



VI EDYCJA
GDAŃSK
4 MARCA 2018

NAJWIĘKSZY BIEG PAMIĘCI W POLSCE.

BIEG TROPEM WILCZYM 1963M

B4SPORT

Wydarzenie: Bieg Tropem Wilczym
Organizator: Fundacja Wolność i Demokracja
Data: 2018-03-04
Miejsce: Gdańsk
Dystans: 1,963 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

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	BUKOWSKI Dariusz	307	AZG UG	M1	1	00:00:09	00:08:09.10	00:08:18.15		4:09	14.4 (100%)
2	STEFANIAK Maciej	378	GRUNWALD TEAM POZNAŃ	M1	2	00:00:07	00:08:16.60	00:08:24.30	+00:00:07 (1.5%)	4:13	14.2 (98.6%)
3	STRUSIŃSKI Kacper	217		M1	4	00:00:03	00:09:01.40	00:09:04.65	+00:00:52 (9.7%)	4:36	13 (90.3%)
4	ROCH Kamil	84	NO EXCUSES	M1	3	00:00:11	00:09:00.20	00:09:11.25	+00:00:51 (9.5%)	4:35	13.1 (91.0%)
5	PRUSAK Kacper	370	KS PORTOWIEC GDAŃSK	M1	5	00:00:06	00:09:11.55	00:09:18.30	+00:01:02 (11.3%)	4:41	12.8 (88.9%)
6	NIEWIADOMSKI Patryk	29	1992	M1	6	00:00:05	00:09:19.40	00:09:24.80	+00:01:10 (12.6%)	4:45	12.6 (87.5%)
7	HELAND Grzegorz	183		M1	7	00:00:03	00:09:26.50	00:09:29.60	+00:01:17 (13.7%)	4:48	12.5 (86.8%)
8	RUCHLEWICZ Natalia	94	---	K1	1	00:00:05	00:09:41.40	00:09:47.00	+00:01:32 (15.9%)	4:56	12.1 (84.0%)
9	DOBROWOLSKI Dariusz	158	ADVA OPTICAL NETWORKING	M2	1	00:00:14	00:09:32.80	00:09:47.35	+00:01:23 (14.6%)	4:52	12.3 (85.4%)
10	BORSKI Adam	354	42.195 WEJHEROWO	M2	2	00:00:08	00:09:41.00	00:09:49.00	+00:01:31 (15.8%)	4:56	12.1 (84.0%)
11	LEHMANN Dawid	26		M1	8	00:00:19	00:09:33.90	00:09:52.90	+00:01:24 (14.8%)	4:52	12.3 (85.4%)
12	MYRCIK Rafał	28	PRUSZCZ BIEGA	M2	3	00:00:10	00:09:50.25	00:10:01.05	+00:01:41 (17.1%)	5:01	11.9 (82.6%)
13	LIPOWICZ Andrzej	146		M2	4	00:00:22	00:09:55.50	00:10:18.00	+00:01:46 (17.9%)	5:04	11.8 (81.9%)
14	SZTOLCMAN Michał	258		M2	5	00:00:17	00:09:58.20	00:10:15.45	+00:01:49 (18.2%)	5:05	11.8 (81.9%)
15	BOJARSKI Daniel	143		M1	9	00:00:08	00:10:02.30	00:10:10.60	+00:01:53 (18.8%)	5:07	11.7 (81.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 1.963km	brutto 1.963km			
16	LISAK Sebastian	67		M1	10	00:00:09	00:10:08.95	00:10:17.95	+00:01:59 (19.7%)	5:10	11.6 (80.6%)
17	PISAREWICZ Karol	278	GPEC RUNNERS TEAM	M1	11	00:00:17	00:10:13.00	00:10:30.20	+00:02:03 (20.2%)	5:12	11.5 (79.9%)
18	SOBOCKI Robert	325	WUŻ GDAŃSK	M3	1	00:00:19	00:10:13.25	00:10:32.95	+00:02:04 (20.2%)	5:12	11.5 (79.9%)
19	MAKOWSKI Rafał	291		M2	6	00:00:13	00:10:20.70	00:10:34.10	+00:02:11 (21.2%)	5:16	11.4 (79.2%)
20	LIS Maciej	335		M1	12	00:00:05	00:10:26.00	00:10:31.10	+00:02:16 (21.9%)	5:19	11.3 (78.5%)
21	KOZIOŁ Krzysztof	416	CROSSFIT STOCZNIA	M2	7	00:00:04	00:10:28.55	00:10:32.90	+00:02:19 (22.2%)	5:20	11.2 (77.8%)
22	ZIĘTARA Kamil	246		M2	8	00:00:04	00:10:29.45	00:10:34.10	+00:02:20 (22.3%)	5:21	11.2 (77.8%)
23	WISZNIEWSKI Daniel	324		M1	13	00:00:06	00:10:43.00	00:10:49.15	+00:02:33 (23.9%)	5:28	11 (76.4%)
24	ZEMBRZUSKA Wioleta	358		K1	2	00:00:05	00:10:45.10	00:10:50.70	+00:02:36 (24.2%)	5:29	10.9 (75.7%)
25	KAŃSKI Adam	449		M1	14	00:00:19	00:10:45.35	00:11:05.30	+00:02:36 (24.2%)	5:29	10.9 (75.7%)
26	CUPISZ Łukasz	236		M1	15	00:00:10	00:10:46.90	00:10:57.20	+00:02:37 (24.4%)	5:30	10.9 (75.7%)
27	UZIAŁO Marek	128		M1	16	00:00:06	00:10:48.30	00:10:54.45	+00:02:39 (24.6%)	5:30	10.9 (75.7%)
28	LIS Bartek	336		M1	17	00:00:05	00:10:52.10	00:10:57.95	+00:02:43 (25.0%)	5:32	10.8 (75.0%)
29	CZERWINSKI Wojciech	288	POLISH COMMANDO	M1	18	00:00:24	00:10:52.75	00:11:17.25	+00:02:43 (25.1%)	5:33	10.8 (75.0%)
30	MIREK Emilia	415	DCTDRUŻYNA BIEGOWA	K1	3	00:00:17	00:10:54.95	00:11:12.45	+00:02:45 (25.3%)	5:34	10.8 (75.0%)
31	KIELOCH Krystian	328		M2	9	00:00:12	00:10:56.65	00:11:08.80	+00:02:47 (25.5%)	5:34	10.8 (75.0%)
32	WOJSA Marcin	331		M1	19	00:00:20	00:10:58.50	00:11:19.05	+00:02:49 (25.7%)	5:36	10.7 (74.3%)
33	DŁUGOKĘCKA Katarzyna	280		K1	4	00:00:04	00:10:58.80	00:11:03.75	+00:02:49 (25.8%)	5:36	10.7 (74.3%)
34	LEWICKI Łukasz	444		M1	20	00:00:11	00:11:01.15	00:11:12.80	+00:02:52 (26.0%)	5:37	10.7 (74.3%)
35	CIEŚLIK Marta	400	PRUSZCZ BIEGA	K1	5	00:00:10	00:11:04.40	00:11:15.20	+00:02:55 (26.4%)	5:39	10.6 (73.6%)
36	SEROWIEC Marcin	63		M2	10	00:00:11	00:11:09.35	00:11:20.75	+00:03:00 (26.9%)	5:41	10.5 (72.9%)
37	MALICKI Marcin	395		M1	21	00:00:12	00:11:12.65	00:11:25.60	+00:03:03 (27.3%)	5:43	10.5 (72.9%)
38	LIS Patrycja	333		K1	6	00:00:05	00:11:13.80	00:11:18.85	+00:03:04 (27.4%)	5:43	10.5 (72.9%)

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							netto 1.963km	brutto 1.963km			
39	NIEWIŃSKA Beata	45		K3	1	00:00:07	00:11:17.60	00:11:24.85	+00:03:08 (27.8%)	5:45	10.4 (72.2%)
40	WASILEWSKI Michał	187		M2	11	00:00:10	00:11:18.00	00:11:28.50	+00:03:08 (27.9%)	5:45	10.4 (72.2%)
41	WASILEWSKI Tomasz	188		M1	22	00:00:09	00:11:19.15	00:11:29.00	+00:03:10 (28.0%)	5:46	10.4 (72.2%)
42	STASINSKI Adam	271	RUN BEACH MORNING	M1	23	00:00:06	00:11:19.85	00:11:26.65	+00:03:10 (28.1%)	5:46	10.4 (72.2%)
43	MAĆKOWIAK Marcin	207		M1	24	00:00:03	00:11:20.70	00:11:24.40	+00:03:11 (28.1%)	5:47	10.4 (72.2%)
44	GWIZDAŁA Patryk	19		M1	25	00:00:32	00:11:24.30	00:11:56.50	+00:03:15 (28.5%)	5:48	10.3 (71.5%)
45	ZALEWSKI Michał	106		M2	12	00:00:07	00:11:26.40	00:11:34.10	+00:03:17 (28.7%)	5:50	10.3 (71.5%)
46	GRUDZIŃSKA Joanna	210		K1	7	00:00:08	00:11:26.95	00:11:34.95	+00:03:17 (28.8%)	5:50	10.3 (71.5%)
47	MACKOWIAK Wojciech	206		M1	26	00:00:04	00:11:29.00	00:11:33.00	+00:03:19 (29.0%)	5:51	10.2 (70.8%)
48	SKUPIN Artur	422		M1	27	00:00:23	00:11:31.60	00:11:55.40	+00:03:22 (29.3%)	5:53	10.2 (70.8%)
49	FLIS Kamila	43	ETER-MED	K1	8	00:00:08	00:11:32.00	00:11:40.75	+00:03:22 (29.3%)	5:53	10.2 (70.8%)
50	ZABOROWSKA Paulina	423		K1	9	00:00:23	00:11:32.45	00:11:55.55	+00:03:23 (29.4%)	5:53	10.2 (70.8%)
51	POCHOPIEŃ Mira	442		K2	1	00:00:09	00:11:32.60	00:11:42.30	+00:03:23 (29.4%)	5:53	10.2 (70.8%)
52	MACKOWIAK Anna	44		K2	2	00:00:04	00:11:34.95	00:11:39.35	+00:03:25 (29.6%)	5:54	10.2 (70.8%)
53	KOSZNIK Mikołaj	148	PORTOWIEC GDAŃSK	M1	28	00:00:08	00:11:42.70	00:11:51.30	+00:03:33 (30.4%)	5:58	10 (69.4%)
54	KOSZNIK Michał	147	BIEGOWI SZYDERCY	M2	13	00:00:08	00:11:42.95	00:11:51.75	+00:03:33 (30.4%)	5:58	10 (69.4%)
55	SOŁTYSIAK Natalia	332		K1	10	00:00:19	00:11:47.50	00:12:07.20	+00:03:38 (30.9%)	6:01	10 (69.4%)
56	TARULEWICZ Maciej	345		M1	29	00:00:18	00:11:54.10	00:12:12.95	+00:03:45 (31.5%)	6:04	9.9 (68.8%)
56	TARULEWICZ Łukasz	48		M1	30	00:00:19	00:11:54.10	00:12:13.30	+00:03:45 (31.5%)	6:04	9.9 (68.8%)
58	RYCHERT Artur	448		M1	31	00:00:19	00:11:54.50	00:12:13.50	+00:03:45 (31.5%)	6:04	9.9 (68.8%)
59	TARULEWICZ Michał	11		M1	32	00:00:18	00:11:54.70	00:12:13.20	+00:03:45 (31.6%)	6:04	9.9 (68.8%)
60	ZIOBROWSKI Albert	27		M1	33	00:00:22	00:11:55.10	00:12:17.30	+00:03:46 (31.6%)	6:04	9.9 (68.8%)
61	JANCZAK Agata	23	PADŁ NA RYJ TEAM	K1	11	00:00:12	00:11:56.95	00:12:09.05	+00:03:47 (31.8%)	6:05	9.8 (68.1%)

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62	TULWIŃSKI Łukasz	410	JEZIORAK IŁAWA	M1	34	00:00:13	00:11:57.65	00:12:11.30	+00:03:48 (31.8%)	6:06	9.8 (68.1%)
62	GINTER-STENKA Malwina	350		K1	12	00:00:14	00:11:57.65	00:12:12.05	+00:03:48 (31.8%)	6:06	9.8 (68.1%)
64	WODZIŃSKI Rafał	272		M1	35	00:00:06	00:12:00.25	00:12:06.40	+00:03:51 (32.1%)	6:07	9.8 (68.1%)
65	BUŻNIAK Jakub	419	BUŻNIAK	M1	36	00:00:16	00:12:02.00	00:12:18.85	+00:03:52 (32.3%)	6:08	9.8 (68.1%)
66	FLORYSZCZYK Krzysztof	199		M2	14	00:00:36	00:12:02.10	00:12:38.40	+00:03:53 (32.3%)	6:08	9.8 (68.1%)
67	MORAWEK Arkadiusz	214		M2	15	00:00:20	00:12:05.45	00:12:26.30	+00:03:56 (32.6%)	6:10	9.7 (67.4%)
68	JAKUSIK Jacek	189	GRUPA MALBORK	M3	2	00:00:16	00:12:06.30	00:12:22.75	+00:03:57 (32.7%)	6:10	9.7 (67.4%)
69	LILA Michał	117		M1	37	00:00:09	00:12:08.60	00:12:17.90	+00:03:59 (32.9%)	6:11	9.7 (67.4%)
70	LILA Patrycja	118		K1	13	00:00:09	00:12:08.85	00:12:17.85	+00:03:59 (32.9%)	6:11	9.7 (67.4%)
71	SANKOWSKA Sandra	172	AIC TEAM	K1	14	00:00:21	00:12:08.95	00:12:29.95	+00:03:59 (32.9%)	6:11	9.7 (67.4%)
72	MICHOWSKI Łukasz	347		M1	38	00:00:17	00:12:14.15	00:12:31.35	+00:04:05 (33.4%)	6:14	9.6 (66.7%)
73	ZUBRZYCKI Michał	105		M1	39	00:00:16	00:12:17.00	00:12:33.00	+00:04:07 (33.6%)	6:16	9.6 (66.7%)
74	ROG Tom	398	POMORSKA OBRONA NARODOWA	M1	40	00:00:15	00:12:17.05	00:12:33.00	+00:04:07 (33.6%)	6:16	9.6 (66.7%)
75	OSTROWSKI Kamil	262		M1	41	00:00:01	00:12:20.85	00:12:22.50	+00:04:11 (34.0%)	6:18	9.5 (66.0%)
76	ŁAPIAN Tomasz	399		M1	42	00:00:00	00:12:23.85	00:12:23.85	+00:04:14 (34.2%)	6:19	9.5 (66.0%)
77	MIAŁKOWSKA Aleksandra	104		K1	15	00:00:00	00:12:28.00	00:12:28.00	+00:04:18 (34.6%)	6:21	9.4 (65.3%)
78	GRABOWSKI Mariusz	330		M1	43	00:00:16	00:12:28.80	00:12:45.55	+00:04:19 (34.7%)	6:22	9.4 (65.3%)
79	BURTOWY Andrzej	213	BIEGAMBOLUBIĘ AWFIS GDAŃSK	M3	3	00:00:15	00:12:29.70	00:12:45.25	+00:04:20 (34.8%)	6:22	9.4 (65.3%)
80	LUBACKI Miłosz	418		M1	44	00:00:15	00:12:33.95	00:12:49.80	+00:04:24 (35.1%)	6:24	9.4 (65.3%)
81	BONDARCZUK Bożena	367		K2	3	00:00:15	00:12:38.45	00:12:53.80	+00:04:29 (35.5%)	6:26	9.3 (64.6%)
82	KOZŁOWSKI Jan	252		M1	45	00:00:17	00:12:41.80	00:12:59.60	+00:04:32 (35.8%)	6:28	9.3 (64.6%)
83	WIŚNIEWSKA Wiktoria	227		K1	16	00:00:11	00:12:42.80	00:12:53.85	+00:04:33 (35.9%)	6:28	9.3 (64.6%)
84	SIEMIŃSKI Jerzy	231	ARCON	M3	4	00:00:13	00:12:43.30	00:12:56.30	+00:04:34 (35.9%)	6:29	9.2 (63.9%)

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85	KUNOWSKI Krzysztof	382		M2	16	00:00:26	00:12:45.05	00:13:12.00	+00:04:35 (36.1%)	6:30	9.2 (63.9%)
86	BAZYCHOWSKA Ewelina	447		K1	17	00:00:19	00:12:48.10	00:13:07.40	+00:04:39 (36.3%)	6:31	9.2 (63.9%)
87	CIEŚLA Grzegorz	174		M1	46	00:00:13	00:12:48.40	00:13:01.90	+00:04:39 (36.3%)	6:31	9.2 (63.9%)
88	SKRZYPIEC Tomasz	177		M1	47	00:00:12	00:12:49.35	00:13:01.75	+00:04:40 (36.4%)	6:32	9.2 (63.9%)
89	BORAWSKA Olga	203		K1	18	00:00:10	00:12:50.55	00:13:01.20	+00:04:41 (36.5%)	6:33	9.2 (63.9%)
90	BIGUS Tomek	205		M1	48	00:00:11	00:12:52.05	00:13:03.10	+00:04:42 (36.6%)	6:33	9.1 (63.2%)
91	GALDO LLANO Pedro	373	PRUSZCZ BIEGA	M1	49	00:00:12	00:12:52.75	00:13:04.85	+00:04:43 (36.7%)	6:33	9.1 (63.2%)
92	ZIEGERT Michał	83		M1	50	00:00:09	00:12:54.15	00:13:04.00	+00:04:45 (36.8%)	6:35	9.1 (63.2%)
93	PLICHTA Martyna	82		K1	19	00:00:09	00:12:54.55	00:13:03.90	+00:04:45 (36.9%)	6:34	9.1 (63.2%)
94	STARZEC Anna	319		K1	20	00:00:24	00:12:56.50	00:13:20.70	+00:04:47 (37.0%)	6:35	9.1 (63.2%)
95	SZYDLIK Adrian	3		M1	51	00:00:23	00:12:56.70	00:13:19.75	+00:04:47 (37.0%)	6:35	9.1 (63.2%)
96	ZYGNERSKI Radek	312		M1	52	00:00:18	00:12:58.10	00:13:16.20	+00:04:49 (37.1%)	6:36	9.1 (63.2%)
97	GANCARZ Katarzyna	299		K1	21	00:00:12	00:13:00.35	00:13:12.95	+00:04:51 (37.3%)	6:37	9 (62.5%)
98	ZYGNERSKI Tomasz	313		M1	53	00:00:18	00:13:02.00	00:13:20.10	+00:04:52 (37.5%)	6:38	9 (62.5%)
99	GRONOWSKA Sylwia	99	SALTUS SPORT TEAM	K2	4	00:00:09	00:13:02.05	00:13:11.10	+00:04:52 (37.5%)	6:38	9 (62.5%)
100	PACZUL Sebastian	25	GDAŃSK	M2	17	00:00:12	00:13:02.95	00:13:15.60	+00:04:53 (37.5%)	6:39	9 (62.5%)
101	PIETRASZEWSKA-JADWISZCZOK Agnieszka	265		K2	5	00:00:12	00:13:04.05	00:13:16.85	+00:04:54 (37.6%)	6:40	9 (62.5%)
102	SZEWCAK Waldemar	178		M2	18	00:00:11	00:13:04.90	00:13:16.40	+00:04:55 (37.7%)	6:40	9 (62.5%)
103	JĘDRUSIK Magdalena	443	-	K1	22	00:00:26	00:13:05.35	00:13:32.00	+00:04:56 (37.7%)	6:41	9 (62.5%)
103	SZABŁOWSKI Kamil	221	HOTEL ALMOND TEAM	M1	54	00:00:26	00:13:05.35	00:13:32.30	+00:04:56 (37.7%)	6:41	9 (62.5%)
105	FRYGA Patryk	409		M1	55	00:00:28	00:13:09.80	00:13:38.00	+00:05:00 (38.1%)	6:43	8.9 (61.8%)
106	ZMUDCZYŃSKI Patrick	434		M1	56	00:00:28	00:13:10.00	00:13:38.20	+00:05:00 (38.1%)	6:43	8.9 (61.8%)
107	KRAWIEC Łukasz	88	RUN BEACH MORNING	M1	57	00:00:08	00:13:10.95	00:13:19.25	+00:05:01 (38.2%)	6:43	8.9 (61.8%)

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							netto 1.963km	brutto 1.963km			
108	STENKA Grzegorz	338		M2	19	00:00:15	00:13:11.50	00:13:26.65	+00:05:02 (38.2%)	6:43	8.9 (61.8%)
109	NIECHOĆKO Agata	62	RBM TEAM	K2	6	00:00:07	00:13:11.65	00:13:18.85	+00:05:02 (38.2%)	6:43	8.9 (61.8%)
110	NAMIEL Patrycja	248		K1	23	00:00:07	00:13:11.70	00:13:19.30	+00:05:02 (38.2%)	6:44	8.9 (61.8%)
111	JAŹDZIEWSKA Michalina	346		K1	24	00:00:05	00:13:12.25	00:13:17.95	+00:05:03 (38.3%)	6:44	8.9 (61.8%)
111	ROGALSKA Magdalena	185	RUN BEACH MORNING	K1	25	00:00:06	00:13:12.25	00:13:18.70	+00:05:03 (38.3%)	6:44	8.9 (61.8%)
113	LEJKOWSKA Milena	281		K1	26	00:00:04	00:13:13.30	00:13:17.80	+00:05:04 (38.3%)	6:44	8.9 (61.8%)
114	PRUSIK Anna	85		K1	27	00:00:21	00:13:13.60	00:13:35.05	+00:05:04 (38.4%)	6:45	8.9 (61.8%)
115	PĄCZEK Bożena	392		K1	28	00:00:19	00:13:13.80	00:13:33.55	+00:05:04 (38.4%)	6:45	8.9 (61.8%)
116	BIELIŃSKI Łukasz	255		M1	58	00:00:32	00:13:13.90	00:13:46.25	+00:05:04 (38.4%)	6:45	8.9 (61.8%)
117	PŁATEK Damian	391		M1	59	00:00:19	00:13:14.00	00:13:33.30	+00:05:04 (38.4%)	6:45	8.9 (61.8%)
118	KWIATKOWSKI Michał	377		M2	20	00:00:10	00:13:14.55	00:13:24.70	+00:05:05 (38.4%)	6:45	8.9 (61.8%)
119	DĄBROWSKA Magdalena	309		K1	29	00:00:18	00:13:16.20	00:13:34.20	+00:05:07 (38.6%)	6:46	8.9 (61.8%)
120	KOZŁOWSKA Katarzyna	238		K1	30	00:00:08	00:13:18.65	00:13:27.25	+00:05:09 (38.8%)	6:47	8.8 (61.1%)
121	PALMAU GARCIA Clara	372		K1	31	00:00:12	00:13:19.15	00:13:31.45	+00:05:10 (38.8%)	6:47	8.8 (61.1%)
122	CISOWSKA Dominika	239		K1	32	00:00:08	00:13:19.55	00:13:28.05	+00:05:10 (38.8%)	6:48	8.8 (61.1%)
123	GAJDUS Wiktor	139	DCT DRUŻYNA BIEGOWA	M2	21	00:00:26	00:13:20.40	00:13:46.45	+00:05:11 (38.9%)	6:48	8.8 (61.1%)
124	KAMIŃSKA Kamila	122		K1	33	00:00:14	00:13:21.95	00:13:36.80	+00:05:12 (39.0%)	6:49	8.8 (61.1%)
125	BRYŁA Maciej	12	PRUSZCZ BIEGA/49 BLOT	M2	22	00:00:14	00:13:22.30	00:13:36.70	+00:05:13 (39.0%)	6:49	8.8 (61.1%)
126	GRZEŚKOWIAK Joanna	361		K1	34	00:00:08	00:13:24.15	00:13:32.90	+00:05:15 (39.2%)	6:50	8.8 (61.1%)
127	BŁADZIKOWSKI Piotr	275	WATAHA	M1	60	00:00:20	00:13:25.35	00:13:45.35	+00:05:16 (39.3%)	6:50	8.8 (61.1%)
128	WELZ Dominika	274	WATAHA / MORENKA TEAM	K1	35	00:00:19	00:13:25.50	00:13:45.45	+00:05:16 (39.3%)	6:51	8.8 (61.1%)
129	WOJNOWSKI Wiesław	232	DCT DRUŻYNA BIEGOWA 2	M2	23	00:00:24	00:13:26.00	00:13:50.95	+00:05:16 (39.3%)	6:51	8.8 (61.1%)
130	GINTER - STENKA Sławomir	351		M1	61	00:00:16	00:13:27.00	00:13:43.95	+00:05:17 (39.4%)	6:51	8.7 (60.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 1.963km	brutto 1.963km			
131	WRZESIŃSKI Paweł	167		M1	62	00:00:23	00:13:29.80	00:13:53.10	+00:05:20 (39.6%)	6:53	8.7 (60.4%)
132	KOTUS Natalia	362		K1	36	00:00:00	00:13:33.25	00:13:33.25	+00:05:24 (39.9%)	6:54	8.7 (60.4%)
133	WĘGLORZ Joanna	24		K1	37	00:00:22	00:13:37.40	00:13:59.50	+00:05:28 (40.2%)	6:56	8.6 (59.7%)
134	JANKOWSKI Paweł	21		M1	63	00:00:20	00:13:42.20	00:14:03.05	+00:05:33 (40.5%)	6:59	8.6 (59.7%)
135	KUBICKI Leszek	142	RUNHOLISM.PL	M2	24	00:00:20	00:13:42.90	00:14:02.95	+00:05:33 (40.6%)	6:59	8.6 (59.7%)
136	DEKOWSKA Agnieszka	451		K2	7	00:00:22	00:13:43.75	00:14:06.00	+00:05:34 (40.6%)	7:00	8.6 (59.7%)
137	STRADOMSKA Oliwia	175		K1	38	00:00:21	00:13:53.70	00:14:14.85	+00:05:44 (41.3%)	7:05	8.5 (59.0%)
138	DYDYMSKA Monika	150		K2	8	00:00:10	00:13:54.20	00:14:04.40	+00:05:45 (41.4%)	7:05	8.5 (59.0%)
139	DYDYMSKI Krzysztof	151	LUB WYBIERZ Z LISTY	M2	25	00:00:10	00:13:54.70	00:14:04.70	+00:05:45 (41.4%)	7:05	8.5 (59.0%)
140	KAŻMIERCZAK Emilia	173		K2	9	00:00:20	00:13:57.00	00:14:17.85	+00:05:47 (41.6%)	7:07	8.4 (58.3%)
141	EST Azb	155		M2	26	00:00:20	00:13:57.05	00:14:17.90	+00:05:47 (41.6%)	7:07	8.4 (58.3%)
142	GORZĄD Sylwia	368		K2	10	00:00:15	00:13:58.00	00:14:13.35	+00:05:48 (41.6%)	7:07	8.4 (58.3%)
143	SCHULZ Maciej	357	PRUSZCZ BIEGA	M2	27	00:00:12	00:13:59.65	00:14:12.05	+00:05:50 (41.7%)	7:08	8.4 (58.3%)
144	WALENTYNOWICZ Lena	297	PRUSZCZ BIEGA	K1	39	00:00:11	00:13:59.90	00:14:11.55	+00:05:50 (41.8%)	7:08	8.4 (58.3%)
145	KUBAT Justyna	119		K1	40	00:00:05	00:14:01.65	00:14:07.20	+00:05:52 (41.9%)	7:09	8.4 (58.3%)
146	CZARNIECKI Dominik	220		M1	64	00:00:33	00:14:02.55	00:14:35.95	+00:05:53 (42.0%)	7:09	8.4 (58.3%)
147	SZCZĘSNY Tadeusz	343	KACPERY	M3	5	00:00:28	00:14:04.40	00:14:33.30	+00:05:55 (42.1%)	7:11	8.4 (58.3%)
148	WYSOCKI Andrzej	42		M3	6	00:00:17	00:14:06.45	00:14:24.35	+00:05:57 (42.2%)	7:12	8.3 (57.6%)
149	PAŃCZYK Stanisław	432		M1	65	00:00:05	00:14:06.55	00:14:11.55	+00:05:57 (42.2%)	7:11	8.3 (57.6%)
150	OSTROWSKA Katarzyna	261		K2	11	00:00:05	00:14:06.90	00:14:12.20	+00:05:57 (42.2%)	7:12	8.3 (57.6%)
151	PAŃCZYK Wojciech	431		M3	7	00:00:04	00:14:07.00	00:14:11.75	+00:05:57 (42.3%)	7:12	8.3 (57.6%)
152	ZALEWSKI Mateusz	273	F3TEAM	M1	66	00:00:24	00:14:07.85	00:14:32.35	+00:05:58 (42.3%)	7:12	8.3 (57.6%)
153	PAPPE Agnieszka	284		K1	41	00:00:24	00:14:08.05	00:14:32.25	+00:05:58 (42.3%)	7:12	8.3 (57.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 1.963km	brutto 1.963km			
154	DEJA Artur	64		M2	28	00:00:25	00:14:11.20	00:14:37.10	+00:06:02 (42.5%)	7:14	8.3 (57.6%)
155	DĘBSKA-ZIELKOWSKA Joanna	289		K1	42	00:00:12	00:14:11.40	00:14:23.55	+00:06:02 (42.6%)	7:14	8.3 (57.6%)
156	BOSAK Piotr	193		M2	29	00:00:03	00:14:12.70	00:14:15.70	+00:06:03 (42.6%)	7:14	8.3 (57.6%)
157	BOSAK Franek	194		M1	67	00:00:01	00:14:13.30	00:14:15.25	+00:06:04 (42.7%)	7:15	8.3 (57.6%)
157	KALINOWSKI Maciej	353		M1	68	00:00:29	00:14:13.30	00:14:42.70	+00:06:04 (42.7%)	7:15	8.3 (57.6%)
159	ZYGMUNT Piotr	341	KRĄG HARCERSTWA STARSZEGO 'EXPLORERS'	M2	30	00:00:03	00:14:16.50	00:14:20.30	+00:06:07 (42.9%)	7:17	8.2 (56.9%)
160	BIELECKI Kazimierz	216	CONSENSUS	M3	8	00:00:09	00:14:19.50	00:14:28.85	+00:06:10 (43.1%)	7:18	8.2 (56.9%)
161	BARAŃSKI Tomasz	38		M1	69	00:00:31	00:14:21.45	00:14:53.00	+00:06:12 (43.2%)	7:19	8.2 (56.9%)
162	NIJAK Jolanta	285		K1	43	00:00:23	00:14:25.25	00:14:49.05	+00:06:16 (43.5%)	7:21	8.1 (56.3%)
163	CHARKIEWICZ Wiktoria	7		K1	44	00:00:08	00:14:26.10	00:14:34.45	+00:06:17 (43.5%)	7:21	8.1 (56.3%)
164	WITKOWSKI Szymon	179		M1	70	00:00:31	00:14:31.50	00:15:02.60	+00:06:22 (43.9%)	7:24	8.1 (56.3%)
165	WALENTYNOWICZ Sandra	371	PRUSZCZ BIEGA	K1	45	00:00:13	00:14:31.80	00:14:44.80	+00:06:22 (43.9%)	7:24	8.1 (56.3%)
166	CIOBAN Kinga	180		K1	46	00:00:30	00:14:31.85	00:15:02.25	+00:06:22 (43.9%)	7:24	8.1 (56.3%)
167	WALENTYNOWICZ Aneta	279	PRUSZCZ BIEGA / LOTOS RUNNING TEAM	K2	12	00:00:11	00:14:33.05	00:14:44.90	+00:06:23 (44.0%)	7:25	8.1 (56.3%)
168	ŻEBROWSKI Artur	315		M1	71	00:00:29	00:14:41.50	00:15:11.20	+00:06:32 (44.5%)	7:30	8 (55.6%)
168	ZARĘBSKA-GÓRNIK Kamila	326		K1	47	00:00:29	00:14:41.50	00:15:11.20	+00:06:32 (44.5%)	7:30	8 (55.6%)
170	KOWALAK Dariusz	310		M3	9	00:00:06	00:14:47.50	00:14:53.65	+00:06:38 (44.9%)	7:32	8 (55.6%)
171	TWORK Karol	417		M2	31	00:00:00	00:14:56.05	00:14:56.05	+00:06:46 (45.4%)	7:37	7.9 (54.9%)
172	CZAJA Wiktoria	348		K1	48	00:00:05	00:14:56.60	00:15:01.70	+00:06:47 (45.4%)	7:37	7.9 (54.9%)
173	KOTŁOWSKA Weronika	356		K1	49	00:00:05	00:14:57.15	00:15:02.25	+00:06:48 (45.5%)	7:37	7.9 (54.9%)
174	ROSIŃSKA Karolina	95		K2	13	00:00:27	00:14:58.60	00:15:26.05	+00:06:49 (45.6%)	7:38	7.8 (54.2%)
175	PACHWICEWICZ-KIEŁB Dorota	90		K2	14	00:00:09	00:15:04.25	00:15:14.10	+00:06:55 (45.9%)	7:41	7.8 (54.2%)
176	KORKOSZ Łukasz	316		M1	72	00:00:34	00:15:05.15	00:15:39.20	+00:06:56 (46.0%)	7:41	7.8 (54.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 1.963km	brutto 1.963km			
177	SMARDZEWSKI Artur	113		M1	73	00:00:17	00:15:05.70	00:15:22.70	+00:06:56 (46.0%)	7:41	7.8 (54.2%)
178	KAMIŃSKA Weronika	374		K1	50	00:00:21	00:15:06.60	00:15:28.05	+00:06:57 (46.1%)	7:42	7.8 (54.2%)
179	KORKOSZ Łukasz	317		M1	74	00:00:34	00:15:06.85	00:15:40.90	+00:06:57 (46.1%)	7:42	7.8 (54.2%)
180	WYSOCKI Kamil	41		M1	75	00:00:17	00:15:15.90	00:15:33.70	+00:07:06 (46.6%)	7:47	7.7 (53.5%)
181	NIKELSKA Adriana	35		K1	51	00:00:31	00:15:18.65	00:15:49.90	+00:07:09 (46.8%)	7:48	7.7 (53.5%)
182	WILKOWSKA Justyna	396		K1	52	00:00:14	00:15:28.45	00:15:42.65	+00:07:19 (47.3%)	7:53	7.6 (52.8%)
183	SZYCA Elżbieta	87	MTM TEAM	K3	2	00:00:25	00:15:29.75	00:15:55.65	+00:07:20 (47.4%)	7:54	7.6 (52.8%)
184	SZYCA Dariusz	22	DABROWSKI TEAM	M1	76	00:00:25	00:15:30.10	00:15:55.70	+00:07:21 (47.4%)	7:54	7.6 (52.8%)
185	MOCZYŃSKA Malwina	135		K1	53	00:00:11	00:15:31.25	00:15:42.60	+00:07:22 (47.5%)	7:55	7.6 (52.8%)
186	SZODROWSKI Wojciech	355		M1	77	00:00:05	00:15:40.95	00:15:46.50	+00:07:31 (48.0%)	8:00	7.5 (52.1%)
187	TRZASKALSKI Kamil	195	LPP TEAM	M1	78	00:00:23	00:15:43.15	00:16:07.05	+00:07:34 (48.1%)	8:01	7.5 (52.1%)
188	CZYŻNIEJEWSKI Błażej	209		M1	79	00:00:18	00:15:43.85	00:16:02.55	+00:07:34 (48.2%)	8:01	7.5 (52.1%)
189	SKIERSKA Patrycja	208		K1	54	00:00:18	00:15:43.90	00:16:02.40	+00:07:34 (48.2%)	8:01	7.5 (52.1%)
190	KURYŁO Karolina	211		K1	55	00:00:22	00:15:44.30	00:16:07.00	+00:07:35 (48.2%)	8:02	7.5 (52.1%)
191	DĄBROWICZ Agnieszka	191		K1	56	00:00:23	00:15:44.40	00:16:07.40	+00:07:35 (48.2%)	8:01	7.5 (52.1%)
192	PIWKA Marta	311		K1	57	00:00:04	00:15:51.30	00:15:56.00	+00:07:42 (48.6%)	8:05	7.4 (51.4%)
193	KOTŁOWSKA Alicja	36		K1	58	00:00:04	00:15:55.20	00:15:59.95	+00:07:46 (48.8%)	8:07	7.4 (51.4%)
194	TKACZYK Marta	292		K1	59	00:00:10	00:16:02.80	00:16:13.30	+00:07:53 (49.2%)	8:11	7.3 (50.7%)
195	KWIATKOWSKA Natalia	293		K1	60	00:00:10	00:16:02.90	00:16:13.20	+00:07:53 (49.2%)	8:11	7.3 (50.7%)
196	JACHIMEK Ewelina	454		K1	61	00:00:07	00:16:12.80	00:16:20.15	+00:08:03 (49.7%)	8:16	7.3 (50.7%)
197	SPYCHAŁA Grzegorz	294		M2	32	00:00:03	00:16:17.35	00:16:21.05	+00:08:08 (50.0%)	8:18	7.2 (50.0%)
198	SPYCHAŁA Łukasz	295		M1	80	00:00:02	00:16:17.50	00:16:19.60	+00:08:08 (50.0%)	8:18	7.2 (50.0%)
199	DREJSKA Aleksandra	18		K1	62	00:00:33	00:16:26.15	00:16:59.35	+00:08:17 (50.4%)	8:23	7.2 (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
200	RADECKA Ilona	266		K1	63	00:00:33	00:16:26.40	00:16:59.40	+00:08:17 (50.4%)	8:23	7.2 (50.0%)
201	GORZĄD Alina	390		K3	3	00:00:16	00:16:33.40	00:16:49.50	+00:08:24 (50.8%)	8:26	7.1 (49.3%)
202	STENKA Łukasz	107		M2	33	00:00:16	00:16:42.50	00:16:58.95	+00:08:33 (51.2%)	8:31	7 (48.6%)
203	STENKA Ewa	108		K2	15	00:00:15	00:16:43.75	00:16:58.80	+00:08:34 (51.3%)	8:31	7 (48.6%)
204	PACYNKO Magdalena	342	ENERGIA RUNNING TEAM POLAND	K1	64	00:00:09	00:16:54.45	00:17:04.00	+00:08:45 (51.8%)	8:37	7 (48.6%)
205	WOŁKOWICKA Patrycja	344		K1	65	00:00:09	00:16:55.05	00:17:04.15	+00:08:45 (51.8%)	8:37	7 (48.6%)
206	CZERWIŃSKA Paulina	453		K1	66	00:00:07	00:17:09.05	00:17:16.50	+00:08:59 (52.5%)	8:45	6.9 (47.9%)
207	CHOJNACKI Przemysław	340		M1	81	00:00:27	00:17:19.40	00:17:46.85	+00:09:10 (52.9%)	8:50	6.8 (47.2%)
208	CHOJNACKI Michał	339		M1	82	00:00:27	00:17:19.50	00:17:46.65	+00:09:10 (52.9%)	8:50	6.8 (47.2%)
209	MINKIEWICZ Marzena	141		K1	67	00:00:13	00:17:48.80	00:18:02.70	+00:09:39 (54.2%)	9:05	6.6 (45.8%)
210	MINKIEWICZ Paweł	140		M1	83	00:00:13	00:17:50.10	00:18:03.90	+00:09:41 (54.3%)	9:05	6.6 (45.8%)
211	KOCHANOWSKI Mariusz	251		M1	84	00:00:22					(0.0%)
212	TRZASKALSKA Milena	212		K1	68	00:00:24					(0.0%)
213	KAMIŃSKI Arkadiusz	247	IREK I RAK - MARATON O ŻYCIE	M2	34	00:00:24					(0.0%)
214	PACHUCKI Adam	181	WKURW_TEAM	M2	35	00:00:26					(0.0%)
215	KONKOL Krzysztof	318	IREK I RAK	M2	36	00:00:28					(0.0%)
216	GRZYWACZ Magdalena	375	NIEZRZESZONA	K1	69	00:00:29					(0.0%)
217	ZAKIERSKI Marcin	308	IREK I RAK - MARATON O ŻYCIE	M2	37	00:00:30					(0.0%)

Znaleziono 217 wynik(ów)