

# BIEG TROJAK TRAIL - 10 KM

B4SPORT  
INTELIĞENTNE ZAWODY SPORTOWE

**Wydarzenie:** Dolnośląski Festiwal Biegów Górskich  
**Organizator:** Stowarzyszenie TKKF Kompas  
**Data:** 2017-07-23  
**Miejsce:** Łądek Zdrój  
**Dystans:** 10 km

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>PRZEDWOJEWSKI Bartłomiej</b>	<b>1196</b>		Senior I M - 20	1	00:16:23	00:25:29	<b>00:41:54.10</b>	<b>00:41:55.50</b>		4:11	14.3 (100%)
2	<b>PIEGOWSKI Adam</b>	<b>1191</b>	EUROVENT ATHLETICS OPOLE	Senior II M - 30	1	00:18:52	00:29:42	<b>00:48:00.05</b>	<b>00:48:05.45</b>	+00:06:09 (12.8%)	4:48	12.5 (87.4%)
3	<b>GRACZYK Adrian</b>	<b>1081</b>	BIEGI.WLKP	Senior I M - 20	2	00:19:21	00:30:23	<b>00:48:11.05</b>	<b>00:48:13.70</b>	+00:06:18 (13.1%)	4:49	12.5 (87.4%)
4	<b>KOWAL Amadeusz</b>	<b>1308</b>		Senior II M - 30	2	00:20:22	00:31:19	<b>00:50:31.75</b>	<b>00:50:35.80</b>	+00:08:40 (17.1%)	5:03	11.9 (83.2%)
5	<b>KANTOR Martyna</b>	<b>1264</b>	SARCO GARMIN TEAM	Senior I K - 20	1	00:20:16	00:31:12	<b>00:51:02.90</b>	<b>00:51:05.10</b>	+00:09:09 (17.9%)	5:06	11.8 (82.5%)
6	<b>GRZELAK Adrian</b>	<b>1247</b>	CHATA BIEGACZA	Senior I M - 20	3	00:21:15	00:32:16	<b>00:51:06.05</b>	<b>00:51:13.10</b>	+00:09:17 (18.1%)	5:06	11.7 (81.8%)
7	<b>HACZYK Jarosław</b>	<b>1235</b>	BIEG OPOLSKI	Masters M - 40	1	00:20:28	00:31:54	<b>00:51:50.95</b>	<b>00:51:54.00</b>	+00:09:58 (19.2%)	5:11	11.6 (81.1%)
8	<b>TOMASIAK Natalia</b>	<b>1283</b>	SALOMON SUUNTO TEAM	Senior II K - 30	1	00:20:19	00:31:40	<b>00:52:27.45</b>	<b>00:52:30.05</b>	+00:10:34 (20.1%)	5:14	11.4 (79.7%)
9	<b>MICHALIK Adam</b>	<b>1321</b>		Masters M - 40	2	00:21:11	00:33:04	<b>00:53:13.60</b>	<b>00:53:16.70</b>	+00:11:21 (21.3%)	5:19	11.3 (79.0%)
10	<b>STACHOWIAK Marcin</b>	<b>1094</b>	BIEGI.WLKP	Senior I M - 20	4	00:21:31	00:33:52	<b>00:54:59.40</b>	<b>00:55:00.65</b>	+00:13:05 (23.8%)	5:29	10.9 (76.2%)
11	<b>GAJEWSKI Marcin</b>	<b>1055</b>		Masters M - 40	3	00:21:44	00:34:11	<b>00:55:20.75</b>	<b>00:55:22.60</b>	+00:13:27 (24.3%)	5:32	10.8 (75.5%)
12	<b>DOMAŃSKI Patryk</b>	<b>1088</b>	BIEGI.WLKP	Senior I M - 20	5	00:22:31	00:34:52	<b>00:55:26.10</b>	<b>00:55:29.35</b>	+00:13:33 (24.4%)	5:32	10.8 (75.5%)
13	<b>NOWINIŁSKI Andrzej</b>	<b>1328</b>		Masters M - 40	4	00:22:16	00:34:42	<b>00:55:37.30</b>	<b>00:55:39.00</b>	+00:13:43 (24.7%)	5:33	10.8 (75.5%)
14	<b>KUJAWA Zbigniew</b>	<b>1263</b>		Senior I M - 20	6	00:21:33	00:34:27	<b>00:55:57.10</b>	<b>00:56:02.80</b>	+00:14:07 (25.2%)	5:35	10.7 (74.8%)
15	<b>SMOLEŃ Sebastian</b>	<b>1299</b>		Senior II M - 30	3	00:22:17	00:34:46	<b>00:56:09.20</b>	<b>00:56:12.60</b>	+00:14:17 (25.4%)	5:36	10.7 (74.8%)
16	<b>RACZKO Tomasz</b>	<b>1205</b>	ZĄŁOGA GÓRSKA / KARKONOSZ RUNNING TEAM SZKLARSKA PORĘBA	Senior II M - 30	4	00:22:22	00:34:28	<b>00:56:05.30</b>	<b>00:56:14.25</b>	+00:14:18 (25.5%)	5:36	10.7 (74.8%)
17	<b>ZIĘTERSKI Robert</b>	<b>1075</b>		Masters M - 40	5	00:22:57	00:35:47	<b>00:57:00.80</b>	<b>00:57:04.55</b>	+00:15:09 (26.5%)	5:42	10.5 (73.4%)
18	<b>SPYCHALSKI Adam</b>	<b>1060</b>		Masters M - 40	6	00:22:52	00:35:39	<b>00:57:06.50</b>	<b>00:57:11.70</b>	+00:15:16 (26.7%)	5:42	10.5 (73.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
19	<b>BIERNACKA Katarzyna</b>	<b>1118</b>	TEAM LUKS ŻÓRAWINA/SOBCZYK TEAM	Senior I K - 20	2	00:22:35	00:35:15	<b>00:57:17.55</b>	<b>00:57:18.90</b>	+00:15:23 (26.9%)	5:43	10.5 (73.4%)
20	<b>BUKAŁA Marcin</b>	<b>1184</b>	VEGE RUNNERS	Senior I M - 20	7	00:20:53	00:34:09	<b>00:57:03.80</b>	<b>00:57:25.35</b>	+00:15:29 (27.0%)	5:42	10.5 (73.4%)
21	<b>JANKOWSKI Jakub</b>	<b>1206</b>	ZĄŁOGA GÓRSKA \ TRUCHT.COM	Senior I M - 20	8	00:22:47	00:35:02	<b>00:57:22.65</b>	<b>00:57:26.40</b>	+00:15:30 (27.0%)	5:44	10.5 (73.4%)
22	<b>DUPLA Konrad</b>	<b>1077</b>	WKB PIAST WROCŁAW	Senior II M - 30	5	00:23:49	00:36:30	<b>00:58:04.80</b>	<b>00:58:09.70</b>	+00:16:14 (27.9%)	5:48	10.3 (72.0%)
23	<b>KACZMARCZYK Przemysław</b>	<b>1141</b>	WATAHA	Senior I M - 20	9	00:23:14	00:36:34	<b>00:58:55.35</b>	<b>00:58:59.20</b>	+00:17:03 (28.9%)	5:53	10.2 (71.3%)
24	<b>BINKOWSKI Marcin</b>	<b>1199</b>		Masters M - 40	7	00:24:01	00:37:06	<b>00:59:24.55</b>	<b>00:59:34.70</b>	+00:17:39 (29.6%)	5:56	10.1 (70.6%)
25	<b>OLKIS Rafał</b>	<b>1304</b>	PRZEBIEGA.PL	Senior II M - 30	6	00:22:48	00:36:14	<b>00:59:40.70</b>	<b>00:59:49.35</b>	+00:17:53 (29.9%)	5:58	10.1 (70.6%)
26	<b>MARIN Alberto</b>	<b>1107</b>		Senior II M - 30	7	00:23:06	00:37:00	<b>01:00:56.15</b>	<b>01:01:09.30</b>	+00:19:13 (31.4%)	6:05	9.8 (68.5%)
27	<b>KRAWCZYK Konrad</b>	<b>1114</b>	1991	Senior I M - 20	10	00:24:47	00:38:48	<b>01:01:41.25</b>	<b>01:01:56.85</b>	+00:20:01 (32.3%)	6:10	9.7 (67.8%)
28	<b>JANUSZEWSKI Maciej</b>	<b>1140</b>		Senior II M - 30	8	00:23:50	00:37:41	<b>01:02:10.35</b>	<b>01:02:14.70</b>	+00:20:19 (32.6%)	6:13	9.7 (67.8%)
29	<b>GĄDALSKI Bartosz</b>	<b>1292</b>		Senior II M - 30	9	00:24:27	00:38:36	<b>01:02:10.30</b>	<b>01:02:29.90</b>	+00:20:34 (32.9%)	6:13	9.7 (67.8%)
30	<b>SZYMAŃSKI Łukasz</b>	<b>1290</b>		OPEN	1	00:25:02	00:39:06	<b>01:02:12.90</b>	<b>01:02:41.80</b>	+00:20:46 (33.1%)	6:13	9.6 (67.1%)
31	<b>HRYNOWIECKI Paweł</b>	<b>1043</b>		Senior II M - 30	10	00:24:35	00:38:17	<b>01:02:32.40</b>	<b>01:03:07.75</b>	+00:21:12 (33.6%)	6:15	9.6 (67.1%)
32	<b>SZATKOWSKI Łukasz</b>	<b>1173</b>	CRAZYJUMPKĘPNO	Senior I M - 20	11	00:25:52	00:39:58	<b>01:03:08.70</b>	<b>01:03:17.90</b>	+00:21:22 (33.8%)	6:18	9.5 (66.4%)
33	<b>STEMPNIAK Daniel</b>	<b>1087</b>	KS MARATON OSTRÓW WLKP.	Senior II M - 30	11	00:25:11	00:38:42	<b>01:03:11.20</b>	<b>01:03:18.10</b>	+00:21:22 (33.8%)	6:19	9.5 (66.4%)
34	<b>KITKOWSKI Arkadiusz</b>	<b>1279</b>	SUPERSNOW	Masters M - 40	8	00:25:18	00:38:52	<b>01:03:14.70</b>	<b>01:03:19.50</b>	+00:21:24 (33.8%)	6:19	9.5 (66.4%)
35	<b>CHRZANOWSKI Paweł</b>	<b>1240</b>	100 BATALION ŁĄCZNOŚCI	Senior II M - 30	12	00:25:23	00:39:09	<b>01:03:40.80</b>	<b>01:03:45.60</b>	+00:21:50 (34.2%)	6:22	9.4 (65.7%)
36	<b>PERZ Emilia</b>	<b>1126</b>	WOLSZTYŃSKA AKADEMIA BIEGOWA	Senior I K - 20	3	00:26:30	00:41:14	<b>01:04:03.30</b>	<b>01:04:07.60</b>	+00:22:12 (34.6%)	6:24	9.4 (65.7%)
37	<b>KULESZA Agnieszka</b>	<b>1327</b>		Senior I K - 20	4	00:24:50	00:39:35	<b>01:04:30.20</b>	<b>01:04:38.20</b>	+00:22:42 (35.1%)	6:27	9.3 (65.0%)
38	<b>RAKOCZY Jerzy</b>	<b>1260</b>		Masters M - 40	9	00:25:43	00:39:56	<b>01:04:40.30</b>	<b>01:04:44.60</b>	+00:22:49 (35.2%)	6:28	9.3 (65.0%)
39	<b>DĘBICKI Łukasz</b>	<b>1189</b>		Senior II M - 30	13	00:24:13	00:38:45	<b>01:04:15.00</b>	<b>01:04:53.75</b>	+00:22:58 (35.4%)	6:25	9.3 (65.0%)
40	<b>DZIEDZIC Krystian</b>	<b>1165</b>		Senior II M - 30	14	00:24:47	00:38:57	<b>01:04:53.35</b>	<b>01:05:01.60</b>	+00:23:06 (35.5%)	6:29	9.2 (64.3%)
41	<b>WILK Mateusz</b>	<b>1175</b>	RAMBO 3	Senior II M - 30	15	00:26:02	00:40:42	<b>01:04:35.85</b>	<b>01:05:02.00</b>	+00:23:06 (35.5%)	6:27	9.3 (65.0%)
42	<b>WILK Maciej</b>	<b>1074</b>	RAMBO 3	Senior II M - 30	16	00:19:35	00:30:27	<b>01:04:54.95</b>	<b>01:05:02.15</b>	+00:23:06 (35.5%)	6:29	9.2 (64.3%)
43	<b>ZWOLIŃSKI Łukasz</b>	<b>1314</b>		Senior II M - 30	17	00:25:46	00:39:29	<b>01:04:59.60</b>	<b>01:05:03.00</b>	+00:23:07 (35.5%)	6:30	9.2 (64.3%)
44	<b>HACZYK Natalia</b>	<b>1234</b>	BIEG OPOLSKI	Masters K - 40	1	00:25:38	00:39:46	<b>01:04:57.60</b>	<b>01:05:07.50</b>	+00:23:12 (35.6%)	6:29	9.2 (64.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
45	<b>KNAPP Janusz</b>	<b>1317</b>		Senior II M - 30	18	00:27:04	00:42:06	<b>01:05:03.00</b>	<b>01:05:23.00</b>	+00:23:27 (35.9%)	6:30	9.2 (64.3%)
46	<b>TOMASZEWSKI Marcin</b>	<b>1302</b>	GTRAT	Senior II M - 30	19	00:25:06	00:39:36	<b>01:05:26.40</b>	<b>01:05:36.55</b>	+00:23:41 (36.1%)	6:32	9.2 (64.3%)
47	<b>RUDNICKI Mateusz</b>	<b>1341</b>		Senior II M - 30	20	00:25:19	00:40:21	<b>01:05:21.55</b>	<b>01:05:39.60</b>	+00:23:44 (36.1%)	6:32	9.2 (64.3%)
48	<b>WUJDA Mirosław</b>	<b>1307</b>	EKW RULEZ	Masters M - 40	10	00:22:55	00:38:33	<b>01:05:34.35</b>	<b>01:05:40.85</b>	+00:23:45 (36.2%)	6:33	9.2 (64.3%)
49	<b>ANDRASIEWICZ Konrad</b>	<b>1309</b>		Senior II M - 30	21	00:25:39	00:39:36	<b>01:05:21.80</b>	<b>01:05:43.50</b>	+00:23:48 (36.2%)	6:32	9.2 (64.3%)
50	<b>CHODOROWSKI Krzysztof</b>	<b>1057</b>	PRZEBIEGA.PL	Senior II M - 30	22	00:23:41	00:39:24	<b>01:05:48.95</b>	<b>01:05:58.00</b>	+00:24:02 (36.4%)	6:34	9.1 (63.6%)
51	<b>GOLDMAN Mateusz</b>	<b>1076</b>		Senior II M - 30	23	00:25:22	00:39:54	<b>01:05:53.95</b>	<b>01:06:03.00</b>	+00:24:07 (36.5%)	6:35	9.1 (63.6%)
52	<b>TYŚ Radek</b>	<b>1201</b>		Senior II M - 30	24	00:25:50	00:40:27	<b>01:06:01.30</b>	<b>01:06:16.90</b>	+00:24:21 (36.7%)	6:36	9.1 (63.6%)
53	<b>NEUBAUER Szymon</b>	<b>1324</b>		Senior I M - 20	12	00:25:36	00:40:02	<b>01:05:53.30</b>	<b>01:06:21.25</b>	+00:24:25 (36.8%)	6:35	9.1 (63.6%)
54	<b>ABULEWICZ Wojciech</b>	<b>1294</b>	STP SYNERGIA	Masters M - 40	11	00:25:51	00:40:20	<b>01:06:18.30</b>	<b>01:06:23.20</b>	+00:24:27 (36.8%)	6:37	9 (62.9%)
55	<b>TRACZ Michał</b>	<b>1169</b>	OLDSCHOOL MTB GDAŃSK	Masters M - 40	12	00:24:47	00:39:43	<b>01:06:14.25</b>	<b>01:06:26.80</b>	+00:24:31 (36.9%)	6:37	9.1 (63.6%)
56	<b>POPIEL Dariusz</b>	<b>1096</b>	100 BATALION ŁĄCZNOŚCI	Masters M - 40	13	00:25:56	00:40:40	<b>01:05:58.85</b>	<b>01:06:28.60</b>	+00:24:33 (36.9%)	6:35	9.1 (63.6%)
57	<b>KOTNIEWICZ Piotr</b>	<b>1323</b>		Senior I M - 20	13	00:25:59	00:41:00	<b>01:06:23.05</b>	<b>01:06:37.20</b>	+00:24:41 (37.1%)	6:38	9 (62.9%)
58	<b>BUDYCH Arek</b>	<b>1193</b>		Senior II M - 30	25	00:26:42	00:41:53	<b>01:06:08.55</b>	<b>01:06:40.25</b>	+00:24:44 (37.1%)	6:36	9.1 (63.6%)
59	<b>ALBERT Łukasz</b>	<b>1236</b>		Senior II M - 30	26	00:26:09	00:40:50	<b>01:06:29.25</b>	<b>01:06:42.60</b>	+00:24:47 (37.2%)	6:38	9 (62.9%)
60	<b>GRABIŃSKA Gizela</b>	<b>1086</b>	DREAM RUN/ AZS UW	Masters K - 40	2	00:26:37	00:41:50	<b>01:07:06.85</b>	<b>01:07:12.05</b>	+00:25:16 (37.6%)	6:42	8.9 (62.2%)
61	<b>WUJEK Marcin</b>	<b>1332</b>		Masters M - 40	14	00:27:37	00:42:02	<b>01:07:10.65</b>	<b>01:07:30.75</b>	+00:25:35 (37.9%)	6:43	8.9 (62.2%)
62	<b>PAZDAN Natalia</b>	<b>1183</b>	KOWARY BIEGAJĄ	Senior II K - 30	2	00:26:09	00:41:29	<b>01:07:32.10</b>	<b>01:07:44.05</b>	+00:25:48 (38.1%)	6:45	8.9 (62.2%)
63	<b>NIEMIEC Tomasz</b>	<b>1265</b>	NOWA HUTA TEAM	Senior I M - 20	14	00:26:14	00:41:39	<b>01:07:49.15</b>	<b>01:07:57.85</b>	+00:26:02 (38.3%)	6:46	8.8 (61.5%)
64	<b>SZARF Paweł</b>	<b>1200</b>	ZĄLOGA GÓRSKA / ANTON TEAM	Senior I M - 20	15	00:25:47	00:40:53	<b>01:08:05.70</b>	<b>01:08:08.45</b>	+00:26:12 (38.5%)	6:48	8.8 (61.5%)
65	<b>STAWSKI Michał</b>	<b>1064</b>	MBANK	Senior II M - 30	27	00:21:42	00:33:48	<b>01:08:09.95</b>	<b>01:08:11.60</b>	+00:26:16 (38.5%)	6:49	8.8 (61.5%)
66	<b>GEROWSKI Maciej</b>	<b>1033</b>	NETBOX BIEGA / LESZ NO LIMITS RUNNERS	Masters M - 40	15	00:28:47	00:43:24	<b>01:07:59.20</b>	<b>01:08:19.15</b>	+00:26:23 (38.6%)	6:48	8.8 (61.5%)
67	<b>WYSOCKA Magdalena</b>	<b>1228</b>		Senior II K - 30	3	00:27:19	00:42:15	<b>01:08:13.80</b>	<b>01:08:24.40</b>	+00:26:28 (38.7%)	6:49	8.8 (61.5%)
68	<b>KACZMARCZYK Mateusz</b>	<b>1224</b>		Senior I M - 20	16	00:26:14	00:41:40	<b>01:08:15.70</b>	<b>01:08:26.70</b>	+00:26:31 (38.7%)	6:49	8.8 (61.5%)
69	<b>PODJUK Juliusz</b>	<b>1129</b>		Masters M - 40	16	00:27:19	00:42:14	<b>01:08:10.95</b>	<b>01:08:33.30</b>	+00:26:37 (38.8%)	6:49	8.8 (61.5%)
70	<b>TYSZER Joanna</b>	<b>1334</b>		Senior I K - 20	5	00:27:36	00:42:45	<b>01:08:20.65</b>	<b>01:08:35.70</b>	+00:26:40 (38.9%)	6:50	8.8 (61.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
71	<b>SKELTON Sarah</b>	<b>1133</b>	VEGE RUNNERS	Senior I K - 20	6	00:26:57	00:42:26	<b>01:08:17.95</b>	<b>01:08:38.75</b>	+00:26:43 (38.9%)	6:49	8.8 (61.5%)
72	<b>RUTKOWSKA Małgorzata</b>	<b>1303</b>	GÓRSKA ZAŁOGA	Senior II K - 30	4	00:27:27	00:42:40	<b>01:08:37.95</b>	<b>01:08:43.95</b>	+00:26:48 (39.0%)	6:51	8.7 (60.8%)
73	<b>GAWRON Piotr</b>	<b>1112</b>	KB GOCH BYTÓW	Masters M - 40	17	00:26:15	00:41:04	<b>01:08:43.95</b>	<b>01:08:53.25</b>	+00:26:57 (39.1%)	6:52	8.7 (60.8%)
74	<b>GRUSZKA Robert</b>	<b>1151</b>	GRU-KO	Masters M - 40	18	00:26:41	00:43:09	<b>01:08:36.35</b>	<b>01:08:53.60</b>	+00:26:58 (39.1%)	6:51	8.7 (60.8%)
75	<b>PIOTROWSKA Magdalena</b>	<b>1062</b>	KLUB BIEGACZA JURUND SZCZYTNO	Senior II K - 30	5	00:26:26	00:43:38	<b>01:09:00.10</b>	<b>01:09:02.60</b>	+00:27:07 (39.3%)	6:54	8.7 (60.8%)
76	<b>WANTUCH Katarzyna</b>	<b>1203</b>	ZAŁOGA GÓRSKA	Senior II K - 30	6	00:27:47	00:43:08	<b>01:09:12.90</b>	<b>01:09:26.20</b>	+00:27:30 (39.6%)	6:55	8.7 (60.8%)
77	<b>BOSIANEK Kamila</b>	<b>1049</b>	4RUN TEAM PIŁA	Senior II K - 30	7	00:27:28	00:42:55	<b>01:09:20.60</b>	<b>01:09:27.05</b>	+00:27:31 (39.6%)	6:56	8.7 (60.8%)
77	<b>CZEBOTAR Barbara</b>	<b>1237</b>		Masters K - 40	3	00:27:32	00:43:02	<b>01:09:19.10</b>	<b>01:09:27.05</b>	+00:27:31 (39.6%)	6:56	8.7 (60.8%)
79	<b>BURDA Sebastian</b>	<b>1338</b>		Masters M - 40	19	00:26:40	00:43:41	<b>01:09:41.50</b>	<b>01:09:57.90</b>	+00:28:02 (40.1%)	6:58	8.6 (60.1%)
80	<b>TYSZER Łukasz</b>	<b>1333</b>		Senior I M - 20	17	00:26:22	00:43:18	<b>01:09:50.15</b>	<b>01:10:05.95</b>	+00:28:10 (40.2%)	6:59	8.6 (60.1%)
81	<b>SZABAT Daniel</b>	<b>1063</b>	POLSKIEWSPINANIE.PL	Senior II M - 30	28	00:27:43	00:43:32	<b>01:09:52.85</b>	<b>01:10:24.20</b>	+00:28:28 (40.5%)	6:59	8.6 (60.1%)
82	<b>SYSAŁA Janusz</b>	<b>1278</b>		Weteran II M - 60	1	00:27:27	00:43:19	<b>01:10:22.40</b>	<b>01:10:31.35</b>	+00:28:35 (40.6%)	7:02	8.5 (59.4%)
83	<b>SUSMARSKA Ewa</b>	<b>1233</b>	NO WOMAN NO TRI	Senior I K - 20	7	00:27:43	00:43:37	<b>01:10:24.95</b>	<b>01:10:37.05</b>	+00:28:41 (40.6%)	7:02	8.5 (59.4%)
84	<b>PELCZARSKI Michał</b>	<b>1329</b>		Senior II M - 30	29	00:26:22	00:43:37	<b>01:10:28.85</b>	<b>01:10:40.80</b>	+00:28:45 (40.7%)	7:02	8.5 (59.4%)
85	<b>MARCINKOWSKI Przemysław</b>	<b>1306</b>		Masters M - 40	20	00:28:29	00:44:10	<b>01:10:28.70</b>	<b>01:10:50.40</b>	+00:28:54 (40.8%)	7:02	8.5 (59.4%)
86	<b>SOBCZYŃSKA Magdalena</b>	<b>1080</b>	BIEGI.WLKP	Senior I K - 20	8	00:28:31	00:43:55	<b>01:10:31.10</b>	<b>01:10:53.25</b>	+00:28:57 (40.9%)	7:03	8.5 (59.4%)
87	<b>FOLARON Rafał</b>	<b>1138</b>		Senior I M - 20	18	00:28:00	00:44:24	<b>01:10:55.75</b>	<b>01:11:08.30</b>	+00:29:12 (41.1%)	7:05	8.5 (59.4%)
88	<b>JABŁOŃSKA Emilia</b>	<b>1267</b>		Senior I K - 20	9	00:28:40	00:44:33	<b>01:10:57.70</b>	<b>01:11:23.40</b>	+00:29:27 (41.3%)	7:05	8.5 (59.4%)
89	<b>WIKTOR Mateusz</b>	<b>1115</b>		Senior I M - 20	19	00:26:59	00:43:25	<b>01:11:23.60</b>	<b>01:11:33.50</b>	+00:29:38 (41.4%)	7:08	8.4 (58.7%)
90	<b>KORNAŚ Marcin</b>	<b>1113</b>	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	Senior II M - 30	30	00:27:20	00:43:17	<b>01:11:21.30</b>	<b>01:11:48.65</b>	+00:29:53 (41.6%)	7:08	8.4 (58.7%)
91	<b>URBAŃSKI Tomasz</b>	<b>1150</b>	FLUNKYBALLTEAM ŁĄDEK-ZDRÓJ	Senior I M - 20	20	00:29:18	00:45:28	<b>01:11:57.75</b>	<b>01:12:12.00</b>	+00:30:16 (41.9%)	7:11	8.3 (58.0%)
92	<b>CHWIAŁKOWSKI Wiesław</b>	<b>1025</b>		Weteran I M - 50	1	00:27:09	00:43:24	<b>01:12:03.55</b>	<b>01:12:18.35</b>	+00:30:22 (42.0%)	7:12	8.3 (58.0%)
93	<b>LEWANDOWSKA Patrycja</b>	<b>1040</b>	KURORT ŁĄDEK- ZDRÓJ LKS ISKRA JASZKOWA	Senior I K - 20	10	00:28:24	00:44:50	<b>01:11:55.05</b>	<b>01:12:20.55</b>	+00:30:25 (42.0%)	7:11	8.3 (58.0%)
94	<b>KLOS Ania</b>	<b>1154</b>		Senior II K - 30	8	00:29:05	00:44:54	<b>01:12:16.65</b>	<b>01:12:33.50</b>	+00:30:38 (42.2%)	7:13	8.3 (58.0%)
95	<b>SIWA Dominik</b>	<b>1145</b>		Senior II M - 30	31	00:27:12	00:44:08	<b>01:12:36.30</b>	<b>01:12:49.20</b>	+00:30:53 (42.4%)	7:15	8.3 (58.0%)
96	<b>KUZIEL Marcin</b>	<b>1070</b>	BLACK RUNNING STRONIE ŚLĄSKIE	Senior II M - 30	32	00:28:50	00:45:05	<b>01:12:31.95</b>	<b>01:12:59.80</b>	+00:31:04 (42.6%)	7:15	8.3 (58.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
97	<b>RYBARSKI Piotr</b>	<b>1027</b>		Senior II M - 30	33	00:27:42	00:43:30	<b>01:13:02.10</b>	<b>01:13:22.70</b>	+00:31:27 (42.9%)	7:18	8.2 (57.3%)
98	<b>ROGOCZ Maciej</b>	<b>1083</b>	ROGASIE Z DOLINY ROZTOKI	Masters M - 40	21	00:29:13	00:45:41	<b>01:13:12.70</b>	<b>01:13:42.65</b>	+00:31:47 (43.1%)	7:19	8.2 (57.3%)
99	<b>TOMERA Piotr</b>	<b>1343</b>		Masters M - 40	22	00:23:54	00:37:50	<b>01:01:40.65</b>	<b>01:13:49.65</b>	+00:31:54 (43.2%)	6:10	9.7 (67.8%)
100	<b>KOSIELSKA Beata</b>	<b>1067</b>		Senior II K - 30	9	00:29:37	00:46:21	<b>01:13:26.05</b>	<b>01:13:50.00</b>	+00:31:54 (43.2%)	7:20	8.2 (57.3%)
101	<b>PRZYBYLSKI Witek</b>	<b>1256</b>	OTK RZEŹNIK	Senior II M - 30	34	00:29:37	00:45:55	<b>01:13:54.25</b>	<b>01:13:56.70</b>	+00:32:01 (43.3%)	7:23	8.1 (56.6%)
102	<b>WOJTKOWIAK Renata</b>	<b>1132</b>	PIĄTKOWO NA BIEGOWO	Masters K - 40	4	00:27:52	00:44:59	<b>01:13:47.55</b>	<b>01:14:05.35</b>	+00:32:09 (43.4%)	7:22	8.1 (56.6%)
103	<b>SZAŁĘGA Kasia</b>	<b>1131</b>		Senior II K - 30	10	00:27:51	00:44:59	<b>01:13:48.20</b>	<b>01:14:06.25</b>	+00:32:10 (43.4%)	7:22	8.1 (56.6%)
104	<b>LICZNERSKI Mirosław</b>	<b>1121</b>	LUBAWA KOCHA BIEGAĆ	Senior II M - 30	35	00:27:29	00:44:34	<b>01:13:42.25</b>	<b>01:14:06.45</b>	+00:32:10 (43.4%)	7:22	8.1 (56.6%)
105	<b>BOMBA Marek</b>	<b>1190</b>		Weteran II M - 60	2	00:29:41	00:46:21	<b>01:13:39.35</b>	<b>01:14:15.50</b>	+00:32:20 (43.5%)	7:21	8.1 (56.6%)
106	<b>CIEŹKOWSKA SZYMAŃSKA Katarzyna</b>	<b>1289</b>	VEGE RUNNERS	OPEN Kobiet	1	00:29:50	00:46:29	<b>01:13:48.85</b>	<b>01:14:16.70</b>	+00:32:21 (43.6%)	7:22	8.1 (56.6%)
107	<b>WITKOWSKA Paulina</b>	<b>1181</b>		Senior II K - 30	11	00:29:28	00:45:52	<b>01:14:09.45</b>	<b>01:14:18.75</b>	+00:32:23 (43.6%)	7:24	8.1 (56.6%)
108	<b>PASTUSZKA Mirosław</b>	<b>1174</b>	RUN ŁDZ	Weteran I M - 50	2	00:30:39	00:47:52	<b>01:14:18.30</b>	<b>01:14:35.15</b>	+00:32:39 (43.8%)	7:25	8.1 (56.6%)
109	<b>GLAPIAK-PRZYTUŁA Agnieszka</b>	<b>1125</b>	1979	Senior II K - 30	12	00:29:14	00:45:24	<b>01:14:20.65</b>	<b>01:14:39.45</b>	+00:32:43 (43.8%)	7:26	8.1 (56.6%)
110	<b>KRZYSZTOFIAK Aleksandra</b>	<b>1176</b>	KOWARY BIEGAJĄ	Senior II K - 30	13	00:29:26	00:45:23	<b>01:14:33.15</b>	<b>01:14:44.35</b>	+00:32:48 (43.9%)	7:27	8 (55.9%)
111	<b>LUBAŃSKA Alicja</b>	<b>1073</b>	ZS BUKOWICE	Masters K - 40	5	00:28:36	00:45:29	<b>01:14:45.50</b>	<b>01:14:47.80</b>	+00:32:52 (43.9%)	7:28	8 (55.9%)
112	<b>BUSS Jakub</b>	<b>1009</b>	KUDOWSCY MIŁOŚNICZY BIEGANIA	Masters M - 40	23	00:29:14	00:46:13	<b>01:14:27.80</b>	<b>01:14:50.75</b>	+00:32:55 (44.0%)	7:26	8.1 (56.6%)
113	<b>FRANKIEWICZ Łukasz</b>	<b>1127</b>	SOSNOWIECBIEGA	Senior I M - 20	21	00:28:56	00:44:58	<b>01:14:45.70</b>	<b>01:14:51.70</b>	+00:32:56 (44.0%)	7:28	8 (55.9%)
114	<b>ULIKOWSKA Martyna</b>	<b>1225</b>	ZAŁOGA GÓRSKA	Senior I K - 20	11	00:29:25	00:46:21	<b>01:14:53.55</b>	<b>01:15:01.20</b>	+00:33:05 (44.1%)	7:29	8 (55.9%)
115	<b>MARZYŃSKA Barbara</b>	<b>1198</b>		Weteran K - 50	1	00:29:30	00:46:46	<b>01:15:37.15</b>	<b>01:15:45.45</b>	+00:33:49 (44.7%)	7:33	7.9 (55.2%)
116	<b>KOWALCZYK Dawid</b>	<b>1142</b>		Senior I M - 20	22	00:30:23	00:47:23	<b>01:15:30.50</b>	<b>01:15:45.80</b>	+00:33:50 (44.7%)	7:33	7.9 (55.2%)
117	<b>ZASADA Magdalena</b>	<b>1006</b>		Senior I K - 20	12	00:30:23	00:47:24	<b>01:15:31.65</b>	<b>01:15:46.30</b>	+00:33:50 (44.7%)	7:33	7.9 (55.2%)
118	<b>GULACZ Marta</b>	<b>1157</b>	KOBIETAWBIEGU.PL	Senior I K - 20	13	00:29:51	00:47:33	<b>01:15:39.95</b>	<b>01:15:48.60</b>	+00:33:53 (44.7%)	7:34	7.9 (55.2%)
119	<b>KALETA Przemysław</b>	<b>1084</b>	PRO-RUN WROCŁAW	Masters M - 40	24	00:29:53	00:46:48	<b>01:15:30.80</b>	<b>01:15:56.60</b>	+00:34:01 (44.8%)	7:33	7.9 (55.2%)
120	<b>SKOWRON Katarzyna</b>	<b>1284</b>	MARATHON CLUB IRELAND	Masters K - 40	6	00:30:44	00:47:46	<b>01:16:01.05</b>	<b>01:16:02.95</b>	+00:34:07 (44.9%)	7:36	7.9 (55.2%)
121	<b>SHERIDAN Aion</b>	<b>1285</b>	MARATHON CLUB IRELAND	Senior II M - 30	36	00:30:41	00:47:43	<b>01:16:00.05</b>	<b>01:16:03.10</b>	+00:34:07 (44.9%)	7:36	7.9 (55.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
122	LISIEWICZ KALETĄ Agata	1085	PRO-RUN WROCŁAW	Masters K - 40	7			<b>01:16:10.90</b>	<b>01:16:10.90</b>	+00:34:15 (45.0%)	7:37	7.9 (55.2%)
123	GŁĄBICA Justyna	1161		Senior II K - 30	14	00:29:35	00:46:49	<b>01:15:53.25</b>	<b>01:16:15.45</b>	+00:34:19 (45.0%)	7:35	7.9 (55.2%)
124	MOTEL Paweł	1271	AKS POLONIA WARSZAWA	Senior II M - 30	37	00:31:34	00:49:09	<b>01:16:03.80</b>	<b>01:16:23.70</b>	+00:34:28 (45.1%)	7:36	7.9 (55.2%)
125	RAK Łukasz	1325		Senior II M - 30	38	00:29:51	00:47:03	<b>01:16:13.75</b>	<b>01:16:30.60</b>	+00:34:35 (45.2%)	7:37	7.9 (55.2%)
126	PAZGAN Sandra	1178		Senior I K - 20	14	00:29:24	00:46:25	<b>01:16:20.40</b>	<b>01:16:30.90</b>	+00:34:35 (45.2%)	7:38	7.9 (55.2%)
127	WOŹNIAK Waldemar	1273		Senior II M - 30	39	00:30:30	00:47:38	<b>01:16:13.65</b>	<b>01:16:35.20</b>	+00:34:39 (45.3%)	7:37	7.9 (55.2%)
128	MIKOŁAJEWSKA Justyna	1156	RUNFORDREAMS	Senior I K - 20	15	00:29:29	00:46:59	<b>01:16:10.50</b>	<b>01:16:49.05</b>	+00:34:53 (45.4%)	7:37	7.9 (55.2%)
129	SZCZYGIEŁ Michał	1330		Senior II M - 30	40	00:29:52	00:47:04	<b>01:16:45.05</b>	<b>01:17:01.95</b>	+00:35:06 (45.6%)	7:40	7.8 (54.5%)
130	MICHALEC Marzena	1179	KOBIETA W BIEGU	Senior II K - 30	15	00:29:52	00:47:34	<b>01:16:57.95</b>	<b>01:17:05.95</b>	+00:35:10 (45.6%)	7:41	7.8 (54.5%)
131	MLAŚ Dawid	1216		Senior II M - 30	41	00:29:54	00:47:20	<b>01:16:50.60</b>	<b>01:17:07.60</b>	+00:35:12 (45.6%)	7:41	7.8 (54.5%)
132	MATUSZEWSKA Izabela	1261		Senior II K - 30	16	00:30:36	00:47:38	<b>01:16:44.75</b>	<b>01:17:13.40</b>	+00:35:17 (45.7%)	7:40	7.8 (54.5%)
133	DUDZIŃSKI Marek	1322		Masters M - 40	25	00:29:38	00:46:39	<b>01:16:52.90</b>	<b>01:17:19.30</b>	+00:35:23 (45.8%)	7:41	7.8 (54.5%)
134	ZASTAWNY Katarzyna	1239		Senior II K - 30	17	00:30:04	00:47:04	<b>01:17:04.70</b>	<b>01:17:34.50</b>	+00:35:39 (46.0%)	7:42	7.8 (54.5%)
135	IWIŃSKI Marcin	1220	WOLNE ŚLIMAKI	Senior II M - 30	42	00:28:46	00:45:33	<b>01:17:23.20</b>	<b>01:17:34.60</b>	+00:35:39 (46.0%)	7:44	7.8 (54.5%)
136	LIS Małgorzata	1274		OPEN KOBIEĆ	2	00:30:27	00:47:19	<b>01:17:28.75</b>	<b>01:17:53.10</b>	+00:35:57 (46.2%)	7:44	7.7 (53.8%)
137	MAĐEREK Barbara	1008	PAKIECIARZE TEAM	Senior II K - 30	18	00:29:49	00:46:56	<b>01:17:42.45</b>	<b>01:17:58.75</b>	+00:36:03 (46.2%)	7:46	7.7 (53.8%)
138	GLINA-KRAWCZYK Małgorzata	1093	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	Masters K - 40	8	00:30:29	00:48:08	<b>01:17:41.85</b>	<b>01:18:15.70</b>	+00:36:20 (46.4%)	7:46	7.7 (53.8%)
139	GŁOWACKI Dariusz	1111		Masters M - 40	26	00:30:45	00:48:33	<b>01:18:08.05</b>	<b>01:18:16.00</b>	+00:36:20 (46.4%)	7:48	7.7 (53.8%)
140	WANTUCH Piotr	1204	ZĄŁOGA GÓRSKA	Masters M - 40	27	00:29:49	00:46:32	<b>01:17:37.40</b>	<b>01:18:16.55</b>	+00:36:21 (46.4%)	7:45	7.7 (53.8%)
141	TACIAK Sebastian	1187	ANTONINEK POZNAŃ	Masters M - 40	28	00:30:53	00:48:16	<b>01:18:09.00</b>	<b>01:18:21.40</b>	+00:36:25 (46.5%)	7:48	7.7 (53.8%)
142	CHORZĘPA Adam	1215		Weteran I M - 50	3	00:26:21	00:41:18	<b>01:08:38.00</b>	<b>01:18:22.00</b>	+00:36:26 (46.5%)	6:51	8.7 (60.8%)
143	KARASIŃSKI Jacek	1983	ZĄŁOGA GÓRSKA	Senior II M - 30	43	00:28:02	00:44:46	<b>01:18:23.80</b>	<b>01:18:30.25</b>	+00:36:34 (46.6%)	7:50	7.7 (53.8%)
144	KULESZA Paweł	1312		Senior I M - 20	23	00:30:34	00:48:06	<b>01:19:03.55</b>	<b>01:19:14.70</b>	+00:37:19 (47.1%)	7:54	7.6 (53.1%)
145	DRYMEL Joanna	1072		Senior II K - 30	19	00:29:53	00:47:41	<b>01:18:59.55</b>	<b>01:19:21.90</b>	+00:37:26 (47.2%)	7:53	7.6 (53.1%)
146	KUŹNIAK Martyna	1054		Masters K - 40	9	00:30:52	00:48:16	<b>01:19:22.95</b>	<b>01:19:47.40</b>	+00:37:51 (47.5%)	7:56	7.6 (53.1%)
147	SAWALA Sławomir	1134	TRANCE ONLY	Masters M - 40	29	00:30:06	00:47:52	<b>01:19:18.50</b>	<b>01:19:48.45</b>	+00:37:52 (47.5%)	7:55	7.6 (53.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
148	<b>MAZUR Agnieszka</b>	<b>1105</b>	GTO	Senior II K - 30	20	00:31:58	00:49:54	<b>01:19:26.30</b>	<b>01:19:51.10</b>	+00:37:55 (47.5%)	7:56	7.6 (53.1%)
149	<b>JAROSIŃSKI Marek</b>	<b>1097</b>	ŁÓDZKIE HOSPICIJUM DLA DZIECI	Senior II M - 30	44	00:30:30	00:48:53	<b>01:19:35.15</b>	<b>01:19:59.80</b>	+00:38:04 (47.6%)	7:57	7.5 (52.4%)
150	<b>ADAMCZUK Felix</b>	<b>1091</b>		Masters M - 40	30	00:31:40	00:49:28	<b>01:19:58.85</b>	<b>01:20:05.90</b>	+00:38:10 (47.7%)	7:59	7.5 (52.4%)
151	<b>TAMBIOR Jan</b>	<b>1319</b>		Weteran II M - 60	3	00:30:40	00:48:41	<b>01:20:11.65</b>	<b>01:20:13.55</b>	+00:38:18 (47.7%)	8:01	7.5 (52.4%)
152	<b>SKOKOWSKI Stanisław</b>	<b>1102</b>	AMATOR	Weteran II M - 60	4	00:30:23	00:48:02	<b>01:20:09.90</b>	<b>01:20:15.40</b>	+00:38:19 (47.8%)	8:01	7.5 (52.4%)
153	<b>NAMNI Fatih</b>	<b>1293</b>		Senior II M - 30	45	00:31:11	00:50:04	<b>01:19:59.15</b>	<b>01:20:21.20</b>	+00:38:25 (47.8%)	7:59	7.5 (52.4%)
154	<b>SINICA Kamila</b>	<b>1277</b>		Senior II K - 30	21	00:31:18	00:49:25	<b>01:20:22.25</b>	<b>01:20:26.60</b>	+00:38:31 (47.9%)	8:02	7.5 (52.4%)
155	<b>NOWICKI Maciej</b>	<b>1162</b>		Masters M - 40	31	00:31:14	00:49:33	<b>01:20:09.60</b>	<b>01:20:47.35</b>	+00:38:51 (48.1%)	8:01	7.5 (52.4%)
156	<b>SZARLEJ Anna</b>	<b>1148</b>	FUDU&CO. SPORT TEAM	Senior II K - 30	22	00:32:45	00:50:12	<b>01:20:47.35</b>	<b>01:20:55.00</b>	+00:38:59 (48.2%)	8:04	7.4 (51.7%)
157	<b>KOPACKA Eliza</b>	<b>1017</b>	FOLLOWME - ZMIENIAMYFINANSE.PL	Senior II K - 30	23	00:30:46	00:49:10	<b>01:20:31.55</b>	<b>01:20:57.85</b>	+00:39:02 (48.2%)	8:03	7.5 (52.4%)
158	<b>BUSZKA Łukasz</b>	<b>1313</b>		Masters M - 40	32	00:31:28	00:48:54	<b>01:20:39.35</b>	<b>01:20:58.05</b>	+00:39:02 (48.2%)	8:04	7.4 (51.7%)
159	<b>JAKUBOWSKA Beata</b>	<b>1326</b>		Senior II K - 30	24	00:31:23	00:49:34	<b>01:20:33.05</b>	<b>01:20:59.20</b>	+00:39:03 (48.2%)	8:03	7.4 (51.7%)
160	<b>OSIKOWSKA Teresa</b>	<b>1222</b>		Senior II K - 30	25	00:31:12	00:49:32	<b>01:20:54.65</b>	<b>01:21:12.10</b>	+00:39:16 (48.4%)	8:05	7.4 (51.7%)
161	<b>JASICKI Julian</b>	<b>1177</b>		Weteran II M - 60	5	00:30:17	00:48:13	<b>01:21:16.35</b>	<b>01:21:28.90</b>	+00:39:33 (48.5%)	8:07	7.4 (51.7%)
162	<b>BUŁAJ Bartosz</b>	<b>1155</b>	RUNFORDREAMS	Senior I M - 20	24	00:30:51	00:49:28	<b>01:20:59.25</b>	<b>01:21:37.80</b>	+00:39:42 (48.6%)	8:05	7.4 (51.7%)
163	<b>ŁUCZAJ Kinga</b>	<b>1339</b>		Senior II K - 30	26	00:32:42	00:49:46	<b>01:21:28.45</b>	<b>01:21:57.50</b>	+00:40:02 (48.8%)	8:08	7.4 (51.7%)
164	<b>SOKOŁOWSKA Anna</b>	<b>1223</b>		Senior II K - 30	27	00:31:04	00:49:21	<b>01:21:53.05</b>	<b>01:21:59.15</b>	+00:40:03 (48.9%)	8:11	7.3 (51.0%)
165	<b>SKAWINA-POŁEĆ Anna</b>	<b>1078</b>		Senior II K - 30	28	00:31:45	00:50:33	<b>01:22:04.15</b>	<b>01:22:14.60</b>	+00:40:19 (49.0%)	8:12	7.3 (51.0%)
166	<b>POLUS Maciej</b>	<b>1052</b>		Senior I M - 20	25	00:31:39	00:49:45	<b>01:21:54.55</b>	<b>01:22:21.30</b>	+00:40:25 (49.1%)	8:11	7.3 (51.0%)
166	<b>GEROWSKA Aleksandra</b>	<b>1032</b>	STOWARZYSZENIE PRZYJACIÓŁ ZWIERZĄT NOE	Masters K - 40	10	00:32:07	00:49:51	<b>01:22:00.80</b>	<b>01:22:21.30</b>	+00:40:25 (49.1%)	8:12	7.3 (51.0%)
168	<b>KONDRAKIEWICZ Rafał</b>	<b>1013</b>	KB HARCOWNIK JELCZ-LASKOWICE	Masters M - 40	33	00:31:14	00:49:37	<b>01:22:07.20</b>	<b>01:22:23.30</b>	+00:40:27 (49.1%)	8:12	7.3 (51.0%)
169	<b>TOMASZEWSKA Joanna</b>	<b>1301</b>	KB HAROWNIK	Senior II K - 30	29	00:31:27	00:49:42	<b>01:22:07.15</b>	<b>01:22:23.35</b>	+00:40:27 (49.1%)	8:12	7.3 (51.0%)
170	<b>SZAŁAJSKA Monika</b>	<b>1001</b>		Senior I K - 20	16	00:31:01	00:49:33	<b>01:21:52.00</b>	<b>01:22:24.10</b>	+00:40:28 (49.1%)	8:11	7.3 (51.0%)
171	<b>WYSTRYCHOWSKA Marzena</b>	<b>1246</b>		Masters K - 40	11	00:30:30	00:49:50	<b>01:22:38.20</b>	<b>01:22:41.40</b>	+00:40:45 (49.3%)	8:15	7.3 (51.0%)
172	<b>WYSTRYCHOWSKI Marcin</b>	<b>1090</b>	BFAGENCJA.PL	Senior II M - 30	46	00:31:02	00:50:06	<b>01:22:37.85</b>	<b>01:22:41.70</b>	+00:40:46 (49.3%)	8:15	7.3 (51.0%)
173	<b>LIS Marcin</b>	<b>1275</b>		Masters M - 40	34	00:31:37	00:49:53	<b>01:22:22.50</b>	<b>01:22:47.90</b>	+00:40:52 (49.4%)	8:14	7.3 (51.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
174	<b>JAGUSZEWSKA Agnieszka</b>	<b>1149</b>	STRZECHA AKADEMICKA	Senior I K - 20	17	00:31:09	00:49:47	<b>01:22:42.80</b>	<b>01:22:58.00</b>	+00:41:02 (49.5%)	8:16	7.3 (51.0%)
175	<b>MARYNOWICZ Piotr</b>	<b>1053</b>	BRAK	Masters M - 40	35	00:31:10	00:50:19	<b>01:22:44.55</b>	<b>01:23:00.90</b>	+00:41:05 (49.5%)	8:16	7.3 (51.0%)
176	<b>WASZYK Anita</b>	<b>1166</b>	MUAY RUNNING TEAM	Senior II K - 30	30	00:31:37	00:49:59	<b>01:22:40.15</b>	<b>01:23:08.20</b>	+00:41:12 (49.6%)	8:16	7.3 (51.0%)
177	<b>POTYRAŁO Damian</b>	<b>1245</b>		Senior II M - 30	47	00:33:32	00:51:45	<b>01:22:45.25</b>	<b>01:23:15.75</b>	+00:41:20 (49.6%)	8:16	7.3 (51.0%)
178	<b>ŚWIDEREK Kasia</b>	<b>1268</b>		Masters K - 40	12	00:32:13	00:50:06	<b>01:23:25.05</b>	<b>01:23:28.15</b>	+00:41:32 (49.8%)	8:20	7.2 (50.3%)
179	<b>SZATKOWSKA Ewa</b>	<b>1171</b>	KOBIETYBIEGAJĄ	Weteran K - 50	2	00:32:22	00:50:28	<b>01:23:22.40</b>	<b>01:23:29.50</b>	+00:41:34 (49.8%)	8:20	7.2 (50.3%)
180	<b>GŁĄBICA Adam</b>	<b>1160</b>	PRO - RUN WROCŁAW	Weteran I M - 50	4	00:32:19	00:50:51	<b>01:23:00.95</b>	<b>01:23:32.85</b>	+00:41:37 (49.8%)	8:18	7.2 (50.3%)
181	<b>PLEWA Katarzyna</b>	<b>1123</b>	NORDIC16.COM	Senior II K - 30	31	00:32:59	00:52:00	<b>01:23:38.15</b>	<b>01:23:41.40</b>	+00:41:45 (49.9%)	8:21	7.2 (50.3%)
182	<b>BRZOZA Dorota</b>	<b>1197</b>		Masters K - 40	13	00:33:21	00:51:05	<b>01:23:18.25</b>	<b>01:23:51.90</b>	+00:41:56 (50.0%)	8:19	7.2 (50.3%)
183	<b>TOPIŁKO Wojciech</b>	<b>1272</b>		Masters M - 40	36	00:33:49	00:52:00	<b>01:23:42.05</b>	<b>01:23:53.35</b>	+00:41:57 (50.0%)	8:22	7.2 (50.3%)
184	<b>KOSTERA Katarzyna</b>	<b>1259</b>	VEGE RUNNERS	Senior II K - 30	32	00:33:00	00:50:28	<b>01:23:26.90</b>	<b>01:23:57.00</b>	+00:42:01 (50.1%)	8:20	7.2 (50.3%)
185	<b>GRISZCZENKO Elżbieta</b>	<b>1342</b>		Senior I K - 20	18	00:33:22	00:51:46	<b>01:23:27.35</b>	<b>01:23:58.85</b>	+00:42:03 (50.1%)	8:20	7.2 (50.3%)
186	<b>MATEŃCZUK Paweł</b>	<b>1210</b>		Masters M - 40	37	00:31:42	00:50:47	<b>01:24:08.05</b>	<b>01:24:13.25</b>	+00:42:17 (50.2%)	8:24	7.1 (49.7%)
187	<b>PIELICHOWSKA Justyna</b>	<b>1254</b>	BIEGAJĄC Z WILKAMI	Senior II K - 30	33	00:30:21	00:49:05	<b>01:23:53.25</b>	<b>01:24:16.55</b>	+00:42:21 (50.3%)	8:23	7.2 (50.3%)
188	<b>LISOWSKI Maciej</b>	<b>1241</b>		Senior II M - 30	48	00:30:37	00:48:20	<b>01:23:53.60</b>	<b>01:24:17.35</b>	+00:42:21 (50.3%)	8:23	7.2 (50.3%)
189	<b>LEWANDOWSKA Maria</b>	<b>1038</b>	BIEGAM BO NIE LUBIE	Senior II K - 30	34	00:33:56	00:52:35	<b>01:23:43.35</b>	<b>01:24:17.50</b>	+00:42:22 (50.3%)	8:22	7.2 (50.3%)
190	<b>LEWANDOWSKI Rafał</b>	<b>1037</b>	BIEGAM BO NIE LUBIE	Senior II M - 30	49	00:33:55	00:52:35	<b>01:23:43.40</b>	<b>01:24:17.55</b>	+00:42:22 (50.3%)	8:22	7.2 (50.3%)
191	<b>JURCZYK Wojciech</b>	<b>1124</b>		Senior II M - 30	50	00:32:52	00:51:19	<b>01:23:45.95</b>	<b>01:24:23.90</b>	+00:42:28 (50.3%)	8:22	7.2 (50.3%)
192	<b>ŁAPACZYŃSKI Robert</b>	<b>1249</b>		Masters M - 40	38	00:32:23	00:51:05	<b>01:24:22.45</b>	<b>01:24:27.55</b>	+00:42:32 (50.4%)	8:26	7.1 (49.7%)
193	<b>WITECKA Milena</b>	<b>1336</b>		Senior II K - 30	35	00:34:28	00:53:16	<b>01:24:28.10</b>	<b>01:24:31.60</b>	+00:42:36 (50.4%)	8:26	7.1 (49.7%)
194	<b>PABICH Magdalena</b>	<b>1050</b>	4RUN TEAM PIŁA	Masters K - 40	14	00:33:49	00:53:06	<b>01:25:02.05</b>	<b>01:25:08.00</b>	+00:43:12 (50.8%)	8:30	7.1 (49.7%)
195	<b>HACZKIEWICZ Karolina</b>	<b>1186</b>	MILKY2017	Senior II K - 30	36	00:32:04	00:51:41	<b>01:25:09.40</b>	<b>01:25:28.15</b>	+00:43:32 (50.9%)	8:31	7 (49.0%)
196	<b>LACHOWICZ Anna</b>	<b>1243</b>		Masters K - 40	15	00:33:59	00:52:50	<b>01:25:14.60</b>	<b>01:25:33.25</b>	+00:43:37 (51.0%)	8:31	7 (49.0%)
197	<b>WŁOSKOWICZ Kinga</b>	<b>1135</b>		Masters K - 40	16	00:34:12	00:53:49	<b>01:26:03.15</b>	<b>01:26:06.05</b>	+00:44:10 (51.3%)	8:36	7 (49.0%)
198	<b>KOLENDO Edyta</b>	<b>1163</b>		Masters K - 40	17	00:32:55	00:51:48	<b>01:25:56.65</b>	<b>01:26:13.50</b>	+00:44:18 (51.4%)	8:35	7 (49.0%)
199	<b>JAROSZ-DANIEL Joanna</b>	<b>1214</b>		Senior II K - 30	37	00:34:22	00:53:33	<b>01:26:04.85</b>	<b>01:26:17.90</b>	+00:44:22 (51.4%)	8:36	7 (49.0%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
200	<b>DANIEL Jarek</b>	<b>1286</b>		Masters M - 40	39	00:34:26	00:53:23	<b>01:26:05.50</b>	<b>01:26:18.35</b>	+00:44:22 (51.4%)	8:36	7 (49.0%)
201	<b>SKORNIAK Katarzyna</b>	<b>1221</b>	WOLNE ŚLIMAKI	Senior I K - 20	19	00:34:22	00:53:42	<b>01:26:12.50</b>	<b>01:26:23.40</b>	+00:44:27 (51.5%)	8:37	7 (49.0%)
202	<b>WALACIK Małgorzata</b>	<b>1122</b>		Weteran K - 50	3	00:34:10	00:53:11	<b>01:26:08.90</b>	<b>01:26:25.30</b>	+00:44:29 (51.5%)	8:36	7 (49.0%)
203	<b>WIADEREK Piotr</b>	<b>1069</b>	PĘDZĄCE ŻÓŁWIE	Senior II M - 30	51	00:32:18	00:52:22	<b>01:26:16.65</b>	<b>01:26:30.30</b>	+00:44:34 (51.5%)	8:37	7 (49.0%)
204	<b>KAYSIEWICZ Joanna</b>	<b>1003</b>		Masters K - 40	18	00:34:14	00:53:17	<b>01:26:14.95</b>	<b>01:26:49.20</b>	+00:44:53 (51.7%)	8:37	7 (49.0%)
205	<b>BIEGANOWSKI Krzysztof</b>	<b>1041</b>	BIEGAN	Senior II M - 30	52	00:32:25	00:51:16	<b>01:26:18.30</b>	<b>01:26:53.45</b>	+00:44:57 (51.7%)	8:37	7 (49.0%)
206	<b>SKAWINA Krystyna</b>	<b>1079</b>		Senior II K - 30	38	00:34:02	00:52:56	<b>01:26:57.80</b>	<b>01:27:09.10</b>	+00:45:13 (51.9%)	8:41	6.9 (48.3%)
207	<b>BALICKI Jakub</b>	<b>1182</b>	ASAP RUNNERS	Masters M - 40	40	00:34:07	00:52:56	<b>01:26:45.15</b>	<b>01:27:21.85</b>	+00:45:26 (52.0%)	8:40	6.9 (48.3%)
208	<b>OLCZYK Joanna</b>	<b>1144</b>		Senior I K - 20	20	00:35:20	00:54:49	<b>01:26:56.95</b>	<b>01:27:22.70</b>	+00:45:27 (52.0%)	8:41	6.9 (48.3%)
209	<b>BALCERZAK Agnieszka</b>	<b>1015</b>	MARATOŃCZYK POZNAŃ	Masters K - 40	19	00:34:25	00:53:46	<b>01:26:53.50</b>	<b>01:27:24.40</b>	+00:45:28 (52.0%)	8:41	6.9 (48.3%)
210	<b>KUBKA Adam</b>	<b>1098</b>	FUNDACJA UDARU MÓZGU	Weteran I M - 50	5	00:31:29	00:52:37	<b>01:26:53.40</b>	<b>01:27:24.90</b>	+00:45:29 (52.0%)	8:41	6.9 (48.3%)
211	<b>OLEWICZ Dagmara</b>	<b>1202</b>	ZĄŁOGA GÓRSKA	Senior I K - 20	21	00:34:33	00:53:37	<b>01:27:20.00</b>	<b>01:27:29.80</b>	+00:45:34 (52.1%)	8:44	6.9 (48.3%)
212	<b>NIEWIADOMSKA Agnieszka</b>	<b>1021</b>		Masters K - 40	20	00:35:36	00:55:27	<b>01:27:05.10</b>	<b>01:27:37.30</b>	+00:45:41 (52.2%)	8:42	6.9 (48.3%)
213	<b>LEŚNIEWSKA Justyna</b>	<b>1262</b>		Masters K - 40	21	00:35:06	00:54:41	<b>01:28:45.50</b>	<b>01:29:04.80</b>	+00:47:09 (52.9%)	8:52	6.8 (47.6%)
214	<b>STEFANOWSKI Mariusz</b>	<b>1119</b>		Masters M - 40	41	00:35:11	00:54:28	<b>01:29:08.05</b>	<b>01:29:08.05</b>	+00:47:12 (53.0%)	8:54	6.7 (46.9%)
215	<b>SZPUREK Anna</b>	<b>1238</b>	BUKOWSKI KLUB BIEGACZA	Senior II K - 30	39	00:33:59	00:54:27	<b>01:29:11.10</b>	<b>01:29:31.70</b>	+00:47:36 (53.2%)	8:55	6.7 (46.9%)
216	<b>BANDURKA Piotr</b>	<b>1146</b>	TRUCHT.COM	Senior I M - 20	26	00:35:21	00:55:43	<b>01:29:09.15</b>	<b>01:29:34.65</b>	+00:47:39 (53.2%)	8:54	6.7 (46.9%)
217	<b>KOWAL Ewa</b>	<b>1310</b>		Masters K - 40	22	00:35:25	00:54:45	<b>01:29:21.60</b>	<b>01:29:35.40</b>	+00:47:39 (53.2%)	8:56	6.7 (46.9%)
218	<b>TASZAREK Ewa</b>	<b>1029</b>		Masters K - 40	23	00:32:02	00:51:59	<b>01:29:25.85</b>	<b>01:29:36.30</b>	+00:47:40 (53.2%)	8:56	6.7 (46.9%)
219	<b>SZCZYGIEŁ Grzegorz</b>	<b>1226</b>	KURORT ŁĄDEK ZDRÓJ	Senior II M - 30	53	00:32:30	00:53:03	<b>01:29:31.45</b>	<b>01:29:37.40</b>	+00:47:41 (53.2%)	8:57	6.7 (46.9%)
220	<b>DEMBNA Ania</b>	<b>1288</b>		Senior II K - 30	40	00:34:17	00:54:10	<b>01:29:25.90</b>	<b>01:29:50.70</b>	+00:47:55 (53.3%)	8:56	6.7 (46.9%)
221	<b>SIANO Łukasz</b>	<b>1305</b>		Senior II M - 30	54	00:35:54	00:55:52	<b>01:29:33.30</b>	<b>01:30:03.90</b>	+00:48:08 (53.5%)	8:57	6.7 (46.9%)
222	<b>FLIS Piotr</b>	<b>1250</b>		Senior II M - 30	55	00:34:01	00:53:34	<b>01:30:11.25</b>	<b>01:30:29.30</b>	+00:48:33 (53.7%)	9:01	6.7 (46.9%)
223	<b>SZAREK Dawid</b>	<b>1282</b>		OPEN	2	00:34:34	00:55:02	<b>01:30:20.30</b>	<b>01:30:33.50</b>	+00:48:38 (53.7%)	9:02	6.6 (46.2%)
224	<b>SZAREK Paweł</b>	<b>1281</b>		OPEN	3	00:34:32	00:55:02	<b>01:30:20.40</b>	<b>01:30:34.45</b>	+00:48:38 (53.7%)	9:02	6.6 (46.2%)
225	<b>SZYMALA Jan</b>	<b>1315</b>		Weteran II M - 60	6	00:35:00	00:55:24	<b>01:30:34.35</b>	<b>01:30:38.85</b>	+00:48:43 (53.7%)	9:03	6.6 (46.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						C1 4km	C1 6km					
226	KACUGA Maria	1287		OPEN KOBIECI	3	00:35:09	00:55:03	<b>01:30:50.35</b>	<b>01:31:23.70</b>	+00:49:28 (54.1%)	9:05	6.6 (46.2%)
227	BLECHARCZYK Ola	1207	ZAŁOGA GÓRSKA	Senior I K - 20	22	00:36:56	00:56:47	<b>01:31:15.20</b>	<b>01:31:26.05</b>	+00:49:30 (54.1%)	9:07	6.6 (46.2%)
228	NOWACZYK Grzegorz	1335		Senior II M - 30	56	00:37:10	00:56:57	<b>01:31:27.15</b>	<b>01:31:27.15</b>	+00:49:31 (54.2%)	9:08	6.6 (46.2%)
229	PAWLAK Bartosz	1337		Senior II M - 30	57	00:36:59	00:56:51	<b>01:31:19.30</b>	<b>01:31:27.25</b>	+00:49:31 (54.2%)	9:08	6.6 (46.2%)
230	MOLONG Urszula	1066	NIGHT RUNNERS	Senior II K - 30	41	00:35:44	00:56:08	<b>01:31:16.25</b>	<b>01:31:43.00</b>	+00:49:47 (54.3%)	9:07	6.6 (46.2%)
231	PĘCKA Beata	1242		Senior II K - 30	42	00:35:40	00:56:51	<b>01:31:30.40</b>	<b>01:32:07.30</b>	+00:50:11 (54.5%)	9:09	6.6 (46.2%)
232	JAŃCZAK Karolina	1255		Senior I K - 20	23	00:35:49	00:55:43	<b>01:32:07.25</b>	<b>01:32:31.15</b>	+00:50:35 (54.7%)	9:12	6.5 (45.5%)
233	HAWROT Marta	1276		Masters K - 40	24	00:36:32	00:57:32	<b>01:32:39.85</b>	<b>01:32:45.80</b>	+00:50:50 (54.8%)	9:16	6.5 (45.5%)
234	ŚRÓDKA Aleksandra	1099		Senior II K - 30	43	00:35:39	00:57:03	<b>01:32:38.95</b>	<b>01:33:05.70</b>	+00:51:10 (55.0%)	9:15	6.5 (45.5%)
235	OLCZYK Andrzej	1195	RUN LODZ	Weteran I M - 50	6	00:36:49	00:59:44	<b>01:32:56.90</b>	<b>01:33:20.35</b>	+00:51:24 (55.1%)	9:17	6.5 (45.5%)
236	CHWIAŁKOWSKA Ewa	1026		Weteran K - 50	4	00:36:47	00:57:39	<b>01:33:03.50</b>	<b>01:33:25.00</b>	+00:51:29 (55.1%)	9:18	6.4 (44.8%)
237	GÓRNA Małgorzata	1108		Senior II K - 30	44	00:35:04	00:56:26	<b>01:33:14.25</b>	<b>01:33:25.55</b>	+00:51:30 (55.1%)	9:19	6.4 (44.8%)
238	TOMICZEK Edyta	1071	ZDYSKWALIFIKOWANI	Senior I K - 20	24	00:38:33	01:00:23	<b>01:32:53.90</b>	<b>01:33:26.15</b>	+00:51:30 (55.1%)	9:17	6.5 (45.5%)
239	PTASZEK Adam	1297		OPEN	4	00:37:03	00:58:12	<b>01:33:09.45</b>	<b>01:33:48.65</b>	+00:51:53 (55.3%)	9:18	6.4 (44.8%)
240	PTASZEK Sławomir	1296		Masters M - 40	42	00:37:01	00:58:11	<b>01:33:09.35</b>	<b>01:33:49.10</b>	+00:51:53 (55.3%)	9:19	6.4 (44.8%)
241	KRUZEL Rafał	1219	BIEGOWE MISIE	Masters M - 40	43	00:35:24	00:55:29	<b>01:33:27.00</b>	<b>01:33:50.30</b>	+00:51:54 (55.3%)	9:20	6.4 (44.8%)
242	KUCZAKOWSKA Joanna	1218	BIEGOWE MISIE	Senior II K - 30	45	00:35:25	00:55:29	<b>01:33:27.15</b>	<b>01:33:50.40</b>	+00:51:54 (55.3%)	9:20	6.4 (44.8%)
243	WITKOWSKA Justyna	1028		Senior II K - 30	46	00:34:42	00:56:47	<b>01:34:19.85</b>	<b>01:34:31.00</b>	+00:52:35 (55.6%)	9:26	6.4 (44.8%)
244	STAWSKA Emilia	1095	GRUNWALD TEAM POZNAŃ	Senior II K - 30	47	00:36:46	00:59:25	<b>01:35:08.25</b>	<b>01:35:30.90</b>	+00:53:35 (56.1%)	9:30	6.3 (44.1%)
245	CIASTOWICZ-TOMCZAK Inga	1024	FIGHTERS MOSINA	Masters K - 40	25	00:36:47	00:57:46	<b>01:35:20.00</b>	<b>01:35:35.90</b>	+00:53:40 (56.1%)	9:32	6.3 (44.1%)
246	SIWEK Krzysztof	1269		Weteran I M - 50	7	00:34:31	00:57:07	<b>01:35:12.40</b>	<b>01:35:42.40</b>	+00:53:46 (56.2%)	9:31	6.3 (44.1%)
247	KOLENDO Sylwia	1164		Senior I K - 20	25	00:35:51	00:57:54	<b>01:35:31.90</b>	<b>01:35:44.75</b>	+00:53:49 (56.2%)	9:33	6.3 (44.1%)
248	DRYZYGA Dominika	1170	KOBIETYBIEGAJĄ	Senior I K - 20	26	00:36:57	00:59:32	<b>01:35:39.50</b>	<b>01:35:49.35</b>	+00:53:53 (56.2%)	9:34	6.3 (44.1%)
249	PAPIERZ-RYKAŁA Aleksandra	1212		Senior II K - 30	48	00:38:38	00:59:40	<b>01:35:39.85</b>	<b>01:36:15.20</b>	+00:54:19 (56.4%)	9:34	6.3 (44.1%)
250	ROGOWSKA Małgorzata	1116	TRIATHLON MIETKÓW TEAM	Senior II K - 30	49	00:35:38	00:57:57	<b>01:36:09.30</b>	<b>01:36:28.15</b>	+00:54:32 (56.5%)	9:37	6.2 (43.4%)
251	SYPER Bernard	1320		Weteran I M - 50	8	00:35:53	00:57:20	<b>01:36:28.70</b>	<b>01:36:35.15</b>	+00:54:39 (56.6%)	9:38	6.2 (43.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
252	<b>SIGER Adam</b>	<b>1213</b>	FUNDACJA UDARU MÓZGU	Masters M - 40	44	00:35:33	00:57:40	<b>01:35:58.05</b>	<b>01:36:38.00</b>	+00:54:42 (56.6%)	9:35	6.3 (44.1%)
253	<b>DZIDEK Katarzyna</b>	<b>1031</b>		Masters K - 40	26	00:36:42	00:59:31	<b>01:36:29.45</b>	<b>01:36:57.05</b>	+00:55:01 (56.8%)	9:39	6.2 (43.4%)
254	<b>ERDMAŃSKA Natalia</b>	<b>1229</b>		Senior II K - 30	50	00:36:41	00:58:08	<b>01:36:28.75</b>	<b>01:36:58.00</b>	+00:55:02 (56.8%)	9:38	6.2 (43.4%)
255	<b>NIEMAS Anna</b>	<b>1042</b>	OYAMA KARATE BRZESZCZE	Masters K - 40	27	00:36:41	00:58:09	<b>01:36:31.85</b>	<b>01:37:00.00</b>	+00:55:04 (56.8%)	9:39	6.2 (43.4%)
256	<b>REMBIELAK-TACIAK Anna</b>	<b>1188</b>	ANTONINEK POZNAŃ	Masters K - 40	28	00:36:53	00:59:50	<b>01:37:15.45</b>	<b>01:37:27.40</b>	+00:55:31 (57.0%)	9:43	6.2 (43.4%)
257	<b>MRUGALSKA Liliana</b>	<b>1316</b>		Senior I K - 20	27	00:38:55	00:59:58	<b>01:38:01.40</b>	<b>01:38:21.30</b>	+00:56:25 (57.4%)	9:48	6.1 (42.7%)
258	<b>PIETRASZEWSKI Witold</b>	<b>1318</b>		Senior II M - 30	58	00:38:53	00:59:56	<b>01:38:00.95</b>	<b>01:38:22.05</b>	+00:56:26 (57.4%)	9:48	6.1 (42.7%)
259	<b>NICZEJDOLNY Tomasz</b>	<b>1300</b>		Masters M - 40	45	00:39:52	00:55:25	<b>01:38:30.90</b>	<b>01:38:41.90</b>	+00:56:46 (57.5%)	9:51	6.1 (42.7%)
260	<b>NIEZGÓDKA Sylwia</b>	<b>1270</b>		Masters K - 40	29	00:39:42	01:00:23	<b>01:38:32.20</b>	<b>01:38:42.00</b>	+00:56:46 (57.5%)	9:51	6.1 (42.7%)
261	<b>WALISZEWSKA- PLEWA Izabella</b>	<b>1036</b>		Masters K - 40	30	00:37:11	00:59:30	<b>01:38:33.30</b>	<b>01:38:51.40</b>	+00:56:55 (57.6%)	9:51	6.1 (42.7%)
262	<b>OLCZYK Anna</b>	<b>1194</b>	RUN LODZ	Masters K - 40	31	00:36:46	00:59:45	<b>01:38:54.35</b>	<b>01:39:17.75</b>	+00:57:22 (57.8%)	9:53	6.1 (42.7%)
263	<b>PASTUSZKA Joanna</b>	<b>1172</b>	RUN ŁDZ	Weteran K - 50	5	00:39:30	01:02:26	<b>01:38:53.20</b>	<b>01:39:18.05</b>	+00:57:22 (57.8%)	9:53	6.1 (42.7%)
264	<b>BUDNIOK Barbara</b>	<b>1048</b>	ŻONY MĘŻÓW UZALEŻNIONYCH OD BIEGANIA	Masters K - 40	32	00:36:40	00:59:29	<b>01:39:27.65</b>	<b>01:39:35.20</b>	+00:57:39 (57.9%)	9:56	6 (42.0%)
265	<b>KUTNIEWSKA Maria</b>	<b>1252</b>	FACE NORDIC WALKING TEAM	Weteran K - 50	6	00:39:20	01:01:40	<b>01:39:20.70</b>	<b>01:39:35.70</b>	+00:57:40 (57.9%)	9:56	6 (42.0%)
266	<b>MUCHA Anna</b>	<b>1046</b>		Senior I K - 20	28	00:38:02	01:00:26	<b>01:39:50.25</b>	<b>01:40:24.65</b>	+00:58:29 (58.2%)	9:59	6 (42.0%)
267	<b>WALENDA Katarzyna</b>	<b>1136</b>	VEGE ULTRA RUNNERS	Masters K - 40	33	00:41:34	01:03:27	<b>01:40:54.90</b>	<b>01:41:16.40</b>	+00:59:20 (58.6%)	10:05	5.9 (41.3%)
268	<b>KASJAN Alicja</b>	<b>1100</b>		Senior I K - 20	29	00:37:19	01:01:13	<b>01:41:15.55</b>	<b>01:41:35.25</b>	+00:59:39 (58.7%)	10:07	5.9 (41.3%)
269	<b>STACHURA Mikołaj</b>	<b>1101</b>		Senior II M - 30	59	00:37:24	01:01:13	<b>01:41:15.20</b>	<b>01:41:35.90</b>	+00:59:40 (58.7%)	10:07	5.9 (41.3%)
270	<b>PAWLIK-NIEDZIELA Sandra</b>	<b>1016</b>	W POGONI ZA DUCHEM	Senior I K - 20	30	00:39:39	01:00:45	<b>01:41:08.00</b>	<b>01:41:37.50</b>	+00:59:42 (58.7%)	10:06	5.9 (41.3%)
271	<b>KRAWCZYK Magdalena</b>	<b>1139</b>	BIEGAJĄCY PALACZE	Senior II K - 30	51	00:41:33	01:04:54	<b>01:41:16.80</b>	<b>01:41:38.65</b>	+00:59:43 (58.8%)	10:07	5.9 (41.3%)
272	<b>ZWYDAK Anna</b>	<b>1159</b>	KOBIETAWBIEGU.PL	Senior I K - 20	31	00:40:37	01:02:52	<b>01:41:23.45</b>	<b>01:41:46.10</b>	+00:59:50 (58.8%)	10:08	5.9 (41.3%)
273	<b>MAZURCZAK Ewa</b>	<b>1158</b>	KOBIETAWBIEGU.PL	Masters K - 40	34	00:40:36	01:02:52	<b>01:41:24.25</b>	<b>01:41:46.40</b>	+00:59:50 (58.8%)	10:08	5.9 (41.3%)
274	<b>PODSIADŁY Robert</b>	<b>1291</b>	CHATA BIEGACZA K34	Weteran I M - 50	9	00:38:05	01:00:34	<b>01:41:47.10</b>	<b>01:42:20.15</b>	+01:00:24 (59.0%)	10:10	5.9 (41.3%)
275	<b>AUGUSTOWSKA Izabela</b>	<b>1231</b>	KB GEOTERMIA UNIEJÓW	Masters K - 40	35	00:38:21	01:00:32	<b>01:42:09.05</b>	<b>01:42:23.85</b>	+01:00:28 (59.1%)	10:12	5.9 (41.3%)
276	<b>DOJKA Dorota</b>	<b>1152</b>		Masters K - 40	36	00:38:21	01:00:24	<b>01:42:08.85</b>	<b>01:42:24.20</b>	+01:00:28 (59.1%)	10:12	5.9 (41.3%)
277	<b>HRABAŃSKA-RACZAK Beata</b>	<b>1168</b>		Senior II K - 30	52	00:40:26	01:02:55	<b>01:42:16.55</b>	<b>01:42:45.60</b>	+01:00:50 (59.2%)	10:13	5.9 (41.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
278	<b>RACZAK Maciej</b>	<b>1167</b>		Senior II M - 30	60	00:40:27	01:02:56	<b>01:42:16.65</b>	<b>01:42:45.70</b>	+01:00:50 (59.2%)	10:13	5.9 (41.3%)
279	<b>STAWSKA Alicja</b>	<b>1298</b>		OPEN KOBIEC	4	00:39:00	01:02:45	<b>01:42:25.45</b>	<b>01:42:53.30</b>	+01:00:57 (59.3%)	10:14	5.9 (41.3%)
280	<b>ERENBERG Małgorzata</b>	<b>1153</b>	FUDU&CO SPORT TEAM	Senior II K - 30	53	00:39:27	01:03:06	<b>01:43:08.75</b>	<b>01:43:16.10</b>	+01:01:20 (59.4%)	10:18	5.8 (40.6%)
281	<b>RAJKOWSKA Anna</b>	<b>1230</b>		Masters K - 40	37	00:39:31	01:03:06	<b>01:43:08.95</b>	<b>01:43:16.30</b>	+01:01:20 (59.4%)	10:18	5.8 (40.6%)
282	<b>NOWAK Teresa</b>	<b>1192</b>	TERESA NOWAK	Weteran II K - 60	1	00:36:16	01:00:00	<b>01:42:58.55</b>	<b>01:43:32.40</b>	+01:01:36 (59.5%)	10:17	5.8 (40.6%)
283	<b>JĘDRZEJEWSKA Ula</b>	<b>1253</b>	WATAHA	Masters K - 40	38	00:39:58	01:03:02	<b>01:43:20.50</b>	<b>01:43:44.55</b>	+01:01:49 (59.6%)	10:20	5.8 (40.6%)
284	<b>CHMIELEWSKI Marcin</b>	<b>1034</b>	BIEGAM BEZ SPINY	Masters M - 40	46	00:39:38	01:03:14	<b>01:44:11.75</b>	<b>01:44:43.35</b>	+01:02:47 (60.0%)	10:25	5.8 (40.6%)
285	<b>LECHNA Mirella</b>	<b>1061</b>		Masters K - 40	39	00:39:39	01:04:17	<b>01:44:59.25</b>	<b>01:45:04.15</b>	+01:03:08 (60.1%)	10:30	5.7 (39.9%)
286	<b>KISIAŁA Filip</b>	<b>1002</b>	LACHO TEAM	Senior II M - 30	61	00:39:39	01:03:53	<b>01:45:08.35</b>	<b>01:45:50.35</b>	+01:03:54 (60.4%)	10:30	5.7 (39.9%)
287	<b>STAWSKA Natalia</b>	<b>1005</b>		Senior II K - 30	54	00:39:43	01:04:29	<b>01:45:14.70</b>	<b>01:45:50.60</b>	+01:03:55 (60.4%)	10:31	5.7 (39.9%)
288	<b>KUŹNIAK Marcin</b>	<b>1258</b>		Masters M - 40	47	00:41:06	01:03:54	<b>01:46:01.20</b>	<b>01:46:38.00</b>	+01:04:42 (60.7%)	10:36	5.7 (39.9%)
289	<b>SIECZKOWSKI Artur</b>	<b>1244</b>	NATURAL BORN RUMIA	Masters M - 40	48	00:39:40	01:05:24	<b>01:46:51.85</b>	<b>01:47:26.90</b>	+01:05:31 (61.0%)	10:41	5.6 (39.2%)
290	<b>NAĆKIEWICZ Justyna</b>	<b>1251</b>		Masters K - 40	40	00:39:21	01:05:23	<b>01:46:51.80</b>	<b>01:47:27.10</b>	+01:05:31 (61.0%)	10:41	5.6 (39.2%)
291	<b>KOWALCZYK Oika</b>	<b>1110</b>		Senior II K - 30	55	00:39:21	01:05:24	<b>01:46:52.60</b>	<b>01:47:27.80</b>	+01:05:32 (61.0%)	10:41	5.6 (39.2%)
292	<b>KARNOWSKI Sławomir</b>	<b>1280</b>		Masters M - 40	49	00:41:35	01:06:16	<b>01:48:06.20</b>	<b>01:48:27.60</b>	+01:06:32 (61.3%)	10:48	5.6 (39.2%)
293	<b>JÓZEFOWICZ Magdalena</b>	<b>1011</b>	FUNDACJA DZIECIOM 'ZDAŻYĆ Z POMOCĄ' KORNEŁ MAŚLIŃSKI 28449 BIEGAM DLA KORNEŁKA	Senior II K - 30	56	00:42:33	01:07:32	<b>01:49:50.00</b>	<b>01:50:09.10</b>	+01:08:13 (61.9%)	10:59	5.5 (38.5%)
294	<b>MADERA Bogdan</b>	<b>1059</b>	RUNWALKRUN	Weteran I M - 50	10	00:41:47	01:06:27	<b>01:50:48.20</b>	<b>01:50:53.20</b>	+01:08:57 (62.2%)	11:04	5.4 (37.8%)
295	<b>BLISKA-MROCZKA Henryka</b>	<b>1311</b>		Masters K - 40	41	00:40:46	01:07:51	<b>01:52:01.50</b>	<b>01:52:15.65</b>	+01:10:20 (62.7%)	11:12	5.4 (37.8%)
296	<b>MELSON Andrzej</b>	<b>1128</b>	BIZON TEAM	Weteran I M - 50	11	00:41:44	01:07:37	<b>01:55:07.95</b>	<b>01:55:40.80</b>	+01:13:45 (63.8%)	11:30	5.2 (36.4%)
297	<b>MELSON Maciej</b>	<b>1295</b>	BIZON TEAM	Senior I M - 20	27	00:41:43	01:07:37	<b>01:55:09.05</b>	<b>01:55:42.45</b>	+01:13:46 (63.8%)	11:30	5.2 (36.4%)
298	<b>BOCZAR Waldek</b>	<b>1117</b>		Senior II M - 30	62	00:40:07	01:02:44	<b>01:55:56.65</b>	<b>01:56:14.40</b>	+01:14:18 (63.9%)	11:35	5.2 (36.4%)
299	<b>DŁUGOSZ Marek</b>	<b>1232</b>	KB GEOTERMIA UNIEJÓW	Weteran I M - 50	12	00:34:15	01:01:16	<b>01:58:57.55</b>	<b>01:59:12.25</b>	+01:17:16 (64.8%)	11:53	5 (35.0%)
300	<b>NOWICKI Amdrzej</b>	<b>1104</b>	ZJEDNOCZENI ZWYCIĘŻAMY	Masters M - 40	50	00:42:37	01:09:45	<b>01:59:06.20</b>	<b>01:59:39.05</b>	+01:17:43 (65.0%)	11:54	5 (35.0%)
301	<b>KOSZYK Marian</b>	<b>1340</b>		Weteran I M - 50	13	00:48:06	01:13:11	<b>02:03:05.00</b>	<b>02:03:31.90</b>	+01:21:36 (66.1%)	12:18	4.9 (34.3%)
302	<b>BĄKOWSKA Maria</b>	<b>1211</b>	ZĄŁOGA GÓRSKA	Weteran II K - 60	2	00:44:08	01:14:49	<b>02:08:04.35</b>	<b>02:08:18.45</b>	+01:26:22 (67.3%)	12:48	4.7 (32.9%)
303	<b>SOKOŁOWSKI Kazimierz</b>	<b>1012</b>		Weteran II M - 60	7	00:49:38	01:19:49	<b>02:18:19.40</b>	<b>02:18:47.55</b>	+01:36:52 (69.8%)	13:49	4.3 (30.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	C1 4km	C1 6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
304	<b>CHYBICKA Alicja</b>	<b>1180</b>		Weteran II K - 60	3	00:56:50	01:36:08	<b>02:45:45.80</b>	<b>02:46:04.30</b>	+02:04:08 (74.8%)	16:34	3.6 (25.2%)
	<b>KITA Michał</b>	<b>1068</b>	PĘDZĄCY W MIEJSCU	Masters M - 40		00:19:10 DNF	00:30:16 DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 305 wynik(ów)