

# CROSS-COUNTRY DAY IN SŁUPSK

B4SPORT  
INTELEGENE ZAWODY SPORTOWE

**Organizator:** Fundacja "Sub ventum" w Słupsku  
**Data:** 2023-04-15  
**Miejsce:** Słupsk  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>OSIŃSKI Wojciech</b>	<b>77</b>	TEAM ZABIEGANEDNI	Bieg - M (A)	1	<b>00:28:10.78</b>		5:38	10.7 (100%)
2	<b>STANIOCH Krzysztof</b>	<b>100</b>		Bieg - M (A)	2	<b>00:31:11.70</b>	+00:03:00 (9.7%)	6:14	9.6 (89.7%)
3	<b>ROLBIECKI Łukasz</b>	<b>91</b>		Bieg - M (A)	3	<b>00:31:30.95</b>	+00:03:20 (10.6%)	6:18	9.5 (88.8%)
4	<b>GAJEWSKI Andrzej</b>	<b>134</b>	STOPA SŁUPSK			<b>00:31:45.23</b>	+00:03:34 (11.3%)	6:21	9.4 (87.9%)
5	<b>PICK Tomasz</b>	<b>81</b>	BIEGOLAS / KORONA	Bieg - M (A)	4	<b>00:31:56.07</b>	+00:03:45 (11.8%)	6:23	9.4 (87.9%)
6	<b>KOLCHINA Anastasia</b>	<b>53</b>	AML SŁUPSK	Bieg - Licencja PZLA	1	<b>00:32:26.07</b>	+00:04:15 (13.1%)	6:29	9.2 (86.0%)
7	<b>DOMARUS Kamila</b>	<b>25</b>		Bieg -K (A)	1	<b>00:32:33.66</b>	+00:04:22 (13.5%)	6:30	9.2 (86.0%)
8	<b>OLESZEK Jerzy</b>	<b>73</b>	SZKOŁA PODOFICERSKA MW	Bieg - M (A)	5	<b>00:33:26.53</b>	+00:05:15 (15.7%)	6:41	9 (84.1%)
9	<b>KLOC Dariusz</b>	<b>51</b>		Bieg - M (A)	6	<b>00:34:09.12</b>	+00:05:58 (17.5%)	6:49	8.8 (82.2%)
10	<b>WŁODARCZYK Sebastian</b>	<b>121</b>		Bieg - M (A)	7	<b>00:34:20.20</b>	+00:06:09 (17.9%)	6:52	8.7 (81.3%)
11	<b>GROCH Piotr</b>	<b>37</b>		Bieg - M (A)	8	<b>00:34:48.56</b>	+00:06:37 (19.0%)	6:57	8.6 (80.4%)
12	<b>STANKIEWICZ Oskar</b>	<b>138</b>	ZS MUNDUROWYCH			<b>00:35:01.13</b>	+00:06:50 (19.5%)	7:00	8.6 (80.4%)
13	<b>JANKOWSKI Grzegorz</b>	<b>43</b>	POZYTYWNIENIE NAKRĘCONY	Bieg - M (A)	9	<b>00:35:06.73</b>	+00:06:55 (19.7%)	7:01	8.5 (79.4%)
14	<b>MAJKOWSKI Krzysztof</b>	<b>65</b>	KALIOP POLAND	Bieg - M (A)	10	<b>00:35:29.60</b>	+00:07:18 (20.6%)	7:05	8.5 (79.4%)
15	<b>HORBACZ Grzegorz</b>	<b>41</b>		Bieg - M (A)	11	<b>00:35:31.03</b>	+00:07:20 (20.7%)	7:06	8.4 (78.5%)
16	<b>BAK Dawid</b>	<b>7</b>		Bieg - M (A)	12	<b>00:35:34.56</b>	+00:07:23 (20.8%)	7:06	8.4 (78.5%)
17	<b>RACZYŃSKA Anna</b>	<b>88</b>	7BOW	Bieg -K (A)	2	<b>00:35:38.43</b>	+00:07:27 (20.9%)	7:07	8.4 (78.5%)
18	<b>ZAWIEROWSKA Ewelina</b>	<b>123</b>		Bieg -K (A)	3	<b>00:36:11.70</b>	+00:08:00 (22.1%)	7:14	8.3 (77.6%)
19	<b>KAWALEC Konrad</b>	<b>47</b>		Bieg - M (A)	13	<b>00:36:32.98</b>	+00:08:22 (22.9%)	7:18	8.2 (76.6%)
20	<b>ŚCISŁY Łukasz</b>	<b>110</b>		Bieg - M (A)	14	<b>00:36:53.41</b>	+00:08:42 (23.6%)	7:22	8.1 (75.7%)
21	<b>FIGURSKI Andrzej</b>	<b>30</b>		Bieg - M (A)	15	<b>00:37:09.41</b>	+00:08:58 (24.2%)	7:25	8.1 (75.7%)
22	<b>GROTA Mariusz</b>	<b>38</b>		Bieg - M (A)	16	<b>00:37:18.34</b>	+00:09:07 (24.5%)	7:27	8 (74.8%)
23	<b>GAWEL Zbigniew</b>	<b>32</b>	ANANASY Z 3 FAL	Bieg - M (A)	17	<b>00:38:17.56</b>	+00:10:06 (26.4%)	7:39	7.8 (72.9%)
24	<b>ANTOSIAK Grzegorz</b>	<b>1</b>		Bieg - Licencja PZLA	2	<b>00:38:23.98</b>	+00:10:13 (26.6%)	7:40	7.8 (72.9%)
25	<b>GAWEŁ Iza</b>	<b>33</b>	ANANASY Z 3 FAL	Bieg -K (A)	4	<b>00:38:25.67</b>	+00:10:14 (26.7%)	7:41	7.8 (72.9%)
26	<b>CHUDY Henryk</b>	<b>16</b>	K SOLSZEWSKI I SYNOWIE	Bieg - M (A)	18	<b>00:38:33.93</b>	+00:10:23 (26.9%)	7:42	7.8 (72.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						5km	Różn		
27	<b>CZERWIAKOWSKI</b> Mikołaj	<b>22</b>	BRAK	Bieg - M (A)	19	<b>00:38:38.43</b>	+00:10:27 (27.1%)	7:43	7.8 (72.9%)
28	<b>KASPEROWICZ</b> Zdzisław	<b>46</b>	PRO DYSTANS KASPEROWICZ	Bieg - M (A)	20	<b>00:38:49.17</b>	+00:10:38 (27.4%)	7:45	7.7 (72.0%)
29	<b>PACHUTA</b> Damian	<b>57</b>		Bieg - M (A)	21	<b>00:38:51.89</b>	+00:10:41 (27.5%)	7:46	7.7 (72.0%)
30	<b>ZIELONKA</b> Mateusz	<b>125</b>	BALTIC SEALS/7BOW	Bieg - M (A)	22	<b>00:38:58.92</b>	+00:10:48 (27.7%)	7:47	7.7 (72.0%)
31	<b>GRABOWSKA</b> Kinga	<b>36</b>		Bieg -K (A)	5	<b>00:38:58.93</b>	+00:10:48 (27.7%)	7:47	7.7 (72.0%)
32	<b>SZYBUT</b> Wioleta	<b>108</b>	ŻÓŁWIK	Bieg -K (A)	6	<b>00:39:05.41</b>	+00:10:54 (27.9%)	7:49	7.7 (72.0%)
33	<b>KUSIAK</b> Marcin	<b>150</b>	SEPKOL			<b>00:39:15.12</b>	+00:11:04 (28.2%)	7:51	7.6 (71.0%)
34	<b>OSIŃSKI</b> Paweł	<b>76</b>	TEAM ZABIEGANEDNI	Bieg - Licencja PZLA	3	<b>00:39:30.40</b>	+00:11:19 (28.7%)	7:54	7.6 (71.0%)
35	<b>TOMCZAK</b> Dominik	<b>111</b>	W.P.K SŁOŃ TEAM	Bieg - Licencja PZLA	4	<b>00:39:42.28</b>	+00:11:31 (29.0%)	7:56	7.6 (71.0%)
36	<b>KĘSIK</b> Agnieszka	<b>49</b>	ŚWIAT PŁYTEK U KRYSPIŃ	Bieg -K (A)	7	<b>00:39:44.00</b>	+00:11:33 (29.1%)	7:56	7.6 (71.0%)
37	<b>PRASOL</b> Adrian	<b>87</b>		Bieg - M (A)	23	<b>00:39:45.41</b>	+00:11:34 (29.1%)	7:57	7.5 (70.1%)
38	<b>BOŚ</b> Grzegorz	<b>13</b>	BIEGAM ŻEBY ŻREĆ WIĘCEJ CIASTKÓW	Bieg - M (A)	24	<b>00:40:10.36</b>	+00:11:59 (29.9%)	8:02	7.5 (70.1%)
39	<b>BOGUSZEWSKI</b> Michał -Misiek	<b>9</b>		Bieg - M (A)	25	<b>00:40:26.66</b>	+00:12:15 (30.3%)	8:05	7.4 (69.2%)
40	<b>OSOWSKA</b> Magdalena	<b>79</b>		Bieg -K (A)	8	<b>00:41:15.73</b>	+00:13:04 (31.7%)	8:15	7.3 (68.2%)
41	<b>OLBRYŚ</b> Marek	<b>72</b>		Bieg - M (A)	26	<b>00:41:33.77</b>	+00:13:22 (32.2%)	8:18	7.2 (67.3%)
42	<b>OLBRYŚ</b> Wojciech	<b>71</b>		Bieg - M (A)	27	<b>00:41:45.41</b>	+00:13:34 (32.5%)	8:21	7.2 (67.3%)
43	<b>SŁOMKA</b> Łukasz	<b>98</b>	APATOR TELEMETRIA AKTYWNI	Bieg - M (A)	28	<b>00:41:49.98</b>	+00:13:39 (32.6%)	8:21	7.2 (67.3%)
44	<b>FORMELA</b> Krzysztof	<b>127</b>		Bieg - M (A)	29	<b>00:42:08.35</b>	+00:13:57 (33.1%)	8:25	7.1 (66.4%)
45	<b>KLUSKA</b> Paweł	<b>131</b>				<b>00:42:12.66</b>	+00:14:01 (33.2%)	8:26	7.1 (66.4%)
46	<b>STĘPIEŃ</b> Radosław	<b>101</b>	KALIOP POLAND	Bieg - M (A)	30	<b>00:42:32.95</b>	+00:14:22 (33.8%)	8:30	7.1 (66.4%)
47	<b>TRUSIAK</b> Miłosz	<b>113</b>	NIGHT WOLVES ULTRA RUNNERS	Bieg - M (A)	31	<b>00:42:47.41</b>	+00:14:36 (34.1%)	8:33	7 (65.4%)
48	<b>NAZARKO</b> Małgorzata	<b>70</b>		Bieg -K (A)	9	<b>00:42:47.88</b>	+00:14:37 (34.2%)	8:33	7 (65.4%)
49	<b>KWAŚNIAK</b> Zdzisław	<b>59</b>	PRO DYSTANS	Bieg - M (A)	32	<b>00:42:51.16</b>	+00:14:40 (34.2%)	8:34	7 (65.4%)
50	<b>KANIA</b> Brajan	<b>129</b>	BBL SŁUPSK			<b>00:43:51.50</b>	+00:15:40 (35.7%)	8:46	6.8 (63.6%)
51	<b>MUSIAŁ</b> Paweł	<b>69</b>		Bieg - M (A)	33	<b>00:44:00.88</b>	+00:15:50 (36.0%)	8:48	6.8 (63.6%)
52	<b>KOSIOR</b> Julia	<b>56</b>		Bieg -K (A)	10	<b>00:44:21.15</b>	+00:16:10 (36.5%)	8:52	6.8 (63.6%)
53	<b>RZECZKOWSKA</b> Edyta	<b>92</b>	KB SPOKO SŁAWNO	Bieg -K (A)	11	<b>00:45:17.86</b>	+00:17:07 (37.8%)	9:03	6.6 (61.7%)
54	<b>WILKOWSKA</b> Marta	<b>119</b>		Bieg -K (A)	12	<b>00:45:30.15</b>	+00:17:19 (38.1%)	9:06	6.6 (61.7%)
55	<b>PIERZCHALSKI</b> Dawid	<b>82</b>	LIM JAHEY'S GYMNASTIC ASSOCIATION	Bieg - M (A)	34	<b>00:45:48.40</b>	+00:17:37 (38.5%)	9:09	6.6 (61.7%)
56	<b>DYRMO</b> Ania	<b>27</b>	BRAK	Bieg - Licencja PZLA	5	<b>00:45:52.60</b>	+00:17:41 (38.6%)	9:10	6.5 (60.7%)
57	<b>KAŁUŻA</b> Kamila	<b>105</b>		OPEN -K (NW)	1	<b>00:46:00.86</b>	+00:17:50 (38.8%)	9:12	6.5 (60.7%)
58	<b>KLUSKA</b> Dorota	<b>132</b>				<b>00:46:21.09</b>	+00:18:10 (39.2%)	9:16	6.5 (60.7%)
59	<b>BORODZIUK</b> Aneta	<b>12</b>		Bieg -K (A)	13	<b>00:46:22.03</b>	+00:18:11 (39.2%)	9:16	6.5 (60.7%)
60	<b>PILAWA</b> Dorian	<b>84</b>		Bieg - M (A)	35	<b>00:46:29.61</b>	+00:18:18 (39.4%)	9:17	6.5 (60.7%)
61	<b>SHURYHA</b> Karina	<b>95</b>		Bieg -K (A)	14	<b>00:46:33.25</b>	+00:18:22 (39.5%)	9:18	6.4 (59.8%)
62	<b>KLEJDYSZ</b> Beata	<b>50</b>		Bieg -K (A)	15	<b>00:46:33.59</b>	+00:18:22 (39.5%)	9:18	6.4 (59.8%)
63	<b>CHYLEWSKA-MUCHA</b> Aleksandra	<b>20</b>		Bieg -K (A)	16	<b>00:46:56.63</b>	+00:18:45 (40.0%)	9:23	6.4 (59.8%)
64	<b>CHYLEWSKA</b> Aleksandra	<b>19</b>		Bieg -K (A)	17	<b>00:46:59.67</b>	+00:18:48 (40.0%)	9:23	6.4 (59.8%)
65	<b>BRZOZOWSKI</b> Piotr	<b>15</b>	AKTYWNI POSTOMINO	OPEN -M (NW)	1	<b>00:47:09.94</b>	+00:18:59 (40.3%)	9:25	6.4 (59.8%)
66	<b>FRUBA</b> Karina	<b>31</b>	STOPA SŁUPSK	Bieg -K (A)	18	<b>00:47:43.98</b>	+00:19:33 (41.0%)	9:32	6.3 (58.9%)
67	<b>MAŚLANKA</b> Jacek	<b>68</b>		OPEN -M (NW)	2	<b>00:48:13.21</b>	+00:20:02 (41.6%)	9:38	6.2 (57.9%)
68	<b>SKIBIŃSKI</b> Rafał	<b>96</b>		Bieg - M (A)	36	<b>00:48:25.25</b>	+00:20:14 (41.8%)	9:41	6.2 (57.9%)
69	<b>PIETRZYCKI</b> Mariusz	<b>135</b>				<b>00:48:28.52</b>	+00:20:17 (41.9%)	9:41	6.2 (57.9%)
70	<b>HEC</b> Tomek	<b>39</b>		Bieg - M (A)	37	<b>00:48:30.25</b>	+00:20:19 (41.9%)	9:42	6.2 (57.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						5km	Różn		
71	<b>BORKOWSKI Tomasz</b>	<b>11</b>		Bieg - M (A)	38	<b>00:48:39.96</b>	+00:20:29 (42.1%)	9:43	6.2 (57.9%)
72	<b>TRUSIAK Agnieszka</b>	<b>112</b>	NIGHT WOLVES ULTRA RUNNERS	Bieg -K (A)	19	<b>00:49:10.52</b>	+00:20:59 (42.7%)	9:50	6.1 (57.0%)
73	<b>WIELGAT Łukasz</b>	<b>117</b>		OPEN -M (NW)	3	<b>00:50:20.50</b>	+00:22:09 (44.0%)	10:04	6 (56.1%)
74	<b>RIOPKA Wiktoria</b>	<b>137</b>	ZS MUNDUROWYCH			<b>00:50:42.63</b>	+00:22:31 (44.4%)	10:08	5.9 (55.1%)
75	<b>KROPIŃSKI Adam</b>	<b>58</b>	ŻÓŁWIK	Bieg - M (A)	39	<b>00:51:23.75</b>	+00:23:12 (45.2%)	10:16	5.8 (54.2%)
76	<b>SZYBILSKA Martyna</b>	<b>106</b>		Bieg -K (A)	20	<b>00:52:34.97</b>	+00:24:24 (46.4%)	10:30	5.7 (53.3%)
77	<b>SEKULSKI Cyprian</b>	<b>28</b>		OPEN -M (NW)	4	<b>00:52:47.60</b>	+00:24:36 (46.6%)	10:33	5.7 (53.3%)
78	<b>SZMIGIERO Sebastian</b>	<b>103</b>	W.P.K SŁOŃ TEAM	Bieg - M (A)	40	<b>00:52:59.37</b>	+00:24:48 (46.8%)	10:35	5.7 (53.3%)
79	<b>MARCZAK Andrzej</b>	<b>67</b>	WPK SŁOŃ TEAM	Bieg - M (A)	41	<b>00:53:15.91</b>	+00:25:05 (47.1%)	10:39	5.6 (52.3%)
80	<b>ZABORSKA Magdalena</b>	<b>122</b>		Bieg -K (A)	21	<b>00:53:24.81</b>	+00:25:14 (47.2%)	10:40	5.6 (52.3%)
81	<b>WIŚNIEWSKA Dorota</b>	<b>120</b>		Bieg -K (A)	22	<b>00:53:25.40</b>	+00:25:14 (47.3%)	10:41	5.6 (52.3%)
82	<b>SZYBILSKA Monika</b>	<b>104</b>		Bieg -K (A)	23	<b>00:54:19.52</b>	+00:26:08 (48.1%)	10:51	5.5 (51.4%)
83	<b>PŁODZIEN Karolina</b>	<b>85</b>		Bieg -K (A)	24	<b>00:54:24.08</b>	+00:26:13 (48.2%)	10:52	5.5 (51.4%)
84	<b>KOSICKA Iwona</b>	<b>55</b>	STOPA SŁUPSK	OPEN -K (NW)	2	<b>00:55:09.68</b>	+00:26:58 (48.9%)	11:01	5.4 (50.5%)
85	<b>STANIASZEK Bogusław</b>	<b>99</b>	TUPOT USTKA	Bieg - M (A)	42	<b>00:55:20.19</b>	+00:27:09 (49.1%)	11:04	5.4 (50.5%)
86	<b>ZIĘBA Agnieszka</b>	<b>126</b>		Bieg -K (A)	25	<b>00:55:48.48</b>	+00:27:37 (49.5%)	11:09	5.4 (50.5%)
87	<b>DROŹDŹ Zuzanna</b>	<b>26</b>	WILKI Z ZAGÓRZYCY	Bieg -K (A)	26	<b>00:56:00.81</b>	+00:27:50 (49.7%)	11:12	5.4 (50.5%)
88	<b>PAŁUCKA Lena</b>	<b>80</b>	WILKI Z ZAGÓRZYCY	Bieg -K (A)	27	<b>00:56:05.98</b>	+00:27:55 (49.8%)	11:13	5.3 (49.5%)
89	<b>SZYBUT Rafał</b>	<b>107</b>	ŻÓŁWIK	Bieg - M (A)	43	<b>00:56:11.44</b>	+00:28:00 (49.8%)	11:14	5.3 (49.5%)
90	<b>MARCZAK Małgorzata</b>	<b>66</b>	WPK SŁOŃ TEAM	Bieg -K (A)	28	<b>00:56:22.11</b>	+00:28:11 (50.0%)	11:16	5.3 (49.5%)
91	<b>MAJKOWSKA Anita</b>	<b>64</b>	ŻÓŁWIK	Bieg -K (A)	29	<b>00:56:23.67</b>	+00:28:12 (50.0%)	11:16	5.3 (49.5%)
92	<b>KAPCZYŃSKI Kacper</b>	<b>45</b>	WILKI Z ZAGÓRZYCY	Bieg -K (A)	30	<b>00:56:38.43</b>	+00:28:27 (50.2%)	11:19	5.3 (49.5%)
93	<b>KOCOŃ Sylwia</b>	<b>52</b>	:)	OPEN -K (NW)	3	<b>00:56:55.16</b>	+00:28:44 (50.5%)	11:23	5.3 (49.5%)
94	<b>BRZEZIŃSKI Henryk</b>	<b>14</b>		OPEN -M (NW)	5	<b>00:58:07.72</b>	+00:29:56 (51.5%)	11:37	5.2 (48.6%)
95	<b>RODZIEWICZ Wioletta</b>	<b>90</b>		OPEN -K (NW)	4	<b>00:58:26.18</b>	+00:30:15 (51.8%)	11:41	5.1 (47.7%)
96	<b>LEWANDOWSKA Agata</b>	<b>60</b>		Bieg -K (A)	31	<b>00:59:06.03</b>	+00:30:55 (52.3%)	11:49	5.1 (47.7%)
97	<b>KORZENIEWSKI Maciej</b>	<b>54</b>		Bieg - M (A)	44	<b>00:59:08.89</b>	+00:30:58 (52.4%)	11:49	5.1 (47.7%)
98	<b>STOLARCZYK Nikola</b>	<b>102</b>		Bieg -K (A)	32	<b>00:59:11.28</b>	+00:31:00 (52.4%)	11:50	5.1 (47.7%)
99	<b>MACIEJEWSKI Tomasz</b>	<b>63</b>		OPEN -M (NW)	6	<b>01:00:03.74</b>	+00:31:52 (53.1%)	12:00	5 (46.7%)
100	<b>DALIDOWICZ Natalia</b>	<b>23</b>		Bieg -K (A)	33	<b>01:00:07.51</b>	+00:31:56 (53.1%)	12:01	5 (46.7%)
101	<b>JASKULSKA Maja</b>	<b>44</b>		Bieg -K (A)	34	<b>01:00:07.70</b>	+00:31:56 (53.1%)	12:01	5 (46.7%)
102	<b>SNOPEK Zdzisław</b>	<b>133</b>	ANANASY			<b>01:00:55.42</b>	+00:32:44 (53.7%)	12:11	4.9 (45.8%)
103	<b>DROZD Wiktoria</b>	<b>136</b>				<b>01:01:17.08</b>	+00:33:06 (54.0%)	12:15	4.9 (45.8%)
104	<b>FELIŃSKA Anna</b>	<b>29</b>	RUCH TO ŻYCIE	Bieg -K (A)	35	<b>01:01:21.27</b>	+00:33:10 (54.1%)	12:16	4.9 (45.8%)
105	<b>RAHOZA Szymon</b>	<b>89</b>	RUCH TO ŻYCIE	Bieg - M (A)	45	<b>01:01:21.48</b>	+00:33:10 (54.1%)	12:16	4.9 (45.8%)
106	<b>BORKOWSKA Ewa</b>	<b>10</b>		Bieg -K (A)	36	<b>01:01:21.99</b>	+00:33:11 (54.1%)	12:16	4.9 (45.8%)
107	<b>ŻYDZIANOWSKI Wojciech</b>	<b>128</b>		Bieg - M (A)	46	<b>01:02:14.97</b>	+00:34:04 (54.7%)	12:26	4.8 (44.9%)
108	<b>KAPCZYŃSKI Jakub</b>	<b>130</b>	WILKI Z ZAGÓRZYCY			<b>01:03:21.58</b>	+00:35:10 (55.5%)	12:40	4.7 (43.9%)
109	<b>RZECZKOWSKI Grzegorz</b>	<b>93</b>		OPEN -M (NW)	7	<b>01:05:01.18</b>	+00:36:50 (56.7%)	13:00	4.6 (43.0%)
110	<b>SKWARCZAK Małgorzata</b>	<b>97</b>		OPEN -K (NW)	5	<b>01:05:09.69</b>	+00:36:58 (56.8%)	13:01	4.6 (43.0%)
111	<b>ANTOSIK Mikołaj</b>	<b>5</b>	KS OLSZEWSKI I SYNOWIE	OPEN -M (NW)	8	<b>01:05:11.06</b>	+00:37:00 (56.8%)	13:02	4.6 (43.0%)
112	<b>ANTOSIK Barbara</b>	<b>4</b>	K S OLSZEWSKI I SYNOWIE	OPEN -K (NW)	6	<b>01:05:40.63</b>	+00:37:29 (57.1%)	13:08	4.6 (43.0%)
113	<b>GÓRSKA Magdalena</b>	<b>35</b>	WESOŁE KOPYTKA	OPEN -K (NW)	7	<b>01:05:59.21</b>	+00:37:48 (57.3%)	13:11	4.5 (42.1%)
114	<b>KENIG Renata</b>	<b>48</b>	KSOLSZEWSKI I SYNOWIE	OPEN -K (NW)	8	<b>01:06:04.42</b>	+00:37:53 (57.4%)	13:12	4.5 (42.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
115	<b>BIELICZ Justyna</b>	<b>8</b>		Bieg -K (A)	37	<b>01:06:53.20</b>	+00:38:42 (57.9%)	13:22	4.5 (42.1%)
116	<b>ZAWIEROWSKA Alicja</b>	<b>124</b>		OPEN -K (NW)	9	<b>01:07:10.19</b>	+00:38:59 (58.0%)	13:26	4.5 (42.1%)
117	<b>UKLEJA Justyna</b>	<b>115</b>	POTĘGA NORDICA	OPEN -K (NW)	10	<b>01:07:38.98</b>	+00:39:28 (58.3%)	13:31	4.4 (41.1%)
118	<b>UKLEJA Monika</b>	<b>116</b>	POTĘGA NORDICA	OPEN -K (NW)	11	<b>01:07:40.03</b>	+00:39:29 (58.4%)	13:32	4.4 (41.1%)
119	<b>ANTOSIK Grazynka</b>	<b>2</b>	KS OLSZEWSKI I SYNOWIE	OPEN -K (NW)	12	<b>01:09:37.16</b>	+00:41:26 (59.5%)	13:55	4.3 (40.2%)
120	<b>OLIINYK Mariia</b>	<b>74</b>		Bieg -K (A)	38	<b>01:09:46.31</b>	+00:41:35 (59.6%)	13:57	4.3 (40.2%)
121	<b>ANTOSIK Julia</b>	<b>3</b>	KS OLSZEWSKI I SYNOWIE	OPEN -K (NW)	13	<b>01:10:00.99</b>	+00:41:50 (59.8%)	14:00	4.3 (40.2%)
122	<b>CHUDY Janina</b>	<b>17</b>	KSOLSZEWSKI I SYNOWIE	OPEN -K (NW)	14	<b>01:10:07.57</b>	+00:41:56 (59.8%)	14:01	4.3 (40.2%)
123	<b>DESPERAK Filip</b>	<b>24</b>		Bieg - M (A)	47	<b>01:10:11.09</b>	+00:42:00 (59.8%)	14:02	4.3 (40.2%)
124	<b>ŁACHUT Sabina</b>	<b>61</b>		Bieg -K (A)	39	<b>01:10:55.11</b>	+00:42:44 (60.3%)	14:11	4.2 (39.3%)
125	<b>PIETRZYCKA Edyta</b>	<b>83</b>		OPEN -K (NW)	15	<b>01:18:40.04</b>	+00:50:29 (64.2%)	15:44	3.8 (35.5%)
126	<b>HORBACZ Iwona</b>	<b>40</b>		OPEN -K (NW)	16	<b>01:18:40.71</b>	+00:50:29 (64.2%)	15:44	3.8 (35.5%)
127	<b>CHWAŁA Kacper</b>	<b>18</b>		Bieg - M (A)	48	<b>01:22:12.13</b>	+00:54:01 (65.7%)	16:26	3.6 (33.6%)

Znaleziono 127 wynik(ów)