

# JUMP RUN - CLASSIC

B4SPORT  
INTELIGENTNE ZAWODY SPORTOWE

**Wydarzenie:** JUMP RUN  
**Organizator:** Jump Run  
**Data:** 2023-05-21  
**Miejsce:** Poznań  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	KUJAWA Zbigniew	51	TKKF KOLEJARZ BYDGOSZCZ	OPEN-M	1	00:00:08	00:22:20.95	00:22:29.45		4:28	13.4 (100%)
2	SERAFIN Kamil	389		OPEN-M	2	00:00:55	00:26:25.15	00:27:20.60	+00:04:04 (15.4%)	5:17	11.4 (85.1%)
3	GÓRNIAK Piotr	28		OPEN-M	3	00:31:49	00:26:53.15	00:58:42.65	+00:04:32 (16.9%)	5:22	11.2 (83.6%)
4	KOWALSKI Kamil	47		OPEN-M	4	00:03:40	00:27:21.25	00:31:01.90	+00:05:00 (18.3%)	5:28	11 (82.1%)
5	CIESIELSKI Mateusz	13		OPEN-M	5	00:00:55	00:27:22.40	00:28:18.10	+00:05:01 (18.4%)	5:28	11 (82.1%)
6	KOWALSKI Krystian	48		OPEN-M	6	00:03:40	00:28:29.50	00:32:10.10	+00:06:08 (21.6%)	5:41	10.5 (78.4%)
7	SZCZYGIĘŁ Daniel	402		OPEN-M	7	00:00:08	00:28:53.85	00:29:02.50	+00:06:32 (22.7%)	5:46	10.4 (77.6%)
8	KRZYMIENIEWSKI Jan	49		OPEN-M	8	00:01:44	00:29:38.35	00:31:22.70	+00:07:17 (24.6%)	5:55	10.1 (75.4%)
9	STRÓŻYNA Mariusz	397		OPEN-M	9	00:00:55	00:29:46.20	00:30:41.60	+00:07:25 (24.9%)	5:57	10.1 (75.4%)
10	BIEDALAK Krzysztof	6		OPEN-M	10	00:02:41	00:30:57.15	00:33:38.20	+00:08:36 (27.8%)	6:11	9.7 (72.4%)
11	DĄBEK Tomasz	16		OPEN-M	11	00:00:08	00:30:59.25	00:31:07.55	+00:08:38 (27.9%)	6:11	9.7 (72.4%)
12	BURCHARDT Karol	127		OPEN-M	12	00:00:55	00:31:26.75	00:32:22.00	+00:09:05 (28.9%)	6:17	9.5 (70.9%)
13	MAZEPA Izabela	67		OPEN-K	1	00:02:40	00:31:30.25	00:34:11.20	+00:09:09 (29.1%)	6:18	9.5 (70.9%)
14	LEWANDOWSKI Łukasz	176		OPEN-M	13	00:03:40	00:32:01.10	00:35:41.70	+00:09:40 (30.2%)	6:24	9.4 (70.1%)
15	ZAGÓRSKI Krzysztof	424		OPEN-M	14	00:02:40	00:32:29.20	00:35:10.00	+00:10:08 (31.2%)	6:29	9.2 (68.7%)
16	BOROWIAK Magda	8		OPEN-K	2	00:01:44	00:33:09.85	00:34:53.90	+00:10:48 (32.6%)	6:37	9 (67.2%)
17	GNIOT Piotr	142		OPEN-M	15	00:38:28	00:33:10.65	01:11:39.10	+00:10:49 (32.6%)	6:38	9 (67.2%)
18	LUDWICZAK Hubert	178		OPEN-M	16	00:00:55	00:33:12.40	00:34:07.80	+00:10:51 (32.7%)	6:38	9 (67.2%)
19	BAGROWSKI Dominik	2		OPEN-M	17	00:04:38	00:33:47.00	00:38:25.60	+00:11:26 (33.8%)	6:45	8.9 (66.4%)
20	TRZAŚAŁSKI Łukasz	410		OPEN-M	18	00:05:47	00:34:19.95	00:40:07.70	+00:11:59 (34.9%)	6:51	8.7 (64.9%)
21	NIEWOLAK Dawid	69		OPEN-M	19	00:00:55	00:34:45.55	00:35:41.30	+00:12:24 (35.7%)	6:57	8.6 (64.2%)
22	PIETRZYKOWSKI Mateusz	371		OPEN-M	20	00:03:41	00:36:20.10	00:40:01.55	+00:13:59 (38.5%)	7:16	8.3 (61.9%)
23	FLIS Anna	23		OPEN-K	3	00:03:40	00:36:25.95	00:40:06.90	+00:14:05 (38.7%)	7:17	8.2 (61.2%)
24	GRABOWSKA Liliana	31		OPEN-K	4	00:05:47	00:36:28.10	00:42:15.75	+00:14:07 (38.7%)	7:17	8.2 (61.2%)
25	LIS Wiktor	56		OPEN-M	21	00:42:59	00:36:28.75	01:19:28.35	+00:14:07 (38.7%)	7:17	8.2 (61.2%)
26	NIEMIER Natalia	116		OPEN-K	5	00:09:02	00:37:01.55	00:46:03.65	+00:14:40 (39.6%)	7:24	8.1 (60.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
27	TASAREK Bartosz	92		OPEN-M	22	00:01:44	00:38:17.55	00:40:01.60	+00:15:56 (41.6%)	7:39	7.8 (58.2%)
28	MINGE Marta	68		OPEN-K	6	00:05:48	00:38:25.40	00:44:13.45	+00:16:04 (41.8%)	7:41	7.8 (58.2%)
29	STRÓŻYNA Marta	396		OPEN-K	7	00:03:40	00:38:48.85	00:42:29.80	+00:16:27 (42.4%)	7:45	7.7 (57.5%)
30	DOLAT Justyna	18		OPEN-K	8	00:02:41	00:38:53.65	00:41:34.70	+00:16:32 (42.5%)	7:46	7.7 (57.5%)
31	SAUKENS Daria	82		OPEN-K	9	00:10:51	00:39:20.05	00:50:11.30	+00:16:59 (43.2%)	7:52	7.6 (56.7%)
32	PATAN Aneta	77		OPEN-K	10	00:00:00	00:39:31.35	00:39:31.35	+00:17:10 (43.5%)	7:54	7.6 (56.7%)
33	RACZKIEWICZ Jakub	80		OPEN-M	23	00:09:01	00:40:14.15	00:49:15.85	+00:17:53 (44.5%)	8:02	7.5 (56.0%)
34	BENYSEK Monika	5		OPEN-K	11	00:01:44	00:40:32.50	00:42:16.55	+00:18:11 (44.9%)	8:06	7.4 (55.2%)
35	ORZECHOWSKA Kamila	73		OPEN-K	12	00:04:38	00:41:05.55	00:45:44.10	+00:18:44 (45.6%)	8:13	7.3 (54.5%)
36	SWARCEWICZ Beata	87		OPEN-K	13	00:04:38	00:41:06.05	00:45:44.20	+00:18:45 (45.6%)	8:13	7.3 (54.5%)
37	NOWACZYNA Edyta	440		OPEN-K	14	00:04:38	00:41:38.85	00:46:17.75	+00:19:17 (46.3%)	8:19	7.2 (53.7%)
38	DASIN Kiril	15		OPEN-M	24	00:37:12	00:42:11.10	01:19:23.40	+00:19:50 (47.0%)	8:26	7.1 (53.0%)
39	JANASIK Artur	151		OPEN-M	25	00:29:36	00:42:39.35	01:12:16.15	+00:20:18 (47.6%)	8:31	7 (52.2%)
40	LIPIECKI Marcin	177		OPEN-M	26	00:29:36	00:42:39.55	01:12:16.10	+00:20:18 (47.6%)	8:31	7 (52.2%)
41	KACZMAREK Jan	161		OPEN-M	27	00:29:36	00:42:39.65	01:12:16.10	+00:20:18 (47.6%)	8:31	7 (52.2%)
42	SAUKENS Zdzisław	83		OPEN-M	28	00:10:51	00:43:02.90	00:53:54.05	+00:20:41 (48.1%)	8:36	7 (52.2%)
43	MATYSEK Milena	66		OPEN-K	15	00:00:00	00:44:08.60	00:44:08.60	+00:21:47 (49.4%)	8:49	6.8 (50.7%)
44	SZCZYKUTOWICZ Kamil	403		OPEN-M	29	00:00:08	00:44:20.55	00:44:29.05	+00:21:59 (49.6%)	8:52	6.8 (50.7%)
45	CEBULSKI Piotr	130		OPEN-M	30	00:00:08	00:44:22.35	00:44:31.10	+00:22:01 (49.6%)	8:52	6.8 (50.7%)
46	WDOWIAK Emilian	97		OPEN-M	31	00:12:12	00:44:23.95	00:56:36.00	+00:22:03 (49.7%)	8:52	6.8 (50.7%)
47	GOSZCZ Kasandra	25		OPEN-K	16	00:12:11	00:44:24.05	00:56:35.95	+00:22:03 (49.7%)	8:52	6.8 (50.7%)
48	MILOCH Jakub	445		OPEN-M	32	00:06:57	00:45:05.50	00:52:02.95	+00:22:44 (50.4%)	9:01	6.7 (50.0%)
49	ABRAM Jacek	1		OPEN-M	33	00:01:44	00:45:07.00	00:46:51.25	+00:22:46 (50.5%)	9:01	6.6 (49.3%)
50	ĆWIAKĄŁA Agata	444		OPEN-K	17	00:06:57	00:45:24.30	00:52:22.10	+00:23:03 (50.8%)	9:04	6.6 (49.3%)
51	KLINKIEWICZ Maja	450		OPEN-K	18	00:06:57	00:45:33.55	00:52:31.20	+00:23:12 (50.9%)	9:06	6.6 (49.3%)
52	OLEJNIK Daniel	72	SZUFELKI	OPEN-M	34	00:06:58	00:46:32.00	00:53:30.10	+00:24:11 (52.0%)	9:18	6.4 (47.8%)
53	GANDZIARSKI Dawid	139		OPEN-M	35	00:45:57	00:47:27.25	01:33:24.75	+00:25:06 (52.9%)	9:29	6.3 (47.0%)
54	SIEMIENIEWSKA Monika	390		OPEN-K	19	00:16:38	00:47:45.60	01:04:24.30	+00:25:24 (53.2%)	9:33	6.3 (47.0%)
55	SZYMANOWICZ Bartosz	405		OPEN-M	36	00:16:38	00:47:48.65	01:04:27.35	+00:25:27 (53.3%)	9:33	6.3 (47.0%)
56	STACHOWSKA Marta	395		OPEN-K	20	00:30:53	00:47:51.25	01:18:44.90	+00:25:30 (53.3%)	9:34	6.3 (47.0%)
57	JUŁGA Jerzy	159		OPEN-M	37	00:30:53	00:47:51.30	01:18:44.80	+00:25:30 (53.3%)	9:34	6.3 (47.0%)
58	NOWOSIELSKA Ilona	71		OPEN-K	21	00:37:12	00:48:12.55	01:25:25.15	+00:25:51 (53.6%)	9:38	6.2 (46.3%)
59	GRAMS Natalia	32		OPEN-K	22	00:05:48	00:48:21.10	00:54:09.20	+00:26:00 (53.8%)	9:40	6.2 (46.3%)
60	GÓRNA Dorita	294		OPEN-K	23	00:05:47	00:48:21.60	00:54:09.20	+00:26:00 (53.8%)	9:40	6.2 (46.3%)
61	LIS Aleksandra	55		OPEN-K	24	00:42:59	00:48:45.65	01:31:45.00	+00:26:24 (54.2%)	9:45	6.2 (46.3%)
62	PIECHUŁA Maciej	368		OPEN-M	38	00:41:58	00:49:11.95	01:31:10.30	+00:26:51 (54.6%)	9:50	6.1 (45.5%)
63	OWCZARCZAK Adrian	74		OPEN-M	39	00:29:36	00:49:44.95	01:19:21.35	+00:27:24 (55.1%)	9:56	6 (44.8%)
64	KACZMAREK Łukasz	39		OPEN-M	40	00:29:36	00:49:45.10	01:19:21.70	+00:27:24 (55.1%)	9:57	6 (44.8%)
65	OWCZARCZAK Krystian	75		OPEN-M	41	00:29:36	00:49:45.20	01:19:21.60	+00:27:24 (55.1%)	9:57	6 (44.8%)
66	TRITT Katarzyna	93		OPEN-K	25	00:13:05	00:50:24.90	01:03:30.40	+00:28:03 (55.7%)	10:04	6 (44.8%)
67	JANKOWIAK Kamil	36		OPEN-M	42	00:13:05	00:50:25.30	01:03:30.50	+00:28:04 (55.7%)	10:05	6 (44.8%)
68	WOŹNIAK Beata	421		OPEN-K	26	00:04:38	00:50:41.85	00:55:20.45	+00:28:20 (55.9%)	10:08	5.9 (44.0%)
69	KĄKOLEWSKI Maciej	162		OPEN-M	43	00:19:01	00:51:34.80	01:10:35.95	+00:29:13 (56.7%)	10:18	5.8 (43.3%)
70	KOZAK Angelika	170		OPEN-K	27	00:19:00	00:51:34.85	01:10:35.35	+00:29:13 (56.7%)	10:18	5.8 (43.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	5km			
71	<b>KOZŁOWICZ Magdalena</b>	<b>172</b>		OPEN-K	28	00:44:30	<b>00:52:04.65</b>	<b>01:36:35.55</b>	+00:29:43 (57.1%)	10:24	5.8 (43.3%)
72	<b>WASIAK Henryka</b>	<b>415</b>		OPEN-K	29	00:32:57	<b>00:52:14.40</b>	<b>01:25:11.40</b>	+00:29:53 (57.2%)	10:26	5.7 (42.5%)
73	<b>KRUKOWSKA Agnieszka</b>	<b>173</b>		OPEN-K	30	00:32:56	<b>00:52:14.85</b>	<b>01:25:11.50</b>	+00:29:53 (57.2%)	10:26	5.7 (42.5%)
74	<b>NYCZ Joanna</b>	<b>196</b>		OPEN-K	31	00:32:56	<b>00:52:15.10</b>	<b>01:25:11.65</b>	+00:29:54 (57.2%)	10:27	5.7 (42.5%)
75	<b>NOWACKA Anna</b>	<b>192</b>		OPEN-K	32	00:44:31	<b>00:52:17.50</b>	<b>01:36:48.60</b>	+00:29:56 (57.3%)	10:27	5.7 (42.5%)
76	<b>BOGANOWICZ Tomasz</b>	<b>441</b>		OPEN-M	44	00:00:00	<b>00:52:25.45</b>	<b>00:52:25.45</b>	+00:30:04 (57.4%)	10:29	5.7 (42.5%)
77		<b>449</b>				00:00:00	<b>00:52:40.65</b>	<b>00:52:40.65</b>	+00:30:19 (57.6%)	10:32	5.7 (42.5%)
78	<b>MACHYNA Zofia</b>	<b>60</b>	***** ***	OPEN-K	33	00:13:05	<b>00:53:32.75</b>	<b>01:06:38.50</b>	+00:31:11 (58.3%)	10:42	5.6 (41.8%)
79	<b>MAJKOWSKI Dawid</b>	<b>64</b>		OPEN-M	45	00:12:12	<b>00:53:35.55</b>	<b>01:05:48.05</b>	+00:31:14 (58.3%)	10:43	5.6 (41.8%)
80	<b>ŚLEDŹ Mikołaj</b>	<b>90</b>	***** ***	OPEN-M	46	00:13:06	<b>00:53:37.05</b>	<b>01:06:43.40</b>	+00:31:16 (58.3%)	10:43	5.6 (41.8%)
81	<b>WRÓBLEWSKA Ewa</b>	<b>422</b>		OPEN-K	34	00:02:41	<b>00:53:40.90</b>	<b>00:56:22.20</b>	+00:31:19 (58.4%)	10:44	5.6 (41.8%)
82	<b>OBROCKA Weronika</b>	<b>197</b>		OPEN-K	35	00:02:40	<b>00:53:41.55</b>	<b>00:56:22.20</b>	+00:31:20 (58.4%)	10:44	5.6 (41.8%)
83	<b>PIECHOWIAK SROCZYŃSKA Monika</b>	<b>367</b>		OPEN-K	36	00:09:01	<b>00:53:51.05</b>	<b>01:02:52.35</b>	+00:31:30 (58.5%)	10:46	5.6 (41.8%)
84	<b>WELCZ Anna</b>	<b>417</b>		OPEN-K	37	00:09:01	<b>00:53:51.35</b>	<b>01:02:52.40</b>	+00:31:30 (58.5%)	10:46	5.6 (41.8%)
85	<b>PAPRZYCKA Paulina</b>	<b>118</b>		OPEN-K	38	00:09:01	<b>00:53:51.50</b>	<b>01:02:52.60</b>	+00:31:30 (58.5%)	10:46	5.6 (41.8%)
86	<b>MACHYNA Basia</b>	<b>61</b>	***** ***	OPEN-K	39	00:13:05	<b>00:53:56.85</b>	<b>01:07:02.70</b>	+00:31:35 (58.6%)	10:47	5.6 (41.8%)
87	<b>MACHYNA Paweł</b>	<b>62</b>	***** ***	OPEN-M	47	00:13:05	<b>00:53:57.65</b>	<b>01:07:03.30</b>	+00:31:36 (58.6%)	10:47	5.6 (41.8%)
88	<b>KONIECZNY Paweł</b>	<b>166</b>		OPEN-M	48	00:14:08	<b>00:53:59.55</b>	<b>01:08:07.55</b>	+00:31:38 (58.6%)	10:47	5.6 (41.8%)
89	<b>NOWAK Kacper</b>	<b>117</b>		OPEN-M	49	00:09:01	<b>00:54:04.65</b>	<b>01:03:05.75</b>	+00:31:43 (58.7%)	10:48	5.5 (41.0%)
90	<b>PUROL Martyna</b>	<b>376</b>		OPEN-K	40	00:09:01	<b>00:54:07.55</b>	<b>01:03:08.85</b>	+00:31:46 (58.7%)	10:49	5.5 (41.0%)
91	<b>MACIEJASZ Amelia</b>	<b>63</b>		OPEN-K	41	00:45:56	<b>00:54:12.40</b>	<b>01:40:09.35</b>	+00:31:51 (58.8%)	10:50	5.5 (41.0%)
92	<b>ŁYSIKOWSKA Klaudia</b>	<b>446</b>		OPEN-K	42	00:06:58	<b>00:54:41.05</b>	<b>01:01:39.20</b>	+00:32:20 (59.1%)	10:56	5.5 (41.0%)
93	<b>ZAKRZEWSKA Katarzyna</b>	<b>442</b>		OPEN-K	43	00:06:58	<b>00:54:41.10</b>	<b>01:01:39.10</b>	+00:32:20 (59.1%)	10:56	5.5 (41.0%)
94	<b>NOWAK Katarzyna</b>	<b>443</b>		OPEN-K	44	00:06:57	<b>00:54:41.50</b>	<b>01:01:39.30</b>	+00:32:20 (59.1%)	10:56	5.5 (41.0%)
95	<b>STASIEK Bartosz</b>	<b>86</b>		OPEN-M	50	00:13:05	<b>00:55:07.60</b>	<b>01:08:13.15</b>	+00:32:46 (59.5%)	11:01	5.4 (40.3%)
96	<b>CAPERNA Chantal</b>	<b>11</b>		OPEN-M	51	00:13:05	<b>00:55:08.20</b>	<b>01:08:13.35</b>	+00:32:47 (59.5%)	11:01	5.4 (40.3%)
97	<b>RUDNER Sebastian</b>	<b>387</b>		OPEN-M	52	00:17:47	<b>00:55:24.50</b>	<b>01:13:11.55</b>	+00:33:03 (59.7%)	11:04	5.4 (40.3%)
98	<b>RUDNER Anna</b>	<b>384</b>		OPEN-K	45	00:17:46	<b>00:55:25.40</b>	<b>01:13:12.35</b>	+00:33:04 (59.7%)	11:05	5.4 (40.3%)
99	<b>RUDNER Magdalena</b>	<b>386</b>		OPEN-K	46	00:17:47	<b>00:55:28.45</b>	<b>01:13:15.45</b>	+00:33:07 (59.7%)	11:05	5.4 (40.3%)
100	<b>PAWLICKA Tamara</b>	<b>362</b>		OPEN-K	47	00:49:20	<b>00:55:47.50</b>	<b>01:45:08.40</b>	+00:33:26 (59.9%)	11:09	5.4 (40.3%)
101	<b>RUDNER Dariusz</b>	<b>383</b>		OPEN-M	53	00:17:47	<b>00:55:51.40</b>	<b>01:13:38.85</b>	+00:33:30 (60.0%)	11:10	5.4 (40.3%)
102	<b>RUDNER Joanna</b>	<b>385</b>		OPEN-K	48	00:17:47	<b>00:55:51.80</b>	<b>01:13:39.05</b>	+00:33:30 (60.0%)	11:10	5.4 (40.3%)
103	<b>ODWAŻNY Krzysztof</b>	<b>199</b>		OPEN-M	54	00:02:41	<b>00:56:00.55</b>	<b>00:58:41.90</b>	+00:33:39 (60.1%)	11:12	5.4 (40.3%)
104	<b>ODWAŻNA Daria</b>	<b>198</b>		OPEN-K	49	00:02:41	<b>00:56:00.90</b>	<b>00:58:42.00</b>	+00:33:39 (60.1%)	11:12	5.4 (40.3%)
105	<b>ANDRZEJEWSKA Anna</b>	<b>120</b>		OPEN-K	50	00:49:20	<b>00:56:29.75</b>	<b>01:45:50.70</b>	+00:34:08 (60.4%)	11:17	5.3 (39.6%)
106	<b>BIELSKI Marcin</b>	<b>123</b>		OPEN-M	55	00:15:20	<b>00:57:07.65</b>	<b>01:12:28.40</b>	+00:34:46 (60.9%)	11:25	5.3 (39.6%)
107	<b>SHERYANOWA Karolina</b>	<b>447</b>		OPEN-K	51	00:06:58	<b>00:57:36.70</b>	<b>01:04:34.80</b>	+00:35:15 (61.2%)	11:31	5.2 (38.8%)
107	<b>KURNATOWSKA Zuzanna</b>	<b>52</b>		OPEN-K	51	00:34:06	<b>00:57:36.70</b>	<b>01:31:43.15</b>	+00:35:15 (61.2%)	11:31	5.2 (38.8%)
109	<b>BUKOWSKI Sebastian</b>	<b>9</b>		OPEN-M	56	00:34:06	<b>00:57:36.75</b>	<b>01:31:43.45</b>	+00:35:15 (61.2%)	11:31	5.2 (38.8%)
110	<b>CZUBASIAK Piotr</b>	<b>133</b>		OPEN-M	57	00:14:08	<b>00:58:00.45</b>	<b>01:12:08.75</b>	+00:35:39 (61.5%)	11:36	5.2 (38.8%)
111	<b>NAPIERAŁA Oliwia</b>	<b>191</b>		OPEN-K	53	00:14:08	<b>00:58:00.70</b>	<b>01:12:08.70</b>	+00:35:39 (61.5%)	11:36	5.2 (38.8%)
112	<b>KOWALSKI Piotr</b>	<b>46</b>		OPEN-M	58	00:32:56	<b>00:58:33.00</b>	<b>01:31:29.80</b>	+00:36:12 (61.8%)	11:42	5.1 (38.1%)
113	<b>ŁUKASZEWICZ Bartosz</b>	<b>59</b>		OPEN-M	59	00:42:59	<b>00:58:49.80</b>	<b>01:41:49.30</b>	+00:36:28 (62.0%)	11:45	5.1 (38.1%)
114	<b>BĄKIEWICZ Natalia</b>	<b>121</b>		OPEN-K	54	00:45:57	<b>00:59:05.45</b>	<b>01:45:02.80</b>	+00:36:44 (62.2%)	11:49	5.1 (38.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	5km			
115	LYSOHOR Olha	57		OPEN-K	55	00:22:39	00:59:25.90	01:22:05.10	+00:37:04 (62.4%)	11:53	5 (37.3%)
116	DZIENIS Monika	20		OPEN-K	56	00:19:00	00:59:40.15	01:18:40.30	+00:37:19 (62.5%)	11:56	5 (37.3%)
116	ZACHAREK Agnieszka	103		OPEN-K	56	00:19:00	00:59:40.15	01:18:40.60	+00:37:19 (62.5%)	11:56	5 (37.3%)
118	DUŻYK Magdalena	19		OPEN-K	58	00:19:00	00:59:40.25	01:18:40.50	+00:37:19 (62.5%)	11:56	5 (37.3%)
119	KOWALEWSKA Joanna	260		OPEN-K	59	00:50:45	01:00:09.65	01:50:55.15	+00:37:48 (62.9%)	12:01	5 (37.3%)
120	KORDYL Oliwia	269		OPEN-K	60	00:50:45	01:00:11.15	01:50:56.70	+00:37:50 (62.9%)	12:02	5 (37.3%)
121	FILIPIAK Olga	261		OPEN-K	61	00:50:45	01:00:11.50	01:50:57.40	+00:37:50 (62.9%)	12:02	5 (37.3%)
122	TROMBALA Agnieszka	94		OPEN-K	62	00:41:58	01:00:23.10	01:42:21.40	+00:38:02 (63.0%)	12:04	5 (37.3%)
123	SZPOTKOWSKA Julia	404		OPEN-K	63	00:14:08	01:00:39.80	01:14:48.15	+00:38:18 (63.2%)	12:07	4.9 (36.6%)
124	ONDRA Karol	200		OPEN-M	60	00:14:08	01:00:40.10	01:14:48.55	+00:38:19 (63.2%)	12:08	4.9 (36.6%)
125	KOŁODZIŃSKA Paulina	287		OPEN-K	64	00:50:45	01:00:50.00	01:51:35.60	+00:38:29 (63.3%)	12:10	4.9 (36.6%)
126	BARECKA Olga	3		OPEN-K	65	00:37:12	01:01:50.35	01:39:02.95	+00:39:29 (63.9%)	12:22	4.9 (36.6%)
127	BARECKI Darek	4		OPEN-M	61	00:37:12	01:01:50.50	01:39:03.10	+00:39:29 (63.9%)	12:22	4.9 (36.6%)
128	WALOREK Katarzyna	284		OPEN-K	66	00:32:56	01:01:55.30	01:34:51.80	+00:39:34 (63.9%)	12:23	4.8 (35.8%)
129	KAZIMIERCZAK Patrycja	268		OPEN-K	67	00:50:45	01:02:08.55	01:52:54.30	+00:39:47 (64.0%)	12:25	4.8 (35.8%)
130	BRZESKI Adrian	267		OPEN-M	62	00:50:45	01:02:08.80	01:52:54.20	+00:39:47 (64.0%)	12:25	4.8 (35.8%)
131	WRÓBLEWSKA Samanta	423		OPEN-K	68	00:30:53	01:02:56.30	01:33:50.15	+00:40:35 (64.5%)	12:35	4.8 (35.8%)
132	RUTKOWSKA - STESSEL Małgorzata	388		OPEN-K	69	00:30:53	01:02:56.40	01:33:50.15	+00:40:35 (64.5%)	12:35	4.8 (35.8%)
133	POLITOWSKA Natalia	373		OPEN-K	70	00:30:53	01:02:56.65	01:33:50.30	+00:40:35 (64.5%)	12:35	4.8 (35.8%)
134	GÓRNIAK Jarosław	30		OPEN-M	63	00:31:49	01:03:27.40	01:35:16.55	+00:41:06 (64.8%)	12:41	4.7 (35.1%)
135	XIONG Wanbing	102		OPEN-K	71	00:31:49	01:03:27.45	01:35:16.65	+00:41:06 (64.8%)	12:41	4.7 (35.1%)
136	GÓRNIAK Maria	29		OPEN-K	72	00:31:48	01:03:27.85	01:35:16.80	+00:41:06 (64.8%)	12:41	4.7 (35.1%)
137	PIECHUŁA Sylwia	369		OPEN-K	73	00:41:59	01:03:55.20	01:45:54.30	+00:41:34 (65.0%)	12:47	4.7 (35.1%)
138	JANKOWIAK Jakub	281		OPEN-M	64	00:52:57	01:05:12.75	01:58:09.90	+00:42:51 (65.7%)	13:02	4.6 (34.3%)
139	GÓRNIAK Jerzy	27		OPEN-M	65	00:31:49	01:05:22.85	01:37:12.30	+00:43:01 (65.8%)	13:04	4.6 (34.3%)
140	GÓRNIAK Elżbieta	26		OPEN-K	74	00:31:49	01:05:23.15	01:37:12.25	+00:43:02 (65.8%)	13:04	4.6 (34.3%)
141	WINIECKA Agnieszka	286		OPEN-K	75	00:30:53	01:05:40.90	01:36:34.80	+00:43:19 (66.0%)	13:08	4.6 (34.3%)
142	WINIECKI Bartłomiej	285		OPEN-M	66	00:30:53	01:05:41.00	01:36:34.75	+00:43:20 (66.0%)	13:08	4.6 (34.3%)
143	KACHLICKA Zuzanna	38		OPEN-K	76	00:48:16	01:05:52.75	01:54:08.85	+00:43:31 (66.1%)	13:10	4.6 (34.3%)
144	WIDELICKA Marta	98		OPEN-K	77	00:48:15	01:05:55.50	01:54:11.05	+00:43:34 (66.1%)	13:11	4.6 (34.3%)
145	BUDNER Borys	277		OPEN-M	67	00:52:05	01:05:56.00	01:58:01.55	+00:43:35 (66.1%)	13:11	4.6 (34.3%)
146	SIEIŃSKI Jan	84	TYLKO PIJEMY	OPEN-M	68	00:52:06	01:05:59.00	01:58:05.25	+00:43:38 (66.1%)	13:11	4.5 (33.6%)
147	BURCZYŃSKI Jarosław	10		OPEN-M	69	00:40:52	01:06:00.50	01:46:52.60	+00:43:39 (66.1%)	13:12	4.5 (33.6%)
148	FURMANIAK Radosław	138		OPEN-M	70	00:47:13	01:06:15.75	01:53:28.90	+00:43:54 (66.3%)	13:15	4.5 (33.6%)
149	PRZYBYŁ Julia	375		OPEN-K	78	00:47:13	01:06:15.95	01:53:29.10	+00:43:55 (66.3%)	13:15	4.5 (33.6%)
150	BURCZYŃSKA Edyta	128		OPEN-K	79	00:40:52	01:06:27.45	01:47:19.45	+00:44:06 (66.4%)	13:17	4.5 (33.6%)
151	KOŚMICKI Jakub	45	TYLKO PIJEMY	OPEN-M	71	00:52:56	01:06:35.90	01:59:32.60	+00:44:14 (66.4%)	13:19	4.5 (33.6%)
152	3 3	273		OPEN-M	72	00:52:57	01:06:36.75	01:59:33.90	+00:44:15 (66.4%)	13:19	4.5 (33.6%)
153	JANKOWIAK Maja	154		OPEN-K	80	00:38:28	01:06:38.70	01:45:07.30	+00:44:17 (66.5%)	13:19	4.5 (33.6%)
154	GLINIECKI Arkadiusz	141		OPEN-M	73	00:38:28	01:06:40.80	01:45:09.60	+00:44:19 (66.5%)	13:20	4.5 (33.6%)
155	JANKOWIAK Magdalena	153		OPEN-K	81	00:38:28	01:06:43.20	01:45:11.80	+00:44:22 (66.5%)	13:20	4.5 (33.6%)
156	NOWAK Maksymilian	194		OPEN-M	74	00:22:40	01:06:49.05	01:29:29.10	+00:44:28 (66.6%)	13:21	4.5 (33.6%)
157	POWĘZOWSKI Paweł	119		OPEN-M	75	00:38:28	01:06:50.05	01:45:19.00	+00:44:29 (66.6%)	13:22	4.5 (33.6%)
158	BURCZYŃSKA Joanna	129		OPEN-K	82	00:40:52	01:07:04.55	01:47:56.80	+00:44:43 (66.7%)	13:24	4.5 (33.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
159	<b>URBANOWICZ Weronika</b>	<b>412</b>		OPEN-K	83	00:49:20	<b>01:07:10.80</b>	<b>01:56:31.60</b>	+00:44:49 (66.7%)	13:26	4.5 (33.6%)
160	<b>FARJAN Aleksandra</b>	<b>21</b>		OPEN-K	84	00:41:58	<b>01:07:15.40</b>	<b>01:49:14.15</b>	+00:44:54 (66.8%)	13:27	4.5 (33.6%)
161	<b>BARANIAK Weronika</b>	<b>300</b>		OPEN-K	85	00:22:39	<b>01:07:15.45</b>	<b>01:29:54.75</b>	+00:44:54 (66.8%)	13:27	4.5 (33.6%)
162	<b>FARJAN Adrian</b>	<b>22</b>		OPEN-M	76	00:41:58	<b>01:07:16.05</b>	<b>01:49:14.30</b>	+00:44:55 (66.8%)	13:27	4.5 (33.6%)
163	<b>GAWRON Agnieszka</b>	<b>296</b>		OPEN-K	86	00:22:39	<b>01:07:35.00</b>	<b>01:30:14.30</b>	+00:45:14 (66.9%)	13:31	4.4 (32.8%)
164	<b>CHEREK Adam</b>	<b>271</b>		OPEN-M	77	00:35:35	<b>01:07:39.05</b>	<b>01:43:14.10</b>	+00:45:18 (67.0%)	13:31	4.4 (32.8%)
165	<b>PASZNIK Dominika</b>	<b>76</b>		OPEN-K	87	00:35:34	<b>01:07:39.80</b>	<b>01:43:14.55</b>	+00:45:18 (67.0%)	13:31	4.4 (32.8%)
166	<b>RADKE-NOWAK Joanna</b>	<b>377</b>		OPEN-K	88	00:22:39	<b>01:07:41.25</b>	<b>01:30:20.80</b>	+00:45:20 (67.0%)	13:32	4.4 (32.8%)
167	<b>KUBICKI Mariusz</b>	<b>50</b>		OPEN-M	78	00:16:38	<b>01:07:53.95</b>	<b>01:24:32.65</b>	+00:45:33 (67.1%)	13:34	4.4 (32.8%)
168	<b>SZYDLOWSKA Joanna</b>	<b>89</b>		OPEN-K	89	00:16:38	<b>01:07:54.20</b>	<b>01:24:32.65</b>	+00:45:33 (67.1%)	13:34	4.4 (32.8%)
169	<b>MASZTALERZ Michał</b>	<b>65</b>		OPEN-M	79	00:16:38	<b>01:07:54.25</b>	<b>01:24:33.10</b>	+00:45:33 (67.1%)	13:34	4.4 (32.8%)
170	<b>DĄBKIEWICZ Szymon</b>	<b>17</b>		OPEN-M	80	00:16:38	<b>01:07:54.55</b>	<b>01:24:32.80</b>	+00:45:33 (67.1%)	13:34	4.4 (32.8%)
171	<b>RATAJCZAK Ewa</b>	<b>380</b>		OPEN-K	90	00:10:51	<b>01:08:13.00</b>	<b>01:19:04.15</b>	+00:45:52 (67.2%)	13:38	4.4 (32.8%)
172	<b>SZYMAŃSKI Radosław</b>	<b>407</b>		OPEN-M	81	00:10:51	<b>01:08:13.10</b>	<b>01:19:04.50</b>	+00:45:52 (67.2%)	13:38	4.4 (32.8%)
173	<b>SZYMAŃSKA Aleksandra</b>	<b>406</b>		OPEN-K	91	00:10:51	<b>01:08:13.20</b>	<b>01:19:04.75</b>	+00:45:52 (67.2%)	13:38	4.4 (32.8%)
173	<b>BŁASZAK Monika</b>	<b>124</b>		OPEN-K	91	00:10:51	<b>01:08:13.20</b>	<b>01:19:04.45</b>	+00:45:52 (67.2%)	13:38	4.4 (32.8%)
175	<b>GWIAZDOWSKI Bartosz</b>	<b>109</b>		OPEN-M	82	00:44:32	<b>01:08:21.30</b>	<b>01:52:53.30</b>	+00:46:00 (67.3%)	13:40	4.4 (32.8%)
175	<b>JANURA Błażej</b>	<b>155</b>		OPEN-M	82	00:44:32	<b>01:08:21.30</b>	<b>01:52:53.60</b>	+00:46:00 (67.3%)	13:40	4.4 (32.8%)
177	<b>JANURA Aleksandra</b>	<b>156</b>		OPEN-K	93	00:44:31	<b>01:08:25.75</b>	<b>01:52:57.40</b>	+00:46:04 (67.3%)	13:41	4.4 (32.8%)
178	<b>GWIAZDOWSKA Natalia</b>	<b>108</b>		OPEN-K	94	00:44:31	<b>01:08:26.05</b>	<b>01:52:57.70</b>	+00:46:05 (67.3%)	13:41	4.4 (32.8%)
179	<b>PICZAK Paula</b>	<b>78</b>		OPEN-K	95	00:38:28	<b>01:08:30.00</b>	<b>01:46:58.75</b>	+00:46:09 (67.4%)	13:42	4.4 (32.8%)
180	<b>SIKORA Monika</b>	<b>85</b>		OPEN-K	96	00:38:29	<b>01:08:30.85</b>	<b>01:46:59.90</b>	+00:46:09 (67.4%)	13:42	4.4 (32.8%)
181	<b>KUJAWA Małgorzata</b>	<b>297</b>		OPEN-K	97	00:22:39	<b>01:08:39.70</b>	<b>01:31:19.30</b>	+00:46:18 (67.5%)	13:43	4.4 (32.8%)
182	<b>TESIONKOWSKA Katarzyna</b>	<b>298</b>		OPEN-K	98	00:22:39	<b>01:08:39.90</b>	<b>01:31:19.20</b>	+00:46:18 (67.5%)	13:43	4.4 (32.8%)
183	<b>ORKISZEWSKA Katarzyna</b>	<b>360</b>		OPEN-K	99	00:22:39	<b>01:08:40.00</b>	<b>01:31:19.40</b>	+00:46:19 (67.5%)	13:44	4.4 (32.8%)
184	<b>GROCHOWSKI Marcin</b>	<b>35</b>		OPEN-M	84	00:39:36	<b>01:08:50.55</b>	<b>01:48:27.15</b>	+00:46:29 (67.5%)	13:46	4.4 (32.8%)
185	<b>ŁUCKA Karolina</b>	<b>58</b>		OPEN-K	100	00:39:36	<b>01:08:54.30</b>	<b>01:48:30.80</b>	+00:46:33 (67.6%)	13:46	4.4 (32.8%)
186	<b>GRĄDZIELEWSKA Sabina</b>	<b>33</b>		OPEN-K	101	00:39:36	<b>01:09:04.05</b>	<b>01:48:40.20</b>	+00:46:43 (67.6%)	13:48	4.3 (32.1%)
187	<b>MICHALSKI Jakub</b>	<b>185</b>		OPEN-M	85	00:47:13	<b>01:09:04.65</b>	<b>01:56:18.15</b>	+00:46:43 (67.6%)	13:48	4.3 (32.1%)
188	<b>KUBACKA Izabela</b>	<b>174</b>		OPEN-K	102	00:47:13	<b>01:09:12.90</b>	<b>01:56:26.85</b>	+00:46:51 (67.7%)	13:50	4.3 (32.1%)
189	<b>MILOCH Wojciech</b>	<b>188</b>		OPEN-M	86	00:47:13	<b>01:09:15.20</b>	<b>01:56:28.35</b>	+00:46:54 (67.7%)	13:51	4.3 (32.1%)
190	<b>FOTTA Wiktoria</b>	<b>136</b>		OPEN-K	103	00:47:13	<b>01:09:16.10</b>	<b>01:56:29.45</b>	+00:46:55 (67.7%)	13:51	4.3 (32.1%)
191	<b>SZCZECHOWSKI Grzegorz</b>	<b>398</b>		OPEN-M	87	00:49:21	<b>01:09:38.35</b>	<b>01:58:59.55</b>	+00:47:17 (67.9%)	13:55	4.3 (32.1%)
192	<b>NOWAK Patrycja</b>	<b>195</b>		OPEN-K	104	00:49:20	<b>01:09:38.50</b>	<b>01:58:59.45</b>	+00:47:17 (67.9%)	13:55	4.3 (32.1%)
193	<b>2 2</b>	<b>262</b>		OPEN-M	88	00:48:15	<b>01:09:44.85</b>	<b>01:58:00.25</b>	+00:47:23 (68.0%)	13:56	4.3 (32.1%)
194	<b>1 1</b>	<b>263</b>		OPEN-M	89	00:48:15	<b>01:09:47.40</b>	<b>01:58:03.30</b>	+00:47:26 (68.0%)	13:57	4.3 (32.1%)
195	<b>SNUSZKA Zuzanna</b>	<b>393</b>		OPEN-K	105	00:12:11	<b>01:10:10.25</b>	<b>01:22:22.00</b>	+00:47:49 (68.2%)	14:02	4.3 (32.1%)
196	<b>KOPER Wojciech</b>	<b>44</b>		OPEN-M	90	00:34:06	<b>01:10:22.20</b>	<b>01:44:28.40</b>	+00:48:01 (68.2%)	14:04	4.3 (32.1%)
197	<b>LEJA Monika</b>	<b>54</b>		OPEN-K	106	00:34:06	<b>01:10:22.50</b>	<b>01:44:28.75</b>	+00:48:01 (68.2%)	14:04	4.3 (32.1%)
198	<b>WOŚ Anita</b>	<b>100</b>		OPEN-K	107	00:34:06	<b>01:10:22.60</b>	<b>01:44:28.85</b>	+00:48:01 (68.2%)	14:04	4.3 (32.1%)
199	<b>JĘDRZEJAK Mikołaj</b>	<b>37</b>		OPEN-M	91	00:34:06	<b>01:10:22.75</b>	<b>01:44:29.45</b>	+00:48:01 (68.2%)	14:04	4.3 (32.1%)
200	<b>PŁÓCIENNIK Katarzyna</b>	<b>79</b>		OPEN-K	108	00:34:06	<b>01:10:23.00</b>	<b>01:44:29.15</b>	+00:48:02 (68.2%)	14:04	4.3 (32.1%)
201	<b>JANERALCZYK Natalia</b>	<b>272</b>		OPEN-K	109	00:35:34	<b>01:10:50.50</b>	<b>01:46:25.35</b>	+00:48:29 (68.5%)	14:10	4.2 (31.3%)
202	<b>ŁĄCKI Dawid</b>	<b>179</b>		OPEN-M	92	00:17:47	<b>01:10:56.55</b>	<b>01:28:44.40</b>	+00:48:35 (68.5%)	14:11	4.2 (31.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
203	<b>SŁOWIK Agnieszka</b>	<b>438</b>		OPEN-K	110	00:17:47	<b>01:10:56.75</b>	<b>01:28:44.10</b>	+00:48:35 (68.5%)	14:11	4.2 (31.3%)
204	<b>SŁOWIK Katarzyna</b>	<b>437</b>		OPEN-K	111	00:17:47	<b>01:10:57.05</b>	<b>01:28:44.20</b>	+00:48:36 (68.5%)	14:11	4.2 (31.3%)
205	<b>ERNT Agnieszka</b>	<b>135</b>		OPEN-K	112	00:17:47	<b>01:10:57.30</b>	<b>01:28:44.55</b>	+00:48:36 (68.5%)	14:11	4.2 (31.3%)
206	<b>BŁOCH Julianna</b>	<b>125</b>		OPEN-K	113	00:12:12	<b>01:11:02.20</b>	<b>01:23:14.40</b>	+00:48:41 (68.5%)	14:12	4.2 (31.3%)
207	<b>CHRAPLAK Gabriella</b>	<b>132</b>		OPEN-K	114	00:12:11	<b>01:11:02.60</b>	<b>01:23:14.55</b>	+00:48:41 (68.5%)	14:12	4.2 (31.3%)
208	<b>ORZEŁEK Patrycja</b>	<b>361</b>		OPEN-K	115	00:12:11	<b>01:11:02.70</b>	<b>01:23:14.60</b>	+00:48:41 (68.5%)	14:12	4.2 (31.3%)
208	<b>JAKUBOWICZ Magdalena</b>	<b>110</b>		OPEN-K	115	00:12:11	<b>01:11:02.70</b>	<b>01:23:14.60</b>	+00:48:41 (68.5%)	14:12	4.2 (31.3%)
210	<b>KAŻMIERCZAK Piotr</b>	<b>40</b>	TYLKO PIJEMY	OPEN-M	93	00:52:56	<b>01:11:09.90</b>	<b>02:04:06.50</b>	+00:48:48 (68.6%)	14:13	4.2 (31.3%)
211	<b>JEDLIŃSKI Mariusz</b>	<b>283</b>		OPEN-M	94	00:52:56	<b>01:11:41.70</b>	<b>02:04:38.40</b>	+00:49:20 (68.8%)	14:20	4.2 (31.3%)
212	<b>KOPCZYŃSKA Ewelina</b>	<b>282</b>		OPEN-K	117	00:52:57	<b>01:11:43.75</b>	<b>02:04:40.75</b>	+00:49:22 (68.8%)	14:20	4.2 (31.3%)
213	<b>REIMAN Elwira</b>	<b>275</b>		OPEN-K	118	00:52:56	<b>01:11:45.10</b>	<b>02:04:41.65</b>	+00:49:24 (68.9%)	14:21	4.2 (31.3%)
214	<b>KAŻMIERCZAK Sara</b>	<b>41</b>	TYLKO PIJEMY	OPEN-K	119	00:52:05	<b>01:11:59.85</b>	<b>02:04:05.80</b>	+00:49:38 (69.0%)	14:23	4.2 (31.3%)
215	<b>KACZMAREK Marta</b>	<b>274</b>		OPEN-K	120	00:52:05	<b>01:12:34.45</b>	<b>02:04:40.30</b>	+00:50:13 (69.2%)	14:30	4.1 (30.6%)
216	<b>KACZMAREK Mateusz</b>	<b>276</b>		OPEN-M	95	00:52:05	<b>01:12:35.45</b>	<b>02:04:40.80</b>	+00:50:14 (69.2%)	14:31	4.1 (30.6%)
217	<b>STOLAREK Daniel</b>	<b>279</b>		OPEN-M	96	00:52:06	<b>01:12:39.80</b>	<b>02:04:46.45</b>	+00:50:18 (69.2%)	14:31	4.1 (30.6%)
218	<b>BĄCZKOWSKA Adriana</b>	<b>278</b>		OPEN-K	121	00:52:06	<b>01:12:39.90</b>	<b>02:04:46.30</b>	+00:50:18 (69.2%)	14:31	4.1 (30.6%)
219	<b>ŚWIDERSKI Arkadiusz</b>	<b>91</b>	SPORTOWE DZIKI	OPEN-M	97	00:42:59	<b>01:12:46.45</b>	<b>01:55:46.05</b>	+00:50:25 (69.3%)	14:33	4.1 (30.6%)
220	<b>REDAM Michalina</b>	<b>81</b>	SPORTOWE DZIKI	OPEN-K	122	00:42:59	<b>01:12:47.15</b>	<b>01:55:46.95</b>	+00:50:26 (69.3%)	14:33	4.1 (30.6%)
221	<b>ZIELIŃSKA Natalia</b>	<b>104</b>	SPORTOWE DZIKI	OPEN-K	123	00:42:59	<b>01:12:48.40</b>	<b>01:55:48.00</b>	+00:50:27 (69.3%)	14:33	4.1 (30.6%)
222	<b>GANDZIARSKI Aleksandra</b>	<b>140</b>		OPEN-K	124	00:45:57	<b>01:13:06.90</b>	<b>01:59:03.95</b>	+00:50:45 (69.4%)	14:37	4.1 (30.6%)
223	<b>HUCHEL Roksana</b>	<b>149</b>		OPEN-K	125	00:16:39	<b>01:13:10.20</b>	<b>01:29:49.20</b>	+00:50:49 (69.5%)	14:38	4.1 (30.6%)
224	<b>NOWAK Jessica</b>	<b>70</b>	TYLKO PIJEMY	OPEN-K	126	00:52:05	<b>01:13:14.10</b>	<b>02:05:19.90</b>	+00:50:53 (69.5%)	14:38	4.1 (30.6%)
225	<b>DIBELKA Jakub</b>	<b>134</b>		OPEN-M	98	00:32:56	<b>01:13:48.75</b>	<b>01:46:45.50</b>	+00:51:27 (69.7%)	14:45	4.1 (30.6%)
226	<b>JUREK Natalia</b>	<b>160</b>		OPEN-K	127	00:32:56	<b>01:13:48.90</b>	<b>01:46:45.55</b>	+00:51:27 (69.7%)	14:45	4.1 (30.6%)
227	<b>MIŚKIEWICZ Magdalena</b>	<b>190</b>		OPEN-K	128	00:35:34	<b>01:13:55.70</b>	<b>01:49:30.20</b>	+00:51:34 (69.8%)	14:47	4.1 (30.6%)
228	<b>NOWACKA Angelika</b>	<b>193</b>		OPEN-K	129	00:45:57	<b>01:13:57.05</b>	<b>01:59:54.25</b>	+00:51:36 (69.8%)	14:47	4.1 (30.6%)
229	<b>KĘDZIA Marta</b>	<b>163</b>		OPEN-K	130	00:35:35	<b>01:14:04.75</b>	<b>01:49:39.90</b>	+00:51:43 (69.8%)	14:48	4.1 (30.6%)
230	<b>WARZYCHA Bogna</b>	<b>414</b>		OPEN-K	131	00:35:34	<b>01:14:04.90</b>	<b>01:49:39.85</b>	+00:51:43 (69.8%)	14:48	4.1 (30.6%)
231	<b>LALLOUET Anna</b>	<b>114</b>		OPEN-K	132	00:35:34	<b>01:14:05.00</b>	<b>01:49:39.95</b>	+00:51:44 (69.8%)	14:49	4 (29.9%)
232	<b>WASZAK Beata</b>	<b>416</b>		OPEN-K	133	00:45:57	<b>01:14:34.55</b>	<b>02:00:32.20</b>	+00:52:13 (70.0%)	14:54	4 (29.9%)
233	<b>KĘPA Barbara</b>	<b>164</b>		OPEN-K	134	00:45:57	<b>01:14:35.55</b>	<b>02:00:32.85</b>	+00:52:14 (70.0%)	14:55	4 (29.9%)
234	<b>ROZMIAREK Anna</b>	<b>382</b>		OPEN-K	135	00:47:13	<b>01:14:39.95</b>	<b>02:01:53.00</b>	+00:52:19 (70.1%)	14:55	4 (29.9%)
235	<b>WOŹNIAK Beata</b>	<b>270</b>		OPEN-K	136	00:47:13	<b>01:14:40.15</b>	<b>02:01:53.20</b>	+00:52:19 (70.1%)	14:56	4 (29.9%)
236	<b>JANECZEK Kinga</b>	<b>152</b>		OPEN-K	137	00:47:12	<b>01:14:52.10</b>	<b>02:02:04.90</b>	+00:52:31 (70.1%)	14:58	4 (29.9%)
237	<b>WILCZYŃSKI Krzysztof</b>	<b>420</b>		OPEN-M	99	00:19:01	<b>01:15:05.00</b>	<b>01:34:06.10</b>	+00:52:44 (70.2%)	15:01	4 (29.9%)
238	<b>PFLAUM Maciej</b>	<b>366</b>		OPEN-M	100	00:19:00	<b>01:15:05.35</b>	<b>01:34:06.00</b>	+00:52:44 (70.2%)	15:01	4 (29.9%)
239	<b>PFLAUM Dorota</b>	<b>365</b>		OPEN-K	138	00:19:00	<b>01:15:05.70</b>	<b>01:34:06.35</b>	+00:52:44 (70.2%)	15:01	4 (29.9%)
240	<b>SZCZEPANIAK Jarosław</b>	<b>88</b>		OPEN-M	101	00:38:29	<b>01:15:15.10</b>	<b>01:53:44.20</b>	+00:52:54 (70.3%)	15:03	4 (29.9%)
241	<b>KOŚCIELNA Barbara</b>	<b>168</b>		OPEN-K	139	00:45:57	<b>01:15:45.10</b>	<b>02:01:43.00</b>	+00:53:24 (70.5%)	15:09	4 (29.9%)
242	<b>PIOTROWSKA Jolanta</b>	<b>372</b>		OPEN-K	140	00:45:57	<b>01:15:45.65</b>	<b>02:01:43.15</b>	+00:53:24 (70.5%)	15:09	4 (29.9%)
243	<b>LEWANDOWSKI Michał</b>	<b>115</b>		OPEN-M	102	00:40:52	<b>01:16:03.65</b>	<b>01:56:55.75</b>	+00:53:42 (70.6%)	15:12	3.9 (29.1%)
244	<b>NAKOIKINA Anastasia</b>	<b>264</b>		OPEN-K	141	00:50:46	<b>01:16:06.65</b>	<b>02:06:53.00</b>	+00:53:45 (70.6%)	15:13	3.9 (29.1%)
245	<b>SAKHNO Dmytro</b>	<b>265</b>		OPEN-M	103	00:50:45	<b>01:16:06.90</b>	<b>02:06:52.85</b>	+00:53:45 (70.6%)	15:13	3.9 (29.1%)
246	<b>HAŁA Anna</b>	<b>148</b>		OPEN-K	142	00:44:31	<b>01:16:14.50</b>	<b>02:00:45.50</b>	+00:53:53 (70.7%)	15:14	3.9 (29.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
247	<b>ROSIAK Anna</b>	<b>381</b>		OPEN-K	143	00:44:31	<b>01:16:20.45</b>	<b>02:00:51.80</b>	+00:53:59 (70.7%)	15:16	3.9 (29.1%)
248	<b>PAWŁOWSKA Maja</b>	<b>363</b>		OPEN-K	144	00:44:31	<b>01:16:22.20</b>	<b>02:00:53.70</b>	+00:54:01 (70.7%)	15:16	3.9 (29.1%)
249	<b>GOLAK Bartosz</b>	<b>24</b>		OPEN-M	104	00:48:15	<b>01:17:21.10</b>	<b>02:05:37.00</b>	+00:55:00 (71.1%)	15:28	3.9 (29.1%)
250	<b>LEHNHARDT Anna</b>	<b>53</b>		OPEN-K	145	00:37:12	<b>01:17:29.90</b>	<b>01:54:42.50</b>	+00:55:08 (71.2%)	15:29	3.9 (29.1%)
251	<b>WAWRZYNIAK Zuzanna</b>	<b>96</b>		OPEN-K	146	00:48:15	<b>01:17:43.90</b>	<b>02:05:59.80</b>	+00:55:22 (71.2%)	15:32	3.9 (29.1%)
252	<b>MISZTAL Agnieszka</b>	<b>189</b>		OPEN-K	147	00:39:36	<b>01:17:59.70</b>	<b>01:57:36.15</b>	+00:55:38 (71.3%)	15:35	3.8 (28.4%)
253	<b>WILUSZ Dominik</b>	<b>99</b>		OPEN-M	105	00:37:12	<b>01:18:06.25</b>	<b>01:55:18.85</b>	+00:55:45 (71.4%)	15:37	3.8 (28.4%)
254	<b>MARCINKOWSKA Joanna</b>	<b>182</b>		OPEN-K	148	00:39:36	<b>01:18:13.55</b>	<b>01:57:50.00</b>	+00:55:52 (71.4%)	15:38	3.8 (28.4%)
255	<b>IWAŃSKA Monika</b>	<b>150</b>		OPEN-K	149	00:39:36	<b>01:18:22.95</b>	<b>01:57:59.70</b>	+00:56:02 (71.5%)	15:40	3.8 (28.4%)
256	<b>JAUKSZ-ZALEWSKA Katarzyna</b>	<b>157</b>		OPEN-K	150	00:39:36	<b>01:18:23.45</b>	<b>01:57:59.65</b>	+00:56:02 (71.5%)	15:40	3.8 (28.4%)
257	<b>KMETKO Joanna</b>	<b>165</b>		OPEN-K	151	00:40:51	<b>01:19:04.35</b>	<b>01:59:56.20</b>	+00:56:43 (71.7%)	15:48	3.8 (28.4%)
258	<b>GOTOWCZYC Szymon</b>	<b>145</b>		OPEN-M	106	00:40:52	<b>01:19:41.40</b>	<b>02:00:33.70</b>	+00:57:20 (72.0%)	15:56	3.8 (28.4%)
259	<b>GOTOWCZYC Dagmara</b>	<b>144</b>		OPEN-K	152	00:40:51	<b>01:19:41.65</b>	<b>02:00:33.60</b>	+00:57:20 (72.0%)	15:56	3.8 (28.4%)
260	<b>PUSTKOWIAK Błażej</b>	<b>291</b>		OPEN-M	107	00:20:14	<b>01:19:45.10</b>	<b>01:39:59.70</b>	+00:57:24 (72.0%)	15:57	3.8 (28.4%)
261	<b>RUTKOWSKI Mikołaj</b>	<b>289</b>		OPEN-M	108	00:20:14	<b>01:19:46.50</b>	<b>01:40:00.90</b>	+00:57:25 (72.0%)	15:57	3.8 (28.4%)
262	<b>PUSTKOWIAK Miłosz</b>	<b>292</b>		OPEN-M	109	00:20:14	<b>01:19:57.75</b>	<b>01:40:11.85</b>	+00:57:36 (72.1%)	15:59	3.8 (28.4%)
263	<b>CZEKAŁA Aleksandra</b>	<b>290</b>		OPEN-K	153	00:20:14	<b>01:20:44.15</b>	<b>01:40:59.00</b>	+00:58:23 (72.3%)	16:08	3.7 (27.6%)
264	<b>CZEKAŁA Marta</b>	<b>293</b>		OPEN-K	154	00:20:15	<b>01:20:46.25</b>	<b>01:41:01.25</b>	+00:58:25 (72.3%)	16:09	3.7 (27.6%)
265	<b>KOJAT Krzysztof</b>	<b>42</b>		OPEN-M	110	00:20:15	<b>01:21:46.20</b>	<b>01:42:01.30</b>	+00:59:25 (72.7%)	16:21	3.7 (27.6%)
266	<b>BONIŚNIAK Joanna</b>	<b>7</b>		OPEN-K	155	00:20:14	<b>01:21:46.95</b>	<b>01:42:01.85</b>	+00:59:26 (72.7%)	16:21	3.7 (27.6%)
267	<b>WESOŁOWSKA Patrycja</b>	<b>418</b>		OPEN-K	156	00:15:21	<b>01:23:34.85</b>	<b>01:38:56.00</b>	+01:01:13 (73.3%)	16:42	3.6 (26.9%)
268	<b>SKIBIŃSKA Maja</b>	<b>391</b>		OPEN-K	157	00:15:21	<b>01:23:35.05</b>	<b>01:38:56.05</b>	+01:01:14 (73.3%)	16:43	3.6 (26.9%)
269	<b>SZCZEPAŃSKA Paulina</b>	<b>399</b>		OPEN-K	158	00:15:21	<b>01:23:35.25</b>	<b>01:38:56.90</b>	+01:01:14 (73.3%)	16:43	3.6 (26.9%)
270	<b>SZCZEPAŃSKA Martyna</b>	<b>401</b>		OPEN-K	159	00:15:21	<b>01:23:35.30</b>	<b>01:38:56.80</b>	+01:01:14 (73.3%)	16:43	3.6 (26.9%)
270	<b>GUBAŃSKI Krystian</b>	<b>146</b>		OPEN-M	111	00:15:21	<b>01:23:35.30</b>	<b>01:38:56.30</b>	+01:01:14 (73.3%)	16:43	3.6 (26.9%)
272	<b>WESOŁOWSKI Robert</b>	<b>419</b>		OPEN-M	112	00:15:21	<b>01:23:35.45</b>	<b>01:38:56.80</b>	+01:01:14 (73.3%)	16:43	3.6 (26.9%)
273	<b>GOŚLIŃSKA Agnieszka</b>	<b>143</b>		OPEN-K	160	00:15:21	<b>01:23:35.55</b>	<b>01:38:56.90</b>	+01:01:14 (73.3%)	16:43	3.6 (26.9%)
274	<b>CIEŚLAK Bartosz</b>	<b>288</b>		OPEN-M	113	00:15:22	<b>01:23:36.10</b>	<b>01:38:58.35</b>	+01:01:15 (73.3%)	16:43	3.6 (26.9%)
275	<b>SZCZEPAŃSKA Magdalena</b>	<b>400</b>		OPEN-K	161	00:15:21	<b>01:23:36.25</b>	<b>01:38:57.75</b>	+01:01:15 (73.3%)	16:43	3.6 (26.9%)
276	<b>CICHOREK Anna</b>	<b>12</b>		OPEN-K	162	00:00:00	<b>01:25:47.10</b>	<b>01:25:47.10</b>	+01:03:26 (73.9%)	17:09	3.5 (26.1%)

Znaleziono 276 wynik(ów)