



**Wydarzenie:** Biegun - Obstacle Rush  
**Organizator:** OCR Events  
**Data:** 2023-07-01  
**Miejsce:** Gdynia  
**Dystans:** 10PRO km

## BIEGUN ELITE PRO

B4SPORT

**B4SPORT**  
INTELEGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>KRÓL Piotr</b>	<b>308</b>	SOCIOS SILESIA	Elite Pro Mężczyźni	1	00:41:19	<b>00:55:53.35</b>		5:35	10.7 (100%)
2	<b>SERAFIŃSKI Maciej</b>	<b>304</b>	RUNMAGEDDON TEAM	Elite Pro Mężczyźni	2		<b>00:55:56.00</b>	+00:00:02 (0.1%)	5:35	10.7 (100%)
3	<b>TRYVASHKEVICH Yauhen</b>	<b>317</b>	MADRUN	Elite Pro Mężczyźni	3	00:42:10	<b>00:57:00.80</b>	+00:01:07 (2.0%)	5:42	10.5 (98.1%)
4	<b>JACIÓW Paweł</b>	<b>260</b>	WATAHA	Elite Pro Mężczyźni	4	00:42:13	<b>00:57:57.50</b>	+00:02:04 (3.6%)	5:47	10.4 (97.2%)
5	<b>MARKOWSKI Fabian</b>	<b>262</b>	WATAHA	Elite Pro Mężczyźni	5	00:43:08	<b>00:58:47.80</b>	+00:02:54 (4.9%)	5:52	10.2 (95.3%)
6	<b>OLICHOWSKI Mateusz</b>	<b>345</b>	WOLF TEAM	Elite Pro Mężczyźni	6	00:43:09	<b>00:59:15.60</b>	+00:03:22 (5.7%)	5:55	10.1 (94.4%)
7	<b>BUDZISZ Krzysztof</b>	<b>305</b>	SOCIOS SILESIA	Elite Pro Mężczyźni	7	00:44:10	<b>00:59:59.75</b>	+00:04:06 (6.8%)	5:59	10 (93.5%)
8	<b>CHMIELORZ Józef</b>	<b>358</b>	CARBON SILESIA SPORT	Elite Pro Mężczyźni	8	00:43:52	<b>01:00:20.80</b>	+00:04:27 (7.4%)	6:02	9.9 (92.5%)
9	<b>FORMELA Piotr</b>	<b>326</b>	BIEGUN OCR TEAM	Elite Pro Mężczyźni	9	00:44:50	<b>01:00:57.95</b>	+00:05:04 (8.3%)	6:05	9.8 (91.6%)
10	<b>MIŁOŚ Tomasz</b>	<b>366</b>	BIEGUN OCR TEAM	Elite Pro Mężczyźni	10	00:44:53	<b>01:01:05.10</b>	+00:05:11 (8.5%)	6:06	9.8 (91.6%)
11	<b>BAK Daniel</b>	<b>347</b>	BIEGUN OCR TEAM	Elite Pro Mężczyźni	11	00:44:29	<b>01:01:27.10</b>	+00:05:33 (9.1%)	6:08	9.8 (91.6%)
12	<b>ILNICKI Dariusz</b>	<b>321</b>	NINJA CLUB KRAKÓW	Elite Pro Mężczyźni	12	00:46:09	<b>01:03:00.30</b>	+00:07:06 (11.3%)	6:18	9.5 (88.8%)
13	<b>SKOWROŃSKI Błażej</b>	<b>289</b>	DZIK KOMANDO	Elite Pro Mężczyźni	13	00:46:10	<b>01:04:31.50</b>	+00:08:38 (13.4%)	6:27	9.3 (86.9%)
14	<b>GRABOWIEC Arkadiusz</b>	<b>269</b>	POWER TRAINING	Elite Pro Mężczyźni	14	00:44:08	<b>01:04:36.35</b>	+00:08:43 (13.5%)	6:27	9.3 (86.9%)
15	<b>WOJTAS Juliuszryb</b>	<b>238</b>	OSPRO NINJA ACADEMY	Elite Pro M 13-17	1	00:46:14	<b>01:04:59.15</b>	+00:09:05 (14.0%)	6:29	9.2 (86.0%)
16	<b>GOŁĘBIEWSKI Konrad</b>	<b>257</b>	CARBON SILESIA SPORT	Elite Pro Mężczyźni	15	00:47:16	<b>01:05:22.90</b>	+00:09:29 (14.5%)	6:32	9.2 (86.0%)
17	<b>ŁOSIN Marta</b>	<b>232</b>		Elite Pro Kobiety	1	00:46:50	<b>01:05:38.75</b>	+00:09:45 (14.9%)	6:33	9.1 (85.0%)
18	<b>KARCZ Oskar</b>	<b>259</b>	LEMON TEAM	Elite Pro Mężczyźni	16	00:47:17	<b>01:05:39.80</b>	+00:09:46 (14.9%)	6:33	9.1 (85.0%)
19	<b>MARUSZEWSKI Marcin</b>	<b>268</b>		Elite Pro Mężczyźni	17	00:48:19	<b>01:05:47.30</b>	+00:09:53 (15.0%)	6:34	9.1 (85.0%)
20	<b>TESKA Patrycja</b>	<b>201</b>	BIEGUN OCR TEAM	Elite Pro K 13-17	1	00:48:52	<b>01:05:52.00</b>	+00:09:58 (15.1%)	6:35	9.1 (85.0%)
21	<b>RYBAK Dawid</b>	<b>306</b>	SOCIOS SILESIA	Elite Pro Mężczyźni	18	00:48:42	<b>01:05:55.05</b>	+00:10:01 (15.2%)	6:35	9.1 (85.0%)
22	<b>SAVINAVA Lizaveta</b>	<b>213</b>		Elite Pro Kobiety	2	00:50:14	<b>01:05:56.50</b>	+00:10:03 (15.2%)	6:35	9.1 (85.0%)
23	<b>GAWIN Krzysiek</b>	<b>318</b>	BEFIT24TEAM	Elite Pro Mężczyźni	19	00:48:16	<b>01:06:18.55</b>	+00:10:25 (15.7%)	6:37	9 (84.1%)
24	<b>BUGAJ Mariusz</b>	<b>280</b>	OSPRO OCR	Elite Pro Mężczyźni	20	00:48:03	<b>01:06:22.15</b>	+00:10:28 (15.8%)	6:38	9 (84.1%)
25	<b>KALININ Jarosław</b>	<b>365</b>	EX TEAM	Elite Pro Mężczyźni	21	00:49:29	<b>01:07:02.30</b>	+00:11:08 (16.6%)	6:42	9 (84.1%)
26	<b>DRZEWIECKI Filip</b>	<b>315</b>	MAD RUNNERS	Elite Pro M 13-17	2	00:46:30	<b>01:07:04.05</b>	+00:11:10 (16.7%)	6:42	8.9 (83.2%)
27	<b>SZKURŁAT Tomasz</b>	<b>329</b>		Elite Pro Mężczyźni	22	00:49:03	<b>01:07:12.15</b>	+00:11:18 (16.8%)	6:43	8.9 (83.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 7.5km	Czas netto		Tempo min/km	Tempo km/h
							10km	Różn		
28	<b>PISKAŁA Daniel</b>	<b>343</b>	POWER TRAINING	Elite Pro Mężczyźni	23	00:48:42	<b>01:07:32.95</b>	+00:11:39 (17.3%)	6:45	8.9 (83.2%)
29	<b>KUCHARSKI Łukasz</b>	<b>274</b>	BIGYELLOWFOOT ADVENTURE TEAM	Elite Pro Mężczyźni	24	00:49:29	<b>01:07:41.20</b>	+00:11:47 (17.4%)	6:46	8.9 (83.2%)
30	<b>MAŁYSIAK Jarosław</b>	<b>314</b>	NINJA CLUB KRAKÓW	Elite Pro Mężczyźni	25	00:49:55	<b>01:07:51.60</b>	+00:11:58 (17.6%)	6:47	8.8 (82.2%)
31	<b>LORYCH Krystian</b>	<b>324</b>	BIEGUN OCR TEAM	Elite Pro Mężczyźni	26	00:49:39	<b>01:08:27.80</b>	+00:12:34 (18.4%)	6:50	8.8 (82.2%)
32	<b>PUZDROWSKI Jarek</b>	<b>319</b>	BIEGUN OCR TEAM	Elite Pro Mężczyźni	27	00:51:04	<b>01:08:28.10</b>	+00:12:34 (18.4%)	6:50	8.8 (82.2%)
33	<b>BIGOS Daniel</b>	<b>327</b>		Elite Pro Mężczyźni	28	00:50:44	<b>01:09:33.80</b>	+00:13:40 (19.7%)	6:57	8.6 (80.4%)
34	<b>SZATKOWSKI Marcin</b>	<b>313</b>	ACTIVE FLOW	Elite Pro M 13-17	3	00:50:11	<b>01:10:33.95</b>	+00:14:40 (20.8%)	7:03	8.5 (79.4%)
35	<b>DASZKIEWICZ Małgorzata</b>	<b>231</b>	POWER TRAINING	Elite Pro Kobiety	3	00:50:11	<b>01:11:22.30</b>	+00:15:28 (21.7%)	7:08	8.4 (78.5%)
36	<b>MĘDYGRAŁ Krystian</b>	<b>293</b>	WATAHA	Elite Pro Mężczyźni	29	00:51:58	<b>01:11:24.40</b>	+00:15:31 (21.7%)	7:08	8.4 (78.5%)
37	<b>MOCZKO Sebastian</b>	<b>279</b>	FIT MORE RYBNIK	Elite Pro Mężczyźni	30	00:51:30	<b>01:11:28.65</b>	+00:15:35 (21.8%)	7:08	8.4 (78.5%)
38	<b>BRZEZIŃSKI Bartosz</b>	<b>336</b>	RUNMAGEDDON TEAM	Elite Pro Mężczyźni	31	00:52:20	<b>01:12:13.70</b>	+00:16:20 (22.6%)	7:13	8.3 (77.6%)
39	<b>GARLACZ Anna</b>	<b>225</b>	BEFIT24TEAM	Elite Pro K 13-17	2	00:51:51	<b>01:12:29.50</b>	+00:16:36 (22.9%)	7:14	8.3 (77.6%)
40	<b>JAKUSZEK Piotr</b>	<b>291</b>	WATAHA	Elite Pro Mężczyźni	32	00:52:10	<b>01:12:34.65</b>	+00:16:41 (23.0%)	7:15	8.3 (77.6%)
41	<b>KROPIDŁOWSKI Grzegorz</b>	<b>344</b>	WOLF TEAM	Elite Pro Mężczyźni	33	00:51:36	<b>01:12:49.95</b>	+00:16:56 (23.3%)	7:16	8.2 (76.6%)
42	<b>GRZEGORZYCA Damian</b>	<b>296</b>	DZIADY OCR	Elite Pro Mężczyźni	34	00:52:33	<b>01:13:12.70</b>	+00:17:19 (23.7%)	7:19	8.2 (76.6%)
43	<b>KOWALSKI Artur</b>	<b>253</b>	WARRIORS ŁÓDŹ	Elite Pro Mężczyźni	35	00:54:39	<b>01:14:47.45</b>	+00:18:54 (25.3%)	7:28	8 (74.8%)
44	<b>KATOLIKALI Raman</b>	<b>361</b>	XRUNNERS	Elite Pro Mężczyźni	36	00:50:54	<b>01:14:55.10</b>	+00:19:01 (25.4%)	7:29	8 (74.8%)
45	<b>ŁOŚ Kamil</b>	<b>316</b>		Elite Pro Mężczyźni	37	00:52:38	<b>01:15:03.45</b>	+00:19:10 (25.5%)	7:30	8 (74.8%)
46	<b>CIEŚLUKIEWICZ Damian</b>	<b>258</b>	OSPRO OCR	Elite Pro Mężczyźni	38	00:53:10	<b>01:15:14.60</b>	+00:19:21 (25.7%)	7:31	8 (74.8%)
47	<b>SZOJDA Ola</b>	<b>200</b>	PAKA BORSUKA	Elite Pro K 13-17	3	00:52:48	<b>01:15:22.05</b>	+00:19:28 (25.8%)	7:32	8 (74.8%)
48	<b>PORĘBSKI Michał</b>	<b>267</b>	DZIK KOMANDO	Elite Pro Mężczyźni	39	00:55:41	<b>01:15:29.00</b>	+00:19:35 (26.0%)	7:32	7.9 (73.8%)
49	<b>SZTYLKA Karol</b>	<b>287</b>	BEST BEASTS	Elite Pro Mężczyźni	40	00:55:12	<b>01:15:45.85</b>	+00:19:52 (26.2%)	7:34	7.9 (73.8%)
50	<b>SZUFLICKI Tymon</b>	<b>271</b>		Elite Pro M 13-17	4	00:54:00	<b>01:16:12.60</b>	+00:20:19 (26.7%)	7:37	7.9 (73.8%)
51	<b>BERNACKI Grzegorz</b>	<b>263</b>	NOTEĆ STEICO OCR	Elite Pro Mężczyźni	41	00:53:59	<b>01:16:15.65</b>	+00:20:22 (26.7%)	7:37	7.9 (73.8%)
52	<b>STROJNY Paweł</b>	<b>355</b>	LEMON TEAM	Elite Pro Mężczyźni	42	00:54:38	<b>01:16:22.50</b>	+00:20:29 (26.8%)	7:38	7.9 (73.8%)
53	<b>MIŁOŚ Izabela</b>	<b>212</b>	ACTIVE FLOW	Elite Pro K 13-17	4	00:53:49	<b>01:17:01.40</b>	+00:21:08 (27.4%)	7:42	7.8 (72.9%)
54	<b>BERNACKI Krzysztof</b>	<b>275</b>	FIT MORE RYBNIK	Elite Pro Mężczyźni	43	00:55:35	<b>01:17:03.05</b>	+00:21:09 (27.5%)	7:42	7.8 (72.9%)
55	<b>MALCZEWSKI Daniel</b>	<b>273</b>	RAJSPOORT ACTIVE	Elite Pro Mężczyźni	44	00:55:27	<b>01:17:23.25</b>	+00:21:29 (27.8%)	7:44	7.8 (72.9%)
56	<b>LEWANDOWSKI Michał</b>	<b>281</b>	OBSTACLE CENTER TEAM	Elite Pro Mężczyźni	45	00:53:34	<b>01:17:23.90</b>	+00:21:30 (27.8%)	7:44	7.8 (72.9%)
57	- -	<b>368</b>				00:56:03	<b>01:17:26.90</b>	+00:21:33 (27.8%)	7:44	7.7 (72.0%)
58	<b>KNOP Marcin</b>	<b>256</b>	LEMON TEAM / AMBASADOR	Elite Pro Mężczyźni	46	00:56:01	<b>01:17:37.30</b>	+00:21:43 (28.0%)	7:45	7.7 (72.0%)
59	<b>GABELGAARD Claus</b>	<b>266</b>		Elite Pro Mężczyźni	47	00:56:56	<b>01:17:50.75</b>	+00:21:57 (28.2%)	7:47	7.7 (72.0%)
60	<b>ZIARKOWSKA Pola</b>	<b>206</b>	FIT MORE RYBNIK	Elite Pro K 13-17	5	00:54:21	<b>01:17:59.00</b>	+00:22:05 (28.3%)	7:47	7.7 (72.0%)
61	<b>DZIALOWSKI Michal</b>	<b>322</b>	POWER TRAINING	Elite Pro Mężczyźni	48	00:55:19	<b>01:18:13.45</b>	+00:22:20 (28.6%)	7:49	7.7 (72.0%)
62	<b>KRZYŻOWSKI Grzegorz</b>	<b>285</b>	FIT MORE RYBNIK	Elite Pro Mężczyźni	49	00:56:49	<b>01:18:13.90</b>	+00:22:20 (28.6%)	7:49	7.7 (72.0%)
63	<b>RAJNICH Tomasz</b>	<b>342</b>	SPARTAN TEAM KALETY	Elite Pro M 13-17	5	00:56:54	<b>01:18:16.50</b>	+00:22:23 (28.6%)	7:49	7.7 (72.0%)
64	<b>MÓRAWSKI Mieszko</b>	<b>299</b>	POWER TRAINING	Elite Pro Mężczyźni	50	00:59:06	<b>01:19:02.35</b>	+00:23:09 (29.3%)	7:54	7.6 (71.0%)
65	<b>PATYK Tomasz</b>	<b>282</b>	BEFIT24TEAM	Elite Pro Mężczyźni	51	00:57:10	<b>01:19:33.90</b>	+00:23:40 (29.8%)	7:57	7.5 (70.1%)
66	<b>KACPERSKI Jacek</b>	<b>298</b>	RAJSPOORT ACTIVE	Elite Pro Mężczyźni	52	00:54:17	<b>01:19:38.55</b>	+00:23:45 (29.8%)	7:57	7.5 (70.1%)
67	<b>STUDNIARZ Michał</b>	<b>362</b>		Elite Pro Mężczyźni	53	00:57:12	<b>01:20:06.25</b>	+00:24:12 (30.2%)	8:00	7.5 (70.1%)
68	<b>MIŁOŚ Barbara</b>	<b>211</b>	ACTIVE FLOW	Elite Pro Kobiety	4	00:58:42	<b>01:20:17.85</b>	+00:24:24 (30.4%)	8:01	7.5 (70.1%)
69	<b>BŁĘDZKI Adam</b>	<b>307</b>		Elite Pro Mężczyźni	54	00:58:27	<b>01:20:27.50</b>	+00:24:34 (30.5%)	8:02	7.5 (70.1%)
70	<b>KORNAS Szymon</b>	<b>288</b>	FIT MORE RYBNIK	Elite Pro Mężczyźni	55	00:59:26	<b>01:20:38.35</b>	+00:24:45 (30.7%)	8:03	7.4 (69.2%)
71	<b>KRYSTOFIAK Damian</b>	<b>294</b>	UNITED RUNNERS	Elite Pro Mężczyźni	56	00:59:48	<b>01:20:44.75</b>	+00:24:51 (30.8%)	8:04	7.4 (69.2%)

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							netto 10km	Różn		
72	<b>ŁUSZCZAK Anna</b>	<b>210</b>	LEMON TEAM	Elite Pro Kobiety	5	00:59:34	<b>01:21:08.40</b>	+00:25:15 (31.1%)	8:06	7.4 (69.2%)
73	<b>MARZEC Julia</b>	<b>221</b>	SPARTAN TEAM	Elite Pro K 13-17	6	00:57:10	<b>01:21:13.55</b>	+00:25:20 (31.2%)	8:07	7.4 (69.2%)
74	<b>BŁASZCZYK Łukasz</b>	<b>126</b>	WARRIORS ŁÓDŹ	Elite Pro Mężczyźni	57	00:57:20	<b>01:21:52.65</b>	+00:25:59 (31.7%)	8:11	7.3 (68.2%)
75	<b>PAZOŁA Korneliusz</b>	<b>290</b>	WATAHA	Elite Pro Mężczyźni	58	00:55:37	<b>01:22:02.05</b>	+00:26:08 (31.9%)	8:12	7.3 (68.2%)
76	<b>MIZGALSKI Jacek</b>	<b>303</b>	DZIADY OCR	Elite Pro Mężczyźni	59	00:59:04	<b>01:22:14.00</b>	+00:26:20 (32.0%)	8:13	7.3 (68.2%)
77	<b>WOJCIECHOWICZ Andrzej</b>	<b>323</b>	BEST BEASTS	Elite Pro Mężczyźni	60	00:59:20	<b>01:22:16.45</b>	+00:26:23 (32.1%)	8:13	7.3 (68.2%)
78	<b>GIEJŁO Monika</b>	<b>204</b>	ACTIVE FLOW	Elite Pro Kobiety	6	00:58:34	<b>01:22:39.95</b>	+00:26:46 (32.4%)	8:15	7.3 (68.2%)
79	<b>PIOTROWSKI Kamil</b>	<b>297</b>	WOLF TEAM	Elite Pro Mężczyźni	61	00:59:44	<b>01:22:45.75</b>	+00:26:52 (32.5%)	8:16	7.3 (68.2%)
80	<b>ŚWIERSZCZ Paweł</b>	<b>357</b>		Elite Pro Mężczyźni	62	01:00:38	<b>01:23:01.80</b>	+00:27:08 (32.7%)	8:18	7.2 (67.3%)
81	<b>DUDA Grzegorz</b>	<b>311</b>	BEST BEASTS	Elite Pro Mężczyźni	63	00:59:11	<b>01:23:39.70</b>	+00:27:46 (33.2%)	8:21	7.2 (67.3%)
82	<b>KRYGOWSKI Mateusz</b>	<b>310</b>	BEST BEASTS	Elite Pro Mężczyźni	64	00:58:58	<b>01:24:03.15</b>	+00:28:09 (33.5%)	8:24	7.1 (66.4%)
83	<b>CISKI Szymon</b>	<b>83</b>	JUNGLE NEXTREME	Elite Pro M 13-17	6	00:59:26	<b>01:24:31.15</b>	+00:28:37 (33.9%)	8:27	7.1 (66.4%)
84	<b>ZIARKOWSKI Mirosław</b>	<b>278</b>	FIT MORE RYBNIK	Elite Pro Mężczyźni	65	01:01:31	<b>01:25:13.60</b>	+00:29:20 (34.4%)	8:31	7 (65.4%)
85	<b>BERNACKA Katarzyna</b>	<b>215</b>	NOTEĆ OCR CZARNKÓW	Elite Pro Kobiety	7	01:00:30	<b>01:25:14.25</b>	+00:29:20 (34.4%)	8:31	7 (65.4%)
86	<b>GAŁUSZYŃSKI Łukasz</b>	<b>261</b>	ACTIVE FLOW	Elite Pro Mężczyźni	66	01:03:56	<b>01:27:02.30</b>	+00:31:08 (35.8%)	8:42	6.9 (64.5%)
87	<b>SERAFIŃSKI Robert</b>	<b>350</b>		Elite Pro Mężczyźni	67	01:02:12	<b>01:27:16.30</b>	+00:31:22 (36.0%)	8:43	6.9 (64.5%)
88	<b>HAJEWSKI Michał</b>	<b>284</b>	CARBON SILESIA SPORT	Elite Pro Mężczyźni	68	01:04:04	<b>01:27:58.40</b>	+00:32:05 (36.5%)	8:47	6.8 (63.6%)
89	<b>KAMIŃSKA Agnieszka</b>	<b>224</b>	ACTIVE FLOW	Elite Pro Kobiety	8	00:58:35	<b>01:29:15.50</b>	+00:33:22 (37.4%)	8:55	6.7 (62.6%)
90	<b>MOKSIK Jan</b>	<b>363</b>	FIT MORE RYBNIK	Elite Pro Mężczyźni	69	01:05:04	<b>01:29:36.85</b>	+00:33:43 (37.6%)	8:57	6.7 (62.6%)
91	<b>PILARCZYK Katarzyna</b>	<b>236</b>	DZIKIE DZIKI GORZÓW	Elite Pro Kobiety	9	00:59:16	<b>01:29:37.30</b>	+00:33:43 (37.6%)	8:57	6.7 (62.6%)
92	<b>PODOLSKA Matylda</b>	<b>216</b>	SPARTAN TEAM	Elite Pro K 13-17	7	01:04:02	<b>01:29:46.20</b>	+00:33:52 (37.7%)	8:58	6.7 (62.6%)
93	<b>KRĘGIELSKI Bartosz</b>	<b>127</b>	BIEGUN OCR	Elite Pro Mężczyźni	70	01:06:16	<b>01:29:47.95</b>	+00:33:54 (37.8%)	8:58	6.7 (62.6%)
94	<b>WIŚNIEWSKI Michał</b>	<b>330</b>		Elite Pro Mężczyźni	71	01:05:40	<b>01:30:12.70</b>	+00:34:19 (38.0%)	9:01	6.7 (62.6%)
95	<b>PIETROŃ Łukasz</b>	<b>283</b>	OBSTACLE CENTER TEAM	Elite Pro Mężczyźni	72	01:05:52	<b>01:31:24.05</b>	+00:35:30 (38.9%)	9:08	6.6 (61.7%)
96	<b>KURACH Stanisław</b>	<b>301</b>		Elite Pro Mężczyźni	73	01:05:34	<b>01:31:47.70</b>	+00:35:54 (39.1%)	9:10	6.5 (60.7%)
97	<b>GOZDEK Agata</b>	<b>218</b>	SPARTAN TEAM	Elite Pro K 13-17	8	01:04:36	<b>01:32:28.70</b>	+00:36:35 (39.6%)	9:14	6.5 (60.7%)
98	<b>DYKO Bartosz</b>	<b>346</b>	MAD RUNNERS	Elite Pro Mężczyźni	74	01:06:02	<b>01:33:31.50</b>	+00:37:38 (40.2%)	9:21	6.4 (59.8%)
99	<b>MALCZEWSKI Tomasz</b>	<b>272</b>	RAJSPOORT ACTIVE	Elite Pro Mężczyźni	75	01:06:43	<b>01:35:38.25</b>	+00:39:44 (41.6%)	9:33	6.3 (58.9%)
100	<b>WITKOWSKI Rafał</b>	<b>270</b>	WATAHA	Elite Pro Mężczyźni	76	01:09:44	<b>01:35:41.55</b>	+00:39:48 (41.6%)	9:34	6.3 (58.9%)
101	<b>MIERZICKI Marcel</b>	<b>348</b>	POWER TRAINING	Elite Pro Mężczyźni	77	01:05:39	<b>01:35:56.65</b>	+00:40:03 (41.7%)	9:35	6.3 (58.9%)
102	<b>BREJNAK Agnieszka</b>	<b>226</b>	FIT MORE RYBNIK	Elite Pro Kobiety	10	01:08:53	<b>01:36:56.80</b>	+00:41:03 (42.4%)	9:41	6.2 (57.9%)
103	<b>JANISZEWSKI Grzegorz</b>	<b>255</b>	DZIADY OCR	Elite Pro Mężczyźni	78	01:08:22	<b>01:37:10.60</b>	+00:41:17 (42.5%)	9:43	6.2 (57.9%)
104	<b>GRESZTA Waldemar</b>	<b>264</b>	DZIADY OCR	Elite Pro Mężczyźni	79	01:07:30	<b>01:37:17.25</b>	+00:41:23 (42.6%)	9:43	6.2 (57.9%)
105	<b>DUSZAK Agnieszka</b>	<b>220</b>	ACTIVE FLOW	Elite Pro K 13-17	9	01:09:53	<b>01:37:31.55</b>	+00:41:38 (42.7%)	9:45	6.2 (57.9%)
106	<b>NAPIERALSKI Krzysztof</b>	<b>312</b>	DZIKIE DZIKI GORZÓW	Elite Pro Mężczyźni	80	01:09:07	<b>01:38:05.10</b>	+00:42:11 (43.0%)	9:48	6.1 (57.0%)
107	<b>CIUPEK Paweł</b>	<b>286</b>	BEFIT24TEAM	Elite Pro Mężczyźni	81	01:11:48	<b>01:38:07.65</b>	+00:42:14 (43.0%)	9:48	6.1 (57.0%)
108	<b>SAWICZ-ŁUŃSKA Emilia</b>	<b>214</b>	WOLF TEAM	Elite Pro Kobiety	11	01:09:53	<b>01:38:39.50</b>	+00:42:46 (43.4%)	9:51	6.1 (57.0%)
109	<b>KRÓLEWSKI Karol</b>	<b>251</b>	BEFIT24TEAM	Elite Pro Mężczyźni	82	01:11:04	<b>01:38:45.05</b>	+00:42:51 (43.4%)	9:52	6.1 (57.0%)
110	<b>BARAN Konrad</b>	<b>367</b>	WARRIORS ŁÓDŹ	Elite Pro Mężczyźni	83	01:12:10	<b>01:39:19.90</b>	+00:43:26 (43.7%)	9:55	6 (56.1%)
111	<b>WIŚNIEWSKI Arkadiusz</b>	<b>252</b>	WARRIORS ŁÓDŹ	Elite Pro Mężczyźni	84	01:12:09	<b>01:39:20.60</b>	+00:43:27 (43.7%)	9:56	6 (56.1%)
112	<b>SCHMIDT Paweł</b>	<b>250</b>	BEFIT24TEAM	Elite Pro Mężczyźni	85	01:11:29	<b>01:41:58.65</b>	+00:46:05 (45.2%)	10:11	5.9 (55.1%)
113	<b>MARKOWSKA Nikola</b>	<b>222</b>	WATAHA	Elite Pro K 13-17	10	01:11:16	<b>01:42:17.90</b>	+00:46:24 (45.4%)	10:13	5.9 (55.1%)
114	<b>GORNOWICZ Marcin</b>	<b>325</b>	TREC TEAM	Elite Pro Mężczyźni	86	01:08:17	<b>01:42:43.20</b>	+00:46:49 (45.6%)	10:16	5.8 (54.2%)
115	<b>SKOWRON Bartosz</b>	<b>340</b>		Elite Pro Mężczyźni	87	01:11:45	<b>01:43:11.40</b>	+00:47:18 (45.8%)	10:19	5.8 (54.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Split 7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
116	<b>KOWALSKI Tomek</b>	<b>328</b>		Elite Pro Mężczyźni	88	01:11:45	<b>01:43:12.20</b>	+00:47:18 (45.8%)	10:19	5.8 (54.2%)
117	<b>KOMOROWSKA Monika</b>	<b>217</b>	SOCIOS SILESIA	Elite Pro Kobiety	12	01:12:38	<b>01:43:37.00</b>	+00:47:43 (46.1%)	10:21	5.8 (54.2%)
118	<b>KONDEJ Michał</b>	<b>245</b>	ACTIVE FLOW	Elite Pro Mężczyźni	89	01:17:12	<b>01:46:01.15</b>	+00:50:07 (47.3%)	10:36	5.7 (53.3%)
119	<b>GABELGAARD Tanja</b>	<b>207</b>		Elite Pro Kobiety	13	01:17:43	<b>01:46:27.60</b>	+00:50:34 (47.5%)	10:38	5.6 (52.3%)
120	<b>POIKINE Inga</b>	<b>187</b>	BALTIC WARRIORS	Elite Pro Kobiety	14	01:17:44	<b>01:46:29.95</b>	+00:50:36 (47.5%)	10:38	5.6 (52.3%)
121	<b>KNOP Sylwia</b>	<b>230</b>	LEMON TEAM / AMBASADOR	Elite Pro Kobiety	15	01:18:44	<b>01:53:32.50</b>	+00:57:39 (50.8%)	11:21	5.3 (49.5%)
122	<b>DOBROWOLSKA Dorota</b>	<b>208</b>	ACTIVE FLOW	Elite Pro Kobiety	16	01:20:56	<b>01:55:08.75</b>	+00:59:15 (51.5%)	11:30	5.2 (48.6%)
123	<b>DOBROWOLSKA Dalia</b>	<b>209</b>	ACTIVE FLOW	Elite Pro K 13-17	11	01:20:07	<b>01:56:44.80</b>	+01:00:51 (52.1%)	11:40	5.1 (47.7%)
124	<b>MARZEC Martyna</b>	<b>202</b>	SPARTAN TEAM	Elite Pro K 13-17	12	01:17:59	<b>01:58:24.95</b>	+01:02:31 (52.8%)	11:50	5.1 (47.7%)
125	<b>DĄBROWSKA Angelika</b>	<b>234</b>	WOLF TEAM	Elite Pro Kobiety	17	01:22:46	<b>02:03:46.65</b>	+01:07:53 (54.8%)	12:22	4.8 (44.9%)
126	<b>WOŹNIAK-KARCZEWSKA Patrycja</b>	<b>235</b>	BEST BEASTS	Elite Pro Kobiety	18	01:23:03	<b>02:04:36.40</b>	+01:08:43 (55.1%)	12:27	4.8 (44.9%)
127	<b>KURLAPSKA Anna</b>	<b>233</b>	BEST BEASTS	Elite Pro Kobiety	19	01:23:04	<b>02:22:59.75</b>	+01:27:06 (60.9%)	14:17	4.2 (39.3%)
128	<b>GONIA Katarzyna</b>	<b>243</b>		Elite Pro Kobiety	20	01:36:25	<b>02:25:32.65</b>	+01:29:39 (61.6%)	14:33	4.1 (38.3%)
DNC	- -	<b>369</b>				01:12:57	<b>01:47:17.85</b>		0:00	5.6 (52.3%)
	<b>WITKOWSKI Paweł</b>	<b>246</b>	XRUNNERS	Elite Pro Mężczyźni		DNF	<b>DNF</b>		-	- (0.0%)
	- -	<b>359</b>				DNF	<b>DNF</b>		-	- (0.0%)

Znaleziono 131 wynik(ów)