



# TORTURA LESZNO

B4SPORT

**Organizator:** Transformers Trening & Dieta  
**Data:** 2022-09-11  
**Miejsce:** Leszno  
**Dystans:** 5 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	WÓJCIK Adam	436	EX TEAM	M-Open	1	Ex Team	00:22:42.95	00:22:42.95		4:32	13.2
2	ILIV Andrzej	107		M-Open	2		00:23:24.95	00:23:24.95	+00:00:42	4:40	12.8
3	KOŁOSZUK Marcin	76	MISS FIT	M-Open	3	Miss Fit	00:24:13.50	00:24:13.50	+00:01:30	4:50	12.4
4	PODRZYCKI Arkadiusz	293	SAP	M-Open	4	SAP	00:27:07.75	00:27:07.75	+00:04:24	5:25	11.1
5	MAJCHRZAK Andrzej	205	DRUŻYNA WU.	M-Open	5	Drużyna Wu.	00:27:09.30	00:27:09.30	+00:04:26	5:25	11
6	NAGLAK Hubert	246	HELL'S GYM OCR PĘPOWO	M-Open	6		00:27:47.85	00:27:47.85	+00:05:04	5:33	10.8
7	TROCKI Patryk	398	DIRTY SPARROWS	M-Open	7	Dirty Sparrows	00:27:53.00	00:27:53.00	+00:05:10	5:34	10.8
8	SOB Art	351	MROWINO RUN	M-Open	8		00:28:31.15	00:28:31.15	+00:05:48	5:42	10.5
9	POWAŻNY Marek	301	OCR GYM WROCŁAW	M-Open	9	OCR GYM WROCŁAW	00:28:58.15	00:28:58.15	+00:06:15	5:47	10.4
10	LIS Paweł	316	EKIPA AMITY	M-Open	10	Ekipa Amity	00:29:45.70	00:29:45.70	+00:07:02	5:57	10.1
11	SAJNÓG Leszek	330	BIEGAJ LESZNO	M-Open	11	Biegaj Leszno	00:30:04.15	00:30:04.15	+00:07:21	6:00	10
12	PRUCHNIK Patryk	302	ORLA KORZEŃSKO	M-Open	12	Orla Korzeńsko	00:30:32.95	00:30:32.95	+00:07:50	6:06	9.8
13	MAJCHRZAK Jakub	206	DRUŻYNA WU.	M-Open	13	Drużyna Wu.	00:30:41.45	00:30:41.45	+00:07:58	6:08	9.8
14	URBAŃSKI Dawid	411		M-Open	14		00:30:51.10	00:30:51.10	+00:08:08	6:10	9.7
15	OGONOWSKI Patryk	508		M-Open	15		00:31:14.05	00:31:14.05	+00:08:31	6:14	9.6
16	ŻYTO Grzegorz	459	OCR GYM WROCŁAW	M-Open	16	OCR GYM WROCŁAW	00:31:25.00	00:31:25.00	+00:08:42	6:17	9.5
17	SOLARSKI Błażej	357	MACII STACJA DEMONTAŻU POJAZDÓW	M-Open	17		00:31:27.35	00:31:27.35	+00:08:44	6:17	9.5
18	WALEŃSKI Michał	413	DRUŻYNA WU.	M-Open	18	Drużyna Wu.	00:31:44.15	00:31:44.15	+00:09:01	6:20	9.5
19	RATAJSZCZAK Dominik	315		M-Open	19		00:31:47.75	00:31:47.75	+00:09:04	6:21	9.4
20	NOWAK Jakub	253		M-Open	20		00:31:50.20	00:31:50.20	+00:09:07	6:22	9.4
21	FLIGER Łukasz	66		M-Open	21		00:31:57.55	00:31:57.55	+00:09:14	6:23	9.4
22	SCHULZ Mateusz	336	RUNBACZYŃ	M-Open	22	RUNbaczyn	00:31:57.70	00:31:57.70	+00:09:14	6:23	9.4
23	NOWAK Maciej	256	MACII STACJA DEMONTAŻU POJAZDÓW	M-Open	23		00:31:59.75	00:31:59.75	+00:09:16	6:23	9.4
24	BORCZYŃSKI Łukasz	21	GOOD FOOD PRODUCTS	M-Open	24		00:32:04.45	00:32:04.45	+00:09:21	6:24	9.4
25	TABAKA Wiesław	385		M-Open	25		00:32:05.20	00:32:05.20	+00:09:22	6:25	9.4
26	TABAKA Natalia	386		K-Open	1		00:32:05.50	00:32:05.50	+00:09:22	6:25	9.4
27	BŁACHOWIAK Mariusz	523		M-Open	26		00:32:31.85	00:32:31.85	+00:09:48	6:30	9.2
28	GREUTZINEHER Katarzyna	506	CROSS TRAINING PĘPOWO	K-Open	2	Cross Taining Pępowa	00:32:34.85	00:32:34.85	+00:09:51	6:30	9.2

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
29	<b>MACHI Łukasz</b>	<b>195</b>	ORLA KORZENSKO	M-Open	27		<b>00:32:41.15</b>	<b>00:32:41.15</b>	+00:09:58	6:32	9.2
30	<b>POKLEPA Dawid</b>	<b>295</b>	CNS NOWA SÓL	M-Open	28	CNS Nowa Sól	<b>00:32:46.45</b>	<b>00:32:46.45</b>	+00:10:03	6:33	9.2
31	<b>DĄBEK Patryk</b>	<b>50</b>	ŚWIRY	M-Open	29		<b>00:32:50.60</b>	<b>00:32:50.60</b>	+00:10:07	6:34	9.1
32	<b>ŚMIGLAK Łukasz</b>	<b>380</b>	DIRTY SPARROWS	M-Open	30	Dirty Sparrows	<b>00:32:52.95</b>	<b>00:32:52.95</b>	+00:10:10	6:34	9.1
33	<b>GAŁACH Łukasz</b>	<b>75</b>		M-Open	31		<b>00:32:53.55</b>	<b>00:32:53.55</b>	+00:10:10	6:34	9.1
34	<b>ŻYNDUL Krystian</b>	<b>458</b>	KRIS-BUD-MONT	M-Open	32		<b>00:32:55.75</b>	<b>00:32:55.75</b>	+00:10:12	6:35	9.1
35	<b>KLUPŚ Konrad</b>	<b>155</b>	PROINVEST	M-Open	33	PROINVEST	<b>00:33:02.65</b>	<b>00:33:02.65</b>	+00:10:19	6:36	9.1
36	<b>NENKAŁA Mateusz</b>	<b>247</b>		M-Open	34		<b>00:33:06.35</b>	<b>00:33:06.35</b>	+00:10:23	6:37	9.1
37	<b>RATAJCZAK Robert</b>	<b>314</b>		M-Open	35		<b>00:33:14.05</b>	<b>00:33:14.05</b>	+00:10:31	6:38	9
38	<b>PIĘTA Michał</b>	<b>288</b>		M-Open	36	PYRY I KARTOFLE	<b>00:33:31.95</b>	<b>00:33:31.95</b>	+00:10:49	6:42	9
39	<b>KLEJEWSKI Przemysław</b>	<b>154</b>		M-Open	37		<b>00:33:34.00</b>	<b>00:33:34.00</b>	+00:10:51	6:42	8.9
40	<b>WALEŃSKI Marcin</b>	<b>414</b>	DRUŻYNA WU.	M-Open	38	Drużyna Wu.	<b>00:33:43.90</b>	<b>00:33:43.90</b>	+00:11:00	6:44	8.9
41	<b>KUBACIK Rafał</b>	<b>173</b>	SOLLVER TEAM	M-Open	39	Sollver Team	<b>00:33:45.25</b>	<b>00:33:45.25</b>	+00:11:02	6:45	8.9
42	<b>JUSZKIEWICZ Oliwia</b>	<b>493</b>	RAJSPORT ACTIVE	K-Open	3		<b>00:33:47.65</b>	<b>00:33:47.65</b>	+00:11:04	6:45	8.9
43	<b>OKONIEWSKI Marcin</b>	<b>262</b>		M-Open	40		<b>00:34:21.45</b>	<b>00:34:21.45</b>	+00:11:38	6:52	8.7
44	<b>ZAGACKI Karol</b>	<b>440</b>	M-FIT RAWCZ	M-Open	41	M-FIT RAWCZ	<b>00:34:25.45</b>	<b>00:34:25.45</b>	+00:11:42	6:53	8.7
45	<b>JAKUBCZYK Adam</b>	<b>110</b>	TEAM TRANSFORMERS	M-Open	42		<b>00:34:26.70</b>	<b>00:34:26.70</b>	+00:11:43	6:53	8.7
46	<b>CELARY Grzegorz</b>	<b>32</b>	PROINVEST	M-Open	43	PROINVEST	<b>00:34:31.60</b>	<b>00:34:31.60</b>	+00:11:48	6:54	8.7
47	<b>OWSIANY Anna</b>	<b>268</b>	AVENGERS	K-Open	4	Avengers	<b>00:34:38.00</b>	<b>00:34:38.00</b>	+00:11:55	6:55	8.7
48	<b>ZAJĄC Jarosław</b>	<b>441</b>		M-Open	44		<b>00:34:46.40</b>	<b>00:34:46.40</b>	+00:12:03	6:57	8.6
49	<b>ZIOŁO Krzysztof</b>	<b>455</b>	DIRTY SPARROWS	M-Open	45	Dirty Sparrows	<b>00:34:49.05</b>	<b>00:34:49.05</b>	+00:12:06	6:57	8.6
50	<b>GORYNIA Hubert</b>	<b>86</b>		M-Open	46		<b>00:34:51.70</b>	<b>00:34:51.70</b>	+00:12:08	6:58	8.6
51	<b>SZŁĘZAK Mateusz</b>	<b>368</b>	KGHM SW1 S-5	M-Open	47		<b>00:34:53.95</b>	<b>00:34:53.95</b>	+00:12:11	6:58	8.6
52	<b>MRÓZ Norbert</b>	<b>241</b>	FITNESSTEAM	M-Open	48		<b>00:35:01.10</b>	<b>00:35:01.10</b>	+00:12:18	7:00	8.6
53	<b>MIELCARZ Tomasz</b>	<b>231</b>	BIEGOWE DZIKI OCR	M-Open	49	Biegowe Dziki OCR	<b>00:35:09.20</b>	<b>00:35:09.20</b>	+00:12:26	7:01	8.5
54	<b>ZAJĄC Karol</b>	<b>443</b>		M-Open	50		<b>00:35:10.55</b>	<b>00:35:10.55</b>	+00:12:27	7:02	8.5
55	<b>RABIEGA Michał</b>	<b>310</b>	PROINVEST	M-Open	51	PROINVEST	<b>00:35:11.35</b>	<b>00:35:11.35</b>	+00:12:28	7:02	8.5
56	<b>ADAMIAK Igor</b>	<b>1</b>	OCR GYM WROCŁAW	M-Open	52	OCR GYM WROCŁAW	<b>00:35:18.25</b>	<b>00:35:18.25</b>	+00:12:35	7:03	8.5
57	<b>SOBAŃSKI Paweł</b>	<b>352</b>	PROINVEST	M-Open	53	PROINVEST	<b>00:35:20.45</b>	<b>00:35:20.45</b>	+00:12:37	7:04	8.5
58	<b>POLKOWSKI Fabian</b>	<b>297</b>		M-Open	54		<b>00:35:45.00</b>	<b>00:35:45.00</b>	+00:13:02	7:09	8.4
59	<b>RYBARCZYK Jakub</b>	<b>324</b>	DRUŻYNA WU.	M-Open	55	Drużyna Wu.	<b>00:35:58.30</b>	<b>00:35:58.30</b>	+00:13:15	7:11	8.3
60	<b>PAUL Jarosław</b>	<b>278</b>	RUNBACZYN	M-Open	56	RUNbaczyn	<b>00:36:03.00</b>	<b>00:36:03.00</b>	+00:13:20	7:12	8.3
61	<b>RATAJCZAK Piotr</b>	<b>313</b>	SAP	M-Open	57	SAP	<b>00:36:16.50</b>	<b>00:36:16.50</b>	+00:13:33	7:15	8.3
62	<b>MAŃCZAK Joanna</b>	<b>213</b>	DRUŻYNA WU.	K-Open	5	Drużyna Wu.	<b>00:36:18.55</b>	<b>00:36:18.55</b>	+00:13:35	7:15	8.3
63	<b>WOJCIECHOWSKI Kamil</b>	<b>421</b>	WARRIOR TEAM	M-Open	58		<b>00:36:20.60</b>	<b>00:36:20.60</b>	+00:13:37	7:16	8.3
64	<b>MATUSZEWSKI Roman</b>	<b>222</b>	OŻ GOŁY	M-Open	59		<b>00:36:32.90</b>	<b>00:36:32.90</b>	+00:13:49	7:18	8.2
65	<b>KACZMAREK Mateusz</b>	<b>128</b>	BIEGAJ LESZNO	M-Open	60		<b>00:36:41.35</b>	<b>00:36:41.35</b>	+00:13:58	7:20	8.2
66	<b>MARZĘTA Mateusz</b>	<b>217</b>	ORLA KORZEŃSKO	M-Open	61		<b>00:36:43.15</b>	<b>00:36:43.15</b>	+00:14:00	7:20	8.2
67	<b>SZKUDLARCZYK Szymon</b>	<b>503</b>		M-Open	62		<b>00:36:43.90</b>	<b>00:36:43.90</b>	+00:14:00	7:20	8.2
68	<b>KOPACZYK Michał</b>	<b>159</b>		M-Open	63		<b>00:36:44.00</b>	<b>00:36:44.00</b>	+00:14:01	7:20	8.2
69	<b>DOPIERALSKI Dariusz</b>	<b>55</b>		M-Open	64		<b>00:36:49.05</b>	<b>00:36:49.05</b>	+00:14:06	7:21	8.1
70	<b>WOJCIECHOWSKI Karol</b>	<b>502</b>	IG: KAROL_WOJCIECHOWSKII ZAPRASZAM SERDECZNIE	M-Open	65		<b>00:36:58.55</b>	<b>00:36:58.55</b>	+00:14:15	7:23	8.1
71	<b>MENDYKA Artur</b>	<b>227</b>		M-Open	66		<b>00:37:04.50</b>	<b>00:37:04.50</b>	+00:14:21	7:24	8.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
72	<b>FRĄCZAK Dariusz</b>	<b>70</b>		M-Open	67		<b>00:37:09.55</b>	<b>00:37:09.55</b>	+00:14:26	7:25	8.1
73	<b>DRATWIAK Dominik</b>	<b>56</b>	PROINVEST	M-Open	68	PROINVEST	<b>00:37:17.10</b>	<b>00:37:17.10</b>	+00:14:34	7:27	8
74	<b>WOJNICKI Wojciech</b>	<b>424</b>	DIRTY SPARROWS	M-Open	69	Dirty Sparrows	<b>00:37:23.15</b>	<b>00:37:23.15</b>	+00:14:40	7:28	8
75	<b>CHUDZINSKI Maciej</b>	<b>38</b>	PONYXOX	M-Open	70		<b>00:37:34.35</b>	<b>00:37:34.35</b>	+00:14:51	7:30	8
76	<b>ALEKSANDER Łukasz</b>	<b>3</b>	AKADEMIA TAEKWON DO IN NAE	M-Open	71	Akademia Taekwon-do IN NAE	<b>00:37:34.90</b>	<b>00:37:34.90</b>	+00:14:51	7:30	8
77	<b>KOMORNICKI Krzysiek</b>	<b>158</b>	IRON STUDIO	M-Open	72		<b>00:37:38.40</b>	<b>00:37:38.40</b>	+00:14:55	7:31	8
78	<b>TRUBŁOWICZ Mateusz</b>	<b>399</b>	BIEGOWE DZIKI OCR	M-Open	73	Biegowe Dziki OCR	<b>00:37:58.55</b>	<b>00:37:58.55</b>	+00:15:15	7:35	7.9
79	<b>KOSUT Adam</b>	<b>484</b>	SHOOTBOXER MOSINA	M-Open	74		<b>00:38:01.40</b>	<b>00:38:01.40</b>	+00:15:18	7:36	7.9
80	<b>PRZYŁĘCKI Karol</b>	<b>308</b>		M-Open	75	TOYOTA TEAM LESZNO	<b>00:38:02.20</b>	<b>00:38:02.20</b>	+00:15:19	7:36	7.9
81	<b>KOSOWSKA Aleksandra</b>	<b>491</b>	TRANSFORMERS	K-Open	6	Transformers Kościan	<b>00:38:02.60</b>	<b>00:38:02.60</b>	+00:15:19	7:36	7.9
82	<b>MACIOSZCZYK Szymon</b>	<b>201</b>	SHOOTBOXER	M-Open	76		<b>00:38:04.50</b>	<b>00:38:04.50</b>	+00:15:21	7:36	7.9
83	<b>KWARTA Paweł</b>	<b>181</b>		M-Open	77		<b>00:38:06.30</b>	<b>00:38:06.30</b>	+00:15:23	7:37	7.9
84	<b>BOROWSKI Maciej</b>	<b>500</b>	BIEGOWE DZIKI OCR	M-Open	78	Biegowe Dziki OCR	<b>00:38:07.35</b>	<b>00:38:07.35</b>	+00:15:24	7:37	7.9
85	<b>BĄKOWSKI Błażej</b>	<b>13</b>	MÜLLER TEAM	M-Open	79		<b>00:38:09.35</b>	<b>00:38:09.35</b>	+00:15:26	7:37	7.9
86	<b>KASPROWIAK Oskar</b>	<b>143</b>	POMYXOX	M-Open	80		<b>00:38:13.20</b>	<b>00:38:13.20</b>	+00:15:30	7:38	7.8
86	<b>MILASZEWSKI Michał</b>	<b>236</b>	PONYXOX	M-Open	80		<b>00:38:13.20</b>	<b>00:38:13.20</b>	+00:15:30	7:38	7.8
88	<b>MAJEK Mateusz</b>	<b>512</b>		M-Open	82		<b>00:38:18.05</b>	<b>00:38:18.05</b>	+00:15:35	7:39	7.8
89	<b>ŚWIDZIŃSKI Marcin</b>	<b>384</b>	TRANSFORMERS	M-Open	83		<b>00:38:19.25</b>	<b>00:38:19.25</b>	+00:15:36	7:39	7.8
90	<b>SOBECKI Igor</b>	<b>477</b>		M-Open	84		<b>00:38:21.45</b>	<b>00:38:21.45</b>	+00:15:38	7:40	7.8
90	<b>GAJEWSKI Tomasz</b>	<b>73</b>	LEGNICA POKONUJE PRZESZKODY	M-Open	84		<b>00:38:21.45</b>	<b>00:38:21.45</b>	+00:15:38	7:40	7.8
92	<b>PRUSKO Paulina</b>	<b>303</b>	OCR GYM WROCŁAW	K-Open	7		<b>00:38:27.70</b>	<b>00:38:27.70</b>	+00:15:44	7:41	7.8
93	<b>RYCHLEWSKI Michał</b>	<b>325</b>	DIRTY SPARROWS	M-Open	86	Dirty Sparrows	<b>00:38:37.25</b>	<b>00:38:37.25</b>	+00:15:54	7:43	7.8
94	<b>SOBIERAJ Radosław</b>	<b>353</b>	POLSKA	M-Open	87	Akademia Taekwon-do IN NAE	<b>00:38:40.55</b>	<b>00:38:40.55</b>	+00:15:57	7:44	7.8
95	<b>MAJCHRZAK Agnieszka</b>	<b>204</b>	DRUŻYNA WU.	K-Open	8	Drużyna Wu.	<b>00:38:42.30</b>	<b>00:38:42.30</b>	+00:15:59	7:44	7.8
96	<b>LUDWICZAK Jędrzej</b>	<b>189</b>	RUNBACZYN	M-Open	88	RUNbaczyn	<b>00:38:51.75</b>	<b>00:38:51.75</b>	+00:16:08	7:46	7.7
97	<b>BOSSY Kuba</b>	<b>26</b>	RUNBACZYN	M-Open	89	RUNbaczyn	<b>00:38:51.90</b>	<b>00:38:51.90</b>	+00:16:08	7:46	7.7
98	<b>MAĆKOWSKI Hubert</b>	<b>203</b>	RUNBACZYN	M-Open	90	RUNbaczyn	<b>00:38:56.60</b>	<b>00:38:56.60</b>	+00:16:13	7:47	7.7
99	<b>POPIELA Sebastian</b>	<b>299</b>	OPTYK BARTKOWAK TEAM	M-Open	91		<b>00:38:59.15</b>	<b>00:38:59.15</b>	+00:16:16	7:47	7.7
100	<b>ZADWORNY Adrian</b>	<b>501</b>		M-Open	92		<b>00:39:07.25</b>	<b>00:39:07.25</b>	+00:16:24	7:49	7.7
101	<b>TEREMETS Yevhenii</b>	<b>391</b>	GOOD FOOD PRODUCTS	M-Open	93		<b>00:39:22.15</b>	<b>00:39:22.15</b>	+00:16:39	7:52	7.6
102	<b>YAKOVENKO Viktor</b>	<b>439</b>	GOOD FOOD PRODUCTS	M-Open	94		<b>00:39:22.75</b>	<b>00:39:22.75</b>	+00:16:39	7:52	7.6
103	<b>WRÓBLEWSKI Patryk</b>	<b>437</b>	TYTKA FIT	M-Open	95		<b>00:39:29.75</b>	<b>00:39:29.75</b>	+00:16:46	7:53	7.6
104	<b>DWORAK Mateusz</b>	<b>58</b>		M-Open	96		<b>00:39:36.35</b>	<b>00:39:36.35</b>	+00:16:53	7:55	7.6
105	<b>JÓSKA Paweł</b>	<b>120</b>	AKADEMIA TAEKWON-DO IN NAE	M-Open	97	Akademia Taekwon-do IN NAE	<b>00:39:44.10</b>	<b>00:39:44.10</b>	+00:17:01	7:56	7.6
106	<b>MIGDALCZYK Natalia</b>	<b>520</b>		K-Open	9		<b>00:39:59.50</b>	<b>00:39:59.50</b>	+00:17:16	7:59	7.5
107	<b>ŚWIĄTEK Bronisław</b>	<b>383</b>	SAMOTNY WLK	M-Open	98		<b>00:40:10.70</b>	<b>00:40:10.70</b>	+00:17:27	8:02	7.5
108	<b>URBAŃSKI Adam</b>	<b>412</b>		M-Open	99	TOYOTA TEAM LESZNO	<b>00:40:11.30</b>	<b>00:40:11.30</b>	+00:17:28	8:02	7.5
109	<b>BUDASZ Kamil</b>	<b>514</b>		M-Open	100		<b>00:40:17.35</b>	<b>00:40:17.35</b>	+00:17:34	8:03	7.4
110	<b>FEDOSIEIEV Dmitro</b>	<b>64</b>		M-Open	101	Zaruba	<b>00:40:18.00</b>	<b>00:40:18.00</b>	+00:17:35	8:03	7.4
111	<b>JARCZEWSKI Łukasz</b>	<b>117</b>		M-Open	102		<b>00:40:27.65</b>	<b>00:40:27.65</b>	+00:17:44	8:05	7.4
112	<b>FLORCZAK Mateusz</b>	<b>67</b>	HWPO	M-Open	103	HWPO	<b>00:40:30.00</b>	<b>00:40:30.00</b>	+00:17:47	8:06	7.4
113	<b>BAJON Anna</b>	<b>7</b>		K-Open	10		<b>00:40:41.60</b>	<b>00:40:41.60</b>	+00:17:58	8:08	7.4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
114	<b>BORECKI Marcin</b>	<b>22</b>		M-Open	104	TOYOTA TEAM LESZNO	<b>00:40:56.15</b>	<b>00:40:56.15</b>	+00:18:13	8:11	7.3
115	<b>SKORCZYK Bartosz</b>	<b>345</b>		M-Open	105		<b>00:40:59.30</b>	<b>00:40:59.30</b>	+00:18:16	8:11	7.3
116	<b>ŚMIGLAK Kasia</b>	<b>381</b>	DIRTY SPARROWS	K-Open	11	Dirty Sparrows	<b>00:41:02.30</b>	<b>00:41:02.30</b>	+00:18:19	8:12	7.3
117	<b>OLEJNIK Maciej</b>	<b>265</b>		M-Open	106		<b>00:41:04.60</b>	<b>00:41:04.60</b>	+00:18:21	8:12	7.3
118	<b>MUSZYŃSKI Maciej</b>	<b>519</b>		M-Open	107		<b>00:41:06.50</b>	<b>00:41:06.50</b>	+00:18:23	8:13	7.3
119	<b>SPYCHAŁA Jacek</b>	<b>358</b>	DIRTY SPARROWS	M-Open	108	Dirty Sparrows	<b>00:41:06.80</b>	<b>00:41:06.80</b>	+00:18:23	8:13	7.3
120	<b>PIÓRKO Piotr</b>	<b>289</b>	C&C PARTNERS	M-Open	109	C&C Partners	<b>00:41:10.55</b>	<b>00:41:10.55</b>	+00:18:27	8:14	7.3
121	<b>MICHALSKI Mateusz</b>	<b>474</b>		M-Open	110		<b>00:41:14.25</b>	<b>00:41:14.25</b>	+00:18:31	8:14	7.3
122	<b>JABŁOŃSKI Hubert</b>	<b>109</b>	KS FUTSAL POWAT PILSKI	M-Open	111		<b>00:41:19.40</b>	<b>00:41:19.40</b>	+00:18:36	8:15	7.3
123	<b>TURKIEWICZ Jarosław</b>	<b>401</b>		M-Open	112		<b>00:41:20.50</b>	<b>00:41:20.50</b>	+00:18:37	8:16	7.3
124	<b>LIS Alan</b>	<b>187</b>		M-Open	113	TOYOTA TEAM LESZNO	<b>00:41:25.70</b>	<b>00:41:25.70</b>	+00:18:42	8:17	7.2
125	<b>SKRZYPCZAK Przemysław</b>	<b>348</b>	RUNBACZYN	M-Open	114	RUNbaczyn	<b>00:41:33.35</b>	<b>00:41:33.35</b>	+00:18:50	8:18	7.2
126	<b>ZAJĄC Aleksander</b>	<b>442</b>		M-Open	115		<b>00:41:34.60</b>	<b>00:41:34.60</b>	+00:18:51	8:18	7.2
127	<b>KOSEK Mateusz</b>	<b>161</b>	SPINKO LESZNO	M-Open	116	Spinko Leszno	<b>00:41:41.45</b>	<b>00:41:41.45</b>	+00:18:58	8:20	7.2
128	<b>HOFFMANN Zbigniew</b>	<b>101</b>	SPINKO LESZNO	M-Open	117	Spinko Leszno	<b>00:41:41.75</b>	<b>00:41:41.75</b>	+00:18:58	8:20	7.2
129	<b>POWAŻNA Barbara</b>	<b>300</b>	OCR GYM WROCŁAW	K-Open	12	OCR GYM WROCŁAW	<b>00:41:43.00</b>	<b>00:41:43.00</b>	+00:19:00	8:20	7.2
130	<b>APANOWICZ Dawid</b>	<b>6</b>	PROINVEST	M-Open	118	PROINVEST	<b>00:41:48.55</b>	<b>00:41:48.55</b>	+00:19:05	8:21	7.2
131	<b>MATUSZEWSKI Jakub</b>	<b>223</b>	C&C PARTNERS	M-Open	119	C&C Partners	<b>00:41:51.05</b>	<b>00:41:51.05</b>	+00:19:08	8:22	7.2
132	<b>JAŃCZAK Sebastian</b>	<b>116</b>		M-Open	120		<b>00:41:53.90</b>	<b>00:41:53.90</b>	+00:19:10	8:22	7.2
133	<b>MIERNIK Przemysław</b>	<b>232</b>	CROSS FIRMUS	M-Open	121		<b>00:41:58.50</b>	<b>00:41:58.50</b>	+00:19:15	8:23	7.1
134	<b>KRZEMIEŃ Sławomir</b>	<b>172</b>	OCR GYM WROCŁAW	M-Open	122	OCR GYM WROCŁAW	<b>00:42:04.50</b>	<b>00:42:04.50</b>	+00:19:21	8:24	7.1
135	<b>RATAJCZAK Honorata</b>	<b>312</b>		K-Open	13	Drużyna Wu.	<b>00:42:05.35</b>	<b>00:42:05.35</b>	+00:19:22	8:25	7.1
136	<b>MARCINIAK Łukasz</b>	<b>214</b>		M-Open	123		<b>00:42:11.80</b>	<b>00:42:11.80</b>	+00:19:28	8:26	7.1
137	<b>BUGIEL Marcin</b>	<b>30</b>		M-Open	124		<b>00:42:28.20</b>	<b>00:42:28.20</b>	+00:19:45	8:29	7.1
138	<b>SZPRUTA Robert</b>	<b>371</b>		M-Open	125		<b>00:42:36.15</b>	<b>00:42:36.15</b>	+00:19:53	8:31	7
139	<b>MATECKA Natalia</b>	<b>219</b>		K-Open	14		<b>00:42:39.20</b>	<b>00:42:39.20</b>	+00:19:56	8:31	7
140	<b>SITARZ Mateusz</b>	<b>342</b>		M-Open	126		<b>00:42:41.30</b>	<b>00:42:41.30</b>	+00:19:58	8:32	7
141	<b>BOROŃ Wojciech</b>	<b>23</b>		M-Open	127	BEWU	<b>00:42:42.95</b>	<b>00:42:42.95</b>	+00:20:00	8:32	7
142	<b>JANISZEWSKI Paweł</b>	<b>111</b>	BEWU	M-Open	128	BEWU	<b>00:42:45.70</b>	<b>00:42:45.70</b>	+00:20:02	8:33	7
143	<b>JANISZEWSKI Jędrzej</b>	<b>112</b>		M-Open	129	BEWU	<b>00:42:46.85</b>	<b>00:42:46.85</b>	+00:20:03	8:33	7
144	<b>ZIOŁO Ewa</b>	<b>456</b>	DIRTY SPARROWS	K-Open	15	Dirty Sparrows	<b>00:42:51.00</b>	<b>00:42:51.00</b>	+00:20:08	8:34	7
145	<b>GARBARCZYK Paweł</b>	<b>77</b>		M-Open	130	TOYOTA TEAM LESZNO	<b>00:42:56.40</b>	<b>00:42:56.40</b>	+00:20:13	8:35	7
146	<b>KACHEL Łukasz</b>	<b>124</b>	LP&PERL	M-Open	131	LP&PERL&MG	<b>00:43:03.60</b>	<b>00:43:03.60</b>	+00:20:20	8:36	7
147	<b>POLASZEWSKI Leszek</b>	<b>296</b>	LP&PERL&MG	M-Open	132	LP&PERL&MG	<b>00:43:03.70</b>	<b>00:43:03.70</b>	+00:20:20	8:36	7
148	<b>GUMULA Mateusz</b>	<b>97</b>	LP&PERL&MG	M-Open	133	LP&PERL&MG	<b>00:43:03.85</b>	<b>00:43:03.85</b>	+00:20:20	8:36	7
149	<b>SOFINSKA Iwona</b>	<b>356</b>		K-Open	16		<b>00:43:16.60</b>	<b>00:43:16.60</b>	+00:20:33	8:39	6.9
150	<b>FRYDRYCH Andrzej</b>	<b>71</b>		M-Open	134		<b>00:43:16.90</b>	<b>00:43:16.90</b>	+00:20:33	8:39	6.9
151	<b>BARTOSZ Gracjan</b>	<b>12</b>		M-Open	135		<b>00:43:17.95</b>	<b>00:43:17.95</b>	+00:20:35	8:39	6.9
152	<b>BARTKOWIAK Szymon</b>	<b>11</b>		M-Open	136	C&C Partners	<b>00:43:27.35</b>	<b>00:43:27.35</b>	+00:20:44	8:41	6.9
153	<b>KLECHA Paweł</b>	<b>153</b>		M-Open	137		<b>00:43:30.00</b>	<b>00:43:30.00</b>	+00:20:47	8:42	6.9
154	<b>GRABOWSKI Kamil</b>	<b>89</b>	DIRTY SPARROWS	M-Open	138		<b>00:43:31.10</b>	<b>00:43:31.10</b>	+00:20:48	8:42	6.9
155	<b>KOMORNICKI Krzysztof</b>	<b>137</b>		M-Open	139		<b>00:43:32.10</b>	<b>00:43:32.10</b>	+00:20:49	8:42	6.9
156	<b>WOŹNIAK Adam</b>	<b>479</b>	WOŹNIAK TEAM	M-Open	140	Wozniak Team	<b>00:43:33.40</b>	<b>00:43:33.40</b>	+00:20:50	8:42	6.9
157	<b>KLECHA Karol</b>	<b>152</b>	FF	M-Open	141		<b>00:43:36.00</b>	<b>00:43:36.00</b>	+00:20:53	8:43	6.9

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
158	<b>MATUSZAK Adam</b>	<b>220</b>		M-Open	142		<b>00:43:47.75</b>	<b>00:43:47.75</b>	+00:21:04	8:45	6.9
159	<b>KAMIŃSKI Stanisław</b>	<b>134</b>		M-Open	143		<b>00:43:52.80</b>	<b>00:43:52.80</b>	+00:21:09	8:46	6.8
160	<b>SCHULZ Łukasz</b>	<b>337</b>	RUNBACZYN	M-Open	144	RUNbaczyn	<b>00:43:57.20</b>	<b>00:43:57.20</b>	+00:21:14	8:47	6.8
161	<b>KNOZOWSKA Bożena</b>	<b>156</b>	ŚWIRY	K-Open	17		<b>00:43:59.30</b>	<b>00:43:59.30</b>	+00:21:16	8:47	6.8
162	<b>MATUSZAK Agnieszka</b>	<b>221</b>		K-Open	18		<b>00:44:01.40</b>	<b>00:44:01.40</b>	+00:21:18	8:48	6.8
163	<b>ANTKOWIAK Hubert</b>	<b>5</b>	FITNESS FACTORY	M-Open	145		<b>00:44:02.40</b>	<b>00:44:02.40</b>	+00:21:19	8:48	6.8
164	<b>STACHYRA Joanna</b>	<b>360</b>	ŚWIRY	K-Open	19		<b>00:44:09.10</b>	<b>00:44:09.10</b>	+00:21:26	8:49	6.8
165	<b>NOWAK Patryk</b>	<b>250</b>	PBO DEWELOPER	M-Open	146		<b>00:44:10.35</b>	<b>00:44:10.35</b>	+00:21:27	8:50	6.8
166	<b>SZYMANOWSKI Igor</b>	<b>373</b>	GOOD FOOD PRODUCTS	M-Open	147		<b>00:44:15.20</b>	<b>00:44:15.20</b>	+00:21:32	8:51	6.8
167	<b>GRZEGORCZYK Maciej</b>	<b>94</b>	MÜLLER TEAM	M-Open	148		<b>00:44:16.40</b>	<b>00:44:16.40</b>	+00:21:33	8:51	6.8
168	<b>BOROWIAK Adam</b>	<b>24</b>	HWPO	M-Open	149	HWPO	<b>00:44:20.65</b>	<b>00:44:20.65</b>	+00:21:37	8:52	6.8
169	<b>GNACIŃSKI Radosław</b>	<b>83</b>	RUNBACZYN	M-Open	150	RUNbaczyn	<b>00:44:22.90</b>	<b>00:44:22.90</b>	+00:21:39	8:52	6.8
170	<b>KACHNIC Robert</b>	<b>125</b>	RUNBACZYN	M-Open	151	RUNbaczyn	<b>00:44:30.50</b>	<b>00:44:30.50</b>	+00:21:47	8:54	6.7
171	<b>SKOMSKA Lena</b>	<b>343</b>		K-Open	20		<b>00:44:35.80</b>	<b>00:44:35.80</b>	+00:21:52	8:55	6.7
172	<b>SOCHACKI Jarosław</b>	<b>355</b>	RUNBACZYN	M-Open	152		<b>00:44:39.55</b>	<b>00:44:39.55</b>	+00:21:56	8:55	6.7
173	<b>SOBOLEWSKA Katarzyna</b>	<b>354</b>		K-Open	21		<b>00:44:42.50</b>	<b>00:44:42.50</b>	+00:21:59	8:56	6.7
174	<b>GÓRECKA Sylwia</b>	<b>87</b>	ŚWIRY	K-Open	22	ŚWIRY	<b>00:44:46.10</b>	<b>00:44:46.10</b>	+00:22:03	8:57	6.7
175	<b>BŁACHOWIAK Fabian</b>	<b>522</b>		M-Open	153		<b>00:44:46.50</b>	<b>00:44:46.50</b>	+00:22:03	8:57	6.7
176	<b>KIJAS Magdalena</b>	<b>149</b>		K-Open	23		<b>00:44:47.70</b>	<b>00:44:47.70</b>	+00:22:04	8:57	6.7
177	<b>ZIMNA Katarzyna</b>	<b>515</b>	CROSS TRAINING PĘPOWO	K-Open	24	Cross Taining Pępowo	<b>00:44:50.35</b>	<b>00:44:50.35</b>	+00:22:07	8:58	6.7
178	<b>GUBAŃSKI Jeremiasz</b>	<b>96</b>	MACII STACJA DEMONTAŻU POJAZDÓW	M-Open	154		<b>00:44:52.35</b>	<b>00:44:52.35</b>	+00:22:09	8:58	6.7
179	<b>IGNACIK Mirek</b>	<b>105</b>		M-Open	155		<b>00:44:52.90</b>	<b>00:44:52.90</b>	+00:22:09	8:58	6.7
180	<b>KARPIŃSKI Paweł</b>	<b>138</b>	FDW PASZE	M-Open	156		<b>00:44:56.60</b>	<b>00:44:56.60</b>	+00:22:13	8:59	6.7
181	<b>DOPIERAŁSKI Dariusz</b>	<b>68</b>	FERMY WOŹNIAK	M-Open	157		<b>00:45:02.40</b>	<b>00:45:02.40</b>	+00:22:19	9:00	6.7
182	<b>KIJAS Grzegorz</b>	<b>150</b>		M-Open	158		<b>00:45:04.10</b>	<b>00:45:04.10</b>	+00:22:21	9:00	6.7
183	<b>DŁUGOSZ Marlena</b>	<b>507</b>		K-Open	25		<b>00:45:08.40</b>	<b>00:45:08.40</b>	+00:22:25	9:01	6.6
184	<b>WOLNY Piotr</b>	<b>433</b>	WOŹNIAK TEAM	M-Open	159	Wozniak Team	<b>00:45:15.70</b>	<b>00:45:15.70</b>	+00:22:32	9:03	6.6
185	<b>PERZ Iwona</b>	<b>284</b>	WOŹNIAK TEAM	K-Open	26		<b>00:45:15.75</b>	<b>00:45:15.75</b>	+00:22:32	9:03	6.6
186	<b>WOLNA Kamila</b>	<b>432</b>	WOŹNIAK TEAM	K-Open	27	Wozniak Team	<b>00:45:16.05</b>	<b>00:45:16.05</b>	+00:22:33	9:03	6.6
187	<b>ZARZYCKI Jakub</b>	<b>450</b>		M-Open	160		<b>00:45:17.20</b>	<b>00:45:17.20</b>	+00:22:34	9:03	6.6
188	<b>DOPIERAŁA Tomasz</b>	<b>461</b>	WOŹNIAK TEAM	M-Open	161	Wozniak Team	<b>00:45:25.10</b>	<b>00:45:25.10</b>	+00:22:42	9:05	6.6
189	<b>NOWAK Adrian</b>	<b>249</b>	PBO DEWELOPER	M-Open	162		<b>00:45:29.35</b>	<b>00:45:29.35</b>	+00:22:46	9:05	6.6
190	<b>KASPROWIAK Paweł</b>	<b>142</b>		M-Open	163		<b>00:45:30.10</b>	<b>00:45:30.10</b>	+00:22:47	9:06	6.6
191	<b>KAPUŚCIŃSKI Adrian</b>	<b>135</b>	GOOD FOOD PRODUCTS	M-Open	164		<b>00:45:33.60</b>	<b>00:45:33.60</b>	+00:22:50	9:06	6.6
192	<b>JARÓŻEK Dominik</b>	<b>118</b>		M-Open	165		<b>00:45:34.20</b>	<b>00:45:34.20</b>	+00:22:51	9:06	6.6
193	<b>ROZWALKA Kasia</b>	<b>317</b>	DRAGON GYM&SQUASH	K-Open	28		<b>00:45:35.15</b>	<b>00:45:35.15</b>	+00:22:52	9:07	6.6
194	<b>WILCZKOWIAK Karolina</b>	<b>418</b>		K-Open	29		<b>00:45:44.55</b>	<b>00:45:44.55</b>	+00:23:01	9:08	6.6
195	<b>SZAJDA Adrianna</b>	<b>509</b>	CROSS TRAINING PĘPOWO	K-Open	30		<b>00:45:48.45</b>	<b>00:45:48.45</b>	+00:23:05	9:09	6.6
196	<b>ZARWAŃSKI Piotr</b>	<b>449</b>	DRAGON GYM	M-Open	166		<b>00:45:51.65</b>	<b>00:45:51.65</b>	+00:23:08	9:10	6.5
197	<b>GLEŃ Agnieszka</b>	<b>81</b>	SOLLVER TEAM	K-Open	31	Sollver Team	<b>00:45:54.40</b>	<b>00:45:54.40</b>	+00:23:11	9:10	6.5
198	<b>PIECHOTA Adam</b>	<b>286</b>	INSTAL SERWIS	M-Open	167		<b>00:45:58.00</b>	<b>00:45:58.00</b>	+00:23:15	9:11	6.5
199	<b>KOKOT Krzysztof</b>	<b>157</b>		M-Open	168		<b>00:45:58.80</b>	<b>00:45:58.80</b>	+00:23:15	9:11	6.5
200	<b>MAJOREK Kasia</b>	<b>210</b>		K-Open	32		<b>00:46:00.45</b>	<b>00:46:00.45</b>	+00:23:17	9:12	6.5
201	<b>WITKIEWICZ Katarzyna</b>	<b>419</b>		K-Open	33		<b>00:46:00.50</b>	<b>00:46:00.50</b>	+00:23:17	9:12	6.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
202	<b>HAMOT</b> Lukasz	<b>98</b>		M-Open	169		<b>00:46:01.50</b>	<b>00:46:01.50</b>	+00:23:18	9:12	6.5
203	<b>KUBACIK</b> Maksymilian	<b>175</b>	SOLLVER TEAM	M-Open	170	Sollver Team	<b>00:46:13.25</b>	<b>00:46:13.25</b>	+00:23:30	9:14	6.5
204	<b>KĘSKIEWICZ</b> Kamil	<b>148</b>	SUDECCY TRANSFORMERSI	M-Open	171		<b>00:46:20.15</b>	<b>00:46:20.15</b>	+00:23:37	9:16	6.5
205	<b>WOZNIAK</b> Oliwia	<b>435</b>	FLYING FLOWER BY MARINA LAIKINA	K-Open	34		<b>00:46:31.60</b>	<b>00:46:31.60</b>	+00:23:48	9:18	6.4
206	<b>CIEŚLIK</b> Marcin	<b>44</b>		M-Open	172		<b>00:46:31.80</b>	<b>00:46:31.80</b>	+00:23:48	9:18	6.4
207	<b>DOMAGALSKI</b> Jakub	<b>53</b>		M-Open	173		<b>00:46:35.60</b>	<b>00:46:35.60</b>	+00:23:52	9:19	6.4
208	<b>KARAKOLIS</b> Anna	<b>136</b>	CNS NOWA SÓL	K-Open	35	CNS Nowa Sól	<b>00:46:36.30</b>	<b>00:46:36.30</b>	+00:23:53	9:19	6.4
209	<b>MAJEK</b> Mateusz	<b>498</b>		M-Open	174		<b>00:46:36.65</b>	<b>00:46:36.65</b>	+00:23:53	9:19	6.4
210	<b>POKLEPA</b> Karolina	<b>294</b>	CNS	K-Open	36	CNS Nowa Sól	<b>00:46:37.70</b>	<b>00:46:37.70</b>	+00:23:54	9:19	6.4
211	<b>NOWAK</b> Damian	<b>258</b>	FLYING FLOWER BY MARINA LAIKINA	M-Open	175		<b>00:46:45.25</b>	<b>00:46:45.25</b>	+00:24:02	9:21	6.4
212	<b>DOMAGALSKI</b> Damian	<b>54</b>		M-Open	176		<b>00:46:49.95</b>	<b>00:46:49.95</b>	+00:24:07	9:21	6.4
213	<b>WRÓBLEWSKI</b> Przemysław	<b>438</b>		M-Open	177	TOYOTA TEAM LESZNO	<b>00:46:51.20</b>	<b>00:46:51.20</b>	+00:24:08	9:22	6.4
214	<b>WOŚ</b> Kinga	<b>434</b>		K-Open	37		<b>00:46:53.65</b>	<b>00:46:53.65</b>	+00:24:10	9:22	6.4
215	<b>SUSŁA</b> Aneta	<b>363</b>		K-Open	38	Akademia Taekwon-do IN NAE	<b>00:47:00.55</b>	<b>00:47:00.55</b>	+00:24:17	9:24	6.4
216	<b>DANEK</b> Mariusz	<b>49</b>		M-Open	178		<b>00:47:00.70</b>	<b>00:47:00.70</b>	+00:24:17	9:24	6.4
217	<b>URBANOWICZ</b> Jarek	<b>408</b>		M-Open	179		<b>00:47:23.20</b>	<b>00:47:23.20</b>	+00:24:40	9:28	6.3
218	<b>JANOWICZ</b> Paulina	<b>472</b>	BIEGAJ LESZNO	K-Open	39		<b>00:47:26.45</b>	<b>00:47:26.45</b>	+00:24:43	9:29	6.3
219	<b>KILAN</b> Adrian	<b>473</b>		M-Open	180		<b>00:47:29.90</b>	<b>00:47:29.90</b>	+00:24:46	9:29	6.3
220	<b>MISIAK</b> Tobiasz	<b>238</b>	VILLAGE_DAY_SPA	M-Open	181		<b>00:47:33.75</b>	<b>00:47:33.75</b>	+00:24:50	9:30	6.3
221	<b>ŚLATAŁA</b> Emilia	<b>378</b>		K-Open	40	PYRY I KARTOFLE	<b>00:47:43.85</b>	<b>00:47:43.85</b>	+00:25:00	9:32	6.3
222	<b>NYCZKA</b> Marta	<b>260</b>	TRANSFORMERS KOŚCIAN	K-Open	41		<b>00:47:50.50</b>	<b>00:47:50.50</b>	+00:25:07	9:34	6.3
223	<b>KURASIAK</b> Sławek	<b>492</b>		M-Open	182		<b>00:47:52.95</b>	<b>00:47:52.95</b>	+00:25:10	9:34	6.3
224	<b>KASPROWIAK</b> Kuba	<b>144</b>	POMYXOX	M-Open	183		<b>00:47:53.80</b>	<b>00:47:53.80</b>	+00:25:10	9:34	6.3
225	<b>KURASIAK</b> Ewelina	<b>178</b>		K-Open	42		<b>00:47:55.10</b>	<b>00:47:55.10</b>	+00:25:12	9:35	6.3
226	<b>NYCZKA</b> Magdalena	<b>496</b>		K-Open	43	Transformers Kościan	<b>00:48:15.20</b>	<b>00:48:15.20</b>	+00:25:32	9:39	6.2
227	<b>DUDEK</b> Franek	<b>495</b>	TEAM TRANSFORMERS KOŚCIAN	M-Open	184	Transformers Kościan	<b>00:48:17.55</b>	<b>00:48:17.55</b>	+00:25:34	9:39	6.2
228	<b>TERESINSKA</b> Klaudia	<b>392</b>		K-Open	44		<b>00:48:22.00</b>	<b>00:48:22.00</b>	+00:25:39	9:40	6.2
229	<b>KWADRANS</b> Piotr	<b>180</b>	OCR GYM WROCŁAW	M-Open	185	OCR GYM WROCŁAW	<b>00:48:23.45</b>	<b>00:48:23.45</b>	+00:25:40	9:40	6.2
230	<b>ZALEWSKI</b> Sebastian	<b>447</b>		M-Open	186		<b>00:48:24.40</b>	<b>00:48:24.40</b>	+00:25:41	9:40	6.2
231	<b>PABISEK</b> Izabela	<b>271</b>		K-Open	45		<b>00:48:24.60</b>	<b>00:48:24.60</b>	+00:25:41	9:40	6.2
232	<b>WOJCIECHOWSKI</b> Paweł	<b>423</b>	C&C PARTNERS	M-Open	187	C&C Partners	<b>00:48:32.85</b>	<b>00:48:32.85</b>	+00:25:49	9:42	6.2
233	<b>WOJCIECHOWSKI</b> Radosław	<b>422</b>	MÜLLER TEAM	M-Open	188		<b>00:48:40.45</b>	<b>00:48:40.45</b>	+00:25:57	9:44	6.2
234	<b>KOWALCZYK</b> Oliwia	<b>164</b>		K-Open	46	TOYOTA TEAM LESZNO	<b>00:48:49.15</b>	<b>00:48:49.15</b>	+00:26:06	9:45	6.1
235	<b>ŚLATAŁA</b> Mikołaj	<b>379</b>		M-Open	189	PYRY I KARTOFLE	<b>00:48:49.65</b>	<b>00:48:49.65</b>	+00:26:06	9:45	6.1
236	<b>LECIEJEWSKA</b> Paulina	<b>185</b>		K-Open	47		<b>00:48:59.40</b>	<b>00:48:59.40</b>	+00:26:16	9:47	6.1
237	<b>CELARY</b> Kamila	<b>34</b>		K-Open	48	PYRY I KARTOFLE	<b>00:49:00.70</b>	<b>00:49:00.70</b>	+00:26:17	9:48	6.1
238	<b>SZMYT</b> Robert	<b>370</b>	EKIPA AMITY	M-Open	190	Ekipa Amity	<b>00:49:04.05</b>	<b>00:49:04.05</b>	+00:26:21	9:48	6.1
239	<b>SZCZEPANIAK</b> Adrian	<b>366</b>	GOOD FOOD PRODUCTS	M-Open	191		<b>00:49:16.85</b>	<b>00:49:16.85</b>	+00:26:33	9:51	6.1
240	<b>MAĆKOWIAK</b> Marcin	<b>480</b>	WOŹNIAK TEAM	M-Open	192		<b>00:49:21.50</b>	<b>00:49:21.50</b>	+00:26:38	9:52	6.1
241	<b>HUTSULIAK</b> Andrii	<b>104</b>	GOOD FOOD PRODUCTS	M-Open	193		<b>00:49:34.30</b>	<b>00:49:34.30</b>	+00:26:51	9:54	6.1
242	<b>URBANOWICZ</b> Krystian	<b>409</b>		M-Open	194		<b>00:49:37.40</b>	<b>00:49:37.40</b>	+00:26:54	9:55	6
243	<b>DUDZIAK</b> Kinga	<b>57</b>	TRANSFORMERS KOŚCIAN	K-Open	49		<b>00:49:49.70</b>	<b>00:49:49.70</b>	+00:27:06	9:57	6
244	<b>NOWAK</b> Izabela	<b>254</b>	TRANSFORMERS KOŚCIAN	K-Open	50		<b>00:49:50.05</b>	<b>00:49:50.05</b>	+00:27:07	9:58	6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
245	MARCINIAK Karol	215		M-Open	195	TOYOTA TEAM LESZNO	00:49:52.75	00:49:52.75	+00:27:09	9:58	6
246	SZMYT Magdalena	369	EKIPA AMITY	K-Open	51	Ekipa Amity	00:49:53.00	00:49:53.00	+00:27:10	9:58	6
247	SZYMCZAK Damian	375		M-Open	196	TOYOTA TEAM LESZNO	00:49:53.75	00:49:53.75	+00:27:10	9:58	6
248	IRADZKA Jagoda	108		K-Open	52	TOYOTA TEAM LESZNO	00:49:58.30	00:49:58.30	+00:27:15	9:59	6
249	SZYMKOWIAK Mirek	376	EKIPA AMITY	M-Open	197	Ekipa Amity	00:50:30.10	00:50:30.10	+00:27:47	10:06	5.9
250	JASICZEK Jakub	119	EKIPA AMITY	M-Open	198	Ekipa Amity	00:50:31.95	00:50:31.95	+00:27:49	10:06	5.9
251	TYCZYŃSKI Tristan	403		M-Open	199		00:50:34.05	00:50:34.05	+00:27:51	10:06	5.9
252	KACZMAREK Jan	129		M-Open	200		00:50:51.10	00:50:51.10	+00:28:08	10:10	5.9
253	PERA Ewa	282		K-Open	53	Wymiatacze	00:50:55.70	00:50:55.70	+00:28:12	10:11	5.9
254	SZADZIUL Dawid	365	MORDOR TEAM	M-Open	201		00:50:59.20	00:50:59.20	+00:28:16	10:11	5.9
255	SINIECKI Krzysztof	341		M-Open	202		00:51:03.90	00:51:03.90	+00:28:20	10:12	5.9
256	JAKUBOWSKI Michał	505		M-Open	203		00:51:13.30	00:51:13.30	+00:28:30	10:14	5.9
257	URBAŃSKA Sandra	410	TRANSFORMERS KOŚCIAN	K-Open	54		00:51:27.90	00:51:27.90	+00:28:44	10:17	5.8
258	MOSTOWSKA-NOWAK Elżbieta	239	BABCIE BIEGAJĄ	K-Open	55		00:51:29.05	00:51:29.05	+00:28:46	10:17	5.8
259	TOJA Adrian	396	VILLAGE_DAY_SPA	M-Open	204		00:51:37.20	00:51:37.20	+00:28:54	10:19	5.8
260	ADAMKIEWICZ Katarzyna	2		K-Open	56		00:51:37.55	00:51:37.55	+00:28:54	10:19	5.8
261	WAWRZYŃSKA Donata	415	TOYOTA TEAM LESZNO	K-Open	57	TOYOTA TEAM LESZNO	00:51:40.05	00:51:40.05	+00:28:57	10:20	5.8
262	BINIASH Weronika	16		K-Open	58		00:51:43.85	00:51:43.85	+00:29:00	10:20	5.8
263	PRZESZŁO Zdzisław	304	SOLLVER TEMA	M-Open	205	Sollver Team	00:51:47.25	00:51:47.25	+00:29:04	10:21	5.8
264	BIEDALAK Krzysztof	15		M-Open	206		00:51:53.90	00:51:53.90	+00:29:10	10:22	5.8
265	BUDZYNSKI Łukasz	29		M-Open	207		00:51:57.25	00:51:57.25	+00:29:14	10:23	5.8
266	PALACZ Romualda	489	TRANSFORMERS KOŚCIAN	K-Open	59	Transformers Kościan	00:52:37.60	00:52:37.60	+00:29:54	10:31	5.7
267	PALCZYŃSKI Rafał	275	VILLA_DAY_SPA	M-Open	208		00:52:39.35	00:52:39.35	+00:29:56	10:31	5.7
268	ŁYŻWA Stanisław	194		M-Open	209		00:52:51.55	00:52:51.55	+00:30:08	10:34	5.7
269	SAKOWICZ Kinga	331	MISS FIT	K-Open	60	Miss Fit	00:52:57.80	00:52:57.80	+00:30:14	10:35	5.7
270	PETLUSZEWSKA Karolina	285	MISS FIT	K-Open	61		00:52:57.95	00:52:57.95	+00:30:15	10:35	5.7
271	NOWAK Anna	252	DIRTY SPARROWS	K-Open	62		00:53:02.25	00:53:02.25	+00:30:19	10:36	5.7
272	SKROBAŁA Marek	346		M-Open	210		00:53:07.35	00:53:07.35	+00:30:24	10:37	5.6
273	SKROBAŁA Natalia	347		K-Open	63		00:53:07.40	00:53:07.40	+00:30:24	10:37	5.6
274	LECH Adrian	184	MORDOR TEAM	M-Open	211		00:53:14.45	00:53:14.45	+00:30:31	10:38	5.6
275	ZASADA Kamil	451	MORDOR TEAM	M-Open	212		00:53:15.80	00:53:15.80	+00:30:32	10:39	5.6
276	ZASADA Aleksandra	452	MORDOR TEAM	K-Open	64		00:53:15.90	00:53:15.90	+00:30:32	10:39	5.6
277	ŁAKOMSKA Paulina	190	C&C PARTNERS	K-Open	65	C&C Partners	00:53:16.90	00:53:16.90	+00:30:33	10:39	5.6
278	KRAWCZYK Agnieszka	169	MISS FIT	K-Open	66	Miss Fit	00:53:17.30	00:53:17.30	+00:30:34	10:39	5.6
279	KRAWCZYK Adrian	170		M-Open	213		00:53:18.00	00:53:18.00	+00:30:35	10:39	5.6
280	KORZH Svitlana	160	DIRTY SPARROWS	K-Open	67	Dirty Sparrows	00:53:21.00	00:53:21.00	+00:30:38	10:40	5.6
281	DEMBIŃSKA Ewelina	51	C&C PARTNERS	K-Open	68	C&C Partners	00:53:22.25	00:53:22.25	+00:30:39	10:40	5.6
282	SIEBNER Dawid	338	C&C PARTNERS	M-Open	214	C&C Partners	00:53:24.10	00:53:24.10	+00:30:41	10:40	5.6
283	MYSZYNSKI Tomasz	244	DIRTY SPARROWS	M-Open	215	Dirty Sparrows	00:53:24.55	00:53:24.55	+00:30:41	10:40	5.6
284	PALACZ Julia	482	TRANSFORMERS KOŚCIAN	K-Open	69	Transformers Kościan	00:53:24.70	00:53:24.70	+00:30:41	10:40	5.6
285	SAMARZEWSKI Marek	334	TRANSFORMERS	M-Open	216		00:53:28.10	00:53:28.10	+00:30:45	10:41	5.6
286	SZADZIUL Sebastian	364	MORDOR TEAM	M-Open	217		00:53:31.20	00:53:31.20	+00:30:48	10:42	5.6
287	SAMCZUK Jakub	467		M-Open	218		00:53:38.65	00:53:38.65	+00:30:55	10:43	5.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
288	KUCHARSKA Ewa	177		K-Open	70		00:53:41.20	00:53:41.20	+00:30:58	10:44	5.6
289	SAJBURA Magdalena	329		K-Open	71		00:53:43.05	00:53:43.05	+00:31:00	10:44	5.6
290	MAĆKOWIAK Piotr	202	FLYING FLOWER BY MARINA LAIKINA	M-Open	219		00:53:44.85	00:53:44.85	+00:31:01	10:44	5.6
291	NOWAK Przemysław	257	VILLAGE_DAY_SPA	M-Open	220		00:53:47.75	00:53:47.75	+00:31:04	10:45	5.6
292	ŚWITAŁA Dawid	471		M-Open	221		00:53:49.40	00:53:49.40	+00:31:06	10:45	5.6
293	CIEŚLIK Magdalena	43	MISSFIT	K-Open	72	Miss Fit	00:53:53.05	00:53:53.05	+00:31:10	10:46	5.6
294	DZIENKOWSKA Joanna	61		K-Open	73		00:54:01.40	00:54:01.40	+00:31:18	10:48	5.6
295	SADOWSKI Dariusz	328		M-Open	222		00:54:08.00	00:54:08.00	+00:31:25	10:49	5.5
296	TOKA Arkadiusz	521	MORDOR TEAM	M-Open	223		00:54:18.35	00:54:18.35	+00:31:35	10:51	5.5
297	PIETRZAK Marcin	287	GOOD FOOD PRODUCTS	M-Open	224		00:54:19.15	00:54:19.15	+00:31:36	10:51	5.5
298	JUŚKOWIAK Natalia	123		K-Open	74		00:54:19.40	00:54:19.40	+00:31:36	10:51	5.5
299	MYSZYNSKI Maciej	245	DIRTY SPARROWS	M-Open	225	Dirty Sparrows	00:54:32.65	00:54:32.65	+00:31:49	10:54	5.5
300	GOLEBIEWSKA Małgorzata	85	RUN TEAM RYDZYNA	K-Open	75		00:54:38.30	00:54:38.30	+00:31:55	10:55	5.5
301	ŁUPICKI Andrzej	511		M-Open	226		00:54:42.95	00:54:42.95	+00:32:00	10:56	5.5
302	ŁUKOWIAK Adam	481	TRANSFORMERS KOŚCIAN	M-Open	227	Transformers Kościan	00:54:46.25	00:54:46.25	+00:32:03	10:57	5.5
303	FURMAŃCZAK Danuta	72		K-Open	76	TOYOTA TEAM LESZNO	00:54:46.75	00:54:46.75	+00:32:03	10:57	5.5
304	DZIEŃKOWSKI Przemysław	62		M-Open	228		00:54:47.90	00:54:47.90	+00:32:04	10:57	5.5
305	TOBÓŁKA Maciej	395	TEAM TRANSFORMERS	M-Open	229		00:54:48.75	00:54:48.75	+00:32:05	10:57	5.5
306	JANOWICZ Karol	115		M-Open	230		00:54:48.80	00:54:48.80	+00:32:05	10:57	5.5
307	SAMCZUK Dariusz	465		M-Open	231		00:54:51.90	00:54:51.90	+00:32:08	10:58	5.5
308	ŁUPICKI Andrzej Marek	193	DINOZAURY ATAKUJĄ	M-Open	232		00:54:55.50	00:54:55.50	+00:32:12	10:59	5.5
309	KACZMAREK Magdalena	130		K-Open	77		00:54:58.40	00:54:58.40	+00:32:15	10:59	5.5
310	KACZMAREK Agata	131		K-Open	78		00:55:01.35	00:55:01.35	+00:32:18	11:00	5.5
311	TADYSZAK Barbara	387		K-Open	79		00:55:12.80	00:55:12.80	+00:32:29	11:02	5.4
312	CHUDZIŃSKI Patryk	516		M-Open	233		00:55:14.05	00:55:14.05	+00:32:31	11:02	5.4
313	TADYSZAK Piotr	388		M-Open	234		00:55:15.60	00:55:15.60	+00:32:32	11:03	5.4
314	MALEPSZA Monika	211	AVENGERS	K-Open	80	Avengers	00:55:20.95	00:55:20.95	+00:32:38	11:04	5.4
315	MALEPSZY Paweł	212	AVENGERS	M-Open	235	Avengers	00:55:21.60	00:55:21.60	+00:32:38	11:04	5.4
316	KASPRZAK Hieronim	494	TRANSFORMERS KOŚCIAN	M-Open	236	Transformers Kościan	00:55:39.35	00:55:39.35	+00:32:56	11:07	5.4
317	NOWICKI Krzysztof	259		M-Open	237	TOYOTA TEAM LESZNO	00:55:44.70	00:55:44.70	+00:33:01	11:08	5.4
318	MIERZEJEWSKA Laura	233	TOYOTA LESZNO TEAM	K-Open	81	TOYOTA TEAM LESZNO	00:55:47.40	00:55:47.40	+00:33:04	11:09	5.4
319	MACIEJEWSKI Marcin	198		M-Open	238	Wymiatacze	00:55:58.60	00:55:58.60	+00:33:15	11:11	5.4
320	CUDAJEWICZ Grzegorz	46	FITNESSTEAM	M-Open	239		00:56:05.20	00:56:05.20	+00:33:22	11:13	5.3
321	POCZEKAJ Przemysław	292		M-Open	240	TOYOTA TEAM LESZNO	00:56:07.30	00:56:07.30	+00:33:24	11:13	5.3
322	RÓŻAŃSKA Anna	318		K-Open	82	TOYOTA TEAM LESZNO	00:56:08.65	00:56:08.65	+00:33:25	11:13	5.3
323	WOJTKOWIAK Rafał	428	TEMPUS	M-Open	241		00:56:17.65	00:56:17.65	+00:33:34	11:15	5.3
324	SADOWSKI Wiktor	327		M-Open	242		00:56:17.85	00:56:17.85	+00:33:34	11:15	5.3
325	PACZEŚNA Paula	273	TEMPUS	K-Open	83		00:56:19.35	00:56:19.35	+00:33:36	11:15	5.3
326	WOJTKOWIAK Zofia	427	TEMPUS	K-Open	84		00:56:19.85	00:56:19.85	+00:33:36	11:15	5.3
327	LEŚNIEWICZ Piotr	186	TEMPUS	M-Open	243		00:56:20.85	00:56:20.85	+00:33:37	11:16	5.3
328	WOJTKOWIAK Aleksandra	426	TEMPUS	K-Open	85		00:56:21.50	00:56:21.50	+00:33:38	11:16	5.3
329	SADOWSKA Agnieszka	326	FITNESSTEAM	K-Open	86		00:56:21.70	00:56:21.70	+00:33:38	11:16	5.3
330	MRÓZ Joanna	240	FITNESSTEAM	K-Open	87		00:56:22.55	00:56:22.55	+00:33:39	11:16	5.3
331	CUDAJEWICZ Anna	45	FITNESSTEAM	K-Open	88		00:56:24.10	00:56:24.10	+00:33:41	11:16	5.3



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
332	CHROSTOWSKA Monika	36	MISS FIT	K-Open	89		00:56:29.45	00:56:29.45	+00:33:46	11:17	5.3
333	KAŻMIERSKI Martyn	145		M-Open	244		00:56:32.40	00:56:32.40	+00:33:49	11:18	5.3
334	SAMCZUK Iwona	468		K-Open	90		00:56:36.25	00:56:36.25	+00:33:53	11:19	5.3
335	SAMCZUK Darek	466		M-Open	245		00:56:36.45	00:56:36.45	+00:33:53	11:19	5.3
336	CIDYŁO Mariusz	469		M-Open	246		00:56:36.55	00:56:36.55	+00:33:53	11:19	5.3
337	SAMARZEWSKA Monika	333	TRANSFORMERS	K-Open	91		00:56:38.75	00:56:38.75	+00:33:55	11:19	5.3
338	ŁOŚ-KRAWCZYK Magdalena	191	FITNESSTEAM	K-Open	92		00:56:39.65	00:56:39.65	+00:33:56	11:19	5.3
339	GRZYB Hubert	470		M-Open	247		00:56:57.65	00:56:57.65	+00:34:14	11:23	5.3
340	SMEKTAŁA Małgorzata	350	TOYOTA TEAM LESZNO	K-Open	93	TOYOTA TEAM LESZNO	00:56:58.35	00:56:58.35	+00:34:15	11:23	5.3
341	CELARY Dominika	31	PROINVEST	K-Open	94	PROINVEST	00:56:59.05	00:56:59.05	+00:34:16	11:23	5.3
342	BODAK Agnieszka	19	FITNESSTEAM	K-Open	95		00:57:10.10	00:57:10.10	+00:34:27	11:26	5.2
343	CELARY Ewelina	33		K-Open	96	PYRY I KARTOFLE	00:57:16.10	00:57:16.10	+00:34:33	11:27	5.2
344	CHUDY Mateusz	37		M-Open	248	PYRY I KARTOFLE	00:57:23.40	00:57:23.40	+00:34:40	11:28	5.2
345	HOLLSTEIN Katarzyna	102	MISS FIT	K-Open	97	Miss Fit	00:57:24.80	00:57:24.80	+00:34:41	11:28	5.2
346	CHODZIŃSKI Rafał	35	MÜLLER TEAM	M-Open	249		00:57:27.15	00:57:27.15	+00:34:44	11:29	5.2
347	BODAK Piotr	20	FITNESSTEAM	M-Open	250		00:57:45.60	00:57:45.60	+00:35:02	11:33	5.2
348	STACHOWIAK Małgorzata	359	FITNESSTEAM	K-Open	98		00:57:47.85	00:57:47.85	+00:35:04	11:33	5.2
349	TERESINSKI Jarosław	393		M-Open	251		00:58:25.25	00:58:25.25	+00:35:42	11:41	5.1
350	GARDYNSKA Kamila	78	CNS NOWA SÓL	K-Open	99		00:58:38.35	00:58:38.35	+00:35:55	11:43	5.1
351	STASZAK Małgorzata	361	CNS NOWA SÓL	K-Open	100	CNS Nowa Sól	00:58:38.95	00:58:38.95	+00:35:56	11:43	5.1
352	OZGOWICZ Kamil	270	CNS NOWA SÓL	M-Open	252	CNS Nowa Sól	00:58:39.40	00:58:39.40	+00:35:56	11:43	5.1
353	UFNIAK Radosław	406		M-Open	253	TOYOTA TEAM LESZNO	00:58:41.85	00:58:41.85	+00:35:58	11:44	5.1
354	RABURSKI Ernest	311		M-Open	254	TOYOTA TEAM LESZNO	00:58:43.00	00:58:43.00	+00:36:00	11:44	5.1
355	PAKULSKI Hubert	274	GOOD FOOD PRODUCTS	M-Open	255		00:58:45.10	00:58:45.10	+00:36:02	11:45	5.1
356	DYCKOWSKI Jakub	60		M-Open	256	TOYOTA TEAM LESZNO	00:58:45.55	00:58:45.55	+00:36:02	11:45	5.1
357	KRAWCZYK Fabian	168	FITNESSTEAM	M-Open	257		00:58:54.85	00:58:54.85	+00:36:11	11:46	5.1
358	TARNAWSKI Maciej	389		M-Open	258		00:59:07.05	00:59:07.05	+00:36:24	11:49	5.1
359	MIECZNIK Tatiana	229		K-Open	101	TOYOTA TEAM LESZNO	00:59:18.30	00:59:18.30	+00:36:35	11:51	5.1
360	PEREŁKOWICZ Marta	283		K-Open	102		00:59:24.10	00:59:24.10	+00:36:41	11:52	5.1
361	SZTUROMSKA Aldona	372		K-Open	103		00:59:24.25	00:59:24.25	+00:36:41	11:52	5.1
362	KWAŚNIEWSKA Barbara	182	SOLLVER TEAM	K-Open	104	Sollver Team	00:59:27.00	00:59:27.00	+00:36:44	11:53	5
363	GRAJNERT Paulina	90	TOYOTA TEAM LESZNO	K-Open	105	TOYOTA TEAM LESZNO	00:59:54.30	00:59:54.30	+00:37:11	11:58	5
364	KALISKI Darek	133		M-Open	259	TOYOTA TEAM LESZNO	00:59:57.00	00:59:57.00	+00:37:14	11:59	5
365	TISHYK Yuliia	394		K-Open	106	TOYOTA TEAM LESZNO	00:59:57.25	00:59:57.25	+00:37:14	11:59	5
366	FRANKA Magdalena	69	TOYOTA LESZNO TEAM	K-Open	107	TOYOTA TEAM LESZNO	01:00:00.30	01:00:00.30	+00:37:17	12:00	5
367	MISIAK Aleksandra	237		K-Open	108	TOYOTA TEAM LESZNO	01:00:01.90	01:00:01.90	+00:37:18	12:00	5
368	WALENCIAK Marta	100		K-Open	109	TOYOTA TEAM LESZNO	01:00:03.25	01:00:03.25	+00:37:20	12:00	5
369	CHUDZIŃSKI Marek	39	SOLLVER TEAM	M-Open	260	Sollver Team	01:00:21.05	01:00:21.05	+00:37:38	12:04	5
370	KAPCIUK Wojciech	517		M-Open	261		01:00:28.70	01:00:28.70	+00:37:45	12:05	5
371	GRUSZKA Marcin	93		M-Open	262		01:00:36.70	01:00:36.70	+00:37:53	12:07	5
372	BRDYS Agata	27		K-Open	110	Glizdeczki	01:00:59.90	01:00:59.90	+00:38:16	12:11	4.9
373	GRUSZKA Agata	92		K-Open	111	Glizdeczki	01:01:24.50	01:01:24.50	+00:38:41	12:16	4.9
374	CZUBAK Karolina	47		K-Open	112	Glizdeczki	01:01:24.75	01:01:24.75	+00:38:41	12:16	4.9
375	GRUSZKA Marta	91		K-Open	113	Glizdeczki	01:01:29.85	01:01:29.85	+00:38:46	12:17	4.9

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
376	MARYNIAK Dorota	216		K-Open	114		01:01:31.70	01:01:31.70	+00:38:48	12:18	4.9
377	JANKOWIAK Tomasz	114		M-Open	263		01:01:36.60	01:01:36.60	+00:38:53	12:19	4.9
378	PARUS Łukasz	277		M-Open	264		01:01:48.10	01:01:48.10	+00:39:05	12:21	4.9
379	TARNAWSKI Bartosz	390		M-Open	265		01:02:19.80	01:02:19.80	+00:39:36	12:27	4.8
380	KALINOWICZ Anna	132	MISS FIT	K-Open	115		01:02:41.95	01:02:41.95	+00:39:59	12:32	4.8
381	ZAJDENC Aleksandra	445	DRAGONS WROCŁAW	K-Open	116		01:03:05.05	01:03:05.05	+00:40:22	12:37	4.8
382	PACYNA Marcin	513	DRAGONS WROCŁAW	M-Open	266		01:03:11.35	01:03:11.35	+00:40:28	12:38	4.7
383	KACPRZAK Marek	127		M-Open	267		01:04:07.00	01:04:07.00	+00:41:24	12:49	4.7
384	KACPRZAK Krzysztof	126	WRZEŚNIA	M-Open	268	Września	01:04:07.20	01:04:07.20	+00:41:24	12:49	4.7
385	MAJEWSKI Kacper	207		M-Open	269		01:05:01.45	01:05:01.45	+00:42:18	13:00	4.6
386	MAJEWSKI Kamil	208		M-Open	270		01:05:37.20	01:05:37.20	+00:42:54	13:07	4.6
387	JUŚKOWIAK Marek	122		M-Open	271		01:06:49.70	01:06:49.70	+00:44:06	13:21	4.5
388	JUŚKOWIAK Agnieszka	121	VILLAGE_DAY_SPA	K-Open	117		01:06:50.00	01:06:50.00	+00:44:07	13:22	4.5
389	KOWALCZYK Brygida	162	VILLAGE_DAY_SPA	K-Open	118		01:08:08.60	01:08:08.60	+00:45:25	13:37	4.4
390	MASŁOWSKA Nicol	218	VILLAGE_DAY_SPA	K-Open	119		01:08:47.10	01:08:47.10	+00:46:04	13:45	4.4
391	WOJTKOWIAK Wojciech	429	MISS FIT	M-Open	272	Miss Fit	01:10:23.40	01:10:23.40	+00:47:40	14:04	4.3
392	WOJTKOWIAK-SCHMIDT Agnieszka	431	MISS FIT	K-Open	120	Miss Fit	01:10:23.70	01:10:23.70	+00:47:40	14:04	4.3
393	TYSZKIEWICZ Agnieszka	404	MISS FIT	K-Open	121	Miss Fit	01:11:04.05	01:11:04.05	+00:48:21	14:12	4.2
394	BENDKOWSKA Sylwia	14		K-Open	122	Miss Fit	01:11:04.10	01:11:04.10	+00:48:21	14:12	4.2
395	KOWALCZYK Kamila	163	MISS FIT	K-Open	123	Miss Fit	01:11:12.05	01:11:12.05	+00:48:29	14:14	4.2
396	NIKOLISZYN Piotr	248	MISS FIT	M-Open	273	Miss Fit	01:11:56.35	01:11:56.35	+00:49:13	14:23	4.2
397	MAJKUSIAK Paulina	209	MISS FIT	K-Open	124	Miss Fit	01:11:57.00	01:11:57.00	+00:49:14	14:23	4.2
398	URBAN Patryk	407	MISSFIT	M-Open	274		01:12:05.65	01:12:05.65	+00:49:22	14:25	4.2
398	ZIĘBA Beata	454	MISSFIT	K-Open	125	Miss Fit	01:12:05.65	01:12:05.65	+00:49:22	14:25	4.2
400	PŁÓCIENICZAK Sylwia	291	RUN TEAM RYDZYNA	K-Open	126		01:13:49.45	01:13:49.45	+00:51:06	14:45	4.1
401	PRZYBYLSKA Anna	305		K-Open	127		01:14:13.20	01:14:13.20	+00:51:30	14:50	4
401	RUDZIEWICZ Małgorzata	321	TUNTEAM RYDZYNA	K-Open	127	RunTeam Rydzyna	01:14:13.20	01:14:13.20	+00:51:30	14:50	4
403	PŁÓCIENICZAK Witold	290	RUN TEAM RYDZYNA	M-Open	275		01:14:14.60	01:14:14.60	+00:51:31	14:50	4
404	RUDZIEWICZ Mariusz	320	RUN TEAM RYDZYNA	M-Open	276	RunTeam Rydzyna	01:13:02.40	01:14:19.90	+00:51:36	14:36	4.1
405	ŻUR Ewa	457		K-Open	129		01:13:03.90	01:14:32.30	+00:51:49	14:36	4.1
406	RUDOWSKI Jakub	319	INALFA	M-Open	277	Inalfa	01:14:33.65	01:14:33.65	+00:51:50	14:54	4
407	WOJNICZ Mateusz	425	INALFA	M-Open	278		01:14:34.35	01:14:34.35	+00:51:51	14:54	4
408	WRZESIŃSKI Miłosz	460		M-Open	279	Inalfa	01:14:34.70	01:14:34.70	+00:51:51	14:54	4
409	SZOCIŃSKA Lidia	524	INALFA	K-Open	130	Inalfa	01:14:34.90	01:14:34.90	+00:51:51	14:54	4
410	BORCZUCH Jakub	486		M-Open	280	Inalfa	01:14:36.20	01:14:36.20	+00:51:53	14:55	4
411	OLSZEWSKA Anna	462		K-Open	131	Inalfa	01:14:36.30	01:14:36.30	+00:51:53	14:55	4
412	ŻUR Daniel	485		M-Open	281		01:14:01.95	01:15:34.95	+00:52:52	14:48	4.1
413	RUDZIEWICZ Jakub	322		M-Open	282	RunTeam Rydzyna	01:18:07.60	01:18:07.60	+00:55:24	15:37	3.8
414	GLEŃ Piotr	82	SOLLVER TEAM	M-Open	283	Sollver Team	01:19:08.60	01:19:08.60	+00:56:25	15:49	3.8
415	SKOPIŃSKI Marian	344	SOLLVER TEAM	M-Open	284	Sollver Team	01:19:27.05	01:19:27.05	+00:56:44	15:53	3.8
416	ZAJĄCZKOWSKI Bartosz	4	SOLLVER TEAM	M-Open	285	Sollver Team	01:19:57.00	01:19:57.00	+00:57:14	15:59	3.8
417	OLSZÓWKA Dawid	266	BELONA	M-Open	286	Belona	01:40:03.70	01:40:03.70	+01:17:20	20:00	3
418	SAWICKA Monika	335	BELONA	K-Open	132	Belona	01:41:00.50	01:41:00.50	+01:18:17	20:12	3

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
419	<b>GRZEŚKÓW Joasia</b>	<b>95</b>	BELONA	K-Open	133		<b>01:41:01.20</b>	<b>01:41:01.20</b>	+01:18:18	20:12	3
420	<b>ZAKRZEWSKA Anna</b>	<b>446</b>	BELONA	K-Open	134	Belona	<b>01:41:01.85</b>	<b>01:41:01.85</b>	+01:18:18	20:12	3
421	<b>KOWALSKA Ewa</b>	<b>165</b>	BELONA	K-Open	135		<b>01:41:01.90</b>	<b>01:41:01.90</b>	+01:18:18	20:12	3
422	<b>MACIEJEWSKA Grażyna</b>	<b>197</b>	BELONA TEAM	K-Open	136		<b>01:41:02.00</b>	<b>01:41:02.00</b>	+01:18:19	20:12	3
423	<b>GAŚIOREK Małgorzata</b>	<b>80</b>		K-Open	137	Belona	<b>01:41:02.95</b>	<b>01:41:02.95</b>	+01:18:20	20:12	3
424	<b>DYBA Wojciech</b>	<b>59</b>		M-Open	287	Belona	<b>01:41:04.90</b>	<b>01:41:04.90</b>	+01:18:21	20:12	3
425	<b>MACIEJEWSKI Rafał</b>	<b>199</b>	BELONA TEAM	M-Open	288		<b>01:41:09.20</b>	<b>01:41:09.20</b>	+01:18:26	20:13	3
426	<b>KUBACIK Mikołaj</b>	<b>174</b>	SOLLVER TEAM	M-Open	289	Sollver Team					
427	<b>HENSEL Michał</b>	<b>99</b>		M-Open	290	Wymiatacze					
428	<b>WŁODAREK Michał</b>	<b>420</b>		M-Open	291						
429	<b>PAZOŁA Martyna</b>	<b>281</b>	SOLLVER TEAM	K-Open	138	Sollver Team					
430	<b>ŚWIADEK Tomasz</b>	<b>382</b>		M-Open	292						
431	<b>CZUBIŃSKA Katarzyna</b>	<b>48</b>	CNS NOWA SÓL	K-Open	139	CNS Nowa Sól					
432	<b>OBODZIŃSKA Agnieszka</b>	<b>261</b>	CNS NOWA SÓL	K-Open	140	CNS Nowa Sól					
433	<b>RUTKOWSKI Arek</b>	<b>323</b>	DIRTY SPARROWS	M-Open	293	Dirty Sparrows					
434	<b>OZGOWICZ Sylwia</b>	<b>269</b>	CNS NOWA SÓL	K-Open	141	CNS Nowa Sól					
435	<b>PALCZYŃSKI Marcin</b>	<b>276</b>	VILLA_DAY_SPA	M-Open	294						
436	<b>MUSZYŃSKI Bartosz</b>	<b>243</b>	NOWOSOLSKA GRUPA BIEGOWA	M-Open	295						
437	<b>ZAJDEL Dominik</b>	<b>444</b>	SOLLVER TEAM	M-Open	296	Sollver Team					
438	<b>PRZYBYLSKI Eryk</b>	<b>306</b>		M-Open	297						
439	<b>FIJAŁKOWSKI Jakub</b>	<b>65</b>		M-Open	298	C&C Partners					
440	<b>POMYKAŁA Michał</b>	<b>298</b>	TEMPUS	M-Open	299						
441	<b>STEFANIAK-CHUDZIŃSKA Weronika</b>	<b>362</b>	SOLLVER TEAM	K-Open	142	Sollver Team					
442	<b>NOWAK Jakub</b>	<b>251</b>		M-Open	300						
443	<b>IGNASZAK Tomasz</b>	<b>106</b>		M-Open	301						
444	<b>MUSZYŃSKA Dorota</b>	<b>242</b>	NOWOSOLSKA GRUPA BIEGOWA	K-Open	143						

Znaleziono 444 wynik(ów)