



# BMK 2024 - HARD 27KM

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

**Wydarzenie:** XV Bieg Morskiego Komandosa  
**Organizator:** OCR Events  
**Data:** 2024-08-31  
**Miejsce:** Gdynia  
**Dystans:** 27 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	9km	18km	Kara/ bonifikata	Czas netto 27km	Różn	Tempo min/km	Tempo km/h
1	<b>ŁUKASZEWSKI Jakub</b>	<b>A071</b>	HANGAR	Hard Hist - M	1	00:59:53	02:09:29		<b>03:02:21.00</b>		6:45	8.9 (100%)
2	<b>ADAMCZEWSKI Szymon</b>	<b>A066</b>	SFORA BMK	Hard Hist - M	2	01:07:19	02:12:52	00:05:00	<b>03:06:18.10</b>	+00:03:57 (2.1%)	6:42	8.9 (100%)
3	<b>CHOMICZ Krzysztof</b>	<b>A076</b>	16 BPD	Hard Hist - M	3	01:03:14	02:15:48		<b>03:10:12.70</b>	+00:07:51 (4.1%)	7:02	8.5 (95.5%)
4	<b>MAĆKOWIAK Łukasz</b>	<b>H033</b>	OSP . BRONKÓW	Hard - M	1	01:01:18	02:15:38		<b>03:11:14.55</b>	+00:08:53 (4.6%)	7:04	8.5 (95.5%)
5	<b>KANIA Mateusz</b>	<b>A024</b>		Hard Hist - M	4	01:05:51	02:15:48		<b>03:11:59.45</b>	+00:09:38 (5.0%)	7:06	8.4 (94.4%)
6	<b>KADŁUBOWICZ Piotr</b>	<b>H185</b>	TEAMMOCNESKRZYDŁO	Hard - M	2	01:07:23	02:22:14		<b>03:13:07.95</b>	+00:10:46 (5.6%)	7:09	8.4 (94.4%)
7	<b>GRZYBOWSKI Mateusz</b>	<b>H100</b>	SFORA BMK	Hard - M	3	01:08:08	02:20:04		<b>03:13:44.35</b>	+00:11:23 (5.9%)	7:10	8.4 (94.4%)
8	<b>SAKOSIK Krystian</b>	<b>H189</b>	WOJOWNIK Z PŁOCICZNA	Hard - M	4	01:05:51	02:20:06		<b>03:15:29.40</b>	+00:13:08 (6.7%)	7:14	8.3 (93.3%)
9	<b>SWINARSKI Maciej</b>	<b>X5</b>	MOTOSYBERIA.COM	Hard X - M	1	01:08:29	02:16:28		<b>03:18:09.60</b>	+00:15:48 (8.0%)	7:20	8.2 (92.1%)
10	<b>TRYZNO Jakub</b>	<b>X16</b>	NEPTUN GDAŃSK	Hard X - M	2	01:08:28	02:17:52		<b>03:23:55.05</b>	+00:21:34 (10.6%)	7:33	7.9 (88.8%)
11	<b>SAKOSIK Marcin</b>	<b>H068</b>	ŚWIR Z PŁOCICZNA	Hard - M	5	01:07:11	02:23:01		<b>03:24:49.65</b>	+00:22:28 (11.0%)	7:35	7.9 (88.8%)
12	<b>HOLYŃSKI Leszek</b>	<b>A042</b>	SFORA BMK	Hard Hist - M	5	01:10:20	02:26:27		<b>03:25:12.15</b>	+00:22:51 (11.1%)	7:36	7.9 (88.8%)
13	<b>LEWANDOWSKI Szymon</b>	<b>H288</b>		Hard - M	6	01:11:16	02:30:13		<b>03:27:42.70</b>	+00:25:21 (12.2%)	7:41	7.8 (87.6%)
14	<b>KONDRACIUK Andrzej</b>	<b>H257</b>	KONDRACIUK TEAM	Hard - M	7	01:11:08	02:30:18		<b>03:31:33.05</b>	+00:29:12 (13.8%)	7:50	7.7 (86.5%)
15	<b>STAMATEL Sebastian</b>	<b>H240</b>	6 BPD	Hard - M	8	01:12:08	02:31:09		<b>03:34:14.90</b>	+00:31:53 (14.9%)	7:56	7.6 (85.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	9km	18km	Kara/ bonifikata	Czas netto 27km	Różn	Tempo min/km	Tempo km/h
16	<b>ADAMCZEWSKI Szymon</b>	<b>X23</b>	SFORABMK	Hard X - M	3	01:10:11	02:31:57		<b>03:36:27.50</b>	+00:34:06 (15.8%)	8:01	7.5 (84.3%)
17	<b>AMBO Rafał</b>	<b>H083</b>	R.AMBO DRUGA CREW	Hard - M	9	01:10:58	02:31:37		<b>03:37:06.40</b>	+00:34:45 (16.0%)	8:02	7.5 (84.3%)
18	<b>JANAS Szymon</b>	<b>X4</b>	SFORA BMK	Hard X - M	4	01:07:13	02:34:11		<b>03:37:18.45</b>	+00:34:57 (16.1%)	8:02	7.5 (84.3%)
19	<b>PAWŁOWSKI Kamil</b>	<b>A052</b>		Hard Hist - M	6	01:15:45	02:40:11		<b>03:37:21.00</b>	+00:35:00 (16.1%)	8:03	7.5 (84.3%)
20	<b>CICHOSZ Rafał</b>	<b>A004</b>	ENDURE	Hard Hist - M	7	01:10:17	02:33:07		<b>03:37:28.70</b>	+00:35:07 (16.2%)	8:03	7.4 (83.1%)
21	<b>OŹGA Paweł</b>	<b>H289</b>	BIGYELLOWFOOT ADVENTURE TEAM	Hard - M	10	01:09:06	02:37:56		<b>03:37:37.05</b>	+00:35:16 (16.2%)	8:03	7.4 (83.1%)
22	<b>GŁOWACKI Adrian</b>	<b>A079</b>		Hard Hist - M	8	01:17:31	02:39:30		<b>03:43:52.70</b>	+00:41:31 (18.5%)	8:17	7.2 (80.9%)
23	<b>SROCZYŃSKI Marcin</b>	<b>X6</b>	NETBOXBIEGA/OSTRESROKI	Hard X - M	5	01:14:26	02:38:08		<b>03:47:27.95</b>	+00:45:06 (19.8%)	8:25	7.1 (79.8%)
24	<b>HELLER Łukasz</b>	<b>H271</b>	KASZUBSKA SAUNA MOBILNA	Hard - M	11	01:09:14	02:29:42		<b>03:47:55.45</b>	+00:45:34 (20.0%)	8:26	7.1 (79.8%)
25	<b>SENATOR Piotr</b>	<b>H192</b>	OSPRO OCR	Hard - M	12	01:15:51	02:35:45		<b>03:50:09.45</b>	+00:47:48 (20.8%)	8:31	7 (78.7%)
26	<b>MOCHEL Michał</b>	<b>H121</b>		Hard - M	13	01:16:02	02:38:49		<b>03:50:23.45</b>	+00:48:02 (20.9%)	8:31	7 (78.7%)
27	<b>SOBECKI Sebastian</b>	<b>H039</b>	SOBECKITRAVEL	Hard - M	14	01:13:31	02:36:12		<b>03:50:45.90</b>	+00:48:24 (21.0%)	8:32	7 (78.7%)
28	<b>SOLARCZYK Łukasz</b>	<b>A018</b>		Hard Hist - M	9	01:13:25	02:37:40		<b>03:51:09.30</b>	+00:48:48 (21.1%)	8:33	7 (78.7%)
29	<b>MORAWSKI Grzegorz</b>	<b>H132</b>		Hard - M	15	01:18:37	02:42:39		<b>03:52:47.00</b>	+00:50:26 (21.7%)	8:37	7 (78.7%)
30	<b>TAŃSKI Michał</b>	<b>H108</b>	XRUNNERS	Hard - M	16	01:16:52	02:48:23		<b>03:53:04.65</b>	+00:50:43 (21.8%)	8:37	7 (78.7%)
31	<b>SZUPRYCZYŃSKI Krzysztof</b>	<b>H107</b>	XRUNNERS	Hard - M	17	01:16:51	02:48:21		<b>03:53:09.90</b>	+00:50:48 (21.8%)	8:38	6.9 (77.5%)
32	<b>MORAWSKI Piotr</b>	<b>H160</b>	NOWA HUTA TEAM	Hard - M	18	01:15:28	02:40:31		<b>03:53:20.35</b>	+00:50:59 (21.9%)	8:38	6.9 (77.5%)
33	<b>CHMIELNIAK Krzysztof</b>	<b>H035</b>	SFORA BMK	Hard - M	19	01:15:21	02:40:26		<b>03:53:49.55</b>	+00:51:28 (22.0%)	8:39	6.9 (77.5%)
34	<b>KOWALSKA Natalia</b>	<b>H209</b>	7PBOT	Hard - K	1	01:15:50	02:44:52		<b>03:53:59.45</b>	+00:51:38 (22.1%)	8:39	6.9 (77.5%)
35	<b>OKPIS Wojciech</b>	<b>H208</b>		Hard - M	20	01:15:39	02:40:24		<b>03:54:19.55</b>	+00:51:58 (22.2%)	8:40	6.9 (77.5%)
36	<b>DOMORADZKI Łukasz</b>	<b>H167</b>	AKADEMIA WOJSK LĄDOWYCH	Hard - M	21	01:16:53	02:46:35		<b>03:54:43.95</b>	+00:52:22 (22.3%)	8:41	6.9 (77.5%)
37	<b>RABIZO Kamil</b>	<b>H089</b>		Hard - M	22	01:18:26	02:47:47		<b>03:56:09.55</b>	+00:53:48 (22.8%)	8:44	6.9 (77.5%)
38	<b>TADYSZ Marcin</b>	<b>H159</b>		Hard - M	23	01:18:49	02:44:42		<b>03:56:11.60</b>	+00:53:50 (22.8%)	8:44	6.9 (77.5%)

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39	<b>HADRIAN Roman</b>	<b>A033</b>		Hard Hist - M	10	01:18:07	02:45:07		<b>03:57:27.85</b>	+00:55:06 (23.2%)	8:47	6.8 (76.4%)
40	<b>KRĘGIELSKI Bartosz</b>	<b>X29</b>	BIEGUN OCR TEAM	Hard X - M	6	01:20:24	02:47:22		<b>03:57:53.05</b>	+00:55:32 (23.3%)	8:48	6.8 (76.4%)
41	<b>BELCZEWSKI Oskar</b>	<b>H153</b>	BIEGUN OCR TEAM	Hard - M	24	01:16:33	02:48:13		<b>03:57:57.25</b>	+00:55:36 (23.4%)	8:48	6.8 (76.4%)
42	<b>CICHOSZ Remi</b>	<b>H004</b>	ENDURE	Hard - M	25	01:17:25	02:45:00		<b>04:02:54.10</b>	+01:00:33 (24.9%)	8:59	6.7 (75.3%)
43	<b>LICHTOR Jacek</b>	<b>A048</b>		Hard Hist - M	11	01:22:19	02:50:31		<b>04:03:44.85</b>	+01:01:23 (25.2%)	9:01	6.6 (74.2%)
44	<b>HANULOK Jakub</b>	<b>H279</b>		Hard - M	26	01:26:11	02:55:42		<b>04:03:48.50</b>	+01:01:27 (25.2%)	9:01	6.6 (74.2%)
45	<b>ROMAN Krzysztof</b>	<b>X22</b>	SFORA BMK	Hard X - M	7	01:19:44	02:52:21		<b>04:04:24.40</b>	+01:02:03 (25.4%)	9:03	6.6 (74.2%)
46	<b>PRZYBYLSKI Jakub</b>	<b>H085</b>	7 POMORSKA BRYGADA OBRONY WYBRZEŻA	Hard - M	27	01:18:02	02:49:30		<b>04:05:27.80</b>	+01:03:06 (25.7%)	9:05	6.6 (74.2%)
46	<b>CHLEBOWSKI Sebastian</b>	<b>H084</b>	7 POMORSKA BRYGADA OBRONY WYBRZEŻA	Hard - M	27	01:18:03	02:49:30		<b>04:05:27.80</b>	+01:03:06 (25.7%)	9:05	6.6 (74.2%)
48	<b>ŁUSZCZAK Mirosław</b>	<b>H013</b>	GRR	Hard - M	29	01:19:18	02:48:26		<b>04:06:34.50</b>	+01:04:13 (26.0%)	9:07	6.6 (74.2%)
49	<b>ROLNIK Tomasz</b>	<b>A045</b>	OSP WOLA WIĄZOWA / WIELUŃ BIEGA	Hard Hist - M	12	01:22:19	02:50:31		<b>04:07:00.05</b>	+01:04:39 (26.2%)	9:08	6.6 (74.2%)
50	<b>MADEJSKI Krzysztof , BANDOSZ Radosław , PIŃSKI Paweł , ŚLEDŹ Łukasz</b>	<b>T007</b>	GANG ŚWIEŻAKÓW	TEAM	1	01:19:02	02:51:27		<b>04:07:07.50</b>	+01:04:46 (26.2%)	9:09	6.6 (74.2%)
51	<b>ESSI-EZINH Aleksander</b>	<b>A013</b>		Hard Hist - M	13	01:19:24	02:49:01		<b>04:07:26.95</b>	+01:05:05 (26.3%)	9:09	6.5 (73.0%)
52	<b>STANISZEWSKI Filip</b>	<b>H119</b>	SEKCJA SKOKÓW SPADOCHRONOWYCH S3WAT	Hard - M	30	01:20:45	02:54:19		<b>04:07:28.50</b>	+01:05:07 (26.3%)	9:09	6.5 (73.0%)
53	<b>DĘBIŃSKI Krzysztof</b>	<b>H129</b>	10BLOG	Hard - M	31	01:19:31	02:52:46		<b>04:07:34.80</b>	+01:05:13 (26.3%)	9:10	6.5 (73.0%)
54	<b>KARMAŃSKI Adam</b>	<b>A051</b>		Hard Hist - M	14	01:22:43	02:48:32		<b>04:07:44.80</b>	+01:05:23 (26.4%)	9:10	6.5 (73.0%)
55	<b>WYDRZYŃSKI Marek</b>	<b>H278</b>	SOCIOS SILESIA	Hard - M	32	01:22:49	02:53:15		<b>04:09:47.05</b>	+01:07:26 (27.0%)	9:15	6.5 (73.0%)
56	<b>NOWAK Patryk</b>	<b>H131</b>	10BLOG	Hard - M	33	01:17:27	02:48:52		<b>04:09:55.45</b>	+01:07:34 (27.0%)	9:15	6.5 (73.0%)
57	<b>KORZENIEWSKI Jędrzej</b>	<b>H242</b>		Hard - M	34	01:21:37	02:51:59		<b>04:10:13.45</b>	+01:07:52 (27.1%)	9:16	6.5 (73.0%)
58	<b>SZULIMOWICZ Maciej</b>	<b>H246</b>	BIEGUN OCR TEAM	Hard - M	35	01:18:54	02:57:34		<b>04:10:29.20</b>	+01:08:08 (27.2%)	9:16	6.5 (73.0%)
59	<b>PSTRUCHA Julia</b>	<b>H169</b>	AKADEMIA WOJSK LĄDOWYCH	Hard - K	2	01:21:06	02:51:07		<b>04:10:40.55</b>	+01:08:19 (27.3%)	9:17	6.5 (73.0%)
60	<b>RESZKA Olga</b>	<b>H138</b>	AKADEMIA WOJSK LĄDOWYCH	Hard - K	3	02:58:55			<b>04:11:19.00</b>	+01:08:58 (27.4%)	9:18	6.4 (71.9%)
61	<b>SIROCKI Dawid</b>	<b>X17</b>		Hard X - M	8	01:14:00	02:49:32		<b>04:11:24.85</b>	+01:09:03 (27.5%)	9:18	6.4 (71.9%)

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62	<b>NIEMCZUK Daniel</b>	<b>H048</b>	SFORA BMK	Hard - M	36	01:17:29	02:56:08		<b>04:11:52.20</b>	+01:09:31 (27.6%)	9:19	6.4 (71.9%)
63	<b>MAĆKOWIAK Marek</b>	<b>H203</b>	OSP . BRONKÓW	Hard - M	37	01:18:08	02:48:51		<b>04:12:31.55</b>	+01:10:10 (27.8%)	9:21	6.4 (71.9%)
64	<b>KISIELEWSKA Daria</b>	<b>H170</b>	AKADEMIA WOJSK LĄDOWYCH	Hard - K	4	01:21:06	02:51:08		<b>04:13:06.40</b>	+01:10:45 (28.0%)	9:22	6.4 (71.9%)
65	<b>BRASZKA Robert</b>	<b>H112</b>		Hard - M	38	01:16:27	02:42:07		<b>04:14:09.70</b>	+01:11:48 (28.3%)	9:24	6.4 (71.9%)
66	<b>KOLARCZYK Piotr</b>	<b>H139</b>		Hard - M	39	01:14:23	02:43:36		<b>04:14:12.10</b>	+01:11:51 (28.3%)	9:24	6.4 (71.9%)
67	<b>KOWALSKI Maciej</b>	<b>H110</b>		Hard - M	40	01:29:00	03:01:31		<b>04:14:14.40</b>	+01:11:53 (28.3%)	9:24	6.4 (71.9%)
68	<b>SIDORSKI Jakub , PAWLYTA Jerzy , NOREK Mateusz , PYTELEWSKI Łukasz</b>	<b>T004</b>	JRG 2 ELBLĄG	TEAM	2	01:19:04	02:54:18		<b>04:14:30.20</b>	+01:12:09 (28.4%)	9:25	6.4 (71.9%)
69	<b>POKOJOWY Rafał</b>	<b>H280</b>		Hard - M	41	01:18:15	02:45:30		<b>04:14:33.10</b>	+01:12:12 (28.4%)	9:25	6.4 (71.9%)
70	<b>KALENDA Grzegorz</b>	<b>A070</b>	KAJAKADVENTURE.PL	Hard Hist - M	15	01:19:39	02:49:14		<b>04:15:36.15</b>	+01:13:15 (28.7%)	9:28	6.3 (70.8%)
71	<b>SPÓZ Kamil</b>	<b>H183</b>	3PSAP	Hard - M	42	01:23:56	03:11:22		<b>04:15:41.00</b>	+01:13:20 (28.7%)	9:28	6.3 (70.8%)
72	<b>MALINOWSKI Karol</b>	<b>X3</b>	MŁODY VS STARY	Hard X - M	9	01:23:54	02:53:38		<b>04:15:48.90</b>	+01:13:27 (28.7%)	9:28	6.3 (70.8%)
73	<b>RAK Michał</b>	<b>A055</b>	CHOREPOJEBY	Hard Hist - M	16	01:21:11	02:53:03		<b>04:16:36.65</b>	+01:14:15 (28.9%)	9:30	6.3 (70.8%)
74	<b>KASPRZYK Piotr</b>	<b>H065</b>		Hard - M	43	01:24:33	02:52:59		<b>04:17:31.25</b>	+01:15:10 (29.2%)	9:32	6.3 (70.8%)
75	<b>PSKOWSKI Karol</b>	<b>H030</b>	2 REGIONALNA BAZA LOGISTYCZNA/SKŁAD OSOWIEC	Hard - M	44	01:20:55	02:56:58		<b>04:18:00.10</b>	+01:15:39 (29.3%)	9:33	6.3 (70.8%)
76	<b>HNYTKO Michał</b>	<b>H072</b>		Hard - M	45	01:21:02	02:55:19		<b>04:18:55.60</b>	+01:16:34 (29.6%)	9:35	6.3 (70.8%)
77	<b>KARCZEWSKI Adam , REDZIŃSKI Paweł , LEWANDOWSKI Maciej , KANAWKA Grzegorz</b>	<b>T010</b>	HOLD THE LINE	TEAM	3	01:20:12	03:04:14		<b>04:19:00.65</b>	+01:16:39 (29.6%)	9:35	6.3 (70.8%)
78	<b>MANIKOWSKI Daniel</b>	<b>H215</b>		Hard - M	46	01:32:00	03:12:03		<b>04:20:13.25</b>	+01:17:52 (29.9%)	9:38	6.2 (69.7%)
79	<b>ORZECZOWSKI Tomasz</b>	<b>A034</b>	SPORTMANIA	Hard Hist - M	17	01:24:42	03:04:44		<b>04:20:33.15</b>	+01:18:12 (30.0%)	9:39	6.2 (69.7%)
80	<b>BIAŁY Michał</b>	<b>A073</b>		Hard Hist - M	18	01:24:42	03:04:43		<b>04:20:33.50</b>	+01:18:12 (30.0%)	9:39	6.2 (69.7%)
81	<b>PIĘTKA Marcin</b>	<b>A067</b>	TEAMMŁODY	Hard Hist - M	19	01:29:05	03:10:13		<b>04:21:12.60</b>	+01:18:51 (30.2%)	9:40	6.2 (69.7%)
82	<b>BANACH Mateusz</b>	<b>H111</b>		Hard - M	47	01:22:59	02:56:35		<b>04:21:15.55</b>	+01:18:54 (30.2%)	9:40	6.2 (69.7%)
83	<b>TODOROVIĆ Nikola</b>	<b>H249</b>		Hard - M	48	01:20:01	02:55:33		<b>04:21:20.00</b>	+01:18:59 (30.2%)	9:40	6.2 (69.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	9km	18km	Kara/ bonifikata	Czas netto 27km	Różn	Tempo min/km	Tempo km/h
84	<b>RONOWSKI Paweł</b>	<b>H186</b>	R O N O Ś	Hard - M	49	01:23:13	03:03:57		<b>04:22:16.25</b>	+01:19:55 (30.5%)	9:42	6.2 (69.7%)
85	<b>OŻAŃSKI Tomasz</b>	<b>H233</b>	15GBZ	Hard - M	50	01:24:05	02:57:31		<b>04:22:22.35</b>	+01:20:01 (30.5%)	9:43	6.2 (69.7%)
86	<b>STRONGOWSKI Sebastian</b>	<b>A049</b>		Hard Hist - M	20	01:26:28	03:06:14		<b>04:23:28.15</b>	+01:21:07 (30.8%)	9:45	6.1 (68.5%)
87	<b>DWORNICKI Kamil</b>	<b>A059</b>		Hard Hist - M	21	01:31:59	03:10:42		<b>04:23:30.00</b>	+01:21:09 (30.8%)	9:45	6.1 (68.5%)
88	<b>MISIOR Paulina</b>	<b>A068</b>		Hard Hist - K	1	01:36:22	03:12:26		<b>04:23:31.85</b>	+01:21:10 (30.8%)	9:45	6.1 (68.5%)
89	<b>CZAJKOWSKI Kewin</b>	<b>H210</b>		Hard - M	51	01:24:58	03:05:32		<b>04:24:03.95</b>	+01:21:42 (30.9%)	9:46	6.1 (68.5%)
90	<b>KAWECKI Igor</b>	<b>A035</b>	SFORA BMK	Hard Hist - M	22	01:27:23	03:03:01		<b>04:24:37.90</b>	+01:22:16 (31.1%)	9:48	6.1 (68.5%)
91	<b>WIELGOSZ Norbert</b>	<b>A060</b>	21 BLT	Hard Hist - M	23	01:30:06	03:02:11		<b>04:24:42.30</b>	+01:22:21 (31.1%)	9:48	6.1 (68.5%)
92	<b>PIEDA Kamil</b>	<b>A061</b>	21 BLT	Hard Hist - M	24	01:30:04	03:02:12		<b>04:24:43.05</b>	+01:22:22 (31.1%)	9:48	6.1 (68.5%)
93	<b>ŚLEDŹ Kacper</b>	<b>A058</b>	21. BLT	Hard Hist - M	25	01:30:05	03:02:11		<b>04:24:45.35</b>	+01:22:24 (31.1%)	9:48	6.1 (68.5%)
94	<b>STASZEWSKI Rafał</b>	<b>H066</b>		Hard - M	52	01:31:38	03:01:53		<b>04:24:49.25</b>	+01:22:28 (31.1%)	9:48	6.1 (68.5%)
95	<b>GAJEWSKI Jacek</b>	<b>H061</b>	DOGOŃ GRODZISK MAZOWIECKI	Hard - M	53	01:25:06	03:01:50		<b>04:25:48.65</b>	+01:23:27 (31.4%)	9:50	6.1 (68.5%)
96	<b>SZULC Michal</b>	<b>A032</b>	SGO	Hard Hist - M	26	01:25:54	03:04:39		<b>04:26:02.80</b>	+01:23:41 (31.5%)	9:51	6.1 (68.5%)
97	<b>MALACH Dariusz</b>	<b>A040</b>	SFORA BMK	Hard Hist - M	27	01:28:42	03:06:58		<b>04:26:48.30</b>	+01:24:27 (31.7%)	9:52	6.1 (68.5%)
98	<b>GRABOWSKI Zbigniew</b>	<b>A056</b>	SFORA BMK	Hard Hist - M	28	01:28:41	03:06:57		<b>04:26:48.35</b>	+01:24:27 (31.7%)	9:52	6.1 (68.5%)
99	<b>KURA Krzysztof</b>	<b>H120</b>	16BPD	Hard - M	54	01:21:07	03:03:18		<b>04:28:45.50</b>	+01:26:24 (32.2%)	9:57	6 (67.4%)
100	<b>KACZMAREK Mateusz</b>	<b>H079</b>	SZWAGIER TEAM	Hard - M	55	01:28:31	03:12:07		<b>04:29:09.55</b>	+01:26:48 (32.3%)	9:58	6 (67.4%)
101	<b>SŁABIAK Marcin</b>	<b>H258</b>	3PSAP	Hard - M	56	01:23:56	03:12:22		<b>04:29:13.95</b>	+01:26:52 (32.3%)	9:58	6 (67.4%)
102	<b>BARANOWSKI Dawid</b>	<b>H236</b>	MOCNE SKRZYDŁO	Hard - M	57	01:18:57	02:53:23		<b>04:29:25.75</b>	+01:27:04 (32.3%)	9:58	6 (67.4%)
103	<b>JAKUBOWSKI Leszek</b>	<b>H174</b>	3PSAP	Hard - M	58	01:23:57	03:12:21		<b>04:29:44.05</b>	+01:27:23 (32.4%)	9:59	6 (67.4%)
104	<b>GŁÓWKA Tomasz</b>	<b>H244</b>		Hard - M	59	01:24:18	03:03:09		<b>04:29:56.65</b>	+01:27:35 (32.4%)	9:59	6 (67.4%)
105	<b>MACHTEL Adrian</b>	<b>H161</b>		Hard - M	60	01:23:34	03:03:17		<b>04:30:27.40</b>	+01:28:06 (32.6%)	10:01	6 (67.4%)
106	<b>SMOKTUNOWICZ Emanuel</b>	<b>H155</b>		Hard - M	61	01:23:35	03:03:16		<b>04:30:28.50</b>	+01:28:07 (32.6%)	10:01	6 (67.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	9km	18km	Kara/ bonifikata	Czas netto 27km	Różn	Tempo min/km	Tempo km/h
107	<b>KOCHANIAK Andrzej</b>	<b>H067</b>		Hard - M	62	01:29:50	03:10:50		<b>04:31:12.90</b>	+01:28:51 (32.8%)	10:02	6 (67.4%)
108	<b>DORAWA Hubert</b>	<b>H097</b>		Hard - M	63	01:24:41	03:08:36		<b>04:31:35.50</b>	+01:29:14 (32.9%)	10:03	6 (67.4%)
109	<b>KWIATKOWSKI Dominik</b>	<b>H194</b>		Hard - M	64	01:24:39	03:08:34		<b>04:31:36.70</b>	+01:29:15 (32.9%)	10:03	6 (67.4%)
110	<b>FORTUNIAK Patryk</b>	<b>A011</b>	CHORE POJEBY	Hard Hist - M	29	01:32:53	03:15:20		<b>04:32:51.35</b>	+01:30:30 (33.2%)	10:06	5.9 (66.3%)
111	<b>ŁUKSZA Krzysztof , SAŁATA Radosław , ABRAMIUK Adrian , WALCZAK Oskar</b>	<b>T008</b>	GRUPA SZTURMOWA JAGÓDKI	TEAM	4	01:26:57	03:12:16		<b>04:33:02.85</b>	+01:30:41 (33.2%)	10:06	5.9 (66.3%)
112	<b>WOŁODKO Beniamin</b>	<b>A039</b>	NIEZRZESZONY	Hard Hist - M	30	01:30:37	03:06:12		<b>04:34:13.75</b>	+01:31:52 (33.5%)	10:09	5.9 (66.3%)
113	<b>DUK Dawid</b>	<b>H168</b>		Hard - M	65	01:20:54	03:02:07		<b>04:34:36.00</b>	+01:32:15 (33.6%)	10:10	5.9 (66.3%)
114	<b>RYBICKI Tomasz</b>	<b>X1</b>	MŁODY VS STARY / SFORA BMK	Hard X - M	10	01:24:50	02:53:51		<b>04:35:14.90</b>	+01:32:53 (33.8%)	10:11	5.9 (66.3%)
115	<b>CHYTRY Mateusz</b>	<b>A027</b>	DZYGITY	Hard Hist - M	31	01:22:16	03:07:42		<b>04:35:15.15</b>	+01:32:54 (33.8%)	10:11	5.9 (66.3%)
116	<b>HIRNY Mikołaj</b>	<b>H041</b>		Hard - M	66	01:28:42	02:59:46		<b>04:35:43.10</b>	+01:33:22 (33.9%)	10:12	5.9 (66.3%)
117	<b>POTORSKI Przemysław</b>	<b>H220</b>		Hard - M	67	01:23:04	03:00:49		<b>04:36:18.60</b>	+01:33:57 (34.0%)	10:14	5.9 (66.3%)
118	<b>ŻÓŁKIEWICZ Marcin</b>	<b>H058</b>	PIĘTNASTKA	Hard - M	68	01:27:58	03:11:38		<b>04:36:50.75</b>	+01:34:29 (34.1%)	10:15	5.9 (66.3%)
119	<b>MAJEWSKI Mateusz</b>	<b>H096</b>	EXTREMBUM	Hard - M	69	01:29:49	03:11:41		<b>04:37:04.00</b>	+01:34:43 (34.2%)	10:15	5.8 (65.2%)
120	<b>BABIARZ Krystian</b>	<b>H219</b>		Hard - M	70	01:30:09	03:07:01		<b>04:37:38.45</b>	+01:35:17 (34.3%)	10:16	5.8 (65.2%)
121	<b>WOJCIECHOWSKA Ines</b>	<b>X7</b>	MŁODY VS STARY	Hard X - K	1	01:29:08	03:13:35		<b>04:37:58.35</b>	+01:35:37 (34.4%)	10:17	5.8 (65.2%)
122	<b>JANKIEWICZ Marek</b>	<b>X2</b>	MŁODY VS STARY	Hard X - M	11	01:29:10	03:13:36		<b>04:38:06.95</b>	+01:35:45 (34.4%)	10:18	5.8 (65.2%)
123	<b>KAMIENIECKI Michał</b>	<b>A030</b>	FIREFIGHTERSLIONSTEAM	Hard Hist - M	32	01:28:13	03:07:50		<b>04:38:56.00</b>	+01:36:35 (34.6%)	10:19	5.8 (65.2%)
124	<b>OŚKO Łukasz</b>	<b>A069</b>		Hard Hist - M	33	01:36:22	03:14:20		<b>04:38:59.35</b>	+01:36:38 (34.6%)	10:19	5.8 (65.2%)
125	<b>BLAJER Piotr</b>	<b>H038</b>	5 BATALION STRZELCÓW PODHALAŃSKICH	Hard - M	71	01:30:50	03:12:41		<b>04:39:06.15</b>	+01:36:45 (34.7%)	10:20	5.8 (65.2%)
126	<b>LENIK Kamil</b>	<b>H081</b>	MOCNE SKRZYDŁO	Hard - M	72	01:23:06	03:09:43		<b>04:39:06.85</b>	+01:36:45 (34.7%)	10:20	5.8 (65.2%)
127	<b>GRZELAK Tomek</b>	<b>H234</b>	JRG GUBIN	Hard - M	73	01:21:37	03:09:34		<b>04:39:19.00</b>	+01:36:58 (34.7%)	10:20	5.8 (65.2%)
128	<b>WOJTKIEWICZ Mateusz</b>	<b>H261</b>		Hard - M	74	01:23:49	03:04:52		<b>04:39:19.60</b>	+01:36:58 (34.7%)	10:20	5.8 (65.2%)
129	<b>STASZKIEWICZ Tomasz</b>	<b>H091</b>		Hard - M	75	01:24:08	03:05:11		<b>04:40:22.90</b>	+01:38:01 (35.0%)	10:23	5.8 (65.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	9km	18km	Kara/ bonifikata	Czas netto 27km	Różn	Tempo min/km	Tempo km/h
130	<b>GAJEWSKI Krzysztof</b>	<b>H064</b>		Hard - M	76	01:26:27	03:11:10		<b>04:41:04.50</b>	+01:38:43 (35.1%)	10:24	5.8 (65.2%)
131	<b>ŁYŚ Dominik</b>	<b>H216</b>		Hard - M	77	01:26:56	03:21:28		<b>04:41:06.35</b>	+01:38:45 (35.1%)	10:24	5.8 (65.2%)
132	<b>PIOTROWSKI Roman</b>	<b>H040</b>	SPARTA RUNNERS	Hard - M	78	01:29:50	03:08:04		<b>04:41:22.80</b>	+01:39:01 (35.2%)	10:25	5.8 (65.2%)
133	<b>ROKICKI Piotr</b>	<b>A028</b>		Hard Hist - M	34	01:28:46	03:08:08		<b>04:41:38.85</b>	+01:39:17 (35.3%)	10:25	5.8 (65.2%)
134	<b>GALIŃSKI Mateusz</b>	<b>H133</b>	2BLOG	Hard - M	79	01:35:54	03:32:27		<b>04:43:37.15</b>	+01:41:16 (35.7%)	10:30	5.7 (64.0%)
135	<b>KONDRACIUK Piotr</b>	<b>H117</b>		Hard - M	80	01:27:17	03:17:07		<b>04:44:10.85</b>	+01:41:49 (35.8%)	10:31	5.7 (64.0%)
136	<b>PRZYBYŁA Rafał</b>	<b>H037</b>	KB ODRAŃ OPOLE	Hard - M	81	01:29:31	03:13:55		<b>04:45:15.35</b>	+01:42:54 (36.1%)	10:33	5.7 (64.0%)
137	<b>PRZYBYŁA Michał</b>	<b>H036</b>	KB ODRAŃ OPOLE	Hard - M	82	01:29:32	03:13:55		<b>04:45:16.65</b>	+01:42:55 (36.1%)	10:33	5.7 (64.0%)
138	<b>DOLEWSKI Konrad</b>	<b>A046</b>		Hard Hist - M	35	01:33:26	03:21:02		<b>04:46:52.90</b>	+01:44:31 (36.4%)	10:37	5.6 (62.9%)
139	<b>DOLEWSKI Karol</b>	<b>A047</b>		Hard Hist - M	36	01:33:23	03:21:02		<b>04:47:07.80</b>	+01:44:46 (36.5%)	10:38	5.6 (62.9%)
140	<b>LEONARCZYK Marcin</b>	<b>H049</b>		Hard - M	83	01:40:21	03:21:32		<b>04:48:01.20</b>	+01:45:40 (36.7%)	10:40	5.6 (62.9%)
141	<b>STEFANOWSKI Daniel</b>	<b>A038</b>		Hard Hist - M	37	01:37:26	03:31:26		<b>04:48:39.80</b>	+01:46:18 (36.8%)	10:41	5.6 (62.9%)
142	<b>ZIMNY Adam</b>	<b>H005</b>		Hard - M	84	01:30:35	03:19:45		<b>04:48:51.25</b>	+01:46:30 (36.9%)	10:41	5.6 (62.9%)
143	<b>IVANOU Pavel</b>	<b>H277</b>	KOTOCRAFT	Hard - M	85	01:25:44	03:13:13		<b>04:50:54.15</b>	+01:48:33 (37.3%)	10:46	5.6 (62.9%)
144	<b>PUTKOWSKI Damian</b>	<b>H243</b>		Hard - M	86	01:24:27	03:08:01		<b>04:51:00.15</b>	+01:48:39 (37.3%)	10:46	5.6 (62.9%)
145	<b>KOWALSKA Agnieszka</b>	<b>H290</b>	KOMANDOSI	Hard - K	5	01:34:14	03:19:19		<b>04:51:25.40</b>	+01:49:04 (37.4%)	10:47	5.6 (62.9%)
146	<b>SMĘTEK Fabian</b>	<b>A062</b>	21.BLT	Hard Hist - M	38	01:37:35	03:28:51		<b>04:53:23.80</b>	+01:51:02 (37.8%)	10:51	5.5 (61.8%)
147	<b>GALĄZKA Marcin</b>	<b>H130</b>		Hard - M	87	01:52:24	03:26:48		<b>04:54:31.30</b>	+01:52:10 (38.1%)	10:54	5.5 (61.8%)
148	<b>DURKA Paweł</b>	<b>H193</b>		Hard - M	88	01:33:31	03:17:07		<b>04:55:58.10</b>	+01:53:37 (38.4%)	10:57	5.5 (61.8%)
149	<b>JAŚKIEWICZ Grzegorz</b>	<b>H142</b>	SFORA BMK	Hard - M	89	01:29:56	03:18:31		<b>04:56:47.65</b>	+01:54:26 (38.6%)	10:59	5.5 (61.8%)
150	<b>JABŁOŃSKI Sebastian</b>	<b>H235</b>	PSP KROSNO ODRZAŃSKIE	Hard - M	90	01:39:39	03:27:48		<b>04:56:55.30</b>	+01:54:34 (38.6%)	10:59	5.5 (61.8%)
151	<b>BARDZIAK Piotr</b>	<b>H283</b>	6MBOT	Hard - M	91	01:25:45	03:18:45		<b>04:57:25.00</b>	+01:55:04 (38.7%)	11:00	5.4 (60.7%)
152	<b>CWALINA Maciej</b>	<b>H157</b>		Hard - M	92	01:38:26	03:27:38		<b>04:58:01.20</b>	+01:55:40 (38.8%)	11:02	5.4 (60.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	9km	18km	Kara/ bonifikata	Czas netto 27km	Różn	Tempo min/km	Tempo km/h
153	<b>MACHTEL Wiktor</b>	<b>H163</b>		Hard - M	93	01:24:59	03:09:18		<b>04:58:01.65</b>	+01:55:40 (38.8%)	11:02	5.4 (60.7%)
154	<b>JABŁCZYŃSKI Igor</b>	<b>H231</b>		Hard - M	94	01:25:01	03:09:21		<b>04:58:04.30</b>	+01:55:43 (38.8%)	11:02	5.4 (60.7%)
155	<b>BOROWSKI Dominik</b>	<b>H075</b>		Hard - M	95	01:29:23	03:13:21		<b>04:58:43.00</b>	+01:56:22 (39.0%)	11:03	5.4 (60.7%)
156	<b>GRUDNIEWSKI Jakub</b>	<b>H201</b>		Hard - M	96	01:34:35	03:11:08		<b>04:58:50.70</b>	+01:56:29 (39.0%)	11:04	5.4 (60.7%)
157	<b>TURZAŃSKI Michał</b>	<b>H158</b>		Hard - M	97	01:25:05	03:09:10		<b>04:58:58.60</b>	+01:56:37 (39.0%)	11:04	5.4 (60.7%)
158	<b>SMOLIŃSKI Rafał</b>	<b>H074</b>		Hard - M	98	01:29:27	03:17:36		<b>04:59:30.65</b>	+01:57:09 (39.1%)	11:05	5.4 (60.7%)
159	<b>URBALA Marek</b>	<b>H047</b>	SFORA BMK	Hard - M	99	01:29:28	03:27:07		<b>05:00:48.25</b>	+01:58:27 (39.4%)	11:08	5.4 (60.7%)
160	<b>SITKOWSKI Tomasz</b>	<b>H071</b>	SFORA BMK	Hard - M	100	01:28:57	03:15:28		<b>05:02:06.70</b>	+01:59:45 (39.6%)	11:11	5.4 (60.7%)
161	<b>RYCHLEWSKI Artur</b>	<b>H143</b>		Hard - M	101	01:25:10	03:18:35		<b>05:02:10.10</b>	+01:59:49 (39.7%)	11:11	5.4 (60.7%)
162	<b>GÓRECKI Przemysław</b>	<b>H140</b>		Hard - M	102	01:24:58	03:18:26		<b>05:02:11.60</b>	+01:59:50 (39.7%)	11:11	5.4 (60.7%)
163	<b>GRZYB Jacek</b>	<b>H076</b>		Hard - M	103	01:36:54	03:32:12		<b>05:02:47.25</b>	+02:00:26 (39.8%)	11:12	5.4 (60.7%)
164	<b>RUTKIEWICZ Mateusz</b>	<b>H166</b>		Hard - M	104	01:36:55	03:32:13		<b>05:02:49.40</b>	+02:00:28 (39.8%)	11:12	5.3 (59.6%)
165	<b>JAKUBIK Karol</b>	<b>H073</b>		Hard - M	105	01:39:22	03:29:27		<b>05:03:13.50</b>	+02:00:52 (39.9%)	11:13	5.3 (59.6%)
166	<b>ROGACEWICZ Hubert</b>	<b>H055</b>	NPR	Hard - M	106	01:31:04	03:21:46		<b>05:04:36.40</b>	+02:02:15 (40.1%)	11:16	5.3 (59.6%)
167	<b>KISIEL Artur</b>	<b>H213</b>		Hard - M	107	01:31:06	03:21:58		<b>05:04:36.45</b>	+02:02:15 (40.1%)	11:16	5.3 (59.6%)
168	<b>IWAŃSKI Adam</b>	<b>H207</b>	SOWA BEZ OKA	Hard - M	108	01:31:04	03:21:58		<b>05:04:37.30</b>	+02:02:16 (40.1%)	11:16	5.3 (59.6%)
169	<b>BRZozowski Ernest</b>	<b>H109</b>		Hard - M	109	01:29:48	03:18:40		<b>05:04:51.25</b>	+02:02:30 (40.2%)	11:17	5.3 (59.6%)
170	<b>KOSIŃSKI Kacper</b>	<b>A080</b>		Hard Hist - M	39	01:30:07	03:12:17		<b>05:05:28.40</b>	+02:03:07 (40.3%)	11:18	5.3 (59.6%)
171	<b>KOPERSKI Krystian</b>	<b>H205</b>	ARESzt ŚLEDczy w LUBLINIE	Hard - M	110	01:39:52	03:29:19		<b>05:05:58.65</b>	+02:03:37 (40.4%)	11:19	5.3 (59.6%)
172	<b>BORKOWSKA Joanna</b>	<b>H022</b>		Hard - K	6	01:40:12	03:29:29		<b>05:06:13.15</b>	+02:03:52 (40.5%)	11:20	5.3 (59.6%)
173	<b>BAŁAZY Marcin</b>	<b>A077</b>		Hard Hist - M	40	01:37:26	03:31:48		<b>05:06:58.30</b>	+02:04:37 (40.6%)	11:22	5.3 (59.6%)
174	<b>MIROTA Rafał</b>	<b>A025</b>	MAZURSKA WATAHA	Hard Hist - M	41	01:37:25	03:31:48		<b>05:06:59.20</b>	+02:04:38 (40.6%)	11:22	5.3 (59.6%)
175	<b>KOSCHEMBAHR-ŁYSKOWSKA Danuta</b>	<b>A002</b>	BIGYELLOWFOOT ADVENTURE TEAM	Hard Hist - K	2	01:38:03	03:32:20		<b>05:08:02.50</b>	+02:05:41 (40.8%)	11:24	5.3 (59.6%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	9km	18km	Kara/ bonifikata	Czas netto 27km	Różn	Tempo min/km	Tempo km/h
176	<b>GŁOWACKI Andrzej</b>	<b>X13</b>	MŁODY VS STARY/SFORA BMK	Hard X - M	12	01:29:08	03:30:25		<b>05:09:26.35</b>	+02:07:05 (41.1%)	11:27	5.2 (58.4%)
177	<b>WASIEWICZ Norbert</b>	<b>A005</b>	JW 1245	Hard Hist - M	42	01:28:57	03:21:11		<b>05:10:08.70</b>	+02:07:47 (41.2%)	11:29	5.2 (58.4%)
178	<b>LEŚNIEWSKI Adrian</b>	<b>H099</b>		Hard - M	111	01:37:52	03:32:44		<b>05:11:33.55</b>	+02:09:12 (41.5%)	11:32	5.2 (58.4%)
179	<b>ŁANGOWSKI Damian , PAŃKA Krzysztof , ŚLIPKO Tadeusz , LESZCZYŃSKI Łukasz</b>	<b>T006</b>	GWIEZDNA FLOTA	TEAM	5	01:33:46	03:38:46		<b>05:11:47.00</b>	+02:09:26 (41.5%)	11:32	5.2 (58.4%)
180	<b>MALISZEWSKI Jakub</b>	<b>A001</b>		Hard Hist - M	43	01:38:36	03:40:56		<b>05:12:55.95</b>	+02:10:34 (41.7%)	11:35	5.2 (58.4%)
181	<b>BĄK Kamil</b>	<b>H045</b>		Hard - M	112	01:37:38	03:32:14		<b>05:13:31.35</b>	+02:11:10 (41.8%)	11:36	5.2 (58.4%)
182	<b>CZARNOTA Patryk</b>	<b>H150</b>		Hard - M	113	01:36:12	03:38:46		<b>05:13:37.10</b>	+02:11:16 (41.9%)	11:36	5.2 (58.4%)
183	<b>SZYMAŃSKI Szymon</b>	<b>H116</b>		Hard - M	114	01:40:07	03:38:15		<b>05:13:40.10</b>	+02:11:19 (41.9%)	11:37	5.2 (58.4%)
184	<b>KOŁACZ Aleksandra</b>	<b>H029</b>		Hard - K	7	01:40:20	03:35:00		<b>05:13:42.75</b>	+02:11:21 (41.9%)	11:37	5.2 (58.4%)
185	<b>DROŻYCKI Zbigniew</b>	<b>A003</b>		Hard Hist - M	44	01:44:00	03:37:24		<b>05:14:21.90</b>	+02:12:00 (42.0%)	11:38	5.2 (58.4%)
186	<b>BENKE Robert</b>	<b>H200</b>		Hard - M	115	02:01:25	03:55:56		<b>05:15:33.95</b>	+02:13:12 (42.2%)	11:41	5.1 (57.3%)
187	<b>ŁASKAWSKI Michał</b>	<b>A009</b>	SFORA BMK	Hard Hist - M	45	01:41:50	03:37:08		<b>05:15:48.90</b>	+02:13:27 (42.3%)	11:41	5.1 (57.3%)
188	<b>STASZAK Wojciech</b>	<b>H275</b>	KMP KOSZALIN	Hard - M	116	01:40:50	03:50:42		<b>05:16:10.25</b>	+02:13:49 (42.3%)	11:42	5.1 (57.3%)
189	<b>KAJA Robert</b>	<b>A053</b>	WIELUŃ BIEGA	Hard Hist - M	46	01:40:43	03:43:43		<b>05:16:17.45</b>	+02:13:56 (42.3%)	11:42	5.1 (57.3%)
190	<b>KOŁUCKI Stefan</b>	<b>A010</b>	SFORA BMK	Hard Hist - M	47	01:40:43	03:43:44		<b>05:16:18.05</b>	+02:13:57 (42.3%)	11:42	5.1 (57.3%)
191	<b>JEZIAK Dariusz</b>	<b>A064</b>		Hard Hist - M	48	01:40:58	03:44:00		<b>05:16:31.25</b>	+02:14:10 (42.4%)	11:43	5.1 (57.3%)
192	<b>BOROWIECKI Adrian</b>	<b>H148</b>		Hard - M	117	01:24:29	03:21:26		<b>05:16:52.05</b>	+02:14:31 (42.5%)	11:44	5.1 (57.3%)
193	<b>LASKIEWICZ Maciej</b>	<b>H092</b>		Hard - M	118	01:32:56	03:31:21		<b>05:17:23.80</b>	+02:15:02 (42.5%)	11:45	5.1 (57.3%)
194	<b>KONARZEWSKI Tomasz</b>	<b>H025</b>		Hard - M	119	01:32:57	03:31:22		<b>05:17:24.00</b>	+02:15:03 (42.5%)	11:45	5.1 (57.3%)
195	<b>MAJEWSKI Maciej</b>	<b>H086</b>	BESTIE OCR LEGIONOWO	Hard - M	120	01:36:03	03:28:31		<b>05:17:25.80</b>	+02:15:04 (42.6%)	11:45	5.1 (57.3%)
196	<b>KOZŁOWSKI Paweł</b>	<b>H179</b>	HAWK TEAM/BESTIE OCR	Hard - M	121	01:36:03	03:28:31		<b>05:17:54.25</b>	+02:15:33 (42.6%)	11:46	5.1 (57.3%)
197	<b>KOŁODZIEJCZYK Sebastian</b>	<b>H228</b>		Hard - M	122	01:36:32	03:39:39		<b>05:20:13.85</b>	+02:17:52 (43.1%)	11:51	5.1 (57.3%)
198	<b>SKOLIMOWSKI Patryk</b>	<b>H227</b>	BESTIE OCR LEGIONOWO	Hard - M	123	01:36:32	03:39:39		<b>05:20:25.00</b>	+02:18:04 (43.1%)	11:52	5.1 (57.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	9km	18km	Kara/ bonifikata	Czas netto 27km	Różn	Tempo min/km	Tempo km/h
199	<b>ZDAŃSKI Dariusz</b>	<b>H286</b>	13 ŚBOT	Hard - M	124	01:40:51	03:36:33		<b>05:20:35.20</b>	+02:18:14 (43.1%)	11:52	5.1 (57.3%)
200	<b>PAŁYS Małgorzata</b>	<b>H285</b>	13 ŚBOT	Hard - K	8	01:40:51	03:36:32		<b>05:20:35.40</b>	+02:18:14 (43.1%)	11:52	5.1 (57.3%)
201	<b>TOMCZAK Joanna</b>	<b>A016</b>	SFORA BMK	Hard Hist - K	3	01:42:20	03:41:44		<b>05:21:24.70</b>	+02:19:03 (43.3%)	11:54	5 (56.2%)
202	<b>TOMCZAK Artur</b>	<b>A017</b>	SFORA BMK/12 WBOT	Hard Hist - M	49	01:42:18	03:41:43		<b>05:21:25.80</b>	+02:19:04 (43.3%)	11:54	5 (56.2%)
203	<b>ANDRZEJEWSKI Mariusz</b>	<b>A072</b>		Hard Hist - M	50	01:44:54	03:53:04		<b>05:21:29.20</b>	+02:19:08 (43.3%)	11:54	5 (56.2%)
204	<b>SOWA Dawid</b>	<b>A020</b>	DEFENDER BARCZEWO	Hard Hist - M	51	01:38:46	03:40:46		<b>05:24:08.15</b>	+02:21:47 (43.7%)	12:00	5 (56.2%)
205	<b>ŁADA Jarosław</b>	<b>A012</b>	DEFENDER BARCZEWO	Hard Hist - M	52	01:38:48	03:40:47		<b>05:24:08.80</b>	+02:21:47 (43.7%)	12:00	5 (56.2%)
206	<b>AFTEWICZ Adrian</b>	<b>A050</b>	DEFENDER BARCZEWO	Hard Hist - M	53	01:39:45	03:41:09		<b>05:24:20.65</b>	+02:21:59 (43.8%)	12:00	5 (56.2%)
207	<b>KOWALCZUK-FIJAŁKOWSKI Mikołaj</b>	<b>H202</b>		Hard - M	125	01:29:21	03:33:38		<b>05:24:26.05</b>	+02:22:05 (43.8%)	12:00	5 (56.2%)
208	<b>SŁOMSKI Cyprian</b>	<b>X15</b>	15 GOŁDAPSKI PUŁK PRZECIWLOTNICZY	Hard X - M	13	01:38:26	03:38:53		<b>05:25:03.35</b>	+02:22:42 (43.9%)	12:02	5 (56.2%)
209	<b>SZCZEPANIAK Paweł</b>	<b>H093</b>		Hard - M	126	01:34:21	03:29:35		<b>05:25:07.95</b>	+02:22:46 (43.9%)	12:02	5 (56.2%)
210	<b>MICHALSKI Rafał</b>	<b>A037</b>	DEFENDER BARCZEWO	Hard Hist - M	54	01:39:46	03:41:35		<b>05:25:27.55</b>	+02:23:06 (44.0%)	12:03	5 (56.2%)
211	<b>SOWA Robert</b>	<b>A021</b>	DEFENDER BARCZEWO	Hard Hist - M	55	01:39:43	03:41:08		<b>05:25:48.10</b>	+02:23:27 (44.0%)	12:04	5 (56.2%)
212	<b>KOWALSKI Mateusz</b>	<b>H146</b>		Hard - M	127	01:35:15	03:33:52		<b>05:26:04.80</b>	+02:23:43 (44.1%)	12:04	5 (56.2%)
213	<b>WYSOCKI Maciej</b>	<b>H248</b>	---	Hard - M	128	01:34:32	03:39:49		<b>05:27:00.65</b>	+02:24:39 (44.2%)	12:06	5 (56.2%)
214	<b>BOROWSKI Paweł</b>	<b>X25</b>	ZDC DWOT	Hard X - M	14	01:23:54	03:34:00		<b>05:27:44.65</b>	+02:25:23 (44.4%)	12:08	4.9 (55.1%)
215	<b>KAŁKOWSKA Karolina</b>	<b>A078</b>	POGOTOWIE RODZINNE	Hard Hist - K	4	01:49:14	03:52:09		<b>05:28:44.25</b>	+02:26:23 (44.5%)	12:10	4.9 (55.1%)
216	<b>WERNIO Dariusz</b>	<b>A041</b>	NIEZRZESZONY	Hard Hist - M	56	01:48:59	03:51:44		<b>05:28:55.10</b>	+02:26:34 (44.6%)	12:10	4.9 (55.1%)
217	<b>KOPERSKI Kacper</b>	<b>H206</b>	AWS	Hard - M	129	01:42:45	03:47:25		<b>05:31:58.15</b>	+02:29:37 (45.1%)	12:17	4.9 (55.1%)
218	<b>KAZMIERCZAK Dariusz</b>	<b>H127</b>	SFORA BMK	Hard - M	130	01:40:31	03:38:47		<b>05:33:22.30</b>	+02:31:01 (45.3%)	12:20	4.9 (55.1%)
219	<b>MAŁYSA Bartosz</b>	<b>H229</b>	AWS	Hard - M	131	01:42:47	03:47:25		<b>05:34:08.40</b>	+02:31:47 (45.4%)	12:22	4.8 (53.9%)
220	<b>WOJCIECHOWSKI Konrad</b>	<b>H221</b>		Hard - M	132	01:41:36	03:39:54		<b>05:34:09.15</b>	+02:31:48 (45.4%)	12:22	4.8 (53.9%)
221	<b>MIGDAŁEK Maciej</b>	<b>H217</b>		Hard - M	133	01:41:37	03:39:55		<b>05:34:31.95</b>	+02:32:10 (45.5%)	12:23	4.8 (53.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	9km	18km	Kara/ bonifikata	Czas netto 27km	Różn	Tempo min/km	Tempo km/h
222	<b>KOPACZYK Maciej</b>	<b>H256</b>		Hard - M	134	01:40:56	03:51:06		<b>05:35:22.05</b>	+02:33:01 (45.6%)	12:25	4.8 (53.9%)
223	<b>SZAFRAŃSKI Dawid</b>	<b>H114</b>	WAT	Hard - M	135	01:41:02	03:40:32		<b>05:35:28.45</b>	+02:33:07 (45.6%)	12:25	4.8 (53.9%)
224	<b>GWARNY Jarosław</b>	<b>H284</b>		Hard - M	136	01:40:37	03:39:58		<b>05:35:33.90</b>	+02:33:12 (45.7%)	12:25	4.8 (53.9%)
225	<b>KURAŚ Beata</b>	<b>A022</b>	SFORA - BIEG MORSKIEGO KOMANDOSA	Hard Hist - K	5	01:44:53	03:54:06		<b>05:36:00.40</b>	+02:33:39 (45.7%)	12:26	4.8 (53.9%)
226	<b>DOMIAN Arkadiusz</b>	<b>A019</b>	SFORA BMK	Hard Hist - M	57	01:44:55	03:54:06		<b>05:36:00.50</b>	+02:33:39 (45.7%)	12:26	4.8 (53.9%)
227	<b>PRUSKI Kacper</b>	<b>H252</b>	SPORTOWY CZŁUCHÓW	Hard - M	137	01:45:17	03:45:54		<b>05:36:35.85</b>	+02:34:14 (45.8%)	12:27	4.8 (53.9%)
228	<b>STALKA Michał</b>	<b>H276</b>		Hard - M	138	01:45:19	03:45:57		<b>05:37:31.15</b>	+02:35:10 (46.0%)	12:30	4.8 (53.9%)
229	<b>ANTOWSKA Dagmara</b>	<b>H125</b>	GRAŻYNKI	Hard - K	9	01:41:38	03:42:53		<b>05:38:23.65</b>	+02:36:02 (46.1%)	12:31	4.8 (53.9%)
230	<b>PISAREK Milena</b>	<b>H124</b>	GRAŻYNKI	Hard - K	10	01:41:40	03:42:55		<b>05:38:26.25</b>	+02:36:05 (46.1%)	12:32	4.8 (53.9%)
231	<b>RUDZKI Marek</b>	<b>H171</b>		Hard - M	139	01:40:08	03:51:22		<b>05:39:47.90</b>	+02:37:26 (46.3%)	12:35	4.8 (53.9%)
232	<b>ŁUKASIK Arkadiusz</b>	<b>H098</b>		Hard - M	140	01:36:11	03:39:02		<b>05:40:10.10</b>	+02:37:49 (46.4%)	12:35	4.8 (53.9%)
233	<b>PYZA Marcin</b>	<b>H172</b>		Hard - M	141	01:40:09	03:51:24		<b>05:40:24.40</b>	+02:38:03 (46.4%)	12:36	4.8 (53.9%)
234	<b>STEMPCZYŃSKA Justyna</b>	<b>H214</b>	BIEGUN OCR TEAM	Hard - K	11	01:44:05	03:47:42		<b>05:41:00.85</b>	+02:38:39 (46.5%)	12:37	4.8 (53.9%)
235	<b>LIS Maciej</b>	<b>H090</b>	SG	Hard - M	142	01:42:21	03:58:58		<b>05:43:03.90</b>	+02:40:42 (46.8%)	12:42	4.7 (52.8%)
236	<b>BESSER Olga</b>	<b>H027</b>	WARRIORS ŁÓDŹ	Hard - K	12	01:40:37	03:48:48		<b>05:43:37.15</b>	+02:41:16 (46.9%)	12:43	4.7 (52.8%)
237	<b>WIŚNIEWSKI Krzysztof</b>	<b>H156</b>		Hard - M	143	01:43:41	03:57:10		<b>05:43:51.75</b>	+02:41:30 (47.0%)	12:44	4.7 (52.8%)
238	<b>SZATYBEŁKO Alicja , KLIMAS Janusz , STELMACH Justyna , SZYMAŃSKI Błażej</b>	<b>T005</b>	453KLP ZIELONI NYNUSIE	TEAM	6	02:08:36			<b>05:43:57.05</b>	+02:41:36 (47.0%)	12:44	4.7 (52.8%)
239	<b>KARGUL Grzegorz</b>	<b>H241</b>	HUNTERS OCR TEAM	Hard - M	144	01:43:25	03:52:07		<b>05:44:06.15</b>	+02:41:45 (47.0%)	12:44	4.7 (52.8%)
240	<b>SROCYŃSKA Justyna</b>	<b>H126</b>	NETBOX BIEGA/OSTRESROKI	Hard - K	13	01:41:54	03:55:16		<b>05:45:18.20</b>	+02:42:57 (47.2%)	12:47	4.7 (52.8%)
241	<b>PAWŁOWSKI Kamil</b>	<b>H190</b>		Hard - M	145	01:41:55	03:55:15		<b>05:45:18.25</b>	+02:42:57 (47.2%)	12:47	4.7 (52.8%)
242	<b>WITANOWSKI Bartosz</b>	<b>H123</b>	DBTL	Hard - M	146	01:41:12	03:48:44		<b>05:46:07.00</b>	+02:43:46 (47.3%)	12:49	4.7 (52.8%)
243	<b>STOJANOWSKI Dawid</b>	<b>H267</b>	KOZAKI-PYRZANY	Hard - M	147	01:37:32	03:47:39		<b>05:47:51.90</b>	+02:45:30 (47.6%)	12:53	4.7 (52.8%)
244	<b>JANISZEWSKI Andrzej</b>	<b>H019</b>	CWAŁUJĄCE ŻÓŁWIE/SFORA BMK	Hard - M	148	01:53:33	04:01:53		<b>05:48:34.20</b>	+02:46:13 (47.7%)	12:54	4.6 (51.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	9km	18km	Kara/ bonifikata	Czas netto 27km	Różn	Tempo min/km	Tempo km/h
245	<b>FURMAN Paweł</b>	<b>H184</b>	SFORA BMK	Hard - M	149	01:53:33	04:01:53		<b>05:48:34.30</b>	+02:46:13 (47.7%)	12:54	4.6 (51.7%)
246	<b>GRZYBOWSKI Patryk</b>	<b>H080</b>	SFORA BMK	Hard - M	150	01:53:45	04:02:05		<b>05:48:46.35</b>	+02:46:25 (47.7%)	12:55	4.6 (51.7%)
247	<b>KOKORYN Adrian</b>	<b>H134</b>		Hard - M	151	01:40:50	03:50:44		<b>05:48:52.80</b>	+02:46:31 (47.7%)	12:55	4.6 (51.7%)
248	<b>MATYSEK Ireneusz</b>	<b>H188</b>	KOMANDOS WAŁECKI	Hard - M	152	01:45:36	03:56:28		<b>05:48:57.25</b>	+02:46:36 (47.7%)	12:55	4.6 (51.7%)
249	<b>SEKULSKI Stefan</b>	<b>A065</b>	AMICUS TEAM	Hard Hist - M	58	01:43:10	03:51:59		<b>05:49:34.95</b>	+02:47:13 (47.8%)	12:56	4.6 (51.7%)
250	<b>BUKOWIEC Szymon</b>	<b>H287</b>		Hard - M	153	01:44:31	04:03:49		<b>05:49:47.15</b>	+02:47:26 (47.9%)	12:57	4.6 (51.7%)
251	<b>GOSŁAWSKA Sylwia</b>	<b>H057</b>		Hard - K	14	01:44:30	04:03:48		<b>05:49:47.30</b>	+02:47:26 (47.9%)	12:57	4.6 (51.7%)
252	<b>SALITRA Jan</b>	<b>H118</b>	WAT	Hard - M	154	01:49:00	03:57:02		<b>05:49:54.30</b>	+02:47:33 (47.9%)	12:57	4.6 (51.7%)
253	<b>WARDAK Bartosz</b>	<b>A015</b>		Hard Hist - M	59	01:40:21	03:42:57		<b>05:51:15.30</b>	+02:48:54 (48.1%)	13:00	4.6 (51.7%)
254	<b>WARDAK Paweł</b>	<b>A014</b>		Hard Hist - M	60	01:40:11	03:42:49		<b>05:51:15.95</b>	+02:48:54 (48.1%)	13:00	4.6 (51.7%)
255	<b>ZAREMBA Piotr</b>	<b>A008</b>	BETONOWE BUTY POZNAŃ	Hard Hist - M	61	01:42:09	04:17:35		<b>05:52:25.30</b>	+02:50:04 (48.3%)	13:03	4.6 (51.7%)
256	<b>SZLECHT Piotr</b>	<b>A023</b>	BETONOWE BUTY POZNAŃ	Hard Hist - M	62	01:42:09	04:17:34		<b>05:52:28.95</b>	+02:50:07 (48.3%)	13:03	4.6 (51.7%)
257	<b>WĘGRODZKI Paweł , PASTURSKI Maciej , STAŃCZYK Jan , SZYMAŃSKI Łukasz</b>	<b>T002</b>		TEAM	7	01:45:35	03:56:54		<b>05:52:29.55</b>	+02:50:08 (48.3%)	13:03	4.6 (51.7%)
258	<b>SAŁEK Piotr</b>	<b>H070</b>		Hard - M	155	01:44:54	03:44:54		<b>05:52:50.60</b>	+02:50:29 (48.3%)	13:04	4.6 (51.7%)
259	<b>NOWAKOWSKI Miłosz , STELMACH Oliwier , ADAMCZAK Kacper , WARDA Bartłomiej</b>	<b>T009</b>	BŁOTNI BOMBARDIERZY	TEAM	8	01:51:40	04:03:34		<b>05:53:06.20</b>	+02:50:45 (48.4%)	13:04	4.6 (51.7%)
260	<b>CHMIEL Edmund</b>	<b>H226</b>		Hard - M	156	01:42:57	03:48:46		<b>05:53:59.35</b>	+02:51:38 (48.5%)	13:06	4.6 (51.7%)
261	<b>KOZIKOWSKI Rafał</b>	<b>H175</b>	3PSAP	Hard - M	157	01:41:49	04:03:35		<b>05:54:01.45</b>	+02:51:40 (48.5%)	13:06	4.6 (51.7%)
262	<b>SIDORCZUK Marcin</b>	<b>H106</b>		Hard - M	158	01:43:16	03:59:19		<b>05:54:11.80</b>	+02:51:50 (48.5%)	13:07	4.6 (51.7%)
263	<b>NAPIERAŁA Szymon</b>	<b>H247</b>		Hard - M	159	01:42:41	03:53:52		<b>05:55:05.95</b>	+02:52:44 (48.6%)	13:09	4.6 (51.7%)
264	<b>BARSZCZEWSKA Mirosława</b>	<b>A036</b>		Hard Hist - K	6	01:55:30	04:13:10		<b>05:56:06.25</b>	+02:53:45 (48.8%)	13:11	4.5 (50.6%)
265	<b>JEKA Dagmara</b>	<b>A063</b>		Hard Hist - K	7	01:55:37	04:13:21		<b>05:56:07.75</b>	+02:53:46 (48.8%)	13:11	4.5 (50.6%)
266	<b>SZEWKA Jarosław</b>	<b>A057</b>	KAMBODŻA	Hard Hist - M	63	01:55:37	04:13:15		<b>05:56:08.15</b>	+02:53:47 (48.8%)	13:11	4.5 (50.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	9km	18km	Kara/ bonifikata	Czas netto 27km	Różn	Tempo min/km	Tempo km/h
267	<b>SZATKOWSKI Seweryn</b>	<b>H095</b>		Hard - M	160	01:43:18	03:49:56		<b>05:56:22.05</b>	+02:54:01 (48.8%)	13:11	4.5 (50.6%)
268	<b>CZAJKA Aleksander</b>	<b>T001</b>	WAT	TEAM	9	01:57:24	04:12:08		<b>05:58:11.15</b>	+02:55:50 (49.1%)	13:15	4.5 (50.6%)
269	<b>ORZECH Damian</b>	<b>H088</b>		Hard - M	161	01:45:08	03:55:12		<b>05:58:26.70</b>	+02:56:05 (49.1%)	13:16	4.5 (50.6%)
270	<b>WIERZBICKI Kamil</b>	<b>H135</b>		Hard - M	162	01:45:42	03:57:50		<b>05:59:20.60</b>	+02:56:59 (49.3%)	13:18	4.5 (50.6%)
271	<b>RUMAK Piotr</b>	<b>H136</b>		Hard - M	163	01:45:43	03:57:50		<b>05:59:22.80</b>	+02:57:01 (49.3%)	13:18	4.5 (50.6%)
272	<b>ROŻEK Dariusz</b>	<b>H137</b>		Hard - M	164	01:45:45	03:57:52		<b>05:59:23.75</b>	+02:57:02 (49.3%)	13:18	4.5 (50.6%)
273	<b>MOSZCZYŃSKI Radosław</b>	<b>H191</b>	ACTIVE FLOW	Hard - M	165	01:43:11	03:49:29		<b>05:59:48.70</b>	+02:57:27 (49.3%)	13:19	4.5 (50.6%)
274	<b>MOSKAL Marta</b>	<b>H009</b>		Hard - K	15	01:53:05	04:06:54		<b>06:00:47.10</b>	+02:58:26 (49.5%)	13:21	4.5 (50.6%)
275	<b>MNICH Bartłomiej</b>	<b>H113</b>	12WBOT	Hard - M	166	01:38:57	04:05:53		<b>06:01:18.20</b>	+02:58:57 (49.5%)	13:22	4.5 (50.6%)
276	<b>SCHIRMER Julia</b>	<b>H017</b>	6MBOT	Hard - K	16	01:51:35	04:04:32		<b>06:02:06.00</b>	+02:59:45 (49.6%)	13:24	4.5 (50.6%)
277	<b>SZUSZMAN Maja</b>	<b>H269</b>	WAT	Hard - K	17	01:55:46	04:04:42		<b>06:04:42.80</b>	+03:02:21 (50.0%)	13:30	4.4 (49.4%)
278	<b>LOKS Filip</b>	<b>H264</b>	WOJSKOWA AKADEMIA TECHNICZNA	Hard - M	167	01:55:46	04:04:39		<b>06:04:44.15</b>	+03:02:23 (50.0%)	13:30	4.4 (49.4%)
279	<b>LEWANDOWSKI Mateusz</b>	<b>H266</b>	WOJSKOWA AKADEMIA TECHNICZNA	Hard - M	168	01:56:03	04:04:40		<b>06:04:45.90</b>	+03:02:24 (50.0%)	13:30	4.4 (49.4%)
280	<b>SZOSTAK Paweł</b>	<b>H262</b>	WOJSKOWA AKADEMIA TECHNICZNA	Hard - M	169	01:55:55	04:04:42		<b>06:04:47.10</b>	+03:02:26 (50.0%)	13:30	4.4 (49.4%)
281	<b>SENDROWICZ Dawid</b>	<b>H263</b>	WOJSKOWA AKADEMIA TECHNICZNA	Hard - M	170	01:56:02	04:04:42		<b>06:04:47.30</b>	+03:02:26 (50.0%)	13:30	4.4 (49.4%)
282	<b>MOLĘDA Michał</b>	<b>H069</b>		Hard - M	171	01:42:09	03:54:23		<b>06:07:16.40</b>	+03:04:55 (50.4%)	13:36	4.4 (49.4%)
283	<b>ORZECZOWSKI Krzysztof</b>	<b>H082</b>		Hard - M	172	01:42:09	03:54:24		<b>06:07:17.10</b>	+03:04:56 (50.4%)	13:36	4.4 (49.4%)
284	<b>KUCHCIŃSKI Krystian</b>	<b>H011</b>		Hard - M	173	01:46:06	04:00:30		<b>06:07:19.35</b>	+03:04:58 (50.4%)	13:36	4.4 (49.4%)
285	<b>STENKA Adam</b>	<b>H149</b>		Hard - M	174	01:46:08	04:00:33		<b>06:07:19.65</b>	+03:04:58 (50.4%)	13:36	4.4 (49.4%)
286	<b>OLESZEK Joanna</b>	<b>H211</b>		Hard - K	18	01:42:08	03:57:36		<b>06:09:57.10</b>	+03:07:36 (50.7%)	13:42	4.4 (49.4%)
287	<b>OLESZEK Marcin</b>	<b>H212</b>		Hard - M	175	01:42:06	03:57:34		<b>06:09:57.60</b>	+03:07:36 (50.7%)	13:42	4.4 (49.4%)
288	<b>WOLAS Gabriel</b>	<b>H265</b>	WOJSKOWA AKADEMIA TECHNICZNA	Hard - M	176	01:55:56	04:33:06		<b>06:10:32.85</b>	+03:08:11 (50.8%)	13:43	4.4 (49.4%)
289	<b>ŚWITAŁOWSKI Karol</b>	<b>H141</b>	WBOT12	Hard - M	177	01:38:59	04:05:58		<b>06:11:09.45</b>	+03:08:48 (50.9%)	13:44	4.4 (49.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	9km	18km	Kara/ bonifikata	Czas netto 27km	Różn	Tempo min/km	Tempo km/h
290	<b>FUDALA Marta</b>	<b>X30</b>	SFORA BMK	Hard X - K	2	02:02:27	04:27:32		<b>06:12:20.40</b>	+03:09:59 (51.0%)	13:47	4.4 (49.4%)
291	<b>ESSI-EZINH Aleksander</b>	<b>X8</b>	SFORA BMK	Hard X - M	15	02:02:27	04:27:30		<b>06:12:21.50</b>	+03:10:00 (51.0%)	13:47	4.4 (49.4%)
292	<b>KULCZAK Paweł</b>	<b>H028</b>	SFORA BMK	Hard - M	178	01:52:40	04:16:40		<b>06:14:32.30</b>	+03:12:11 (51.3%)	13:52	4.3 (48.3%)
293	<b>CZYŻEWSKI Kordian</b>	<b>H128</b>		Hard - M	179	01:50:52	03:57:12		<b>06:14:50.95</b>	+03:12:29 (51.4%)	13:52	4.3 (48.3%)
294	<b>WIŚNIEWSKI Włodzimierz</b>	<b>H077</b>	SPC	Hard - M	180	01:55:40	04:20:26		<b>06:15:48.60</b>	+03:13:27 (51.5%)	13:55	4.3 (48.3%)
295	<b>BENDLEWSKI Patryk</b>	<b>A007</b>	BETONOWE BUTY POZNAŃ	Hard Hist - M	64	01:42:46	04:01:18		<b>06:16:24.40</b>	+03:14:03 (51.6%)	13:56	4.3 (48.3%)
296	<b>WYGANOWSKI Leszek</b>	<b>A006</b>	BETONOWE BUTY POZNAŃ	Hard Hist - M	65	01:43:38	04:01:19		<b>06:16:33.05</b>	+03:14:12 (51.6%)	13:56	4.3 (48.3%)
297	<b>SARNECKA Patrycja</b>	<b>H177</b>	3 PSAP	Hard - K	19	01:41:52	04:04:46		<b>06:17:25.80</b>	+03:15:04 (51.7%)	13:58	4.3 (48.3%)
298	<b>NOWICKI Olgierd</b>	<b>H274</b>		Hard - M	181	01:45:20	04:12:00		<b>06:18:15.40</b>	+03:15:54 (51.8%)	14:00	4.3 (48.3%)
299	<b>KUŁAKOWSKI Paweł , DARGIEWICZ Daniel , SZTURA Maciej , MAŁKOWSKI Michał</b>	<b>T003</b>	453KLP	TEAM	10	01:57:12	04:24:52		<b>06:18:21.10</b>	+03:16:00 (51.8%)	14:00	4.3 (48.3%)
300	<b>TOMCZUK Rafał</b>	<b>A043</b>		Hard Hist - M	66	01:40:32	03:52:49		<b>06:18:32.10</b>	+03:16:11 (51.8%)	14:01	4.3 (48.3%)
301	<b>PITURA Mikołaj</b>	<b>A044</b>		Hard Hist - M	67	01:40:33	03:52:49		<b>06:19:47.80</b>	+03:17:26 (52.0%)	14:03	4.3 (48.3%)
302	<b>HAŁUCHA Wojciech</b>	<b>H102</b>		Hard - M	182	01:47:32	04:10:58		<b>06:29:05.45</b>	+03:26:44 (53.1%)	14:24	4.2 (47.2%)
303	<b>DZIUBA Andrzej</b>	<b>H101</b>		Hard - M	183	01:47:34	04:11:05		<b>06:29:05.80</b>	+03:26:44 (53.1%)	14:24	4.2 (47.2%)
304	<b>LIETZ Kamil</b>	<b>H223</b>		Hard - M	184	01:55:53	04:04:59		<b>06:31:07.90</b>	+03:28:46 (53.4%)	14:29	4.1 (46.1%)
305	<b>SZCZĘCH Marcin</b>	<b>H270</b>		Hard - M	185	01:55:50	04:05:53		<b>06:31:09.80</b>	+03:28:48 (53.4%)	14:29	4.1 (46.1%)
306	<b>CZEKALSKI Wojciech</b>	<b>H225</b>		Hard - M	186	01:55:50	04:04:59		<b>06:31:16.40</b>	+03:28:55 (53.4%)	14:29	4.1 (46.1%)
307	<b>NASTAROWICZ Dominik</b>	<b>H024</b>		Hard - M	187	01:51:42	04:07:26		<b>06:31:28.05</b>	+03:29:07 (53.4%)	14:29	4.1 (46.1%)
308	<b>KACZMAREK Daniel</b>	<b>H002</b>		Hard - M	188	01:57:50	04:23:46		<b>06:31:44.25</b>	+03:29:23 (53.5%)	14:30	4.1 (46.1%)
309	<b>KACZMAREK Jan</b>	<b>H034</b>		Hard - M	189	01:49:25	04:19:22		<b>06:32:59.05</b>	+03:30:38 (53.6%)	14:33	4.1 (46.1%)
310	<b>GÓRECKI Rafał</b>	<b>H254</b>		Hard - M	190	01:54:34	04:17:39		<b>06:35:01.30</b>	+03:32:40 (53.8%)	14:37	4.1 (46.1%)
311	<b>RAJCZYK Dariusz</b>	<b>H259</b>		Hard - M	191	01:54:38	04:17:54		<b>06:35:02.05</b>	+03:32:41 (53.8%)	14:37	4.1 (46.1%)
312	<b>KRUSZONA Jan</b>	<b>H255</b>		Hard - M	192	01:54:37	04:17:41		<b>06:35:02.60</b>	+03:32:41 (53.8%)	14:37	4.1 (46.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	9km	18km	Kara/ bonifikata	Czas netto 27km	Różn	Tempo min/km	Tempo km/h
313	<b>GRĄBSKI Rafał</b>	<b>H031</b>		Hard - M	193	01:54:43	04:18:00		<b>06:35:03.65</b>	+03:32:42 (53.8%)	14:37	4.1 (46.1%)
314	<b>PASIECZNY Mirosław</b>	<b>H237</b>	4RBLOG	Hard - M	194	01:45:19	04:15:32		<b>06:35:22.80</b>	+03:33:01 (53.9%)	14:38	4.1 (46.1%)
315	<b>ROŚLIK Jakub</b>	<b>H021</b>		Hard - M	195	01:50:59	04:13:07		<b>06:36:27.60</b>	+03:34:06 (54.0%)	14:41	4.1 (46.1%)
316	<b>LUBIŃSKI Karol</b>	<b>H272</b>		Hard - M	196	01:51:00	04:13:09		<b>06:36:44.70</b>	+03:34:23 (54.0%)	14:41	4.1 (46.1%)
317	<b>WOJCIECHOWSKI Patryk</b>	<b>H026</b>		Hard - M	197	01:56:59	04:33:08		<b>06:38:17.15</b>	+03:35:56 (54.2%)	14:45	4.1 (46.1%)
318	<b>LEWANDOWSKI Radosław</b>	<b>H182</b>		Hard - M	198	01:57:07	04:33:09		<b>06:38:18.55</b>	+03:35:57 (54.2%)	14:45	4.1 (46.1%)
319	<b>RADOMSKI Dominik</b>	<b>H224</b>		Hard - M	199	01:56:12	04:14:40		<b>06:39:24.25</b>	+03:37:03 (54.3%)	14:47	4.1 (46.1%)
320	<b>SZUMAŃSKI Arkadiusz</b>	<b>H115</b>	WAT	Hard - M	200	01:49:05	04:13:07		<b>06:39:38.20</b>	+03:37:17 (54.4%)	14:48	4.1 (46.1%)
321	<b>WENGANOWSKI Konrad</b>	<b>H281</b>		Hard - M	201	01:49:03	04:21:08		<b>06:57:07.10</b>	+03:54:46 (56.3%)	15:26	3.9 (43.8%)
322	<b>KAMIŃSKI Łukasz</b>	<b>H282</b>		Hard - M	202	01:56:35	04:21:13		<b>06:59:34.35</b>	+03:57:13 (56.5%)	15:32	3.9 (43.8%)
323	<b>ORŁOWSKI Piotr</b>	<b>H199</b>	INTEL RUNNERS	Hard - M	203	01:58:23	04:24:37		<b>07:02:49.85</b>	+04:00:28 (56.9%)	15:39	3.8 (42.7%)
324	<b>WIŚNIEWSKI Adrian</b>	<b>H152</b>		Hard - M	204	02:03:53	04:33:07		<b>07:13:18.90</b>	+04:10:57 (57.9%)	16:02	3.7 (41.6%)
325	<b>SUPIŃSKI Damian</b>	<b>H060</b>		Hard - M	205	02:03:46	04:32:46		<b>07:13:19.85</b>	+04:10:58 (57.9%)	16:02	3.7 (41.6%)
326	<b>SOSNOWSKI Andrzej</b>	<b>H010</b>		Hard - M	206	02:04:05	04:30:57		<b>07:13:34.90</b>	+04:11:13 (57.9%)	16:03	3.7 (41.6%)
327	<b>MIELCARSKA Marcelina</b>	<b>H151</b>		Hard - K	20	02:04:09	04:33:07		<b>07:13:43.60</b>	+04:11:22 (58.0%)	16:03	3.7 (41.6%)
328	<b>KOŁODZIEJCZYK Sebastian</b>	<b>H238</b>		Hard - M	207	02:04:14	04:31:07		<b>07:13:47.55</b>	+04:11:26 (58.0%)	16:03	3.7 (41.6%)
329	<b>KUR Joanna</b>	<b>H032</b>		Hard - K	21	02:04:16	04:31:10		<b>07:13:48.70</b>	+04:11:27 (58.0%)	16:04	3.7 (41.6%)
330	<b>CAÑIZARES Cristian</b>	<b>H239</b>	CRISRIAN CANIZARES	Hard - M	208	01:57:41	04:48:25		<b>07:18:04.65</b>	+04:15:43 (58.4%)	16:13	3.7 (41.6%)
331	<b>GALAS Stanley</b>	<b>H251</b>		Hard - M	209	02:13:02	04:53:56		<b>07:33:33.70</b>	+04:31:12 (59.8%)	16:47	3.6 (40.4%)
332	<b>LISIK Agnieszka</b>	<b>H250</b>	TEAM BADGER	Hard - K	22	02:13:08	04:53:56		<b>07:33:35.15</b>	+04:31:14 (59.8%)	16:47	3.6 (40.4%)
333	<b>FRESAL Marta</b>	<b>A075</b>		Hard Hist - K	8	02:17:09	05:29:36		<b>07:54:24.35</b>	+04:52:03 (61.6%)	17:34	3.4 (38.2%)
334	<b>BIAŁY Adam</b>	<b>A074</b>		Hard Hist - M	68	02:17:08	05:29:36		<b>07:54:26.35</b>	+04:52:05 (61.6%)	17:34	3.4 (38.2%)
	<b>GANCARCZYK Michał</b>	<b>H253</b>		Hard - M		01:31:31 DNF	DNF		<b>DNF</b>	-	-	- (0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	9km	18km	Kara/ bonifikata	Czas netto 27km	Różn	Tempo min/km	Tempo km/h
	<b>NIEKRASZEWICZ Marcel</b>	<b>H122</b>		Hard - M		02:05:43 DNF	DNF		<b>DNF</b>		-	- (0.0%)
	<b>GUTOWICZ Marcin</b>	<b>H165</b>		Hard - M		DNF	DNF		<b>DNF</b>		-	- (0.0%)

Znaleziono 337 wynik(ów)