

BIEG TROJAK TRAIL - 10 KM

B4SPORT

Wydarzenie: Dolnośląski Festiwal Biegów Górskich
Organizator: Fundacja MARATONY GÓRSKIE
Data: 2019-07-21
Miejsce: Łądek-Zdrój
Dystans: 10 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	DOROŻYŃSKI Szymon	7213	KALENJI BY DECATHLON	Senior I M - 20	1	00:16:46	00:26:32	00:43:09.70	00:43:10.60		4:19	13.9 (100%)
2	TOMASIK Stanisław	7404	GORLICKA GRUPA BIEGOWA	Senior II M - 30	1	00:18:17	00:28:33	00:45:15.25	00:45:17.50	+00:02:06 (4.7%)	4:31	13.3 (95.7%)
3	BOROŃ Dariusz	7360	ASICS FRONTRUNNER	Senior I M - 20	2	00:17:26	00:27:45	00:45:23.05	00:45:24.15	+00:02:13 (4.9%)	4:32	13.2 (95.0%)
4	DUTKOWSKI Mikołaj	7312	UKS ARKADY RASZKÓW	Senior I M - 20	3	00:18:16	00:28:37	00:46:41.30	00:46:43.40	+00:03:32 (7.6%)	4:40	12.9 (92.8%)
5	WILK Maciej	7297	ZĄLOGA GÓRSKA	Senior II M - 30	2	00:18:21	00:28:59	00:47:22.90	00:47:27.05	+00:04:16 (9.0%)	4:44	12.7 (91.4%)
6	SKIBA Łukasz	7435		Senior II M - 30	3	00:18:28	00:29:22	00:48:42.95	00:48:44.80	+00:05:34 (11.4%)	4:52	12.3 (88.5%)
7	ŻUCHOWSKI Daniel	7332	MUAY RUNNING TEAM	Senior II M - 30	4	00:19:26	00:30:22	00:49:09.55	00:49:11.15	+00:06:00 (12.2%)	4:55	12.2 (87.8%)
8	GAJEWSKI Marek	7172	ADIDAS RUNNERS WARSAW	Senior II M - 30	5	00:19:00	00:30:03	00:49:18.85	00:49:22.30	+00:06:11 (12.5%)	4:55	12.2 (87.8%)
9	WRZESZCZ Mariusz	7437	TMTEAM	Senior I M - 20	4	00:19:59	00:30:33	00:49:25.00	00:49:25.00	+00:06:14 (12.6%)	4:56	12.1 (87.1%)
10	TABER Konrad	7234	STO-NOGI MILANÓWEK/ACTIVE PROSPERIA	Senior I M - 20	5	00:19:05	00:30:07	00:49:58.25	00:49:58.25	+00:06:47 (13.6%)	4:59	12 (86.3%)
11	SOCZOMSKI Grzegorz	7390	CHATA BIEGACZA K34	Senior I M - 20	6	00:19:47	00:31:02	00:50:04.90	00:50:07.20	+00:06:56 (13.9%)	5:00	12 (86.3%)
12	ŁĘŻNIAK Aleksander	7275	MONK SANDALS TEAM	Senior II M - 30	6	00:20:00	00:31:13	00:50:58.25	00:51:01.30	+00:07:50 (15.4%)	5:05	11.8 (84.9%)
13	ZYCH Marcin	7096	#SOBASTEAM	Senior II M - 30	7	00:20:27	00:32:01	00:51:42.10	00:51:42.10	+00:08:31 (16.5%)	5:10	11.6 (83.5%)
14	SKROBAŁA Dariusz	7391		Masters M - 40	1	00:20:28	00:31:41	00:51:51.00	00:51:54.25	+00:08:43 (16.8%)	5:11	11.6 (83.5%)
15	KAZIMIERCZAK Rafał	7286	-	Masters M - 40	2	00:19:27	00:31:24	00:51:59.25	00:52:01.35	+00:08:50 (17.0%)	5:11	11.5 (82.7%)

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16	SŁOCIAK Rafał	7032	RAJSPORT ACTIVE	Senior I M - 20	7	00:20:59	00:32:33	00:52:27.10	00:52:35.45	+00:09:24 (17.9%)	5:14	11.4 (82.0%)
17	BRZĄKALSKI Krzysiek	7181	EAZYMYT.PL	Senior I M - 20	8	00:21:16	00:33:15	00:52:34.55	00:52:37.90	+00:09:27 (18.0%)	5:15	11.4 (82.0%)
18	SOLIŃSKA Katarzyna	7426		Senior I K - 20	1	00:20:30	00:32:39	00:53:10.85	00:53:13.65	+00:10:03 (18.9%)	5:19	11.3 (81.3%)
19	GAWLIK Sławek	7183	KRAKÓW	Senior II M - 30	8	00:21:09	00:32:34	00:53:17.10	00:53:22.95	+00:10:12 (19.1%)	5:19	11.3 (81.3%)
20	CEREMUGA Mateusz	7012		Senior I M - 20	9	00:20:45	00:32:41	00:53:52.70	00:53:57.05	+00:10:46 (20.0%)	5:23	11.1 (79.9%)
21	BANEK Krzysztof	7262	TOURSPORT RUNNING TEAM	Senior II M - 30	9	00:20:45	00:33:22	00:54:01.40	00:54:03.50	+00:10:52 (20.1%)	5:24	11.1 (79.9%)
22	BIELA Konrad	7320	TEAM MOUNTAIN FUEL POLSKA / GOPR KARKONOSZE	Senior I M - 20	10	00:21:06	00:33:16	00:54:04.85	00:54:07.05	+00:10:56 (20.2%)	5:24	11.1 (79.9%)
23	BOCZEK Leszek	7351	ZAŁOGA GÓRSKA	Senior II M - 30	10	00:21:15	00:33:19	00:54:05.85	00:54:10.60	+00:11:00 (20.3%)	5:24	11.1 (79.9%)
24	KURAŚ Szymon	7037	NKB CHYŻY NOWY TOMYŚL	Senior II M - 30	11	00:21:58	00:34:07	00:54:39.25	00:54:49.45	+00:11:38 (21.2%)	5:27	11 (79.1%)
25	KWIATKOWSKI Michael	7272		Senior II M - 30	12	00:21:08	00:33:47	00:55:04.25	00:55:08.35	+00:11:57 (21.7%)	5:30	10.9 (78.4%)
26	OLKIS Rafał	7409		Senior II M - 30	13	00:21:40	00:34:05	00:55:42.55	00:55:50.20	+00:12:39 (22.7%)	5:34	10.8 (77.7%)
27	ADAMCZYK Martyna	7241		Senior I K - 20	2	00:21:37	00:34:17	00:55:53.30	00:55:54.95	+00:12:44 (22.8%)	5:35	10.7 (77.0%)
28	KRAUSE Kuba	7288	KLUB BUFF FAMILY TEAM	Senior II M - 30	14	00:22:00	00:34:56	00:56:57.45	00:57:00.50	+00:13:49 (24.3%)	5:41	10.5 (75.5%)
29	STANIA Paweł	7420	ZAŁOGA GÓRSKA	Senior II M - 30	15	00:22:51	00:35:46	00:57:14.65	00:57:18.00	+00:14:07 (24.6%)	5:43	10.5 (75.5%)
30	PIEKAJ Łukasz	7370		Senior II M - 30	16	00:23:40	00:36:42	00:58:12.75	00:58:18.40	+00:15:07 (25.9%)	5:49	10.3 (74.1%)
31	KACZMARCZYK Przemysław	7052	MATNER RUNNING TEAM/WATAHA	Senior I M - 20	11	00:23:24	00:36:40	00:58:37.50	00:58:40.25	+00:15:29 (26.4%)	5:51	10.2 (73.4%)
32	PAŁYS Marcin	7264		Senior II M - 30	17	00:23:20	00:36:36	00:58:48.75	00:58:50.85	+00:15:40 (26.6%)	5:52	10.2 (73.4%)
33	CITKO Maciej	7392	ZAŁOGA GÓRSKA	Senior II M - 30	18	00:22:55	00:36:30	00:59:03.10	00:59:07.15	+00:15:56 (27.0%)	5:54	10.2 (73.4%)
34	RZEWUSKI Jakub	7236		Senior I M - 20	12	00:24:27	00:37:52	00:59:05.35	00:59:16.65	+00:16:06 (27.2%)	5:54	10.2 (73.4%)
35	OLSZEWSKI Tomek	7282		Masters M - 40	3	00:23:57	00:37:06	00:59:10.45	00:59:22.70	+00:16:12 (27.3%)	5:55	10.1 (72.7%)
36	JANIUK Jarosław	7372		Weteran I M - 50	1	00:23:18	00:36:41	00:59:43.75	00:59:49.30	+00:16:38 (27.8%)	5:58	10 (71.9%)
37	PIOTROWSKI Michał	7389	KLUB BIEGACZA JURUND SZCZYTNO	Senior II M - 30	19	00:24:08	00:37:25	00:59:51.45	00:59:54.20	+00:16:43 (27.9%)	5:59	10 (71.9%)
38	POLAŃSKI Bartosz	7397		Senior II M - 30	20	00:22:28	00:36:08	00:59:50.90	00:59:59.75	+00:16:49 (28.0%)	5:59	10 (71.9%)

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39	FRĄCKOWIAK Przemysław	7337		Senior I M - 20	13	00:23:30	00:37:35	01:00:17.50	01:00:19.50	+00:17:08 (28.4%)	6:01	10 (71.9%)
40	KOBRYŃ Jan	7311	TN BIEGÓWKI WESOŁA	Senior I M - 20	14	00:22:21	00:36:10	01:00:34.50	01:00:37.00	+00:17:26 (28.8%)	6:03	9.9 (71.2%)
41	MARCOL Mateusz	7338		Senior II M - 30	21	00:24:32	00:38:16	01:01:01.25	01:01:02.85	+00:17:52 (29.3%)	6:06	9.8 (70.5%)
42	GAJODZIŃSKI Krzysztof	7441	ŁEMKOWYNA ULTRA TRAIL	Senior II M - 30	22	00:25:17	00:38:10	01:01:14.90	01:01:25.75	+00:18:15 (29.7%)	6:07	9.8 (70.5%)
43	BUDZIEWSKA Katarzyna	7242		Senior II K - 30	1	00:23:53	00:37:49	01:01:24.05	01:01:28.65	+00:18:18 (29.8%)	6:08	9.8 (70.5%)
44	DATA Tomasz	7318	HRMAX ŻORY	Masters M - 40	4	00:24:26	00:37:29	01:00:47.70	01:01:33.75	+00:18:23 (29.9%)	6:04	9.9 (71.2%)
45	CHRZANOWSKI Paweł	7265		Senior II M - 30	23	00:25:30	00:38:34	01:01:44.85	01:01:47.25	+00:18:36 (30.1%)	6:10	9.7 (69.8%)
46	ZERBST Jacek	7215	NKB CHYŻY NOWY TOMYŚL	Masters M - 40	5	00:23:40	00:37:41	01:02:06.05	01:02:18.75	+00:19:08 (30.7%)	6:12	9.7 (69.8%)
47	TOMASZKIEWICZ Wojciech	7235		Senior II M - 30	24	00:25:03	00:38:46	01:02:21.15	01:02:34.65	+00:19:24 (31.0%)	6:14	9.6 (69.1%)
48	WALCZAK Adrian	7255		Senior I M - 20	15	00:23:52	00:38:10	01:02:27.60	01:02:37.50	+00:19:26 (31.1%)	6:14	9.6 (69.1%)
49	ŚLIWIŃSKI Karol	7277		Senior I M - 20	16	00:24:36	00:38:37	01:02:27.20	01:02:51.35	+00:19:40 (31.3%)	6:14	9.6 (69.1%)
50	WUJDA Mirosław	7054	ERNI RULEZ	Masters M - 40	6	00:23:56	00:38:47	01:03:07.05	01:03:13.45	+00:20:02 (31.7%)	6:18	9.5 (68.3%)
51	PODSIADŁO Anna	7173	PODSIADŁO TEAM	Senior I K - 20	3	00:25:18	00:39:52	01:03:20.35	01:03:51.35	+00:20:40 (32.4%)	6:20	9.5 (68.3%)
52	MOKRZYŃSKI Marcin	7273	FENIKS	Senior II M - 30	25	00:25:47	00:39:09	01:03:11.05	01:03:52.95	+00:20:42 (32.4%)	6:19	9.5 (68.3%)
53	BUDZIŃSKI Krzysztof	7424	STOWARZYSZENIE SPORTOWE FENIKS PRZY EL. OPOLE	Weteran I M - 50	2	00:25:21	00:39:40	01:03:48.60	01:03:56.45	+00:20:45 (32.5%)	6:22	9.4 (67.6%)
54	CIURKA-BASTER Karolina	7304	SZCZYT FORMY/MARCINŚWIERCTEAM	Senior II K - 30	2	00:24:51	00:39:13	01:03:57.55	01:04:03.20	+00:20:52 (32.6%)	6:23	9.4 (67.6%)
55	PIECHOWIAK Marek	7247		Senior II M - 30	26	00:24:03	00:38:08	01:04:07.25	01:04:07.25	+00:20:56 (32.7%)	6:24	9.4 (67.6%)
56	KOTYSZ Waldemar	7380		Weteran I M - 50	3	00:26:21	00:40:27	01:03:57.20	01:04:08.50	+00:20:57 (32.7%)	6:23	9.4 (67.6%)
57	BACKER Marcin	7244	TOPOLICE TEAM	Masters M - 40	7	00:25:23	00:40:03	01:03:48.20	01:04:09.00	+00:20:58 (32.7%)	6:22	9.4 (67.6%)
58	ŁĄK Tomasz	7076		Masters M - 40	8	00:24:52	00:39:03	01:04:53.60	01:04:53.60	+00:21:43 (33.5%)	6:29	9.2 (66.2%)
59	PERZ Emilia	7098		Senior I K - 20	4	00:25:35	00:40:24	01:04:51.00	01:04:55.45	+00:21:44 (33.5%)	6:29	9.3 (66.9%)
60	KASPROWSKI Łukasz	7421		Masters M - 40	9	00:26:47	00:40:58	01:04:49.50	01:05:17.45	+00:22:06 (33.9%)	6:29	9.3 (66.9%)
61	RUTKOWSKA Małgorzata	7442		Senior II K - 30	3	00:26:44	00:41:03	01:05:20.50	01:05:31.50	+00:22:20 (34.1%)	6:32	9.2 (66.2%)

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62	ROZMUS Wiktor	7144	LUB WYBIERZ Z LISTY	Senior II M - 30	27	00:26:43	00:41:03	01:05:47.90	01:06:04.85	+00:22:54 (34.7%)	6:34	9.1 (65.5%)
63	WRANIK Mirosław	7243		Weteran I M - 50	4	00:26:12	00:40:50	01:06:19.55	01:06:32.25	+00:23:21 (35.1%)	6:38	9 (64.7%)
64	BOCHAN Lesław	7344		Masters M - 40	10	00:26:34	00:41:30	01:06:23.45	01:06:36.25	+00:23:25 (35.2%)	6:38	9 (64.7%)
65	KALEMBKIEWICZ Piotr	7322	MIROTRANS	Masters M - 40	11	00:41:07		01:06:52.00	01:06:52.00	+00:23:41 (35.4%)	6:41	9 (64.7%)
66	WALENCKI Maciej	7319		Masters M - 40	12	00:27:02	00:41:35	01:06:55.90	01:07:06.75	+00:23:56 (35.7%)	6:41	9 (64.7%)
67	GŁĄB Daria	7300	ZAŁOGA GÓRSKA	Senior I K - 20	5	00:25:17	00:40:25	01:07:02.25	01:07:09.55	+00:23:58 (35.7%)	6:42	9 (64.7%)
68	RUTKOWSKA Patrycja	7306		Senior II K - 30	4	00:25:36	00:41:22	01:06:48.75	01:07:11.05	+00:24:00 (35.7%)	6:40	9 (64.7%)
69	CISZEWSKI Krzysztof	7230		Senior II M - 30	28			01:07:25.00	01:07:25.00	+00:24:14 (36.0%)	6:44	8.9 (64.0%)
70	PAZDAN Natalia	7321		Senior II K - 30	5	00:26:47	00:42:02	01:07:49.60	01:07:57.25	+00:24:46 (36.5%)	6:47	8.8 (63.3%)
71	WOJNAROWICZ Weronika	7358		Senior II K - 30	6	00:26:08	00:41:24	01:07:41.60	01:08:08.95	+00:24:58 (36.6%)	6:46	8.9 (64.0%)
72	LECH Igor	7163	CARVING-SKI LUBIN	Senior I M - 20	17	00:27:20	00:42:52	01:07:54.40	01:08:19.65	+00:25:09 (36.8%)	6:47	8.8 (63.3%)
73	FOGIEL-PAWŁOWSKA Agnieszka	7131		Masters K - 40	1	00:27:56	00:43:18	01:08:21.95	01:08:28.25	+00:25:17 (36.9%)	6:50	8.8 (63.3%)
74	RYŁ Dominik	7216	DZIECI ZŁO PISZKOWICE	Masters M - 40	13	00:27:43	00:42:57	01:08:15.60	01:08:44.15	+00:25:33 (37.2%)	6:49	8.8 (63.3%)
75	GRABIŃSKA Gizela	7292	ZAŁOGA GÓRSKA	Weteran K - 50	1	00:26:54	00:42:26	01:08:42.50	01:08:46.85	+00:25:36 (37.2%)	6:52	8.7 (62.6%)
76	ZASŁAWSKI Lech	7219		Senior II M - 30	29	00:26:46	00:41:55	01:08:04.60	01:08:49.60	+00:25:39 (37.3%)	6:48	8.8 (63.3%)
77	SYSUŁA Janusz	7371		Weteran II M - 60	1	00:26:43	00:41:54	01:08:52.00	01:08:56.65	+00:25:46 (37.4%)	6:53	8.7 (62.6%)
78	KOWALSKI Łukasz	7205	KLUB BIEGOWY ODRA OPOLE	Senior II M - 30	30			01:09:00.50	01:09:00.50	+00:25:49 (37.4%)	6:54	8.7 (62.6%)
79	GAWEŁKO Janusz	7440		Weteran I M - 50	5	00:28:07	00:44:00	01:08:21.45	01:09:04.30	+00:25:53 (37.5%)	6:50	8.8 (63.3%)
80	URBAŃSKI Michał	7240		Senior II M - 30	31	00:27:12	00:43:33	01:09:22.95	01:09:31.00	+00:26:20 (37.9%)	6:56	8.6 (61.9%)
81	SZCZĘŚNIAK Sylwia	7220	KB HARCOWNIK JELCZ-LASKOWICE	Senior II K - 30	7	00:27:15	00:42:36	01:09:15.00	01:09:33.75	+00:26:23 (37.9%)	6:55	8.7 (62.6%)
82	WRANIK Sabina	7245		Weteran K - 50	2	00:27:44	00:43:12	01:09:22.85	01:09:34.60	+00:26:24 (37.9%)	6:56	8.6 (61.9%)
83	MAZIAREK Michał	7061		Senior II M - 30	32	00:25:30	00:41:35	01:09:48.45	01:10:00.55	+00:26:49 (38.3%)	6:58	8.6 (61.9%)
84	WALA Patryk	7296	ZAŁOGA GÓRSKA	Senior I M - 20	18	00:27:41	00:43:35	01:09:57.10	01:10:05.15	+00:26:54 (38.4%)	6:59	8.6 (61.9%)

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85	GALA Kamila	7301	ZAŁOGA GÓRSKA	Senior II K - 30	8	00:28:03	00:43:48	01:10:03.60	01:10:08.60	+00:26:58 (38.4%)	7:00	8.6 (61.9%)
86	GÓRECKI Bartłomiej	7013	TRIWAWA	Masters M - 40	14	00:27:23	00:43:25	01:09:59.55	01:10:15.65	+00:27:05 (38.5%)	6:59	8.6 (61.9%)
87	BARAN Jarosław	7200	TRIACTIV RIDLEY	Masters M - 40	15	00:26:32	00:41:43	01:09:51.00	01:10:21.45	+00:27:10 (38.6%)	6:59	8.6 (61.9%)
88	GRZESIEWICZ Patrycja	7369		Senior II K - 30	9	00:28:03	00:44:19	01:09:53.30	01:10:22.05	+00:27:11 (38.6%)	6:59	8.6 (61.9%)
89	WZOREK Ewa	7330	ZAŁOGA GÓRSKA	Senior I K - 20	6	00:28:13	00:44:16	01:10:11.50	01:10:29.55	+00:27:18 (38.7%)	7:01	8.5 (61.2%)
90	DOBOSZ Leszek	7423		Senior II M - 30	33	00:28:03	00:44:07	01:10:22.10	01:10:33.85	+00:27:23 (38.8%)	7:02	8.5 (61.2%)
91	CZARNIECKI Daniel	7020	TIE	Senior II M - 30	34	00:26:49	00:41:54	01:10:34.20	01:10:36.75	+00:27:26 (38.9%)	7:03	8.5 (61.2%)
92	WIADERNA Nina	7401		Senior II K - 30	10	00:28:01	00:44:05	01:10:37.15	01:10:40.95	+00:27:30 (38.9%)	7:03	8.5 (61.2%)
93	TYSZER Joanna	7193	1989	Senior II K - 30	11	00:28:05	00:44:31	01:10:15.70	01:10:45.65	+00:27:35 (39.0%)	7:01	8.5 (61.2%)
94	ULIKOWSKA Martyna	7310	ZAŁOGA GÓRSKA	Senior I K - 20	7	00:29:30	00:45:41	01:11:57.75	01:12:06.90	+00:28:56 (40.1%)	7:11	8.3 (59.7%)
95	KORDECKA Anna	7428		Senior II K - 30	12	00:28:42	00:44:35	01:11:26.20	01:12:08.75	+00:28:58 (40.2%)	7:08	8.4 (60.4%)
96	GRZESIAK Wojciech	7278		Senior II M - 30	35	00:27:17	00:43:27	01:11:59.50	01:12:12.15	+00:29:01 (40.2%)	7:12	8.3 (59.7%)
97	ŚRODA Maciej	7133		Senior II M - 30	36	00:27:49	00:44:31	01:12:02.00	01:12:20.35	+00:29:09 (40.3%)	7:12	8.3 (59.7%)
98	ZAPAŚNIK Miłosz	7158	JKS SALAMANDRA	Senior II M - 30	37	00:28:11	00:44:35	01:12:26.95	01:12:56.30	+00:29:45 (40.8%)	7:14	8.3 (59.7%)
99	WAWRZENIUK Emilia	7132		Senior II K - 30	13	00:26:50	00:43:39	01:12:50.35	01:13:05.45	+00:29:54 (40.9%)	7:17	8.2 (59.0%)
100	ZAJĄC Marcin	7057	77CATS	Senior II M - 30	38	00:30:04	00:46:52	01:13:02.65	01:13:11.95	+00:30:01 (41.0%)	7:18	8.2 (59.0%)
101	WESOŁOWSKA Kinga	7187	KALENIJ BY DECATHLON	Senior I K - 20	8	00:28:01	00:45:05	01:13:02.35	01:13:13.70	+00:30:03 (41.0%)	7:18	8.2 (59.0%)
102	KACZMAREK Katarzyna	7217	PRO_RUN	Senior I K - 20	9	00:28:06	00:45:29	01:13:07.20	01:13:20.55	+00:30:09 (41.1%)	7:18	8.2 (59.0%)
103	LULKA Marcin	7307		Masters M - 40	16	00:30:09	00:46:25	01:13:10.40	01:13:31.25	+00:30:20 (41.3%)	7:19	8.2 (59.0%)
104	PŁATEK Dominik	7253		Masters M - 40	17	00:27:47	00:27:52	01:13:11.25	01:13:35.75	+00:30:25 (41.3%)	7:19	8.2 (59.0%)
105	SITKO Grzegorz	7406		Senior I M - 20	19	00:29:56	00:46:49	01:13:22.65	01:13:38.55	+00:30:27 (41.4%)	7:20	8.2 (59.0%)
106	HOREJDA Sara	7326		Senior I K - 20	10	00:28:43	00:45:44	01:13:39.95	01:13:50.40	+00:30:39 (41.5%)	7:22	8.1 (58.3%)
107	ŻAKOWSKI Krzysztof	7291	BALLUFF RUNNING TEAM	Senior I M - 20	20	00:28:03	00:44:30	01:13:37.00	01:14:01.75	+00:30:51 (41.7%)	7:21	8.2 (59.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
108	LACHERA Kamila	7050	CSC ADVENTURE ACADEMY	Senior II K - 30	14	00:29:34	00:46:55	01:14:02.20	01:14:06.60	+00:30:56 (41.7%)	7:24	8.1 (58.3%)
109	KUBÓW Jarek	7313		Senior II M - 30	39	00:28:43	00:46:08	01:13:33.65	01:14:09.00	+00:30:58 (41.8%)	7:21	8.2 (59.0%)
110	WŁODKOWSKI Dariusz	7174	CORAZ BLIŻEJ METY	Senior II M - 30	40	00:28:12	00:45:06	01:14:04.90	01:14:26.95	+00:31:16 (42.0%)	7:24	8.1 (58.3%)
111	MAŚLANKA Łukasz	7136		Senior II M - 30	41	00:27:41	00:44:50	01:14:17.15	01:14:45.30	+00:31:34 (42.2%)	7:25	8.1 (58.3%)
112	RYBICKI Przemysław	7031	SBRT WARSZAWA	Masters M - 40	18	00:29:49	00:47:21	01:14:59.70	01:15:03.80	+00:31:53 (42.5%)	7:29	8 (57.6%)
113	PLAWGO Marek	7316		Senior II M - 30	42	00:30:44	00:47:41	01:14:56.30	01:15:24.55	+00:32:13 (42.7%)	7:29	8 (57.6%)
114	KATA Damian	7227		Senior II M - 30	43	00:29:22	00:47:09	01:15:03.50	01:15:27.00	+00:32:16 (42.8%)	7:30	8 (57.6%)
115	KISIEL Piotr	7350		Masters M - 40	19	00:27:25	00:43:51	01:15:42.45	01:15:51.75	+00:32:41 (43.1%)	7:34	7.9 (56.8%)
116	BERNADZIKOWSKI Michał	7407		Senior II M - 30	44	00:30:01	00:47:31	01:15:43.15	01:15:59.55	+00:32:48 (43.2%)	7:34	7.9 (56.8%)
117	JANOSZ Paweł	7097		Senior I M - 20	21	00:29:04	00:46:25	01:15:31.85	01:16:03.15	+00:32:52 (43.2%)	7:33	7.9 (56.8%)
118	MACIASZKIEWICZ Szymon	7128	DESTYLATOR	Senior II M - 30	45	00:30:09	00:47:17	01:15:14.55	01:16:05.05	+00:32:54 (43.3%)	7:31	8 (57.6%)
119	BINKOWSKI Marcin	7308	EMERYCI I RENCIOŚCI	Masters M - 40	20	00:30:55	00:48:21	01:15:48.05	01:16:09.45	+00:32:58 (43.3%)	7:34	7.9 (56.8%)
120	RUTKOWSKI Krzysztof	7157	CSAIU	Masters M - 40	21	00:28:29	00:45:50	01:16:10.55	01:16:15.00	+00:33:04 (43.4%)	7:37	7.9 (56.8%)
121	KACZMARZ Katarzyna	7105		Senior II K - 30	15	00:30:36	00:47:37	01:16:00.45	01:16:15.30	+00:33:04 (43.4%)	7:36	7.9 (56.8%)
122	TADROWSKI Tomasz	7103		Masters M - 40	22	00:29:33	00:47:50	01:15:45.60	01:16:20.15	+00:33:09 (43.4%)	7:34	7.9 (56.8%)
123	BOHDANOWICZ Krystian	7355	ATLAS RUNNING TEAM	Senior II M - 30	46	00:29:50	00:47:08	01:16:19.10	01:16:27.25	+00:33:16 (43.5%)	7:37	7.9 (56.8%)
124	MICHALEC Marzena	7415	KOBIETA W BIEGU	Senior II K - 30	16	00:29:38	00:47:52	01:16:07.55	01:16:27.80	+00:33:17 (43.5%)	7:36	7.9 (56.8%)
125	KONDRAKIEWICZ Rafał	7252	KB HARCOWNIK JELCZ-LASKOWICE	Masters M - 40	23	00:30:50	00:48:09	01:16:07.80	01:16:27.95	+00:33:17 (43.5%)	7:36	7.9 (56.8%)
126	IWAŃSKI Józef	7140		Weteran II M - 60	2	00:28:40	00:45:51	01:16:14.30	01:16:28.75	+00:33:18 (43.5%)	7:37	7.9 (56.8%)
127	LECH Maciej	7162	CARVING SKI LUBIN	Masters M - 40	24	00:30:06	00:47:54	01:16:10.55	01:16:34.10	+00:33:23 (43.6%)	7:37	7.9 (56.8%)
128	BIELAWA Maciej	7102	NKB CHYŻY NOWY TOMYŚL	Masters M - 40	25	00:29:12	00:46:43	01:16:35.15	01:16:47.25	+00:33:36 (43.8%)	7:39	7.8 (56.1%)
129	ABULEWICZ Wojciech	7398	TRENING STUDIO 17	Weteran I M - 50	6	00:28:51	00:45:51	01:16:53.70	01:16:56.45	+00:33:45 (43.9%)	7:41	7.8 (56.1%)
130	WÓJKOWSKI Kamil	7356	PRO RUN WROCŁAW	Senior II M - 30	47	00:30:04	00:48:13	01:17:07.85	01:17:13.35	+00:34:02 (44.1%)	7:42	7.8 (56.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
131	ŁOPATA Michał	7171		Masters M - 40	26	00:30:21	00:48:00	01:16:47.70	01:17:23.15	+00:34:12 (44.2%)	7:40	7.8 (56.1%)
132	ŚLIWIŃSKI Marcin	7268	1983	Senior II M - 30	48	00:29:42	00:47:53	01:16:56.25	01:17:31.90	+00:34:21 (44.3%)	7:41	7.8 (56.1%)
133	WOZNIAK Damian	7021	26.2	Masters M - 40	27	00:32:16	00:32:21	01:17:02.75	01:17:34.60	+00:34:24 (44.3%)	7:42	7.8 (56.1%)
134	MARUT Katarzyna	7374	NIGHT RUNNERS GLIWICE	Masters K - 40	2	00:31:25	00:49:03	01:17:15.20	01:17:36.90	+00:34:26 (44.4%)	7:43	7.8 (56.1%)
135	NIEWCZAS Basia	7083		Senior II K - 30	17	00:29:00	00:46:32	01:17:17.65	01:17:40.15	+00:34:29 (44.4%)	7:43	7.8 (56.1%)
136	MAZIAREK Adela	7062		Senior II K - 30	18	00:29:21	00:46:51	01:17:35.10	01:17:47.75	+00:34:37 (44.5%)	7:45	7.7 (55.4%)
137	KLUSEK Maciej	7185		Masters M - 40	28	00:29:33	00:48:09	01:17:43.20	01:17:49.50	+00:34:38 (44.5%)	7:46	7.7 (55.4%)
138	SKRZYPIEC Mateusz	7067		Senior II M - 30	49	00:30:03	00:47:43	01:17:10.90	01:17:50.45	+00:34:39 (44.5%)	7:43	7.8 (56.1%)
139	PLINIEWICZ Joanna	7123		Senior II K - 30	19	00:30:27	00:48:27	01:17:42.40	01:17:56.60	+00:34:46 (44.6%)	7:46	7.7 (55.4%)
140	KRYCH Rafał	7184		Masters M - 40	29	00:29:35	00:47:43	01:18:16.20	01:18:21.55	+00:35:10 (44.9%)	7:49	7.7 (55.4%)
141	KOCIMSKA Katarzyna	7340	EUROVENT ATHLETICS OPOLE	Masters K - 40	3	00:28:54	00:48:23	01:18:34.60	01:18:38.70	+00:35:28 (45.1%)	7:51	7.6 (54.7%)
142	KOZŁOWSKA Renata	7281	LADY AEROBIK NYSA	Senior II K - 30	20	00:30:35	00:48:53	01:18:14.05	01:18:52.10	+00:35:41 (45.3%)	7:49	7.7 (55.4%)
143	POMIANOWSKA Anna	7377	RĄCZELACZKI	Senior II K - 30	21	00:30:58	00:48:13	01:18:22.40	01:18:57.00	+00:35:46 (45.3%)	7:50	7.7 (55.4%)
144	PRZYDRÓŻNA Julita	7022	26,2	Masters K - 40	4	00:31:55	00:49:47	01:19:16.00	01:19:47.25	+00:36:36 (45.9%)	7:55	7.6 (54.7%)
145	PUCHALSKA Magdalena	7180		Senior II K - 30	22	00:31:41	00:49:48	01:19:16.55	01:19:52.75	+00:36:42 (45.9%)	7:55	7.6 (54.7%)
146	SZYMONIK Dominika	7209	ZAŁOGA GÓRSKA	Senior I K - 20	11	00:31:37	00:50:18	01:19:44.65	01:20:01.20	+00:36:50 (46.0%)	7:58	7.5 (54.0%)
147	PATYK Joanna	7129	PZU SPORT TEAM	Senior II K - 30	23	00:30:45	00:49:22	01:20:00.25	01:20:03.35	+00:36:52 (46.1%)	8:00	7.5 (54.0%)
148	KOPACKA Eliza	7029		Senior II K - 30	24	00:30:51	00:48:53	01:19:45.60	01:20:03.65	+00:36:53 (46.1%)	7:58	7.5 (54.0%)
149	GŁÓWKA Barbara	7135		Senior II K - 30	25	00:31:19	00:49:58	01:19:41.60	01:20:11.70	+00:37:01 (46.2%)	7:58	7.5 (54.0%)
150	LUBAŃSKA Alicja	7178	SSW TEAM KROŚNICE	Weteran K - 50	3	00:30:15	00:48:51	01:20:27.90	01:20:32.80	+00:37:22 (46.4%)	8:02	7.5 (54.0%)
151	WŁODKOWSKA Beata	7170		Senior II K - 30	26	00:31:22	00:49:33	01:20:18.50	01:20:39.70	+00:37:29 (46.5%)	8:01	7.5 (54.0%)
152	SZYMAŃSKI Damian	7349	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	Weteran I M - 50	7	00:30:35	00:48:24	01:20:33.10	01:20:40.60	+00:37:30 (46.5%)	8:03	7.4 (53.2%)
153	PASZKE Joanna	7314		Senior I K - 20	12	00:30:38	00:48:40	01:20:02.25	01:20:46.10	+00:37:35 (46.5%)	8:00	7.5 (54.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
153	PASZKE Maciej	7315		Senior I M - 20	22	00:30:36	00:48:38	01:20:01.75	01:20:46.10	+00:37:35 (46.5%)	8:00	7.5 (54.0%)
155	PASŁAWSKA Olga	7408		Senior II K - 30	27	00:30:51	00:49:16	01:20:32.60	01:20:49.80	+00:37:39 (46.6%)	8:03	7.5 (54.0%)
156	KOLAŃSKI Bartosz	7153	RUN FOR JFK	Masters M - 40	30	00:28:34	00:47:38	01:20:15.25	01:20:54.15	+00:37:43 (46.6%)	8:01	7.5 (54.0%)
157	KUŹNIAK Martyna	7071		Masters K - 40	5	00:30:25	00:48:35	01:20:49.65	01:20:55.45	+00:37:44 (46.6%)	8:05	7.4 (53.2%)
158	WOJDASZKA Katarzyna	7002	VEGE RUNNERS	Senior II K - 30	28	00:32:31	00:50:38	01:20:43.55	01:21:00.65	+00:37:50 (46.7%)	8:04	7.4 (53.2%)
159	MARONA Maciej	7038	DRUŻYNA SZPIKU	Senior II M - 30	50	00:31:31	00:49:40	01:20:27.90	01:21:01.40	+00:37:50 (46.7%)	8:02	7.5 (54.0%)
160	KUCHARSKA Aleksandra	7006	DREAM RUN	Senior II K - 30	29	00:33:06	00:51:07	01:20:57.30	01:21:23.60	+00:38:13 (47.0%)	8:05	7.4 (53.2%)
161	SKAWINA Krystyna	7059	TOPOLICE TEAM	Senior II K - 30	30	00:31:53	00:50:00	01:21:10.30	01:21:30.65	+00:38:20 (47.0%)	8:07	7.4 (53.2%)
162	GIETKA Szymon	7323		Senior I M - 20	23	00:32:13	00:51:27	01:20:59.20	01:21:43.60	+00:38:33 (47.2%)	8:05	7.4 (53.2%)
163	BIĘNKOWSKI Kamil	7439		Senior II M - 30	51	00:31:59	00:51:36	01:19:10.30	01:21:48.85	+00:38:38 (47.2%)	7:55	7.6 (54.7%)
164	JUREWICZ Agata	7165		Senior II K - 30	31	00:32:37	00:50:40	01:21:19.55	01:21:52.75	+00:38:42 (47.3%)	8:07	7.4 (53.2%)
165	GÓRALCZYK Katarzyna	7302	ZĄŁOGA GÓRSKA	Senior I K - 20	13	00:32:10	00:50:36	01:21:48.60	01:22:05.45	+00:38:54 (47.4%)	8:10	7.3 (52.5%)
166	PENDZIAŁEK Małgorzata	7334	MUAY RUNNING TEAM	Senior I K - 20	14	00:30:55	00:49:47	01:21:50.15	01:22:09.85	+00:38:59 (47.5%)	8:11	7.3 (52.5%)
167	HADAŁA Teresa	7145	KASZUBSKA PONIEWIERKA	Senior II K - 30	32	00:32:27	00:52:06	01:21:32.80	01:22:12.75	+00:39:02 (47.5%)	8:09	7.4 (53.2%)
168	DZIEDZIŃSKA Natalia	7229		Senior II K - 30	33	00:31:38	00:50:15	01:23:08.00	01:23:15.10	+00:40:04 (48.1%)	8:18	7.2 (51.8%)
169	NAGLER Tomasz	7477		Masters M - 40	31	00:30:46	00:48:39	01:22:43.15	01:23:50.30	+00:40:39 (48.5%)	8:16	7.3 (52.5%)
170	MUCHA Orest	7018		Senior II M - 30	52	00:31:36	00:50:18	01:23:42.50	01:23:54.25	+00:40:43 (48.5%)	8:22	7.2 (51.8%)
171	GAJKOWSKI Andrzej	7143	ENDORFINY WĄSOSZ	Masters M - 40	32	00:33:19	00:53:32	01:23:24.45	01:24:00.05	+00:40:49 (48.6%)	8:20	7.2 (51.8%)
172	URBAŃSKI Tomasz	7393	PALLERO	Senior I M - 20	24	00:34:00	00:54:02	01:23:47.70	01:24:07.85	+00:40:57 (48.7%)	8:22	7.2 (51.8%)
173	KACZMARSKI Martin	7394		Senior I M - 20	25	00:33:59	00:54:02	01:23:48.00	01:24:08.35	+00:40:57 (48.7%)	8:22	7.2 (51.8%)
174	NIEDZIELA Danuta	7040	GOSTYŃ	Masters K - 40	6	00:32:03	00:50:38	01:24:11.55	01:24:21.15	+00:41:10 (48.8%)	8:25	7.1 (51.1%)
175	ANTKOWIAK Mirosław	7276		Weteran I M - 50	8	00:29:21	00:48:50	01:24:29.70	01:24:40.70	+00:41:30 (49.0%)	8:26	7.1 (51.1%)
176	GENDERA Narcyz	7327		Senior I M - 20	26	00:33:21	00:53:14	01:24:34.15	01:24:42.40	+00:41:31 (49.0%)	8:27	7.1 (51.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
177	BALDY Jakub	7010	KUDOWSCY MIŁOŚNICY BIEGANIA	Senior I M - 20	27	00:32:34	00:52:21	01:24:31.80	01:24:45.30	+00:41:34 (49.1%)	8:27	7.1 (51.1%)
178	WIECZOREK Monika	7256		Masters K - 40	7	00:32:55	00:52:45	01:25:13.05	01:25:16.85	+00:42:06 (49.4%)	8:31	7 (50.4%)
178	ŁUCZYWEK Waldemar	7258		Masters M - 40	33	00:32:56	00:52:43	01:25:12.60	01:25:16.85	+00:42:06 (49.4%)	8:31	7 (50.4%)
180	MRÓZ Urszula	7121		Weteran K - 50	4	00:34:56	00:54:18	01:25:06.05	01:25:19.85	+00:42:09 (49.4%)	8:30	7.1 (51.1%)
181	ŁYSIAK Kasia	7196		Senior II K - 30	34	00:32:56	00:53:49	01:24:48.35	01:25:20.65	+00:42:10 (49.4%)	8:28	7.1 (51.1%)
182	KUTYCKA-KUREK Elżbieta	7336	CHOJRAK TEAM WROCŁAW	Senior II K - 30	35	00:32:42	00:52:11	01:24:53.40	01:25:24.90	+00:42:14 (49.5%)	8:29	7.1 (51.1%)
183	SITKO Adam	7410		Senior I M - 20	28	00:33:15	00:53:04	01:25:16.00	01:25:32.40	+00:42:21 (49.5%)	8:31	7 (50.4%)
184	BRZEZIŃSKI Andrzej	7425		Weteran II M - 60	3	00:32:32	00:51:12	01:25:34.95	01:25:42.35	+00:42:31 (49.6%)	8:33	7 (50.4%)
185	BALICKI Jakub	7388	ASAP RUNNERS	Masters M - 40	34	00:33:12	00:53:40	01:24:53.30	01:25:45.75	+00:42:35 (49.7%)	8:29	7.1 (51.1%)
186	MICHALSKA Joanna	7138	VELUX	Senior II K - 30	36	00:35:44	00:55:28	01:25:39.90	01:26:01.65	+00:42:51 (49.8%)	8:34	7 (50.4%)
187	PLEWA Paulina	7120	BPK	Senior I K - 20	15	00:33:15	00:54:05	01:26:15.95	01:26:15.95	+00:43:05 (49.9%)	8:37	7 (50.4%)
188	NOWAK Jakub	7169	BIEGANIE NA ŚNIADANIE ŚMIGIEL	Senior II M - 30	53	00:34:15	00:54:25	01:25:53.00	01:26:21.50	+00:43:10 (50.0%)	8:35	7 (50.4%)
189	KARWECKA-WIELICKA Katarzyna	7279		Masters K - 40	8	00:33:45	00:53:49	01:25:55.30	01:26:42.50	+00:43:31 (50.2%)	8:35	7 (50.4%)
190	WILK Maria	7385	RAMBO III	Senior II K - 30	37	00:34:21	00:54:57	01:26:31.00	01:26:49.55	+00:43:38 (50.3%)	8:39	6.9 (49.6%)
191	WILK Mateusz	7386	ROMBO III	Senior II M - 30	54	00:34:19	00:54:56	01:26:29.80	01:26:49.65	+00:43:39 (50.3%)	8:39	6.9 (49.6%)
192	CZYŻ Aleksandra	7027	VEGE RUNNERS	Senior II K - 30	38	00:33:07	00:52:39	01:26:20.65	01:26:53.55	+00:43:42 (50.3%)	8:38	6.9 (49.6%)
193	WAWRZYNIAK Mariusz	7416		Senior II M - 30	55	00:34:08	00:55:44	01:26:15.95	01:27:02.40	+00:43:51 (50.4%)	8:37	7 (50.4%)
194	GALEWSKI Mariusz	7364		Weteran I M - 50	9	00:32:41	00:52:40	01:27:05.65	01:27:19.85	+00:44:09 (50.6%)	8:42	6.9 (49.6%)
195	GAJDECKA Adriana	7107		Masters K - 40	9	00:34:27	00:55:15	01:26:37.55	01:27:20.20	+00:44:09 (50.6%)	8:39	6.9 (49.6%)
196	GAJDECKI Tomasz	7383	ACCENTURE	Masters M - 40	35	00:34:26	00:55:14	01:26:36.45	01:27:20.65	+00:44:10 (50.6%)	8:39	6.9 (49.6%)
197	MAJEWSKA Sonia	7328		Senior I K - 20	16	00:33:21	00:53:16	01:27:17.95	01:27:26.55	+00:44:15 (50.6%)	8:43	6.9 (49.6%)
198	KOWALCZYK Tadeusz	7094		Weteran II M - 60	4	00:31:52	00:51:08	01:27:30.30	01:27:41.00	+00:44:30 (50.8%)	8:45	6.9 (49.6%)
199	BRZOZA Dorota	7177		Masters K - 40	10	00:34:03	00:54:19	01:27:04.60	01:27:41.90	+00:44:31 (50.8%)	8:42	6.9 (49.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
200	FLORCZAK Zdzisław	7199	MATNER RUNNING TEAM	Weteran II M - 60	5	00:33:38	00:54:00	01:27:34.55	01:27:44.65	+00:44:34 (50.8%)	8:45	6.9 (49.6%)
201	PLEWA Katarzyna	7055	NORDIC16.COM	Senior II K - 30	39	00:33:53	00:54:28	01:27:27.55	01:27:46.50	+00:44:35 (50.8%)	8:44	6.9 (49.6%)
202	KWIECIEŃ Zbigniew	7412		Weteran II M - 60	6	00:35:26	00:56:31	01:27:17.00	01:27:59.85	+00:44:49 (50.9%)	8:43	6.9 (49.6%)
203	HAWROT Marta	7346		Masters K - 40	11	00:35:47	00:54:55	01:27:58.55	01:28:02.00	+00:44:51 (51.0%)	8:47	6.8 (48.9%)
204	PRZYBYŁEK Joanna	7285		Senior II K - 30	40	00:35:05	00:56:06	01:27:30.55	01:28:06.30	+00:44:55 (51.0%)	8:45	6.9 (49.6%)
205	GIEDA Elżbieta	7142	MUKS SZOK BOJANOWO	Senior II K - 30	41	00:33:12	00:53:32	01:27:47.60	01:28:22.65	+00:45:12 (51.1%)	8:46	6.8 (48.9%)
206	WOLAK Maciej	7405		Senior I M - 20	29	00:35:08	00:56:35	01:27:58.10	01:28:23.60	+00:45:13 (51.2%)	8:47	6.8 (48.9%)
207	JASICKI Julian	7023	STROŃSKA GRUPA ROWEROWA	Weteran II M - 60	7	00:32:20	00:51:29	01:28:22.00	01:28:41.75	+00:45:31 (51.3%)	8:50	6.8 (48.9%)
208	MICHALSKI Tomasz	7017	WKURW_TEAM	Masters M - 40	36	00:33:50	00:53:33	01:28:10.00	01:28:42.25	+00:45:31 (51.3%)	8:49	6.8 (48.9%)
209	JOŃCZYK Jerzy	7117	BRAK	Weteran I M - 50	10	00:33:54	00:54:29	01:28:12.60	01:28:44.55	+00:45:33 (51.3%)	8:49	6.8 (48.9%)
210	ZASŁAWSKA Katarzyna	7419	ZAKOCHAJ SIĘ W BIEGANIU	Weteran K - 50	5	00:34:03	00:54:46	01:28:30.55	01:28:49.25	+00:45:38 (51.4%)	8:51	6.8 (48.9%)
211	SKARŻEŃSKA Jagoda	7331		Senior II K - 30	42	00:33:47	00:54:23	01:28:08.00	01:28:54.05	+00:45:43 (51.4%)	8:48	6.8 (48.9%)
212	KRYCH Joanna	7210		Masters K - 40	12	00:34:39	00:55:08	01:28:59.60	01:29:05.90	+00:45:55 (51.5%)	8:53	6.7 (48.2%)
213	LIGOCKA Karolina	7074	BOOTCAMP	Senior II K - 30	43	00:33:29	00:54:37	01:28:53.60	01:29:10.25	+00:45:59 (51.6%)	8:53	6.7 (48.2%)
214	HACZKIEWICZ Karolina	7375		Senior II K - 30	44	00:34:05	00:54:54	01:28:31.40	01:29:10.35	+00:45:59 (51.6%)	8:51	6.8 (48.9%)
215	TOMERA Dorota	7146	DRUŻYNA KURORT ŁĄDEK ZDRÓJ TEAM	Masters K - 40	13	00:35:17	00:55:45	01:28:50.05	01:29:31.75	+00:46:21 (51.8%)	8:53	6.8 (48.9%)
216	KORNAŚ Marcin	7003	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	Masters M - 40	37	00:32:26	00:52:22	01:29:12.00	01:29:34.00	+00:46:23 (51.8%)	8:55	6.7 (48.2%)
217	WIERCIOCH Sławomir	7429		Masters M - 40	38	00:33:21	00:53:45	01:29:35.25	01:29:51.15	+00:46:40 (51.9%)	8:57	6.7 (48.2%)
218	JANICKA-TOMIAK Eliza	7271		Masters K - 40	14	00:34:17	00:55:48	01:29:57.85	01:30:07.20	+00:46:56 (52.1%)	8:59	6.7 (48.2%)
219	KRYŃ Katarzyna	7066	BOOTCAMP	Senior II K - 30	45	00:33:36	00:54:39	01:29:52.00	01:30:07.45	+00:46:56 (52.1%)	8:59	6.7 (48.2%)
220	MAJEROWSKI Mateusz	7161	BAUMAT TEAM	Senior II M - 30	56	00:33:46	00:54:32	01:29:26.35	01:30:08.85	+00:46:58 (52.1%)	8:56	6.7 (48.2%)
221	MROZEK Marcin	7033		Senior I M - 20	30	00:34:08	00:54:15	01:29:37.75	01:30:12.30	+00:47:01 (52.1%)	8:57	6.7 (48.2%)
222	DURNOWSKA Beata	7289		Senior II K - 30	46	00:32:28	00:54:07	01:29:29.05	01:30:13.95	+00:47:03 (52.1%)	8:56	6.7 (48.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
223	OWSIANIK Sylwia	7176		Masters K - 40	15	00:34:39	00:55:08	01:30:08.45	01:30:14.55	+00:47:03 (52.2%)	9:00	6.7 (48.2%)
224	SZAŁAJSKA Magdalena	7269		Senior I K - 20	17	00:35:09	00:57:03	01:29:56.35	01:30:30.55	+00:47:19 (52.3%)	8:59	6.7 (48.2%)
225	CHRZUSZCZ Anna	7249		Senior II K - 30	47	00:33:54	00:55:20	01:29:44.70	01:30:32.10	+00:47:21 (52.3%)	8:58	6.7 (48.2%)
226	MROCZKIEWICZ Klaudia	7034	VEGERUNNERS	Masters K - 40	16	00:32:34	00:53:26	01:30:30.20	01:30:40.15	+00:47:29 (52.4%)	9:03	6.6 (47.5%)
227	SZYMAŁA Małgorzata	7293		Senior II K - 30	48	00:33:59	00:54:19	01:30:23.00	01:30:51.85	+00:47:41 (52.5%)	9:02	6.6 (47.5%)
228	NIEMAS Anna	7248	OYAMA KARATE BRZESZCZE	Masters K - 40	17	00:34:14	00:55:19	01:30:25.65	01:30:55.00	+00:47:44 (52.5%)	9:02	6.6 (47.5%)
229	ERDMAŃSKA Natalia	7368		Senior II K - 30	49	00:34:16	00:34:21	01:30:24.75	01:30:55.20	+00:47:44 (52.5%)	9:02	6.6 (47.5%)
230	GIERLIK Jakub	7261	ROADBIKE TEAM	Senior I M - 20	31	00:35:59	00:57:50	01:30:31.05	01:30:56.00	+00:47:45 (52.5%)	9:03	6.6 (47.5%)
231	KOSZYKA Weronika	7041	CONSTRAVIA	Senior I K - 20	18	00:36:11	00:57:38	01:30:44.15	01:31:01.65	+00:47:51 (52.6%)	9:04	6.6 (47.5%)
232	MARCINKOWSKA Katarzyna	7283	LADY AEROBIK NYSA	Masters K - 40	18	00:33:30	00:54:29	01:30:31.05	01:31:08.45	+00:47:57 (52.6%)	9:03	6.6 (47.5%)
233	TOMASZEWSKI Jacek	7063		Senior II M - 30	57	00:32:30	00:53:06	01:31:12.70	01:31:23.10	+00:48:12 (52.8%)	9:07	6.6 (47.5%)
234	TOMASZEWSKA Agnieszka	7064		Senior II K - 30	50	00:32:32	00:32:38	01:31:14.50	01:31:23.50	+00:48:12 (52.8%)	9:07	6.6 (47.5%)
235	SOCHA Ewa	7232	1987	Senior II K - 30	51	00:33:13	00:54:22	01:30:54.05	01:31:27.80	+00:48:17 (52.8%)	9:05	6.6 (47.5%)
236	BLANIK Agnieszka	7069	RADLIN	Senior II K - 30	52	00:33:58	00:54:46	01:31:01.20	01:31:34.85	+00:48:24 (52.9%)	9:06	6.6 (47.5%)
237	DZIEDZIC Anna	7115		Senior II K - 30	53	00:32:40	00:53:47	01:31:32.00	01:31:46.65	+00:48:36 (53.0%)	9:09	6.6 (47.5%)
238	RAPACZ Arkadiusz	7239	SPEEDO POLSKA	Masters M - 40	39	00:33:36	00:55:18	01:31:32.10	01:31:47.40	+00:48:36 (53.0%)	9:09	6.6 (47.5%)
239	PIGŁOWSKI Dawid	7432	KANIA TEAM	Senior II M - 30	58	00:34:09	00:55:45	01:31:15.05	01:32:03.35	+00:48:52 (53.1%)	9:07	6.6 (47.5%)
240	SZOPA Marek	7433		Masters M - 40	40	00:33:45	00:55:20	01:31:16.10	01:32:03.55	+00:48:52 (53.1%)	9:07	6.6 (47.5%)
241	MARCINKIEWICZ Marta	7228	MATNER RUNNING TEAM	Weteran K - 50	6	00:36:05	00:58:30	01:31:39.40	01:32:06.60	+00:48:56 (53.1%)	9:09	6.5 (46.8%)
242	KOWALCZYK Joanna	7095		Weteran II K - 60	1	00:34:54	00:56:34	01:32:07.80	01:32:17.90	+00:49:07 (53.2%)	9:12	6.5 (46.8%)
243	SZYMAŁA Karolina	7192	#NIUŃKOWABIEGA	Senior I K - 20	19	00:34:33	00:56:09	01:31:57.35	01:32:24.70	+00:49:14 (53.3%)	9:11	6.5 (46.8%)
244	HEBDA Dominika	7188	ADRIAN DANILEWICZ GROUP	Senior I K - 20	20	00:34:22	00:55:31	01:32:05.65	01:32:27.35	+00:49:16 (53.3%)	9:12	6.5 (46.8%)
245	KOWALCZYK Piotr	7222		Senior I M - 20	32	00:35:22	00:57:26	01:32:02.75	01:32:36.80	+00:49:26 (53.4%)	9:12	6.5 (46.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
246	HETMAŃSKA Diana	7030	LOVELASY	Senior II K - 30	54	00:34:40	00:56:10	01:32:31.30	01:32:45.05	+00:49:34 (53.4%)	9:15	6.5 (46.8%)
247	PALUSIŃSKA Agnieszka	7317	LOVELASY	Masters K - 40	19	00:34:40	00:56:10	01:32:31.30	01:32:45.65	+00:49:35 (53.5%)	9:15	6.5 (46.8%)
248	OSTROWSKA-NABIAŁCZYK Agnieszka	7287	1976	Masters K - 40	20	00:33:11	00:33:16	01:32:35.85	01:32:45.95	+00:49:35 (53.5%)	9:15	6.5 (46.8%)
249	GONERA-BATOR Anna	7345	KB HARCOWNIK	Senior II K - 30	55	00:35:37	00:57:15	01:32:26.60	01:32:46.30	+00:49:35 (53.5%)	9:14	6.5 (46.8%)
250	CIEPŁY Jacek	7400		Masters M - 40	41	00:33:24	00:54:58	01:32:36.10	01:32:46.95	+00:49:36 (53.5%)	9:15	6.5 (46.8%)
251	BUSZKA Łukasz	7417	ZAŁOGA GÓRSKA	Masters M - 40	42	00:35:50	00:58:19	01:32:43.60	01:33:02.30	+00:49:51 (53.6%)	9:16	6.5 (46.8%)
252	CZAJA Agnieszka	7166		Senior II K - 30	56	00:35:34	00:57:59	01:32:37.20	01:33:10.55	+00:49:59 (53.7%)	9:15	6.5 (46.8%)
253	PAKUŁA Beata	7353		Masters K - 40	21	00:34:33	00:55:53	01:33:14.90	01:33:16.60	+00:50:06 (53.7%)	9:19	6.4 (46.0%)
254	SIEDLECKI Marcin	7387		Masters M - 40	43	00:34:51	00:55:53	01:33:16.65	01:33:17.15	+00:50:06 (53.7%)	9:19	6.4 (46.0%)
255	RAPACZ Danuta	7101	ANMAR	Weteran II K - 60	2	00:34:53	00:56:43	01:33:07.65	01:33:18.05	+00:50:07 (53.7%)	9:18	6.4 (46.0%)
256	WINNICKA Anna	7414		Masters K - 40	22	00:34:34	00:55:48	01:33:10.55	01:33:21.75	+00:50:11 (53.8%)	9:19	6.4 (46.0%)
257	ZIENKIEWICZ Agata	7434		Senior II K - 30	57	00:34:17	00:55:41	01:32:53.70	01:33:30.75	+00:50:20 (53.8%)	9:17	6.5 (46.8%)
258	HEREMZA Adam	7367		Masters M - 40	44	00:34:20	00:55:32	01:32:59.55	01:33:31.65	+00:50:21 (53.8%)	9:17	6.5 (46.8%)
259	CHOJNACKA Kaja	7204	PURKRUN OPOLE	Senior II K - 30	58	00:35:51	00:58:16	01:33:43.25	01:33:56.70	+00:50:46 (54.0%)	9:22	6.4 (46.0%)
260	STRZELCZYK Wiktor	7072		Senior II M - 30	59	00:37:23	00:59:29	01:33:25.45	01:33:58.80	+00:50:48 (54.1%)	9:20	6.4 (46.0%)
261	WOJTAS Anna	7139		Senior II K - 30	59	00:37:24	00:59:30	01:33:26.50	01:33:59.05	+00:50:48 (54.1%)	9:20	6.4 (46.0%)
262	WAWRZYŃIAK Agnieszka	7151	DRUŻYNA SZPIKU	Senior II K - 30	60	00:34:55	00:57:04	01:33:47.10	01:34:05.85	+00:50:55 (54.1%)	9:22	6.4 (46.0%)
263	BURCZYK Adam	7155		Senior I M - 20	33	00:34:59	00:57:05	01:33:46.90	01:34:06.75	+00:50:56 (54.1%)	9:22	6.4 (46.0%)
264	KOWALEWSKA Anna	7051		Senior II K - 30	61	00:33:49	00:56:00	01:34:05.40	01:34:26.20	+00:51:15 (54.3%)	9:24	6.4 (46.0%)
265	WYSMOLIŃSKA Karolina	7362		Masters K - 40	23	00:35:07	00:57:03	01:34:21.10	01:34:34.55	+00:51:23 (54.3%)	9:26	6.4 (46.0%)
266	SOKOŁOWSKI Maciej	7001		Masters M - 40	45	00:35:45	00:58:30	01:34:37.95	01:35:24.50	+00:52:13 (54.7%)	9:27	6.3 (45.3%)
267	ŻYŻA Magdalena	7226	MAAGNUS TEAM SKOKOWA	Masters K - 40	24	00:36:11	00:59:09	01:34:48.85	01:35:27.80	+00:52:17 (54.8%)	9:28	6.3 (45.3%)
268	FILIPOWICZ Katarzyna	7347		Senior II K - 30	62	00:36:03	00:57:50	01:35:26.50	01:35:30.45	+00:52:19 (54.8%)	9:32	6.3 (45.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
269	KONIECZNA Natalia	7084		Senior I K - 20	21	00:35:27	00:57:22	01:35:16.70	01:35:33.85	+00:52:23 (54.8%)	9:31	6.3 (45.3%)
270	IMIŃSKI Cezary	7092		Weteran I M - 50	11	00:37:04	00:59:48	01:36:13.75	01:36:18.75	+00:53:08 (55.2%)	9:37	6.2 (44.6%)
271	WIETECZA-DROBIK Aleksandra	7194	ATLAS RUNNING TEAM	Senior II K - 30	63	00:36:25	00:59:35	01:36:40.70	01:36:49.05	+00:53:38 (55.4%)	9:40	6.2 (44.6%)
272	KORDECKI Bartłomiej	7403		Senior II M - 30	60	00:37:06	00:59:42	01:36:09.15	01:36:51.20	+00:53:40 (55.4%)	9:36	6.2 (44.6%)
273	KACZYŃSKA Ewa	7402		Senior II K - 30	64	00:37:04	00:59:41	01:36:08.55	01:36:51.55	+00:53:40 (55.4%)	9:36	6.2 (44.6%)
274	HAJDA Olga	7238		Masters K - 40	25	00:36:06	00:59:10	01:36:44.30	01:36:52.55	+00:53:41 (55.4%)	9:40	6.2 (44.6%)
275	GAWŁOWSKA Milena	7237	ATLAS RUNNING TEAM	Senior II K - 30	65	00:36:28	00:59:36	01:36:45.95	01:36:53.15	+00:53:42 (55.4%)	9:40	6.2 (44.6%)
276	WĘGLEWSKA Karolina	7110		Senior I K - 20	22	00:36:44	00:58:43	01:36:22.55	01:37:00.15	+00:53:49 (55.5%)	9:38	6.2 (44.6%)
277	WAŚCIŃSKA Dominika	7329	BOOT CAMP POLSKA	Senior II K - 30	66	00:35:11	00:57:26	01:36:47.95	01:37:04.45	+00:53:53 (55.5%)	9:40	6.2 (44.6%)
278	SZPUREK Anna	7354	BUKOWSKI KLUB BIEGACZA	Senior II K - 30	67	00:37:14	01:00:25	01:36:39.60	01:37:06.70	+00:53:56 (55.5%)	9:39	6.2 (44.6%)
279	WRÓBEL Marzena	7179		Senior II K - 30	68	00:36:39	00:59:04	01:36:40.90	01:37:21.75	+00:54:11 (55.7%)	9:40	6.2 (44.6%)
280	PYTA Grzegorz	7198	NIEZRZESZONY	Weteran I M - 50	12	00:36:35	00:59:03	01:36:41.15	01:37:23.35	+00:54:12 (55.7%)	9:40	6.2 (44.6%)
281	PIORKOWSKA Monika	7295		Masters K - 40	26	00:36:42	00:58:52	01:37:29.45	01:37:55.30	+00:54:44 (55.9%)	9:45	6.2 (44.6%)
282	DOMBROWSKI Maciej	7197	ZAŁOGA GÓRSKA O!	Senior II M - 30	61	00:37:48	01:00:29	01:37:53.15	01:38:10.60	+00:55:00 (56.0%)	9:47	6.1 (43.9%)
283	SŁONINA Olga	7122	ZAŁOGA GÓRSKA	Senior I K - 20	23	00:37:47	01:00:28	01:37:53.25	01:38:10.80	+00:55:00 (56.0%)	9:47	6.1 (43.9%)
284	KULCZYCKI Łukasz	7195	ATLAS RUNNING TEAM	Senior II M - 30	62	00:36:36	00:59:30	01:38:48.30	01:38:56.35	+00:55:45 (56.4%)	9:52	6.1 (43.9%)
285	PIETRZYKOWSKA Katarzyna	7206	PRO RUN WROCŁAW	Senior II K - 30	69	00:34:50	00:58:33	01:38:43.00	01:38:56.75	+00:55:46 (56.4%)	9:52	6.1 (43.9%)
286	FUCHS Dariusz	7379	TEAM KURORT ŁĄDEK ZDRÓJ	Weteran I M - 50	13	00:35:53	00:57:17	01:38:22.70	01:39:03.55	+00:55:52 (56.4%)	9:50	6.1 (43.9%)
287	ZAREMBA Dominik	7218		Senior II M - 30	63	00:37:20	01:00:07	01:38:52.15	01:39:15.55	+00:56:04 (56.5%)	9:53	6.1 (43.9%)
288	JAGUSZEWSKA Agnieszka	7221	FAT&FURIOUS	Senior II K - 30	70	00:37:34	01:00:45	01:39:11.00	01:39:49.10	+00:56:38 (56.7%)	9:55	6 (43.2%)
289	KUJAWA Zbigniew	7299	ZAŁOGA GÓRSKA	Senior I M - 20	34	00:38:30	01:01:57	01:39:23.95	01:40:00.65	+00:56:50 (56.8%)	9:56	6 (43.2%)
290	PIECHOWIAK Oliwia	7298	ZAŁOGA GÓRSKA	Senior I K - 20	24	00:38:30	01:01:56	01:39:24.65	01:40:00.70	+00:56:50 (56.8%)	9:56	6 (43.2%)
291	WOŁCZYK Sandra	7224	FAT & FURIOUS	Senior II K - 30	71	00:37:34	01:00:45	01:39:23.95	01:40:04.00	+00:56:53 (56.9%)	9:56	6 (43.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1		Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						3.7km	5.8km	10km	10km			
292	WRÓBLEWSKA Roksana	7152	PREDATORS WAŁBRZYCH	Senior I K - 20	25	00:38:58	01:00:35	01:39:29.20	01:40:04.15	+00:56:53 (56.9%)	9:57	6 (43.2%)
293	WIEWCZKO Karolina	7438		Senior I K - 20	26	00:35:01	01:00:42	01:39:25.10	01:40:06.15	+00:56:55 (56.9%)	9:56	6 (43.2%)
294	VOGEL Kamil	7189	BPK	Senior I M - 20	35	00:36:42	01:00:35	01:39:54.05	01:40:13.30	+00:57:02 (56.9%)	9:59	6 (43.2%)
295	POPKO Emilia	7422		Senior II K - 30	72	00:38:49	01:01:53	01:40:24.05	01:40:31.10	+00:57:20 (57.0%)	10:02	6 (43.2%)
296	BULSKA Martyna	7042		Senior II K - 30	73	00:38:27	01:02:32	01:40:16.65	01:40:54.55	+00:57:43 (57.2%)	10:01	6 (43.2%)
297	STENCEL Krzysztof	7339		Masters M - 40	46	00:38:44	01:01:09	01:40:44.15	01:41:34.65	+00:58:24 (57.5%)	10:04	6 (43.2%)
298	CZARNOWSKA Natalia	7075		Senior II K - 30	74	00:38:22	01:01:25	01:40:55.25	01:41:42.70	+00:58:32 (57.5%)	10:05	5.9 (42.4%)
299	LULA Radosław	7077		Masters M - 40	47	00:34:51	00:58:03	01:41:11.95	01:41:50.55	+00:58:39 (57.6%)	10:07	5.9 (42.4%)
300	KLIN Aneta	7043		Masters K - 40	27	00:36:50	01:00:40	01:41:32.45	01:41:58.00	+00:58:47 (57.7%)	10:09	5.9 (42.4%)
301	GRUSZECKA Marta	7047		Senior II K - 30	75	00:38:28	01:02:31	01:41:24.95	01:42:02.30	+00:58:51 (57.7%)	10:08	5.9 (42.4%)
302	GÓRECKI Konrad	7378		Senior II M - 30	64	00:35:25	00:58:08	01:42:16.70	01:43:01.45	+00:59:50 (58.1%)	10:13	5.9 (42.4%)
303	PISAREK Kamila	7211		Senior I K - 20	27	00:39:04	01:02:39	01:42:44.40	01:43:14.95	+01:00:04 (58.2%)	10:16	5.8 (41.7%)
304	MELON Aleksandra	7233		Senior I K - 20	28	00:39:03	01:02:42	01:42:44.90	01:43:15.15	+01:00:04 (58.2%)	10:16	5.8 (41.7%)
305	SZYMAŁA Jan	7207		Weteran III M - 70	1	00:38:40	01:02:30	01:42:49.40	01:43:18.75	+01:00:08 (58.2%)	10:16	5.8 (41.7%)
306	WOLEK Dagmara	7203		Senior II K - 30	76	00:39:32	01:03:04	01:43:17.65	01:43:23.15	+01:00:12 (58.2%)	10:19	5.8 (41.7%)
307	KOZERA Kamil	7073	HARPAGAN SOSNOWIEC	Senior II M - 30	65	00:39:21	01:03:32	01:42:52.45	01:43:24.25	+01:00:13 (58.2%)	10:17	5.8 (41.7%)
308	SMUG Ewelina	7257		Senior II K - 30	77	00:37:46	01:01:25	01:43:09.50	01:43:25.55	+01:00:14 (58.3%)	10:18	5.8 (41.7%)
309	PODOLSKA-SZACHEWICZ Julita	7056	JEŻOZWIERZE GROUP	Masters K - 40	28	00:38:52	01:02:32	01:42:48.75	01:43:29.40	+01:00:18 (58.3%)	10:16	5.8 (41.7%)
310	RADUCHA-FURMAN Ewelina	7376		Senior II K - 30	78	00:36:23	00:59:19	01:43:01.05	01:43:31.75	+01:00:21 (58.3%)	10:18	5.8 (41.7%)
311	FUKS Karolina	7106	GRUPA FUX	Senior II K - 30	79	00:38:12	01:02:53	01:43:29.05	01:43:41.15	+01:00:30 (58.4%)	10:20	5.8 (41.7%)
312	SIENKIEWICZ Piotr	7201		Masters M - 40	48	00:39:31	01:03:14	01:44:01.90	01:44:28.25	+01:01:17 (58.7%)	10:24	5.8 (41.7%)
313	DEC Artur	7090	ERNI RULEZ	Masters M - 40	49	00:42:31	01:04:51	01:44:17.30	01:44:54.15	+01:01:43 (58.8%)	10:25	5.8 (41.7%)
314	KUTNA Agnieszka	7114	RUDA KITA	Senior II K - 30	80	00:40:31	01:04:28	01:44:34.85	01:45:04.25	+01:01:53 (58.9%)	10:27	5.7 (41.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
315	MACUR Agnieszka	7223		Masters K - 40	29	00:37:35	01:01:18	01:44:42.50	01:45:22.55	+01:02:11 (59.0%)	10:28	5.7 (41.0%)
316	KOWALCZYK Dawid	7284		Senior II M - 30	66	00:37:01	01:01:18	01:44:43.95	01:45:22.95	+01:02:12 (59.0%)	10:28	5.7 (41.0%)
317	KAUS Sławomir	7267	AKINARI TEAM	Weteran I M - 50	14	00:38:54	01:02:31	01:45:02.55	01:45:41.05	+01:02:30 (59.1%)	10:30	5.7 (41.0%)
318	TOMASZEWSKI Robert	7399		Senior II M - 30	67	00:36:39	00:59:16	01:45:02.80	01:45:51.85	+01:02:41 (59.2%)	10:30	5.7 (41.0%)
319	MIKOŁAJCZAK Magdalena	7137		Masters K - 40	30	00:40:40	01:04:33	01:45:18.00	01:46:03.15	+01:02:52 (59.3%)	10:31	5.7 (41.0%)
320	DADAŚ Elżbieta	7048	NIGHT RUNNERS GLIWICE	Masters K - 40	31	00:37:46	01:01:23	01:45:42.85	01:46:05.45	+01:02:54 (59.3%)	10:34	5.7 (41.0%)
321	BOBIN Anna	7019		Masters K - 40	32	00:39:36	01:03:00	01:46:02.75	01:46:11.75	+01:03:01 (59.3%)	10:36	5.7 (41.0%)
322	DRYMEL Joanna	7109	DRYMLE3IPIES	Senior II K - 30	81	00:43:31	01:05:43	01:45:28.55	01:46:17.60	+01:03:07 (59.4%)	10:32	5.7 (41.0%)
323	OLESZCZAK Agnieszka	7343		Masters K - 40	33	00:35:58	00:59:13	01:46:15.50	01:46:39.65	+01:03:29 (59.5%)	10:37	5.6 (40.3%)
324	KRUK Anna	7280		Masters K - 40	34	00:38:21	01:02:56	01:46:25.75	01:46:52.05	+01:03:41 (59.6%)	10:38	5.6 (40.3%)
325	CHOJNOWSKA Barbra	7016	PUSIA TEAM	Masters K - 40	35	00:39:45	01:04:16	01:48:06.00	01:48:53.55	+01:05:42 (60.3%)	10:48	5.6 (40.3%)
326	KĘPSKI Grzegorz	7431		Senior II M - 30	68	00:42:19	01:08:06	01:49:15.60	01:49:49.40	+01:06:38 (60.7%)	10:55	5.5 (39.6%)
327	MYSZYWODA Monika	7116		Senior I K - 20	29	00:42:15	01:08:06	01:49:16.20	01:49:49.80	+01:06:39 (60.7%)	10:55	5.5 (39.6%)
328	ŁUKACZ Aleksandra	7202		Senior I K - 20	30	00:40:06	01:05:01	01:49:55.65	01:50:01.90	+01:06:51 (60.8%)	10:59	5.5 (39.6%)
329	ZAKRZEWICZ Dorota	7384		Senior II K - 30	82	00:41:58	01:07:55	01:50:00.25	01:50:06.35	+01:06:55 (60.8%)	11:00	5.5 (39.6%)
330	KOPACZYŃSKA Aleksandra	7149		Senior I K - 20	31	00:39:09	01:05:35	01:50:33.80	01:50:42.65	+01:07:32 (61.0%)	11:03	5.4 (38.8%)
331	SZCZEPAŃSKA Anna	7191		Senior II K - 30	83	00:39:10	01:05:37	01:50:36.35	01:50:43.20	+01:07:32 (61.0%)	11:03	5.4 (38.8%)
332	PODJUK Kinga	7085		Masters K - 40	36	00:41:04	01:06:47	01:51:40.40	01:51:48.95	+01:08:38 (61.4%)	11:10	5.4 (38.8%)
333	JAREMEK Wojtek	7044	1981	Senior II M - 30	69	00:43:20	01:09:26	01:52:34.45	01:52:58.05	+01:09:47 (61.8%)	11:15	5.3 (38.1%)
334	ZŁOMANIEC Izabela	7046		Senior II K - 30	84	00:43:17	01:09:25	01:52:33.45	01:52:58.30	+01:09:47 (61.8%)	11:15	5.3 (38.1%)
335	LITEWKA Joanna	7014		Senior I K - 20	32	00:42:25	01:08:26	01:54:03.95	01:54:44.75	+01:11:34 (62.4%)	11:24	5.3 (38.1%)
336	STASIAK Mateusz	7231	BLOCKCHAIN RUNNING TEAM	Senior II M - 30	70	00:44:40	01:09:31	01:54:47.35	01:54:52.25	+01:11:41 (62.4%)	11:28	5.2 (37.4%)
337	KARPIŃSKA Nina	7352	REEBOKRUN CREW	Senior II K - 30	85	00:39:09	01:04:42	01:56:27.60	01:56:48.80	+01:13:38 (63.0%)	11:38	5.2 (37.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
338	HACZYK Gabriela	7382	ZAŁOGA GÓRSKA	Weteran III K - 70	1	00:40:57	01:07:17	01:56:08.35	01:56:51.80	+01:13:41 (63.1%)	11:36	5.2 (37.4%)
339	JANKOWSKA Magdalena	7342	KOŁO BIEGA	Senior II K - 30	86	00:41:27	01:09:35	01:59:13.75	01:59:16.85	+01:16:06 (63.8%)	11:55	5 (36.0%)
340	PASZKE Tomasz	7357		Weteran I M - 50	15	00:41:58	01:08:53	01:58:32.95	01:59:18.70	+01:16:08 (63.8%)	11:51	5.1 (36.7%)
341	KAZUŚ-OLESIŃSKA Małgorzata	7396		Masters K - 40	37	00:45:11	01:14:16	01:59:43.50	02:00:07.70	+01:16:57 (64.1%)	11:58	5 (36.0%)
342	KOPACZYŃSKA Ewa	7150		Weteran K - 50	7	00:42:48	01:11:17	02:01:35.40	02:01:42.45	+01:18:31 (64.5%)	12:09	4.9 (35.3%)
343	KOPACZYŃSKI Michał	7148		Senior I M - 20	36	00:42:44	00:42:49	02:01:32.25	02:01:43.85	+01:18:33 (64.5%)	12:09	4.9 (35.3%)
344	PRZYBYLSKA Katarzyna	7325		Senior I K - 20	33	00:46:24	01:13:37	02:01:28.55	02:02:05.10	+01:18:54 (64.6%)	12:08	4.9 (35.3%)
345	PRZYBYLSKA Magdalena	7099		Masters K - 40	38	00:46:04	01:13:39	02:01:29.15	02:02:05.30	+01:18:54 (64.6%)	12:08	4.9 (35.3%)
346	KWIATKOWSKA Barbara	7119		Weteran II K - 60	3	00:42:45	01:10:03	02:02:53.50	02:03:37.40	+01:20:26 (65.1%)	12:17	4.9 (35.3%)
347	WOŻNA Arleta	7427		Senior I K - 20	34	00:47:30	01:15:13	02:04:27.35	02:04:42.35	+01:21:31 (65.4%)	12:26	4.8 (34.5%)
348	WIERCIOCH Iwona	7430		Masters K - 40	39	00:47:29	01:15:18	02:04:38.55	02:04:53.20	+01:21:42 (65.4%)	12:27	4.8 (34.5%)
349	WOLENTARSKA Alicja	7159		Weteran K - 50	8	00:44:45	01:13:33	02:04:34.40	02:05:00.85	+01:21:50 (65.5%)	12:27	4.8 (34.5%)
350	KOWALCZYK Ilona	7395		Masters K - 40	40	00:44:49	01:14:13	02:05:33.10	02:05:58.60	+01:22:48 (65.7%)	12:33	4.8 (34.5%)
351	CZAPSKA Izabela	7093	SONKOTEAM	Masters K - 40	41	00:39:29	01:10:24	02:06:53.95	02:07:08.75	+01:23:58 (66.0%)	12:41	4.7 (33.8%)
352	CZAPSKI Wojciech	7254		Masters M - 40	50	00:38:59	01:10:23	02:06:53.45	02:07:09.15	+01:23:58 (66.0%)	12:41	4.7 (33.8%)
353	LISOWSKA Agnieszka	7118	DESTYLATOR	Senior II K - 30	87	00:43:35	01:12:16	02:07:26.35	02:08:15.95	+01:25:05 (66.3%)	12:44	4.7 (33.8%)
354	SŁUPCZYŃSKI Mirosław	7091		Weteran I M - 50	16	00:45:45	01:16:25	02:09:54.10	02:10:22.00	+01:27:11 (66.9%)	12:59	4.6 (33.1%)
355	PAWŁOWSKA Danuta	7359		Masters K - 40	42	00:46:04	01:16:19	02:13:25.00	02:13:48.05	+01:30:37 (67.7%)	13:20	4.5 (32.4%)
356	WOŁCZEK Jola	7305		Senior II K - 30	88	00:37:08	00:59:49	02:14:28.05	02:14:51.80	+01:31:41 (68.0%)	13:26	4.5 (32.4%)
357	LUDZIŃSKI Adam	7125		Senior II M - 30	71	00:45:58	01:16:52	02:14:35.30	02:15:02.50	+01:31:51 (68.0%)	13:27	4.5 (32.4%)
358	ROBAK Aneta	7124		Senior II K - 30	89	00:45:59		02:15:12.85	02:15:39.00	+01:32:28 (68.2%)	13:31	4.4 (31.7%)
359	BOCZAR Waldemar	7309		Senior II M - 30	72	00:48:31	01:18:26	02:15:49.95	02:16:28.85	+01:33:18 (68.4%)	13:35	4.4 (31.7%)
360	MADERA Bogdan	7186		Weteran I M - 50	17	00:51:43	01:28:11	02:25:42.95	02:26:29.10	+01:43:18 (70.5%)	14:34	4.1 (29.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 3.7km	C1 5.8km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
361	STELMACH Elżbieta	7246		Masters K - 40	43	00:52:38	01:23:35	02:27:52.70	02:28:23.10	+01:45:12 (70.9%)	14:47	4.1 (29.5%)
362	KOĆMIRSKA Anna	7208		Senior II K - 30	90	00:52:33	01:20:08	02:27:54.50	02:28:24.45	+01:45:13 (70.9%)	14:47	4.1 (29.5%)
363	RUNOWICZ Magdalena	7214		Senior II K - 30	91	00:52:37	01:20:09	02:27:56.45	02:28:26.40	+01:45:15 (70.9%)	14:47	4.1 (29.5%)
364	ROŻEK Agnieszka	7333	MUAY RUNNING TEAM	Masters K - 40	44	00:56:08	01:29:22	02:28:41.95	02:29:30.40	+01:46:19 (71.1%)	14:52	4 (28.8%)
365	LATANOWICZ Bernard	7365		Senior II M - 30	73	00:54:24	01:32:03	02:32:01.60	02:32:40.25	+01:49:29 (71.7%)	15:12	3.9 (28.1%)
366	KUŹNIAK Szymon	7366		Senior II M - 30	74	00:54:24	01:32:03	02:32:04.05	02:32:42.00	+01:49:31 (71.7%)	15:12	3.9 (28.1%)
367	SZYMAŃSKI Paweł	7335	MUAY RUNNING TEAM	Senior II M - 30	75	00:56:36	01:29:33	02:32:36.15	02:33:25.25	+01:50:14 (71.9%)	15:15	3.9 (28.1%)
368	WINIARSKI Robert	7039		Weteran I M - 50	18	00:46:13	01:28:31	02:42:18.50	02:42:50.30	+01:59:39 (73.5%)	16:13	3.7 (26.6%)
369	DEC Zbigniew	7418		Weteran II M - 60	8	00:48:26	01:29:21	02:43:39.40	02:44:06.95	+02:00:56 (73.7%)	16:21	3.7 (26.6%)
370	MICHAŁKA Dominika	7004		Senior I K - 20	35	00:52:04	01:40:56	02:53:22.75	02:53:29.80	+02:10:19 (75.1%)	17:20	3.5 (25.2%)
371	OLEJNIK Adam	7263	REFERICON	Senior II M - 30	76	00:52:06	01:40:43	02:53:25.40	02:53:32.25	+02:10:21 (75.1%)	17:20	3.5 (25.2%)
372	KUROWSKI Wojciech	7413		Senior II M - 30	77							(0.0%)
	BAKOWSKA Maria	7381	ZAŁOGA GÓRSKA	Weteran II K - 60		00:55:16 DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 373 wynik(ów)