



# BIEG MORSKIEGO KOMANDOSA 2020 - HARD 22KM

B4SPORT

**Wydarzenie:** XI Bieg Morskiego Komandosa  
**Organizator:** OCR Events  
**Data:** 2020-08-29  
**Miejsce:** Gdynia  
**Dystans:** 22 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	7km	Czas netto 22km	Czas brutto 22km	Różn	Tempo min/km	Tempo km/h
1	<b>KREFT Łukasz</b>	<b>X11</b>	KOMENDA PORTU WOJENNEGO GDYNIA	Hard X	1	00:42:36	00:55:01	<b>03:04:30.90</b>	<b>03:47:07.20</b>		8:23	7.2 (100%)
2	<b>FARKOWSKI Konrad</b>	<b>A046</b>	EX TEAM	Hard Hist - M	1	00:00:00	00:57:35	<b>03:12:13.50</b>	<b>03:12:13.50</b>	+00:07:42 (4.0%)	8:44	6.9 (95.8%)
3	<b>KANAWKA Grzegorz</b>	<b>X16</b>		Hard X	2	00:41:45	00:55:53	<b>03:15:00.15</b>	<b>03:56:45.25</b>	+00:10:29 (5.4%)	8:51	6.8 (94.4%)
4	<b>KANIA Mateusz</b>	<b>A047</b>		Hard Hist - M	2	00:00:00	00:58:34	<b>03:15:35.55</b>	<b>03:15:35.55</b>	+00:11:04 (5.7%)	8:53	6.7 (93.1%)
5	<b>ŻAK Jakub</b>	<b>X18</b>		Hard X	3	00:42:49	00:54:51	<b>03:16:07.65</b>	<b>03:58:57.30</b>	+00:11:36 (5.9%)	8:54	6.7 (93.1%)
6	<b>GOLIANEK Krzysztof</b>	<b>A048</b>		Hard Hist - M	3	00:00:00	00:59:34	<b>03:17:56.80</b>	<b>03:17:56.80</b>	+00:13:25 (6.8%)	8:59	6.7 (93.1%)
7	<b>SZUMLAŃSKI Marcin</b>	<b>H153</b>		Hard - M	1	00:00:00	01:00:57	<b>03:24:11.00</b>	<b>03:24:11.00</b>	+00:19:40 (9.6%)	9:16	6.5 (90.3%)
8	<b>GRZYBOWSKI Mateusz</b>	<b>H124</b>	SFORA BMK	Hard - M	2	00:00:00	01:00:59	<b>03:25:43.10</b>	<b>03:25:43.10</b>	+00:21:12 (10.3%)	9:21	6.4 (88.9%)
9	<b>SZCZURKO Adrian</b>	<b>H087</b>		Hard - M	3	00:00:00	01:00:58	<b>03:27:45.75</b>	<b>03:27:45.75</b>	+00:23:14 (11.2%)	9:26	6.4 (88.9%)
10	<b>SIDORSKI Kuba</b>	<b>H115</b>		Hard - M	4	00:00:00	01:01:06	<b>03:31:12.95</b>	<b>03:31:12.95</b>	+00:26:42 (12.6%)	9:36	6.3 (87.5%)
11	<b>RYCHERT Sylwester</b>	<b>H035</b>		Hard - M	5	00:00:00	01:04:44	<b>03:31:32.40</b>	<b>03:31:32.40</b>	+00:27:01 (12.8%)	9:36	6.2 (86.1%)
12	<b>ANDRYSKOWSKI Maciej</b>	<b>H163</b>	OSZŹW WARSZAWA	Hard - M	6	00:00:00	01:01:47	<b>03:33:39.75</b>	<b>03:33:39.75</b>	+00:29:08 (13.6%)	9:42	6.2 (86.1%)
13	<b>KOŚCIECHA Mateusz</b>	<b>A051</b>		Hard Hist - M	4	00:00:00	00:58:34	<b>03:35:26.00</b>	<b>03:35:26.00</b>	+00:30:55 (14.4%)	9:47	6.1 (84.7%)
14	<b>PIEŚKIEWICZ Mateusz</b>	<b>H094</b>	WAT	Hard - M	7	00:00:00	01:01:20	<b>03:42:48.65</b>	<b>03:42:48.65</b>	+00:38:17 (17.2%)	10:07	5.9 (81.9%)
15	<b>SKRZYSZOWSKI Janusz</b>	<b>A027</b>		Hard Hist - M	5	00:00:00	01:01:57	<b>03:44:12.10</b>	<b>03:44:12.10</b>	+00:39:41 (17.7%)	10:11	5.9 (81.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	7km	22km	22km			
16	TRYZNO Jakub	X13	NEPTUN GDAŃSK	Hard X	4	00:43:34	01:07:19	03:44:42.50	04:28:16.85	+00:40:11 (17.9%)	10:12	5.9 (81.9%)
17	ANTOSZKÓW Mateusz	H203	ZG POLKOWICE - SIEROSZOWICE	Hard - M	8	00:00:00	01:03:32	03:45:58.70	03:45:58.70	+00:41:27 (18.3%)	10:16	5.8 (80.6%)
18	CHOMICZ Krzysztof , ŁUKASZEWSKI Jakub , KRUCZKOWSKI Michał , WASIELEWSKI Michał	T025		TEAM	1	00:00:00	01:01:03	03:51:11.20	03:51:11.20	+00:46:40 (20.2%)	10:30	5.7 (79.2%)
19	GOŁĄB Szymon	H030		Hard - M	9	00:00:00	01:09:15	03:54:59.00	03:54:59.00	+00:50:28 (21.5%)	10:40	5.6 (77.8%)
20	SULEWSKI Krzysztof	A057	SALKA FIT	Hard Hist - M	6	00:00:00	01:00:04	03:56:58.10	03:56:58.10	+00:52:27 (22.1%)	10:46	5.6 (77.8%)
21	ZAJCZYK Janusz	A012	SALKA FIT 4TEAM	Hard Hist - M	7	00:00:00	01:03:56	03:58:43.80	03:58:43.80	+00:54:12 (22.7%)	10:51	5.5 (76.4%)
22	WLAŻLAK Damian	A041	DROGA DO ULTRA	Hard Hist - M	8	00:00:00	01:06:05	03:58:48.15	03:58:48.15	+00:54:17 (22.7%)	10:51	5.5 (76.4%)
23	ZALIŃSKI Leszek	H146		Hard - M	10	00:00:00	01:09:44	03:59:56.20	03:59:56.20	+00:55:25 (23.1%)	10:54	5.5 (76.4%)
24	WOJCIECHOWSKI Dariusz	H073	KWATERY U WOJCIECHOWSKICH	Hard - M	11	00:00:00	01:06:00	03:59:59.35	03:59:59.35	+00:55:28 (23.1%)	10:54	5.5 (76.4%)
25	KRAJEWSKI Michał	H186		Hard - M	12	00:00:00	01:06:35	04:00:16.70	04:00:16.70	+00:55:45 (23.2%)	10:55	5.5 (76.4%)
26	ŚCIESZKO Tomasz	H164		Hard - M	13	00:00:00	01:05:19	04:00:35.70	04:00:35.70	+00:56:04 (23.3%)	10:56	5.5 (76.4%)
27	MORAWSKI Grzegorz	A065		Hard Hist - M	9	00:00:00	01:09:34	04:04:23.65	04:04:23.65	+00:59:52 (24.5%)	11:06	5.4 (75.0%)
28	GŁOWACKI Adrian	A052		Hard Hist - M	10	00:00:00	01:09:46	04:05:43.00	04:05:43.00	+01:01:12 (24.9%)	11:10	5.4 (75.0%)
29	ADAMUS Mateusz	A026		Hard Hist - M	11	00:00:00	01:15:08	04:06:02.55	04:06:02.55	+01:01:31 (25.0%)	11:11	5.4 (75.0%)
30	WAŃKOWSKI Adam	A055	JW 2980 BRANIEWO	Hard Hist - M	12	00:00:00	01:20:57	04:06:02.95	04:06:02.95	+01:01:32 (25.0%)	11:11	5.4 (75.0%)
31	NIEDZIELSKI Mirosław	X7		Hard X	5	00:43:56	01:05:33	04:10:22.75	04:54:19.05	+01:05:51 (26.3%)	11:22	5.3 (73.6%)
32	PIONK Rafał	A042		Hard Hist - M	13	00:00:00	01:09:10	04:10:50.00	04:10:50.00	+01:06:19 (26.4%)	11:24	5.3 (73.6%)
33	OSTAPIŃSKI Wojtek	A010	OSTRESROKI	Hard Hist - M	14	00:00:00	01:11:44	04:12:23.65	04:12:23.65	+01:07:52 (26.9%)	11:28	5.2 (72.2%)
34	SROCZYŃSKI Marcin	A009		Hard Hist - M	15	00:00:00	01:11:43	04:12:23.85	04:12:23.85	+01:07:52 (26.9%)	11:28	5.2 (72.2%)
35	ŻAKEJKO Sławomir	A064		Hard Hist - M	16	00:00:00	01:07:58	04:12:33.75	04:12:33.75	+01:08:02 (26.9%)	11:28	5.2 (72.2%)
36	PIOTROWSKI Roman	H092	SPARTA RUNNERS	Hard - M	14	00:00:00	01:09:04	04:13:17.65	04:13:17.65	+01:08:46 (27.2%)	11:30	5.2 (72.2%)
37	BABIARZ Piotr	A013		Hard Hist - M	17	00:00:00	01:12:36	04:13:57.75	04:13:57.75	+01:09:26 (27.3%)	11:32	5.2 (72.2%)
38	ZBIKOWSKI Armin	A025	SALKA FIT	Hard Hist - M	18	00:00:00	01:12:37	04:14:03.65	04:14:03.65	+01:09:32 (27.4%)	11:32	5.2 (72.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	7km	22km	22km			
39	WICZLING Daniel	H046		Hard - M	15	00:00:00	01:03:32	04:14:42.95	04:14:42.95	+01:10:12 (27.6%)	11:34	5.2 (72.2%)
40	DROZD Mateusz	H202		Hard - M	16	00:00:00		04:15:31.00	04:15:31.00	+01:11:00 (27.8%)	11:36	5.2 (72.2%)
41	NIEMCZUK Daniel	X21	JW 2399	Hard X	6	00:42:57	01:12:05	04:16:30.45	04:59:27.75	+01:11:59 (28.1%)	11:39	5.1 (70.8%)
42	ŁUSZCZAK Piotr	X3	GRR	Hard X	7	00:43:23	01:13:56	04:16:50.40	05:00:13.60	+01:12:19 (28.2%)	11:40	5.1 (70.8%)
43	ŁUSZCZAK Mirek	X1	GRR	Hard X	8	00:43:22	01:13:51	04:16:50.70	05:00:13.00	+01:12:19 (28.2%)	11:40	5.1 (70.8%)
44	KURA Krzysztof	H069	16 BPD	Hard - M	17	00:00:00	01:15:45	04:17:01.85	04:17:01.85	+01:12:30 (28.2%)	11:40	5.1 (70.8%)
45	CIERPIŃSKI Grzegorz	X17		Hard X	9	00:43:50	01:05:40	04:17:30.45	05:01:20.85	+01:12:59 (28.3%)	11:42	5.1 (70.8%)
46	ADACH Krzysztof	H089	SFORA BMK	Hard - M	18	00:00:00	01:09:42	04:17:58.25	04:17:58.25	+01:13:27 (28.5%)	11:43	5.1 (70.8%)
47	KWIATKOWSKI Tomasz	H201	BIEGUN OCR TEAM	Hard - M	19	00:00:00	01:13:02	04:17:59.45	04:17:59.45	+01:13:28 (28.5%)	11:43	5.1 (70.8%)
48	GOŁĘBIEWSKI Dominik	A063		Hard Hist - M	19	00:00:00	01:09:19	04:19:24.60	04:19:24.60	+01:14:53 (28.9%)	11:47	5.1 (70.8%)
49	SYLDATK Adam	H052	PRONESTA TEAM	Hard - M	20	00:00:00	01:09:13	04:19:50.55	04:19:50.55	+01:15:19 (29.0%)	11:48	5.1 (70.8%)
50	KOLARCZYK Piotr	H136		Hard - M	21	00:00:00	01:11:23	04:21:01.00	04:21:01.00	+01:16:30 (29.3%)	11:51	5.1 (70.8%)
51	GIENIUSZ Bartosz	H126		Hard - M	22	00:00:00	01:11:36	04:22:02.10	04:22:02.10	+01:17:31 (29.6%)	11:54	5 (69.4%)
52	STEFANOWSKI Daniel	A035		Hard Hist - M	20	00:00:00	01:08:50	04:23:52.85	04:23:52.85	+01:19:21 (30.1%)	11:59	5 (69.4%)
53	SENATOR Piotr	H182	JEDNOŚĆ ŻABIENIEC	Hard - M	23	00:00:00	01:08:44	04:23:52.95	04:23:52.95	+01:19:22 (30.1%)	11:59	5 (69.4%)
54	MURYN Dawid	H191	RAGNAROK SZCZECIN	Hard - M	24	00:00:00	01:35:04	04:24:12.10	04:24:12.10	+01:19:41 (30.2%)	12:00	5 (69.4%)
55	BURZA Radosław	H154	42BPL/4KPL	Hard - M	25	00:00:00	01:17:48	04:24:53.60	04:24:53.60	+01:20:22 (30.3%)	12:02	5 (69.4%)
56	KARBOWSKI Sławomir	H198	NEXTREAM	Hard - M	26	00:00:00	01:14:14	04:25:53.95	04:25:53.95	+01:21:23 (30.6%)	12:05	5 (69.4%)
57	PRACHNIO Maciej	H122	SFORA BMK	Hard - M	27	00:00:00	01:15:33	04:26:45.15	04:26:45.15	+01:22:14 (30.8%)	12:07	4.9 (68.1%)
58	CZAJCZYŃSKI Daniel	H173	SFORA BMK	Hard - M	28	00:00:00	01:12:03	04:26:52.85	04:26:52.85	+01:22:21 (30.9%)	12:07	4.9 (68.1%)
59	LUTY Michał	H176		Hard - M	29	00:00:00	01:16:55	04:27:04.60	04:27:04.60	+01:22:33 (30.9%)	12:08	4.9 (68.1%)
60	WARZOCHA Jan	H135		Hard - M	30	00:00:00	01:20:44	04:28:26.95	04:28:26.95	+01:23:56 (31.3%)	12:12	4.9 (68.1%)
61	ŚLIZEWSKI Kamil	H127		Hard - M	31	00:00:00	01:10:28	04:28:35.65	04:28:35.65	+01:24:04 (31.3%)	12:12	4.9 (68.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	7km	Czas netto 22km	Czas brutto 22km	Różn	Tempo min/km	Tempo km/h
61	<b>KUREK Daniel</b>	<b>H128</b>		Hard - M	31	00:00:00	01:10:28	<b>04:28:35.65</b>	<b>04:28:35.65</b>	+01:24:04 (31.3%)	12:12	4.9 (68.1%)
63	<b>SIROCKI Dawid</b>	<b>X24</b>	BIEGUN OCR TEAM	Hard X	10	00:42:37	01:11:46	<b>04:28:43.90</b>	<b>05:11:21.50</b>	+01:24:13 (31.3%)	12:12	4.9 (68.1%)
64	<b>GMITER Rafał , CHRUSCINSKI Kacper , PACIOREK Cezary , PONICHTERA Karol</b>	<b>T018</b>	12 BRYGADA ZMECHANIZOWANA	TEAM	2	00:00:00	01:13:31	<b>04:28:57.05</b>	<b>04:28:57.05</b>	+01:24:26 (31.4%)	12:13	4.9 (68.1%)
65	<b>KUROWSKI Dawid , SKOLIMOWSKI Dariusz , KASPROWICZ Artur , SITEK Adam</b>	<b>T019</b>	WSM CROSSFIT TEAM RÓŻYNY	TEAM	3	00:00:00	01:15:30	<b>04:29:00.55</b>	<b>04:29:00.55</b>	+01:24:29 (31.4%)	12:13	4.9 (68.1%)
66	<b>MAJEWSKI Maciej</b>	<b>H015</b>	BRAVEHEARTS LEGIONOWO	Hard - M	33	00:00:00	01:14:45	<b>04:29:56.05</b>	<b>04:29:56.05</b>	+01:25:25 (31.6%)	12:16	4.9 (68.1%)
<b>Przekroczony limit czasu: 04:30:00</b>												
67	<b>TROJANOWSKI Michał</b>	<b>A056</b>		Hard Hist - M	21	00:00:00	01:09:26	<b>04:30:22.55</b>	<b>04:30:22.55</b>	+01:25:51 (31.8%)	12:17	4.9 (68.1%)
68	<b>PIETKIEWICZ Jacek</b>	<b>X9</b>		Hard X	11	00:42:39	01:11:44	<b>04:31:56.75</b>	<b>05:14:36.10</b>	+01:27:25 (32.2%)	12:21	4.9 (68.1%)
69	<b>CYCHLIK Przemysław , MIECZKOWSKI Partyk , CZARNIAWSKI Dawid , CIOŁKOWSKI Kamil</b>	<b>T030</b>		TEAM	4	00:00:00	01:16:13	<b>04:33:20.20</b>	<b>04:33:20.20</b>	+01:28:49 (32.5%)	12:25	4.8 (66.7%)
70	<b>TRZCIŃSKA Agata</b>	<b>X10</b>		Hard X	12	00:43:50	01:21:20	<b>04:39:30.40</b>	<b>05:23:20.40</b>	+01:34:59 (34.0%)	12:42	4.7 (65.3%)
71	<b>ŻUŁAWSKI Piotr</b>	<b>X23</b>		Hard X	13	00:42:17	01:19:16	<b>04:49:26.75</b>	<b>05:31:44.20</b>	+01:44:55 (36.3%)	13:09	4.6 (63.9%)
72	<b>GŁOWACKI Andrzej</b>	<b>X2</b>	MŁODY VS STARY	Hard X	14	00:42:20	01:17:04	<b>04:50:36.90</b>	<b>05:32:57.40</b>	+01:46:06 (36.5%)	13:12	4.5 (62.5%)
73	<b>ORŁOWSKI Piotr</b>	<b>H088</b>		Hard - M	34	00:00:00	01:33:22	<b>06:18:45.90</b>	<b>06:18:45.90</b>	+03:14:15 (51.3%)	17:12	3.5 (48.6%)
DNC	<b>MALACH Dariusz</b>	<b>A033</b>	SFORA BMK	Hard Hist - M		00:00:00	01:13:48	<b>04:31:39.10</b>	<b>04:31:39.10</b>		0:00	4.9 (68.1%)
DNC	<b>PAPIEWSKA Natalia</b>	<b>H064</b>		Hard - K		00:00:00	01:13:31	<b>04:32:36.85</b>	<b>04:32:36.85</b>		0:00	4.8 (66.7%)
DNC	<b>RAK Michał</b>	<b>A011</b>	CHORE POJEBY	Hard Hist - M		00:00:00	01:13:43	<b>04:32:39.05</b>	<b>04:32:39.05</b>		0:00	4.8 (66.7%)
DNC	<b>GAJEWSKI Jacek</b>	<b>H019</b>	DOGOŃ GRODZISK MAZOWIECKI	Hard - M		00:00:00	01:15:57	<b>04:32:46.95</b>	<b>04:32:46.95</b>		0:00	4.8 (66.7%)
DNC	<b>KOCHANIAK Andrzej</b>	<b>H090</b>		Hard - M		00:00:00	01:22:25	<b>04:32:47.75</b>	<b>04:32:47.75</b>		0:00	4.8 (66.7%)
DNC	<b>SZOTEK Maciej</b>	<b>H120</b>		Hard - M		00:00:00	01:17:43	<b>04:33:18.10</b>	<b>04:33:18.10</b>		0:00	4.8 (66.7%)
DNC	<b>OŻÓG Piotr , POMIRSKI Patryk , PLEWKO Łukasz , SKRZYPCZAK Krzysztof</b>	<b>T001</b>	MŁODZI TYTANI	TEAM		00:00:00	01:16:51	<b>04:34:28.95</b>	<b>04:34:28.95</b>		0:00	4.8 (66.7%)
DNC	<b>MORAWSKI Piotr</b>	<b>H067</b>	NOWOHUCKI KOMBINAT SPORTOWY	Hard - M		00:00:00	01:16:00	<b>04:35:07.90</b>	<b>04:35:07.90</b>		0:00	4.8 (66.7%)
DNC	<b>RABENDA Rafał</b>	<b>H010</b>	FRYGACI	Hard - M		00:00:00	01:14:14	<b>04:35:39.70</b>	<b>04:35:39.70</b>		0:00	4.8 (66.7%)
DNC	<b>JESKA Tomasz</b>	<b>H057</b>	DIRTY SPARROWS	Hard - M		00:00:00	01:14:45	<b>04:35:48.75</b>	<b>04:35:48.75</b>		0:00	4.8 (66.7%)
DNC	<b>ROPELLA Marek , KAMIŃSKI Wojtek , LASKOWSKI Mariusz , MOROCH Jarek</b>	<b>T012</b>	RATOWNICY RUDNA	TEAM		00:00:00	01:20:17	<b>04:36:13.55</b>	<b>04:36:13.55</b>		0:00	4.8 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	7km	Czas netto 22km	Czas brutto 22km	Różn	Tempo min/km	Tempo km/h
DNC	<b>GEMBACZ Wojciech</b>	<b>H165</b>		Hard - M		00:00:00	01:15:07	<b>04:36:14.45</b>	<b>04:36:14.45</b>	0:00	4.8	(66.7%)
DNC	<b>MITRĘGA Karol</b>	<b>H166</b>		Hard - M		00:00:00	01:15:09	<b>04:36:15.95</b>	<b>04:36:15.95</b>	0:00	4.8	(66.7%)
DNC	<b>BURZA Lesław</b>	<b>H181</b>		Hard - M		00:00:00	01:17:25	<b>04:36:24.90</b>	<b>04:36:24.90</b>	0:00	4.8	(66.7%)
DNC	<b>RONOWSKI Paweł</b>	<b>H108</b>	JANOSIKI	Hard - M		00:00:00	01:16:03	<b>04:36:53.35</b>	<b>04:36:53.35</b>	0:00	4.8	(66.7%)
DNC	<b>SZYDŁOWSKI Marcin</b>	<b>H111</b>		Hard - M		00:00:00	01:15:59	<b>04:38:08.30</b>	<b>04:38:08.30</b>	0:00	4.7	(65.3%)
DNC	<b>DOMBROWICZ Wojciech , SZYCHULSKI Krzysztof , PŁOTKOWSKI Jarosław , RACHFALSKI Marcin</b>	<b>T024</b>	FCC TEAM TORUŃ	TEAM		00:00:00	01:16:29	<b>04:38:19.05</b>	<b>04:38:19.05</b>	0:00	4.7	(65.3%)
DNC	<b>JAKOŃCZU Piotr</b>	<b>H042</b>		Hard - M		00:00:00	01:09:41	<b>04:38:44.85</b>	<b>04:38:44.85</b>	0:00	4.7	(65.3%)
DNC	<b>NOWETA Marcin , CYBULSKI Paweł , GIERCZAK Łukasz , SKUPIN Mariusz</b>	<b>T006</b>	ZG.LUBIN	TEAM		00:00:00	01:20:07	<b>04:41:40.40</b>	<b>04:41:40.40</b>	0:00	4.7	(65.3%)
DNC	<b>WÓJCIK Rafał</b>	<b>H157</b>		Hard - M		00:00:00	01:20:55	<b>04:41:55.05</b>	<b>04:41:55.05</b>	0:00	4.7	(65.3%)
DNC	<b>ESSI-EZINH Oleksandr</b>	<b>H068</b>		Hard - M		00:00:00	01:14:55	<b>04:43:57.45</b>	<b>04:43:57.45</b>	0:00	4.6	(63.9%)
DNC	<b>TOMCZAK Artur</b>	<b>H112</b>	DIRTY SPARROW	Hard - M		00:00:00	01:15:04	<b>04:46:54.75</b>	<b>04:46:54.75</b>	0:00	4.6	(63.9%)
DNC	<b>STASZAK Wojciech</b>	<b>H195</b>	KMP KOSZALIN	Hard - M		00:00:00	01:20:43	<b>04:47:18.60</b>	<b>04:47:18.60</b>	0:00	4.6	(63.9%)
DNC	<b>KLONOWICZ Patrycja</b>	<b>H051</b>	HUNTERS OCR TEAM	Hard - K		00:00:00	01:23:57	<b>04:47:52.95</b>	<b>04:47:52.95</b>	0:00	4.6	(63.9%)
DNC	<b>KLONOWICZ Stanisław</b>	<b>H082</b>	HUNTERS OCR TEAM	Hard - M		00:00:00	01:14:47	<b>04:47:58.20</b>	<b>04:47:58.20</b>	0:00	4.6	(63.9%)
DNC	<b>WINIARSKI Mateusz</b>	<b>H183</b>		Hard - M		00:00:00	01:20:45	<b>04:48:22.70</b>	<b>04:48:22.70</b>	0:00	4.6	(63.9%)
DNC	<b>DĄBROWSKI Bartosz</b>	<b>H101</b>	JANOSIKI	Hard - M		00:00:00	01:16:03	<b>04:49:04.85</b>	<b>04:49:04.85</b>	0:00	4.6	(63.9%)
DNC	<b>SKOCZKOWSKI Jarosław</b>	<b>H100</b>	JANOSIKI	Hard - M		00:00:00	01:16:12	<b>04:49:05.15</b>	<b>04:49:05.15</b>	0:00	4.6	(63.9%)
DNC	<b>ŚWIĄTEK Michał , JANCZEWSKI Krzysztof , PŁUSA Marcin , MACIĄG Marek</b>	<b>T023</b>	SFORA BMK	TEAM		00:00:00	01:15:02	<b>04:49:08.50</b>	<b>04:49:08.50</b>	0:00	4.6	(63.9%)
DNC	<b>PODSIADLIK Piotr</b>	<b>H180</b>		Hard - M		00:00:00	01:19:46	<b>04:49:20.65</b>	<b>04:49:20.65</b>	0:00	4.6	(63.9%)
DNC	<b>RYMARCZYK Paulina</b>	<b>H040</b>		Hard - K		00:00:00	01:19:46	<b>04:49:48.95</b>	<b>04:49:48.95</b>	0:00	4.6	(63.9%)
DNC	<b>KACZMARCZYK Paweł</b>	<b>A029</b>		Hard Hist - M		00:00:00	01:15:39	<b>04:52:08.05</b>	<b>04:52:08.05</b>	0:00	4.5	(62.5%)
DNC	<b>MACHTEL Adrian</b>	<b>H174</b>		Hard - M		00:00:00	01:16:05	<b>04:53:28.10</b>	<b>04:53:28.10</b>	0:00	4.5	(62.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	7km	Czas netto 22km	Czas brutto 22km	Różn	Tempo min/km	Tempo km/h
DNC	<b>JODEŁKA Mariusz</b>	<b>H155</b>	KRAVWAWA	Hard - M		00:00:00	01:21:21	<b>04:57:05.40</b>	<b>04:57:05.40</b>	0:00	4.4	(61.1%)
DNC	<b>MALICKI Marcin</b>	<b>A032</b>		Hard Hist - M		00:00:00	01:16:51	<b>04:57:52.30</b>	<b>04:57:52.30</b>	0:00	4.4	(61.1%)
DNC	<b>CZELUŚNIAK Filip</b>	<b>H158</b>		Hard - M		00:00:00	01:23:46	<b>04:58:12.50</b>	<b>04:58:12.50</b>	0:00	4.4	(61.1%)
DNC	<b>NOWAK Norbert , POPIEL Radosław , PACZKOWSKI Łukasz , POPIEL Radosław</b>	<b>T005</b>	JRGH	TEAM		00:00:00	01:17:25	<b>04:58:59.90</b>	<b>04:58:59.90</b>	0:00	4.4	(61.1%)
DNC	<b>OPOKA Piotr</b>	<b>A049</b>		Hard Hist - M		00:00:00	01:21:14	<b>04:59:31.75</b>	<b>04:59:31.75</b>	0:00	4.4	(61.1%)
DNC	<b>POLAŃSKI Jerzy</b>	<b>H059</b>	FANTOM	Hard - M		00:00:00	01:21:21	<b>04:59:35.85</b>	<b>04:59:35.85</b>	0:00	4.4	(61.1%)
DNC	<b>GROMKIEWICZ Robert</b>	<b>T002</b>	RATOWNICY ZG RUDNA	TEAM		00:00:00	01:19:29	<b>04:59:43.35</b>	<b>04:59:43.35</b>	0:00	4.4	(61.1%)
DNC	<b>JAKSZEWICZ Sławomir</b>	<b>H097</b>		Hard - M		00:00:00	01:22:07	<b>05:00:03.15</b>	<b>05:00:03.15</b>	0:00	4.4	(61.1%)
DNC	<b>NOWACZYK Tomasz , SZEWCZYK Paweł , BUCZKOWSKI Mateusz , KARSKI Kamil</b>	<b>T008</b>	NO EXCUSES TEAM	TEAM		00:00:00	01:19:23	<b>05:00:37.85</b>	<b>05:00:37.85</b>	0:00	4.4	(61.1%)
DNC	<b>NEHRING Tomasz</b>	<b>H025</b>		Hard - M		00:00:00	01:28:12	<b>05:00:53.75</b>	<b>05:00:53.75</b>	0:00	4.4	(61.1%)
DNC	<b>KRYNIECKI Tomasz</b>	<b>H161</b>	AN-DO	Hard - M		00:00:00	01:22:26	<b>05:01:03.90</b>	<b>05:01:03.90</b>	0:00	4.4	(61.1%)
DNC	<b>DINTER Marcin</b>	<b>H141</b>		Hard - M		00:00:00	01:25:52	<b>05:01:49.90</b>	<b>05:01:49.90</b>	0:00	4.4	(61.1%)
DNC	<b>SOBOCIŃSKA Olga</b>	<b>A004</b>	POZARNICY.PL	Hard Hist - K		00:00:00	01:22:50	<b>05:02:22.80</b>	<b>05:02:22.80</b>	0:00	4.4	(61.1%)
DNC	<b>BIAŁY Michał</b>	<b>A022</b>	NNS	Hard Hist - M		00:00:00	01:19:52	<b>05:02:25.35</b>	<b>05:02:25.35</b>	0:00	4.4	(61.1%)
DNC	<b>STRONGOWSKI Sebastian</b>	<b>A044</b>		Hard Hist - M		00:00:00	01:15:30	<b>05:02:25.50</b>	<b>05:02:25.50</b>	0:00	4.4	(61.1%)
DNC	<b>PIĘTKA Jarosław , WIŚNIEWSKI Jacek , CZAJKA Andrzej , POMORSKI Jakub</b>	<b>T022</b>	STAMINABOX	TEAM		00:00:00	01:21:32	<b>05:03:02.00</b>	<b>05:03:02.00</b>	0:00	4.4	(61.1%)
DNC	<b>KARCZEWSKI Marcin</b>	<b>H172</b>		Hard - M		00:00:00	01:22:30	<b>05:05:04.05</b>	<b>05:05:04.05</b>	0:00	4.3	(59.7%)
DNC	<b>WIĘCEK Weronika</b>	<b>H049</b>		Hard - K		00:00:00	01:28:16	<b>05:05:45.75</b>	<b>05:05:45.75</b>	0:00	4.3	(59.7%)
DNC	<b>KAŻMIERKIEWICZ Sławomir</b>	<b>H103</b>		Hard - M		00:00:00	01:20:36	<b>05:06:19.10</b>	<b>05:06:19.10</b>	0:00	4.3	(59.7%)
DNC	<b>SITKOWSKI Tomasz</b>	<b>H047</b>	CARBON SILESIA SPORT	Hard - M		00:00:00	01:18:10	<b>05:06:39.20</b>	<b>05:06:39.20</b>	0:00	4.3	(59.7%)
DNC	<b>SZTUBE Lukasz</b>	<b>H156</b>	SFORA BMK	Hard - M		00:00:00	01:22:19	<b>05:06:51.55</b>	<b>05:06:51.55</b>	0:00	4.3	(59.7%)
DNC	<b>KACPRZYCKA Paulina</b>	<b>H104</b>	4 W-MBOT	Hard - K		00:00:00	01:20:11	<b>05:07:43.30</b>	<b>05:07:43.30</b>	0:00	4.3	(59.7%)
DNC	<b>STAWIARZ Paweł</b>	<b>H045</b>		Hard - M		00:00:00	01:29:25	<b>05:07:50.85</b>	<b>05:07:50.85</b>	0:00	4.3	(59.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	7km	Czas netto 22km	Czas brutto 22km	Różn	Tempo min/km	Tempo km/h
DNC	<b>PYLAK Krzysztof</b>	<b>H072</b>	OCR LUBLIN	Hard - M		00:00:00	01:21:54	<b>05:08:44.20</b>	<b>05:08:44.20</b>	0:00	4.3	(59.7%)
DNC	<b>FURMAN Paweł</b>	<b>H014</b>		Hard - M		00:00:00	01:14:55	<b>05:10:34.60</b>	<b>05:10:34.60</b>	0:00	4.3	(59.7%)
DNC	<b>KARKOTKA Daniel</b>	<b>H138</b>		Hard - M		00:00:00	01:19:42	<b>05:11:18.70</b>	<b>05:11:18.70</b>	0:00	4.2	(58.3%)
DNC	<b>CZYKIER Paweł</b>	<b>H199</b>		Hard - M		00:00:00	01:23:50	<b>05:11:56.90</b>	<b>05:11:56.90</b>	0:00	4.2	(58.3%)
DNC	<b>ARANOWSKI Artur</b>	<b>H184</b>	SFORA BMK	Hard - M		00:00:00	01:21:13	<b>05:12:37.45</b>	<b>05:12:37.45</b>	0:00	4.2	(58.3%)
DNC	<b>FORTUNIAK Patryk</b>	<b>A001</b>	CHORE POJEBY	Hard Hist - M		00:00:00	01:23:11	<b>05:13:06.75</b>	<b>05:13:06.75</b>	0:00	4.2	(58.3%)
DNC	<b>KITOWSKI Szymon</b>	<b>A018</b>		Hard Hist - M		00:00:00	01:23:27	<b>05:13:31.10</b>	<b>05:13:31.10</b>	0:00	4.2	(58.3%)
DNC	<b>PIWOWARCZYK Marcin</b>	<b>H150</b>	DWOT	Hard - M		00:00:00	01:28:17	<b>05:13:58.80</b>	<b>05:13:58.80</b>	0:00	4.2	(58.3%)
DNC	<b>BARGIELSKI Michał</b>	<b>H096</b>		Hard - M		00:00:00	01:20:55	<b>05:14:44.35</b>	<b>05:14:44.35</b>	0:00	4.2	(58.3%)
DNC	<b>JUREWICZ Arkadiusz</b>	<b>H189</b>	4W-MBOT	Hard - M		00:00:00	01:20:11	<b>05:14:44.65</b>	<b>05:14:44.65</b>	0:00	4.2	(58.3%)
DNC	<b>CHRZANOWSKI Błażej</b>	<b>H034</b>		Hard - M		00:00:00	01:25:15	<b>05:15:01.60</b>	<b>05:15:01.60</b>	0:00	4.2	(58.3%)
DNC	<b>FOJCIK Sebastian</b>	<b>H063</b>		Hard - M		00:00:00	01:29:34	<b>05:18:33.05</b>	<b>05:18:33.05</b>	0:00	4.1	(56.9%)
DNC	<b>MALISZEWSKI Jakub</b>	<b>A002</b>		Hard Hist - M		00:00:00	01:20:48	<b>05:19:37.55</b>	<b>05:19:37.55</b>	0:00	4.1	(56.9%)
DNC	<b>ROSÓŁ Arkadiusz , GRZĄDZIELA Wojciech , DŁUŻNIEWSKI Dawid , IWANIAK Dawid</b>	<b>T014</b>		TEAM		00:00:00	01:15:43	<b>05:19:55.25</b>	<b>05:19:55.25</b>	0:00	4.1	(56.9%)
DNC	<b>PIERWOŁA Tomasz</b>	<b>H105</b>	GRUPA ROZPOZNAWCZA RYŚ	Hard - M		00:00:00	01:22:28	<b>05:20:26.45</b>	<b>05:20:26.45</b>	0:00	4.1	(56.9%)
DNC	<b>CHRZANOWSKI Łukasz</b>	<b>H106</b>	GRUPA ROZPOZNAWCZA RYŚ	Hard - M		00:00:00	01:22:28	<b>05:20:27.25</b>	<b>05:20:27.25</b>	0:00	4.1	(56.9%)
DNC	<b>KORSAK Mateusz Korsak</b>	<b>H140</b>	SFORA BMK	Hard - M		00:00:00	01:18:50	<b>05:20:59.05</b>	<b>05:20:59.05</b>	0:00	4.1	(56.9%)
DNC	<b>PRZYTULSKA Aleksandra</b>	<b>A016</b>	FIZJOLAB	Hard Hist - K		00:00:00	01:30:33	<b>05:21:54.05</b>	<b>05:21:54.05</b>	0:00	4.1	(56.9%)
DNC	<b>WYSOCKI Dariusz</b>	<b>A017</b>		Hard Hist - M		00:00:00	01:30:33	<b>05:22:09.15</b>	<b>05:22:09.15</b>	0:00	4.1	(56.9%)
DNC	<b>URBALA Marek , STRZĄDAŁA Arkadiusz , SERGIEJOWICZ Piotr , GIEZEK Konrad</b>	<b>T004</b>	49 BAZA LOTNICZA	TEAM		00:00:00	01:25:09	<b>05:22:26.55</b>	<b>05:22:26.55</b>	0:00	4.1	(56.9%)
DNC	<b>LICHTOR Jacek</b>	<b>A045</b>		Hard Hist - M		00:00:00	01:31:04	<b>05:25:30.30</b>	<b>05:25:30.30</b>	0:00	4.1	(56.9%)
DNC	<b>JANISZEWSKI Andrzej</b>	<b>H028</b>		Hard - M		00:00:00	01:29:24	<b>05:26:00.10</b>	<b>05:26:00.10</b>	0:00	4	(55.6%)
DNC	<b>MADZIARA Aneta</b>	<b>A038</b>		Hard Hist - K		00:00:00	01:31:05	<b>05:26:12.90</b>	<b>05:26:12.90</b>	0:00	4	(55.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	7km	Czas netto 22km	Czas brutto 22km	Różn	Tempo min/km	Tempo km/h
DNC	<b>WĘGRODZKI Paweł , JAKUBIAK Bartłomiej , DZICZEK Tomasz , TOŁKACZ Paweł</b>	<b>T015</b>	DEFENDER 2	TEAM		00:00:00	01:27:02	<b>05:26:33.10</b>	<b>05:26:33.10</b>	0:00	4	(55.6%)
DNC	<b>JUREKO Robert</b>	<b>H102</b>		Hard - M		00:00:00	01:25:07	<b>05:27:39.45</b>	<b>05:27:39.45</b>	0:00	4	(55.6%)
DNC	<b>KOLCZYŃSKI Paweł</b>	<b>A053</b>		Hard Hist - M		00:00:00	01:28:19	<b>05:29:25.85</b>	<b>05:29:25.85</b>	0:00	4	(55.6%)
DNC	<b>BAŁAZY Marcin</b>	<b>A015</b>	MAZURSKA WATAHA	Hard Hist - M		00:00:00	01:27:48	<b>05:29:26.15</b>	<b>05:29:26.15</b>	0:00	4	(55.6%)
DNC	<b>ŁADA Jarosław , CZOCHRA Jakub , AFTEWICZ Adrian , MAZUREK Piotr</b>	<b>T003</b>	DEFENDER BARCZEWO	TEAM		00:00:00	01:27:56	<b>05:29:27.95</b>	<b>05:29:27.95</b>	0:00	4	(55.6%)
DNC	<b>WYDRZYŃSKI Marek</b>	<b>H081</b>		Hard - M		00:00:00	01:32:38	<b>05:30:00.00</b>	<b>05:30:00.00</b>	0:00	4	(55.6%)
DNC	<b>STĘPNIAK Adrian</b>	<b>H065</b>		Hard - M		00:00:00	01:34:13	<b>05:30:11.70</b>	<b>05:30:11.70</b>	0:00	4	(55.6%)
DNC	<b>ZIĘBA Krzysztof</b>	<b>H024</b>	MASADA	Hard - M		00:00:00	01:34:13	<b>05:30:14.50</b>	<b>05:30:14.50</b>	0:00	4	(55.6%)
DNC	<b>PRZYBYŁA Karol</b>	<b>H022</b>	MASADA	Hard - M		00:00:00	01:26:05	<b>05:31:02.00</b>	<b>05:31:02.00</b>	0:00	4	(55.6%)
DNC	<b>WRÓBEL Marcin</b>	<b>X15</b>		Hard X		00:43:02	01:22:33	<b>05:31:36.95</b>	<b>06:14:39.75</b>	0:00	4	(55.6%)
DNC	<b>KURAS Beata</b>	<b>A054</b>	XRUNNERS	Hard Hist - K		00:00:00	01:41:35	<b>05:32:09.85</b>	<b>05:32:09.85</b>	0:00	4	(55.6%)
DNC	<b>MASIO Grzegorz , ROGOZIŃSKI Grzegorz , WOŁCZYK Cezary , SITARZ Bartosz</b>	<b>T016</b>		TEAM		00:00:00	01:32:14	<b>05:32:24.65</b>	<b>05:32:24.65</b>	0:00	4	(55.6%)
DNC	<b>CIESIELCZYK Joanna</b>	<b>H048</b>		Hard - K		00:00:00	01:30:53	<b>05:33:25.85</b>	<b>05:33:25.85</b>	0:00	4	(55.6%)
DNC	<b>KISIEL Artur</b>	<b>H032</b>		Hard - M		00:00:00	01:26:06	<b>05:33:31.85</b>	<b>05:33:31.85</b>	0:00	4	(55.6%)
DNC	<b>JANKIEWICZ Marek</b>	<b>H005</b>	BRAVEHEARTS LEGIONOWO	Hard - M		00:00:00	01:26:06	<b>05:33:38.50</b>	<b>05:33:38.50</b>	0:00	4	(55.6%)
DNC	<b>KUCHTA Pawel</b>	<b>H151</b>		Hard - M		00:00:00	01:26:04	<b>05:33:51.35</b>	<b>05:33:51.35</b>	0:00	4	(55.6%)
DNC	<b>BÖHM Mario</b>	<b>H066</b>		Hard - M		00:00:00	01:25:50	<b>05:34:09.30</b>	<b>05:34:09.30</b>	0:00	4	(55.6%)
DNC	<b>RYBICKI Tomasz</b>	<b>H162</b>	SFORA BMK	Hard - M		00:00:00	01:26:08	<b>05:35:40.20</b>	<b>05:35:40.20</b>	0:00	3.9	(54.2%)
DNC	<b>SPURTACZ Łukasz</b>	<b>H178</b>		Hard - M		00:00:00	01:21:18	<b>05:35:43.25</b>	<b>05:35:43.25</b>	0:00	3.9	(54.2%)
DNC	<b>KOBUS Łukasz</b>	<b>H137</b>	1 BAZA LOTNICTWA TRANSPORTOWEGO	Hard - M		00:00:00	01:22:44	<b>05:39:59.40</b>	<b>05:39:59.40</b>	0:00	3.9	(54.2%)
DNC	<b>KOTŁOWSKI Marcin , KAPICA Damian , TATAREWICZ Akradiusz , GRABIŃSKI Michał</b>	<b>T007</b>	BIGYELLOWFOOT ADVENTURE TEAM	TEAM		00:00:00	01:31:55	<b>05:40:06.30</b>	<b>05:40:06.30</b>	0:00	3.9	(54.2%)
DNC	<b>DZIUDZIEL Maciej</b>	<b>H085</b>		Hard - M		00:00:00	01:21:23	<b>05:40:57.50</b>	<b>05:40:57.50</b>	0:00	3.9	(54.2%)
DNC	<b>ŻOGAŁA Michał</b>	<b>A050</b>		Hard Hist - M		00:00:00	01:25:31	<b>05:42:01.45</b>	<b>05:42:01.45</b>	0:00	3.9	(54.2%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	7km	Czas netto 22km	Czas brutto 22km	Różn	Tempo min/km	Tempo km/h
DNC	<b>KAŁUŻNY Justyna</b>	<b>A008</b>		Hard Hist - K		00:00:00	01:41:35	<b>05:43:41.10</b>	<b>05:43:41.10</b>	0:00	3.8	(52.8%)
DNC	<b>GRABOWSKI Zbigniew</b>	<b>H148</b>		Hard - M		00:00:00	01:27:25	<b>05:43:53.65</b>	<b>05:43:53.65</b>	0:00	3.8	(52.8%)
DNC	<b>ŻUCHOWSKI Paweł</b>	<b>H029</b>		Hard - M		00:00:00	01:26:08	<b>05:44:01.25</b>	<b>05:44:01.25</b>	0:00	3.8	(52.8%)
DNC	<b>KELLER Tomasz</b>	<b>A039</b>	WIELUŃ BIEGA	Hard Hist - M		00:00:00	01:31:23	<b>05:44:33.25</b>	<b>05:44:33.25</b>	0:00	3.8	(52.8%)
DNC	<b>BUDZISZ Rafał</b>	<b>H209</b>		Hard - M		00:00:00	01:32:47	<b>05:45:23.75</b>	<b>05:45:23.75</b>	0:00	3.8	(52.8%)
DNC	<b>SYGNATOWICZ Kamil , SYGNATOWICZ Grzegorz , TREMPAŁA Paweł , BRONOWICKI Paweł</b>	<b>T021</b>		TEAM		00:00:00		<b>05:45:43.00</b>	<b>05:45:43.00</b>	0:00	3.8	(52.8%)
DNC	<b>MICHALSKI Grzegorz</b>	<b>H099</b>		Hard - M		00:00:00	01:32:39	<b>05:46:05.35</b>	<b>05:46:05.35</b>	0:00	3.8	(52.8%)
DNC	<b>KUCHARSKI Krystian</b>	<b>H110</b>		Hard - M		00:00:00	01:32:39	<b>05:46:37.65</b>	<b>05:46:37.65</b>	0:00	3.8	(52.8%)
DNC	<b>PILARSKI Zbigniew</b>	<b>H134</b>		Hard - M		00:00:00	01:25:35	<b>05:46:40.60</b>	<b>05:46:40.60</b>	0:00	3.8	(52.8%)
DNC	<b>KOSTRZON Maciej</b>	<b>H077</b>		Hard - M		00:00:00	01:28:18	<b>05:46:57.60</b>	<b>05:46:57.60</b>	0:00	3.8	(52.8%)
DNC	<b>DĄBROWSKI Piotr</b>	<b>H060</b>		Hard - M		00:00:00	01:29:30	<b>05:47:02.40</b>	<b>05:47:02.40</b>	0:00	3.8	(52.8%)
DNC	<b>IDZIK Angelika</b>	<b>H075</b>	SPARTA RUNNERS	Hard - K		00:00:00	01:38:44	<b>05:48:22.95</b>	<b>05:48:22.95</b>	0:00	3.8	(52.8%)
DNC	<b>WIŚNIEWSKA Barbara</b>	<b>H179</b>	SPARTA RUNNERS	Hard - K		00:00:00	01:38:46	<b>05:48:23.40</b>	<b>05:48:23.40</b>	0:00	3.8	(52.8%)
DNC	<b>PLEWKA Sylwia</b>	<b>H055</b>		Hard - K		00:00:00	01:35:00	<b>05:48:54.40</b>	<b>05:48:54.40</b>	0:00	3.8	(52.8%)
DNC	<b>PAKUŁ Konrad</b>	<b>H050</b>	SFORA - BMK	Hard - M		00:00:00	01:34:59	<b>05:48:55.50</b>	<b>05:48:55.50</b>	0:00	3.8	(52.8%)
DNC	<b>KULAJ Adrian</b>	<b>H145</b>		Hard - M		00:00:00	01:28:24	<b>05:49:42.15</b>	<b>05:49:42.15</b>	0:00	3.8	(52.8%)
DNC	<b>KLIMKIEWICZ Tomasz</b>	<b>H171</b>		Hard - M		00:00:00	01:29:49	<b>05:49:56.80</b>	<b>05:49:56.80</b>	0:00	3.8	(52.8%)
DNC	<b>BOROWIAK Krzysztof , WIERZCHOWIAK Jarek , SZCZEKUTOWICZ Adrian , CHOŁACIŃSKI Wojtek</b>	<b>T013</b>		TEAM		00:00:00	01:37:40	<b>05:50:06.35</b>	<b>05:50:06.35</b>	0:00	3.8	(52.8%)
DNC	<b>FRAĆ Mariusz</b>	<b>H079</b>	BRAK	Hard - M		00:00:00	01:35:20	<b>05:50:37.90</b>	<b>05:50:37.90</b>	0:00	3.8	(52.8%)
DNC	<b>SADZAWICKI Adam</b>	<b>H121</b>		Hard - M		00:00:00	01:22:39	<b>05:52:06.50</b>	<b>05:52:06.50</b>	0:00	3.7	(51.4%)
DNC	<b>PADUCH Jakub</b>	<b>X20</b>	SFORA BMK	Hard X		00:43:41	01:35:52	<b>05:52:21.55</b>	<b>06:36:03.45</b>	0:00	3.7	(51.4%)
DNC	<b>KOZACZUK Darek</b>	<b>H193</b>		Hard - M		00:00:00	01:23:40	<b>05:57:08.60</b>	<b>05:57:08.60</b>	0:00	3.7	(51.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	7km	Czas netto 22km	Czas brutto 22km	Różn	Tempo min/km	Tempo km/h
DNC	<b>SZCZUKA Paweł</b>	<b>H044</b>	LOGWIN TEAM SPORT	Hard - M		00:00:00	01:35:57	<b>05:57:32.40</b>	<b>05:57:32.40</b>	0:00	3.7	(51.4%)
DNC	<b>MUSZALSKI Maciej</b>	<b>H114</b>		Hard - M		00:00:00	01:19:22	<b>05:58:17.25</b>	<b>05:58:17.25</b>	0:00	3.7	(51.4%)
DNC	<b>KUROWSKI Robert , HRNYTKO Michał , DOBIES Patrycjusz , PĘDZISZ Sebastian</b>	<b>T011</b>	RATOWNICY ZG RUDNA	TEAM		00:00:00	01:37:30	<b>05:59:25.60</b>	<b>05:59:25.60</b>	0:00	3.7	(51.4%)
DNC	<b>CHOMICZ Daniel</b>	<b>H020</b>		Hard - M		00:00:00	01:35:55	<b>06:01:07.90</b>	<b>06:01:07.90</b>	0:00	3.7	(51.4%)
DNC	<b>BARANOWSKA Dorota</b>	<b>H074</b>		Hard - K		00:00:00	01:36:04	<b>06:02:11.35</b>	<b>06:02:11.35</b>	0:00	3.6	(50.0%)
DNC	<b>DZIERGAS Teresa</b>	<b>H116</b>	ULTRA KSP	Hard - K		00:00:00	01:41:46	<b>06:06:54.55</b>	<b>06:06:54.55</b>	0:00	3.6	(50.0%)
DNC	<b>CHODOROWSKI Arkadiusz</b>	<b>H117</b>	ULTRA KSP	Hard - M		00:00:00	01:41:48	<b>06:06:59.05</b>	<b>06:06:59.05</b>	0:00	3.6	(50.0%)
DNC	<b>MIKOŁAJCZYK Mariusz</b>	<b>H118</b>	ULTRA KSP	Hard - M		00:00:00	01:41:47	<b>06:07:01.15</b>	<b>06:07:01.15</b>	0:00	3.6	(50.0%)
DNC	<b>BOBROWICZ Jakub</b>	<b>A043</b>		Hard Hist - M		00:00:00	01:30:56	<b>06:08:25.75</b>	<b>06:08:25.75</b>	0:00	3.6	(50.0%)
DNC	<b>WIERDAK Maciej , DĄBEK Bartosz</b>	<b>T010</b>	RATOWNICY ZG RUDNA	TEAM		00:00:00	01:38:30	<b>06:08:29.50</b>	<b>06:08:29.50</b>	0:00	3.6	(50.0%)
DNC	<b>ŁASKAWSKI Michał</b>	<b>A014</b>	BEFIT24TEAM	Hard Hist - M		00:00:00	01:38:17	<b>06:10:10.30</b>	<b>06:10:10.30</b>	0:00	3.6	(50.0%)
DNC	<b>KARPOWSKI Marcin , KARPOWSKA Marzena , KLIMAS Janusz , DUBIELECKI Adam</b>	<b>T020</b>	DEFENDER 3	TEAM		00:00:00	01:34:58	<b>06:11:30.50</b>	<b>06:11:30.50</b>	0:00	3.6	(50.0%)
DNC	<b>BRYL Piotr</b>	<b>H192</b>	43BLP	Hard - M		00:00:00	01:40:43	<b>06:12:31.40</b>	<b>06:12:31.40</b>	0:00	3.5	(48.6%)
DNC	<b>POBUDKIEWICZ Maciej , LECH Mateusz , PIĘTKA Marcin , RAK Cezary</b>	<b>T009</b>	HARDCOROWE WYCHYLYLYBYMY	TEAM		00:00:00	01:35:34	<b>06:15:17.20</b>	<b>06:15:17.20</b>	0:00	3.5	(48.6%)
DNC	<b>STEMPNIAK Paweł</b>	<b>H091</b>	SFORA BMK	Hard - M		00:00:00	01:40:19	<b>06:18:01.70</b>	<b>06:18:01.70</b>	0:00	3.5	(48.6%)
DNC	<b>VANLITSENBURGH Baptiste</b>	<b>H133</b>		Hard - M		00:00:00	01:30:44	<b>06:18:22.60</b>	<b>06:18:22.60</b>	0:00	3.5	(48.6%)
DNC	<b>KONIKOWSKI Mateusz</b>	<b>H119</b>		Hard - M		00:00:00	01:30:44	<b>06:18:23.75</b>	<b>06:18:23.75</b>	0:00	3.5	(48.6%)
DNC	<b>STRĄGOWSKA Katarzyna</b>	<b>X19</b>		Hard X		00:43:51	01:42:32	<b>06:22:11.15</b>	<b>07:06:02.25</b>	0:00	3.5	(48.6%)
DNC	<b>LEŚNIEWSKA Lilianna</b>	<b>A030</b>		Hard Hist - K		00:00:00	01:42:01	<b>06:24:24.55</b>	<b>06:24:24.55</b>	0:00	3.4	(47.2%)
DNC	<b>KAŁKOWSKA Karolina</b>	<b>A028</b>	DIRTY SPARROWS	Hard Hist - K		00:00:00	01:42:07	<b>06:24:50.70</b>	<b>06:24:50.70</b>	0:00	3.4	(47.2%)
DNC	<b>TWAROWSKI Zbigniew</b>	<b>H021</b>		Hard - M		00:00:00	01:30:31	<b>06:25:53.70</b>	<b>06:25:53.70</b>	0:00	3.4	(47.2%)
DNC	<b>FORGIEL Karolina</b>	<b>A034</b>	HARDCOROWE WYCHYLYLYBYMY	Hard Hist - K		00:00:00	01:42:08	<b>06:26:05.40</b>	<b>06:26:05.40</b>	0:00	3.4	(47.2%)
DNC	<b>CHWALISZ Paweł</b>	<b>H152</b>		Hard - M		00:00:00	01:37:46	<b>06:26:34.65</b>	<b>06:26:34.65</b>	0:00	3.4	(47.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	7km	Czas netto 22km	Czas brutto 22km	Różn	Tempo min/km	Tempo km/h
DNC	<b>FLATHAU Michael</b>	<b>H056</b>	MILITARY TRAINING HAMBURG	Hard - M		00:00:00	01:41:08	<b>06:28:15.95</b>	<b>06:28:15.95</b>	0:00		3.4 (47.2%)
DNC	<b>PODLASZEWSKI Jacek</b>	<b>H177</b>		Hard - M		00:00:00	01:36:59	<b>06:30:57.50</b>	<b>06:30:57.50</b>	0:00		3.4 (47.2%)
DNC	<b>WŁODARCZYK Teresa</b>	<b>H018</b>		Hard - K		00:00:00	01:36:58	<b>06:30:57.90</b>	<b>06:30:57.90</b>	0:00		3.4 (47.2%)
DNC	<b>MODZELEWSKA Karolina</b>	<b>H003</b>	SPC	Hard - K		00:00:00	01:36:58	<b>06:30:58.10</b>	<b>06:30:58.10</b>	0:00		3.4 (47.2%)
DNC	<b>BĄK Andrzej</b>	<b>H026</b>	SPC	Hard - M		00:00:00	01:37:01	<b>06:30:58.50</b>	<b>06:30:58.50</b>	0:00		3.4 (47.2%)
DNC	<b>WIŚNIEWSKI Włodzimierz</b>	<b>H001</b>	SPC	Hard - M		00:00:00	01:37:01	<b>06:30:58.50</b>	<b>06:30:58.50</b>	0:00		3.4 (47.2%)
DNC	<b>DOMOSŁAWSKA Joanna</b>	<b>H160</b>		Hard - K		00:00:00	01:37:47	<b>06:32:26.35</b>	<b>06:32:26.35</b>	0:00		3.4 (47.2%)
DNC	<b>DOMOSŁAWSKI Paweł</b>	<b>H159</b>		Hard - M		00:00:00	01:37:47	<b>06:32:30.90</b>	<b>06:32:30.90</b>	0:00		3.4 (47.2%)
DNC	<b>PROKOP Piotrek</b>	<b>H125</b>		Hard - M		00:00:00	01:36:34	<b>06:34:49.10</b>	<b>06:34:49.10</b>	0:00		3.3 (45.8%)
DNC	<b>DZIECINA Ewelina</b>	<b>X4</b>		Hard - K		00:00:00	01:36:33	<b>06:34:49.65</b>	<b>06:34:49.65</b>	0:00		3.3 (45.8%)
DNC	<b>PABIAN Agnieszka</b>	<b>H168</b>	HUNTERS OCR TEAM	Hard - K		00:00:00	01:45:41	<b>06:36:44.10</b>	<b>06:36:44.10</b>	0:00		3.3 (45.8%)
DNC	<b>JAKUBASEK Mariusz</b>	<b>H130</b>	KRAVWAWA	Hard - M		00:00:00	01:35:20	<b>06:37:50.70</b>	<b>06:37:50.70</b>	0:00		3.3 (45.8%)
DNC	<b>ORZECH Damian</b>	<b>H167</b>		Hard - M		00:00:00	01:45:46	<b>06:39:22.55</b>	<b>06:39:22.55</b>	0:00		3.3 (45.8%)
DNC	<b>KARPIŃSKI Bartłomiej</b>	<b>H190</b>	RAGNAROK SZCZECIN	Hard - M		00:00:00	01:35:06	<b>06:41:08.25</b>	<b>06:41:08.25</b>	0:00		3.3 (45.8%)
DNC	<b>PIĘKOŚ Monika</b>	<b>H078</b>		Hard - K		00:00:00	01:46:34	<b>06:45:07.15</b>	<b>06:45:07.15</b>	0:00		3.3 (45.8%)
DNC	<b>KŁOS Ewa</b>	<b>H169</b>	HUNTERS OCR TEAM	Hard - K		00:00:00	01:46:33	<b>06:46:52.50</b>	<b>06:46:52.50</b>	0:00		3.2 (44.4%)
DNC	<b>WOLSKI Paweł</b>	<b>H084</b>		Hard - M		00:00:00	01:37:14	<b>06:50:39.45</b>	<b>06:50:39.45</b>	0:00		3.2 (44.4%)
DNC	<b>MURAWSKI Mateusz</b>	<b>H083</b>		Hard - M		00:00:00	01:37:17	<b>06:50:48.95</b>	<b>06:50:48.95</b>	0:00		3.2 (44.4%)
DNC	<b>BUCZKO Ewelina</b>	<b>H208</b>	BIG YELLOW FOOT ADVENTURE TEAM	Hard - K		00:00:00	01:57:20	<b>06:56:03.00</b>	<b>06:56:03.00</b>	0:00		3.2 (44.4%)
DNC	<b>NIETUPSKI Krzysztof</b>	<b>H061</b>		Hard - M		00:00:00	01:57:18	<b>06:56:09.00</b>	<b>06:56:09.00</b>	0:00		3.2 (44.4%)
DNC	<b>PRACZKOWSKI Michal</b>	<b>H062</b>		Hard - M		00:00:00	01:57:21	<b>06:56:10.95</b>	<b>06:56:10.95</b>	0:00		3.2 (44.4%)
DNC	<b>KLOCEK Faustyna</b>	<b>H143</b>		Hard - K		00:00:00	01:37:11	<b>07:05:44.40</b>	<b>07:05:44.40</b>	0:00		3.1 (43.1%)
DNC	<b>LINOWSKI Grzegorz</b>	<b>H188</b>	DZIADY OCR	Hard - M		00:00:00	01:41:07	<b>07:07:32.95</b>	<b>07:07:32.95</b>	0:00		3.1 (43.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	7km	Czas netto 22km	Czas brutto 22km	Różn	Tempo min/km	Tempo km/h
DNC	<b>PUCZYŃSKA Magdalena</b>	<b>H187</b>		Hard - K		00:00:00	01:41:09	<b>07:07:35.45</b>	<b>07:07:35.45</b>	0:00	3.1	(43.1%)
DNC	<b>WEBER Sven</b>	<b>H054</b>	MILITARY TRAINING HAMBURG	Hard - M		00:00:00	01:41:16	<b>07:09:10.50</b>	<b>07:09:10.50</b>	0:00	3.1	(43.1%)
DNC	<b>KOSEWSKA Monika</b>	<b>H175</b>	SFORA BMK	Hard - K		00:00:00	01:40:12	<b>07:10:07.75</b>	<b>07:10:07.75</b>	0:00	3.1	(43.1%)
DNC	<b>CYGAN Mariusz</b>	<b>H142</b>		Hard - M		00:00:00	01:36:59	<b>07:10:10.70</b>	<b>07:10:10.70</b>	0:00	3.1	(43.1%)
DNC	<b>ZIĘBA Mateusz</b>	<b>H144</b>		Hard - M		00:00:00	01:45:00	<b>07:10:18.40</b>	<b>07:10:18.40</b>	0:00	3.1	(43.1%)
DNC	<b>KRZYMIŃSKI Piotr</b>	<b>H053</b>	MILITARY TRAINING HAMBURG	Hard - M		00:00:00	01:43:01	<b>07:12:03.70</b>	<b>07:12:03.70</b>	0:00	3.1	(43.1%)
DNC	<b>PIEKARSKI Paweł</b>	<b>H086</b>	BRAVEHEARTS LEGI	Hard - M		00:00:00	01:37:02	<b>07:13:46.05</b>	<b>07:13:46.05</b>	0:00	3	(41.7%)
DNC	<b>SOBOLEWSKA Agata</b>	<b>H011</b>		Hard - K		00:00:00	01:45:51	<b>07:13:50.35</b>	<b>07:13:50.35</b>	0:00	3	(41.7%)
DNC	<b>WAGA Paweł</b>	<b>H031</b>	MASADA	Hard - M		00:00:00	01:45:51	<b>07:13:51.15</b>	<b>07:13:51.15</b>	0:00	3	(41.7%)
DNC	<b>SZCZYPLIŃSKA Anna</b>	<b>H185</b>	SFORA BMK	Hard - K		00:00:00	01:40:13	<b>07:14:39.25</b>	<b>07:14:39.25</b>	0:00	3	(41.7%)
DNC	<b>GÓRSKA Ilona</b>	<b>H197</b>		Hard - K		00:00:00	01:35:50	<b>07:42:38.80</b>	<b>07:42:38.80</b>	0:00	2.9	(40.3%)
DNC	<b>GUJDA Janusz</b>	<b>H196</b>		Hard - M		00:00:00	01:35:32	<b>07:43:36.60</b>	<b>07:43:36.60</b>	0:00	2.8	(38.9%)
DNC	<b>KLIMCZUK Paweł</b>	<b>H139</b>		Hard - M		00:00:00	01:49:10	<b>08:12:38.35</b>	<b>08:12:38.35</b>	0:00	2.7	(37.5%)
DNC	<b>SZYMAŃSKI Mariusz</b>	<b>H071</b>		Hard - M		00:00:00						(0.0%)
DNC	<b>SZEWKA Jarosław</b>	<b>A023</b>	NNS	Hard Hist - M		00:00:00						(0.0%)

Znaleziono 258 wynik(ów)