

BIEGUN OPEN

B4SPORT

Event: Biegun - Wichrowe Wzgórza
Organiser: OCR Events
Date: 2019-11-16
Place: Gdynia
Distance: 4.7 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Classification: All

Place	Participant	Number	Club	Category	MCat	Lap	Gap	Pace min/km	Pace km/h	Fastest Lap	Per Lap
1	HOŁDA Dominik	0527		Okr 3 - M	1	3	0	10:21	5.8 (100%)	00:44:58	00:48:44
	4.7km: 00:44:48 9.4km: 01:32:39 14.1km: 02:26:04										
2	ULDYNOWICZ Bartosz	0922	DIRTY SPARROWS	Okr 2 - M	1	2	-1	10:57	5.5 (94.8%)	00:50:42	00:51:38
	4.7km: 00:50:30 9.4km: 01:43:04										
3	SŁADEK Patryk	0465	EX TEAM	Okr 2 - M	2	2	-1	11:50	5.1 (87.9%)	00:53:03	00:55:47
	4.7km: 00:52:51 9.4km: 01:51:22										
4	KOPARKOWY Dawid	0966	KOPARA TEAM	Okr 2 - M	3	2	-1	11:57	5 (86.2%)	00:52:20	00:56:18
	4.7km: 00:52:09 9.4km: 01:52:25										
5	MORGAŚ Mariusz	0183	TRENER24H.COM.PL	Okr 2 - M	4	2	-1	12:35	4.8 (82.8%)	00:57:19	00:59:18
	4.7km: 00:57:04 9.4km: 01:58:22										
6	JANKOWSKI Piotr	0476	REZERWOWE PSY	Okr 2 - M	5	2	-1	12:38	4.7 (81.0%)	00:56:58	00:59:31
	4.7km: 00:56:45 9.4km: 01:58:50										
7	STRZELCZYK Mariusz	0772	KONTENER FORMY	Okr 2 - M	6	2	-1	12:46	4.7 (81.0%)	00:57:13	01:00:09
	4.7km: 00:57:01 9.4km: 02:00:07										
8	SZULCEK Patryk	0875	AUTOPAY	Okr 2 - M	7	2	-1	12:50	4.7 (81.0%)	00:55:47	01:00:27
	4.7km: 00:55:37 9.4km: 02:00:44										
9	SZCZUKA Leszek	0816	CROSSELITE	Okr 2 - M	8	2	-1	13:29	4.4 (75.9%)	01:00:31	01:03:32
	4.7km: 01:00:15 9.4km: 02:06:49										
10	NIKEL Martyna	0779	KONTENER FORMY	Okr 2 - K	1	2	-1	14:15	4.2 (72.4%)	01:06:44	01:07:08
	4.7km: 01:06:28 9.4km: 02:14:01										
11	ANTOSIK Igor	0531	STUDIO S7	Okr 2 - M	9	2	-1	14:17	4.2 (72.4%)	01:05:54	01:07:17
	4.7km: 01:05:40 9.4km: 02:14:20										
12	CYGANIK Magdalena	0591	S7 PRUSZCZ GDAŃSKI	Okr 2 - K	2	2	-1	14:17	4.2 (72.4%)	01:06:03	01:07:17
	4.7km: 01:05:45 9.4km: 02:14:16										

Place	Participant	Number	Club	Category	MCat	Lap	Gap	Pace min/km	Pace km/h	Fastest Lap	Per Lap
13	PIONK Tadeusz 4.7km: 00:57:06 9.4km: 02:15:57	0760		Okr 2 - M	10	2	-1	14:27	4.1 (70.7%)	00:57:19	01:08:05
14	KOŚCIECHA Mateusz 4.7km: 01:06:50 9.4km: 02:17:29	0668		Okr 2 - M	11	2	-1	14:37	4.1 (70.7%)	01:07:17	01:08:58
15	MAGULSKA Paulina 4.7km: 01:06:50 9.4km: 02:17:28	0670		Okr 2 - K	3	2	-1	14:37	4.1 (70.7%)	01:07:18	01:08:58
16	DYKIER Krzysztof 4.7km: 00:59:28 9.4km: 02:19:56	0379		Okr 2 - M	12	2	-1	14:53	4 (69.0%)	00:59:47	01:10:07
17	GORNOWICZ Marcin 4.7km: 01:04:10 9.4km: 02:20:57	0190	TREC TEAM	Okr 2 - M	13	2	-1	14:59	4 (69.0%)	01:04:24	01:10:35
18	PLICHTA Grzegorz 4.7km: 01:08:32 9.4km: 02:25:38	0319	HAMILTON TEAM	Okr 2 - M	14	2	-1	15:29	3.9 (67.2%)	01:08:57	01:13:01
19	DAMPS Patryk 4.7km: 00:44:16	0185	RUN BEACH MORNING	Okr 1 - M	1	1	-2	9:25	6.4 (110.3%)	00:44:29	00:44:29
20	SZULWACH Czarek 4.7km: 00:45:35	0945	BIEGUN OCR	Okr 1 - M	2	1	-2	9:41	6.2 (106.9%)	00:45:50	00:45:50
21	KRZYSZTOFIK Dariusz 4.7km: 00:46:48	0484	DARO TEAM	Okr 1 - M	3	1	-2	9:57	6 (103.4%)	00:47:02	00:47:02
22	MACIOŁEK Arkadiusz 4.7km: 00:47:35	0797	CROSSFIT TEAM SUSZ	Okr 1 - M	4	1	-2	10:07	5.9 (101.7%)	00:47:48	00:47:48
23	BAŁDYGA Miłosz 4.7km: 00:48:11	0735		Okr 1 - M	5	1	-2	10:15	5.9 (101.7%)	00:48:27	00:48:27
24	KARBOWSKI Sławomir 4.7km: 00:48:35	0936		Okr 1 - M	6	1	-2	10:20	5.8 (100%)	00:48:47	00:48:47
25	KOZA Damian 4.7km: 00:48:46	0461		Okr 1 - M	7	1	-2	10:22	5.8 (100%)	00:48:59	00:48:59
26	SĘKOWSKI Piotr 4.7km: 00:50:48	0180		Okr 1 - M	8	1	-2	10:48	5.6 (96.6%)	00:51:01	00:51:01
27	WERYK Mateusz 4.7km: 00:56:43	0174	GRIMPADO / CF3M	Okr 1 - M	9	1	-2	12:04	5 (86.2%)	00:56:55	00:56:55
28	ZIELIŃSKI Łukasz 4.7km: 01:03:43	0811	CROSSELITE	Okr 1 - M	10	1	-2	13:33	4.4 (75.9%)	01:03:54	01:03:54
29	SOBOCZYŃSKI Adam 4.7km: 01:03:24	0383		Okr 1 - M	11	1	-2	13:29	4.4 (75.9%)	01:03:57	01:03:57
30	RATOWSKI Marek 4.7km: 01:06:30	0469		Okr 1 - M	12	1	-2	14:08	4.2 (72.4%)	01:06:44	01:06:44

Place	Participant	Number	Club	Category	MCat	Lap	Gap	Pace min/km	Pace km/h	Fastest Lap	Per Lap
31	RINGBOM Josefine 4.7km: 01:06:59	0581	HELL RUN CREW	Okr 1 - K	1	1	-2	14:15	4.2 (72.4%)	01:07:14	01:07:14
32	KĘDZIOREK Paulina 4.7km: 01:07:47	0969		Okr 1 - K	2	1	-2	14:25	4.2 (72.4%)	01:08:03	01:08:03
33	ŁOBOCKI Andrzej 4.7km: 01:08:37	0105	POSITIVE FREAKS TEAM	Okr 1 - M	13	1	-2	14:35	4.1 (70.7%)	01:08:48	01:08:48
34	W Tomasz 4.7km: 01:10:07	0949	WAMAKO	Okr 1 - M	14	1	-2	14:55	4 (69.0%)	01:10:33	01:10:33
35	KUCHARSKI Łukasz 4.7km: 01:10:40	0908		Okr 1 - M	15	1	-2	15:02	4 (69.0%)	01:11:04	01:11:04
36	RUSZCZYK Paweł 4.7km: 01:10:34	0732		Okr 1 - M	16	1	-2	15:00	4 (69.0%)	01:11:11	01:11:11
37	DUNAJSKI Arek 4.7km: 01:11:36	0588		Okr 1 - M	17	1	-2	15:14	3.9 (67.2%)	01:11:53	01:11:53
38	BRODZIK Ireneusz 4.7km: 01:11:46	0496	BŁOTNIAKI TEAM BYTÓW	Okr 1 - M	18	1	-2	15:16	3.9 (67.2%)	01:12:13	01:12:13
39	FURTAN Krystian 4.7km: 01:12:45	0490	BŁOTNIAKI TEAM BYTÓW	Okr 1 - M	19	1	-2	15:28	3.9 (67.2%)	01:13:11	01:13:11
40	ŚLIWIAK Dawid 4.7km: 01:14:34	0864		Okr 1 - M	20	1	-2	15:51	3.8 (65.5%)	01:15:09	01:15:09
41	ŚLIWIAK Grzegorz 4.7km: 01:14:36	0865		Okr 1 - M	21	1	-2	15:52	3.8 (65.5%)	01:15:10	01:15:10
42	ŚLUSAR Marcin 4.7km: 01:14:35	0859		Okr 1 - M	22	1	-2	15:52	3.8 (65.5%)	01:15:11	01:15:11
43	LICHOTA Przemysław 4.7km: 01:16:47	0563		Okr 1 - M	23	1	-2	16:20	3.7 (63.8%)	01:17:17	01:17:17
44	GRACZYK Sylwia 4.7km: 01:17:52	0565		Okr 1 - K	3	1	-2	16:34	3.6 (62.1%)	01:18:17	01:18:17
45	BŁASZCZYK Tomasz 4.7km: 01:18:32	0782		Okr 1 - M	24	1	-2	16:42	3.6 (62.1%)	01:19:07	01:19:07
46	DRZASZCZ Marek 4.7km: 01:19:23	0815	CROSSELITE	Okr 1 - M	25	1	-2	16:53	3.6 (62.1%)	01:19:37	01:19:37
47	KRZYŻANOWSKA Roksana 4.7km: 01:19:16	0387		Okr 1 - K	4	1	-2	16:51	3.6 (62.1%)	01:19:40	01:19:40
48	ŚLIZ Arkadiusz 4.7km: 01:21:24	0879	WOLF TEAM	Okr 1 - M	26	1	-2	17:19	3.5 (60.3%)	01:21:38	01:21:38

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49	DOLATA Jędrzej 4.7km: 01:21:39	0592	BASTION REDA	Okr 1 - M	27	1	-2	17:22	3.5 (60.3%)	01:21:58	01:21:58
50	ŚWIGOŃ Daniel 4.7km: 01:21:34	0489	BŁOTNIAKI TEAM BYTÓW	Okr 1 - M	28	1	-2	17:21	3.5 (60.3%)	01:22:03	01:22:03
51	SKORUPSKI Adam 4.7km: 01:22:28	0259	IC SPORT TEAM	Okr 1 - M	29	1	-2	17:32	3.4 (58.6%)	01:22:45	01:22:45
52	ROMANIECKI Paweł 4.7km: 01:22:25	0957		Okr 1 - M	30	1	-2	17:32	3.4 (58.6%)	01:22:47	01:22:47
53	NEUMELLER Tomasz 4.7km: 01:22:25	0958		Okr 1 - M	31	1	-2	17:32	3.4 (58.6%)	01:22:48	01:22:48
54	MIKOŁAJCZYK Tomasz 4.7km: 01:23:49	0492	BŁOTNIAKI TEAM BYTÓW	Okr 1 - M	32	1	-2	17:50	3.4 (58.6%)	01:24:18	01:24:18
55	GAPSKI Dariusz 4.7km: 01:24:31	0467	SILNI MOCĄ ELBLĄG	Okr 1 - M	33	1	-2	17:58	3.3 (56.9%)	01:25:07	01:25:07
56	ŻOCHOWSKI Marcin 4.7km: 01:26:21	0798	BIGYELLOWFOOT ADVENTURE TEAM	Okr 1 - M	34	1	-2	18:22	3.3 (56.9%)	01:26:41	01:26:41
57	PYŚKO Tomasz 4.7km: 01:30:27	0568	CROSSFIT STOCZNIA	Okr 1 - M	35	1	-2	19:14	3.1 (53.4%)	01:30:49	01:30:49
58	BAK Sybilla 4.7km: 01:30:44	0455		Okr 1 - K	5	1	-2	19:18	3.1 (53.4%)	01:30:58	01:30:58
59	DORAWA-ZIOMEK Anna 4.7km: 01:31:03	0874		Okr 1 - K	6	1	-2	19:22	3.1 (53.4%)	01:31:45	01:31:45
60	ZAMECKI Radosław 4.7km: 01:31:38	0519		Okr 1 - M	36	1	-2	19:29	3.1 (53.4%)	01:31:53	01:31:53
61	CZARNECKI Mateusz 4.7km: 01:32:11	0543		Okr 1 - M	37	1	-2	19:36	3.1 (53.4%)	01:32:32	01:32:32
62	WEINER Patryk 4.7km: 01:32:11	0535		Okr 1 - M	38	1	-2	19:36	3.1 (53.4%)	01:32:33	01:32:33
63	CICHOCKA Martyna 4.7km: 01:32:13	0781	KONTENER FORMY	Okr 1 - K	7	1	-2	19:37	3.1 (53.4%)	01:32:34	01:32:34
64	KOCHANEK Agata 4.7km: 01:32:15	0168	KONTENER FORMY	Okr 1 - K	8	1	-2	19:37	3.1 (53.4%)	01:32:39	01:32:39
65	ORZOŁ Kamil 4.7km: 01:32:33	0599	NORDEA TRI CLUB	Okr 1 - M	39	1	-2	19:41	3 (51.7%)	01:32:49	01:32:49
66	SZCZODROWSKA Marta 4.7km: 01:32:44	0812	CROSSELITE	Okr 1 - K	9	1	-2	19:43	3 (51.7%)	01:32:59	01:32:59

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67	KUCHTA Emilia 4.7km: 01:32:44	0810	CROSSELITE	Okr 1 - K	10	1	-2	19:43	3 (51.7%)	01:33:00	01:33:00
68	KUBIAK Maciej 4.7km: 01:33:47	0887		Okr 1 - M	40	1	-2	19:57	3 (51.7%)	01:34:06	01:34:06
69	JANTA LIPINSKI Mateusz 4.7km: 01:34:01	0498		Okr 1 - M	41	1	-2	20:00	3 (51.7%)	01:34:32	01:34:32
70	PAŁASZEWSKA Karolina 4.7km: 01:34:06	0441		Okr 1 - K	11	1	-2	20:01	3 (51.7%)	01:34:37	01:34:37
71	- - 4.7km: 01:34:06	0947		Okr 1 - M	42	1	-2	20:01	3 (51.7%)	01:34:37	01:34:37
72	- - 4.7km: 01:36:00	0941		Okr 1 - M	43	1	-2	20:25	2.9 (50.0%)	01:36:16	01:36:16
73	- - 4.7km: 01:36:01	0943		Okr 1 - M	44	1	-2	20:25	2.9 (50.0%)	01:36:21	01:36:21
74	ZATORSKA Karolina 4.7km: 01:36:27	0181	TREC TEAM	Okr 1 - K	12	1	-2	20:31	2.9 (50.0%)	01:36:45	01:36:45
75	JANCA Anna 4.7km: 01:36:46	0792		Okr 1 - K	13	1	-2	20:35	2.9 (50.0%)	01:37:18	01:37:18
76	JANCA Krzysztof 4.7km: 01:36:40	0860		Okr 1 - M	45	1	-2	20:34	2.9 (50.0%)	01:37:18	01:37:18
77	PODBIELSKI Krystian 4.7km: 01:37:17	0855		Okr 1 - M	46	1	-2	20:41	2.9 (50.0%)	01:37:44	01:37:44
78	PODBIELSKA Gosia 4.7km: 01:37:20	0854	RMF4RTGLADIATORS	Okr 1 - K	14	1	-2	20:42	2.9 (50.0%)	01:37:44	01:37:44
79	- - 4.7km: 01:37:42	0960				1	-2	20:47	2.9 (50.0%)	01:38:07	01:38:07
80	ŁUKAWSKI Michał 4.7km: 01:37:42	0917	ACTIVE LIFE	Okr 1 - M	47	1	-2	20:47	2.9 (50.0%)	01:38:08	01:38:08
81	M Piotr 4.7km: 01:38:06	0944		Okr 1 - M	48	1	-2	20:52	2.9 (50.0%)	01:38:32	01:38:32
82	BOBER Ewelina 4.7km: 01:38:11	0179		Okr 1 - K	15	1	-2	20:53	2.9 (50.0%)	01:38:46	01:38:46
83	PAROL Krzysztof 4.7km: 01:38:34	0165		Okr 1 - M	49	1	-2	20:58	2.9 (50.0%)	01:39:12	01:39:12
84	ARCISZEWSKA Magda 4.7km: 01:39:39	0766	KONTENER FORMY	Okr 1 - K	16	1	-2	21:12	2.8 (48.3%)	01:39:55	01:39:55

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85	MOŁĘDA Dariusz 4.7km: 01:39:43	0497	CERVEZA TEAM	Okr 1 - M	50	1	-2	21:12	2.8 (48.3%)	01:40:17	01:40:17
86	PASZEK Sebastian 4.7km: 01:39:44	0505		Okr 1 - M	51	1	-2	21:13	2.8 (48.3%)	01:40:17	01:40:17
87	RESEMAN Kacper 4.7km: 01:40:11	0886		Okr 1 - M	52	1	-2	21:18	2.8 (48.3%)	01:40:27	01:40:27
88	KOSIOREK Aleksandra 4.7km: 01:40:00	0953	BIG YELLOW FOOT ADVENTURE TEAM	Okr 1 - K	17	1	-2	21:16	2.8 (48.3%)	01:40:44	01:40:44
89	DOLIK Anna 4.7km: 01:40:02	0486		Okr 1 - K	18	1	-2	21:17	2.8 (48.3%)	01:40:44	01:40:44
90	-- 4.7km: 01:40:33	0961		Okr 1 - M	53	1	-2	21:23	2.8 (48.3%)	01:41:04	01:41:04
91	-- 4.7km: 01:40:34	0962		Okr 1 - K	19	1	-2	21:23	2.8 (48.3%)	01:41:06	01:41:06
92	ZARZECZAŃSKA-JANASIK Blanka 4.7km: 01:41:41	0582		Okr 1 - K	20	1	-2	21:38	2.8 (48.3%)	01:42:07	01:42:07
93	DRATKOWSKI Marek 4.7km: 01:41:46	0457		Okr 1 - M	54	1	-2	21:39	2.8 (48.3%)	01:42:13	01:42:13
94	SZUMIELEWICZ Kinga 4.7km: 01:43:46	0192	BIG YELLOW FOOT ADVENTURE TEAM	Okr 1 - K	21	1	-2	22:04	2.7 (46.6%)	01:44:11	01:44:11
95	MODELSKI Piotr 4.7km: 01:43:56	0858	ACTIVE FLOW	Okr 1 - M	55	1	-2	22:06	2.7 (46.6%)	01:44:30	01:44:30
96	GAŁUSZYŃSKA Katarzyna 4.7km: 01:44:05	0868		Okr 1 - K	22	1	-2	22:08	2.7 (46.6%)	01:44:30	01:44:30
97	GÓRECKI Piotr 4.7km: 01:44:00	0871	ACTIVE FLOW	Okr 1 - M	56	1	-2	22:07	2.7 (46.6%)	01:44:30	01:44:30
98	GAŁUSZYŃSKI Paweł 4.7km: 01:43:57	0870	ACTIVE FLOW TEAM	Okr 1 - M	57	1	-2	22:07	2.7 (46.6%)	01:44:30	01:44:30
99	GAŁUSZYŃSKI Łukasz 4.7km: 01:44:03	0869	ACTIVE FLOW TEAM	Okr 1 - M	58	1	-2	22:08	2.7 (46.6%)	01:44:31	01:44:31
100	CIROCKI Wiesław 4.7km: 01:44:18	0940	A-T CIROCKI	Okr 1 - M	59	1	-2	22:11	2.7 (46.6%)	01:44:32	01:44:32
101	PRZYBYLSKI Mariusz 4.7km: 01:45:41	0196		Okr 1 - M	60	1	-2	22:29	2.7 (46.6%)	01:46:14	01:46:14
102	POŁOZCZAŃSKI Wojciech 4.7km: 01:46:31	0906		Okr 1 - M	61	1	-2	22:39	2.6 (44.8%)	01:47:06	01:47:06

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103	POŁOCZAŃSKI Piotr 4.7km: 01:46:36	0857		Okr 1 - M	62	1	-2	22:40	2.6 (44.8%)	01:47:07	01:47:07
104	SYLDATK Katarzyna 4.7km: 01:47:50	0770	KONTENER FORMY	Okr 1 - K	23	1	-2	22:56	2.6 (44.8%)	01:48:08	01:48:08
105	KULCZAK Paweł 4.7km: 01:48:00	0585	DECORA RUNNING TEAM	Okr 1 - M	63	1	-2	22:58	2.6 (44.8%)	01:48:17	01:48:17
106	BOCIANOWSKI Bartosz 4.7km: 01:48:28	0909	BIGYELLOWFOOT ADVENTURE TEAM	Okr 1 - M	64	1	-2	23:04	2.6 (44.8%)	01:48:50	01:48:50
107	BOCIANOWSKA Justyna 4.7km: 01:48:24	0911	BIGYELLOWFOOT ADVENTURE TEAM	Okr 1 - K	24	1	-2	23:03	2.6 (44.8%)	01:48:50	01:48:50
108	BOZA Beata 4.7km: 01:48:36	0777	GREIF TEAM WŁADYSŁAWOWO	Okr 1 - K	25	1	-2	23:06	2.6 (44.8%)	01:48:53	01:48:53
109	JAMRÓZ Renata 4.7km: 01:48:35	0736	BIGYELLOWFOOT ADVENTURE TEAM	Okr 1 - K	26	1	-2	23:06	2.6 (44.8%)	01:48:54	01:48:54
110	SZKOP Kajetan 4.7km: 01:49:05	0253	IC SPORT TEAM	Okr 1 - M	65	1	-2	23:12	2.6 (44.8%)	01:49:33	01:49:33
111	DZIĘCZEWSKI Piotr 4.7km: 01:49:07	0199	IC SPORT TEAM	Okr 1 - M	66	1	-2	23:12	2.6 (44.8%)	01:49:33	01:49:33
112	DĄBEK Adrian 4.7km: 01:49:31	0391		Okr 1 - M	67	1	-2	23:18	2.6 (44.8%)	01:49:58	01:49:58
113	ZIELIŃSKA Malwina 4.7km: 01:49:50	0885	BIGYELLOWFOOT ADVENTURE TEAM	Okr 1 - K	27	1	-2	23:22	2.6 (44.8%)	01:50:13	01:50:13
114	ZIELIŃSKI Tomasz 4.7km: 01:49:50	0791		Okr 1 - M	68	1	-2	23:22	2.6 (44.8%)	01:50:13	01:50:13
115	ROMANOWICZ Monika 4.7km: 01:49:41	0872	DZIKIE ŻÓŁWIE	Okr 1 - K	28	1	-2	23:20	2.6 (44.8%)	01:50:32	01:50:32
116	ZAKOŚCIELNA Katarzyna 4.7km: 01:49:47	0873	ZABIEGANE :)	Okr 1 - K	29	1	-2	23:21	2.6 (44.8%)	01:50:32	01:50:32
117	ŻYLIŃSKI Gracjan 4.7km: 01:50:06	0594		Okr 1 - M	69	1	-2	23:25	2.6 (44.8%)	01:50:49	01:50:49
118	BIESZCZAD Katarzyna 4.7km: 01:50:13	0596	GEMINI	Okr 1 - K	30	1	-2	23:27	2.6 (44.8%)	01:50:49	01:50:49
119	- - 4.7km: 01:50:11	0956				1	-2	23:26	2.6 (44.8%)	01:50:49	01:50:49
120	SZELBRACIKOWSKI Dawid 4.7km: 01:50:09	0597		Okr 1 - M	70	1	-2	23:26	2.6 (44.8%)	01:50:50	01:50:50

Place	Participant	Number	Club	Category	MCat	Lap	Gap	Pace min/km	Pace km/h	Fastest Lap	Per Lap
121	MASIERAK Sebastian 4.7km: 01:50:07	0595		Okr 1 - M	71	1	-2	23:25	2.6 (44.8%)	01:50:51	01:50:51
122	SZNEIDROWSKA Agnieszka 4.7km: 01:50:30	0254	UNITED RUNNERS	Okr 1 - K	31	1	-2	23:30	2.6 (44.8%)	01:50:52	01:50:52
123	MOŻEJKO Tomasz 4.7km: 01:50:09	0598		Okr 1 - M	72	1	-2	23:26	2.6 (44.8%)	01:50:52	01:50:52
124	KLIMKIEWICZ Beata 4.7km: 01:51:02	0783	KONTENER FORMY	Okr 1 - K	32	1	-2	23:37	2.5 (43.1%)	01:51:23	01:51:23
125	CZAPIŃSKI Bartosz 4.7km: 01:50:55	0785	CROSSFIT SIEDLCE	Okr 1 - M	73	1	-2	23:35	2.5 (43.1%)	01:51:33	01:51:33
126	STAŃCZUK Bartosz 4.7km: 01:50:50	0698	CROSSFIT SIEDLCE	Okr 1 - M	74	1	-2	23:34	2.5 (43.1%)	01:51:33	01:51:33
127	TRYBUŚ Filip 4.7km: 01:51:10	0796	PROJECT SOCIETY FORDON	Okr 1 - M	75	1	-2	23:39	2.5 (43.1%)	01:51:47	01:51:47
128	KOZŁOWSKI Wojciech 4.7km: 01:51:10	0795	PROJECT SOCIETY FORDON	Okr 1 - M	76	1	-2	23:39	2.5 (43.1%)	01:51:48	01:51:48
129	OSTROWSKI Paweł 4.7km: 01:53:07	0544		Okr 1 - M	77	1	-2	24:04	2.5 (43.1%)	01:53:25	01:53:25
130	WNOROWSKA Magdalena 4.7km: 01:53:21	0478	DZIADY OCR	Okr 1 - K	33	1	-2	24:07	2.5 (43.1%)	01:53:39	01:53:39
131	KORTAS Magdalena 4.7km: 01:53:32	0956		Okr 1 - K	34	1	-2	24:09	2.5 (43.1%)	01:54:03	01:54:03
132	JÓZEFOWICZ Anna 4.7km: 01:54:31	0950	PIĘKNI I BESTIE	Okr 1 - K	35	1	-2	24:21	2.5 (43.1%)	01:55:03	01:55:03
133	- - 4.7km: 01:55:23	0942				1	-2	24:32	2.4 (41.4%)	01:55:47	01:55:47
134	TELLER Krzysztof 4.7km: 01:56:18	0459		Okr 1 - M	78	1	-2	24:44	2.4 (41.4%)	01:56:42	01:56:42
135	KOPEK Paweł 4.7km: 01:56:15	0186	WATAHA ŻÓŁWI	Okr 1 - M	79	1	-2	24:44	2.4 (41.4%)	01:56:42	01:56:42
136	JEŻYNA Igor 4.7km: 01:56:20	0188	WATAHA ŻÓŁWI	Okr 1 - M	80	1	-2	24:45	2.4 (41.4%)	01:56:42	01:56:42
137	WOJDASIEWICZ Krzysztof 4.7km: 01:56:19	0460		Okr 1 - M	81	1	-2	24:44	2.4 (41.4%)	01:56:42	01:56:42
138	ZASADZKI Alan 4.7km: 01:56:18	0463		Okr 1 - M	82	1	-2	24:44	2.4 (41.4%)	01:56:43	01:56:43

Place	Participant	Number	Club	Category	MCat	Lap	Gap	Pace min/km	Pace km/h	Fastest Lap	Per Lap
139	WESOŁOWSKI Paweł 4.7km: 01:56:49	0234	INSOFT CONSULTING	Okr 1 - M	83	1	-2	24:51	2.4 (41.4%)	01:57:17	01:57:17
140	KURKOWSKI Artur 4.7km: 01:56:52	0256	IC SPORT TEAM	Okr 1 - M	84	1	-2	24:51	2.4 (41.4%)	01:57:17	01:57:17
141	MICHNIAK Anna 4.7km: 01:56:50	0257	IC SPORT TEAM	Okr 1 - K	36	1	-2	24:51	2.4 (41.4%)	01:57:17	01:57:17
142	KARCZEWSKI Adrian 4.7km: 01:56:51	0258	IC SPORT TEAM	Okr 1 - M	85	1	-2	24:51	2.4 (41.4%)	01:57:17	01:57:17
143	KALKOWSKA Karolina 4.7km: 01:57:22	0737	DIRTY SPARROWS	Okr 1 - K	37	1	-2	24:58	2.4 (41.4%)	01:58:02	01:58:02
144	KATAFIASZ Radosław 4.7km: 01:57:20	0786	OMEN	Okr 1 - M	86	1	-2	24:57	2.4 (41.4%)	01:58:02	01:58:02
145	KNOT Martyna 4.7km: 01:57:40	0672	TRENER24H.COM.PL	Okr 1 - K	38	1	-2	25:02	2.4 (41.4%)	01:58:04	01:58:04
146	SAWICKI Michał 4.7km: 01:58:13	0386		Okr 1 - M	87	1	-2	25:09	2.4 (41.4%)	01:58:31	01:58:31
147	ZAWADZKA Paulina 4.7km: 01:58:19	0738	RUNEDA	Okr 1 - K	39	1	-2	25:10	2.4 (41.4%)	01:58:54	01:58:54
148	ZAWADZKA Monika 4.7km: 01:58:20	0734		Okr 1 - K	40	1	-2	25:10	2.4 (41.4%)	01:58:54	01:58:54
149	ZAWADZKI Piotr 4.7km: 01:58:17	0787		Okr 1 - M	88	1	-2	25:10	2.4 (41.4%)	01:58:54	01:58:54
150	BRZOSTOWSKI Grzegorz 4.7km: 01:59:28	0384		Okr 1 - M	89	1	-2	25:25	2.4 (41.4%)	01:59:45	01:59:45
151	ZAPARTY Magdalena 4.7km: 02:02:16	0963	DECATHLON	Okr 1 - K	41	1	-2	26:00	2.3 (39.7%)	02:02:46	02:02:46
152	DETLAFF Monika 4.7km: 02:02:14	0807		Okr 1 - K	42	1	-2	26:00	2.3 (39.7%)	02:02:47	02:02:47
153	BIGUS Szymon 4.7km: 02:02:15	0802		Okr 1 - M	90	1	-2	26:00	2.3 (39.7%)	02:02:47	02:02:47
154	WILLMA Wiktoria 4.7km: 02:02:13	0965	DECATHLON	Okr 1 - K	43	1	-2	26:00	2.3 (39.7%)	02:02:47	02:02:47
155	WILLMA Karolina 4.7km: 02:02:14	0964	DECATHLON	Okr 1 - K	44	1	-2	26:00	2.3 (39.7%)	02:02:48	02:02:48
156	DETLAFF Magda 4.7km: 02:02:25	0803		Okr 1 - K	45	1	-2	26:02	2.3 (39.7%)	02:02:48	02:02:48

Place	Participant	Number	Club	Category	MCat	Lap	Gap	Pace min/km	Pace km/h	Fastest Lap	Per Lap
157	ZIEMANN Małgorzata 4.7km: 02:02:26	0805		Okr 1 - K	46	1	-2	26:02	2.3 (39.7%)	02:02:49	02:02:49
158	DETLAFF Sławomir 4.7km: 02:02:19	0804		Okr 1 - M	91	1	-2	26:01	2.3 (39.7%)	02:02:50	02:02:50
159	WARMBIER Radosław 4.7km: 02:02:20	0809		Okr 1 - M	92	1	-2	26:01	2.3 (39.7%)	02:02:51	02:02:51
160	ZIEMANN Daniel 4.7km: 02:02:20	0806		Okr 1 - M	93	1	-2	26:01	2.3 (39.7%)	02:02:56	02:02:56
161	BUJAK Marcin 4.7km: 02:02:22	0866		Okr 1 - M	94	1	-2	26:02	2.3 (39.7%)	02:02:56	02:02:56
162	MOSEK Paulina 4.7km: 02:02:41	0757	KONTENER FORMY	Okr 1 - K	47	1	-2	26:06	2.3 (39.7%)	02:03:10	02:03:10
163	MAZEIKA Romas 4.7km: 02:02:40	0764		Okr 1 - M	95	1	-2	26:05	2.3 (39.7%)	02:03:11	02:03:11
164	DOMZAŁA Paweł 4.7km: 02:05:05	0765	KONTENER FORMY	Okr 1 - M	96	1	-2	26:36	2.3 (39.7%)	02:05:25	02:05:25
165	PALKA Anna 4.7km: 02:04:58	0773	KONTENER FORMY	Okr 1 - K	48	1	-2	26:35	2.3 (39.7%)	02:05:26	02:05:26
166	IGNATOWSKI Maciej 4.7km: 02:05:33	0252	IC SPORT TEAM	Okr 1 - M	97	1	-2	26:42	2.2 (37.9%)	02:06:03	02:06:03
167	MILEWSKI Rafał 4.7km: 02:05:34	0239	IC SPORT TEAM	Okr 1 - M	98	1	-2	26:42	2.2 (37.9%)	02:06:03	02:06:03
168	PŁAŻAŁSKA Sylwia 4.7km: 02:05:34	0184	HUSARIA RACE TEAM	Okr 1 - K	49	1	-2	26:42	2.2 (37.9%)	02:06:13	02:06:13
169	NESKA Magdalena 4.7km: 02:05:35	0393		Okr 1 - K	50	1	-2	26:43	2.2 (37.9%)	02:06:13	02:06:13
170	RADZIKOWSKA Aleksandra 4.7km: 02:07:11	0586		Okr 1 - K	51	1	-2	27:03	2.2 (37.9%)	02:07:34	02:07:34
171	RADZIKOWSKI Kamil 4.7km: 02:07:13	0587		Okr 1 - M	99	1	-2	27:04	2.2 (37.9%)	02:07:35	02:07:35
172	ORZECZOWSKI Dariusz 4.7km: 02:08:16	0814		Okr 1 - M	100	1	-2	27:17	2.2 (37.9%)	02:08:44	02:08:44
173	PALKA Artur 4.7km: 02:09:14	0775		Okr 1 - M	101	1	-2	27:29	2.2 (37.9%)	02:09:42	02:09:42
174	BEMOWSKA Anna 4.7km: 02:09:23	0768	KONTENER FORMY	Okr 1 - K	52	1	-2	27:31	2.2 (37.9%)	02:09:46	02:09:46

Place	Participant	Number	Club	Category	MCat	Lap	Gap	Pace min/km	Pace km/h	Fastest Lap	Per Lap
175	KALNIUK Tomasz 4.7km: 02:09:47	0867	RMF4RT GLADIATORS	Okr 1 - M	102	1	-2	27:36	2.2 (37.9%)	02:10:09	02:10:09
176	FILIPCEWICZ Jan 4.7km: 02:11:31	0700		Okr 1 - M	103	1	-2	27:58	2.1 (36.2%)	02:12:07	02:12:07
177	PETRYKOWSKA Martyna 4.7km: 02:11:34	0696		Okr 1 - K	53	1	-2	27:59	2.1 (36.2%)	02:12:07	02:12:07
178	ŻEBROWSKI Wojciech 4.7km: 02:11:35	0673	TO TY PIJESZ? :)	Okr 1 - M	104	1	-2	27:59	2.1 (36.2%)	02:12:07	02:12:07
179	GODLEWSKA Magda 4.7km: 02:14:05	0789	CROSSFIT SUI SZ	Okr 1 - K	54	1	-2	28:31	2.1 (36.2%)	02:14:27	02:14:27
180	CZARNOTTA Beata 4.7km: 02:14:09	0788	CROSSFIT TEAM SUSZ	Okr 1 - K	55	1	-2	28:32	2.1 (36.2%)	02:14:30	02:14:30
181	KIELIŃSKA-STRĄGOWSKA Kasia 4.7km: 02:14:21	0394	BY KASIK	Okr 1 - K	56	1	-2	28:35	2.1 (36.2%)	02:14:46	02:14:46
182	- - 4.7km: 02:14:33	0088		Okr 1 - M	105	1	-2	28:37	2.1 (36.2%)	02:14:58	02:14:58
183	POHLID-DODA Anna 4.7km: 02:14:49	0876	CROSSFIT SUSZ	Okr 1 - K	57	1	-2	28:41	2.1 (36.2%)	02:15:10	02:15:10
184	KUROWSKI Michał 4.7km: 02:15:01	0403	SILNI MOCĄ ELBLĄG	Okr 1 - M	106	1	-2	28:43	2.1 (36.2%)	02:15:39	02:15:39
185	SAMBOR Elżbieta 4.7km: 02:15:05	0399	SILNI MOCĄ ELBLĄG	Okr 1 - K	58	1	-2	28:44	2.1 (36.2%)	02:15:39	02:15:39
186	SIEKIERKO Anna 4.7km: 02:15:03	0417	SILNI MOCĄ ELBLĄG	Okr 1 - K	59	1	-2	28:44	2.1 (36.2%)	02:15:40	02:15:40
187	KUROWSKI Jarosław 4.7km: 02:15:05	0428	SILNI MOCĄ ELBLĄG	Okr 1 - M	107	1	-2	28:44	2.1 (36.2%)	02:15:40	02:15:40
188	TOŁWIŃSKI Bogusław 4.7km: 02:15:00	0366	SILNI MOCĄ ELBLĄG	Okr 1 - M	108	1	-2	28:43	2.1 (36.2%)	02:15:40	02:15:40
189	GRZYMSKI Maciej 4.7km: 02:15:08	0470	SILNI MOCĄ ELBLĄG	Okr 1 - M	109	1	-2	28:45	2.1 (36.2%)	02:15:40	02:15:40
190	STEFANIAK Tomasz 4.7km: 02:16:16	0169		Okr 1 - M	110	1	-2	28:59	2.1 (36.2%)	02:16:52	02:16:52
191	KORENKIEWICZ Anna 4.7km: 02:16:26	0952		Okr 1 - K	60	1	-2	29:01	2.1 (36.2%)	02:17:14	02:17:14
192	FIKUS Anna 4.7km: 02:16:26	0951	A KUKU	Okr 1 - K	61	1	-2	29:01	2.1 (36.2%)	02:17:15	02:17:15

Place	Participant	Number	Club	Category	MCat	Lap	Gap	Pace min/km	Pace km/h	Fastest Lap	Per Lap
193	BRYK Iza 4.7km: 02:16:57	0176		Okr 1 - K	62	1	-2	29:08	2.1 (36.2%)	02:17:34	02:17:34
194	MIODUSKI Andrzej 4.7km: 02:16:59	0177		Okr 1 - M	111	1	-2	29:08	2.1 (36.2%)	02:17:35	02:17:35
195	CEBIENKO-ŻACZEK Eugenia 4.7km: 02:17:33	0477		Okr 1 - K	63	1	-2	29:15	2.1 (36.2%)	02:18:13	02:18:13
196	GIETKA Natalia 4.7km: 02:18:34	0800	CROSSFIT SUSZ	Okr 1 - K	64	1	-2	29:28	2 (34.5%)	02:18:54	02:18:54
197	LEWANDOWSKI Leszek 4.7km: 02:19:30	0475		Okr 1 - M	112	1	-2	29:40	2 (34.5%)	02:20:09	02:20:09
198	MILEWSKA Anna 4.7km: 02:20:14	0907		Okr 1 - K	65	1	-2	29:50	2 (34.5%)	02:20:46	02:20:46
199	ARENDT Agnieszka 4.7km: 02:20:15	0108	ŻARTA WATAHA	Okr 1 - K	66	1	-2	29:50	2 (34.5%)	02:20:47	02:20:47
200	SCHWEIZER Mirka 4.7km: 02:21:05	0761		Okr 1 - K	67	1	-2	30:01	2 (34.5%)	02:21:36	02:21:36
201	FEDE Joanna 4.7km: 02:21:10	0756	MAMA W TRÓJMIEŚCIE	Okr 1 - K	68	1	-2	30:02	2 (34.5%)	02:21:37	02:21:37
202	ŻAK Karolina 4.7km: 02:21:11	0755	KONTENER FORMY / MAMA W TRÓJMIEŚCIE	Okr 1 - K	69	1	-2	30:02	2 (34.5%)	02:21:37	02:21:37
203	HRYŃ-MORAWSKA Bieta 4.7km: 02:21:08	0752		Okr 1 - K	70	1	-2	30:01	2 (34.5%)	02:21:38	02:21:38
204	TREDER Małgorzata 4.7km: 02:21:09	0759	MAMA W TRÓJMIEŚCIE	Okr 1 - K	71	1	-2	30:01	2 (34.5%)	02:21:38	02:21:38
205	MAROSZEK Jarosław 4.7km: 02:21:16	0474		Okr 1 - M	113	1	-2	30:03	2 (34.5%)	02:21:55	02:21:55
206	- - 4.7km: 02:21:16	0946				1	-2	30:03	2 (34.5%)	02:21:55	02:21:55
207	MAJERSKA Alicja 4.7km: 02:21:15	0321	HAMILTON TEAM	Okr 1 - K	72	1	-2	30:03	2 (34.5%)	02:21:56	02:21:56
208	PILIPCZUK Tadeusz 4.7km: 02:21:20	0388	HAMILTON TEAM	Okr 1 - M	114	1	-2	30:04	2 (34.5%)	02:21:57	02:21:57
209	ZAKRZEWSKA Amanda 4.7km: 02:21:12	0352		Okr 1 - K	73	1	-2	30:02	2 (34.5%)	02:21:57	02:21:57
210	- - 4.7km: 02:21:18	0934				1	-2	30:03	2 (34.5%)	02:21:58	02:21:58

Place	Participant	Number	Club	Category	MCat	Lap	Gap	Pace min/km	Pace km/h	Fastest Lap	Per Lap
211	KOLASA Paulina 4.7km: 02:21:15	0381		Okr 1 - K	74	1	-2	30:03	2 (34.5%)	02:21:58	02:21:58
212	ZIOBRO Aśka 4.7km: 02:21:37	0450		Okr 1 - K	75	1	-2	30:07	2 (34.5%)	02:22:16	02:22:16
213	DALKIEWICZ Marta 4.7km: 02:23:02	0863	CROSSFIT SUSZ	Okr 1 - K	76	1	-2	30:25	2 (34.5%)	02:23:21	02:23:21
214	WIŚNIEWSKA Sylwia 4.7km: 02:23:07	0896	CROSSFIT SUSZ	Okr 1 - K	77	1	-2	30:27	2 (34.5%)	02:23:21	02:23:21
215	LASKOWSKA Malwina 4.7km: 02:23:02	0799	CROSSFIT SUSZ	Okr 1 - K	78	1	-2	30:25	2 (34.5%)	02:23:22	02:23:22
216	MAKA Jarek 4.7km: 02:22:43	0647	TRECTEAM	Okr 1 - M	115	1	-2	30:21	2 (34.5%)	02:23:38	02:23:38
217	KUCHTA Robert 4.7km: 02:22:53	0665	TRECTEAM	Okr 1 - M	116	1	-2	30:24	2 (34.5%)	02:23:38	02:23:38
218	SKONIECKI Marcin 4.7km: 02:23:02	0653	TRECTEAM	Okr 1 - M	117	1	-2	30:25	2 (34.5%)	02:23:38	02:23:38
219	LIPKA Rafał 4.7km: 02:25:05	0938		Okr 1 - M	118	1	-2	30:52	1.9 (32.8%)	02:25:36	02:25:36
220	MICHALAK Jakub 4.7km: 02:25:02	0902		Okr 1 - M	119	1	-2	30:51	1.9 (32.8%)	02:25:36	02:25:36
221	KOCOŁ Karolina 4.7km: 02:25:21	0584	HELL SQUAD	Okr 1 - K	79	1	-2	30:55	1.9 (32.8%)	02:25:42	02:25:42
222	KIEDROWSKI Mateusz 4.7km: 02:24:55	0482		Okr 1 - M	120	1	-2	30:50	1.9 (32.8%)	02:25:45	02:25:45
223	FILIP Nina 4.7km: 02:25:04	0483		Okr 1 - K	80	1	-2	30:51	1.9 (32.8%)	02:25:55	02:25:55
224	BURSKA Aldona 4.7km: 02:25:22	0400		Okr 1 - K	81	1	-2	30:55	1.9 (32.8%)	02:25:55	02:25:55
225	IDZIŃSKI Łukasz 4.7km: 02:25:21	0905		Okr 1 - M	121	1	-2	30:55	1.9 (32.8%)	02:25:57	02:25:57
226	KIEDROWSKA Agnieszka 4.7km: 02:25:09	0499		Okr 1 - K	82	1	-2	30:52	1.9 (32.8%)	02:25:57	02:25:57
227	FILIP Krzysztof 4.7km: 02:25:17	0480	NOCLUB	Okr 1 - M	122	1	-2	30:54	1.9 (32.8%)	02:25:57	02:25:57
228	SOBCZYK Ligia 4.7km: 02:25:29	0464		Okr 1 - K	83	1	-2	30:57	1.9 (32.8%)	02:25:58	02:25:58

Place	Participant	Number	Club	Category	MCat	Lap	Gap	Pace min/km	Pace km/h	Fastest Lap	Per Lap
229	KIEDROWSKI Remigiusz 4.7km: 02:25:06	0481		Okr 1 - M	123	1	-2	30:52	1.9 (32.8%)	02:25:58	02:25:58
230	- - 4.7km: 02:25:31	0089				1	-2	30:57	1.9 (32.8%)	02:26:07	02:26:07
231	- - 4.7km: 02:26:01	0955				1	-2	31:04	1.9 (32.8%)	02:26:24	02:26:24
232	GÓRSKI Radek 4.7km: 02:26:00	0790		Okr 1 - M	124	1	-2	31:03	1.9 (32.8%)	02:26:25	02:26:25
233	ŁUKASZEWICZ Paweł 4.7km: 02:25:59	0089		Okr 1 - M	125	1	-2	31:03	1.9 (32.8%)	02:26:36	02:26:36
234	TYNDZIK Wojciech 4.7km: 02:26:34	0850	EURO STYL	Okr 1 - M	126	1	-2	31:11	1.9 (32.8%)	02:27:21	02:27:21
235	ABRACHAM Piotr 4.7km: 02:26:37	0813	EUROSTYL	Okr 1 - M	127	1	-2	31:11	1.9 (32.8%)	02:27:22	02:27:22
236	RYŃSKA Karolina 4.7km: 02:27:23	0277		Okr 1 - K	84	1	-2	31:21	1.9 (32.8%)	02:27:44	02:27:44
237	MIELEWCZYK-GRYN Aleksandra 4.7km: 02:27:14	0402		Okr 1 - K	85	1	-2	31:19	1.9 (32.8%)	02:27:49	02:27:49
238	POHLAND Paweł 4.7km: 02:27:22	0395		Okr 1 - M	128	1	-2	31:21	1.9 (32.8%)	02:27:51	02:27:51
239	BUCHERT Piotr 4.7km: 02:27:47	0877	EUROSTYL	Okr 1 - M	129	1	-2	31:26	1.9 (32.8%)	02:28:28	02:28:28
240	MISZKIEL Ola 4.7km: 02:27:30	0862		Okr 1 - K	86	1	-2	31:22	1.9 (32.8%)	02:28:30	02:28:30
241	TURSKI Marek 4.7km: 02:27:54	0853		Okr 1 - M	130	1	-2	31:28	1.9 (32.8%)	02:28:33	02:28:33
242	TURSKA Justyna 4.7km: 02:27:54	0851	EURO STYL	Okr 1 - K	87	1	-2	31:28	1.9 (32.8%)	02:28:33	02:28:33
243	BIAŁY Paweł 4.7km: 02:27:43	0849	EURO STYL	Okr 1 - M	131	1	-2	31:25	1.9 (32.8%)	02:28:34	02:28:34
244	PACEK Marcin 4.7km: 02:27:42	0794	EURO STYL	Okr 1 - M	132	1	-2	31:25	1.9 (32.8%)	02:28:36	02:28:36
245	- - 4.7km: 03:15:49	0967				1	-2	41:39	1.4 (24.1%)	03:16:35	03:16:35
246	- - 4.7km: 03:15:34	0091				1	-2	41:36	1.4 (24.1%)	03:16:35	03:16:35

Place	Participant	Number	Club	Category	MCat	Lap	Gap	Pace min/km	Pace km/h	Fastest Lap	Per Lap
247	ZIĘBA Olga 4.7km: 03:17:11	0841	MROWISKO SOPOT	Okr 1 - K	88	1	-2	41:57	1.4 (24.1%)	03:18:00	03:18:00
248	PALLACH Oliwia 4.7km: 03:21:38	0846	MROWISKO SOPOT	Okr 1 - K	89	1	-2	42:54	1.4 (24.1%)	03:22:33	03:22:33
249	ISIDE Francky	0664	TRECTEAM			0	-3		(0.0%)	99:99:99	0
250	KOWALCZYK Mateusz	0462				0	-3		(0.0%)	99:99:99	0
LIM	CZACHURSKI Mateusz 4.7km: 00:46:49 9.4km: 01:37:16 14.1km: 02:32:34	1000	XRUNNERS	Okr 3 - M				0:00	5.5 (94.8%)	00:47:02	00:50:55
LIM	KREBS Jonathan 4.7km: 01:01:03 9.4km: 02:01:08 14.1km: 03:02:23	0856		Okr 3 - M				0:00	4.6 (79.3%)	01:00:04	01:00:51
LIM	KĘDZIOREK Eryk 4.7km: 01:00:04 9.4km: 02:03:34 14.1km: 03:18:58	0968		Okr 3 - M				0:00	4.3 (74.1%)	01:00:17	01:06:23
LIM	KOKOWSKI Mariusz 4.7km: 01:17:03 9.4km: 02:31:12 14.1km: 03:52:09	0452		Okr 3 - M				0:00	3.6 (62.1%)	01:14:09	01:17:28
LIM	DRZEWOWSKA Marlena 4.7km: 01:17:02 9.4km: 02:31:10 14.1km: 03:52:08	0451	TREE CREW	Okr 3 - K				0:00	3.6 (62.1%)	01:14:08	01:17:28
LIM	- - 4.7km: 01:22:41 9.4km: 02:33:35 14.1km: 04:04:43	0937		Okr 3 - M				0:00	3.5 (60.3%)	01:10:53	01:21:45
LIM	MUSZALSKI Maciej 4.7km: 01:22:39 9.4km: 02:33:34 14.1km: 04:04:46	0472		Okr 3 - M				0:00	3.5 (60.3%)	01:10:54	01:21:47
LIM	KOSIŃSKI Michael 4.7km: 01:15:08 9.4km: 02:47:11 14.1km: 04:17:19	0397	HARPAGAN RUNNERS	Okr 3 - M				0:00	3.3 (56.9%)	01:15:19	01:25:50
LIM	LAMENTA Andrzej 4.7km: 01:00:28 9.4km: 02:31:11	0182	TRENER24H.COM.PL	Okr 2 - M				0:00	3.7 (63.8%)	01:00:42	01:15:42
LIM	OLENDER Marcin 4.7km: 01:13:03 9.4km: 02:31:31	0642		Okr 2 - M				0:00	3.7 (63.8%)	01:13:26	01:15:57
LIM	DACIO Mirek 4.7km: 01:17:55 9.4km: 02:35:10	0487		Okr 2 - M				0:00	3.6 (62.1%)	01:17:14	01:17:43
LIM	GIEJŁO Monika 4.7km: 01:15:50 9.4km: 02:38:53	0771	KONTENER FORMY	Okr 2 - K				0:00	3.5 (60.3%)	01:16:05	01:19:34
LIM	MALEWICZ Aleksander 4.7km: 01:19:42 9.4km: 02:41:06	0091	MROWISKO SOPOT	Okr 2 - M				0:00	3.5 (60.3%)	01:20:16	01:20:50
LIM	CISKA Renata 4.7km: 01:30:55 9.4km: 02:53:35	0897	CZARNE OWCE	Okr 2 - K				0:00	3.2 (55.2%)	01:22:39	01:26:59
LIM	GRYŻEWSKI Karol	0195	RMF4RT GLADIATORS	Okr 2 - M				0:00	3.2 (55.2%)	01:17:34	01:27:17

Place	Participant	Number	Club	Category	MCat	Lap	Gap	Pace min/km	Pace km/h	Fastest Lap	Per Lap
	4.7km: 01:17:01 9.4km: 02:54:01										
LIM	LEWICKI Piotr	0175	X-TEAM SPECIAL FORCES	Okr 2 - M				0:00	3.2 (55.2%)	01:17:33	01:27:17
	4.7km: 01:17:12 9.4km: 02:54:14										
LIM	LUTEREK Michał	0479		Okr 2 - M				0:00	3.2 (55.2%)	01:15:28	01:29:04
	4.7km: 01:42:19 9.4km: 02:57:48										
LIM	DUNAJ Kamil	0198	BIGYELLOWFOOT ADVENTURE TEAM	Okr 2 - M				0:00	3.2 (55.2%)	01:17:30	01:29:08
	4.7km: 01:40:26 9.4km: 02:57:57										
LIM	MATYSEK Ireneusz	0454	KOMANDOS WAŁECKI	Okr 2 - M				0:00	3 (51.7%)	01:19:24	01:35:16
	4.7km: 01:19:06 9.4km: 03:10:15										
LIM	TRZASKA Wojciech	0488		Okr 2 - M				0:00	3 (51.7%)	01:29:17	01:35:34
	4.7km: 01:41:16 9.4km: 03:10:34										
LIM	LIBERADZKI Marcin	0921	ATHLETIC APOLLO	Okr 2 - M				0:00	2.9 (50.0%)	01:33:56	01:37:09
	4.7km: 01:33:31 9.4km: 03:13:53										
LIM	PIASECKI Dawid	0390		Okr 2 - M				0:00	2.9 (50.0%)	01:34:14	01:37:10
	4.7km: 01:39:25 9.4km: 03:13:39										
LIM	WOŁOSZYN Mariusz	0342	LEO RUNNERS	Okr 2 - M				0:00	2.9 (50.0%)	01:33:12	01:37:23
	4.7km: 01:41:07 9.4km: 03:14:19										
LIM	PAWŁOWSKI Jacek	0324	LEO RUNNERS	Okr 2 - M				0:00	2.9 (50.0%)	01:34:02	01:37:48
	4.7km: 01:41:11 9.4km: 03:15:13										
LIM	GAŚSIOROWSKI Rafał	0191	BIG YELLOW FOOT ADVENTURE TEAM	Okr 2 - M				0:00	2.8 (48.3%)	01:39:00	01:39:53
	4.7km: 01:40:27 9.4km: 03:19:27										
LIM	KOSCHEMBAHR ŁYSKOWSKI Konstanty	0458	BIGYELLOWFOOT ADVENTURE TEAM	Okr 2 - M				0:00	2.8 (48.3%)	01:38:58	01:39:53
	4.7km: 01:40:27 9.4km: 03:19:25										
LIM	PAWŁOWSKI Krzysztof	0392		Okr 2 - M				0:00	2.8 (48.3%)	01:38:39	01:40:11
	4.7km: 01:41:12 9.4km: 03:19:52										
LIM	ORŁOWSKI Piotr	0197		Okr 2 - M				0:00	2.8 (48.3%)	01:41:18	01:41:31
	4.7km: 01:41:13 9.4km: 03:22:32										
LIM	GRZONKOWSKI Krzysztof	0893		Okr 2 - M				0:00	2.7 (46.6%)	01:32:20	01:44:51
	4.7km: 01:31:50 9.4km: 03:29:13										
LIM	ROMANOWSKI Mateusz	0892		Okr 2 - M				0:00	2.7 (46.6%)	01:32:21	01:44:52
	4.7km: 01:31:52 9.4km: 03:29:15										
LIM	PIĘTKA Grzegorz	0784	#1973	Okr 2 - M				0:00	2.7 (46.6%)	01:27:09	01:46:26
	4.7km: 01:26:28 9.4km: 03:32:11										
LIM	DURKA Michał	0471	CALISTHENICS PŁOCK	Okr 2 - M				0:00	2.5 (43.1%)	01:40:18	01:51:49
	4.7km: 01:39:36 9.4km: 03:42:57										
LIM	LASKOWSKI Przemysław	0473	CALISTHENICS PŁOCK	Okr 2 - M				0:00	2.5 (43.1%)	01:39:49	01:51:49

Place	Participant	Number	Club	Category	MCat	Lap	Gap	Pace min/km	Pace km/h	Fastest Lap	Per Lap
	4.7km: 01:39:30 9.4km: 03:43:20										
LIM	SZYMAŃSKI Artur	0385	CALISTHENICS PŁOCK	Okr 2 - M				0:00	2.5 (43.1%)	01:39:59	01:51:49
	4.7km: 01:39:18 9.4km: 03:42:58										
LIM	SZYPSZAK Konrad	0935	CALISTHENICS PŁOCK	Okr 2 - M				0:00	2.5 (43.1%)	01:40:22	01:51:50
	4.7km: 01:39:41 9.4km: 03:43:00										
LIM	ZACHANDREWICZ Robert	0396		Okr 2 - M				0:00	2.4 (41.4%)	01:40:27	01:55:39
	4.7km: 01:39:43 9.4km: 03:50:35										
LIM	NOWAKOWSKI Jakub	0255	CALISTHENICS PŁOCK	Okr 2 - M				0:00	2.4 (41.4%)	01:45:49	01:56:46
	4.7km: 01:45:26 9.4km: 03:53:09										
LIM	JĘDRYKA Anna	0898	DRUŻYNA GRUBASA	Okr 2 - K				0:00	2.3 (39.7%)	01:56:13	02:00:43
	4.7km: 01:55:40 9.4km: 04:00:53										
LIM	MATYSIAK Sławomir	0899	DRUŻYNA GRUBASA	Okr 2 - M				0:00	2.3 (39.7%)	01:56:12	02:00:43
	4.7km: 01:55:40 9.4km: 04:00:55										
LIM	WILCZEK Lukasz	0891	GLADIATORS RMF	Okr 1 - M				0:00	2.8 (48.3%)	01:41:08	01:41:08
	4.7km: 01:40:49										
LIM	SUWALSKA Ewelina	0292	TRENER24H.COM.PL	Okr 1 - K				0:00	1.8 (31.0%)	02:37:12	02:37:12
	4.7km: 02:36:40										
LIM	KUKIEŁKA Marcin	0456		Okr 1 - M				0:00	1.8 (31.0%)	02:37:13	02:37:13
	4.7km: 02:36:39										
LIM	KIJEWSKI Jacek	0671	TIELNIASZKI	Okr 1 - M				0:00	1.8 (31.0%)	02:41:26	02:41:26
	4.7km: 02:40:59										
LIM	BELKA Rafał	0904	HOMOKOMANDO	Okr 1 - M				0:00	1.4 (24.1%)	03:15:40	03:15:40
	4.7km: 03:15:00										
LIM	LEWANDOWSKI Linus	0903	HOMOKOMANDO	Okr 1 - M				0:00	1.4 (24.1%)	03:15:42	03:15:42
	4.7km: 03:15:00										
LIM	KOPROWSKI Mateusz	0831	MROWISKO SOPOT	Okr 1 - M				0:00	1.4 (24.1%)	03:16:14	03:16:14
	4.7km: 03:15:17										
LIM	KUŚMIERCZUK Aleksander	0843	MROWISKO SOPOT	Okr 1 - M				0:00	1.4 (24.1%)	03:16:14	03:16:14
	4.7km: 03:15:21										
LIM	ZYGARŁOWSKI Jan	0842	MROWISKO SOPOT	Okr 1 - M				0:00	1.4 (24.1%)	03:16:15	03:16:15
	4.7km: 03:15:26										
LIM	RUDZIŃSKA Julia	0830	MROWISKO SOPOT	Okr 1 - K				0:00	1.4 (24.1%)	03:16:17	03:16:17
	4.7km: 03:15:30										
LIM	RZĄSKA Małgorzata	0793		Okr 1 - K				0:00	1.4 (24.1%)	03:16:17	03:16:17
	4.7km: 03:15:36										
LIM	KOTOWSKI Kacper	0838	MROWISKO SOPOT	Okr 1 - M				0:00	1.4 (24.1%)	03:16:19	03:16:19

Place	Participant	Number	Club	Category	MCat	Lap	Gap	Pace min/km	Pace km/h	Fastest Lap	Per Lap
	4.7km: 03:15:27										
LIM	SKIBIŃSKI Mateusz	0834	MROWISKO SOPOT	Okr 1 - M				0:00	1.4 (24.1%)	03:16:19	03:16:19
	4.7km: 03:15:30										
LIM	SIKORSKI Jakub	0837	MROWISKO SOPOT	Okr 1 - M				0:00	1.4 (24.1%)	03:16:20	03:16:20
	4.7km: 03:15:29										
LIM	SUPIŃSKI Dawid	0845	MROWISKO SOPOT	Okr 1 - M				0:00	1.4 (24.1%)	03:16:20	03:16:20
	4.7km: 03:15:32										
LIM	WRZESIŃSKA Adrianna	0839	MROWISKO SOPOT	Okr 1 - K				0:00	1.4 (24.1%)	03:16:22	03:16:22
	4.7km: 03:15:29										
LIM	LASKOWSKA Nikola	0836	MROWISKO SOPOT	Okr 1 - K				0:00	1.4 (24.1%)	03:17:46	03:17:46
	4.7km: 03:16:49										
LIM	JABŁOŃSKA Antonina	0835	MROWISKO SOPOT	Okr 1 - K				0:00	1.4 (24.1%)	03:17:48	03:17:48
	4.7km: 03:17:00										
LIM	LASKOWSKI Daniel	0833	MROWISKO SOPOT	Okr 1 - M				0:00	1.4 (24.1%)	03:17:50	03:17:50
	4.7km: 03:16:50										
LIM	LIPIŃSKA Klaudia	0967	MROWISKO SOPOT	Okr 1 - K				0:00	1.4 (24.1%)	03:18:02	03:18:02
	4.7km: 03:17:14										
LIM	SŁOWIKOWSKA Klaudia	0848	MROWISKO SOPOT	Okr 1 - K				0:00	1.4 (24.1%)	03:19:34	03:19:34
	4.7km: 03:18:36										
LIM	SZUMIGAJ Lew	0844	MROWISKO SOPOT	Okr 1 - M				0:00	1.4 (24.1%)	03:20:31	03:20:31
	4.7km: 03:19:47										
LIM	KOPROWSKI Łukasz	0820	MROWISKO SOPOT	Okr 1 - M				0:00	1.4 (24.1%)	03:20:42	03:20:42
	4.7km: 03:19:37										
LIM	BARC Zofia	0840	MROWISKO SOPOT	Okr 1 - K				0:00	1.4 (24.1%)	03:22:27	03:22:27
	4.7km: 03:21:29										
LIM	JAKUBOWSKA Paulina	0817	MROWISKO SOPOT	Okr 1 - K				0:00	1.4 (24.1%)	03:22:31	03:22:31
	4.7km: 03:21:27										

Total 314 results.