



# BIEGUN ELITE PRO

B4SPORT

**Event:** Biegun - Obstacle Rush  
**Organiser:** OCR Events  
**Date:** 2024-06-29  
**Place:** Gdynia  
**Distance:** 11PRO km

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

Classification: All

Place	Participant	Number	Club	Category	MCat	Split 2.5km	Drugie okr. 5.53km	Split 8km	Net time 11km	Gap	Pace min/km	Pace km/h
1	JACIÓW Paweł	252	WATAHA	Elite Pro Mężczyźni	1	00:21:12	00:36:12	01:00:00	<b>01:14:48.75</b>		6:48	8.8 (100%)
2	BĄK Daniel	349	BIEGUN OCR TEAM	Elite Pro Mężczyźni	2	00:21:58	00:36:27	01:01:35	<b>01:17:17.65</b>	+00:02:28 (3.2%)	7:01	8.5 (96.6%)
3	MAŁYJUREK Rafał	266	CARBON SIELSIA SPORT	Elite Pro Mężczyźni	3	00:21:42	00:37:12	01:01:54	<b>01:17:21.25</b>	+00:02:32 (3.3%)	7:01	8.5 (96.6%)
4	OLICHOWSKI Mateusz	256	NOTEĆ OCR CZARNKÓW	Elite Pro Mężczyźni	4	00:22:19	00:38:29	01:03:47	<b>01:18:58.45</b>	+00:04:09 (5.3%)	7:10	8.4 (95.5%)
5	RĘKAWEK Szymon	305	BIEGUN OCR TEAM	Elite Pro Mężczyźni	5	00:23:40	00:39:23	01:04:40	<b>01:20:15.10</b>	+00:05:26 (6.8%)	7:17	8.2 (93.2%)
6	KRÓL Piotr	321	SOCIOS SILESIA	Elite Pro Mężczyźni	6	00:21:55	00:38:08	01:03:28	<b>01:20:20.70</b>	+00:05:31 (6.9%)	7:18	8.2 (93.2%)
7	KONEWKA Jacek	368	WARRIORS CLUB	Elite Pro Mężczyźni	7	00:23:10	00:38:56	01:04:59	<b>01:21:11.65</b>	+00:06:22 (7.9%)	7:22	8.1 (92.0%)
8	LISOWSKI Grzegorz	314	SOCIOS SILESIA	Elite Pro Mężczyźni	8	00:22:43	00:38:40	01:05:16	<b>01:22:13.45</b>	+00:07:24 (9.0%)	7:28	8 (90.9%)
9	BUDZISZ Krzysztof	207	SOCIOS SILESIA	Elite Pro Mężczyźni	9	00:24:09	00:40:01	01:06:05	<b>01:22:13.85</b>	+00:07:25 (9.0%)	7:28	8 (90.9%)
10	MARKOWSKI Fabian	310	WATAHA	Elite Pro Mężczyźni	10	00:22:36	00:38:47	01:06:01	<b>01:24:26.30</b>	+00:09:37 (11.4%)	7:40	7.8 (88.6%)
11	KURASZ Filip	311	ACTIVE FLOW	Elite Pro Mężczyźni	11	00:23:50	00:40:17	01:07:37	<b>01:26:29.80</b>	+00:11:41 (13.5%)	7:51	7.6 (86.4%)
12	WOJTAS Juliusz	250	OSPRO NINJA ACADEMY	Elite Pro M 13-17	1	00:24:26	00:42:02	01:10:25	<b>01:26:55.10</b>	+00:12:06 (13.9%)	7:54	7.6 (86.4%)
13	ILNICKI Dariusz	312	NINJA CLUB KRAKÓW	Elite Pro Mężczyźni	12	00:24:42	00:42:39	01:10:22	<b>01:28:00.80</b>	+00:13:12 (15.0%)	0:00	7.5 (85.2%)
14	BUDNY Maksymilian	285	SPARTAN TEAM KALETY	Elite Pro M 13-17	2	00:25:37	00:43:08	01:11:40	<b>01:28:22.70</b>	+00:13:33 (15.3%)	8:02	7.5 (85.2%)

Place	Participant	Number	Club	Category	MCat	Split 2.5km	Drugie okr. 5.53km	Split 8km	Net time 11km	Gap	Pace min/km	Pace km/h
15	<b>KUBER Andrzej</b>	<b>322</b>		Elite Pro Mężczyźni	13	00:25:59	00:43:36	01:11:36	<b>01:29:15.30</b>	+00:14:26 (16.2%)	0:00	7.4 (84.1%)
16	<b>MAŁYSIAK Jarosław</b>	<b>201</b>	NINJA CLUB KRAKÓW	Elite Pro Mężczyźni	14	00:24:59	00:42:40	01:11:30	<b>01:29:19.50</b>	+00:14:30 (16.2%)	0:00	7.4 (84.1%)
17	<b>KONKOL Dominik</b>	<b>270</b>	CARBON SIELSIA SPORT	Elite Pro Mężczyźni	15	00:24:39	00:42:47	01:11:04	<b>01:30:29.05</b>	+00:15:40 (17.3%)	0:00	7.3 (83.0%)
18	<b>MŁYŃSKI Mariusz</b>	<b>253</b>	OBSTACLE CENTER TEAM	Elite Pro Mężczyźni	16	00:23:07	00:41:03	01:09:49	<b>01:30:59.45</b>	+00:16:10 (17.8%)	8:16	7.3 (83.0%)
19	<b>PUZDROWSKI Jarosław</b>	<b>304</b>	BIEGUN OCR TEAM	Elite Pro Mężczyźni	17	00:28:10	00:46:00	01:14:12	<b>01:31:28.70</b>	+00:16:39 (18.2%)	0:00	7.2 (81.8%)
20	<b>WUDKOWSKI Filip</b>	<b>329</b>		Elite Pro Mężczyźni	18	00:24:58	00:43:35	01:11:36	<b>01:33:28.15</b>	+00:18:39 (20.0%)	8:29	7.1 (80.7%)
21	<b>ŁOSIN Marta</b>	<b>183</b>	ACTIVE FLOW	Elite Pro Kobiety	1	00:25:50	00:44:43	01:14:35	<b>01:34:16.80</b>	+00:19:28 (20.6%)	0:00	7 (79.5%)
22	<b>WAŁDOWSKI Dominik</b>	<b>354</b>	XRUNNERS	Elite Pro Mężczyźni	19	00:25:55	00:43:25	01:13:26	<b>01:34:31.45</b>	+00:19:42 (20.9%)	0:00	7 (79.5%)
23	<b>ZAŁEJASZ Sylwester</b>	<b>134</b>	XRUNNERS	Elite Pro Mężczyźni	20	00:27:13	00:45:53	01:16:18	<b>01:34:50.80</b>	+00:20:02 (21.1%)	8:37	7 (79.5%)
24	<b>MĘDYGRAŁ Krystian</b>	<b>308</b>	WATAHA	Elite Pro Mężczyźni	21	00:27:02		01:16:06	<b>01:35:09.55</b>	+00:20:20 (21.4%)	0:00	6.9 (78.4%)
25	<b>MARUSZEWSKI Marcin</b>	<b>258</b>	CARBON SIELSIA SPORT	Elite Pro Mężczyźni	22	00:25:54	00:44:40	01:16:58	<b>01:35:30.75</b>	+00:20:42 (21.7%)	0:00	6.9 (78.4%)
26	<b>WIENDŁOCHA Paweł</b>	<b>681</b>	SOCIOS SILESIA	Elite Pro Mężczyźni	23	00:26:59	00:45:36	01:15:03	<b>01:36:04.05</b>	+00:21:15 (22.1%)	0:00	6.9 (78.4%)
27	<b>JAKIMSKI Mariusz</b>	<b>353</b>	KOLEKTYW	Elite Pro Mężczyźni	24	00:25:44	00:45:11	01:15:55	<b>01:36:08.05</b>	+00:21:19 (22.2%)	0:00	6.9 (78.4%)
28	<b>BŁASZCZYK Brunon</b>	<b>276</b>	BORSUK CREW	Elite Pro Mężczyźni	25	00:26:07	00:44:55	01:15:16	<b>01:36:53.95</b>	+00:22:05 (22.8%)	0:00	6.8 (77.3%)
29	<b>WIŚNIEWSKI Daniel</b>	<b>316</b>	HELL'S HEAVEN SZCZECIN	Elite Pro Mężczyźni	26	00:27:56	00:47:15	01:17:58	<b>01:36:56.20</b>	+00:22:07 (22.8%)	8:48	6.8 (77.3%)
30	<b>MATUSIK Maximilian</b>	<b>282</b>	SHARK CREW RYBNIK	Elite Pro M 13-17	3	00:26:28	00:46:53	01:17:26	<b>01:37:29.90</b>	+00:22:41 (23.3%)	0:00	6.8 (77.3%)
31	<b>DOLATA Krzysztof</b>	<b>405</b>	SOCIOS SILESIA	Elite Pro Mężczyźni	27	00:28:20	00:48:42	01:20:09	<b>01:39:00.45</b>	+00:24:11 (24.4%)	0:00	6.7 (76.1%)
32	<b>METELSKA Karolina</b>	<b>164</b>	SOCIOS SILESIA	Elite Pro Kobiety	2	00:26:52	00:46:10	01:18:12	<b>01:39:02.90</b>	+00:24:14 (24.5%)	0:00	6.7 (76.1%)
33	<b>KALININ Jarosław</b>	<b>309</b>	EX TEAM	Elite Pro Mężczyźni	28	00:27:14	00:46:22	01:17:20	<b>01:39:02.95</b>	+00:24:14 (24.5%)	0:00	6.7 (76.1%)
34	<b>MOCZKO Sebastian</b>	<b>130</b>	FIT MORE RYBNIK	Elite Pro Mężczyźni	29	00:28:37	00:48:04	01:18:28	<b>01:39:29.50</b>	+00:24:40 (24.8%)	9:02	6.6 (75.0%)
35	<b>KARCZ Oskar</b>	<b>260</b>	LEMON TEAM	Elite Pro Mężczyźni	30	00:26:36	00:46:08	01:18:37	<b>01:40:12.50</b>	+00:25:23 (25.3%)	0:00	6.6 (75.0%)
36	<b>SZUPRYCZYŃSKI Krzysztof</b>	<b>342</b>	XRUNNERS	Elite Pro Mężczyźni	31	00:27:09	00:46:54	01:20:42	<b>01:40:29.50</b>	+00:25:40 (25.6%)	0:00	6.6 (75.0%)
37	<b>ŻAK Przemysław</b>	<b>320</b>	LEMON TEAM	Elite Pro Mężczyźni	32	00:29:24	00:49:27	01:20:45	<b>01:40:33.60</b>	+00:25:44 (25.6%)	0:00	6.6 (75.0%)

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38	<b>PORĘBSKI Michał</b>	<b>296</b>	DZIK KOMANDO	Elite Pro Mężczyźni	33	00:28:52	00:49:40	01:21:23	<b>01:40:39.80</b>	+00:25:51 (25.7%)	0:00	6.6 (75.0%)
39	<b>DOBRYŃSKI Tomasz</b>	<b>347</b>	XRUNNERS	Elite Pro Mężczyźni	34	00:27:05	00:45:43	01:19:46	<b>01:41:07.75</b>	+00:26:19 (26.0%)	0:00	6.5 (73.9%)
40	<b>STROJNY Paweł</b>	<b>295</b>	LEMON TEAM	Elite Pro Mężczyźni	35	00:27:01	00:47:36	01:19:27	<b>01:41:10.80</b>	+00:26:22 (26.1%)	0:00	6.5 (73.9%)
41	<b>SKRZYSZKOWSKI Janusz</b>	<b>417</b>	SOCIOS SILESIA	Elite Pro Mężczyźni	36	00:27:09	00:45:31	01:19:18	<b>01:43:01.70</b>	+00:28:12 (27.4%)	0:00	6.4 (72.7%)
42	<b>KRZYŻOWSKI Grzegorz</b>	<b>273</b>	FIT MORE RYBNIK	Elite Pro Mężczyźni	37	00:27:54	00:48:02	01:22:11	<b>01:43:20.45</b>	+00:28:31 (27.6%)	0:00	6.4 (72.7%)
43	<b>KNOP Marcin</b>	<b>348</b>	LEMON TEAM / AMBASADOR	Elite Pro Mężczyźni	38	00:28:12	00:48:33	01:21:58	<b>01:43:21.60</b>	+00:28:32 (27.6%)	0:00	6.4 (72.7%)
44	<b>KUJAŁOWICZ Alicja</b>	<b>209</b>	BIEGUN OCR TEAM	Elite Pro K 13-17	1	00:29:34	00:49:24	01:23:07	<b>01:43:50.65</b>	+00:29:01 (28.0%)	0:00	6.4 (72.7%)
45	<b>FUCHS Bartosz</b>	<b>344</b>	NINJA CLUB KRAKÓW	Elite Pro Mężczyźni	39	00:27:55	00:47:26	01:23:05	<b>01:43:59.30</b>	+00:29:10 (28.1%)	0:00	6.3 (71.6%)
46	<b>SZUFLICKI Tymon</b>	<b>287</b>		Elite Pro M 13-17	4	00:28:08	00:49:43	01:23:33	<b>01:44:03.70</b>	+00:29:14 (28.1%)	0:00	6.3 (71.6%)
47	<b>PETELCZYC Piotr</b>	<b>205</b>	CARBON SILESIA SPORT BY VITARADE	Elite Pro Mężczyźni	40	00:28:39	00:49:31	01:23:06	<b>01:44:15.55</b>	+00:29:26 (28.2%)	9:28	6.3 (71.6%)
48	<b>MARTYŃSKI Dawid</b>	<b>264</b>	MARTYŃSKI DAWID	Elite Pro Mężczyźni	41	00:27:10	00:47:29	01:21:12	<b>01:44:27.05</b>	+00:29:38 (28.4%)	0:00	6.3 (71.6%)
49	<b>BERNACKI Grzegorz</b>	<b>299</b>	NOTEĆ OCR CZARNKÓW	Elite Pro Mężczyźni	42	00:30:34	00:52:01	01:24:56	<b>01:44:44.40</b>	+00:29:55 (28.6%)	0:00	6.3 (71.6%)
50	<b>GRZEGORZYCA Damian</b>	<b>350</b>	DZIADY OCR	Elite Pro Mężczyźni	43	00:28:23	00:48:35	01:21:52	<b>01:45:26.20</b>	+00:30:37 (29.0%)	0:00	6.3 (71.6%)
51	<b>PIWNIK Bartosz</b>	<b>275</b>	LEMON TEAM	Elite Pro Mężczyźni	44	00:28:37	00:49:40	01:23:18	<b>01:45:49.60</b>	+00:31:00 (29.3%)	9:37	6.2 (70.5%)
52	<b>KRÓL Kasjan</b>	<b>279</b>	SHARK CREW RYBNIK	Elite Pro M 13-17	5	00:26:29	00:47:40	01:21:50	<b>01:48:19.95</b>	+00:33:31 (30.9%)	0:00	6.1 (69.3%)
53	<b>MIŁOŚ Izabela</b>	<b>174</b>	ACTIVE FLOW	Elite Pro K 13-17	2	00:28:59	00:50:32	01:27:05	<b>01:48:48.95</b>	+00:34:00 (31.2%)	0:00	6.1 (69.3%)
54	<b>WOJTAS Kacper</b>	<b>291</b>		Elite Pro M 13-17	6	00:28:08	00:51:45	01:25:47	<b>01:49:11.35</b>	+00:34:22 (31.5%)	0:00	6 (68.2%)
55	<b>SKOWROŃSKI Błażej</b>	<b>268</b>	DZIK KOMANDO	Elite Pro Mężczyźni	45	00:27:37	00:48:39	01:20:52	<b>01:49:27.85</b>	+00:34:39 (31.7%)	0:00	6 (68.2%)
56	<b>MIŁOŚ Barbara</b>	<b>173</b>	ACTIVE FLOW	Elite Pro Kobiety	3	00:31:45	00:53:17	01:27:30	<b>01:49:58.70</b>	+00:35:09 (32.0%)	9:59	6 (68.2%)
57	<b>KOTALA Arkadiusz</b>	<b>289</b>	WATAHA	Elite Pro Mężczyźni	46	00:27:02	00:47:22	01:24:09	<b>01:50:08.00</b>	+00:35:19 (32.1%)	0:00	6 (68.2%)
58	<b>GAWIN Krzysztof</b>	<b>286</b>	NINJA CLUB KRAKÓW	Elite Pro Mężczyźni	47	00:26:11	00:45:43	01:21:33	<b>01:50:14.50</b>	+00:35:25 (32.1%)	0:00	6 (68.2%)
59	<b>TAŃSKI Michał</b>	<b>359</b>	XRUNNERS	Elite Pro Mężczyźni	48	00:29:42	00:51:41	01:27:57	<b>01:50:40.10</b>	+00:35:51 (32.4%)	0:00	6 (68.2%)
60	<b>DOMINEK Grzegorz</b>	<b>313</b>	FIT MORE RYBNIK	Elite Pro Mężczyźni	49	00:28:22	00:49:45	01:22:32	<b>01:50:43.45</b>	+00:35:54 (32.4%)	0:00	6 (68.2%)

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61	<b>MARZEC Julia</b>	<b>156</b>	SPARTAN TEAM KALETY	Elite Pro K 13-17	3	00:29:58	00:53:05	01:28:03	<b>01:50:55.45</b>	+00:36:06 (32.6%)	10:05	6 (68.2%)
62	<b>MUCHA Mateusz</b>	<b>297</b>	DIRTY SPARROWS	Elite Pro Mężczyźni	50	00:29:56	00:51:37	01:26:03	<b>01:51:10.65</b>	+00:36:21 (32.7%)	0:00	5.9 (67.0%)
63	<b>BŁĘDZKI Adam</b>	<b>255</b>	LUBASKIE LWY	Elite Pro Mężczyźni	51	00:31:14	00:53:30	01:29:16	<b>01:52:15.00</b>	+00:37:26 (33.4%)	0:00	5.9 (67.0%)
64	<b>LAZARCHYK Pavel</b>	<b>259</b>	OCR SPACE	Elite Pro Mężczyźni	52	00:31:48	00:54:41	01:29:04	<b>01:52:39.30</b>	+00:37:50 (33.6%)	0:00	5.9 (67.0%)
65	<b>KOTULSKI Jacek</b>	<b>202</b>	BORSUK CREW	Elite Pro M 13-17	7	00:30:47	00:53:08	01:31:58	<b>01:54:41.25</b>	+00:39:52 (34.8%)	0:00	5.8 (65.9%)
66	<b>BOROWSKI Mateusz</b>	<b>366</b>	KOLKTYW	Elite Pro Mężczyźni	53	00:32:10	00:53:49	01:31:39	<b>01:54:54.15</b>	+00:40:05 (34.9%)	0:00	5.7 (64.8%)
67	<b>SZOJDA Aleksandra</b>	<b>153</b>	PAKA NINJA	Elite Pro K 13-17	4	00:32:26	00:54:45	01:31:41	<b>01:55:11.95</b>	+00:40:23 (35.1%)	0:00	5.7 (64.8%)
68	<b>PIOTROWSKI Kamil</b>	<b>319</b>	WOLF TEAM	Elite Pro Mężczyźni	54	00:31:50	00:55:13	01:30:59	<b>01:55:20.10</b>	+00:40:31 (35.1%)	0:00	5.7 (64.8%)
69	<b>KRĘGIELSKI Bartosz</b>	<b>327</b>	BIEGUN OCR TEAM	Elite Pro Mężczyźni	55	00:33:54	00:56:20	01:33:23	<b>01:55:25.05</b>	+00:40:36 (35.2%)	0:00	5.7 (64.8%)
70	<b>KRĘGIELSKI Filip</b>	<b>306</b>	BIEGUN OCR TEAM	Elite Pro M 13-17	8	00:29:32	00:52:20	01:31:50	<b>01:55:38.40</b>	+00:40:49 (35.3%)	0:00	5.7 (64.8%)
71	<b>KOCHANEK Agata</b>	<b>162</b>	ACTIVE FLOW	Elite Pro Kobiety	4	00:30:41	00:54:31	01:29:48	<b>01:56:02.75</b>	+00:41:14 (35.5%)	0:00	5.7 (64.8%)
72	<b>MIROWSKI Jacek</b>	<b>325</b>	DZIK KOMANDO	Elite Pro Mężczyźni	56	00:32:42	00:56:38	01:32:02	<b>01:56:38.55</b>	+00:41:49 (35.9%)	10:36	5.7 (64.8%)
73	<b>CEREMUGA Robert</b>	<b>362</b>	CARBON SIELSIA SPORT	Elite Pro Mężczyźni	57	00:30:50	00:54:12	01:32:30	<b>01:56:55.80</b>	+00:42:07 (36.0%)	0:00	5.6 (63.6%)
74	<b>KUCHARSKI Łukasz</b>	<b>274</b>	BIGYELLOWFOOT ADVENTURE TEAM	Elite Pro Mężczyźni	58	00:30:09	00:52:33	01:31:14	<b>01:57:15.20</b>	+00:42:26 (36.2%)	0:00	5.6 (63.6%)
75	<b>GARLACZ Anna</b>	<b>196</b>	BEFIT24TEAM	Elite Pro K 13-17	5	00:31:06	00:53:23	01:31:40	<b>01:57:28.00</b>	+00:42:39 (36.3%)	0:00	5.6 (63.6%)
76	<b>BAGDZIŃSKA Zuzanna</b>	<b>154</b>	MOVE.TEAM	Elite Pro K 13-17	6	00:31:06	00:55:31	01:34:12	<b>01:57:41.10</b>	+00:42:52 (36.4%)	0:00	5.6 (63.6%)
77	<b>CIEŚLUKIEWICZ Damian</b>	<b>278</b>	OSPRO OCR	Elite Pro Mężczyźni	59	00:30:14	00:52:43	01:29:45	<b>01:58:35.30</b>	+00:43:46 (36.9%)	0:00	5.6 (63.6%)
78	<b>WITKOWSKI Rafał</b>	<b>346</b>	WATAHA	Elite Pro Mężczyźni	60	00:31:40	00:56:11	01:36:00	<b>01:58:57.15</b>	+00:44:08 (37.1%)	0:00	5.5 (62.5%)
79	<b>CZERWONKA Piotr</b>	<b>182</b>	WATAHA	Elite Pro Mężczyźni	61	00:31:57	00:54:10	01:33:06	<b>01:59:07.75</b>	+00:44:19 (37.2%)	0:00	5.5 (62.5%)
80	<b>BERNACKA Katarzyna</b>	<b>186</b>	NOTEĆ OCR CZARNKÓW	Elite Pro Kobiety	5	00:31:52	00:55:33	01:32:59	<b>01:59:22.75</b>	+00:44:34 (37.3%)	10:51	5.5 (62.5%)
81	<b>DALKIEWICZ Dariusz</b>	<b>301</b>	XRUNNERS	Elite Pro Mężczyźni	62	00:33:03	00:56:00	01:34:58	<b>01:59:46.55</b>	+00:44:57 (37.5%)	0:00	5.5 (62.5%)
82	<b>MOKSIK Jan</b>	<b>365</b>	FIT MORE RYBNIK	Elite Pro Mężczyźni	63	00:33:06	00:56:51	01:34:55	<b>02:00:12.15</b>	+00:45:23 (37.8%)	0:00	5.5 (62.5%)
83	<b>KLEWANIEC Jakub</b>	<b>292</b>	CARBON SIELSIA SPORT	Elite Pro Mężczyźni	64	00:35:28	01:00:53	01:37:38	<b>02:00:15.20</b>	+00:45:26 (37.8%)	10:55	5.5 (62.5%)

Place	Participant	Number	Club	Category	MCat	Split 2.5km	Drugie okr. 5.53km	Split 8km	Net time 11km	Gap	Pace min/km	Pace km/h
84	<b>ŁYPIK Jakub</b>	<b>345</b>	NINJA CLUB KRAKÓW	Elite Pro Mężczyźni	65	00:30:54	00:54:39	01:33:19	<b>02:01:11.05</b>	+00:46:22 (38.3%)	11:01	5.4 (61.4%)
85	<b>BARABAŚ Grzegorz</b>	<b>336</b>	FIT MORE RYBNIK	Elite Pro Mężczyźni	66	00:33:33	00:57:46	01:38:40	<b>02:01:41.45</b>	+00:46:52 (38.5%)	0:00	5.4 (61.4%)
86	<b>ŁOŚ Feliks</b>	<b>315</b>	DZIK KOMANDO	Elite Pro M 13-17	9	00:33:13	00:57:48	01:34:25	<b>02:01:49.55</b>	+00:47:00 (38.6%)	0:00	5.4 (61.4%)
87	<b>SERAFIŃSKI Robert</b>	<b>284</b>	RAJSPOORT ACTIVE	Elite Pro Mężczyźni	67	00:32:02	00:57:42	01:36:54	<b>02:03:13.60</b>	+00:48:24 (39.3%)	0:00	5.4 (61.4%)
88	<b>PATYK Tomasz</b>	<b>288</b>	BEFIT24TEAM	Elite Pro Mężczyźni	68	00:31:05	00:54:31	01:34:49	<b>02:05:09.65</b>	+00:50:20 (40.2%)	0:00	5.3 (60.2%)
89	<b>ZIARKOWSKI Mirosław</b>	<b>283</b>	FIT MORE RYBNIK	Elite Pro Mężczyźni	69	00:32:28	00:56:14	01:37:33	<b>02:05:46.45</b>	+00:50:57 (40.5%)	0:00	5.2 (59.1%)
90	<b>ADAMUS Krzysztof</b>	<b>290</b>	HELL'S HEAVEN	Elite Pro Mężczyźni	70	00:34:01	00:59:09	01:39:19	<b>02:06:56.00</b>	+00:52:07 (41.1%)	11:32	5.2 (59.1%)
91	<b>ZEMŁA Dawid</b>	<b>369</b>	DZIKI SPECJALNEJ TROSKI	Elite Pro Mężczyźni	71	00:32:32	00:57:15	01:37:50	<b>02:07:46.55</b>	+00:52:57 (41.5%)	0:00	5.2 (59.1%)
92	<b>NAWROCKI Michał</b>	<b>330</b>	XRUNNERS	Elite Pro Mężczyźni	72	00:33:17	00:58:25	01:41:05	<b>02:08:21.40</b>	+00:53:32 (41.7%)	0:00	5.1 (58.0%)
93	<b>MACHTYL Zygmunt</b>	<b>360</b>	BEST BEASTS	Elite Pro Mężczyźni	73	00:34:35	01:01:47	01:40:27	<b>02:08:28.90</b>	+00:53:40 (41.8%)	0:00	5.1 (58.0%)
94	<b>SZYMAŃSKI Jakub</b>	<b>251</b>	REHA PRESTIGE	Elite Pro Mężczyźni	74	00:35:05	00:58:25	01:40:43	<b>02:08:31.35</b>	+00:53:42 (41.8%)	0:00	5.1 (58.0%)
95	<b>GIEJŁO Monika</b>	<b>168</b>	ACTIVE FLOW	Elite Pro Kobiety	6	00:33:15	00:57:49	01:35:22	<b>02:08:46.60</b>	+00:53:57 (41.9%)	0:00	5.1 (58.0%)
96	<b>ŁUSZCZAK Anna</b>	<b>200</b>	LEMON TEAM	Elite Pro Kobiety	7	00:38:15	01:05:06	01:45:02	<b>02:09:36.65</b>	+00:54:47 (42.3%)	0:00	5.1 (58.0%)
97	<b>BUŁA Mariusz</b>	<b>293</b>	DZIKI SPECJALNEJ TROSKI	Elite Pro Mężczyźni	75	00:32:38	00:57:18	01:38:00	<b>02:10:10.05</b>	+00:55:21 (42.5%)	0:00	5.1 (58.0%)
98	<b>MISSALA Mateusz</b>	<b>133</b>		Elite Pro Mężczyźni	76	00:30:53	00:54:53	01:37:17	<b>02:11:28.15</b>	+00:56:39 (43.1%)	11:57	5 (56.8%)
99	<b>FACISZEWSKI Adam</b>	<b>272</b>	LEMON TEAM	Elite Pro Mężczyźni	77	00:34:19	01:00:22	01:41:44	<b>02:11:30.90</b>	+00:56:42 (43.1%)	0:00	5 (56.8%)
100	<b>PODOLSKA Matylda</b>	<b>166</b>	SPARTAN TEAM	Elite Pro K 13-17	7	00:39:05	01:07:35	01:51:38	<b>02:15:12.15</b>	+01:00:23 (44.7%)	0:00	4.9 (55.7%)
101	<b>NOWAKOWSKA Maja</b>	<b>175</b>	OSPRO NINJA ACADEMY	Elite Pro K 13-17	8	00:38:01	01:04:33	01:46:31	<b>02:15:44.85</b>	+01:00:56 (44.9%)	0:00	4.9 (55.7%)
102	<b>MATYSIAK Sławomir</b>	<b>340</b>	DZIKI SPECJALNEJ TROSKI	Elite Pro Mężczyźni	78	00:36:34	01:03:58	01:45:41	<b>02:20:07.05</b>	+01:05:18 (46.6%)	0:00	4.7 (53.4%)
103	<b>MARKOWICZ Ewelina</b>	<b>169</b>	CARBON SIELSIA SPORT	Elite Pro Kobiety	8	00:40:18	01:09:17	01:52:14	<b>02:21:46.65</b>	+01:06:57 (47.2%)	12:53	4.7 (53.4%)
104	<b>KOTULSKI Krystian</b>	<b>203</b>	BORSUK CREW	Elite Pro M 13-17	10	00:38:01	01:05:29	01:52:32	<b>02:23:29.65</b>	+01:08:40 (47.9%)	0:00	4.6 (52.3%)
105	<b>JANISZEWSKI Grzegorz</b>	<b>271</b>	DZIADY OCR	Elite Pro Mężczyźni	79	00:36:32	01:04:37	01:52:31	<b>02:26:58.20</b>	+01:12:09 (49.1%)	0:00	4.5 (51.1%)
106	<b>WÓJCICKA Anna</b>	<b>170</b>	HELL'S HEAVEN SZCZECIN	Elite Pro Kobiety	9	00:39:27	01:09:21	01:56:09	<b>02:27:50.80</b>	+01:13:02 (49.4%)	0:00	4.5 (51.1%)

Place	Participant	Number	Club	Category	MCat	Split 2.5km	Drugie okr. 5.53km	Split 8km	Net time 11km	Gap	Pace min/km	Pace km/h
107	<b>PIECHOTA Hanna</b>	<b>155</b>	BEFIT24TEAM	Elite Pro K 13-17	9	00:45:06	01:17:43	02:00:12	<b>02:28:04.45</b>	+01:13:15 (49.5%)	0:00	4.5 (51.1%)
108	<b>MARKOWSKA Nikola</b>	<b>195</b>	WATAHA	Elite Pro Kobiety	10	00:42:40	01:14:45	02:00:08	<b>02:30:26.60</b>	+01:15:37 (50.3%)	0:00	4.4 (50.0%)
109	<b>ZAGRODZKA Magdalena</b>	<b>180</b>	CARBON SILESIA SPORT BY VITARADE	Elite Pro Kobiety	11	00:42:39	01:18:00	02:01:52	<b>02:35:26.25</b>	+01:20:37 (51.9%)	0:00	4.2 (47.7%)
110	<b>KOWALSKI Mateusz</b>	<b>357</b>	DIRTY SPARROWS	Elite Pro Mężczyźni	80	00:41:59	01:10:45	02:02:45	<b>02:36:23.60</b>	+01:21:34 (52.2%)	0:00	4.2 (47.7%)
111	<b>KURACH Stanisław</b>	<b>281</b>		Elite Pro Mężczyźni	81	00:39:54	01:09:50	02:08:25	<b>02:42:42.05</b>	+01:27:53 (54.0%)	0:00	4.1 (46.6%)
112	<b>DUSZAMI Agnieszka</b>	<b>181</b>	ACTIVE FLOW	Elite Pro K 13-17	10	00:46:48	01:19:15	02:15:37	<b>02:48:59.65</b>	+01:34:10 (55.7%)	0:00	3.9 (44.3%)
113	<b>MARZEC Martyna</b>	<b>172</b>	SPARTAN TEAM KALETY	Elite Pro Kobiety	12	00:49:48	01:34:45	02:26:23	<b>02:54:54.85</b>	+01:40:06 (57.2%)	0:00	3.8 (43.2%)
<b>Przekroczony limit czasu: 03:00:00</b>												
114	<b>BŁĄŻYCA Zofia</b>	<b>184</b>	LEMON TEAM	Elite Pro Kobiety	13	00:49:10	01:31:39	02:43:29	<b>03:29:38.80</b>	+02:14:50 (64.3%)	0:00	3.1 (35.2%)
115	<b>STANEK Mirosław</b>	<b>307</b>	BEFIT24TEAM	Elite Pro Mężczyźni	82	00:33:42	00:57:23			+00:21:11	10:22	5.8 (65.9%)
116	<b>KOŁODZIEJ Magdalena</b>	<b>167</b>	LEMON TEAM	Elite Pro Kobiety	14	00:45:05	01:26:19			+00:50:07	15:36	3.8 (43.2%)
117	<b>GARNUSZEK Anita</b>	<b>185</b>	POWER TRAINING	Elite Pro Kobiety	15							(0.0%)
DQ	<b>NICKIEWICZ Karol</b>	<b>132</b>	RAJSPOR ACTIVE	Elite Pro Mężczyźni		00:34:09 DQ	00:59:49 DQ	01:40:18 DQ	<b>02:06:55.00 DQ</b>		0:00	5.2 (59.1%)
DNC	<b>PANKOWSKI Jacek</b>	<b>352</b>	PANKI	Elite Pro Mężczyźni		00:40:52			<b>01:10:38.45</b>		6:25	9.3 (105.7%)
DNC	<b>KORNAŚ Marcelina</b>	<b>171</b>	LEMON TEAM	Elite Pro Kobiety		00:39:21			<b>01:11:07.20</b>		0:00	9.3 (105.7%)
DNC	<b>GORNOWICZ Marcin</b>	<b>303</b>	TREC TEAM	Elite Pro Mężczyźni		00:39:08			<b>01:12:54.35</b>		6:37	9.1 (103.4%)
DNC	<b>DOBROWOLSKA Dalia</b>	<b>179</b>	ACTIVE FLOW	Elite Pro K 13-17		01:00:43			<b>01:47:54.65</b>		9:48	6.1 (69.3%)
DNC	<b>KACPERSKI Jacek</b>	<b>131</b>	GORĄCYPOTOKTEAM	Elite Pro Mężczyźni		00:28:01	00:48:42	01:20:51	<b>01:49:56.15</b>		0:00	6 (68.2%)
DNC	<b>KOLASIŃSKI Jakub</b>	<b>318</b>	DIRTY SPARROWS	Elite Pro Mężczyźni		00:41:01	01:14:58		<b>01:52:39.35</b>		10:14	5.9 (67.0%)
DNC		<b>192</b>				01:09:45			<b>01:54:51.85</b>		10:26	5.7 (64.8%)
DNC		<b>211</b>				00:32:49	00:59:08	01:34:53	<b>01:56:33.95</b>		10:35	5.7 (64.8%)
DNC	<b>WYLĘŻEK Mateusz</b>	<b>262</b>	CARBON SIELSIA SPORT	Elite Pro Mężczyźni		00:35:23	00:57:42	01:33:17	<b>01:57:30.80</b>		10:40	5.6 (63.6%)
DNC	<b>BERNACKI Krzysztof</b>	<b>261</b>	FIT MORE RYBNIK	Elite Pro Mężczyźni		00:27:50	00:52:05	01:30:06	<b>02:00:33.20</b>		10:57	5.5 (62.5%)
DNC	<b>SOLIWODA Jakub</b>	<b>351</b>	XRUNNERS	Elite Pro Mężczyźni		00:39:36	01:04:28	01:46:32	<b>02:08:07.20</b>		11:38	5.2 (59.1%)

Place	Participant	Number	Club	Category	MCat	Split 2.5km	Drugie okr. 5.53km	Split 8km	Net time 11km	Gap	Pace min/km	Pace km/h
DNC	<b>ANDRZEJEWSKI Bartłomiej</b>	<b>323</b>	KRISPOL	Elite Pro Mężczyźni		00:39:27	01:08:42	01:50:31	<b>02:15:47.70</b>		12:20	4.9 (55.7%)
DNC	<b>PILAWSKI Ryszard</b>	<b>367</b>	NOTEĆ OCR CZARNKÓW	Elite Pro Mężczyźni		00:42:35	01:14:32	02:02:50	<b>02:27:53.45</b>		13:26	4.5 (51.1%)
DNC	<b>GRZEGORZYCA Szymon</b>	<b>363</b>	CARBON SILESIA SPORT BY VITARADE	Elite Pro Mężczyźni		00:31:24	01:05:18	01:51:21	<b>02:31:24.10</b>		13:45	4.4 (50.0%)
DNC	<b>IVANOU Pavel</b>	<b>269</b>	KOTOCRAFT	Elite Pro Mężczyźni		00:37:15	01:08:33	02:02:02	<b>02:31:45.40</b>		13:47	4.3 (48.9%)
DNC	<b>ZIELIŃSKI Michał</b>	<b>280</b>		Elite Pro M 13-17		00:34:58	01:06:04	02:00:34	<b>02:32:01.90</b>		13:49	4.3 (48.9%)
DNC	<b>BYCZUK Mikołaj</b>	<b>263</b>		Elite Pro Mężczyźni		00:46:07	01:18:16	02:06:00	<b>02:39:12.65</b>		14:28	4.1 (46.6%)
DNC	<b>JARZĄBEK Victoria</b>	<b>197</b>	CARBON SILESIA SPORT BY VITARADE	Elite Pro Kobiety		00:42:40	01:18:05	02:04:09	<b>02:44:10.95</b>		14:55	4 (45.5%)
DNC	<b>HABER Monika</b>	<b>267</b>	CARBON SIELSIA SPORT	Elite Pro Kobiety		00:42:39	01:17:59	02:10:09	<b>02:45:51.85</b>		15:04	4 (45.5%)
DNC	<b>WIERZBOWSKA Magdalena</b>	<b>151</b>	CARBON SIELSIA SPORT	Elite Pro Kobiety		00:42:41	01:18:00	02:11:31	<b>02:45:52.10</b>		15:04	4 (45.5%)
DNC	<b>RYLL Zofia</b>	<b>161</b>	BEFIT24TEAM	Elite Pro K 13-17		01:02:35	02:04:47		<b>02:47:07.05</b>		15:11	3.9 (44.3%)
DNC	<b>KLASA A</b>	<b>356</b>		Elite Pro Mężczyźni		00:48:42	01:29:44	02:22:21	<b>02:48:14.70</b>		15:17	3.9 (44.3%)
DNC	<b>PIETROŃ Łukasz</b>	<b>355</b>	OBSTACLE CENTER TEAM	Elite Pro Mężczyźni		00:48:37	01:29:44	02:22:19	<b>02:48:15.45</b>		15:17	3.9 (44.3%)
DNC	<b>WAGSTYL Mirela</b>	<b>177</b>	CARBON SILESIA SPORT BY VITARADE	Elite Pro Kobiety		00:51:07	01:29:06	02:20:12	<b>02:50:33.50</b>		15:30	3.9 (44.3%)
DNC	<b>PASTERKA Faustyna</b>	<b>157</b>	CARBON SIELSIA SPORT	Elite Pro Kobiety		00:51:23	01:30:25	02:20:12	<b>02:50:34.25</b>		15:30	3.9 (44.3%)
DNC	<b>JASTRZĘBSKI Rafał</b>	<b>343</b>	XRUNNERS	Elite Pro Mężczyźni		00:43:47	01:15:52	02:17:38	<b>02:54:40.75</b>		15:52	3.8 (43.2%)
DNC	<b>MAĆZYŃSKI Daniel</b>	<b>358</b>	XRUNNERS	Elite Pro Mężczyźni		00:46:28	01:15:59	02:17:40	<b>02:54:41.55</b>		15:52	3.8 (43.2%)
DNC	<b>KONIEC Mariusz</b>	<b>326</b>	CARBON SILESIA SPORT BY VITARADE	Elite Pro Mężczyźni		00:41:51	01:24:04	02:17:15	<b>02:55:41.70</b>		15:58	3.8 (43.2%)
DNC	<b>WRUK Agata</b>	<b>176</b>	XRUNNERS	Elite Pro Kobiety		00:47:24	01:22:15	02:21:56	<b>02:57:43.35</b>		16:09	3.7 (42.0%)
DNC	<b>CEMPULIK Michał</b>	<b>317</b>	CARBON SILESIA SPORT BY VITARADE	Elite Pro Mężczyźni		00:48:06	01:30:05	02:23:32	<b>02:57:57.75</b>		16:10	3.7 (42.0%)
DNC	<b>KOLAK Eliza</b>	<b>206</b>		Elite Pro Kobiety		01:07:35	02:17:23	02:49:28	<b>03:06:49.05</b>		16:59	3.5 (39.8%)
	<b>KNOP Sylwia</b>	<b>204</b>	LEMON TEAM	Elite Pro Kobiety		00:37:34 DNF	DNF	DNF	<b>DNF</b>		-	- (0.0%)

Total 150 results.