



I KRWIOBIEG BYDGOSZCZ - 5KM

B4SPORT

Wydarzenie:
Organizator:

I KRWIOBIEG BYDGOSZCZ
Kujawsko - Pomorski Oddział Okręgowy Polskiego
Czerwonego Krzyża

Data:
Miejsce:
Dystans:

2019-10-05
Bydgoszcz
5 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	PRUSIK Łukasz	230		Open M	1	00:19:39.95	00:19:41.00		3:56	15.3 (100%)
2	ŁAZARSKI Marian	30		Open M	2	00:20:13.20	00:20:14.65	+00:00:33 (2.8%)	4:02	14.8 (96.7%)
3	KABACIŃSKI Marcin	164		Open M	3	00:20:33.00	00:20:34.15	+00:00:53 (4.3%)	4:06	14.6 (95.4%)
4	JEŻEWSKI Łukasz	114		Open M	4	00:20:47.65	00:20:49.80	+00:01:08 (5.5%)	4:09	14.4 (94.1%)
5	STOSIK Krzysztof	247		Open M	5	00:21:11.75	00:21:36.80	+00:01:55 (8.9%)	4:14	14.2 (92.8%)
6	MACIŃSKI Waldemar	163		Open M	6	00:22:05.15	00:22:06.95	+00:02:25 (11.0%)	4:25	13.6 (88.9%)
7	RÓŻOWICZ Aleksandra	242		Open K	1	00:22:28.15	00:22:32.15	+00:02:51 (12.7%)	4:29	13.4 (87.6%)
8	BARANOWSKI Tomasz	248		Open M	7	00:22:30.95	00:22:32.30	+00:02:51 (12.7%)	4:30	13.3 (86.9%)
9	KITA Natalia	158		Open K	2	00:22:43.50	00:22:45.15	+00:03:04 (13.5%)	4:32	13.2 (86.3%)
10	JANISZEWSKI Radosław	286		Open M	8	00:22:47.15	00:22:49.85	+00:03:08 (13.8%)	4:33	13.2 (86.3%)
11	LEWICKI Maciej	226		Open M	9	00:22:53.15	00:22:57.55	+00:03:16 (14.3%)	4:34	13.1 (85.6%)
12	WAŻYŃSKI Łukasz	105		Open M	10	00:23:24.00	00:23:26.90	+00:03:45 (16.1%)	4:40	12.8 (83.7%)
13	ŻEGLICZ Marek	155		Open M	11	00:23:19.80	00:23:29.90	+00:03:48 (16.2%)	4:39	12.9 (84.3%)
14	KRETOWICZ Piotr	17		Open M	12	00:23:14.65	00:23:30.25	+00:03:49 (16.3%)	4:39	12.9 (84.3%)
15	NOWOTNIK Mariusz	264		Open M	13	00:23:32.50	00:23:36.90	+00:03:55 (16.6%)	4:42	12.7 (83.0%)
16	WITKOWSKI Błażej	20		Open M	14	00:23:17.60	00:23:40.35	+00:03:59 (16.9%)	4:39	12.9 (84.3%)
17	GRZYWIŃSKI Łukasz	33		Open M	15	00:23:37.70	00:23:41.25	+00:04:00 (16.9%)	4:43	12.7 (83.0%)
18	KRYSZTOFIAK Michał	106		Open M	16	00:23:35.20	00:23:41.55	+00:04:00 (16.9%)	4:43	12.7 (83.0%)
19	KŁYZA Aleksander	62		Open M	17	00:23:37.75	00:23:48.90	+00:04:07 (17.3%)	4:43	12.7 (83.0%)
20	CICHOŃSKA-BAZAK Marzena	179		Open K	3	00:23:55.55	00:23:59.05	+00:04:18 (17.9%)	4:47	12.5 (81.7%)
21	STEFAŃSKI Marcin	96		Open M	18	00:23:48.35	00:23:59.60	+00:04:18 (18.0%)	4:45	12.6 (82.4%)
22	WOJTECKI Łukasz	143		Open M	19	00:23:55.50	00:24:05.00	+00:04:24 (18.3%)	4:47	12.5 (81.7%)
23	JEŻEWSKA Edyta	115		Open K	4	00:24:08.60	00:24:11.25	+00:04:30 (18.6%)	4:49	12.4 (81.0%)
24	KRAJNIK Wojciech	154		Open M	20	00:24:09.60	00:24:21.35	+00:04:40 (19.2%)	4:50	12.4 (81.0%)
25	MAZAN Arkadiusz	188		Open M	21	00:24:26.65	00:24:32.35	+00:04:51 (19.8%)	4:53	12.3 (80.4%)
26	MACIEJCZAK Marcin	156		Open M	22	00:24:17.50	00:24:36.90	+00:04:55 (20.0%)	4:51	12.4 (81.0%)
27	WIŚNIEWSKI Leszek	161		Open M	23	00:24:51.00	00:25:04.05	+00:05:23 (21.5%)	4:58	12.1 (79.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
28	MANIKOWSKI Dominik	84		Open M	24	00:25:01.40	00:25:06.55	+00:05:25 (21.6%)	5:00	12 (78.4%)
29	UMIŃSKI Robert	140		Open M	25	00:25:00.00	00:25:13.00	+00:05:32 (21.9%)	5:00	12 (78.4%)
30	MAKUSZEWSKI Mateusz	280		Open M	26	00:25:10.45	00:25:17.45	+00:05:36 (22.2%)	5:02	11.9 (77.8%)
31	CHMIELARZ Justyna	22		Open K	5	00:25:22.40	00:25:25.40	+00:05:44 (22.6%)	5:04	11.8 (77.1%)
32	WALEWSKI Andrzej	165		Open M	27	00:25:22.65	00:25:26.00	+00:05:45 (22.6%)	5:04	11.8 (77.1%)
33	PUCHACZ Marcin	269		Open M	28	00:25:23.55	00:25:31.35	+00:05:50 (22.9%)	5:04	11.8 (77.1%)
34	GLINKOWSKI Dariusz	51		Open M	29	00:25:29.15	00:25:34.00	+00:05:53 (23.0%)	5:06	11.8 (77.1%)
35	LUBERDA Łukasz	240		Open M	30	00:25:27.00	00:25:37.05	+00:05:56 (23.2%)	5:05	11.8 (77.1%)
36	KAMIŃSKA Magdalena	189		Open K	6	00:25:33.85	00:25:37.55	+00:05:56 (23.2%)	5:06	11.7 (76.5%)
37	GREINERT Michał	126		Open M	31	00:25:37.75	00:25:39.80	+00:05:58 (23.3%)	5:07	11.7 (76.5%)
38	DURA Julia	50		Open K	7	00:25:42.65	00:25:55.70	+00:06:14 (24.1%)	5:08	11.7 (76.5%)
39	ŚWIATOWY Ryszard	277		Open M	32	00:25:49.20	00:25:58.50	+00:06:17 (24.2%)	5:09	11.6 (75.8%)
40	DANIELEK Piotr	41		Open M	33	00:26:05.40	00:26:09.50	+00:06:28 (24.8%)	5:13	11.5 (75.2%)
41	TURKOWSKA Iwona	204		Open K	8	00:26:07.90	00:26:10.15	+00:06:29 (24.8%)	5:13	11.5 (75.2%)
42	DOBIECKI Szczepan	19		Open M	34	00:26:07.00	00:26:12.95	+00:06:31 (24.9%)	5:13	11.5 (75.2%)
43	BAGNIEWSKA Małgorzata	181		Open K	9	00:26:08.60	00:26:14.30	+00:06:33 (25.0%)	5:13	11.5 (75.2%)
44	MICHALAK Mariusz	236		Open M	35	00:26:08.20	00:26:15.05	+00:06:34 (25.0%)	5:13	11.5 (75.2%)
45	JASTRZĘBSKI Krzysztof	149		Open M	36	00:26:00.10	00:26:17.55	+00:06:36 (25.1%)	5:12	11.5 (75.2%)
46	NURKIEWICZ Jarosław	190		Open M	37	00:26:15.70	00:26:18.90	+00:06:37 (25.2%)	5:15	11.4 (74.5%)
47	STĘPIEŃ Michał	211		Open M	38	00:26:06.20	00:26:26.55	+00:06:45 (25.6%)	5:13	11.5 (75.2%)
48	JAGIEŁO Radek	78		Open M	39	00:26:11.15	00:26:33.40	+00:06:52 (25.9%)	5:14	11.5 (75.2%)
49	RZEPECKA Katarzyna	60		Open K	10	00:26:12.85	00:26:36.05	+00:06:55 (26.0%)	5:14	11.4 (74.5%)
50	BURNICKI Mariusz	53		Open M	40	00:26:26.90	00:26:46.00	+00:07:05 (26.5%)	5:17	11.3 (73.9%)
51	LEWANDOWSKA Anna	205		Open K	11	00:26:31.50	00:26:48.25	+00:07:07 (26.6%)	5:18	11.3 (73.9%)
52	DAMBECKI Piotr	59		Open M	41	00:26:31.60	00:26:53.15	+00:07:12 (26.8%)	5:18	11.3 (73.9%)
53	TADRZAK Michał	55		Open M	42	00:26:47.30	00:26:54.85	+00:07:13 (26.9%)	5:21	11.2 (73.2%)
54	BOROWSKI Rafał	123		Open M	43	00:26:45.30	00:26:58.30	+00:07:17 (27.0%)	5:21	11.2 (73.2%)
55	MACIEJEWSKI Mateusz	77		Open M	44	00:26:40.95	00:27:07.25	+00:07:26 (27.4%)	5:20	11.2 (73.2%)
56	JURCZYK Ewa	89		Open K	12	00:26:57.15	00:27:07.35	+00:07:26 (27.4%)	5:23	11.1 (72.5%)
57	MAKSAJDOWSKA Beata	393		Open K	13	00:26:57.20	00:27:07.40	+00:07:26 (27.4%)	5:23	11.1 (72.5%)
58	SADZIKOWSKI Tomasz	257		Open M	45	00:27:06.50	00:27:09.55	+00:07:28 (27.5%)	5:25	11.1 (72.5%)
59	WASTOWSKI Dawid	281		Open M	46	00:26:57.25	00:27:10.85	+00:07:29 (27.6%)	5:23	11.1 (72.5%)
60	BOROWICZ Małgorzata	237		Open K	14	00:27:01.05	00:27:11.00	+00:07:30 (27.6%)	5:24	11.1 (72.5%)
61	WIOSNA Tomasz	191		Open M	47	00:26:54.25	00:27:11.80	+00:07:30 (27.6%)	5:22	11.2 (73.2%)
62	LAKS Krzysztof	192		Open M	48	00:26:56.90	00:27:14.60	+00:07:33 (27.7%)	5:23	11.1 (72.5%)
63	KICK Klaudia	85		Open K	15	00:27:11.65	00:27:15.15	+00:07:34 (27.8%)	5:26	11 (71.9%)
64	BERNACKI Andrzej	36		Open M	49	00:27:18.65	00:27:23.45	+00:07:42 (28.1%)	5:27	11 (71.9%)
65	SIMINSKA Monika	79		Open K	16	00:27:18.35	00:27:29.80	+00:07:48 (28.4%)	5:27	11 (71.9%)
66	OWCZARZ Marek	227		Open M	50	00:27:30.15	00:27:30.15	+00:07:49 (28.4%)	5:30	10.9 (71.2%)
67	NADRAJKOWSKA Joanna	225		Open K	17	00:27:26.55	00:27:31.65	+00:07:50 (28.5%)	5:29	10.9 (71.2%)
68	GRUDZKA Agata	48		Open K	18	00:27:18.35	00:27:32.25	+00:07:51 (28.5%)	5:27	11 (71.9%)
69	TURKOWSKI Stanisław	206		Open M	51	00:27:33.35	00:27:35.80	+00:07:54 (28.7%)	5:30	10.9 (71.2%)
70	KUŻAJ Sławomir	254		Open M	52	00:27:33.65	00:27:36.85	+00:07:55 (28.7%)	5:30	10.9 (71.2%)
71	BRZEZIŃSKI Karol	210		Open M	53	00:27:20.40	00:27:39.95	+00:07:58 (28.9%)	5:28	11 (71.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
72	MAREK Lucjan	40		Open M	54	00:27:44.95	00:27:49.20	+00:08:08 (29.2%)	5:33	10.8 (70.6%)
73	ZGÓRSKI Maciej	148		Open M	55	00:27:41.75	00:27:51.55	+00:08:10 (29.3%)	5:32	10.8 (70.6%)
74	KUBSKI Jarosław	119		Open M	56	00:27:55.05	00:27:57.30	+00:08:16 (29.6%)	5:35	10.7 (69.9%)
75	MIKLASZEWSKA Karolina	268		Open K	19	00:27:36.50	00:28:01.45	+00:08:20 (29.8%)	5:31	10.9 (71.2%)
76	GOTOWICZ Mariusz	134		Open M	57	00:27:53.30	00:28:04.15	+00:08:23 (29.9%)	5:34	10.8 (70.6%)
77	STERING Kamila	152		Open K	20	00:27:57.20	00:28:09.25	+00:08:28 (30.1%)	5:35	10.7 (69.9%)
78	GAIDA Milena	14		Open K	21	00:28:07.70	00:28:15.35	+00:08:34 (30.3%)	5:37	10.7 (69.9%)
79	SKWAREK Bogumiła	282		Open K	22	00:28:13.00	00:28:21.45	+00:08:40 (30.6%)	5:38	10.6 (69.3%)
80	JURCZYK Piotr	90		Open M	58	00:28:14.50	00:28:24.00	+00:08:43 (30.7%)	5:39	10.6 (69.3%)
81	BLASZKIEWICZ Julia	87		Open K	23	00:28:17.35	00:28:26.65	+00:08:45 (30.8%)	5:39	10.6 (69.3%)
82	WALCZAK Anna	43		Open K	24	00:28:17.80	00:28:27.10	+00:08:46 (30.8%)	5:39	10.6 (69.3%)
83	KOSTECKI Dawid	66		Open M	59	00:28:27.90	00:28:31.70	+00:08:50 (31.0%)	5:41	10.5 (68.6%)
84	ZIELIŃSKA Agnieszka	214		Open K	25	00:28:18.95	00:28:39.70	+00:08:58 (31.3%)	5:39	10.6 (69.3%)
85	JURCZYK Piotr	311		Open M	60	00:28:30.30	00:28:41.65	+00:09:00 (31.4%)	5:42	10.5 (68.6%)
86	BRZEZIŃSKA Ania	213		Open K	26	00:28:22.95	00:28:42.05	+00:09:01 (31.4%)	5:40	10.6 (69.3%)
87	GROCHAŁA Michał	223		Open M	61	00:28:27.95	00:28:42.85	+00:09:01 (31.5%)	5:41	10.5 (68.6%)
88	DAHMS Łukasz	31		Open M	62	00:28:17.65	00:28:43.60	+00:09:02 (31.5%)	5:39	10.6 (69.3%)
89	RAMBOWICZ Andrzej	21		Open M	63	00:28:32.75	00:28:44.10	+00:09:03 (31.5%)	5:42	10.5 (68.6%)
90	OPALA Marcin	194		Open M	64	00:28:28.95	00:28:47.45	+00:09:06 (31.6%)	5:41	10.5 (68.6%)
91	KAJTEK Patryk	141		Open M	65	00:28:27.75	00:28:49.40	+00:09:08 (31.7%)	5:41	10.5 (68.6%)
92	SUCHARSKA Magdalena	169		Open K	27	00:28:40.00	00:28:49.90	+00:09:08 (31.7%)	5:44	10.5 (68.6%)
92	MAKUSZEWSKI Łukasz	250		Open M	66	00:28:43.35	00:28:49.90	+00:09:08 (31.7%)	5:44	10.4 (68.0%)
94	SZTOLIN Jacek	222		Open M	67	00:28:30.90	00:28:52.95	+00:09:11 (31.9%)	5:42	10.5 (68.6%)
95	BARTNIK Andrzej	261		Open M	68	00:28:54.80	00:28:58.15	+00:09:17 (32.1%)	5:47	10.4 (68.0%)
96	ALEKSANDER Alicja	162		Open K	28	00:28:43.70	00:29:00.95	+00:09:19 (32.2%)	5:44	10.4 (68.0%)
97	SOŃNICKI Bartosz	172		Open M	69	00:28:42.55	00:29:01.20	+00:09:20 (32.2%)	5:44	10.4 (68.0%)
98	OJRZANOWSKI Waldemar	159		Open M	70	00:28:53.45	00:29:01.40	+00:09:20 (32.2%)	5:46	10.4 (68.0%)
99	NOWIŃSKI Jarosław	233		Open M	71	00:28:56.20	00:29:01.70	+00:09:20 (32.2%)	5:47	10.4 (68.0%)
100	OJRZANOWSKA Maria	160		Open K	29	00:28:53.65	00:29:01.85	+00:09:20 (32.2%)	5:46	10.4 (68.0%)
101	POBOŻAN Agnieszka	142		Open K	30	00:29:04.55	00:29:06.60	+00:09:25 (32.4%)	5:48	10.3 (67.3%)
102	GACKA Joanna	125		Open K	31	00:29:10.45	00:29:13.10	+00:09:32 (32.6%)	5:50	10.3 (67.3%)
103	CHMIELEWSKI Ireneusz	99		Open M	72	00:29:07.85	00:29:17.00	+00:09:36 (32.8%)	5:49	10.3 (67.3%)
104	ANDRUSZKIEWICZ Stanisław	88		Open M	73	00:29:16.50	00:29:19.55	+00:09:38 (32.9%)	5:51	10.3 (67.3%)
105	KLEIN Kamil	120		Open M	74	00:29:18.70	00:29:20.75	+00:09:39 (32.9%)	5:51	10.2 (66.7%)
106	GORNOWICZ Daniela	121		Open K	32	00:29:19.30	00:29:21.40	+00:09:40 (33.0%)	5:51	10.2 (66.7%)
107	BYSTRZYŃSKI Jan	61		Open M	75	00:29:06.25	00:29:22.60	+00:09:41 (33.0%)	5:49	10.3 (67.3%)
108	MORACZEWSKA Angelika	186		Open K	33	00:29:22.20	00:29:23.85	+00:09:42 (33.0%)	5:52	10.2 (66.7%)
109	BISKUP Katarzyna	187		Open K	34	00:29:22.40	00:29:23.95	+00:09:42 (33.0%)	5:52	10.2 (66.7%)
110	WAJDA Bartosz	217		Open M	76	00:29:23.80	00:29:25.05	+00:09:44 (33.1%)	5:52	10.2 (66.7%)
111	CELANOWICZ Lidia	228		Open K	35	00:29:30.00	00:29:35.15	+00:09:54 (33.5%)	5:54	10.2 (66.7%)
112	MAKOWSKI Tomasz	110		Open M	77	00:29:34.15	00:29:39.25	+00:09:58 (33.6%)	5:54	10.1 (66.0%)
113	KRUSZYŃSKA Magdalena	267		Open K	36	00:29:37.40	00:29:42.90	+00:10:01 (33.8%)	5:55	10.1 (66.0%)
114	JAKUBOWSKA Anna	97		Open K	37	00:29:35.10	00:29:44.60	+00:10:03 (33.8%)	5:55	10.1 (66.0%)
115	WOLNY Tomasz	238		Open M	78	00:29:40.95	00:29:47.65	+00:10:06 (33.9%)	5:56	10.1 (66.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
116	PIONTEK Elżbieta	122		Open K	38	00:29:42.55	00:29:48.70	+00:10:07 (34.0%)	5:56	10.1 (66.0%)
117	MICHNIEWICZ Małgorzata	103		Open K	39	00:29:41.80	00:29:51.00	+00:10:10 (34.1%)	5:56	10.1 (66.0%)
118	POLAWSKI Marcin	252		Open M	79	00:29:37.85	00:29:53.05	+00:10:12 (34.1%)	5:55	10.1 (66.0%)
119	STANISZEWSKA Aleksandra	73		Open K	40	00:29:53.30	00:29:55.70	+00:10:14 (34.2%)	5:58	10 (65.4%)
120	TRZASKA Józef	80		Open M	80	00:29:50.25	00:29:56.95	+00:10:15 (34.3%)	5:58	10.1 (66.0%)
121	CZAPLICKI Bartłomiej	23		Open M	81	00:29:37.25	00:29:57.85	+00:10:16 (34.3%)	5:55	10.1 (66.0%)
122	PODSIEDLIK Zuzanna	270		Open K	41	00:29:48.45	00:30:06.75	+00:10:25 (34.6%)	5:57	10.1 (66.0%)
123	BARCIKOWSKA Weronika	109		Open K	42	00:29:58.70	00:30:07.85	+00:10:26 (34.7%)	5:59	10 (65.4%)
124	ZIELIŃSKI Krzysztof	86		Open M	82	00:30:01.25	00:30:10.10	+00:10:29 (34.8%)	6:00	10 (65.4%)
125	ROGUSZCZAK Maciej	245		Open M	83	00:29:59.80	00:30:11.25	+00:10:30 (34.8%)	6:00	10 (65.4%)
126	ŁUKASZEWSKA Grażyna	195		Open K	43	00:30:11.10	00:30:14.65	+00:10:33 (34.9%)	6:02	9.9 (64.7%)
127	WONS Monika	289		Open K	44	00:30:10.65	00:30:15.20	+00:10:34 (34.9%)	6:02	9.9 (64.7%)
128	MRELA Adrian	244		Open M	84	00:30:13.25	00:30:17.95	+00:10:36 (35.0%)	6:02	9.9 (64.7%)
129	RZĄDKOWSKI Marcin	167		Open M	85	00:29:59.50	00:30:23.80	+00:10:42 (35.2%)	5:59	10 (65.4%)
130	GRUSZKA Marek	82		Open M	86	00:30:24.15	00:30:30.15	+00:10:49 (35.5%)	6:04	9.9 (64.7%)
131	GŁĄB Sławomir	249		Open M	87	00:30:25.05	00:30:32.20	+00:10:51 (35.5%)	6:05	9.9 (64.7%)
132	KOWALCZYK Magdalena	224		Open K	45	00:30:18.25	00:30:32.95	+00:10:51 (35.6%)	6:03	9.9 (64.7%)
133	RYDELSKA Kinga	56		Open K	46	00:30:34.55	00:30:42.15	+00:11:01 (35.9%)	6:07	9.8 (64.1%)
134	WIŚNIEWSKA Izabela	208		Open K	47	00:30:24.85	00:30:44.60	+00:11:03 (36.0%)	6:05	9.9 (64.7%)
135	ZAJĄC Michał	255		Open M	88	00:30:25.45	00:30:46.05	+00:11:05 (36.0%)	6:05	9.9 (64.7%)
136	LEWANDOWSKI Daniel	215		Open M	89	00:30:30.00	00:30:49.45	+00:11:08 (36.1%)	6:06	9.8 (64.1%)
137	MURAWKA Łukasz	177		Open M	90	00:30:25.85	00:30:50.95	+00:11:09 (36.2%)	6:05	9.9 (64.7%)
138	ZAWADZKI Jacek	76		Open M	91	00:30:34.15	00:30:54.00	+00:11:13 (36.3%)	6:07	9.8 (64.1%)
139	WÓJCIK Monika	243		Open K	48	00:30:49.15	00:30:57.35	+00:11:16 (36.4%)	6:09	9.7 (63.4%)
140	BIEDROŃ Aleksandra	72		Open K	49	00:30:43.95	00:30:58.60	+00:11:17 (36.5%)	6:08	9.8 (64.1%)
141	OSTROWSKA Justyna	13		Open K	50	00:30:51.65	00:31:06.90	+00:11:25 (36.7%)	6:10	9.7 (63.4%)
142	KUTRA Paweł	262		Open M	92	00:30:43.60	00:31:09.60	+00:11:28 (36.8%)	6:08	9.8 (64.1%)
143	KOTLĘGA Agata	283		Open K	51	00:31:01.55	00:31:10.05	+00:11:29 (36.8%)	6:12	9.7 (63.4%)
144	ŚWIETLIK Tomasz	271		Open M	93	00:31:05.25	00:31:11.60	+00:11:30 (36.9%)	6:13	9.7 (63.4%)
145	WOJANOWSKA Maryla	67		Open K	52	00:31:07.30	00:31:14.55	+00:11:33 (37.0%)	6:13	9.6 (62.7%)
146	WOJANOWSKI Zbigniew	68		Open M	94	00:31:07.45	00:31:14.60	+00:11:33 (37.0%)	6:13	9.6 (62.7%)
147	GOLIK Krzysztof	49		Open M	95	00:31:17.60	00:31:17.60	+00:11:36 (37.1%)	6:15	9.6 (62.7%)
148	BITNER Jan	235		Open M	96	00:31:00.40	00:31:21.10	+00:11:40 (37.2%)	6:12	9.7 (63.4%)
149	GROBELNY Michał	178		Open M	97	00:31:11.80	00:31:22.40	+00:11:41 (37.3%)	6:14	9.6 (62.7%)
150	SPLITT Anna	83		Open K	53	00:30:59.75	00:31:24.10	+00:11:43 (37.3%)	6:12	9.7 (63.4%)
151	FALKOWSKI Mariusz	170		Open M	98	00:31:14.20	00:31:26.85	+00:11:45 (37.4%)	6:14	9.6 (62.7%)
152	KONARSKI Szymon	285		Open M	99	00:31:14.65	00:31:28.55	+00:11:47 (37.5%)	6:15	9.6 (62.7%)
153	KOCINIEWSKA Zuzanna	180		Open K	54	00:31:19.95	00:31:30.45	+00:11:49 (37.5%)	6:16	9.6 (62.7%)
154	KURAŚ Marcin	246		Open M	100	00:31:20.35	00:31:32.40	+00:11:51 (37.6%)	6:16	9.6 (62.7%)
155	DUBIELEWSKA Anna	4		Open K	55	00:31:26.70	00:31:39.15	+00:11:58 (37.8%)	6:17	9.5 (62.1%)
156	DĘBCZYŃSKA Agnieszka	111		Open K	56	00:31:36.20	00:31:41.25	+00:12:00 (37.9%)	6:19	9.5 (62.1%)
157	NIEDBALSKI Krzysztof	183		Open M	101	00:31:28.00	00:31:44.10	+00:12:03 (38.0%)	6:17	9.5 (62.1%)
158	KĘDZIORSKA Agata	184		Open K	57	00:31:28.05	00:31:44.40	+00:12:03 (38.0%)	6:17	9.5 (62.1%)
159	ZIELIŃSKA Justyna	135		Open K	58	00:31:47.30	00:32:01.55	+00:12:20 (38.5%)	6:21	9.4 (61.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
160	GRUŻEWSKA Justyna	196		Open K	59	00:31:46.35	00:32:02.30	+00:12:21 (38.6%)	6:21	9.4 (61.4%)
161	TUCZKOWSKA Joanna	272		Open K	60	00:31:48.05	00:32:05.80	+00:12:24 (38.7%)	6:21	9.4 (61.4%)
162	SKOWRON Monika	274		Open K	61	00:31:48.00	00:32:06.20	+00:12:25 (38.7%)	6:21	9.4 (61.4%)
163	CISZEWSKA Emilia	91		Open K	62	00:31:43.30	00:32:06.45	+00:12:25 (38.7%)	6:20	9.5 (62.1%)
164	ŁAKOMSKA - OPALA Iwona	193		Open K	63	00:31:47.50	00:32:06.75	+00:12:25 (38.7%)	6:21	9.4 (61.4%)
165	ROŻYŃSKA Monika	212		Open K	64	00:31:49.25	00:32:06.80	+00:12:25 (38.7%)	6:21	9.4 (61.4%)
166	MIŁOSZ Mariusz	9		Open M	102	00:31:57.65	00:32:14.10	+00:12:33 (38.9%)	6:23	9.4 (61.4%)
167	ŻURAWSKI Michał	185		Open M	103	00:31:56.20	00:32:22.10	+00:12:41 (39.2%)	6:23	9.4 (61.4%)
168	WAWRZYNIAK Sandra	151		Open K	65	00:32:19.35	00:32:31.70	+00:12:50 (39.5%)	6:27	9.3 (60.8%)
169	KASZUBOWSKI Daniel	144		Open M	104	00:32:12.95	00:32:31.80	+00:12:50 (39.5%)	6:26	9.3 (60.8%)
170	CIEŚLAK Agnieszka	168		Open K	66	00:32:05.75	00:32:32.20	+00:12:51 (39.5%)	6:25	9.3 (60.8%)
171	HINZ Barbara	124		Open K	67	00:32:31.25	00:32:35.35	+00:12:54 (39.6%)	6:30	9.2 (60.1%)
172	SOBIECHOWSKI Tomasz	279		Open M	105	00:32:25.85	00:32:36.40	+00:12:55 (39.6%)	6:29	9.2 (60.1%)
173	BILSKA Katarzyna	54		Open K	68	00:32:25.65	00:32:37.30	+00:12:56 (39.7%)	6:29	9.2 (60.1%)
174	PIETRZAK Justyna	57		Open K	69	00:32:25.55	00:32:37.80	+00:12:56 (39.7%)	6:29	9.3 (60.8%)
175	TOMASZEWSKI Dominik	29		Open M	106	00:32:34.60	00:32:38.60	+00:12:57 (39.7%)	6:30	9.2 (60.1%)
176	KILIŃSKA Magdalena	256		Open K	70	00:32:32.70	00:32:51.20	+00:13:10 (40.1%)	6:30	9.2 (60.1%)
177	JASIK Jarosław	199		Open M	107	00:32:29.95	00:32:53.50	+00:13:12 (40.2%)	6:30	9.2 (60.1%)
178	MACIEJCZAK Karolina	253		Open K	71	00:32:41.95	00:32:54.60	+00:13:13 (40.2%)	6:32	9.2 (60.1%)
179	WRUK Justyna	202		Open K	72	00:32:38.00	00:32:55.95	+00:13:14 (40.2%)	6:31	9.2 (60.1%)
180	MALEC Justyna	234		Open K	73	00:32:49.70	00:32:58.45	+00:13:17 (40.3%)	6:34	9.1 (59.5%)
181	PRENTKI Adam	1		Open M	108	00:32:39.60	00:33:02.25	+00:13:21 (40.4%)	6:32	9.2 (60.1%)
182	WYPYCH-KLUNDER Katarzyna	28		Open K	74	00:32:43.55	00:33:03.90	+00:13:22 (40.5%)	6:32	9.2 (60.1%)
183	SZOŁDRA Marta	92		Open K	75	00:32:41.85	00:33:05.25	+00:13:24 (40.5%)	6:32	9.2 (60.1%)
184	BURNICKA Ewa	231		Open K	76	00:32:51.40	00:33:12.65	+00:13:31 (40.7%)	6:34	9.1 (59.5%)
185	KWASIGROCH Aleksandra	287		Open K	77	00:33:05.35	00:33:16.15	+00:13:35 (40.8%)	6:37	9.1 (59.5%)
186	MAJORKOWSKA Anna	46		Open K	78	00:33:13.40	00:33:18.70	+00:13:37 (40.9%)	6:38	9 (58.8%)
187	CYBUL Anna	138		Open K	79	00:33:24.20	00:33:31.80	+00:13:50 (41.3%)	6:40	9 (58.8%)
188	WALCZAK Jacek	44		Open M	109	00:33:19.95	00:33:33.25	+00:13:52 (41.3%)	6:40	9 (58.8%)
189	PIETRUSZEWSKI Bogdan`	45		Open M	110	00:33:24.60	00:33:33.30	+00:13:52 (41.3%)	6:41	9 (58.8%)
190	MELLEM Anna	27		Open K	80	00:33:28.65	00:33:44.60	+00:14:03 (41.7%)	6:41	9 (58.8%)
191	ŻOŁNIERKIEWICZ Agata	171		Open K	81	00:33:23.00	00:33:46.45	+00:14:05 (41.7%)	6:40	9 (58.8%)
192	JAKUBOWSKI Mateusz	101		Open M	111	00:33:42.40	00:33:57.40	+00:14:16 (42.0%)	6:44	8.9 (58.2%)
193	SŁOWIK Przemysław	69		Open M	112	00:33:44.50	00:34:00.55	+00:14:19 (42.1%)	6:44	8.9 (58.2%)
194	WIŚNIEWSKA Ewa	107		Open K	82	00:34:01.85	00:34:11.15	+00:14:30 (42.4%)	6:48	8.8 (57.5%)
195	KUCHARSKI Adam	108		Open M	113	00:34:01.00	00:34:11.35	+00:14:30 (42.4%)	6:48	8.8 (57.5%)
196	KOSZOWSKA Ania	259		Open K	83	00:34:05.25	00:34:23.55	+00:14:42 (42.8%)	6:49	8.8 (57.5%)
197	DZIŻA-KONICZYŃSKA Zuzanna	58		Open K	84	00:34:04.45	00:34:25.70	+00:14:44 (42.8%)	6:48	8.8 (57.5%)
198	JAKUBOWSKI Jan	100		Open M	114	00:34:16.50	00:34:30.60	+00:14:49 (43.0%)	6:51	8.8 (57.5%)
199	KUFEL Maria	130		Open K	85	00:34:23.15	00:34:35.00	+00:14:54 (43.1%)	6:52	8.7 (56.9%)
200	STAWICKI Bartosz	284		Open M	115	00:34:47.70	00:35:01.60	+00:15:20 (43.8%)	6:57	8.6 (56.2%)
201	SZYMAŃSKA Mirela	207		Open K	86	00:34:57.70	00:35:08.30	+00:15:27 (44.0%)	6:59	8.6 (56.2%)
202	WALEWICZ Piotr	209		Open M	116	00:34:57.90	00:35:08.60	+00:15:27 (44.0%)	6:59	8.6 (56.2%)
203	ASTUKIEWICZ Tomasz	133		Open M	117	00:35:06.75	00:35:21.65	+00:15:40 (44.3%)	7:01	8.5 (55.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
204	ASTUKIEWICZ Agnieszka	132		Open K	87	00:35:07.05	00:35:21.75	+00:15:40 (44.3%)	7:01	8.5 (55.6%)
205	BEKER-ZABROCKA Aleksandra	37		Open K	88	00:35:02.25	00:35:26.40	+00:15:45 (44.5%)	7:00	8.6 (56.2%)
206	MORDAKA Maciej	118		Open M	118	00:35:12.50	00:35:27.05	+00:15:46 (44.5%)	7:02	8.5 (55.6%)
207	BON Oliwier	266		Open M	119	00:35:25.20	00:35:43.15	+00:16:02 (44.9%)	7:05	8.5 (55.6%)
208	SZCZEPANEK-KOZINSKA Justyna	260		Open K	89	00:35:30.35	00:35:49.25	+00:16:08 (45.1%)	7:06	8.4 (54.9%)
209	FRONTCZAK Arkadiusz	26		Open M	120	00:35:39.90	00:35:55.20	+00:16:14 (45.2%)	7:08	8.4 (54.9%)
210	TOMCZAK Kinga	229		Open K	90	00:35:44.90	00:35:56.65	+00:16:15 (45.2%)	7:09	8.4 (54.9%)
211	PIECHOWIAK Oliwia	273		Open K	91	00:35:56.05	00:36:00.45	+00:16:19 (45.3%)	7:11	8.3 (54.2%)
212	ZACHARA Aneta	75		Open K	92	00:35:54.60	00:36:03.60	+00:16:22 (45.4%)	7:10	8.4 (54.9%)
213	KUZIAK Ola	131		Open K	93	00:35:56.70	00:36:23.80	+00:16:42 (45.9%)	7:11	8.3 (54.2%)
214	RASSALSKA-KAUSA Jola	278		Open K	94	00:36:05.70	00:36:25.60	+00:16:44 (46.0%)	7:13	8.3 (54.2%)
215	ZIELIŃSKI Waldemar	5		Open M	121	00:36:05.70	00:36:25.70	+00:16:44 (46.0%)	7:13	8.3 (54.2%)
216	ROGALSKA Marta	39		Open K	95	00:36:27.45	00:36:31.45	+00:16:50 (46.1%)	7:17	8.2 (53.6%)
217	WYSOCKA Paulina	146		Open K	96	00:36:41.50	00:37:01.70	+00:17:20 (46.8%)	7:20	8.2 (53.6%)
218	ZACHARA Piotr	74		Open M	122	00:37:09.20	00:37:18.10	+00:17:37 (47.2%)	7:26	8.1 (52.9%)
219	SZTOLIN Sylwia	221		Open K	97	00:37:06.80	00:37:29.70	+00:17:48 (47.5%)	7:25	8.1 (52.9%)
220	MUZOLF Natalia	16		Open K	98	00:37:24.00	00:37:39.60	+00:17:58 (47.7%)	7:28	8 (52.3%)
221	SIECZKOŚ Agnieszka	275		Open K	99	00:37:23.05	00:37:40.10	+00:17:59 (47.7%)	7:28	8 (52.3%)
222	GORZYCKI Dariusz	12		Open M	123	00:37:24.80	00:37:42.15	+00:18:01 (47.8%)	7:29	8 (52.3%)
223	JELIŃSKA Natalia	276		Open K	100	00:37:26.60	00:37:43.25	+00:18:02 (47.8%)	7:29	8 (52.3%)
224	WIECZOREK Justyna	173		Open K	101	00:39:17.85	00:39:41.55	+00:20:00 (50.4%)	7:51	7.6 (49.7%)
225	JUSZCZAK Małgorzata	153		Open K	102	00:39:18.05	00:39:41.75	+00:20:00 (50.4%)	7:51	7.6 (49.7%)
226	REDLAK Tomasz	174		Open M	124	00:39:17.25	00:39:41.85	+00:20:00 (50.4%)	7:51	7.6 (49.7%)
226	GRABIŃSKI Henryk	117		Open M	124	00:39:16.90	00:39:41.85	+00:20:00 (50.4%)	7:51	7.6 (49.7%)
228	ROSZAK Tomasz	157		Open M	126	00:39:16.75	00:39:41.95	+00:20:00 (50.4%)	7:51	7.6 (49.7%)
229	WOŹNIAK Monika	150		Open K	103	00:40:21.55	00:40:34.95	+00:20:53 (51.5%)	8:04	7.4 (48.4%)
230	ZIELIŃSKA Małgorzata	2		Open K	104	00:40:31.05	00:40:53.40	+00:21:12 (51.9%)	8:06	7.4 (48.4%)
231	GÓRNY Łukasz	94		Open M	127	00:40:41.00	00:40:54.65	+00:21:13 (51.9%)	8:08	7.4 (48.4%)
232	JAGIELNICKA Magdalena	241		Open K	105	00:40:50.55	00:41:07.10	+00:21:26 (52.1%)	8:10	7.3 (47.7%)
233	SULKOWSKA Jadwiga	197		Open K	106	00:40:44.85	00:41:07.15	+00:21:26 (52.1%)	8:09	7.4 (48.4%)
234	SŁOWIK Sylwia	70		Open K	107	00:41:09.00	00:41:24.55	+00:21:43 (52.5%)	8:13	7.3 (47.7%)
235	TROJAŃCZYK Krzysztof	116		Open M	128	00:42:23.05	00:42:45.60	+00:23:04 (54.0%)	8:28	7.1 (46.4%)
236	MŁYNAREK Aneta	112		Open K	108	00:42:28.05	00:42:49.65	+00:23:08 (54.0%)	8:29	7.1 (46.4%)
237	MŁYNAREK Piotr	113		Open M	129	00:42:28.40	00:42:50.25	+00:23:09 (54.1%)	8:29	7.1 (46.4%)
238	BAJOREK Angelika	200		Open K	109	00:42:51.60	00:43:04.70	+00:23:23 (54.3%)	8:34	7 (45.8%)
239	BAJOREK Kacper	251		Open M	130	00:43:05.15	00:43:05.15	+00:23:24 (54.3%)	8:37	7 (45.8%)
240	CABAŃSKI Jacek	175		Open M	131	00:43:20.20	00:43:28.65	+00:23:47 (54.7%)	8:40	6.9 (45.1%)
241	PAŁECKI Adam	258		Open M	132	00:43:21.30	00:43:28.85	+00:23:47 (54.7%)	8:40	6.9 (45.1%)
242	KOPAŃSKA Agnieszka	176		Open K	110	00:43:21.00	00:43:29.15	+00:23:48 (54.7%)	8:40	6.9 (45.1%)
243	KICIŃSKA Joanna	166		Open K	111	00:43:44.10	00:43:50.55	+00:24:09 (55.1%)	8:44	6.9 (45.1%)
244	SAPA Dariusz	38		Open M	133	00:43:45.15	00:43:51.40	+00:24:10 (55.1%)	8:45	6.9 (45.1%)

Znaleziono 244 wynik(ów)