



POZNAŃSKI CZERWIEC '56 – BIEG PAMIĘCI 10 KM

B4SPORT

Wydarzenie: POZNAŃSKI CZERWIEC '56 – BIEG PAMIĘCI
Organizator: APS AGENCY Sp. z o.o. Sp.k.
Data: 2024-06-23
Miejsce: Poznań
Dystans: 10 km

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Pętla 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	THOMAS Andrew	10		OPEN Mężczyźni	1	00:10:20	00:16:44	00:34:19.90	00:44:40.50		3:25	17.5 (100%)
2	BOGUSZ Mikołaj	553		OPEN Mężczyźni	2	00:10:20	00:17:55	00:36:17.95	00:46:38.50	+00:01:58 (5.4%)	3:37	16.5 (94.3%)
3	WIŚNIEWSKI Adam	549	JESTEM OD ROMKA	OPEN Mężczyźni	3	00:10:19	00:17:57	00:36:25.45	00:46:45.25	+00:02:05 (5.7%)	3:38	16.5 (94.3%)
4	TERLECKI Krzysztof	319	PROJECT KACZMARA	OPEN Mężczyźni	4	00:10:19	00:17:57	00:36:43.20	00:47:02.65	+00:02:23 (6.5%)	3:40	16.3 (93.1%)
5	OLEJNIK Michał	389		OPEN Mężczyźni	5	00:10:21	00:18:52	00:38:54.05	00:49:15.20	+00:04:34 (11.7%)	3:53	15.4 (88.0%)
6	GAWRON Michał	423	EJBRY LUBOŃ	OPEN Mężczyźni	6	00:10:20	00:19:04	00:39:09.05	00:49:29.05	+00:04:49 (12.3%)	3:54	15.3 (87.4%)
7	BANASZAK Jakub	260	BANASZAKRUNNERS	OPEN Mężczyźni	7	00:10:27	00:19:31	00:39:35.80	00:50:03.55	+00:05:15 (13.3%)	3:57	15.2 (86.9%)
8	LINEK Jacek	300		OPEN Mężczyźni	8	00:10:24	00:19:40	00:40:09.15	00:50:33.15	+00:05:49 (14.5%)	4:00	14.9 (85.1%)
9	SERCZYŃSKA Anna	442		OPEN Kobiety	1	00:10:21	00:20:25	00:41:47.00	00:52:08.50	+00:07:27 (17.8%)	4:10	14.4 (82.3%)
10	MIKOŁAJSKI Tomasz	120		OPEN Mężczyźni	9	00:10:20	00:20:52	00:42:20.65	00:52:41.15	+00:08:00 (18.9%)	4:14	14.2 (81.1%)
11	KACZMAREK Mateusz	115		OPEN Mężczyźni	10	00:10:35	00:21:14	00:42:22.10	00:52:57.45	+00:08:02 (19.0%)	4:14	14.2 (81.1%)
12	ŁUKASZEWSKI Piotr	424	WARTA POZNAŃ	OPEN Mężczyźni	11	00:11:14	00:21:05	00:42:26.10	00:53:40.45	+00:08:06 (19.1%)	4:14	14.1 (80.6%)
13	KONSTAŃCZAK Łukasz	119	NAGEL GROUP	OPEN Mężczyźni	12	00:10:55	00:21:19	00:42:31.55	00:53:27.30	+00:08:11 (19.3%)	4:15	14.1 (80.6%)
14	WASECKI Artur	333	SPORTOWY KAŻMIERZ	OPEN Mężczyźni	13	00:10:40	00:21:42	00:42:43.60	00:53:23.75	+00:08:23 (19.6%)	4:16	14 (80.0%)
15	CZEMPIŃSKI Maciej	254	POLECATS	OPEN Mężczyźni	14	00:10:23	00:20:46	00:43:02.95	00:53:26.70	+00:08:43 (20.3%)	4:18	13.9 (79.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Pętla 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
16	MAJOREK Przemysław	381		OPEN Mężczyźni	15	00:10:20	00:21:16	00:43:04.50	00:53:25.30	+00:08:44 (20.3%)	4:18	13.9 (79.4%)
17	IDKOWIAK Hubert	404		OPEN Mężczyźni	16	00:10:27	00:21:32	00:43:14.65	00:53:41.65	+00:08:54 (20.6%)	4:19	13.9 (79.4%)
18	KALITA Paweł	142		OPEN Mężczyźni	17	00:10:27	00:21:24	00:43:23.85	00:53:50.95	+00:09:03 (20.9%)	4:20	13.8 (78.9%)
19	WOJCIECHOWSKI Marek	87		OPEN Mężczyźni	18	00:10:46	00:21:44	00:43:25.30	00:54:11.40	+00:09:05 (20.9%)	4:20	13.8 (78.9%)
20	TCHÓRZ Monika	255	POLECATS	OPEN Kobiety	2	00:10:23	00:21:20	00:43:26.10	00:53:49.80	+00:09:06 (21.0%)	4:20	13.8 (78.9%)
21	GAWRYSIAK Cezary	394		OPEN Mężczyźni	19	00:10:34	00:20:40	00:43:45.35	00:54:20.30	+00:09:25 (21.5%)	4:22	13.7 (78.3%)
22	RYCHLEWICZ Patryk	187		OPEN Mężczyźni	20	00:10:28	00:21:09	00:43:45.75	00:54:13.95	+00:09:25 (21.6%)	4:22	13.7 (78.3%)
23	KORCZ Mateusz	425		OPEN Mężczyźni	21	00:10:37	00:21:47	00:43:48.35	00:54:26.10	+00:09:28 (21.6%)	4:22	13.7 (78.3%)
24	GÓRNY Sławomir	212	PATRYK BOGUCKI - STREFA BIEGANIA	OPEN Mężczyźni	22	00:10:25	00:21:40	00:43:57.85	00:54:23.75	+00:09:37 (21.9%)	4:23	13.7 (78.3%)
25	BUDZYNSKI Łukasz	65	DRINK TEAM OSP STRYZEWO-SMYKOWE	OPEN Mężczyźni	23	00:10:26	00:21:40	00:43:58.15	00:54:24.25	+00:09:38 (21.9%)	4:23	13.6 (77.7%)
26	LYSOVSKYI Taras	509		OPEN Mężczyźni	24	00:10:20	00:21:04	00:44:00.70	00:54:20.95	+00:09:40 (22.0%)	4:24	13.6 (77.7%)
27	PERA Wiesław	275	SANPOL SPORT TEAM	OPEN Mężczyźni	25	00:10:30	00:22:00	00:44:06.45	00:54:36.50	+00:09:46 (22.2%)	4:24	13.6 (77.7%)
28	BUDNY Błażej	71		OPEN Mężczyźni	26	00:10:49	00:21:59	00:44:10.70	00:55:00.30	+00:09:50 (22.3%)	4:25	13.6 (77.7%)
29	HEHEMANN William	543		OPEN Mężczyźni	27	00:10:39	00:21:39	00:44:13.25	00:54:52.90	+00:09:53 (22.4%)	4:25	13.6 (77.7%)
30	BOROWCZYK Edward	308	DECORA RUNNING TEAM	OPEN Mężczyźni	28	00:10:37	00:21:44	00:44:13.60	00:54:50.85	+00:09:53 (22.4%)	4:25	13.6 (77.7%)
31	WOŹNIAK Bartosz	195		OPEN Mężczyźni	29	00:10:56	00:21:41	00:44:13.85	00:55:10.05	+00:09:53 (22.4%)	4:25	13.6 (77.7%)
32	KOŁOWSKI Maciej	200		OPEN Mężczyźni	30	00:10:45	00:21:44	00:44:17.70	00:55:03.60	+00:09:57 (22.5%)	4:25	13.5 (77.1%)
33	KAŻMIERCZAK Rafał	298	JESTEM OD ROMKA	OPEN Mężczyźni	31	00:10:24	00:21:42	00:44:48.05	00:55:12.55	+00:10:28 (23.4%)	4:28	13.4 (76.6%)
34	PIGŁA Michał	563	SPORTOWY KAŻMIERZ	OPEN Mężczyźni	32	00:10:52	00:22:30	00:44:53.40	00:55:45.75	+00:10:33 (23.5%)	4:29	13.4 (76.6%)
35	KOZAJDA Damian	8	CSWL	OPEN Mężczyźni	33	00:10:39	00:20:58	00:45:02.90	00:55:42.40	+00:10:43 (23.8%)	4:30	13.3 (76.0%)
36	OSIŃSKI Jakub	468		OPEN Mężczyźni	34	00:11:03	00:23:13	00:45:07.00	00:56:10.05	+00:10:47 (23.9%)	4:30	13.3 (76.0%)
37	KĘDZIORA Konrad	406	BKM TRANSPORT TEAM	OPEN Mężczyźni	35	00:10:26	00:22:24	00:45:17.35	00:55:43.90	+00:10:57 (24.2%)	4:31	13.2 (75.4%)
38	SZYMAŃSKI Maciek	181	PĘDZĄCY GACUŚ	OPEN Mężczyźni	36	00:10:38	00:22:19	00:45:19.55	00:55:58.00	+00:10:59 (24.3%)	4:31	13.2 (75.4%)

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39	KALINOWSKI Jakub	453	KKS KALISZ	OPEN Mężczyźni	37	00:10:22	00:22:21	00:45:20.10	00:55:42.45	+00:11:00 (24.3%)	4:32	13.2 (75.4%)
40	SOBIERAJ Mikołaj	191		OPEN Mężczyźni	38	00:10:28	00:22:11	00:45:22.20	00:55:50.25	+00:11:02 (24.3%)	4:32	13.2 (75.4%)
41	RATAJ Robert	589		OPEN Mężczyźni	39	00:10:28	00:22:27	00:45:25.85	00:55:54.80	+00:11:05 (24.4%)	4:32	13.2 (75.4%)
42	SZARZYŃSKI Paweł	420		OPEN Mężczyźni	40	00:10:50	00:22:32	00:45:32.55	00:56:23.05	+00:11:12 (24.6%)	4:33	13.2 (75.4%)
43	KMIECIAK Bartosz	508		OPEN Mężczyźni	41	00:10:35	00:22:38	00:45:43.85	00:56:19.25	+00:11:23 (24.9%)	4:34	13.1 (74.9%)
44	DUDZIŃSKI Michał	439		OPEN Mężczyźni	42	00:10:50	00:21:48	00:45:50.15	00:56:41.10	+00:11:30 (25.1%)	4:35	13.1 (74.9%)
45	STAWICKI Adam	139		OPEN Mężczyźni	43	00:10:32	00:22:31	00:46:05.20	00:56:37.75	+00:11:45 (25.5%)	4:36	13 (74.3%)
46	LEPCZAK Robert	247	DECORA RUNNING TEAM	OPEN Mężczyźni	44	00:10:38	00:22:43	00:46:05.25	00:56:43.35	+00:11:45 (25.5%)	4:36	13 (74.3%)
47	GŁOGOWSKI Krzysztof	15		OPEN Mężczyźni	45	00:10:36	00:22:42	00:46:20.60	00:56:57.10	+00:12:00 (25.9%)	4:38	12.9 (73.7%)
48	PATERSKI Piotr	96	---	OPEN Mężczyźni	46	00:10:23	00:21:54	00:46:21.80	00:56:45.15	+00:12:01 (26.0%)	4:38	12.9 (73.7%)
49	FRANKOWSKI Łukasz	46		OPEN Mężczyźni	47	00:10:59	00:23:28	00:46:30.40	00:57:29.80	+00:12:10 (26.2%)	4:39	12.9 (73.7%)
50	PLUTA Marcin	273	KS HADES POZNAŃ	OPEN Mężczyźni	48	00:10:30	00:22:05	00:46:31.75	00:57:02.15	+00:12:11 (26.2%)	4:39	12.9 (73.7%)
51	KUŚNIERZ Mateusz	78	KKS LECH POZNAŃ	OPEN Mężczyźni	49	00:11:06	00:23:18	00:46:38.50	00:57:45.40	+00:12:18 (26.4%)	4:39	12.9 (73.7%)
52	FRANKOWSKI Marcin	460		OPEN Mężczyźni	50	00:11:07	00:23:26	00:46:47.90	00:57:55.85	+00:12:28 (26.6%)	4:40	12.8 (73.1%)
53	WAGNER Maciej	324		OPEN Mężczyźni	51	00:10:31	00:22:59	00:47:00.50	00:57:31.65	+00:12:40 (27.0%)	4:42	12.8 (73.1%)
54	SZCZEPANIAK Patryk	53		OPEN Mężczyźni	52	00:10:52	00:23:02	00:47:01.75	00:57:53.85	+00:12:41 (27.0%)	4:42	12.8 (73.1%)
55	SALCZYŃSKI Arkadiusz	219		OPEN Mężczyźni	53	00:10:30	00:23:59	00:47:03.30	00:57:33.35	+00:12:43 (27.0%)	4:42	12.8 (73.1%)
56	SZCZERBIŃSKI Mikołaj	416		OPEN Mężczyźni	54	00:10:39	00:23:16	00:47:04.45	00:57:43.95	+00:12:44 (27.1%)	4:42	12.7 (72.6%)
57	GIĘTKOWSKI Jakub	527		OPEN Mężczyźni	55	00:11:07	00:23:19	00:47:04.55	00:58:12.25	+00:12:44 (27.1%)	4:42	12.7 (72.6%)
58	KORTUS Kamil	173		OPEN Mężczyźni	56	00:11:25	00:23:31	00:47:14.20	00:58:39.45	+00:12:54 (27.3%)	4:43	12.7 (72.6%)
59	GODZINA Paweł	26		OPEN Mężczyźni	57	00:10:21	00:23:32	00:47:17.15	00:57:38.65	+00:12:57 (27.4%)	4:43	12.7 (72.6%)
60	GODZINA Tomasz	80		OPEN Mężczyźni	58	00:10:21	00:23:32	00:47:21.25	00:57:43.00	+00:13:01 (27.5%)	4:44	12.7 (72.6%)
61	PIWEK Adrian	591	STOWARZYSZENIE KRWIODAWCÓW	OPEN Mężczyźni	59	00:10:22	00:23:06	00:47:28.75	00:57:51.70	+00:13:08 (27.7%)	4:44	12.6 (72.0%)

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62	GRYGOWSKI Paweł	62		OPEN Mężczyźni	60	00:10:27	00:23:32	00:47:31.45	00:57:59.20	+00:13:11 (27.8%)	4:45	12.6 (72.0%)
63	KAMYSZEK Grześ	504		OPEN Mężczyźni	61	00:10:46	00:22:00	00:47:32.65	00:58:19.25	+00:13:12 (27.8%)	4:45	12.6 (72.0%)
64	CHMIELEWSKI Waldemar	546		OPEN Mężczyźni	62	00:10:51	00:23:11	00:47:32.80	00:58:23.80	+00:13:12 (27.8%)	4:45	12.6 (72.0%)
65	PORADA Marek	545	ENEA TEAM	OPEN Mężczyźni	63	00:10:24	00:23:52	00:47:42.45	00:58:06.95	+00:13:22 (28.0%)	4:46	12.6 (72.0%)
66	FRANKOWSKI Andrzej	47		OPEN Mężczyźni	64	00:10:58	00:23:30	00:47:52.15	00:58:50.70	+00:13:32 (28.3%)	4:47	12.5 (71.4%)
67	GAWORZEWSKI Dariusz	5		OPEN Mężczyźni	65	00:09:29	00:23:40	00:47:53.45	00:57:22.45	+00:13:33 (28.3%)	4:47	12.5 (71.4%)
68	MIGDAŁEK Krystain	446		OPEN Mężczyźni	66	00:10:38	00:23:45	00:48:04.10	00:58:42.70	+00:13:44 (28.6%)	4:48	12.5 (71.4%)
69	DANILEWICZ Patryk	336	CSWLĄD POZNAŃ	OPEN Mężczyźni	67	00:10:56	00:23:54	00:48:05.95	00:59:02.00	+00:13:46 (28.6%)	4:48	12.5 (71.4%)
70	GOMUŁA Maciej	211		OPEN Mężczyźni	68	00:10:50	00:23:01	00:48:13.80	00:59:04.75	+00:13:53 (28.8%)	4:49	12.4 (70.9%)
71	CHUDY Roman	77	RUN TEAM RYDZYNA	OPEN Mężczyźni	69	00:10:56	00:23:55	00:48:16.05	00:59:12.55	+00:13:56 (28.9%)	4:49	12.4 (70.9%)
72	JANIK Karol	487		OPEN Mężczyźni	70	00:10:44	00:23:22	00:48:18.50	00:59:02.60	+00:13:58 (28.9%)	4:49	12.4 (70.9%)
73	PYTLIK Dawid	271		OPEN Mężczyźni	71	00:10:51	00:24:24	00:48:21.80	00:59:13.00	+00:14:01 (29.0%)	4:50	12.4 (70.9%)
74	GRABOWSKI Marek	95	PASJONACI SŁUPCA	OPEN Mężczyźni	72	00:10:28	00:23:34	00:48:22.05	00:58:51.00	+00:14:02 (29.0%)	4:50	12.4 (70.9%)
75	KUKLIŃSKI Kacper	503		OPEN Mężczyźni	73	00:10:51	00:24:08	00:48:23.00	00:59:14.85	+00:14:03 (29.0%)	4:50	12.4 (70.9%)
76	GAŚIOROWSKI Lukasz	123		OPEN Mężczyźni	74	00:11:17	00:25:29	00:48:23.65	00:59:40.85	+00:14:03 (29.1%)	4:50	12.4 (70.9%)
77	WICIŃSKI Tomasz	266	ESKADRA LUBOŃ	OPEN Mężczyźni	75	00:10:27	00:23:58	00:48:26.80	00:58:54.45	+00:14:06 (29.1%)	4:50	12.4 (70.9%)
78	CHŁODZIŃSKI Maksymilian	267	ESKADRA LUBOŃ	OPEN Mężczyźni	76	00:10:25	00:24:00	00:48:28.20	00:58:54.10	+00:14:08 (29.2%)	4:50	12.4 (70.9%)
79	BEJAŃSKI Łukasz	597		OPEN Mężczyźni	77	00:10:20	00:23:02	00:48:28.55	00:58:49.25	+00:14:08 (29.2%)	4:50	12.4 (70.9%)
80	CZYŻYK Marcin	237	ITMBW KRAKÓW	OPEN Mężczyźni	78	00:10:23	00:23:32	00:48:29.10	00:58:52.40	+00:14:09 (29.2%)	4:50	12.4 (70.9%)
81	STANI Robert	6		OPEN Mężczyźni	79	00:10:28	00:24:20	00:48:31.50	00:59:00.45	+00:14:11 (29.2%)	4:51	12.4 (70.9%)
82	WLASZCZYK Tomasz	541		OPEN Mężczyźni	80	00:10:32	00:23:28	00:48:33.40	00:59:06.15	+00:14:13 (29.3%)	4:51	12.4 (70.9%)
83	ADAMCZAK Michał	117	RASZEI	OPEN Mężczyźni	81	00:10:21	00:23:16	00:48:38.25	00:58:59.60	+00:14:18 (29.4%)	4:51	12.3 (70.3%)
84	ŻARNOWSKI Dawid	370	H. CEGIELSKI POZNAŃ	OPEN Mężczyźni	82	00:10:23	00:24:11	00:48:38.95	00:59:02.05	+00:14:19 (29.4%)	4:51	12.3 (70.3%)

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85	WOJNOWSKI Wacław	566		OPEN Mężczyźni	83	00:11:07	00:24:12	00:48:39.25	00:59:46.60	+00:14:19 (29.4%)	4:51	12.3 (70.3%)
86	DOBASIEWICZ Karol	179		OPEN Mężczyźni	84	00:11:11	00:25:07	00:48:42.70	00:59:54.35	+00:14:22 (29.5%)	4:52	12.3 (70.3%)
87	TWARDOWSKI Krzysztof	151	AMATOR	OPEN Mężczyźni	85	00:10:28	00:24:00	00:48:45.40	00:59:13.90	+00:14:25 (29.6%)	4:52	12.3 (70.3%)
88	BALCERKIEWICZ Igor	478	48 SLAY GYM RAT TEAM	OPEN Mężczyźni	86	00:12:14	00:23:26	00:48:46.55	01:01:00.90	+00:14:26 (29.6%)	4:52	12.3 (70.3%)
89	WYZUJ Patryk	507	MATNER RUNNING TEAM	OPEN Mężczyźni	87	00:10:53	00:24:35	00:48:49.80	00:59:43.75	+00:14:29 (29.7%)	4:52	12.3 (70.3%)
90	WYDRA Mikołaj	401		OPEN Mężczyźni	88	00:10:29	00:24:05	00:48:51.40	00:59:21.00	+00:14:31 (29.7%)	4:53	12.3 (70.3%)
91	WOŹNIAK Adam	306		OPEN Mężczyźni	89	00:10:31	00:23:54	00:48:56.60	00:59:27.85	+00:14:36 (29.9%)	4:53	12.3 (70.3%)
92	KAFKA Paweł	299	ESKADRA LUBOŃ	OPEN Mężczyźni	90	00:10:28	00:23:59	00:49:02.20	00:59:30.40	+00:14:42 (30.0%)	4:54	12.2 (69.7%)
93	MICHAŁEK Marian	11		OPEN Mężczyźni	91	00:10:27	00:23:48	00:49:05.00	00:59:32.25	+00:14:45 (30.1%)	4:54	12.2 (69.7%)
94	ADAMCZYK Jakub	495		OPEN Mężczyźni	92	00:10:49	00:25:29	00:49:08.20	00:59:58.10	+00:14:48 (30.1%)	4:54	12.2 (69.7%)
95	ŁOCHYŃSKI Mateusz	235		OPEN Mężczyźni	93	00:10:43	00:24:01	00:49:10.05	00:59:53.70	+00:14:50 (30.2%)	4:55	12.2 (69.7%)
96	KRUSZONA Zbigniew	45	ECHO ZIEMI KOSTRZYŃSKIEJ	OPEN Mężczyźni	94	00:10:26	00:23:28	00:49:10.85	00:59:37.80	+00:14:50 (30.2%)	4:55	12.2 (69.7%)
97	KĄKOL Marek	113	KRAINA 100 JEZIOR SIERAKÓW	OPEN Mężczyźni	95	00:10:29	00:23:46	00:49:24.45	00:59:54.00	+00:15:04 (30.5%)	4:56	12.1 (69.1%)
98	PIPCZYŃSKI Sławomir	476		OPEN Mężczyźni	96	00:10:26	00:24:18	00:49:33.50	01:00:00.15	+00:15:13 (30.7%)	4:57	12.1 (69.1%)
99	NAMYSŁ Rafał	317		OPEN Mężczyźni	97	00:10:48	00:24:27	00:49:40.25	01:00:28.50	+00:15:20 (30.9%)	4:58	12.1 (69.1%)
100	GRUNWALD Mikołaj	433		OPEN Mężczyźni	98	00:11:01	00:23:57	00:49:42.50	01:00:44.40	+00:15:22 (30.9%)	4:58	12.1 (69.1%)
101	KONIECZNY Adrian	107		OPEN Mężczyźni	99	00:10:34	00:23:55	00:49:43.90	01:00:17.90	+00:15:24 (31.0%)	4:58	12.1 (69.1%)
102	BUSZEWSKI Zbyszek	23		OPEN Mężczyźni	100	00:10:56	00:25:11	00:49:45.45	01:00:42.15	+00:15:25 (31.0%)	4:58	12.1 (69.1%)
103	MOSIŃSKI Radosław	383		OPEN Mężczyźni	101	00:10:32	00:23:58	00:49:55.95	01:00:28.80	+00:15:36 (31.2%)	4:59	12 (68.6%)
104	BUDZISZEWSKI Szymon	167		OPEN Mężczyźni	102	00:11:05	00:25:10	00:49:56.80	01:01:02.30	+00:15:36 (31.3%)	4:59	12 (68.6%)
105	KACZMAREK Igor	197		OPEN Mężczyźni	103	00:10:38	00:25:23	00:49:59.10	01:00:38.05	+00:15:39 (31.3%)	4:59	12 (68.6%)
106	KOSIOREK Darek	21		OPEN Mężczyźni	104	00:10:48	00:24:44	00:49:59.80	01:00:47.85	+00:15:39 (31.3%)	4:59	12 (68.6%)
107	MASŁOWSKI Kacper	285		OPEN Mężczyźni	105	00:10:39	00:25:22	00:50:00.00	01:00:39.95	+00:15:40 (31.3%)	5:00	12 (68.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Pętla 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
108	DOMINIAK Konrad	24	RANKOR	OPEN Mężczyźni	106	00:10:28	00:25:44	00:50:00.30	01:00:28.80	+00:15:40 (31.3%)	5:00	12 (68.6%)
109	DUTKIEWICZ Krystian	158	RUN TEAM RYDZYNA	OPEN Mężczyźni	107	00:10:59	00:25:03	00:50:01.00	01:01:00.15	+00:15:41 (31.4%)	5:00	12 (68.6%)
110	PRUSAK Tomasz	402	BRODŁEJ TIM	OPEN Mężczyźni	108	00:10:46	00:25:16	00:50:06.10	01:00:52.95	+00:15:46 (31.5%)	5:00	12 (68.6%)
111	KOREK Maciej	250		OPEN Mężczyźni	109	00:10:33	00:23:35	00:50:10.10	01:00:43.15	+00:15:50 (31.6%)	5:01	12 (68.6%)
112	CYCHNERSKI Mateusz	444	BRODŁEJ TIM	OPEN Mężczyźni	110	00:10:44	00:25:19	00:50:10.45	01:00:54.55	+00:15:50 (31.6%)	5:01	12 (68.6%)
113	SKAŁECKI Grzegorz	568	TGV CLUB KOŚCIAN	OPEN Mężczyźni	111	00:10:48	00:24:47	00:50:11.25	01:00:59.95	+00:15:51 (31.6%)	5:01	12 (68.6%)
114	KĘDZIORA Marcin	231	BKM TRANSPORT TEAM	OPEN Mężczyźni	112	00:10:57	00:25:24	00:50:16.25	01:01:14.20	+00:15:56 (31.7%)	5:01	11.9 (68.0%)
115	MICHALAK Jakub	395	TRITON KONIN	OPEN Mężczyźni	113	00:10:37	00:24:34	00:50:22.50	01:00:59.85	+00:16:02 (31.8%)	5:02	11.9 (68.0%)
116	JUSZCZYK Artur	330		OPEN Mężczyźni	114	00:11:06	00:25:14	00:50:23.30	01:01:29.30	+00:16:03 (31.9%)	5:02	11.9 (68.0%)
117	WLASZCZYK Wiesław	89		OPEN Mężczyźni	115	00:10:34	00:24:16	00:50:26.30	01:01:00.60	+00:16:06 (31.9%)	5:02	11.9 (68.0%)
118	KARPINCHIK Sergey	177	KARPIN	OPEN Mężczyźni	116	00:10:37	00:24:21	00:50:28.75	01:01:06.40	+00:16:08 (32.0%)	5:02	11.9 (68.0%)
119	SIEMIENIAK Maciej	434		OPEN Mężczyźni	117	00:11:00	00:23:59	00:50:29.65	01:01:30.40	+00:16:09 (32.0%)	5:02	11.9 (68.0%)
120	DWORACZYK Adam	325		OPEN Mężczyźni	118	00:10:26	00:25:14	00:50:36.90	01:01:03.85	+00:16:17 (32.2%)	5:03	11.9 (68.0%)
121	SOBKOWIAK Sławomir Locco	32	WRONIECKI KLUB BIEGACZA	OPEN Mężczyźni	119	00:10:52	00:25:41	00:50:40.35	01:01:33.10	+00:16:20 (32.2%)	5:04	11.8 (67.4%)
122	DURA Daniel	222	DEDE	OPEN Mężczyźni	120	00:10:29	00:24:14	00:50:49.40	01:01:19.00	+00:16:29 (32.4%)	5:04	11.8 (67.4%)
123	FABIŚ Adrian	252	TKKF MPK POZNAŃ	OPEN Mężczyźni	121	00:10:48	00:25:14	00:50:53.65	01:01:41.85	+00:16:33 (32.5%)	5:05	11.8 (67.4%)
124	ŁUKOMSKI Mateusz	520		OPEN Mężczyźni	122	00:10:53	00:24:33	00:50:54.50	01:01:48.25	+00:16:34 (32.6%)	5:05	11.8 (67.4%)
125	GROCHOLEWSKI Leszek	463	MOTOR LUBOŃ TEAM	OPEN Mężczyźni	123	00:10:46	00:25:10	00:50:54.75	01:01:41.35	+00:16:34 (32.6%)	5:05	11.8 (67.4%)
126	KRAWCZYK Leszek	201		OPEN Mężczyźni	124	00:10:41	00:25:24	00:50:56.05	01:01:37.45	+00:16:36 (32.6%)	5:05	11.8 (67.4%)
127	DUBERT Artur	41		OPEN Mężczyźni	125	00:10:47	00:25:53	00:50:56.30	01:01:43.85	+00:16:36 (32.6%)	5:05	11.8 (67.4%)
128	BORZYMOWSKI Marcin	432		OPEN Mężczyźni	126	00:10:29	00:25:24	00:50:57.25	01:01:26.40	+00:16:37 (32.6%)	5:05	11.8 (67.4%)
129	SZPENDOWSKI Filip	218	ESKADRA LUBOŃ	OPEN Mężczyźni	127	00:10:27	00:25:27	00:50:59.75	01:01:27.00	+00:16:39 (32.7%)	5:05	11.8 (67.4%)
130	ŁOJEWSKI Piotr	154	QUAY POZNAŃ	OPEN Mężczyźni	128	00:10:21	00:24:56	00:51:01.55	01:01:23.20	+00:16:41 (32.7%)	5:06	11.8 (67.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Pętla 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
131	KURCZAK Łukasz	280		OPEN Mężczyźni	129	00:11:06	00:25:15	00:51:02.35	01:02:08.65	+00:16:42 (32.7%)	5:06	11.8 (67.4%)
132	TOPOLEWSKI Maciej	315		OPEN Mężczyźni	130	00:10:56	00:25:26	00:51:03.00	01:01:59.45	+00:16:43 (32.7%)	5:06	11.8 (67.4%)
133	CHECHŁA Grzegorz	257		OPEN Mężczyźni	131	00:10:39	00:24:25	00:51:06.95	01:01:46.20	+00:16:47 (32.8%)	5:06	11.7 (66.9%)
134	KAROLAK Tomasz	164		OPEN Mężczyźni	132	00:10:35	00:25:11	00:51:10.10	01:01:45.90	+00:16:50 (32.9%)	5:07	11.7 (66.9%)
135	MATUSZEWSKI Hubert	421	BRODŁEJ TIM	OPEN Mężczyźni	133	00:10:43	00:25:36	00:51:14.25	01:01:57.85	+00:16:54 (33.0%)	5:07	11.7 (66.9%)
136	GAJEK Łukasz	207	TENESO TEAM	OPEN Mężczyźni	134	00:11:00	00:25:24	00:51:20.85	01:02:21.65	+00:17:00 (33.1%)	5:08	11.7 (66.9%)
137	SOBCZAK Konrad	528		OPEN Mężczyźni	135	00:10:31	00:24:43	00:51:22.50	01:01:54.35	+00:17:02 (33.2%)	5:08	11.7 (66.9%)
138	KRZYCKA Katarzyna	531	KOMORNIKI MTB TEAM	OPEN Kobiety	3	00:10:24	00:25:04	00:51:22.70	01:01:47.05	+00:17:02 (33.2%)	5:08	11.7 (66.9%)
139	PIOTROWSKI Roman	590	SPARTA RUNNERS	OPEN Mężczyźni	136	00:10:54	00:25:31	00:51:25.50	01:02:20.35	+00:17:05 (33.2%)	5:08	11.7 (66.9%)
140	GARBATOWSKI Sebastian	419		OPEN Mężczyźni	137	00:10:43	00:26:17	00:51:27.65	01:02:10.65	+00:17:07 (33.3%)	5:08	11.7 (66.9%)
141	NOWOTNY Kamil	180	MAKADU	OPEN Mężczyźni	138	00:11:01	00:25:23	00:51:28.15	01:02:29.80	+00:17:08 (33.3%)	5:08	11.7 (66.9%)
142	MAJCHRZAK Borys	278		OPEN Mężczyźni	139	00:10:59	00:25:39	00:51:28.95	01:02:28.00	+00:17:09 (33.3%)	5:08	11.7 (66.9%)
143	DZIUK Kamil	459	KS CHRZAŚCZCZE	OPEN Mężczyźni	140	00:10:42	00:25:18	00:51:29.85	01:02:12.30	+00:17:09 (33.3%)	5:08	11.7 (66.9%)
144	DZIUK Magdalena	73	KS CHRZAŚCZCZE	OPEN Kobiety	4	00:10:41	00:25:19	00:51:30.20	01:02:12.15	+00:17:10 (33.3%)	5:09	11.7 (66.9%)
145	MACHOWICZ Zbyszko	429		OPEN Mężczyźni	141	00:10:46	00:26:16	00:51:35.05	01:02:21.05	+00:17:15 (33.4%)	5:09	11.6 (66.3%)
146	KOBYLAŃSKA - KRUK Patrycja	596		OPEN Kobiety	5	00:10:26	00:25:17	00:51:35.55	01:02:01.90	+00:17:15 (33.5%)	5:09	11.6 (66.3%)
147	CHOMIAK Katarzyna	323		OPEN Kobiety	6	00:10:21	00:25:02	00:51:38.30	01:01:59.55	+00:17:18 (33.5%)	5:09	11.6 (66.3%)
148	ZAWADKA Szymon	163	AKWANAUTA POZNAŃ	OPEN Mężczyźni	142	00:10:59	00:25:45	00:51:39.55	01:02:39.35	+00:17:19 (33.5%)	5:09	11.6 (66.3%)
149	WOLSKI Bartek	221		OPEN Mężczyźni	143	00:10:28	00:24:30	00:51:40.85	01:02:09.45	+00:17:20 (33.6%)	5:10	11.6 (66.3%)
150	SUCHORSKI Sebastian	572	KOSTRZYŃSKI KLUB BIEGOWY DO CELU	OPEN Mężczyźni	144	00:10:54	00:26:08	00:51:49.10	01:02:43.60	+00:17:29 (33.7%)	5:10	11.6 (66.3%)
151	PRZYBYŁ Maciej	321		OPEN Mężczyźni	145	00:11:08	00:27:00	00:51:49.45	01:02:58.00	+00:17:29 (33.8%)	5:10	11.6 (66.3%)
152	WIŚNIEWSKI Mateusz	168	BRAK	OPEN Mężczyźni	146	00:14:56	00:25:02	00:51:51.10	01:06:47.50	+00:17:31 (33.8%)	5:11	11.6 (66.3%)
153	TRZECIAK Tomasz	289		OPEN Mężczyźni	147	00:10:57	00:26:12	00:51:57.05	01:02:54.30	+00:17:37 (33.9%)	5:11	11.5 (65.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Pętla 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
154	GAWORZEWSKA Magdalena	4		OPEN Kobiety	7	00:10:27	00:25:35	00:52:03.60	01:02:31.05	+00:17:43 (34.1%)	5:12	11.5 (65.7%)
155	STECZKIEWICZ Mariusz	13	31 BAZA LOTNICTWA TAKTYCZNEGO POZNAŃ / TULCE W BIEGU	OPEN Mężczyźni	148	00:10:30	00:27:08	00:52:04.45	01:02:35.10	+00:17:44 (34.1%)	5:12	11.5 (65.7%)
156	KOPLIN Adam	326		OPEN Mężczyźni	149	00:10:22	00:25:15	00:52:05.10	01:02:27.55	+00:17:45 (34.1%)	5:12	11.5 (65.7%)
157	RUTKOWSKI Marek	228		OPEN Mężczyźni	150	00:10:52	00:25:53	00:52:06.40	01:02:58.85	+00:17:46 (34.1%)	5:12	11.5 (65.7%)
158	KACZMAREK Katarzyna	208		OPEN Kobiety	8	00:11:03	00:25:55	00:52:10.60	01:03:14.45	+00:17:50 (34.2%)	5:13	11.5 (65.7%)
159	KARWASIŃSKI Tomasz	14		OPEN Mężczyźni	151	00:10:41	00:25:45	00:52:16.65	01:02:58.35	+00:17:56 (34.3%)	5:13	11.5 (65.7%)
160	BRYL Mateusz	350		OPEN Mężczyźni	152	00:10:54	00:25:17	00:52:17.85	01:03:12.50	+00:17:57 (34.4%)	5:13	11.5 (65.7%)
161	URBAN Leszek	25		OPEN Mężczyźni	153	00:10:23	00:24:45	00:52:18.50	01:02:41.55	+00:17:58 (34.4%)	5:13	11.5 (65.7%)
162	RYBARCZYK Rafał	414	EJBRY_LUBON_TRI	OPEN Mężczyźni	154	00:10:21	00:24:58	00:52:21.50	01:02:43.45	+00:18:01 (34.4%)	5:14	11.5 (65.7%)
163	ZOWCZAK Dorota	184	RAWA TEAM	OPEN Kobiety	9	00:10:36	00:25:32	00:52:23.00	01:02:59.00	+00:18:03 (34.5%)	5:14	11.5 (65.7%)
164	MYDLARZ Sławomir	497		OPEN Mężczyźni	155	00:10:40	00:25:57	00:52:26.40	01:03:07.10	+00:18:06 (34.5%)	5:14	11.4 (65.1%)
165	MAKÓWKA Patryk	465		OPEN Mężczyźni	156	00:10:25	00:24:28	00:52:28.70	01:02:54.00	+00:18:08 (34.6%)	5:14	11.4 (65.1%)
166	SYKUT Piotr	12	SSW MALTA	OPEN Mężczyźni	157	00:10:24	00:25:54	00:52:31.85	01:02:56.20	+00:18:11 (34.6%)	5:15	11.4 (65.1%)
167	SZYMANKIEWICZ Anna	513		OPEN Kobiety	10	00:11:45	00:26:51	00:52:33.90	01:04:19.85	+00:18:14 (34.7%)	5:15	11.4 (65.1%)
168	SKIBNIEWSKI Krzysztof	304		OPEN Mężczyźni	158	00:10:57	00:25:17	00:52:34.95	01:03:32.90	+00:18:15 (34.7%)	5:15	11.4 (65.1%)
169	HOFFMANN Marcin	215		OPEN Mężczyźni	159	00:10:41	00:26:22	00:52:35.00	01:03:16.75	+00:18:15 (34.7%)	5:15	11.4 (65.1%)
169	PUCEK Maciej	441		OPEN Mężczyźni	159	00:10:42	00:26:24	00:52:35.00	01:03:17.25	+00:18:15 (34.7%)	5:15	11.4 (65.1%)
171	BORSKA Paulina	422		OPEN Kobiety	11	00:10:41	00:26:21	00:52:35.30	01:03:16.65	+00:18:15 (34.7%)	5:15	11.4 (65.1%)
172	JANKOWSKI Marek	82		OPEN Mężczyźni	161	00:11:08	00:26:50	00:52:40.25	01:03:49.10	+00:18:20 (34.8%)	5:16	11.4 (65.1%)
173	WUJEK Marcin	2	BRODNICA BIEGA	OPEN Mężczyźni	162	00:10:47	00:26:09	00:52:41.55	01:03:29.30	+00:18:21 (34.8%)	5:16	11.4 (65.1%)
174	NOWACZEWSKI Jakub	312		OPEN Mężczyźni	163	00:10:35	00:25:59	00:52:45.90	01:03:21.30	+00:18:26 (34.9%)	5:16	11.4 (65.1%)
175	DALKA Maciej	141		OPEN Mężczyźni	164	00:10:45	00:25:52	00:52:46.15	01:03:31.45	+00:18:26 (34.9%)	5:16	11.4 (65.1%)
176	BŁOCH Piotr	118		OPEN Mężczyźni	165	00:15:13	00:26:04	00:52:47.20	01:08:00.60	+00:18:27 (35.0%)	5:16	11.4 (65.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Pętla 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
177	BŁASZKOWSKI Marcin	84	FC RAWICZ	OPEN Mężczyźni	166	00:10:25	00:26:26	00:52:47.90	01:03:13.10	+00:18:28 (35.0%)	5:16	11.4 (65.1%)
178	NASKRĘT Mateusz	270	M&M	OPEN Mężczyźni	167	00:11:03	00:25:50	00:52:52.00	01:03:55.75	+00:18:32 (35.1%)	5:17	11.3 (64.6%)
179	FURMANEK Magdalena	426	SZNEKA RUNNERS TEAM	OPEN Kobiety	12	00:10:31	00:26:05	00:52:53.00	01:03:24.55	+00:18:33 (35.1%)	5:17	11.3 (64.6%)
180	GROBELNY Mateusz	190		OPEN Mężczyźni	168	00:10:31	00:27:44	00:52:53.30	01:03:25.25	+00:18:33 (35.1%)	5:17	11.3 (64.6%)
181	ANDRZEJEWSKI Marcin	555		OPEN Mężczyźni	169	00:10:27	00:25:57	00:52:55.85	01:03:23.30	+00:18:35 (35.1%)	5:17	11.3 (64.6%)
182	GRUCHALSKI Miłosz	239		OPEN Mężczyźni	170	00:10:24	00:26:26	00:52:59.10	01:03:23.90	+00:18:39 (35.2%)	5:17	11.3 (64.6%)
183	BUGAJEWSKI Paweł	75	FC RAWICZ	OPEN Mężczyźni	171	00:10:25	00:26:27	00:53:01.70	01:03:27.30	+00:18:41 (35.3%)	5:18	11.3 (64.6%)
184	SZELEWSKI Patryk	213		OPEN Mężczyźni	172	00:11:05	00:25:51	00:53:03.05	01:04:08.55	+00:18:43 (35.3%)	5:18	11.3 (64.6%)
185	BIEGAŁA Jakub	533		OPEN Mężczyźni	173	00:11:05	00:25:03	00:53:04.70	01:04:09.75	+00:18:44 (35.3%)	5:18	11.3 (64.6%)
186	STACHOWICZ Robert	339	EJBRY	OPEN Mężczyźni	174	00:10:52	00:25:59	00:53:05.30	01:03:58.15	+00:18:45 (35.3%)	5:18	11.3 (64.6%)
187	ADAMCZYK Maciej	28		OPEN Mężczyźni	175	00:11:04	00:27:00	00:53:08.00	01:04:12.10	+00:18:48 (35.4%)	5:18	11.3 (64.6%)
188	DOLATA Łukasz	98	LUKASPORT	OPEN Mężczyźni	176	00:10:50	00:25:29	00:53:13.80	01:04:04.15	+00:18:53 (35.5%)	5:19	11.3 (64.6%)
189	KOZAKIEWICZ Piotr	262		OPEN Mężczyźni	177	00:11:05	00:26:50	00:53:13.90	01:04:19.30	+00:18:54 (35.5%)	5:19	11.3 (64.6%)
190	DRGAS Andrzej	464	MOTOR LUBOŃ TEAM	OPEN Mężczyźni	178	00:11:04	00:26:07	00:53:15.35	01:04:19.45	+00:18:55 (35.5%)	5:19	11.3 (64.6%)
191	MIKOŁAJCZAK Barbara	148		OPEN Kobiety	13	00:10:55	00:26:37	00:53:15.95	01:04:11.80	+00:18:56 (35.5%)	5:19	11.3 (64.6%)
192	KRETKOWSKI Kacper	3	E-LECH'02	OPEN Mężczyźni	179	00:10:54	00:27:09	00:53:16.20	01:04:10.40	+00:18:56 (35.6%)	5:19	11.3 (64.6%)
193	PIETROWSKI Bartosz	501		OPEN Mężczyźni	180	00:10:54	00:26:20	00:53:16.40	01:04:10.70	+00:18:56 (35.6%)	5:19	11.3 (64.6%)
194	CZOCHARA Sebastian	346		OPEN Mężczyźni	181	00:10:22	00:25:36	00:53:16.70	01:03:39.35	+00:18:56 (35.6%)	5:19	11.3 (64.6%)
195	NOWAK Natalia	436		OPEN Kobiety	14	00:10:58	00:26:18	00:53:18.40	01:04:16.85	+00:18:58 (35.6%)	5:19	11.3 (64.6%)
196	SZELEWSKI Łukasz	412		OPEN Mężczyźni	182	00:11:04	00:25:52	00:53:19.45	01:04:24.05	+00:18:59 (35.6%)	5:19	11.3 (64.6%)
197	SZCZECHOWSKA Dominika	524		OPEN Kobiety	15	00:10:41	00:25:08	00:53:20.15	01:04:01.20	+00:19:00 (35.6%)	5:20	11.3 (64.6%)
198	KRUPSKI Paweł	364		OPEN Mężczyźni	183	00:10:59	00:26:11	00:53:20.95	01:04:20.15	+00:19:01 (35.6%)	5:20	11.3 (64.6%)
199	HEMLER -NOWACKI Adrian	55		OPEN Mężczyźni	184	00:10:22	00:24:49	00:53:22.20	01:03:45.15	+00:19:02 (35.7%)	5:20	11.2 (64.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Pętla 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
200	BODYLSKI Mikołaj	357		OPEN Mężczyźni	185	00:11:05	00:26:27	00:53:23.80	01:04:28.80	+00:19:03 (35.7%)	5:20	11.2 (64.0%)
201	WORSA Przemysław	286		OPEN Mężczyźni	186	00:10:47	00:25:54	00:53:24.65	01:04:12.30	+00:19:04 (35.7%)	5:20	11.2 (64.0%)
202	KENTZER-NOWAKOWSKI Marcin	94	HCP	OPEN Mężczyźni	187	00:10:19	00:23:23	00:53:29.50	01:03:48.80	+00:19:09 (35.8%)	5:20	11.2 (64.0%)
203	JENA Krzysztof	193	TEAM POSTEP PNIEWY	OPEN Mężczyźni	188	00:10:50	00:26:01	00:53:32.25	01:04:22.30	+00:19:12 (35.9%)	5:21	11.2 (64.0%)
204	SLABY Tomasz	233	RUN TO THE HILLS	OPEN Mężczyźni	189	00:10:35	00:25:54	00:53:32.55	01:04:07.85	+00:19:12 (35.9%)	5:21	11.2 (64.0%)
205	PIĄTEK Bartosz	307	HENDI TOOLS FOR CHEFS	OPEN Mężczyźni	190	00:10:48	00:25:27	00:53:32.70	01:04:21.40	+00:19:12 (35.9%)	5:21	11.2 (64.0%)
206	LOPATA Piotr	519		OPEN Mężczyźni	191	00:10:37	00:27:34	00:53:33.05	01:04:11.00	+00:19:13 (35.9%)	5:21	11.2 (64.0%)
207	JANISZEWSKI Szymon	496		OPEN Mężczyźni	192	00:10:54	00:25:52	00:53:38.70	01:04:33.35	+00:19:18 (36.0%)	5:21	11.2 (64.0%)
208	CIEŚLICKA Barbara	295		OPEN Kobiety	16	00:11:01	00:27:05	00:53:38.75	01:04:40.40	+00:19:18 (36.0%)	5:21	11.2 (64.0%)
209	BASIŃSKI Paweł	373		OPEN Mężczyźni	193	00:10:43	00:26:28	00:53:39.90	01:04:23.25	+00:19:20 (36.0%)	5:21	11.2 (64.0%)
210	POCZEKAJSKI Paweł	36		OPEN Mężczyźni	194	00:10:26	00:26:17	00:53:39.95	01:04:06.60	+00:19:20 (36.0%)	5:21	11.2 (64.0%)
211	PTAK Mateusz	332		OPEN Mężczyźni	195	00:11:31	00:26:31	00:53:41.05	01:05:12.30	+00:19:21 (36.0%)	5:22	11.2 (64.0%)
212	PERZ Dariusz	189		OPEN Mężczyźni	196	00:15:14	00:27:06	00:53:42.10	01:08:56.15	+00:19:22 (36.1%)	5:22	11.2 (64.0%)
213	STĘPA Bartosz	214		OPEN Mężczyźni	197	00:10:56	00:26:17	00:53:42.90	01:04:39.85	+00:19:23 (36.1%)	5:22	11.2 (64.0%)
214	LAN Catherine	369		OPEN Kobiety	17	00:10:52	00:26:22	00:53:44.70	01:04:37.45	+00:19:24 (36.1%)	5:22	11.2 (64.0%)
215	KOVINTHAPILLAI Rujith	368		OPEN Mężczyźni	198	00:10:52	00:26:22	00:53:45.70	01:04:38.65	+00:19:25 (36.1%)	5:22	11.2 (64.0%)
216	ROSŁOŃ Łukasz	379		OPEN Mężczyźni	199	00:10:58	00:26:28	00:53:46.75	01:04:45.65	+00:19:26 (36.2%)	5:22	11.2 (64.0%)
217	KÜHN Patryk	72		OPEN Mężczyźni	200	00:10:55	00:26:27	00:53:48.75	01:04:44.30	+00:19:28 (36.2%)	5:22	11.2 (64.0%)
218	SABIŁO Beata	220		OPEN Kobiety	18	00:10:37	00:26:45	00:53:50.50	01:04:28.45	+00:19:30 (36.2%)	5:23	11.1 (63.4%)
219	ŻMINKOWSKI Tomasz	309		OPEN Mężczyźni	201	00:10:43	00:26:13	00:53:51.25	01:04:34.55	+00:19:31 (36.3%)	5:23	11.1 (63.4%)
220	BARTCZAK Przemysław	377	WTCH TEAM	OPEN Mężczyźni	202	00:10:57	00:26:57	00:53:54.30	01:04:51.65	+00:19:34 (36.3%)	5:23	11.1 (63.4%)
221	FREDA Sebastian	229		OPEN Mężczyźni	203	00:10:55	00:25:09	00:53:55.70	01:04:51.00	+00:19:35 (36.3%)	5:23	11.1 (63.4%)
222	SZYMAŃSKI Aleksander	571	OLEKSY BIEGA	OPEN Mężczyźni	204	00:10:37	00:26:38	00:53:58.80	01:04:36.35	+00:19:38 (36.4%)	5:23	11.1 (63.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Pętla 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
223	JADŻYN Marek	274		OPEN Mężczyźni	205	00:10:36	00:25:35	00:54:05.15	01:04:41.95	+00:19:45 (36.5%)	5:24	11.1 (63.4%)
224	DRAJERCZAK Wojciech	226		OPEN Mężczyźni	206	00:11:03	00:27:02	00:54:08.50	01:05:11.85	+00:19:48 (36.6%)	5:24	11.1 (63.4%)
225	ZIELIŃSKI Piotr	269	6 BDOW SP	OPEN Mężczyźni	207	00:10:20	00:25:40	00:54:10.45	01:04:30.70	+00:19:50 (36.6%)	5:25	11.1 (63.4%)
226	DRAJERCZAK Jakub	124	UNIKAD TEAM	OPEN Mężczyźni	208	00:11:03	00:27:07	00:54:11.30	01:05:14.35	+00:19:51 (36.6%)	5:25	11.1 (63.4%)
227	PURSKI Dominik	153		OPEN Mężczyźni	209	00:10:43	00:26:56	00:54:13.90	01:04:57.05	+00:19:54 (36.7%)	5:25	11.1 (63.4%)
228	WINKIEL Dariusz	296		OPEN Mężczyźni	210	00:10:31	00:25:14	00:54:15.90	01:04:47.35	+00:19:56 (36.7%)	5:25	11.1 (63.4%)
229	PURSKI Konrad	152		OPEN Mężczyźni	211	00:10:42	00:26:57	00:54:18.10	01:05:00.95	+00:19:58 (36.8%)	5:25	11 (62.9%)
230	STRUGAŁA Jakub	431	BMX POZNAŃ	OPEN Mężczyźni	212	00:10:53	00:26:55	00:54:22.10	01:05:15.80	+00:20:02 (36.9%)	5:26	11 (62.9%)
231	JANIK Justyna	550		OPEN Kobiety	19	00:11:04	00:27:28	00:54:22.35	01:05:27.25	+00:20:02 (36.9%)	5:26	11 (62.9%)
232	MALEC Szymon	493		OPEN Mężczyźni	213	00:10:44	00:26:46	00:54:24.50	01:05:09.35	+00:20:04 (36.9%)	5:26	11 (62.9%)
233	SCHUBERT Mikołaj	574		OPEN Mężczyźni	214	00:11:00	00:27:11	00:54:34.75	01:05:35.10	+00:20:14 (37.1%)	5:27	11 (62.9%)
234	RECKI Maciej	133		OPEN Mężczyźni	215	00:10:57	00:27:13	00:54:34.80	01:05:32.65	+00:20:14 (37.1%)	5:27	11 (62.9%)
235	WOJNA Paulina	293	DZIADERSI	OPEN Kobiety	20	00:11:45	00:26:00	00:54:36.55	01:06:21.80	+00:20:16 (37.1%)	5:27	11 (62.9%)
236	WOŹNIAK Michał	294	DZIADERSI	OPEN Mężczyźni	216	00:11:44	00:26:00	00:54:36.85	01:06:21.80	+00:20:16 (37.1%)	5:27	11 (62.9%)
237	RYSZKIEWICZ Kacper	51		OPEN Mężczyźni	217	00:11:11	00:26:00	00:54:43.25	01:05:54.60	+00:20:23 (37.3%)	5:28	11 (62.9%)
238	BERGMANNN Krystian	328		OPEN Mężczyźni	218	00:11:01	00:27:23	00:54:45.20	01:05:47.10	+00:20:25 (37.3%)	5:28	11 (62.9%)
239	SIBILA Maciej	135		OPEN Mężczyźni	219	00:10:39	00:26:22	00:54:45.70	01:05:24.95	+00:20:25 (37.3%)	5:28	11 (62.9%)
240	AKUSZEWSKA Agata	281	KOŚCIAN TEAM	OPEN Kobiety	21	00:10:38	00:26:55	00:54:53.25	01:05:31.50	+00:20:33 (37.5%)	5:29	10.9 (62.3%)
241	STACHOWIAK Marcin	418		OPEN Mężczyźni	220	00:10:53	00:27:18	00:54:55.60	01:05:48.85	+00:20:35 (37.5%)	5:29	10.9 (62.3%)
242	SARZAŁA Jakub	475	PRIMESOFT	OPEN Mężczyźni	221	00:10:37	00:25:55	00:54:56.65	01:05:34.45	+00:20:36 (37.5%)	5:29	10.9 (62.3%)
243	WALCZAK Małgorzata	249	CYTADELA BY NIGHT	OPEN Kobiety	22	00:10:45	00:27:43	00:54:56.85	01:05:42.50	+00:20:36 (37.5%)	5:29	10.9 (62.3%)
244	JAROCH Jakub	456		OPEN Mężczyźni	222	00:10:44	00:27:28	00:55:13.05	01:05:57.65	+00:20:53 (37.8%)	5:31	10.9 (62.3%)
245	PRZYBECKI Dariusz	143		OPEN Mężczyźni	223	00:10:51	00:27:14	00:55:15.90	01:06:07.75	+00:20:56 (37.9%)	5:31	10.9 (62.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Pętla 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
246	TASAREK Bartosz	138		OPEN Mężczyźni	224	00:10:21	00:25:30	00:55:16.35	01:05:37.80	+00:20:56 (37.9%)	5:31	10.9 (62.3%)
247	KRAJEWSKA Magdalena	454		OPEN Kobiety	23	00:10:46	00:26:45	00:55:19.20	01:06:05.30	+00:20:59 (37.9%)	5:31	10.8 (61.7%)
248	SZCZEPANIAK Jarosław	204		OPEN Mężczyźni	225	00:10:23	00:26:32	00:55:28.25	01:05:52.15	+00:21:08 (38.1%)	5:32	10.8 (61.7%)
249	LEWANDOWSKI Marcin	248	GRUNWALD TEAM POZNAŃ	OPEN Mężczyźni	226	00:10:23	00:27:48	00:55:29.05	01:05:52.80	+00:21:09 (38.1%)	5:32	10.8 (61.7%)
250	FLORJAŃCZYK Grzegorz	393		OPEN Mężczyźni	227	00:10:42	00:27:51	00:55:29.45	01:06:11.90	+00:21:09 (38.1%)	5:32	10.8 (61.7%)
251	RAŚ Ryszard	598	EKO_WOD_KAN	OPEN Mężczyźni	228	00:10:22	00:27:41	00:55:33.35	01:05:55.50	+00:21:13 (38.2%)	5:33	10.8 (61.7%)
252	LEŚNICZAK Patryk	469		OPEN Mężczyźni	229	00:10:43	00:26:44	00:55:33.45	01:06:17.05	+00:21:13 (38.2%)	5:33	10.8 (61.7%)
253	SZYMAŃSKI Piotr	516		OPEN Mężczyźni	230	00:10:38	00:27:10	00:55:33.50	01:06:12.40	+00:21:13 (38.2%)	5:33	10.8 (61.7%)
254	KULCZYŃSKI Remigiusz	455		OPEN Mężczyźni	231	00:10:42	00:26:29	00:55:35.25	01:06:18.20	+00:21:15 (38.2%)	5:33	10.8 (61.7%)
255	SZCZEPANIAK Paweł	205		OPEN Mężczyźni	232	00:10:23	00:26:31	00:55:35.90	01:05:59.85	+00:21:16 (38.3%)	5:33	10.8 (61.7%)
256	GRACZYK Artur	105	AG TRI	OPEN Mężczyźni	233	00:10:22	00:26:08	00:55:37.25	01:05:59.70	+00:21:17 (38.3%)	5:33	10.8 (61.7%)
257	MANTAJ Bartosz	132		OPEN Mężczyźni	234	00:11:01	00:27:15	00:55:40.70	01:06:42.65	+00:21:20 (38.3%)	5:34	10.8 (61.7%)
258	HERKOWIAK Mirek	430		OPEN Mężczyźni	235	00:12:08	00:27:58	00:55:42.35	01:07:50.95	+00:21:22 (38.4%)	5:34	10.8 (61.7%)
259	TIKHONOV Andrey	367		OPEN Mężczyźni	236	00:10:22	00:27:56	00:55:44.05	01:06:06.85	+00:21:24 (38.4%)	5:34	10.8 (61.7%)
260	WIŚNIEWSKA Kalina	372		OPEN Kobiety	24	00:10:22	00:27:56	00:55:44.35	01:06:06.85	+00:21:24 (38.4%)	5:34	10.8 (61.7%)
261	NOWACKA Marzena	593		OPEN Kobiety	25	00:10:26	00:27:47	00:55:47.75	01:06:14.15	+00:21:27 (38.5%)	5:34	10.8 (61.7%)
262	ROŻKOWSKI Roman	29	ŚREM	OPEN Mężczyźni	237	00:10:49	00:27:36	00:55:48.45	01:06:37.75	+00:21:28 (38.5%)	5:34	10.8 (61.7%)
263	WOŹNICZKA Przemysław	521		OPEN Mężczyźni	238	00:10:30	00:27:46	00:55:49.15	01:06:19.20	+00:21:29 (38.5%)	5:34	10.7 (61.1%)
264	KLIMAS Adrian	131		OPEN Mężczyźni	239	00:11:11	00:27:46	00:55:49.75	01:07:00.75	+00:21:29 (38.5%)	5:34	10.7 (61.1%)
265	WIDZIŃSKI Jarosław	74		OPEN Mężczyźni	240	00:10:27	00:26:57	00:55:55.15	01:06:23.10	+00:21:35 (38.6%)	5:35	10.7 (61.1%)
266	GLIWA Kacper	245		OPEN Mężczyźni	241	00:10:44	00:27:54	00:55:58.30	01:06:42.45	+00:21:38 (38.7%)	5:35	10.7 (61.1%)
267	WIATR Paweł	397		OPEN Mężczyźni	242	00:11:03	00:28:15	00:56:00.00	01:07:03.15	+00:21:40 (38.7%)	5:36	10.7 (61.1%)
268	SURDYK Szymon	358		OPEN Mężczyźni	243	00:11:06	00:27:25	00:56:01.10	01:07:07.50	+00:21:41 (38.7%)	5:36	10.7 (61.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Pętla 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
269	HERKOWIAK Mikołaj	428		OPEN Mężczyźni	244	00:12:06	00:27:59	00:56:03.40	01:08:09.55	+00:21:43 (38.8%)	5:36	10.7 (61.1%)
270	JÓŹWIAK Piotr	565		OPEN Mężczyźni	245	00:11:03	00:28:06	00:56:06.95	01:07:10.75	+00:21:47 (38.8%)	5:36	10.7 (61.1%)
271	KURZEJA Kamil	599	PEKABEX	OPEN Mężczyźni	246	00:10:23	00:25:49	00:56:08.55	01:06:32.20	+00:21:48 (38.8%)	5:36	10.7 (61.1%)
272	BUSZKIEWICZ Anna	335	DOMIN TEAM	OPEN Kobiety	26	00:10:44	00:27:49	00:56:19.75	01:07:04.50	+00:21:59 (39.1%)	5:37	10.7 (61.1%)
273	KĄKOL Justyna	114		OPEN Kobiety	27	00:10:29	00:27:59	00:56:20.40	01:06:49.50	+00:22:00 (39.1%)	5:38	10.7 (61.1%)
274	CZAPLA Weronika	166		OPEN Kobiety	28	00:10:27	00:28:48	00:56:22.15	01:06:49.50	+00:22:02 (39.1%)	5:38	10.6 (60.6%)
275	GRZYBOWSKA Adriana	297		OPEN Kobiety	29	00:11:04	00:28:22	00:56:24.60	01:07:28.90	+00:22:04 (39.1%)	5:38	10.6 (60.6%)
276	KOTERBA Piotr	398	31BLT	OPEN Mężczyźni	247	00:11:07	00:28:26	00:56:39.75	01:07:47.10	+00:22:19 (39.4%)	5:39	10.6 (60.6%)
277	GURGAS Sławomir	471	PATRIA BUK	OPEN Mężczyźni	248	00:10:21	00:27:26	00:56:42.80	01:07:03.85	+00:22:22 (39.5%)	5:40	10.6 (60.6%)
278	GOCYLA Dariusz	356		OPEN Mężczyźni	249	00:10:42	00:28:06	00:56:45.60	01:07:28.15	+00:22:25 (39.5%)	5:40	10.6 (60.6%)
279	DROBNIK Krzysztof	134	PIĄTKOWO BIEGA	OPEN Mężczyźni	250	00:10:35	00:27:29	00:56:46.75	01:07:22.35	+00:22:26 (39.5%)	5:40	10.6 (60.6%)
280	MAŁKOWSKI Piotr	491		OPEN Mężczyźni	251	00:10:24	00:27:40	00:57:08.30	01:07:33.15	+00:22:48 (39.9%)	5:42	10.5 (60.0%)
281	GRZEŚKOWIAK Marcin	121		OPEN Mężczyźni	252	00:10:42	00:27:54	00:57:11.25	01:07:53.50	+00:22:51 (40.0%)	5:43	10.5 (60.0%)
282	ZAJĄCZKOWSKA Krystyna	500		OPEN Kobiety	30	00:10:29	00:27:17	00:57:15.25	01:07:44.70	+00:22:55 (40.0%)	5:43	10.5 (60.0%)
283	TYLIŃSKI Kamil	349		OPEN Mężczyźni	253	00:11:00	00:29:18	00:57:17.50	01:08:18.40	+00:22:57 (40.1%)	5:43	10.5 (60.0%)
284	KUBSKA- MATYSIAK Dagmara	338		OPEN Kobiety	31	00:11:29	00:28:42	00:57:17.60	01:08:46.70	+00:22:57 (40.1%)	5:43	10.5 (60.0%)
285	PIECHOCKI Robert	136	SAMOTNY DZIK	OPEN Mężczyźni	254	00:10:49	00:27:25	00:57:19.75	01:08:09.10	+00:22:59 (40.1%)	5:43	10.5 (60.0%)
286	MAJCHRZAK Beata	277		OPEN Kobiety	32	00:11:00	00:27:57	00:57:21.25	01:08:21.60	+00:23:01 (40.1%)	5:44	10.5 (60.0%)
287	FRAĆKOWIAK Paweł	480		OPEN Mężczyźni	255	00:10:22	00:26:47	00:57:21.45	01:07:43.50	+00:23:01 (40.1%)	5:44	10.5 (60.0%)
288	NOWAK Michał	514		OPEN Mężczyźni	256	00:10:39	00:27:22	00:57:27.55	01:08:07.35	+00:23:07 (40.3%)	5:44	10.4 (59.4%)
289	HETMANOWSKI Jędrzej	560		OPEN Mężczyźni	257	00:10:48	00:27:59	00:57:30.50	01:08:19.20	+00:23:10 (40.3%)	5:45	10.4 (59.4%)
290	HETMANOWSKA Anna	561		OPEN Kobiety	33	00:10:48	00:27:59	00:57:31.05	01:08:19.20	+00:23:11 (40.3%)	5:45	10.4 (59.4%)
291	SANTAREK Wojciech	448		OPEN Mężczyźni	258	00:15:05	00:28:55	00:57:36.15	01:12:41.75	+00:23:16 (40.4%)	5:45	10.4 (59.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Pętla 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
292	PRZEWŁOCKI Przemysław	18		OPEN Mężczyźni	259	00:10:45	00:28:00	00:57:40.55	01:08:25.60	+00:23:20 (40.5%)	5:46	10.4 (59.4%)
293	CHYBIN Natalia	27		OPEN Kobiety	34	00:10:41	00:28:50	00:57:41.25	01:08:22.90	+00:23:21 (40.5%)	5:46	10.4 (59.4%)
294	STANEK Leonard	461		OPEN Mężczyźni	260	00:10:38	00:28:19	00:57:41.40	01:08:20.10	+00:23:21 (40.5%)	5:46	10.4 (59.4%)
295	BARTKOWIAK Bartosz	63		OPEN Mężczyźni	261	00:10:40	00:28:32	00:57:43.90	01:08:24.15	+00:23:24 (40.5%)	5:46	10.4 (59.4%)
296	SZKLARZ Maciej	188		OPEN Mężczyźni	262	00:10:30	00:29:39	00:57:49.35	01:08:20.30	+00:23:29 (40.6%)	5:46	10.4 (59.4%)
297	SZYMAŃSKI Krzysztof	49		OPEN Mężczyźni	263	00:10:23	00:29:36	00:57:50.90	01:08:14.00	+00:23:31 (40.7%)	5:47	10.4 (59.4%)
298	RUDNICKI Tomasz	576		OPEN Mężczyźni	264	00:10:52	00:29:07	00:57:53.90	01:08:46.55	+00:23:34 (40.7%)	5:47	10.4 (59.4%)
299	BARCZEWSKA Anna	569		OPEN Kobiety	35	00:10:31	00:27:32	00:58:07.90	01:08:39.65	+00:23:48 (40.9%)	5:48	10.3 (58.9%)
300	ŻOK Adrian	575		OPEN Mężczyźni	265	00:10:31	00:27:30	00:58:08.00	01:08:39.55	+00:23:48 (40.9%)	5:48	10.3 (58.9%)
301	ŚMIAŁEK Filip	103	NKB CHYŻY NOWY TOMYŚL	OPEN Mężczyźni	266	00:11:08	00:30:56	00:58:08.30	01:09:16.65	+00:23:48 (40.9%)	5:48	10.3 (58.9%)
302	KOZAJDA Andrzej	7		OPEN Mężczyźni	267	00:10:39	00:28:22	00:58:08.50	01:08:48.30	+00:23:48 (41.0%)	5:48	10.3 (58.9%)
303	BARCZEWSKI Daniel	570		OPEN Mężczyźni	268	00:10:31	00:27:32	00:58:08.65	01:08:39.65	+00:23:48 (41.0%)	5:48	10.3 (58.9%)
304	PESTKA Izabela	292		OPEN Kobiety	36	00:10:40	00:28:35	00:58:14.75	01:08:55.15	+00:23:54 (41.1%)	5:49	10.3 (58.9%)
305	PŁÓCIENNICZAK Łukasz	559		OPEN Mężczyźni	269	00:10:31	00:28:27	00:58:22.50	01:08:54.35	+00:24:02 (41.2%)	5:50	10.3 (58.9%)
306	KACZMAREK Krzysztof	483	WRONIECKI KLUB BIEGACZA	OPEN Mężczyźni	270	00:10:49	00:27:19	00:58:27.10	01:09:16.40	+00:24:07 (41.3%)	5:50	10.3 (58.9%)
307	MAJUSIAK Klaudia	552		OPEN Kobiety	37	00:10:29	00:28:24	00:58:30.95	01:09:00.55	+00:24:11 (41.3%)	5:51	10.3 (58.9%)
308	KOLENDO Filip	594	YANOSIK TEAM	OPEN Mężczyźni	271	00:11:03	00:29:02	00:58:33.35	01:09:36.85	+00:24:13 (41.4%)	5:51	10.2 (58.3%)
309	CIECHANOWSKA-ŻUREK Karolina	374		OPEN Kobiety	38	00:10:26	00:28:46	00:58:41.45	01:09:08.10	+00:24:21 (41.5%)	5:52	10.2 (58.3%)
310	ŚWIERCZYŃSKI Maciej	375		OPEN Mężczyźni	272	00:10:26	00:28:46	00:58:41.55	01:09:08.40	+00:24:21 (41.5%)	5:52	10.2 (58.3%)
311	OKUPNIAK Filip	490	SMARTGARAGE	OPEN Mężczyźni	273	00:10:31	00:27:02	00:58:42.25	01:09:14.10	+00:24:22 (41.5%)	5:52	10.2 (58.3%)
311	BUKOWSKI Tomasz	246	OLUCHA RUN	OPEN Mężczyźni	273	00:10:58	00:29:13	00:58:42.25	01:09:41.10	+00:24:22 (41.5%)	5:52	10.2 (58.3%)
313	JĘDRASZAK Mateusz	592	EUROCASH	OPEN Mężczyźni	275	00:10:49	00:29:19	00:58:46.25	01:09:35.90	+00:24:26 (41.6%)	5:52	10.2 (58.3%)
314	KOCHANOWSKI Przemysław	232		OPEN Mężczyźni	276	00:10:45	00:28:31	00:58:49.70	01:09:34.70	+00:24:29 (41.6%)	5:52	10.2 (58.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Pętla 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
315	KASPRZAK Weronika	380	MOLDY UNICORNS	OPEN Kobiety	39	00:10:36	00:28:59	00:58:50.10	01:09:26.60	+00:24:30 (41.6%)	5:53	10.2 (58.3%)
316	MAĆKOWSKI Paweł	34		OPEN Mężczyźni	277	00:11:02	00:29:34	00:58:55.85	01:09:58.20	+00:24:35 (41.7%)	5:53	10.2 (58.3%)
317	STYCZYŃSKA Anna	417		OPEN Kobiety	40	00:10:51	00:28:19	00:59:01.35	01:09:53.10	+00:24:41 (41.8%)	5:54	10.2 (58.3%)
318	TABAKA Maciej	435		OPEN Mężczyźni	278	00:11:01	00:28:07	00:59:04.05	01:10:05.25	+00:24:44 (41.9%)	5:54	10.2 (58.3%)
319	SZATKOWSKA Agnieszka	523		OPEN Kobiety	41	00:10:24	00:27:56	00:59:05.10	01:09:29.95	+00:24:45 (41.9%)	5:54	10.2 (58.3%)
320	BIAŁEK Mariusz	259		OPEN Mężczyźni	279	00:11:02	00:27:47	00:59:05.35	01:10:07.85	+00:24:45 (41.9%)	5:54	10.2 (58.3%)
321	ŁUCKA Weronika	399	BRODŁEJ TIM	OPEN Kobiety	42	00:10:46	00:28:24	00:59:07.30	01:09:53.75	+00:24:47 (41.9%)	5:54	10.1 (57.7%)
322	FRAĆKOWIAK Maciej	230		OPEN Mężczyźni	280	00:15:04	00:28:06	00:59:08.60	01:14:13.45	+00:24:48 (42.0%)	5:54	10.1 (57.7%)
323	PIGŁA Maja	578	SPORTOWY KAŻMIERZ	OPEN Kobiety	43	00:10:51	00:29:17	00:59:08.75	01:09:59.85	+00:24:48 (42.0%)	5:54	10.1 (57.7%)
324	CZERNIEJEWSKI Mikołaj	311		OPEN Mężczyźni	281	00:10:54	00:28:43	00:59:20.55	01:10:15.35	+00:25:00 (42.1%)	5:56	10.1 (57.7%)
325	SZCZUKA Adrian	489		OPEN Mężczyźni	282	00:10:33	00:29:12	00:59:21.65	01:09:54.85	+00:25:01 (42.2%)	5:56	10.1 (57.7%)
326	STRZELECKI Piotr	488		OPEN Mężczyźni	283	00:10:33	00:29:12	00:59:22.40	01:09:55.95	+00:25:02 (42.2%)	5:56	10.1 (57.7%)
327	CHUDZIAK Dominik	445		OPEN Mężczyźni	284	00:10:55	00:29:29	00:59:26.20	01:10:21.95	+00:25:06 (42.2%)	5:56	10.1 (57.7%)
328	ĆMIL Sebastian	165		OPEN Mężczyźni	285	00:10:38	00:27:41	00:59:28.35	01:10:06.45	+00:25:08 (42.3%)	5:56	10.1 (57.7%)
329	PRZYBYLSKA Malwina	17		OPEN Kobiety	44	00:10:32	00:29:24	00:59:36.30	01:10:08.90	+00:25:16 (42.4%)	5:57	10.1 (57.7%)
330	TWERS Bartosz	318		OPEN Mężczyźni	286	00:11:09	00:29:19	00:59:37.60	01:10:46.90	+00:25:17 (42.4%)	5:57	10.1 (57.7%)
331	KIJAK Zachariasz	203	ŚRUBKA TEAM	OPEN Mężczyźni	287	00:11:00	00:28:22	00:59:48.45	01:10:48.45	+00:25:28 (42.6%)	5:58	10 (57.1%)
332	GOLIŃSKI Przemysław	392	EUROCASH	OPEN Mężczyźni	288	00:10:55	00:29:26	00:59:50.45	01:10:45.90	+00:25:30 (42.6%)	5:59	10 (57.1%)
333	GOLIŃSKA Barbara	391	EUROCASH	OPEN Kobiety	45	00:10:53	00:29:29	00:59:52.85	01:10:45.95	+00:25:32 (42.7%)	5:59	10 (57.1%)
334	MATCZAK Paweł	37		OPEN Mężczyźni	289	00:10:45	00:28:56	00:59:55.00	01:10:40.15	+00:25:35 (42.7%)	5:59	10 (57.1%)
335	LEWANDOWSKI Tycjan	83		OPEN Mężczyźni	290	00:10:33	00:28:00	00:59:56.05	01:10:29.30	+00:25:36 (42.7%)	5:59	10 (57.1%)
336	ZASADA Grzegorz	440		OPEN Mężczyźni	291	00:10:50	00:30:14	01:00:00.60	01:10:51.40	+00:25:40 (42.8%)	6:00	10 (57.1%)
337	GRABNY Szymon	515		OPEN Mężczyźni	292	00:10:31	00:28:32	01:00:01.80	01:10:33.05	+00:25:41 (42.8%)	6:00	10 (57.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Pętla 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
338	KONIECZNA Paulina	345		OPEN Kobiety	46	00:10:22	00:27:26	01:00:04.30	01:10:26.95	+00:25:44 (42.8%)	6:00	10 (57.1%)
339	JELONEK Artur	529	YANOSIK ACTIVE TEAM	OPEN Mężczyźni	293	00:10:45	00:31:11	01:00:07.60	01:10:52.90	+00:25:47 (42.9%)	6:00	10 (57.1%)
340	WOJCIECHOWSKI Jakub	265		OPEN Mężczyźni	294	00:10:40	00:29:01	01:00:13.95	01:10:54.85	+00:25:54 (43.0%)	6:01	10 (57.1%)
341	ANTCZAK Tatiana	343		OPEN Kobiety	47	00:10:54	00:29:13	01:00:15.15	01:11:09.15	+00:25:55 (43.0%)	6:01	10 (57.1%)
342	KARAŚ Katarzyna	512		OPEN Kobiety	48	00:10:58	00:29:21	01:00:19.85	01:11:18.60	+00:25:59 (43.1%)	6:01	9.9 (56.6%)
343	KOBUS Marzena	525		OPEN Kobiety	49	00:10:57	00:29:22	01:00:20.90	01:11:18.45	+00:26:01 (43.1%)	6:02	9.9 (56.6%)
344	SZYPURA Robert	314	OPALENICKI KLUB BIEGACZA	OPEN Mężczyźni	295	00:10:56	00:29:50	01:00:28.25	01:11:24.60	+00:26:08 (43.2%)	6:02	9.9 (56.6%)
345	SZYPURA Katarzyna	313	OPALENICKI KLUB BIEGACZA	OPEN Kobiety	50	00:10:55	00:29:51	01:00:28.70	01:11:24.30	+00:26:08 (43.2%)	6:02	9.9 (56.6%)
346	SŁOMA Natalia	48		OPEN Kobiety	51	00:11:02	00:29:01	01:00:32.65	01:11:35.50	+00:26:12 (43.3%)	6:03	9.9 (56.6%)
347	KRUSZONA Aleksander	264	F.Y.F.	OPEN Mężczyźni	296	00:10:48	00:28:10	01:00:33.80	01:11:22.25	+00:26:13 (43.3%)	6:03	9.9 (56.6%)
348	KRUSZONA Bartosz	263	F.Y.F.	OPEN Mężczyźni	297	00:10:47	00:28:10	01:00:34.05	01:11:21.95	+00:26:14 (43.3%)	6:03	9.9 (56.6%)
349	ANDRZEJEWSKI Artur	452		OPEN Mężczyźni	298	00:10:56	00:30:09	01:00:37.10	01:11:33.75	+00:26:17 (43.4%)	6:03	9.9 (56.6%)
350	ŁABENDA Lonia	511	NORDIC WALKING KIEKRZ POLAND	OPEN Kobiety	52	00:10:59	00:29:20	01:00:41.65	01:11:41.10	+00:26:21 (43.4%)	6:04	9.9 (56.6%)
351	KOŁECKI Tomasz	341	DUSZNIKI BIEGAJĄ	OPEN Mężczyźni	299	00:10:46	00:29:28	01:00:50.00	01:11:36.95	+00:26:30 (43.6%)	6:05	9.9 (56.6%)
352	GOGOŁKIEWICZ-KOŁECKA Emilia	340	DUSZNIKI BIEGAJĄ	OPEN Kobiety	53	00:10:47	00:29:28	01:00:50.10	01:11:37.15	+00:26:30 (43.6%)	6:05	9.9 (56.6%)
353	CIEŚLACZYK Marek	42		OPEN Mężczyźni	300	00:10:25	00:29:12	01:00:50.40	01:11:16.00	+00:26:30 (43.6%)	6:05	9.9 (56.6%)
354	OLBRYŚ Piotr	303		OPEN Mężczyźni	301	00:10:43	00:30:16	01:00:53.90	01:11:37.45	+00:26:34 (43.6%)	6:05	9.9 (56.6%)
355	KLUPIEĆ Hubert	536	YANOSIK TEAM	OPEN Mężczyźni	302	00:10:58	00:29:49	01:00:55.35	01:11:53.50	+00:26:35 (43.6%)	6:05	9.8 (56.0%)
356	RYSZKA Maciej	567		OPEN Mężczyźni	303	00:10:51	00:28:22	01:00:57.20	01:11:48.35	+00:26:37 (43.7%)	6:05	9.8 (56.0%)
357	ROSZYK Przemysław	353		OPEN Mężczyźni	304	00:10:54	00:29:03	01:01:05.70	01:12:00.50	+00:26:45 (43.8%)	6:06	9.8 (56.0%)
358	MACIEJEWSKI Marcin	390	PRZYJACIELSKI KLUB BIEGOWY DELIKATNIE	OPEN Mężczyźni	305	00:10:45	00:29:58	01:01:10.55	01:11:56.25	+00:26:50 (43.9%)	6:07	9.8 (56.0%)
359	FAJFER Jacek	69		OPEN Mężczyźni	306	00:11:00	00:29:24	01:01:11.95	01:12:12.10	+00:26:52 (43.9%)	6:07	9.8 (56.0%)
360	URBAN Weronika	30		OPEN Kobiety	54	00:10:23	00:29:05	01:01:14.40	01:11:38.00	+00:26:54 (43.9%)	6:07	9.8 (56.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Pętla 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
361	PAWŁOWSKI Gabriel	240		OPEN Mężczyźni	307	00:10:27	00:29:16	01:01:18.15	01:11:45.80	+00:26:58 (44.0%)	6:07	9.8 (56.0%)
362	MIKOŁAJCZAK Kuba	149		OPEN Mężczyźni	308	00:10:58	00:29:49	01:01:28.50	01:12:27.05	+00:27:08 (44.2%)	6:08	9.8 (56.0%)
363	DUSZYŃSKI Tomasz	147		OPEN Mężczyźni	309	00:10:40	00:30:10	01:01:29.75	01:12:10.05	+00:27:09 (44.2%)	6:08	9.8 (56.0%)
364	GRYGIEL Tomasz	279		OPEN Mężczyźni	310	00:10:34	00:31:44	01:01:36.60	01:12:10.75	+00:27:16 (44.3%)	6:09	9.7 (55.4%)
365	RAŹNIAK Paweł	396		OPEN Mężczyźni	311	00:10:34	00:31:44	01:01:37.40	01:12:11.85	+00:27:17 (44.3%)	6:09	9.7 (55.4%)
366	DRAJERCZAK Monika	458	UNIKAD TEAM	OPEN Kobiety	55	00:11:01	00:30:16	01:01:38.10	01:12:39.30	+00:27:18 (44.3%)	6:09	9.7 (55.4%)
367	KACZYŃSKA Agata	44		OPEN Kobiety	56	00:10:49	00:28:47	01:01:43.85	01:12:33.20	+00:27:23 (44.4%)	6:10	9.7 (55.4%)
368	KACZYŃSKA Paulina	66		OPEN Kobiety	57	00:10:49	00:28:47	01:01:45.55	01:12:34.55	+00:27:25 (44.4%)	6:10	9.7 (55.4%)
369	GROLIK Mariusz	354		OPEN Mężczyźni	312	00:10:55	00:30:28	01:01:47.40	01:12:42.65	+00:27:27 (44.4%)	6:10	9.7 (55.4%)
370	SAWALA Agnieszka	146		OPEN Kobiety	58	00:10:32	00:30:19	01:01:48.30	01:12:20.75	+00:27:28 (44.5%)	6:10	9.7 (55.4%)
371	RATAJCZAK Tomasz	145		OPEN Mężczyźni	313	00:10:32	00:30:19	01:01:48.45	01:12:20.80	+00:27:28 (44.5%)	6:10	9.7 (55.4%)
372	MARCINKOWSKA Anna	449		OPEN Kobiety	59	00:11:02	00:30:20	01:01:49.60	01:12:51.95	+00:27:29 (44.5%)	6:10	9.7 (55.4%)
373	ŁĘC Anita	283		OPEN Kobiety	60	00:10:59	00:30:35	01:01:50.00	01:12:49.40	+00:27:30 (44.5%)	6:11	9.7 (55.4%)
374	ŁĘC Mirosław	284		OPEN Mężczyźni	314	00:10:59	00:30:34	01:01:51.55	01:12:51.30	+00:27:31 (44.5%)	6:11	9.7 (55.4%)
375	JURGA-BURA Natalia	129		OPEN Kobiety	61	00:10:44	00:30:01	01:01:52.10	01:12:36.85	+00:27:32 (44.5%)	6:11	9.7 (55.4%)
376	TRITT Andrzej	551	SAMOTNY WILK	OPEN Mężczyźni	315	00:11:06	00:30:01	01:01:53.40	01:12:59.80	+00:27:33 (44.5%)	6:11	9.7 (55.4%)
377	KOZŁOWSKI Adam	198		OPEN Mężczyźni	316	00:11:19	00:29:09	01:01:57.30	01:13:17.05	+00:27:37 (44.6%)	6:11	9.7 (55.4%)
378	PATEREK Andrzej	492		OPEN Mężczyźni	317	00:10:24	00:28:18	01:02:01.95	01:12:26.45	+00:27:42 (44.7%)	6:12	9.7 (55.4%)
379	GNABASIK Dorota	534	WRONIECKI KLUB BIEGACZA	OPEN Kobiety	62	00:10:42	00:30:27	01:02:16.65	01:12:58.95	+00:27:56 (44.9%)	6:13	9.6 (54.9%)
380	ZYFFERT Anna	199		OPEN Kobiety	63	00:11:00	00:30:19	01:02:17.55	01:13:18.00	+00:27:57 (44.9%)	6:13	9.6 (54.9%)
381	KOWALSKI Michał	365		OPEN Mężczyźni	318	00:11:04	00:30:17	01:02:25.05	01:13:29.95	+00:28:05 (45.0%)	6:14	9.6 (54.9%)
382	SAJNA Piotr	484		OPEN Mężczyźni	319	00:10:38	00:29:51	01:02:25.45	01:13:03.80	+00:28:05 (45.0%)	6:14	9.6 (54.9%)
383	KONATOWSKI Michał	161	GTR1245!	OPEN Mężczyźni	320	00:10:29	00:28:38	01:02:35.60	01:13:05.30	+00:28:15 (45.2%)	6:15	9.6 (54.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Pętla 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
384	HEDERYCH Bartek	64		OPEN Mężczyźni	321	00:10:44	00:29:57	01:02:36.30	01:13:20.70	+00:28:16 (45.2%)	6:15	9.6 (54.9%)
385	KAPAŁA Sylwia	310		OPEN Kobiety	64	00:10:43	00:31:04	01:02:39.50	01:13:23.00	+00:28:19 (45.2%)	6:15	9.6 (54.9%)
386	PUCHLAK-ŁADOŃ Angelika	52		OPEN Kobiety	65	00:11:06	00:30:32	01:02:42.70	01:13:49.60	+00:28:22 (45.3%)	6:16	9.6 (54.9%)
387	MOLCHANOV Dmytro	466		OPEN Mężczyźni	322	00:10:48	00:31:54	01:02:43.40	01:13:32.20	+00:28:23 (45.3%)	6:16	9.6 (54.9%)
388	NOWAK Sara	287		OPEN Kobiety	66	00:10:36	00:30:20	01:02:48.10	01:13:25.05	+00:28:28 (45.3%)	6:16	9.6 (54.9%)
389	RUDOWICZ Mateusz	60		OPEN Mężczyźni	323	00:10:30	00:30:59	01:02:49.50	01:13:20.25	+00:28:29 (45.4%)	6:16	9.6 (54.9%)
390	WERTZ Mateusz	522		OPEN Mężczyźni	324	00:10:46	00:30:24	01:02:54.80	01:13:41.35	+00:28:34 (45.4%)	6:17	9.5 (54.3%)
391	KLUGIEWICZ Michał	116	NKB CHYŻY NOWY TOMYŚL	OPEN Mężczyźni	325	00:11:09	00:30:57	01:02:57.00	01:14:06.15	+00:28:37 (45.5%)	6:17	9.5 (54.3%)
392	BOGUSŁAWSKA Sandra	334		OPEN Kobiety	67	00:11:00	00:30:26	01:03:05.95	01:14:06.00	+00:28:46 (45.6%)	6:18	9.5 (54.3%)
393	DURA Małgorzata	386	DEDE	OPEN Kobiety	68	00:10:29	00:29:54	01:03:11.00	01:13:40.40	+00:28:51 (45.7%)	6:19	9.5 (54.3%)
394	BIEGAŁA Angelika	532		OPEN Kobiety	69	00:11:04	00:30:21	01:03:12.40	01:14:16.80	+00:28:52 (45.7%)	6:19	9.5 (54.3%)
395	POLICHNOWSKA Monika	210		OPEN Kobiety	70	00:11:07	00:31:15	01:03:16.05	01:14:23.10	+00:28:56 (45.7%)	6:19	9.5 (54.3%)
396	TOPOLSKI Piotr Paweł	347	RATAJSCY FANATYCY	OPEN Mężczyźni	326	00:11:10	00:32:04	01:03:17.15	01:14:27.40	+00:28:57 (45.8%)	6:19	9.5 (54.3%)
397	PRZYBYŁ Katarzyna	320		OPEN Kobiety	71	00:11:08	00:31:29	01:03:24.40	01:14:33.05	+00:29:04 (45.9%)	6:20	9.5 (54.3%)
398	ZAJĄC Bartłomiej	554		OPEN Mężczyźni	327	00:10:50	00:31:03	01:03:35.70	01:14:26.35	+00:29:15 (46.0%)	6:21	9.4 (53.7%)
399	WALISZEWSKA Daria	405		OPEN Kobiety	72	00:10:30	00:30:27	01:03:37.55	01:14:08.25	+00:29:17 (46.0%)	6:21	9.4 (53.7%)
400	BRZozowski Tomasz	92		OPEN Mężczyźni	328	00:10:36	00:28:46	01:03:44.80	01:14:21.25	+00:29:24 (46.1%)	6:22	9.4 (53.7%)
401	ZIMMER Maciej	291		OPEN Mężczyźni	329	00:10:34	00:31:21	01:03:48.25	01:14:23.20	+00:29:28 (46.2%)	6:22	9.4 (53.7%)
402	FIGASZEWSKA Izabella	130		OPEN Kobiety	73	00:10:42	00:31:13	01:03:57.70	01:14:40.55	+00:29:37 (46.3%)	6:23	9.4 (53.7%)
403	HAJMAN Jakub	403		OPEN Mężczyźni	330	00:11:02	00:31:10	01:03:58.80	01:15:01.00	+00:29:38 (46.3%)	6:23	9.4 (53.7%)
404	KONIECZNY Robert	125		OPEN Mężczyźni	331	00:11:01	00:31:12	01:03:59.75	01:15:00.85	+00:29:39 (46.4%)	6:23	9.4 (53.7%)
405	BRZozowski Grzegorz	91		OPEN Mężczyźni	332	00:10:36	00:29:57	01:04:02.80	01:14:39.15	+00:29:42 (46.4%)	6:24	9.4 (53.7%)
406	PRZYBYLSKI Rafał	22	ERKA RUN TEAM	OPEN Mężczyźni	333	00:10:25	00:28:25	01:04:07.20	01:14:33.05	+00:29:47 (46.5%)	6:24	9.4 (53.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Pętla 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
407	KALITA Angelika	241		OPEN Kobiety	74	00:10:51	00:31:22	01:04:09.75	01:15:01.50	+00:29:49 (46.5%)	6:24	9.4 (53.7%)
408	GARBAREK Jerzy	562		OPEN Mężczyźni	334	00:10:34	00:31:19	01:04:11.05	01:14:45.05	+00:29:51 (46.5%)	6:25	9.3 (53.1%)
409	LEHMANN Tomasz	97		OPEN Mężczyźni	335	00:10:41	00:30:55	01:04:27.65	01:15:09.05	+00:30:07 (46.7%)	6:26	9.3 (53.1%)
410	MICHALAK Alicja	573	KVADRAT ACOUSTICS	OPEN Kobiety	75	00:10:40	00:31:44	01:04:33.80	01:15:14.55	+00:30:13 (46.8%)	6:27	9.3 (53.1%)
411	KOWALSKA Joanna	288		OPEN Kobiety	76	00:10:36	00:29:51	01:04:34.75	01:15:11.50	+00:30:14 (46.8%)	6:27	9.3 (53.1%)
412	POSTAREMCZAK Jacek	209	TKKF MPK POZNAŃ	OPEN Mężczyźni	336	00:11:30	00:31:54	01:04:35.60	01:16:05.95	+00:30:15 (46.8%)	6:27	9.3 (53.1%)
413	SKOTAREK Daria	537		OPEN Kobiety	77	00:11:34	00:33:11	01:04:48.45	01:16:23.00	+00:30:28 (47.0%)	6:28	9.3 (53.1%)
414	ŁYSZCZAK Hubert	355		OPEN Mężczyźni	337	00:11:03	00:31:39	01:04:53.95	01:15:57.05	+00:30:34 (47.1%)	6:29	9.2 (52.6%)
415	ŁYSZCZAK Monika	473	YANOSIK ACTIVE TEAM	OPEN Kobiety	78	00:11:02	00:31:39	01:04:54.75	01:15:57.20	+00:30:34 (47.1%)	6:29	9.2 (52.6%)
416	SWĘDROWSKA Karolina	43		OPEN Kobiety	79	00:10:25	00:32:04	01:05:08.55	01:15:34.10	+00:30:48 (47.3%)	6:30	9.2 (52.6%)
417	MĘŻYKOWSKI Krzysztof	238		OPEN Mężczyźni	338	00:10:39	00:32:28	01:05:09.75	01:15:49.30	+00:30:49 (47.3%)	6:30	9.2 (52.6%)
418	MUSZYŃSKI Mikołaj	348		OPEN Mężczyźni	339	00:12:21	00:32:11	01:05:23.95	01:17:45.15	+00:31:04 (47.5%)	6:32	9.2 (52.6%)
419	RACZYŃSKA Angelika	499		OPEN Kobiety	80	00:11:11	00:32:13	01:05:32.80	01:16:44.70	+00:31:12 (47.6%)	6:33	9.2 (52.6%)
420	GRENCCEL Przemysław	127	ŚWIERCZEWORUN	OPEN Mężczyźni	340	00:10:34	00:32:21	01:05:36.20	01:16:10.20	+00:31:16 (47.7%)	6:33	9.1 (52.0%)
421	CZARNECKI Daniel	438		OPEN Mężczyźni	341	00:10:28	00:31:57	01:05:49.15	01:16:17.65	+00:31:29 (47.8%)	6:34	9.1 (52.0%)
422	KRYSA Zuzanna	182		OPEN Kobiety	81	00:10:47	00:31:08	01:05:51.20	01:16:38.45	+00:31:31 (47.9%)	6:35	9.1 (52.0%)
423	MOROS Natalia	242		OPEN Kobiety	82	00:10:33	00:32:07	01:05:57.35	01:16:30.50	+00:31:37 (47.9%)	6:35	9.1 (52.0%)
424	BAK Zuza	544		OPEN Kobiety	83	00:10:30	00:28:58	01:06:11.05	01:16:42.00	+00:31:51 (48.1%)	6:37	9.1 (52.0%)
425	VON OPPELN-BRONIKOWSKA Honorata	31		OPEN Kobiety	84	00:10:59	00:32:07	01:06:14.55	01:17:14.10	+00:31:54 (48.2%)	6:37	9.1 (52.0%)
426	KOŁECKA Katarzyna	88		OPEN Kobiety	85	00:10:29	00:32:00	01:06:15.30	01:16:44.30	+00:31:55 (48.2%)	6:37	9.1 (52.0%)
427	SŁAWCZYŃSKI Kazimierz	243	UNIA 100	OPEN Mężczyźni	342	00:10:25	00:32:54	01:06:20.70	01:16:45.95	+00:32:00 (48.3%)	6:38	9 (51.4%)
428	MARKIEWICZ - GLAPA Ludmiła	176		OPEN Kobiety	86	00:10:25	00:31:10	01:06:23.60	01:16:48.60	+00:32:03 (48.3%)	6:38	9 (51.4%)
429	JÓŻWIK Anna	327		OPEN Kobiety	87	00:10:20	00:31:36	01:06:30.85	01:16:51.75	+00:32:10 (48.4%)	6:39	9 (51.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Pętla 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
430	BANUCH Kasia	467		OPEN Kobiety	88	00:10:34	00:33:27	01:06:35.35	01:17:10.25	+00:32:15 (48.4%)	6:39	9 (51.4%)
431	WITKOWSKA Monika	542		OPEN Kobiety	89	00:10:50	00:31:30	01:06:41.90	01:17:32.55	+00:32:22 (48.5%)	6:40	9 (51.4%)
432	WAWRZYNIAK Jakub	494		OPEN Mężczyźni	343	00:10:37	00:31:57	01:06:52.40	01:17:29.45	+00:32:32 (48.7%)	6:41	9 (51.4%)
433	KRASZKIEWICZ Rafał	322	QUAY POZNAŃ	OPEN Mężczyźni	344	00:10:56	00:31:27	01:07:08.65	01:18:05.60	+00:32:48 (48.9%)	6:42	8.9 (50.9%)
434	WLEKLIK Przemysław	451	TATA NATALKI I PAULINKI	OPEN Mężczyźni	345	00:11:09	00:32:04	01:07:24.85	01:18:34.30	+00:33:04 (49.1%)	6:44	8.9 (50.9%)
435	HERCKA Kinga	56		OPEN Kobiety	90	00:10:45	00:32:08	01:07:29.70	01:18:15.65	+00:33:09 (49.1%)	6:44	8.9 (50.9%)
436	HERCKA Tomasz	57		OPEN Mężczyźni	346	00:10:45	00:32:09	01:07:30.90	01:18:15.95	+00:33:11 (49.1%)	6:45	8.9 (50.9%)
437	KIERZKOWSKI Paweł	538		OPEN Mężczyźni	347	00:11:33	00:33:13	01:07:37.85	01:19:10.85	+00:33:17 (49.2%)	6:45	8.9 (50.9%)
438	CYRAN Kasia	366		OPEN Kobiety	91	00:11:06	00:33:40	01:07:37.90	01:18:44.60	+00:33:18 (49.2%)	6:45	8.9 (50.9%)
439	STANEK Dominika	462		OPEN Kobiety	92	00:10:36	00:32:31	01:07:38.40	01:18:15.35	+00:33:18 (49.2%)	6:45	8.9 (50.9%)
440	PRZYBYTNIIEWSKA Agnieszka	363		OPEN Kobiety	93	00:11:06	00:33:41	01:07:39.50	01:18:45.65	+00:33:19 (49.3%)	6:45	8.9 (50.9%)
441	SEMPIOŁO Izabela	156		OPEN Kobiety	94	00:11:05	00:35:55	01:07:51.00	01:18:56.05	+00:33:31 (49.4%)	6:47	8.8 (50.3%)
442	GRZESIAK Marta	236		OPEN Kobiety	95	00:10:35	00:33:08	01:08:01.45	01:18:37.10	+00:33:41 (49.5%)	6:48	8.8 (50.3%)
443	PSZCZÓŁKOWSKA Angelika	415		OPEN Kobiety	96	00:11:12	00:32:45	01:08:06.85	01:19:18.90	+00:33:46 (49.6%)	6:48	8.8 (50.3%)
444	NOWAK Mariola	58		OPEN Kobiety	97	00:10:33	00:32:11	01:08:11.35	01:18:45.15	+00:33:51 (49.7%)	6:49	8.8 (50.3%)
445	KARASZEWSKA Maria	157		OPEN Kobiety	98	00:11:07	00:32:51	01:08:21.20	01:19:29.15	+00:34:01 (49.8%)	6:50	8.8 (50.3%)
446	DRABIK Marcin	144	POCZTA POLSKA	OPEN Mężczyźni	348	00:11:05	00:32:25	01:08:30.25	01:19:35.90	+00:34:10 (49.9%)	6:51	8.8 (50.3%)
447	DURA Nikodem	387	DEDE	OPEN Mężczyźni	349	00:10:31	00:28:24	01:08:57.35	01:19:29.30	+00:34:37 (50.2%)	6:53	8.7 (49.7%)
448	GAWORSKI Filip	388	EUROCASH RUNNING TEAM	OPEN Mężczyźni	350	00:10:54	00:32:50	01:09:05.10	01:19:59.10	+00:34:45 (50.3%)	6:54	8.7 (49.7%)
449	FOLTYNOWICZ Mariusz	227	FC ROSNOWO	OPEN Mężczyźni	351	00:10:51	00:33:21	01:09:32.20	01:20:23.95	+00:35:12 (50.6%)	6:57	8.6 (49.1%)
450	ADAMCZYK Timur	548		OPEN Mężczyźni	352	00:11:13	00:35:29	01:09:41.80	01:20:54.95	+00:35:21 (50.7%)	6:58	8.6 (49.1%)
451	ADAMCZYK Tomasz	547		OPEN Mężczyźni	353	00:11:12	00:35:30	01:09:42.85	01:20:55.70	+00:35:22 (50.8%)	6:58	8.6 (49.1%)
452	MAJCHRZAK Szymon	351		OPEN Mężczyźni	354	00:10:47	00:33:46	01:10:29.95	01:21:17.50	+00:36:10 (51.3%)	7:02	8.5 (48.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Pętla 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
453	KOPANIARZ Damian	140		OPEN Mężczyźni	355	00:15:02	00:33:48	01:10:53.80	01:25:56.50	+00:36:33 (51.6%)	7:05	8.5 (48.6%)
454	GANIA Jakub	155		OPEN Mężczyźni	356	00:10:35	00:36:48	01:11:01.20	01:21:36.85	+00:36:41 (51.7%)	7:06	8.4 (48.0%)
455	UTRAJCZAK Daniel	76		OPEN Mężczyźni	357	00:10:42	00:35:25	01:11:39.85	01:22:21.85	+00:37:19 (52.1%)	7:09	8.4 (48.0%)
456	MŁYŃCZAK Jarosław	481	MŁYNARZE	OPEN Mężczyźni	358	00:10:46	00:36:35	01:14:10.80	01:24:56.85	+00:39:50 (53.7%)	7:25	8.1 (46.3%)
457	MOSIŃSKA Adrianna	382		OPEN Kobiety	99	00:10:34	00:35:42	01:14:16.40	01:24:51.35	+00:39:56 (53.8%)	7:25	8.1 (46.3%)
458	MAĆZKOWSKI Krzysztof	70		OPEN Mężczyźni	359	00:11:07	00:36:43	01:15:32.40	01:26:39.55	+00:41:12 (54.6%)	7:33	7.9 (45.1%)
459	WOJCIECHOWSKA Marta	106		OPEN Kobiety	100	00:10:57	00:36:55	01:16:18.20	01:27:15.75	+00:41:58 (55.0%)	7:37	7.9 (45.1%)
460	JUŚKOWIAK Mariusz	101		OPEN Mężczyźni	360	00:10:31	00:26:28			+00:09:44	5:17	11.3 (64.6%)
461	KASPRZAK Ewa	9		OPEN Kobiety	101	00:10:34	00:26:41			+00:09:57	5:20	11.2 (64.0%)
462	PRZYBYLSKI Karol	109		OPEN Mężczyźni	361	00:10:29	00:27:00			+00:10:16	5:24	11.1 (63.4%)
463	FURMANIAK Łukasz	498	BIEGNĘ BO CHCE	OPEN Mężczyźni	362	00:10:32	00:27:10			+00:10:26	5:26	11 (62.9%)
464	ĆMIL Gabriela	217		OPEN Kobiety	102	00:10:36	00:27:33			+00:10:49	5:30	10.9 (62.3%)
465	SEKUTERSKI Grzegorz	86		OPEN Mężczyźni	363	00:10:47	00:27:43			+00:10:59	5:32	10.8 (61.7%)
466	BRODZISZEWSKI Wiesław	100	BRODEX TEAM SWARZĘDZ	OPEN Mężczyźni	364	00:10:49	00:28:17			+00:11:33	5:39	10.6 (60.6%)
467	SIEDLIK Tomasz	450	SIEDLICZKI	OPEN Mężczyźni	365	00:14:50	00:29:40			+00:12:56	5:56	10.1 (57.7%)
468	KLUPŚ Ewa	479		OPEN Kobiety	103	00:14:51	00:30:30			+00:13:46	6:06	9.8 (56.0%)
469	TARCZYŃSKI Kajetan	329	RAZ SZCZECIN	OPEN Mężczyźni	366	00:11:46	00:48:40			+00:31:56	9:44	6.2 (35.4%)
470	CEGIELSKA Agata	437		OPEN Kobiety	104	00:10:29	00:51:19			+00:34:35	10:15	5.8 (33.1%)
471	KACZMAREK Łukasz	411	EJBRY LUBOŃ	OPEN Mężczyźni	367	00:10:25						(0.0%)
472	MATUSZEWSKA Katarzyna	540		OPEN Kobiety	105	00:10:33						(0.0%)
473	STEFANIAK Bartłomiej	102		OPEN Mężczyźni	368	00:56:03						(0.0%)
474	CHEPURNYI Artem	470		OPEN Mężczyźni	369	01:01:21						(0.0%)
475	BŁOCH Albert	272		OPEN Mężczyźni	370	01:03:07						(0.0%)

Znaleziono 475 wynik(ów)