

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	BIĄŁYMIŚ	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 DOBRODZIĘN	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	PLUSKOTA Przemysław	179		M50	7	00:23:08.50	+00:04:09 (18.0%)	4:37	13 (82.3%)
29	SZYDŁOWSKI Michał	240		M18	9	00:23:09.15	+00:04:10 (18.0%)	4:37	13 (82.3%)
30	OWCZARZ Marcin	170	FIGA PRACOWNIA PROJEKTOWA	M18	10	00:23:15.75	+00:04:16 (18.4%)	4:39	12.9 (81.6%)
31	WĘCLEWSKI Robert	260	ŚREMSKI KLUB MORSÓW MROZIK	M40	12	00:23:16.15	+00:04:17 (18.4%)	4:39	12.9 (81.6%)
32	GAWĘŁ Artur	296		M18	11	00:23:16.95	+00:04:17 (18.5%)	4:39	12.9 (81.6%)
33	IWON Marcin	75	BARTOSZYCKI KLUB MORSÓW POLAR	M40	13	00:23:45.70	+00:04:46 (20.1%)	4:45	12.6 (79.7%)
34	WIJAS Kinga	265		K18	2	00:23:46.00	+00:04:46 (20.1%)	4:45	12.6 (79.7%)
35	BUDYNEK Mateusz	27		M18	12	00:23:50.90	+00:04:51 (20.4%)	4:46	12.6 (79.7%)
36	MAZEPA Izabela	145		K18	3	00:23:55.70	+00:04:56 (20.7%)	4:47	12.5 (79.1%)
37	KOSMALA Waldemar	111		M40	14	00:23:57.75	+00:04:58 (20.8%)	4:47	12.5 (79.1%)
38	BOCHEŃSKI Rafał	20	KKM KALORYFER	M40	15	00:23:58.85	+00:04:59 (20.8%)	4:47	12.5 (79.1%)
39	FEDYCZKOWSKI Edward	49	STRZEGOMSKA DWUNASTKA	M50	8	00:24:06.25	+00:05:07 (21.2%)	4:49	12.4 (78.5%)
40	SUDER-MAKSYMOWICZ Grzegorz	233		M40	16	00:24:06.95	+00:05:07 (21.3%)	4:49	12.4 (78.5%)
41	RUDEK Marcin	196	MORSY RACIBÓRZ	M40	17	00:24:07.35	+00:05:08 (21.3%)	4:49	12.4 (78.5%)
42	RUSINEK Łukasz	292		M40	18	00:24:13.75	+00:05:14 (21.6%)	4:50	12.4 (78.5%)
42	HOREGLAD Paweł	72	SPEEDY GONZALES	M18	13	00:24:13.75	+00:05:14 (21.6%)	4:50	12.4 (78.5%)
44	STRZELECKI Grzegorz	231	FIGA PRACOWNIA PROJEKTOWA	M40	19	00:24:17.00	+00:05:17 (21.8%)	4:51	12.4 (78.5%)
45	SZYPULSKI Michał	243	FIGA PRACOWNIA PROJEKTOWA	M18	14	00:24:18.55	+00:05:19 (21.9%)	4:51	12.3 (77.8%)
46	OGŁOSZKA Dariusz	163	BIĄŁE MORSY GOSTYNIN-KUTNO	M50	9	00:24:19.50	+00:05:20 (21.9%)	4:51	12.3 (77.8%)
47	SOSNOWSKA Iga	211	ŚWINIE TRAVEL	K18	4	00:24:22.40	+00:05:23 (22.1%)	4:52	12.3 (77.8%)
48	PARZYBUT Jan	171	BRACTWO MORSÓW PNIEWY	M50	10	00:24:24.35	+00:05:25 (22.2%)	4:52	12.3 (77.8%)
49	GUZEK Mariusz	70	BIĄŁE MORSY GOSTYNIN-KUTNO	M40	20	00:24:25.75	+00:05:26 (22.3%)	4:53	12.3 (77.8%)
50	MUCHAJER Stanisław	153		M60+	1	00:24:34.25	+00:05:35 (22.7%)	4:54	12.2 (77.2%)
51	REIMAN Marcin	204		M40	21	00:24:36.50	+00:05:37 (22.8%)	4:55	12.2 (77.2%)
52	KOSIBA Anna	109	KILOMETRY POMOCY	K18	5	00:24:37.50	+00:05:38 (22.9%)	4:55	12.2 (77.2%)
53	SIEPIETOWSKI Krzysztof	202	BAWARSKIE MORSY	M18	15	00:24:42.65	+00:05:43 (23.2%)	4:56	12.1 (76.6%)
54	JELEŃ Marek	83	PARKRUN CHRZANÓW	M50	11	00:24:44.05	+00:05:44 (23.2%)	4:56	12.1 (76.6%)
55	KORCZAK Piotr	107	BAWARSKIE MORSY	M18	16	00:24:51.05	+00:05:51 (23.6%)	4:58	12.1 (76.6%)
56	WOJDAT Robert	270	DRUŻYNA SZPIKU	M40	22	00:24:54.20	+00:05:55 (23.8%)	4:58	12 (75.9%)
57	KALETA Krzysztof	90	KAMERALNE MORSY RASZKÓW	M40	23	00:24:55.25	+00:05:56 (23.8%)	4:59	12 (75.9%)
58	KASPRZYK Bogdan	95		M50	12	00:24:56.00	+00:05:56 (23.9%)	4:59	12 (75.9%)
59	TYLUS Rafał	251		M40	24	00:24:56.55	+00:05:57 (23.9%)	4:59	12 (75.9%)
60	ADAMOWICZ Anna	3	FIGA PRACOWNIA PROJEKTOWA	K18	6	00:24:56.75	+00:05:57 (23.9%)	4:59	12 (75.9%)
61	PODBYLSKI Łukasz	183		M40	25	00:24:59.05	+00:05:59 (24.0%)	4:59	12 (75.9%)
62	JESSA Włodzimierz	85	ŚREMSKI KLUB MORSÓW MROZIK	M50	13	00:25:05.95	+00:06:06 (24.4%)	5:01	12 (75.9%)
63	KULIK Paweł	119	MORSY SIEDLCE	M18	17	00:25:07.05	+00:06:07 (24.4%)	5:01	11.9 (75.3%)
64	WIKTORIA Wójcik	266		K18	7	00:25:07.85	+00:06:08 (24.5%)	5:01	11.9 (75.3%)
65	SZEWCZYK Monika	238	KKM KALORYFER	K40	2	00:25:11.25	+00:06:12 (24.6%)	5:02	11.9 (75.3%)
66	STANISZEWSKA Joanna	219	BIĄŁE MORSY GOSTYNIN-KUTNO	K40	3	00:25:12.00	+00:06:12 (24.7%)	5:02	11.9 (75.3%)
67	KWIATKOWSKA Monika	124	AMBER KLUB TOMASZOW MAZOWIECKI	K40	4	00:25:15.30	+00:06:16 (24.8%)	5:03	11.9 (75.3%)
68	ANDRZEJCZAK Erwin	293		M18	18	00:25:15.90	+00:06:16 (24.9%)	5:03	11.9 (75.3%)
69	KĘDZIERSKI Mirosław	97	BABKI Z KLASA	M60+	2	00:25:19.30	+00:06:20 (25.0%)	5:03	11.8 (74.7%)
70	KĘDZIERSKA Lilianna	96	BABKI Z KLASĄ	K50	1	00:25:22.20	+00:06:23 (25.2%)	5:04	11.8 (74.7%)
71	ZAPAŚNIK Miłosz	278	STRZEGOMSKA DWUNASTKA	M18	19	00:25:22.60	+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	KUBIAK Katarzyna	117		K40	5	00:25:23.80	+00:06:24 (25.2%)	5:04	11.8 (74.7%)
73	MAĆZKA Michał	146		M18	20	00:25:24.80	+00:06:25 (25.3%)	5:04	11.8 (74.7%)
74	CZERNIEWSKI Marcin	35	7JEDEN	M18	21	00:25:24.90	+00:06:25 (25.3%)	5:04	11.8 (74.7%)
75	SYSIK Aneta	235	MORSY SIEDLCE	K40	6	00:25:33.10	+00:06:33 (25.7%)	5:06	11.7 (74.1%)
76	PIECHOTA Robert	177	POSEJDON- KOSZALIŃSKI KLUB MORSÓW	M50	14	00:25:33.75	+00:06:34 (25.7%)	5:06	11.7 (74.1%)
77	SMACHA Damian	209	NIEZRZESZONY	M18	22	00:25:34.80	+00:06:35 (25.8%)	5:06	11.7 (74.1%)
78	JANAS Mariusz	297		M40	26	00:25:36.05	+00:06:36 (25.8%)	5:07	11.7 (74.1%)
79	FEDYCZKOWSKA Justyna	48	STRZEGOMSKA DWUNASTKA	K50	2	00:25:40.55	+00:06:41 (26.1%)	5:08	11.7 (74.1%)
80	DZIĘGIELEWSKA Dominika	45	STRZEGOMSKA DWUNASTKA	K18	8	00:25:45.90	+00:06:46 (26.3%)	5:09	11.7 (74.1%)
81	GOLEŃ Anna	61	MORSY WROCŁAWSKIE	K40	7	00:25:48.80	+00:06:49 (26.4%)	5:09	11.6 (73.4%)
82	GNIOT Katarzyna	59	MORSY NA KOKSIE	K40	8	00:25:51.40	+00:06:52 (26.6%)	5:10	11.6 (73.4%)
83	GROBELNA Angelika	65	BYDGOSZCZ NA START	K40	9	00:25:53.00	+00:06:53 (26.6%)	5:10	11.6 (73.4%)
84	PORAZIŃSKA Viktoria	188	NAGLE MORSOWANIE	K40	10	00:25:53.10	+00:06:53 (26.7%)	5:10	11.6 (73.4%)
85	BOGUSŁAWSKA Renata	21	NIGHT RUNNERS	K50	3	00:25:58.65	+00:06:59 (26.9%)	5:11	11.6 (73.4%)
86	CZERWIŃSKI Krzysztof	249		M18	23	00:26:02.10	+00:07:02 (27.1%)	5:12	11.5 (72.8%)
87	OLEKSIUK Aneta	166	CZORTY ZGORZELEC	K18	9	00:26:07.50	+00:07:08 (27.3%)	5:13	11.5 (72.8%)
88	KALINOWSKI Jakub	93	DUNPOL	M18	24	00:26:08.45	+00:07:09 (27.4%)	5:13	11.5 (72.8%)
89	JANIAK Leszek	77	BIAŁE MORSY GOSTYNIN-KUTNO	M18	25	00:26:14.45	+00:07:15 (27.6%)	5:14	11.4 (72.2%)
90	BURGHARDT Renata	28	KB HERMES	K50	4	00:26:21.30	+00:07:22 (28.0%)	5:16	11.4 (72.2%)
91	WOLIŃSKA Agnieszka	271	BIAŁE MORSY GOSTYNIN-KUTNO	K40	11	00:26:25.45	+00:07:26 (28.1%)	5:17	11.4 (72.2%)
92	PUDEŁKO Dariusz	193	STELLANTIS ACTIVE TEAM	M50	15	00:26:52.20	+00:07:53 (29.3%)	5:22	11.2 (70.9%)
93	ADAMUS Daniel	6	STRZEGOMSKA DWUNASTKA	M40	27	00:27:00.55	+00:08:01 (29.7%)	5:24	11.1 (70.3%)
94	ZAKRZEWSKA Ania	276	STRZEGOMSKA DWUNASTKA	K40	12	00:27:01.70	+00:08:02 (29.8%)	5:24	11.1 (70.3%)
95	MATŁOSZ Juliusz	144		M40	28	00:27:06.20	+00:08:07 (30.0%)	5:25	11.1 (70.3%)
96	JARZĘBSKI Piotr	73	SOCIOSSILESIA	K18	10	00:27:06.40	+00:08:07 (30.0%)	5:25	11.1 (70.3%)
97	ZAŁĘSKA Agnieszka	277	MORSJANKI & MORSJANIE	K40	13	00:27:17.65	+00:08:18 (30.4%)	5:27	11 (69.6%)
98	KOZŁOWSKI Adam	114		M40	29	00:27:18.50	+00:08:19 (30.5%)	5:27	11 (69.6%)
99	KACZMAREK Lidia	88		K40	14	00:27:23.70	+00:08:24 (30.7%)	5:28	11 (69.6%)
100	PODBYLSKA Magdalena	182	ZMECZENI NA STARCIE DOBIEGNIĘW	K40	15	00:27:29.35	+00:08:30 (30.9%)	5:29	10.9 (69.0%)
101	STRONGOWSKI Krzysztof	229	MORSJANKI & MORSJANIE	M40	30	00:27:32.15	+00:08:33 (31.1%)	5:30	10.9 (69.0%)
102	PASOŃ Krzysztof	172	BODY MORS TARNOBRZEG	M50	16	00:27:32.45	+00:08:33 (31.1%)	5:30	10.9 (69.0%)
103	ŁAZAROWICZ Katarzyna	135		K40	16	00:27:37.95	+00:08:38 (31.3%)	5:31	10.9 (69.0%)
104	WÓJCIK Przemysław	274		M18	26	00:27:39.95	+00:08:40 (31.4%)	5:31	10.8 (68.4%)
105	PŁACZKOWSKI Krzysztof	180		M40	31	00:27:45.60	+00:08:46 (31.6%)	5:33	10.8 (68.4%)
106	STACHNIK Bartłomiej	214	SOPOCKI KLUB MORSÓW	M40	32	00:27:46.55	+00:08:47 (31.6%)	5:33	10.8 (68.4%)
107	BŁAŻEWSKI Marek	18	SOPEL DOBRODZIEŃ	M50	17	00:27:48.80	+00:08:49 (31.7%)	5:33	10.8 (68.4%)
108	NAZIM Tadeusz	155	KKM KALORYFER	M60+	3	00:28:01.75	+00:09:02 (32.3%)	5:36	10.7 (67.7%)
109	MATLAK Piotr	143	KRÓLEWSKIE MORSY GNIEZNO	M50	18	00:28:01.85	+00:09:02 (32.3%)	5:36	10.7 (67.7%)
110	ZBOREK Adam	288		M40	33	00:28:09.10	+00:09:09 (32.6%)	5:37	10.7 (67.7%)
111	KOSIOREK Sylwia	110		K18	11	00:28:12.30	+00:09:13 (32.7%)	5:38	10.6 (67.1%)
111	MADEJ Gabriela	138		K18	11	00:28:12.30	+00:09:13 (32.7%)	5:38	10.6 (67.1%)
113	PŁÓCIENNIK Renata	181	KAMERALNE MORSY RASZKÓW	K60+	1	00:28:15.15	+00:09:16 (32.8%)	5:39	10.6 (67.1%)
114	MIELCZAREK Wioletta	284		K40	17	00:28:15.85	+00:09:16 (32.8%)	5:39	10.6 (67.1%)
115	SERWA Mariusz	200		M50	19	00:28:18.55	+00:09:19 (32.9%)	5:39	10.6 (67.1%)

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						netto 5km	Różn		
116	ŁAWNICZAK Justyna	133	JUTROSINSKI KLUB MORSÓW	K40	18	00:28:19.60	+00:09:20 (33.0%)	5:39	10.6 (67.1%)
117	WIŚNIEWSKI Rafał	248		M40	34	00:28:22.20	+00:09:23 (33.1%)	5:40	10.6 (67.1%)
118	ADAMCZUK Roman	1		M50	20	00:28:32.80	+00:09:33 (33.5%)	5:42	10.5 (66.5%)
119	JUSZCZAK Krzysztof	87		M60+	4	00:28:32.85	+00:09:33 (33.5%)	5:42	10.5 (66.5%)
120	PIOTROWSKI Grzegorz	221	STRZEGOMSKA DWUNASTKA	M40	35	00:28:33.10	+00:09:33 (33.5%)	5:42	10.5 (66.5%)
121	GOŁĘBIEWSKI Kazimierz	62	KEMPER TEAM	M40	36	00:28:34.70	+00:09:35 (33.6%)	5:42	10.5 (66.5%)
122	PISANIAK Dariusz	178	BORGWARNER	M50	21	00:28:37.45	+00:09:38 (33.7%)	5:43	10.5 (66.5%)
123	PAWLUS Grzegorz	173	KLUB MORSZA BESKID MAŁY	M18	27	00:28:39.70	+00:09:40 (33.8%)	5:43	10.5 (66.5%)
124	MAJEWSKA Aleksandra	116		K50	5	00:28:53.00	+00:09:53 (34.3%)	5:46	10.4 (65.8%)
125	BOBROWSKI Przemysław	19		M50	22	00:28:53.35	+00:09:54 (34.3%)	5:46	10.4 (65.8%)
126	BEDNAREK Małgorzata	15	KULAWA MEWA	K18	13	00:28:56.00	+00:09:56 (34.4%)	5:47	10.4 (65.8%)
127	MARCINIAK Michał	141	ŚREMSKI KLUB MORSÓW MROZIK	M40	37	00:29:05.00	+00:10:05 (34.7%)	5:49	10.3 (65.2%)
128	DZIKIEL Beata	46	BABKI Z KLASĄ	K50	6	00:29:06.35	+00:10:07 (34.8%)	5:49	10.3 (65.2%)
129	WIELAND Lidia	261	RUDE MORSY	K50	7	00:29:23.60	+00:10:24 (35.4%)	5:52	10.2 (64.6%)
130	STRAWA Arkadiusz	227	POZYTYWNIEM ZMORSOWANI	M40	38	00:29:34.70	+00:10:35 (35.8%)	5:54	10.1 (63.9%)
131	WALIGORA Irek	257	ŚREMSKI KLUB MORSÓW MROZIK	M50	23	00:29:38.80	+00:10:39 (36.0%)	5:55	10.1 (63.9%)
132	SOCZEWKA Daniel	210	MORSY SIEDLCE	M40	39	00:29:40.00	+00:10:40 (36.0%)	5:56	10.1 (63.9%)
133	ŁAWNICZAK Nikodem	134	JUTROSINSKI KLUB MORSÓW	M14	1	00:29:47.65	+00:10:48 (36.3%)	5:57	10.1 (63.9%)
134	JANOWICZ Paulina	78		K18	14	00:29:58.25	+00:10:59 (36.7%)	5:59	10 (63.3%)
135	DUDEK Katarzyna	41	ŚWINIE TRAVEL	K18	15	00:29:58.35	+00:10:59 (36.7%)	5:59	10 (63.3%)
136	JUREK Joanna	86		K18	16	00:29:58.80	+00:10:59 (36.7%)	5:59	10 (63.3%)
137	JESSA Grażyna	84	ŚREMSKI KLUB MORSÓW MROZIK	M50	24	00:29:59.55	+00:11:00 (36.7%)	5:59	10 (63.3%)
138	ŚMIGIEL Arkadiusz	290		M40	40	00:30:04.35	+00:11:05 (36.9%)	6:00	10 (63.3%)
139	LEŚNIAK Dorota	127		K40	19	00:30:06.50	+00:11:07 (36.9%)	6:01	10 (63.3%)
140	MIKOŁAJCZAK Madzia	150	ŚREMSKI KLUB MORSÓW MROZIK	K18	17	00:30:07.70	+00:11:08 (37.0%)	6:01	10 (63.3%)
141	ADAMSKI Mariusz	5	KAMERALNE MORSY RASZKÓW	M40	41	00:30:11.15	+00:11:12 (37.1%)	6:02	9.9 (62.7%)
142	SADOWSKI Dariusz	289		M50	25	00:30:11.55	+00:11:12 (37.1%)	6:02	9.9 (62.7%)
143	KUŻMIN Krystyna	122		K50	8	00:30:14.70	+00:11:15 (37.2%)	6:02	9.9 (62.7%)
144	KUŹNIEWSKA-KĘDZIERSKA Anna	123	WODNE NIEBO OSTRORÓG	K40	20	00:30:19.55	+00:11:20 (37.4%)	6:03	9.9 (62.7%)
145	PRZYBYSZ Małgorzata	191	MORSY MUROWANA GOŚLINA	K18	18	00:30:20.10	+00:11:20 (37.4%)	6:04	9.9 (62.7%)
146	PRZYBYSZ Bartosz	192	TURYŚCI TEAM	M18	28	00:30:21.90	+00:11:22 (37.5%)	6:04	9.9 (62.7%)
147	GRAFIK Renata	63	JUTROSINSKI KLUB MORSÓW	K40	21	00:30:22.95	+00:11:23 (37.5%)	6:04	9.9 (62.7%)
148	GRAFIK Grzegorz	64	JUTROSINSKI KLUB MORSÓW	M50	26	00:30:23.20	+00:11:24 (37.5%)	6:04	9.9 (62.7%)
149	DUDA Marek	40	JUTROSINSKI KLUB MORSÓW	M40	42	00:30:24.35	+00:11:25 (37.6%)	6:04	9.9 (62.7%)
150	RUDZIEWICZ Małgorzata	197	RUDE MORSY	K40	22	00:30:26.85	+00:11:27 (37.6%)	6:05	9.9 (62.7%)
151	WOSZCZYŃSKA Martyna	272	ŚREMSKI KLUB MORSÓW MROZIK	K18	19	00:30:26.90	+00:11:27 (37.6%)	6:05	9.9 (62.7%)
152	KOMRUS Sławek	280		M40	43	00:30:31.30	+00:11:32 (37.8%)	6:06	9.8 (62.0%)
153	MATLAK Lidia	142	KROLEWSKIE MORSY GNIEZNO	K50	9	00:30:40.70	+00:11:41 (38.1%)	6:08	9.8 (62.0%)
154	SUDER-MAKSYMOWICZ Monika	232		K40	23	00:30:43.80	+00:11:44 (38.2%)	6:08	9.8 (62.0%)
155	STĘPIEŃ Maria	225	OPALENICKI KLUB BIEGACZA	K60+	2	00:30:43.85	+00:11:44 (38.2%)	6:08	9.8 (62.0%)
156	YANKEY Anna	250		K18	20	00:30:53.80	+00:11:54 (38.6%)	6:10	9.7 (61.4%)
157	MIELCZAREK Kazimierz	283		M40	44	00:30:55.65	+00:11:56 (38.6%)	6:11	9.7 (61.4%)
158	GWIZDAŁA Daniel	71	ROCK BALANCING ICE	M40	45	00:31:01.80	+00:12:02 (38.8%)	6:12	9.7 (61.4%)
159	DUMIŃSKI Stanisław	43	STRZEGOMSKA DWUNASTKA	M60+	5	00:31:08.05	+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	GĘBSKI Sławomir	55	KKM KALORYFER	M50	27	00:31:09.10	+00:12:09 (39.1%)	6:13	9.6 (60.8%)	
161	SUDER-MAKSYMOWICZ Filip	234	UKS SOKÓŁ USTRONIE MORSKIE	M14	2	00:31:10.50	+00:12:11 (39.1%)	6:14	9.6 (60.8%)	
162	WOELK Iwona	269	WODNE NIEBO OSTRORÓG	K40	24	00:31:12.75	+00:12:13 (39.2%)	6:14	9.6 (60.8%)	
163	ANZEL Paweł	10	MORSY ŚRODA ŚLĄSKA	M40	46	00:31:12.85	+00:12:13 (39.2%)	6:14	9.6 (60.8%)	
164	BRYL Agnieszka	26	BIAŁE MORSY GOSTYNIN-KUTNO	K18	21	00:31:13.95	+00:12:14 (39.2%)	6:14	9.6 (60.8%)	
165	KACZMAREK Andrzej	89		M50	28	00:31:17.95	+00:12:18 (39.3%)	6:15	9.6 (60.8%)	
166	STANKIEWICZ Paweł	220	BARTOSZYCKI KLUB MORSÓW POLAR	M18	29	00:31:19.10	+00:12:19 (39.4%)	6:15	9.6 (60.8%)	
167	OBARZANEK Kamil	161	BARTOSZYCKI KLUB MORSÓW POLAR	M18	30	00:31:19.40	+00:12:20 (39.4%)	6:15	9.6 (60.8%)	
168	STACHOWIAK Rafał	217	KAMERALNE MORSY RASZKÓW	M40	47	00:31:22.20	+00:12:23 (39.5%)	6:16	9.6 (60.8%)	
169	STACHOWIAK Karolina	216	KAMERALNE MORSY RASZKÓW	K40	25	00:31:25.10	+00:12:25 (39.6%)	6:17	9.5 (60.1%)	
170	GRZEŚKIEWICZ Izabela	69	OSTROWSKIE MORSY	K40	26	00:31:27.50	+00:12:28 (39.6%)	6:17	9.5 (60.1%)	
171	KLAFETKA Mateusz	101	PESA SPORT	M18	31	00:31:37.65	+00:12:38 (40.0%)	6:19	9.5 (60.1%)	
172	KLAFETKA Marzena	102	PESA SPORT	K18	22	00:31:38.30	+00:12:39 (40.0%)	6:19	9.5 (60.1%)	
173	WOŹNIAK Beata	273		K40	27	00:31:41.15	+00:12:42 (40.1%)	6:20	9.5 (60.1%)	
174	NOWACZYNSKA Edyta	157	TROPIKALNE MORSY	K40	28	00:31:41.75	+00:12:42 (40.1%)	6:20	9.5 (60.1%)	
175	KORECKA Joanna	108		K18	23	00:31:42.25	+00:12:43 (40.1%)	6:20	9.5 (60.1%)	
176	CELER Wiktoria	31	NIEZRZESZONA	K18	24	00:31:44.40	+00:12:45 (40.2%)	6:20	9.5 (60.1%)	
177	BASTKÓW Damian	300		M18	32	00:31:47.70	+00:12:48 (40.3%)	6:21	9.4 (59.5%)	
178	ŁĄCZ Rafał	299		M18	33	00:31:48.20	+00:12:49 (40.3%)	6:21	9.4 (59.5%)	
179	BANASZKIEWICZ Rafał	11	MORSY ROSKILDE.DK	M40	48	00:31:50.15	+00:12:51 (40.4%)	6:22	9.4 (59.5%)	
180	DEMKOWICZ Ireneusz	36	WEGAS	M50	29	00:31:50.50	+00:12:51 (40.4%)	6:22	9.4 (59.5%)	
180	PROSTAK Aleksandra	189	SOPOCKI KLUB MORSÓW	K40	29	00:31:50.50	+00:12:51 (40.4%)	6:22	9.4 (59.5%)	
182	BARTKOWIAK Aneta	13	ŚREMSKI KLUB MORSÓW MROZIK	K18	25	00:31:52.05	+00:12:52 (40.4%)	6:22	9.4 (59.5%)	
183	BARTKOWIAK Klaudia	14	ŚREMSKI KLUB MORSÓW MROZIK	K18	26	00:31:53.05	+00:12:53 (40.5%)	6:22	9.4 (59.5%)	
184	SIERPOWSKI Mieczysław	203	JUTROSINSKI KLUB MORSÓW	M50	30	00:31:57.65	+00:12:58 (40.6%)	6:23	9.4 (59.5%)	
185	WRZOSEK Iwona	275	MORSY SIEDLCE	K40	30	00:31:58.75	+00:12:59 (40.6%)	6:23	9.4 (59.5%)	
186	FLAK Robert	51		M40	49	00:32:08.00	+00:13:08 (40.9%)	6:25	9.3 (58.9%)	
187	BRYL Magdalena	25	BIAŁE MORSY GOSTYNIN-KUTNO	K18	27	00:32:08.40	+00:13:09 (40.9%)	6:25	9.3 (58.9%)	
188	BĘGOWSKA Katarzyna	16		M14	3	00:32:12.40	+00:13:13 (41.0%)	6:26	9.3 (58.9%)	
189	KOCHANOWSKA Monika	190	BIAŁE MORSY GOSTYNIN-KUTNO	K40	31	00:32:17.05	+00:13:17 (41.2%)	6:27	9.3 (58.9%)	
190	OLESEK Marta	167		K18	28	00:32:27.65	+00:13:28 (41.5%)	6:29	9.2 (58.2%)	
191	CZAPRACKA Daria	34		K18	29	00:32:28.50	+00:13:29 (41.5%)	6:29	9.2 (58.2%)	
192	DEMKOWICZ Edyta	37	WEGAS	K50	10	00:32:53.85	+00:13:54 (42.3%)	6:34	9.1 (57.6%)	
193	KALICKA Anna	92	MORSY SIEDLCE	K50	11	00:32:54.80	+00:13:55 (42.3%)	6:34	9.1 (57.6%)	
194	SKONIECZNA Anna	207	MORSY GOŁUCHÓW	K18	30	00:32:56.25	+00:13:57 (42.4%)	6:35	9.1 (57.6%)	
195	SKONIECZNY Karol	208	MORSY GOŁUCHÓW	M18	34	00:32:56.30	+00:13:57 (42.4%)	6:35	9.1 (57.6%)	
196	OWCZAREK Izabela	169	ŚREMSKI KLUB MORSÓW MROZIK	K40	32	00:32:57.95	+00:13:58 (42.4%)	6:35	9.1 (57.6%)	
197	WALENDOWSKA Monika	255	ŚREMSKI KLUB MORSÓW MROZIK	K40	33	00:32:58.00	+00:13:58 (42.4%)	6:35	9.1 (57.6%)	
198	SZLAFKA Arek	239	ŚREMSKI KLUB MORSÓW MROZIK	M40	50	00:32:58.05	+00:13:58 (42.4%)	6:35	9.1 (57.6%)	
199	WALENDOWSKI Tomek	256	ŚREMSKI KLUB MORSÓW MROZIK	M40	51	00:32:58.40	+00:13:59 (42.4%)	6:35	9.1 (57.6%)	
200	WENCLAWSKI Michał	259	ANANASY Z 3FAL	M18	35	00:33:04.95	+00:14:05 (42.6%)	6:36	9.1 (57.6%)	
201	BURMAN Tomasz	29	ANANASY Z 3FAL / MORSY GMINY SŁUPSK	M18	36	00:33:05.70	+00:14:06 (42.6%)	6:37	9.1 (57.6%)	
202	ANDRZEJCZYK Ewelina	8	ANANASY Z 3FAL / MORSY GMINY SŁUPSK	K18	31	00:33:06.75	+00:14:07 (42.7%)	6:37	9.1 (57.6%)	
203	URBAN Ewelina	253	MORSY GMINY SŁUPSK	K18	32	00:33:08.05	+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 5km	Różn		
204	KOZAK Maciej	113	ŚREMSKI KLUB MORSÓW MROZIK	M40	52	00:33:08.45	+00:14:09 (42.7%)	6:37	9.1 (57.6%)
205	TRZCIŃSKA Jolanta	247	ROCK BALANCING ICE	K40	34	00:33:15.45	+00:14:16 (42.9%)	6:39	9 (57.0%)
206	FLAK Monika	50		K18	33	00:33:15.65	+00:14:16 (42.9%)	6:39	9 (57.0%)
207	GIGOŃ Barbara	56	ROCK BALANCING ICE	K50	12	00:33:16.80	+00:14:17 (43.0%)	6:39	9 (57.0%)
208	MITURA Zbigniew	291		M60+	6	00:33:25.80	+00:14:26 (43.2%)	6:41	9 (57.0%)
209	BORKOWSKA Arletta	23	MORSY SIEDLCE	K40	35	00:33:39.50	+00:14:40 (43.6%)	6:43	8.9 (56.3%)
210	JAROSIŃSKA Karolina	80	STRZEGOMSKA DWUNASTKA	K18	34	00:33:42.30	+00:14:43 (43.7%)	6:44	8.9 (56.3%)
211	DUBIAŁ Halina	39	RUDE MORSY	K60+	3	00:33:53.25	+00:14:54 (44.0%)	6:46	8.9 (56.3%)
212	KOZAK Krystyna	112	RUDE MORSY	K50	13	00:33:53.50	+00:14:54 (44.0%)	6:46	8.9 (56.3%)
213	KLAWIKOWSKI Maciej	103	SOPOCKI KLUB MORSÓW	M50	31	00:34:11.70	+00:15:12 (44.5%)	6:50	8.8 (55.7%)
214	GLAZA Andrzej	58	SOPOCKI KLUB MORSÓW	M60+	7	00:34:12.15	+00:15:13 (44.5%)	6:50	8.8 (55.7%)
215	HORYŃSKA Katarzyna	74	MORSY GŁOGÓW	K18	35	00:34:21.75	+00:15:22 (44.7%)	6:52	8.7 (55.1%)
216	ŻYRA Monika	281	SOPOCKI KLUB MORSÓW	K40	36	00:34:24.55	+00:15:25 (44.8%)	6:52	8.7 (55.1%)
217	STRAUBE Bogumił	226	ŚRODA ŚLĄSKA	M40	53	00:34:43.65	+00:15:44 (45.3%)	6:56	8.6 (54.4%)
218	GRUSZCZYŃSKA Dorota	67	MORSY ŚRODA ŚLĄSKA	K18	36	00:34:44.70	+00:15:45 (45.4%)	6:56	8.6 (54.4%)
218	GRUSZCZYŃSKI Kacper	68	MORSY ŚRODA ŚLĄSKA	M40	54	00:34:44.70	+00:15:45 (45.4%)	6:56	8.6 (54.4%)
220	WILK Szymon	268	STRZEGOMSKA DWUNASTKA	M18	37	00:34:50.55	+00:15:51 (45.5%)	6:58	8.6 (54.4%)
221	CEBULA Agnieszka	30		K18	37	00:34:51.40	+00:15:52 (45.5%)	6:58	8.6 (54.4%)
222	SKORUPA Katarzyna	282		K40	37	00:35:07.40	+00:16:08 (45.9%)	7:01	8.5 (53.8%)
223	WIELAND Przemysław	262	RUDE MORSY	M50	32	00:35:08.05	+00:16:08 (46.0%)	7:01	8.5 (53.8%)
224	ŁAWNICZAK Anna	132	KAMERALNE MORSY RASZKÓW	K40	38	00:35:12.05	+00:16:12 (46.1%)	7:02	8.5 (53.8%)
225	KASPRZAK Katarzyna	94	KAMERALNE MORSY RASZKÓW	K40	39	00:35:13.70	+00:16:14 (46.1%)	7:02	8.5 (53.8%)
226	SIMINSKA Monika	205	MORSY PAKOŚĆ	K40	40	00:35:14.00	+00:16:14 (46.1%)	7:02	8.5 (53.8%)
227	KIPA-KUC Anna	99	MORSY ŚRODA ŚLĄSKA	K18	38	00:35:14.70	+00:16:15 (46.1%)	7:02	8.5 (53.8%)
228	MITASZEWSKA Irmina	152	STRZEGOMSKA DWUNASTKA	K18	39	00:35:15.00	+00:16:15 (46.1%)	7:03	8.5 (53.8%)
229	STACHOWIAK Basia	218	RUDE MORSY	K50	14	00:35:25.55	+00:16:26 (46.4%)	7:05	8.5 (53.8%)
230	SZYMAŃSKA Aleksandra	241	KLIMA MORSY WRZEŚNIA	K40	41	00:35:28.35	+00:16:29 (46.5%)	7:05	8.5 (53.8%)
231	OKUNIEWICZ Agnieszka	165	STRZEGOMSKA DWUNASTKA	K18	40	00:35:28.60	+00:16:29 (46.5%)	7:05	8.5 (53.8%)
232	DZIECIELSKA Agnieszka	44		K40	42	00:35:34.15	+00:16:35 (46.6%)	7:06	8.4 (53.2%)
233	ULBIN Jadwiga	252	MORSY GŁOGÓW	K50	15	00:35:36.85	+00:16:37 (46.7%)	7:07	8.4 (53.2%)
234	ADAMCZUK Małgorzata	2		K50	16	00:36:09.80	+00:17:10 (47.5%)	7:13	8.3 (52.5%)
235	KULESZ Anna	294		K18	41	00:36:11.75	+00:17:12 (47.5%)	7:14	8.3 (52.5%)
236	DOMINIAK Emilia	285		K40	43	00:36:12.05	+00:17:12 (47.6%)	7:14	8.3 (52.5%)
237	LISIAK Justyna	131	MORSY WITKOWO	K40	44	00:36:12.15	+00:17:13 (47.6%)	7:14	8.3 (52.5%)
238	SKIBA Kinga	206	MORSY GŁOGÓW	K18	42	00:36:19.40	+00:17:20 (47.7%)	7:15	8.3 (52.5%)
239	GĘBKA Barbara	54	MORSY SIEDLCE	K40	45	00:36:27.35	+00:17:28 (47.9%)	7:17	8.2 (51.9%)
240	ERPEL Marcin	47	WODNE NIEBO OSTRORÓG	M18	38	00:36:29.65	+00:17:30 (48.0%)	7:17	8.2 (51.9%)
241	NAPIERAŁA Elżbieta	154	WODNE NIEBO OSTRORÓG	K50	17	00:36:38.45	+00:17:39 (48.2%)	7:19	8.2 (51.9%)
242	TOMASZEWSKA Anita	245	SZAMOTULSKI KLUB MORSÓW GÓRA LODOWA	K40	46	00:36:45.75	+00:17:46 (48.4%)	7:21	8.2 (51.9%)
243	WACHOWIAK Sławomir	254	SZAMOTULSKI KLUB MORSÓW GÓRA LODOWA	M40	55	00:36:46.00	+00:17:46 (48.4%)	7:21	8.2 (51.9%)
244	SZUSTER Jakub	287		M40	56	00:36:55.35	+00:17:56 (48.6%)	7:23	8.1 (51.3%)
245	KUHN-ZAWADZKA Joanna	286		K40	47	00:36:56.40	+00:17:57 (48.6%)	7:23	8.1 (51.3%)
246	KURCZ Barbara	120	ROCK BALANCING ICE	K50	18	00:36:58.75	+00:17:59 (48.7%)	7:23	8.1 (51.3%)
247	GIGOŃ Krzysztof	57	ROCK BALANCING ICE	M50	33	00:37:01.90	+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	WARSZAWSKI Rafał	258	OSTROWSKIE MORSY	M40	57	00:37:43.20	+00:18:44 (49.7%)	7:32	8 (50.6%)
249	WIENCEK Renata	264	KAMERALNE MORSY RASZKÓW	K40	48	00:37:44.75	+00:18:45 (49.7%)	7:32	8 (50.6%)
250	PIETRZAK Dawid	215		M40	58	00:38:04.75	+00:19:05 (50.1%)	7:36	7.9 (50.0%)
251	STRONGOWSKA Patrycja	228	MORSJANKI & MORSJANIE	K40	49	00:39:03.95	+00:20:04 (51.4%)	7:48	7.7 (48.7%)
252	OBARZANEK Agnieszka	162	BARTOSZYCKI KLUB MORSÓW POLAR	K18	43	00:39:10.15	+00:20:11 (51.5%)	7:50	7.7 (48.7%)
253	KLEBAN Anna	104	MORSJANKI & MORSJANIE	K60+	4	00:39:12.05	+00:20:12 (51.6%)	7:50	7.7 (48.7%)
254	SZENDZIELORZ Marek	237	KEMPER TEAM	M40	59	00:40:17.80	+00:21:18 (52.9%)	8:03	7.4 (46.8%)
255	FRYDRYCH Przemysław	52	KEMPER TEAM	M40	60	00:40:18.20	+00:21:19 (52.9%)	8:03	7.4 (46.8%)
256	PUDLISZEWSKA Marzena	194	RUDE MORSY	K50	19	00:40:27.15	+00:21:28 (53.1%)	8:05	7.4 (46.8%)
257	JARZĄBEK Krzysztof	82	RUDE MORSY	M40	61	00:40:31.75	+00:21:32 (53.2%)	8:06	7.4 (46.8%)
258	MIKOŁAJEWICZ Beata	151	RUDE MORSY	K40	50	00:40:32.05	+00:21:32 (53.2%)	8:06	7.4 (46.8%)
259	BORYSEWICZ Agnieszka	24		K50	20	00:40:56.10	+00:21:56 (53.6%)	8:11	7.3 (46.2%)
260	WACHOWIAK Marzena	224		K50	21	00:41:28.95	+00:22:29 (54.2%)	8:17	7.2 (45.6%)
261	BORYSZEWSKI Dariusz	106		M50	34	00:41:59.40	+00:23:00 (54.8%)	8:23	7.1 (44.9%)
262	KALETA Honorata	91	KAMERALNE MORSY RASZKÓW	K40	51	00:43:12.40	+00:24:13 (56.1%)	8:38	6.9 (43.7%)
263	ADAMSKA Katarzyna	4	KAMERALNE MORSY RASZKÓW	K18	44	00:43:13.45	+00:24:14 (56.1%)	8:38	6.9 (43.7%)
264	LEUTNER Grazyna	129	BAWARSKIE MORSY	K50	22	00:43:16.05	+00:24:16 (56.1%)	8:39	6.9 (43.7%)
265	LEUTNER Andreas	130	BAWARSKIE MORSY	M50	35	00:43:16.35	+00:24:17 (56.1%)	8:39	6.9 (43.7%)
266	SZYMAŃSKI Radosław	242		M40	62	00:43:27.45	+00:24:28 (56.3%)	8:41	6.9 (43.7%)
267	KLIMCZAK Krzysztof	105	WODNE NIEBO OSTRORÓG	M40	63	00:43:31.80	+00:24:32 (56.4%)	8:42	6.9 (43.7%)
268	NIENARTOWICZ Kamila	156	SOPOCKI KLUB MORSÓW	K50	23	00:44:06.05	+00:25:06 (56.9%)	8:49	6.8 (43.0%)
269	STRZAŁKOWSKI Michał	230	MORSY SIEDLCE	M60+	8	00:45:16.30	+00:26:17 (58.1%)	9:03	6.6 (41.8%)
270	STAYKOV Iwo	223		M18	39				(0.0%)
271	STAYKOV Nikolay	222		M60+	9				(0.0%)

Znaleziono 271 wynik(ów)