

BIEG ŚNIADANIOWY / KLUBOWE MISTRZOSTWA MORSÓW

B4SPORT
INTELEGENE ZAWODY SPORTOWE

Organizator: Centrum Kultury Mielno
Data: 2024-02-10
Miejsce: Mielno
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	WELLER Philipp	274	VEGAN RUNNERS	M18	1	00:17:28.90		3:29	17.2 (100%)
2	KOZIEŁ Sebastian	105	FIGA PRACOWNIA PROJEKTOWA	M18	2	00:17:29.55	+00:00:00 (0.1%)	3:29	17.2 (100%)
3	GUT Jacek	62	KLUB MORMA SŁONECZKO/ DRUŻYNA MISTRZÓW ICEKING	M18	3	00:17:47.50	+00:00:18 (1.7%)	3:33	16.9 (98.3%)
4	SULKOWSKI Zdzisław	115	TKKFBYDGOSZCZ	M50	1	00:17:50.65	+00:00:21 (2.0%)	3:34	16.8 (97.7%)
5	CZERWIŃSKI Krzysztof	36	WKB MARATOŃCZYK	M18	4	00:18:17.45	+00:00:48 (4.4%)	3:39	16.4 (95.3%)
6	JARECKI Ireneusz	74	STOWARZYSZENIE WROCŁAWSKIE MORSY	M50	2	00:18:25.90	+00:00:57 (5.2%)	3:41	16.3 (94.8%)
7	HOŁUB Kamil	308	MLUKS TRZEBIATÓW	M40	1	00:18:30.60	+00:01:01 (5.6%)	3:42	16.2 (94.2%)
8	ZIELINSKI Sławomir	297	MORSY ROSKILDE .DK	M40	2	00:18:44.80	+00:01:15 (6.7%)	3:44	16 (93.0%)
9	TROCHIMIUK Andrzej	309	MORSY JELENIN	M40	3	00:18:51.90	+00:01:23 (7.3%)	3:46	15.9 (92.4%)
10	OKUNIEWICZ Wojciech	163	STRZEGOMSKA DWUNASTKA	M40	4	00:18:56.55	+00:01:27 (7.7%)	3:47	15.8 (91.9%)
11	WŁADYKO Rafał	284		M18	5	00:19:14.10	+00:01:45 (9.1%)	3:50	15.6 (90.7%)
12	KRYNICKA GRZYB Małgorzata	111	MLUKS	K18	1	00:19:33.55	+00:02:04 (10.6%)	3:54	15.3 (89.0%)
13	PICK Tomasz	180	BIEGOLAS KOSZALIN	M50	3	00:19:35.80	+00:02:06 (10.8%)	3:55	15.3 (89.0%)
14	MARZEC Adam	247		M40	5	00:19:52.85	+00:02:23 (12.1%)	3:58	15.1 (87.8%)
15	BOŻEK Artur	22	LECYMY DURŚ	M18	6	00:19:53.50	+00:02:24 (12.1%)	3:58	15.1 (87.8%)
16	URBANIAK Sebastian	260	TUPTAŃSKO	M18	7	00:19:59.70	+00:02:30 (12.6%)	3:59	15 (87.2%)
17	NOWICKA Alicja	159	TUPTAŃSKO	K18	2	00:20:03.50	+00:02:34 (12.8%)	4:00	15 (87.2%)
18	ŁUKASIEWICZ Wojtek	132		M40	6	00:20:09.90	+00:02:41 (13.3%)	4:01	14.9 (86.6%)
19	KOMRAUS Sławomir	97		M40	7	00:20:21.70	+00:02:52 (14.1%)	4:04	14.7 (85.5%)
20	ZAMĘTA Sławomir	295	OTM B	M50	4	00:20:29.55	+00:03:00 (14.7%)	4:05	14.6 (84.9%)
21	DOBROŁOWICZ Marta	38	ESKIMO KŁODAWA/GORZÓW WLKP.	K40	1	00:20:49.90	+00:03:21 (16.1%)	4:09	14.4 (83.7%)
22	CHABOWSKI Tomasz	29	MALBORSKIE MORSY	M50	5	00:20:51.45	+00:03:22 (16.2%)	4:10	14.4 (83.7%)
23	KRÓL Paweł	109	STOWARZYSZENIE WROCŁAWSKIE MORSY	M18	8	00:20:52.55	+00:03:23 (16.3%)	4:10	14.4 (83.7%)
24	DUMIŃSKI Tomasz	43	STRZEGOMSKA DWUNASTKA	M40	8	00:21:00.40	+00:03:31 (16.8%)	4:12	14.3 (83.1%)
25	JANKOWSKA Kamila	73		K40	2	00:21:15.50	+00:03:46 (17.8%)	4:15	14.1 (82.0%)
26	TUŁACZ Bohdan	255	KALISKIE MORSY	M40	9	00:21:16.00	+00:03:47 (17.8%)	4:15	14.1 (82.0%)

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27	PERŁOWSKI Kamil	178	ŻYRARDOWSKIE MORSY	M40	10	00:21:20.30	+00:03:51 (18.1%)	4:16	14.1 (82.0%)
28	NOWICKI Mariusz	160	TUPTAŃSKO	M18	9	00:21:30.10	+00:04:01 (18.7%)	4:18	14 (81.4%)
29	RUDEK Marcin	206	ZDROWE MORSY DĘBOWA	M40	11	00:21:34.00	+00:04:05 (18.9%)	4:18	13.9 (80.8%)
30	KRYMSKI Tomasz	110	STRZEGOMSKA DWUNASTKA	M40	12	00:21:38.35	+00:04:09 (19.2%)	4:19	13.9 (80.8%)
31	SPRANCEL Marcin	221	MORSY NA KOKSIE	M40	13	00:21:40.40	+00:04:11 (19.3%)	4:20	13.8 (80.2%)
32	WOJCIECHOWSKA Basia	285		K18	3	00:21:42.25	+00:04:13 (19.5%)	4:20	13.8 (80.2%)
33	MAŁKOWSKI Tomasz	137	SOPOCKI KLUB MORSÓW	M50	6	00:21:44.30	+00:04:15 (19.6%)	4:20	13.8 (80.2%)
34	HENDEL Krzysztof	65	IZBICKO W BIEGU	M18	10	00:21:55.45	+00:04:26 (20.3%)	4:23	13.7 (79.7%)
35	GAWEŁ Artur	54	LECYMY DURŚ	M18	11	00:21:55.90	+00:04:27 (20.3%)	4:23	13.7 (79.7%)
36	PIASKOWSKI Artur	179		M40	14	00:22:00.00	+00:04:31 (20.5%)	4:24	13.6 (79.1%)
37	OWCZARZ Marcin	173	FIGA PRACOWNIA PROJEKTOWA	M18	12	00:22:05.80	+00:04:36 (20.9%)	4:25	13.6 (79.1%)
38	KOMINEK Sebastian	96		M40	15	00:22:07.70	+00:04:38 (21.0%)	4:25	13.6 (79.1%)
39	WIENCEK Artur	278	KAMERALNE MORSY RASZKÓW	M40	16	00:22:09.65	+00:04:40 (21.1%)	4:25	13.5 (78.5%)
40	WASIAK Błażej	271	ŻYRARDOWSKIE MORSY	M18	13	00:22:15.40	+00:04:46 (21.5%)	4:27	13.5 (78.5%)
41	OLEJNICZAK Artur	165		M40	17	00:22:15.70	+00:04:46 (21.5%)	4:27	13.5 (78.5%)
42	SZPITER Tomasz	242	OLAWS ZŁOTORYJA	M50	7	00:22:17.20	+00:04:48 (21.6%)	4:27	13.5 (78.5%)
43	ŻELAZKO Bartosz	303	MORSIKI PSARSKIE	M18	14	00:22:18.10	+00:04:49 (21.6%)	4:27	13.5 (78.5%)
44	MENZEL Stanisław	146	ŚREMSKI KLUB MORSÓW MROZIK	M50	8	00:22:25.45	+00:04:56 (22.0%)	4:29	13.4 (77.9%)
45	NAWORYTA Wojciech	156	KKM KALORYFER	M50	9	00:22:27.45	+00:04:58 (22.2%)	4:29	13.4 (77.9%)
46	LOCHNO Kornel	125		M40	18	00:22:32.90	+00:05:04 (22.5%)	4:30	13.3 (77.3%)
47	TOMCZYK Jacek	252		M18	15	00:22:36.90	+00:05:08 (22.7%)	4:31	13.3 (77.3%)
48	STRZELECKI Grzegorz	230	FIGA PRACOWNIA PROJEKTOWA	M40	19	00:22:42.50	+00:05:13 (23.0%)	4:32	13.2 (76.7%)
49	HOPE Przemysław	66	KORONA SZCZECIN	M18	16	00:22:42.75	+00:05:13 (23.0%)	4:32	13.2 (76.7%)
50	SOSNOWSKA Iga	220	LITWIN SPORTS	K18	4	00:22:44.15	+00:05:15 (23.1%)	4:32	13.2 (76.7%)
51	WOŹNIAK Ireneusz	288		M18	17	00:22:44.40	+00:05:15 (23.1%)	4:32	13.2 (76.7%)
52	WYCZAŁKOWSKI Witold	289	STOWARZYSZENIE WROCŁAWSKIE MORSY	M50	10	00:22:49.50	+00:05:20 (23.4%)	4:33	13.1 (76.2%)
53	BOBELA Krzysztof	18	STRZEGOMSKA DWUNASTKA	M40	20	00:22:51.95	+00:05:23 (23.5%)	4:34	13.1 (76.2%)
54	PŁÓCIENNIK Maciej	187	KAMERALNE MORSY RASZKÓW	M18	18	00:22:58.55	+00:05:29 (23.9%)	4:35	13.1 (76.2%)
55	SYSIK Aneta	235	MORSY SIEDLCE	K40	3	00:22:59.60	+00:05:30 (24.0%)	4:35	13.1 (76.2%)
56	RUSINEK Łukasz	209	LUBARTOWSKIE MORSY	M40	21	00:23:02.60	+00:05:33 (24.1%)	4:36	13 (75.6%)
57	PODOLSKI Marcin	191	ZIMNOLUBNI ISLANDIA	M18	19	00:23:03.00	+00:05:34 (24.2%)	4:36	13 (75.6%)
58	BABICZ Paweł	8	BABKI Z KLASĄ I PAWEŁ	M40	22	00:23:11.40	+00:05:42 (24.6%)	4:38	12.9 (75.0%)
59	PODBYLSKI Łukasz	189	ZMĘCZENI NA STARCIE	M40	23	00:23:12.65	+00:05:43 (24.7%)	4:38	12.9 (75.0%)
60	JANAS Mariusz	70	LECYMY DURŚ	M40	24	00:23:15.35	+00:05:46 (24.8%)	4:39	12.9 (75.0%)
61	PIOTROWSKI Grzegorz	183	STRZEGOMSKA DWUNASTKA	M40	25	00:23:20.55	+00:05:51 (25.1%)	4:40	12.9 (75.0%)
62	WARDYN Sebastian	267		M18	20	00:23:22.40	+00:05:53 (25.2%)	4:40	12.8 (74.4%)
63	WEGNER Tomasz	273	LECYMY DURŚ	M40	26	00:23:23.85	+00:05:54 (25.3%)	4:40	12.8 (74.4%)
64	RUDZIEWICZ Mariusz	207	RUDE MORSY	M40	27	00:23:24.60	+00:05:55 (25.3%)	4:40	12.8 (74.4%)
65	WARDZIAK Bogdan	268	ŻYRARDOWSKIE MORSY	M40	28	00:23:27.05	+00:05:58 (25.5%)	4:41	12.8 (74.4%)
66	MURAKOWSKI Wojciech	154	POSEJDON KOSZALIN	M14	1	00:23:29.10	+00:06:00 (25.6%)	4:41	12.8 (74.4%)
67	KWIATKOWSKI Piotr	122	ŻYRARDOWSKIE MORSY	M18	21	00:23:30.30	+00:06:01 (25.6%)	4:42	12.8 (74.4%)
68	RACZ Mariusz	248		M18	22	00:23:30.40	+00:06:01 (25.6%)	4:42	12.8 (74.4%)
69	WĘCLEWSKI Robert	275	ŚREMSKI KLUB MORSÓW MROZIK	M40	29	00:23:37.10	+00:06:08 (26.0%)	4:43	12.7 (73.8%)
70	JĘDRYCHA Mariusz	78	LODOŁAMACZ SKIERNIEWICE	M50	11	00:23:40.20	+00:06:11 (26.1%)	4:44	12.7 (73.8%)

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71	BALAS Magdalena	10	MORSY ROSKILDE	K18	5	00:23:43.25	+00:06:14 (26.3%)	4:44	12.6 (73.3%)
72	KARNOWSKI Krzysztof	87		M18	23	00:23:44.85	+00:06:15 (26.4%)	4:44	12.6 (73.3%)
73	ADAMOWICZ Anna	2	FIGA PRACOWNIA PROJEKTOWA	K18	6	00:23:51.20	+00:06:22 (26.7%)	4:46	12.6 (73.3%)
74	ANDRZEJAK Erwin	6	ZDARTE NOSKI	M18	24	00:23:58.55	+00:06:29 (27.1%)	4:47	12.5 (72.7%)
75	OSTAPCZUK Odetta	170	MORSY Z JEZIORA KRAKSY	K50	1	00:23:59.90	+00:06:31 (27.2%)	4:47	12.5 (72.7%)
76	BUDYNEK Mateusz	25		M18	25	00:24:01.15	+00:06:32 (27.2%)	4:48	12.5 (72.7%)
77	BANAŚ Małgorzata	12		K18	7	00:24:05.10	+00:06:36 (27.4%)	4:49	12.5 (72.7%)
78	BARGIEL Patryk	13	ZIMNOLUBNI ISLANDIA	M18	26	00:24:08.40	+00:06:39 (27.6%)	4:49	12.4 (72.1%)
79	OSOWIECKI Karol	169	STOWARZYSZENIE WROCŁAWSKIE MORSY	M18	27	00:24:10.35	+00:06:41 (27.7%)	4:50	12.4 (72.1%)
80	KASPRZYK Bogdan	88	KS WILKI POMORSKIE	M50	12	00:24:12.25	+00:06:43 (27.8%)	4:50	12.4 (72.1%)
81	OZIĘBŁO Marcin	174	ŻYRARDOWSKIE MORSY	M40	30	00:24:23.70	+00:06:54 (28.3%)	4:52	12.3 (71.5%)
82	GOŁASZEWSKI Robert	91		M18	28	00:24:29.65	+00:07:00 (28.6%)	4:53	12.3 (71.5%)
83	KUSIENICKI Arkadiusz	118	ICE SHARKS SILESIA	M18	29	00:24:30.25	+00:07:01 (28.7%)	4:54	12.2 (70.9%)
84	KOLAŃSKI Marcin	95	FREESTYLE	M50	13	00:24:31.50	+00:07:02 (28.7%)	4:54	12.2 (70.9%)
85	OGŁOSZKA Dariusz	161	BIAŁE MORSY GOSTYNIN-KUTNO	M50	14	00:24:35.70	+00:07:06 (28.9%)	4:55	12.2 (70.9%)
86	KUBIAK Katarzyna	113		K40	4	00:24:36.30	+00:07:07 (29.0%)	4:55	12.2 (70.9%)
87	ŁAKOMIAK Artur	127		M40	31	00:24:37.65	+00:07:08 (29.0%)	4:55	12.2 (70.9%)
88	KALETA Krzysztof	83	KAMERALNE MORSY RASZKÓW	M40	32	00:24:39.55	+00:07:10 (29.1%)	4:55	12.2 (70.9%)
89	STACHOWIAK Ryszard	224		M60+	1	00:24:40.35	+00:07:11 (29.1%)	4:56	12.2 (70.9%)
90	ZIELIŃSKI Michał	298	22 ODN	M40	33	00:24:43.60	+00:07:14 (29.3%)	4:56	12.1 (70.3%)
91	WOJDAT Robert	286	DRUŻYNA SZPIKU	M40	34	00:24:50.20	+00:07:21 (29.6%)	4:58	12.1 (70.3%)
92	WASZKIEWICZ Wiktor	272	CHARZYKOWSKIE MORSY	M18	30	00:24:51.20	+00:07:22 (29.7%)	4:58	12.1 (70.3%)
93	BORYSIONEK Jarosław	21		M50	15	00:24:54.20	+00:07:25 (29.8%)	4:58	12 (69.8%)
94	ZAKRZEWSKA Anna	293	STRZEGOMSKA DWUNASTKA	K40	5	00:24:57.50	+00:07:28 (30.0%)	4:59	12 (69.8%)
95	SIKORA Grzegorz	215	KKM KALORYFER	M40	35	00:24:59.25	+00:07:30 (30.0%)	4:59	12 (69.8%)
96	DORYWALSKI Artur	41	FIGA PRACOWNIA PROJEKTOWA	M40	36	00:24:59.35	+00:07:30 (30.0%)	4:59	12 (69.8%)
97	JESSA Włodek	77	ŚREMSKI KLUB MORSÓW MROZIK	M50	16	00:25:06.40	+00:07:37 (30.4%)	5:01	12 (69.8%)
98	MAJEWSKA Aleksandra	116	MORSY BOLESŁAWIEC	K50	2	00:25:09.90	+00:07:41 (30.5%)	5:01	11.9 (69.2%)
99	IWON Marcin	69	BARTOSZYCKI KLUB MORSÓW 'POLAR'	M40	37	00:25:11.70	+00:07:42 (30.6%)	5:02	11.9 (69.2%)
100	PRAŻANOWSKI Mariusz	195		M40	38	00:25:11.85	+00:07:42 (30.6%)	5:02	11.9 (69.2%)
101	PAWLIKOWSKI Bogusław	176	STARE DZIADY	M60+	2	00:25:14.80	+00:07:45 (30.8%)	5:02	11.9 (69.2%)
102	KOSTRZON Maciej	99	PIONKOWSKIE MORSY	M50	17	00:25:18.65	+00:07:49 (30.9%)	5:03	11.9 (69.2%)
103	MARCINIAK Rafał	138		M40	39	00:25:21.85	+00:07:52 (31.1%)	5:04	11.8 (68.6%)
104	YANKEY Anna	290	LEIGHTON FUN RUNNERS	K18	8	00:25:22.35	+00:07:53 (31.1%)	5:04	11.8 (68.6%)
105	GARUS Tomasz	53	HABCORE	M40	40	00:25:26.75	+00:07:57 (31.3%)	5:05	11.8 (68.6%)
106	SZEWCZYK Monika	238	KKM KALORYFER	K40	6	00:25:28.95	+00:08:00 (31.4%)	5:05	11.8 (68.6%)
107	MIKULEC Robert	50	STRZEGOMSKA DWUNASTKA	M40	41	00:25:30.80	+00:08:01 (31.5%)	5:06	11.8 (68.6%)
108	FEDYCZKOWSKA Justyna	49	STRZEGOMSKA DWUNASTKA	K50	3	00:25:31.35	+00:08:02 (31.5%)	5:06	11.8 (68.6%)
109	KACZMAREK Lidia	81	KLUB SZALONEGO MORSA SIERAKÓW	K50	4	00:25:32.75	+00:08:03 (31.6%)	5:06	11.7 (68.0%)
110	PIECHOTA Robert	181	POSEJDON KOSZALIN	M50	18	00:25:33.45	+00:08:04 (31.6%)	5:06	11.7 (68.0%)
111	WOLIŃSKA Agnieszka	287	BIAŁE MORSY GOSTYNIN-KUTNO	K40	7	00:25:33.50	+00:08:04 (31.6%)	5:06	11.7 (68.0%)
112	RZEPECKA Dominika	210	STOWARZYSZENIE WROCŁAWSKIE MORSY	K18	9	00:25:42.20	+00:08:13 (32.0%)	5:08	11.7 (68.0%)
113	SUDER-MAKSYMOWICZ Grzegorz	232		M40	42	00:25:53.90	+00:08:25 (32.5%)	5:10	11.6 (67.4%)
114	MARCINIAK Michał	139	ŚREMSKI KLUB MORSÓW MROZIK	M40	43	00:26:00.05	+00:08:31 (32.8%)	5:12	11.5 (66.9%)

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115	KĘDZIERSKI Mirosław	90	MORSY GŁOGÓW	M60+	3	00:26:01.65	+00:08:32 (32.8%)	5:12	11.5 (66.9%)
116	GOŁASZEWSKA Marzena	86	MORSY NA JURZE	K40	8	00:26:03.90	+00:08:35 (32.9%)	5:12	11.5 (66.9%)
117	OSTROWSKI Robert	171	ŻYRARDOWSKIE MORSY	M60+	4	00:26:04.10	+00:08:35 (32.9%)	5:12	11.5 (66.9%)
118	PŁÓCIENNIK Renata	186	KAMERALNE MORSY RASZKÓW	K60+	1	00:26:09.20	+00:08:40 (33.2%)	5:13	11.5 (66.9%)
119	KĘDZIERSKA Lilianna	89	MORSY GŁOGÓW	K50	5	00:26:09.50	+00:08:40 (33.2%)	5:13	11.5 (66.9%)
120	CEITEL Oskar	27	JEZIORACY	M18	31	00:26:12.40	+00:08:43 (33.3%)	5:14	11.5 (66.9%)
121	BOGUSŁAWSKA Renata	19	KAMERALNE MORSY RASZKÓW	K50	6	00:26:12.85	+00:08:43 (33.3%)	5:14	11.5 (66.9%)
122	NAZIM Tadeusz	157	KKM KALORYFER	M60+	5	00:26:14.20	+00:08:45 (33.4%)	5:14	11.4 (66.3%)
123	MASTALERZ Katarzyna	140	ŻYRARDOWSKIE MORSY	K40	9	00:26:14.45	+00:08:45 (33.4%)	5:14	11.4 (66.3%)
124	KOZŁOWIECKI Waldemar	107	TKKF KOSZALIN	M60+	6	00:26:18.45	+00:08:49 (33.5%)	5:15	11.4 (66.3%)
125	ORŁOWSKA Joanna	168	MORSY Z JEZIORA KRAKSY	K18	10	00:26:28.25	+00:08:59 (34.0%)	5:17	11.3 (65.7%)
126	SĘK Michał	213	KLUB SPORTOWY AMBER	M18	32	00:26:35.55	+00:09:06 (34.3%)	5:19	11.3 (65.7%)
127	MICHALSKA Małgorzata	148	MORSY Z JEZIORA KRAKSY	K40	10	00:26:35.60	+00:09:06 (34.3%)	5:19	11.3 (65.7%)
128	CHOŁUJ Małgorzata	31	STOWARZYSZENIE WROCŁAWSKIE MORSY	K60+	2	00:26:36.85	+00:09:07 (34.3%)	5:19	11.3 (65.7%)
129	RAGAN Aneta	200	STRZEGOMSKA DWUNASTKA	K40	11	00:26:41.15	+00:09:12 (34.5%)	5:20	11.2 (65.1%)
130	MAŚLANKA Iwona	141	NORDIC SPORT 2021	K50	7	00:26:43.60	+00:09:14 (34.6%)	5:20	11.2 (65.1%)
131	EBELEWICZ Mateusz	47	ŚREMSKI KLUB MORSÓW MROZIK	M18	33	00:26:45.00	+00:09:16 (34.6%)	5:21	11.2 (65.1%)
132	DOBRZAŃSKI Marcin	40	ŚREMSKI KLUB MORSÓW MROZIK	M18	34	00:26:46.50	+00:09:17 (34.7%)	5:21	11.2 (65.1%)
133	SZAFRAŃSKI Jakub	236	ŚREMSKI KLUB MORSÓW MROZIK	M40	44	00:26:47.85	+00:09:18 (34.8%)	5:21	11.2 (65.1%)
134	PIETRASZEK Paweł	182	ŻYRARDOWSKIE MORSY	M40	45	00:26:54.65	+00:09:25 (35.0%)	5:22	11.2 (65.1%)
135	KWIATKOWSKA Monika	121	KLUB SPORTOWY AMBER	K40	12	00:26:55.75	+00:09:26 (35.1%)	5:23	11.1 (64.5%)
136	WILICKA Elżbieta	281	MORSIKI PŁOCK	K50	8	00:26:57.20	+00:09:28 (35.1%)	5:23	11.1 (64.5%)
137	MAJEWSKA Wiola	136	STRZEGOMSKA DWUNASTKA	K50	9	00:26:58.05	+00:09:29 (35.2%)	5:23	11.1 (64.5%)
138	KORECKA Joanna	98		K18	11	00:27:01.40	+00:09:32 (35.3%)	5:24	11.1 (64.5%)
139	KUPCZAK Damian	117		M18	35	00:27:03.50	+00:09:34 (35.4%)	5:24	11.1 (64.5%)
140	KOWALEWICZ Bartłomiej	101	MORSY CHOCEŃ	M40	46	00:27:14.35	+00:09:45 (35.8%)	5:26	11 (64.0%)
141	ZAJĄC Marcin	292	MORSY PMI	M40	47	00:27:20.80	+00:09:51 (36.1%)	5:28	11 (64.0%)
142	WALENDOESKI Tomasz	264	ŚREMSKI KLUB MORSÓW MROZIK	M40	48	00:27:25.95	+00:09:57 (36.3%)	5:29	10.9 (63.4%)
143	ŻELAZKO Jarosław	304	MORSIKI PSARSKIE	M40	49	00:27:27.30	+00:09:58 (36.3%)	5:29	10.9 (63.4%)
144	TAŻBIREK Bogusław	251	KKM KALORYFER	M50	19	00:27:27.60	+00:09:58 (36.3%)	5:29	10.9 (63.4%)
145	TWORSKA Magdalena	257		K18	12	00:27:29.30	+00:10:00 (36.4%)	5:29	10.9 (63.4%)
146	MAĆZKA Michał	145	HAPPYRUNNERS	M40	50	00:27:32.00	+00:10:03 (36.5%)	5:30	10.9 (63.4%)
147	ZALEWSKI Sylwester	294	VO2MAX RACING TEAM	M40	51	00:27:44.60	+00:10:15 (37.0%)	5:32	10.8 (62.8%)
147	PRZYGODZKI Damian	197	ZIMNOLUBNI ISLANDIA	M18	36	00:27:44.60	+00:10:15 (37.0%)	5:32	10.8 (62.8%)
149	SZORCZ Paulina	241	MORSIKI PSARSKIE	K18	13	00:27:45.15	+00:10:16 (37.0%)	5:33	10.8 (62.8%)
150	PODBYLSKA Magdalena	188	ZMĘCZENI NA STARCIE	K40	13	00:27:46.15	+00:10:17 (37.0%)	5:33	10.8 (62.8%)
151	GĘBSKI Sławomir	56	KKM KALORYFER	M60+	7	00:27:52.95	+00:10:24 (37.3%)	5:34	10.8 (62.8%)
152	KOZAK Maciej	102	ŚREMSKI KLUB MORSÓW MROZIK	M40	52	00:27:53.75	+00:10:24 (37.3%)	5:34	10.8 (62.8%)
153	OKRASA Krzysztof	162	ZGIERZOLUDY	M50	20	00:27:54.60	+00:10:25 (37.4%)	5:34	10.8 (62.8%)
154	POLIKOWSKI Patryk	192		M40	53	00:27:56.25	+00:10:27 (37.4%)	5:35	10.7 (62.2%)
155	STAŃCZYK Sławomir	227	SKM MIEDWIANIE	M18	37	00:27:58.25	+00:10:29 (37.5%)	5:35	10.7 (62.2%)
156	DOBRZAŃSKA Agata	39	ŚREMSKI KLUB MORSÓW MROZIK	K18	14	00:27:59.10	+00:10:30 (37.5%)	5:35	10.7 (62.2%)
157	SIERPOWSKI Mieczysław	214	KAMERALNE MORSY RASZKÓW	M50	21	00:27:59.25	+00:10:30 (37.5%)	5:35	10.7 (62.2%)
158	DUDEK Katarzyna	42	LITWIN SPORTS	K18	15	00:28:05.55	+00:10:36 (37.8%)	5:37	10.7 (62.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
159	ŻÓŁĆ Beata	305	DZIKI Z TRÓJMIASTA	K40	14	00:28:14.15	+00:10:45 (38.1%)	5:38	10.6 (61.6%)
160	ŁAZAROWICZ Katarzyna	129		K40	15	00:28:18.25	+00:10:49 (38.2%)	5:39	10.6 (61.6%)
161	ADAMSKI Mariusz	4	KAMERALNE MORSY RASZKÓW	M40	54	00:28:21.30	+00:10:52 (38.3%)	5:40	10.6 (61.6%)
162	MACIOROWSKA Emilia	133	ZIMNOLUBNI ISLANDIA	K40	16	00:28:22.20	+00:10:53 (38.4%)	5:40	10.6 (61.6%)
163	MACIOROWSKI Adam	134	ZIMNOLUBNI ISLANDIA	M40	55	00:28:22.60	+00:10:53 (38.4%)	5:40	10.6 (61.6%)
164	MAJERCZYK-GODLEWSKA Jadwiga	135	STOWARZYSZENIE WROCŁAWSKIE MORSY	K50	10	00:28:29.65	+00:11:00 (38.6%)	5:41	10.5 (61.0%)
165	STACHOWIAK Karolina	223	KAMERALNE MORSY RASZKÓW	K40	17	00:28:30.85	+00:11:01 (38.7%)	5:42	10.5 (61.0%)
166	KOWAL Grzegorz	100	BYLE DO ZIMY	M50	22	00:28:32.20	+00:11:03 (38.7%)	5:42	10.5 (61.0%)
167	WARDZIAK Emilia	269	ŻYRARDOWSKIE MORSY	K40	18	00:28:33.80	+00:11:04 (38.8%)	5:42	10.5 (61.0%)
168	PŁÓCIENICZAK Witold	185	RUDE MORSY	M50	23	00:28:36.35	+00:11:07 (38.9%)	5:43	10.5 (61.0%)
169	GOŁĘBIEWSKI Kazimierz	58		M40	56	00:28:36.70	+00:11:07 (38.9%)	5:43	10.5 (61.0%)
170	STACHOWIAK Rafał	222	KAMERALNE MORSY RASZKÓW	M50	24	00:28:38.75	+00:11:09 (39.0%)	5:43	10.5 (61.0%)
171	CISZEWSKA Kalina	32	STOWARZYSZENIE WROCŁAWSKIE MORSY	K40	19	00:28:39.00	+00:11:10 (39.0%)	5:43	10.5 (61.0%)
172	CELER Wiktoria	28	NIEZRZESZONA	K40	20	00:28:46.90	+00:11:18 (39.3%)	5:45	10.4 (60.5%)
173	DUMIŃSKI Stanisław	44	STRZEGOMSKA DWUNASTKA	M60+	8	00:28:49.50	+00:11:20 (39.4%)	5:45	10.4 (60.5%)
174	OLESIAK Patrycja	167	STOWARZYSZENIE WROCŁAWSKIE MORSY	K40	21	00:28:50.35	+00:11:21 (39.4%)	5:46	10.4 (60.5%)
175	WALIGÓRA Irek	266	ŚREMSKI KLUB MORSÓW MROZIK	M60+	9	00:28:59.75	+00:11:30 (39.7%)	5:47	10.4 (60.5%)
176	MONDRON Katarzyna	152	POSEJDON KOSZALIN	K40	22	00:29:05.40	+00:11:36 (39.9%)	5:49	10.3 (59.9%)
177	CZAPSKI Pawel	34	MORSY GOŁUCHÓW	M40	57	00:29:11.15	+00:11:42 (40.1%)	5:50	10.3 (59.9%)
178	MAZURCZAK Mariusz	142	MORSY GOLUCHÓW	M40	58	00:29:11.40	+00:11:42 (40.1%)	5:50	10.3 (59.9%)
179	KALINOWSKI Jakub	85	MORSY GOŁUCHÓW	M40	59	00:29:11.65	+00:11:42 (40.1%)	5:50	10.3 (59.9%)
180	CZAPSKI Piotr	33	MORSY GOŁUCHÓW	M40	60	00:29:11.75	+00:11:42 (40.1%)	5:50	10.3 (59.9%)
181	ŻACZEK Małgorzata	302	ZIMNOLUBNI ISLANDIA	K18	16	00:29:24.30	+00:11:55 (40.5%)	5:52	10.2 (59.3%)
182	WALCZAK Agnieszka	262	KLUB SZALONEGO MORSA SIERAKÓW	K50	11	00:29:31.05	+00:12:02 (40.8%)	5:54	10.2 (59.3%)
183	KRAUZE Mirela	108	STOWARZYSZENIE WROCŁAWSKIE MORSY	K50	12	00:29:37.50	+00:12:08 (41.0%)	5:55	10.1 (58.7%)
184	STRAUBE Bogumił	228	MORSY ŚRODA ŚLĄSKA	M40	61	00:29:39.35	+00:12:10 (41.1%)	5:55	10.1 (58.7%)
185	BRONIARZ Przemek	23	ŚREMSKI KLUB MORSÓW MROZIK	M18	38	00:29:41.55	+00:12:12 (41.1%)	5:56	10.1 (58.7%)
186	ŚWITAJ Wiesława	250		K50	13	00:29:54.00	+00:12:25 (41.5%)	5:58	10 (58.1%)
187	KRYSTEK Agata	112		K18	17	00:30:09.90	+00:12:41 (42.0%)	6:01	10 (58.1%)
188	WIELAND Lidia	276	RUDE MORSY	K50	14	00:30:13.85	+00:12:44 (42.2%)	6:02	9.9 (57.6%)
189	JUSZCZAK Krzysztof	79		M60+	10	00:30:14.40	+00:12:45 (42.2%)	6:02	9.9 (57.6%)
190	ŁĄCZ Rafał	131	PIJANE MORSY	M18	39	00:30:17.30	+00:12:48 (42.3%)	6:03	9.9 (57.6%)
191	RADAJEWSKA Justyna	226		K40	23	00:30:20.65	+00:12:51 (42.4%)	6:04	9.9 (57.6%)
192	LEUTNER Andrzej	123	BAWARSKIE MORSY	M50	25	00:30:22.25	+00:12:53 (42.4%)	6:04	9.9 (57.6%)
193	MIKOŁAJCZAK Magdalena	150	ŚREMSKI KLUB MORSÓW MROZIK	K18	18	00:30:23.00	+00:12:54 (42.5%)	6:04	9.9 (57.6%)
194	BAK Tomasz	16	STOWARZYSZENIE WROCŁAWSKIE MORSY	M40	62	00:30:23.30	+00:12:54 (42.5%)	6:04	9.9 (57.6%)
195	SADOWSKA Małgorzata	211	BBC KROSNO ODRZAŃSKIE	K50	15	00:30:24.35	+00:12:55 (42.5%)	6:04	9.9 (57.6%)
196	OLESIAK Piotr	166	STOWARZYSZENIE WROCŁAWSKIE MORSY	M40	63	00:30:25.00	+00:12:56 (42.5%)	6:05	9.9 (57.6%)
197	OWCZAREK Izabela	172	ŚREMSKI KLUB MORSÓW MROZIK	K40	24	00:30:25.50	+00:12:56 (42.5%)	6:05	9.9 (57.6%)
198	TRZEBINSKI Robert	253	ZIMNOLUBNI ISLANDIA	M40	64	00:30:30.90	+00:13:02 (42.7%)	6:06	9.8 (57.0%)
199	BAJOR Leszek	9		M18	40	00:30:35.05	+00:13:06 (42.8%)	6:07	9.8 (57.0%)
200	ZDUNEK Justyna	296	ANANASY Z 3 FAL	K18	19	00:30:40.40	+00:13:11 (43.0%)	6:08	9.8 (57.0%)
201	KACZMARCZYK Edyta	80		K40	25	00:30:42.10	+00:13:13 (43.1%)	6:08	9.8 (57.0%)
202	ANDRZEJCZYK Ewelina	7	ANANASY Z 3 FAL	K18	20	00:30:45.10	+00:13:16 (43.2%)	6:09	9.8 (57.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
203	KALICKA Anna	84	MORSY SIEDLCE	K50	16	00:30:46.35	+00:13:17 (43.2%)	6:09	9.8 (57.0%)
204	BURMAN Tomasz	26	ANANASY Z 3 FAL	M18	41	00:30:47.50	+00:13:18 (43.2%)	6:09	9.7 (56.4%)
205	GRUSZCZYŃSKI Kacper	61	MORSY ŚRODA ŚLĄSKA	M40	65	00:30:48.05	+00:13:19 (43.2%)	6:09	9.7 (56.4%)
206	KUBICZEK Grzegorz	114	MORSY NA JURZE	M60+	11	00:30:52.25	+00:13:23 (43.4%)	6:10	9.7 (56.4%)
207	OKUNIEWICZ Agnieszka	164	STRZEGOMSKA DWUNASTKA	K18	21	00:30:54.85	+00:13:25 (43.5%)	6:10	9.7 (56.4%)
208	KOZŁOWSKI Michał	229		M60+	12	00:30:57.15	+00:13:28 (43.5%)	6:11	9.7 (56.4%)
209	RUDZIEWICZ Małgorzata	208	RUDE MORSY	K40	26	00:30:58.20	+00:13:29 (43.6%)	6:11	9.7 (56.4%)
210	PŁÓCIENICZAK Sylwia	184	RUDE MORSY	K40	27	00:30:58.60	+00:13:29 (43.6%)	6:11	9.7 (56.4%)
211	URBAN Ewelina	259	ANANASY Z 3 FAL	K18	22	00:31:00.50	+00:13:31 (43.6%)	6:12	9.7 (56.4%)
212	WACHHOLZ Beata	261		K50	17	00:31:05.20	+00:13:36 (43.8%)	6:13	9.7 (56.4%)
213	MAZUREK Barbara	143		K40	28	00:31:10.30	+00:13:41 (43.9%)	6:14	9.6 (55.8%)
214	JANCZEWSKI Jacek	71		M50	26	00:31:10.55	+00:13:41 (43.9%)	6:14	9.6 (55.8%)
215	ZWONEK Piotr	300	KKM KALORYFER	M50	27	00:31:11.60	+00:13:42 (44.0%)	6:14	9.6 (55.8%)
216	KACZMAREK Andrzej	82	KLUB SZALONEGO MORSA SIERAKÓW	M50	28	00:31:22.05	+00:13:53 (44.3%)	6:16	9.6 (55.8%)
217	PROTASIUK Artur	51		M18	42	00:31:42.70	+00:14:13 (44.9%)	6:20	9.5 (55.2%)
218	JANICKA Monika	72	BYLE DO ZIMY	K50	18	00:31:43.95	+00:14:15 (44.9%)	6:20	9.5 (55.2%)
219	SUDER-MAKSYMOWICZ Monika	231		K40	29	00:31:45.25	+00:14:16 (44.9%)	6:21	9.4 (54.7%)
220	GNIOT Katarzyna	57		K40	30	00:31:49.90	+00:14:21 (45.1%)	6:21	9.4 (54.7%)
221	PRZYBYŁO Sławek	196	STRZEGOMSKA DWUNASTKA	M50	29	00:31:54.60	+00:14:25 (45.2%)	6:22	9.4 (54.7%)
222	ŁAZAROWICZ Piotr	130		M50	30	00:31:54.65	+00:14:25 (45.2%)	6:22	9.4 (54.7%)
223	WITKOWSKA Antonina	283	ŻYRARDOWSKIE MORSY	K40	31	00:32:09.95	+00:14:41 (45.7%)	6:25	9.3 (54.1%)
224	ULMAN Bożena Ulman	307	STARE DZUADY	M50	31	00:32:11.90	+00:14:43 (45.7%)	6:26	9.3 (54.1%)
225	SKONIECZNY Karol	218	MORSY GOŁUCHÓW	M40	66	00:32:13.05	+00:14:44 (45.7%)	6:26	9.3 (54.1%)
226	KOZAK Krystyna	103	RUDE MORSY	K50	19	00:32:14.25	+00:14:45 (45.8%)	6:26	9.3 (54.1%)
227	SKONIECZNA Anna	217	MORSY GOŁUCHÓW	K40	32	00:32:14.35	+00:14:45 (45.8%)	6:26	9.3 (54.1%)
227	WIELAND Przemysław	277	RUDE MORSY	M50	32	00:32:14.35	+00:14:45 (45.8%)	6:26	9.3 (54.1%)
229	DZIKIEL Beata	46	MORSY GŁOGÓW	K50	20	00:32:21.70	+00:14:52 (46.0%)	6:28	9.3 (54.1%)
230	KLEICHMIDT Ania	310		K50	21	00:32:22.70	+00:14:53 (46.0%)	6:28	9.3 (54.1%)
231	HAJDUK Magdalena	64	#CZELADZBIEGA#	K40	33	00:32:27.35	+00:14:58 (46.1%)	6:29	9.2 (53.5%)
232	KLECIEK Arkadiusz	92	MORSY NA JURZE	M40	67	00:32:30.85	+00:15:01 (46.2%)	6:30	9.2 (53.5%)
233	JASKULSKI Arkadiusz	76		M60+	13	00:32:39.35	+00:15:10 (46.5%)	6:31	9.2 (53.5%)
234	ZADROŻNA Joanna	291	BKM POLAR	K40	34	00:32:47.60	+00:15:18 (46.7%)	6:33	9.2 (53.5%)
235	KUŚNIERZ Dariusz	119	BKM POLAR	M60+	14	00:32:47.85	+00:15:18 (46.7%)	6:33	9.2 (53.5%)
236	ZBIGNIEW Mazur	128		M40	68	00:32:51.25	+00:15:22 (46.8%)	6:34	9.1 (52.9%)
237	ULBIN Jadwiga	258		K60+	3	00:33:11.35	+00:15:42 (47.3%)	6:38	9 (52.3%)
238	PIETRZAK Dawid	263		M18	43	00:33:22.35	+00:15:53 (47.6%)	6:40	9 (52.3%)
239	SZYMAŃSKA Hanna	244	POZYTYWNI BIEGACZE	K50	22	00:33:26.00	+00:15:57 (47.7%)	6:41	9 (52.3%)
240	SZYMAŃSKI Jacek	246	POZYTYWNI BIEGACZE	M50	33	00:33:26.05	+00:15:57 (47.7%)	6:41	9 (52.3%)
241	ŻYWIŃSKA Oliwia	306	KKM KALORYFER	M14	2	00:33:26.70	+00:15:57 (47.7%)	6:41	9 (52.3%)
242	ŚMIGIELSKA Justyna	249	MORSY NA KOKSIE	K40	35	00:33:46.60	+00:16:17 (48.2%)	6:45	8.9 (51.7%)
243	HORDYJEWICZ Mirosław	67	MORSY NA KOKSIE	M50	34	00:33:47.55	+00:16:18 (48.3%)	6:45	8.9 (51.7%)
244	KLECZKOWSKA Ewa	93	MORSY BOLESŁAWIEC	K40	36	00:33:48.00	+00:16:19 (48.3%)	6:45	8.9 (51.7%)
245	BARTKOWIAK Aneta	15	ŚREMSKI KLUB MORSÓW MROZIK	K18	23	00:33:50.15	+00:16:21 (48.3%)	6:46	8.9 (51.7%)
246	BARTKOWIAK Klaudia	14	ŚREMSKI KLUB MORSÓW MROZIK	K18	24	00:33:51.30	+00:16:22 (48.4%)	6:46	8.9 (51.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						5km	Różn		
247	ADAMUS Daniel	5	STRZEGOMSKA DWUNASTKA	M40	69	00:34:02.90	+00:16:34 (48.7%)	6:48	8.8 (51.2%)
248	SZLAFKA Arkadiusz	239	ŚREMSKI KLUB MORSÓW MROZIK	M40	70	00:34:04.35	+00:16:35 (48.7%)	6:48	8.8 (51.2%)
249	POROSŁO-ŻYWIŃSKA Joanna	194	KKM KALORYFER	K40	37	00:34:07.90	+00:16:39 (48.8%)	6:49	8.8 (51.2%)
250	KWATERA Danuta	120	KKM KALORYFER	K40	38	00:34:08.45	+00:16:39 (48.8%)	6:49	8.8 (51.2%)
251	PODLASIN Aga	190	BIAŁE MORSY GOSTYNIN-KUTNO	K18	25	00:34:11.85	+00:16:42 (48.9%)	6:50	8.8 (51.2%)
252	GRUSZCZYŃSKA Dorota	60	MORSY ŚRODA ŚLĄSKA	K40	39	00:34:24.80	+00:16:55 (49.2%)	6:52	8.7 (50.6%)
253	STACHOWIAK Barbara	225		K50	23	00:34:46.15	+00:17:17 (49.7%)	6:57	8.6 (50.0%)
254	PUDLISZEWSKA Marzena	198	RUDE MORSY	K50	24	00:34:59.00	+00:17:30 (50.0%)	6:59	8.6 (50.0%)
255	WIENCEK Renata	279	KAMERALNE MORSY RASZKÓW	K40	40	00:35:07.75	+00:17:38 (50.2%)	7:01	8.5 (49.4%)
256	MONDRON Paweł	153	POSEJDON KOSZALIN	M50	35	00:37:02.45	+00:19:33 (52.8%)	7:24	8.1 (47.1%)
257	WARSZAWSKI Rafał	270	OSTROWSKIE MORSY	M40	71	00:37:22.40	+00:19:53 (53.2%)	7:28	8 (46.5%)
258	SURMACZ Marcin	234	NAGŁE MORSOWANIA BYDGOSZCZ	M40	72	00:38:05.85	+00:20:36 (54.1%)	7:37	7.9 (45.9%)
259	SURMACZ Agata	233	NAGŁE MORSOWANIA BYDGOSZCZ	K40	41	00:38:08.20	+00:20:39 (54.2%)	7:37	7.9 (45.9%)
260	NARKIEWICZ-CZURYLO Agnieszka	155	ZIMNOLUBNI ISLANDIA	K40	42	00:38:14.55	+00:20:45 (54.3%)	7:38	7.8 (45.3%)
261	RATAJCZYK Ewa	201	KLIMA MORSY	K50	25	00:38:28.70	+00:20:59 (54.6%)	7:41	7.8 (45.3%)
262	METRYCKA1 Ania	147	MORSY ŁODZ	K50	26	00:38:32.90	+00:21:04 (54.7%)	7:42	7.8 (45.3%)
263	BALICKI Jacek	11	BIEGACZ NOWOSOLNA	M60+	15	00:38:39.30	+00:21:10 (54.8%)	7:43	7.8 (45.3%)
264	FRYDRYCH Przemysław	52	KEMPER TEAM	M40	73	00:38:50.10	+00:21:21 (55.0%)	7:46	7.7 (44.8%)
265	SZENDZIELORZ Marek	237		M40	74	00:38:50.60	+00:21:21 (55.0%)	7:46	7.7 (44.8%)
266	GAWLE Kinga	55	KKM KALORYFER	K40	43	00:39:17.95	+00:21:49 (55.5%)	7:51	7.6 (44.2%)
267	ŁAKOMA Monika	126		K40	44	00:39:22.15	+00:21:53 (55.6%)	7:52	7.6 (44.2%)
268	JARZĄBEK Krzysztof	75	RUDE MORSY	M50	36	00:39:22.20	+00:21:53 (55.6%)	7:52	7.6 (44.2%)
269	MIKOŁAJEWICZ Beata	151	RUDE MORSY	K50	27	00:39:22.45	+00:21:53 (55.6%)	7:52	7.6 (44.2%)
270	TURKIEWICZ Radosław	256	RUDE MORSY	M50	37	00:39:22.85	+00:21:53 (55.6%)	7:52	7.6 (44.2%)
271	BORKOWSKA Arletta	20	MORSY SIEDLCE	K40	45	00:39:29.20	+00:22:00 (55.7%)	7:53	7.6 (44.2%)
272	SZJAR Sylwia	240	MORSY Z JEZIORA KRAKSY	K40	46	00:39:30.75	+00:22:01 (55.8%)	7:54	7.6 (44.2%)
273	BIAŁEK Justyna	17	MORSY Z JEZIORA KRAKSY	K60+	4	00:39:31.40	+00:22:02 (55.8%)	7:54	7.6 (44.2%)
274	DOBACZEWSKA Iwona	37	ŻYRARDOWSKIE MORSY	K40	47	00:40:29.40	+00:23:00 (56.8%)	8:05	7.4 (43.0%)
275	CHMIELECKA Monika	30	ŻYRARDOWSKIE MORSY	K40	48	00:40:29.75	+00:23:00 (56.8%)	8:05	7.4 (43.0%)
276	KAZMIERCZAK Ryszard	212		M18	44	00:41:19.00	+00:23:50 (57.7%)	8:15	7.3 (42.4%)
277	KOCISZEWSKI Jarek	204	MORSY PAKOSC	M40	75	00:41:19.75	+00:23:50 (57.7%)	8:15	7.3 (42.4%)
278	SIMINSKA Monika	216	MORSY PAKOŚĆ	K40	49	00:41:19.80	+00:23:50 (57.7%)	8:15	7.3 (42.4%)
279	SOMMER Robert	219	MIŁA	M60+	16	00:41:19.95	+00:23:51 (57.7%)	8:15	7.3 (42.4%)
280	DZIECIELSKA Agnieszka	45		K40	50	00:41:41.05	+00:24:12 (58.1%)	8:20	7.2 (41.9%)
281	KUREK Renata	254		K18	26	00:41:42.30	+00:24:13 (58.1%)	8:20	7.2 (41.9%)
282	RATAJCZYK Grzegorz	202	KLIMA MORSY	M50	38	00:41:44.95	+00:24:16 (58.1%)	8:20	7.2 (41.9%)
283	ADAMSKA Katarzyna	3	KAMERALNE MORSY RASZKÓW	K18	27	00:41:52.35	+00:24:23 (58.3%)	8:22	7.2 (41.9%)
284	POPRAWA Renata	193	MORSY OSTRÓW WIELKOPOLSKI	K40	51	00:41:53.00	+00:24:24 (58.3%)	8:22	7.2 (41.9%)
285	ROGULSKA Ewa	203	ZIMNOLUBNI ISLANDIA	K60+	5	00:42:32.45	+00:25:03 (58.9%)	8:30	7.1 (41.3%)
286	KLOCIŃSKA Monika	94	ŻYRARDOWSKIE MORSY	K40	52	00:44:25.90	+00:26:57 (60.7%)	8:53	6.8 (39.5%)
287	ZYDOŁOWICZ Mirosława	301	BAWARSKIE MORSY	K40	53	00:44:27.25	+00:26:58 (60.7%)	8:53	6.7 (39.0%)
288	LEUTNER Grazyna	124		K50	28	00:44:27.90	+00:26:59 (60.7%)	8:53	6.7 (39.0%)
289	SZYMAŃSKA Aleksandra	243	KLIMA MORSY WRZEŚNIA	K40	54	00:44:44.40	+00:27:15 (60.9%)	8:56	6.7 (39.0%)
290	SZYMAŃSKI Radosław	245	KLIMA MORSY WRZEŚNIA	M40	76	00:44:45.00	+00:27:16 (60.9%)	8:57	6.7 (39.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
291	IWAŃSKA Sylwia	68	MORSY Z JEZIORA KRAKSY	K40	55	00:44:57.25	+00:27:28 (61.1%)	8:59	6.7 (39.0%)
292	KOZICKA Ewa	104	MORSY Z JEZIORA KRAKSY	K50	29	00:44:57.95	+00:27:29 (61.1%)	8:59	6.7 (39.0%)
293	PERŁOWSKA Justyna	177	ŻYRARDOWSKIE MORSY	K40	56	00:45:43.35	+00:28:14 (61.8%)	9:08	6.6 (38.4%)
294	WALENDOWSKA Monika	265	ŚREMSKI KLUB MORSÓW MROZIK	K40	57	00:47:40.65	+00:30:11 (63.3%)	9:32	6.3 (36.6%)
295	ROZMIAREK Agnieszka	205	ŚREMSKI KLUB MORSÓW MROZIK	K18	28	00:47:40.85	+00:30:11 (63.3%)	9:32	6.3 (36.6%)
296	GREGORCZYK Jarosław	59	MORSY Z JEZIORA KRAKSY	M40	77	00:49:50.50	+00:32:21 (64.9%)	9:58	6 (34.9%)
297	KOZIOŁ Ewa	106	MORSY Z JEZIORA KRAKSY	K50	30	00:49:50.70	+00:32:21 (64.9%)	9:58	6 (34.9%)

Znaleziono 297 wynik(ów)