



Wydarzenie: XIII Bieg Morskiego Komandosa
Organizator: OCR Events
Data: 2022-08-27
Miejsce: Gdynia
Dystans: 22 km

BMK 2022 - HARD 22KM

B4SPORT

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	7km	14km	Kara/ bonifikata	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
1	SZULWACH Maciej	X4		Hard X - M	1	00:58:12	02:13:33		03:19:51.70		9:05	6.6 (100%)
2	PALIWODA Marcin	H147		Hard - M	1	01:02:19	02:14:48		03:20:23.95	+00:00:32 (0.3%)	9:06	6.6 (100%)
3	RUSZNICKI Dawid	A30	SFORABMK	Hard Hist - M	1	01:05:13	02:27:00		03:32:12.90	+00:12:21 (5.8%)	9:38	6.2 (93.9%)
4	KUPIJAJ Marcin	H96	SOCIOS SILESIA	Hard - M	2	01:03:21	02:21:35		03:33:36.85	+00:13:45 (6.4%)	9:42	6.2 (93.9%)
5	SIENKIEWICZ Wojciech	H128	SOCIOS SILESIA	Hard - M	3	01:05:06	02:21:38		03:33:41.05	+00:13:49 (6.5%)	9:42	6.2 (93.9%)
6	GRZYBOWSKI Mateusz	H102	SFORA BMK	Hard - M	4	01:05:06	02:21:35		03:33:42.50	+00:13:50 (6.5%)	9:42	6.2 (93.9%)
7	KANIA Mateusz	A22	WELL FITNESS BIELSKO-BIAŁA	Hard Hist - M	2	01:05:12	02:26:59		03:34:23.00	+00:14:31 (6.8%)	9:44	6.2 (93.9%)
8	ANTOSZKOW Mateusz	H111	ZG POLKOWICE-SIEROSZOWICE/ OSP ŻUKLÓW	Hard - M	5	01:04:43		-00:20:00	03:40:18.20	+00:20:26 (9.3%)	10:55	5.5 (83.3%)
9	KWIATKOWSKI Wojciech	X38		Hard X - M	2	01:10:49	02:35:25		03:40:59.95	+00:21:08 (9.6%)	10:02	6 (90.9%)
10	SZULWACH Cezary	X50		Hard X - M	3	01:09:42	02:37:14		03:41:27.85	+00:21:36 (9.8%)	10:03	6 (90.9%)
11	KADŁUBOWICZ Piotr	X28	SAMOTNY JEŹDZIEC	Hard X - M	4	01:10:56	02:30:51		03:41:58.60	+00:22:06 (10.0%)	10:05	5.9 (89.4%)
12	KANCELAR Rafał	251		Hard - M	6	01:07:14	02:44:13		03:51:07.75	+00:31:16 (13.5%)	10:30	5.7 (86.4%)
13	DOMIŃSKI Henryk	H20		Hard - M	7	01:07:16	02:44:16		03:51:11.60	+00:31:19 (13.6%)	10:30	5.7 (86.4%)
14	TRYZNO Jakub	X25	7PBOT	Hard X - M	5	01:13:52	02:38:13		03:51:24.75	+00:31:33 (13.6%)	10:31	5.7 (86.4%)
15	ZIOBER Andrzej	H123	9BBKPANC	Hard - M	8	01:06:08	02:29:19		03:51:59.40	+00:32:07 (13.8%)	10:32	5.7 (86.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	7km	14km	Kara/ bonifikata	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
16	MORAWSKI Grzegorz	A57		Hard Hist - M	3	01:09:07	02:41:04		03:52:42.95	+00:32:51 (14.1%)	10:34	5.7 (86.4%)
17	BRZOZKA Tomasz	A40		Hard Hist - M	4	01:09:59	02:41:19		03:54:42.00	+00:34:50 (14.8%)	10:40	5.6 (84.8%)
18	SULEWSKI Krzysztof	H174	DEFENDER BARCZEWO	Hard - M	9	01:03:06	02:27:52		03:55:55.75	+00:36:04 (15.3%)	10:43	5.6 (84.8%)
19	SROCZYŃSKI Marcin	X14		Hard X - M	6	01:15:57	02:40:52		03:58:09.45	+00:38:17 (16.1%)	10:49	5.5 (83.3%)
20	ŚLIZEWSKI Kamil	H70		Hard - M	10	01:08:36	02:35:54		03:59:44.95	+00:39:53 (16.6%)	10:53	5.5 (83.3%)
21	KUREK Daniel	H76		Hard - M	11	01:08:40	02:35:56		03:59:48.90	+00:39:57 (16.7%)	10:54	5.5 (83.3%)
22	LUTY Michał	X36		Hard X - M	7	01:11:52	02:43:19		03:59:55.95	+00:40:04 (16.7%)	10:54	5.5 (83.3%)
23	ZALIŃSKI Leszek	H172		Hard - M	12	01:11:15	02:42:40		04:01:13.15	+00:41:21 (17.1%)	10:57	5.5 (83.3%)
24	WÓJCIK Rafał	X2	SFORA BMK	Hard X - M	8	01:19:20	02:49:14		04:05:39.45	+00:45:47 (18.6%)	11:09	5.4 (81.8%)
25	GOŁOŚ Mateusz	H38	KM PSP WARSZAWA	Hard - M	13	01:11:11	02:43:45		04:06:20.30	+00:46:28 (18.9%)	11:11	5.4 (81.8%)
26	KUKLIK Ewelina	H170	1 PBOT	Hard - K	1	01:18:58	02:50:47		04:10:04.65	+00:50:12 (20.1%)	11:22	5.3 (80.3%)
27	SAKOSIK Krystian	H158	KOSA	Hard - M	14	01:13:28	02:47:21		04:13:01.50	+00:53:09 (21.0%)	11:30	5.2 (78.8%)
28	LICHTOR Jacek	A42		Hard Hist - M	5	01:13:50	02:52:31		04:13:04.95	+00:53:13 (21.0%)	11:30	5.2 (78.8%)
29	STEFANOWSKI Daniel	A23		Hard Hist - M	6	01:09:08	02:52:31		04:13:16.05	+00:53:24 (21.1%)	11:30	5.2 (78.8%)
30	JABŁOŃSKI Robert	H62	9 PUŁK ROZPOZNAWCZY	Hard - M	15	01:12:48	02:41:17		04:14:25.90	+00:54:34 (21.4%)	11:33	5.2 (78.8%)
31	MICKIEWICZ Mateusz	X31	CROSSFIT DOPAMINE	Hard X - M	9	01:14:44	02:49:07		04:14:28.00	+00:54:36 (21.5%)	11:34	5.2 (78.8%)
32	GAWIN Damian	X18		Hard X - M	10	01:21:56	03:01:23		04:15:52.90	+00:56:01 (21.9%)	11:37	5.2 (78.8%)
33	PIEŚLAK Bartosz , OSSOWSKI Michał , SZWED Waldemar , LIBERA Grzegorz	T9	KOMPANIA ROZPOZNAWCZA 1WBPANC	TEAM	1	01:13:29	02:53:22		04:16:51.50	+00:56:59 (22.2%)	11:40	5.1 (77.3%)
34	KRAUZE Tomasz	H150		Hard - M	16	01:18:33	02:58:47		04:20:17.90	+01:00:26 (23.2%)	11:49	5.1 (77.3%)
35	CIERPIŃSKI Grzegorz	X48		Hard X - M	11	01:15:33	02:55:26		04:21:45.20	+01:01:53 (23.6%)	11:53	5 (75.8%)
36	SAKOSIK Imarcin	H160	ŚWIR	Hard - M	17	01:14:30	02:48:45		04:23:14.15	+01:03:22 (24.1%)	11:57	5 (75.8%)
37	ESSI-EZINH Aleksander	H22	SFORA BMK	Hard - M	18	01:14:24	02:53:22		04:24:19.70	+01:04:28 (24.4%)	12:00	5 (75.8%)
38	JANKIEWICZ Marek	X1	MŁODY VS STARY / SFORA BMK	Hard X - M	12	01:21:50	02:58:44		04:25:00.25	+01:05:08 (24.6%)	12:02	5 (75.8%)

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39	CHMIELNIAK Krzysztof	H90		Hard - M	19	01:28:09	03:04:32		04:26:06.35	+01:06:14 (24.9%)	12:05	5 (75.8%)
40	SENATOR Piotr	H157	JEDNOŚĆ ŻABIENIEC	Hard - M	20	01:13:50	02:53:34	-00:14:00	04:28:10.00	+01:08:18 (25.5%)	12:49	4.7 (71.2%)
41	RAK Michał	A36		Hard Hist - M	7	01:16:27	02:54:01		04:28:46.80	+01:08:55 (25.6%)	12:13	4.9 (74.2%)
42	MALACH Dariusz	A3	SFORA BMK	Hard Hist - M	8	01:13:27	02:54:09		04:28:49.80	+01:08:58 (25.7%)	12:13	4.9 (74.2%)
Przekroczony limit czasu: 04:30:00												
43	WOJTASZEK Bartłomiej	H165	JEBAĆPUTINA	Hard - M	21	01:22:14	02:55:39		04:30:18.55	+01:10:26 (26.1%)	12:17	4.9 (74.2%)
44	URBAŃSKI Maciej	H95		Hard - M	22	01:22:38	03:04:42		04:31:09.05	+01:11:17 (26.3%)	12:19	4.9 (74.2%)
45	CHROBOT Kamil	X41		Hard X - M	13	01:12:32	02:40:37		04:31:41.80	+01:11:50 (26.4%)	12:20	4.9 (74.2%)
46	PAWŁOWSKI Patryk	H132	WŚCIEKŁE PIĘŚCI WĘŻA	Hard - M	23	01:23:02	03:10:51		04:31:46.30	+01:11:54 (26.5%)	12:21	4.9 (74.2%)
47	NIEDZIÓŁKA Jakub , SOCHAŃSKI Piotr , ROGOZIŃSKI Grzegorz , MAJOR Krzysztof	T5	AKADEMIA WOJSK LADOWYCH	TEAM	2	01:12:45	02:54:22		04:32:25.70	+01:12:34 (26.6%)	12:22	4.8 (72.7%)
48	STRONGOWSKI Sebastian	A46		Hard Hist - M	9	01:13:52	02:59:16		04:34:11.20	+01:14:19 (27.1%)	12:27	4.8 (72.7%)
49	ROMAN Krzysztof	X46	SFORA BMK	Hard X - M	14	01:19:35	03:04:35		04:34:48.25	+01:14:56 (27.3%)	12:29	4.8 (72.7%)
50	KARCZEWSKI Adam , KANAWKA Grzegorz , BABEL Krzysztof , LEWANDOWSKI Maciej	T16	HOLD THE LINE	TEAM	3	01:13:51	02:59:47		04:35:35.85	+01:15:44 (27.5%)	12:31	4.8 (72.7%)
51	AJZAK Elżbieta	X30		Hard X - K	1	01:25:02	03:06:24		04:35:51.80	+01:16:00 (27.6%)	12:32	4.8 (72.7%)
52	ZAWADZKI Filip	H65	WAT	Hard - M	24	01:19:28	02:51:47		04:36:17.55	+01:16:25 (27.7%)	12:33	4.8 (72.7%)
53	MISIOR Paulina	X21	HARDCOROWE WYCHYLYLYBYMY	Hard X - K	2	01:39:33	03:11:17		04:36:25.95	+01:16:34 (27.7%)	12:33	4.8 (72.7%)
54	JESKA Tomasz	H12	SFORA BMK	Hard - M	25	01:23:27	03:06:40		04:38:48.75	+01:18:57 (28.3%)	12:40	4.7 (71.2%)
55	BIELEWSKI Eryk	A20		Hard Hist - M	10	01:27:52	03:09:53		04:40:59.05	+01:21:07 (28.9%)	12:46	4.7 (71.2%)
56	BILL Paweł	H115		Hard - M	26	01:27:30	03:08:14		04:42:21.50	+01:22:29 (29.2%)	12:50	4.7 (71.2%)
57	MAJSZCZYK Paulina	X47	HARDCOROWE WYCHYLYLYBYMY	Hard X - K	3	01:27:17	03:11:15		04:42:52.70	+01:23:01 (29.3%)	12:51	4.7 (71.2%)
58	KESKA Krzysztof	H92		Hard - M	27	01:27:10	03:02:04		04:43:03.60	+01:23:11 (29.4%)	12:51	4.7 (71.2%)
59	NIKOLENKO Illia	H113		Hard - K	2	01:28:10	03:05:27		04:43:52.85	+01:24:01 (29.6%)	12:54	4.7 (71.2%)
60	KURZYDŁOWSKI Maciej	A48		Hard Hist - M	11	01:22:14	03:09:54		04:44:11.10	+01:24:19 (29.7%)	12:55	4.6 (69.7%)

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61	KARCZEWSKI Marcin	A14		Hard Hist - M	12	01:22:11	03:09:56		04:44:15.45	+01:24:23 (29.7%)	12:55	4.6 (69.7%)
62	ADAMCZEWSKI Szymon	H148		Hard - M	28	01:28:11	03:13:45		04:44:20.15	+01:24:28 (29.7%)	12:55	4.6 (69.7%)
63	KWIATKOWSKI Kajetan	A34		Hard Hist - M	13	01:22:30	03:09:54		04:44:27.15	+01:24:35 (29.7%)	12:55	4.6 (69.7%)
64	WERNIO Dariusz	A6		Hard Hist - M	14	01:31:33	03:42:39		04:45:27.75	+01:25:36 (30.0%)	12:58	4.6 (69.7%)
65	DUDA Mateusz	X35		Hard X - M	15	01:21:53	03:11:13		04:45:29.85	+01:25:38 (30.0%)	12:58	4.6 (69.7%)
66	GŁOWACKI Andrzej	X3	MŁODY VS STARY / SFORA BMK	Hard X - M	16	01:19:55	03:04:05		04:46:55.40	+01:27:03 (30.3%)	13:02	4.6 (69.7%)
67	MALINOWSKI Karol	X8	MŁODY VS STARY / SFORA BMK	Hard X - M	17	01:19:58	03:04:06		04:46:57.15	+01:27:05 (30.4%)	13:02	4.6 (69.7%)
68	WOZNIAK Grzegorz , JAROSZYŃSKI Piotr , GARLICKI Robert , KACZANOWSKI Marcin	T10		TEAM	4	01:20:20	03:06:24		04:47:31.30	+01:27:39 (30.5%)	13:04	4.6 (69.7%)
69	ZWARA Konrad	H142	NOWA KARCZMA	Hard - M	29	01:35:16	03:25:22		04:47:42.35	+01:27:50 (30.5%)	13:04	4.6 (69.7%)
70	NOWAK Rafał	H144	ENDORFINA	Hard - M	30	01:16:14	02:54:10		04:48:21.25	+01:28:29 (30.7%)	13:06	4.6 (69.7%)
71	DOMBROWICZ Wojciech , ŁUSZCZYŃSKI Maciej , PŁOTKOWSKI Jarosław , SZYCHULSKI Krzysztof	T15	FCC TEAM TORUŃ	TEAM	5	01:18:08	03:11:37		04:48:51.25	+01:28:59 (30.8%)	13:07	4.6 (69.7%)
72	KAMIŃSKI Kamil	H77		Hard - M	31	01:19:19	02:58:46		04:49:10.25	+01:29:18 (30.9%)	13:08	4.6 (69.7%)
73	ŚWIERCZEWSKI Marcin	H149	SFORA BMK	Hard - M	32	01:19:22	02:58:48		04:49:13.95	+01:29:22 (30.9%)	13:08	4.6 (69.7%)
74	GUEVARA Gabriel	H177		Hard - M	33	01:40:40	03:18:39		04:50:03.80	+01:30:12 (31.1%)	13:11	4.6 (69.7%)
75	CIESIELSKI Karol	H27	9 PUŁK ROZPOZNAWCZY	Hard - M	34	01:22:23	03:11:54		04:50:12.70	+01:30:21 (31.1%)	13:11	4.5 (68.2%)
76	MACZULSKI Krzysztof	X33	LIONSFIREFIGHTERSTEAM	Hard X - M	18	01:25:23	03:10:53		04:50:17.35	+01:30:25 (31.2%)	13:11	4.5 (68.2%)
77	KAMIENIECKI Michał	X34	LIONSFIREFIGHTERSTEAM	Hard X - M	19	01:25:22	03:10:54		04:50:18.75	+01:30:27 (31.2%)	13:11	4.5 (68.2%)
78	PIWOWARSKI Kacper , WOJCIECHOWSKI Konrad , SIEMIENCZYK Michał , BARAŃCZUK Karol	T17	KOMANDO FOKI	TEAM	6	01:22:37	03:10:32		04:50:54.20	+01:31:02 (31.3%)	13:13	4.5 (68.2%)
79	STAWIARZ Paweł	H32	GERIATRIC TEAM	Hard - M	35	01:24:47	03:13:31		04:52:20.25	+01:32:28 (31.6%)	13:17	4.5 (68.2%)
80	MANIKOWSKI Daniel	H67		Hard - M	36	01:27:44	03:20:17		04:53:03.40	+01:33:11 (31.8%)	13:19	4.5 (68.2%)
81	ADAMUS Mateusz	X39		Hard X - M	20	01:25:19	03:16:16		04:54:17.75	+01:34:26 (32.1%)	13:22	4.5 (68.2%)

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82	TRZCIŃSKA Agata	X22		Hard X - K	4	01:30:51	03:19:31		04:55:58.10	+01:36:06 (32.5%)	13:27	4.5 (68.2%)
83	MACHTEL Wiktor	H138		Hard - M	37	01:25:30	03:11:13		04:56:12.00	+01:36:20 (32.5%)	13:27	4.5 (68.2%)
84	MACHTEL Adrian	H137		Hard - M	38	01:25:29	03:11:08		04:56:38.55	+01:36:46 (32.6%)	13:29	4.4 (66.7%)
85	MAJEWSKI Maciej	H17		Hard - M	39	01:22:55	03:09:17		04:57:07.05	+01:37:15 (32.7%)	13:30	4.4 (66.7%)
86	PARTYKA Marcin	H54		Hard - M	40	01:29:33	03:15:48		04:58:17.20	+01:38:25 (33.0%)	13:33	4.4 (66.7%)
87	GOLDMANN Bartosz	H99		Hard - M	41	01:35:44	03:19:07		04:58:24.80	+01:38:33 (33.0%)	13:33	4.4 (66.7%)
88	GMITER Rafał	H169		Hard - M	42	01:34:39	03:25:28		04:58:26.65	+01:38:34 (33.0%)	13:33	4.4 (66.7%)
89	BIAŁY Michał	A53		Hard Hist - M	15	01:24:12	03:10:24		04:58:51.50	+01:38:59 (33.1%)	13:35	4.4 (66.7%)
90	ORZECHOWSKI Tomasz	A49		Hard Hist - M	16	01:24:12	03:10:30		04:58:54.05	+01:39:02 (33.1%)	13:35	4.4 (66.7%)
91	KALENDA Grzegorz	A51	MERCHANT HOUSE	Hard Hist - M	17	01:24:11	03:10:29		04:58:55.00	+01:39:03 (33.1%)	13:35	4.4 (66.7%)
92	ANOWSKI Adrian	H134	OBSTACLE CENTER TEAM	Hard - M	43	01:23:39	03:15:49		04:59:33.15	+01:39:41 (33.3%)	13:36	4.4 (66.7%)
93	DŁUGOKENCKI Mateusz	H6	OŻW ELBLĄG / SFORA BMK	Hard - M	44	01:25:13	03:17:20		04:59:41.25	+01:39:49 (33.3%)	13:37	4.4 (66.7%)
94	GAJEWSKI Jacek	H68	DOGOŃ GRODZISK MASOWIECKI	Hard - M	45	01:27:35	03:16:46		04:59:53.45	+01:40:01 (33.4%)	13:37	4.4 (66.7%)
95	KRĘGIELSKI Bartosz	H122	BIEGUN OCR	Hard - M	46	01:24:02	03:16:41		05:00:02.05	+01:40:10 (33.4%)	13:38	4.4 (66.7%)
96	FORTUNIAK Patryk	A4		Hard Hist - M	18	01:18:54	03:15:00		05:00:03.50	+01:40:11 (33.4%)	13:38	4.4 (66.7%)
97	STANULA Fabian	H14		Hard - M	47	01:30:26	03:20:21		05:00:03.80	+01:40:12 (33.4%)	13:38	4.4 (66.7%)
98	SYGNATOWICZ Grzegorz	H173	SFORA BMK/ KSRG POLKOWICE-SIEROSZOWICE	Hard - M	48	01:25:24	03:17:31		05:00:13.05	+01:40:21 (33.4%)	13:38	4.4 (66.7%)
99	WOJCIECHOWSKA Ines	X17	MŁODY VS STARY / SFORA BMK	Hard X - K	5	01:22:31	03:05:10		05:00:44.05	+01:40:52 (33.5%)	13:40	4.4 (66.7%)
100	RYBICKI Tomasz	X10	MŁODY VS STARY / SFORA BMK	Hard X - M	21	01:22:37	03:05:17		05:00:50.25	+01:40:58 (33.6%)	13:40	4.4 (66.7%)
101	GAJEWSKI Krzysztof	H97		Hard - M	49	01:30:06	03:20:56		05:02:22.95	+01:42:31 (33.9%)	13:44	4.4 (66.7%)
102	DOLEWSKI Konrad	A44		Hard Hist - M	19	01:24:43	03:20:06		05:03:21.45	+01:43:29 (34.1%)	13:47	4.4 (66.7%)
103	SOBCZYK Paweł	H146	14ZBOT 141BLP	Hard - M	50	01:28:11	03:13:45		05:03:40.80	+01:43:49 (34.2%)	13:48	4.3 (65.2%)
104	DOLEWSKI Karol	A45		Hard Hist - M	20	01:24:43	03:20:04		05:04:01.25	+01:44:09 (34.3%)	13:49	4.3 (65.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	7km	14km	Kara/ bonifikata	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
105	ROMANOWICZ Łukasz	H131	WŚCIEKŁE PIĘŚCI WĘŻA	Hard - M	51	01:23:03	03:10:53		05:05:15.25	+01:45:23 (34.5%)	13:52	4.3 (65.2%)
106	DUBIEL Angelika	H81		Hard - K	3	01:34:12	03:19:08		05:05:16.00	+01:45:24 (34.5%)	13:52	4.3 (65.2%)
107	MARIUSZ Mrozik	X45	DZIKE DZIKI GORZOW	Hard X - M	22	01:32:17	03:22:50		05:05:28.45	+01:45:36 (34.6%)	13:53	4.3 (65.2%)
108	KOLEJ Monika	X44	DZIKIE DZIKI GORZOW	Hard X - K	6	01:32:20	03:22:49		05:05:29.30	+01:45:37 (34.6%)	13:53	4.3 (65.2%)
109	LEŚNIAK Grzegorz	H109	DIRTY SPARROWS	Hard - M	52	01:23:22	03:20:41		05:06:43.75	+01:46:52 (34.8%)	13:56	4.3 (65.2%)
110	KRZOSKA Krzysztof	H104	BYSŁAWIAK	Hard - M	53	01:25:35	03:16:48		05:06:49.70	+01:46:58 (34.9%)	13:56	4.3 (65.2%)
111	WYDRZYŃSKI Marek	H88		Hard - M	54	01:20:15	03:04:05		05:08:06.55	+01:48:14 (35.1%)	14:00	4.3 (65.2%)
112	KURAŚ Beata	A8	SFORA BMK / 7PBOT	Hard Hist - K	1	01:30:16	03:21:40		05:08:47.05	+01:48:55 (35.3%)	14:02	4.3 (65.2%)
113	KARGUL Grzegorz	H2	HUNTERS OCR TEAM	Hard - M	55	01:33:17	03:20:51		05:09:53.00	+01:50:01 (35.5%)	14:05	4.3 (65.2%)
114	PIOTROWSKI Łukasz , DYGA Maciej , SZEWCZYK Mateusz , BANAS Adam	T4	ZMECH	TEAM	7	01:21:43	03:17:14		05:11:07.40	+01:51:15 (35.8%)	14:08	4.2 (63.6%)
115	PODSIADLIK Piotr	H166		Hard - M	56	01:22:35	03:16:58		05:12:30.85	+01:52:39 (36.0%)	14:12	4.2 (63.6%)
116	KOSMACZEWSKI Leszek	H112	NO EXCUSES TEAM	Hard - M	57	01:19:42	03:07:29		05:14:34.40	+01:54:42 (36.5%)	14:17	4.2 (63.6%)
117	TOMCZAK Artur	H105	SFORA BMK	Hard - M	58	01:25:43	03:20:46		05:14:58.15	+01:55:06 (36.5%)	14:19	4.2 (63.6%)
118	KUCHARSKI Krystian	H156	SOCIOS SILESIA	Hard - M	59	01:29:50	03:28:47		05:15:06.45	+01:55:14 (36.6%)	14:19	4.2 (63.6%)
119	MICHALSKI Grzegorz	H98		Hard - M	60	01:30:01	03:28:48		05:15:12.30	+01:55:20 (36.6%)	14:19	4.2 (63.6%)
120	SZWED Waldemar , KOMINEK Robert , ORZECHOWSKI Kai , BILIŃSKI Piotr	T14		TEAM	8	01:23:12	03:20:40		05:15:21.05	+01:55:29 (36.6%)	14:20	4.2 (63.6%)
121	JAGIELSKI Paweł	H116		Hard - M	61	01:27:31	03:08:15		05:15:38.80	+01:55:47 (36.7%)	14:20	4.2 (63.6%)
122	PRACHNIO Maciej	H117	SFORA BMK	Hard - M	62	01:35:02	03:25:02		05:18:15.70	+01:58:24 (37.2%)	14:27	4.1 (62.1%)
123	RZESZOTARSKI Tomasz	H106		Hard - M	63	01:31:08	03:25:29		05:18:37.70	+01:58:46 (37.3%)	14:28	4.1 (62.1%)
124	KLUZA Karol	A37		Hard Hist - M	21	01:40:26	03:34:31		05:18:51.15	+01:58:59 (37.3%)	14:29	4.1 (62.1%)
125	RAK Cezary , PIĘTKA Marcin , CHMIELEWSKI Mateusz , LECH Mateusz	T6	HARDCOROWE WYCHYLYBYMY	TEAM	9	01:28:56	03:31:48		05:19:27.80	+01:59:36 (37.4%)	14:31	4.1 (62.1%)
126	GULATOWSKA Klaudia	A32		Hard Hist - K	2	01:28:50	03:34:28		05:19:58.25	+02:00:06 (37.5%)	14:32	4.1 (62.1%)
127	GRABOWSKI Zbigniew	H141	SFORA BMK	Hard - M	64	01:34:50	03:24:49		05:20:14.75	+02:00:23 (37.6%)	14:33	4.1 (62.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	7km	14km	Kara/ bonifikata	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
128	HEBANOWSKI Łukasz	H163		Hard - M	65	01:30:03	03:16:34		05:20:34.90	+02:00:43 (37.7%)	14:34	4.1 (62.1%)
129	RADKIEWICZ Artur	H78	9PR	Hard - M	66	01:22:19	03:18:14		05:23:10.40	+02:03:18 (38.2%)	14:41	4.1 (62.1%)
130	FURMAN Paweł	H135	SFORA BMK	Hard - M	67	01:30:36	03:32:15		05:24:24.40	+02:04:32 (38.4%)	14:44	4.1 (62.1%)
131	KISIEL Artur	H50		Hard - M	68	01:23:19	03:21:35		05:24:27.80	+02:04:36 (38.4%)	14:44	4.1 (62.1%)
132	CISZEWSKI Bartłomiej	X26		Hard X - M	23	01:34:11	03:31:35		05:25:28.75	+02:05:37 (38.6%)	14:47	4.1 (62.1%)
133	PASZYN Maciej	X37	ISKRA GLIWICE	Hard X - M	24	01:29:35	03:27:06		05:25:31.90	+02:05:40 (38.6%)	14:47	4.1 (62.1%)
134	PAWŁOWSKI Tadek	A31		Hard Hist - M	22	01:43:36	03:36:32		05:26:47.95	+02:06:56 (38.8%)	14:51	4 (60.6%)
135	DOMIAN Arkadiusz	H162	7PBOT	Hard - M	69	01:31:38	03:26:36		05:26:49.35	+02:06:57 (38.8%)	14:51	4 (60.6%)
136	NOWICKI Olgierd	H46		Hard - M	70	02:23:10			05:27:25.65	+02:07:33 (39.0%)	14:52	4 (60.6%)
137	PIERWOŁA Tomasz	A39	GRUPA ROZPOZNAWCZA RYŚ	Hard Hist - M	23	01:44:44	03:34:05		05:28:00.55	+02:08:08 (39.1%)	14:54	4 (60.6%)
138	ŁUSZCZAK Mirosław	A9	GRR	Hard Hist - M	24	01:44:45	03:34:05		05:28:01.70	+02:08:10 (39.1%)	14:54	4 (60.6%)
139	BAŁAZY Marcin	A19	MAZURSKA WATAHA	Hard Hist - M	25	01:28:00	03:37:48		05:28:24.05	+02:08:32 (39.1%)	14:55	4 (60.6%)
140	URBALA Marek	H58	SFORA BMK/49 BAZA LOTNICZA	Hard - M	71	01:31:47	03:26:07		05:28:25.85	+02:08:34 (39.1%)	14:55	4 (60.6%)
141	KIZIŃSKI Mateusz	H40		Hard - M	72	01:29:47	03:28:29		05:28:42.05	+02:08:50 (39.2%)	14:56	4 (60.6%)
142	PIOTROWSKI Roman	A33	SPARTA RUNNERS	Hard Hist - M	26	01:40:36	03:34:48		05:28:44.90	+02:08:53 (39.2%)	14:56	4 (60.6%)
143	MIROTA Rafał	A38	MAZURSKA WATAHA	Hard Hist - M	27	01:28:31	03:38:15		05:28:53.45	+02:09:01 (39.2%)	14:56	4 (60.6%)
144	CZAJCZYŃSKI Daniel	H10	SFORA BMK	Hard - M	73	01:35:20	03:36:59		05:29:05.70	+02:09:14 (39.3%)	14:57	4 (60.6%)
145	JANAS Szymon	H121	SFORA BMK	Hard - M	74	01:36:16	03:31:31		05:30:11.35	+02:10:19 (39.5%)	15:00	4 (60.6%)
146	WLAŻLAK Damian	A10		Hard Hist - M	28	01:28:45	03:38:55		05:30:53.10	+02:11:01 (39.6%)	15:02	4 (60.6%)
147	FIEDOR Tomasz	A50	HUSARIA RACE TEAM	Hard Hist - M	29	01:28:46	03:38:51		05:30:55.15	+02:11:03 (39.6%)	15:02	4 (60.6%)
148	KAVETSKI Ihar	A17		Hard Hist - M	30	01:35:02	03:33:11		05:31:04.20	+02:11:12 (39.6%)	15:02	4 (60.6%)
149	DROŻYCKI Zbigniew	X15		Hard X - M	25	01:34:21	03:39:23		05:33:02.75	+02:13:11 (40.0%)	15:08	4 (60.6%)
150	KNIOŁA Łukasz , KRYSZTOFIŃSKI Dawid , WYKURZ Krzysztof , KOWALEWSKI Andrzej	T12	WOLF TEAM	TEAM	10	01:28:41	03:37:54		05:33:18.35	+02:13:26 (40.0%)	15:09	4 (60.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	7km	14km	Kara/ bonifikata	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
151	KAMIONKA Andrzej	H168	14ZBOT/141BLP	Hard - M	75	01:35:35	03:32:48		05:34:55.45	+02:15:03 (40.3%)	15:13	3.9 (59.1%)
152	ŁANGOWSKI Damian	H143	NOWA KARCZMA	Hard - M	76	01:34:12	03:27:17		05:35:43.40	+02:15:51 (40.5%)	15:15	3.9 (59.1%)
153	KOSCHEMBAHR ŁYSKOWSKA Danuta	A26	BIGYELLOWFOOT ADVENTURE TEAM	Hard Hist - K	3	01:35:03	03:34:01		05:35:44.50	+02:15:52 (40.5%)	15:15	3.9 (59.1%)
154	POLANSKI Jerzy	H61	FANTOM KARTUZY	Hard - M	77	01:31:33	03:32:53		05:36:16.95	+02:16:25 (40.6%)	15:17	3.9 (59.1%)
155	HADRIAN Roman	A12		Hard Hist - M	31	01:36:20	03:36:49		05:37:19.95	+02:17:28 (40.8%)	15:19	3.9 (59.1%)
156	ŁUCZEK Przemysław	A21		Hard Hist - M	32	01:36:22	03:37:00		05:37:21.95	+02:17:30 (40.8%)	15:20	3.9 (59.1%)
157	DĘBOWSKI Artur	H171		Hard - M	78	01:33:40	03:33:19		05:38:34.45	+02:18:42 (41.0%)	15:23	3.9 (59.1%)
158	KAMIŃSKI Michał , PIETRZAK Damian , WOŁCZYK Cezary , WOŁCZYK Grzegorz	T13		TEAM	11	01:28:21	03:44:16		05:39:29.25	+02:19:37 (41.1%)	15:25	3.9 (59.1%)
159	MILLER Robert	A29		Hard Hist - M	33	01:31:29	03:34:07		05:39:49.95	+02:19:58 (41.2%)	15:26	3.9 (59.1%)
160	ŁASKAWSKI Michał	A13	BEFIT24TEAM	Hard Hist - M	34	01:29:59	03:34:12		05:39:56.35	+02:20:04 (41.2%)	15:27	3.9 (59.1%)
161	BOROWSKI Paweł	X43	BOT	Hard X - M	26	01:30:15	03:39:22		05:39:58.20	+02:20:06 (41.2%)	15:27	3.9 (59.1%)
162	GORZOCH Mariusz	H34		Hard - M	79	01:31:34	03:34:58		05:40:40.25	+02:20:48 (41.3%)	15:29	3.9 (59.1%)
162	GUTOWICZ Marcin	H19		Hard - M	79	01:31:30	03:34:59		05:40:40.25	+02:20:48 (41.3%)	15:29	3.9 (59.1%)
164	ALEKSANDROWICZ Patryk	H21		Hard - M	81	01:31:31	03:35:01		05:40:41.00	+02:20:49 (41.3%)	15:29	3.9 (59.1%)
165	PUPIAŁO Agnieszka	A61		Hard Hist - K	4	01:43:25	03:46:38		05:41:44.65	+02:21:52 (41.5%)	15:32	3.9 (59.1%)
166	WICHER Lesław	A62	7PBOT	Hard Hist - M	35	01:43:28	03:46:39		05:42:09.80	+02:22:18 (41.6%)	15:33	3.9 (59.1%)
167	GRZYBOWSKI Patryk	H100	SFORA BMK	Hard - M	82	01:38:01	03:42:30		05:43:33.05	+02:23:41 (41.8%)	15:36	3.8 (57.6%)
168	KWAŚNIEWSKI Łukasz	H25	OGIEŃ Z SZOPY!!!	Hard - M	83	01:32:30	03:37:13		05:44:45.40	+02:24:53 (42.0%)	15:40	3.8 (57.6%)
169	KOWALSKA Agnieszka	H71		Hard - K	4	01:40:30	03:38:20		05:45:23.50	+02:25:31 (42.1%)	15:41	3.8 (57.6%)
170	TERLECKA Joanna	X12	MŁODY VS STARY / SFORA BMK	Hard X - K	7	01:45:51	03:50:01		05:46:21.45	+02:26:29 (42.3%)	15:44	3.8 (57.6%)
171	KOSEWSKA Monika	X5	MŁODY VS STARY / SFORA BMK	Hard X - K	8	01:45:51	03:49:58		05:46:37.00	+02:26:45 (42.3%)	15:45	3.8 (57.6%)
172	SŁOWIK Adrian	X23		Hard X - M	27	01:40:50	03:47:21		05:46:54.65	+02:27:02 (42.4%)	15:46	3.8 (57.6%)
173	TERLECKI Władysław	X13	MŁODY VS STARY / SFORA BMK	Hard X - M	28	01:45:54	03:50:01		05:47:01.15	+02:27:09 (42.4%)	15:46	3.8 (57.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	7km	14km	Kara/ bonifikata	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
174	JANISZEWSKI Andrzej	H13	CWAŁUJĄCE ŻÓŁWIE	Hard - M	84	01:36:52	03:39:30		05:47:29.70	+02:27:38 (42.5%)	15:47	3.8 (57.6%)
175	WIĘSEK Artur	H151		Hard - M	85	01:25:35	03:32:05		05:47:31.00	+02:27:39 (42.5%)	15:47	3.8 (57.6%)
176	STASZAK Wojciech	H124	KMP KOSZALIN	Hard - M	86	01:37:21	03:43:08		05:47:53.45	+02:28:01 (42.6%)	15:48	3.8 (57.6%)
177	ŁADA Jarosław	H15	DEFENDER BARCZEWO	Hard - M	87	01:33:00	03:37:49		05:48:25.60	+02:28:33 (42.6%)	15:50	3.8 (57.6%)
178	KRZEMIŃSKI Krystian	H5		Hard - M	88	01:33:09	03:39:09		05:48:27.30	+02:28:35 (42.6%)	15:50	3.8 (57.6%)
179	ŁOŚ Małgorzata	H28	OGIEŃ Z SZOPY	Hard - K	5	01:37:13	03:41:55		05:49:05.95	+02:29:14 (42.7%)	15:52	3.8 (57.6%)
180	AFTEWICZ Adrian	H16	DEFENDER BARCZEWO	Hard - M	89	01:33:12	03:39:18		05:49:57.45	+02:30:05 (42.9%)	15:54	3.8 (57.6%)
181	BABIARZ Piotr	H79	B	Hard - M	90	01:33:04	03:39:15		05:50:02.35	+02:30:10 (42.9%)	15:54	3.8 (57.6%)
182	JUNDZIŁ Paweł	X29		Hard X - M	29	01:32:35	03:18:53		05:50:14.90	+02:30:23 (42.9%)	15:55	3.8 (57.6%)
183	JAKSZEWICZ Sławomir	H119		Hard - M	91	01:41:37	03:44:31		05:51:50.20	+02:31:58 (43.2%)	15:59	3.8 (57.6%)
184	KUROWSKI Rrobert , PĘDZISZ Sebastian , HNYTKO Michał , DOBIES Patrycjusz	T3	KJCH RATOWNICY RUDNA	TEAM	12	01:20:38	03:19:24		05:52:41.05	+02:32:49 (43.3%)	16:01	3.7 (56.1%)
185	SITKOWSKI Tomasz	H9		Hard - M	92	01:23:17	03:24:31		05:52:56.00	+02:33:04 (43.4%)	16:02	3.7 (56.1%)
186	DUBIELECKI Adadamam	H51	DEFENDER BARCZEWO	Hard - M	93	01:33:05	03:39:14		05:53:17.60	+02:33:25 (43.4%)	16:03	3.7 (56.1%)
187	WOJDA Anna	X11		Hard X - K	9	01:39:32	03:45:02		05:53:26.25	+02:33:34 (43.5%)	16:03	3.7 (56.1%)
188	WIĘCEK Dandanieliel Daniel	H31	DEFENDER BARCZEWO	Hard - M	94	01:33:13	03:39:19		05:53:32.50	+02:33:40 (43.5%)	16:04	3.7 (56.1%)
189	KWIATKOWSKI Dominik	H130	AMW	Hard - M	95	01:43:29	03:46:40		05:53:56.30	+02:34:04 (43.5%)	16:05	3.7 (56.1%)
190	DORAWA Hubert	H152	AKADEMIA MARYNARKI WOJENNEJ	Hard - M	96	01:43:29	03:46:42		05:53:57.45	+02:34:05 (43.5%)	16:05	3.7 (56.1%)
191	WIŚNIEWSKI Włodzimierz	H84	SPC	Hard - M	97	01:43:55	03:59:10		05:54:30.95	+02:34:39 (43.6%)	16:06	3.7 (56.1%)
192	BAUKE David Bauke	H127		Hard - M	98	01:36:11	03:45:08		05:54:57.95	+02:35:06 (43.7%)	16:08	3.7 (56.1%)
193	BÖHM Mario	H55	MILITARY TRAINING HAMBURG	Hard - M	99	01:36:17	03:45:11		05:55:06.10	+02:35:14 (43.7%)	16:08	3.7 (56.1%)
194	WĘGRODZKI Paweł , STAŃCZYK Jan , SIEMIANOWSKI Radosław , CIARKOWSKI Piotr	T7	DEFENDER BARCZEWO	TEAM	13	01:51:57	04:39:14		05:55:53.35	+02:36:01 (43.8%)	16:10	3.7 (56.1%)
195	ŁAKOMY Jakub	H52	1109	Hard - M	100	01:32:48	03:35:19		05:57:13.60	+02:37:21 (44.1%)	16:14	3.7 (56.1%)

Msc	Zawodnik	Numer		Klub	Kategoria	Mkat	7km	14km	Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
										netto 22km	Różn		
196	SZABLEWSKI Artur	H53	1109		Hard - M	101	01:32:45	03:35:17		05:57:14.05	+02:37:22 (44.1%)	16:14	3.7 (56.1%)
197	UKLEJA Mateusz	H139			Hard - M	102	01:35:28	03:45:16		05:58:35.85	+02:38:44 (44.3%)	16:17	3.7 (56.1%)
198	KULCZAK Paweł	H3			Hard - M	103	01:41:38	03:55:14		05:59:03.55	+02:39:11 (44.3%)	16:19	3.7 (56.1%)
199	BURSKI Paweł	H11	SFORABMK		Hard - M	104	01:31:31	03:39:00		05:59:27.90	+02:39:36 (44.4%)	16:20	3.7 (56.1%)
200	SZWAJKOWSKI Przemysław	H107			Hard - M	105	01:36:14	03:44:54		06:00:24.00	+02:40:32 (44.5%)	16:22	3.7 (56.1%)
201	GRĄBSKI Rafał	H118			Hard - M	106	01:36:27	03:44:58		06:00:26.35	+02:40:34 (44.6%)	16:23	3.7 (56.1%)
202	POBUDKIEWICZ Maciej	X16	HARDCOROWE WYCHYLYLYBYMY		Hard X - M	30	01:37:03	03:52:12		06:00:36.85	+02:40:45 (44.6%)	16:23	3.7 (56.1%)
203	MATYSEK Ireneusz	H120	KOMANDOS WAŁECKI		Hard - M	107	01:41:50	03:48:37		06:02:09.05	+02:42:17 (44.8%)	16:27	3.6 (54.5%)
204	SAJNOK Oskar	H155			Hard - M	108	01:27:17	03:46:18		06:03:18.95	+02:43:27 (45.0%)	16:30	3.6 (54.5%)
205	SLOMSKI Cyprian	X42			Hard X - M	31	01:42:07	03:48:17		06:08:29.85	+02:48:38 (45.8%)	16:44	3.6 (54.5%)
206	RYBARCZYK Tomasz	H133			Hard - M	109	01:36:17	03:56:29		06:09:45.20	+02:49:53 (45.9%)	16:48	3.6 (54.5%)
207	SZCZYPLIŃSKA Anna	X9	MŁODY VS STARY / SFORA BMK		Hard X - K	10	01:48:01	04:22:43		06:09:55.75	+02:50:04 (46.0%)	16:48	3.6 (54.5%)
208	KOSTRZON Maciej	X19	SFORA BMK		Hard X - M	32	01:48:21	04:23:03		06:10:16.65	+02:50:24 (46.0%)	16:49	3.6 (54.5%)
209	BARGIELSKI Michał	H18	KD310		Hard - M	110	01:40:29	03:47:00		06:13:52.70	+02:54:01 (46.5%)	16:59	3.5 (53.0%)
210	FESTOROWSKI Patryk	H57			Hard - M	111	01:36:26	03:47:03		06:13:57.80	+02:54:06 (46.6%)	16:59	3.5 (53.0%)
211	STALSKI Paweł	H4			Hard - M	112	01:36:52	03:52:44		06:15:33.90	+02:55:42 (46.8%)	17:04	3.5 (53.0%)
212	STALSKA Magdalena	H8			Hard - K	6	01:36:50	03:52:40		06:15:34.30	+02:55:42 (46.8%)	17:04	3.5 (53.0%)
213	BARTOCHOWSKI Damian	H154			Hard - M	113	01:28:28	03:28:28		06:15:41.45	+02:55:49 (46.8%)	17:04	3.5 (53.0%)
214	KAJA Robert	A11			Hard Hist - M	36	01:45:14	04:01:39		06:19:50.60	+02:59:58 (47.4%)	17:15	3.5 (53.0%)
215	WIELGOSIŃSKI Przemysław	A5			Hard Hist - M	37	01:45:15	04:01:41		06:19:50.65	+02:59:58 (47.4%)	17:15	3.5 (53.0%)
216	CZEKALSKI Wojciech	H91			Hard - M	114	01:36:51	03:41:29		06:20:57.35	+03:01:05 (47.5%)	17:18	3.5 (53.0%)
217	KUŚNIERZ Aleksander	H129			Hard - M	115	01:35:51	03:57:37		06:22:08.75	+03:02:17 (47.7%)	17:22	3.5 (53.0%)
218	BORKOWSKI Dawid	H136			Hard - M	116	01:35:51	03:57:39		06:22:19.00	+03:02:27 (47.7%)	17:22	3.5 (53.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	7km	14km	Kara/ bonifikata	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
219	ZASOWSKI Grzegorz	H64		Hard - M	117	01:46:32	04:03:29		06:23:03.60	+03:03:11 (47.8%)	17:24	3.4 (51.5%)
220	NIEWIAROWSKI Jarosław	H35	BIEGIEM PO PIWO	Hard - M	118	01:43:58	03:47:03		06:26:14.25	+03:06:22 (48.3%)	17:33	3.4 (51.5%)
221	BUDZISZ Rafał	H164		Hard - M	119	01:37:36	03:50:03		06:27:46.15	+03:07:54 (48.5%)	17:37	3.4 (51.5%)
222	RUMAK Józef	H159	AKADEMIA SZTUKI WOJENNEJ	Hard - M	120	01:45:35	03:52:03		06:28:17.50	+03:08:25 (48.5%)	17:38	3.4 (51.5%)
223	KONIKOWSKI Mateusz	H72	KD310	Hard - M	121	01:40:30	03:47:01		06:31:01.25	+03:11:09 (48.9%)	17:46	3.4 (51.5%)
224	HOREZGA Dorota	H7		Hard - K	7	01:50:57	04:19:30		06:32:59.40	+03:13:07 (49.1%)	17:51	3.4 (51.5%)
225	KOMAR Tomasz	H47	NA PRZYPALE ALBO WCALE!!!	Hard - M	122	01:39:55	04:03:52		06:33:56.55	+03:14:04 (49.3%)	17:54	3.4 (51.5%)
226	KWATER Jan	H45		Hard - M	123	01:40:45	03:58:41		06:34:54.65	+03:15:02 (49.4%)	17:57	3.3 (50.0%)
227	PUŁAWSKI Kamil	H110	WAT	Hard - M	124	01:41:01	04:19:07		06:37:22.20	+03:17:30 (49.7%)	18:03	3.3 (50.0%)
228	CHWALISZ Paweł	H94		Hard - M	125	01:48:56	04:22:32		06:52:51.10	+03:32:59 (51.6%)	18:45	3.2 (48.5%)
229	DROZD Mateusz	281		Hard - M	126	01:32:02	04:05:17		06:55:21.10	+03:35:29 (51.9%)	18:52	3.2 (48.5%)
230	TOMPSON Stefan	A28		Hard Hist - M	38	01:53:45	04:36:17		07:12:02.00	+03:52:10 (53.7%)	19:38	3.1 (47.0%)
231	NEY Patrick	A27		Hard Hist - M	39	01:53:45	04:36:17		07:12:02.65	+03:52:10 (53.7%)	19:38	3.1 (47.0%)
232	KALKOWSKA Karolina	A43	POGOTOWIE RODZINNE POZNANŃ	Hard Hist - K	5	01:53:22	04:36:54		07:14:33.50	+03:54:41 (54.0%)	19:45	3 (45.5%)
233	BARTOCHA Edyta	A47	KWIACIARNIA Z DUSZĄ	Hard Hist - K	6	01:53:32	04:37:02		07:22:53.20	+04:03:01 (54.9%)	20:07	3 (45.5%)
234	JAMRÓZ Renata	A35	BIGYELLOWFOOT ADVENTURE TEAM	Hard Hist - K	7	01:53:21	04:38:00		07:24:18.50	+04:04:26 (55.0%)	20:11	3 (45.5%)
235	ŻYGADŁO Adam	H29	BIG RED ONE	Hard - M	127	01:58:12	04:40:37		07:24:24.40	+04:04:32 (55.0%)	20:12	3 (45.5%)
236	PLAGA Adam	H33	BIG RED ONE	Hard - M	128	01:58:14	04:40:38		07:24:24.90	+04:04:33 (55.0%)	20:12	3 (45.5%)
237	STEMPNIAK Paweł	H43	BIG RED ONE POLAND	Hard - M	129	01:58:54	04:41:02		07:24:25.45	+04:04:33 (55.0%)	20:12	3 (45.5%)
238	FRENCIEL Radosław	H23	BIG RED ONE	Hard - M	130	01:58:41	04:40:54		07:24:26.20	+04:04:34 (55.0%)	20:12	3 (45.5%)
239	MATYSIAK Sławomir	A18	OCR GRUBAS TEAM	Hard Hist - M	40	01:53:45	04:37:58		07:24:28.20	+04:04:36 (55.0%)	20:12	3 (45.5%)
240	JĘDRYKA Anna	A7	OCR GRUBAS TEAM	Hard Hist - K	8	01:53:36	04:36:52		07:24:28.50	+04:04:36 (55.0%)	20:12	3 (45.5%)
241	LANGENFELD Karol	H66	SRH BIG RED ONE	Hard - M	131	02:09:20	04:51:08		07:34:54.05	+04:15:02 (56.1%)	20:40	2.9 (43.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	7km	14km	Kara/ bonifikata	Czas netto 22km	Różn	Tempo min/km	Tempo km/h
242	CAÑIZARES RIVAS Cristian	H114		Hard - M	132	01:54:47	04:51:14		08:09:55.35	+04:50:03 (59.2%)	22:16	2.7 (40.9%)
243	KRZYMINSKI Piotr	X24	MILITARY TRAINING HAMBURG	Hard X - M	33	01:35:38				+00:37:26	13:39	4.4 (66.7%)
244	PIEKARSKI Paweł	X6	MŁODY VS STARY / SFORA BMK	Hard X - M	34	01:48:52				+00:50:40	15:33	3.9 (59.1%)
DNC	SEK Konrad	H73		Hard - M					01:35:26.55		0:00	13.8 (209.1%)
DNC	GOŁĄB Szymon	X20		Hard X - M		01:08:23			02:12:53.40		0:00	9.9 (150.0%)
	OLSZEWSKI Dawid	H153		Hard - M		01:42:07 DNF	03:47:56 DNF		DNF		-	- (0.0%)
	ZIĘBA Dominik	H80		Hard - M		01:46:08 DNF	08:05:07 DNF		DNF		-	- (0.0%)
	KOWALIKOWSKI Wojciech	H44		Hard - M		01:37:29 DNF	DNF		DNF		-	- (0.0%)
	SIROCKI Dawid	X49		Hard X - M		DNF	DNF		DNF		-	- (0.0%)
	STRZAŁKA Monika	H85		Hard - K		DNF	DNF		DNF		-	- (0.0%)
	ŁUSZCZAK Piotr	A41	GRR	Hard Hist - M		DNF	DNF		DNF		-	- (0.0%)

Znaleziono 252 wynik(ów)