

JUMP RUN - CLASSIC

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie: JUMP RUN
Organizator: Akademia Rozrywki
Data: 2023-09-17
Miejsce: Bydgoszcz
Dystans: 5 km



Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------|-------|---------------------|-----------|------|----------------|-------------------|--------------|--------------|
| 1 | MRUGAŁA Bartosz | 61 | | OPEN-M | 1 | 00:21:03.90 | | 4:12 | 14.3 (100%) |
| 2 | ANDRZEJEWSKA Sylwia | 1 | TEAMOCHAL | OPEN-K | 1 | 00:21:10.60 | +00:00:06 (0.5%) | 4:14 | 14.2 (99.3%) |
| 3 | MODLIŃSKI Łukasz | 57 | EXTREMALNI MOGILNO | OPEN-M | 2 | 00:25:38.95 | +00:04:35 (17.9%) | 5:07 | 11.7 (81.8%) |
| 4 | KULASIEWICZ Przemek | 44 | | OPEN-M | 3 | 00:26:31.25 | +00:05:27 (20.6%) | 5:18 | 11.3 (79.0%) |
| 5 | LEWANDOWSKI Michał | 47 | | OPEN-M | 4 | 00:28:05.95 | +00:07:02 (25.0%) | 5:37 | 10.7 (74.8%) |
| 6 | GRACZYK Daria | 23 | | OPEN-K | 2 | 00:28:51.05 | +00:07:47 (27.0%) | 5:46 | 10.4 (72.7%) |
| 7 | ASKUNTOWICZ Wojciech | 4 | | OPEN-M | 5 | 00:29:28.40 | +00:08:24 (28.5%) | 5:53 | 10.2 (71.3%) |
| 8 | STRACHANOWSKI Adam | 84 | | OPEN-M | 6 | 00:31:12.65 | +00:10:08 (32.5%) | 6:14 | 9.6 (67.1%) |
| 9 | SKROŚ Przemysław | 81 | | OPEN-M | 7 | 00:31:30.25 | +00:10:26 (33.1%) | 6:18 | 9.5 (66.4%) |
| 10 | MAĆKOWIAK Mateusz | 52 | | OPEN-M | 8 | 00:31:37.00 | +00:10:33 (33.4%) | 6:19 | 9.5 (66.4%) |
| 11 | ŁUCZAK Paweł | 56 | | OPEN-M | 9 | 00:31:37.55 | +00:10:33 (33.4%) | 6:19 | 9.5 (66.4%) |
| 12 | MASLOUSKAYA Natalia | 55 | | OPEN-K | 3 | 00:32:14.80 | +00:11:10 (34.7%) | 6:26 | 9.3 (65.0%) |
| 13 | KRZYWAŃSKA Aleksandra | 41 | BRYGADA | OPEN-K | 4 | 00:32:44.25 | +00:11:40 (35.7%) | 6:32 | 9.2 (64.3%) |
| 14 | MARCINIAK Paweł | 54 | | OPEN-M | 10 | 00:32:56.00 | +00:11:52 (36.0%) | 6:35 | 9.1 (63.6%) |
| 15 | SŁOMSKI Damian | 82 | | OPEN-M | 11 | 00:33:20.25 | +00:12:16 (36.8%) | 6:40 | 9 (62.9%) |
| 16 | ZDRANEK Filip | 165 | AVES | OPEN-M | 12 | 00:33:32.75 | +00:12:28 (37.2%) | 6:42 | 8.9 (62.2%) |
| 17 | RENI Oliwia | 220 | | OPEN-K | 5 | 00:33:41.35 | +00:12:37 (37.5%) | 6:44 | 8.9 (62.2%) |
| 18 | ROGALSKA Justyna | 179 | | OPEN-K | 6 | 00:34:12.70 | +00:13:08 (38.4%) | 6:50 | 8.8 (61.5%) |
| 19 | KSZŁ Łukasz | 177 | | OPEN-M | 13 | 00:34:16.20 | +00:13:12 (38.5%) | 6:51 | 8.8 (61.5%) |
| 20 | MASZLANKA Piotr | 206 | | OPEN-M | 14 | 00:34:55.30 | +00:13:51 (39.7%) | 6:59 | 8.6 (60.1%) |
| 21 | PIĄTKOWSKI Mateusz | 68 | | OPEN-M | 15 | 00:35:45.55 | +00:14:41 (41.1%) | 7:09 | 8.4 (58.7%) |
| 22 | PREDKI Jarosław | 74 | | OPEN-M | 16 | 00:36:35.20 | +00:15:31 (42.4%) | 7:19 | 8.2 (57.3%) |
| 23 | TRAWCZYŃSKA Katarzyna | 86 | | OPEN-K | 7 | 00:36:35.60 | +00:15:31 (42.4%) | 7:19 | 8.2 (57.3%) |
| 24 | SĄDOWSKA Agata | 78 | | OPEN-K | 8 | 00:36:48.55 | +00:15:44 (42.8%) | 7:21 | 8.2 (57.3%) |
| 25 | KRANC Miłosz | 42 | TAEKWONDO GROMOWSKI | OPEN-M | 17 | 00:36:48.65 | +00:15:44 (42.8%) | 7:21 | 8.2 (57.3%) |
| 26 | BERDYS Igor | 183 | | OPEN-M | 18 | 00:36:55.55 | +00:15:51 (43.0%) | 7:23 | 8.1 (56.6%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | Tempo min/km | Tempo km/h |
|-----|-----------------------------|------------|--------------------|-----------|------|--------------------|-------------------|--------------|-------------|
| | | | | | | netto 5km | Różn | | |
| 27 | BERDYS Maciej | 184 | | OPEN-M | 19 | 00:36:58.90 | +00:15:55 (43.0%) | 7:23 | 8.1 (56.6%) |
| 28 | JANKOWSKA Ula | 28 | | OPEN-K | 9 | 00:37:47.25 | +00:16:43 (44.3%) | 7:33 | 7.9 (55.2%) |
| 29 | DALASIŃSKI Kajetan | 12 | | OPEN-M | 20 | 00:38:13.85 | +00:17:09 (44.9%) | 7:38 | 7.8 (54.5%) |
| 30 | SZEWCZUK Sebastian | 209 | ASSECO ACTIVE TEAM | OPEN-M | 21 | 00:38:47.10 | +00:17:43 (45.7%) | 7:45 | 7.7 (53.8%) |
| 31 | SZEWCZUK Małgorzata | 208 | ASSECO ACTIVE TEAM | OPEN-K | 10 | 00:38:47.55 | +00:17:43 (45.7%) | 7:45 | 7.7 (53.8%) |
| 32 | PIASECKI Mateusz | 67 | | OPEN-M | 22 | 00:38:57.90 | +00:17:54 (45.9%) | 7:47 | 7.7 (53.8%) |
| 33 | JASTRZĘBSKI Błażej | 29 | STRAŻNICY UNITAXU | OPEN-M | 23 | 00:38:59.70 | +00:17:55 (46.0%) | 7:47 | 7.7 (53.8%) |
| 34 | | 168 | | | | 00:39:19.95 | +00:18:16 (46.4%) | 7:51 | 7.6 (53.1%) |
| 35 | GRZESZAK Sławomir | 205 | ASSECO ACTIVE TEAM | OPEN-M | 24 | 00:41:27.15 | +00:20:23 (49.2%) | 8:17 | 7.2 (50.3%) |
| 36 | WIERUCKI Jacek | 90 | | OPEN-M | 25 | 00:41:54.05 | +00:20:50 (49.7%) | 8:22 | 7.2 (50.3%) |
| 37 | PIWIŃSKA Iga | 72 | | OPEN-K | 11 | 00:41:54.10 | +00:20:50 (49.7%) | 8:22 | 7.2 (50.3%) |
| 38 | KINDERMAN Robert | 34 | | OPEN-M | 26 | 00:42:02.85 | +00:20:58 (49.9%) | 8:24 | 7.1 (49.7%) |
| 39 | | 170 | | | | 00:42:11.50 | +00:21:07 (50.1%) | 8:26 | 7.1 (49.7%) |
| 40 | PASTEWSKA Anna | 65 | | OPEN-K | 12 | 00:42:15.40 | +00:21:11 (50.1%) | 8:27 | 7.1 (49.7%) |
| 41 | DOBRZENIECH Mariusz | 162 | AVES | OPEN-M | 27 | 00:42:21.10 | +00:21:17 (50.3%) | 8:28 | 7.1 (49.7%) |
| 42 | | 163 | | | | 00:42:21.25 | +00:21:17 (50.3%) | 8:28 | 7.1 (49.7%) |
| 42 | SIROWSKA Anna | 161 | AVES | OPEN-K | 13 | 00:42:21.25 | +00:21:17 (50.3%) | 8:28 | 7.1 (49.7%) |
| 44 | KORCZYŃSKA Klaudia | 164 | AVES | OPEN-K | 14 | 00:42:21.35 | +00:21:17 (50.3%) | 8:28 | 7.1 (49.7%) |
| 45 | ŁAKOTA Magdalena | 50 | | OPEN-K | 15 | 00:42:40.75 | +00:21:36 (50.6%) | 8:32 | 7 (49.0%) |
| 46 | NOWICKI Marcin | 64 | | OPEN-M | 28 | 00:42:41.05 | +00:21:37 (50.6%) | 8:32 | 7 (49.0%) |
| 47 | ZIMMERMANN Agnieszka | 96 | TEAM TOŚCIK | OPEN-K | 16 | 00:43:29.75 | +00:22:25 (51.6%) | 8:41 | 6.9 (48.3%) |
| 48 | CYRUS Weronika | 11 | | OPEN-K | 17 | 00:43:32.50 | +00:22:28 (51.6%) | 8:42 | 6.9 (48.3%) |
| 49 | BIERNACKA Adrianna | 132 | | OPEN-K | 18 | 00:43:40.75 | +00:22:36 (51.8%) | 8:44 | 6.9 (48.3%) |
| 50 | HORECZY-WESTFAL Ewa | 133 | | OPEN-K | 19 | 00:43:40.85 | +00:22:36 (51.8%) | 8:44 | 6.9 (48.3%) |
| 51 | WALEWSKI Andrzej | 87 | | OPEN-M | 29 | 00:43:45.05 | +00:22:41 (51.9%) | 8:45 | 6.9 (48.3%) |
| 52 | MAKUSZEWSKI Mateusz | 53 | | OPEN-M | 30 | 00:43:55.80 | +00:22:51 (52.0%) | 8:47 | 6.8 (47.6%) |
| 53 | WĘC Kamila | 174 | NITRO-CHEM | OPEN-K | 20 | 00:44:10.25 | +00:23:06 (52.3%) | 8:50 | 6.8 (47.6%) |
| 54 | SPEJER Anna | 172 | NITRO-CHEM | OPEN-K | 21 | 00:44:10.80 | +00:23:06 (52.3%) | 8:50 | 6.8 (47.6%) |
| 55 | POLASIK Dawid | 169 | NITRO-CHEM | OPEN-M | 31 | 00:44:11.50 | +00:23:07 (52.3%) | 8:50 | 6.8 (47.6%) |
| 56 | PIECZKA Marcin | 173 | NITRO-CHEM | OPEN-M | 32 | 00:44:11.55 | +00:23:07 (52.3%) | 8:50 | 6.8 (47.6%) |
| 57 | TAGLEWSKI Rafał | 171 | NITRO-CHEM | OPEN-M | 33 | 00:44:12.35 | +00:23:08 (52.3%) | 8:50 | 6.8 (47.6%) |
| 58 | TOCZKO Jarosław | 175 | NITRO-CHEM | OPEN-M | 34 | 00:44:13.15 | +00:23:09 (52.4%) | 8:50 | 6.8 (47.6%) |
| 59 | MORDAKA Maciej | 58 | | OPEN-M | 35 | 00:45:01.45 | +00:23:57 (53.2%) | 9:00 | 6.7 (46.9%) |
| 60 | BRZYKCY Michał | 9 | | OPEN-M | 36 | 00:45:13.35 | +00:24:09 (53.4%) | 9:02 | 6.6 (46.2%) |
| 61 | WENC Małgorzata | 88 | TEAM TOŚCIK | OPEN-K | 22 | 00:45:31.00 | +00:24:27 (53.7%) | 9:06 | 6.6 (46.2%) |
| 62 | GŁOWACKI Patryk | 20 | | OPEN-M | 37 | 00:45:35.45 | +00:24:31 (53.8%) | 9:07 | 6.6 (46.2%) |
| 63 | BABIŻEWSKA Natalia | 5 | | OPEN-K | 23 | 00:46:00.35 | +00:24:56 (54.2%) | 9:12 | 6.5 (45.5%) |
| 64 | BISKUPSKI Robert | 7 | | OPEN-M | 38 | 00:46:12.90 | +00:25:09 (54.4%) | 9:14 | 6.5 (45.5%) |
| 65 | GRABOWSKI Borys | 22 | | OPEN-M | 39 | 00:46:13.70 | +00:25:09 (54.4%) | 9:14 | 6.5 (45.5%) |
| 66 | ZIELIŃSKA Joanna | 95 | | OPEN-K | 24 | 00:46:18.10 | +00:25:14 (54.5%) | 9:15 | 6.5 (45.5%) |
| 67 | PROC Aleksandra | 75 | | OPEN-K | 25 | 00:46:31.60 | +00:25:27 (54.7%) | 9:18 | 6.4 (44.8%) |
| 68 | SZYMACZEK Joanna | 85 | | OPEN-K | 26 | 00:46:32.20 | +00:25:28 (54.7%) | 9:18 | 6.4 (44.8%) |
| 69 | KAWSKA Aneta | 33 | | OPEN-K | 27 | 00:46:36.30 | +00:25:32 (54.8%) | 9:19 | 6.4 (44.8%) |
| 70 | | 166 | | | | 00:47:21.25 | +00:26:17 (55.5%) | 9:28 | 6.3 (44.1%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | Tempo min/km | Tempo km/h |
|-----|-------------------------------|------------|-------------------|-----------|------|--------------------|-------------------|--------------|-------------|
| | | | | | | netto 5km | Różn | | |
| 71 | DOMACHOWSKA Małgorzata | 16 | STRAŻNICY UNITAXU | OPEN-K | 28 | 00:47:21.60 | +00:26:17 (55.5%) | 9:28 | 6.3 (44.1%) |
| 72 | CHRIN Agata | 207 | | OPEN-K | 29 | 00:47:36.55 | +00:26:32 (55.8%) | 9:31 | 6.3 (44.1%) |
| 73 | BORUCKI Rafał | 8 | | OPEN-M | 40 | 00:47:39.95 | +00:26:36 (55.8%) | 9:31 | 6.3 (44.1%) |
| 74 | PETRI Aniela | 198 | | OPEN-K | 30 | 00:47:59.60 | +00:26:55 (56.1%) | 9:35 | 6.3 (44.1%) |
| 75 | MIERZBICZAK Łukasz | 178 | DZIK | OPEN-M | 41 | 00:48:22.10 | +00:27:18 (56.4%) | 9:40 | 6.2 (43.4%) |
| 76 | DĄBROWSKI Michał | 14 | | OPEN-M | 42 | 00:48:29.70 | +00:27:25 (56.6%) | 9:41 | 6.2 (43.4%) |
| 77 | PAWSKI Przemysław | 176 | | OPEN-M | 43 | 00:48:30.40 | +00:27:26 (56.6%) | 9:42 | 6.2 (43.4%) |
| 78 | MICH Kamila | 204 | | OPEN-K | 31 | 00:49:14.45 | +00:28:10 (57.2%) | 9:50 | 6.1 (42.7%) |
| 79 | DROPOWSKI Sebastian | 190 | SMPE | OPEN-M | 44 | 00:49:30.55 | +00:28:26 (57.5%) | 9:54 | 6.1 (42.7%) |
| 80 | KALOTKA Krzysztof | 189 | | OPEN-M | 45 | 00:49:31.20 | +00:28:27 (57.5%) | 9:54 | 6.1 (42.7%) |
| 81 | GÓRNY Andrzej | 186 | SMPE | OPEN-M | 46 | 00:49:31.55 | +00:28:27 (57.5%) | 9:54 | 6.1 (42.7%) |
| 82 | STANOWSKA Dorota | 187 | SMPE | OPEN-K | 32 | 00:49:31.90 | +00:28:28 (57.5%) | 9:54 | 6.1 (42.7%) |
| 83 | DELIŃSKA Natalia | 15 | | OPEN-K | 33 | 00:50:02.35 | +00:28:58 (57.9%) | 10:00 | 6 (42.0%) |
| 84 | SITEK Radosław | 79 | | OPEN-M | 47 | 00:50:02.40 | +00:28:58 (57.9%) | 10:00 | 6 (42.0%) |
| 85 | MROZIŃSKA Joanna | 60 | | OPEN-K | 34 | 00:50:02.45 | +00:28:58 (57.9%) | 10:00 | 6 (42.0%) |
| 86 | LITEWKA Tymon | 49 | | OPEN-M | 48 | 00:50:02.80 | +00:28:58 (57.9%) | 10:00 | 6 (42.0%) |
| 87 | MROZIŃSKA Martyna | 59 | | OPEN-K | 35 | 00:50:03.05 | +00:28:59 (57.9%) | 10:00 | 6 (42.0%) |
| 88 | BUCZYŃSKI Daniel | 10 | | OPEN-M | 49 | 00:50:18.90 | +00:29:15 (58.1%) | 10:03 | 6 (42.0%) |
| 89 | JANKE Marzena | 106 | | OPEN-K | 36 | 00:50:39.50 | +00:29:35 (58.4%) | 10:07 | 5.9 (41.3%) |
| 90 | MANOWSKI Hubert | 108 | | OPEN-M | 50 | 00:50:44.40 | +00:29:40 (58.5%) | 10:08 | 5.9 (41.3%) |
| 91 | PASTEWSKA Jagoda | 104 | | OPEN-K | 37 | 00:51:00.70 | +00:29:56 (58.7%) | 10:12 | 5.9 (41.3%) |
| 92 | ŁUKIAN Anna | 51 | | OPEN-K | 38 | 00:51:23.05 | +00:30:19 (59.0%) | 10:16 | 5.8 (40.6%) |
| 93 | ROSZAK Anna | 77 | | OPEN-K | 39 | 00:51:23.40 | +00:30:19 (59.0%) | 10:16 | 5.8 (40.6%) |
| 94 | JACKOWSKI Przemysław | 26 | | OPEN-M | 51 | 00:52:04.25 | +00:31:00 (59.5%) | 10:24 | 5.8 (40.6%) |
| 94 | ŚPICA Mateusz | 105 | | OPEN-M | 51 | 00:52:04.25 | +00:31:00 (59.5%) | 10:24 | 5.8 (40.6%) |
| 96 | GAŁKOWSKA Paulina | 19 | | OPEN-K | 40 | 00:52:04.85 | +00:31:00 (59.6%) | 10:24 | 5.8 (40.6%) |
| 97 | WABNIC Anna | 98 | | OPEN-K | 41 | 00:52:33.50 | +00:31:29 (59.9%) | 10:30 | 5.7 (39.9%) |
| 98 | LASZCZKOWSKA Adranna | 99 | | OPEN-K | 42 | 00:52:33.75 | +00:31:29 (59.9%) | 10:30 | 5.7 (39.9%) |
| 99 | POTEJKO Julita | 196 | ANIELICE | OPEN-K | 43 | 00:53:13.10 | +00:32:09 (60.4%) | 10:38 | 5.6 (39.2%) |
| 99 | FRAŃCZCZAK Tomasz | 201 | | OPEN-M | 53 | 00:53:13.10 | +00:32:09 (60.4%) | 10:38 | 5.6 (39.2%) |
| 101 | FRAŃCZCZAK Gosia | 202 | | OPEN-K | 44 | 00:53:13.65 | +00:32:09 (60.4%) | 10:38 | 5.6 (39.2%) |
| 102 | HEJANKOWSKA Karolina | 25 | | OPEN-K | 45 | 00:54:06.65 | +00:33:02 (61.1%) | 10:49 | 5.5 (38.5%) |
| 103 | ANTCZAK Natalia | 2 | | OPEN-K | 46 | 00:54:07.25 | +00:33:03 (61.1%) | 10:49 | 5.5 (38.5%) |
| 104 | GOŁĘBIEWSKI Paweł | 21 | | OPEN-M | 54 | 00:54:07.55 | +00:33:03 (61.1%) | 10:49 | 5.5 (38.5%) |
| 105 | ROBACZEWSKI Rafał | 188 | SMPE | OPEN-M | 55 | 00:54:53.00 | +00:33:49 (61.6%) | 10:58 | 5.5 (38.5%) |
| 106 | KUBIAK Magdalena | 100 | | OPEN-K | 47 | 00:55:02.30 | +00:33:58 (61.7%) | 11:00 | 5.5 (38.5%) |
| 107 | DUMAŁO Dariusz | 103 | | OPEN-M | 56 | 00:55:02.35 | +00:33:58 (61.7%) | 11:00 | 5.5 (38.5%) |
| 108 | GRODZICKA Marlena | 24 | BOJAKNIEMYTOKTO | OPEN-K | 48 | 00:55:36.20 | +00:34:32 (62.1%) | 11:07 | 5.4 (37.8%) |
| 109 | ZABOROWSKA Julita | 93 | BOJAKNIEMYTOKTO | OPEN-K | 49 | 00:55:36.30 | +00:34:32 (62.1%) | 11:07 | 5.4 (37.8%) |
| 110 | LATOCHA Natalia | 45 | | OPEN-K | 50 | 00:55:38.65 | +00:34:34 (62.1%) | 11:07 | 5.4 (37.8%) |
| 111 | JANKIEWICZ Emilia | 27 | | OPEN-K | 51 | 00:55:39.15 | +00:34:35 (62.1%) | 11:07 | 5.4 (37.8%) |
| 112 | LATOCHA Aleksandra | 46 | | OPEN-K | 52 | 00:55:39.25 | +00:34:35 (62.2%) | 11:07 | 5.4 (37.8%) |
| 113 | MARKIEWICZ Karolina | 181 | | OPEN-K | 53 | 00:57:23.20 | +00:36:19 (63.3%) | 11:28 | 5.2 (36.4%) |
| 114 | LEWANDOWSKI Maciej | 185 | | OPEN-M | 57 | 00:57:26.60 | +00:36:22 (63.3%) | 11:29 | 5.2 (36.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas | | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------|------------|-----------|------|-------------|-------------------|--------------|-------------|
| | | | | | | netto 5km | Różn | | |
| 115 | KUJAWA Damian | 43 | | OPEN-M | 58 | 00:57:34.70 | +00:36:30 (63.4%) | 11:30 | 5.2 (36.4%) |
| 116 | SZCZERBA Krzysztof | 182 | | OPEN-M | 59 | 00:57:35.55 | +00:36:31 (63.4%) | 11:31 | 5.2 (36.4%) |
| 116 | LIPOWSKA Adrianna | 48 | | OPEN-K | 54 | 00:57:35.55 | +00:36:31 (63.4%) | 11:31 | 5.2 (36.4%) |
| 118 | DALESZCZYK Joanna | 13 | | OPEN-K | 55 | 00:57:36.25 | +00:36:32 (63.4%) | 11:31 | 5.2 (36.4%) |
| 119 | NOWAK Daria | 63 | | OPEN-K | 56 | 00:57:36.35 | +00:36:32 (63.4%) | 11:31 | 5.2 (36.4%) |
| 120 | POCZEKAJ Katarzyna | 73 | | OPEN-K | 57 | 00:57:37.05 | +00:36:33 (63.4%) | 11:31 | 5.2 (36.4%) |
| 121 | KOZŁOWSKI Jakub | 40 | | OPEN-M | 60 | 00:57:37.40 | +00:36:33 (63.4%) | 11:31 | 5.2 (36.4%) |
| 122 | PIETRZAK Dawid | 71 | | OPEN-M | 61 | 00:57:45.75 | +00:36:41 (63.5%) | 11:33 | 5.2 (36.4%) |
| 123 | JĘDRUSIAK Monika | 31 | | OPEN-K | 58 | 00:57:46.35 | +00:36:42 (63.5%) | 11:33 | 5.2 (36.4%) |
| 124 | SKIBIŃSKI Sebastian | 80 | | OPEN-M | 62 | 00:57:46.40 | +00:36:42 (63.5%) | 11:33 | 5.2 (36.4%) |
| 125 | KOWAL Monika | 37 | | OPEN-K | 59 | 00:57:46.85 | +00:36:42 (63.5%) | 11:33 | 5.2 (36.4%) |
| 126 | TRZCIŃSKI Krzysztof | 194 | | OPEN-M | 63 | 00:58:42.35 | +00:37:38 (64.1%) | 11:44 | 5.1 (35.7%) |
| 127 | SZCZEPANIAK Paulina | 195 | | OPEN-K | 60 | 00:58:42.95 | +00:37:39 (64.1%) | 11:44 | 5.1 (35.7%) |
| 128 | MAJEWICZ Angelika | 192 | | OPEN-K | 61 | 00:58:43.80 | +00:37:39 (64.1%) | 11:44 | 5.1 (35.7%) |
| 129 | GŁOWACKI Krystian | 191 | C7 | OPEN-M | 64 | 00:58:44.55 | +00:37:40 (64.1%) | 11:44 | 5.1 (35.7%) |
| 130 | CIESZYŃSKI Piotr | 193 | | OPEN-M | 65 | 00:58:46.05 | +00:37:42 (64.2%) | 11:45 | 5.1 (35.7%) |
| 131 | KALKA Marcin | 32 | | OPEN-M | 66 | 01:00:11.50 | +00:39:07 (65.0%) | 12:02 | 5 (35.0%) |
| 132 | DURCZYŃSKA-NIEMCZYK Justyna | 17 | | OPEN-K | 62 | 01:00:30.85 | +00:39:26 (65.2%) | 12:06 | 5 (35.0%) |
| 133 | WESOŁEK Sławomir | 130 | | OPEN-M | 67 | 01:00:31.65 | +00:39:27 (65.2%) | 12:06 | 5 (35.0%) |
| 134 | ROMAŃSKA-GRZELAK Angelika | 76 | | OPEN-K | 63 | 01:00:31.75 | +00:39:27 (65.2%) | 12:06 | 5 (35.0%) |
| 135 | ANTYBORZEC Marianna | 3 | | OPEN-K | 64 | 01:00:32.00 | +00:39:28 (65.2%) | 12:06 | 5 (35.0%) |
| 136 | GRYCZKA Michał | 131 | | OPEN-M | 68 | 01:00:35.90 | +00:39:32 (65.2%) | 12:07 | 5 (35.0%) |
| 137 | JAWORSKA Mirosława | 219 | | OPEN-K | 65 | 01:00:51.50 | +00:39:47 (65.4%) | 12:10 | 4.9 (34.3%) |
| 138 | GNUTER Małgorzata | 211 | | OPEN-K | 66 | 01:00:52.05 | +00:39:48 (65.4%) | 12:10 | 4.9 (34.3%) |
| 138 | HOŁODNIAK Agnieszka | 210 | | OPEN-K | 66 | 01:00:52.05 | +00:39:48 (65.4%) | 12:10 | 4.9 (34.3%) |
| 140 | PARCZEWSKA Katarzyna | 213 | | OPEN-K | 68 | 01:00:52.30 | +00:39:48 (65.4%) | 12:10 | 4.9 (34.3%) |
| 141 | SZERWCZUK Barbara | 212 | | OPEN-K | 69 | 01:00:52.40 | +00:39:48 (65.4%) | 12:10 | 4.9 (34.3%) |
| 142 | MYK Paulina | 62 | | OPEN-K | 70 | 01:01:01.05 | +00:39:57 (65.5%) | 12:12 | 4.9 (34.3%) |
| 143 | EJANKOWSKA Karolina | 18 | | OPEN-K | 71 | 01:01:01.30 | +00:39:57 (65.5%) | 12:12 | 4.9 (34.3%) |
| 144 | KOWALSKA Jagoda | 39 | | OPEN-K | 72 | 01:01:01.60 | +00:39:57 (65.5%) | 12:12 | 4.9 (34.3%) |
| 145 | BEZNOŚYUK Kateryna | 109 | | OPEN-K | 73 | 01:02:37.45 | +00:41:33 (66.4%) | 12:31 | 4.8 (33.6%) |
| 146 | PUTZ Wiktoria | 128 | | OPEN-K | 74 | 01:02:38.25 | +00:41:34 (66.4%) | 12:31 | 4.8 (33.6%) |
| 147 | RAGUS Arkadiusz | 218 | | OPEN-M | 69 | 01:03:13.90 | +00:42:10 (66.7%) | 12:38 | 4.7 (32.9%) |
| 148 | KRETOWICZ Piotr | 214 | BLUHOLDING | OPEN-M | 70 | 01:03:14.70 | +00:42:10 (66.7%) | 12:38 | 4.7 (32.9%) |
| 149 | CIESIELSKI Łukasz | 217 | | OPEN-M | 71 | 01:03:29.75 | +00:42:25 (66.8%) | 12:41 | 4.7 (32.9%) |
| 150 | SZULC Mikołaj | 216 | BLUHOLDING | OPEN-M | 72 | 01:03:34.30 | +00:42:30 (66.9%) | 12:42 | 4.7 (32.9%) |
| 151 | ZAKRZEWSKA Marta | 215 | | OPEN-K | 75 | 01:03:34.35 | +00:42:30 (66.9%) | 12:42 | 4.7 (32.9%) |
| 152 | KANTEK Krzysztof | 145 | MIŁ-FIT | OPEN-M | 73 | 01:03:41.95 | +00:42:38 (66.9%) | 12:44 | 4.7 (32.9%) |
| 153 | PIASKOWSKA Renata | 141 | FIT DŹAGI | OPEN-K | 76 | 01:03:42.30 | +00:42:38 (66.9%) | 12:44 | 4.7 (32.9%) |
| 154 | OLSZEWSKA Ania | 142 | FIT DŹAGI | OPEN-K | 77 | 01:03:42.35 | +00:42:38 (66.9%) | 12:44 | 4.7 (32.9%) |
| 155 | SZKLARSKA Ewa | 143 | FIT DŹAGI | OPEN-K | 78 | 01:03:42.40 | +00:42:38 (66.9%) | 12:44 | 4.7 (32.9%) |
| 156 | SZPEKCIŃSKA Mirabella | 146 | | OPEN-K | 79 | 01:03:43.05 | +00:42:39 (66.9%) | 12:44 | 4.7 (32.9%) |
| 157 | MUSIAŁ Aleksandra | 144 | | OPEN-K | 80 | 01:03:43.25 | +00:42:39 (66.9%) | 12:44 | 4.7 (32.9%) |
| 158 | PAWŁOWSKA Izabela | 147 | MET FIT | OPEN-K | 81 | 01:03:43.35 | +00:42:39 (66.9%) | 12:44 | 4.7 (32.9%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------------|------------|-------------------|-----------|------|--------------------|-------------------|--------------|-------------|
| 159 | PAWŁOWSKA Anna | 148 | | OPEN-K | 82 | 01:03:43.80 | +00:42:39 (66.9%) | 12:44 | 4.7 (32.9%) |
| 160 | BEDNAREK Anna | 6 | STRAŻNICY UNITAXU | OPEN-K | 83 | 01:11:22.20 | +00:50:18 (70.5%) | 14:16 | 4.2 (29.4%) |
| 161 | JEDLIŃSKA Magda | 30 | STRAŻNICY UNITAXU | OPEN-K | 84 | 01:11:22.25 | +00:50:18 (70.5%) | 14:16 | 4.2 (29.4%) |
| 162 | KOWAL Natalia | 38 | | OPEN-K | 85 | 01:17:36.75 | +00:56:32 (72.9%) | 15:31 | 3.9 (27.3%) |
| 163 | KOCH Agnieszka | 36 | | OPEN-K | 86 | 01:17:36.95 | +00:56:33 (72.9%) | 15:31 | 3.9 (27.3%) |
| 164 | DULIŃSKA Małgorzata | 114 | | OPEN-K | 87 | 01:21:14.85 | +01:00:10 (74.1%) | 16:14 | 3.7 (25.9%) |
| 165 | KOZŁOWSKA Aleksandra | 113 | | OPEN-K | 88 | 01:21:16.55 | +01:00:12 (74.1%) | 16:15 | 3.7 (25.9%) |
| 166 | KAŻMIERSKA-ROJEWSKA Alina | 112 | | OPEN-K | 89 | 01:21:16.70 | +01:00:12 (74.1%) | 16:15 | 3.7 (25.9%) |
| 167 | LEWANDOWSKA Małgorzata | 115 | | OPEN-K | 90 | 01:21:17.75 | +01:00:13 (74.1%) | 16:15 | 3.7 (25.9%) |
| 168 | MARECKA Wiktoria | 110 | | OPEN-K | 91 | 01:21:18.80 | +01:00:14 (74.1%) | 16:15 | 3.7 (25.9%) |
| 169 | PAWLICZAK Marta | 134 | | OPEN-K | 92 | 01:21:18.90 | +01:00:15 (74.1%) | 16:15 | 3.7 (25.9%) |
| 170 | SANDRA Cegielska | 116 | | OPEN-K | 93 | 01:21:19.90 | +01:00:16 (74.1%) | 16:15 | 3.7 (25.9%) |
| 171 | BUDZIAK Aleksandra | 119 | | OPEN-K | 94 | 01:21:22.15 | +01:00:18 (74.1%) | 16:16 | 3.7 (25.9%) |
| 172 | ANGELIKA Gierczyńska | 117 | | OPEN-K | 95 | 01:21:22.20 | +01:00:18 (74.1%) | 16:16 | 3.7 (25.9%) |
| 173 | MARECKA Ewa | 126 | | OPEN-K | 96 | 01:21:23.15 | +01:00:19 (74.1%) | 16:16 | 3.7 (25.9%) |
| 174 | KUTKOWSKA Kamila | 203 | | OPEN-K | 97 | 01:24:28.90 | +01:03:25 (75.1%) | 16:53 | 3.6 (25.2%) |
| 175 | MEHIERSZ Honorata | 197 | | OPEN-K | 98 | 01:24:29.00 | +01:03:25 (75.1%) | 16:53 | 3.6 (25.2%) |
| 176 | KWALA-GNIZA Iwona | 199 | | OPEN-K | 99 | 01:24:44.95 | +01:03:41 (75.1%) | 16:56 | 3.5 (24.5%) |
| 177 | BRZYKCA Dorota | 121 | | OPEN-K | 100 | 01:26:24.50 | +01:05:20 (75.6%) | 17:16 | 3.5 (24.5%) |
| 178 | KARWOWSKA Aleksandra | 122 | | OPEN-K | 101 | 01:26:24.60 | +01:05:20 (75.6%) | 17:16 | 3.5 (24.5%) |
| 179 | RURAK Nataliia | 124 | | OPEN-K | 102 | 01:26:27.50 | +01:05:23 (75.6%) | 17:17 | 3.5 (24.5%) |
| 180 | KALISKA Ewa | 129 | | OPEN-K | 103 | 01:26:27.70 | +01:05:23 (75.6%) | 17:17 | 3.5 (24.5%) |
| 181 | KOTOWSKA Sylwia | 118 | | OPEN-K | 104 | 01:26:28.05 | +01:05:24 (75.6%) | 17:17 | 3.5 (24.5%) |
| 182 | NOWAK Magda | 135 | | OPEN-K | 105 | 01:26:28.80 | +01:05:24 (75.6%) | 17:17 | 3.5 (24.5%) |
| 183 | BŁAŻEJCZAK Sylwia | 127 | | OPEN-K | 106 | 01:26:28.95 | +01:05:25 (75.6%) | 17:17 | 3.5 (24.5%) |
| 184 | KAMIŃSKA Anna | 120 | | OPEN-K | 107 | 01:26:29.10 | +01:05:25 (75.6%) | 17:17 | 3.5 (24.5%) |
| 185 | LIS Beata | 123 | | OPEN-K | 108 | 01:26:29.20 | +01:05:25 (75.6%) | 17:17 | 3.5 (24.5%) |
| 186 | JĄKALSKA Monika | 125 | | OPEN-K | 109 | 01:26:29.25 | +01:05:25 (75.6%) | 17:17 | 3.5 (24.5%) |
| 187 | KRZESIŃSKA Ewa | 200 | | OPEN-K | 110 | | | | (0.0%) |

Znaleziono 187 wynik(ów)