



HARDY ROLLING - 11 KM

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

PIENINY ULTRA-TRAIL®
Fundacja Strefa Przygód
2023-04-22
Szczawnica
10.8 km

B4SPORT
INTELEKTUALNE ZAWODY SPORTOWE

Klasyfikacja: Premia Górska - OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Drużyna	Premia1 3.8km	Premia2 4.3km	Czas netto 10.8km	Czas brutto 10.8km	Różn	Tempo min/km	Tempo km/h
1	ŁOBODZIŃSKI Piotr	212	BRAK SPONSORA	M30	2	MP	KS Prefbet- Sonarol	00:17:48	00:20:18	00:42:46.65	00:42:46.65	+00:00:00 (- 359,900.0%)	3:57	15.2 (100%)
2	KUBICA Marcin	208	BUFF/ SALOMON	M20	1	MP	KS Sprint Bielsko-Biała	00:17:35	00:20:13	00:42:18.00	00:42:19.30	+00:00:08 (- 340,677.3%)	3:54	15.3 (101%)
3	OLEJNIK Michał	388	WKS GRUNWALD POZNAŃ	M30	1	MP	WKS Grunwald Poznań	00:17:31	00:20:09	00:42:11.40	00:42:12.70	+00:00:08 (- 340,569.6%)	3:54	15.4 (101.3%)
4	KACZOR Jan	437		M20	4	MP	WLKS Wrocław	00:18:52	00:21:40	00:46:33.25	00:46:34.60	+00:00:17 (- 321,378.4%)	4:18	13.9 (91.4%)
5	TABOR Dominik	210	HOKA GARMIN TEAM/SBG SALCO	M20	2	MP	SBG Salco Niepołomice	00:18:07	00:20:55	00:43:51.35	00:43:51.35	+00:00:18 (- 319,662.8%)	4:03	14.8 (97.4%)
6	LEPIARZ Sylwester	211	LKB RUDNIK	M30	3	MP	LKB Rudnik	00:17:51	00:20:44	00:45:11.55	00:45:13.10	+00:00:22 (- 312,616.7%)	4:11	14.3 (94.1%)
7	ŻÓŁTEK Grzegorz	430	TC ORZEŁ SPYTKOWICE	M30	6			00:20:27	00:23:33	00:51:14.30	00:51:16.35	+00:00:36 (- 290,147.6%)	4:44	12.6 (82.9%)
8	DUDCZAK Michał	213	THE NORTH FACE	M20	3	MP	LLKS Osowa Sień	00:18:43	00:21:49	00:45:49.65	00:45:50.90	+00:00:36 (- 288,671.1%)	4:14	14.1 (92.8%)
9	BOROŃ Dariusz	463		M30	4	MP	UKS Lider Siercza	00:19:58	00:23:09	00:49:19.70	00:49:21.35	+00:00:40 (- 282,912.3%)	4:33	13.1 (86.2%)
10	CELIŃSKA Anna	201	BYLEDOBIEC ANIN	K40	1	MP	KS Sprint Bielsko-Biała	00:21:05	00:24:19	00:52:00.30	00:52:01.85	+00:00:44 (- 277,593.1%)	4:48	12.5 (82.2%)
11	KUNZ Marcin	369	LACHO TEAM	M20	5			00:20:21	00:23:39	00:48:57.50	00:48:57.50	+00:00:48 (- 272,332.4%)	4:31	13.2 (86.8%)
12	JANDURA Adrian	485	FLISACY PIENIŃSCY	M20	10			00:22:15	00:25:36	00:55:48.10	00:55:48.10	+00:00:52 (- 267,134.9%)	5:10	11.6 (76.3%)
13	BROJ Marcel	378	BROJ TEAM ŻLINICE	M20	7	MP	AZS KU Politechniki Opolskiej Opole	00:20:26	00:23:50	00:51:17.60	00:51:20.35	+00:00:55 (- 263,156.0%)	4:44	12.6 (82.9%)
14	MAZAN Beata	335	FINISZ RYMANÓW	K30	2	MP	KKB MOSiR Krosno	00:22:08	00:25:33	00:55:39.55	00:55:39.55	+00:00:55 (- 263,091.8%)	5:09	11.6 (76.3%)
15	DUDA Sebastian	319		M20	6	MP	UKS Trójka Mikołów	00:20:51	00:24:17	00:49:46.10	00:49:46.10	+00:00:56 (- 261,622.9%)	4:36	13 (85.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Drużyna	Premia1 3.8km	Premia2 4.3km	Czas netto 10.8km	Czas brutto 10.8km	Różn	Tempo min/km	Tempo km/h
16	GABRYŚ Rafał	441	MKL BRYGADA BESKIDÓW NOWY SĄCZ	M30	5	MP	MKL Brygada Beskidów Nowy Sącz	00:20:18	00:23:44	00:50:13.40	00:50:13.40	+00:00:56 (- 261,495.9%)	4:38	12.9 (84.9%)
17	WAŚKO Paweł	334	CENTRUM MASAŻU	M50	1			00:21:58	00:25:28	00:54:07.15	00:54:08.70	+00:01:00 (- 256,272.7%)	5:00	12 (78.9%)
18	TRACZ Paulina	205		K30	1	MP	SBG Salco Niepołomice	00:21:38	00:25:10	00:52:43.10	00:52:43.10	+00:01:02 (- 254,337.4%)	4:52	12.3 (80.9%)
19	BUŻNIAK Arkadiusz	440	MKL BRYGADA BESKIDÓW	M30	7	MP	MKL Brygada Beskidów Nowy Sącz	00:22:01	00:25:34	00:52:24.90	00:52:24.90	+00:01:03 (- 253,083.1%)	4:51	12.4 (81.6%)
20	TRACZ Łukasz	450	WWW.TRENINGFIZJOTERAPIA.PL	M30	10			00:22:13	00:25:47	00:53:37.10	00:53:37.10	+00:01:04 (- 251,958.9%)	4:57	12.1 (79.6%)
21	FICNER Anna	203	MKS SIECHNICE	K30	3	MP	MKS Siechnice	00:22:53	00:26:27	00:56:08.50	00:56:08.50	+00:01:04 (- 251,547.2%)	5:11	11.5 (75.7%)
22	SKALSKA Anna	352	ALPIN SPORT TEAM	K40	3	MP	MKS-MOSM Bytom	00:23:37	00:27:15	00:56:10.55	00:56:13.30	+00:01:08 (- 247,219.4%)	5:12	11.5 (75.7%)
23	CHŁANDA Sebastian	354	GRUPETTO GORLICE	M30	8	MP	ULKS Lipinki	00:21:22	00:25:01	00:52:28.60	00:52:32.40	+00:01:08 (- 246,540.8%)	4:51	12.4 (81.6%)
24	KAPUSTA- SZYDŁAK Sylwia	325		K40	2	MP	CWKS Resovia Rzeszów	00:22:13	00:25:54	00:53:51.65	00:53:53.60	+00:01:10 (- 244,637.9%)	4:59	12 (78.9%)
25	KOZAK Tomasz	482		M20	13			00:25:09	00:28:50	00:59:01.15	00:59:01.15	+00:01:11 (- 243,752.6%)	5:27	11 (72.4%)
26	KURZEJA Michał	487	MYENDURANCETEAM	M20	14			00:21:38	00:25:19	00:59:24.60	00:59:25.65	+00:01:11 (- 243,422.2%)	5:30	10.9 (71.7%)
27	STANEK Patrycja	494		K20	4	MP	LLKS Osowa Sień	00:23:29	00:27:12	00:59:04.80	00:59:08.50	+00:01:12 (- 242,001.0%)	5:28	11 (72.4%)
28	WRÓBEL Przemysław	322		M40	1			00:22:16	00:26:00	00:52:23.15	00:52:25.00	+00:01:13 (- 241,026.8%)	4:51	12.4 (81.6%)
29	MATENKA Kamil	414	PACMAN RUNNING TEAM	M30	11			00:23:11	00:26:56	00:56:14.65	00:56:17.60	+00:01:14 (- 240,488.9%)	5:12	11.5 (75.7%)
30	FLISIŃSKI Łukasz	419	ALPIN SPORT TEAM	M40	2			00:22:18	00:26:02	00:53:07.85	00:53:09.90	+00:01:14 (- 239,953.4%)	4:55	12.2 (80.3%)
31	ZBOROWSKI Krzysztof	477		M40	6			00:24:12	00:27:57	00:59:26.55	00:59:29.75	+00:01:15 (- 239,580.0%)	5:30	10.9 (71.7%)
32	KOCIOŁEK Witold	361	INŻYNIERIA BIEGANIA TEAM	M40	4	MP	UKS Lider Siercza	00:22:52	00:26:39	00:54:23.25	00:54:26.45	+00:01:16 (- 237,887.6%)	5:02	11.9 (78.3%)
33	MALEC Łukasz	420	NIEDZICA TEAM	M30	9			00:21:45	00:25:32	00:52:38.95	00:52:41.00	+00:01:16 (- 237,782.7%)	4:52	12.3 (80.9%)
34	BORZĘCKI Kacper	457	KS MURZASICHLE	M20	17			00:25:58	00:29:45	01:01:34.70	01:01:39.00	+00:01:16 (- 237,730.2%)	5:42	10.5 (69.1%)
35	KRUPA Kamil	307		M30	22			00:31:03	00:34:51	01:14:38.35	01:14:59.60	+00:01:18 (- 236,478.2%)	6:54	8.7 (57.2%)
36	DUL Karolina	462	SBG SALCO	K20	2	MP	SBG Salco Niepołomice	00:23:31	00:27:19	00:56:21.75	00:56:21.75	+00:01:18 (- 236,374.5%)	5:13	11.5 (75.7%)
37	MADEJSKI Sławomir	375	SPELEOKLUB ŚWIĘTOKRZYSKI KIELCE	M30	15			00:26:49	00:30:37	01:03:16.80	01:03:16.80	+00:01:18 (- 236,167.3%)	5:51	10.2 (67.1%)
38	GUBAŁA Arkadiusz	371	GRUPETTO GORLICE	M20	11			00:23:12	00:27:00	00:56:10.35	00:56:14.15	+00:01:18 (- 236,063.8%)	5:12	11.5 (75.7%)

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39	KAŻMIERCZAK Marta	206	TRENERBIEGANIA.PL	K40	4	MP	MKS Unia Hrubieszów	00:24:18	00:28:08	00:56:12.65	00:56:15.00	+00:01:19 (- 234,829.2%)	5:12	11.5 (75.7%)
40	WIECZOREK Nina	446	SBG SALCO	K20	1	MP	SBG Salco Niepołomice	00:23:45	00:27:35	00:55:45.50	00:55:49.00	+00:01:20 (- 234,165.9%)	5:09	11.6 (76.3%)
41	BAZUŁKA Aleksandra	202	HOKA GARMIN TEAM	K20	3	MP	SBG Salco Niepołomice	00:23:30	00:27:21	00:57:34.80	00:57:37.85	+00:01:20 (- 234,115.0%)	5:19	11.3 (74.3%)
42	OGÓREK Rafał	443	MKL BRYGADA BESKIDÓW NOWY SĄCZ	M20	12	MP	MKL Brygada Beskidów Nowy Sącz	00:21:40	00:25:34	00:57:30.85	00:57:30.85	+00:01:24 (- 230,115.6%)	5:19	11.3 (74.3%)
43	CHROBACZYŃSKI Rafał	229		M20	15			00:23:09	00:27:06	01:00:02.65	01:00:02.65	+00:01:26 (- 227,973.6%)	5:33	10.8 (71.1%)
44	KRASULAK Daniel	389	WKS ŚLĄSK WROCŁAW	M40	3			00:22:25	00:26:22	00:54:10.15	00:54:12.70	+00:01:27 (- 227,492.3%)	5:00	12 (78.9%)
45	FIRLEJ Marek	232	POWOLI DO CELU	M30	13			00:24:17	00:28:15	01:00:18.75	01:00:20.90	+00:01:28 (- 226,155.5%)	5:35	10.7 (70.4%)
46	PACHUT Jerzy	215	ASICS FRONTRUNNER	M20	9	MP	KS Limanowa Forrest	00:21:52	00:25:53	00:55:15.25	00:55:17.10	+00:01:31 (- 223,667.6%)	5:06	11.7 (77.0%)
47	STOŃ Wojciech	291	PACMAN RUNNING TEAM	M30	12			00:24:07	00:28:09	00:57:40.40	00:57:43.80	+00:01:31 (- 222,973.4%)	5:20	11.2 (73.7%)
48	BOLECHOWSKA Dominika	492	ALPIN SPORT	K40	8			00:27:18	00:31:22	01:04:03.35	01:04:07.50	+00:01:34 (- 220,916.4%)	5:55	10.1 (66.4%)
49	WOSZCZEK Danuta	490	UKS OLIMP KOZIENICE	K40	5	MP	UKS Olimp Kozienice	00:24:41	00:28:47	01:02:42.80	01:02:44.65	+00:01:36 (- 219,297.9%)	5:48	10.3 (67.8%)
50	JANDURA Norbert	417		M20	16			00:24:54	00:29:00	01:01:09.70	01:01:14.30	+00:01:36 (- 218,497.5%)	5:39	10.6 (69.7%)
51	PAŁKA Mariusz	424	KB PARANTELA	M40	5			00:24:31	00:28:40	00:59:14.50	00:59:16.75	+00:01:38 (- 216,739.6%)	5:29	10.9 (71.7%)
52	PEŁDIAK Mateusz	454	KB ATHLETIC ZRĘCIN/ PAWKO RUNNER TEAM	M30	14			00:25:16	00:29:28	01:01:49.45	01:01:49.45	+00:01:41 (- 214,624.3%)	5:43	10.5 (69.1%)
53	BORBALA Lantos	433	BÜKKI ÉGBOLT MT	K30	4			00:25:22	00:29:37	01:02:55.50	01:02:58.90	+00:01:45 (- 211,506.8%)	5:49	10.3 (67.8%)
54	ŁUKASIK Anna	444	MKL BRYGADA BESKIDÓW	K40	7	MP	MKL Brygada Beskidów Nowy Sącz	00:27:27	00:31:42	01:04:01.05	01:04:04.50	+00:01:45 (- 211,258.0%)	5:55	10.1 (66.4%)
55	JARACZ Marcin	410	DOMOWAENERGIA.COM.PL	M40	26			00:42:39	00:47:00	01:46:16.30	01:46:31.00	+00:01:51 (- 206,402.0%)	9:50	6.1 (40.1%)
56	GÓRALIK Sylwia	341	KS AZS AWF KRAKÓW	K40	6			00:26:41	00:31:05	01:03:52.10	01:03:54.55	+00:01:54 (- 204,211.4%)	5:54	10.1 (66.4%)
57	ORDZOWIAŁY Piotr	429	SKL SUCHA BESKIDZKA	M50	2	MP	SKL Sucha Beskidzka	00:25:26	00:29:54	01:01:05.80	01:01:08.00	+00:01:58 (- 201,161.4%)	5:39	10.6 (69.7%)
58	TELKA Paweł	412	UKSM EKIPA BIELACHY	M30	16	MP	UKSM Ekipa Bielachy Kielce	00:24:47	00:29:17	01:04:31.25	01:04:34.10	+00:02:00 (- 199,080.1%)	5:58	10 (65.8%)
59	BIELECKA Patrycja	489	UKS ACHILLES LESZNO	K20	5	MP	UKS Achilles Leszno	00:26:40	00:31:12	01:03:26.90	01:03:29.65	+00:02:02 (- 197,946.3%)	5:52	10.2 (67.1%)

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						Polski	Drużyna							
60	MICHAŁEK Katarzyna	357		K40	10			00:29:30	00:34:03	01:12:00.50	01:12:08.15	+00:02:03 (-197,257.7%)	6:40	9 (59.2%)
61	WYGONOWSKI Jacek	252	DZIKUR CREW	M50	4			00:30:35	00:35:10	01:16:03.55	01:16:22.05	+00:02:04 (-196,287.5%)	7:02	8.5 (55.9%)
62	DROZDEK Marcelina	358	AZS AWF WARSZAWA	K20	7	MP	KS AZS AWF Warszawa	00:27:24	00:32:01	01:07:44.90	01:07:56.95	+00:02:07 (-194,656.2%)	6:16	9.6 (63.2%)
63	WOŹNIAK Oskar	473	CKS BUDOWLANI CZĘSTOCHOWA	M20	21	MP	CKS Budowlani Częstochowa	00:28:04	00:32:41	01:16:00.10	01:16:13.05	+00:02:07 (-194,621.1%)	7:02	8.5 (55.9%)
64	GÓRNA Monika	447	NIEPOŁOMICE BIEGAJĄ	K40	9			00:28:07	00:32:46	01:07:59.00	01:08:03.05	+00:02:09 (-193,155.7%)	6:17	9.5 (62.5%)
65	MICHNA Kuba	416		M20	20			00:29:44	00:34:25	01:12:54.25	01:13:15.25	+00:02:11 (-191,644.0%)	6:45	8.9 (58.6%)
66	MATUŁA Natalia	379	MKL BRYGADA BESKIDÓW	K20	8	MP	MKL Brygada Beskidów Nowy Sącz	00:28:05	00:32:47	01:08:39.75	01:08:44.05	+00:02:12 (-191,100.1%)	6:21	9.4 (61.8%)
67	BODURKA Anna	362	KS AZS AWF KRAKÓW	K20	6			00:27:30	00:32:14	01:06:30.45	01:06:30.45	+00:02:13 (-190,323.7%)	6:09	9.7 (63.8%)
68	ANDRUSZEK Krystian	350		M20	18			00:28:25	00:33:10	01:08:32.70	01:08:37.00	+00:02:15 (-188,955.2%)	6:20	9.5 (62.5%)
69	BAHRANOWSKA-KILIAN Maria	459	KANTOR RUNNING TEAM	K30	5	MP	SBG Salco Niepołomice	00:25:51	00:30:38	01:06:11.80	01:06:15.50	+00:02:17 (-187,835.2%)	6:07	9.8 (64.5%)
70	ZAŁĘSKI Julian	283	OSTATNIE TCHNIENIE	M40	7			00:31:58	00:36:47	01:15:36.55	01:15:58.50	+00:02:19 (-186,276.4%)	7:00	8.6 (56.6%)
71	JAZUREK Paweł	324	PACMAN RUNNING TEAM	M30	24			00:29:59	00:34:49	01:16:52.60	01:16:59.35	+00:02:20 (-185,730.5%)	7:07	8.4 (55.3%)
72	CIECIOROWSKI Andrzej	741	OFF-ROAD RUNNERS	M40	14			00:32:21	00:37:12	01:24:23.40	01:24:43.10	+00:02:20 (-185,474.7%)	7:48	7.7 (50.7%)
73	KARPIEL Mateusz	442	MKL BRYGADA BESKIDÓW	M30	17			00:28:59	00:33:50	01:10:32.30	01:10:35.70	+00:02:20 (-185,378.9%)	6:31	9.2 (60.5%)
74	NIEMIEC Kamil	338		M20	25			00:34:40	00:39:32	01:26:12.95	01:26:21.85	+00:02:22 (-184,332.3%)	7:58	7.5 (49.3%)
75	CHROBAK Agnieszka	346	#R	K20	9			00:30:18	00:35:17	01:14:47.45	01:14:50.95	+00:02:28 (-180,684.4%)	6:55	8.7 (57.2%)
76	HARAŃ Krzysztof	258	CHWILAMOMENTTEAM	M40	19			00:35:56	00:40:55	01:28:26.20	01:28:48.45	+00:02:29 (-180,321.5%)	8:11	7.3 (48.0%)
77	SARNOWSKA Karolina	238	PRORUNNING PROMOTION	K40	13			00:32:10	00:37:10	01:18:29.05	01:18:34.55	+00:02:29 (-179,960.1%)	7:16	8.3 (54.6%)
78	NOWAK Janusz	315		M40	10			00:33:26	00:38:25	01:19:33.45	01:19:56.85	+00:02:29 (-179,900.0%)	7:21	8.1 (53.3%)
79	GOŁDYN Michał	327	PROJEKT1000UP	M20	19			00:28:27	00:33:27	01:09:34.10	01:09:41.35	+00:02:30 (-179,779.9%)	6:26	9.3 (61.2%)
80	PIERZCHAŁA Artur	716		M30	18			00:28:56	00:33:56	01:10:56.35	01:11:09.10	+00:02:30 (-179,570.2%)	6:34	9.1 (59.9%)
81	STACHACZ Adrian	434	UNDERGROUND ATHLETIC	M30	20			00:29:24	00:34:25	01:12:53.65	01:13:08.10	+00:02:31 (-178,736.0%)	6:44	8.9 (58.6%)
82	STEC Paweł	467		M50	3			00:31:44	00:36:47	01:16:03.20	01:16:08.00	+00:02:33 (-177,939.0%)	7:02	8.5 (55.9%)

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						Polski	Drużyna							
83	CHOCHLA Marcin	266	MONIA TEAM	M30	19			00:29:35	00:34:39	01:11:02.25	01:11:13.25	+00:02:34 (-177,411.5%)	6:34	9.1 (59.9%)
84	PERZ Marzenna	294	NKB	K50	1			00:31:34	00:36:38	01:16:38.60	01:16:43.55	+00:02:34 (-176,945.3%)	7:05	8.5 (55.9%)
85	BRZOSTOWSKA Kama	250		K40	14			00:30:58	00:36:03	01:21:04.80	01:21:16.45	+00:02:35 (-176,626.2%)	7:30	8 (52.6%)
86	KARPIŃSKI Jarosław	115		M30	27			00:33:38	00:38:44	01:21:16.10	01:21:48.40	+00:02:36 (-176,020.2%)	7:31	8 (52.6%)
87	MORAWSKA Jaga	217		K50	3			00:34:04	00:39:13	01:32:23.65	01:32:37.85	+00:02:39 (-174,424.3%)	8:33	7 (46.1%)
88	SZCZEPANIAK Wojciech	275		M40	9			00:33:22	00:38:32	01:17:52.30	01:18:12.80	+00:02:40 (-173,945.5%)	7:12	8.3 (54.6%)
89	NOWOSIELSKA Wioleta	287	YULO RUN TEAM SIEDLCE	K40	12			00:31:14	00:36:25	01:16:25.45	01:16:30.65	+00:02:41 (-173,385.6%)	7:04	8.5 (55.9%)
90	PIĄTEK Jakub	484		M40	11			00:33:06	00:38:18	01:21:33.10	01:21:41.80	+00:02:42 (-172,580.1%)	7:33	7.9 (52.0%)
91	MĘCIK Adrianna	257		K20	10			00:31:18	00:36:33	01:14:43.90	01:14:56.15	+00:02:45 (-170,855.8%)	6:55	8.7 (57.2%)
92	SKWIRA Piotr	256	CHWILAMOMENTTEAM	M30	30			00:35:54	00:41:10	01:27:54.65	01:28:18.40	+00:02:46 (-170,558.2%)	8:08	7.4 (48.7%)
93	PERZ Emilia	297	WOLSZTYŃSKA AKADEMIA BIEGOWA	K30	6			00:31:28	00:36:44	01:11:49.75	01:11:49.75	+00:02:46 (-170,504.2%)	6:38	9 (59.2%)
94	MAKUCHOWSKA Paulina	405		K40	18			00:34:04	00:39:20	01:30:43.25	01:30:52.60	+00:02:46 (-170,288.6%)	8:23	7.1 (46.7%)
95	WACH Robert	428	WACH	M30	28			00:30:47	00:36:05	01:21:52.90	01:21:57.50	+00:02:47 (-169,725.2%)	7:34	7.9 (52.0%)
96	WŁODARCZYK Paweł	233		M40	15			00:35:27	00:40:45	01:24:48.90	01:25:13.15	+00:02:47 (-169,671.8%)	7:51	7.6 (50.0%)
97	GDULA Agata	234		K20	13			00:38:03	00:43:21	01:30:37.00	01:31:05.45	+00:02:48 (-169,458.2%)	8:23	7.2 (47.4%)
98	BIELICKI Filip	339	KW KRAKÓW	M30	29			00:35:24	00:40:43	01:24:32.65	01:24:39.40	+00:02:48 (-169,218.7%)	7:49	7.7 (50.7%)
99	KUROWSLA Monika	452		K30	8			00:31:55	00:37:14	01:22:00.55	01:22:03.30	+00:02:49 (-169,032.8%)	7:35	7.9 (52.0%)
100	MIKOLAJCZYK Lukasz	472		M40	12			00:32:37	00:37:57	01:22:54.20	01:23:05.55	+00:02:49 (-168,873.8%)	7:40	7.8 (51.3%)
101	STRĄK Robert	381		M40	13			00:34:10	00:39:32	01:23:50.55	01:24:09.60	+00:02:51 (-167,717.0%)	7:45	7.7 (50.7%)
102	KARASEK Mariusz	244		M50	7			00:37:47	00:43:09	01:35:01.40	01:35:23.10	+00:02:52 (-167,170.5%)	8:47	6.8 (44.7%)
103	STACHYRA Bartłomiej	242		M20	31			00:38:08	00:43:30	01:35:22.80	01:35:22.80	+00:02:52 (-167,092.7%)	8:49	6.8 (44.7%)
104	URMAŃSKI Marek	344		M30	23			00:30:54	00:36:16	01:15:42.65	01:15:46.95	+00:02:53 (-166,885.6%)	7:00	8.6 (56.6%)
105	VELKO Maryna	288		K30	10			00:34:09	00:39:32	01:24:57.55	01:25:09.80	+00:02:53 (-166,859.8%)	7:51	7.6 (50.0%)
106	POŁUBOK Maurycy	474		M20	23			00:33:46	00:39:09	01:21:34.25	01:21:39.45	+00:02:53 (-166,808.1%)	7:33	7.9 (52.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa		Premia1 3.8km	Premia2 4.3km	Czas netto 10.8km	Czas brutto 10.8km	Różn	Tempo min/km	Tempo km/h
						Polski	Drużyna							
107	LUDYNIA Aleksandra	274	STG WARSZAWA	K40	11			00:31:15	00:36:39	01:16:09.40	01:16:09.40	+00:02:54 (-166,139.2%)	7:03	8.5 (55.9%)
108	PUDŁO Marcin	289	PACMAN RUNNING TEAM	M30	26			00:31:39	00:37:04	01:21:00.15	01:21:05.10	+00:02:54 (-166,036.8%)	7:29	8 (52.6%)
109	WOLEK Marcin	331		M40	18			00:35:42	00:41:07	01:28:04.30	01:28:09.50	+00:02:54 (-166,011.2%)	8:09	7.4 (48.7%)
110	PACIOREK Roksana	445		K30	12			00:33:54	00:39:22	01:26:47.30	01:26:47.30	+00:02:57 (-164,691.4%)	8:02	7.5 (49.3%)
111	JAŚKOWIEC Michał	316		M20	24			00:35:41	00:41:09	01:24:49.60	01:25:13.05	+00:02:57 (-164,490.3%)	7:51	7.6 (50.0%)
112	RURAŃSKI Rafał	439		M40	16			00:33:47	00:39:16	01:26:14.40	01:26:19.60	+00:02:58 (-163,964.5%)	7:59	7.5 (49.3%)
113	PĄCZEK Albert	321		M30	25			00:31:23	00:36:53	01:18:46.60	01:18:57.05	+00:02:59 (-163,466.9%)	7:17	8.2 (53.9%)
114	MACH Olek	451		M30	21			00:29:59	00:35:29	01:13:22.20	01:13:23.85	+00:03:00 (-163,293.4%)	6:47	8.8 (57.9%)
115	CZARNECKA Katarzyna	267		K30	7			00:33:22	00:38:58	01:21:34.60	01:21:49.30	+00:03:06 (-160,376.1%)	7:33	7.9 (52.0%)
116	CHLIPAŁA Ewelina	495		K30	9			00:33:36	00:39:14	01:21:56.95	01:22:08.10	+00:03:08 (-159,426.7%)	7:35	7.9 (52.0%)
117	SEROCZYŃSKA Dorota	312		K30	33			00:50:09	00:55:47	02:02:14.25	02:02:14.25	+00:03:08 (-159,144.1%)	11:19	5.3 (34.9%)
118	GRANEK Kacper	435		M20	27			00:34:15	00:39:56	01:26:43.95	01:27:09.95	+00:03:10 (-158,302.1%)	8:01	7.5 (49.3%)
119	JURCZAK Ryszard	377	ARCELOR MITTAL	M70	1			00:41:02	00:46:43	01:41:01.25	01:41:08.35	+00:03:10 (-158,302.1%)	9:21	6.4 (42.1%)
120	SKULIMA Szymon	448		M20	26			00:34:42	00:40:23	01:26:46.10	01:27:06.60	+00:03:11 (-157,953.9%)	8:02	7.5 (49.3%)
121	FAFROWICZ Joanna	383		K30	13			00:34:25	00:40:06	01:28:08.00	01:28:20.75	+00:03:11 (-157,884.5%)	8:09	7.4 (48.7%)
122	KORZENIEWSKI Piotr	366		M30	33			00:38:22	00:44:04	01:35:19.90	01:35:48.95	+00:03:12 (-157,676.5%)	8:49	6.8 (44.7%)
123	KAPKOWSKA Joanna	425		K30	11			00:34:36	00:40:19	01:24:56.80	01:25:10.60	+00:03:13 (-157,124.5%)	7:51	7.6 (50.0%)
124	RAINER Iwona	421	ACS STAL	K40	16			00:35:50	00:41:33	01:27:46.90	01:28:13.10	+00:03:13 (-157,101.6%)	8:07	7.4 (48.7%)
125	SIWIŃSKA Gosia	272		K40	17			00:36:37	00:42:20	01:29:46.30	01:30:00.80	+00:03:13 (-157,032.9%)	8:18	7.2 (47.4%)
126	CHMIELEWSKA Agata	241		K20	17			00:39:06	00:44:50	01:39:23.80	01:39:29.90	+00:03:13 (-156,849.9%)	9:12	6.5 (42.8%)
127	SIECZKA Kazimiera	382		K50	2			00:34:11	00:39:55	01:28:08.50	01:28:21.05	+00:03:14 (-156,576.4%)	8:09	7.4 (48.7%)
128	GARBACZ Adrian	468		M20	28			00:35:51	00:41:35	01:26:27.25	01:28:01.10	+00:03:14 (-156,530.8%)	8:00	7.5 (49.3%)
129	ZARADNA Paulina	240		K20	16			00:39:06	00:44:50	01:38:30.40	01:38:35.90	+00:03:14 (-156,530.8%)	9:07	6.6 (43.4%)
130	TOBIASZ Sebastian	284	OSTATNIE TCHNIENIE	M40	17			00:33:22	00:39:07	01:27:55.70	01:28:03.85	+00:03:14 (-156,508.1%)	8:08	7.4 (48.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa		Premia1 3.8km	Premia2 4.3km	Czas netto 10.8km	Czas brutto 10.8km	Różn	Tempo min/km	Tempo km/h
						Polski	Drużyna							
131	MASZKOWSKI Jakub	348	AZS UMCS LUBLIN	M20	22			00:34:52	00:40:37	01:18:24.10	01:18:28.10	+00:03:15 (-156,054.6%)	7:15	8.3 (54.6%)
132	HORNIK Patryk	418		M20	29			00:35:49	00:41:35	01:27:41.95	01:29:16.30	+00:03:15 (-155,986.8%)	8:07	7.4 (48.7%)
133	BRESLLER Izabela	471		K20	11			00:32:11	00:37:57	01:22:55.05	01:23:05.45	+00:03:15 (-155,874.0%)	7:40	7.8 (51.3%)
134	MALINOWSKI Łukasz	423	ŻUBRY RACE TEAM	M40	8			00:32:30	00:38:16	01:16:35.90	01:16:39.60	+00:03:16 (-155,851.4%)	7:05	8.5 (55.9%)
135	SENDER Andrzej	285	TRIATHLON LUBLIN TEAM	M50	5			00:32:47	00:38:34	01:24:37.90	01:24:37.90	+00:03:16 (-155,558.8%)	7:50	7.7 (50.7%)
136	SŁOWIK Aleksander	505	LA SZOPA TEAM	M20	32			00:39:00	00:44:48	01:35:29.10	01:35:51.80	+00:03:18 (-154,732.0%)	8:50	6.8 (44.7%)
137	MARZEC Pamela	222	MOUNTAIN TOUCH	K20	14			00:39:00	00:44:50	01:35:29.85	01:35:51.45	+00:03:20 (-153,760.2%)	8:50	6.8 (44.7%)
138	FEDOREK Weronika	376		K20	12			00:37:58	00:43:49	01:28:26.85	01:28:42.15	+00:03:21 (-153,628.6%)	8:11	7.3 (48.0%)
139	KSIĄŻKIEWICZ Magdalena	426	RYSIOTEAM	K30	14			00:37:57	00:43:49	01:33:24.20	01:33:37.65	+00:03:22 (-152,952.4%)	8:38	6.9 (45.4%)
140	RZYSZKIEWICZ Małgorzata	286	PĘDZĄCE LENIWCE	K50	7			00:54:03	00:59:56	02:02:00.25	02:02:19.55	+00:03:23 (-152,346.6%)	11:17	5.3 (34.9%)
141	PAWLIK Michał	290	PACMAN RUNNING TEAM	M30	32			00:36:28	00:42:23	01:30:24.50	01:30:31.30	+00:03:24 (-152,088.5%)	8:22	7.2 (47.4%)
142	CIECIOROWSKA Alicja	318	OFF-ROAD RUNNERS	K40	21			00:35:25	00:41:21	01:32:58.15	01:33:18.25	+00:03:25 (-151,489.6%)	8:36	7 (46.1%)
143	KOCHANOWSKA Anna	380	JEST LEPIEJ RUN TEAM	K40	24			00:38:31	00:44:28	01:37:27.70	01:37:40.85	+00:03:26 (-151,064.7%)	9:01	6.6 (43.4%)
144	SZYSZ Alina	317	GRUPA BIEGACZY SKÓRZEC BIEGA	K40	20			00:37:26	00:43:23	01:32:51.65	01:33:04.80	+00:03:27 (-150,895.4%)	8:35	7 (46.1%)
145	SKOCZEWSKI Marek	218	NAPRZÓD MŁOCINY	M50	8			00:40:15	00:46:12	01:46:14.90	01:46:39.15	+00:03:27 (-150,853.1%)	9:50	6.1 (40.1%)
146	GRĘDZIAK Kamil	326		M20	30			00:35:52	00:41:50	01:29:40.45	01:29:47.50	+00:03:27 (-150,642.1%)	8:18	7.2 (47.4%)
147	URBAN Mateusz	373		M30	31			00:35:52	00:41:50	01:29:40.10	01:29:47.60	+00:03:27 (-150,642.1%)	8:18	7.2 (47.4%)
148	SOJA Tomek	302	TOMEKSOJA08@WP.PL	M50	6			00:37:06	00:43:04	01:32:19.50	01:32:42.85	+00:03:28 (-150,389.7%)	8:32	7 (46.1%)
149	LUDYNIA Krzysztof	280		M40	20			00:39:08	00:45:08	01:30:32.20	01:30:39.25	+00:03:30 (-149,596.0%)	8:22	7.2 (47.4%)
150	WOLEK Maks	343		M20	33			00:37:17	00:43:17	01:35:47.00	01:35:53.10	+00:03:30 (-149,575.3%)	8:52	6.8 (44.7%)
151	KOPCZYŃSKA Dominika	251	DZIKUR CREW	K50	4			00:36:56	00:42:56	01:39:34.55	01:40:06.70	+00:03:30 (-149,554.5%)	9:13	6.5 (42.8%)
152	MARCZEWSKA Agata	273		K40	15			00:33:03	00:39:05	01:22:42.90	01:22:53.65	+00:03:32 (-148,872.4%)	7:39	7.8 (51.3%)
153	SIOREK Katarzyna	469	PIĘKNE I BRODACZE	K40	23			00:37:55	00:43:57	01:36:44.90	01:37:01.10	+00:03:32 (-148,851.8%)	8:57	6.7 (44.1%)
154	BANAK-SOŁTAN Agnieszka	337	TEAM BIEGAJ POD OKIEM TRENERA	K40	31			00:42:23	00:48:31	01:46:44.65	01:46:54.60	+00:03:38 (-146,523.2%)	9:52	6.1 (40.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa		Premia1 3.8km	Premia2 4.3km	Czas netto 10.8km	Czas brutto 10.8km	Różn	Tempo min/km	Tempo km/h
						Polski	Drużyna							
155	BANAK Aleksandra	336		K20	19			00:42:24	00:48:32	01:46:45.05	01:46:54.75	+00:03:38 (-146,324.1%)	9:53	6.1 (40.1%)
156	KIERYSCH Paul	219		M40	25			00:40:00	00:46:12	01:41:25.35	01:41:48.90	+00:03:42 (-144,867.7%)	9:23	6.4 (42.1%)
157	CHMIELEWSKA Karolina	328		K40	32			00:44:37	00:50:49	01:48:48.90	01:49:07.90	+00:03:42 (-144,848.3%)	10:04	6 (39.5%)
158	KAMYCZEK Grzegorz	488		M30	35			00:39:08	00:45:21	01:37:00.45	01:37:18.40	+00:03:42 (-144,789.8%)	8:58	6.7 (44.1%)
159	HAMERSKA Dominika	2872		K40	29			00:40:43	00:46:57	01:45:03.25	01:45:06.65	+00:03:44 (-143,938.5%)	9:43	6.2 (40.8%)
160	PETROVÁ Jana	364	AUTOSERVIS ERIKA	K40	19			00:38:15	00:44:32	01:31:29.55	01:31:50.20	+00:03:46 (-143,135.1%)	8:28	7.1 (46.7%)
161	CYGANIK Hanna	261		K30	16			00:39:36	00:45:53	01:39:41.70	01:39:58.45	+00:03:46 (-143,135.1%)	9:13	6.5 (42.8%)
162	ZELENÁK Kamil	340	ZAMAGURSKÍ BEŽCI	M40	21			00:38:16	00:44:33	01:33:06.05	01:33:25.95	+00:03:47 (-143,002.0%)	8:37	7 (46.1%)
163	DZIEWA Agata	351	LUBELSKA GRUPA TRIATHLONU	K30	17			00:41:18	00:47:35	01:42:11.10	01:42:18.55	+00:03:48 (-142,585.5%)	9:27	6.3 (41.4%)
164	KONDRACKA Emilia	333		K20	18			00:40:24	00:46:44	01:40:54.60	01:41:06.65	+00:03:49 (-142,040.2%)	9:20	6.4 (42.1%)
165	KALISZ Renata	231		K40	30			00:44:49	00:51:08	01:46:30.30	01:46:51.55	+00:03:49 (-141,984.0%)	9:51	6.1 (40.1%)
166	STAŃCZAK Dominika	216	TEAM ZABIEGANEDNI	K40	22			00:37:43	00:44:03	01:33:54.40	01:34:22.30	+00:03:50 (-141,890.5%)	8:41	6.9 (45.4%)
167	PAWELEC Magdalena	408	RAKNROLL	K40	25			00:39:42	00:46:03	01:38:50.15	01:38:50.15	+00:03:52 (-141,146.7%)	9:09	6.6 (43.4%)
168	ZIELIŃSKI Radosław	359	BASSET ROLLING TEAM	M40	22			00:37:44	00:44:06	01:35:20.95	01:35:46.65	+00:03:52 (-141,035.8%)	8:49	6.8 (44.7%)
169	BŁASZCZAK Wojciech	260	CHWILAMOMENT TEAM	M40	24			00:39:11	00:45:36	01:37:56.85	01:38:20.00	+00:03:55 (-139,845.5%)	9:04	6.6 (43.4%)
170	UCHEREK Kinga	239		K40	26			00:40:47	00:47:14	01:38:47.00	01:38:55.65	+00:03:57 (-139,069.0%)	9:08	6.6 (43.4%)
171	TOFIL Aleksandra	253		K30	18			00:41:12	00:47:40	01:43:39.30	01:44:07.50	+00:03:58 (-138,836.0%)	9:35	6.3 (41.4%)
172	SOKOŁOWSKA Anna	363		K20	15			00:39:30	00:46:02	01:37:09.35	01:37:21.30	+00:04:01 (-137,770.4%)	8:59	6.7 (44.1%)
173	ŁĘTOWSKA Marlena	422	DOMOWAENERGIA.COM.PL	K30	21			00:42:41	00:49:13	01:46:16.45	01:46:31.00	+00:04:01 (-137,594.4%)	9:50	6.1 (40.1%)
174	WACHNICKA Kamila	292	SKPB WARSZAWA	K20	21			00:44:23	00:50:55	01:50:58.20	01:51:08.30	+00:04:02 (-137,418.8%)	10:16	5.8 (38.2%)
175	LUBOŃ Michał	455	#GH	M30	37			00:40:48	00:47:23	01:45:01.70	01:45:26.80	+00:04:05 (-136,392.0%)	9:43	6.2 (40.8%)
176	GREŃ Magdalena	309		K40	28			00:41:57	00:48:35	01:44:28.95	01:44:58.20	+00:04:08 (-135,210.5%)	9:40	6.2 (40.8%)
177	DYBEK Dagmara	228	CHSBD W RUCHU	K30	20			00:40:12	00:46:52	01:45:31.15	01:45:56.85	+00:04:10 (-134,753.7%)	9:46	6.1 (40.1%)
178	WALKOWSKI Tomasz	332	AKTYWNI KOCIEWIACY	M30	36			00:39:51	00:46:33	01:38:48.70	01:39:05.75	+00:04:12 (-134,015.9%)	9:08	6.6 (43.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa		Premia1 3.8km	Premia2 4.3km	Czas netto 10.8km	Czas brutto 10.8km	Różn	Tempo min/km	Tempo km/h
						Polski	Drużyna							
179	SOKOŁOWSKA Aleksandra	413		K20	20			00:42:30	00:49:15	01:49:38.25	01:50:05.00	+00:04:15 (-132,989.8%)	10:09	5.9 (38.8%)
180	KARPIEL Weronika	386		K30	15			00:37:41	00:44:27	01:35:11.65	01:35:25.00	+00:04:15 (-132,940.6%)	8:48	6.8 (44.7%)
181	MAZURKIEWICZ Wojciech	305	GRUBOALBOWCALE	M30	34			00:37:11	00:43:57	01:36:25.85	01:36:47.35	+00:04:15 (-132,924.2%)	8:55	6.7 (44.1%)
182	WOJTOWICZ Zdzisław	458	NIEZRZESZONY	M70	2			00:43:25	00:50:11	01:57:03.30	01:57:11.70	+00:04:16 (-132,776.7%)	10:50	5.5 (36.2%)
183	DZIEWA Magdalena	411		K60	1			00:40:48	00:47:35	01:42:53.60	01:43:01.40	+00:04:18 (-132,125.1%)	9:31	6.3 (41.4%)
184	SZAJNA Agata	394		K50	6			00:42:40	00:49:33	02:01:00.05	02:01:06.05	+00:04:23 (-130,255.3%)	11:12	5.4 (35.5%)
185	KWIECIEŃ Mariusz	281		M30	38			00:45:15	00:52:10	01:48:53.35	01:49:23.75	+00:04:25 (-129,800.0%)	10:04	6 (39.5%)
186	WÓJCIK Paweł	481		M50	9			00:42:08	00:49:08	01:53:08.60	01:53:26.50	+00:04:29 (-128,514.4%)	10:28	5.7 (37.5%)
187	WÓJCIK Urszula	480		K50	5			00:42:04	00:49:04	01:50:33.45	01:50:50.90	+00:04:30 (-128,361.2%)	10:14	5.9 (38.8%)
188	DANIELAK Marzena	449	GRUPA BIEGACZY SKÓRZEC BIEGA	K40	33			00:42:35	00:49:36	01:50:41.20	01:50:57.00	+00:04:30 (-128,071.1%)	10:14	5.9 (38.8%)
189	STYRCZULA Małgorzata	387		K30	28			00:41:53	00:48:58	01:54:52.40	01:55:05.70	+00:04:35 (-126,714.8%)	10:38	5.6 (36.8%)
190	JĘDRASZAK Mateusz	271		M30	39			00:43:33	00:50:40	01:53:52.45	01:54:10.80	+00:04:37 (-126,032.6%)	10:32	5.7 (37.5%)
191	KOŚCIUCH Anna	890		K40	34			00:46:26	00:53:34	01:56:25.00	01:56:43.25	+00:04:38 (-125,826.4%)	10:46	5.6 (36.8%)
192	BIELECKA Ewa	247	STOWARZYSZENIE SPORTOWE SŁOŃCA JURY	K40	44			00:51:28	00:58:37	02:10:34.30	02:10:41.10	+00:04:38 (-125,753.0%)	12:05	5 (32.9%)
193	KSIEŻOPOLSKA-KOŚCIUCH Wiktoria	356	WIKTORIAKSIEZOPOLSKA@O2.PL	K30	31			00:46:23	00:53:33	01:56:23.40	01:56:43.35	+00:04:40 (-125,284.8%)	10:46	5.6 (36.8%)
194	MYŚLIŃSKA Olga	470	RAK'N'ROLL	K40	38			00:50:13	00:57:28	02:04:37.90	02:04:45.70	+00:04:44 (-124,015.1%)	11:32	5.2 (34.2%)
195	MAROSZEK Karol	330	BZJ TEAM	M30	41			00:50:26	00:57:42	02:10:07.40	02:10:34.65	+00:04:46 (-123,573.9%)	12:02	5 (32.9%)
196	SZCZEPKOWSKI Robert	1766		M40	23			00:38:46	00:46:04	01:36:51.25	01:37:05.70	+00:04:47 (-123,206.3%)	8:58	6.7 (44.1%)
197	CIECKIEWICZ Paulina	491		K30	23			00:44:58	00:52:16	01:50:38.00	01:50:56.80	+00:04:48 (-122,995.2%)	10:14	5.9 (38.8%)
198	MATYJASIK Eстера	226		K30	34			00:45:04	00:52:23	02:02:47.45	02:02:57.30	+00:04:49 (-122,700.9%)	11:22	5.3 (34.9%)
199	NIECKARZ Malwina	254		K30	22			00:44:56	00:52:16	01:50:36.50	01:50:56.70	+00:04:49 (-122,561.2%)	10:14	5.9 (38.8%)
200	KORPAK Marta	360		K30	27			00:46:36	00:53:58	01:54:20.85	01:54:29.55	+00:04:51 (-121,991.9%)	10:35	5.7 (37.5%)
201	LEŚNIAK Sylwia	372	LHO	K30	19			00:43:45	00:51:07	01:44:28.40	01:44:42.55	+00:04:52 (-121,895.2%)	9:40	6.2 (40.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa		Premia1 3.8km	Premia2 4.3km	Czas netto 10.8km	Czas brutto 10.8km	Różn	Tempo min/km	Tempo km/h
						Polski	Drużyna							
202	SZKODZIAK Agnieszka	308		K30	29			00:48:32	00:55:59	01:56:24.60	01:56:31.45	+00:04:57 (-120,490.3%)	10:46	5.6 (36.8%)
203	FUKS Olga	277		K40	42			00:50:32	00:58:00	02:10:07.75	02:10:34.40	+00:04:58 (-120,087.2%)	12:02	5 (32.9%)
204	BIJAK Agnieszka	404	FUNDACJA RAK'N'ROLL	K40	37			00:50:22	00:57:54	02:04:13.25	02:04:13.25	+00:05:02 (-119,143.8%)	11:30	5.2 (34.2%)
205	MARZEC Patrycja	225	MOUNTAIN TOUCH	K30	24			00:41:21	00:48:56	01:51:47.65	01:52:11.00	+00:05:05 (-118,475.2%)	10:21	5.8 (38.2%)
206	SZCZERBA Anna	370	SŁOŃCA JURY	K50	8			00:51:47	00:59:26	02:10:31.55	02:10:38.70	+00:05:09 (-117,275.1%)	12:05	5 (32.9%)
207	KORALCZYK Katarzyna	486		K40	51			00:55:05	01:02:45	02:17:42.70	02:17:42.70	+00:05:09 (-117,262.4%)	12:45	4.7 (30.9%)
208	ZIARKO Agnieszka	941	SDG	K40	27			00:38:28	00:46:08	01:43:53.80	01:44:03.05	+00:05:10 (-117,160.3%)	9:37	6.2 (40.8%)
209	SŁAWEK Claudia	464		K30	25			00:46:58	00:54:40	01:52:59.25	01:53:25.60	+00:05:12 (-116,589.4%)	10:27	5.7 (37.5%)
210	KAŹMIERSKI Janusz	349	DAŚIĘ	M60	1			00:38:32	00:46:14	01:46:49.50	01:47:04.65	+00:05:12 (-116,526.3%)	9:53	6.1 (40.1%)
211	WIŚNIEWSKA Lidia	391	RAKANDROLL	K30	32			00:47:16	00:54:59	01:57:00.20	01:57:03.75	+00:05:13 (-116,299.7%)	10:50	5.5 (36.2%)
212	KNAP Elżbieta	479	GACEK TEAM	K30	30			00:45:33	00:53:17	01:56:20.90	01:56:41.25	+00:05:14 (-116,124.1%)	10:46	5.6 (36.8%)
213	ŁUKACZ Aleksandra	342		K30	35			00:56:20	01:04:04	02:14:38.70	02:14:38.70	+00:05:14 (-116,124.1%)	12:27	4.8 (31.6%)
214	WOLEK Dagmara	323	GRUPA LUX-POL	K40	49			00:56:10	01:03:55	02:13:56.25	02:14:05.80	+00:05:15 (-115,861.7%)	12:24	4.8 (31.6%)
215	NEUMANN Monika	368		K30	26			00:46:37	00:54:26	01:54:21.00	01:54:29.35	+00:05:19 (-114,921.9%)	10:35	5.7 (37.5%)
216	ŻELAŻEWSKI Michał	460		M30	40			00:49:47	00:57:38	02:03:27.45	02:03:27.45	+00:05:22 (-114,190.6%)	11:25	5.2 (34.2%)
217	PAJĄK Anna	295		K40	40			00:50:07	00:58:02	02:06:40.15	02:06:50.45	+00:05:25 (-113,420.7%)	11:43	5.1 (33.6%)
218	MERMER Beata	355	SŁOŃCA JURY	K20	22			00:51:25	00:59:20	02:10:31.45	02:10:43.10	+00:05:25 (-113,384.8%)	12:05	5 (32.9%)
219	MAŃKA Paulina	432		K40	39			00:50:07	00:58:03	02:06:41.10	02:06:50.30	+00:05:26 (-113,182.2%)	11:43	5.1 (33.6%)
220	MICHALIK Jacek	248	SŁOŃCA JURY	M40	27			00:51:30	00:59:27	02:10:35.85	02:10:42.95	+00:05:27 (-112,968.5%)	12:05	5 (32.9%)
220	GAWRON Agnieszka	245	SŁOŃCA JURY	K40	45			00:51:30	00:59:27	02:10:37.10	02:10:42.95	+00:05:27 (-112,909.2%)	12:05	5 (32.9%)
222	ŁUSZCZYŃSKI Michał	562	SŁOŃCA JURY	M30	42			00:51:28	00:59:25	02:10:33.30	02:10:43.10	+00:05:27 (-112,909.2%)	12:05	5 (32.9%)
223	TYLIŃSKA Dagmara	246	SŁOŃCE JURY	K40	43			00:51:26	00:59:24	02:10:32.40	02:10:40.15	+00:05:27 (-112,814.6%)	12:05	5 (32.9%)
224	DENEKA Alicja	269	KLUB BIEGACZA EURO	K40	46			00:49:23	00:57:23	02:12:39.05	02:12:56.25	+00:05:30 (-112,296.8%)	12:16	4.9 (32.2%)
225	PUCHALSKA Joanna	298	PĘDZĄCE LENIWCE	K60	2			00:54:05	01:02:11	02:08:10.85	02:08:28.30	+00:05:36 (-110,783.1%)	11:52	5.1 (33.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa		Premia1 3.8km	Premia2 4.3km	Czas netto 10.8km	Czas brutto 10.8km	Różn	Tempo min/km	Tempo km/h
						Polski	Drużyna							
226	DREWIN Małgorzata	224		K40	52			00:50:15	00:58:22	02:19:20.35	02:19:46.25	+00:05:37 (-110,566.9%)	12:54	4.7 (30.9%)
227	CHUDY Urszula	406	FUNDACJA RAK'N'ROLL. WYGRAJ ŻYCIE	K50	11			01:04:55	01:13:03	02:39:51.75	02:40:06.45	+00:05:38 (-110,295.1%)	14:48	4.1 (27.0%)
228	DOMINIAK Agnieszka	227		K40	47			00:50:00	00:58:11	02:13:13.65	02:13:39.05	+00:05:41 (-109,699.5%)	12:20	4.9 (32.2%)
229	SEKUŁA Martyna	427		K20	23			01:02:58	01:11:17	02:30:44.75	02:31:08.40	+00:05:49 (-107,928.8%)	13:57	4.3 (28.3%)
230	SZELUGA Aleksander	461		M30	43			00:55:21	01:03:49	02:21:56.80	02:22:18.95	+00:05:57 (-106,109.7%)	13:08	4.6 (30.3%)
231	OKOŁOWICZ Elżbieta	365	AKTYWNI KOCIEWIACY	K60	3			00:59:40	01:08:14	02:09:34.70	02:09:51.35	+00:06:04 (-104,797.9%)	11:59	5 (32.9%)
232	ŚLIWA Maciej	431		M50	10			00:46:21	00:54:56	02:01:44.60	02:02:04.70	+00:06:04 (-104,665.4%)	11:16	5.3 (34.9%)
233	PIOTROWSKA Dominika	345		K30	36			00:55:33	01:04:14	02:32:51.45	02:32:55.55	+00:06:11 (-103,378.8%)	14:09	4.2 (27.6%)
234	DĄBROWSKA Monika	398	RAK'N'ROLL	K40	36			00:52:01	01:00:45	01:58:38.60	01:58:43.40	+00:06:14 (-102,816.0%)	10:59	5.5 (36.2%)
235	WILLS Magdalena	393	RAK'N'ROLL TEAM	K50	9			00:52:09	01:00:54	02:15:47.70	02:16:03.50	+00:06:15 (-102,639.6%)	12:34	4.8 (31.6%)
236	MACIEJEWSKA Anna	407		K40	56			01:04:56	01:13:52	02:39:58.60	02:40:11.95	+00:06:25 (-100,615.3%)	14:48	4.1 (27.0%)
237	NIERADA Adrianna	221	NIEDZIELNI SPACEROWICZE	K40	48			00:55:11	01:04:18	02:13:23.45	02:13:50.70	+00:06:37 (-98,416.6%)	12:21	4.9 (32.2%)
238	WOJTUŃ Marika	263		K30	37			01:10:45	01:19:52	02:54:36.75	02:55:04.50	+00:06:37 (-98,389.6%)	16:09	3.7 (24.3%)
239	ŻYCHOWSKI Waldemar	466		M50	12			00:57:34	01:06:55	02:33:47.05	02:33:58.90	+00:06:52 (-95,891.5%)	14:14	4.2 (27.6%)
240	KOŚCIUCZYK Lesław	367		M50	11			00:55:54	01:05:21	02:27:10.95	02:27:40.50	+00:06:57 (-95,027.9%)	13:37	4.4 (28.9%)
241	ŻYCHOWSKA Małgorzata	385	FUNDACJA RACK'AND'ROLL	K50	10			00:57:46	01:07:16	02:33:50.45	02:33:58.90	+00:06:59 (-94,568.7%)	14:14	4.2 (27.6%)
242	ŁUGOWSKA Maria	395	RAK&ROLL	K60	5			01:05:04	01:14:52	02:38:55.05	02:39:01.05	+00:07:18 (-91,551.9%)	14:42	4.1 (27.0%)
243	MARCINIEC Łukasz	392	RAK'N'ROLL	M50	13			01:04:50	01:14:45	02:40:45.90	02:41:06.70	+00:07:24 (-90,588.6%)	14:53	4 (26.3%)
244	BIELSKA Ela	403		K60	4			00:57:16	01:07:14	02:33:32.75	02:33:42.40	+00:07:28 (-90,058.0%)	14:12	4.2 (27.6%)
245	MATYSEK Magdalena	493	ROLLING	K40	53			00:59:09	01:09:10	02:30:02.65	02:30:13.40	+00:07:30 (-89,690.2%)	13:53	4.3 (28.3%)
246	PAWLIK Agnieszka	220		K40	50			00:56:59	01:07:01	02:14:03.50	02:14:33.20	+00:07:31 (-89,533.5%)	12:24	4.8 (31.6%)
247	ŁUGOWSKI Paweł Ryszard	397	RAK&ROLL	M60	2			01:04:48	01:14:56	02:31:23.90	02:31:23.90	+00:07:38 (-88,590.1%)	14:01	4.3 (28.3%)
248	KNAPIK Ilona	313		K40	41			00:49:16	00:59:46	02:10:15.10	02:10:30.40	+00:07:59 (-85,574.8%)	12:03	5 (32.9%)
249	SIELEWICZ Kasia	262		K40	62			01:01:53	01:12:28	02:53:55.95	02:54:12.80	+00:08:05 (-84,819.3%)	16:06	3.7 (24.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mistrzostwa Polski	Drużyna	Premia1 3.8km	Premia2 4.3km	Czas netto 10.8km	Czas brutto 10.8km	Różn	Tempo min/km	Tempo km/h
Przekroczony limit czasu: 03:00:00														
250	SKWAREK Aleksandra	409		K20	24			01:11:31	01:22:18	03:05:08.20	03:05:18.90	+00:08:16 (-83,283.1%)	17:08	3.5 (23.0%)
251	ZALEWSKA Anna	399	RAK&ROLL	K50	13			01:11:25	01:22:13	03:05:02.60	03:05:18.95	+00:08:18 (-83,128.6%)	17:07	3.5 (23.0%)
252	KOPCZYŃSKA Anna	296		K40	55			01:00:08	01:11:47	02:38:13.10	02:38:28.85	+00:09:09 (-77,055.7%)	14:38	4.1 (27.0%)
253	WITAK Wioletta	402	RAK'N'ROLL TEAM	K40	54			01:07:25	01:19:10	02:35:09.25	02:35:22.30	+00:09:15 (-76,334.0%)	14:21	4.2 (27.6%)
254	GRONCZEWSKA Agnieszka	476	RAK'N'ROLL	K40	57			01:07:23	01:19:10	02:50:52.10	02:51:06.85	+00:09:16 (-76,231.2%)	15:49	3.8 (25.0%)
255	MICHAŁEK Sylwia	390		K40	58			01:07:21	01:19:10	02:50:52.45	02:51:07.95	+00:09:18 (-76,026.5%)	15:49	3.8 (25.0%)
256	SIWIEC Aneta	401		K40	59			01:07:28	01:19:17	02:51:15.65	02:51:32.70	+00:09:19 (-75,935.2%)	15:51	3.8 (25.0%)
257	MIKLAS Anna	320	PĘDZĄCE LENIWCE	K50	12			01:06:29	01:18:18	02:53:26.65	02:53:43.15	+00:09:20 (-75,871.0%)	16:03	3.7 (24.3%)
258	MIKOŁAJCZUK Agnieszka	278	PĘDZĄCE LENIWCE	K40	60			01:06:30	01:18:20	02:53:26.70	02:53:43.25	+00:09:20 (-75,801.5%)	16:03	3.7 (24.3%)
259	ZAJADACZ Edyta	301	PĘDZĄCE LENIWCE	K40	61			01:06:30	01:18:22	02:53:27.75	02:53:43.35	+00:09:21 (-75,694.8%)	16:03	3.7 (24.3%)
260	TOMASZKIEWICZ Elżbieta	270	RTV EURO AGD	K40	64			01:24:14	01:36:44	03:16:25.10	03:16:43.35	+00:10:00 (-71,775.2%)	18:11	3.3 (21.7%)
261	SKARBOWSKA Izabela	396	RAK'N'ROLL TEAM	K40	63			01:15:55	01:36:26	03:05:32.10	03:05:42.50	+00:18:01 (-43,713.6%)	17:10	3.5 (23.0%)

Znaleziono 261 wynik(ów)