



III MIKOŁAJKOWY KROSS GÓRSKI Z KOMANDORKIEM U KANTEGO

B4SPORT

Wydarzenie: III MIKOŁAJKOWY KROSS GÓRSKI Z KOMANDORKIEM U KANTEGO
Organizator: Parafia pw. Św. Jana Kantego w Słupsku
Data: 2018-12-08
Miejsce: Słupsk
Dystans: 6 km

 **HERKULES**
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Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 6km	Różn	Tempo min/km	Tempo km/h
1	PELO Artur	237	7 BRYGADA OBRONY WYBRZEŻA	M-OPEN	1	00:24:32.60		4:05	14.7 (100%)
2	PACHOLCZYK Krzysztof	132		M-OPEN	2	00:27:06.20	+00:02:33 (9.4%)	4:31	13.3 (90.5%)
3	GARSKI Krystin	245	ŚWIAT PŁYTEK U KRYPINA	M-OPEN	3	00:27:12.50	+00:02:39 (9.8%)	4:32	13.2 (89.8%)
4	JĘCEK Krzysztof	64	MARKOS RUNNING TEAM	M-OPEN	4	00:27:37.90	+00:03:05 (11.2%)	4:36	13 (88.4%)
5	MASŁOWSKI Mateusz	120	MASŁO_BIEGA	M-OPEN	5	00:27:42.15	+00:03:09 (11.4%)	4:37	13 (88.4%)
6	JURCZYSZYN Rafał	66		M-OPEN	6	00:27:42.55	+00:03:09 (11.4%)	4:37	13 (88.4%)
7	KAWKA Adrian	78		M-OPEN	7	00:27:55.10	+00:03:22 (12.1%)	4:39	12.9 (87.8%)
8	ŻYLICZ Paweł	221	STOPA SŁUPSK / USB USTKA	M-OPEN	8	00:27:59.55	+00:03:26 (12.3%)	4:40	12.9 (87.8%)
9	KAMIENIECKI Rafał	69	TUPOT-USTKA	M-OPEN	9	00:28:07.45	+00:03:34 (12.7%)	4:41	12.8 (87.1%)
10	ŻUCHOWSKI Maciej	219	KP PSP BYTÓW	M-OPEN	10	00:28:21.05	+00:03:48 (13.4%)	4:43	12.7 (86.4%)
11	CHOLEWIŃSKI Artur	23	SPRINT TEAM	M-OPEN	11	00:28:21.75	+00:03:49 (13.5%)	4:43	12.7 (86.4%)
12	CZYŻYKOWSKI Mateusz	26	CZYŻYKI	M-OPEN	12	00:28:26.50	+00:03:53 (13.7%)	4:44	12.7 (86.4%)
13	PAKUŁA Mateusz	133		M-OPEN	13	00:28:26.95	+00:03:54 (13.7%)	4:44	12.7 (86.4%)
14	OKOŁOTOWICZ Sebastian	129		M-OPEN	14	00:28:35.05	+00:04:02 (14.1%)	4:45	12.6 (85.7%)
15	CENDER Szymon	186		M-OPEN	15	00:28:38.75	+00:04:06 (14.3%)	4:46	12.6 (85.7%)
16	HERMAN Arkadiusz	56		M-OPEN	16	00:28:54.00	+00:04:21 (15.1%)	4:49	12.5 (85.0%)
17	MEDWID Michał	121	BATALION OCHRONY BAZY W REDZIKOWIE	M-OPEN	17	00:30:24.10	+00:05:51 (19.3%)	5:04	11.8 (80.3%)
18	OSIŃSKI Wojciech	240		M-OPEN	18	00:30:38.20	+00:06:05 (19.9%)	5:06	11.8 (80.3%)
19	WIELGAT Łukasz	202	KB BRYZA POSTOMINO	M-OPEN	19	00:30:42.10	+00:06:09 (20.1%)	5:07	11.7 (79.6%)
20	WILUSZ Krzysztof	204	STOPA SŁUPSK	M-OPEN	20	00:30:44.30	+00:06:11 (20.2%)	5:07	11.7 (79.6%)
21	KLINKUSZ Adrian	76		M-OPEN	21	00:31:10.45	+00:06:37 (21.3%)	5:11	11.6 (78.9%)
22	WILMONT Krzysztof	97		M-OPEN	22	00:31:14.45	+00:06:41 (21.4%)	5:12	11.5 (78.2%)
23	TRZEBIATOWSKA Kinga	196		K-OPEN	1	00:31:18.85	+00:06:46 (21.6%)	5:13	11.5 (78.2%)
24	OLESZEK Jerzy	130	SZKOŁA PODOFICERSKA MW	M-OPEN	23	00:31:22.20	+00:06:49 (21.8%)	5:13	11.5 (78.2%)
25	CHUDY Henryk	24	K S OLSZEWSKI I SYNOWIE	M-OPEN	24	00:31:39.85	+00:07:07 (22.5%)	5:16	11.4 (77.6%)
26	DREWNIAK Tomasz	31		M-OPEN	25	00:31:43.50	+00:07:10 (22.6%)	5:17	11.3 (76.9%)
27	ADAMCZYK Małgorzata	1	ULKS 'TALEX' BORYSŁAW BORZYTUCHOM	K-OPEN	2	00:31:48.00	+00:07:15 (22.8%)	5:18	11.3 (76.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Tempo min/km	Tempo km/h
						netto 6km	Różn		
28	SZEWCZUK Piotr	177		M-OPEN	26	00:32:04.05	+00:07:31 (23.5%)	5:20	11.2 (76.2%)
29	FURMAN Tomasz	41	STOPA SŁUPSK	M-OPEN	27	00:32:05.85	+00:07:33 (23.5%)	5:20	11.2 (76.2%)
30	GROTA Mariusz	50		M-OPEN	28	00:32:08.00	+00:07:35 (23.6%)	5:21	11.2 (76.2%)
31	FABICH Adrian	112		M-OPEN	29	00:32:16.90	+00:07:44 (24.0%)	5:22	11.2 (76.2%)
32	ZAWIEROWSKA Ewelina	215	W.P.K SŁOŃ TEAM USTKA	K-OPEN	3	00:32:23.95	+00:07:51 (24.2%)	5:24	11.1 (75.5%)
33	STĘPNIOWSKI Marcin	167	MARKOS RUNNING TEAM	M-OPEN	30	00:32:32.70	+00:08:00 (24.6%)	5:25	11.1 (75.5%)
34	CZYŻYKOWSKI Krzysztof	25		M-OPEN	31	00:32:36.65	+00:08:04 (24.7%)	5:26	11 (74.8%)
35	PIETRZYK Paweł	248		M-OPEN	32	00:32:48.75	+00:08:16 (25.2%)	5:28	11 (74.8%)
36	ŻURAWIK Piotr	185		M-OPEN	33	00:32:50.10	+00:08:17 (25.3%)	5:28	11 (74.8%)
37	GAWEŁ Zbigniew	42	MIASTO SŁUPSK	M-OPEN	34	00:32:56.15	+00:08:23 (25.5%)	5:29	10.9 (74.1%)
38	SIDOR Mariusz	7	SALON KOSMETYCZNY DIAMENT SŁUPSK	M-OPEN	35	00:32:56.35	+00:08:23 (25.5%)	5:29	10.9 (74.1%)
39	RACZYŃSKA Anna	143	BALTIC SEALS	K-OPEN	4	00:33:12.15	+00:08:39 (26.1%)	5:32	10.8 (73.5%)
40	DADACZ Rafał	27		M-OPEN	36	00:33:16.90	+00:08:44 (26.3%)	5:32	10.8 (73.5%)
41	SULL Kacper	168	NIGHT RUNNERS SŁUPSK	M-OPEN	37	00:33:25.00	+00:08:52 (26.6%)	5:34	10.8 (73.5%)
42	KOPCZYŃSKI Sebastian	84		M-OPEN	38	00:33:32.50	+00:08:59 (26.8%)	5:35	10.7 (72.8%)
43	FIC Marcin	38		M-OPEN	39	00:33:34.75	+00:09:02 (26.9%)	5:35	10.7 (72.8%)
44	GLISZCZYŃSKI Łukasz	37	ŚWIAT PŁYTEK U KRYSPIŃ	M-OPEN	40	00:33:35.05	+00:09:02 (26.9%)	5:35	10.7 (72.8%)
45	TOMCZAK Dominik	191	NIGHT RUNNERS SŁUPSK	M-OPEN	41	00:33:39.10	+00:09:06 (27.1%)	5:36	10.7 (72.8%)
46	KĘSIK Agnieszka	43		K-OPEN	5	00:33:52.35	+00:09:19 (27.5%)	5:38	10.6 (72.1%)
47	CAŁKA Magdalena	21	NIGHT RUNNERS SŁUPSK	K-OPEN	6	00:33:54.10	+00:09:21 (27.6%)	5:39	10.6 (72.1%)
48	GREGORCZYK Piotr	48		M-OPEN	42	00:33:59.10	+00:09:26 (27.8%)	5:40	10.6 (72.1%)
49	WIATRZYK Krzysztof	201	DARŁOWO	M-OPEN	43	00:33:59.40	+00:09:26 (27.8%)	5:40	10.6 (72.1%)
50	KWAŚNIAK Zdzisław	106		M-OPEN	44	00:33:59.60	+00:09:27 (27.8%)	5:39	10.6 (72.1%)
51	BONDARENKO Jan	12	BIEGAJŁO	M-OPEN	45	00:34:03.05	+00:09:30 (27.9%)	5:40	10.6 (72.1%)
52	ŁUKASZEWSKI Dawid	116	STOPA SŁUPSK	M-OPEN	46	00:34:14.75	+00:09:42 (28.3%)	5:42	10.5 (71.4%)
53	SZAREK Paweł	174	7 BRYGADA OBRONY WYBRZEŻA	M-OPEN	47	00:34:14.80	+00:09:42 (28.3%)	5:42	10.5 (71.4%)
54	JAROS Adam	224		M-OPEN	48	00:34:14.95	+00:09:42 (28.3%)	5:42	10.5 (71.4%)
55	HERMAN Karina	57		K-OPEN	7	00:34:15.80	+00:09:43 (28.4%)	5:42	10.5 (71.4%)
56	GROCHOWSKI Henryk	49		M-OPEN	49	00:34:39.25	+00:10:06 (29.2%)	5:46	10.4 (70.7%)
57	DADACZ Malwina	28		K-OPEN	8	00:34:40.05	+00:10:07 (29.2%)	5:46	10.4 (70.7%)
58	DYŚKO Wojciech	34	AKTYWNA FABRYKA	M-OPEN	50	00:34:56.00	+00:10:23 (29.7%)	5:49	10.3 (70.1%)
59	HARASIM Tomasz	54		M-OPEN	51	00:35:12.45	+00:10:39 (30.3%)	5:52	10.2 (69.4%)
60	LITWIN Barbara	114	STOPA SŁUPSK	K-OPEN	9	00:35:31.95	+00:10:59 (30.9%)	5:55	10.1 (68.7%)
61	BUBEŁA Łukasz	18		M-OPEN	52	00:35:38.00	+00:11:05 (31.1%)	5:56	10.1 (68.7%)
62	MINKO Bartosz	122		M-OPEN	53	00:35:38.20	+00:11:05 (31.1%)	5:56	10.1 (68.7%)
63	SZMIGIERO Arkadiusz	179	W.P.K SŁOŃ TEAM USTKA	M-OPEN	54	00:35:43.75	+00:11:11 (31.3%)	5:57	10.1 (68.7%)
64	GIERCZAK Piotr	58		M-OPEN	55	00:35:45.65	+00:11:13 (31.4%)	5:57	10.1 (68.7%)
65	GUSMANN Zbigniew	52		M-OPEN	56	00:35:55.20	+00:11:22 (31.7%)	5:59	10 (68.0%)
66	KACZMAREK Eugeniusz	67		M-OPEN	57	00:36:01.95	+00:11:29 (31.9%)	6:00	10 (68.0%)
67	LEWICZ Jan	113	CPSP USTKA	M-OPEN	58	00:36:06.65	+00:11:34 (32.0%)	6:01	10 (68.0%)
68	KASZOWSKI Rafał	231		M-OPEN	59	00:36:13.35	+00:11:40 (32.2%)	6:02	9.9 (67.3%)
69	WYSZOMIRSKI Marek	227		M-OPEN	60	00:36:21.85	+00:11:49 (32.5%)	6:03	9.9 (67.3%)
70	WOŁOCH Mateusz	208	MARKOS RUNNING TEAM	M-OPEN	61	00:36:25.85	+00:11:53 (32.6%)	6:04	9.9 (67.3%)
71	ADAMSKI Dariusz	3		M-OPEN	62	00:36:30.55	+00:11:57 (32.8%)	6:05	9.9 (67.3%)

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72	ZBLEWSKI Patryk	216	NIGHT RUNNERS SŁUPSK	M-OPEN	63	00:36:31.75	+00:11:59 (32.8%)	6:05	9.9 (67.3%)
73	ŻYCKA Ewelina	220		K-OPEN	10	00:36:39.50	+00:12:06 (33.0%)	6:06	9.8 (66.7%)
74	PIWOŃSKI Robert	138	CSMW	M-OPEN	64	00:36:41.40	+00:12:08 (33.1%)	6:07	9.8 (66.7%)
75	GOSUANN Paweł	238		M-OPEN	65	00:36:42.85	+00:12:10 (33.2%)	6:07	9.8 (66.7%)
76	KUBIŃSKI Rafał	105	NIGHT RUNNERS SŁUPSK	M-OPEN	66	00:36:54.60	+00:12:22 (33.5%)	6:09	9.8 (66.7%)
77	TRUSIAK Agnieszka	194	NIGHT RUNNERS SŁUPSK MUAY	K-OPEN	11	00:36:57.35	+00:12:24 (33.6%)	6:09	9.7 (66.0%)
78	REDLAK Tomasz	145		M-OPEN	67	00:37:01.95	+00:12:29 (33.7%)	6:10	9.7 (66.0%)
79	KANIOWSKI Jacek	72	W.P.K SŁOŃ TEAM USTKA	M-OPEN	68	00:37:02.95	+00:12:30 (33.8%)	6:10	9.7 (66.0%)
80	ZARZYCKI Dariusz	233		M-OPEN	69	00:37:04.40	+00:12:31 (33.8%)	6:10	9.7 (66.0%)
81	KRZACZKOWSKI Lech	102		M-OPEN	70	00:37:12.00	+00:12:39 (34.0%)	6:12	9.7 (66.0%)
82	KRZACZKOWSKI Paweł	101		M-OPEN	71	00:37:12.20	+00:12:39 (34.0%)	6:12	9.7 (66.0%)
83	PATYNA Paweł	134		M-OPEN	72	00:37:32.25	+00:12:59 (34.6%)	6:15	9.6 (65.3%)
84	MRUGALSKI Stanisław	125	WILKI KOSZALIN	M-OPEN	73	00:38:05.20	+00:13:32 (35.6%)	6:20	9.5 (64.6%)
85	NYK Marcin	77		K-OPEN	12	00:38:15.90	+00:13:43 (35.9%)	6:22	9.4 (63.9%)
86	KUL- MAŚLANKA Kinga	249		K-OPEN	13	00:38:22.35	+00:13:49 (36.0%)	6:23	9.4 (63.9%)
87	MAŚLANKA Tomasz	250		M-OPEN	74	00:38:23.50	+00:13:50 (36.1%)	6:24	9.4 (63.9%)
88	KOWALSKI Krzysztof	93	STOPA SŁUPSK	M-OPEN	75	00:38:25.20	+00:13:52 (36.1%)	6:24	9.4 (63.9%)
89	TÓRZ Andrzej	192	USTKA	M-OPEN	76	00:38:25.25	+00:13:52 (36.1%)	6:24	9.4 (63.9%)
90	DOWNAR-ZAPOLSKI Paweł	30		M-OPEN	77	00:38:28.00	+00:13:55 (36.2%)	6:24	9.4 (63.9%)
91	ZANIEWSKI Grzegorz	213		M-OPEN	78	00:38:34.50	+00:14:01 (36.4%)	6:25	9.3 (63.3%)
92	ORŁOWSKI Edward	131		M-OPEN	79	00:38:51.05	+00:14:18 (36.8%)	6:28	9.3 (63.3%)
93	KOŚLA Justyna	88	NIGHT RUNNERS SŁUPSK	K-OPEN	14	00:38:54.95	+00:14:22 (36.9%)	6:29	9.3 (63.3%)
94	TRUSIAK Miłosz	195	NIGHT RUNNERS SŁUPSK MUAY	M-OPEN	80	00:39:03.65	+00:14:31 (37.2%)	6:30	9.2 (62.6%)
95	WOŚ Przemek	228		M-OPEN	81	00:39:04.90	+00:14:32 (37.2%)	6:30	9.2 (62.6%)
96	KRZYŻANEK Marta	103	MOCZYMORDY TEAM	K-OPEN	15	00:39:10.60	+00:14:38 (37.4%)	6:31	9.2 (62.6%)
97	JUNGLING Piotr	65		M-OPEN	82	00:39:11.70	+00:14:39 (37.4%)	6:31	9.2 (62.6%)
98	KAMIŃSKI Marcin	70	MOCZYMORDY TEAM	M-OPEN	83	00:39:12.75	+00:14:40 (37.4%)	6:32	9.2 (62.6%)
99	ŁUBKOWSKA Magdalena	115		K-OPEN	16	00:39:14.75	+00:14:42 (37.5%)	6:32	9.2 (62.6%)
100	JAŹDŻEWSKA Elżbieta	62	BEST BEASTS	K-OPEN	17	00:39:26.95	+00:14:54 (37.8%)	6:34	9.1 (61.9%)
101	KANIA Aleksandra	71		K-OPEN	18	00:39:36.30	+00:15:03 (38.0%)	6:36	9.1 (61.9%)
102	ANDRZEJCZAK Sławomir	4	GRZESŁAW USTKA	M-OPEN	84	00:39:43.65	+00:15:11 (38.2%)	6:37	9.1 (61.9%)
103	BOŚ Grzegorz	15	NIGHT RUNNERS SŁUPSK MUAY	M-OPEN	85	00:40:07.15	+00:15:34 (38.8%)	6:41	9 (61.2%)
104	KANIUK Maja	73		K-OPEN	19	00:40:07.60	+00:15:35 (38.8%)	6:41	9 (61.2%)
105	PRZYMORSKI Waldemar	142	W.P.K SŁOŃ TEAM USTKA	M-OPEN	86	00:40:27.15	+00:15:54 (39.3%)	6:44	8.9 (60.5%)
106	RUSZCZYŃSKA-PLUTA Kinga	153	VACU ACTIV GYM	K-OPEN	20	00:40:33.35	+00:16:00 (39.5%)	6:45	8.9 (60.5%)
107	FURSEWICH Bartłomiej	230		M-OPEN	87	00:40:33.50	+00:16:00 (39.5%)	6:45	8.9 (60.5%)
108	WITKOWSKA Justyna	206		K-OPEN	21	00:40:54.50	+00:16:21 (40.0%)	6:49	8.8 (59.9%)
109	MROZIK Joanna	124		K-OPEN	22	00:41:00.90	+00:16:28 (40.2%)	6:50	8.8 (59.9%)
110	KĘSIK Łukasz	86		M-OPEN	88	00:41:04.85	+00:16:32 (40.3%)	6:50	8.8 (59.9%)
111	SZUMSKA Monika	187	NIGHT RUNNERS SŁUPSK	K-OPEN	23	00:41:06.00	+00:16:33 (40.3%)	6:51	8.8 (59.9%)
112	RYCHLIŃSKI Damian	156	WATAHA - ŁĄCZY NAS BIEGANIE	M-OPEN	89	00:41:11.05	+00:16:38 (40.4%)	6:51	8.7 (59.2%)
113	GRABARCZYK Wojciech	45	BEST BEASTS	M-OPEN	90	00:41:16.90	+00:16:44 (40.5%)	6:52	8.7 (59.2%)
114	SEWERYN Tomasz	162		M-OPEN	91	00:41:24.90	+00:16:52 (40.7%)	6:54	8.7 (59.2%)
115	SAŁAJ Angelika	160	STAROSTWO POWIATOWE SŁUPSK	K-OPEN	24	00:41:25.35	+00:16:52 (40.7%)	6:54	8.7 (59.2%)

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						netto 6km	Różn		
116	KONKOL Katarzyna	83		K-OPEN	25	00:41:30.00	+00:16:57 (40.9%)	6:55	8.7 (59.2%)
117	WIWSIOŁEK Urszula	35		K-OPEN	26	00:41:32.65	+00:17:00 (40.9%)	6:55	8.7 (59.2%)
118	DYJAS Klaudiusz	32	MOPR SŁUPSK	M-OPEN	92	00:41:45.70	+00:17:13 (41.2%)	6:57	8.6 (58.5%)
119	PRZYCHOCKA Anna	232		K-OPEN	27	00:41:45.75	+00:17:13 (41.2%)	6:57	8.6 (58.5%)
120	GRABOWSKA Kinga	46		K-OPEN	28	00:42:00.30	+00:17:27 (41.6%)	7:00	8.6 (58.5%)
121	BRODACKA Katarzyna	16		K-OPEN	29	00:42:01.50	+00:17:28 (41.6%)	7:00	8.6 (58.5%)
122	FRUBA Karina	39	STOPA SŁUPSK	K-OPEN	30	00:42:06.40	+00:17:33 (41.7%)	7:01	8.5 (57.8%)
123	KARWASZ Krzysztof	75		M-OPEN	93	00:42:08.85	+00:17:36 (41.8%)	7:01	8.5 (57.8%)
124	WENCŁAWSKI Michał	200	DECATHLON SŁUPSK	M-OPEN	94	00:42:09.35	+00:17:36 (41.8%)	7:01	8.5 (57.8%)
125	URBAN Ewelina	197		K-OPEN	31	00:42:10.65	+00:17:38 (41.8%)	7:01	8.5 (57.8%)
126	RUTKOWSKI Mateusz	155		M-OPEN	95	00:42:11.50	+00:17:38 (41.8%)	7:02	8.5 (57.8%)
127	WOŹNIAK Aleksandra	211		K-OPEN	32	00:42:22.30	+00:17:49 (42.1%)	7:03	8.5 (57.8%)
128	LEWANDOWSKI Adam	111	W.P.K SŁOŃ TEAM USTKA	M-OPEN	96	00:42:45.90	+00:18:13 (42.6%)	7:07	8.4 (57.1%)
129	KRYGIER Ireneusz	99	W.P.K SŁOŃ TEAM USTKA	M-OPEN	97	00:42:48.80	+00:18:16 (42.7%)	7:08	8.4 (57.1%)
130	KONKEL Joanna	82	MKS 'ŚWIĘC' SŁAWNO	K-OPEN	33	00:43:12.40	+00:18:39 (43.2%)	7:12	8.3 (56.5%)
131	HARASIM Emila	55		K-OPEN	34	00:43:16.55	+00:18:43 (43.3%)	7:12	8.3 (56.5%)
132	GUTOWSKA-SZAPIEL Małgorzata	53		K-OPEN	35	00:43:20.35	+00:18:47 (43.4%)	7:13	8.3 (56.5%)
133	BORODZIUK Aneta	13	FIT MAMA	K-OPEN	36	00:43:20.80	+00:18:48 (43.4%)	7:13	8.3 (56.5%)
134	KOT Daniel	89	KOT TEAM	M-OPEN	98	00:43:41.20	+00:19:08 (43.8%)	7:16	8.2 (55.8%)
135	KIDO Aleksandra	80		K-OPEN	37	00:43:42.00	+00:19:09 (43.8%)	7:17	8.2 (55.8%)
136	FRUBA Andrzej	40		M-OPEN	99	00:43:42.50	+00:19:09 (43.8%)	7:17	8.2 (55.8%)
137	BOGDANOWICZ Beata	11	BBL SŁUPSK	K-OPEN	38	00:43:53.75	+00:19:21 (44.1%)	7:19	8.2 (55.8%)
138	KOWIESKI Paweł	94		M-OPEN	100	00:43:54.05	+00:19:21 (44.1%)	7:19	8.2 (55.8%)
139	SZPONARSKI Leszek	184	LĘBORSKIE TOWARZYSTWO SPORTOWE ORZEŁ BIAŁY	M-OPEN	101	00:44:50.80	+00:20:18 (45.3%)	7:28	8 (54.4%)
140	KRZACZKOWSKA Izabela	100		K-OPEN	39	00:44:59.20	+00:20:26 (45.4%)	7:29	8 (54.4%)
141	GRZEJSZCZYK Ewelina	51		K-OPEN	40	00:45:22.30	+00:20:49 (45.9%)	7:33	7.9 (53.7%)
142	JEŻYNA Igor	63		M-OPEN	102	00:45:23.15	+00:20:50 (45.9%)	7:33	7.9 (53.7%)
143	DYMEK Mirella	33		K-OPEN	41	00:45:23.65	+00:20:51 (45.9%)	7:34	7.9 (53.7%)
144	BLUMCZYŃSKA Anna	10		K-OPEN	42	00:45:24.60	+00:20:52 (46.0%)	7:34	7.9 (53.7%)
145	GRAF Milena	247		K-OPEN	43	00:45:26.40	+00:20:53 (46.0%)	7:34	7.9 (53.7%)
146	GRAJCZAK Dagmara	47	PARAFIA EWANGELICKO-AUGSBURSKA W SŁUPSKU	K-OPEN	44	00:45:33.40	+00:21:00 (46.1%)	7:35	7.9 (53.7%)
147	GOŁGOWSKA Tamara	44		K-OPEN	45	00:45:33.90	+00:21:01 (46.1%)	7:35	7.9 (53.7%)
148	PLUTA Marcin	139	VACU ACTIV GYM	M-OPEN	103	00:45:42.25	+00:21:09 (46.3%)	7:37	7.9 (53.7%)
149	MARCZAK Małgorzata	5		K-OPEN	46	00:46:13.90	+00:21:41 (46.9%)	7:42	7.8 (53.1%)
150	BURDA Sebastian	20	W.P.K SŁOŃ TEAM USTKA	M-OPEN	104	00:46:39.05	+00:22:06 (47.4%)	7:46	7.7 (52.4%)
151	SYCHLA Monika	171	VACU ACTIV GYM	K-OPEN	47	00:46:41.15	+00:22:08 (47.4%)	7:46	7.7 (52.4%)
152	KAJA Justyna	68	BEST BEASTS	K-OPEN	48	00:46:50.65	+00:22:18 (47.6%)	7:48	7.7 (52.4%)
153	ADAMCZYK Ewa	2	BEST BEASTS	K-OPEN	49	00:46:51.25	+00:22:18 (47.6%)	7:48	7.7 (52.4%)
154	LEWANDOWSKA Renata	110		K-OPEN	50	00:47:17.65	+00:22:45 (48.1%)	7:52	7.6 (51.7%)
155	MIRON Katarzyna	123		K-OPEN	51	00:47:18.55	+00:22:45 (48.1%)	7:53	7.6 (51.7%)
156	BUDZYŃSKA Elżbieta	19		K-OPEN	52	00:47:34.15	+00:23:01 (48.4%)	7:55	7.6 (51.7%)
157	CAŁKA Aneta	22		K-OPEN	53	00:47:40.85	+00:23:08 (48.5%)	7:56	7.5 (51.0%)
158	WOŹNIAK Dorota	210	GRZESŁAW IGMAR WPK SŁOŃ TEAM	K-OPEN	54	00:48:40.25	+00:24:07 (49.6%)	8:06	7.4 (50.3%)
159	WOŹNIAK Grzegorz	209	GRZESŁAW IGMAR WPK SŁOŃ TEAM	M-OPEN	105	00:48:59.95	+00:24:27 (49.9%)	8:09	7.3 (49.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 6km	Różn	Tempo min/km	Tempo km/h
160	SZLACHETKA Małgorzata	229		K-OPEN	55	00:49:26.20	+00:24:53 (50.4%)	8:14	7.3 (49.7%)
161	RAKOWSKA Katarzyna	144	W.P.K SŁOŃ TEAM USTKA	K-OPEN	56	00:50:37.10	+00:26:04 (51.5%)	8:26	7.1 (48.3%)
162	RYNG Kamila	157		K-OPEN	57	00:52:47.45	+00:28:14 (53.5%)	8:48	6.8 (46.3%)
163	RUTKOWSKI Krzysztof	154	REBELLION OF FREE RUNNERS	M-OPEN	106	00:52:48.55	+00:28:15 (53.5%)	8:48	6.8 (46.3%)
164	PEMUS Janusz	225		M-OPEN	107	00:52:56.35	+00:28:23 (53.6%)	8:49	6.8 (46.3%)
165	BAR Adam	8		M-OPEN	108	00:53:42.90	+00:29:10 (54.3%)	8:57	6.7 (45.6%)
166	ZIOBRO Joanna	218		K-OPEN	58	00:53:46.25	+00:29:13 (54.4%)	8:57	6.7 (45.6%)
167	KOWALCZYK Justyna	91	W.P.K SŁOŃ TEAM USTKA	K-OPEN	59	00:54:08.00	+00:29:35 (54.7%)	9:01	6.7 (45.6%)
168	KRYGIER Małgorzata	98	W.P.K SŁOŃ TEAM USTKA	K-OPEN	60	00:54:08.50	+00:29:35 (54.7%)	9:01	6.7 (45.6%)
169	SZMIGIERO Agnieszka	182	W.P.K SŁOŃ TEAM USTKA	K-OPEN	61	00:54:24.30	+00:29:51 (54.9%)	9:04	6.6 (44.9%)
170	PUDŁO Paweł	241		M-OPEN	109	00:54:25.40	+00:29:52 (54.9%)	9:04	6.6 (44.9%)
171	TURCZYN Grzegorz	199		M-OPEN	110	00:54:26.15	+00:29:53 (54.9%)	9:04	6.6 (44.9%)
172	SZCZYGIELSKA Izabela	175		K-OPEN	62	00:55:18.15	+00:30:45 (55.6%)	9:13	6.5 (44.2%)
173	SZCZYGIELSKA Monika	176		K-OPEN	63	00:55:23.15	+00:30:50 (55.7%)	9:13	6.5 (44.2%)
174	BORÓWKO Dawid	14		M-OPEN	111				(0.0%)

Znaleziono 174 wynik(ów)