

# BIEGUN ELITE

B4SPORT

**Wydarzenie:** Biegun - Odwilż na Bagniskach  
**Organizator:** OCR Events  
**Data:** 2021-03-27  
**Miejsce:** Gdynia  
**Dystans:** 10 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	5km	7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>JANUSZEWSKI Bartosz</b>	<b>86</b>	OBSTACLE CENTER TEAM	Elite Mężczyźni	1	00:20:13	00:18:11	00:35:42	00:55:26	<b>01:13:34.45</b>	<b>01:33:48.00</b>		7:21	8.2 (100%)
2	<b>KĄKOL Kacper</b>	<b>109</b>	BIEGUN OCR TEAM	Elite Mężczyźni	2	00:24:57	00:17:03	00:34:22	00:54:57	<b>01:15:32.95</b>	<b>01:40:30.30</b>	+00:01:58 (2.6%)	7:33	7.9 (96.3%)
3	<b>BĄK Daniel</b>	<b>71</b>	BIEGUN OCR TEAM	Elite Mężczyźni	3	00:15:35	00:17:54	00:36:35	00:56:49	<b>01:16:14.45</b>	<b>01:31:49.80</b>	+00:02:40 (3.5%)	7:37	7.9 (96.3%)
4	<b>LIUTKUS Dainius</b>	<b>108</b>	OCR BALTIC WARRIORS	Elite Mężczyźni	4	00:24:57	00:16:55	00:34:07	00:54:28	<b>01:16:48.20</b>	<b>01:41:45.85</b>	+00:03:13 (4.2%)	7:40	7.8 (95.1%)
5	<b>SIMUTIS Gediminas</b>	<b>110</b>	OCR BALTIC WARRIORS	Elite Mężczyźni	5	00:24:57	00:16:55	00:34:11	00:54:42	<b>01:17:55.95</b>	<b>01:42:53.40</b>	+00:04:21 (5.6%)	7:47	7.7 (93.9%)
6	<b>OLICHOWSKI Mateusz</b>	<b>5</b>	WOLF TEAM	Elite Mężczyźni	6	00:00:03	00:18:45	00:39:11	01:01:04	<b>01:20:53.25</b>	<b>01:20:56.90</b>	+00:07:18 (9.0%)	8:05	7.4 (90.2%)
7	<b>FORMELA Piotr</b>	<b>73</b>	BIEGUN OCR TEAM	Elite Mężczyźni	7	00:15:35	00:19:22	00:38:13	01:01:18	<b>01:22:45.55</b>	<b>01:38:21.15</b>	+00:09:11 (11.1%)	8:16	7.3 (89.0%)
8	<b>OBREBSKI Patryk</b>	<b>19</b>	RAJSPOORT ACTIVE	Elite Mężczyźni	8	00:04:39	00:19:31	00:39:35	01:02:33	<b>01:22:49.65</b>	<b>01:27:29.40</b>	+00:09:15 (11.2%)	8:16	7.2 (87.8%)
9	<b>TRAPKOWSKI Przemysław</b>	<b>46</b>	XRUNNERS	Elite Mężczyźni	9	00:11:21	00:19:26	00:39:03	01:02:30	<b>01:23:21.55</b>	<b>01:34:43.35</b>	+00:09:47 (11.7%)	8:20	7.2 (87.8%)
10	<b>WAŁDOWSKI Dominik</b>	<b>25</b>	XRUNNERS	Elite Mężczyźni	10	00:04:40	00:20:04	00:39:33	01:02:42	<b>01:23:45.70</b>	<b>01:28:26.00</b>	+00:10:11 (12.2%)	8:22	7.2 (87.8%)
11	<b>LORYCH Krystian</b>	<b>186</b>	BIEGUN OCR TEAM	Elite Mężczyźni	11	00:28:44	00:19:28	00:39:13	01:01:29	<b>01:24:14.55</b>	<b>01:52:58.60</b>	+00:10:40 (12.7%)	8:25	7.1 (86.6%)
12	<b>ŁOSIN Marta</b>	<b>173</b>	BIEGUN OCR TEAM	Elite Kobiety	1	00:34:55	00:20:47	00:40:59	01:03:14	<b>01:24:24.45</b>	<b>01:59:19.85</b>	+00:10:50 (12.8%)	8:26	7.1 (86.6%)
13	<b>STOKOWSKI Dariusz</b>	<b>67</b>	RUNMAGEDDON	Elite Mężczyźni	12	00:15:35	00:19:32	00:38:54	01:00:58	<b>01:25:26.75</b>	<b>01:41:02.25</b>	+00:11:52 (13.9%)	8:32	7 (85.4%)
14	<b>PAŁDYNA Mateusz</b>	<b>82</b>	XRUNNERS	Elite Mężczyźni	13	00:20:13	00:19:37	00:39:14	01:02:04	<b>01:25:37.35</b>	<b>01:45:50.90</b>	+00:12:02 (14.1%)	8:33	7 (85.4%)
15	<b>BURAS Radosław</b>	<b>138</b>		Elite Mężczyźni	14	00:20:13	00:20:04	00:39:57	01:02:11	<b>01:26:08.35</b>	<b>01:46:22.30</b>	+00:12:33 (14.6%)	8:36	7 (85.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	5km	7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
16	<b>BAŁDYGA Miłosz</b>	<b>122</b>	BIEGUN OCR TEAM	Elite Mężczyźni	15	00:28:43	00:18:48	00:37:21	00:59:32	<b>01:26:54.10</b>	<b>01:55:37.10</b>	+00:13:19 (15.3%)	8:41	6.9 (84.1%)
17	<b>KALWAS Mateusz</b>	<b>137</b>	RAJSPOORT ACTIVE	Elite Mężczyźni	16	00:15:35	00:19:10	00:38:45	01:01:21	<b>01:27:29.75</b>	<b>01:43:05.45</b>	+00:13:55 (15.9%)	8:44	6.9 (84.1%)
18	<b>DASZKIEWICZ Małgorzata</b>	<b>160</b>	POWER TRAINING	Elite Kobiety	2	00:32:09	00:20:27	00:43:44	01:06:03	<b>01:28:38.95</b>	<b>02:00:48.80</b>	+00:15:04 (17.0%)	8:51	6.8 (82.9%)
19	<b>ZALEJASZ Sylwester</b>	<b>22</b>	XRUNNERS	Elite Mężczyźni	17	00:04:40	00:21:19	00:41:52	01:07:00	<b>01:28:56.00</b>	<b>01:33:36.30</b>	+00:15:21 (17.3%)	8:53	6.7 (81.7%)
20	<b>PISKAŁA Daniel</b>	<b>84</b>	POWER TRAINING	Elite Mężczyźni	18	00:20:13	00:20:55	00:43:47	01:08:29	<b>01:31:43.60</b>	<b>01:51:57.30</b>	+00:18:09 (19.8%)	9:10	6.5 (79.3%)
21	<b>KOŁAKOWSKI Krzysztof</b>	<b>50</b>		Elite Mężczyźni	19	00:11:21	00:20:18	00:41:56	01:05:24	<b>01:31:46.35</b>	<b>01:43:08.05</b>	+00:18:11 (19.8%)	9:10	6.5 (79.3%)
22	<b>DZIÓBEK Lech</b>	<b>115</b>	BIEGUN OCR TEAM	Elite Mężczyźni	20	00:28:44	00:19:27	00:40:28	01:03:49	<b>01:32:03.50</b>	<b>02:00:47.50</b>	+00:18:29 (20.1%)	9:12	6.5 (79.3%)
23	<b>SZULWACH Czarek</b>	<b>509</b>	BIEGUN OCR TEAM	Elite Mężczyźni	21	00:28:45	00:20:13	00:39:22	01:03:05	<b>01:32:48.10</b>	<b>02:01:33.45</b>	+00:19:13 (20.7%)	9:16	6.5 (79.3%)
24	<b>STEC Jakub</b>	<b>28</b>	BEST BEASTS	Elite Mężczyźni	22	00:04:40	00:19:29	00:39:47	01:03:52	<b>01:32:49.15</b>	<b>01:37:29.75</b>	+00:19:14 (20.7%)	9:16	6.5 (79.3%)
25	<b>IDCZAK Piotr</b>	<b>69</b>	DIRTY SPARROWS	Elite Mężczyźni	23	00:15:35	00:20:51	00:43:47	01:09:22	<b>01:33:39.60</b>	<b>01:49:15.55</b>	+00:20:05 (21.4%)	9:21	6.4 (78.0%)
26	<b>DOBRYŃSKI Tomasz</b>	<b>21</b>	XRUNNERS	Elite Mężczyźni	24	00:04:40	00:21:04	00:41:23	01:07:38	<b>01:34:14.90</b>	<b>01:38:54.90</b>	+00:20:40 (21.9%)	9:25	6.4 (78.0%)
27	<b>KROPIDŁOWSKI Grzegorz</b>	<b>9</b>	WOLF TEAM	Elite Mężczyźni	25	00:00:04	00:21:32	00:43:36	01:08:33	<b>01:34:18.25</b>	<b>01:34:22.70</b>	+00:20:43 (22.0%)	9:25	6.4 (78.0%)
28	<b>PUZDROWSKI Jarek</b>	<b>114</b>	BIEGUN OCR TEAM	Elite Mężczyźni	26	00:24:58	00:22:18	00:44:33	01:11:33	<b>01:34:20.55</b>	<b>01:59:18.80</b>	+00:20:46 (22.0%)	9:26	6.4 (78.0%)
29	<b>BRZESKI Robert</b>	<b>128</b>	CROSSELITE	Elite Mężczyźni	27	00:28:43	00:21:16	00:43:38	01:08:44	<b>01:37:08.75</b>	<b>02:05:52.25</b>	+00:23:34 (24.3%)	9:42	6.2 (75.6%)
30	<b>KURTA Rafał</b>	<b>23</b>	XRUNNERS	Elite Mężczyźni	28	00:04:40	00:19:50	00:44:21	01:10:25	<b>01:39:46.15</b>	<b>01:44:26.15</b>	+00:26:11 (26.3%)	9:58	6 (73.2%)
31	<b>HUDASZEK Zbigniew</b>	<b>129</b>	DRAGON RUNNERS	Elite Mężczyźni	29	00:28:59	00:23:56	00:47:14	01:13:54	<b>01:40:29.85</b>	<b>02:09:29.35</b>	+00:26:55 (26.8%)	10:02	6 (73.2%)
32	<b>WERYK Mateusz</b>	<b>35</b>	BIEGUN OCR TEAM	Elite Mężczyźni	30	00:04:40	00:21:09	00:45:08	01:10:54	<b>01:40:54.90</b>	<b>01:45:35.80</b>	+00:27:20 (27.1%)	10:05	5.9 (72.0%)
33	<b>GOLDA Michał</b>	<b>105</b>	MAD RUNNERS	Elite Mężczyźni	31	00:24:58	00:23:19	00:47:51	01:15:27	<b>01:40:57.20</b>	<b>02:05:55.75</b>	+00:27:22 (27.1%)	10:05	5.9 (72.0%)
34	<b>KARBOWSKI Sławomir</b>	<b>6</b>	NEXTREAM VIKINGS RUN	Elite Mężczyźni	32	00:00:04	00:21:12	00:43:58	01:10:47	<b>01:41:12.60</b>	<b>01:41:16.75</b>	+00:27:38 (27.3%)	10:07	5.9 (72.0%)
35	<b>SIROCKI Dawid</b>	<b>113</b>	BIEGUN OCR TEAM	Elite Mężczyźni	33	00:24:59	00:22:33	00:46:04	01:14:29	<b>01:41:14.00</b>	<b>02:06:13.10</b>	+00:27:39 (27.3%)	10:07	5.9 (72.0%)
36	<b>KUCHARSKI Łukasz</b>	<b>42</b>	BIGYELLOWFOOT ADVENTURE TEAM	Elite Mężczyźni	34	00:11:24	00:22:55	00:45:43	01:13:30	<b>01:44:10.00</b>	<b>01:55:34.35</b>	+00:30:35 (29.4%)	10:25	5.8 (70.7%)
37	<b>ZIELIŃSKI Bartosz</b>	<b>209</b>	DYNAMIC STRONG GNIEZNO	Elite Mężczyźni	35	00:28:43	00:23:24	00:49:20	01:17:19	<b>01:44:16.25</b>	<b>02:12:59.70</b>	+00:30:41 (29.4%)	10:25	5.8 (70.7%)
38	<b>ŚWIERSZCZ Paweł</b>	<b>26</b>		Elite Mężczyźni	36	00:04:40	00:23:10	00:48:22	01:17:07	<b>01:44:20.80</b>	<b>01:49:00.90</b>	+00:30:46 (29.5%)	10:26	5.8 (70.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	5km	7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
39	<b>JASTRZĘBSKI Sławomir</b>	<b>136</b>	BESTIE OCR LEGIONOWO	Elite Mężczyźni	37	00:28:44	00:23:22	00:48:57	01:14:55	<b>01:45:42.45</b>	<b>02:14:26.65</b>	+00:32:08 (30.4%)	10:34	5.7 (69.5%)
40	<b>GAWLAK Damian</b>	<b>57</b>	OBSTACLE CENTER TEAM	Elite Mężczyźni	38	00:11:21	00:21:46	00:48:39	01:15:05	<b>01:46:06.45</b>	<b>01:57:28.30</b>	+00:32:32 (30.7%)	10:36	5.7 (69.5%)
41	<b>SADOWSKI Michał</b>	<b>16</b>	POWER TRAINING	Elite Mężczyźni	39	00:00:04	00:23:11	00:46:38	01:16:04	<b>01:47:19.40</b>	<b>01:47:23.40</b>	+00:33:44 (31.4%)	10:43	5.6 (68.3%)
42	<b>STAMATEL Sebastian</b>	<b>72</b>		Elite Mężczyźni	40	00:15:37	00:22:48	00:49:42	01:18:52	<b>01:49:55.15</b>	<b>02:05:32.40</b>	+00:36:20 (33.1%)	10:59	5.5 (67.1%)
43	<b>CZAPRAN Marek</b>	<b>118</b>	XRUNNERS	Elite Mężczyźni	41	00:28:43	00:23:11	00:48:09	01:13:14	<b>01:51:22.55</b>	<b>02:20:06.20</b>	+00:37:48 (33.9%)	11:08	5.4 (65.9%)
44	<b>GRZEGORZYCA Damian</b>	<b>11</b>	OCR BANINO	Elite Mężczyźni	42	00:00:04	00:21:47	00:46:00	01:16:35	<b>01:54:18.35</b>	<b>01:54:22.80</b>	+00:40:43 (35.6%)	11:25	5.2 (63.4%)
45	<b>ŁAWNICZAK Paweł</b>	<b>139</b>	RAJSPORT ACTIVE	Elite Mężczyźni	43	00:28:45	00:25:29	00:51:20	01:19:35	<b>01:55:17.15</b>	<b>02:24:02.20</b>	+00:41:42 (36.2%)	11:31	5.2 (63.4%)
46	<b>TRZEBIATOWSKA Sylwia</b>	<b>174</b>	XRUNNERS	Elite Kobiety	3	00:34:55	00:27:13	00:54:28	01:24:02	<b>01:55:26.05</b>	<b>02:30:21.90</b>	+00:41:51 (36.3%)	11:32	5.2 (63.4%)
47	<b>STROJNY Paweł</b>	<b>52</b>	WWW.SPRAWDZONYTRENER.PL	Elite Mężczyźni	44	00:28:43	00:24:47	00:51:27	01:19:23	<b>01:56:02.65</b>	<b>02:24:46.10</b>	+00:42:28 (36.6%)	11:36	5.2 (63.4%)
48	<b>NOWICKI Marcin</b>	<b>107</b>	WOLF TEAM	Elite Mężczyźni	45	00:24:58	00:21:19	00:49:09	01:19:21	<b>01:56:32.00</b>	<b>02:21:30.00</b>	+00:42:57 (36.9%)	11:39	5.1 (62.2%)
49	<b>PUSTOŁA Maksymilian</b>	<b>89</b>	OBSTACLE CENTER TEAM	Elite Mężczyźni	46	00:20:13	00:23:51	00:49:10	01:20:08	<b>01:57:43.65</b>	<b>02:17:57.20</b>	+00:44:09 (37.5%)	11:46	5.1 (62.2%)
50	<b>REDZIK Mateusz</b>	<b>125</b>	DYNAMIC STRONG GNIEZNO	Elite Mężczyźni	47	00:28:45	00:28:58	00:57:24	01:27:59	<b>01:59:40.70</b>	<b>02:28:26.00</b>	+00:46:06 (38.5%)	11:58	5 (61.0%)
51	<b>WITKA Patryk</b>	<b>68</b>	MAD RUNNERS	Elite Mężczyźni	48	00:15:35	00:23:46	00:50:45	01:22:35	<b>02:00:34.90</b>	<b>02:16:10.30</b>	+00:47:00 (39.0%)	12:03	5 (61.0%)
52	<b>WYSŁUCH Iza</b>	<b>172</b>	CARBON SILESIA SPORT	Elite Kobiety	4	00:34:55	00:26:24	00:53:12	01:23:14	<b>02:00:56.10</b>	<b>02:35:51.80</b>	+00:47:21 (39.2%)	12:05	5 (61.0%)
53	<b>WIECZOREK Mateusz</b>	<b>44</b>	XRUNNERS	Elite Mężczyźni	49	00:11:22	00:25:57	00:53:02	01:26:32	<b>02:02:03.00</b>	<b>02:13:25.10</b>	+00:48:28 (39.7%)	12:12	4.9 (59.8%)
54	<b>SZCZUKA Leszek</b>	<b>17</b>		Elite Mężczyźni	50	00:00:03	00:27:13	00:56:26	01:30:34	<b>02:02:25.20</b>	<b>02:02:29.10</b>	+00:48:50 (39.9%)	12:14	4.9 (59.8%)
55	<b>GAŁUSZYŃSKI Paweł</b>	<b>4</b>	ACTIVE FLOW	Elite Mężczyźni	51	00:28:44	00:27:09	00:54:28	01:23:13	<b>02:02:55.90</b>	<b>02:31:40.45</b>	+00:49:21 (40.2%)	12:17	4.9 (59.8%)
56	<b>DALKIEWICZ Dariusz</b>	<b>55</b>	CROSSFIT TEAM SUSZ	Elite Mężczyźni	52	00:11:22	00:25:53	00:52:22	01:24:23	<b>02:04:36.05</b>	<b>02:15:58.60</b>	+00:51:01 (41.0%)	12:27	4.8 (58.5%)
57	<b>KOCZOROWSKI Paweł</b>	<b>15</b>	BALTIC SEALS	Elite Mężczyźni	53	00:00:04	00:26:17	00:56:44	01:29:38	<b>02:05:26.05</b>	<b>02:05:30.20</b>	+00:51:51 (41.3%)	12:32	4.8 (58.5%)
58	<b>MALCZEWSKI Tomasz</b>	<b>80</b>	RAJSPORT ACTIVE	Elite Mężczyźni	54	00:20:13	00:24:10	00:51:46	01:24:27	<b>02:06:06.20</b>	<b>02:26:20.10</b>	+00:52:31 (41.7%)	12:36	4.8 (58.5%)
59	<b>BARAN Dawid</b>	<b>121</b>	DZICY OGRODNICY	Elite Mężczyźni	55	00:28:45	00:28:27	01:03:42	01:35:24	<b>02:06:23.75</b>	<b>02:35:08.95</b>	+00:52:49 (41.8%)	12:38	4.7 (57.3%)
60	<b>JAGODZIŃSKI Damian</b>	<b>45</b>	XRUNNERS	Elite Mężczyźni	56	00:11:22	00:26:16	00:54:53	01:26:31	<b>02:07:59.90</b>	<b>02:19:21.90</b>	+00:54:25 (42.5%)	12:47	4.7 (57.3%)
61	<b>MALCZEWSKI Daniel</b>	<b>81</b>	RAJSPORT ACTIVE	Elite Mężczyźni	57	00:20:13	00:22:26	00:50:58	01:24:27	<b>02:08:43.70</b>	<b>02:28:57.30</b>	+00:55:09 (42.8%)	12:52	4.7 (57.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	5km	7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
62	PERKOWSKI Paweł	99	POWER TRAINING	Elite Mężczyźni	58	00:24:58	00:25:44	00:56:15	01:30:35	02:10:33.30	02:35:31.35	+00:56:58 (43.6%)	13:03	4.6 (56.1%)
63	BŁASZCZYK Brunon	201	BORSUKCREW	Elite Mężczyźni	59	00:11:23	00:30:17	01:02:15	01:40:37	02:12:21.70	02:23:45.25	+00:58:47 (44.4%)	13:14	4.5 (54.9%)
64	ZIMIŃSKI Paweł	70	WOLF TEAM	Elite Mężczyźni	60	00:15:36	00:26:22	00:58:09	01:33:14	02:14:54.20	02:30:30.80	+01:01:19 (45.5%)	13:29	4.4 (53.7%)
65	KASPRZAK Sebastian	58	OBSTACLE CENTER TEAM	Elite Mężczyźni	61	00:15:37	00:26:53	00:55:38	01:33:35	02:15:43.10	02:31:20.75	+01:02:08 (45.8%)	13:34	4.4 (53.7%)
66	DUKIEWICZ Dariusz	76	WOLF TEAM	Elite Mężczyźni	62	00:20:14	00:25:32	00:55:23	01:29:36	02:16:05.55	02:36:19.95	+01:02:31 (45.9%)	13:36	4.4 (53.7%)
67	PONTUS Piotr	40	OSPRO OCR	Elite Mężczyźni	63	00:11:23	00:27:05	00:57:21	01:40:37	02:17:44.00	02:29:07.05	+01:04:09 (46.6%)	13:46	4.4 (53.7%)
68	JARZYNA Bartłomiej	132	OSPRO OCR	Elite Mężczyźni	64	00:28:46	00:29:08	01:05:57	01:43:40	02:17:49.25	02:46:35.40	+01:04:14 (46.6%)	13:46	4.4 (53.7%)
69	ŁAPACZ Tomasz	127	POWER TRAINING	Elite Mężczyźni	65	00:28:44	00:29:12	01:00:35	01:41:15	02:17:53.05	02:46:37.30	+01:04:18 (46.6%)	13:47	4.4 (53.7%)
70	RYBICKI Marcin	8		Elite Mężczyźni	66	00:00:04	00:29:45	01:02:12	01:40:43	02:18:51.50	02:18:55.80	+01:05:17 (47.0%)	13:53	4.3 (52.4%)
71	DROZD Dariusz	111	EICHHÖRNCHEN	Elite Mężczyźni	67	00:28:44	00:27:37	01:04:26	01:36:56	02:19:04.20	02:47:48.80	+01:05:29 (47.1%)	13:54	4.3 (52.4%)
72	KOŁODZIEJEK Robert	140	RAJSPOORT ACTIVE	Elite Mężczyźni	68	00:28:45	00:26:30	01:02:50	01:34:46	02:19:48.20	02:48:34.15	+01:06:13 (47.4%)	13:58	4.3 (52.4%)
73	KULAGA Peter	100	DRAGON RUNNERS	Elite Mężczyźni	69	00:24:59	00:30:34	01:06:44	01:39:13	02:20:31.55	02:45:31.10	+01:06:57 (47.6%)	14:03	4.3 (52.4%)
74	JESKA Tomasz	18	DIRTY SPARROWS	Elite Mężczyźni	70	00:00:04	00:31:19	01:05:08	01:38:10	02:21:16.90	02:21:20.90	+01:07:42 (47.9%)	14:07	4.2 (51.2%)
75	..	131				00:04:42	00:31:14	01:04:13	01:41:00	02:21:18.50	02:26:00.55	+01:07:44 (47.9%)	14:07	4.2 (51.2%)
76	KARCZMAR Kornelia	167	WF OCR TEAM KOSTRZYN NAD ODRĄ	Elite Kobiety	5	00:32:10	00:28:50	01:00:58	01:43:33	02:21:45.60	02:53:56.00	+01:08:11 (48.1%)	14:10	4.2 (51.2%)
77	TADZIK Tomasz	47		Elite Mężczyźni	71	00:11:23	00:30:18	01:02:16	01:40:40	02:22:11.75	02:33:35.00	+01:08:37 (48.3%)	14:13	4.2 (51.2%)
78	RATAJCZAK Małgorzata	154	OCR TEAM ZIELONA GÓRA	Elite Kobiety	6	00:32:11	00:33:02	01:10:54	01:48:30	02:22:37.80	02:54:48.80	+01:09:03 (48.4%)	14:15	4.2 (51.2%)
79	PLUCIŃSKI Jakub	101	DRAGON RUNNERS	Elite Mężczyźni	72	00:24:59	00:30:29	01:06:43	01:38:59	02:22:43.70	02:47:43.20	+01:09:09 (48.5%)	14:16	4.2 (51.2%)
80	KOCHANEK Agata	152	KONTENER FORMY   INTEL RUNNERS	Elite Kobiety	7	00:32:11	00:35:42	01:18:43	01:56:21	02:25:06.90	02:57:17.90	+01:11:32 (49.3%)	14:30	4.1 (50.0%)
81	HANUSIAK Leszek	31	KONIU SQUAD	Elite Mężczyźni	73	00:04:40	00:25:49	01:02:19	01:39:31	02:27:09.65	02:31:50.35	+01:13:35 (50.0%)	14:42	4.1 (50.0%)
82	ŁUSZCZAK Anna	168	LEMON TEAM	Elite Kobiety	8	00:32:11	00:34:52	01:11:44	01:48:47	02:27:56.35	03:00:07.45	+01:14:21 (50.3%)	14:47	4.1 (50.0%)
83	MACIEJAK Anna	43	UNITED RUNNERS	Elite Kobiety	9	00:34:57	00:31:27	01:06:25	01:42:42	02:28:10.50	03:03:07.50	+01:14:36 (50.3%)	14:49	4 (48.8%)
Przekroczony limit czasu: 02:30:00														
84	GRYŻEWSKI Karol	59	OBSTACLE CENTER TEAM	Elite Mężczyźni	74	00:15:36	00:29:55	01:04:33	01:45:52	02:31:18.20	02:46:54.60	+01:17:43 (51.4%)	15:07	4 (48.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	5km	7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
85	N Dariusz	98	DYNAMIC STRONG GNIEZNO	Elite Mężczyźni	75	00:20:16	00:31:06	01:12:39	01:49:43	02:31:21.40	02:51:37.55	+01:17:46 (51.4%)	15:08	4 (48.8%)
86	GAŃKO Mateusz	60	OBSTACLE CENTER TEAM	Elite Mężczyźni	76	00:15:36	00:37:42	01:18:20	01:58:56	02:39:08.85	02:54:45.15	+01:25:34 (53.8%)	15:54	3.8 (46.3%)
87	FORNALSKI Ireneusz	95	OBSTACLE CENTER TEAM	Elite Mężczyźni	77	00:20:14	00:25:29	00:56:41				+00:20:59	11:20	5.3 (64.6%)
88	SZAŁKOWSKA Agnieszka	207		Elite Kobiety	10	00:34:57	00:39:18	01:23:25				+00:47:43	16:41	3.6 (43.9%)
89	SIERPIŃSKA Monika	166	OBSTACLE CENTER TEAM	Elite Kobiety	11	00:32:11	00:46:04	01:30:16				+00:54:34	18:03	3.3 (40.2%)
90	KOCHANEK Paweł	124	KONTENER FORMY   INTEL RUNNERS	Elite Mężczyźni	78	00:28:46	00:31:09	02:27:33				+01:51:51	29:30	2 (24.4%)
DQ	ŁOTOCKI Rafał	10	STGSZCZECIN	Elite Mężczyźni		DQ	00:21:35 DQ	00:45:44 DQ	DQ	00:59:56.05 DQ	DQ		0:00	10 (122.0%)
DQ	MARKOWSKI Fabian	130	MS-FIT STUDIO	Elite Mężczyźni		DQ	00:21:07 DQ	00:43:14 DQ	01:07:34 DQ	01:29:27.10 DQ	DQ		0:00	6.7 (81.7%)
DNC	RYBAK Paulina	164		Elite Kobiety		00:32:10	00:32:55	01:15:59		01:28:31.45	02:00:42.00		0:00	6.8 (82.9%)
DNC	BARAŃSKI Radosław	51	OCR MALTA	Elite Mężczyźni		00:11:21	00:19:54	00:50:15	01:20:10	01:41:53.90	01:53:15.85		0:00	5.9 (72.0%)
DNC	MISSALA Magdalena	159	POWER TRAINING	Elite Kobiety		00:32:09	00:21:40	00:46:31	01:14:40	01:44:56.70	02:17:06.55		0:00	5.7 (69.5%)
DNC	DACIO Mirek	13		Elite Mężczyźni		00:00:05	00:23:30	00:50:32	01:20:04	01:48:46.75	01:48:51.80		0:00	5.5 (67.1%)
DNC	KUNCEWICZ Szymon	112	CROSSELITE	Elite Mężczyźni		00:28:44	00:25:10	00:51:55	01:24:06	01:54:43.65	02:23:28.05		0:00	5.2 (63.4%)
DNC	GAŁUSZYŃSKA Katarzyna	151	ACTIVE FLOW	Elite Kobiety		00:32:09	00:28:02	01:00:47	01:33:22	01:57:54.20	02:30:03.75		0:00	5.1 (62.2%)
DNC	BŁAŻKIEWICZ Dawid	135	BESTIE OCR LEGIONOWO	Elite Mężczyźni		00:28:44	00:24:18	00:54:44	01:25:07	01:58:01.30	02:26:46.20		0:00	5.1 (62.2%)
DNC	KOWALSKI Bartosz	126	POSITIVE FREAKS TEAM	Elite Mężczyźni		00:24:59	00:24:59	00:55:24	01:26:08	01:58:31.50	02:23:30.70		0:00	5.1 (62.2%)
DNC	PAWLISIAK Paweł	133	BBL POLICE	Elite Mężczyźni		00:28:43	00:18:52	00:39:00	01:01:03	01:58:44.10	02:27:27.90		0:00	5.1 (62.2%)
DNC	KOWALSKI Mariusz	102	OCR TEAM ZIELONA GÓRA	Elite Mężczyźni		00:24:57	00:24:52	00:53:20	01:23:17	02:01:42.85	02:26:40.60		0:00	4.9 (59.8%)
DNC	ZALEJASZ Paulina	156	XRUNNERS	Elite Kobiety		00:32:10	00:26:01	00:58:46	01:31:34	02:05:05.55	02:37:15.65		0:00	4.8 (58.5%)
DNC	KUZNICKI Paweł	94		Elite Mężczyźni		00:20:15	00:28:49	00:59:11	01:33:04	02:06:21.90	02:26:37.35		0:00	4.7 (57.3%)
DNC	NAJDEREK Michał	27		Elite Mężczyźni		00:04:40	00:30:23	01:03:22	01:33:35	02:07:33.80	02:12:14.15		0:00	4.7 (57.3%)
DNC	FÓRMAN Daniel	30		Elite Mężczyźni		00:04:40	00:30:22	01:03:22	01:33:36	02:07:34.45	02:12:15.00		0:00	4.7 (57.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	5km	7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
DNC	<b>SZCZYGLAK Mariusz</b>	<b>2</b>	CROSSELITE	Elite Mężczyźni		00:00:04	00:32:41	01:05:34	01:39:42	<b>02:08:20.60</b>	<b>02:08:24.90</b>	0:00	4.7 (57.3%)	
DNC	<b>WEIS Michał</b>	<b>116</b>	OBSTACLE CENTER TEAM	Elite Mężczyźni		00:28:45	00:27:01	01:06:51	01:41:07	<b>02:09:42.90</b>	<b>02:38:28.50</b>	0:00	4.6 (56.1%)	
DNC	<b>PŁAŻALSKI Przemysław</b>	<b>29</b>	POSITIVE FREAKS TEAM	Elite Mężczyźni		00:04:41	00:29:32	01:01:48	01:36:48	<b>02:09:47.35</b>	<b>02:14:28.45</b>	0:00	4.6 (56.1%)	
DNC	<b>PILAWSKI Ryszard</b>	<b>20</b>	WOLF TEAM	Elite Mężczyźni		00:04:40	00:27:24	00:59:39	01:33:00	<b>02:11:17.40</b>	<b>02:15:57.95</b>	0:00	4.6 (56.1%)	
DNC	<b>JANISZEWSKI Grzegorz</b>	<b>63</b>		Elite Mężczyźni		00:15:35	00:26:07	00:57:24	01:29:48	<b>02:12:24.10</b>	<b>02:27:59.10</b>	0:00	4.5 (54.9%)	
DNC	<b>SZCZECH Szymon</b>	<b>64</b>	WOLF TEAM	Elite Mężczyźni		00:15:35	00:32:03	01:06:20	01:42:08	<b>02:12:40.75</b>	<b>02:28:16.65</b>	0:00	4.5 (54.9%)	
DNC	<b>MANGONI Francesco</b>	<b>106</b>	OCR SQUAD FRIULI VENEZIA GIULIA	Elite Mężczyźni		00:24:57	00:31:06	01:05:52	01:42:21	<b>02:14:34.45</b>	<b>02:39:32.40</b>	0:00	4.5 (54.9%)	
DNC	<b>ŁUCZAK Łukasz</b>	<b>117</b>	XRUNNERS	Elite Mężczyźni		00:32:10	00:25:07	01:01:30	01:39:41	<b>02:15:14.70</b>	<b>02:47:24.70</b>	0:00	4.4 (53.7%)	
DNC	<b>LATOPOLSKI Piotr</b>	<b>97</b>	CROSSFIT TEAM SUSZ	Elite Mężczyźni		00:20:14	00:29:57	01:04:14	01:45:14	<b>02:16:32.80</b>	<b>02:36:47.50</b>	0:00	4.4 (53.7%)	
DNC	<b>BERNACKA Katarzyna</b>	<b>175</b>	WOLF TEAM	Elite Kobiety		00:34:56	00:31:00	01:03:55	01:36:34	<b>02:17:30.20</b>	<b>02:52:26.50</b>	0:00	4.4 (53.7%)	
DNC	<b>STĘPIEŃ Paulina</b>	<b>184</b>		Elite Kobiety		00:34:57	00:38:04	01:12:32	01:51:43	<b>02:22:55.25</b>	<b>02:57:52.95</b>	0:00	4.2 (51.2%)	
DNC	<b>MISZEWSKI Grzegorz</b>	<b>120</b>	XRUNNERS	Elite Mężczyźni		00:28:44	00:28:48	01:06:11	01:49:07	<b>02:23:33.30</b>	<b>02:52:18.10</b>	0:00	4.2 (51.2%)	
DNC	<b>BOIŃSKA Agnieszka</b>	<b>155</b>	WOLF TEAM	Elite Kobiety		00:32:10	00:36:12	01:15:38	01:54:41	<b>02:26:51.50</b>	<b>02:59:01.70</b>	0:00	4.1 (50.0%)	
DNC	<b>ŁAWNICZAK Justyna</b>	<b>157</b>		Elite Kobiety		00:32:10	00:29:42	01:12:32	01:54:30	<b>02:26:52.75</b>	<b>02:59:02.85</b>	0:00	4.1 (50.0%)	
DNC	<b>SZCZEPEK Michał</b>	<b>91</b>	OBSTACLE CENTER TEAM	Elite Mężczyźni		00:20:14	00:35:17	01:18:31	01:58:15	<b>02:29:37.25</b>	<b>02:49:51.95</b>	0:00	4 (48.8%)	
DNC	<b>KACZOR Paulina</b>	<b>158</b>		Elite Kobiety		00:37:34	00:37:48	01:19:29	02:03:04	<b>02:31:41.15</b>	<b>03:09:15.70</b>	0:00	4 (48.8%)	
DNC	<b>CUDNIK Sebastian</b>	<b>88</b>	OBSTACLE CENTER TEAM	Elite Mężczyźni		00:20:14	00:36:50	01:17:17	01:54:18	<b>02:32:20.20</b>	<b>02:52:34.60</b>	0:00	3.9 (47.6%)	
DNC	<b>JAŁOCHA Sylwia</b>	<b>205</b>	LEMON TEAM	Elite Kobiety		00:34:56	00:38:21	01:14:06	01:53:53	<b>02:34:12.35</b>	<b>03:09:09.10</b>	0:00	3.9 (47.6%)	
DNC	<b>MAREK Anna</b>	<b>185</b>	EICHHÖRNCHEN	Elite Kobiety		00:34:56	00:30:11	01:14:52	01:54:38	<b>02:34:14.65</b>	<b>03:09:10.95</b>	0:00	3.9 (47.6%)	
DNC	<b>SERAFIN Mariusz</b>	<b>32</b>		Elite Mężczyźni		00:04:40	00:33:36	01:15:09	02:00:29	<b>02:35:44.00</b>	<b>02:40:24.90</b>	0:00	3.9 (47.6%)	
DNC	<b>ŁUŃSKI Maciej</b>	<b>83</b>	WOLF TEAM	Elite Mężczyźni		00:20:15	00:33:48	01:09:43	01:55:04	<b>02:38:48.15</b>	<b>02:59:03.20</b>	0:00	3.8 (46.3%)	
DNC	<b>GAŁUSZYŃSKI Łukasz</b>	<b>78</b>	ACTIVE FLOW	Elite Mężczyźni		00:28:46	00:34:37	01:14:06	01:58:22	<b>02:39:36.35</b>	<b>03:08:23.25</b>	0:00	3.8 (46.3%)	
DNC	<b>KAMIŃSKA Justyna</b>	<b>181</b>	DYNAMIC STRONG GNIEZNO	Elite Kobiety		00:34:58	00:49:04	01:41:35	02:17:50	<b>02:43:13.05</b>	<b>03:18:11.05</b>	0:00	3.7 (45.1%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	5km	7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
DNC	<b>ALAMENCIAK Angelika</b>	<b>178</b>	DYNAMIC STRONG GNIEZNO	Elite Kobiety		00:34:57	00:49:02	01:41:35	02:17:52	<b>02:43:15.60</b>	<b>03:18:13.40</b>		0:00	3.7 (45.1%)
DNC	<b>TUPACZEWSKI Piotr</b>	<b>85</b>	OBSTACLE CENTER TEAM	Elite Mężczyźni		00:20:15	00:37:35	01:28:05	02:13:17	<b>02:45:22.80</b>	<b>03:05:38.35</b>		0:00	3.6 (43.9%)
DNC	<b>GAŃKO Karolina</b>	<b>162</b>	OBSTACLE CENTER TEAM	Elite Kobiety		00:32:11	00:42:32	01:31:57	02:14:24	<b>02:49:29.30</b>	<b>03:21:41.25</b>		0:00	3.5 (42.7%)
DNC	<b>KURPIOS Milena</b>	<b>161</b>	OBSTACLE CENTER TEAM	Elite Kobiety		00:32:12	00:42:29	01:31:24	02:14:20	<b>02:49:29.45</b>	<b>03:21:41.65</b>		0:00	3.5 (42.7%)
DNC	<b>ŁYSZKIEWICZ Roger</b>	<b>87</b>	OBSTACLE CENTER TEAM	Elite Mężczyźni		00:20:16	00:45:08	01:30:38	02:22:39	<b>02:59:48.05</b>	<b>03:20:04.05</b>		0:00	3.3 (40.2%)
DNC	<b>STACHYRA Rafal</b>	<b>119</b>		Elite Mężczyźni		00:28:43	00:28:43	01:17:03	01:52:05					(0.0%)
DNC	<b>MACIEJEWSKI Łukasz</b>	<b>92</b>		Elite Mężczyźni		00:20:13	00:23:12	00:48:57						(0.0%)
DNC	<b>RACZYŃSKA Anna</b>	<b>183</b>	BALTIC SEALS	Elite Kobiety		00:34:57	00:28:06	01:01:04						(0.0%)
DNC	<b>LIMANOWSKA Olga</b>	<b>153</b>	OBSTACLE CENTER TEAM	Elite Kobiety		00:34:58	00:31:29	01:06:16						(0.0%)
DNC	<b>ŁOBOCKI Andrzej</b>	<b>56</b>	POSITIVE FREAKS TEAM	Elite Mężczyźni		00:11:22	00:30:31	01:09:32						(0.0%)
DNC	<b>JULIKOWSKI Karol</b>	<b>90</b>	POWER TRAINING	Elite Mężczyźni		00:20:13	00:32:05	01:10:07						(0.0%)
DNC	<b>BOREK Marcin</b>	<b>134</b>		Elite Mężczyźni		00:20:14	00:32:55	01:13:03						(0.0%)
DNC	<b>ŁĘPICKI Mateusz</b>	<b>54</b>	LEMON TEAM	Elite Mężczyźni		00:11:22	00:34:10	01:14:35						(0.0%)
DNC	<b>BARTŁOMIEJCZYK Sylwia</b>	<b>169</b>	SOCIOS SILESIA	Elite Kobiety		00:32:11	00:39:59	01:18:57						(0.0%)
DNC	<b>BARAN Konrad</b>	<b>123</b>	BRYGIERY OCR	Elite Mężczyźni		00:28:44	00:36:41	01:22:59						(0.0%)
DNC	<b>NOWAK Paweł</b>	<b>53</b>	BALTIC SEALS	Elite Mężczyźni		00:11:23	00:43:19	01:25:40						(0.0%)
DNC	<b>GAWRON Monika</b>	<b>177</b>		Elite Kobiety		00:34:56	00:42:37	01:26:49						(0.0%)
DNC	<b>KWIATKOWSKA Daria</b>	<b>176</b>	BRYGIERY OCR	Elite Kobiety		00:34:56	00:42:49	01:26:51						(0.0%)
DNC	<b>MACIAK Grzegorz</b>	<b>74</b>		Elite Mężczyźni		00:20:16	00:42:48	01:28:44						(0.0%)
DNC	<b>REDZIK Angelina</b>	<b>182</b>	DYNAMIC STRONG GNIEZNO	Elite Kobiety		00:34:58	00:50:12	01:44:30						(0.0%)
DNC	<b>DADELEWSKA Joanna</b>	<b>180</b>	PIĘKNI I BESTIE	Elite Kobiety		00:34:57	00:51:25	01:52:52						(0.0%)
DNC	<b>DADELEWSKA Oliwia</b>	<b>179</b>		Elite Kobiety		00:34:56	00:50:30	01:52:53						(0.0%)
DNC	<b>ŻUCHOWSKA Oliwia</b>	<b>187</b>		Elite Kobiety		00:34:56	00:51:26	01:52:53						(0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	2.5km	5km	7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
DNC	<b>PILSAK Agnieszka</b>	<b>171</b>		Elite Kobiety		00:34:56	00:58:09	01:55:50						(0.0%)
DNC	<b>WOJTASIK Marta</b>	<b>170</b>		Elite Kobiety		00:34:55	00:58:08	01:55:52						(0.0%)
DNC	<b>BOREK Marcin</b>	<b>134</b>		Elite Mężczyźni		00:00:00								(0.0%)
DNC	<b>ŻUCHOWSKA Oliwia</b>	<b>187</b>		Elite Kobiety		00:00:00								(0.0%)

Znaleziono 156 wynik(ów)