

Wydarzenie: XIII Bieg Tropem Wilczym
Organizator: Fundacja Wolność i Demokracja
Data: 2025-03-02
Miejsce: Warszawa
Dystans: 5 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	MAJCHRZAK Julian	3168	TEAM ZABIEGANEDNI / ASICS FRONTRUNNER POLAND	M30	1	00:00:04	00:08:23	00:16:50.32	00:16:54.64		3:22	17.8 (100%)
2	GROMEK Radosław	3059		M40	1	00:00:00	00:08:29	00:17:21.45	00:17:22.03	+00:00:31 (3.0%)	3:28	17.3 (97.2%)
3	BRZOZA Przemysław	3114		M30	2	00:00:04	00:08:52	00:18:03.66	00:18:08.58	+00:01:13 (6.8%)	3:36	16.6 (93.3%)
4	MAJCHRZAK Jan	3196	TEAM ZABIEGANEDNI	M40	2	00:00:05	00:09:48	00:19:18.21	00:19:23.55	+00:02:27 (12.8%)	3:51	15.5 (87.1%)
5	DZIĘGIELEWSKI Wojciech	3167	BIEGAJ POD OKIEM TRENERA	M40	3	00:00:07	00:09:42	00:19:18.49	00:19:26.06	+00:02:28 (12.8%)	3:51	15.5 (87.1%)
6	ŁUCZYŃSKI Karol	3082		M18	1	00:00:04	00:09:21	00:19:34.32	00:19:38.77	+00:02:44 (14.0%)	3:54	15.3 (86.0%)
7		3009		M20	1	00:00:04	00:09:39	00:19:35.47	00:19:39.47	+00:02:45 (14.1%)	3:55	15.3 (86.0%)
8	MIKULSKI Arkadiusz	3077		M40	4	00:00:08	00:09:57	00:19:56.63	00:20:04.89	+00:03:06 (15.6%)	3:59	15.1 (84.8%)
9	ROSTEK Robert	3225		M30	3	00:00:06	00:09:59	00:20:11.86	00:20:18.49	+00:03:21 (16.6%)	4:02	14.9 (83.7%)
10	DZIEKAN Piotr	3092	GRUPA BIEGOWA UM W-WA	M50	1	00:00:10	00:09:57	00:20:14.79	00:20:25.42	+00:03:24 (16.8%)	4:02	14.8 (83.1%)
11	WASILCZYK Tomasz	3294		M30	4	00:00:12	00:10:12	00:20:15.93	00:20:28.02	+00:03:25 (16.9%)	4:03	14.8 (83.1%)
12	KLUSKA Piotr	3110	GRUPA WIRTUALNA POLSKA TRIATHLON TEAM	M50	2	00:00:06	00:09:59	00:20:17.51	00:20:23.64	+00:03:27 (17.0%)	4:03	14.8 (83.1%)
13	GARDYNA Joanna	3182	ARW	K20	1	00:00:06	00:09:59	00:20:22.44	00:20:29.01	+00:03:32 (17.4%)	4:04	14.7 (82.6%)
14	DĘKIEROWSKI Stanisław	3161		M18	2	00:00:00	00:10:04	00:20:56.06	00:20:56.65	+00:04:05 (19.6%)	4:11	14.3 (80.3%)
15	CHROMIŃSKI Paweł	3051		M20	2	00:00:06	00:10:35	00:20:57.81	00:21:04.47	+00:04:07 (19.7%)	4:11	14.3 (80.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 5km	brutto 5km			
16	SKIBIŃSKI Jakub	3266		M40	5	00:00:06	00:10:42	00:20:59.00	00:21:05.35	+00:04:08 (19.8%)	4:11	14.3 (80.3%)
17	BORZADEK Aleksandra	3144	ADIDAS RUNNERS WARSAW	K20	2	00:00:06	00:10:23	00:21:04.24	00:21:10.91	+00:04:13 (20.1%)	4:12	14.2 (79.8%)
18	BUDZIK Dariusz	3194		M50	3	00:00:05	00:10:38	00:21:20.05	00:21:25.66	+00:04:29 (21.1%)	4:16	14.1 (79.2%)
19	SOŁTYS Bożena	3153		K30	1	00:00:07	00:10:43	00:21:58.42	00:22:06.04	+00:05:08 (23.4%)	4:23	13.7 (77.0%)
20	SULEJCZYK Piotr	3108	ZALATANI 1.BLTR	M50	4	00:00:23	00:11:14	00:22:00.28	00:22:24.21	+00:05:09 (23.5%)	4:24	13.6 (76.4%)
21		3031		M20	3	00:00:27	00:11:14	00:22:09.77	00:22:36.97	+00:05:19 (24.0%)	4:25	13.5 (75.8%)
22	BUJALSKI Piotr	3283		M40	6	00:00:32	00:11:31	00:22:12.79	00:22:45.39	+00:05:22 (24.2%)	4:26	13.5 (75.8%)
23	MIŚKIEWICZ Jakub	3148	1 BAZA LOTNICTWA TRANSPORTOWEGO	M30	5	00:00:05	00:10:48	00:22:17.35	00:22:22.69	+00:05:27 (24.5%)	4:27	13.5 (75.8%)
24	SUCHARZEWSKA Aneta	3224		K30	2	00:00:06	00:10:55	00:22:18.83	00:22:24.87	+00:05:28 (24.5%)	4:27	13.5 (75.8%)
25	GRYCNER Paweł	3136	CTS	M40	7	00:00:09	00:11:15	00:22:19.10	00:22:28.50	+00:05:28 (24.6%)	4:27	13.4 (75.3%)
26	STĘPNIAK Piotr	3047		M30	6	00:00:27	00:11:13	00:22:19.11	00:22:46.13	+00:05:28 (24.6%)	4:27	13.4 (75.3%)
27	MIODUSZEWSKI Adrian	3216	BIEGAJĄCE ŚWINKI	M30	7	00:00:04	00:11:13	00:22:32.20	00:22:36.20	+00:05:41 (25.3%)	4:30	13.3 (74.7%)
28	TCHURZ Dominik	3293		M20	4	00:00:26	00:10:50	00:22:36.96	00:23:03.12	+00:05:46 (25.5%)	4:31	13.3 (74.7%)
29	MIENIK Aleksandra Malwina	3131		K20	3	00:00:25	00:10:51	00:22:37.14	00:23:02.75	+00:05:46 (25.6%)	4:31	13.3 (74.7%)
30	ZAGAJEWSKI Adam	3295		M40	8	00:00:09	00:11:02	00:22:43.76	00:22:53.13	+00:05:53 (25.9%)	4:32	13.2 (74.2%)
31	GRZESIK Marcin	3181	GRUPA BIEGOWA UM W-WA	M50	5	00:00:17	00:11:47	00:22:48.29	00:23:05.91	+00:05:57 (26.2%)	4:33	13.2 (74.2%)
32	GOSZCZ Jarosław	3049		M40	9	00:00:37	00:11:35	00:22:57.28	00:23:35.00	+00:06:06 (26.6%)	4:35	13.1 (73.6%)
33	WYSOCKA Magda	3062		K30	3	00:00:22	00:11:42	00:23:05.69	00:23:27.93	+00:06:15 (27.1%)	4:37	13 (73.0%)
34	ORDYŁOWSKI Jerzy	3222	KS CHOSZCZÓWKA	M50	6	00:00:12	00:11:11	00:23:12.58	00:23:24.89	+00:06:22 (27.5%)	4:38	12.9 (72.5%)
35	SZCZEPANIAK Paweł	3213		M40	10	00:00:36	00:11:43	00:23:15.57	00:23:51.63	+00:06:25 (27.6%)	4:39	12.9 (72.5%)
36	REJOWSKA Joanna	3042	BIEGAJ POD OKIEM TRENERA	K30	4	00:00:07	00:11:23	00:23:27.06	00:23:34.19	+00:06:36 (28.2%)	4:41	12.8 (71.9%)
37	ŚWIĘCICKI Paweł	3154		M20	5	00:00:22	00:11:46	00:23:28.55	00:23:51.06	+00:06:38 (28.3%)	4:41	12.8 (71.9%)
38	PLUCIŃSKI Jacek	3106		M50	7	00:00:07	00:11:43	00:23:31.76	00:23:39.34	+00:06:41 (28.4%)	4:42	12.8 (71.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
39		3215		M30	8	00:00:35	00:12:17	00:23:44.36	00:24:20.11	+00:06:54 (29.1%)	4:44	12.6 (70.8%)
40	KLEPACKI Kamil	3052		M30	9	00:00:06	00:11:26	00:23:47.07	00:23:53.78	+00:06:56 (29.2%)	4:45	12.6 (70.8%)
41	BRZOZOWSKA Monika	3192	DANIEL_BIEGA TEAM	K30	5	00:00:06	00:11:41	00:23:47.45	00:23:53.80	+00:06:57 (29.2%)	4:45	12.6 (70.8%)
42	WRÓBEL Dominik	3080	PTR	M30	10	00:00:40	00:12:21	00:23:51.73	00:24:31.78	+00:07:01 (29.4%)	4:46	12.6 (70.8%)
43	GWIAZDOWSKA Magdalena	3176		K30	6	00:00:20	00:11:38	00:23:57.87	00:24:18.15	+00:07:07 (29.7%)	4:47	12.5 (70.2%)
44	CZEREPAK Wojciech	3230	JW2414	M30	11	00:00:10	00:11:59	00:24:00.10	00:24:10.19	+00:07:09 (29.8%)	4:48	12.5 (70.2%)
45	PIOTROWSKI Mateusz	3267	#WARTOZAPIERDALAĆ	M30	12	00:00:04	00:12:21	00:24:04.07	00:24:08.07	+00:07:13 (30.0%)	4:48	12.5 (70.2%)
46	LUGO Jhon	3089		M40	11	00:00:10	00:11:41	00:24:10.04	00:24:20.26	+00:07:19 (30.3%)	4:50	12.4 (69.7%)
47	BAK Jan	3045		M20	6	00:00:29	00:12:08	00:24:10.71	00:24:40.65	+00:07:20 (30.4%)	4:50	12.4 (69.7%)
48	SZULIM Maria	3069	IPN	K30	7	00:00:09	00:11:58	00:24:17.68	00:24:27.37	+00:07:27 (30.7%)	4:51	12.4 (69.7%)
49	JEZIORSKI Mirosław	3185		M50	8	00:00:11	00:12:04	00:24:32.83	00:24:44.37	+00:07:42 (31.4%)	4:54	12.2 (68.5%)
50	ŚWIĘCICKI Wojciech	3209		M60	1	00:00:26	00:12:43	00:24:33.56	00:25:00.29	+00:07:43 (31.4%)	4:54	12.2 (68.5%)
51		3120		M60	2	00:00:06	00:11:59	00:24:36.59	00:24:42.89	+00:07:46 (31.6%)	4:55	12.2 (68.5%)
52	ROSA Robert	3067		M40	12	00:00:15	00:12:21	00:24:42.36	00:24:57.45	+00:07:52 (31.8%)	4:56	12.1 (68.0%)
53	HALAT Andrzej	3203	POSMAKUJ RUN TEAM	M40	13	00:00:41	00:12:56	00:24:44.41	00:25:26.26	+00:07:54 (31.9%)	4:56	12.1 (68.0%)
54	STUDZIŃSKI Rafał	3053		M30	13	00:00:17	00:12:38	00:24:46.84	00:25:04.12	+00:07:56 (32.0%)	4:57	12.1 (68.0%)
55	KOZAK Robert	3073		M50	9	00:00:04	00:12:15	00:24:47.94	00:24:51.94	+00:07:57 (32.1%)	4:57	12.1 (68.0%)
56	WÓJCIK Krzysztof	3007		M50	10	00:00:31	00:12:41	00:24:52.17	00:25:23.28	+00:08:01 (32.3%)	4:58	12.1 (68.0%)
57	LENDZION Jarosław	3242	GRUPA BIEGOWA UM W-WA	M40	14	00:00:31	00:12:58	00:24:54.18	00:25:25.42	+00:08:03 (32.4%)	4:58	12 (67.4%)
58	KUSIŃSKI Andrzej	3221		M60	3	00:00:05	00:12:04	00:24:59.85	00:25:04.95	+00:08:09 (32.6%)	4:59	12 (67.4%)
59	WĘCŁAWIK Cezary	3127		M20	7	00:00:11	00:12:54	00:25:01.35	00:25:12.92	+00:08:11 (32.7%)	5:00	12 (67.4%)
60	SZOPIŃSKI Karol	3175		M20	8	00:00:12	00:12:54	00:25:09.27	00:25:22.10	+00:08:18 (33.1%)	5:01	11.9 (66.9%)
61		3200		M30	14	00:00:34	00:13:32	00:25:21.43	00:25:55.45	+00:08:31 (33.6%)	5:04	11.8 (66.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 5km	brutto 5km			
62	WILEŃSKI Zbigniew	3165	GRUPA BIEGOWA UM W-WA	M60	4	00:00:19	00:13:53	00:25:22.25	00:25:41.45	+00:08:31 (33.6%)	5:04	11.8 (66.3%)
63	BRZEZIŃSKA Anna	3147		K50	1	00:00:14	00:12:39	00:25:22.53	00:25:37.38	+00:08:32 (33.6%)	5:04	11.8 (66.3%)
64	PIĄTKOWSKI Kamil	3035		M40	15	00:00:23	00:13:04	00:25:30.55	00:25:53.97	+00:08:40 (34.0%)	5:06	11.8 (66.3%)
65	JABŁOŃSKI Radek	3040		M30	15	00:00:19	00:12:53	00:25:34.73	00:25:54.49	+00:08:44 (34.2%)	5:06	11.7 (65.7%)
66	ŁABĘDZKI Piotr	3002	PIO-RUN	M50	11	00:00:08	00:12:57	00:25:39.52	00:25:47.80	+00:08:49 (34.4%)	5:07	11.7 (65.7%)
67	GODLEWSKI Robert	3288		M40	16	00:00:35	00:13:35	00:25:40.27	00:26:16.00	+00:08:49 (34.4%)	5:08	11.7 (65.7%)
68	OSTROWSKI Piotr	3072		M40	17	00:00:32	00:12:50	00:25:41.04	00:26:13.75	+00:08:50 (34.4%)	5:08	11.7 (65.7%)
69	KĘDZIERSKI Paweł	3271	WARSZAWA	M50	12	00:00:11	00:12:57	00:25:42.01	00:25:53.08	+00:08:51 (34.5%)	5:08	11.7 (65.7%)
70	ARTYSZUK Mirosław	3145		M60	5	00:00:08	00:12:55	00:25:43.99	00:25:52.07	+00:08:53 (34.6%)	5:08	11.7 (65.7%)
71	BARDSKI Sławomir	3112		M50	13	00:00:11	00:12:43	00:25:49.79	00:26:01.43	+00:08:59 (34.8%)	5:09	11.6 (65.2%)
72	MICHALSKI Paweł	3079		M30	16	00:00:43	00:13:20	00:25:54.75	00:26:38.67	+00:09:04 (35.0%)	5:10	11.6 (65.2%)
73	KUCHARCZYK Antoni	3117		M18	3	00:00:09	00:13:01	00:26:06.97	00:26:16.61	+00:09:16 (35.5%)	5:13	11.5 (64.6%)
74	KWIATKOWSKI Dariusz	3100	DKWOC	M50	14	00:00:17	00:13:10	00:26:08.25	00:26:25.75	+00:09:17 (35.6%)	5:13	11.5 (64.6%)
75	DYMECKA Joanna	3158		K40	1	00:00:13	00:13:11	00:26:08.27	00:26:21.54	+00:09:17 (35.6%)	5:13	11.5 (64.6%)
76	MATRACKI Grzegorz	3001		M18	4	00:00:07	00:13:02	00:26:10.01	00:26:17.48	+00:09:19 (35.6%)	5:14	11.5 (64.6%)
77	PIOTROWSKA Edyta	3076	BRACTWO BIEGOWE BGK	K40	2	00:00:20	00:13:12	00:26:11.36	00:26:32.19	+00:09:21 (35.7%)	5:14	11.5 (64.6%)
78	GŁOWACKA Anastazja	3272		K30	8	00:00:36	00:13:31	00:26:18.92	00:26:55.12	+00:09:28 (36.0%)	5:15	11.4 (64.0%)
79	PEISERT Tadeusz	3240		M30	17	00:00:35	00:13:01	00:26:23.06	00:26:58.17	+00:09:32 (36.2%)	5:16	11.4 (64.0%)
80	MALINOWSKI Piotr	3219	FIGHT CLUB TROJANY	M40	18	00:00:21	00:12:43	00:26:23.77	00:26:45.19	+00:09:33 (36.2%)	5:16	11.4 (64.0%)
81	ROMANIUK Krzysztof	3143	ULTRA KREW	M40	19	00:00:12	00:13:15	00:26:26.55	00:26:38.56	+00:09:36 (36.3%)	5:17	11.3 (63.5%)
82	MITUNIEWICZ Jakub	3269		M40	20	00:00:15	00:12:54	00:26:28.30	00:26:43.91	+00:09:37 (36.4%)	5:17	11.3 (63.5%)
83	LATUSZEK Kamil	3037		M30	18	00:00:28	00:13:57	00:26:31.15	00:26:59.51	+00:09:40 (36.5%)	5:18	11.3 (63.5%)
84	MIŁEK Jerzy	3220		M50	15	00:00:26	00:13:13	00:26:39.11	00:27:05.37	+00:09:48 (36.8%)	5:19	11.3 (63.5%)

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								netto 5km	brutto 5km			
85	SZYMANEK Marek	3060		M30	19	00:00:18	00:13:31	00:26:49.54	00:27:08.13	+00:09:59 (37.2%)	5:21	11.2 (62.9%)
86	BUJALSKA Karolina	3286		K40	3	00:00:31	00:13:45	00:26:54.14	00:27:25.32	+00:10:03 (37.4%)	5:22	11.2 (62.9%)
87	FIUK Mateusz	3207		M30	20	00:00:15	00:13:38	00:27:00.46	00:27:15.52	+00:10:10 (37.7%)	5:24	11.1 (62.4%)
88	HERNIK Damian	3191	ŻAKOWICZANKA ŻAKOWICE	M30	21	00:00:39	00:14:12	00:27:01.30	00:27:40.64	+00:10:10 (37.7%)	5:24	11.1 (62.4%)
89	ORYGA Karolina	3068	BRACTWO BIEGOWE BGK	K30	9	00:00:31	00:14:18	00:27:02.92	00:27:34.76	+00:10:12 (37.7%)	5:24	11.1 (62.4%)
90	KORZEKWA Łukasz	3141		M40	21	00:00:19	00:13:38	00:27:03.00	00:27:22.61	+00:10:12 (37.7%)	5:24	11.1 (62.4%)
91	HARABIN Justyna	3172	RUN CZARNÓW	K30	10	00:00:27	00:13:46	00:27:08.87	00:27:36.70	+00:10:18 (38.0%)	5:25	11.1 (62.4%)
92	TRIGO Adrián	3245	HISZPANIA CF	M30	22	00:00:15	00:13:32	00:27:08.97	00:27:24.75	+00:10:18 (38.0%)	5:25	11.1 (62.4%)
93	KARWOWSKI Mariusz	3166	GRUPA BIEGOWA UM W-WA	M50	16	00:00:18	00:13:54	00:27:13.95	00:27:32.43	+00:10:23 (38.2%)	5:26	11 (61.8%)
94	TIL Karol	3333		M40	22	00:00:04	00:13:22	00:27:16.88	00:27:20.88	+00:10:26 (38.3%)	5:27	11 (61.8%)
95	ABRAMCZYK Aleksandra	3193	ADIDAS RUNERS WARSAW	K40	4	00:00:10	00:13:35	00:27:17.09	00:27:27.23	+00:10:26 (38.3%)	5:27	11 (61.8%)
96	ROSA Leszek	3126	BÓBR TŁUSZCZ	M60	6	00:00:40	00:13:52	00:27:18.25	00:27:59.17	+00:10:27 (38.3%)	5:27	11 (61.8%)
97	PETRYKA Wojciech	3086		M50	17	00:00:10	00:13:11	00:27:18.41	00:27:28.44	+00:10:28 (38.3%)	5:27	11 (61.8%)
98	KOWALUK Tomasz	3223	OMIATACZE	M40	23	00:00:14	00:13:39	00:27:18.67	00:27:33.51	+00:10:28 (38.3%)	5:27	11 (61.8%)
99	NYC Adam	3284		M50	18	00:00:08	00:13:54	00:27:20.68	00:27:29.08	+00:10:30 (38.4%)	5:28	11 (61.8%)
100	MAREK Roman	3187	IPN	M60	7	00:00:30	00:13:57	00:27:21.13	00:27:51.21	+00:10:30 (38.4%)	5:28	11 (61.8%)
101	SIERZPUTOWSKA Ewa	3130	SIE_BIEGA	K50	2	00:00:29	00:14:03	00:27:21.45	00:27:51.09	+00:10:31 (38.4%)	5:28	11 (61.8%)
102	MATYASIK Grzegorz	3116		M50	19	00:00:12	00:13:32	00:27:25.47	00:27:37.95	+00:10:35 (38.6%)	5:29	10.9 (61.2%)
103	GŁĘBICKI Marcin	3083		M20	9	00:00:33	00:13:51	00:27:28.82	00:28:02.41	+00:10:38 (38.7%)	5:29	10.9 (61.2%)
104	POGORZELSKA Dagmara	3017		K30	11	00:00:12	00:13:45	00:27:31.99	00:27:44.65	+00:10:41 (38.8%)	5:30	10.9 (61.2%)
105		3027		M20	10	00:00:42	00:14:06	00:27:36.53	00:28:19.18	+00:10:46 (39.0%)	5:31	10.9 (61.2%)
106	DYLEWSKI Paweł	3140		M40	24	00:00:08	00:13:10	00:27:40.88	00:27:49.78	+00:10:50 (39.2%)	5:32	10.8 (60.7%)
107	MATRACKA Katarzyna	3000		K40	5	00:00:07	00:13:39	00:27:46.09	00:27:53.35	+00:10:55 (39.4%)	5:33	10.8 (60.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 5km	brutto 5km			
108	KRYWKO Jowita	3146		K30	12	00:00:24	00:14:15	00:27:50.35	00:28:14.75	+00:11:00 (39.5%)	5:34	10.8 (60.7%)
109	PIOTROWSKI Maciej	3292		M40	25	00:00:39	00:14:03	00:27:54.36	00:28:34.25	+00:11:04 (39.7%)	5:34	10.8 (60.7%)
110	WILK Marek	3074		M30	23	00:00:21	00:13:33	00:27:56.27	00:28:17.69	+00:11:05 (39.7%)	5:35	10.7 (60.1%)
111	SĘK Laura	3016		K18	1	00:00:22	00:13:38	00:28:00.74	00:28:23.42	+00:11:10 (39.9%)	5:36	10.7 (60.1%)
112		3090		M20	11	00:00:10	00:13:34	00:28:01.05	00:28:11.99	+00:11:10 (39.9%)	5:36	10.7 (60.1%)
113	SĘK Sebastian	3011		M40	26	00:00:22	00:13:38	00:28:01.22	00:28:23.50	+00:11:10 (39.9%)	5:36	10.7 (60.1%)
114		3132		M40	27	00:00:15	00:14:01	00:28:02.78	00:28:18.69	+00:11:12 (40.0%)	5:36	10.7 (60.1%)
115	CHMIELOWIEC Anna	3066		K50	3	00:00:21	00:14:07	00:28:03.33	00:28:25.26	+00:11:13 (40.0%)	5:36	10.7 (60.1%)
116	TUTAJ Andrzej	3032		M50	20	00:00:29	00:14:37	00:28:16.13	00:28:45.59	+00:11:25 (40.4%)	5:39	10.6 (59.6%)
117	ZAMBRZYCKI Paweł	3268		M40	28	00:00:22	00:14:07	00:28:21.82	00:28:44.58	+00:11:31 (40.6%)	5:40	10.6 (59.6%)
118	SIWEK Agnieszka	3212	BIEGAJĄCE ZĄBKI	K30	13	00:00:14	00:14:10	00:28:23.39	00:28:38.19	+00:11:33 (40.7%)	5:40	10.6 (59.6%)
119	JASTRZĘBSKI Mariusz	3201	BIEGAJĄCE ZĄBKI	M40	29	00:00:14	00:14:08	00:28:23.48	00:28:38.43	+00:11:33 (40.7%)	5:40	10.6 (59.6%)
120	BRODOWSKI Sebastian	3118		M40	30	00:00:23	00:14:32	00:28:25.82	00:28:49.52	+00:11:35 (40.8%)	5:41	10.6 (59.6%)
121		3124		M40	31	00:00:24	00:15:10	00:28:33.40	00:28:58.28	+00:11:43 (41.0%)	5:42	10.5 (59.0%)
122	GĘGNIWICZ Sebastian	3020		M30	24	00:00:33	00:13:52	00:28:34.20	00:29:08.08	+00:11:43 (41.1%)	5:42	10.5 (59.0%)
123	JAROSZ Krzysztof	3063		M30	25	00:00:32	00:13:36	00:28:35.27	00:29:07.64	+00:11:44 (41.1%)	5:43	10.5 (59.0%)
124	WALCZAK Rafał	3129		M30	26	00:00:10	00:13:56	00:28:35.42	00:28:46.10	+00:11:45 (41.1%)	5:43	10.5 (59.0%)
125	TARGOŃSKI Ryszard	3084		M40	32	00:00:23	00:14:13	00:28:39.81	00:29:03.40	+00:11:49 (41.3%)	5:43	10.5 (59.0%)
126	ZGADZAJ Euzebiusz	3228		M50	21	00:00:07	00:14:08	00:28:46.46	00:28:53.87	+00:11:56 (41.5%)	5:45	10.4 (58.4%)
127		3119		K40	6	00:00:10	00:14:26	00:28:47.04	00:28:57.04	+00:11:56 (41.5%)	5:45	10.4 (58.4%)
128	BARNACIAK Emilia	3078		K20	4	00:00:28	00:14:23	00:28:48.02	00:29:16.62	+00:11:57 (41.5%)	5:45	10.4 (58.4%)
129	DRAŻBA Paulina	3296		K40	7	00:00:17	00:14:35	00:28:48.57	00:29:05.82	+00:11:58 (41.6%)	5:45	10.4 (58.4%)
130	PAWŁOT Julia	3038		K30	14	00:00:13	00:14:17	00:28:50.24	00:29:03.53	+00:11:59 (41.6%)	5:46	10.4 (58.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 5km	brutto 5km			
131	SADOWSKKI Andrzej	3199		M50	22	00:00:38	00:14:49	00:28:56.46	00:29:35.44	+00:12:06 (41.8%)	5:47	10.4 (58.4%)
132	BLEJSZ Szymon	3205	STOWARZYSZENIE RING	M40	33	00:00:04	00:14:34	00:29:09.96	00:29:13.96	+00:12:19 (42.3%)	5:49	10.3 (57.9%)
133	PAPIS Oliwia	3287		K20	5	00:00:31	00:14:01	00:29:17.22	00:29:48.68	+00:12:26 (42.5%)	5:51	10.2 (57.3%)
134	MATEŃKA Piotr	3214		M50	23	00:00:20	00:14:11	00:29:18.49	00:29:38.76	+00:12:28 (42.5%)	5:51	10.2 (57.3%)
135	BIDZIŃSKA Alicja	3030		K40	8	00:00:16	00:14:49	00:29:30.44	00:29:47.25	+00:12:40 (42.9%)	5:54	10.2 (57.3%)
136	CHĘĆ Adam	3058		M40	34	00:00:23	00:14:21	00:29:31.67	00:29:55.57	+00:12:41 (43.0%)	5:54	10.2 (57.3%)
137	JANKOWSKI Tomasz	3204	FIGHT CLUB TROJANY	M40	35	00:00:21	00:14:33	00:29:31.72	00:29:53.49	+00:12:41 (43.0%)	5:54	10.2 (57.3%)
138		3174		K20	6	00:00:27	00:15:43	00:29:34.32	00:30:01.60	+00:12:43 (43.1%)	5:54	10.1 (56.7%)
139	ROZWÓD Krzysztof	3029		M60	8	00:00:19	00:14:45	00:29:34.93	00:29:54.84	+00:12:44 (43.1%)	5:54	10.1 (56.7%)
140	KACPRZYK Antoni	3006	AZS AWF WARSZAWA	M18	5	00:00:10	00:13:57	00:29:36.51	00:29:47.32	+00:12:46 (43.1%)	5:55	10.1 (56.7%)
141	KACPRZYK Tomasz	3005		M40	36	00:00:11	00:13:56	00:29:37.58	00:29:49.15	+00:12:47 (43.2%)	5:55	10.1 (56.7%)
142	SIKORSKI Piotr	3137		M40	37	00:00:31	00:15:19	00:29:41.07	00:30:12.66	+00:12:50 (43.3%)	5:56	10.1 (56.7%)
143	ŚLEPOWROŃSKI Czesław	3081		M50	24	00:00:04		00:29:44.20	00:29:48.20	+00:12:53 (43.4%)	5:56	10.1 (56.7%)
144	KARPIARZ Jarek	3041		M40	38	00:00:25	00:14:23	00:29:44.60	00:30:10.13	+00:12:54 (43.4%)	5:56	10.1 (56.7%)
145	ŻÓŁCIŃSKI Waldemar	3229	GRUPA BIEGOWA UM W-WA	M60	9	00:00:30	00:15:11	00:29:50.27	00:30:20.46	+00:12:59 (43.6%)	5:58	10.1 (56.7%)
146	SALDAN Marta	3046	BLOG PATRIOTKI	K30	15	00:00:26	00:14:52	00:29:57.22	00:30:23.27	+00:13:06 (43.8%)	5:59	10 (56.2%)
147	KOWALCZYK Grzegorz	3102		M60	10	00:00:43	00:15:24	00:29:57.62	00:30:40.92	+00:13:07 (43.8%)	5:59	10 (56.2%)
148	TOMASZEWSKI Daniel	3043		M18	6	00:00:19	00:14:17	00:29:58.84	00:30:18.15	+00:13:08 (43.8%)	5:59	10 (56.2%)
149	BUDZIAK Sebastian	3044		M50	25	00:00:19	00:14:17	00:29:58.95	00:30:18.19	+00:13:08 (43.8%)	5:59	10 (56.2%)
150	DZIEDZIC Ewa	3109	TEAM ZABIEGANEDNI	K50	4	00:00:31	00:15:32	00:29:59.51	00:30:31.40	+00:13:09 (43.9%)	5:59	10 (56.2%)
151	KUNKA Piotr	3184	TEAM ZABIEGANEDNI	M40	39	00:00:31	00:15:32	00:29:59.63	00:30:31.53	+00:13:09 (43.9%)	5:59	10 (56.2%)
152	GWIAZDOWSKA Anna	3178		K60	1	00:00:39	00:15:38	00:30:00.66	00:30:40.20	+00:13:10 (43.9%)	6:00	10 (56.2%)
153	BUKOWSKI Janusz	3121	STOWARZYSZENIE DAĆ SIEBIE INNYM	M60	11	00:00:05	00:14:56	00:30:02.92	00:30:08.34	+00:13:12 (44.0%)	6:00	10 (56.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 5km	brutto 5km			
154	WĘCŁAWEK Andrzej	3299		M40	40	00:00:04	00:15:32	00:30:06.74	00:30:10.74	+00:13:16 (44.1%)	6:01	10 (56.2%)
155	PAWŁOWSKA Anna	3139	ISO MEDIA	K30	16	00:00:21	00:15:16	00:30:09.55	00:30:31.03	+00:13:19 (44.2%)	6:01	10 (56.2%)
156	PAWŁOWSKI Karol	3138	ISO MEDIA	M40	41	00:00:21	00:15:16	00:30:09.66	00:30:31.21	+00:13:19 (44.2%)	6:01	10 (56.2%)
157	LATECKI Marcin	3048		M40	42	00:00:39	00:15:18	00:30:17.76	00:30:57.03	+00:13:27 (44.4%)	6:03	9.9 (55.6%)
158	SIDOR Dariusz	3115	NIEZAPOMNIMY	M50	26	00:00:29	00:15:52	00:30:18.26	00:30:47.77	+00:13:27 (44.4%)	6:03	9.9 (55.6%)
159		3152	OMIATACZE	K40	9	00:00:16	00:14:48	00:30:25.62	00:30:41.82	+00:13:35 (44.7%)	6:05	9.9 (55.6%)
160		3151	OMIATACZE	M50	27	00:00:16	00:14:48	00:30:25.69	00:30:41.90	+00:13:35 (44.7%)	6:05	9.9 (55.6%)
161	HENDZLIK Agnieszka	3107		K30	17	00:00:06	00:14:11	00:30:27.01	00:30:33.79	+00:13:36 (44.7%)	6:05	9.9 (55.6%)
162	OCHIJEWICZ Michał	3217	BIEGAJĄCE ŚWINKI	M30	27	00:00:11	00:14:58	00:30:28.81	00:30:40.03	+00:13:38 (44.8%)	6:05	9.8 (55.1%)
163	BIRILO Andrzej	3028		M30	28	00:00:19	00:15:15	00:30:28.97	00:30:48.75	+00:13:38 (44.8%)	6:05	9.8 (55.1%)
164	KAMIŃSKI Andrzej	3218		M60	12	00:00:18	00:15:16	00:30:31.05	00:30:49.97	+00:13:40 (44.8%)	6:06	9.8 (55.1%)
165	WITKE Arleta	3290		K20	7	00:00:19	00:15:11	00:30:36.32	00:30:56.27	+00:13:46 (45.0%)	6:07	9.8 (55.1%)
166	SOBIESZEK Anna	3034		K30	18	00:00:17	00:15:23	00:30:39.64	00:30:57.45	+00:13:49 (45.1%)	6:07	9.8 (55.1%)
167	DĄBROWSKI Andrzej	3050		M60	13	00:00:08	00:15:04	00:30:46.71	00:30:55.68	+00:13:56 (45.3%)	6:09	9.8 (55.1%)
168	KUDLAK Monika	3289		K50	5	00:00:09	00:15:04	00:30:46.88	00:30:56.05	+00:13:56 (45.3%)	6:09	9.8 (55.1%)
169	WÓJCIK Tomasz	3101		M50	28	00:00:06	00:14:17	00:30:55.23	00:31:01.45	+00:14:04 (45.5%)	6:11	9.7 (54.5%)
170	DROŻYŃSKA Karolina	3008		K18	2	00:00:23	00:15:18	00:30:55.25	00:31:18.32	+00:14:04 (45.5%)	6:11	9.7 (54.5%)
171	SOWA Andrzej	3133		M40	43	00:00:05	00:15:20	00:31:00.90	00:31:06.89	+00:14:10 (45.7%)	6:12	9.7 (54.5%)
172	ZDRODOWSKI Krystian	3022		M18	7	00:00:16	00:15:32	00:31:03.20	00:31:19.39	+00:14:12 (45.8%)	6:12	9.7 (54.5%)
173	WŁODARCZYK Eulalia	3056		K40	10	00:00:23	00:15:51	00:31:07.04	00:31:30.47	+00:14:16 (45.9%)	6:13	9.6 (53.9%)
174	ŚLUSARCZYK Sylwester	3291		M50	29	00:00:24	00:15:48	00:31:10.01	00:31:34.49	+00:14:19 (46.0%)	6:14	9.6 (53.9%)
175	GWIAZDOWSKI Jarosław	3163		M60	14	00:00:39	00:15:50	00:31:15.65	00:31:55.41	+00:14:25 (46.1%)	6:15	9.6 (53.9%)
176		3104		M50	30	00:00:19	00:16:13	00:31:18.35	00:31:38.17	+00:14:28 (46.2%)	6:15	9.6 (53.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 5km	brutto 5km			
177	SOSIN Aleksandra	3088		K30	19	00:00:30	00:15:08	00:31:28.56	00:31:58.85	+00:14:38 (46.5%)	6:17	9.5 (53.4%)
178	TELAKOWSKA Anita	3064		K40	11	00:00:26	00:15:38	00:31:29.15	00:31:55.17	+00:14:38 (46.5%)	6:17	9.5 (53.4%)
179	ZDRODOWSKI Krzysztof	3021		M50	31	00:00:16	00:15:00	00:31:32.19	00:31:49.12	+00:14:41 (46.6%)	6:18	9.5 (53.4%)
180	ŻYCKA-ZDRODOWSKA Magdalena	3018		K40	12	00:00:16	00:15:32	00:31:32.63	00:31:48.81	+00:14:42 (46.6%)	6:18	9.5 (53.4%)
181	KAMIŃSKA Anna	3105		K40	13	00:00:39	00:17:11	00:31:33.70	00:32:12.82	+00:14:43 (46.6%)	6:18	9.5 (53.4%)
182	SZAROWICZ Natasza	3247		K18	3	00:00:38	00:17:11	00:31:36.26	00:32:14.97	+00:14:45 (46.7%)	6:19	9.5 (53.4%)
183	JOŃSKA Patrycja	3246		K18	4	00:00:37	00:16:41	00:31:37.38	00:32:14.60	+00:14:47 (46.8%)	6:19	9.5 (53.4%)
184	WITCZAK Natalia	3265		K18	5	00:00:37	00:16:41	00:31:43.17	00:32:20.92	+00:14:52 (46.9%)	6:20	9.5 (53.4%)
185	SIWEK Sylwia	3036	BIEGAJĄCE ŚWINKI	K30	20	00:00:27	00:16:04	00:31:49.30	00:32:17.05	+00:14:58 (47.1%)	6:21	9.4 (52.8%)
186	GABRYŚ Daniel	3206	SIELCE	M30	29	00:00:17	00:14:59	00:31:50.03	00:32:07.20	+00:14:59 (47.1%)	6:22	9.4 (52.8%)
187	GAJ Bogna	3150	CZARNE PANTERY	K50	6	00:00:23	00:16:33	00:31:52.95	00:32:16.72	+00:15:02 (47.2%)	6:22	9.4 (52.8%)
188	WIECZOREK Marek	3023		M50	32	00:00:18	00:16:16	00:31:54.00	00:32:12.64	+00:15:03 (47.2%)	6:22	9.4 (52.8%)
189	KOMOŃ Henryk	3026		M60	15	00:00:21	00:15:47	00:31:58.29	00:32:19.89	+00:15:07 (47.3%)	6:23	9.4 (52.8%)
190	KAMIŃSKA Julia	3264		K18	6	00:00:38	00:17:11	00:32:14.15	00:32:52.94	+00:15:23 (47.8%)	6:26	9.3 (52.2%)
191	WIKALIŃSKA Wiktoria	3210	SP. 382	K18	7	00:00:37	00:17:11	00:32:14.56	00:32:52.04	+00:15:24 (47.8%)	6:26	9.3 (52.2%)
192	MAKOWSKA Anna	3198	DD RUNNING TEAM	K30	21	00:00:08	00:16:28	00:32:35.96	00:32:44.73	+00:15:45 (48.3%)	6:31	9.2 (51.7%)
193	REGUCKI Artur	3142		M50	33	00:00:14	00:16:12	00:32:42.09	00:32:56.38	+00:15:51 (48.5%)	6:32	9.2 (51.7%)
194	CYGAL-LECH Sylwia	3273		K50	7	00:01:08	00:16:22	00:32:53.17	00:34:01.21	+00:16:02 (48.8%)	6:34	9.1 (51.1%)
195	HOŁOPIAK Ewa	3149	NEW BALANCE RUN CREW	K60	2	00:00:23	00:17:06	00:32:56.75	00:33:20.06	+00:16:06 (48.9%)	6:35	9.1 (51.1%)
196		3164		M60	16	00:00:34	00:16:37	00:33:04.55	00:33:38.98	+00:16:14 (49.1%)	6:36	9.1 (51.1%)
197	PANASIEWICZ Leszek	3125		M60	17	00:00:39	00:17:07	00:33:04.94	00:33:44.50	+00:16:14 (49.1%)	6:36	9.1 (51.1%)
198	HARABIN Kinga	3156	RUN CZARNÓW	K30	22	00:00:29	00:15:52	00:33:11.45	00:33:40.67	+00:16:21 (49.3%)	6:38	9 (50.6%)
199	P. Karina	3241		K50	8	00:00:05	00:16:01	00:33:13.57	00:33:19.48	+00:16:23 (49.3%)	6:38	9 (50.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 5km	brutto 5km			
200	ADAMCZYK Jacek	3170	LESZEK ŻEBROWSKI TV	M50	34	00:00:28	00:16:44	00:33:27.27	00:33:55.35	+00:16:36 (49.7%)	6:41	9 (50.6%)
201	WALCZAK Ksawery	3162		M18	8	00:00:38	00:16:17	00:33:28.29	00:34:06.90	+00:16:37 (49.7%)	6:41	9 (50.6%)
202	KACZYŃSKA Paula	3087		K20	8	00:00:20	00:16:39	00:33:34.03	00:33:54.67	+00:16:43 (49.8%)	6:42	8.9 (50.0%)
203	HERMAN Anna	3159		K40	14	00:00:38	00:17:16	00:33:35.91	00:34:14.33	+00:16:45 (49.9%)	6:43	8.9 (50.0%)
204	DYNIOWICZ Magdalena	3195	MADZIULKA TEAM	K50	9	00:00:18	00:16:48	00:33:38.94	00:33:57.09	+00:16:48 (50.0%)	6:43	8.9 (50.0%)
205		3014		K40	15	00:00:26	00:16:36	00:33:45.50	00:34:11.69	+00:16:55 (50.1%)	6:45	8.9 (50.0%)
206	ROZ Olga	3015		K40	16	00:00:25	00:16:36	00:33:45.80	00:34:11.50	+00:16:55 (50.1%)	6:45	8.9 (50.0%)
207		3061	SZCZEGÓLNY SZCZYGIEŁ	K20	9	00:00:22	00:15:48	00:33:53.08	00:34:15.90	+00:17:02 (50.3%)	6:46	8.9 (50.0%)
208	WIŚNIEWSKA Katarzyna	3270	INDYWIDUALISTKA	K50	10	00:00:24	00:16:41	00:33:56.94	00:34:21.65	+00:17:06 (50.4%)	6:47	8.8 (49.4%)
209	DĘBEK Emilia	3039		K30	23	00:00:36	00:17:35	00:34:11.81	00:34:47.98	+00:17:21 (50.8%)	6:50	8.8 (49.4%)
210	METT Mariusz	3160		M50	35	00:00:27	00:17:27	00:34:43.77	00:35:11.14	+00:17:53 (51.5%)	6:56	8.6 (48.3%)
211	SZAFRAN Beata	3226	THEKURA	K40	17	00:00:35	00:17:15	00:35:01.53	00:35:36.89	+00:18:11 (51.9%)	7:00	8.6 (48.3%)
212	PETRYCKI Marcin	3227	THEKURA	M40	44	00:00:35	00:17:15	00:35:01.76	00:35:36.82	+00:18:11 (51.9%)	7:00	8.6 (48.3%)
213	SYGUT Emilia	3188		K30	24	00:00:14	00:17:15	00:35:14.57	00:35:28.71	+00:18:24 (52.2%)	7:02	8.5 (47.8%)
214	SYGUT Elias	3189		M30	30	00:00:13	00:17:15	00:35:14.67	00:35:28.50	+00:18:24 (52.2%)	7:02	8.5 (47.8%)
215	KUBA Artur	3190		M50	36	00:00:13	00:17:15	00:35:14.95	00:35:28.68	+00:18:24 (52.2%)	7:02	8.5 (47.8%)
216	LECH Małgorzata	3274		K18	8	00:00:56	00:17:22	00:35:15.10	00:36:11.33	+00:18:24 (52.2%)	7:03	8.5 (47.8%)
217	ŻEBROWSKA Basia	3071		K50	11	00:00:26	00:17:29	00:35:17.63	00:35:44.50	+00:18:27 (52.3%)	7:03	8.5 (47.8%)
218	SZYMOELDER Damian	3054		M30	31	00:00:12	00:17:21	00:35:23.79	00:35:35.98	+00:18:33 (52.4%)	7:04	8.5 (47.8%)
219	BORUCKI Radosław	3128		M50	37	00:00:38	00:18:07	00:35:28.01	00:36:06.06	+00:18:37 (52.5%)	7:05	8.5 (47.8%)
220	MROZEK Joanna	3179		K20	10	00:00:14	00:18:18	00:35:51.78	00:36:06.02	+00:19:01 (53.0%)	7:10	8.4 (47.2%)
221	MROZEK Maksymilian	3177		M20	12	00:00:14	00:18:18	00:35:51.93	00:36:05.97	+00:19:01 (53.1%)	7:10	8.4 (47.2%)
222	ZELMANOWICZ Jakub	3098		M20	13	00:00:41	00:17:52	00:36:01.09	00:36:42.28	+00:19:10 (53.2%)	7:12	8.3 (46.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 5km	brutto 5km			
223	ZELMANOWICZ Lena	3097		K20	11	00:00:41	00:17:52	00:36:01.19	00:36:42.20	+00:19:10 (53.3%)	7:12	8.3 (46.6%)
224	ZDUŃCZYK Łukasz	3065	SĘDZIOWSKA	M40	45	00:00:36	00:18:08	00:36:07.44	00:36:44.16	+00:19:17 (53.4%)	7:13	8.3 (46.6%)
225	GRAFFSTEIN Barbara	3091		K60	3	00:00:33	00:18:13	00:36:15.46	00:36:48.65	+00:19:25 (53.6%)	7:15	8.3 (46.6%)
226	TYLK Marzena	3095	RON	K40	18	00:00:08	00:18:30	00:36:31.55	00:36:40.14	+00:19:41 (53.9%)	7:18	8.2 (46.1%)
227	OSTROWSKA-MAREK Paulina	3012		K30	25	00:00:25	00:18:18	00:36:47.88	00:37:12.90	+00:19:57 (54.2%)	7:21	8.2 (46.1%)
228	KRZESIŃSKA Beata	3055		K50	12	00:00:28	00:18:13	00:36:49.21	00:37:18.05	+00:19:58 (54.3%)	7:21	8.1 (45.5%)
229	KRZESIŃSKA Julia	3057		K18	9	00:00:28	00:18:14	00:36:49.90	00:37:18.56	+00:19:59 (54.3%)	7:21	8.1 (45.5%)
230	BIELECKI Jacek	3157	RUN CZARNÓW	M50	38	00:00:34	00:18:20	00:36:51.47	00:37:25.89	+00:20:01 (54.3%)	7:22	8.1 (45.5%)
231	BAJOREK Jacek	3231		M50	39	00:00:30	00:17:28	00:37:32.91	00:38:03.64	+00:20:42 (55.2%)	7:30	8 (44.9%)
232		3297		K40	19	00:00:23	00:18:04	00:38:10.34	00:38:34.17	+00:21:20 (55.9%)	7:38	7.9 (44.4%)
233	WENDOWSKA Monika	3013		K30	26	00:00:26	00:18:34	00:38:38.67	00:39:05.33	+00:21:48 (56.4%)	7:43	7.8 (43.8%)
234	WĘCLEWSKA Kamila	3093	SZOK	K30	27	00:00:16	00:18:43	00:38:53.82	00:39:10.49	+00:22:03 (56.7%)	7:46	7.7 (43.3%)
235	ŁACH Szczepan	3094	SZOK	M30	32	00:00:16	00:18:43	00:38:54.40	00:39:11.02	+00:22:04 (56.7%)	7:46	7.7 (43.3%)
236	ORIOŁ Tomasz	3285		M50	40	00:00:20	00:18:01	00:38:57.52	00:39:18.21	+00:22:07 (56.8%)	7:47	7.7 (43.3%)
237	CZOCHARA Sebastian	3025		M40	46	00:00:09	00:19:36	00:39:37.39	00:39:46.47	+00:22:47 (57.5%)	7:55	7.6 (42.7%)
238	ZAREMBA Bożena	3024		K40	20	00:00:09	00:19:35	00:39:37.39	00:39:46.70	+00:22:47 (57.5%)	7:55	7.6 (42.7%)
239	SIKORA Kazimierz	3111		M60	18	00:00:25	00:19:26	00:40:07.94	00:40:33.58	+00:23:17 (58.0%)	8:01	7.5 (42.1%)
240	WIZERT Józef	3113		M60	19	00:00:25	00:19:27	00:40:08.05	00:40:33.65	+00:23:17 (58.0%)	8:01	7.5 (42.1%)
241	NASKRĘT Mariusz	3208		M50	41	00:00:30	00:20:33	00:40:19.94	00:40:50.31	+00:23:29 (58.3%)	8:03	7.4 (41.6%)
242	URBANEK Mariusz	3019	RUN-LOG	M40	47	00:00:32	00:20:18	00:41:38.24	00:42:10.92	+00:24:47 (59.6%)	8:19	7.2 (40.4%)
243	CZECHOWSKI Jerzy	3122	MZA - WARSZAWA	M60	20	00:00:40	00:20:39	00:43:02.94	00:43:43.32	+00:26:12 (60.9%)	8:36	7 (39.3%)
244		3085		M60	21	00:00:26	00:22:53	00:47:25.28	00:47:51.62	+00:30:34 (64.5%)	9:29	6.3 (35.4%)
245	KOWALEWSKI Adam	3298		M50	42	00:01:02	00:25:36	00:51:36.45	00:52:39.36	+00:34:46 (67.4%)	10:19	5.8 (32.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
	DYNIWICZ Igor	3197	MADZIULKA TEAM	M50		DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 246 wynik(ów)