

Organizator: Stowarzyszenie Waleczne Serca
Data: 2020-07-26
Miejsce: Bydgoszcz
Dystans: 5 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	KOLIŃSKI Dawid	327		U39 M	1	00:19:25.25	00:19:28.05		3:53	15.4 (100%)
2	RACZYŃSKI Krzysztof	326		U69 M	1	00:21:15.75	00:21:19.05	+00:01:51 (8.7%)	4:15	14.1 (91.6%)
3	GUCZALSKI Paweł	325		U39 M	2	00:21:30.95	00:21:34.55	+00:02:06 (9.8%)	4:18	13.9 (90.3%)
4	NAGORZYSKI Arkadiusz	198		U39 M	3	00:21:33.65	00:21:37.05	+00:02:09 (9.9%)	4:18	13.9 (90.3%)
5	MACIŃSKI Waldek	179		U39 M	4	00:21:55.10	00:21:59.45	+00:02:31 (11.5%)	4:23	13.7 (89.0%)
6	KRYGOWSKI Tomasz	137		U49 M	1	00:22:14.05	00:22:17.15	+00:02:49 (12.6%)	4:26	13.5 (87.7%)
7	SKUPSZ Jędrzej Kazmierz	250		U39 M	5	00:22:10.95	00:22:19.95	+00:02:51 (12.8%)	4:26	13.5 (87.7%)
8	UMIŃSKI Robert	291		U49 M	2	00:22:14.20	00:22:24.15	+00:02:56 (13.1%)	4:27	13.5 (87.7%)
9	SZULC Mateusz	277		U29 M	1	00:22:23.50	00:22:27.55	+00:02:59 (13.3%)	4:28	13.4 (87.0%)
10	TOMCZYK Agata	284		U39 K	1	00:22:34.45	00:22:37.10	+00:03:09 (13.9%)	4:31	13.3 (86.4%)
11	ZAJĄKAŁA Wojciech	311		U29 M	2	00:21:51.00	00:22:38.00	+00:03:09 (14.0%)	4:22	13.7 (89.0%)
12	GACKA Julian	69		U11 M	1	00:22:23.60	00:22:51.30	+00:03:23 (14.8%)	4:28	13.4 (87.0%)
13	MENDEL Patryk	185		U29 M	3	00:22:56.45	00:22:58.65	+00:03:30 (15.3%)	4:35	13.1 (85.1%)
14	HAN Sławomir	84		U39 M	6	00:23:38.90	00:23:48.75	+00:04:20 (18.2%)	4:43	12.7 (82.5%)
15	PIWECKI Mikołaj	225		U29 M	4	00:23:51.10	00:23:55.95	+00:04:27 (18.7%)	4:46	12.6 (81.8%)
16	BUCZKO Magdalena	34		U29 K	1	00:24:14.75	00:24:14.75	+00:04:46 (19.7%)	4:50	12.4 (80.5%)
16	RAKOWSKA Natalia	328		U29 K	1	00:24:04.70	00:24:14.75	+00:04:46 (19.7%)	4:48	12.5 (81.2%)
18	KRUBER Karolina	133		U39 K	2	00:24:12.05	00:24:16.10	+00:04:48 (19.8%)	4:50	12.4 (80.5%)
19	MROTEK Katarzyna	194		U39 K	3	00:24:11.30	00:24:17.55	+00:04:49 (19.9%)	4:50	12.4 (80.5%)
20	SAGANOWSKI Michał	330		U39 M	7	00:24:15.65	00:24:34.05	+00:05:06 (20.8%)	4:51	12.4 (80.5%)
21	MICHALAK Marek	187		U39 M	8	00:24:36.85	00:24:40.45	+00:05:12 (21.1%)	4:55	12.2 (79.2%)
22	SAGANOWSKA Weronika	245		U39 K	4	00:24:24.95	00:24:42.75	+00:05:14 (21.2%)	4:53	12.3 (79.9%)
23	FRYDRYCH Marcin	66		U39 M	9	00:24:38.20	00:24:49.30	+00:05:21 (21.6%)	4:55	12.2 (79.2%)
24	SZEIB Robert	275		U49 M	3	00:24:48.75	00:24:53.70	+00:05:25 (21.8%)	4:57	12.1 (78.6%)
24	BORAKIEWICZ Agnieszka	27		U39 K	5	00:24:47.15	00:24:53.70	+00:05:25 (21.8%)	4:57	12.1 (78.6%)
26	WOJTANIŚ Magdalena	329		U39 K	6	00:24:51.75	00:24:54.45	+00:05:26 (21.8%)	4:58	12.1 (78.6%)
27	NOWAK Waldemar	203		U59 M	1	00:24:57.05	00:25:00.90	+00:05:32 (22.2%)	4:59	12 (77.9%)
28	CHEŁMINIAK Monika	36		U39 K	7	00:24:56.90	00:25:02.45	+00:05:34 (22.3%)	4:59	12 (77.9%)
29	CICHOŃSKA-BAZAK Marzena	38		U49 K	1	00:24:57.95	00:25:04.75	+00:05:36 (22.4%)	4:59	12 (77.9%)
30	SIUDA Sebastian	248		U49 M	4	00:25:03.40	00:25:09.95	+00:05:41 (22.6%)	5:00	12 (77.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						netto 5km	brutto 5km			
31	SOŁDYGA Paweł	256		U49 M	5	00:25:09.85	00:25:12.95	+00:05:44 (22.8%)	5:01	11.9 (77.3%)
32	LEWANDOWSKI Maciej	171		U29 M	5	00:25:07.55	00:25:16.90	+00:05:48 (23.0%)	5:01	11.9 (77.3%)
33	LUBERDA Łukasz	175		U29 M	6	00:25:21.40	00:25:26.35	+00:05:58 (23.5%)	5:04	11.8 (76.6%)
34	FIGEL Wojciech	60		U49 M	6	00:25:30.15	00:25:34.20	+00:06:06 (23.9%)	5:06	11.8 (76.6%)
35	ŻYŁA Magdalena	320		U39 K	8	00:25:41.65	00:25:47.05	+00:06:19 (24.5%)	5:08	11.7 (76.0%)
36	ŁUKASIK Adam	176		U29 M	7	00:25:36.50	00:25:53.85	+00:06:25 (24.8%)	5:07	11.7 (76.0%)
37	CZAPLICKI Bartłomiej	47		U39 M	10	00:25:57.90	00:26:08.50	+00:06:40 (25.5%)	5:11	11.6 (75.3%)
38	ŻEGLICZ Marek	319		U29 M	8	00:26:03.20	00:26:11.20	+00:06:43 (25.7%)	5:12	11.5 (74.7%)
39	CZAJA Stanisław	45		U9 M	1	00:26:02.75	00:26:14.75	+00:06:46 (25.8%)	5:12	11.5 (74.7%)
40	CZAJA Agnieszka	44		U39 K	9	00:26:04.00	00:26:15.25	+00:06:47 (25.8%)	5:12	11.5 (74.7%)
41	CZAJA Anna	46		U7 K	1	00:26:03.60	00:26:15.30	+00:06:47 (25.9%)	5:12	11.5 (74.7%)
42	HRYCZ Paweł	91		U49 M	7	00:26:12.65	00:26:18.55	+00:06:50 (26.0%)	5:14	11.4 (74.0%)
43	MATUSIAK Daniel	184		U29 M	9	00:26:11.65	00:26:20.05	+00:06:52 (26.1%)	5:14	11.5 (74.7%)
44	GDANIEC Grzegorz	72		U29 M	10	00:26:16.15	00:26:20.50	+00:06:52 (26.1%)	5:15	11.4 (74.0%)
45	WNUKIEWICZ Mikołaj	324		U7 M	1	00:26:18.70	00:26:23.40	+00:06:55 (26.2%)	5:15	11.4 (74.0%)
46	POSERT Przemysław	226		U39 M	11	00:26:13.35	00:26:23.50	+00:06:55 (26.2%)	5:14	11.4 (74.0%)
47	KOLIŃSKA Sylwia	117		U49 K	2	00:26:16.90	00:26:23.85	+00:06:55 (26.3%)	5:15	11.4 (74.0%)
48	BORAKIEWICZ Natalia	28		U29 K	3	00:26:16.95	00:26:24.10	+00:06:56 (26.3%)	5:15	11.4 (74.0%)
49	GLINKOWSKI Dariusz	74		U39 M	12	00:26:25.40	00:26:29.95	+00:07:01 (26.5%)	5:17	11.4 (74.0%)
50	CIEŚLIK Marek	39		U59 M	2	00:26:34.00	00:26:46.65	+00:07:18 (27.3%)	5:18	11.3 (73.4%)
51	WAJER Marita	292		U29 K	4	00:26:56.15	00:27:03.45	+00:07:35 (28.1%)	5:23	11.1 (72.1%)
52	CZYŻEWSKA Justyna	48		U39 K	10	00:26:56.95	00:27:08.40	+00:07:40 (28.3%)	5:23	11.1 (72.1%)
53	ZGŁOBICA Magdalena	313		U29 K	5	00:27:21.45	00:27:29.15	+00:08:01 (29.2%)	5:28	11 (71.4%)
54	KONDEK Jakub	119		U49 M	8	00:27:22.55	00:27:29.55	+00:08:01 (29.2%)	5:28	11 (71.4%)
55	NAGORZYSKA Sylwia	196		U39 K	11	00:27:24.05	00:27:31.60	+00:08:03 (29.3%)	5:28	10.9 (70.8%)
56	BAGNIEWSKA Małgorzata	10		U29 K	6	00:27:29.55	00:27:38.00	+00:08:09 (29.6%)	5:30	10.9 (70.8%)
57	BARANOWSKA Julia	13		U29 K	7	00:27:28.95	00:27:41.45	+00:08:13 (29.7%)	5:29	10.9 (70.8%)
58	DRAPIŃSKI Maciej	57		U39 M	13	00:27:30.85	00:27:47.80	+00:08:19 (30.0%)	5:30	10.9 (70.8%)
59	GROSSKREUTZ Łukasz	77		U39 M	14	00:27:46.55	00:27:58.90	+00:08:30 (30.4%)	5:33	10.8 (70.1%)
60	BRYLIŃSKI Jakub	32		U39 M	15	00:27:38.80	00:27:59.45	+00:08:31 (30.5%)	5:31	10.8 (70.1%)
61	WOJCIECHOWSKI Jarosław	303		U49 M	9	00:27:52.15	00:28:03.65	+00:08:35 (30.6%)	5:34	10.8 (70.1%)
62	WOJCIECHOWSKA Emilia	302		U49 K	3	00:27:53.25	00:28:04.00	+00:08:35 (30.6%)	5:34	10.8 (70.1%)
63	KUJDA Dorota	148		U49 K	4	00:27:58.70	00:28:05.50	+00:08:37 (30.7%)	5:35	10.7 (69.5%)
64	MACIEJEWSKI Maciej	178		U49 M	10	00:27:58.45	00:28:06.55	+00:08:38 (30.7%)	5:35	10.7 (69.5%)
65	LATTA-SCHIRAKOWSKA Zuzanna	162		U39 K	12	00:27:43.85	00:28:15.90	+00:08:47 (31.1%)	5:32	10.8 (70.1%)
66	ZIELIŃSKA Agnieszka	316		U29 K	8	00:28:17.65	00:28:25.05	+00:08:57 (31.5%)	5:39	10.6 (68.8%)
67	WOLSZCZAK Rafał	306		U49 M	11	00:28:04.25	00:28:29.70	+00:09:01 (31.7%)	5:36	10.7 (69.5%)
68	BARTCZAK Wojciech	16		U39 M	16	00:28:09.60	00:28:32.90	+00:09:04 (31.8%)	5:37	10.7 (69.5%)
69	TYLL Anna	286		U39 K	13	00:28:40.10	00:28:49.55	+00:09:21 (32.5%)	5:44	10.5 (68.2%)
70	DEKOWSKA Monika	49		U39 K	14	00:28:56.60	00:29:01.75	+00:09:33 (32.9%)	5:47	10.4 (67.5%)
71	KALINOWSKI Radosław	102		U39 M	17	00:28:56.10	00:29:08.75	+00:09:40 (33.2%)	5:47	10.4 (67.5%)
72	DOBROWOLSKI Grzegorz	52		U39 M	18	00:28:48.85	00:29:15.50	+00:09:47 (33.5%)	5:45	10.4 (67.5%)
73	WIŚNIEWSKA Izabela	300		U39 K	15	00:29:03.95	00:29:15.65	+00:09:47 (33.5%)	5:48	10.3 (66.9%)
74	DEMBIŃSKA Katarzyna	50		U29 K	9	00:28:56.20	00:29:17.35	+00:09:49 (33.5%)	5:47	10.4 (67.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas	Czas	Różn	Tempo	Tempo
						netto	brutto		min/km	km/h
						5km	5km			
75	BORAKIEWICZ Przemysław	26		U39 M	19	00:29:12.55	00:29:19.05	+00:09:51 (33.6%)	5:50	10.3 (66.9%)
76	ZIOMKOWSKA Beata	317		U39 K	16	00:29:19.70	00:29:23.45	+00:09:55 (33.8%)	5:52	10.2 (66.2%)
76	FRYDRYCH Paweł	67		U49 M	12	00:29:09.95	00:29:23.45	+00:09:55 (33.8%)	5:50	10.3 (66.9%)
78	KASTNER Beata	107		U39 K	17	00:29:13.30	00:29:25.30	+00:09:57 (33.8%)	5:50	10.3 (66.9%)
79	HAN Agnieszka	85		U39 K	18	00:29:19.40	00:29:30.05	+00:10:02 (34.0%)	5:52	10.2 (66.2%)
80	SŁOWIŃSKI Paweł	251		U39 M	20	00:29:26.70	00:29:44.10	+00:10:16 (34.5%)	5:53	10.2 (66.2%)
81	ANDRUSZKIEWICZ Stanisław	1		U59 M	3	00:29:39.10	00:29:47.90	+00:10:19 (34.7%)	5:55	10.1 (65.6%)
82	RÓŻYCZKA Joanna	239		U39 K	19	00:29:40.10	00:29:48.50	+00:10:20 (34.7%)	5:56	10.1 (65.6%)
83	GRALAK Robert	78		U39 M	21	00:29:42.25	00:29:55.90	+00:10:27 (35.0%)	5:56	10.1 (65.6%)
84	RYDELSKA Marysia	243		U39 K	20	00:29:57.55	00:30:00.55	+00:10:32 (35.1%)	5:59	10 (64.9%)
85	SOŁDYGA Jolanta	255		U39 K	21	00:30:00.10	00:30:06.90	+00:10:38 (35.4%)	6:00	10 (64.9%)
86	KRUSZYNA Renata	135		U39 K	22	00:29:32.25	00:30:06.95	+00:10:38 (35.4%)	5:54	10.2 (66.2%)
87	BARAŃSKI Dawid	14		U29 M	11	00:29:59.35	00:30:07.35	+00:10:39 (35.4%)	5:59	10 (64.9%)
88	GRYNIENKO Alicja	82		U17 K	1	00:30:00.05	00:30:09.60	+00:10:41 (35.5%)	6:00	10 (64.9%)
89	KUCZKOWSKA-WRÓBEL Małgorzata	143		U39 K	23	00:29:54.90	00:30:12.40	+00:10:44 (35.6%)	5:59	10 (64.9%)
90	JĘDRZEJEWSKI Adrian	97		U39 M	22	00:30:07.65	00:30:13.90	+00:10:45 (35.6%)	6:01	10 (64.9%)
91	PIONTEK Elżbieta	221		U69 K	1	00:30:01.85	00:30:14.30	+00:10:46 (35.6%)	6:00	10 (64.9%)
92	KAJA Dominika	100		U29 K	10	00:29:58.55	00:30:15.45	+00:10:47 (35.7%)	5:59	10 (64.9%)
93	MALATYŃSKA Barbara	180		U49 K	5	00:29:58.15	00:30:22.25	+00:10:54 (35.9%)	5:59	10 (64.9%)
94	DUSZYŃSKA Kasia	58		U49 K	6	00:30:12.90	00:30:27.05	+00:10:59 (36.1%)	6:02	9.9 (64.3%)
95	KLAMECKI Marcin	112		U39 M	23	00:30:18.05	00:30:29.75	+00:11:01 (36.2%)	6:03	9.9 (64.3%)
96	KUCHARCZYK Dariusz	142		U59 M	4	00:30:21.95	00:30:34.75	+00:11:06 (36.3%)	6:04	9.9 (64.3%)
97	NOWICKA Marta	205		U39 K	24	00:30:37.55	00:30:48.10	+00:11:20 (36.8%)	6:07	9.8 (63.6%)
98	KRASIŃSKA Katarzyna	321		U39 K	25	00:30:55.25	00:31:08.75	+00:11:40 (37.5%)	6:11	9.7 (63.0%)
99	CYBUL Anna	41		U49 K	7	00:31:04.90	00:31:12.00	+00:11:43 (37.6%)	6:13	9.7 (63.0%)
100	AWIZEN Antoni	9		U70+ M	1	00:31:09.60	00:31:12.15	+00:11:44 (37.6%)	6:14	9.6 (62.3%)
101	BONDAS Marta	25		U39 K	26	00:31:09.75	00:31:19.90	+00:11:51 (37.9%)	6:13	9.6 (62.3%)
102	ROSZAK Zbigniew	238		U39 M	24	00:31:24.25	00:31:29.50	+00:12:01 (38.2%)	6:16	9.6 (62.3%)
103	JÓŻWIK Jacek	334		U69 M	2	00:31:30.50	00:31:37.35	+00:12:09 (38.4%)	6:18	9.5 (61.7%)
104	MROCZEK Barbara	193		U39 K	27	00:31:33.00	00:31:50.95	+00:12:22 (38.9%)	6:18	9.5 (61.7%)
105	PIECHOWSKA Magdalena	219		U49 K	8	00:31:44.60	00:31:56.90	+00:12:28 (39.1%)	6:20	9.5 (61.7%)
106	KULPA Szymon	152		U39 M	25	00:31:33.50	00:31:57.50	+00:12:29 (39.1%)	6:18	9.5 (61.7%)
107	RĘDZINA Michał	235		U39 M	26	00:31:37.40	00:31:59.20	+00:12:31 (39.1%)	6:19	9.5 (61.7%)
108	KOTECKI Marcin	126		U49 M	13	00:31:38.65	00:31:59.50	+00:12:31 (39.1%)	6:19	9.5 (61.7%)
109	WIATROWSKA Katarzyna	299		U39 K	28	00:32:03.40	00:32:12.35	+00:12:44 (39.6%)	6:24	9.4 (61.0%)
110	NOGA Magdalena	201		U49 K	9	00:32:13.25	00:32:17.35	+00:12:49 (39.7%)	6:26	9.3 (60.4%)
111	JACKOWIEC-JAGIELSKA Małgorzata	92		U49 K	10	00:32:10.15	00:32:31.80	+00:13:03 (40.2%)	6:26	9.3 (60.4%)
112	MOROSZCZAK Dominika	192		U39 K	29	00:32:31.50	00:32:44.45	+00:13:16 (40.5%)	6:30	9.2 (59.7%)
113	TELIŻYN Henryka	283		U59 K	1	00:32:36.65	00:32:56.80	+00:13:28 (40.9%)	6:31	9.2 (59.7%)
114	JARZEMBSKI Piotr	95		U59 M	5	00:32:50.40	00:32:59.85	+00:13:31 (41.0%)	6:34	9.1 (59.1%)
115	BIEDROŃ Aleksandra	22		U29 K	11	00:32:43.05	00:33:05.15	+00:13:37 (41.2%)	6:32	9.2 (59.7%)
116	MEZYKOWSKI Krzysztof	186		U49 M	14	00:32:58.80	00:33:10.05	+00:13:42 (41.3%)	6:35	9.1 (59.1%)
117	KANARSKI Wojciech	106		U14 M	1	00:32:53.10	00:33:15.55	+00:13:47 (41.5%)	6:34	9.1 (59.1%)
118	SUCHARSKA Magdalena	271		U39 K	30	00:32:57.80	00:33:15.75	+00:13:47 (41.5%)	6:35	9.1 (59.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						netto 5km	brutto 5km			
119	NOWIŃSKI Jarosław	208		U49 M	15	00:33:09.45	00:33:19.10	+00:13:51 (41.6%)	6:38	9 (58.4%)
120	NOWICKA Tatiana	206		U49 K	11	00:33:06.70	00:33:22.15	+00:13:54 (41.7%)	6:37	9.1 (59.1%)
121	RUDNIKOWSKI Andrzej	240		U59 M	6	00:33:04.05	00:33:23.50	+00:13:55 (41.7%)	6:36	9.1 (59.1%)
122	KLAMECKA Agnieszka	111		U39 K	31	00:33:21.90	00:33:33.00	+00:14:04 (42.0%)	6:40	9 (58.4%)
123	CYWKA Katarzyna	43		U29 K	12	00:33:21.60	00:33:39.45	+00:14:11 (42.2%)	6:40	9 (58.4%)
124	GIERCZAK Dorota	73		U39 K	32	00:33:36.75	00:33:48.75	+00:14:20 (42.4%)	6:43	8.9 (57.8%)
125	GOLIK Krzysztof	76		U49 M	16	00:33:39.25	00:33:54.00	+00:14:25 (42.6%)	6:44	8.9 (57.8%)
126	SAWIEŁAJC Michał	246		U49 M	17	00:33:40.20	00:33:56.25	+00:14:28 (42.6%)	6:44	8.9 (57.8%)
127	WÓJCIK Piotr	309		U14 M	2	00:33:57.05	00:34:07.40	+00:14:39 (42.9%)	6:47	8.8 (57.1%)
128	STANISZEWSKI Konrad	262		U39 M	27	00:33:48.80	00:34:08.15	+00:14:40 (43.0%)	6:45	8.9 (57.8%)
129	OSTROWSKA Justyna	213		U39 K	33	00:34:04.35	00:34:18.70	+00:14:50 (43.3%)	6:48	8.8 (57.1%)
130	TARASIK Krzysztof	281		U49 M	18	00:33:58.45	00:34:26.35	+00:14:58 (43.5%)	6:47	8.8 (57.1%)
131	WESOŁOWSKA Agnieszka	298		U39 K	34	00:34:12.70	00:34:30.40	+00:15:02 (43.6%)	6:50	8.8 (57.1%)
132	KRUSZYNA Robert	134		U49 M	19	00:34:09.75	00:34:34.35	+00:15:06 (43.7%)	6:50	8.8 (57.1%)
132	KRUSZYNA Wiktor	136		U11 M	2	00:34:10.30	00:34:34.35	+00:15:06 (43.7%)	6:50	8.8 (57.1%)
134	KABLUKA Valeriya	98		U29 K	13	00:34:38.40	00:34:53.45	+00:15:25 (44.2%)	6:55	8.7 (56.5%)
135	STRZYŻOWSKI Paweł	265		U49 M	20	00:34:34.50	00:35:03.00	+00:15:34 (44.5%)	6:55	8.7 (56.5%)
136	WÓJCIK Anna	308		U39 K	35	00:35:02.15	00:35:12.70	+00:15:44 (44.7%)	7:00	8.6 (55.8%)
137	FRYCA Aleksandra	64		U39 K	36	00:34:58.20	00:35:18.95	+00:15:50 (44.9%)	6:59	8.6 (55.8%)
138	SUCHARA Magdalena	267		U39 K	37	00:35:05.50	00:35:21.80	+00:15:53 (45.0%)	7:01	8.6 (55.8%)
139	LEWANDOWSKA Sylwia	166		U49 K	12	00:35:13.60	00:35:22.35	+00:15:54 (45.0%)	7:02	8.5 (55.2%)
140	BITNER Jan	23		U39 M	28	00:35:20.90	00:35:34.95	+00:16:06 (45.3%)	7:04	8.5 (55.2%)
141	FIEREK Bernadeta	61		U59 K	2	00:36:05.85	00:36:08.55	+00:16:40 (46.1%)	7:13	8.3 (53.9%)
142	SZEIB Honorata	274		U49 K	13	00:36:04.30	00:36:09.65	+00:16:41 (46.2%)	7:12	8.3 (53.9%)
143	KULIK Viktoriia	150		U39 K	38	00:36:17.85	00:36:23.30	+00:16:55 (46.5%)	7:15	8.3 (53.9%)
144	KULIK Stanislav	151		U39 M	29	00:36:17.85	00:36:23.60	+00:16:55 (46.5%)	7:15	8.3 (53.9%)
145	BALCERZAK Milena	11		U29 K	14	00:35:58.35	00:36:29.60	+00:17:01 (46.7%)	7:11	8.3 (53.9%)
146	ZDUNKIEWICZ Hania	312		U39 K	39	00:36:42.15	00:36:42.15	+00:17:14 (47.0%)	7:20	8.2 (53.2%)
147	DUSZYŃSKI Filip	59		U49 M	21	00:36:31.80	00:36:46.35	+00:17:18 (47.1%)	7:18	8.2 (53.2%)
148	MALCZEWSKA Mirka	182		U69 K	2	00:36:54.65	00:37:00.70	+00:17:32 (47.4%)	7:22	8.1 (52.6%)
149	MILEWSKA Violetta	190		U49 K	14	00:36:58.00	00:37:02.55	+00:17:34 (47.4%)	7:23	8.1 (52.6%)
150	PIWECKA Karolina	223		U49 K	15	00:36:58.35	00:37:03.60	+00:17:35 (47.5%)	7:23	8.1 (52.6%)
151	KLAMECKA Paulina	110		U39 K	40	00:37:18.30	00:37:29.45	+00:18:01 (48.1%)	7:27	8 (51.9%)
152	BARTCZAK Natalia	18		U39 K	41	00:37:15.85	00:37:29.50	+00:18:01 (48.1%)	7:27	8.1 (52.6%)
153	BARTCZAK Piotr	17		U39 M	30	00:37:17.05	00:37:30.45	+00:18:02 (48.1%)	7:27	8 (51.9%)
154	KANARSKI Józef Grzegorz	105		U59 M	7	00:37:18.40	00:37:40.55	+00:18:12 (48.3%)	7:27	8 (51.9%)
155	ŚLEDZIŃSKA Aleksandra	280		U29 K	15	00:37:39.50	00:37:58.85	+00:18:30 (48.7%)	7:31	8 (51.9%)
156	ANGIEL Władysław	6		U70+ M	2	00:37:59.75	00:38:03.85	+00:18:35 (48.9%)	7:35	7.9 (51.3%)
157	LENC Janusz	163		U69 M	3	00:37:47.70	00:38:04.60	+00:18:36 (48.9%)	7:33	7.9 (51.3%)
158	PAWŁOWSKA Anna	218		U39 K	42	00:37:53.10	00:38:05.70	+00:18:37 (48.9%)	7:34	7.9 (51.3%)
159	SOBOCZYŃSKA Barbara	254		U69 K	3	00:38:00.75	00:38:15.10	+00:18:47 (49.1%)	7:36	7.9 (51.3%)
160	LEŚNIAK Edyta	164		U39 K	43	00:38:21.85	00:38:26.60	+00:18:58 (49.4%)	7:40	7.8 (50.6%)
161	WAWRZYŃNIAK Sandra	294		U29 K	16	00:38:53.65	00:39:10.65	+00:19:42 (50.3%)	7:46	7.7 (50.0%)
162	GALCZAK Ewa	70		U49 K	16	00:38:53.85	00:39:12.45	+00:19:44 (50.3%)	7:46	7.7 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas	Czas	Różn	Tempo min/km	Tempo km/h
						netto 5km	brutto 5km			
163	ANDRYSZCZYK Paweł	3		U11 M	3	00:39:05.20	00:39:20.75	+00:19:52 (50.5%)	7:49	7.7 (50.0%)
164	SKRZYPINSKA Roksana	249		U29 K	17	00:39:08.75	00:39:25.05	+00:19:57 (50.6%)	7:49	7.7 (50.0%)
165	GORCZYŃSKI Michał	332		U29 M	12	00:39:10.75	00:39:26.50	+00:19:58 (50.6%)	7:50	7.7 (50.0%)
166	GARBACZEWSKA Anna	71		U39 K	44	00:39:19.55	00:39:41.65	+00:20:13 (51.0%)	7:51	7.6 (49.4%)
167	WOLSZCZAK Joanna	305		U49 K	17	00:39:30.80	00:39:56.55	+00:20:28 (51.3%)	7:54	7.6 (49.4%)
168	JELIŃSKA Beata	96		U49 K	18	00:39:32.05	00:39:57.40	+00:20:29 (51.3%)	7:54	7.6 (49.4%)
169	LEWANDOWSKI Robert	172		U49 M	22	00:39:41.65	00:40:00.65	+00:20:32 (51.3%)	7:56	7.6 (49.4%)
170	FRYCA Hubert	65		U39 M	31	00:39:51.00	00:40:11.55	+00:20:43 (51.6%)	7:58	7.5 (48.7%)
171	ASTUKIEWICZ Agnieszka	7		U59 K	3	00:40:00.70	00:40:13.45	+00:20:45 (51.6%)	8:00	7.5 (48.7%)
172	ASTUKIEWICZ Tomasz	8		U59 M	8	00:40:00.40	00:40:13.70	+00:20:45 (51.6%)	8:00	7.5 (48.7%)
173	RĘDZINA Agnieszka	234		U49 K	19	00:39:40.40	00:40:17.85	+00:20:49 (51.7%)	7:56	7.6 (49.4%)
174	RUTKOWSKA Karolina	241		U49 K	20	00:40:15.30	00:40:23.95	+00:20:55 (51.8%)	8:03	7.5 (48.7%)
175	KUZIEMSKA Monika	155		U29 K	18	00:40:10.20	00:40:26.25	+00:20:58 (51.9%)	8:02	7.5 (48.7%)
176	MIGDALSKA Justyna	188		U39 K	45	00:40:07.55	00:40:34.55	+00:21:06 (52.0%)	8:01	7.5 (48.7%)
177	SCHNEIDER Krzysztof	247		U59 M	9	00:40:34.90	00:40:52.10	+00:21:24 (52.4%)	8:07	7.4 (48.1%)
178	GROCHOWSKA Ania	79		U39 K	46	00:40:44.50	00:41:07.70	+00:21:39 (52.7%)	8:08	7.4 (48.1%)
179	WRUK Justyna	310		U49 K	21	00:41:03.10	00:41:17.55	+00:21:49 (52.9%)	8:12	7.3 (47.4%)
180	BARTELA Alicja	19		U39 K	47	00:41:02.15	00:41:21.20	+00:21:53 (52.9%)	8:12	7.3 (47.4%)
181	MUZOLF Natalia	195		U29 K	19	00:41:05.50	00:41:28.05	+00:22:00 (53.1%)	8:13	7.3 (47.4%)
182	MLICKA Agnieszka	191		U49 K	22	00:41:16.05	00:41:34.05	+00:22:06 (53.2%)	8:15	7.3 (47.4%)
183	SPYCHAJ Ania	260		U39 K	48	00:41:16.75	00:41:35.05	+00:22:07 (53.2%)	8:15	7.3 (47.4%)
184	KLEWICZ Jolanta	113		U59 K	4	00:41:38.75	00:41:47.80	+00:22:19 (53.4%)	8:19	7.2 (46.8%)
185	SZULC Marlena	276		U49 K	23	00:41:33.05	00:42:04.20	+00:22:36 (53.7%)	8:18	7.2 (46.8%)
186	UMIŃSKA Marzena	290		U39 K	49	00:41:58.00	00:42:08.95	+00:22:40 (53.8%)	8:23	7.1 (46.1%)
187	PISZCZYŃSKI Rafał	222		U49 M	23	00:42:04.25	00:42:29.45	+00:23:01 (54.2%)	8:24	7.1 (46.1%)
188	RUTKOWSKA PISZCZYŃSKA Agata	242		U39 K	50	00:42:04.70	00:42:29.65	+00:23:01 (54.2%)	8:25	7.1 (46.1%)
189	LATOSIŃSKA Aleksandra	160		U39 K	51	00:42:19.70	00:42:42.10	+00:23:14 (54.4%)	8:28	7.1 (46.1%)
190	KRZYWDZIŃSKA Alicja	139		U49 K	24	00:42:26.50	00:42:43.10	+00:23:15 (54.4%)	8:29	7.1 (46.1%)
191	GOLA Grzegorz	75		U49 M	24	00:42:16.60	00:42:43.35	+00:23:15 (54.4%)	8:27	7.1 (46.1%)
192	KOŁECKA Magdalena	118		U49 K	25	00:42:27.50	00:42:44.15	+00:23:16 (54.4%)	8:29	7.1 (46.1%)
193	ANDRYSZCZYK Alicja	4		U7 K	2	00:42:42.65	00:43:01.40	+00:23:33 (54.8%)	8:32	7 (45.5%)
194	ANDRYSZCZYK Grzegorz	5		U49 M	25	00:42:43.55	00:43:02.45	+00:23:34 (54.8%)	8:32	7 (45.5%)
195	ANDRYSZCZYK Olga	2		U49 K	26	00:42:46.25	00:43:02.90	+00:23:34 (54.8%)	8:33	7 (45.5%)
196	KULPA Ewelina	153		U39 K	52	00:42:44.15	00:43:05.95	+00:23:37 (54.8%)	8:32	7 (45.5%)
197	STRZYŻOWSKA Monika	264		U49 K	27	00:42:39.20	00:43:07.70	+00:23:39 (54.9%)	8:31	7 (45.5%)
198	WITKIEWICZ-ŁUKASZEK Sandra	301		U29 K	20	00:42:39.75	00:43:09.00	+00:23:40 (54.9%)	8:32	7 (45.5%)
199	SOSIŃSKA Angelika	258		U29 K	21	00:43:24.35	00:43:31.65	+00:24:03 (55.3%)	8:40	6.9 (44.8%)
199	LEWANDOWSKA Kornelia	167		U7 K	3	00:43:25.75	00:43:31.65	+00:24:03 (55.3%)	8:41	6.9 (44.8%)
201	LEWANDOWSKA Sylwia	165		U39 K	53	00:43:26.25	00:43:32.15	+00:24:04 (55.3%)	8:41	6.9 (44.8%)
202	ŁUKASZEK Halina	177		U69 K	4	00:44:19.80	00:44:27.55	+00:24:59 (56.2%)	8:52	6.8 (44.2%)
203	ŚLEDZIŃSKA Jolanta	279		U59 K	5	00:44:26.00	00:44:45.95	+00:25:17 (56.5%)	8:53	6.8 (44.2%)
204	ŚLEDZIŃSKA Paulina	278		U29 K	22	00:44:26.20	00:44:46.35	+00:25:18 (56.5%)	8:53	6.8 (44.2%)
205	SUCHARA Jan	269		U7 M	2	00:45:08.15	00:45:23.20	+00:25:55 (57.1%)	9:01	6.6 (42.9%)
206	SUCHARA Dariusz	268		U39 M	32	00:45:07.70	00:45:23.50	+00:25:55 (57.1%)	9:01	6.6 (42.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
207	SUCHARA Maria	270		U5 K	1	00:45:08.95	00:45:23.80	+00:25:55 (57.1%)	9:01	6.6 (42.9%)
208	PIWECKI Paweł	224		U49 M	26	00:44:59.85	00:45:24.40	+00:25:56 (57.1%)	9:00	6.7 (43.5%)
209	WOŹNIAK Monika	307		U49 K	28	00:45:55.85	00:46:05.70	+00:26:37 (57.8%)	9:11	6.5 (42.2%)
210	WELSBERG Magdalena	296		U49 K	29	00:46:56.85	00:47:11.10	+00:27:43 (58.7%)	9:23	6.4 (41.6%)
211	HENCLIK Aleksandra	86		U29 K	23	00:47:22.80	00:47:43.65	+00:28:15 (59.2%)	9:28	6.3 (40.9%)
211	HENCLIK Jacek	87		U29 M	13	00:47:22.95	00:47:43.65	+00:28:15 (59.2%)	9:28	6.3 (40.9%)
213	NOWAK Monika	202		U49 K	30	00:48:57.90	00:49:27.10	+00:29:59 (60.6%)	9:47	6.1 (39.6%)
214	SMARUJ - SADOWSKA Janina	252		U69 K	5	00:49:00.40	00:49:31.10	+00:30:03 (60.7%)	9:48	6.1 (39.6%)
215	GACKA Lucyna	68		U49 K	31	00:49:08.55	00:49:37.65	+00:30:09 (60.8%)	9:49	6.1 (39.6%)
216	TARASIK Elżbieta	282		U49 K	32	00:49:08.45	00:49:38.55	+00:30:10 (60.8%)	9:49	6.1 (39.6%)
217	MALATYŃSKI Krzysztof	181		U49 M	27	00:50:05.20	00:50:33.15	+00:31:05 (61.5%)	10:01	6 (39.0%)
218	WOLSKA Katarzyna	304		U29 K	24	00:50:34.45	00:50:34.45	+00:31:06 (61.5%)	10:06	5.9 (38.3%)
219	KOŚCIELSKI Marcin	124		U29 M	14	00:50:35.75	00:50:35.75	+00:31:07 (61.5%)	10:07	5.9 (38.3%)
220	HORKA Adam	89		U49 M	28	00:52:34.55	00:53:00.90	+00:33:32 (63.3%)	10:30	5.7 (37.0%)
221	HORKA Izabela	88		U49 K	33	00:52:36.40	00:53:01.45	+00:33:33 (63.3%)	10:31	5.7 (37.0%)
222	KANARSKA Nina	104		U7 K	4	00:55:16.55	00:55:42.00	+00:36:13 (65.0%)	11:03	5.4 (35.1%)
223	KANARSKA Edyta	103		U59 K	6	00:55:17.80	00:55:42.45	+00:36:14 (65.1%)	11:03	5.4 (35.1%)
224	STRZYŻOWSKI Nikodem	266		U14 M	3	01:01:15.70	01:01:48.65	+00:42:20 (68.5%)	12:15	4.9 (31.8%)
225	KOŚMIEJA Filip	125		U14 M	4	01:01:23.30	01:01:56.90	+00:42:28 (68.6%)	12:16	4.9 (31.8%)
226	GROCHOWSKI Jan	81		U7 M	3	01:01:34.65	01:02:06.40	+00:42:38 (68.7%)	12:19	4.9 (31.8%)
227	TYSZLUKIEWICZ Danuta	288		U69 K	6	01:02:31.05	01:03:03.40	+00:43:35 (69.1%)	12:30	4.8 (31.2%)
228	TYSZLUKIEWICZ Włodzimierz	289		U69 M	4	01:02:31.35	01:03:04.15	+00:43:36 (69.1%)	12:30	4.8 (31.2%)
229	GROCHOWSKA Karolina	80		U49 K	34					(0.0%)
	HORKA Natalka	90		U11 K		DNF	DNF		-	- (0.0%)
	KOŁEK Jadwiga	342		U11 K		DNF	DNF		-	- (0.0%)
	LATRSKA Julia	161		U11 K		DNF	DNF		-	- (0.0%)
	PALUCH Patrycja	215		U39 K		DNF	DNF		-	- (0.0%)
	SOŁDYGA Urszula	257		U9 K		DNF	DNF		-	- (0.0%)
	FIK Agata	63		U9 K		DNF	DNF		-	- (0.0%)
	FIK Marek	62		U39 M		DNF	DNF		-	- (0.0%)
	KRÓL Agnieszka	132		U49 K		DNF	DNF		-	- (0.0%)
	KIJAS Sylwia	109		U39 K		DNF	DNF		-	- (0.0%)

Znaleziono 238 wynik(ów)