



BMK 2024 - HARD 27KM

B4SPORT

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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	ŁUKASZEWSKI Jakub	A071	HANGAR	Hard Hist - M	1	00:59:53	02:09:29		03:02:21.00		6:45	8.9 (100%)
2	ADAMCZEWSKI Szymon	A066	SFORA BMK	Hard Hist - M	2	01:07:19	02:12:52	00:05:00	03:06:18.10	+00:03:57 (2.1%)	6:42	8.9 (100%)
3	CHOMICZ Krzysztof	A076	16 BPD	Hard Hist - M	3	01:03:14	02:15:48		03:10:12.70	+00:07:51 (4.1%)	7:02	8.5 (95.5%)
4	MAĆKOWIAK Łukasz	H033	OSP . BRONKÓW	Hard - M	1	01:01:18	02:15:38		03:11:14.55	+00:08:53 (4.6%)	7:04	8.5 (95.5%)
5	KANIA Mateusz	A024		Hard Hist - M	4	01:05:51	02:15:48		03:11:59.45	+00:09:38 (5.0%)	7:06	8.4 (94.4%)
6	KADŁUBOWICZ Piotr	H185	TEAMMOCNESKRZYDŁO	Hard - M	2	01:07:23	02:22:14		03:13:07.95	+00:10:46 (5.6%)	7:09	8.4 (94.4%)
7	GRZYBOWSKI Mateusz	H100	SFORA BMK	Hard - M	3	01:08:08	02:20:04		03:13:44.35	+00:11:23 (5.9%)	7:10	8.4 (94.4%)
8	SAKOSIK Krystian	H189	WOJOWNIK Z PŁOCICZNA	Hard - M	4	01:05:51	02:20:06		03:15:29.40	+00:13:08 (6.7%)	7:14	8.3 (93.3%)
9	SWINARSKI Maciej	X5	MOTOSYBERIA.COM	Hard X - M	1	01:08:29	02:16:28		03:18:09.60	+00:15:48 (8.0%)	7:20	8.2 (92.1%)
10	TRYZNO Jakub	X16	NEPTUN GDAŃSK	Hard X - M	2	01:08:28	02:17:52		03:23:55.05	+00:21:34 (10.6%)	7:33	7.9 (88.8%)
11	SAKOSIK Marcin	H068	ŚWIR Z PŁOCICZNA	Hard - M	5	01:07:11	02:23:01		03:24:49.65	+00:22:28 (11.0%)	7:35	7.9 (88.8%)
12	HOLYŃSKI Leszek	A042	SFORA BMK	Hard Hist - M	5	01:10:20	02:26:27		03:25:12.15	+00:22:51 (11.1%)	7:36	7.9 (88.8%)
13	LEWANDOWSKI Szymon	H288		Hard - M	6	01:11:16	02:30:13		03:27:42.70	+00:25:21 (12.2%)	7:41	7.8 (87.6%)
14	KONDRACIUK Andrzej	H257	KONDRACIUK TEAM	Hard - M	7	01:11:08	02:30:18		03:31:33.05	+00:29:12 (13.8%)	7:50	7.7 (86.5%)
15	STAMATEL Sebastian	H240	6 BPD	Hard - M	8	01:12:08	02:31:09		03:34:14.90	+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	ADAMCZEWSKI Szymon	X23	SFORABMK	Hard X - M	3	01:10:11	02:31:57		03:36:27.50	+00:34:06 (15.8%)	8:01	7.5 (84.3%)
17	AMBO Rafał	H083	R.AMBO DRUGA CREW	Hard - M	9	01:10:58	02:31:37		03:37:06.40	+00:34:45 (16.0%)	8:02	7.5 (84.3%)
18	JANAS Szymon	X4	SFORA BMK	Hard X - M	4	01:07:13	02:34:11		03:37:18.45	+00:34:57 (16.1%)	8:02	7.5 (84.3%)
19	PAWŁOWSKI Kamil	A052		Hard Hist - M	6	01:15:45	02:40:11		03:37:21.00	+00:35:00 (16.1%)	8:03	7.5 (84.3%)
20	CICHOSZ Rafał	A004	ENDURE	Hard Hist - M	7	01:10:17	02:33:07		03:37:28.70	+00:35:07 (16.2%)	8:03	7.4 (83.1%)
21	OŹGA Paweł	H289	BIGYELLOWFOOT ADVENTURE TEAM	Hard - M	10	01:09:06	02:37:56		03:37:37.05	+00:35:16 (16.2%)	8:03	7.4 (83.1%)
22	GŁOWACKI Adrian	A079		Hard Hist - M	8	01:17:31	02:39:30		03:43:52.70	+00:41:31 (18.5%)	8:17	7.2 (80.9%)
23	SROCZYŃSKI Marcin	X6	NETBOXBIEGA/OSTRESROKI	Hard X - M	5	01:14:26	02:38:08		03:47:27.95	+00:45:06 (19.8%)	8:25	7.1 (79.8%)
24	HELLER Łukasz	H271	KASZUBSKA SAUNA MOBILNA	Hard - M	11	01:09:14	02:29:42		03:47:55.45	+00:45:34 (20.0%)	8:26	7.1 (79.8%)
25	SENATOR Piotr	H192	OSPRO OCR	Hard - M	12	01:15:51	02:35:45		03:50:09.45	+00:47:48 (20.8%)	8:31	7 (78.7%)
26	MOCHEL Michał	H121		Hard - M	13	01:16:02	02:38:49		03:50:23.45	+00:48:02 (20.9%)	8:31	7 (78.7%)
27	SOBECKI Sebastian	H039	SOBECKITRAVEL	Hard - M	14	01:13:31	02:36:12		03:50:45.90	+00:48:24 (21.0%)	8:32	7 (78.7%)
28	SOLARCZYK Łukasz	A018		Hard Hist - M	9	01:13:25	02:37:40		03:51:09.30	+00:48:48 (21.1%)	8:33	7 (78.7%)
29	MORAWSKI Grzegorz	H132		Hard - M	15	01:18:37	02:42:39		03:52:47.00	+00:50:26 (21.7%)	8:37	7 (78.7%)
30	TAŃSKI Michał	H108	XRUNNERS	Hard - M	16	01:16:52	02:48:23		03:53:04.65	+00:50:43 (21.8%)	8:37	7 (78.7%)
31	SZUPRYCZYŃSKI Krzysztof	H107	XRUNNERS	Hard - M	17	01:16:51	02:48:21		03:53:09.90	+00:50:48 (21.8%)	8:38	6.9 (77.5%)
32	MORAWSKI Piotr	H160	NOWA HUTA TEAM	Hard - M	18	01:15:28	02:40:31		03:53:20.35	+00:50:59 (21.9%)	8:38	6.9 (77.5%)
33	CHMIELNIAK Krzysztof	H035	SFORA BMK	Hard - M	19	01:15:21	02:40:26		03:53:49.55	+00:51:28 (22.0%)	8:39	6.9 (77.5%)
34	KOWALSKA Natalia	H209	7PBOT	Hard - K	1	01:15:50	02:44:52		03:53:59.45	+00:51:38 (22.1%)	8:39	6.9 (77.5%)
35	OKPIS Wojciech	H208		Hard - M	20	01:15:39	02:40:24		03:54:19.55	+00:51:58 (22.2%)	8:40	6.9 (77.5%)
36	DOMORADZKI Łukasz	H167	AKADEMIA WOJSK LĄDOWYCH	Hard - M	21	01:16:53	02:46:35		03:54:43.95	+00:52:22 (22.3%)	8:41	6.9 (77.5%)
37	RABIZO Kamil	H089		Hard - M	22	01:18:26	02:47:47		03:56:09.55	+00:53:48 (22.8%)	8:44	6.9 (77.5%)
38	TADYSZ Marcin	H159		Hard - M	23	01:18:49	02:44:42		03:56:11.60	+00:53:50 (22.8%)	8:44	6.9 (77.5%)

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

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

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84	RONOWSKI Paweł	H186	R O N O Ś	Hard - M	49	01:23:13	03:03:57		04:22:16.25	+01:19:55 (30.5%)	9:42	6.2 (69.7%)
85	OŻAŃSKI Tomasz	H233	15GBZ	Hard - M	50	01:24:05	02:57:31		04:22:22.35	+01:20:01 (30.5%)	9:43	6.2 (69.7%)
86	STRONGOWSKI Sebastian	A049		Hard Hist - M	20	01:26:28	03:06:14		04:23:28.15	+01:21:07 (30.8%)	9:45	6.1 (68.5%)
87	DWORNICKI Kamil	A059		Hard Hist - M	21	01:31:59	03:10:42		04:23:30.00	+01:21:09 (30.8%)	9:45	6.1 (68.5%)
88	MISIOR Paulina	A068		Hard Hist - K	1	01:36:22	03:12:26		04:23:31.85	+01:21:10 (30.8%)	9:45	6.1 (68.5%)
89	CZAJKOWSKI Kewin	H210		Hard - M	51	01:24:58	03:05:32		04:24:03.95	+01:21:42 (30.9%)	9:46	6.1 (68.5%)
90	KAWECKI Igor	A035	SFORA BMK	Hard Hist - M	22	01:27:23	03:03:01		04:24:37.90	+01:22:16 (31.1%)	9:48	6.1 (68.5%)
91	WIELGOSZ Norbert	A060	21 BLT	Hard Hist - M	23	01:30:06	03:02:11		04:24:42.30	+01:22:21 (31.1%)	9:48	6.1 (68.5%)
92	PIEDA Kamil	A061	21 BLT	Hard Hist - M	24	01:30:04	03:02:12		04:24:43.05	+01:22:22 (31.1%)	9:48	6.1 (68.5%)
93	ŚLEDŹ Kacper	A058	21. BLT	Hard Hist - M	25	01:30:05	03:02:11		04:24:45.35	+01:22:24 (31.1%)	9:48	6.1 (68.5%)
94	STASZEWSKI Rafał	H066		Hard - M	52	01:31:38	03:01:53		04:24:49.25	+01:22:28 (31.1%)	9:48	6.1 (68.5%)
95	GAJEWSKI Jacek	H061	DOGOŃ GRODZISK MAZOWIECKI	Hard - M	53	01:25:06	03:01:50		04:25:48.65	+01:23:27 (31.4%)	9:50	6.1 (68.5%)
96	SZULC Michal	A032	SGO	Hard Hist - M	26	01:25:54	03:04:39		04:26:02.80	+01:23:41 (31.5%)	9:51	6.1 (68.5%)
97	MALACH Dariusz	A040	SFORA BMK	Hard Hist - M	27	01:28:42	03:06:58		04:26:48.30	+01:24:27 (31.7%)	9:52	6.1 (68.5%)
98	GRABOWSKI Zbigniew	A056	SFORA BMK	Hard Hist - M	28	01:28:41	03:06:57		04:26:48.35	+01:24:27 (31.7%)	9:52	6.1 (68.5%)
99	KURA Krzysztof	H120	16BPD	Hard - M	54	01:21:07	03:03:18		04:28:45.50	+01:26:24 (32.2%)	9:57	6 (67.4%)
100	KACZMAREK Mateusz	H079	SZWAGIER TEAM	Hard - M	55	01:28:31	03:12:07		04:29:09.55	+01:26:48 (32.3%)	9:58	6 (67.4%)
101	SŁABIAK Marcin	H258	3PSAP	Hard - M	56	01:23:56	03:12:22		04:29:13.95	+01:26:52 (32.3%)	9:58	6 (67.4%)
102	BARANOWSKI Dawid	H236	MOCNE SKRZYDŁO	Hard - M	57	01:18:57	02:53:23		04:29:25.75	+01:27:04 (32.3%)	9:58	6 (67.4%)
103	JAKUBOWSKI Leszek	H174	3PSAP	Hard - M	58	01:23:57	03:12:21		04:29:44.05	+01:27:23 (32.4%)	9:59	6 (67.4%)
104	GŁÓWKA Tomasz	H244		Hard - M	59	01:24:18	03:03:09		04:29:56.65	+01:27:35 (32.4%)	9:59	6 (67.4%)
105	MACHTEL Adrian	H161		Hard - M	60	01:23:34	03:03:17		04:30:27.40	+01:28:06 (32.6%)	10:01	6 (67.4%)
106	SMOKTUNOWICZ Emanuel	H155		Hard - M	61	01:23:35	03:03:16		04:30:28.50	+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	KOCHANIAK Andrzej	H067		Hard - M	62	01:29:50	03:10:50		04:31:12.90	+01:28:51 (32.8%)	10:02	6 (67.4%)
108	DORAWA Hubert	H097		Hard - M	63	01:24:41	03:08:36		04:31:35.50	+01:29:14 (32.9%)	10:03	6 (67.4%)
109	KWIATKOWSKI Dominik	H194		Hard - M	64	01:24:39	03:08:34		04:31:36.70	+01:29:15 (32.9%)	10:03	6 (67.4%)
110	FORTUNIAK Patryk	A011	CHORE POJEBY	Hard Hist - M	29	01:32:53	03:15:20		04:32:51.35	+01:30:30 (33.2%)	10:06	5.9 (66.3%)
111	ŁUKSZA Krzysztof , SAŁATA Radosław , ABRAMIUK Adrian , WALCZAK Oskar	T008	GRUPA SZTURMOWA JAGÓDKI	TEAM	4	01:26:57	03:12:16		04:33:02.85	+01:30:41 (33.2%)	10:06	5.9 (66.3%)
112	WOŁODKO Beniamin	A039	NIEZRZESZONY	Hard Hist - M	30	01:30:37	03:06:12		04:34:13.75	+01:31:52 (33.5%)	10:09	5.9 (66.3%)
113	DUK Dawid	H168		Hard - M	65	01:20:54	03:02:07		04:34:36.00	+01:32:15 (33.6%)	10:10	5.9 (66.3%)
114	RYBICKI Tomasz	X1	MŁODY VS STARY / SFORA BMK	Hard X - M	10	01:24:50	02:53:51		04:35:14.90	+01:32:53 (33.8%)	10:11	5.9 (66.3%)
115	CHYTRY Mateusz	A027	DZYGITY	Hard Hist - M	31	01:22:16	03:07:42		04:35:15.15	+01:32:54 (33.8%)	10:11	5.9 (66.3%)
116	HIRNY Mikołaj	H041		Hard - M	66	01:28:42	02:59:46		04:35:43.10	+01:33:22 (33.9%)	10:12	5.9 (66.3%)
117	POTORSKI Przemysław	H220		Hard - M	67	01:23:04	03:00:49		04:36:18.60	+01:33:57 (34.0%)	10:14	5.9 (66.3%)
118	ŻÓŁKIEWICZ Marcin	H058	PIĘTNASTKA	Hard - M	68	01:27:58	03:11:38		04:36:50.75	+01:34:29 (34.1%)	10:15	5.9 (66.3%)
119	MAJEWSKI Mateusz	H096	EXTREMBUM	Hard - M	69	01:29:49	03:11:41		04:37:04.00	+01:34:43 (34.2%)	10:15	5.8 (65.2%)
120	BABIARZ Krystian	H219		Hard - M	70	01:30:09	03:07:01		04:37:38.45	+01:35:17 (34.3%)	10:16	5.8 (65.2%)
121	WOJCIECHOWSKA Ines	X7	MŁODY VS STARY	Hard X - K	1	01:29:08	03:13:35		04:37:58.35	+01:35:37 (34.4%)	10:17	5.8 (65.2%)
122	JANKIEWICZ Marek	X2	MŁODY VS STARY	Hard X - M	11	01:29:10	03:13:36		04:38:06.95	+01:35:45 (34.4%)	10:18	5.8 (65.2%)
123	KAMIENIECKI Michał	A030	FIREFIGHTERSLIONSTEAM	Hard Hist - M	32	01:28:13	03:07:50		04:38:56.00	+01:36:35 (34.6%)	10:19	5.8 (65.2%)
124	OŚKO Łukasz	A069		Hard Hist - M	33	01:36:22	03:14:20		04:38:59.35	+01:36:38 (34.6%)	10:19	5.8 (65.2%)
125	BLAJER Piotr	H038	5 BATALION STRZELCÓW PODHALAŃSKICH	Hard - M	71	01:30:50	03:12:41		04:39:06.15	+01:36:45 (34.7%)	10:20	5.8 (65.2%)
126	LENIK Kamil	H081	MOCNE SKRZYDŁO	Hard - M	72	01:23:06	03:09:43		04:39:06.85	+01:36:45 (34.7%)	10:20	5.8 (65.2%)
127	GRZELAK Tomek	H234	JRG GUBIN	Hard - M	73	01:21:37	03:09:34		04:39:19.00	+01:36:58 (34.7%)	10:20	5.8 (65.2%)
128	WOJTKIEWICZ Mateusz	H261		Hard - M	74	01:23:49	03:04:52		04:39:19.60	+01:36:58 (34.7%)	10:20	5.8 (65.2%)
129	STASZKIEWICZ Tomasz	H091		Hard - M	75	01:24:08	03:05:11		04:40:22.90	+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	GAJEWSKI Krzysztof	H064		Hard - M	76	01:26:27	03:11:10		04:41:04.50	+01:38:43 (35.1%)	10:24	5.8 (65.2%)
131	ŁYŚ Dominik	H216		Hard - M	77	01:26:56	03:21:28		04:41:06.35	+01:38:45 (35.1%)	10:24	5.8 (65.2%)
132	PIOTROWSKI Roman	H040	SPARTA RUNNERS	Hard - M	78	01:29:50	03:08:04		04:41:22.80	+01:39:01 (35.2%)	10:25	5.8 (65.2%)
133	ROKICKI Piotr	A028		Hard Hist - M	34	01:28:46	03:08:08		04:41:38.85	+01:39:17 (35.3%)	10:25	5.8 (65.2%)
134	GALIŃSKI Mateusz	H133	2BLOG	Hard - M	79	01:35:54	03:32:27		04:43:37.15	+01:41:16 (35.7%)	10:30	5.7 (64.0%)
135	KONDRACIUK Piotr	H117		Hard - M	80	01:27:17	03:17:07		04:44:10.85	+01:41:49 (35.8%)	10:31	5.7 (64.0%)
136	PRZYBYŁA Rafał	H037	KB ODRAŃ OPOLE	Hard - M	81	01:29:31	03:13:55		04:45:15.35	+01:42:54 (36.1%)	10:33	5.7 (64.0%)
137	PRZYBYŁA Michał	H036	KB ODRAŃ OPOLE	Hard - M	82	01:29:32	03:13:55		04:45:16.65	+01:42:55 (36.1%)	10:33	5.7 (64.0%)
138	DOLEWSKI Konrad	A046		Hard Hist - M	35	01:33:26	03:21:02		04:46:52.90	+01:44:31 (36.4%)	10:37	5.6 (62.9%)
139	DOLEWSKI Karol	A047		Hard Hist - M	36	01:33:23	03:21:02		04:47:07.80	+01:44:46 (36.5%)	10:38	5.6 (62.9%)
140	LEONARCZYK Marcin	H049		Hard - M	83	01:40:21	03:21:32		04:48:01.20	+01:45:40 (36.7%)	10:40	5.6 (62.9%)
141	STEFANOWSKI Daniel	A038		Hard Hist - M	37	01:37:26	03:31:26		04:48:39.80	+01:46:18 (36.8%)	10:41	5.6 (62.9%)
142	ZIMNY Adam	H005		Hard - M	84	01:30:35	03:19:45		04:48:51.25	+01:46:30 (36.9%)	10:41	5.6 (62.9%)
143	IVANOU Pavel	H277	KOTOCRAFT	Hard - M	85	01:25:44	03:13:13		04:50:54.15	+01:48:33 (37.3%)	10:46	5.6 (62.9%)
144	PUTKOWSKI Damian	H243		Hard - M	86	01:24:27	03:08:01		04:51:00.15	+01:48:39 (37.3%)	10:46	5.6 (62.9%)
145	KOWALSKA Agnieszka	H290	KOMANDOSI	Hard - K	5	01:34:14	03:19:19		04:51:25.40	+01:49:04 (37.4%)	10:47	5.6 (62.9%)
146	SMĘTEK Fabian	A062	21.BLT	Hard Hist - M	38	01:37:35	03:28:51		04:53:23.80	+01:51:02 (37.8%)	10:51	5.5 (61.8%)
147	GALĄZKA Marcin	H130		Hard - M	87	01:52:24	03:26:48		04:54:31.30	+01:52:10 (38.1%)	10:54	5.5 (61.8%)
148	DURKA Paweł	H193		Hard - M	88	01:33:31	03:17:07		04:55:58.10	+01:53:37 (38.4%)	10:57	5.5 (61.8%)
149	JAŚKIEWICZ Grzegorz	H142	SFORA BMK	Hard - M	89	01:29:56	03:18:31		04:56:47.65	+01:54:26 (38.6%)	10:59	5.5 (61.8%)
150	JABŁOŃSKI Sebastian	H235	PSP KROSNO ODRZAŃSKIE	Hard - M	90	01:39:39	03:27:48		04:56:55.30	+01:54:34 (38.6%)	10:59	5.5 (61.8%)
151	BARDZIAK Piotr	H283	6MBOT	Hard - M	91	01:25:45	03:18:45		04:57:25.00	+01:55:04 (38.7%)	11:00	5.4 (60.7%)
152	CWALINA Maciej	H157		Hard - M	92	01:38:26	03:27:38		04:58:01.20	+01:55:40 (38.8%)	11:02	5.4 (60.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	9km	18km	Kara/ bonifikata	Czas		Tempo min/km	Tempo km/h
									netto 27km	Różn		
153	MACHTEL Wiktor	H163		Hard - M	93	01:24:59	03:09:18		04:58:01.65	+01:55:40 (38.8%)	11:02	5.4 (60.7%)
154	JABŁCZYŃSKI Igor	H231		Hard - M	94	01:25:01	03:09:21		04:58:04.30	+01:55:43 (38.8%)	11:02	5.4 (60.7%)
155	BOROWSKI Dominik	H075		Hard - M	95	01:29:23	03:13:21		04:58:43.00	+01:56:22 (39.0%)	11:03	5.4 (60.7%)
156	GRUDNIEWSKI Jakub	H201		Hard - M	96	01:34:35	03:11:08		04:58:50.70	+01:56:29 (39.0%)	11:04	5.4 (60.7%)
157	TURZAŃSKI Michał	H158		Hard - M	97	01:25:05	03:09:10		04:58:58.60	+01:56:37 (39.0%)	11:04	5.4 (60.7%)
158	SMOLIŃSKI Rafał	H074		Hard - M	98	01:29:27	03:17:36		04:59:30.65	+01:57:09 (39.1%)	11:05	5.4 (60.7%)
159	URBALA Marek	H047	SFORA BMK	Hard - M	99	01:29:28	03:27:07		05:00:48.25	+01:58:27 (39.4%)	11:08	5.4 (60.7%)
160	SITKOWSKI Tomasz	H071	SFORA BMK	Hard - M	100	01:28:57	03:15:28		05:02:06.70	+01:59:45 (39.6%)	11:11	5.4 (60.7%)
161	RYCHLEWSKI Artur	H143		Hard - M	101	01:25:10	03:18:35		05:02:10.10	+01:59:49 (39.7%)	11:11	5.4 (60.7%)
162	GÓRECKI Przemysław	H140		Hard - M	102	01:24:58	03:18:26		05:02:11.60	+01:59:50 (39.7%)	11:11	5.4 (60.7%)
163	GRZYB Jacek	H076		Hard - M	103	01:36:54	03:32:12		05:02:47.25	+02:00:26 (39.8%)	11:12	5.4 (60.7%)
164	RUTKIEWICZ Mateusz	H166		Hard - M	104	01:36:55	03:32:13		05:02:49.40	+02:00:28 (39.8%)	11:12	5.3 (59.6%)
165	JAKUBIK Karol	H073		Hard - M	105	01:39:22	03:29:27		05:03:13.50	+02:00:52 (39.9%)	11:13	5.3 (59.6%)
166	ROGACEWICZ Hubert	H055	NPR	Hard - M	106	01:31:04	03:21:46		05:04:36.40	+02:02:15 (40.1%)	11:16	5.3 (59.6%)
167	KISIEL Artur	H213		Hard - M	107	01:31:06	03:21:58		05:04:36.45	+02:02:15 (40.1%)	11:16	5.3 (59.6%)
168	IWAŃSKI Adam	H207	SOWA BEZ OKA	Hard - M	108	01:31:04	03:21:58		05:04:37.30	+02:02:16 (40.1%)	11:16	5.3 (59.6%)
169	BRZozowski Ernest	H109		Hard - M	109	01:29:48	03:18:40		05:04:51.25	+02:02:30 (40.2%)	11:17	5.3 (59.6%)
170	KOSIŃSKI Kacper	A080		Hard Hist - M	39	01:30:07	03:12:17		05:05:28.40	+02:03:07 (40.3%)	11:18	5.3 (59.6%)
171	KOPERSKI Krystian	H205	ARESzt ŚLEDczy w Lublinie	Hard - M	110	01:39:52	03:29:19		05:05:58.65	+02:03:37 (40.4%)	11:19	5.3 (59.6%)
172	BORKOWSKA Joanna	H022		Hard - K	6	01:40:12	03:29:29		05:06:13.15	+02:03:52 (40.5%)	11:20	5.3 (59.6%)
173	BAŁAZY Marcin	A077		Hard Hist - M	40	01:37:26	03:31:48		05:06:58.30	+02:04:37 (40.6%)	11:22	5.3 (59.6%)
174	MIROTA Rafał	A025	MAZURSKA WATAHA	Hard Hist - M	41	01:37:25	03:31:48		05:06:59.20	+02:04:38 (40.6%)	11:22	5.3 (59.6%)
175	KOSCHEMBAHR-ŁYSKOWSKA Danuta	A002	BIGYELLOWFOOT ADVENTURE TEAM	Hard Hist - K	2	01:38:03	03:32:20		05:08:02.50	+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	GŁOWACKI Andrzej	X13	MŁODY VS STARY/SFORA BMK	Hard X - M	12	01:29:08	03:30:25		05:09:26.35	+02:07:05 (41.1%)	11:27	5.2 (58.4%)
177	WASIEWICZ Norbert	A005	JW 1245	Hard Hist - M	42	01:28:57	03:21:11		05:10:08.70	+02:07:47 (41.2%)	11:29	5.2 (58.4%)
178	LEŚNIEWSKI Adrian	H099		Hard - M	111	01:37:52	03:32:44		05:11:33.55	+02:09:12 (41.5%)	11:32	5.2 (58.4%)
179	ŁANGOWSKI Damian , PAŃKA Krzysztof , ŚLIPKO Tadeusz , LESZCZYŃSKI Łukasz	T006	GWIEZDNA FLOTA	TEAM	5	01:33:46	03:38:46		05:11:47.00	+02:09:26 (41.5%)	11:32	5.2 (58.4%)
180	MALISZEWSKI Jakub	A001		Hard Hist - M	43	01:38:36	03:40:56		05:12:55.95	+02:10:34 (41.7%)	11:35	5.2 (58.4%)
181	BĄK Kamil	H045		Hard - M	112	01:37:38	03:32:14		05:13:31.35	+02:11:10 (41.8%)	11:36	5.2 (58.4%)
182	CZARNOTA Patryk	H150		Hard - M	113	01:36:12	03:38:46		05:13:37.10	+02:11:16 (41.9%)	11:36	5.2 (58.4%)
183	SZYMAŃSKI Szymon	H116		Hard - M	114	01:40:07	03:38:15		05:13:40.10	+02:11:19 (41.9%)	11:37	5.2 (58.4%)
184	KOŁACZ Aleksandra	H029		Hard - K	7	01:40:20	03:35:00		05:13:42.75	+02:11:21 (41.9%)	11:37	5.2 (58.4%)
185	DROŻYCKI Zbigniew	A003		Hard Hist - M	44	01:44:00	03:37:24		05:14:21.90	+02:12:00 (42.0%)	11:38	5.2 (58.4%)
186	BENKE Robert	H200		Hard - M	115	02:01:25	03:55:56		05:15:33.95	+02:13:12 (42.2%)	11:41	5.1 (57.3%)
187	ŁASKAWSKI Michał	A009	SFORA BMK	Hard Hist - M	45	01:41:50	03:37:08		05:15:48.90	+02:13:27 (42.3%)	11:41	5.1 (57.3%)
188	STASZAK Wojciech	H275	KMP KOSZALIN	Hard - M	116	01:40:50	03:50:42		05:16:10.25	+02:13:49 (42.3%)	11:42	5.1 (57.3%)
189	KAJA Robert	A053	WIELUŃ BIEGA	Hard Hist - M	46	01:40:43	03:43:43		05:16:17.45	+02:13:56 (42.3%)	11:42	5.1 (57.3%)
190	KOŁUCKI Stefan	A010	SFORA BMK	Hard Hist - M	47	01:40:43	03:43:44		05:16:18.05	+02:13:57 (42.3%)	11:42	5.1 (57.3%)
191	JEZIAK Dariusz	A064		Hard Hist - M	48	01:40:58	03:44:00		05:16:31.25	+02:14:10 (42.4%)	11:43	5.1 (57.3%)
192	BOROWIECKI Adrian	H148		Hard - M	117	01:24:29	03:21:26		05:16:52.05	+02:14:31 (42.5%)	11:44	5.1 (57.3%)
193	LASKIEWICZ Maciej	H092		Hard - M	118	01:32:56	03:31:21		05:17:23.80	+02:15:02 (42.5%)	11:45	5.1 (57.3%)
194	KONARZEWSKI Tomasz	H025		Hard - M	119	01:32:57	03:31:22		05:17:24.00	+02:15:03 (42.5%)	11:45	5.1 (57.3%)
195	MAJEWSKI Maciej	H086	BESTIE OCR LEGIONOWO	Hard - M	120	01:36:03	03:28:31		05:17:25.80	+02:15:04 (42.6%)	11:45	5.1 (57.3%)
196	KOZŁOWSKI Paweł	H179	HAWK TEAM/BESTIE OCR	Hard - M	121	01:36:03	03:28:31		05:17:54.25	+02:15:33 (42.6%)	11:46	5.1 (57.3%)
197	KOŁODZIEJCZYK Sebastian	H228		Hard - M	122	01:36:32	03:39:39		05:20:13.85	+02:17:52 (43.1%)	11:51	5.1 (57.3%)
198	SKOLIMOWSKI Patryk	H227	BESTIE OCR LEGIONOWO	Hard - M	123	01:36:32	03:39:39		05:20:25.00	+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	ZDAŃSKI Dariusz	H286	13 ŚBOT	Hard - M	124	01:40:51	03:36:33		05:20:35.20	+02:18:14 (43.1%)	11:52	5.1 (57.3%)
200	PAŁYS Małgorzata	H285	13 ŚBOT	Hard - K	8	01:40:51	03:36:32		05:20:35.40	+02:18:14 (43.1%)	11:52	5.1 (57.3%)
201	TOMCZAK Joanna	A016	SFORA BMK	Hard Hist - K	3	01:42:20	03:41:44		05:21:24.70	+02:19:03 (43.3%)	11:54	5 (56.2%)
202	TOMCZAK Artur	A017	SFORA BMK/12 WBOT	Hard Hist - M	49	01:42:18	03:41:43		05:21:25.80	+02:19:04 (43.3%)	11:54	5 (56.2%)
203	ANDRZEJEWSKI Mariusz	A072		Hard Hist - M	50	01:44:54	03:53:04		05:21:29.20	+02:19:08 (43.3%)	11:54	5 (56.2%)
204	SOWA Dawid	A020	DEFENDER BARCZEWO	Hard Hist - M	51	01:38:46	03:40:46		05:24:08.15	+02:21:47 (43.7%)	12:00	5 (56.2%)
205	ŁADA Jarosław	A012	DEFENDER BARCZEWO	Hard Hist - M	52	01:38:48	03:40:47		05:24:08.80	+02:21:47 (43.7%)	12:00	5 (56.2%)
206	AFTEWICZ Adrian	A050	DEFENDER BARCZEWO	Hard Hist - M	53	01:39:45	03:41:09		05:24:20.65	+02:21:59 (43.8%)	12:00	5 (56.2%)
207	KOWALCZUK-FIJAŁKOWSKI Mikołaj	H202		Hard - M	125	01:29:21	03:33:38		05:24:26.05	+02:22:05 (43.8%)	12:00	5 (56.2%)
208	SŁOMSKI Cyprian	X15	15 GOŁDAPSKI PUŁK PRZECIWLOTNICZY	Hard X - M	13	01:38:26	03:38:53		05:25:03.35	+02:22:42 (43.9%)	12:02	5 (56.2%)
209	SZCZEPANIAK Paweł	H093		Hard - M	126	01:34:21	03:29:35		05:25:07.95	+02:22:46 (43.9%)	12:02	5 (56.2%)
210	MICHALSKI Rafał	A037	DEFENDER BARCZEWO	Hard Hist - M	54	01:39:46	03:41:35		05:25:27.55	+02:23:06 (44.0%)	12:03	5 (56.2%)
211	SOWA Robert	A021	DEFENDER BARCZEWO	Hard Hist - M	55	01:39:43	03:41:08		05:25:48.10	+02:23:27 (44.0%)	12:04	5 (56.2%)
212	KOWALSKI Mateusz	H146		Hard - M	127	01:35:15	03:33:52		05:26:04.80	+02:23:43 (44.1%)	12:04	5 (56.2%)
213	WYSOCKI Maciej	H248	---	Hard - M	128	01:34:32	03:39:49		05:27:00.65	+02:24:39 (44.2%)	12:06	5 (56.2%)
214	BOROWSKI Paweł	X25	ZDC DWOT	Hard X - M	14	01:23:54	03:34:00		05:27:44.65	+02:25:23 (44.4%)	12:08	4.9 (55.1%)
215	KAŁKOWSKA Karolina	A078	POGOTOWIE RODZINNE	Hard Hist - K	4	01:49:14	03:52:09		05:28:44.25	+02:26:23 (44.5%)	12:10	4.9 (55.1%)
216	WERNIO Dariusz	A041	NIEZRZESZONY	Hard Hist - M	56	01:48:59	03:51:44		05:28:55.10	+02:26:34 (44.6%)	12:10	4.9 (55.1%)
217	KOPERSKI Kacper	H206	AWS	Hard - M	129	01:42:45	03:47:25		05:31:58.15	+02:29:37 (45.1%)	12:17	4.9 (55.1%)
218	KAZMIERCZAK Dariusz	H127	SFORA BMK	Hard - M	130	01:40:31	03:38:47		05:33:22.30	+02:31:01 (45.3%)	12:20	4.9 (55.1%)
219	MAŁYSA Bartosz	H229	AWS	Hard - M	131	01:42:47	03:47:25		05:34:08.40	+02:31:47 (45.4%)	12:22	4.8 (53.9%)
220	WOJCIECHOWSKI Konrad	H221		Hard - M	132	01:41:36	03:39:54		05:34:09.15	+02:31:48 (45.4%)	12:22	4.8 (53.9%)
221	MIGDAŁEK Maciej	H217		Hard - M	133	01:41:37	03:39:55		05:34:31.95	+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	KOPACZYK Maciej	H256		Hard - M	134	01:40:56	03:51:06		05:35:22.05	+02:33:01 (45.6%)	12:25	4.8 (53.9%)
223	SZAFRAŃSKI Dawid	H114	WAT	Hard - M	135	01:41:02	03:40:32		05:35:28.45	+02:33:07 (45.6%)	12:25	4.8 (53.9%)
224	GWARNY Jarosław	H284		Hard - M	136	01:40:37	03:39:58		05:35:33.90	+02:33:12 (45.7%)	12:25	4.8 (53.9%)
225	KURAŚ Beata	A022	SFORA - BIEG MORSKIEGO KOMANDOSA	Hard Hist - K	5	01:44:53	03:54:06		05:36:00.40	+02:33:39 (45.7%)	12:26	4.8 (53.9%)
226	DOMIAN Arkadiusz	A019	SFORA BMK	Hard Hist - M	57	01:44:55	03:54:06		05:36:00.50	+02:33:39 (45.7%)	12:26	4.8 (53.9%)
227	PRUSKI Kacper	H252	SPORTOWY CZŁUCHÓW	Hard - M	137	01:45:17	03:45:54		05:36:35.85	+02:34:14 (45.8%)	12:27	4.8 (53.9%)
228	STALKA Michał	H276		Hard - M	138	01:45:19	03:45:57		05:37:31.15	+02:35:10 (46.0%)	12:30	4.8 (53.9%)
229	ANTOWSKA Dagmara	H125	GRAŻYNKI	Hard - K	9	01:41:38	03:42:53		05:38:23.65	+02:36:02 (46.1%)	12:31	4.8 (53.9%)
230	PISAREK Milena	H124	GRAŻYNKI	Hard - K	10	01:41:40	03:42:55		05:38:26.25	+02:36:05 (46.1%)	12:32	4.8 (53.9%)
231	RUDZKI Marek	H171		Hard - M	139	01:40:08	03:51:22		05:39:47.90	+02:37:26 (46.3%)	12:35	4.8 (53.9%)
232	ŁUKASIK Arkadiusz	H098		Hard - M	140	01:36:11	03:39:02		05:40:10.10	+02:37:49 (46.4%)	12:35	4.8 (53.9%)
233	PYZA Marcin	H172		Hard - M	141	01:40:09	03:51:24		05:40:24.40	+02:38:03 (46.4%)	12:36	4.8 (53.9%)
234	STEMPCZYŃSKA Justyna	H214	BIEGUN OCR TEAM	Hard - K	11	01:44:05	03:47:42		05:41:00.85	+02:38:39 (46.5%)	12:37	4.8 (53.9%)
235	LIS Maciej	H090	SG	Hard - M	142	01:42:21	03:58:58		05:43:03.90	+02:40:42 (46.8%)	12:42	4.7 (52.8%)
236	BESSER Olga	H027	WARRIORS ŁÓDŹ	Hard - K	12	01:40:37	03:48:48		05:43:37.15	+02:41:16 (46.9%)	12:43	4.7 (52.8%)
237	WIŚNIEWSKI Krzysztof	H156		Hard - M	143	01:43:41	03:57:10		05:43:51.75	+02:41:30 (47.0%)	12:44	4.7 (52.8%)
238	SZATYBEŁKO Alicja , KLIMAS Janusz , STELMACH Justyna , SZYMAŃSKI Błażej	T005	453KLP ZIELONI NYNUSIE	TEAM	6	02:08:36			05:43:57.05	+02:41:36 (47.0%)	12:44	4.7 (52.8%)
239	KARGUL Grzegorz	H241	HUNTERS OCR TEAM	Hard - M	144	01:43:25	03:52:07		05:44:06.15	+02:41:45 (47.0%)	12:44	4.7 (52.8%)
240	SROCZYŃSKA Justyna	H126	NETBOX BIEGA/OSTRESROKI	Hard - K	13	01:41:54	03:55:16		05:45:18.20	+02:42:57 (47.2%)	12:47	4.7 (52.8%)
241	PAWŁOWSKI Kamil	H190		Hard - M	145	01:41:55	03:55:15		05:45:18.25	+02:42:57 (47.2%)	12:47	4.7 (52.8%)
242	WITANOWSKI Bartosz	H123	DBTL	Hard - M	146	01:41:12	03:48:44		05:46:07.00	+02:43:46 (47.3%)	12:49	4.7 (52.8%)
243	STOJANOWSKI Dawid	H267	KOZAKI-PYRZANY	Hard - M	147	01:37:32	03:47:39		05:47:51.90	+02:45:30 (47.6%)	12:53	4.7 (52.8%)
244	JANISZEWSKI Andrzej	H019	CWAŁUJĄCE ŻÓŁWIE/SFORA BMK	Hard - M	148	01:53:33	04:01:53		05:48:34.20	+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	FURMAN Paweł	H184	SFORA BMK	Hard - M	149	01:53:33	04:01:53		05:48:34.30	+02:46:13 (47.7%)	12:54	4.6 (51.7%)
246	GRZYBOWSKI Patryk	H080	SFORA BMK	Hard - M	150	01:53:45	04:02:05		05:48:46.35	+02:46:25 (47.7%)	12:55	4.6 (51.7%)
247	KOKORYN Adrian	H134		Hard - M	151	01:40:50	03:50:44		05:48:52.80	+02:46:31 (47.7%)	12:55	4.6 (51.7%)
248	MATYSEK Ireneusz	H188	KOMANDOS WAŁECKI	Hard - M	152	01:45:36	03:56:28		05:48:57.25	+02:46:36 (47.7%)	12:55	4.6 (51.7%)
249	SEKULSKI Stefan	A065	AMICUS TEAM	Hard Hist - M	58	01:43:10	03:51:59		05:49:34.95	+02:47:13 (47.8%)	12:56	4.6 (51.7%)
250	BUKOWIEC Szymon	H287		Hard - M	153	01:44:31	04:03:49		05:49:47.15	+02:47:26 (47.9%)	12:57	4.6 (51.7%)
251	GOSŁAWSKA Sylwia	H057		Hard - K	14	01:44:30	04:03:48		05:49:47.30	+02:47:26 (47.9%)	12:57	4.6 (51.7%)
252	SALITRA Jan	H118	WAT	Hard - M	154	01:49:00	03:57:02		05:49:54.30	+02:47:33 (47.9%)	12:57	4.6 (51.7%)
253	WARDAK Bartosz	A015		Hard Hist - M	59	01:40:21	03:42:57		05:51:15.30	+02:48:54 (48.1%)	13:00	4.6 (51.7%)
254	WARDAK Paweł	A014		Hard Hist - M	60	01:40:11	03:42:49		05:51:15.95	+02:48:54 (48.1%)	13:00	4.6 (51.7%)
255	ZAREMBA Piotr	A008	BETONOWE BUTY POZNAŃ	Hard Hist - M	61	01:42:09	04:17:35		05:52:25.30	+02:50:04 (48.3%)	13:03	4.6 (51.7%)
256	SZLECHT Piotr	A023	BETONOWE BUTY POZNAŃ	Hard Hist - M	62	01:42:09	04:17:34		05:52:28.95	+02:50:07 (48.3%)	13:03	4.6 (51.7%)
257	WĘGRODZKI Paweł , PASTURSKI Maciej , STAŃCZYK Jan , SZYMAŃSKI Łukasz	T002		TEAM	7	01:45:35	03:56:54		05:52:29.55	+02:50:08 (48.3%)	13:03	4.6 (51.7%)
258	SAŁEK Piotr	H070		Hard - M	155	01:44:54	03:44:54		05:52:50.60	+02:50:29 (48.3%)	13:04	4.6 (51.7%)
259	NOWAKOWSKI Miłosz , STELMACH Oliwier , ADAMCZAK Kacper , WARDA Bartłomiej	T009	BŁOTNI BOMBARDIERZY	TEAM	8	01:51:40	04:03:34		05:53:06.20	+02:50:45 (48.4%)	13:04	4.6 (51.7%)
260	CHMIEL Edmund	H226		Hard - M	156	01:42:57	03:48:46		05:53:59.35	+02:51:38 (48.5%)	13:06	4.6 (51.7%)
261	KOZIKOWSKI Rafał	H175	3PSAP	Hard - M	157	01:41:49	04:03:35		05:54:01.45	+02:51:40 (48.5%)	13:06	4.6 (51.7%)
262	SIDORCZUK Marcin	H106		Hard - M	158	01:43:16	03:59:19		05:54:11.80	+02:51:50 (48.5%)	13:07	4.6 (51.7%)
263	NAPIERAŁA Szymon	H247		Hard - M	159	01:42:41	03:53:52		05:55:05.95	+02:52:44 (48.6%)	13:09	4.6 (51.7%)
264	BARSZCZEWSKA Mirosława	A036		Hard Hist - K	6	01:55:30	04:13:10		05:56:06.25	+02:53:45 (48.8%)	13:11	4.5 (50.6%)
265	JEKA Dagmara	A063		Hard Hist - K	7	01:55:37	04:13:21		05:56:07.75	+02:53:46 (48.8%)	13:11	4.5 (50.6%)
266	SZEWKA Jarosław	A057	KAMBODŻA	Hard Hist - M	63	01:55:37	04:13:15		05:56:08.15	+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	SZATKOWSKI Seweryn	H095		Hard - M	160	01:43:18	03:49:56		05:56:22.05	+02:54:01 (48.8%)	13:11	4.5 (50.6%)
268	CZAJKA Aleksander	T001	WAT	TEAM	9	01:57:24	04:12:08		05:58:11.15	+02:55:50 (49.1%)	13:15	4.5 (50.6%)
269	ORZECH Damian	H088		Hard - M	161	01:45:08	03:55:12		05:58:26.70	+02:56:05 (49.1%)	13:16	4.5 (50.6%)
270	WIERZBICKI Kamil	H135		Hard - M	162	01:45:42	03:57:50		05:59:20.60	+02:56:59 (49.3%)	13:18	4.5 (50.6%)
271	RUMAK Piotr	H136		Hard - M	163	01:45:43	03:57:50		05:59:22.80	+02:57:01 (49.3%)	13:18	4.5 (50.6%)
272	ROŻEK Dariusz	H137		Hard - M	164	01:45:45	03:57:52		05:59:23.75	+02:57:02 (49.3%)	13:18	4.5 (50.6%)
273	MOSZCZYŃSKI Radosław	H191	ACTIVE FLOW	Hard - M	165	01:43:11	03:49:29		05:59:48.70	+02:57:27 (49.3%)	13:19	4.5 (50.6%)
274	MOSKAL Marta	H009		Hard - K	15	01:53:05	04:06:54		06:00:47.10	+02:58:26 (49.5%)	13:21	4.5 (50.6%)
275	MNICH Bartłomiej	H113	12WBOT	Hard - M	166	01:38:57	04:05:53		06:01:18.20	+02:58:57 (49.5%)	13:22	4.5 (50.6%)
276	SCHIRMER Julia	H017	6MBOT	Hard - K	16	01:51:35	04:04:32		06:02:06.00	+02:59:45 (49.6%)	13:24	4.5 (50.6%)
277	SZUSZMAN Maja	H269	WAT	Hard - K	17	01:55:46	04:04:42		06:04:42.80	+03:02:21 (50.0%)	13:30	4.4 (49.4%)
278	LOKS Filip	H264	WOJSKOWA AKADEMIA TECHNICZNA	Hard - M	167	01:55:46	04:04:39		06:04:44.15	+03:02:23 (50.0%)	13:30	4.4 (49.4%)
279	LEWANDOWSKI Mateusz	H266	WOJSKOWA AKADEMIA TECHNICZNA	Hard - M	168	01:56:03	04:04:40		06:04:45.90	+03:02:24 (50.0%)	13:30	4.4 (49.4%)
280	SZOSTAK Paweł	H262	WOJSKOWA AKADEMIA TECHNICZNA	Hard - M	169	01:55:55	04:04:42		06:04:47.10	+03:02:26 (50.0%)	13:30	4.4 (49.4%)
281	SENDROWICZ Dawid	H263	WOJSKOWA AKADEMIA TECHNICZNA	Hard - M	170	01:56:02	04:04:42		06:04:47.30	+03:02:26 (50.0%)	13:30	4.4 (49.4%)
282	MOLĘDA Michał	H069		Hard - M	171	01:42:09	03:54:23		06:07:16.40	+03:04:55 (50.4%)	13:36	4.4 (49.4%)
283	ORZECZOWSKI Krzysztof	H082		Hard - M	172	01:42:09	03:54:24		06:07:17.10	+03:04:56 (50.4%)	13:36	4.4 (49.4%)
284	KUCHCIŃSKI Krystian	H011		Hard - M	173	01:46:06	04:00:30		06:07:19.35	+03:04:58 (50.4%)	13:36	4.4 (49.4%)
285	STENKA Adam	H149		Hard - M	174	01:46:08	04:00:33		06:07:19.65	+03:04:58 (50.4%)	13:36	4.4 (49.4%)
286	OLESZEK Joanna	H211		Hard - K	18	01:42:08	03:57:36		06:09:57.10	+03:07:36 (50.7%)	13:42	4.4 (49.4%)
287	OLESZEK Marcin	H212		Hard - M	175	01:42:06	03:57:34		06:09:57.60	+03:07:36 (50.7%)	13:42	4.4 (49.4%)
288	WOLAS Gabriel	H265	WOJSKOWA AKADEMIA TECHNICZNA	Hard - M	176	01:55:56	04:33:06		06:10:32.85	+03:08:11 (50.8%)	13:43	4.4 (49.4%)
289	ŚWITAŁOWSKI Karol	H141	WBOT12	Hard - M	177	01:38:59	04:05:58		06:11:09.45	+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	FUDALA Marta	X30	SFORA BMK	Hard X - K	2	02:02:27	04:27:32		06:12:20.40	+03:09:59 (51.0%)	13:47	4.4 (49.4%)
291	ESSI-EZINH Aleksander	X8	SFORA BMK	Hard X - M	15	02:02:27	04:27:30		06:12:21.50	+03:10:00 (51.0%)	13:47	4.4 (49.4%)
292	KULCZAK Paweł	H028	SFORA BMK	Hard - M	178	01:52:40	04:16:40		06:14:32.30	+03:12:11 (51.3%)	13:52	4.3 (48.3%)
293	CZYŻEWSKI Kordian	H128		Hard - M	179	01:50:52	03:57:12		06:14:50.95	+03:12:29 (51.4%)	13:52	4.3 (48.3%)
294	WIŚNIEWSKI Włodzimierz	H077	SPC	Hard - M	180	01:55:40	04:20:26		06:15:48.60	+03:13:27 (51.5%)	13:55	4.3 (48.3%)
295	BENDLEWSKI Patryk	A007	BETONOWE BUTY POZNAŃ	Hard Hist - M	64	01:42:46	04:01:18		06:16:24.40	+03:14:03 (51.6%)	13:56	4.3 (48.3%)
296	WYGANOWSKI Leszek	A006	BETONOWE BUTY POZNAŃ	Hard Hist - M	65	01:43:38	04:01:19		06:16:33.05	+03:14:12 (51.6%)	13:56	4.3 (48.3%)
297	SARNECKA Patrycja	H177	3 PSAP	Hard - K	19	01:41:52	04:04:46		06:17:25.80	+03:15:04 (51.7%)	13:58	4.3 (48.3%)
298	NOWICKI Olgierd	H274		Hard - M	181	01:45:20	04:12:00		06:18:15.40	+03:15:54 (51.8%)	14:00	4.3 (48.3%)
299	KUŁAKOWSKI Paweł , DARGIEWICZ Daniel , SZTURA Maciej , MAŁKOWSKI Michał	T003	453KLP	TEAM	10	01:57:12	04:24:52		06:18:21.10	+03:16:00 (51.8%)	14:00	4.3 (48.3%)
300	TOMCZUK Rafał	A043		Hard Hist - M	66	01:40:32	03:52:49		06:18:32.10	+03:16:11 (51.8%)	14:01	4.3 (48.3%)
301	PITURA Mikołaj	A044		Hard Hist - M	67	01:40:33	03:52:49		06:19:47.80	+03:17:26 (52.0%)	14:03	4.3 (48.3%)
302	HAŁUCHA Wojciech	H102		Hard - M	182	01:47:32	04:10:58		06:29:05.45	+03:26:44 (53.1%)	14:24	4.2 (47.2%)
303	DZIUBA Andrzej	H101		Hard - M	183	01:47:34	04:11:05		06:29:05.80	+03:26:44 (53.1%)	14:24	4.2 (47.2%)
304	LIETZ Kamil	H223		Hard - M	184	01:55:53	04:04:59		06:31:07.90	+03:28:46 (53.4%)	14:29	4.1 (46.1%)
305	SZCZĘCH Marcin	H270		Hard - M	185	01:55:50	04:05:53		06:31:09.80	+03:28:48 (53.4%)	14:29	4.1 (46.1%)
306	CZEKALSKI Wojciech	H225		Hard - M	186	01:55:50	04:04:59		06:31:16.40	+03:28:55 (53.4%)	14:29	4.1 (46.1%)
307	NASTAROWICZ Dominik	H024		Hard - M	187	01:51:42	04:07:26		06:31:28.05	+03:29:07 (53.4%)	14:29	4.1 (46.1%)
308	KACZMAREK Daniel	H002		Hard - M	188	01:57:50	04:23:46		06:31:44.25	+03:29:23 (53.5%)	14:30	4.1 (46.1%)
309	KACZMAREK Jan	H034		Hard - M	189	01:49:25	04:19:22		06:32:59.05	+03:30:38 (53.6%)	14:33	4.1 (46.1%)
310	GÓRECKI Rafał	H254		Hard - M	190	01:54:34	04:17:39		06:35:01.30	+03:32:40 (53.8%)	14:37	4.1 (46.1%)
311	RAJCZYK Dariusz	H259		Hard - M	191	01:54:38	04:17:54		06:35:02.05	+03:32:41 (53.8%)	14:37	4.1 (46.1%)
312	KRUSZONA Jan	H255		Hard - M	192	01:54:37	04:17:41		06:35:02.60	+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	GRĄBSKI Rafał	H031		Hard - M	193	01:54:43	04:18:00		06:35:03.65	+03:32:42 (53.8%)	14:37	4.1 (46.1%)
314	PASIECZNY Mirosław	H237	4RBLOG	Hard - M	194	01:45:19	04:15:32		06:35:22.80	+03:33:01 (53.9%)	14:38	4.1 (46.1%)
315	ROŚLIK Jakub	H021		Hard - M	195	01:50:59	04:13:07		06:36:27.60	+03:34:06 (54.0%)	14:41	4.1 (46.1%)
316	LUBIŃSKI Karol	H272		Hard - M	196	01:51:00	04:13:09		06:36:44.70	+03:34:23 (54.0%)	14:41	4.1 (46.1%)
317	WOJCIECHOWSKI Patryk	H026		Hard - M	197	01:56:59	04:33:08		06:38:17.15	+03:35:56 (54.2%)	14:45	4.1 (46.1%)
318	LEWANDOWSKI Radosław	H182		Hard - M	198	01:57:07	04:33:09		06:38:18.55	+03:35:57 (54.2%)	14:45	4.1 (46.1%)
319	RADOMSKI Dominik	H224		Hard - M	199	01:56:12	04:14:40		06:39:24.25	+03:37:03 (54.3%)	14:47	4.1 (46.1%)
320	SZUMAŃSKI Arkadiusz	H115	WAT	Hard - M	200	01:49:05	04:13:07		06:39:38.20	+03:37:17 (54.4%)	14:48	4.1 (46.1%)
321	WENGANOWSKI Konrad	H281		Hard - M	201	01:49:03	04:21:08		06:57:07.10	+03:54:46 (56.3%)	15:26	3.9 (43.8%)
322	KAMIŃSKI Łukasz	H282		Hard - M	202	01:56:35	04:21:13		06:59:34.35	+03:57:13 (56.5%)	15:32	3.9 (43.8%)
323	ORŁOWSKI Piotr	H199	INTEL RUNNERS	Hard - M	203	01:58:23	04:24:37		07:02:49.85	+04:00:28 (56.9%)	15:39	3.8 (42.7%)
324	WIŚNIEWSKI Adrian	H152		Hard - M	204	02:03:53	04:33:07		07:13:18.90	+04:10:57 (57.9%)	16:02	3.7 (41.6%)
325	SUPIŃSKI Damian	H060		Hard - M	205	02:03:46	04:32:46		07:13:19.85	+04:10:58 (57.9%)	16:02	3.7 (41.6%)
326	SOSNOWSKI Andrzej	H010		Hard - M	206	02:04:05	04:30:57		07:13:34.90	+04:11:13 (57.9%)	16:03	3.7 (41.6%)
327	MIELCARSKA Marcelina	H151		Hard - K	20	02:04:09	04:33:07		07:13:43.60	+04:11:22 (58.0%)	16:03	3.7 (41.6%)
328	KOŁODZIEJCZYK Sebastian	H238		Hard - M	207	02:04:14	04:31:07		07:13:47.55	+04:11:26 (58.0%)	16:03	3.7 (41.6%)
329	KUR Joanna	H032		Hard - K	21	02:04:16	04:31:10		07:13:48.70	+04:11:27 (58.0%)	16:04	3.7 (41.6%)
330	CAÑIZARES Cristian	H239	CRISRIAN CANIZARES	Hard - M	208	01:57:41	04:48:25		07:18:04.65	+04:15:43 (58.4%)	16:13	3.7 (41.6%)
331	GALAS Stanley	H251		Hard - M	209	02:13:02	04:53:56		07:33:33.70	+04:31:12 (59.8%)	16:47	3.6 (40.4%)
332	LISIK Agnieszka	H250	TEAM BADGER	Hard - K	22	02:13:08	04:53:56		07:33:35.15	+04:31:14 (59.8%)	16:47	3.6 (40.4%)
333	FRESAL Marta	A075		Hard Hist - K	8	02:17:09	05:29:36		07:54:24.35	+04:52:03 (61.6%)	17:34	3.4 (38.2%)
334	BIAŁY Adam	A074		Hard Hist - M	68	02:17:08	05:29:36		07:54:26.35	+04:52:05 (61.6%)	17:34	3.4 (38.2%)
	GANCARCZYK Michał	H253		Hard - M		01:31:31 DNF	DNF		DNF	-	-	- (0.0%)

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

Znaleziono 337 wynik(ów)