



**BIEG
PAMIĘCI
SYBIRU**

BIEG PAMIĘCI SYBIRU - WROCŁAW 5KM

B4SPORT

Organizator: Fundacja Białystok Biega
Data: 2025-02-15
Miejsce: Wrocław
Dystans: 5 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 2.6km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	DOBROWOLSKI Alan	84	NIEPOKONANI	M20	1	00:08:51	00:17:16.37		3:27	17.4 (100%)
2	RATAJCZAK Michał	83		M30	1	00:08:50	00:17:17.99	+00:00:01 (0.2%)	3:27	17.4 (100%)
3	HARASIUK Adam	117	AW-SZYBCIEJ-TEAM-MOW WROCŁAW	M30	2	00:09:03	00:17:56.38	+00:00:40 (3.7%)	3:35	16.7 (96.0%)
4	ŻARKOWSKI Paweł	101	STG-WROCŁAW	M20	2	00:09:30	00:19:00.12	+00:01:43 (9.1%)	3:48	15.8 (90.8%)
5	KACZMAREK Roger	30		M30	3	00:09:54	00:19:00.23	+00:01:43 (9.1%)	3:48	15.8 (90.8%)
6	NOWAK Paweł	56		M30	4	00:09:46	00:19:06.09	+00:01:49 (9.6%)	3:49	15.7 (90.2%)
7	SARNICKI Łukasz	62	WROBLESKYTEAM	M30	5	00:09:31	00:19:16.30	+00:01:59 (10.4%)	3:51	15.6 (89.7%)
8	JANA Czesław	46		M40	1	00:09:53	00:19:43.21	+00:02:26 (12.4%)	3:56	15.2 (87.4%)
9	RADOJEWSKI Piotr	34	WITKOWSKI&WINIARSKI RUNNING TEAM	M30	6	00:10:03	00:19:59.20	+00:02:42 (13.6%)	3:59	15 (86.2%)
10	CHLEBOWICZ Marcin	43	DOBRY-TRENER.PL	M40	2	00:10:01	00:20:06.54	+00:02:50 (14.1%)	4:01	14.9 (85.6%)
11	KORÓLCZYK Dawid	41	USCA CARS RUN	M30	7	00:10:24	00:20:12.88	+00:02:56 (14.6%)	4:02	14.9 (85.6%)
12	GAŁKA Michał	54	TOMGATEAM	M40	3	00:10:07	00:20:16.94	+00:03:00 (14.8%)	4:03	14.8 (85.1%)
13	SYPIEWSKI Artur	116	MOW WROCŁAW	M12	1	00:10:15	00:20:25.61	+00:03:09 (15.4%)	4:05	14.7 (84.5%)
14	GRZEGOREK Grzegorz	33		M50	1	00:10:16	00:20:28.58	+00:03:12 (15.6%)	4:05	14.7 (84.5%)
15	WAŻNY Dariusz	45		M40	4	00:10:22	00:20:33.12	+00:03:16 (16.0%)	4:06	14.6 (83.9%)
16	SMYKLA Jakub	69	KS HARPAGAN TARNOBRZEG	M30	8	00:10:22	00:20:34.83	+00:03:18 (16.1%)	4:06	14.6 (83.9%)
17	WASILEWSKI Mateusz	105		M20	3	00:10:01	00:20:36.15	+00:03:19 (16.2%)	4:07	14.6 (83.9%)
18	HODEL Olgierd	95	SA PSP POZNAŃ	M20	4	00:10:31	00:20:40.79	+00:03:24 (16.5%)	4:08	14.5 (83.3%)
19	MADERA Andrzej	75	KILOMETRY POMOCY	M40	5	00:10:35	00:20:51.91	+00:03:35 (17.2%)	4:10	14.4 (82.8%)
20	GŁOWIK Michał	98	UKS SPORT BRALIN	M20	5	00:10:22	00:21:02.35	+00:03:45 (17.9%)	4:12	14.3 (82.2%)
21	PILETSKI Maksim	122		M30	9	00:10:35	00:21:05.84	+00:03:49 (18.1%)	4:13	14.2 (81.6%)
22	KULLING Hubert	87		M40	6	00:10:26	00:21:07.26	+00:03:50 (18.2%)	4:13	14.2 (81.6%)
23	OSIK Przemysław	82	KALINOWSKI TEAM	M30	10	00:10:33	00:21:12.73	+00:03:56 (18.6%)	4:14	14.2 (81.6%)
24	MAREK Jarosław	1077	MEGABUD	M40	7	00:10:34	00:21:14.46	+00:03:58 (18.7%)	4:14	14.1 (81.0%)
25	LUDEK Sebastian	79		M20	6	00:10:51	00:21:15.21	+00:03:58 (18.7%)	4:15	14.1 (81.0%)
26	KORBUSZEWSKI Arkadiusz	104		M30	11	00:11:00	00:21:22.08	+00:04:05 (19.2%)	4:16	14 (80.5%)
27	MIELCZAREK Tomasz	55		M50	2	00:10:45	00:21:29.48	+00:04:13 (19.6%)	4:17	14 (80.5%)
28	MURMYŁO Wojciech	68		M50	3	00:10:56	00:21:30.82	+00:04:14 (19.7%)	4:18	14 (80.5%)
29	BIELIŃSKI Marcin	114		M40	8	00:10:31	00:21:35.63	+00:04:19 (20.0%)	4:19	13.9 (79.9%)
30	LEWANDOWSKI Wojtek	72		M50	4	00:10:54	00:21:37.26	+00:04:20 (20.1%)	4:19	13.9 (79.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 2.6km	Czas netto		Różn	Tempo min/km	Tempo km/h
							5km				
31	BOCHENSKI Kacper	92	KS WILKOWIANKA WILKÓW	M12	2	00:10:44	00:21:41.20	+00:04:24 (20.4%)	4:20	13.8 (79.3%)	
32	ŁOZIŃSKI Wojciech	89	ULTRA SPEED KWEZAL	M40	9	00:11:21	00:21:54.62	+00:04:38 (21.2%)	4:22	13.7 (78.7%)	
33	KRASICKI Michał	81	RUNNIN-GYM	M40	10	00:11:04	00:21:56.08	+00:04:39 (21.3%)	4:23	13.7 (78.7%)	
34	SĘDZIK Piotr	127	MOMENTUM ULTRA TEAM	M30	12	00:10:56	00:21:57.73	+00:04:41 (21.4%)	4:23	13.7 (78.7%)	
35	JANIK Mateusz	118		M20	7	00:11:05	00:22:04.05	+00:04:47 (21.7%)	4:24	13.6 (78.2%)	
36	BUDNIK Wojciech	39		M40	11	00:10:51	00:22:05.57	+00:04:49 (21.8%)	4:25	13.6 (78.2%)	
37	ZAWADA Kuba	123		M20	8	00:10:52	00:22:05.72	+00:04:49 (21.8%)	4:25	13.6 (78.2%)	
38	ANANICH Andrey	124		M20	9	00:11:08	00:22:11.28	+00:04:54 (22.2%)	4:26	13.5 (77.6%)	
39	LEŚNIEWSKI Mateusz	119		M20	10		00:22:13.71	+00:04:57 (22.3%)	4:26	13.5 (77.6%)	
40	ŚWIĄTEK Aleksander	57		M20	11	00:11:03	00:22:21.69	+00:05:05 (22.8%)	4:28	13.4 (77.0%)	
41	TOMASZEWSKI Łukasz	1032		M30	13	00:11:11	00:22:22.22	+00:05:05 (22.8%)	4:28	13.4 (77.0%)	
42	LIASHCHYNSKI Uladzimir	51	UTRIBE	M40	12	00:11:15	00:22:22.30	+00:05:05 (22.8%)	4:28	13.4 (77.0%)	
43	BUGIEDA Mateusz	99	GKS FENIKS GORŁOWKO	M20	12	00:10:24	00:22:22.32	+00:05:05 (22.8%)	4:28	13.4 (77.0%)	
44	ZACHCIAŁ Blazej	70	BIEGUNKA	M30	14	00:11:32	00:22:33.44	+00:05:17 (23.4%)	4:30	13.3 (76.4%)	
45	LESZCZYŃSKI Piotr	1058		M20	13	00:11:38	00:22:35.36	+00:05:18 (23.5%)	4:31	13.3 (76.4%)	
46	KOCHANOWSKI Michał	3078		M40	13	00:11:10	00:22:49.28	+00:05:32 (24.3%)	4:33	13.1 (75.3%)	
47	BOBRYK Michał	91		M40	14	00:11:15	00:22:52.03	+00:05:35 (24.5%)	4:34	13.1 (75.3%)	
48	WYSOCKI Jacek	100	CZTERY SUTKI	M40	15	00:11:32	00:22:56.46	+00:05:40 (24.7%)	4:35	13.1 (75.3%)	
49	POŻNIAK Damian	2051		M30	15	00:11:20	00:22:56.66	+00:05:40 (24.7%)	4:35	13.1 (75.3%)	
50	LEJA Wojciech	126	ŚLĘŻAK TEAM	M30	16	00:11:10	00:22:58.21	+00:05:41 (24.8%)	4:35	13.1 (75.3%)	
51	WAŃKOWICZ Adrian	42		M40	16	00:11:32	00:22:58.61	+00:05:42 (24.8%)	4:35	13.1 (75.3%)	
52	NOSKI Mariusz	1049	IPA WROCŁAW	M40	17	00:12:24	00:22:59.38	+00:05:43 (24.9%)	4:35	13.1 (75.3%)	
53	DROZDOWICZ Michał	93		M30	17	00:11:26	00:23:01.74	+00:05:45 (25.0%)	4:36	13 (74.7%)	
54	DATTNER Emilia	53	AWL WROCŁAW	K20	1	00:11:31	00:23:04.51	+00:05:48 (25.1%)	4:36	13 (74.7%)	
55	TERKA Dominik	85		M40	18	00:11:34	00:23:06.00	+00:05:49 (25.2%)	4:37	13 (74.7%)	
56	JAROS Paweł	102		M30	18	00:11:27	00:23:06.60	+00:05:50 (25.3%)	4:37	13 (74.7%)	
57	CUCH Adam	88		M50	5	00:11:41	00:23:16.30	+00:05:59 (25.8%)	4:39	12.9 (74.1%)	
58	SYGUŁA Sylwiusz	125	WOŁÓW BIEGA	M50	6	00:11:43	00:23:16.48	+00:06:00 (25.8%)	4:39	12.9 (74.1%)	
59	KASHCHEEV Andrei	36		M30	19	00:11:35	00:23:23.12	+00:06:06 (26.1%)	4:40	12.8 (73.6%)	
60	PŁAWIAK Konrad	76	MAJA NOREK TEAM	M20	14	00:11:53	00:23:25.46	+00:06:09 (26.3%)	4:41	12.8 (73.6%)	
61	MAJNER Jacek	50		M50	7	00:12:01	00:23:28.87	+00:06:12 (26.4%)	4:41	12.8 (73.6%)	
62	WOJDYR Mateusz	1054		M30	20	00:12:07	00:23:31.75	+00:06:15 (26.6%)	4:42	12.8 (73.6%)	
63	WAŻNY Artur	60	WKS ŚLĄSK WROCŁAW	M20	15	00:10:36	00:23:37.36	+00:06:20 (26.9%)	4:43	12.7 (73.0%)	
64	WRÓBEL Jarosław	47	CEZAR OLEŚNICA	M40	19	00:12:11	00:23:39.00	+00:06:22 (27.0%)	4:43	12.7 (73.0%)	
65	NOWAKOWSKI Dominik	1014		M50	8	00:11:53	00:23:42.88	+00:06:26 (27.2%)	4:44	12.7 (73.0%)	
66	KUKOBNIKAVA Vitaliya	121		K30	1	00:11:56	00:23:45.69	+00:06:29 (27.3%)	4:45	12.6 (72.4%)	
67	ZIĘBACZEWSKI Arkadiusz	38	BIEGACZE STU MOSTÓW	M40	20	00:11:58	00:23:47.47	+00:06:31 (27.4%)	4:45	12.6 (72.4%)	
68	HAMKAŁO Dawid	103	HOST WROCŁAW	M40	21	00:11:43	00:23:53.10	+00:06:36 (27.7%)	4:46	12.6 (72.4%)	
69	BIEL Sławomir	32		M40	22	00:11:57	00:23:54.24	+00:06:37 (27.7%)	4:46	12.6 (72.4%)	
70	TRZCINKA Marek	94		M50	9	00:12:01	00:23:56.70	+00:06:40 (27.9%)	4:47	12.5 (71.8%)	
71	GRZECHNIK Michał	120		M40	23	00:11:43	00:23:58.46	+00:06:42 (28.0%)	4:47	12.5 (71.8%)	
72	LAGIEWKA Wiktor	2073		M30	21	00:12:38	00:24:05.36	+00:06:48 (28.3%)	4:49	12.5 (71.8%)	
73	ZIEMIAŃSKI Marek	80		M30	22	00:12:04	00:24:05.91	+00:06:49 (28.3%)	4:49	12.5 (71.8%)	
74	MŁYNIEC-KULECZKA Barbara	31	MŁODZI BIEGACZE	K40	1	00:12:09	00:24:07.43	+00:06:51 (28.4%)	4:49	12.4 (71.3%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 2.6km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
75	FELISZEK Dawid	61		M20	16	00:12:19	00:24:08.06	+00:06:51 (28.4%)	4:49	12.4 (71.3%)
76	KOMAR Ania	1063		K40	2	00:12:06	00:24:16.30	+00:06:59 (28.8%)	4:51	12.4 (71.3%)
77	KIEK Łukasz	37		M40	24	00:12:17	00:24:18.01	+00:07:01 (28.9%)	4:51	12.3 (70.7%)
78	BORUCINSKI Patryk	1027		M30	23	00:11:47	00:24:19.96	+00:07:03 (29.0%)	4:51	12.3 (70.7%)
79	JARECKI Maciej	112	PARKRUN WROCŁAW	M40	25	00:12:16	00:24:20.60	+00:07:04 (29.0%)	4:52	12.3 (70.7%)
80	MROCZEK Agnieszka	77		K30	2	00:12:25	00:24:25.37	+00:07:08 (29.3%)	4:53	12.3 (70.7%)
81	WOLIŃSKI Krystian	78	DZIKIEKNURY	M30	24	00:12:25	00:24:25.51	+00:07:09 (29.3%)	4:53	12.3 (70.7%)
82	TOKARAU Kanstantsin	1066		M50	10	00:12:28	00:24:26.56	+00:07:10 (29.3%)	4:53	12.3 (70.7%)
83	POCZĄTEK Marcin	106		M40	26	00:12:29	00:24:28.05	+00:07:11 (29.4%)	4:53	12.3 (70.7%)
84	POTACZEK Mateusz	86		M30	25	00:11:36	00:24:33.90	+00:07:17 (29.7%)	4:54	12.2 (70.1%)
85	WALANKIEWICZ Tomasz	1053		M40	27	00:12:40	00:24:35.32	+00:07:18 (29.8%)	4:55	12.2 (70.1%)
86	ADEKUNLE Adebisi	74		M20	17	00:12:48	00:24:36.02	+00:07:19 (29.8%)	4:55	12.2 (70.1%)
87	PURTAK Robert	35		M50	11	00:12:08	00:24:39.00	+00:07:22 (29.9%)	4:55	12.2 (70.1%)
88	WOJTALA Raymond	1015		M30	26	00:12:13	00:24:42.97	+00:07:26 (30.1%)	4:56	12.1 (69.5%)
89	SZYDŁO Klaudia	113		K30	3	00:12:22	00:24:45.30	+00:07:28 (30.2%)	4:57	12.1 (69.5%)
90	KRYSZTOFIK Marcin	97		M40	28	00:12:32	00:24:54.90	+00:07:38 (30.7%)	4:58	12 (69.0%)
91	CUPRYŚ Tomasz	2072		M30	27	00:13:24	00:24:57.07	+00:07:40 (30.8%)	4:59	12 (69.0%)
92	GAŁKA Tomasz	1059	TOMGATEAM	M30	28	00:13:00	00:25:00.12	+00:07:43 (30.9%)	5:00	12 (69.0%)
93	DOBRZAŃSKI Mateusz	1050		M30	29	00:12:44	00:25:06.38	+00:07:50 (31.2%)	5:01	12 (69.0%)
94	MARKS Eryk	1074		M20	18	00:12:29	00:25:10.20	+00:07:53 (31.4%)	5:02	11.9 (68.4%)
95	LICHTARSKI Marcin	1070		M40	29	00:13:02	00:25:12.06	+00:07:55 (31.5%)	5:02	11.9 (68.4%)
96	SACIŁOWSKA Marta	1079		K30	4	00:12:35	00:25:13.41	+00:07:57 (31.5%)	5:02	11.9 (68.4%)
97	KORBUSZEWSKI Damian	107		M30	30	00:12:00	00:25:14.12	+00:07:57 (31.6%)	5:02	11.9 (68.4%)
98	WÓJCIK Jan	1023		M20	19	00:12:37	00:25:16.99	+00:08:00 (31.7%)	5:03	11.9 (68.4%)
99	KRÓLICKI Kamil	1078		M20	20	00:12:20	00:25:19.47	+00:08:03 (31.8%)	5:03	11.8 (67.8%)
100	TRZECIAK-SNOPCZYŃSKA Renata	1045		K40	3	00:12:56	00:25:20.33	+00:08:03 (31.8%)	5:04	11.8 (67.8%)
101	SIENKIEWICZ Arkadiusz	58		M50	12	00:12:29	00:25:20.47	+00:08:04 (31.8%)	5:04	11.8 (67.8%)
102	PTASZEK Katarzyna	1035	TRENUJZNAMI.PL	K50	1	00:12:54	00:25:22.95	+00:08:06 (31.9%)	5:04	11.8 (67.8%)
103	KAPUT Paweł	59	DTR BIEGA / MARIO TEAM	M40	30	00:13:01	00:25:26.02	+00:08:09 (32.1%)	5:05	11.8 (67.8%)
104	WESOŁOWSKI Jerzy	1036	CHEEKY MONKEY TEAM	M50	13	00:12:42	00:25:27.15	+00:08:10 (32.1%)	5:05	11.8 (67.8%)
105	TOMASIK Maciej	1081	TOMGA TEAM	M20	21	00:12:52	00:25:27.53	+00:08:11 (32.2%)	5:05	11.8 (67.8%)
106	KOLANY Krzysztof	65	PARKRUN WROCŁAW	M40	31	00:12:54	00:25:27.56	+00:08:11 (32.2%)	5:05	11.8 (67.8%)
107	SZCZUR Paweł	111		M40	32	00:13:10	00:25:32.90	+00:08:16 (32.4%)	5:06	11.7 (67.2%)
108	GOŚCIŃSKI Arkadiusz	2065		M40	33	00:13:01	00:25:34.26	+00:08:17 (32.5%)	5:06	11.7 (67.2%)
109	KOZŁOWSKI Maciej	1072	LEGNICA POKONUJE PRZESZKODY	M30	31	00:13:23	00:25:34.77	+00:08:18 (32.5%)	5:06	11.7 (67.2%)
110	KAMIŃSKI Łukasz	44		M50	14	00:12:44	00:25:35.04	+00:08:18 (32.5%)	5:07	11.7 (67.2%)
111	SZYMPPEL Artur	1064		M40	34	00:13:07	00:25:37.66	+00:08:21 (32.6%)	5:07	11.7 (67.2%)
112	ZIÓŁKOWSKA Marika	49	AKADEMIA WOJSK LĄDOWYCH	K20	2	00:12:32	00:25:38.70	+00:08:22 (32.6%)	5:07	11.7 (67.2%)
113	PELC Julita	135	NIEPOKONANI	K12	1	00:13:01	00:25:41.28	+00:08:24 (32.8%)	5:08	11.7 (67.2%)
114	DOMAGAŁA Andrzej	1067		M50	15	00:13:02	00:25:45.31	+00:08:28 (32.9%)	5:09	11.7 (67.2%)
115	RAJCA Krzysztof	1021		M30	32	00:13:14	00:25:46.09	+00:08:29 (33.0%)	5:09	11.6 (66.7%)
116	TOMASIK Robert	1028	TOMGATEAM	M50	16	00:12:53	00:25:46.98	+00:08:30 (33.0%)	5:09	11.6 (66.7%)
117	NOWICKI Przemysław	1044		M40	35	00:13:27	00:25:48.58	+00:08:32 (33.1%)	5:09	11.6 (66.7%)
118	STROGULSKI Tomasz	2068	16DBOT	M50	17	00:12:47	00:25:50.15	+00:08:33 (33.1%)	5:10	11.6 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 2.6km	Czas netto		Tempo min/km	Tempo km/h
							5km	Różn		
119	KONIECZNY Konrad	63	BIEGACZE STU MOSTÓW	M30	33	00:13:00	00:25:56.87	+00:08:40 (33.4%)	5:11	11.6 (66.7%)
120	PICHLIŃSKI Tomasz	1080		M50	18	00:12:41	00:25:57.44	+00:08:41 (33.5%)	5:11	11.6 (66.7%)
121	CHOWANIEC Tomasz	2069	NIEZRZESZONY	M50	19	00:12:54	00:25:58.01	+00:08:41 (33.5%)	5:11	11.6 (66.7%)
122	CZAJKOWSKI Dymitr	2079		M30	34	00:12:33	00:26:06.19	+00:08:49 (33.8%)	5:13	11.5 (66.1%)
123	PIOTROWSKI Bartosz	1051		M40	36	00:12:45	00:26:09.00	+00:08:52 (33.9%)	5:13	11.5 (66.1%)
124	RAMEY Milena	1037		K40	4	00:13:27	00:26:12.05	+00:08:55 (34.1%)	5:14	11.5 (66.1%)
125	WAWROWSKI Maksymilian	1025		M12	3	00:13:12	00:26:14.42	+00:08:58 (34.2%)	5:14	11.4 (65.5%)
126	ZAPADKA Jakub	1029		M20	22	00:13:12	00:26:14.76	+00:08:58 (34.2%)	5:14	11.4 (65.5%)
127	STACH Mariusz	1013	#SAMSOBIESTEREM	M30	35	00:13:26	00:26:25.87	+00:09:09 (34.6%)	5:17	11.4 (65.5%)
128	JANCZAK Angelika	1069		K50	2	00:13:35	00:26:25.91	+00:09:09 (34.7%)	5:17	11.4 (65.5%)
129	BYDŁOWSKI Mateusz	2036		M40	37	00:13:34	00:26:27.14	+00:09:10 (34.7%)	5:17	11.3 (64.9%)
130	WINNICKI Paweł	1075	DT	M40	38	00:13:23	00:26:28.14	+00:09:11 (34.7%)	5:17	11.3 (64.9%)
131	RAZIK Tadeusz	110	-	M70	1	00:13:13	00:26:29.95	+00:09:13 (34.8%)	5:17	11.3 (64.9%)
132	RÓG Mariusz	1048	THE ROG FAMILY	M40	39	00:13:12	00:26:30.98	+00:09:14 (34.9%)	5:18	11.3 (64.9%)
133	KAZIMIERCAK Piotr	2059		M30	36	00:13:01	00:26:31.20	+00:09:14 (34.9%)	5:18	11.3 (64.9%)
134	PIETRYGAŁA Robert	1004		M40	40	00:13:05	00:26:37.50	+00:09:21 (35.1%)	5:19	11.3 (64.9%)
135	WINNICKI Bartosz	1057		M30	37	00:13:14	00:26:45.32	+00:09:28 (35.4%)	5:21	11.2 (64.4%)
136	GAŁUSZKA Ewelina	1062	FAC	K20	3	00:14:11	00:26:46.00	+00:09:29 (35.5%)	5:21	11.2 (64.4%)
137	GROŃSKI Robert	40		M40	41	00:12:53	00:26:48.39	+00:09:32 (35.6%)	5:21	11.2 (64.4%)
138	STEC Karolina	1033	KS HARPAGAN TARNOBRZEG	K30	5	00:13:37	00:26:55.50	+00:09:39 (35.8%)	5:23	11.1 (63.8%)
139	ANTOSZCZAK Karolina	1007		K30	6	00:13:28	00:26:59.17	+00:09:42 (36.0%)	5:23	11.1 (63.8%)
140	STRZYKAŁA Bartosz	3020		M12	4	00:14:14	00:27:00.11	+00:09:43 (36.0%)	5:24	11.1 (63.8%)
141	ZALEWSKA Marta	2027		K30	7	00:13:36	00:27:02.31	+00:09:45 (36.1%)	5:24	11.1 (63.8%)
142	TOMCZYK Anna	3011	#KLEMPATEAM	K40	5	00:15:07	00:27:03.96	+00:09:47 (36.2%)	5:24	11.1 (63.8%)
143	ZIMNY Michał	2087		M40	42	00:13:46	00:27:05.55	+00:09:49 (36.2%)	5:25	11.1 (63.8%)
144	SIERADZKI Konrad	1042	2 WOJSKOWY SZPITAL POLOWY	M40	43	00:13:38	00:27:16.05	+00:09:59 (36.7%)	5:27	11 (63.2%)
145	PAPOVA Anastasia	3051		K12	2	00:14:10	00:27:16.63	+00:10:00 (36.7%)	5:27	11 (63.2%)
146	PAPOU Aliaksei	3050		M40	44	00:14:10	00:27:16.73	+00:10:00 (36.7%)	5:27	11 (63.2%)
147	CZAJA Aldona	2050		K30	8	00:14:05	00:27:22.67	+00:10:06 (36.9%)	5:28	11 (63.2%)
148	KOWALCZYK Martyna	2015		K30	9	00:13:52	00:27:24.72	+00:10:08 (37.0%)	5:28	10.9 (62.6%)
149	HORODECKI Adrian	1052		M30	38	00:13:48	00:27:30.70	+00:10:14 (37.2%)	5:30	10.9 (62.6%)
150	STACHOWIAK Hubert	2075		M20	23	00:13:08	00:27:30.90	+00:10:14 (37.2%)	5:30	10.9 (62.6%)
151	KIEDROWICZ Tadeusz	1011	KRASNALE	M50	20	00:14:02	00:27:36.10	+00:10:19 (37.4%)	5:31	10.9 (62.6%)
152	PAZIO Anna	3037		K20	4	00:13:51	00:27:37.10	+00:10:20 (37.5%)	5:31	10.9 (62.6%)
153	MRÓZ Michał	4046		M30	39	00:13:56	00:27:40.13	+00:10:23 (37.6%)	5:32	10.8 (62.1%)
154	LESZCZYŃSKI Artur	2057	NOKIA	M40	45	00:14:26	00:27:41.17	+00:10:24 (37.6%)	5:32	10.8 (62.1%)
155	POCHODAJ Kamil	1071	ĆPAJ SPORT LUBAŃ	M30	40	00:13:52	00:27:41.50	+00:10:25 (37.6%)	5:32	10.8 (62.1%)
156	WOJTOWICZ Julia	4067		K20	5	00:14:09	00:27:42.50	+00:10:26 (37.7%)	5:32	10.8 (62.1%)
157	JURCZAK Robert	2028		M50	21	00:14:19	00:27:44.70	+00:10:28 (37.7%)	5:32	10.8 (62.1%)
158	PUCHAŁA Rafał Oktawian	109	LEGNICKI KLUB MIŁOŚNIKÓW DRONÓW ARROW	M40	46	00:13:52	00:27:48.63	+00:10:32 (37.9%)	5:33	10.8 (62.1%)
159	GRONWALD Jacek	2067	-	M60	1	00:14:14	00:27:53.29	+00:10:36 (38.1%)	5:34	10.8 (62.1%)
160	DOMALEWSKI Michał	2084		M30	41	00:14:24	00:27:53.53	+00:10:37 (38.1%)	5:34	10.8 (62.1%)
161	GÓRSKA-GAŁKA Iwona	1018	TOMGATEAM	K40	6	00:14:04	00:27:59.40	+00:10:43 (38.3%)	5:35	10.7 (61.5%)
162	LARY Joanna	1065	BIEGACZE STU MOSTÓW	K30	10	00:14:04	00:28:01.09	+00:10:44 (38.4%)	5:36	10.7 (61.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 2.6km	Czas netto		Tempo min/km	Tempo km/h
							5km	Różn		
163	CIUPEK Magdalena	2047		K40	7	00:14:04	00:28:08.28	+00:10:51 (38.6%)	5:37	10.7 (61.5%)
164	ZDROJEWSKI Dominik	1039		M40	47	00:14:04	00:28:09.19	+00:10:52 (38.6%)	5:37	10.7 (61.5%)
165	KALISKI Piotr	1020		M50	22	00:13:12	00:28:09.46	+00:10:53 (38.7%)	5:37	10.7 (61.5%)
166	SAJEWICZ Konrad	2046		M20	24	00:14:16	00:28:10.46	+00:10:54 (38.7%)	5:38	10.7 (61.5%)
167	KUCMUS Łukasz	3046		M30	42	00:14:13	00:28:19.95	+00:11:03 (39.0%)	5:39	10.6 (60.9%)
168	MULOWSKI Bartosz	2014		M30	43	00:13:50	00:28:24.91	+00:11:08 (39.2%)	5:40	10.6 (60.9%)
169	ANTONISZYN Dariusz	1068		M50	23	00:14:59	00:28:25.71	+00:11:09 (39.2%)	5:41	10.6 (60.9%)
170	WASILUK Dariusz	1017		M50	24	00:14:04	00:28:25.98	+00:11:09 (39.3%)	5:41	10.6 (60.9%)
171	SZCZEPIŃSKI Marcin	1019		M30	44	00:14:04	00:28:26.17	+00:11:09 (39.3%)	5:41	10.6 (60.9%)
172	ADAMIEC Grzegorz	1031		M40	48	00:13:55	00:28:30.91	+00:11:14 (39.4%)	5:42	10.5 (60.3%)
173	DOŃCZYK-KARSZNIA Katarzyna	2012	KOBIETY W BIEGU	K50	3	00:14:36	00:28:31.53	+00:11:15 (39.4%)	5:42	10.5 (60.3%)
174	SZUKAŁA Radosław	1001	MŁODZI BIEGACZE	M40	49	00:14:36	00:28:31.62	+00:11:15 (39.5%)	5:42	10.5 (60.3%)
175	KOLANY Olga	1026	PARKRUN WROCŁAW	K30	11	00:14:14	00:28:39.16	+00:11:22 (39.7%)	5:43	10.5 (60.3%)
176	NIŻYŃSKI Łukasz	3065		M30	45	00:14:20	00:28:41.07	+00:11:24 (39.8%)	5:44	10.5 (60.3%)
177	PODCZASZKIEWICZ Daniel	2066		M30	46	00:15:02	00:28:41.07	+00:11:24 (39.8%)	5:44	10.5 (60.3%)
178	WILKOWSKI Piotr	3048		M30	47	00:14:34	00:28:42.65	+00:11:26 (39.8%)	5:44	10.5 (60.3%)
179	GALIK Rafał	2063		M30	48	00:14:28	00:28:44.65	+00:11:28 (39.9%)	5:44	10.4 (59.8%)
180	JURCZAK Sławomir	2033		M20	25	00:13:51	00:28:45.74	+00:11:29 (39.9%)	5:45	10.4 (59.8%)
181	CICHOCKA Anna	1005		K40	8	00:14:20	00:28:47.41	+00:11:31 (40.0%)	5:45	10.4 (59.8%)
182	RAIŃCZUK Maciej	2062		M30	49	00:14:26	00:28:48.10	+00:11:31 (40.0%)	5:45	10.4 (59.8%)
183	TRCINKA Kamil	1076		M12	5	00:14:49	00:28:51.42	+00:11:35 (40.1%)	5:46	10.4 (59.8%)
184	TRCINKA Dorota	1060		K30	12	00:14:50	00:28:52.02	+00:11:35 (40.2%)	5:46	10.4 (59.8%)
185	SARAIEV Oleksandr	2056		M40	50	00:15:34	00:28:52.47	+00:11:36 (40.2%)	5:46	10.4 (59.8%)
186	BAŃKOWSKI Marek	2080		M40	51	00:14:33	00:28:54.47	+00:11:38 (40.2%)	5:46	10.4 (59.8%)
187	MANDAT Janek	2006		M60	2	00:14:34	00:28:55.15	+00:11:38 (40.3%)	5:47	10.4 (59.8%)
188	CHORAŻEWSKA Aleksandra	2086		K20	6	00:14:33	00:28:59.59	+00:11:43 (40.4%)	5:47	10.4 (59.8%)
189	KRAWCZYŃSKI Szymon	1061		M20	26	00:14:27	00:28:59.94	+00:11:43 (40.4%)	5:47	10.4 (59.8%)
190	SZUKAŁA Joanna	1002	MŁODZI BIEGACZE	K40	9	00:14:55	00:29:00.11	+00:11:43 (40.4%)	5:48	10.3 (59.2%)
191	SALAU Maksim	2024		M40	52	00:14:29	00:29:00.71	+00:11:44 (40.5%)	5:48	10.3 (59.2%)
192	KAPUT Piotr	1024	DTR BIEGA/ MARIO TEAM	M40	53	00:14:19	00:29:01.10	+00:11:44 (40.5%)	5:48	10.3 (59.2%)
193	LUBAŃSKA Alicja	64		K50	4	00:13:01	00:29:05.21	+00:11:48 (40.6%)	5:49	10.3 (59.2%)
194	IWANICKI Jerzy	2061	PADALEC KRUSZYNIC	M60	3	00:14:54	00:29:06.48	+00:11:50 (40.7%)	5:49	10.3 (59.2%)
195	PAŁKA Łukasz	1009	PADALEC KRUSZYNIC	M40	54	00:14:54	00:29:06.52	+00:11:50 (40.7%)	5:49	10.3 (59.2%)
196	IWANICKA-PAŁKA Emilia	2013	PADALEC KRUSZYNIC	K40	10	00:14:54	00:29:06.85	+00:11:50 (40.7%)	5:49	10.3 (59.2%)
197	ĆWIKOWSKI Rafał	2016		M60	4	00:14:49	00:29:07.65	+00:11:51 (40.7%)	5:49	10.3 (59.2%)
198	KLUCZKIEWICZ Wojciech	2001		M30	50	00:14:16	00:29:08.62	+00:11:52 (40.7%)	5:49	10.3 (59.2%)
199	STACHNIK Maciej	4018	ŚLĄSK WROCŁAW	M40	55	00:15:01	00:29:23.01	+00:12:06 (41.2%)	5:52	10.2 (58.6%)
200	KRZEMIŃSKI Paweł	2055		M40	56	00:15:00	00:29:24.03	+00:12:07 (41.2%)	5:52	10.2 (58.6%)
201	WOLNY Stanisław	1055	SII RUNNING TEAM	M30	51	00:15:07	00:29:25.99	+00:12:09 (41.3%)	5:53	10.2 (58.6%)
202	JACHER Małgorzata	4061	LKS STAL MIELEC	K20	7	00:15:00	00:29:26.64	+00:12:10 (41.3%)	5:53	10.2 (58.6%)
203	SKIBICKI Michał	3057		M40	57	00:15:09	00:29:28.28	+00:12:11 (41.4%)	5:53	10.2 (58.6%)
204	RESPONDEK Dariusz	2021		M50	25	00:15:20	00:29:31.87	+00:12:15 (41.5%)	5:54	10.2 (58.6%)
205	BĘBENEK Paweł	2002		M30	52	00:14:33	00:29:32.84	+00:12:16 (41.5%)	5:54	10.2 (58.6%)
206	SURZHKO Anzhelika	2085		K30	13	00:14:55	00:29:33.64	+00:12:17 (41.6%)	5:54	10.2 (58.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 2.6km	Czas netto		Tempo min/km	Tempo km/h
							5km	Różn		
207	KASPERSKA Daria	2081		K20	8	00:15:59	00:29:36.70	+00:12:20 (41.7%)	5:55	10.1 (58.0%)
208	DOBROGOWSKI Rafał	2070		M40	58	00:15:01	00:29:37.77	+00:12:21 (41.7%)	5:55	10.1 (58.0%)
209	MAJKA Bartosz	1008	KRASNALE	M30	53	00:14:06	00:29:37.83	+00:12:21 (41.7%)	5:55	10.1 (58.0%)
210	GOSTOMSKA Joanna	2008		K30	14	00:15:05	00:29:41.62	+00:12:25 (41.8%)	5:56	10.1 (58.0%)
211	WRZESZCZ Weronika	2031		K20	9	00:15:12	00:29:44.66	+00:12:28 (41.9%)	5:56	10.1 (58.0%)
212	HERMATSKI Artsiom	3058		M30	54	00:15:37	00:29:45.41	+00:12:29 (42.0%)	5:57	10.1 (58.0%)
213	KACZMAREK Maryna	2038		K30	15	00:15:13	00:29:45.61	+00:12:29 (42.0%)	5:57	10.1 (58.0%)
214	LIMANÓWKA Paweł	2058		M50	26	00:15:27	00:29:46.13	+00:12:29 (42.0%)	5:57	10.1 (58.0%)
215	STĘPIEŃ Waldek	2017		M70	2	00:14:30	00:29:46.32	+00:12:29 (42.0%)	5:57	10.1 (58.0%)
216	RACZYŃSKI Patryk	2077		M40	59	00:15:23	00:29:53.66	+00:12:37 (42.2%)	5:58	10 (57.5%)
217	KULIGA Tomasz	2030		M50	27	00:15:22	00:29:57.06	+00:12:40 (42.3%)	5:59	10 (57.5%)
218	WINNICKI Radomir	1056		M30	55	00:15:35	00:29:58.44	+00:12:42 (42.4%)	5:59	10 (57.5%)
219	JANKOWSKI Konrad	3060		M20	27	00:15:50	00:29:59.41	+00:12:43 (42.4%)	5:59	10 (57.5%)
220	AUGUSTYN Jerzy	2020		M50	28	00:15:58	00:30:01.35	+00:12:44 (42.5%)	6:00	10 (57.5%)
221	RZEPECKI Bartłomiej	1012	WROCŁAWSKIE MORSY	M30	56	00:15:06	00:30:06.30	+00:12:49 (42.6%)	6:01	10 (57.5%)
222	MASŁOWSKA Justyna	2083		K20	10	00:15:34	00:30:08.72	+00:12:52 (42.7%)	6:01	10 (57.5%)
223	SZAKOWSKA Katarzyna	3066		K30	16	00:15:07	00:30:32.86	+00:13:16 (43.5%)	6:06	9.8 (56.3%)
224	KANIA Alicja	3055		K20	11	00:16:04	00:30:48.90	+00:13:32 (43.9%)	6:09	9.7 (55.7%)
225	BUCZAK Tomasz	3054		M20	28	00:16:04	00:30:49.43	+00:13:33 (44.0%)	6:09	9.7 (55.7%)
226	WIECZOREK Piotr	2003	CAŁA OLEŚNICA BIEGA	M60	5	00:15:34	00:30:52.40	+00:13:36 (44.1%)	6:10	9.7 (55.7%)
227	KLAUZIŃSKI Bartłomiej	3026		M30	57	00:15:54	00:30:54.22	+00:13:37 (44.1%)	6:10	9.7 (55.7%)
228	SKWAREK Emilian	3059		M40	60	00:16:04	00:31:04.33	+00:13:47 (44.4%)	6:12	9.7 (55.7%)
229	RADZIKOWSKI Adam	1003		M20	29	00:15:24	00:31:12.11	+00:13:55 (44.6%)	6:14	9.6 (55.2%)
230	KUTYCKA KUREK Elżbieta	2082	CHOJRAK TEAM WROCŁAW	K40	11	00:15:27	00:31:12.83	+00:13:56 (44.7%)	6:14	9.6 (55.2%)
231	KRZYSZEK Iga	2043		K20	12	00:15:54	00:31:12.87	+00:13:56 (44.7%)	6:14	9.6 (55.2%)
232	KLAPA Edyta	3001	MŁODZI BIEGACZE	K40	12	00:15:47	00:31:15.01	+00:13:58 (44.7%)	6:15	9.6 (55.2%)
233	STACH Joanna	2004	MŁODZI BIEGACZE	K40	13	00:15:49	00:31:15.13	+00:13:58 (44.7%)	6:15	9.6 (55.2%)
234	BUJAŁA Stanisław	3035		M70	3	00:15:23	00:31:22.80	+00:14:06 (45.0%)	6:16	9.6 (55.2%)
235	PRUDLAK Adrian	3008		M12	6	00:16:41	00:31:24.66	+00:14:08 (45.0%)	6:16	9.6 (55.2%)
236	STRZYKAŁA Dominika	3019		K40	14	00:15:55	00:31:28.01	+00:14:11 (45.1%)	6:17	9.5 (54.6%)
237	RICHTER Dorota	3021		K50	5	00:15:55	00:31:28.49	+00:14:12 (45.1%)	6:17	9.5 (54.6%)
238	LOPEZ GALAN Victor	4049		M40	61	00:16:11	00:31:29.66	+00:14:13 (45.2%)	6:17	9.5 (54.6%)
239	STASIAK Aleksandra	3023		K30	17	00:15:39	00:31:30.91	+00:14:14 (45.2%)	6:18	9.5 (54.6%)
240	SZYŁKO Adam	2053		M40	62	00:15:46	00:31:39.81	+00:14:23 (45.4%)	6:19	9.5 (54.6%)
241	WÓJCIK Paweł	2049		M30	58	00:15:59	00:31:44.16	+00:14:27 (45.6%)	6:20	9.5 (54.6%)
242	JODŁOWSKI Krzysztof	1043	OŁAWSKA GRUPA BIEGOWA	M50	29	00:15:31	00:31:44.56	+00:14:28 (45.6%)	6:20	9.5 (54.6%)
243	RACZYŃSKA Ewa	2076		K40	15	00:15:22	00:31:45.48	+00:14:29 (45.6%)	6:21	9.4 (54.0%)
244	PILARCZYK Patrycja	2078		K40	16	00:15:22	00:31:45.78	+00:14:29 (45.6%)	6:21	9.4 (54.0%)
245	GRĄDYS Anna	2040	MŁODZI BIEGACZE	K40	17	00:15:49	00:31:45.86	+00:14:29 (45.6%)	6:21	9.4 (54.0%)
246	WYETH Ryan	3052		M30	59	00:16:34	00:31:46.85	+00:14:30 (45.6%)	6:21	9.4 (54.0%)
247	SMOLAREK-WYETH Maria	3007		K30	18	00:16:35	00:31:48.34	+00:14:31 (45.7%)	6:21	9.4 (54.0%)
248	ŁOBODZIEC Łukasz	3002		M12	7	00:16:50	00:31:49.93	+00:14:33 (45.7%)	6:21	9.4 (54.0%)
249	LASOŃ Małgorzata	2019		K30	19	00:16:00	00:31:53.14	+00:14:36 (45.8%)	6:22	9.4 (54.0%)
250	OGONOWSKI Michał	2052	MRC	M40	63	00:15:59	00:31:56.48	+00:14:40 (45.9%)	6:23	9.4 (54.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 2.6km	Czas netto		Tempo min/km	Tempo km/h
							5km	Różn		
251	LEJMAN Magdalena	4041		K40	18	00:15:35	00:32:07.20	+00:14:50 (46.2%)	6:25	9.3 (53.4%)
252	PANIOK Wojciech	2035		M40	64	00:16:08	00:32:09.45	+00:14:53 (46.3%)	6:25	9.3 (53.4%)
253	ZYCHOWICZ Marcin	3049		M30	60	00:16:02	00:32:18.49	+00:15:02 (46.5%)	6:27	9.3 (53.4%)
254	MARKUSZEWSKA Ilona	2026		K30	20	00:16:35	00:32:26.31	+00:15:09 (46.8%)	6:29	9.2 (52.9%)
255	MATYNIA Artur	2039		M30	61	00:16:34	00:32:30.72	+00:15:14 (46.9%)	6:30	9.2 (52.9%)
256	FLORCZAK Zdzisław	3061		M70	4	00:16:26	00:32:31.86	+00:15:15 (46.9%)	6:30	9.2 (52.9%)
257	SKORACKA Anna	2064		K30	21	00:15:51	00:32:33.75	+00:15:17 (47.0%)	6:30	9.2 (52.9%)
258	RUS Piotr	1006		M70	5	00:16:18	00:32:43.63	+00:15:27 (47.2%)	6:32	9.2 (52.9%)
259	OLEKSIAK Maciej	4068		M12	8	00:17:39	00:32:48.26	+00:15:31 (47.3%)	6:33	9.1 (52.3%)
260	RUDNIK Mateusz	1073		M12	9	00:14:20	00:32:49.44	+00:15:33 (47.4%)	6:33	9.1 (52.3%)
261	GÓRSKI Michał	3032	AKADEMIA BIEGU SEBY PIETRYCZKO	M20	30	00:18:07	00:32:52.76	+00:15:36 (47.5%)	6:34	9.1 (52.3%)
262	HORODECKA Olga	2060		K30	22	00:16:26	00:32:53.00	+00:15:36 (47.5%)	6:34	9.1 (52.3%)
263	TUREK Łukasz	3004		M40	65	00:15:44	00:32:53.32	+00:15:36 (47.5%)	6:34	9.1 (52.3%)
264	KOBIAŁKO Błażej	2048		M40	66	00:16:39	00:32:54.82	+00:15:38 (47.5%)	6:34	9.1 (52.3%)
265	JUREK Oskar	3013		M12	10	00:17:03	00:32:55.64	+00:15:39 (47.5%)	6:35	9.1 (52.3%)
266	JUREK Michał	3012		M40	67	00:17:04	00:32:56.25	+00:15:39 (47.6%)	6:35	9.1 (52.3%)
267	MATYNIA Asia	3030		K30	23	00:16:53	00:32:58.59	+00:15:42 (47.6%)	6:35	9.1 (52.3%)
268	BOLEK Mateusz	2022		M40	68	00:16:09	00:33:01.86	+00:15:45 (47.7%)	6:36	9.1 (52.3%)
269	LIS Natalia	4050		K20	13	00:16:33	00:33:02.14	+00:15:45 (47.7%)	6:36	9.1 (52.3%)
270	KAMIŃSKI Łukasz	2007		M40	69	00:16:12	00:33:07.37	+00:15:50 (47.9%)	6:37	9.1 (52.3%)
271	JĘDRYSIAK Grażyna	4008	KB HARCOWNIK JELCZ-LASKOWICE	K60	1	00:16:35	00:33:07.55	+00:15:51 (47.9%)	6:37	9.1 (52.3%)
272	GRZELAK Danuta	2037		K50	6	00:16:46	00:33:11.34	+00:15:54 (48.0%)	6:38	9 (51.7%)
273	KACZMAREK Adam	2044		M40	70	00:16:16	00:33:14.01	+00:15:57 (48.0%)	6:38	9 (51.7%)
274	KACZMAREK Anna	2045		K40	19	00:16:16	00:33:14.70	+00:15:58 (48.0%)	6:38	9 (51.7%)
275	OSTROWSKI Dariusz	3064		M50	30	00:16:13	00:33:23.17	+00:16:06 (48.3%)	6:40	9 (51.7%)
276	GRABOWSKA Gabriela	2042		K20	14	00:15:52	00:33:32.99	+00:16:16 (48.5%)	6:42	8.9 (51.1%)
277	KACZOROWSKA Elżbieta	3036		K30	24	00:17:32	00:33:40.90	+00:16:24 (48.7%)	6:44	8.9 (51.1%)
278	MONDER-BEZDZIETNY Anna	3042		K50	7	00:17:06	00:33:44.13	+00:16:27 (48.8%)	6:44	8.9 (51.1%)
279	FLORCZAK Marta	3028		K40	20	00:17:03	00:33:53.45	+00:16:37 (49.0%)	6:46	8.9 (51.1%)
280	GROSZKOWSKI Tomasz	2054		M40	71	00:17:09	00:33:54.84	+00:16:38 (49.1%)	6:46	8.8 (50.6%)
281	NIEWÓJT Paulina	4053		K30	25	00:18:08	00:34:15.10	+00:16:58 (49.6%)	6:51	8.8 (50.6%)
282	RYCHLIKOWSKI Paweł	4065		M50	31	00:18:04	00:34:33.74	+00:17:17 (50.0%)	6:54	8.7 (50.0%)
283	PASIEK Kinga	4062	SUPER BIEG	K40	21	00:17:06	00:34:34.49	+00:17:18 (50.0%)	6:54	8.7 (50.0%)
284	JARLACZYK Barbara	3018		K40	22	00:17:25	00:34:41.75	+00:17:25 (50.2%)	6:56	8.6 (49.4%)
285	WÓJCIK Adam	3044		M60	6	00:17:09	00:34:57.85	+00:17:41 (50.6%)	6:59	8.6 (49.4%)
286	CIEŚLA Ewa	4021		K40	23	00:18:02	00:35:10.58	+00:17:54 (50.9%)	7:02	8.5 (48.9%)
287	PAWŁOWSKA-HAMKAŁO Anna	3056		K40	24	00:18:14	00:35:15.72	+00:17:59 (51.0%)	7:03	8.5 (48.9%)
288	CHLEBOWICZ Katarzyna	2074	DOBRY-TRENER.PL	K40	25	00:17:58	00:35:22.37	+00:18:05 (51.2%)	7:04	8.5 (48.9%)
289	POŁONCZYK Joanna	2029		K40	26	00:18:15	00:35:33.13	+00:18:16 (51.4%)	7:06	8.4 (48.3%)
290	ANDRZEJEWSKA Katarzyna	3003		K40	27	00:17:26	00:35:39.60	+00:18:23 (51.6%)	7:07	8.4 (48.3%)
291	BOROWIEC Bartłomiej	4026		M20	31	00:17:14	00:35:47.87	+00:18:31 (51.7%)	7:09	8.4 (48.3%)
292	MACIEJEWSKA Hanna	4001	SLOW AF RUNNING CLUB	K30	26	00:18:15	00:35:49.42	+00:18:33 (51.8%)	7:09	8.4 (48.3%)
293	SZLARK Tomasz	3027	BIEGACZE 100 MOSTÓW	M40	72	00:18:14	00:35:53.77	+00:18:37 (51.9%)	7:10	8.4 (48.3%)
294	WŁODARCZYK Anna	4033		K50	8	00:19:22	00:36:07.53	+00:18:51 (52.2%)	7:13	8.3 (47.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 2.6km	Czas netto		Tempo min/km	Tempo km/h
							5km	Różn		
295	POLAŃSKA Agnieszka	2005		K40	28	00:17:51	00:36:09.80	+00:18:53 (52.2%)	7:13	8.3 (47.7%)
296	PIETRYCZKO Sebastian	4014		M20	32	00:18:07	00:36:14.91	+00:18:58 (52.3%)	7:14	8.3 (47.7%)
297	RYCHLIKOWSKA Marzena	4064		K50	9	00:18:34	00:36:18.04	+00:19:01 (52.4%)	7:15	8.3 (47.7%)
298	MUSUR Adam	1030	KB SZERSZEŃ OLEŚNICA	M70	6	00:17:52	00:36:25.12	+00:19:08 (52.6%)	7:17	8.2 (47.1%)
299	CIEŚLAK Gabrysia	4005		K12	3	00:18:05	00:36:25.66	+00:19:09 (52.6%)	7:17	8.2 (47.1%)
300	KUŻAJ Michał	3053		M40	73	00:18:20	00:36:32.40	+00:19:16 (52.7%)	7:18	8.2 (47.1%)
301	PAWLAK Katarzyna	4054	RADIO WROCŁAW	K40	29	00:18:37	00:36:37.65	+00:19:21 (52.8%)	7:19	8.2 (47.1%)
302	KRZEMIŃSKA Katarzyna	2032	DOLNY ŚLĄSK	K40	30	00:18:49	00:36:45.00	+00:19:28 (53.0%)	7:21	8.2 (47.1%)
303	RIEZNIKOVA Kateryna	4045	LO1 WROCŁAW	K12	4	00:18:02	00:36:51.80	+00:19:35 (53.1%)	7:22	8.1 (46.6%)
304	WŁODARCZYK Tomasz	4034		M50	32	00:18:08	00:37:06.38	+00:19:50 (53.5%)	7:25	8.1 (46.6%)
305	PANFIL Marta	3029		K30	27	00:18:11	00:37:06.51	+00:19:50 (53.5%)	7:25	8.1 (46.6%)
306	KEMPA Maks	4002		M12	11	00:18:04	00:37:12.20	+00:19:55 (53.6%)	7:26	8.1 (46.6%)
307	SZUMSKI Zbigniew	4013		M60	7	00:19:10	00:37:16.49	+00:20:00 (53.7%)	7:27	8.1 (46.6%)
308	KIELAN Katarzyna	4012		K30	28	00:19:08	00:37:17.09	+00:20:00 (53.7%)	7:27	8 (46.0%)
309	ŁAZARUK Magdalena	4028	TEAM ŁAZARUK	K40	31	00:18:47	00:37:25.84	+00:20:09 (53.9%)	7:29	8 (46.0%)
310	SKONIECZNY Andrzej	3063		M60	8	00:18:48	00:37:40.51	+00:20:24 (54.2%)	7:32	8 (46.0%)
311	KOTKOWSKI Tomasz	4047		M40	74	00:18:53	00:37:42.85	+00:20:26 (54.2%)	7:32	8 (46.0%)
312	SULE Girish	4006		M40	75	00:18:35	00:37:52.57	+00:20:36 (54.4%)	7:34	7.9 (45.4%)
313	KLIMEK Władysław	1034		M30	62	00:19:00	00:37:53.53	+00:20:37 (54.4%)	7:34	7.9 (45.4%)
314	WIĘCH Paulina	4032		K20	15	00:18:12	00:38:05.06	+00:20:48 (54.6%)	7:37	7.9 (45.4%)
315	IWANIEC Anna	4027		K30	29	00:18:13	00:38:05.60	+00:20:49 (54.7%)	7:37	7.9 (45.4%)
316	MAKOWIEC Paulina	4058	SUPER BIEG	K20	16	00:18:46	00:38:11.21	+00:20:54 (54.8%)	7:38	7.9 (45.4%)
317	DRUŻYŁOWSKA Ewa	3015		K60	2	00:18:44	00:38:12.21	+00:20:55 (54.8%)	7:38	7.9 (45.4%)
318	WOJDA Karolina	3006		K20	17	00:18:14	00:38:14.38	+00:20:58 (54.8%)	7:38	7.8 (44.8%)
319	WOJDA Kamila	3017		K20	18	00:18:14	00:38:14.40	+00:20:58 (54.8%)	7:38	7.8 (44.8%)
320	SZUMNY Paweł	2009		M12	12	00:19:02	00:38:15.72	+00:20:59 (54.9%)	7:39	7.8 (44.8%)
321	KUBJENA Nicolas	2011		M12	13	00:19:03	00:38:15.79	+00:20:59 (54.9%)	7:39	7.8 (44.8%)
322	KIEDOS Mateusz	2010		M12	14	00:19:04	00:38:16.37	+00:21:00 (54.9%)	7:39	7.8 (44.8%)
323	KIPA-KUC Anna	4022		K30	30	00:19:20	00:38:26.37	+00:21:10 (55.1%)	7:41	7.8 (44.8%)
324	SAŁEK Ewelina	4019		K20	19	00:19:12	00:38:50.15	+00:21:33 (55.5%)	7:46	7.7 (44.3%)
325	DUCHNIK Ewa	4009		K50	10	00:19:36	00:39:14.45	+00:21:58 (56.0%)	7:50	7.6 (43.7%)
326	WOJDYŁA Mieczysław	3022	BIEGAM BO CHCĘ	M60	9	00:20:06	00:39:41.09	+00:22:24 (56.5%)	7:56	7.6 (43.7%)
327	WILKIN Aneta	3047		K40	32	00:20:05	00:39:52.45	+00:22:36 (56.7%)	7:58	7.5 (43.1%)
328	BOROWIEC Paweł	4025		M60	10	00:20:05	00:40:03.19	+00:22:46 (56.9%)	8:00	7.5 (43.1%)
329	OWARZANA Katarzyna	4038		K60	3	00:20:15	00:40:05.90	+00:22:49 (56.9%)	8:01	7.5 (43.1%)
330	SIEGIENCZUK Piotr	3010		M40	76	00:19:33	00:40:18.04	+00:23:01 (57.1%)	8:03	7.4 (42.5%)
331	MIKOŁAJCZYK Justyna	3045		K40	33	00:20:07	00:40:23.71	+00:23:07 (57.2%)	8:04	7.4 (42.5%)
332	DERBISZ Jacek	3034	SEKCJA TARCIA CHRZANU	M40	77	00:21:21	00:40:40.65	+00:23:24 (57.5%)	8:08	7.4 (42.5%)
333	DERBISZ Janek	4035	SAMURAJ TEAM	M12	15	00:21:22	00:40:41.09	+00:23:24 (57.5%)	8:08	7.4 (42.5%)
334	PAŚKO Magdalena	3043		K30	31	00:20:17	00:40:58.00	+00:23:41 (57.8%)	8:11	7.3 (42.0%)
335	ZAJAC Aldona	4010		K40	34	00:20:53	00:42:18.85	+00:25:02 (59.2%)	8:27	7.1 (40.8%)
336	WIŚNIEWSKA Marta	4024		K40	35	00:20:52	00:42:19.05	+00:25:02 (59.2%)	8:27	7.1 (40.8%)
337	KORSAKA Larysa	4048		K20	20	00:22:55	00:42:27.78	+00:25:11 (59.3%)	8:29	7.1 (40.8%)
338	NADALA Svitlana	4023		K30	32	00:22:55	00:42:28.00	+00:25:11 (59.3%)	8:29	7.1 (40.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 2.6km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
339	JĘDRZEJCZYK-GÓRAL Beata	4015	NIEZRZESZONA	K60	4	00:21:21	00:42:38.78	+00:25:22 (59.5%)	8:31	7 (40.2%)
340	VASKANIAN Arsen	1040		M40	78	00:19:50	00:43:48.98	+00:26:32 (60.6%)	8:45	6.8 (39.1%)
341	VASKANIAN Tigran	1041		M12	16	00:19:51	00:43:49.56	+00:26:33 (60.6%)	8:45	6.8 (39.1%)
342	ТИМОШЕНКО Ольга	4070		K40	36	00:23:10	00:47:03.61	+00:29:47 (63.3%)	9:24	6.4 (36.8%)
343	KOZURMAN Timur	4063		M12	17	00:23:10	00:47:04.11	+00:29:47 (63.3%)	9:24	6.4 (36.8%)
344	TYLICKI Sławomir	4007	KB HARCOWNIK JELCZ-LASKOWICE	M50	33	00:23:38	00:49:51.18	+00:32:34 (65.4%)	9:58	6 (34.5%)
345	BLICHARSKA Iwona	4056		K50	11	00:23:38	00:49:51.32	+00:32:34 (65.4%)	9:58	6 (34.5%)
346	MELNYK Oksana	4069		K40	37	00:25:50	00:51:00.93	+00:33:44 (66.1%)	10:12	5.9 (33.9%)
347	SPADŁO Andrzej	4016		M60	11	00:25:12	00:51:09.66	+00:33:53 (66.2%)	10:13	5.9 (33.9%)
348	FEDORSZCZAK Zofia	4043		K60	5	00:25:58	00:51:22.74	+00:34:06 (66.4%)	10:16	5.8 (33.3%)
349	PURCEL-STRAGULSKA Aleksandra	3079		K50	12	00:26:44	00:53:15.57	+00:35:59 (67.6%)	10:39	5.6 (32.2%)
350	IDZIOREK Sławomir	4055	16 DBOT	M50	34	00:26:45	00:53:15.65	+00:35:59 (67.6%)	10:39	5.6 (32.2%)
351	BŁASZCZYK Róża	4031	NIGHT RUNNERS WROCŁAW	K30	33	00:26:45	00:53:26.26	+00:36:09 (67.7%)	10:41	5.6 (32.2%)
352	SZCZUCINSKA-PARCZYK Monika	4036		K50	13	00:26:55	00:54:05.85	+00:36:49 (68.1%)	10:49	5.5 (31.6%)
353	PARCZYK Paulina	4037		K20	21	00:26:53	00:54:06.28	+00:36:49 (68.1%)	10:49	5.5 (31.6%)
354	KOWALIK Zuzanna	4044		K60	6	00:27:27	00:55:09.90	+00:37:53 (68.7%)	11:01	5.4 (31.0%)
355	WIERZEJSKI Henryk	3025	AMATOR	M70	7	00:28:36	00:57:54.00	+00:40:37 (70.2%)	11:34	5.2 (29.9%)
356	PAPUGA Nikola	4003		K12	5	00:28:40	00:57:55.59	+00:40:39 (70.2%)	11:35	5.2 (29.9%)
357	FILIPCZAK Claudia	4004		K12	6	00:28:41	00:57:56.37	+00:40:40 (70.2%)	11:35	5.2 (29.9%)
358	KASIERSKA Ewa	3005		K70	1	00:28:58	00:58:13.25	+00:40:56 (70.3%)	11:38	5.2 (29.9%)
359	HAJŁASZ Joanna	4059		K50	14	00:29:06	00:58:30.08	+00:41:13 (70.5%)	11:42	5.1 (29.3%)
Przekroczony limit czasu: 01:00:00										
360	HUME Craig	4051		M50	35	00:29:25	01:00:54.74	+00:43:38 (71.6%)	12:10	4.9 (28.2%)
361	GONERA Justyna	4020		K40	38	00:30:12	01:01:08.32	+00:43:51 (71.7%)	12:13	4.9 (28.2%)
362	HAJŁASZ Zbigniew	4060		M60	12	00:29:25	01:02:26.83	+00:45:10 (72.3%)	12:29	4.8 (27.6%)

Znaleziono 362 wynik(ów)