



REEBOK POWERUN BY RUNMAGEDDON

B4SPORT
INTELEGENTNE ZAWODY SPORTOWE

Organizator: Extreme Events, Runmageddon
Data: 2018-04-14
Miejsce: Warszawa
Dystans: 10 km

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INTELEGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	SYPNIEWSKI Marcin	1292		Open Mężczyzn	1	09:15	00:00:03	00:12:59	00:28:08	-00:14:00	00:30:03.60	00:30:07.25		4:24	13.6 (100%)
2	JABŁOŃSKI Artur	444	REEBOK RUN CREW	Open Mężczyzn	2	09:45	00:00:04	00:12:16	00:25:59	-00:10:00	00:30:24.15	00:30:29.05	+00:00:20 (1.1%)	4:02	14.8 (108.8%)
3	HRADECKÝ Petr	226	REEBOK RUN CREW CZ	Open Mężczyzn	3	09:30	00:00:04	00:13:55	00:29:20	-00:13:00	00:32:00.60	00:32:05.00	+00:01:57 (6.1%)	4:30	13.3 (97.8%)
4	KASZA Rafał	675		Open Mężczyzn	4	10:30	00:00:03	00:14:18	00:29:46	-00:14:00	00:32:20.25	00:32:23.65	+00:02:16 (7.0%)	4:38	12.9 (94.9%)
5	BURIAN Miroslav	225	REEBOK RUN CREW CZ	Open Mężczyzn	5	09:30	00:00:04	00:13:30	00:28:53	-00:12:00	00:32:22.50	00:32:27.15	+00:02:18 (7.2%)	4:26	13.5 (99.3%)
6	ŁYŻWIŃSKI Tomasz	268		Open Mężczyzn	6	09:30	00:00:04	00:13:40	00:28:46	-00:11:00	00:33:35.70	00:33:40.50	+00:03:32 (10.5%)	4:27	13.5 (99.3%)
7	OSTAPCZUK Karol	233	RUNNERSCLUB.PL WARSZAWA	Open Mężczyzn	7	09:30	00:00:10	00:13:30	00:29:11	-00:11:00	00:34:06.65	00:34:17.00	+00:04:03 (11.9%)	4:30	13.3 (97.8%)
8	PUPKOWSKI Kamil	10	ALGRAF RACE TEAM	Open Mężczyzn	8	09:00	00:00:02	00:14:22	00:31:03	-00:14:00	00:34:45.70	00:34:48.55	+00:04:42 (13.5%)	4:52	12.3 (90.4%)
9	ŻAK Mariusz	1255		Open Mężczyzn	9	12:45	00:00:03	00:14:03	00:30:07	-00:13:00	00:34:58.60	00:35:02.25	+00:04:55 (14.1%)	4:47	12.5 (91.9%)
10	DĄBEK Adam	1297		Open Mężczyzn	10	10:45	00:00:04	00:14:47	00:31:39	-00:14:00	00:35:20.65	00:35:25.40	+00:05:17 (15.0%)	4:56	12.2 (89.7%)
11	BĘTKOWSKI Piotr	407	ADIDAS RUNNERS WARSAW	Open Mężczyzn	11	10:00	00:00:02	00:11:35	00:24:52		00:35:29.70	00:35:32.65	+00:05:26 (15.3%)	3:33	16.9 (124.3%)
12	SZADKOWSKI Witold	85		Open Mężczyzn	12	09:00	00:00:02	00:14:20	00:30:10	-00:07:00	00:35:33.60	00:35:36.40	+00:05:30 (15.5%)	4:15	14.1 (103.7%)
13	BORYSEWICZ Wiktor	829	LOFT TEAM EXTREME	Open Mężczyzn	13	11:00	00:00:02	00:15:08	00:32:07	-00:14:00	00:35:42.20	00:35:45.05	+00:05:38 (15.8%)	4:58	12.1 (89.0%)
14	BEDNÁŘ Richard	224	REEBOK RUN CREW CZ	Open Mężczyzn	14	09:30	00:00:04	00:14:08	00:30:20	-00:12:00	00:35:57.50	00:36:01.85	+00:05:53 (16.4%)	4:47	12.5 (91.9%)
15	KR?L Dariusz	474		Open Mężczyzn	15	10:00	00:00:03	00:14:44	00:31:18	-00:13:00	00:36:22.75	00:36:26.45	+00:06:19 (17.4%)	4:56	12.1 (89.0%)
16	BIENIECKI Jaro	1451		Open Mężczyzn	16	11:45	00:00:03	00:15:21	00:32:04	-00:14:00	00:36:46.95	00:36:50.10	+00:06:43 (18.3%)	5:04	11.8 (86.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							Czas startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata	10km	10km			
17	SIERZAN Kamil	1171	CROSSFIT URSYNÓW	Open Mężczyzn	17	12:15	00:00:04	00:15:39	00:33:07	-00:14:00	00:37:16.35	00:37:20.60	+00:07:12 (19.4%)	5:07	11.7 (86.0%)
18	WILK Sylwester	1321		Open Mężczyzn	18	11:15	00:00:02	00:15:51	00:33:51	-00:14:00	00:37:20.55	00:37:23.30	+00:07:16 (19.5%)	5:08	11.7 (86.0%)
19	PODGORSKI Marek	1467		Open Mężczyzn	19	09:00	00:00:02	00:15:11	00:32:53	-00:14:00	00:37:43.30	00:37:46.05	+00:07:39 (20.3%)	5:10	11.6 (85.3%)
20	ŁAPIŃSKA Anna	1326		Open Kobiet	1	09:00	00:00:03	00:12:32	00:26:31		00:37:48.15	00:37:51.15	+00:07:44 (20.5%)	3:46	15.9 (116.9%)
21	RYBARCZYK Paweł	11	ALGRAF RACE TEAM	Open Mężczyzn	20	09:00	00:00:03	00:15:12	00:31:57	-00:12:00	00:38:25.10	00:38:28.25	+00:08:21 (21.8%)	5:02	11.9 (87.5%)
22	ZIELIŃSKI Maciej	237	XRUNNERS	Open Mężczyzn	21	09:30	00:00:04	00:15:11	00:33:18	-00:13:00	00:38:26.55	00:38:30.60	+00:08:22 (21.8%)	5:08	11.7 (86.0%)
23	MOGIŁA Bartosz	1454	LES MILLS	Open Mężczyzn	22	11:45	00:00:06	00:15:31	00:32:44	-00:09:00	00:38:27.60	00:38:34.55	+00:08:24 (21.8%)	4:44	12.6 (92.6%)
24	ZOŃ Arkadiusz	960	SUWAL ATHLETICA	Open Mężczyzn	23	11:15	00:00:02	00:15:52	00:33:51	-00:14:00	00:38:29.70	00:38:32.55	+00:08:26 (21.9%)	5:15	11.4 (83.8%)
25	STANCLIK Krzysztof	1072	CROSSFIT POŁUDNIE	Open Mężczyzn	24	12:00	00:00:03	00:15:27	00:32:46	-00:13:00	00:38:32.50	00:38:36.45	+00:08:28 (22.0%)	5:09	11.6 (85.3%)
26	HEŁMECKI Mateusz	46		Open Mężczyzn	25	09:00	00:00:03	00:15:32	00:32:45	-00:12:00	00:38:44.05	00:38:47.40	+00:08:40 (22.4%)	5:04	11.8 (86.8%)
27	SZYSZKO Cezary	1284	POWER TRAINING	Open Mężczyzn	26	10:30	00:00:05	00:14:52	00:32:41	-00:13:00	00:38:49.85	00:38:55.45	+00:08:46 (22.6%)	5:11	11.6 (85.3%)
28	ZWĘGLIŃSKI Michał	735	CROSSFIT GCW	Open Mężczyzn	27	10:45	00:00:05	00:16:16	00:34:12	-00:14:00	00:38:57.25	00:39:02.65	+00:08:53 (22.8%)	5:17	11.3 (83.1%)
29	SŁADEK Patryk	9	AGATA PIETROSZEK TEAM	Open Mężczyzn	28	09:00	00:00:02	00:15:30	00:33:15	-00:13:00	00:39:03.00	00:39:05.95	+00:08:59 (23.0%)	5:12	11.5 (84.6%)
30	UGRYN Maciej	608		Open Mężczyzn	29	10:15	00:00:04	00:16:37	00:33:16	-00:11:00	00:39:05.15	00:39:09.90	+00:09:01 (23.1%)	5:00	12 (88.2%)
31	WIETRZYŃSKI Maciej	749	HUSARIA RACE TEAM	Open Mężczyzn	30	10:45	00:00:03	00:15:08	00:33:27	-00:14:00	00:39:07.85	00:39:11.15	+00:09:04 (23.2%)	5:18	11.3 (83.1%)
32	KOSMA Michał	571		Open Mężczyzn	31	10:15	00:00:05	00:15:40	00:33:42	-00:13:00	00:39:09.60	00:39:14.85	+00:09:06 (23.2%)	5:12	11.5 (84.6%)
33	KUJAN René	1182	REEBOK CZECHIA	Open Mężczyzn	32	12:15	00:00:06	00:16:03	00:33:37	-00:13:00	00:39:12.45	00:39:19.05	+00:09:08 (23.3%)	5:13	11.5 (84.6%)
34	KONDRACIUK Piotr	16	CROSSFIT BIAŁYSTOK	Open Mężczyzn	33	09:00	00:00:03	00:15:50	00:33:54	-00:12:00	00:39:25.60	00:39:28.85	+00:09:22 (23.8%)	5:08	11.7 (86.0%)
35	WRÓBLEWSKI Michał	1310	GRA RUNNERS	Open Mężczyzn	34	12:30	00:00:05	00:16:02	00:33:32	-00:12:00	00:39:31.90	00:39:37.35	+00:09:28 (24.0%)	5:09	11.6 (85.3%)
36	WÓJCIK Karol	910		Open Mężczyzn	35	11:00	00:00:03	00:16:03	00:34:37	-00:14:00	00:39:32.80	00:39:36.65	+00:09:29 (24.0%)	5:21	11.2 (82.4%)
37	ŻEBROWSKI Michał	403		Open Mężczyzn	36	09:45	00:00:08	00:16:06	00:34:03	-00:14:00	00:39:40.25	00:39:48.50	+00:09:36 (24.2%)	5:22	11.2 (82.4%)
38	ŚWIĄTEK Łukasz	1175	CROSSFIT URSYNÓW	Open Mężczyzn	37	12:15	00:00:06	00:16:38	00:34:28	-00:13:00	00:39:55.70	00:40:02.55	+00:09:52 (24.7%)	5:17	11.3 (83.1%)
39	JUSIŃSKI Krystian	51		Open Mężczyzn	38	09:00	00:00:03	00:12:54	00:28:11		00:40:03.05	00:40:06.50	+00:09:59 (24.9%)	4:00	15 (110.3%)
40	VCELIS Michal	1196		Open Mężczyzn	39	12:15	00:00:06	00:15:56	00:33:38	-00:11:00	00:40:04.25	00:40:11.10	+00:10:00 (25.0%)	5:06	11.7 (86.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
											netto 10km	brutto 10km			
41	ŻELAZKOWSKI Kacper	98		Open Mężczyzn	40	09:00	00:00:02	00:15:38	00:33:55	-00:14:00	00:40:06.20	00:40:08.75	+00:10:02 (25.0%)	5:24	11.1 (81.6%)
42	KUKLA Janusz	1183	ROSSMANN	Open Mężczyzn	41	12:15	00:00:05	00:15:18	00:32:49	-00:12:00	00:40:07.40	00:40:12.60	+00:10:03 (25.1%)	5:12	11.5 (84.6%)
43	JAGIELSKA Ewa	1044	REEBOK RUN CREW	Open Kobiet	2	12:45	00:00:04	00:13:24	00:28:30		00:40:11.20	00:40:15.25	+00:10:07 (25.2%)	4:01	14.9 (109.6%)
44	REMISZEWSKI Paweł	1094	REEBOK RUN CREW ŁOMŻA	Open Mężczyzn	42	11:45	00:00:05	00:16:21	00:34:01	-00:12:00	00:40:13.00	00:40:18.35	+00:10:09 (25.3%)	5:13	11.5 (84.6%)
45	BIELEC Karol	957	ROZBIEGAMY NOWY DWÓR	Open Mężczyzn	43	11:45	00:00:03	00:14:06	00:31:09	-00:08:00	00:40:13.30	00:40:17.00	+00:10:09 (25.3%)	4:49	12.4 (91.2%)
46	CHOŁUJ Łukasz	151		Open Mężczyzn	44	09:15	00:00:04	00:16:06	00:34:06	-00:14:00	00:40:15.40	00:40:20.35	+00:10:11 (25.3%)	5:25	11.1 (81.6%)
47	TEJWAN Leszek	605		Open Mężczyzn	45	10:15	00:00:04	00:15:50	00:34:34	-00:14:00	00:40:28.05	00:40:32.15	+00:10:24 (25.7%)	5:26	11 (80.9%)
48	MAJCHROWICZ Damian	685		Open Mężczyzn	46	10:30	00:00:04	00:15:58	00:33:58	-00:14:00	00:40:37.55	00:40:41.70	+00:10:33 (26.0%)	5:27	11 (80.9%)
49	KODYM Mateusz	364		Open Mężczyzn	47	09:45	00:00:08	00:16:06	00:34:03	-00:13:00	00:40:40.70	00:40:48.95	+00:10:37 (26.1%)	5:22	11.2 (82.4%)
50	GRZYWNA Grzegorz	138	WKB META LUBLINIEC	Open Mężczyzn	48	09:00	00:00:02	00:12:40	00:28:16		00:40:43.25	00:40:45.95	+00:10:39 (26.2%)	4:04	14.7 (108.1%)
51	PYZ Marek	1089	OFF-ROAD RUNNERS BENEFIT SYSTEMS	Open Mężczyzn	49	12:00	00:00:04	00:16:28	00:34:14	-00:12:00	00:40:48.65	00:40:52.75	+00:10:45 (26.3%)	5:16	11.4 (83.8%)
52	SPURNÝ Jiří	229	REEBOK RUN CREW CZ	Open Mężczyzn	50	09:30	00:00:00	00:16:35	00:35:04	-00:08:00	00:40:53.00	00:40:53.00	+00:10:49 (26.5%)	4:53	12.3 (90.4%)
53	LOREK Jarosław	267		Open Mężczyzn	51	09:30	00:00:08	00:16:57	00:35:06	-00:14:00	00:40:53.40	00:41:01.80	+00:10:49 (26.5%)	5:29	10.9 (80.1%)
54	GORSZKO Tomasz	519	DZIKIE DZIKI MIGU	Open Mężczyzn	52	10:15	00:00:07	00:16:58	00:35:15	-00:13:00	00:40:56.75	00:41:04.35	+00:10:53 (26.6%)	5:23	11.1 (81.6%)
55	SŁODKI Grzegorz	131	SRTG NIEPOŁOMICE	Open Mężczyzn	53	09:00	00:00:03	00:16:39	00:35:17	-00:13:00	00:41:09.55	00:41:12.85	+00:11:05 (27.0%)	5:24	11.1 (81.6%)
56	SELIANIN Dmytro	1288		Open Mężczyzn	54	12:45	00:00:03	00:15:43	00:34:06	-00:13:00	00:41:25.05	00:41:28.50	+00:11:21 (27.4%)	5:26	11 (80.9%)
57	RATALEWSKI Paweł	1268	CROSSFIT MGW	Open Mężczyzn	55	11:45	00:00:04	00:16:25	00:34:03	-00:13:00	00:41:35.75	00:41:40.40	+00:11:32 (27.7%)	5:27	11 (80.9%)
58	BYŚKIEWICZ Mariusz	1539		Open Mężczyzn	56	12:45	00:00:05	00:13:35	00:30:20	-00:06:00	00:41:37.85	00:41:43.20	+00:11:34 (27.8%)	4:45	12.6 (92.6%)
59	DELEWSKA Dalia	1009	REEBOK RUN CREW	Open Kobiet	3	11:30	00:00:05	00:13:39	00:29:22		00:41:41.90	00:41:47.35	+00:11:38 (27.9%)	4:10	14.4 (105.9%)
60	KAMECKI Krystian	945	ROSSMANN	Open Mężczyzn	57	11:15	00:00:05	00:16:45	00:35:21	-00:14:00	00:41:45.10	00:41:50.80	+00:11:41 (28.0%)	5:34	10.8 (79.4%)
61	GOLIŃSKI Dominik	23	FORMA CROSS TEAM	Open Mężczyzn	58	11:30	00:00:05	00:15:56	00:34:19	-00:13:00	00:41:57.10	00:42:02.95	+00:11:53 (28.3%)	5:29	10.9 (80.1%)
62	RADKA Włodzimierz	282		Open Mężczyzn	59	09:30	00:00:05	00:17:12	00:35:27	-00:13:00	00:41:59.00	00:42:04.80	+00:11:55 (28.4%)	5:29	10.9 (80.1%)
63	TRYBUSZKIEWICZ Wojciech	1034		Open Mężczyzn	60	10:30	00:00:00	00:15:58	00:33:22	-00:09:00	00:42:04.15	00:42:04.15	+00:12:00 (28.5%)	5:06	11.7 (86.0%)
64	SATER Maksymilian	1200	FAJERFAJTERS I	Open Mężczyzn	61	12:30	00:00:07	00:17:20	00:35:28	-00:13:00	00:42:16.45	00:42:24.10	+00:12:12 (28.9%)	5:31	10.9 (80.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas				Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata					
65	FALINSKI Grzegorz	327	RSSW	Open Mężczyzn	62	09:45	00:00:04	00:16:16	00:34:44	-00:12:00	00:42:18.35	00:42:23.30	+00:12:14 (28.9%)	5:25	11 (80.9%)
66	KOSECKI Konrad	1117		Open Mężczyzn	63	12:00	00:00:00	00:16:48	00:35:06	-00:13:00	00:42:18.90	00:42:18.90	+00:12:15 (29.0%)	5:31	10.8 (79.4%)
67	ZDEBEL Dariusz	509		Open Mężczyzn	64	10:00	00:00:03	00:15:29	00:33:08	-00:08:00	00:42:21.90	00:42:25.45	+00:12:18 (29.0%)	5:02	11.9 (87.5%)
68	STRYJEK Janusz	185		Open Mężczyzn	65	09:15	00:00:06	00:16:50	00:35:38	-00:13:00	00:42:25.00	00:42:31.30	+00:12:21 (29.1%)	5:32	10.8 (79.4%)
69	ZAJKO Michał	1227	CROSSFIT Z16	Open Mężczyzn	66	12:45	00:00:03	00:17:01	00:36:35	-00:14:00	00:42:29.40	00:42:33.35	+00:12:25 (29.3%)	5:39	10.6 (77.9%)
70	TOBER Milan	799		Open Mężczyzn	67	10:45	00:00:03	00:16:27	00:34:29	-00:11:00	00:42:32.05	00:42:35.70	+00:12:28 (29.3%)	5:21	11.2 (82.4%)
71	KOWALSKI Grzegorz	165		Open Mężczyzn	68	09:15	00:00:05	00:16:07	00:33:44	-00:09:00	00:42:36.20	00:42:41.90	+00:12:32 (29.4%)	5:09	11.6 (85.3%)
72	ZAWIASA Adam	1424	TEAM BIEGAJ POD OKIEM TRENERA	Open Mężczyzn	69	11:30	00:00:08	00:19:02	00:37:05	-00:13:00	00:42:38.00	00:42:46.70	+00:12:34 (29.5%)	5:33	10.8 (79.4%)
73	MICHALSKI Mariusz	1129		Open Mężczyzn	70	12:00	00:00:04	00:17:57	00:35:49	-00:13:00	00:42:42.10	00:42:46.75	+00:12:38 (29.6%)	5:34	10.8 (79.4%)
74	IWAŃSKI Mikołaj	1384		Open Mężczyzn	71	12:15	00:00:05	00:17:18	00:35:44	-00:14:00	00:42:45.90	00:42:51.55	+00:12:42 (29.7%)	5:40	10.6 (77.9%)
75	WISKOWSKI Kacper	610		Open Mężczyzn	72	10:15	00:00:04	00:16:12	00:34:24	-00:13:00	00:42:48.70	00:42:53.35	+00:12:45 (29.8%)	5:34	10.7 (78.7%)
76	FYDA Darek	980		Open Mężczyzn	73	11:15	00:00:02	00:16:43	00:35:58	-00:13:00	00:42:52.05	00:42:54.90	+00:12:48 (29.9%)	5:35	10.7 (78.7%)
77	MAJCHER Cyprian	1555	CROSSFIT URSYNÓW	Open Mężczyzn	74	12:15	00:00:09	00:17:13	00:35:29	-00:13:00	00:43:12.95	00:43:22.05	+00:13:09 (30.4%)	5:37	10.7 (78.7%)
78	LISIECKI Arkadiusz	12	AROOO	Open Mężczyzn	75	09:00	00:00:04	00:17:01	00:37:10	-00:09:00	00:43:15.60	00:43:20.35	+00:13:12 (30.5%)	5:13	11.5 (84.6%)
79	KAMIŃSKI Emil	232	RUNNERSCLUB.PL WARSZAWA	Open Mężczyzn	76	09:30	00:00:10	00:19:43	00:36:36	-00:10:00	00:43:18.25	00:43:28.75	+00:13:14 (30.6%)	5:19	11.3 (83.1%)
80	SKRZYNIARZ Rafał	1250		Open Mężczyzn	77	12:45	00:00:51	00:17:26	00:36:33	-00:14:00	00:43:20.25	00:44:11.50	+00:13:16 (30.6%)	5:44	10.5 (77.2%)
81	LEITNER Eric	227	REEBOK RUN CREW CZ	Open Mężczyzn	78	09:30	00:00:04	00:16:57	00:37:04	-00:14:00	00:43:25.90	00:43:30.35	+00:13:22 (30.8%)	5:44	10.4 (76.5%)
82	ŁYP Paweł	711	CROSSFIT ELEKTROMOC	Open Mężczyzn	79	10:45	00:00:05	00:17:16	00:37:04	-00:14:00	00:43:38.85	00:43:44.25	+00:13:35 (31.1%)	5:45	10.4 (76.5%)
83	BOROŃ Zbigniew	865		Open Mężczyzn	80	11:00	00:00:03	00:16:54	00:36:55	-00:14:00	00:43:41.55	00:43:44.75	+00:13:37 (31.2%)	5:46	10.4 (76.5%)
84	ADAMCZYK Tomek	774		Open Mężczyzn	81	10:45	00:00:05	00:15:52	00:33:43	-00:09:00	00:43:43.65	00:43:49.35	+00:13:40 (31.3%)	5:16	11.4 (83.8%)
85	ZWOLIŃSKI Michał	340	TEAM DORIS KRAKÓW	Open Mężczyzn	82	09:45	00:00:03	00:16:15	00:35:45	-00:14:00	00:43:51.05	00:43:54.65	+00:13:47 (31.4%)	5:47	10.4 (76.5%)
86	MRÓZEK Rafał	1105	TOP GUN	Open Mężczyzn	83	12:00	00:00:06	00:14:58	00:31:55	-00:01:00	00:43:52.15	00:43:58.60	+00:13:48 (31.5%)	4:29	13.4 (98.5%)
87	ANDRYCHOWSKI Kamil	1045	REEBOK RUN CREW ŁOMŻA	Open Mężczyzn	84	11:45	00:00:05	00:16:50	00:36:27	-00:13:00	00:43:54.45	00:43:59.55	+00:13:50 (31.5%)	5:41	10.5 (77.2%)
88	SKRZOS Tomasz	132	SRTG WARSZAWA	Open Mężczyzn	85	09:15	00:00:04	00:17:04	00:36:24	-00:14:00	00:44:05.95	00:44:10.05	+00:14:02 (31.8%)	5:48	10.3 (75.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							Czas startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata	10km	10km			
89	TOMASZEWSKI Krystian	1291	HUSARIA RACE TEAM	Open Mężczyzn	86	09:15	00:00:03	00:17:08	00:37:11	-00:13:00	00:44:09.20	00:44:12.65	+00:14:05 (31.9%)	5:42	10.5 (77.2%)
90	KNAKOWSKI Błażej	1313		Open Mężczyzn	87	11:15	00:01:57	00:16:43	00:36:21	-00:12:00	00:44:15.90	00:46:13.85	+00:14:12 (32.1%)	5:37	10.7 (78.7%)
91	WŁOSTEK Jakub	92		Open Mężczyzn	88	09:00	00:00:05	00:17:27	00:37:09	-00:08:00	00:44:15.95	00:44:21.25	+00:14:12 (32.1%)	5:13	11.5 (84.6%)
92	BRUSIŁO Bartosz	1351	MAMY RUSZAMY	Open Mężczyzn	89	11:30	00:00:04	00:15:51	00:34:25	-00:12:00	00:44:17.90	00:44:22.50	+00:14:14 (32.1%)	5:37	10.7 (78.7%)
93	DUDA Aneta	130	SKURCZE ŁYDEK	Open Kobiet	4	09:15	00:00:04	00:15:47	00:33:48	-00:08:00	00:44:22.25	00:44:26.75	+00:14:18 (32.3%)	5:14	11.5 (84.6%)
94	SALCZAK-BEREDA Grzegorz	694		Open Mężczyzn	90	10:30	00:00:05	00:17:48	00:37:12	-00:14:00	00:44:22.70	00:44:27.90	+00:14:19 (32.3%)	5:50	10.3 (75.7%)
94	SZWIEC Piotr	1522	AXN POLSKA	Open Mężczyzn	91	12:15	00:00:07	00:17:51	00:37:31	-00:14:00	00:44:22.70	00:44:30.00	+00:14:19 (32.3%)	5:50	10.3 (75.7%)
96	PTASIŃSKI Aleksander	1331	CROSSFIT GCW	Open Mężczyzn	92	11:15	00:00:04	00:16:35	00:35:53	-00:11:00	00:44:24.10	00:44:28.35	+00:14:20 (32.3%)	5:32	10.8 (79.4%)
97	PIEGAT Mariusz	426	CROSSFIT NOLIMIT	Open Mężczyzn	93	10:00	00:00:04	00:17:32	00:36:57	-00:13:00	00:44:30.35	00:44:34.95	+00:14:26 (32.5%)	5:45	10.4 (76.5%)
98	PRUCHNIAK Wojciech	218	M-STAL PUŁAWY	Open Mężczyzn	94	09:30	00:00:06	00:17:33	00:37:04	-00:13:00	00:44:32.85	00:44:38.90	+00:14:29 (32.5%)	5:45	10.4 (76.5%)
99	MAZEK Emilia	1276		Open Kobiet	5	11:30	00:00:07	00:18:33	00:37:24	-00:11:00	00:44:33.00	00:44:40.60	+00:14:29 (32.5%)	5:33	10.8 (79.4%)
100	WOSIK Wojciech	1037		Open Mężczyzn	95	11:30	00:00:07	00:16:27	00:36:29	-00:08:00	00:44:33.90	00:44:41.05	+00:14:30 (32.5%)	5:15	11.4 (83.8%)
101	LECH Dawid	1189		Open Mężczyzn	96	12:15	00:00:03	00:16:51	00:37:22	-00:14:00	00:44:36.10	00:44:39.65	+00:14:32 (32.6%)	5:51	10.2 (75.0%)
102	OBERSKI Jakub	975	WATAHA GRUPA TRENINGOWA	Open Mężczyzn	97	11:15	00:00:09	00:17:34	00:36:43	-00:09:00	00:44:37.30	00:44:47.05	+00:14:33 (32.6%)	5:21	11.2 (82.4%)
103	TETKOWSKI Michał	438	HUSARIA RACE TEAM	Open Mężczyzn	98	10:00	00:00:03	00:17:19	00:37:14	-00:14:00	00:44:38.55	00:44:42.30	+00:14:34 (32.7%)	5:51	10.2 (75.0%)
104	PANUFNIK Kamil	1429		Open Mężczyzn	99	12:15	00:00:07	00:17:51	00:37:09	-00:13:00	00:44:41.40	00:44:48.40	+00:14:37 (32.7%)	5:46	10.4 (76.5%)
105	TAPEREK Mariusz	437	HUSARIA RACE TEAM	Open Mężczyzn	100	10:00	00:00:03	00:17:27	00:37:06	-00:14:00	00:44:43.05	00:44:46.55	+00:14:39 (32.8%)	5:52	10.2 (75.0%)
106	SZAŁAMACHA Mateusz	903		Open Mężczyzn	101	11:00	00:00:05	00:19:46	00:37:32	-00:10:00	00:44:44.75	00:44:50.30	+00:14:41 (32.8%)	5:28	11 (80.9%)
107	PIETROSZEK Agata	1283		Open Kobiet	6	09:00	00:00:03	00:17:47	00:37:43	-00:14:00	00:44:45.10	00:44:48.25	+00:14:41 (32.8%)	5:52	10.2 (75.0%)
108	BARANOWSKI Tomasz	145		Open Mężczyzn	102	10:00	00:00:07	00:16:56	00:36:21	-00:12:00	00:44:45.30	00:44:53.05	+00:14:41 (32.8%)	5:40	10.6 (77.9%)
109	BARAN Grzegorz	26		Open Mężczyzn	103	09:00	00:00:06	00:18:06	00:38:13	-00:13:00	00:44:48.40	00:44:55.25	+00:14:44 (32.9%)	5:46	10.4 (76.5%)
110	CZERESZKO Maurycy	867		Open Mężczyzn	104	11:00	00:00:03	00:15:56	00:36:23	-00:13:00	00:44:49.35	00:44:52.70	+00:14:45 (32.9%)	5:46	10.4 (76.5%)
111	ALOT Paweł	558		Open Mężczyzn	105	10:15	00:00:04	00:14:26	00:31:10	-00:04:00	00:44:50.85	00:44:55.30	+00:14:47 (33.0%)	4:53	12.3 (90.4%)
112	ŚWIĘTEK Paweł	1354	POWER TRAINING	Open Mężczyzn	106	09:00	00:00:03	00:17:34	00:37:44	-00:14:00	00:44:59.30	00:45:02.35	+00:14:55 (33.2%)	5:53	10.2 (75.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas			Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
							startu	Skrajna_1 5.4km	Skrajna_2 7.5km		netto 10km	brutto 10km			
113	JAROSIŃSKI Kuba	49		Open Mężczyzn	107	09:00	00:00:05	00:18:04	00:38:17	-00:14:00	00:45:00.60	00:45:05.85	+00:14:57 (33.2%)	5:54	10.2 (75.0%)
114	BIELECKI Artur	563		Open Mężczyzn	108	10:15	00:00:05	00:17:35	00:38:08	-00:14:00	00:45:06.40	00:45:11.55	+00:15:02 (33.4%)	5:54	10.2 (75.0%)
115	ZIENKIEWICZ Karol	195		Open Mężczyzn	109	09:15	00:00:04	00:16:49	00:36:31	-00:13:00	00:45:07.95	00:45:12.15	+00:15:04 (33.4%)	5:48	10.3 (75.7%)
116	DERDA Wojtek	741	DERDY	Open Mężczyzn	110	11:45	00:00:04	00:17:58	00:37:40	-00:14:00	00:45:10.25	00:45:15.10	+00:15:06 (33.5%)	5:55	10.1 (74.3%)
117	PRZADKA Filip	1533	WARSAW CREW	Open Mężczyzn	111	12:30	00:00:05	00:17:59	00:37:34	-00:13:00	00:45:21.05	00:45:26.70	+00:15:17 (33.7%)	5:50	10.3 (75.7%)
118	ZAWADZKI Marcin	1156		Open Mężczyzn	112	12:00	00:00:06	00:17:42	00:37:06	-00:11:00	00:45:24.45	00:45:30.70	+00:15:20 (33.8%)	5:38	10.6 (77.9%)
119	ZYMLER Łukasz	196		Open Mężczyzn	113	09:15	00:00:06	00:18:20	00:37:01	-00:13:00	00:45:25.50	00:45:32.40	+00:15:21 (33.8%)	5:50	10.3 (75.7%)
120	GARLICKI Marek	352		Open Mężczyzn	114	09:45	00:00:07	00:18:19	00:38:33	-00:13:00	00:45:25.90	00:45:33.20	+00:15:22 (33.8%)	5:50	10.3 (75.7%)
121	NEĆKA Urszula	941	REEBOK RUN CREW	Open Kobiet	7	11:15	00:00:06	00:17:37	00:36:02	-00:09:00	00:45:26.35	00:45:32.95	+00:15:22 (33.8%)	5:26	11 (80.9%)
122	KOWALSKI Adam	884		Open Mężczyzn	115	11:00	00:00:07	00:18:43	00:38:42	-00:13:00	00:45:26.65	00:45:34.30	+00:15:23 (33.9%)	5:50	10.3 (75.7%)
123	MUCHA Adrian	1520		Open Mężczyzn	116	12:30	00:00:05	00:16:50	00:36:24	-00:14:00	00:45:31.90	00:45:37.05	+00:15:28 (34.0%)	5:57	10.1 (74.3%)
124	WOJTKOWSKI Maciej	191		Open Mężczyzn	117	09:15	00:00:05	00:17:35	00:37:23	-00:13:00	00:45:36.30	00:45:42.20	+00:15:32 (34.1%)	5:51	10.2 (75.0%)
125	RATAJCZAK Maciej	898		Open Mężczyzn	118	11:00	00:00:03	00:17:18	00:37:23	-00:13:00	00:45:40.50	00:45:43.95	+00:15:36 (34.2%)	5:52	10.2 (75.0%)
126	SZCZĘSNY Bartek	107	HUSARIA RACE TEAM	Open Mężczyzn	119	09:15	00:00:03	00:16:34	00:36:49	-00:13:00	00:45:46.30	00:45:49.65	+00:15:42 (34.3%)	5:52	10.2 (75.0%)
126	GRYGO Krzysztof	1046	REEBOK RUN CREW ŁÓMŻA	Open Mężczyzn	120	11:45	00:00:05	00:17:13	00:36:37	-00:12:00	00:45:46.30	00:45:51.45	+00:15:42 (34.3%)	5:46	10.4 (76.5%)
128	JĘDRZAK Kacper	667		Open Mężczyzn	121	10:30	00:00:06	00:17:33	00:36:56	-00:11:00	00:45:49.45	00:45:55.80	+00:15:45 (34.4%)	5:40	10.6 (77.9%)
129	ŚMIGIELSKI Jędrzej	1147		Open Mężczyzn	122	09:15	00:00:06	00:18:35	00:38:24	-00:14:00	00:45:53.15	00:45:59.85	+00:15:49 (34.5%)	5:59	10 (73.5%)
130	LEWANDOWSKA Lidia	62		Open Kobiet	8	09:00	00:00:05	00:18:04	00:38:17	-00:12:00	00:45:56.45	00:46:01.80	+00:15:52 (34.6%)	5:47	10.4 (76.5%)
131	SEMCZUK Michał	419	CROSSFIT GCW	Open Mężczyzn	123	10:45	00:00:04	00:16:50	00:37:11	-00:14:00	00:45:57.15	00:46:01.85	+00:15:53 (34.6%)	5:59	10 (73.5%)
132	KOZAK Paweł	1439	CROSSFIT GCW	Open Mężczyzn	124	10:45	00:00:04	00:17:18	00:37:11	-00:14:00	00:45:58.65	00:46:03.60	+00:15:55 (34.6%)	5:59	10 (73.5%)
133	GROCHÓLSKI Michał	723	CROSSFIT GCW	Open Mężczyzn	125	10:45	00:00:05		00:37:10	-00:14:00	00:46:02.35	00:46:07.80	+00:15:58 (34.7%)	6:00	10 (73.5%)
134	KOCHANIAK Andrzej	1211	WŁÓCZYBIEGI	Open Mężczyzn	126	12:30	00:00:05	00:16:27	00:36:16	-00:12:00	00:46:06.40	00:46:11.55	+00:16:02 (34.8%)	5:48	10.3 (75.7%)
135	GOŁOWCZYC Mateusz	959	SUWAL ATHLETICA	Open Mężczyzn	127	11:15	00:00:02	00:17:11	00:37:49	-00:13:00	00:46:07.90	00:46:10.65	+00:16:04 (34.8%)	5:54	10.1 (74.3%)
136	ŻAK Tomasz	853	LOFT TEAM EXTREME	Open Mężczyzn	128	11:00	00:00:02	00:18:06	00:38:37	-00:13:00	00:46:14.00	00:46:16.85	+00:16:10 (35.0%)	5:55	10.1 (74.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas			Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
							startu	Skrajna_1 5.4km	Skrajna_2 7.5km		netto 10km	brutto 10km			
137	KIEREPKA Krystian	1243		Open Mężczyzn	129	11:45	00:00:04	00:15:01	00:32:45		00:46:16.00	00:46:20.00	+00:16:12 (35.0%)	4:37	13 (95.6%)
138	ROZMIAREK Paweł	848	LOFT TEAM EXTREME	Open Mężczyzn	130	11:00	00:00:04	00:18:38	00:38:34	-00:13:00	00:46:16.15	00:46:20.60	+00:16:12 (35.0%)	5:55	10.1 (74.3%)
139	PŁATOS Ewelina	1316		Open Kobiet	9	10:15	00:00:05	00:15:47	00:35:30	-00:08:00	00:46:18.55	00:46:23.75	+00:16:14 (35.1%)	5:25	11 (80.9%)
140	RYBACKI Błażej	968	TORPEDA RACE TEAM	Open Mężczyzn	131	11:15	00:00:03	00:17:41	00:37:36	-00:13:00	00:46:18.90	00:46:22.25	+00:16:15 (35.1%)	5:55	10.1 (74.3%)
141	SOSZYŃSKI Robert	1102	SPORTERA OCR	Open Mężczyzn	132	12:00	00:00:04	00:17:13	00:36:56	-00:13:00	00:46:24.90	00:46:29.65	+00:16:21 (35.2%)	5:56	10.1 (74.3%)
142	MULAK Adam	1132		Open Mężczyzn	133	12:00	00:00:04	00:17:06	00:38:07	-00:12:00	00:46:25.05	00:46:29.75	+00:16:21 (35.2%)	5:50	10.3 (75.7%)
143	WRÓBEL Sebastian	192		Open Mężczyzn	134	09:15	00:00:04	00:17:38	00:37:19	-00:10:00	00:46:27.95	00:46:32.45	+00:16:24 (35.3%)	5:38	10.6 (77.9%)
144	ANDRZEJEWSKI Tomasz	559		Open Mężczyzn	135	10:15	00:00:05	00:17:53	00:37:48	-00:11:00	00:46:31.60	00:46:37.15	+00:16:28 (35.4%)	5:45	10.4 (76.5%)
145	TOMANA Konrad	1277		Open Mężczyzn	136	09:15	00:00:05	00:15:47	00:35:27	-00:09:00	00:46:37.20	00:46:42.60	+00:16:33 (35.5%)	5:33	10.8 (79.4%)
146	NEREK Paweł	1378		Open Mężczyzn	137	11:45	00:00:06	00:18:19	00:38:13	-00:14:00	00:46:38.10	00:46:44.15	+00:16:34 (35.5%)	6:03	9.9 (72.8%)
147	BEDNAREK Michał	766	TOTAL FITNESS	Open Mężczyzn	138	09:30	00:00:07	00:17:06	00:37:21	-00:13:00	00:46:44.75	00:46:52.70	+00:16:41 (35.7%)	5:58	10 (73.5%)
148	RAPACZ Grzegorz	283		Open Mężczyzn	139	09:30	00:00:08	00:18:43	00:39:28	-00:14:00	00:46:49.95	00:46:58.30	+00:16:46 (35.8%)	6:05	9.9 (72.8%)
149	KOWALSKI Mateusz	1118		Open Mężczyzn	140	12:00	00:00:07	00:17:38	00:36:48	-00:11:00	00:46:51.45	00:46:59.05	+00:16:47 (35.8%)	5:47	10.4 (76.5%)
150	JACIUBEK Tomek	782		Open Mężczyzn	141	10:45	00:02:02	00:16:57	00:36:51	-00:10:00	00:46:53.60	00:48:55.70	+00:16:50 (35.9%)	5:41	10.5 (77.2%)
151	POŻYCZKA Łukasz	593		Open Mężczyzn	142	09:30	00:00:08	00:17:12	00:37:20	-00:05:00	00:46:55.30	00:47:03.35	+00:16:51 (35.9%)	5:11	11.6 (85.3%)
152	RUTKOWSKI Jarosław	321	JANUSZE I GRAŻYNY FITNESSU:)	Open Mężczyzn	143	09:45	00:00:10	00:19:35	00:38:55	-00:13:00	00:46:56.20	00:47:06.85	+00:16:52 (36.0%)	5:59	10 (73.5%)
153	IZDEBSKI Marcin	1322		Open Mężczyzn	144	11:30	00:00:10	00:18:29	00:39:56	-00:13:00	00:46:59.15	00:47:09.45	+00:16:55 (36.0%)	5:59	10 (73.5%)
154	JANKOWSKI Radek	568		Open Mężczyzn	145	10:15	00:00:00	00:17:54	00:38:24	-00:13:00	00:47:02.75	00:47:02.75	+00:16:59 (36.1%)	6:00	10 (73.5%)
155	JANIAK Marcin	1552		Open Mężczyzn	146	12:30	00:00:06	00:20:31	00:40:58	-00:13:00	00:47:05.75	00:47:12.20	+00:17:02 (36.2%)	6:00	10 (73.5%)
156	KOENIG Krzysztof	212	HUSARIA RACE TEAM	Open Mężczyzn	147	09:30	00:00:05	00:17:48	00:38:52	-00:14:00	00:47:09.40	00:47:14.95	+00:17:05 (36.3%)	6:06	9.8 (72.1%)
157	GRUSZKA Karol	1376	REEBOK RUN CREW	Open Mężczyzn	148	11:45	00:00:07	00:18:06	00:38:27	-00:13:00	00:47:11.05	00:47:18.15	+00:17:07 (36.3%)	6:01	10 (73.5%)
158	NOWAK Dariusz	843	LOFT TEAM EXTREME	Open Mężczyzn	149	11:00	00:00:04	00:18:39	00:38:34	-00:12:00	00:47:13.30	00:47:17.40	+00:17:09 (36.3%)	5:55	10.1 (74.3%)
159	ZGOLIŃSKI Dawid	510		Open Mężczyzn	150	10:00	00:00:04	00:19:50	00:39:18	-00:14:00	00:47:18.15	00:47:22.85	+00:17:14 (36.5%)	6:07	9.8 (72.1%)
160	PAWLUKIEWICZ Aleksander	485		Open Mężczyzn	151	10:00	00:00:11	00:18:35	00:39:23	-00:14:00	00:47:20.95	00:47:32.90	+00:17:17 (36.5%)	6:08	9.8 (72.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
161	GIDZIŃSKI Piotr	1186		Open Mężczyzn	152	12:15	00:00:06	00:19:03	00:39:16	-00:12:00	00:47:21.15	00:47:27.50	+00:17:17 (36.5%)	5:56	10.1 (74.3%)
162	MASTALEREK Jan	1179	JASKÓLKI PLUS	Open Mężczyzn	153	12:15	00:00:05	00:17:58	00:38:41	-00:13:00	00:47:23.30	00:47:28.75	+00:17:19 (36.6%)	6:02	9.9 (72.8%)
163	MATEJCZYK Artur	116	OUTDOOR TRAINING	Open Mężczyzn	154	09:15	00:00:06	00:18:09	00:38:48	-00:13:00	00:47:25.10	00:47:32.05	+00:17:21 (36.6%)	6:02	9.9 (72.8%)
164	CZECHOWSKI Konrad	37		Open Mężczyzn	155	09:00	00:00:06	00:19:49	00:40:08	-00:14:00	00:47:25.75	00:47:32.20	+00:17:22 (36.6%)	6:08	9.8 (72.1%)
165	JANISZEWSKI Grzegorz	1228	DZIADY OCR	Open Mężczyzn	156	12:45	00:00:05	00:17:34	00:38:00	-00:14:00	00:47:28.90	00:47:34.60	+00:17:25 (36.7%)	6:08	9.8 (72.1%)
166	WACH Wojciech	1154		Open Mężczyzn	157	12:00	00:00:07	00:19:19	00:39:07	-00:13:00	00:47:29.05	00:47:36.25	+00:17:25 (36.7%)	6:02	9.9 (72.8%)
167	GÓRSKI Krzysztof	1093	REEBOK RUN CREW ŁÓŻA	Open Mężczyzn	158	11:45	00:00:05	00:17:54	00:38:09	-00:11:00	00:47:30.10	00:47:35.40	+00:17:26 (36.7%)	5:51	10.3 (75.7%)
168	ROŚLONIEC Krystian	1443	WARSAW CREW	Open Mężczyzn	159	11:15	00:00:07	00:18:38	00:37:46	-00:13:00	00:47:33.95	00:47:41.75	+00:17:30 (36.8%)	6:03	9.9 (72.8%)
169	WOŹNIACKI Adam	1222		Open Mężczyzn	160	12:30	00:00:05	00:18:16	00:38:28	-00:12:00	00:47:34.75	00:47:40.10	+00:17:31 (36.8%)	5:57	10.1 (74.3%)
170	KOTECKA Julita	1347		Open Kobiet	10	11:45	00:00:06	00:18:18	00:38:12	-00:13:00	00:47:37.50	00:47:43.80	+00:17:33 (36.9%)	6:03	9.9 (72.8%)
171	KOPYDŁOWSKI Szymon	468		Open Mężczyzn	161	10:00	00:00:07	00:19:23	00:39:56	-00:14:00	00:47:39.00	00:47:46.65	+00:17:35 (36.9%)	6:09	9.7 (71.3%)
172	MARUSZAK Łukasz	713	CROSSFIT ELEKTROMOC	Open Mężczyzn	162	10:45	00:00:05	00:18:03	00:38:51	-00:14:00	00:47:42.00	00:47:47.45	+00:17:38 (37.0%)	6:10	9.7 (71.3%)
173	BOGUCKI Michał	31		Open Mężczyzn	163	09:00	00:00:04	00:17:43	00:38:50	-00:12:00	00:47:42.65	00:47:47.60	+00:17:39 (37.0%)	5:58	10 (73.5%)
174	PEC Arkadiusz	78		Open Mężczyzn	164	09:00	00:00:06	00:18:07	00:38:14	-00:12:00	00:47:42.85	00:47:49.80	+00:17:39 (37.0%)	5:58	10 (73.5%)
175	KOWALCZYK Konrad	572		Open Mężczyzn	165	10:15	00:00:04	00:17:38	00:39:05	-00:14:00	00:47:44.00	00:47:48.45	+00:17:40 (37.0%)	6:10	9.7 (71.3%)
176	SAWNOR Marcin	732	CROSSFIT GCW	Open Mężczyzn	166	10:45	00:00:06	00:18:22	00:38:49	-00:14:00	00:47:45.80	00:47:52.05	+00:17:42 (37.1%)	6:10	9.7 (71.3%)
177	KUREK Piotr	725	CROSSFIT GCW	Open Mężczyzn	167	10:45	00:00:05	00:17:51	00:37:42	-00:14:00	00:47:46.25	00:47:51.90	+00:17:42 (37.1%)	6:10	9.7 (71.3%)
178	JÓZWIK Kamil	784		Open Mężczyzn	168	10:45	00:02:02	00:16:57	00:36:51	-00:09:00	00:47:53.45	00:49:55.75	+00:17:49 (37.2%)	5:41	10.5 (77.2%)
179	TRZEŚNIEWSKI Paweł	1153		Open Mężczyzn	169	12:00	00:00:05	00:17:52	00:38:40	-00:12:00	00:47:54.70	00:48:00.30	+00:17:51 (37.3%)	5:59	10 (73.5%)
180	KWIATKOWSKI Dawid	940	PRZEBIEGLI	Open Mężczyzn	170	11:15	00:00:04	00:17:22	00:38:13	-00:12:00	00:47:57.95	00:48:02.35	+00:17:54 (37.3%)	5:59	10 (73.5%)
181	BABIŃSKI Rafał	775		Open Mężczyzn	171	10:45	00:00:08	00:19:43	00:40:54	-00:14:00	00:47:58.35	00:48:06.40	+00:17:54 (37.3%)	6:11	9.7 (71.3%)
182	JODELIUK Jevgenij	520	DZIKIE DZIKI MIGU	Open Mężczyzn	172	10:15	00:00:06	00:18:10	00:38:08	-00:12:00	00:48:00.90	00:48:07.20	+00:17:57 (37.4%)	6:00	10 (73.5%)
183	JĘDRA Piotr	569		Open Mężczyzn	173	10:15	00:00:03	00:18:02	00:39:05	-00:14:00	00:48:01.00	00:48:04.85	+00:17:57 (37.4%)	6:12	9.7 (71.3%)
184	BOGDAŁ Andrzej	859	REEBOK RUN CREW	Open Mężczyzn	174	10:45	00:00:03	00:19:48	00:40:59	-00:14:00	00:48:02.75	00:48:06.25	+00:17:59 (37.4%)	6:12	9.7 (71.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas			Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							startu	Skrajna_1 5.4km	Skrajna_2 7.5km						
185	ANTOSIK Rafał	560		Open Mężczyzn	175	12:45	00:00:05	00:18:01	00:39:26	-00:13:00	00:48:06.70	00:48:12.25	+00:18:03 (37.5%)	6:06	9.8 (72.1%)
186	ZELL Jacek	1199	DZIADY OCR	Open Mężczyzn	176	12:30	00:00:05	00:18:56	00:39:41	-00:14:00	00:48:08.05	00:48:13.70	+00:18:04 (37.5%)	6:12	9.7 (71.3%)
187	GĄTNICKI Michał	1240		Open Mężczyzn	177	12:45	00:00:03	00:17:28	00:40:19	-00:13:00	00:48:08.50	00:48:11.90	+00:18:04 (37.6%)	6:06	9.8 (72.1%)
188	PISIŃSKI Dominik	278		Open Mężczyzn	178	09:30	00:00:05	00:18:08	00:38:52	-00:12:00	00:48:14.90	00:48:20.70	+00:18:11 (37.7%)	6:01	10 (73.5%)
189	JAKUBOWSKI Marcin	838	LOFT TEAM EXTREME	Open Mężczyzn	179	11:00	00:00:04	00:18:38	00:39:00	-00:13:00	00:48:20.55	00:48:25.10	+00:18:16 (37.8%)	6:08	9.8 (72.1%)
190	KURACH Stanisław	59		Open Mężczyzn	180	09:00	00:00:04	00:18:34	00:39:38	-00:14:00	00:48:21.10	00:48:25.45	+00:18:17 (37.8%)	6:14	9.6 (70.6%)
191	MĘDRZEJEWSKI Łukasz	1128		Open Mężczyzn	181	12:00	00:00:08	00:19:14	00:39:23	-00:12:00	00:48:21.65	00:48:29.65	+00:18:18 (37.8%)	6:02	9.9 (72.8%)
192	POLAK-TYLEK Joanna	487		Open Kobiet	11	10:00	00:00:05	00:18:28	00:39:32	-00:14:00	00:48:22.20	00:48:27.35	+00:18:18 (37.9%)	6:14	9.6 (70.6%)
193	BATOROWICZ Emil	650	VIGO SYSTEM	Open Mężczyzn	182	10:30	00:00:05	00:18:02	00:39:13	-00:14:00	00:48:25.30	00:48:30.85	+00:18:21 (37.9%)	6:14	9.6 (70.6%)
194	MATUSZEWSKI Paweł	372	HUSARIA RACE TEAM	Open Mężczyzn	183	10:00	00:00:04	00:18:55	00:40:18	-00:13:00	00:48:27.70	00:48:32.30	+00:18:24 (38.0%)	6:08	9.8 (72.1%)
195	MAJ Kamil	336	TEAM DORIS KRAKÓW	Open Mężczyzn	184	09:45	00:00:03	00:18:20	00:39:34	-00:13:00	00:48:30.10	00:48:33.85	+00:18:26 (38.0%)	6:09	9.8 (72.1%)
196	WŁODARSKI Mariusz	803		Open Mężczyzn	185	10:45	00:00:10	00:18:11	00:38:39	-00:13:00	00:48:35.80	00:48:46.70	+00:18:32 (38.1%)	6:09	9.7 (71.3%)
197	RZEŃCA Kacper	382		Open Mężczyzn	186	09:45	00:00:09	00:19:29	00:40:22	-00:12:00	00:48:36.00	00:48:45.30	+00:18:32 (38.1%)	6:03	9.9 (72.8%)
198	SZANIAWSKI Marcin	436	HUSARIA RACE TEAM	Open Mężczyzn	187	10:00	00:00:03	00:18:48	00:40:50	-00:14:00	00:48:36.05	00:48:39.70	+00:18:32 (38.1%)	6:15	9.6 (70.6%)
199	BASTJAN Adrian	1329	HUSARIA RACE TEAM	Open Mężczyzn	188	10:45	00:00:04	00:17:09	00:38:37	-00:13:00	00:48:36.15	00:48:40.60	+00:18:32 (38.2%)	6:09	9.7 (71.3%)
200	TOMASZEWSKI Karol	704		Open Mężczyzn	189	10:30	00:00:03	00:17:16	00:37:13	-00:11:00	00:48:41.55	00:48:45.10	+00:18:37 (38.3%)	5:58	10.1 (74.3%)
201	CUPRYJAK Adrian	767	TOTAL FITNESS	Open Mężczyzn	190	10:45	00:00:04	00:16:34	00:34:39		00:48:43.30	00:48:48.15	+00:18:39 (38.3%)	4:52	12.3 (90.4%)
202	PIERZAK Przemysław	895		Open Mężczyzn	191	11:00	00:00:06	00:19:16	00:39:28	-00:13:00	00:48:49.95	00:48:56.65	+00:18:46 (38.4%)	6:11	9.7 (71.3%)
203	KŁODKOWSKI Jakub	139	WWL TEAM	Open Mężczyzn	192	09:15	00:00:08	00:19:17	00:39:29	-00:11:00	00:48:53.95	00:49:02.70	+00:18:50 (38.5%)	5:59	10 (73.5%)
204	RODASZYŃSKI Paweł	1033		Open Mężczyzn	193	11:30	00:00:07	00:18:13	00:39:27	-00:14:00	00:48:55.20	00:49:02.65	+00:18:51 (38.6%)	6:17	9.5 (69.9%)
205	BLĄŻEJOWSKA Julia	1159	CROSSFIT URSYNÓW	Open Kobiet	12	12:15	00:00:05	00:18:56	00:39:36	-00:13:00	00:48:57.20	00:49:02.60	+00:18:53 (38.6%)	6:11	9.7 (71.3%)
206	MOLENDĄ Mateusz	137	TRENER24H.COM.PL	Open Mężczyzn	194	09:45	00:00:05	00:17:00	00:37:30	-00:09:00	00:48:57.75	00:49:03.50	+00:18:54 (38.6%)	5:47	10.4 (76.5%)
207	JAHNS Adam	257		Open Mężczyzn	195	09:30	00:00:05	00:18:03	00:40:11	-00:14:00	00:49:00.40	00:49:05.65	+00:18:56 (38.7%)	6:18	9.5 (69.9%)
208	ANTOSZEWSKI Filip	809	CROSSFIT TORUŃ/REEBOK RUN CREW	Open Mężczyzn	196	11:00	00:00:05	00:18:09	00:39:21	-00:13:00	00:49:04.20	00:49:10.15	+00:19:00 (38.7%)	6:12	9.7 (71.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
											netto 10km	brutto 10km			
209	LASKOWSKI Patryk	1309		Open Mężczyzn	197	12:15	00:00:06	00:17:49	00:38:22	-00:12:00	00:49:04.35	00:49:10.35	+00:19:00 (38.7%)	6:06	9.8 (72.1%)
210	CHRZANOWSKI Marcin	805	BOOT CAMP POLSKA	Open Mężczyzn	198	11:00	00:00:03	00:18:22	00:40:23	-00:14:00	00:49:12.55	00:49:16.20	+00:19:08 (38.9%)	6:19	9.5 (69.9%)
211	BŁAŻEJCZYK Patryk	1495		Open Mężczyzn	199	12:30	00:00:07	00:18:14	00:38:18	-00:14:00	00:49:14.65	00:49:21.80	+00:19:11 (39.0%)	6:19	9.5 (69.9%)
212	BASAJ Marcin	1107		Open Mężczyzn	200	12:00	00:00:08	00:19:57	00:40:02	-00:13:00	00:49:16.00	00:49:24.75	+00:19:12 (39.0%)	6:13	9.6 (70.6%)
213	STARCZEWSKI Krzysztof	992		Open Mężczyzn	201	11:15	00:00:04	00:20:23	00:40:30	-00:12:00	00:49:16.80	00:49:21.65	+00:19:13 (39.0%)	6:07	9.8 (72.1%)
214	DARKOWSKI Dariusz	103	HUSARIA RACE TEAM	Open Mężczyzn	202	09:15	00:00:04	00:18:20	00:40:09	-00:14:00	00:49:17.45	00:49:22.25	+00:19:13 (39.0%)	6:19	9.5 (69.9%)
215	STRÁNSKÝ Tomáš	301	#REEBOKRUNCREWCZ	Open Mężczyzn	203	09:45	00:00:04	00:18:09	00:39:29	-00:14:00	00:49:22.15	00:49:26.50	+00:19:18 (39.1%)	6:20	9.5 (69.9%)
216	PIETRZYKOWSKI Michał	1138		Open Mężczyzn	204	12:00	00:00:03	00:17:43	00:37:36	-00:08:00	00:49:30.95	00:49:34.15	+00:19:27 (39.3%)	5:45	10.4 (76.5%)
217	BORKOWSKI Wojtek	1461		Open Mężczyzn	205	12:45	00:00:04	00:18:01	00:39:27	-00:12:00	00:49:32.20	00:49:36.55	+00:19:28 (39.3%)	6:09	9.8 (72.1%)
218	NAWROCKI Marcin	1225	CROSSFIT Z16	Open Mężczyzn	206	12:45	00:00:04	00:15:38	00:34:06		00:49:33.25	00:49:37.60	+00:19:29 (39.3%)	4:57	12.1 (89.0%)
219	ŁOPUCH Robert	21	DZIADY OCR	Open Mężczyzn	207	09:00	00:00:03	00:18:00	00:38:43	-00:11:00	00:49:35.60	00:49:38.95	+00:19:32 (39.4%)	6:03	9.9 (72.8%)
220	ŁUKASZYK Marcin	1190		Open Mężczyzn	208	12:15	00:00:09	00:20:01	00:42:14	-00:14:00	00:49:39.50	00:49:48.70	+00:19:35 (39.5%)	6:21	9.4 (69.1%)
221	KURACH Kacper	58		Open Mężczyzn	209	09:00	00:00:04	00:18:34	00:39:42	-00:14:00	00:49:41.50	00:49:46.25	+00:19:37 (39.5%)	6:22	9.4 (69.1%)
222	WYSTALSKI Karol	299		Open Mężczyzn	210	09:30	00:00:10	00:19:34	00:41:03	-00:12:00	00:49:42.10	00:49:52.35	+00:19:38 (39.5%)	6:10	9.7 (71.3%)
223	STACHOŃ Łukasz	599		Open Mężczyzn	211	12:00	00:00:05	00:19:19	00:38:53	-00:12:00	00:49:44.65	00:49:49.85	+00:19:41 (39.6%)	6:10	9.7 (71.3%)
224	JEZIORAŃSKI Bartosz	1262	EKIPA HAIER	Open Mężczyzn	212	12:45	00:00:03	00:17:59	00:39:19	-00:07:00	00:49:46.70	00:49:50.65	+00:19:43 (39.6%)	5:40	10.6 (77.9%)
225	WOJTUNIK Michał	333	SPORTOWA DĄBROWA	Open Mężczyzn	213	09:45	00:00:04	00:18:07	00:39:45	-00:11:00	00:49:47.05	00:49:51.10	+00:19:43 (39.6%)	6:04	9.9 (72.8%)
226	KNYT Grzegorz	1272		Open Mężczyzn	214	11:30	00:00:06	00:20:54	00:41:07	-00:14:00	00:49:47.30	00:49:53.90	+00:19:43 (39.6%)	6:22	9.4 (69.1%)
227	JUSIŃSKI Marek	670	DZIKIE TURBO PTYSIE	Open Mężczyzn	215	11:30	00:00:06	00:20:55	00:41:16	-00:14:00	00:49:47.55	00:49:54.10	+00:19:43 (39.6%)	6:22	9.4 (69.1%)
228	MICHALSKI Mateusz	1130		Open Mężczyzn	216	12:00	00:00:03	00:19:25	00:40:24	-00:14:00	00:49:50.30	00:49:53.90	+00:19:46 (39.7%)	6:23	9.4 (69.1%)
229	SMAGACZ Henryk	1193		Open Mężczyzn	217	12:15	00:00:07	00:18:09	00:39:13	-00:08:00	00:49:50.50	00:49:57.60	+00:19:46 (39.7%)	5:47	10.4 (76.5%)
230	GARBARCZYK Marcel	324	PUMPERSY	Open Mężczyzn	218	09:45	00:00:06	00:19:15	00:40:37	-00:13:00	00:49:55.45	00:50:02.10	+00:19:51 (39.8%)	6:17	9.5 (69.9%)
231	LALEWICZ Robert	105	HUSARIA RACE TEAM	Open Mężczyzn	219	09:15	00:00:04	00:18:16	00:40:08	-00:13:00	00:49:55.65	00:50:00.15	+00:19:52 (39.8%)	6:17	9.5 (69.9%)
232	WALKIEWICZ Agnieszka	293		Open Kobiet	13	09:30	00:00:06	00:18:34	00:39:09	-00:10:00	00:49:56.65	00:50:03.05	+00:19:53 (39.8%)	5:59	10 (73.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas			Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
							startu	Skrajna_1 5.4km	Skrajna_2 7.5km		netto 10km	brutto 10km			
233	WYRODA Marcin	1254		Open Mężczyzn	220	12:45	00:00:04	00:19:33	00:41:14	-00:14:00	00:49:57.00	00:50:01.95	+00:19:53 (39.8%)	6:23	9.4 (69.1%)
234	KILKA Krzysztof	1066	CROSSFIT POŁUDNIE	Open Mężczyzn	221	12:00	00:00:05	00:19:11	00:39:24	-00:12:00	00:50:00.75	00:50:06.00	+00:19:57 (39.9%)	6:12	9.7 (71.3%)
235	CHODYRA Karol	249		Open Mężczyzn	222	09:30	00:00:07	00:18:12	00:39:08	-00:14:00	00:50:02.30	00:50:09.55	+00:19:58 (39.9%)	6:24	9.4 (69.1%)
236	POSIEWKA Mariusz	280		Open Mężczyzn	223	09:30	00:00:06	00:17:05	00:36:30	-00:06:00	00:50:04.90	00:50:11.45	+00:20:01 (40.0%)	5:36	10.7 (78.7%)
237	LACHOWSKI Adam	682		Open Mężczyzn	224	10:30	00:00:04	00:19:57	00:41:20	-00:13:00	00:50:05.10	00:50:09.80	+00:20:01 (40.0%)	6:18	9.5 (69.9%)
238	KAPP Thomas	159		Open Mężczyzn	225	09:15	00:00:08	00:17:50	00:38:35	-00:11:00	00:50:10.70	00:50:19.00	+00:20:07 (40.1%)	6:07	9.8 (72.1%)
238	WIEKIERA Paweł	399		Open Mężczyzn	226	09:45	00:00:08	00:19:03	00:40:12	-00:13:00	00:50:10.70	00:50:19.65	+00:20:07 (40.1%)	6:19	9.5 (69.9%)
240	SOCHALA Szymon	443	NIEUSTRASZENI TEAM ŁOWICZ	Open Mężczyzn	227	10:00	00:00:07	00:19:01	00:39:51	-00:13:00	00:50:10.85	00:50:18.50	+00:20:07 (40.1%)	6:19	9.5 (69.9%)
241	CHRZANOWSKI Wojciech	807	CEBULAKI	Open Mężczyzn	228	11:00	00:00:03	00:18:22	00:40:22	-00:13:00	00:50:12.75	00:50:16.60	+00:20:09 (40.1%)	6:19	9.5 (69.9%)
242	SERDEŃ Piotr	796		Open Mężczyzn	229	11:15	00:00:05	00:19:49	00:41:14	-00:12:00	00:50:14.75	00:50:20.55	+00:20:11 (40.2%)	6:13	9.6 (70.6%)
243	CHOROŚ Łukasz	345		Open Mężczyzn	230	09:45	00:00:09	00:19:03	00:40:11	-00:13:00	00:50:19.55	00:50:28.70	+00:20:15 (40.3%)	6:19	9.5 (69.9%)
244	BUGAJ Mirosław	660		Open Mężczyzn	231	10:30	00:00:07	00:19:30	00:39:55	-00:11:00	00:50:20.50	00:50:28.45	+00:20:16 (40.3%)	6:08	9.8 (72.1%)
245	PAZIKOWSKI Maciej	764	THE BROTHERS	Open Mężczyzn	232	10:45	00:00:05	00:19:06	00:40:17	-00:14:00	00:50:21.75	00:50:27.65	+00:20:18 (40.3%)	6:26	9.3 (68.4%)
246	ZAWADZKI Marcin	433	GO SPORT-TEAM	Open Mężczyzn	233	09:30	00:00:05	00:15:40	00:34:57		00:50:21.85	00:50:27.50	+00:20:18 (40.3%)	5:02	11.9 (87.5%)
247	URBAŃSKI Mikołaj	1373		Open Mężczyzn	234	11:30	00:00:11	00:19:41	00:41:20	-00:11:00	00:50:22.15	00:50:33.50	+00:20:18 (40.3%)	6:08	9.8 (72.1%)
247	MACIEJEWSKI Jan	476		Open Mężczyzn	235	10:00	00:00:07	00:19:00	00:40:17	-00:13:00	00:50:22.15	00:50:29.75	+00:20:18 (40.3%)	6:20	9.5 (69.9%)
249	MARCINIAK Daniel	370		Open Mężczyzn	236	09:45	00:00:05	00:19:30	00:40:45	-00:13:00	00:50:27.20	00:50:32.60	+00:20:23 (40.4%)	6:20	9.5 (69.9%)
250	MRÓZEK Adrian	1104	TOP GUN	Open Mężczyzn	237	12:00	00:00:06	00:17:40	00:37:34	-00:08:00	00:50:28.35	00:50:34.60	+00:20:24 (40.4%)	5:50	10.3 (75.7%)
251	RUTKA Radosław	490		Open Mężczyzn	238	10:00	00:00:04	00:18:20	00:39:47	-00:12:00	00:50:33.00	00:50:37.45	+00:20:29 (40.5%)	6:15	9.6 (70.6%)
252	BRUSIŁO Ilona	1394	MAMY RUSZAMY	Open Kobiet	14	12:45	00:00:05	00:16:21	00:35:08		00:50:36.05	00:50:41.25	+00:20:32 (40.6%)	5:03	11.9 (87.5%)
253	ŚLIWIŃSKI Grzegorz	205	BLACK SOX	Open Mężczyzn	239	09:30	00:00:07	00:19:36	00:40:14	-00:14:00	00:50:37.25	00:50:44.60	+00:20:33 (40.6%)	6:27	9.3 (68.4%)
254	GÓRNIAK Bartek	565		Open Mężczyzn	240	10:15	00:00:06	00:19:01	00:40:15	-00:13:00	00:50:40.50	00:50:46.55	+00:20:36 (40.7%)	6:22	9.4 (69.1%)
255	BODIS Peter	1019		Open Mężczyzn	241	11:30	00:00:05	00:18:20	00:39:41	-00:13:00	00:50:41.15	00:50:46.25	+00:20:37 (40.7%)	6:22	9.4 (69.1%)
256	BRZEZIŃSKI Jacek	102	HUSARIA RACE TEAM	Open Mężczyzn	242	09:15	00:00:04	00:19:35	00:41:23	-00:14:00	00:50:46.90	00:50:51.15	+00:20:43 (40.8%)	6:28	9.3 (68.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas				Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata					
257	WAŚIAKOWSKA Emilia	1035		Open Kobiet	15	11:30	00:00:07	00:18:14	00:39:27	-00:11:00	00:50:48.35	00:50:56.20	+00:20:44 (40.8%)	6:10	9.7 (71.3%)
258	KRZYŻANOWSKI Julian	1026		Open Mężczyzn	243	11:30	00:00:05	00:17:38	00:38:19	-00:08:00	00:50:49.05	00:50:54.60	+00:20:45 (40.8%)	5:52	10.2 (75.0%)
259	MROCZKOWSKI Mateusz	481		Open Mężczyzn	244	10:00	00:00:08	00:21:32	00:41:45	-00:12:00	00:50:49.75	00:50:57.90	+00:20:46 (40.9%)	6:16	9.6 (70.6%)
260	PRZEWŁOCKI Michał	1301		Open Mężczyzn	245	11:15	00:00:03	00:17:42	00:38:14	-00:10:00	00:50:50.70	00:50:54.65	+00:20:47 (40.9%)	6:05	9.9 (72.8%)
261	OLENDER Marcin	1535	FRAUEN POWER!	Open Mężczyzn	246	11:00	00:00:56	00:20:27	00:41:46	-00:13:00	00:50:52.30	00:51:48.60	+00:20:48 (40.9%)	6:23	9.4 (69.1%)
262	PILARSKA Anna	822	FRAUEN POWER!	Open Kobiet	16	11:00	00:00:08	00:20:53	00:41:43	-00:11:00	00:50:56.45	00:51:05.15	+00:20:52 (41.0%)	6:11	9.7 (71.3%)
263	WENDER Michał	294		Open Mężczyzn	247	09:30	00:00:05	00:18:22	00:40:23	-00:13:00	00:51:02.20	00:51:07.65	+00:20:58 (41.1%)	6:24	9.4 (69.1%)
264	HAŁASA Rafał	158		Open Mężczyzn	248	09:15	00:00:06	00:19:05	00:41:32	-00:14:00	00:51:03.70	00:51:09.75	+00:21:00 (41.1%)	6:30	9.2 (67.6%)
265	BIERNACKI Tomasz	1358		Open Mężczyzn	249	11:30	00:00:06	00:16:38	00:36:13	-00:01:00	00:51:04.20	00:51:11.10	+00:21:00 (41.1%)	5:12	11.5 (84.6%)
266	AMBROZIK Bartłomiej	143		Open Mężczyzn	250	09:15	00:00:08	00:21:29	00:42:28	-00:13:00	00:51:05.20	00:51:13.95	+00:21:01 (41.2%)	6:24	9.4 (69.1%)
267	KORCZAK Łukasz	1098	SPORTERA OCR	Open Mężczyzn	251	12:00	00:00:04	00:17:42	00:39:13	-00:11:00	00:51:05.90	00:51:10.15	+00:21:02 (41.2%)	6:12	9.7 (71.3%)
268	PERCZYŃSKI Rafał	1192		Open Mężczyzn	252	12:15	00:00:07	00:19:04	00:41:15	-00:14:00	00:51:06.65	00:51:13.85	+00:21:03 (41.2%)	6:30	9.2 (67.6%)
269	KOBUS Przemysław	1480		Open Mężczyzn	253	11:45	00:00:05	00:18:30	00:40:35	-00:10:00	00:51:08.00	00:51:13.75	+00:21:04 (41.2%)	6:06	9.8 (72.1%)
270	JASIEWSKI Wojtek	879		Open Mężczyzn	254	11:15	00:00:04	00:17:43	00:39:24	-00:09:00	00:51:09.60	00:51:14.20	+00:21:06 (41.2%)	6:01	10 (73.5%)
271	DUR Bartłomiej	1540	PATRZ NA MNIE MAMO!	Open Mężczyzn	255	09:15	00:00:07	00:19:59	00:41:55	-00:13:00	00:51:14.75	00:51:22.25	+00:21:11 (41.3%)	6:25	9.3 (68.4%)
272	WITOWSKI Rafał	734	CROSSFIT GCW	Open Mężczyzn	256	10:45	00:00:05	00:21:24	00:41:15	-00:11:00	00:51:16.45	00:51:21.65	+00:21:12 (41.4%)	6:13	9.6 (70.6%)
273	BOCHRA Hubert	1383		Open Mężczyzn	257	12:15	00:00:06	00:18:05	00:41:28	-00:13:00	00:51:23.85	00:51:29.95	+00:21:20 (41.5%)	6:26	9.3 (68.4%)
274	ELWERTOWSKI Piotr	1460		Open Mężczyzn	258	12:30	00:00:06	00:18:54	00:40:57	-00:12:00	00:51:25.65	00:51:31.65	+00:21:22 (41.5%)	6:20	9.5 (69.9%)
275	SAWICKI Marcin	695		Open Mężczyzn	259	10:30	00:00:10	00:20:41	00:42:52	-00:14:00	00:51:27.10	00:51:37.85	+00:21:23 (41.6%)	6:32	9.2 (67.6%)
276	BONDARZEWSKI Kamil	1395		Open Mężczyzn	260	10:45	00:00:04	00:18:15	00:39:47	-00:10:00	00:51:27.55	00:51:31.80	+00:21:23 (41.6%)	6:08	9.8 (72.1%)
277	ZAREMBA Anna	1256		Open Kobiet	17	12:45	00:00:07	00:20:10	00:41:08	-00:13:00	00:51:29.35	00:51:36.65	+00:21:25 (41.6%)	6:26	9.3 (68.4%)
278	NOWICKI Krzysztof	1343	CROSSFIT ELEKTROMOC	Open Mężczyzn	261	10:45	00:00:05	00:18:54	00:41:09	-00:14:00	00:51:29.50	00:51:35.05	+00:21:25 (41.6%)	6:33	9.2 (67.6%)
279	MŁYŃSKI Mariusz	584		Open Mężczyzn	262	10:15	00:00:06	00:19:06	00:41:04	-00:13:00	00:51:36.45	00:51:42.75	+00:21:32 (41.8%)	6:27	9.3 (68.4%)
280	KUCHARSKA Izabela	318	JANUSZE I GRAŻYNY FITNESSU:)	Open Kobiet	18	09:45	00:00:10	00:19:46	00:40:58	-00:13:00	00:51:38.75	00:51:49.55	+00:21:35 (41.8%)	6:27	9.3 (68.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas				Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata					
281	LELOCH Michał	1332	HUSARIA RACE TEAM	Open Mężczyzn	263	11:15	00:00:05	00:19:19	00:42:15	-00:14:00	00:51:42.15	00:51:48.00	+00:21:38 (41.9%)	6:34	9.1 (66.9%)
282	ZIELINSKI Tomasz	815	CROSSFIT TORUŃ/REEBOK RUN CREW	Open Mężczyzn	264	11:00	00:00:06	00:18:00	00:39:53	-00:11:00	00:51:42.25	00:51:48.60	+00:21:38 (41.9%)	6:16	9.6 (70.6%)
283	SKOWROŃSKI Wojciech	181		Open Mężczyzn	265	09:15	00:00:07	00:17:59	00:38:58	-00:08:00	00:51:42.60	00:51:49.70	+00:21:39 (41.9%)	5:58	10.1 (74.3%)
284	WIELGOŁASKI Adam	88		Open Mężczyzn	266	09:00	00:00:06	00:20:10	00:42:04	-00:13:00	00:51:43.20	00:51:49.60	+00:21:39 (41.9%)	6:28	9.3 (68.4%)
285	FABIANOWICZ Paweł	873		Open Mężczyzn	267	11:00	00:00:05	00:19:20	00:40:23	-00:10:00	00:51:43.80	00:51:49.70	+00:21:40 (41.9%)	6:10	9.7 (71.3%)
286	VALA Ondrej	1473	REEBOK RUN CREW CZ	Open Mężczyzn	268	11:45	00:00:05	00:16:21	00:36:15	-00:05:00	00:51:45.05	00:51:50.45	+00:21:41 (41.9%)	5:40	10.6 (77.9%)
287	BANASIAK Daniel	243		Open Mężczyzn	269	09:30	00:00:08	00:19:09	00:39:56	-00:09:00	00:51:45.60	00:51:54.35	+00:21:42 (41.9%)	6:04	9.9 (72.8%)
288	JUREWICZ Andrzej	258	HUSARIA RACE TEAM	Open Mężczyzn	270	09:45	00:00:10	00:20:41	00:42:46	-00:14:00	00:51:46.10	00:51:56.75	+00:21:42 (41.9%)	6:34	9.1 (66.9%)
289	NOWAK Adam	71		Open Mężczyzn	271	09:00	00:00:07		00:42:00	-00:14:00	00:51:49.90	00:51:57.10	+00:21:46 (42.0%)	6:35	9.1 (66.9%)
290	SKOCZYLAS Mikołaj	83		Open Mężczyzn	272	09:00	00:00:00	00:18:09	00:38:23	-00:13:00	00:51:50.70	00:51:50.70	+00:21:47 (42.0%)	6:29	9.3 (68.4%)
291	CACEK Darek	33		Open Mężczyzn	273	09:00	00:00:06	00:19:15	00:41:06	-00:12:00	00:51:52.20	00:51:58.85	+00:21:48 (42.0%)	6:23	9.4 (69.1%)
292	WITTYCH Piotr	90		Open Mężczyzn	274	09:00	00:00:06	00:17:28	00:39:14	-00:11:00	00:51:52.65	00:51:58.70	+00:21:49 (42.1%)	6:17	9.5 (69.9%)
293	JAMBOR Maciej	1457		Open Mężczyzn	275	11:45	00:00:07	00:18:46	00:39:32	-00:10:00	00:51:54.80	00:52:02.15	+00:21:51 (42.1%)	6:11	9.7 (71.3%)
294	JĘDRZEJCZYK Adam	615	BIGTIRES.PL TEAM	Open Mężczyzn	276	10:30	00:00:10	00:20:55	00:41:53	-00:13:00	00:51:55.00	00:52:05.15	+00:21:51 (42.1%)	6:29	9.2 (67.6%)
295	CICVÁREK FLÉGLOVÁ Marie	1185		Open Mężczyzn	277	12:15	00:00:06	00:19:00	00:39:37	-00:09:00	00:51:55.05	00:52:01.75	+00:21:51 (42.1%)	6:05	9.8 (72.1%)
296	PRUCIAK Tomasz	1139		Open Mężczyzn	278	12:00	00:00:06	00:19:20	00:42:00	-00:14:00	00:51:55.40	00:52:02.35	+00:21:51 (42.1%)	6:35	9.1 (66.9%)
297	DOMAŃSKI Jakub	349		Open Mężczyzn	279	09:45	00:00:07	00:19:53	00:40:55	-00:12:00	00:51:55.90	00:52:03.35	+00:21:52 (42.1%)	6:23	9.4 (69.1%)
298	RADZIKOWSKI Karol	447	SPORT.PL / POLSKA BIEGA	Open Mężczyzn	280	11:45	00:00:05	00:18:35	00:40:10	-00:09:00	00:51:56.55	00:52:02.40	+00:21:52 (42.1%)	6:05	9.8 (72.1%)
299	WARSZAWSKI Patryk	915	CRAZY RUNNERFUCKERS	Open Mężczyzn	281	11:15	00:00:09	00:19:18	00:41:20	-00:13:00	00:51:58.60	00:52:08.15	+00:21:55 (42.2%)	6:29	9.2 (67.6%)
300	GÓRNY Marcin	1289		Open Mężczyzn	282	11:30	00:00:10	00:19:29	00:41:58	-00:14:00	00:52:02.35	00:52:12.35	+00:21:58 (42.2%)	6:36	9.1 (66.9%)
301	FRANKOWSKI Robert	1111		Open Mężczyzn	283	12:00	00:00:06	00:20:41	00:41:42	-00:12:00	00:52:02.65	00:52:09.30	+00:21:59 (42.2%)	6:24	9.4 (69.1%)
302	NOWECKI Michał	374		Open Mężczyzn	284	09:45	00:00:07	00:18:43	00:40:18	-00:10:00	00:52:03.35	00:52:11.00	+00:21:59 (42.3%)	6:12	9.7 (71.3%)
303	WŁODEK Damian	1155		Open Mężczyzn	285	12:00	00:00:04	00:19:03	00:40:27	-00:11:00	00:52:03.40	00:52:07.85	+00:21:59 (42.3%)	6:18	9.5 (69.9%)
304	PRZYBYLSKI Stanisław	1475	ZIELONKAA	Open Mężczyzn	286	11:45	00:00:06	00:17:32	00:41:39	-00:14:00	00:52:04.95	00:52:11.40	+00:22:01 (42.3%)	6:36	9.1 (66.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas		Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h	
							startu	Skrajna_1 5.4km		Skrajna_2 7.5km	netto 10km				brutto 10km
305	KALICKI Rafał	1407		Open Mężczyzn	287	11:30	00:02:15	00:20:09		-00:13:00	00:52:05.90	00:54:20.95	+00:22:02 (42.3%)	6:30	9.2 (67.6%)
306	MIROŃCZUK Piotr	480		Open Mężczyzn	288	10:00	00:00:06	00:20:27	00:42:14	-00:13:00	00:52:07.50	00:52:14.00	+00:22:03 (42.3%)	6:30	9.2 (67.6%)
307	DEPTUŁA Mariusz	459		Open Mężczyzn	289	10:00	00:00:12	00:18:34	00:39:38	-00:12:00	00:52:10.45	00:52:22.60	+00:22:06 (42.4%)	6:25	9.4 (69.1%)
308	FREITES Luis	1528		Open Mężczyzn	290	12:15	00:00:05	00:18:59	00:39:59	-00:12:00	00:52:14.60	00:52:19.65	+00:22:11 (42.5%)	6:25	9.3 (68.4%)
309	LIŚKIEWICZ Sylwia	1518		Open Kobiet	19	12:30	00:00:04	00:18:14	00:37:34	-00:01:00	00:52:15.85	00:52:20.75	+00:22:12 (42.5%)	5:19	11.3 (83.1%)
310	GŁOZAK Patryk	428	CROSSFIT SIEDLCE	Open Mężczyzn	291	10:00	00:00:10	00:20:01	00:41:52	-00:10:00	00:52:17.05	00:52:27.95	+00:22:13 (42.5%)	6:13	9.6 (70.6%)
311	JERMAKOWICZ Bartłomiej	1014	RUNCOHOLICS	Open Mężczyzn	292	11:30	00:00:03	00:19:05	00:41:54	-00:14:00	00:52:17.90	00:52:21.75	+00:22:14 (42.5%)	6:37	9 (66.2%)
312	SIWEK Leszek	1295		Open Mężczyzn	293	10:30	00:00:10	00:18:15	00:37:52	-00:05:00	00:52:21.75	00:52:32.05	+00:22:18 (42.6%)	5:44	10.5 (77.2%)
313	JUCHNIEWICZ Artur	1113		Open Mężczyzn	294	12:00	00:00:05	00:19:57	00:40:27	-00:10:00	00:52:25.55	00:52:30.95	+00:22:21 (42.7%)	6:14	9.6 (70.6%)
314	LEWANDOWSKI Mateusz	1124		Open Mężczyzn	295	12:00	00:00:03	00:19:45	00:42:26	-00:14:00	00:52:31.60	00:52:35.20	+00:22:28 (42.8%)	6:39	9 (66.2%)
315	WACHNIK Piotr	733	CROSSFIT GCW	Open Mężczyzn	296	10:45	00:00:06	00:19:56	00:41:31	-00:13:00	00:52:31.85	00:52:38.35	+00:22:28 (42.8%)	6:33	9.2 (67.6%)
316	CZPAK Tobiasz	868		Open Mężczyzn	297	11:00	00:00:05	00:20:27	00:41:35	-00:13:00	00:52:32.10	00:52:37.55	+00:22:28 (42.8%)	6:33	9.2 (67.6%)
317	RUDUCHA Piotr	489		Open Mężczyzn	298	10:00	00:00:04	00:18:23	00:40:43	-00:11:00	00:52:32.80	00:52:37.75	+00:22:29 (42.8%)	6:21	9.4 (69.1%)
318	ŚWIDERSKI Łukasz	288		Open Mężczyzn	299	09:30	00:00:08	00:21:01	00:42:52	-00:13:00	00:52:36.25	00:52:44.55	+00:22:32 (42.9%)	6:33	9.1 (66.9%)
319	BARSKI Dominik	244		Open Mężczyzn	300	09:30	00:00:07	00:21:02	00:42:53	-00:13:00	00:52:37.25	00:52:44.45	+00:22:33 (42.9%)	6:33	9.1 (66.9%)
320	ADAMUS Marcin	557		Open Mężczyzn	301	10:15	00:00:13	00:19:37	00:41:20	-00:11:00	00:52:38.35	00:52:52.05	+00:22:34 (42.9%)	6:21	9.4 (69.1%)
321	GRAJCAR Łukasz	833	LOFT TEAM EXTREME	Open Mężczyzn	302	11:00	00:00:04	00:19:17	00:40:09	-00:08:00	00:52:38.80	00:52:43.55	+00:22:35 (42.9%)	6:03	9.9 (72.8%)
322	BOLDA Krzysztof	777		Open Mężczyzn	303	10:45	00:00:04	00:19:35	00:41:31	-00:11:00	00:52:40.25	00:52:44.55	+00:22:36 (42.9%)	6:22	9.4 (69.1%)
323	KRYSZTOFIŃSKI Dawid	1007	POWER TRAINING	Open Mężczyzn	304	11:30	00:00:07	00:21:37		-00:13:00	00:52:44.25	00:52:51.65	+00:22:40 (43.0%)	6:34	9.1 (66.9%)
324	TRĘDA Cezary	1003	JANUSZE BŁOTNYCH BIEGÓW	Open Mężczyzn	305	11:30	00:00:04	00:17:10	00:37:58	-00:09:00	00:52:44.40	00:52:48.80	+00:22:40 (43.0%)	6:10	9.7 (71.3%)
325	FILIPCZUK Dariusz	1109		Open Mężczyzn	306	12:00	00:00:05	00:19:24	00:41:02	-00:13:00	00:52:45.05	00:52:50.05	+00:22:41 (43.0%)	6:34	9.1 (66.9%)
326	SZCZYKUTOWICZ Maciej	291	JANUSZE I GRAŻYNY FITNESSU:)	Open Mężczyzn	307	09:30	00:00:08	00:19:51	00:41:13	-00:11:00	00:52:47.05	00:52:56.00	+00:22:43 (43.1%)	6:22	9.4 (69.1%)
327	BIEŃ Marta	246	JANUSZE I GRAŻYNY FITNESSU:)	Open Kobiet	20	09:30	00:00:09	00:19:51	00:41:15	-00:11:00	00:52:47.30	00:52:56.35	+00:22:43 (43.1%)	6:22	9.4 (69.1%)
328	WÓJCIK Piotr	95		Open Mężczyzn	308	09:00	00:00:00	00:19:46	00:41:41	-00:12:00	00:52:48.95	00:52:48.95	+00:22:45 (43.1%)	6:28	9.3 (68.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas				Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata					
329	KRAJEWSKA Olga	435	HUSARIA RACE TEAM	Open Kobiet	21	10:00	00:00:03	00:19:06	00:40:35	-00:10:00	00:52:49.75	00:52:53.65	+00:22:46 (43.1%)	6:17	9.5 (69.9%)
330	GOŁĄB Anna	255		Open Kobiet	22	09:30	00:00:07	00:21:39	00:42:15	-00:11:00	00:52:50.25	00:52:57.40	+00:22:46 (43.1%)	6:23	9.4 (69.1%)
331	KUŹNIARSKI Paweł	681		Open Mężczyzn	309	10:30	00:00:07	00:19:50	00:42:27	-00:13:00	00:52:50.65	00:52:58.35	+00:22:47 (43.1%)	6:35	9.1 (66.9%)
332	POPŁAWSKI Krzysiek	121	PWPW S.A.	Open Mężczyzn	310	09:15	00:00:06	00:19:43	00:42:40	-00:12:00	00:52:50.80	00:52:57.75	+00:22:47 (43.1%)	6:29	9.3 (68.4%)
333	TWARÓG Grzegorz	623	DOBRE TWAROGI	Open Mężczyzn	311	10:00	00:00:11	00:23:05	00:43:35	-00:13:00	00:52:51.35	00:53:02.65	+00:22:47 (43.1%)	6:35	9.1 (66.9%)
334	SKAŁECKA Paulina	326	PUMPERSY	Open Kobiet	23	09:45	00:00:06	00:19:15	00:40:37	-00:10:00	00:52:52.20	00:52:58.25	+00:22:48 (43.1%)	6:17	9.5 (69.9%)
335	SZAFRAŃSKA Aleksandra	1307	TEAM BIEGAJ POD OKIEM TRENERA	Open Kobiet	24	11:30	00:00:09	00:19:58	00:39:42	-00:07:00	00:52:52.60	00:53:01.75	+00:22:49 (43.2%)	5:59	10 (73.5%)
336	SPOREK Łukasz	1391	TEAM DORIS KRAKÓW	Open Mężczyzn	312	09:45	00:00:04	00:18:12	00:38:59	-00:07:00	00:52:54.35	00:52:58.80	+00:22:50 (43.2%)	5:59	10 (73.5%)
337	HOPPE Łukasz	48		Open Mężczyzn	313	09:00	00:00:09	00:17:03	00:37:11		00:52:55.00	00:53:04.80	+00:22:51 (43.2%)	5:17	11.3 (83.1%)
338	BITTNER Filip	29		Open Mężczyzn	314	09:00	00:00:03	00:18:31	00:41:35	-00:14:00	00:52:58.65	00:53:01.90	+00:22:55 (43.3%)	6:41	9 (66.2%)
339	KORULCZYK Marcin	1453	HUSARIA RACE TEAM	Open Mężczyzn	315	11:45	00:00:03	00:18:35	00:41:10	-00:14:00	00:52:59.20	00:53:02.70	+00:22:55 (43.3%)	6:41	9 (66.2%)
340	DZIK Konrad	222	R99	Open Mężczyzn	316	09:30	00:00:06	00:19:45	00:41:42	-00:13:00	00:52:59.95	00:53:06.10	+00:22:56 (43.3%)	6:36	9.1 (66.9%)
341	SZYMAŃCZYK David	602		Open Mężczyzn	317	10:15	00:00:07	00:19:20	00:41:09	-00:12:00	00:53:01.70	00:53:09.55	+00:22:58 (43.3%)	6:30	9.2 (67.6%)
342	CZPAK Daniel	251		Open Mężczyzn	318	09:30	00:00:06	00:19:09	00:42:18	-00:14:00	00:53:07.50	00:53:14.25	+00:23:03 (43.4%)	6:42	8.9 (65.4%)
343	MICHALKIEWICZ Michał	582		Open Mężczyzn	319	10:15	00:00:13		00:41:20	-00:12:00	00:53:10.50	00:53:24.10	+00:23:06 (43.5%)	6:31	9.2 (67.6%)
344	CZOP Jakub	154		Open Mężczyzn	320	09:15	00:00:05	00:20:37	00:43:28	-00:13:00	00:53:15.45	00:53:20.65	+00:23:11 (43.6%)	6:37	9.1 (66.9%)
345	PAK Dominik	990		Open Mężczyzn	321	11:15	00:00:04	00:18:09	00:41:34	-00:11:00	00:53:16.00	00:53:20.10	+00:23:12 (43.6%)	6:25	9.3 (68.4%)
346	MARKOWICZ Ewelina	213	HUSARIA RACE TEAM	Open Kobiet	25	09:30	00:00:05	00:19:30	00:42:19	-00:14:00	00:53:16.45	00:53:21.85	+00:23:12 (43.6%)	6:43	8.9 (65.4%)
347	SZCZEPANIEC Kamil	904		Open Mężczyzn	322	11:00	00:00:07	00:20:53	00:45:28	-00:14:00	00:53:18.45	00:53:25.85	+00:23:14 (43.6%)	6:43	8.9 (65.4%)
348	TARASIUK Tomasz	603		Open Mężczyzn	323	10:15	00:00:05	00:17:54	00:38:45	-00:07:00	00:53:23.50	00:53:29.25	+00:23:19 (43.7%)	6:02	9.9 (72.8%)
349	GRAJCAR Magdalena	834	LOFT TEAM EXTREME	Open Kobiet	26	11:00	00:00:03	00:19:34	00:40:40	-00:09:00	00:53:24.15	00:53:27.95	+00:23:20 (43.7%)	6:14	9.6 (70.6%)
350	KWIATKOWSKI Filip	1314		Open Mężczyzn	324	10:30	00:00:10	00:21:30	00:43:27	-00:13:00	00:53:24.20	00:53:34.85	+00:23:20 (43.7%)	6:38	9 (66.2%)
351	MAZUREK Artur	1369		Open Mężczyzn	325	11:30	00:00:07	00:20:06		-00:13:00	00:53:25.20	00:53:32.80	+00:23:21 (43.7%)	6:38	9 (66.2%)
352	DŻUMAK Szymon	661		Open Mężczyzn	326	11:30	00:00:09	00:19:42	00:41:02	-00:11:00	00:53:25.85	00:53:34.90	+00:23:22 (43.7%)	6:26	9.3 (68.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas			Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
							startu	Skrajna_1 5.4km	Skrajna_2 7.5km		netto 10km	brutto 10km			
353	KOSIM Artur	471		Open Mężczyzn	327	09:45	00:00:05	00:19:32	00:41:57	-00:13:00	00:53:27.70	00:53:33.20	+00:23:24 (43.8%)	6:38	9 (66.2%)
354	DĄBROWSKI Emil	38		Open Mężczyzn	328	09:00	00:00:06	00:21:35	00:42:58	-00:12:00	00:53:28.20	00:53:34.85	+00:23:24 (43.8%)	6:32	9.2 (67.6%)
355	BALCEROWSKI Rafał	1091	POWER TRAINING	Open Mężczyzn	329	12:00	00:00:08	00:18:07	00:37:35	-00:04:00	00:53:30.55	00:53:38.75	+00:23:26 (43.8%)	5:45	10.4 (76.5%)
356	MCEWAN Christopher	1330		Open Mężczyzn	330	09:00	00:00:10	00:22:02	00:43:42	-00:09:00	00:53:30.90	00:53:41.30	+00:23:27 (43.8%)	6:15	9.6 (70.6%)
357	WILCZYŃSKI Mariusz	706		Open Mężczyzn	331	10:30	00:00:07	00:19:58	00:42:47	-00:14:00	00:53:31.90	00:53:39.35	+00:23:28 (43.8%)	6:45	8.9 (65.4%)
358	OKROJEK Szymon	729	CROSSFIT GCW	Open Mężczyzn	332	10:45	00:00:06	00:19:56	00:41:31	-00:12:00	00:53:32.25	00:53:38.40	+00:23:28 (43.9%)	6:33	9.2 (67.6%)
359	JAŁOSZYŃSKI Kuba	1362		Open Mężczyzn	333	11:30	00:00:06	00:17:09	00:38:45	-00:09:00	00:53:33.60	00:53:39.75	+00:23:30 (43.9%)	6:15	9.6 (70.6%)
360	RYBSKI Kamil	812	CROSSFIT TORUŃ/REEBOK RUN CREW	Open Mężczyzn	334	11:00	00:00:06	00:18:01	00:39:05	-00:08:00	00:53:34.00	00:53:40.70	+00:23:30 (43.9%)	6:09	9.7 (71.3%)
361	WROTEK Łukasz	1184	TOTAL FITNESS	Open Mężczyzn	335	12:15	00:00:07	00:16:57	00:36:07	-00:04:00	00:53:35.00	00:53:42.75	+00:23:31 (43.9%)	5:45	10.4 (76.5%)
362	BŁASZCZYK Piotr	124	REEBOK RUN CREW	Open Mężczyzn	336	09:00	00:00:09	00:22:03	00:43:43	-00:14:00	00:53:35.25	00:53:44.80	+00:23:31 (43.9%)	6:45	8.9 (65.4%)
363	KRAWCZUK Jakub	473		Open Mężczyzn	337	10:00	00:00:00	00:19:32	00:43:51	-00:14:00	00:53:36.55	00:53:36.55	+00:23:32 (43.9%)	6:45	8.9 (65.4%)
364	MRÓZEK Łukasz	1474	ZIELONKAA	Open Mężczyzn	338	11:45	00:00:06	00:18:48	00:41:39	-00:13:00	00:53:37.50	00:53:44.35	+00:23:33 (43.9%)	6:39	9 (66.2%)
365	KACZMAREK Marta	1529		Open Kobiet	27	12:30	00:00:07	00:18:22	00:39:55	-00:08:00	00:53:37.75	00:53:45.20	+00:23:34 (43.9%)	6:09	9.7 (71.3%)
366	JAKUBOWSKA Ewa	837	LOFT TEAM EXTREME	Open Kobiet	28	11:00	00:00:04	00:19:43	00:40:50	-00:09:00	00:53:37.85	00:53:41.85	+00:23:34 (44.0%)	6:15	9.6 (70.6%)
367	STUTKO Hubert	1221		Open Mężczyzn	339	11:30	00:00:06	00:19:43	00:42:07	-00:14:00	00:53:38.50	00:53:44.65	+00:23:34 (44.0%)	6:45	8.9 (65.4%)
368	MITRASZEWSKI Jakub	67		Open Mężczyzn	340	09:00	00:00:06	00:21:00	00:43:26	-00:13:00	00:53:39.25	00:53:45.35	+00:23:35 (44.0%)	6:39	9 (66.2%)
369	NITECKI Piotr	115	OGRODOSFERA.PL	Open Mężczyzn	341	10:15	00:00:11	00:20:54	00:42:55	-00:13:00	00:53:41.35	00:53:52.80	+00:23:37 (44.0%)	6:40	9 (66.2%)
370	CEDRO Patrycja	34		Open Kobiet	29	09:00	00:00:07	00:21:24	00:42:56	-00:10:00	00:53:46.00	00:53:53.60	+00:23:42 (44.1%)	6:22	9.4 (69.1%)
371	BUKOJEMSKI Marcin	343		Open Mężczyzn	342	09:45	00:00:10	00:20:41	00:42:46	-00:12:00	00:53:46.35	00:53:56.70	+00:23:42 (44.1%)	6:34	9.1 (66.9%)
372	MAKOWSKI Tomasz	1305	TEAM BIEGAJ POD OKIEM TRENERA	Open Mężczyzn	343	11:30	00:00:08	00:18:33	00:38:29	-00:04:00	00:53:47.35	00:53:55.90	+00:23:43 (44.1%)	5:46	10.4 (76.5%)
373	ZAREBSKI Lukasz	1335		Open Mężczyzn	344	12:45	00:00:06	00:16:57	00:36:30	-00:04:00	00:53:48.10	00:53:54.95	+00:23:44 (44.1%)	5:46	10.4 (76.5%)
374	MAZUR Karol	1274		Open Mężczyzn	345	09:45	00:00:09	00:20:20	00:43:32	-00:14:00	00:53:48.75	00:53:58.35	+00:23:45 (44.1%)	6:46	8.8 (64.7%)
375	ZDZIARSKI Łukasz	529	DZIKIE DZIKI MIGU	Open Mężczyzn	346	10:15	00:00:08	00:20:44	00:42:26	-00:13:00	00:53:49.30	00:53:58.10	+00:23:45 (44.1%)	6:41	9 (66.2%)
376	BIAŁEK Adrian	517	DZIKIE DZIKI MIGU	Open Mężczyzn	347	10:15	00:00:08	00:20:45	00:42:26	-00:13:00	00:53:52.00	00:54:00.55	+00:23:48 (44.2%)	6:41	9 (66.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
377	DZIEŻA Grzegorz	334	TEAM DORIS KRAKÓW	Open Mężczyzn	348	09:45	00:00:04	00:18:33	00:41:07	-00:13:00	00:53:53.60	00:53:58.40	+00:23:50 (44.2%)	6:41	9 (66.2%)
378	PAWLACZYK Szymon	1458		Open Mężczyzn	349	11:45	00:00:06	00:21:12	00:43:31	-00:12:00	00:53:53.80	00:54:00.30	+00:23:50 (44.2%)	6:35	9.1 (66.9%)
379	BUKOWSKI Kamil	635	ORANGE POLSKA	Open Mężczyzn	350	09:15	00:00:03	00:20:33	00:43:17	-00:12:00	00:53:54.95	00:53:58.70	+00:23:51 (44.2%)	6:35	9.1 (66.9%)
380	JAGODZIŃSKI Jeremi	359		Open Mężczyzn	351	09:45	00:00:04	00:17:36	00:38:05	-00:05:00	00:54:00.15	00:54:05.05	+00:23:56 (44.3%)	5:54	10.2 (75.0%)
381	MIEŚCICKI Wojciech	431	CROSSFIT SIEDLCE	Open Mężczyzn	352	10:00	00:00:11	00:20:26	00:41:43	-00:10:00	00:54:03.20	00:54:14.25	+00:23:59 (44.4%)	6:24	9.4 (69.1%)
382	WOJCIECHOWSKI Paweł	93		Open Mężczyzn	353	09:00	00:00:09	00:17:50	00:38:49	-00:06:00	00:54:05.10	00:54:14.55	+00:24:01 (44.4%)	6:00	10 (73.5%)
383	SPILISZEWSKI Marcin	1008	POWER TRAINING	Open Mężczyzn	354	11:30	00:00:07	00:21:37		-00:11:00	00:54:06.45	00:54:13.60	+00:24:02 (44.4%)	6:30	9.2 (67.6%)
383	ZAWARDZIN Robert	97		Open Mężczyzn	355	09:00	00:00:06	00:20:10	00:42:05	-00:10:00	00:54:06.45	00:54:13.05	+00:24:02 (44.4%)	6:24	9.4 (69.1%)
385	KRZEMIENIEWSKI Mateusz	366		Open Mężczyzn	356	09:45	00:00:06	00:18:52	00:42:33	-00:11:00	00:54:08.70	00:54:14.75	+00:24:05 (44.5%)	6:30	9.2 (67.6%)
386	STRZYŻEWSKI Dawid	388		Open Mężczyzn	357	09:45	00:00:06	00:18:52	00:42:33	-00:11:00	00:54:08.80	00:54:14.85	+00:24:05 (44.5%)	6:30	9.2 (67.6%)
387	TURSKI Łukasz	953	ROSSMANN	Open Mężczyzn	358	11:15	00:00:04	00:19:23	00:43:01	-00:14:00	00:54:10.65	00:54:14.95	+00:24:07 (44.5%)	6:49	8.8 (64.7%)
388	KUCHARSKI Michał	266		Open Mężczyzn	359	09:30	00:00:09	00:20:51	00:43:23	-00:14:00	00:54:11.15	00:54:20.70	+00:24:07 (44.5%)	6:49	8.8 (64.7%)
389	WÓJCIK Piotr	190		Open Mężczyzn	360	09:15	00:00:08	00:17:21	00:37:18	-00:04:00	00:54:12.15	00:54:20.25	+00:24:08 (44.5%)	5:49	10.3 (75.7%)
390	PAWŁOWSKI Adam	277		Open Mężczyzn	361	09:30	00:00:08	00:20:01	00:41:20	-00:09:00	00:54:12.55	00:54:21.20	+00:24:08 (44.5%)	6:19	9.5 (69.9%)
391	BORUSZEWSKI Grzegorz	1108		Open Mężczyzn	362	12:00	00:00:09	00:20:37	00:42:22	-00:13:00	00:54:15.05	00:54:24.35	+00:24:11 (44.6%)	6:43	8.9 (65.4%)
392	NITECKI Lech	540	OGRODOSFERA.PL	Open Mężczyzn	363	10:15	00:00:10	00:20:53	00:43:25	-00:13:00	00:54:19.30	00:54:29.80	+00:24:15 (44.7%)	6:43	8.9 (65.4%)
393	BARANOWSKI Dariusz	415	BRUD EKIPA	Open Mężczyzn	364	10:00	00:00:08	00:20:45	00:42:59	-00:08:00	00:54:23.20	00:54:31.95	+00:24:19 (44.7%)	6:14	9.6 (70.6%)
394	KSIĘŻOPOLSKI Paweł	430	CROSSFIT SIEDLCE	Open Mężczyzn	365	10:00	00:00:10	00:20:31	00:42:50	-00:11:00	00:54:24.15	00:54:35.00	+00:24:20 (44.7%)	6:32	9.2 (67.6%)
395	NIWIŃSKI Piotr	1191	CROSSFIT URSYNÓW	Open Mężczyzn	366	12:15	00:00:05	00:19:44	00:42:05	-00:11:00	00:54:24.70	00:54:30.65	+00:24:21 (44.8%)	6:32	9.2 (67.6%)
396	CHUSTECKI Michał	1215		Open Mężczyzn	367	12:30	00:00:06	00:20:31	00:43:35	-00:14:00	00:54:25.25	00:54:31.90	+00:24:21 (44.8%)	6:50	8.8 (64.7%)
397	CHOBOT Iwona	1265		Open Kobiet	30	09:15	00:00:05	00:19:22	00:41:24	-00:09:00	00:54:26.25	00:54:31.75	+00:24:22 (44.8%)	6:20	9.5 (69.9%)
398	ZALEWSKI Michał	1279	BESTIE OCR LEGIONOWO	Open Mężczyzn	368	11:15	00:00:02	00:22:01	00:44:30	-00:14:00	00:54:30.60	00:54:33.30	+00:24:27 (44.9%)	6:51	8.8 (64.7%)
399	MACHCEWICZ Maciej	1260	WARSAW CREW	Open Mężczyzn	369	12:30	00:00:05	00:18:49	00:42:54	-00:08:00	00:54:31.35	00:54:36.75	+00:24:27 (44.9%)	6:15	9.6 (70.6%)
400	PIEŃKOS Marcin	17	DIRTY6	Open Mężczyzn	370	09:00	00:00:07	00:21:57	00:44:07	-00:14:00	00:54:33.10	00:54:40.50	+00:24:29 (44.9%)	6:51	8.8 (64.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
											netto 10km	brutto 10km			
401	MOSKWA Dawid	1527		Open Mężczyzn	371	12:45	00:00:04	00:17:26	00:38:42	-00:01:00	00:54:33.15	00:54:37.90	+00:24:29 (44.9%)	5:33	10.8 (79.4%)
402	BUDEK Maciek	456		Open Mężczyzn	372	10:00	00:00:05	00:21:31	00:44:26	-00:14:00	00:54:34.00	00:54:39.45	+00:24:30 (44.9%)	6:51	8.8 (64.7%)
403	PODOLAK Radosław	692		Open Mężczyzn	373	10:30	00:00:05	00:19:28	00:42:36	-00:13:00	00:54:35.80	00:54:41.20	+00:24:32 (44.9%)	6:45	8.9 (65.4%)
404	CZECH Piotr	1515		Open Mężczyzn	374	12:45	00:00:03	00:18:55	00:42:45	-00:13:00	00:54:36.05	00:54:39.45	+00:24:32 (44.9%)	6:45	8.9 (65.4%)
405	KALICKI Irek	724	CROSSFIT GCW	Open Mężczyzn	375	10:45	00:00:05	00:21:25	00:42:44	-00:13:00	00:54:36.80	00:54:42.35	+00:24:33 (45.0%)	6:45	8.9 (65.4%)
406	CHOJECKI Grzegorz	716	CROSSFIT GCW	Open Mężczyzn	376	10:45	00:00:04	00:21:43	00:42:44	-00:13:00	00:54:37.80	00:54:42.15	+00:24:34 (45.0%)	6:45	8.9 (65.4%)
407	PIEDZIUK Radosław	377		Open Mężczyzn	377	09:45	00:00:10	00:18:12	00:39:30	-00:07:00	00:54:39.00	00:54:49.05	+00:24:35 (45.0%)	6:09	9.7 (71.3%)
408	KOCZYK Artur	161		Open Mężczyzn	378	09:15	00:00:06	00:21:12	00:43:08	-00:13:00	00:54:40.40	00:54:46.80	+00:24:36 (45.0%)	6:46	8.9 (65.4%)
409	KOSTRZEWA Michał	1364		Open Mężczyzn	379	11:30	00:02:15	00:20:51	00:44:14	-00:12:00	00:54:40.70	00:56:56.05	+00:24:37 (45.0%)	6:40	9 (66.2%)
410	BAÑBURA Radek	658		Open Mężczyzn	380	10:30	00:00:06	00:19:52	00:43:09	-00:14:00	00:54:41.85	00:54:48.65	+00:24:38 (45.0%)	6:52	8.7 (64.0%)
411	SEKRETA Anna	7	AGATA PIETROSZEK TEAM	Open Kobiet	31	09:00	00:00:04	00:21:54	00:43:58	-00:12:00	00:54:41.90	00:54:46.05	+00:24:38 (45.0%)	6:40	9 (66.2%)
412	GAWLIK Justyna	231	RUNNERSCLUB.PL WARSZAWA	Open Kobiet	32	09:30	00:00:10	00:19:35	00:40:16	-00:02:00	00:54:42.40	00:54:52.55	+00:24:38 (45.1%)	5:40	10.6 (77.9%)
413	WĘDRYCHOWSKI Adam	737	CROSSFIT MOKOTÓW	Open Mężczyzn	381	10:45	00:00:09	00:21:20	00:44:10	-00:13:00	00:54:43.15	00:54:53.05	+00:24:39 (45.1%)	6:46	8.9 (65.4%)
414	OLENDER Kamil	746	FORMAGALUSA	Open Mężczyzn	382	10:45	00:00:10	00:23:28	00:45:42	-00:14:00	00:54:44.30	00:54:54.70	+00:24:40 (45.1%)	6:52	8.7 (64.0%)
415	GALUS Piotr	745	FORMAGALUSA	Open Mężczyzn	383	10:45	00:00:10	00:23:28	00:45:43	-00:14:00	00:54:44.95	00:54:55.45	+00:24:41 (45.1%)	6:52	8.7 (64.0%)
416	KAMIŃSKA Anna	52		Open Kobiet	33	09:00	00:00:08	00:19:25	00:40:33	-00:08:00	00:54:45.00	00:54:53.30	+00:24:41 (45.1%)	6:16	9.6 (70.6%)
417	STASIAK Piotr	1148		Open Mężczyzn	384	12:00	00:00:05	00:19:24	00:41:03	-00:11:00	00:54:45.20	00:54:50.20	+00:24:41 (45.1%)	6:34	9.1 (66.9%)
418	KIWITT Michał	118	PATRZ NA MNIE MAMO!	Open Mężczyzn	385	09:15	00:00:07	00:18:14	00:39:50	-00:07:00	00:54:47.80	00:54:55.75	+00:24:44 (45.1%)	6:10	9.7 (71.3%)
419	WRÓBLEWSKA Aleksandra	432	CROSSFIT SIEDLCE	Open Kobiet	34	10:00	00:00:10	00:19:57	00:41:52	-00:08:00	00:54:48.30	00:54:58.85	+00:24:44 (45.2%)	6:16	9.6 (70.6%)
420	KRZEPKOWSKI Radosław	573		Open Mężczyzn	386	10:15	00:00:07	00:17:08	00:37:53	-00:04:00	00:54:49.50	00:54:56.65	+00:24:45 (45.2%)	5:52	10.2 (75.0%)
421	GRZYB Albert	1025		Open Mężczyzn	387	12:45	00:00:05	00:19:27	00:41:17	-00:11:00	00:54:50.00	00:54:55.05	+00:24:46 (45.2%)	6:35	9.1 (66.9%)
422	GOLEC Jarosław	1	AGATA PIETROSZEK TEAM	Open Mężczyzn	388	09:00	00:00:03	00:19:52	00:43:16	-00:13:00	00:54:50.50	00:54:54.40	+00:24:46 (45.2%)	6:47	8.8 (64.7%)
423	MYSZKIEWICZ Robert	1031		Open Mężczyzn	389	11:30	00:00:08	00:19:59	00:41:43	-00:10:00	00:54:53.20	00:55:01.50	+00:24:49 (45.2%)	6:29	9.2 (67.6%)
424	WYSOWSKA Edyta	96		Open Kobiet	35	09:00	00:00:04	00:19:25	00:41:57	-00:11:00	00:54:56.05	00:55:00.90	+00:24:52 (45.3%)	6:35	9.1 (66.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
											netto 10km	brutto 10km			
425	WOŚ Tomasz	297		Open Mężczyzn	390	09:30	00:00:09	00:21:30	00:44:26	-00:13:00	00:54:56.55	00:55:06.25	+00:24:52 (45.3%)	6:47	8.8 (64.7%)
426	SADOWSKI Kamil	929	FANGA TERROR TEAM	Open Mężczyzn	391	11:15	00:00:07	00:23:48	00:45:05	-00:11:00	00:54:56.85	00:55:04.25	+00:24:53 (45.3%)	6:35	9.1 (66.9%)
427	JAMBOR Michał	1459	BRACTWO BIEGOWE BGK	Open Mężczyzn	392	11:45	00:00:07	00:18:48	00:41:12	-00:09:00	00:55:01.15	00:55:08.45	+00:24:57 (45.4%)	6:24	9.4 (69.1%)
428	KOWALCZUK Adam	200	4FACES RUNNING TEAM	Open Mężczyzn	393	09:30	00:00:11	00:20:28	00:43:17	-00:10:00	00:55:02.05	00:55:13.95	+00:24:58 (45.4%)	6:30	9.2 (67.6%)
429	BERDYŃSKI Jarosław	861		Open Mężczyzn	394	11:00	00:00:06	00:19:58	00:41:31	-00:11:00	00:55:03.80	00:55:10.65	+00:25:00 (45.4%)	6:36	9.1 (66.9%)
430	PIĄTKOWSKI Marcin	135	TI AUTOMOTIVE	Open Mężczyzn	395	09:15	00:00:03	00:19:27	00:43:08	-00:13:00	00:55:05.50	00:55:09.45	+00:25:01 (45.4%)	6:48	8.8 (64.7%)
431	WIĘCH Ernest	1267	CROSS ELITE GRAJEWO	Open Mężczyzn	396	11:15	00:00:04	00:21:43	00:44:34	-00:13:00	00:55:05.70	00:55:10.40	+00:25:02 (45.4%)	6:48	8.8 (64.7%)
432	ZIMOŃ Norbert	1296		Open Mężczyzn	397	10:30	00:00:04	00:18:06	00:40:47	-00:14:00	00:55:08.25	00:55:12.70	+00:25:04 (45.5%)	6:54	8.7 (64.0%)
433	KOWALEWSKA Luiza	1327	HUSARIA RACE TEAM	Open Kobiet	36	09:15	00:00:03	00:19:55	00:43:06	-00:13:00	00:55:09.45	00:55:13.40	+00:25:05 (45.5%)	6:49	8.8 (64.7%)
434	BIEŃ Piotr	1401		Open Mężczyzn	398	12:30	00:00:05	00:19:14	00:42:18	-00:13:00	00:55:09.90	00:55:14.90	+00:25:06 (45.5%)	6:48	8.8 (64.7%)
435	GUŚĆ Maciej	256		Open Mężczyzn	399	09:30	00:00:06	00:19:06	00:43:00	-00:14:00	00:55:09.95	00:55:16.10	+00:25:06 (45.5%)	6:55	8.7 (64.0%)
436	KWIECIŃSKI Alan	1484		Open Mężczyzn	400	11:45	00:00:06	00:20:08	00:44:15	-00:08:00	00:55:11.40	00:55:17.80	+00:25:07 (45.5%)	6:19	9.5 (69.9%)
437	KAMIŃSKA Sylwia	416	BRUD EKIPA	Open Kobiet	37	10:00	00:00:09	00:20:45	00:42:59	-00:08:00	00:55:15.45	00:55:24.70	+00:25:11 (45.6%)	6:19	9.5 (69.9%)
438	KOSIOR Krzysztof	538	OGRODOSFERA.PL	Open Mężczyzn	401	10:15	00:00:10	00:20:54	00:43:37	-00:12:00	00:55:18.20	00:55:29.15	+00:25:14 (45.6%)	6:43	8.9 (65.4%)
439	MIELNIK Adrian	1266		Open Mężczyzn	402	09:00	00:00:03	00:16:45	00:38:15	-00:04:00	00:55:24.55	00:55:28.10	+00:25:20 (45.7%)	5:56	10.1 (74.3%)
440	ŻURAWSKI Dariusz	854	LOFT TEAM EXTREME	Open Mężczyzn	403	11:00	00:00:05	00:17:50	00:38:56	-00:05:00	00:55:24.80	00:55:29.85	+00:25:21 (45.8%)	6:02	9.9 (72.8%)
441	TARNOWSKI Damian	773	WARSAW DUKES	Open Mężczyzn	404	10:45	00:00:06	00:20:50	00:45:03	-00:13:00	00:55:25.20	00:55:31.35	+00:25:21 (45.8%)	6:50	8.8 (64.7%)
442	POPIOŁEK Magdalena	114	NOLIMIT TEAM+	Open Kobiet	38	09:00	00:00:06	00:21:57	00:44:08	-00:12:00	00:55:25.30	00:55:31.75	+00:25:21 (45.8%)	6:44	8.9 (65.4%)
443	PRAŁAT Weronika	730	CROSSFIT GCW	Open Kobiet	39	10:45	00:00:06	00:20:24	00:42:11	-00:09:00	00:55:27.70	00:55:34.05	+00:25:24 (45.8%)	6:26	9.3 (68.4%)
444	POTERAŁA Arkadiusz	1282	ORANGE POLSKA	Open Mężczyzn	405	11:15	00:00:05	00:20:11	00:43:35	-00:14:00	00:55:27.80	00:55:33.10	+00:25:24 (45.8%)	6:56	8.6 (63.2%)
445	CHRZANOWSKI Łukasz	409	BIEGNIJ ZE MNĄ 2.0	Open Mężczyzn	406	10:00	00:00:04	00:19:48	00:43:25	-00:09:00	00:55:32.30	00:55:37.05	+00:25:28 (45.9%)	6:27	9.3 (68.4%)
446	MATUSZAK Marcin	760	NAJWIĘKSZE JANUSZE JOGGINGU	Open Mężczyzn	407	10:45	00:00:06	00:19:11	00:42:26	-00:12:00	00:55:38.70	00:55:45.55	+00:25:35 (46.0%)	6:45	8.9 (65.4%)
447	FERENS Artur	1478		Open Mężczyzn	408	11:45	00:00:05	00:18:57	00:42:13	-00:11:00	00:55:39.80	00:55:45.65	+00:25:36 (46.0%)	6:40	9 (66.2%)
448	KUSTRA Mariusz	60		Open Mężczyzn	409	09:00	00:00:07	00:20:22	00:43:09	-00:11:00	00:55:41.25	00:55:48.50	+00:25:37 (46.0%)	6:40	9 (66.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas				Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata					
449	CZAPKOWICZ Mikołaj	1557		Open Mężczyzn	410	12:30	00:00:06	00:21:01	00:45:06	-00:14:00	00:55:42.05	00:55:48.25	+00:25:38 (46.0%)	6:58	8.6 (63.2%)
450	GALANT Michał	736	CROSSFIT MOKOTÓW	Open Mężczyzn	411	10:45	00:00:10	00:21:18	00:44:09	-00:12:00	00:55:43.00	00:55:53.35	+00:25:39 (46.0%)	6:46	8.9 (65.4%)
451	PISKORZ Patryk	1167	CROSSFIT URSYNÓW	Open Mężczyzn	412	12:15	00:00:07	00:21:05	00:43:57	-00:12:00	00:55:45.45	00:55:52.70	+00:25:41 (46.1%)	6:46	8.9 (65.4%)
452	ILOWSKA-REMBARZ Karolina	836	LOFT TEAM EXTREME	Open Kobiet	40	11:00	00:00:03	00:19:15	00:41:08	-00:08:00	00:55:45.95	00:55:49.20	+00:25:42 (46.1%)	6:22	9.4 (69.1%)
453	PATZER Rafał	77		Open Mężczyzn	413	09:00	00:00:07	00:18:43	00:39:40	-00:07:00	00:55:47.60	00:55:54.65	+00:25:44 (46.1%)	6:16	9.6 (70.6%)
454	SOBCZAK Roksana	495	CROSSFIT MGW	Open Kobiet	41	10:00	00:00:07	00:22:08	00:44:45	-00:12:00	00:55:48.45	00:55:55.80	+00:25:44 (46.1%)	6:46	8.8 (64.7%)
455	ROSŁON Jerzy	1168	CROSSFIT URSYNÓW	Open Mężczyzn	414	12:15	00:00:06	00:20:15	00:42:36	-00:13:00	00:55:50.45	00:55:57.35	+00:25:46 (46.2%)	6:53	8.7 (64.0%)
456	SIKORSKI Piotr	1349	AMEBY	Open Mężczyzn	415	11:00	00:00:07	00:19:00	00:41:06	-00:02:00	00:55:50.50	00:55:57.80	+00:25:46 (46.2%)	5:47	10.4 (76.5%)
457	CHLEBOWSKI Jakub	150		Open Mężczyzn	416	09:15	00:00:05	00:20:14	00:42:38	-00:09:00	00:55:51.25	00:55:57.15	+00:25:47 (46.2%)	6:29	9.2 (67.6%)
458	KALIŃSKI Artur	362		Open Mężczyzn	417	09:45	00:00:07	00:21:14	00:44:49	-00:14:00	00:55:54.10	00:56:01.40	+00:25:50 (46.2%)	6:59	8.6 (63.2%)
459	JODELIUK Jevgenij	1543	DZIKIE DZIKI MIGU	Open Mężczyzn	418	10:15	00:00:05	00:17:02	00:37:47	-00:05:00	00:55:55.65	00:56:00.70	+00:25:52 (46.3%)	6:05	9.8 (72.1%)
460	SAWICKI Maciej	211	GOSPORT	Open Mężczyzn	419	09:30	00:00:10	00:22:30	00:45:21	-00:14:00	00:55:58.90	00:56:09.25	+00:25:55 (46.3%)	6:59	8.6 (63.2%)
461	NIZIOLEK Paweł	70		Open Mężczyzn	420	09:00	00:00:07	00:22:03	00:44:42	-00:14:00	00:56:00.45	00:56:08.20	+00:25:56 (46.3%)	7:00	8.6 (63.2%)
462	AL-HADDAD Talal	240		Open Mężczyzn	421	09:30	00:00:10	00:22:27	00:44:53	-00:14:00	00:56:00.60	00:56:10.85	+00:25:57 (46.3%)	7:00	8.6 (63.2%)
463	AUGUSTYNIAK Filip	1325	WARSAW CREW	Open Mężczyzn	422	12:30	00:00:05	00:20:04	00:42:52	-00:10:00	00:56:01.35	00:56:07.30	+00:25:57 (46.3%)	6:36	9.1 (66.9%)
464	BOROWIAK Krzysztof	1452	HUSARIA RACE TEAM	Open Mężczyzn	423	11:45	00:00:00	00:18:38	00:41:13	-00:11:00	00:56:02.70	00:56:02.70	+00:25:59 (46.4%)	6:42	9 (66.2%)
465	LASZEWICZ Patrycja	1246		Open Kobiet	42	12:45	00:00:06	00:19:44	00:42:44	-00:05:00	00:56:03.40	00:56:09.65	+00:25:59 (46.4%)	6:06	9.8 (72.1%)
466	CHOJNACKI Łukasz	344		Open Mężczyzn	424	09:45	00:00:07	00:20:28	00:44:27	-00:12:00	00:56:05.55	00:56:13.45	+00:26:01 (46.4%)	6:48	8.8 (64.7%)
467	GOŚCINIAK Klaudia	1017	TOTAL FITNESS	Open Kobiet	43	11:30	00:00:11	00:21:43		-00:13:00	00:56:08.40	00:56:19.45	+00:26:04 (46.5%)	6:54	8.7 (64.0%)
468	KOWALCZYK Bogdan	221	POWER TRAINING	Open Mężczyzn	425	09:30	00:00:08	00:21:11	00:44:36	-00:12:00	00:56:09.50	00:56:18.25	+00:26:05 (46.5%)	6:49	8.8 (64.7%)
469	GŁOGOWSKI Dawid	254		Open Mężczyzn	426	09:30	00:00:07	00:19:15	00:43:00	-00:13:00	00:56:09.65	00:56:16.80	+00:26:06 (46.5%)	6:54	8.7 (64.0%)
470	OFIARA Kamil	275		Open Mężczyzn	427	09:30	00:00:06	00:19:09	00:43:01	-00:13:00	00:56:10.25	00:56:17.10	+00:26:06 (46.5%)	6:55	8.7 (64.0%)
471	GŁOWIENKA Marcin	1269	DZIKIE TURBO PTYSIE	Open Mężczyzn	428	11:30	00:00:05	00:21:31	00:45:08	-00:12:00	00:56:11.70	00:56:17.25	+00:26:08 (46.5%)	6:49	8.8 (64.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							Czas startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata	10km	10km			
472	ŚLIWIŃSKI Marek	1299	CROSS ELITE GRAJEWO	Open Mężczyzn	429	11:15	00:00:03	00:19:55	00:43:23	-00:12:00	00:56:14.70	00:56:18.55	+00:26:11 (46.6%)	6:49	8.8 (64.7%)
473	NIEMIRSKI Jakub	1078	NGM RACE TEAM	Open Mężczyzn	430	12:00	00:00:05	00:21:53	00:44:17	-00:10:00	00:56:16.30	00:56:22.15	+00:26:12 (46.6%)	6:37	9.1 (66.9%)
474	SAKHASHCHYK Aleh	1491	SAHATY	Open Mężczyzn	431	12:15	00:00:08	00:21:47	00:46:16	-00:14:00	00:56:17.45	00:56:26.20	+00:26:13 (46.6%)	7:01	8.5 (62.5%)
474	ZUBKO Viktor	1492	SAHATY	Open Mężczyzn	432	12:15	00:00:09	00:21:46	00:46:14	-00:14:00	00:56:17.45	00:56:26.50	+00:26:13 (46.6%)	7:01	8.5 (62.5%)
476	KĘPA Alicja	1275		Open Kobiet	44	10:15	00:00:10	00:19:04	00:41:48	-00:08:00	00:56:24.90	00:56:34.95	+00:26:21 (46.7%)	6:26	9.3 (68.4%)
477	STECKIEWICZ Paweł	1173	CROSSFIT URSYNÓW	Open Mężczyzn	433	12:15	00:00:05	00:20:41	00:44:37	-00:13:00	00:56:26.15	00:56:31.95	+00:26:22 (46.7%)	6:56	8.6 (63.2%)
478	SŁUPECKI Kamil	423	CROSSFIT GENIUS	Open Mężczyzn	434	10:00	00:00:04	00:20:56	00:45:06	-00:14:00	00:56:35.85	00:56:40.70	+00:26:32 (46.9%)	7:03	8.5 (62.5%)
479	ORLOWSKI Grzegorz	421	CROSSFIT GENIUS	Open Mężczyzn	435	10:00	00:00:04	00:20:57	00:44:50	-00:14:00	00:56:36.85	00:56:41.35	+00:26:33 (46.9%)	7:03	8.5 (62.5%)
480	GOŁUCH Mateusz	341	UNITED PANFILS	Open Mężczyzn	436	09:45	00:00:05	00:19:44	00:44:07	-00:11:00	00:56:36.95	00:56:42.15	+00:26:33 (46.9%)	6:45	8.9 (65.4%)
481	KUCIŃSKI Damian	1245		Open Mężczyzn	437	12:45	00:00:05	00:21:11	00:44:19	-00:13:00	00:56:37.00	00:56:42.05	+00:26:33 (46.9%)	6:57	8.6 (63.2%)
482	WÓJCIK Małgorzata	1389		Open Kobiet	45	12:15	00:00:05	00:20:01	00:43:24	-00:11:00	00:56:39.10	00:56:44.80	+00:26:35 (46.9%)	6:45	8.9 (65.4%)
483	DUDEK Przemysław	350		Open Mężczyzn	438	09:45	00:00:08	00:23:51	00:46:44	-00:14:00	00:56:41.25	00:56:49.80	+00:26:37 (47.0%)	7:04	8.5 (62.5%)
484	CZERNIAK Michał	1396		Open Mężczyzn	439	11:30	00:00:08	00:19:53		-00:12:00	00:56:42.80	00:56:51.45	+00:26:39 (47.0%)	6:52	8.7 (64.0%)
485	DUDARONEK Paulina	236	XRUNNERS	Open Kobiet	46	09:30	00:00:04	00:20:23	00:43:18	-00:11:00	00:56:42.85	00:56:47.50	+00:26:39 (47.0%)	6:46	8.9 (65.4%)
486	WOJNAROWSKI Zygmunt	120	POWER TRAINING	Open Mężczyzn	440	09:15	00:00:08	00:18:59	00:41:32	-00:09:00	00:56:43.65	00:56:52.50	+00:26:40 (47.0%)	6:34	9.1 (66.9%)
487	DROŹDŹ Arkadiusz	1160	CROSSFIT URSYNÓW	Open Mężczyzn	441	12:15	00:00:08	00:23:06	00:45:19	-00:14:00	00:56:44.95	00:56:53.90	+00:26:41 (47.0%)	7:04	8.5 (62.5%)
488	KANIA Michał	827	GCW TEAM	Open Mężczyzn	442	11:00	00:00:06	00:21:47	00:45:47	-00:10:00	00:56:45.15	00:56:52.00	+00:26:41 (47.0%)	6:40	9 (66.2%)
489	DMYTRUK Vlad	348		Open Mężczyzn	443	09:45	00:00:08	00:23:02	00:46:06	-00:14:00	00:56:45.60	00:56:53.85	+00:26:42 (47.0%)	7:04	8.5 (62.5%)
490	JAŚKOWSKI Paweł	1298		Open Mężczyzn	444	10:45	00:00:05	00:21:04	00:43:56	-00:13:00	00:56:46.15	00:56:51.40	+00:26:42 (47.0%)	6:58	8.6 (63.2%)
491	TYBON Łukasz	1312	WETERANI XX	Open Mężczyzn	445	12:30	00:00:08	00:21:15	00:44:15	-00:13:00	00:56:47.50	00:56:55.75	+00:26:43 (47.1%)	6:58	8.6 (63.2%)
492	KOWALIK Dorota	550	STREFA FITNESS	Open Kobiet	47	10:15	00:00:09	00:21:23	00:43:59	-00:10:00	00:56:47.85	00:56:57.20	+00:26:44 (47.1%)	6:40	9 (66.2%)
493	KRZYŻEWSKI Marcin	1365		Open Mężczyzn	446	11:30	00:00:06	00:18:32	00:40:43	-00:07:00	00:56:49.50	00:56:56.25	+00:26:45 (47.1%)	6:23	9.4 (69.1%)
494	GAŁAT Aureliusz	874		Open Mężczyzn	447	11:00	00:00:03	00:20:32	00:44:21	-00:11:00	00:56:50.70	00:56:53.85	+00:26:47 (47.1%)	6:47	8.8 (64.7%)
495	BRZEZICKA Angelika	307	FIGHT GYM TEAM	Open Kobiet	48	09:45	00:00:07	00:21:45	00:45:36	-00:12:00	00:56:51.00	00:56:58.30	+00:26:47 (47.1%)	6:53	8.7 (64.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas			Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
							startu	Skrajna_1 5.4km	Skrajna_2 7.5km		netto 10km	brutto 10km			
496	LIPOWSKI Maciej	170		Open Mężczyzn	448	09:15	00:00:07	00:21:07	00:45:32	-00:14:00	00:56:51.80	00:56:59.45	+00:26:48 (47.1%)	7:05	8.5 (62.5%)
497	ZĄŁOGA Maciej	300		Open Mężczyzn	449	09:30	00:00:08	00:22:03	00:45:32	-00:13:00	00:56:53.45	00:57:01.55	+00:26:49 (47.2%)	6:59	8.6 (63.2%)
498	KRYSZTOFIŃSKI Adrian	1006	POWER TRAINING	Open Mężczyzn	450	11:30	00:00:07	00:21:38		-00:10:00	00:56:53.95	00:57:01.35	+00:26:50 (47.2%)	6:41	9 (66.2%)
499	LUBIANIEC Jakub	792		Open Mężczyzn	451	10:45	00:00:11	00:21:39	00:44:47	-00:10:00	00:56:56.25	00:57:07.50	+00:26:52 (47.2%)	6:41	9 (66.2%)
500	RINDSH?J Flemming	207	DANISH VIKINGS	Open Mężczyzn	452	09:30	00:00:11	00:21:31	00:44:06	-00:09:00	00:56:58.90	00:57:10.45	+00:26:55 (47.2%)	6:35	9.1 (66.9%)
501	LAMPERT Paweł	475		Open Mężczyzn	453	10:00	00:03:19	00:21:26	00:45:39	-00:14:00	00:57:00.50	01:00:19.60	+00:26:56 (47.3%)	7:06	8.5 (62.5%)
502	WALENTYŃSKI Bartek	1253		Open Mężczyzn	454	12:45	00:00:06	00:18:36	00:40:01	-00:05:00	00:57:01.05	00:57:07.55	+00:26:57 (47.3%)	6:12	9.7 (71.3%)
503	ORDON Dorota	75		Open Kobiet	49	09:00	00:00:06	00:19:49	00:43:21	-00:10:00	00:57:01.75	00:57:08.60	+00:26:58 (47.3%)	6:42	9 (66.2%)
504		1345					03:27:36	00:20:15	00:45:22	-00:12:00	00:57:02.20	04:24:38.75	+00:26:58 (47.3%)	6:54	8.7 (64.0%)
505	GŁUCHOWSKI Marek	41		Open Mężczyzn	455	09:30	00:00:10	00:23:37	00:44:52	-00:11:00	00:57:04.70	00:57:15.65	+00:27:01 (47.3%)	6:48	8.8 (64.7%)
506	WOJDAT Rafał	1176	CROSSFIT URSYNÓW	Open Mężczyzn	456	12:15	00:00:08	00:22:57	00:45:21	-00:12:00	00:57:07.70	00:57:16.25	+00:27:04 (47.4%)	6:54	8.7 (64.0%)
507	WIECEK Paulina	1018	TOTAL FITNESS	Open Kobiet	50	11:30	00:00:10	00:21:44		-00:12:00	00:57:08.45	00:57:19.35	+00:27:04 (47.4%)	6:54	8.7 (64.0%)
508	JEŻ Marcin	668		Open Mężczyzn	457	10:30	00:00:06	00:20:22	00:43:15	-00:12:00	00:57:09.10	00:57:15.45	+00:27:05 (47.4%)	6:54	8.7 (64.0%)
509	ZAKRZEWSKI Marcin	813	CROSSFIT TORUŃ/REEBOK RUN CREW	Open Mężczyzn	458	11:00	00:00:06	00:17:59	00:41:32	-00:10:00	00:57:10.85	00:57:17.30	+00:27:07 (47.4%)	6:43	8.9 (65.4%)
510	FIC Paweł	1498	X TEAM SPECIAL FORCES	Open Mężczyzn	459	11:30	00:00:06	00:20:53	00:45:10	-00:14:00	00:57:11.05	00:57:17.85	+00:27:07 (47.4%)	7:07	8.4 (61.8%)
511	WINCZEWSKI Mikołaj	503	DAFTCODE	Open Mężczyzn	460	10:00	00:00:07	00:23:38	00:46:11	-00:13:00	00:57:14.30	00:57:22.05	+00:27:10 (47.5%)	7:01	8.5 (62.5%)
512	RUDZKI Michał	1226	CROSSFIT Z16	Open Mężczyzn	461	12:45	00:00:04	00:20:38	00:44:44	-00:13:00	00:57:15.75	00:57:20.00	+00:27:12 (47.5%)	7:01	8.5 (62.5%)
513	JĘDRZEJCZYK- KOWALSKA Sylwia	616	BIGTIRES.PL TEAM	Open Kobiet	51	10:30	00:00:09	00:19:09	00:40:18	-00:06:00	00:57:17.95	00:57:27.30	+00:27:14 (47.5%)	6:19	9.5 (69.9%)
514	SOKOŁOWSKI Artur	513	DZIADY OCR	Open Mężczyzn	462	10:15	00:00:05	00:20:35	00:44:21	-00:14:00	00:57:18.70	00:57:24.15	+00:27:15 (47.5%)	7:07	8.4 (61.8%)
515	PIECHOCKI Karol	1166	CROSSFIT URSYNÓW	Open Mężczyzn	463	12:15	00:00:08	00:22:57	00:45:20	-00:14:00	00:57:20.25	00:57:28.90	+00:27:16 (47.6%)	7:08	8.4 (61.8%)
516	ILUKOWICZ Dagmara	1162	CROSSFIT URSYNÓW	Open Kobiet	52	12:15	00:00:06	00:22:02	00:44:58	-00:11:00	00:57:20.50	00:57:27.25	+00:27:16 (47.6%)	6:50	8.8 (64.7%)
517	GRODZIŃSKI Artur	325	PUMPERSY	Open Mężczyzn	464	09:45	00:00:07	00:19:44	00:42:07	-00:09:00	00:57:20.70	00:57:28.00	+00:27:17 (47.6%)	6:38	9 (66.2%)
518	MOŻEJKO Ireneusz	988		Open Mężczyzn	465	11:15	00:00:04	00:20:59	00:44:33	-00:12:00	00:57:22.05	00:57:26.55	+00:27:18 (47.6%)	6:56	8.6 (63.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas				Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata					
519	WRZOSEK Jarosław	401		Open Mężczyzn	466	09:30	00:00:06	00:21:33	00:44:31	-00:11:00	00:57:23.00	00:57:29.90	+00:27:19 (47.6%)	6:50	8.8 (64.7%)
520	DRUŻKOWSKA Monika	747	GONI NAS KREDENS	Open Kobiet	53	10:45	00:00:04	00:19:13	00:41:11	-00:07:00	00:57:23.70	00:57:28.60	+00:27:20 (47.6%)	6:26	9.3 (68.4%)
521	CHOCHULSKI Tomasz	420	CROSSFIT GENIUS	Open Mężczyzn	467	10:00	00:00:05	00:21:00	00:44:50	-00:13:00	00:57:24.15	00:57:29.65	+00:27:20 (47.6%)	7:02	8.5 (62.5%)
522	SIKORA Mateusz	696		Open Mężczyzn	468	10:30	00:00:00	00:19:55	00:43:14	-00:10:00	00:57:26.15	00:57:26.15	+00:27:22 (47.7%)	6:44	8.9 (65.4%)
523	KUCZYŃSKI Paweł	411	BIGYELLOWFOOT ADVENTURE TEAM	Open Mężczyzn	469	10:00	00:03:18	00:21:28	00:45:41	-00:14:00	00:57:26.55	01:00:45.15	+00:27:22 (47.7%)	7:08	8.4 (61.8%)
524	PIĄTKOWSKA Ilona	134	TI AUTOMOTIVE	Open Kobiet	54	09:15	00:00:03	00:19:38	00:43:08	-00:11:00	00:57:30.10	00:57:33.85	+00:27:26 (47.7%)	6:51	8.8 (64.7%)
525	MYSZKOWSKA Monika	69		Open Kobiet	55	09:00	00:00:07	00:22:03	00:44:42	-00:12:00	00:57:30.90	00:57:38.30	+00:27:27 (47.7%)	6:57	8.6 (63.2%)
526	PAROL Jacek	1342		Open Mężczyzn	470	12:45	00:00:05	00:22:11	00:46:41	-00:09:00	00:57:31.20	00:57:37.15	+00:27:27 (47.7%)	6:39	9 (66.2%)
527	STOLIŃSKI Adrian	1047	SPORTERA OCR	Open Mężczyzn	471	12:00	00:00:04	00:19:50	00:43:27	-00:12:00	00:57:34.75	00:57:38.95	+00:27:31 (47.8%)	6:57	8.6 (63.2%)
528	MUSIAŁ Krzysztof	1030		Open Mężczyzn	472	12:45	00:00:05	00:21:17	00:44:58	-00:13:00	00:57:36.90	00:57:42.05	+00:27:33 (47.8%)	7:03	8.5 (62.5%)
529	VOVK Alina	408	ADIDAS RUNNERS WARSAW	Open Kobiet	56	10:00	00:00:05	00:19:17	00:43:39	-00:09:00	00:57:36.95	00:57:42.60	+00:27:33 (47.8%)	6:39	9 (66.2%)
530	OCIEPA Piotr	72		Open Mężczyzn	473	09:00	00:00:05	00:19:29	00:42:41	-00:09:00	00:57:37.35	00:57:42.60	+00:27:33 (47.8%)	6:39	9 (66.2%)
531	RADWAŃSKI Łukasz	15	CISNYMY	Open Mężczyzn	474	09:00	00:00:04	00:19:45	00:43:43	-00:11:00	00:57:37.65	00:57:41.80	+00:27:34 (47.8%)	6:51	8.7 (64.0%)
532	JAKUBOWSKI Paweł	314	GREEN TEAM	Open Mężczyzn	475	09:45	00:00:08	00:19:05	00:41:31	-00:06:00	00:57:40.95	00:57:49.75	+00:27:37 (47.9%)	6:22	9.4 (69.1%)
533	KOŁODZIEJSKI Maciej	676		Open Mężczyzn	476	10:30	00:00:07	00:19:44	00:43:24	-00:09:00	00:57:41.75	00:57:49.40	+00:27:38 (47.9%)	6:40	9 (66.2%)
534	SMOLAK Maciej	598		Open Mężczyzn	477	10:15	00:00:08	00:20:39	00:44:35	-00:13:00	00:57:42.45	00:57:51.40	+00:27:38 (47.9%)	7:04	8.5 (62.5%)
535	DOBOSZ Marek	252		Open Mężczyzn	478	09:30	00:00:10	00:22:04	00:46:05	-00:13:00	00:57:42.70	00:57:53.45	+00:27:39 (47.9%)	7:04	8.5 (62.5%)
536	OLESZCZUK Patryk	73		Open Mężczyzn	479	09:00	00:00:04	00:20:14	00:44:02	-00:14:00	00:57:43.50	00:57:47.90	+00:27:39 (47.9%)	7:10	8.4 (61.8%)
537	ANSZPERGER Bogdan	656		Open Mężczyzn	480	10:30	00:00:06	00:21:27	00:46:23	-00:09:00	00:57:44.40	00:57:51.35	+00:27:40 (47.9%)	6:40	9 (66.2%)
538	KARWOWSKI Bartosz	641	PKP S.A.	Open Mężczyzn	481	10:30	00:00:04	00:18:23	00:40:52		00:57:45.05	00:57:49.70	+00:27:41 (47.9%)	5:46	10.4 (76.5%)
539	ZIELINSKA Ewelina	1556		Open Kobiet	57	12:30	00:00:05	00:20:38	00:43:31	-00:10:00	00:57:45.65	00:57:51.55	+00:27:42 (48.0%)	6:46	8.9 (65.4%)
540	WOJCIECHOWSKI Piotr	955	ROSSMANN	Open Mężczyzn	482	11:15	00:00:05	00:21:05	00:43:35	-00:10:00	00:57:47.10	00:57:52.75	+00:27:43 (48.0%)	6:46	8.9 (65.4%)
541	KACPRZAK Konrad	944	ROSSMANN	Open Mężczyzn	483	11:15	00:00:05	00:21:06	00:43:38	-00:10:00	00:57:47.45	00:57:52.65	+00:27:43 (48.0%)	6:46	8.9 (65.4%)
542	BANASZKIEWICZ Sławomir	1415		Open Mężczyzn	484	11:30	00:02:17	00:20:49	00:44:12	-00:11:00	00:57:47.65	01:00:05.30	+00:27:44 (48.0%)	6:52	8.7 (64.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas				Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							startu	Skrajna_1 5.4km	Skrajna_2 7.5km							
543	SUWAŁA Robert	425	CROSSFIT GENIUS	Open Mężczyzn	485	10:00	00:00:05	00:21:05	00:45:07	-00:13:00	00:57:47.95	00:57:53.65	+00:27:44 (48.0%)	7:04	8.5 (62.5%)	
544	ŻURAWIŃSKA Ewa	203	4FACES RUNNING TEAM	Open Kobiet	58	09:30	00:00:12	00:20:49	00:43:17	-00:07:00	00:57:49.90	00:58:02.45	+00:27:46 (48.0%)	6:29	9.3 (68.4%)	
545	ŻURAWIŃSKI Jarosław	204	4FACES RUNNING TEAM	Open Mężczyzn	486	09:30	00:00:12	00:20:52	00:43:15	-00:07:00	00:57:50.00	00:58:02.25	+00:27:46 (48.0%)	6:29	9.3 (68.4%)	
546	ŁĘKAWA Mateusz	201	4FACES RUNNING TEAM	Open Mężczyzn	487	09:30	00:00:13	00:20:48	00:43:16	-00:05:00	00:57:50.45	00:58:03.45	+00:27:46 (48.0%)	6:17	9.5 (69.9%)	
547	KARPINSKA Malgorzata	363		Open Kobiet	59	09:30	00:00:12	00:20:54	00:43:14	-00:07:00	00:57:50.50	00:58:02.65	+00:27:46 (48.0%)	6:29	9.3 (68.4%)	
548	PABIN Paweł	76		Open Mężczyzn	488	09:00	00:00:04	00:21:22	00:45:25	-00:13:00	00:57:53.30	00:57:57.45	+00:27:49 (48.1%)	7:05	8.5 (62.5%)	
549	WOJCIECHOWSKI Tomasz	94		Open Mężczyzn	489	09:00	00:00:06	00:20:59	00:43:26	-00:11:00	00:57:55.35	00:58:01.95	+00:27:51 (48.1%)	6:53	8.7 (64.0%)	
550	ROSŁONIEC Agnieszka	899		Open Kobiet	60	11:00	00:00:09	00:18:52	00:39:56	-00:04:00	00:57:55.85	00:58:05.45	+00:27:52 (48.1%)	6:11	9.7 (71.3%)	
551	NIEMIRSKI Dominik	112	N.G.M	Open Mężczyzn	490	12:00	00:00:05	00:18:58	00:41:37	-00:08:00	00:57:58.80	00:58:04.75	+00:27:55 (48.2%)	6:35	9.1 (66.9%)	
552	ROSŁON Dominika	1320		Open Kobiet	61	10:30	00:00:04	00:17:16	00:40:22	-00:05:00	00:57:58.95	00:58:03.10	+00:27:55 (48.2%)	6:17	9.5 (69.9%)	
553	SIERZYCKI Hubert	902	BIEGNĘ JAK KCĘ!	Open Mężczyzn	491	11:00	00:00:07	00:20:54	00:44:22	-00:11:00	00:58:06.30	00:58:13.30	+00:28:02 (48.3%)	6:54	8.7 (64.0%)	
554	RABCZYŃSKA Anna	235	W DOBREJ FORMIE	Open Kobiet	62	09:15	00:00:05	00:20:32	00:44:57	-00:11:00	00:58:08.65	00:58:13.95	+00:28:05 (48.3%)	6:54	8.7 (64.0%)	
555	SKRZECZ Radosław	698		Open Mężczyzn	492	10:30	00:00:08	00:21:28	00:45:00	-00:10:00	00:58:09.35	00:58:17.80	+00:28:05 (48.3%)	6:48	8.8 (64.7%)	
556	OSTROWSKI Paweł	989		Open Mężczyzn	493	11:00	00:00:06	00:19:51	00:43:29	-00:10:00	00:58:09.75	00:58:16.50	+00:28:06 (48.3%)	6:49	8.8 (64.7%)	
557	JEZIORNY Wojtek	1218		Open Mężczyzn	494	12:30	00:00:04	00:20:57	00:45:17	-00:14:00	00:58:10.65	00:58:15.50	+00:28:07 (48.3%)	7:13	8.3 (61.0%)	
558	PAZIKOWSKI Robert	765	THE BROTHERS	Open Mężczyzn	495	10:45	00:00:06	00:20:03	00:45:44	-00:13:00	00:58:12.00	00:58:18.25	+00:28:08 (48.4%)	7:07	8.4 (61.8%)	
559	RUDNIK Bartosz	422	CROSSFIT GENIUS	Open Mężczyzn	496	10:00	00:00:05	00:20:59	00:45:07	-00:13:00	00:58:13.20	00:58:18.30	+00:28:09 (48.4%)	7:07	8.4 (61.8%)	
560	MICHAŁSKI Grzegorz	171		Open Mężczyzn	497	09:15	00:00:08	00:21:32	00:45:16	-00:13:00	00:58:14.35	00:58:22.35	+00:28:10 (48.4%)	7:07	8.4 (61.8%)	
561	SAWICKI Paweł	1170	CROSSFIT URSYNÓW	Open Mężczyzn	498	12:15	00:00:09	00:18:29	00:39:19		00:58:17.90	00:58:27.85	+00:28:14 (48.4%)	5:49	10.3 (75.7%)	
562	SZEFER Marcin	1195		Open Mężczyzn	499	12:15	00:00:06	00:21:30	00:46:20	-00:13:00	00:58:19.00	00:58:25.90	+00:28:15 (48.5%)	7:07	8.4 (61.8%)	
563	MIROSZ Michalina	1131		Open Kobiet	63	12:00	00:00:03	00:21:16	00:45:07	-00:13:00	00:58:19.10	00:58:22.95	+00:28:15 (48.5%)	7:07	8.4 (61.8%)	
564	GWÓZDŹ Elżbieta	1012	RUNCOHOLICS	Open Kobiet	64	11:30	00:00:04	00:18:38	00:41:13	-00:07:00	00:58:19.25	00:58:24.15	+00:28:15 (48.5%)	6:32	9.2 (67.6%)	
565	KOCZOROWSKI Paweł	1286	POLNI WOJOWNICY USTKA	Open Mężczyzn	500	11:30	00:00:09	00:21:54		-00:14:00	00:58:19.35	00:58:28.40	+00:28:15 (48.5%)	7:13	8.3 (61.0%)	
566	TUROS Robert	1382	X-TEAM SPECIAL FORCES	Open Mężczyzn	501	11:45	00:00:06	00:21:23	00:47:16	-00:14:00	00:58:19.45	00:58:25.95	+00:28:15 (48.5%)	7:13	8.3 (61.0%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							Czas startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata	10km	10km			
567	PLICHTA Paweł	1426	CROSSFIT URSYNÓW	Open Mężczyzn	502	12:15	00:00:09	00:23:05	00:45:19	-00:13:00	00:58:19.75	00:58:29.10	+00:28:16 (48.5%)	7:08	8.4 (61.8%)
567	KAWECKI Kuba	1116		Open Mężczyzn	503	12:00	00:00:05	00:18:59	00:42:16	-00:09:00	00:58:19.75	00:58:25.50	+00:28:16 (48.5%)	6:44	8.9 (65.4%)
569	NOSOROWSKI Mariusz	1135		Open Mężczyzn	504	11:45	00:00:08	00:21:10	00:46:27	-00:14:00	00:58:21.20	00:58:29.50	+00:28:17 (48.5%)	7:14	8.3 (61.0%)
570	KOROBIJ Krzysztof	1434	NIEZAPROSZENI	Open Mężczyzn	505	11:45	00:00:03	00:21:25	00:47:19	-00:14:00	00:58:23.00	00:58:26.25	+00:28:19 (48.5%)	7:14	8.3 (61.0%)
571	KAZIOR Tomasz	1405	NIEZAPROSZENI	Open Mężczyzn	506	11:45	00:00:03	00:21:26	00:47:20	-00:14:00	00:58:23.20	00:58:26.35	+00:28:19 (48.5%)	7:14	8.3 (61.0%)
572	KUNICKI Krzysztof	761	ROSSMANN	Open Mężczyzn	507	10:45	00:00:09	00:19:50	00:43:03	-00:08:00	00:58:25.00	00:58:34.30	+00:28:21 (48.5%)	6:38	9 (66.2%)
573	ANSZPERGER Piotr	657		Open Mężczyzn	508	10:30	00:00:06	00:21:28	00:46:24	-00:07:00	00:58:26.15	00:58:33.10	+00:28:22 (48.6%)	6:32	9.2 (67.6%)
574	KIERCZEK Justyna	410	BIEGNIJ ZE MNĄ 2.0	Open Kobiet	65	10:00	00:00:04	00:24:02	00:48:18	-00:13:00	00:58:26.55	00:58:31.15	+00:28:22 (48.6%)	7:08	8.4 (61.8%)
575	MIERZEJEWSKI Piotr	688		Open Mężczyzn	509	10:30	00:00:06	00:20:22	00:44:40	-00:13:00	00:58:27.35	00:58:33.80	+00:28:23 (48.6%)	7:08	8.4 (61.8%)
576	SAMEK Karolina	1169	CROSSFIT URSYNÓW	Open Kobiet	66	12:15	00:00:08	00:22:56	00:45:21	-00:13:00	00:58:28.75	00:58:37.15	+00:28:25 (48.6%)	7:08	8.4 (61.8%)
577	ZALEWSKA Anna	1278	BESTIE OCR LEGIONOWO	Open Kobiet	67	11:15	00:00:03	00:22:01	00:44:32	-00:10:00	00:58:29.40	00:58:33.00	+00:28:25 (48.6%)	6:51	8.8 (64.7%)
578	HERNIK Arek	47		Open Mężczyzn	510	09:00	00:00:05	00:21:35	00:45:50	-00:13:00	00:58:31.35	00:58:36.35	+00:28:27 (48.6%)	7:09	8.4 (61.8%)
579	SWACIK Adrian	500		Open Mężczyzn	511	10:00	00:00:05	00:18:23	00:40:18	-00:05:00	00:58:32.20	00:58:37.75	+00:28:28 (48.6%)	6:21	9.4 (69.1%)
580	KAMIŃSKA Anna	1377	SPORTERA OCR	Open Kobiet	68	12:00	00:00:05	00:19:49	00:43:26	-00:11:00	00:58:34.65	00:58:39.65	+00:28:31 (48.7%)	6:57	8.6 (63.2%)
581	MATYJASIAK Łukasz	726	CROSSFIT GCW	Open Mężczyzn	512	10:45	00:00:05	00:19:57	00:43:29	-00:11:00	00:58:35.15	00:58:40.75	+00:28:31 (48.7%)	6:57	8.6 (63.2%)
582	CZUŁEK Magdalena	1237		Open Kobiet	69	12:45	00:00:05	00:21:10	00:44:19	-00:11:00	00:58:37.15	00:58:42.20	+00:28:33 (48.7%)	6:57	8.6 (63.2%)
583	DUDEK Barbara	127	ROSSMANN	Open Kobiet	70	09:15	00:00:08	00:22:59	00:45:11	-00:09:00	00:58:38.85	00:58:47.40	+00:28:35 (48.7%)	6:45	8.9 (65.4%)
584	ZALEJSKI Krystian	1074	GCW TEAM	Open Mężczyzn	513	10:45	00:00:05	00:22:06	00:46:37	-00:12:00	00:58:41.35	00:58:46.75	+00:28:37 (48.8%)	7:04	8.5 (62.5%)
585	WYSOKIŃSKA Karolina	193		Open Kobiet	71	09:15	00:00:07	00:21:09	00:45:32	-00:11:00	00:58:44.30	00:58:51.90	+00:28:40 (48.8%)	6:58	8.6 (63.2%)
586	KAWIAK Michał	308	FIGHT GYM TEAM	Open Mężczyzn	514	09:45	00:00:07	00:21:46	00:45:44	-00:12:00	00:58:44.70	00:58:52.15	+00:28:41 (48.8%)	7:04	8.5 (62.5%)
587	ILCZYSZYN Julita	1013	RUNCOHOLICS	Open Kobiet	72	11:30	00:00:04	00:20:40		-00:10:00	00:58:44.90	00:58:49.45	+00:28:41 (48.8%)	6:52	8.7 (64.0%)
588	KORDOWSKI Marcin	858	REEBOK CROSSFIT MOKOTOW	Open Mężczyzn	515	11:00	00:00:06	00:21:48	00:45:46	-00:08:00	00:58:45.75	00:58:52.00	+00:28:42 (48.8%)	6:40	9 (66.2%)
589	DMOWSKI Łukasz	123	R99	Open Mężczyzn	516	09:15	00:00:08	00:21:55	00:45:22	-00:11:00	00:58:48.05	00:58:56.10	+00:28:44 (48.9%)	6:58	8.6 (63.2%)
590	KĘPKA Paweł	262		Open Mężczyzn	517	09:30	00:00:09	00:23:03	00:47:05	-00:14:00	00:58:49.10	00:58:58.75	+00:28:45 (48.9%)	7:16	8.2 (60.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas				Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata					
591	CHOJECKI Michał	647	R99	Open Mężczyzn	518	10:30	00:00:06	00:22:16	00:47:02	-00:14:00	00:58:49.70	00:58:55.75	+00:28:46 (48.9%)	7:16	8.2 (60.3%)
592	KĘPKA Maciej	261		Open Mężczyzn	519	09:30	00:00:09	00:23:03	00:47:05	-00:14:00	00:58:52.50	00:59:02.05	+00:28:48 (48.9%)	7:17	8.2 (60.3%)
593	FILINGER Jakub	1290		Open Mężczyzn	520	11:45	00:00:04	00:21:38	00:47:18	-00:14:00	00:58:54.50	00:58:59.40	+00:28:50 (49.0%)	7:17	8.2 (60.3%)
594	KRUSZEWSKI Przemysław	452	ŻMIJKI	Open Mężczyzn	521	10:00	00:00:09	00:19:35	00:41:16	-00:06:00	00:58:54.55	00:59:04.35	+00:28:50 (49.0%)	6:29	9.2 (67.6%)
595	KOSZEWA Anastazja	1164	CROSSFIT URSYNÓW	Open Kobiet	73	12:15	00:00:08	00:22:56	00:45:22	-00:12:00	00:58:55.50	00:59:04.30	+00:28:51 (49.0%)	7:05	8.5 (62.5%)
596	CHOJNOWSKI Arkadiusz	406	ACADEMIA GORILA	Open Mężczyzn	522	10:00	00:00:06	00:21:39	00:45:36	-00:12:00	00:58:56.30	00:59:03.25	+00:28:52 (49.0%)	7:05	8.5 (62.5%)
597	BRONIAK-CZUPRYNA Joanna	148		Open Kobiet	74	09:15	00:00:06	00:21:54	00:45:47	-00:13:00	00:58:56.50	00:59:02.80	+00:28:52 (49.0%)	7:11	8.3 (61.0%)
598	KIERLANCZYK Rafał	1538		Open Mężczyzn	523	12:00	00:00:07	00:22:41	00:45:47	-00:11:00	00:58:57.90	00:59:05.75	+00:28:54 (49.0%)	6:59	8.6 (63.2%)
599	SZCZEPAŃSKI Maciej	290		Open Mężczyzn	524	09:30	00:00:07	00:21:53	00:46:53	-00:14:00	00:58:59.60	00:59:06.85	+00:28:56 (49.0%)	7:17	8.2 (60.3%)
600	MIŚKIEWICZ Marcin	1095	ROSSMANN	Open Mężczyzn	525	12:00	00:00:05	00:18:37	00:41:32	-00:07:00	00:59:03.15	00:59:08.40	+00:28:59 (49.1%)	6:36	9.1 (66.9%)
601	KOPYTKO Małgorzata	882		Open Kobiet	75	11:00	00:00:05	00:21:00	00:44:48	-00:09:00	00:59:04.85	00:59:10.75	+00:29:01 (49.1%)	6:48	8.8 (64.7%)
602	WILK Magdalena	514	DZIADY OCR	Open Kobiet	76	10:15	00:00:05	00:20:33	00:43:41	-00:11:00	00:59:09.00	00:59:14.45	+00:29:05 (49.2%)	7:00	8.6 (63.2%)
603	GÓRNIAK Katarzyna	875		Open Kobiet	77	11:00	00:00:06	00:20:25	00:45:08	-00:09:00	00:59:09.40	00:59:15.65	+00:29:05 (49.2%)	6:48	8.8 (64.7%)
604	NORWA Michał	691		Open Mężczyzn	526	12:30	00:00:06	00:20:39	00:44:49	-00:12:00	00:59:09.85	00:59:16.80	+00:29:06 (49.2%)	7:07	8.4 (61.8%)
605	GENTTNEROVÁ Kateřina	1328		Open Kobiet	78	09:30	00:00:05	00:18:58	00:41:58	-00:06:00	00:59:11.40	00:59:16.45	+00:29:07 (49.2%)	6:31	9.2 (67.6%)
606	ZAJDOWSKA TRYC Katarzyna	1463		Open Kobiet	79	11:15	00:00:06	00:21:48	00:44:53	-00:10:00	00:59:12.45	00:59:19.05	+00:29:08 (49.2%)	6:55	8.7 (64.0%)
607	TRZCIŃSKI Jacek	186		Open Mężczyzn	527	09:15	00:00:08	00:21:31	00:45:16	-00:12:00	00:59:13.55	00:59:21.75	+00:29:09 (49.2%)	7:07	8.4 (61.8%)
608	PLANETA Arkadiusz	214	HUSARIA RACE TEAM	Open Mężczyzn	528	09:30	00:00:04	00:20:51	00:44:48	-00:11:00	00:59:15.30	00:59:19.80	+00:29:11 (49.3%)	7:01	8.5 (62.5%)
609	ZIOMKOWSKI Rafał	100		Open Mężczyzn	529	09:00	00:00:03	00:21:01	00:45:38	-00:12:00	00:59:16.85	00:59:20.40	+00:29:13 (49.3%)	7:07	8.4 (61.8%)
610	BARCZYK Oskar	547	STREFA FITNESS	Open Mężczyzn	530	10:15	00:00:09	00:22:01	00:46:42	-00:13:00	00:59:17.00	00:59:26.55	+00:29:13 (49.3%)	7:13	8.3 (61.0%)
611	MURAWSKI Paweł	1133		Open Mężczyzn	531	12:00	00:00:08	00:19:36	00:41:08	-00:08:00	00:59:18.00	00:59:26.40	+00:29:14 (49.3%)	6:43	8.9 (65.4%)
612	LITMAN Paweł	1125		Open Mężczyzn	532	09:15	00:00:07	00:22:35	00:46:30	-00:13:00	00:59:19.80	00:59:26.90	+00:29:16 (49.3%)	7:13	8.3 (61.0%)
613	WIDOMSKI Bartosz	295		Open Mężczyzn	533	12:00	00:00:05	00:21:43	00:46:08	-00:12:00	00:59:22.60	00:59:28.45	+00:29:19 (49.4%)	7:08	8.4 (61.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
614	TERMENA-POLKOWSKA Marta	906		Open Kobiet	80	11:30	00:00:09	00:18:45	00:41:05	-00:05:00	00:59:24.25	00:59:33.35	+00:29:20 (49.4%)	6:26	9.3 (68.4%)
615	TARASZEWSKA Paulina	122	PWPW S.A.	Open Kobiet	81	09:15	00:00:06	00:19:42	00:42:41	-00:07:00	00:59:27.80	00:59:34.30	+00:29:24 (49.4%)	6:38	9 (66.2%)
616	BARWICKI Jacek	714	CROSSFIT GCW	Open Mężczyzn	534	10:45	00:00:06	00:20:07	00:43:28	-00:10:00	00:59:33.60	00:59:40.50	+00:29:30 (49.5%)	6:57	8.6 (63.2%)
617	GIELNIEWSKA Patrycja	768	CROSSFIT GENIUS	Open Kobiet	82	10:00	00:00:03	00:21:07	00:45:09	-00:12:00	00:59:36.10	00:59:40.05	+00:29:32 (49.6%)	7:09	8.4 (61.8%)
618	TARNACKI Rafał	1233	THETIMEHASCOME	Open Mężczyzn	535	12:45	00:00:02	00:18:02	00:43:55	-00:12:00	00:59:36.45	00:59:39.40	+00:29:32 (49.6%)	7:09	8.4 (61.8%)
619	MISIAK Konrad	932	IDEALER.PL	Open Mężczyzn	536	11:15	00:00:03	00:20:14	00:44:20	-00:12:00	00:59:37.20	00:59:41.10	+00:29:33 (49.6%)	7:09	8.4 (61.8%)
620	PECÁNEK Richard	228	REEBOK RUN CREW CZ	Open Mężczyzn	537	09:30	00:00:05	00:20:27	00:45:34	-00:10:00	00:59:38.75	00:59:44.00	+00:29:35 (49.6%)	6:57	8.6 (63.2%)
621	RYBKA Zuzanna	1077	HUSARIA RACE TEAM	Open Kobiet	83	12:00	00:00:04	00:24:58	00:46:53	-00:12:00	00:59:39.80	00:59:43.95	+00:29:36 (49.6%)	7:09	8.4 (61.8%)
622	SZUMERT Tomasz	394		Open Mężczyzn	538	09:45	00:00:10	00:20:13	00:45:17	-00:10:00	00:59:40.55	00:59:50.65	+00:29:36 (49.6%)	6:58	8.6 (63.2%)
623	WALKIEWICZ Maciej	216	LUZDIE GORSZEGO SORTU	Open Mężczyzn	539	09:30	00:00:10	00:23:36	00:47:55	-00:14:00	00:59:41.45	00:59:52.25	+00:29:37 (49.6%)	7:22	8.1 (59.6%)
624	STANOCH Jarek	1194		Open Mężczyzn	540	12:15	00:00:03	00:19:01	00:41:10	-00:14:00	00:59:42.75	00:59:46.70	+00:29:39 (49.7%)	7:22	8.1 (59.6%)
625	KIOŁBASA Damian	624	GIRIEWOJ BOYS	Open Mężczyzn	541	10:30	00:00:05	00:20:24	00:44:53	-00:13:00	00:59:45.25	00:59:50.65	+00:29:41 (49.7%)	7:16	8.2 (60.3%)
626	RATAJSKI Przemek	731	CROSSFIT GCW	Open Mężczyzn	542	10:45	00:00:06	00:21:04	00:43:55	-00:11:00	00:59:47.60	00:59:53.85	+00:29:44 (49.7%)	7:04	8.5 (62.5%)
627	BUDZYŃSKI Michał	1213		Open Mężczyzn	543	12:30	00:00:05	00:22:25	00:47:59	-00:12:00	00:59:48.25	00:59:53.75	+00:29:44 (49.7%)	7:10	8.4 (61.8%)
628	CIELEMĘCKI Piotr	427	CROSSFIT SIEDLCE	Open Mężczyzn	544	10:00	00:00:11		00:45:55	-00:12:00	00:59:52.15	01:00:03.55	+00:29:48 (49.8%)	7:11	8.3 (61.0%)
629	NAWROCKA Agnieszka	1134		Open Kobiet	84	12:00	00:00:06	00:20:52	00:45:00	-00:10:00	00:59:55.05	01:00:01.25	+00:29:51 (49.8%)	6:59	8.6 (63.2%)
630	DZIEDZIC Justyna	1537		Open Kobiet	85	12:00	00:00:08	00:22:40	00:45:46	-00:10:00	00:59:57.75	01:00:05.75	+00:29:54 (49.9%)	6:59	8.6 (63.2%)
631	CHOJNOWSKI Wojtek	1214		Open Mężczyzn	545	12:30	00:00:06	00:21:16	00:45:53	-00:11:00	00:59:58.20	01:00:04.80	+00:29:54 (49.9%)	7:05	8.5 (62.5%)
632	SIENKIEWICZ Jakub	81		Open Mężczyzn	546	09:00	00:00:04	00:20:00	00:44:32	-00:11:00	00:59:59.00	01:00:03.65	+00:29:55 (49.9%)	7:05	8.5 (62.5%)
633	JASEK-BORS Paulina	316	HUSARIA RACE TEAM	Open Kobiet	86	09:45	00:00:05	00:22:10	00:46:42	-00:13:00	01:00:00.55	01:00:06.00	+00:29:56 (49.9%)	7:18	8.2 (60.3%)
634	MANDECKI Jakub	580		Open Mężczyzn	547	10:15	00:00:13	00:19:37	00:41:22		01:00:01.05	01:00:14.55	+00:29:57 (49.9%)	6:00	10 (73.5%)
635	GAŁKA Remigiusz	1216		Open Mężczyzn	548	12:30	00:00:08	00:18:50	00:40:28	-00:04:00	01:00:07.00	01:00:15.50	+00:30:03 (50.0%)	6:24	9.4 (69.1%)
636	BLAŃDA Dominik	1471	HUSARIA RACE TEAM	Open Mężczyzn	549	09:00	00:00:02	00:21:02	00:45:38	-00:12:00	01:00:07.65	01:00:10.00	+00:30:04 (50.0%)	7:12	8.3 (61.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							Czas startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata	10km	10km			
637	ANTOLIK Aneta	414	BRUD EKIPA	Open Kobiet	87	10:00	00:00:09	00:20:45	00:43:02	-00:06:00	01:00:08.10	01:00:17.45	+00:30:04 (50.0%)	6:36	9.1 (66.9%)
638	ZERO Joanna	142	WWL TEAM	Open Kobiet	88	09:15	00:00:07	00:19:06	00:42:10	-00:06:00	01:00:08.20	01:00:15.85	+00:30:04 (50.0%)	6:36	9.1 (66.9%)
639	BARAŃSKI Robert	454		Open Mężczyzn	550	10:00	00:00:05	00:22:03	00:46:57	-00:13:00	01:00:09.30	01:00:15.10	+00:30:05 (50.0%)	7:19	8.2 (60.3%)
640	SZWACKI Sergiusz	119	PATRZ NA MNIE MAMO!	Open Mężczyzn	551	09:15	00:00:08	00:20:57	00:43:53	-00:08:00	01:00:10.70	01:00:18.90	+00:30:07 (50.0%)	6:49	8.8 (64.7%)
641	MUREK Łukasz	1308	RENAULT TEAM	Open Mężczyzn	552	12:00	00:01:08	00:21:23	00:45:49	-00:13:00	01:00:11.35	01:01:19.90	+00:30:07 (50.1%)	7:19	8.2 (60.3%)
642	BORSIAK Maciej	659		Open Mężczyzn	553	10:15	00:00:09	00:22:43	00:47:15	-00:11:00	01:00:11.75	01:00:21.40	+00:30:08 (50.1%)	7:07	8.4 (61.8%)
643	SZPAKOWSKI Konrad	1151		Open Mężczyzn	554	12:00	00:00:07	00:20:01	00:42:23	-00:08:00	01:00:11.80	01:00:19.15	+00:30:08 (50.1%)	6:49	8.8 (64.7%)
644	GRAJCAR Anna	832	LOFT TEAM EXTREME	Open Kobiet	89	11:00	00:00:04	00:19:05	00:41:35		01:00:13.90	01:00:18.60	+00:30:10 (50.1%)	6:01	10 (73.5%)
645	MENDREK Adrianna	914	CRAZY RUNNERFUCKERS	Open Kobiet	90	11:15	00:00:09	00:21:04	00:44:29	-00:11:00	01:00:13.95	01:00:23.10	+00:30:10 (50.1%)	7:07	8.4 (61.8%)
646	ŁASZCZYCH Małgorzata	1521		Open Kobiet	91	12:45	00:00:06	00:21:17	00:45:44	-00:09:00	01:00:14.10	01:00:20.45	+00:30:10 (50.1%)	6:55	8.7 (64.0%)
647	DYMARSKI Bartosz	1206	TOO FAST TOO FURIOUS	Open Mężczyzn	555	12:30	00:00:08	00:18:51	00:40:29	-00:04:00	01:00:14.30	01:00:23.25	+00:30:10 (50.1%)	6:25	9.3 (68.4%)
648	BRÓŃCZYK Kinga	548	STREFA FITNESS	Open Kobiet	92	10:15	00:00:09	00:22:01	00:46:42	-00:12:00	01:00:16.60	01:00:26.45	+00:30:13 (50.1%)	7:13	8.3 (61.0%)
649	ŚLEDZIKOWSKI Michał	596		Open Mężczyzn	556	10:15	00:00:10	00:21:59	00:46:42	-00:12:00	01:00:16.75	01:00:26.90	+00:30:13 (50.1%)	7:13	8.3 (61.0%)
650	LUBASZKA Kinga	1126		Open Kobiet	93	12:00	00:00:03	00:21:16	00:45:08	-00:11:00	01:00:19.25	01:00:23.05	+00:30:15 (50.2%)	7:08	8.4 (61.8%)
651	SOBOŃ Łukasz	629	GORUNNERS	Open Mężczyzn	557	10:30	00:00:08	00:21:47	00:47:25	-00:14:00	01:00:19.50	01:00:27.95	+00:30:15 (50.2%)	7:25	8.1 (59.6%)
652	KOCZOROWSKI Michał	1285	POLNI WOJOWNICY USTKA	Open Mężczyzn	558	11:30	00:00:08	00:22:05	00:47:08	-00:12:00	01:00:19.80	01:00:28.05	+00:30:16 (50.2%)	7:14	8.3 (61.0%)
653	CZARNIECKI Jakub	113	NO LIMIT TEAM	Open Mężczyzn	559	09:00	00:00:06	00:22:17	00:46:42	-00:14:00	01:00:20.70	01:00:26.85	+00:30:17 (50.2%)	7:26	8.1 (59.6%)
654	ŻUKOWSKI Arkadiusz	239	ZIEL-ONI	Open Mężczyzn	560	09:30	00:00:06	00:23:20	00:48:13	-00:14:00	01:00:21.55	01:00:28.20	+00:30:17 (50.2%)	7:26	8.1 (59.6%)
655	GICZAN Mariusz	1472	CHOBUKAN BIAŁYSTOK	Open Mężczyzn	561	11:45	00:00:08	00:21:12	00:46:28	-00:12:00	01:00:22.05	01:00:30.90	+00:30:18 (50.2%)	7:14	8.3 (61.0%)
656	SIUDEK Kamil G.	384		Open Mężczyzn	562	09:45	00:00:06	00:19:29	00:44:40	-00:10:00	01:00:23.50	01:00:30.30	+00:30:19 (50.2%)	7:02	8.5 (62.5%)
657	BIENIEK Anna	306	FIGHT GYM TEAM	Open Kobiet	94	09:45	00:00:07	00:21:48	00:45:53	-00:11:00	01:00:24.40	01:00:32.25	+00:30:20 (50.2%)	7:08	8.4 (61.8%)
658	CISZEK Daniel	1236		Open Mężczyzn	563	12:45	00:00:05	00:20:50	00:46:34	-00:14:00	01:00:25.20	01:00:31.05	+00:30:21 (50.2%)	7:26	8.1 (59.6%)
659	SCHILLER Fryderyk	1541	SCHODY HISZPAŃSKIE	Open Mężczyzn	564	09:45	00:00:05	00:22:59	00:47:00	-00:11:00	01:00:26.20	01:00:31.40	+00:30:22 (50.3%)	7:08	8.4 (61.8%)
660	CIOCH Weronika	153		Open Kobiet	95	09:15	00:00:07	00:22:09	00:45:27	-00:10:00	01:00:26.90	01:00:34.35	+00:30:23 (50.3%)	7:02	8.5 (62.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas			Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
							startu	Skrajna_1 5.4km	Skrajna_2 7.5km		netto 10km	brutto 10km			
661	SOBIESZEK Miłosz	387		Open Mężczyzn	565	09:30	00:00:07	00:20:37	00:45:13	-00:13:00	01:00:29.95	01:00:37.80	+00:30:26 (50.3%)	7:21	8.2 (60.3%)
662	ŚLĘCZKOWSKI Błażej	1101	SPORTERA OCR	Open Mężczyzn	566	12:00	00:00:06	00:22:05	00:46:35	-00:10:00	01:00:30.25	01:00:37.05	+00:30:26 (50.3%)	7:03	8.5 (62.5%)
663	GRUNDKOWSKI Oskar	1496		Open Mężczyzn	567	12:30	00:00:06	00:20:52	00:45:57	-00:13:00	01:00:30.60	01:00:37.55	+00:30:27 (50.3%)	7:21	8.2 (60.3%)
664	KRAWCZYK Rafał	948	ROSSMANN	Open Mężczyzn	568	11:15	00:00:09	00:22:16	00:46:08	-00:11:00	01:00:32.55	01:00:41.60	+00:30:28 (50.3%)	7:09	8.4 (61.8%)
665	WILAMEK Jakub	954	ROSSMANN	Open Mężczyzn	569	11:15	00:00:08	00:22:18	00:46:09	-00:11:00	01:00:33.20	01:00:41.85	+00:30:29 (50.4%)	7:09	8.4 (61.8%)
666	UZDOWSKI Daniel	108	HUSARIA RACE TEAM	Open Mężczyzn	570	09:15	00:00:04	00:20:27	00:46:19	-00:12:00	01:00:33.95	01:00:38.50	+00:30:30 (50.4%)	7:15	8.3 (61.0%)
667	NIKOŁAJUK Piotr	586		Open Mężczyzn	571	10:15	00:00:08	00:20:14	00:44:49	-00:07:00	01:00:38.10	01:00:46.35	+00:30:34 (50.4%)	6:45	8.9 (65.4%)
668	BOGUSKI Adam	147		Open Mężczyzn	572	09:15	00:00:06	00:24:09	00:49:51	-00:14:00	01:00:40.35	01:00:47.25	+00:30:36 (50.5%)	7:28	8 (58.8%)
669	KULIK Dominika	839	LOFT TEAM EXTREME	Open Kobiet	96	11:00	00:00:04	00:20:28	00:44:24	-00:03:00	01:00:40.45	01:00:44.75	+00:30:36 (50.5%)	6:22	9.4 (69.1%)
670	WIŚNIEWSKI Łukasz	802		Open Mężczyzn	573	10:45	00:00:04	00:22:04	00:47:40	-00:11:00	01:00:40.55	01:00:45.05	+00:30:36 (50.5%)	7:10	8.4 (61.8%)
671	ZWIEP Maurits	217	LUZDIE GORSZEGO SORTU	Open Mężczyzn	574	09:30	00:00:11	00:23:36	00:47:54	-00:13:00	01:00:40.80	01:00:52.25	+00:30:37 (50.5%)	7:22	8.1 (59.6%)
672	RUTKOWSKI Piotr	380		Open Mężczyzn	575	09:45	00:00:07	00:24:06	00:47:36	-00:12:00	01:00:42.95	01:00:50.70	+00:30:39 (50.5%)	7:16	8.3 (61.0%)
673	DĄBROWSKI Jarosław	1352	MAMY RUSZAMY	Open Mężczyzn	576	11:30	00:00:10	00:21:30	00:46:12	-00:12:00	01:00:43.60	01:00:54.35	+00:30:40 (50.5%)	7:16	8.2 (60.3%)
674	ZARĘBA Justyna	1048	SPORTERA OCR	Open Kobiet	97	12:00	00:00:07	00:23:17	00:47:16	-00:11:00	01:00:44.30	01:00:51.30	+00:30:40 (50.5%)	7:10	8.4 (61.8%)
675	DMYTRUK Anzhela	347		Open Kobiet	98	09:45	00:00:08	00:23:02	00:46:06	-00:10:00	01:00:45.40	01:00:53.65	+00:30:41 (50.5%)	7:04	8.5 (62.5%)
676	GÓRZYŃSKI Marcin	43		Open Mężczyzn	577	09:00	00:00:07	00:18:57	00:42:17	-00:04:00	01:00:45.60	01:00:53.15	+00:30:42 (50.5%)	6:28	9.3 (68.4%)
677	GODZIMIRSKA Eliza	1333		Open Kobiet	99	12:45	00:00:06	00:18:44	00:40:23	-00:04:00	01:00:46.15	01:00:52.75	+00:30:42 (50.5%)	6:28	9.3 (68.4%)
678	ROMAŃSKI Franek	1318	REEBOK RUN CREW	Open Mężczyzn	578	12:45	00:00:06	00:18:43	00:40:23	-00:04:00	01:00:46.45	01:00:52.65	+00:30:42 (50.5%)	6:28	9.3 (68.4%)
679	MILCZAREK Maja	1249		Open Kobiet	100	12:45	00:00:03	00:19:24	00:42:36		01:00:46.95	01:00:50.80	+00:30:43 (50.5%)	6:04	9.9 (72.8%)
680	NAGRABA Anna	821	FRAUEN POWER!	Open Kobiet	101	11:00	00:00:07	00:23:31	00:46:53	-00:11:00	01:00:47.30	01:00:55.20	+00:30:43 (50.5%)	7:10	8.4 (61.8%)
681	GRADOMSKA Magdalena	818	FRAUEN POWER!	Open Kobiet	102	11:00	00:00:08	00:23:30	00:46:51	-00:11:00	01:00:48.30	01:00:56.45	+00:30:44 (50.6%)	7:10	8.4 (61.8%)
682	MALINOWSKI Przemysław	1247		Open Mężczyzn	579	12:45	00:00:04	00:21:10	00:46:44	-00:13:00	01:00:53.70	01:00:57.95	+00:30:50 (50.6%)	7:23	8.1 (59.6%)
683	OTOKA-FRĄCKIEWICZ Monika	375		Open Kobiet	103	09:45	00:00:10	00:19:25	00:41:50	-00:04:00	01:00:54.70	01:01:05.25	+00:30:51 (50.6%)	6:29	9.2 (67.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
684	OWCZAREK Tomasz	551	STREFA FITNESS	Open Mężczyzn	580	10:15	00:00:10	00:22:02	00:46:42	-00:12:00	01:00:57.35	01:01:07.50	+00:30:53 (50.7%)	7:17	8.2 (60.3%)
685	RÓŻYCKI Dominik	849	LOFT TEAM EXTREME	Open Mężczyzn	581	11:00	00:00:03	00:20:29	00:45:03	-00:03:00	01:00:58.05	01:01:01.35	+00:30:54 (50.7%)	6:23	9.4 (69.1%)
685	WYSZCZELSKA Ewelina	194		Open Kobiet	104	09:15	00:00:06	00:22:09	00:45:52	-00:11:00	01:00:58.05	01:01:04.55	+00:30:54 (50.7%)	7:11	8.3 (61.0%)
687	CHRZANOWSKI Krzysztof Natanel	1281	MORDECZKI GCW I OLA	Open Mężczyzn	582	10:45	00:00:04	00:22:04	00:48:08	-00:10:00	01:00:58.50	01:01:02.85	+00:30:54 (50.7%)	7:05	8.5 (62.5%)
688	KOCOLOWSKI Jurek	985		Open Mężczyzn	583	11:15	00:00:03	00:21:37	00:47:02	-00:11:00	01:00:58.90	01:01:02.85	+00:30:55 (50.7%)	7:11	8.3 (61.0%)
689	BORUC Marcin	1432	GCW TEAM	Open Mężczyzn	584	11:30	00:00:06	00:21:27	00:46:54	-00:11:00	01:00:59.50	01:01:06.40	+00:30:55 (50.7%)	7:12	8.3 (61.0%)
690	BUDNIK Agnieszka	457		Open Kobiet	105	10:00	00:00:07	00:23:33	00:46:45	-00:10:00	01:01:02.20	01:01:09.45	+00:30:58 (50.8%)	7:06	8.4 (61.8%)
691	NOWAK Marta	844	LOFT TEAM EXTREME	Open Kobiet	106	11:00	00:00:04	00:20:45	00:43:40	-00:08:00	01:01:02.45	01:01:06.90	+00:30:58 (50.8%)	6:54	8.7 (64.0%)
692	KWIATKOWSKI Przemek	1123		Open Mężczyzn	585	12:00	00:00:07	00:21:02	00:46:54	-00:11:00	01:01:08.45	01:01:15.95	+00:31:04 (50.8%)	7:12	8.3 (61.0%)
693	WARNECKA Monika	801		Open Kobiet	107	10:45	00:00:07	00:21:05	00:45:39	-00:09:00	01:01:10.15	01:01:17.25	+00:31:06 (50.9%)	7:01	8.6 (63.2%)
694	KAPROŃ Artur	1413	CROSSFIT URSYNÓW	Open Mężczyzn	586	12:15	00:00:09	00:21:59	00:45:08	-00:12:00	01:01:11.15	01:01:20.35	+00:31:07 (50.9%)	7:19	8.2 (60.3%)
695	MARCINIAK Klaudia	793		Open Kobiet	108	10:45	00:00:06	00:21:27	00:45:41	-00:09:00	01:01:11.55	01:01:18.45	+00:31:07 (50.9%)	7:01	8.5 (62.5%)
696	FISZER Rafał	549	STREFA FITNESS	Open Mężczyzn	587	10:15	00:00:10	00:22:01	00:46:42	-00:11:00	01:01:16.60	01:01:26.70	+00:31:13 (50.9%)	7:13	8.3 (61.0%)
697	KISZKIS Elżbieta	317	HUSARIA RACE TEAM	Open Kobiet	109	09:45	00:00:05	00:22:09	00:46:42	-00:11:00	01:01:25.10	01:01:30.65	+00:31:21 (51.1%)	7:14	8.3 (61.0%)
698	MŁYNARSKI Tomek	891		Open Mężczyzn	588	11:00	00:00:03	00:23:06	00:48:29	-00:12:00	01:01:26.70	01:01:29.75	+00:31:23 (51.1%)	7:20	8.2 (60.3%)
699	SZWEDA Justyna	528	DZIKIE DZIKI MIGU	Open Kobiet	110	10:15	00:00:07	00:24:02	00:48:14	-00:13:00	01:01:29.30	01:01:37.00	+00:31:25 (51.1%)	7:27	8.1 (59.6%)
700	BŁANIARZ Radosław	247		Open Mężczyzn	589	09:30	00:00:06	00:21:26	00:46:02	-00:11:00	01:01:29.45	01:01:36.40	+00:31:25 (51.1%)	7:15	8.3 (61.0%)
701	MAĆZKOWSKI Mariusz	199	#12U1	Open Mężczyzn	590	09:30	00:00:09	00:22:45	00:47:11	-00:14:00	01:01:29.95	01:01:39.70	+00:31:26 (51.1%)	7:33	7.9 (58.1%)
702	JURKIEWICZ Jakub	198	#12U1	Open Mężczyzn	591	09:30	00:00:09	00:22:41	00:47:09	-00:14:00	01:01:30.40	01:01:40.05	+00:31:26 (51.1%)	7:33	7.9 (58.1%)
703	PŁUSKA Michał	552	STREFA FITNESS	Open Mężczyzn	592	10:15	00:00:03	00:21:08	00:47:43	-00:12:00	01:01:30.60	01:01:34.45	+00:31:27 (51.1%)	7:21	8.2 (60.3%)
704	MYKHAILOVA Olha	172		Open Kobiet	111	09:15	00:00:08		00:41:49	-00:04:00	01:01:32.25	01:01:40.50	+00:31:28 (51.2%)	6:33	9.2 (67.6%)
705	CHOROŚ Sylwia	152		Open Kobiet	112	09:15	00:00:06	00:19:38	00:41:44	-00:04:00	01:01:33.70	01:01:40.50	+00:31:30 (51.2%)	6:33	9.2 (67.6%)
706	WOŹNICKA Kasia	507		Open Kobiet	113	10:00	00:00:04	00:21:38	00:46:41	-00:12:00	01:01:36.00	01:01:40.15	+00:31:32 (51.2%)	7:21	8.2 (60.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
											netto 10km	brutto 10km			
707	RYDZEWSKI Mikołaj	1371		Open Mężczyzn	593	11:30	00:02:15	00:21:47	00:44:51	-00:13:00	01:01:37.20	01:03:52.65	+00:31:33 (51.2%)	7:27	8 (58.8%)
708	KALWAT Katarzyna	259		Open Kobiet	114	09:30	00:00:05	00:22:55	00:49:28	-00:14:00	01:01:38.40	01:01:43.55	+00:31:34 (51.2%)	7:33	7.9 (58.1%)
709	ZIENKIEWICZ Rafał	511		Open Mężczyzn	594	10:15	00:00:07	00:21:02	00:48:23	-00:14:00	01:01:40.80	01:01:48.00	+00:31:37 (51.3%)	7:34	7.9 (58.1%)
710	TRUSZKOWSKA Marta	1231	S&M	Open Kobiet	115	12:45	00:00:07	00:22:58	00:46:53	-00:10:00	01:01:42.70	01:01:50.15	+00:31:39 (51.3%)	7:10	8.4 (61.8%)
711	JAKUBIAK Sylwia	1230	S&M	Open Kobiet	116	12:45	00:00:07	00:22:58	00:46:53	-00:10:00	01:01:43.30	01:01:50.35	+00:31:39 (51.3%)	7:10	8.4 (61.8%)
712	PLUTA Krzysztof	1071	CROSSFIT POŁUDNIE	Open Mężczyzn	595	12:00	00:00:06	00:25:26	00:48:44	-00:13:00	01:01:43.40	01:01:49.95	+00:31:39 (51.3%)	7:28	8 (58.8%)
713	SOŁTYSIAK Marcin	498		Open Mężczyzn	596	10:00	00:00:10	00:24:22	00:48:50	-00:11:00	01:01:44.60	01:01:55.10	+00:31:41 (51.3%)	7:16	8.2 (60.3%)
714	KLEJPS Wojciech	625	GIRIEWOJ BOYS	Open Mężczyzn	597	10:30	00:00:05	00:20:24	00:44:53	-00:11:00	01:01:46.45	01:01:52.10	+00:31:42 (51.3%)	7:16	8.2 (60.3%)
715	WŁOCKI Dawid	442	MARTWYBASEN	Open Mężczyzn	598	10:00	00:00:11	00:24:11	00:48:33	-00:14:00	01:01:47.30	01:01:58.70	+00:31:43 (51.4%)	7:34	7.9 (58.1%)
716	KUSY Teresa	648	R99	Open Kobiet	117	10:30	00:00:06	00:22:17	00:47:02	-00:11:00	01:01:49.60	01:01:55.75	+00:31:46 (51.4%)	7:16	8.2 (60.3%)
717	DZIUBAK Bogdan	721	CROSSFIT GCW	Open Mężczyzn	599	10:45	00:00:04	00:22:07	00:48:08	-00:09:00	01:01:58.25	01:02:03.10	+00:31:54 (51.5%)	7:05	8.5 (62.5%)
718	DODATKO Roman	156		Open Mężczyzn	600	09:15	00:00:08	00:22:16	00:47:47	-00:14:00	01:02:01.20	01:02:10.05	+00:31:57 (51.5%)	7:36	7.9 (58.1%)
719	ŚLIWIŃSKI Kamil	206	BLACK SOX	Open Mężczyzn	601	09:30	00:00:07	00:20:03	00:45:30	-00:11:00	01:02:01.25	01:02:08.95	+00:31:57 (51.5%)	7:18	8.2 (60.3%)
720	HAGEMAJER Klaudia	1112		Open Kobiet	118	12:00	00:00:08	00:22:24	00:46:08	-00:08:00	01:02:01.40	01:02:09.85	+00:31:57 (51.5%)	7:00	8.6 (63.2%)
721	FABIANEK Paweł	1477		Open Mężczyzn	602	11:45	00:00:09	00:20:52	00:44:25	-00:02:00	01:02:06.25	01:02:15.25	+00:32:02 (51.6%)	6:24	9.4 (69.1%)
721	KWIATKOWSKA Aleksandra	1503		Open Kobiet	119	11:45	00:00:08	00:20:52	00:44:27	-00:02:00	01:02:06.25	01:02:14.25	+00:32:02 (51.6%)	6:24	9.4 (69.1%)
723	ZACHARZEWSKI Łukasz	852	LOFT TEAM EXTREME	Open Mężczyzn	603	11:00	00:00:04	00:22:22	00:48:49	-00:12:00	01:02:07.30	01:02:12.20	+00:32:03 (51.6%)	7:24	8.1 (59.6%)
724	MAĆKOWIAK Alicja	842	LOFT TEAM EXTREME	Open Kobiet	120	11:00	00:00:03	00:22:01	00:45:53	-00:12:00	01:02:08.30	01:02:12.10	+00:32:04 (51.6%)	7:24	8.1 (59.6%)
725	WYSZKOWSKA Natalia	402		Open Kobiet	121	09:45	00:00:07	00:22:51	00:48:14	-00:12:00	01:02:10.60	01:02:17.70	+00:32:07 (51.7%)	7:25	8.1 (59.6%)
725	MAREK Roman	986		Open Mężczyzn	604	11:15	00:00:05	00:20:46	00:46:50	-00:10:00	01:02:10.60	01:02:15.70	+00:32:07 (51.7%)	7:13	8.3 (61.0%)
727	ORCZYKOWSKA Izabela	483		Open Kobiet	122	10:00	00:00:06	00:25:22	00:48:32	-00:11:00	01:02:11.50	01:02:17.95	+00:32:07 (51.7%)	7:19	8.2 (60.3%)
728	WOŹNIEWSKA Karolina	1507		Open Kobiet	123	12:15	00:00:08	00:20:28	00:42:49	-00:04:00	01:02:11.65	01:02:20.10	+00:32:08 (51.7%)	6:37	9.1 (66.9%)
729	RULAK Jerzy	554	WTF?	Open Mężczyzn	605	10:15	00:00:04	00:21:30	00:46:48	-00:12:00	01:02:12.95	01:02:17.15	+00:32:09 (51.7%)	7:25	8.1 (59.6%)
730	WODZIŃSKA Edyta	1004	JANUSZE BŁOTNYCH BIEGÓW	Open Kobiet	124	11:30	00:00:04	00:22:52	00:47:14	-00:10:00	01:02:14.35	01:02:18.80	+00:32:10 (51.7%)	7:13	8.3 (61.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria					Czas		Różn	Tempo min/km	Tempo km/h
							Czas startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata	netto 10km	brutto 10km			
731	MOCZULSKA Danuta	1523	DIRTY6	Open Kobiet	125	09:00	00:00:06	00:22:17	00:46:43	-00:12:00	01:02:19.10	01:02:25.75	+00:32:15 (51.8%)	7:25	8.1 (59.6%)
732	MIZIELIŃSKA Anna	890		Open Kobiet	126	11:00	00:00:06	00:20:25	00:45:08	-00:07:00	01:02:20.20	01:02:26.20	+00:32:16 (51.8%)	6:56	8.7 (64.0%)
733	SZMYDKI Cezary	797		Open Mężczyzn	606	10:45	00:00:06	00:20:27	00:46:35	-00:12:00	01:02:23.75	01:02:30.35	+00:32:20 (51.8%)	7:26	8.1 (59.6%)
734	TERPIŁOWSKI Michał	1553		Open Mężczyzn	607	12:45	00:00:06	00:23:11	00:48:44	-00:13:00	01:02:24.10	01:02:30.50	+00:32:20 (51.8%)	7:32	8 (58.8%)
735	PIĘTA Łukasz	969	TRAVELIST	Open Mężczyzn	608	11:15	00:00:08	00:23:19	00:49:04	-00:12:00	01:02:25.50	01:02:34.25	+00:32:21 (51.8%)	7:26	8.1 (59.6%)
736	WIĘSEK Andrzej	705		Open Mężczyzn	609	10:30	00:00:06	00:22:23	00:47:25	-00:14:00	01:02:29.30	01:02:35.80	+00:32:25 (51.9%)	7:38	7.8 (57.4%)
737	EGIERSKI Michał	197	#12U1	Open Mężczyzn	610	09:30	00:00:09	00:22:40	00:46:59	-00:13:00	01:02:30.50	01:02:39.90	+00:32:26 (51.9%)	7:33	7.9 (58.1%)
738	IWAŃSKI Jacek	877		Open Mężczyzn	611	11:00	00:00:05	00:21:04	00:45:42	-00:12:00	01:02:33.45	01:02:38.55	+00:32:29 (51.9%)	7:27	8 (58.8%)
739	CIECHAŃSKI Filip	1000	CO ZA UPOKORZENIE!	Open Mężczyzn	612	11:30	00:00:08	00:24:07	00:49:06	-00:12:00	01:02:34.20	01:02:42.40	+00:32:30 (52.0%)	7:27	8 (58.8%)
740	DOWNAR Agata	1001	CO ZA UPOKORZENIE!	Open Kobiet	127	11:30	00:00:09	00:24:08	00:49:06	-00:12:00	01:02:35.35	01:02:44.35	+00:32:31 (52.0%)	7:27	8 (58.8%)
741	HAŁAJ Marcin	566		Open Mężczyzn	613	10:15	00:00:10	00:19:26	00:43:21		01:02:41.15	01:02:51.60	+00:32:37 (52.0%)	6:16	9.6 (70.6%)
742	MAREK Joanna	1127		Open Kobiet	128	12:00	00:00:04	00:23:51	00:47:52	-00:11:00	01:02:42.25	01:02:46.65	+00:32:38 (52.1%)	7:22	8.1 (59.6%)
743	SOŁTYSIAK Maciej	497		Open Mężczyzn	614	10:00	00:00:09	00:24:22	00:48:51	-00:10:00	01:02:44.05	01:02:53.75	+00:32:40 (52.1%)	7:16	8.2 (60.3%)
744	POSS Marcin	1414	TEAM BIEGAJ POD OKIEM TRENERA	Open Mężczyzn	615	11:30	00:00:08	00:19:39		-00:05:00	01:02:46.20	01:02:54.70	+00:32:42 (52.1%)	6:46	8.9 (65.4%)
745	JANECKI Kamil	234	ŚLĄSKI TAJFUN TEAM	Open Mężczyzn	616	09:15	00:00:06	00:22:34	00:48:10	-00:13:00	01:02:46.30	01:02:52.40	+00:32:42 (52.1%)	7:34	7.9 (58.1%)
746	GOLEC Wojciech	2	AGATA PIETROSZEK TEAM	Open Mężczyzn	617	09:00	00:00:03	00:22:12	00:49:42	-00:13:00	01:02:47.50	01:02:51.10	+00:32:43 (52.1%)	7:34	7.9 (58.1%)
747	ZIELIŃSKA Anna	202	4FACES RUNNING TEAM	Open Kobiet	129	09:30	00:00:12	00:20:19	00:43:17		01:02:48.05	01:03:00.20	+00:32:44 (52.1%)	6:16	9.6 (70.6%)
748	SZYLBERG Aleksandra	1381	SPARTAN SGX WARSAW	Open Kobiet	130	12:15	00:00:06	00:23:11	00:48:10	-00:11:00	01:02:53.40	01:03:00.05	+00:32:49 (52.2%)	7:23	8.1 (59.6%)
749	VOYTOVYCH Halyna	1406		Open Kobiet	131	12:30	00:00:06	00:21:52	00:47:17	-00:10:00	01:03:01.35	01:03:07.65	+00:32:57 (52.3%)	7:18	8.2 (60.3%)
750	KABAŁA Piotr	880		Open Mężczyzn	618	11:00	00:01:00	00:23:51	00:49:30	-00:12:00	01:03:03.75	01:04:04.30	+00:33:00 (52.3%)	7:30	8 (58.8%)
751	SKOCZYLAS Karol	286		Open Mężczyzn	619	09:30	00:00:07	00:23:14	00:48:05	-00:09:00	01:03:05.70	01:03:13.45	+00:33:02 (52.4%)	7:12	8.3 (61.0%)
752	KURKOWIAK Adam	840	LOFT TEAM EXTREME	Open Mężczyzn	620	11:00	00:00:05	00:22:22	00:48:48	-00:11:00	01:03:06.65	01:03:12.15	+00:33:03 (52.4%)	7:24	8.1 (59.6%)
753	OPILKA Marcel	1485		Open Mężczyzn	621	11:15	00:00:06	00:22:36	00:47:30	-00:11:00	01:03:08.00	01:03:14.75	+00:33:04 (52.4%)	7:24	8.1 (59.6%)
754	MRÓZ Łukasz	689		Open Mężczyzn	622	10:30	00:00:06	00:22:23	00:47:25	-00:13:00	01:03:08.35	01:03:15.25	+00:33:04 (52.4%)	7:36	7.9 (58.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
755	KAŁUZIŃSKA Dorota	104	HUSARIA RACE TEAM	Open Kobiet	132	09:15	00:00:05	00:20:26	00:46:19	-00:09:00	01:03:14.85	01:03:19.95	+00:33:11 (52.5%)	7:13	8.3 (61.0%)
756	ŚREDNICKI Michał	649	SOLLERS	Open Mężczyzn	623	10:30	00:00:06	00:19:08	00:43:35	-00:04:00	01:03:16.75	01:03:23.10	+00:33:13 (52.5%)	6:43	8.9 (65.4%)
757	KOZŁOWSKI Marcin	887		Open Mężczyzn	624	11:00	00:00:08	00:24:02	00:48:47	-00:11:00	01:03:17.70	01:03:25.95	+00:33:14 (52.5%)	7:25	8.1 (59.6%)
758	ZIELIŃSKI Adam	814	CROSSFIT TORUŃ/REEBOK RUN CREW	Open Mężczyzn	625	11:00	00:00:07	00:22:18	00:48:10	-00:14:00	01:03:19.60	01:03:26.60	+00:33:16 (52.5%)	7:43	7.8 (57.4%)
759	KOZLOVSKYY Arseniy	1542		Open Mężczyzn	626	09:15	00:00:09	00:22:14	00:47:46	-00:13:00	01:03:19.90	01:03:29.00	+00:33:16 (52.5%)	7:38	7.9 (58.1%)
760	JAGIEŁŁO Grzegorz	238	ZIEL-ONI	Open Mężczyzn	627	09:30	00:00:06	00:23:20	00:48:13	-00:11:00	01:03:21.45	01:03:27.90	+00:33:17 (52.6%)	7:26	8.1 (59.6%)
761	PRUSKI Mateusz	742	FEHUT	Open Mężczyzn	628	10:45	00:00:09	00:24:10	00:49:33	-00:13:00	01:03:23.60	01:03:33.35	+00:33:20 (52.6%)	7:38	7.9 (58.1%)
762	LUTOSTAŃSKI Dominik	1402		Open Mężczyzn	629	12:45	00:00:05	00:23:12	00:48:45	-00:12:00	01:03:24.30	01:03:30.20	+00:33:20 (52.6%)	7:32	8 (58.8%)
763	PIETRUSZKA Piotr	1524	WKURW_TEAM	Open Mężczyzn	630	11:15	00:00:06	00:23:16	00:48:45	-00:11:00	01:03:26.00	01:03:32.55	+00:33:22 (52.6%)	7:26	8.1 (59.6%)
764	JAKUBIAK Paweł	1217		Open Mężczyzn	631	11:45	00:00:04	00:22:39	00:49:16	-00:13:00	01:03:29.15	01:03:33.15	+00:33:25 (52.7%)	7:38	7.8 (57.4%)
765	BARAN Paulina	1204	PIĘKNI I BESTIE	Open Kobiet	133	12:30	00:00:06	00:21:52	00:47:38	-00:12:00	01:03:29.50	01:03:36.05	+00:33:25 (52.7%)	7:33	7.9 (58.1%)
766	SALAMOŃSKA Alicja	655	ŻMIJE	Open Kobiet	134	09:30	00:00:09	00:21:57	00:47:35	-00:09:00	01:03:35.80	01:03:44.90	+00:33:32 (52.7%)	7:15	8.3 (61.0%)
767	PRUSZYŃSKI Marcin	846	LOFT TEAM EXTREME	Open Mężczyzn	632	11:00	00:00:04	00:22:23	00:49:15	-00:13:00	01:03:38.00	01:03:42.30	+00:33:34 (52.8%)	7:39	7.8 (57.4%)
768	GARST Maksymilian	1203	MGN TEAM	Open Mężczyzn	633	12:30	00:00:08	00:22:47	00:49:59	-00:14:00	01:03:46.60	01:03:55.50	+00:33:43 (52.9%)	7:46	7.7 (56.6%)
769	PARTYKA Jolanta	484		Open Kobiet	135	10:00	00:00:06	00:22:20	00:47:30	-00:10:00	01:03:47.40	01:03:54.20	+00:33:43 (52.9%)	7:22	8.1 (59.6%)
770	SKALIK Wojciech	82		Open Mężczyzn	634	09:00	00:00:04	00:23:09	00:50:05	-00:14:00	01:03:52.35	01:03:57.00	+00:33:48 (52.9%)	7:47	7.7 (56.6%)
771	KRZESZEWSKI Rafał	1304	TEAM BIEGAJ POD OKIEM TRENERA	Open Mężczyzn	635	11:30	00:00:07	00:23:01	00:47:45	-00:13:00	01:03:56.40	01:04:04.15	+00:33:52 (53.0%)	7:41	7.8 (57.4%)
772	OSKROBA Krzysztof	276		Open Mężczyzn	636	09:30	00:00:07	00:23:25	00:48:25	-00:14:00	01:03:56.80	01:04:04.35	+00:33:53 (53.0%)	7:47	7.7 (56.6%)
773	ŚLIWOWSKI Marcin	1433	GCW TEAM	Open Mężczyzn	637	11:30	00:00:06	00:21:28	00:46:54	-00:10:00	01:03:57.35	01:04:03.70	+00:33:53 (53.0%)	7:23	8.1 (59.6%)
774	MATEŃKA Piotr	928	FANGA TERROR TEAM	Open Mężczyzn	638	11:15	00:00:07	00:23:49	00:48:53	-00:10:00	01:03:58.80	01:04:06.25	+00:33:55 (53.0%)	7:23	8.1 (59.6%)
775	GURDZIEL Piotr	45		Open Mężczyzn	639	09:00	00:00:07	00:20:23	00:45:23	-00:07:00	01:04:02.35	01:04:09.80	+00:33:58 (53.1%)	7:06	8.4 (61.8%)
776	MANTORSKI Jan	712	CROSSFIT ELEKTROMOC	Open Mężczyzn	640	10:45	00:00:08	00:24:34	00:48:32	-00:10:00	01:04:03.80	01:04:12.30	+00:34:00 (53.1%)	7:24	8.1 (59.6%)
777	CMOKOWICZ Jarek	1062	CROSSFIT POŁUDNIE	Open Mężczyzn	641	12:00	00:00:06	00:24:29	00:49:30	-00:13:00	01:04:08.10	01:04:14.95	+00:34:04 (53.1%)	7:42	7.8 (57.4%)
778	SZALA Aleksandra	601		Open Kobiet	136	10:15	00:00:08	00:25:46	00:50:22	-00:11:00	01:04:09.60	01:04:18.45	+00:34:06 (53.1%)	7:31	8 (58.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas				Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata					
779	BARAN Kasia	449	TRENER24H.COM.PL	Open Kobiet	137	09:45	00:00:06	00:22:52	00:48:15	-00:10:00	01:04:10.15	01:04:16.95	+00:34:06 (53.2%)	7:25	8.1 (59.6%)
780	MOCARSKA Dorota	987		Open Kobiet	138	11:15	00:00:07	00:24:24	00:49:10	-00:10:00	01:04:11.30	01:04:18.80	+00:34:07 (53.2%)	7:25	8.1 (59.6%)
781	PAUK Wojciech	1158	AUTOJOZEFOW	Open Mężczyzn	642	12:15	00:00:07	00:24:12	00:49:10	-00:13:00	01:04:13.65	01:04:20.95	+00:34:10 (53.2%)	7:43	7.8 (57.4%)
782	JABLONKA Radoslaw	20	DZIADY OCR	Open Mężczyzn	643	09:00	00:00:04	00:23:09	00:50:06	-00:14:00	01:04:14.85	01:04:19.30	+00:34:11 (53.2%)	7:49	7.7 (56.6%)
783	ABRAMCZYK Marta	434	HUSARIA RACE TEAM	Open Kobiet	139	10:00	00:00:03	00:20:45	00:45:02	-00:10:00	01:04:16.35	01:04:19.90	+00:34:12 (53.2%)	7:25	8.1 (59.6%)
784	ZAJCZUK Marcin	1038		Open Mężczyzn	644	11:30	00:00:07	00:25:30	00:49:37	-00:10:00	01:04:19.85	01:04:26.95	+00:34:16 (53.3%)	7:25	8.1 (59.6%)
785	SEKRETA Michał	8	AGATA PIETROSZEK TEAM	Open Mężczyzn	645	09:00	00:00:04	00:23:51	00:50:33	-00:13:00	01:04:22.50	01:04:27.40	+00:34:18 (53.3%)	7:44	7.8 (57.4%)
786	ZDANOWICZ Maciek	1488		Open Mężczyzn	646	11:45	00:00:02	00:22:49	00:49:36	-00:14:00	01:04:22.95	01:04:25.75	+00:34:19 (53.3%)	7:50	7.7 (56.6%)
787	DŁUGOSZ Daniel	39		Open Mężczyzn	647	09:00	00:00:08	00:23:49	00:49:49	-00:13:00	01:04:23.45	01:04:31.60	+00:34:19 (53.3%)	7:44	7.8 (57.4%)
788	KRASUSKI Tomasz	1375	HUSARIA RACE TEAM	Open Mężczyzn	648	11:45	00:00:07	00:22:08	00:46:47	-00:10:00	01:04:24.05	01:04:31.05	+00:34:20 (53.3%)	7:26	8.1 (59.6%)
789	ŚLIWIŃSKA Ewelina	182		Open Kobiet	140	09:15	00:00:07	00:20:25	00:44:34	-00:04:00	01:04:25.25	01:04:32.70	+00:34:21 (53.3%)	6:50	8.8 (64.7%)
790	KRUSZYŃSKA Anna	3	AGATA PIETROSZEK TEAM	Open Kobiet	141	09:00	00:00:03	00:23:32	00:48:45	-00:11:00	01:04:26.60	01:04:30.50	+00:34:23 (53.4%)	7:32	8 (58.8%)
791	MIŚTA Przemysław	66		Open Mężczyzn	649	09:00	00:00:08	00:21:29	00:47:26	-00:08:00	01:04:28.90	01:04:37.70	+00:34:25 (53.4%)	7:14	8.3 (61.0%)
792	SIDORCZUK Piotr	1016	SIDORCZUKI	Open Mężczyzn	650	11:30	00:00:10	00:24:47	00:48:55	-00:05:00	01:04:29.40	01:04:39.60	+00:34:25 (53.4%)	6:56	8.6 (63.2%)
793	RZESZUT Andrzej	1143		Open Mężczyzn	651	12:00	00:00:06	00:21:52	00:47:00	-00:09:00	01:04:31.10	01:04:37.45	+00:34:27 (53.4%)	7:21	8.2 (60.3%)
794	WIŚNIEWSKI Adrian	504		Open Mężczyzn	652	10:00	00:00:07	00:23:38	00:50:12	-00:13:00	01:04:32.30	01:04:39.30	+00:34:28 (53.4%)	7:45	7.7 (56.6%)
795	ŁĄCKA Karolina	1334		Open Kobiet	142	12:45	00:02:38	00:20:27	00:44:33		01:04:33.50	01:07:11.70	+00:34:29 (53.4%)	6:27	9.3 (68.4%)
796	LUTEREK Michał	578		Open Mężczyzn	653	10:15	00:00:09	00:24:28	00:49:28	-00:14:00	01:04:35.35	01:04:44.60	+00:34:31 (53.5%)	7:51	7.6 (55.9%)
797	ERDMANN Karolina	157		Open Kobiet	143	12:45	00:02:38	00:20:27	00:44:31		01:04:39.10	01:07:17.95	+00:34:35 (53.5%)	6:27	9.3 (68.4%)
798	DOBKOWSKI Daniel	1442	X-TEAM SPECIAL FORCES	Open Mężczyzn	654	11:45	00:00:06	00:21:32	00:48:02	-00:13:00	01:04:39.35	01:04:46.00	+00:34:35 (53.5%)	7:46	7.7 (56.6%)
799	LATOSIŃSKA Adrianna	215	LUDZIE GORSZEGO SORTU	Open Kobiet	144	09:30	00:00:11	00:23:36	00:47:54	-00:09:00	01:04:41.05	01:04:52.35	+00:34:37 (53.5%)	7:22	8.1 (59.6%)
800	BRYŁA Paweł	32		Open Mężczyzn	655	09:00	00:00:08	00:21:29	00:47:26	-00:08:00	01:04:42.75	01:04:51.55	+00:34:39 (53.5%)	7:16	8.3 (61.0%)
801	HURANSKY Serhii	666		Open Mężczyzn	656	10:30	00:00:08	00:25:49	00:51:11	-00:14:00	01:04:42.85	01:04:51.65	+00:34:39 (53.5%)	7:52	7.6 (55.9%)
802	PODSIADŁO Anna	823	FRAUEN POWER!	Open Kobiet	145	11:00	00:00:08	00:24:25	00:49:46	-00:10:00	01:04:43.10	01:04:51.50	+00:34:39 (53.6%)	7:28	8 (58.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas			Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
							startu	Skrajna_1 5.4km	Skrajna_2 7.5km		netto 10km	brutto 10km			
803	KOSTRZEWSKA Ewelina	1544		Open Kobiet	146	11:45	00:00:03	00:21:26	00:48:02	-00:13:00	01:04:43.50	01:04:47.20	+00:34:39 (53.6%)	7:46	7.7 (56.6%)
804	LECH Adam	1435	NIEZAPROSZENI NA EVENT	Open Mężczyzn	657	11:45	00:00:03	00:21:25	00:48:03	-00:13:00	01:04:43.75	01:04:47.45	+00:34:40 (53.6%)	7:46	7.7 (56.6%)
805	MARCINKIEWICZ Wojciech	371		Open Mężczyzn	658	09:45	00:00:09	00:23:11	00:49:07	-00:11:00	01:04:45.80	01:04:55.75	+00:34:42 (53.6%)	7:34	7.9 (58.1%)
806	CHĘCIŃSKA Anita	441	MARTWYBASEN	Open Kobiet	147	10:00	00:00:11	00:24:11	00:48:33	-00:11:00	01:04:47.30	01:04:59.00	+00:34:43 (53.6%)	7:34	7.9 (58.1%)
807	JAKACKA Anna	360		Open Kobiet	148	09:45	00:00:09	00:24:12	00:48:35	-00:11:00	01:04:47.50	01:04:56.95	+00:34:43 (53.6%)	7:34	7.9 (58.1%)
808	SZALA Leszek	1470		Open Mężczyzn	659	10:15	00:00:08	00:25:46	00:50:58	-00:13:00	01:04:49.55	01:04:58.40	+00:34:45 (53.6%)	7:47	7.7 (56.6%)
809	WIEWIORSKI Jaroslaw	1374		Open Mężczyzn	660	11:30	00:02:18	00:18:15		-00:04:00	01:04:52.95	01:07:11.20	+00:34:49 (53.7%)	6:53	8.7 (64.0%)
810	SZUBA Ada	1337	WARSAW CREW	Open Kobiet	149	12:30	00:00:05	00:23:30	00:47:48	-00:08:00	01:04:55.10	01:05:00.75	+00:34:51 (53.7%)	7:17	8.2 (60.3%)
811	WYCECH Kacper	1356	TEAM BIEGAJ POD OKIEM TRENERA	Open Mężczyzn	661	11:30	00:00:09	00:22:59	00:47:43	-00:12:00	01:04:55.70	01:05:04.85	+00:34:52 (53.7%)	7:41	7.8 (57.4%)
812	SKOWERA Paweł	997	101 COUNTRIES BEFORE 50	Open Mężczyzn	662	11:30	00:00:04	00:23:56	00:50:00	-00:14:00	01:05:03.90	01:05:08.75	+00:35:00 (53.8%)	7:54	7.6 (55.9%)
813	WIŚNIEWSKI Piotr	1338	DZIKIE DZIKI MIGU	Open Mężczyzn	663	10:15	00:00:07	00:23:47	00:49:40	-00:12:00	01:05:06.05	01:05:13.30	+00:35:02 (53.8%)	7:42	7.8 (57.4%)
814	LAWRÓW Magdalena	168		Open Kobiet	150	09:15	00:00:00	00:20:06	00:44:11	-00:04:00	01:05:06.15	01:05:06.15	+00:35:02 (53.8%)	6:54	8.7 (64.0%)
815	OKÓLSKA Katarzyna	1043	DIRTY CHEWBACCA	Open Kobiet	151	11:45	00:00:05	00:22:52	00:48:02	-00:09:00	01:05:07.05	01:05:12.40	+00:35:03 (53.8%)	7:24	8.1 (59.6%)
816	SPRENGER Krzysztof	850	LOFT TEAM EXTREME	Open Mężczyzn	664	11:00	00:00:04	00:21:09	00:45:52	-00:09:00	01:05:07.35	01:05:12.10	+00:35:03 (53.8%)	7:24	8.1 (59.6%)
817	ROSENKIEWICZ Jan	1140		Open Mężczyzn	665	12:15	00:00:08	00:24:39	00:49:51	-00:11:00	01:05:09.05	01:05:17.60	+00:35:05 (53.9%)	7:36	7.9 (58.1%)
818	DOBRZYCKA Ania	719	CROSSFIT GCW	Open Kobiet	152	10:45	00:00:07	00:23:55	00:49:28	-00:09:00	01:05:10.00	01:05:17.95	+00:35:06 (53.9%)	7:25	8.1 (59.6%)
819	MAZUR Magdalena	64		Open Kobiet	153	09:00	00:00:06	00:18:22	00:43:30	-00:05:00	01:05:11.90	01:05:17.95	+00:35:08 (53.9%)	7:01	8.5 (62.5%)
820	OKONSKA Cecylia	1157	AUTOJOZEFOW	Open Kobiet	154	12:15	00:00:07	00:24:11	00:49:10	-00:12:00	01:05:13.90	01:05:21.10	+00:35:10 (53.9%)	7:43	7.8 (57.4%)
821	KAPUŚCIŃSKI Maciej	1163	CROSSFIT URSYNÓW	Open Mężczyzn	666	12:15	00:00:08	00:24:38	00:51:33	-00:14:00	01:05:15.75	01:05:24.40	+00:35:12 (53.9%)	7:55	7.6 (55.9%)
822	DYWICKI Mariusz	1202	MGN TEAM	Open Mężczyzn	667	12:30	00:00:08	00:22:47	00:49:58	-00:12:00	01:05:16.30	01:05:25.05	+00:35:12 (53.9%)	7:43	7.8 (57.4%)
823	TRYC Michał	18	DIRTY6	Open Mężczyzn	668	09:00	00:00:06	00:22:17	00:46:43	-00:09:00	01:05:18.80	01:05:25.45	+00:35:15 (54.0%)	7:25	8.1 (59.6%)
824	WALKOWICZ Hubert	748	GONI NAS KREDENS	Open Mężczyzn	669	10:45	00:00:05	00:22:54	00:48:08	-00:10:00	01:05:21.75	01:05:27.25	+00:35:18 (54.0%)	7:32	8 (58.8%)
825	SMAGACZ Jarosław	1086	OCR TEAM DĘBICA	Open Mężczyzn	670	12:00	00:00:07	00:24:27	00:49:29	-00:11:00	01:05:23.25	01:05:30.30	+00:35:19 (54.0%)	7:38	7.9 (58.1%)
826	RESZKE Dariusz	440	KAJKOTA	Open Mężczyzn	671	10:00	00:00:10	00:23:59	00:48:59	-00:11:00	01:05:29.80	01:05:40.35	+00:35:26 (54.1%)	7:39	7.8 (57.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas				Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata					
827	RESZKE Anna	439	KAJKOTA	Open Kobiet	155	10:00	00:00:10	00:23:59	00:48:59	-00:11:00	01:05:30.15	01:05:40.30	+00:35:26 (54.1%)	7:39	7.8 (57.4%)
828	ZIELIŃSKA Marlena	707		Open Kobiet	156	10:30	00:00:06	00:22:23	00:47:25	-00:10:00	01:05:33.30	01:05:40.00	+00:35:29 (54.1%)	7:33	7.9 (58.1%)
829	DOBROWOLSKA Joanna	622	DOBRE TWAROGI	Open Kobiet	157	10:00	00:00:11	00:23:09	00:49:21	-00:11:00	01:05:34.70	01:05:45.85	+00:35:31 (54.2%)	7:39	7.8 (57.4%)
830	SLIWOWSKI Adam	1261		Open Mężczyzn	672	12:30	00:00:06	00:20:46	00:45:37	-00:04:00	01:05:36.75	01:05:43.55	+00:35:33 (54.2%)	6:57	8.6 (63.2%)
831	WOJCIECHOWSKI Mariusz	1036		Open Mężczyzn	673	11:30	00:00:08	00:24:24	00:49:43	-00:12:00	01:05:38.10	01:05:46.60	+00:35:34 (54.2%)	7:45	7.7 (56.6%)
832	WOŹNIAK Anna	763	SPORTOWE MAMUŚKI	Open Kobiet	158	10:45	00:00:09	00:24:19	00:49:39	-00:10:00	01:05:40.65	01:05:50.15	+00:35:37 (54.2%)	7:34	7.9 (58.1%)
833	AMATORE Ludwik	934	ITALO POLO	Open Mężczyzn	674	11:15	00:00:10	00:25:27	00:49:34	-00:10:00	01:05:43.25	01:05:53.40	+00:35:39 (54.3%)	7:34	7.9 (58.1%)
834	MACHNIK Marta	521	DZIKIE DZIKI MIGU	Open Kobiet	159	10:15	00:00:08	00:24:45	00:48:37	-00:10:00	01:05:43.75	01:05:52.05	+00:35:40 (54.3%)	7:34	7.9 (58.1%)
835	STEMBNOWSKA Aleksandra	600		Open Kobiet	160	09:30	00:00:08	00:22:36	00:47:23	-00:09:00	01:05:43.85	01:05:52.80	+00:35:40 (54.3%)	7:28	8 (58.8%)
836	MISZCZUK Arkadiusz	1055		Open Mężczyzn	675	11:45	00:00:06	00:24:12	00:51:29	-00:13:00	01:05:49.40	01:05:55.60	+00:35:45 (54.3%)	7:52	7.6 (55.9%)
837	IWANOWSKI Dawid	1041	DIRTY CHEWBACCA	Open Mężczyzn	676	11:45	00:00:04	00:23:10	00:49:20	-00:14:00	01:05:51.40	01:05:56.00	+00:35:47 (54.4%)	7:59	7.5 (55.1%)
838	GIEROŃ Kamil	1425		Open Mężczyzn	677	11:45	00:00:06	00:24:02	00:50:12	-00:12:00	01:05:51.75	01:05:58.40	+00:35:48 (54.4%)	7:47	7.7 (56.6%)
839	CISZYŃSKI Michał	537	OGRODOSFERA.PL	Open Mężczyzn	678	10:15	00:00:11	00:22:48	00:50:33	-00:13:00	01:05:52.20	01:06:04.15	+00:35:48 (54.4%)	7:53	7.6 (55.9%)
840	BIELECKI Cezary	715	CROSSFIT GCW	Open Mężczyzn	679	10:45	00:00:04	00:22:08	00:47:45	-00:12:00	01:05:53.00	01:05:57.10	+00:35:49 (54.4%)	7:47	7.7 (56.6%)
841	PASIECZYŃSKA Justyna	1306	TEAM BIEGAJ POD OKIEM TRENERA	Open Kobiet	161	11:30	00:00:09	00:22:59	00:47:45	-00:11:00	01:05:53.50	01:06:02.90	+00:35:49 (54.4%)	7:41	7.8 (57.4%)
842	NAŁĘCZ Piotr	1412		Open Mężczyzn	680	11:45	00:00:08	00:24:09	00:49:03	-00:10:00	01:05:54.80	01:06:03.75	+00:35:51 (54.4%)	7:35	7.9 (58.1%)
843	GAŁĄZKA Karolina	1409		Open Kobiet	162	11:45	00:00:07	00:24:10	00:49:04	-00:10:00	01:05:55.45	01:06:03.25	+00:35:51 (54.4%)	7:35	7.9 (58.1%)
844	NACZULSKI Witold	893		Open Mężczyzn	681	11:00	00:00:07	00:24:43	00:50:32	-00:10:00	01:05:57.70	01:06:04.95	+00:35:54 (54.4%)	7:35	7.9 (58.1%)
845	KOTOWICZ Małgorzata	164		Open Kobiet	163	09:15	00:00:06	00:20:44	00:44:59	-00:06:00	01:05:58.00	01:06:04.65	+00:35:54 (54.4%)	7:11	8.3 (61.0%)
846	GUZEK Kamil	1097	SPORTERA OCR	Open Mężczyzn	682	12:00	00:00:05	00:24:33	00:54:03	-00:13:00	01:06:00.65	01:06:06.15	+00:35:57 (54.5%)	7:54	7.6 (55.9%)
847	DOMAŃSKA Katarzyna	720	CROSSFIT GCW	Open Kobiet	164	10:45	00:00:07	00:23:57	00:49:32	-00:10:00	01:06:02.40	01:06:09.75	+00:35:58 (54.5%)	7:36	7.9 (58.1%)
848	BAŁACKI Jacek	1468		Open Mężczyzn	683	11:45	00:00:07	00:22:22	00:49:05	-00:14:00	01:06:02.85	01:06:09.90	+00:35:59 (54.5%)	8:00	7.5 (55.1%)
849	ZYZAK Alicja	912		Open Kobiet	165	11:00	00:00:06	00:23:03	00:48:42	-00:09:00	01:06:02.95	01:06:09.25	+00:35:59 (54.5%)	7:30	8 (58.8%)
850	MENTONE Dario	687		Open Mężczyzn	684	10:30	00:00:05	00:22:51	00:49:47	-00:12:00	01:06:03.25	01:06:09.05	+00:35:59 (54.5%)	7:48	7.7 (56.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
851	LUBIANIEC Karol	1367		Open Mężczyzn	685	10:45	00:00:10	00:21:40	00:46:33	-00:05:00	01:06:04.00	01:06:14.90	+00:36:00 (54.5%)	7:06	8.4 (61.8%)
852	WILCZYŃSKI Łukasz	851	LOFT TEAM EXTREME	Open Mężczyzn	686	11:00	00:00:06	00:21:22	00:45:50	-00:08:00	01:06:05.95	01:06:12.15	+00:36:02 (54.5%)	7:24	8.1 (59.6%)
853	SKARZYŃSKA Lidia	1172	CROSSFIT URSYNÓW	Open Kobiet	166	12:15	00:00:08	00:23:09	00:47:54	-00:09:00	01:06:08.45	01:06:16.65	+00:36:04 (54.6%)	7:30	8 (58.8%)
854	ROSTEK Katarzyna	900		Open Kobiet	167	11:00	00:00:06	00:22:11	00:48:26	-00:07:00	01:06:08.95	01:06:15.40	+00:36:05 (54.6%)	7:18	8.2 (60.3%)
855	JAROSZEWSKI Sławomir	1509		Open Mężczyzn	687	12:45	00:00:07	00:22:06	00:48:12	-00:08:00	01:06:14.75	01:06:22.00	+00:36:11 (54.6%)	7:25	8.1 (59.6%)
856	JĘDRZEJCZYK Arkadiusz	1408	HUSARIA RACE TEAM	Open Mężczyzn	688	11:45	00:00:05	00:23:28	00:50:59	-00:12:00	01:06:17.10	01:06:22.65	+00:36:13 (54.7%)	7:49	7.7 (56.6%)
857	WIŚNIEWSKA Karolina	909		Open Kobiet	168	11:00	00:00:08	00:20:43	00:46:43	-00:01:00	01:06:19.40	01:06:28.10	+00:36:15 (54.7%)	6:44	8.9 (65.4%)
858	IWANOWSKI Kamil	1042	DIRTY CHEWBACCA	Open Mężczyzn	689	11:45	00:00:04	00:23:07	00:49:20	-00:13:00	01:06:21.05	01:06:25.35	+00:36:17 (54.7%)	7:56	7.6 (55.9%)
859	GRZYBOWSKI Łukasz	357		Open Mężczyzn	690	09:45	00:00:11	00:24:48	00:51:24	-00:14:00	01:06:22.80	01:06:34.40	+00:36:19 (54.7%)	8:02	7.5 (55.1%)
860	ZWOLAK Krzysztof	405		Open Mężczyzn	691	09:45	00:00:11	00:24:48	00:51:23	-00:14:00	01:06:22.95	01:06:34.40	+00:36:19 (54.7%)	8:02	7.5 (55.1%)
861	KOTAS Patrycja	265		Open Kobiet	169	09:15	00:00:05	00:22:22	00:48:42	-00:11:00	01:06:24.55	01:06:29.55	+00:36:20 (54.7%)	7:44	7.8 (57.4%)
862	PIGUŁA Daria	1070	CROSSFIT POŁUDNIE	Open Kobiet	170	12:00	00:00:05	00:22:42	00:48:45	-00:10:00	01:06:27.05	01:06:32.40	+00:36:23 (54.8%)	7:38	7.8 (57.4%)
863	PIESIAK Gosia	1210	TRENER24H.COM.PL	Open Kobiet	171	12:30	00:00:06	00:20:53	00:46:05	-00:06:00	01:06:29.20	01:06:35.45	+00:36:25 (54.8%)	7:14	8.3 (61.0%)
864	KĄDZIELSKA Magdalena	785		Open Kobiet	172	10:45	00:00:07	00:23:33	00:50:06	-00:11:00	01:06:29.45	01:06:37.10	+00:36:25 (54.8%)	7:45	7.7 (56.6%)
865	SCHILLER Fryderyk	332	SCHODY HISZPAŃSKIE	Open Mężczyzn	692	09:30	00:00:09	00:25:51	00:53:22	-00:14:00	01:06:31.00	01:06:40.10	+00:36:27 (54.8%)	8:03	7.5 (55.1%)
866	CHANEK Maciej	248		Open Mężczyzn	693	09:30	00:00:09	00:24:27	00:49:55	-00:10:00	01:06:31.85	01:06:41.50	+00:36:28 (54.8%)	7:39	7.8 (57.4%)
867	BĄBKA Łukasz	516	DZIKIE DZIKI MIGU	Open Mężczyzn	694	10:15	00:00:08	00:25:15	00:52:32	-00:14:00	01:06:35.45	01:06:44.30	+00:36:31 (54.9%)	8:03	7.4 (54.4%)
868	SAS Aldona	492		Open Kobiet	173	09:45	00:00:09	00:24:12	00:48:35	-00:10:00	01:06:36.65	01:06:46.10	+00:36:33 (54.9%)	7:39	7.8 (57.4%)
869	FILIPOWSKA Teresa	1400		Open Kobiet	174	12:30	00:00:05	00:21:24	00:47:17	-00:08:00	01:06:36.95	01:06:42.85	+00:36:33 (54.9%)	7:27	8 (58.8%)
870	JAGODZIŃSKI Adam	567		Open Mężczyzn	695	10:15	00:00:08	00:24:31	00:49:31	-00:12:00	01:06:37.75	01:06:46.60	+00:36:34 (54.9%)	7:51	7.6 (55.9%)
871	TARGONSKI Grzegorz	604		Open Mężczyzn	696	10:15	00:00:08	00:24:31	00:49:31	-00:12:00	01:06:37.80	01:06:46.75	+00:36:34 (54.9%)	7:51	7.6 (55.9%)
872	GOCLIK Adriana	463	CROSSFIT MGW	Open Kobiet	175	10:00	00:00:07	00:23:36	00:49:22	-00:08:00	01:06:38.45	01:06:45.45	+00:36:34 (54.9%)	7:27	8 (58.8%)
873	ŁEBEK Arkadiusz	1076	HUSARIA RACE TEAM	Open Mężczyzn	697	12:00	00:00:09	00:26:14	00:51:06	-00:13:00	01:06:40.65	01:06:50.50	+00:36:37 (54.9%)	7:58	7.5 (55.1%)
874	FIJAŁKOWSKI Dariusz	1050		Open Mężczyzn	698	12:15	00:00:05	00:22:58	00:49:43	-00:14:00	01:06:46.40	01:06:51.50	+00:36:42 (55.0%)	8:04	7.4 (54.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
875	ZAKRZEWSKI Artur	1271	REEBOK RUN CREW SKIERNIEWICE	Open Mężczyzn	699	10:30	00:00:05	00:24:02	00:50:42	-00:12:00	01:06:47.30	01:06:53.00	+00:36:43 (55.0%)	7:52	7.6 (55.9%)
876	WRÓBLEWSKA Anna	508		Open Kobiet	176	10:00	00:00:10	00:25:48	00:52:13	-00:11:00	01:06:47.75	01:06:58.55	+00:36:44 (55.0%)	7:46	7.7 (56.6%)
877	ZAKRZEWSKA Sylwia	1270	REEBOK RUN CREW SKIERNIEWICE	Open Kobiet	177	10:30	00:00:07	00:24:06	00:50:41	-00:12:00	01:06:49.55	01:06:56.95	+00:36:45 (55.0%)	7:52	7.6 (55.9%)
878	STAJKOWSKI Krzysztof	825	FRAUEN POWER!	Open Mężczyzn	700	11:00	00:00:09	00:25:20	00:50:08	-00:10:00	01:06:50.70	01:07:00.15	+00:36:47 (55.0%)	7:41	7.8 (57.4%)
879	BUCHTA Dawid	636	P&D	Open Mężczyzn	701	11:30	00:00:06	00:25:10	00:51:14	-00:12:00	01:06:54.65	01:07:00.80	+00:36:51 (55.1%)	7:53	7.6 (55.9%)
880	SZEWCZYK Tomasz	1355	TEAM BIEGAJ POD OKIEM TRENERA	Open Mężczyzn	702	11:30	00:00:08	00:22:46	00:47:44	-00:10:00	01:06:55.65	01:07:03.85	+00:36:52 (55.1%)	7:41	7.8 (57.4%)
881	WNOROWSKA Magdalena	611	DZIADY OCR	Open Kobiet	178	10:15	00:00:08	00:24:30	00:49:31	-00:11:00	01:06:57.05	01:07:05.30	+00:36:53 (55.1%)	7:47	7.7 (56.6%)
882	IGNATOWICZ Karol	781		Open Mężczyzn	703	10:45	00:00:09	00:21:27	00:47:23	-00:06:00	01:06:58.25	01:07:07.60	+00:36:54 (55.1%)	7:17	8.2 (60.3%)
883	MIGDAŁ Małgorzata	106	HUSARIA RACE TEAM	Open Kobiet	179	09:15	00:00:07	00:23:13	00:48:11	-00:07:00	01:06:59.50	01:07:06.95	+00:36:55 (55.1%)	7:23	8.1 (59.6%)
884	ŚWIDERSKI Szymon	289		Open Mężczyzn	704	09:30	00:00:07	00:24:41	00:51:20	-00:11:00	01:07:04.60	01:07:12.30	+00:37:01 (55.2%)	7:48	7.7 (56.6%)
885	ZACZEK Mariusz	828	CROSSFITGCW	Open Mężczyzn	705	11:00	00:00:09	00:25:57	00:53:40	-00:13:00	01:07:05.30	01:07:14.65	+00:37:01 (55.2%)	8:00	7.5 (55.1%)
886	KOMORZYCKI Robert	1103	TDR	Open Mężczyzn	706	12:00	00:00:05	00:26:38	00:52:33	-00:12:00	01:07:06.55	01:07:12.25	+00:37:02 (55.2%)	7:54	7.6 (55.9%)
887	DUBIŃSKI Karol	461		Open Mężczyzn	707	10:00	00:00:04	00:23:09	00:49:34	-00:11:00	01:07:08.20	01:07:12.35	+00:37:04 (55.2%)	7:48	7.7 (56.6%)
888	JOŃCZYK Jacek	982		Open Mężczyzn	708	11:15	00:00:07	00:25:02	00:50:18	-00:09:00	01:07:10.75	01:07:18.00	+00:37:07 (55.3%)	7:37	7.9 (58.1%)
889	KĘSKA Adam	467		Open Mężczyzn	709	10:15	00:00:10	00:25:04	00:50:37	-00:13:00	01:07:13.80	01:07:24.00	+00:37:10 (55.3%)	8:01	7.5 (55.1%)
890	ŚWISTAK Ilona	1150		Open Kobiet	180	12:00	00:00:06	00:26:37	00:52:33	-00:12:00	01:07:13.95	01:07:20.40	+00:37:10 (55.3%)	7:55	7.6 (55.9%)
891	REJ-WITT Marta	533	HUSARIA RACE TEAM	Open Kobiet	181	10:15	00:00:09	00:25:06	00:50:38	-00:13:00	01:07:14.00	01:07:23.95	+00:37:10 (55.3%)	8:01	7.5 (55.1%)
892	KOT Michał	303	CROSSFIT DOPAMINE	Open Mężczyzn	710	09:45	00:00:04	00:22:42	00:49:09	-00:11:00	01:07:14.20	01:07:19.15	+00:37:10 (55.3%)	7:49	7.7 (56.6%)
893	ROSIAK Kamil	967	TORPEDA RACE TEAM	Open Mężczyzn	711	11:15	00:00:04	00:22:57	00:51:43	-00:12:00	01:07:17.85	01:07:22.15	+00:37:14 (55.3%)	7:55	7.6 (55.9%)
894	WARTOŃ Daniel	188		Open Mężczyzn	712	09:15	00:00:07	00:20:18	00:45:23	-00:04:00	01:07:19.20	01:07:27.10	+00:37:15 (55.3%)	7:08	8.4 (61.8%)
895	BOREK Norbert	864		Open Mężczyzn	713	11:00	00:00:06	00:25:28	00:52:33	-00:13:00	01:07:19.30	01:07:26.25	+00:37:15 (55.3%)	8:02	7.5 (55.1%)
896	MARCINKOWSKI Piotr	271		Open Mężczyzn	714	09:30	00:00:09	00:25:51	00:53:23	-00:13:00	01:07:19.75	01:07:29.40	+00:37:16 (55.4%)	8:02	7.5 (55.1%)
897	SZABELSKA Paulina	390		Open Kobiet	182	09:45	00:00:11	00:24:44	00:50:33	-00:13:00	01:07:22.90	01:07:34.65	+00:37:19 (55.4%)	8:02	7.5 (55.1%)
898	NOWAK Jakub	1040	CROSSFIT POŁUDNIE	Open Mężczyzn	715	12:00	00:00:05	00:23:11	00:49:31	-00:12:00	01:07:23.50	01:07:28.50	+00:37:19 (55.4%)	7:56	7.6 (55.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
899	SKARBEK Radosław	1232	THETIMEHASCOME	Open Mężczyzn	716	12:45	00:00:03	00:21:23	00:47:10	-00:11:00	01:07:28.50	01:07:31.95	+00:37:24 (55.5%)	7:50	7.6 (55.9%)
900	SZULWIC Szymon	393		Open Mężczyzn	717	09:45	00:00:09	00:24:45	00:51:06	-00:12:00	01:07:32.00	01:07:41.20	+00:37:28 (55.5%)	7:57	7.5 (55.1%)
900	TYŃSKA Martyna	607		Open Kobiet	183	10:15	00:00:10	00:24:51	00:50:57	-00:10:00	01:07:32.00	01:07:42.95	+00:37:28 (55.5%)	7:45	7.7 (56.6%)
902	STOCKA Małgorzata	1174	CROSSFIT URSYNÓW	Open Kobiet	184	12:15	00:00:07	00:24:03	00:48:33	-00:08:00	01:07:35.20	01:07:42.25	+00:37:31 (55.5%)	7:33	7.9 (58.1%)
903	GRZELAK Marta	1024		Open Kobiet	185	11:30	00:00:07	00:24:25	00:49:44	-00:10:00	01:07:38.40	01:07:46.30	+00:37:34 (55.6%)	7:45	7.7 (56.6%)
904	GORZKIEWICZ Jacek	738	CROSSFIT TORUŃ/REEBOK RUN CREW	Open Mężczyzn	718	11:00	00:00:07	00:22:03	00:47:20	-00:07:00	01:07:38.50	01:07:46.15	+00:37:34 (55.6%)	7:27	8 (58.8%)
905	DOBRUT Krzysztof	518	DZIKIE DZIKI MIGU	Open Mężczyzn	719	10:15	00:00:07	00:24:02	00:50:02	-00:11:00	01:07:40.80	01:07:48.70	+00:37:37 (55.6%)	7:52	7.6 (55.9%)
906	FRĄCKOWSKI Sławomir	1110		Open Mężczyzn	720	11:30	00:00:12	00:23:34	00:49:05	-00:10:00	01:07:40.85	01:07:53.05	+00:37:37 (55.6%)	7:46	7.7 (56.6%)
907	ZAKRZEWSKI Grzegorz	646	POWER TRAINING	Open Mężczyzn	721	10:30	00:00:08	00:22:44	00:49:44	-00:10:00	01:07:47.00	01:07:55.20	+00:37:43 (55.7%)	7:46	7.7 (56.6%)
908	PYĆ Mateusz	488		Open Mężczyzn	722	10:00	00:00:11	00:25:47	00:52:12	-00:10:00	01:07:47.30	01:07:58.55	+00:37:43 (55.7%)	7:46	7.7 (56.6%)
909	DMYTROWSKA Małgorzata	977		Open Kobiet	186	11:15	00:00:05	00:23:14	00:49:51	-00:08:00	01:07:48.05	01:07:53.45	+00:37:44 (55.7%)	7:34	7.9 (58.1%)
910	KALISZ-WIŚNIEWSKA Diana	465		Open Kobiet	187	10:00	00:00:06	00:23:37	00:50:12	-00:09:00	01:07:49.65	01:07:55.65	+00:37:46 (55.7%)	7:40	7.8 (57.4%)
911	WEWIÓRSKI Maciej	1223	COOLZYNI	Open Mężczyzn	723	12:45	00:00:09	00:23:04	00:49:53	-00:11:00	01:07:55.20	01:08:04.30	+00:37:51 (55.7%)	7:53	7.6 (55.9%)
911	TATARA Barbara	86		Open Kobiet	188	09:00	00:00:08	00:21:26	00:46:56	-00:04:00	01:07:55.20	01:08:03.80	+00:37:51 (55.7%)	7:11	8.3 (61.0%)
913	KOWALSKI Robert	1119		Open Mężczyzn	724	12:00	00:00:00	00:26:24	00:52:12	-00:11:00	01:07:57.10	01:07:57.10	+00:37:53 (55.8%)	7:53	7.6 (55.9%)
914	PRASZMO Patryk	972	WARSAW CREW	Open Mężczyzn	725	11:15	00:00:08	00:30:33	00:59:43	-00:14:00	01:08:01.10	01:08:09.30	+00:37:57 (55.8%)	8:12	7.3 (53.7%)
915	POTACZEK Agata	543	ROZTOCZKI	Open Kobiet	189	10:15	00:00:09	00:25:09	00:51:01	-00:11:00	01:08:02.35	01:08:11.65	+00:37:58 (55.8%)	7:54	7.6 (55.9%)
916	RAJCIC Maciej	178		Open Mężczyzn	726	12:45	00:00:06	00:21:54	00:48:36	-00:09:00	01:08:02.70	01:08:08.80	+00:37:59 (55.8%)	7:42	7.8 (57.4%)
917	RODZIK Joanna	1100	SPORTERA OCR	Open Kobiet	190	12:00	00:00:04	00:24:34	00:54:03	-00:12:00	01:08:03.15	01:08:07.90	+00:37:59 (55.8%)	8:00	7.5 (55.1%)
918	SKOWERA Anita	996	101 COUNTRIES BEFORE 50	Open Kobiet	191	11:30	00:00:04	00:23:56	00:50:01	-00:11:00	01:08:03.40	01:08:08.25	+00:37:59 (55.8%)	7:54	7.6 (55.9%)
919	MALEŃCZYK Sylwester	269		Open Mężczyzn	727	09:30	00:00:12	00:24:22	00:51:35	-00:14:00	01:08:05.65	01:08:18.30	+00:38:02 (55.9%)	8:12	7.3 (53.7%)
919	ZACZEK Gosia	739	CROSSFITGCW	Open Kobiet	192	11:00	00:00:08	00:25:58	00:53:41	-00:12:00	01:08:05.65	01:08:14.60	+00:38:02 (55.9%)	8:00	7.5 (55.1%)
921	DĄBROWSKI Kamil	155		Open Mężczyzn	728	09:15	00:00:09	00:23:33	00:52:52	-00:13:00	01:08:07.10	01:08:16.30	+00:38:03 (55.9%)	8:06	7.4 (54.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas			Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
							startu	Skrajna_1 5.4km	Skrajna_2 7.5km		netto 10km	brutto 10km			
922	PONNIK Yury	591		Open Mężczyzn	729	10:15	00:00:05	00:25:05	00:53:28	-00:14:00	01:08:08.40	01:08:14.20	+00:38:04 (55.9%)	8:12	7.3 (53.7%)
923	SIECZKA Dariusz	383		Open Mężczyzn	730	09:30	00:00:09	00:24:31	00:52:43	-00:13:00	01:08:08.60	01:08:18.05	+00:38:05 (55.9%)	8:06	7.4 (54.4%)
924	CZERPAK Piotr	627	GORUNNERS	Open Mężczyzn	731	10:30	00:00:10	00:26:58	00:52:28	-00:11:00	01:08:13.00	01:08:23.15	+00:38:09 (55.9%)	7:55	7.6 (55.9%)
925	KRAMARSKI Sylwester	936	LATAJĄCE GRYFY	Open Mężczyzn	732	11:00	00:00:08	00:25:26	00:52:31	-00:12:00	01:08:16.00	01:08:24.10	+00:38:12 (56.0%)	8:01	7.5 (55.1%)
926	KAPUŚCIŃSKA Aleksandra	1224	CROSSFIT URSYNÓW	Open Kobiet	193	12:15	00:00:07	00:24:39	00:51:33	-00:11:00	01:08:16.25	01:08:24.20	+00:38:12 (56.0%)	7:55	7.6 (55.9%)
927	WASZAK Przemysław	907		Open Mężczyzn	733	11:00	00:00:07	00:25:27	00:52:32	-00:12:00	01:08:17.70	01:08:25.35	+00:38:14 (56.0%)	8:01	7.5 (55.1%)
928	DROBYSZ Sławomir	935	LATAJĄCE GRYFY	Open Mężczyzn	734	11:00	00:00:08	00:25:27	00:52:32	-00:12:00	01:08:18.15	01:08:26.55	+00:38:14 (56.0%)	8:01	7.5 (55.1%)
929	JĘDRZEJEWSKI Sebastian	361		Open Mężczyzn	735	09:45	00:00:07	00:22:41	00:49:36	-00:04:00	01:08:23.55	01:08:31.45	+00:38:19 (56.0%)	7:14	8.3 (61.0%)
930	GRZYWACZYK Szymon	1064	CROSSFIT POŁUDNIE	Open Mężczyzn	736	12:00	00:00:04	00:23:13	00:49:33	-00:11:00	01:08:23.80	01:08:28.55	+00:38:20 (56.1%)	7:56	7.6 (55.9%)
930	BERTRAM Łukasz	626	GORUNNERS	Open Mężczyzn	737	10:30	00:00:10	00:26:56	00:52:27	-00:12:00	01:08:23.80	01:08:34.40	+00:38:20 (56.1%)	8:02	7.5 (55.1%)
932	TOMCZYK Paweł	544	ROZTOCZKI	Open Mężczyzn	738	10:15	00:00:09	00:25:09	00:51:01	-00:11:00	01:08:27.00	01:08:36.15	+00:38:23 (56.1%)	7:56	7.6 (55.9%)
933	SZAŁAŃSKA Agata	993		Open Kobiet	194	11:15	00:00:06	00:22:06	00:46:59	-00:06:00	01:08:29.15	01:08:35.45	+00:38:25 (56.1%)	7:26	8.1 (59.6%)
934	PIŁAT Renata	991		Open Kobiet	195	11:15	00:00:05	00:23:13	00:49:51	-00:07:00	01:08:30.40	01:08:36.15	+00:38:26 (56.1%)	7:33	7.9 (58.1%)
935	HORA Weronika	358		Open Kobiet	196	09:30	00:00:09	00:24:27	00:49:55	-00:08:00	01:08:31.70	01:08:41.65	+00:38:28 (56.1%)	7:39	7.8 (57.4%)
936	DULNIK Adam	872		Open Mężczyzn	739	11:00	00:00:08	00:20:31	00:45:16	-00:05:00	01:08:32.05	01:08:40.95	+00:38:28 (56.1%)	7:21	8.2 (60.3%)
937	FABERSKI Łukasz	40		Open Mężczyzn	740	09:00	00:00:04		00:47:22	-00:06:00	01:08:36.60	01:08:41.25	+00:38:33 (56.2%)	7:27	8 (58.8%)
938	KLEPACZ Noemi	109	MIRAZ RACE TEAM	Open Kobiet	197	09:00	00:00:02	00:25:33	00:54:17	-00:13:00	01:08:36.85	01:08:39.75	+00:38:33 (56.2%)	8:09	7.4 (54.4%)
939	WIECZOREK Mariusz	189		Open Mężczyzn	741	11:15	00:00:06	00:22:53	00:48:37	-00:10:00	01:08:39.35	01:08:45.90	+00:38:35 (56.2%)	7:51	7.6 (55.9%)
940	TRYC Łukasz	1152		Open Mężczyzn	742	12:00	00:00:09	00:26:13	00:51:06	-00:11:00	01:08:41.10	01:08:50.95	+00:38:37 (56.2%)	7:58	7.5 (55.1%)
941	SULEJ-DĄBROWSKA Aleksandra	1353	MAMY RUSZAMY	Open Kobiet	198	11:30	00:00:10	00:21:31	00:46:12	-00:04:00	01:08:43.60	01:08:54.25	+00:38:40 (56.3%)	7:16	8.2 (60.3%)
942	BERNATOWICZ Adam	1234		Open Mężczyzn	743	12:45	00:00:11	00:23:20	00:50:37	-00:10:00	01:08:52.25	01:09:03.70	+00:38:48 (56.4%)	7:53	7.6 (55.9%)
943	RZYMSKI Tomasz	744	FEHUT	Open Mężczyzn	744	10:45	00:00:10	00:24:59	00:50:36	-00:13:00	01:08:52.50	01:09:02.55	+00:38:48 (56.4%)	8:11	7.3 (53.7%)
944	ZVOLSKA Marketa	1198		Open Kobiet	199	12:15	00:00:07	00:24:04	00:52:14	-00:13:00	01:08:54.05	01:09:01.60	+00:38:50 (56.4%)	8:11	7.3 (53.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas				Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata					
945	KUŹMIŃSKI Krystian	1273		Open Mężczyzn	745	12:30	00:00:07	00:25:23	00:53:17	-00:13:00	01:08:56.25	01:09:03.35	+00:38:52 (56.4%)	8:11	7.3 (53.7%)
946	KAPŁON Anna	1302	TEAM BIEGAJ POD OKIEM TRENERA	Open Kobiet	200	11:30	00:00:08	00:22:46	00:49:24	-00:08:00	01:08:57.10	01:09:05.30	+00:38:53 (56.4%)	7:41	7.8 (57.4%)
947	ZIEŃ Klaudia	772	TOTAL FITNESS	Open Kobiet	201	10:45	00:00:08	00:21:56	00:47:59		01:09:00.00	01:09:08.70	+00:38:56 (56.4%)	6:54	8.7 (64.0%)
948	DERDA Marta	740	DERDY	Open Kobiet	202	11:45	00:00:05	00:23:33	00:50:19	-00:11:00	01:09:00.35	01:09:05.75	+00:38:56 (56.4%)	8:00	7.5 (55.1%)
949	ZAREMBA Wojciech	1005	NO LIMIT TEAM	Open Mężczyzn	746	11:30	00:00:06	00:25:32	00:54:11	-00:08:00	01:09:03.55	01:09:09.95	+00:38:59 (56.5%)	7:42	7.8 (57.4%)
950	ABRAMCZYK Aleksandra	860		Open Kobiet	203	11:00	00:00:07	00:25:41	00:51:21	-00:11:00	01:09:04.70	01:09:11.85	+00:39:01 (56.5%)	8:00	7.5 (55.1%)
951	JAKUBOWSKA Anna	878		Open Kobiet	204	11:00	00:00:07	00:25:41	00:51:21	-00:11:00	01:09:04.85	01:09:11.90	+00:39:01 (56.5%)	8:00	7.5 (55.1%)
952	PIWOWARCZYK Marcin	413	BRAVEHARTS LEGIONOWO	Open Mężczyzn	747	10:00	00:00:10	00:24:46	00:53:40	-00:12:00	01:09:05.60	01:09:15.60	+00:39:02 (56.5%)	8:06	7.4 (54.4%)
953	SUSZKO Jurij	527	DZIKIE DZIKI MIGU	Open Mężczyzn	748	10:15	00:00:08	00:24:39	00:51:26	-00:12:00	01:09:06.65	01:09:15.20	+00:39:03 (56.5%)	8:06	7.4 (54.4%)
954	GRUDZIŃSKA Agnieszka	356		Open Kobiet	205	09:45	00:00:07	00:24:18	00:51:18	-00:10:00	01:09:13.50	01:09:21.15	+00:39:09 (56.6%)	7:55	7.6 (55.9%)
955	KISIELIŃSKI Szymon	983		Open Mężczyzn	749	11:15	00:01:58	00:25:56	00:49:40	-00:09:00	01:09:14.15	01:11:12.50	+00:39:10 (56.6%)	7:49	7.7 (56.6%)
956	OZGA Anna	1486		Open Kobiet	206	11:45	00:00:05	00:23:28	00:50:59	-00:09:00	01:09:17.20	01:09:22.35	+00:39:13 (56.6%)	7:49	7.7 (56.6%)
957	PRZYBYSZOWSKI Miłosz	417	COOLZYNI	Open Mężczyzn	750	12:45	00:00:08	00:23:05	00:49:56	-00:09:00	01:09:20.90	01:09:29.15	+00:39:17 (56.7%)	7:50	7.7 (56.6%)
958	LAZAREVA Viktoriia	61		Open Kobiet	207	09:00	00:00:08	00:24:57	00:52:06	-00:10:00	01:09:21.80	01:09:30.00	+00:39:18 (56.7%)	7:56	7.6 (55.9%)
959	ZWOLAK Joanna	404		Open Kobiet	208	09:45	00:00:11	00:24:45	00:50:32	-00:11:00	01:09:22.90	01:09:34.05	+00:39:19 (56.7%)	8:02	7.5 (55.1%)
960	SZCZEPAŃSKI Marcin	555	WTF?	Open Mężczyzn	751	10:15	00:00:04	00:23:45	00:50:35	-00:12:00	01:09:23.55	01:09:27.90	+00:39:19 (56.7%)	8:08	7.4 (54.4%)
961	SPERANZA Grzegorz	499		Open Mężczyzn	752	10:00	00:00:08	00:25:58	00:51:40	-00:09:00	01:09:24.90	01:09:33.50	+00:39:21 (56.7%)	7:50	7.7 (56.6%)
962	RYBIŃSKA Karolina	381		Open Kobiet	209	09:45	00:00:10	00:26:43	00:52:00	-00:08:00	01:09:25.70	01:09:35.80	+00:39:22 (56.7%)	7:44	7.8 (57.4%)
963	KOTOMSKA Renata	312	FIGLARZE	Open Kobiet	210	09:45	00:00:06	00:24:00	00:50:41	-00:11:00	01:09:32.30	01:09:39.15	+00:39:28 (56.8%)	8:03	7.4 (54.4%)
964	SOSNOWSKA-SCHILLER Bernadetta	315	HISZPAŃSKIE SCHODY	Open Kobiet	211	09:45	00:00:06	00:24:01	00:52:53	-00:11:00	01:09:32.80	01:09:39.15	+00:39:29 (56.8%)	8:03	7.4 (54.4%)
965	POPIELARSKA Marta	378		Open Kobiet	212	09:45	00:00:11	00:25:53	00:52:39	-00:12:00	01:09:35.20	01:09:46.65	+00:39:31 (56.8%)	8:09	7.4 (54.4%)
966	SACZUK Magda	1398	NIEZAPROSZENI	Open Kobiet	213	11:45	00:00:04	00:24:25	00:53:00	-00:10:00	01:09:37.25	01:09:41.30	+00:39:33 (56.8%)	7:57	7.5 (55.1%)
967	ROSIĄK Michał	1404		Open Mężczyzn	753	11:30	00:00:07	00:26:54	00:54:11	-00:08:00	01:09:37.50	01:09:44.60	+00:39:33 (56.8%)	7:45	7.7 (56.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas			Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
							startu	Skrajna_1 5.4km	Skrajna_2 7.5km		netto 10km	brutto 10km			
968	BRONICKI Bogusław	149		Open Mężczyzn	754	09:15	00:00:06	00:25:10	00:52:52	-00:09:00	01:09:37.70	01:09:43.95	+00:39:34 (56.8%)	7:51	7.6 (55.9%)
969	NOJAK Marta	1208	TOO FAST TOO FURIOUS	Open Kobiet	214	12:30	00:00:08	00:21:23	00:47:44	-00:04:00	01:09:38.95	01:09:47.20	+00:39:35 (56.8%)	7:21	8.1 (59.6%)
970	JACKOWSKI Piotr	1187		Open Mężczyzn	755	12:15	00:00:08	00:24:43	00:52:51	-00:13:00	01:09:39.35	01:09:48.30	+00:39:35 (56.8%)	8:16	7.3 (53.7%)
971	PRZYBYLSKI Marcin	897		Open Mężczyzn	756	11:00	00:00:09	00:27:40	00:55:09	-00:12:00	01:09:39.45	01:09:49.10	+00:39:35 (56.8%)	8:10	7.3 (53.7%)
972	PIEŚNIEWSKA Anna	176		Open Kobiet	215	11:15	00:00:05	00:22:54	00:48:38	-00:09:00	01:09:40.00	01:09:45.80	+00:39:36 (56.9%)	7:52	7.6 (55.9%)
973	IZAK Aneta	762	SPORTOWE MAMUŚKI	Open Kobiet	216	10:45	00:00:09	00:27:28	00:54:45	-00:12:00	01:09:44.30	01:09:53.95	+00:39:40 (56.9%)	8:10	7.3 (53.7%)
974	BIELECKI Marcin	863		Open Mężczyzn	757	11:00	00:00:10	00:25:41	00:55:16	-00:07:00	01:09:45.10	01:09:55.40	+00:39:41 (56.9%)	7:40	7.8 (57.4%)
975	GRZĘDZIŃSKI Dariusz	1280		Open Mężczyzn	758	11:15	00:00:06	00:24:07	00:52:08	-00:10:00	01:09:46.35	01:09:52.65	+00:39:42 (56.9%)	7:58	7.5 (55.1%)
976	FLORCZYK Mariola	1051		Open Kobiet	217	12:15	00:00:04	00:22:57	00:49:38	-00:11:00	01:09:46.95	01:09:51.65	+00:39:43 (56.9%)	8:04	7.4 (54.4%)
977	TUROWSKA Anna	1058		Open Kobiet	218	11:45	00:00:07	00:24:11	00:51:29	-00:09:00	01:09:47.75	01:09:55.10	+00:39:44 (56.9%)	7:52	7.6 (55.9%)
978	WOJTAL Katarzyna	556	WTF?	Open Kobiet	219	10:15	00:00:04	00:23:46	00:50:52	-00:11:00	01:09:48.05	01:09:52.60	+00:39:44 (56.9%)	8:04	7.4 (54.4%)
979	NAJMAN Michał	1339		Open Mężczyzn	759	12:15	00:00:03	00:22:59	00:49:44	-00:11:00	01:09:48.45	01:09:52.20	+00:39:44 (56.9%)	8:04	7.4 (54.4%)
980	STOMA Michał	184		Open Mężczyzn	760	09:15	00:00:09	00:26:45	00:56:53	-00:13:00	01:09:50.05	01:09:59.75	+00:39:46 (57.0%)	8:17	7.2 (52.9%)
981	BĄCZKOWSKI Kamil	1319	WARSAW CREW	Open Mężczyzn	761	12:30	00:00:05	00:25:45	00:53:06	-00:13:00	01:09:50.10	01:09:55.95	+00:39:46 (57.0%)	8:17	7.2 (52.9%)
982	WITKOWSKA Monika	1059		Open Kobiet	220	12:15	00:00:00	00:23:03	00:49:46	-00:11:00	01:09:51.95	01:09:51.95	+00:39:48 (57.0%)	8:05	7.4 (54.4%)
982	DZIURKOWSKI Piotr	710	CROSSFIT ELEKTROMOC	Open Mężczyzn	762	10:45	00:00:09	00:24:14	00:52:41	-00:12:00	01:09:51.95	01:10:01.55	+00:39:48 (57.0%)	8:11	7.3 (53.7%)
984	FILIPOWICZ Bartosz	1464	CROSSFIT URSYNÓW	Open Mężczyzn	763	12:15	00:00:08	00:25:53	00:54:40	-00:12:00	01:09:54.25	01:10:03.00	+00:39:50 (57.0%)	8:11	7.3 (53.7%)
985	JÓŻWIK Agnieszka	669		Open Kobiet	221	10:30	00:00:05	00:25:02	00:52:22	-00:11:00	01:09:54.70	01:09:59.75	+00:39:51 (57.0%)	8:05	7.4 (54.4%)
986	KASSNER Ewelina	1315	TEAM BIEGAJ POD OKIEM TRENERA	Open Kobiet	222	11:30	00:00:09	00:23:01	00:47:45	-00:07:00	01:09:56.60	01:10:05.90	+00:39:53 (57.0%)	7:41	7.8 (57.4%)
987	MARCULA Bartek	1346		Open Mężczyzn	764	10:45	00:00:04	00:23:18	00:51:46	-00:10:00	01:09:57.60	01:10:01.65	+00:39:54 (57.0%)	7:59	7.5 (55.1%)
988	RYBAK Marcin	795		Open Mężczyzn	765	10:45	00:00:09	00:24:39	00:56:21	-00:11:00	01:09:58.90	01:10:08.55	+00:39:55 (57.0%)	8:05	7.4 (54.4%)
989	TURCZYŃSKI Filip	87		Open Mężczyzn	766	09:00	00:00:09	00:22:28	00:50:29	-00:09:00	01:10:02.80	01:10:12.25	+00:39:59 (57.1%)	7:54	7.6 (55.9%)
990	KAMINSKI Sebastian	260		Open Mężczyzn	767	09:30	00:00:12	00:24:22	00:51:35	-00:12:00	01:10:05.15	01:10:18.00	+00:40:01 (57.1%)	8:12	7.3 (53.7%)
991	BARTNICKI Artur	562		Open Mężczyzn	768	10:15	00:00:05	00:27:20	00:55:23	-00:14:00	01:10:06.10	01:10:11.75	+00:40:02 (57.1%)	8:24	7.1 (52.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
											netto 10km	brutto 10km			
992	BIADUŃ Agnieszka	998	BOZONY HIGGSA	Open Kobiet	223	11:00	00:00:04	00:24:14	00:51:11	-00:09:00	01:10:10.25	01:10:14.30	+00:40:06 (57.2%)	7:55	7.6 (55.9%)
993	SZYJKA Mateusz	798		Open Mężczyzn	769	11:15	00:00:03	00:25:35	00:52:42	-00:09:00	01:10:10.55	01:10:13.85	+00:40:06 (57.2%)	7:55	7.6 (55.9%)
994	BŁASZCZYK Anna	30		Open Kobiet	224	09:00	00:00:10	00:21:58	00:49:02	-00:06:00	01:10:12.50	01:10:22.95	+00:40:08 (57.2%)	7:37	7.9 (58.1%)
995	GOMULSKA Agnieszka	663		Open Kobiet	225	10:30	00:00:05	00:25:04	00:52:24	-00:04:00	01:10:15.00	01:10:20.85	+00:40:11 (57.2%)	7:25	8.1 (59.6%)
996	SOCHA Justyna	1002	CO ZA UPOKORZENIE!	Open Kobiet	226	11:30	00:00:08	00:24:46	00:52:03	-00:10:00	01:10:15.15	01:10:23.95	+00:40:11 (57.2%)	8:01	7.5 (55.1%)
997	DUDZIŃSKI Marek	979		Open Mężczyzn	770	11:15	00:00:06	00:25:53	00:52:01	-00:12:00	01:10:17.05	01:10:23.05	+00:40:13 (57.2%)	8:13	7.3 (53.7%)
998	TOKARSKA Agnieszka	1387		Open Kobiet	227	12:15	00:00:04	00:28:15	00:57:18	-00:11:00	01:10:19.90	01:10:24.20	+00:40:16 (57.3%)	8:08	7.4 (54.4%)
999	ROZWADOWSKA Izabela	1386		Open Kobiet	228	12:15	00:00:03	00:28:16	00:57:19	-00:11:00	01:10:20.20	01:10:24.10	+00:40:16 (57.3%)	8:08	7.4 (54.4%)
1000	SZCZUREK Daniel	905		Open Mężczyzn	771	11:00	00:00:05	00:23:22	00:53:14	-00:12:00	01:10:25.20	01:10:30.60	+00:40:21 (57.3%)	8:14	7.3 (53.7%)
1001	PODSIADLY Aleksandra	1417	SPORTOWE MAMUŚKI	Open Kobiet	229	10:45	00:00:09	00:27:28	00:54:45	-00:10:00	01:10:25.60	01:10:35.05	+00:40:22 (57.3%)	8:02	7.5 (55.1%)
1002	KEDZIORA Monika	429	CROSSFIT SIEDLCE	Open Kobiet	230	10:00	00:00:11	00:26:27	00:52:24	-00:10:00	01:10:25.75	01:10:37.70	+00:40:22 (57.3%)	8:02	7.5 (55.1%)
1003	LALAK Dawid	923	DILERZY ASSISTANCE	Open Mężczyzn	772	11:15	00:00:07	00:29:58		-00:14:00	01:10:29.15	01:10:37.10	+00:40:25 (57.4%)	8:27	7.1 (52.2%)
1004	ŚWIĄTEK Arkadiusz	700		Open Mężczyzn	773	10:30	00:00:09	00:24:31	00:51:58	-00:14:00	01:10:31.25	01:10:40.75	+00:40:27 (57.4%)	8:27	7.1 (52.2%)
1005	GOŁĘBIEWSKA Aleksandra	355		Open Kobiet	231	09:45	00:00:08	00:24:46	00:51:07	-00:09:00	01:10:32.25	01:10:40.80	+00:40:28 (57.4%)	7:57	7.5 (55.1%)
1006	POPIELARSKA Milena	379		Open Kobiet	232	09:45	00:00:10	00:25:46	00:52:15	-00:11:00	01:10:35.65	01:10:46.30	+00:40:32 (57.4%)	8:09	7.4 (54.4%)
1007	URBANOWICZ Elżbieta	800		Open Kobiet	233	10:45	00:00:10	00:26:10	00:52:25	-00:10:00	01:10:38.50	01:10:48.75	+00:40:34 (57.4%)	8:03	7.4 (54.4%)
1008	ŚLUBOWSKA Aleksandra	494		Open Kobiet	234	10:00	00:00:07	00:20:49	00:48:45	-00:01:00	01:10:42.65	01:10:50.25	+00:40:39 (57.5%)	7:10	8.4 (61.8%)
1009	JANKOWSKA Anita	1053		Open Kobiet	235	12:15	00:00:05	00:22:57	00:49:40	-00:10:00	01:10:46.50	01:10:51.50	+00:40:42 (57.5%)	8:04	7.4 (54.4%)
1010	PRZĄDKA Magdalena	857	OFF-ROAD RUNNERS BENEFIT SYSTEMS	Open Kobiet	236	10:45	00:00:10	00:26:10	00:52:25	-00:10:00	01:10:46.70	01:10:57.05	+00:40:43 (57.5%)	8:04	7.4 (54.4%)
1011	KUBRAT Aleksandra	55		Open Kobiet	237	09:00	00:00:08	00:25:41	00:54:19	-00:14:00	01:10:47.65	01:10:55.95	+00:40:44 (57.5%)	8:28	7.1 (52.2%)
1012	PIETRZAK Kacper	757	MŁODE WILKI 99	Open Mężczyzn	774	10:45	00:00:07	00:24:37	00:52:19	-00:13:00	01:10:49.45	01:10:56.90	+00:40:45 (57.6%)	8:22	7.2 (52.9%)
1013	BIAŁEK Piotr	758	MŁODE WILKI 99	Open Mężczyzn	775	10:45	00:00:07	00:24:38	00:52:19	-00:13:00	01:10:51.85	01:10:59.15	+00:40:48 (57.6%)	8:23	7.2 (52.9%)
1014	CIOSEK Radosław	966	TORPEDA RACE TEAM	Open Mężczyzn	776	11:15	00:00:03	00:22:58	00:51:46	-00:09:00	01:10:55.00	01:10:58.85	+00:40:51 (57.6%)	7:59	7.5 (55.1%)
1015	ZAJĄC Marcin	305	CROSSFIT GCW	Open Mężczyzn	777	09:45	00:00:10	00:24:00	00:50:39	-00:14:00	01:10:55.55	01:11:05.60	+00:40:51 (57.6%)	8:29	7.1 (52.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1016	SZCZUCIŃSKI Adam	701		Open Mężczyzn	778	10:45	00:00:11	00:21:39	00:48:09	-00:05:00	01:10:57.70	01:11:08.90	+00:40:54 (57.6%)	7:35	7.9 (58.1%)
1016	DUK Milena	871		Open Kobiet	238	11:00	00:00:07	00:21:26	00:47:59	-00:04:00	01:10:57.70	01:11:05.30	+00:40:54 (57.6%)	7:29	8 (58.8%)
1018	PYZIKIEWICZ Grzegorz	937	LATAJĄCE GRYFY	Open Mężczyzn	779	11:00	00:00:07	00:23:56	00:52:33	-00:08:00	01:10:57.80	01:11:05.25	+00:40:54 (57.6%)	7:53	7.6 (55.9%)
1019	RZYMSKA Patrycja	743	FEHUT	Open Kobiet	239	10:45	00:00:10	00:25:03	00:51:42	-00:07:00	01:10:58.30	01:11:08.40	+00:40:54 (57.6%)	7:47	7.7 (56.6%)
1019	NOWAK Piotr	482		Open Mężczyzn	780	10:00	00:00:08		00:54:16	-00:12:00	01:10:58.30	01:11:06.45	+00:40:54 (57.6%)	8:17	7.2 (52.9%)
1021	MIERZWA Agnieszka	727	CROSSFIT GCW	Open Kobiet	240	10:45	00:00:06	00:25:57	00:54:45	-00:12:00	01:11:01.35	01:11:07.80	+00:40:57 (57.7%)	8:18	7.2 (52.9%)
1022	PIOTROWSKI Jerzy	512	DZIADY OCR	Open Mężczyzn	781	10:00	00:00:06	00:25:55	00:54:34	-00:13:00	01:11:03.10	01:11:09.55	+00:40:59 (57.7%)	8:24	7.1 (52.2%)
1023	ZENKA Sandra	99		Open Kobiet	241	09:00	00:00:07	00:23:48	00:51:38	-00:09:00	01:11:03.75	01:11:11.00	+00:41:00 (57.7%)	8:00	7.5 (55.1%)
1024	GIERS Marcin	253		Open Mężczyzn	782	09:30	00:00:08	00:23:33	00:51:09	-00:06:00	01:11:08.30	01:11:16.65	+00:41:04 (57.7%)	7:42	7.8 (57.4%)
1025	WIŚNIEWSKI Nikodem	505		Open Mężczyzn	783	10:00	00:00:09	00:26:14	00:53:39	-00:12:00	01:11:08.60	01:11:17.95	+00:41:05 (57.7%)	8:18	7.2 (52.9%)
1026	GOSTKOWSKA Agata	876		Open Kobiet	242	11:15	00:00:03	00:25:35	00:52:41	-00:08:00	01:11:10.45	01:11:13.90	+00:41:06 (57.8%)	7:55	7.6 (55.9%)
1027	KUR Anna	57		Open Kobiet	243	09:00	00:00:08	00:21:17	00:47:43	-00:04:00	01:11:11.70	01:11:20.60	+00:41:08 (57.8%)	7:31	8 (58.8%)
1028	GANOWSKA Małgorzata	1052		Open Kobiet	244	11:45	00:00:09	00:21:35	00:49:43	-00:07:00	01:11:14.30	01:11:23.85	+00:41:10 (57.8%)	7:49	7.7 (56.6%)
1029	DOBOSZ Krzysztof	1548		Open Mężczyzn	784	11:45	00:00:08	00:23:39	00:52:34	-00:11:00	01:11:15.30	01:11:23.85	+00:41:11 (57.8%)	8:13	7.3 (53.7%)
1030	STAROSZCZYK Oktawia	1264		Open Kobiet	245	11:15	00:00:08	00:27:41	00:54:28	-00:12:00	01:11:18.75	01:11:27.40	+00:41:15 (57.8%)	8:19	7.2 (52.9%)
1031	SZMELOW Anton	994		Open Mężczyzn	785	11:15	00:00:08		00:54:27	-00:12:00	01:11:19.20	01:11:27.85	+00:41:15 (57.9%)	8:19	7.2 (52.9%)
1032	ANDZIAK Mateusz	918	DILERZY ASSISTANCE	Open Mężczyzn	786	11:15	00:00:07	00:29:59		-00:13:00	01:11:21.45	01:11:29.00	+00:41:17 (57.9%)	8:26	7.1 (52.2%)
1033	TOMANEK Rafał	125	REEBOK RUN CREW	Open Mężczyzn	787	09:15	00:00:09	00:24:53	00:55:42	-00:14:00	01:11:22.35	01:11:32.05	+00:41:18 (57.9%)	8:32	7 (51.5%)
1034	KONAROWSKI Maciej	970	WARSAW CREW	Open Mężczyzn	788	11:15	00:00:08	00:30:33	00:59:36	-00:14:00	01:11:22.75	01:11:30.80	+00:41:19 (57.9%)	8:32	7 (51.5%)
1035	DĘBICKA Katarzyna	1022		Open Kobiet	246	11:30	00:00:07	00:25:31	00:53:24	-00:10:00	01:11:24.00	01:11:31.10	+00:41:20 (57.9%)	8:08	7.4 (54.4%)
1036	GODLEWSKI Adam	42		Open Mężczyzn	789	09:00	00:00:05	00:25:19	00:55:18	-00:14:00	01:11:24.85	01:11:30.55	+00:41:21 (57.9%)	8:32	7 (51.5%)
1037	BERENT Albert	1212		Open Mężczyzn	790	12:30	00:00:08	00:25:09	00:54:21	-00:10:00	01:11:25.10	01:11:33.45	+00:41:21 (57.9%)	8:08	7.4 (54.4%)
1038	JABŁONOWSKA Olga	770	TOTAL FITNESS	Open Kobiet	247	10:45	00:00:08	00:27:14	00:56:02	-00:11:00	01:11:26.10	01:11:34.90	+00:41:22 (57.9%)	8:14	7.3 (53.7%)
1039	DOBRZAŃSKI Tomasz	718	CROSSFIT GCW	Open Mężczyzn	791	10:45	00:00:06	00:25:57	00:54:44	-00:12:00	01:11:27.25	01:11:34.10	+00:41:23 (57.9%)	8:20	7.2 (52.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas			Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
							startu	Skrajna_1 5.4km	Skrajna_2 7.5km		netto 10km	brutto 10km			
1040	DŻEGAN Kinga	1238		Open Kobiet	248	12:45	00:00:07	00:23:18	00:51:03	-00:01:00	01:11:28.15	01:11:36.05	+00:41:24 (57.9%)	7:14	8.3 (61.0%)
1041	CHWIEJCZAK Justyna	458		Open Kobiet	249	10:00	00:00:08	00:26:21	00:54:07	-00:10:00	01:11:32.45	01:11:41.20	+00:41:28 (58.0%)	8:09	7.4 (54.4%)
1042	JAKUBIAK Marta	14	BARANY	Open Kobiet	250	09:00	00:00:09	00:21:15	00:47:47	-00:04:00	01:11:35.40	01:11:44.70	+00:41:31 (58.0%)	7:33	7.9 (58.1%)
1043	WITWICKA Marta	91		Open Kobiet	251	09:00	00:00:09	00:21:15	00:47:42	-00:04:00	01:11:35.45	01:11:44.65	+00:41:31 (58.0%)	7:33	7.9 (58.1%)
1044	DYLEWSKA Magda	462		Open Kobiet	252	09:45	00:00:10	00:25:53	00:52:40	-00:10:00	01:11:35.70	01:11:46.65	+00:41:32 (58.0%)	8:09	7.4 (54.4%)
1045	KAROLAK Jolanta	466		Open Kobiet	253	10:00	00:00:07	00:20:49	00:48:45		01:11:42.30	01:11:49.85	+00:41:38 (58.1%)	7:10	8.4 (61.8%)
1046	ALLAWIAH Suzan	453		Open Kobiet	254	10:30	00:00:09	00:25:04	00:53:08	-00:11:00	01:11:44.15	01:11:54.00	+00:41:40 (58.1%)	8:16	7.3 (53.7%)
1047	CHOJNACKI Grzegorz	36		Open Mężczyzn	792	09:00	00:00:08	00:25:40	00:54:19	-00:13:00	01:11:47.40	01:11:56.30	+00:41:43 (58.1%)	8:28	7.1 (52.2%)
1048	DOBROWOLSKI Bogusław	1361		Open Mężczyzn	793	11:30	00:00:04	00:26:55	00:55:32	-00:13:00	01:11:48.60	01:11:53.00	+00:41:45 (58.1%)	8:28	7.1 (52.2%)
1049	SOCIK Marcin	926	DILERZY ASSISTANCE	Open Mężczyzn	794	11:15	00:00:09	00:30:00		-00:11:00	01:11:52.15	01:12:02.00	+00:41:48 (58.2%)	8:17	7.2 (52.9%)
1050	TURULSKA Joanna	129	ROSSMANN	Open Kobiet	255	09:15	00:00:07	00:24:40	00:52:37	-00:09:00	01:11:56.00	01:12:03.10	+00:41:52 (58.2%)	8:05	7.4 (54.4%)
1051	CONVERSION Paweł	964	TINDERCOUPLE	Open Mężczyzn	795	11:15	00:00:07	00:26:40	00:54:12	-00:13:00	01:11:56.60	01:12:03.90	+00:41:53 (58.2%)	8:29	7.1 (52.2%)
1052	TISAKOVA Jelena	395		Open Kobiet	256	09:45	00:00:07	00:27:02	00:55:07	-00:12:00	01:11:58.10	01:12:05.40	+00:41:54 (58.2%)	8:23	7.1 (52.2%)
1053	MALCZYK Natalia	477		Open Kobiet	257	10:00	00:00:08	00:27:14	00:54:15	-00:11:00	01:11:58.55	01:12:06.65	+00:41:54 (58.2%)	8:17	7.2 (52.9%)
1054	KOWALCZYK Paweł	1011	RENAULT TEAM	Open Mężczyzn	796	11:30	00:02:17	00:27:25	00:54:24	-00:03:00	01:11:58.80	01:14:16.60	+00:41:55 (58.2%)	7:29	8 (58.8%)
1055	KOWNACKA Ewelina	472		Open Kobiet	258	10:00	00:00:07	00:27:15	00:54:16	-00:11:00	01:11:58.90	01:12:06.55	+00:41:55 (58.2%)	8:17	7.2 (52.9%)
1056	VIRVE Taivo	398		Open Mężczyzn	797	09:45	00:00:07	00:27:02	00:55:07	-00:12:00	01:11:59.30	01:12:06.60	+00:41:55 (58.2%)	8:23	7.1 (52.2%)
1057	NOWAK Ewa	320	JANUSZE I GRAŻYNY FITNESSU:)	Open Kobiet	259	09:45	00:00:11	00:25:24	00:53:15	-00:11:00	01:11:59.70	01:12:10.75	+00:41:56 (58.2%)	8:17	7.2 (52.9%)
1058	KOT Estera	1303	TEAM BIEGAJ POD OKIEM TRENERA	Open Kobiet	260	11:30	00:00:09	00:22:29	00:50:04	-00:01:00	01:12:06.20	01:12:15.20	+00:42:02 (58.3%)	7:18	8.2 (60.3%)
1059	BAR Katarzyna	1531		Open Kobiet	261	11:30	00:00:07	00:22:31	00:50:06	-00:01:00	01:12:07.30	01:12:15.25	+00:42:03 (58.3%)	7:18	8.2 (60.3%)
1060	GAJOWNICZEK Magdalena	981		Open Kobiet	262	11:15	00:01:58	00:25:57	00:49:40	-00:06:00	01:12:13.95	01:14:12.30	+00:42:10 (58.4%)	7:49	7.7 (56.6%)
1061	DUDZIŃSKA Joanna	978		Open Kobiet	263	11:15	00:00:05	00:25:54	00:52:02	-00:10:00	01:12:17.45	01:12:22.95	+00:42:13 (58.4%)	8:13	7.3 (53.7%)
1061	NOWACKA Patrycja	174		Open Kobiet	264	09:15	00:00:05	00:23:39	00:51:06	-00:06:00	01:12:17.45	01:12:22.90	+00:42:13 (58.4%)	7:49	7.7 (56.6%)
1063	GRABKA Michał	1263		Open Mężczyzn	798	11:15	00:00:09	00:27:40	00:54:27	-00:11:00	01:12:17.90	01:12:27.10	+00:42:14 (58.4%)	8:19	7.2 (52.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							Czas startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata	10km	10km			
1064	MISIOR Renata	820	FRAUEN POWER!	Open Kobiet	265	11:00	00:00:08	00:26:39	00:55:20	-00:11:00	01:12:20.30	01:12:28.50	+00:42:16 (58.4%)	8:20	7.2 (52.9%)
1065	RUTKOWSKA Marta	595		Open Kobiet	266	10:15	00:00:07	00:20:26	00:48:04	-00:04:00	01:12:20.85	01:12:28.00	+00:42:17 (58.5%)	7:38	7.9 (58.1%)
1066	MIKOŁAJCZYK Anna	479		Open Kobiet	267	10:00	00:00:08		00:51:15	-00:06:00	01:12:24.80	01:12:33.25	+00:42:21 (58.5%)	7:50	7.7 (56.6%)
1067	CZABAN Krzysztof	1419		Open Mężczyzn	799	10:15	00:00:09	00:21:32	00:47:59	-00:04:00	01:12:25.00	01:12:34.45	+00:42:21 (58.5%)	7:38	7.9 (58.1%)
1068	CZABAN Iwona	1418		Open Kobiet	268	10:15	00:00:09	00:21:32	00:48:00	-00:04:00	01:12:25.75	01:12:35.20	+00:42:22 (58.5%)	7:38	7.8 (57.4%)
1069	DERMAŃSKA Marta	612	A TO NIE MARATON?	Open Kobiet	269	10:30	00:00:09	00:24:32	00:53:15	-00:12:00	01:12:31.15	01:12:40.60	+00:42:27 (58.5%)	8:27	7.1 (52.2%)
1070	STĘPIEŃ Dorota	614	A TO NIE MARATON?	Open Kobiet	270	10:30	00:00:09	00:24:32	00:53:09	-00:12:00	01:12:31.50	01:12:40.55	+00:42:27 (58.6%)	8:27	7.1 (52.2%)
1071	SZKLARUK Justyn	392		Open Mężczyzn	800	09:45	00:00:08	00:24:46	00:51:07	-00:07:00	01:12:31.95	01:12:40.80	+00:42:28 (58.6%)	7:57	7.5 (55.1%)
1072	SOBCZYŃSKA Krystyna	386		Open Kobiet	271	09:45	00:00:10	00:25:45	00:52:15	-00:09:00	01:12:35.60	01:12:46.25	+00:42:32 (58.6%)	8:09	7.4 (54.4%)
1073	SALIŃSKA Anna	491		Open Kobiet	272	10:00	00:00:08	00:26:21	00:54:07	-00:09:00	01:12:37.65	01:12:46.60	+00:42:34 (58.6%)	8:09	7.3 (53.7%)
1074	ŁUCZAK Justyna	841	LOFT TEAM EXTREME	Open Kobiet	273	11:00	00:00:04	00:23:06	00:50:43	-00:06:00	01:12:44.55	01:12:48.85	+00:42:40 (58.7%)	7:52	7.6 (55.9%)
1075	BARSZCZ Dominika	943	ROSSMANN	Open Kobiet	274	11:15	00:00:06	00:28:53		-00:12:00	01:12:45.05	01:12:51.25	+00:42:41 (58.7%)	8:28	7.1 (52.2%)
1076	ZIÓŁKOWSKA Lidia	1049	ŻUKI GNOJARZE	Open Kobiet	275	12:15	00:00:04	00:22:58	00:49:38	-00:08:00	01:12:46.80	01:12:51.65	+00:42:43 (58.7%)	8:04	7.4 (54.4%)
1077	CHOJNACKA Dominika	35		Open Kobiet	276	09:00	00:00:08	00:25:42	00:54:20	-00:12:00	01:12:47.80	01:12:56.00	+00:42:44 (58.7%)	8:28	7.1 (52.2%)
1078	GORECKI Lukasz	665		Open Mężczyzn	801	10:30	00:00:11	00:26:52	00:55:14	-00:13:00	01:12:49.75	01:13:01.60	+00:42:46 (58.7%)	8:35	7 (51.5%)
1079	DELEŻYŃSKI Bartłomiej	1508		Open Mężczyzn	802	11:45	00:00:06	00:22:23	00:51:16	-00:07:00	01:12:50.00	01:12:56.10	+00:42:46 (58.7%)	7:59	7.5 (55.1%)
1080	MARZANTOWICZ Katarzyna	1220		Open Kobiet	277	12:30	00:00:07	00:24:57	00:53:19	-00:11:00	01:12:50.15	01:12:57.95	+00:42:46 (58.7%)	8:23	7.2 (52.9%)
1081	MARYNIAK Katarzyna	1219		Open Kobiet	278	12:30	00:00:07	00:24:58	00:53:19	-00:11:00	01:12:50.80	01:12:58.20	+00:42:47 (58.7%)	8:23	7.2 (52.9%)
1082	WYWIALEK Sebastian	1487		Open Mężczyzn	803	11:45	00:00:05	00:23:05	00:51:53	-00:09:00	01:12:51.15	01:12:57.00	+00:42:47 (58.7%)	8:11	7.3 (53.7%)
1083	PASEK Marta	638	PACZKA Z PIASECZNA	Open Kobiet	279	10:30	00:00:06	00:26:29	00:55:43	-00:11:00	01:12:51.20	01:12:57.90	+00:42:47 (58.7%)	8:23	7.2 (52.9%)
1084	ZWOLIŃSKA Barbara	759	MŁODE WILKI 99	Open Kobiet	280	10:45	00:00:07	00:24:39	00:52:21	-00:11:00	01:12:53.00	01:13:00.10	+00:42:49 (58.8%)	8:23	7.2 (52.9%)
1085	SIERECKI Zbigniew	323	PIĘKNI I BESTIE	Open Mężczyzn	804	09:45	00:00:06	00:26:29	00:55:10	-00:14:00	01:12:53.20	01:12:59.85	+00:42:49 (58.8%)	8:41	6.9 (50.7%)
1086	MICHALSKA Halina	65		Open Kobiet	281	09:00	00:00:08	00:21:51	00:50:37	-00:07:00	01:12:54.30	01:13:02.95	+00:42:50 (58.8%)	7:59	7.5 (55.1%)
1087	STANKIEWICZ Małgorzata	1251		Open Kobiet	282	12:45	00:00:06	00:23:32	00:50:45	-00:06:00	01:12:54.90	01:13:01.55	+00:42:51 (58.8%)	7:53	7.6 (55.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas				Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata					
1088	ADAMCZYK Ewelina	126	ROSSMANN	Open Kobiet	283	09:15	00:00:07	00:24:40	00:52:37	-00:08:00	01:12:57.90	01:13:05.05	+00:42:54 (58.8%)	8:05	7.4 (54.4%)
1089	JASKÓLSKI Michał	1178	JASKÓLKI PLUS	Open Mężczyzn	805	12:15	00:00:06	00:26:22	00:56:11	-00:11:00	01:12:59.80	01:13:06.10	+00:42:56 (58.8%)	8:24	7.1 (52.2%)
1090	MIODUSZEWSKA Joanna	917	CROSS ELITE GRAJEWO	Open Kobiet	284	11:15	00:00:04	00:21:44	00:47:56	-00:04:00	01:13:08.15	01:13:12.30	+00:43:04 (58.9%)	7:42	7.8 (57.4%)
1091	IDASZAK Wioletta	1259	REEBOK RUN CREW SKIERNIEWICE	Open Kobiet	285	10:30	00:00:07	00:23:16	00:50:43	-00:06:00	01:13:19.60	01:13:27.35	+00:43:16 (59.0%)	7:56	7.6 (55.9%)
1092	KOWNACKA Magdalena	24	GANG ANIELIC	Open Kobiet	286	09:00	00:00:05	00:25:19	00:55:18	-00:12:00	01:13:24.65	01:13:30.50	+00:43:21 (59.1%)	8:32	7 (51.5%)
1093	GASIUK Monika	353		Open Kobiet	287	09:45	00:00:07	00:23:55	00:51:45	-00:06:00	01:13:29.15	01:13:36.90	+00:43:25 (59.1%)	7:56	7.5 (55.1%)
1094	KRUSZYŃSKA Agnieszka	613	A TO NIE MARATON?	Open Kobiet	288	10:30	00:00:09	00:24:31	00:53:10	-00:11:00	01:13:31.60	01:13:40.70	+00:43:28 (59.1%)	8:27	7.1 (52.2%)
1095	WOŹNIAK Kuba	506		Open Mężczyzn	806	10:00	00:00:04	00:25:08	00:54:07	-00:12:00	01:13:33.90	01:13:38.85	+00:43:30 (59.1%)	8:33	7 (51.5%)
1096	MOTORINA Ekaterina	585		Open Kobiet	289	10:15	00:00:05	00:25:05	00:53:28	-00:08:00	01:13:35.40	01:13:41.15	+00:43:31 (59.2%)	8:09	7.4 (54.4%)
1097	ŚLUSARCZYK Konrad	597		Open Mężczyzn	807	10:15	00:00:07	00:27:03	00:55:32	-00:12:00	01:13:39.00	01:13:46.75	+00:43:35 (59.2%)	8:33	7 (51.5%)
1098	URBAŃCZYK Monika	502		Open Kobiet	290	10:00	00:00:04	00:26:06	00:55:20	-00:10:00	01:13:40.20	01:13:44.95	+00:43:36 (59.2%)	8:22	7.2 (52.9%)
1099	KWIATKOWDKI Kamil	1483		Open Mężczyzn	808	11:45	00:00:07	00:25:42	00:55:22	-00:13:00	01:13:42.80	01:13:50.70	+00:43:39 (59.2%)	8:40	6.9 (50.7%)
1100	GRZELAKOWSKI Paweł	44		Open Mężczyzn	809	09:00	00:00:09	00:26:54	00:53:38	-00:08:00	01:13:43.50	01:13:53.45	+00:43:39 (59.2%)	8:10	7.3 (53.7%)
1101	BAWOR Marcin	1403	CROSSFIT GCW	Open Mężczyzn	810	10:45	00:00:06	00:25:34	00:52:52	-00:09:00	01:13:43.95	01:13:50.75	+00:43:40 (59.2%)	8:16	7.3 (53.7%)
1102	DYMARSKA Marzena	1205	TOO FAST TOO FURIOUS	Open Kobiet	291	12:30	00:00:07	00:22:52	00:49:22	-00:04:00	01:13:46.05	01:13:53.75	+00:43:42 (59.3%)	7:46	7.7 (56.6%)
1103	SZEWCZYK Zuzanna	1545		Open Kobiet	292	10:30	00:00:09	00:25:08	00:53:10	-00:09:00	01:13:49.20	01:13:59.15	+00:43:45 (59.3%)	8:17	7.2 (52.9%)
1104	ZAWITKOWSKI Michał	1060		Open Mężczyzn	811	11:45	00:00:00		00:53:43	-00:10:00	01:13:53.70	01:13:53.70	+00:43:50 (59.3%)	8:23	7.2 (52.9%)
1105	JASIEWICZ Anna	637	P&D	Open Kobiet	293	11:30	00:00:06	00:25:11	00:51:14	-00:05:00	01:13:53.85	01:14:00.00	+00:43:50 (59.3%)	7:53	7.6 (55.9%)
1106	KONOPKA Agnieszka	1244		Open Kobiet	294	12:45	00:00:06	00:23:32	00:50:45	-00:05:00	01:13:54.00	01:14:00.95	+00:43:50 (59.3%)	7:53	7.6 (55.9%)
1107	BUDNY Aleksandra	309	FIGLARZE	Open Kobiet	295	09:45	00:00:06	00:24:00	00:50:41	-00:11:00	01:13:54.90	01:14:01.35	+00:43:51 (59.3%)	8:29	7.1 (52.2%)
1108	GOŁĘBIEWSKA Joanna	965	TINDERCUPLE	Open Kobiet	296	11:15	00:00:07	00:26:39	00:54:12	-00:11:00	01:13:55.30	01:14:02.70	+00:43:51 (59.3%)	8:29	7.1 (52.2%)
1109	CĘCELEWSKI Jarosław	310	FIGLARZE	Open Mężczyzn	812	09:45	00:00:04	00:23:10	00:50:43	-00:11:00	01:13:56.80	01:14:01.10	+00:43:53 (59.3%)	8:29	7.1 (52.2%)
1110	ŚMIGAJ Sebastian	1399	NIEZAPROSZENI	Open Mężczyzn	813	11:45	00:00:03	00:24:27	00:55:31	-00:12:00	01:14:03.60	01:14:06.65	+00:44:00 (59.4%)	8:36	7 (51.5%)
1111	LASKA Anna	1083	OCR TEAM DĘBICA	Open Kobiet	297	12:00	00:00:07	00:25:59	00:53:43	-00:14:00	01:14:04.20	01:14:12.15	+00:44:00 (59.4%)	8:48	6.8 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1112	PISKORZ Sebastian	1397	NIEZAPROSZENI	Open Mężczyzn	814	11:45	00:00:03	00:24:27	00:55:31	-00:12:00	01:14:04.25	01:14:07.45	+00:44:00 (59.4%)	8:36	7 (51.5%)
1113	GÓRA Anna	1081	OCR TEAM DĘBICA	Open Kobiet	298	12:00	00:00:07	00:25:57	00:53:41	-00:14:00	01:14:04.45	01:14:12.30	+00:44:00 (59.4%)	8:48	6.8 (50.0%)
1114	PIWOWARCZYK Agata	412	BRAVEHARTS LEGIONOWO	Open Kobiet	299	10:00	00:00:09	00:24:47	00:53:42	-00:07:00	01:14:05.80	01:14:15.75	+00:44:02 (59.4%)	8:06	7.4 (54.4%)
1115	GĘBARA Łukasz	1080	OCR TEAM DĘBICA	Open Mężczyzn	815	12:00	00:00:08	00:26:00	00:53:44	-00:14:00	01:14:08.20	01:14:16.95	+00:44:04 (59.5%)	8:48	6.8 (50.0%)
1116	DOMŻAŁ Joanna	460		Open Kobiet	300	10:00	00:00:09	00:26:15	00:53:39	-00:09:00	01:14:08.95	01:14:18.30	+00:44:05 (59.5%)	8:18	7.2 (52.9%)
1117	SMAGACZ Jarosław	1550	OCR TEAM DĘBICA	Open Mężczyzn	816	12:00	00:00:08	00:25:14	00:53:43	-00:14:00	01:14:09.15	01:14:17.90	+00:44:05 (59.5%)	8:48	6.8 (50.0%)
1118	MILCZAREK Karolina	651	VIGO SYSTEM	Open Kobiet	301	10:30	00:00:05	00:26:02	00:56:54	-00:11:00	01:14:09.20	01:14:14.40	+00:44:05 (59.5%)	8:30	7 (51.5%)
1119	SZYMASZEK Tomasz	1087	OCR TEAM DĘBICA	Open Mężczyzn	817	12:00	00:00:08	00:25:59	00:53:42	-00:14:00	01:14:10.25	01:14:19.05	+00:44:06 (59.5%)	8:49	6.8 (50.0%)
1120	DĄBROWSKI Radosław	1551		Open Mężczyzn	818	12:00	00:00:07	00:26:01	00:53:44	-00:14:00	01:14:11.70	01:14:19.65	+00:44:08 (59.5%)	8:49	6.8 (50.0%)
1121	WALCZAK Julian	1393		Open Mężczyzn	819	12:30	00:00:00	00:20:21	00:45:32	-00:14:00	01:14:13.05	01:14:13.05	+00:44:09 (59.5%)	8:49	6.8 (50.0%)
1122	KOTARSKA Aneta	1054		Open Kobiet	302	11:45	00:00:10	00:21:35	00:49:41	-00:04:00	01:14:14.05	01:14:24.10	+00:44:10 (59.5%)	7:49	7.7 (56.6%)
1123	BANASIAK Marcin	561		Open Mężczyzn	820	10:15	00:00:44	00:24:04	00:54:12	-00:07:00	01:14:14.60	01:14:59.05	+00:44:11 (59.5%)	8:07	7.4 (54.4%)
1124	SYTAR Błażej	938	LATAJĄCE GRYFY	Open Mężczyzn	821	11:00	00:00:07	00:25:28	00:52:33	-00:06:00	01:14:16.40	01:14:24.25	+00:44:12 (59.5%)	8:01	7.5 (55.1%)
1125	NIEMCZYŃSKA Dorota	173		Open Kobiet	303	09:15	00:00:09	00:23:33	00:52:52	-00:06:00	01:14:18.00	01:14:27.15	+00:44:14 (59.5%)	8:01	7.5 (55.1%)
1126	KUREK Izabella	922	DILERZY ASSISTANCE	Open Kobiet	304	11:15	00:00:07	00:29:59		-00:12:00	01:14:25.25	01:14:32.60	+00:44:21 (59.6%)	8:38	6.9 (50.7%)
1127	POŻYCZKA Wojciech	177		Open Mężczyzn	822	09:15	00:00:06	00:23:35	00:51:00	-00:04:00	01:14:27.05	01:14:33.15	+00:44:23 (59.6%)	7:50	7.6 (55.9%)
1128		678					01:43:47	00:21:41	00:49:10	-00:05:00	01:14:27.60	02:58:14.85	+00:44:24 (59.6%)	7:56	7.6 (55.9%)
1129	BAŁCHANOWSKI Piotr	1450		Open Mężczyzn	823	12:15	00:00:05	00:33:19	01:00:30	-00:14:00	01:14:33.50	01:14:39.05	+00:44:29 (59.7%)	8:51	6.8 (50.0%)
1130	KORCZYŃSKA Marta	1293		Open Kobiet	305	10:15	00:00:10	00:27:44	00:55:46	-00:12:00	01:14:35.50	01:14:45.60	+00:44:31 (59.7%)	8:39	6.9 (50.7%)
1131	LIS Kamil	577		Open Mężczyzn	824	09:15	00:00:08	00:27:30	00:57:36	-00:11:00	01:14:38.85	01:14:47.75	+00:44:35 (59.7%)	8:33	7 (51.5%)
1132	KOMIŃCZYK Zuzanna	263		Open Kobiet	306	09:15	00:00:09	00:26:45	00:56:53	-00:05:00	01:14:41.55	01:14:51.25	+00:44:37 (59.8%)	7:58	7.5 (55.1%)
1133	WŁODARCZYK Grzegorz	995		Open Mężczyzn	825	11:15	00:00:07	00:29:26		-00:09:00	01:14:44.25	01:14:51.30	+00:44:40 (59.8%)	8:22	7.2 (52.9%)
1134	JABŁOŃSKI Tomasz	1493	SPARTAN SGX WARSAW	Open Mężczyzn	826	12:15	00:00:05	00:23:52	00:56:34	-00:13:00	01:14:51.75	01:14:57.45	+00:44:48 (59.8%)	8:47	6.8 (50.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							Czas startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata	10km	10km			
1135	KLOZA - LASKOWSKA Dorota	1067	CROSSFIT POŁUDNIE	Open Kobiet	307	12:00	00:00:06	00:26:55	00:55:20	-00:14:00	01:14:56.25	01:15:02.55	+00:44:52 (59.9%)	8:53	6.7 (49.3%)
1136	GOŁĘBIEWSKI Adrian	1063	CROSSFIT POŁUDNIE	Open Mężczyzn	827	12:00	00:00:05	00:26:54	00:55:11	-00:14:00	01:14:56.75	01:15:02.45	+00:44:53 (59.9%)	8:53	6.7 (49.3%)
1137	PELC Filip	450	WARSAW CREW	Open Mężczyzn	828	11:15	00:00:08	00:30:33	01:00:07	-00:13:00	01:15:00.65	01:15:09.40	+00:44:57 (59.9%)	8:48	6.8 (50.0%)
1138	POPŁAWSKA Aleksandra	329	RUN BITCHES RUN	Open Kobiet	308	09:45	00:00:08	00:28:33	00:57:16	-00:12:00	01:15:02.85	01:15:11.10	+00:44:59 (59.9%)	8:42	6.9 (50.7%)
1139	WOLMAN Piotr	1088	OCR TEAM DĘBICA	Open Mężczyzn	829	12:00	00:00:08	00:25:57	00:53:41	-00:13:00	01:15:08.90	01:15:17.05	+00:45:05 (60.0%)	8:48	6.8 (50.0%)
1140	SKOWRON Wojciech	1085	OCR TEAM DĘBICA	Open Mężczyzn	830	12:00	00:00:08	00:25:58	00:53:41	-00:13:00	01:15:10.20	01:15:18.65	+00:45:06 (60.0%)	8:49	6.8 (50.0%)
1141	WOJTYSIAK Dominik	1073	CROSSFIT POŁUDNIE	Open Mężczyzn	831	12:00	00:00:06	00:26:05	00:53:50	-00:11:00	01:15:11.20	01:15:18.15	+00:45:07 (60.0%)	8:37	7 (51.5%)
1142	RUTYNA Marcin	1142		Open Mężczyzn	832	12:00	00:00:07	00:25:58	00:53:42	-00:13:00	01:15:11.70	01:15:19.55	+00:45:08 (60.0%)	8:49	6.8 (50.0%)
1143	ZMORCZYŃSKA Agata	639	PACZKA Z PIASECZNA	Open Kobiet	309	10:30	00:00:07	00:27:03	00:57:06	-00:11:00	01:15:15.00	01:15:22.00	+00:45:11 (60.1%)	8:37	7 (51.5%)
1144	NIEZGODA Aneta	794		Open Kobiet	310	10:45	00:00:08	00:28:45	00:58:29	-00:11:00	01:15:15.10	01:15:23.90	+00:45:11 (60.1%)	8:37	7 (51.5%)
1145	DUDEK Radosław	1161	CROSSFIT URSYNÓW	Open Mężczyzn	833	12:15	00:00:08	00:23:05	00:50:51	-00:06:00	01:15:16.20	01:15:24.50	+00:45:12 (60.1%)	8:07	7.4 (54.4%)
1146	TRACZ Magdalena	1513		Open Kobiet	311	09:45	00:00:09	00:28:10	00:56:46	-00:11:00	01:15:17.35	01:15:26.35	+00:45:13 (60.1%)	8:37	7 (51.5%)
1147	REJDYCH Tomasz	631	LAZY BONES	Open Mężczyzn	834	10:30	00:00:09	00:26:36	00:56:21	-00:14:00	01:15:19.65	01:15:29.30	+00:45:16 (60.1%)	8:56	6.7 (49.3%)
1148	WOŹNIAK Agnieszka	1258		Open Kobiet	312	09:15	00:00:09	00:27:29	00:57:35	-00:08:00	01:15:23.95	01:15:33.05	+00:45:20 (60.1%)	8:20	7.2 (52.9%)
1149	KUCIŃSKA Weronika	140	WWL TEAM	Open Kobiet	313	09:15	00:00:08	00:25:25	00:53:57	-00:09:00	01:15:25.10	01:15:33.95	+00:45:21 (60.1%)	8:26	7.1 (52.2%)
1150	KUCIŃSKA-ZAWISTOWSKA Małgorzata	141	WWL TEAM	Open Kobiet	314	09:15	00:00:08	00:25:25	00:53:57	-00:09:00	01:15:25.30	01:15:34.15	+00:45:21 (60.1%)	8:26	7.1 (52.2%)
1151	LASZCZKA Monika	219	PEKAES TEAM	Open Kobiet	315	09:15	00:00:05	00:25:32	00:52:32	-00:09:00	01:15:35.75	01:15:41.50	+00:45:32 (60.2%)	8:27	7.1 (52.2%)
1152	DRAŻYK Małgorzata	1504		Open Kobiet	316	10:15	00:00:07	00:27:03	00:55:32	-00:10:00	01:15:38.90	01:15:46.65	+00:45:35 (60.3%)	8:33	7 (51.5%)
1153	GILARSKA Marta	564		Open Kobiet	317	10:15	00:00:08	00:26:36	00:57:35	-00:08:00	01:15:40.45	01:15:48.70	+00:45:36 (60.3%)	8:22	7.2 (52.9%)
1154	KAIM Kamil	1447	X TEAM SPECIAL FORCES	Open Mężczyzn	835	12:45	00:00:11	00:25:20	00:57:09	-00:14:00	01:15:40.55	01:15:52.40	+00:45:36 (60.3%)	8:58	6.7 (49.3%)
1155	RAZUM Paulina	594		Open Kobiet	318	10:15	00:00:08	00:26:36	00:57:35	-00:08:00	01:15:40.85	01:15:49.00	+00:45:37 (60.3%)	8:22	7.2 (52.9%)
1156	FELISIAK Rafał	1446	X TEAM SPECIAL FORCES	Open Mężczyzn	836	12:45	00:00:12	00:25:20	00:57:08	-00:14:00	01:15:41.00	01:15:53.05	+00:45:37 (60.3%)	8:58	6.7 (49.3%)
1157	KAŹMIERCZAK Monika	618	BŁYSKAWICZNE RĘCE	Open Kobiet	319	10:30	00:00:04	00:28:50	00:58:00	-00:11:00	01:15:42.40	01:15:46.75	+00:45:38 (60.3%)	8:40	6.9 (50.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1158	CHAMIER KWIATKOWSKA Anna	1476		Open Kobiet	320	11:45	00:00:07	00:25:43	00:55:22	-00:11:00	01:15:43.05	01:15:50.95	+00:45:39 (60.3%)	8:40	6.9 (50.7%)
1159	KOBRYŃSKA Marta	984		Open Kobiet	321	11:15	00:00:06	00:29:27		-00:08:00	01:15:44.15	01:15:50.95	+00:45:40 (60.3%)	8:22	7.2 (52.9%)
1160	PRUCIA Michał	448	TEAM DORIS KRAKÓW	Open Mężczyzn	837	09:45	00:00:00	00:27:17	00:57:26	-00:11:00	01:15:58.45	01:15:58.45	+00:45:54 (60.4%)	8:41	6.9 (50.7%)
1161	KWIASOWSKA Sandra	1099	SPORTERA OCR	Open Kobiet	322	12:00	00:00:05	00:24:38	00:54:18	-00:08:00	01:15:59.75	01:16:04.80	+00:45:56 (60.4%)	8:23	7.1 (52.2%)
1162	KUPROWSKI Marek	971	WARSAW CREW	Open Mężczyzn	838	11:15	00:00:09	00:30:31	01:00:06	-00:12:00	01:16:00.15	01:16:09.20	+00:45:56 (60.4%)	8:48	6.8 (50.0%)
1163	ZIELIŃSKA Magdalena	331	RUN BITCHES RUN	Open Kobiet	323	09:45	00:00:08	00:28:33	00:57:17	-00:11:00	01:16:02.90	01:16:11.05	+00:45:59 (60.5%)	8:42	6.9 (50.7%)
1164	JĘDRAS Ewa	546	SPORTERA OCR	Open Kobiet	324	10:15	00:00:06	00:28:30	00:57:47	-00:11:00	01:16:03.00	01:16:09.80	+00:45:59 (60.5%)	8:42	6.9 (50.7%)
1165	ROSA Zuzia	330	RUN BITCHES RUN	Open Kobiet	325	09:45	00:00:08	00:28:33	00:57:17	-00:11:00	01:16:03.05	01:16:11.15	+00:45:59 (60.5%)	8:42	6.9 (50.7%)
1166	BIAŁOSKÓRSKA Paulina	545	SPORTERA OCR	Open Kobiet	326	10:15	00:00:06	00:28:30	00:57:47	-00:11:00	01:16:03.50	01:16:09.95	+00:45:59 (60.5%)	8:42	6.9 (50.7%)
1167	ROMANOWSKI Paweł	1287		Open Mężczyzn	839	12:00	00:00:07	00:27:31	00:56:58	-00:12:00	01:16:07.60	01:16:14.95	+00:46:04 (60.5%)	8:48	6.8 (50.0%)
1168	BARAN Bernard	1079	OCR TEAM DĘBICA	Open Mężczyzn	840	12:00	00:00:09	00:25:59	00:53:43	-00:12:00	01:16:09.35	01:16:18.40	+00:46:05 (60.5%)	8:48	6.8 (50.0%)
1169	OKSIEJUK Katarzyna	962	THE POWER OF SISTERS	Open Kobiet	327	11:15	00:00:09	00:29:23		-00:10:00	01:16:11.00	01:16:20.75	+00:46:07 (60.5%)	8:37	7 (51.5%)
1170	SÓJKA Magdalena	963	THE POWER OF SISTERS	Open Kobiet	328	11:15	00:00:09	00:29:23		-00:10:00	01:16:11.30	01:16:20.65	+00:46:07 (60.5%)	8:37	7 (51.5%)
1171	BOJANOWICZ Katarzyna	1469	REKINY FITNESSU	Open Kobiet	329	12:15	00:00:04	00:28:16	00:58:02	-00:11:00	01:16:11.35	01:16:15.50	+00:46:07 (60.5%)	8:43	6.9 (50.7%)
1172	GÓRSKI Michał	769	TOTAL FITNESS	Open Mężczyzn	841	10:45	00:00:08	00:22:13	00:51:14		01:16:15.80	01:16:24.45	+00:46:12 (60.6%)	7:37	7.9 (58.1%)
1173	SIEMBAB Joanna	313	FIGLARZE	Open Kobiet	330	09:45	00:00:06	00:24:01	00:52:53	-00:11:00	01:16:23.65	01:16:30.00	+00:46:20 (60.7%)	8:44	6.9 (50.7%)
1174	MIZERSKA Sylwia	25	GANG ANIELIC	Open Kobiet	331	09:00	00:00:05	00:25:19	00:55:18	-00:09:00	01:16:24.80	01:16:30.55	+00:46:21 (60.7%)	8:32	7 (51.5%)
1175	GRYCKO Marta	1479		Open Kobiet	332	11:45	00:00:05	00:23:50	00:51:53	-00:06:00	01:16:26.65	01:16:32.60	+00:46:23 (60.7%)	8:14	7.3 (53.7%)
1176	GODLEWSKI Grzegorz	133	TI AUTOMOTIVE	Open Mężczyzn	842	09:15	00:00:05	00:27:03	00:57:50	-00:12:00	01:16:27.60	01:16:33.00	+00:46:24 (60.7%)	8:50	6.8 (50.0%)
1177	KANIOWSKI Kamil	946	ROSSMANN	Open Mężczyzn	843	11:15	00:00:09	00:28:48		-00:12:00	01:16:28.85	01:16:38.30	+00:46:25 (60.7%)	8:50	6.8 (50.0%)
1178	MATUSIAK Karolina	950	ROSSMANN	Open Kobiet	333	11:15	00:00:05	00:28:48		-00:12:00	01:16:33.20	01:16:39.15	+00:46:29 (60.7%)	8:51	6.8 (50.0%)
1179	KAŁUZIŃSKA Roksana	1448	X TEAM SPECIAL FORCES	Open Kobiet	334	12:45	00:00:10	00:25:22	00:57:11	-00:13:00	01:16:42.60	01:16:53.15	+00:46:39 (60.8%)	8:58	6.7 (49.3%)
1180	BIELECKA Karolina	862		Open Kobiet	335	11:00	00:00:11	00:25:40	00:55:14		01:16:43.80	01:16:55.10	+00:46:40 (60.8%)	7:40	7.8 (57.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas				Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata					
1181	DASZEWSKI Lech	208	FIREEAGLES	Open Mężczyzn	844	09:30	00:00:06	00:27:59	00:57:08	-00:11:00	01:16:43.95	01:16:50.05	+00:46:40 (60.8%)	8:46	6.8 (50.0%)
1182	KUCZYŃSKA Patrycja	620	BŁYSKAWICZNE RĘCE	Open Kobiet	336	10:30	00:00:05	00:28:49	00:57:59	-00:11:00	01:16:44.50	01:16:49.90	+00:46:40 (60.8%)	8:46	6.8 (50.0%)
1183	DOBROWOLSKA Paulina	1360		Open Kobiet	337	11:30	00:00:04	00:26:55	00:55:32	-00:08:00	01:16:48.85	01:16:53.05	+00:46:45 (60.9%)	8:28	7.1 (52.2%)
1184	POTER Maciej	1546	404 - TEAMNOTFOUND	Open Mężczyzn	845	11:30	00:00:05	00:27:54	00:56:52	-00:11:00	01:16:55.15	01:17:00.50	+00:46:51 (60.9%)	8:47	6.8 (50.0%)
1185	STRĄG Krzysztof	1372		Open Mężczyzn	846	11:30	00:00:08	00:27:37	00:56:44	-00:08:00	01:17:01.65	01:17:09.95	+00:46:58 (61.0%)	8:30	7.1 (52.2%)
1186	BAPRAWSKI Krystian	919	DILERZY ASSISTANCE	Open Mężczyzn	847	11:15	00:00:09	00:30:00		-00:10:00	01:17:04.70	01:17:14.35	+00:47:01 (61.0%)	8:42	6.9 (50.7%)
1187	SEFERYŃSKI Paweł	1440	WARSAW CREW	Open Mężczyzn	848	11:30	00:00:09	00:26:12	00:55:18	-00:10:00	01:17:08.40	01:17:18.00	+00:47:04 (61.0%)	8:42	6.9 (50.7%)
1188	ZAWISZA Joanna	1411		Open Kobiet	338	12:15	00:00:04	00:28:17	00:58:03	-00:10:00	01:17:11.05	01:17:15.75	+00:47:07 (61.1%)	8:43	6.9 (50.7%)
1189	BOROWSKA Monika	817	FRAUEN POWER!	Open Kobiet	339	11:00	00:00:08	00:26:40	00:56:27	-00:06:00	01:17:20.45	01:17:28.80	+00:47:16 (61.1%)	8:20	7.2 (52.9%)
1190	HYRA Katarzyna	1241		Open Kobiet	340	12:45	00:00:11	00:28:16	00:59:41	-00:11:00	01:17:20.70	01:17:31.95	+00:47:17 (61.1%)	8:50	6.8 (50.0%)
1191	LORENT - RYBAK Natalia	791		Open Kobiet	341	10:45	00:00:09	00:24:39	00:57:38	-00:03:00	01:17:24.20	01:17:34.00	+00:47:20 (61.2%)	8:02	7.5 (55.1%)
1192	SAMBORSKA Anna	951	ROSSMANN	Open Kobiet	342	11:15	00:00:05	00:28:52		-00:11:00	01:17:30.60	01:17:35.95	+00:47:27 (61.2%)	8:51	6.8 (50.0%)
1193	LISZEWSKA Marta	1427		Open Kobiet	343	12:15	00:00:06	00:33:17	01:00:29	-00:11:00	01:17:32.90	01:17:39.00	+00:47:29 (61.2%)	8:51	6.8 (50.0%)
1194	JASKÓLSKA Izabela	1177	JASKÓLKI PLUS	Open Kobiet	344	12:15	00:00:06	00:26:24	00:56:23	-00:11:00	01:17:37.85	01:17:44.70	+00:47:34 (61.3%)	8:51	6.8 (50.0%)
1195	KORZENIEWSKI Michał	264		Open Mężczyzn	849	09:30	00:00:06	00:27:50	00:59:03	-00:12:00	01:17:39.55	01:17:46.25	+00:47:35 (61.3%)	8:58	6.7 (49.3%)
1196	MIKLEWSKI Michał	753	ŁOMIANKI HUSARIA TEAM	Open Mężczyzn	850	10:45	00:00:04	00:27:30	00:58:27	-00:12:00	01:17:45.85	01:17:50.60	+00:47:42 (61.3%)	8:58	6.7 (49.3%)
1197	NOWOWIEJSKI Michał	925	DILERZY ASSISTANCE	Open Mężczyzn	851	11:15	00:00:07	00:29:59		-00:09:00	01:17:53.60	01:18:01.30	+00:47:50 (61.4%)	8:41	6.9 (50.7%)
1198	GRONOWSKA Aleksandra	1554		Open Kobiet	345	12:30	00:00:05	00:24:53	00:58:06	-00:11:00	01:17:53.80	01:17:58.85	+00:47:50 (61.4%)	8:53	6.8 (50.0%)
1199	PIECHOCKA Monika	1056		Open Kobiet	346	11:45	00:00:00		00:53:43	-00:06:00	01:17:53.85	01:17:53.85	+00:47:50 (61.4%)	8:23	7.2 (52.9%)
1200	MARKOWSKA Katarzyna	1350	ERROR404 - TEAM NOT FOUND	Open Kobiet	347	11:30	00:00:05	00:27:54	00:56:52	-00:10:00	01:17:54.05	01:17:59.60	+00:47:50 (61.4%)	8:47	6.8 (50.0%)
1201	OLEJNIK Dawid	1069	CROSSFIT POŁUDNIE	Open Mężczyzn	852	12:00	00:00:06	00:26:55	00:55:20	-00:11:00	01:17:56.35	01:18:03.10	+00:47:52 (61.4%)	8:53	6.7 (49.3%)
1202	HORBACZEWSKA Magdalena	220	POGROMCY IKSÓW	Open Kobiet	348	09:30	00:00:11	00:27:50	00:56:33	-00:11:00	01:17:57.00	01:18:08.05	+00:47:53 (61.4%)	8:53	6.7 (49.3%)
1203	GÓRECKA Ewa	664		Open Kobiet	349	10:30	00:00:11	00:26:50	00:55:12	-00:08:00	01:17:57.10	01:18:08.75	+00:47:53 (61.4%)	8:35	7 (51.5%)
1204	MAJCHER Cyprian	1165	CROSSFIT URSYNÓW	Open Mężczyzn	853	12:00	00:00:05	00:26:56	00:55:20	-00:11:00	01:17:57.65	01:18:03.40	+00:47:54 (61.4%)	8:53	6.7 (49.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1205	MARKIEWICZ Rafał	1368		Open Mężczyzn	854	11:30	00:00:07	00:27:28	00:56:38	-00:11:00	01:18:07.50	01:18:14.75	+00:48:03 (61.5%)	8:54	6.7 (49.3%)
1206	KASPRZAK Jarosław	673	CROSSBOXFIT KĘTRZYN	Open Mężczyzn	855	10:30	00:00:08	00:30:47	01:00:56	-00:13:00	01:18:13.85	01:18:22.40	+00:48:10 (61.6%)	9:07	6.6 (48.5%)
1207	TURKIEWICZ-RUCIŃSKA Edyta	397		Open Kobiet	350	09:45	00:00:09	00:27:32	00:57:55	-00:11:00	01:18:22.30	01:18:31.50	+00:48:18 (61.6%)	8:56	6.7 (49.3%)
1208	PRUSZKOWSKI Mateusz	1462		Open Mężczyzn	856	11:45	00:00:04	00:25:11	00:56:05	-00:09:00	01:18:25.75	01:18:30.05	+00:48:22 (61.7%)	8:44	6.9 (50.7%)
1209	LACHTARA Marta	949	ROSSMANN	Open Kobiet	351	11:15	00:00:06	00:29:03		-00:11:00	01:18:27.40	01:18:33.60	+00:48:23 (61.7%)	8:56	6.7 (49.3%)
1210	TRZASKA Malgorzata	136	TI AUTOMOTIVE	Open Kobiet	352	09:15	00:00:05	00:27:03	00:57:50	-00:10:00	01:18:27.70	01:18:33.00	+00:48:24 (61.7%)	8:50	6.8 (50.0%)
1211	TYLISZCZAK Bożena	606		Open Kobiet	353	10:15	00:00:11	00:23:39	00:52:32	-00:04:00	01:18:27.85	01:18:39.10	+00:48:24 (61.7%)	8:14	7.3 (53.7%)
1212	SZYMANIAK Magdalena	756	ŁOMIANKI HUSARIA TEAM	Open Kobiet	354	10:45	00:00:04	00:27:30	00:58:25	-00:11:00	01:18:35.80	01:18:40.25	+00:48:32 (61.8%)	8:57	6.7 (49.3%)
1213	SKROBOWSKA Aleksandra	287		Open Kobiet	355	09:30	00:00:09	00:26:20	00:57:05	-00:09:00	01:18:39.80	01:18:49.75	+00:48:36 (61.8%)	8:46	6.8 (50.0%)
1214	PRZEPIÓRA Alicja	526	DZIKIE DZIKI MIGU	Open Kobiet	356	10:15	00:00:09	00:29:35	01:00:19	-00:10:00	01:18:45.65	01:18:55.00	+00:48:42 (61.8%)	8:52	6.8 (50.0%)
1215	MOTYKA Monika	522	DZIKIE DZIKI MIGU	Open Kobiet	357	10:15	00:00:09	00:29:36	01:00:40	-00:10:00	01:18:46.05	01:18:55.10	+00:48:42 (61.8%)	8:52	6.8 (50.0%)
1216	LITWINOWICZ Magdalena	683		Open Kobiet	358	10:30	00:00:07	00:27:59	00:57:05	-00:11:00	01:18:54.60	01:19:02.45	+00:48:51 (61.9%)	8:59	6.7 (49.3%)
1217	BUTA Bartosz	617	BŁYSKAWICZNE RĘCE	Open Mężczyzn	857	10:30	00:00:04	00:26:18	00:56:21	-00:08:00	01:18:55.55	01:18:59.85	+00:48:51 (61.9%)	8:41	6.9 (50.7%)
1218	MURAS Daniel	1385		Open Mężczyzn	858	12:15	00:00:04	00:30:04	01:00:12	-00:11:00	01:18:58.15	01:19:03.05	+00:48:54 (61.9%)	8:59	6.7 (49.3%)
1219	SARNA Urszula	901		Open Kobiet	359	11:00	00:00:05	00:27:41	00:57:38	-00:08:00	01:19:01.80	01:19:06.85	+00:48:58 (62.0%)	8:42	6.9 (50.7%)
1220	MANTORSKI Michał	686		Open Mężczyzn	859	10:45	00:00:09	00:23:56	00:53:57	-00:11:00	01:19:07.85	01:19:16.85	+00:49:04 (62.0%)	9:00	6.7 (49.3%)
1221	SERWIN Andrzej	709	CROSSBOXFIT KĘTRZYN	Open Mężczyzn	860	10:30	00:00:09	00:30:44	01:00:50	-00:12:00	01:19:12.70	01:19:22.55	+00:49:09 (62.1%)	9:07	6.6 (48.5%)
1222	AKSAMITOWSKA Irena	1357		Open Kobiet	360	11:30	00:00:06	00:27:28	00:58:27	-00:03:00	01:19:19.95	01:19:26.10	+00:49:16 (62.1%)	8:14	7.3 (53.7%)
1223	REJDYCH Daria	630	LAZY BONES	Open Kobiet	361	10:30	00:00:09	00:26:36	00:56:21	-00:10:00	01:19:20.60	01:19:30.10	+00:49:17 (62.1%)	8:56	6.7 (49.3%)
1224	KOBYLIŃSKI Paweł	619	BŁYSKAWICZNE RĘCE	Open Mężczyzn	861	10:30	00:00:04	00:29:58	01:01:12	-00:13:00	01:19:20.95	01:19:25.40	+00:49:17 (62.1%)	9:14	6.5 (47.8%)
1225	KAMINSKA Agnieszka	672		Open Kobiet	362	10:30	00:00:08	00:28:13	00:57:29	-00:11:00	01:19:25.45	01:19:33.85	+00:49:21 (62.2%)	9:02	6.6 (48.5%)
1226	DRABIK Daniel	958	RUNAMS	Open Mężczyzn	862	11:15	00:00:03	00:27:36		-00:12:00	01:19:29.90	01:19:33.15	+00:49:26 (62.2%)	9:09	6.6 (48.5%)
1227	BYTNIIEWSKA Justyna	1075	HUSARIA RACE TEAM	Open Kobiet	363	12:00	00:00:04	00:28:11	00:58:55	-00:09:00	01:19:38.85	01:19:43.70	+00:49:35 (62.3%)	8:51	6.8 (50.0%)
1228	MALKOWSKA Ewelina	270		Open Kobiet	364	09:30	00:00:06	00:27:49	00:59:03	-00:10:00	01:19:39.70	01:19:46.15	+00:49:36 (62.3%)	8:58	6.7 (49.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1229	KAŁOWSKA Agnieszka	671		Open Kobiet	365	10:30	00:00:08	00:26:38	00:57:29	-00:07:00	01:19:44.65	01:19:52.70	+00:49:41 (62.3%)	8:40	6.9 (50.7%)
1230	OCHWAT Martyna	525	DZIKIE DZIKI MIGU	Open Kobiet	366	10:15	00:00:09	00:29:34	01:00:19	-00:09:00	01:19:45.75	01:19:55.10	+00:49:42 (62.3%)	8:52	6.8 (50.0%)
1231	SŁONIEWSKI Hubert	1311	OSTATNI ZWIERZYNIEC	Open Mężczyzn	863	12:00	00:00:08	00:25:25	00:57:07	-00:08:00	01:19:45.80	01:19:54.45	+00:49:42 (62.3%)	8:46	6.8 (50.0%)
1232	HELIA Switłana	464		Open Kobiet	367	12:45	00:00:05	00:25:44	00:57:22	-00:09:00	01:19:47.20	01:19:52.55	+00:49:43 (62.3%)	8:52	6.8 (50.0%)
1233	MUCHA Robert	913	BESTIE OCR LEGIONOWO	Open Mężczyzn	864	11:15	00:00:03	00:27:24		-00:09:00	01:19:48.65	01:19:51.90	+00:49:45 (62.3%)	8:52	6.8 (50.0%)
1234	GAWRYSZEWSKA Agnieszka	780		Open Kobiet	368	10:45	00:00:08		00:57:52	-00:02:00	01:19:50.45	01:19:59.00	+00:49:46 (62.4%)	8:11	7.3 (53.7%)
1235	OLSZEWSKA Natalia	999	BOZONY HIGGSA	Open Kobiet	369	09:15	00:00:05	00:26:29	00:58:49	-00:09:00	01:19:52.80	01:19:57.80	+00:49:49 (62.4%)	8:53	6.8 (50.0%)
1236	ROKICKI Damian	1257	BOZONY HIGGSA	Open Mężczyzn	865	09:15	00:00:05	00:26:30	00:58:49	-00:09:00	01:19:52.85	01:19:58.25	+00:49:49 (62.4%)	8:53	6.8 (50.0%)
1237	KOSIERADZKI Michał	679		Open Mężczyzn	866	10:30	00:00:07	00:28:00	00:57:21	-00:10:00	01:19:55.05	01:20:02.50	+00:49:51 (62.4%)	8:59	6.7 (49.3%)
1238	NOWAKOWSKA Małgorzata	175		Open Kobiet	370	09:30	00:00:11	00:27:50	00:56:33	-00:09:00	01:19:57.75	01:20:08.90	+00:49:54 (62.4%)	8:53	6.7 (49.3%)
1239	KOSIERADZKA Aleksandra	1466		Open Kobiet	371	10:30	00:00:00	00:28:06	00:57:12	-00:10:00	01:20:02.45	01:20:02.45	+00:49:58 (62.4%)	9:00	6.7 (49.3%)
1240	KABAS-KOMORNICZAK Renata	819	FRAUEN POWER!	Open Kobiet	372	11:00	00:00:08	00:26:35	00:56:51	-00:08:00	01:20:02.75	01:20:11.65	+00:49:59 (62.4%)	8:48	6.8 (50.0%)
1241	MIGAS Monika	1029		Open Kobiet	373	11:30	00:00:10	00:26:04	00:56:54	-00:10:00	01:20:09.45	01:20:19.85	+00:50:05 (62.5%)	9:00	6.7 (49.3%)
1242	SZOPA Marcin	1441	WARSAW CREW	Open Mężczyzn	867	11:30	00:00:09	00:26:13	00:55:18	-00:07:00	01:20:09.50	01:20:18.65	+00:50:05 (62.5%)	8:42	6.9 (50.7%)
1243	ZIÓLKOWSKI Adam	633	NIE MA LIPY!	Open Mężczyzn	868	10:30	00:00:11	00:30:39	01:01:17	-00:13:00	01:20:22.90	01:20:34.10	+00:50:19 (62.6%)	9:20	6.4 (47.1%)
1244	ŻUKOWSKA Ewa	826	FRAUEN POWER!	Open Kobiet	374	11:00	00:00:08	00:27:54	00:58:13	-00:10:00	01:20:24.10	01:20:33.05	+00:50:20 (62.6%)	9:02	6.6 (48.5%)
1245	NOWAK Weronika	1136		Open Kobiet	375	12:00	00:00:06	00:28:41	00:59:13	-00:03:00	01:20:24.80	01:20:31.40	+00:50:21 (62.6%)	8:20	7.2 (52.9%)
1246	BILSKA Agata	1534		Open Kobiet	376	09:00	00:00:09	00:24:02	00:54:52	-00:05:00	01:20:25.80	01:20:35.75	+00:50:22 (62.6%)	8:32	7 (51.5%)
1247	KACA Grzegorz	632	NIE MA LIPY!	Open Mężczyzn	869	10:30	00:00:11	00:30:38	01:01:16	-00:12:00	01:20:41.40	01:20:52.55	+00:50:37 (62.7%)	9:16	6.5 (47.8%)
1248	MICHALEK Mateusz	1494		Open Mężczyzn	870	12:15	00:00:06	00:28:54	01:00:23	-00:11:00	01:20:41.60	01:20:48.05	+00:50:38 (62.7%)	9:10	6.5 (47.8%)
1249	PODLASKA Maria	279		Open Kobiet	377	09:30	00:00:08	00:27:30	00:56:14	-00:11:00	01:20:43.65	01:20:52.25	+00:50:40 (62.8%)	9:10	6.5 (47.8%)
1250	MROCZKO Urszula	523	DZIKIE DZIKI MIGU	Open Kobiet	378	10:15	00:00:09	00:29:35	01:00:40	-00:08:00	01:20:45.45	01:20:54.85	+00:50:41 (62.8%)	8:52	6.8 (50.0%)
1251	LIWIŃSKA Paulina	684		Open Kobiet	379	10:30	00:00:08	00:29:29	00:59:29	-00:11:00	01:20:47.35	01:20:56.20	+00:50:43 (62.8%)	9:10	6.5 (47.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas			Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
							startu	Skrajna_1 5.4km	Skrajna_2 7.5km		netto 10km	brutto 10km			
1252	LELAK Barbara	790		Open Kobiet	380	10:45	00:00:09	00:26:30	00:57:51	-00:01:00	01:20:49.40	01:20:58.75	+00:50:45 (62.8%)	8:10	7.3 (53.7%)
1253	CZARNECKA Magdalena	778		Open Kobiet	381	10:45	00:00:09	00:28:55	00:59:34	-00:05:00	01:21:15.95	01:21:24.95	+00:51:12 (63.0%)	8:37	7 (51.5%)
1254	KACZYŃSKA Magdalena	1363		Open Kobiet	382	11:30	00:00:06	00:27:28	00:58:27	-00:01:00	01:21:18.90	01:21:25.05	+00:51:15 (63.0%)	8:13	7.3 (53.7%)
1255	GAŚSIOR Katarzyna	1547		Open Kobiet	383	12:15	00:00:06	00:28:55	01:00:23	-00:10:00	01:21:19.95	01:21:26.35	+00:51:16 (63.0%)	9:08	6.6 (48.5%)
1256	TOMCZYK Małgorzata	952	ROSSMANN	Open Kobiet	384	11:15	00:00:05	00:28:53		-00:08:00	01:21:27.35	01:21:33.30	+00:51:23 (63.1%)	8:56	6.7 (49.3%)
1257	JANTAS Żaneta	1536		Open Kobiet	385	11:45	00:00:09	00:30:28	01:02:02	-00:12:00	01:21:42.80	01:21:52.45	+00:51:39 (63.2%)	9:22	6.4 (47.1%)
1258	LIPKO Adam	576		Open Mężczyzn	871	10:15	00:00:06	00:26:41	00:57:39	-00:06:00	01:21:47.20	01:21:53.95	+00:51:43 (63.2%)	8:46	6.8 (50.0%)
1259	ROSOCHA Krzysztof	1141		Open Mężczyzn	872	12:00	00:00:07	00:30:35	01:01:21	-00:10:00	01:21:49.40	01:21:56.80	+00:51:45 (63.3%)	9:10	6.5 (47.8%)
1260	KASPRZAK Marta	674	CROSSBOXFIT KĘTRZYN	Open Kobiet	386	10:30	00:00:09	00:30:47	01:00:56	-00:09:00	01:21:51.95	01:22:01.60	+00:51:48 (63.3%)	9:05	6.6 (48.5%)
1261	TEPEREK Małgorzata	939	NIGHTMARE RUNNERS	Open Kobiet	387	11:15	00:00:06	00:24:30	00:56:09	-00:08:00	01:21:52.50	01:21:59.10	+00:51:48 (63.3%)	8:59	6.7 (49.3%)
1262	KUBACKA Małgorzata	708	CROSSBOXFIT KĘTRZYN	Open Kobiet	388	10:30	00:00:09	00:30:45	01:00:51	-00:09:00	01:21:54.70	01:22:04.35	+00:51:51 (63.3%)	9:05	6.6 (48.5%)
1263	ZARZYCKI Tomasz	1039		Open Mężczyzn	873	11:30	00:00:09	00:29:16	01:00:23	-00:14:00	01:22:04.05	01:22:13.70	+00:52:00 (63.4%)	9:36	6.2 (45.6%)
1264	ZIÓŁKOWSKI Michał	634	NIE MA LIPY!	Open Mężczyzn	874	10:30	00:00:11	00:30:37	01:01:16	-00:11:00	01:22:07.80	01:22:19.20	+00:52:04 (63.4%)	9:18	6.4 (47.1%)
1265	KUSIAK Marta	1027		Open Kobiet	389	11:30	00:00:10	00:26:04	00:56:53	-00:08:00	01:22:09.65	01:22:19.85	+00:52:06 (63.4%)	9:00	6.7 (49.3%)
1266	KAMIŃSKA Barbara	418	CROSSFIT GCW	Open Kobiet	390	10:00	00:00:07	00:25:54	00:57:35		01:22:11.45	01:22:19.05	+00:52:07 (63.4%)	8:13	7.3 (53.7%)
1267	KLIMEK Katarzyna	974	WATAHA GRUPA TRENINGOWA	Open Kobiet	391	11:15	00:00:09	00:27:42		-00:11:00	01:22:15.25	01:22:24.55	+00:52:11 (63.5%)	9:19	6.4 (47.1%)
1268	MROZIŃSKA Justyna	892		Open Kobiet	392	11:00	00:00:06	00:26:31	00:59:23	-00:11:00	01:22:16.30	01:22:22.50	+00:52:12 (63.5%)	9:19	6.4 (47.1%)
1269	OCHOJSKA Martyna	1506		Open Kobiet	393	09:45	00:00:09	00:28:11	00:59:10	-00:09:00	01:22:22.60	01:22:31.90	+00:52:19 (63.5%)	9:08	6.6 (48.5%)
1270	KOWALCZYK Błażej	1096	SPORTERA FITNESS TEAM	Open Mężczyzn	875	12:00	00:00:08	00:28:08	00:59:33	-00:11:00	01:22:30.05	01:22:38.05	+00:52:26 (63.6%)	9:21	6.4 (47.1%)
1271	STANGRET Paulina	621	BŁYSKAWICZNE RĘCE	Open Kobiet	394	10:30	00:00:00	00:30:15	01:00:36	-00:06:00	01:22:38.95	01:22:38.95	+00:52:35 (63.6%)	8:51	6.8 (50.0%)
1272	JANICKA Marta	931	HUSARIA RACE TEAM	Open Kobiet	395	11:15	00:00:03	00:30:28	01:03:57	-00:07:00	01:22:40.20	01:22:44.00	+00:52:36 (63.6%)	8:58	6.7 (49.3%)
1273	KOŁTUNICKA Agnieszka	1481		Open Kobiet	396	11:45	00:00:09	00:30:28	01:02:02	-00:11:00	01:22:42.85	01:22:52.20	+00:52:39 (63.7%)	9:22	6.4 (47.1%)
1274	DYBICKI Konrad	1436		Open Mężczyzn	876	12:15	00:00:06	00:33:19	01:03:22	-00:09:00	01:22:44.50	01:22:50.80	+00:52:40 (63.7%)	9:10	6.5 (47.8%)
1275	KALETA Piotr	927	FANGA TERROR TEAM	Open Mężczyzn	877	11:15	00:00:08	00:31:31	01:03:53	-00:06:00	01:23:05.40	01:23:13.55	+00:53:01 (63.8%)	8:54	6.7 (49.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria					Czas		Różn	Tempo min/km	Tempo km/h
							Czas startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata	netto 10km	brutto 10km			
1276	STRYŻKO Mariusz	451	WARSAW CREW	Open Mężczyzn	878	11:15	00:00:08	00:30:41	01:03:36	-00:14:00	01:23:14.60	01:23:23.25	+00:53:11 (63.9%)	9:43	6.2 (45.6%)
1277	PIETROSZEK Jacek	6	AGATA PIETROSZEK TEAM	Open Mężczyzn	879	09:00	00:00:08	00:27:29	00:58:30	-00:09:00	01:23:39.90	01:23:48.60	+00:53:36 (64.1%)	9:16	6.5 (47.8%)
1278	SAPIECHA Anna	79		Open Kobiet	397	09:00	00:00:09	00:27:01	00:58:03	-00:05:00	01:23:42.95	01:23:52.15	+00:53:39 (64.1%)	8:52	6.8 (50.0%)
1279	PIECHOTA Arkadiusz	1057		Open Mężczyzn	880	11:45	00:00:06	00:29:24	01:02:46	-00:13:00	01:23:45.35	01:23:51.85	+00:53:41 (64.1%)	9:40	6.2 (45.6%)
1280	BIŃKOWSKI Maciej	1380	SPARTAN SGX WARSAW	Open Mężczyzn	881	12:45	00:00:08	00:28:35	01:02:41	-00:06:00	01:23:50.00	01:23:58.70	+00:53:46 (64.1%)	8:59	6.7 (49.3%)
1281	PIĘNKOS Tomasz	590		Open Mężczyzn	882	10:15	00:00:07	00:29:23	01:03:00	-00:11:00	01:23:52.80	01:24:00.05	+00:53:49 (64.2%)	9:29	6.3 (46.3%)
1282	BACHORA Bartosz	1549		Open Mężczyzn	883	11:30	00:02:18	00:27:25	01:02:03	-00:13:00	01:24:01.00	01:26:19.25	+00:53:57 (64.2%)	9:42	6.2 (45.6%)
1283	WOŹNIAK Sandra	1489		Open Kobiet	398	12:00	00:00:06	00:28:49	00:59:35	-00:10:00	01:24:09.15	01:24:15.20	+00:54:05 (64.3%)	9:24	6.4 (47.1%)
1284	LASKUS Weronika	1028		Open Kobiet	399	11:30	00:00:09	00:29:17	01:00:22	-00:11:00	01:24:11.10	01:24:21.00	+00:54:07 (64.3%)	9:31	6.3 (46.3%)
1285	MIKUSEK Michał	751	JĘDRYCHY	Open Mężczyzn	884	10:45	00:02:03	00:28:23	00:59:32	-00:13:00	01:24:22.40	01:26:25.55	+00:54:18 (64.4%)	9:44	6.2 (45.6%)
1286	GOLON Kamila	662	ŁOMIANKI HUSARIA TEAM	Open Kobiet	400	10:45	00:00:07	00:27:28	00:58:25	-00:05:00	01:24:33.55	01:24:40.65	+00:54:29 (64.5%)	8:57	6.7 (49.3%)
1287	KOMOROWSKA Sylwia	677		Open Kobiet	401	10:30	00:00:09	00:30:44	01:00:54	-00:06:00	01:24:46.95	01:24:56.45	+00:54:43 (64.5%)	9:04	6.6 (48.5%)
1288	SKRĘTA Kasia	1146		Open Kobiet	402	12:00	00:00:07	00:30:34	01:01:21	-00:07:00	01:24:47.60	01:24:55.25	+00:54:44 (64.5%)	9:10	6.5 (47.8%)
1289	DELGERTSOGT Hongor	346		Open Mężczyzn	885	09:45	00:00:08	00:32:18	01:03:35	-00:12:00	01:24:50.30	01:24:58.80	+00:54:46 (64.6%)	9:41	6.2 (45.6%)
1290	MATWIEJCZYK Justyna	581		Open Kobiet	403	10:15	00:00:07	00:29:24	01:03:01	-00:10:00	01:24:52.55	01:25:00.20	+00:54:48 (64.6%)	9:29	6.3 (46.3%)
1291	MIERZEJEWSKA Anna	583		Open Kobiet	404	10:15	00:00:06	00:29:24	01:03:02	-00:10:00	01:24:52.75	01:24:59.40	+00:54:49 (64.6%)	9:29	6.3 (46.3%)
1292	SYRYCZYK Tomasz	389		Open Mężczyzn	886	12:30	00:00:08	00:27:47	01:01:07	-00:10:00	01:24:55.75	01:25:03.85	+00:54:52 (64.6%)	9:29	6.3 (46.3%)
1293	KORZEŃ Dariusz	1010	RENAULT TEAM	Open Mężczyzn	887	11:30	00:02:18	00:27:25	01:02:04	-00:12:00	01:25:00.95	01:27:19.25	+00:54:57 (64.6%)	9:42	6.2 (45.6%)
1294	FURMANIUK Ewa	1323	TEAM DORIS KRAKÓW	Open Kobiet	405	09:45	00:00:06	00:31:35	01:04:47	-00:13:00	01:25:09.45	01:25:16.05	+00:55:05 (64.7%)	9:49	6.1 (44.9%)
1295	OLKUSKA Anna	337	TEAM DORIS KRAKÓW	Open Kobiet	406	09:45	00:00:06	00:31:33	01:04:46	-00:13:00	01:25:10.00	01:25:16.05	+00:55:06 (64.7%)	9:49	6.1 (44.9%)
1296	SZCZEPANIK Dorota	339	TEAM DORIS KRAKÓW	Open Kobiet	407	09:45	00:00:06	00:31:32	01:04:45	-00:13:00	01:25:10.15	01:25:16.35	+00:55:06 (64.7%)	9:49	6.1 (44.9%)
1297	SZUBA Sonia	973	WARSAW CREW	Open Kobiet	408	11:15	00:00:08	00:30:42	01:03:36	-00:12:00	01:25:14.90	01:25:23.10	+00:55:11 (64.7%)	9:43	6.2 (45.6%)
1298	FIDOS Anna	920	DILERZY ASSISTANCE	Open Kobiet	409	11:15	00:00:06	00:30:02	01:02:57	-00:11:00	01:25:20.70	01:25:27.05	+00:55:17 (64.8%)	9:38	6.2 (45.6%)
1299	PELC Aleksandra	754	ŁOMIANKI HUSARIA TEAM	Open Kobiet	410	10:45	00:00:07	00:27:28	00:58:22	-00:04:00	01:25:42.35	01:25:50.30	+00:55:38 (64.9%)	8:58	6.7 (49.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1300	BRACH Michał	1359		Open Mężczyzn	888	11:30	00:00:08	00:25:46	00:58:09	-00:04:00	01:25:53.50	01:26:01.55	+00:55:49 (65.0%)	8:59	6.7 (49.3%)
1301	DĄBROWSKI Daniel	1021		Open Mężczyzn	889	11:00	00:00:06	00:28:50	01:02:18	-00:10:00	01:25:55.75	01:26:01.95	+00:55:52 (65.0%)	9:35	6.3 (46.3%)
1302	ZALEWSKA Adrianna	1197		Open Kobiet	411	12:15	00:00:04	00:30:10	01:02:08	-00:09:00	01:26:05.50	01:26:09.75	+00:56:01 (65.1%)	9:30	6.3 (46.3%)
1303	TADRAŁA Tomasz	1209	TOO FAST TOO FURIOUS	Open Mężczyzn	890	12:30	00:00:07	00:26:12	00:59:32	-00:07:00	01:26:09.75	01:26:17.40	+00:56:06 (65.1%)	9:19	6.4 (47.1%)
1304	KĄKOL Alicja	921	DILERZY ASSISTANCE	Open Kobiet	412	11:15	00:00:06	00:30:02	01:02:57	-00:10:00	01:26:20.90	01:26:27.45	+00:56:17 (65.2%)	9:38	6.2 (45.6%)
1305	JĘDRYCH Dominika	750	JĘDRYCHY	Open Kobiet	413	10:45	00:02:03	00:28:23	00:59:33	-00:11:00	01:26:22.50	01:28:25.55	+00:56:18 (65.2%)	9:44	6.2 (45.6%)
1306	KOSIM Mariola	787		Open Kobiet	414	10:45	00:00:08	00:32:43	01:05:41	-00:06:00	01:26:28.40	01:26:37.10	+00:56:24 (65.2%)	9:14	6.5 (47.8%)
1307	FEDEROWICZ Beata	351		Open Kobiet	415	09:45	00:00:08	00:28:42	01:02:22	-00:09:00	01:26:30.95	01:26:39.75	+00:56:27 (65.3%)	9:33	6.3 (46.3%)
1308	PAWŁOWSKA Agnieszka	1370		Open Kobiet	416	12:15	00:00:05	00:33:20	01:03:17	-00:09:00	01:26:36.05	01:26:41.05	+00:56:32 (65.3%)	9:33	6.3 (46.3%)
1309	RŻYCKA Hanna	179		Open Kobiet	417	09:15	00:00:04	00:28:55	01:02:06	-00:09:00	01:26:52.15	01:26:56.65	+00:56:48 (65.4%)	9:35	6.3 (46.3%)
1310	SZAFRAŃSKA Magdalena	1324	TEAM DORIS KRAKÓW	Open Kobiet	418	09:45	00:00:06	00:31:36	01:04:46	-00:11:00	01:27:09.65	01:27:16.20	+00:57:06 (65.5%)	9:49	6.1 (44.9%)
1311	PRUCIA Katarzyna	338	TEAM DORIS KRAKÓW	Open Kobiet	419	09:45	00:00:06	00:31:37	01:04:47	-00:11:00	01:27:09.85	01:27:16.20	+00:57:06 (65.5%)	9:49	6.1 (44.9%)
1312	JANUSZ Marlena	335	TEAM DORIS KRAKÓW	Open Kobiet	420	09:45	00:00:05	00:31:34	01:04:47	-00:11:00	01:27:10.90	01:27:16.00	+00:57:07 (65.5%)	9:49	6.1 (44.9%)
1313	SZYMCZAK Maciej	702		Open Mężczyzn	891	10:45	00:00:04	00:30:14	01:04:56	-00:13:00	01:27:25.15	01:27:29.75	+00:57:21 (65.6%)	10:02	6 (44.1%)
1314	PIETROSZEK Honorata	5	AGATA PIETROSZEK TEAM	Open Kobiet	421	09:00	00:00:08	00:27:29	00:58:31	-00:05:00	01:27:39.65	01:27:48.15	+00:57:36 (65.7%)	9:16	6.5 (47.8%)
1315	SIERPIEŃ Paulina	400		Open Kobiet	422	09:45	00:00:08	00:28:43	01:02:22	-00:07:00	01:28:31.00	01:28:39.80	+00:58:27 (66.0%)	9:33	6.3 (46.3%)
1316	NIEWIŃSKA Martyna	1428		Open Kobiet	423	12:15	00:00:06	00:33:20	01:03:23	-00:07:00	01:28:40.25	01:28:46.70	+00:58:36 (66.1%)	9:34	6.3 (46.3%)
1317	WOS Anna	296		Open Kobiet	424	09:30	00:00:10	00:27:39	01:01:05	-00:09:00	01:28:56.30	01:29:06.95	+00:58:52 (66.2%)	9:47	6.1 (44.9%)
1318	KACPRZAK Monika	535	MOCNIAMATORZY	Open Kobiet	425	10:15	00:00:06	00:27:04	01:05:54	-00:08:00	01:29:08.10	01:29:14.85	+00:59:04 (66.3%)	9:42	6.2 (45.6%)
1319	ŚCIBOR Albert	110	MOCNIAMATORZY	Open Mężczyzn	892	10:15	00:00:06	00:27:06	01:05:55	-00:08:00	01:29:08.15	01:29:15.00	+00:59:04 (66.3%)	9:42	6.2 (45.6%)
1320	GIERS Wojciech	752	ŁOMIANKI HUSARIA TEAM	Open Mężczyzn	893	10:45	00:00:07	00:30:11	01:04:53	-00:11:00	01:29:11.40	01:29:19.35	+00:59:07 (66.3%)	10:01	6 (44.1%)
1321	WIĄCEK Izabela	609		Open Kobiet	426	10:15	00:00:10	00:28:59	01:05:20	-00:07:00	01:29:32.85	01:29:43.35	+00:59:29 (66.4%)	9:39	6.2 (45.6%)
1322	GROTOWSKI Tomasz	810	CROSSFIT TORUŃ/REEBOK RUN CREW	Open Mężczyzn	894	11:00	00:00:07	00:28:45	01:03:11	-00:07:00	01:29:52.95	01:30:00.35	+00:59:49 (66.6%)	9:41	6.2 (45.6%)
1323	BORYSIEWICZ Monika	1020		Open Kobiet	427	11:00	00:00:06	00:28:53	01:02:18	-00:06:00	01:29:57.95	01:30:04.20	+00:59:54 (66.6%)	9:35	6.3 (46.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas			Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
							startu	Skrajna_1 5.4km	Skrajna_2 7.5km		netto 10km	brutto 10km			
1324	KMITA Aleksandra	881		Open Kobiet	428	11:00	00:00:05	00:28:51	01:02:18	-00:05:00	01:30:58.10	01:31:03.15	+01:00:54 (67.0%)	9:35	6.3 (46.3%)
1325	SZAROW Paulina	501		Open Kobiet	429	10:00	00:00:07	00:27:40	01:02:00	-00:02:00	01:31:03.35	01:31:10.95	+01:00:59 (67.0%)	9:18	6.4 (47.1%)
1326	BARCIŃSKA Magda	455		Open Kobiet	430	10:00	00:00:07	00:27:41	01:02:00	-00:02:00	01:31:04.15	01:31:11.35	+01:01:00 (67.0%)	9:18	6.4 (47.1%)
1327	KĘZIK Anna	311	FIGLARZE	Open Kobiet	431	09:30	00:00:10	00:27:42	01:01:06	-00:09:00	01:31:23.50	01:31:34.10	+01:01:19 (67.1%)	10:02	6 (44.1%)
1328	BIELAWSKA Ewa	245		Open Kobiet	432	09:30	00:00:10	00:27:42	01:01:07	-00:08:00	01:32:23.40	01:32:33.85	+01:02:19 (67.5%)	10:02	6 (44.1%)
1329	LABA Anna	789		Open Kobiet	433	10:45	00:00:09	00:32:42	01:05:39		01:32:28.45	01:32:37.50	+01:02:24 (67.5%)	9:14	6.5 (47.8%)
1330	JAKUBCZAK Paulina	783		Open Kobiet	434	10:45	00:00:06	00:31:33	01:05:56	-00:07:00	01:32:43.45	01:32:50.30	+01:02:39 (67.6%)	9:58	6 (44.1%)
1331	STRUSKA Oliwia	755	ŁOMIANKI HUSARIA TEAM	Open Kobiet	435	10:45	00:00:07	00:30:10	01:04:53	-00:07:00	01:33:11.75	01:33:19.35	+01:03:08 (67.7%)	10:01	6 (44.1%)
1332	PAWŁOWSKA Maria	654	ŻMIJE	Open Kobiet	436	09:30	00:00:09	00:32:29	01:08:16	-00:12:00	01:33:35.85	01:33:45.05	+01:03:32 (67.9%)	10:33	5.7 (41.9%)
1333	OPITZ Agnieszka	653	ŻMIJE	Open Kobiet	437	09:00	00:29:21	00:32:29	01:08:17	-00:12:00	01:33:36.30	02:02:57.50	+01:03:32 (67.9%)	10:33	5.7 (41.9%)
1334	SOKÓŁ Anna	496		Open Kobiet	438	10:00	00:00:13	00:32:18	01:09:30	-00:10:00	01:33:36.70	01:33:49.85	+01:03:33 (67.9%)	10:21	5.8 (42.6%)
1335	ŁUKOWSKA Ewa	63		Open Kobiet	439	11:45	00:00:08	00:33:11	01:08:35	-00:11:00	01:34:09.55	01:34:17.95	+01:04:05 (68.1%)	10:30	5.7 (41.9%)
1336	SAJNOG Lena	1144		Open Kobiet	440	12:00	00:00:08	00:31:50	01:11:20	-00:08:00	01:36:27.65	01:36:36.00	+01:06:24 (68.8%)	10:26	5.7 (41.9%)
1337	PAKUŁA Oktawia	536	MOCNIAMATORZY	Open Kobiet	441	10:15	00:00:06	00:29:44	01:06:42	-00:09:00	01:36:41.30	01:36:48.25	+01:06:37 (68.9%)	10:34	5.7 (41.9%)
1338	KORONA-WILK Edyta	469		Open Kobiet	442	10:00	00:00:14	00:32:18	01:09:30	-00:06:00	01:37:45.85	01:38:00.00	+01:07:42 (69.3%)	10:22	5.8 (42.6%)
1339	MACHALSKA Iwona	1525		Open Kobiet	443	11:45	00:00:06	00:33:13	01:08:38	-00:05:00	01:40:11.60	01:40:17.80	+01:10:08 (70.0%)	10:31	5.7 (41.9%)
1340	KOCHANOWSKI Paweł	1181	MONSTERY	Open Mężczyzn	895	12:15	00:00:08	00:33:15	01:13:41	-00:09:00	01:47:29.75	01:47:37.95	+01:17:26 (72.0%)	11:38	5.2 (38.2%)
1341	NIEŚLUCHOWSKI Kamil	1416	LEPIEJ PÓŹNO NIŻ WCALE	Open Mężczyzn	896	12:15	00:00:05	00:36:17	01:18:29	-00:12:00	01:49:42.40	01:49:48.05	+01:19:38 (72.6%)	12:10	4.9 (36.0%)
1342	KOCHANOWSKA Karina	1180	MONSTERY	Open Kobiet	444	12:15	00:00:07	00:33:16	01:13:43	-00:06:00	01:50:29.70	01:50:37.40	+01:20:26 (72.8%)	11:39	5.2 (38.2%)
1343	KOWALCZYK Katarzyna	1410	LEPIEJ PÓŹNO NIŻ WCALE	Open Kobiet	445	12:15	00:00:05	00:36:14	01:18:28	-00:07:00	01:54:25.15	01:54:30.30	+01:24:21 (73.7%)	12:08	4.9 (36.0%)
1344	ZAGÓRSKA Sylwia	1390	LEPIEJ PÓŹNO NIŻ WCALE	Open Kobiet	446	12:15	00:00:05	00:36:15	01:18:29	-00:06:00	01:55:35.80	01:55:41.50	+01:25:32 (74.0%)	12:09	4.9 (36.0%)
1345	PAWŁOWSKI Kamil	856	OCR TEAM WŁOCLAWEK	Open Mężczyzn	897	11:00	00:00:04	00:21:51	00:45:07	-00:14:00			+00:25:29	7:18	8.2 (60.3%)
1346	CHRZANOWSKA Agata	806	CEBULAKI	Open Kobiet	447	11:00	00:00:05	00:15:10	00:32:15	-00:12:00			+00:06:46	5:23	11.1 (81.6%)
1347	CHROSTOWSKI Karol	916	CROSS ELITE GRAJEWO	Open Mężczyzn	898	11:15	00:00:02	00:16:56	00:35:58	-00:13:00			+00:12:02	5:58	10 (73.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1348	PTASZYNSKI Michal	933	IDEALER.PL	Open Mężczyzn	899	11:15	00:00:03	00:17:25	00:36:20	-00:13:00			+00:12:05	5:59	10 (73.5%)
1349	KOWALCZYK Marlena	883		Open Kobiet	448	11:00	00:00:05	00:21:50	00:45:06	-00:10:00			+00:24:48	7:23	8.1 (59.6%)
1350	OWCZAREK Adam	894		Open Mężczyzn	900	11:00	00:00:04	00:24:14	00:46:02	-00:13:00			+00:25:00	7:25	8.1 (59.6%)
1351	GAPSKI Piotr	831	LOFT TEAM EXTREME	Open Mężczyzn	901	11:00	00:00:04	00:20:02	00:43:40	-00:10:00			+00:25:04	7:25	8.1 (59.6%)
1352	KOZŁOWSKA Alicja	886		Open Kobiet	449	11:00	00:00:00	00:20:58	00:44:43	-00:10:00			+	7:28	8 (58.8%)
1353	CHUDZIŃSKI Bartosz	830	LOFT TEAM EXTREME	Open Mężczyzn	902	11:00	00:00:03	00:20:24	00:44:03	-00:12:00			+00:25:39	7:29	8 (58.8%)
1354	WOŹNIAK Agata	1517		Open Kobiet	450	10:45	00:00:08	00:27:14	00:56:05	-00:10:00			+00:39:38	9:02	6.6 (48.5%)
1355	BOCIAN Marcin	776		Open Mężczyzn	903	10:45	00:00:08	00:26:28	00:55:32	-00:11:00			+00:39:54	9:04	6.6 (48.5%)
1356	KARPOWICZ Jan	786		Open Mężczyzn	904	10:45	00:00:08	00:26:30	00:55:32	-00:12:00			+00:39:54	9:04	6.6 (48.5%)
1357	DOBROGOST Maciej	717	CROSSFIT GCW	Open Mężczyzn	905	10:45	00:00:07	00:28:23	00:58:53	-00:13:00			+00:40:23	9:07	6.6 (48.5%)
1358	SMALA Dorota	699		Open Kobiet	451	10:30	00:00:08	00:32:23	01:05:58	-00:09:00			+00:47:33	10:25	5.8 (42.6%)
1359	AMATO Giuseppe	241		Open Mężczyzn	906	09:30	00:00:00	00:19:51		-00:04:00			+	5:04	11.8 (86.8%)
1360	KOWALSKA Katarzyna	788		Open Kobiet	452	10:45	00:00:09	00:26:25	00:55:32	-00:08:00			+00:30:34	8:03	7.4 (54.4%)
1361	GĄTNICKI Mateusz	1239		Open Mężczyzn	907	12:45	00:00:03	00:17:28	00:40:20	-00:07:00			+00:12:12	5:22	11.2 (82.4%)
1362	FOGIEL Marcin	722	CROSSFIT GCW	Open Mężczyzn	908	10:45	00:00:07	00:28:24	00:59:10	-00:01:00			+00:31:03	7:53	7.6 (55.9%)
1363	JEDYNAK Mateusz	50		Open Mężczyzn	909	09:00	00:00:03	00:21:04		-00:04:00			+00:08:05	3:54	15.4 (113.2%)
1364	PAPROT Katarzyna	1137		Open Kobiet	453	12:00	00:00:07								(0.0%)

Znaleziono 1364 wynik(ów)