

III BYDGOSKI BIEG PO ODDECH

Organizator: Stowarzyszenie Waleczne Serca
Data: 2022-10-02
Miejsce: Bydgoszcz
Dystans: 5 km

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 - chłopcy	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 netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
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	**DOBRZYŃSKI 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%)

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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 Pawel**	**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	**SZCZYGIEŁ 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	**BĄKOWSKI 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 netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
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	**PRZYBYLAK 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 netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
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 netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
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 netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
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	**WIRSZYŁŁO 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 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
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 - chłopcy	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 - chłopcy	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 - chłopcy	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	**WAWRZYNIAK 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 - chłopcy	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	**PASTERNACKI 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)