## ZABIEGANA MAMA

Instytut
Matki i Dziecka
Fundacja

Organizator:

## Data:

 Miejsce: Dystans:Fundacja Run Vegan 2022-10-15
Warszawa
3 km

Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | $1$ <br> Okrążenie 1 km | ```2 Okrążenie 2km``` | Czas <br> netto <br> 3 km | Czas brutto 3km | Różn | Tempo min/km | $\begin{aligned} & \text { Tempo } \\ & \text { km/h } \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | TOKARSKI Piotr | 157 |  | M Open | 1 | 00:00:00 | 00:03:14 | 00:06:29 | 00:09:53.55 | 00:09:54.40 |  | 3:17 | $\begin{aligned} & 18.2 \\ & (100 \%) \end{aligned}$ |
| 2 | KLECZEWSKI Piotr | 64 |  | M Open | 2 | 00:00:01 | 00:03:20 | 00:06:44 | 00:10:16.00 | 00:10:17.00 | $\begin{aligned} & +00: 00: 22 \\ & (3.6 \%) \end{aligned}$ | 3:25 | $\begin{aligned} & 17.5 \\ & (96.2 \%) \end{aligned}$ |
| 3 | HILDEBRAND Marcin | 54 |  | M Open | 3 | 00:00:01 | 00:03:20 | 00:06:51 | 00:10:24.40 | 00:10:25.60 | $\begin{aligned} & +00: 00: 30 \\ & (4.9 \%) \end{aligned}$ | 3:28 | $\begin{aligned} & 17.3 \\ & \text { (95.1\%) } \end{aligned}$ |
| 4 | KAŹMIERCZAK Marta | 43 |  | K Open | 1 | 00:00:01 | 00:03:39 | 00:07:28 | 00:11:15.50 | 00:11:16.65 | $\begin{aligned} & +00: 01: 21 \\ & (12.1 \%) \end{aligned}$ | 3:45 | $\begin{aligned} & 16 \\ & (87.9 \%) \end{aligned}$ |
| 5 | BUJNOWSKA Małgorzata | 22 |  | K Open | 2 | 00:00:00 | 00:03:54 | 00:08:11 | 00:12:17.30 | 00:12:17.70 | $\begin{aligned} & +00: 02: 23 \\ & \text { (19.5\%) } \end{aligned}$ | 4:05 | $\begin{aligned} & 14.7 \\ & \text { (80.8\%) } \end{aligned}$ |
| 6 | KNYCHAS Darek | 69 | PZU SPORT TEAM | M Open | 4 | 00:00:01 | 00:04:04 | 00:08:16 | 00:12:18.90 | 00:12:20.40 | $\begin{aligned} & +00: 02: 25 \\ & (19.7 \%) \end{aligned}$ | 4:06 | $\begin{aligned} & 14.6 \\ & (80.2 \%) \end{aligned}$ |
| 7 | SKAWSKI Jan | 146 | VEGAS WĘGORZEWO RUNNING | M Open | 5 | 00:00:01 | 00:04:11 | 00:08:25 | 00:12:33.05 | 00:12:34.10 | $\begin{aligned} & +00: 02: 39 \\ & (21.2 \%) \end{aligned}$ | 4:11 | $\begin{aligned} & 14.3 \\ & (78.6 \%) \end{aligned}$ |
| 8 | MIASKO Wojciech | 101 | 12TRI.PL | M Open | 7 | 00:00:02 | 00:04:10 | 00:08:28 | 00:12:44.80 | 00:12:46.95 | $\begin{aligned} & +00: 02: 51 \\ & (22.4 \%) \end{aligned}$ | 4:14 | $\begin{aligned} & 14.1 \\ & (77.5 \%) \end{aligned}$ |
| 9 | TCHÓRZEWSKI Jakub | 154 |  | M Open | 6 | 00:00:10 | 00:03:17 | 00:06:06 | 00:12:38.85 | 00:12:49.80 | $\begin{aligned} & +00: 02: 45 \\ & (21.8 \%) \end{aligned}$ | 4:12 | $\begin{aligned} & 14.2 \\ & (78.0 \%) \end{aligned}$ |
| 9 | PILECKI Adrian | 120 |  | M Open | 8 | 00:00:01 | 00:03:54 | 00:08:15 | 00:12:48.00 | 00:12:49.80 | $\begin{aligned} & +00: 02: 54 \\ & (22.7 \%) \end{aligned}$ | 4:16 | $\begin{aligned} & 14.1 \\ & (77.5 \%) \end{aligned}$ |
| 11 | SZEWCZYK Tomasz | 150 |  | M Open | 9 | 00:00:03 | 00:04:08 | 00:08:31 | 00:12:59.10 | 00:13:02.10 | $\begin{aligned} & +00: 03: 05 \\ & (23.8 \%) \end{aligned}$ | 4:19 | $\begin{aligned} & 13.9 \\ & (76.4 \%) \end{aligned}$ |
| 12 | SZCZERBA Łukasz | 149 | W POGONI ZA DUCHEM | M Open | 10 | 00:00:07 | 00:04:16 | 00:08:46 | 00:13:07.45 | 00:13:14.90 | $\begin{aligned} & +00: 03: 13 \\ & (24.6 \%) \end{aligned}$ | 4:22 | $\begin{aligned} & 13.7 \\ & (75.3 \%) \end{aligned}$ |
| 13 | BOMBAŁA Mateusz | 19 |  | M Open | 11 | 00:00:06 | 00:04:16 | 00:08:47 | 00:13:09.55 | 00:13:16.35 | $\begin{aligned} & +00: 03: 16 \\ & (24.8 \%) \end{aligned}$ | 4:23 | $\begin{aligned} & 13.7 \\ & (75.3 \%) \end{aligned}$ |
| 14 | CHOJNOWSKA Magdalena | 26 |  | K Open | 3 | 00:00:01 | 00:04:09 | 00:08:43 | 00:13:22.25 | 00:13:23.90 | $\begin{aligned} & +00: 03: 28 \\ & (26.0 \%) \end{aligned}$ | 4:27 | $\begin{aligned} & 13.5 \\ & (74.2 \%) \end{aligned}$ |
| 15 | PACHNIK Karol | 111 |  | M Open | 12 | 00:00:06 | 00:04:28 | 00:09:05 | 00:13:29.20 | 00:13:36.15 | $\begin{aligned} & +00: 03: 35 \\ & (26.6 \%) \end{aligned}$ | 4:29 | $\begin{aligned} & 13.3 \\ & \text { (73.1\%) } \end{aligned}$ |
| 16 | KUPNIEWSKI Sebastian | 79 |  | M Open | 15 | 00:00:01 | 00:04:05 | 00:08:46 | 00:13:34.90 | 00:13:36.35 | $\begin{aligned} & +00: 03: 41 \\ & (27.2 \%) \end{aligned}$ | 4:31 | $\begin{aligned} & 13.3 \\ & \text { (73.1\%) } \end{aligned}$ |


| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | $1$ <br> Okrązenie 1 km | $2$ <br> Okrążenie 2km | Czas <br> netto <br> 3 km | Czas brutto 3km | Różn | Tempo min/km | $\begin{aligned} & \text { Tempo } \\ & \mathrm{km} / \mathrm{h} \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 17 | CHUDZIK Sebastian | 32 |  | M Open | 14 | 00:00:07 | 00:04:26 | 00:08:55 | 00:13:30.30 | 00:13:37.65 | $\begin{aligned} & +00: 03: 36 \\ & (26.7 \%) \end{aligned}$ | 4:30 | $\begin{aligned} & 13.3 \\ & \text { (73.1\%) } \end{aligned}$ |
| 18 | APANOWICZ Angelika | 11 | EKOBIEGI | K Open | 4 | 00:00:08 | 00:04:30 | 00:08:58 | 00:13:29.35 | 00:13:38.30 | $\begin{aligned} & +00: 03: 35 \\ & (26.7 \%) \end{aligned}$ | 4:29 | $\begin{aligned} & 13.3 \\ & (73.1 \%) \end{aligned}$ |
| 19 | PARADOWSKA Krzysztof | 116 |  | M Open | 13 | 00:00:11 | 00:04:40 | 00:09:08 | 00:13:29.60 | 00:13:40.90 | $\begin{aligned} & +00: 03: 36 \\ & (26.7 \%) \end{aligned}$ | 4:29 | $\begin{aligned} & 13.3 \\ & (73.1 \%) \end{aligned}$ |
| 20 | SZMIGIELSKI Krystian | 151 |  | M Open | 16 | 00:00:02 | 00:04:11 | 00:08:56 | 00:13:51.90 | 00:13:54.80 | $\begin{aligned} & +00: 03: 58 \\ & (28.7 \%) \end{aligned}$ | 4:37 | $\begin{aligned} & 13 \\ & (71.4 \%) \end{aligned}$ |
| 21 | REWERA Robert | 132 | PKO BANK POLSKI | M Open | 17 | 00:00:02 | 00:04:30 | 00:09:16 | 00:13:54.20 | 00:13:56.70 | $\begin{aligned} & +00: 04: 00 \\ & (28.8 \%) \end{aligned}$ | 4:38 | $\begin{aligned} & 12.9 \\ & (70.9 \%) \end{aligned}$ |
| 22 | FILIPOWICZ Natalia | 39 |  | K Open | 5 | 00:00:03 | 00:04:31 | 00:09:10 | 00:13:57.65 | 00:14:01.35 | $\begin{aligned} & +00: 04: 04 \\ & (29.1 \%) \end{aligned}$ | 4:39 | $\begin{aligned} & 12.9 \\ & (70.9 \%) \end{aligned}$ |
| 23 | ZACZYK Jakub | 175 | OLYMPUS | M Open | 18 | 00:00:04 | 00:04:41 | 00:09:16 | 00:13:58.50 | 00:14:03.35 | $\begin{aligned} & +00: 04: 04 \\ & (29.2 \%) \end{aligned}$ | 4:39 | $\begin{aligned} & 12.9 \\ & (70.9 \%) \end{aligned}$ |
| 24 | DĘBSKI Grzegorz | 38 |  | M Open | 20 | 00:00:01 | 00:04:33 | 00:09:32 | 00:14:03.30 | 00:14:05.25 | $\begin{aligned} & +00: 04: 09 \\ & (29.6 \%) \end{aligned}$ | 4:41 | $\begin{aligned} & 12.8 \\ & (70.3 \%) \end{aligned}$ |
| 25 | BRZOZOWSKA Magdalena | 21 | BIEGUSTATORZY | K Open | 6 | 00:00:01 | 00:04:30 | 00:09:17 | 00:14:04.55 | 00:14:06.10 | $\begin{aligned} & +00: 04: 11 \\ & (29.7 \%) \end{aligned}$ | 4:41 | $\begin{aligned} & 12.8 \\ & (70.3 \%) \end{aligned}$ |
| 26 | KĄKOL Tomasz | 62 |  | M Open | 19 | 00:00:06 | 00:04:30 | 00:09:11 | 00:14:02.65 | 00:14:09.35 | $\begin{aligned} & +00: 04: 09 \\ & (29.6 \%) \end{aligned}$ | 4:40 | $\begin{aligned} & 12.8 \\ & (70.3 \%) \end{aligned}$ |
| 27 | BOGUCKI Dariusz | 18 |  | M Open | 23 | 00:00:04 | 00:04:37 | 00:09:30 | 00:14:10.60 | 00:14:14.80 | $\begin{aligned} & +00: 04: 17 \\ & (30.2 \%) \end{aligned}$ | 4:43 | $\begin{aligned} & 12.7 \\ & (69.8 \%) \end{aligned}$ |
| 28 | PUŁAWSKA Gabriela | 126 |  | K Open | 7 | 00:00:06 | 00:04:36 | 00:09:24 | 00:14:11.75 | 00:14:18.50 | $\begin{aligned} & +00: 04: 18 \\ & (30.3 \%) \end{aligned}$ | 4:43 | $\begin{aligned} & 12.7 \\ & (69.8 \%) \end{aligned}$ |
| 29 | PIOTROWSKI Arek | 65 |  | M Open | 22 | 00:00:11 | 00:04:46 | 00:09:29 | 00:14:07.85 | 00:14:19.55 | $\begin{aligned} & +00: 04: 14 \\ & (30.0 \%) \end{aligned}$ | 4:42 | $\begin{aligned} & 12.8 \\ & (70.3 \%) \end{aligned}$ |
| 30 | PUSTY Tomasz | 129 |  | M Open | 21 | 00:00:14 | 00:04:36 | 00:09:24 | 00:14:06.10 | 00:14:20.20 | $\begin{aligned} & +00: 04: 12 \\ & (29.8 \%) \end{aligned}$ | 4:42 | $\begin{aligned} & 12.8 \\ & (70.3 \%) \end{aligned}$ |
| 31 | CHOTKIEWICZ Ola | 27 |  | K Open | 8 | 00:00:06 | 00:04:42 | 00:09:33 | 00:14:15.20 | 00:14:21.70 | $\begin{aligned} & +00: 04: 21 \\ & (30.6 \%) \end{aligned}$ | 4:45 | $\begin{aligned} & 12.6 \\ & (69.2 \%) \end{aligned}$ |
| 32 | KONIEC Kamil | 70 |  | M Open | 24 | 00:00:02 | 00:04:28 | 00:09:18 | 00:14:25.60 | 00:14:28.20 | $\begin{aligned} & +00: 04: 32 \\ & (31.4 \%) \end{aligned}$ | 4:48 | $\begin{aligned} & 12.5 \\ & (68.7 \%) \end{aligned}$ |
| 33 | KWIATKOWSKI Maciej | 81 |  | M Open | 25 | 00:00:06 | 00:04:04 | 00:09:21 | 00:14:28.05 | 00:14:34.90 | $\begin{aligned} & +00: 04: 34 \\ & (31.6 \%) \end{aligned}$ | 4:49 | $\begin{aligned} & 12.4 \\ & (68.1 \%) \end{aligned}$ |
| 34 | RADZIKOWSKI Franek | 130 |  | M Open | 26 | 00:00:04 | 00:04:39 | 00:09:37 | 00:14:34.30 | 00:14:38.35 | $\begin{aligned} & +00: 04: 40 \\ & (32.1 \%) \end{aligned}$ | 4:51 | $\begin{aligned} & 12.4 \\ & (68.1 \%) \end{aligned}$ |
| 35 | LEWTAK Adam | 86 |  | M Open | 27 | 00:00:05 | 00:05:02 | 00:10:01 | 00:14:40.15 | 00:14:45.90 | $\begin{aligned} & +00: 04: 46 \\ & (32.6 \%) \end{aligned}$ | 4:53 | $\begin{aligned} & 12.3 \\ & (67.6 \%) \end{aligned}$ |
| 36 | FREITES Luis | 25 |  | M Open | 28 | 00:00:01 | 00:04:57 | 00:09:54 | 00:14:44.70 | 00:14:46.00 | $\begin{aligned} & +00: 04: 51 \\ & (32.9 \%) \end{aligned}$ | 4:54 | $\begin{aligned} & 12.2 \\ & (67.0 \%) \end{aligned}$ |
| 37 | BORYSZKOWSKA Iwona | 20 | 12TRI | K Open | 9 | 00:00:03 | 00:04:53 | 00:09:57 | 00:14:48.80 | 00:14:52.40 | $\begin{aligned} & +00: 04: 55 \\ & (33.2 \%) \end{aligned}$ | 4:56 | $\begin{aligned} & 12.2 \\ & (67.0 \%) \end{aligned}$ |
| 38 | NOGAŃSKA Żaneta | 106 |  | K Open | 10 | 00:00:02 | 00:04:27 | 00:09:42 | 00:14:53.70 | 00:14:56.30 | $\begin{aligned} & +00: 05: 00 \\ & (33.6 \%) \end{aligned}$ | 4:57 | $\begin{aligned} & 12.1 \\ & (66.5 \%) \end{aligned}$ |
| 39 | LESZCZYŃSKA Maja | 84 | KS CZEMPION WARSZAWA | K Open | 12 | 00:00:02 | 00:04:36 | 00:09:41 | 00:14:59.85 | 00:15:02.65 | $\begin{aligned} & +00: 05: 06 \\ & (34.0 \%) \end{aligned}$ | 4:59 | $\begin{aligned} & 12 \\ & (65.9 \%) \end{aligned}$ |


| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | $\begin{gathered} 1 \\ \text { Okrązenie } \\ 1 \text { km } \end{gathered}$ | 2 Okrażenie 2km | Czas netto 3km | Czas brutto 3 km | Różn | Tempo min/km | Tempo km/h |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 39 | SKOWROŃSKI Wojciech | 147 |  | M Open | 29 | 00:00:06 | 00:04:59 | 00:10:04 | 00:14:56.20 | 00:15:02.65 | $\begin{aligned} & +00: 05: 02 \\ & (33.8 \%) \end{aligned}$ | 4:58 | $\begin{aligned} & 12.1 \\ & (66.5 \%) \end{aligned}$ |
| 41 | CIEŚLIKOWSKA Dominika | 33 |  | K Open | 11 | 00:00:05 | 00:04:54 | 00:10:00 | 00:14:59.00 | 00:15:04.80 | $\begin{aligned} & +00: 05: 05 \\ & (34.0 \%) \end{aligned}$ | 4:59 | $\begin{aligned} & 12 \\ & (65.9 \%) \end{aligned}$ |
| 42 | NIEMIEC Wojciech | 104 |  | M Open | 30 | 00:00:09 | 00:04:41 | 00:09:53 | 00:15:03.45 | 00:15:13.25 | $\begin{aligned} & +00: 05: 09 \\ & (34.3 \%) \end{aligned}$ | 5:01 | $\begin{aligned} & 12 \\ & (65.9 \%) \end{aligned}$ |
| 43 | GÓRSKI Norbert | 49 |  | M Open | 31 | 00:00:07 | 00:04:51 | 00:09:54 | 00:15:06.15 | 00:15:13.80 | $\begin{aligned} & +00: 05: 12 \\ & (34.5 \%) \end{aligned}$ | 5:02 | $\begin{aligned} & 11.9 \\ & (65.4 \%) \end{aligned}$ |
| 44 | NOWAKOWSKA Beata | 108 | RACEFIGHTER GOSIR DĘBE WIELKIE | K Open | 13 | 00:00:07 | 00:05:00 | 00:10:12 | 00:15:09.55 | 00:15:16.85 | $\begin{aligned} & +00: 05: 16 \\ & (34.7 \%) \end{aligned}$ | 5:03 | $\begin{aligned} & 11.9 \\ & \text { (65.4\%) } \end{aligned}$ |
| 45 | OLSZEWSKA Dorota | 110 | BRACTWO BIEGOWE BGK | K Open | 14 | 00:00:00 | 00:05:01 | 00:10:44 | 00:15:34.00 | 00:15:34.00 | $\begin{aligned} & +00: 05: 40 \\ & (36.5 \%) \end{aligned}$ | 5:11 | $\begin{aligned} & 11.6 \\ & (63.7 \%) \end{aligned}$ |
| 46 | CHRAPEK Krzysztof | 30 |  | M Open | 32 | 00:00:09 | 00:05:43 | 00:10:46 | 00:15:25.05 | 00:15:34.15 | $\begin{aligned} & +00: 05: 31 \\ & (35.8 \%) \end{aligned}$ | 5:08 | $\begin{aligned} & 11.7 \\ & (64.3 \%) \end{aligned}$ |
| 47 | STRUDZIŃSKI Jakub | 41 |  | M Open | 33 | 00:00:07 | 00:05:06 | 00:10:19 | 00:15:36.60 | 00:15:44.55 | $\begin{aligned} & +00: 05: 43 \\ & (36.6 \%) \end{aligned}$ | 5:12 | $\begin{aligned} & 11.5 \\ & (63.2 \%) \end{aligned}$ |
| 48 | LEWTAK Piotr | 87 |  | M Open | 35 | 00:00:04 | 00:05:17 | 00:10:32 | 00:15:40.20 | 00:15:44.90 | $\begin{aligned} & +00: 05: 46 \\ & (36.9 \%) \end{aligned}$ | 5:13 | $\begin{aligned} & 11.5 \\ & (63.2 \%) \end{aligned}$ |
| 49 | PUŁAWSKA Radosław | 127 |  | M Open | 34 | 00:00:07 | 00:04:54 | 00:10:11 | 00:15:38.65 | 00:15:45.80 | $\begin{aligned} & +00: 05: 45 \\ & (36.8 \%) \end{aligned}$ | 5:12 | $\begin{aligned} & 11.5 \\ & (63.2 \%) \end{aligned}$ |
| 50 | ŁOŚ Krzysztof | 89 | SBRT/BIEGUNI 2022 | M Open | 36 | 00:00:04 | 00:05:06 | 00:10:27 | 00:15:43.65 | 00:15:48.20 | $\begin{aligned} & +00: 05: 50 \\ & \text { (37.1\%) } \end{aligned}$ | 5:14 | $\begin{aligned} & 11.5 \\ & \text { (63.2\%) } \end{aligned}$ |
| 51 | KURZACZ Katarzyna | 80 | 12TRI.PL | K Open | 15 | 00:00:05 | 00:05:05 | 00:10:27 | 00:15:43.85 | 00:15:49.50 | $\begin{aligned} & +00: 05: 50 \\ & \text { (37.1\%) } \end{aligned}$ | 5:14 | $\begin{aligned} & 11.5 \\ & (63.2 \%) \end{aligned}$ |
| 52 | WIECZORKIEWICZ Lech | 167 | NIE W SZCZEPIONKĘ TEAM | M Open | 37 | 00:00:03 | 00:04:41 | 00:10:14 | 00:15:48.85 | 00:15:52.55 | $\begin{aligned} & +00: 05: 55 \\ & (37.4 \%) \end{aligned}$ | 5:16 | $\begin{aligned} & 11.4 \\ & (62.6 \%) \end{aligned}$ |
| 53 | WIŚNIEWSKI Bartłomiej | 170 |  | M Open | 38 | 00:00:03 | 00:04:56 | 00:10:30 | 00:15:55.65 | 00:15:59.10 | $\begin{aligned} & +00: 06: 02 \\ & (37.9 \%) \end{aligned}$ | 5:18 | $\begin{aligned} & 11.3 \\ & (62.1 \%) \end{aligned}$ |
| 54 | HAWRYLUK-STASIAK Ewa | 53 | BIEGUNI 2022 | K Open | 16 | 00:00:04 | 00:04:58 | 00:10:25 | 00:15:56.25 | 00:16:00.25 | $\begin{aligned} & +00: 06: 02 \\ & (37.9 \%) \end{aligned}$ | 5:18 | $\begin{aligned} & 11.3 \\ & (62.1 \%) \end{aligned}$ |
| 55 | WÓJCIKIEWICZ Rafał | 173 |  | M Open | 39 | 00:00:09 | 00:05:08 | 00:10:44 | 00:16:01.35 | 00:16:10.35 | $\begin{aligned} & +00: 06: 07 \\ & (38.3 \%) \end{aligned}$ | 5:20 | $\begin{aligned} & 11.2 \\ & (61.5 \%) \end{aligned}$ |
| 56 | CHRAPEK Adam | 31 |  | M Open | 40 | 00:00:09 | 00:05:41 | 00:10:45 | 00:16:01.75 | 00:16:11.15 | $\begin{aligned} & +00: 06: 08 \\ & (38.3 \%) \end{aligned}$ | 5:20 | $\begin{aligned} & 11.2 \\ & (61.5 \%) \end{aligned}$ |
| 57 | LULA Magdalena | 88 |  | K Open | 17 | 00:00:07 | 00:05:16 | 00:10:50 | 00:16:10.40 | 00:16:17.70 | $\begin{aligned} & +00: 06: 16 \\ & (38.8 \%) \end{aligned}$ | 5:23 | $\begin{aligned} & 11.1 \\ & \text { (61.0\%) } \end{aligned}$ |
| 58 | JAWORSKA Karolina | 60 |  | K Open | 18 | 00:00:05 | 00:05:27 | 00:10:53 | 00:16:12.25 | 00:16:17.25 | $\begin{aligned} & +00: 06: 18 \\ & (39.0 \%) \end{aligned}$ | 5:24 | $\begin{aligned} & 11.1 \\ & \text { (61.0\%) } \end{aligned}$ |
| 59 | MACIEJEWSKI Tomasz Mikołaj | 91 |  | M Open | 41 | 00:00:10 | 00:05:24 | 00:10:49 | 00:16:14.10 | 00:16:24.80 | $\begin{aligned} & +00: 06: 20 \\ & \text { (39.1\%) } \end{aligned}$ | 5:24 | $\begin{aligned} & 11.1 \\ & \text { (61.0\%) } \end{aligned}$ |
| 60 | PISKORSKA Agnieszka | 122 |  | K Open | 19 | 00:00:10 | 00:05:22 | 00:10:53 | 00:16:15.90 | 00:16:26.60 | $\begin{aligned} & +00: 06: 22 \\ & \text { (39.2\%) } \end{aligned}$ | 5:25 | $\begin{aligned} & 11.1 \\ & (61.0 \%) \end{aligned}$ |
| 61 | GRZESIAK Jan | 52 | LEGIA | M Open | 42 | 00:00:09 | 00:05:09 | 00:10:43 | 00:16:17.65 | 00:16:27.05 | $\begin{aligned} & +00: 06: 24 \\ & (39.3 \%) \end{aligned}$ | 5:25 | $\begin{aligned} & 11.1 \\ & \text { (61.0\%) } \end{aligned}$ |
| 62 | NOWAK Edyta | 107 |  | K Open | 20 | 00:00:04 | 00:05:29 | 00:11:01 | 00:16:28.55 | 00:16:32.55 | $\begin{aligned} & +00: 06: 35 \\ & (40.0 \%) \end{aligned}$ | 5:29 | $\begin{aligned} & 10.9 \\ & \text { (59.9\%) } \end{aligned}$ |


| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | $1$ <br> Okrążenie 1 km | $\begin{gathered} 2 \\ \text { Okrążenie } \\ 2 \mathrm{~km} \end{gathered}$ | Czas <br> netto <br> 3 km | Czas brutto 3km | Różn | Tempo min/km | $\begin{aligned} & \text { Tempo } \\ & \mathrm{km} / \mathrm{h} \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 63 | BUKOWSKI Janusz | 23 | STOWARZYSZENIE DAĆ SIEBIE INNYM | M Open | 43 | 00:00:01 | 00:05:38 | 00:11:01 | 00:16:28.85 | 00:16:30.60 | $\begin{aligned} & +00: 06: 35 \\ & (40.0 \%) \end{aligned}$ | 5:29 | $\begin{aligned} & 10.9 \\ & \text { (59.9\%) } \end{aligned}$ |
| 64 | MUZYKA Kacper John | 103 |  | M Open | 44 | 00:00:01 | 00:05:15 | 00:10:56 | 00:16:38.95 | 00:16:40.70 | $\begin{aligned} & +00: 06: 45 \\ & (40.6 \%) \end{aligned}$ | 5:32 | $\begin{aligned} & 10.8 \\ & (59.3 \%) \end{aligned}$ |
| 65 | PŁUSA Jerzy | 123 |  | M Open | 45 | 00:00:02 | 00:05:24 | 00:11:03 | 00:16:41.50 | 00:16:44.20 | $\begin{aligned} & +00: 06: 47 \\ & (40.7 \%) \end{aligned}$ | 5:33 | $\begin{aligned} & 10.8 \\ & (59.3 \%) \end{aligned}$ |
| 66 | LEWTAK Ewa | 85 |  | K Open | 21 | 00:00:05 | 00:05:31 | 00:11:06 | 00:16:43.55 | 00:16:49.05 | $\begin{aligned} & +00: 06: 50 \\ & (40.9 \%) \end{aligned}$ | 5:34 | $\begin{aligned} & 10.8 \\ & (59.3 \%) \end{aligned}$ |
| 67 | HULANICKI Andrzej | 57 |  | M Open | 46 | 00:00:05 | 00:05:30 | 00:11:06 | 00:16:45.45 | 00:16:50.90 | $\begin{aligned} & +00: 06: 51 \\ & (41.0 \%) \end{aligned}$ | 5:35 | $\begin{aligned} & 10.7 \\ & \text { (58.8\%) } \end{aligned}$ |
| 67 | MIASSKO Renata | 100 | 12TRI.PL / TEAM ZABIEGANEDNI | K Open | 22 | 00:00:06 | 00:05:32 | 00:11:15 | 00:16:45.45 | 00:16:51.50 | $\begin{aligned} & +00: 06: 51 \\ & (41.0 \%) \end{aligned}$ | 5:35 | $\begin{aligned} & 10.7 \\ & (58.8 \%) \end{aligned}$ |
| 69 | KWIATKOWSKI Tomasz | 42 |  | M Open | 47 | 00:00:10 | 00:06:04 | 00:11:45 | 00:16:51.55 | 00:17:02.50 | $\begin{aligned} & +00: 06: 58 \\ & (41.3 \%) \end{aligned}$ | 5:37 | $\begin{aligned} & 10.7 \\ & \text { (58.8\%) } \end{aligned}$ |
| 70 | RZEPKA Mirek | 135 | NBRC | M Open | 48 | 00:00:10 | 00:05:37 | 00:11:22 | 00:16:59.95 | 00:17:10.30 | $\begin{aligned} & +00: 07: 06 \\ & (41.8 \%) \end{aligned}$ | 5:39 | $\begin{aligned} & 10.6 \\ & (58.2 \%) \end{aligned}$ |
| 71 | BODALSKI Jacek | 16 |  | M Open | 49 | 00:00:09 | 00:05:37 | 00:11:23 | 00:17:26.10 | 00:17:36.00 | $\begin{aligned} & +00: 07: 32 \\ & (43.3 \%) \end{aligned}$ | 5:48 | $\begin{aligned} & 10.3 \\ & \text { (56.6\%) } \end{aligned}$ |
| 72 | CIEŚLIKOWSKA Agata | 34 |  | K Open | 23 | 00:00:06 | 00:05:34 | 00:11:31 | 00:17:27.10 | 00:17:33.20 | $\begin{aligned} & +00: 07: 33 \\ & (43.3 \%) \end{aligned}$ | 5:49 | $\begin{aligned} & 10.3 \\ & \text { (56.6\%) } \end{aligned}$ |
| 73 | ZAKRZEWSKA Anna | 176 |  | K Open | 24 | 00:00:04 | 00:05:27 | 00:11:21 | 00:17:28.80 | 00:17:33.15 | $\begin{aligned} & +00: 07: 35 \\ & (43.4 \%) \end{aligned}$ | 5:49 | $\begin{aligned} & 10.3 \\ & (56.6 \%) \end{aligned}$ |
| 74 | MATYSIAK Agnieszka | 99 |  | K Open | 25 | 00:00:08 | 00:05:28 | 00:11:25 | 00:17:31.20 | 00:17:39.85 | $\begin{aligned} & +00: 07: 37 \\ & (43.5 \%) \end{aligned}$ | 5:50 | $\begin{aligned} & 10.3 \\ & (56.6 \%) \end{aligned}$ |
| 75 | GRABOWSKA Kasia | 50 |  | K Open | 26 | 00:00:07 | 00:05:45 | 00:11:43 | 00:17:43.20 | 00:17:51.10 | $\begin{aligned} & +00: 07: 49 \\ & (44.2 \%) \end{aligned}$ | 5:54 | $\begin{aligned} & 10.2 \\ & \text { (56.0\%) } \end{aligned}$ |
| 76 | JANUSZKIEWICZ Patrycja | 59 |  | K Open | 27 | 00:00:03 | 00:05:33 | 00:11:42 | 00:17:44.20 | 00:17:47.20 | $\begin{aligned} & +00: 07: 50 \\ & (44.2 \%) \end{aligned}$ | 5:54 | $\begin{aligned} & 10.2 \\ & (56.0 \%) \end{aligned}$ |
| 77 | SIKORA Kalina | 144 |  | K Open | 28 | 00:00:10 | 00:05:54 | 00:12:25 | 00:18:01.25 | 00:18:11.40 | $\begin{aligned} & +00: 08: 07 \\ & (45.1 \%) \end{aligned}$ | 6:00 | $\begin{aligned} & 10 \\ & (54.9 \%) \end{aligned}$ |
| 78 | SIKORA Zuzanna | $142$ | PZU SPORT TEAM | K Open | 29 | 00:00:10 | 00:05:54 | 00:12:24 | 00:18:03.65 | 00:18:13.70 | $\begin{aligned} & +00: 08: 10 \\ & (45.2 \%) \end{aligned}$ | 6:01 | $\begin{aligned} & 10 \\ & (54.9 \%) \end{aligned}$ |
| 79 | ARSENIUK Sylwia | $12$ |  | K Open | 30 | 00:00:06 | 00:05:39 | 00:12:00 | 00:18:06.45 | 00:18:12.80 | $\begin{aligned} & +00: 08: 12 \\ & (45.4 \%) \end{aligned}$ | 6:02 | $\begin{aligned} & 9.9 \\ & (54.4 \%) \end{aligned}$ |
| 80 | ŚMIETAŃSKA Beata | 153 |  | K Open | 31 | 00:00:03 | 00:05:33 | 00:11:57 | 00:18:08.80 | 00:18:11.95 | $\begin{aligned} & +00: 08: 15 \\ & (45.5 \%) \end{aligned}$ | 6:02 | $\begin{aligned} & 9.9 \\ & \text { (54.4\%) } \end{aligned}$ |
| 81 | CHRAPEK Agnieszka | 29 |  | K Open | 32 | 00:00:10 | 00:05:57 | 00:12:11 | 00:18:09.10 | 00:18:19.60 | $\begin{aligned} & +00: 08: 15 \\ & (45.5 \%) \end{aligned}$ | 6:03 | $\begin{aligned} & 9.9 \\ & (54.4 \%) \end{aligned}$ |
| 82 | CHRAPEK Piotr | 28 |  | M Open | 50 | 00:00:10 | 00:05:57 | 00:12:11 | 00:18:09.15 | 00:18:19.30 | $\begin{aligned} & +00: 08: 15 \\ & (45.5 \%) \end{aligned}$ | 6:03 | $\begin{aligned} & 9.9 \\ & (54.4 \%) \end{aligned}$ |
| 83 | VALIIEVA Aliia | 159 |  | K Open | 33 | 00:00:08 | 00:05:43 | 00:12:13 | 00:18:30.80 | 00:18:39.60 | $\begin{aligned} & +00: 08: 37 \\ & (46.6 \%) \end{aligned}$ | 6:10 | $\begin{aligned} & 9.7 \\ & \text { (53.3\%) } \end{aligned}$ |
| 84 | BAJOREK Jacek | 13 |  | M Open | 51 | 00:00:08 | 00:05:36 | 00:12:06 | 00:18:59.05 | 00:19:07.95 | $\begin{aligned} & +00: 09: 05 \\ & (47.9 \%) \end{aligned}$ | 6:19 | $\begin{aligned} & 9.5 \\ & \text { (52.2\%) } \end{aligned}$ |
| 85 | ZAWADZKA Aleksandra | 178 |  | K Open | 34 | 00:00:16 | 00:06:22 | 00:12:34 | 00:19:01.10 | 00:19:17.90 | $\begin{aligned} & +00: 09: 07 \\ & (48.0 \%) \end{aligned}$ | 6:20 | $\begin{aligned} & 9.5 \\ & (52.2 \%) \end{aligned}$ |


| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 1 Okrażenie 1 km | $\begin{gathered} 2 \\ \text { Okrążenie } \\ 2 \mathrm{~km} \end{gathered}$ | Czas netto 3km | Czas brutto 3 km | Różn | Tempo min/km | $\begin{gathered} \text { Tempo } \\ \mathrm{km} / \mathrm{h} \end{gathered}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 86 | ZAWADZKI Konrad | 179 |  | M Open | 52 | 00:00:16 | 00:06:23 | 00:12:34 | 00:19:01.20 | 00:19:17.80 | $\begin{aligned} & +00: 09: 07 \\ & (48.0 \%) \end{aligned}$ | 6:20 | $\begin{aligned} & 9.5 \\ & (52.2 \%) \end{aligned}$ |
| 87 | PARADOWSKA Aleksandra | 115 |  | K Open | 35 | 00:00:12 | 00:06:05 | 00:12:42 | 00:19:13.40 | 00:19:25.70 | $\begin{aligned} & +00: 09: 19 \\ & (48.5 \%) \end{aligned}$ | 6:24 | $\begin{aligned} & 9.4 \\ & (51.6 \%) \end{aligned}$ |
| 88 | KISIELEWICZ Bożena | 63 | BIEGOWY WARIAT RUNNING TEAM | K Open | 36 | 00:00:11 | 00:06:13 | 00:12:42 | 00:19:23.10 | 00:19:34.80 | $\begin{aligned} & +00: 09: 29 \\ & (49.0 \%) \end{aligned}$ | 6:27 | $\begin{aligned} & 9.3 \\ & (51.1 \%) \end{aligned}$ |
| 89 | LESZCZYŃSKA Monika | 83 | TEAMZABIEGANEDNI | K Open | 37 | 00:00:03 | 00:06:13 | 00:13:08 | 00:19:48.60 | 00:19:51.65 | $\begin{aligned} & +00: 09: 55 \\ & (50.1 \%) \end{aligned}$ | 6:36 | $\begin{aligned} & 9.1 \\ & (50.0 \%) \end{aligned}$ |
| 90 | KOWALCZYK Bogdan | 72 | WARSZAWA-BRÓDNO | M Open | 53 | 00:00:09 | 00:06:37 | 00:13:18 | 00:19:53.85 | 00:20:03.65 | $\begin{aligned} & +00: 10: 00 \\ & (50.3 \%) \end{aligned}$ | 6:37 | $\begin{aligned} & 9.1 \\ & (50.0 \%) \end{aligned}$ |
| Przekroczony limit czasu: 00:20:00 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 91 | WRÓBLEWSKI Mariuisz | 66 | NASZA PAKA BIEGA | M Open | 54 | 00:00:09 | 00:06:11 | 00:13:14 | 00:20:26.45 | 00:20:35.85 | $\begin{aligned} & +00: 10: 32 \\ & (51.6 \%) \end{aligned}$ | 6:48 | $\begin{aligned} & 8.8 \\ & (48.4 \%) \end{aligned}$ |
| 92 | KLUSEK Jolanta | 68 |  | K Open | 38 | 00:00:03 | 00:06:55 | 00:14:02 | 00:21:08.95 | 00:21:12.85 | $\begin{aligned} & +00: 11: 15 \\ & (53.2 \%) \end{aligned}$ | 7:02 | $\begin{aligned} & 8.5 \\ & (46.7 \%) \end{aligned}$ |
| 93 | SZYSZKA Urszula | 152 |  | K Open | 39 | 00:00:11 | 00:06:51 | 00:14:07 | 00:21:16.30 | 00:21:28.20 | $\begin{aligned} & +00: 11: 22 \\ & (53.5 \%) \end{aligned}$ | 7:05 | $\begin{aligned} & 8.5 \\ & (46.7 \%) \end{aligned}$ |
| 94 | WRÓBLEWSKA Joanna | 174 |  | K Open | 40 | 00:00:07 | 00:07:07 | 00:14:46 | 00:22:21.45 | 00:22:29.25 | $\begin{aligned} & +00: 12: 27 \\ & (55.8 \%) \end{aligned}$ | 7:27 | $\begin{aligned} & 8.1 \\ & (44.5 \%) \end{aligned}$ |
| 95 | PARADOWSKA Malgorzata | 114 |  | K Open | 41 | 00:00:13 | 00:06:50 | 00:14:50 | 00:22:56.05 | 00:23:09.15 | $\begin{aligned} & +00: 13: 02 \\ & (56.9 \%) \end{aligned}$ | 7:38 | $\begin{aligned} & 7.8 \\ & (42.9 \%) \end{aligned}$ |
| 96 | PARADOWSKA Anna | 113 |  | K Open | 42 | 00:00:12 | 00:06:50 | 00:14:51 | 00:22:56.60 | 00:23:09.10 | $\begin{aligned} & +00: 13: 03 \\ & (56.9 \%) \end{aligned}$ | 7:38 | $\begin{aligned} & 7.8 \\ & (42.9 \%) \end{aligned}$ |
| 97 | REDA Alicja | 131 | TZD | K Open | 43 | 00:00:11 | 00:07:40 | 00:15:49 | 00:23:55.70 | 00:24:07.40 | $\begin{aligned} & +00: 14: 02 \\ & (58.7 \%) \end{aligned}$ | 7:58 | $\begin{aligned} & 7.5 \\ & (41.2 \%) \end{aligned}$ |
|  | MAŁEK Stanisław | 93 |  | M Open |  | DNF | $\begin{aligned} & \text { 00:06:13 } \\ & \text { DNF } \end{aligned}$ | $00: 13: 18$ <br> DNF | DNF | DNF |  | - | (0.0\%) |
|  | MAŁEK Zuzia | 94 |  | K Open |  | DNF | $\begin{aligned} & \text { 00:06:13 } \\ & \text { DNF } \end{aligned}$ | $00: 13: 18$ <br> DNF | DNF | DNF |  | - | (0.0\%) |
|  | GONTAREK Antonina | 46 |  | K Open |  | DNF | $\begin{aligned} & \text { 00:06:40 } \\ & \text { DNF } \end{aligned}$ | $00: 13: 29$ <br> DNF | DNF | DNF |  | - | (0.0\%) |
|  | PUŁAWSKI Paweł | 128 |  | M Open |  | DNF | $\begin{aligned} & 00: 04: 36 \\ & \text { DNF } \end{aligned}$ | $00: 14: 11$ <br> DNF | DNF | DNF |  | - | (0.0\%) |
|  | CZESZEJKO SOCHACKA Katarzyna | 109 |  | K Open |  | DNF | $\begin{aligned} & \text { 00:06:35 } \\ & \text { DNF } \end{aligned}$ | $00: 14: 49$ <br> DNF | DNF | DNF |  | - | (0.0\%) |
|  | CZESZEJKO SOCHACKI Filip | 24 |  | M Open |  | DNF | $\begin{aligned} & \text { 00:06:38 } \\ & \text { DNF } \end{aligned}$ | $\begin{aligned} & 00: 14: 51 \\ & \text { DNF } \end{aligned}$ | DNF | DNF |  | - | (0.0\%) |
|  | PRZELASKOWSKA Dorota | 125 |  | K Open |  | DNF | $\begin{aligned} & \text { 00:06:58 } \\ & \text { DNF } \end{aligned}$ | $\begin{aligned} & 00: 15: 20 \\ & \text { DNF } \end{aligned}$ | DNF | DNF |  | - | (0.0\%) |
|  | SIKORA Kaja | 143 |  | K Open |  | DNF | $\begin{aligned} & \text { 00:06:58 } \\ & \text { DNF } \end{aligned}$ | $\begin{aligned} & 00: 15: 20 \\ & \text { DNF } \end{aligned}$ | DNF | DNF |  | - | (0.0\%) |
|  | STANICKA Grażyna | 148 | SAN | K Open |  | DNF | $\begin{aligned} & \text { 00:09:12 } \\ & \text { DNF } \end{aligned}$ | DNF | DNF | DNF |  | - | (0.0\%) |
|  | MAŁEK Marysia | 95 |  | K Open |  | DNF | $\begin{aligned} & 00: 17: 10 \\ & \text { DNF } \end{aligned}$ | DNF | DNF | DNF |  | - | (0.0\%) |
|  | MAŁEK Karolina | 96 |  | K Open |  | DNF | $00: 17: 11$ <br> DNF | DNF | DNF | DNF |  | - | (0.0\%) |

