

POZNAŃ JUMP & RUN CLASSIC

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie: POZNAŃ JUMP & RUN
Organizator: Akademia Rozrywki Iwona Sierotko
Data: 2021-09-25
Miejsce: Poznań
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	GIDASZEWSKI Stanisław	1115		OPEN -M	1	00:21:36.15		4:19	13.9 (100%)
2	GIDASZEWSKI Franciszek	1149		OPEN -M	2	00:30:23.40	+00:08:47 (28.9%)	6:04	9.9 (71.2%)
3	GIDASZEWSKA Michalina	1114		OPEN -K	1	00:30:49.65	+00:09:13 (29.9%)	6:09	9.7 (69.8%)
4	RATAJCZAK Dominik	1018		OPEN -M	3	00:31:45.15	+00:10:09 (32.0%)	6:21	9.4 (67.6%)
5	SZCZYGIĘŁ Daniel	925		OPEN -M	4	00:32:01.45	+00:10:25 (32.5%)	6:24	9.4 (67.6%)
6	BIDERMAN Maksymilian	1163	GO GO	OPEN -M	5	00:33:37.75	+00:12:01 (35.8%)	6:43	8.9 (64.0%)
7	SMOLNICKI Marcin	1179		OPEN -M	6	00:34:50.10	+00:13:13 (38.0%)	6:58	8.6 (61.9%)
8	SIERŻANT Adam	1193		OPEN -M	7	00:35:01.40	+00:13:25 (38.3%)	7:00	8.6 (61.9%)
9	KRAWCZYK Aleksandra	1147		OPEN -K	2	00:37:16.75	+00:15:40 (42.1%)	7:27	8.1 (58.3%)
10	GOSCIŃSKI Piotr	1148		OPEN -M	8	00:37:16.80	+00:15:40 (42.1%)	7:27	8.1 (58.3%)
11	JAKUBOWSKI Iwo	1104		OPEN -M	9	00:38:27.10	+00:16:50 (43.8%)	7:41	7.8 (56.1%)
12	KLUPSA Karolina	1105		OPEN -K	3	00:38:27.35	+00:16:51 (43.8%)	7:41	7.8 (56.1%)
13	PIECHOWIAK Anita	1066		OPEN -K	4	00:39:26.40	+00:17:50 (45.2%)	7:53	7.6 (54.7%)
14	CZAPCZYK Maciej	1158		OPEN -M	10	00:39:31.90	+00:17:55 (45.4%)	7:54	7.6 (54.7%)
15	ANDRZEJSKA Anna	1137		OPEN -K	5	00:39:38.00	+00:18:01 (45.5%)	7:55	7.6 (54.7%)
16	JÓZEFIAK Adrian	1062		OPEN -M	11	00:40:14.40	+00:18:38 (46.3%)	8:02	7.5 (54.0%)
17	STASIAK Maciej	1122		OPEN -M	12	00:40:31.35	+00:18:55 (46.7%)	8:06	7.4 (53.2%)
18	STAWCZUK Patryk	1183		OPEN -M	13	00:40:37.85	+00:19:01 (46.8%)	8:07	7.4 (53.2%)
19	WIÓREK Magdalena	1185		OPEN -K	6	00:40:38.80	+00:19:02 (46.9%)	8:07	7.4 (53.2%)
20	RACZAK Ewelina	1184		OPEN -K	7	00:40:39.05	+00:19:02 (46.9%)	8:07	7.4 (53.2%)
21	GROBYS Marcin	1188		OPEN -M	14	00:40:43.45	+00:19:07 (47.0%)	8:08	7.4 (53.2%)
22	KARALUS Łukasz	1152		OPEN -M	15	00:41:01.65	+00:19:25 (47.3%)	8:12	7.3 (52.5%)
23	SĘDZICKI Mateusz	1178	LIDL	OPEN -M	16	00:41:35.55	+00:19:59 (48.1%)	8:19	7.2 (51.8%)
24	OWCZAREK Martyna	1156	BEAUTY FLY	OPEN -K	8	00:42:14.10	+00:20:37 (48.9%)	8:26	7.1 (51.1%)
25	SZEWCZUK Sandra	1116		OPEN -K	9	00:44:40.60	+00:23:04 (51.6%)	8:56	6.7 (48.2%)
26	KOWALEWSKA Lucyna	1117		OPEN -K	10	00:44:40.95	+00:23:04 (51.7%)	8:56	6.7 (48.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						5km	Różn		
27	CZARNOWSKA Marta	964		OPEN -K	11	00:47:26.85	+00:25:50 (54.5%)	9:29	6.3 (45.3%)
28	KUDRYŃ Jakub	908		OPEN -M	17	00:47:27.40	+00:25:51 (54.5%)	9:29	6.3 (45.3%)
29	JAKUBOWSKI Michał	907		OPEN -M	18	00:47:28.50	+00:25:52 (54.5%)	9:29	6.3 (45.3%)
30	SZREJDER Adrianna	1136		OPEN -K	12	00:47:44.10	+00:26:07 (54.7%)	9:32	6.3 (45.3%)
31	FECHNER Joanna	311		OPEN -K	13	00:47:44.25	+00:26:08 (54.7%)	9:32	6.3 (45.3%)
32	STENCEL Tomasz	1195		OPEN -M	19	00:47:44.35	+00:26:08 (54.7%)	9:32	6.3 (45.3%)
33	ŻURAW Kamila	1135		OPEN -K	14	00:47:44.60	+00:26:08 (54.8%)	9:32	6.3 (45.3%)
34	SZAJDA Anna	1150		OPEN -K	15	00:49:23.25	+00:27:47 (56.3%)	9:52	6.1 (43.9%)
35	ZYCH Małgorzata	1043		OPEN -K	16	00:49:23.45	+00:27:47 (56.3%)	9:52	6.1 (43.9%)
36	SZYMAŃSKA Dagmara	1144		OPEN -K	17	00:49:39.05	+00:28:02 (56.5%)	9:55	6 (43.2%)
37	MIERNIK Przemysław	1146	CROSS FIRMUS	OPEN -M	20	00:49:43.85	+00:28:07 (56.6%)	9:56	6 (43.2%)
38	TYLKA Jonathan	1127		OPEN -M	21	00:50:27.50	+00:28:51 (57.2%)	10:05	5.9 (42.4%)
39	TYLKA Jonathan	1126		OPEN -M	22	00:50:28.20	+00:28:52 (57.2%)	10:05	5.9 (42.4%)
40	GOLA Paulina	1164	LIDL	OPEN -K	18	00:50:48.30	+00:29:12 (57.5%)	10:09	5.9 (42.4%)
41	DZIURAWIEC Joanna	1128		OPEN -K	19	00:50:54.45	+00:29:18 (57.6%)	10:10	5.9 (42.4%)
42	GLINKOWSKA Paulina	955		OPEN -K	20	00:50:59.55	+00:29:23 (57.6%)	10:11	5.9 (42.4%)
43	STASZAK Agnieszka	954		OPEN -K	21	00:51:00.15	+00:29:24 (57.6%)	10:12	5.9 (42.4%)
43	LISIECKI Mateusz	1151		OPEN -K	21	00:51:00.15	+00:29:24 (57.6%)	10:12	5.9 (42.4%)
45	WĘCLIK Blanka	1199	DANCE	OPEN -K	23	00:51:00.20	+00:29:24 (57.6%)	10:12	5.9 (42.4%)
46	ŁOSZAJC Dorota	956		OPEN -K	24	00:51:00.70	+00:29:24 (57.7%)	10:12	5.9 (42.4%)
47	KACZMAREK Magdalena	1051		OPEN -K	25	00:51:02.70	+00:29:26 (57.7%)	10:12	5.9 (42.4%)
48	BARTECKA Justyna	1016		OPEN -K	26	00:51:02.95	+00:29:26 (57.7%)	10:12	5.9 (42.4%)
49	LUZAK Magdalena	1080		OPEN -K	27	00:51:04.15	+00:29:28 (57.7%)	10:12	5.9 (42.4%)
50	SOBOLEWSKA Aleksandra	1079		OPEN -K	28	00:51:04.60	+00:29:28 (57.7%)	10:12	5.9 (42.4%)
51	NABOIKINA Anastazja	1180		OPEN -K	29	00:51:36.60	+00:30:00 (58.1%)	10:19	5.8 (41.7%)
52	NAWROCKI Kamil	951		OPEN -M	23	00:51:39.65	+00:30:03 (58.2%)	10:19	5.8 (41.7%)
53	GLINKOWSKA Elżbieta	952		OPEN -K	30	00:51:46.25	+00:30:10 (58.3%)	10:21	5.8 (41.7%)
54	GLINKOWSKA Paulina	953		OPEN -K	31	00:51:46.70	+00:30:10 (58.3%)	10:21	5.8 (41.7%)
55	OSTOŃSKI Bartosz	993		OPEN -M	24	00:52:26.05	+00:30:49 (58.8%)	10:29	5.7 (41.0%)
56	SIWEK Sławomir	995		OPEN -M	25	00:52:26.20	+00:30:50 (58.8%)	10:29	5.7 (41.0%)
57	OSTAŃSKA Natalia	991		OPEN -K	32	00:52:26.45	+00:30:50 (58.8%)	10:29	5.7 (41.0%)
57	OSTAŃSKA Katarzyna	994		OPEN -K	32	00:52:26.45	+00:30:50 (58.8%)	10:29	5.7 (41.0%)
59	OSTAŃSKA Magdalena	992		OPEN -K	34	00:52:26.50	+00:30:50 (58.8%)	10:29	5.7 (41.0%)
60	GROCHOLEWSKA Marta	1120		OPEN -K	35	00:52:36.70	+00:31:00 (58.9%)	10:31	5.7 (41.0%)
61	ŚWIĄDER Marek	1121		OPEN -M	26	00:52:37.05	+00:31:00 (58.9%)	10:31	5.7 (41.0%)
62	SZCZESNIAK Patryk	1064		OPEN -M	27	00:52:52.05	+00:31:15 (59.1%)	10:34	5.7 (41.0%)
63	KUBIŚ Adrian	1063		OPEN -M	28	00:52:52.25	+00:31:16 (59.1%)	10:34	5.7 (41.0%)
64	NOWOWIEJSKI Jakub	946		OPEN -M	29	00:53:26.30	+00:31:50 (59.6%)	10:41	5.6 (40.3%)
65	GABRYELSKI Bartłomiej	1111		OPEN -M	30	00:53:33.30	+00:31:57 (59.7%)	10:42	5.6 (40.3%)
66	NOWAK Wojciech	1113		OPEN -M	31	00:53:33.40	+00:31:57 (59.7%)	10:42	5.6 (40.3%)
67	KRANZ Marcin	902		OPEN -M	32	00:53:36.85	+00:32:00 (59.7%)	10:43	5.6 (40.3%)
68	TARNOWSKA Małgorzata	1098		OPEN -K	36	00:53:39.50	+00:32:03 (59.7%)	10:43	5.6 (40.3%)
69	WRÓBLEWSKA Samanta	1187		OPEN -K	37	00:53:48.25	+00:32:12 (59.8%)	10:45	5.6 (40.3%)
70	ŚCIEPORO Paweł	1175	LIDL	OPEN -M	33	00:53:48.45	+00:32:12 (59.9%)	10:45	5.6 (40.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						5km	Różn		
71	NOWACZYŃSKI Szymon	1112		OPEN -M	34	00:53:48.75	+00:32:12 (59.9%)	10:45	5.6 (40.3%)
72	KRANZ Kinga	901		OPEN -K	38	00:53:49.80	+00:32:13 (59.9%)	10:45	5.6 (40.3%)
73	LISIECKI Michał	962		OPEN -M	35	00:54:18.90	+00:32:42 (60.2%)	10:51	5.5 (39.6%)
74	LISIECKI Michał	963		OPEN -M	36	00:54:20.00	+00:32:43 (60.2%)	10:52	5.5 (39.6%)
75	DUMANOWSKA Alicja	1093	KALINY 5	OPEN -K	39	00:54:21.05	+00:32:44 (60.3%)	10:52	5.5 (39.6%)
76	PRZYBYLSKA Anna	1092	KALINA 5	OPEN -K	40	00:54:21.50	+00:32:45 (60.3%)	10:52	5.5 (39.6%)
77	ŻOŁĄDKOWSKA Kalina	1091		OPEN -K	41	00:54:21.55	+00:32:45 (60.3%)	10:52	5.5 (39.6%)
78	ŚLEBIODA Mateusz	1095	KALINY 5	OPEN -M	37	00:54:22.00	+00:32:45 (60.3%)	10:52	5.5 (39.6%)
79	LEBIODA Magdalena	1094	KALINY 5	OPEN -K	42	00:54:22.70	+00:32:46 (60.3%)	10:52	5.5 (39.6%)
80	SMYKAJ Radosław	1056		OPEN -K	43	00:54:27.95	+00:32:51 (60.3%)	10:53	5.5 (39.6%)
81	BARTSCH Łukasz	1058		OPEN -K	44	00:54:31.70	+00:32:55 (60.4%)	10:54	5.5 (39.6%)
82	KOSMOWSKA Anna	1059		OPEN -K	45	00:54:33.75	+00:32:57 (60.4%)	10:54	5.5 (39.6%)
83	LISIECKI Michał	965		OPEN -M	38	00:54:37.95	+00:33:01 (60.5%)	10:55	5.5 (39.6%)
84	NIKIEL Dariusz	1060		OPEN -M	39	00:54:50.40	+00:33:14 (60.6%)	10:58	5.5 (39.6%)
85	KOSMOWSKA Anna	1055		OPEN -K	46	00:54:50.90	+00:33:14 (60.6%)	10:58	5.5 (39.6%)
86	KOSMOWSKI Mateusz	1057		OPEN -M	40	00:54:51.10	+00:33:14 (60.6%)	10:58	5.5 (39.6%)
86	MISZTAL Ewa	1102		OPEN -K	47	00:54:51.10	+00:33:14 (60.6%)	10:58	5.5 (39.6%)
88	GOLON Aneta	1100		OPEN -K	48	00:54:51.35	+00:33:15 (60.6%)	10:58	5.5 (39.6%)
89	SATANOWSKA Katarzyna	1099		OPEN -K	49	00:54:51.40	+00:33:15 (60.6%)	10:58	5.5 (39.6%)
90	KUCHARSKA Katarzyna	1101		OPEN -K	50	00:54:51.60	+00:33:15 (60.6%)	10:58	5.5 (39.6%)
91	GOŹDZIK Nell	966		OPEN -K	51	00:54:56.90	+00:33:20 (60.7%)	10:59	5.5 (39.6%)
92	FRACKOWIAK Dawid	1097		OPEN -M	41	00:55:10.55	+00:33:34 (60.8%)	11:02	5.4 (38.8%)
93	TRAMOWSKA Katarzyna	904		OPEN -K	52	00:55:43.40	+00:34:07 (61.2%)	11:08	5.4 (38.8%)
94	TRAMOWSKA Zofia	905		OPEN -K	53	00:55:44.90	+00:34:08 (61.2%)	11:08	5.4 (38.8%)
95	TOKARSKA Olga	903		OPEN -K	54	00:55:47.10	+00:34:10 (61.3%)	11:09	5.4 (38.8%)
96	SKRZYPCZAK Marek	1153	LIDL	OPEN -M	42	00:56:56.70	+00:35:20 (62.1%)	11:23	5.3 (38.1%)
97	JASIŃSKI Jakub	911		OPEN -M	43	00:57:05.35	+00:35:29 (62.2%)	11:25	5.3 (38.1%)
98	KLINKOWSKA Marta	910		OPEN -K	55	00:57:05.85	+00:35:29 (62.2%)	11:25	5.3 (38.1%)
99	PISARSKA Daria	913		OPEN -K	56	00:57:05.90	+00:35:29 (62.2%)	11:25	5.3 (38.1%)
99	HAMMERMEISTER Krystian	912		OPEN -M	44	00:57:05.90	+00:35:29 (62.2%)	11:25	5.3 (38.1%)
101	JOLCZAK Katarzyna	1130		OPEN -K	57	00:57:06.10	+00:35:29 (62.2%)	11:25	5.3 (38.1%)
102	IDCZAK Piotr	1129		OPEN -M	45	00:57:06.55	+00:35:30 (62.2%)	11:25	5.3 (38.1%)
103	NOWAK Karol	1089	DOBRE WIEDŹMY	OPEN -M	46	00:57:08.90	+00:35:32 (62.2%)	11:25	5.3 (38.1%)
104	PIECHOWIAK Monika	1087	DOBRE WIEDŹMY	OPEN -K	58	00:57:11.15	+00:35:35 (62.2%)	11:26	5.2 (37.4%)
105	WELCZ Anna	1088	DOBRE WIEDŹMY	OPEN -K	59	00:57:16.25	+00:35:40 (62.3%)	11:27	5.2 (37.4%)
106	DUR Dorota	1106		OPEN -K	60	00:57:40.85	+00:36:04 (62.5%)	11:32	5.2 (37.4%)
107	TOBOLSKA Daria	1108		OPEN -K	61	00:57:41.55	+00:36:05 (62.6%)	11:32	5.2 (37.4%)
108	TOBOLSKI Łukasz	1109		OPEN -M	47	00:57:41.80	+00:36:05 (62.6%)	11:32	5.2 (37.4%)
109	POR Bartłomiej	1107	RCF POZNAŃ	OPEN -M	48	00:57:42.25	+00:36:06 (62.6%)	11:32	5.2 (37.4%)
110	POPIELAS Karol	1110		OPEN -M	49	00:57:43.05	+00:36:06 (62.6%)	11:32	5.2 (37.4%)
111	SZAFRAŃSKA Anna	1123		OPEN -K	62	00:57:43.95	+00:36:07 (62.6%)	11:32	5.2 (37.4%)
112	TYLIŃSKI Tomasz	1068		OPEN -M	50	00:57:52.95	+00:36:16 (62.7%)	11:34	5.2 (37.4%)
113	BOŹEK Łukasz	1069		OPEN -M	51	00:57:54.25	+00:36:18 (62.7%)	11:34	5.2 (37.4%)
114	SACHA Małgorzata	1067		OPEN -K	63	00:58:03.00	+00:36:26 (62.8%)	11:36	5.2 (37.4%)

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						5km	Różn		
115	TYLIŃSKI Rafał	1070		OPEN -M	52	00:58:03.80	+00:36:27 (62.8%)	11:36	5.2 (37.4%)
116	BŁASZCZUK Magdalena	960		OPEN -K	64	00:58:26.05	+00:36:49 (63.0%)	11:41	5.1 (36.7%)
117	WŁODARCZYK Małgorzata	957		OPEN -K	65	00:58:26.10	+00:36:49 (63.0%)	11:41	5.1 (36.7%)
117	MADAJ WARGUŁA Magdalena	959		OPEN -K	65	00:58:26.10	+00:36:49 (63.0%)	11:41	5.1 (36.7%)
119	WŁODARCZYK Michał	961		OPEN -M	53	00:58:26.25	+00:36:50 (63.0%)	11:41	5.1 (36.7%)
120	JAKUBOWSKA Wiktoria	958		OPEN -K	67	00:58:26.70	+00:36:50 (63.0%)	11:41	5.1 (36.7%)
121	BUDKA Bartłomiej	996		OPEN -M	54	00:59:45.80	+00:38:09 (63.9%)	11:57	5 (36.0%)
122	ZIMNA Maria	997		OPEN -K	68	01:00:04.25	+00:38:28 (64.0%)	12:00	5 (36.0%)
123	MIELNIK Natalia	999		OPEN -K	69	01:00:10.85	+00:38:34 (64.1%)	12:02	5 (36.0%)
124	SZACHT Izabela	998		OPEN -K	70	01:00:25.80	+00:38:49 (64.3%)	12:05	5 (36.0%)
125	ZARZECZAŃSKA-JANASIK Blanka	1000		OPEN -K	71	01:00:26.50	+00:38:50 (64.3%)	12:05	5 (36.0%)
126	KLONOWSKI Piotr	1073		OPEN -M	55	01:00:43.50	+00:39:07 (64.4%)	12:08	4.9 (35.3%)
127	CHWIROT Patrycja	1168	BEAUTY FLY	OPEN -K	72	01:00:59.10	+00:39:22 (64.6%)	12:11	4.9 (35.3%)
128	BOROWCZUK Paulina	1167	BEAUTY FLY	OPEN -K	73	01:00:59.60	+00:39:23 (64.6%)	12:11	4.9 (35.3%)
129	LIPKA Aleksandra	1159	B	OPEN -K	74	01:01:08.50	+00:39:32 (64.7%)	12:13	4.9 (35.3%)
130	WARZECHA Marta	1181		OPEN -K	75	01:01:08.55	+00:39:32 (64.7%)	12:13	4.9 (35.3%)
131	ELTMANN Paweł	1090		OPEN -M	56	01:01:25.10	+00:39:48 (64.8%)	12:17	4.9 (35.3%)
132	BRZEZIŃSKA Wioleta	1086		OPEN -K	76	01:01:30.60	+00:39:54 (64.9%)	12:18	4.9 (35.3%)
133	SOŁTYSIAK Anna	1072		OPEN -K	77	01:01:39.50	+00:40:03 (65.0%)	12:19	4.9 (35.3%)
134	SZAJER Łukasz	1186		OPEN -M	57	01:01:50.35	+00:40:14 (65.1%)	12:22	4.9 (35.3%)
135	ZAWADZKI Norbert	1077		OPEN -M	58	01:01:54.05	+00:40:17 (65.1%)	12:22	4.8 (34.5%)
136	WACHOWIAK Patryk	1076		OPEN -M	59	01:01:54.45	+00:40:18 (65.1%)	12:22	4.8 (34.5%)
137	SPORY Jakub	1074		OPEN -M	60	01:01:59.25	+00:40:23 (65.2%)	12:23	4.8 (34.5%)
138	GIERNACKA Ewa	968		OPEN -K	78	01:03:06.20	+00:41:30 (65.8%)	12:37	4.8 (34.5%)
139	CZAJKA Lidia	967		OPEN -K	79	01:03:06.50	+00:41:30 (65.8%)	12:37	4.8 (34.5%)
140	DUNAJ Sylwia	1039		OPEN -K	80	01:03:16.35	+00:41:40 (65.9%)	12:39	4.7 (33.8%)
141	KILJAŃSKA Patrycja	1038		OPEN -K	81	01:03:16.90	+00:41:40 (65.9%)	12:39	4.7 (33.8%)
142	KLOREK Mikołaj	1036		OPEN -M	61	01:03:17.15	+00:41:41 (65.9%)	12:39	4.7 (33.8%)
143	ŁYSIAK Sabina	1030		OPEN -K	82	01:03:17.20	+00:41:41 (65.9%)	12:39	4.7 (33.8%)
144	DUNAJ Sylwia	1029		OPEN -K	83	01:03:17.25	+00:41:41 (65.9%)	12:39	4.7 (33.8%)
144	DUNAJ Sylwia	1032		OPEN -K	83	01:03:17.25	+00:41:41 (65.9%)	12:39	4.7 (33.8%)
146	MARKIEWICZ Monika	1037		OPEN -K	85	01:03:17.35	+00:41:41 (65.9%)	12:39	4.7 (33.8%)
147	BROMBER Adrian	1031		OPEN -M	62	01:03:17.80	+00:41:41 (65.9%)	12:39	4.7 (33.8%)
148	HOROŚKIEWICZ Tomasz	1040		OPEN -K	86	01:03:18.40	+00:41:42 (65.9%)	12:39	4.7 (33.8%)
149		1169				01:03:22.15	+00:41:46 (65.9%)	12:40	4.7 (33.8%)
150	FLIS-KACZYŃSKA Beata	1002		OPEN -K	87	01:03:26.35	+00:41:50 (65.9%)	12:41	4.7 (33.8%)
151	FLIS-KACZYŃSKA Beata	1003		OPEN -K	88	01:03:27.00	+00:41:50 (66.0%)	12:41	4.7 (33.8%)
152	DOMAŃSKA Katarzyna	1001		OPEN -K	89	01:03:27.80	+00:41:51 (66.0%)	12:41	4.7 (33.8%)
153	CHMURSKA Kinga	1004		OPEN -K	90	01:03:28.05	+00:41:51 (66.0%)	12:41	4.7 (33.8%)
154	CHWESIUK Iwona	1170		OPEN -K	91	01:04:01.90	+00:42:25 (66.3%)	12:48	4.7 (33.8%)
155	DEMBIK Sandra	1196		OPEN -K	92	01:04:30.70	+00:42:54 (66.5%)	12:54	4.7 (33.8%)
156	JACKOWIAK Katarzyna	1019		OPEN -K	93	01:04:48.45	+00:43:12 (66.7%)	12:57	4.6 (33.1%)
157	TOMCZAK Jolanta	923		OPEN -K	94	01:04:49.65	+00:43:13 (66.7%)	12:57	4.6 (33.1%)
158	ZIELIŃSKA Marta	1182		OPEN -K	95	01:05:16.20	+00:43:40 (66.9%)	13:03	4.6 (33.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
159		1190				01:05:24.45	+00:43:48 (67.0%)	13:04	4.6 (33.1%)
160	OBJAK Łukasz	1192		OPEN -M	63	01:05:24.50	+00:43:48 (67.0%)	13:04	4.6 (33.1%)
161	DOPIERAŁA Joanna	1191		OPEN -K	96	01:05:24.95	+00:43:48 (67.0%)	13:04	4.6 (33.1%)
162	MADAJ Anna	1189		OPEN -K	97	01:05:25.70	+00:43:49 (67.0%)	13:05	4.6 (33.1%)
163	KOSIOROWSKA Monika	984		OPEN -K	98	01:05:32.40	+00:43:56 (67.0%)	13:06	4.6 (33.1%)
164	WĘGIELNIK Dariusz	985		OPEN -K	99	01:05:32.60	+00:43:56 (67.0%)	13:06	4.6 (33.1%)
165	SKRZYPCZAK Monika	980		OPEN -K	100	01:05:33.65	+00:43:57 (67.0%)	13:06	4.6 (33.1%)
166	POGORZELSKA Kinga	981		OPEN -K	101	01:05:34.30	+00:43:58 (67.1%)	13:06	4.6 (33.1%)
167	SALICKI Radosław	982		OPEN -M	64	01:05:35.00	+00:43:58 (67.1%)	13:07	4.6 (33.1%)
168	IDZIAK Katarzyna	921		OPEN -K	102	01:05:49.80	+00:44:13 (67.2%)	13:09	4.6 (33.1%)
169	KUBIAK Rafał	1083	NIEZŁE ZIÓŁKO	OPEN -M	65	01:06:02.80	+00:44:26 (67.3%)	13:12	4.5 (32.4%)
170	PAPRZYCKA Paulina	1082	NIEZŁE ZIÓŁKO	OPEN -K	103	01:06:03.00	+00:44:26 (67.3%)	13:12	4.5 (32.4%)
171	NIEMIER Natalia	1081		OPEN -K	104	01:06:03.10	+00:44:26 (67.3%)	13:12	4.5 (32.4%)
172	KRAWCZYK-DZIAMSKA Beata	945		OPEN -K	105	01:06:27.15	+00:44:51 (67.5%)	13:17	4.5 (32.4%)
173	PARTYKA Małgorzata	931		OPEN -K	106	01:06:27.50	+00:44:51 (67.5%)	13:17	4.5 (32.4%)
174	FILIPIAK Magdalena	924		OPEN -K	107	01:06:31.80	+00:44:55 (67.5%)	13:18	4.5 (32.4%)
175	SUCHARÉK Aleksandra	916		OPEN -K	108	01:06:34.05	+00:44:57 (67.5%)	13:18	4.5 (32.4%)
176	WACŁAWIAK Katarzyna	917		OPEN -K	109	01:06:37.25	+00:45:01 (67.6%)	13:19	4.5 (32.4%)
177	KOZIARSKA Justyna	915		OPEN -K	110	01:06:38.85	+00:45:02 (67.6%)	13:19	4.5 (32.4%)
178	JACKOWIAK Katarzyna	1014		OPEN -K	111	01:06:43.05	+00:45:06 (67.6%)	13:20	4.5 (32.4%)
179	MIKOŁAJCZAK Maciej	1013		OPEN -M	66	01:06:43.55	+00:45:07 (67.6%)	13:20	4.5 (32.4%)
180	SOKÓLSKA Magdalena	1015		OPEN -K	112	01:06:45.05	+00:45:08 (67.6%)	13:21	4.5 (32.4%)
181	LEŚNIEWSKA Aleksandra	1011		OPEN -K	113	01:06:45.25	+00:45:09 (67.6%)	13:21	4.5 (32.4%)
182	LEŚNIEWSKI Mateusz	1017		OPEN -M	67	01:06:45.85	+00:45:09 (67.6%)	13:21	4.5 (32.4%)
183	PARTYKA Jacek	941		OPEN -M	68	01:06:47.25	+00:45:11 (67.7%)	13:21	4.5 (32.4%)
184	BREMBOR Rafał	1194		OPEN -M	69	01:07:47.60	+00:46:11 (68.1%)	13:33	4.4 (31.7%)
185	TROJANOWSKA Marta	1162	GO GO	OPEN -K	114	01:07:48.00	+00:46:11 (68.1%)	13:33	4.4 (31.7%)
186	RZANNA RUTKOWSKA Lidia	1166	LIDL	OPEN -K	115	01:07:48.85	+00:46:12 (68.1%)	13:33	4.4 (31.7%)
187	KALINOWSKA Klaudia	1160	GO GO	OPEN -K	116	01:07:49.10	+00:46:12 (68.1%)	13:33	4.4 (31.7%)
188	SZWEDT Natalia	1161	GO GO	OPEN -K	117	01:07:49.85	+00:46:13 (68.2%)	13:33	4.4 (31.7%)
189	SKRZYPIEC Maria	920		OPEN -K	118	01:08:07.85	+00:46:31 (68.3%)	13:37	4.4 (31.7%)
190	DANIELISZYN Marcin	1143		OPEN -M	70	01:08:09.65	+00:46:33 (68.3%)	13:37	4.4 (31.7%)
191	LISIECKA Agata	1142		OPEN -K	119	01:08:09.70	+00:46:33 (68.3%)	13:37	4.4 (31.7%)
192	OLEJNICZAK Błażej	929		OPEN -M	71	01:09:23.00	+00:47:46 (68.9%)	13:52	4.3 (30.9%)
193	JENCZAK Krzysztof	927		OPEN -M	72	01:09:23.25	+00:47:47 (68.9%)	13:52	4.3 (30.9%)
194	WLAŻŁO Łukasz	926		OPEN -M	73	01:09:36.80	+00:48:00 (69.0%)	13:55	4.3 (30.9%)
195	WLAŻŁO Kasia	928		OPEN -K	120	01:09:38.80	+00:48:02 (69.0%)	13:55	4.3 (30.9%)
196	JAKUBOWIVCZ Magdalena	922		OPEN -K	121	01:09:58.30	+00:48:22 (69.1%)	13:59	4.3 (30.9%)
197	KLIKS Krzysztof	936		OPEN -M	74	01:10:24.45	+00:48:48 (69.3%)	14:04	4.3 (30.9%)
198	ANDRZEJEWSKI Patryk	944		OPEN -M	75	01:10:24.70	+00:48:48 (69.3%)	14:04	4.3 (30.9%)
199	MURAWSKI Cezary	943		OPEN -M	76	01:10:25.20	+00:48:49 (69.3%)	14:05	4.3 (30.9%)
200	TYLKA Ewelina	1026		OPEN -K	122	01:11:03.90	+00:49:27 (69.6%)	14:12	4.2 (30.2%)
201	SIWA Maksylian	1028		OPEN -M	77	01:11:07.65	+00:49:31 (69.6%)	14:13	4.2 (30.2%)
202	WACHOWIAK Cyprian	1078		OPEN -M	78	01:11:08.05	+00:49:31 (69.6%)	14:13	4.2 (30.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						5km	Różn		
203	KUBIAK Martyna	1025		OPEN -K	123	01:11:19.90	+00:49:43 (69.7%)	14:15	4.2 (30.2%)
204	KOŁACZYŃSKI Adam	932		OPEN -M	79	01:11:48.30	+00:50:12 (69.9%)	14:21	4.2 (30.2%)
205	ANDRZEJEWSKA Ewelina	933		OPEN -K	124	01:11:48.60	+00:50:12 (69.9%)	14:21	4.2 (30.2%)
206	MURAWSKA Marta	942		OPEN -K	125	01:11:48.80	+00:50:12 (69.9%)	14:21	4.2 (30.2%)
207	MODROWSKA Karolina	909		OPEN -K	126	01:11:58.80	+00:50:22 (70.0%)	14:23	4.2 (30.2%)
208	KOWALSKA Joanna	906		OPEN -K	127	01:11:59.30	+00:50:23 (70.0%)	14:23	4.2 (30.2%)
209	KOWALEWSKA Joanna	1157	BEAUTY FLY	OPEN -K	128	01:12:42.10	+00:51:05 (70.3%)	14:32	4.1 (29.5%)
210	DĄBKIEWICZ Szymon	1006		OPEN -M	80	01:13:42.65	+00:52:06 (70.7%)	14:44	4.1 (29.5%)
211	DĄBKIEWICZ Szymon	1010		OPEN -M	81	01:13:42.80	+00:52:06 (70.7%)	14:44	4.1 (29.5%)
212	KUBICKI Mariusz	1009		OPEN -M	82	01:13:43.10	+00:52:06 (70.7%)	14:44	4.1 (29.5%)
213	DĄBKIEWICZ Szymon	1008		OPEN -M	83	01:13:43.15	+00:52:07 (70.7%)	14:44	4.1 (29.5%)
214	DĄBKIEWICZ Szymon	1007		OPEN -M	84	01:13:43.65	+00:52:07 (70.7%)	14:44	4.1 (29.5%)
215	MULARCZUK Julia	1176		OPEN -K	129	01:14:20.10	+00:52:43 (70.9%)	14:52	4 (28.8%)
216	FRONTCZAK Bartosz	1198		OPEN -M	85	01:14:20.75	+00:52:44 (70.9%)	14:52	4 (28.8%)
217	KORDYL Oliwia	1197		OPEN -K	130	01:14:20.95	+00:52:44 (70.9%)	14:52	4 (28.8%)
218	MAZUREK Aleksandra	1177	BEAUTY FLY	OPEN -K	131	01:14:21.05	+00:52:44 (70.9%)	14:52	4 (28.8%)
219	DZIARSKI Tomasz	938		OPEN -M	86	01:14:36.55	+00:53:00 (71.0%)	14:55	4 (28.8%)
220	JEDRASIK Katarzyna	1046		OPEN -K	132	01:15:00.05	+00:53:23 (71.2%)	15:00	4 (28.8%)
221	SIWIERSKA Aleksandra	1048		OPEN -K	133	01:15:00.20	+00:53:24 (71.2%)	15:00	4 (28.8%)
222	LEŚNICKA Aleksandra	1047		OPEN -K	134	01:15:00.30	+00:53:24 (71.2%)	15:00	4 (28.8%)
223	JAWORSKI Sławomir	1145	POPIOŁKI	OPEN -M	87	01:15:00.40	+00:53:24 (71.2%)	15:00	4 (28.8%)
224	BUDNA Grażyna	1154	BEAUTY FLY	OPEN -K	135	01:15:11.85	+00:53:35 (71.3%)	15:02	4 (28.8%)
225	MLECZAK Marta	1155		OPEN -K	136	01:15:11.90	+00:53:35 (71.3%)	15:02	4 (28.8%)
226	FEDERKIEWICZ Marta	1200	BEAUTY FLY	OPEN -K	137	01:15:13.15	+00:53:37 (71.3%)	15:02	4 (28.8%)
227	NIENARTOWICZ Michał	978		OPEN -M	88	01:17:36.40	+00:56:00 (72.2%)	15:31	3.9 (28.1%)
228	BORKOWSKI Arkadiusz	979		OPEN -M	89	01:17:38.55	+00:56:02 (72.2%)	15:31	3.9 (28.1%)
229	KASPRZAK Tomasz	977	RAMKI TEAM	OPEN -M	90	01:17:41.40	+00:56:05 (72.2%)	15:32	3.9 (28.1%)
230	OWCZARCAK Cyprian	970		OPEN -M	91	01:17:44.20	+00:56:08 (72.2%)	15:32	3.9 (28.1%)
231	JABŁOŃSKI Maciej	1005		OPEN -M	92	01:17:44.90	+00:56:08 (72.2%)	15:32	3.9 (28.1%)
232	KANIASTA Alicja	914		OPEN -K	138	01:17:45.40	+00:56:09 (72.2%)	15:33	3.9 (28.1%)
233	WIŚNIEWSKI Michał	976		OPEN -M	93	01:18:14.55	+00:56:38 (72.4%)	15:38	3.8 (27.3%)
234	NIENARTOWICZ Martyna	974	RANKI TEAM	OPEN -K	139	01:18:15.25	+00:56:39 (72.4%)	15:39	3.8 (27.3%)
235	NIENARTOWICZ Michał	975		OPEN -M	94	01:18:15.35	+00:56:39 (72.4%)	15:39	3.8 (27.3%)
236	KOŁODZIEJ Paweł	1034		OPEN -M	95	01:19:45.00	+00:58:08 (72.9%)	15:57	3.8 (27.3%)
237	GIERA Julia	1124		OPEN -K	140	01:21:08.20	+00:59:32 (73.4%)	16:13	3.7 (26.6%)
238	KOKOCIŃSKI Mikołaj	1125		OPEN -M	96	01:21:08.90	+00:59:32 (73.4%)	16:13	3.7 (26.6%)
239	KIELACZYŃSKI Adam	935	RAMKI TEAM	OPEN -M	97	01:22:56.15	+01:01:20 (74.0%)	16:35	3.6 (25.9%)
240	WDOWICKI Piotr	937		OPEN -M	98	01:22:56.70	+01:01:20 (74.0%)	16:35	3.6 (25.9%)
241	ŁOWICKA KOŁACZYŃSKA Patrycja	934		OPEN -K	141	01:22:56.90	+01:01:20 (74.0%)	16:35	3.6 (25.9%)
242	DRZEWIECKA-HYPKA Michalina	940		OPEN -K	142	01:22:57.00	+01:01:20 (74.0%)	16:35	3.6 (25.9%)
243	ZYCH Małgorzata	1044		OPEN -K	143	01:25:33.15	+01:03:57 (74.7%)	17:06	3.5 (25.2%)
244	KANIASTA Alicja	1041		OPEN -K	144	01:25:33.45	+01:03:57 (74.8%)	17:06	3.5 (25.2%)
245	RATAJCZAK Mariusz	1042		OPEN -M	99	01:25:35.30	+01:03:59 (74.8%)	17:07	3.5 (25.2%)
246	KARCZEWICZ-LAMPARSKA Magdalena	1045		OPEN -K	145	01:25:35.60	+01:03:59 (74.8%)	17:07	3.5 (25.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
247	STAWSKA Agata	1035		OPEN -K	146	01:28:47.95	+01:07:11 (75.7%)	17:45	3.4 (24.5%)
248	NOWAK Lidia	973		OPEN -K	147	01:30:35.45	+01:08:59 (76.2%)	18:07	3.3 (23.7%)
249	NOWAK Dominika	971		OPEN -K	148	01:30:36.15	+01:09:00 (76.2%)	18:07	3.3 (23.7%)
250	NOWAK Zbigniew	969		OPEN -M	100	01:30:36.30	+01:09:00 (76.2%)	18:07	3.3 (23.7%)
251	PIWAŃSKA Marianna	972		OPEN -M	101	01:30:37.30	+01:09:01 (76.2%)	18:07	3.3 (23.7%)
252	WACHOWIAK Albert	1075		OPEN -M	102	02:11:04.65	+01:49:28 (83.5%)	26:12	2.3 (16.5%)
253	RZANNA Weronika	1165		OPEN -K	149	04:18:53.15	+03:57:17 (91.7%)	51:46	1.2 (8.6%)
254	SELIGA Ania	989		OPEN -K	150				(0.0%)
255	ANDRZEJEWSKI Maks	988	BODY ART STREFA ZMIAN	OPEN -K	151				(0.0%)
256	SELIGA Ania	986		OPEN -K	152				(0.0%)
257	SELIGA Ania	990		OPEN -K	153				(0.0%)
258	SZLAS Ewa	987		OPEN -K	154				(0.0%)
259	KOWALAK Robert	1096		OPEN -M	103				(0.0%)
260	SŁAWIŃSKA Agnieszka	1053		OPEN -K	155				(0.0%)

Znaleziono 260 wynik(ów)