

# MPOCR 2020 - 3 KM

B4SPORT

**Wydarzenie:** Mistrzostwa Polski OCR 2020  
**Organizator:** OCR Polska  
**Data:** 2020-09-05  
**Miejsce:** Rybnik  
**Dystans:** 3 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Kara/ bonifikata	Czas netto 3km	Czas brutto 3km	Różn	Tempo min/km	Tempo km/h
1	<b>SZCZECHLA Grzegorz</b>	<b>40</b>	CARBON SILESIA SPORT	M Elite	1	00:00:51		<b>00:23:59.00</b>	<b>00:24:50.95</b>		7:59	7.5 (100%)
2	<b>HAJNOS Dawid</b>	<b>251</b>	GORĄCY POTOK TEAM	M Elite	2	00:00:52		<b>00:24:44.55</b>	<b>00:25:36.70</b>	+00:00:45 (3.1%)	8:14	7.3 (97.3%)
3	<b>WOJTYSZYN Wojciech</b>	<b>213</b>	XRUNNERS	M Elite	3	00:00:51		<b>00:25:58.85</b>	<b>00:26:50.60</b>	+00:01:59 (7.7%)	8:39	6.9 (92.0%)
4	<b>WÓJCIK Wiktor</b>	<b>200</b>	VIKINGS RUN TEAM	M Elite	4	00:00:52		<b>00:26:20.75</b>	<b>00:27:13.10</b>	+00:02:21 (9.0%)	8:47	6.8 (90.7%)
5	<b>SELIANIN Dmytro</b>	<b>98</b>	SOCIOS SILESIA	M Elite	5	00:03:54		<b>00:26:27.45</b>	<b>00:30:21.50</b>	+00:02:28 (9.4%)	8:49	6.8 (90.7%)
6	<b>SERAFIŃSKI Maciej</b>	<b>81</b>	NEXTREME	M Elite	6	00:05:52		<b>00:26:39.55</b>	<b>00:32:31.60</b>	+00:02:40 (10.0%)	8:53	6.8 (90.7%)
7	<b>FABIAN Marcel</b>	<b>51</b>	SOCIOS SILESIA	M Elite	7	00:00:51		<b>00:26:59.50</b>	<b>00:27:51.40</b>	+00:03:00 (11.1%)	9:00	6.7 (89.3%)
8	<b>FILIP Bartosz</b>	<b>49</b>	SOCIOS SILESIA	M Elite	8	00:03:55		<b>00:27:07.70</b>	<b>00:31:02.70</b>	+00:03:08 (11.6%)	9:02	6.6 (88.0%)
9	<b>PRYKOWSKI Tomasz</b>	<b>174</b>	XRUNNERS	M Elite	9	00:03:54		<b>00:27:49.95</b>	<b>00:31:44.00</b>	+00:03:50 (13.8%)	9:16	6.5 (86.7%)
10	<b>JACIÓW Paweł</b>	<b>30</b>	WATAHA	M Elite	10	00:05:52		<b>00:28:10.40</b>	<b>00:34:02.45</b>	+00:04:11 (14.9%)	9:23	6.4 (85.3%)
11	<b>LISOWSKI Grzegorz</b>	<b>83</b>	SOCIOS SILESIA	M 35-39	1	01:22:02		<b>00:28:16.20</b>	<b>01:50:18.20</b>	+00:04:17 (15.2%)	9:25	6.4 (85.3%)
12	<b>TOMASIK Alan</b>	<b>82</b>	ENAX NEXTREME	M Elite	11	00:03:54		<b>00:28:19.05</b>	<b>00:32:13.40</b>	+00:04:20 (15.3%)	9:26	6.4 (85.3%)
13	<b>KOHUT Ivan</b>	<b>172</b>	OCRAPOLAND	M Elite	12	00:05:52		<b>00:28:37.55</b>	<b>00:34:29.90</b>	+00:04:38 (16.2%)	9:32	6.3 (84.0%)
14	<b>BUDZISZ Krzysztof</b>	<b>96</b>	SOCIOS SILESIA	M 40-44	1	01:35:09		<b>00:29:04.80</b>	<b>02:04:13.95</b>	+00:05:05 (17.5%)	9:41	6.2 (82.7%)
15	<b>MARUSZEWSKI Marcin</b>	<b>76</b>	ENAX NEXTREME	M 35-39	2	01:22:02		<b>00:29:09.10</b>	<b>01:51:11.30</b>	+00:05:10 (17.7%)	9:43	6.2 (82.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Kara/bonifikata	Czas netto 3km	Czas brutto 3km	Różn	Tempo min/km	Tempo km/h
16	HANYK Lukas	296		M International	1	00:16:22		00:29:24.90	00:45:46.90	+00:05:25 (18.5%)	9:48	6.1 (81.3%)
17	CHOMICZ Krzysztof	130		M 40-44	2	01:35:09		00:29:25.95	02:04:35.10	+00:05:26 (18.5%)	9:48	6.1 (81.3%)
18	JANUSZEWSKI Bartosz	202	XRUNNERS	M Elite	13	00:03:53		00:29:27.85	00:33:21.60	+00:05:28 (18.6%)	9:49	6.1 (81.3%)
19	SZYMAŃSKI Paweł	273	SOCIOS SILESIA	M 25-29	1	01:05:03		00:29:46.35	01:34:49.90	+00:05:47 (19.4%)	9:55	6 (80.0%)
20	WAŁDOWSKI Dominik	217	XRUNNERS	M 40-44	3	01:35:09		00:29:49.00	02:04:58.45	+00:05:50 (19.6%)	9:56	6 (80.0%)
21	SOBIERAJSKI Bolesław	222	OCRA POLAND	M 18-24	1	00:41:16		00:30:05.20	01:11:22.05	+00:06:06 (20.3%)	10:02	6 (80.0%)
22	JASTRZĘBSKI Piotr	175	SOCIOS SILESIA	M 30-34	1	01:09:04		00:30:05.75	01:39:10.55	+00:06:06 (20.3%)	10:02	6 (80.0%)
23	NUTIL Michał	197	FUBO TEAM	M International	2	00:14:45		00:30:08.10	00:44:53.10	+00:06:09 (20.4%)	10:02	6 (80.0%)
24	GÓRKA Michał	229	KARBON SILESIA SPORT	M 25-29	2	01:05:03		00:30:09.65	01:35:13.40	+00:06:10 (20.5%)	10:03	6 (80.0%)
25	SOBIERAJSKI Krzysztof	221	OCRA POLAND	M 13-17	1	01:47:56		00:30:13.95	02:18:10.25	+00:06:14 (20.7%)	10:04	6 (80.0%)
26	JAROSZ David	238	XRUNNERS	M 30-34	2	01:09:04		00:30:17.20	01:39:21.95	+00:06:18 (20.8%)	10:05	5.9 (78.7%)
27	HEŁMECKI Mateusz	17		M 30-34	3	01:09:04		00:30:31.45	01:39:36.30	+00:06:32 (21.4%)	10:10	5.9 (78.7%)
28	KIĘPISTY Patryk	59		M 25-29	3	00:50:02		00:30:34.60	01:20:37.50	+00:06:35 (21.6%)	10:11	5.9 (78.7%)
29	JAKOUBEK Jakub	298	REHASPORT TEAM	M International	3	00:16:22		00:30:49.15	00:47:11.15	+00:06:50 (22.2%)	10:16	5.8 (77.3%)
30	ŻURAWIK Rafał	93	LEMON TEAM	M 30-34	4	01:15:15		00:30:52.85	01:46:08.50	+00:06:53 (22.3%)	10:17	5.8 (77.3%)
31	BYRCZEK Michał	122		M 35-39	3	01:29:02		00:31:10.55	02:00:12.90	+00:07:11 (23.1%)	10:23	5.8 (77.3%)
32	DOLATA Krzysztof	35	SOCIOS SILESIA	M 35-39	4	01:24:59		00:31:15.45	01:56:15.00	+00:07:16 (23.3%)	10:25	5.8 (77.3%)
33	PASOŃ Tomasz	116	EX TEAM	M 35-39	5	01:29:02		00:31:22.20	02:00:24.85	+00:07:23 (23.5%)	10:27	5.7 (76.0%)
34	STAMATEL Sebastian	103		M 25-29	4	00:53:33		00:31:39.65	01:25:13.35	+00:07:40 (24.2%)	10:33	5.7 (76.0%)
35	SZULWACH Czarek	285	BIEGUN OCR	M 13-17	2	01:47:56		00:31:55.90	02:19:51.95	+00:07:56 (24.9%)	10:38	5.6 (74.7%)
36	LISOWSKI Adam	294	SOCIOS SILESIA	M 35-39	6	01:31:54		00:32:07.40	02:04:02.15	+00:08:08 (25.3%)	10:42	5.6 (74.7%)
37	LEWICKI Marcin	113	ENAX NEXTREME	M 30-34	5	01:20:18		00:32:07.65	01:52:26.25	+00:08:08 (25.3%)	10:42	5.6 (74.7%)
38	KRAUZY Tomasz	261	NASC TEAM	Rybniczanie	1	00:43:19		00:32:20.70	01:15:40.55	+00:08:21 (25.9%)	10:47	5.6 (74.7%)

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39	<b>KALININ Jarosław</b>	<b>159</b>	XRUNNERS	M Elite	14	00:05:52		<b>00:32:22.20</b>	<b>00:38:14.30</b>	+00:08:23 (25.9%)	10:47	5.6 (74.7%)
40	<b>KOZUBEK Sebastian</b>	<b>63</b>	RAJSPORT ACTIVE	M 30-34	6	01:13:50		<b>00:32:24.00</b>	<b>01:46:14.20</b>	+00:08:25 (26.0%)	10:48	5.6 (74.7%)
41	<b>WIERZBICKI Daniel</b>	<b>254</b>	BEFIT24TEAM	M 40-44	4	01:42:48		<b>00:32:28.80</b>	<b>02:15:17.45</b>	+00:08:29 (26.2%)	10:49	5.5 (73.3%)
42	<b>BRZEZIŃSKI Bartosz</b>	<b>148</b>	GLADIATORS BY RMF4RT	M 18-24	2	00:45:57		<b>00:32:31.50</b>	<b>01:18:28.80</b>	+00:08:32 (26.3%)	10:50	5.5 (73.3%)
43	<b>KALWAS Mateusz</b>	<b>178</b>	ENAX NEXTREME	M 13-17	3	01:47:56		<b>00:32:44.35</b>	<b>02:20:40.60</b>	+00:08:45 (26.7%)	10:54	5.5 (73.3%)
44	<b>ZALEJASZ Sylwester</b>	<b>186</b>	XRUNNERS	M 35-39	7	01:22:01		<b>00:33:00.50</b>	<b>01:55:02.40</b>	+00:09:01 (27.3%)	11:00	5.5 (73.3%)
45	<b>CHŁAD Aleksander</b>	<b>196</b>	EX TEAM	M 35-39	8	01:31:55		<b>00:33:02.00</b>	<b>02:04:57.10</b>	+00:09:03 (27.4%)	11:00	5.4 (72.0%)
46	<b>SITKO Marcin</b>	<b>42</b>	CARBON SILESIA SPORT	M 25-29	5	00:50:03		<b>00:33:07.10</b>	<b>01:23:10.10</b>	+00:09:08 (27.6%)	11:02	5.4 (72.0%)
47	<b>LEPIARZ Michał</b>	<b>5</b>		M 35-39	9	01:23:24		<b>00:33:08.45</b>	<b>01:56:33.25</b>	+00:09:09 (27.6%)	11:03	5.4 (72.0%)
48	<b>CHAIEB Sebastian</b>	<b>89</b>	LEMON TEAM	M 35-39	10	01:27:38		<b>00:33:12.65</b>	<b>02:00:51.50</b>	+00:09:13 (27.8%)	11:04	5.4 (72.0%)
49	<b>URBAŃSKI Kamil</b>	<b>199</b>	ENAX NEXTREME	M 30-34	7	01:09:05		<b>00:33:31.80</b>	<b>01:42:36.80</b>	+00:09:32 (28.5%)	11:10	5.4 (72.0%)
50	<b>LORYCH Krystian</b>	<b>252</b>	BIEGUN OCR TEAM	M 40-44	5	01:42:48		<b>00:33:33.25</b>	<b>02:16:21.60</b>	+00:09:34 (28.5%)	11:11	5.4 (72.0%)
51	<b>MARKOWSKI Fabian</b>	<b>288</b>	MS-FIT STUDIO	M 30-34	8	01:20:18		<b>00:33:38.15</b>	<b>01:53:57.05</b>	+00:09:39 (28.7%)	11:13	5.3 (70.7%)
52	<b>JÓZEFIAK Łukasz</b>	<b>169</b>	OCR BIEGUN TEAM	M 35-39	11	01:22:01		<b>00:33:50.85</b>	<b>01:55:52.60</b>	+00:09:51 (29.1%)	11:17	5.3 (70.7%)
53	<b>JARZĄBEK Dawid</b>	<b>94</b>	SOCIOS SILESIA	M 30-34	9	01:15:15		<b>00:33:53.50</b>	<b>01:49:09.40</b>	+00:09:54 (29.2%)	11:18	5.3 (70.7%)
54	<b>FORMELA Piotr</b>	<b>247</b>	BIEGUN OCR TEAM	M 30-34	10	01:18:17		<b>00:34:02.55</b>	<b>01:52:20.20</b>	+00:10:03 (29.5%)	11:21	5.3 (70.7%)
55	<b>ILNICKI Darek</b>	<b>272</b>	DRAGON RUNNERS	M 35-39	12	01:27:38		<b>00:34:09.90</b>	<b>02:01:48.70</b>	+00:10:10 (29.8%)	11:23	5.3 (70.7%)
56	<b>SOLAKIEWICZ Anna</b>	<b>212</b>	BEFIT24TEAM	K Elite	1	00:30:15		<b>00:34:22.10</b>	<b>01:04:37.50</b>	+00:10:23 (30.2%)	11:27	5.2 (69.3%)
57	<b>KURASIŃSKI Konrad</b>	<b>109</b>	SOCIOS SILESIA	M 30-34	11	01:15:15		<b>00:34:26.70</b>	<b>01:49:42.55</b>	+00:10:27 (30.4%)	11:29	5.2 (69.3%)
58	<b>GAZUREK Kacper</b>	<b>176</b>	XRUNNERS	M 25-29	6	01:01:41		<b>00:34:29.25</b>	<b>01:36:10.55</b>	+00:10:30 (30.5%)	11:29	5.2 (69.3%)
59	<b>BARANOWSKA Katarzyna</b>	<b>239</b>	GORAŃCY POTOK TEAM	K Elite	2	00:25:17		<b>00:34:47.70</b>	<b>01:00:05.05</b>	+00:10:48 (31.1%)	11:36	5.2 (69.3%)
60	<b>FRYDRYCH Maciek</b>	<b>224</b>	WATAHA	M 40-44	6	01:44:41		<b>00:34:59.75</b>	<b>02:19:41.05</b>	+00:11:00 (31.5%)	11:40	5.1 (68.0%)
61	<b>KOMARNICKI Tomasz</b>	<b>22</b>		Rybniczanie	2	01:24:59		<b>00:35:00.30</b>	<b>01:59:59.35</b>	+00:11:01 (31.5%)	11:40	5.1 (68.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Kara/bonifikata	Czas netto 3km	Czas brutto 3km	Różn	Tempo min/km	Tempo km/h
62	<b>WÓJCIK Grzegorz</b>	<b>8</b>		M 35-39	13	01:23:24		<b>00:35:01.25</b>	<b>01:58:26.10</b>	+00:11:02 (31.5%)	11:40	5.1 (68.0%)
63	<b>ZAWILIŃSKI Mateusz</b>	<b>57</b>	DRAGON RUNNERS	M Elite	15	00:05:55		<b>00:35:03.50</b>	<b>00:40:58.50</b>	+00:11:04 (31.6%)	11:41	5.1 (68.0%)
64	<b>KACPERSKI Jacek</b>	<b>218</b>		M 35-39	14	01:31:54		<b>00:35:05.35</b>	<b>02:07:00.15</b>	+00:11:06 (31.7%)	11:42	5.1 (68.0%)
65	<b>GROBELNA Aleksandra</b>	<b>262</b>	XRUNNERS	K Elite	3	00:30:14		<b>00:35:05.85</b>	<b>01:05:19.85</b>	+00:11:06 (31.7%)	11:41	5.1 (68.0%)
66	<b>JAKUBCZAK Marcin</b>	<b>173</b>	BEST BEASTS	M 40-44	7	01:35:09		<b>00:35:13.55</b>	<b>02:10:23.00</b>	+00:11:14 (31.9%)	11:44	5.1 (68.0%)
67	<b>BONISŁAWSKI Tomasz</b>	<b>195</b>	BESTIE OCR LEGIONOWO	M 18-24	3	00:43:19		<b>00:35:25.20</b>	<b>01:18:45.15</b>	+00:11:26 (32.3%)	11:48	5.1 (68.0%)
68	<b>PODGORSKI Marek</b>	<b>27</b>	RUNMAGEDDON	M 35-39	15	01:22:02		<b>00:35:37.00</b>	<b>01:57:39.10</b>	+00:11:38 (32.7%)	11:52	5.1 (68.0%)
69	<b>WARZECHA Filip</b>	<b>101</b>	KUŹNIA DAMIANA	M 18-24	4	00:44:58		<b>00:35:43.35</b>	<b>01:20:41.35</b>	+00:11:44 (32.9%)	11:54	5 (66.7%)
70	<b>MAZUR Damian</b>	<b>53</b>	SOCIOS SILESIA	M 30-34	12	01:13:50		<b>00:35:51.70</b>	<b>01:49:42.15</b>	+00:11:52 (33.1%)	11:57	5 (66.7%)
71	<b>MANTYCKI Rafał</b>	<b>255</b>	NINJA SQUAD LUBLIN	M 30-34	13	01:20:18		<b>00:35:55.50</b>	<b>01:56:14.40</b>	+00:11:56 (33.2%)	11:58	5 (66.7%)
72	<b>NOWAKOWSKI Karol</b>	<b>36</b>	SPARTAN TEAM	M 30-34	14	01:13:50		<b>00:36:02.00</b>	<b>01:49:52.45</b>	+00:12:03 (33.4%)	12:00	5 (66.7%)
73	<b>STUDNIARZ Michał</b>	<b>128</b>	SOCIOS SILESIA	M 30-34	15	01:16:47		<b>00:36:02.70</b>	<b>01:52:50.40</b>	+00:12:03 (33.5%)	12:01	5 (66.7%)
74	<b>KUDRELEK Karol</b>	<b>38</b>		M 35-39	16	01:24:59		<b>00:36:06.30</b>	<b>02:01:05.85</b>	+00:12:07 (33.6%)	12:02	5 (66.7%)
75	<b>JUKOWSKI Jarek</b>	<b>231</b>	TWARDZIELE TEAM BOGATYNIA	M 30-34	16	01:18:17		<b>00:36:19.20</b>	<b>01:54:36.65</b>	+00:12:20 (34.0%)	12:06	5 (66.7%)
76	<b>ŁOSIN Marta</b>	<b>136</b>	BIEGUN OCR TEAM	K Elite	4	00:30:15		<b>00:36:20.75</b>	<b>01:06:36.00</b>	+00:12:21 (34.0%)	12:07	5 (66.7%)
77	<b>STEG Tomasz</b>	<b>268</b>	NASC	M 30-34	17	01:20:19		<b>00:36:23.80</b>	<b>01:56:42.85</b>	+00:12:24 (34.1%)	12:07	4.9 (65.3%)
78	<b>CHOŁUJ Łukasz</b>	<b>32</b>	PWPW S.A.	M 30-34	18	01:12:14		<b>00:36:27.10</b>	<b>01:48:41.55</b>	+00:12:28 (34.2%)	12:09	4.9 (65.3%)
79	<b>CHMIELEWSKI Mariusz</b>	<b>66</b>	OUTDOOR TRAINING	M 40-44	8	01:38:47		<b>00:36:40.05</b>	<b>02:15:27.75</b>	+00:12:41 (34.6%)	12:13	4.9 (65.3%)
80	<b>JAŃCZUK Przemysław</b>	<b>111</b>	WATAHA	M 25-29	7	00:53:33		<b>00:36:41.10</b>	<b>01:30:14.50</b>	+00:12:42 (34.6%)	12:13	4.9 (65.3%)
81	<b>OBREŃBSKI Patryk</b>	<b>204</b>	NEXTREME	M 30-34	19	01:12:14		<b>00:37:00.10</b>	<b>01:49:14.55</b>	+00:13:01 (35.2%)	12:20	4.9 (65.3%)
82	<b>GOLDA Michał</b>	<b>69</b>	ASSASSIN'S TEAM OCR	M 35-39	17	01:26:22		<b>00:37:16.30</b>	<b>02:03:38.45</b>	+00:13:17 (35.7%)	12:25	4.8 (64.0%)
83	<b>KOZUBEK Seweryn</b>	<b>65</b>	RAJSPOORT ACTIVE	M 18-24	5	00:45:57		<b>00:37:20.20</b>	<b>01:23:17.80</b>	+00:13:21 (35.8%)	12:26	4.8 (64.0%)
84	<b>BRODA Tomasz</b>	<b>154</b>	GLADIATORS	M 18-24	6	00:43:08		<b>00:37:27.35</b>	<b>01:20:35.35</b>	+00:13:28 (36.0%)	12:29	4.8 (64.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Kara/ bonifikata	Czas netto 3km	Czas brutto 3km	Różn	Tempo min/km	Tempo km/h
85	LASKOWSKI Marcin	52	MAD RUNNERS	M 30-34	20	01:13:50		00:37:42.20	01:51:32.65	+00:13:43 (36.4%)	12:34	4.8 (64.0%)
86	KACHEL Mateusz	15	CARBON SILESIA SPORT	M 30-34	21	01:12:14		00:37:54.05	01:50:08.50	+00:13:55 (36.7%)	12:38	4.7 (62.7%)
87	MÓWIŃSKI Patryk	206	R.AMBO DRUGA CREW	M 30-34	22	01:18:17		00:38:00.30	01:56:17.90	+00:14:01 (36.9%)	12:40	4.7 (62.7%)
88	GRZEGORZYCA Damian	31	SOCIOS SILESIA	M 40-44	9	01:37:18		00:38:01.50	02:15:19.95	+00:14:02 (36.9%)	12:40	4.7 (62.7%)
89	SZTAJER Bartek	46	SOCIOS SILESIA	M 35-39	18	01:26:22		00:38:13.25	02:04:35.25	+00:14:14 (37.3%)	12:44	4.7 (62.7%)
90	HUDASZEK Zbigniew	158	DRAGON RUNNERS	M 25-29	8	01:01:41		00:38:14.25	01:39:55.65	+00:14:15 (37.3%)	12:44	4.7 (62.7%)
91	SERAFIŃSKI Robert	78	NEXTREME	M 50+	1	01:50:03		00:38:15.00	02:28:18.75	+00:14:16 (37.3%)	12:45	4.7 (62.7%)
92	BRODA Mateusz	156	GLADIATORS	M 30-34	23	01:16:47		00:38:25.60	01:55:12.85	+00:14:26 (37.6%)	12:48	4.7 (62.7%)
93	KUBIESA Jakub	301	-	M 35-39	19	01:33:16		00:38:25.90	02:11:41.90	+00:14:26 (37.6%)	12:48	4.7 (62.7%)
94	SZCZOTOK Wiktor	230	CARBON SILESIA SPORT	M 18-24	7	00:41:16		00:38:26.55	01:19:43.50	+00:14:27 (37.6%)	12:49	4.7 (62.7%)
95	WITKA Patryk	171	MAD RUNNERS	M 35-39	20	01:30:25		00:38:34.00	02:08:59.90	+00:14:35 (37.8%)	12:51	4.7 (62.7%)
96	SARZYŃSKI Arkadiusz	13	BIEGUN OCR TEAM	M 30-34	24	01:12:14		00:38:50.50	01:51:05.25	+00:14:51 (38.3%)	12:57	4.6 (61.3%)
97	SZARUGA Małgorzata	123	SOCIOS SILESIA	K Elite	5	00:25:16		00:39:05.30	01:04:21.30	+00:15:06 (38.6%)	13:01	4.6 (61.3%)
98	SKRZECZYŃSKI Sławomir	243	HEJ, JAK TA SARNA!	M 40-44	10	01:42:48		00:39:05.70	02:21:54.35	+00:15:06 (38.7%)	13:02	4.6 (61.3%)
99	WYSŁUCH Iza	102	CARBON SILESIA SPORT	K Elite	6	00:28:07		00:39:06.15	01:07:13.20	+00:15:07 (38.7%)	13:02	4.6 (61.3%)
100	LEBIODA Marcin	41	SOCIOS SILESIA	Rybniczanie	3	00:50:03		00:39:08.05	01:29:11.10	+00:15:09 (38.7%)	13:02	4.6 (61.3%)
101	KALISZYK Grzegorz	280	MAD RUNNERS	M 45-49	1	01:46:53		00:39:29.30	02:26:22.70	+00:15:30 (39.3%)	13:09	4.6 (61.3%)
102	ZAJĄC Artur	157	WARTKIE ZBÓJE	M 35-39	21	01:30:26		00:39:43.05	02:10:09.05	+00:15:44 (39.6%)	13:14	4.5 (60.0%)
103	WOŁCZEK Paulina	241		K Elite	7	00:28:06		00:39:53.05	01:07:59.05	+00:15:54 (39.9%)	13:17	4.5 (60.0%)
104	GAWRONIUK Paulina	290	WATAHA	K Elite	8	00:28:07		00:39:57.20	01:08:04.20	+00:15:58 (40.0%)	13:19	4.5 (60.0%)
105	GRZEGORZYCA Szymon	246	CARBON SILESIA SPORT	M 18-24	8	00:41:16		00:40:04.45	01:21:21.40	+00:16:05 (40.2%)	13:21	4.5 (60.0%)
106	BLUSZCZ Dawid	54	SOCIOS SILESIA	Rybniczanie	4	01:26:22		00:40:07.60	02:06:30.05	+00:16:08 (40.2%)	13:22	4.5 (60.0%)
107	MIODEK Adrian	282	DIRTY SPARROWS	M 35-39	22	01:33:16		00:40:08.15	02:13:24.25	+00:16:09 (40.2%)	13:22	4.5 (60.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Kara/bonifikata	Czas netto 3km	Czas brutto 3km	Różn	Tempo min/km	Tempo km/h
108	<b>MACHTYL Zygmunt</b>	<b>166</b>	BEST BEASTS	M 45-49	2	01:45:52		<b>00:40:09.90</b>	<b>02:26:01.90</b>	+00:16:10 (40.3%)	13:23	4.5 (60.0%)
109	<b>KOŁCZYN Magdalena</b>	<b>177</b>		K Elite	9	00:28:07		<b>00:40:14.10</b>	<b>01:08:21.20</b>	+00:16:15 (40.4%)	13:24	4.5 (60.0%)
110	<b>GÓRZYŃSKI Konrad</b>	<b>190</b>	BESTIE OCR LEGIONOWO	M 13-17	4	01:47:56		<b>00:40:25.25</b>	<b>02:28:21.65</b>	+00:16:26 (40.7%)	13:28	4.5 (60.0%)
111	<b>KULON Grzegorz</b>	<b>125</b>	BEFIT24TEAM	M 40-44	11	01:38:47		<b>00:40:34.40</b>	<b>02:19:21.80</b>	+00:16:35 (40.9%)	13:31	4.4 (58.7%)
112	<b>KURACH Stanisław</b>	<b>155</b>	DZIADY OCR	M 50+	2	01:50:03		<b>00:41:01.90</b>	<b>02:31:05.65</b>	+00:17:02 (41.5%)	13:40	4.4 (58.7%)
113	<b>GIZAK Michał</b>	<b>291</b>	SOCIOS SILESIA	M 35-39	23	01:33:16		<b>00:41:03.70</b>	<b>02:14:20.00</b>	+00:17:04 (41.6%)	13:41	4.4 (58.7%)
114	<b>MISSALA Michał</b>	<b>18</b>	POWER TRAINING	M 40-44	12	01:37:18		<b>00:41:08.15</b>	<b>02:18:26.30</b>	+00:17:09 (41.7%)	13:42	4.4 (58.7%)
115	<b>KASZA Rafał</b>	<b>183</b>		M Elite	16	00:05:52		<b>00:41:08.20</b>	<b>00:47:00.60</b>	+00:17:09 (41.7%)	13:42	4.4 (58.7%)
116	<b>JÓŹWIAK Mateusz</b>	<b>64</b>	SPARTA RUNNERS	M 13-17	5	01:49:05		<b>00:41:40.45</b>	<b>02:30:46.25</b>	+00:17:41 (42.5%)	13:53	4.3 (57.3%)
117	<b>MIZGALSKI Jacek</b>	<b>153</b>	DZIADY OCR	M 45-49	3	01:45:52		<b>00:41:41.75</b>	<b>02:27:33.75</b>	+00:17:42 (42.5%)	13:53	4.3 (57.3%)
118	<b>RAMBERGER Christian</b>	<b>163</b>	TEAM CELTIC WARRIOR	M International	4	00:14:45		<b>00:41:43.40</b>	<b>00:56:28.40</b>	+00:17:44 (42.5%)	13:54	4.3 (57.3%)
119	<b>ŚWIERSZCZ Paweł</b>	<b>270</b>	GLADIATORS BY RMF4RT	M 30-34	25	01:20:19		<b>00:41:54.35</b>	<b>02:02:13.40</b>	+00:17:55 (42.8%)	13:58	4.3 (57.3%)
120	<b>PAWELCZYK Józef</b>	<b>60</b>	RYBNICKA GRUPA BIEGOWA-PĘDZIMY RAZEM/PWR-TEAM	Rybniczanie	5	02:03:45		<b>00:41:55.80</b>	<b>02:45:40.90</b>	+00:17:56 (42.8%)	13:58	4.3 (57.3%)
121	<b>MACIUSZEK Julia</b>	<b>108</b>		K Elite	10	00:25:17		<b>00:41:55.90</b>	<b>01:07:13.10</b>	+00:17:56 (42.8%)	13:58	4.3 (57.3%)
122	<b>WIŚNIEWSKI Norbert</b>	<b>278</b>		M 40-44	13	01:42:48		<b>00:42:07.35</b>	<b>02:24:56.30</b>	+00:18:08 (43.1%)	14:02	4.3 (57.3%)
123	<b>ŻWIROWICZ Kewin</b>	<b>97</b>		M 25-29	9	00:53:33		<b>00:42:11.95</b>	<b>01:35:45.50</b>	+00:18:12 (43.2%)	14:04	4.3 (57.3%)
124	<b>STEC Jakub</b>	<b>168</b>	BEST BEASTS	M 35-39	24	01:30:26		<b>00:42:19.75</b>	<b>02:12:45.75</b>	+00:18:20 (43.3%)	14:06	4.3 (57.3%)
125	<b>GÓRKA Bartłomiej</b>	<b>242</b>	CARBON SILESIA SPORT	M 18-24	9	00:41:17		<b>00:42:27.65</b>	<b>01:23:44.65</b>	+00:18:28 (43.5%)	14:09	4.2 (56.0%)
126	<b>GRZECH Mateusz</b>	<b>211</b>	BESTIE OCR LEGIONOWO	M 18-24	10	00:43:06		<b>00:42:44.15</b>	<b>01:25:50.15</b>	+00:18:45 (43.9%)	14:14	4.2 (56.0%)
127	<b>CIMLER Jiri</b>	<b>297</b>		M International	5	00:16:22		<b>00:42:46.40</b>	<b>00:59:08.40</b>	+00:18:47 (43.9%)	14:15	4.2 (56.0%)
128	<b>ZIMOŃ Norbert</b>	<b>121</b>	WATAHA	M 30-34	26	01:16:47		<b>00:43:04.90</b>	<b>01:59:52.75</b>	+00:19:05 (44.3%)	14:21	4.2 (56.0%)
129	<b>NIKIEL Dariusz</b>	<b>62</b>	DIRTY SPARROWS	M 40-44	14	01:35:09		<b>00:43:15.20</b>	<b>02:18:24.45</b>	+00:19:16 (44.6%)	14:25	4.2 (56.0%)
130	<b>DUDA Grzegorz</b>	<b>167</b>	BEST BEASTS	M 40-44	15	01:41:25		<b>00:43:30.15</b>	<b>02:24:55.20</b>	+00:19:31 (44.9%)	14:30	4.1 (54.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Kara/ bonifikata	Czas netto 3km	Czas brutto 3km	Różn	Tempo min/km	Tempo km/h
131	<b>GIEMZA Michał</b>	<b>264</b>		M 25-29	10	01:05:03		<b>00:43:31.35</b>	<b>01:48:35.25</b>	+00:19:32 (44.9%)	14:30	4.1 (54.7%)
132	<b>JASTRZĘBSKA Aleksandra</b>	<b>198</b>	SOCIOS SILESIA	K 30-34	1	01:55:48		<b>00:43:45.25</b>	<b>02:39:33.85</b>	+00:19:46 (45.2%)	14:35	4.1 (54.7%)
133	<b>KLAJA Dawid</b>	<b>142</b>		M 25-29	11	00:58:53		<b>00:44:12.85</b>	<b>01:43:06.20</b>	+00:20:13 (45.8%)	14:44	4.1 (54.7%)
134	<b>ŚWIĄDER Andrzej</b>	<b>134</b>	BEFIT24 TEAM	M 40-44	16	01:40:13		<b>00:44:16.15</b>	<b>02:24:29.35</b>	+00:20:17 (45.8%)	14:45	4.1 (54.7%)
135	<b>ZAJKO Rafał</b>	<b>99</b>	STG LUBLIN	OPEN	1	02:03:44		<b>00:44:17.40</b>	<b>02:48:02.05</b>	+00:20:18 (45.8%)	14:46	4.1 (54.7%)
136	<b>WĘGLARZ Waldemar</b>	<b>236</b>	EXTREME CLUB	M 40-44	17	01:44:41		<b>00:44:23.65</b>	<b>02:29:05.25</b>	+00:20:24 (46.0%)	14:48	4.1 (54.7%)
137	<b>WERYK Mateusz</b>	<b>144</b>	BIEGUN OCR TEAM	M 40-44	18	01:40:12		<b>00:44:37.90</b>	<b>02:24:50.65</b>	+00:20:38 (46.3%)	14:52	4 (53.3%)
138	<b>ZIARKOWSKI Mirosław</b>	<b>188</b>	FIT&MORE RYBNIK	Rybniczanie	6	01:41:25		<b>00:44:51.45</b>	<b>02:26:16.45</b>	+00:20:52 (46.5%)	14:57	4 (53.3%)
139	<b>NITECKA Marta</b>	<b>283</b>	DENISTEAM	K 40-44	1	02:00:16		<b>00:44:52.10</b>	<b>02:45:08.85</b>	+00:20:53 (46.5%)	14:57	4 (53.3%)
140	<b>GÓRNIAK Robert</b>	<b>114</b>	EX_TEAM	M 35-39	25	01:29:02		<b>00:44:54.30</b>	<b>02:13:57.10</b>	+00:20:55 (46.6%)	14:58	4 (53.3%)
141	<b>FRANCZYK Artur</b>	<b>75</b>	DRAGON RUNNERS	M 35-39	26	01:26:22		<b>00:44:57.75</b>	<b>02:11:20.10</b>	+00:20:58 (46.7%)	14:59	4 (53.3%)
142	<b>HAVLÍČEK Jakub</b>	<b>203</b>	FUBO TEAM	M International	6	00:14:41		<b>00:44:59.20</b>	<b>00:59:40.50</b>	+00:21:00 (46.7%)	14:59	4 (53.3%)
143	<b>MISSALA Mateusz</b>	<b>119</b>	POWER TRAINING	M 40-44	19	01:38:47		<b>00:45:11.80</b>	<b>02:23:59.30</b>	+00:21:12 (46.9%)	15:04	4 (53.3%)
144	<b>GLUSZEK Piotr</b>	<b>193</b>		M 35-39	27	01:30:26		<b>00:45:24.70</b>	<b>02:15:51.20</b>	+00:21:25 (47.2%)	15:08	4 (53.3%)
145	<b>ZYWER Urszula</b>	<b>80</b>	WATAHA	K Elite	11	00:30:15		<b>00:45:41.30</b>	<b>01:15:56.90</b>	+00:21:42 (47.5%)	15:13	3.9 (52.0%)
146	<b>NOWAKOWSKI Jakub</b>	<b>100</b>		M 30-34	27	01:09:05		<b>00:45:51.10</b>	<b>01:54:56.25</b>	+00:21:52 (47.7%)	15:17	3.9 (52.0%)
147	<b>TRACZ Sławomir</b>	<b>43</b>	CARBON SILESIA SPORT	M 45-49	4	01:45:52		<b>00:46:04.20</b>	<b>02:31:56.70</b>	+00:22:05 (47.9%)	15:21	3.9 (52.0%)
148	<b>JANISZEWSKI Grzegorz</b>	<b>73</b>	DZIADY OCR	M 50+	3	01:50:03		<b>00:46:05.65</b>	<b>02:36:09.60</b>	+00:22:06 (48.0%)	15:22	3.9 (52.0%)
149	<b>SCHÜLER Constantin</b>	<b>161</b>	TEAM CELTIC WARRIOR	M International	7	00:14:45		<b>00:46:15.00</b>	<b>01:01:00.00</b>	+00:22:16 (48.1%)	15:25	3.9 (52.0%)
150	<b>MAKUSZEWSKI Marcin</b>	<b>143</b>	BEFIT24TEAM	M 40-44	20	01:40:12		<b>00:46:30.00</b>	<b>02:26:42.70</b>	+00:22:31 (48.4%)	15:30	3.9 (52.0%)
151	<b>JASIŃSKA Alicja</b>	<b>276</b>	GORAŃY POTOK TEAM	K 18-24	1	01:51:04		<b>00:46:34.60</b>	<b>02:37:39.25</b>	+00:22:35 (48.5%)	15:31	3.9 (52.0%)
152	<b>KIERZYK Krzysztof</b>	<b>269</b>		OPEN	2	02:10:57		<b>00:46:37.10</b>	<b>02:57:34.95</b>	+00:22:38 (48.6%)	15:32	3.9 (52.0%)
153	<b>WOJSLAW Piotr</b>	<b>277</b>		OPEN	3	02:10:58		<b>00:46:37.80</b>	<b>02:57:35.95</b>	+00:22:38 (48.6%)	15:32	3.9 (52.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Kara/bonifikata	Czas netto 3km	Czas brutto 3km	Różn	Tempo min/km	Tempo km/h
154	<b>BAJSAROWICZ Marta</b>	<b>223</b>	DRAGON RUNNERS	K 30-34	2	01:55:48		<b>00:46:39.00</b>	<b>02:42:27.10</b>	+00:22:40 (48.6%)	15:33	3.9 (52.0%)
155	<b>WIECZOREK Aleksander</b>	<b>181</b>	CARBON SILESIA SPORT	M 25-29	12	01:01:41		<b>00:46:55.70</b>	<b>01:48:36.80</b>	+00:22:56 (48.9%)	15:38	3.8 (50.7%)
156	<b>GÓRA Dawid</b>	<b>187</b>		M 18-24	11	00:43:20		<b>00:46:57.10</b>	<b>01:30:17.55</b>	+00:22:58 (48.9%)	15:39	3.8 (50.7%)
157	<b>MISSALA Andrzej</b>	<b>19</b>	POWER TRAINING	M 13-17	6	01:49:06		<b>00:47:03.10</b>	<b>02:36:09.40</b>	+00:23:04 (49.0%)	15:41	3.8 (50.7%)
158	<b>WOŹNIAK Joanna</b>	<b>279</b>	LEMON TEAM	K 25-29	1	01:53:35		<b>00:47:05.75</b>	<b>02:40:40.75</b>	+00:23:06 (49.1%)	15:41	3.8 (50.7%)
159	<b>MYALSKA Katarzyna</b>	<b>227</b>	CARBON SILESIA SPORT	K Elite	12	00:28:13		<b>00:47:07.00</b>	<b>01:15:20.00</b>	+00:23:08 (49.1%)	15:42	3.8 (50.7%)
160	<b>MORAWSKI Grzegorz</b>	<b>226</b>		M 35-39	28	01:24:59		<b>00:47:08.70</b>	<b>02:12:08.30</b>	+00:23:09 (49.1%)	15:43	3.8 (50.7%)
161	<b>LOMNICKA Tereza</b>	<b>295</b>		K International	1	00:32:05		<b>00:47:11.45</b>	<b>01:19:16.45</b>	+00:23:12 (49.2%)	15:43	3.8 (50.7%)
162	<b>SKRĘTY Patryk</b>	<b>216</b>	SYNOWIE RAGNARA OCR	M 25-29	13	01:05:03		<b>00:47:56.60</b>	<b>01:53:00.15</b>	+00:23:57 (50.0%)	15:59	3.8 (50.7%)
163	<b>JAŁOCHA Sylwia</b>	<b>92</b>	LEMON TEAM	K 25-29	2	01:52:28		<b>00:48:04.75</b>	<b>02:40:33.40</b>	+00:24:05 (50.1%)	16:01	3.7 (49.3%)
164	<b>DĄBROWSKI Krzysztof</b>	<b>180</b>	SOCIOS SILESIA	OPEN	4	02:10:58		<b>00:48:13.40</b>	<b>02:59:11.40</b>	+00:24:14 (50.3%)	16:04	3.7 (49.3%)
165	<b>MACIEJAK Anna</b>	<b>274</b>	UNITED RUNNERS	K Elite	13	00:30:15		<b>00:48:22.80</b>	<b>01:18:38.20</b>	+00:24:23 (50.4%)	16:07	3.7 (49.3%)
166	<b>JUSZKIEWICZ Dominik</b>	<b>287</b>	MS-FIT	M 35-39	29	01:33:16		<b>00:48:47.05</b>	<b>02:22:03.35</b>	+00:24:48 (50.8%)	16:15	3.7 (49.3%)
167	<b>GABRYŚ Piotr</b>	<b>37</b>	SPARTAN TEAM	M 13-17	7	01:49:06		<b>00:49:13.50</b>	<b>02:38:20.05</b>	+00:25:14 (51.3%)	16:24	3.7 (49.3%)
168	<b>PŁAŻALSKI Przemysław</b>	<b>127</b>	LIFE4FIT	M 40-44	21	01:40:13		<b>00:49:46.50</b>	<b>02:29:59.90</b>	+00:25:47 (51.8%)	16:35	3.6 (48.0%)
169	<b>PIOTROWSKI Andrzej</b>	<b>300</b>	-			01:33:15		<b>00:50:43.40</b>	<b>02:23:59.20</b>	+00:26:44 (52.7%)	16:54	3.5 (46.7%)
170	<b>PRZĄDKA Marcin</b>	<b>256</b>	WATAHA	M 25-29	14	01:05:03		<b>00:50:44.55</b>	<b>01:55:48.40</b>	+00:26:45 (52.7%)	16:55	3.5 (46.7%)
171	<b>JESKA Tomasz</b>	<b>50</b>	DIRTY SPARROWS	M 40-44	22	01:37:17		<b>00:50:45.30</b>	<b>02:28:02.30</b>	+00:26:46 (52.7%)	16:55	3.5 (46.7%)
172	<b>MIKOŁAJEK Robert</b>	<b>67</b>		M 40-44	23	01:38:48		<b>00:50:52.15</b>	<b>02:29:40.20</b>	+00:26:53 (52.9%)	16:57	3.5 (46.7%)
173	<b>HAJEWSKI Michał</b>	<b>12</b>		M 40-44	24	01:37:18		<b>00:51:21.25</b>	<b>02:28:39.70</b>	+00:27:22 (53.3%)	17:07	3.5 (46.7%)
174	<b>DOMAN Łukasz</b>	<b>56</b>	SOCIOS SILESIA	OPEN	5	02:10:58		<b>00:52:20.00</b>	<b>03:03:18.80</b>	+00:28:21 (54.2%)	17:26	3.4 (45.3%)
175	<b>SZLAGA Rafał</b>	<b>257</b>		M 40-44	25	01:44:41		<b>00:52:26.00</b>	<b>02:37:07.40</b>	+00:28:27 (54.3%)	17:28	3.4 (45.3%)
176	<b>STOLARSKI Kamil</b>	<b>9</b>		Rybniczanie	7	02:03:46		<b>00:52:33.25</b>	<b>02:56:19.25</b>	+00:28:34 (54.4%)	17:31	3.4 (45.3%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Kara/bonifikata	Czas netto 3km	Czas brutto 3km	Różn	Tempo min/km	Tempo km/h
177	<b>MACIOŁEK Arkadiusz</b>	<b>2</b>	CROSSFIT TEAM SUSZ	M 40-44	26	01:33:16		<b>00:52:34.60</b>	<b>02:25:50.80</b>	+00:28:35 (54.4%)	17:31	3.4 (45.3%)
178	<b>STĘPIEŃ Łukasz</b>	<b>191</b>	TOTAL FREAK	M 40-44	27	01:41:25		<b>00:53:42.65</b>	<b>02:35:08.20</b>	+00:29:43 (55.3%)	17:54	3.4 (45.3%)
179	<b>JAGODZIŃSKI Damian</b>	<b>253</b>	XRUNNERS	M 18-24	12	00:43:19		<b>00:53:59.10</b>	<b>01:37:19.05</b>	+00:30:00 (55.6%)	18:00	3.3 (44.0%)
180	<b>WÓJCIK Jarek</b>	<b>271</b>		OPEN	6	02:10:58		<b>00:54:10.00</b>	<b>03:05:08.90</b>	+00:30:11 (55.7%)	18:03	3.3 (44.0%)
181	<b>KNAP Klaudia</b>	<b>6</b>	R.AMBO DRUGA CREW	K Elite	14	00:30:15		<b>00:55:35.20</b>	<b>01:25:50.95</b>	+00:31:36 (56.9%)	18:31	3.2 (42.7%)
182	<b>MIKRUT Mateusz</b>	<b>201</b>	TOTAL FREAK	M 35-39	30	01:31:55		<b>00:56:06.10</b>	<b>02:28:01.10</b>	+00:32:07 (57.3%)	18:42	3.2 (42.7%)
183	<b>KONIEC Mariusz</b>	<b>107</b>	CARBON SILESIA SPORT	M 35-39	31	01:27:39		<b>00:56:07.00</b>	<b>02:23:46.15</b>	+00:32:08 (57.3%)	18:42	3.2 (42.7%)
184	<b>MIERZICKI Marcel</b>	<b>16</b>	POWER TRAINING	M 35-39	32	01:24:59		<b>00:56:43.30</b>	<b>02:21:42.70</b>	+00:32:44 (57.7%)	18:54	3.2 (42.7%)
185	<b>MILBRANT Michał</b>	<b>72</b>	GLADIATORS	M 30-34	28	01:15:15		<b>00:57:00.80</b>	<b>02:12:16.75</b>	+00:33:01 (57.9%)	19:00	3.2 (42.7%)
186	<b>MAREK Anna</b>	<b>29</b>		K 25-29	3	01:52:28		<b>00:57:22.70</b>	<b>02:49:51.50</b>	+00:33:23 (58.2%)	19:07	3.1 (41.3%)
187	<b>ŚWIĄDER Julia</b>	<b>135</b>	BEFIT24TEAM	K 13-17	1	01:57:12		<b>00:58:00.70</b>	<b>02:55:13.50</b>	+00:34:01 (58.7%)	19:20	3.1 (41.3%)
188	<b>ZALEJASZ Paulina</b>	<b>208</b>	XRUNNERS	K 30-34	3	01:55:48		<b>00:58:50.45</b>	<b>02:54:39.15</b>	+00:34:51 (59.2%)	19:37	3.1 (41.3%)
189	<b>SITKO Krystyna</b>	<b>90</b>	SOCIOS SILESIA	K 30-34	4	01:54:34		<b>01:00:33.70</b>	<b>02:55:08.60</b>	+00:36:34 (60.4%)	20:11	3 (40.0%)
190	<b>MACIEJEWSKI Łukasz</b>	<b>91</b>	SOCIOS SILESIA	M 35-39	33	01:27:39		<b>01:02:11.45</b>	<b>02:29:50.45</b>	+00:38:12 (61.4%)	20:43	2.9 (38.7%)
191	<b>KACPERSKI Radosław</b>	<b>160</b>		M 40-44	28	01:40:13		<b>01:02:46.05</b>	<b>02:42:59.65</b>	+00:38:47 (61.8%)	20:55	2.9 (38.7%)
192	<b>ŁUSZCZAK Anna</b>	<b>86</b>	LEMON TEAM	K 30-34	5	01:54:34	00:10:00	<b>01:03:32.00</b>	<b>02:58:07.00</b>	+00:39:33 (62.3%)	17:51	3.4 (45.3%)
193	<b>URBAŃSKA-KULON Katarzyna</b>	<b>131</b>	BEFIT24TEAM	K 40-44	2	01:59:07		<b>01:04:38.30</b>	<b>03:03:45.75</b>	+00:40:39 (62.9%)	21:32	2.8 (37.3%)
194	<b>GÓRNAŚ Anna</b>	<b>61</b>	SOCIOS SILESIA	K 18-24	2	01:51:04		<b>01:05:42.55</b>	<b>02:56:47.45</b>	+00:41:43 (63.5%)	21:54	2.7 (36.0%)
195	<b>KĘDZIERSKI Krzysztof</b>	<b>182</b>		Rybniczaniec	8	02:10:58		<b>01:05:42.80</b>	<b>03:16:41.75</b>	+00:41:43 (63.5%)	21:54	2.7 (36.0%)
196	<b>CHYLEWSKA-OLECH Dagmara</b>	<b>132</b>	BEFIT24TEAM	K 35-39	1	01:56:34		<b>01:06:06.85</b>	<b>03:02:41.15</b>	+00:42:07 (63.7%)	22:02	2.7 (36.0%)
197	<b>PIGUŁA Daria</b>	<b>33</b>	CARBON SILESIA SPORT	OPEN	7	02:03:44		<b>01:06:17.15</b>	<b>03:10:02.10</b>	+00:42:18 (63.8%)	22:06	2.7 (36.0%)
198	<b>PŁACZEK Anna</b>	<b>164</b>	CARBON SILESIA SPORT	K 30-34	6	01:55:48		<b>01:06:38.15</b>	<b>03:02:26.45</b>	+00:42:39 (64.0%)	22:12	2.7 (36.0%)
199	<b>GŁOWACZ Grzegorz</b>	<b>3</b>	DZIADY OCR	M 45-49	5	01:45:52		<b>01:07:26.95</b>	<b>02:53:19.15</b>	+00:43:27 (64.4%)	22:29	2.7 (36.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Kara/ bonifikata	Czas netto 3km	Czas brutto 3km	Różn	Tempo min/km	Tempo km/h
200	<b>LIPIECKI Jacek</b>	<b>145</b>	PRZESZKODOWO.PL	OPEN	8	02:10:59		<b>01:07:28.85</b>	<b>03:18:28.35</b>	+00:43:29 (64.5%)	22:29	2.7 (36.0%)
201	<b>PIGUŁA Rafał</b>	<b>118</b>	CARBON SILESIA SPORT	OPEN	9	02:03:46		<b>01:09:55.90</b>	<b>03:13:42.20</b>	+00:45:56 (65.7%)	23:18	2.6 (34.7%)
202	<b>BRZECZKOWSKI Paweł</b>	<b>28</b>	POWER TRAINING	OPEN	10	02:03:45		<b>01:09:58.80</b>	<b>03:13:44.10</b>	+00:45:59 (65.7%)	23:19	2.6 (34.7%)
203	<b>PODBIELSKA Gosia</b>	<b>34</b>		OPEN	11	02:03:45		<b>01:10:11.25</b>	<b>03:13:57.00</b>	+00:46:12 (65.8%)	23:24	2.6 (34.7%)
204	<b>DADELEWSKA Oliwia</b>	<b>292</b>	GLADIATOR BE RMF4RT	K 13-17	2	01:57:57		<b>01:11:53.60</b>	<b>03:09:51.00</b>	+00:47:54 (66.6%)	23:58	2.5 (33.3%)
205	<b>DYLUS Artur</b>	<b>151</b>	KUŹNIA DAMIANA	OPEN	12	02:11:00		<b>01:12:12.90</b>	<b>03:23:13.20</b>	+00:48:13 (66.8%)	24:04	2.5 (33.3%)
206	<b>MAGNUSZEWSKA Izabela</b>	<b>165</b>	CARBON SILESIA SPORT	OPEN	13	02:10:57		<b>01:14:52.90</b>	<b>03:25:50.80</b>	+00:50:53 (68.0%)	24:57	2.4 (32.0%)
207	<b>KUJAWA Małgorzata</b>	<b>233</b>		OPEN	14	02:10:58		<b>01:19:50.95</b>	<b>03:30:49.70</b>	+00:55:51 (70.0%)	26:37	2.3 (30.7%)
208	<b>WIŚNIEWSKI Kacper</b>	<b>249</b>		OPEN	15	02:10:57		<b>01:20:03.00</b>	<b>03:31:00.85</b>	+00:56:04 (70.0%)	26:41	2.2 (29.3%)
209	<b>WIŚNIEWSKA Monika</b>	<b>250</b>		OPEN	16	02:10:57		<b>01:20:11.45</b>	<b>03:31:09.35</b>	+00:56:12 (70.1%)	26:44	2.2 (29.3%)
210	<b>JAŹDŻEWSKA Elżbieta</b>	<b>170</b>	BEST BEASTS	OPEN	17	02:11:00		<b>01:20:14.35</b>	<b>03:31:14.35</b>	+00:56:15 (70.1%)	26:44	2.2 (29.3%)
211	<b>MAJCHER Anna</b>	<b>179</b>	KUŹNIA DAMIANA	OPEN	18	02:10:59		<b>01:21:06.35</b>	<b>03:32:05.55</b>	+00:57:07 (70.4%)	27:02	2.2 (29.3%)
212	<b>SKWAREK Tomasz</b>	<b>245</b>	CARBON SILESIA SPORT	OPEN	19	02:10:57		<b>01:21:16.05</b>	<b>03:32:13.80</b>	+00:57:17 (70.5%)	27:05	2.2 (29.3%)
213	<b>KOZICKI Jacek</b>	<b>260</b>		OPEN	20	02:10:59		<b>01:22:04.25</b>	<b>03:33:03.70</b>	+00:58:05 (70.8%)	27:21	2.2 (29.3%)
214	<b>TUCHOŁKA Monika</b>	<b>205</b>	DIRTY SPARROWS	K 45-49	1	02:00:16	00:10:00	<b>01:27:02.00</b>	<b>03:27:18.00</b>	+01:03:03 (72.4%)	25:40	2.3 (30.7%)
215	<b>WRZOSEK Patryk</b>	<b>139</b>	CARBON SILESIA SPORT	OPEN	21	02:03:46		<b>01:28:28.05</b>	<b>03:32:14.05</b>	+01:04:29 (72.9%)	29:29	2 (26.7%)
216	<b>WRZOSEK Karolina</b>	<b>140</b>	CARBON SILESIA SPORT	OPEN	22	02:03:45		<b>01:28:28.30</b>	<b>03:32:13.90</b>	+01:04:29 (72.9%)	29:29	2 (26.7%)
217	<b>SKWAREK Magdalena</b>	<b>26</b>	CARBON SILESIA SPORT	OPEN	23	02:03:45		<b>01:28:28.85</b>	<b>03:32:13.95</b>	+01:04:29 (72.9%)	29:29	2 (26.7%)
218	<b>KUREK Gosia</b>	<b>45</b>	CARBON SILESIA SPORT	OPEN	24	02:03:44		<b>01:28:29.10</b>	<b>03:32:13.90</b>	+01:04:30 (72.9%)	29:29	2 (26.7%)
219	<b>BYCZEK Izabela</b>	<b>25</b>	CARBON SILESIA SPORT	OPEN	25	02:03:45		<b>01:28:29.20</b>	<b>03:32:14.25</b>	+01:04:30 (72.9%)	29:29	2 (26.7%)
220	<b>WRÓBLEWSKA Paulina</b>	<b>124</b>	BEFIT24TEAM	K 40-44	3	01:59:07	00:20:00	<b>01:34:34.00</b>	<b>03:33:42.00</b>	+01:10:35 (74.6%)	24:51	2.4 (32.0%)
DNC	<b>OPOLONY Ireneusz</b>	<b>185</b>	SOCIOS SILESIA	M 40-44		01:41:25		<b>00:32:42.65</b>	<b>02:14:07.85</b>		0:00	5.5 (73.3%)
DNC	<b>PRAŁAT Arkadiusz</b>	<b>77</b>	#AREKPRALATTEAM	M 25-29		00:50:02		<b>00:35:46.10</b>	<b>01:25:48.65</b>		0:00	5 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Kara/ bonifikata	Czas netto 3km	Czas brutto 3km	Różn	Tempo min/km	Tempo km/h
DNC	<b>KRZYŻOWSKI Grzegorz</b>	<b>228</b>	RMF4RT GLADIATORS	M 35-39		01:23:24		<b>00:36:18.25</b>	<b>01:59:42.90</b>		0:00	5 (66.7%)
DNC	<b>CZACHURSKI Mateusz</b>	<b>248</b>	XRUNNERS	M 30-34		01:18:17		<b>00:36:47.15</b>	<b>01:55:04.40</b>		0:00	4.9 (65.3%)
DNC	<b>NADTOKA Andrii</b>	<b>215</b>		M International		00:14:41		<b>00:37:19.75</b>	<b>00:52:01.00</b>		0:00	4.8 (64.0%)
DNC	<b>KROPIDŁOWSKI Grzegorz</b>	<b>214</b>	BEST BEASTS	M 35-39		01:31:55		<b>00:38:34.20</b>	<b>02:10:29.30</b>		0:00	4.7 (62.7%)
DNC	<b>POWAŻNY Marek</b>	<b>267</b>	WATAHA	M 30-34		01:20:19		<b>00:39:11.50</b>	<b>01:59:30.70</b>		0:00	4.6 (61.3%)
DNC	<b>JEZIORSKI Paweł</b>	<b>149</b>	GLADIATORS BY RMF4RT	M 18-24		00:45:57		<b>00:40:17.50</b>	<b>01:26:15.40</b>		0:00	4.5 (60.0%)
DNC	<b>WRÓBEL Jacek</b>	<b>133</b>	EX TEAM	M 25-29		00:58:53		<b>00:40:51.00</b>	<b>01:39:44.20</b>		0:00	4.4 (58.7%)
DNC	<b>JUSZCZYK Jarosław</b>	<b>14</b>	GOSŁAW SPORT CENTER	M 35-39		01:23:25		<b>00:41:18.40</b>	<b>02:04:44.30</b>		0:00	4.4 (58.7%)
DNC	<b>ZASADOWSKI Bartek</b>	<b>219</b>	BIEGOWE NYGUSY	M 40-44		01:41:25		<b>00:41:26.20</b>	<b>02:22:51.55</b>		0:00	4.3 (57.3%)
DNC	<b>LEWANDOWSKI Łukasz</b>	<b>194</b>	BESTIE OCR LEGIONOWO	M 25-29		01:01:41		<b>00:43:11.30</b>	<b>01:44:52.30</b>		0:00	4.2 (56.0%)
DNC	<b>TRZEBIATOWSKA Sylwia</b>	<b>237</b>	BIEGUN OCR TEAM	K Elite		00:25:17		<b>00:43:30.55</b>	<b>01:08:48.30</b>		0:00	4.1 (54.7%)
DNC	<b>GAWOR Mateusz</b>	<b>85</b>	LEMON TEAM	M 18-24		00:45:57		<b>00:44:12.45</b>	<b>01:30:09.75</b>		0:00	4.1 (54.7%)
DNC	<b>WOLLNY Kamil</b>	<b>138</b>	EKO-OKNA RUNNERS	M 25-29		01:09:05		<b>00:44:12.75</b>	<b>01:53:18.00</b>		0:00	4.1 (54.7%)
DNC	<b>MALEŃCZYK Sylwester</b>	<b>275</b>		M 40-44		01:42:48		<b>00:44:38.90</b>	<b>02:27:27.70</b>		0:00	4 (53.3%)
DNC	<b>MICZEK Michał</b>	<b>110</b>	EKO-OKNA RUNNERS	M 35-39		01:29:02		<b>00:45:09.95</b>	<b>02:14:12.70</b>		0:00	4 (53.3%)
DNC	<b>KLEJNOWSKI Mateusz</b>	<b>47</b>	SOCIOS SILESIA	M 30-34		01:13:50		<b>00:45:27.00</b>	<b>01:59:17.75</b>		0:00	4 (53.3%)
DNC	<b>BIELAK Tomasz</b>	<b>44</b>		M 35-39		01:26:21		<b>00:45:46.55</b>	<b>02:12:08.40</b>		0:00	3.9 (52.0%)
DNC	<b>ŁĄCKI Wojciech</b>	<b>23</b>		M 30-34		01:12:14		<b>00:46:44.45</b>	<b>01:58:58.55</b>		0:00	3.9 (52.0%)
DNC	<b>PRUS Michał</b>	<b>84</b>	WATAHA	M 18-24		00:45:57		<b>00:47:03.90</b>	<b>01:33:01.50</b>		0:00	3.8 (50.7%)
DNC	<b>PÜHRER Johanna</b>	<b>162</b>	TEAM CELTIC WARRIOR	K International		00:32:05		<b>00:47:10.90</b>	<b>01:19:16.15</b>		0:00	3.8 (50.7%)
DNC	<b>DĄBROWSKI Tomasz</b>	<b>258</b>	MOVEMENT ARENA	M 30-34		01:20:19		<b>00:47:18.90</b>	<b>02:07:37.90</b>		0:00	3.8 (50.7%)
DNC	<b>DROZD Dariusz</b>	<b>24</b>	EICHHÖRNCHEN	M 35-39		01:24:59		<b>00:47:30.00</b>	<b>02:12:29.10</b>		0:00	3.8 (50.7%)
DNC	<b>OLECH Grzegorz</b>	<b>126</b>	LEMON TEAM	M 35-39		01:29:02		<b>00:48:25.65</b>	<b>02:17:28.15</b>		0:00	3.7 (49.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Kara/ bonifikata	Czas netto 3km	Czas brutto 3km	Różn	Tempo min/km	Tempo km/h
DNC	<b>BERSKI Maciej</b>	<b>220</b>	SOCIOS SILESIA	M 30-34		01:18:17		<b>00:48:53.65</b>	<b>02:07:11.30</b>		0:00	3.7 (49.3%)
DNC	<b>KAPICA Wojciech</b>	<b>115</b>	POWER TRAINING	M 30-34		01:16:47		<b>00:48:56.10</b>	<b>02:05:43.95</b>		0:00	3.7 (49.3%)
DNC	<b>MATYSIAK Przemysław</b>	<b>192</b>		M 13-17		01:47:55		<b>00:49:04.45</b>	<b>02:37:00.40</b>		0:00	3.7 (49.3%)
DNC	<b>WEJKNIS Krzysztof</b>	<b>71</b>		M 40-44		01:38:47		<b>00:49:24.55</b>	<b>02:28:12.25</b>		0:00	3.6 (48.0%)
DNC	<b>CIEŚLA Krzysztof</b>	<b>150</b>	WF OCR TEAM KOSTRZYN NAD ODRA	M 25-29		00:55:01		<b>00:49:28.10</b>	<b>01:44:29.10</b>		0:00	3.6 (48.0%)
DNC	<b>HANDZLIK Tomasz</b>	<b>265</b>		M 45-49		01:46:53		<b>00:49:39.65</b>	<b>02:36:33.40</b>		0:00	3.6 (48.0%)
DNC	<b>KRYSTA Sylwia</b>	<b>263</b>	SOCIOS SILESIA	K 25-29		01:53:34		<b>00:50:29.50</b>	<b>02:44:04.20</b>		0:00	3.6 (48.0%)
DNC	<b>JAKUBOWSKI Kamil</b>	<b>209</b>	GRUBIORZE LOTAJOM			01:01:41		<b>00:51:11.60</b>	<b>01:52:52.85</b>		0:00	3.5 (46.7%)
DNC	<b>CHUDEUSZ Lukasz</b>	<b>104</b>		M 35-39		01:27:38		<b>00:51:17.15</b>	<b>02:18:56.00</b>		0:00	3.5 (46.7%)
DNC	<b>KAMIŃSKI Zbigniew</b>	<b>207</b>	GRUBIORZE LOTAJOM	M 35-39		01:31:55		<b>00:51:57.40</b>	<b>02:23:52.60</b>		0:00	3.5 (46.7%)
DNC	<b>KLONOWICZ Patrycja</b>	<b>266</b>	HUNTERS OCR TEAM	K 18-24		01:51:05		<b>00:52:09.50</b>	<b>02:43:14.60</b>		0:00	3.5 (46.7%)
DNC	<b>MISSALA Magdalena</b>	<b>120</b>	POWER TRAINING	K 13-17		01:57:12		<b>00:52:38.70</b>	<b>02:49:51.50</b>		0:00	3.4 (45.3%)
DNC	<b>PIWNIK Bartosz</b>	<b>87</b>	LEMON TEAM	M 25-29		00:50:02		<b>00:52:55.50</b>	<b>01:42:58.35</b>		0:00	3.4 (45.3%)
DNC	<b>WOŁYNIEC Wojciech</b>	<b>281</b>		M 45-49		01:46:53		<b>00:52:56.35</b>	<b>02:39:49.90</b>		0:00	3.4 (45.3%)
DNC	<b>KAFLOWSKI Artur</b>	<b>88</b>	SOCIOS SILESIA	M 25-29		00:53:33		<b>00:53:00.35</b>	<b>01:46:34.25</b>		0:00	3.4 (45.3%)
DNC	<b>JANAS Daniel</b>	<b>70</b>	ŻAGAŃSKIE DZIKI	M 45-49		01:45:52		<b>00:53:58.20</b>	<b>02:39:50.40</b>		0:00	3.3 (44.0%)
DNC	<b>DERYŁO Mateusz</b>	<b>79</b>	SOCIOS SILESIA	M 30-34		01:15:16		<b>00:54:25.10</b>	<b>02:09:41.25</b>		0:00	3.3 (44.0%)
DNC	<b>WICHER Sylwia</b>	<b>244</b>		K 40-44		02:00:16		<b>00:54:37.50</b>	<b>02:54:53.80</b>		0:00	3.3 (44.0%)
DNC	<b>KUDIO Daria</b>	<b>302</b>		Rybniczanka		02:10:58		<b>00:55:49.10</b>	<b>03:06:47.75</b>		0:00	3.2 (42.7%)
DNC	<b>WOŁCZYK Mariusz</b>	<b>1</b>	RMF4RT GLADIATORS	M 40-44		01:37:18	00:10:00	<b>00:56:02.00</b>	<b>02:33:20.00</b>		0:00	3.9 (52.0%)
DNC	<b>KUCIEWICZ Jarosław</b>	<b>146</b>		M 35-39		01:30:26		<b>00:56:14.35</b>	<b>02:26:40.75</b>		0:00	3.2 (42.7%)
DNC	<b>SOKOŁOWSKI Władysław</b>	<b>225</b>		M 18-24		00:41:16		<b>00:57:04.45</b>	<b>01:38:21.35</b>		0:00	3.2 (42.7%)
DNC	<b>CYMBAŁKO Katarzyna</b>	<b>147</b>		K 25-29		01:52:28		<b>00:57:04.55</b>	<b>02:49:33.20</b>		0:00	3.2 (42.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Kara/ bonifikata	Czas netto 3km	Czas brutto 3km	Różn	Tempo min/km	Tempo km/h
DNC	<b>SZULWACH Weronika</b>	<b>286</b>	BIEGUN OCR	K 18-24		01:51:05	00:10:00	<b>00:57:57.00</b>	<b>02:49:02.00</b>		0:00	3.8 (50.7%)
DNC	<b>BAUER Michal</b>	<b>299</b>				02:11:00		<b>00:59:30.95</b>	<b>03:10:31.70</b>		0:00	3 (40.0%)
DNC	<b>ZASADOWSKA Justyna</b>	<b>235</b>	BIEGOWE NYGUSY	OPEN		02:10:58		<b>01:00:00.35</b>	<b>03:10:58.90</b>		0:00	3 (40.0%)
DNC	<b>GŁOWACZ Rafał</b>	<b>137</b>		M 13-17		01:49:06		<b>01:00:58.55</b>	<b>02:50:04.95</b>		0:00	3 (40.0%)
DNC	<b>GILARSKA Marta</b>	<b>234</b>	BIEGOWE NYGUSY	K 25-29		01:53:34		<b>01:02:12.75</b>	<b>02:55:47.40</b>		0:00	2.9 (38.7%)
DNC	<b>TOMCZYK Andrzej</b>	<b>11</b>	DIRTY SPARROWS	M 50+		01:50:04		<b>01:03:46.30</b>	<b>02:53:50.35</b>		0:00	2.8 (37.3%)
DNC	<b>CHARUSTA Martyna</b>	<b>112</b>	DO PORZYGU OCR TEAM	K 25-29		01:52:28	00:10:00	<b>01:03:56.00</b>	<b>02:56:25.00</b>		0:00	3.3 (44.0%)
DNC	<b>SARLEJ Robert</b>	<b>117</b>	EX TEAM	M 25-29		00:53:33	00:10:00	<b>01:03:58.00</b>	<b>01:57:32.00</b>		0:00	3.3 (44.0%)
DNC	<b>JUSZKIEWICZ Oliwia</b>	<b>284</b>	UKS 1.MS-FIT	K 13-17		01:57:57	00:10:00	<b>01:04:31.00</b>	<b>03:02:28.00</b>		0:00	3.3 (44.0%)
DNC	<b>KLEJNOWSKA Katarzyna</b>	<b>48</b>	SOCIOS SILESIA	K 30-34		01:54:34		<b>01:04:38.10</b>	<b>02:59:12.70</b>		0:00	2.8 (37.3%)
DNC	<b>KAMINSKA Dorota</b>	<b>210</b>	GRUBIORZE LOTAJOM	K 25-29		01:53:35		<b>01:06:16.40</b>	<b>02:59:51.40</b>		0:00	2.7 (36.0%)
DNC	<b>ZBROSZCZYK Damian</b>	<b>4</b>	CARBON SILESIA SPORT	Rybniczaniec		01:23:25	00:10:00	<b>01:07:42.00</b>	<b>02:31:07.00</b>		0:00	3.1 (41.3%)
DNC	<b>MACHTYL Marta</b>	<b>152</b>	BEST BEASTS	K 18-24		01:51:05	00:10:00	<b>01:07:48.00</b>	<b>02:58:53.00</b>		0:00	3.1 (41.3%)
DNC	<b>BUDNY Maksymilian</b>	<b>68</b>	SPARTAN TEAM	M 13-17		01:49:06	00:20:00	<b>01:07:53.00</b>	<b>02:57:00.00</b>		0:00	3.8 (50.7%)
DNC	<b>RAJNICH Tomasz</b>	<b>55</b>	SPARTAN TEAM	M 13-17		01:49:06	00:20:00	<b>01:08:45.00</b>	<b>02:57:52.00</b>		0:00	3.7 (49.3%)
DNC	<b>BŁASZKIEWICZ Dorota</b>	<b>95</b>	LEMONETEAM	K 30-34		01:54:34	00:10:00	<b>01:09:37.00</b>	<b>03:04:12.00</b>		0:00	3 (40.0%)
DNC	<b>SZYMAŃSKA Agnieszka</b>	<b>58</b>	CARBON SILESIA SPORT	K 35-39		01:56:34	00:10:00	<b>01:10:38.00</b>	<b>03:07:12.00</b>		0:00	3 (40.0%)
DNC	<b>BARTŁOMIEJCZYK Sylwia</b>	<b>39</b>	SOCIOS SILESIA	K 35-39		01:56:34	00:10:00	<b>01:11:48.00</b>	<b>03:08:22.00</b>		0:00	2.9 (38.7%)
DNC	<b>MICHALCZYK Karolina</b>	<b>20</b>	CARBON SILESIA SPORT	K 40-44		01:59:07		<b>01:16:21.85</b>	<b>03:15:29.60</b>		0:00	2.4 (32.0%)
DNC	<b>MARKOWSKA Nikola</b>	<b>289</b>	MS-FIT STUDIO	K 13-17		01:57:57	00:10:00	<b>01:23:25.00</b>	<b>03:21:23.00</b>		0:00	2.5 (33.3%)
DNC	<b>DADELEWSKA Joanna</b>	<b>293</b>	PIĘKNI I BESTIE	K 40-44		02:00:16		<b>01:23:30.85</b>	<b>03:23:47.40</b>		0:00	2.2 (29.3%)
DNC	<b>ZACHARA Katarzyna</b>	<b>105</b>	LEMONETEAM	K 30-34		01:55:48		<b>01:27:16.20</b>	<b>03:23:04.95</b>		0:00	2.1 (28.0%)
DNC	<b>KOZICKA Zuzanna</b>	<b>259</b>		K 13-17		01:57:57		<b>01:28:03.45</b>	<b>03:26:00.95</b>		0:00	2 (26.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Kara/bonifikata	Czas netto 3km	Czas brutto 3km	Różn	Tempo min/km	Tempo km/h
DNC	<b>MICHALCZYK Amelia</b>	<b>21</b>	CARBON SILESIA SPORT	K 13-17		01:57:13	00:10:00	<b>01:28:16.00</b>	<b>03:25:29.00</b>	0:00		2.3 (30.7%)
DNC	<b>KLICH Sonia</b>	<b>184</b>	CARBON SILESIA SPORT	K 30-34		01:55:48	00:20:00	<b>01:30:32.00</b>	<b>03:26:20.00</b>	0:00		2.6 (34.7%)
DNC	<b>ZACHARA Martyna</b>	<b>106</b>	LEMON TEAM	K 13-17		01:57:12	00:20:00	<b>01:45:52.00</b>	<b>03:43:05.00</b>	0:00		2.1 (28.0%)
DNC	<b>GÓRZYŃSKI Janusz</b>	<b>189</b>	BESTIE OCR LEGIONOWO	M 45-49		01:46:53						(0.0%)
DNC	<b>GROCHOŁA Michał</b>	<b>129</b>	SOCIOS SILESIA	M 25-29		00:25:31						(0.0%)
DNC	<b>KOZIAK Agnieszka</b>	<b>74</b>	DRAGON RUNNERS	K 30-34		01:54:34						(0.0%)

Znaleziono 297 wynik(ów)