



COMMANDO RACE 12KM

B4SPORT

Wydarzenie: Commando Race
Organizator: Commando Race
Data: 2018-09-22
Miejsce: Kraków
Dystans: 12 km

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 12km	Czas brutto 12km	Różn	Tempo min/km	Tempo km/h
1	OŚLIZŁO Tomasz	12027	XRUNNERS	Elite Mężczyzn	1	00:56:00.30	00:56:02.80		4:40	12.9 (100%)
2	HAJNOS Dawid	12009	GORĄCY POTOK TEAM	Elite Mężczyzn	2	00:56:43.95	00:56:46.40	+00:00:43 (1.3%)	4:43	12.7 (98.4%)
3	KRZYSTYNIAK Robert	12016	GORĄCY POTOK TEAM PODHALAŃSKIE DZIKI	Elite Mężczyzn	3	01:00:14.60	01:00:17.25	+00:04:14 (7.0%)	5:01	12 (93.0%)
4	ŚWIĘTEK Bartosz	12036	GORĄCY POTOK TEAM	Elite Mężczyzn	4	01:00:28.75	01:00:32.35	+00:04:29 (7.4%)	5:02	11.9 (92.2%)
5	SENDERSKI Przemysław	12032	HUSARIA RACE TEAM	Elite Mężczyzn	5	01:01:39.30	01:01:42.05	+00:05:39 (9.2%)	5:08	11.7 (90.7%)
6	KUPIS Łukasz	12017	GORĄCY POTOK	Elite Mężczyzn	6	01:03:15.60	01:03:18.00	+00:07:15 (11.5%)	5:16	11.4 (88.4%)
7	TOMAKA Tomasz	12037	HUSARIA RACE TEAM	Elite Mężczyzn	7	01:12:00.95	01:12:05.15	+00:16:02 (22.3%)	6:00	10 (77.5%)
8	STĘPNIKOWSKI Mateusz	12097	HUSARIA RACE TEAM	M-Open	1	01:12:21.65	01:12:22.95	+00:16:20 (22.6%)	6:01	10 (77.5%)
9	JAGODZKI Daniel	12011		Elite Mężczyzn	8	01:12:58.00	01:13:00.65	+00:16:57 (23.2%)	6:04	9.9 (76.7%)
10	MAZUR Bartłomiej	12178	TF48	M-Open	2	01:15:21.00	01:15:24.85	+00:19:22 (25.7%)	6:16	9.6 (74.4%)
11	JAROSZ Filip	12168	TF 48	M-Open	3	01:15:56.00	01:16:00.10	+00:19:57 (26.3%)	6:19	9.5 (73.6%)
12	CZACH Tobiasz	12005	HUSARIA RACE TEAM	M-Open	4	01:16:31.05	01:16:34.35	+00:20:31 (26.8%)	6:22	9.4 (72.9%)
13	KUPIS Przemysław	12018	GORĄCY POTOK	Elite Mężczyzn	9	01:17:29.15	01:17:32.40	+00:21:29 (27.7%)	6:27	9.3 (72.1%)
14	BATKOWSKI Jerzy	12206		M-Open	5	01:17:40.75	01:17:44.55	+00:21:41 (27.9%)	6:28	9.3 (72.1%)
15	FAJFER Michał	12006	HUSARIA RACE TEAM	Elite Mężczyzn	10	01:17:47.35	01:17:50.35	+00:21:47 (28.0%)	6:28	9.3 (72.1%)
16	RAPACZ Łukasz	12205		M-Open	6	01:18:44.85	01:18:49.25	+00:22:46 (28.9%)	6:33	9.1 (70.5%)
17	BRZOSKWINIA Wojciech	12002	HUSARIA RACE TEAM	Elite Mężczyzn	11	01:19:55.70	01:19:58.85	+00:23:56 (29.9%)	6:39	9 (69.8%)
18	KĘPA Justyna	12013	HUSARIA RACE TEAM	Elite Kobiet	1	01:20:35.35	01:20:38.95	+00:24:36 (30.5%)	6:42	8.9 (69.0%)
19	GAŁDYN Kamil	12008	GORĄCY POTOK	Elite Mężczyzn	12	01:22:29.35	01:22:33.25	+00:26:30 (32.1%)	6:52	8.7 (67.4%)
20	MIKRUT Jakub	12022	GORĄCY POTOK TEAM	Elite Mężczyzn	13	01:22:58.30	01:23:02.00	+00:26:59 (32.5%)	6:54	8.7 (67.4%)
21	NĘDZA Tomasz	12024	HUSARIA RACE TEAM	Elite Mężczyzn	14	01:23:18.50	01:23:20.95	+00:27:18 (32.8%)	6:56	8.6 (66.7%)
22	ŻERDKA Michał	12110	VIKING TRAINING CENTER	M-Open	7	01:24:03.35	01:24:05.25	+00:28:02 (33.3%)	7:00	8.6 (66.7%)
23	OTWINOWSKI Maciej	12028	SCYZORY	Elite Mężczyzn	15	01:24:02.45	01:24:05.70	+00:28:02 (33.4%)	7:00	8.6 (66.7%)
24	JANAŚ Jakub	12058	HUSARIA RACE TEAM	M-Open	8	01:24:41.50	01:24:42.50	+00:28:39 (33.8%)	7:03	8.5 (65.9%)
25	SPRUTTA Mateusz	12096		M-Open	9	01:24:55.35	01:24:55.35	+00:28:52 (34.0%)	7:04	8.5 (65.9%)
26	TOMSKI Marcin	12101	HUSARIA RACE TEAM	M-Open	10	01:25:09.10	01:25:12.55	+00:29:09 (34.2%)	7:05	8.5 (65.9%)
27	WITKOWSKI Karol	12107	HUSARIA RACE TEAM	M-Open	11	01:27:21.45	01:27:23.65	+00:31:20 (35.9%)	7:16	8.2 (63.6%)
28	PIĄTEK Sebastian	12142	HUSARIA RACE TEAM	M-Open	12	01:27:24.45	01:27:25.70	+00:31:22 (35.9%)	7:17	8.2 (63.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 12km	Czas brutto 12km	Różn	Tempo min/km	Tempo km/h
29	SERWATKA Krzysztof	12145		M-Open	13	01:28:39.65	01:28:41.45	+00:32:38 (36.8%)	7:23	8.1 (62.8%)
30	GACH Damian	12054	CF KUŹNIA DAMIANA	M-Open	14	01:30:06.30	01:30:06.30	+00:34:03 (37.8%)	7:30	8 (62.0%)
31	HOLEWA Grzegorz	12125	CROSS HEROES - OGIEŃ!	M-Open	15	01:31:01.85	01:31:03.45	+00:35:00 (38.4%)	7:35	7.9 (61.2%)
32	ŚMIAŁEK Robert	12148	CITY FITNESS ZAGÓRZE	M-Open	16	01:31:00.35	01:31:04.05	+00:35:01 (38.5%)	7:35	7.9 (61.2%)
33	KOŁODZIEJ Dominik	12133		M-Open	17	01:31:01.95	01:31:04.10	+00:35:01 (38.5%)	7:35	7.9 (61.2%)
34	PIERZCHAŁA Łukasz	12083		M-Open	18	01:32:08.95	01:32:12.15	+00:36:09 (39.2%)	7:40	7.8 (60.5%)
35	BAŁDYGA Daniel	12043	SOCIOS SILESIA	M-Open	19	01:32:19.60	01:32:22.45	+00:36:19 (39.3%)	7:41	7.8 (60.5%)
36	APOSTOŁ Paweł	12155		M-Open	20	01:32:39.20	01:32:42.15	+00:36:39 (39.5%)	7:43	7.8 (60.5%)
37	WĄSAK Waldek	12040	HUSARIA RACE TEAM	Elite Mężczyzn	16	01:32:54.05	01:32:57.75	+00:36:54 (39.7%)	7:44	7.8 (60.5%)
38	TAMBORSKI Jacek	12195		M-Open	21	01:33:38.15	01:33:42.15	+00:37:39 (40.2%)	7:48	7.7 (59.7%)
39	GIERSZ Andrzej	12123	HUSARIA RACE TEAM	M-Open	22	01:33:44.45	01:33:45.95	+00:37:43 (40.2%)	7:48	7.7 (59.7%)
40	KAWA Łukasz	12012		Elite Mężczyzn	17	01:34:02.55	01:34:05.55	+00:38:02 (40.4%)	7:50	7.7 (59.7%)
41	RYGOŁ Janusz	12092	CF KUŹNIA DAMIANA	M-Open	23	01:35:15.60	01:35:18.75	+00:39:15 (41.2%)	7:56	7.6 (58.9%)
42	PINKOWICZ Maciej	12085	CF KUŹNIA DAMIANA	M-Open	24	01:35:28.50	01:35:28.50	+00:39:25 (41.3%)	7:57	7.5 (58.1%)
43	GAZDA Igor	12165	#YOLOTEAMKRK	M-Open	25	01:36:19.45	01:36:23.85	+00:40:21 (41.9%)	8:01	7.5 (58.1%)
44	CZARNY Tomasz	12050		M-Open	26	01:36:50.00	01:36:53.80	+00:40:51 (42.2%)	8:04	7.4 (57.4%)
45	HURAS Michał	12057	CF KUŹNIA DAMIANA	M-Open	27	01:37:02.45	01:37:04.05	+00:41:01 (42.3%)	8:05	7.4 (57.4%)
46	PYTLIK Wojciech	12188	HEINEKEN KRAKOW RUNNING CLUB	M-Open	28	01:37:08.85	01:37:12.00	+00:41:09 (42.3%)	8:05	7.4 (57.4%)
47	NAVARETE Ildefonso	12179		M-Open	29	01:37:08.80	01:37:12.30	+00:41:09 (42.3%)	8:05	7.4 (57.4%)
48	MIZERA Krzysztof	12076		M-Open	30	01:38:07.55	01:38:09.95	+00:42:07 (42.9%)	8:10	7.3 (56.6%)
49	CZEKAJ Adam	12118		M-Open	31	01:38:28.15	01:38:29.75	+00:42:26 (43.1%)	8:12	7.3 (56.6%)
50	SKORSKI Mariusz	12093		M-Open	32	01:38:54.45	01:38:57.65	+00:42:54 (43.4%)	8:14	7.3 (56.6%)
51	PRYKA Artur	12030		Elite Mężczyzn	18	01:39:21.85	01:39:26.45	+00:43:23 (43.6%)	8:16	7.2 (55.8%)
52	RUTKOWSKI Szymon	12031	HUSARIA RACE TEAM	Elite Mężczyzn	19	01:39:30.75	01:39:35.40	+00:43:32 (43.7%)	8:17	7.2 (55.8%)
53	OLEŚ Rafał	12026	HUSARIA RACE TEAM	Elite Mężczyzn	20	01:40:21.95	01:40:24.60	+00:44:21 (44.2%)	8:21	7.2 (55.8%)
54	DŁUGOSZ Marcin	12052	ASSASSINS CROSS COUNTRY RUNNING CLUB	M-Open	33	01:40:31.20	01:40:34.10	+00:44:31 (44.3%)	8:22	7.2 (55.8%)
55	PLĄDER Rafał	12086		M-Open	34	01:40:53.00	01:40:57.75	+00:44:54 (44.5%)	8:24	7.1 (55.0%)
56	LEŚNIAK Mateusz	12070		M-Open	35	01:40:53.10	01:40:58.50	+00:44:55 (44.5%)	8:24	7.1 (55.0%)
57	PIETRUCHA Piotr	12084		M-Open	36	01:40:53.60	01:40:58.75	+00:44:55 (44.5%)	8:24	7.1 (55.0%)
58	WOJTAS Sebastian	12108		M-Open	37	01:40:54.00	01:40:59.35	+00:44:56 (44.5%)	8:24	7.1 (55.0%)
59	GĘBCZYK Andrzej	12204		M-Open	38	01:40:54.95	01:40:59.90	+00:44:57 (44.5%)	8:24	7.1 (55.0%)
60	NIECHAJ Krzysztof	12080		M-Open	39	01:40:55.50	01:41:01.30	+00:44:58 (44.5%)	8:24	7.1 (55.0%)
61	WILCZYŃSKI Tomasz	12106		M-Open	40	01:41:13.55	01:41:17.05	+00:45:14 (44.7%)	8:26	7.1 (55.0%)
62	WCISŁO Marcin	12104	AKADEMIA WOJSK LĄDOWYCH	M-Open	41	01:41:15.75	01:41:20.50	+00:45:17 (44.7%)	8:26	7.1 (55.0%)
63	PIDŁO Konrad	12203		M-Open	42	01:41:27.00	01:41:32.45	+00:45:29 (44.8%)	8:27	7.1 (55.0%)
64	BAC Krzysztof	12156		M-Open	43	01:42:56.25	01:42:58.50	+00:46:55 (45.6%)	8:34	7 (54.3%)
65	KMITA Radosław	12065		M-Open	44	01:43:08.10	01:43:12.30	+00:47:09 (45.7%)	8:35	7 (54.3%)
66	TROJAN Anna	12196		K-Open	1	01:43:22.25	01:43:22.25	+00:47:19 (45.8%)	8:36	7 (54.3%)
67	SZAJEWSKI Jakub	12193	CROSSFIT BALICKA	M-Open	45	01:44:15.10	01:44:17.65	+00:48:14 (46.3%)	8:41	6.9 (53.5%)
68	MAGOŃ Łukasz	12020	HUSARIA RACE TEAM	M-Open	46	01:44:34.15	01:44:38.95	+00:48:36 (46.4%)	8:42	6.9 (53.5%)
69	HANDZEL Maciek	12010		M-Open	47	01:44:41.40	01:44:44.50	+00:48:41 (46.5%)	8:43	6.9 (53.5%)
70	LATOCHA Monika	12069	AUUUUU	K-Open	2	01:45:43.05	01:45:46.20	+00:49:43 (47.0%)	8:48	6.8 (52.7%)
71	WOŹNICZKA Aleksandra	12109		K-Open	3	01:45:47.20	01:45:50.65	+00:49:47 (47.0%)	8:48	6.8 (52.7%)
72	WĘGRZYNOWICZ Estera	12105	CF KUŹNIA DAMIANA	K-Open	4	01:46:27.25	01:46:30.10	+00:50:27 (47.4%)	8:52	6.8 (52.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						netto 12km	brutto 12km			
73	POLAŃSKI Franciszek	12089		M-Open	48	01:46:31.10	01:46:33.15	+00:50:30 (47.4%)	8:52	6.8 (52.7%)
74	MAZUR Wojciech	12021	HUSARIA RACE TEAM	M-Open	49	01:47:59.65	01:48:02.95	+00:52:00 (48.1%)	8:59	6.7 (51.9%)
75	KRÓLIKOWSKI Przemysław	12015	BEFIT24TEAM	M-Open	50	01:48:24.45	01:48:29.25	+00:52:26 (48.3%)	9:02	6.6 (51.2%)
76	PITALA Paweł	12185		M-Open	51	01:48:42.00	01:48:47.65	+00:52:44 (48.5%)	9:03	6.6 (51.2%)
77	BOROŃ Marlena	12157		K-Open	5	01:48:45.75	01:48:47.85	+00:52:45 (48.5%)	9:03	6.6 (51.2%)
78	GRELA Kinga	12166	COSTA KLINY TEAM	K-Open	6	01:48:52.40	01:48:55.95	+00:52:53 (48.5%)	9:04	6.6 (51.2%)
79	KARWALA Jacek	12170		M-Open	52	01:50:14.80	01:50:18.35	+00:54:15 (49.2%)	9:11	6.5 (50.4%)
80	KRZYSTYŃIAK Zuzanna	12067	GORĄCY POTOK TEAM	K-Open	7	01:51:13.00	01:51:15.90	+00:55:13 (49.6%)	9:16	6.5 (50.4%)
81	MARZEC Katarzyna	12074	BEFIT24TEAM	K-Open	8	01:51:40.95	01:51:43.80	+00:55:41 (49.8%)	9:18	6.4 (49.6%)
82	STROJNA Brygida	12192	CROSSFIT HELLWOOD TEAM	K-Open	9	01:53:13.80	01:53:18.70	+00:57:15 (50.5%)	9:26	6.4 (49.6%)
83	DRUZYŃSKA Olena	12160		K-Open	10	01:53:13.95	01:53:18.95	+00:57:16 (50.5%)	9:26	6.4 (49.6%)
84	NOWAKOWSKA-TRZASKA Joanna	12181	CROSSFIT HELLWOOD TEAM	K-Open	11	01:53:13.80	01:53:19.10	+00:57:16 (50.5%)	9:26	6.4 (49.6%)
85	BŁĄKAŁA Damian	12114	HUSARIA RACE TEAM	M-Open	53	01:54:04.60	01:54:06.95	+00:58:04 (50.9%)	9:30	6.3 (48.8%)
86	CZUBASZEWSKI Kamil	12120	HUSARIA RACE TEAM	M-Open	54	01:54:12.45	01:54:14.65	+00:58:11 (50.9%)	9:31	6.3 (48.8%)
87	BUJAK Igor	12116		M-Open	55	01:54:25.15	01:54:29.05	+00:58:26 (51.0%)	9:32	6.3 (48.8%)
88	PESZEL Damian	12183		M-Open	56	01:54:28.50	01:54:32.30	+00:58:29 (51.1%)	9:32	6.3 (48.8%)
89	PLUCIŃSKI Jakub	12088	HUSARIA RACE TEAM	M-Open	57	01:53:06.50	01:55:32.70	+00:59:29 (51.5%)	9:25	6.4 (49.6%)
90	PEPEL Marcin	12182		M-Open	58	01:56:53.15	01:56:58.80	+01:00:56 (52.1%)	9:44	6.2 (48.1%)
91	PORĘBA Konrad	12090		M-Open	59	01:57:01.05	01:57:04.80	+01:01:02 (52.1%)	9:45	6.2 (48.1%)
92	SMORAĞ Tomasz	12094		M-Open	60	01:57:00.70	01:57:05.10	+01:01:02 (52.1%)	9:45	6.2 (48.1%)
93	ZAWIŁŁO Marcin	12153		M-Open	61	01:57:02.25	01:57:05.30	+01:01:02 (52.1%)	9:45	6.2 (48.1%)
94	BIEŃ Ola	12112	CROSSFIT DEKERTA	K-Open	12	01:57:12.95	01:57:18.55	+01:01:15 (52.2%)	9:46	6.1 (47.3%)
95	KLEKOWSKI Szymon	12132	CROSSFIT DEKERTA	M-Open	62	01:57:13.25	01:57:18.85	+01:01:16 (52.2%)	9:46	6.1 (47.3%)
95	KAPUSTA Marcin	12130	CROSSFIT DEKERTA	M-Open	63	01:57:13.45	01:57:18.85	+01:01:16 (52.2%)	9:46	6.1 (47.3%)
97	ŁOBODA Agnieszka	12135	LEMON TEAM	K-Open	13	01:57:49.55	01:57:51.45	+01:01:48 (52.4%)	9:49	6.1 (47.3%)
98	BOGATY Gabriela	12115	LEMON TEAM	K-Open	14	01:57:49.65	01:57:51.65	+01:01:48 (52.4%)	9:49	6.1 (47.3%)
99	PORĘBŃY Dominik	12143		M-Open	64	01:57:48.20	01:57:51.75	+01:01:48 (52.4%)	9:49	6.1 (47.3%)
100	POLISZAK Kamil	12187		M-Open	65	01:58:03.80	01:58:11.30	+01:02:08 (52.6%)	9:50	6.1 (47.3%)
101	BŁĘDOWSKI Bartosz	12045		M-Open	66	01:58:12.45	01:58:16.25	+01:02:13 (52.6%)	9:51	6.1 (47.3%)
102	ŁABUZEK Barbara	12071		K-Open	15	01:58:29.30	01:58:33.05	+01:02:30 (52.7%)	9:52	6.1 (47.3%)
103	HOLONA Marcin	12056		M-Open	67	01:58:37.35	01:58:41.40	+01:02:38 (52.8%)	9:53	6.1 (47.3%)
104	GAWENDA Michał	12164		M-Open	68	01:58:57.15	01:58:57.15	+01:02:54 (52.9%)	9:54	6.1 (47.3%)
105	POGORZELSKI Mariusz	12186		M-Open	69	01:59:36.45	01:59:41.35	+01:03:38 (53.2%)	9:58	6 (46.5%)
106	KABAJ Przemysław	12129	SWD TEAM	M-Open	70	01:59:39.95	01:59:42.35	+01:03:39 (53.2%)	9:58	6 (46.5%)
107	ŚWIATŁOŃ Damian	12149	SWD TEAM	M-Open	71	01:59:39.70	01:59:42.95	+01:03:40 (53.2%)	9:58	6 (46.5%)
108	ANTOSIEWICZ Robert	12154		M-Open	72	01:59:41.10	01:59:46.40	+01:03:43 (53.2%)	9:58	6 (46.5%)
109	MAŚLANKA Wojtek	12075		M-Open	73	02:00:52.85	02:00:56.50	+01:04:53 (53.7%)	10:04	6 (46.5%)
110	MATŁOKA Bartłomiej	12177		M-Open	74	02:01:48.55	02:01:48.55	+01:05:45 (54.0%)	10:09	5.9 (45.7%)
111	SKWARA Anna	12190		K-Open	16	02:01:57.00	02:02:00.15	+01:05:57 (54.1%)	10:09	5.9 (45.7%)
112	ŁYŚ Karolina	12176		K-Open	17	02:02:39.55	02:02:41.50	+01:06:38 (54.3%)	10:13	5.9 (45.7%)
113	LATA Lukasz	12174		M-Open	75	02:02:39.80	02:02:42.10	+01:06:39 (54.3%)	10:13	5.9 (45.7%)
114	ŁYŚ Adam	12175		M-Open	76	02:02:40.55	02:02:43.15	+01:06:40 (54.3%)	10:13	5.9 (45.7%)
115	BEDYCHAJ Andrzej	12044		M-Open	77	02:03:09.45	02:03:16.10	+01:07:13 (54.5%)	10:15	5.8 (45.0%)
116	MOSKWA Wioletta	12078	HUSARIA RACE TEAM	K-Open	18	02:03:17.40	02:03:19.00	+01:07:16 (54.6%)	10:16	5.8 (45.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 12km	Czas brutto 12km	Różn	Tempo min/km	Tempo km/h
117	MOSKWA Karolina	12077	HUSARIA RACE TEAM	K-Open	19	02:03:17.50	02:03:19.20	+01:07:16 (54.6%)	10:16	5.8 (45.0%)
118	CZECH-ROGALSKA Agnieszka	12051	HUSARIA RACE TEAM	K-Open	20	02:03:16.35	02:03:19.25	+01:07:16 (54.6%)	10:16	5.8 (45.0%)
119	SOLA Jacek	12191		M-Open	78	02:03:23.50	02:03:27.30	+01:07:24 (54.6%)	10:17	5.8 (45.0%)
120	KRAMARCZYK Paweł	12172		M-Open	79	02:03:30.30	02:03:33.90	+01:07:31 (54.6%)	10:17	5.8 (45.0%)
121	SZCZESNY Kinga	12098	HUSARIA RACE TEAM	K-Open	21	02:04:21.90	02:04:24.00	+01:08:21 (54.9%)	10:21	5.8 (45.0%)
122	OLEJAK Paweł	12140		M-Open	80	02:04:41.25	02:04:45.15	+01:08:42 (55.1%)	10:23	5.8 (45.0%)
123	KACZMARCZYK Anna	12063	NDE	K-Open	22	02:05:26.60	02:05:30.65	+01:09:27 (55.3%)	10:27	5.7 (44.2%)
124	KACZMARCZYK Grzegorz	12062	NDE	M-Open	81	02:05:26.45	02:05:30.85	+01:09:28 (55.3%)	10:27	5.7 (44.2%)
125	TROJAK Jacek	12150		M-Open	82	02:05:38.00	02:05:38.00	+01:09:35 (55.4%)	10:28	5.7 (44.2%)
126	OLEJAK Joanna	12141	HUSARIA RACE TEAM	K-Open	23	02:05:34.65	02:05:39.30	+01:09:36 (55.4%)	10:27	5.7 (44.2%)
127	CZYŻEWSKI Jakub	12121		M-Open	83	02:05:35.75	02:05:39.90	+01:09:37 (55.4%)	10:27	5.7 (44.2%)
128	MENDYKA Mariusz	12139	BRZOZOZIA	M-Open	84	02:05:42.25	02:05:45.85	+01:09:43 (55.4%)	10:28	5.7 (44.2%)
129	CHRZĄSTEK Maciek	12003		M-Open	85	02:06:14.60	02:06:18.80	+01:10:16 (55.6%)	10:31	5.7 (44.2%)
130	TROJAN Grzegorz	12038		M-Open	86	02:06:20.30	02:06:24.75	+01:10:21 (55.7%)	10:31	5.7 (44.2%)
131	SKALSKI Marek	12189		M-Open	87	02:07:48.95	02:07:51.40	+01:11:48 (56.2%)	10:39	5.6 (43.4%)
132	ŁOPUCH Robert	12136	DZIADY OCR	M-Open	88	02:09:36.30	02:09:40.95	+01:13:38 (56.8%)	10:48	5.6 (43.4%)
133	DUBIEL Patrycja	12161		K-Open	24	02:10:51.95	02:10:53.60	+01:14:50 (57.2%)	10:54	5.5 (42.6%)
134	KACIUBA-ŚWIERCZYŃSKA Agnieszka	12169		K-Open	25	02:11:08.25	02:11:10.25	+01:15:07 (57.3%)	10:55	5.5 (42.6%)
135	ŚWIERCZYŃSKI Jacek	12194		M-Open	89	02:11:16.10	02:11:17.75	+01:15:14 (57.3%)	10:56	5.5 (42.6%)
136	MARSZAŁEK Małgorzata	12138		K-Open	26	02:11:31.30	02:11:34.45	+01:15:31 (57.4%)	10:57	5.5 (42.6%)
137	PAŹDZIERKO Paweł	12029	HUSARIA RACE TEAM	M-Open	90	02:11:34.55	02:11:38.55	+01:15:35 (57.4%)	10:57	5.5 (42.6%)
138	BLAMOWSKA Agata	12113		K-Open	27	02:11:46.00	02:11:49.25	+01:15:46 (57.5%)	10:58	5.5 (42.6%)
139	HENZEL Przemysław	12124		M-Open	91	02:11:56.75	02:12:00.60	+01:15:57 (57.5%)	10:59	5.5 (42.6%)
140	SZPUNAR Daniel	12147		M-Open	92	02:12:03.30	02:12:07.90	+01:16:05 (57.6%)	11:00	5.5 (42.6%)
141	CHĘTKIEWICZ Sandra	12117	CITY-FITNESS ZAGÓRZE	K-Open	28	02:13:07.35	02:13:10.60	+01:17:07 (57.9%)	11:05	5.4 (41.9%)
142	RADWAŃSKI Patryk	12144	CITY-FITNESS ZAGÓRZE	M-Open	93	02:13:07.45	02:13:10.70	+01:17:07 (57.9%)	11:05	5.4 (41.9%)
143	TWARKOWSKA Aleksandra	12151	CITY FITNESS ZAGÓRZE	K-Open	29	02:13:19.85	02:13:22.65	+01:17:19 (58.0%)	11:06	5.4 (41.9%)
144	TWARKOWSKA Anna	12152	CITY FITNESS ZAGORZE	K-Open	30	02:13:25.55	02:13:28.35	+01:17:25 (58.0%)	11:07	5.4 (41.9%)
145	MARKIEWICZ Dagmara	12137	CITY FITNESS ZAGÓRZE	K-Open	31	02:13:35.05	02:13:38.45	+01:17:35 (58.1%)	11:07	5.4 (41.9%)
146	BERKOWICZ Adrian	12001		M-Open	94	02:14:27.40	02:14:31.15	+01:18:28 (58.3%)	11:12	5.4 (41.9%)
147	FLIS Aleksander	12007	OCR TEAM DĘBICA	Elite Mężczyzn	21	02:17:47.05	02:17:51.70	+01:21:48 (59.3%)	11:28	5.2 (40.3%)
148	LASKA Anna	12019	OCR TEAM DĘBICA	Elite Kobiet	2	02:17:48.25	02:17:52.25	+01:21:49 (59.3%)	11:29	5.2 (40.3%)
149	WESELAK Lucjan	12041	OCR DĘBICA	Elite Mężczyzn	22	02:17:48.80	02:17:53.05	+01:21:50 (59.4%)	11:29	5.2 (40.3%)
150	RAŚ Agnieszka	12091	HUSARIA RACE TEAM	K-Open	32	02:18:24.60	02:18:26.95	+01:22:24 (59.5%)	11:32	5.2 (40.3%)
151	MACIEJAS Daniel	12072	HUSARIA RACE TEAM	M-Open	95	02:18:27.65	02:18:27.65	+01:22:24 (59.5%)	11:32	5.2 (40.3%)
152	NOSAL Krystyna	12180	GANG SZELTUSIÓW	K-Open	33	02:20:04.45	02:20:07.35	+01:24:04 (60.0%)	11:40	5.1 (39.5%)
153	BUGARA Krzysztof	12158	GANG SZELTUSIÓW	M-Open	96	02:20:04.45	02:20:07.45	+01:24:04 (60.0%)	11:40	5.1 (39.5%)
154	KEMPSKA Marta	12131		K-Open	34	02:23:38.45	02:23:42.65	+01:27:39 (61.0%)	11:58	5 (38.8%)
155	SZOJDA Paulina	12146		K-Open	35	02:23:38.85	02:23:43.10	+01:27:40 (61.0%)	11:58	5 (38.8%)
156	JEZIORSKI Jerzy	12059	AWESOME TEAM	M-Open	97	02:23:49.55	02:23:54.30	+01:27:51 (61.1%)	11:59	5 (38.8%)
157	CIEPIELEWSKI Mateusz	12049		M-Open	98	02:27:59.65	02:28:05.45	+01:32:02 (62.2%)	12:20	4.9 (38.0%)
158	JOB Cecylia	12061		K-Open	36	02:27:59.40	02:28:05.60	+01:32:02 (62.2%)	12:19	4.9 (38.0%)
159	JOB Agnieszka	12060		K-Open	37	02:28:00.70	02:28:05.75	+01:32:02 (62.2%)	12:20	4.9 (38.0%)
160	KRUSZONA Adam	12173		M-Open	99	02:30:10.75	02:30:15.35	+01:34:12 (62.7%)	12:30	4.8 (37.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 12km	Czas brutto 12km	Różn	Tempo min/km	Tempo km/h
161	JACKOWSKA Monika	12167	SPORT POZIOM 450	K-Open	38	02:30:09.75	02:30:15.75	+01:34:12 (62.7%)	12:30	4.8 (37.2%)
162	DOROBISZ Magdalena	12159	SPORT POZIOM 450	K-Open	39	02:30:10.05	02:30:16.05	+01:34:13 (62.7%)	12:30	4.8 (37.2%)
163	SZELER Magdalena	12099	AWESOME TEAM	K-Open	40	02:30:11.40	02:30:16.10	+01:34:13 (62.7%)	12:31	4.8 (37.2%)
164	TOMCZYK Ewelina	12100	AWESOME TEAM	K-Open	41	02:30:11.40	02:30:16.25	+01:34:13 (62.7%)	12:31	4.8 (37.2%)
165	CYGANEK Agnieszka	12004	BEFIT24TEAM	K-Open	42	02:31:40.80	02:31:46.20	+01:35:43 (63.1%)	12:38	4.7 (36.4%)
166	MISIAK Wiesław	12023	BEFIT24TEAM	M-Open	100	02:31:41.15	02:31:46.25	+01:35:43 (63.1%)	12:38	4.7 (36.4%)
167	KOCON Katarzyna	12014		K-Open	43	02:31:41.15	02:31:46.35	+01:35:43 (63.1%)	12:38	4.7 (36.4%)
168	KLYMCHUK Vladyslav	12064		M-Open	101	02:35:20.55	02:35:25.35	+01:39:22 (63.9%)	12:56	4.6 (35.7%)
169	GRZESŁO Grzegorz	12055		M-Open	102	02:38:35.45	02:38:41.95	+01:42:39 (64.7%)	13:12	4.5 (34.9%)
170	TRZECIAK Piotr	12102		M-Open	103	02:38:36.35	02:38:42.15	+01:42:39 (64.7%)	13:13	4.5 (34.9%)
171	BRANKIEWICZ Piotr	12046		M-Open	104	02:38:34.95	02:38:42.35	+01:42:39 (64.7%)	13:12	4.5 (34.9%)
172	CHLIPAŁA Karolina	12048		K-Open	44	02:38:36.35	02:38:42.55	+01:42:39 (64.7%)	13:13	4.5 (34.9%)
173	KORNAŚ Tomasz	12066		M-Open	105	02:38:36.90	02:38:43.90	+01:42:41 (64.7%)	13:13	4.5 (34.9%)
174	PLONKA Marta	12087		K-Open	45	02:38:38.15	02:38:44.35	+01:42:41 (64.7%)	13:13	4.5 (34.9%)
175	KSYTA Martyna	12068		K-Open	46	02:38:38.85	02:38:44.55	+01:42:41 (64.7%)	13:13	4.5 (34.9%)
176	FABIAN Robert	12053		M-Open	106	02:38:38.50	02:38:44.70	+01:42:41 (64.7%)	13:13	4.5 (34.9%)
177	SOWA Krzysztof	12095	—_ (?)_—	M-Open	107	02:38:38.60	02:38:45.15	+01:42:42 (64.7%)	13:13	4.5 (34.9%)
178	ORZECHOWSKI Grzegorz	12081		M-Open	108	02:38:46.05	02:38:48.35	+01:42:45 (64.7%)	13:13	4.5 (34.9%)
	TUREK Marcin	12103		M-Open		DNF	DNF	-	-	- (0.0%)
	SKOTNICKI Piotr	12034	STRIKE TEAM	Elite Mężczyzn		DNF	DNF	-	-	- (0.0%)

Znaleziono 180 wynik(ów)