



COMMANDO RACE 7KM

B4SPORT

Wydarzenie: Commando Race
Organizator: COMMANDO RACE
Data: 2019-06-08
Miejsce: Kraków
Dystans: 7 km km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7km	Czas brutto 7km	Różn	Tempo min/km	Tempo km/h
1	PRUSAK Piotr	7404	GORĄCY POTOK TEAM	Elite Mężczyzn	1	00:42:27.70	00:42:29.20		7:04	8.5 (100%)
2	MOROŃ Bartłomiej	7405	POWER TRAINING	Elite Mężczyzn	2	00:46:36.80	00:46:38.85	+00:04:09 (8.9%)	7:46	7.7 (90.6%)
3	WIERZBICKI Daniel	7412	BEFIT24TEAM	Elite Mężczyzn	3	00:48:41.50	00:48:44.10	+00:06:14 (12.8%)	8:07	7.4 (87.1%)
4	BIENIEK Michał	7001		Elite Mężczyzn	4	00:49:39.70	00:49:42.00	+00:07:12 (14.5%)	8:16	7.2 (84.7%)
5	LEPIARZ Michał	7014	HUSARIA RACE TEAM	Elite Mężczyzn	5	00:50:00.70	00:50:03.10	+00:07:33 (15.1%)	8:20	7.2 (84.7%)
6	OLCZAK Daniel	7015	HUSARIA RACE TEAM	Elite Mężczyzn	6	00:50:37.60	00:50:39.25	+00:08:10 (16.1%)	8:26	7.1 (83.5%)
7	HAMUDA Maciej	7010	HUSARIA RACE TEAM	Elite Mężczyzn	7	00:50:48.00	00:50:50.25	+00:08:21 (16.4%)	8:28	7.1 (83.5%)
8	OBLIZAJEK Paweł	7321	WARCHLAKI ADELAJDY	M-Open	1	00:50:56.05	00:50:58.45	+00:08:29 (16.7%)	8:29	7.1 (83.5%)
9	MAŁYJUREK Rafał	7215	HUSARIA RACE TEAM	M-Open	2	00:52:44.35	00:52:47.90	+00:10:18 (19.5%)	8:47	6.8 (80.0%)
10	ZDEB Maciej	7413	HUSARIA RACE TEAM	Elite Mężczyzn	8	00:53:19.80	00:53:22.20	+00:10:53 (20.4%)	8:53	6.8 (80.0%)
11	HALOTA Dariusz	7301	DRUŻYNA 123	M-Open	3	00:53:20.00	00:53:25.15	+00:10:55 (20.5%)	8:53	6.8 (80.0%)
12	HALERZ Daniel	7009		Elite Mężczyzn	9	00:53:37.60	00:53:41.50	+00:11:12 (20.9%)	8:56	6.7 (78.8%)
13	GWIŹDŹ Tomasz	7008		Elite Mężczyzn	10	00:54:11.45	00:54:15.70	+00:11:46 (21.7%)	9:01	6.6 (77.6%)
14	ZIELIŃSKI Tomasz	7350	WARCHLAKI ADELAJDY	M-Open	4	00:54:46.45	00:54:49.30	+00:12:20 (22.5%)	9:07	6.6 (77.6%)
15	MALEC Bartek	7318	WARCHLAKI ADELAJDY	M-Open	5	00:55:15.75	00:55:18.55	+00:12:49 (23.2%)	9:12	6.5 (76.5%)
16	GAŁKA Rafał	7190		M-Open	6	00:55:32.10	00:55:34.70	+00:13:05 (23.6%)	9:15	6.5 (76.5%)
17	ŁUKASIK Sylwia	7243		Elite Kobiet	1	00:55:46.10	00:55:48.35	+00:13:19 (23.9%)	9:17	6.5 (76.5%)
18	JASIAK Artur	7011	XRUNNERS	Elite Mężczyzn	11	00:56:31.95	00:56:34.20	+00:14:05 (24.9%)	9:25	6.4 (75.3%)
19	JASIŃSKA Alicja	7012	OCRTEAMDĘBICA	Elite Kobiet	2	00:57:12.20	00:57:13.95	+00:14:44 (25.8%)	9:32	6.3 (74.1%)
20	CHAIĘB Sebastian	7002	LEMON TEAM	Elite Mężczyzn	12	00:57:56.45	00:57:58.70	+00:15:29 (26.7%)	9:39	6.2 (72.9%)
21	FALKIEWICZ Michał	7290	TEAM DORIS KRAKÓW	M-Open	7	00:58:03.85	00:58:05.90	+00:15:36 (26.9%)	9:40	6.2 (72.9%)
22	ZWOLIŃSKI Michał	7351	TEAM DORIS KRAKÓW	M-Open	8	00:59:33.50	00:59:36.05	+00:17:06 (28.7%)	9:55	6 (70.6%)
23	KANIEWSKI Michał	7309		M-Open	9	00:59:40.65	00:59:46.10	+00:17:16 (28.9%)	9:56	6 (70.6%)
24	SKÓRSKI Mariusz	7018		Elite Mężczyzn	13	01:00:01.15	01:00:04.75	+00:17:35 (29.3%)	10:00	6 (70.6%)
25	CHYLEWSKA-OLECH Dagmara	7003	BEFIT24TEAM	Elite Kobiet	3	01:01:52.40	01:01:54.35	+00:19:25 (31.4%)	10:18	5.8 (68.2%)
26	OSTAFIN Szymon	7324	HUSARIA RACE TEAM	M-Open	10	01:02:36.15	01:02:38.65	+00:20:09 (32.2%)	10:26	5.8 (68.2%)
27	WOLNY Krzysztof	7401		M-Open	11	01:02:45.50	01:02:49.15	+00:20:19 (32.4%)	10:27	5.7 (67.1%)
28	KASPRZYK Karol	7416		M-Open	12	01:04:06.65	01:04:07.65	+00:21:38 (33.7%)	10:41	5.6 (65.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7km	Czas brutto 7km	Różn	Tempo min/km	Tempo km/h
29	GÓRECKI Michał	7194	SWP RANGERS	M-Open	13	01:04:09.50	01:04:11.85	+00:21:42 (33.8%)	10:41	5.6 (65.9%)
30	MAŁYJUREK Aleksandra	7214	HUSARIA RACE TEAM	K-Open	1	01:04:38.55	01:04:41.65	+00:22:12 (34.3%)	10:46	5.6 (65.9%)
31	DZIWIREK Adam	7288	6BPD	M-Open	14	01:04:50.80	01:04:55.60	+00:22:26 (34.6%)	10:48	5.6 (65.9%)
32	KRAWCZYK Andrzej	7208	JW 4009	M-Open	15	01:05:34.20	01:05:39.45	+00:23:10 (35.3%)	10:55	5.5 (64.7%)
32	RAPACZ Łukasz	7332	JW 4009	M-Open	16	01:05:33.70	01:05:39.45	+00:23:10 (35.3%)	10:55	5.5 (64.7%)
34	RACHOŃ Piotr	7331	6BPD	M-Open	17	01:05:34.40	01:05:39.55	+00:23:10 (35.3%)	10:55	5.5 (64.7%)
35	WĘGRZYN Jakub	7343	DRUŻYNA 123	M-Open	18	01:05:40.90	01:05:46.20	+00:23:17 (35.4%)	10:56	5.5 (64.7%)
36	DURAJ Grzegorz	7285	DRUŻYNA 123	M-Open	19	01:05:40.95	01:05:47.00	+00:23:17 (35.4%)	10:56	5.5 (64.7%)
37	RUSSOVA Yana	7334	TEAM DORIS KRAKÓW	K-Open	2	01:06:43.95	01:06:46.50	+00:24:17 (36.4%)	11:07	5.4 (63.5%)
38	CZULAK Łukasz	7283	KROKUS	M-Open	20	01:07:30.80	01:07:34.00	+00:25:04 (37.1%)	11:15	5.3 (62.4%)
39	WILCZEWSKI Rafał	7345	WARCHLAKI ADELAJDY	M-Open	21	01:08:30.00	01:08:32.25	+00:26:03 (38.0%)	11:25	5.3 (62.4%)
40	FRANKOWSKI Robert	7101	BRAK	M-Open	22	01:08:11.45	01:09:39.30	+00:27:10 (39.0%)	11:22	5.3 (62.4%)
41	JAROSZ Tomasz	7371	OSTATNI NA MECIE	M-Open	23	01:10:30.40	01:10:32.35	+00:28:03 (39.8%)	10:04	6 (70.6%)
42	OLEKSY Kamil	7385	OŚWIECENIA TEAM HAJIME	M-Open	24	01:10:55.10	01:10:59.75	+00:28:30 (40.2%)	10:07	5.9 (69.4%)
43	SIKORA Marek	7155	BODY CHALLENGE OPOLE	M-Open	25	01:09:49.00	01:11:17.00	+00:28:47 (40.4%)	11:38	5.2 (61.2%)
44	WYZGAŁ Daniel	7256		M-Open	26	01:11:50.90	01:11:54.80	+00:29:25 (40.9%)	11:58	5 (58.8%)
45	KYŚ Andrzej	7122		M-Open	27	01:11:14.15	01:12:41.10	+00:30:11 (41.5%)	11:52	5.1 (60.0%)
46	KIEŁTYKA Konrad	7202		M-Open	28	01:12:47.10	01:12:51.20	+00:30:22 (41.7%)	12:07	4.9 (57.6%)
47	WŁOKA Jessica	7348	WARCHLAKI ADELAJDY	K-Open	3	01:13:04.50	01:13:07.80	+00:30:38 (41.9%)	12:10	4.9 (57.6%)
48	SERWIŃSKI Andrzej	7017		Elite Mężczyzn	14	01:13:22.30	01:13:24.85	+00:30:55 (42.1%)	12:13	4.9 (57.6%)
49	ŻARNOWSKI Michał	7263		M-Open	29	01:13:31.20	01:13:35.55	+00:31:06 (42.3%)	12:15	4.9 (57.6%)
50	KRZYSZTOFIK Wojciech	7209		M-Open	30	01:13:34.65	01:13:37.70	+00:31:08 (42.3%)	12:15	4.9 (57.6%)
51	TONDYRA Dariusz	7248		M-Open	31	01:13:45.05	01:13:49.70	+00:31:20 (42.5%)	12:17	4.9 (57.6%)
52	SZWAGRZYK Marcin	7020		Elite Mężczyzn	15	01:14:45.15	01:14:48.00	+00:32:18 (43.2%)	12:27	4.8 (56.5%)
53	CHRYCZOR Tomasz	7410		M-Open	32	01:13:26.10	01:14:53.05	+00:32:23 (43.3%)	12:14	4.9 (57.6%)
54	ZABDYR Rafał	7176	CROSSWORD CYBERSECURITY	M-Open	33	01:13:39.70	01:15:06.50	+00:32:37 (43.4%)	12:16	4.9 (57.6%)
55	KRAMARCZYK Michał	7118		M-Open	34	01:13:43.20	01:15:11.10	+00:32:41 (43.5%)	12:17	4.9 (57.6%)
56	KRAMARCZYK Filip	7117		M-Open	35	01:13:43.60	01:15:11.20	+00:32:42 (43.5%)	12:17	4.9 (57.6%)
57	LESZKO Michał	7125	CROSSWORD CYBERSECURITY	M-Open	36	01:13:48.00	01:15:15.55	+00:32:46 (43.5%)	12:18	4.9 (57.6%)
58	NOWAK Paweł	7144		M-Open	37	01:13:48.25	01:15:16.70	+00:32:47 (43.6%)	12:18	4.9 (57.6%)
59	DUDA Daniel	7100		M-Open	38	01:15:29.50	01:15:35.40	+00:33:06 (43.8%)	12:35	4.8 (56.5%)
60	MICHALEC Bartłomiej	7136		M-Open	39	01:14:09.55	01:15:36.65	+00:33:07 (43.8%)	12:21	4.9 (57.6%)
61	SARAD Krzysztof	7240	SPARTA ZALASOWA	M-Open	40	01:16:18.30	01:16:21.25	+00:33:52 (44.4%)	12:43	4.7 (55.3%)
62	CZARNIK Marek	7186	SPARTA ZALASOWA	M-Open	41	01:16:18.30	01:16:21.45	+00:33:52 (44.4%)	12:43	4.7 (55.3%)
63	KAWA Łukasz	7311		M-Open	42	01:17:09.50	01:17:17.15	+00:34:47 (45.0%)	12:51	4.7 (55.3%)
64	DZIADOSZ Michał	7286	OCR TEAM DĘBICA	M-Open	43	01:18:43.65	01:18:45.80	+00:36:16 (46.1%)	13:07	4.6 (54.1%)
65	CZAPLA Bartosz	7005		Elite Mężczyzn	16	01:20:07.90	01:20:11.70	+00:37:42 (47.0%)	13:21	4.5 (52.9%)
66	KOWALIK Dariusz	7205		M-Open	44	01:21:38.55	01:21:42.05	+00:39:12 (48.0%)	13:36	4.4 (51.8%)
67	KMITA Jakub	7113		M-Open	45	01:20:42.55	01:22:11.10	+00:39:41 (48.3%)	13:27	4.5 (52.9%)
68	AUGUSTYNIAK Kamil	7274	WARCHLAKI ADELAJDY	M-Open	46	01:22:15.45	01:22:18.50	+00:39:49 (48.4%)	13:42	4.4 (51.8%)
69	STROJEK Katarzyna	7338		K-Open	4	01:22:39.45	01:22:43.10	+00:40:13 (48.6%)	13:46	4.4 (51.8%)
70	STOLARCZYK Aleksandra	7337		K-Open	5	01:22:39.15	01:22:43.20	+00:40:14 (48.6%)	13:46	4.4 (51.8%)
71	BORYCZKA Szymon	7094	POWOLI DO CELU	M-Open	47	01:21:20.15	01:22:48.35	+00:40:19 (48.7%)	13:33	4.4 (51.8%)
72	WICIARZ Jakub	7344		M-Open	48	01:22:46.30	01:22:55.15	+00:40:25 (48.8%)	13:47	4.3 (50.6%)

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72	OGAREK Szymon	7414		M-Open	49	01:22:46.90	01:22:55.15	+00:40:25 (48.8%)	13:47	4.3 (50.6%)
74	KOWALSKI Dariusz	7206		M-Open	50	01:23:02.25	01:23:07.35	+00:40:38 (48.9%)	13:50	4.3 (50.6%)
75	SOBAŃSKA-CHRYCZYK Magdalena	7411		K-Open	6	01:22:05.55	01:23:32.85	+00:41:03 (49.1%)	13:40	4.4 (51.8%)
76	NIZIURSKA Marzanna	7141	HUSARIA RACE TEAM	K-Open	7	01:22:19.50	01:23:45.90	+00:41:16 (49.3%)	13:43	4.4 (51.8%)
77	KUCHARSKI Krystian	7210		M-Open	51	01:23:42.15	01:23:47.35	+00:41:18 (49.3%)	13:57	4.3 (50.6%)
78	CZEKAJ Michał	7007		Elite Mężczyzn	17	01:23:49.40	01:23:53.20	+00:41:24 (49.4%)	13:58	4.3 (50.6%)
79	WOLSKI Marcin	7254	MASKA	M-Open	52	01:23:51.90	01:23:56.80	+00:41:27 (49.4%)	13:58	4.3 (50.6%)
80	MASLOUSKI Mikita	7132		M-Open	53	01:22:50.60	01:24:18.50	+00:41:49 (49.6%)	13:48	4.3 (50.6%)
81	STANEK Weronika	7159	WERMI	K-Open	8	01:23:41.85	01:24:18.85	+00:41:49 (49.6%)	13:56	4.3 (50.6%)
82	BOBROWSKI Michał	7278		M-Open	54	01:24:16.30	01:24:21.50	+00:41:52 (49.6%)	14:02	4.3 (50.6%)
83	URBANIAK Ania	11026	WATAHA	Elite Kobiet	4	01:24:50.05	01:24:52.50	+00:42:23 (49.9%)	14:08	4.2 (49.4%)
84	JANOSKA Wojtek	7305	JW 4686	M-Open	55	01:25:01.80	01:25:07.40	+00:42:38 (50.1%)	14:10	4.2 (49.4%)
85	MOCUR Dawid	7221		M-Open	56	01:25:03.45	01:25:09.95	+00:42:40 (50.1%)	14:10	4.2 (49.4%)
86	WÓJCIK Marlena	7255		K-Open	9	01:25:03.55	01:25:10.15	+00:42:40 (50.1%)	14:10	4.2 (49.4%)
87	CIEĆKIEWICZ Wiktor	7282	16BPD	M-Open	57	01:25:13.85	01:25:20.20	+00:42:51 (50.2%)	14:12	4.2 (49.4%)
88	MAZIARKA Krzysztof	7218		M-Open	58	01:25:16.85	01:25:21.45	+00:42:52 (50.2%)	14:12	4.2 (49.4%)
89	BŁACH Miłosz	7277	COMMANDO FAMILY	M-Open	59	01:25:23.75	01:25:28.05	+00:42:58 (50.3%)	14:14	4.2 (49.4%)
90	KANDEFER Beata	7307	COMMANDO FAMILY	K-Open	10	01:25:28.40	01:25:31.45	+00:43:02 (50.3%)	14:14	4.2 (49.4%)
91	FIUK Marcin	7369		M-Open	60	01:25:43.55	01:25:46.75	+00:43:17 (50.5%)	12:14	4.9 (57.6%)
92	KANDEFER Wojciech	7308	COMMANDO FAMILY	M-Open	61	01:25:46.35	01:25:50.25	+00:43:21 (50.5%)	14:17	4.2 (49.4%)
93	GONET Tomasz	7296	COMMANDO FAMILY	M-Open	62	01:25:51.35	01:25:55.55	+00:43:26 (50.6%)	14:18	4.2 (49.4%)
94	SKWARA Michał	7137		M-Open	63	01:25:18.00	01:26:50.25	+00:44:21 (51.1%)	14:13	4.2 (49.4%)
95	KŁĘBEK Mateusz	7312		M-Open	64	01:27:07.80	01:27:12.75	+00:44:43 (51.3%)	14:31	4.1 (48.2%)
96	LEKSTON Norbert	7314		M-Open	65	01:27:08.20	01:27:13.20	+00:44:44 (51.3%)	14:31	4.1 (48.2%)
97	SELECKA Teresa	7241	TWOJE STUDIO ZDROWIA	K-Open	11	01:27:10.15	01:27:13.85	+00:44:44 (51.3%)	14:31	4.1 (48.2%)
98	KASPERCZYK Szczepan	7201		M-Open	66	01:27:26.30	01:27:35.25	+00:45:06 (51.5%)	14:34	4.1 (48.2%)
99	STAWARZ Paulina	7244		K-Open	12	01:27:43.25	01:27:44.25	+00:45:15 (51.6%)	14:37	4.1 (48.2%)
100	PASTERNAK Patryk	7326		M-Open	67	01:27:51.80	01:27:57.85	+00:45:28 (51.7%)	14:38	4.1 (48.2%)
101	PIETRZYK Piotr	7327		M-Open	68	01:28:02.30	01:28:08.40	+00:45:39 (51.8%)	14:40	4.1 (48.2%)
102	BIENIEK Kacper	7276		M-Open	69	01:28:11.95	01:28:16.30	+00:45:47 (51.9%)	14:42	4.1 (48.2%)
103	GURGUL Mateusz	7299		M-Open	70	01:28:12.00	01:28:16.60	+00:45:47 (51.9%)	14:42	4.1 (48.2%)
104	MARSZAŁEK Mateusz	7217		M-Open	71	01:28:15.65	01:28:21.90	+00:45:52 (51.9%)	14:42	4.1 (48.2%)
105	KRAWCZYK Kamila	7257		K-Open	13	01:28:37.45	01:28:41.45	+00:46:12 (52.1%)	14:46	4.1 (48.2%)
106	TRZOS Sebastian	7168		M-Open	72	01:27:13.40	01:28:46.50	+00:46:17 (52.1%)	14:32	4.1 (48.2%)
107	OLCHAWSKI Dawid	7147		M-Open	73	01:27:10.85	01:28:49.90	+00:46:20 (52.2%)	14:31	4.1 (48.2%)
108	JONDA Izabela	7199		K-Open	14	01:28:46.30	01:28:50.00	+00:46:20 (52.2%)	14:47	4.1 (48.2%)
109	WOJNAR Jerzy	7253		M-Open	74	01:29:12.20	01:29:16.30	+00:46:47 (52.4%)	14:52	4 (47.1%)
110	NIEMIEC Katarzyna	7225		K-Open	15	01:29:12.50	01:29:16.70	+00:46:47 (52.4%)	14:52	4 (47.1%)
111	CHERNIAK Milena	7279	TEAM DORIS KRAKOW	K-Open	16	01:29:38.40	01:29:47.30	+00:47:18 (52.7%)	12:48	4.7 (55.3%)
112	ZAWADA Mikołaj	7349		M-Open	75	01:29:42.25	01:29:49.60	+00:47:20 (52.7%)	12:48	4.7 (55.3%)
113	FORTUNA Milena	7189		K-Open	17	01:29:43.50	01:29:50.25	+00:47:21 (52.7%)	14:57	4 (47.1%)
114	GROBECKI Daniel	7195		M-Open	76	01:29:44.10	01:29:50.55	+00:47:21 (52.7%)	14:57	4 (47.1%)
115	POPCZYK Grzegorz	7235		M-Open	77	01:29:58.90	01:30:06.75	+00:47:37 (52.9%)	14:59	4 (47.1%)
116	SZRENIAWA Waldemar	7019		Elite Mężczyzn	18	01:30:06.25	01:30:09.15	+00:47:39 (52.9%)	15:01	4 (47.1%)

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117	SUROWIEC Bartosz	7395	OSTATNINA MECIE	M-Open	78	01:30:12.15	01:30:19.00	+00:47:49 (53.0%)	12:53	4.7 (55.3%)
118	JĘDRZEJCZAK Robert	7373		M-Open	79	01:30:15.60	01:30:20.30	+00:47:51 (53.0%)	12:53	4.7 (55.3%)
119	MOCZYŃSKA-PAPKA Maja	7138	FITNESS KOCMYRZÓW-LUBORZYCA	K-Open	18	01:29:07.35	01:30:36.50	+00:48:07 (53.1%)	14:51	4 (47.1%)
120	PALUCH Dorota	7148	FITNESS KOCMYRZÓW-LUBORZYCA	K-Open	19	01:29:07.90	01:30:37.60	+00:48:08 (53.1%)	14:51	4 (47.1%)
121	KONEWECKA-HOŁÓJ Katarzyna	7114	FITNESS KOCMYRZÓW-LUBORZYCA	K-Open	20	01:29:31.30	01:31:00.50	+00:48:31 (53.3%)	14:55	4 (47.1%)
122	CHUDZIAK Agnieszka	7097	FITNESS KOCMYRZÓW-LUBORZYCA	K-Open	21	01:29:57.05	01:31:26.75	+00:48:57 (53.5%)	14:59	4 (47.1%)
123	NOWAK Mateusz	7143		M-Open	80	01:30:39.55	01:32:07.90	+00:49:38 (53.9%)	15:06	4 (47.1%)
124	TWARÓG Robert	7399	BZIKI	M-Open	81	01:32:03.20	01:32:10.60	+00:49:41 (53.9%)	13:09	4.6 (54.1%)
125	SKWARA Janusz	7157		M-Open	82	01:31:10.35	01:32:42.65	+00:50:13 (54.2%)	15:11	3.9 (45.9%)
126	WOSZEK Bartosz	7175		M-Open	83	01:31:14.05	01:32:44.35	+00:50:15 (54.2%)	15:12	3.9 (45.9%)
127	SZCZAŁBA Monika	7165	FITNESS KOCMYRZÓW-LUBRZYCA	K-Open	22	01:31:28.20	01:32:57.80	+00:50:28 (54.3%)	15:14	3.9 (45.9%)
128	MOTAL Natalia	7140		K-Open	23	01:31:57.70	01:33:27.50	+00:50:58 (54.5%)	15:19	3.9 (45.9%)
129	TUREK Magdalena	7170	FITNESS KOCMYRZOW - LUBORZYCA	K-Open	24	01:32:05.55	01:33:36.15	+00:51:06 (54.6%)	15:21	3.9 (45.9%)
130	UKLAŃSKA Karolina	7250	EUVIC	K-Open	25	01:33:37.75	01:33:41.10	+00:51:11 (54.6%)	15:36	3.8 (44.7%)
131	SZCZAŁBA Krzysztof	7166	FITNESS KOCMYRZÓW-LUBRZYCA	M-Open	84	01:32:11.55	01:33:41.65	+00:51:12 (54.7%)	15:21	3.9 (45.9%)
132	ŻUREK Lena	7264	#TORPEDA	K-Open	26	01:34:16.10	01:34:23.45	+00:51:54 (55.0%)	15:42	3.8 (44.7%)
133	KUŻMA Michał	7212	#TORPEDA	M-Open	85	01:34:16.55	01:34:23.90	+00:51:54 (55.0%)	15:42	3.8 (44.7%)
134	JĘŻAK Angelika	7198	#TORPEDA	K-Open	27	01:34:16.45	01:34:23.95	+00:51:54 (55.0%)	15:42	3.8 (44.7%)
135	JĘŻAK Piotr	7197	#TORPEDA	M-Open	86	01:34:17.05	01:34:24.00	+00:51:54 (55.0%)	15:43	3.8 (44.7%)
136	OMYŁA Krzysztof	7228	HUSARIA RACE TEAM	M-Open	87	01:34:43.40	01:34:49.55	+00:52:20 (55.2%)	15:47	3.8 (44.7%)
137	SZPAKOWSKA Malgorzata	7342	ŁAJZY	K-Open	28	01:34:55.55	01:35:00.70	+00:52:31 (55.3%)	13:33	4.4 (51.8%)
138	DZIUBA Tomasz	7287	ŁAJZY TEAM	M-Open	88	01:34:57.85	01:35:02.55	+00:52:33 (55.3%)	13:34	4.4 (51.8%)
139	CHACHULSKA Karina	7095		K-Open	29	01:34:12.00	01:35:41.15	+00:53:11 (55.6%)	15:42	3.8 (44.7%)
140	MADEJSKA Justyna	7130		K-Open	30	01:34:13.25	01:35:42.15	+00:53:12 (55.6%)	15:42	3.8 (44.7%)
141	WALCZAK Anna	7172		K-Open	31	01:34:15.25	01:35:44.20	+00:53:15 (55.6%)	15:42	3.8 (44.7%)
142	JAZGAR Mateusz	7306	KRÓTKA PIŁKA	M-Open	89	01:35:46.60	01:35:49.90	+00:53:20 (55.7%)	13:40	4.4 (51.8%)
143	SZCZEPANIK Sebastian	7340	KRÓTKA PIŁKA	M-Open	90	01:35:47.00	01:35:50.05	+00:53:20 (55.7%)	13:41	4.4 (51.8%)
144	SIWY Bartosz	7389	BZIKI	M-Open	91	01:35:49.80	01:35:56.85	+00:53:27 (55.7%)	13:41	4.4 (51.8%)
145	SZUMIGALSKI Michał	7397	BZIKI	M-Open	92	01:35:51.00	01:35:58.05	+00:53:28 (55.7%)	13:41	4.4 (51.8%)
146	GĘŚLAK Grzegorz	7370	BZIKI	M-Open	93	01:35:51.85	01:35:59.20	+00:53:30 (55.7%)	13:41	4.4 (51.8%)
146	TWARÓG Rafał	7398	BZIKI	M-Open	94	01:35:51.55	01:35:59.20	+00:53:30 (55.7%)	13:41	4.4 (51.8%)
148	WILEŃSKI Rafał	7173		M-Open	95	01:36:05.10	01:36:06.10	+00:53:36 (55.8%)	16:00	3.7 (43.5%)
149	HANKUZ Jakub	7104		M-Open	96	01:34:35.70	01:36:08.60	+00:53:39 (55.8%)	15:46	3.8 (44.7%)
150	STRUS Sebastian	7163	CROSSFITSIEDLCE	M-Open	97	01:34:43.95	01:36:09.95	+00:53:40 (55.8%)	15:47	3.8 (44.7%)
151	OBŁOZA Adam	7146	CROSSFITSIEDLCE	M-Open	98	01:34:44.45	01:36:10.05	+00:53:40 (55.8%)	15:47	3.8 (44.7%)
152	WARZECHA Robert	7252		M-Open	99	01:36:12.15	01:36:17.05	+00:53:47 (55.9%)	16:02	3.7 (43.5%)
153	SKWARA Grzegorz	7156		M-Open	100	01:34:52.45	01:36:26.25	+00:53:57 (55.9%)	15:48	3.8 (44.7%)
154	MULARCZYK Agnieszka	7223		K-Open	32	01:36:36.25	01:36:39.05	+00:54:09 (56.0%)	16:06	3.7 (43.5%)
155	MAZUR Krzysztof	7219	OPEL ACTIVE TEAM	M-Open	101	01:36:37.50	01:36:41.50	+00:54:12 (56.1%)	16:06	3.7 (43.5%)
156	KACZMARCZYK Grzegorz	7108		M-Open	102	01:35:33.05	01:37:04.70	+00:54:35 (56.2%)	15:55	3.8 (44.7%)
157	KACZMARCZYK Izabela	7109	NDE	K-Open	33	01:35:33.00	01:37:04.85	+00:54:35 (56.2%)	15:55	3.8 (44.7%)
158	MOSTOWIK Szymon	7139		M-Open	103	01:35:37.25	01:37:10.35	+00:54:41 (56.3%)	15:56	3.8 (44.7%)
159	MATUSZYK Artur	7133		M-Open	104	01:35:56.50	01:37:35.35	+00:55:06 (56.5%)	15:59	3.8 (44.7%)
160	LENCZAR Mateusz	7123	BONKERS	M-Open	105	01:36:29.55	01:37:58.00	+00:55:28 (56.6%)	16:05	3.7 (43.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7km	Czas brutto 7km	Różn	Tempo min/km	Tempo km/h
161	LENCZJAR Dawid	7124	BONKERS	M-Open	106	01:36:30.85	01:37:59.00	+00:55:29 (56.6%)	16:05	3.7 (43.5%)
162	TUREK Tomasz	7169	FITNESS KOCMYRZÓW-LUBRZYCA	M-Open	107	01:36:34.35	01:38:04.80	+00:55:35 (56.7%)	16:05	3.7 (43.5%)
163	HRABIA Mariusz	7196		M-Open	108	01:38:00.80	01:38:10.70	+00:55:41 (56.7%)	16:20	3.7 (43.5%)
164	BOŻĘCKI Łukasz	7184		M-Open	109	01:38:14.85	01:38:20.55	+00:55:51 (56.8%)	16:22	3.7 (43.5%)
165	STOLARSKI Jarosław	7162		M-Open	110	01:36:49.65	01:38:23.35	+00:55:54 (56.8%)	16:08	3.7 (43.5%)
166	TRĘBACZ Arek	7167		M-Open	111	01:36:53.55	01:38:26.60	+00:55:57 (56.8%)	16:08	3.7 (43.5%)
167	BIELAWSKA Kamila	7092		K-Open	34	01:36:55.10	01:38:27.75	+00:55:58 (56.8%)	16:09	3.7 (43.5%)
168	ŻMUDA Rafał	7178		M-Open	112	01:36:57.95	01:38:31.20	+00:56:02 (56.9%)	16:09	3.7 (43.5%)
169	RECZEK Piotr	7387		M-Open	113	01:38:38.25	01:38:40.55	+00:56:11 (56.9%)	14:05	4.3 (50.6%)
170	TRACZ Sławomir	7021	HUSARIA RACE TEAM	Elite Mężczyzn	19	01:39:29.00	01:39:32.55	+00:57:03 (57.3%)	16:34	3.6 (42.4%)
171	CZECHURA Maciej	7367	OSTATNI NA MECIE	M-Open	114	01:39:31.45	01:39:33.60	+00:57:04 (57.3%)	14:13	4.2 (49.4%)
172	BOGATY Gabriela	7093	LEMON TEAM	K-Open	35	01:38:09.15	01:39:36.15	+00:57:06 (57.3%)	16:21	3.7 (43.5%)
173	KOLBA Kamil	7374	OŚWIECENIA TEAM HAJIME	M-Open	115	01:40:04.25	01:40:10.50	+00:57:41 (57.6%)	14:17	4.2 (49.4%)
174	STĘPIEŃ Rafał	7391	OŚWIECENIA TEAM HAJIME	M-Open	116	01:40:33.40	01:40:39.50	+00:58:10 (57.8%)	14:21	4.2 (49.4%)
175	NIGBOROWICZ Aneta	7384	HAJIME KRAKÓW	K-Open	36	01:40:37.00	01:40:41.90	+00:58:12 (57.8%)	14:22	4.2 (49.4%)
176	KUŹNIK Anna	7213	HUSARIA RACE TEAM	K-Open	37	01:40:40.35	01:40:45.85	+00:58:16 (57.8%)	16:46	3.6 (42.4%)
177	MIEDZIŃSKI Łukasz	7380	OŚWIECENIA TEAM HAJIME	M-Open	117	01:40:49.45	01:40:58.00	+00:58:28 (57.9%)	14:24	4.2 (49.4%)
178	KOWALSKI Adam	7376	OŚWIECENIA TEAM HAJIME	M-Open	118	01:41:04.20	01:41:09.70	+00:58:40 (58.0%)	14:26	4.2 (49.4%)
179	ŁOBODA Agnieszka	7126	LEMON TEAM	K-Open	38	01:39:46.60	01:41:14.20	+00:58:45 (58.0%)	16:37	3.6 (42.4%)
180	SOKOŁOWSKI Władysław	7336		M-Open	119	01:42:02.25	01:42:05.20	+00:59:36 (58.4%)	14:34	4.1 (48.2%)
181	KASIŃSKA Sonia	7310		K-Open	39	01:42:02.90	01:42:05.30	+00:59:36 (58.4%)	14:34	4.1 (48.2%)
182	HAS Marcin	7417		M-Open	120	01:42:01.30	01:42:09.60	+00:59:40 (58.4%)	14:34	4.1 (48.2%)
183	SIMIŃSKI Rafał	7418		M-Open	121	01:42:10.45	01:42:18.70	+00:59:49 (58.5%)	14:35	4.1 (48.2%)
184	OLEJNICZAK Patryk	7227		M-Open	122	01:42:20.85	01:42:27.05	+00:59:57 (58.5%)	17:03	3.5 (41.2%)
185	LEISZNER Izabela	7013	HUSARIA RACE TEAM	Elite Kobiet	5	01:43:15.35	01:43:18.50	+01:00:49 (58.9%)	17:12	3.5 (41.2%)
186	HYRA Michał	7303		M-Open	123	01:43:12.40	01:43:21.40	+01:00:52 (58.9%)	14:44	4.1 (48.2%)
187	LEŚNIEWSKA Izabela	7315		K-Open	40	01:43:12.60	01:43:21.60	+01:00:52 (58.9%)	14:44	4.1 (48.2%)
188	CHAIĘB Natalia	7096	LEMON TEAM	K-Open	41	01:42:07.85	01:43:35.55	+01:01:06 (59.0%)	17:01	3.5 (41.2%)
189	STUMIŃSKI Kamil	7403		M-Open	124	01:44:10.10	01:44:47.10	+01:02:17 (59.5%)	17:21	3.5 (41.2%)
190	TYRAŁA Agnieszka	7171		K-Open	42	01:43:29.45	01:45:10.35	+01:02:41 (59.6%)	17:15	3.5 (41.2%)
191	JÓZEFczyk Piotr	7106		M-Open	125	01:43:29.60	01:45:10.70	+01:02:41 (59.6%)	17:14	3.5 (41.2%)
192	NOWAK Tadeusz	7226		M-Open	126	01:45:12.50	01:45:17.70	+01:02:48 (59.6%)	17:32	3.4 (40.0%)
193	TYRPA Grzegorz	7249		M-Open	127	01:45:36.60	01:45:43.10	+01:03:13 (59.8%)	17:36	3.4 (40.0%)
194	STRUMIŃSKA-FRYDEL Julka	7245		K-Open	43	01:45:35.95	01:45:43.35	+01:03:14 (59.8%)	17:36	3.4 (40.0%)
195	KACZMARSKA Marcelina	7200		K-Open	44	01:45:36.35	01:45:43.40	+01:03:14 (59.8%)	17:36	3.4 (40.0%)
195	SALAŁACH Maciej	7239		M-Open	128	01:45:36.35	01:45:43.40	+01:03:14 (59.8%)	17:36	3.4 (40.0%)
197	ZYCH Mateusz	7262	KILLTEAM	M-Open	129	01:45:36.95	01:45:43.45	+01:03:14 (59.8%)	17:36	3.4 (40.0%)
198	PŁAZIŃSKA Justyna	7328	SKAWINA BIEGA	K-Open	45	01:45:57.05	01:46:03.40	+01:03:34 (59.9%)	15:08	4 (47.1%)
199	SZEMRAJ Anna	7341	SKAWINA BIEGA	K-Open	46	01:45:58.35	01:46:03.95	+01:03:34 (59.9%)	15:08	4 (47.1%)
200	WILKOSZ Wojciech	7346	SKAWINA BIEGA	M-Open	130	01:45:58.55	01:46:04.30	+01:03:35 (59.9%)	15:08	4 (47.1%)
201	ZNOWIEC Renata	7261	PANI	K-Open	47	01:45:58.35	01:46:04.50	+01:03:35 (59.9%)	17:39	3.4 (40.0%)
202	NAZIM Paweł	7320	SKAWINA BIEGA	M-Open	131	01:45:58.30	01:46:04.70	+01:03:35 (59.9%)	15:08	4 (47.1%)
203	MUSIAŁ Basia	7224		K-Open	48	01:45:59.15	01:46:04.80	+01:03:35 (59.9%)	17:39	3.4 (40.0%)
204	MARGAS Krzysztof	7216	CONCETY	M-Open	132	01:46:24.00	01:46:33.20	+01:04:04 (60.1%)	17:44	3.4 (40.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7km	Czas brutto 7km	Różn	Tempo min/km	Tempo km/h
205	RYL Robert	7238		M-Open	133	01:46:58.10	01:47:04.25	+01:04:35 (60.3%)	17:49	3.4 (40.0%)
206	OWSIAK Marta	7229	BIEGNĄCY POD PRĄD	K-Open	49	01:47:07.90	01:47:13.40	+01:04:44 (60.4%)	17:51	3.4 (40.0%)
207	OWSIAK Tomasz	7230	BIEGNĄCY POD PRĄD	M-Open	134	01:47:14.55	01:47:20.55	+01:04:51 (60.4%)	17:52	3.4 (40.0%)
208	PIEKARCZYK Aneta	7150		K-Open	50	01:45:53.35	01:47:20.60	+01:04:51 (60.4%)	17:38	3.4 (40.0%)
209	POTACZEK Marzena	7153		K-Open	51	01:45:53.90	01:47:21.25	+01:04:52 (60.4%)	17:39	3.4 (40.0%)
210	ZYTKO Magdalena	7177		K-Open	52	01:47:07.90	01:48:36.50	+01:06:07 (60.9%)	17:51	3.4 (40.0%)
211	ŁOJAS Ewelina	7127		K-Open	53	01:47:08.20	01:48:36.65	+01:06:07 (60.9%)	17:51	3.4 (40.0%)
212	ŁOJAS Paulina	7128		K-Open	54	01:47:08.40	01:48:36.75	+01:06:07 (60.9%)	17:51	3.4 (40.0%)
213	BOGUSZEWSKA Maria	7183		K-Open	55	01:48:59.85	01:49:04.35	+01:06:35 (61.0%)	18:10	3.3 (38.8%)
214	BIENIEK Bartłomiej	7181		M-Open	135	01:49:03.15	01:49:08.50	+01:06:39 (61.1%)	18:10	3.3 (38.8%)
215	ROKITA Radosław	7388	OŚWIECENIA TEAM HAJIME	M-Open	136	01:50:14.15	01:50:21.30	+01:07:52 (61.5%)	15:44	3.8 (44.7%)
216	JAWORSKI Kamil	7372	OŚWIECENIA TEAM HAJIME	M-Open	137	01:50:16.40	01:50:22.50	+01:07:53 (61.5%)	15:45	3.8 (44.7%)
217	CIEŚLA Michał	7363	OŚWIECENIA TEAM HAJIME	M-Open	138	01:50:16.95	01:50:22.85	+01:07:53 (61.5%)	15:45	3.8 (44.7%)
218	KOLBA Michał	7375	OŚWIECENIA TEAM HAJIME	M-Open	139	01:51:15.60	01:51:21.70	+01:08:52 (61.8%)	15:53	3.8 (44.7%)
219	ADAMCZYK Aneta	7271	GIRLS POWER	K-Open	56	01:51:30.50	01:51:34.60	+01:09:05 (61.9%)	15:55	3.8 (44.7%)
220	ADAMCZYK Zuzanna	7272	GIRLS POWER	K-Open	57	01:51:39.10	01:51:43.10	+01:09:13 (62.0%)	15:57	3.8 (44.7%)
221	RUSZKOWSKA Anna	7016	TEAM RUSZKOWSKICH	Elite Kobiet	6	01:51:55.00	01:51:58.20	+01:09:29 (62.1%)	18:39	3.2 (37.6%)
222	WALAS-WARZECHA Marta	7251		K-Open	58	01:51:56.00	01:52:00.30	+01:09:31 (62.1%)	15:59	3.8 (44.7%)
223	MOSTOWIK-WLACH Joanna	7319		K-Open	59	01:52:01.50	01:52:05.00	+01:09:35 (62.1%)	16:00	3.7 (43.5%)
223	KURBIEL Katarzyna	7313		K-Open	60	01:52:01.35	01:52:05.00	+01:09:35 (62.1%)	16:00	3.7 (43.5%)
223	BOLEK Natalia	7362	HAJIME KRAKÓW	K-Open	61	01:52:00.55	01:52:05.00	+01:09:35 (62.1%)	16:00	3.7 (43.5%)
226	MROCZKA Maciej	7383	OŚWIECENIA TEAM HAJIME	M-Open	140	01:51:59.45	01:52:05.25	+01:09:36 (62.1%)	16:00	3.8 (44.7%)
227	KUCHARCZYK Łukasz	7377	OŚWIECENIA TEAM HAJIME	M-Open	141	01:51:59.65	01:52:06.35	+01:09:37 (62.1%)	16:00	3.8 (44.7%)
228	CHLUPKA Łukasz	7185		M-Open	142	01:52:20.40	01:52:29.15	+01:09:59 (62.2%)	16:03	3.7 (43.5%)
229	RAJ Tomasz	7236	HUSARIA RACE TEAM	M-Open	143	01:52:34.65	01:52:42.90	+01:10:13 (62.3%)	16:04	3.7 (43.5%)
229	GŁOWACKA Katarzyna	7192	HUSARIA RACE TEAM	K-Open	62	01:52:34.50	01:52:42.90	+01:10:13 (62.3%)	16:04	3.7 (43.5%)
231	GRABIAŃSKA Katarzyna	7297	VIKING TRAINING CENTER	K-Open	63	01:52:48.75	01:52:55.45	+01:10:26 (62.4%)	16:07	3.7 (43.5%)
232	HANDZLIK Artur	7302		M-Open	144	01:52:49.50	01:52:56.35	+01:10:27 (62.4%)	16:07	3.7 (43.5%)
233	GOLCH Michał	7193		M-Open	145	01:52:59.50	01:53:07.60	+01:10:38 (62.4%)	16:08	3.7 (43.5%)
234	KOBIAŁKA Agata	7203		K-Open	64	01:53:00.10	01:53:07.90	+01:10:38 (62.4%)	16:08	3.7 (43.5%)
235	CZEKAJ Marta	7006		Elite Kobiet	7	01:53:39.15	01:53:42.50	+01:11:13 (62.6%)	18:56	3.2 (37.6%)
236	CIEŚLA Dorota	7004		Elite Kobiet	8	01:53:39.15	01:53:42.60	+01:11:13 (62.6%)	18:56	3.2 (37.6%)
237	GROŃ Adam	7406		M-Open	146	01:53:24.30	01:54:55.50	+01:12:26 (63.0%)	18:54	3.2 (37.6%)
238	CZERWIŃSKA Marta	7407		K-Open	65	01:53:24.50	01:54:55.60	+01:12:26 (63.0%)	18:54	3.2 (37.6%)
239	BOCHEŃSKI Michał	7182		M-Open	147	01:55:52.30	01:55:57.70	+01:13:28 (63.4%)	16:33	3.6 (42.4%)
240	RUDZKI Marcin	7333		M-Open	148	01:56:56.95	01:57:04.30	+01:14:35 (63.7%)	16:42	3.6 (42.4%)
241	DOROŻKO Marcin	7284		M-Open	149	01:56:56.65	01:57:04.40	+01:14:35 (63.7%)	16:42	3.6 (42.4%)
242	PITALA Paweł	7233		M-Open	150	01:57:59.85	01:58:08.00	+01:15:38 (64.0%)	16:51	3.6 (42.4%)
243	NIEBRZYDOWSKI Raymond	7402		M-Open	151	01:58:37.70	01:58:42.20	+01:16:13 (64.2%)	16:56	3.5 (41.2%)
244	CHERNOVA Iuliia	7280		K-Open	66	01:58:37.75	01:58:42.45	+01:16:13 (64.2%)	16:56	3.5 (41.2%)
245	KĘDZIORA Monika	7110	CROSSFITSIEDLCE	K-Open	67	01:57:19.10	01:58:45.40	+01:16:16 (64.2%)	19:33	3.1 (36.5%)
246	STAŃSKA Sylwia	7161	CROSSFIT SIEDLCE	K-Open	68	01:57:21.15	01:58:46.85	+01:16:17 (64.2%)	19:33	3.1 (36.5%)
247	KUŚNIERZ Marek	7211		M-Open	152	01:59:25.55	01:59:33.55	+01:17:04 (64.5%)	17:03	3.5 (41.2%)
248	KOZERA Joanna	7207		K-Open	69	01:59:29.60	01:59:34.40	+01:17:05 (64.5%)	17:04	3.5 (41.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7km	Czas brutto 7km	Różn	Tempo min/km	Tempo km/h
249	ZAPALA Aldona	7258		K-Open	70	01:59:29.95	01:59:34.95	+01:17:05 (64.5%)	17:04	3.5 (41.2%)
250	STAŃCZUK Bartosz	7160	CROSSFITSIEDLCE	M-Open	153	01:58:53.65	02:00:20.35	+01:17:51 (64.7%)	19:49	3 (35.3%)
251	CZECHURA Agata	7365	OSTATNI NA MECIE	K-Open	71	02:00:17.55	02:00:25.50	+01:17:56 (64.7%)	17:11	3.5 (41.2%)
252	CZECHURA- SUROWIEC Katarzyna	7368	OSTATNI NA MECIE	K-Open	72	02:00:17.75	02:00:25.70	+01:17:56 (64.7%)	17:11	3.5 (41.2%)
253	CZAPIŃSKI Bartosz	7098	CROSSFITSIEDLCE	M-Open	154	01:59:04.85	02:00:30.65	+01:18:01 (64.7%)	19:50	3 (35.3%)
254	CZECHURA Barbara	7366	OSTATNI NA MECIE	K-Open	73	02:00:25.10	02:00:33.65	+01:18:04 (64.8%)	17:12	3.5 (41.2%)
255	GRZEGORSKI Radosław	7103		M-Open	155	01:59:07.00	02:00:38.00	+01:18:08 (64.8%)	19:51	3 (35.3%)
256	JUR Edyta	7107	CROSSFITSIEDLCE	K-Open	74	01:59:27.40	02:00:54.35	+01:18:25 (64.9%)	17:04	3.5 (41.2%)
257	CZECHURA Malgorzata	7364	OSTATNI NA MECIE	K-Open	75	02:00:57.35	02:01:05.05	+01:18:35 (64.9%)	17:16	3.5 (41.2%)
258	BOGUCKA Jolanta	7361	OSTATNI NA MECIE	K-Open	76	02:01:10.45	02:01:18.40	+01:18:49 (65.0%)	17:18	3.5 (41.2%)
259	PODGÓRSKI Michał	7386	OSTATNI NA MECIE	M-Open	156	02:01:10.40	02:01:18.95	+01:18:49 (65.0%)	17:18	3.5 (41.2%)
260	FISCHER Monika	7291		K-Open	77	02:02:41.65	02:02:49.30	+01:20:20 (65.4%)	17:31	3.4 (40.0%)
261	OLSZAŃSKI Paweł	7323		M-Open	157	02:02:42.05	02:02:49.60	+01:20:20 (65.4%)	17:31	3.4 (40.0%)
262	FISCHER Ola	7292		K-Open	78	02:02:42.45	02:02:50.20	+01:20:21 (65.4%)	17:31	3.4 (40.0%)
263	BERNARD Dorota	7275	KROKUS	K-Open	79	02:02:46.55	02:02:50.60	+01:20:21 (65.4%)	17:32	3.4 (40.0%)
264	SZCZUREK Magdalena	7247		K-Open	80	02:06:11.75	02:06:15.30	+01:23:46 (66.3%)	18:01	3.3 (38.8%)
265	RAŚ Agnieszka	7237	HUSARIA RACE TEAM	K-Open	81	02:06:12.20	02:06:15.65	+01:23:46 (66.4%)	18:01	3.3 (38.8%)
266	GALARA Aneta	7102	FITNESS KOCMYRZÓW LUBORZYCA	K-Open	82	02:05:31.85	02:07:02.65	+01:24:33 (66.6%)	20:55	2.9 (34.1%)
267	KUCHAREK Iwona	7120	FITNESS KOCMYRZÓW LUBORZYCA	K-Open	83	02:05:34.05	02:07:02.80	+01:24:33 (66.6%)	20:55	2.9 (34.1%)
267	MENTEL Agnieszka	7135	FITNESS KOCMYRZÓW-LUBRZYCA	K-Open	84	02:05:33.40	02:07:02.80	+01:24:33 (66.6%)	20:55	2.9 (34.1%)
269	KUCHAREK Mariusz	7121	FITNESS KOCMYRZÓW - LUBORZYCA	M-Open	158	02:05:34.40	02:07:03.25	+01:24:34 (66.6%)	20:55	2.9 (34.1%)
270	MENTEL Sławomir	7134	FITNESS KOCMYRZÓW-LUBRZYCA	M-Open	159	02:05:34.10	02:07:04.00	+01:24:34 (66.6%)	20:55	2.9 (34.1%)
271	MACZEK Weronika	7129		K-Open	85	02:05:56.40	02:07:27.40	+01:24:58 (66.7%)	20:59	2.9 (34.1%)
272	PLACHETKA Hanna	7151		K-Open	86	02:05:57.35	02:07:28.45	+01:24:59 (66.7%)	20:59	2.9 (34.1%)
273	PSZCZOLA Joanna	7330	TEAM DORIS KRAKÓW	K-Open	87	02:09:10.05	02:09:19.90	+01:26:50 (67.1%)	18:27	3.3 (38.8%)
274	OLKUSKA Anna	7322	TEAM DORIS KRAKÓW	K-Open	88	02:09:10.20	02:09:20.05	+01:26:50 (67.1%)	18:27	3.3 (38.8%)
274	GAWLIK Anita	7295	TEAM DORIS KRAKÓW	K-Open	89	02:09:10.25	02:09:20.05	+01:26:50 (67.1%)	18:27	3.3 (38.8%)
276	FALKIEWICZ Sylwia	7289	TEAM DORIS KRAKÓW	K-Open	90	02:09:10.60	02:09:20.20	+01:26:51 (67.2%)	18:27	3.3 (38.8%)
277	PRUCIA Katarzyna	7329	TEAM DORIS KRAKÓW	K-Open	91	02:09:10.25	02:09:20.35	+01:26:51 (67.2%)	18:27	3.3 (38.8%)
278	SZCZEPANIK Dorota	7339	TEAM DORIS KRAKÓW	K-Open	92	02:09:10.95	02:09:20.55	+01:26:51 (67.2%)	18:27	3.3 (38.8%)
279	KŁECZEK Dominik	7112		M-Open	160	02:07:57.80	02:09:32.40	+01:27:03 (67.2%)	21:19	2.8 (32.9%)
280	KOTRA Aneta	7115	HUSARIA RACE TEAM	K-Open	93	02:07:58.15	02:09:32.45	+01:27:03 (67.2%)	21:19	2.8 (32.9%)
281	BARCZ Bartłomiej	7091		M-Open	161	02:08:52.85	02:10:22.55	+01:27:53 (67.4%)	21:28	2.8 (32.9%)
282	WOLARCZYK Gabriela	7174		K-Open	94	02:08:52.70	02:10:22.60	+01:27:53 (67.4%)	21:28	2.8 (32.9%)
283	LISEK Anna	7316	GRUPA GRILLOWA	K-Open	95	02:11:35.70	02:11:42.40	+01:29:13 (67.7%)	18:48	3.2 (37.6%)
284	LISEK Lechosław	7317	GRUPA GRILLOWA	M-Open	162	02:11:35.55	02:11:42.70	+01:29:13 (67.7%)	18:47	3.2 (37.6%)
285	STUDZIŃSKA Dagmara	7392		K-Open	96	02:14:55.00	02:14:58.20	+01:32:29 (68.5%)	19:16	3.1 (36.5%)
286	STUDZIŃSKI Jarek	7393		M-Open	163	02:15:02.10	02:15:04.90	+01:32:35 (68.5%)	19:17	3.1 (36.5%)
287	SUMARA Robert	7394		M-Open	164	02:16:05.90	02:16:10.00	+01:33:40 (68.8%)	19:26	3.1 (36.5%)
288	SZEGDA Anna	7396		K-Open	97	02:16:10.30	02:16:13.50	+01:33:44 (68.8%)	19:27	3.1 (36.5%)
289	WOLF Jerzy	7400		M-Open	165	02:16:10.15	02:16:14.15	+01:33:44 (68.8%)	19:27	3.1 (36.5%)
290	KOZERA Andrzej	7116	FITNESS KOCMYRZÓW-LUBORZYCA	M-Open	166	02:16:07.00	02:17:38.00	+01:35:08 (69.1%)	19:26	3.1 (36.5%)
291	SOŁEK Ilona	7158	FITNESS KOCMYRZÓW-LUBORZYCA	K-Open	98	02:16:43.80	02:18:13.85	+01:35:44 (69.3%)	19:31	3.1 (36.5%)
292	KLIMCZAK Barbara	7111		K-Open	99	02:22:13.85	02:23:44.75	+01:41:15 (70.4%)	20:19	3 (35.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7km	Czas brutto 7km	Różn	Tempo min/km	Tempo km/h
293	KREMYDAS Evangelos	7119	2SLOW2WIN	M-Open	167	02:22:13.40	02:23:45.30	+01:41:16 (70.4%)	20:19	3 (35.3%)
294	STUDNICKA Anna	7164		K-Open	100	02:22:13.85	02:23:45.70	+01:41:16 (70.4%)	20:19	3 (35.3%)
295	ADAMSKI Marek	7273		M-Open	168	02:41:17.60	02:41:24.55	+01:58:55 (73.7%)	23:02	2.6 (30.6%)
296	JACEWICZ Martyna	7304		K-Open	101	02:41:17.90	02:41:24.85	+01:58:55 (73.7%)	23:02	2.6 (30.6%)
297	OPIAŁ Grzegorz	7408	HUSARIARACETEAM	Elite Mężczyzn	20					(0.0%)
298	ZATORSKA Agnieszka	7259		K-Open	102					(0.0%)

Znaleziono 298 wynik(ów)