

# BIEG ŚNIADANIOWY / KLUBOWE MISTRZOSTWA MORSÓW

B4SPORT  
INTELEGENE ZAWODY SPORTOWE

**Organiser:** Centrum Kultury Mielno  
**Date:** 2024-02-10  
**Place:** Mielno  
**Distance:** 5 km



Classification: OPEN -M

Place	Participant	Number	Club	Category	MCat	Net time 5km	Gap	Pace min/km	Pace 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 MORSZA 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	PICK Tomasz	180	BIEGOLAS KOSZALIN	M50	3	00:19:35.80	+00:02:06 (10.8%)	3:55	15.3 (89.0%)
13	MARZEC Adam	247		M40	5	00:19:52.85	+00:02:23 (12.1%)	3:58	15.1 (87.8%)
14	BOŻEK Artur	22	LECYMY DURŚ	M18	6	00:19:53.50	+00:02:24 (12.1%)	3:58	15.1 (87.8%)
15	URBANIAK Sebastian	260	TUPTAŃSKO	M18	7	00:19:59.70	+00:02:30 (12.6%)	3:59	15 (87.2%)
16	ŁUKASIEWICZ Wojtek	132		M40	6	00:20:09.90	+00:02:41 (13.3%)	4:01	14.9 (86.6%)
17	KOMRAUS Sławomir	97		M40	7	00:20:21.70	+00:02:52 (14.1%)	4:04	14.7 (85.5%)
18	ZAMĘTA Sławomir	295	OTM B	M50	4	00:20:29.55	+00:03:00 (14.7%)	4:05	14.6 (84.9%)
19	CHABOWSKI Tomasz	29	MALBORSKIE MORSY	M50	5	00:20:51.45	+00:03:22 (16.2%)	4:10	14.4 (83.7%)
20	KRÓL Paweł	109	STOWARZYSZENIE WROCŁAWSKIE MORSY	M18	8	00:20:52.55	+00:03:23 (16.3%)	4:10	14.4 (83.7%)
21	DUMIŃSKI Tomasz	43	STRZEGOMSKA DWUNASTKA	M40	8	00:21:00.40	+00:03:31 (16.8%)	4:12	14.3 (83.1%)
22	TUŁACZ Bohdan	255	KALISKIE MORSY	M40	9	00:21:16.00	+00:03:47 (17.8%)	4:15	14.1 (82.0%)
23	PERŁOWSKI Kamil	178	ŻYRARDOWSKIE MORSY	M40	10	00:21:20.30	+00:03:51 (18.1%)	4:16	14.1 (82.0%)
24	NOWICKI Mariusz	160	TUPTAŃSKO	M18	9	00:21:30.10	+00:04:01 (18.7%)	4:18	14 (81.4%)
25	RUDEK Marcin	206	ZDROWE MORSY DĘBOWA	M40	11	00:21:34.00	+00:04:05 (18.9%)	4:18	13.9 (80.8%)
26	KRYMSKI Tomasz	110	STRZEGOMSKA DWUNASTKA	M40	12	00:21:38.35	+00:04:09 (19.2%)	4:19	13.9 (80.8%)

Place	Participant	Number	Club	Category	MCat	Net time 5km	Gap	Pace min/km	Pace km/h
27	<b>SPRANCEL Marcin</b>	<b>221</b>	MORSY NA KOKSIE	M40	13	<b>00:21:40.40</b>	+00:04:11 (19.3%)	4:20	13.8 (80.2%)
28	<b>MAŁKOWSKI Tomasz</b>	<b>137</b>	SOPOCKI KLUB MORSÓW	M50	6	<b>00:21:44.30</b>	+00:04:15 (19.6%)	4:20	13.8 (80.2%)
29	<b>HENDEL Krzysztof</b>	<b>65</b>	IZBICKO W BIEGU	M18	10	<b>00:21:55.45</b>	+00:04:26 (20.3%)	4:23	13.7 (79.7%)
30	<b>GAWĘŁ Artur</b>	<b>54</b>	LECYMY DURŚ	M18	11	<b>00:21:55.90</b>	+00:04:27 (20.3%)	4:23	13.7 (79.7%)
31	<b>PIASKOWSKI Artur</b>	<b>179</b>		M40	14	<b>00:22:00.00</b>	+00:04:31 (20.5%)	4:24	13.6 (79.1%)
32	<b>OWCZARZ Marcin</b>	<b>173</b>	FIGA PRACOWNIA PROJEKTOWA	M18	12	<b>00:22:05.80</b>	+00:04:36 (20.9%)	4:25	13.6 (79.1%)
33	<b>KOMINEK Sebastian</b>	<b>96</b>		M40	15	<b>00:22:07.70</b>	+00:04:38 (21.0%)	4:25	13.6 (79.1%)
34	<b>WIENCEK Artur</b>	<b>278</b>	KAMERALNE MORSY RASZKÓW	M40	16	<b>00:22:09.65</b>	+00:04:40 (21.1%)	4:25	13.5 (78.5%)
35	<b>WASIAK Błażej</b>	<b>271</b>	ŻYRARDOWSKIE MORSY	M18	13	<b>00:22:15.40</b>	+00:04:46 (21.5%)	4:27	13.5 (78.5%)
36	<b>OLEJNICZAK Artur</b>	<b>165</b>		M40	17	<b>00:22:15.70</b>	+00:04:46 (21.5%)	4:27	13.5 (78.5%)
37	<b>SZPITER Tomasz</b>	<b>242</b>	OLAWS ZŁOTORYJA	M50	7	<b>00:22:17.20</b>	+00:04:48 (21.6%)	4:27	13.5 (78.5%)
38	<b>ŻELAZKO Bartosz</b>	<b>303</b>	MORSIKI PSARSKIE	M18	14	<b>00:22:18.10</b>	+00:04:49 (21.6%)	4:27	13.5 (78.5%)
39	<b>MENZEL Stanisław</b>	<b>146</b>	ŚREMSKI KLUB MORSÓW MROZIK	M50	8	<b>00:22:25.45</b>	+00:04:56 (22.0%)	4:29	13.4 (77.9%)
40	<b>NAWORYTA Wojciech</b>	<b>156</b>	KKM KALORYFER	M50	9	<b>00:22:27.45</b>	+00:04:58 (22.2%)	4:29	13.4 (77.9%)
41	<b>LOCHNO Kornel</b>	<b>125</b>		M40	18	<b>00:22:32.90</b>	+00:05:04 (22.5%)	4:30	13.3 (77.3%)
42	<b>TOMCZYK Jacek</b>	<b>252</b>		M18	15	<b>00:22:36.90</b>	+00:05:08 (22.7%)	4:31	13.3 (77.3%)
43	<b>STRZELECKI Grzegorz</b>	<b>230</b>	FIGA PRACOWNIA PROJEKTOWA	M40	19	<b>00:22:42.50</b>	+00:05:13 (23.0%)	4:32	13.2 (76.7%)
44	<b>HOPE Przemysław</b>	<b>66</b>	KORONA SZCZECIN	M18	16	<b>00:22:42.75</b>	+00:05:13 (23.0%)	4:32	13.2 (76.7%)
45	<b>WOŹNIAK Ireneusz</b>	<b>288</b>		M18	17	<b>00:22:44.40</b>	+00:05:15 (23.1%)	4:32	13.2 (76.7%)
46	<b>WYCZAŁKOWSKI Witold</b>	<b>289</b>	STOWARZYSZENIE WROCŁAWSKIE MORSY	M50	10	<b>00:22:49.50</b>	+00:05:20 (23.4%)	4:33	13.1 (76.2%)
47	<b>BOBELA Krzysztof</b>	<b>18</b>	STRZEGOMSKA DWUNASTKA	M40	20	<b>00:22:51.95</b>	+00:05:23 (23.5%)	4:34	13.1 (76.2%)
48	<b>PŁÓCIENNIK Maciej</b>	<b>187</b>	KAMERALNE MORSY RASZKÓW	M18	18	<b>00:22:58.55</b>	+00:05:29 (23.9%)	4:35	13.1 (76.2%)
49	<b>RUSINEK Łukasz</b>	<b>209</b>	LUBARTOWSKIE MORSY	M40	21	<b>00:23:02.60</b>	+00:05:33 (24.1%)	4:36	13 (75.6%)
50	<b>PODOLSKI Marcin</b>	<b>191</b>	ZIMNOLUBNI ISLANDIA	M18	19	<b>00:23:03.00</b>	+00:05:34 (24.2%)	4:36	13 (75.6%)
51	<b>BABICZ Paweł</b>	<b>8</b>	BABKI Z KLASĄ I PAWEŁ	M40	22	<b>00:23:11.40</b>	+00:05:42 (24.6%)	4:38	12.9 (75.0%)
52	<b>PODBYLSKI Łukasz</b>	<b>189</b>	ZMĘCZENI NA STARCIE	M40	23	<b>00:23:12.65</b>	+00:05:43 (24.7%)	4:38	12.9 (75.0%)
53	<b>JANAS Mariusz</b>	<b>70</b>	LECYMY DURŚ	M40	24	<b>00:23:15.35</b>	+00:05:46 (24.8%)	4:39	12.9 (75.0%)
54	<b>PIOTROWSKI Grzegorz</b>	<b>183</b>	STRZEGOMSKA DWUNASTKA	M40	25	<b>00:23:20.55</b>	+00:05:51 (25.1%)	4:40	12.9 (75.0%)
55	<b>WARDYN Sebastian</b>	<b>267</b>		M18	20	<b>00:23:22.40</b>	+00:05:53 (25.2%)	4:40	12.8 (74.4%)
56	<b>WEGNER Tomasz</b>	<b>273</b>	LECYMY DURŚ	M40	26	<b>00:23:23.85</b>	+00:05:54 (25.3%)	4:40	12.8 (74.4%)
57	<b>RUDZIEWICZ Mariusz</b>	<b>207</b>	RUDE MORSY	M40	27	<b>00:23:24.60</b>	+00:05:55 (25.3%)	4:40	12.8 (74.4%)
58	<b>WARDZIAK Bogdan</b>	<b>268</b>	ŻYRARDOWSKIE MORSY	M40	28	<b>00:23:27.05</b>	+00:05:58 (25.5%)	4:41	12.8 (74.4%)
59	<b>MURAKOWSKI Wojciech</b>	<b>154</b>	POSEJDON KOSZALIN	M14	1	<b>00:23:29.10</b>	+00:06:00 (25.6%)	4:41	12.8 (74.4%)
60	<b>KWIATKOWSKI Piotr</b>	<b>122</b>	ŻYRARDOWSKIE MORSY	M18	21	<b>00:23:30.30</b>	+00:06:01 (25.6%)	4:42	12.8 (74.4%)
61	<b>RACZ Mariusz</b>	<b>248</b>		M18	22	<b>00:23:30.40</b>	+00:06:01 (25.6%)	4:42	12.8 (74.4%)
62	<b>WĘCLEWSKI Robert</b>	<b>275</b>	ŚREMSKI KLUB MORSÓW MROZIK	M40	29	<b>00:23:37.10</b>	+00:06:08 (26.0%)	4:43	12.7 (73.8%)
63	<b>JĘDRYCHA Mariusz</b>	<b>78</b>	LODOŁAMACZ SKIERNIEWICE	M50	11	<b>00:23:40.20</b>	+00:06:11 (26.1%)	4:44	12.7 (73.8%)
64	<b>KARNOWSKI Krzysztof</b>	<b>87</b>		M18	23	<b>00:23:44.85</b>	+00:06:15 (26.4%)	4:44	12.6 (73.3%)
65	<b>ANDRZEJAK Erwin</b>	<b>6</b>	ZDARTE NOSKI	M18	24	<b>00:23:58.55</b>	+00:06:29 (27.1%)	4:47	12.5 (72.7%)
66	<b>BUDYNEK Mateusz</b>	<b>25</b>		M18	25	<b>00:24:01.15</b>	+00:06:32 (27.2%)	4:48	12.5 (72.7%)
67	<b>BARGIEL Patryk</b>	<b>13</b>	ZIMNOLUBNI ISLANDIA	M18	26	<b>00:24:08.40</b>	+00:06:39 (27.6%)	4:49	12.4 (72.1%)
68	<b>OSOWIECKI Karol</b>	<b>169</b>	STOWARZYSZENIE WROCŁAWSKIE MORSY	M18	27	<b>00:24:10.35</b>	+00:06:41 (27.7%)	4:50	12.4 (72.1%)
69	<b>KASPRZYK Bogdan</b>	<b>88</b>	KS WILKI POMORSKIE	M50	12	<b>00:24:12.25</b>	+00:06:43 (27.8%)	4:50	12.4 (72.1%)
70	<b>OZIĘBŁO Marcin</b>	<b>174</b>	ŻYRARDOWSKIE MORSY	M40	30	<b>00:24:23.70</b>	+00:06:54 (28.3%)	4:52	12.3 (71.5%)

Place	Participant	Number	Club	Category	MCat	Net time 5km	Gap	Pace min/km	Pace km/h
71	<b>GOŁASZEWSKI Robert</b>	<b>91</b>		M18	28	<b>00:24:29.65</b>	+00:07:00 (28.6%)	4:53	12.3 (71.5%)
72	<b>KUSIENICKI Arkadiusz</b>	<b>118</b>	ICE SHARKS SILESIA	M18	29	<b>00:24:30.25</b>	+00:07:01 (28.7%)	4:54	12.2 (70.9%)
73	<b>KOLAŃSKI Marcin</b>	<b>95</b>	FREESTYLE	M50	13	<b>00:24:31.50</b>	+00:07:02 (28.7%)	4:54	12.2 (70.9%)
74	<b>OGŁOSZKA Dariusz</b>	<b>161</b>	BIAŁE MORSY GOSTYNIN-KUTNO	M50	14	<b>00:24:35.70</b>	+00:07:06 (28.9%)	4:55	12.2 (70.9%)
75	<b>ŁAKOMIAK Artur</b>	<b>127</b>		M40	31	<b>00:24:37.65</b>	+00:07:08 (29.0%)	4:55	12.2 (70.9%)
76	<b>KALETA Krzysztof</b>	<b>83</b>	KAMERALNE MORSY RASZKÓW	M40	32	<b>00:24:39.55</b>	+00:07:10 (29.1%)	4:55	12.2 (70.9%)
77	<b>STACHOWIAK Ryszard</b>	<b>224</b>		M60+	1	<b>00:24:40.35</b>	+00:07:11 (29.1%)	4:56	12.2 (70.9%)
78	<b>ZIELIŃSKI Michał</b>	<b>298</b>	22 ODN	M40	33	<b>00:24:43.60</b>	+00:07:14 (29.3%)	4:56	12.1 (70.3%)
79	<b>WOJDAT Robert</b>	<b>286</b>	DRUŻYNA SZPIKU	M40	34	<b>00:24:50.20</b>	+00:07:21 (29.6%)	4:58	12.1 (70.3%)
80	<b>WASZKIEWICZ Wiktor</b>	<b>272</b>	CHARZYKOWSKIE MORSY	M18	30	<b>00:24:51.20</b>	+00:07:22 (29.7%)	4:58	12.1 (70.3%)
81	<b>BORYSIONEK Jarosław</b>	<b>21</b>		M50	15	<b>00:24:54.20</b>	+00:07:25 (29.8%)	4:58	12 (69.8%)
82	<b>SIKORA Grzegorz</b>	<b>215</b>	KKM KALORYFER	M40	35	<b>00:24:59.25</b>	+00:07:30 (30.0%)	4:59	12 (69.8%)
83	<b>DORYWALSKI Artur</b>	<b>41</b>	FIGA PRACOWNIA PROJEKTOWA	M40	36	<b>00:24:59.35</b>	+00:07:30 (30.0%)	4:59	12 (69.8%)
84	<b>JESSA Włodek</b>	<b>77</b>	ŚREMSKI KLUB MORSÓW MROZIK	M50	16	<b>00:25:06.40</b>	+00:07:37 (30.4%)	5:01	12 (69.8%)
85	<b>IWON Marcin</b>	<b>69</b>	BARTOSZYCKI KLUB MORSÓW 'POLAR'	M40	37	<b>00:25:11.70</b>	+00:07:42 (30.6%)	5:02	11.9 (69.2%)
86	<b>PRAŻANOWSKI Mariusz</b>	<b>195</b>		M40	38	<b>00:25:11.85</b>	+00:07:42 (30.6%)	5:02	11.9 (69.2%)
87	<b>PAWLIKOWSKI Bogusław</b>	<b>176</b>	STARE DZIADY	M60+	2	<b>00:25:14.80</b>	+00:07:45 (30.8%)	5:02	11.9 (69.2%)
88	<b>KOSTRZON Maciej</b>	<b>99</b>	PIONKOWSKIE MORSY	M50	17	<b>00:25:18.65</b>	+00:07:49 (30.9%)	5:03	11.9 (69.2%)
89	<b>MARCINIAK Rafał</b>	<b>138</b>		M40	39	<b>00:25:21.85</b>	+00:07:52 (31.1%)	5:04	11.8 (68.6%)
90	<b>GARUS Tomasz</b>	<b>53</b>	HABCORE	M40	40	<b>00:25:26.75</b>	+00:07:57 (31.3%)	5:05	11.8 (68.6%)
91	<b>MIKULEC Robert</b>	<b>50</b>	STRZEGOMSKA DWUNASTKA	M40	41	<b>00:25:30.80</b>	+00:08:01 (31.5%)	5:06	11.8 (68.6%)
92	<b>PIECHOTA Robert</b>	<b>181</b>	POSEJDON KOSZALIN	M50	18	<b>00:25:33.45</b>	+00:08:04 (31.6%)	5:06	11.7 (68.0%)
93	<b>SUDER-MAKSYMOWICZ Grzegorz</b>	<b>232</b>		M40	42	<b>00:25:53.90</b>	+00:08:25 (32.5%)	5:10	11.6 (67.4%)
94	<b>MARCINIAK Michał</b>	<b>139</b>	ŚREMSKI KLUB MORSÓW MROZIK	M40	43	<b>00:26:00.05</b>	+00:08:31 (32.8%)	5:12	11.5 (66.9%)
95	<b>KĘDZIERSKI Mirosław</b>	<b>90</b>	MORSY GŁOGÓW	M60+	3	<b>00:26:01.65</b>	+00:08:32 (32.8%)	5:12	11.5 (66.9%)
96	<b>OSTROWSKI Robert</b>	<b>171</b>	ŻYRARDOWSKIE MORSY	M60+	4	<b>00:26:04.10</b>	+00:08:35 (32.9%)	5:12	11.5 (66.9%)
97	<b>CEITEL Oskar</b>	<b>27</b>	JEZIORACY	M18	31	<b>00:26:12.40</b>	+00:08:43 (33.3%)	5:14	11.5 (66.9%)
98	<b>NAZIM Tadeusz</b>	<b>157</b>	KKM KALORYFER	M60+	5	<b>00:26:14.20</b>	+00:08:45 (33.4%)	5:14	11.4 (66.3%)
99	<b>KOZŁOWIECKI Waldemar</b>	<b>107</b>	TKKF KOSZALIN	M60+	6	<b>00:26:18.45</b>	+00:08:49 (33.5%)	5:15	11.4 (66.3%)
100	<b>SĘK Michał</b>	<b>213</b>	KLUB SPORTOWY AMBER	M18	32	<b>00:26:35.55</b>	+00:09:06 (34.3%)	5:19	11.3 (65.7%)
101	<b>EBELEWICZ Mateusz</b>	<b>47</b>	ŚREMSKI KLUB MORSÓW MROZIK	M18	33	<b>00:26:45.00</b>	+00:09:16 (34.6%)	5:21	11.2 (65.1%)
102	<b>DOBRZAŃSKI Marcin</b>	<b>40</b>	ŚREMSKI KLUB MORSÓW MROZIK	M18	34	<b>00:26:46.50</b>	+00:09:17 (34.7%)	5:21	11.2 (65.1%)
103	<b>SZAFRAŃSKI Jakub</b>	<b>236</b>	ŚREMSKI KLUB MORSÓW MROZIK	M40	44	<b>00:26:47.85</b>	+00:09:18 (34.8%)	5:21	11.2 (65.1%)
104	<b>PIETRASZEK Paweł</b>	<b>182</b>	ŻYRARDOWSKIE MORSY	M40	45	<b>00:26:54.65</b>	+00:09:25 (35.0%)	5:22	11.2 (65.1%)
105	<b>KUPCZAK Damian</b>	<b>117</b>		M18	35	<b>00:27:03.50</b>	+00:09:34 (35.4%)	5:24	11.1 (64.5%)
106	<b>KOWALEWICZ Bartłomiej</b>	<b>101</b>	MORSY CHOCEŃ	M40	46	<b>00:27:14.35</b>	+00:09:45 (35.8%)	5:26	11 (64.0%)
107	<b>ZAJĄC Marcin</b>	<b>292</b>	MORSY PMI	M40	47	<b>00:27:20.80</b>	+00:09:51 (36.1%)	5:28	11 (64.0%)
108	<b>WALENDOESKI Tomasz</b>	<b>264</b>	ŚREMSKI KLUB MORSÓW MROZIK	M40	48	<b>00:27:25.95</b>	+00:09:57 (36.3%)	5:29	10.9 (63.4%)
109	<b>ŻELAZKO Jarosław</b>	<b>304</b>	MORSIKI PSARSKIE	M40	49	<b>00:27:27.30</b>	+00:09:58 (36.3%)	5:29	10.9 (63.4%)
110	<b>TAŻBIREK Bogusław</b>	<b>251</b>	KKM KALORYFER	M50	19	<b>00:27:27.60</b>	+00:09:58 (36.3%)	5:29	10.9 (63.4%)
111	<b>MĄCZKA Michał</b>	<b>145</b>	HAPPYRUNNERS	M40	50	<b>00:27:32.00</b>	+00:10:03 (36.5%)	5:30	10.9 (63.4%)
112	<b>ZALEWSKI Sylwester</b>	<b>294</b>	VO2MAX RACING TEAM	M40	51	<b>00:27:44.60</b>	+00:10:15 (37.0%)	5:32	10.8 (62.8%)
112	<b>PRZYGODZKI Damian</b>	<b>197</b>	ZIMNOLUBNI ISLANDIA	M18	36	<b>00:27:44.60</b>	+00:10:15 (37.0%)	5:32	10.8 (62.8%)
114	<b>GĘBSKI Sławomir</b>	<b>56</b>	KKM KALORYFER	M60+	7	<b>00:27:52.95</b>	+00:10:24 (37.3%)	5:34	10.8 (62.8%)

Place	Participant	Number	Club	Category	MCat	Net time 5km	Gap	Pace min/km	Pace km/h
115	<b>KOZAK Maciej</b>	<b>102</b>	ŚREMSKI KLUB MORSÓW MROZIK	M40	52	<b>00:27:53.75</b>	+00:10:24 (37.3%)	5:34	10.8 (62.8%)
116	<b>OKRASA Krzysztof</b>	<b>162</b>	ZGIERZOLUDY	M50	20	<b>00:27:54.60</b>	+00:10:25 (37.4%)	5:34	10.8 (62.8%)
117	<b>POLIKOWSKI Patryk</b>	<b>192</b>		M40	53	<b>00:27:56.25</b>	+00:10:27 (37.4%)	5:35	10.7 (62.2%)
118	<b>STAŃCZYK Sławomir</b>	<b>227</b>	SKM MIEDWIANIE	M18	37	<b>00:27:58.25</b>	+00:10:29 (37.5%)	5:35	10.7 (62.2%)
119	<b>SIERPOWSKI Mieczysław</b>	<b>214</b>	KAMERALNE MORSY RASZKÓW	M50	21	<b>00:27:59.25</b>	+00:10:30 (37.5%)	5:35	10.7 (62.2%)
120	<b>ADAMSKI Mariusz</b>	<b>4</b>	KAMERALNE MORSY RASZKÓW	M40	54	<b>00:28:21.30</b>	+00:10:52 (38.3%)	5:40	10.6 (61.6%)
121	<b>MACIOROWSKI Adam</b>	<b>134</b>	ZIMNOLUBNI ISLANDIA	M40	55	<b>00:28:22.60</b>	+00:10:53 (38.4%)	5:40	10.6 (61.6%)
122	<b>KOWAL Grzegorz</b>	<b>100</b>	BYLE DO ZIMY	M50	22	<b>00:28:32.20</b>	+00:11:03 (38.7%)	5:42	10.5 (61.0%)
123	<b>PŁÓCIENICZAK Witold</b>	<b>185</b>	RUDE MORSY	M50	23	<b>00:28:36.35</b>	+00:11:07 (38.9%)	5:43	10.5 (61.0%)
124	<b>GOŁĘBIEWSKI Kazimierz</b>	<b>58</b>		M40	56	<b>00:28:36.70</b>	+00:11:07 (38.9%)	5:43	10.5 (61.0%)
125	<b>STACHOWIAK Rafał</b>	<b>222</b>	KAMERALNE MORSY RASZKÓW	M50	24	<b>00:28:38.75</b>	+00:11:09 (39.0%)	5:43	10.5 (61.0%)
126	<b>DUMIŃSKI Stanisław</b>	<b>44</b>	STRZEGOMSKA DWUNASTKA	M60+	8	<b>00:28:49.50</b>	+00:11:20 (39.4%)	5:45	10.4 (60.5%)
127	<b>WALIGÓRA Irek</b>	<b>266</b>	ŚREMSKI KLUB MORSÓW MROZIK	M60+	9	<b>00:28:59.75</b>	+00:11:30 (39.7%)	5:47	10.4 (60.5%)
128	<b>CZAPSKI Pawel</b>	<b>34</b>	MORSY GOŁUCHÓW	M40	57	<b>00:29:11.15</b>	+00:11:42 (40.1%)	5:50	10.3 (59.9%)
129	<b>MAZURCZAK Mariusz</b>	<b>142</b>	MORSY GOLUCHÓW	M40	58	<b>00:29:11.40</b>	+00:11:42 (40.1%)	5:50	10.3 (59.9%)
130	<b>KALINOWSKI Jakub</b>	<b>85</b>	MORSY GOŁUCHÓW	M40	59	<b>00:29:11.65</b>	+00:11:42 (40.1%)	5:50	10.3 (59.9%)
131	<b>CZAPSKI Piotr</b>	<b>33</b>	MORSY GOŁUCHÓW	M40	60	<b>00:29:11.75</b>	+00:11:42 (40.1%)	5:50	10.3 (59.9%)
132	<b>STRAUBE Bogumił</b>	<b>228</b>	MORSY ŚRODA ŚLĄSKA	M40	61	<b>00:29:39.35</b>	+00:12:10 (41.1%)	5:55	10.1 (58.7%)
133	<b>BRONIARZ Przemek</b>	<b>23</b>	ŚREMSKI KLUB MORSÓW MROZIK	M18	38	<b>00:29:41.55</b>	+00:12:12 (41.1%)	5:56	10.1 (58.7%)
134	<b>JUSZCZAK Krzysztof</b>	<b>79</b>		M60+	10	<b>00:30:14.40</b>	+00:12:45 (42.2%)	6:02	9.9 (57.6%)
135	<b>ŁĄCZ Rafał</b>	<b>131</b>	PIJANE MORSY	M18	39	<b>00:30:17.30</b>	+00:12:48 (42.3%)	6:03	9.9 (57.6%)
136	<b>LEUTNER Andrzej</b>	<b>123</b>	BAWARSKIE MORSY	M50	25	<b>00:30:22.25</b>	+00:12:53 (42.4%)	6:04	9.9 (57.6%)
137	<b>BAK Tomasz</b>	<b>16</b>	STOWARZYSZENIE WROCŁAWSKIE MORSY	M40	62	<b>00:30:23.30</b>	+00:12:54 (42.5%)	6:04	9.9 (57.6%)
138	<b>OLESIAK Piotr</b>	<b>166</b>	STOWARZYSZENIE WROCŁAWSKIE MORSY	M40	63	<b>00:30:25.00</b>	+00:12:56 (42.5%)	6:05	9.9 (57.6%)
139	<b>TRZEBINSKI Robert</b>	<b>253</b>	ZIMNOLUBNI ISLANDIA	M40	64	<b>00:30:30.90</b>	+00:13:02 (42.7%)	6:06	9.8 (57.0%)
140	<b>BAJOR Leszek</b>	<b>9</b>		M18	40	<b>00:30:35.05</b>	+00:13:06 (42.8%)	6:07	9.8 (57.0%)
141	<b>BURMAN Tomasz</b>	<b>26</b>	ANANASY Z 3 FAL	M18	41	<b>00:30:47.50</b>	+00:13:18 (43.2%)	6:09	9.7 (56.4%)
142	<b>GRUSZCZYŃSKI Kacper</b>	<b>61</b>	MORSY ŚRODA ŚLĄSKA	M40	65	<b>00:30:48.05</b>	+00:13:19 (43.2%)	6:09	9.7 (56.4%)
143	<b>KUBICZEK Grzegorz</b>	<b>114</b>	MORSY NA JURZE	M60+	11	<b>00:30:52.25</b>	+00:13:23 (43.4%)	6:10	9.7 (56.4%)
144	<b>KOZŁOWSKI Michał</b>	<b>229</b>		M60+	12	<b>00:30:57.15</b>	+00:13:28 (43.5%)	6:11	9.7 (56.4%)
145	<b>JANCZEWSKI Jacek</b>	<b>71</b>		M50	26	<b>00:31:10.55</b>	+00:13:41 (43.9%)	6:14	9.6 (55.8%)
146	<b>ZWONEK Piotr</b>	<b>300</b>	KKM KALORYFER	M50	27	<b>00:31:11.60</b>	+00:13:42 (44.0%)	6:14	9.6 (55.8%)
147	<b>KACZMAREK Andrzej</b>	<b>82</b>	KLUB SZALONEGO MORSA SIERAKÓW	M50	28	<b>00:31:22.05</b>	+00:13:53 (44.3%)	6:16	9.6 (55.8%)
148	<b>PROTASIUK Artur</b>	<b>51</b>		M18	42	<b>00:31:42.70</b>	+00:14:13 (44.9%)	6:20	9.5 (55.2%)
149	<b>PRZYBYŁO Sławek</b>	<b>196</b>	STRZEGOMSKA DWUNASTKA	M50	29	<b>00:31:54.60</b>	+00:14:25 (45.2%)	6:22	9.4 (54.7%)
150	<b>ŁAZAROWICZ Piotr</b>	<b>130</b>		M50	30	<b>00:31:54.65</b>	+00:14:25 (45.2%)	6:22	9.4 (54.7%)
151	<b>ULMAN Bożena Ulman</b>	<b>307</b>	STARE DZUADY	M50	31	<b>00:32:11.90</b>	+00:14:43 (45.7%)	6:26	9.3 (54.1%)
152	<b>SKONIECZNY Karol</b>	<b>218</b>	MORSY GOŁUCHÓW	M40	66	<b>00:32:13.05</b>	+00:14:44 (45.7%)	6:26	9.3 (54.1%)
153	<b>WIELAND Przemysław</b>	<b>277</b>	RUDE MORSY	M50	32	<b>00:32:14.35</b>	+00:14:45 (45.8%)	6:26	9.3 (54.1%)
154	<b>KLECIEK Arkadiusz</b>	<b>92</b>	MORSY NA JURZE	M40	67	<b>00:32:30.85</b>	+00:15:01 (46.2%)	6:30	9.2 (53.5%)
155	<b>JASKULSKI Arkadiusz</b>	<b>76</b>		M60+	13	<b>00:32:39.35</b>	+00:15:10 (46.5%)	6:31	9.2 (53.5%)
156	<b>KUŚNIERZ Dariusz</b>	<b>119</b>	BKM POLAR	M60+	14	<b>00:32:47.85</b>	+00:15:18 (46.7%)	6:33	9.2 (53.5%)
157	<b>ZBIGNIEW Mazur</b>	<b>128</b>		M40	68	<b>00:32:51.25</b>	+00:15:22 (46.8%)	6:34	9.1 (52.9%)
158	<b>PIETRZAK Dawid</b>	<b>263</b>		M18	43	<b>00:33:22.35</b>	+00:15:53 (47.6%)	6:40	9 (52.3%)

Place	Participant	Number	Club	Category	MCat	Net time 5km	Gap	Pace min/km	Pace km/h
159	<b>SZYMAŃSKI Jacek</b>	<b>246</b>	POZYTYWNI BIEGACZE	M50	33	<b>00:33:26.05</b>	+00:15:57 (47.7%)	6:41	9 (52.3%)
160	<b>HORDYJEWICZ Mirosław</b>	<b>67</b>	MORSY NA KOKSIE	M50	34	<b>00:33:47.55</b>	+00:16:18 (48.3%)	6:45	8.9 (51.7%)
161	<b>ADAMUS Daniel</b>	<b>5</b>	STRZEGOMSKA DWUNASTKA	M40	69	<b>00:34:02.90</b>	+00:16:34 (48.7%)	6:48	8.8 (51.2%)
162	<b>SZLAFKA Arkadiusz</b>	<b>239</b>	ŚREMSKI KLUB MORSÓW MROZIK	M40	70	<b>00:34:04.35</b>	+00:16:35 (48.7%)	6:48	8.8 (51.2%)
163	<b>MONDRON Paweł</b>	<b>153</b>	POSEJDON KOSZALIN	M50	35	<b>00:37:02.45</b>	+00:19:33 (52.8%)	7:24	8.1 (47.1%)
164	<b>WARSZAWSKI Rafał</b>	<b>270</b>	OSTROWSKIE MORSY	M40	71	<b>00:37:22.40</b>	+00:19:53 (53.2%)	7:28	8 (46.5%)
165	<b>SURMACZ Marcin</b>	<b>234</b>	NAGŁE MORSOWANIA BYDGOSZCZ	M40	72	<b>00:38:05.85</b>	+00:20:36 (54.1%)	7:37	7.9 (45.9%)
166	<b>BALICKI Jacek</b>	<b>11</b>	BIEGACZ NOWOSOLNA	M60+	15	<b>00:38:39.30</b>	+00:21:10 (54.8%)	7:43	7.8 (45.3%)
167	<b>FRYDRYCH Przemysław</b>	<b>52</b>	KEMPER TEAM	M40	73	<b>00:38:50.10</b>	+00:21:21 (55.0%)	7:46	7.7 (44.8%)
168	<b>SZENDZIELORZ Marek</b>	<b>237</b>		M40	74	<b>00:38:50.60</b>	+00:21:21 (55.0%)	7:46	7.7 (44.8%)
169	<b>JARZĄBEK Krzysztof</b>	<b>75</b>	RUDE MORSY	M50	36	<b>00:39:22.20</b>	+00:21:53 (55.6%)	7:52	7.6 (44.2%)
170	<b>TURKIEWICZ Radosław</b>	<b>256</b>	RUDE MORSY	M50	37	<b>00:39:22.85</b>	+00:21:53 (55.6%)	7:52	7.6 (44.2%)
171	<b>KAZMIERCZAK Ryszard</b>	<b>212</b>		M18	44	<b>00:41:19.00</b>	+00:23:50 (57.7%)	8:15	7.3 (42.4%)
172	<b>KOCISZEWSKI Jarek</b>	<b>204</b>	MORSY PAKOSC	M40	75	<b>00:41:19.75</b>	+00:23:50 (57.7%)	8:15	7.3 (42.4%)
173	<b>SOMMER Robert</b>	<b>219</b>	MIŁA	M60+	16	<b>00:41:19.95</b>	+00:23:51 (57.7%)	8:15	7.3 (42.4%)
174	<b>RATAJCZYK Grzegorz</b>	<b>202</b>	KLIMA MORSY	M50	38	<b>00:41:44.95</b>	+00:24:16 (58.1%)	8:20	7.2 (41.9%)
175	<b>SZYMAŃSKI Radosław</b>	<b>245</b>	KLIMA MORSY WRZEŚNIA	M40	76	<b>00:44:45.00</b>	+00:27:16 (60.9%)	8:57	6.7 (39.0%)
176	<b>GREGORCZYK Jarosław</b>	<b>59</b>	MORSY Z JEZIORA KRAKSY	M40	77	<b>00:49:50.50</b>	+00:32:21 (64.9%)	9:58	6 (34.9%)

Total 176 results.