



Wydarzenie: XII Bieg Morskiego Komandosa
Organizator: OCR Events
Data: 2021-08-28
Miejsce: Gdynia
Dystans: 22 km

BMK 2021 - HARD 22KM

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	7km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
1	SOŁTYS Sebastian	H230		Hard - M	1	00:57:50	03:14:52.30		8:51	6.8 (100%)
2	KREFT Łukasz	X4		Hard X - M	1	00:56:44	03:16:59.40	+00:02:07 (1.1%)	8:57	6.7 (98.5%)
3	TOMASZEK Zbigniew	H76	3 PODKARPACKA BRYGADA OBRONY TERYTORIALNEJ	Hard - M	2	01:01:03	03:18:25.45	+00:03:33 (1.8%)	9:01	6.7 (98.5%)
4	SULEWSKI Krzysztof	X20	SALKA FIT	Hard X - M	2	00:58:08	03:26:08.00	+00:11:15 (5.5%)	9:22	6.4 (94.1%)
5	SZMIST Szymon	H82	3 PBOT	Hard - M	3	01:01:14	03:27:02.60	+00:12:10 (5.9%)	9:24	6.4 (94.1%)
6	MROZKOWSKI Piotr	H44	MASZERUJ ALBO GIŃ	Hard - M	4	00:58:55	03:27:55.55	+00:13:03 (6.3%)	9:27	6.3 (92.6%)
7	ANTOSZKÓW Mateusz	H220	ZG POLKOWICE- SIEROSZOWICE	Hard - M	5	00:56:20	03:32:35.50	+00:17:43 (8.3%)	9:39	6.2 (91.2%)
8	KUPIJAJ Marcin	H96	SOCIOS SILESIA	Hard - M	6	00:57:44	03:36:11.90	+00:21:19 (9.9%)	9:49	6.1 (89.7%)
9	GRZYBOWSKI Mateusz	H126	SFORA BMK	Hard - M	7	00:59:41	03:45:11.05	+00:30:18 (13.5%)	10:14	5.9 (86.8%)
10	SECZURKO Adrian	H141		Hard - M	8	00:58:26	03:45:12.10	+00:30:19 (13.5%)	10:14	5.9 (86.8%)
11	ŁUKASZEWSKI Jakub	X30		Hard X - M	3	01:00:34	03:46:10.30	+00:31:18 (13.8%)	10:16	5.8 (85.3%)
12	KANIA Mateusz	A33		Hard Hist - M	1	01:06:05	03:50:18.60	+00:35:26 (15.4%)	10:28	5.7 (83.8%)
13	PIEŚKIEWICZ Mateusz	X9		Hard X - M	4	01:05:19	03:53:30.95	+00:38:38 (16.5%)	10:36	5.7 (83.8%)
14	MAĆKOWIAK Marek	H152		Hard - M	9	01:04:03	03:53:40.90	+00:38:48 (16.6%)	10:37	5.6 (82.4%)
15	GOLIANEK Krzysztof	A52		Hard Hist - M	2	01:08:28	03:55:05.10	+00:40:12 (17.1%)	10:41	5.6 (82.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	7km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
16	GEMBACZ Wojciech	H164		Hard - M	10	01:05:14	03:56:57.25	+00:42:04 (17.8%)	10:46	5.6 (82.4%)
17	ŚCIESZKO Tomasz	H165		Hard - M	11	01:05:16	03:57:32.80	+00:42:40 (18.0%)	10:47	5.6 (82.4%)
18	STAWIARSKI Krzysztof	X22		Hard X - M	5	01:03:23	03:59:30.75	+00:44:38 (18.6%)	10:53	5.5 (80.9%)
19	RUSZNICKI Dawid	H137	SFORA BMK/10 ŚBOT	Hard - M	12	01:07:46	03:59:53.40	+00:45:01 (18.8%)	10:54	5.5 (80.9%)
20	TRYZNO Jakub	X21	NEPTUN GDAŃSK	Hard X - M	6	01:05:02	04:00:14.35	+00:45:22 (18.9%)	10:55	5.5 (80.9%)
21	GOŁĄB Szymon	H26		Hard - M	13	01:06:53	04:01:22.30	+00:46:30 (19.3%)	10:58	5.5 (80.9%)
22	GAWIN Damian	H160	ORP G.T. KOŚCIUSZKO	Hard - M	14	01:02:12	04:02:02.80	+00:47:10 (19.5%)	11:00	5.5 (80.9%)
23	KADŁUBOWICZ Piotr	A60		Hard Hist - M	3	01:17:48	04:02:16.50	+00:47:24 (19.6%)	11:00	5.4 (79.4%)
24	WOJTASZEK Bartłomiej	X14	COMBAT TJW	Hard X - M	7	01:03:02	04:03:35.25	+00:48:42 (20.0%)	11:04	5.4 (79.4%)
25	ZALIŃSKI Leszek	X29		Hard X - M	8	01:07:36	04:05:51.30	+00:50:59 (20.7%)	11:10	5.4 (79.4%)
26	ŚWIERCZEWSKI Marcin	H212		Hard - M	15	01:04:30	04:08:48.35	+00:53:56 (21.7%)	11:18	5.3 (77.9%)
27	MAZURCZAK Robert	H236	7PBOT - 7KDOW	Hard - M	16	01:11:15	04:10:30.05	+00:55:37 (22.2%)	11:23	5.3 (77.9%)
28	WASIELEWSKI Michał	A53	9ŁBOT	Hard Hist - M	4	01:09:39	04:12:25.70	+00:57:33 (22.8%)	11:28	5.2 (76.5%)
29	SENATOR Piotr	H177		Hard - M	17	01:06:20	04:13:14.55	+00:58:22 (23.0%)	11:30	5.2 (76.5%)
30	WARZOCHA Jan	H180		Hard - M	18	01:06:45	04:15:05.70	+01:00:13 (23.6%)	11:35	5.2 (76.5%)
31	KUREK Daniel	H200		Hard - M	19	01:08:02	04:18:00.10	+01:03:07 (24.5%)	11:43	5.1 (75.0%)
32	ŚLIZEWSKI Kamil	H186		Hard - M	20	01:08:02	04:18:01.10	+01:03:08 (24.5%)	11:43	5.1 (75.0%)
33	GŁOWACKI Andrzej	X1	SFORA BMK	Hard X - M	9	01:05:16	04:19:23.70	+01:04:31 (24.9%)	11:47	5.1 (75.0%)
34	POSADZKI Paweł	H109	3 PODKARPACKA BRYGADA OBRONY TERYTORIALNEJ	Hard - M	21	01:11:24	04:19:52.75	+01:05:00 (25.0%)	11:48	5.1 (75.0%)
35	RYMARCZYK Paulina	H149		Hard - K	1	01:12:01	04:20:04.95	+01:05:12 (25.1%)	11:49	5.1 (75.0%)
36	MORAWSKI Grzegorz	A54		Hard Hist - M	5	01:14:24	04:20:18.50	+01:05:26 (25.1%)	11:49	5.1 (75.0%)
37	ROMEJKO Adam	H237	7PBOT - 7KDOW	Hard - M	22	01:09:27	04:20:46.60	+01:05:54 (25.3%)	11:51	5.1 (75.0%)
38	PAWELEK Patryk	X27		Hard X - M	10	01:07:54	04:22:22.55	+01:07:30 (25.7%)	11:55	5 (73.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	7km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
39	CYCHLIK Przemysław , MIECZKOWSKI Patryk , POŁOWSKI Artur , CIOŁKOWSKI Kamil	T30		TEAM	1	01:10:20	04:23:40.45	+01:08:48 (26.1%)	11:59	5 (73.5%)
40	SOBCZYK Paweł	H232	14ZBOT	Hard - M	23	01:05:38	04:23:55.50	+01:09:03 (26.2%)	11:59	5 (73.5%)
41	LEŚNIAK Dorota	H215	DIRTY SPARROWS	Hard - K	2	01:10:27	04:24:11.05	+01:09:18 (26.2%)	12:00	5 (73.5%)
42	STEFANOWSKI Daniel	A38		Hard Hist - M	6	01:11:40	04:25:26.50	+01:10:34 (26.6%)	12:03	5 (73.5%)
43	DUBIŃSKI Łukasz	H184		Hard - M	24	01:08:43	04:25:39.55	+01:10:47 (26.6%)	12:04	5 (73.5%)
44	KOŁODZIEJSKA Marta	H115	OCR PARK TEAM	Hard - K	3	01:14:36	04:25:41.00	+01:10:48 (26.7%)	12:04	5 (73.5%)
45	WOJCIECHOWSKI Dariusz	H225	SFORABMK-KWATERYU WOJCIECHOWSKICH SWORNEGACIE	Hard - M	25	01:10:11	04:25:41.80	+01:10:49 (26.7%)	12:04	5 (73.5%)
46	LANGOŚ Łukasz	X23	CROSSFIT MUSA	Hard X - M	11	01:07:58	04:25:43.85	+01:10:51 (26.7%)	12:04	5 (73.5%)
46	OŻGA Arkadiusz	X24	CROSSFIT MUSA	Hard X - M	11	01:07:54	04:25:43.85	+01:10:51 (26.7%)	12:04	5 (73.5%)
48	PAPIEWSKA-ŻAK Natalia	H219	SFORA BMK	Hard - K	4	01:11:44	04:25:55.95	+01:11:03 (26.7%)	12:05	5 (73.5%)
49	DOROBCZYŃSKI Marek	H143	CHAŁUPY	Hard - M	26	01:21:15	04:26:04.85	+01:11:12 (26.8%)	12:05	5 (73.5%)
50	DZIĄBKOWSKI Radosław	X25		Hard X - M	13	01:07:21	04:26:09.95	+01:11:17 (26.8%)	12:05	5 (73.5%)
51	ŚWIĄTEK Michał	H113	SFORABMK	Hard - M	27	01:08:15	04:26:34.95	+01:11:42 (26.9%)	12:07	5 (73.5%)
52	LIBERA Grzegorz	H133		Hard - M	28	01:05:30	04:26:37.55	+01:11:45 (26.9%)	12:07	5 (73.5%)
53	BULA Oliwier	X26	ŚLĄSKA AKADEMIA SPORTÓW WALKI	Hard X - M	14	01:07:59	04:27:05.90	+01:12:13 (27.0%)	12:08	4.9 (72.1%)
54	WICZLING Daniel	H72		Hard - M	29	01:06:48	04:27:15.95	+01:12:23 (27.1%)	12:08	4.9 (72.1%)
55	SZULC Michał	H144		Hard - M	30	01:11:29	04:27:45.05	+01:12:52 (27.2%)	12:10	4.9 (72.1%)
56	DURKA Paweł	H46	STRAŻ POŻARNA	Hard - M	31	01:14:28	04:28:53.85	+01:14:01 (27.5%)	12:13	4.9 (72.1%)
57	JESKA Tomasz	H24	SFORA BMK	Hard - M	32	01:10:08	04:29:54.05	+01:15:01 (27.8%)	12:16	4.9 (72.1%)
58	NIEDZIELSKI Mirosław	X11		Hard X - M	15	01:07:52	04:30:05.20	+01:15:12 (27.8%)	12:16	4.9 (72.1%)
59	KOLARCZYK Piotr	H139		Hard - M	33	01:09:51	04:30:33.10	+01:15:40 (28.0%)	12:17	4.9 (72.1%)
60	BARDZIAK Piotr	H111		Hard - M	34	01:14:28	04:30:36.50	+01:15:44 (28.0%)	12:18	4.9 (72.1%)
61	CHAJA Radosław	A59		Hard Hist - M	7	01:17:51	04:32:11.90	+01:17:19 (28.4%)	12:22	4.8 (70.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	7km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
62	WÓJCIK Rafał	H39		Hard - M	35	01:14:59	04:32:29.45	+01:17:37 (28.5%)	12:23	4.8 (70.6%)
63	MORAWSKI Piotr	X18	NAWOHUCKI KOMBINAT SPORTOWY	Hard X - M	16	01:11:30	04:33:05.00	+01:18:12 (28.6%)	12:24	4.8 (70.6%)
64	KURA Krzysztof	X12	16BPD	Hard X - M	17	01:11:38	04:33:15.90	+01:18:23 (28.7%)	12:25	4.8 (70.6%)
65	ROMAN Krzysztof	X28		Hard X - M	18	01:15:15	04:35:32.45	+01:20:40 (29.3%)	12:31	4.8 (70.6%)
66	PIEŚLAK Bartosz	H10		Hard - M	36	01:08:50	04:36:32.95	+01:21:40 (29.5%)	12:34	4.8 (70.6%)
67	KLAMIŃSKI Marcin	A10	AZS AWF KRAKÓW MASTERS	Hard Hist - M	8	01:14:41	04:36:41.45	+01:21:49 (29.6%)	12:34	4.8 (70.6%)
68	OŻÓG Piotr , PLEWKO Łukasz , POMIRSKI Patryk , ORŁOWSKI Bartosz	T5	MŁODZI TYTANI	TEAM	2	01:15:24	04:39:15.55	+01:24:23 (30.2%)	12:41	4.7 (69.1%)
69	ADACH Krzysztof	H123	SFORA BMK	Hard - M	37	01:07:10	04:39:44.55	+01:24:52 (30.3%)	12:42	4.7 (69.1%)
70	LICHTOR Jacek	A16		Hard Hist - M	9	01:19:18	04:39:49.35	+01:24:57 (30.4%)	12:43	4.7 (69.1%)
71	RAK Michał	A40	CHOREPOJEBY	Hard Hist - M	10	01:13:48	04:40:05.25	+01:25:12 (30.4%)	12:43	4.7 (69.1%)
72	KOSTECKI Michał	H228		Hard - M	38	01:11:43	04:40:06.50	+01:25:14 (30.4%)	12:43	4.7 (69.1%)
73	SIDORSKI Kuba	H181	HOPSZTOSY	Hard - M	39	01:01:41	04:40:52.10	+01:25:59 (30.6%)	12:46	4.7 (69.1%)
74	ESSI-EZINH Oleksandr	H25	SFORA BMK	Hard - M	40	01:13:40	04:45:15.40	+01:30:23 (31.7%)	12:57	4.6 (67.6%)
75	WLAŻLAK Damian	A17		Hard Hist - M	11	01:08:37	04:45:31.20	+01:30:38 (31.7%)	12:58	4.6 (67.6%)
76	KORMAN Kamil	A35	8PPLOT	Hard Hist - M	12	01:11:28	04:46:21.15	+01:31:28 (31.9%)	13:00	4.6 (67.6%)
77	GMITER Rafał , CHRUŚCIŃSKI Kacper , PACIOREK Cezary , PONICHTERA Karol	T20	12 BRYGADA ZMECHANIZOWANA	TEAM	3	01:12:57	04:46:47.60	+01:31:55 (32.1%)	13:02	4.6 (67.6%)
78	KRĘGIELSKI Bartosz	H224	BIEGUN OCR TEAM	Hard - M	41	01:16:16	04:47:20.95	+01:32:28 (32.2%)	13:03	4.6 (67.6%)
79	BRZOZKA Tomasz	A41	SINNET	Hard Hist - M	13	01:13:59	04:47:48.25	+01:32:55 (32.3%)	13:04	4.6 (67.6%)
80	SROCZYŃSKI Marcin	X10	OSTRESROKI	Hard X - M	19	01:19:02	04:48:47.75	+01:33:55 (32.5%)	13:07	4.6 (67.6%)
81	MAĆKOWIAK Łukasz	H151		Hard - M	42	01:07:40	04:51:58.30	+01:37:06 (33.3%)	13:16	4.5 (66.2%)
82	NOWETA Marcin , SKUPIN Mariusz , BEKIESZCZUK Jacek , BRYCKI Waldemar	T8	ZG LUBIN RATOWNICY	TEAM	4	01:12:25	04:52:33.30	+01:37:41 (33.4%)	13:17	4.5 (66.2%)
83	KIZIŃSKI Mateusz	H77		Hard - M	43	01:09:10	04:52:58.25	+01:38:05 (33.5%)	13:19	4.5 (66.2%)
84	POHLE Holger	H182	TVB 09	Hard - M	44	01:16:35	04:53:36.65	+01:38:44 (33.6%)	13:20	4.5 (66.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	7km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
85	RONOWSKI Paweł	H89		Hard - M	45	01:18:53	04:54:15.55	+01:39:23 (33.8%)	13:22	4.5 (66.2%)
86	DŁUGOKENCKI Mateusz	H9	SFORABMK	Hard - M	46	01:10:57	04:54:28.85	+01:39:36 (33.8%)	13:23	4.5 (66.2%)
87	ŁOJEK Konrad	H80		Hard - M	47	01:14:09	04:55:33.45	+01:40:41 (34.1%)	13:26	4.5 (66.2%)
88	MALACH Dariusz	A5	SFORA BMK	Hard Hist - M	14	01:20:07	04:56:26.85	+01:41:34 (34.3%)	13:28	4.5 (66.2%)
89	CIERPIŃSKI Grzegorz	X31		Hard X - M	20	01:11:01	04:57:08.15	+01:42:15 (34.4%)	13:30	4.4 (64.7%)
90	GAJEWSKI Jacek	H51	DOGOŃ GRODZISK MAZOWIECKI	Hard - M	48	01:18:25	05:00:10.90	+01:45:18 (35.1%)	13:38	4.4 (64.7%)
91	KĘDZIOR Grzegorz	H205		Hard - M	49	01:14:26	05:00:43.85	+01:45:51 (35.2%)	13:40	4.4 (64.7%)
92	JANCZEWSKI Krzysztof , DALIGA Szymon , MACIĄG Marek , ANDREASSON Freddy	T4		TEAM	5	01:16:41	05:01:11.85	+01:46:19 (35.3%)	13:41	4.4 (64.7%)
93	WYDRZYŃSKI Marek	H56		Hard - M	50	01:15:23	05:01:51.40	+01:46:59 (35.4%)	13:43	4.4 (64.7%)
94	TOMASZEK Karol	H166		Hard - M	51	01:19:35	05:02:23.80	+01:47:31 (35.6%)	13:44	4.4 (64.7%)
95	MAKLES Paweł	H167		Hard - M	52	01:19:33	05:02:24.65	+01:47:32 (35.6%)	13:44	4.4 (64.7%)
96	KANCELARZ Rafał	H168		Hard - M	53	01:19:37	05:02:25.25	+01:47:32 (35.6%)	13:44	4.4 (64.7%)
97	ROPELLA Marek	T3	RATOWNICY RUDNA	TEAM	6	01:18:39	05:02:54.15	+01:48:01 (35.7%)	13:46	4.4 (64.7%)
98	SOKOŁOWSKI Artur , JAKUBIAK Bartłomiej , PACOCHA Bartłomiej , DZICZEJ Tomasz	T22		TEAM	7	01:18:52	05:03:36.60	+01:48:44 (35.8%)	13:48	4.3 (63.2%)
99	SZYMAŃSKI Kamil	H161	ORP GEN T. KOŚCIUSZKO	Hard - M	54	01:18:29	05:03:42.70	+01:48:50 (35.8%)	13:48	4.3 (63.2%)
100	ADAMCZYK Kamil	H233	14ZBOT	Hard - M	55	01:15:35	05:04:13.00	+01:49:20 (35.9%)	13:49	4.3 (63.2%)
101	SIROCKI Dawid	X34	BIEGUN OCR TEAM	Hard X - M	21	01:14:29	05:05:11.60	+01:50:19 (36.1%)	13:52	4.3 (63.2%)
102	MALIK Adam , DEMBSKI Kamil , KRYKWIŃSKI Jakub , KOSATKA Mateusz	T25		TEAM	8	01:20:03	05:05:52.65	+01:51:00 (36.3%)	13:54	4.3 (63.2%)
103	PODSIADLIK Piotr	H150		Hard - M	56	01:14:38	05:07:59.95	+01:53:07 (36.7%)	13:59	4.3 (63.2%)
104	BUCZKOWSKI Mateusz	H195	NO EXCUSES TEAM	Hard - M	57	01:21:11	05:08:02.30	+01:53:10 (36.7%)	14:00	4.3 (63.2%)
105	SZULCEK Patryk	A48	BIGYELLOWFOOT ADVENTURE TEAM	Hard Hist - M	15	01:10:42	05:08:09.65	+01:53:17 (36.8%)	14:00	4.3 (63.2%)
106	KAMIŃSKI Kamil	H128		Hard - M	58	01:18:41	05:08:14.50	+01:53:22 (36.8%)	14:00	4.3 (63.2%)
107	JABŁOŃSKI Hubert	H193		Hard - M	59	01:18:41	05:08:14.70	+01:53:22 (36.8%)	14:00	4.3 (63.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	7km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
108	SOLIS Leszek , OLCHOWSKA-SOBCZAK Monika , BARTCZAK Piotr , KOŁODZIŃSKI Robert	T2		TEAM	9	01:26:28	05:08:38.30	+01:53:46 (36.9%)	14:01	4.3 (63.2%)
109	PRACHNIO Maciej	X8	SFORA BMK	Hard X - M	22	01:27:06	05:08:48.25	+01:53:55 (36.9%)	14:02	4.3 (63.2%)
110	LEWINSKI Jakub	H209		Hard - M	60	01:25:51	05:09:00.10	+01:54:07 (36.9%)	14:02	4.3 (63.2%)
111	SITKOWSKI Tomasz	H12		Hard - M	61	01:19:21	05:10:36.15	+01:55:43 (37.3%)	14:07	4.2 (61.8%)
112	URBAŃSKI Maciej	A21		Hard Hist - M	16	01:21:37	05:11:01.95	+01:56:09 (37.3%)	14:08	4.2 (61.8%)
113	STASZAK Wojciech	H175		Hard - M	62	01:15:16	05:11:17.40	+01:56:25 (37.4%)	14:08	4.2 (61.8%)
114	MACIOSZEK Klaudia	H118		Hard - K	5	01:17:31	05:11:48.55	+01:56:56 (37.5%)	14:10	4.2 (61.8%)
115	HERMANOWSKI Piotr , GRONKIEWICZ Konrad , AUGUSTYN Dawid , PAWŁOWSKI Łukasz	T11	RANGERS POLKOWICE/ RATOWNICY RUDNA	TEAM	10	01:16:42	05:13:30.65	+01:58:38 (37.8%)	14:15	4.2 (61.8%)
116	JAROS Paweł	A50		Hard Hist - M	17	01:26:26	05:13:56.05	+01:59:03 (37.9%)	14:16	4.2 (61.8%)
117	IWAŃSKI Adam	X15		Hard X - M	23	01:22:41	05:14:47.80	+01:59:55 (38.1%)	14:18	4.2 (61.8%)
118	KOMISAREK Krzysztof	H136		Hard - M	63	01:21:06	05:14:52.30	+02:00:00 (38.1%)	14:18	4.2 (61.8%)
119	MIELCZAREK Jakub	H124	9ŁBOT	Hard - M	64	01:21:09	05:15:04.90	+02:00:12 (38.2%)	14:19	4.2 (61.8%)
120	TRZCIŃSKA Agata	X13		Hard X - K	1	01:25:33	05:15:56.30	+02:01:04 (38.3%)	14:21	4.2 (61.8%)
121	SZARZYŃSKI Michał	A34		Hard Hist - M	18	01:17:50	05:15:59.00	+02:01:06 (38.3%)	14:21	4.2 (61.8%)
122	WOŚ Tomasz	H48	KGHM	Hard - M	65	01:14:34	05:16:05.05	+02:01:12 (38.3%)	14:22	4.2 (61.8%)
123	GIENIUSZ Bartek	H108	SPARTA/SFORA BMK	Hard - M	66	01:11:33	05:16:21.05	+02:01:28 (38.4%)	14:22	4.2 (61.8%)
124	NIEMCZUK Daniel	H208	SFORA BMK / 10BKPANC	Hard - M	67	01:19:36	05:16:42.25	+02:01:49 (38.5%)	14:23	4.2 (61.8%)
125	ZIOBER Andrzej	H192	9BBKPANC	Hard - M	68	01:19:38	05:16:47.10	+02:01:54 (38.5%)	14:23	4.2 (61.8%)
126	WOZNIAK Grzegorz , JAROSZYNSKI Piotr , KACZANOWSKI Marcin , GARLICKI Robert	T1		TEAM	11	01:19:12	05:16:55.50	+02:02:03 (38.5%)	14:24	4.2 (61.8%)
127	RZESZOTARSKI Tomasz	H159	WYBITE JEDYNKI	Hard - M	69	01:16:53	05:19:12.80	+02:04:20 (39.0%)	14:30	4.1 (60.3%)
128	RYBAK Łukasz	H47	OSP KRZECZYN WIELKI / KSRG SIEROSZOWICE - POLKOWICE	Hard - M	70	01:14:37	05:19:28.50	+02:04:36 (39.0%)	14:31	4.1 (60.3%)
129	MAJEWSKI Maciej	H1	BRAVEHEARTS LEGIONOWO	Hard - M	71	01:21:27	05:20:39.90	+02:05:47 (39.2%)	14:34	4.1 (60.3%)
130	KOZŁOWSKI Paweł	H31	BESTIE OCR LEGIONOWO	Hard - M	72	01:21:17	05:20:40.00	+02:05:47 (39.2%)	14:34	4.1 (60.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	7km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
131	MACHTEL Adrian	H185		Hard - M	73	01:28:34	05:20:51.25	+02:05:58 (39.3%)	14:35	4.1 (60.3%)
132	KOCHANIAK Andrzej	H163	PODLASKI BIMBER	Hard - M	74	01:27:36	05:20:57.35	+02:06:05 (39.3%)	14:35	4.1 (60.3%)
133	KUCHTA Paweł	H11		Hard - M	75	01:17:57	05:22:40.50	+02:07:48 (39.6%)	14:40	4.1 (60.3%)
134	POHLAND Paweł	H138		Hard - M	76	01:20:26	05:22:51.95	+02:07:59 (39.6%)	14:40	4.1 (60.3%)
135	KARSKI Kamil , KOSMACZEWSKI Leszek , NOWACZYK Tomasz , SZEWCZYK Paweł	T14		TEAM	12	01:18:28	05:22:55.65	+02:08:03 (39.7%)	14:40	4.1 (60.3%)
136	ZAPART Bartosz	H211		Hard - M	77	01:25:50	05:24:01.60	+02:09:09 (39.9%)	14:43	4.1 (60.3%)
137	SARUGA Damian	H153	10ŚBOT	Hard - M	78	01:25:52	05:24:28.30	+02:09:36 (39.9%)	14:44	4.1 (60.3%)
138	KLONOWICZ Stanisław	H140		Hard - M	79	01:27:44	05:25:20.05	+02:10:27 (40.1%)	14:47	4.1 (60.3%)
139	FURMAN Paweł	H22	SFORABMK	Hard - M	80	01:20:15	05:25:22.70	+02:10:30 (40.1%)	14:47	4.1 (60.3%)
140	CZAJCZYŃSKI Daniel	H58	SFORA BMK	Hard - M	81	01:20:14	05:25:47.35	+02:10:55 (40.2%)	14:48	4.1 (60.3%)
141	ZWARA Konrad	H101		Hard - M	82	01:31:03	05:27:07.90	+02:12:15 (40.4%)	14:52	4 (58.8%)
142	JAGODA Anna	A25		Hard Hist - K	1	01:29:19	05:27:24.00	+02:12:31 (40.5%)	14:52	4 (58.8%)
143	KROPIDŁOWSKI Bartosz	H102		Hard - M	83	01:31:05	05:27:55.00	+02:13:02 (40.6%)	14:54	4 (58.8%)
144	PILARSKI Zbigniew	H227		Hard - M	84	01:19:11	05:27:55.30	+02:13:03 (40.6%)	14:54	4 (58.8%)
145	RZECHOWSKI Filip	A24	PRZEGONIĆMARZENIA.PL	Hard Hist - M	19	01:29:19	05:27:59.95	+02:13:07 (40.6%)	14:54	4 (58.8%)
146	STUDZIŃSKI Patryk	H231	14ZBOT	Hard - M	85	01:16:31	05:29:18.80	+02:14:26 (40.8%)	14:58	4 (58.8%)
147	LECH Mateusz	A22	HARDCOROWE WYCHYLYLYBYMY	Hard Hist - M	20	01:33:10	05:29:19.40	+02:14:27 (40.8%)	14:58	4 (58.8%)
148	LUBIŃSKI Damian	H157		Hard - M	86	01:25:53	05:29:52.20	+02:14:59 (40.9%)	14:59	4 (58.8%)
149	JUREKO Robert	H176		Hard - M	87	01:18:47	05:30:54.90	+02:16:02 (41.1%)	15:02	4 (58.8%)
150	MIKOŚ Patryk	H217		Hard - M	88	01:13:41	05:31:06.50	+02:16:14 (41.1%)	15:03	4 (58.8%)
151	BRZEZIŃSKI Radosław	A13		Hard Hist - M	21	01:23:28	05:31:30.30	+02:16:38 (41.2%)	15:04	4 (58.8%)
152	STAWIARZ Paweł	H41		Hard - M	89	01:28:04	05:32:11.40	+02:17:19 (41.3%)	15:05	4 (58.8%)
153	KARGUL Grzegorz	H52	HUNTERS OCR TEAM	Hard - M	90	01:27:47	05:32:36.75	+02:17:44 (41.4%)	15:07	4 (58.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	7km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
154	KOSEWSKA Monika	X2	SFORA BMK	Hard X - K	2	01:31:43	05:32:38.85	+02:17:46 (41.4%)	15:07	4 (58.8%)
155	KLONOWICZ Patrycja	H55	HUNTERS OCR TEAM	Hard - K	6	01:27:46	05:33:28.80	+02:18:36 (41.6%)	15:09	4 (58.8%)
156	ROSÓŁ Arkadiusz , DŁUŻNIEWSKI Dawid , WOŚ Karol , GRZĄDZIELA Wojciech	T17		TEAM	13	01:19:30	05:36:12.55	+02:21:20 (42.0%)	15:16	3.9 (57.4%)
157	BÖHM Mario	H73		Hard - M	91	01:18:51	05:36:26.75	+02:21:34 (42.1%)	15:17	3.9 (57.4%)
158	BABIARZ Piotr	H62		Hard - M	92	01:13:42	05:37:10.65	+02:22:18 (42.2%)	15:19	3.9 (57.4%)
159	BRUS Konrad	H145		Hard - M	93	01:15:22	05:38:01.15	+02:23:08 (42.3%)	15:21	3.9 (57.4%)
160	HEBANOWSKI Łukasz	H234		Hard - M	94	01:22:28	05:38:34.35	+02:23:42 (42.4%)	15:23	3.9 (57.4%)
161	KARCZEWSKI Mariusz	H106		Hard - M	95	01:24:01	05:39:05.10	+02:24:12 (42.5%)	15:24	3.9 (57.4%)
162	KIZIŃSKI Kamil	H78		Hard - M	96	01:18:40	05:40:05.20	+02:25:12 (42.7%)	15:27	3.9 (57.4%)
163	RUDZIŃSKI Patryk	H169		Hard - M	97	01:26:22	05:41:06.05	+02:26:13 (42.9%)	15:30	3.9 (57.4%)
164	SZOTEK Maciej	H132		Hard - M	98	01:32:54	05:41:10.20	+02:26:17 (42.9%)	15:30	3.9 (57.4%)
165	KOBUS Łukasz	H18	SFORA BMK	Hard - M	99	01:22:36	05:41:29.35	+02:26:37 (42.9%)	15:31	3.9 (57.4%)
166	LISEK Mateusz	X19	WAT	Hard X - M	24	01:24:06	05:42:24.65	+02:27:32 (43.1%)	15:33	3.9 (57.4%)
167	KOTALA Arkadiusz	H223		Hard - M	100	01:26:18	05:43:59.15	+02:29:06 (43.3%)	15:38	3.8 (55.9%)
168	POLANSKI Jerzy	H85	FANTOM KARTUZY	Hard - M	101	01:22:51	05:45:07.60	+02:30:15 (43.5%)	15:41	3.8 (55.9%)
169	STACHNIK Paweł	H171	9PR	Hard - M	102	01:22:45	05:45:22.75	+02:30:30 (43.6%)	15:41	3.8 (55.9%)
170	CIESIELSKI Karol	H214	9PR	Hard - M	103	01:22:48	05:45:24.80	+02:30:32 (43.6%)	15:42	3.8 (55.9%)
171	OSIŃSKI Dawid	H70		Hard - M	104	01:22:46	05:45:26.40	+02:30:34 (43.6%)	15:42	3.8 (55.9%)
172	STRONGOWSKI Sebastian	A37		Hard Hist - M	22	01:25:47	05:46:13.75	+02:31:21 (43.7%)	15:44	3.8 (55.9%)
173	FORTUNIAK Patryk	A2	CHORE POJEBY	Hard Hist - M	23	01:32:02	05:47:28.00	+02:32:35 (43.9%)	15:47	3.8 (55.9%)
174	OPOKA Piotr	A43	SFORA BMK	Hard Hist - M	24	01:32:31	05:48:22.30	+02:33:30 (44.1%)	15:50	3.8 (55.9%)
175	DĄBROWSKI Bartosz	A3	RATOWNICY ZG RUDNA	Hard Hist - M	25	01:25:23	05:48:39.20	+02:33:46 (44.1%)	15:50	3.8 (55.9%)
176	GOŁĄB Radomir	H36		Hard - M	105	01:31:30	05:48:58.80	+02:34:06 (44.2%)	15:51	3.8 (55.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	7km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
177	BUDZISZ Rafał	H142		Hard - M	106	01:24:58	05:49:00.90	+02:34:08 (44.2%)	15:51	3.8 (55.9%)
178	SAWICKI Nikodem	H69		Hard - M	107	01:24:23	05:49:44.25	+02:34:51 (44.3%)	15:53	3.8 (55.9%)
179	DĄBKOWSKI Dariusz	H68		Hard - M	108	01:24:01	05:49:46.35	+02:34:54 (44.3%)	15:53	3.8 (55.9%)
180	SMOLIŃSKI Rafał	X17		Hard X - M	25	01:19:41	05:50:50.55	+02:35:58 (44.5%)	15:56	3.8 (55.9%)
181	PĘDZISZ Sebastian , KUROWSKI Robert , DOBIES Patrycjusz , HMYTKO Michał	T7	RATOWNICY ZG RUDNA KJCH TEAM	TEAM	14	01:28:54	05:55:08.40	+02:40:16 (45.1%)	16:08	3.7 (54.4%)
182	ŁUSZCZAK Piotr	T12	GRR	TEAM	15	01:29:04	05:56:32.35	+02:41:40 (45.3%)	16:12	3.7 (54.4%)
183	JANKIEWICZ Marek	H7	SFORA BMK	Hard - M	109	01:24:03	05:56:32.70	+02:41:40 (45.3%)	16:12	3.7 (54.4%)
184	MATYSEK Ireneusz	H213	KOMANDOS WAŁECKI	Hard - M	110	01:32:47	05:56:36.05	+02:41:43 (45.4%)	16:12	3.7 (54.4%)
185	RYBICKI Aleksander	X32	SŁUŻBA WIĘZIENNA	Hard X - M	26	01:19:51	05:57:37.60	+02:42:45 (45.5%)	16:15	3.7 (54.4%)
186	PUPIAŁO Agnieszka	H238	7PBOT	Hard - K	7	01:29:10	05:58:13.65	+02:43:21 (45.6%)	16:16	3.7 (54.4%)
187	GROT Jarosław	H239	7KDOW	Hard - M	111	01:29:13	05:58:15.30	+02:43:23 (45.6%)	16:17	3.7 (54.4%)
188	WOJCIECHOWSKA Ines	H17		Hard - K	8	01:27:03	05:59:08.90	+02:44:16 (45.7%)	16:19	3.7 (54.4%)
189	KUCHARSKI Krystian	H187		Hard - M	112	01:30:53	06:00:27.20	+02:45:34 (45.9%)	16:23	3.7 (54.4%)
190	KUSKA Łukasz , OGRODZKI Michał , WILCZYŃSKI Tomasz , MILCZARCZYK Dariusz	T23		TEAM	16	01:28:30	06:00:42.75	+02:45:50 (46.0%)	16:23	3.7 (54.4%)
191	GAŁĄZKA Marcin , KOSIKOWSKI Sebastian , BIERNACKI Rafał , BUŁAKOWSKI Tomasz	T27		TEAM	17	01:27:44	06:01:10.65	+02:46:18 (46.0%)	16:25	3.7 (54.4%)
192	RAK Cezary , ARUSZTOWICZ Bartosz , DĄBROWSKI Przemek , PIĘTKA Marcin	T13	HARDCOROWE WYCHYLYLYBYMY	TEAM	18	01:36:46	06:02:51.80	+02:47:59 (46.3%)	16:29	3.6 (52.9%)
193	POBUDKIEWICZ Maciej	A29	HARDCOROWE WYCHYLYLYBYMY	Hard Hist - M	26	01:33:08	06:03:09.65	+02:48:17 (46.3%)	16:30	3.6 (52.9%)
194		H240				01:28:26	06:03:29.50	+02:48:37 (46.4%)	16:31	3.6 (52.9%)
195	WIŚNIEWSKI Maciej	H32	SFORA BMK	Hard - M	113	01:26:11	06:03:47.15	+02:48:54 (46.4%)	16:32	3.6 (52.9%)
196	WOLIŃSKI Karol	H20	SGO SFORABMK	Hard - M	114	01:26:13	06:03:47.55	+02:48:55 (46.4%)	16:32	3.6 (52.9%)
197	SOBOCIŃSKA Olga	A31	POZARNICY.PL	Hard Hist - K	2	01:25:50	06:03:58.75	+02:49:06 (46.5%)	16:32	3.6 (52.9%)
198	KOSTRZON Maciej	A7	SFORA BMK	Hard Hist - M	27	01:36:06	06:04:09.95	+02:49:17 (46.5%)	16:33	3.6 (52.9%)
199	JANAS Szymon	H8	SFORA BMK	Hard - M	115	01:26:29	06:04:53.35	+02:50:01 (46.6%)	16:35	3.6 (52.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	7km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
200	SZULWACH Czarek	H235		Hard - M	116	01:20:01	06:05:04.55	+02:50:12 (46.6%)	16:35	3.6 (52.9%)
201	JANISZEWSKI Andrzej	H27	CWAŁUJĄCE ŻÓŁWIE	Hard - M	117	01:29:26	06:07:43.75	+02:52:51 (47.0%)	16:42	3.6 (52.9%)
202	KUBOWICZ Piotr	A9	NOWOHUCKI KOMBINAT SPORTOWY	Hard Hist - M	28	01:34:05	06:08:12.50	+02:53:20 (47.1%)	16:44	3.6 (52.9%)
203	WÓJCICKA Anna	H173	KOTWICA MIERZYN	Hard - K	9	01:28:34	06:10:01.00	+02:55:08 (47.3%)	16:49	3.6 (52.9%)
204	DROZD Mateusz	X33		Hard X - M	27	01:26:57	06:10:12.05	+02:55:19 (47.4%)	16:49	3.6 (52.9%)
205	NIEMIRSKI Andrzej	H45		Hard - M	118	01:19:34	06:10:17.25	+02:55:24 (47.4%)	16:49	3.6 (52.9%)
206	WÓJCICKI Łukasz	H172	KOTWICA MIERZYN	Hard - M	119	01:28:28	06:10:37.70	+02:55:45 (47.4%)	16:50	3.6 (52.9%)
207	MILCZAREK Piotr	H170	HARD BOX	Hard X - M	28	01:29:08	06:10:42.05	+02:55:49 (47.4%)	16:51	3.6 (52.9%)
208	WOJDA Anna	X3		Hard X - K	3	01:29:02	06:10:44.80	+02:55:52 (47.4%)	16:51	3.6 (52.9%)
209	JAKSZEWICZ Sławomir	H117	GLADIATORS BY RMF4RT	Hard - M	120	01:32:17	06:10:44.95	+02:55:52 (47.4%)	16:51	3.6 (52.9%)
210	MALINOWSKI Karol	H65		Hard - M	121	01:24:04	06:11:11.50	+02:56:19 (47.5%)	16:52	3.6 (52.9%)
211	MICHALSKI Grzegorz	H119		Hard - M	122	01:42:06	06:11:17.50	+02:56:25 (47.5%)	16:52	3.6 (52.9%)
212	RYBICKI Tomasz	H112	SFORABMK	Hard - M	123	01:24:07	06:11:48.20	+02:56:55 (47.6%)	16:54	3.6 (52.9%)
213	BARTOCHOWSKI Damian	H210		Hard - M	124	01:21:06	06:11:50.75	+02:56:58 (47.6%)	16:54	3.5 (51.5%)
214	ŻUCHOWSKI Paweł	H4	SFORA BMK	Hard - M	125	01:25:20	06:12:01.05	+02:57:08 (47.6%)	16:54	3.5 (51.5%)
215	GRABOWSKI Zbigniew	H67	SFORA BMK	Hard - M	126	01:46:58	06:12:34.50	+02:57:42 (47.7%)	16:56	3.5 (51.5%)
216	SYGNATOWICZ Grzegorz	H179		Hard - M	127	01:26:31	06:12:47.65	+02:57:55 (47.7%)	16:56	3.5 (51.5%)
217	GURBIEL Michał	X7		Hard X - M	29	01:28:44	06:13:07.00	+02:58:14 (47.8%)	16:57	3.5 (51.5%)
218	KAJA Robert	A12	WIELUŃ BIEGA	Hard Hist - M	29	01:31:43	06:13:18.80	+02:58:26 (47.8%)	16:58	3.5 (51.5%)
219	DOMARADZKI Marek	A6		Hard Hist - M	30	01:34:36	06:13:21.00	+02:58:28 (47.8%)	16:58	3.5 (51.5%)
220	SZCZYPLIŃSKA Anna	H110	SFORA BMK	Hard - K	10	01:27:06	06:13:30.30	+02:58:38 (47.8%)	16:58	3.5 (51.5%)
221	WIELGOSIŃSKI Przemysław	A18		Hard Hist - M	31	01:32:06	06:13:39.75	+02:58:47 (47.8%)	16:59	3.5 (51.5%)
222	MALISZEWSKI Jakub	A4		Hard Hist - M	32	01:34:17	06:13:53.75	+02:59:01 (47.9%)	16:59	3.5 (51.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	7km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
223	MUCHA Mateusz	A8		Hard Hist - M	33	01:34:01	06:14:58.25	+03:00:05 (48.0%)	17:02	3.5 (51.5%)
224	OLCHOWY Kacper	H156		Hard - M	128	01:27:31	06:15:31.45	+03:00:39 (48.1%)	17:04	3.5 (51.5%)
225	BAŁAZY Marcin	A23	MAZURSKA WATAHA	Hard Hist - M	34	01:36:05	06:15:40.85	+03:00:48 (48.1%)	17:04	3.5 (51.5%)
226	ALEKSANDROWICZ Patryk	T104		Hard - M	129	01:26:21	06:16:11.30	+03:01:19 (48.2%)	17:05	3.5 (51.5%)
227	HIC Norbert	A36		Hard Hist - M	35	01:36:16	06:17:19.85	+03:02:27 (48.4%)	17:09	3.5 (51.5%)
228	DZIUDZIEL Maciej	H218		Hard - M	130	01:33:49	06:18:09.10	+03:03:16 (48.5%)	17:11	3.5 (51.5%)
229	KOTŁOWSKI Marcin	H229	BIGYELLOWFOOT ADVENTURE TEAM	Hard - M	131	01:28:47	06:18:58.85	+03:04:06 (48.6%)	17:13	3.5 (51.5%)
230	JABŁOŃSKI Kamil	H54		Hard - M	132	01:26:03	06:19:15.60	+03:04:23 (48.6%)	17:14	3.5 (51.5%)
231	SZCZEPAŃSKI Damian , BURY Adam , SŁOWIK Adrian , TCHÓRZEWSKI Dariusz	T10	RATOWNICY ZG RUDNA	TEAM	19	01:31:39	06:21:59.45	+03:07:07 (49.0%)	17:21	3.5 (51.5%)
232	KOSCHEMBAHR ŁYSKOWSKA Danuta	A19	BIGYELLOWFOOT ADVENTURE TEAM	Hard Hist - K	3	01:38:59	06:22:29.50	+03:07:37 (49.1%)	17:23	3.5 (51.5%)
233	WEILAND Adrian	A55	NIGHT WOLVES ULTRA RUNNERS	Hard Hist - M	36	01:36:35	06:22:39.85	+03:07:47 (49.1%)	17:23	3.4 (50.0%)
234	STALSKI Pawel	H95	UR JAWOR	Hard - M	133	01:39:55	06:25:50.60	+03:10:58 (49.5%)	17:32	3.4 (50.0%)
235	STALSKA Magdalena	H221		Hard - K	11	01:39:53	06:25:50.70	+03:10:58 (49.5%)	17:32	3.4 (50.0%)
236	SZULC Łukasz	H114	KSIĘGOWIPOWER	Hard - M	134	01:35:42	06:26:59.95	+03:12:07 (49.6%)	17:35	3.4 (50.0%)
237	MISIOR Paulina	X6	HARDCOROWE WYCHYLYLYBYMY	Hard X - K	4	01:45:31	06:27:13.10	+03:12:20 (49.7%)	17:36	3.4 (50.0%)
238	AJZAK Elżbieta	X5	HARDCOROWE WYCHYLYLYBYMY	Hard X - K	5	01:45:32	06:29:30.80	+03:14:38 (50.0%)	17:42	3.4 (50.0%)
239	CYGAN Mariusz	H196		Hard - M	135	01:30:00	06:35:29.80	+03:20:37 (50.7%)	17:58	3.3 (48.5%)
240	BRZOSKA Marek	H148		Hard - M	136	01:30:57	06:36:09.20	+03:21:16 (50.8%)	18:00	3.3 (48.5%)
241	PIĘKOŚ Monika	H92	HUNTERS OCR TEAM	Hard - K	12	01:43:17	06:37:20.40	+03:22:28 (51.0%)	18:03	3.3 (48.5%)
242	PABIAN Agnieszka	H105	HUNTERS OCR TEAM	Hard - K	13	01:43:05	06:37:36.55	+03:22:44 (51.0%)	18:04	3.3 (48.5%)
243	NOWICKI Olgierd	H194		Hard - M	137	01:25:31	06:38:59.75	+03:24:07 (51.2%)	18:08	3.3 (48.5%)
244	FRYDRYCH Artur	A30		Hard Hist - M	37	01:25:35	06:39:05.55	+03:24:13 (51.2%)	18:08	3.3 (48.5%)
245	KULCZAK Paweł	H13		Hard - M	138	01:38:34	06:41:04.25	+03:26:11 (51.4%)	18:13	3.3 (48.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	7km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
246	SOBOLEWSKA Agata	H3		Hard - K	14	01:39:43	06:45:57.80	+03:31:05 (52.0%)	18:27	3.3 (48.5%)
247	WAGA Paweł	H16	MASADA	Hard - M	139	01:39:43	06:45:58.20	+03:31:05 (52.0%)	18:27	3.3 (48.5%)
248	CHWALISZ Paweł	H146		Hard - M	140	01:34:04	06:46:11.50	+03:31:19 (52.0%)	18:27	3.2 (47.1%)
249	SZEWKA Jarosław	A42		Hard Hist - M	38	01:57:38	06:53:26.25	+03:38:33 (52.9%)	18:47	3.2 (47.1%)
250	KOSIK Dagmara	A47		Hard Hist - K	4	01:57:59	06:53:27.60	+03:38:35 (52.9%)	18:47	3.2 (47.1%)
251	ORZECHOWSKI Tomasz	A44		Hard Hist - M	39	01:57:41	06:53:28.70	+03:38:36 (52.9%)	18:47	3.2 (47.1%)
252	ŁASKAWSKI Michał	A14	BEFIT24TEAM	Hard Hist - M	40	01:38:50	06:53:37.50	+03:38:45 (52.9%)	18:48	3.2 (47.1%)
253	ŻYGADŁO Adam	H53	BIG RED ONE	Hard - M	141	01:39:53	06:55:44.00	+03:40:51 (53.1%)	18:53	3.2 (47.1%)
254	FRENCEL Radosław	H37		Hard - M	142	01:39:52	06:55:44.20	+03:40:51 (53.1%)	18:53	3.2 (47.1%)
255	STEMPNIAK Paweł	H15	BIG RED ONE	Hard - M	143	01:39:56	06:55:44.50	+03:40:52 (53.1%)	18:53	3.2 (47.1%)
256	PRZERYWACZ Michał	H83		Hard - M	144	01:37:14	06:55:46.80	+03:40:54 (53.1%)	18:53	3.2 (47.1%)
257	KARCZEWSKI Marcin	H81		Hard - M	145	01:37:06	06:55:47.25	+03:40:54 (53.1%)	18:53	3.2 (47.1%)
258	SOSNOWSKI Andrzej	H63		Hard - M	146	01:39:12	06:59:06.80	+03:44:14 (53.5%)	19:03	3.1 (45.6%)
259	NIEWADZI Szymon	H135		Hard - M	147	01:40:11	06:59:07.95	+03:44:15 (53.5%)	19:03	3.1 (45.6%)
260	KOTEWICZ Anna	H87		Hard - K	15	01:39:11	06:59:16.25	+03:44:23 (53.5%)	19:03	3.1 (45.6%)
261	WOLCZYNSKI Seweryn	H64		Hard - M	148	01:38:44	07:00:15.65	+03:45:23 (53.6%)	19:06	3.1 (45.6%)
262	GRZYBOWSKI Patryk	H125	SFORA BMK	Hard - M	149	01:42:08	07:00:23.60	+03:45:31 (53.6%)	19:06	3.1 (45.6%)
263	MIGDALSKA Michalina	H121	STOMIL GRUDZIADZ	Hard - K	16	01:40:13	07:00:24.35	+03:45:32 (53.6%)	19:06	3.1 (45.6%)
264	KACZEROWSKA Monika	H88		Hard - K	17	01:40:10	07:00:24.65	+03:45:32 (53.6%)	19:06	3.1 (45.6%)
265	MICHNA Daniel	H207	PELPLIŃSCY NAPINACZE	Hard - M	150	01:38:46	07:00:30.20	+03:45:37 (53.7%)	19:06	3.1 (45.6%)
266	MICHNA Łukasz	H90		Hard - M	151	01:39:16	07:00:40.85	+03:45:48 (53.7%)	19:07	3.1 (45.6%)
267	CHRZANOWSKI Błażej	H84	SFORA BMK	Hard - M	152	01:38:46	07:00:50.90	+03:45:58 (53.7%)	19:07	3.1 (45.6%)
268	PADUCH Jakub	H204	SFORA BMK	Hard - M	153	01:32:14	07:01:56.25	+03:47:03 (53.8%)	19:10	3.1 (45.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	7km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
269	FLESZER Natan	H183	12WBOT\151 BATALION LEKKIEJ PIECHOTY	Hard - M	154	01:31:38	07:05:10.65	+03:50:18 (54.2%)	19:19	3.1 (45.6%)
270	SZAFRAN Konrad	H155		Hard - M	155	01:27:59	07:10:28.20	+03:55:35 (54.7%)	19:34	3.1 (45.6%)
271	MOLASY Karol	H57	SFORA BMK	Hard - M	156	01:28:29	07:12:31.15	+03:57:38 (54.9%)	19:39	3.1 (45.6%)
272	KRAS Patrycja	H93	HUNTERS OCR TEAM	Hard - K	18	01:47:02	07:12:36.25	+03:57:43 (55.0%)	19:39	3.1 (45.6%)
273	ORZECH Damian	H127		Hard - M	157	01:43:44	07:12:40.75	+03:57:48 (55.0%)	19:40	3.1 (45.6%)
274	TERLECKA Joanna	H40	SFORA BMK	Hard - K	19	01:45:40	07:19:44.75	+04:04:52 (55.7%)	19:59	3 (44.1%)
275	TERLECKI Władysław	H42	SFORA BMK	Hard - M	158	01:45:42	07:19:46.45	+04:04:54 (55.7%)	19:59	3 (44.1%)
276	CHOMICZ Daniel	H38		Hard - M	159	01:39:34	07:20:09.55	+04:05:17 (55.7%)	20:00	3 (44.1%)
277	PIEKARSKI Paweł	H33	SFORABMK	Hard - M	160	01:45:37	07:20:49.90	+04:05:57 (55.8%)	20:02	3 (44.1%)
278	ŻYTKOWSKI Adam	H199	SPC	Hard - M	161	01:36:42	07:21:19.75	+04:06:27 (55.8%)	20:03	3 (44.1%)
279	ROBACZEWSKI Patryk	H201		Hard - M	162	01:36:41	07:21:20.35	+04:06:28 (55.8%)	20:03	3 (44.1%)
280	WIŚNIEWSKI Włodzimierz	H198	SPC	Hard - M	163	01:36:23	07:21:20.45	+04:06:28 (55.8%)	20:03	3 (44.1%)
281	NIETUPSKI Krzysztof	H129	RCI GDYNIA	Hard - M	164	02:08:00	07:22:22.70	+04:07:30 (55.9%)	20:06	3 (44.1%)
282	ZASOWSKI Grzegorz	H104	CROSS MILAN	Hard - M	165	01:45:40	07:22:44.45	+04:07:52 (56.0%)	20:07	3 (44.1%)
283	GOLAB Monika	H35		Hard - K	20	01:39:39	07:25:35.15	+04:10:42 (56.3%)	20:15	3 (44.1%)
284	KAŁKOWSKA Karolina	A39	RODZINNE POGOTOWIE POZNAŃ	Hard Hist - K	5	01:45:02	07:29:41.90	+04:14:49 (56.7%)	20:26	2.9 (42.6%)
285	CHLEBOŚ Jakub	A51	DIRTY SPARROW	Hard Hist - M	41	01:57:54	07:34:20.75	+04:19:28 (57.1%)	20:39	2.9 (42.6%)
286	SADZAWICKI Adam	H131		Hard - M	166	01:41:50	07:43:32.35	+04:28:40 (58.0%)	21:04	2.8 (41.2%)
287	KELLER Tomasz	A15	WIELUŃ BIEGA	Hard Hist - M	42	01:52:02	08:22:12.85	+05:07:20 (61.2%)	22:49	2.6 (38.2%)
288	BIAŁY Michał	A45		Hard Hist - M	43	02:11:03	09:16:07.20	+06:01:14 (65.0%)	25:16	2.4 (35.3%)
289	KALENDA Grzegorz	A46	NNS	Hard Hist - M	44	02:11:05	09:16:20.05	+06:01:27 (65.0%)	25:17	2.4 (35.3%)
290	ERDMANN Erik	H74	MILITARY TRAINING HAMBURG	Hard - M	167	02:13:59	09:34:32.10	+06:19:39 (66.1%)	26:06	2.3 (33.8%)
DNC	BRZESKI Robert	X35	CROSSELITE	Hard X - M		00:58:10	02:41:53.60		0:00	8.2 (120.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	7km	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
	MACIĄG Damian	H162	PUŁK REPREZENTACYJNY WOJSKA POLSKIEGO	Hard - M		01:20:58 DNF	DNF	-	-	(0.0%)
	GRABOWSKI Łukasz	H71		Hard - M		01:24:24 DNF	DNF	-	-	(0.0%)
	PAPLIŃSKI Mateusz , WYPIJEWSKI Jakub , BECKER Tomasz , IWAŃSKI Michał	T29		TEAM		01:30:01 DNF	DNF	-	-	(0.0%)
	WARDEŃCKI Wojciech , KOWALSKI Marcin , WALKUSZ Jonatan , POTERA Dawid	T15	WOJSKOWA AKADEMIA TECHNICZNA	TEAM		01:30:15 DNF	DNF	-	-	(0.0%)
	POGORZELEC Sebastian , ULROSZCZYK Paweł , ANYSZKIEWICZ Łukasz , SIECZKO Paweł	T26	PUŁK REPREZENTACYJNY WP	TEAM		01:32:01 DNF	DNF	-	-	(0.0%)
	ŁADA Jarosław , AFTEWICZ Adrian , MAZUREK Piotr , KOPANIEC Adam	T6	DEFENDER SAARIO ACADEMY	TEAM		01:32:41 DNF	DNF	-	-	(0.0%)
	ŻABA Bartosz , GUGAŁA Maciej , MANIAK Mateusz , PRASAŁ Miłosz	T18	DAJCIE NAM WYGRAĆ	TEAM		01:34:48 DNF	DNF	-	-	(0.0%)
	DUBIELECKI Adam , DĄBEK Tomasz , WIĘCEK Daniel , KLIMAS Janusz	T21	DEFENDER BARCZEWO 2	TEAM		01:38:39 DNF	DNF	-	-	(0.0%)
	WĘGRODZKI Paweł , STAŃCZYK Jan , SIEMIANOWSKI Radosław , CIARKOWSKI Piotr	T19	DEFENDER BARCZEWO	TEAM		01:38:46 DNF	DNF	-	-	(0.0%)
		T31				01:39:38 DNF	DNF	-	-	(0.0%)
	SZUMIELEWICZ Kinga	A20	BIGYELLOWFOOT ADVENTURE TEAM	Hard Hist - K		01:45:05 DNF	DNF	-	-	(0.0%)
	KLIMEK Patryk , NIERADKA Marcin , DZIEDZIC Mateusz , GRAJEWSKI Alex	T24	MECHANICZNY	TEAM		01:45:13 DNF	DNF	-	-	(0.0%)
	ZIMNY Paweł , MIRUS Adam , WOŹNIAK Marcin , MIRUS-WOŹNIAK Ewa	T16	SFORABMK	TEAM		01:55:45 DNF	DNF	-	-	(0.0%)
	RUFF Benjamin	H222	MILITARY TRAINING HAMBURG	Hard - M		02:02:47 DNF	DNF	-	-	(0.0%)
	KUHN Ewa	A56		Hard Hist - K		02:11:09 DNF	DNF	-	-	(0.0%)

Znaleziono 306 wynik(ów)