



IV BYDGOSKI BIEG PO ODDECH

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

IV BYDGOSKI BIEG PO ODDECH
Stowarzyszenie Waleczne Serca
2023-10-08
Bydgoszcz
5 km

B4SPORT
INTELEGNTE 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	JANUSZEWSKI Radosław	342	M20		1	00:09:01	00:18:28.75	00:18:30.60		3:41	16.2 (100%)
2	MACIŃSKI Waldemar	52	M40		1	00:09:27	00:19:44.75	00:19:46.60	+00:01:16 (6.4%)	3:56	15.2 (93.8%)
3	HOŁTYN Patryk	281	M30		1	00:09:47	00:19:57.90	00:20:00.25	+00:01:29 (7.5%)	3:59	15 (92.6%)
4	ZAJĄKAŁA Wojciech	356	M20		2	00:09:48	00:19:57.80	00:20:02.20	+00:01:31 (7.6%)	3:59	15 (92.6%)
5	JAGIEŁA Adam	16	M40		2	00:09:53	00:20:02.95	00:20:04.40	+00:01:33 (7.8%)	4:00	15 (92.6%)
6	KWAŚNIEWSKI Waldemar	229	M50		1	00:09:51	00:20:08.95	00:20:12.95	+00:01:42 (8.4%)	4:01	14.9 (92.0%)
7	KRYGOWSKI Tomasz	82	M50		2	00:09:56	00:20:15.05	00:20:17.00	+00:01:46 (8.7%)	4:03	14.8 (91.4%)
8	PIECZKA Marcin	97	M30		2	00:10:05	00:20:34.15	00:20:35.50	+00:02:04 (10.1%)	4:06	14.6 (90.1%)
9	RYBAK Remigiusz	385	M40		3	00:10:16	00:20:41.60	00:20:48.75	+00:02:18 (11.1%)	4:08	14.5 (89.5%)
10	CHRUŚCIŃSKI Erhard	238	M30		3	00:10:27	00:20:42.65	00:21:02.50	+00:02:31 (12.0%)	4:08	14.5 (89.5%)
11	DERING Tomasz	156	M40		4	00:10:47	00:20:55.25	00:21:22.60	+00:02:52 (13.4%)	4:11	14.3 (88.3%)
12	SOBCZAK Marcin	122	M40		5	00:10:28	00:21:16.95	00:21:23.90	+00:02:53 (13.5%)	4:15	14.1 (87.0%)
13	CIACIUCH Agnieszka	131	K20		1	00:10:37	00:21:26.20	00:21:30.75	+00:03:00 (14.0%)	4:17	14 (86.4%)
14	SKONIECZNY Marcin	10	M40		6	00:10:36	00:21:33.80	00:21:37.90	+00:03:07 (14.4%)	4:18	13.9 (85.8%)
15	ŁUCZAK Paweł	302	M50		3	00:10:33	00:21:40.85	00:21:43.25	+00:03:12 (14.8%)	4:20	13.8 (85.2%)
16	JUREK Sławomir	114	M50		4	00:10:41	00:21:40.10	00:21:46.65	+00:03:16 (15.0%)	4:20	13.8 (85.2%)
17	MACIEJEWSKI Maciej	223	M40		7	00:10:41	00:21:51.65	00:21:56.40	+00:03:25 (15.6%)	4:22	13.7 (84.6%)
18	NOWACZYK Bartosz	361	M30		4	00:10:52	00:21:57.75	00:22:03.55	+00:03:32 (16.1%)	4:23	13.7 (84.6%)
19	WÓJCIK Piotr	169	D5 - chłopcy		1	00:10:50	00:21:42.25	00:22:05.00	+00:03:34 (16.2%)	4:20	13.8 (85.2%)
20	PISARSKI Igor	398	M30		5	00:11:07	00:22:08.75	00:22:12.25	+00:03:41 (16.6%)	4:25	13.6 (84.0%)
21	DĄBROWSKI Krystian	317	M20		3	00:10:53	00:22:11.80	00:22:15.30	+00:03:44 (16.8%)	4:26	13.5 (83.3%)
22	SZYSZKA Radosław	384	M40		8	00:10:59	00:22:19.50	00:22:21.20	+00:03:50 (17.2%)	4:27	13.4 (82.7%)
23	ZIELIŃSKI Tomasz	387	M40		9	00:11:00	00:22:08.00	00:22:22.65	+00:03:52 (17.3%)	4:25	13.6 (84.0%)
24	IQBOLIDDIN Muminov	191	M20		4	00:10:23	00:22:25.80	00:22:26.60	+00:03:56 (17.5%)	4:29	13.4 (82.7%)
25	ZIELIŃSKI Michał	393	M30		6	00:10:58	00:22:12.00	00:22:26.90	+00:03:56 (17.5%)	4:26	13.5 (83.3%)
26	BAZAK Cezary	305	M50		5	00:11:06	00:22:25.95	00:22:32.05	+00:04:01 (17.9%)	4:29	13.4 (82.7%)
27	PIERZGALSKI Damian	150	M20		5	00:11:03	00:22:25.05	00:22:39.35	+00:04:08 (18.3%)	4:29	13.4 (82.7%)
28	WAWRZYŃCZAK Arek	58	M40		10	00:11:11	00:22:34.85	00:22:41.90	+00:04:11 (18.5%)	4:30	13.3 (82.1%)
29	KNYPIŃSKI Wojciech	88	M30		7	00:10:53	00:22:48.25	00:23:01.05	+00:04:30 (19.6%)	4:33	13.2 (81.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
30	KORDEK Dawid	224	M30		8	00:11:06	00:22:32.15	00:23:12.50	+00:04:41 (20.2%)	4:30	13.3 (82.1%)
31	TARCZYŃSKA Marta	285	K30		1	00:11:32	00:23:12.65	00:23:20.95	+00:04:50 (20.7%)	4:38	12.9 (79.6%)
32	AUGUSTYNOWICZ Andrzej	350	M50		6	00:11:32	00:23:30.25	00:23:33.75	+00:05:03 (21.4%)	4:42	12.8 (79.0%)
33	LEWANDOWSKI Maciej	141	M30		9	00:11:24	00:23:29.95	00:23:35.95	+00:05:05 (21.6%)	4:41	12.8 (79.0%)
34	SOŁDYGA Paweł	96	M40		11	00:11:42	00:23:24.15	00:23:40.95	+00:05:10 (21.8%)	4:40	12.8 (79.0%)
35	BŁAŻEJWSKA Marta	376	K30		2	00:11:46	00:23:44.20	00:23:48.10	+00:05:17 (22.2%)	4:44	12.6 (77.8%)
36	FORSZPANIAK Joanna	374	K30		3	00:11:34	00:23:44.15	00:23:50.55	+00:05:19 (22.4%)	4:44	12.6 (77.8%)
37	MASLOUSKAYA Natallia	390	K40		1	00:11:52	00:23:47.95	00:23:52.75	+00:05:22 (22.5%)	4:45	12.6 (77.8%)
38	KOZAK Krzysztof	146	M30		10	00:11:50	00:23:42.40	00:23:53.70	+00:05:23 (22.5%)	4:44	12.7 (78.4%)
39	GRODNICKI Mateusz	201	M20		6	00:11:47	00:23:45.05	00:23:54.85	+00:05:24 (22.6%)	4:45	12.6 (77.8%)
40	ŁEPEK Patryk	7	M20		7	00:11:27	00:23:47.70	00:24:01.90	+00:05:31 (23.0%)	4:45	12.6 (77.8%)
41	ZARVA Oleksii	183	M20		8	00:11:31	00:23:58.35	00:24:05.00	+00:05:34 (23.1%)	4:47	12.5 (77.2%)
42	PAWLIK Łukasz	319	M20		9	00:11:33	00:23:53.20	00:24:08.10	+00:05:37 (23.3%)	4:46	12.6 (77.8%)
43	DROCIAK Michał	308	M40		12	00:11:58	00:24:07.90	00:24:13.05	+00:05:42 (23.6%)	4:49	12.4 (76.5%)
44	ROSTKOWSKA Sandra	252	K30		4	00:11:36	00:24:06.55	00:24:16.25	+00:05:45 (23.7%)	4:49	12.4 (76.5%)
45	LUZAK Magdalena	401	K30		5	00:11:44	00:24:12.60	00:24:17.80	+00:05:47 (23.8%)	4:50	12.4 (76.5%)
46	SKÓRCZEWSKI Jacek	103	M60		1	00:11:56	00:24:25.65	00:24:34.55	+00:06:03 (24.7%)	4:53	12.3 (75.9%)
47	GRAMCZEWSKI Michal	239	M40		13	00:12:16	00:24:09.40	00:24:38.00	+00:06:07 (24.9%)	4:49	12.4 (76.5%)
48	SCHMIDT Artur	40	D4 - chłopcy		1	00:11:49	00:24:26.70	00:24:39.50	+00:06:08 (24.9%)	4:53	12.3 (75.9%)
49	SOBAŃSKI Mariusz	334	M50		7	00:11:50	00:24:32.25	00:24:40.10	+00:06:09 (25.0%)	4:54	12.2 (75.3%)
50	FIRST Anna	132	K20		2	00:12:00	00:24:44.90	00:24:50.55	+00:06:19 (25.5%)	4:56	12.1 (74.7%)
51	SIUDA Piotr	221	M40		14	00:12:15	00:24:47.35	00:25:00.45	+00:06:29 (26.0%)	4:57	12.1 (74.7%)
52	FRYDRYCH Marcin	271	M40		15	00:12:12	00:25:01.15	00:25:09.75	+00:06:39 (26.4%)	5:00	12 (74.1%)
53	GÓRSKI Sławomir	400	M40		16	00:12:16	00:24:56.75	00:25:10.35	+00:06:39 (26.5%)	4:59	12 (74.1%)
54	CICHOŃSKA-BAZAK Marzena	304	K50		1	00:12:14	00:25:04.80	00:25:10.50	+00:06:39 (26.5%)	5:00	12 (74.1%)
55	KAJA Dominika	85	K30		6	00:12:20	00:24:45.30	00:25:10.95	+00:06:40 (26.5%)	4:57	12.1 (74.7%)
56	PRZYBYLSKI Dariusz	86	M30		11	00:12:02	00:25:05.70	00:25:13.30	+00:06:42 (26.6%)	5:01	12 (74.1%)
57	KOZŁOWSKI Krzysztof	101	M30		12	00:12:35	00:25:01.40	00:25:14.90	+00:06:44 (26.7%)	5:00	12 (74.1%)
58	SZEIB Robert	322	M40		17	00:11:49	00:25:12.00	00:25:15.60	+00:06:45 (26.7%)	5:02	11.9 (73.5%)
59	LEWANDOWSKI Oskar	378	D4 - chłopcy		2	00:11:22	00:25:17.40	00:25:18.60	+00:06:48 (26.9%)	5:03	11.9 (73.5%)
60	SZUKALSKI Michał	275	M40		18	00:12:10	00:25:14.45	00:25:23.30	+00:06:52 (27.1%)	5:02	11.9 (73.5%)
61	LEWANDOWSKI Michał	159	M40		19	00:12:31	00:24:43.45	00:25:33.75	+00:07:03 (27.6%)	4:56	12.1 (74.7%)
62	SKIBINSKI Krzysztof	138	M30		13	00:12:26	00:24:56.55	00:25:37.85	+00:07:07 (27.8%)	4:59	12 (74.1%)
63	KORNASZEWSKI Wojciech	166	M40		20	00:12:21	00:25:18.90	00:25:38.50	+00:07:07 (27.8%)	5:03	11.9 (73.5%)
64	DUDZIK Andrzej	329	M40		21	00:12:38	00:25:33.25	00:25:40.40	+00:07:09 (27.9%)	5:06	11.7 (72.2%)
65	ZDUNKIEWICZ Marcin	254	M40		22	00:12:26	00:25:23.80	00:25:41.20	+00:07:10 (27.9%)	5:04	11.8 (72.8%)
66	CZERNAK Marcin	37	Bieg z psem		1	00:12:44	00:24:50.70	00:25:46.50	+00:07:15 (28.2%)	4:58	12.1 (74.7%)
67	ŁUCZAK Anna	303	K50		2	00:12:33	00:25:44.65	00:25:47.30	+00:07:16 (28.2%)	5:08	11.7 (72.2%)
68	DĘBICKA Kornelia	272	K30		7	00:13:11	00:25:26.05	00:25:48.25	+00:07:17 (28.3%)	5:05	11.8 (72.8%)
69	KOMISARCZYK Iwona	362	K50		3	00:12:45	00:25:58.50	00:26:01.45	+00:07:30 (28.9%)	5:11	11.6 (71.6%)
70	ŻYTO Robert	244	M50		8	00:12:42	00:25:29.50	00:26:06.05	+00:07:35 (29.1%)	5:05	11.8 (72.8%)
71	KACZMARKOWSKA Patrycja	353	K30		8	00:12:50	00:26:05.40	00:26:08.30	+00:07:37 (29.2%)	5:13	11.5 (71.0%)
72	FIKSAT Mateusz	375	M30		14	00:12:22	00:26:09.70	00:26:12.70	+00:07:42 (29.4%)	5:13	11.5 (71.0%)
73	KOZAK Adam	386	D4 - chłopcy		3	00:12:35	00:26:08.45	00:26:20.65	+00:07:50 (29.7%)	5:13	11.5 (71.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
74	BAGNIEWSKA Małgorzata	110	K30		9	00:12:58	00:25:58.70	00:26:24.60	+00:07:54 (29.9%)	5:11	11.6 (71.6%)
75	POTRZEBOWSKI Marek	106	M40		23	00:13:08	00:26:21.10	00:26:41.75	+00:08:11 (30.7%)	5:16	11.4 (70.4%)
76	PRIETZ Monika	20	K40		2	00:13:03	00:26:41.75	00:26:43.90	+00:08:13 (30.8%)	5:20	11.2 (69.1%)
77	YAUHENI Mikhaliuk	192	M30		15	00:13:25	00:26:03.85	00:26:44.05	+00:08:13 (30.8%)	5:12	11.5 (71.0%)
78	PRIETZ Bartosz	65	M40		24	00:12:55	00:26:36.85	00:26:44.20	+00:08:13 (30.8%)	5:19	11.3 (69.8%)
79	MAKSYMENKO Valerii	179	M20		10	00:13:03	00:26:40.40	00:26:47.60	+00:08:17 (30.9%)	5:20	11.3 (69.8%)
80	JARZEMBSKI Filip	403	D5 - chłopcy		2	00:13:37	00:26:41.45	00:26:49.55	+00:08:18 (31.0%)	5:20	11.2 (69.1%)
81	ZENEL Łukasz	389	M30		16	00:12:40	00:26:21.20	00:26:50.70	+00:08:20 (31.0%)	5:16	11.4 (70.4%)
82	KRZYWDZIŃSKI Tomasz	70	M20		11	00:13:01	00:26:41.30	00:26:54.30	+00:08:23 (31.2%)	5:20	11.2 (69.1%)
83	GLINKOWSKI Dariusz	28	M30		17	00:12:53	00:26:41.65	00:26:54.40	+00:08:23 (31.2%)	5:20	11.2 (69.1%)
84	WILCZYŃSKI Łukasz	273	M30		18	00:13:10	00:26:32.55	00:26:58.10	+00:08:27 (31.4%)	5:18	11.3 (69.8%)
85	BRZEZIŃSKA Sara	316	Bieg z psem		2	00:13:20	00:27:06.70	00:27:10.95	+00:08:40 (31.9%)	5:25	11.1 (68.5%)
86	RUTKOWSKA-PISZCZYŃSKA Agata	113	K40		3	00:13:11	00:26:42.25	00:27:12.40	+00:08:41 (32.0%)	5:20	11.2 (69.1%)
87	STRZAŁKOWSKA Ewelina	171	K30		10	00:13:15	00:27:01.55	00:27:13.70	+00:08:43 (32.0%)	5:24	11.1 (68.5%)
88	CHMIELEWSKI Mateusz	184	M30		19	00:13:30	00:26:56.10	00:27:15.80	+00:08:45 (32.1%)	5:23	11.1 (68.5%)
89	CIEŚLIK Marek	372	M60		2	00:13:26	00:27:14.40	00:27:24.95	+00:08:54 (32.5%)	5:26	11 (67.9%)
90	KNRYSTYCH Serhii	189	M20		12	00:13:14	00:26:47.20	00:27:27.90	+00:08:57 (32.6%)	5:21	11.2 (69.1%)
91	ZDUNKIEWICZ Filip	263	D4 - chłopcy		4	00:14:17	00:27:07.00	00:27:29.50	+00:08:58 (32.7%)	5:25	11.1 (68.5%)
92	SCHMIDT Sebastian	39	D3 - chłopcy		1	00:13:16	00:27:26.40	00:27:36.75	+00:09:06 (33.0%)	5:29	10.9 (67.3%)
93	BOJAŁKOWSKA Krystyna	112	K40		4	00:13:29	00:27:26.50	00:27:36.85	+00:09:06 (33.0%)	5:29	10.9 (67.3%)
94	AUGUSTYNOWICZ Aurelia	348	K40		5	00:13:59	00:27:17.80	00:27:38.00	+00:09:07 (33.0%)	5:27	11 (67.9%)
95	GULKA Wojciech	34	M30		20	00:13:41	00:27:35.60	00:27:38.30	+00:09:07 (33.0%)	5:31	10.9 (67.3%)
96	DĘBSKI Jan	283	M70		1	00:13:07	00:27:34.00	00:27:39.20	+00:09:08 (33.1%)	5:30	10.9 (67.3%)
97	BUTOWSKI Michał	41	M50		9	00:13:34	00:27:14.70	00:27:42.40	+00:09:11 (33.2%)	5:26	11 (67.9%)
98	KOLIŃSKA Sylwia	241	K40		6	00:13:46	00:27:28.50	00:27:47.45	+00:09:16 (33.4%)	5:29	10.9 (67.3%)
98	BORAKIEWICZ Natalia	240	K30		11	00:13:46	00:27:28.25	00:27:47.45	+00:09:16 (33.4%)	5:29	10.9 (67.3%)
100	KAKHRAMON Pulatov	190	M40		25	00:13:23	00:27:51.15	00:27:55.55	+00:09:24 (33.7%)	5:34	10.8 (66.7%)
101	KABACIŃSKA Kinga	230	K30		12	00:13:39	00:27:32.70	00:27:56.70	+00:09:26 (33.8%)	5:30	10.9 (67.3%)
102	MARSZAŁEK Monika	35	K20		3	00:13:18	00:27:37.10	00:27:57.85	+00:09:27 (33.8%)	5:31	10.9 (67.3%)
103	BURZYCH Rafał	51	M40		26	00:13:57	00:27:27.20	00:27:59.15	+00:09:28 (33.9%)	5:29	10.9 (67.3%)
104	BĄBOLEWSKI Łukasz	380	M40		27	00:13:41	00:27:43.20	00:28:07.95	+00:09:37 (34.2%)	5:32	10.8 (66.7%)
105	ZDUNKIEWICZ Hanna	309	K40		7	00:14:17	00:27:45.15	00:28:08.05	+00:09:37 (34.2%)	5:33	10.8 (66.7%)
106	GAIDA Milena	57	K30		13	00:14:12	00:27:44.15	00:28:09.15	+00:09:38 (34.3%)	5:32	10.8 (66.7%)
107	PIONTEK Elżbieta	91	K60		1	00:13:59	00:27:56.25	00:28:13.30	+00:09:42 (34.4%)	5:35	10.7 (66.0%)
108	PASZKIET Witold	162	M60		3	00:13:59	00:28:03.45	00:28:22.15	+00:09:51 (34.8%)	5:36	10.7 (66.0%)
109	LATUSHA Rostyslav	208	M30		21	00:13:57	00:28:16.25	00:28:33.00	+00:10:02 (35.2%)	5:39	10.6 (65.4%)
110	MORYSON Mieczysław	180	M30		22	00:13:24	00:28:33.00	00:28:34.05	+00:10:03 (35.2%)	5:42	10.5 (64.8%)
111	KUJAWA Roger	220	Bieg z psem		3	00:13:55	00:27:45.10	00:28:34.55	+00:10:03 (35.2%)	5:33	10.8 (66.7%)
112	PASZKIET Remigiusz	214	M40		28	00:13:56	00:27:46.90	00:28:34.90	+00:10:04 (35.2%)	5:33	10.8 (66.7%)
113	MAKUSZEWSKI Mateusz	55	M30		23	00:14:23	00:28:08.60	00:28:35.50	+00:10:04 (35.3%)	5:37	10.7 (66.0%)
114	DRZAZGOWSKA Justyna	407	K40		8	00:14:08	00:28:25.35	00:28:37.60	+00:10:07 (35.3%)	5:41	10.6 (65.4%)
115	OKRĘGLICKA Barbara	291	K50		4	00:13:55	00:28:22.20	00:28:40.70	+00:10:10 (35.5%)	5:40	10.6 (65.4%)
116	SŁOWIŃSKI Sławek	14	M40		29	00:14:07	00:28:17.65	00:28:45.85	+00:10:15 (35.6%)	5:39	10.6 (65.4%)
117	OKRĘGLICKI Antoni	292	M70		2	00:13:55	00:28:28.60	00:28:47.70	+00:10:17 (35.7%)	5:41	10.5 (64.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
118	JANUSZEWSKI Marcin	48	M40		30	00:14:05	00:28:15.50	00:28:52.40	+00:10:21 (35.9%)	5:39	10.6 (65.4%)
119	CABAŃSKA Katarzyna	315	K40		9	00:13:57	00:28:05.35	00:28:53.50	+00:10:22 (35.9%)	5:37	10.7 (66.0%)
120	ZAMIATOWSKA Kinga	399	K40		10	00:14:07	00:28:43.90	00:28:57.20	+00:10:26 (36.1%)	5:44	10.4 (64.2%)
121	FRYCA Aleksandra	108	K40		11	00:14:33	00:28:39.30	00:29:09.10	+00:10:38 (36.5%)	5:43	10.5 (64.8%)
122	BRZYKCY Adam	181	M30		24	00:14:33	00:28:55.65	00:29:14.05	+00:10:43 (36.7%)	5:47	10.4 (64.2%)
123	PINCHUK Oleksandr	202	M20		13	00:14:18	00:29:08.55	00:29:15.60	+00:10:45 (36.7%)	5:49	10.3 (63.6%)
124	KURCZEWSKA Marta	89	D5 - dziewczynki		1	00:13:20	00:29:15.95	00:29:21.00	+00:10:50 (36.9%)	5:51	10.3 (63.6%)
125	LEWANDOWSKI Marcin	47	M30		25	00:14:41	00:29:10.60	00:29:24.50	+00:10:53 (37.1%)	5:50	10.3 (63.6%)
126	KWAŚNIEWSKA Aldona	228	K40		12	00:14:24	00:29:22.90	00:29:27.70	+00:10:57 (37.2%)	5:52	10.2 (63.0%)
127	CZAPLICKI Bartłomiej	104	M30		26	00:14:28	00:28:53.20	00:29:38.75	+00:11:08 (37.6%)	5:46	10.4 (64.2%)
128	BRZEZIŃSKA Sylwia	405	K30		14	00:14:29	00:29:15.25	00:29:40.15	+00:11:09 (37.6%)	5:51	10.3 (63.6%)
129	RÓŻYCZKA Joanna	78	K30		15	00:14:32	00:29:10.45	00:29:41.20	+00:11:10 (37.6%)	5:50	10.3 (63.6%)
130	WALENTYN Katarzyna	100	K40		13	00:14:51	00:29:29.20	00:29:47.60	+00:11:17 (37.9%)	5:53	10.2 (63.0%)
131	RĘDZINA Michał	98	M40		31	00:14:19	00:28:52.80	00:29:48.00	+00:11:17 (37.9%)	5:46	10.4 (64.2%)
132	MARKIEWICZ Karolina	128	K30		16	00:14:14	00:29:45.75	00:29:50.15	+00:11:19 (38.0%)	5:57	10.1 (62.3%)
133	JAROCH Rafał	335	M40		32	00:14:24	00:29:45.00	00:29:53.40	+00:11:22 (38.1%)	5:57	10.1 (62.3%)
134	HEYMANN Hania	152	K30		17	00:14:53	00:29:18.35	00:29:54.00	+00:11:23 (38.1%)	5:51	10.2 (63.0%)
135	PAPPELBAUM Jarosław	213	M40		33	00:15:30	00:29:21.85	00:29:55.85	+00:11:25 (38.2%)	5:52	10.2 (63.0%)
136	BIEDROŃ Mateusz	144	M30		27	00:14:32	00:29:34.40	00:30:02.15	+00:11:31 (38.4%)	5:54	10.1 (62.3%)
137	MATEJA Piotr	154	M30		28	00:14:08	00:29:40.90	00:30:04.80	+00:11:34 (38.5%)	5:56	10.1 (62.3%)
138	BAK Remigiusz	49	M40		34	00:14:31	00:29:34.80	00:30:06.45	+00:11:35 (38.5%)	5:54	10.1 (62.3%)
139	ZIELIŃSKA Agnieszka	237	K30		18	00:14:47	00:29:53.80	00:30:13.00	+00:11:42 (38.7%)	5:58	10 (61.7%)
140	JUREK Monika	328	K30		19	00:15:20	00:30:02.50	00:30:14.30	+00:11:43 (38.8%)	6:00	10 (61.7%)
141	SUDOMIRSKI Adrian	379	M30		29	00:13:52	00:30:10.55	00:30:14.80	+00:11:44 (38.8%)	6:02	9.9 (61.1%)
142	STANISZEWSKI Konrad	33	M30		30	00:14:55	00:29:38.75	00:30:18.95	+00:11:48 (38.9%)	5:55	10.1 (62.3%)
143	IGNASIAK Bernadeta	402	Bieg z psem		4	00:14:42	00:29:50.90	00:30:20.10	+00:11:49 (39.0%)	5:58	10.1 (62.3%)
144	KOWALSKI Jakub	392	M20		14	00:14:24	00:29:31.50	00:30:23.05	+00:11:52 (39.1%)	5:54	10.2 (63.0%)
145	TYWCZYŃSKI Jacek	59	M40		35	00:15:12	00:30:03.20	00:30:23.85	+00:11:53 (39.1%)	6:00	10 (61.7%)
146	ANDROSHCHUK Mykhailo	206	M20		15	00:14:16	00:30:20.75	00:30:28.85	+00:11:58 (39.3%)	6:04	9.9 (61.1%)
147	PANFIL Paulina	6	K20		4	00:15:14	00:29:54.75	00:30:30.10	+00:11:59 (39.3%)	5:58	10 (61.7%)
148	BARALEI Andrii	207	M40		36	00:14:17	00:30:22.95	00:30:30.45	+00:11:59 (39.3%)	6:04	9.9 (61.1%)
149	BOROWA Łukasz	253	M40		37	00:14:57	00:30:28.15	00:30:32.10	+00:12:01 (39.4%)	6:05	9.8 (60.5%)
150	DOMOŃ Piotr	395	M30		31	00:15:34	00:30:04.85	00:30:33.75	+00:12:03 (39.4%)	6:00	10 (61.7%)
151	LEWANDOWSKA Sylwia	77	K40		14	00:15:20	00:30:05.30	00:30:35.60	+00:12:05 (39.5%)	6:01	10 (61.7%)
152	WIECZOREK Justyna	8	Bieg z psem		5	00:15:04	00:30:20.40	00:30:35.95	+00:12:05 (39.5%)	6:04	9.9 (61.1%)
153	WIŚNIEWSKI Adrian	219	M20		16	00:14:15	00:30:15.25	00:30:37.10	+00:12:06 (39.5%)	6:03	9.9 (61.1%)
154	MŁYNARCZYK Monika	324	K30		20	00:15:04	00:30:15.00	00:30:45.15	+00:12:14 (39.8%)	6:03	9.9 (61.1%)
155	BOROWSKA Amelia	127	D5 - dziewczynki		2	00:15:29	00:30:34.50	00:30:47.50	+00:12:16 (39.9%)	6:06	9.8 (60.5%)
156	BOROWA Agnieszka	310	K40		15	00:14:31	00:30:43.60	00:30:47.80	+00:12:17 (39.9%)	6:08	9.8 (60.5%)
157	WOLSKA Martyna	137	D5 - dziewczynki		3	00:15:29	00:30:35.00	00:30:47.90	+00:12:17 (39.9%)	6:07	9.8 (60.5%)
158	BÖTTCHER Kamil	188	M20		17	00:14:56	00:30:40.15	00:30:48.45	+00:12:17 (39.9%)	6:08	9.8 (60.5%)
159	NOWICKA Małgorzata	94	K30		21	00:15:39	00:30:34.60	00:30:50.95	+00:12:20 (40.0%)	6:06	9.8 (60.5%)
160	DALKIEWICZ Igor	325	Bieg z psem		6	00:15:39	00:30:35.20	00:30:51.00	+00:12:20 (40.0%)	6:07	9.8 (60.5%)
161	TOKARSKA Katarzyna	404	K40		16	00:15:03	00:30:52.40	00:30:57.50	+00:12:26 (40.2%)	6:10	9.7 (59.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
162	JOZWIK Jacek	211	M70		3	00:14:09	00:30:53.85	00:30:59.50	+00:12:28 (40.3%)	6:10	9.7 (59.9%)
163	BŁAŻEK-KOJRO Kasia	76	K40		17	00:15:21	00:30:31.00	00:30:59.90	+00:12:29 (40.3%)	6:06	9.8 (60.5%)
164	MAKSYM Ewelina	126	K40		18	00:15:06	00:30:30.85	00:31:06.60	+00:12:36 (40.5%)	6:06	9.8 (60.5%)
165	SKOWRON-BAJERSKA Paulina	394	K30		22	00:15:38	00:30:37.60	00:31:07.25	+00:12:36 (40.5%)	6:07	9.8 (60.5%)
166	KICINSKI Radoslaw	360	M40		38	00:14:38	00:30:54.70	00:31:09.20	+00:12:38 (40.6%)	6:10	9.7 (59.9%)
167	WOLSZCZAK Rafał	331	M40		39	00:15:07	00:30:49.80	00:31:09.70	+00:12:39 (40.6%)	6:09	9.7 (59.9%)
168	MĘŻYKOWSKI Krzysztof	222	M50		10	00:15:18	00:30:26.55	00:31:11.05	+00:12:40 (40.6%)	6:05	9.9 (61.1%)
169	DUBIESZKO Michał	25	M20		18	00:14:04	00:31:09.15	00:31:14.60	+00:12:44 (40.8%)	6:13	9.6 (59.3%)
170	MAŁKIŃSKA-BIĘGA Dorota	307	K30		23	00:14:52	00:30:44.40	00:31:18.60	+00:12:48 (40.9%)	6:08	9.8 (60.5%)
171	KNITTER Karina	338	K40		19	00:15:24	00:31:14.50	00:31:22.35	+00:12:51 (41.0%)	6:14	9.6 (59.3%)
172	DOBOSIEWICZ Sebastian	266	M40		40	00:15:18	00:30:39.35	00:31:23.90	+00:12:53 (41.0%)	6:07	9.8 (60.5%)
173	WÓJCIK Tomasz	168	M50		11	00:15:12	00:31:01.10	00:31:28.05	+00:12:57 (41.2%)	6:12	9.7 (59.9%)
174	YATSIUK Natalia	178	K30		24	00:14:54	00:31:19.05	00:31:34.80	+00:13:04 (41.4%)	6:15	9.6 (59.3%)
175	NOWICKA Tatiana	42	Bieg z psem		7	00:15:35	00:31:16.20	00:31:49.70	+00:13:19 (41.8%)	6:15	9.6 (59.3%)
176	GRALAK Robert	142	M40		41	00:15:43	00:31:42.00	00:31:51.50	+00:13:20 (41.9%)	6:20	9.5 (58.6%)
177	LEŚNIAK Dominik	339	M20		19	00:12:57	00:31:54.25	00:32:00.70	+00:13:30 (42.2%)	6:22	9.4 (58.0%)
178	GRUSZCZYŃSKI Mariusz	134	M30		32	00:15:30	00:31:18.80	00:32:01.30	+00:13:30 (42.2%)	6:15	9.6 (59.3%)
179	ROSZAK Kinga	145	D5 - dziewczynki		4	00:14:47	00:31:59.10	00:32:02.40	+00:13:31 (42.2%)	6:23	9.4 (58.0%)
180	ORŁOWICZ Monika	332	K30		25	00:15:43	00:32:03.20	00:32:14.65	+00:13:44 (42.6%)	6:24	9.4 (58.0%)
181	KONDACS Benjamin	140	M30		33	00:15:31	00:31:32.85	00:32:15.25	+00:13:44 (42.6%)	6:18	9.5 (58.6%)
182	KURCZEWSKI Aleksander	90	D4 - chłopcy		5	00:13:52	00:31:45.90	00:32:17.70	+00:13:47 (42.7%)	6:21	9.4 (58.0%)
183	FIEDLER Krzysztof	227	Bieg z psem		8	00:15:48	00:31:39.80	00:32:18.90	+00:13:48 (42.7%)	6:19	9.5 (58.6%)
184	ZYGIEL Paulina	99	K20		5	00:16:09	00:32:13.05	00:32:20.75	+00:13:50 (42.8%)	6:26	9.3 (57.4%)
185	KURCZEWSKI Mikołaj	79	M40		42	00:13:57	00:31:52.10	00:32:23.50	+00:13:52 (42.9%)	6:22	9.4 (58.0%)
186	BUREK Dorota	18	K40		20	00:15:46	00:32:14.00	00:32:25.75	+00:13:55 (42.9%)	6:26	9.3 (57.4%)
187	KACPERSKA Anna	135	K40		21	00:15:48	00:32:15.00	00:32:25.85	+00:13:55 (42.9%)	6:27	9.3 (57.4%)
188	DEMBIŃSKA Katarzyna	290	K30		26	00:15:56	00:31:40.30	00:32:29.60	+00:13:59 (43.0%)	6:20	9.5 (58.6%)
189	ALEKSANDER Alicja	139	K30		27	00:15:31	00:31:49.70	00:32:31.75	+00:14:01 (43.1%)	6:21	9.4 (58.0%)
190	LEMAŃSKA Agnieszka	388	K20		6	00:15:42	00:32:23.55	00:32:33.05	+00:14:02 (43.1%)	6:28	9.3 (57.4%)
191	RYDELSKA Marysia	118	Bieg z psem		9	00:16:18	00:32:03.25	00:32:42.65	+00:14:12 (43.4%)	6:24	9.4 (58.0%)
192	JAŻDŻEWSKA Marcelina	365	K30		28	00:15:19	00:32:04.30	00:32:43.80	+00:14:13 (43.4%)	6:24	9.4 (58.0%)
193	PARADOWSKA Anna	31	K40		22	00:15:01	00:32:59.40	00:33:01.70	+00:14:31 (44.0%)	6:35	9.1 (56.2%)
193	LEWANDOWSKA Sylwia	2	K30		29	00:15:01	00:32:59.45	00:33:01.70	+00:14:31 (44.0%)	6:35	9.1 (56.2%)
195	LEWANDOWSKI Robert	377	M40		43	00:15:00	00:32:59.95	00:33:01.80	+00:14:31 (44.0%)	6:35	9.1 (56.2%)
195	LEWANDOWSKA Kornelia	1	D2 - dziewczynki		1	00:14:59	00:32:59.80	00:33:01.80	+00:14:31 (44.0%)	6:35	9.1 (56.2%)
197	LEWANDOWSKI Paweł	3	M30		34	00:15:00	00:32:59.15	00:33:01.85	+00:14:31 (44.0%)	6:35	9.1 (56.2%)
198	OLECHNOWICZ Tomasz	270	M50		12	00:14:29	00:31:59.50	00:33:03.10	+00:14:32 (44.0%)	6:23	9.4 (58.0%)
199	BIEDROŃ Aleksandra	29	Bieg z psem		10	00:15:40	00:32:27.75	00:33:09.35	+00:14:38 (44.2%)	6:29	9.2 (56.8%)
200	CICHOCKA Anna	406	K50		5	00:16:07	00:32:58.25	00:33:15.95	+00:14:45 (44.4%)	6:35	9.1 (56.2%)
201	WITKOWSKI Marcin	264	M20		20	00:15:34	00:32:53.30	00:33:17.20	+00:14:46 (44.4%)	6:34	9.1 (56.2%)
202	OKOŃSKA Żaneta	12	K40		23	00:15:53	00:33:06.45	00:33:18.55	+00:14:47 (44.4%)	6:37	9.1 (56.2%)
203	OLECHNOWICZ Maciej	269	D4 - chłopcy		6	00:15:59	00:32:17.05	00:33:19.95	+00:14:49 (44.5%)	6:27	9.3 (57.4%)
204	DYPOLT Julia	347	K30		30	00:15:26	00:32:58.70	00:33:20.70	+00:14:50 (44.5%)	6:35	9.1 (56.2%)
205	ZWOLAK Danuta	125	K40		24	00:15:48	00:32:46.70	00:33:24.45	+00:14:53 (44.6%)	6:33	9.2 (56.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
206	JAWORSKA Mirosława	370	K60		2	00:16:34	00:33:07.10	00:33:29.35	+00:14:58 (44.7%)	6:37	9.1 (56.2%)
207	GRZELAK Kornelia	62	K40		25	00:16:22	00:33:17.45	00:33:33.20	+00:15:02 (44.8%)	6:39	9 (55.6%)
208	WOJTKOWIAK Marta	63	K30		31	00:16:23	00:33:17.85	00:33:33.30	+00:15:02 (44.8%)	6:39	9 (55.6%)
209	GIERACH Krzysztof	212	M70		4	00:16:30	00:33:14.80	00:33:40.05	+00:15:09 (45.0%)	6:38	9 (55.6%)
210	OLSZEWSKI Hubert	13	D1 - chłopcy		1	00:17:07	00:33:25.45	00:33:42.90	+00:15:12 (45.1%)	6:41	9 (55.6%)
211	OLSZEWSKI Szymon	9	M40		44	00:17:07	00:33:25.35	00:33:43.05	+00:15:12 (45.1%)	6:41	9 (55.6%)
212	KĘDZIERSKI Adam	383	M20		21	00:14:54	00:32:32.70	00:33:43.80	+00:15:13 (45.1%)	6:30	9.2 (56.8%)
213	ŻADŁO Tomasz	246	M40		45	00:16:54	00:33:18.50	00:33:44.40	+00:15:13 (45.1%)	6:39	9 (55.6%)
214	ŻADŁO Milena	249	K30		32	00:16:53	00:33:19.30	00:33:44.90	+00:15:14 (45.2%)	6:39	9 (55.6%)
215	MILEWSKA Violetta	344	K40		26	00:16:12	00:33:41.85	00:33:48.25	+00:15:17 (45.2%)	6:44	8.9 (54.9%)
216	SZCZEPAŃSKA Jarosława	66	K30		33	00:16:43	00:33:50.65	00:33:56.60	+00:15:26 (45.5%)	6:46	8.9 (54.9%)
217	KAWSKA Aneta	355	K30		34	00:15:59	00:33:56.50	00:34:01.65	+00:15:31 (45.6%)	6:47	8.8 (54.3%)
218	SNIEHUROVA Anastasiia	175	K20		7	00:15:51	00:33:43.75	00:34:04.20	+00:15:33 (45.7%)	6:44	8.9 (54.9%)
219	HAVRYLIUK Liliana	186	K20		8	00:16:29	00:33:48.55	00:34:12.70	+00:15:42 (45.9%)	6:45	8.9 (54.9%)
220	KUDŁA Kamila	326	K30		35	00:16:27	00:34:08.65	00:34:17.10	+00:15:46 (46.0%)	6:49	8.8 (54.3%)
221	DAMRATH Maja	320	K30		36	00:16:30	00:33:47.00	00:34:20.25	+00:15:49 (46.1%)	6:45	8.9 (54.9%)
222	BALICKA Joanna	64	K30		37	00:16:45	00:34:18.80	00:34:23.95	+00:15:53 (46.2%)	6:51	8.7 (53.7%)
223	WOJTANIS Magdalena	84	Nordic Walking		1	00:16:57	00:34:17.20	00:34:38.65	+00:16:08 (46.6%)	6:51	8.8 (54.3%)
224	PRIETZ Agata	60	K40		27	00:16:50	00:34:09.30	00:34:41.40	+00:16:10 (46.6%)	6:49	8.8 (54.3%)
225	KONICZYŃSKA Zuzanna	27	K40		28	00:16:45	00:34:44.40	00:34:47.20	+00:16:16 (46.8%)	6:56	8.6 (53.1%)
226	GARKOWSKI Paweł	274	M30		35	00:16:20	00:34:25.30	00:34:48.50	+00:16:17 (46.8%)	6:53	8.7 (53.7%)
227	SZREDER Jan	245	M20		22	00:16:26	00:34:48.80	00:34:53.00	+00:16:22 (46.9%)	6:57	8.6 (53.1%)
228	DĘBOWSKI Sebastian	5	M20		23	00:15:42	00:34:25.05	00:35:00.20	+00:16:29 (47.1%)	6:53	8.7 (53.7%)
229	ASTUKIEWICZ Agnieszka	24	K50		6	00:17:00	00:34:50.55	00:35:00.95	+00:16:30 (47.1%)	6:58	8.6 (53.1%)
230	BOIKO Andrii	176	M30		36	00:17:37	00:34:51.30	00:35:12.25	+00:16:41 (47.4%)	6:58	8.6 (53.1%)
231	LATUSHA Anastasia	177	K30		38	00:16:29	00:35:03.20	00:35:20.50	+00:16:49 (47.6%)	7:00	8.6 (53.1%)
232	RUDZIŃSKI Mateusz	203	M20		24	00:16:34	00:35:15.80	00:35:22.35	+00:16:51 (47.7%)	7:03	8.5 (52.5%)
233	MACIEJEWSKI Jakub	366	D3 - chłopcy		2	00:17:18	00:35:22.50	00:35:25.10	+00:16:54 (47.7%)	7:04	8.5 (52.5%)
234	MACIEJEWSKA Magdalena	369	K40		29	00:17:17	00:35:23.10	00:35:26.00	+00:16:55 (47.8%)	7:04	8.5 (52.5%)
235	NOWACZYK Dorota	45	K40		30	00:16:50	00:35:07.60	00:35:28.75	+00:16:58 (47.8%)	7:01	8.5 (52.5%)
236	TYWCZYŃSKA Anna	46	K40		31	00:16:50	00:35:07.85	00:35:28.80	+00:16:58 (47.8%)	7:01	8.5 (52.5%)
237	ZAWADZKA Monika	74	K30		39	00:16:51	00:34:59.30	00:35:30.35	+00:16:59 (47.9%)	6:59	8.6 (53.1%)
238	OŹDŹYŃSKA Patrycja	391	K30		40	00:17:14	00:35:01.70	00:35:32.75	+00:17:02 (47.9%)	7:00	8.6 (53.1%)
239	ASTUKIEWICZ Tomasz	21	M50		13	00:17:10	00:35:28.30	00:35:38.85	+00:17:08 (48.1%)	7:05	8.5 (52.5%)
240	BORUSZEWSKA MAKOWSKA Martyna	352	K30		41	00:16:57	00:35:21.70	00:35:43.10	+00:17:12 (48.2%)	7:04	8.5 (52.5%)
241	POTRZEBOWSKA Agata	105	Nordic Walking		2	00:17:26	00:35:24.90	00:35:49.70	+00:17:19 (48.3%)	7:04	8.5 (52.5%)
242	OSTROWSKA Justyna	56	K30		42	00:17:43	00:35:19.90	00:35:56.60	+00:17:26 (48.5%)	7:03	8.5 (52.5%)
243	POPIELA-LICA Iwona	358	K40		32	00:17:32	00:35:14.00	00:35:57.00	+00:17:26 (48.5%)	7:02	8.5 (52.5%)
244	POPIELA Maksymilian	359	M40		46	00:17:32	00:35:14.35	00:35:57.15	+00:17:26 (48.5%)	7:02	8.5 (52.5%)
245	CHUDECKA Beata	161	Bieg z psem		11	00:17:42	00:35:30.60	00:36:00.00	+00:17:29 (48.6%)	7:06	8.5 (52.5%)
246	KRZYWDZIŃSKA Lidia	373	K40		33	00:18:07	00:35:40.50	00:36:00.85	+00:17:30 (48.6%)	7:08	8.4 (51.9%)
247	WOLANOWSKA Małgorzata	15	K20		9	00:16:03	00:35:27.20	00:36:03.30	+00:17:32 (48.7%)	7:05	8.5 (52.5%)
248	BERTLING Monika	107	K30		43	00:17:00	00:35:42.75	00:36:05.90	+00:17:35 (48.7%)	7:08	8.4 (51.9%)
249	ŻYWICA Joanna	217	K40		34	00:17:00	00:35:42.70	00:36:06.10	+00:17:35 (48.7%)	7:08	8.4 (51.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
250	DOBROWOLSKA Patrycja	67	K30		44	00:17:14	00:36:04.00	00:36:09.80	+00:17:39 (48.8%)	7:12	8.3 (51.2%)
251	POLAWSKI Marcin	397	M40		47	00:17:48	00:36:02.85	00:36:47.50	+00:18:16 (49.7%)	7:12	8.3 (51.2%)
252	SZCZESIK Damian	111	Bieg z psem		12	00:19:19	00:35:52.95	00:36:49.15	+00:18:18 (49.7%)	7:10	8.4 (51.9%)
253	DZIRBA Joanna	182	K20		10	00:17:37	00:36:47.50	00:36:56.30	+00:18:25 (49.9%)	7:21	8.2 (50.6%)
254	WAŁASZEWSKI Andrzej	209	M30		37	00:17:34	00:36:47.70	00:36:57.10	+00:18:26 (49.9%)	7:21	8.2 (50.6%)
255	LENC Janusz	164	M70		5	00:19:02	00:36:29.60	00:36:59.85	+00:18:29 (50.0%)	7:17	8.2 (50.6%)
256	SIATKOWSKA Marta	243	D5 - dziewczynki		5	00:17:54	00:36:47.35	00:37:01.25	+00:18:30 (50.0%)	7:21	8.2 (50.6%)
257	PRZYBYŁA Agata	80	Bieg z psem		13	00:16:10	00:36:03.80	00:37:03.60	+00:18:33 (50.1%)	7:12	8.3 (51.2%)
258	SOŁDYGA Jolanta	73	Bieg z psem		14	00:18:05	00:36:54.70	00:37:12.70	+00:18:42 (50.3%)	7:22	8.1 (50.0%)
259	FIK Marek	172	M40		48	00:17:32	00:36:54.80	00:37:14.05	+00:18:43 (50.3%)	7:22	8.1 (50.0%)
260	WALORY Dominika	71	K30		45	00:17:37	00:35:42.35	00:37:23.40	+00:18:52 (50.5%)	7:08	8.4 (51.9%)
261	HARKUSHA Anastasiia	204	K20		11	00:18:11	00:37:04.65	00:37:25.65	+00:18:55 (50.5%)	7:24	8.1 (50.0%)
262	DABRAVOLSKI Maksym	205	M20		25	00:18:10	00:37:04.90	00:37:26.45	+00:18:55 (50.6%)	7:24	8.1 (50.0%)
263	JANAS Malwina	284	K30		46	00:18:07	00:37:14.05	00:37:30.10	+00:18:59 (50.6%)	7:26	8.1 (50.0%)
264	WÓJCIK Anna	167	K40		35	00:18:23	00:37:09.75	00:37:36.05	+00:19:05 (50.8%)	7:25	8.1 (50.0%)
265	LASSOTA Tomasz	102	Nordic Walking		3	00:17:35	00:37:17.85	00:37:40.20	+00:19:09 (50.9%)	7:27	8 (49.4%)
266	WAWRZYNIAK Sandra	129	Bieg z psem		15	00:17:41	00:37:10.35	00:37:48.65	+00:19:18 (51.0%)	7:26	8.1 (50.0%)
267	MIRZAIIEV Bahodir	187	M30		38	00:17:40	00:38:02.20	00:38:02.20	+00:19:31 (51.3%)	7:36	7.9 (48.8%)
268	KENIUK Lesia	193	K30		47	00:18:06	00:37:52.85	00:38:16.35	+00:19:45 (51.6%)	7:34	7.9 (48.8%)
269	SIATKOWSKA Anna	242	K40		36	00:18:07	00:38:07.35	00:38:21.85	+00:19:51 (51.8%)	7:37	7.9 (48.8%)
270	KUŁAKOWSKI Robert	262	M40		49	00:18:57	00:38:16.70	00:38:33.05	+00:20:02 (52.0%)	7:39	7.8 (48.1%)
271	MARCINIAK Anna	318	Nordic Walking		4	00:18:54	00:38:07.10	00:38:44.40	+00:20:13 (52.2%)	7:37	7.9 (48.8%)
272	MALENDOWICZ Wiktoria	226	D4 - dziewczynki		1	00:17:36	00:38:45.45	00:38:46.55	+00:20:15 (52.3%)	7:45	7.7 (47.5%)
273	KACZMAREK Paulina	109	K30		48	00:19:40	00:38:08.10	00:38:46.60	+00:20:16 (52.3%)	7:37	7.9 (48.8%)
274	SZREDER Weronika	225	D4 - dziewczynki		2	00:17:35	00:38:46.05	00:38:47.75	+00:20:17 (52.3%)	7:45	7.7 (47.5%)
275	PIECHOWSKA Magdalena	83	K40		37	00:19:27	00:38:40.35	00:38:52.10	+00:20:21 (52.4%)	7:44	7.8 (48.1%)
276	LEWANDOWSKI Robert	136	M50		14	00:18:13	00:38:47.60	00:38:52.70	+00:20:22 (52.4%)	7:45	7.7 (47.5%)
277	OLEJNICZAK Tomasz	232	Nordic Walking		5	00:19:14	00:38:37.80	00:38:54.85	+00:20:24 (52.4%)	7:43	7.8 (48.1%)
278	LEŚNIAK Edyta	340	K40		38	00:18:20	00:38:48.45	00:38:56.00	+00:20:25 (52.5%)	7:45	7.7 (47.5%)
279	NOWICKA Renata	333	K50		7	00:19:41	00:38:25.00	00:39:02.50	+00:20:31 (52.6%)	7:41	7.8 (48.1%)
279	NOWICKA Aldona	343	K30		49	00:19:43	00:38:26.25	00:39:02.50	+00:20:31 (52.6%)	7:41	7.8 (48.1%)
281	LEWANDOWSKA Paulina	371	K30		50	00:19:40	00:38:23.95	00:39:03.25	+00:20:32 (52.6%)	7:40	7.8 (48.1%)
282	RUDNIKOWSKI Andrzej	32	M50		15	00:18:59	00:38:26.90	00:39:06.40	+00:20:35 (52.7%)	7:41	7.8 (48.1%)
283	PARADOWSKI Jakub	337	D4 - chłopcy		7	00:18:30	00:39:08.70	00:39:11.50	+00:20:40 (52.8%)	7:49	7.7 (47.5%)
284	SOSIŃSA Angelika	341	Bieg z psem		16	00:18:30	00:39:08.35	00:39:11.60	+00:20:41 (52.8%)	7:49	7.7 (47.5%)
285	KIKMUNTER Magda	117	K30		51	00:18:47	00:38:45.75	00:39:22.50	+00:20:51 (53.0%)	7:45	7.7 (47.5%)
286	KŁYKOW Marcin	123	M40		50	00:18:45	00:38:44.70	00:39:22.80	+00:20:52 (53.0%)	7:44	7.7 (47.5%)
287	PIETRZAK Monika	261	Nordic Walking		6	00:19:18	00:38:56.15	00:39:22.90	+00:20:52 (53.0%)	7:47	7.7 (47.5%)
288	YURITSYNA Anastasiia	197	K20		12	00:18:55	00:39:24.15	00:39:44.50	+00:21:13 (53.4%)	7:52	7.6 (46.9%)
289	LAMANOV Dmytro	185	M20		26	00:18:58	00:39:26.85	00:39:45.95	+00:21:15 (53.5%)	7:53	7.6 (46.9%)
290	SUCHARA Jan	300	D2 - chłopcy		1	00:16:56	00:39:46.30	00:39:58.20	+00:21:27 (53.7%)	7:57	7.5 (46.3%)
291	SUCHARA Dariusz	297	M30		39	00:16:58	00:39:46.60	00:39:58.75	+00:21:28 (53.7%)	7:57	7.5 (46.3%)
292	WIŃSKI Adrian	153	Bieg z psem		17	00:19:20	00:39:25.40	00:39:59.65	+00:21:29 (53.7%)	7:53	7.6 (46.9%)
293	BUKOWSKI Tomasz	363	M30		40	00:19:19	00:39:25.25	00:40:00.90	+00:21:30 (53.7%)	7:53	7.6 (46.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
294	PŁACZEK-PATALAS Katarzyna	174	K30		52	00:18:56	00:39:43.15	00:40:02.85	+00:21:32 (53.8%)	7:56	7.6 (46.9%)
295	WELC Michał	160	M30		41	00:19:46	00:39:25.25	00:40:14.40	+00:21:43 (54.0%)	7:53	7.6 (46.9%)
296	FRASZ Paulina	158	K30		53	00:19:46	00:39:26.70	00:40:15.15	+00:21:44 (54.0%)	7:53	7.6 (46.9%)
297	FRASZ Robert	157	M30		42	00:19:46	00:39:26.40	00:40:15.20	+00:21:44 (54.0%)	7:53	7.6 (46.9%)
298	KOŚMIŃSKA Maja	93	D5 - dziewczynki		6	00:21:00	00:40:07.00	00:40:21.00	+00:21:50 (54.1%)	8:01	7.5 (46.3%)
299	KOŚMIŃSKI Krzysztof	92	M40		51	00:21:00	00:40:06.80	00:40:21.10	+00:21:50 (54.1%)	8:01	7.5 (46.3%)
300	PARADOWSKI Damian	357	M20		27	00:18:31	00:41:06.10	00:41:08.50	+00:22:37 (55.0%)	8:13	7.3 (45.1%)
301	PYPKOWSKA Agnieszka	346	K50		8	00:19:43	00:41:15.25	00:41:31.60	+00:23:01 (55.4%)	8:15	7.3 (45.1%)
302	KORALEWSKA Irena	327	K50		9	00:19:50	00:41:28.50	00:41:45.35	+00:23:14 (55.7%)	8:17	7.2 (44.4%)
303	IWANIUK Anita	215	K40		39	00:20:20	00:41:34.80	00:42:02.80	+00:23:32 (56.0%)	8:18	7.2 (44.4%)
304	PIERZGALSKA Anita	149	K40		40	00:20:18	00:41:35.95	00:42:03.10	+00:23:32 (56.0%)	8:19	7.2 (44.4%)
305	IWANIUK Jacek	133	M50		16	00:20:18	00:41:35.40	00:42:03.40	+00:23:32 (56.0%)	8:19	7.2 (44.4%)
306	PIERZGALSKI Jarek	148	M50		17	00:20:21	00:41:40.30	00:42:06.00	+00:23:35 (56.0%)	8:20	7.2 (44.4%)
307	ZIÓŁKOWSKA Anna	198	K40		41	00:20:49	00:41:43.50	00:42:07.95	+00:23:37 (56.1%)	8:20	7.2 (44.4%)
308	LASOTA Filip	121	D4 - chłopcy		8	00:19:16	00:42:02.15	00:42:08.15	+00:23:37 (56.1%)	8:24	7.1 (43.8%)
309	LASOTA Agata	119	K30		54	00:20:47	00:42:26.30	00:42:32.25	+00:24:01 (56.5%)	8:29	7.1 (43.8%)
310	OLECHNOWICZ Aneta	268	D5 - dziewczynki		7	00:20:33	00:41:37.80	00:42:39.85	+00:24:09 (56.6%)	8:19	7.2 (44.4%)
311	CHUDECKA Aleksandra	170	Bieg z psem		18	00:21:42	00:42:10.80	00:42:40.10	+00:24:09 (56.6%)	8:26	7.1 (43.8%)
312	ANGIEL Władysław	165	M70		6	00:20:52	00:42:55.40	00:42:59.05	+00:24:28 (56.9%)	8:35	7 (43.2%)
313	RAJKOWSKA Jowita	282	K40		42	00:21:58	00:43:03.50	00:43:27.80	+00:24:57 (57.4%)	8:36	7 (43.2%)
314	WRUK Justyna	255	Nordic Walking		7	00:22:06	00:43:49.35	00:43:59.45	+00:25:28 (57.9%)	8:45	6.8 (42.0%)
315	NOWAK Daniel	260	D3 - chłopcy		3	00:20:49	00:43:47.95	00:44:14.70	+00:25:44 (58.2%)	8:45	6.9 (42.6%)
316	ZALEWSKA Oliwia	289	Nordic Walking		8	00:22:03	00:44:11.20	00:44:45.60	+00:26:15 (58.6%)	8:50	6.8 (42.0%)
317	WAWRZYŃIAK Katarzyna	130	Bieg z psem		19	00:21:26	00:44:16.95	00:45:00.40	+00:26:29 (58.9%)	8:51	6.8 (42.0%)
318	TOPOROWSKA Magdalena	155	K20		13	00:21:42	00:44:15.65	00:45:02.95	+00:26:32 (58.9%)	8:51	6.8 (42.0%)
319	CH Patryk	231	Nordic Walking		9	00:23:37	00:44:56.15	00:45:03.65	+00:26:33 (58.9%)	8:59	6.7 (41.4%)
320	POPA Paulina	200	K30		55	00:21:07	00:45:02.90	00:45:05.90	+00:26:35 (59.0%)	9:00	6.7 (41.4%)
321	ZIÓŁKOWSKA Jagoda	199	K20		14	00:21:06	00:45:02.55	00:45:06.25	+00:26:35 (59.0%)	9:00	6.7 (41.4%)
322	ORCZYK Katarzyna	17	Nordic Walking		10	00:21:47	00:44:11.20	00:45:11.90	+00:26:41 (59.0%)	8:50	6.8 (42.0%)
323	ZALEWSKA Alina	288	Nordic Walking		11	00:22:36	00:45:18.20	00:45:52.10	+00:27:21 (59.6%)	9:03	6.6 (40.7%)
324	OLEJNICZAK Krystyna	233	Nordic Walking		12	00:22:43	00:46:04.40	00:46:19.55	+00:27:48 (60.0%)	9:12	6.5 (40.1%)
325	WNUKIEWICZ Róża	349	K40		43	00:21:56	00:45:25.60	00:46:19.70	+00:27:49 (60.0%)	9:05	6.6 (40.7%)
326	WNUKIEWICZ Mikołaj	351	D3 - chłopcy		4	00:21:56	00:45:25.35	00:46:20.00	+00:27:49 (60.1%)	9:05	6.6 (40.7%)
327	KIEŁCZYŃSKA Justyna	323	K30		56	00:21:17	00:46:10.80	00:46:57.15	+00:28:26 (60.6%)	9:14	6.5 (40.1%)
328	DUSZKIEWICZ Adam	312	M30		43	00:21:18	00:46:11.90	00:46:57.75	+00:28:27 (60.6%)	9:14	6.5 (40.1%)
329	SUCHARA Magdalena	298	K30		57	00:22:57	00:46:55.50	00:47:07.70	+00:28:37 (60.7%)	9:23	6.4 (39.5%)
330	SUCHARA Maria	299	D1 - dziewczynki		1	00:22:58	00:46:56.10	00:47:08.05	+00:28:37 (60.7%)	9:23	6.4 (39.5%)
331	FIEREK Bernadeta	115	Nordic Walking		13	00:23:32	00:46:51.35	00:47:30.05	+00:28:59 (61.0%)	9:22	6.4 (39.5%)
332	PAWLEWICZ Justyna	61	K50		10	00:23:23	00:47:32.45	00:48:08.10	+00:29:37 (61.5%)	9:30	6.3 (38.9%)
333	NOWIVKA Aleksandra	68	K40		44	00:23:24	00:47:33.60	00:48:08.15	+00:29:37 (61.5%)	9:30	6.3 (38.9%)
334	FIK Agata	173	D3 - dziewczynki		1	00:23:30	00:47:58.80	00:48:16.75	+00:29:46 (61.7%)	9:35	6.3 (38.9%)
335	SOŁDYGA Urszula	72	D3 - dziewczynki		2	00:23:30	00:48:05.10	00:48:23.20	+00:29:52 (61.7%)	9:37	6.2 (38.3%)
336	BARTCZAK Bartłomiej	250	D2 - chłopcy		2	00:27:07	00:48:37.70	00:48:37.70	+00:30:07 (61.9%)	9:43	6.2 (38.3%)
337	BARTCZAK Szymon	251	D1 - chłopcy		2	00:27:07	00:48:38.05	00:48:38.05	+00:30:07 (61.9%)	9:43	6.2 (38.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
338	LASSOTA Magdalena	311		Nordic Walking	14	00:24:48	00:48:25.95	00:48:50.40	+00:30:19 (62.1%)	9:41	6.2 (38.3%)
339	JUSTYNA Grochowska	43		K30	58	00:24:06	00:48:29.50	00:49:07.55	+00:30:36 (62.3%)	9:41	6.2 (38.3%)
340	SMARUJ - SADOWSKA Janina	210		Nordic Walking	15	00:24:42	00:48:49.50	00:49:23.05	+00:30:52 (62.5%)	9:45	6.1 (37.7%)
341	SAPA Dariusz	163		Nordic Walking	16	00:24:42	00:48:50.55	00:49:23.45	+00:30:52 (62.5%)	9:46	6.1 (37.7%)
342	LEWANDOWSKA Bożena	301		K60	3	00:23:36	00:49:09.05	00:49:33.95	+00:31:03 (62.7%)	9:49	6.1 (37.7%)
343	KĘDZIERSKI Michał	382		D3 - chłopcy	5	00:24:32	00:48:51.40	00:49:47.90	+00:31:17 (62.8%)	9:46	6.1 (37.7%)
344	KAMINSKI Jakub	354		M20	28	00:24:01	00:48:21.40	00:49:48.20	+00:31:17 (62.8%)	9:40	6.2 (38.3%)
345	KĘDZIERSKA Julia	234		K20	15	00:24:02	00:48:21.65	00:49:48.35	+00:31:17 (62.8%)	9:40	6.2 (38.3%)
346	NOWAK Natalia	87		Nordic Walking	17	00:24:38	00:49:36.95	00:50:05.30	+00:31:34 (63.0%)	9:55	6 (37.0%)
347	DOMBROWSKA Karolina	216		K30	59	00:24:29	00:49:28.45	00:50:05.65	+00:31:35 (63.0%)	9:53	6.1 (37.7%)
348	MLICKA Agnieszka	44		K40	45	00:24:35	00:49:36.40	00:50:08.80	+00:31:38 (63.1%)	9:55	6 (37.0%)
349	KĘDZIERSKA Natalia	277		Bieg z psem	20	00:24:34	00:49:52.75	00:50:51.70	+00:32:21 (63.6%)	9:58	6 (37.0%)
350	NOGA Kinga	330		Nordic Walking	18	00:26:24	00:50:58.50	00:51:09.20	+00:32:38 (63.8%)	10:11	5.9 (36.4%)
351	HORKA Izabela	321		Nordic Walking	19	00:26:23	00:50:58.65	00:51:09.80	+00:32:39 (63.8%)	10:11	5.9 (36.4%)
352	HUZAKOWSKI Zbigniew	287		Nordic Walking	20	00:24:38	00:50:40.05	00:51:16.35	+00:32:45 (63.9%)	10:08	5.9 (36.4%)
353	KRAJEŃSKA Daria	194		K30	60	00:26:41	00:52:32.05	00:52:55.55	+00:34:24 (65.0%)	10:30	5.7 (35.2%)
354	KRUCZKOWSKA Iwona	195		K40	46	00:26:43	00:52:33.60	00:52:55.80	+00:34:25 (65.0%)	10:30	5.7 (35.2%)
355	MORDALSKA Barbara	196		K50	11	00:26:55	00:52:34.20	00:52:58.20	+00:34:27 (65.1%)	10:30	5.7 (35.2%)
356	DUSZYŃSKA Katarzyna	247		Nordic Walking	21	00:26:19	00:52:24.50	00:53:17.45	+00:34:46 (65.3%)	10:28	5.7 (35.2%)
357	KUFEL Agnieszka	151		K20	16	00:26:20	00:52:24.80	00:53:17.85	+00:34:47 (65.3%)	10:28	5.7 (35.2%)
358	KUMKOWSKA Aleksandra	248		Nordic Walking	22	00:26:19	00:52:32.30	00:53:26.30	+00:34:55 (65.4%)	10:30	5.7 (35.2%)
359	TARASIK Franciszek	306		D2 - chłopcy	3	00:23:46	00:52:53.70	00:53:28.30	+00:34:57 (65.4%)	10:34	5.7 (35.2%)
360	TARASIK Elżbieta	30		K40	47	00:23:44	00:52:52.90	00:53:28.85	+00:34:58 (65.4%)	10:34	5.7 (35.2%)
361	TARASIK Krzysztof	75		M40	52	00:23:46	00:52:54.25	00:53:29.40	+00:34:58 (65.4%)	10:34	5.7 (35.2%)
362	WIŚNIEWSKI Leszek	19		Bieg z psem	21	00:20:03	00:54:24.75	00:55:22.75	+00:36:52 (66.6%)	10:52	5.5 (34.0%)
363	KĘDZIERSKA Kinga	265		K30	61	00:27:58	00:55:15.65	00:56:17.25	+00:37:46 (67.1%)	11:03	5.4 (33.3%)
364	KĘDZIERSKA Jolanta	381		Nordic Walking	23	00:28:01	00:55:19.20	00:56:17.50	+00:37:46 (67.1%)	11:03	5.4 (33.3%)
365	KĘDZIERSKI Szymon	278		M20	29	00:28:01	00:55:19.05	00:56:18.10	+00:37:47 (67.1%)	11:03	5.4 (33.3%)
366	RĘDZINA Agnieszka	124		Bieg z psem	22	00:27:34	00:55:35.55	00:56:22.80	+00:37:52 (67.2%)	11:07	5.4 (33.3%)
367	CZERNAK MALACHOWSKA Anna	36		Bieg z psem	23	00:27:35	00:55:36.20	00:56:23.00	+00:37:52 (67.2%)	11:07	5.4 (33.3%)
368	KĘDZIERSKA Lidia	256		K30	62	00:28:02	00:55:39.40	00:56:36.55	+00:38:05 (67.3%)	11:07	5.4 (33.3%)
369	PASTERNAKCI Marcin	257		M40	53	00:27:58	00:55:34.90	00:56:36.90	+00:38:06 (67.3%)	11:06	5.4 (33.3%)
370	OLECHNOWICZ Ana	267		Nordic Walking	24	00:26:51	00:55:40.45	00:57:07.50	+00:38:36 (67.6%)	11:08	5.4 (33.3%)
371	STANISZEWSKA Julia	54		D2 - dziewczynki	2	00:26:41	00:56:39.75	00:57:22.90	+00:38:52 (67.7%)	11:19	5.3 (32.7%)
Przekroczony limit czasu: 01:00:00											
372	STANISZEWSKI Zygmunt	53		Nordic Walking	25	00:29:46	01:01:20.90	01:02:04.25	+00:43:33 (70.2%)	12:16	4.9 (30.2%)
373	FIL Kamil	408		D0 - chłopcy	1	00:17:32			+00:08:47	7:00	8.6 (53.1%)
374	SZPAKOWSKI Wojciech	279		D1 - chłopcy	3	00:30:20			+00:22:15	12:08	4.9 (30.2%)
375	PALUCH Agnieszka	280		K30	63	00:30:21			+00:22:15	12:08	4.9 (30.2%)
376	MIELNICZUK Mariusz	116		M50	18	00:35:17			+00:26:14	14:06	4.3 (26.5%)
377	LIPKA Józef	235		M60	4	00:38:54			+00:32:31	15:33	3.9 (24.1%)
378	BAK Marta	50		D4 - dziewczynki	3						(0.0%)
379	PASTERNAKCI Oliwier	259		D0 - chłopcy	2						(0.0%)
380	KĘDZIERSKI Florian	258		D0 - chłopcy	3						(0.0%)

Znaleziono 380 wynik(ów)