

MARYNARSKA DYCHA - BIEG 10KM

B4SPORT

Wydarzenie: III BIEG PRZEŁAJOWY "MARYNARSKA DYCHA" im. admirała floty Andrzeja KARWETY
Organizator: CENTRUM SZKOLENIA MARYNARKI WOJENNEJ (CSMW)
Data: 2018-04-07
Miejsce: Ustka
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	DRWAL Piotr	44		M40-49	1	00:36:17.70		3:37	16.5 (100%)
2	RUDNIK Krzysztof	201	NIGHT RUNNERS SŁUPSK	M30-39	1	00:38:10.10	+00:01:52 (4.9%)	3:49	15.7 (95.2%)
3	PELO Artur	3	7 BRYGADA OBRONY WYBRZEŻA	SM-M40-49	1	00:39:25.45	+00:03:07 (7.9%)	3:56	15.2 (92.1%)
4	PACHOLCZYK Krzysztof	164		M30-39	2	00:39:37.55	+00:03:19 (8.4%)	3:57	15.1 (91.5%)
5	KURKUL Przemek	123	9 DYWIZJON PRZECIWLOTNICZY	M18-29	1	00:41:36.50	+00:05:18 (12.8%)	4:09	14.4 (87.3%)
6	NAGÓREK Kamil	296	STOPA SŁUPSK	M30-39	3	00:41:42.20	+00:05:24 (13.0%)	4:10	14.4 (87.3%)
7	KAMIENIECKI Rafał	85	TUPOT-USTKA	M30-39	4	00:41:47.80	+00:05:30 (13.2%)	4:10	14.4 (87.3%)
8	ZACHARCZUK Albin	258	7 BOW/3BZ	SM-M18-29	1	00:43:42.65	+00:07:24 (17.0%)	4:22	13.7 (83.0%)
9	CEJKO Dawid	352	BALTIC SEALS	M18-29	2	00:44:16.10	+00:07:58 (18.0%)	4:25	13.6 (82.4%)
10	CHUDY Henryk	29	K SOLSZEWSKI I SYNOWIE	M60+	1	00:45:05.40	+00:08:47 (19.5%)	4:30	13.3 (80.6%)
11	CENDER Szymon	26	W.P.K SŁOŃ TEAM USTKA	M18-29	3	00:45:16.25	+00:08:58 (19.8%)	4:31	13.2 (80.0%)
12	NOWAK Artur	158	A&G CARP TEAM	M40-49	2	00:45:17.25	+00:08:59 (19.9%)	4:31	13.2 (80.0%)
13	WYGLĄDAŁA Bartek	257	MOŻW	SM-M30-39	1	00:45:37.05	+00:09:19 (20.4%)	4:33	13.2 (80.0%)
14	NAGÓREK Krzysztof	156	TUPOT USTKA	M60+	2	00:45:40.75	+00:09:23 (20.5%)	4:34	13.1 (79.4%)
15	WRÓBLEWSKI Mateusz	274	KORZYBSKIE REKINY	M18-29	4	00:45:42.50	+00:09:24 (20.6%)	4:34	13.1 (79.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
16	JANKOWSKI Grzegorz	80	ŚWIAT PŁYTEK U KRYSPIŃ	M40-49	3	00:45:42.90	+00:09:25 (20.6%)	4:34	13.1 (79.4%)
17	OLESZEK Jerzy	324	SZKOŁA PODOFICERSKA MARYNARKI WOJENNEJ	M40-49	4	00:45:53.15	+00:09:35 (20.9%)	4:35	13.1 (79.4%)
18	GAŁAN Leszek	54		M50-59	1	00:46:02.45	+00:09:44 (21.2%)	4:36	13 (78.8%)
19	PIONK Rafał	177	KOMENDA PORTU WOJENNEGO GDYNIA, ZESPÓŁ TECHNICZY	SM-M30-39	2	00:46:06.30	+00:09:48 (21.3%)	4:36	13 (78.8%)
20	OBARSKA Katarzyna	161	AWL WROCŁAW	K18-29	1	00:46:12.35	+00:09:54 (21.4%)	4:37	13 (78.8%)
21	STENCEL Maciej	222	GTS CZARNA DĄBRÓWKA	M30-39	5	00:46:22.75	+00:10:05 (21.7%)	4:38	12.9 (78.2%)
22	RÓŻAK Fabian	200	MORSKA JEDNOSTKA RAKIETOWA	SM-M30-39	3	00:46:49.10	+00:10:31 (22.5%)	4:40	12.8 (77.6%)
23	PATALON Przemysław	166	AKADEMIA MARYNARKI WOJENNEJ	SM-M18-29	2	00:46:53.00	+00:10:35 (22.6%)	4:41	12.8 (77.6%)
24	FABICH Adrian	49	USB	M30-39	6	00:46:54.85	+00:10:37 (22.6%)	4:41	12.8 (77.6%)
25	GIERLACH Jacek	60	STOPA SŁUPSK	M18-29	5	00:47:03.70	+00:10:46 (22.9%)	4:42	12.7 (77.0%)
26	PRUS Mikołaj	186		M18-29	6	00:47:13.90	+00:10:56 (23.2%)	4:43	12.7 (77.0%)
27	PODLEŚNY Mieszko	327	AZS AWF KATOWICE	M30-39	7	00:47:31.50	+00:11:13 (23.6%)	4:45	12.6 (76.4%)
28	KUKLIŃSKA-NURKOWSKA Lucyna	119	LKS JANTAR USTKA USB USTKA	K40-49	1	00:47:39.75	+00:11:22 (23.8%)	4:46	12.6 (76.4%)
29	PĘKAŁA Piotr	171	ROZBIEGANY KOSZALIN	M40-49	5	00:47:45.90	+00:11:28 (24.0%)	4:46	12.6 (76.4%)
30	WLMONTI Krzysztof	284	CSMW	SM-M30-39	4	00:47:46.45	+00:11:28 (24.0%)	4:46	12.6 (76.4%)
31	PANASIUK Adrian	165	MORSKA JEDNOSTKA RAKIETOWA	SM-M18-29	3	00:47:58.10	+00:11:40 (24.3%)	4:47	12.5 (75.8%)
32	WIECZOREK Łukasz	250	CENTRUM SZKOLENIA SIŁ POWIETRZNYCH	M18-29	7	00:48:00.65	+00:11:42 (24.4%)	4:48	12.5 (75.8%)
33	STEFANIAK Marcin	221		M40-49	6	00:48:01.40	+00:11:43 (24.4%)	4:48	12.5 (75.8%)
34	DUDA Grzegorz	46	OSP BUKÓWKA	SM-M30-39	5	00:48:02.75	+00:11:45 (24.5%)	4:48	12.5 (75.8%)
35	ŻYLICZ Paweł	272	STOPA SŁUPSK	M18-29	8	00:48:30.35	+00:12:12 (25.2%)	4:51	12.4 (75.2%)
36	SKUMIAŁ Oskar	210	USB	M30-39	8	00:48:43.75	+00:12:26 (25.5%)	4:52	12.3 (74.5%)
37	GIERCZAK Paweł	58		M30-39	9	00:48:48.70	+00:12:31 (25.6%)	4:52	12.3 (74.5%)
38	KRZACZKOWSKI Paweł	116	LYNX	M40-49	7	00:49:01.25	+00:12:43 (26.0%)	4:54	12.2 (73.9%)

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39	KOCZOROWSKI Paweł	98	W.P.K. SŁOŃ TEAM USTKA	M40-49	8	00:49:06.00	+00:12:48 (26.1%)	4:54	12.2 (73.9%)
40	MŁYNARCZYK Zbigniew	150	CENTRALNY POLIGON SIŁ POWIETRZNYCH USTKA	SM-M30-39	6	00:49:36.50	+00:13:18 (26.8%)	4:57	12.1 (73.3%)
41	KUSIAK Dariusz	124	ORP GOPŁO 13DTR	SM-M30-39	7	00:49:59.00	+00:13:41 (27.4%)	4:59	12 (72.7%)
42	STANIOCH Krzysztof	218	9 DYWIZJON PRZECIWLOTNICZY	SM-M18-29	4	00:50:01.60	+00:13:43 (27.4%)	5:00	12 (72.7%)
43	NADOLNY Piotr	155	BALTIC SEALS	M40-49	9	00:50:07.10	+00:13:49 (27.6%)	5:00	12 (72.7%)
44	WIWATOWSKA Dagmara	251		K30-39	1	00:50:09.75	+00:13:52 (27.6%)	5:01	12 (72.7%)
45	BARGAŃSKA Justyna	355	RUNTASTYCZNI TEAM BYTÓW	K30-39	2	00:50:14.40	+00:13:56 (27.8%)	5:01	11.9 (72.1%)
46	SOBOLEWSKI Tomasz	347		M30-39	10	00:50:14.65	+00:13:56 (27.8%)	5:01	11.9 (72.1%)
47	WÓJCIK Damian	299	RUNNERWALDE	M40-49	10	00:50:19.50	+00:14:01 (27.9%)	5:02	11.9 (72.1%)
48	ADAMCZYK Karol	4		M30-39	11	00:50:24.65	+00:14:06 (28.0%)	5:02	11.9 (72.1%)
49	KARPOWICZ Grzegorz	88		SM-M30-39	8	00:50:31.40	+00:14:13 (28.2%)	5:03	11.9 (72.1%)
50	PROTASEWICZ Andrzej	185	SŁAWNO	M40-49	11	00:50:32.90	+00:14:15 (28.2%)	5:03	11.9 (72.1%)
51	TUSK Paweł	241	AKADEMIA MARYNARKI WOJENNEJ	SM-M18-29	5	00:50:35.35	+00:14:17 (28.3%)	5:03	11.9 (72.1%)
52	TEREFENKO Joanna	237	CSMW W USTCE	SM-K18-29	1	00:50:48.50	+00:14:30 (28.6%)	5:04	11.8 (71.5%)
53	GAWEŁ Zbigniew	57		M60+	3	00:50:52.35	+00:14:34 (28.7%)	5:05	11.8 (71.5%)
54	SOBIERSKI Mariusz	214	JW 2980 BRANIEWO	SM-M40-49	2	00:51:04.85	+00:14:47 (28.9%)	5:06	11.7 (70.9%)
55	ANDRYSKOWSKI Marek	7	STOWARZYSZENIE 42,2 LĘBORK	M50-59	2	00:51:20.90	+00:15:03 (29.3%)	5:08	11.7 (70.9%)
56	MOROŃ Jarosław	152		M30-39	12	00:51:26.65	+00:15:08 (29.4%)	5:08	11.7 (70.9%)
57	SZCZYBELSKI Wojciech	228	DYWIZJON OKRETÓW BOJOWYCH GDYNIA	SM-M40-49	3	00:51:27.10	+00:15:09 (29.5%)	5:08	11.7 (70.9%)
58	CYPRYCH Katarzyna	33		K30-39	3	00:51:28.30	+00:15:10 (29.5%)	5:08	11.7 (70.9%)
59	MŁYNARSKA Mariola	282	WKB META LUBLINIEC	K40-49	2	00:51:30.10	+00:15:12 (29.5%)	5:09	11.7 (70.9%)
60	GWADERA Mirosław	74		SM-M50+	1	00:51:41.60	+00:15:23 (29.8%)	5:10	11.6 (70.3%)
61	RACZYŃSKA Anna	192	BALTIC SEALS	K30-39	4	00:51:46.90	+00:15:29 (29.9%)	5:10	11.6 (70.3%)

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62	KARAŚ Radosław	87	NIGHT RUNNERS SŁUPSK	M30-39	13	00:52:13.05	+00:15:55 (30.5%)	5:13	11.5 (69.7%)
63	WĘSIERSKA-MUŁYK Marzena	249	NIGHT RUNNERS SŁUPSK	K30-39	5	00:52:25.45	+00:16:07 (30.8%)	5:14	11.4 (69.1%)
64	BOWNIK Wojciech	21		M30-39	14	00:52:34.50	+00:16:16 (31.0%)	5:15	11.4 (69.1%)
65	BOGDANOWICZ Paula	17		K18-29	2	00:52:35.05	+00:16:17 (31.0%)	5:15	11.4 (69.1%)
66	SZAŁKOWSKI Wojtek	226	TUPOT USTKA	M40-49	12	00:52:37.60	+00:16:19 (31.0%)	5:15	11.4 (69.1%)
67	SZMIGIERO Arkadiusz	231	W.P.K. SŁOŃ TEAM	M40-49	13	00:52:38.95	+00:16:21 (31.1%)	5:15	11.4 (69.1%)
68	ZYGLER Zbigniew	269		M40-49	14	00:52:46.05	+00:16:28 (31.2%)	5:16	11.4 (69.1%)
69	BŁENCKI Piotr	16	NIGHTRUNNERS SŁUPSK	M30-39	15	00:52:59.15	+00:16:41 (31.5%)	5:17	11.3 (68.5%)
70	ZBLEWSKI Patryk	349	NIGHT RUNNERS SLUPSK	M30-39	16	00:53:02.40	+00:16:44 (31.6%)	5:18	11.3 (68.5%)
71	CEBULA Krystian	25		M18-29	9	00:53:05.20	+00:16:47 (31.6%)	5:18	11.3 (68.5%)
72	MAJCHRZAK Łukasz	139	CENTRALNY POLIGON SIŁ POWIETRZNYCH	SM-M18-29	6	00:53:09.00	+00:16:51 (31.7%)	5:18	11.3 (68.5%)
73	GRULKOWSKI Damian	69		M40-49	15	00:53:12.35	+00:16:54 (31.8%)	5:19	11.3 (68.5%)
74	ZAWIEROWSKA Ewelina	265	W.P.K SŁOŃ TEAM USTKA	K30-39	6	00:53:14.90	+00:16:57 (31.8%)	5:19	11.3 (68.5%)
75	PILIPCZUK Daniel	175	MOŻW	SM-M18-29	7	00:53:17.55	+00:16:59 (31.9%)	5:19	11.3 (68.5%)
76	NIERADKA Iwona	157	GRUPA OKRĘTÓW ROZPOZNAWCZYCH	SM-K18-29	2	00:53:28.80	+00:17:11 (32.1%)	5:20	11.2 (67.9%)
77	MATUSZEWSKI Rafał	144	7 BRYGADA OBRONY WYBRZEŻA/1 LĘBORSKI BATALION ZMECHANIZOWANY	SM-M40-49	4	00:53:32.15	+00:17:14 (32.2%)	5:21	11.2 (67.9%)
78	WAŃKOWSKI Adam	242	9 BRANIEWSKA BRYGADA KAWALERII PANCERNEJ	SM-M18-29	8	00:53:33.55	+00:17:15 (32.2%)	5:21	11.2 (67.9%)
79	JANKOWSKI Rafał	79	MOŻW	SM-M40-49	5	00:53:57.25	+00:17:39 (32.7%)	5:23	11.1 (67.3%)
80	PARDEJ Liliana	283	BOCHB	SM-K18-29	3	00:54:00.30	+00:17:42 (32.8%)	5:24	11.1 (67.3%)
81	KOSTECKI Mariusz	104	7 BOW/3BZ	SM-M30-39	9	00:54:01.75	+00:17:44 (32.8%)	5:24	11.1 (67.3%)
82	BRYZIK Dariusz	297	W.P.K. SŁOŃ TEAM USTKA	M30-39	17	00:54:04.30	+00:17:46 (32.9%)	5:24	11.1 (67.3%)
83	KOZA Kamil	110		SM-M30-39	10	00:54:05.75	+00:17:48 (32.9%)	5:24	11.1 (67.3%)
84	SOMINKA Andrzej	216	SSB(SOBIESAMBIEGAM)	M50-59	3	00:54:11.70	+00:17:54 (33.0%)	5:25	11.1 (67.3%)

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85	ĆWIEK Maria	354	WJBN TEAM	K18-29	3	00:54:12.55	+00:17:54 (33.0%)	5:25	11.1 (67.3%)
86	DĘGA Ryszard	42	TUPOT USTKA	M60+	4	00:54:18.70	+00:18:01 (33.2%)	5:25	11 (66.7%)
87	LEMAŃSKA Katarzyna	127	USB USTKA	K18-29	4	00:54:18.80	+00:18:01 (33.2%)	5:25	11 (66.7%)
88	POZORSKI Krzysztof	184	MARKOS RUNNING TEAM	M30-39	18	00:54:19.60	+00:18:01 (33.2%)	5:25	11 (66.7%)
89	ROMANOWSKI Mateusz	199		SM-M18-29	9	00:54:21.70	+00:18:04 (33.2%)	5:26	11 (66.7%)
90	KĘSIK Agnieszka	298	PROTECTOR TEAM	K30-39	7	00:54:28.70	+00:18:11 (33.4%)	5:26	11 (66.7%)
91	SIERADZKA Justyna	207	MOŻW	SM-K30-39	1	00:54:33.10	+00:18:15 (33.5%)	5:27	11 (66.7%)
92	KANIEWSKI Jacek	86	W.P.K. SŁOŃ TEAM USTKA	M40-49	16	00:54:37.10	+00:18:19 (33.5%)	5:27	11 (66.7%)
93	MIZERA Agnieszka	149	BYLEDOBIEC ANIN	K40-49	3	00:54:42.40	+00:18:24 (33.7%)	5:28	11 (66.7%)
94	LORYŃSKI Karol	134	AKADEMIA MARYNARKI WOJENNEJ	SM-M18-29	10	00:54:44.05	+00:18:26 (33.7%)	5:28	11 (66.7%)
95	ZGANIACZ Andrzej	268	STOPA SŁUPSK	M40-49	17	00:54:44.90	+00:18:27 (33.7%)	5:28	11 (66.7%)
96	HOPA Krzysztof	77	BATALION OCHRONY BAZY	SM-M30-39	11	00:55:16.05	+00:18:58 (34.3%)	5:31	10.9 (66.1%)
97	CICHAŁA Damian	280	BATALION OCHRONY BAZY	SM-M30-39	12	00:55:16.50	+00:18:58 (34.3%)	5:31	10.9 (66.1%)
98	SZOŁTYSIK Agnieszka	234		K30-39	8	00:55:26.20	+00:19:08 (34.5%)	5:32	10.8 (65.5%)
99	KWAŚNIAK Zdzisław	126	DECATHLON TRI TEAM	M50-59	4	00:55:28.35	+00:19:10 (34.6%)	5:32	10.8 (65.5%)
100	GOC Małgorzata	63		K30-39	9	00:55:29.40	+00:19:11 (34.6%)	5:32	10.8 (65.5%)
101	PŁAZA Ryszard	179		M40-49	18	00:55:29.80	+00:19:12 (34.6%)	5:32	10.8 (65.5%)
102	STAWICKI Marek	220	OSP SMOŁDZINO	M40-49	19	00:55:30.05	+00:19:12 (34.6%)	5:33	10.8 (65.5%)
103	ADRYAN Adam	6	CKB SŁUPSK	M40-49	20	00:55:40.55	+00:19:22 (34.8%)	5:34	10.8 (65.5%)
104	OLECHNOWICZ Zbigniew	162	TUPOT USTKA	M60+	5	00:55:45.80	+00:19:28 (34.9%)	5:34	10.8 (65.5%)
105	GRANDA Marcin	290	21 BSP	SM-M30-39	13	00:55:51.10	+00:19:33 (35.0%)	5:35	10.7 (64.8%)
106	JABŁOŃSKI Kamil	78		SM-M30-39	14	00:55:51.30	+00:19:33 (35.0%)	5:35	10.7 (64.8%)
107	BERA Krystian	12	AKADEMIA MARYNARKI WOJENNEJ	SM-M18-29	11	00:55:56.65	+00:19:38 (35.1%)	5:35	10.7 (64.8%)

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108	PŁATEK Damian	178		SM-M18-29	12	00:55:56.70	+00:19:39 (35.1%)	5:35	10.7 (64.8%)
109	TUROWSKI Michał	285	DECATHLON SŁUPSK	M18-29	10	00:55:59.00	+00:19:41 (35.2%)	5:35	10.7 (64.8%)
110	BIELEWICZ Anna	15	STOPA SŁUPSK	K40-49	4	00:56:09.70	+00:19:52 (35.4%)	5:36	10.7 (64.8%)
111	WÓJCIK Sebastian	256		M30-39	19	00:56:16.25	+00:19:58 (35.5%)	5:37	10.7 (64.8%)
112	KOŚLA Justyna	350	NIGHT RUNNERS SŁUPSK	K30-39	10	00:56:19.10	+00:20:01 (35.6%)	5:38	10.7 (64.8%)
113	GREBIENIK Andrzej	68	W.P.K. SŁOŃ TEAM	M40-49	21	00:56:35.75	+00:20:18 (35.9%)	5:39	10.6 (64.2%)
114	PRZYCHODA Anna	187	BALTIC SEALS	K30-39	11	00:56:57.05	+00:20:39 (36.3%)	5:41	10.5 (63.6%)
115	KEMPIŃSKI Łukasz	93	9 BRANIEWSKA BRYGADA KAWALERII PANCERNEJ	SM-M18-29	13	00:57:01.80	+00:20:44 (36.4%)	5:42	10.5 (63.6%)
116	PIELICH Konrad	173		SM-M30-39	15	00:57:14.75	+00:20:57 (36.6%)	5:43	10.5 (63.6%)
117	SUTOWSKI Sebastian	224		M40-49	22	00:57:24.00	+00:21:06 (36.8%)	5:44	10.5 (63.6%)
118	MATYSIUK Grzegorz	145	7BOW	SM-M40-49	6	00:57:29.20	+00:21:11 (36.9%)	5:44	10.4 (63.0%)
119	HURKO Andrzej	279	BATALION OCHRONY BAZY	SM-M30-39	16	00:57:31.30	+00:21:13 (36.9%)	5:45	10.4 (63.0%)
120	RUTECKA Sylwia	202	TUPOT-USTKA	K30-39	12	00:57:32.95	+00:21:15 (36.9%)	5:45	10.4 (63.0%)
121	MAJCHRZAK Dariusz	140	CENTRALNY POLIGON SIŁ POWIETRZNYCH	SM-M50+	2	00:57:39.65	+00:21:21 (37.1%)	5:46	10.4 (63.0%)
122	TOMCZAK Dominik	18	CSMW USTKA	SM-M40-49	7	00:57:43.50	+00:21:25 (37.1%)	5:46	10.4 (63.0%)
123	KARWACKI Adrian	89	BEST BEASTS	M18-29	11	00:57:44.40	+00:21:26 (37.1%)	5:46	10.4 (63.0%)
124	GIERCZAK Piotr	59		M30-39	20	00:57:55.80	+00:21:38 (37.3%)	5:47	10.4 (63.0%)
125	BURDA Sebastian	23	WPK SŁOŃ TEAM	M40-49	23	00:57:57.70	+00:21:40 (37.4%)	5:47	10.4 (63.0%)
126	DELIGA Szymon	38		M30-39	21	00:57:59.85	+00:21:42 (37.4%)	5:48	10.3 (62.4%)
127	MAGDZIAREK Sylwia	138	KSS PLUTON 2	SM-K18-29	4	00:58:08.80	+00:21:51 (37.6%)	5:48	10.3 (62.4%)
128	WÓJCICKI Grzegorz	255	ARESZT ŚLEDZCY W SŁUPSKU	SM-M30-39	17	00:58:11.30	+00:21:53 (37.6%)	5:49	10.3 (62.4%)
129	KUBIŃSKI Rafał	118	7 BOW	SM-M50+	3	00:58:15.55	+00:21:57 (37.7%)	5:49	10.3 (62.4%)
130	NOWACKI Marek	73		M40-49	24	00:58:17.25	+00:21:59 (37.7%)	5:49	10.3 (62.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
131	MAKOWSKI Rafał	142	RCI GDYNIA	SM-M30-39	18	00:58:17.30	+00:21:59 (37.7%)	5:49	10.3 (62.4%)
132	SOŁTYS Katarzyna	215	ORP.GEN.T.KOŚCIUSZKO 273	SM-K30-39	2	00:58:27.60	+00:22:09 (37.9%)	5:50	10.3 (62.4%)
133	CHMIELEWSKA Edyta	28	MOŻW	SM-K30-39	3	00:58:28.30	+00:22:10 (37.9%)	5:50	10.3 (62.4%)
134	MAJKOWSKI Marcin	141	MORSKA JEDNOSTKA RAKIETOWA	SM-M40-49	8	00:58:32.05	+00:22:14 (38.0%)	5:51	10.3 (62.4%)
135	STANIASZEK Bogusław	217	TUPOT USTKA	M60+	6	00:58:34.60	+00:22:16 (38.0%)	5:51	10.2 (61.8%)
136	PAZDER Przemysław	168		M18-29	12	00:58:38.00	+00:22:20 (38.1%)	5:51	10.2 (61.8%)
137	GRABOWICZ Jerzy	65	TUPOT USTKA	M60+	7	00:58:45.90	+00:22:28 (38.2%)	5:52	10.2 (61.8%)
138	TORL Andrzej	348		M60+	8	00:58:51.80	+00:22:34 (38.3%)	5:53	10.2 (61.8%)
139	ŁAŃCUCKI Jarosław	135		M30-39	22	00:58:53.10	+00:22:35 (38.4%)	5:53	10.2 (61.8%)
140	ŻYCKA Ewelina	271		K30-39	13	00:58:54.50	+00:22:36 (38.4%)	5:53	10.2 (61.8%)
141	ARMATA Sonia	99	JW 4101	SM-K18-29	5	00:58:56.85	+00:22:39 (38.4%)	5:53	10.2 (61.8%)
142	PATYNA Paweł	167		M30-39	23	00:58:57.20	+00:22:39 (38.4%)	5:53	10.2 (61.8%)
143	LEWANDOWSKI Marek	129		M18-29	13	00:59:06.25	+00:22:48 (38.6%)	5:54	10.2 (61.8%)
144	BERENT Robert	13	TUPOT USTKA	M50-59	5	00:59:10.45	+00:22:52 (38.7%)	5:55	10.1 (61.2%)
145	DĄBROWSKA Dagmara	102		K30-39	14	00:59:13.65	+00:22:55 (38.7%)	5:55	10.1 (61.2%)
146	KUBIŃSKA Beata	117	NIGHT RUNNERS SŁUPSK	K50-59	1	00:59:16.70	+00:22:59 (38.8%)	5:55	10.1 (61.2%)
147	SZAREK Paweł	227	7 BRYGADA OBRONY WYBRZEŻA	SM-M30-39	19	00:59:28.60	+00:23:10 (39.0%)	5:56	10.1 (61.2%)
148	WIŚNIEWSKI Przemysław	278	AKADEMIA MARYNARKI WOJENNEJ	SM-M18-29	14	00:59:31.50	+00:23:13 (39.0%)	5:57	10.1 (61.2%)
149	ZBLEWSKI Radosław	267	CENTRALNY POLIGON SIŁ POWIETRZNYCH	SM-M40-49	9	00:59:37.50	+00:23:19 (39.1%)	5:57	10.1 (61.2%)
150	ŻUKOWSKA Aleksandra	357		K18-29	5	00:59:41.55	+00:23:23 (39.2%)	5:58	10.1 (61.2%)
151	RAKOWSKA Katarzyna	193	W.P.K SŁOŃ TEAM USTKA	K30-39	15	00:59:44.70	+00:23:27 (39.3%)	5:58	10 (60.6%)
152	ŻYŁKA Milena	273	WPK SŁOŃ TEAM	K30-39	16	00:59:50.80	+00:23:33 (39.4%)	5:59	10 (60.6%)
153	DUDZIUK Iwona	47	AKADEMIA MARYNARKI WOJENNEJ	K18-29	6	00:59:54.90	+00:23:37 (39.4%)	5:59	10 (60.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
154	ZALEWSKI Grzegorz	260	W.P.K SŁOŃ TEAM USTKA	M30-39	24	00:59:58.40	+00:23:40 (39.5%)	5:59	10 (60.6%)
155	KRYGIER Ireneusz	115	W.P.K. SŁOŃ TEAM USTKA	M40-49	25	01:00:06.35	+00:23:48 (39.6%)	6:00	10 (60.6%)
156	KRUPSKI Piotr	114	SLUPSK	M50-59	6	01:00:06.85	+00:23:49 (39.6%)	6:00	10 (60.6%)
157	TOMASZEWSKA Kinga	238	AKADEMIA MARYNARKI WOJENNEJ	SM-K18-29	6	01:00:10.40	+00:23:52 (39.7%)	6:01	10 (60.6%)
158	ROGALA Łukasz	198	NIGHT RUNNERS SŁUPSK	M30-39	25	01:00:15.70	+00:23:58 (39.8%)	6:01	10 (60.6%)
159	LEMBICZ Elżbieta	128		SM-K40-49	1	01:00:16.00	+00:23:58 (39.8%)	6:01	10 (60.6%)
160	REDLARSKI Maciej	194	9 BRYGADA KAWALERII PANCERNEJ	SM-M30-39	20	01:00:25.10	+00:24:07 (39.9%)	6:02	9.9 (60.0%)
161	ZANIEWSKI Grzegorz	262		M40-49	26	01:00:25.85	+00:24:08 (39.9%)	6:02	9.9 (60.0%)
162	PANEK Urszula	288		K30-39	17	01:00:26.50	+00:24:08 (40.0%)	6:02	9.9 (60.0%)
163	PELA Hanna	170	USB	K40-49	5	01:00:29.35	+00:24:11 (40.0%)	6:02	9.9 (60.0%)
164	RYSZKA Krzysztof	203		SM-M40-49	10	01:00:34.15	+00:24:16 (40.1%)	6:03	9.9 (60.0%)
165	MŁYNARSKI Zygmunt	281	WKB META LUBLINIEC	M50-59	7	01:00:36.35	+00:24:18 (40.1%)	6:03	9.9 (60.0%)
166	SKULSKA Joanna	209	CENTRUM SZKOLENIA MARYNARKI WOJENNEJ	SM-K18-29	7	01:00:37.05	+00:24:19 (40.1%)	6:03	9.9 (60.0%)
167	SZYSZKOWSKI Tomasz	235	ROZBIEGANY KOSZALIN	M30-39	26	01:00:38.80	+00:24:21 (40.2%)	6:03	9.9 (60.0%)
168	REMUS Monika	195	BEST BEASTS	K40-49	6	01:00:48.25	+00:24:30 (40.3%)	6:04	9.9 (60.0%)
169	KARWASZ Krzysztof	90		M40-49	27	01:00:50.70	+00:24:33 (40.3%)	6:05	9.9 (60.0%)
170	PRZYMORSKI Waldemar	188	W.P.K. SŁOŃ TEAM USTKA	M40-49	28	01:00:57.00	+00:24:39 (40.5%)	6:05	9.8 (59.4%)
171	PACAN Mira	163	ŚWIAT PŁYTEK U KRYSPIŃ	K30-39	18	01:00:57.95	+00:24:40 (40.5%)	6:05	9.8 (59.4%)
172	DYDYNA Krzysztof	48	RCI GDYNIA	SM-M40-49	11	01:00:59.90	+00:24:42 (40.5%)	6:06	9.8 (59.4%)
173	KONYSZ Bartłomiej	101	JW 4653	SM-M18-29	15	01:01:27.95	+00:25:10 (41.0%)	6:08	9.8 (59.4%)
174	BOSAK Jarosław	294	21 BSP	SM-M30-39	21	01:01:39.80	+00:25:22 (41.1%)	6:10	9.7 (58.8%)
175	TURCZYN Grzegorz	240	NIGHT RUNNERS SŁUPSK	M40-49	29	01:01:53.20	+00:25:35 (41.4%)	6:11	9.7 (58.8%)
176	BOGUSZ Marietta	19	NIGHT RUNNERS SŁUPSK	K18-29	7	01:01:53.85	+00:25:36 (41.4%)	6:11	9.7 (58.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
177	WOŹNIAK Grzegorz	254	GRZESŁAW USTKA	M50-59	8	01:02:12.10	+00:25:54 (41.6%)	6:13	9.6 (58.2%)
178	GAŁAN Joanna	55		K50-59	2	01:02:20.10	+00:26:02 (41.8%)	6:14	9.6 (58.2%)
179	MICHALAK Kamil	277		M18-29	14	01:02:21.70	+00:26:04 (41.8%)	6:14	9.6 (58.2%)
180	FURSEWICZ Bartłomiej	52	KS BURZA	M30-39	27	01:02:23.90	+00:26:06 (41.8%)	6:14	9.6 (58.2%)
181	SZMIGIERO Sebastian	232	WOLNO PRZEMIERZAM KILOMETRY	M40-49	30	01:02:27.90	+00:26:10 (41.9%)	6:14	9.6 (58.2%)
182	CAŁKA Magdalena	24	NIGHT RUNNERS SŁUPSK	K18-29	8	01:02:33.10	+00:26:15 (42.0%)	6:15	9.6 (58.2%)
183	SYNAKOWSKI Damian	225	WJBN TEAM	M30-39	28	01:02:35.95	+00:26:18 (42.0%)	6:15	9.6 (58.2%)
183	KOZA Joanna	109	USB	K30-39	19	01:02:35.95	+00:26:18 (42.0%)	6:15	9.6 (58.2%)
185	MICHALCZYK Mariusz	146	JW 1223	SM-M40-49	12	01:02:36.45	+00:26:18 (42.0%)	6:15	9.6 (58.2%)
186	GIL Mateusz	61	AKADEMIA MARYNARKI WOJENNEJ	SM-M18-29	16	01:02:36.90	+00:26:19 (42.0%)	6:15	9.6 (58.2%)
187	POWARZYŃSKI Daniel	275	AKADEMIA MARYNARKI WOJENNEJ	SM-M18-29	17	01:02:37.15	+00:26:19 (42.0%)	6:15	9.6 (58.2%)
188	ANDRZEJCZAK Sławomir	8	GRZESŁAW USTKA	M40-49	31	01:02:45.70	+00:26:28 (42.2%)	6:16	9.6 (58.2%)
189	DOMAROS Marcin	289	NR	M30-39	29	01:02:45.80	+00:26:28 (42.2%)	6:16	9.6 (58.2%)
190	ŁUKASIK Sylwia	351		K18-29	9	01:02:46.20	+00:26:28 (42.2%)	6:16	9.6 (58.2%)
191	GOSIEWSKI Janusz	64	MOŻW	SM-M30-39	22	01:02:47.20	+00:26:29 (42.2%)	6:16	9.6 (58.2%)
192	WENCLAWSKI Michał	246	DECATHLON SŁUPSK	M18-29	15	01:02:52.00	+00:26:34 (42.3%)	6:17	9.5 (57.6%)
193	WESOŁEK Łukasz	247		M30-39	30	01:02:52.65	+00:26:34 (42.3%)	6:17	9.5 (57.6%)
194	ZALUSKI Adam	261		M30-39	31	01:03:00.25	+00:26:42 (42.4%)	6:18	9.5 (57.6%)
195	KMIECIK Agnieszka	96	LOTOS RUNNING TEAM	K40-49	7	01:03:06.55	+00:26:48 (42.5%)	6:18	9.5 (57.6%)
196	ZARZYCKI Darek	263		SM-M30-39	23	01:03:17.35	+00:26:59 (42.7%)	6:19	9.5 (57.6%)
197	POLAK Michał	183		SM-M30-39	24	01:03:18.75	+00:27:01 (42.7%)	6:19	9.5 (57.6%)
198	POLAK Elwira	182		SM-K30-39	4	01:03:19.95	+00:27:02 (42.7%)	6:20	9.5 (57.6%)
199	SŁUPSKI Maciej	212		SM-M18-29	18	01:03:48.95	+00:27:31 (43.1%)	6:22	9.4 (57.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
200	ŁĄTKOWSKI Jerzy	136	JW 4498	SM-M40-49	13	01:03:58.55	+00:27:40 (43.3%)	6:23	9.4 (57.0%)
201	MINKO Tomek	148	9 DYWIZJON PRZECIWLOTNICZY	SM-M18-29	19	01:03:59.50	+00:27:41 (43.3%)	6:24	9.4 (57.0%)
202	KUPIS Hubert	121	AKADEMIA MARYNARKI WOJENNEJ	SM-M18-29	20	01:04:15.55	+00:27:57 (43.5%)	6:25	9.3 (56.4%)
203	KUBERA Kajetan	353	BALTIC SEALS	M18-29	16	01:04:15.70	+00:27:58 (43.5%)	6:25	9.3 (56.4%)
204	REMUS Janusz	196	BEST BEASTS	M40-49	32	01:04:26.85	+00:28:09 (43.7%)	6:26	9.3 (56.4%)
205	LISZEWSKI Damian	133	CSWIICH	SM-M30-39	25	01:04:44.80	+00:28:27 (43.9%)	6:28	9.3 (56.4%)
206	SZKATULSKI Tomasz	230	DARŁOWSKIE CHARTY	M18-29	17	01:04:58.20	+00:28:40 (44.1%)	6:29	9.2 (55.8%)
207	DUBOWSKI Artur	300	RCI	SM-M40-49	14	01:05:13.25	+00:28:55 (44.4%)	6:31	9.2 (55.8%)
208	PŁONKA Robert	180	MOŻW	SM-M50+	4	01:05:14.20	+00:28:56 (44.4%)	6:31	9.2 (55.8%)
209	TOMCZAK Sebastian	71		SM-M40-49	15	01:05:16.35	+00:28:58 (44.4%)	6:31	9.2 (55.8%)
210	WEGNER Aneta	245		K30-39	20	01:05:20.60	+00:29:02 (44.5%)	6:32	9.2 (55.8%)
211	JÓSKOWSKI Bogdan	83	RCI GDYNIA	SM-M40-49	16	01:05:25.65	+00:29:07 (44.5%)	6:32	9.2 (55.8%)
212	KOŁSUT Marcin	100		SM-M18-29	21	01:05:27.55	+00:29:09 (44.6%)	6:32	9.2 (55.8%)
213	KOZŁOWSKI Paweł	112	6 BCHEM SP	SM-M30-39	26	01:05:39.45	+00:29:21 (44.7%)	6:34	9.1 (55.2%)
214	ŻUKOWSKA Natalia	270	6 BCHEM SP	SM-K30-39	5	01:05:39.90	+00:29:22 (44.7%)	6:34	9.1 (55.2%)
215	MULLER Patrycja	154		K18-29	10	01:06:04.05	+00:29:46 (45.1%)	6:36	9.1 (55.2%)
216	PUPIAŁO Agnieszka	190		SM-K30-39	6	01:06:05.05	+00:29:47 (45.1%)	6:36	9.1 (55.2%)
217	BRUSZEWSKI Szczepan	22		SM-M18-29	22	01:06:09.00	+00:29:51 (45.1%)	6:36	9.1 (55.2%)
218	KOWALSKI Łukasz	108	MJR	SM-M30-39	27	01:06:14.00	+00:29:56 (45.2%)	6:37	9.1 (55.2%)
219	CHMIELEWSKA Joanna	27		SM-K40-49	2	01:06:17.70	+00:30:00 (45.3%)	6:37	9 (54.5%)
220	LITWIN Waldemar	292	21 BSP	SM-M30-39	28	01:06:18.70	+00:30:01 (45.3%)	6:37	9 (54.5%)
221	PRYMON Marcin	291	21 BSP	SM-M30-39	29	01:06:19.15	+00:30:01 (45.3%)	6:37	9 (54.5%)
222	TEMSKI Amadeusz	236	13DTR	SM-M18-29	23	01:06:46.90	+00:30:29 (45.7%)	6:40	9 (54.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
223	RĘKAWICA Paweł	197	MOŻW	SM-M18-29	24	01:06:52.95	+00:30:35 (45.7%)	6:41	9 (54.5%)
224	JÓSKOWSKA Beata	82		K30-39	21	01:07:05.60	+00:30:47 (45.9%)	6:42	8.9 (53.9%)
225	ZAGÓRSKI Tomasz	259	CSŁII ZEGRZE	SM-M30-39	30	01:07:06.90	+00:30:49 (45.9%)	6:42	8.9 (53.9%)
226	KOSTRZEWA Paweł	105	BATALION OCHRONY BAZY	SM-M30-39	31	01:07:09.50	+00:30:51 (46.0%)	6:43	8.9 (53.9%)
227	SAŁAJ Angelika	205	OSP LULEMINO	SM-K30-39	7	01:07:53.65	+00:31:35 (46.5%)	6:47	8.8 (53.3%)
228	PĄCZEK Bożena	169	2 PLUTON KSS	SM-K18-29	8	01:08:00.50	+00:31:42 (46.6%)	6:48	8.8 (53.3%)
229	PIOCH Nadia	176		SM-K18-29	9	01:08:01.00	+00:31:43 (46.6%)	6:48	8.8 (53.3%)
230	CYRAN Przemysław	34	CSMW USTKA	SM-M30-39	32	01:08:17.30	+00:31:59 (46.9%)	6:49	8.8 (53.3%)
231	LEWANDOWSKI Jarosław	131	AKADEMIA MARYNARKI WOJENNEJ	SM-M18-29	25	01:08:22.45	+00:32:04 (46.9%)	6:50	8.8 (53.3%)
232	NOWAK Rafał	159		M50-59	9	01:08:30.85	+00:32:13 (47.0%)	6:51	8.8 (53.3%)
233	FRANEK Kamelia	51		K30-39	22	01:08:30.90	+00:32:13 (47.0%)	6:51	8.8 (53.3%)
234	KRÖNKE Karolina	113		SM-K18-29	10	01:08:34.75	+00:32:17 (47.1%)	6:51	8.7 (52.7%)
235	KOT Daniel	106	KOT TEAM	M40-49	33	01:08:51.35	+00:32:33 (47.3%)	6:53	8.7 (52.7%)
236	KUSIAK Marek	72	CSMW	M40-49	34	01:08:57.50	+00:32:39 (47.4%)	6:53	8.7 (52.7%)
237	WASIAK Łukasz	244		M30-39	32	01:09:01.35	+00:32:43 (47.4%)	6:54	8.7 (52.7%)
238	WŁODARCZYK Tomasz	252		M30-39	33	01:09:01.65	+00:32:43 (47.4%)	6:54	8.7 (52.7%)
239	MOTOWIDŁO-ZAWADZKA Izabella	153		K40-49	8	01:09:09.25	+00:32:51 (47.5%)	6:54	8.7 (52.7%)
240	DORDZIK Małgorzata	43		K50-59	3	01:09:13.45	+00:32:55 (47.6%)	6:55	8.7 (52.7%)
241	RÓŻNAWSKI Marek	243		SM-M40-49	17	01:09:22.10	+00:33:04 (47.7%)	6:56	8.6 (52.1%)
242	DEREŃ Grzegorz	39	21. BAZA LOTNICTWA TAKTYCZNEGO	SM-M40-49	18	01:09:27.25	+00:33:09 (47.7%)	6:56	8.6 (52.1%)
243	GRZEŻUŁKOWSKI Paweł	70	CSMW USTKA	SM-M30-39	33	01:10:07.20	+00:33:49 (48.2%)	7:00	8.6 (52.1%)
244	JELEŃSKI Adrian	81		SM-M30-39	34	01:10:09.50	+00:33:51 (48.3%)	7:01	8.6 (52.1%)
245	MARCZAK Małgorzata	143		K50-59	4	01:10:24.20	+00:34:06 (48.4%)	7:02	8.5 (51.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
246	CZERWIŃSKI Waldemar	36	MARKOS RUNNING TEAM	M30-39	34	01:10:29.00	+00:34:11 (48.5%)	7:02	8.5 (51.5%)
247	GRABOWSKA Kinga	66		K30-39	23	01:10:29.80	+00:34:12 (48.5%)	7:03	8.5 (51.5%)
248	KURCZ Barbara	122	BABECZKI KOSZALIN	K40-49	9	01:10:30.15	+00:34:12 (48.5%)	7:03	8.5 (51.5%)
249	POKORNY Edward	181	TUPOT USTKA	M60+	9	01:10:48.45	+00:34:30 (48.7%)	7:04	8.5 (51.5%)
250	KOZŁOWSKI Marek	111		M60+	10	01:10:49.15	+00:34:31 (48.7%)	7:04	8.5 (51.5%)
251	LANOWUJOWICZ Paulina	295	WPK SŁOŃ TEAM USTKA	K30-39	24	01:10:59.70	+00:34:42 (48.9%)	7:05	8.5 (51.5%)
252	KOWALCZYK Justyna	107	WPK SŁOŃ TEAM USTKA	K30-39	25	01:10:59.75	+00:34:42 (48.9%)	7:06	8.5 (51.5%)
253	CZERWIŃSKA Ania	35	BEST BEASTS	K40-49	10	01:11:05.80	+00:34:48 (48.9%)	7:06	8.4 (50.9%)
254	SZKATULSKA Karolina	229	DARŁOWSKIE CHARTY	K18-29	11	01:11:17.35	+00:34:59 (49.1%)	7:07	8.4 (50.9%)
255	WĘSIERSKA Olga	248		K30-39	26	01:11:22.65	+00:35:04 (49.2%)	7:08	8.4 (50.9%)
256	GŁOGOWSKI Piotr	62	MOŻW	SM-M30-39	35	01:11:25.95	+00:35:08 (49.2%)	7:08	8.4 (50.9%)
257	CIEŚLIŃSKA Agnieszka	30	MOŻW	SM-K30-39	8	01:11:38.75	+00:35:21 (49.3%)	7:09	8.4 (50.9%)
258	TÓRZ Michał	239	13 DTR	SM-M30-39	36	01:12:09.60	+00:35:51 (49.7%)	7:13	8.3 (50.3%)
259	PIEKARSKA Aneta	172		K30-39	27	01:12:47.90	+00:36:30 (50.1%)	7:16	8.2 (49.7%)
260	NOWICKI Mateusz	160	CENTRUM SZKOLENIA MARYNARKI WOJENNEJ	SM-M30-39	37	01:13:00.15	+00:36:42 (50.3%)	7:18	8.2 (49.7%)
261	KOZACZEK Krzysztof	356	MJR	M30-39	35	01:13:13.60	+00:36:55 (50.4%)	7:19	8.2 (49.7%)
262	ANDRZEJEWSKA Magdalena	9	DALEKO JESZCZE	K40-49	11	01:13:43.65	+00:37:25 (50.8%)	7:22	8.1 (49.1%)
263	ANDRZEJEWSKI Rafał	10	DALEKO JESZCZE	M40-49	35	01:13:43.70	+00:37:26 (50.8%)	7:22	8.1 (49.1%)
264	ZAWADZKI Jacek	264		M40-49	36	01:13:43.85	+00:37:26 (50.8%)	7:22	8.1 (49.1%)
265	PIETRZYCKI Sławek	174	BRYGADALOTNICTWAMW/RUNEDA	SM-M40-49	19	01:13:44.05	+00:37:26 (50.8%)	7:22	8.1 (49.1%)
266	KIEDROWSKI Mariusz	94	CS&I	SM-M40-49	20	01:13:45.15	+00:37:27 (50.8%)	7:22	8.1 (49.1%)
267	ZAWISZA Tomasz	266	CSMW USTKA	SM-M50+	5	01:13:46.85	+00:37:29 (50.8%)	7:22	8.1 (49.1%)
268	GRAJNERT Adam	287		SM-M30-39	38	01:13:50.95	+00:37:33 (50.9%)	7:23	8.1 (49.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
269	GRAJNERT Wioleta	286		K18-29	12	01:14:12.25	+00:37:54 (51.1%)	7:25	8.1 (49.1%)
270	ANDRZEJEWSKI Michał	53	9 DPLT	SM-M18-29	26	01:14:14.50	+00:37:56 (51.1%)	7:25	8.1 (49.1%)
271	MICHALUK Michał	147	9 DYWIZJON PRZECIWLOTNICZY	SM-M30-39	39	01:14:40.05	+00:38:22 (51.4%)	7:28	8 (48.5%)
272	JONIK Maciej	2		SM-M40-49	21	01:15:21.85	+00:39:04 (51.8%)	7:32	8 (48.5%)
273	KOS Krystian	103	CPSP USTKA	SM-M18-29	27	01:15:27.60	+00:39:09 (51.9%)	7:32	8 (48.5%)
274	LEWANDOWSKI Adam	130	W.P.K SŁOŃ TEAM USTKA	M30-39	36	01:15:31.50	+00:39:13 (51.9%)	7:33	7.9 (47.9%)
275	GZIK Radosław	76	W.P.K. SŁOŃ TEAM USTKA	M30-39	37	01:15:31.55	+00:39:13 (51.9%)	7:33	7.9 (47.9%)
276	SIKORA Tomasz	208	21. BAZA LOTNICTWA TAKTYCZNEGO	SM-M50+	6	01:15:54.70	+00:39:37 (52.2%)	7:35	7.9 (47.9%)
277	KULA Szymon	120		M40-49	37	01:16:41.05	+00:40:23 (52.7%)	7:40	7.8 (47.3%)
278	BEDNARSKI Roman	1	JW 4101	SM-M50+	7	01:17:30.10	+00:41:12 (53.2%)	7:45	7.7 (46.7%)
279	SZMIGIERO Agnieszka	233	W.P.K SŁOŃ TEAM	K40-49	12	01:19:17.05	+00:42:59 (54.2%)	7:55	7.6 (46.1%)
280	STANISŁAWSKA Ewelina	219	MAZOWIECKI ODDZIAŁ ZANDARMERII WOJSKOWEJ	SM-K30-39	9	01:20:07.70	+00:43:50 (54.7%)	8:00	7.5 (45.5%)
281	ŚMIETAŃSKI Krzysztof	5	CSMW	M18-29	18	01:22:52.95	+00:46:35 (56.2%)	8:17	7.2 (43.6%)
282	ŚMIETAŃSKI Ireneusz	75	CSMW	M40-49	38	01:22:53.20	+00:46:35 (56.2%)	8:17	7.2 (43.6%)
283	KABACIŃSKI Bronisław	84	TUPOT USTKA	M60+	11	01:23:53.30	+00:47:35 (56.7%)	8:23	7.2 (43.6%)
284	GANCARZ Łukasz	56		SM-M18-29	28	01:30:44.30	+00:54:26 (60.0%)	9:04	6.6 (40.0%)
285	RZEPKA Krystian	204	9 DYWIZJON PRZECIWLOTNICZY	SM-M30-39	40	01:31:43.10	+00:55:25 (60.4%)	9:10	6.5 (39.4%)
286	SULL Kacper	223	NIGHT RUNNERS SŁUPSK	M18-29	19	01:35:04.85	+00:58:47 (61.8%)	9:30	6.3 (38.2%)
287	DAMPS Julita	37	NIGHT RUNNERS SŁUPSK	K30-39	28	01:35:05.05	+00:58:47 (61.8%)	9:30	6.3 (38.2%)

Znaleziono 287 wynik(ów)