



Organizator:
Data:
Miejsce:
Dystans:

Stowarzyszenie Waleczne Serca
2022-10-02
Bydgoszcz
5 km

III BYDGOSKI BIEG PO ODDECH

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	ORCHOLSKI Witold	405	TS OPATRUNKI TORUŃ	Bieg z psem	1	00:08:09	00:17:09.65	00:17:12.00		3:25	17.5 (100%)
2	KRYSKE Bartosz	358		M30	1	00:09:26	00:18:51.00	00:18:54.05	+00:01:42 (9.0%)	3:46	15.9 (90.9%)
3	CZAJKOWSKI Arkadiusz	388		M20	1	00:09:18	00:19:10.95	00:19:14.00	+00:02:02 (10.6%)	3:50	15.7 (89.7%)
4	HOŁTYN Patryk	186		M30	2	00:09:42	00:19:49.25	00:19:53.75	+00:02:41 (13.5%)	3:57	15.1 (86.3%)
5	MACIŃSKI Waldek	123		M40	1	00:10:08	00:20:42.00	00:20:45.90	+00:03:33 (17.2%)	4:08	14.5 (82.9%)
6	NAGORZYSKI Arek	5		M30	3	00:10:18	00:21:07.00	00:21:09.45	+00:03:57 (18.7%)	4:13	14.2 (81.1%)
7	KWAŚNIEWSKI Waldemar	338		M50	1	00:10:24	00:21:03.55	00:21:09.50	+00:03:57 (18.7%)	4:12	14.3 (81.7%)
8	JAGIEŁA Adam	212		M40	2	00:10:29	00:21:14.90	00:21:21.75	+00:04:09 (19.5%)	4:14	14.1 (80.6%)
9	UMIŃSKI Robert	195		M40	3	00:10:24	00:21:08.80	00:21:34.05	+00:04:22 (20.3%)	4:13	14.2 (81.1%)
10	KRYGOWSKI Tomasz	98		M50	2	00:10:37	00:21:36.25	00:21:39.20	+00:04:27 (20.6%)	4:19	13.9 (79.4%)
11	HADOWSKI Piotr	336		M40	4	00:10:55	00:21:43.15	00:21:49.00	+00:04:37 (21.2%)	4:20	13.8 (78.9%)
12	PIECZKA Marcin	359		M30	4	00:10:37	00:21:53.30	00:21:57.35	+00:04:45 (21.7%)	4:22	13.7 (78.3%)
13	SZYSZKA Radosław	308		M40	5	00:10:58	00:22:24.20	00:22:27.05	+00:05:15 (23.4%)	4:28	13.4 (76.6%)
14	BRZESKI Sebastian	366		M40	6	00:11:18	00:22:33.65	00:22:39.10	+00:05:27 (24.1%)	4:30	13.3 (76.0%)
15	KOLIŃSKI Dawid	9		Bieg z psem	2	00:10:52	00:22:46.75	00:22:56.55	+00:05:44 (25.0%)	4:33	13.2 (75.4%)
16	LEWANDOWSKI Sebastian	12		Bieg z psem	3	00:10:59	00:22:55.15	00:22:59.40	+00:05:47 (25.2%)	4:35	13.1 (74.9%)
17	CHRUŚCIŃSKI Erhard	133		M30	5	00:10:58	00:22:47.40	00:23:00.75	+00:05:48 (25.3%)	4:33	13.2 (75.4%)
18	DOBRZYŃSKA Ewa	220		K30	1	00:11:34	00:23:03.40	00:23:07.75	+00:05:55 (25.6%)	4:36	13 (74.3%)
19	KNYPIŃSKI Wojciech	164		M30	6	00:10:53	00:23:01.85	00:23:13.60	+00:06:01 (25.9%)	4:36	13 (74.3%)
20	DROCIAK Michał	302		M40	7	00:11:30	00:23:18.00	00:23:18.00	+00:06:06 (26.2%)	4:39	12.9 (73.7%)
21	ZIELIŃSKI Tomasz	391		M40	8	00:11:27	00:22:58.10	00:23:28.55	+00:06:16 (26.7%)	4:35	13.1 (74.9%)
22	WÓJCIK Piotr	75		D4 - chłopc	1	00:11:30	00:23:25.75	00:23:41.95	+00:06:29 (27.4%)	4:41	12.8 (73.1%)
23	POLAŃCZYK Paulina	16		K30	2	00:11:42	00:23:37.20	00:23:42.85	+00:06:30 (27.5%)	4:43	12.7 (72.6%)
24	GRECMAN Anna	179		K40	1	00:11:41	00:23:38.50	00:23:43.40	+00:06:31 (27.5%)	4:43	12.7 (72.6%)
25	HAN Sławomir	128		Bieg z psem	4	00:11:12	00:23:42.90	00:23:49.25	+00:06:37 (27.8%)	4:44	12.7 (72.6%)
25	HAN Agnieszka	129		Bieg z psem	4	00:11:11	00:23:41.70	00:23:49.25	+00:06:37 (27.8%)	4:44	12.7 (72.6%)
27	ROSZAK Zbigniew	38		M30	7	00:11:44	00:23:43.85	00:23:51.95	+00:06:39 (27.9%)	4:44	12.6 (72.0%)
28	KABACIŃSKI Jarosław	222		M30	8	00:11:42	00:23:47.20	00:23:58.35	+00:06:46 (28.3%)	4:45	12.6 (72.0%)
29	MACIEJEWSKI Maciej	280		M40	9	00:11:45	00:23:49.70	00:23:59.80	+00:06:47 (28.3%)	4:45	12.6 (72.0%)
30	CHEŁMINIAK Monika	104		K40	2	00:11:46	00:23:53.15	00:24:00.35	+00:06:48 (28.4%)	4:46	12.6 (72.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
31	ZIELIŃSKI Michał	397		M30	9	00:11:34	00:23:31.95	00:24:02.60	+00:06:50 (28.5%)	4:42	12.8 (73.1%)
32	DEJA Michał	415		M30	10	00:11:45	00:24:08.50	00:24:11.30	+00:06:59 (28.9%)	4:49	12.4 (70.9%)
33	KRUSZYNA Robert	107		M40	10	00:11:39	00:24:05.20	00:24:14.05	+00:07:02 (29.0%)	4:49	12.5 (71.4%)
34	BAZAK Cezary	177		M50	3	00:12:17	00:24:28.20	00:24:35.45	+00:07:23 (30.1%)	4:53	12.3 (70.3%)
35	CICHOŃSKA-BAZAK Marzena	176		K40	3	00:12:18	00:24:29.25	00:24:35.50	+00:07:23 (30.1%)	4:53	12.3 (70.3%)
36	DOBRYŃSKI Kacper	221		D4 - chłopcy	2	00:11:48	00:24:45.35	00:24:49.30	+00:07:37 (30.7%)	4:57	12.1 (69.1%)
37	MAZUR Łukasz	120		M20	2	00:12:00	00:24:46.60	00:24:52.75	+00:07:40 (30.9%)	4:57	12.1 (69.1%)
38	ĆWIKLIŃSKA Anna	73		K40	4	00:12:02	00:24:52.90	00:24:57.85	+00:07:45 (31.1%)	4:58	12.1 (69.1%)
39	ZAJĄKAŁA Wojciech	412		M20	3	00:12:17	00:24:50.15	00:24:59.20	+00:07:47 (31.2%)	4:58	12.1 (69.1%)
40	KRZYWDZIŃSKI Tomasz	132		M20	4	00:12:19	00:24:26.75	00:25:01.90	+00:07:49 (31.3%)	4:53	12.3 (70.3%)
41	WARLIKOWSKA Karolina	148		K20	1	00:12:36	00:24:56.70	00:25:06.95	+00:07:54 (31.5%)	4:59	12 (68.6%)
42	LEWANDOWSKI Maciej	101		M30	11	00:12:15	00:25:19.00	00:25:22.80	+00:08:10 (32.2%)	5:03	11.8 (67.4%)
43	SZEIB Robert	327		M40	11	00:12:16	00:25:17.65	00:25:26.75	+00:08:14 (32.4%)	5:03	11.9 (68.0%)
44	RACIBORSKI Grzegorz	294		M40	12	00:12:36	00:25:11.20	00:25:27.75	+00:08:15 (32.4%)	5:02	11.9 (68.0%)
45	FRYDRYCH Marcin	296		M40	13	00:12:40	00:25:21.95	00:25:30.05	+00:08:18 (32.6%)	5:04	11.8 (67.4%)
46	OKULICZ Anita	192		K30	3	00:12:25	00:25:27.15	00:25:30.40	+00:08:18 (32.6%)	5:05	11.8 (67.4%)
47	PACHOLSKA Joanna	328		K30	4	00:12:43	00:25:21.65	00:25:30.45	+00:08:18 (32.6%)	5:04	11.8 (67.4%)
48	FIEGEL Katarzyna	193		K40	5	00:12:51	00:25:27.45	00:25:41.90	+00:08:29 (33.1%)	5:05	11.8 (67.4%)
49	BARCZYK Dawid	330		M30	12	00:12:31	00:25:30.45	00:25:43.00	+00:08:31 (33.1%)	5:06	11.8 (67.4%)
50	KANARSKI Wojciech	118		D5 - chłopcy	1	00:11:58	00:25:38.10	00:25:50.45	+00:08:38 (33.4%)	5:07	11.7 (66.9%)
51	BIEGAŁA Agnieszka	48		K40	6	00:12:55	00:25:51.60	00:25:57.30	+00:08:45 (33.7%)	5:10	11.6 (66.3%)
52	KRUSZYNA Renata	106		K30	5	00:12:59	00:25:54.30	00:26:04.25	+00:08:52 (34.0%)	5:10	11.6 (66.3%)
53	ŁEPEK Patryk	210		M20	5	00:12:28	00:25:35.05	00:26:08.15	+00:08:56 (34.2%)	5:07	11.7 (66.9%)
54	SOBAŃSKI Mariusz	390		M50	4	00:12:25	00:25:53.00	00:26:17.35	+00:09:05 (34.6%)	5:10	11.6 (66.3%)
55	SKÓRCZEWSKI Jacek	115		M60	1	00:12:37	00:26:12.35	00:26:22.90	+00:09:10 (34.8%)	5:14	11.5 (65.7%)
56	DOMBROWSKI Rafał	256		M30	13	00:12:53	00:26:23.45	00:26:33.25	+00:09:21 (35.2%)	5:16	11.4 (65.1%)
57	LATTA-SCHIRAKOWSKA Zuzanna	228		Bieg z psem	6	00:13:12	00:26:00.50	00:26:40.45	+00:09:28 (35.5%)	5:12	11.5 (65.7%)
58	NAGORZYSKA Sylwia	6		K40	7	00:13:12	00:26:43.00	00:26:46.25	+00:09:34 (35.8%)	5:20	11.2 (64.0%)
59	RUTKOWSKA Karolina	143		K30	6	00:13:09	00:26:50.45	00:27:02.60	+00:09:50 (36.4%)	5:22	11.2 (64.0%)
60	PIETRZAK Edyta	249		K40	8	00:13:24	00:27:00.50	00:27:06.50	+00:09:54 (36.6%)	5:24	11.1 (63.4%)
61	KUJDA Dorota	145		K40	9	00:13:06	00:27:00.20	00:27:06.80	+00:09:54 (36.6%)	5:24	11.1 (63.4%)
62	JARZEMBSKI Filip	381		D5 - chłopcy	2	00:13:41	00:26:01.05	00:27:10.10	+00:09:58 (36.7%)	5:12	11.5 (65.7%)
63	KOZŁOWSKI Krzysztof	20		M30	14	00:13:12	00:27:01.85	00:27:12.05	+00:10:00 (36.8%)	5:24	11.1 (63.4%)
64	RYBAK Łukasz	213		M30	15	00:13:18	00:26:44.90	00:27:22.15	+00:10:10 (37.2%)	5:20	11.2 (64.0%)
65	LEWANDOWSKI Oskar	370		D4 - chłopcy	3	00:13:29	00:27:26.75	00:27:29.20	+00:10:17 (37.4%)	5:29	10.9 (62.3%)
66	STELLER Igor	178		D4 - chłopcy	4	00:12:52	00:27:00.90	00:27:33.55	+00:10:21 (37.6%)	5:24	11.1 (63.4%)
67	STELLER Agnieszka	172		K40	10	00:12:53	00:27:01.75	00:27:33.90	+00:10:21 (37.6%)	5:24	11.1 (63.4%)
68	NALEWALSKA Justyna	292		K30	7	00:13:32	00:27:25.50	00:27:39.45	+00:10:27 (37.8%)	5:29	10.9 (62.3%)
69	FIRST Anna	363		K20	2	00:13:43	00:27:12.95	00:27:40.55	+00:10:28 (37.9%)	5:26	11 (62.9%)
70	RAJKOWSKI Maciej	305		M40	14	00:13:23	00:27:37.50	00:27:44.30	+00:10:32 (38.0%)	5:31	10.9 (62.3%)
71	WAJER Marita	414		K20	3	00:13:35	00:27:28.95	00:27:45.50	+00:10:33 (38.0%)	5:29	10.9 (62.3%)
72	SŁOWIŃSKI Sławomir	356		M40	15	00:13:15	00:27:46.00	00:27:51.25	+00:10:39 (38.2%)	5:33	10.8 (61.7%)
73	SCHMIDT Artur	263		D4 - chłopcy	5	00:13:29	00:27:50.20	00:27:58.20	+00:10:46 (38.5%)	5:34	10.8 (61.7%)
74	DOLATA Rafał	326		M40	16	00:13:33	00:27:54.50	00:27:58.25	+00:10:46 (38.5%)	5:34	10.8 (61.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
75	SCHMIDT Marcin	262		M40	17	00:13:30	00:27:51.35	00:27:58.85	+00:10:46 (38.5%)	5:34	10.8 (61.7%)
76	BAGNIEWSKA Małgorzata	80		K30	8	00:13:55	00:27:33.30	00:28:00.90	+00:10:48 (38.6%)	5:30	10.9 (62.3%)
77	OLSZEWSKI Szymon	200		M30	16	00:14:20	00:27:23.25	00:28:01.70	+00:10:49 (38.6%)	5:28	11 (62.9%)
78	BUTOWSKI Michał	11		M40	18	00:13:55	00:27:33.85	00:28:01.90	+00:10:49 (38.6%)	5:30	10.9 (62.3%)
79	BOJAŁKOWSKA Krystyna	173		K40	11	00:13:27	00:27:36.15	00:28:02.60	+00:10:50 (38.7%)	5:31	10.9 (62.3%)
79	KORNASZEWSKI Wojciech	78		M30	17	00:13:28	00:27:52.50	00:28:02.60	+00:10:50 (38.7%)	5:34	10.8 (61.7%)
81	KARAKIEWICZ Marzena	323		K50	1	00:13:44	00:28:01.30	00:28:10.95	+00:10:58 (39.0%)	5:36	10.7 (61.1%)
82	PRZYBYLSKI Dariusz	17		M30	18	00:14:21	00:27:38.45	00:28:16.25	+00:11:04 (39.2%)	5:31	10.9 (62.3%)
83	ŻBIKOWSKA Kas Ka	140		K50	2	00:13:47	00:28:09.10	00:28:20.35	+00:11:08 (39.3%)	5:37	10.7 (61.1%)
84	BORAKIEWICZ Natalia	297		K30	9	00:13:53	00:28:08.75	00:28:21.55	+00:11:09 (39.3%)	5:37	10.7 (61.1%)
85	KOLIŃSKA Sylwia	299		K40	12	00:13:54	00:28:09.90	00:28:21.75	+00:11:09 (39.4%)	5:37	10.7 (61.1%)
86	MURAWIAK Agnieszka	329		K30	10	00:13:43	00:28:18.70	00:28:27.95	+00:11:15 (39.6%)	5:39	10.6 (60.6%)
87	KURCZEWSKI Mikołaj	197		M40	19	00:14:16	00:27:53.35	00:28:28.35	+00:11:16 (39.6%)	5:34	10.8 (61.7%)
87	SŁOWIŃSKI Paweł	252		M40	19	00:14:18	00:27:54.10	00:28:28.35	+00:11:16 (39.6%)	5:34	10.8 (61.7%)
89	KAJA Dominika	201		K30	11	00:14:09	00:27:54.85	00:28:28.45	+00:11:16 (39.6%)	5:34	10.8 (61.7%)
90	GULKA Wojciech	4		M20	6	00:13:43	00:28:28.15	00:28:32.05	+00:11:20 (39.7%)	5:41	10.5 (60.0%)
91	KRUSZYNA Wiktor	108		D4 - chłopcy	6	00:14:16	00:28:33.85	00:28:43.20	+00:11:31 (40.1%)	5:42	10.5 (60.0%)
92	BAGNIEWSKA Sandra	202		K30	12	00:14:12	00:28:25.40	00:28:51.65	+00:11:39 (40.4%)	5:41	10.6 (60.6%)
93	CZAPLICKI Bartłomiej	230		M30	19	00:13:54	00:28:12.00	00:28:54.40	+00:11:42 (40.5%)	5:38	10.6 (60.6%)
94	RYDELSKA Marysia	18		K30	13	00:13:57	00:28:31.75	00:28:58.25	+00:11:46 (40.6%)	5:42	10.5 (60.0%)
95	SZCZYGIĘŁ Bartosz	279		M20	7	00:13:50	00:28:14.25	00:29:03.05	+00:11:51 (40.8%)	5:38	10.6 (60.6%)
96	RACZKOWSKI Paweł	242		M30	20	00:13:42	00:28:34.90	00:29:05.60	+00:11:53 (40.9%)	5:42	10.5 (60.0%)
97	PAWŁOWSKI Marek	387		M30	21	00:14:14	00:28:31.65	00:29:06.75	+00:11:54 (40.9%)	5:42	10.5 (60.0%)
98	NOWICKI Marek	183		M40	21	00:14:01	00:28:44.35	00:29:10.05	+00:11:58 (41.0%)	5:44	10.4 (59.4%)
99	KWAŚNIEWSKA Aldona	337		K40	13	00:14:32	00:29:01.25	00:29:10.60	+00:11:58 (41.0%)	5:48	10.3 (58.9%)
100	MAKUSZEWSKI Mateusz	219		M30	22	00:14:19	00:28:58.75	00:29:12.15	+00:12:00 (41.1%)	5:47	10.4 (59.4%)
101	GLINKOWSKI Dariusz	83		M30	23	00:14:08	00:28:59.75	00:29:14.10	+00:12:02 (41.2%)	5:47	10.4 (59.4%)
102	PAPPELBAUM Jarosław	288		M40	22	00:15:01	00:28:47.35	00:29:14.80	+00:12:02 (41.2%)	5:45	10.4 (59.4%)
103	OKRĘGLICKA Barbara	144		K50	3	00:14:18	00:29:14.20	00:29:18.85	+00:12:06 (41.3%)	5:50	10.3 (58.9%)
103	PIECHOWSKA Magdalena	99		K40	14	00:14:31	00:29:05.10	00:29:18.85	+00:12:06 (41.3%)	5:49	10.3 (58.9%)
105	GIERCZAK Dorota	127		K30	14	00:14:46	00:29:08.05	00:29:22.20	+00:12:10 (41.4%)	5:49	10.3 (58.9%)
106	BUREK Dorota	205		K40	15	00:14:33	00:29:21.30	00:29:25.20	+00:12:13 (41.5%)	5:52	10.2 (58.3%)
107	OKRĘGLICKI Antoni	146		M70	1	00:14:17	00:29:22.55	00:29:27.35	+00:12:15 (41.6%)	5:52	10.2 (58.3%)
108	KABACIŃSKA Kinga	19		K30	15	00:14:27	00:29:16.05	00:29:34.70	+00:12:22 (41.8%)	5:51	10.3 (58.9%)
109	FRYCA Aleksandra	229		K30	16	00:15:13	00:29:02.90	00:29:35.30	+00:12:23 (41.9%)	5:48	10.3 (58.9%)
110	BUDZIK Justyna	170		K40	16	00:14:28	00:29:33.20	00:29:40.75	+00:12:28 (42.0%)	5:54	10.2 (58.3%)
111	BUDNY Ewa	289		D5 - dziewczynki	1	00:14:14	00:29:24.20	00:29:51.00	+00:12:39 (42.4%)	5:52	10.2 (58.3%)
112	RÓŻYCZKA Joanna	30		K30	17	00:14:26	00:29:34.55	00:29:55.20	+00:12:43 (42.5%)	5:54	10.1 (57.7%)
113	GARBACZ Michał	400		M20	8	00:14:09	00:29:51.85	00:29:57.15	+00:12:45 (42.6%)	5:58	10.1 (57.7%)
114	JANULEWICZ Jakub	181		M40	23	00:14:59	00:29:41.75	00:30:01.20	+00:12:49 (42.7%)	5:56	10.1 (57.7%)
115	KRAWCZAK Jarosław	155		M40	24	00:15:10	00:29:51.90	00:30:05.65	+00:12:53 (42.8%)	5:58	10.1 (57.7%)
116	WOLSZCZAK Rafał	377		M40	25	00:15:08	00:29:52.10	00:30:07.55	+00:12:55 (42.9%)	5:58	10 (57.1%)
117	BAKOWSKI Dawid	26		M40	26	00:14:36	00:30:02.50	00:30:15.30	+00:13:03 (43.1%)	6:00	10 (57.1%)
118	MAŁKIŃSKA-BIĘGA Dorota	24		K30	18	00:14:37	00:30:05.25	00:30:17.40	+00:13:05 (43.2%)	6:01	10 (57.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
119	MARSZAŁEK Monika	29		K20	4	00:14:13	00:30:09.30	00:30:20.20	+00:13:08 (43.3%)	6:01	10 (57.1%)
120	DOLATA Aneta	325		K30	19	00:15:34	00:30:09.90	00:30:31.60	+00:13:19 (43.7%)	6:01	10 (57.1%)
121	KAMINSKI Jakub	312		M20	9	00:14:16	00:29:48.15	00:30:33.00	+00:13:21 (43.7%)	5:57	10.1 (57.7%)
122	DOMEK Katarzyna	105		K30	20	00:15:11	00:30:08.20	00:30:35.05	+00:13:23 (43.8%)	6:01	10 (57.1%)
123	CZERNIAK Marcin	378		M30	24	00:15:40	00:30:05.60	00:30:45.55	+00:13:33 (44.1%)	6:01	10 (57.1%)
124	BOROWA Agnieszka	233		K40	17	00:14:36	00:30:42.25	00:30:47.40	+00:13:35 (44.1%)	6:08	9.8 (56.0%)
125	LEMANOWICZ Marzena	167		K50	4	00:14:48	00:30:39.90	00:30:48.65	+00:13:36 (44.2%)	6:07	9.8 (56.0%)
126	WESOŁOWSKA Wiktoria	389		D5 - dziewczynki	2	00:13:54	00:30:26.15	00:30:49.70	+00:13:37 (44.2%)	6:05	9.9 (56.6%)
127	JENERALSKA Natalia	111		K40	18	00:16:09	00:30:35.25	00:30:51.15	+00:13:39 (44.3%)	6:07	9.8 (56.0%)
128	BEHRENDT Łukasz	340		M30	25	00:15:26	00:30:20.75	00:30:54.35	+00:13:42 (44.3%)	6:04	9.9 (56.6%)
129	GAIDA Milena	90		K30	21	00:15:40	00:30:42.70	00:30:55.35	+00:13:43 (44.4%)	6:08	9.8 (56.0%)
130	DĘBSKI Jan	168		M70	2	00:14:49	00:30:42.40	00:31:00.55	+00:13:48 (44.5%)	6:08	9.8 (56.0%)
131	JANULEWICZ Monika	180		K40	19	00:15:26	00:30:44.40	00:31:03.20	+00:13:51 (44.6%)	6:08	9.8 (56.0%)
132	JANISZAK Beata	278		K40	20	00:15:08	00:31:03.95	00:31:08.30	+00:13:56 (44.8%)	6:12	9.7 (55.4%)
133	ZIELIŃSKA Agnieszka	185		K30	22	00:15:00	00:30:53.15	00:31:10.15	+00:13:58 (44.8%)	6:10	9.7 (55.4%)
134	JENERALSKI Olin	113		D2 - chłopcy	1	00:16:15	00:31:03.00	00:31:18.90	+00:14:06 (45.1%)	6:12	9.7 (55.4%)
135	PIĄTEK Monika	199		Bieg z psem	7	00:16:05	00:30:44.25	00:31:19.55	+00:14:07 (45.1%)	6:08	9.8 (56.0%)
136	OSTROWSKA Justyna	32		K30	23	00:15:44	00:31:08.90	00:31:21.95	+00:14:09 (45.2%)	6:13	9.6 (54.9%)
137	BOROWA Łukasz	234		M40	27	00:14:56	00:31:20.40	00:31:25.40	+00:14:13 (45.3%)	6:16	9.6 (54.9%)
138	WÓJCIK Tomasz	77		M50	5	00:15:02	00:31:11.20	00:31:27.90	+00:14:15 (45.3%)	6:14	9.6 (54.9%)
139	PRZYBYŁAK Marta	31		K30	24	00:15:24	00:31:10.80	00:31:28.35	+00:14:16 (45.3%)	6:14	9.6 (54.9%)
140	UMIŃSKA Marzena	196		K30	25	00:15:33	00:31:03.25	00:31:28.70	+00:14:16 (45.4%)	6:12	9.7 (55.4%)
141	LEWANDOWSKA Sylwia	25		K40	21	00:15:55	00:31:08.45	00:31:29.40	+00:14:17 (45.4%)	6:13	9.6 (54.9%)
142	MARKIEWICZ Karolina	331		D0 - dziewczynki	1	00:14:57	00:31:26.10	00:31:34.30	+00:14:22 (45.5%)	6:17	9.5 (54.3%)
143	IGNASIAK Bernadeta	355		K40	22	00:15:42	00:31:36.35	00:31:41.65	+00:14:29 (45.7%)	6:19	9.5 (54.3%)
144	KACPERSKA Anna	271		K40	23	00:15:37	00:31:41.35	00:31:45.00	+00:14:33 (45.8%)	6:20	9.5 (54.3%)
145	KARASZEWSKI Adam	110		D2 - chłopcy	2	00:16:01	00:31:26.30	00:31:48.25	+00:14:36 (45.9%)	6:17	9.5 (54.3%)
146	JOZWIK Jacek	70		M70	3	00:15:26	00:31:39.30	00:31:48.35	+00:14:36 (45.9%)	6:19	9.5 (54.3%)
147	KARASZEWSKI Aleksander	109		M30	26	00:16:00	00:31:25.80	00:31:48.80	+00:14:36 (45.9%)	6:17	9.5 (54.3%)
148	PRZYBULSKA Małgorzata	21		K30	26	00:15:50	00:31:16.05	00:31:52.15	+00:14:40 (46.0%)	6:15	9.6 (54.9%)
149	HADOWSKA Anna	10		K60	1	00:15:52	00:31:36.10	00:31:52.65	+00:14:40 (46.0%)	6:19	9.5 (54.3%)
150	DŁONIAK Edmund	272		M70	4	00:15:37	00:31:36.85	00:31:52.75	+00:14:40 (46.0%)	6:19	9.5 (54.3%)
151	WALENTOWICZ Alicja	281		K30	27	00:15:40	00:31:21.75	00:31:55.70	+00:14:43 (46.1%)	6:16	9.6 (54.9%)
152	GLAZIK Jan	44		Bieg z psem	8	00:15:22	00:30:59.55	00:31:56.35	+00:14:44 (46.1%)	6:11	9.7 (55.4%)
153	SUCHARA Jan	245		D2 - chłopcy	3	00:14:47	00:31:35.65	00:31:58.35	+00:14:46 (46.2%)	6:19	9.5 (54.3%)
154	WALENTYN Katarzyna	22		K40	24	00:15:50	00:31:22.20	00:31:58.70	+00:14:46 (46.2%)	6:16	9.6 (54.9%)
155	GIERSZEWSKI Dariusz	285		M40	28	00:15:01	00:31:26.35	00:32:04.45	+00:14:52 (46.4%)	6:17	9.5 (54.3%)
156	WIŚNIEWSKI Leszek	15		Bieg z psem	9	00:15:19	00:31:20.35	00:32:05.00	+00:14:53 (46.4%)	6:16	9.6 (54.9%)
157	SUCHARA Dariusz	243		M30	27	00:14:58	00:31:43.15	00:32:06.45	+00:14:54 (46.4%)	6:20	9.5 (54.3%)
158	WOJCZAKOWSKA Paulina	42		K30	28	00:15:26	00:31:58.95	00:32:10.00	+00:14:58 (46.5%)	6:23	9.4 (53.7%)
159	KIEDROWSKI Krystian	260		M20	10	00:15:18	00:32:13.40	00:32:17.05	+00:15:05 (46.7%)	6:26	9.3 (53.1%)
160	BIEDROŃ Aleksandra	85		Bieg z psem	10	00:15:51	00:31:51.35	00:32:19.90	+00:15:07 (46.8%)	6:22	9.4 (53.7%)
161	BŁAŻEK-KOJRO Kasia	14		K30	29	00:15:56	00:32:01.85	00:32:21.90	+00:15:09 (46.9%)	6:24	9.4 (53.7%)
162	KUJAWA Przemysław	214		M30	28	00:16:17	00:31:23.35	00:32:22.85	+00:15:10 (46.9%)	6:16	9.6 (54.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
163	KUJAWA Emilia	216		D1 - dziewczynki	1	00:16:17	00:31:23.00	00:32:22.95	+00:15:10 (46.9%)	6:16	9.6 (54.9%)
164	KUŹNIA Katarzyna	28		K30	30	00:15:46	00:31:43.00	00:32:23.95	+00:15:11 (46.9%)	6:20	9.5 (54.3%)
165	SAWICKA Małgorzata	376		Bieg z psem	11	00:15:30	00:31:45.35	00:32:24.55	+00:15:12 (46.9%)	6:21	9.4 (53.7%)
166	BUDNY Joanna	290		Bieg z psem	12	00:15:32	00:31:55.45	00:32:26.60	+00:15:14 (47.0%)	6:23	9.4 (53.7%)
167	WARKOCZYŃSKA Weronika	293		K20	5	00:15:44	00:32:16.75	00:32:29.85	+00:15:17 (47.1%)	6:27	9.3 (53.1%)
168	RĘDZINA Michał	194		Bieg z psem	13	00:16:16	00:32:03.50	00:32:38.80	+00:15:26 (47.3%)	6:24	9.4 (53.7%)
169	DŁUGOŃSKA Beata	130		K40	25	00:15:48	00:32:31.10	00:32:39.65	+00:15:27 (47.3%)	6:30	9.2 (52.6%)
170	STANISZEWSKI Konrad	23		M30	29	00:16:31	00:32:29.15	00:32:58.50	+00:15:46 (47.8%)	6:29	9.2 (52.6%)
171	KUKLISOVA Gabriela	147		K40	26	00:16:13	00:32:47.75	00:33:02.20	+00:15:50 (47.9%)	6:33	9.2 (52.6%)
172	KOMOROWSKI Wojciech	49		M30	30	00:15:49	00:32:55.60	00:33:05.15	+00:15:53 (48.0%)	6:35	9.1 (52.0%)
173	JANUSZEWSKI Marcin	223		M40	29	00:16:20	00:32:33.25	00:33:07.30	+00:15:55 (48.1%)	6:30	9.2 (52.6%)
174	WIECZOREK Justyna	27		Bieg z psem	14	00:16:25	00:32:47.50	00:33:10.45	+00:15:58 (48.2%)	6:33	9.2 (52.6%)
175	KOTECKI Marcin	191		M40	30	00:16:18	00:32:38.65	00:33:12.00	+00:16:00 (48.2%)	6:31	9.2 (52.6%)
176	KRZYŻANIAK Joanna	403		Bieg z psem	15	00:16:21	00:32:53.40	00:33:13.40	+00:16:01 (48.2%)	6:34	9.1 (52.0%)
177	DOMAROS Monika	418	BKTR GRYF	K40	27	00:16:06	00:33:12.15	00:33:17.30	+00:16:05 (48.3%)	6:38	9 (51.4%)
178	DALKIEWICZ Igor	206		M20	11	00:16:34	00:32:15.60	00:33:20.25	+00:16:08 (48.4%)	6:27	9.3 (53.1%)
179	KUGLARZ Dominik	225		M40	31	00:17:21	00:32:46.05	00:33:21.05	+00:16:09 (48.4%)	6:33	9.2 (52.6%)
180	MĘŻYKOWSKI Krzysztof	43		M40	32	00:16:28	00:32:46.80	00:33:25.50	+00:16:13 (48.5%)	6:33	9.2 (52.6%)
181	PALUCH Bartosz	316		D5 - chłopcy	3	00:16:47	00:32:33.30	00:33:26.50	+00:16:14 (48.6%)	6:30	9.2 (52.6%)
182	NOWICKA Tatiana	84		Bieg z psem	16	00:16:27	00:33:05.10	00:33:27.05	+00:16:15 (48.6%)	6:37	9.1 (52.0%)
183	NOWICKA Małgorzata	207		Bieg z psem	17	00:16:34	00:32:26.00	00:33:29.50	+00:16:17 (48.6%)	6:29	9.2 (52.6%)
184	ASTUKIEWICZ Tomasz	410		M50	6	00:16:37	00:33:35.05	00:33:43.60	+00:16:31 (49.0%)	6:43	8.9 (50.9%)
185	ASTUKIEWICZ Agnieszka	409		K50	5	00:16:34	00:33:34.75	00:33:43.70	+00:16:31 (49.0%)	6:42	8.9 (50.9%)
186	NOWIŃSKI Jarosław	283		M40	33	00:15:43	00:33:31.25	00:33:49.10	+00:16:37 (49.1%)	6:42	9 (51.4%)
187	PODRALSKA Monika	208		Bieg z psem	18	00:16:38	00:32:44.60	00:33:50.25	+00:16:38 (49.2%)	6:32	9.2 (52.6%)
188	PANFIL Paulina	7		K20	6	00:16:07	00:33:36.75	00:33:53.65	+00:16:41 (49.3%)	6:43	8.9 (50.9%)
189	TYBORSKI Michał	386		M40	34	00:16:52	00:33:19.00	00:33:56.80	+00:16:44 (49.3%)	6:39	9 (51.4%)
190	KRZYWAŃSKA Aleksandra	268		K40	28	00:16:42	00:33:55.00	00:33:59.80	+00:16:47 (49.4%)	6:47	8.8 (50.3%)
191	ZBIRANEK Remigiusz	361		M40	35	00:16:40	00:33:54.10	00:33:59.95	+00:16:47 (49.4%)	6:46	8.8 (50.3%)
191	ZBIRANEK Beata	267		K40	29	00:16:43	00:33:55.15	00:33:59.95	+00:16:47 (49.4%)	6:47	8.8 (50.3%)
193	MILEWSKA Violetta	258		Bieg z psem	19	00:16:42	00:33:53.40	00:34:08.55	+00:16:56 (49.6%)	6:46	8.9 (50.9%)
194	JAWORSKA Mirosława	394		K60	2	00:16:51	00:34:00.40	00:34:10.80	+00:16:58 (49.7%)	6:48	8.8 (50.3%)
195	SKOWRON-BAJERSKA Paulina	264		K30	31	00:16:32	00:33:54.70	00:34:18.25	+00:17:06 (49.9%)	6:46	8.8 (50.3%)
196	PACHOLSKI Tadeusz	45		Bieg z psem	20	00:17:15	00:33:45.70	00:34:30.45	+00:17:18 (50.2%)	6:45	8.9 (50.9%)
197	MACINKIEWICZ Natalia	241		K30	32	00:17:23	00:34:06.80	00:34:39.15	+00:17:27 (50.4%)	6:49	8.8 (50.3%)
198	CHUDECKA Beata	87		Bieg z psem	21	00:16:25	00:34:14.80	00:34:43.65	+00:17:31 (50.5%)	6:50	8.8 (50.3%)
199	ŚCIESIŃSKA Justyna	158		K50	6	00:16:31	00:34:29.35	00:34:50.30	+00:17:38 (50.6%)	6:53	8.7 (49.7%)
200	KANARSKI Józef	117		M50	7	00:16:47	00:34:29.00	00:35:01.50	+00:17:49 (50.9%)	6:53	8.7 (49.7%)
201	CIEŚLIK Marek	395		Bieg z psem	22	00:15:49	00:33:55.55	00:35:05.95	+00:17:53 (51.0%)	6:47	8.8 (50.3%)
202	KULIŃSKA Sylwia	300		K20	7	00:16:58	00:34:57.55	00:35:14.85	+00:18:02 (51.2%)	6:59	8.6 (49.1%)
203	PIWECKA Karolina	237		K40	30	00:17:24	00:34:51.30	00:35:15.45	+00:18:03 (51.2%)	6:58	8.6 (49.1%)
204	DECOWSKA Sylwia	125		Bieg z psem	23	00:15:30	00:35:21.60	00:35:26.20	+00:18:14 (51.5%)	7:04	8.5 (48.6%)
205	RAJKOWSKA Jowita	304		K40	31	00:17:20	00:35:04.60	00:35:31.55	+00:18:19 (51.6%)	7:00	8.6 (49.1%)
206	MACIEJEWSKI Jakub	64		D3 - chłopcy	1	00:17:54	00:35:31.95	00:35:37.05	+00:18:25 (51.7%)	7:06	8.4 (48.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
207	MACIEJEWSKA Magdalena	63		K40	32	00:17:53	00:35:33.35	00:35:38.90	+00:18:26 (51.8%)	7:06	8.4 (48.0%)
208	DOMARACKI Aleksander	62		D1 - chłopcy	1	00:17:53	00:35:35.40	00:35:41.75	+00:18:29 (51.8%)	7:07	8.4 (48.0%)
209	DOMARACKI Wojciech	61		M30	31	00:17:54	00:35:36.25	00:35:42.40	+00:18:30 (51.8%)	7:07	8.4 (48.0%)
210	BUDZISZ Piotr	100		M20	12	00:18:06	00:35:35.55	00:35:47.30	+00:18:35 (51.9%)	7:07	8.4 (48.0%)
211	KACZMAREK Paulina	13		K30	33	00:18:00	00:35:39.30	00:35:48.25	+00:18:36 (52.0%)	7:07	8.4 (48.0%)
212	SOŁDYGA Paweł	295		M40	36	00:17:18	00:35:21.55	00:35:52.85	+00:18:40 (52.1%)	7:04	8.5 (48.6%)
213	WAWRZYNIAK Sandra	55		Bieg z psem	24	00:17:33	00:35:17.30	00:36:00.30	+00:18:48 (52.2%)	7:03	8.5 (48.6%)
214	ŚREDNIAWSKA Elżbieta	291		K30	34	00:18:01	00:35:44.60	00:36:03.25	+00:18:51 (52.3%)	7:08	8.4 (48.0%)
215	ZIELIŃSKA Agnieszka	247		K50	7	00:17:52	00:35:34.30	00:36:10.40	+00:18:58 (52.5%)	7:06	8.4 (48.0%)
216	OSTANIEWICZ Kamila	141		K30	35	00:17:30	00:36:00.70	00:36:13.95	+00:19:01 (52.5%)	7:12	8.3 (47.4%)
217	TRYNKIEWICZ-KUGLARZ Karolina	224		K40	33	00:17:25	00:35:44.00	00:36:16.80	+00:19:04 (52.6%)	7:08	8.4 (48.0%)
218	WAJCHERT Łukasz	406		Nordic Walking	1	00:17:55	00:36:07.50	00:36:25.65	+00:19:13 (52.8%)	7:13	8.3 (47.4%)
219	ŚLAZIŃSKA Katarzyna	282		K40	34	00:18:02	00:36:12.85	00:36:30.45	+00:19:18 (52.9%)	7:14	8.3 (47.4%)
220	PARADOWSKA Anna	371		K40	35	00:16:11	00:36:27.85	00:36:31.00	+00:19:19 (52.9%)	7:17	8.2 (46.9%)
221	LEWANDOWSKI Robert	369		M40	37	00:16:10	00:36:28.20	00:36:31.55	+00:19:19 (52.9%)	7:17	8.2 (46.9%)
221	WOJCZAKOWSKI Jarek	41		M40	37	00:16:57	00:36:19.80	00:36:31.55	+00:19:19 (52.9%)	7:15	8.3 (47.4%)
221	LEWANDOWSKA Sylwia	93		Bieg z psem	25	00:16:11	00:36:28.10	00:36:31.55	+00:19:19 (52.9%)	7:17	8.2 (46.9%)
224	LEWANDOWSKA Kornelia	1		D2 - dziewczynki	1	00:16:12	00:36:29.20	00:36:31.85	+00:19:19 (52.9%)	7:17	8.2 (46.9%)
224	OLECHNOWICZ Tomasz	346		Bieg z psem	26	00:25:45	00:36:31.85	00:36:31.85	+00:19:19 (52.9%)	7:18	8.2 (46.9%)
226	BERTLING Monika	301		K30	36	00:17:49	00:36:17.70	00:36:33.00	+00:19:21 (52.9%)	7:15	8.3 (47.4%)
227	ŻYWICA Joanna	103		K40	36	00:17:47	00:36:16.70	00:36:33.25	+00:19:21 (52.9%)	7:15	8.3 (47.4%)
228	DŁUGOŃSKA Agnieszka	131		K20	8	00:17:47	00:36:39.40	00:36:47.30	+00:19:35 (53.2%)	7:19	8.2 (46.9%)
229	WNUKIEWICZ Róża	350		K30	37	00:19:06	00:36:28.65	00:36:47.55	+00:19:35 (53.3%)	7:17	8.2 (46.9%)
230	KUKLA Julia	139		K20	9	00:18:11	00:36:13.35	00:36:49.75	+00:19:37 (53.3%)	7:14	8.3 (47.4%)
231	KUKLA Krystian	138		M20	13	00:18:11	00:36:13.70	00:36:50.15	+00:19:38 (53.3%)	7:14	8.3 (47.4%)
232	LAMENT Lidia	190		K60	3	00:18:33	00:36:36.90	00:36:50.35	+00:19:38 (53.3%)	7:19	8.2 (46.9%)
233	LEWANDOWSKI Robert	56		M50	8	00:17:32	00:36:44.25	00:36:56.35	+00:19:44 (53.4%)	7:20	8.2 (46.9%)
234	PRYBIŃSKA-MARCINIAK Anna	401		K40	37	00:18:21	00:36:44.80	00:37:07.60	+00:19:55 (53.7%)	7:20	8.2 (46.9%)
235	KAWSKA Aneta	413		K30	38	00:17:22	00:36:37.60	00:37:08.55	+00:19:56 (53.7%)	7:19	8.2 (46.9%)
236	RUDNIKOWSKI Andrzej	52		M50	9	00:17:39	00:36:55.15	00:37:11.35	+00:19:59 (53.7%)	7:23	8.1 (46.3%)
237	OLECHNOWICZ Maciej	348		D4 - chłopcy	7	00:18:17	00:36:42.10	00:37:13.40	+00:20:01 (53.8%)	7:20	8.2 (46.9%)
238	WOJTANIS Magdalena	57		Nordic Walking	2	00:18:09	00:36:57.55	00:37:17.00	+00:20:05 (53.9%)	7:23	8.1 (46.3%)
239	WRZESIŃSKA Magda	248		K20	10	00:19:11	00:36:57.65	00:37:19.75	+00:20:07 (53.9%)	7:23	8.1 (46.3%)
240	ZALEWSKA Joanna	209		K20	11	00:19:11	00:36:58.05	00:37:20.25	+00:20:08 (53.9%)	7:23	8.1 (46.3%)
241	LIGMAN-STASIAK Oliwia	339		K30	39	00:18:21	00:36:37.50	00:37:22.15	+00:20:10 (54.0%)	7:19	8.2 (46.9%)
242	WESOŁOWSKA-ŁUKOMSKA Edyta	69		K30	40	00:17:41	00:37:04.90	00:37:29.55	+00:20:17 (54.1%)	7:24	8.1 (46.3%)
243	PSTRĄGOWSKA Alicja	65		K40	38	00:18:05	00:36:46.80	00:37:32.85	+00:20:20 (54.2%)	7:21	8.2 (46.9%)
244	PRZYBORSKI Łukasz	259		M20	14	00:18:06	00:36:47.30	00:37:33.05	+00:20:21 (54.2%)	7:21	8.2 (46.9%)
245	WRÓBEL Magdalena	265		K20	12	00:18:27	00:37:40.10	00:37:53.35	+00:20:41 (54.6%)	7:32	8 (45.7%)
246	WITKOWICZ Aleksandra	182		K30	41	00:19:06	00:38:02.05	00:38:12.95	+00:21:00 (55.0%)	7:36	7.9 (45.1%)
247	KOMOROWSKA Małgorzata	39		K30	42	00:19:06	00:38:02.90	00:38:13.15	+00:21:01 (55.0%)	7:36	7.9 (45.1%)
248	SIATKOWSKA Anna	375		K40	39	00:18:24	00:37:54.15	00:38:16.65	+00:21:04 (55.1%)	7:34	7.9 (45.1%)
249	GRZEMPA Joanna	81		K30	43	00:19:31	00:37:39.90	00:38:23.40	+00:21:11 (55.2%)	7:31	8 (45.7%)
250	WALCZYNA-WELC Weronika	384		K30	44	00:19:12	00:38:13.05	00:38:24.80	+00:21:12 (55.2%)	7:38	7.8 (44.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
250	FRASZ Robert	88		M30	32	00:19:11	00:38:12.95	00:38:24.80	+00:21:12 (55.2%)	7:38	7.9 (45.1%)
252	WELC Michał	374		M30	33	00:19:10	00:38:12.00	00:38:24.95	+00:21:12 (55.2%)	7:38	7.9 (45.1%)
253	ADAM Adam	203		M30	34	00:18:06	00:38:16.15	00:38:26.35	+00:21:14 (55.3%)	7:39	7.8 (44.6%)
254	TARCZYŃSKI Kamil	95		Bieg z psem	27	00:18:03	00:37:36.75	00:38:32.90	+00:21:20 (55.4%)	7:31	8 (45.7%)
255	KUJAWA Anna	217		D0 - dziewczynki	2	00:18:32	00:37:37.85	00:38:36.30	+00:21:24 (55.4%)	7:31	8 (45.7%)
256	MATUSZEWSKA-KUJAWA Natalia	215		K30	45	00:18:31	00:37:37.45	00:38:36.60	+00:21:24 (55.5%)	7:31	8 (45.7%)
257	PUCHALSKA Joanna	399		K30	46	00:18:34	00:38:28.95	00:38:37.35	+00:21:25 (55.5%)	7:41	7.8 (44.6%)
258	NOWICKA Renata	91		K50	8	00:18:35	00:38:28.30	00:38:37.95	+00:21:25 (55.5%)	7:41	7.8 (44.6%)
259	NOWICKA Aldona	92		K30	47	00:18:44	00:38:38.45	00:38:38.45	+00:21:26 (55.5%)	7:43	7.8 (44.6%)
260	ZYBER-TARCZYŃSKA Zuzanna	96		Bieg z psem	28	00:18:02	00:37:43.05	00:38:39.55	+00:21:27 (55.5%)	7:32	8 (45.7%)
261	KULIGOWSKA Barbara	59		K30	48	00:18:50	00:38:12.30	00:38:44.15	+00:21:32 (55.6%)	7:38	7.9 (45.1%)
262	SZULWIC Natalia	157		K30	49	00:18:48	00:38:11.10	00:38:44.25	+00:21:32 (55.6%)	7:38	7.9 (45.1%)
263	OKOŃSKA Żaneta	204		K30	50	00:18:40	00:38:19.10	00:38:45.25	+00:21:33 (55.6%)	7:39	7.8 (44.6%)
264	WENCKA Justyna	169		K40	40	00:17:41	00:38:37.70	00:38:46.00	+00:21:34 (55.6%)	7:43	7.8 (44.6%)
265	KRYSTOWCZYK Sylwia	411		K40	41	00:18:47	00:38:34.95	00:38:52.50	+00:21:40 (55.8%)	7:42	7.8 (44.6%)
266	BEKIER Agata	163		K20	13	00:18:59	00:38:42.10	00:39:11.70	+00:21:59 (56.1%)	7:44	7.8 (44.6%)
267	GRUSZCZYŃSKA-ORACZ Mariola	68		K40	42	00:19:00	00:38:43.10	00:39:11.85	+00:21:59 (56.1%)	7:44	7.7 (44.0%)
268	WIRSZYŁO Karina	257		K30	51	00:19:50	00:39:10.05	00:39:29.50	+00:22:17 (56.4%)	7:50	7.7 (44.0%)
269	KUŁAKOWSKI Robert	344		M40	39	00:19:18	00:39:17.20	00:39:36.20	+00:22:24 (56.6%)	7:51	7.6 (43.4%)
270	SMOLIŃSKA Iwona	114		K40	43	00:18:35	00:39:22.85	00:39:38.00	+00:22:26 (56.6%)	7:52	7.6 (43.4%)
271	GRZEMPA Bartosz	82		M30	35	00:19:31	00:38:54.45	00:39:38.90	+00:22:26 (56.6%)	7:46	7.7 (44.0%)
272	SNOPEK Edyta	313		K30	52	00:18:48	00:39:49.35	00:40:03.10	+00:22:51 (57.1%)	7:57	7.5 (42.9%)
273	MARCINKOWSKI Szymon	253		M30	36	00:22:00	00:39:46.90	00:40:12.30	+00:23:00 (57.2%)	7:57	7.5 (42.9%)
274	MLICKA Agnieszka	86		K40	44	00:19:47	00:40:38.80	00:41:04.50	+00:23:52 (58.1%)	8:07	7.4 (42.3%)
275	KOCHANOWSKA Katarzyna	314		K30	53	00:20:13	00:40:47.60	00:41:07.50	+00:23:55 (58.2%)	8:09	7.4 (42.3%)
276	MATUSZEWSKA Weronika	303		K20	14	00:21:40	00:40:46.45	00:41:15.15	+00:24:03 (58.3%)	8:09	7.4 (42.3%)
277	MATUSZEWSKA Monika	218		Bieg z psem	29	00:21:39	00:40:44.90	00:41:15.35	+00:24:03 (58.3%)	8:08	7.4 (42.3%)
278	LASOTA Agata	33		K30	54	00:20:02	00:41:24.85	00:41:31.95	+00:24:19 (58.6%)	8:16	7.2 (41.1%)
279	WÓJCIK Mikołaj	76		D2 - chłopcy	4	00:19:46	00:41:22.30	00:41:37.00	+00:24:25 (58.7%)	8:16	7.3 (41.7%)
280	WÓJCIK Anna	74		K40	45	00:19:46	00:41:31.95	00:41:46.20	+00:24:34 (58.8%)	8:18	7.2 (41.1%)
281	POLAK Paweł	136		Nordic Walking	3	00:20:27	00:41:40.80	00:42:01.90	+00:24:49 (59.1%)	8:20	7.2 (41.1%)
282	ŻBIKOWSKI Ryszard	142		Nordic Walking	4	00:20:30	00:41:59.55	00:42:17.50	+00:25:05 (59.3%)	8:23	7.1 (40.6%)
283	ZACHORSKI Tymon	365		D1 - chłopcy	2	00:19:24	00:42:41.50	00:42:49.50	+00:25:37 (59.8%)	8:32	7 (40.0%)
284	TYKWIŃSKA Agnieszka	364		K30	55	00:19:25	00:42:42.50	00:42:49.85	+00:25:37 (59.8%)	8:32	7 (40.0%)
285	SCHMELTER Karol	341		M30	37	00:19:27	00:42:41.15	00:42:52.70	+00:25:40 (59.9%)	8:32	7 (40.0%)
285	ŻURAWSKI Patryk	345		M30	37	00:19:23	00:42:41.95	00:42:52.70	+00:25:40 (59.9%)	8:32	7 (40.0%)
287	MINCZYŃSKA Anna	122		Bieg z psem	30	00:20:26	00:42:43.20	00:43:08.60	+00:25:56 (60.1%)	8:32	7 (40.0%)
287	MINCZYŃSKI Tomasz	124		Bieg z psem	30	00:20:27	00:42:42.75	00:43:08.60	+00:25:56 (60.1%)	8:32	7 (40.0%)
289	FIEREK Bernadeta	332		Nordic Walking	5	00:21:44	00:42:46.15	00:43:15.45	+00:26:03 (60.2%)	8:33	7 (40.0%)
290	PYPKOWSKA Agnieszka	211		K50	9	00:20:55	00:42:45.60	00:43:19.75	+00:26:07 (60.3%)	8:33	7 (40.0%)
291	RUTKOWSKA Karolina	419		K30	56	00:20:06	00:43:16.80	00:43:21.35	+00:26:09 (60.3%)	8:39	6.9 (39.4%)
292	IWANIUK Jacek	36		M40	40	00:21:01	00:43:10.15	00:43:26.65	+00:26:14 (60.4%)	8:38	6.9 (39.4%)
293	IWANIUK Anita	37		K40	46	00:20:59	00:43:08.70	00:43:27.15	+00:26:15 (60.4%)	8:37	7 (40.0%)
294	PIERZGALSKI Jarek	166		M50	10	00:20:58	00:43:07.85	00:43:27.30	+00:26:15 (60.4%)	8:37	7 (40.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	5km			
295	PIERZGALSKA Anita	165		K40	47	00:20:58	00:43:08.00	00:43:27.55	+00:26:15 (60.4%)	8:37	7 (40.0%)
296	PRZYBYŁA Agata	134		Bieg z psem	32	00:20:30	00:43:12.55	00:44:06.55	+00:26:54 (61.0%)	8:38	6.9 (39.4%)
297	KĘDZIERSKI Szymon	317		M20	15	00:19:28	00:43:14.70	00:44:08.45	+00:26:56 (61.0%)	8:38	6.9 (39.4%)
298	NOWICKA Natalia	135		K30	57	00:20:31	00:43:24.30	00:44:19.20	+00:27:07 (61.2%)	8:40	6.9 (39.4%)
299	ZIELINSKA Helena	275		Nordic Walking	6	00:19:14	00:44:26.60	00:44:26.60	+00:27:14 (61.3%)	8:53	6.8 (38.9%)
300	DUSZYŃSKA Katarzyna	161		Bieg z psem	33	00:21:00	00:43:44.50	00:44:44.85	+00:27:32 (61.6%)	8:44	6.9 (39.4%)
301	DECOWSKI Adam	126		Bieg z psem	34	00:20:46	00:44:50.90	00:44:56.35	+00:27:44 (61.7%)	8:58	6.7 (38.3%)
302	MINCZYŃSKA Paulina	121		Bieg z psem	35	00:20:27	00:44:32.10	00:44:56.75	+00:27:44 (61.7%)	8:54	6.7 (38.3%)
303	DAMRATH Maja	232		K30	58	00:21:39	00:44:30.05	00:45:00.40	+00:27:48 (61.8%)	8:54	6.7 (38.3%)
304	WESOŁOWSKI Sławomir	416		M40	41	00:19:31	00:44:34.30	00:45:00.55	+00:27:48 (61.8%)	8:54	6.7 (38.3%)
304	WESOŁOWSKI Mateusz	417		D4 - chłopczy	8	00:19:30	00:44:33.90	00:45:00.55	+00:27:48 (61.8%)	8:54	6.7 (38.3%)
306	KIEŁCZYŃSKA Justyna	407		Nordic Walking	7	00:21:35	00:44:41.45	00:45:13.95	+00:28:01 (62.0%)	8:56	6.7 (38.3%)
307	RYMASZEWSKA Jolanta	66		Nordic Walking	8	00:22:00	00:44:48.70	00:45:17.75	+00:28:05 (62.0%)	8:57	6.7 (38.3%)
308	ŚMIATACZ Krzysztof	188		Nordic Walking	9	00:21:40	00:44:46.70	00:45:23.55	+00:28:11 (62.1%)	8:57	6.7 (38.3%)
309	GOŁATA Joanna	189		K50	10	00:21:40	00:44:47.20	00:45:23.70	+00:28:11 (62.1%)	8:57	6.7 (38.3%)
310	KULIGOWSKI Damian	58		D2 - chłopczy	5	00:19:38	00:46:01.50	00:46:33.15	+00:29:21 (63.1%)	9:12	6.5 (37.1%)
311	ORCZYK Katarzyna	60		Nordic Walking	10	00:22:49	00:45:47.45	00:46:42.55	+00:29:30 (63.2%)	9:09	6.6 (37.7%)
312	WRUK Justyna	89		Nordic Walking	11	00:23:23	00:46:38.85	00:47:03.55	+00:29:51 (63.5%)	9:19	6.4 (36.6%)
313	ZALEWSKA Oliwia	396		Nordic Walking	12	00:23:22	00:46:35.30	00:47:04.05	+00:29:52 (63.5%)	9:19	6.4 (36.6%)
314	NOWAK Daniel	238		D3 - chłopczy	2	00:21:53	00:47:09.50	00:47:34.15	+00:30:22 (63.8%)	9:25	6.4 (36.6%)
315	KUREK Damian	97		Bieg z psem	36	00:21:59	00:47:02.45	00:47:50.70	+00:30:38 (64.1%)	9:24	6.4 (36.6%)
316	SZCZESIK Damian	35		Bieg z psem	37	00:22:02	00:47:05.15	00:47:51.00	+00:30:39 (64.1%)	9:25	6.4 (36.6%)
317	WAWRZYŃSKI Katarzyna	250		Bieg z psem	38	00:23:29	00:47:24.75	00:48:07.95	+00:30:55 (64.3%)	9:28	6.3 (36.0%)
318	DOMBROWSKA Karolina	184		K30	59	00:23:44	00:47:59.10	00:48:23.05	+00:31:11 (64.5%)	9:35	6.3 (36.0%)
319	NOWAK Natalia	160		Nordic Walking	13	00:23:43	00:47:58.45	00:48:23.40	+00:31:11 (64.5%)	9:35	6.3 (36.0%)
320	ZALEWSKA Alina	334		Nordic Walking	14	00:23:50	00:47:58.95	00:48:26.85	+00:31:14 (64.5%)	9:35	6.3 (36.0%)
321	KARŁOWSKA Renata	335		Nordic Walking	15	00:23:50	00:47:58.80	00:48:27.05	+00:31:15 (64.5%)	9:35	6.3 (36.0%)
322	KANARSKA Edyta	116		K50	11	00:23:42	00:48:14.35	00:48:29.20	+00:31:17 (64.5%)	9:38	6.2 (35.4%)
323	OLECHNOWICZ Aneta	349		D5 - dziewczynki	3	00:24:47	00:47:42.75	00:48:33.25	+00:31:21 (64.6%)	9:32	6.3 (36.0%)
324	SUCHARA Maria	246		D1 - dziewczynki	2	00:23:58	00:48:15.85	00:48:36.85	+00:31:24 (64.6%)	9:39	6.2 (35.4%)
324	SUCHARA Magdalena	244		K30	60	00:23:58	00:48:15.55	00:48:36.85	+00:31:24 (64.6%)	9:39	6.2 (35.4%)
326	BORAKIEWICZ Maria	298		Nordic Walking	16	00:23:57	00:49:26.15	00:49:53.55	+00:32:41 (65.5%)	9:53	6.1 (34.9%)
327	LEWANDOWSKA Bożena	276		K60	4	00:24:02	00:49:36.05	00:49:59.80	+00:32:47 (65.6%)	9:55	6 (34.3%)
328	WOJCIECHOWSKA Monika	198		Nordic Walking	17	00:24:49	00:50:19.05	00:50:25.50	+00:33:13 (65.9%)	10:03	6 (34.3%)
329	ZIELIŃSKA Hanna	274		Nordic Walking	18	00:24:53	00:50:27.30	00:50:33.30	+00:33:21 (66.0%)	10:05	5.9 (33.7%)
330	TRAFAS Aleksandra	261		Nordic Walking	19	00:24:50	00:50:29.15	00:50:35.75	+00:33:23 (66.0%)	10:05	5.9 (33.7%)
331	LASOTA Filip	34		D3 - chłopczy	3	00:23:56	00:51:29.15	00:51:36.10	+00:34:24 (66.7%)	10:17	5.8 (33.1%)
332	OLECHNOWICZ Ana	347		K40	48	00:25:08	00:50:45.95	00:51:36.45	+00:34:24 (66.7%)	10:09	5.9 (33.7%)
333	DUSZKIEWICZ Adam	255		M30	39	00:25:29	00:53:02.05	00:53:13.10	+00:36:01 (67.7%)	10:36	5.7 (32.6%)
334	JUSZCZAK Małgorzata	51		Bieg z psem	39	00:27:32	00:53:10.35	00:53:30.95	+00:36:18 (67.9%)	10:38	5.6 (32.0%)
335	HUZAKOWSKI Zbigniew	353		M50	11	00:25:04	00:53:01.40	00:53:41.25	+00:36:29 (68.0%)	10:36	5.7 (32.6%)
336	WOJTYŁA Rafał	362		M30	40	00:25:03	00:53:00.65	00:53:41.30	+00:36:29 (68.0%)	10:36	5.7 (32.6%)
337	FIK Marek	235		M30	41	00:26:16	00:53:36.45	00:54:18.45	+00:37:06 (68.3%)	10:43	5.6 (32.0%)
337	FIK Agata	236		D3 - dziewczynki	1	00:26:13	00:53:33.25	00:54:18.45	+00:37:06 (68.3%)	10:42	5.6 (32.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
339	DOLNY Antoni	385		M60	2	00:26:10	00:53:50.10	00:54:27.90	+00:37:15 (68.4%)	10:46	5.6 (32.0%)
340	KANARSKA Marta	119		D5 - dziewczynki	4	00:28:12	00:54:39.70	00:54:52.35	+00:37:40 (68.7%)	10:55	5.5 (31.4%)
341	PERLIK Wiesław	162		Nordic Walking	20	00:27:25	00:54:20.50	00:55:08.25	+00:37:56 (68.8%)	10:52	5.5 (31.4%)
342	SMARUJ - SADOWSKA Janina	383		Nordic Walking	21	00:27:22	00:54:20.65	00:55:08.30	+00:37:56 (68.8%)	10:52	5.5 (31.4%)
343	CZERNIAK MALACHOWSKA Anna	379		Bieg z psem	40	00:26:49	00:54:48.35	00:55:29.75	+00:38:17 (69.0%)	10:57	5.5 (31.4%)
344	RĘDZINA Agnieszka	53		Bieg z psem	41	00:26:50	00:54:48.55	00:55:29.85	+00:38:17 (69.0%)	10:57	5.5 (31.4%)
345	KĘDZIERSKI Michał	310		D2 - chłopcy	6	00:26:41	00:54:53.00	00:55:43.15	+00:38:31 (69.1%)	10:58	5.5 (31.4%)
346	KĘDZIERSKA Julia	311		K20	15	00:26:39	00:55:06.80	00:55:59.15	+00:38:47 (69.3%)	11:01	5.4 (30.9%)
347	KĘDZIERSKI Florian	321		D0 - chłopcy	1	00:26:47	00:55:09.60	00:56:00.50	+00:38:48 (69.3%)	11:01	5.4 (30.9%)
348	PASTERNAKCI Oliwier	322		D0 - chłopcy	2	00:26:47	00:55:09.80	00:56:00.60	+00:38:48 (69.3%)	11:01	5.4 (30.9%)
349	KĘDZIERSKA Jolanta	309		Nordic Walking	22	00:27:13	00:55:11.25	00:56:01.25	+00:38:49 (69.3%)	11:02	5.4 (30.9%)
350	KĘDZIERSKA Lidia	320		K20	16	00:26:47	00:55:10.80	00:56:01.65	+00:38:49 (69.3%)	11:02	5.4 (30.9%)
351	KĘDZIERSKA Kinga	307		K30	61	00:26:45	00:55:14.20	00:56:06.65	+00:38:54 (69.3%)	11:02	5.4 (30.9%)
352	RYSIEWSKA Diana	306		K20	17	00:26:53			+00:18:53	10:45	5.6 (32.0%)
353	PALUCH Agnieszka	319		K20	18	00:30:41			+00:23:22	12:16	4.9 (28.0%)
354	KĘDZIERSKA Natalia	315		K20	19	00:30:41			+00:23:23	12:16	4.9 (28.0%)
355	SZPAKOWSKI Wojciech	318		D0 - chłopcy	3	00:30:44			+00:23:22	12:17	4.9 (28.0%)
356	MATUSZEWSKA Emilia	402		D3 - dziewczynki	2	00:40:44			+00:33:03	16:17	3.7 (21.1%)
357	PARADOWSKI Jakub	372		Bieg z psem	42						(0.0%)
358	WNUKIEWICZ Mikołaj	351		D2 - chłopcy	7						(0.0%)
359	WNUKIEWICZ Piotr	352		M30	42						(0.0%)

Znaleziono 359 wynik(ów)