

BIEG ŚNIADANIOWY / KLUBOWE MISTRZOSTWA MORSÓW

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Organizator: Centrum Kultury Mielno
Data: 2022-02-11
Miejsce: Mielno
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	BIEDROWSKI Konrad	8	MORSY OPOCZNO	M18	1	00:20:01.34		4:00	15 (100%)
2	JABŁOŃSKI Tomasz	201	SPOKO SŁAWNO	M40	1	00:21:03.00	+00:01:01 (4.9%)	4:12	14.3 (95.3%)
3	ZIELIŃSKI Sławomir	202	MORSY ROSKILDE	M40	2	00:21:12.00	+00:01:10 (5.6%)	4:14	14.2 (94.7%)
4	PICK Tomasz	130	BIEGOLAS KOSZALIN / KORONA SZCZECIN	M40	3	00:21:30.66	+00:01:29 (6.9%)	4:18	14 (93.3%)
5	WIENCEK Artur	179	KAMERALNE MORSY RASZKÓW	M40	4	00:21:59.35	+00:01:58 (8.9%)	4:23	13.6 (90.7%)
6	KRÓLIK Waldemar	76	MOCZYMORDY Z CZATOWA	M40	5	00:22:25.04	+00:02:23 (10.7%)	4:29	13.4 (89.3%)
7	MALEWICZ Grzegorz	102	BE ACTIVE LEŚNA	M40	6	00:22:25.28	+00:02:23 (10.7%)	4:29	13.4 (89.3%)
8	PERŁOWSKI Kamil	129	ŻYRARDOWSKIE MORSY	M18	2	00:22:37.87	+00:02:36 (11.5%)	4:31	13.3 (88.7%)
9	MAZUR Emiliusz	105		M40	7	00:23:11.01	+00:03:09 (13.6%)	4:38	12.9 (86.0%)
10	MASZTALER Przemysław	104		M40	8	00:23:19.52	+00:03:18 (14.2%)	4:39	12.9 (86.0%)
11	CIUPAK Rafał	15	BE ACTIVE LEŚNA	M40	9	00:23:30.15	+00:03:28 (14.8%)	4:42	12.8 (85.3%)
12	NAWORYTA Wojciech	116	KKM KALORYFER	M40	10	00:23:31.81	+00:03:30 (14.9%)	4:42	12.8 (85.3%)
13	KRACZYŃSKI Łukasz	73		M40	11	00:23:37.49	+00:03:36 (15.2%)	4:43	12.7 (84.7%)
14	OBARA Żaneta	120	KLIMA MORSY WRZEŚNIA	K40	1	00:23:44.25	+00:03:42 (15.7%)	4:44	12.6 (84.0%)
15	OKUNIEWICZ Wojciech	24	STRZEGOMSKA DWUNASTKA	M40	12	00:23:46.47	+00:03:45 (15.8%)	4:45	12.6 (84.0%)
16	JAREMA Piotr	54	KKM KALORYFER	M18	3	00:24:05.59	+00:04:04 (16.9%)	4:49	12.5 (83.3%)
17	PUSTUŁKA Adam	138		M40	13	00:24:09.96	+00:04:08 (17.1%)	4:49	12.4 (82.7%)
18	PAKOWSKI Robert	125	KS AMBER	M40	14	00:24:17.98	+00:04:16 (17.6%)	4:51	12.4 (82.7%)
19	SZYMAŃSKA Brygida	160	STRZEGOMSKA DWUNASTKA	K18	1	00:24:19.13	+00:04:17 (17.7%)	4:51	12.3 (82.0%)
20	SĘK Michał	142	KS AMBER	M18	4	00:24:28.04	+00:04:26 (18.2%)	4:53	12.3 (82.0%)
21	TYLKA Tomasz	170	BE ACTIVE LEŚNA	M18	5	00:24:36.83	+00:04:35 (18.7%)	4:55	12.2 (81.3%)
22	GUZEK Mariusz	42	BIAŁE MORSY	M40	15	00:24:40.31	+00:04:38 (18.8%)	4:56	12.2 (81.3%)
23	WRÓBEL Oliwier	196	BE ACTIVE LEŚNA	M18	6	00:24:50.63	+00:04:49 (19.4%)	4:58	12.1 (80.7%)
24	WOŁSOWICZ Włodzimierz	135	MORSY OPOCZNO	M40	16	00:24:55.97	+00:04:54 (19.7%)	4:59	12 (80.0%)
25	NOWAK Jarosław	118	KKM KALORYFER	M40	17	00:24:56.34	+00:04:54 (19.7%)	4:59	12 (80.0%)
26	WANDYCZ Mariusz	174	BE ACTIVE LEŚNA	M18	7	00:24:58.75	+00:04:57 (19.8%)	4:59	12 (80.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Tempo min/km	Tempo km/h
						netto	Różn		
						5km			
27	SZEREMETA Wojciech	155	ZGIERZOLUDY	M18	8	00:25:06.22	+00:05:04 (20.2%)	5:01	12 (80.0%)
28	SZEREMETA Adam	153	ZGIERZOLUDY	M40	18	00:25:07.35	+00:05:06 (20.3%)	5:01	11.9 (79.3%)
29	BOCHEŃSKI Rafał	10	KKM KALORYFER	M40	19	00:25:13.30	+00:05:11 (20.6%)	5:02	11.9 (79.3%)
30	DUDEK Krzysztof	185	STRZEGOMSKA DWUNASTKA	M40	20	00:25:14.17	+00:05:12 (20.7%)	5:02	11.9 (79.3%)
31	NAJMARK Małgorzata	115	POLICKIE MORSY	K40	2	00:25:15.78	+00:05:14 (20.7%)	5:03	11.9 (79.3%)
32	SZEREMETA Maciej	154	ZGIERZOLUDY	M18	9	00:25:19.42	+00:05:18 (20.9%)	5:03	11.8 (78.7%)
33	ŻYŁA Daniel	194	BE ACTIVE LEŚNA	M40	21	00:25:25.51	+00:05:24 (21.2%)	5:05	11.8 (78.7%)
34	ADAMUS Daniel	3	STRZEGOMSKA DWUNASTKA	M40	22	00:25:27.72	+00:05:26 (21.4%)	5:05	11.8 (78.7%)
35	ZDZIECHOWICZ Jakub	189	MORSY ROSKILDE	M18	10	00:25:42.14	+00:05:40 (22.1%)	5:08	11.7 (78.0%)
36	NORKOWSKA Aleksandra	117	ORANGE POLSKA	K40	3	00:26:07.18	+00:06:05 (23.3%)	5:13	11.5 (76.7%)
37	SZYMAŃSKI Michał	162	STRZEGOMSKA DWUNASTKA	M18	11	00:26:16.97	+00:06:15 (23.8%)	5:15	11.4 (76.0%)
38	GOJŻEWSKI Leszek	33		M40	23	00:26:19.49	+00:06:18 (23.9%)	5:15	11.4 (76.0%)
39	ZIELIŃSKI Michał	190	MORSY GOŁUCHÓW	M40	24	00:26:29.13	+00:06:27 (24.4%)	5:17	11.3 (75.3%)
40	SZEWCZYK Monika	158	KKM KALORYFER	K18	2	00:26:31.69	+00:06:30 (24.5%)	5:18	11.3 (75.3%)
41	ZAPAŚNIK Miłosz	187	STRZEGOMSKA DWUNASTKA	M18	12	00:26:38.53	+00:06:37 (24.8%)	5:19	11.3 (75.3%)
42	PIOTROWSKI Grzegorz	134	STRZEGOMSKA DWUNASTKA	M40	25	00:26:38.92	+00:06:37 (24.9%)	5:19	11.3 (75.3%)
43	BARTKÓW Damian	7		M18	13	00:26:45.95	+00:06:44 (25.2%)	5:21	11.2 (74.7%)
44	KALETA Krzysztof	59	KAMERALNE MORSY RASZKÓW	M40	26	00:27:00.54	+00:06:59 (25.9%)	5:24	11.1 (74.0%)
45	LESIAK Paweł	91	MORSY OPOCZNO	M40	27	00:27:05.30	+00:07:03 (26.1%)	5:25	11.1 (74.0%)
46	WIJAS Kinga	180	ŚLĘZAKTEAM	K18	3	00:27:08.32	+00:07:06 (26.2%)	5:25	11.1 (74.0%)
47	GNAŚ Anna	32	SZARE MORSY	K18	4	00:27:26.71	+00:07:25 (27.0%)	5:29	10.9 (72.7%)
48	ŻADŁO Krystian	197	BE ACTIVE LEŚNA	M18	14	00:27:27.53	+00:07:26 (27.1%)	5:29	10.9 (72.7%)
49	PIŁAT Daniel	133		M40	28	00:27:29.26	+00:07:27 (27.2%)	5:29	10.9 (72.7%)
50	KOSIBA Anna	71	MORSEX	K18	5	00:27:38.06	+00:07:36 (27.5%)	5:31	10.9 (72.7%)
51	STELZER Lidia	151		K40	4	00:27:39.67	+00:07:38 (27.6%)	5:31	10.8 (72.0%)
52	PIECHOTA Robert	131	POSEJDON KOSZALIN	M40	29	00:27:40.05	+00:07:38 (27.6%)	5:32	10.8 (72.0%)
53	LABISZAK Ela	85	BE ACTIVE LEŚNA	K18	6	00:27:44.45	+00:07:43 (27.8%)	5:32	10.8 (72.0%)
54	HOROSIEWICZ Maciej	48	LECH POZNAŃ	M18	15	00:28:00.71	+00:07:59 (28.5%)	5:36	10.7 (71.3%)
55	ŁUKOWICZ Elżbieta	99		K40	5	00:28:02.96	+00:08:01 (28.6%)	5:36	10.7 (71.3%)
56	BORKOWSKI Bogdan	12	BE ACTIVE LEŚNA	M40	30	00:28:06.34	+00:08:04 (28.8%)	5:37	10.7 (71.3%)
57	SKURA Ewelina	96	CYNAMONKI	K18	7	00:28:14.07	+00:08:12 (29.1%)	5:38	10.6 (70.7%)
58	GOŁĘBIEWSKI Kazimierz	34	KEMPER TEAM	M40	31	00:28:17.21	+00:08:15 (29.2%)	5:39	10.6 (70.7%)
59	DUDA Marek	21		M40	32	00:28:24.65	+00:08:23 (29.5%)	5:40	10.6 (70.7%)
60	OPARA Krzysztof	123	ZALEWAJKOWE ŚWIRY PIŃCZÓW	M18	16	00:28:31.88	+00:08:30 (29.8%)	5:42	10.5 (70.0%)
61	DOBROCHOWSKA Ilona	20	STRZEGOMSKA DWUNASTKA	K40	6	00:28:32.78	+00:08:31 (29.9%)	5:42	10.5 (70.0%)
62	MADEJ Gabriela	100		K18	8	00:28:33.06	+00:08:31 (29.9%)	5:42	10.5 (70.0%)
63	PASTUCHEWICZ Przemysław	126	BE ACTIVE LEŚNA	M40	33	00:28:36.20	+00:08:34 (30.0%)	5:43	10.5 (70.0%)
64	LAREK Tomasz	86	MORSY GŁOGÓW	M40	34	00:28:44.15	+00:08:42 (30.3%)	5:44	10.4 (69.3%)
65	KMITA Włodzimierz	68	MORSY OPOCZNO	M40	35	00:28:45.96	+00:08:44 (30.4%)	5:45	10.4 (69.3%)
66	KĘDZIERSKI Mirosław	64		Kluby	1	00:28:50.62	+00:08:49 (30.6%)	5:46	10.4 (69.3%)
67	KĘDZIERSKA Lilianna	63	BABKI Z KLASĄ	Kluby	2	00:28:51.31	+00:08:49 (30.6%)	5:46	10.4 (69.3%)
68	KALEMBA Tadeusz	58	KKM KALORYFER	Kluby	3	00:28:51.40	+00:08:50 (30.6%)	5:46	10.4 (69.3%)
69	ULIJASZ Marta	40	WARECKIE MORSY	K18	9	00:28:53.07	+00:08:51 (30.7%)	5:46	10.4 (69.3%)
70	HELIŃSKI Arkadiusz	39		M18	17	00:28:53.20	+00:08:51 (30.7%)	5:46	10.4 (69.3%)

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						netto	Różn		
						5km			
71	SIERPOWSKI Mieczysław	35	JUTROSIN	M18	18	00:28:53.64	+00:08:52 (30.7%)	5:46	10.4 (69.3%)
72	KWIATKOWSKA Monika	84	KS AMBER	K40	7	00:29:07.14	+00:09:05 (31.2%)	5:49	10.3 (68.7%)
73	JANOWICZ Paulina	53	CANNAFLY	K18	10	00:29:19.48	+00:09:18 (31.7%)	5:51	10.2 (68.0%)
74	KILAN Adrian	65		M18	19	00:29:19.59	+00:09:18 (31.7%)	5:51	10.2 (68.0%)
75	TERESZKIEWICZ Łukasz	168	STRZEGOMSKA DWUNASTKA	M18	20	00:29:22.76	+00:09:21 (31.8%)	5:52	10.2 (68.0%)
76	JAGŁA Żaneta	49		K40	8	00:29:33.77	+00:09:32 (32.3%)	5:54	10.2 (68.0%)
77	FEDYCZKOWSKA Justyna	27	STRZEGOMSKA DWUNASTKA	K40	9	00:29:33.96	+00:09:32 (32.3%)	5:54	10.2 (68.0%)
78	JANIAK Leszek	51	BIAŁE MORSY / KUTNO BIEGA	M18	21	00:29:35.50	+00:09:34 (32.3%)	5:55	10.1 (67.3%)
79	KAZIMIERCZAK Ryszard	169	MORSY PAKOŚĆ	M40	36	00:29:36.50	+00:09:35 (32.4%)	5:55	10.1 (67.3%)
80	PŁUSA Adam	113	KILOMETRY POMOCY	M18	22	00:29:44.51	+00:09:43 (32.7%)	5:56	10.1 (67.3%)
81	ŁĄCZ Rafał	95		M18	23	00:29:44.82	+00:09:43 (32.7%)	5:56	10.1 (67.3%)
82	HORDYJEWICZ Mirosław	47	MORSY NA KOKSIE	M40	37	00:29:45.16	+00:09:43 (32.7%)	5:57	10.1 (67.3%)
83	KARITA Katarzyna	62	MORSJANKI MORSJANIE GDANSK	K40	10	00:29:45.77	+00:09:44 (32.7%)	5:57	10.1 (67.3%)
84	KRAJEWSKI Tomasz	75		M40	38	00:29:48.43	+00:09:47 (32.8%)	5:57	10.1 (67.3%)
85	WIŚNIEWSKA Justyna	183	SZARE MORSY	K40	11	00:29:49.55	+00:09:48 (32.9%)	5:57	10.1 (67.3%)
86	ULIJASZ Grzegorz	41	WARECKIE MORSY	Kluby	4	00:29:52.74	+00:09:51 (33.0%)	5:58	10 (66.7%)
87	GĘBSKI Sławomir	31	KKM KALORYFER	Kluby	5	00:29:57.23	+00:09:55 (33.2%)	5:59	10 (66.7%)
88	WOLIŃSKA Agnieszka	184	BIAŁE MORSY GOSTYNIN KUTNO	K40	12	00:29:58.75	+00:09:57 (33.2%)	5:59	10 (66.7%)
89	NAZIM Tadeusz	55	KKM KALORYFER	Kluby	6	00:30:01.12	+00:09:59 (33.3%)	6:00	10 (66.7%)
90	GROCHOLSKA Wiesława	38		Kluby	7	00:30:03.50	+00:10:02 (33.4%)	6:00	10 (66.7%)
91	MOŃKA Andrzej	112	ZMORSOWANI CZĘSTOCHOWA	M40	39	00:30:05.72	+00:10:04 (33.5%)	6:01	10 (66.7%)
92	WAJCFELD Katarzyna	173	BE ACTIVE LEŚNA	K40	13	00:30:19.07	+00:10:17 (34.0%)	6:03	9.9 (66.0%)
93	MIZUŁA Jakub	109	MORSY POŁCZYN-ZDRÓJ	M18	24	00:30:24.86	+00:10:23 (34.2%)	6:04	9.9 (66.0%)
94	ZAŁĘSKA Agnieszka	186	MORS J ANKI & MORS J ANIE	K40	14	00:30:26.39	+00:10:25 (34.2%)	6:05	9.9 (66.0%)
95	KOŁODZIEJCZYK Weronika	195	BE ACTIVE LEŚNA	K18	11	00:30:31.66	+00:10:30 (34.4%)	6:06	9.8 (65.3%)
96	OBARZANEK Agnieszka	122	BKM POLAR	K18	12	00:30:32.99	+00:10:31 (34.5%)	6:06	9.8 (65.3%)
97	OBARZANEK Kamil	121	BKM POLAR	M18	25	00:30:33.23	+00:10:31 (34.5%)	6:06	9.8 (65.3%)
98	KUMELSKA Monika	80	BE ACTIVE LEŚNA	K18	13	00:30:53.99	+00:10:52 (35.2%)	6:10	9.7 (64.7%)
99	GRAFIK Grzegorz	37		Kluby	8	00:30:54.89	+00:10:53 (35.2%)	6:10	9.7 (64.7%)
100	KAIM Aldona	57	RADOMSKIE MORSY	K40	15	00:31:10.01	+00:11:08 (35.8%)	6:14	9.6 (64.0%)
101	BAJCAR Beata	6	SZARE MORSY	K40	16	00:31:14.48	+00:11:13 (35.9%)	6:14	9.6 (64.0%)
102	JUSZCZAK Krzysztof	56		Kluby	9	00:31:15.64	+00:11:14 (36.0%)	6:15	9.6 (64.0%)
103	PRZYBYŁO Sławek	137	STRZEGOMSKA DWUNASTKA	M40	40	00:31:39.13	+00:11:37 (36.7%)	6:19	9.5 (63.3%)
104	DUMIŃSKI Stanisław	23		Kluby	10	00:31:39.38	+00:11:38 (36.8%)	6:19	9.5 (63.3%)
105	ŁAWNICZAK Justyna	92	JUTROSIŃSKI KLUB MORSÓW	K40	17	00:31:41.80	+00:11:40 (36.8%)	6:20	9.5 (63.3%)
106	MYŚKIEWICZ Monika	114	MORSY SIEDLCE	K40	18	00:31:42.21	+00:11:40 (36.8%)	6:20	9.5 (63.3%)
107	WIELAND Lidia	178	RUN TEAM RYDZYNA	K40	19	00:31:42.49	+00:11:41 (36.9%)	6:20	9.5 (63.3%)
108	WARNIEŁO Adriana	177	MOCZYMORDY Z CZATOWA	K40	20	00:31:49.59	+00:11:48 (37.1%)	6:21	9.4 (62.7%)
109	KRAJEWSKA Magdalena	74		K40	21	00:32:08.61	+00:12:07 (37.7%)	6:25	9.3 (62.0%)
110	JAGŁA Jakub	50		M18	26	00:32:09.23	+00:12:07 (37.7%)	6:25	9.3 (62.0%)
111	ZBROSZCZYK Natalia	188		K18	14	00:32:12.87	+00:12:11 (37.8%)	6:26	9.3 (62.0%)
112	ULBIN Jan	172	MORSY GŁOGÓW	Kluby	11	00:32:12.99	+00:12:11 (37.9%)	6:26	9.3 (62.0%)
113	FRĄTCZAK Bartosz	30	SZARE MORSY	M18	27	00:32:15.64	+00:12:14 (37.9%)	6:27	9.3 (62.0%)
114	LECHOWICZ Tadeusz	90	SZARE MORSY	Kluby	12	00:32:15.98	+00:12:14 (37.9%)	6:27	9.3 (62.0%)

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						netto 5km	Różn		
115	ŁOPATKA Olga	97	SKIERNIEWICKI KLUB ZIMORODKA	K40	22	00:32:29.91	+00:12:28 (38.4%)	6:29	9.2 (61.3%)
116	RZEPECKA Dominika	140	STOWARZYSZENIE WROCLAWSKIE MORSY	K18	15	00:32:29.92	+00:12:28 (38.4%)	6:29	9.2 (61.3%)
117	KOWALSKA Edyta	72	STRZEGOMSKA DWUNASTKA	K40	23	00:32:34.46	+00:12:33 (38.5%)	6:30	9.2 (61.3%)
118	KALEMBA Alicja	136	KKM KALORYFER	Kluby	13	00:32:50.09	+00:12:48 (39.0%)	6:34	9.1 (60.7%)
119	SZEWCZYK Łukasz	157	KS AMBER	M18	28	00:32:57.79	+00:12:56 (39.3%)	6:35	9.1 (60.7%)
120	JANIAK Ewelina	52	KS AMBER	K18	16	00:32:58.40	+00:12:57 (39.3%)	6:35	9.1 (60.7%)
121	LECHOWICZ Irena	89	SZARE MORSY	Kluby	14	00:33:01.93	+00:13:00 (39.4%)	6:36	9.1 (60.7%)
122	GRAFIK Renata	36		K40	24	00:33:04.85	+00:13:03 (39.5%)	6:36	9.1 (60.7%)
123	MAJEROWICZ Honorata	101	KS AMBER	K40	25	00:33:06.42	+00:13:05 (39.5%)	6:37	9.1 (60.7%)
124	KUBICKI Jan	78		Kluby	15	00:33:08.71	+00:13:07 (39.6%)	6:37	9.1 (60.7%)
125	CZERNIK Tomasz	17	KILOMETRY POMOCY	M40	41	00:33:11.06	+00:13:09 (39.7%)	6:38	9 (60.0%)
126	SZYMAŃSKA Aleksandra	161	MORSY KLIMA WRZEŚNIA	K40	26	00:33:14.21	+00:13:12 (39.8%)	6:38	9 (60.0%)
127	STAYKOV Nikolay	150		Kluby	16	00:33:14.56	+00:13:13 (39.8%)	6:38	9 (60.0%)
128	ŁUKOWICZ Ireneusz	98		M40	42	00:33:16.47	+00:13:15 (39.8%)	6:39	9 (60.0%)
129	WARDEGA Damian	176	MORSY LUBIN	M40	43	00:33:24.35	+00:13:23 (40.1%)	6:40	9 (60.0%)
130	DEPTA Kasia	18		K18	17	00:33:25.04	+00:13:23 (40.1%)	6:41	9 (60.0%)
131	DZIKIEL Beata	127	BABKI Z KLASĄ	K40	27	00:33:25.74	+00:13:24 (40.1%)	6:41	9 (60.0%)
132	ŁAZAROWICZ Katarzyna	93		K40	28	00:33:25.94	+00:13:24 (40.1%)	6:41	9 (60.0%)
133	MIZUŁA Hanna	110	MORSY POŁCZYŃ-ZDRÓJ	K18	18	00:33:28.96	+00:13:27 (40.2%)	6:41	9 (60.0%)
134	ŁAZAROWICZ Piotr	94		Kluby	17	00:33:31.40	+00:13:30 (40.3%)	6:42	9 (60.0%)
135	MONDRON Katarzyna	111	POSEJDON KOSZALIN	K40	29	00:33:40.92	+00:13:39 (40.6%)	6:44	8.9 (59.3%)
136	MATUSIAK Dariusz	198	MORSY PAKOŚĆ	M40	44	00:33:41.24	+00:13:39 (40.6%)	6:44	8.9 (59.3%)
137	SKISŁOWSKA Marta	119	KILOMETRY POMOCY	K40	30	00:33:47.10	+00:13:45 (40.7%)	6:45	8.9 (59.3%)
138	DZWONCZYK-CZEMARNIK Iwona	26	KILOMETRY POMOCY I MORS, EX WROCLAW	K40	31	00:33:48.07	+00:13:46 (40.8%)	6:45	8.9 (59.3%)
139	ADAMCZYK Joanna	1	SWIETOKRZYSKI WLOCZYKIJ	K40	32	00:33:58.03	+00:13:56 (41.1%)	6:47	8.8 (58.7%)
140	SEKUŁA Iwona	141	SKIERNIEWICKI KLUB ZIMORODKA	K40	33	00:34:01.67	+00:14:00 (41.2%)	6:48	8.8 (58.7%)
141	KALICKA Anna	60	MORSY SIEDLCE	K40	34	00:34:21.77	+00:14:20 (41.7%)	6:52	8.7 (58.0%)
142	KLAMKA Wioletta	66	ŚWIĘTOKRZYSKI WŁÓCZYKIJ	K40	35	00:34:33.78	+00:14:32 (42.1%)	6:54	8.7 (58.0%)
143	PIETRZAK Dawid	132	KLIMA MORSY WRZEŚNIA NIGHT RUNNERS WRZEŚNIA	M40	45	00:34:52.67	+00:14:51 (42.6%)	6:58	8.6 (57.3%)
144	BŁASZAK Monika	9	MORSY KLIMA WRZESNIA NIGHT RUNNERS WRZEŚNIA	K40	36	00:34:53.46	+00:14:52 (42.6%)	6:58	8.6 (57.3%)
145	KRUPSKA Żaneta	77	BE ACTIVE LEŚNA	K18	19	00:35:05.73	+00:15:04 (42.9%)	7:01	8.6 (57.3%)
146	WIJATA Sylwia	181	CYNAMONKI	K18	20	00:35:06.15	+00:15:04 (43.0%)	7:01	8.5 (56.7%)
147	KWATERA Danuta	83	KKM KALORYFER	K18	21	00:35:07.91	+00:15:06 (43.0%)	7:01	8.5 (56.7%)
148	STACHURSKI Ireneusz	149	SKIERNIEWICKI KLUB ZIMORODKA	M40	46	00:35:35.11	+00:15:33 (43.7%)	7:07	8.4 (56.0%)
149	ADAMSKI Mariusz	2	KAMERALNE MORSY RASZKÓW	M40	47	00:35:41.65	+00:15:40 (43.9%)	7:08	8.4 (56.0%)
150	DZIĘCIELSKA Agnieszka	25		K40	37	00:36:07.04	+00:16:05 (44.6%)	7:13	8.3 (55.3%)
151	WANDYCZ Anna	175	BE ACTIVE LEŚNA	K40	38	00:36:24.41	+00:16:23 (45.0%)	7:16	8.2 (54.7%)
152	SZEWCZAK Kamila	156	TEAM DEAF	K18	22	00:36:29.15	+00:16:27 (45.1%)	7:17	8.2 (54.7%)
153	FILIPKOWSKA Honorata	28		K18	23	00:36:38.89	+00:16:37 (45.4%)	7:19	8.2 (54.7%)
154	SOBOLEWSKI Rafał	145	ZALEWAJKOWE ŚWIRY	M40	48	00:36:39.27	+00:16:37 (45.4%)	7:19	8.2 (54.7%)
155	KUŚNIERZ Dariusz	82	BARTOSZYCKI KLUB MORSÓW POLAR	Kluby	18	00:36:55.15	+00:16:53 (45.8%)	7:23	8.1 (54.0%)
156	CZERNIK Katarzyna	16	KILOMETRY POMOCY	K40	39	00:36:57.47	+00:16:56 (45.8%)	7:23	8.1 (54.0%)
157	SZEWCZYK Piotr	159	MORSUJĄCY KŁOBUCK	M40	49	00:37:20.27	+00:17:18 (46.4%)	7:28	8 (53.3%)
158	MILCZAREK Aneta	108	BIAŁE MORSY GOSTYNIŃ KUTNO	K40	40	00:37:21.72	+00:17:20 (46.4%)	7:28	8 (53.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Tempo min/km	Tempo km/h
						netto 5km	Różn		
159	ZAWADZKA Iwona	182		Kluby	19	00:37:22.83	+00:17:21 (46.4%)	7:28	8 (53.3%)
160	BULTROWICZ Marcin	13	W2M	M40	50	00:38:07.68	+00:18:06 (47.5%)	7:37	7.9 (52.7%)
161	ULBIN Jadwiga	171	MORSY GŁOGÓW	Kluby	20	00:38:31.31	+00:18:29 (48.0%)	7:42	7.8 (52.0%)
162	DŁUGOŁECKI Jakub	19	MORSY PRZASNYSZ	M18	29	00:38:42.41	+00:18:41 (48.3%)	7:44	7.8 (52.0%)
163	HAJDUK Magdalena	43		K18	24	00:38:42.48	+00:18:41 (48.3%)	7:44	7.8 (52.0%)
164	SKALSKA Kamila	144		K18	25	00:38:42.93	+00:18:41 (48.3%)	7:44	7.8 (52.0%)
165	KURZYWILK Dawid	81		M18	30	00:38:44.31	+00:18:42 (48.3%)	7:44	7.7 (51.3%)
166	KULIK Paweł	79	MORSY SIEDLCE	M18	31	00:38:44.52	+00:18:43 (48.3%)	7:44	7.7 (51.3%)
167	BOROWSKA Arletta	103	MORSY SIEDLCE	K40	41	00:38:49.76	+00:18:48 (48.4%)	7:45	7.7 (51.3%)
168	SOSNOWA Barbara	146	KILOMETRY POMOCY	K40	42	00:39:11.17	+00:19:09 (48.9%)	7:50	7.7 (51.3%)
169	PEŁKA Tomek	128	KILOMETRY POMOCY	M40	51	00:39:12.77	+00:19:11 (48.9%)	7:50	7.7 (51.3%)
170	ŚLEDŹ Dorota	164	SZARE MORSY	K18	26	00:39:15.85	+00:19:14 (49.0%)	7:51	7.6 (50.7%)
171	HOJDA Dorota	46	MORSEX	K40	43	00:39:18.40	+00:19:17 (49.1%)	7:51	7.6 (50.7%)
172	STACHOWIAK Rafał	147		M40	52	00:39:23.06	+00:19:21 (49.2%)	7:52	7.6 (50.7%)
173	STACHOWIAK Karolina	148		K40	44	00:39:23.62	+00:19:22 (49.2%)	7:52	7.6 (50.7%)
174	ZWOIŃSKA Iwona	191	MORSJANKI & MORSJANIE	K40	45	00:39:27.07	+00:19:25 (49.2%)	7:53	7.6 (50.7%)
175	BORKOWSKA Sylwia	11		K40	46	00:39:28.89	+00:19:27 (49.3%)	7:53	7.6 (50.7%)
176	LATOS Małgorzata	88	SARBINOWSKIE MORSY/WYCHODZĘ Z KIJAMI	Kluby	21	00:39:34.64	+00:19:33 (49.4%)	7:54	7.6 (50.7%)
177	ŚLEDŹ Janusz	165	SZARE MORSY	M40	53	00:39:41.67	+00:19:40 (49.6%)	7:56	7.6 (50.7%)
178	STRONGOWSKA Patrycja	152	MORSJANKI I MORSJANIE	K40	47	00:39:49.12	+00:19:47 (49.7%)	7:57	7.5 (50.0%)
179	ALCER Krzysztof	5		M40	54	00:39:52.24	+00:19:50 (49.8%)	7:58	7.5 (50.0%)
180	ALCER Anna	4		K40	48	00:39:58.14	+00:19:56 (49.9%)	7:59	7.5 (50.0%)
181	ZYSKOWSKI Marek	192	KKM KALORYFER	Kluby	22	00:41:18.17	+00:21:16 (51.5%)	8:15	7.3 (48.7%)
182	BURIAN Agnieszka	14	KS AMBER	K40	49	00:41:58.28	+00:21:56 (52.3%)	8:23	7.1 (47.3%)
183	ROSMANOWSKA Iwona	139	#STRONGWOMEN	K40	50	00:42:25.73	+00:22:24 (52.8%)	8:29	7.1 (47.3%)
184	KALINOWSKA Klaudia	61	#STRONGWOMEN	K18	27	00:42:25.81	+00:22:24 (52.8%)	8:29	7.1 (47.3%)
185	ŚLUBOWSKA Katarzyna	166	#STRONGWOMEN	K40	51	00:42:26.95	+00:22:25 (52.8%)	8:29	7.1 (47.3%)
186	ŻABKA Agnieszka	193	#STRONGWOMEN	K40	52	00:42:28.13	+00:22:26 (52.9%)	8:29	7.1 (47.3%)
187	OSIECKA-SAJNOG Katarzyna	124	#STRONGWOMEN	K40	53	00:42:29.74	+00:22:28 (52.9%)	8:29	7.1 (47.3%)
188	MATUSIAK Edyta	199	MORSY PAKOŚĆ	K40	54	00:43:04.46	+00:23:03 (53.5%)	8:36	7 (46.7%)
189	FIEDUR Zbigniew	167	MORSY PAKOŚĆ	M40	55	00:43:04.57	+00:23:03 (53.5%)	8:36	7 (46.7%)
190	KAMIŃSKA Katarzyna	200	MORSY PAKOŚĆ	K40	55	00:43:05.32	+00:23:03 (53.5%)	8:37	7 (46.7%)
191	SIMINSKA Monika	143		K40	56	00:43:05.38	+00:23:04 (53.5%)	8:37	7 (46.7%)
192	SZYMAŃSKI Radosław	163	MORSY KLIMA WRZEŚNIA	M40	56	00:44:21.26	+00:24:19 (54.9%)	8:52	6.8 (45.3%)
193	KORUBA Robert	70		Kluby	23	00:45:08.24	+00:25:06 (55.6%)	9:01	6.6 (44.0%)
194	MAMROT Artur	67	TKKF KOSZALIN	M40	57	00:45:08.86	+00:25:07 (55.7%)	9:01	6.6 (44.0%)
195	PAŻEWSKA Agnieszka	87	TKKF KOSZALIN	K40	57	00:45:09.82	+00:25:08 (55.7%)	9:01	6.6 (44.0%)
196	MIKOŁAJCZYK Lidia	69	TKKF KOSZALIN	K18	28	00:45:10.02	+00:25:08 (55.7%)	9:02	6.6 (44.0%)
197	DUDA Anna	22		K40	58	00:45:36.29	+00:25:34 (56.1%)	9:07	6.6 (44.0%)
198	FORMALEWICZ Kasia	29	SARBINOWSKIE MORSY /WYCHODZĘ Z KIJAMI	K40	59	00:45:47.50	+00:25:46 (56.3%)	9:09	6.6 (44.0%)
199	STRZAŁKOWSKI Michał	107	MORSY SIEDLCE	Kluby	24	00:47:15.51	+00:27:14 (57.6%)	9:27	6.3 (42.0%)
200	HAŁKA Małgorzata	45	KILOMETRY POMOCY	K40	60	00:50:19.91	+00:30:18 (60.2%)	10:03	6 (40.0%)
201	HAŁKA Jan	44	KILOMETRY POMOCY	M40	58	00:50:25.99	+00:30:24 (60.3%)	10:05	6 (40.0%)

