

# BIEG ŚNIADANIOWY / KLUBOWE MISTRZOSTWA MORSÓW

B4SPORT

**Organizator:** Centrum Kultury Mielno  
**Data:** 2023-02-11  
**Miejsce:** Mielno  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	JARECKI Ireneusz	79		M50	1	00:18:59.15		3:47	15.8 (100%)
2	ZIELINSKI Sławomir	279	MORSY ROSKILDE.DK	M40	1	00:19:07.15	+00:00:08 (0.7%)	3:49	15.7 (99.4%)
3	BOŻEK Artur	295		M18	1	00:19:19.15	+00:00:20 (1.7%)	3:51	15.5 (98.1%)
4	OKUNIEWICZ Wojciech	164	STRZEGOMSKA DWUNASTKA	M40	2	00:19:27.20	+00:00:28 (2.4%)	3:53	15.4 (97.5%)
5	OWCZAREK Jakub	168	JUTROSINSKI KLUB MORSÓW	M18	2	00:19:43.15	+00:00:44 (3.7%)	3:56	15.2 (96.2%)
6	TROCHIMIUK Andrzej	246	MORSY JELENIN	M40	3	00:19:50.55	+00:00:51 (4.3%)	3:58	15.1 (95.6%)
7	PICK Tomasz	176	BIEGOLAS KOSZALIN	M50	2	00:20:11.50	+00:01:12 (6.0%)	4:02	14.9 (94.3%)
8	RACHAŃSKI Michał	195	ROCK BALANCING ICE	M18	3	00:20:39.25	+00:01:40 (8.1%)	4:07	14.5 (91.8%)
9	ŚLIWIŃSKI Bartosz	244		M18	4	00:21:12.05	+00:02:12 (10.4%)	4:14	14.2 (89.9%)
10	SĘK Michał	201	AMBER KLUB TOMASZOW MAZOWIECKI	M18	5	00:21:26.15	+00:02:27 (11.4%)	4:17	14 (88.6%)
11	PERŁOWSKI Kamil	174	ŻYRARDOWSKIE MORSY	M18	6	00:21:41.45	+00:02:42 (12.5%)	4:20	13.8 (87.3%)
12	GROBELNY Sebastian	66	FOLLOW MORS	M40	4	00:21:46.60	+00:02:47 (12.8%)	4:21	13.8 (87.3%)
13	DUMIŃSKI Tomasz	42	STRZEGOMSKA DWUNASTKA	M40	5	00:21:47.10	+00:02:47 (12.8%)	4:21	13.8 (87.3%)
14	BARSZCZEWSKI Sebastian	12		M40	6	00:21:52.10	+00:02:52 (13.2%)	4:22	13.7 (86.7%)
15	SOSNOWSKI Rafał	212	KLUB MORSZA BESKID MAŁY	M40	7	00:21:53.15	+00:02:54 (13.3%)	4:22	13.7 (86.7%)
16	NOWICKA Alicja	158	TUPTAŃSKO	K18	1	00:21:57.65	+00:02:58 (13.5%)	4:23	13.7 (86.7%)
17	WIENCEK Artur	263	KAMERALNE MORSY RASZKÓW	M40	8	00:21:57.95	+00:02:58 (13.6%)	4:23	13.7 (86.7%)
18	OBARA Żaneta	160	MISTRZOWSKI TRENING	K40	1	00:22:03.50	+00:03:04 (13.9%)	4:24	13.6 (86.1%)
19	CHABOWSKI Tomasz	32	MALBORSKIE MORSY	M50	3	00:22:17.55	+00:03:18 (14.8%)	4:27	13.5 (85.4%)
20	RUDZIEWICZ Mariusz	198	RUDE MORSY	M40	9	00:22:26.45	+00:03:27 (15.4%)	4:29	13.4 (84.8%)
21	NOWICKI Mariusz	159	TUPTAŃSKO	M18	7	00:22:29.05	+00:03:29 (15.6%)	4:29	13.3 (84.2%)
22	MENZEL Stanisław	148	ŚREMSKI KLUB MORSÓW MROZIK	M50	4	00:22:31.85	+00:03:32 (15.7%)	4:30	13.3 (84.2%)
23	PIASKOWSKI Artur	175		M40	10	00:22:34.50	+00:03:35 (15.9%)	4:30	13.3 (84.2%)
24	KULAWIAK Bogdan	118	BIAŁYMIŚ	M50	5	00:22:38.55	+00:03:39 (16.1%)	4:31	13.3 (84.2%)
25	WEGNER Tomasz	298		M40	11	00:22:47.50	+00:03:48 (16.7%)	4:33	13.2 (83.5%)
26	SPAŁEK Marcin	213	SOPEL DOBRODZIEŃ	M18	8	00:22:54.20	+00:03:55 (17.1%)	4:34	13.1 (82.9%)
27	MĘKARSKI Sławomir	149	KS AMBER	M50	6	00:23:07.25	+00:04:08 (17.9%)	4:37	13 (82.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Tempo min/km	Tempo km/h	
						netto	Różn			
						5km				
28	<b>PLUSKOTA Przemysław</b>	<b>179</b>		M50	7	<b>00:23:08.50</b>	+00:04:09 (18.0%)	4:37	13 (82.3%)	
29	<b>SZYDŁOWSKI Michał</b>	<b>240</b>		M18	9	<b>00:23:09.15</b>	+00:04:10 (18.0%)	4:37	13 (82.3%)	
30	<b>OWCZARZ Marcin</b>	<b>170</b>	FIGA PRACOWNIA PROJEKTOWA	M18	10	<b>00:23:15.75</b>	+00:04:16 (18.4%)	4:39	12.9 (81.6%)	
31	<b>WĘCLEWSKI Robert</b>	<b>260</b>	ŚREMSKI KLUB MORSÓW MROZIK	M40	12	<b>00:23:16.15</b>	+00:04:17 (18.4%)	4:39	12.9 (81.6%)	
32	<b>GAWEŁ Artur</b>	<b>296</b>		M18	11	<b>00:23:16.95</b>	+00:04:17 (18.5%)	4:39	12.9 (81.6%)	
33	<b>IWON Marcin</b>	<b>75</b>	BARTOSZYCKI KLUB MORSÓW POLAR	M40	13	<b>00:23:45.70</b>	+00:04:46 (20.1%)	4:45	12.6 (79.7%)	
34	<b>WIJAS Kinga</b>	<b>265</b>		K18	2	<b>00:23:46.00</b>	+00:04:46 (20.1%)	4:45	12.6 (79.7%)	
35	<b>BUDYNEK Mateusz</b>	<b>27</b>		M18	12	<b>00:23:50.90</b>	+00:04:51 (20.4%)	4:46	12.6 (79.7%)	
36	<b>MAZEPA Izabela</b>	<b>145</b>		K18	3	<b>00:23:55.70</b>	+00:04:56 (20.7%)	4:47	12.5 (79.1%)	
37	<b>KOSMALA Waldemar</b>	<b>111</b>		M40	14	<b>00:23:57.75</b>	+00:04:58 (20.8%)	4:47	12.5 (79.1%)	
38	<b>BOCHEŃSKI Rafał</b>	<b>20</b>	KKM KALORYFER	M40	15	<b>00:23:58.85</b>	+00:04:59 (20.8%)	4:47	12.5 (79.1%)	
39	<b>FEDYCZKOWSKI Edward</b>	<b>49</b>	STRZEGOMSKA DWUNASTKA	M50	8	<b>00:24:06.25</b>	+00:05:07 (21.2%)	4:49	12.4 (78.5%)	
40	<b>SUDER-MAKSYMOWICZ Grzegorz</b>	<b>233</b>		M40	16	<b>00:24:06.95</b>	+00:05:07 (21.3%)	4:49	12.4 (78.5%)	
41	<b>RUDEK Marcin</b>	<b>196</b>	MORSY RACIBÓRZ	M40	17	<b>00:24:07.35</b>	+00:05:08 (21.3%)	4:49	12.4 (78.5%)	
42	<b>RUSINEK Łukasz</b>	<b>292</b>		M40	18	<b>00:24:13.75</b>	+00:05:14 (21.6%)	4:50	12.4 (78.5%)	
42	<b>HOREGLAD Paweł</b>	<b>72</b>	SPEEDY GONZALES	M18	13	<b>00:24:13.75</b>	+00:05:14 (21.6%)	4:50	12.4 (78.5%)	
44	<b>STRZELECKI Grzegorz</b>	<b>231</b>	FIGA PRACOWNIA PROJEKTOWA	M40	19	<b>00:24:17.00</b>	+00:05:17 (21.8%)	4:51	12.4 (78.5%)	
45	<b>SZYPULSKI Michał</b>	<b>243</b>	FIGA PRACOWNIA PROJEKTOWA	M18	14	<b>00:24:18.55</b>	+00:05:19 (21.9%)	4:51	12.3 (77.8%)	
46	<b>OGŁOSZKA Dariusz</b>	<b>163</b>	BIĄŁE MORSY GOSTYNIN-KUTNO	M50	9	<b>00:24:19.50</b>	+00:05:20 (21.9%)	4:51	12.3 (77.8%)	
47	<b>SOSNOWSKA Iga</b>	<b>211</b>	ŚWINIE TRAVEL	K18	4	<b>00:24:22.40</b>	+00:05:23 (22.1%)	4:52	12.3 (77.8%)	
48	<b>PARZYBUT Jan</b>	<b>171</b>	BRACTWO MORSÓW PNIEWY	M50	10	<b>00:24:24.35</b>	+00:05:25 (22.2%)	4:52	12.3 (77.8%)	
49	<b>GUZEK Mariusz</b>	<b>70</b>	BIĄŁE MORSY GOSTYNIN-KUTNO	M40	20	<b>00:24:25.75</b>	+00:05:26 (22.3%)	4:53	12.3 (77.8%)	
50	<b>MUCHAJER Stanisław</b>	<b>153</b>		M60+	1	<b>00:24:34.25</b>	+00:05:35 (22.7%)	4:54	12.2 (77.2%)	
51	<b>REIMAN Marcin</b>	<b>204</b>		M40	21	<b>00:24:36.50</b>	+00:05:37 (22.8%)	4:55	12.2 (77.2%)	
52	<b>KOSIBA Anna</b>	<b>109</b>	KILOMETRY POMOCY	K18	5	<b>00:24:37.50</b>	+00:05:38 (22.9%)	4:55	12.2 (77.2%)	
53	<b>SIEPIETOWSKI Krzysztof</b>	<b>202</b>	BAWARSKIE MORSY	M18	15	<b>00:24:42.65</b>	+00:05:43 (23.2%)	4:56	12.1 (76.6%)	
54	<b>JELEŃ Marek</b>	<b>83</b>	PARKRUN CHRZANÓW	M50	11	<b>00:24:44.05</b>	+00:05:44 (23.2%)	4:56	12.1 (76.6%)	
55	<b>KORCZAK Piotr</b>	<b>107</b>	BAWARSKIE MORSY	M18	16	<b>00:24:51.05</b>	+00:05:51 (23.6%)	4:58	12.1 (76.6%)	
56	<b>WOJDAT Robert</b>	<b>270</b>	DRUŻYNA SZPIKU	M40	22	<b>00:24:54.20</b>	+00:05:55 (23.8%)	4:58	12 (75.9%)	
57	<b>KALETA Krzysztof</b>	<b>90</b>	KAMERALNE MORSY RASZKÓW	M40	23	<b>00:24:55.25</b>	+00:05:56 (23.8%)	4:59	12 (75.9%)	
58	<b>KASPRZYK Bogdan</b>	<b>95</b>		M50	12	<b>00:24:56.00</b>	+00:05:56 (23.9%)	4:59	12 (75.9%)	
59	<b>TYLUS Rafał</b>	<b>251</b>		M40	24	<b>00:24:56.55</b>	+00:05:57 (23.9%)	4:59	12 (75.9%)	
60	<b>ADAMOWICZ Anna</b>	<b>3</b>	FIGA PRACOWNIA PROJEKTOWA	K18	6	<b>00:24:56.75</b>	+00:05:57 (23.9%)	4:59	12 (75.9%)	
61	<b>PODBYLSKI Łukasz</b>	<b>183</b>		M40	25	<b>00:24:59.05</b>	+00:05:59 (24.0%)	4:59	12 (75.9%)	
62	<b>JESSA Włodzimierz</b>	<b>85</b>	ŚREMSKI KLUB MORSÓW MROZIK	M50	13	<b>00:25:05.95</b>	+00:06:06 (24.4%)	5:01	12 (75.9%)	
63	<b>KULIK Paweł</b>	<b>119</b>	MORSY SIEDLCE	M18	17	<b>00:25:07.05</b>	+00:06:07 (24.4%)	5:01	11.9 (75.3%)	
64	<b>WIKTORIA Wójcik</b>	<b>266</b>		K18	7	<b>00:25:07.85</b>	+00:06:08 (24.5%)	5:01	11.9 (75.3%)	
65	<b>SZEWCZYK Monika</b>	<b>238</b>	KKM KALORYFER	K40	2	<b>00:25:11.25</b>	+00:06:12 (24.6%)	5:02	11.9 (75.3%)	
66	<b>STANISZEWSKA Joanna</b>	<b>219</b>	BIĄŁE MORSY GOSTYNIN-KUTNO	K40	3	<b>00:25:12.00</b>	+00:06:12 (24.7%)	5:02	11.9 (75.3%)	
67	<b>KWIATKOWSKA Monika</b>	<b>124</b>	AMBER KLUB TOMASZOW MAZOWIECKI	K40	4	<b>00:25:15.30</b>	+00:06:16 (24.8%)	5:03	11.9 (75.3%)	
68	<b>ANDRZEJCZAK Erwin</b>	<b>293</b>		M18	18	<b>00:25:15.90</b>	+00:06:16 (24.9%)	5:03	11.9 (75.3%)	
69	<b>KĘDZIERSKI Mirosław</b>	<b>97</b>	BABKI Z KLASA	M60+	2	<b>00:25:19.30</b>	+00:06:20 (25.0%)	5:03	11.8 (74.7%)	
70	<b>KĘDZIERSKA Lilianna</b>	<b>96</b>	BABKI Z KLASĄ	K50	1	<b>00:25:22.20</b>	+00:06:23 (25.2%)	5:04	11.8 (74.7%)	
71	<b>ZAPAŚNIK Miłosz</b>	<b>278</b>	STRZEGOMSKA DWUNASTKA	M18	19	<b>00:25:22.60</b>	+00:06:23 (25.2%)	5:04	11.8 (74.7%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Tempo min/km	Tempo km/h	
						netto	Różn			
						5km				
72	<b>KUBIAK Katarzyna</b>	<b>117</b>		K40	5	<b>00:25:23.80</b>	+00:06:24 (25.2%)	5:04	11.8 (74.7%)	
73	<b>MAĆZKA Michał</b>	<b>146</b>		M18	20	<b>00:25:24.80</b>	+00:06:25 (25.3%)	5:04	11.8 (74.7%)	
74	<b>CZERNIEWSKI Marcin</b>	<b>35</b>	7JEDEN	M18	21	<b>00:25:24.90</b>	+00:06:25 (25.3%)	5:04	11.8 (74.7%)	
75	<b>SYSIK Aneta</b>	<b>235</b>	MORSY SIEDLCE	K40	6	<b>00:25:33.10</b>	+00:06:33 (25.7%)	5:06	11.7 (74.1%)	
76	<b>PIECHOTA Robert</b>	<b>177</b>	POSEJDON- KOSZALIŃSKI KLUB MORSÓW	M50	14	<b>00:25:33.75</b>	+00:06:34 (25.7%)	5:06	11.7 (74.1%)	
77	<b>SMACHA Damian</b>	<b>209</b>	NIEZRZESZONY	M18	22	<b>00:25:34.80</b>	+00:06:35 (25.8%)	5:06	11.7 (74.1%)	
78	<b>JANAS Mariusz</b>	<b>297</b>		M40	26	<b>00:25:36.05</b>	+00:06:36 (25.8%)	5:07	11.7 (74.1%)	
79	<b>FEDYCZKOWSKA Justyna</b>	<b>48</b>	STRZEGOMSKA DWUNASTKA	K50	2	<b>00:25:40.55</b>	+00:06:41 (26.1%)	5:08	11.7 (74.1%)	
80	<b>DZIĘGIELEWSKA Dominika</b>	<b>45</b>	STRZEGOMSKA DWUNASTKA	K18	8	<b>00:25:45.90</b>	+00:06:46 (26.3%)	5:09	11.7 (74.1%)	
81	<b>GOLEŃ Anna</b>	<b>61</b>	MORSY WROCŁAWSKIE	K40	7	<b>00:25:48.80</b>	+00:06:49 (26.4%)	5:09	11.6 (73.4%)	
82	<b>GNIOT Katarzyna</b>	<b>59</b>	MORSY NA KOKSIE	K40	8	<b>00:25:51.40</b>	+00:06:52 (26.6%)	5:10	11.6 (73.4%)	
83	<b>GROBELNA Angelika</b>	<b>65</b>	BYDGOSZCZ NA START	K40	9	<b>00:25:53.00</b>	+00:06:53 (26.6%)	5:10	11.6 (73.4%)	
84	<b>PORAZIŃSKA Viktoria</b>	<b>188</b>	NAGLE MORSOWANIE	K40	10	<b>00:25:53.10</b>	+00:06:53 (26.7%)	5:10	11.6 (73.4%)	
85	<b>BOGUSŁAWSKA Renata</b>	<b>21</b>	NIGHT RUNNERS	K50	3	<b>00:25:58.65</b>	+00:06:59 (26.9%)	5:11	11.6 (73.4%)	
86	<b>CZERWIŃSKI Krzysztof</b>	<b>249</b>		M18	23	<b>00:26:02.10</b>	+00:07:02 (27.1%)	5:12	11.5 (72.8%)	
87	<b>OLEKSIUK Aneta</b>	<b>166</b>	CZORTY ZGORZELEC	K18	9	<b>00:26:07.50</b>	+00:07:08 (27.3%)	5:13	11.5 (72.8%)	
88	<b>KALINOWSKI Jakub</b>	<b>93</b>	DUNPOL	M18	24	<b>00:26:08.45</b>	+00:07:09 (27.4%)	5:13	11.5 (72.8%)	
89	<b>JANIAK Leszek</b>	<b>77</b>	BIAŁE MORSY GOSTYNIN-KUTNO	M18	25	<b>00:26:14.45</b>	+00:07:15 (27.6%)	5:14	11.4 (72.2%)	
90	<b>BURGHARDT Renata</b>	<b>28</b>	KB HERMES	K50	4	<b>00:26:21.30</b>	+00:07:22 (28.0%)	5:16	11.4 (72.2%)	
91	<b>WOLIŃSKA Agnieszka</b>	<b>271</b>	BIAŁE MORSY GOSTYNIN-KUTNO	K40	11	<b>00:26:25.45</b>	+00:07:26 (28.1%)	5:17	11.4 (72.2%)	
92	<b>PUDEŁKO Dariusz</b>	<b>193</b>	STELLANTIS ACTIVE TEAM	M50	15	<b>00:26:52.20</b>	+00:07:53 (29.3%)	5:22	11.2 (70.9%)	
93	<b>ADAMUS Daniel</b>	<b>6</b>	STRZEGOMSKA DWUNASTKA	M40	27	<b>00:27:00.55</b>	+00:08:01 (29.7%)	5:24	11.1 (70.3%)	
94	<b>ZAKRZEWSKA Ania</b>	<b>276</b>	STRZEGOMSKA DWUNASTKA	K40	12	<b>00:27:01.70</b>	+00:08:02 (29.8%)	5:24	11.1 (70.3%)	
95	<b>MATŁOSZ Juliusz</b>	<b>144</b>		M40	28	<b>00:27:06.20</b>	+00:08:07 (30.0%)	5:25	11.1 (70.3%)	
96	<b>JARZĘBSKI Piotr</b>	<b>73</b>	SOCIOSSILESIA	K18	10	<b>00:27:06.40</b>	+00:08:07 (30.0%)	5:25	11.1 (70.3%)	
97	<b>ZAŁĘSKA Agnieszka</b>	<b>277</b>	MORSJANKI & MORSJANIE	K40	13	<b>00:27:17.65</b>	+00:08:18 (30.4%)	5:27	11 (69.6%)	
98	<b>KOZŁOWSKI Adam</b>	<b>114</b>		M40	29	<b>00:27:18.50</b>	+00:08:19 (30.5%)	5:27	11 (69.6%)	
99	<b>KACZMAREK Lidia</b>	<b>88</b>		K40	14	<b>00:27:23.70</b>	+00:08:24 (30.7%)	5:28	11 (69.6%)	
100	<b>PODBYLSKA Magdalena</b>	<b>182</b>	ZMECZENI NA STARCIE DOBIEGNIĘW	K40	15	<b>00:27:29.35</b>	+00:08:30 (30.9%)	5:29	10.9 (69.0%)	
101	<b>STRONGOWSKI Krzysztof</b>	<b>229</b>	MORSJANKI & MORSJANIE	M40	30	<b>00:27:32.15</b>	+00:08:33 (31.1%)	5:30	10.9 (69.0%)	
102	<b>PASOŃ Krzysztof</b>	<b>172</b>	BODY MORS TARNOBZEG	M50	16	<b>00:27:32.45</b>	+00:08:33 (31.1%)	5:30	10.9 (69.0%)	
103	<b>ŁAZAROWICZ Katarzyna</b>	<b>135</b>		K40	16	<b>00:27:37.95</b>	+00:08:38 (31.3%)	5:31	10.9 (69.0%)	
104	<b>WÓJCIK Przemysław</b>	<b>274</b>		M18	26	<b>00:27:39.95</b>	+00:08:40 (31.4%)	5:31	10.8 (68.4%)	
105	<b>PŁACZKOWSKI Krzysztof</b>	<b>180</b>		M40	31	<b>00:27:45.60</b>	+00:08:46 (31.6%)	5:33	10.8 (68.4%)	
106	<b>STACHNIK Bartłomiej</b>	<b>214</b>	SOPOCKI KLUB MORSÓW	M40	32	<b>00:27:46.55</b>	+00:08:47 (31.6%)	5:33	10.8 (68.4%)	
107	<b>BŁAŻEWSKI Marek</b>	<b>18</b>	SOPEL DOBRODZIĘŃ	M50	17	<b>00:27:48.80</b>	+00:08:49 (31.7%)	5:33	10.8 (68.4%)	
108	<b>NAZIM Tadeusz</b>	<b>155</b>	KKM KALORYFER	M60+	3	<b>00:28:01.75</b>	+00:09:02 (32.3%)	5:36	10.7 (67.7%)	
109	<b>MATLAK Piotr</b>	<b>143</b>	KRÓLEWSKIE MORSY GNIEZNO	M50	18	<b>00:28:01.85</b>	+00:09:02 (32.3%)	5:36	10.7 (67.7%)	
110	<b>ZBOREK Adam</b>	<b>288</b>		M40	33	<b>00:28:09.10</b>	+00:09:09 (32.6%)	5:37	10.7 (67.7%)	
111	<b>KOSIOREK Sylwia</b>	<b>110</b>		K18	11	<b>00:28:12.30</b>	+00:09:13 (32.7%)	5:38	10.6 (67.1%)	
111	<b>MADEJ Gabriela</b>	<b>138</b>		K18	11	<b>00:28:12.30</b>	+00:09:13 (32.7%)	5:38	10.6 (67.1%)	
113	<b>PŁÓCIENNIK Renata</b>	<b>181</b>	KAMERALNE MORSY RASZKÓW	K60+	1	<b>00:28:15.15</b>	+00:09:16 (32.8%)	5:39	10.6 (67.1%)	
114	<b>MIELCZAREK Wioletta</b>	<b>284</b>		K40	17	<b>00:28:15.85</b>	+00:09:16 (32.8%)	5:39	10.6 (67.1%)	
115	<b>SERWA Mariusz</b>	<b>200</b>		M50	19	<b>00:28:18.55</b>	+00:09:19 (32.9%)	5:39	10.6 (67.1%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Tempo min/km	Tempo km/h	
						netto	Różn			
						5km				
116	<b>ŁAWNICZAK Justyna</b>	<b>133</b>	JUTROSINSKI KLUB MORSÓW	K40	18	<b>00:28:19.60</b>	+00:09:20 (33.0%)	5:39	10.6 (67.1%)	
117	<b>WIŚNIEWSKI Rafał</b>	<b>248</b>		M40	34	<b>00:28:22.20</b>	+00:09:23 (33.1%)	5:40	10.6 (67.1%)	
118	<b>ADAMCZUK Roman</b>	<b>1</b>		M50	20	<b>00:28:32.80</b>	+00:09:33 (33.5%)	5:42	10.5 (66.5%)	
119	<b>JUSZCZAK Krzysztof</b>	<b>87</b>		M60+	4	<b>00:28:32.85</b>	+00:09:33 (33.5%)	5:42	10.5 (66.5%)	
120	<b>PIOTROWSKI Grzegorz</b>	<b>221</b>	STRZEGOMSKA DWUNASTKA	M40	35	<b>00:28:33.10</b>	+00:09:33 (33.5%)	5:42	10.5 (66.5%)	
121	<b>GOŁĘBIEWSKI Kazimierz</b>	<b>62</b>	KEMPER TEAM	M40	36	<b>00:28:34.70</b>	+00:09:35 (33.6%)	5:42	10.5 (66.5%)	
122	<b>PISANIAK Dariusz</b>	<b>178</b>	BORGWARNER	M50	21	<b>00:28:37.45</b>	+00:09:38 (33.7%)	5:43	10.5 (66.5%)	
123	<b>PAWLUS Grzegorz</b>	<b>173</b>	KLUB MORSZA BESKID MAŁY	M18	27	<b>00:28:39.70</b>	+00:09:40 (33.8%)	5:43	10.5 (66.5%)	
124	<b>MAJEWSKA Aleksandra</b>	<b>116</b>		K50	5	<b>00:28:53.00</b>	+00:09:53 (34.3%)	5:46	10.4 (65.8%)	
125	<b>BOBROWSKI Przemyslaw</b>	<b>19</b>		M50	22	<b>00:28:53.35</b>	+00:09:54 (34.3%)	5:46	10.4 (65.8%)	
126	<b>BEDNAREK Małgorzata</b>	<b>15</b>	KULAWA MEWA	K18	13	<b>00:28:56.00</b>	+00:09:56 (34.4%)	5:47	10.4 (65.8%)	
127	<b>MARCINIAK Michał</b>	<b>141</b>	ŚREMSKI KLUB MORSÓW MROZIK	M40	37	<b>00:29:05.00</b>	+00:10:05 (34.7%)	5:49	10.3 (65.2%)	
128	<b>DZIKIEL Beata</b>	<b>46</b>	BABKI Z KLASĄ	K50	6	<b>00:29:06.35</b>	+00:10:07 (34.8%)	5:49	10.3 (65.2%)	
129	<b>WIELAND Lidia</b>	<b>261</b>	RUDE MORSY	K50	7	<b>00:29:23.60</b>	+00:10:24 (35.4%)	5:52	10.2 (64.6%)	
130	<b>STRAWA Arkadiusz</b>	<b>227</b>	POZYTYWNIEM ZMORSOWANI	M40	38	<b>00:29:34.70</b>	+00:10:35 (35.8%)	5:54	10.1 (63.9%)	
131	<b>WALIGORA Irek</b>	<b>257</b>	ŚREMSKI KLUB MORSÓW MROZIK	M50	23	<b>00:29:38.80</b>	+00:10:39 (36.0%)	5:55	10.1 (63.9%)	
132	<b>SOCZEWKA Daniel</b>	<b>210</b>	MORSY SIEDLCE	M40	39	<b>00:29:40.00</b>	+00:10:40 (36.0%)	5:56	10.1 (63.9%)	
133	<b>ŁAWNICZAK Nikodem</b>	<b>134</b>	JUTROSINSKI KLUB MORSÓW	M14	1	<b>00:29:47.65</b>	+00:10:48 (36.3%)	5:57	10.1 (63.9%)	
134	<b>JANOWICZ Paulina</b>	<b>78</b>		K18	14	<b>00:29:58.25</b>	+00:10:59 (36.7%)	5:59	10 (63.3%)	
135	<b>DUDEK Katarzyna</b>	<b>41</b>	ŚWINIE TRAVEL	K18	15	<b>00:29:58.35</b>	+00:10:59 (36.7%)	5:59	10 (63.3%)	
136	<b>JUREK Joanna</b>	<b>86</b>		K18	16	<b>00:29:58.80</b>	+00:10:59 (36.7%)	5:59	10 (63.3%)	
137	<b>JESSA Grażyna</b>	<b>84</b>	ŚREMSKI KLUB MORSÓW MROZIK	M50	24	<b>00:29:59.55</b>	+00:11:00 (36.7%)	5:59	10 (63.3%)	
138	<b>ŚMIGIEL Arkadiusz</b>	<b>290</b>		M40	40	<b>00:30:04.35</b>	+00:11:05 (36.9%)	6:00	10 (63.3%)	
139	<b>LEŚNIAK Dorota</b>	<b>127</b>		K40	19	<b>00:30:06.50</b>	+00:11:07 (36.9%)	6:01	10 (63.3%)	
140	<b>MIKOŁAJCZAK Madzia</b>	<b>150</b>	ŚREMSKI KLUB MORSÓW MROZIK	K18	17	<b>00:30:07.70</b>	+00:11:08 (37.0%)	6:01	10 (63.3%)	
141	<b>ADAMSKI Mariusz</b>	<b>5</b>	KAMERALNE MORSY RASZKÓW	M40	41	<b>00:30:11.15</b>	+00:11:12 (37.1%)	6:02	9.9 (62.7%)	
142	<b>SADOWSKI Dariusz</b>	<b>289</b>		M50	25	<b>00:30:11.55</b>	+00:11:12 (37.1%)	6:02	9.9 (62.7%)	
143	<b>KUŹMIN Krystyna</b>	<b>122</b>		K50	8	<b>00:30:14.70</b>	+00:11:15 (37.2%)	6:02	9.9 (62.7%)	
144	<b>KUŹNIEWSKA-KĘDZIERSKA Anna</b>	<b>123</b>	WODNE NIEBO OSTRORÓG	K40	20	<b>00:30:19.55</b>	+00:11:20 (37.4%)	6:03	9.9 (62.7%)	
145	<b>PRZYBYSZ Małgorzata</b>	<b>191</b>	MORSY MUROWANA GOŚLINA	K18	18	<b>00:30:20.10</b>	+00:11:20 (37.4%)	6:04	9.9 (62.7%)	
146	<b>PRZYBYSZ Bartosz</b>	<b>192</b>	TURYŚCI TEAM	M18	28	<b>00:30:21.90</b>	+00:11:22 (37.5%)	6:04	9.9 (62.7%)	
147	<b>GRAFIK Renata</b>	<b>63</b>	JUTROSINSKI KLUB MORSÓW	K40	21	<b>00:30:22.95</b>	+00:11:23 (37.5%)	6:04	9.9 (62.7%)	
148	<b>GRAFIK Grzegorz</b>	<b>64</b>	JUTROSINSKI KLUB MORSÓW	M50	26	<b>00:30:23.20</b>	+00:11:24 (37.5%)	6:04	9.9 (62.7%)	
149	<b>DUDA Marek</b>	<b>40</b>	JUTROSINSKI KLUB MORSÓW	M40	42	<b>00:30:24.35</b>	+00:11:25 (37.6%)	6:04	9.9 (62.7%)	
150	<b>RUDZIEWICZ Małgorzata</b>	<b>197</b>	RUDE MORSY	K40	22	<b>00:30:26.85</b>	+00:11:27 (37.6%)	6:05	9.9 (62.7%)	
151	<b>WOSZCZYŃSKA Martyna</b>	<b>272</b>	ŚREMSKI KLUB MORSÓW MROZIK	K18	19	<b>00:30:26.90</b>	+00:11:27 (37.6%)	6:05	9.9 (62.7%)	
152	<b>KOMRUS Sławek</b>	<b>280</b>		M40	43	<b>00:30:31.30</b>	+00:11:32 (37.8%)	6:06	9.8 (62.0%)	
153	<b>MATLAK Lidia</b>	<b>142</b>	KROLEWSKIE MORSY GNIEZNO	K50	9	<b>00:30:40.70</b>	+00:11:41 (38.1%)	6:08	9.8 (62.0%)	
154	<b>SUDER-MAKSYMOWICZ Monika</b>	<b>232</b>		K40	23	<b>00:30:43.80</b>	+00:11:44 (38.2%)	6:08	9.8 (62.0%)	
155	<b>STĘPIEŃ Maria</b>	<b>225</b>	OPALENICKI KLUB BIEGACZA	K60+	2	<b>00:30:43.85</b>	+00:11:44 (38.2%)	6:08	9.8 (62.0%)	
156	<b>YANKEY Anna</b>	<b>250</b>		K18	20	<b>00:30:53.80</b>	+00:11:54 (38.6%)	6:10	9.7 (61.4%)	
157	<b>MIELCZAREK Kazimierz</b>	<b>283</b>		M40	44	<b>00:30:55.65</b>	+00:11:56 (38.6%)	6:11	9.7 (61.4%)	
158	<b>GWIZDAŁA Daniel</b>	<b>71</b>	ROCK BALANCING ICE	M40	45	<b>00:31:01.80</b>	+00:12:02 (38.8%)	6:12	9.7 (61.4%)	
159	<b>DUMIŃSKI Stanisław</b>	<b>43</b>	STRZEGOMSKA DWUNASTKA	M60+	5	<b>00:31:08.05</b>	+00:12:08 (39.0%)	6:13	9.6 (60.8%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Tempo min/km	Tempo km/h
						netto	Różn		
						5km			
160	<b>GĘBSKI Sławomir</b>	<b>55</b>	KKM KALORYFER	M50	27	<b>00:31:09.10</b>	+00:12:09 (39.1%)	6:13	9.6 (60.8%)
161	<b>SUDER-MAKSYMOWICZ Filip</b>	<b>234</b>	UKS SOKÓŁ USTRONIE MORSKIE	M14	2	<b>00:31:10.50</b>	+00:12:11 (39.1%)	6:14	9.6 (60.8%)
162	<b>WOELK Iwona</b>	<b>269</b>	WODNE NIEBO OSTRORÓG	K40	24	<b>00:31:12.75</b>	+00:12:13 (39.2%)	6:14	9.6 (60.8%)
163	<b>ANZEL Paweł</b>	<b>10</b>	MORSY ŚRODA ŚLĄSKA	M40	46	<b>00:31:12.85</b>	+00:12:13 (39.2%)	6:14	9.6 (60.8%)
164	<b>BRYL Agnieszka</b>	<b>26</b>	BIAŁE MORSY GOSTYNIN-KUTNO	K18	21	<b>00:31:13.95</b>	+00:12:14 (39.2%)	6:14	9.6 (60.8%)
165	<b>KACZMAREK Andrzej</b>	<b>89</b>		M50	28	<b>00:31:17.95</b>	+00:12:18 (39.3%)	6:15	9.6 (60.8%)
166	<b>STANKIEWICZ Paweł</b>	<b>220</b>	BARTOSZYCKI KLUB MORSÓW POLAR	M18	29	<b>00:31:19.10</b>	+00:12:19 (39.4%)	6:15	9.6 (60.8%)
167	<b>OBARZANEK Kamil</b>	<b>161</b>	BARTOSZYCKI KLUB MORSÓW POLAR	M18	30	<b>00:31:19.40</b>	+00:12:20 (39.4%)	6:15	9.6 (60.8%)
168	<b>STACHOWIAK Rafał</b>	<b>217</b>	KAMERALNE MORSY RASZKÓW	M40	47	<b>00:31:22.20</b>	+00:12:23 (39.5%)	6:16	9.6 (60.8%)
169	<b>STACHOWIAK Karolina</b>	<b>216</b>	KAMERALNE MORSY RASZKÓW	K40	25	<b>00:31:25.10</b>	+00:12:25 (39.6%)	6:17	9.5 (60.1%)
170	<b>GRZEŚKIEWICZ Izabela</b>	<b>69</b>	OSTROWSKIE MORSY	K40	26	<b>00:31:27.50</b>	+00:12:28 (39.6%)	6:17	9.5 (60.1%)
171	<b>KLAFETKA Mateusz</b>	<b>101</b>	PESA SPORT	M18	31	<b>00:31:37.65</b>	+00:12:38 (40.0%)	6:19	9.5 (60.1%)
172	<b>KLAFETKA Marzena</b>	<b>102</b>	PESA SPORT	K18	22	<b>00:31:38.30</b>	+00:12:39 (40.0%)	6:19	9.5 (60.1%)
173	<b>WOŹNIAK Beata</b>	<b>273</b>		K40	27	<b>00:31:41.15</b>	+00:12:42 (40.1%)	6:20	9.5 (60.1%)
174	<b>NOWACZYNSKA Edyta</b>	<b>157</b>	TROPIKALNE MORSY	K40	28	<b>00:31:41.75</b>	+00:12:42 (40.1%)	6:20	9.5 (60.1%)
175	<b>KORECKA Joanna</b>	<b>108</b>		K18	23	<b>00:31:42.25</b>	+00:12:43 (40.1%)	6:20	9.5 (60.1%)
176	<b>CELER Wiktoria</b>	<b>31</b>	NIEZRZESZONA	K18	24	<b>00:31:44.40</b>	+00:12:45 (40.2%)	6:20	9.5 (60.1%)
177	<b>BASTKÓW Damian</b>	<b>300</b>		M18	32	<b>00:31:47.70</b>	+00:12:48 (40.3%)	6:21	9.4 (59.5%)
178	<b>ŁĄCZ Rafał</b>	<b>299</b>		M18	33	<b>00:31:48.20</b>	+00:12:49 (40.3%)	6:21	9.4 (59.5%)
179	<b>BANASZKIEWICZ Rafał</b>	<b>11</b>	MORSY ROSKILDE.DK	M40	48	<b>00:31:50.15</b>	+00:12:51 (40.4%)	6:22	9.4 (59.5%)
180	<b>DEMKOWICZ Ireneusz</b>	<b>36</b>	WEGAS	M50	29	<b>00:31:50.50</b>	+00:12:51 (40.4%)	6:22	9.4 (59.5%)
180	<b>PROSTAK Aleksandra</b>	<b>189</b>	SOPOCKI KLUB MORSÓW	K40	29	<b>00:31:50.50</b>	+00:12:51 (40.4%)	6:22	9.4 (59.5%)
182	<b>BARTKOWIAK Aneta</b>	<b>13</b>	ŚREMSKI KLUB MORSÓW MROZIK	K18	25	<b>00:31:52.05</b>	+00:12:52 (40.4%)	6:22	9.4 (59.5%)
183	<b>BARTKOWIAK Klaudia</b>	<b>14</b>	ŚREMSKI KLUB MORSÓW MROZIK	K18	26	<b>00:31:53.05</b>	+00:12:53 (40.5%)	6:22	9.4 (59.5%)
184	<b>SIERPOWSKI Mieczysław</b>	<b>203</b>	JUTROSINSKI KLUB MORSÓW	M50	30	<b>00:31:57.65</b>	+00:12:58 (40.6%)	6:23	9.4 (59.5%)
185	<b>WRZOSEK Iwona</b>	<b>275</b>	MORSY SIEDLCE	K40	30	<b>00:31:58.75</b>	+00:12:59 (40.6%)	6:23	9.4 (59.5%)
186	<b>FLAK Robert</b>	<b>51</b>		M40	49	<b>00:32:08.00</b>	+00:13:08 (40.9%)	6:25	9.3 (58.9%)
187	<b>BRYL Magdalena</b>	<b>25</b>	BIAŁE MORSY GOSTYNIN-KUTNO	K18	27	<b>00:32:08.40</b>	+00:13:09 (40.9%)	6:25	9.3 (58.9%)
188	<b>BĘGOWSKA Katarzyna</b>	<b>16</b>		M14	3	<b>00:32:12.40</b>	+00:13:13 (41.0%)	6:26	9.3 (58.9%)
189	<b>KOCHANOWSKA Monika</b>	<b>190</b>	BIAŁE MORSY GOSTYNIN-KUTNO	K40	31	<b>00:32:17.05</b>	+00:13:17 (41.2%)	6:27	9.3 (58.9%)
190	<b>OLESEK Marta</b>	<b>167</b>		K18	28	<b>00:32:27.65</b>	+00:13:28 (41.5%)	6:29	9.2 (58.2%)
191	<b>CZAPRACKA Daria</b>	<b>34</b>		K18	29	<b>00:32:28.50</b>	+00:13:29 (41.5%)	6:29	9.2 (58.2%)
192	<b>DEMKOWICZ Edyta</b>	<b>37</b>	WEGAS	K50	10	<b>00:32:53.85</b>	+00:13:54 (42.3%)	6:34	9.1 (57.6%)
193	<b>KALICKA Anna</b>	<b>92</b>	MORSY SIEDLCE	K50	11	<b>00:32:54.80</b>	+00:13:55 (42.3%)	6:34	9.1 (57.6%)
194	<b>SKONIECZNA Anna</b>	<b>207</b>	MORSY GOŁUCHÓW	K18	30	<b>00:32:56.25</b>	+00:13:57 (42.4%)	6:35	9.1 (57.6%)
195	<b>SKONIECZNY Karol</b>	<b>208</b>	MORSY GOŁUCHÓW	M18	34	<b>00:32:56.30</b>	+00:13:57 (42.4%)	6:35	9.1 (57.6%)
196	<b>OWCZAREK Izabela</b>	<b>169</b>	ŚREMSKI KLUB MORSÓW MROZIK	K40	32	<b>00:32:57.95</b>	+00:13:58 (42.4%)	6:35	9.1 (57.6%)
197	<b>WALENDOWSKA Monika</b>	<b>255</b>	ŚREMSKI KLUB MORSÓW MROZIK	K40	33	<b>00:32:58.00</b>	+00:13:58 (42.4%)	6:35	9.1 (57.6%)
198	<b>SZLAFKA Arek</b>	<b>239</b>	ŚREMSKI KLUB MORSÓW MROZIK	M40	50	<b>00:32:58.05</b>	+00:13:58 (42.4%)	6:35	9.1 (57.6%)
199	<b>WALENDOWSKI Tomek</b>	<b>256</b>	ŚREMSKI KLUB MORSÓW MROZIK	M40	51	<b>00:32:58.40</b>	+00:13:59 (42.4%)	6:35	9.1 (57.6%)
200	<b>WENCLAWSKI Michał</b>	<b>259</b>	ANANASY Z 3FAL	M18	35	<b>00:33:04.95</b>	+00:14:05 (42.6%)	6:36	9.1 (57.6%)
201	<b>BURMAN Tomasz</b>	<b>29</b>	ANANASY Z 3FAL / MORSY GMINY SŁUPSK	M18	36	<b>00:33:05.70</b>	+00:14:06 (42.6%)	6:37	9.1 (57.6%)
202	<b>ANDRZEJCZYK Ewelina</b>	<b>8</b>	ANANASY Z 3FAL / MORSY GMINY SŁUPSK	K18	31	<b>00:33:06.75</b>	+00:14:07 (42.7%)	6:37	9.1 (57.6%)
203	<b>URBAN Ewelina</b>	<b>253</b>	MORSY GMINY SŁUPSK	K18	32	<b>00:33:08.05</b>	+00:14:08 (42.7%)	6:37	9.1 (57.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Tempo min/km	Tempo km/h	
						netto	Różn			
						5km				
204	<b>KOZAK Maciej</b>	<b>113</b>	ŚREMSKI KLUB MORSÓW MROZIK	M40	52	<b>00:33:08.45</b>	+00:14:09 (42.7%)	6:37	9.1 (57.6%)	
205	<b>TRZCIŃSKA Jolanta</b>	<b>247</b>	ROCK BALANCING ICE	K40	34	<b>00:33:15.45</b>	+00:14:16 (42.9%)	6:39	9 (57.0%)	
206	<b>FLAK Monika</b>	<b>50</b>		K18	33	<b>00:33:15.65</b>	+00:14:16 (42.9%)	6:39	9 (57.0%)	
207	<b>GIGOŃ Barbara</b>	<b>56</b>	ROCK BALANCING ICE	K50	12	<b>00:33:16.80</b>	+00:14:17 (43.0%)	6:39	9 (57.0%)	
208	<b>MITURA Zbigniew</b>	<b>291</b>		M60+	6	<b>00:33:25.80</b>	+00:14:26 (43.2%)	6:41	9 (57.0%)	
209	<b>BORKOWSKA Arletta</b>	<b>23</b>	MORSY SIEDLCE	K40	35	<b>00:33:39.50</b>	+00:14:40 (43.6%)	6:43	8.9 (56.3%)	
210	<b>JAROSIŃSKA Karolina</b>	<b>80</b>	STRZEGOMSKA DWUNASTKA	K18	34	<b>00:33:42.30</b>	+00:14:43 (43.7%)	6:44	8.9 (56.3%)	
211	<b>DUBIAŁ Halina</b>	<b>39</b>	RUDE MORSY	K60+	3	<b>00:33:53.25</b>	+00:14:54 (44.0%)	6:46	8.9 (56.3%)	
212	<b>KOZAK Krystyna</b>	<b>112</b>	RUDE MORSY	K50	13	<b>00:33:53.50</b>	+00:14:54 (44.0%)	6:46	8.9 (56.3%)	
213	<b>KLAWIKOWSKI Maciej</b>	<b>103</b>	SOPOCKI KLUB MORSÓW	M50	31	<b>00:34:11.70</b>	+00:15:12 (44.5%)	6:50	8.8 (55.7%)	
214	<b>GLAZA Andrzej</b>	<b>58</b>	SOPOCKI KLUB MORSÓW	M60+	7	<b>00:34:12.15</b>	+00:15:13 (44.5%)	6:50	8.8 (55.7%)	
215	<b>HORYŃSKA Katarzyna</b>	<b>74</b>	MORSY GŁOGÓW	K18	35	<b>00:34:21.75</b>	+00:15:22 (44.7%)	6:52	8.7 (55.1%)	
216	<b>ŻYRA Monika</b>	<b>281</b>	SOPOCKI KLUB MORSÓW	K40	36	<b>00:34:24.55</b>	+00:15:25 (44.8%)	6:52	8.7 (55.1%)	
217	<b>STRAUBE Bogumił</b>	<b>226</b>	ŚRODA ŚLĄSKA	M40	53	<b>00:34:43.65</b>	+00:15:44 (45.3%)	6:56	8.6 (54.4%)	
218	<b>GRUSZCZYŃSKA Dorota</b>	<b>67</b>	MORSY ŚRODA ŚLĄSKA	K18	36	<b>00:34:44.70</b>	+00:15:45 (45.4%)	6:56	8.6 (54.4%)	
218	<b>GRUSZCZYŃSKI Kacper</b>	<b>68</b>	MORSY ŚRODA ŚLĄSKA	M40	54	<b>00:34:44.70</b>	+00:15:45 (45.4%)	6:56	8.6 (54.4%)	
220	<b>WILK Szymon</b>	<b>268</b>	STRZEGOMSKA DWUNASTKA	M18	37	<b>00:34:50.55</b>	+00:15:51 (45.5%)	6:58	8.6 (54.4%)	
221	<b>CEBULA Agnieszka</b>	<b>30</b>		K18	37	<b>00:34:51.40</b>	+00:15:52 (45.5%)	6:58	8.6 (54.4%)	
222	<b>SKORUPA Katarzyna</b>	<b>282</b>		K40	37	<b>00:35:07.40</b>	+00:16:08 (45.9%)	7:01	8.5 (53.8%)	
223	<b>WIELAND Przemysław</b>	<b>262</b>	RUDE MORSY	M50	32	<b>00:35:08.05</b>	+00:16:08 (46.0%)	7:01	8.5 (53.8%)	
224	<b>ŁAWNICZAK Anna</b>	<b>132</b>	KAMERALNE MORSY RASZKÓW	K40	38	<b>00:35:12.05</b>	+00:16:12 (46.1%)	7:02	8.5 (53.8%)	
225	<b>KASPRZAK Katarzyna</b>	<b>94</b>	KAMERALNE MORSY RASZKÓW	K40	39	<b>00:35:13.70</b>	+00:16:14 (46.1%)	7:02	8.5 (53.8%)	
226	<b>SIMINSKA Monika</b>	<b>205</b>	MORSY PAKOŚĆ	K40	40	<b>00:35:14.00</b>	+00:16:14 (46.1%)	7:02	8.5 (53.8%)	
227	<b>KIPA-KUC Anna</b>	<b>99</b>	MORSY ŚRODA ŚLĄSKA	K18	38	<b>00:35:14.70</b>	+00:16:15 (46.1%)	7:02	8.5 (53.8%)	
228	<b>MITASZEWSKA Irmina</b>	<b>152</b>	STRZEGOMSKA DWUNASTKA	K18	39	<b>00:35:15.00</b>	+00:16:15 (46.1%)	7:03	8.5 (53.8%)	
229	<b>STACHOWIAK Basia</b>	<b>218</b>	RUDE MORSY	K50	14	<b>00:35:25.55</b>	+00:16:26 (46.4%)	7:05	8.5 (53.8%)	
230	<b>SZYMAŃSKA Aleksandra</b>	<b>241</b>	KLIMA MORSY WRZEŚNIA	K40	41	<b>00:35:28.35</b>	+00:16:29 (46.5%)	7:05	8.5 (53.8%)	
231	<b>OKUNIEWICZ Agnieszka</b>	<b>165</b>	STRZEGOMSKA DWUNASTKA	K18	40	<b>00:35:28.60</b>	+00:16:29 (46.5%)	7:05	8.5 (53.8%)	
232	<b>DZIECIELSKA Agnieszka</b>	<b>44</b>		K40	42	<b>00:35:34.15</b>	+00:16:35 (46.6%)	7:06	8.4 (53.2%)	
233	<b>ULBIN Jadwiga</b>	<b>252</b>	MORSY GŁOGÓW	K50	15	<b>00:35:36.85</b>	+00:16:37 (46.7%)	7:07	8.4 (53.2%)	
234	<b>ADAMCZUK Małgorzata</b>	<b>2</b>		K50	16	<b>00:36:09.80</b>	+00:17:10 (47.5%)	7:13	8.3 (52.5%)	
235	<b>KULESZ Anna</b>	<b>294</b>		K18	41	<b>00:36:11.75</b>	+00:17:12 (47.5%)	7:14	8.3 (52.5%)	
236	<b>DOMINIAK Emilia</b>	<b>285</b>		K40	43	<b>00:36:12.05</b>	+00:17:12 (47.6%)	7:14	8.3 (52.5%)	
237	<b>LISIAK Justyna</b>	<b>131</b>	MORSY WITKOWO	K40	44	<b>00:36:12.15</b>	+00:17:13 (47.6%)	7:14	8.3 (52.5%)	
238	<b>SKIBA Kinga</b>	<b>206</b>	MORSY GŁOGÓW	K18	42	<b>00:36:19.40</b>	+00:17:20 (47.7%)	7:15	8.3 (52.5%)	
239	<b>GĘBKA Barbara</b>	<b>54</b>	MORSY SIEDLCE	K40	45	<b>00:36:27.35</b>	+00:17:28 (47.9%)	7:17	8.2 (51.9%)	
240	<b>ERPEL Marcin</b>	<b>47</b>	WODNE NIEBO OSTRORÓG	M18	38	<b>00:36:29.65</b>	+00:17:30 (48.0%)	7:17	8.2 (51.9%)	
241	<b>NAPIERAŁA Elżbieta</b>	<b>154</b>	WODNE NIEBO OSTRORÓG	K50	17	<b>00:36:38.45</b>	+00:17:39 (48.2%)	7:19	8.2 (51.9%)	
242	<b>TOMASZEWSKA Anita</b>	<b>245</b>	SZAMOTULSKI KLUB MORSÓW GÓRA LODOWA	K40	46	<b>00:36:45.75</b>	+00:17:46 (48.4%)	7:21	8.2 (51.9%)	
243	<b>WACHOWIAK Sławomir</b>	<b>254</b>	SZAMOTULSKI KLUB MORSÓW GÓRA LODOWA	M40	55	<b>00:36:46.00</b>	+00:17:46 (48.4%)	7:21	8.2 (51.9%)	
244	<b>SZUSTER Jakub</b>	<b>287</b>		M40	56	<b>00:36:55.35</b>	+00:17:56 (48.6%)	7:23	8.1 (51.3%)	
245	<b>KUHN-ZAWADZKA Joanna</b>	<b>286</b>		K40	47	<b>00:36:56.40</b>	+00:17:57 (48.6%)	7:23	8.1 (51.3%)	
246	<b>KURCZ Barbara</b>	<b>120</b>	ROCK BALANCING ICE	K50	18	<b>00:36:58.75</b>	+00:17:59 (48.7%)	7:23	8.1 (51.3%)	
247	<b>GIGOŃ Krzysztof</b>	<b>57</b>	ROCK BALANCING ICE	M50	33	<b>00:37:01.90</b>	+00:18:02 (48.7%)	7:24	8.1 (51.3%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
248	<b>WARSZAWSKI Rafał</b>	<b>258</b>	OSTROWSKIE MORSY	M40	57	<b>00:37:43.20</b>	+00:18:44 (49.7%)	7:32	8 (50.6%)
249	<b>WIENCEK Renata</b>	<b>264</b>	KAMERALNE MORSY RASZKÓW	K40	48	<b>00:37:44.75</b>	+00:18:45 (49.7%)	7:32	8 (50.6%)
250	<b>PIETRZAK Dawid</b>	<b>215</b>		M40	58	<b>00:38:04.75</b>	+00:19:05 (50.1%)	7:36	7.9 (50.0%)
251	<b>STRONGOWSKA Patrycja</b>	<b>228</b>	MORSJANKI & MORSJANIE	K40	49	<b>00:39:03.95</b>	+00:20:04 (51.4%)	7:48	7.7 (48.7%)
252	<b>OBARZANEK Agnieszka</b>	<b>162</b>	BARTOSZYCKI KLUB MORSÓW POLAR	K18	43	<b>00:39:10.15</b>	+00:20:11 (51.5%)	7:50	7.7 (48.7%)
253	<b>KLEBAN Anna</b>	<b>104</b>	MORSJANKI & MORSJANIE	K60+	4	<b>00:39:12.05</b>	+00:20:12 (51.6%)	7:50	7.7 (48.7%)
254	<b>SZENDZIELORZ Marek</b>	<b>237</b>	KEMPER TEAM	M40	59	<b>00:40:17.80</b>	+00:21:18 (52.9%)	8:03	7.4 (46.8%)
255	<b>FRYDRYCH Przemysław</b>	<b>52</b>	KEMPER TEAM	M40	60	<b>00:40:18.20</b>	+00:21:19 (52.9%)	8:03	7.4 (46.8%)
256	<b>PUDLISZEWSKA Marzena</b>	<b>194</b>	RUDE MORSY	K50	19	<b>00:40:27.15</b>	+00:21:28 (53.1%)	8:05	7.4 (46.8%)
257	<b>JARZĄBEK Krzysztof</b>	<b>82</b>	RUDE MORSY	M40	61	<b>00:40:31.75</b>	+00:21:32 (53.2%)	8:06	7.4 (46.8%)
258	<b>MIKOŁAJEWICZ Beata</b>	<b>151</b>	RUDE MORSY	K40	50	<b>00:40:32.05</b>	+00:21:32 (53.2%)	8:06	7.4 (46.8%)
259	<b>BORYSEWICZ Agnieszka</b>	<b>24</b>		K50	20	<b>00:40:56.10</b>	+00:21:56 (53.6%)	8:11	7.3 (46.2%)
260	<b>WACHOWIAK Marzena</b>	<b>224</b>		K50	21	<b>00:41:28.95</b>	+00:22:29 (54.2%)	8:17	7.2 (45.6%)
261	<b>BORYSZEWSKI Dariusz</b>	<b>106</b>		M50	34	<b>00:41:59.40</b>	+00:23:00 (54.8%)	8:23	7.1 (44.9%)
262	<b>KALETA Honorata</b>	<b>91</b>	KAMERALNE MORSY RASZKÓW	K40	51	<b>00:43:12.40</b>	+00:24:13 (56.1%)	8:38	6.9 (43.7%)
263	<b>ADAMSKA Katarzyna</b>	<b>4</b>	KAMERALNE MORSY RASZKÓW	K18	44	<b>00:43:13.45</b>	+00:24:14 (56.1%)	8:38	6.9 (43.7%)
264	<b>LEUTNER Grazyna</b>	<b>129</b>	BAWARSKIE MORSY	K50	22	<b>00:43:16.05</b>	+00:24:16 (56.1%)	8:39	6.9 (43.7%)
265	<b>LEUTNER Andreas</b>	<b>130</b>	BAWARSKIE MORSY	M50	35	<b>00:43:16.35</b>	+00:24:17 (56.1%)	8:39	6.9 (43.7%)
266	<b>SZYMAŃSKI Radosław</b>	<b>242</b>		M40	62	<b>00:43:27.45</b>	+00:24:28 (56.3%)	8:41	6.9 (43.7%)
267	<b>KLIMCZAK Krzysztof</b>	<b>105</b>	WODNE NIEBO OSTRORÓG	M40	63	<b>00:43:31.80</b>	+00:24:32 (56.4%)	8:42	6.9 (43.7%)
268	<b>NIENARTOWICZ Kamila</b>	<b>156</b>	SOPOCKI KLUB MORSÓW	K50	23	<b>00:44:06.05</b>	+00:25:06 (56.9%)	8:49	6.8 (43.0%)
269	<b>STRZAŁKOWSKI Michał</b>	<b>230</b>	MORSY SIEDLCE	M60+	8	<b>00:45:16.30</b>	+00:26:17 (58.1%)	9:03	6.6 (41.8%)
270	<b>STAYKOV Iwo</b>	<b>223</b>		M18	39				(0.0%)
271	<b>STAYKOV Nikolay</b>	<b>222</b>		M60+	9				(0.0%)

Znaleziono 271 wynik(ów)