

BIEG TROJAK TRAIL - 10 KM

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

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

B4SPORT
INTELIGENTNE 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	PRZEDWOJEWSKI Bartłomiej	1196		Senior I M - 20	1	00:16:23	00:25:29	00:41:54.10	00:41:55.50		4:11	14.3 (100%)
2	PIEGOWSKI Adam	1191	EUROVENT ATHLETICS OPOLE	Senior II M - 30	1	00:18:52	00:29:42	00:48:00.05	00:48:05.45	+00:06:09 (12.8%)	4:48	12.5 (87.4%)
3	GRACZYK Adrian	1081	BIEGI.WLKP	Senior I M - 20	2	00:19:21	00:30:23	00:48:11.05	00:48:13.70	+00:06:18 (13.1%)	4:49	12.5 (87.4%)
4	KOWAL Amadeusz	1308		Senior II M - 30	2	00:20:22	00:31:19	00:50:31.75	00:50:35.80	+00:08:40 (17.1%)	5:03	11.9 (83.2%)
5	KANTOR Martyna	1264	SARCO GARMIN TEAM	Senior I K - 20	1	00:20:16	00:31:12	00:51:02.90	00:51:05.10	+00:09:09 (17.9%)	5:06	11.8 (82.5%)
6	GRZELAK Adrian	1247	CHATA BIEGACZA	Senior I M - 20	3	00:21:15	00:32:16	00:51:06.05	00:51:13.10	+00:09:17 (18.1%)	5:06	11.7 (81.8%)
7	HACZYK Jarosław	1235	BIEG OPOLSKI	Masters M - 40	1	00:20:28	00:31:54	00:51:50.95	00:51:54.00	+00:09:58 (19.2%)	5:11	11.6 (81.1%)
8	TOMASIAK Natalia	1283	SALOMON SUUNTO TEAM	Senior II K - 30	1	00:20:19	00:31:40	00:52:27.45	00:52:30.05	+00:10:34 (20.1%)	5:14	11.4 (79.7%)
9	MICHALIK Adam	1321		Masters M - 40	2	00:21:11	00:33:04	00:53:13.60	00:53:16.70	+00:11:21 (21.3%)	5:19	11.3 (79.0%)
10	STACHOWIAK Marcin	1094	BIEGI.WLKP	Senior I M - 20	4	00:21:31	00:33:52	00:54:59.40	00:55:00.65	+00:13:05 (23.8%)	5:29	10.9 (76.2%)
11	GAJEWSKI Marcin	1055		Masters M - 40	3	00:21:44	00:34:11	00:55:20.75	00:55:22.60	+00:13:27 (24.3%)	5:32	10.8 (75.5%)
12	DOMAŃSKI Patryk	1088	BIEGI.WLKP	Senior I M - 20	5	00:22:31	00:34:52	00:55:26.10	00:55:29.35	+00:13:33 (24.4%)	5:32	10.8 (75.5%)
13	NOWINIŁSKI Andrzej	1328		Masters M - 40	4	00:22:16	00:34:42	00:55:37.30	00:55:39.00	+00:13:43 (24.7%)	5:33	10.8 (75.5%)
14	KUJAWA Zbigniew	1263		Senior I M - 20	6	00:21:33	00:34:27	00:55:57.10	00:56:02.80	+00:14:07 (25.2%)	5:35	10.7 (74.8%)
15	SMOLEŃ Sebastian	1299		Senior II M - 30	3	00:22:17	00:34:46	00:56:09.20	00:56:12.60	+00:14:17 (25.4%)	5:36	10.7 (74.8%)
16	RACZKO Tomasz	1205	ZĄŁOGA GÓRSKA / KARKONOSZ RUNNING TEAM SZKLARSKA PORĘBA	Senior II M - 30	4	00:22:22	00:34:28	00:56:05.30	00:56:14.25	+00:14:18 (25.5%)	5:36	10.7 (74.8%)
17	ZIĘTERSKI Robert	1075		Masters M - 40	5	00:22:57	00:35:47	00:57:00.80	00:57:04.55	+00:15:09 (26.5%)	5:42	10.5 (73.4%)
18	SPYCHALSKI Adam	1060		Masters M - 40	6	00:22:52	00:35:39	00:57:06.50	00:57:11.70	+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	BIERNACKA Katarzyna	1118	TEAM LUKS ŻÓRAWINA/SOBCZYK TEAM	Senior I K - 20	2	00:22:35	00:35:15	00:57:17.55	00:57:18.90	+00:15:23 (26.9%)	5:43	10.5 (73.4%)
20	BUKAŁA Marcin	1184	VEGE RUNNERS	Senior I M - 20	7	00:20:53	00:34:09	00:57:03.80	00:57:25.35	+00:15:29 (27.0%)	5:42	10.5 (73.4%)
21	JANKOWSKI Jakub	1206	ZĄŁOGA GÓRSKA \ TRUCHT.COM	Senior I M - 20	8	00:22:47	00:35:02	00:57:22.65	00:57:26.40	+00:15:30 (27.0%)	5:44	10.5 (73.4%)
22	DUPLA Konrad	1077	WKB PIAST WROCŁAW	Senior II M - 30	5	00:23:49	00:36:30	00:58:04.80	00:58:09.70	+00:16:14 (27.9%)	5:48	10.3 (72.0%)
23	KACZMARCZYK Przemysław	1141	WATAHA	Senior I M - 20	9	00:23:14	00:36:34	00:58:55.35	00:58:59.20	+00:17:03 (28.9%)	5:53	10.2 (71.3%)
24	BINKOWSKI Marcin	1199		Masters M - 40	7	00:24:01	00:37:06	00:59:24.55	00:59:34.70	+00:17:39 (29.6%)	5:56	10.1 (70.6%)
25	OLKIS Rafał	1304	PRZEBIEGA.PL	Senior II M - 30	6	00:22:48	00:36:14	00:59:40.70	00:59:49.35	+00:17:53 (29.9%)	5:58	10.1 (70.6%)
26	MARIN Alberto	1107		Senior II M - 30	7	00:23:06	00:37:00	01:00:56.15	01:01:09.30	+00:19:13 (31.4%)	6:05	9.8 (68.5%)
27	KRAWCZYK Konrad	1114	1991	Senior I M - 20	10	00:24:47	00:38:48	01:01:41.25	01:01:56.85	+00:20:01 (32.3%)	6:10	9.7 (67.8%)
28	JANUSZEWSKI Maciej	1140		Senior II M - 30	8	00:23:50	00:37:41	01:02:10.35	01:02:14.70	+00:20:19 (32.6%)	6:13	9.7 (67.8%)
29	GĄDALSKI Bartosz	1292		Senior II M - 30	9	00:24:27	00:38:36	01:02:10.30	01:02:29.90	+00:20:34 (32.9%)	6:13	9.7 (67.8%)
30	SZYMAŃSKI Łukasz	1290		OPEN	1	00:25:02	00:39:06	01:02:12.90	01:02:41.80	+00:20:46 (33.1%)	6:13	9.6 (67.1%)
31	HRYNOWIECKI Paweł	1043		Senior II M - 30	10	00:24:35	00:38:17	01:02:32.40	01:03:07.75	+00:21:12 (33.6%)	6:15	9.6 (67.1%)
32	SZATKOWSKI Łukasz	1173	CRAZYJUMPKĘPNO	Senior I M - 20	11	00:25:52	00:39:58	01:03:08.70	01:03:17.90	+00:21:22 (33.8%)	6:18	9.5 (66.4%)
33	STEMPNIAK Daniel	1087	KS MARATON OSTRÓW WLKP.	Senior II M - 30	11	00:25:11	00:38:42	01:03:11.20	01:03:18.10	+00:21:22 (33.8%)	6:19	9.5 (66.4%)
34	KITKOWSKI Arkadiusz	1279	SUPERSNOW	Masters M - 40	8	00:25:18	00:38:52	01:03:14.70	01:03:19.50	+00:21:24 (33.8%)	6:19	9.5 (66.4%)
35	CHRZANOWSKI Paweł	1240	100 BATALION ŁĄCZNOŚCI	Senior II M - 30	12	00:25:23	00:39:09	01:03:40.80	01:03:45.60	+00:21:50 (34.2%)	6:22	9.4 (65.7%)
36	PERZ Emilia	1126	WOLSZTYŃSKA AKADEMIA BIEGOWA	Senior I K - 20	3	00:26:30	00:41:14	01:04:03.30	01:04:07.60	+00:22:12 (34.6%)	6:24	9.4 (65.7%)
37	KULESZA Agnieszka	1327		Senior I K - 20	4	00:24:50	00:39:35	01:04:30.20	01:04:38.20	+00:22:42 (35.1%)	6:27	9.3 (65.0%)
38	RAKOCZY Jerzy	1260		Masters M - 40	9	00:25:43	00:39:56	01:04:40.30	01:04:44.60	+00:22:49 (35.2%)	6:28	9.3 (65.0%)
39	DĘBICKI Łukasz	1189		Senior II M - 30	13	00:24:13	00:38:45	01:04:15.00	01:04:53.75	+00:22:58 (35.4%)	6:25	9.3 (65.0%)
40	DZIEDZIC Krystian	1165		Senior II M - 30	14	00:24:47	00:38:57	01:04:53.35	01:05:01.60	+00:23:06 (35.5%)	6:29	9.2 (64.3%)
41	WILK Mateusz	1175	RAMBO 3	Senior II M - 30	15	00:26:02	00:40:42	01:04:35.85	01:05:02.00	+00:23:06 (35.5%)	6:27	9.3 (65.0%)
42	WILK Maciej	1074	RAMBO 3	Senior II M - 30	16	00:19:35	00:30:27	01:04:54.95	01:05:02.15	+00:23:06 (35.5%)	6:29	9.2 (64.3%)
43	ZWOLIŃSKI Łukasz	1314		Senior II M - 30	17	00:25:46	00:39:29	01:04:59.60	01:05:03.00	+00:23:07 (35.5%)	6:30	9.2 (64.3%)
44	HACZYK Natalia	1234	BIEG OPOLSKI	Masters K - 40	1	00:25:38	00:39:46	01:04:57.60	01:05:07.50	+00:23:12 (35.6%)	6:29	9.2 (64.3%)

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

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71	SKELTON Sarah	1133	VEGE RUNNERS	Senior I K - 20	6	00:26:57	00:42:26	01:08:17.95	01:08:38.75	+00:26:43 (38.9%)	6:49	8.8 (61.5%)
72	RUTKOWSKA Małgorzata	1303	GÓRSKA ZAŁOGA	Senior II K - 30	4	00:27:27	00:42:40	01:08:37.95	01:08:43.95	+00:26:48 (39.0%)	6:51	8.7 (60.8%)
73	GAWRON Piotr	1112	KB GOCH BYTÓW	Masters M - 40	17	00:26:15	00:41:04	01:08:43.95	01:08:53.25	+00:26:57 (39.1%)	6:52	8.7 (60.8%)
74	GRUSZKA Robert	1151	GRU-KO	Masters M - 40	18	00:26:41	00:43:09	01:08:36.35	01:08:53.60	+00:26:58 (39.1%)	6:51	8.7 (60.8%)
75	PIOTROWSKA Magdalena	1062	KLUB BIEGACZA JURUND SZCZYTNO	Senior II K - 30	5	00:26:26	00:43:38	01:09:00.10	01:09:02.60	+00:27:07 (39.3%)	6:54	8.7 (60.8%)
76	WANTUCH Katarzyna	1203	ZAŁOGA GÓRSKA	Senior II K - 30	6	00:27:47	00:43:08	01:09:12.90	01:09:26.20	+00:27:30 (39.6%)	6:55	8.7 (60.8%)
77	BOSIANEK Kamila	1049	4RUN TEAM PIŁA	Senior II K - 30	7	00:27:28	00:42:55	01:09:20.60	01:09:27.05	+00:27:31 (39.6%)	6:56	8.7 (60.8%)
77	CZEBOTAR Barbara	1237		Masters K - 40	3	00:27:32	00:43:02	01:09:19.10	01:09:27.05	+00:27:31 (39.6%)	6:56	8.7 (60.8%)
79	BURDA Sebastian	1338		Masters M - 40	19	00:26:40	00:43:41	01:09:41.50	01:09:57.90	+00:28:02 (40.1%)	6:58	8.6 (60.1%)
80	TYSZER Łukasz	1333		Senior I M - 20	17	00:26:22	00:43:18	01:09:50.15	01:10:05.95	+00:28:10 (40.2%)	6:59	8.6 (60.1%)
81	SZABAT Daniel	1063	POLSKIEWSPINANIE.PL	Senior II M - 30	28	00:27:43	00:43:32	01:09:52.85	01:10:24.20	+00:28:28 (40.5%)	6:59	8.6 (60.1%)
82	SYSAŁA Janusz	1278		Weteran II M - 60	1	00:27:27	00:43:19	01:10:22.40	01:10:31.35	+00:28:35 (40.6%)	7:02	8.5 (59.4%)
83	SUSMARSKA Ewa	1233	NO WOMAN NO TRI	Senior I K - 20	7	00:27:43	00:43:37	01:10:24.95	01:10:37.05	+00:28:41 (40.6%)	7:02	8.5 (59.4%)
84	PELCZARSKI Michał	1329		Senior II M - 30	29	00:26:22	00:43:37	01:10:28.85	01:10:40.80	+00:28:45 (40.7%)	7:02	8.5 (59.4%)
85	MARCINKOWSKI Przemysław	1306		Masters M - 40	20	00:28:29	00:44:10	01:10:28.70	01:10:50.40	+00:28:54 (40.8%)	7:02	8.5 (59.4%)
86	SOBCZYŃSKA Magdalena	1080	BIEGI.WLKP	Senior I K - 20	8	00:28:31	00:43:55	01:10:31.10	01:10:53.25	+00:28:57 (40.9%)	7:03	8.5 (59.4%)
87	FOLARON Rafał	1138		Senior I M - 20	18	00:28:00	00:44:24	01:10:55.75	01:11:08.30	+00:29:12 (41.1%)	7:05	8.5 (59.4%)
88	JABŁOŃSKA Emilia	1267		Senior I K - 20	9	00:28:40	00:44:33	01:10:57.70	01:11:23.40	+00:29:27 (41.3%)	7:05	8.5 (59.4%)
89	WIKTOR Mateusz	1115		Senior I M - 20	19	00:26:59	00:43:25	01:11:23.60	01:11:33.50	+00:29:38 (41.4%)	7:08	8.4 (58.7%)
90	KORNAŚ Marcin	1113	ZĄBKOWICKA GRUPA BIEGOWA FRANKENSTEIN	Senior II M - 30	30	00:27:20	00:43:17	01:11:21.30	01:11:48.65	+00:29:53 (41.6%)	7:08	8.4 (58.7%)
91	URBAŃSKI Tomasz	1150	FLUNKYBALLTEAM ŁĄDEK-ZDRÓJ	Senior I M - 20	20	00:29:18	00:45:28	01:11:57.75	01:12:12.00	+00:30:16 (41.9%)	7:11	8.3 (58.0%)
92	CHWIAŁKOWSKI Wiesław	1025		Weteran I M - 50	1	00:27:09	00:43:24	01:12:03.55	01:12:18.35	+00:30:22 (42.0%)	7:12	8.3 (58.0%)
93	LEWANDOWSKA Patrycja	1040	KURORT ŁĄDEK- ZDRÓJ LKS ISKRA JASZKOWA	Senior I K - 20	10	00:28:24	00:44:50	01:11:55.05	01:12:20.55	+00:30:25 (42.0%)	7:11	8.3 (58.0%)
94	KLOS Ania	1154		Senior II K - 30	8	00:29:05	00:44:54	01:12:16.65	01:12:33.50	+00:30:38 (42.2%)	7:13	8.3 (58.0%)
95	SIWA Dominik	1145		Senior II M - 30	31	00:27:12	00:44:08	01:12:36.30	01:12:49.20	+00:30:53 (42.4%)	7:15	8.3 (58.0%)
96	KUZIEL Marcin	1070	BLACK RUNNING STRONIE ŚLĄSKIE	Senior II M - 30	32	00:28:50	00:45:05	01:12:31.95	01:12:59.80	+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	RYBARSKI Piotr	1027		Senior II M - 30	33	00:27:42	00:43:30	01:13:02.10	01:13:22.70	+00:31:27 (42.9%)	7:18	8.2 (57.3%)
98	ROGOCZ Maciej	1083	ROGASIE Z DOLINY ROZTOKI	Masters M - 40	21	00:29:13	00:45:41	01:13:12.70	01:13:42.65	+00:31:47 (43.1%)	7:19	8.2 (57.3%)
99	TOMERA Piotr	1343		Masters M - 40	22	00:23:54	00:37:50	01:01:40.65	01:13:49.65	+00:31:54 (43.2%)	6:10	9.7 (67.8%)
100	KOSIELSKA Beata	1067		Senior II K - 30	9	00:29:37	00:46:21	01:13:26.05	01:13:50.00	+00:31:54 (43.2%)	7:20	8.2 (57.3%)
101	PRZYBYLSKI Witek	1256	OTK RZEŹNIK	Senior II M - 30	34	00:29:37	00:45:55	01:13:54.25	01:13:56.70	+00:32:01 (43.3%)	7:23	8.1 (56.6%)
102	WOJTKOWIAK Renata	1132	PIĄTKOWO NA BIEGOWO	Masters K - 40	4	00:27:52	00:44:59	01:13:47.55	01:14:05.35	+00:32:09 (43.4%)	7:22	8.1 (56.6%)
103	SZAŁĘGA Kasia	1131		Senior II K - 30	10	00:27:51	00:44:59	01:13:48.20	01:14:06.25	+00:32:10 (43.4%)	7:22	8.1 (56.6%)
104	LICZNERSKI Mirosław	1121	LUBAWA KOCHA BIEGAĆ	Senior II M - 30	35	00:27:29	00:44:34	01:13:42.25	01:14:06.45	+00:32:10 (43.4%)	7:22	8.1 (56.6%)
105	BOMBA Marek	1190		Weteran II M - 60	2	00:29:41	00:46:21	01:13:39.35	01:14:15.50	+00:32:20 (43.5%)	7:21	8.1 (56.6%)
106	CIEŹKOWSKA SZYMAŃSKA Katarzyna	1289	VEGE RUNNERS	OPEN Kobiet	1	00:29:50	00:46:29	01:13:48.85	01:14:16.70	+00:32:21 (43.6%)	7:22	8.1 (56.6%)
107	WITKOWSKA Paulina	1181		Senior II K - 30	11	00:29:28	00:45:52	01:14:09.45	01:14:18.75	+00:32:23 (43.6%)	7:24	8.1 (56.6%)
108	PASTUSZKA Mirosław	1174	RUN ŁDZ	Weteran I M - 50	2	00:30:39	00:47:52	01:14:18.30	01:14:35.15	+00:32:39 (43.8%)	7:25	8.1 (56.6%)
109	GLAPIAK-PRZYTUŁA Agnieszka	1125	1979	Senior II K - 30	12	00:29:14	00:45:24	01:14:20.65	01:14:39.45	+00:32:43 (43.8%)	7:26	8.1 (56.6%)
110	KRZYSZTOFIAK Aleksandra	1176	KOWARY BIEGAJĄ	Senior II K - 30	13	00:29:26	00:45:23	01:14:33.15	01:14:44.35	+00:32:48 (43.9%)	7:27	8 (55.9%)
111	LUBAŃSKA Alicja	1073	ZS BUKOWICE	Masters K - 40	5	00:28:36	00:45:29	01:14:45.50	01:14:47.80	+00:32:52 (43.9%)	7:28	8 (55.9%)
112	BUSS Jakub	1009	KUDOWSCY MIŁOŚNICZY BIEGANIA	Masters M - 40	23	00:29:14	00:46:13	01:14:27.80	01:14:50.75	+00:32:55 (44.0%)	7:26	8.1 (56.6%)
113	FRANKIEWICZ Łukasz	1127	SOSNOWIECBIEGA	Senior I M - 20	21	00:28:56	00:44:58	01:14:45.70	01:14:51.70	+00:32:56 (44.0%)	7:28	8 (55.9%)
114	ULIKOWSKA Martyna	1225	ZAŁOGA GÓRSKA	Senior I K - 20	11	00:29:25	00:46:21	01:14:53.55	01:15:01.20	+00:33:05 (44.1%)	7:29	8 (55.9%)
115	MARZYŃSKA Barbara	1198		Weteran K - 50	1	00:29:30	00:46:46	01:15:37.15	01:15:45.45	+00:33:49 (44.7%)	7:33	7.9 (55.2%)
116	KOWALCZYK Dawid	1142		Senior I M - 20	22	00:30:23	00:47:23	01:15:30.50	01:15:45.80	+00:33:50 (44.7%)	7:33	7.9 (55.2%)
117	ZASADA Magdalena	1006		Senior I K - 20	12	00:30:23	00:47:24	01:15:31.65	01:15:46.30	+00:33:50 (44.7%)	7:33	7.9 (55.2%)
118	GULACZ Marta	1157	KOBIETAWBIEGU.PL	Senior I K - 20	13	00:29:51	00:47:33	01:15:39.95	01:15:48.60	+00:33:53 (44.7%)	7:34	7.9 (55.2%)
119	KALETA Przemysław	1084	PRO-RUN WROCŁAW	Masters M - 40	24	00:29:53	00:46:48	01:15:30.80	01:15:56.60	+00:34:01 (44.8%)	7:33	7.9 (55.2%)
120	SKOWRON Katarzyna	1284	MARATHON CLUB IRELAND	Masters K - 40	6	00:30:44	00:47:46	01:16:01.05	01:16:02.95	+00:34:07 (44.9%)	7:36	7.9 (55.2%)
121	SHERIDAN Aion	1285	MARATHON CLUB IRELAND	Senior II M - 30	36	00:30:41	00:47:43	01:16:00.05	01:16:03.10	+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 KALETA Agata	1085	PRO-RUN WROCŁAW	Masters K - 40	7			01:16:10.90	01:16:10.90	+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	01:15:53.25	01:16:15.45	+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	01:16:03.80	01:16:23.70	+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	01:16:13.75	01:16:30.60	+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	01:16:20.40	01:16:30.90	+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	01:16:13.65	01:16:35.20	+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	01:16:10.50	01:16:49.05	+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	01:16:45.05	01:17:01.95	+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	01:16:57.95	01:17:05.95	+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	01:16:50.60	01:17:07.60	+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	01:16:44.75	01:17:13.40	+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	01:16:52.90	01:17:19.30	+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	01:17:04.70	01:17:34.50	+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	01:17:23.20	01:17:34.60	+00:35:39 (46.0%)	7:44	7.8 (54.5%)
136	LIS Małgorzata	1274		OPEN KOBIEC	2	00:30:27	00:47:19	01:17:28.75	01:17:53.10	+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	01:17:42.45	01:17:58.75	+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	01:17:41.85	01:18:15.70	+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	01:18:08.05	01:18:16.00	+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	01:17:37.40	01:18:16.55	+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	01:18:09.00	01:18:21.40	+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	01:08:38.00	01:18:22.00	+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	01:18:23.80	01:18:30.25	+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	01:19:03.55	01:19:14.70	+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	01:18:59.55	01:19:21.90	+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	01:19:22.95	01:19:47.40	+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	01:19:18.50	01:19:48.45	+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	MAZUR Agnieszka	1105	GTO	Senior II K - 30	20	00:31:58	00:49:54	01:19:26.30	01:19:51.10	+00:37:55 (47.5%)	7:56	7.6 (53.1%)
149	JAROSIŃSKI Marek	1097	ŁÓDZKIE HOSPICIJUM DLA DZIECI	Senior II M - 30	44	00:30:30	00:48:53	01:19:35.15	01:19:59.80	+00:38:04 (47.6%)	7:57	7.5 (52.4%)
150	ADAMCZUK Felix	1091		Masters M - 40	30	00:31:40	00:49:28	01:19:58.85	01:20:05.90	+00:38:10 (47.7%)	7:59	7.5 (52.4%)
151	TAMBIOR Jan	1319		Weteran II M - 60	3	00:30:40	00:48:41	01:20:11.65	01:20:13.55	+00:38:18 (47.7%)	8:01	7.5 (52.4%)
152	SKOKOWSKI Stanisław	1102	AMATOR	Weteran II M - 60	4	00:30:23	00:48:02	01:20:09.90	01:20:15.40	+00:38:19 (47.8%)	8:01	7.5 (52.4%)
153	NAMNI Fatih	1293		Senior II M - 30	45	00:31:11	00:50:04	01:19:59.15	01:20:21.20	+00:38:25 (47.8%)	7:59	7.5 (52.4%)
154	SINICA Kamila	1277		Senior II K - 30	21	00:31:18	00:49:25	01:20:22.25	01:20:26.60	+00:38:31 (47.9%)	8:02	7.5 (52.4%)
155	NOWICKI Maciej	1162		Masters M - 40	31	00:31:14	00:49:33	01:20:09.60	01:20:47.35	+00:38:51 (48.1%)	8:01	7.5 (52.4%)
156	SZARLEJ Anna	1148	FUDU&CO. SPORT TEAM	Senior II K - 30	22	00:32:45	00:50:12	01:20:47.35	01:20:55.00	+00:38:59 (48.2%)	8:04	7.4 (51.7%)
157	KOPACKA Eliza	1017	FOLLOWME - ZMIENIAMYFINANSE.PL	Senior II K - 30	23	00:30:46	00:49:10	01:20:31.55	01:20:57.85	+00:39:02 (48.2%)	8:03	7.5 (52.4%)
158	BUSZKA Łukasz	1313		Masters M - 40	32	00:31:28	00:48:54	01:20:39.35	01:20:58.05	+00:39:02 (48.2%)	8:04	7.4 (51.7%)
159	JAKUBOWSKA Beata	1326		Senior II K - 30	24	00:31:23	00:49:34	01:20:33.05	01:20:59.20	+00:39:03 (48.2%)	8:03	7.4 (51.7%)
160	OSIKOWSKA Teresa	1222		Senior II K - 30	25	00:31:12	00:49:32	01:20:54.65	01:21:12.10	+00:39:16 (48.4%)	8:05	7.4 (51.7%)
161	JASICKI Julian	1177		Weteran II M - 60	5	00:30:17	00:48:13	01:21:16.35	01:21:28.90	+00:39:33 (48.5%)	8:07	7.4 (51.7%)
162	BUŁAJ Bartosz	1155	RUNFORDREAMS	Senior I M - 20	24	00:30:51	00:49:28	01:20:59.25	01:21:37.80	+00:39:42 (48.6%)	8:05	7.4 (51.7%)
163	ŁUCZAJ Kinga	1339		Senior II K - 30	26	00:32:42	00:49:46	01:21:28.45	01:21:57.50	+00:40:02 (48.8%)	8:08	7.4 (51.7%)
164	SOKOŁOWSKA Anna	1223		Senior II K - 30	27	00:31:04	00:49:21	01:21:53.05	01:21:59.15	+00:40:03 (48.9%)	8:11	7.3 (51.0%)
165	SKAWINA-POŁEĆ Anna	1078		Senior II K - 30	28	00:31:45	00:50:33	01:22:04.15	01:22:14.60	+00:40:19 (49.0%)	8:12	7.3 (51.0%)
166	POLUS Maciej	1052		Senior I M - 20	25	00:31:39	00:49:45	01:21:54.55	01:22:21.30	+00:40:25 (49.1%)	8:11	7.3 (51.0%)
166	GEROWSKA Aleksandra	1032	STOWARZYSZENIE PRZYJACIÓŁ ZWIERZĄT NOE	Masters K - 40	10	00:32:07	00:49:51	01:22:00.80	01:22:21.30	+00:40:25 (49.1%)	8:12	7.3 (51.0%)
168	KONDRAKIEWICZ Rafał	1013	KB HARCOWNIK JELCZ-LASKOWICE	Masters M - 40	33	00:31:14	00:49:37	01:22:07.20	01:22:23.30	+00:40:27 (49.1%)	8:12	7.3 (51.0%)
169	TOMASZEWSKA Joanna	1301	KB HAROWNIK	Senior II K - 30	29	00:31:27	00:49:42	01:22:07.15	01:22:23.35	+00:40:27 (49.1%)	8:12	7.3 (51.0%)
170	SZAŁAJSKA Monika	1001		Senior I K - 20	16	00:31:01	00:49:33	01:21:52.00	01:22:24.10	+00:40:28 (49.1%)	8:11	7.3 (51.0%)
171	WYSTRYCHOWSKA Marzena	1246		Masters K - 40	11	00:30:30	00:49:50	01:22:38.20	01:22:41.40	+00:40:45 (49.3%)	8:15	7.3 (51.0%)
172	WYSTRYCHOWSKI Marcin	1090	BFAGENCJA.PL	Senior II M - 30	46	00:31:02	00:50:06	01:22:37.85	01:22:41.70	+00:40:46 (49.3%)	8:15	7.3 (51.0%)
173	LIS Marcin	1275		Masters M - 40	34	00:31:37	00:49:53	01:22:22.50	01:22:47.90	+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	JAGUSZEWSKA Agnieszka	1149	STRZECHA AKADEMICKA	Senior I K - 20	17	00:31:09	00:49:47	01:22:42.80	01:22:58.00	+00:41:02 (49.5%)	8:16	7.3 (51.0%)
175	MARYNOWICZ Piotr	1053	BRAK	Masters M - 40	35	00:31:10	00:50:19	01:22:44.55	01:23:00.90	+00:41:05 (49.5%)	8:16	7.3 (51.0%)
176	WASZYK Anita	1166	MUAY RUNNING TEAM	Senior II K - 30	30	00:31:37	00:49:59	01:22:40.15	01:23:08.20	+00:41:12 (49.6%)	8:16	7.3 (51.0%)
177	POTYRAŁO Damian	1245		Senior II M - 30	47	00:33:32	00:51:45	01:22:45.25	01:23:15.75	+00:41:20 (49.6%)	8:16	7.3 (51.0%)
178	ŚWIDEREK Kasia	1268		Masters K - 40	12	00:32:13	00:50:06	01:23:25.05	01:23:28.15	+00:41:32 (49.8%)	8:20	7.2 (50.3%)
179	SZATKOWSKA Ewa	1171	KOBIETYBIEGAJĄ	Weteran K - 50	2	00:32:22	00:50:28	01:23:22.40	01:23:29.50	+00:41:34 (49.8%)	8:20	7.2 (50.3%)
180	GŁĄBICA Adam	1160	PRO - RUN WROCŁAW	Weteran I M - 50	4	00:32:19	00:50:51	01:23:00.95	01:23:32.85	+00:41:37 (49.8%)	8:18	7.2 (50.3%)
181	PLEWA Katarzyna	1123	NORDIC16.COM	Senior II K - 30	31	00:32:59	00:52:00	01:23:38.15	01:23:41.40	+00:41:45 (49.9%)	8:21	7.2 (50.3%)
182	BRZOZA Dorota	1197		Masters K - 40	13	00:33:21	00:51:05	01:23:18.25	01:23:51.90	+00:41:56 (50.0%)	8:19	7.2 (50.3%)
183	TOPIŁKO Wojciech	1272		Masters M - 40	36	00:33:49	00:52:00	01:23:42.05	01:23:53.35	+00:41:57 (50.0%)	8:22	7.2 (50.3%)
184	KOSTERA Katarzyna	1259	VEGE RUNNERS	Senior II K - 30	32	00:33:00	00:50:28	01:23:26.90	01:23:57.00	+00:42:01 (50.1%)	8:20	7.2 (50.3%)
185	GRISZCZENKO Elżbieta	1342		Senior I K - 20	18	00:33:22	00:51:46	01:23:27.35	01:23:58.85	+00:42:03 (50.1%)	8:20	7.2 (50.3%)
186	MATEŃCZUK Paweł	1210		Masters M - 40	37	00:31:42	00:50:47	01:24:08.05	01:24:13.25	+00:42:17 (50.2%)	8:24	7.1 (49.7%)
187	PIELICHOWSKA Justyna	1254	BIEGAJĄC Z WILKAMI	Senior II K - 30	33	00:30:21	00:49:05	01:23:53.25	01:24:16.55	+00:42:21 (50.3%)	8:23	7.2 (50.3%)
188	LISOWSKI Maciej	1241		Senior II M - 30	48	00:30:37	00:48:20	01:23:53.60	01:24:17.35	+00:42:21 (50.3%)	8:23	7.2 (50.3%)
189	LEWANDOWSKA Maria	1038	BIEGAM BO NIE LUBIE	Senior II K - 30	34	00:33:56	00:52:35	01:23:43.35	01:24:17.50	+00:42:22 (50.3%)	8:22	7.2 (50.3%)
190	LEWANDOWSKI Rafał	1037	BIEGAM BO NIE LUBIE	Senior II M - 30	49	00:33:55	00:52:35	01:23:43.40	01:24:17.55	+00:42:22 (50.3%)	8:22	7.2 (50.3%)
191	JURCZYK Wojciech	1124		Senior II M - 30	50	00:32:52	00:51:19	01:23:45.95	01:24:23.90	+00:42:28 (50.3%)	8:22	7.2 (50.3%)
192	ŁAPACZYŃSKI Robert	1249		Masters M - 40	38	00:32:23	00:51:05	01:24:22.45	01:24:27.55	+00:42:32 (50.4%)	8:26	7.1 (49.7%)
193	WITECKA Milena	1336		Senior II K - 30	35	00:34:28	00:53:16	01:24:28.10	01:24:31.60	+00:42:36 (50.4%)	8:26	7.1 (49.7%)
194	PABICH Magdalena	1050	4RUN TEAM PIŁA	Masters K - 40	14	00:33:49	00:53:06	01:25:02.05	01:25:08.00	+00:43:12 (50.8%)	8:30	7.1 (49.7%)
195	HACZKIEWICZ Karolina	1186	MILKY2017	Senior II K - 30	36	00:32:04	00:51:41	01:25:09.40	01:25:28.15	+00:43:32 (50.9%)	8:31	7 (49.0%)
196	LACHOWICZ Anna	1243		Masters K - 40	15	00:33:59	00:52:50	01:25:14.60	01:25:33.25	+00:43:37 (51.0%)	8:31	7 (49.0%)
197	WŁOSKOWICZ Kinga	1135		Masters K - 40	16	00:34:12	00:53:49	01:26:03.15	01:26:06.05	+00:44:10 (51.3%)	8:36	7 (49.0%)
198	KOLENDO Edyta	1163		Masters K - 40	17	00:32:55	00:51:48	01:25:56.65	01:26:13.50	+00:44:18 (51.4%)	8:35	7 (49.0%)
199	JAROSZ-DANIEL Joanna	1214		Senior II K - 30	37	00:34:22	00:53:33	01:26:04.85	01:26:17.90	+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	DANIEL Jarek	1286		Masters M - 40	39	00:34:26	00:53:23	01:26:05.50	01:26:18.35	+00:44:22 (51.4%)	8:36	7 (49.0%)
201	SKORNIAK Katarzyna	1221	WOLNE ŚLIMAKI	Senior I K - 20	19	00:34:22	00:53:42	01:26:12.50	01:26:23.40	+00:44:27 (51.5%)	8:37	7 (49.0%)
202	WALACIK Małgorzata	1122		Weteran K - 50	3	00:34:10	00:53:11	01:26:08.90	01:26:25.30	+00:44:29 (51.5%)	8:36	7 (49.0%)
203	WIADEREK Piotr	1069	PĘDZĄCE ŻÓŁWIE	Senior II M - 30	51	00:32:18	00:52:22	01:26:16.65	01:26:30.30	+00:44:34 (51.5%)	8:37	7 (49.0%)
204	KAYSIEWICZ Joanna	1003		Masters K - 40	18	00:34:14	00:53:17	01:26:14.95	01:26:49.20	+00:44:53 (51.7%)	8:37	7 (49.0%)
205	BIEGANOWSKI Krzysztof	1041	BIEGAN	Senior II M - 30	52	00:32:25	00:51:16	01:26:18.30	01:26:53.45	+00:44:57 (51.7%)	8:37	7 (49.0%)
206	SKAWINA Krystyna	1079		Senior II K - 30	38	00:34:02	00:52:56	01:26:57.80	01:27:09.10	+00:45:13 (51.9%)	8:41	6.9 (48.3%)
207	BALICKI Jakub	1182	ASAP RUNNERS	Masters M - 40	40	00:34:07	00:52:56	01:26:45.15	01:27:21.85	+00:45:26 (52.0%)	8:40	6.9 (48.3%)
208	OLCZYK Joanna	1144		Senior I K - 20	20	00:35:20	00:54:49	01:26:56.95	01:27:22.70	+00:45:27 (52.0%)	8:41	6.9 (48.3%)
209	BALCERZAK Agnieszka	1015	MARATOŃCZYK POZNAŃ	Masters K - 40	19	00:34:25	00:53:46	01:26:53.50	01:27:24.40	+00:45:28 (52.0%)	8:41	6.9 (48.3%)
210	KUBKA Adam	1098	FUNDACJA UDARU MÓZGU	Weteran I M - 50	5	00:31:29	00:52:37	01:26:53.40	01:27:24.90	+00:45:29 (52.0%)	8:41	6.9 (48.3%)
211	OLEWICZ Dagmara	1202	ZĄŁOGA GÓRSKA	Senior I K - 20	21	00:34:33	00:53:37	01:27:20.00	01:27:29.80	+00:45:34 (52.1%)	8:44	6.9 (48.3%)
212	NIEWIADOMSKA Agnieszka	1021		Masters K - 40	20	00:35:36	00:55:27	01:27:05.10	01:27:37.30	+00:45:41 (52.2%)	8:42	6.9 (48.3%)
213	LEŚNIEWSKA Justyna	1262		Masters K - 40	21	00:35:06	00:54:41	01:28:45.50	01:29:04.80	+00:47:09 (52.9%)	8:52	6.8 (47.6%)
214	STEFANOWSKI Mariusz	1119		Masters M - 40	41	00:35:11	00:54:28	01:29:08.05	01:29:08.05	+00:47:12 (53.0%)	8:54	6.7 (46.9%)
215	SZPUREK Anna	1238	BUKOWSKI KLUB BIEGACZA	Senior II K - 30	39	00:33:59	00:54:27	01:29:11.10	01:29:31.70	+00:47:36 (53.2%)	8:55	6.7 (46.9%)
216	BANDURKA Piotr	1146	TRUCHT.COM	Senior I M - 20	26	00:35:21	00:55:43	01:29:09.15	01:29:34.65	+00:47:39 (53.2%)	8:54	6.7 (46.9%)
217	KOWAL Ewa	1310		Masters K - 40	22	00:35:25	00:54:45	01:29:21.60	01:29:35.40	+00:47:39 (53.2%)	8:56	6.7 (46.9%)
218	TASZAREK Ewa	1029		Masters K - 40	23	00:32:02	00:51:59	01:29:25.85	01:29:36.30	+00:47:40 (53.2%)	8:56	6.7 (46.9%)
219	SZCZYGIEŁ Grzegorz	1226	KURORT ŁĄDEK ZDRÓJ	Senior II M - 30	53	00:32:30	00:53:03	01:29:31.45	01:29:37.40	+00:47:41 (53.2%)	8:57	6.7 (46.9%)
220	DEMBNA Ania	1288		Senior II K - 30	40	00:34:17	00:54:10	01:29:25.90	01:29:50.70	+00:47:55 (53.3%)	8:56	6.7 (46.9%)
221	SIANO Łukasz	1305		Senior II M - 30	54	00:35:54	00:55:52	01:29:33.30	01:30:03.90	+00:48:08 (53.5%)	8:57	6.7 (46.9%)
222	FLIS Piotr	1250		Senior II M - 30	55	00:34:01	00:53:34	01:30:11.25	01:30:29.30	+00:48:33 (53.7%)	9:01	6.7 (46.9%)
223	SZAREK Dawid	1282		OPEN	2	00:34:34	00:55:02	01:30:20.30	01:30:33.50	+00:48:38 (53.7%)	9:02	6.6 (46.2%)
224	SZAREK Paweł	1281		OPEN	3	00:34:32	00:55:02	01:30:20.40	01:30:34.45	+00:48:38 (53.7%)	9:02	6.6 (46.2%)
225	SZYMALA Jan	1315		Weteran II M - 60	6	00:35:00	00:55:24	01:30:34.35	01:30:38.85	+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	01:30:50.35	01:31:23.70	+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	01:31:15.20	01:31:26.05	+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	01:31:27.15	01:31:27.15	+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	01:31:19.30	01:31:27.25	+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	01:31:16.25	01:31:43.00	+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	01:31:30.40	01:32:07.30	+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	01:32:07.25	01:32:31.15	+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	01:32:39.85	01:32:45.80	+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	01:32:38.95	01:33:05.70	+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	01:32:56.90	01:33:20.35	+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	01:33:03.50	01:33:25.00	+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	01:33:14.25	01:33:25.55	+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	01:32:53.90	01:33:26.15	+00:51:30 (55.1%)	9:17	6.5 (45.5%)
239	PTASZEK Adam	1297		OPEN	4	00:37:03	00:58:12	01:33:09.45	01:33:48.65	+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	01:33:09.35	01:33:49.10	+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	01:33:27.00	01:33:50.30	+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	01:33:27.15	01:33:50.40	+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	01:34:19.85	01:34:31.00	+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	01:35:08.25	01:35:30.90	+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	01:35:20.00	01:35:35.90	+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	01:35:12.40	01:35:42.40	+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	01:35:31.90	01:35:44.75	+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	01:35:39.50	01:35:49.35	+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	01:35:39.85	01:36:15.20	+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	01:36:09.30	01:36:28.15	+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	01:36:28.70	01:36:35.15	+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	SIGER Adam	1213	FUNDACJA UDARU MÓZGU	Masters M - 40	44	00:35:33	00:57:40	01:35:58.05	01:36:38.00	+00:54:42 (56.6%)	9:35	6.3 (44.1%)
253	DZIDEK Katarzyna	1031		Masters K - 40	26	00:36:42	00:59:31	01:36:29.45	01:36:57.05	+00:55:01 (56.8%)	9:39	6.2 (43.4%)
254	ERDMAŃSKA Natalia	1229		Senior II K - 30	50	00:36:41	00:58:08	01:36:28.75	01:36:58.00	+00:55:02 (56.8%)	9:38	6.2 (43.4%)
255	NIEMAS Anna	1042	OYAMA KARATE BRZESZCZE	Masters K - 40	27	00:36:41	00:58:09	01:36:31.85	01:37:00.00	+00:55:04 (56.8%)	9:39	6.2 (43.4%)
256	REMBIELAK-TACIAK Anna	1188	ANTONINEK POZNAŃ	Masters K - 40	28	00:36:53	00:59:50	01:37:15.45	01:37:27.40	+00:55:31 (57.0%)	9:43	6.2 (43.4%)
257	MRUGALSKA Liliana	1316		Senior I K - 20	27	00:38:55	00:59:58	01:38:01.40	01:38:21.30	+00:56:25 (57.4%)	9:48	6.1 (42.7%)
258	PIETRASZEWSKI Witold	1318		Senior II M - 30	58	00:38:53	00:59:56	01:38:00.95	01:38:22.05	+00:56:26 (57.4%)	9:48	6.1 (42.7%)
259	NICZEJDOLNY Tomasz	1300		Masters M - 40	45	00:39:52	00:55:25	01:38:30.90	01:38:41.90	+00:56:46 (57.5%)	9:51	6.1 (42.7%)
260	NIEZGÓDKA Sylwia	1270		Masters K - 40	29	00:39:42	01:00:23	01:38:32.20	01:38:42.00	+00:56:46 (57.5%)	9:51	6.1 (42.7%)
261	WALISZEWSKA- PLEWA Izabella	1036		Masters K - 40	30	00:37:11	00:59:30	01:38:33.30	01:38:51.40	+00:56:55 (57.6%)	9:51	6.1 (42.7%)
262	OLCZYK Anna	1194	RUN LODZ	Masters K - 40	31	00:36:46	00:59:45	01:38:54.35	01:39:17.75	+00:57:22 (57.8%)	9:53	6.1 (42.7%)
263	PASTUSZKA Joanna	1172	RUN ŁDZ	Weteran K - 50	5	00:39:30	01:02:26	01:38:53.20	01:39:18.05	+00:57:22 (57.8%)	9:53	6.1 (42.7%)
264	BUDNIOK Barbara	1048	ŻONY MĘŻÓW UZALEŻNIONYCH OD BIEGANIA	Masters K - 40	32	00:36:40	00:59:29	01:39:27.65	01:39:35.20	+00:57:39 (57.9%)	9:56	6 (42.0%)
265	KUTNIEWSKA Maria	1252	FACE NORDIC WALKING TEAM	Weteran K - 50	6	00:39:20	01:01:40	01:39:20.70	01:39:35.70	+00:57:40 (57.9%)	9:56	6 (42.0%)
266	MUCHA Anna	1046		Senior I K - 20	28	00:38:02	01:00:26	01:39:50.25	01:40:24.65	+00:58:29 (58.2%)	9:59	6 (42.0%)
267	WALENDA Katarzyna	1136	VEGE ULTRA RUNNERS	Masters K - 40	33	00:41:34	01:03:27	01:40:54.90	01:41:16.40	+00:59:20 (58.6%)	10:05	5.9 (41.3%)
268	KASJAN Alicja	1100		Senior I K - 20	29	00:37:19	01:01:13	01:41:15.55	01:41:35.25	+00:59:39 (58.7%)	10:07	5.9 (41.3%)
269	STACHURA Mikołaj	1101		Senior II M - 30	59	00:37:24	01:01:13	01:41:15.20	01:41:35.90	+00:59:40 (58.7%)	10:07	5.9 (41.3%)
270	PAWLIK-NIEDZIELA Sandra	1016	W POGONI ZA DUCHEM	Senior I K - 20	30	00:39:39	01:00:45	01:41:08.00	01:41:37.50	+00:59:42 (58.7%)	10:06	5.9 (41.3%)
271	KRAWCZYK Magdalena	1139	BIEGAJĄCY PALACZE	Senior II K - 30	51	00:41:33	01:04:54	01:41:16.80	01:41:38.65	+00:59:43 (58.8%)	10:07	5.9 (41.3%)
272	ZWYDAK Anna	1159	KOBIETAWBIEGU.PL	Senior I K - 20	31	00:40:37	01:02:52	01:41:23.45	01:41:46.10	+00:59:50 (58.8%)	10:08	5.9 (41.3%)
273	MAZURCZAK Ewa	1158	KOBIETAWBIEGU.PL	Masters K - 40	34	00:40:36	01:02:52	01:41:24.25	01:41:46.40	+00:59:50 (58.8%)	10:08	5.9 (41.3%)
274	PODSIADŁY Robert	1291	CHATA BIEGACZA K34	Weteran I M - 50	9	00:38:05	01:00:34	01:41:47.10	01:42:20.15	+01:00:24 (59.0%)	10:10	5.9 (41.3%)
275	AUGUSTOWSKA Izabela	1231	KB GEOTERMIA UNIEJÓW	Masters K - 40	35	00:38:21	01:00:32	01:42:09.05	01:42:23.85	+01:00:28 (59.1%)	10:12	5.9 (41.3%)
276	DOJKA Dorota	1152		Masters K - 40	36	00:38:21	01:00:24	01:42:08.85	01:42:24.20	+01:00:28 (59.1%)	10:12	5.9 (41.3%)
277	HRABAŃSKA-RACZAK Beata	1168		Senior II K - 30	52	00:40:26	01:02:55	01:42:16.55	01:42:45.60	+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	RACZAK Maciej	1167		Senior II M - 30	60	00:40:27	01:02:56	01:42:16.65	01:42:45.70	+01:00:50 (59.2%)	10:13	5.9 (41.3%)
279	STAWSKA Alicja	1298		OPEN KOBIEC	4	00:39:00	01:02:45	01:42:25.45	01:42:53.30	+01:00:57 (59.3%)	10:14	5.9 (41.3%)
280	ERENBERG Małgorzata	1153	FUDU&CO SPORT TEAM	Senior II K - 30	53	00:39:27	01:03:06	01:43:08.75	01:43:16.10	+01:01:20 (59.4%)	10:18	5.8 (40.6%)
281	RAJKOWSKA Anna	1230		Masters K - 40	37	00:39:31	01:03:06	01:43:08.95	01:43:16.30	+01:01:20 (59.4%)	10:18	5.8 (40.6%)
282	NOWAK Teresa	1192	TERESA NOWAK	Weteran II K - 60	1	00:36:16	01:00:00	01:42:58.55	01:43:32.40	+01:01:36 (59.5%)	10:17	5.8 (40.6%)
283	JĘDRZEJEWSKA Ula	1253	WATAHA	Masters K - 40	38	00:39:58	01:03:02	01:43:20.50	01:43:44.55	+01:01:49 (59.6%)	10:20	5.8 (40.6%)
284	CHMIELEWSKI Marcin	1034	BIEGAM BEZ SPINY	Masters M - 40	46	00:39:38	01:03:14	01:44:11.75	01:44:43.35	+01:02:47 (60.0%)	10:25	5.8 (40.6%)
285	LECHNA Mirella	1061		Masters K - 40	39	00:39:39	01:04:17	01:44:59.25	01:45:04.15	+01:03:08 (60.1%)	10:30	5.7 (39.9%)
286	KISIAŁA Filip	1002	LACHO TEAM	Senior II M - 30	61	00:39:39	01:03:53	01:45:08.35	01:45:50.35	+01:03:54 (60.4%)	10:30	5.7 (39.9%)
287	STAWSKA Natalia	1005		Senior II K - 30	54	00:39:43	01:04:29	01:45:14.70	01:45:50.60	+01:03:55 (60.4%)	10:31	5.7 (39.9%)
288	KUŹNIAK Marcin	1258		Masters M - 40	47	00:41:06	01:03:54	01:46:01.20	01:46:38.00	+01:04:42 (60.7%)	10:36	5.7 (39.9%)
289	SIECZKOWSKI Artur	1244	NATURAL BORN RUMIA	Masters M - 40	48	00:39:40	01:05:24	01:46:51.85	01:47:26.90	+01:05:31 (61.0%)	10:41	5.6 (39.2%)
290	NAĆKIEWICZ Justyna	1251		Masters K - 40	40	00:39:21	01:05:23	01:46:51.80	01:47:27.10	+01:05:31 (61.0%)	10:41	5.6 (39.2%)
291	KOWALCZYK OIka	1110		Senior II K - 30	55	00:39:21	01:05:24	01:46:52.60	01:47:27.80	+01:05:32 (61.0%)	10:41	5.6 (39.2%)
292	KARNOWSKI Sławomir	1280		Masters M - 40	49	00:41:35	01:06:16	01:48:06.20	01:48:27.60	+01:06:32 (61.3%)	10:48	5.6 (39.2%)
293	JÓZEFOWICZ Magdalena	1011	FUNDACJA DZIECIOM 'ZDAŻYC Z POMOCĄ' KORNEŁ MAŚLIŃSKI 28449 BIEGAM DLA KORNEŁKA	Senior II K - 30	56	00:42:33	01:07:32	01:49:50.00	01:50:09.10	+01:08:13 (61.9%)	10:59	5.5 (38.5%)
294	MADERA Bogdan	1059	RUNWALKRUN	Weteran I M - 50	10	00:41:47	01:06:27	01:50:48.20	01:50:53.20	+01:08:57 (62.2%)	11:04	5.4 (37.8%)
295	BLISKA-MROCZKA Henryka	1311		Masters K - 40	41	00:40:46	01:07:51	01:52:01.50	01:52:15.65	+01:10:20 (62.7%)	11:12	5.4 (37.8%)
296	MELSON Andrzej	1128	BIZON TEAM	Weteran I M - 50	11	00:41:44	01:07:37	01:55:07.95	01:55:40.80	+01:13:45 (63.8%)	11:30	5.2 (36.4%)
297	MELSON Maciej	1295	BIZON TEAM	Senior I M - 20	27	00:41:43	01:07:37	01:55:09.05	01:55:42.45	+01:13:46 (63.8%)	11:30	5.2 (36.4%)
298	BOCZAR Waldek	1117		Senior II M - 30	62	00:40:07	01:02:44	01:55:56.65	01:56:14.40	+01:14:18 (63.9%)	11:35	5.2 (36.4%)
299	DŁUGOSZ Marek	1232	KB GEOTERMIA UNIEJÓW	Weteran I M - 50	12	00:34:15	01:01:16	01:58:57.55	01:59:12.25	+01:17:16 (64.8%)	11:53	5 (35.0%)
300	NOWICKI Amdrzej	1104	ZJEDNOCZENI ZWYCIĘŻAMY	Masters M - 40	50	00:42:37	01:09:45	01:59:06.20	01:59:39.05	+01:17:43 (65.0%)	11:54	5 (35.0%)
301	KOSZYK Marian	1340		Weteran I M - 50	13	00:48:06	01:13:11	02:03:05.00	02:03:31.90	+01:21:36 (66.1%)	12:18	4.9 (34.3%)
302	BĄKOWSKA Maria	1211	ZĄŁOGA GÓRSKA	Weteran II K - 60	2	00:44:08	01:14:49	02:08:04.35	02:08:18.45	+01:26:22 (67.3%)	12:48	4.7 (32.9%)
303	SOKOŁOWSKI Kazimierz	1012		Weteran II M - 60	7	00:49:38	01:19:49	02:18:19.40	02:18:47.55	+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	CHYBICKA Alicja	1180		Weteran II K - 60	3	00:56:50	01:36:08	02:45:45.80	02:46:04.30	+02:04:08 (74.8%)	16:34	3.6 (25.2%)
	KITA Michał	1068	PĘDZĄCY W MIEJSCU	Masters M - 40		00:19:10 DNF	00:30:16 DNF	DNF	DNF		-	- (0.0%)

Znaleziono 305 wynik(ów)