

MISTRZOSTWA 7 BOW - 5KM

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Organizator: 7BOW
Data: 2023-10-04
Miejsce: SŁUPSK
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	1.25km	2.5km	3.75km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	KPR. BŁASZCZYK Patryk	180	DPLOT	M 35	1	00:03:40	00:07:32	00:11:27	00:15:19.75		3:03	19.6 (100%)
2	ST.SZER. JEFIMCZYK Norbert	165	1BZ	M 35	2	00:03:33	00:07:34	00:11:41	00:15:35.10	+00:00:15 (1.6%)	3:07	19.3 (98.5%)
3	KPR. PYTLAK Michał	86	2 BZ	M 35	3	00:03:51	00:07:53	00:11:59	00:16:08.02	+00:00:48 (5.0%)	3:13	18.6 (94.9%)
4	ST.SZER.SPEC BARTKIEWICZ Krzysztof	164	1BZ	Drużynówka	1	00:04:02	00:08:14	00:12:34	00:16:53.83	+00:01:34 (9.3%)	3:22	17.8 (90.8%)
5	MŁ.CHOR. PELO Artur	201	DPLOT	M 36-45	1	00:04:10	00:08:25	00:12:35	00:17:09.49	+00:01:49 (10.7%)	3:25	17.5 (89.3%)
6	ST.KPR. CZERNIAK Robert	161	1BZ	M 36-45	2	00:04:11	00:08:28	00:12:59	00:17:25.07	+00:02:05 (12.0%)	3:29	17.2 (87.8%)
7	ST.KPR. KURTA Rafał	223	WOT/7PBOW	M 35	4	00:03:42	00:08:49	00:13:28	00:17:57.78	+00:02:38 (14.7%)	3:35	16.7 (85.2%)
8	SZER. DZSW. RAGAN Alan	190	K.SZKOL.	M 35	5	00:04:24	00:08:56	00:13:42	00:18:22.00	+00:03:02 (16.5%)	3:40	16.3 (83.2%)
9	KPR. TERMAN Dariusz	162	1BZ	M 36-45	3	00:04:21	00:09:02	00:13:50	00:18:29.67	+00:03:09 (17.1%)	3:41	16.2 (82.7%)
10	SZER. CEJKO Dawid	102	2 BZ	M 35	6	00:04:28	00:09:12	00:13:57	00:18:33.39	+00:03:13 (17.4%)	3:42	16.2 (82.7%)
11	SZER. TOPKA Beata	356	2 BZ	K 35	1	00:04:53	00:09:55	00:15:01	00:20:04.03	+00:04:44 (23.6%)	4:00	15 (76.5%)
12	SZER. DZSW KOWALSKI Adrian	159	2 BZ	M 35	7	00:05:02	00:09:43	00:14:52	00:20:13.49	+00:04:53 (24.2%)	4:02	14.8 (75.5%)
13	SZER. JOŃCZYK Oliwier	122	2 BZ	M 35	8	00:04:50	00:09:55	00:15:08	00:20:14.70	+00:04:54 (24.3%)	4:02	14.8 (75.5%)
14	SZER. KULIŃSKA Justyna	166	1BZ	K 35	2	00:04:51	00:09:55	00:15:07	00:20:19.18	+00:04:59 (24.6%)	4:03	14.8 (75.5%)
15	SZER. METLICKA Wiktoria	26	DAS	K 35	3	00:04:56	00:10:01	00:15:13	00:20:30.78	+00:05:11 (25.3%)	4:06	14.6 (74.5%)
16	PPOR. BIAŁUCH Bartłomiej	160	1BZ	M 35	9	00:04:50	00:09:59	00:15:21	00:20:35.17	+00:05:15 (25.5%)	4:07	14.6 (74.5%)
17	SZER. DZSW KALISZ Wojciech	311	K.SZKOL.	M 35	10	00:04:54	00:09:55	00:15:17	00:20:59.39	+00:05:39 (27.0%)	4:11	14.3 (73.0%)
18	KPR. ZAWADA Daniel	351	SZTAB	M 35	11	00:04:54	00:10:16	00:15:51	00:21:10.25	+00:05:50 (27.6%)	4:14	14.2 (72.4%)
19	SZER. DZSW KOWALSKI Przemysław	239	BLOG	M 35	12	00:05:06	00:10:36	00:15:50	00:21:16.36	+00:05:56 (27.9%)	4:15	14.1 (71.9%)
20	SZER. DZSW LEWCZUK Kamil	148	K.SZKOL.	M 35	13	00:04:38	00:10:20	00:15:26	00:21:38.62	+00:06:18 (29.2%)	4:19	13.9 (70.9%)
21	SZER. DZSW MIKULSKI Wiktor	245	K.SZKOL.	M 35	14	00:06:01	00:12:46	00:17:16	00:21:39.05	+00:06:19 (29.2%)	4:19	13.9 (70.9%)
22	KPR. GOŹLIŃSKI Sławomir	28	3 BZ	M 35	15	00:05:16	00:10:48	00:16:15	00:21:41.42	+00:06:21 (29.3%)	4:20	13.8 (70.4%)
23	SZER. DZSW SKWIERZ Igor	242	K.SZKOL.	M 35	16	00:04:51	00:10:20	00:16:15	00:21:42.00	+00:06:22 (29.4%)	4:20	13.8 (70.4%)
24	PLUT. FIRKOWSKI Bartosz	303	2 BZ	M 36-45	4	00:04:45	00:10:09	00:15:53	00:21:43.05	+00:06:23 (29.4%)	4:20	13.8 (70.4%)
25	SZER. DZSW RAKOWSKI Michał	319	DPLOT	M 35	17	00:05:49	00:11:01	00:16:26	00:21:44.27	+00:06:24 (29.5%)	4:20	13.8 (70.4%)
26	PLUT. ŁASKA Piotr	5	3 BZ	M 36-45	5	00:05:15	00:10:48	00:16:24	00:21:52.64	+00:06:32 (29.9%)	4:22	13.7 (69.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	1.25km	2.5km	3.75km	Czas		Tempo min/km	Tempo km/h
									netto	Różn		
									5km			
27	SZER. RYBAK Paweł	129	BLOG	M 35	18	00:06:12	00:11:37	00:17:06	00:22:07.23	+00:06:47 (30.7%)	4:25	13.6 (69.4%)
28	SZER. DZSW CZYŻ Bartosz	114	K.SZKOL.	M 35	19	00:04:38	00:10:43	00:16:26	00:22:10.21	+00:06:50 (30.9%)	4:26	13.5 (68.9%)
29	POR. OKRUJ Piotr	221	WOT/7PBOW	M 35	20	00:05:17	00:10:46	00:16:28	00:22:12.00	+00:06:52 (30.9%)	4:26	13.5 (68.9%)
30	ST. SZER. MICHALCZYK Arkadiusz	4	3 BZ	Drużynówka	2	00:05:26	00:11:00	00:16:42	00:22:17.94	+00:06:58 (31.3%)	4:27	13.5 (68.9%)
31	SZER. LIS Krzysztof	53	DAS	M 35	21	00:05:04	00:10:39	00:16:25	00:22:18.25	+00:06:58 (31.3%)	4:27	13.5 (68.9%)
32	ST.CHOR.SZT. KOWGAN Jarosław	178	DPLOT	Drużynówka	3	00:05:11	00:11:04	00:15:39	00:22:23.87	+00:07:04 (31.6%)	4:28	13.4 (68.4%)
33	SZER. DZSW. ŚLUSARSKI Igor	208	K.SZKOL.	M 35	22	00:05:39	00:11:18	00:17:19	00:22:24.97	+00:07:05 (31.6%)	4:28	13.4 (68.4%)
34	SZER. DZSW CYROCKI Nikodem	250	K.SZKOL.	M 35	23	00:05:51	00:10:32	00:16:20	00:22:28.28	+00:07:08 (31.8%)	4:29	13.4 (68.4%)
35	SZER. PASZOTKA-LIPIŃSKI Dawid	236	BLOG	M 35	24	00:05:58	00:11:32	00:17:03	00:22:31.15	+00:07:11 (31.9%)	4:30	13.3 (67.9%)
36	PPOR. NAKONIECZNY Michał	76	2 BZ	M 35	25	00:05:38	00:11:24	00:17:03	00:22:33.33	+00:07:13 (32.0%)	4:30	13.3 (67.9%)
37	SZER. NOWAK Agnieszka	74	DPLOT	Drużynówka	4	00:05:15	00:10:51	00:16:43	00:22:34.17	+00:07:14 (32.1%)	4:30	13.3 (67.9%)
38	SZER. CHLEBOWSKI Sebastian	384	DPLOT	M 35	26	00:05:34	00:11:15	00:16:56	00:22:37.48	+00:07:17 (32.2%)	4:31	13.3 (67.9%)
39	SZER. JURKOWSKI Dawid	299	BDOW	M 35	27	00:05:53	00:11:28	00:17:11	00:22:39.24	+00:07:19 (32.3%)	4:31	13.2 (67.3%)
40	SZER. PŁATEK Arkadiusz	295	BDOW	M 35	28	00:05:52	00:11:27	00:17:10	00:22:40.26	+00:07:20 (32.4%)	4:32	13.2 (67.3%)
41	ST. SZER. LIS Marta	199	DPLOT	K 35	4	00:05:40	00:11:23	00:17:04	00:22:40.94	+00:07:21 (32.4%)	4:32	13.2 (67.3%)
42	POR. BUDZYŃSKI Mateusz	222	WOT/7PBOW	M 35	29	00:05:24	00:11:02	00:17:00	00:22:43.10	+00:07:23 (32.5%)	4:32	13.2 (67.3%)
43	PLUT. MAKOŚ Emil	228	BLOG	M 36-45	6	00:05:54	00:11:38	00:17:11	00:22:43.30	+00:07:23 (32.5%)	4:32	13.2 (67.3%)
44	SZER. JONIEC Angelika	167	1BZ	K 35	5	00:05:34	00:11:22	00:17:15	00:22:45.33	+00:07:25 (32.6%)	4:33	13.2 (67.3%)
45	SZER.DZSW MAJEROWSKI Mariusz	247	K.SZKOL.	M 35	30	00:05:50	00:11:28	00:17:08	00:22:47.11	+00:07:27 (32.7%)	4:33	13.2 (67.3%)
46	SZER. DZSW KRAWĘTKOWSKI Sylwester	373	DAS	M 35	31	00:05:51	00:11:33	00:17:18	00:22:51.76	+00:07:32 (33.0%)	4:34	13.1 (66.8%)
47	KOBIEROWSKI Sławomir	378	BDOW	M 36-45	7	00:05:52	00:11:33	00:17:18	00:22:53.00	+00:07:33 (33.0%)	4:34	13.1 (66.8%)
48	MJR. KOGUCIUK Łukasz	258	BDOW	M 35	32	00:05:52	00:11:36	00:17:10	00:22:55.22	+00:07:35 (33.1%)	4:35	13.1 (66.8%)
49	SZER. RUTKOWSKI Krzysztof	386	DPLOT	M 35	33	00:06:16	00:12:07	00:17:47	00:22:55.24	+00:07:35 (33.1%)	4:35	13.1 (66.8%)
50	KPR. WOJTYSIAK Daniel	282	BDOW	M 36-45	8	00:05:55	00:11:34	00:17:19	00:22:55.48	+00:07:35 (33.1%)	4:35	13.1 (66.8%)
51	SZER. IANKO Aleksandra	32	3 BZ	K 35	6	00:05:48	00:11:27	00:16:06	00:23:06.95	+00:07:47 (33.7%)	4:37	13 (66.3%)
52	SZER. KILA Bartłomiej	115	2 BZ	M 35	34	00:04:40	00:09:42	00:14:58	00:23:10.17	+00:07:50 (33.8%)	4:38	12.9 (65.8%)
53	PLUT. DĄBROWSKI Artur	80	SZTAB	M 35	35	00:05:40	00:11:32	00:17:21	00:23:10.37	+00:07:50 (33.8%)	4:38	12.9 (65.8%)
54	ST.SZER.SPECJ MICHALCZYK Arkadiusz	31	3 BZ	Drużynówka	5	00:06:36	00:12:57	00:19:04	00:23:10.87	+00:07:51 (33.9%)	4:38	12.9 (65.8%)
55	SZER. KWIDZIŃSKI Waldemar	108	2 BZ	M 35	36	00:05:59	00:12:05	00:17:48	00:23:13.93	+00:07:54 (34.0%)	4:38	12.9 (65.8%)
56	CHOR. RZEPKOWSKI Daniel	341	BDOW	M 36-45	9	00:06:03	00:12:01	00:17:56	00:23:21.13	+00:08:01 (34.4%)	4:40	12.8 (65.3%)
57	SZER. SAMP Agnieszka	186	DPLOT	Drużynówka	6	00:05:52	00:11:44	00:17:35	00:23:24.10	+00:08:04 (34.5%)	4:40	12.8 (65.3%)
58	SZER. DZSW BRŃSKI Paweł	377	DPLOT	M 35	37	00:06:04	00:11:55	00:17:47	00:23:27.80	+00:08:08 (34.7%)	4:41	12.8 (65.3%)
59	KPR. NOWACKI Kamil	262	BDOW	M 35	38	00:05:55	00:11:40	00:17:31	00:23:30.14	+00:08:10 (34.8%)	4:42	12.8 (65.3%)
60	SZER. PRZYBYLSKI Jakub	376	DPLOT	M 35	39	00:06:24	00:12:14	00:17:17	00:23:32.40	+00:08:12 (34.9%)	4:42	12.7 (64.8%)
61	SZER. TYREK Katarzyna	234	BLOG	K 35	7	00:05:37	00:11:19	00:17:28	00:23:32.76	+00:08:13 (34.9%)	4:42	12.7 (64.8%)
62	SZER. DUL Arkadiusz	33	DAS	M 36-45	10	00:06:09	00:12:38	00:18:25	00:23:37.90	+00:08:18 (35.1%)	4:43	12.7 (64.8%)
63	MŁ.CHOR. RYDZEWSKI Piotr	264	BDOW	M 36-45	11	00:05:55	00:11:32	00:17:33	00:23:39.12	+00:08:19 (35.2%)	4:43	12.7 (64.8%)
64	SZER. DZSW BRODZIK Krzysztof	310	DAS	M 35	40	00:06:44	00:14:25	00:18:48	00:23:39.38	+00:08:19 (35.2%)	4:43	12.7 (64.8%)
65	KPR. POTASIŃSKI Roman	10	DAS	M 36-45	12	00:06:04	00:11:50	00:17:45	00:23:41.45	+00:08:21 (35.3%)	4:44	12.7 (64.8%)
66	KPR. KOSTRZEWA Karol	229	BLOG	M 35	41	00:05:52	00:11:38	00:17:39	00:23:44.80	+00:08:25 (35.4%)	4:44	12.6 (64.3%)
67	KPR. KISIELEWSKI Witold	89	2 BZ	M 35	42	00:05:51	00:11:53	00:17:56	00:23:45.06	+00:08:25 (35.5%)	4:45	12.6 (64.3%)
68	SZER. KOSTRZEWSKI Marcin	124	2 BZ	M 35	43	00:06:24	00:12:10	00:18:03	00:23:46.20	+00:08:26 (35.5%)	4:45	12.6 (64.3%)
69	ST. KPR. MATUSZEWSKI Rafał	374	DPLOT	Drużynówka	7	00:06:17	00:12:09	00:18:04	00:23:46.38	+00:08:26 (35.5%)	4:45	12.6 (64.3%)
70	ST.SZER. MOLIS Dawid	98	2 BZ	M 35	44	00:06:33	00:12:18	00:18:19	00:23:50.62	+00:08:30 (35.7%)	4:46	12.6 (64.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas						
						1.25km	2.5km	3.75km	netto 5km	Różn	Tempo min/km	Tempo km/h
71	POR. MAJCHRZAK Łukasz	220	WOT/7PBOW	M 35	45	00:05:49	00:11:46	00:17:37	00:23:51.39	+00:08:31 (35.7%)	4:46	12.6 (64.3%)
72	PLUT. KOSTECKI Mariusz	7	SZTAB	M 36-45	13	00:05:18	00:11:10	00:17:24	00:23:54.77	+00:08:35 (35.9%)	4:46	12.6 (64.3%)
73	SZER. KOZUB Sławomir	27	DAS	M 36-45	14	00:06:24	00:12:10	00:19:00	00:23:55.12	+00:08:35 (35.9%)	4:47	12.5 (63.8%)
74	SZER. ŚLEDŹ Kacper	191	DPLOT	M 35	46	00:06:18	00:12:19	00:18:14	00:23:56.14	+00:08:36 (36.0%)	4:47	12.5 (63.8%)
75	SZER. BIŃCZYK Kamil	385	DPLOT	M 35	47	00:06:17	00:12:08	00:17:48	00:23:56.67	+00:08:36 (36.0%)	4:47	12.5 (63.8%)
76	SZER. ADAMCZYK Julian	235	BLOG	M 35	48	00:06:00	00:12:18	00:18:22	00:23:57.09	+00:08:37 (36.0%)	4:47	12.5 (63.8%)
77	ST.SZER. KANIEWSKI Krystian	97	2 BZ	M 35	49	00:06:33	00:12:56	00:18:19	00:23:57.67	+00:08:37 (36.0%)	4:47	12.5 (63.8%)
78	SZER. DZSW KONDRACIUK Jakub	253	K.SZKOL.	M 35	50	00:06:04	00:11:59	00:18:11	00:23:58.96	+00:08:39 (36.1%)	4:47	12.5 (63.8%)
79	ST.SZER. MATUSZEWSKI Mateusz	233	BLOG	M 35	51	00:06:16	00:12:17	00:18:22	00:24:00.41	+00:08:40 (36.1%)	4:48	12.5 (63.8%)
80	ST.KPR. KURUSIEWICZ Patryk	77	2 BZ	M 35	52	00:06:42	00:12:35	00:18:22	00:24:01.45	+00:08:41 (36.2%)	4:48	12.5 (63.8%)
81	ST.SZER. PAWLAK Marcin	206	DPLOT	M 36-45	15	00:05:51	00:11:42	00:17:53	00:24:01.65	+00:08:41 (36.2%)	4:48	12.5 (63.8%)
82	ST. SZER. PIETRAŚ Krzysztof	375	BDOW	M 35	53	00:06:22	00:12:42	00:18:59	00:24:02.00	+00:08:42 (36.2%)	4:48	12.5 (63.8%)
83	SZER. DZIECINNY Jakub	196	DPLOT	M 35	54	00:06:43	00:12:46	00:18:41	00:24:03.00	+00:08:43 (36.3%)	4:48	12.5 (63.8%)
84	KPR. ZAKRZEWSKI Rafał	96	2 BZ	M 36-45	16	00:05:57	00:12:00	00:18:01	00:24:04.53	+00:08:44 (36.3%)	4:48	12.5 (63.8%)
85	POR. WOJLANIS Dariusz	99	SZTAB	M 35	55	00:05:59	00:11:55	00:18:00	00:24:04.89	+00:08:45 (36.3%)	4:48	12.5 (63.8%)
86	SZER. DZSW GOŁĄB Patryk	138	2 BZ	M 35	56	00:05:56	00:11:53	00:18:10	00:24:06.51	+00:08:46 (36.4%)	4:49	12.4 (63.3%)
87	SZER. TOROWICZ Adam	127	2 BZ	M 36-45	17	00:05:57	00:11:50	00:18:11	00:24:07.44	+00:08:47 (36.5%)	4:49	12.4 (63.3%)
88	SZER. DZSW MROCZKOWSKI Bartosz	248	K.SZKOL.	M 35	57	00:05:53	00:11:48	00:18:16	00:24:11.73	+00:08:51 (36.6%)	4:50	12.4 (63.3%)
89	SZER. WAWRZYNOWSKI Krzysztof	194	DPLOT	M 35	58	00:06:19	00:12:04	00:18:41	00:24:13.80	+00:08:54 (36.7%)	4:50	12.4 (63.3%)
90	SIERŻ. CUDZIŁO Paweł	287	BDOW	M 36-45	18	00:06:12	00:12:20	00:18:29	00:24:18.68	+00:08:58 (36.9%)	4:51	12.3 (62.8%)
91	ST.SIERŻ. CUDZIŁO Piotr	227	BLOG	M 36-45	19	00:06:13	00:12:17	00:18:32	00:24:26.10	+00:09:06 (37.3%)	4:53	12.3 (62.8%)
92	SZER. DZSW PILCH Julian	257	K.SZKOL.	M 35	59	00:06:15	00:12:31	00:18:51	00:24:27.56	+00:09:07 (37.3%)	4:53	12.3 (62.8%)
93	ST.SIERŻ. DUDKA Piotr	226	BLOG	M 36-45	20	00:05:22	00:11:29	00:18:05	00:24:30.00	+00:09:10 (37.4%)	4:54	12.2 (62.2%)
94	SZER. SZMYTKIEWICZ Rafał	238	BLOG	Drużynówka	8	00:05:54	00:11:51	00:18:13	00:24:31.51	+00:09:11 (37.5%)	4:54	12.2 (62.2%)
95	SZER. SZYMURA Kacper	205	DPLOT	M 35	60	00:05:58	00:11:57	00:18:24	00:24:32.15	+00:09:12 (37.5%)	4:54	12.2 (62.2%)
96	SZER. SZOPIŃSKI Kacper	362	BDOW	M 35	61	00:05:25	00:11:49	00:18:11	00:24:33.27	+00:09:13 (37.6%)	4:54	12.2 (62.2%)
97	SZER. PIECZYŃSKI Piotr	189	DPLOT	M 35	62	00:05:54	00:12:03	00:18:33	00:24:33.32	+00:09:13 (37.6%)	4:54	12.2 (62.2%)
98	PPOR. SZEFER Marcin	107	BLOG	Drużynówka	9	00:05:51	00:12:03	00:18:18	00:24:34.13	+00:09:14 (37.6%)	4:54	12.2 (62.2%)
99	SZER. DZSW SZCZECIŃSKI Arkadiusz	382	DPLOT	M 36-45	21	00:06:31	00:12:38	00:18:42	00:24:35.46	+00:09:15 (37.7%)	4:55	12.2 (62.2%)
100	PPOR. BIELAK Adrian	259	BDOW	M 36-45	22	00:06:26	00:12:36	00:18:44	00:24:35.67	+00:09:15 (37.7%)	4:55	12.2 (62.2%)
101	SZER. BEDNAREK Jakub	110	2 BZ	M 35	63	00:06:48	00:12:57	00:17:23	00:24:41.56	+00:09:21 (37.9%)	4:56	12.2 (62.2%)
102	PPOR. KOSICKI Łukasz	285	BDOW	M 36-45	23	00:06:21	00:12:37	00:18:45	00:24:41.72	+00:09:21 (37.9%)	4:56	12.2 (62.2%)
103	SZER. DZSW KOLANOWSKI Jacek	211	K.SZKOL.	M 36-45	24	00:06:08	00:12:24	00:18:44	00:24:47.06	+00:09:27 (38.1%)	4:57	12.1 (61.7%)
104	ST. KPR. PETRYSZYN Marcin	346	DAS	M 36-45	25	00:06:36	00:12:56	00:19:03	00:24:49.49	+00:09:29 (38.3%)	4:57	12.1 (61.7%)
105	SZER. FILIPEK Kacper	104	2 BZ	M 35	64	00:06:10	00:12:23	00:18:46	00:24:51.78	+00:09:32 (38.3%)	4:58	12.1 (61.7%)
106	ST.SZER. MAŁEK Paweł	269	BDOW	M 35	65	00:05:56	00:12:06	00:18:38	00:24:52.95	+00:09:33 (38.4%)	4:58	12.1 (61.7%)
107	SIERŻ. IGLEWSKI Marek	83	2 BZ	M 36-45	26	00:06:57	00:12:38	00:17:12	00:24:54.24	+00:09:34 (38.4%)	4:58	12 (61.2%)
108	SZER. SUPERSON Tomasz	73	2 BZ	M 35	66	00:06:54	00:13:22	00:19:26	00:24:54.83	+00:09:35 (38.5%)	4:58	12 (61.2%)
109	ST.SZER. ZABŁOCKI Artur	232	BLOG	M 36-45	27	00:06:29	00:12:42	00:18:50	00:24:55.63	+00:09:35 (38.5%)	4:59	12 (61.2%)
110	SZER. DZSW RUSIECKI Jakub	252	K.SZKOL.	M 35	67	00:05:39	00:12:02	00:18:41	00:24:59.67	+00:09:39 (38.7%)	4:59	12 (61.2%)
111	KPR. PANEK Ireneusz	46	DAS	M 36-45	28	00:05:53	00:12:01	00:18:38	00:25:00.72	+00:09:40 (38.7%)	5:00	12 (61.2%)
112	PPOR. POLAK Radosław	179	DPLOT	M 36-45	29	00:06:05	00:12:25	00:17:36	00:25:01.26	+00:09:41 (38.7%)	5:00	12 (61.2%)
113	KPR. BANDOSZ Radosław	163	1BZ	M 35	68	00:06:15	00:12:13	00:17:26	00:25:06.44	+00:09:46 (38.9%)	5:01	12 (61.2%)
114	SZER. DZSW. DZIKOWICZ Dawid	117	K.SZKOL.	M 35	69	00:06:29	00:12:50	00:18:58	00:25:06.55	+00:09:46 (38.9%)	5:01	12 (61.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Tempo min/km	Tempo km/h
						1.25km	2.5km	3.75km	netto 5km	Różn		
115	SZER. GOŁĄB Michał	192	DPLOT	M 36-45	30	00:06:04	00:12:49	00:19:19	00:25:07.88	+00:09:48 (39.0%)	5:01	11.9 (60.7%)
116	SZER. DZSW DROST Michał	144	2 BZ	M 35	70	00:06:21	00:12:53	00:19:09	00:25:08.67	+00:09:48 (39.0%)	5:01	11.9 (60.7%)
117	SZER. DZSW GOŁOŚ Przemysław	355	BDOW	M 35	71	00:07:32	00:14:08	00:20:07	00:25:12.02	+00:09:52 (39.2%)	5:02	11.9 (60.7%)
118	SZER. DZSW. KOZIEŁ Michał	195	K.SZKOL.	M 35	72	00:06:29	00:12:50	00:18:57	00:25:12.70	+00:09:52 (39.2%)	5:02	11.9 (60.7%)
119	SZER. DAWIDOWICZ Adam	54	DAS	M 35	73	00:06:03	00:12:30	00:19:01	00:25:18.03	+00:09:58 (39.4%)	5:03	11.9 (60.7%)
120	PPLK KWIATKOWSKI Stanisław	8	DAS	M 36-45	31	00:06:13	00:12:21	00:18:51	00:25:18.59	+00:09:58 (39.4%)	5:03	11.9 (60.7%)
121	SZER. DZSW FIEŃKO Krzysztof	207	K.SZKOL.	M 35	74	00:05:48	00:12:23	00:18:47	00:25:20.04	+00:10:00 (39.5%)	5:04	11.8 (60.2%)
122	SZER. DZSW CHWARZYŃSKI Jakub	370	DAS	M 35	75	00:06:56	00:14:05	00:19:29	00:25:21.96	+00:10:02 (39.6%)	5:04	11.8 (60.2%)
123	SZER. MICHORZEWSKI Mateusz	367	DAS	M 35	76	00:06:00	00:12:12	00:18:41	00:25:24.65	+00:10:04 (39.7%)	5:04	11.8 (60.2%)
124	SZER. PAWELEC Łukasz	55	DAS	M 35	77	00:05:51	00:12:01	00:18:44	00:25:26.80	+00:10:07 (39.8%)	5:05	11.8 (60.2%)
125	SZER. KĘSIK Agnieszka	45	DAS	Drużynówka	10	00:05:57	00:12:16	00:18:59	00:25:27.81	+00:10:08 (39.8%)	5:05	11.8 (60.2%)
126	SZER. DZSW KROPIDŁOWSKI Krystian	193	DPLOT	M 35	78	00:05:59	00:12:23	00:18:12	00:25:33.29	+00:10:13 (40.0%)	5:06	11.7 (59.7%)
127	SZER. DZSW CHMIEL Mateusz	149	2 BZ	M 35	79	00:06:17	00:13:01	00:19:14	00:25:33.76	+00:10:14 (40.0%)	5:06	11.7 (59.7%)
128	CHOR. ANIOŁ Sebastian	344	SZTAB	Drużynówka	11	00:05:38	00:12:02	00:18:35	00:25:37.00	+00:10:17 (40.2%)	5:07	11.7 (59.7%)
129	SZER. DZSW POLOCZEK Karolina	383	DPLOT	K 35	8	00:07:33	00:15:51	00:20:27	00:25:38.21	+00:10:18 (40.2%)	5:07	11.7 (59.7%)
130	CHOR. PRZYBYLSKI Rafał	363	BLOG	Drużynówka	12	00:06:03	00:12:23	00:19:02	00:25:42.58	+00:10:22 (40.4%)	5:08	11.7 (59.7%)
131	SZER. STRZAŁBA Krzysztof	62	DAS	M 35	80	00:06:00	00:12:20	00:19:14	00:25:44.03	+00:10:24 (40.4%)	5:08	11.7 (59.7%)
132	SZER. PANEK Paweł	187	DPLOT	M 35	81	00:05:58	00:12:29	00:19:20	00:25:48.93	+00:10:29 (40.6%)	5:09	11.6 (59.2%)
133	SZER. LETKOMILLER Mariusz	181	DPLOT	M 35	82	00:05:36	00:12:04	00:19:09	00:25:51.28	+00:10:31 (40.7%)	5:10	11.6 (59.2%)
134	KPR. WARZEWSKI Nikodem	18	DAS	M 35	83	00:06:46	00:13:07	00:19:30	00:25:52.60	+00:10:32 (40.8%)	5:10	11.6 (59.2%)
135	SZER. SUCHTA Michał	103	BDOW	M 35	84	00:06:40	00:12:59	00:19:27	00:25:54.08	+00:10:34 (40.8%)	5:10	11.6 (59.2%)
136	ST.SZER. KACPERSKI Marek	203	DPLOT	M 36-45	32	00:05:53	00:12:23	00:19:18	00:25:55.36	+00:10:35 (40.9%)	5:11	11.6 (59.2%)
137	KPT. KOŁODZIEJCZYK Lucyna	69	SZTAB	K 35	9	00:06:02	00:13:18	00:19:46	00:25:56.13	+00:10:36 (40.9%)	5:11	11.6 (59.2%)
138	KPR. KAMIŃSKI Krzysztof	95	2 BZ	M 36-45	33	00:06:51	00:13:20	00:19:53	00:25:59.05	+00:10:39 (41.0%)	5:11	11.5 (58.7%)
139	SZER. KOŚLA Dawid	173	KSAP.	M 35	85	00:06:31	00:12:23	00:19:13	00:26:04.40	+00:10:44 (41.2%)	5:12	11.5 (58.7%)
140	SZER. TRĄBKA Krystian	172	KSAP.	M 35	86	00:06:28	00:12:54	00:20:06	00:26:05.96	+00:10:46 (41.3%)	5:13	11.5 (58.7%)
141	POR.WYSOCKI Mateusz	9	2 BZ	M 35	87	00:06:28	00:12:26	00:19:15	00:26:09.70	+00:10:49 (41.4%)	5:13	11.5 (58.7%)
142	ST.KPR. KLESZCZ Michał	123	2 BZ	M 35	88	00:06:14	00:12:28	00:19:07	00:26:10.03	+00:10:50 (41.4%)	5:14	11.5 (58.7%)
143	ST.CHOR.SZT. BORYS Krzysztof	14	DAS	M 36-45	34	00:06:42	00:13:12	00:19:47	00:26:16.21	+00:10:56 (41.6%)	5:15	11.4 (58.2%)
144	ST.CHOR.SZT. NOWACKI Zbigniew	225	BLOG	Drużynówka	13	00:06:07	00:12:49	00:19:20	00:26:17.00	+00:10:57 (41.7%)	5:15	11.4 (58.2%)
145	SZER. ŚWIATEK Mateusz	118	2 BZ	M 35	89	00:06:28	00:12:46	00:19:39	00:26:19.67	+00:10:59 (41.8%)	5:15	11.4 (58.2%)
146	SZER. POTRYKUS Dawid	204	DPLOT	M 35	90	00:06:37	00:13:18	00:19:59	00:26:20.32	+00:11:00 (41.8%)	5:16	11.4 (58.2%)
147	SZER. ŁACHMANOWICZ Łukasz	169	KSAP.	M 35	91	00:06:04	00:12:34	00:19:14	00:26:20.91	+00:11:01 (41.8%)	5:16	11.4 (58.2%)
148	SZER. DZSW KOLANKO Patryk	140	2 BZ	M 35	92	00:06:01	00:12:56	00:20:00	00:26:21.70	+00:11:01 (41.9%)	5:16	11.4 (58.2%)
149	SZER.DZSW GRYWIŃSKI Bartosz	188	DPLOT	M 35	93	00:06:00	00:12:24	00:19:24	00:26:22.21	+00:11:02 (41.9%)	5:16	11.4 (58.2%)
150	SZER. DZSW KOWALSKI Kacper	213	K.SZKOL.	M 35	94	00:06:18	00:12:49	00:19:20	00:26:24.63	+00:11:04 (42.0%)	5:16	11.4 (58.2%)
151	PLUT. ZEMRYS Janusz	326	BDOW	M 36-45	35	00:06:26	00:13:17	00:20:06	00:26:24.64	+00:11:04 (42.0%)	5:16	11.4 (58.2%)
152	KPR. JANIK Radosław	177	2 BZ	M 35	95	00:06:51	00:13:11	00:19:11	00:26:24.69	+00:11:04 (42.0%)	5:16	11.4 (58.2%)
153	SZER. FURMANIAK Kacper	137	BLOG	M 35	96	00:06:16	00:12:17	00:18:37	00:26:25.99	+00:11:06 (42.0%)	5:17	11.4 (58.2%)
154	KPR. STAŃCZYK Arkadiusz	94	2 BZ	M 36-45	36	00:06:38	00:13:07	00:19:55	00:26:36.66	+00:11:16 (42.4%)	5:19	11.3 (57.7%)
155	KPR. CZERNIEJEWSKI Paweł	185	DPLOT	M 35	97	00:06:59	00:13:30	00:20:08	00:26:38.82	+00:11:19 (42.5%)	5:19	11.3 (57.7%)
156	SZER. DZSW KOGUT Przemysław	142	2 BZ	M 35	98	00:06:19	00:13:30	00:20:27	00:26:40.05	+00:11:20 (42.5%)	5:20	11.3 (57.7%)
157	SZER. PACUCHA Paulina	266	BDOW	K 35	10	00:06:16	00:13:19	00:19:38	00:26:47.38	+00:11:27 (42.8%)	5:21	11.2 (57.1%)
158	SZER. PIETKUN Klaudia	70	2 BZ	M 35	99	00:06:51	00:13:20	00:20:07	00:26:55.46	+00:11:35 (43.1%)	5:23	11.1 (56.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	1.25km	2.5km	3.75km	Czas		Tempo min/km	Tempo km/h
									netto	Różn		
									5km			
159	SZER. DZSW KOZACZUK Jakub	359	BDOW	M 35	100	00:07:23	00:14:00	00:20:28	00:26:55.48	+00:11:35 (43.1%)	5:23	11.1 (56.6%)
160	SZER. KOZACZUK Kacper	342	BDOW	M 35	101	00:06:56	00:14:01	00:20:28	00:26:55.86	+00:11:36 (43.1%)	5:23	11.1 (56.6%)
161	KPR. URBANIAK Łukasz	92	2 BZ	M 36-45	37	00:07:08	00:13:53	00:20:36	00:26:56.45	+00:11:36 (43.1%)	5:23	11.1 (56.6%)
162	KPR. BORKOWICZ Marcin	93	2 BZ	M 36-45	38	00:07:05	00:13:55	00:20:50	00:27:08.09	+00:11:48 (43.5%)	5:25	11.1 (56.6%)
163	SZER. DZSW WYRWAŁ Marta	219	K.SZKOL.	K 35	11	00:07:06	00:13:56	00:20:36	00:27:12.16	+00:11:52 (43.6%)	5:26	11 (56.1%)
164	SZER. ROSZKOWSKA Monika	318	1BZ	Drużynówka	14	00:06:19	00:12:53	00:20:04	00:27:12.46	+00:11:52 (43.7%)	5:26	11 (56.1%)
165	KPR. DĘBICKI Sebastian	270	BLOG	M 36-45	39	00:06:54	00:13:37	00:20:29	00:27:12.68	+00:11:52 (43.7%)	5:26	11 (56.1%)
166	SZER. RADOSZEWSKI Fabian	340	BDOW	M 35	102	00:05:18	00:13:17	00:20:17	00:27:13.65	+00:11:53 (43.7%)	5:26	11 (56.1%)
167	SZER. DZSW BŁOCH Daniel	246	K.SZKOL.	M 35	103	00:05:58	00:12:44	00:19:58	00:27:15.54	+00:11:55 (43.8%)	5:27	11 (56.1%)
168	SZER. DZSW GARBARZ Krzysztof	354	BDOW	M 35	104	00:06:05	00:13:34	00:20:05	00:27:15.96	+00:11:56 (43.8%)	5:27	11 (56.1%)
169	ST.KPR. SAMSONOWICZ Patryk	84	2 BZ	M 35	105	00:06:41	00:13:25	00:20:15	00:27:16.67	+00:11:56 (43.8%)	5:27	11 (56.1%)
170	SZER. MŁOCZYŃSKI Krystian	323	BLOG	M 35	106	00:07:16	00:14:38	00:22:13	00:27:20.97	+00:12:01 (44.0%)	5:28	11 (56.1%)
171	SZER. DZSW MUSIAŁ Piotr	256	K.SZKOL.	M 36-45	40	00:07:18	00:14:07	00:20:55	00:27:22.08	+00:12:02 (44.0%)	5:28	11 (56.1%)
172	SZER. PIETRASZ Rafał	125	2 BZ	M 35	107	00:06:52	00:13:41	00:20:43	00:27:22.54	+00:12:02 (44.0%)	5:28	11 (56.1%)
173	ST.SZER. KARCZESKI Łukasz	200	DPLOT	M 35	108	00:06:38	00:13:31	00:20:26	00:27:25.05	+00:12:05 (44.1%)	5:29	10.9 (55.6%)
174	ST.SZER. ŁAGA Mateusz	35	DAS	M 35	109	00:07:31	00:14:29	00:21:27	00:27:27.52	+00:12:07 (44.2%)	5:29	10.9 (55.6%)
175	SZER. HERNIK Kamil	42	DAS	M 35	110	00:07:14	00:14:29	00:20:08	00:27:29.40	+00:12:09 (44.2%)	5:29	10.9 (55.6%)
176	SZER. DZSW ŁODYGOWSKI Łukasz	347	BLOG	M 35	111	00:07:17	00:14:11	00:21:09	00:27:31.98	+00:12:12 (44.3%)	5:30	10.9 (55.6%)
177	SZER. DZSW KUZIMIŃSKA Aneta	152	2 BZ	Drużynówka	15	00:07:12	00:14:07	00:21:15	00:27:33.11	+00:12:13 (44.4%)	5:30	10.9 (55.6%)
178	SZER. DZSW ZARAŚ Krystian	366	DAS	M 35	112	00:06:51	00:13:39	00:20:35	00:27:35.80	+00:12:16 (44.5%)	5:31	10.9 (55.6%)
179	SZER. DZSW WINIARSKI Bartłomiej	380	DPLOT	M 35	113	00:06:33	00:13:08	00:20:22	00:27:36.30	+00:12:16 (44.5%)	5:31	10.9 (55.6%)
180	KPR. STECIUK Paweł	294	BLOG	M 35	114	00:06:54	00:13:32	00:20:41	00:27:36.61	+00:12:16 (44.5%)	5:31	10.9 (55.6%)
181	SZER. DZSW ROSA Paweł	136	2 BZ	M 35	115	00:07:07	00:14:04	00:20:54	00:27:37.75	+00:12:17 (44.5%)	5:31	10.9 (55.6%)
182	SZER. PALUCH Bartosz	132	2 BZ	M 35	116	00:07:10	00:13:52	00:20:35	00:27:37.82	+00:12:18 (44.5%)	5:31	10.9 (55.6%)
183	KPR. WINIARCZYK Mateusz	296	BDOW	M 35	117	00:06:50	00:14:08	00:21:43	00:27:41.91	+00:12:22 (44.7%)	5:32	10.8 (55.1%)
184	SIERZ. ROSTEK Tomasz	78	SZTAB	M 36-45	41	00:06:34	00:13:06	00:20:27	00:27:42.15	+00:12:22 (44.7%)	5:32	10.8 (55.1%)
185	SZER. DZSW PATOCKI Adrian	368	DAS	M 35	118	00:06:51	00:13:39	00:20:47	00:27:43.60	+00:12:23 (44.7%)	5:32	10.8 (55.1%)
186	SZER. WROŃSKI Paweł	338	BDOW	M 36-45	42	00:06:59	00:13:56	00:20:54	00:27:48.14	+00:12:28 (44.9%)	5:33	10.8 (55.1%)
187	ST.SZER. BIAŁOWAŚ Daniel	231	BLOG	M 35	119	00:06:59	00:13:44	00:20:41	00:27:52.47	+00:12:32 (45.0%)	5:34	10.8 (55.1%)
188	SZER. DZSW ROSOŁOWSKI Mateusz	209	K.SZKOL.	M 35	120	00:06:33	00:13:27	00:20:50	00:27:57.32	+00:12:37 (45.2%)	5:35	10.7 (54.6%)
189	SZER. DZSW PIETRZAK Michał	249	K.SZKOL.	M 35	121	00:06:39	00:13:31	00:20:37	00:27:57.58	+00:12:37 (45.2%)	5:35	10.7 (54.6%)
190	PPLK RACZYŃSKI Piotr	2	BDOW	Drużynówka	16	00:07:11	00:14:12	00:21:08	00:28:00.29	+00:12:40 (45.3%)	5:36	10.7 (54.6%)
191	SZER. SKRZYŃIAK Oskar	369	BDOW	M 35	122	00:06:59	00:13:35	00:21:26	00:28:00.72	+00:12:40 (45.3%)	5:36	10.7 (54.6%)
192	SZER. MIERNIK Aleksandra	66	DAS	M 35	123	00:06:46	00:13:55	00:21:16	00:28:07.98	+00:12:48 (45.5%)	5:37	10.7 (54.6%)
193	KPR. ZAKRZEWSKI Damian	279	BDOW	M 36-45	43	00:07:27	00:14:21	00:21:42	00:28:11.46	+00:12:51 (45.6%)	5:38	10.6 (54.1%)
194	SZER. PRUSS Adrian	198	DPLOT	M 35	124	00:06:43	00:13:43	00:21:36	00:28:16.18	+00:12:56 (45.8%)	5:39	10.6 (54.1%)
195	SZER. DZSW DUDEK Aleksandra	218	K.SZKOL.	K 35	12	00:06:14	00:13:32	00:21:13	00:28:16.20	+00:12:56 (45.8%)	5:39	10.6 (54.1%)
196	ST.SZER. SZWARK Mateusz	202	DPLOT	M 36-45	44	00:06:28	00:13:44	00:21:21	00:28:16.80	+00:12:57 (45.8%)	5:39	10.6 (54.1%)
197	POR. KOZEKO Kamil	6	BDOW	M 36-45	45	00:07:22	00:14:33	00:21:26	00:28:16.91	+00:12:57 (45.8%)	5:39	10.6 (54.1%)
198	KPR. DUDKIEWICZ Maria	260	BDOW	Drużynówka	17	00:06:59	00:14:03	00:21:15	00:28:21.48	+00:13:01 (45.9%)	5:40	10.6 (54.1%)
199	SZER. DZSW NIEDBALSKI Adrian	353	BDOW	M 35	125	00:07:31	00:14:32	00:21:22	00:28:21.98	+00:13:02 (46.0%)	5:40	10.6 (54.1%)
200	SZER. DZSW BRZESKI Zbigniew	147	2 BZ	M 36-45	46	00:06:28	00:13:38	00:21:09	00:28:23.41	+00:13:03 (46.0%)	5:40	10.6 (54.1%)
201	KPR. KĘPIŃSKI Dawid	300	BDOW	M 36-45	47	00:06:39	00:14:08	00:21:43	00:28:24.17	+00:13:04 (46.0%)	5:40	10.6 (54.1%)
202	SZER. JARCZYŃSKI Krzysztof	197	DPLOT	Drużynówka	18	00:06:35	00:13:54	00:21:07	00:28:27.72	+00:13:07 (46.1%)	5:41	10.5 (53.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	1.25km	2.5km	3.75km	Czas		Tempo min/km	Tempo km/h
									netto	Różn		
									5km			
203	SZER. PAWLIK Krzysztof	19	DAS	M 35	126	00:07:32	00:14:29	00:21:30	00:28:30.53	+00:13:10 (46.2%)	5:42	10.5 (53.6%)
204	SIERŻ. KOLAŃSKI Józef	15	DAS	M 35	127	00:06:46	00:13:43	00:21:16	00:28:34.61	+00:13:14 (46.4%)	5:42	10.5 (53.6%)
205	SZER. ŚWIDERSKI Łukasz	119	2 BZ	M 35	128	00:07:33	00:14:53	00:22:03	00:28:41.45	+00:13:21 (46.6%)	5:44	10.5 (53.6%)
206	SZER. ŻURAWSKI Mateusz	280	BDOW	M 35	129	00:05:51	00:13:26	00:22:39	00:28:42.07	+00:13:22 (46.6%)	5:44	10.5 (53.6%)
207	SZER. DZSW HONCZARUK Kacper	158	2 BZ	M 35	130	00:06:07	00:13:44	00:20:26	00:28:44.38	+00:13:24 (46.7%)	5:44	10.4 (53.1%)
208	SZER. MONCZAK Szymon	174	KSAP.	M 35	131	00:07:06	00:14:07	00:21:26	00:28:48.06	+00:13:28 (46.8%)	5:45	10.4 (53.1%)
209	KPR. GŁUSZEK Paweł	278	BDOW	M 35	132	00:07:27	00:14:22	00:21:43	00:28:49.21	+00:13:29 (46.8%)	5:45	10.4 (53.1%)
210	ST.SZER.SPEC. KULESZA Dominik	298	BDOW	M 36-45	48	00:07:48	00:15:18	00:22:27	00:28:50.30	+00:13:30 (46.8%)	5:46	10.4 (53.1%)
211	KPR. STOKŁOSA Patryk	286	BDOW	M 35	133	00:07:37	00:14:48	00:22:03	00:28:51.06	+00:13:31 (46.9%)	5:46	10.4 (53.1%)
212	SZER. DZSW DRAUS Kacper	143	2 BZ	M 35	134	00:07:48	00:15:04	00:21:48	00:28:51.18	+00:13:31 (46.9%)	5:46	10.4 (53.1%)
213	SZER. SUCHAN Kamila	183	DPLOT	Drużynówka	19	00:06:17	00:13:41	00:22:02	00:28:51.47	+00:13:31 (46.9%)	5:46	10.4 (53.1%)
214	KPR. JERZYK Krzysztof	87	2 BZ	M 36-45	49	00:06:36	00:13:53	00:21:33	00:28:54.06	+00:13:34 (47.0%)	5:46	10.4 (53.1%)
215	SZER. BAGNIUK Kacper	133	2 BZ	M 35	135	00:07:05	00:13:57	00:21:37	00:28:55.31	+00:13:35 (47.0%)	5:47	10.4 (53.1%)
216	KPR. BAKSALERSKI Michał	263	BDOW	M 36-45	50	00:07:37	00:14:49	00:22:04	00:28:57.56	+00:13:37 (47.1%)	5:47	10.4 (53.1%)
217	PPOR. RABOWSKI Krzysztof	321	2 BZ	M 36-45	51	00:06:50	00:13:47	00:21:23	00:29:00.49	+00:13:40 (47.2%)	5:48	10.3 (52.6%)
218	SZER. MATUSZEWSKI Piotr	128	2 BZ	M 36-45	52	00:07:24	00:14:22	00:21:41	00:29:00.65	+00:13:40 (47.2%)	5:48	10.3 (52.6%)
219	SZER. DZSW BRONICKI Damian	349	BLOG	M 35	136	00:07:32	00:14:54	00:22:19	00:29:02.21	+00:13:42 (47.2%)	5:48	10.3 (52.6%)
220	SZER. GOPLAREK Przemysław	267	BDOW	M 36-45	53	00:07:10	00:14:26	00:21:50	00:29:10.08	+00:13:50 (47.4%)	5:50	10.3 (52.6%)
221	KPR. KOMAR Beata	90	2 BZ	Drużynówka	20	00:07:45	00:15:25	00:22:37	00:29:11.54	+00:13:51 (47.5%)	5:50	10.3 (52.6%)
222	SZER. DZSW PASON Mateusz	254	K.SZKOL.	M 35	137	00:07:18	00:14:26	00:21:46	00:29:15.92	+00:13:56 (47.6%)	5:51	10.3 (52.6%)
223	SZER. BRZOZOWSKI Patryk	36	DAS	M 35	138	00:07:01	00:14:38	00:22:05	00:29:16.50	+00:13:56 (47.6%)	5:51	10.3 (52.6%)
224	PLUT. ŁASKA Piotr	29	3 BZ	M 36-45	54	00:07:31	00:14:29	00:22:02	00:29:16.97	+00:13:57 (47.7%)	5:51	10.3 (52.6%)
225	SZER. KARPINIEC Seweryn	327	BDOW	M 35	139	00:07:48	00:14:58	00:22:07	00:29:17.75	+00:13:58 (47.7%)	5:51	10.2 (52.0%)
226	SZER. BODNAR Dawid	170	KSAP.	M 35	140	00:06:41	00:14:12	00:22:13	00:29:25.21	+00:14:05 (47.9%)	5:53	10.2 (52.0%)
227	SZER. PIETRZAK Bartłomiej	237	BLOG	M 35	141	00:06:53	00:13:24	00:21:48	00:29:29.16	+00:14:09 (48.0%)	5:53	10.2 (52.0%)
228	SZER. JASTRZĘBSKI Jakub	283	BDOW	M 35	142	00:07:47	00:15:47	00:23:00	00:29:30.65	+00:14:10 (48.1%)	5:54	10.2 (52.0%)
229	SZER. DZSW. ŁASZEWSKI Kordian	16	K.SZKOL.	M 35	143	00:06:29	00:13:25	00:21:54	00:29:31.54	+00:14:11 (48.1%)	5:54	10.2 (52.0%)
230	SZER. STYK Piotr	331	BDOW	M 36-45	55	00:06:26	00:15:13	00:22:22	00:29:32.94	+00:14:13 (48.1%)	5:54	10.2 (52.0%)
231	SZER. DZSW MAJER Agata	307	BDOW	K 35	13	00:06:59	00:13:55	00:22:04	00:29:41.75	+00:14:21 (48.4%)	5:56	10.1 (51.5%)
232	SZER. GAZDECKI Jan	339	BDOW	M 35	144	00:07:33	00:14:58	00:22:37	00:29:42.52	+00:14:22 (48.4%)	5:56	10.1 (51.5%)
233	SZER. HEJDYNRAJCH Konrad	47	DAS	M 36-45	56	00:07:40	00:14:49	00:22:18	00:29:42.59	+00:14:22 (48.4%)	5:56	10.1 (51.5%)
234	SZER. TUREK Kamil	176	KSAP.	M 35	145	00:06:35	00:14:20	00:23:18	00:29:57.21	+00:14:37 (48.8%)	5:59	10 (51.0%)
235	SZER. GISZKA Ewelina	325	BDOW	K 35	14	00:07:35	00:15:00	00:22:28	00:29:58.95	+00:14:39 (48.9%)	5:59	10 (51.0%)
236	SZER. BONIEWSKI Sławomir	184	DPLOT	Drużynówka	21	00:06:53	00:14:31	00:22:30	00:29:59.78	+00:14:40 (48.9%)	5:59	10 (51.0%)
237	SZER. BEMOWSKI Wojciech	135	2 BZ	M 35	146	00:07:59	00:15:37	00:22:42	00:30:03.08	+00:14:43 (49.0%)	6:00	10 (51.0%)
238	KPR. KAMIŃSKI Piotr	274	BDOW	M 36-45	57	00:07:27	00:15:00	00:22:09	00:30:08.23	+00:14:48 (49.1%)	6:01	10 (51.0%)
239	KPR. WIERZBICKA Kornelia	81	2 BZ	Drużynówka	22	00:07:08	00:14:31	00:22:19	00:30:09.40	+00:14:49 (49.2%)	6:01	10 (51.0%)
240	SZER. OLCZAK Adam	277	BDOW	M 35	147	00:07:55	00:15:56	00:23:09	00:30:11.00	+00:14:51 (49.2%)	6:02	9.9 (50.5%)
241	SZER. DZSW EKMAN Michał	151	2 BZ	M 35	148	00:06:57	00:14:17	00:22:32	00:30:13.54	+00:14:53 (49.3%)	6:02	9.9 (50.5%)
242	SZER. RATAJSKA Marta	57	DAS	Drużynówka	23	00:06:56	00:14:05	00:22:27	00:30:14.72	+00:14:54 (49.3%)	6:02	9.9 (50.5%)
243	SZER. DZSW BARTECZKO Paulina	317	DPLOT	K 35	15	00:07:20	00:14:54	00:22:50	00:30:16.14	+00:14:56 (49.4%)	6:03	9.9 (50.5%)
244	SZER. CHAJEWSKI Robert	293	BDOW	Drużynówka	24	00:07:50	00:15:17	00:22:54	00:30:20.63	+00:15:00 (49.5%)	6:04	9.9 (50.5%)
245	POR. GOLIS Maciej	13	DAS	Drużynówka	25	00:07:11	00:15:20	00:22:20	00:30:30.82	+00:15:11 (49.8%)	6:06	9.8 (50.0%)
246	SZER. DZSW ELEND Karolina	216	K.SZKOL.	K 35	16	00:06:44	00:14:41	00:22:38	00:30:32.76	+00:15:13 (49.8%)	6:06	9.8 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	1.25km	2.5km	3.75km	Czas		Tempo min/km	Tempo km/h
									netto	Różn		
									5km			
247	SZER. KOTECKI Kamil	381	DPLOT	M 35	149	00:07:22	00:14:51	00:22:54	00:30:33.46	+00:15:13 (49.8%)	6:06	9.8 (50.0%)
248	SZER. DZSW GRZELCZYK Maksymiliana	217	K.SZKOL.	K 35	17	00:06:34	00:14:25	00:22:38	00:30:33.66	+00:15:13 (49.8%)	6:06	9.8 (50.0%)
249	SZER. DZSW GARBATOWSKI Marcin	361	BDOW	M 35	150	00:07:33	00:15:05	00:23:02	00:30:34.55	+00:15:14 (49.9%)	6:06	9.8 (50.0%)
250	SZER. SMOLIŃSKI Oskar	58	DAS	M 35	151	00:07:28	00:15:15	00:23:25	00:30:38.77	+00:15:19 (50.0%)	6:07	9.8 (50.0%)
251	SZER. SICIĄK Konrad	64	DAS	M 35	152	00:07:29	00:15:10	00:23:28	00:30:40.27	+00:15:20 (50.0%)	6:08	9.8 (50.0%)
252	GEN.BRYG. KOPKA Roman	1	SZTAB	Drużynówka	26	00:07:20	00:15:01	00:22:59	00:30:41.23	+00:15:21 (50.0%)	6:08	9.8 (50.0%)
253	ST.KPR. SUCHARSKI Daniel	265	BDOW	M 36-45	58	00:07:28	00:15:01	00:22:55	00:30:45.53	+00:15:25 (50.2%)	6:09	9.8 (50.0%)
254	SZER. BAJERSKI Bartosz	121	2 BZ	M 35	153	00:07:09	00:15:00	00:23:22	00:30:46.15	+00:15:26 (50.2%)	6:09	9.8 (50.0%)
255	KPR. KUZEMKO Marcin	230	BLOG	M 36-45	59	00:07:30	00:14:58	00:22:36	00:30:48.00	+00:15:28 (50.2%)	6:09	9.7 (49.5%)
256	SZER. DZSW LEWANDOWSKA Katarzyna	309	DAS	K 35	18	00:07:29	00:15:59	00:22:43	00:30:55.37	+00:15:35 (50.4%)	6:11	9.7 (49.5%)
257	SZER. DZSW KASZUBOWSKI Karol	360	BDOW	M 36-45	60	00:07:50	00:15:16	00:23:08	00:30:56.92	+00:15:37 (50.5%)	6:11	9.7 (49.5%)
258	KPR. CHADZIEWICZ Marzena	261	BDOW	Drużynówka	27	00:07:26	00:15:07	00:23:01	00:30:59.27	+00:15:39 (50.5%)	6:11	9.7 (49.5%)
259	SIERŻ. PRZYDACZ Mariusz	24	DAS	M 36-45	61	00:07:37	00:14:52	00:21:20	00:30:59.72	+00:15:39 (50.5%)	6:11	9.7 (49.5%)
260	SZER. SUCHAN Kamila	350	DPLOT	Drużynówka	28	00:08:09	00:17:20	00:26:34	00:31:03.51	+00:15:43 (50.6%)	6:12	9.7 (49.5%)
261	SZER. DZSW DUSZKIEWICZ Paweł	348	BLOG	M 35	154	00:07:16	00:14:30	00:23:43	00:31:05.09	+00:15:45 (50.7%)	6:13	9.7 (49.5%)
262	SZER. KOŚC Marek	272	BDOW	M 35	155	00:07:48	00:15:20	00:23:59	00:31:16.07	+00:15:56 (51.0%)	6:15	9.6 (49.0%)
263	SZER. SERAFIN Karol	284	BDOW	M 35	156	00:07:48	00:15:39	00:23:25	00:31:17.24	+00:15:57 (51.0%)	6:15	9.6 (49.0%)
264	SZER. DZSW KOWALCZYK Filip	372	DAS	M 36-45	62	00:07:24	00:14:39	00:21:54	00:31:18.35	+00:15:58 (51.0%)	6:15	9.6 (49.0%)
265	SZER. DZSW MIEZGALSKI Kacper	146	K.SZKOL.	M 35	157	00:06:25	00:14:14	00:23:08	00:31:18.89	+00:15:59 (51.0%)	6:15	9.6 (49.0%)
266	SZER. DZSW WONITOWY Cezary	155	2 BZ	M 35	158	00:07:37	00:14:27	00:23:26	00:31:19.84	+00:16:00 (51.1%)	6:15	9.6 (49.0%)
267	KPR. BUJWID Wojciech	271	BDOW	M 36-45	63	00:07:29	00:15:15	00:23:27	00:31:25.52	+00:16:05 (51.2%)	6:17	9.5 (48.5%)
268	ST.SZER. BACHTA Bartłomiej	22	DAS	M 36-45	64	00:06:42	00:14:39	00:21:34	00:31:27.00	+00:16:07 (51.3%)	6:17	9.5 (48.5%)
269	SZER. WĘSIERSKI Patryk	379	DPLOT	M 35	159	00:06:32	00:13:38	00:21:58	00:31:28.85	+00:16:09 (51.3%)	6:17	9.5 (48.5%)
270	SZER. DZSW PYTLOS Katarzyna	153	2 BZ	Drużynówka	29	00:07:36	00:15:15	00:23:22	00:31:29.96	+00:16:10 (51.3%)	6:17	9.5 (48.5%)
271	SZER. WÓJCIK Kacper	337	BDOW	M 35	160	00:07:10	00:15:34	00:24:20	00:31:33.33	+00:16:13 (51.4%)	6:18	9.5 (48.5%)
272	SZER. DZSW KOZŁOWSKI Adrian	240	BLOG	M 35	161	00:07:46	00:15:26	00:23:24	00:31:33.42	+00:16:13 (51.4%)	6:18	9.5 (48.5%)
273	SZER. DZSW STEFANICKI Dawid	243	K.SZKOL.	M 36-45	65	00:06:32	00:15:05	00:23:46	00:31:36.52	+00:16:16 (51.5%)	6:19	9.5 (48.5%)
274	SZER. ELENĐT Wojciech	120	2 BZ	M 36-45	66	00:07:58	00:16:00	00:23:44	00:31:44.96	+00:16:25 (51.7%)	6:20	9.5 (48.5%)
275	SZER. DZSW JAKUSZ Paulina	315	K.SZKOL.	K 35	19	00:07:42	00:17:05	00:24:35	00:31:45.46	+00:16:25 (51.7%)	6:21	9.4 (48.0%)
276	ST.CHOR.SZT. FOLTYŃSKI Krzysztof	113	SZTAB	Drużynówka	30	00:07:14	00:15:05	00:23:09	00:31:45.63	+00:16:25 (51.7%)	6:21	9.4 (48.0%)
277	SZER. MAKSYMIOUK Wiktoria	61	DAS	K 35	20	00:07:07	00:15:34	00:24:20	00:31:50.76	+00:16:31 (51.9%)	6:22	9.4 (48.0%)
278	SZER. DZSW KILCHOWSKI Mikołaj	255	K.SZKOL.	M 35	162	00:06:48	00:14:38	00:23:24	00:31:52.00	+00:16:32 (51.9%)	6:22	9.4 (48.0%)
279	SZER. DZSW JACEWICZ Aleksandra	312	DAS	M 36-45	67	00:07:07	00:15:58	00:24:19	00:31:55.41	+00:16:35 (52.0%)	6:23	9.4 (48.0%)
280	SZER. ROSIAK Bartosz	365	BDOW	M 35	163	00:06:58	00:15:13	00:23:51	00:31:57.38	+00:16:37 (52.0%)	6:23	9.4 (48.0%)
281	SZER. SKRZYNECKI Patrycjusz	343	BDOW	M 35	164	00:07:28	00:15:30	00:23:27	00:31:57.44	+00:16:37 (52.0%)	6:23	9.4 (48.0%)
282	SZER. KOŚCIÓŁEK Mateusz	71	DPLOT	M 36-45	68	00:06:36	00:15:13	00:24:12	00:32:03.00	+00:16:43 (52.2%)	6:24	9.4 (48.0%)
283	SZER. DZSW FIEDOR Bartosz	145	2 BZ	M 36-45	69	00:06:59	00:15:59	00:24:06	00:32:04.17	+00:16:44 (52.2%)	6:24	9.4 (48.0%)
284	SZER. TEJCHMAN Martyna	273	BDOW	K 35	21	00:07:30	00:15:19	00:24:07	00:32:07.38	+00:16:47 (52.3%)	6:25	9.3 (47.4%)
285	SZER. WOLSKI Damian	364	BDOW	M 35	165	00:07:22	00:15:53	00:24:02	00:32:13.81	+00:16:54 (52.4%)	6:26	9.3 (47.4%)
286	SZER. KURUSIEWICZ Magdalena	106	2 BZ	K 35	22	00:06:51	00:15:53	00:24:16	00:32:14.26	+00:16:54 (52.4%)	6:26	9.3 (47.4%)
287	SZER. BAJER Łukasz	291	BDOW	M 35	166	00:08:00	00:16:34	00:24:28	00:32:15.03	+00:16:55 (52.5%)	6:27	9.3 (47.4%)
288	SZER. FLOREK Oliwia	358	BDOW	K 35	23	00:07:02	00:15:18	00:24:08	00:32:16.73	+00:16:56 (52.5%)	6:27	9.3 (47.4%)
289	SZER. PESTKA Michał	109	2 BZ	M 35	167	00:08:41	00:17:39	00:24:58	00:32:25.71	+00:17:05 (52.7%)	6:29	9.3 (47.4%)
290	SZER. KOTŁOWSKA Agata	68	2 BZ	K 35	24	00:07:13	00:15:54	00:24:17	00:32:41.21	+00:17:21 (53.1%)	6:32	9.2 (46.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	1.25km	2.5km	3.75km	Czas		Tempo min/km	Tempo km/h
									netto	Różn		
									5km			
291	SZER. DZSW PARYSZ Mariola	306	BDOW	K 35	25	00:08:02	00:16:18	00:24:28	00:32:45.26	+00:17:25 (53.2%)	6:33	9.2 (46.9%)
292	SZER. DZSW HLIWSKA Daria	305	BDOW	K 35	26	00:08:01	00:16:18	00:24:28	00:32:47.82	+00:17:28 (53.3%)	6:33	9.2 (46.9%)
293	SZER. DZSW SOBIERAŃSKA Wiktoria	371	BLOG	K 35	27	00:07:15	00:15:32	00:24:53	00:32:48.03	+00:17:28 (53.3%)	6:33	9.1 (46.4%)
294	SZER. DZSW BAKIKA Wojciech	241	K.SZKOL.	M 35	168	00:05:34	00:13:43	00:23:21	00:32:48.57	+00:17:28 (53.3%)	6:33	9.1 (46.4%)
295	SZER. DZSW KRZEMIENIEC Jakub	141	2 BZ	M 35	169	00:08:42	00:17:40	00:23:00	00:33:01.05	+00:17:41 (53.6%)	6:36	9.1 (46.4%)
296	SZER. CZEKAŁA Bartosz	39	DAS	M 35	170	00:08:23	00:16:51	00:25:16	00:33:05.75	+00:17:45 (53.7%)	6:37	9.1 (46.4%)
297	SZER. OKONIEWSKI Jakub	41	DAS	M 35	171	00:08:23	00:16:51	00:25:15	00:33:05.97	+00:17:46 (53.7%)	6:37	9.1 (46.4%)
298	SZER. WODZIŃSKI Maciej	111	2 BZ	M 35	172	00:07:48	00:16:48	00:25:00	00:33:06.79	+00:17:47 (53.7%)	6:37	9.1 (46.4%)
299	SZER. MARCINIAK Miłosz	297	BDOW	M 35	173	00:07:55	00:16:38	00:25:15	00:33:07.08	+00:17:47 (53.7%)	6:37	9.1 (46.4%)
300	SZER. DZSW DANKOWSKI Kacper	139	2 BZ	M 35	174	00:08:02	00:16:39	00:25:21	00:33:13.04	+00:17:53 (53.9%)	6:38	9 (45.9%)
301	SZER. DZSW KĘDZIA Wiktoria	304	BDOW	K 35	28	00:08:02	00:16:39	00:25:20	00:33:13.34	+00:17:53 (53.9%)	6:38	9 (45.9%)
302	SZER. ŚLEDŹ Izabela	328	BDOW	K 35	29	00:07:56	00:16:39	00:25:15	00:33:20.53	+00:18:00 (54.0%)	6:40	9 (45.9%)
303	SZER. NOWACKI Michał	182	BLOG	M 35	175	00:07:10	00:16:12	00:25:08	00:33:26.01	+00:18:06 (54.2%)	6:41	9 (45.9%)
304	SZER. DZSW JAKIM Michał	301	BLOG	M 35	176	00:07:12	00:16:15	00:25:27	00:33:27.38	+00:18:07 (54.2%)	6:41	9 (45.9%)
305	SZER. KOSZAŁKA Monika	56	DAS	Drużynówka	31	00:07:44	00:16:07	00:24:48	00:33:30.03	+00:18:10 (54.2%)	6:42	9 (45.9%)
306	SZER. DZSW STĘPIEC Joanna	320	DPLOT	Drużynówka	32	00:07:44	00:16:07	00:24:48	00:33:30.31	+00:18:10 (54.2%)	6:42	9 (45.9%)
307	SZER. FODOROWSKA Natalia	126	2 BZ	K 35	30	00:07:26	00:16:21	00:25:15	00:33:43.77	+00:18:24 (54.6%)	6:44	8.9 (45.4%)
308	SZER. SZWEDEK Emilia	116	2 BZ	K 35	31	00:07:26	00:16:20	00:25:31	00:33:45.24	+00:18:25 (54.6%)	6:45	8.9 (45.4%)
309	SZER. DZSW KOŹBIAŁ Piotr	244	K.SZKOL.	M 35	177	00:05:39	00:13:14	00:25:39	00:33:50.73	+00:18:30 (54.7%)	6:46	8.9 (45.4%)
310	SZER. DZSW STERNAL Wiktoria	214	K.SZKOL.	K 35	32	00:07:32	00:16:14	00:25:38	00:33:56.03	+00:18:36 (54.8%)	6:47	8.8 (44.9%)
311	SZER. DZSW BRZozowski Jakub	251	K.SZKOL.	M 35	178	00:06:09	00:14:24	00:24:45	00:33:58.84	+00:18:39 (54.9%)	6:47	8.8 (44.9%)
312	SZER. DZSW ZASŁUBIK Wioleta	175	K.SZKOL.	K 35	33	00:07:31	00:16:13	00:25:38	00:33:59.66	+00:18:39 (54.9%)	6:47	8.8 (44.9%)
313	PLUT. JAROSZEWSKI Jacek	85	2 BZ	M 36-45	70	00:05:43	00:11:40	00:17:53	00:34:01.47	+00:18:41 (54.9%)	6:48	8.8 (44.9%)
314	SZER. KUBERA Konrad	105	2 BZ	M 35	179	00:08:52	00:17:18	00:25:38	00:34:06.86	+00:18:47 (55.1%)	6:49	8.8 (44.9%)
315	SZER. DZSW JODZIEWICZ Zuzanna	322	K.SZKOL.	K 35	34	00:07:57	00:17:06	00:25:44	00:34:18.60	+00:18:58 (55.3%)	6:51	8.7 (44.4%)
316	SZER. ŻURAWSKA Nikola	131	2 BZ	K 35	35	00:07:39	00:16:40	00:25:17	00:34:18.76	+00:18:59 (55.3%)	6:51	8.7 (44.4%)
317	SZER. DZSW MEDWID Natalia	215	K.SZKOL.	K 35	36	00:07:13	00:16:00	00:25:21	00:34:19.83	+00:19:00 (55.3%)	6:51	8.7 (44.4%)
318	SZER. DZSW MAKAREWICZ Krystian	156	2 BZ	M 35	180	00:07:48	00:16:21	00:25:31	00:34:19.92	+00:19:00 (55.3%)	6:51	8.7 (44.4%)
319	KPR. WOLAK Konrad	51	DAS	M 35	181	00:07:24	00:17:08	00:26:18	00:35:17.23	+00:19:57 (56.6%)	7:03	8.5 (43.4%)
320	SZER. WIT Magdalena	168	KSAP.	K 35	37	00:07:50	00:17:15	00:26:25	00:35:44.53	+00:20:24 (57.1%)	7:08	8.4 (42.9%)
321	SZER. DZSW MATUSZEWSKI Patryk	302	BLOG	M 35	182	00:08:36	00:17:26	00:26:49	00:35:45.58	+00:20:25 (57.1%)	7:09	8.4 (42.9%)
322	SZER. DZSW DOMALEWSKA Karolina	150	2 BZ	K 35	38	00:07:41	00:17:16	00:26:54	00:36:00.74	+00:20:40 (57.4%)	7:12	8.3 (42.3%)
323	ST.SZER. ŻYŁKA Wojciech	101	2 BZ	M 35	183	00:08:41	00:17:39	00:27:09	00:36:07.80	+00:20:48 (57.6%)	7:13	8.3 (42.3%)
324	SZER. DZSW SZKLARCZYK Estera	154	2 BZ	K 35	39	00:08:19	00:17:27	00:27:04	00:36:11.52	+00:20:51 (57.6%)	7:14	8.3 (42.3%)
325	SZER. ŁYSAKOWSKA Natalia	357	BDOW	K 35	40	00:08:25	00:17:15	00:26:39	00:36:15.00	+00:20:55 (57.7%)	7:15	8.3 (42.3%)
326	ST. SZER. SZNAJDER Tomasz	352	BDOW	M 35	184	00:08:37	00:18:08	00:27:35	00:36:22.50	+00:21:02 (57.9%)	7:16	8.2 (41.8%)
327	SZER. HOLLA Mateusz	134	2 BZ	M 35	185	00:08:24	00:17:42	00:26:10	00:36:24.01	+00:21:04 (57.9%)	7:16	8.2 (41.8%)
328	SZER. DZSW FUDALA Marcin	157	2 BZ	M 35	186	00:08:47	00:17:38	00:27:07	00:37:39.00	+00:22:19 (59.3%)	7:31	8 (40.8%)
329	SZER. DZSW MAKURET Klaudia	314	BDOW	K 35	41	00:08:19	00:18:56	00:28:11	00:37:41.11	+00:22:21 (59.3%)	7:32	8 (40.8%)
330	SZER. NOWAK Amelia	60	DAS	K 35	42	00:08:26	00:19:03	00:28:18	00:37:47.24	+00:22:27 (59.4%)	7:33	7.9 (40.3%)
331	SZER. DZSW SZCZERBIŃSKA Monika	308	BDOW	K 35	43	00:08:58	00:18:56	00:28:55	00:38:40.11	+00:23:20 (60.4%)	7:44	7.8 (39.8%)
332	SZER. ZAJĄC Wiktoria	130	2 BZ	K 35	44	00:08:56	00:19:11	00:30:29	00:41:39.25	+00:26:19 (63.2%)	8:19	7.2 (36.7%)