



## FORMOZA CHALLENGE

**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

Formoza Challenge Gdynia  
APS AGENCY Sp. z o.o. Sp. K  
2023-10-01  
Gdynia  
5 km

# FORMOZA SHORT

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

| Msc | Zawodnik              | Numer | Kategoria      | Mkat | 3km      | Czas netto 5km | Różn              | Tempo min/km | Tempo km/h  |
|-----|-----------------------|-------|----------------|------|----------|----------------|-------------------|--------------|-------------|
| 1   | KOŁOSZUK Marcin       | 293   | OPEN Mężczyźni | 1    | 00:28:37 | 00:49:13.40    |                   | 9:50         | 6.1 (100%)  |
| 2   | MILER Dawid           | 3     | OPEN Mężczyźni | 2    | 00:31:38 | 00:53:40.40    | +00:04:27 (8.3%)  | 10:44        | 5.6 (91.8%) |
| 3   | PIONK Rafał           | 508   | OPEN Mężczyźni | 3    | 00:31:21 | 00:55:29.00    | +00:06:15 (11.3%) | 11:05        | 5.4 (88.5%) |
| 4   | KOBYLIŃSKI Przemysław | 101   | OPEN Mężczyźni | 4    | 00:31:17 | 00:57:49.90    | +00:08:36 (14.9%) | 11:33        | 5.2 (85.2%) |
| 5   | KOSTROWSKI Łukasz     | 510   | OPEN Mężczyźni | 5    | 00:31:46 | 00:58:54.35    | +00:09:40 (16.4%) | 11:46        | 5.1 (83.6%) |
| 6   | KOŃCZAL Tomasz        | 292   | OPEN Mężczyźni | 6    | 00:33:17 | 01:00:45.25    | +00:11:31 (19.0%) | 12:09        | 4.9 (80.3%) |
| 7   | BRASZKA Robert        | 516   | OPEN Mężczyźni | 7    | 00:34:26 | 01:00:49.90    | +00:11:36 (19.1%) | 12:09        | 4.9 (80.3%) |
| 8   | LYPKO Oleksandr       | 278   | OPEN Mężczyźni | 8    | 00:34:58 | 01:00:55.50    | +00:11:42 (19.2%) | 12:11        | 4.9 (80.3%) |
| 9   | BEDNARSKI Sylwester   | 205   | OPEN Mężczyźni | 9    |          | 01:01:20.20    | +00:12:06 (19.7%) | 12:16        | 4.9 (80.3%) |
| 10  | GOŁKO Jakub           | 507   | OPEN Mężczyźni | 10   | 00:34:42 | 01:01:29.55    | +00:12:16 (20.0%) | 12:17        | 4.9 (80.3%) |
| 11  | BIESZKE Krystian      | 134   | OPEN Mężczyźni | 11   | 00:35:18 | 01:01:41.20    | +00:12:27 (20.2%) | 12:20        | 4.9 (80.3%) |
| 12  | DZIÓBEK Lech          | 341   | OPEN Mężczyźni | 12   | 00:33:56 | 01:01:43.15    | +00:12:29 (20.2%) | 12:20        | 4.9 (80.3%) |
| 13  | KOWALSKA Natalia      | 312   | OPEN Kobiety   | 1    | 00:36:43 | 01:02:13.75    | +00:13:00 (20.9%) | 12:26        | 4.8 (78.7%) |
| 14  | OKPIS Wojciech        | 290   | OPEN Mężczyźni | 13   | 00:36:43 | 01:02:14.25    | +00:13:00 (20.9%) | 12:26        | 4.8 (78.7%) |
| 15  | KARCZEWSKI Adam       | 350   | OPEN Mężczyźni | 14   | 00:35:57 | 01:02:38.55    | +00:13:25 (21.4%) | 12:31        | 4.8 (78.7%) |
| 16  | KONKOL Daniel         | 847   | OPEN Mężczyźni | 15   | 00:31:49 | 01:02:52.00    | +00:13:38 (21.7%) | 12:34        | 4.8 (78.7%) |
| 17  | FIRER Radosław        | 270   | OPEN Mężczyźni | 16   | 00:36:46 | 01:03:04.60    | +00:13:51 (22.0%) | 12:36        | 4.8 (78.7%) |
| 18  | FALEJCZYK Marcin      | 39    | OPEN Mężczyźni | 17   | 00:33:50 | 01:05:03.25    | +00:15:49 (24.3%) | 13:00        | 4.6 (75.4%) |
| 19  | MACIJEWICZ Maciej     | 23    | OPEN Mężczyźni | 18   | 00:35:58 | 01:05:10.00    | +00:15:56 (24.5%) | 13:02        | 4.6 (75.4%) |
| 20  | LUBIŃSKI Kamil        | 276   | OPEN Mężczyźni | 19   | 00:37:43 | 01:05:10.60    | +00:15:57 (24.5%) | 13:02        | 4.6 (75.4%) |
| 21  | LABUN Zenek           | 14    | OPEN Mężczyźni | 20   | 00:37:01 | 01:05:25.45    | +00:16:12 (24.8%) | 13:05        | 4.6 (75.4%) |
| 22  | NOSAL Krzysztof       | 219   | OPEN Mężczyźni | 21   | 00:39:36 | 01:07:39.30    | +00:18:25 (27.2%) | 13:31        | 4.4 (72.1%) |
| 23  | MACIEJEWSKI Maciej    | 80    | OPEN Mężczyźni | 22   | 00:38:47 | 01:07:50.85    | +00:18:37 (27.5%) | 13:34        | 4.4 (72.1%) |

|     |                       |       |                |      |          | Czas<br>netto<br>5km |                   | Tempo<br>min/km | Tempo<br>km/h |
|-----|-----------------------|-------|----------------|------|----------|----------------------|-------------------|-----------------|---------------|
| Msc | Zawodnik              | Numer | Kategoria      | Mkat | 3km      |                      | Różn              |                 |               |
| 24  | WIELOGÓRSKI Mateusz   | 163   | OPEN Mężczyźni | 23   | 00:37:50 | 01:07:56.80          | +00:18:43 (27.6%) | 13:35           | 4.4 (72.1%)   |
| 25  | BALEWSKI Kamil        | 60    | OPEN Mężczyźni | 24   | 00:38:09 | 01:08:17.00          | +00:19:03 (27.9%) | 13:39           | 4.4 (72.1%)   |
| 26  | GAJDEK Przemysław     | 182   | OPEN Mężczyźni | 25   | 00:38:57 | 01:09:20.45          | +00:20:07 (29.0%) | 13:52           | 4.3 (70.5%)   |
| 27  | ROSINSKI Robert       | 198   | OPEN Mężczyźni | 26   | 00:41:53 | 01:10:17.50          | +00:21:04 (30.0%) | 14:03           | 4.3 (70.5%)   |
| 28  | SZURMIAK Kamil        | 295   | OPEN Mężczyźni | 27   | 00:40:11 | 01:11:04.00          | +00:21:50 (30.7%) | 14:12           | 4.2 (68.9%)   |
| 29  | LAMPARSKI Kamil       | 287   | OPEN Mężczyźni | 28   | 00:40:11 | 01:11:04.30          | +00:21:50 (30.7%) | 14:12           | 4.2 (68.9%)   |
| 30  | KRZYSZTOFIK Dariusz   | 318   | OPEN Mężczyźni | 29   | 00:39:20 | 01:11:08.40          | +00:21:55 (30.8%) | 14:13           | 4.2 (68.9%)   |
| 31  | BĄBEL Krzysztof       | 267   | OPEN Mężczyźni | 30   | 00:37:38 | 01:11:26.05          | +00:22:12 (31.1%) | 14:17           | 4.2 (68.9%)   |
| 32  | WERONIECKI Mirosław   | 329   | OPEN Mężczyźni | 31   | 00:40:46 | 01:11:33.15          | +00:22:19 (31.2%) | 14:18           | 4.2 (68.9%)   |
| 33  | SCHWEIZER Mirka       | 15    | OPEN Kobiety   | 2    | 00:41:37 | 01:11:52.20          | +00:22:38 (31.5%) | 14:22           | 4.2 (68.9%)   |
| 34  | MICHALSKI-WILGA Kamil | 221   | OPEN Mężczyźni | 32   | 00:39:36 | 01:11:59.65          | +00:22:46 (31.6%) | 14:23           | 4.2 (68.9%)   |
| 35  | ZWOLIŃSKI Krzysztof   | 328   | OPEN Mężczyźni | 33   | 00:40:42 | 01:12:22.90          | +00:23:09 (32.0%) | 14:28           | 4.1 (67.2%)   |
| 36  | TARCZEWSKI Sławomir   | 248   | OPEN Mężczyźni | 34   | 00:40:12 | 01:12:25.30          | +00:23:11 (32.0%) | 14:29           | 4.1 (67.2%)   |
| 37  | TOMASZEWSKI Kamil     | 331   | OPEN Mężczyźni | 35   | 00:39:08 | 01:12:31.25          | +00:23:17 (32.1%) | 14:30           | 4.1 (67.2%)   |
| 38  | FRANKIEWICZ Wojciech  | 86    | OPEN Mężczyźni | 36   | 00:41:09 | 01:12:36.35          | +00:23:22 (32.2%) | 14:31           | 4.1 (67.2%)   |
| 39  | KRZYKOWSKI Piotr      | 118   | OPEN Mężczyźni | 37   |          | 01:12:51.30          | +00:23:37 (32.4%) | 14:34           | 4.1 (67.2%)   |
| 40  | KARPIŃSKI Dariusz     | 130   | OPEN Mężczyźni | 38   | 00:42:37 | 01:12:55.55          | +00:23:42 (32.5%) | 14:35           | 4.1 (67.2%)   |
| 41  | ROGOZIŃSKA Żaklina    | 96    | OPEN Kobiety   | 3    | 00:41:13 | 01:13:05.25          | +00:23:51 (32.7%) | 14:37           | 4.1 (67.2%)   |
| 42  | DURKA Paweł           | 302   | OPEN Mężczyźni | 39   | 00:41:02 | 01:13:07.85          | +00:23:54 (32.7%) | 14:37           | 4.1 (67.2%)   |
| 43  | BILINSKYI Igor        | 159   | OPEN Mężczyźni | 40   | 00:41:16 | 01:13:11.20          | +00:23:57 (32.7%) | 14:38           | 4.1 (67.2%)   |
| 44  | BARANOWSKI Mikołaj    | 513   | OPEN Mężczyźni | 41   | 00:40:55 | 01:13:20.15          | +00:24:06 (32.9%) | 14:40           | 4.1 (67.2%)   |
| 45  | KIWERSKI Maciej       | 53    | OPEN Mężczyźni | 42   |          | 01:13:37.50          | +00:24:24 (33.1%) | 14:43           | 4.1 (67.2%)   |
| 46  | JANISZEWSKI Dariusz   | 334   | OPEN Mężczyźni | 43   | 00:42:19 | 01:13:46.75          | +00:24:33 (33.3%) | 14:45           | 4.1 (67.2%)   |
| 47  | ZIMNY Kamil           | 261   | OPEN Mężczyźni | 44   | 00:42:33 | 01:13:51.65          | +00:24:38 (33.4%) | 14:46           | 4.1 (67.2%)   |
| 48  | HAJDUCZYK Kamil       | 264   | OPEN Mężczyźni | 45   | 00:40:28 | 01:14:11.80          | +00:24:58 (33.7%) | 14:50           | 4 (65.6%)     |
| 49  | PLISZKA Dominika      | 207   | OPEN Kobiety   | 4    | 00:41:29 | 01:14:21.10          | +00:25:07 (33.8%) | 14:52           | 4 (65.6%)     |
| 50  | ROMAN Krzysztof       | 340   | OPEN Mężczyźni | 46   | 00:37:20 | 01:14:36.75          | +00:25:23 (34.0%) | 14:55           | 4 (65.6%)     |
| 51  | BRILLOWSKI Karol      | 232   | OPEN Mężczyźni | 47   | 00:43:49 | 01:15:27.05          | +00:26:13 (34.8%) | 15:05           | 4 (65.6%)     |
| 52  | KULDO Tomasz          | 220   | OPEN Mężczyźni | 48   | 00:39:47 | 01:15:29.55          | +00:26:16 (34.8%) | 15:05           | 4 (65.6%)     |
| 53  | KĘSOŃ Michał          | 129   | OPEN Mężczyźni | 49   | 00:43:41 | 01:16:21.60          | +00:27:08 (35.5%) | 15:16           | 3.9 (63.9%)   |
| 54  | KLEIN Adam            | 344   | OPEN Mężczyźni | 50   | 00:43:09 | 01:18:04.80          | +00:28:51 (37.0%) | 15:36           | 3.8 (62.3%)   |
| 55  | WOJEWÓDZKI Stanisław  | 185   | OPEN Mężczyźni | 51   | 00:39:51 | 01:18:27.45          | +00:29:14 (37.3%) | 15:41           | 3.8 (62.3%)   |
| 56  | PAŁYS Małgorzata      | 105   | OPEN Kobiety   | 5    | 00:44:25 | 01:18:49.85          | +00:29:36 (37.6%) | 15:45           | 3.8 (62.3%)   |
| 57  | ZDAŃSKI Dariusz       | 106   | OPEN Mężczyźni | 52   | 00:44:31 | 01:19:02.75          | +00:29:49 (37.7%) | 15:48           | 3.8 (62.3%)   |
| 58  | HURMAN Krzysztof      | 316   | OPEN Mężczyźni | 53   | 00:44:16 | 01:19:06.60          | +00:29:53 (37.8%) | 15:49           | 3.8 (62.3%)   |
| 59  | LIPSKA Urszula        | 70    | OPEN Kobiety   | 6    | 00:45:44 | 01:19:17.55          | +00:30:04 (37.9%) | 15:51           | 3.8 (62.3%)   |
| 60  | KONECKA Klaudia       | 72    | OPEN Kobiety   | 7    | 00:44:27 | 01:19:24.70          | +00:30:11 (38.0%) | 15:52           | 3.8 (62.3%)   |
| 61  | GRALA Dominik         | 100   | OPEN Mężczyźni | 54   | 00:41:30 | 01:19:26.55          | +00:30:13 (38.0%) | 15:53           | 3.8 (62.3%)   |
| 62  | FINSTER Łukasz        | 58    | OPEN Mężczyźni | 55   | 00:43:47 | 01:19:35.15          | +00:30:21 (38.2%) | 15:55           | 3.8 (62.3%)   |
| 63  | RZEPSKI Grzegorz      | 7     | OPEN Mężczyźni | 56   | 00:47:41 | 01:19:50.35          | +00:30:36 (38.3%) | 15:58           | 3.8 (62.3%)   |
| 64  | BIAŁY Paweł           | 107   | OPEN Mężczyźni | 57   | 00:46:07 | 01:19:51.15          | +00:30:37 (38.4%) | 15:58           | 3.8 (62.3%)   |
| 65  | POLASZEK Marcin       | 330   | OPEN Mężczyźni | 58   | 00:45:06 | 01:20:02.55          | +00:30:49 (38.5%) | 16:00           | 3.7 (60.7%)   |
| 66  | BRZENCZEK Jakub       | 848   | OPEN Mężczyźni | 59   | 00:45:29 | 01:20:49.10          | +00:31:35 (39.1%) | 16:09           | 3.7 (60.7%)   |
| 67  | KOKOTEK Alicja        | 197   | OPEN Kobiety   | 8    | 00:43:51 | 01:21:18.80          | +00:32:05 (39.5%) | 16:15           | 3.7 (60.7%)   |

|     |                       |       |                |      |          | Czas netto  |                   |              |             |
|-----|-----------------------|-------|----------------|------|----------|-------------|-------------------|--------------|-------------|
| Msc | Zawodnik              | Numer | Kategoria      | Mkat | 3km      | 5km         | Różn              | Tempo min/km | Tempo km/h  |
| 68  | JAROSZ Robert         | 184   | OPEN Mężczyźni | 60   | 00:45:15 | 01:21:28.15 | +00:32:14 (39.6%) | 16:17        | 3.7 (60.7%) |
| 69  | PRZYTULA Bartosz      | 273   | OPEN Mężczyźni | 61   | 00:45:36 | 01:21:29.00 | +00:32:15 (39.6%) | 16:17        | 3.7 (60.7%) |
| 70  | MAREK Beata           | 79    | OPEN Kobiety   | 9    | 00:46:24 | 01:22:16.10 | +00:33:02 (40.2%) | 16:27        | 3.6 (59.0%) |
| 71  | OSIŃSKI Jakub         | 307   | OPEN Mężczyźni | 62   | 00:48:12 | 01:22:31.75 | +00:33:18 (40.4%) | 16:30        | 3.6 (59.0%) |
| 72  | DAHM Oliwia           | 230   | OPEN Kobiety   | 10   | 00:48:52 | 01:22:38.30 | +00:33:24 (40.4%) | 16:31        | 3.6 (59.0%) |
| 73  | DAHM Beata            | 231   | OPEN Kobiety   | 11   | 00:49:00 | 01:22:52.40 | +00:33:39 (40.6%) | 16:34        | 3.6 (59.0%) |
| 74  | KOMINEK Sebastian     | 296   | OPEN Mężczyźni | 63   | 00:47:58 | 01:22:54.35 | +00:33:40 (40.6%) | 16:34        | 3.6 (59.0%) |
| 75  | BUDZYŃSKI Leszek      | 210   | OPEN Mężczyźni | 64   | 00:47:57 | 01:23:01.80 | +00:33:48 (40.7%) | 16:36        | 3.6 (59.0%) |
| 76  | AMBROŻY Karina        | 211   | OPEN Kobiety   | 12   | 00:47:57 | 01:23:02.35 | +00:33:48 (40.7%) | 16:36        | 3.6 (59.0%) |
| 77  | SKARBARA Filip        | 849   | OPEN Mężczyźni | 65   | 00:46:09 | 01:23:07.10 | +00:33:53 (40.8%) | 16:37        | 3.6 (59.0%) |
| 78  | NICEWICZ Karol        | 277   | OPEN Mężczyźni | 66   | 00:44:08 | 01:23:17.90 | +00:34:04 (40.9%) | 16:39        | 3.6 (59.0%) |
| 79  | SKUPIŃSKI Wiktor      | 315   | OPEN Mężczyźni | 67   | 00:44:18 | 01:23:40.85 | +00:34:27 (41.2%) | 16:44        | 3.6 (59.0%) |
| 80  | SKUPIŃSKI Kacper      | 333   | OPEN Mężczyźni | 68   | 00:44:17 | 01:23:42.85 | +00:34:29 (41.2%) | 16:44        | 3.6 (59.0%) |
| 81  | NIETUPSKI Marcin      | 145   | OPEN Mężczyźni | 69   | 00:47:57 | 01:23:48.30 | +00:34:34 (41.3%) | 16:45        | 3.6 (59.0%) |
| 82  | BIELAWSKI Mariusz     | 146   | OPEN Mężczyźni | 70   | 00:48:16 | 01:24:06.15 | +00:34:52 (41.5%) | 16:49        | 3.6 (59.0%) |
| 83  | SZERKSZNIS Dariusz    | 772   | OPEN Mężczyźni | 71   | 00:48:35 | 01:24:20.30 | +00:35:06 (41.6%) | 16:52        | 3.6 (59.0%) |
| 84  | ZAKRZEWSKI Dominik    | 245   | OPEN Mężczyźni | 72   | 00:45:22 | 01:24:22.50 | +00:35:09 (41.7%) | 16:52        | 3.6 (59.0%) |
| 85  | SZWABA Marta          | 337   | OPEN Kobiety   | 13   | 00:47:51 | 01:24:29.00 | +00:35:15 (41.7%) | 16:53        | 3.6 (59.0%) |
| 86  | KUCHARSKA Jadwiga     | 59    | OPEN Kobiety   | 14   | 00:47:44 | 01:24:38.20 | +00:35:24 (41.8%) | 16:55        | 3.5 (57.4%) |
| 87  | STASZEWSKI Jakub      | 354   | OPEN Mężczyźni | 73   | 00:48:15 | 01:25:11.95 | +00:35:58 (42.2%) | 17:02        | 3.5 (57.4%) |
| 88  | PLUCIŃSKI Sylwester   | 850   | OPEN Mężczyźni | 74   | 00:47:08 | 01:25:24.15 | +00:36:10 (42.4%) | 17:04        | 3.5 (57.4%) |
| 89  | ZATORSKI Adam         | 259   | OPEN Mężczyźni | 75   | 00:45:13 | 01:25:38.05 | +00:36:24 (42.5%) | 17:07        | 3.5 (57.4%) |
| 90  | KOZALOSZEK Michał     | 36    | OPEN Mężczyźni | 76   | 00:49:34 | 01:25:49.65 | +00:36:36 (42.6%) | 17:09        | 3.5 (57.4%) |
| 91  | WILCZEK Anna          | 89    | OPEN Kobiety   | 15   | 00:51:04 | 01:26:34.20 | +00:37:20 (43.1%) | 17:18        | 3.5 (57.4%) |
| 92  | ŻAKOWSKI Szymon       | 135   | OPEN Mężczyźni | 77   | 00:48:58 | 01:26:55.60 | +00:37:42 (43.4%) | 17:23        | 3.5 (57.4%) |
| 93  | STOMA Michał          | 112   | OPEN Mężczyźni | 78   | 00:45:01 | 01:26:59.65 | +00:37:46 (43.4%) | 17:23        | 3.4 (55.7%) |
| 94  | CHWALCZEWSKI Konrad   | 310   | OPEN Mężczyźni | 79   | 00:50:32 | 01:27:12.80 | +00:37:59 (43.6%) | 17:26        | 3.4 (55.7%) |
| 95  | DETLAFF Grzegorz      | 313   | OPEN Mężczyźni | 80   | 00:49:08 | 01:27:21.40 | +00:38:08 (43.7%) | 17:28        | 3.4 (55.7%) |
| 96  | DETLAFF Sławomir      | 320   | OPEN Mężczyźni | 81   | 00:49:03 | 01:27:23.55 | +00:38:10 (43.7%) | 17:28        | 3.4 (55.7%) |
| 97  | BORYSEWICZ Adrian     | 24    | OPEN Mężczyźni | 82   | 00:48:22 | 01:27:36.65 | +00:38:23 (43.8%) | 17:31        | 3.4 (55.7%) |
| 98  | ZIEMANN Daniel        | 291   | OPEN Mężczyźni | 83   | 00:49:07 | 01:27:41.30 | +00:38:27 (43.9%) | 17:32        | 3.4 (55.7%) |
| 99  | STACHOWIAK Magdalena  | 300   | OPEN Kobiety   | 16   | 00:51:48 | 01:28:10.25 | +00:38:56 (44.2%) | 17:38        | 3.4 (55.7%) |
| 100 | SADOWSKA Justyna      | 308   | OPEN Kobiety   | 17   | 00:51:49 | 01:28:10.65 | +00:38:57 (44.2%) | 17:38        | 3.4 (55.7%) |
| 101 | KOBUS Piotr           | 251   | OPEN Mężczyźni | 84   | 00:52:19 | 01:28:14.35 | +00:39:00 (44.2%) | 17:38        | 3.4 (55.7%) |
| 102 | WARDOWSKI Przemysław  | 154   | OPEN Mężczyźni | 85   | 00:48:45 | 01:28:21.95 | +00:39:08 (44.3%) | 17:40        | 3.4 (55.7%) |
| 103 | GRYLEWICZ Mikołaj     | 299   | OPEN Mężczyźni | 86   | 00:52:50 | 01:28:55.80 | +00:39:42 (44.6%) | 17:47        | 3.4 (55.7%) |
| 104 | OSUCH Mateusz         | 343   | OPEN Mężczyźni | 87   | 00:47:02 | 01:29:05.55 | +00:39:52 (44.8%) | 17:49        | 3.4 (55.7%) |
| 105 | PAŁUBICKI Artur       | 133   | OPEN Mężczyźni | 88   | 00:51:05 | 01:29:07.30 | +00:39:53 (44.8%) | 17:49        | 3.4 (55.7%) |
| 106 | ANTONOWICZ Adam       | 238   | OPEN Mężczyźni | 89   | 00:49:30 | 01:29:17.20 | +00:40:03 (44.9%) | 17:51        | 3.4 (55.7%) |
| 107 | DERKIEWICZ Zbigniew   | 143   | OPEN Mężczyźni | 90   | 00:53:29 | 01:29:35.30 | +00:40:21 (45.1%) | 17:55        | 3.3 (54.1%) |
| 108 | CIEMOSZEWSKI Michał   | 6     | OPEN Mężczyźni | 91   | 00:53:30 | 01:29:39.45 | +00:40:26 (45.1%) | 17:55        | 3.3 (54.1%) |
| 109 | CIEMOSZEWSKI Michał   | 140   | OPEN Mężczyźni | 92   | 00:53:30 | 01:29:39.60 | +00:40:26 (45.1%) | 17:55        | 3.3 (54.1%) |
| 110 | SZCZUROWSKI Szymon    | 338   | OPEN Mężczyźni | 93   | 00:50:28 | 01:30:27.25 | +00:41:13 (45.6%) | 18:05        | 3.3 (54.1%) |
| 111 | WOJCIECHOWSKI Dominik | 38    | OPEN Mężczyźni | 94   | 00:51:42 | 01:30:44.80 | +00:41:31 (45.8%) | 18:08        | 3.3 (54.1%) |

|     |                       |       |                |      |          | Czas netto  |                   | Tempo  | Tempo       |
|-----|-----------------------|-------|----------------|------|----------|-------------|-------------------|--------|-------------|
| Msc | Zawodnik              | Numer | Kategoria      | Mkat | 3km      | 5km         | Różn              | min/km | km/h        |
| 112 | KEMPIŃSKI Michał      | 244   | OPEN Mężczyźni | 95   | 00:50:40 | 01:31:16.20 | +00:42:02 (46.1%) | 18:15  | 3.3 (54.1%) |
| 113 | CIACIAK Mateusz       | 242   | OPEN Mężczyźni | 96   | 00:50:40 | 01:31:16.45 | +00:42:03 (46.1%) | 18:15  | 3.3 (54.1%) |
| 114 | TOMASZEWSKI Kacper    | 250   | OPEN Mężczyźni | 97   | 00:52:46 | 01:31:36.25 | +00:42:22 (46.3%) | 18:19  | 3.3 (54.1%) |
| 115 | RZEPSKA Ania          | 8     | OPEN Kobiety   | 18   |          | 01:31:59.40 | +00:42:46 (46.5%) | 18:23  | 3.3 (54.1%) |
| 116 | AUGUSTYNIAK Magdalena | 326   | OPEN Kobiety   | 19   | 00:54:40 | 01:32:08.80 | +00:42:55 (46.6%) | 18:25  | 3.3 (54.1%) |
| 117 | MALAWSKI Tomasz       | 99    | OPEN Mężczyźni | 98   | 00:54:39 | 01:32:09.80 | +00:42:56 (46.6%) | 18:25  | 3.3 (54.1%) |
| 118 | ZAJĄC Tomasz          | 180   | OPEN Mężczyźni | 99   | 00:47:51 | 01:32:11.75 | +00:42:58 (46.6%) | 18:26  | 3.3 (54.1%) |
| 119 | ŁONIEWSKA Emilia      | 157   | OPEN Kobiety   | 20   | 00:50:20 | 01:32:17.50 | +00:43:04 (46.7%) | 18:27  | 3.3 (54.1%) |
| 120 | WASILEWSKA Monika     | 262   | OPEN Kobiety   | 21   | 00:53:03 | 01:33:12.50 | +00:43:59 (47.2%) | 18:38  | 3.2 (52.5%) |
| 121 | STELMASZYK Przemysław | 294   | OPEN Mężczyźni | 100  | 00:51:57 | 01:33:15.50 | +00:44:02 (47.2%) | 18:39  | 3.2 (52.5%) |
| 122 | WĄSEK Tomasz          | 92    | OPEN Mężczyźni | 101  | 00:51:25 | 01:33:32.35 | +00:44:18 (47.4%) | 18:42  | 3.2 (52.5%) |
| 123 | DĄBEK Patryk          | 42    | OPEN Mężczyźni | 102  | 00:53:23 | 01:33:48.45 | +00:44:35 (47.5%) | 18:45  | 3.2 (52.5%) |
| 124 | STACHYRA Joanna       | 41    | OPEN Kobiety   | 22   | 00:53:25 | 01:33:49.25 | +00:44:35 (47.5%) | 18:45  | 3.2 (52.5%) |
| 125 | MENDYKA Artur         | 44    | OPEN Mężczyźni | 103  | 00:53:24 | 01:33:49.55 | +00:44:36 (47.5%) | 18:45  | 3.2 (52.5%) |
| 126 | OLEJNICZAK Paulina    | 81    | OPEN Kobiety   | 23   | 00:51:58 | 01:33:53.00 | +00:44:39 (47.6%) | 18:46  | 3.2 (52.5%) |
| 127 | KOZIEL Rafał          | 82    | OPEN Mężczyźni | 104  | 00:51:58 | 01:33:53.40 | +00:44:40 (47.6%) | 18:46  | 3.2 (52.5%) |
| 128 | PIASKOWSKI Szymon     | 83    | OPEN Mężczyźni | 105  | 00:51:59 | 01:33:54.00 | +00:44:40 (47.6%) | 18:46  | 3.2 (52.5%) |
| 129 | PIĄTEK Jakub          | 144   | OPEN Mężczyźni | 106  | 00:52:55 | 01:34:52.65 | +00:45:39 (48.1%) | 18:58  | 3.2 (52.5%) |
| 130 | DZIURKIEWICZ Vanessa  | 164   | OPEN Kobiety   | 24   | 00:52:05 | 01:35:07.75 | +00:45:54 (48.3%) | 19:01  | 3.2 (52.5%) |
| 131 | GAURA Wiktoria        | 258   | OPEN Kobiety   | 25   | 00:52:05 | 01:35:08.05 | +00:45:54 (48.3%) | 19:01  | 3.2 (52.5%) |
| 132 | FIAŁKOWSKA Agnieszka  | 76    | OPEN Kobiety   | 26   | 00:57:20 | 01:35:18.55 | +00:46:05 (48.4%) | 19:03  | 3.1 (50.8%) |
| 133 | KOZŁOWSKI Mateusz     | 85    | OPEN Mężczyźni | 107  | 00:50:49 | 01:35:32.20 | +00:46:18 (48.5%) | 19:06  | 3.1 (50.8%) |
| 134 | SODEL Daniel          | 271   | OPEN Mężczyźni | 108  | 00:50:06 | 01:36:02.85 | +00:46:49 (48.8%) | 19:12  | 3.1 (50.8%) |
| 135 | KREMER Kamil          | 87    | OPEN Mężczyźni | 109  | 00:52:09 | 01:36:11.35 | +00:46:57 (48.8%) | 19:14  | 3.1 (50.8%) |
| 136 | ILCZUK Andrzej        | 35    | OPEN Mężczyźni | 110  | 00:53:43 | 01:36:29.35 | +00:47:15 (49.0%) | 19:17  | 3.1 (50.8%) |
| 137 | LEWANDOWSKI Dawid     | 121   | OPEN Mężczyźni | 111  | 00:52:58 | 01:36:43.75 | +00:47:30 (49.1%) | 19:20  | 3.1 (50.8%) |
| 138 | SZOŁTYSEK Tomasz      | 247   | OPEN Mężczyźni | 112  | 00:53:26 | 01:36:59.70 | +00:47:46 (49.3%) | 19:23  | 3.1 (50.8%) |
| 139 | NIERADKA Błażej       | 108   | OPEN Mężczyźni | 113  | 00:55:52 | 01:37:11.10 | +00:47:57 (49.4%) | 19:26  | 3.1 (50.8%) |
| 140 | FUROWICZ Tomasz       | 351   | OPEN Mężczyźni | 114  | 00:53:20 | 01:37:14.10 | +00:48:00 (49.4%) | 19:26  | 3.1 (50.8%) |
| 141 | TOMOSZ Marcin         | 342   | OPEN Mężczyźni | 115  | 00:54:44 | 01:37:19.75 | +00:48:06 (49.4%) | 19:27  | 3.1 (50.8%) |
| 142 | ZIELIŃSKI Szymon      | 199   | OPEN Mężczyźni | 116  | 00:49:17 | 01:37:40.55 | +00:48:27 (49.6%) | 19:32  | 3.1 (50.8%) |
| 143 | KAMRAJ Michał         | 309   | OPEN Mężczyźni | 117  | 00:55:31 | 01:37:42.80 | +00:48:29 (49.6%) | 19:32  | 3.1 (50.8%) |
| 144 | GŁOWACKI Przemek      | 136   | OPEN Mężczyźni | 118  | 00:53:47 | 01:37:46.40 | +00:48:33 (49.7%) | 19:33  | 3.1 (50.8%) |
| 145 | PRZYBYSZ Przemek      | 88    | OPEN Mężczyźni | 119  | 00:55:19 | 01:37:51.75 | +00:48:38 (49.7%) | 19:34  | 3.1 (50.8%) |
| 146 | CHUKOWSKI Piotr       | 314   | OPEN Mężczyźni | 120  | 00:55:30 | 01:37:55.75 | +00:48:42 (49.7%) | 19:35  | 3.1 (50.8%) |
| 147 | GŁOWIENKA Łukasz      | 153   | OPEN Mężczyźni | 121  | 00:55:02 | 01:38:12.65 | +00:48:59 (49.9%) | 19:38  | 3.1 (50.8%) |
| 148 | RINCA Kacper          | 152   | OPEN Mężczyźni | 122  | 00:55:00 | 01:38:13.70 | +00:49:00 (49.9%) | 19:38  | 3.1 (50.8%) |
| 149 | KOMAR Tomasz          | 51    | OPEN Mężczyźni | 123  | 00:54:19 | 01:38:21.95 | +00:49:08 (50.0%) | 19:40  | 3.1 (50.8%) |
| 150 | OLEJNICZAK Monika     | 57    | OPEN Kobiety   | 27   | 00:58:49 | 01:38:26.70 | +00:49:13 (50.0%) | 19:41  | 3 (49.2%)   |
| 151 | PISKORZ Łukasz        | 327   | OPEN Mężczyźni | 124  | 00:53:54 | 01:38:40.85 | +00:49:27 (50.1%) | 19:44  | 3 (49.2%)   |
| 152 | KAWCZAK Sebastian     | 303   | OPEN Mężczyźni | 125  | 00:56:39 | 01:38:43.25 | +00:49:29 (50.1%) | 19:44  | 3 (49.2%)   |
| 153 | WIĘCEK Jacek          | 280   | OPEN Mężczyźni | 126  | 00:58:14 | 01:39:15.15 | +00:50:01 (50.4%) | 19:51  | 3 (49.2%)   |
| 154 | LAWENDZIEWSKI Michał  | 319   | OPEN Mężczyźni | 127  | 00:53:02 | 01:39:49.00 | +00:50:35 (50.7%) | 19:57  | 3 (49.2%)   |
| 155 | MASTERNAK Aleksander  | 225   | OPEN Mężczyźni | 128  | 00:57:55 | 01:39:50.80 | +00:50:37 (50.7%) | 19:58  | 3 (49.2%)   |

|     |                                 |       |                |      |          | Czas netto  |                   |              |             |
|-----|---------------------------------|-------|----------------|------|----------|-------------|-------------------|--------------|-------------|
| Msc | Zawodnik                        | Numer | Kategoria      | Mkat | 3km      | 5km         | Różn              | Tempo min/km | Tempo km/h  |
| 156 | TOMASZEWSKI Igor                | 252   | OPEN Mężczyźni | 129  | 00:57:54 | 01:39:54.20 | +00:50:40 (50.7%) | 19:58        | 3 (49.2%)   |
| 157 | KOSCHEMBAHR-ŁYSKOWSKI Konstanty | 151   | OPEN Mężczyźni | 130  | 00:54:57 | 01:40:24.35 | +00:51:10 (51.0%) | 20:04        | 3 (49.2%)   |
| 158 | HOLLANDE Adam                   | H170  | OPEN Mężczyźni | 131  | 00:57:14 | 01:40:50.75 | +00:51:37 (51.2%) | 20:10        | 3 (49.2%)   |
| 159 | CZUBA Łukasz                    | 165   | OPEN Mężczyźni | 132  | 00:58:24 | 01:40:56.30 | +00:51:42 (51.2%) | 20:11        | 3 (49.2%)   |
| 160 | HIRNY Mikołaj                   | 284   | OPEN Mężczyźni | 133  | 00:49:21 | 01:41:21.80 | +00:52:08 (51.4%) | 20:16        | 3 (49.2%)   |
| 161 | TURA-GAWRON Karolina            | 233   | OPEN Kobiety   | 28   | 00:55:01 | 01:42:27.95 | +00:53:14 (52.0%) | 20:29        | 2.9 (47.5%) |
| 162 | SZYMAŃSKA Aleksandra            | 206   | OPEN Kobiety   | 29   | 00:58:36 | 01:42:30.25 | +00:53:16 (52.0%) | 20:30        | 2.9 (47.5%) |
| 163 | SMOŁKO Jarosław                 | 13    | OPEN Mężczyźni | 134  | 00:56:36 | 01:42:35.60 | +00:53:22 (52.0%) | 20:31        | 2.9 (47.5%) |
| 164 | SMOŁKO Grzegorz                 | 12    | OPEN Mężczyźni | 135  | 00:56:36 | 01:42:36.15 | +00:53:22 (52.0%) | 20:31        | 2.9 (47.5%) |
| 165 | MAKOWSKI Cyprian                | 298   | OPEN Mężczyźni | 136  | 00:58:58 | 01:42:55.15 | +00:53:41 (52.2%) | 20:35        | 2.9 (47.5%) |
| 166 | MAKOWSKI Rafomir                | 297   | OPEN Mężczyźni | 137  | 00:59:01 | 01:42:57.35 | +00:53:43 (52.2%) | 20:35        | 2.9 (47.5%) |
| 167 | ZALEWSKI Sebastian              | 269   | OPEN Mężczyźni | 138  | 00:57:26 | 01:43:50.20 | +00:54:36 (52.6%) | 20:46        | 2.9 (47.5%) |
| 168 | WASIAKOWSKI Hubert              | 71    | OPEN Mężczyźni | 139  | 00:53:42 | 01:44:13.80 | +00:55:00 (52.8%) | 20:50        | 2.9 (47.5%) |
| 169 | JOŃCA Kajetan                   | 335   | OPEN Mężczyźni | 140  | 00:53:45 | 01:44:20.60 | +00:55:07 (52.8%) | 20:52        | 2.9 (47.5%) |
| 170 | GÓRSKI Alan                     | 512   | OPEN Mężczyźni | 141  | 00:55:14 | 01:44:49.90 | +00:55:36 (53.0%) | 20:57        | 2.9 (47.5%) |
| 171 | BATEHA Kamila                   | 511   | OPEN Kobiety   | 30   | 00:55:16 | 01:44:50.65 | +00:55:37 (53.1%) | 20:58        | 2.9 (47.5%) |
| 172 | MATUSIAK Szymon                 | 249   | OPEN Mężczyźni | 142  | 00:54:36 | 01:45:35.05 | +00:56:21 (53.4%) | 21:07        | 2.8 (45.9%) |
| 173 | PAWŁOWSKI Kamil                 | 360   | OPEN Mężczyźni | 143  | 00:58:26 | 01:46:02.20 | +00:56:48 (53.6%) | 21:12        | 2.8 (45.9%) |
| 174 | WOLSKI Krzysztof                | 359   |                |      | 00:58:25 | 01:46:02.50 | +00:56:49 (53.6%) | 21:12        | 2.8 (45.9%) |
| 175 | SKOTNICKI Wojciech              | 352   | OPEN Mężczyźni | 144  | 00:54:04 | 01:46:06.05 | +00:56:52 (53.6%) | 21:13        | 2.8 (45.9%) |
| 176 | PIETER Paweł                    | 224   | OPEN Mężczyźni | 145  | 00:58:17 | 01:46:09.70 | +00:56:56 (53.6%) | 21:13        | 2.8 (45.9%) |
| 177 | DOLEWSKI Konrad                 | 46    | OPEN Mężczyźni | 146  | 01:03:32 | 01:46:21.25 | +00:57:07 (53.7%) | 21:16        | 2.8 (45.9%) |
| 178 | CZUPA Arkadiusz                 | 17    | OPEN Mężczyźni | 147  | 00:56:48 | 01:46:23.50 | +00:57:10 (53.7%) | 21:16        | 2.8 (45.9%) |
| 179 | DOLEWSKI Karol                  | 47    | OPEN Mężczyźni | 148  | 01:03:28 | 01:46:33.45 | +00:57:20 (53.8%) | 21:18        | 2.8 (45.9%) |
| 180 | DOLEWSKA Elżbieta               | 266   | OPEN Kobiety   | 31   | 01:03:06 | 01:46:45.10 | +00:57:31 (53.9%) | 21:21        | 2.8 (45.9%) |
| 181 | SIEMCZUK Bogusław               | 652   | OPEN Mężczyźni | 149  | 00:59:18 | 01:47:19.95 | +00:58:06 (54.1%) | 21:27        | 2.8 (45.9%) |
| 182 | CZOSNECKI Paweł                 | 176   | OPEN Mężczyźni | 150  | 01:00:00 | 01:47:37.20 | +00:58:23 (54.3%) | 21:31        | 2.8 (45.9%) |
| 183 | MIERZEJEWSKA Monika             | 178   | OPEN Kobiety   | 32   | 00:59:59 | 01:47:37.25 | +00:58:23 (54.3%) | 21:31        | 2.8 (45.9%) |
| 184 | MACKIEWICZ Michał               | 177   | OPEN Mężczyźni | 151  | 01:00:00 | 01:47:37.65 | +00:58:24 (54.3%) | 21:31        | 2.8 (45.9%) |
| 185 | GRAJEWSKA Anna                  | 33    | OPEN Kobiety   | 33   | 01:00:42 | 01:47:42.00 | +00:58:28 (54.3%) | 21:32        | 2.8 (45.9%) |
| 186 | KASZKOWIAK Patryk               | 32    | OPEN Mężczyźni | 152  | 01:00:42 | 01:47:42.35 | +00:58:28 (54.3%) | 21:32        | 2.8 (45.9%) |
| 187 | WYSMOLIŃSKI Konrad              | 18    | OPEN Mężczyźni | 153  | 00:56:50 | 01:47:51.30 | +00:58:37 (54.4%) | 21:34        | 2.8 (45.9%) |
| 188 | TOMOSZ Magdalena                | 97    | OPEN Kobiety   | 34   | 00:59:24 | 01:47:56.05 | +00:58:42 (54.4%) | 21:35        | 2.8 (45.9%) |
| 189 | GRECZANIUK Joanna               | 212   | OPEN Kobiety   | 35   | 01:02:43 | 01:48:09.20 | +00:58:55 (54.5%) | 21:37        | 2.8 (45.9%) |
| 190 | NATER Sebastian                 | 285   | OPEN Mężczyźni | 154  | 00:56:47 | 01:48:10.85 | +00:58:57 (54.5%) | 21:38        | 2.8 (45.9%) |
| 191 | MUCHOWSKI Patrycjusz            | 113   | OPEN Mężczyźni | 155  | 00:56:48 | 01:48:11.80 | +00:58:58 (54.5%) | 21:38        | 2.8 (45.9%) |
| 192 | DAMPS Jacek                     | 353   | OPEN Mężczyźni | 156  | 00:58:08 | 01:48:16.40 | +00:59:03 (54.5%) | 21:39        | 2.8 (45.9%) |
| 193 | KNOZOWSKA Bożena                | 40    | OPEN Kobiety   | 36   | 01:02:17 | 01:48:25.70 | +00:59:12 (54.6%) | 21:41        | 2.8 (45.9%) |
| 194 | PAZIACZKO Radosław              | 43    | OPEN Mężczyźni | 157  | 01:02:19 | 01:48:28.45 | +00:59:15 (54.6%) | 21:41        | 2.8 (45.9%) |
| 195 | SANECKI Przemysław              | 793   | OPEN Mężczyźni | 158  | 01:01:22 | 01:48:45.55 | +00:59:32 (54.7%) | 21:45        | 2.8 (45.9%) |
| 196 | JUREWICZ Paweł                  | 790   | OPEN Mężczyźni | 159  | 01:01:18 | 01:48:46.50 | +00:59:33 (54.7%) | 21:45        | 2.8 (45.9%) |
| 197 | JUREWICZ Ewelina                | 791   | OPEN Kobiety   | 37   | 01:01:22 | 01:48:46.90 | +00:59:33 (54.8%) | 21:45        | 2.8 (45.9%) |
| 198 | JEGLIŃSKI Jarosław              | 614   | OPEN Mężczyźni | 160  | 00:59:31 | 01:48:49.00 | +00:59:35 (54.8%) | 21:45        | 2.8 (45.9%) |
| 199 | SZULIMOWICZ Maciek              | 217   | OPEN Mężczyźni | 161  | 00:59:08 | 01:48:49.35 | +00:59:35 (54.8%) | 21:45        | 2.8 (45.9%) |

|     |                      |       |                |      |          | Czas netto  |                   |              |             |
|-----|----------------------|-------|----------------|------|----------|-------------|-------------------|--------------|-------------|
| Msc | Zawodnik             | Numer | Kategoria      | Mkat | 3km      | 5km         | Różn              | Tempo min/km | Tempo km/h  |
| 200 | BARTOSIK Marta       | 615   | OPEN Kobiety   | 38   | 00:59:32 | 01:48:49.50 | +00:59:36 (54.8%) | 21:45        | 2.8 (45.9%) |
| 201 | SYNOWIEC Jarosław    | 215   | OPEN Mężczyźni | 162  | 00:58:14 | 01:48:58.60 | +00:59:45 (54.8%) | 21:47        | 2.8 (45.9%) |
| 202 | WŁASIUK Patrycja     | 137   | OPEN Kobiety   | 39   | 00:59:09 | 01:49:42.30 | +01:00:28 (55.1%) | 21:56        | 2.7 (44.3%) |
| 203 | DEKOWSKA Elwira      | 138   | OPEN Kobiety   | 40   | 00:59:08 | 01:49:42.35 | +01:00:28 (55.1%) | 21:56        | 2.7 (44.3%) |
| 204 | ROSMANOWSKI Rafał    | 214   | OPEN Mężczyźni | 163  | 00:58:16 | 01:50:06.75 | +01:00:53 (55.3%) | 22:01        | 2.7 (44.3%) |
| 205 | NOWACKI Arkadiusz    | 122   | OPEN Mężczyźni | 164  | 00:58:18 | 01:50:16.15 | +01:01:02 (55.4%) | 22:03        | 2.7 (44.3%) |
| 206 | ALBIŃSKA Anna        | 132   | OPEN Kobiety   | 41   | 01:00:23 | 01:50:55.00 | +01:01:41 (55.6%) | 22:11        | 2.7 (44.3%) |
| 207 | ZARZECKI Jacek       | 229   | OPEN Mężczyźni | 165  | 01:00:23 | 01:50:55.40 | +01:01:42 (55.6%) | 22:11        | 2.7 (44.3%) |
| 208 | SLOWIK Marcin        | 243   | OPEN Mężczyźni | 166  | 00:50:55 | 01:51:09.15 | +01:01:55 (55.7%) | 22:13        | 2.7 (44.3%) |
| 209 | JAGODZIŃSKI Radosław | 50    | OPEN Mężczyźni | 167  | 00:58:55 | 01:51:21.15 | +01:02:07 (55.8%) | 22:16        | 2.7 (44.3%) |
| 210 | LUBIŃSKI Karol       | 268   | OPEN Mężczyźni | 168  | 01:01:23 | 01:51:21.60 | +01:02:08 (55.8%) | 22:16        | 2.7 (44.3%) |
| 211 | ROCHEWICZ Mikołaj    | 16    | OPEN Mężczyźni | 169  | 01:00:05 | 01:51:30.00 | +01:02:16 (55.9%) | 22:18        | 2.7 (44.3%) |
| 212 | WARDOWSKA Diana      | 155   | OPEN Kobiety   | 42   | 01:04:21 | 01:51:59.90 | +01:02:46 (56.0%) | 22:23        | 2.7 (44.3%) |
| 213 | GÓRSKA Marta         | 158   | OPEN Kobiety   | 43   | 01:04:19 | 01:52:01.80 | +01:02:48 (56.1%) | 22:24        | 2.7 (44.3%) |
| 214 | BUCKI Bartosz        | 156   | OPEN Mężczyźni | 170  | 01:04:19 | 01:52:08.35 | +01:02:54 (56.1%) | 22:25        | 2.7 (44.3%) |
| 215 | PAWLAK Joanna        | 93    | OPEN Kobiety   | 44   | 01:00:14 | 01:52:12.00 | +01:02:58 (56.1%) | 22:26        | 2.7 (44.3%) |
| 216 | PRZYSIECKI Daniel    | 94    | OPEN Mężczyźni | 171  | 01:00:15 | 01:52:14.50 | +01:03:01 (56.1%) | 22:26        | 2.7 (44.3%) |
| 217 | STACHURSKI Artur     | 28    | OPEN Mężczyźni | 172  | 01:03:48 | 01:52:27.30 | +01:03:13 (56.2%) | 22:29        | 2.7 (44.3%) |
| 218 | KOŁCZYK Kornel       | 281   | OPEN Mężczyźni | 173  | 00:58:14 | 01:52:37.15 | +01:03:23 (56.3%) | 22:31        | 2.7 (44.3%) |
| 219 | ZAWACKA Natalia      | 236   | OPEN Kobiety   | 45   | 01:04:37 | 01:53:00.00 | +01:03:46 (56.4%) | 22:36        | 2.7 (44.3%) |
| 220 | ZAWACKI Bartosz      | 237   | OPEN Mężczyźni | 174  | 01:04:39 | 01:53:00.05 | +01:03:46 (56.4%) | 22:36        | 2.7 (44.3%) |
| 221 | NOWAK Magdalena      | 91    | OPEN Kobiety   | 46   | 01:04:12 | 01:53:15.85 | +01:04:02 (56.5%) | 22:39        | 2.6 (42.6%) |
| 222 | BROŻEK Patrycja      | 162   | OPEN Kobiety   | 47   | 01:02:37 | 01:53:16.25 | +01:04:02 (56.5%) | 22:39        | 2.6 (42.6%) |
| 223 | TOMCZAK Jakub        | 160   | OPEN Mężczyźni | 175  | 01:02:37 | 01:53:16.50 | +01:04:03 (56.5%) | 22:39        | 2.6 (42.6%) |
| 224 | BARSZCZ Damian       | 161   | OPEN Mężczyźni | 176  | 01:02:37 | 01:53:17.10 | +01:04:03 (56.5%) | 22:39        | 2.6 (42.6%) |
| 225 | KOZŁOWSKI Michał     | 356   | OPEN Mężczyźni | 177  | 01:01:06 | 01:53:31.80 | +01:04:18 (56.6%) | 22:42        | 2.6 (42.6%) |
| 226 | KUŹNIECOW Kamila     | 355   | OPEN Kobiety   | 48   | 01:01:06 | 01:53:32.30 | +01:04:18 (56.6%) | 22:42        | 2.6 (42.6%) |
| 227 | SERWAŃSKA Katarzyna  | 102   | OPEN Kobiety   | 49   | 01:07:33 | 01:53:37.70 | +01:04:24 (56.7%) | 22:43        | 2.6 (42.6%) |
| 228 | WOJCIESZAK Szczepan  | 104   | OPEN Mężczyźni | 178  | 01:07:33 | 01:53:37.80 | +01:04:24 (56.7%) | 22:43        | 2.6 (42.6%) |
| 229 | DĄBROWSKA Kamila     | 288   | OPEN Kobiety   | 50   | 01:00:02 | 01:53:57.25 | +01:04:43 (56.8%) | 22:47        | 2.6 (42.6%) |
| 230 | JACEWICZ Agnieszka   | 289   | OPEN Kobiety   | 51   | 01:00:03 | 01:53:59.75 | +01:04:46 (56.8%) | 22:47        | 2.6 (42.6%) |
| 231 | ŁOKAJ Krzysztof      | 317   | OPEN Mężczyźni | 179  | 01:02:06 | 01:54:06.30 | +01:04:52 (56.9%) | 22:49        | 2.6 (42.6%) |
| 232 | PAWŁOWSKI Grzegorz   | 246   | OPEN Mężczyźni | 180  | 01:02:07 | 01:54:08.05 | +01:04:54 (56.9%) | 22:49        | 2.6 (42.6%) |
| 233 | WALKOWIAK Daria      | 255   | OPEN Kobiety   | 52   | 01:05:17 | 01:54:26.25 | +01:05:12 (57.0%) | 22:53        | 2.6 (42.6%) |
| 234 | ZIELIŃSKA Katarzyna  | 256   | OPEN Kobiety   | 53   | 01:05:02 | 01:54:27.30 | +01:05:13 (57.0%) | 22:53        | 2.6 (42.6%) |
| 235 | ŻYLIŃSKI Dawid       | 274   | OPEN Mężczyźni | 181  | 01:04:35 | 01:56:11.50 | +01:06:58 (57.6%) | 23:14        | 2.6 (42.6%) |
| 236 | KRAWCZYK Bartosz     | 201   | OPEN Mężczyźni | 182  | 01:04:34 | 01:56:14.25 | +01:07:00 (57.7%) | 23:14        | 2.6 (42.6%) |
| 237 | PTASINSKI Piotr      | 332   | OPEN Mężczyźni | 183  | 01:04:35 | 01:56:14.45 | +01:07:01 (57.7%) | 23:14        | 2.6 (42.6%) |
| 238 | MRÓZEK Robert        | 275   | OPEN Mężczyźni | 184  | 01:05:17 | 01:57:04.10 | +01:07:50 (58.0%) | 23:24        | 2.6 (42.6%) |
| 239 | SKORUPA Iwona        | 204   | OPEN Kobiety   | 54   | 01:04:13 | 01:58:15.95 | +01:09:02 (58.4%) | 23:39        | 2.5 (41.0%) |
| 240 | HAUKE Bartłomiej     | 150   | OPEN Mężczyźni | 185  | 01:04:47 | 01:58:43.00 | +01:09:29 (58.5%) | 23:44        | 2.5 (41.0%) |
| 241 | PIETRZAK Jakub       | 124   | OPEN Mężczyźni | 186  | 01:11:11 | 01:58:44.25 | +01:09:30 (58.5%) | 23:44        | 2.5 (41.0%) |
| 242 | SOKOŁOWSKI Michał    | 123   | OPEN Mężczyźni | 187  | 01:11:12 | 01:58:45.30 | +01:09:31 (58.6%) | 23:45        | 2.5 (41.0%) |
| 243 | MACIASZEK Jolanta    | 817   | OPEN Kobiety   | 55   | 01:09:40 | 01:59:19.95 | +01:10:06 (58.8%) | 23:51        | 2.5 (41.0%) |

|     |                           |       |                |      |          | Czas netto 5km | Różn              | Tempo min/km | Tempo km/h  |
|-----|---------------------------|-------|----------------|------|----------|----------------|-------------------|--------------|-------------|
| Msc | Zawodnik                  | Numer | Kategoria      | Mkat | 3km      |                |                   |              |             |
| 244 | BUJALSKA Sylwia           | 1     | OPEN Kobiety   | 56   | 01:08:25 | 01:59:37.55    | +01:10:24 (58.9%) | 23:55        | 2.5 (41.0%) |
| 245 | LANDI Jakub               | 2     | OPEN Mężczyźni | 188  | 01:08:24 | 01:59:37.70    | +01:10:24 (58.9%) | 23:55        | 2.5 (41.0%) |
| 246 | LIEDTKE Mateusz           | 321   | OPEN Mężczyźni | 189  | 01:06:20 | 02:00:27.70    | +01:11:14 (59.1%) | 24:05        | 2.5 (41.0%) |
| 247 | GRUBBA Kateryna           | 322   | OPEN Kobiety   | 57   | 01:06:18 | 02:00:29.55    | +01:11:16 (59.1%) | 24:05        | 2.5 (41.0%) |
| 248 | WASILEWSKI Krzysztof      | 168   | OPEN Mężczyźni | 190  | 01:05:16 | 02:00:34.65    | +01:11:21 (59.2%) | 24:06        | 2.5 (41.0%) |
| 249 | MISIACZEK Jonasz          | H169  | OPEN Mężczyźni | 191  | 01:10:30 | 02:00:43.25    | +01:11:29 (59.2%) | 24:08        | 2.5 (41.0%) |
| 250 | DUKACZEWSKA Anna          | H168  | OPEN Kobiety   | 58   | 01:10:33 | 02:00:45.60    | +01:11:32 (59.2%) | 24:09        | 2.5 (41.0%) |
| 251 | ZACHARUK Sławomir         | H167  | OPEN Mężczyźni | 192  | 01:10:33 | 02:00:46.10    | +01:11:32 (59.2%) | 24:09        | 2.5 (41.0%) |
| 252 | KOWALSKA Nina             | 45    | OPEN Kobiety   | 59   | 01:07:52 | 02:00:56.75    | +01:11:43 (59.3%) | 24:11        | 2.5 (41.0%) |
| 253 | OGŁAZA Agata              | 115   | OPEN Kobiety   | 60   | 01:13:58 | 02:01:44.20    | +01:12:30 (59.6%) | 24:20        | 2.5 (41.0%) |
| 254 | POWROŹNIK Aleksandra      | 222   | OPEN Kobiety   | 61   | 01:13:58 | 02:01:45.70    | +01:12:32 (59.6%) | 24:21        | 2.5 (41.0%) |
| 255 | ANDRZEJSKI Maksymilian    | 348   | OPEN Mężczyźni | 193  | 01:07:56 | 02:01:58.75    | +01:12:45 (59.6%) | 24:23        | 2.5 (41.0%) |
| 256 | ANDRZEJSKI Miłosz         | 347   | OPEN Mężczyźni | 194  | 01:07:55 | 02:01:59.00    | +01:12:45 (59.6%) | 24:23        | 2.5 (41.0%) |
| 257 | JAWORSKA SZYMCZAK Paulina | 114   | OPEN Kobiety   | 62   | 01:05:56 | 02:03:13.30    | +01:13:59 (60.1%) | 24:38        | 2.4 (39.3%) |
| 258 | SZYMCZAK Bartosz          | 110   | OPEN Mężczyźni | 195  | 01:05:53 | 02:03:13.85    | +01:14:00 (60.1%) | 24:38        | 2.4 (39.3%) |
| 259 | GADZINA Tomasz            | 202   | OPEN Mężczyźni | 196  | 01:14:28 | 02:04:28.65    | +01:15:15 (60.5%) | 24:53        | 2.4 (39.3%) |
| 260 | SZYMAŃSKI Marcin          | 179   | OPEN Mężczyźni | 197  | 01:14:27 | 02:04:35.25    | +01:15:21 (60.5%) | 24:55        | 2.4 (39.3%) |
| 261 | BAWACH Mateusz            | 518   | OPEN Mężczyźni | 198  | 01:13:26 | 02:04:48.80    | +01:15:35 (60.6%) | 24:57        | 2.4 (39.3%) |
| 262 | PRZYBYSZEWSKI Adam        | 517   |                |      | 01:13:28 | 02:04:49.05    | +01:15:35 (60.6%) | 24:57        | 2.4 (39.3%) |
| 263 | MAJCHNIAK Adrianna        | 519   | OPEN Kobiety   | 63   | 01:13:25 | 02:04:49.15    | +01:15:35 (60.6%) | 24:57        | 2.4 (39.3%) |
| 264 | MADZIARA Sebastian        | 208   | OPEN Mężczyźni | 199  | 01:14:00 | 02:05:14.45    | +01:16:01 (60.7%) | 25:02        | 2.4 (39.3%) |
| 265 | MADZIARA Anna             | 216   | OPEN Kobiety   | 64   | 01:12:03 | 02:05:14.55    | +01:16:01 (60.7%) | 25:02        | 2.4 (39.3%) |
| 266 | REMLEIN Bartłomiej        | 75    | OPEN Mężczyźni | 200  | 01:12:04 | 02:05:15.95    | +01:16:02 (60.7%) | 25:03        | 2.4 (39.3%) |
| 267 | BŁASZCZYK Sylwia          | 227   | OPEN Kobiety   | 65   | 01:12:06 | 02:05:17.15    | +01:16:03 (60.7%) | 25:03        | 2.4 (39.3%) |
| 268 | SKOTNICKI Marcin          | 226   | OPEN Mężczyźni | 201  | 01:12:06 | 02:05:17.70    | +01:16:04 (60.7%) | 25:03        | 2.4 (39.3%) |
| 269 | RODZEŃ Małgorzata         | 213   | OPEN Kobiety   | 66   | 01:12:04 | 02:05:18.50    | +01:16:05 (60.7%) | 25:03        | 2.4 (39.3%) |
| 270 | RODZEŃ Łukasz             | 235   | OPEN Mężczyźni | 202  | 01:12:03 | 02:05:18.75    | +01:16:05 (60.7%) | 25:03        | 2.4 (39.3%) |
| 271 | ZIELIŃSKI Andrzej         | 228   | OPEN Mężczyźni | 203  |          | 02:05:19.55    | +01:16:06 (60.7%) | 25:03        | 2.4 (39.3%) |
| 272 | JANCZEWSKA Marta          | 170   | OPEN Kobiety   | 67   | 01:12:19 | 02:06:50.10    | +01:17:36 (61.2%) | 25:22        | 2.4 (39.3%) |
| 273 | STAWICKI Jarosław         | 174   | OPEN Mężczyźni | 204  | 01:12:23 | 02:06:50.15    | +01:17:36 (61.2%) | 25:22        | 2.4 (39.3%) |
| 274 | ŚWITAŁOWSKI Karol         | 239   | OPEN Mężczyźni | 205  | 01:12:23 | 02:06:51.30    | +01:17:37 (61.2%) | 25:22        | 2.4 (39.3%) |
| 275 | RATAJCZYK Monika          | 173   | OPEN Kobiety   | 68   | 01:12:22 | 02:06:51.85    | +01:17:38 (61.2%) | 25:22        | 2.4 (39.3%) |
| 276 | KASZUBA Bartosz           | 175   | OPEN Mężczyźni | 206  | 01:12:19 | 02:06:52.30    | +01:17:38 (61.2%) | 25:22        | 2.4 (39.3%) |
| 277 | MNICH Bartłomiej          | 169   | OPEN Mężczyźni | 207  | 01:12:21 | 02:06:52.85    | +01:17:39 (61.2%) | 25:22        | 2.4 (39.3%) |
| 278 | JAZIC Karolina            | 171   | OPEN Kobiety   | 69   | 01:12:23 | 02:06:53.15    | +01:17:39 (61.2%) | 25:22        | 2.4 (39.3%) |
| 279 | CZERNIEJEWICZ Piotr       | 172   | OPEN Mężczyźni | 208  | 01:12:20 | 02:06:55.20    | +01:17:41 (61.2%) | 25:23        | 2.4 (39.3%) |
| 280 | FELD Łukasz               | H152  | OPEN Mężczyźni | 209  | 01:07:36 | 02:07:02.20    | +01:17:48 (61.3%) | 25:24        | 2.4 (39.3%) |
| 281 | CHWIŁOC-FIŁOC Anna        | 336   | OPEN Kobiety   | 70   |          | 02:08:12.50    | +01:18:59 (61.6%) | 25:38        | 2.3 (37.7%) |
| 282 | OCHOWIAK Paweł            | 323   | OPEN Mężczyźni | 210  | 01:09:22 | 02:08:12.80    | +01:18:59 (61.6%) | 25:38        | 2.3 (37.7%) |
| 283 | OCHOWIAK Klaudia          | 304   | OPEN Kobiety   | 71   | 01:09:17 | 02:08:12.90    | +01:18:59 (61.6%) | 25:38        | 2.3 (37.7%) |
| 284 | MAGDZIARZ Paulina         | 305   | OPEN Kobiety   | 72   | 01:09:18 | 02:08:13.10    | +01:18:59 (61.6%) | 25:38        | 2.3 (37.7%) |
| 285 | NARAJEWSKI Grzegorz       | 263   | OPEN Mężczyźni | 211  | 01:09:17 | 02:08:13.15    | +01:18:59 (61.6%) | 25:38        | 2.3 (37.7%) |
| 286 | BŁASZKIEWICZ Michał       | 127   | OPEN Mężczyźni | 212  |          | 02:10:40.60    | +01:21:27 (62.3%) | 26:08        | 2.3 (37.7%) |
| 287 | GRZECZNOWSKI Jacek        | 148   | OPEN Mężczyźni | 213  | 01:13:24 | 02:10:53.15    | +01:21:39 (62.4%) | 26:10        | 2.3 (37.7%) |

|     |                       |       |                |      |          | Czas netto  |                   |              |             |
|-----|-----------------------|-------|----------------|------|----------|-------------|-------------------|--------------|-------------|
| Msc | Zawodnik              | Numer | Kategoria      | Mkat | 3km      | 5km         | Różn              | Tempo min/km | Tempo km/h  |
| 288 | BŁASZKIEWICZ Malwina  | 126   | OPEN Kobiety   | 73   | 01:13:26 | 02:10:54.25 | +01:21:40 (62.4%) | 26:10        | 2.3 (37.7%) |
| 289 | GRZECZNOWSKA Daria    | 147   | OPEN Kobiety   | 74   | 01:13:28 | 02:10:54.45 | +01:21:41 (62.4%) | 26:10        | 2.3 (37.7%) |
| 290 | ZIÓŁKOWSKA Aleksandra | 301   | OPEN Kobiety   | 75   | 01:09:51 | 02:11:18.40 | +01:22:05 (62.5%) | 26:15        | 2.3 (37.7%) |
| 291 | DŁUTKOWSKI Michał     | 111   | OPEN Mężczyźni | 214  | 01:09:55 | 02:11:31.15 | +01:22:17 (62.6%) | 26:18        | 2.3 (37.7%) |
| 292 | STAVRAKAKIS Nikolaos  | 84    | OPEN Mężczyźni | 215  | 01:18:42 | 02:11:45.45 | +01:22:32 (62.6%) | 26:21        | 2.3 (37.7%) |
| 293 | KALISZEWSKI Adam      | 30    | OPEN Mężczyźni | 216  | 01:11:59 | 02:12:23.45 | +01:23:10 (62.8%) | 26:28        | 2.3 (37.7%) |
| 294 | ZALEWSKA Urszula      | 29    | OPEN Kobiety   | 76   | 01:12:01 | 02:12:25.75 | +01:23:12 (62.8%) | 26:29        | 2.3 (37.7%) |
| 295 | ROŻNIECKI Jacek       | 67    | OPEN Mężczyźni | 217  | 01:14:30 | 02:12:26.75 | +01:23:13 (62.8%) | 26:29        | 2.3 (37.7%) |
| 296 | JANAS Szymon          | 240   | OPEN Mężczyźni | 218  | 01:14:03 | 02:12:26.85 | +01:23:13 (62.8%) | 26:29        | 2.3 (37.7%) |
| 297 | SOŁON Marlena         | 260   | OPEN Kobiety   | 77   | 01:14:04 | 02:12:27.15 | +01:23:13 (62.8%) | 26:29        | 2.3 (37.7%) |
| 298 | KALISZEWSKA Krystyna  | 31    | OPEN Kobiety   | 78   |          | 02:12:28.90 | +01:23:15 (62.8%) | 26:29        | 2.3 (37.7%) |
| 299 | CHAJĘCKA Paulina      | 142   | OPEN Kobiety   | 79   | 01:16:29 | 02:12:29.90 | +01:23:16 (62.8%) | 26:29        | 2.3 (37.7%) |
| 300 | LEWNAU Łukasz         | 141   | OPEN Mężczyźni | 219  | 01:16:33 | 02:12:32.35 | +01:23:18 (62.9%) | 26:30        | 2.3 (37.7%) |
| 301 | HADYNA Nurwadi        | 52    | OPEN Kobiety   | 80   | 01:14:07 | 02:12:48.80 | +01:23:35 (62.9%) | 26:33        | 2.3 (37.7%) |
| 302 | NEJC Wojtek           | 26    | OPEN Mężczyźni | 220  | 01:14:35 | 02:13:22.65 | +01:24:09 (63.1%) | 26:40        | 2.2 (36.1%) |
| 303 | BIAŁEK Igor           | 286   | OPEN Mężczyźni | 221  | 01:14:36 | 02:13:25.60 | +01:24:12 (63.1%) | 26:41        | 2.2 (36.1%) |
| 304 | NEJC Dariusz          | 27    | OPEN Mężczyźni | 222  | 01:14:22 | 02:13:26.90 | +01:24:13 (63.1%) | 26:41        | 2.2 (36.1%) |
| 305 | NEJC Michał           | 25    | OPEN Mężczyźni | 223  | 01:14:10 | 02:13:33.35 | +01:24:19 (63.1%) | 26:42        | 2.2 (36.1%) |
| 306 | DYMEK Jakub           | 223   | OPEN Mężczyźni | 224  | 01:17:00 | 02:15:44.75 | +01:26:31 (63.7%) | 27:08        | 2.2 (36.1%) |
| 307 | KOWALSKI Michał       | 254   | OPEN Mężczyźni | 225  | 01:10:16 | 02:15:51.55 | +01:26:38 (63.8%) | 27:10        | 2.2 (36.1%) |
| 308 | CEGIEŁKA Kacper       | 345   | OPEN Mężczyźni | 226  | 01:14:34 | 02:15:55.50 | +01:26:42 (63.8%) | 27:11        | 2.2 (36.1%) |
| 309 | SOWA Natalia          | 346   | OPEN Kobiety   | 81   | 01:14:38 | 02:16:02.35 | +01:26:48 (63.8%) | 27:12        | 2.2 (36.1%) |
| 310 | ANDRZEJEWSKI Rafał    | 117   | OPEN Mężczyźni | 227  | 01:18:44 | 02:18:33.00 | +01:29:19 (64.5%) | 27:42        | 2.2 (36.1%) |
| 311 | DATA Zbigniew         | 5     | OPEN Mężczyźni | 228  | 01:21:30 | 02:24:13.65 | +01:35:00 (65.9%) | 28:50        | 2.1 (34.4%) |
| 312 | KRUSZYŃSKI Mariusz    | 149   | OPEN Mężczyźni | 229  | 01:21:17 | 02:25:58.65 | +01:36:45 (66.3%) | 29:11        | 2.1 (34.4%) |
| 313 | KWIATKOWSKA Joanna    | 98    | OPEN Kobiety   | 82   | 01:25:46 | 02:26:37.55 | +01:37:24 (66.4%) | 29:19        | 2 (32.8%)   |
| 314 | GAPSKA Oliwia         | 55    | OPEN Kobiety   | 83   |          | 02:26:39.45 | +01:37:26 (66.4%) | 29:19        | 2 (32.8%)   |
| 315 | GAPSKA Natalia        | 56    | OPEN Kobiety   | 84   |          | 02:26:39.50 | +01:37:26 (66.4%) | 29:19        | 2 (32.8%)   |
| 316 | LORKOWSKI Marcel      | 65    | OPEN Mężczyźni | 230  |          | 02:26:43.05 | +01:37:29 (66.5%) | 29:20        | 2 (32.8%)   |
| 317 | GAPSKI Piotr          | 54    | OPEN Mężczyźni | 231  | 01:25:44 | 02:26:47.70 | +01:37:34 (66.5%) | 29:21        | 2 (32.8%)   |
| 318 | LORKOWSKA Mirela      | 66    | OPEN Kobiety   | 85   | 01:25:45 | 02:26:49.45 | +01:37:36 (66.5%) | 29:21        | 2 (32.8%)   |
| 319 | LORKOWSKI Marcin      | 64    | OPEN Mężczyźni | 232  | 01:25:48 | 02:26:51.45 | +01:37:38 (66.5%) | 29:22        | 2 (32.8%)   |
| 320 | WOJTAK Joanna         | 62    | OPEN Kobiety   | 86   | 01:25:47 | 02:26:52.25 | +01:37:38 (66.5%) | 29:22        | 2 (32.8%)   |
| 321 | GÓRAJ Marta           | 61    | OPEN Kobiety   | 87   | 01:25:43 | 02:26:54.50 | +01:37:41 (66.5%) | 29:22        | 2 (32.8%)   |
| 322 | KONOPA Kamil          | 324   | OPEN Mężczyźni | 233  | 01:18:42 | 02:32:49.10 | +01:43:35 (67.8%) | 30:33        | 2 (32.8%)   |
| 323 | PYZIK Dawid           | 325   | OPEN Mężczyźni | 234  | 01:18:45 | 02:32:59.15 | +01:43:45 (67.8%) | 30:35        | 2 (32.8%)   |
| 324 | GILEWSKI Maksym       | 190   | OPEN Mężczyźni | 235  | 01:30:28 | 02:38:17.15 | +01:49:03 (68.9%) | 31:39        | 1.9 (31.1%) |
| 325 | KULESZA Anna          | 191   | OPEN Kobiety   | 88   | 01:30:27 | 02:38:17.30 | +01:49:03 (68.9%) | 31:39        | 1.9 (31.1%) |
| 326 | MARCZUK Mateusz       | 193   | OPEN Mężczyźni | 236  | 01:30:28 | 02:38:17.35 | +01:49:03 (68.9%) | 31:39        | 1.9 (31.1%) |
| 327 | SIEMIENIECKI Oskar    | 200   | OPEN Mężczyźni | 237  | 01:30:32 | 02:38:17.65 | +01:49:04 (68.9%) | 31:39        | 1.9 (31.1%) |
| 328 | PAWŁOWSKI Sebastian   | 186   | OPEN Mężczyźni | 238  | 01:30:30 | 02:38:19.30 | +01:49:05 (68.9%) | 31:39        | 1.9 (31.1%) |
| 329 | GORCZYCA Paweł        | 196   | OPEN Mężczyźni | 239  | 01:30:33 | 02:38:20.55 | +01:49:07 (68.9%) | 31:40        | 1.9 (31.1%) |
| 330 | SOBIERAJ Artur        | 189   | OPEN Mężczyźni | 240  | 01:30:29 | 02:38:21.90 | +01:49:08 (68.9%) | 31:40        | 1.9 (31.1%) |
| 331 | TREPCZYK Patryk       | 74    | OPEN Mężczyźni | 241  | 01:28:25 | 02:44:01.75 | +01:54:48 (70.0%) | 32:48        | 1.8 (29.5%) |

| Msc | Zawodnik            | Numer | Kategoria      | Mkat | 3km      | Czas netto 5km | Różn              | Tempo min/km | Tempo km/h  |
|-----|---------------------|-------|----------------|------|----------|----------------|-------------------|--------------|-------------|
| 332 | TREPCZYK Paweł      | 73    | OPEN Mężczyźni | 242  | 01:28:23 | 02:44:01.95    | +01:54:48 (70.0%) | 32:48        | 1.8 (29.5%) |
| 333 | KIJEWSKI Jacek      | 187   | OPEN Mężczyźni | 243  | 01:37:27 | 02:53:11.60    | +02:03:58 (71.6%) | 34:38        | 1.7 (27.9%) |
| 334 | ANTONIEWICZ Aneta   | 195   | OPEN Kobiety   | 89   | 01:46:32 | 02:57:10.45    | +02:07:57 (72.2%) | 35:26        | 1.7 (27.9%) |
| 335 | MAJCHEREK Monika    | 192   | OPEN Kobiety   | 90   | 01:46:35 | 02:57:12.85    | +02:07:59 (72.2%) | 35:26        | 1.7 (27.9%) |
| 336 | MIERZEJEWSKI Maciej | 183   | OPEN Mężczyźni | 244  | 01:46:33 | 02:57:13.10    | +02:07:59 (72.2%) | 35:26        | 1.7 (27.9%) |
| 337 | WAŁUSZKO Izabela    | 194   | OPEN Kobiety   | 91   | 01:46:56 | 02:57:13.25    | +02:07:59 (72.2%) | 35:26        | 1.7 (27.9%) |
| 338 | ENGIEL Paweł        | 139   | OPEN Mężczyźni | 245  | 01:01:26 |                | +00:32:49         | 20:28        | 2.9 (47.5%) |
| 339 | DRZĄDZEWSKI Maciej  | 514   | OPEN Mężczyźni | 246  | 01:10:37 |                | +00:42:00         | 23:32        | 2.5 (41.0%) |
| 340 | KASPERSKI Andrzej   | 116   | OPEN Mężczyźni | 247  | 01:46:23 |                | +                 | 35:27        | 1.7 (27.9%) |
| 341 | DERKIEWICZ Zbigniew | 10    | OPEN Mężczyźni | 248  |          |                |                   |              | (0.0%)      |

Znaleziono 341 wynik(ów)