.9%)	17:08	3.5 (53.0%)
233	ŚCIESZKO Tomasz	H151		Hard 1 - M	108	00:00:00		06:37:18.00	06:37:18.00	+03:18:14 (49.9%)	18:03	3.3 (50.0%)
234	ANDRZEJEWSKI Damian	H201	12 BAZA BEZZAŁOGOWYCH STATKÓW POWIETRZNYCH	Hard 2 - M	32	00:00:00	00:20:00	06:37:43.00	06:37:43.00	+03:18:39 (49.9%)	17:10	3.5 (53.0%)
235	WRÓBEL Marcin	H172		Hard 1 - M	109	00:00:00		06:43:10.75	06:43:10.75	+03:24:06 (50.6%)	18:19	3.3 (50.0%)
236	RADZIEJEWSKI Paweł	H116		Hard 1 - M	110	00:00:00		06:43:27.35	06:43:27.35	+03:24:23 (50.7%)	18:20	3.3 (50.0%)
237	WŁODARCZYK Teresa	H157	SPC	Hard 1 - K	7	00:00:00		06:44:16.35	06:44:16.35	+03:25:12 (50.8%)	18:22	3.3 (50.0%)
238	MODZELEWSKA Karolina	H087	SPC	Hard 1 - K	8	00:00:00		06:44:16.55	06:44:16.55	+03:25:12 (50.8%)	18:22	3.3 (50.0%)
239	PIERWOŁA Tomasz	H103	POZNAŃ RACE TEAM	Hard 1 - M	111	00:00:00		06:44:58.05	06:44:58.05	+03:25:54 (50.8%)	18:24	3.3 (50.0%)
240	SZAFRAN Adrian	H250	BIEGUNKA	Hard 2 - M	33	00:00:00		06:45:33.00	06:45:33.00	+03:26:29 (50.9%)	18:26	3.3 (50.0%)
241	- -	H262				00:00:00		06:46:45.50	06:46:45.50	+03:27:41 (51.1%)	18:29	3.2 (48.5%)
242	STEMPNIAK Paweł	H137		Hard 1 - M	112	00:00:00	00:20:00	06:47:41.00	06:47:41.00	+03:28:37 (51.2%)	17:37	3.4 (51.5%)
243	KAŁKOWSKA Karolina	A035	DIRTY SPARROWS	Hard Hist - K	7	00:00:00	00:20:00	06:48:14.00	06:48:14.00	+03:29:10 (51.2%)	17:38	3.4 (51.5%)
244	GAJCY Tomasz , URBALA Marek , BARON Ryszard	T004	49.BAZA LOTNICZA - TEAM 3	TEAM	12	00:00:00		06:48:53.65	06:48:53.65	+03:29:49 (51.3%)	18:35	3.2 (48.5%)
245	ŁADA Jarosław , CIARKOWSKI Piotr , AFTEWICZ Adrian , MARKOWICZ Robert	T012	DEFENDER	TEAM	13	00:00:00	00:20:00	06:52:18.00	06:52:18.00	+03:33:14 (51.7%)	17:49	3.4 (51.5%)
246	SOSNOWSKI Andrzej	H132	TF5	Hard 1 - M	113	00:00:00		06:57:57.90	06:57:57.90	+03:38:54 (52.4%)	18:59	3.2 (48.5%)
247	TOMCZAK Artur	H158	OSP OCIESZYN	Hard 1 - M	114	00:00:00		06:57:58.05	06:57:58.05	+03:38:54 (52.4%)	18:59	3.2 (48.5%)
248	ORŁOWSKI Piotr	H095	SZWAGRY	Hard 1 - M	115	00:00:00		07:01:33.95	07:01:33.95	+03:42:30 (52.8%)	19:09	3.1 (47.0%)
249	MURAWSKI Mateusz	H088	TF5	Hard 1 - M	116	00:00:00		07:01:35.85	07:01:35.85	+03:42:31 (52.8%)	19:09	3.1 (47.0%)
250	FLESZER Natan	H208	KOSTRZYŃSKI KLUB KARATE SHOTOKAN	Hard 2 - M	34	00:00:00	00:20:00	07:03:45.00	07:03:45.00	+03:44:41 (53.0%)	18:21	3.3 (50.0%)
251	SZYDŁOWSKI Tomasz	H148		Hard 1 - M	117	00:00:00		07:04:12.75	07:04:12.75	+03:45:08 (53.1%)	19:16	3.1 (47.0%)
252	SAK Rafał	H240		Hard 2 - M	35	00:00:00	00:20:00	07:05:30.00	07:05:30.00	+03:46:26 (53.2%)	18:25	3.3 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Kara/ bonifikata	Czas netto 22km	Czas brutto 22km	Różn	Tempo min/km	Tempo km/h
253	WĘGRODZKI Paweł , JAKUBIAK Bartłomiej , TOŁKACZ Paweł , SIEMIANOWSKI Radosław	T022		TEAM	14	00:00:00		07:08:26.15	07:08:26.15	+03:49:22 (53.5%)	19:28	3.1 (47.0%)
254	KARYKOWSKI Michał , BĄK Andrzej , WIŚNIEWSKI Włodzimierz , TOMASZEWSKI Krzysztof	T007	SPC / HUSARIA	TEAM	15	00:00:00		07:10:49.55	07:10:49.55	+03:51:45 (53.8%)	19:34	3.1 (47.0%)
255	KROMSKI Arkadiusz	H221		Hard 2 - M	36	00:00:00	00:20:00	07:13:21.00	07:13:21.00	+03:54:17 (54.1%)	18:47	3.2 (48.5%)
256	CIERESZKO Matylda	T002	49 BAZA LOTNICZA - TEAM 2	TEAM	16	00:00:00		07:14:09.40	07:14:09.40	+03:55:05 (54.1%)	19:44	3 (45.5%)
257	PIĘKOŚ Monika	H104	HUSARIA RACE TEAM	Hard 1 - K	9	00:00:00		07:16:00.30	07:16:00.30	+03:56:56 (54.3%)	19:49	3 (45.5%)
258	JANISZEWSKI Andrzej	H045	CWAŁUJĄCE ŻÓŁWIE	Hard 1 - M	118	00:00:00	00:40:00	07:17:06.00	07:17:06.00	+03:58:02 (54.5%)	18:03	3.3 (50.0%)
259	PABIAN Agnieszka	H097	HUSARIA RACE TEAM	Hard 1 - K	10	00:00:00		07:17:22.85	07:17:22.85	+03:58:18 (54.5%)	19:52	3 (45.5%)
260	LANGE Magdalena	H067		Hard 1 - K	11	00:00:00		07:17:39.75	07:17:39.75	+03:58:35 (54.5%)	19:53	3 (45.5%)
261	SYGNATOWICZ Kamil , SYGNATOWICZ Grzegorz , TREMPAŁA Paweł , BRONOWICKI Paweł	T020	RATOWNICY ZG SIERPOL	TEAM	17	00:00:00		07:18:19.20	07:18:19.20	+03:59:15 (54.6%)	19:55	3 (45.5%)
262	GŁOGOWSKA Anita	A021		Hard Hist - K	8	00:00:00		07:18:52.25	07:18:52.25	+03:59:48 (54.6%)	19:56	3 (45.5%)
263	SKÓRA Anastazja	A071	FITNESS ARMY TEAM	Hard Hist - K	9	00:00:00		07:18:52.45	07:18:52.45	+03:59:48 (54.6%)	19:56	3 (45.5%)
264	WARTENBERG Jakub	A082		Hard Hist - M	52	00:00:00		07:18:54.15	07:18:54.15	+03:59:50 (54.6%)	19:57	3 (45.5%)
265	ŁYDKA Sylwek	A045	GASZE ŚMIETNIKI	Hard Hist - M	53	00:00:00	00:20:00	07:25:48.00	07:25:48.00	+04:06:44 (55.3%)	19:21	3.1 (47.0%)
266	KUROWSKI Robert , BURY Adam , PĘDZISZ Sebastian , SZCZEPAŃKI Damian	T011	RATOWNICY ZG RUDNA	TEAM	18	00:00:00		07:26:15.75	07:26:15.75	+04:07:11 (55.4%)	20:17	3 (45.5%)
267	CHWALISZ Paweł	A009		Hard Hist - M	54	00:00:00		07:29:15.05	07:29:15.05	+04:10:11 (55.7%)	20:25	2.9 (43.9%)
268	RÓŻAŃSKI Bartosz	H120	'BROM'	Hard 1 - M	119	00:00:00		07:33:05.55	07:33:05.55	+04:14:01 (56.1%)	20:35	2.9 (43.9%)
269	SZCZUR Mateusz	H142		Hard 1 - M	120	00:00:00		07:33:08.10	07:33:08.10	+04:14:04 (56.1%)	20:35	2.9 (43.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Kara/ bonifikata	Czas netto 22km	Czas brutto 22km	Różn	Tempo min/km	Tempo km/h
270	MILCZAREK Hubert	H234		Hard 2 - M	37	00:00:00	00:40:00	07:33:21.00	07:33:21.00	+04:14:17 (56.1%)	18:47	3.2 (48.5%)
271	ZIELIŃSKI Łukasz , BAGIŃSKI Artur , MATEJSKI Piotr , MATEJSKA Aneta	T023	GŁOGÓW	TEAM	19	00:00:00		07:36:45.20	07:36:45.20	+04:17:41 (56.4%)	20:45	2.9 (43.9%)
272	FESZLER Adam	A014	STRONG UNIT	Hard Hist - M	55	00:00:00		07:38:15.55	07:38:15.55	+04:19:11 (56.6%)	20:49	2.9 (43.9%)
273	FIRMANTY Przemysław	H027		Hard 1 - M	121	00:00:00	01:00:00	07:38:22.00	07:38:23.00	+04:19:18 (56.6%)	18:06	3.3 (50.0%)
274	DROŹDZIK Mateusz	A012		Hard Hist - M	56	00:00:00	00:20:00	07:38:54.00	07:38:54.00	+04:19:50 (56.6%)	19:57	3 (45.5%)
275	ŁAKOMY Jakub	H073	TF5	Hard 1 - M	122	00:00:00	00:40:00	07:41:25.00	07:41:25.00	+04:22:21 (56.9%)	19:09	3.1 (47.0%)
276	BRZEZIŃSKA Joanna	A005		Hard Hist - K	10	00:00:00		07:42:52.35	07:42:52.35	+04:23:48 (57.0%)	21:02	2.9 (43.9%)
277	GARCZEWSKA Natalia	A019		Hard Hist - K	11	00:00:00		07:44:33.10	07:44:33.10	+04:25:29 (57.1%)	21:06	2.8 (42.4%)
278	KIELIŃSKA-STRĄGOWSKA Kasia	H217		Hard 2 - K	2	00:00:00	00:20:00	07:46:49.00	07:46:49.00	+04:27:45 (57.4%)	20:18	3 (45.5%)
279	LASKOWSKI Bartosz	H226		Hard 2 - M	38	00:00:00	00:20:00	07:46:50.00	07:46:50.00	+04:27:46 (57.4%)	20:18	3 (45.5%)
280	ZIÓŁKOWSKI Wiesław , TARNOWSKA Malgorzata , NIETUPSKI Krzysztof , BUCZKO Ewelina	T025	BIGYELLOWFOOT ADVENTURE TEAM	TEAM	20	00:00:00	00:20:00	08:21:27.00	08:21:27.00	+05:02:23 (60.3%)	21:53	2.7 (40.9%)
281	KURAS Beata	H223	XRUNNERS	Hard 2 - K	3	00:00:00	01:00:00	08:26:50.00	08:26:50.00	+05:07:46 (60.7%)	20:18	3 (45.5%)
282	KOCH Marcin	A040		Hard Hist - M	57	00:00:00		08:38:20.25	08:38:20.25	+05:19:16 (61.6%)	23:33	2.5 (37.9%)
283	WITANOWSKI Bartosz	H166		Hard 1 - M	123	00:00:00						(0.0%)
284	KUCHARSKI Krystian	H066		Hard 1 - M	124	00:00:00	01:20:00					(0.0%)
285	WOLIŃSKI Karol	H254	SGO GDAŃSK	Hard 2 - M	39	00:00:00						(0.0%)
286	SUCHARSKI Jakub	A077		Hard Hist - M	58	00:00:00						(0.0%)
DQ	OCHĘCKI Mateusz	A058	9 ŁÓDZKA BRYGADA WOJSK OBRONY TERYTORIALNEJ	Hard Hist - M		DQ		04:09:43.75 DQ	DQ		0:00	5.3 (80.3%)
DQ	DROZD Mateusz	H260		Hard 2 - M		DQ	00:20:00	06:42:49.00 DQ	DQ		0:00	3.4 (51.5%)
DQ	GÓRSKI Mateusz , KOLIŃSKI Krzysztof , USTOWSKI Kamil	T006		TEAM		DQ		07:20:26.25 DQ	DQ		0:00	3 (45.5%)
DQ	MOLENDALIP Alicja	A052		Hard Hist - K		DQ		07:51:33.95 DQ	DQ		0:00	2.8 (42.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Kara/ bonifikata	Czas netto 22km	Czas brutto 22km	Różn	Tempo min/km	Tempo km/h
DNC	WALCZAK Danuta	H262	POZNAŃ RACE TEAM	Hard 1 - K		00:00:00	01:20:00	07:57:16.00	07:57:16.00		0:00	3.3 (50.0%)
DNC	SEBZDA Malgorzata	H241	HUSARIA RACE TEAM	Hard 1 - K		00:00:00	01:20:00	08:20:46.00	08:20:46.00		0:00	3.1 (47.0%)
DNC	KORD Arkadiusz	H056	JAKORDCZUK	Hard 1 - M		00:00:00	01:20:00				-	- (0.0%)
DNC	GARCZEWSKI Krzysztof	A020		Hard Hist - M		00:00:00	01:20:00				-	- (0.0%)
DNC	ŻUCHOWSKI Paweł	X18		Hard X		00:50:22					-	- (0.0%)

Znaleziono 295 wynik(ów)