



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

BIEG ZIELONYCH SZNUROWADEŁ 21 KM

Bieg Zielonych Sznurowadeł
Jak Nie My To Kto?
2025-03-15
Puławy
21 km

B4SPORT

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer Klub	Kategoria	Mkat	Czas startu	5.5km	11km	16.5km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	WILKOS Mateusz	2223	M-30	1	00:00:01	00:24:30	00:47:38	01:09:57	01:30:23.95	01:30:25.60		4:18	13.9 (100%)
2	BOROWSKI Kamil	2157	M-30	2	00:00:02	00:24:31	00:47:39	01:10:02	01:31:28.10	01:31:30.20	+00:01:04 (1.2%)	4:21	13.8 (99.3%)
3	KAMELA Robert	2075	M-50	1	00:00:01	00:25:10	00:50:13	01:14:19	01:37:56.80	01:37:58.25	+00:07:32 (7.7%)	4:39	12.9 (92.8%)
4	BIGOS Daniel	2067	M-20	1	00:00:01	00:26:51	00:51:54	01:16:00	01:39:01.00	01:39:02.10	+00:08:37 (8.7%)	4:42	12.7 (91.4%)
5	WYROSTEK Krzysztof	2105	M-50	2	00:00:01	00:27:17	00:54:07	01:19:23	01:43:38.80	01:43:40.65	+00:13:14 (12.8%)	4:56	12.2 (87.8%)
6	ZAJĄC Grzegorz	2015	M-40	1	00:00:06	00:28:10	00:55:26	01:22:48	01:47:33.45	01:47:39.65	+00:17:09 (16.0%)	5:07	11.7 (84.2%)
7	PAJDOSZ Rafał	2214	M-40	2	00:00:02	00:28:20	00:56:23	01:23:04	01:47:53.45	01:47:56.00	+00:17:29 (16.2%)	5:08	11.7 (84.2%)
8	POŻAK Grzegorz	2161	M-40	3	00:00:02	00:28:28	00:56:09	01:23:01	01:48:04.05	01:48:06.10	+00:17:40 (16.3%)	5:08	11.7 (84.2%)
9	WALASEK Grzegorz	2021	M-50	3	00:00:03	00:28:51	00:56:20	01:23:05	01:48:18.35	01:48:22.30	+00:17:54 (16.5%)	5:09	11.6 (83.5%)
10	RUSEK Bernard	2107	M-40	4	00:00:15	00:28:43	00:57:14	01:24:51	01:51:36.20	01:51:51.80	+00:21:12 (19.0%)	5:18	11.3 (81.3%)
11	DEJNECKA Martyna	2169	K-30	1	00:00:00	00:29:31	00:58:10	01:25:33	01:52:08.45	01:52:09.40	+00:21:44 (19.4%)	5:20	11.2 (80.6%)
12	ŻELASZCZYK Mateusz	2134	M-20	2	00:00:03	00:28:45	00:57:39	01:25:05	01:52:10.45	01:52:13.50	+00:21:46 (19.4%)	5:20	11.2 (80.6%)
13	MACHNICKI Rafał	2066	M-30	3	00:00:03	00:28:49	00:57:28	01:25:07	01:52:16.35	01:52:19.85	+00:21:52 (19.5%)	5:20	11.2 (80.6%)
14	SMYK Mariusz	2088	M-40	5	00:00:05	00:29:46	00:58:08	01:25:25	01:52:16.75	01:52:22.10	+00:21:52 (19.5%)	5:20	11.2 (80.6%)
15	WEREMKO Grzegorz	2001	M-50	4	00:00:02	00:28:54	00:59:10	01:27:39	01:52:26.00	01:52:28.35	+00:22:02 (19.6%)	5:21	11.2 (80.6%)

Msc	Zawodnik	Numer Klub	Kategoria	Mkat	Czas startu	5.5km	11km	16.5km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
16	POCIECH Marek	2095	M-60	1	00:00:01	00:28:19	00:56:22	01:24:40	01:53:20.30	01:53:22.25	+00:22:56 (20.2%)	5:23	11.1 (79.9%)
17	SIEJKO Łukasz	2133	M-40	6	00:00:03	00:28:35	00:58:02	01:26:23	01:53:23.90	01:53:26.90	+00:22:59 (20.3%)	5:23	11.1 (79.9%)
18	GRYMULSKI Łukasz	2122	M-30	4	00:00:03	00:29:35	00:58:34	01:26:32	01:53:26.80	01:53:30.10	+00:23:02 (20.3%)	5:24	11.1 (79.9%)
19	KLĘPKA Maciej	2050	M-20	3	00:00:03	00:29:52	01:00:03	01:27:33	01:53:45.80	01:53:49.65	+00:23:21 (20.5%)	5:25	11.1 (79.9%)
20	CHUDZIK Piotr	2013	M-50	5	00:00:04	00:30:00	00:58:40	01:26:37	01:53:51.65	01:53:55.75	+00:23:27 (20.6%)	5:25	11.1 (79.9%)
21	LUTEK Radosław	2026	M-50	6	00:00:02	00:29:28	00:58:13	01:26:23	01:53:59.50	01:54:02.35	+00:23:35 (20.7%)	5:25	11.1 (79.9%)
22	JEZIORAŃSKI Marek	2239	M-50	7	00:00:05	00:31:16	01:00:16	01:27:37	01:54:02.85	01:54:08.05	+00:23:38 (20.7%)	5:25	11 (79.1%)
23	KRÓLAK Radosław	2053	M-40	7	00:00:07	00:29:30	00:58:12	01:26:29	01:54:07.65	01:54:15.10	+00:23:43 (20.8%)	5:26	11 (79.1%)
24	DESSAUER Wioletta	2162	K-50	1	00:00:02	00:29:57	00:58:42	01:26:51	01:54:18.40	01:54:20.95	+00:23:54 (20.9%)	5:26	11 (79.1%)
25	JENDRYCH Artur	2002	M-30	5	00:00:02	00:29:38	00:59:36	01:27:33	01:54:23.25	01:54:25.30	+00:23:59 (21.0%)	5:26	11 (79.1%)
26	JENDRYCH Jakub	2203	M-30	6	00:00:01	00:29:36	00:59:11	01:27:44	01:54:24.20	01:54:25.45	+00:24:00 (21.0%)	5:26	11 (79.1%)
27	PACHUCY Dariusz	2010	M-40	8	00:00:03	00:28:28	00:57:51	01:25:36	01:54:33.30	01:54:37.20	+00:24:09 (21.1%)	5:27	11 (79.1%)
28	PIETRYKOWSKI Konrad	2113	M-40	9	00:00:01	00:30:38	01:00:38	01:28:20	01:55:40.40	01:55:41.85	+00:25:16 (21.8%)	5:30	10.9 (78.4%)
29		2228			00:00:09	00:31:18	01:00:31	01:28:47	01:55:59.60	01:56:08.90	+00:25:35 (22.1%)	5:31	10.9 (78.4%)
30	MANCZENKO Eugeniusz	2210	M-40	10	00:00:02	00:29:20	01:00:04	01:28:27	01:56:01.75	01:56:03.90	+00:25:37 (22.1%)	5:31	10.9 (78.4%)
31	MITURA Marek	2182	M-40	11	00:00:15	00:32:16	01:01:24	01:30:09	01:56:51.70	01:57:07.00	+00:26:27 (22.6%)	5:33	10.8 (77.7%)
32	PAĆKO Michał	2104	M-30	7	00:00:02	00:31:51	01:01:59	01:30:32	01:57:25.25	01:57:27.65	+00:27:01 (23.0%)	5:35	10.7 (77.0%)
33	CHOŁOST Wojciech	2080	M-30	8	00:00:03	00:30:59	01:01:10	01:30:20	01:57:58.20	01:58:02.15	+00:27:34 (23.4%)	5:37	10.7 (77.0%)
34	GRUZA Pawel	2116	M-40	12	00:00:03	00:31:02	01:01:09	01:30:37	01:58:59.50	01:59:03.45	+00:28:35 (24.0%)	5:39	10.6 (76.3%)
35	MACHAJ Wojciech	1108	M-40	13	00:00:07	00:31:49	01:01:53	01:31:23	01:59:39.65	01:59:47.30	+00:29:15 (24.5%)	5:41	10.5 (75.5%)
36	JĘDRASIK Piotr	2111	M-50	8	00:00:05	00:31:06	01:01:23	01:30:40	02:00:08.80	02:00:14.55	+00:29:44 (24.8%)	5:43	10.5 (75.5%)
37	SOLPA Robert	2243	M-50	9	00:00:23	00:32:45	01:02:02	01:31:15	02:00:41.00	02:01:04.65	+00:30:17 (25.1%)	5:44	10.4 (74.8%)
38	STĘPNIAK Michał	2218	M-40	14	00:00:16	00:33:52	01:04:42	01:33:58	02:01:09.10	02:01:25.60	+00:30:45 (25.4%)	5:46	10.4 (74.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5.5km	11km	16.5km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
39	TRUK Artur	2079		M-40	15	00:00:06	00:31:18	01:01:24	01:31:22	02:01:19.85	02:01:25.90	+00:30:55 (25.5%)	5:46	10.4 (74.8%)
40	WILKOS Kamil	2224		M-30	9	00:00:04	00:30:54	01:01:07	01:30:39	02:02:14.50	02:02:18.90	+00:31:50 (26.0%)	5:49	10.3 (74.1%)
41	DOBOSZ Paweł	2072		M-40	16	00:00:10	00:32:41	01:03:17	01:33:26	02:02:23.45	02:02:33.95	+00:31:59 (26.1%)	5:49	10.3 (74.1%)
42	WIECZOREK Marcin	2038		M-40	17	00:00:05	00:31:21	01:01:25	01:31:31	02:02:33.70	02:02:39.65	+00:32:09 (26.2%)	5:50	10.3 (74.1%)
43	KWIATKOWSKI Tomasz	2054		M-40	18	00:00:04	00:31:50	01:03:27	01:34:04	02:03:03.40	02:03:08.10	+00:32:39 (26.5%)	5:51	10.2 (73.4%)
44	KURZEP Szymon	2046		M-30	10	00:00:22	00:30:48	01:01:30	01:32:22	02:03:13.30	02:03:35.45	+00:32:49 (26.6%)	5:52	10.2 (73.4%)
45	DOBOSZ Mariusz	2112		M-40	19	00:00:13	00:33:02	01:03:24	01:33:05	02:03:17.75	02:03:31.65	+00:32:53 (26.7%)	5:52	10.2 (73.4%)
46	RĘBKOWSKI Piotr	2128		M-50	10	00:00:03	00:31:50	01:03:03	01:33:47	02:03:30.60	02:03:34.45	+00:33:06 (26.8%)	5:52	10.2 (73.4%)
47	DACHNO Marek	2041		M-40	20	00:00:10	00:32:14	01:03:35	01:33:47	02:03:51.45	02:04:02.00	+00:33:27 (27.0%)	5:53	10.2 (73.4%)
48	KLUCZEK Paweł	2154		M-20	4	00:00:17	00:32:41	01:03:46	01:34:13	02:04:14.65	02:04:32.30	+00:33:50 (27.2%)	5:54	10.1 (72.7%)
49	FURTAK Jakub	2177		M-40	21	00:00:24	00:34:40	01:05:54	01:35:58	02:04:19.05	02:04:43.15	+00:33:55 (27.3%)	5:55	10.1 (72.7%)
50	POLAK Agnieszka	2025		K-40	1	00:00:10	00:32:42	01:03:42	01:34:26	02:04:22.25	02:04:32.45	+00:33:58 (27.3%)	5:55	10.1 (72.7%)
51	ZEJMA Dariusz	2007		M-50	11	00:00:02	00:31:12	01:02:01	01:33:46	02:04:30.65	02:04:33.50	+00:34:06 (27.4%)	5:55	10.1 (72.7%)
52	SOBIESZEK Sylwia	2017		K-40	2	00:00:07	00:31:03	01:01:57	01:33:23	02:04:44.30	02:04:52.20	+00:34:20 (27.5%)	5:56	10.1 (72.7%)
53	KOŁODZIEJ Sławomir	2147		M-50	12	00:00:08	00:32:32	01:05:05	01:34:59	02:05:01.10	02:05:09.35	+00:34:37 (27.7%)	5:57	10.1 (72.7%)
54	MIZIOŁEK-WIELGOS Natalia	2014		K-30	2	00:00:04	00:32:59	01:05:03	01:35:28	02:05:08.25	02:05:13.10	+00:34:44 (27.8%)	5:57	10.1 (72.7%)
55	MAJEWSKI Jarek	2035		M-40	22	00:00:10	00:32:14	01:03:42	01:34:25	02:05:51.95	02:06:02.05	+00:35:28 (28.2%)	5:59	10 (71.9%)
56	GAJEK Magdalena	2064		K-50	2	00:00:14	00:32:59	01:03:41	01:35:01	02:06:17.65	02:06:31.85	+00:35:53 (28.4%)	6:00	10 (71.9%)
57	GAJEK Grzegorz	2065		M-40	23	00:00:14	00:33:00	01:03:39	01:34:58	02:06:18.25	02:06:32.95	+00:35:54 (28.4%)	6:00	10 (71.9%)
58	KARASEK Mariusz	2052		M-50	13	00:00:18	00:33:55	01:05:16	01:35:45	02:06:31.30	02:06:49.45	+00:36:07 (28.6%)	6:01	10 (71.9%)
59	MIROSŁAW Mateusz	2085		M-30	11	00:00:19	00:34:02	01:05:44	01:36:16	02:06:59.80	02:07:19.50	+00:36:35 (28.8%)	6:02	9.9 (71.2%)
60	KITA Kamil	2173		M-30	12	00:00:04	00:31:23	01:05:10	01:35:50	02:07:22.50	02:07:26.75	+00:36:58 (29.0%)	6:03	9.9 (71.2%)
61	ALBIŃSKI Tomasz	2031		M-40	24	00:00:12	00:33:55	01:05:50	01:37:18	02:08:12.15	02:08:24.80	+00:37:48 (29.5%)	6:06	9.8 (70.5%)

Msc	Zawodnik	Numer Klub	Kategoria	Mkat	Czas startu	5.5km	11km	16.5km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
62	KARAUDA Marcin	2205	M-30	13	00:00:21	00:37:51	01:08:35	01:39:56	02:08:26.50	02:08:47.55	+00:38:02 (29.6%)	6:06	9.8 (70.5%)
63	CYWKA Waldemar	2034	M-40	25	00:00:03	00:31:22	01:03:59	01:35:10	02:08:37.65	02:08:41.15	+00:38:13 (29.7%)	6:07	9.8 (70.5%)
64	GOŁĘBIEWSKI Albert	2140	M-30	14	00:00:05	00:31:56	01:04:29	01:36:25	02:08:52.45	02:08:58.15	+00:38:28 (29.9%)	6:08	9.8 (70.5%)
65	BAKIERA Kamil	2092	M-30	15	00:00:07	00:32:56	01:05:46	01:38:50	02:08:53.75	02:09:01.60	+00:38:29 (29.9%)	6:08	9.8 (70.5%)
66	WAROWNY Robert	2030	M-40	26	00:00:05	00:32:29	01:05:30	01:37:36	02:09:31.45	02:09:36.95	+00:39:07 (30.2%)	6:10	9.7 (69.8%)
67	CICHECKI Łukasz	2135	M-40	27	00:00:06	00:34:12	01:06:33	01:38:46	02:09:36.55	02:09:43.15	+00:39:12 (30.3%)	6:10	9.7 (69.8%)
68	KORULCZYK Łukasz	2144	M-40	28	00:00:14	00:33:53	01:06:15	01:39:14	02:09:44.50	02:09:59.30	+00:39:20 (30.3%)	6:10	9.7 (69.8%)
69	BAK Grzegorz	2245	M-40	29	00:00:10	00:34:56	01:07:30	01:39:35	02:10:03.60	02:10:14.20	+00:39:39 (30.5%)	6:11	9.7 (69.8%)
70	STAŃCZUK Leszek	2076	M-60	2	00:00:04	00:34:02	01:08:01	01:40:18	02:10:14.60	02:10:19.30	+00:39:50 (30.6%)	6:12	9.7 (69.8%)
71	WYRWISZ Damian	2196	M-40	30	00:00:18	00:34:43	01:07:33	01:39:17	02:10:20.50	02:10:39.35	+00:39:56 (30.6%)	6:12	9.7 (69.8%)
72	BRODAKCI Waldemar	2180	M-60	3	00:00:11	00:36:53	01:07:58	01:41:38	02:10:45.30	02:10:56.60	+00:40:21 (30.9%)	6:13	9.6 (69.1%)
73	STEFANIAK Jarosław	2131	M-50	14	00:00:11	00:33:12	01:05:38	01:38:38	02:11:23.25	02:11:34.65	+00:40:59 (31.2%)	6:15	9.6 (69.1%)
74	KOWALSKI Andrzej	2209	M-40	31	00:00:09	00:35:44	01:08:42	01:40:46	02:11:50.25	02:11:59.25	+00:41:26 (31.4%)	6:16	9.6 (69.1%)
75	SMYKA Michał	2217	M-30	16	00:00:09	00:34:12	01:07:51	01:41:01	02:12:16.45	02:12:26.25	+00:41:52 (31.7%)	6:17	9.5 (68.3%)
76	MAMEJ Piotr	2132	M-60	4	00:00:17	00:35:11	01:07:47	01:40:09	02:12:24.40	02:12:41.55	+00:42:00 (31.7%)	6:18	9.5 (68.3%)
77	OSTROWSKI Sławomir	2087	M-50	15	00:00:23	00:33:29	01:04:30	01:36:44	02:12:27.35	02:12:50.70	+00:42:03 (31.8%)	6:18	9.5 (68.3%)
78	BAKUN Mariusz	2168	M-50	16	00:00:18	00:35:14	01:08:17	01:41:32	02:12:36.60	02:12:54.90	+00:42:12 (31.8%)	6:18	9.5 (68.3%)
79	TUMIELEWICZ Mariusz	2219	M-40	32	00:00:14	00:34:56	01:07:39	01:39:57	02:12:42.90	02:12:56.95	+00:42:18 (31.9%)	6:19	9.5 (68.3%)
80	ZAJĄC Mariusz	2137	M-50	17	00:00:06	00:33:03	01:04:55	01:37:41	02:12:43.80	02:12:50.70	+00:42:19 (31.9%)	6:19	9.5 (68.3%)
81	BEDNARCZYK Tomasz	2123	M-40	33	00:00:14	00:34:30	01:07:10	01:39:40	02:12:47.55	02:13:02.35	+00:42:23 (31.9%)	6:19	9.5 (68.3%)
82	MOKRZANOWSKI Piotr	2143	M-30	17	00:00:03	00:31:57	01:04:41	01:38:32	02:12:50.90	02:12:54.25	+00:42:26 (32.0%)	6:19	9.5 (68.3%)
83	PILARSKI Grzegorz	2016	M-50	18	00:00:12	00:33:57	01:08:21	01:41:11	02:13:11.95	02:13:24.40	+00:42:48 (32.1%)	6:20	9.5 (68.3%)
84	MICHALAK Ela	2101	K-40	3	00:00:06	00:35:15	01:08:32	01:42:35	02:14:02.90	02:14:09.75	+00:43:38 (32.6%)	6:22	9.4 (67.6%)

Msc	Zawodnik	Numer Klub	Kategoria	Mkat	Czas startu	5.5km	11km	16.5km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
85	RUSIN Łukasz	2070	M-40	34	00:00:17	00:34:26	01:07:30	01:41:11	02:14:03.55	02:14:21.40	+00:43:39 (32.6%)	6:23	9.4 (67.6%)
86	PASEK Monika	2249	K-40	4	00:00:12	00:34:30	01:08:29	01:42:31	02:14:45.40	02:14:57.65	+00:44:21 (32.9%)	6:25	9.4 (67.6%)
87	MARKIEWICZ Monika	2148	K-40	5	00:00:20	00:35:10	01:08:19	01:42:17	02:14:45.90	02:15:06.50	+00:44:21 (32.9%)	6:25	9.4 (67.6%)
88	SADKOWSKI Paweł	2194	M-40	35	00:00:09	00:34:49	01:08:49	01:43:42	02:14:54.15	02:15:03.90	+00:44:30 (33.0%)	6:25	9.3 (66.9%)
89	KRÓL Przemysław	2043	M-30	18	00:00:06	00:35:16	01:10:36	01:44:39	02:14:59.40	02:15:06.05	+00:44:35 (33.0%)	6:25	9.3 (66.9%)
90	DZIDECZEK Marcin	2044	M-40	36	00:00:26	00:35:43	01:09:03	01:42:23	02:15:07.00	02:15:33.10	+00:44:43 (33.1%)	6:26	9.3 (66.9%)
91	WILK Bartosz	2149	M-30	19	00:00:20	00:35:29	01:09:16	01:43:19	02:15:36.70	02:15:57.50	+00:45:12 (33.3%)	6:27	9.3 (66.9%)
92	CHRZANOWSKI Patryk	2136	M-30	20	00:00:20	00:35:31	01:09:17	01:43:22	02:15:43.30	02:16:04.05	+00:45:19 (33.4%)	6:27	9.3 (66.9%)
93	BROMKE Łukasz	2188	M-40	37	00:00:05	00:35:40	01:10:10	01:43:41	02:16:09.40	02:16:15.30	+00:45:45 (33.6%)	6:29	9.3 (66.9%)
94	BIELAK Michał	2117	M-30	21	00:00:09	00:35:04	01:08:36	01:42:42	02:16:14.85	02:16:24.45	+00:45:50 (33.7%)	6:29	9.2 (66.2%)
95	MITURA Damian	2184	M-30	22	00:00:19	00:33:56	01:07:39	01:42:16	02:16:23.70	02:16:43.45	+00:45:59 (33.7%)	6:29	9.2 (66.2%)
96	FERENC Marcin	2097	M-40	38	00:00:08	00:35:34	01:08:24	01:42:36	02:16:36.80	02:16:44.95	+00:46:12 (33.8%)	6:30	9.2 (66.2%)
97	PAŁUBSKI Mateusz	2039	M-30	23	00:00:07	00:35:05	01:08:54	01:44:03	02:17:05.25	02:17:12.80	+00:46:41 (34.1%)	6:31	9.2 (66.2%)
98	ORŁOWSKI Krzysztof	2145	M-50	19	00:00:04	00:33:16	01:07:08	01:42:52	02:17:18.50	02:17:23.20	+00:46:54 (34.2%)	6:32	9.2 (66.2%)
99	DZIUBAK Bartłomiej	2051	M-30	24	00:00:31	00:34:32	01:09:05	01:43:37	02:17:48.15	02:18:19.35	+00:47:24 (34.4%)	6:33	9.1 (65.5%)
100	JUREK Zbigniew	2099	M-60	5	00:00:09	00:36:09	01:10:26	01:45:08	02:17:50.15	02:18:00.05	+00:47:26 (34.4%)	6:33	9.1 (65.5%)
101	NIERADKO Adam	2102	M-50	20	00:00:12	00:35:13	01:10:28	01:45:18	02:18:29.05	02:18:42.00	+00:48:05 (34.7%)	6:35	9.1 (65.5%)
102	BICZYK Szymon	2191	M-30	25	00:00:07	00:36:04	01:11:07	01:46:01	02:18:35.80	02:18:43.25	+00:48:11 (34.8%)	6:35	9.1 (65.5%)
103	NOWAK Katarzyna	2057	K-30	3	00:00:04	00:35:11	01:09:55	01:44:52	02:18:39.40	02:18:44.10	+00:48:15 (34.8%)	6:36	9.1 (65.5%)
104	TUROWSKI Łukasz	2151	M-40	39	00:00:06	00:35:23	01:09:05	01:44:38	02:18:40.85	02:18:47.45	+00:48:16 (34.8%)	6:36	9.1 (65.5%)
105	BALCERZAK Mateusz	2048	M-30	26	00:00:05	00:34:21	01:07:50	01:43:10	02:19:07.00	02:19:12.30	+00:48:43 (35.0%)	6:37	9.1 (65.5%)
106	KOŚCIARZ Mateusz	2153	M-30	27	00:00:18	00:35:34	01:09:57	01:44:02	02:19:20.05	02:19:38.70	+00:48:56 (35.1%)	6:38	9 (64.7%)
107	OCHNIK Przemysław	2212	M-40	40	00:00:12	00:34:39	01:07:44	01:42:00	02:19:30.55	02:19:42.90	+00:49:06 (35.2%)	6:38	9 (64.7%)

Msc	Zawodnik	Numer Klub	Kategoria	Mkat	Czas startu	5.5km	11km	16.5km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
108	TCHOREK Anna	2150	K-40	6	00:00:19	00:34:52	01:07:59	01:41:54	02:19:33.50	02:19:52.90	+00:49:09 (35.2%)	6:38	9 (64.7%)
109	LEWANDOWSKA Anna	2042	K-40	7	00:00:11	00:35:41	01:09:20	01:45:13	02:20:43.30	02:20:55.25	+00:50:19 (35.8%)	6:42	9 (64.7%)
110	DOROSZ Robert	2074	M-50	21	00:00:25	00:36:58	01:12:40	01:45:55	02:21:05.15	02:21:30.40	+00:50:41 (35.9%)	6:43	8.9 (64.0%)
111	KAWALEC Bartłomiej	2172	M-40	41	00:00:15	00:36:51	01:13:04	01:49:01	02:21:27.40	02:21:42.80	+00:51:03 (36.1%)	6:44	8.9 (64.0%)
112	KACZMARZYK Grzegorz	2141	M-50	22	00:00:12	00:37:17	01:12:48	01:47:14	02:21:32.10	02:21:44.15	+00:51:08 (36.1%)	6:44	8.9 (64.0%)
113	TURKOWSKI Maciej	2024	M-50	23	00:00:13	00:36:16	01:11:33	01:47:01	02:21:39.30	02:21:52.45	+00:51:15 (36.2%)	6:44	8.9 (64.0%)
114	SITEK Arkadiusz	2012	M-40	42	00:00:22	00:39:28	01:17:13	01:49:40	02:21:55.40	02:22:17.75	+00:51:31 (36.3%)	6:45	8.9 (64.0%)
115	SZUBERT-WALENCZAK Magdalena	2238	K-40	8	00:00:26	00:36:05	01:10:11	01:45:40	02:22:23.90	02:22:50.00	+00:51:59 (36.5%)	6:46	8.8 (63.3%)
116	MASŁOWSKI Marcin	2118	M-40	43	00:00:11	00:37:18	01:13:26	01:48:35	02:22:24.85	02:22:36.60	+00:52:00 (36.5%)	6:46	8.8 (63.3%)
117	KOSTRZON Maciej	2207	M-50	24	00:00:09	00:36:45	01:12:49	01:48:42	02:22:45.60	02:22:54.75	+00:52:21 (36.7%)	6:47	8.8 (63.3%)
118	KMAK Aneta	2241	K-40	9	00:00:06	00:35:15	01:10:00	01:46:41	02:23:05.30	02:23:11.95	+00:52:41 (36.8%)	6:48	8.8 (63.3%)
119	ŻUK Wiktoria	2174	K-30	4	00:00:16	00:36:50	01:13:02	01:49:12	02:23:14.40	02:23:31.15	+00:52:50 (36.9%)	6:49	8.8 (63.3%)
120	BUJALSKI Konrad	2125	M-20	5	00:00:08	00:36:16	01:12:30	01:49:25	02:23:17.20	02:23:25.65	+00:52:53 (36.9%)	6:49	8.8 (63.3%)
121	BOGUSZ Zbyszek	2199	M-40	44	00:00:25	00:36:57	01:12:40	01:45:55	02:23:23.55	02:23:49.05	+00:52:59 (37.0%)	6:49	8.8 (63.3%)
122	CIOTUCHA Paweł	2181	M-30	28	00:00:11	00:34:19	01:08:34	01:42:55	02:23:29.10	02:23:40.20	+00:53:05 (37.0%)	6:49	8.8 (63.3%)
123	KOCYBA Marcin	2244	M-30	29	00:00:09	00:35:11	01:10:57	01:48:28	02:23:38.05	02:23:47.20	+00:53:14 (37.1%)	6:50	8.8 (63.3%)
124	STYRNIK Marcin	2115	M-40	45	00:00:26	00:40:22	01:15:04	01:49:40	02:23:57.70	02:24:24.40	+00:53:33 (37.2%)	6:51	8.8 (63.3%)
125	ZAPAŁOWSKA Jolanta	2028	K-60+	1	00:00:01	00:38:33	01:15:21	01:50:17	02:24:07.00	02:24:08.95	+00:53:43 (37.3%)	6:51	8.7 (62.6%)
126	TYRKOWSKA Ewa	2160	K-30	5	00:00:16	00:36:56	01:13:07	01:50:25	02:24:08.35	02:24:24.35	+00:53:44 (37.3%)	6:51	8.7 (62.6%)
127	ABRAMOWICZ Daniel	2163	M-40	46	00:00:18	00:35:50	01:13:05	01:47:23	02:24:24.65	02:24:43.30	+00:54:00 (37.4%)	6:52	8.7 (62.6%)
128	JANEK Patryk	2158	M-30	30	00:00:20	00:37:01	01:13:49	01:51:12	02:24:29.15	02:24:49.15	+00:54:05 (37.4%)	6:52	8.7 (62.6%)
129	PATRZYLAS-JANCZAK Sylwia	2120	K-40	10	00:00:15	00:37:31	01:13:30	01:51:38	02:24:29.25	02:24:44.50	+00:54:05 (37.4%)	6:52	8.7 (62.6%)
130	CZEMERYŚ Małgorzata	2175	K-40	11	00:00:06	00:36:55	01:12:58	01:50:39	02:24:47.20	02:24:54.05	+00:54:23 (37.6%)	6:53	8.7 (62.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5.5km	11km	16.5km	Czas		Różn	Tempo min/km	Tempo km/h
										netto 21km	brutto 21km			
131	BRYGOŁA Andrzej	2159		M-60	6	00:00:09	00:36:46	01:13:13	01:50:31	02:24:51.80	02:25:00.90	+00:54:27 (37.6%)	6:53	8.7 (62.6%)
132	MAZUREK Aleksandra	2155		K-20	1	00:00:17	00:38:59	01:16:59	01:52:12	02:25:20.20	02:25:37.75	+00:54:56 (37.8%)	6:55	8.7 (62.6%)
133	TUREK Elżbieta	1085		K-40	12	00:00:10	00:37:13	01:14:01	01:51:49	02:25:21.55	02:25:32.05	+00:54:57 (37.8%)	6:55	8.7 (62.6%)
134	ZAGOZDON Sławomir	2226		M-50	25	00:00:09	00:36:28	01:12:26	01:49:56	02:25:34.45	02:25:44.10	+00:55:10 (37.9%)	6:55	8.7 (62.6%)
135	OSETEK Mariusz	2213		M-50	26	00:00:08	00:36:23	01:12:28	01:49:56	02:25:35.10	02:25:43.80	+00:55:11 (37.9%)	6:55	8.7 (62.6%)
136	SZKAMRUK Alicja	2166		K-30	6	00:00:05	00:37:06	01:15:55	01:52:37	02:26:37.80	02:26:42.95	+00:56:13 (38.3%)	6:58	8.6 (61.9%)
137	ZAWIŚLAK Tomasz	2124		M-50	27	00:00:20	00:39:15	01:17:30	01:52:51	02:26:54.80	02:27:15.00	+00:56:30 (38.5%)	6:59	8.6 (61.9%)
138	ADAMOWICZ Agnieszka	2023		K-40	13	00:00:11	00:37:13	01:13:28	01:51:46	02:27:15.35	02:27:26.55	+00:56:51 (38.6%)	7:00	8.6 (61.9%)
139	WOŹNIAK Dariusz	2062		M-50	28	00:00:08	00:37:27	01:15:28	01:51:53	02:27:21.65	02:27:30.15	+00:56:57 (38.7%)	7:01	8.6 (61.9%)
140	KANTOR Darek	2126		M-50	29	00:00:30	02:01:05			02:28:02.00	02:28:32.00	+00:57:38 (38.9%)	7:02	8.5 (61.2%)
141	KARNOWSKI Michał	2033		M-40	47	00:00:02	00:35:39	01:13:07	01:51:04	02:28:10.15	02:28:12.85	+00:57:46 (39.0%)	7:03	8.5 (61.2%)
142	JARCZYŃSKA-DOMINIK Jola	2098		K-40	14	00:00:21	00:39:30	01:17:54	01:52:39	02:29:12.15	02:29:33.65	+00:58:48 (39.4%)	7:06	8.4 (60.4%)
143	KARAUDA Ilona	2204		K-30	7	00:00:21	00:39:38	01:18:12	01:54:53	02:29:12.35	02:29:33.65	+00:58:48 (39.4%)	7:06	8.4 (60.4%)
144	WÓJCIK Marcin	2242		M-50	30	00:00:16	00:37:18	01:13:11	01:50:31	02:30:07.25	02:30:23.30	+00:59:43 (39.8%)	7:08	8.4 (60.4%)
145	PIETROW Marta	2110		K-40	15	00:00:16	00:38:54	01:16:01	01:53:57	02:30:20.00	02:30:36.85	+00:59:56 (39.9%)	7:09	8.4 (60.4%)
146	GNIADEK Anna	2193		K-40	16	00:00:11	00:39:39	01:17:19	01:54:50	02:30:23.15	02:30:34.25	+00:59:59 (39.9%)	7:09	8.4 (60.4%)
147	NOWAK Michał	2058		M-40	48	00:00:19	00:38:48	01:16:58	01:54:13	02:31:00.45	02:31:20.15	+01:00:36 (40.1%)	7:11	8.3 (59.7%)
148	SZYSZ Alina	2081		K-40	17	00:00:13	00:37:32	01:16:56	01:54:11	02:31:10.45	02:31:23.70	+01:00:46 (40.2%)	7:11	8.3 (59.7%)
149	ADAMCZYK Mariusz	2156		M-50	31	00:00:09	00:36:15	01:15:29	01:52:34	02:31:17.75	02:31:26.75	+01:00:53 (40.3%)	7:12	8.3 (59.7%)
150	DUDEK Barbara	2129		K-50	3	00:00:10	00:38:34	01:16:44	01:54:48	02:31:29.65	02:31:40.20	+01:01:05 (40.3%)	7:12	8.3 (59.7%)
151	KOTER Katarzyna	2208		K-40	18	00:00:06	00:36:32	01:15:44	01:53:50	02:32:46.50	02:32:53.45	+01:02:22 (40.8%)	7:16	8.2 (59.0%)
152	BAKUN Jolka	2165		K-50	4	00:00:17	00:38:00	01:15:18	01:53:33	02:32:49.10	02:33:06.85	+01:02:25 (40.8%)	7:16	8.2 (59.0%)
153	ZAGOŹDŹON Maria	2063		K-20	2	00:00:04	00:39:56	01:18:33	01:57:24	02:34:00.15	02:34:04.85	+01:03:36 (41.3%)	7:20	8.2 (59.0%)

Msc	Zawodnik	Numer Klub	Kategoria	Mkat	Czas startu	5.5km	11km	16.5km	Czas		Różn	Tempo min/km	Tempo km/h
									netto 21km	brutto 21km			
154	SOBÓL Kamil	2121	M-40	49	00:00:25	00:40:28	01:19:08	01:59:11	02:35:17.60	02:35:42.65	+01:04:53 (41.8%)	7:23	8.1 (58.3%)
155	SKORUPKA Leszek	2195	M-40	50	00:00:12	00:37:21	01:16:13	01:55:00	02:35:57.95	02:36:10.70	+01:05:34 (42.0%)	7:25	8.1 (58.3%)
156	ROSA Magdalena	2089	K-40	19	00:00:17	00:40:06	01:18:24	01:57:55	02:36:12.20	02:36:29.20	+01:05:48 (42.1%)	7:26	8.1 (58.3%)
157	LITWIŃSKI Krzysztof	2083	M-50	32	00:00:13	00:38:23	01:18:02	01:57:23	02:36:19.70	02:36:33.25	+01:05:55 (42.2%)	7:26	8.1 (58.3%)
158	KOWALCZUK Dariusz	2170	M-40	51	00:00:22	00:39:16	01:18:03	01:58:35	02:37:02.60	02:37:24.75	+01:06:38 (42.4%)	7:28	8 (57.6%)
159	WIADERNY Radosław	2119	M-40	52	00:00:24	00:40:31	01:19:56	01:59:13	02:37:38.35	02:38:02.65	+01:07:14 (42.7%)	7:30	8 (57.6%)
160	MALEC Krystian	2045	M-40	53	00:00:09	00:38:28	01:17:20	01:57:32	02:38:09.20	02:38:18.70	+01:07:45 (42.8%)	7:31	8 (57.6%)
161	GORECKA Aleksandra	2186	K-20	3	00:00:16	00:38:36	01:18:42	02:01:35	02:38:24.15	02:38:40.50	+01:08:00 (42.9%)	7:32	8 (57.6%)
162	STANIKOWSKA Maria	2071	K-50	5	00:00:11	00:40:01	01:18:09	02:00:29	02:38:26.95	02:38:38.45	+01:08:03 (42.9%)	7:32	8 (57.6%)
163	AUGUSTYNOPOLSKI Marcin	2197	M-40	54	00:00:22	00:41:59	01:20:29	01:59:19	02:39:48.80	02:40:11.05	+01:09:24 (43.4%)	7:36	7.9 (56.8%)
164	WĘGRZYN Tomasz	2127	M-30	31	00:00:24	00:40:30	01:19:10	01:59:22	02:40:00.75	02:40:25.15	+01:09:36 (43.5%)	7:37	7.9 (56.8%)
165	WIRASZKA Tomasz	2130	M-30	32	00:00:23	00:40:31	01:19:08	01:59:26	02:40:01.70	02:40:25.05	+01:09:37 (43.5%)	7:37	7.9 (56.8%)
166	WRZOS Sebastian	2036	M-30	33	00:00:27	00:39:27	01:17:39	01:58:38	02:41:04.45	02:41:31.45	+01:10:40 (43.9%)	7:40	7.8 (56.1%)
167	WOJTAL Dawid	2192	M-30	34	00:00:19	00:35:18	01:13:35	01:52:27	02:41:32.65	02:41:51.85	+01:11:08 (44.0%)	7:41	7.8 (56.1%)
168	OCHNIK Barbara	2211	K-40	20	00:00:12	00:39:32	01:17:02	02:03:24	02:41:49.85	02:42:02.00	+01:11:25 (44.1%)	7:42	7.8 (56.1%)
169	SUCHORA Anna	2167	K-60+	2	00:00:15	00:42:07	01:23:33	02:02:34	02:42:06.90	02:42:22.60	+01:11:42 (44.2%)	7:43	7.8 (56.1%)
170	POPEK Katarzyna	2237	K-20	4	00:00:24	00:41:23	01:22:52	02:05:41	02:42:30.20	02:42:54.80	+01:12:06 (44.4%)	7:44	7.8 (56.1%)
171	NIERADKO Beata	2103	K-40	21	00:00:12	00:41:15	01:21:56	02:04:43	02:43:17.65	02:43:30.00	+01:12:53 (44.6%)	7:46	7.7 (55.4%)
172	DYŚ Mariusz	2082	M-40	55	00:00:18	00:39:19	01:21:00	02:02:04	02:44:14.10	02:44:32.10	+01:13:50 (45.0%)	7:49	7.7 (55.4%)
173	MILC Szymon	2142	M-40	56	00:00:23	00:39:49	01:20:03	02:01:12	02:44:33.10	02:44:56.90	+01:14:09 (45.1%)	7:50	7.7 (55.4%)
174	KANIEWSKI Józef	2027	M-60	7	00:00:20	00:38:55	01:19:39	02:02:53	02:44:42.40	02:45:02.90	+01:14:18 (45.1%)	7:50	7.7 (55.4%)
175	NIEZBECKA Mariola	2189	K-30	8	00:00:14	00:41:16	01:19:22	02:05:50	02:44:42.90	02:44:57.10	+01:14:18 (45.1%)	7:50	7.7 (55.4%)
176	PAWŁOWSKI Piotr	2073	M-30	35	00:00:14	00:40:29	01:19:51	02:02:14	02:44:54.90	02:45:09.70	+01:14:30 (45.2%)	7:51	7.6 (54.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5.5km	11km	16.5km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
177	GRUBA Przemysław	2178		M-50	33	00:00:17	00:38:58	01:17:53	02:01:39	02:45:46.90	02:46:04.65	+01:15:22 (45.5%)	7:53	7.6 (54.7%)
178	STRZESZEWSKI Andrzej	2094		M-50	34	00:00:08	00:38:08	01:17:28	02:00:55	02:45:47.95	02:45:56.10	+01:15:24 (45.5%)	7:53	7.6 (54.7%)
179	DOBRZYŃSKI Jarosław	2201		M-30	36	00:00:25	00:40:16	01:22:42	02:02:05	02:45:58.25	02:46:24.05	+01:15:34 (45.5%)	7:54	7.6 (54.7%)
180	SIEDLACZEK Zbigniew	2090		M-60	8	00:00:16	00:41:44	01:24:36	02:06:05	02:46:59.35	02:47:16.20	+01:16:35 (45.9%)	7:57	7.5 (54.0%)
181	SKRZYPEK Robert	2216		M-50	35	00:00:27	00:42:43	01:23:57	02:07:39	02:47:20.20	02:47:48.15	+01:16:56 (46.0%)	7:58	7.5 (54.0%)
182	KOSSAKOWSKA Dorota	2022		K-50	6	00:00:21	00:40:14	01:22:11	02:07:44	02:48:18.40	02:48:39.70	+01:17:54 (46.3%)	8:00	7.5 (54.0%)
183	KLUZIAK Daria	2190		K-30	9	00:00:13	00:40:19	01:24:04	02:09:09	02:49:38.95	02:49:52.85	+01:19:15 (46.7%)	8:04	7.4 (53.2%)
184	WILKIEWICZ Dariusz	2221		M-40	57	00:00:14	00:42:21	01:25:49	02:08:45	02:52:38.30	02:52:52.50	+01:22:14 (47.6%)	8:13	7.3 (52.5%)
185	WOJNICZ Grzegorz	2068		M-40	58	00:00:22	00:39:34	01:23:29	02:06:14	02:52:40.80	02:53:03.75	+01:22:16 (47.6%)	8:13	7.3 (52.5%)
186	SZAROTA Patryk	2096		M-40	59	00:00:22	00:40:40	01:23:34	02:07:52	02:54:36.80	02:54:59.45	+01:24:12 (48.2%)	8:18	7.2 (51.8%)
187	PALAK Katarzyna	2183		K-30	10	00:00:18	00:42:12	01:25:47	02:08:11	02:54:41.15	02:54:59.70	+01:24:17 (48.3%)	8:19	7.2 (51.8%)
188	BARTUZI Sebastian	2049		M-20	6	00:00:26	00:40:12	01:22:45	02:08:01	02:55:38.10	02:56:04.25	+01:25:14 (48.5%)	8:21	7.2 (51.8%)
189	BARTUZI Andrzej	2018		M-50	36	00:00:24	00:40:12	01:22:45	02:07:08	02:55:39.35	02:56:04.10	+01:25:15 (48.5%)	8:21	7.2 (51.8%)
190	SYKUT Grzegorz	2019		M-40	60	00:00:19	00:43:40	01:26:58	02:14:08	02:57:10.65	02:57:30.05	+01:26:46 (49.0%)	8:26	7.1 (51.1%)
191	SULKOWSKI Wojciech	2139		M-40	61	00:00:22	00:45:53	01:37:10	02:19:44	02:59:04.90	02:59:27.05	+01:28:40 (49.5%)	8:31	7 (50.4%)
192	DREWNIAK Ewelina	2185		K-30	11	00:00:06	00:48:45	01:36:06	02:23:38	03:03:27.90	03:03:34.45	+01:33:03 (50.7%)	8:44	6.9 (49.6%)
193	GORAL Magdalena	2047		K-40	22	00:00:22	00:45:23	01:37:08	02:21:59	03:06:29.15	03:06:51.95	+01:36:05 (51.5%)	8:52	6.8 (48.9%)
194	TWARDOCHLEB Marcin	2061		M-40	62	00:00:13	00:43:53	01:30:48	02:20:30	03:07:37.75	03:07:51.30	+01:37:13 (51.8%)	8:56	6.7 (48.2%)
195	CHINEK Jacek	2171		M-40	63	00:00:39	00:42:57	01:50:44	02:31:58	03:07:52.20	03:08:32.15	+01:37:28 (51.9%)	8:56	6.7 (48.2%)
196	TWARDOCHLEB Agnieszka	2059		K-40	23	00:00:13	00:43:54	01:30:46	02:20:33	03:09:41.35	03:09:54.45	+01:39:17 (52.3%)	9:01	6.6 (47.5%)
197	MRUCZYŃSKA-PIETRUCZANIS Katarzyna	2029		K-40	24	00:00:16	00:46:42	01:36:11	02:24:21	03:10:22.40	03:10:38.45	+01:39:58 (52.5%)	9:03	6.6 (47.5%)
198	RDEBSKA Renata	1084		K-60+	3	00:00:21	00:48:45	01:36:21	02:23:33	03:10:43.45	03:11:04.75	+01:40:19 (52.6%)	9:04	6.6 (47.5%)
199	KORNILUK Bogdan	2206		M-60	9	00:00:07	00:44:19	01:33:34	02:24:34	03:11:17.75	03:11:24.95	+01:40:53 (52.7%)	9:06	6.6 (47.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5.5km	11km	16.5km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
200	BORKOWSKA Agnieszka	2200		K-40	25	00:00:05	00:44:20	01:33:34	02:24:30	03:11:19.15	03:11:25.05	+01:40:55 (52.7%)	9:06	6.6 (47.5%)
201	MOSKAL Agnieszka	2106		K-40	26	00:00:22	00:45:53	01:37:11	02:25:09	03:14:02.85	03:14:25.30	+01:43:38 (53.4%)	9:14	6.5 (46.8%)
202	JAWORSKI Karol	2093		M-20	7	00:00:27	00:45:32	01:36:17	02:24:13	03:20:00.00	03:20:27.35	+01:49:36 (54.8%)	9:31	6.3 (45.3%)
203	WOZNIAK Wojciech	2069		M-40	64	00:00:18	00:49:14	01:39:12	02:29:54	03:26:28.70	03:26:47.65	+01:56:04 (56.2%)	9:49	6.1 (43.9%)
204	PLESKACZ Wojciech	2248		M-30	37	00:00:23	00:45:32	01:37:44	02:33:13	03:33:16.85	03:33:40.00	+02:02:52 (57.6%)	10:09	5.9 (42.4%)
	TYBUREK Michał	2220		M-40		DNF	00:25:49 DNF	00:53:18 DNF	01:18:05 DNF	DNF	DNF		-	- (0.0%)
	BEDNARCZYK Renata	1109		K-40		DNF	00:47:17 DNF	01:37:57 DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 206 wynik(ów)