



COMMANDO RACE 7KM

B4SPORT

Wydarzenie: Commando Race - VIII edycja
Organizator: Fundacja Awizo Akademia Wspierania Inicjatyw
Zaangażowania Obywatelskiego
Data: 2020-09-12
Miejsce: Kraków
Dystans: 7 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 | FAJFER Michał | 7036 | HYDRO ZASAPANI | Elite Mężczyzn | 1 | 00:41:58.10 | 00:41:58.10 | | 5:59 | 10 (100%) |
| 2 | HEŁMECKI Mateusz | 7050 | DRAGON RUNNERS | Elite Mężczyzn | 2 | 00:42:03.35 | 00:42:03.35 | +00:00:05 (0.2%) | 6:00 | 10 (100%) |
| 3 | DERYŁO Mateusz | 7202 | KONIU SQUAD | Elite Mężczyzn | 3 | 00:44:56.10 | 00:44:56.10 | +00:02:58 (6.6%) | 6:25 | 9.3 (93.0%) |
| 4 | STAROWICZ Krzysztof | 7164 | | Elite Mężczyzn | 4 | 00:45:10.20 | 00:45:10.20 | +00:03:12 (7.1%) | 6:27 | 9.3 (93.0%) |
| 5 | SENDERSKI Przemysław | 7152 | DRAGON RUNNERS | Elite Mężczyzn | 5 | 00:46:32.05 | 00:46:32.05 | +00:04:33 (9.8%) | 6:38 | 9 (90.0%) |
| 6 | LEPIARZ Michał | 7097 | LEMON TEAM | Elite Mężczyzn | 6 | 00:47:14.40 | 00:47:14.40 | +00:05:16 (11.2%) | 6:44 | 8.9 (89.0%) |
| 7 | ŻURAWIK Rafał | 7198 | LEMON TEAM | Elite Mężczyzn | 7 | 00:47:25.30 | 00:47:25.30 | +00:05:27 (11.5%) | 6:46 | 8.9 (89.0%) |
| 8 | DĄBROWSKI Tomasz | 7025 | CARPATHIAN RUNNERS | Elite Mężczyzn | 8 | 00:47:39.70 | 00:47:39.70 | +00:05:41 (11.9%) | 6:48 | 8.8 (88.0%) |
| 9 | CZACH Tobiasz | 7019 | CARPATHIAN RUNNERS | Elite Mężczyzn | 9 | 00:47:56.75 | 00:47:56.75 | +00:05:58 (12.5%) | 6:50 | 8.8 (88.0%) |
| 10 | SZYMAŃSKI Paweł | 7171 | SOCIOS SILESIA | Elite Mężczyzn | 10 | 00:48:31.00 | 00:48:31.00 | +00:06:32 (13.5%) | 6:55 | 8.7 (87.0%) |
| 11 | CHAIEB Sebastian | 7014 | LEMON TEAM | Elite Mężczyzn | 11 | 00:49:09.05 | 00:49:09.05 | +00:07:10 (14.6%) | 7:01 | 8.5 (85.0%) |
| 12 | GAŁKA Rafał | 7041 | | M-Open | 1 | 00:50:16.05 | 00:50:16.05 | +00:08:17 (16.5%) | 7:10 | 8.4 (84.0%) |
| 13 | GAWIN Krzysiek | 7043 | BEFIT 24 TEAM | M-Open | 2 | 00:50:50.15 | 00:50:50.15 | +00:08:52 (17.4%) | 7:15 | 8.3 (83.0%) |
| 14 | PIĄTEK Sebastian | 7134 | | Elite Mężczyzn | 12 | 00:51:07.95 | 00:51:07.95 | +00:09:09 (17.9%) | 7:18 | 8.2 (82.0%) |
| 15 | KLIMEK Zbigniew | 7067 | | M-Open | 3 | 00:51:58.85 | 00:51:58.85 | +00:10:00 (19.3%) | 7:25 | 8.1 (81.0%) |
| 16 | CICHOŃ Adam | 7017 | LEMON TEAM | Elite Mężczyzn | 13 | 00:52:33.45 | 00:52:33.45 | +00:10:35 (20.1%) | 7:30 | 8 (80.0%) |
| 17 | HAMUDA Maciej | 7049 | HUSARIA RACE TEAM | Elite Mężczyzn | 14 | 00:52:38.10 | 00:52:38.10 | +00:10:40 (20.3%) | 7:31 | 8 (80.0%) |
| 18 | DĄBROWSKI Krzysztof | 7024 | SOCIOS SILESIA | Elite Mężczyzn | 15 | 00:53:15.00 | 00:53:15.00 | +00:11:16 (21.2%) | 7:36 | 7.9 (79.0%) |
| 19 | KULAGA Peter | 7086 | DRAGON RUNNERS | Elite Mężczyzn | 16 | 00:53:17.60 | 00:53:17.60 | +00:11:19 (21.3%) | 7:36 | 7.9 (79.0%) |
| 20 | JÓZEFczyk Piotr | 7059 | KONIU SQUAD | Elite Mężczyzn | 17 | 00:53:52.45 | 00:53:52.45 | +00:11:54 (22.1%) | 7:41 | 7.8 (78.0%) |
| 21 | FRANCZYK Artur | 7039 | DRAGON RUNNERS | Elite Mężczyzn | 18 | 00:54:04.30 | 00:54:04.30 | +00:12:06 (22.4%) | 7:43 | 7.8 (78.0%) |
| 22 | ZIELIŃSKI Tomasz | 7196 | WARCHLAKI ADELAJDY | Elite Mężczyzn | 19 | 00:54:50.10 | 00:54:50.10 | +00:12:52 (23.5%) | 7:50 | 7.7 (77.0%) |
| 23 | KULON Grzegorz | 7088 | BEFIT24TEAM | Elite Mężczyzn | 20 | 00:55:04.95 | 00:55:04.95 | +00:13:06 (23.8%) | 7:52 | 7.6 (76.0%) |
| 24 | JOP Szymon | 7057 | SPARTAŃSKA DZICZ | M-Open | 4 | 00:55:06.90 | 00:55:06.90 | +00:13:08 (23.9%) | 7:52 | 7.6 (76.0%) |
| 25 | PIWNIK Bartosz | 7137 | LEMON TEAM | Elite Mężczyzn | 21 | 00:56:23.00 | 00:56:23.00 | +00:14:24 (25.6%) | 8:03 | 7.4 (74.0%) |
| 26 | CHYLEWSKA-OLECH Dagmara | 7015 | BEFIT24TEAM | Elite Kobiet | 1 | 00:56:49.05 | 00:56:49.05 | +00:14:50 (26.1%) | 8:07 | 7.4 (74.0%) |
| 27 | OLEŚ Rafał | 7224 | | M-Open | 5 | 00:57:04.05 | 00:57:04.05 | +00:15:05 (26.5%) | 8:09 | 7.4 (74.0%) |
| 28 | KAMIŃSKI Zbigniew | 7005 | GRUBIORZE LOTAJOM | Elite Mężczyzn | 22 | 00:58:07.15 | 00:58:07.15 | +00:16:09 (27.8%) | 8:18 | 7.2 (72.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------------|-------------|-----------------------------|----------------|------|--------------------|--------------------|-------------------|--------------|-------------|
| | | | | | | netto 7km | brutto 7km | | | |
| 29 | GÓRKA Marcin | 7044 | DRAGON RUNNERS | Elite Mężczyzn | 23 | 00:58:31.10 | 00:58:31.10 | +00:16:33 (28.3%) | 8:21 | 7.2 (72.0%) |
| 30 | KRAMARCZYK Michał | 7077 | GROUND & POUND | M-Open | 6 | 00:59:10.75 | 00:59:10.75 | +00:17:12 (29.1%) | 8:27 | 7.1 (71.0%) |
| 31 | BEDNARCZYK Mateusz | 7004 | | Elite Mężczyzn | 24 | 00:59:12.15 | 00:59:12.15 | +00:17:14 (29.1%) | 8:27 | 7.1 (71.0%) |
| 32 | DZIERŻANOWSKI Mateusz | 7033 | | Elite Mężczyzn | 25 | 01:00:35.20 | 01:00:35.20 | +00:18:37 (30.7%) | 8:39 | 6.9 (69.0%) |
| 33 | HUDASZEK Zbigniew | 7052 | DRAGON RUNNERS | Elite Mężczyzn | 26 | 01:01:32.30 | 01:01:32.30 | +00:19:34 (31.8%) | 8:47 | 6.8 (68.0%) |
| 34 | MAJOWSKI Michał | 7105 | CARBON SILESIA SPORT | Elite Mężczyzn | 27 | 01:01:47.75 | 01:01:47.75 | +00:19:49 (32.1%) | 8:49 | 6.8 (68.0%) |
| 35 | PUKALAK Jan | 7147 | LEMON TEAM | Elite Mężczyzn | 28 | 01:02:34.80 | 01:02:34.80 | +00:20:36 (32.9%) | 8:56 | 6.7 (67.0%) |
| 36 | SOKOŁOWSKI Władysław | 7161 | | Elite Mężczyzn | 29 | 01:03:05.85 | 01:03:05.85 | +00:21:07 (33.5%) | 9:00 | 6.7 (67.0%) |
| 37 | NOWAK Mateusz | 7116 | GROUND & POUND | M-Open | 7 | 01:05:28.15 | 01:05:28.15 | +00:23:30 (35.9%) | 9:21 | 6.4 (64.0%) |
| 38 | SZWAGRZYK Marcin | 7170 | SEKCJA BIEGOWA GRUPY PIWNEJ | Elite Mężczyzn | 30 | 01:06:47.55 | 01:06:47.55 | +00:24:49 (37.2%) | 9:32 | 6.3 (63.0%) |
| 39 | LEPIARZ Grzegorz | 7096 | | M-Open | 8 | 01:07:19.50 | 01:07:19.50 | +00:25:21 (37.7%) | 9:37 | 6.2 (62.0%) |
| 40 | GAŁKA Katarzyna | 7042 | | K-Open | 1 | 01:07:25.30 | 01:07:25.30 | +00:25:27 (37.8%) | 9:37 | 6.2 (62.0%) |
| 41 | KALETA Anna | 7149 | KONIU SQUAD | Elite Kobiet | 2 | 01:07:53.15 | 01:07:53.15 | +00:25:55 (38.2%) | 9:41 | 6.2 (62.0%) |
| 42 | KYŚ Andrzej | 7089 | GROUND & POUND | M-Open | 9 | 01:08:06.95 | 01:08:06.95 | +00:26:08 (38.4%) | 9:43 | 6.2 (62.0%) |
| 43 | DRABIK - SŁOMKA Małgorzata | 7030 | | K-Open | 2 | 01:10:06.65 | 01:10:06.65 | +00:28:08 (40.1%) | 10:00 | 6 (60.0%) |
| 44 | TRACZ Sławomir | 7176 | CARBON SILESIA SPORT | Elite Mężczyzn | 31 | 01:10:07.05 | 01:10:07.05 | +00:28:08 (40.1%) | 10:01 | 6 (60.0%) |
| 45 | LEISZNER Izabela | 7094 | CARBON SILESIA SPORT | Elite Kobiet | 3 | 01:10:10.40 | 01:10:10.40 | +00:28:12 (40.2%) | 10:01 | 6 (60.0%) |
| 46 | STRZELECKI Rafał | 7166 | SOCIOS SILESIA | Elite Mężczyzn | 32 | 01:10:14.05 | 01:10:14.05 | +00:28:15 (40.2%) | 10:02 | 6 (60.0%) |
| 47 | OLECH Grzegorz | 7122 | LEMON TEAM | Elite Mężczyzn | 33 | 01:10:14.95 | 01:10:14.95 | +00:28:16 (40.3%) | 10:02 | 6 (60.0%) |
| 48 | BOJDO Michał | 7007 | COWBOYS FROM HELL | M-Open | 10 | 01:10:19.10 | 01:10:19.10 | +00:28:21 (40.3%) | 10:02 | 6 (60.0%) |
| 49 | DERYŁO Mateusz | 7027 | SOCIOS SILESIA | Elite Mężczyzn | 34 | 01:10:24.95 | 01:10:24.95 | +00:28:26 (40.4%) | 10:03 | 6 (60.0%) |
| 50 | KRAMARCZYK Filip | 7078 | GROUND & POUND | M-Open | 11 | 01:10:30.75 | 01:10:30.75 | +00:28:32 (40.5%) | 10:04 | 6 (60.0%) |
| 51 | NOWAK Paweł | 7117 | GROUND & POUND | M-Open | 12 | 01:10:33.35 | 01:10:33.35 | +00:28:35 (40.5%) | 10:04 | 6 (60.0%) |
| 52 | PIAŚCIAK Adam | 7133 | | M-Open | 13 | 01:10:46.20 | 01:10:46.20 | +00:28:48 (40.7%) | 10:06 | 5.9 (59.0%) |
| 53 | DZIERŻANOWSKI Tomasz | 7034 | | M-Open | 14 | 01:11:54.00 | 01:11:54.00 | +00:29:55 (41.6%) | 10:16 | 5.8 (58.0%) |
| 54 | MAJEWSKA Natalia | 7104 | GORĄCY POTOK TEAM | Elite Kobiet | 4 | 01:12:29.35 | 01:12:29.35 | +00:30:31 (42.1%) | 10:21 | 5.8 (58.0%) |
| 55 | SARAD Krzysztof | 7150 | SPARTAŃSKA DZICZ | M-Open | 15 | 01:12:36.50 | 01:12:36.50 | +00:30:38 (42.2%) | 10:22 | 5.8 (58.0%) |
| 56 | SZCZĘŚNIAK Janusz | 7167 | BEFIT24TEAM | M-Open | 16 | 01:12:58.90 | 01:12:58.90 | +00:31:00 (42.5%) | 10:25 | 5.8 (58.0%) |
| 57 | ŁUSZCZAK Anna | 7100 | LEMON TEAM | Elite Kobiet | 5 | 01:12:59.95 | 01:12:59.95 | +00:31:01 (42.5%) | 10:25 | 5.8 (58.0%) |
| 58 | DOMAN Łukasz | 7029 | SOCIOS SILESIA | Elite Mężczyzn | 35 | 01:14:24.65 | 01:14:24.65 | +00:32:26 (43.6%) | 10:37 | 5.6 (56.0%) |
| 59 | KAFLOWSKI Artur | 7060 | SOCIOS SILESIA | Elite Mężczyzn | 36 | 01:14:35.60 | 01:14:35.60 | +00:32:37 (43.7%) | 10:39 | 5.6 (56.0%) |
| 60 | MAGIERA Małgorzata | 7103 | SPARTAŃSKA DZICZ | K-Open | 3 | 01:15:05.25 | 01:15:05.25 | +00:33:07 (44.1%) | 10:43 | 5.6 (56.0%) |
| 61 | TOMSIA Wojciech | 7175 | | M-Open | 17 | 01:15:23.45 | 01:15:23.45 | +00:33:25 (44.3%) | 10:46 | 5.6 (56.0%) |
| 62 | JARCZEWSKI Łukasz | 7054 | | M-Open | 18 | 01:16:36.40 | 01:16:36.40 | +00:34:38 (45.2%) | 10:56 | 5.5 (55.0%) |
| 63 | TURCZYK Anna | 7180 | BEFIT24TEAM | K-Open | 4 | 01:16:52.25 | 01:16:52.25 | +00:34:54 (45.4%) | 10:58 | 5.5 (55.0%) |
| 64 | DEC Marek | 7026 | | M-Open | 19 | 01:16:56.15 | 01:16:56.15 | +00:34:58 (45.5%) | 10:59 | 5.5 (55.0%) |
| 65 | GÓRKA Mikołaj | 7045 | | M-Open | 20 | 01:17:11.35 | 01:17:11.35 | +00:35:13 (45.6%) | 11:01 | 5.4 (54.0%) |
| 66 | PLEWA Monika | 7138 | GET FIT | K-Open | 5 | 01:18:14.30 | 01:18:14.30 | +00:36:16 (46.4%) | 11:10 | 5.4 (54.0%) |
| 67 | KRZECZOWSKI Krzysztof | 7081 | | M-Open | 21 | 01:18:14.40 | 01:18:14.40 | +00:36:16 (46.4%) | 11:10 | 5.4 (54.0%) |
| 68 | DŁUGOSZ Agnieszka | 7028 | HARPAGAN BEAST | Elite Kobiet | 6 | 01:19:18.85 | 01:19:18.85 | +00:37:20 (47.1%) | 11:19 | 5.3 (53.0%) |
| 69 | BUŁA Iwona | 7010 | | K-Open | 6 | 01:19:43.70 | 01:19:43.70 | +00:37:45 (47.4%) | 11:23 | 5.3 (53.0%) |
| 70 | SCHMIDT Paweł | 7151 | BEFIT24TEAM | M-Open | 22 | 01:19:59.05 | 01:19:59.05 | +00:38:00 (47.5%) | 11:25 | 5.3 (53.0%) |
| 71 | DZIADOSZ Michał | 7032 | OCR TEAM DĘBICA | M-Open | 23 | 01:19:59.30 | 01:19:59.30 | +00:38:01 (47.5%) | 11:25 | 5.3 (53.0%) |
| 72 | TROJAN Anna | 7177 | BEFIT24TEAM | Elite Kobiet | 7 | 01:20:31.45 | 01:20:31.45 | +00:38:33 (47.9%) | 11:30 | 5.2 (52.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------------|-------------|-----------------------------|----------------|------|--------------------|--------------------|-------------------|--------------|-------------|
| | | | | | | netto 7km | brutto 7km | | | |
| 73 | ORZECHOWSKI Krystian | 7126 | | M-Open | 24 | 01:20:51.25 | 01:20:51.25 | +00:38:53 (48.1%) | 11:33 | 5.2 (52.0%) |
| 74 | OSTAFIN Szymon | 7127 | SPARTAŃSKA DZICZ | Elite Mężczyzn | 37 | 01:20:53.85 | 01:20:53.85 | +00:38:55 (48.1%) | 11:33 | 5.2 (52.0%) |
| 75 | NIZIURSKA Marzanna | 7115 | HUSARIA RACE TEAM | K-Open | 7 | 01:21:02.15 | 01:21:02.15 | +00:39:04 (48.2%) | 11:34 | 5.2 (52.0%) |
| 76 | OLEŚ Rafał | 7123 | KONIU SQUAD | Elite Mężczyzn | 38 | 01:21:07.10 | 01:21:07.10 | +00:39:09 (48.3%) | 11:35 | 5.2 (52.0%) |
| 77 | ADAMSKI Damian | 7222 | | M-Open | 25 | 01:21:14.55 | 01:21:14.55 | +00:39:16 (48.3%) | 11:36 | 5.2 (52.0%) |
| 78 | SMOROŃ Marcin | 7160 | BEFIT24TEAM | M-Open | 26 | 01:21:23.55 | 01:21:23.55 | +00:39:25 (48.4%) | 11:37 | 5.2 (52.0%) |
| 79 | URBAŃSKA-KULON Katarzyna | 7182 | BEFIT24TEAM | Elite Kobiet | 8 | 01:21:44.50 | 01:21:44.50 | +00:39:46 (48.7%) | 11:40 | 5.1 (51.0%) |
| 80 | HEŁMECKI Henryk | 7051 | | Elite Mężczyzn | 39 | 01:21:59.95 | 01:21:59.95 | +00:40:01 (48.8%) | 11:42 | 5.1 (51.0%) |
| 81 | KARBOWNICZEK Tomasz | 7063 | BEFIT24TEAM | M-Open | 27 | 01:22:33.05 | 01:22:33.05 | +00:40:34 (49.2%) | 11:47 | 5.1 (51.0%) |
| 82 | KUCAŁA Adrian | 7083 | | M-Open | 28 | 01:22:48.10 | 01:22:48.10 | +00:40:50 (49.3%) | 11:49 | 5.1 (51.0%) |
| 83 | FILIPOWSKI Grzegorz | 7038 | | M-Open | 29 | 01:22:59.70 | 01:22:59.70 | +00:41:01 (49.4%) | 11:51 | 5.1 (51.0%) |
| 84 | FILIPOWSKA Wiktoria | 7037 | | K-Open | 8 | 01:22:59.75 | 01:22:59.75 | +00:41:01 (49.4%) | 11:51 | 5.1 (51.0%) |
| 85 | SKWARA Janusz | 7158 | | M-Open | 30 | 01:24:45.75 | 01:24:45.75 | +00:42:47 (50.5%) | 12:06 | 5 (50.0%) |
| 86 | TRZOS Sebastian | 7179 | | M-Open | 31 | 01:25:01.10 | 01:25:01.10 | +00:43:03 (50.6%) | 12:08 | 4.9 (49.0%) |
| 87 | SZPAKOWSKA Małgorzata | 7169 | ŁAJZY | K-Open | 9 | 01:25:46.95 | 01:25:46.95 | +00:43:48 (51.1%) | 12:15 | 4.9 (49.0%) |
| 88 | DZIUBA Tomasz | 7035 | ŁAJZY | M-Open | 32 | 01:25:59.80 | 01:25:59.80 | +00:44:01 (51.2%) | 12:17 | 4.9 (49.0%) |
| 89 | WAWRZYNEK Kamil | 7186 | KOMANDO FOKI | M-Open | 33 | 01:26:12.80 | 01:26:12.80 | +00:44:14 (51.3%) | 12:18 | 4.9 (49.0%) |
| 89 | PABIJAN Karol | 7130 | KOMANDO FOKI | M-Open | 33 | 01:26:12.80 | 01:26:12.80 | +00:44:14 (51.3%) | 12:18 | 4.9 (49.0%) |
| 91 | KOLASA Robert | 7071 | | M-Open | 35 | 01:26:42.65 | 01:26:42.65 | +00:44:44 (51.6%) | 12:23 | 4.8 (48.0%) |
| 92 | WOLAK Piotr | 7192 | | M-Open | 36 | 01:26:44.05 | 01:26:44.05 | +00:44:45 (51.6%) | 12:23 | 4.8 (48.0%) |
| 93 | WALUKIEWICZ Przemysław | 7185 | | M-Open | 37 | 01:26:56.75 | 01:26:56.75 | +00:44:58 (51.7%) | 12:25 | 4.8 (48.0%) |
| 94 | WOJTASIK Ewelina | 7191 | | K-Open | 10 | 01:26:57.30 | 01:26:57.30 | +00:44:59 (51.7%) | 12:25 | 4.8 (48.0%) |
| 95 | KOŁODZIEJ Krzysztof | 7072 | | M-Open | 38 | 01:26:57.60 | 01:26:57.60 | +00:44:59 (51.7%) | 12:25 | 4.8 (48.0%) |
| 96 | MROZIK Marcin | 7113 | | M-Open | 39 | 01:26:57.75 | 01:26:57.75 | +00:44:59 (51.7%) | 12:25 | 4.8 (48.0%) |
| 97 | MORDARSKI Maciek | 7112 | | M-Open | 40 | 01:27:25.40 | 01:27:25.40 | +00:45:27 (52.0%) | 12:29 | 4.8 (48.0%) |
| 98 | MORDARSKA Ewa | 7111 | | K-Open | 11 | 01:27:25.50 | 01:27:25.50 | +00:45:27 (52.0%) | 12:29 | 4.8 (48.0%) |
| 99 | KUBAT Leszek | 7082 | | M-Open | 41 | 01:27:25.85 | 01:27:25.85 | +00:45:27 (52.0%) | 12:29 | 4.8 (48.0%) |
| 100 | WOJDYŁO Monika | 7190 | KLUB SPORTOWY HAJIME KRAKÓW | K-Open | 12 | 01:27:34.65 | 01:27:34.65 | +00:45:36 (52.1%) | 12:30 | 4.8 (48.0%) |
| 101 | WALAS Wojciech | 7183 | NIGHT RUNNERS | M-Open | 42 | 01:27:34.95 | 01:27:34.95 | +00:45:36 (52.1%) | 12:30 | 4.8 (48.0%) |
| 102 | TRZASKA-DUDEK Monika | 7178 | | K-Open | 13 | 01:27:38.45 | 01:27:38.45 | +00:45:40 (52.1%) | 12:31 | 4.8 (48.0%) |
| 103 | KOZŁOWSKI Karol | 7075 | | M-Open | 43 | 01:28:40.20 | 01:28:40.20 | +00:46:42 (52.7%) | 12:40 | 4.7 (47.0%) |
| 104 | SERAFIN Sylwia | 7154 | | K-Open | 14 | 01:28:48.55 | 01:28:48.55 | +00:46:50 (52.7%) | 12:41 | 4.7 (47.0%) |
| 105 | OSTROGÓRSKA Magdalena | 7128 | | K-Open | 15 | 01:29:02.80 | 01:29:02.80 | +00:47:04 (52.9%) | 12:43 | 4.7 (47.0%) |
| 106 | OSTROGÓRSKI Paweł | 7129 | | M-Open | 44 | 01:29:03.50 | 01:29:03.50 | +00:47:05 (52.9%) | 12:43 | 4.7 (47.0%) |
| 107 | OBUCHOWSKI Damian | 7121 | | M-Open | 45 | 01:29:39.25 | 01:29:39.25 | +00:47:41 (53.2%) | 12:48 | 4.7 (47.0%) |
| 108 | CZECHURA Maciej | 7023 | OSTATNI NA MECIE | M-Open | 46 | 01:29:52.80 | 01:29:52.80 | +00:47:54 (53.3%) | 12:50 | 4.7 (47.0%) |
| 109 | PROCHWICZ Marcin | 7145 | | M-Open | 47 | 01:30:13.15 | 01:30:13.15 | +00:48:15 (53.5%) | 12:53 | 4.7 (47.0%) |
| 110 | SZMIGIEL Agnieszka | 7168 | | K-Open | 16 | 01:30:13.50 | 01:30:13.50 | +00:48:15 (53.5%) | 12:53 | 4.7 (47.0%) |
| 111 | KŁOS Oliwier | 7068 | KOMANDO FOKI | M-Open | 48 | 01:30:28.00 | 01:30:28.00 | +00:48:29 (53.6%) | 12:55 | 4.6 (46.0%) |
| 112 | NOWAK Dominik | 7118 | GROUND & POUND | M-Open | 49 | 01:31:12.25 | 01:31:12.25 | +00:49:14 (54.0%) | 13:01 | 4.6 (46.0%) |
| 113 | SIKORSKI Paweł | 7155 | | M-Open | 50 | 01:33:43.95 | 01:33:43.95 | +00:51:45 (55.2%) | 13:23 | 4.5 (45.0%) |
| 114 | ZIEMBLA Krzysztof | 7197 | | M-Open | 51 | 01:34:31.40 | 01:34:31.40 | +00:52:33 (55.6%) | 13:30 | 4.4 (44.0%) |
| 115 | JOP Anna | 7058 | SPARTAŃSKA DZICZ | K-Open | 17 | 01:34:38.55 | 01:34:38.55 | +00:52:40 (55.7%) | 13:31 | 4.4 (44.0%) |
| 116 | JOB Agnieszka | 7056 | DRAGON RUNNERS | K-Open | 18 | 01:34:41.70 | 01:34:41.70 | +00:52:43 (55.7%) | 13:31 | 4.4 (44.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|-------------|----------------------------------|--------------|------|--------------------|--------------------|-------------------|--------------|-------------|
| | | | | | | netto 7km | brutto 7km | | | |
| 117 | MAJDA Karolina | 7200 | GORĄCY POTOK TEAM | K-Open | 19 | 01:34:59.75 | 01:34:59.75 | +00:53:01 (55.8%) | 13:34 | 4.4 (44.0%) |
| 118 | LECH Magdalena | 7090 | BIEGAM GDZIE POPADNIE | K-Open | 20 | 01:35:00.20 | 01:35:00.20 | +00:53:02 (55.8%) | 13:34 | 4.4 (44.0%) |
| 119 | CHYŻYŃSKA Katarzyna | 7016 | | K-Open | 21 | 01:35:05.95 | 01:35:05.95 | +00:53:07 (55.9%) | 13:35 | 4.4 (44.0%) |
| 120 | SKWARA Michał | 7157 | | M-Open | 52 | 01:35:14.80 | 01:35:14.80 | +00:53:16 (55.9%) | 13:36 | 4.4 (44.0%) |
| 121 | REDMAN Grzegorz | 7148 | | M-Open | 53 | 01:35:20.40 | 01:35:20.40 | +00:53:22 (56.0%) | 13:37 | 4.4 (44.0%) |
| 122 | PRZETOCKI Bartłomiej | 7146 | | M-Open | 54 | 01:35:20.55 | 01:35:20.55 | +00:53:22 (56.0%) | 13:37 | 4.4 (44.0%) |
| 123 | MADEJSKI Paweł | 7102 | GANG ZAKRECONYCH MASTERSÓW | M-Open | 55 | 01:35:46.15 | 01:35:46.15 | +00:53:48 (56.2%) | 13:40 | 4.4 (44.0%) |
| 124 | LECHOWICZ Krzysztof | 7091 | GANG ZAKRĘCONYCH MASTERSÓW | M-Open | 56 | 01:35:46.45 | 01:35:46.45 | +00:53:48 (56.2%) | 13:40 | 4.4 (44.0%) |
| 125 | STADLER Katarzyna | 7163 | GANG ZAKRĘCONYCH MASTERSÓW | K-Open | 22 | 01:35:46.55 | 01:35:46.55 | +00:53:48 (56.2%) | 13:40 | 4.4 (44.0%) |
| 126 | STERNAL Eliza | 7165 | | K-Open | 23 | 01:35:58.35 | 01:35:58.35 | +00:54:00 (56.3%) | 13:42 | 4.4 (44.0%) |
| 127 | CEBULA Maria | 7013 | | K-Open | 24 | 01:35:58.60 | 01:35:58.60 | +00:54:00 (56.3%) | 13:42 | 4.4 (44.0%) |
| 127 | CEBULA Mariola | 7012 | | K-Open | 24 | 01:35:58.60 | 01:35:58.60 | +00:54:00 (56.3%) | 13:42 | 4.4 (44.0%) |
| 129 | PICHNIARCZYK Agnieszka | 7135 | WARDIA TYCHY | K-Open | 26 | 01:38:13.55 | 01:38:13.55 | +00:56:15 (57.3%) | 14:01 | 4.3 (43.0%) |
| 130 | KOJDECKA Katarzyna | 7070 | WARDIA | K-Open | 27 | 01:38:41.45 | 01:38:41.45 | +00:56:43 (57.5%) | 14:05 | 4.3 (43.0%) |
| 131 | PATOŁA Sebastian | 7132 | WARDIA TYCHY | M-Open | 57 | 01:38:41.50 | 01:38:41.50 | +00:56:43 (57.5%) | 14:05 | 4.3 (43.0%) |
| 132 | POLAK Maciej | 7139 | DŹWIK | M-Open | 58 | 01:39:59.05 | 01:39:59.05 | +00:58:00 (58.0%) | 14:17 | 4.2 (42.0%) |
| 133 | POLAK Anna | 7140 | DŹWIK | K-Open | 28 | 01:39:59.10 | 01:39:59.10 | +00:58:01 (58.0%) | 14:17 | 4.2 (42.0%) |
| 134 | MAGIERA Karolina | 7085 | SPARTAŃSKA DZICZ | K-Open | 29 | 01:40:35.35 | 01:40:35.35 | +00:58:37 (58.3%) | 14:22 | 4.2 (42.0%) |
| 135 | PRASEK Sara | 7144 | ŁĄCZY NAS COŚ WIĘCEJ NIŻ ALKOHOL | K-Open | 30 | 01:41:32.65 | 01:41:32.65 | +00:59:34 (58.7%) | 14:30 | 4.1 (41.0%) |
| 136 | ZABŁOTNY Dominik | 7194 | ŁĄCZY NAS COŚ WIĘCEJ NIŻ ALKOHOL | M-Open | 59 | 01:41:33.20 | 01:41:33.20 | +00:59:35 (58.7%) | 14:30 | 4.1 (41.0%) |
| 137 | KOSTYRA Piotr | 7074 | ŁĄCZY NAS COŚ WIĘCEJ NIŻ ALKOHOL | M-Open | 60 | 01:41:33.55 | 01:41:33.55 | +00:59:35 (58.7%) | 14:30 | 4.1 (41.0%) |
| 138 | MAŚLANKA Kornelia | 7107 | | K-Open | 31 | 01:41:43.45 | 01:41:43.45 | +00:59:45 (58.7%) | 14:31 | 4.1 (41.0%) |
| 139 | MAŚLANKA Mariusz | 7108 | | M-Open | 61 | 01:42:02.80 | 01:42:02.80 | +01:00:04 (58.9%) | 14:34 | 4.1 (41.0%) |
| 140 | MICHALEC Magdalena | 7201 | | K-Open | 32 | 01:42:30.70 | 01:42:30.70 | +01:00:32 (59.1%) | 14:38 | 4.1 (41.0%) |
| 141 | ZACHARA Katarzyna | 7195 | LEMON TEAM | Elite Kobiet | 9 | 01:43:22.25 | 01:43:22.25 | +01:01:24 (59.4%) | 14:46 | 4.1 (41.0%) |
| 142 | PORADA Magdalena | 7143 | | K-Open | 33 | 01:45:47.05 | 01:45:47.05 | +01:03:48 (60.3%) | 15:06 | 4 (40.0%) |
| 143 | TARKO Kinga | 7174 | SIDZINIAN TEAM | K-Open | 34 | 01:46:15.35 | 01:46:15.35 | +01:04:17 (60.5%) | 15:10 | 4 (40.0%) |
| 144 | TARKO Kamil | 7173 | SIDZINIAN TEAM | M-Open | 62 | 01:46:21.80 | 01:46:21.80 | +01:04:23 (60.5%) | 15:11 | 3.9 (39.0%) |
| 145 | CZECHURA Agata | 7021 | OSTATNI NA MECIE | K-Open | 35 | 01:46:44.65 | 01:46:44.65 | +01:04:46 (60.7%) | 15:14 | 3.9 (39.0%) |
| 146 | CZECHURA Malgorzata | 7020 | OSTATNI NA MECIE | K-Open | 36 | 01:47:01.00 | 01:47:01.00 | +01:05:02 (60.8%) | 15:17 | 3.9 (39.0%) |
| 147 | CZECHURA Barbara | 7022 | OSTATNI NA MECIE | K-Open | 37 | 01:47:01.30 | 01:47:01.30 | +01:05:03 (60.8%) | 15:17 | 3.9 (39.0%) |
| 148 | SERAFIN Paweł | 7153 | | M-Open | 63 | 01:47:19.25 | 01:47:19.25 | +01:05:21 (60.9%) | 15:19 | 3.9 (39.0%) |
| 149 | GÓRSKA Helena | 7046 | SRS RATEL | K-Open | 38 | 01:51:18.65 | 01:51:18.65 | +01:09:20 (62.3%) | 15:54 | 3.8 (38.0%) |
| 150 | NOWAK Sebastian | 7119 | | M-Open | 64 | 01:51:37.25 | 01:51:37.25 | +01:09:39 (62.4%) | 15:56 | 3.8 (38.0%) |
| 151 | NOWAK Albert | 7120 | | M-Open | 65 | 01:51:38.30 | 01:51:38.30 | +01:09:40 (62.4%) | 15:56 | 3.8 (38.0%) |
| 152 | ŚWIATOWIEC Adrian | 7172 | SRS RATEL | M-Open | 66 | 01:52:20.90 | 01:52:20.90 | +01:10:22 (62.6%) | 16:02 | 3.7 (37.0%) |
| 153 | JAMROCH Natalia | 7053 | SRS RATEL | K-Open | 39 | 01:52:21.10 | 01:52:21.10 | +01:10:23 (62.6%) | 16:03 | 3.7 (37.0%) |
| 154 | NATKANIEC Karolina | 7114 | BEFIT24TEAM | K-Open | 40 | 01:53:44.55 | 01:53:44.55 | +01:11:46 (63.1%) | 16:14 | 3.7 (37.0%) |
| 155 | KOCON Katarzyna | 7069 | BEFIT24TEAM | K-Open | 41 | 01:54:05.95 | 01:54:05.95 | +01:12:07 (63.2%) | 16:17 | 3.7 (37.0%) |
| 156 | ŁOPATOWSKA Monika | 7099 | | K-Open | 42 | 01:54:06.25 | 01:54:06.25 | +01:12:08 (63.2%) | 16:18 | 3.7 (37.0%) |
| 157 | LEE Jonathan | 7092 | BEFIT24TEAM | M-Open | 67 | 01:54:06.95 | 01:54:06.95 | +01:12:08 (63.2%) | 16:18 | 3.7 (37.0%) |
| 158 | KRAJNIAK Patrycja | 7076 | | K-Open | 43 | 01:54:57.70 | 01:54:57.70 | +01:12:59 (63.5%) | 16:25 | 3.7 (37.0%) |
| 159 | KOMPERDA Aleksandra | 7073 | | K-Open | 44 | 01:54:57.80 | 01:54:57.80 | +01:12:59 (63.5%) | 16:25 | 3.7 (37.0%) |
| 159 | KRAWCZYK Ania | 7080 | | K-Open | 44 | 01:54:57.80 | 01:54:57.80 | +01:12:59 (63.5%) | 16:25 | 3.7 (37.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 7km | Czas brutto 7km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|-------------|------------------|----------------|------|--------------------|--------------------|-------------------|--------------|-------------|
| 161 | MAZUR Dominik | 7109 | | M-Open | 68 | 01:55:20.55 | 01:55:20.55 | +01:13:22 (63.6%) | 16:28 | 3.6 (36.0%) |
| 162 | STACH Anna | 7162 | | K-Open | 46 | 01:55:25.70 | 01:55:25.70 | +01:13:27 (63.6%) | 16:29 | 3.6 (36.0%) |
| 163 | ORENCZAK Aleksandra | 7125 | | K-Open | 47 | 01:56:18.00 | 01:56:18.00 | +01:14:19 (63.9%) | 16:36 | 3.6 (36.0%) |
| 164 | BAKA Ilona | 7002 | BEFIT24TEAM | K-Open | 48 | 02:11:40.55 | 02:11:40.55 | +01:29:42 (68.1%) | 18:48 | 3.2 (32.0%) |
| 165 | WNUK Adrian | 7188 | | M-Open | 69 | 02:11:51.90 | 02:11:51.90 | +01:29:53 (68.2%) | 18:50 | 3.2 (32.0%) |
| 166 | OPRAWKA Andrzej | 7124 | | Elite Mężczyzn | 40 | 02:12:28.75 | 02:12:28.75 | +01:30:30 (68.3%) | 18:55 | 3.2 (32.0%) |
| 167 | BYRCZEK Bartosz | 7011 | | M-Open | 70 | 02:13:54.50 | 02:13:54.50 | +01:31:56 (68.7%) | 19:07 | 3.1 (31.0%) |
| 168 | ŻYCHOWICZ Magdalena | 7199 | | K-Open | 49 | 02:14:02.80 | 02:14:02.80 | +01:32:04 (68.7%) | 19:08 | 3.1 (31.0%) |
| 169 | SKWARA Grzegorz | 7156 | | M-Open | 71 | | | | | (0.0%) |
| 170 | KUCZERA Norbert | 7084 | SPARTAŃSKA DZICZ | Elite Mężczyzn | 41 | | | | | (0.0%) |

Znaleziono 170 wynik(ów)