

Wydarzenie: XIII Bieg Tropem Wilczym
Organizator: Fundacja Wolność i Demokracja
Data: 2025-03-02
Miejsce: Warszawa
Dystans: 1.963 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 1.963km	Czas brutto 1.963km	Różn	Tempo min/km	Tempo km/h
1	SIENICKI Mikołaj	2241		M18	1	00:00:03	00:06:56.74	00:06:59.96		3:31	17 (100%)
2	NIEWIADOMSKI Igor	2016	SZTORM KOŁOBRZEG	M30	1	00:00:00	00:07:00.60	00:07:00.83	+00:00:03 (0.9%)	3:33	16.8 (98.8%)
3	TCHOREK Robert	2075	INVICTUS OŻARÓW MAZOWIECKI	M18	2	00:00:00	00:07:23.22	00:07:23.46	+00:00:26 (6.0%)	3:45	16 (94.1%)
4	HAŁACIŃSKA Natalia	2126	KS CZEMPION	K18	1	00:00:00	00:07:50.71	00:07:50.94	+00:00:53 (11.5%)	3:59	15 (88.2%)
5	KURPIEL Piotr	2085		M18	3	00:00:20	00:07:58.89	00:08:19.88	+00:01:02 (13.0%)	4:03	14.8 (87.1%)
6	BORZĄDEK Aleksandra	2162	ADIDAS RUNNERS WARSAW	K20	1	00:00:03	00:08:08.87	00:08:12.30	+00:01:12 (14.8%)	4:08	14.5 (85.3%)
7	OMBACH Jan	2004		M18	4	00:00:04	00:08:26.01	00:08:30.24	+00:01:29 (17.6%)	4:17	14 (82.4%)
8	WIECZOREK Michał	2160		M50	1	00:00:05	00:08:30.73	00:08:35.89	+00:01:33 (18.4%)	4:19	13.9 (81.8%)
9	OMBACH Adam	2005		M18	5	00:00:03	00:08:31.62	00:08:35.53	+00:01:34 (18.5%)	4:20	13.8 (81.2%)
10	FILIPOWICZ Natalia	2201	NEW BALANCE RUN CLUB	K30	1	00:00:03	00:08:36.08	00:08:39.70	+00:01:39 (19.2%)	4:22	13.7 (80.6%)
11	ICIŃSKI Krzysztof	2047	TELEWIZJA REPUBLIKA	M40	1	00:00:07	00:08:51.07	00:08:58.18	+00:01:54 (21.5%)	4:30	13.3 (78.2%)
12	ZIAJA Adam	2287		M40	2	00:00:36	00:08:54.88	00:09:31.47	+00:01:58 (22.1%)	4:32	13.2 (77.6%)
13	GOLAŃSKI Jan	2191		M18	6	00:00:03	00:08:57.06	00:09:01.01	+00:02:00 (22.4%)	4:33	13.2 (77.6%)
14	WOLF Franciszek	2065		M20	1	00:00:10	00:08:57.54	00:09:08.29	+00:02:00 (22.5%)	4:33	13.2 (77.6%)
15	MICHNIEWICZ Tymon	2258		M18	7	00:00:08	00:08:59.48	00:09:08.36	+00:02:02 (22.8%)	4:34	13.1 (77.1%)
16	KWIATKOWSKI Szymon	2094		M18	8	00:00:09	00:08:59.90	00:09:09.62	+00:02:03 (22.8%)	4:34	13.1 (77.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 1.963km	Czas brutto 1.963km	Różn	Tempo min/km	Tempo km/h
17	GĄDEK-MLECZKO Katarzyna	2255		K40	1	00:00:09	00:09:01.26	00:09:10.35	+00:02:04 (23.0%)	4:35	13.1 (77.1%)
18	REMISZ Łukasz	2079		M30	2	00:00:25	00:09:03.14	00:09:28.32	+00:02:06 (23.3%)	4:36	13 (76.5%)
19	LEWICKI Grzegorz	2048		M40	3	00:00:05	00:09:03.98	00:09:09.08	+00:02:07 (23.4%)	4:36	13 (76.5%)
20	WÓJCIK Adam	2052	OSPRO	M18	9	00:00:00	00:09:08.41	00:09:08.64	+00:02:11 (24.0%)	4:39	12.9 (75.9%)
21	BŁASZCZYK Cezary	2278		M50	2	00:00:10	00:09:17.52	00:09:28.51	+00:02:20 (25.3%)	4:43	12.7 (74.7%)
22	TCHOREK Paweł	2076	INVICTUS OŻARÓW MAZOWIECKI	M40	4	00:00:03	00:09:23.33	00:09:26.81	+00:02:26 (26.0%)	4:46	12.6 (74.1%)
23	WOJTYŚ Rafał	2197		M30	3	00:05:55	00:09:28.17	00:15:23.66	+00:02:31 (26.7%)	4:49	12.4 (72.9%)
24	BŁESZNOWSKI Marcin	2187		M18	10	00:00:10	00:09:31.87	00:09:41.99	+00:02:35 (27.1%)	4:50	12.4 (72.9%)
25	SOBUSIAK Iwo	2068	NINJA ELEMENTS	M30	4	00:00:06	00:09:33.07	00:09:39.17	+00:02:36 (27.3%)	4:51	12.3 (72.4%)
26	TRANDA Anastazja	2120	KR ROZOGI	K18	2	00:00:04	00:09:37.90	00:09:42.84	+00:02:41 (27.9%)	4:53	12.2 (71.8%)
27	TRANDA Łukasz	2118	KR ROZOGI	M40	5	00:00:04	00:09:38.25	00:09:42.89	+00:02:41 (27.9%)	4:54	12.2 (71.8%)
28	SIENICKI Ignacy	2242		M18	11	00:00:08	00:09:44.96	00:09:53.61	+00:02:48 (28.8%)	4:57	12.1 (71.2%)
29	ŚLEPKO Marcin	2248		M40	6	00:00:17	00:09:45.57	00:10:03.31	+00:02:48 (28.8%)	4:58	12.1 (71.2%)
30	RYGIEL Bartosz	2133	SZK.PODST.NR.381	M18	12	00:00:05	00:09:45.67	00:09:51.22	+00:02:48 (28.8%)	4:58	12.1 (71.2%)
31	SIENICKI Jan	2240		M40	7	00:00:08	00:09:45.87	00:09:54.27	+00:02:49 (28.9%)	4:58	12.1 (71.2%)
32	WRONOWSKI Maciej	2173		M18	13	00:00:00	00:09:50.75	00:09:50.99	+00:02:54 (29.5%)	5:00	12 (70.6%)
33	LEGUT Tomasz	2189	IPN	M30	5	00:00:26	00:09:50.97	00:10:17.14	+00:02:54 (29.5%)	5:00	12 (70.6%)
34		2244		M50	3	00:00:17	00:09:55.37	00:10:12.46	+00:02:58 (30.0%)	5:03	11.9 (70.0%)
35	GRUSZCZYŃSKI Wiktor	2091		M18	14	00:00:16	00:09:57.45	00:10:14.25	+00:03:00 (30.2%)	5:04	11.8 (69.4%)
36	GOLAŃSKI Marcin	2181		M40	8	00:00:03	00:09:58.15	00:10:01.97	+00:03:01 (30.3%)	5:04	11.8 (69.4%)
37	ŁUCZYŃSKA Aniela	2067		K18	3	00:00:00	00:10:03.89	00:10:04.12	+00:03:07 (31.0%)	5:07	11.7 (68.8%)
38		2077		M18	15	00:00:09	00:10:04.31	00:10:13.34	+00:03:07 (31.0%)	5:07	11.7 (68.8%)
39		2078		M40	9	00:00:09	00:10:04.81	00:10:13.88	+00:03:08 (31.1%)	5:07	11.7 (68.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 1.963km	brutto 1.963km			
40	KACZMARZYK Hubert	2159	MAZOWIECKI ODDZIAŁ ŻANDARMERII WOJSKOWEJ	M20	2	00:00:16	00:10:06.53	00:10:23.40	+00:03:09 (31.3%)	5:08	11.7 (68.8%)
41	KOŁAKOWSKI Jerzy	2070		M18	16	00:00:29	00:10:17.47	00:10:46.85	+00:03:20 (32.5%)	5:14	11.5 (67.6%)
42	PIĄTEK Kamil	2062		M30	6	00:00:26	00:10:18.13	00:10:45.11	+00:03:21 (32.6%)	5:14	11.4 (67.1%)
43	PIERZCHAŁA Michał	2246		M20	3	00:00:21	00:10:18.67	00:10:40.55	+00:03:21 (32.6%)	5:14	11.4 (67.1%)
44	MACUTKIEWICZ Paweł	2145		M50	4	00:00:13	00:10:23.33	00:10:36.47	+00:03:26 (33.1%)	5:17	11.3 (66.5%)
45	MACUTKIEWICZ Jan	2149		M20	4	00:00:14	00:10:24.51	00:10:38.55	+00:03:27 (33.3%)	5:17	11.3 (66.5%)
46	PARULSKI Arkadiusz	2074	INVICTUS	M40	10	00:00:07	00:10:24.53	00:10:31.69	+00:03:27 (33.3%)	5:17	11.3 (66.5%)
47	WIWAŁA Michał	2274		M18	17	00:00:10	00:10:24.72	00:10:35.34	+00:03:27 (33.3%)	5:17	11.3 (66.5%)
48	PIERZCHAŁA Robert	2245		M60	1	00:00:22	00:10:25.81	00:10:48.20	+00:03:29 (33.4%)	5:18	11.3 (66.5%)
49	KŁYGO Krzysztof	2176		M50	5	00:00:07	00:10:26.50	00:10:33.90	+00:03:29 (33.5%)	5:18	11.3 (66.5%)
50	MACUTKIEWICZ Wiktoria	2144		K18	4	00:00:13	00:10:29.72	00:10:43.15	+00:03:32 (33.8%)	5:20	11.2 (65.9%)
51	GOLAŃSKA Hanna	2190		K18	5	00:00:03	00:10:30.68	00:10:34.24	+00:03:33 (33.9%)	5:20	11.2 (65.9%)
52	CZARNEWICZ Szymon	2080		M18	18	00:00:00	00:10:31.81	00:10:32.05	+00:03:35 (34.0%)	5:21	11.2 (65.9%)
53	ABRAMOWSKA Barbara	2183		K18	6	00:00:11	00:10:31.83	00:10:43.19	+00:03:35 (34.0%)	5:21	11.2 (65.9%)
54	ŁOPATKA Maria	2128	PROMOTION GÓRA ŻAR	K18	7	00:00:10	00:10:32.05	00:10:42.55	+00:03:35 (34.1%)	5:21	11.2 (65.9%)
55	SIEŃKO-LE Perun	3135		M18	19	00:00:40	00:10:32.60	00:11:12.81	+00:03:35 (34.1%)	5:21	11.2 (65.9%)
56	GÓRE CZNY Marcel	2020		M18	20	00:00:00	00:10:33.07	00:10:33.30	+00:03:36 (34.2%)	5:22	11.2 (65.9%)
57	SŁABIK Łukasz	2096	IMPERIAL BRANDS	M18	21	00:00:15	00:10:33.16	00:10:49.11	+00:03:36 (34.2%)	5:22	11.2 (65.9%)
58	WIE Erni	2084		M18	22	00:00:00	00:10:33.34	00:10:33.34	+00:03:36 (34.2%)	5:22	11.2 (65.9%)
59	SŁABIK Piotr	2097	IMPERIAL BRANDS	M50	6	00:00:15	00:10:33.36	00:10:49.35	+00:03:36 (34.2%)	5:22	11.2 (65.9%)
60		2200		M20	5	00:00:23	00:10:33.51	00:10:56.98	+00:03:36 (34.2%)	5:22	11.2 (65.9%)
61	ZYGADŁO Katarzyna	2199		K20	2	00:00:22	00:10:34.10	00:10:56.85	+00:03:37 (34.3%)	5:22	11.1 (65.3%)
62	PARULSKA Zofia	2073	INVICTUS	K18	8	00:00:06	00:10:41.42	00:10:48.22	+00:03:44 (35.0%)	5:26	11 (64.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 1.963km	brutto 1.963km			
63	STRĄCZYŃSKI Adam	2167		M18	23	00:00:13	00:10:48.07	00:11:01.54	+00:03:51 (35.7%)	5:30	10.9 (64.1%)
64	GAZDA Sebastian	2269		M18	24	00:00:18	00:10:50.37	00:11:09.20	+00:03:53 (35.9%)	5:31	10.9 (64.1%)
65	RUSIECKA Agnieszka	2143		K40	2	00:00:13	00:10:54.37	00:11:07.44	+00:03:57 (36.3%)	5:33	10.8 (63.5%)
66	MLECZKO Mateusz	2254		M18	25	00:00:28	00:10:54.98	00:11:23.89	+00:03:58 (36.4%)	5:33	10.8 (63.5%)
67	SIEŃKO Dariusz	3134		M40	11	00:00:39	00:10:56.77	00:11:36.06	+00:04:00 (36.5%)	5:34	10.8 (63.5%)
68		2177		M30	7	00:00:22	00:10:57.39	00:11:19.44	+00:04:00 (36.6%)	5:34	10.8 (63.5%)
69	KUREK Filip	2043		M18	26	00:00:03	00:11:01.10	00:11:04.72	+00:04:04 (37.0%)	5:36	10.7 (62.9%)
70	PIWKO Radosław	2237		M40	12	00:00:30	00:11:04.67	00:11:35.15	+00:04:07 (37.3%)	5:38	10.6 (62.4%)
71	PIECHOTA Czesław	2132	SP 381 WARSZAWA	M18	27	00:00:00	00:11:05.65	00:11:05.89	+00:04:08 (37.4%)	5:38	10.6 (62.4%)
72	LATEK Wiktor	2106		M18	28	00:00:00	00:11:05.67	00:11:05.91	+00:04:08 (37.4%)	5:38	10.6 (62.4%)
73	ŚLUSARCZYK Sylwester	2251		M50	7	00:00:20	00:11:06.65	00:11:27.19	+00:04:09 (37.5%)	5:39	10.6 (62.4%)
74	PAZIEWSKI Jakuba	2081		M18	29	00:00:00	00:11:06.68	00:11:06.92	+00:04:09 (37.5%)	5:39	10.6 (62.4%)
75	SOBCZYK Artur	2266		M50	8	00:00:06	00:11:06.97	00:11:13.67	+00:04:10 (37.5%)	5:39	10.6 (62.4%)
76	KOŁAKOWSKI Jakub	2071		M40	13	00:00:29	00:11:07.90	00:11:37.25	+00:04:11 (37.6%)	5:39	10.6 (62.4%)
77	SZCZEŚ Piotr	2234		M30	8	00:00:27	00:11:09.47	00:11:36.62	+00:04:12 (37.8%)	5:40	10.6 (62.4%)
78	SZCZEŚ Szymon	2235		M18	30	00:00:27	00:11:11.22	00:11:38.54	+00:04:14 (37.9%)	5:41	10.5 (61.8%)
79	TRANDA Adam	2121	KR ROZOGI	M18	31	00:00:05	00:11:17.55	00:11:23.06	+00:04:20 (38.5%)	5:44	10.4 (61.2%)
80	BARTOSZEWSKI Dominik	2182		M20	6	00:00:11	00:11:22.24	00:11:33.92	+00:04:25 (38.9%)	5:47	10.4 (61.2%)
81	SZÓSTAK Krystian	2148		M30	9	00:00:19	00:11:25.57	00:11:45.04	+00:04:28 (39.2%)	5:48	10.3 (60.6%)
82	REGULSKA Ewa	2202		K40	3	00:00:06	00:11:34.43	00:11:41.09	+00:04:37 (40.0%)	5:53	10.2 (60.0%)
83	IZDEBSKI Wojciech	2013		M50	9	00:00:14	00:11:35.55	00:11:49.88	+00:04:38 (40.1%)	5:54	10.2 (60.0%)
84	SIEŃKO-LE Zorza	2192		K18	9	00:00:40	00:11:39.43	00:12:20.01	+00:04:42 (40.4%)	5:56	10.1 (59.4%)
85		2037		K30	2	00:00:35	00:11:41.96	00:12:17.09	+00:04:45 (40.6%)	5:57	10.1 (59.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 1.963km	Czas brutto 1.963km	Różn	Tempo min/km	Tempo km/h
86	HOJDYS-ŁOPATKA Agnieszka	2127	PROMOTION GÓRA ŻAR	K40	4	00:00:10	00:11:45.95	00:11:56.23	+00:04:49 (41.0%)	5:59	10 (58.8%)
87	PAWEŁEK Eryk	2129		M18	32	00:00:08	00:11:46.24	00:11:54.36	+00:04:49 (41.0%)	5:59	10 (58.8%)
88	KRZYSZTOFIK Kamil	2166		M20	7	00:00:07	00:11:47.22	00:11:54.30	+00:04:50 (41.1%)	6:00	10 (58.8%)
89	WILCZYŃSKI Szymon	2001		M18	33	00:00:29	00:11:47.62	00:12:17.06	+00:04:50 (41.1%)	6:00	10 (58.8%)
90	SZCZEPAŃSKI Łukasz	2168		M40	14	00:00:13	00:11:52.19	00:12:06.11	+00:04:55 (41.5%)	6:02	9.9 (58.2%)
91	WILCZYŃSKA Dominika	2140	KS ATLETA	K18	10	00:00:21	00:11:52.57	00:12:14.32	+00:04:55 (41.5%)	6:02	9.9 (58.2%)
92	SIKORSKI Maciej	2007		M18	34	00:00:25	00:12:02.37	00:12:27.91	+00:05:05 (42.3%)	6:07	9.8 (57.6%)
93	GRONEK Jerzy	2019		M60	2	00:00:21	00:12:08.85	00:12:30.28	+00:05:12 (42.8%)	6:10	9.7 (57.1%)
94	JANASZ Janusz	2137		M50	10	00:00:17	00:12:09.04	00:12:26.25	+00:05:12 (42.8%)	6:11	9.7 (57.1%)
95	LEGIERSKA Ewa	2256		K50	1	00:00:11	00:12:09.13	00:12:20.67	+00:05:12 (42.8%)	6:11	9.7 (57.1%)
96	GRONEK Karol	2018		M18	35	00:00:20	00:12:09.59	00:12:29.68	+00:05:12 (42.9%)	6:11	9.7 (57.1%)
97	MAŁECKI Krzysztof	2050	BIEGNĘ DLA MARYSI	M40	15	00:00:26	00:12:10.69	00:12:36.94	+00:05:13 (43.0%)	6:11	9.7 (57.1%)
98	MATYSIAK Tomasz	2156		M40	16	00:00:29	00:12:12.77	00:12:41.98	+00:05:16 (43.1%)	6:12	9.7 (57.1%)
99	SIKORSKA Aneta	2009		K40	5	00:00:21	00:12:13.17	00:12:34.28	+00:05:16 (43.2%)	6:13	9.6 (56.5%)
100	JABŁOŃSKA Izabela	2044		K40	6	00:00:23	00:12:13.49	00:12:37.04	+00:05:16 (43.2%)	6:13	9.6 (56.5%)
101	ANTOSZ Katarzyna	2268		K40	7	00:00:08	00:12:16.60	00:12:24.94	+00:05:19 (43.4%)	6:14	9.6 (56.5%)
102	DZIEDZIC Ewa	2101	TEAM ZABIEGANEDNI	K50	2	00:00:27	00:12:20.20	00:12:48.15	+00:05:23 (43.7%)	6:16	9.5 (55.9%)
103	DYS Alicja	2171		K20	3	00:00:15	00:12:22.85	00:12:38.44	+00:05:26 (43.9%)	6:17	9.5 (55.9%)
104	FRASUNKIEWICZ Robert	2117		M50	11	00:00:34	00:12:22.90	00:12:57.66	+00:05:26 (43.9%)	6:17	9.5 (55.9%)
105	SHYSHKO Pavel	2058		M30	10	00:00:07	00:12:23.17	00:12:30.84	+00:05:26 (43.9%)	6:18	9.5 (55.9%)
106	PAWEŁEK Monika	2131		K40	8	00:00:09	00:12:24.42	00:12:34.06	+00:05:27 (44.0%)	6:19	9.5 (55.9%)
107	WACEK Wiktor	2153		M60	3	00:00:12	00:12:26.54	00:12:39.39	+00:05:29 (44.2%)	6:20	9.5 (55.9%)
108	MICHAŁOWSKA Barbara	2082		K50	3	00:00:13	00:12:30.23	00:12:43.82	+00:05:33 (44.5%)	6:22	9.4 (55.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 1.963km	brutto 1.963km			
109	TRANDA Jan	2122	KR ROZOGI	M18	36	00:00:04	00:12:30.83	00:12:35.66	+00:05:34 (44.5%)	6:22	9.4 (55.3%)
110	MAZUREK Sara	2249		K18	11	00:00:16	00:12:31.89	00:12:48.24	+00:05:35 (44.6%)	6:22	9.4 (55.3%)
111	MATYASIK Julia	2138		K18	12	00:00:16	00:12:32.13	00:12:48.23	+00:05:35 (44.6%)	6:23	9.4 (55.3%)
112		2155		M60	4	00:00:10	00:12:35.37	00:12:46.35	+00:05:38 (44.8%)	6:24	9.4 (55.3%)
113	WRONOWSKI Łukasz	2174		M40	17	00:00:25	00:12:37.94	00:13:03.21	+00:05:41 (45.0%)	6:25	9.3 (54.7%)
114	RABIEJEWSKI Jerzy	2291		M60	5	00:13:09	00:12:38.38	00:25:48.00	+00:05:41 (45.0%)	6:26	9.3 (54.7%)
115	PRZYBYSZ Grzegorz	2104		M40	18	00:00:28	00:12:40.86	00:13:09.13	+00:05:44 (45.2%)	6:27	9.3 (54.7%)
116	WYGANOWSKA Klaudia	2103		K30	3	00:00:28	00:12:40.93	00:13:09.19	+00:05:44 (45.2%)	6:27	9.3 (54.7%)
117	STANIÓRSKI Andrzej	2184		M40	19	00:00:25	00:12:41.70	00:13:07.51	+00:05:44 (45.3%)	6:27	9.3 (54.7%)
118	STANIÓRSKA Antonina	2186		K18	13	00:00:24	00:12:41.92	00:13:06.29	+00:05:45 (45.3%)	6:27	9.3 (54.7%)
119	ŚWIERCZ Krzysztof	2271		M40	20	00:00:22	00:12:43.30	00:13:05.49	+00:05:46 (45.4%)	6:28	9.3 (54.7%)
120		2040	SZCZEGÓLNY SZCZYGIEL	K20	4	00:00:15	00:12:43.47	00:12:58.93	+00:05:46 (45.4%)	6:28	9.3 (54.7%)
121	SZCZEŚ Krzysztof	2232		M60	6	00:00:29	00:12:48.03	00:13:17.55	+00:05:51 (45.7%)	6:31	9.2 (54.1%)
122	GOSEK Michał	2032		M18	37	00:00:04	00:12:48.16	00:12:52.71	+00:05:51 (45.7%)	6:31	9.2 (54.1%)
123	SZCZEŚ Marcin	2233		M18	38	00:00:29	00:12:48.61	00:13:18.22	+00:05:51 (45.8%)	6:31	9.2 (54.1%)
124	GLONEK Szymon	2053		M18	39	00:00:04	00:12:50.02	00:12:54.82	+00:05:53 (45.9%)	6:32	9.2 (54.1%)
125	ZAŁĘSKI Robert	2088	NIEZRZESZONY	M60	7	00:00:05	00:12:54.23	00:13:00.20	+00:05:57 (46.2%)	6:34	9.1 (53.5%)
126	BRODOWSKA Liliana	2150		K18	14	00:00:24	00:12:57.01	00:13:21.63	+00:06:00 (46.4%)	6:35	9.1 (53.5%)
127	KUCHARCZYK Piotr	2152		M18	40	00:00:24	00:12:59.93	00:13:24.27	+00:06:03 (46.6%)	6:36	9.1 (53.5%)
128	GAJEK Piotr	2012		M50	12	00:00:18	00:13:00.40	00:13:18.71	+00:06:03 (46.6%)	6:37	9.1 (53.5%)
129	KOZAK Bartłomiej	2289		M18	41	00:00:43	00:13:00.66	00:13:44.31	+00:06:03 (46.6%)	6:37	9.1 (53.5%)
130	OLSZEWSKA Barbara	2272		K18	15	00:00:04	00:13:02.54	00:13:07.05	+00:06:05 (46.7%)	6:38	9 (52.9%)
131	KOKOT Mateusz	2211		M20	8	00:00:47	00:13:03.25	00:13:51.12	+00:06:06 (46.8%)	6:38	9 (52.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 1.963km	brutto 1.963km			
132	IWANCZUK Monika	2063		K30	4	00:00:20	00:13:07.55	00:13:27.78	+00:06:10 (47.1%)	6:40	9 (52.9%)
133	RZESZOT Dominika	2064		K30	5	00:00:19	00:13:08.71	00:13:28.23	+00:06:11 (47.2%)	6:41	9 (52.9%)
134	KRYSTIAN Alicja	2170		K50	4	00:00:06	00:13:09.33	00:13:15.60	+00:06:12 (47.2%)	6:41	9 (52.9%)
135	MILEISHA Ahnesa	2054		K30	6	00:00:04	00:13:12.25	00:13:17.22	+00:06:15 (47.4%)	6:43	8.9 (52.4%)
136	TOMASZEWSKI Sławomir	2042		M50	13	00:00:29	00:13:13.01	00:13:42.67	+00:06:16 (47.4%)	6:43	8.9 (52.4%)
137	BAŁDYGA Ewa	2147		K18	16	00:00:17	00:13:13.20	00:13:31.02	+00:06:16 (47.5%)	6:43	8.9 (52.4%)
138	WÓJCIK Bruno	2247		M18	42	00:00:00	00:13:13.30	00:13:13.53	+00:06:16 (47.5%)	6:43	8.9 (52.4%)
139	KARA Zuzanna	2114		K18	17	00:00:05	00:13:15.67	00:13:21.19	+00:06:18 (47.6%)	6:44	8.9 (52.4%)
140	PACIUKANIS Urszula	2002		K20	5	00:00:17	00:13:16.13	00:13:33.39	+00:06:19 (47.7%)	6:45	8.9 (52.4%)
141	PACIUKANIS Jan	2003		M60	8	00:00:17	00:13:17.90	00:13:35.00	+00:06:21 (47.8%)	6:46	8.9 (52.4%)
142	BAŁDYGA Marcin	2146		M40	21	00:00:18	00:13:19.05	00:13:37.31	+00:06:22 (47.8%)	6:47	8.8 (51.8%)
143	OMBACH Antoni	2006		M18	43	00:00:04	00:13:21.71	00:13:26.04	+00:06:24 (48.0%)	6:48	8.8 (51.8%)
144	OMBACH Jacek	2236		M40	22	00:00:04	00:13:23.18	00:13:27.22	+00:06:26 (48.1%)	6:49	8.8 (51.8%)
145	SKOWRON Anna	2158		K40	9	00:00:27	00:13:35.50	00:14:02.55	+00:06:38 (48.9%)	6:55	8.7 (51.2%)
146	BORUCKI Radosław	2180		M50	14	00:00:33	00:13:35.84	00:14:09.53	+00:06:39 (48.9%)	6:55	8.7 (51.2%)
147	SKOWRON Antoni	2157		M18	44	00:00:25	00:13:36.81	00:14:02.62	+00:06:40 (49.0%)	6:55	8.7 (51.2%)
148	NADOLSKI Marek	2027		M50	15	00:00:27	00:13:36.85	00:14:04.30	+00:06:40 (49.0%)	6:55	8.7 (51.2%)
149	PECELEROWICZ Maksymilian	2100		M18	45	00:00:15	00:13:37.78	00:13:52.84	+00:06:41 (49.0%)	6:56	8.6 (50.6%)
150	KOWALCZYK Marta	2172		K30	7	00:00:12	00:13:38.24	00:13:50.38	+00:06:41 (49.1%)	6:56	8.6 (50.6%)
151	MACHNACKI Michał	2178	GRUPA BIEGOWA UM W-WA	M40	23	00:00:25	00:13:42.15	00:14:07.24	+00:06:45 (49.3%)	6:58	8.6 (50.6%)
152	MLECZKO Marcin	2253		M18	46	00:00:37	00:13:42.41	00:14:20.19	+00:06:45 (49.3%)	6:58	8.6 (50.6%)
153	HACZYKOWSKA Anna	2212		K18	18	00:00:42	00:13:46.29	00:14:28.96	+00:06:49 (49.6%)	7:00	8.6 (50.6%)
154	PODLASIŃSKI Rafał	2098	AKADEMIA POŻARNICZA	M40	24	00:00:14	00:13:47.02	00:14:01.89	+00:06:50 (49.6%)	7:01	8.5 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 1.963km	Czas brutto 1.963km	Różn	Tempo min/km	Tempo km/h
155	WRZOS Ilona	2139	SKARYSZEWSKIE CIACHA	K40	10	00:00:16	00:13:49.34	00:14:06.24	+00:06:52 (49.8%)	7:02	8.5 (50.0%)
156	SYLWANOWICZ Monika	2165	MAMA W BIEGU	K50	5	00:00:16	00:13:49.38	00:14:06.07	+00:06:52 (49.8%)	7:02	8.5 (50.0%)
157		2243		K60	1	00:00:17	00:13:52.58	00:14:10.20	+00:06:55 (49.9%)	7:03	8.5 (50.0%)
158		2041		M50	16	00:00:25	00:13:52.70	00:14:18.09	+00:06:55 (50.0%)	7:03	8.5 (50.0%)
159	PODLASIŃSKA-PECELEROWICZ Olga	2099		K30	8	00:00:15	00:14:00.02	00:14:15.05	+00:07:03 (50.4%)	7:07	8.4 (49.4%)
160	SZPIGIELSKA Monika	2051		K40	11	00:00:03	00:14:04.26	00:14:07.30	+00:07:07 (50.6%)	7:09	8.4 (49.4%)
161		2087		M40	25	00:00:06	00:14:12.42	00:14:18.89	+00:07:15 (51.1%)	7:14	8.3 (48.8%)
162		2086		K18	19	00:00:06	00:14:12.87	00:14:19.27	+00:07:16 (51.1%)	7:14	8.3 (48.8%)
163	JABŁECKI Mariusz	2261		M50	17	00:00:07	00:14:18.06	00:14:25.63	+00:07:21 (51.4%)	7:17	8.2 (48.2%)
164	SZAWELA Artur	2057		M30	11	00:00:07	00:14:18.37	00:14:26.15	+00:07:21 (51.4%)	7:17	8.2 (48.2%)
165	JABŁECKA Alicja	2262		K18	20	00:00:04	00:14:19.76	00:14:24.47	+00:07:23 (51.5%)	7:17	8.2 (48.2%)
166	LEPIANKA Joanna	2283		K50	6	00:00:30	00:14:31.21	00:15:01.88	+00:07:34 (52.2%)	7:23	8.1 (47.6%)
167	WRZOSEK Dariusz	2281		M30	12	00:00:31	00:14:31.76	00:15:03.36	+00:07:35 (52.2%)	7:23	8.1 (47.6%)
168	WRZOSEK Marta	2282		K30	9	00:00:31	00:14:36.41	00:15:08.09	+00:07:39 (52.4%)	7:26	8.1 (47.6%)
169	PIOTROWSKA Wiktoria	2055		K30	10	00:00:08	00:14:38.20	00:14:46.34	+00:07:41 (52.5%)	7:27	8 (47.1%)
170		2014		K40	12	00:00:14	00:14:40.73	00:14:55.47	+00:07:43 (52.7%)	7:28	8 (47.1%)
171	PILECKA Martyna	2206	ARGUS	K30	11	00:00:27	00:14:46.99	00:15:14.20	+00:07:50 (53.0%)	7:31	8 (47.1%)
172		2163		K20	6	00:00:28	00:14:47.24	00:15:15.81	+00:07:50 (53.0%)	7:31	8 (47.1%)
173		2164		M20	9	00:00:28	00:14:47.36	00:15:16.26	+00:07:50 (53.0%)	7:31	8 (47.1%)
174	PIETRAK Jan	2135		M18	47	00:00:00	00:14:49.34	00:14:49.57	+00:07:52 (53.1%)	7:32	7.9 (46.5%)
175		2175		K30	12	00:00:20	00:14:52.09	00:15:12.77	+00:07:55 (53.3%)	7:34	7.9 (46.5%)
176	KIEŁSA Aleks	2045		M18	48	00:00:05	00:14:52.98	00:14:58.41	+00:07:56 (53.3%)	7:34	7.9 (46.5%)
177	MICHALAK Zuzanna	2239		K18	21	00:00:05	00:14:53.26	00:14:58.46	+00:07:56 (53.3%)	7:34	7.9 (46.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 1.963km	brutto 1.963km			
178	JANKOWSKA Dorota	2238		K50	7	00:00:09	00:14:56.17	00:15:05.88	+00:07:59 (53.5%)	7:36	7.9 (46.5%)
179	WOJDA Pawel	2083		M40	26	00:00:40	00:14:57.16	00:15:37.21	+00:08:00 (53.5%)	7:36	7.9 (46.5%)
180	SIKORA Joanna	2110		K20	7	00:00:36	00:15:02.44	00:15:39.44	+00:08:05 (53.8%)	7:39	7.8 (45.9%)
181	SIKORA Jacek	2108		M60	9	00:00:37	00:15:03.02	00:15:40.20	+00:08:06 (53.9%)	7:40	7.8 (45.9%)
182	KWIATKOWSKA -SIKORA Ewa	2109		K60	2	00:00:36	00:15:03.21	00:15:39.80	+00:08:06 (53.9%)	7:40	7.8 (45.9%)
183	NOWORYTA Jacek	2179		M60	10	00:00:38	00:15:07.10	00:15:45.81	+00:08:10 (54.1%)	7:42	7.8 (45.9%)
184	WOJNICZ Laura	2205		K30	13	00:00:47	00:15:10.47	00:15:58.20	+00:08:13 (54.2%)	7:43	7.8 (45.9%)
185	WOJNICZ Blazej	2208		M40	27	00:00:48	00:15:10.89	00:15:59.39	+00:08:14 (54.2%)	7:43	7.8 (45.9%)
186	WOJNICZ Aleksander	2204		M18	49	00:00:46	00:15:12.27	00:15:58.80	+00:08:15 (54.3%)	7:44	7.7 (45.3%)
187	PAWLOT Marcin	2022		M60	11	00:00:06	00:15:12.66	00:15:19.59	+00:08:15 (54.3%)	7:44	7.7 (45.3%)
188	GŁADYSZ Mieczysław	2111		M60	12	00:00:06	00:15:13.57	00:15:19.64	+00:08:16 (54.4%)	7:45	7.7 (45.3%)
189	CZYŻKOWSKA Bożena	2021		K60	3	00:00:07	00:15:14.13	00:15:21.24	+00:08:17 (54.4%)	7:45	7.7 (45.3%)
190		2033		K18	22	00:00:15	00:15:17.42	00:15:33.05	+00:08:20 (54.6%)	7:47	7.7 (45.3%)
191	GÓRZYŃSKI Andrzej	2023		M60	13	00:00:12	00:15:21.01	00:15:33.51	+00:08:24 (54.8%)	7:49	7.7 (45.3%)
192	PLITTA Ludmiła	2015		K40	13	00:00:14	00:15:29.88	00:15:43.90	+00:08:33 (55.2%)	7:53	7.6 (44.7%)
193	MIEDZIŃSKA Julia	2011	SP382	K18	23	00:00:22	00:15:43.48	00:16:06.35	+00:08:46 (55.8%)	8:00	7.5 (44.1%)
194		2090		K18	24	00:00:24	00:15:45.48	00:16:10.32	+00:08:48 (55.9%)	8:01	7.5 (44.1%)
195	PYRZYNA Mikołaj	2115		M18	50	00:00:08	00:15:46.14	00:15:54.75	+00:08:49 (56.0%)	8:01	7.5 (44.1%)
196		2089		K18	25	00:00:22	00:15:46.45	00:16:08.53	+00:08:49 (56.0%)	8:01	7.5 (44.1%)
197	JANKOWSKI Adam	2030		M50	18	00:00:09	00:15:46.68	00:15:56.51	+00:08:49 (56.0%)	8:01	7.5 (44.1%)
198	GROCHÓLSKI Franciszek	2024		M18	51	00:00:12	00:15:57.22	00:16:09.68	+00:09:00 (56.5%)	8:07	7.4 (43.5%)
199	WOJNICZ Helena	2207		K18	26	00:00:47	00:16:07.66	00:16:55.10	+00:09:10 (56.9%)	8:12	7.3 (42.9%)
200	PIETRZAK-WOJNICZ Ewelina	2203		K30	14	00:00:47	00:16:08.00	00:16:55.15	+00:09:11 (56.9%)	8:13	7.3 (42.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 1.963km	brutto 1.963km			
201	PYZIK Magdalena	2116		K40	14	00:00:08	00:16:09.52	00:16:17.81	+00:09:12 (57.0%)	8:13	7.3 (42.9%)
202	BARTOSZYN Robert	2102		M50	19	00:00:28	00:16:20.07	00:16:48.22	+00:09:23 (57.5%)	8:19	7.2 (42.4%)
203	PIETRAK Michał	2134		M40	28	00:00:03	00:16:20.93	00:16:24.24	+00:09:24 (57.5%)	8:19	7.2 (42.4%)
204	PATYRA Jan	2280		M18	52	00:00:26	00:16:21.92	00:16:48.79	+00:09:25 (57.6%)	8:19	7.2 (42.4%)
205	PATYRA Rafał	2279		M50	20	00:00:26	00:16:24.54	00:16:51.19	+00:09:27 (57.7%)	8:21	7.2 (42.4%)
206	WOLF Robert	2252		M50	21	00:00:32	00:16:24.83	00:16:57.65	+00:09:28 (57.7%)	8:21	7.2 (42.4%)
207	GAZDA Monika	2270		K50	8	00:00:18	00:16:25.23	00:16:43.89	+00:09:28 (57.7%)	8:21	7.2 (42.4%)
208	DREGER Rafał	2125		M18	53	00:00:04	00:16:29.02	00:16:33.45	+00:09:32 (57.9%)	8:23	7.1 (41.8%)
209	DREGER Michał	2124		M18	54	00:00:03	00:16:30.45	00:16:34.27	+00:09:33 (57.9%)	8:24	7.1 (41.8%)
210	ZIAJA Alicja	2288		K18	27	00:00:44	00:16:32.85	00:17:17.63	+00:09:36 (58.0%)	8:25	7.1 (41.8%)
211	KOZAK Dominika	2290		K18	28	00:00:43	00:16:34.43	00:17:17.56	+00:09:37 (58.1%)	8:26	7.1 (41.8%)
212	KOZAK Andrzej	2286		M50	22	00:00:43	00:16:34.98	00:17:18.26	+00:09:38 (58.1%)	8:26	7.1 (41.8%)
213	ŁAHODA Kacper	2035		M18	55	00:00:20	00:16:40.32	00:17:00.71	+00:09:43 (58.3%)	8:29	7.1 (41.8%)
214	SIKORSKA Gabriela	2008		K18	29	00:00:25	00:17:00.41	00:17:25.59	+00:10:03 (59.2%)	8:39	6.9 (40.6%)
215	MIEDZIŃSKA Alicja	2010		K18	30	00:00:24	00:17:00.52	00:17:25.46	+00:10:03 (59.2%)	8:39	6.9 (40.6%)
216	HACZYKOWSKI Kamil	2209		M30	13	00:00:41	00:17:03.90	00:17:45.87	+00:10:07 (59.3%)	8:41	6.9 (40.6%)
217	HACZYKOWSKA Natalia	2210		K30	15	00:00:42	00:17:04.73	00:17:46.80	+00:10:07 (59.3%)	8:41	6.9 (40.6%)
218	PIOTROWSKI Cezary	2056		M40	29	00:00:08	00:17:08.06	00:17:16.56	+00:10:11 (59.5%)	8:43	6.9 (40.6%)
219		2046		M30	14	00:00:34	00:17:15.20	00:17:49.45	+00:10:18 (59.7%)	8:47	6.8 (40.0%)
220	BARTOSIK Krystyna	2136		K60	4	00:00:07	00:17:21.44	00:17:28.64	+00:10:24 (60.0%)	8:50	6.8 (40.0%)
221	LELIŃSKA Agnieszka	2284		K60	5	00:00:29	00:17:22.23	00:17:51.26	+00:10:25 (60.0%)	8:50	6.8 (40.0%)
222	GÓRAL Tadeusz	2267		M50	23	00:00:35	00:17:25.00	00:18:00.89	+00:10:28 (60.1%)	8:52	6.8 (40.0%)
223		2142	KOMUNALNA TEAM	M30	15	00:00:38	00:17:33.18	00:18:12.13	+00:10:36 (60.4%)	8:56	6.7 (39.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 1.963km	Czas brutto 1.963km	Różn	Tempo min/km	Tempo km/h
224		2141	KOMUNALNE TEAM	K30	16	00:00:38	00:17:33.35	00:18:12.05	+00:10:36 (60.4%)	8:56	6.7 (39.4%)
225		2119		M50	24	00:00:04	00:17:38.92	00:17:43.70	+00:10:42 (60.6%)	8:58	6.7 (39.4%)
226	WOŹNIAK Jacek	2169		M60	14	00:00:22	00:17:46.52	00:18:09.12	+00:10:49 (60.9%)	9:03	6.6 (38.8%)
227	GROCHÓLSKA Kamila	2025		M40	30	00:00:12	00:17:58.22	00:18:10.68	+00:11:01 (61.3%)	9:09	6.6 (38.8%)
228	GROCHÓLSKI Przemysław	2026		M50	25	00:00:13	00:18:04.04	00:18:17.33	+00:11:07 (61.6%)	9:12	6.5 (38.2%)
229	GÓRECKI Jacek	2188		M18	56	00:00:32	00:18:06.92	00:18:39.48	+00:11:10 (61.7%)	9:13	6.5 (38.2%)
230	GROCHOWSKI Szymon	2193		M18	57	00:00:32	00:18:07.27	00:18:39.73	+00:11:10 (61.7%)	9:13	6.5 (38.2%)
231	MERENA - ŚLUSARCZYK Agnieszka	2250		K40	15	00:00:20	00:18:11.81	00:18:32.44	+00:11:15 (61.8%)	9:15	6.5 (38.2%)
232	PIECHOTA Mieczysław	2130	SP 381 WARSZAWA	M18	58	00:00:03	00:18:29.14	00:18:32.29	+00:11:32 (62.4%)	9:24	6.4 (37.6%)
233	SOCHAJ Ewa	2275		K60	6	00:00:20	00:18:53.06	00:19:13.73	+00:11:56 (63.2%)	9:37	6.2 (36.5%)
234	ŚCISŁOWSKA Iwona	2154		K60	7	00:00:45	00:19:03.01	00:19:48.59	+00:12:06 (63.5%)	9:42	6.2 (36.5%)
235	KOMOŃ KOTECKA Ewa	2017		K60	8	00:00:19	00:19:08.22	00:19:28.01	+00:12:11 (63.7%)	9:44	6.2 (36.5%)
236	KULINSKI Robert	2034		M60	15	00:00:20	00:19:26.55	00:19:47.06	+00:12:29 (64.3%)	9:53	6.1 (35.9%)
237	ZIELIŃSKI Grzegorz	2029		M60	16	00:00:12	00:19:33.60	00:19:45.92	+00:12:36 (64.5%)	9:57	6 (35.3%)
238	ZIELIŃSKA Ewa	2028		K60	9	00:00:12	00:19:33.80	00:19:46.31	+00:12:37 (64.5%)	9:57	6 (35.3%)
239		2039		M30	16	00:00:35	00:19:50.74	00:20:26.30	+00:12:54 (65.0%)	10:06	5.9 (34.7%)
240		2038		K30	17	00:00:34	00:19:51.30	00:20:25.74	+00:12:54 (65.0%)	10:06	5.9 (34.7%)
241	STECKA Ewa	2036		K50	9	00:00:34	00:19:52.57	00:20:27.33	+00:12:55 (65.1%)	10:07	5.9 (34.7%)
242	PRZYBYSZ Agnieszka	2093		K50	10	00:00:11	00:20:33.97	00:20:45.07	+00:13:37 (66.2%)	10:28	5.7 (33.5%)
243	MEJEROWCZ Paweł	2113		M50	26	00:00:10	00:20:34.95	00:20:45.82	+00:13:38 (66.3%)	10:28	5.7 (33.5%)
244	KĘPCZYŃSKI Janusz	2263		M60	17	00:00:39	00:20:42.18	00:21:21.89	+00:13:45 (66.5%)	10:32	5.7 (33.5%)
245	KOBRZYŃSKI Bronisław	2112		M60	18	00:00:39	00:20:54.03	00:21:33.71	+00:13:57 (66.8%)	10:38	5.6 (32.9%)
246	ZAITSEVA Svitlana	2276		K40	16	00:00:24	00:22:05.92	00:22:30.62	+00:15:09 (68.6%)	11:14	5.3 (31.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 1.963km	Czas brutto 1.963km	Różn	Tempo min/km	Tempo km/h
247	VELYKODNIY Stanislav	2277		M40	31	00:00:24	00:22:06.13	00:22:30.87	+00:15:09 (68.6%)	11:15	5.3 (31.2%)
248	TOCZYSKA Anna	2264		K60	10	00:00:15	00:22:10.93	00:22:26.33	+00:15:14 (68.7%)	11:17	5.3 (31.2%)
249	WOJTIUK Monika	2273		K50	11	00:00:04	00:22:20.59	00:22:25.27	+00:15:23 (68.9%)	11:22	5.3 (31.2%)
250	KLUKOWSKI Mateusz	2151		M18	59	00:00:03	00:22:21.86	00:22:25.31	+00:15:25 (68.9%)	11:23	5.3 (31.2%)
251	TRANDA Anna	2123	KR ROZOZI	M40	32	00:00:10	00:22:23.73	00:22:34.18	+00:15:26 (69.0%)	11:24	5.3 (31.2%)
252	KRUSZEWSKA Iwona	2265		K60	11	00:00:10	00:22:23.99	00:22:34.65	+00:15:27 (69.0%)	11:24	5.3 (31.2%)
253	KRZEMINSKA Katarzyna	2105		K60	12	00:01:52	00:27:00.00	00:28:52.00	+00:20:03 (74.3%)	13:45	4.4 (25.9%)

Znaleziono 253 wynik(ów)