



# REEBOK POWERUN BY RUNMAGEDDON

B4SPORT  
INTELEGENNE ZAWODY SPORTOWE

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

**B4SPORT**  
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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   | <b>SYPNIEWSKI Marcin</b> | <b>1292</b> |                         | Open Mężczyzn | 1    | 09:15 | 00:00:03    | 00:12:59        | 00:28:08        | -00:14:00        | <b>00:30:03.60</b> | <b>00:30:07.25</b> |                   | 4:24         | 13.6 (100%)   |
| 2   | <b>JABŁOŃSKI Artur</b>   | <b>444</b>  | REEBOK RUN CREW         | Open Mężczyzn | 2    | 09:45 | 00:00:04    | 00:12:16        | 00:25:59        | -00:10:00        | <b>00:30:24.15</b> | <b>00:30:29.05</b> | +00:00:20 (1.1%)  | 4:02         | 14.8 (108.8%) |
| 3   | <b>HRADECKÝ Petr</b>     | <b>226</b>  | REEBOK RUN CREW CZ      | Open Mężczyzn | 3    | 09:30 | 00:00:04    | 00:13:55        | 00:29:20        | -00:13:00        | <b>00:32:00.60</b> | <b>00:32:05.00</b> | +00:01:57 (6.1%)  | 4:30         | 13.3 (97.8%)  |
| 4   | <b>KASZA Rafał</b>       | <b>675</b>  |                         | Open Mężczyzn | 4    | 10:30 | 00:00:03    | 00:14:18        | 00:29:46        | -00:14:00        | <b>00:32:20.25</b> | <b>00:32:23.65</b> | +00:02:16 (7.0%)  | 4:38         | 12.9 (94.9%)  |
| 5   | <b>BURIAN Miroslav</b>   | <b>225</b>  | REEBOK RUN CREW CZ      | Open Mężczyzn | 5    | 09:30 | 00:00:04    | 00:13:30        | 00:28:53        | -00:12:00        | <b>00:32:22.50</b> | <b>00:32:27.15</b> | +00:02:18 (7.2%)  | 4:26         | 13.5 (99.3%)  |
| 6   | <b>ŁYŻWIŃSKI Tomasz</b>  | <b>268</b>  |                         | Open Mężczyzn | 6    | 09:30 | 00:00:04    | 00:13:40        | 00:28:46        | -00:11:00        | <b>00:33:35.70</b> | <b>00:33:40.50</b> | +00:03:32 (10.5%) | 4:27         | 13.5 (99.3%)  |
| 7   | <b>OSTAPCZUK Karol</b>   | <b>233</b>  | RUNNERSCLUB.PL WARSZAWA | Open Mężczyzn | 7    | 09:30 | 00:00:10    | 00:13:30        | 00:29:11        | -00:11:00        | <b>00:34:06.65</b> | <b>00:34:17.00</b> | +00:04:03 (11.9%) | 4:30         | 13.3 (97.8%)  |
| 8   | <b>PUPKOWSKI Kamil</b>   | <b>10</b>   | ALGRAF RACE TEAM        | Open Mężczyzn | 8    | 09:00 | 00:00:02    | 00:14:22        | 00:31:03        | -00:14:00        | <b>00:34:45.70</b> | <b>00:34:48.55</b> | +00:04:42 (13.5%) | 4:52         | 12.3 (90.4%)  |
| 9   | <b>ŻAK Mariusz</b>       | <b>1255</b> |                         | Open Mężczyzn | 9    | 12:45 | 00:00:03    | 00:14:03        | 00:30:07        | -00:13:00        | <b>00:34:58.60</b> | <b>00:35:02.25</b> | +00:04:55 (14.1%) | 4:47         | 12.5 (91.9%)  |
| 10  | <b>DĄBEK Adam</b>        | <b>1297</b> |                         | Open Mężczyzn | 10   | 10:45 | 00:00:04    | 00:14:47        | 00:31:39        | -00:14:00        | <b>00:35:20.65</b> | <b>00:35:25.40</b> | +00:05:17 (15.0%) | 4:56         | 12.2 (89.7%)  |
| 11  | <b>BĘTKOWSKI Piotr</b>   | <b>407</b>  | ADIDAS RUNNERS WARSAW   | Open Mężczyzn | 11   | 10:00 | 00:00:02    | 00:11:35        | 00:24:52        |                  | <b>00:35:29.70</b> | <b>00:35:32.65</b> | +00:05:26 (15.3%) | 3:33         | 16.9 (124.3%) |
| 12  | <b>SZADKOWSKI Witold</b> | <b>85</b>   |                         | Open Mężczyzn | 12   | 09:00 | 00:00:02    | 00:14:20        | 00:30:10        | -00:07:00        | <b>00:35:33.60</b> | <b>00:35:36.40</b> | +00:05:30 (15.5%) | 4:15         | 14.1 (103.7%) |
| 13  | <b>BORYSEWICZ Wiktor</b> | <b>829</b>  | LOFT TEAM EXTREME       | Open Mężczyzn | 13   | 11:00 | 00:00:02    | 00:15:08        | 00:32:07        | -00:14:00        | <b>00:35:42.20</b> | <b>00:35:45.05</b> | +00:05:38 (15.8%) | 4:58         | 12.1 (89.0%)  |
| 14  | <b>BEDNÁŘ Richard</b>    | <b>224</b>  | REEBOK RUN CREW CZ      | Open Mężczyzn | 14   | 09:30 | 00:00:04    | 00:14:08        | 00:30:20        | -00:12:00        | <b>00:35:57.50</b> | <b>00:36:01.85</b> | +00:05:53 (16.4%) | 4:47         | 12.5 (91.9%)  |
| 15  | <b>KR?L Dariusz</b>      | <b>474</b>  |                         | Open Mężczyzn | 15   | 10:00 | 00:00:03    | 00:14:44        | 00:31:18        | -00:13:00        | <b>00:36:22.75</b> | <b>00:36:26.45</b> | +00:06:19 (17.4%) | 4:56         | 12.1 (89.0%)  |
| 16  | <b>BIENIECKI Jaro</b>    | <b>1451</b> |                         | Open Mężczyzn | 16   | 11:45 | 00:00:03    | 00:15:21        | 00:32:04        | -00:14:00        | <b>00:36:46.95</b> | <b>00:36:50.10</b> | +00:06:43 (18.3%) | 5:04         | 11.8 (86.8%)  |

| 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 |                    |                    |                   |              |               |
| 17  | <b>SIERZAN Kamil</b>      | <b>1171</b> | CROSSFIT URSYNÓW      | Open Mężczyzn | 17   | 12:15 | 00:00:04 | 00:15:39        | 00:33:07        | -00:14:00        | <b>00:37:16.35</b> | <b>00:37:20.60</b> | +00:07:12 (19.4%) | 5:07         | 11.7 (86.0%)  |
| 18  | <b>WILK Sylwester</b>     | <b>1321</b> |                       | Open Mężczyzn | 18   | 11:15 | 00:00:02 | 00:15:51        | 00:33:51        | -00:14:00        | <b>00:37:20.55</b> | <b>00:37:23.30</b> | +00:07:16 (19.5%) | 5:08         | 11.7 (86.0%)  |
| 19  | <b>PODGORSKI Marek</b>    | <b>1467</b> |                       | Open Mężczyzn | 19   | 09:00 | 00:00:02 | 00:15:11        | 00:32:53        | -00:14:00        | <b>00:37:43.30</b> | <b>00:37:46.05</b> | +00:07:39 (20.3%) | 5:10         | 11.6 (85.3%)  |
| 20  | <b>ŁAPIŃSKA Anna</b>      | <b>1326</b> |                       | Open Kobiet   | 1    | 09:00 | 00:00:03 | 00:12:32        | 00:26:31        |                  | <b>00:37:48.15</b> | <b>00:37:51.15</b> | +00:07:44 (20.5%) | 3:46         | 15.9 (116.9%) |
| 21  | <b>RYBARCZYK Paweł</b>    | <b>11</b>   | ALGRAF RACE TEAM      | Open Mężczyzn | 20   | 09:00 | 00:00:03 | 00:15:12        | 00:31:57        | -00:12:00        | <b>00:38:25.10</b> | <b>00:38:28.25</b> | +00:08:21 (21.8%) | 5:02         | 11.9 (87.5%)  |
| 22  | <b>ZIELIŃSKI Maciej</b>   | <b>237</b>  | XRUNNERS              | Open Mężczyzn | 21   | 09:30 | 00:00:04 | 00:15:11        | 00:33:18        | -00:13:00        | <b>00:38:26.55</b> | <b>00:38:30.60</b> | +00:08:22 (21.8%) | 5:08         | 11.7 (86.0%)  |
| 23  | <b>MOGIŁA Bartosz</b>     | <b>1454</b> | LES MILLS             | Open Mężczyzn | 22   | 11:45 | 00:00:06 | 00:15:31        | 00:32:44        | -00:09:00        | <b>00:38:27.60</b> | <b>00:38:34.55</b> | +00:08:24 (21.8%) | 4:44         | 12.6 (92.6%)  |
| 24  | <b>ZOŃ Arkadiusz</b>      | <b>960</b>  | SUWAL ATHLETICA       | Open Mężczyzn | 23   | 11:15 | 00:00:02 | 00:15:52        | 00:33:51        | -00:14:00        | <b>00:38:29.70</b> | <b>00:38:32.55</b> | +00:08:26 (21.9%) | 5:15         | 11.4 (83.8%)  |
| 25  | <b>STANCLIK Krzysztof</b> | <b>1072</b> | CROSSFIT POŁUDNIE     | Open Mężczyzn | 24   | 12:00 | 00:00:03 | 00:15:27        | 00:32:46        | -00:13:00        | <b>00:38:32.50</b> | <b>00:38:36.45</b> | +00:08:28 (22.0%) | 5:09         | 11.6 (85.3%)  |
| 26  | <b>HEŁMECKI Mateusz</b>   | <b>46</b>   |                       | Open Mężczyzn | 25   | 09:00 | 00:00:03 | 00:15:32        | 00:32:45        | -00:12:00        | <b>00:38:44.05</b> | <b>00:38:47.40</b> | +00:08:40 (22.4%) | 5:04         | 11.8 (86.8%)  |
| 27  | <b>SZYSZKO Cezary</b>     | <b>1284</b> | POWER TRAINING        | Open Mężczyzn | 26   | 10:30 | 00:00:05 | 00:14:52        | 00:32:41        | -00:13:00        | <b>00:38:49.85</b> | <b>00:38:55.45</b> | +00:08:46 (22.6%) | 5:11         | 11.6 (85.3%)  |
| 28  | <b>ZWĘGLIŃSKI Michał</b>  | <b>735</b>  | CROSSFIT GCW          | Open Mężczyzn | 27   | 10:45 | 00:00:05 | 00:16:16        | 00:34:12        | -00:14:00        | <b>00:38:57.25</b> | <b>00:39:02.65</b> | +00:08:53 (22.8%) | 5:17         | 11.3 (83.1%)  |
| 29  | <b>SŁADEK Patryk</b>      | <b>9</b>    | AGATA PIETROSZEK TEAM | Open Mężczyzn | 28   | 09:00 | 00:00:02 | 00:15:30        | 00:33:15        | -00:13:00        | <b>00:39:03.00</b> | <b>00:39:05.95</b> | +00:08:59 (23.0%) | 5:12         | 11.5 (84.6%)  |
| 30  | <b>UGRYN Maciej</b>       | <b>608</b>  |                       | Open Mężczyzn | 29   | 10:15 | 00:00:04 | 00:16:37        | 00:33:16        | -00:11:00        | <b>00:39:05.15</b> | <b>00:39:09.90</b> | +00:09:01 (23.1%) | 5:00         | 12 (88.2%)    |
| 31  | <b>WIETRZYŃSKI Maciej</b> | <b>749</b>  | HUSARIA RACE TEAM     | Open Mężczyzn | 30   | 10:45 | 00:00:03 | 00:15:08        | 00:33:27        | -00:14:00        | <b>00:39:07.85</b> | <b>00:39:11.15</b> | +00:09:04 (23.2%) | 5:18         | 11.3 (83.1%)  |
| 32  | <b>KOSMA Michał</b>       | <b>571</b>  |                       | Open Mężczyzn | 31   | 10:15 | 00:00:05 | 00:15:40        | 00:33:42        | -00:13:00        | <b>00:39:09.60</b> | <b>00:39:14.85</b> | +00:09:06 (23.2%) | 5:12         | 11.5 (84.6%)  |
| 33  | <b>KUJAN René</b>         | <b>1182</b> | REEBOK CZECHIA        | Open Mężczyzn | 32   | 12:15 | 00:00:06 | 00:16:03        | 00:33:37        | -00:13:00        | <b>00:39:12.45</b> | <b>00:39:19.05</b> | +00:09:08 (23.3%) | 5:13         | 11.5 (84.6%)  |
| 34  | <b>KONDRACIUK Piotr</b>   | <b>16</b>   | CROSSFIT BIAŁYSTOK    | Open Mężczyzn | 33   | 09:00 | 00:00:03 | 00:15:50        | 00:33:54        | -00:12:00        | <b>00:39:25.60</b> | <b>00:39:28.85</b> | +00:09:22 (23.8%) | 5:08         | 11.7 (86.0%)  |
| 35  | <b>WRÓBLEWSKI Michał</b>  | <b>1310</b> | GRA RUNNERS           | Open Mężczyzn | 34   | 12:30 | 00:00:05 | 00:16:02        | 00:33:32        | -00:12:00        | <b>00:39:31.90</b> | <b>00:39:37.35</b> | +00:09:28 (24.0%) | 5:09         | 11.6 (85.3%)  |
| 36  | <b>WÓJCIK Karol</b>       | <b>910</b>  |                       | Open Mężczyzn | 35   | 11:00 | 00:00:03 | 00:16:03        | 00:34:37        | -00:14:00        | <b>00:39:32.80</b> | <b>00:39:36.65</b> | +00:09:29 (24.0%) | 5:21         | 11.2 (82.4%)  |
| 37  | <b>ŻEBROWSKI Michał</b>   | <b>403</b>  |                       | Open Mężczyzn | 36   | 09:45 | 00:00:08 | 00:16:06        | 00:34:03        | -00:14:00        | <b>00:39:40.25</b> | <b>00:39:48.50</b> | +00:09:36 (24.2%) | 5:22         | 11.2 (82.4%)  |
| 38  | <b>ŚWIĄTEK Łukasz</b>     | <b>1175</b> | CROSSFIT URSYNÓW      | Open Mężczyzn | 37   | 12:15 | 00:00:06 | 00:16:38        | 00:34:28        | -00:13:00        | <b>00:39:55.70</b> | <b>00:40:02.55</b> | +00:09:52 (24.7%) | 5:17         | 11.3 (83.1%)  |
| 39  | <b>JUSIŃSKI Krystian</b>  | <b>51</b>   |                       | Open Mężczyzn | 38   | 09:00 | 00:00:03 | 00:12:54        | 00:28:11        |                  | <b>00:40:03.05</b> | <b>00:40:06.50</b> | +00:09:59 (24.9%) | 4:00         | 15 (110.3%)   |
| 40  | <b>VCELIS Michał</b>      | <b>1196</b> |                       | Open Mężczyzn | 39   | 12:15 | 00:00:06 | 00:15:56        | 00:33:38        | -00:11:00        | <b>00:40:04.25</b> | <b>00:40:11.10</b> | +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  | <b>ŻELAZKOWSKI Kacper</b>      | <b>98</b>   |                                  | Open Mężczyzn | 40   | 09:00 | 00:00:02    | 00:15:38        | 00:33:55        | -00:14:00        | <b>00:40:06.20</b> | <b>00:40:08.75</b> | +00:10:02 (25.0%) | 5:24         | 11.1 (81.6%)  |
| 42  | <b>KUKLA Janusz</b>            | <b>1183</b> | ROSSMANN                         | Open Mężczyzn | 41   | 12:15 | 00:00:05    | 00:15:18        | 00:32:49        | -00:12:00        | <b>00:40:07.40</b> | <b>00:40:12.60</b> | +00:10:03 (25.1%) | 5:12         | 11.5 (84.6%)  |
| 43  | <b>JAGIELSKA Ewa</b>           | <b>1044</b> | REEBOK RUN CREW                  | Open Kobiet   | 2    | 12:45 | 00:00:04    | 00:13:24        | 00:28:30        |                  | <b>00:40:11.20</b> | <b>00:40:15.25</b> | +00:10:07 (25.2%) | 4:01         | 14.9 (109.6%) |
| 44  | <b>REMISZEWSKI Paweł</b>       | <b>1094</b> | REEBOK RUN CREW ŁOMŻA            | Open Mężczyzn | 42   | 11:45 | 00:00:05    | 00:16:21        | 00:34:01        | -00:12:00        | <b>00:40:13.00</b> | <b>00:40:18.35</b> | +00:10:09 (25.3%) | 5:13         | 11.5 (84.6%)  |
| 45  | <b>BIELEC Karol</b>            | <b>957</b>  | ROZBIEGAMY NOWY DWÓR             | Open Mężczyzn | 43   | 11:45 | 00:00:03    | 00:14:06        | 00:31:09        | -00:08:00        | <b>00:40:13.30</b> | <b>00:40:17.00</b> | +00:10:09 (25.3%) | 4:49         | 12.4 (91.2%)  |
| 46  | <b>CHOŁUJ Łukasz</b>           | <b>151</b>  |                                  | Open Mężczyzn | 44   | 09:15 | 00:00:04    | 00:16:06        | 00:34:06        | -00:14:00        | <b>00:40:15.40</b> | <b>00:40:20.35</b> | +00:10:11 (25.3%) | 5:25         | 11.1 (81.6%)  |
| 47  | <b>TEJWAN Leszek</b>           | <b>605</b>  |                                  | Open Mężczyzn | 45   | 10:15 | 00:00:04    | 00:15:50        | 00:34:34        | -00:14:00        | <b>00:40:28.05</b> | <b>00:40:32.15</b> | +00:10:24 (25.7%) | 5:26         | 11 (80.9%)    |
| 48  | <b>MAJCHROWICZ Damian</b>      | <b>685</b>  |                                  | Open Mężczyzn | 46   | 10:30 | 00:00:04    | 00:15:58        | 00:33:58        | -00:14:00        | <b>00:40:37.55</b> | <b>00:40:41.70</b> | +00:10:33 (26.0%) | 5:27         | 11 (80.9%)    |
| 49  | <b>KODYM Mateusz</b>           | <b>364</b>  |                                  | Open Mężczyzn | 47   | 09:45 | 00:00:08    | 00:16:06        | 00:34:03        | -00:13:00        | <b>00:40:40.70</b> | <b>00:40:48.95</b> | +00:10:37 (26.1%) | 5:22         | 11.2 (82.4%)  |
| 50  | <b>GRZYWNA Grzegorz</b>        | <b>138</b>  | WKB META LUBLINIEC               | Open Mężczyzn | 48   | 09:00 | 00:00:02    | 00:12:40        | 00:28:16        |                  | <b>00:40:43.25</b> | <b>00:40:45.95</b> | +00:10:39 (26.2%) | 4:04         | 14.7 (108.1%) |
| 51  | <b>PYZ Marek</b>               | <b>1089</b> | OFF-ROAD RUNNERS BENEFIT SYSTEMS | Open Mężczyzn | 49   | 12:00 | 00:00:04    | 00:16:28        | 00:34:14        | -00:12:00        | <b>00:40:48.65</b> | <b>00:40:52.75</b> | +00:10:45 (26.3%) | 5:16         | 11.4 (83.8%)  |
| 52  | <b>SPURNÝ Jiří</b>             | <b>229</b>  | REEBOK RUN CREW CZ               | Open Mężczyzn | 50   | 09:30 | 00:00:00    | 00:16:35        | 00:35:04        | -00:08:00        | <b>00:40:53.00</b> | <b>00:40:53.00</b> | +00:10:49 (26.5%) | 4:53         | 12.3 (90.4%)  |
| 53  | <b>LOREK Jarosław</b>          | <b>267</b>  |                                  | Open Mężczyzn | 51   | 09:30 | 00:00:08    | 00:16:57        | 00:35:06        | -00:14:00        | <b>00:40:53.40</b> | <b>00:41:01.80</b> | +00:10:49 (26.5%) | 5:29         | 10.9 (80.1%)  |
| 54  | <b>GORSZKO Tomasz</b>          | <b>519</b>  | DZIKIE DZIKI MIGU                | Open Mężczyzn | 52   | 10:15 | 00:00:07    | 00:16:58        | 00:35:15        | -00:13:00        | <b>00:40:56.75</b> | <b>00:41:04.35</b> | +00:10:53 (26.6%) | 5:23         | 11.1 (81.6%)  |
| 55  | <b>SŁODKI Grzegorz</b>         | <b>131</b>  | SRTG NIEPOŁOMICE                 | Open Mężczyzn | 53   | 09:00 | 00:00:03    | 00:16:39        | 00:35:17        | -00:13:00        | <b>00:41:09.55</b> | <b>00:41:12.85</b> | +00:11:05 (27.0%) | 5:24         | 11.1 (81.6%)  |
| 56  | <b>SELIANIN Dmytro</b>         | <b>1288</b> |                                  | Open Mężczyzn | 54   | 12:45 | 00:00:03    | 00:15:43        | 00:34:06        | -00:13:00        | <b>00:41:25.05</b> | <b>00:41:28.50</b> | +00:11:21 (27.4%) | 5:26         | 11 (80.9%)    |
| 57  | <b>RATALEWSKI Paweł</b>        | <b>1268</b> | CROSSFIT MGW                     | Open Mężczyzn | 55   | 11:45 | 00:00:04    | 00:16:25        | 00:34:03        | -00:13:00        | <b>00:41:35.75</b> | <b>00:41:40.40</b> | +00:11:32 (27.7%) | 5:27         | 11 (80.9%)    |
| 58  | <b>BYŚKIEWICZ Mariusz</b>      | <b>1539</b> |                                  | Open Mężczyzn | 56   | 12:45 | 00:00:05    | 00:13:35        | 00:30:20        | -00:06:00        | <b>00:41:37.85</b> | <b>00:41:43.20</b> | +00:11:34 (27.8%) | 4:45         | 12.6 (92.6%)  |
| 59  | <b>DELEWSKA Dalia</b>          | <b>1009</b> | REEBOK RUN CREW                  | Open Kobiet   | 3    | 11:30 | 00:00:05    | 00:13:39        | 00:29:22        |                  | <b>00:41:41.90</b> | <b>00:41:47.35</b> | +00:11:38 (27.9%) | 4:10         | 14.4 (105.9%) |
| 60  | <b>KAMECKI Krystian</b>        | <b>945</b>  | ROSSMANN                         | Open Mężczyzn | 57   | 11:15 | 00:00:05    | 00:16:45        | 00:35:21        | -00:14:00        | <b>00:41:45.10</b> | <b>00:41:50.80</b> | +00:11:41 (28.0%) | 5:34         | 10.8 (79.4%)  |
| 61  | <b>GOLIŃSKI Dominik</b>        | <b>23</b>   | FORMA CROSS TEAM                 | Open Mężczyzn | 58   | 11:30 | 00:00:05    | 00:15:56        | 00:34:19        | -00:13:00        | <b>00:41:57.10</b> | <b>00:42:02.95</b> | +00:11:53 (28.3%) | 5:29         | 10.9 (80.1%)  |
| 62  | <b>RADKA Włodzimierz</b>       | <b>282</b>  |                                  | Open Mężczyzn | 59   | 09:30 | 00:00:05    | 00:17:12        | 00:35:27        | -00:13:00        | <b>00:41:59.00</b> | <b>00:42:04.80</b> | +00:11:55 (28.4%) | 5:29         | 10.9 (80.1%)  |
| 63  | <b>TRYBUSZKIEWICZ Wojciech</b> | <b>1034</b> |                                  | Open Mężczyzn | 60   | 10:30 | 00:00:00    | 00:15:58        | 00:33:22        | -00:09:00        | <b>00:42:04.15</b> | <b>00:42:04.15</b> | +00:12:00 (28.5%) | 5:06         | 11.7 (86.0%)  |
| 64  | <b>SATER Maksymilian</b>       | <b>1200</b> | FAJERFAJTERS I                   | Open Mężczyzn | 61   | 12:30 | 00:00:07    | 00:17:20        | 00:35:28        | -00:13:00        | <b>00:42:16.45</b> | <b>00:42:24.10</b> | +00:12:12 (28.9%) | 5:31         | 10.9 (80.1%)  |

| 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               |                   |              |              |
| 65  | <b>FALINSKI Grzegorz</b>  | <b>327</b>  | RSSW                          | Open Mężczyzn | 62   | 09:45 | 00:00:04    | 00:16:16        | 00:34:44        | -00:12:00        | <b>00:42:18.35</b> | <b>00:42:23.30</b> | +00:12:14 (28.9%) | 5:25         | 11 (80.9%)   |
| 66  | <b>KOSECKI Konrad</b>     | <b>1117</b> |                               | Open Mężczyzn | 63   | 12:00 | 00:00:00    | 00:16:48        | 00:35:06        | -00:13:00        | <b>00:42:18.90</b> | <b>00:42:18.90</b> | +00:12:15 (29.0%) | 5:31         | 10.8 (79.4%) |
| 67  | <b>ZDEBEL Dariusz</b>     | <b>509</b>  |                               | Open Mężczyzn | 64   | 10:00 | 00:00:03    | 00:15:29        | 00:33:08        | -00:08:00        | <b>00:42:21.90</b> | <b>00:42:25.45</b> | +00:12:18 (29.0%) | 5:02         | 11.9 (87.5%) |
| 68  | <b>STRYJEK Janusz</b>     | <b>185</b>  |                               | Open Mężczyzn | 65   | 09:15 | 00:00:06    | 00:16:50        | 00:35:38        | -00:13:00        | <b>00:42:25.00</b> | <b>00:42:31.30</b> | +00:12:21 (29.1%) | 5:32         | 10.8 (79.4%) |
| 69  | <b>ZAJKO Michał</b>       | <b>1227</b> | CROSSFIT Z16                  | Open Mężczyzn | 66   | 12:45 | 00:00:03    | 00:17:01        | 00:36:35        | -00:14:00        | <b>00:42:29.40</b> | <b>00:42:33.35</b> | +00:12:25 (29.3%) | 5:39         | 10.6 (77.9%) |
| 70  | <b>TOBER Milan</b>        | <b>799</b>  |                               | Open Mężczyzn | 67   | 10:45 | 00:00:03    | 00:16:27        | 00:34:29        | -00:11:00        | <b>00:42:32.05</b> | <b>00:42:35.70</b> | +00:12:28 (29.3%) | 5:21         | 11.2 (82.4%) |
| 71  | <b>KOWALSKI Grzegorz</b>  | <b>165</b>  |                               | Open Mężczyzn | 68   | 09:15 | 00:00:05    | 00:16:07        | 00:33:44        | -00:09:00        | <b>00:42:36.20</b> | <b>00:42:41.90</b> | +00:12:32 (29.4%) | 5:09         | 11.6 (85.3%) |
| 72  | <b>ZAWIASA Adam</b>       | <b>1424</b> | TEAM BIEGAJ POD OKIEM TRENERA | Open Mężczyzn | 69   | 11:30 | 00:00:08    | 00:19:02        | 00:37:05        | -00:13:00        | <b>00:42:38.00</b> | <b>00:42:46.70</b> | +00:12:34 (29.5%) | 5:33         | 10.8 (79.4%) |
| 73  | <b>MICHALSKI Mariusz</b>  | <b>1129</b> |                               | Open Mężczyzn | 70   | 12:00 | 00:00:04    | 00:17:57        | 00:35:49        | -00:13:00        | <b>00:42:42.10</b> | <b>00:42:46.75</b> | +00:12:38 (29.6%) | 5:34         | 10.8 (79.4%) |
| 74  | <b>IWAŃSKI Mikołaj</b>    | <b>1384</b> |                               | Open Mężczyzn | 71   | 12:15 | 00:00:05    | 00:17:18        | 00:35:44        | -00:14:00        | <b>00:42:45.90</b> | <b>00:42:51.55</b> | +00:12:42 (29.7%) | 5:40         | 10.6 (77.9%) |
| 75  | <b>WISKOWSKI Kacper</b>   | <b>610</b>  |                               | Open Mężczyzn | 72   | 10:15 | 00:00:04    | 00:16:12        | 00:34:24        | -00:13:00        | <b>00:42:48.70</b> | <b>00:42:53.35</b> | +00:12:45 (29.8%) | 5:34         | 10.7 (78.7%) |
| 76  | <b>FYDA Darek</b>         | <b>980</b>  |                               | Open Mężczyzn | 73   | 11:15 | 00:00:02    | 00:16:43        | 00:35:58        | -00:13:00        | <b>00:42:52.05</b> | <b>00:42:54.90</b> | +00:12:48 (29.9%) | 5:35         | 10.7 (78.7%) |
| 77  | <b>MAJCHER Cyprian</b>    | <b>1555</b> | CROSSFIT URSYNÓW              | Open Mężczyzn | 74   | 12:15 | 00:00:09    | 00:17:13        | 00:35:29        | -00:13:00        | <b>00:43:12.95</b> | <b>00:43:22.05</b> | +00:13:09 (30.4%) | 5:37         | 10.7 (78.7%) |
| 78  | <b>LISIECKI Arkadiusz</b> | <b>12</b>   | AROOO                         | Open Mężczyzn | 75   | 09:00 | 00:00:04    | 00:17:01        | 00:37:10        | -00:09:00        | <b>00:43:15.60</b> | <b>00:43:20.35</b> | +00:13:12 (30.5%) | 5:13         | 11.5 (84.6%) |
| 79  | <b>KAMIŃSKI Emil</b>      | <b>232</b>  | RUNNERSCLUB.PL WARSZAWA       | Open Mężczyzn | 76   | 09:30 | 00:00:10    | 00:19:43        | 00:36:36        | -00:10:00        | <b>00:43:18.25</b> | <b>00:43:28.75</b> | +00:13:14 (30.6%) | 5:19         | 11.3 (83.1%) |
| 80  | <b>SKRZYNIARZ Rafał</b>   | <b>1250</b> |                               | Open Mężczyzn | 77   | 12:45 | 00:00:51    | 00:17:26        | 00:36:33        | -00:14:00        | <b>00:43:20.25</b> | <b>00:44:11.50</b> | +00:13:16 (30.6%) | 5:44         | 10.5 (77.2%) |
| 81  | <b>LEITNER Eric</b>       | <b>227</b>  | REEBOK RUN CREW CZ            | Open Mężczyzn | 78   | 09:30 | 00:00:04    | 00:16:57        | 00:37:04        | -00:14:00        | <b>00:43:25.90</b> | <b>00:43:30.35</b> | +00:13:22 (30.8%) | 5:44         | 10.4 (76.5%) |
| 82  | <b>ŁYP Paweł</b>          | <b>711</b>  | CROSSFIT ELEKTROMOC           | Open Mężczyzn | 79   | 10:45 | 00:00:05    | 00:17:16        | 00:37:04        | -00:14:00        | <b>00:43:38.85</b> | <b>00:43:44.25</b> | +00:13:35 (31.1%) | 5:45         | 10.4 (76.5%) |
| 83  | <b>BOROŃ Zbigniew</b>     | <b>865</b>  |                               | Open Mężczyzn | 80   | 11:00 | 00:00:03    | 00:16:54        | 00:36:55        | -00:14:00        | <b>00:43:41.55</b> | <b>00:43:44.75</b> | +00:13:37 (31.2%) | 5:46         | 10.4 (76.5%) |
| 84  | <b>ADAMCZYK Tomek</b>     | <b>774</b>  |                               | Open Mężczyzn | 81   | 10:45 | 00:00:05    | 00:15:52        | 00:33:43        | -00:09:00        | <b>00:43:43.65</b> | <b>00:43:49.35</b> | +00:13:40 (31.3%) | 5:16         | 11.4 (83.8%) |
| 85  | <b>ZWOLIŃSKI Michał</b>   | <b>340</b>  | TEAM DORIS KRAKÓW             | Open Mężczyzn | 82   | 09:45 | 00:00:03    | 00:16:15        | 00:35:45        | -00:14:00        | <b>00:43:51.05</b> | <b>00:43:54.65</b> | +00:13:47 (31.4%) | 5:47         | 10.4 (76.5%) |
| 86  | <b>MRÓZEK Rafał</b>       | <b>1105</b> | TOP GUN                       | Open Mężczyzn | 83   | 12:00 | 00:00:06    | 00:14:58        | 00:31:55        | -00:01:00        | <b>00:43:52.15</b> | <b>00:43:58.60</b> | +00:13:48 (31.5%) | 4:29         | 13.4 (98.5%) |
| 87  | <b>ANDRYCHOWSKI Kamil</b> | <b>1045</b> | REEBOK RUN CREW ŁOMŻA         | Open Mężczyzn | 84   | 11:45 | 00:00:05    | 00:16:50        | 00:36:27        | -00:13:00        | <b>00:43:54.45</b> | <b>00:43:59.55</b> | +00:13:50 (31.5%) | 5:41         | 10.5 (77.2%) |
| 88  | <b>SKRZOS Tomasz</b>      | <b>132</b>  | SRTG WARSZAWA                 | Open Mężczyzn | 85   | 09:15 | 00:00:04    | 00:17:04        | 00:36:24        | -00:14:00        | <b>00:44:05.95</b> | <b>00:44:10.05</b> | +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  | <b>TOMASZEWSKI Krystian</b>    | <b>1291</b> | HUSARIA RACE TEAM       | Open Mężczyzn | 86   | 09:15 | 00:00:03    | 00:17:08        | 00:37:11        | -00:13:00        | <b>00:44:09.20</b> | <b>00:44:12.65</b> | +00:14:05 (31.9%) | 5:42         | 10.5 (77.2%) |
| 90  | <b>KNAKOWSKI Błażej</b>        | <b>1313</b> |                         | Open Mężczyzn | 87   | 11:15 | 00:01:57    | 00:16:43        | 00:36:21        | -00:12:00        | <b>00:44:15.90</b> | <b>00:46:13.85</b> | +00:14:12 (32.1%) | 5:37         | 10.7 (78.7%) |
| 91  | <b>WŁOSTEK Jakub</b>           | <b>92</b>   |                         | Open Mężczyzn | 88   | 09:00 | 00:00:05    | 00:17:27        | 00:37:09        | -00:08:00        | <b>00:44:15.95</b> | <b>00:44:21.25</b> | +00:14:12 (32.1%) | 5:13         | 11.5 (84.6%) |
| 92  | <b>BRUSIŁO Bartosz</b>         | <b>1351</b> | MAMY RUSZAMY            | Open Mężczyzn | 89   | 11:30 | 00:00:04    | 00:15:51        | 00:34:25        | -00:12:00        | <b>00:44:17.90</b> | <b>00:44:22.50</b> | +00:14:14 (32.1%) | 5:37         | 10.7 (78.7%) |
| 93  | <b>DUDA Aneta</b>              | <b>130</b>  | SKURCZE ŁYDEK           | Open Kobiet   | 4    | 09:15 | 00:00:04    | 00:15:47        | 00:33:48        | -00:08:00        | <b>00:44:22.25</b> | <b>00:44:26.75</b> | +00:14:18 (32.3%) | 5:14         | 11.5 (84.6%) |
| 94  | <b>SALCZAK-BEREDA Grzegorz</b> | <b>694</b>  |                         | Open Mężczyzn | 90   | 10:30 | 00:00:05    | 00:17:48        | 00:37:12        | -00:14:00        | <b>00:44:22.70</b> | <b>00:44:27.90</b> | +00:14:19 (32.3%) | 5:50         | 10.3 (75.7%) |
| 94  | <b>SZWIEC Piotr</b>            | <b>1522</b> | AXN POLSKA              | Open Mężczyzn | 91   | 12:15 | 00:00:07    | 00:17:51        | 00:37:31        | -00:14:00        | <b>00:44:22.70</b> | <b>00:44:30.00</b> | +00:14:19 (32.3%) | 5:50         | 10.3 (75.7%) |
| 96  | <b>PTASIŃSKI Aleksander</b>    | <b>1331</b> | CROSSFIT GCW            | Open Mężczyzn | 92   | 11:15 | 00:00:04    | 00:16:35        | 00:35:53        | -00:11:00        | <b>00:44:24.10</b> | <b>00:44:28.35</b> | +00:14:20 (32.3%) | 5:32         | 10.8 (79.4%) |
| 97  | <b>PIEGAT Mariusz</b>          | <b>426</b>  | CROSSFIT NOLIMIT        | Open Mężczyzn | 93   | 10:00 | 00:00:04    | 00:17:32        | 00:36:57        | -00:13:00        | <b>00:44:30.35</b> | <b>00:44:34.95</b> | +00:14:26 (32.5%) | 5:45         | 10.4 (76.5%) |
| 98  | <b>PRUCHNIAK Wojciech</b>      | <b>218</b>  | M-STAL PUŁAWY           | Open Mężczyzn | 94   | 09:30 | 00:00:06    | 00:17:33        | 00:37:04        | -00:13:00        | <b>00:44:32.85</b> | <b>00:44:38.90</b> | +00:14:29 (32.5%) | 5:45         | 10.4 (76.5%) |
| 99  | <b>MAZEK Emilia</b>            | <b>1276</b> |                         | Open Kobiet   | 5    | 11:30 | 00:00:07    | 00:18:33        | 00:37:24        | -00:11:00        | <b>00:44:33.00</b> | <b>00:44:40.60</b> | +00:14:29 (32.5%) | 5:33         | 10.8 (79.4%) |
| 100 | <b>WOSIK Wojciech</b>          | <b>1037</b> |                         | Open Mężczyzn | 95   | 11:30 | 00:00:07    | 00:16:27        | 00:36:29        | -00:08:00        | <b>00:44:33.90</b> | <b>00:44:41.05</b> | +00:14:30 (32.5%) | 5:15         | 11.4 (83.8%) |
| 101 | <b>LECH Dawid</b>              | <b>1189</b> |                         | Open Mężczyzn | 96   | 12:15 | 00:00:03    | 00:16:51        | 00:37:22        | -00:14:00        | <b>00:44:36.10</b> | <b>00:44:39.65</b> | +00:14:32 (32.6%) | 5:51         | 10.2 (75.0%) |
| 102 | <b>OBERSKI Jakub</b>           | <b>975</b>  | WATAHA GRUPA TRENINGOWA | Open Mężczyzn | 97   | 11:15 | 00:00:09    | 00:17:34        | 00:36:43        | -00:09:00        | <b>00:44:37.30</b> | <b>00:44:47.05</b> | +00:14:33 (32.6%) | 5:21         | 11.2 (82.4%) |
| 103 | <b>TETKOWSKI Michał</b>        | <b>438</b>  | HUSARIA RACE TEAM       | Open Mężczyzn | 98   | 10:00 | 00:00:03    | 00:17:19        | 00:37:14        | -00:14:00        | <b>00:44:38.55</b> | <b>00:44:42.30</b> | +00:14:34 (32.7%) | 5:51         | 10.2 (75.0%) |
| 104 | <b>PANUFNIK Kamil</b>          | <b>1429</b> |                         | Open Mężczyzn | 99   | 12:15 | 00:00:07    | 00:17:51        | 00:37:09        | -00:13:00        | <b>00:44:41.40</b> | <b>00:44:48.40</b> | +00:14:37 (32.7%) | 5:46         | 10.4 (76.5%) |
| 105 | <b>TAPEREK Mariusz</b>         | <b>437</b>  | HUSARIA RACE TEAM       | Open Mężczyzn | 100  | 10:00 | 00:00:03    | 00:17:27        | 00:37:06        | -00:14:00        | <b>00:44:43.05</b> | <b>00:44:46.55</b> | +00:14:39 (32.8%) | 5:52         | 10.2 (75.0%) |
| 106 | <b>SZAŁAMACHA Mateusz</b>      | <b>903</b>  |                         | Open Mężczyzn | 101  | 11:00 | 00:00:05    | 00:19:46        | 00:37:32        | -00:10:00        | <b>00:44:44.75</b> | <b>00:44:50.30</b> | +00:14:41 (32.8%) | 5:28         | 11 (80.9%)   |
| 107 | <b>PIETROSZEK Agata</b>        | <b>1283</b> |                         | Open Kobiet   | 6    | 09:00 | 00:00:03    | 00:17:47        | 00:37:43        | -00:14:00        | <b>00:44:45.10</b> | <b>00:44:48.25</b> | +00:14:41 (32.8%) | 5:52         | 10.2 (75.0%) |
| 108 | <b>BARANOWSKI Tomasz</b>       | <b>145</b>  |                         | Open Mężczyzn | 102  | 10:00 | 00:00:07    | 00:16:56        | 00:36:21        | -00:12:00        | <b>00:44:45.30</b> | <b>00:44:53.05</b> | +00:14:41 (32.8%) | 5:40         | 10.6 (77.9%) |
| 109 | <b>BARAN Grzegorz</b>          | <b>26</b>   |                         | Open Mężczyzn | 103  | 09:00 | 00:00:06    | 00:18:06        | 00:38:13        | -00:13:00        | <b>00:44:48.40</b> | <b>00:44:55.25</b> | +00:14:44 (32.9%) | 5:46         | 10.4 (76.5%) |
| 110 | <b>CZERESZKO Maurycy</b>       | <b>867</b>  |                         | Open Mężczyzn | 104  | 11:00 | 00:00:03    | 00:15:56        | 00:36:23        | -00:13:00        | <b>00:44:49.35</b> | <b>00:44:52.70</b> | +00:14:45 (32.9%) | 5:46         | 10.4 (76.5%) |
| 111 | <b>ALOT Paweł</b>              | <b>558</b>  |                         | Open Mężczyzn | 105  | 10:15 | 00:00:04    | 00:14:26        | 00:31:10        | -00:04:00        | <b>00:44:50.85</b> | <b>00:44:55.30</b> | +00:14:47 (33.0%) | 4:53         | 12.3 (90.4%) |
| 112 | <b>ŚWIĘTEK Paweł</b>           | <b>1354</b> | POWER TRAINING          | Open Mężczyzn | 106  | 09:00 | 00:00:03    | 00:17:34        | 00:37:44        | -00:14:00        | <b>00:44:59.30</b> | <b>00:45:02.35</b> | +00:14:55 (33.2%) | 5:53         | 10.2 (75.0%) |

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

| Msc | Zawodnik                       | Numer       | Klub                         | Kategoria        | Mkat | Seria | Czas     |                    |                    | Kara/<br>bonifikata | Czas               |                    | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|--------------------------------|-------------|------------------------------|------------------|------|-------|----------|--------------------|--------------------|---------------------|--------------------|--------------------|----------------------|-----------------|-----------------|
|     |                                |             |                              |                  |      |       | startu   | Skrajna_1<br>5.4km | Skrajna_2<br>7.5km |                     | netto<br>10km      | brutto<br>10km     |                      |                 |                 |
| 137 | <b>KIEREPKA Krystian</b>       | <b>1243</b> |                              | Open<br>Mężczyzn | 129  | 11:45 | 00:00:04 | 00:15:01           | 00:32:45           |                     | <b>00:46:16.00</b> | <b>00:46:20.00</b> | +00:16:12<br>(35.0%) | 4:37            | 13<br>(95.6%)   |
| 138 | <b>ROZMIAREK Paweł</b>         | <b>848</b>  | LOFT TEAM EXTREME            | Open<br>Mężczyzn | 130  | 11:00 | 00:00:04 | 00:18:38           | 00:38:34           | -00:13:00           | <b>00:46:16.15</b> | <b>00:46:20.60</b> | +00:16:12<br>(35.0%) | 5:55            | 10.1<br>(74.3%) |
| 139 | <b>PŁATOS Ewelina</b>          | <b>1316</b> |                              | Open<br>Kobiet   | 9    | 10:15 | 00:00:05 | 00:15:47           | 00:35:30           | -00:08:00           | <b>00:46:18.55</b> | <b>00:46:23.75</b> | +00:16:14<br>(35.1%) | 5:25            | 11<br>(80.9%)   |
| 140 | <b>RYBACKI Błażej</b>          | <b>968</b>  | TORPEDA RACE TEAM            | Open<br>Mężczyzn | 131  | 11:15 | 00:00:03 | 00:17:41           | 00:37:36           | -00:13:00           | <b>00:46:18.90</b> | <b>00:46:22.25</b> | +00:16:15<br>(35.1%) | 5:55            | 10.1<br>(74.3%) |
| 141 | <b>SOSZYŃSKI Robert</b>        | <b>1102</b> | SPORTERA OCR                 | Open<br>Mężczyzn | 132  | 12:00 | 00:00:04 | 00:17:13           | 00:36:56           | -00:13:00           | <b>00:46:24.90</b> | <b>00:46:29.65</b> | +00:16:21<br>(35.2%) | 5:56            | 10.1<br>(74.3%) |
| 142 | <b>MULAK Adam</b>              | <b>1132</b> |                              | Open<br>Mężczyzn | 133  | 12:00 | 00:00:04 | 00:17:06           | 00:38:07           | -00:12:00           | <b>00:46:25.05</b> | <b>00:46:29.75</b> | +00:16:21<br>(35.2%) | 5:50            | 10.3<br>(75.7%) |
| 143 | <b>WRÓBEL Sebastian</b>        | <b>192</b>  |                              | Open<br>Mężczyzn | 134  | 09:15 | 00:00:04 | 00:17:38           | 00:37:19           | -00:10:00           | <b>00:46:27.95</b> | <b>00:46:32.45</b> | +00:16:24<br>(35.3%) | 5:38            | 10.6<br>(77.9%) |
| 144 | <b>ANDRZEJEWSKI Tomasz</b>     | <b>559</b>  |                              | Open<br>Mężczyzn | 135  | 10:15 | 00:00:05 | 00:17:53           | 00:37:48           | -00:11:00           | <b>00:46:31.60</b> | <b>00:46:37.15</b> | +00:16:28<br>(35.4%) | 5:45            | 10.4<br>(76.5%) |
| 145 | <b>TOMANA Konrad</b>           | <b>1277</b> |                              | Open<br>Mężczyzn | 136  | 09:15 | 00:00:05 | 00:15:47           | 00:35:27           | -00:09:00           | <b>00:46:37.20</b> | <b>00:46:42.60</b> | +00:16:33<br>(35.5%) | 5:33            | 10.8<br>(79.4%) |
| 146 | <b>NEREK Paweł</b>             | <b>1378</b> |                              | Open<br>Mężczyzn | 137  | 11:45 | 00:00:06 | 00:18:19           | 00:38:13           | -00:14:00           | <b>00:46:38.10</b> | <b>00:46:44.15</b> | +00:16:34<br>(35.5%) | 6:03            | 9.9<br>(72.8%)  |
| 147 | <b>BEDNAREK Michał</b>         | <b>766</b>  | TOTAL FITNESS                | Open<br>Mężczyzn | 138  | 09:30 | 00:00:07 | 00:17:06           | 00:37:21           | -00:13:00           | <b>00:46:44.75</b> | <b>00:46:52.70</b> | +00:16:41<br>(35.7%) | 5:58            | 10<br>(73.5%)   |
| 148 | <b>RAPACZ Grzegorz</b>         | <b>283</b>  |                              | Open<br>Mężczyzn | 139  | 09:30 | 00:00:08 | 00:18:43           | 00:39:28           | -00:14:00           | <b>00:46:49.95</b> | <b>00:46:58.30</b> | +00:16:46<br>(35.8%) | 6:05            | 9.9<br>(72.8%)  |
| 149 | <b>KOWALSKI Mateusz</b>        | <b>1118</b> |                              | Open<br>Mężczyzn | 140  | 12:00 | 00:00:07 | 00:17:38           | 00:36:48           | -00:11:00           | <b>00:46:51.45</b> | <b>00:46:59.05</b> | +00:16:47<br>(35.8%) | 5:47            | 10.4<br>(76.5%) |
| 150 | <b>JACIUBEK Tomek</b>          | <b>782</b>  |                              | Open<br>Mężczyzn | 141  | 10:45 | 00:02:02 | 00:16:57           | 00:36:51           | -00:10:00           | <b>00:46:53.60</b> | <b>00:48:55.70</b> | +00:16:50<br>(35.9%) | 5:41            | 10.5<br>(77.2%) |
| 151 | <b>POŻYCZKA Łukasz</b>         | <b>593</b>  |                              | Open<br>Mężczyzn | 142  | 09:30 | 00:00:08 | 00:17:12           | 00:37:20           | -00:05:00           | <b>00:46:55.30</b> | <b>00:47:03.35</b> | +00:16:51<br>(35.9%) | 5:11            | 11.6<br>(85.3%) |
| 152 | <b>RUTKOWSKI Jarosław</b>      | <b>321</b>  | JANUSZE I GRAŻYNY FITNESSU:) | Open<br>Mężczyzn | 143  | 09:45 | 00:00:10 | 00:19:35           | 00:38:55           | -00:13:00           | <b>00:46:56.20</b> | <b>00:47:06.85</b> | +00:16:52<br>(36.0%) | 5:59            | 10<br>(73.5%)   |
| 153 | <b>IZDEBSKI Marcin</b>         | <b>1322</b> |                              | Open<br>Mężczyzn | 144  | 11:30 | 00:00:10 | 00:18:29           | 00:39:56           | -00:13:00           | <b>00:46:59.15</b> | <b>00:47:09.45</b> | +00:16:55<br>(36.0%) | 5:59            | 10<br>(73.5%)   |
| 154 | <b>JANKOWSKI Radek</b>         | <b>568</b>  |                              | Open<br>Mężczyzn | 145  | 10:15 | 00:00:00 | 00:17:54           | 00:38:24           | -00:13:00           | <b>00:47:02.75</b> | <b>00:47:02.75</b> | +00:16:59<br>(36.1%) | 6:00            | 10<br>(73.5%)   |
| 155 | <b>JANIAK Marcin</b>           | <b>1552</b> |                              | Open<br>Mężczyzn | 146  | 12:30 | 00:00:06 | 00:20:31           | 00:40:58           | -00:13:00           | <b>00:47:05.75</b> | <b>00:47:12.20</b> | +00:17:02<br>(36.2%) | 6:00            | 10<br>(73.5%)   |
| 156 | <b>KOENIG Krzysztof</b>        | <b>212</b>  | HUSARIA RACE TEAM            | Open<br>Mężczyzn | 147  | 09:30 | 00:00:05 | 00:17:48           | 00:38:52           | -00:14:00           | <b>00:47:09.40</b> | <b>00:47:14.95</b> | +00:17:05<br>(36.3%) | 6:06            | 9.8<br>(72.1%)  |
| 157 | <b>GRUSZKA Karol</b>           | <b>1376</b> | REEBOK RUN CREW              | Open<br>Mężczyzn | 148  | 11:45 | 00:00:07 | 00:18:06           | 00:38:27           | -00:13:00           | <b>00:47:11.05</b> | <b>00:47:18.15</b> | +00:17:07<br>(36.3%) | 6:01            | 10<br>(73.5%)   |
| 158 | <b>NOWAK Dariusz</b>           | <b>843</b>  | LOFT TEAM EXTREME            | Open<br>Mężczyzn | 149  | 11:00 | 00:00:04 | 00:18:39           | 00:38:34           | -00:12:00           | <b>00:47:13.30</b> | <b>00:47:17.40</b> | +00:17:09<br>(36.3%) | 5:55            | 10.1<br>(74.3%) |
| 159 | <b>ZGOLIŃSKI Dawid</b>         | <b>510</b>  |                              | Open<br>Mężczyzn | 150  | 10:00 | 00:00:04 | 00:19:50           | 00:39:18           | -00:14:00           | <b>00:47:18.15</b> | <b>00:47:22.85</b> | +00:17:14<br>(36.5%) | 6:07            | 9.8<br>(72.1%)  |
| 160 | <b>PAWLUKIEWICZ Aleksander</b> | <b>485</b>  |                              | Open<br>Mężczyzn | 151  | 10:00 | 00:00:11 | 00:18:35           | 00:39:23           | -00:14:00           | <b>00:47:20.95</b> | <b>00:47:32.90</b> | +00:17:17<br>(36.5%) | 6:08            | 9.8<br>(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 | <b>GIDZIŃSKI Piotr</b>      | <b>1186</b> |                      | Open Mężczyzn | 152  | 12:15 | 00:00:06    | 00:19:03        | 00:39:16        | -00:12:00        | <b>00:47:21.15</b> | <b>00:47:27.50</b> | +00:17:17 (36.5%) | 5:56         | 10.1 (74.3%) |
| 162 | <b>MASTALEREK Jan</b>       | <b>1179</b> | JASKÓLKI PLUS        | Open Mężczyzn | 153  | 12:15 | 00:00:05    | 00:17:58        | 00:38:41        | -00:13:00        | <b>00:47:23.30</b> | <b>00:47:28.75</b> | +00:17:19 (36.6%) | 6:02         | 9.9 (72.8%)  |
| 163 | <b>MATEJCZYK Artur</b>      | <b>116</b>  | OUTDOOR TRAINING     | Open Mężczyzn | 154  | 09:15 | 00:00:06    | 00:18:09        | 00:38:48        | -00:13:00        | <b>00:47:25.10</b> | <b>00:47:32.05</b> | +00:17:21 (36.6%) | 6:02         | 9.9 (72.8%)  |
| 164 | <b>CZECHOWSKI Konrad</b>    | <b>37</b>   |                      | Open Mężczyzn | 155  | 09:00 | 00:00:06    | 00:19:49        | 00:40:08        | -00:14:00        | <b>00:47:25.75</b> | <b>00:47:32.20</b> | +00:17:22 (36.6%) | 6:08         | 9.8 (72.1%)  |
| 165 | <b>JANISZEWSKI Grzegorz</b> | <b>1228</b> | DZIADY OCR           | Open Mężczyzn | 156  | 12:45 | 00:00:05    | 00:17:34        | 00:38:00        | -00:14:00        | <b>00:47:28.90</b> | <b>00:47:34.60</b> | +00:17:25 (36.7%) | 6:08         | 9.8 (72.1%)  |
| 166 | <b>WACH Wojciech</b>        | <b>1154</b> |                      | Open Mężczyzn | 157  | 12:00 | 00:00:07    | 00:19:19        | 00:39:07        | -00:13:00        | <b>00:47:29.05</b> | <b>00:47:36.25</b> | +00:17:25 (36.7%) | 6:02         | 9.9 (72.8%)  |
| 167 | <b>GÓRSKI Krzysztof</b>     | <b>1093</b> | REEBOK RUN CREW ŁÓŻA | Open Mężczyzn | 158  | 11:45 | 00:00:05    | 00:17:54        | 00:38:09        | -00:11:00        | <b>00:47:30.10</b> | <b>00:47:35.40</b> | +00:17:26 (36.7%) | 5:51         | 10.3 (75.7%) |
| 168 | <b>ROŚLONIEC Krystian</b>   | <b>1443</b> | WARSAW CREW          | Open Mężczyzn | 159  | 11:15 | 00:00:07    | 00:18:38        | 00:37:46        | -00:13:00        | <b>00:47:33.95</b> | <b>00:47:41.75</b> | +00:17:30 (36.8%) | 6:03         | 9.9 (72.8%)  |
| 169 | <b>WOŹNIACKI Adam</b>       | <b>1222</b> |                      | Open Mężczyzn | 160  | 12:30 | 00:00:05    | 00:18:16        | 00:38:28        | -00:12:00        | <b>00:47:34.75</b> | <b>00:47:40.10</b> | +00:17:31 (36.8%) | 5:57         | 10.1 (74.3%) |
| 170 | <b>KOTECKA Julita</b>       | <b>1347</b> |                      | Open Kobiet   | 10   | 11:45 | 00:00:06    | 00:18:18        | 00:38:12        | -00:13:00        | <b>00:47:37.50</b> | <b>00:47:43.80</b> | +00:17:33 (36.9%) | 6:03         | 9.9 (72.8%)  |
| 171 | <b>KOPYDŁOWSKI Szymon</b>   | <b>468</b>  |                      | Open Mężczyzn | 161  | 10:00 | 00:00:07    | 00:19:23        | 00:39:56        | -00:14:00        | <b>00:47:39.00</b> | <b>00:47:46.65</b> | +00:17:35 (36.9%) | 6:09         | 9.7 (71.3%)  |
| 172 | <b>MARUSZAK Łukasz</b>      | <b>713</b>  | CROSSFIT ELEKTROMOC  | Open Mężczyzn | 162  | 10:45 | 00:00:05    | 00:18:03        | 00:38:51        | -00:14:00        | <b>00:47:42.00</b> | <b>00:47:47.45</b> | +00:17:38 (37.0%) | 6:10         | 9.7 (71.3%)  |
| 173 | <b>BOGUCKI Michał</b>       | <b>31</b>   |                      | Open Mężczyzn | 163  | 09:00 | 00:00:04    | 00:17:43        | 00:38:50        | -00:12:00        | <b>00:47:42.65</b> | <b>00:47:47.60</b> | +00:17:39 (37.0%) | 5:58         | 10 (73.5%)   |
| 174 | <b>PEC Arkadiusz</b>        | <b>78</b>   |                      | Open Mężczyzn | 164  | 09:00 | 00:00:06    | 00:18:07        | 00:38:14        | -00:12:00        | <b>00:47:42.85</b> | <b>00:47:49.80</b> | +00:17:39 (37.0%) | 5:58         | 10 (73.5%)   |
| 175 | <b>KOWALCZYK Konrad</b>     | <b>572</b>  |                      | Open Mężczyzn | 165  | 10:15 | 00:00:04    | 00:17:38        | 00:39:05        | -00:14:00        | <b>00:47:44.00</b> | <b>00:47:48.45</b> | +00:17:40 (37.0%) | 6:10         | 9.7 (71.3%)  |
| 176 | <b>SAWNOR Marcin</b>        | <b>732</b>  | CROSSFIT GCW         | Open Mężczyzn | 166  | 10:45 | 00:00:06    | 00:18:22        | 00:38:49        | -00:14:00        | <b>00:47:45.80</b> | <b>00:47:52.05</b> | +00:17:42 (37.1%) | 6:10         | 9.7 (71.3%)  |
| 177 | <b>KUREK Piotr</b>          | <b>725</b>  | CROSSFIT GCW         | Open Mężczyzn | 167  | 10:45 | 00:00:05    | 00:17:51        | 00:37:42        | -00:14:00        | <b>00:47:46.25</b> | <b>00:47:51.90</b> | +00:17:42 (37.1%) | 6:10         | 9.7 (71.3%)  |
| 178 | <b>JÓZWIK Kamil</b>         | <b>784</b>  |                      | Open Mężczyzn | 168  | 10:45 | 00:02:02    | 00:16:57        | 00:36:51        | -00:09:00        | <b>00:47:53.45</b> | <b>00:49:55.75</b> | +00:17:49 (37.2%) | 5:41         | 10.5 (77.2%) |
| 179 | <b>TRZEŚNIEWSKI Paweł</b>   | <b>1153</b> |                      | Open Mężczyzn | 169  | 12:00 | 00:00:05    | 00:17:52        | 00:38:40        | -00:12:00        | <b>00:47:54.70</b> | <b>00:48:00.30</b> | +00:17:51 (37.3%) | 5:59         | 10 (73.5%)   |
| 180 | <b>KWIATKOWSKI Dawid</b>    | <b>940</b>  | PRZEBIEGLI           | Open Mężczyzn | 170  | 11:15 | 00:00:04    | 00:17:22        | 00:38:13        | -00:12:00        | <b>00:47:57.95</b> | <b>00:48:02.35</b> | +00:17:54 (37.3%) | 5:59         | 10 (73.5%)   |
| 181 | <b>BABIŃSKI Rafał</b>       | <b>775</b>  |                      | Open Mężczyzn | 171  | 10:45 | 00:00:08    | 00:19:43        | 00:40:54        | -00:14:00        | <b>00:47:58.35</b> | <b>00:48:06.40</b> | +00:17:54 (37.3%) | 6:11         | 9.7 (71.3%)  |
| 182 | <b>JODELIUK Jevgenij</b>    | <b>520</b>  | DZIKIE DZIKI MIGU    | Open Mężczyzn | 172  | 10:15 | 00:00:06    | 00:18:10        | 00:38:08        | -00:12:00        | <b>00:48:00.90</b> | <b>00:48:07.20</b> | +00:17:57 (37.4%) | 6:00         | 10 (73.5%)   |
| 183 | <b>JĘDRA Piotr</b>          | <b>569</b>  |                      | Open Mężczyzn | 173  | 10:15 | 00:00:03    | 00:18:02        | 00:39:05        | -00:14:00        | <b>00:48:01.00</b> | <b>00:48:04.85</b> | +00:17:57 (37.4%) | 6:12         | 9.7 (71.3%)  |
| 184 | <b>BOGDAŁ Andrzej</b>       | <b>859</b>  | REEBOK RUN CREW      | Open Mężczyzn | 174  | 10:45 | 00:00:03    | 00:19:48        | 00:40:59        | -00:14:00        | <b>00:48:02.75</b> | <b>00:48:06.25</b> | +00:17:59 (37.4%) | 6:12         | 9.7 (71.3%)  |



| Msc | Zawodnik                   | Numer       | Klub                           | Kategoria        | Mkat | Seria | Czas     |                    |                    | Kara/<br>bonifikata | Czas<br>netto<br>10km | Czas<br>brutto<br>10km | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|----------------------------|-------------|--------------------------------|------------------|------|-------|----------|--------------------|--------------------|---------------------|-----------------------|------------------------|----------------------|-----------------|-----------------|
|     |                            |             |                                |                  |      |       | startu   | Skrajna_1<br>5.4km | Skrajna_2<br>7.5km |                     |                       |                        |                      |                 |                 |
| 185 | <b>ANTOSIK Rafał</b>       | <b>560</b>  |                                | Open<br>Mężczyzn | 175  | 12:45 | 00:00:05 | 00:18:01           | 00:39:26           | -00:13:00           | <b>00:48:06.70</b>    | <b>00:48:12.25</b>     | +00:18:03<br>(37.5%) | 6:06            | 9.8<br>(72.1%)  |
| 186 | <b>ZELL Jacek</b>          | <b>1199</b> | DZIADY OCR                     | Open<br>Mężczyzn | 176  | 12:30 | 00:00:05 | 00:18:56           | 00:39:41           | -00:14:00           | <b>00:48:08.05</b>    | <b>00:48:13.70</b>     | +00:18:04<br>(37.5%) | 6:12            | 9.7<br>(71.3%)  |
| 187 | <b>GĄTNICKI Michał</b>     | <b>1240</b> |                                | Open<br>Mężczyzn | 177  | 12:45 | 00:00:03 | 00:17:28           | 00:40:19           | -00:13:00           | <b>00:48:08.50</b>    | <b>00:48:11.90</b>     | +00:18:04<br>(37.6%) | 6:06            | 9.8<br>(72.1%)  |
| 188 | <b>PISIŃSKI Dominik</b>    | <b>278</b>  |                                | Open<br>Mężczyzn | 178  | 09:30 | 00:00:05 | 00:18:08           | 00:38:52           | -00:12:00           | <b>00:48:14.90</b>    | <b>00:48:20.70</b>     | +00:18:11<br>(37.7%) | 6:01            | 10<br>(73.5%)   |
| 189 | <b>JAKUBOWSKI Marcin</b>   | <b>838</b>  | LOFT TEAM EXTREME              | Open<br>Mężczyzn | 179  | 11:00 | 00:00:04 | 00:18:38           | 00:39:00           | -00:13:00           | <b>00:48:20.55</b>    | <b>00:48:25.10</b>     | +00:18:16<br>(37.8%) | 6:08            | 9.8<br>(72.1%)  |
| 190 | <b>KURACH Stanisław</b>    | <b>59</b>   |                                | Open<br>Mężczyzn | 180  | 09:00 | 00:00:04 | 00:18:34           | 00:39:38           | -00:14:00           | <b>00:48:21.10</b>    | <b>00:48:25.45</b>     | +00:18:17<br>(37.8%) | 6:14            | 9.6<br>(70.6%)  |
| 191 | <b>MĘDRZEJEWSKI Łukasz</b> | <b>1128</b> |                                | Open<br>Mężczyzn | 181  | 12:00 | 00:00:08 | 00:19:14           | 00:39:23           | -00:12:00           | <b>00:48:21.65</b>    | <b>00:48:29.65</b>     | +00:18:18<br>(37.8%) | 6:02            | 9.9<br>(72.8%)  |
| 192 | <b>POLAK-TYLEK Joanna</b>  | <b>487</b>  |                                | Open<br>Kobiet   | 11   | 10:00 | 00:00:05 | 00:18:28           | 00:39:32           | -00:14:00           | <b>00:48:22.20</b>    | <b>00:48:27.35</b>     | +00:18:18<br>(37.9%) | 6:14            | 9.6<br>(70.6%)  |
| 193 | <b>BATOROWICZ Emil</b>     | <b>650</b>  | VIGO SYSTEM                    | Open<br>Mężczyzn | 182  | 10:30 | 00:00:05 | 00:18:02           | 00:39:13           | -00:14:00           | <b>00:48:25.30</b>    | <b>00:48:30.85</b>     | +00:18:21<br>(37.9%) | 6:14            | 9.6<br>(70.6%)  |
| 194 | <b>MATUSZEWSKI Paweł</b>   | <b>372</b>  | HUSARIA RACE TEAM              | Open<br>Mężczyzn | 183  | 10:00 | 00:00:04 | 00:18:55           | 00:40:18           | -00:13:00           | <b>00:48:27.70</b>    | <b>00:48:32.30</b>     | +00:18:24<br>(38.0%) | 6:08            | 9.8<br>(72.1%)  |
| 195 | <b>MAJ Kamil</b>           | <b>336</b>  | TEAM DORIS KRAKÓW              | Open<br>Mężczyzn | 184  | 09:45 | 00:00:03 | 00:18:20           | 00:39:34           | -00:13:00           | <b>00:48:30.10</b>    | <b>00:48:33.85</b>     | +00:18:26<br>(38.0%) | 6:09            | 9.8<br>(72.1%)  |
| 196 | <b>WŁODARSKI Mariusz</b>   | <b>803</b>  |                                | Open<br>Mężczyzn | 185  | 10:45 | 00:00:10 | 00:18:11           | 00:38:39           | -00:13:00           | <b>00:48:35.80</b>    | <b>00:48:46.70</b>     | +00:18:32<br>(38.1%) | 6:09            | 9.7<br>(71.3%)  |
| 197 | <b>RZEŃCA Kacper</b>       | <b>382</b>  |                                | Open<br>Mężczyzn | 186  | 09:45 | 00:00:09 | 00:19:29           | 00:40:22           | -00:12:00           | <b>00:48:36.00</b>    | <b>00:48:45.30</b>     | +00:18:32<br>(38.1%) | 6:03            | 9.9<br>(72.8%)  |
| 198 | <b>SZANIAWSKI Marcin</b>   | <b>436</b>  | HUSARIA RACE TEAM              | Open<br>Mężczyzn | 187  | 10:00 | 00:00:03 | 00:18:48           | 00:40:50           | -00:14:00           | <b>00:48:36.05</b>    | <b>00:48:39.70</b>     | +00:18:32<br>(38.1%) | 6:15            | 9.6<br>(70.6%)  |
| 199 | <b>BASTJAN Adrian</b>      | <b>1329</b> | HUSARIA RACE TEAM              | Open<br>Mężczyzn | 188  | 10:45 | 00:00:04 | 00:17:09           | 00:38:37           | -00:13:00           | <b>00:48:36.15</b>    | <b>00:48:40.60</b>     | +00:18:32<br>(38.2%) | 6:09            | 9.7<br>(71.3%)  |
| 200 | <b>TOMASZEWSKI Karol</b>   | <b>704</b>  |                                | Open<br>Mężczyzn | 189  | 10:30 | 00:00:03 | 00:17:16           | 00:37:13           | -00:11:00           | <b>00:48:41.55</b>    | <b>00:48:45.10</b>     | +00:18:37<br>(38.3%) | 5:58            | 10.1<br>(74.3%) |
| 201 | <b>CUPRYJAK Adrian</b>     | <b>767</b>  | TOTAL FITNESS                  | Open<br>Mężczyzn | 190  | 10:45 | 00:00:04 | 00:16:34           | 00:34:39           |                     | <b>00:48:43.30</b>    | <b>00:48:48.15</b>     | +00:18:39<br>(38.3%) | 4:52            | 12.3<br>(90.4%) |
| 202 | <b>PIERZAK Przemysław</b>  | <b>895</b>  |                                | Open<br>Mężczyzn | 191  | 11:00 | 00:00:06 | 00:19:16           | 00:39:28           | -00:13:00           | <b>00:48:49.95</b>    | <b>00:48:56.65</b>     | +00:18:46<br>(38.4%) | 6:11            | 9.7<br>(71.3%)  |
| 203 | <b>KŁODKOWSKI Jakub</b>    | <b>139</b>  | WWL TEAM                       | Open<br>Mężczyzn | 192  | 09:15 | 00:00:08 | 00:19:17           | 00:39:29           | -00:11:00           | <b>00:48:53.95</b>    | <b>00:49:02.70</b>     | +00:18:50<br>(38.5%) | 5:59            | 10<br>(73.5%)   |
| 204 | <b>RODASZYŃSKI Paweł</b>   | <b>1033</b> |                                | Open<br>Mężczyzn | 193  | 11:30 | 00:00:07 | 00:18:13           | 00:39:27           | -00:14:00           | <b>00:48:55.20</b>    | <b>00:49:02.65</b>     | +00:18:51<br>(38.6%) | 6:17            | 9.5<br>(69.9%)  |
| 205 | <b>BLĄŻEJOWSKA Julia</b>   | <b>1159</b> | CROSSFIT URSYNÓW               | Open<br>Kobiet   | 12   | 12:15 | 00:00:05 | 00:18:56           | 00:39:36           | -00:13:00           | <b>00:48:57.20</b>    | <b>00:49:02.60</b>     | +00:18:53<br>(38.6%) | 6:11            | 9.7<br>(71.3%)  |
| 206 | <b>MOLENDĄ Mateusz</b>     | <b>137</b>  | TRENER24H.COM.PL               | Open<br>Mężczyzn | 194  | 09:45 | 00:00:05 | 00:17:00           | 00:37:30           | -00:09:00           | <b>00:48:57.75</b>    | <b>00:49:03.50</b>     | +00:18:54<br>(38.6%) | 5:47            | 10.4<br>(76.5%) |
| 207 | <b>JAHNS Adam</b>          | <b>257</b>  |                                | Open<br>Mężczyzn | 195  | 09:30 | 00:00:05 | 00:18:03           | 00:40:11           | -00:14:00           | <b>00:49:00.40</b>    | <b>00:49:05.65</b>     | +00:18:56<br>(38.7%) | 6:18            | 9.5<br>(69.9%)  |
| 208 | <b>ANTOSZEWSKI Filip</b>   | <b>809</b>  | CROSSFIT TORUŃ/REEBOK RUN CREW | Open<br>Mężczyzn | 196  | 11:00 | 00:00:05 | 00:18:09           | 00:39:21           | -00:13:00           | <b>00:49:04.20</b>    | <b>00:49:10.15</b>     | +00:19:00<br>(38.7%) | 6:12            | 9.7<br>(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 | <b>LASKOWSKI Patryk</b>      | <b>1309</b> |                     | Open Mężczyzn | 197  | 12:15 | 00:00:06    | 00:17:49        | 00:38:22        | -00:12:00        | <b>00:49:04.35</b> | <b>00:49:10.35</b> | +00:19:00 (38.7%) | 6:06         | 9.8 (72.1%)  |
| 210 | <b>CHRZANOWSKI Marcin</b>    | <b>805</b>  | BOOT CAMP POLSKA    | Open Mężczyzn | 198  | 11:00 | 00:00:03    | 00:18:22        | 00:40:23        | -00:14:00        | <b>00:49:12.55</b> | <b>00:49:16.20</b> | +00:19:08 (38.9%) | 6:19         | 9.5 (69.9%)  |
| 211 | <b>BŁAŻEJCZYK Patryk</b>     | <b>1495</b> |                     | Open Mężczyzn | 199  | 12:30 | 00:00:07    | 00:18:14        | 00:38:18        | -00:14:00        | <b>00:49:14.65</b> | <b>00:49:21.80</b> | +00:19:11 (39.0%) | 6:19         | 9.5 (69.9%)  |
| 212 | <b>BASAJ Marcin</b>          | <b>1107</b> |                     | Open Mężczyzn | 200  | 12:00 | 00:00:08    | 00:19:57        | 00:40:02        | -00:13:00        | <b>00:49:16.00</b> | <b>00:49:24.75</b> | +00:19:12 (39.0%) | 6:13         | 9.6 (70.6%)  |
| 213 | <b>STARCZEWSKI Krzysztof</b> | <b>992</b>  |                     | Open Mężczyzn | 201  | 11:15 | 00:00:04    | 00:20:23        | 00:40:30        | -00:12:00        | <b>00:49:16.80</b> | <b>00:49:21.65</b> | +00:19:13 (39.0%) | 6:07         | 9.8 (72.1%)  |
| 214 | <b>DARKOWSKI Dariusz</b>     | <b>103</b>  | HUSARIA RACE TEAM   | Open Mężczyzn | 202  | 09:15 | 00:00:04    | 00:18:20        | 00:40:09        | -00:14:00        | <b>00:49:17.45</b> | <b>00:49:22.25</b> | +00:19:13 (39.0%) | 6:19         | 9.5 (69.9%)  |
| 215 | <b>STRÁNSKÝ Tomáš</b>        | <b>301</b>  | #REEBOKRUNCREWCZ    | Open Mężczyzn | 203  | 09:45 | 00:00:04    | 00:18:09        | 00:39:29        | -00:14:00        | <b>00:49:22.15</b> | <b>00:49:26.50</b> | +00:19:18 (39.1%) | 6:20         | 9.5 (69.9%)  |
| 216 | <b>PIETRZYKOWSKI Michał</b>  | <b>1138</b> |                     | Open Mężczyzn | 204  | 12:00 | 00:00:03    | 00:17:43        | 00:37:36        | -00:08:00        | <b>00:49:30.95</b> | <b>00:49:34.15</b> | +00:19:27 (39.3%) | 5:45         | 10.4 (76.5%) |
| 217 | <b>BORKOWSKI Wojtek</b>      | <b>1461</b> |                     | Open Mężczyzn | 205  | 12:45 | 00:00:04    | 00:18:01        | 00:39:27        | -00:12:00        | <b>00:49:32.20</b> | <b>00:49:36.55</b> | +00:19:28 (39.3%) | 6:09         | 9.8 (72.1%)  |
| 218 | <b>NAWROCKI Marcin</b>       | <b>1225</b> | CROSSFIT Z16        | Open Mężczyzn | 206  | 12:45 | 00:00:04    | 00:15:38        | 00:34:06        |                  | <b>00:49:33.25</b> | <b>00:49:37.60</b> | +00:19:29 (39.3%) | 4:57         | 12.1 (89.0%) |
| 219 | <b>ŁOPUCH Robert</b>         | <b>21</b>   | DZIADY OCR          | Open Mężczyzn | 207  | 09:00 | 00:00:03    | 00:18:00        | 00:38:43        | -00:11:00        | <b>00:49:35.60</b> | <b>00:49:38.95</b> | +00:19:32 (39.4%) | 6:03         | 9.9 (72.8%)  |
| 220 | <b>ŁUKASZYK Marcin</b>       | <b>1190</b> |                     | Open Mężczyzn | 208  | 12:15 | 00:00:09    | 00:20:01        | 00:42:14        | -00:14:00        | <b>00:49:39.50</b> | <b>00:49:48.70</b> | +00:19:35 (39.5%) | 6:21         | 9.4 (69.1%)  |
| 221 | <b>KURACH Kacper</b>         | <b>58</b>   |                     | Open Mężczyzn | 209  | 09:00 | 00:00:04    | 00:18:34        | 00:39:42        | -00:14:00        | <b>00:49:41.50</b> | <b>00:49:46.25</b> | +00:19:37 (39.5%) | 6:22         | 9.4 (69.1%)  |
| 222 | <b>WYSTALSKI Karol</b>       | <b>299</b>  |                     | Open Mężczyzn | 210  | 09:30 | 00:00:10    | 00:19:34        | 00:41:03        | -00:12:00        | <b>00:49:42.10</b> | <b>00:49:52.35</b> | +00:19:38 (39.5%) | 6:10         | 9.7 (71.3%)  |
| 223 | <b>STACHOŃ Łukasz</b>        | <b>599</b>  |                     | Open Mężczyzn | 211  | 12:00 | 00:00:05    | 00:19:19        | 00:38:53        | -00:12:00        | <b>00:49:44.65</b> | <b>00:49:49.85</b> | +00:19:41 (39.6%) | 6:10         | 9.7 (71.3%)  |
| 224 | <b>JEZIORAŃSKI Bartosz</b>   | <b>1262</b> | EKIPA HAIER         | Open Mężczyzn | 212  | 12:45 | 00:00:03    | 00:17:59        | 00:39:19        | -00:07:00        | <b>00:49:46.70</b> | <b>00:49:50.65</b> | +00:19:43 (39.6%) | 5:40         | 10.6 (77.9%) |
| 225 | <b>WOJTUNIK Michał</b>       | <b>333</b>  | SPORTOWA DĄBROWA    | Open Mężczyzn | 213  | 09:45 | 00:00:04    | 00:18:07        | 00:39:45        | -00:11:00        | <b>00:49:47.05</b> | <b>00:49:51.10</b> | +00:19:43 (39.6%) | 6:04         | 9.9 (72.8%)  |
| 226 | <b>KNYT Grzegorz</b>         | <b>1272</b> |                     | Open Mężczyzn | 214  | 11:30 | 00:00:06    | 00:20:54        | 00:41:07        | -00:14:00        | <b>00:49:47.30</b> | <b>00:49:53.90</b> | +00:19:43 (39.6%) | 6:22         | 9.4 (69.1%)  |
| 227 | <b>JUSIŃSKI Marek</b>        | <b>670</b>  | DZIKIE TURBO PTYSIE | Open Mężczyzn | 215  | 11:30 | 00:00:06    | 00:20:55        | 00:41:16        | -00:14:00        | <b>00:49:47.55</b> | <b>00:49:54.10</b> | +00:19:43 (39.6%) | 6:22         | 9.4 (69.1%)  |
| 228 | <b>MICHALSKI Mateusz</b>     | <b>1130</b> |                     | Open Mężczyzn | 216  | 12:00 | 00:00:03    | 00:19:25        | 00:40:24        | -00:14:00        | <b>00:49:50.30</b> | <b>00:49:53.90</b> | +00:19:46 (39.7%) | 6:23         | 9.4 (69.1%)  |
| 229 | <b>SMAGACZ Henryk</b>        | <b>1193</b> |                     | Open Mężczyzn | 217  | 12:15 | 00:00:07    | 00:18:09        | 00:39:13        | -00:08:00        | <b>00:49:50.50</b> | <b>00:49:57.60</b> | +00:19:46 (39.7%) | 5:47         | 10.4 (76.5%) |
| 230 | <b>GARBARCZYK Marcel</b>     | <b>324</b>  | PUMPERSY            | Open Mężczyzn | 218  | 09:45 | 00:00:06    | 00:19:15        | 00:40:37        | -00:13:00        | <b>00:49:55.45</b> | <b>00:50:02.10</b> | +00:19:51 (39.8%) | 6:17         | 9.5 (69.9%)  |
| 231 | <b>LALEWICZ Robert</b>       | <b>105</b>  | HUSARIA RACE TEAM   | Open Mężczyzn | 219  | 09:15 | 00:00:04    | 00:18:16        | 00:40:08        | -00:13:00        | <b>00:49:55.65</b> | <b>00:50:00.15</b> | +00:19:52 (39.8%) | 6:17         | 9.5 (69.9%)  |
| 232 | <b>WALKIEWICZ Agnieszka</b>  | <b>293</b>  |                     | Open Kobiet   | 13   | 09:30 | 00:00:06    | 00:18:34        | 00:39:09        | -00:10:00        | <b>00:49:56.65</b> | <b>00:50:03.05</b> | +00:19:53 (39.8%) | 5:59         | 10 (73.5%)   |

| Msc | Zawodnik                | Numer | Klub                      | Kategoria        | Mkat | Seria | Czas     |                    |                    | Kara/<br>bonifikata | Czas          |                | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|-------------------------|-------|---------------------------|------------------|------|-------|----------|--------------------|--------------------|---------------------|---------------|----------------|----------------------|-----------------|-----------------|
|     |                         |       |                           |                  |      |       | startu   | Skrajna_1<br>5.4km | Skrajna_2<br>7.5km |                     | netto<br>10km | brutto<br>10km |                      |                 |                 |
| 233 | WYRODA Marcin           | 1254  |                           | Open<br>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<br>(39.8%) | 6:23            | 9.4<br>(69.1%)  |
| 234 | KILKA Krzysztof         | 1066  | CROSSFIT POŁUDNIE         | Open<br>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<br>(39.9%) | 6:12            | 9.7<br>(71.3%)  |
| 235 | CHODYRA Karol           | 249   |                           | Open<br>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<br>(39.9%) | 6:24            | 9.4<br>(69.1%)  |
| 236 | POSIEWKA<br>Mariusz     | 280   |                           | Open<br>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<br>(40.0%) | 5:36            | 10.7<br>(78.7%) |
| 237 | LACHOWSKI<br>Adam       | 682   |                           | Open<br>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<br>(40.0%) | 6:18            | 9.5<br>(69.9%)  |
| 238 | KAPP Thomas             | 159   |                           | Open<br>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<br>(40.1%) | 6:07            | 9.8<br>(72.1%)  |
| 238 | WIEKIERA Paweł          | 399   |                           | Open<br>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<br>(40.1%) | 6:19            | 9.5<br>(69.9%)  |
| 240 | SOCHALA<br>Szymon       | 443   | NIEUSTRASZENI TEAM ŁOWICZ | Open<br>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<br>(40.1%) | 6:19            | 9.5<br>(69.9%)  |
| 241 | CHRZANOWSKI<br>Wojciech | 807   | CEBULAKI                  | Open<br>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<br>(40.1%) | 6:19            | 9.5<br>(69.9%)  |
| 242 | SERDEŃ Piotr            | 796   |                           | Open<br>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<br>(40.2%) | 6:13            | 9.6<br>(70.6%)  |
| 243 | CHOROŚ Łukasz           | 345   |                           | Open<br>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<br>(40.3%) | 6:19            | 9.5<br>(69.9%)  |
| 244 | BUGAJ Mirosław          | 660   |                           | Open<br>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<br>(40.3%) | 6:08            | 9.8<br>(72.1%)  |
| 245 | PAZIKOWSKI<br>Maciej    | 764   | THE BROTHERS              | Open<br>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<br>(40.3%) | 6:26            | 9.3<br>(68.4%)  |
| 246 | ZAWADZKI<br>Marcin      | 433   | GO SPORT-TEAM             | Open<br>Mężczyzn | 233  | 09:30 | 00:00:05 | 00:15:40           | 00:34:57           |                     | 00:50:21.85   | 00:50:27.50    | +00:20:18<br>(40.3%) | 5:02            | 11.9<br>(87.5%) |
| 247 | URBAŃSKI<br>Mikołaj     | 1373  |                           | Open<br>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<br>(40.3%) | 6:08            | 9.8<br>(72.1%)  |
| 247 | MACIEJEWSKI Jan         | 476   |                           | Open<br>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<br>(40.3%) | 6:20            | 9.5<br>(69.9%)  |
| 249 | MARCINIAK<br>Daniel     | 370   |                           | Open<br>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<br>(40.4%) | 6:20            | 9.5<br>(69.9%)  |
| 250 | MRÓZEK Adrian           | 1104  | TOP GUN                   | Open<br>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<br>(40.4%) | 5:50            | 10.3<br>(75.7%) |
| 251 | RUTKA Radosław          | 490   |                           | Open<br>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<br>(40.5%) | 6:15            | 9.6<br>(70.6%)  |
| 252 | BRUSIŁO Ilona           | 1394  | MAMY RUSZAMY              | Open<br>Kobiet   | 14   | 12:45 | 00:00:05 | 00:16:21           | 00:35:08           |                     | 00:50:36.05   | 00:50:41.25    | +00:20:32<br>(40.6%) | 5:03            | 11.9<br>(87.5%) |
| 253 | ŚLIWIŃSKI<br>Grzegorz   | 205   | BLACK SOX                 | Open<br>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<br>(40.6%) | 6:27            | 9.3<br>(68.4%)  |
| 254 | GÓRNIAK Bartek          | 565   |                           | Open<br>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<br>(40.7%) | 6:22            | 9.4<br>(69.1%)  |
| 255 | BODIS Peter             | 1019  |                           | Open<br>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<br>(40.7%) | 6:22            | 9.4<br>(69.1%)  |
| 256 | BRZEZIŃSKI<br>Jacek     | 102   | HUSARIA RACE TEAM         | Open<br>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<br>(40.8%) | 6:28            | 9.3<br>(68.4%)  |

| 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        |                   |              |              |
| 257 | <b>WAŚIAKOWSKA Emilia</b>  | <b>1035</b> |                              | Open Kobiet   | 15   | 11:30 | 00:00:07    | 00:18:14        | 00:39:27        | -00:11:00        | <b>00:50:48.35</b> | <b>00:50:56.20</b> | +00:20:44 (40.8%) | 6:10         | 9.7 (71.3%)  |
| 258 | <b>KRZYŻANOWSKI Julian</b> | <b>1026</b> |                              | Open Mężczyzn | 243  | 11:30 | 00:00:05    | 00:17:38        | 00:38:19        | -00:08:00        | <b>00:50:49.05</b> | <b>00:50:54.60</b> | +00:20:45 (40.8%) | 5:52         | 10.2 (75.0%) |
| 259 | <b>MROCZKOWSKI Mateusz</b> | <b>481</b>  |                              | Open Mężczyzn | 244  | 10:00 | 00:00:08    | 00:21:32        | 00:41:45        | -00:12:00        | <b>00:50:49.75</b> | <b>00:50:57.90</b> | +00:20:46 (40.9%) | 6:16         | 9.6 (70.6%)  |
| 260 | <b>PRZEWŁOCKI Michał</b>   | <b>1301</b> |                              | Open Mężczyzn | 245  | 11:15 | 00:00:03    | 00:17:42        | 00:38:14        | -00:10:00        | <b>00:50:50.70</b> | <b>00:50:54.65</b> | +00:20:47 (40.9%) | 6:05         | 9.9 (72.8%)  |
| 261 | <b>OLENDER Marcin</b>      | <b>1535</b> | FRAUEN POWER!                | Open Mężczyzn | 246  | 11:00 | 00:00:56    | 00:20:27        | 00:41:46        | -00:13:00        | <b>00:50:52.30</b> | <b>00:51:48.60</b> | +00:20:48 (40.9%) | 6:23         | 9.4 (69.1%)  |
| 262 | <b>PILARSKA Anna</b>       | <b>822</b>  | FRAUEN POWER!                | Open Kobiet   | 16   | 11:00 | 00:00:08    | 00:20:53        | 00:41:43        | -00:11:00        | <b>00:50:56.45</b> | <b>00:51:05.15</b> | +00:20:52 (41.0%) | 6:11         | 9.7 (71.3%)  |
| 263 | <b>WENDER Michał</b>       | <b>294</b>  |                              | Open Mężczyzn | 247  | 09:30 | 00:00:05    | 00:18:22        | 00:40:23        | -00:13:00        | <b>00:51:02.20</b> | <b>00:51:07.65</b> | +00:20:58 (41.1%) | 6:24         | 9.4 (69.1%)  |
| 264 | <b>HAŁASA Rafał</b>        | <b>158</b>  |                              | Open Mężczyzn | 248  | 09:15 | 00:00:06    | 00:19:05        | 00:41:32        | -00:14:00        | <b>00:51:03.70</b> | <b>00:51:09.75</b> | +00:21:00 (41.1%) | 6:30         | 9.2 (67.6%)  |
| 265 | <b>BIERNACKI Tomasz</b>    | <b>1358</b> |                              | Open Mężczyzn | 249  | 11:30 | 00:00:06    | 00:16:38        | 00:36:13        | -00:01:00        | <b>00:51:04.20</b> | <b>00:51:11.10</b> | +00:21:00 (41.1%) | 5:12         | 11.5 (84.6%) |
| 266 | <b>AMBROZIK Bartłomiej</b> | <b>143</b>  |                              | Open Mężczyzn | 250  | 09:15 | 00:00:08    | 00:21:29        | 00:42:28        | -00:13:00        | <b>00:51:05.20</b> | <b>00:51:13.95</b> | +00:21:01 (41.2%) | 6:24         | 9.4 (69.1%)  |
| 267 | <b>KORCZAK Łukasz</b>      | <b>1098</b> | SPORTERA OCR                 | Open Mężczyzn | 251  | 12:00 | 00:00:04    | 00:17:42        | 00:39:13        | -00:11:00        | <b>00:51:05.90</b> | <b>00:51:10.15</b> | +00:21:02 (41.2%) | 6:12         | 9.7 (71.3%)  |
| 268 | <b>PERCZYŃSKI Rafał</b>    | <b>1192</b> |                              | Open Mężczyzn | 252  | 12:15 | 00:00:07    | 00:19:04        | 00:41:15        | -00:14:00        | <b>00:51:06.65</b> | <b>00:51:13.85</b> | +00:21:03 (41.2%) | 6:30         | 9.2 (67.6%)  |
| 269 | <b>KOBUS Przemysław</b>    | <b>1480</b> |                              | Open Mężczyzn | 253  | 11:45 | 00:00:05    | 00:18:30        | 00:40:35        | -00:10:00        | <b>00:51:08.00</b> | <b>00:51:13.75</b> | +00:21:04 (41.2%) | 6:06         | 9.8 (72.1%)  |
| 270 | <b>JASIEWSKI Wojtek</b>    | <b>879</b>  |                              | Open Mężczyzn | 254  | 11:15 | 00:00:04    | 00:17:43        | 00:39:24        | -00:09:00        | <b>00:51:09.60</b> | <b>00:51:14.20</b> | +00:21:06 (41.2%) | 6:01         | 10 (73.5%)   |
| 271 | <b>DUR Bartłomiej</b>      | <b>1540</b> | PATRZ NA MNIE MAMO!          | Open Mężczyzn | 255  | 09:15 | 00:00:07    | 00:19:59        | 00:41:55        | -00:13:00        | <b>00:51:14.75</b> | <b>00:51:22.25</b> | +00:21:11 (41.3%) | 6:25         | 9.3 (68.4%)  |
| 272 | <b>WITOWSKI Rafał</b>      | <b>734</b>  | CROSSFIT GCW                 | Open Mężczyzn | 256  | 10:45 | 00:00:05    | 00:21:24        | 00:41:15        | -00:11:00        | <b>00:51:16.45</b> | <b>00:51:21.65</b> | +00:21:12 (41.4%) | 6:13         | 9.6 (70.6%)  |
| 273 | <b>BOCHRA Hubert</b>       | <b>1383</b> |                              | Open Mężczyzn | 257  | 12:15 | 00:00:06    | 00:18:05        | 00:41:28        | -00:13:00        | <b>00:51:23.85</b> | <b>00:51:29.95</b> | +00:21:20 (41.5%) | 6:26         | 9.3 (68.4%)  |
| 274 | <b>ELWERTOWSKI Piotr</b>   | <b>1460</b> |                              | Open Mężczyzn | 258  | 12:30 | 00:00:06    | 00:18:54        | 00:40:57        | -00:12:00        | <b>00:51:25.65</b> | <b>00:51:31.65</b> | +00:21:22 (41.5%) | 6:20         | 9.5 (69.9%)  |
| 275 | <b>SAWICKI Marcin</b>      | <b>695</b>  |                              | Open Mężczyzn | 259  | 10:30 | 00:00:10    | 00:20:41        | 00:42:52        | -00:14:00        | <b>00:51:27.10</b> | <b>00:51:37.85</b> | +00:21:23 (41.6%) | 6:32         | 9.2 (67.6%)  |
| 276 | <b>BONDARZEWSKI Kamil</b>  | <b>1395</b> |                              | Open Mężczyzn | 260  | 10:45 | 00:00:04    | 00:18:15        | 00:39:47        | -00:10:00        | <b>00:51:27.55</b> | <b>00:51:31.80</b> | +00:21:23 (41.6%) | 6:08         | 9.8 (72.1%)  |
| 277 | <b>ZAREMBA Anna</b>        | <b>1256</b> |                              | Open Kobiet   | 17   | 12:45 | 00:00:07    | 00:20:10        | 00:41:08        | -00:13:00        | <b>00:51:29.35</b> | <b>00:51:36.65</b> | +00:21:25 (41.6%) | 6:26         | 9.3 (68.4%)  |
| 278 | <b>NOWICKI Krzysztof</b>   | <b>1343</b> | CROSSFIT ELEKTROMOC          | Open Mężczyzn | 261  | 10:45 | 00:00:05    | 00:18:54        | 00:41:09        | -00:14:00        | <b>00:51:29.50</b> | <b>00:51:35.05</b> | +00:21:25 (41.6%) | 6:33         | 9.2 (67.6%)  |
| 279 | <b>MŁYŃSKI Mariusz</b>     | <b>584</b>  |                              | Open Mężczyzn | 262  | 10:15 | 00:00:06    | 00:19:06        | 00:41:04        | -00:13:00        | <b>00:51:36.45</b> | <b>00:51:42.75</b> | +00:21:32 (41.8%) | 6:27         | 9.3 (68.4%)  |
| 280 | <b>KUCHARSKA Izabela</b>   | <b>318</b>  | JANUSZE I GRAŻYNY FITNESSU:) | Open Kobiet   | 18   | 09:45 | 00:00:10    | 00:19:46        | 00:40:58        | -00:13:00        | <b>00:51:38.75</b> | <b>00:51:49.55</b> | +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 | <b>LELOCH Michał</b>           | <b>1332</b> | HUSARIA RACE TEAM              | Open Mężczyzn | 263  | 11:15 | 00:00:05 | 00:19:19        | 00:42:15        | -00:14:00        | <b>00:51:42.15</b> | <b>00:51:48.00</b> | +00:21:38 (41.9%) | 6:34         | 9.1 (66.9%)  |
| 282 | <b>ZIELINSKI Tomasz</b>        | <b>815</b>  | CROSSFIT TORUŃ/REEBOK RUN CREW | Open Mężczyzn | 264  | 11:00 | 00:00:06 | 00:18:00        | 00:39:53        | -00:11:00        | <b>00:51:42.25</b> | <b>00:51:48.60</b> | +00:21:38 (41.9%) | 6:16         | 9.6 (70.6%)  |
| 283 | <b>SKOWROŃSKI Wojciech</b>     | <b>181</b>  |                                | Open Mężczyzn | 265  | 09:15 | 00:00:07 | 00:17:59        | 00:38:58        | -00:08:00        | <b>00:51:42.60</b> | <b>00:51:49.70</b> | +00:21:39 (41.9%) | 5:58         | 10.1 (74.3%) |
| 284 | <b>WIELGOŁASKI Adam</b>        | <b>88</b>   |                                | Open Mężczyzn | 266  | 09:00 | 00:00:06 | 00:20:10        | 00:42:04        | -00:13:00        | <b>00:51:43.20</b> | <b>00:51:49.60</b> | +00:21:39 (41.9%) | 6:28         | 9.3 (68.4%)  |
| 285 | <b>FABIANOWICZ Paweł</b>       | <b>873</b>  |                                | Open Mężczyzn | 267  | 11:00 | 00:00:05 | 00:19:20        | 00:40:23        | -00:10:00        | <b>00:51:43.80</b> | <b>00:51:49.70</b> | +00:21:40 (41.9%) | 6:10         | 9.7 (71.3%)  |
| 286 | <b>VALA Ondrej</b>             | <b>1473</b> | REEBOK RUN CREW CZ             | Open Mężczyzn | 268  | 11:45 | 00:00:05 | 00:16:21        | 00:36:15        | -00:05:00        | <b>00:51:45.05</b> | <b>00:51:50.45</b> | +00:21:41 (41.9%) | 5:40         | 10.6 (77.9%) |
| 287 | <b>BANASIAK Daniel</b>         | <b>243</b>  |                                | Open Mężczyzn | 269  | 09:30 | 00:00:08 | 00:19:09        | 00:39:56        | -00:09:00        | <b>00:51:45.60</b> | <b>00:51:54.35</b> | +00:21:42 (41.9%) | 6:04         | 9.9 (72.8%)  |
| 288 | <b>JUREWICZ Andrzej</b>        | <b>258</b>  | HUSARIA RACE TEAM              | Open Mężczyzn | 270  | 09:45 | 00:00:10 | 00:20:41        | 00:42:46        | -00:14:00        | <b>00:51:46.10</b> | <b>00:51:56.75</b> | +00:21:42 (41.9%) | 6:34         | 9.1 (66.9%)  |
| 289 | <b>NOWAK Adam</b>              | <b>71</b>   |                                | Open Mężczyzn | 271  | 09:00 | 00:00:07 |                 | 00:42:00        | -00:14:00        | <b>00:51:49.90</b> | <b>00:51:57.10</b> | +00:21:46 (42.0%) | 6:35         | 9.1 (66.9%)  |
| 290 | <b>SKOCZYLAS Mikołaj</b>       | <b>83</b>   |                                | Open Mężczyzn | 272  | 09:00 | 00:00:00 | 00:18:09        | 00:38:23        | -00:13:00        | <b>00:51:50.70</b> | <b>00:51:50.70</b> | +00:21:47 (42.0%) | 6:29         | 9.3 (68.4%)  |
| 291 | <b>CACEK Darek</b>             | <b>33</b>   |                                | Open Mężczyzn | 273  | 09:00 | 00:00:06 | 00:19:15        | 00:41:06        | -00:12:00        | <b>00:51:52.20</b> | <b>00:51:58.85</b> | +00:21:48 (42.0%) | 6:23         | 9.4 (69.1%)  |
| 292 | <b>WITTYCH Piotr</b>           | <b>90</b>   |                                | Open Mężczyzn | 274  | 09:00 | 00:00:06 | 00:17:28        | 00:39:14        | -00:11:00        | <b>00:51:52.65</b> | <b>00:51:58.70</b> | +00:21:49 (42.1%) | 6:17         | 9.5 (69.9%)  |
| 293 | <b>JAMBOR Maciej</b>           | <b>1457</b> |                                | Open Mężczyzn | 275  | 11:45 | 00:00:07 | 00:18:46        | 00:39:32        | -00:10:00        | <b>00:51:54.80</b> | <b>00:52:02.15</b> | +00:21:51 (42.1%) | 6:11         | 9.7 (71.3%)  |
| 294 | <b>JĘDRZEJCZYK Adam</b>        | <b>615</b>  | BIGTIRES.PL TEAM               | Open Mężczyzn | 276  | 10:30 | 00:00:10 | 00:20:55        | 00:41:53        | -00:13:00        | <b>00:51:55.00</b> | <b>00:52:05.15</b> | +00:21:51 (42.1%) | 6:29         | 9.2 (67.6%)  |
| 295 | <b>CICVÁREK FLÉGLOVÁ Marie</b> | <b>1185</b> |                                | Open Mężczyzn | 277  | 12:15 | 00:00:06 | 00:19:00        | 00:39:37        | -00:09:00        | <b>00:51:55.05</b> | <b>00:52:01.75</b> | +00:21:51 (42.1%) | 6:05         | 9.8 (72.1%)  |
| 296 | <b>PRUCIAK Tomasz</b>          | <b>1139</b> |                                | Open Mężczyzn | 278  | 12:00 | 00:00:06 | 00:19:20        | 00:42:00        | -00:14:00        | <b>00:51:55.40</b> | <b>00:52:02.35</b> | +00:21:51 (42.1%) | 6:35         | 9.1 (66.9%)  |
| 297 | <b>DOMAŃSKI Jakub</b>          | <b>349</b>  |                                | Open Mężczyzn | 279  | 09:45 | 00:00:07 | 00:19:53        | 00:40:55        | -00:12:00        | <b>00:51:55.90</b> | <b>00:52:03.35</b> | +00:21:52 (42.1%) | 6:23         | 9.4 (69.1%)  |
| 298 | <b>RADZIKOWSKI Karol</b>       | <b>447</b>  | SPORT.PL / POLSKA BIEGA        | Open Mężczyzn | 280  | 11:45 | 00:00:05 | 00:18:35        | 00:40:10        | -00:09:00        | <b>00:51:56.55</b> | <b>00:52:02.40</b> | +00:21:52 (42.1%) | 6:05         | 9.8 (72.1%)  |
| 299 | <b>WARSZAWSKI Patryk</b>       | <b>915</b>  | CRAZY RUNNERFUCKERS            | Open Mężczyzn | 281  | 11:15 | 00:00:09 | 00:19:18        | 00:41:20        | -00:13:00        | <b>00:51:58.60</b> | <b>00:52:08.15</b> | +00:21:55 (42.2%) | 6:29         | 9.2 (67.6%)  |
| 300 | <b>GÓRNY Marcin</b>            | <b>1289</b> |                                | Open Mężczyzn | 282  | 11:30 | 00:00:10 | 00:19:29        | 00:41:58        | -00:14:00        | <b>00:52:02.35</b> | <b>00:52:12.35</b> | +00:21:58 (42.2%) | 6:36         | 9.1 (66.9%)  |
| 301 | <b>FRANKOWSKI Robert</b>       | <b>1111</b> |                                | Open Mężczyzn | 283  | 12:00 | 00:00:06 | 00:20:41        | 00:41:42        | -00:12:00        | <b>00:52:02.65</b> | <b>00:52:09.30</b> | +00:21:59 (42.2%) | 6:24         | 9.4 (69.1%)  |
| 302 | <b>NOWECKI Michał</b>          | <b>374</b>  |                                | Open Mężczyzn | 284  | 09:45 | 00:00:07 | 00:18:43        | 00:40:18        | -00:10:00        | <b>00:52:03.35</b> | <b>00:52:11.00</b> | +00:21:59 (42.3%) | 6:12         | 9.7 (71.3%)  |
| 303 | <b>WŁODEK Damian</b>           | <b>1155</b> |                                | Open Mężczyzn | 285  | 12:00 | 00:00:04 | 00:19:03        | 00:40:27        | -00:11:00        | <b>00:52:03.40</b> | <b>00:52:07.85</b> | +00:21:59 (42.3%) | 6:18         | 9.5 (69.9%)  |
| 304 | <b>PRZYBYLSKI Stanisław</b>    | <b>1475</b> | ZIELONKAA                      | Open Mężczyzn | 286  | 11:45 | 00:00:06 | 00:17:32        | 00:41:39        | -00:14:00        | <b>00:52:04.95</b> | <b>00:52:11.40</b> | +00:22:01 (42.3%) | 6:36         | 9.1 (66.9%)  |

| Msc | Zawodnik                  | Numer | Klub                         | Kategoria        | Mkat | Seria | Czas     |          | Skrajna_1 | Skrajna_2 | Kara/<br>bonifikata | Czas          |                | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|---------------------------|-------|------------------------------|------------------|------|-------|----------|----------|-----------|-----------|---------------------|---------------|----------------|----------------------|-----------------|-----------------|
|     |                           |       |                              |                  |      |       | startu   | 5.4km    |           |           |                     | netto<br>10km | brutto<br>10km |                      |                 |                 |
| 305 | KALICKI Rafał             | 1407  |                              | Open<br>Mężczyzn | 287  | 11:30 | 00:02:15 | 00:20:09 |           |           | -00:13:00           | 00:52:05.90   | 00:54:20.95    | +00:22:02<br>(42.3%) | 6:30            | 9.2<br>(67.6%)  |
| 306 | MIROŃCZUK Piotr           | 480   |                              | Open<br>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<br>(42.3%) | 6:30            | 9.2<br>(67.6%)  |
| 307 | DEPTUŁA Mariusz           | 459   |                              | Open<br>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<br>(42.4%) | 6:25            | 9.4<br>(69.1%)  |
| 308 | FREITES Luis              | 1528  |                              | Open<br>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<br>(42.5%) | 6:25            | 9.3<br>(68.4%)  |
| 309 | LIŚKIEWICZ<br>Sylwia      | 1518  |                              | Open<br>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<br>(42.5%) | 5:19            | 11.3<br>(83.1%) |
| 310 | GŁOZAK Patryk             | 428   | CROSSFIT SIEDLCE             | Open<br>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<br>(42.5%) | 6:13            | 9.6<br>(70.6%)  |
| 311 | JERMAKOWICZ<br>Bartłomiej | 1014  | RUNCOHOLICS                  | Open<br>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<br>(42.5%) | 6:37            | 9<br>(66.2%)    |
| 312 | SIWEK Leszek              | 1295  |                              | Open<br>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<br>(42.6%) | 5:44            | 10.5<br>(77.2%) |
| 313 | JUCHNIEWICZ<br>Artur      | 1113  |                              | Open<br>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<br>(42.7%) | 6:14            | 9.6<br>(70.6%)  |
| 314 | LEWANDOWSKI<br>Mateusz    | 1124  |                              | Open<br>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<br>(42.8%) | 6:39            | 9<br>(66.2%)    |
| 315 | WACHNIK Piotr             | 733   | CROSSFIT GCW                 | Open<br>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<br>(42.8%) | 6:33            | 9.2<br>(67.6%)  |
| 316 | CZPAK Tobiasz             | 868   |                              | Open<br>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<br>(42.8%) | 6:33            | 9.2<br>(67.6%)  |
| 317 | RUDUCHA Piotr             | 489   |                              | Open<br>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<br>(42.8%) | 6:21            | 9.4<br>(69.1%)  |
| 318 | ŚWIDERSKI<br>Łukasz       | 288   |                              | Open<br>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<br>(42.9%) | 6:33            | 9.1<br>(66.9%)  |
| 319 | BARSKI Dominik            | 244   |                              | Open<br>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<br>(42.9%) | 6:33            | 9.1<br>(66.9%)  |
| 320 | ADAMUS Marcin             | 557   |                              | Open<br>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<br>(42.9%) | 6:21            | 9.4<br>(69.1%)  |
| 321 | GRAJCAR Łukasz            | 833   | LOFT TEAM EXTREME            | Open<br>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<br>(42.9%) | 6:03            | 9.9<br>(72.8%)  |
| 322 | BOLDA Krzysztof           | 777   |                              | Open<br>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<br>(42.9%) | 6:22            | 9.4<br>(69.1%)  |
| 323 | KRYSZTOFIŃSKI<br>Dawid    | 1007  | POWER TRAINING               | Open<br>Mężczyzn | 304  | 11:30 | 00:00:07 | 00:21:37 |           |           | -00:13:00           | 00:52:44.25   | 00:52:51.65    | +00:22:40<br>(43.0%) | 6:34            | 9.1<br>(66.9%)  |
| 324 | TRĘDA Cezary              | 1003  | JANUSZE BŁOTNYCH BIEGÓW      | Open<br>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<br>(43.0%) | 6:10            | 9.7<br>(71.3%)  |
| 325 | FILIPCZUK<br>Dariusz      | 1109  |                              | Open<br>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<br>(43.0%) | 6:34            | 9.1<br>(66.9%)  |
| 326 | SZCZYKUTOWICZ<br>Maciej   | 291   | JANUSZE I GRAŻYNY FITNESSU:) | Open<br>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<br>(43.1%) | 6:22            | 9.4<br>(69.1%)  |
| 327 | BIEŃ Marta                | 246   | JANUSZE I GRAŻYNY FITNESSU:) | Open<br>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<br>(43.1%) | 6:22            | 9.4<br>(69.1%)  |
| 328 | WÓJCIK Piotr              | 95    |                              | Open<br>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<br>(43.1%) | 6:28            | 9.3<br>(68.4%)  |

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

| Msc | Zawodnik           | Numer | Klub                           | Kategoria        | Mkat | Seria | Czas     |                    |                    | Kara/<br>bonifikata | Czas          |                | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|-----|--------------------|-------|--------------------------------|------------------|------|-------|----------|--------------------|--------------------|---------------------|---------------|----------------|----------------------|-----------------|-----------------|
|     |                    |       |                                |                  |      |       | startu   | Skrajna_1<br>5.4km | Skrajna_2<br>7.5km |                     | netto<br>10km | brutto<br>10km |                      |                 |                 |
| 353 | KOSIM Artur        | 471   |                                | Open<br>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<br>(43.8%) | 6:38            | 9<br>(66.2%)    |
| 354 | DĄBROWSKI Emil     | 38    |                                | Open<br>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<br>(43.8%) | 6:32            | 9.2<br>(67.6%)  |
| 355 | BALCEROWSKI Rafał  | 1091  | POWER TRAINING                 | Open<br>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<br>(43.8%) | 5:45            | 10.4<br>(76.5%) |
| 356 | MCEWAN Christopher | 1330  |                                | Open<br>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<br>(43.8%) | 6:15            | 9.6<br>(70.6%)  |
| 357 | WILCZYŃSKI Mariusz | 706   |                                | Open<br>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<br>(43.8%) | 6:45            | 8.9<br>(65.4%)  |
| 358 | OKROJEK Szymon     | 729   | CROSSFIT GCW                   | Open<br>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<br>(43.9%) | 6:33            | 9.2<br>(67.6%)  |
| 359 | JAŁOSZYŃSKI Kuba   | 1362  |                                | Open<br>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<br>(43.9%) | 6:15            | 9.6<br>(70.6%)  |
| 360 | RYBSKI Kamil       | 812   | CROSSFIT TORUŃ/REEBOK RUN CREW | Open<br>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<br>(43.9%) | 6:09            | 9.7<br>(71.3%)  |
| 361 | WROTEK Łukasz      | 1184  | TOTAL FITNESS                  | Open<br>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<br>(43.9%) | 5:45            | 10.4<br>(76.5%) |
| 362 | BŁASZCZYK Piotr    | 124   | REEBOK RUN CREW                | Open<br>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<br>(43.9%) | 6:45            | 8.9<br>(65.4%)  |
| 363 | KRAWCZUK Jakub     | 473   |                                | Open<br>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<br>(43.9%) | 6:45            | 8.9<br>(65.4%)  |
| 364 | MRÓZEK Łukasz      | 1474  | ZIELONKAA                      | Open<br>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<br>(43.9%) | 6:39            | 9<br>(66.2%)    |
| 365 | KACZMAREK Marta    | 1529  |                                | Open<br>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<br>(43.9%) | 6:09            | 9.7<br>(71.3%)  |
| 366 | JAKUBOWSKA Ewa     | 837   | LOFT TEAM EXTREME              | Open<br>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<br>(44.0%) | 6:15            | 9.6<br>(70.6%)  |
| 367 | STUTKO Hubert      | 1221  |                                | Open<br>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<br>(44.0%) | 6:45            | 8.9<br>(65.4%)  |
| 368 | MITRASZEWSKI Jakub | 67    |                                | Open<br>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<br>(44.0%) | 6:39            | 9<br>(66.2%)    |
| 369 | NITECKI Piotr      | 115   | OGRODOSFERA.PL                 | Open<br>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<br>(44.0%) | 6:40            | 9<br>(66.2%)    |
| 370 | CEDRO Patrycja     | 34    |                                | Open<br>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<br>(44.1%) | 6:22            | 9.4<br>(69.1%)  |
| 371 | BUKOJEMSKI Marcin  | 343   |                                | Open<br>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<br>(44.1%) | 6:34            | 9.1<br>(66.9%)  |
| 372 | MAKOWSKI Tomasz    | 1305  | TEAM BIEGAJ POD OKIEM TRENERA  | Open<br>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<br>(44.1%) | 5:46            | 10.4<br>(76.5%) |
| 373 | ZAREBSKI Lukasz    | 1335  |                                | Open<br>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<br>(44.1%) | 5:46            | 10.4<br>(76.5%) |
| 374 | MAZUR Karol        | 1274  |                                | Open<br>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<br>(44.1%) | 6:46            | 8.8<br>(64.7%)  |
| 375 | ZDZIARSKI Łukasz   | 529   | DZIKIE DZIKI MIGU              | Open<br>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<br>(44.1%) | 6:41            | 9<br>(66.2%)    |
| 376 | BIAŁEK Adrian      | 517   | DZIKIE DZIKI MIGU              | Open<br>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<br>(44.2%) | 6:41            | 9<br>(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 | <b>DZIEŻA Grzegorz</b>        | <b>334</b>  | TEAM DORIS KRAKÓW    | Open Mężczyzn | 348  | 09:45 | 00:00:04    | 00:18:33        | 00:41:07        | -00:13:00        | <b>00:53:53.60</b> | <b>00:53:58.40</b> | +00:23:50 (44.2%) | 6:41         | 9 (66.2%)    |
| 378 | <b>PAWLACZYK Szymon</b>       | <b>1458</b> |                      | Open Mężczyzn | 349  | 11:45 | 00:00:06    | 00:21:12        | 00:43:31        | -00:12:00        | <b>00:53:53.80</b> | <b>00:54:00.30</b> | +00:23:50 (44.2%) | 6:35         | 9.1 (66.9%)  |
| 379 | <b>BUKOWSKI Kamil</b>         | <b>635</b>  | ORANGE POLSKA        | Open Mężczyzn | 350  | 09:15 | 00:00:03    | 00:20:33        | 00:43:17        | -00:12:00        | <b>00:53:54.95</b> | <b>00:53:58.70</b> | +00:23:51 (44.2%) | 6:35         | 9.1 (66.9%)  |
| 380 | <b>JAGODZIŃSKI Jeremi</b>     | <b>359</b>  |                      | Open Mężczyzn | 351  | 09:45 | 00:00:04    | 00:17:36        | 00:38:05        | -00:05:00        | <b>00:54:00.15</b> | <b>00:54:05.05</b> | +00:23:56 (44.3%) | 5:54         | 10.2 (75.0%) |
| 381 | <b>MIEŚCICKI Wojciech</b>     | <b>431</b>  | CROSSFIT SIEDLCE     | Open Mężczyzn | 352  | 10:00 | 00:00:11    | 00:20:26        | 00:41:43        | -00:10:00        | <b>00:54:03.20</b> | <b>00:54:14.25</b> | +00:23:59 (44.4%) | 6:24         | 9.4 (69.1%)  |
| 382 | <b>WOJCIECHOWSKI Paweł</b>    | <b>93</b>   |                      | Open Mężczyzn | 353  | 09:00 | 00:00:09    | 00:17:50        | 00:38:49        | -00:06:00        | <b>00:54:05.10</b> | <b>00:54:14.55</b> | +00:24:01 (44.4%) | 6:00         | 10 (73.5%)   |
| 383 | <b>SPILISZEWSKI Marcin</b>    | <b>1008</b> | POWER TRAINING       | Open Mężczyzn | 354  | 11:30 | 00:00:07    | 00:21:37        |                 | -00:11:00        | <b>00:54:06.45</b> | <b>00:54:13.60</b> | +00:24:02 (44.4%) | 6:30         | 9.2 (67.6%)  |
| 383 | <b>ZAWARDZIN Robert</b>       | <b>97</b>   |                      | Open Mężczyzn | 355  | 09:00 | 00:00:06    | 00:20:10        | 00:42:05        | -00:10:00        | <b>00:54:06.45</b> | <b>00:54:13.05</b> | +00:24:02 (44.4%) | 6:24         | 9.4 (69.1%)  |
| 385 | <b>KRZEMIENIEWSKI Mateusz</b> | <b>366</b>  |                      | Open Mężczyzn | 356  | 09:45 | 00:00:06    | 00:18:52        | 00:42:33        | -00:11:00        | <b>00:54:08.70</b> | <b>00:54:14.75</b> | +00:24:05 (44.5%) | 6:30         | 9.2 (67.6%)  |
| 386 | <b>STRZYŻEWSKI Dawid</b>      | <b>388</b>  |                      | Open Mężczyzn | 357  | 09:45 | 00:00:06    | 00:18:52        | 00:42:33        | -00:11:00        | <b>00:54:08.80</b> | <b>00:54:14.85</b> | +00:24:05 (44.5%) | 6:30         | 9.2 (67.6%)  |
| 387 | <b>TURSKI Łukasz</b>          | <b>953</b>  | ROSSMANN             | Open Mężczyzn | 358  | 11:15 | 00:00:04    | 00:19:23        | 00:43:01        | -00:14:00        | <b>00:54:10.65</b> | <b>00:54:14.95</b> | +00:24:07 (44.5%) | 6:49         | 8.8 (64.7%)  |
| 388 | <b>KUCHARSKI Michał</b>       | <b>266</b>  |                      | Open Mężczyzn | 359  | 09:30 | 00:00:09    | 00:20:51        | 00:43:23        | -00:14:00        | <b>00:54:11.15</b> | <b>00:54:20.70</b> | +00:24:07 (44.5%) | 6:49         | 8.8 (64.7%)  |
| 389 | <b>WÓJCIK Piotr</b>           | <b>190</b>  |                      | Open Mężczyzn | 360  | 09:15 | 00:00:08    | 00:17:21        | 00:37:18        | -00:04:00        | <b>00:54:12.15</b> | <b>00:54:20.25</b> | +00:24:08 (44.5%) | 5:49         | 10.3 (75.7%) |
| 390 | <b>PAWŁOWSKI Adam</b>         | <b>277</b>  |                      | Open Mężczyzn | 361  | 09:30 | 00:00:08    | 00:20:01        | 00:41:20        | -00:09:00        | <b>00:54:12.55</b> | <b>00:54:21.20</b> | +00:24:08 (44.5%) | 6:19         | 9.5 (69.9%)  |
| 391 | <b>BORUSZEWSKI Grzegorz</b>   | <b>1108</b> |                      | Open Mężczyzn | 362  | 12:00 | 00:00:09    | 00:20:37        | 00:42:22        | -00:13:00        | <b>00:54:15.05</b> | <b>00:54:24.35</b> | +00:24:11 (44.6%) | 6:43         | 8.9 (65.4%)  |
| 392 | <b>NITECKI Lech</b>           | <b>540</b>  | OGRODOSFERA.PL       | Open Mężczyzn | 363  | 10:15 | 00:00:10    | 00:20:53        | 00:43:25        | -00:13:00        | <b>00:54:19.30</b> | <b>00:54:29.80</b> | +00:24:15 (44.7%) | 6:43         | 8.9 (65.4%)  |
| 393 | <b>BARANOWSKI Dariusz</b>     | <b>415</b>  | BRUD EKIPA           | Open Mężczyzn | 364  | 10:00 | 00:00:08    | 00:20:45        | 00:42:59        | -00:08:00        | <b>00:54:23.20</b> | <b>00:54:31.95</b> | +00:24:19 (44.7%) | 6:14         | 9.6 (70.6%)  |
| 394 | <b>KSIĘŻOPOLSKI Paweł</b>     | <b>430</b>  | CROSSFIT SIEDLCE     | Open Mężczyzn | 365  | 10:00 | 00:00:10    | 00:20:31        | 00:42:50        | -00:11:00        | <b>00:54:24.15</b> | <b>00:54:35.00</b> | +00:24:20 (44.7%) | 6:32         | 9.2 (67.6%)  |
| 395 | <b>NIWIŃSKI Piotr</b>         | <b>1191</b> | CROSSFIT URSYNÓW     | Open Mężczyzn | 366  | 12:15 | 00:00:05    | 00:19:44        | 00:42:05        | -00:11:00        | <b>00:54:24.70</b> | <b>00:54:30.65</b> | +00:24:21 (44.8%) | 6:32         | 9.2 (67.6%)  |
| 396 | <b>CHUSTECKI Michał</b>       | <b>1215</b> |                      | Open Mężczyzn | 367  | 12:30 | 00:00:06    | 00:20:31        | 00:43:35        | -00:14:00        | <b>00:54:25.25</b> | <b>00:54:31.90</b> | +00:24:21 (44.8%) | 6:50         | 8.8 (64.7%)  |
| 397 | <b>CHOBOT Iwona</b>           | <b>1265</b> |                      | Open Kobiet   | 30   | 09:15 | 00:00:05    | 00:19:22        | 00:41:24        | -00:09:00        | <b>00:54:26.25</b> | <b>00:54:31.75</b> | +00:24:22 (44.8%) | 6:20         | 9.5 (69.9%)  |
| 398 | <b>ZALEWSKI Michał</b>        | <b>1279</b> | BESTIE OCR LEGIONOWO | Open Mężczyzn | 368  | 11:15 | 00:00:02    | 00:22:01        | 00:44:30        | -00:14:00        | <b>00:54:30.60</b> | <b>00:54:33.30</b> | +00:24:27 (44.9%) | 6:51         | 8.8 (64.7%)  |
| 399 | <b>MACHCEWICZ Maciej</b>      | <b>1260</b> | WARSAW CREW          | Open Mężczyzn | 369  | 12:30 | 00:00:05    | 00:18:49        | 00:42:54        | -00:08:00        | <b>00:54:31.35</b> | <b>00:54:36.75</b> | +00:24:27 (44.9%) | 6:15         | 9.6 (70.6%)  |
| 400 | <b>PIEŃKOS Marcin</b>         | <b>17</b>   | DIRTY6               | Open Mężczyzn | 370  | 09:00 | 00:00:07    | 00:21:57        | 00:44:07        | -00:14:00        | <b>00:54:33.10</b> | <b>00:54:40.50</b> | +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 | BAŃBURA 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 | <b>WOŚ Tomasz</b>         | <b>297</b>  |                             | Open Mężczyzn | 390  | 09:30 | 00:00:09    | 00:21:30        | 00:44:26        | -00:13:00        | <b>00:54:56.55</b> | <b>00:55:06.25</b> | +00:24:52 (45.3%) | 6:47         | 8.8 (64.7%)  |
| 426 | <b>SADOWSKI Kamil</b>     | <b>929</b>  | FANGA TERROR TEAM           | Open Mężczyzn | 391  | 11:15 | 00:00:07    | 00:23:48        | 00:45:05        | -00:11:00        | <b>00:54:56.85</b> | <b>00:55:04.25</b> | +00:24:53 (45.3%) | 6:35         | 9.1 (66.9%)  |
| 427 | <b>JAMBOR Michał</b>      | <b>1459</b> | BRACTWO BIEGOWE BGK         | Open Mężczyzn | 392  | 11:45 | 00:00:07    | 00:18:48        | 00:41:12        | -00:09:00        | <b>00:55:01.15</b> | <b>00:55:08.45</b> | +00:24:57 (45.4%) | 6:24         | 9.4 (69.1%)  |
| 428 | <b>KOWALCZUK Adam</b>     | <b>200</b>  | 4FACES RUNNING TEAM         | Open Mężczyzn | 393  | 09:30 | 00:00:11    | 00:20:28        | 00:43:17        | -00:10:00        | <b>00:55:02.05</b> | <b>00:55:13.95</b> | +00:24:58 (45.4%) | 6:30         | 9.2 (67.6%)  |
| 429 | <b>BERDYŃSKI Jarosław</b> | <b>861</b>  |                             | Open Mężczyzn | 394  | 11:00 | 00:00:06    | 00:19:58        | 00:41:31        | -00:11:00        | <b>00:55:03.80</b> | <b>00:55:10.65</b> | +00:25:00 (45.4%) | 6:36         | 9.1 (66.9%)  |
| 430 | <b>PIĄTKOWSKI Marcin</b>  | <b>135</b>  | TI AUTOMOTIVE               | Open Mężczyzn | 395  | 09:15 | 00:00:03    | 00:19:27        | 00:43:08        | -00:13:00        | <b>00:55:05.50</b> | <b>00:55:09.45</b> | +00:25:01 (45.4%) | 6:48         | 8.8 (64.7%)  |
| 431 | <b>WIĘCH Ernest</b>       | <b>1267</b> | CROSS ELITE GRAJEWO         | Open Mężczyzn | 396  | 11:15 | 00:00:04    | 00:21:43        | 00:44:34        | -00:13:00        | <b>00:55:05.70</b> | <b>00:55:10.40</b> | +00:25:02 (45.4%) | 6:48         | 8.8 (64.7%)  |
| 432 | <b>ZIMOŃ Norbert</b>      | <b>1296</b> |                             | Open Mężczyzn | 397  | 10:30 | 00:00:04    | 00:18:06        | 00:40:47        | -00:14:00        | <b>00:55:08.25</b> | <b>00:55:12.70</b> | +00:25:04 (45.5%) | 6:54         | 8.7 (64.0%)  |
| 433 | <b>KOWALEWSKA Luiza</b>   | <b>1327</b> | HUSARIA RACE TEAM           | Open Kobiet   | 36   | 09:15 | 00:00:03    | 00:19:55        | 00:43:06        | -00:13:00        | <b>00:55:09.45</b> | <b>00:55:13.40</b> | +00:25:05 (45.5%) | 6:49         | 8.8 (64.7%)  |
| 434 | <b>BIEŃ Piotr</b>         | <b>1401</b> |                             | Open Mężczyzn | 398  | 12:30 | 00:00:05    | 00:19:14        | 00:42:18        | -00:13:00        | <b>00:55:09.90</b> | <b>00:55:14.90</b> | +00:25:06 (45.5%) | 6:48         | 8.8 (64.7%)  |
| 435 | <b>GUŚĆ Maciej</b>        | <b>256</b>  |                             | Open Mężczyzn | 399  | 09:30 | 00:00:06    | 00:19:06        | 00:43:00        | -00:14:00        | <b>00:55:09.95</b> | <b>00:55:16.10</b> | +00:25:06 (45.5%) | 6:55         | 8.7 (64.0%)  |
| 436 | <b>KWIECIŃSKI Alan</b>    | <b>1484</b> |                             | Open Mężczyzn | 400  | 11:45 | 00:00:06    | 00:20:08        | 00:44:15        | -00:08:00        | <b>00:55:11.40</b> | <b>00:55:17.80</b> | +00:25:07 (45.5%) | 6:19         | 9.5 (69.9%)  |
| 437 | <b>KAMIŃSKA Sylwia</b>    | <b>416</b>  | BRUD EKIPA                  | Open Kobiet   | 37   | 10:00 | 00:00:09    | 00:20:45        | 00:42:59        | -00:08:00        | <b>00:55:15.45</b> | <b>00:55:24.70</b> | +00:25:11 (45.6%) | 6:19         | 9.5 (69.9%)  |
| 438 | <b>KOSIOR Krzysztof</b>   | <b>538</b>  | OGRODOSFERA.PL              | Open Mężczyzn | 401  | 10:15 | 00:00:10    | 00:20:54        | 00:43:37        | -00:12:00        | <b>00:55:18.20</b> | <b>00:55:29.15</b> | +00:25:14 (45.6%) | 6:43         | 8.9 (65.4%)  |
| 439 | <b>MIELNIK Adrian</b>     | <b>1266</b> |                             | Open Mężczyzn | 402  | 09:00 | 00:00:03    | 00:16:45        | 00:38:15        | -00:04:00        | <b>00:55:24.55</b> | <b>00:55:28.10</b> | +00:25:20 (45.7%) | 5:56         | 10.1 (74.3%) |
| 440 | <b>ŻURAWSKI Dariusz</b>   | <b>854</b>  | LOFT TEAM EXTREME           | Open Mężczyzn | 403  | 11:00 | 00:00:05    | 00:17:50        | 00:38:56        | -00:05:00        | <b>00:55:24.80</b> | <b>00:55:29.85</b> | +00:25:21 (45.8%) | 6:02         | 9.9 (72.8%)  |
| 441 | <b>TARNOWSKI Damian</b>   | <b>773</b>  | WARSAW DUKES                | Open Mężczyzn | 404  | 10:45 | 00:00:06    | 00:20:50        | 00:45:03        | -00:13:00        | <b>00:55:25.20</b> | <b>00:55:31.35</b> | +00:25:21 (45.8%) | 6:50         | 8.8 (64.7%)  |
| 442 | <b>POPIOŁEK Magdalena</b> | <b>114</b>  | NOLIMIT TEAM+               | Open Kobiet   | 38   | 09:00 | 00:00:06    | 00:21:57        | 00:44:08        | -00:12:00        | <b>00:55:25.30</b> | <b>00:55:31.75</b> | +00:25:21 (45.8%) | 6:44         | 8.9 (65.4%)  |
| 443 | <b>PRAŁAT Weronika</b>    | <b>730</b>  | CROSSFIT GCW                | Open Kobiet   | 39   | 10:45 | 00:00:06    | 00:20:24        | 00:42:11        | -00:09:00        | <b>00:55:27.70</b> | <b>00:55:34.05</b> | +00:25:24 (45.8%) | 6:26         | 9.3 (68.4%)  |
| 444 | <b>POTERAŁA Arkadiusz</b> | <b>1282</b> | ORANGE POLSKA               | Open Mężczyzn | 405  | 11:15 | 00:00:05    | 00:20:11        | 00:43:35        | -00:14:00        | <b>00:55:27.80</b> | <b>00:55:33.10</b> | +00:25:24 (45.8%) | 6:56         | 8.6 (63.2%)  |
| 445 | <b>CHRZANOWSKI Łukasz</b> | <b>409</b>  | BIEGNIJ ZE MNĄ 2.0          | Open Mężczyzn | 406  | 10:00 | 00:00:04    | 00:19:48        | 00:43:25        | -00:09:00        | <b>00:55:32.30</b> | <b>00:55:37.05</b> | +00:25:28 (45.9%) | 6:27         | 9.3 (68.4%)  |
| 446 | <b>MATUSZAK Marcin</b>    | <b>760</b>  | NAJWIĘKSZE JANUSZE JOGGINGU | Open Mężczyzn | 407  | 10:45 | 00:00:06    | 00:19:11        | 00:42:26        | -00:12:00        | <b>00:55:38.70</b> | <b>00:55:45.55</b> | +00:25:35 (46.0%) | 6:45         | 8.9 (65.4%)  |
| 447 | <b>FERENS Artur</b>       | <b>1478</b> |                             | Open Mężczyzn | 408  | 11:45 | 00:00:05    | 00:18:57        | 00:42:13        | -00:11:00        | <b>00:55:39.80</b> | <b>00:55:45.65</b> | +00:25:36 (46.0%) | 6:40         | 9 (66.2%)    |
| 448 | <b>KUSTRA Mariusz</b>     | <b>60</b>   |                             | Open Mężczyzn | 409  | 09:00 | 00:00:07    | 00:20:22        | 00:43:09        | -00:11:00        | <b>00:55:41.25</b> | <b>00:55:48.50</b> | +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 | <b>CZAPKOWICZ Mikołaj</b>       | <b>1557</b> |                     | Open Mężczyzn | 410  | 12:30 | 00:00:06 | 00:21:01        | 00:45:06        | -00:14:00        | <b>00:55:42.05</b> | <b>00:55:48.25</b> | +00:25:38 (46.0%) | 6:58         | 8.6 (63.2%)  |
| 450 | <b>GALANT Michał</b>            | <b>736</b>  | CROSSFIT MOKOTÓW    | Open Mężczyzn | 411  | 10:45 | 00:00:10 | 00:21:18        | 00:44:09        | -00:12:00        | <b>00:55:43.00</b> | <b>00:55:53.35</b> | +00:25:39 (46.0%) | 6:46         | 8.9 (65.4%)  |
| 451 | <b>PISKORZ Patryk</b>           | <b>1167</b> | CROSSFIT URSYNÓW    | Open Mężczyzn | 412  | 12:15 | 00:00:07 | 00:21:05        | 00:43:57        | -00:12:00        | <b>00:55:45.45</b> | <b>00:55:52.70</b> | +00:25:41 (46.1%) | 6:46         | 8.9 (65.4%)  |
| 452 | <b>ILOWSKA-REMBARZ Karolina</b> | <b>836</b>  | LOFT TEAM EXTREME   | Open Kobiet   | 40   | 11:00 | 00:00:03 | 00:19:15        | 00:41:08        | -00:08:00        | <b>00:55:45.95</b> | <b>00:55:49.20</b> | +00:25:42 (46.1%) | 6:22         | 9.4 (69.1%)  |
| 453 | <b>PATZER Rafał</b>             | <b>77</b>   |                     | Open Mężczyzn | 413  | 09:00 | 00:00:07 | 00:18:43        | 00:39:40        | -00:07:00        | <b>00:55:47.60</b> | <b>00:55:54.65</b> | +00:25:44 (46.1%) | 6:16         | 9.6 (70.6%)  |
| 454 | <b>SOBCZAK Roksana</b>          | <b>495</b>  | CROSSFIT MGW        | Open Kobiet   | 41   | 10:00 | 00:00:07 | 00:22:08        | 00:44:45        | -00:12:00        | <b>00:55:48.45</b> | <b>00:55:55.80</b> | +00:25:44 (46.1%) | 6:46         | 8.8 (64.7%)  |
| 455 | <b>ROSŁON Jerzy</b>             | <b>1168</b> | CROSSFIT URSYNÓW    | Open Mężczyzn | 414  | 12:15 | 00:00:06 | 00:20:15        | 00:42:36        | -00:13:00        | <b>00:55:50.45</b> | <b>00:55:57.35</b> | +00:25:46 (46.2%) | 6:53         | 8.7 (64.0%)  |
| 456 | <b>SIKORSKI Piotr</b>           | <b>1349</b> | AMEBY               | Open Mężczyzn | 415  | 11:00 | 00:00:07 | 00:19:00        | 00:41:06        | -00:02:00        | <b>00:55:50.50</b> | <b>00:55:57.80</b> | +00:25:46 (46.2%) | 5:47         | 10.4 (76.5%) |
| 457 | <b>CHLEBOWSKI Jakub</b>         | <b>150</b>  |                     | Open Mężczyzn | 416  | 09:15 | 00:00:05 | 00:20:14        | 00:42:38        | -00:09:00        | <b>00:55:51.25</b> | <b>00:55:57.15</b> | +00:25:47 (46.2%) | 6:29         | 9.2 (67.6%)  |
| 458 | <b>KALIŃSKI Artur</b>           | <b>362</b>  |                     | Open Mężczyzn | 417  | 09:45 | 00:00:07 | 00:21:14        | 00:44:49        | -00:14:00        | <b>00:55:54.10</b> | <b>00:56:01.40</b> | +00:25:50 (46.2%) | 6:59         | 8.6 (63.2%)  |
| 459 | <b>JODELIUK Jevgenij</b>        | <b>1543</b> | DZIKIE DZIKI MIGU   | Open Mężczyzn | 418  | 10:15 | 00:00:05 | 00:17:02        | 00:37:47        | -00:05:00        | <b>00:55:55.65</b> | <b>00:56:00.70</b> | +00:25:52 (46.3%) | 6:05         | 9.8 (72.1%)  |
| 460 | <b>SAWICKI Maciej</b>           | <b>211</b>  | GOSPORT             | Open Mężczyzn | 419  | 09:30 | 00:00:10 | 00:22:30        | 00:45:21        | -00:14:00        | <b>00:55:58.90</b> | <b>00:56:09.25</b> | +00:25:55 (46.3%) | 6:59         | 8.6 (63.2%)  |
| 461 | <b>NIZIOLEK Paweł</b>           | <b>70</b>   |                     | Open Mężczyzn | 420  | 09:00 | 00:00:07 | 00:22:03        | 00:44:42        | -00:14:00        | <b>00:56:00.45</b> | <b>00:56:08.20</b> | +00:25:56 (46.3%) | 7:00         | 8.6 (63.2%)  |
| 462 | <b>AL-HADDAD Talal</b>          | <b>240</b>  |                     | Open Mężczyzn | 421  | 09:30 | 00:00:10 | 00:22:27        | 00:44:53        | -00:14:00        | <b>00:56:00.60</b> | <b>00:56:10.85</b> | +00:25:57 (46.3%) | 7:00         | 8.6 (63.2%)  |
| 463 | <b>AUGUSTYNIAK Filip</b>        | <b>1325</b> | WARSAW CREW         | Open Mężczyzn | 422  | 12:30 | 00:00:05 | 00:20:04        | 00:42:52        | -00:10:00        | <b>00:56:01.35</b> | <b>00:56:07.30</b> | +00:25:57 (46.3%) | 6:36         | 9.1 (66.9%)  |
| 464 | <b>BOROWIAK Krzysztof</b>       | <b>1452</b> | HUSARIA RACE TEAM   | Open Mężczyzn | 423  | 11:45 | 00:00:00 | 00:18:38        | 00:41:13        | -00:11:00        | <b>00:56:02.70</b> | <b>00:56:02.70</b> | +00:25:59 (46.4%) | 6:42         | 9 (66.2%)    |
| 465 | <b>LASZEWICZ Patrycja</b>       | <b>1246</b> |                     | Open Kobiet   | 42   | 12:45 | 00:00:06 | 00:19:44        | 00:42:44        | -00:05:00        | <b>00:56:03.40</b> | <b>00:56:09.65</b> | +00:25:59 (46.4%) | 6:06         | 9.8 (72.1%)  |
| 466 | <b>CHOJNACKI Łukasz</b>         | <b>344</b>  |                     | Open Mężczyzn | 424  | 09:45 | 00:00:07 | 00:20:28        | 00:44:27        | -00:12:00        | <b>00:56:05.55</b> | <b>00:56:13.45</b> | +00:26:01 (46.4%) | 6:48         | 8.8 (64.7%)  |
| 467 | <b>GOŚCINIAK Klaudia</b>        | <b>1017</b> | TOTAL FITNESS       | Open Kobiet   | 43   | 11:30 | 00:00:11 | 00:21:43        |                 | -00:13:00        | <b>00:56:08.40</b> | <b>00:56:19.45</b> | +00:26:04 (46.5%) | 6:54         | 8.7 (64.0%)  |
| 468 | <b>KOWALCZYK Bogdan</b>         | <b>221</b>  | POWER TRAINING      | Open Mężczyzn | 425  | 09:30 | 00:00:08 | 00:21:11        | 00:44:36        | -00:12:00        | <b>00:56:09.50</b> | <b>00:56:18.25</b> | +00:26:05 (46.5%) | 6:49         | 8.8 (64.7%)  |
| 469 | <b>GŁOGOWSKI Dawid</b>          | <b>254</b>  |                     | Open Mężczyzn | 426  | 09:30 | 00:00:07 | 00:19:15        | 00:43:00        | -00:13:00        | <b>00:56:09.65</b> | <b>00:56:16.80</b> | +00:26:06 (46.5%) | 6:54         | 8.7 (64.0%)  |
| 470 | <b>OFIARA Kamil</b>             | <b>275</b>  |                     | Open Mężczyzn | 427  | 09:30 | 00:00:06 | 00:19:09        | 00:43:01        | -00:13:00        | <b>00:56:10.25</b> | <b>00:56:17.10</b> | +00:26:06 (46.5%) | 6:55         | 8.7 (64.0%)  |
| 471 | <b>GŁOWIENKA Marcin</b>         | <b>1269</b> | DZIKIE TURBO PTYSIE | Open Mężczyzn | 428  | 11:30 | 00:00:05 | 00:21:31        | 00:45:08        | -00:12:00        | <b>00:56:11.70</b> | <b>00:56:17.25</b> | +00:26:08 (46.5%) | 6:49         | 8.8 (64.7%)  |

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

| Msc | Zawodnik                           | Numer | Klub                           | Kategoria        | Mkat | Seria | Czas     |                    |                    | Kara/<br>bonifikata | Czas               |                    | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|------------------------------------|-------|--------------------------------|------------------|------|-------|----------|--------------------|--------------------|---------------------|--------------------|--------------------|----------------------|-----------------|----------------|
|     |                                    |       |                                |                  |      |       | startu   | Skrajna_1<br>5.4km | Skrajna_2<br>7.5km |                     | netto<br>10km      | brutto<br>10km     |                      |                 |                |
| 496 | LIPOWSKI Maciej                    | 170   |                                | Open<br>Mężczyzn | 448  | 09:15 | 00:00:07 | 00:21:07           | 00:45:32           | -00:14:00           | <b>00:56:51.80</b> | <b>00:56:59.45</b> | +00:26:48<br>(47.1%) | 7:05            | 8.5<br>(62.5%) |
| 497 | ZĄŁOGA Maciej                      | 300   |                                | Open<br>Mężczyzn | 449  | 09:30 | 00:00:08 | 00:22:03           | 00:45:32           | -00:13:00           | <b>00:56:53.45</b> | <b>00:57:01.55</b> | +00:26:49<br>(47.2%) | 6:59            | 8.6<br>(63.2%) |
| 498 | KRYSZTOFIŃSKI<br>Adrian            | 1006  | POWER TRAINING                 | Open<br>Mężczyzn | 450  | 11:30 | 00:00:07 | 00:21:38           |                    | -00:10:00           | <b>00:56:53.95</b> | <b>00:57:01.35</b> | +00:26:50<br>(47.2%) | 6:41            | 9<br>(66.2%)   |
| 499 | LUBIANIEC Jakub                    | 792   |                                | Open<br>Mężczyzn | 451  | 10:45 | 00:00:11 | 00:21:39           | 00:44:47           | -00:10:00           | <b>00:56:56.25</b> | <b>00:57:07.50</b> | +00:26:52<br>(47.2%) | 6:41            | 9<br>(66.2%)   |
| 500 | RINDSH?J<br>Flemming               | 207   | DANISH VIKINGS                 | Open<br>Mężczyzn | 452  | 09:30 | 00:00:11 | 00:21:31           | 00:44:06           | -00:09:00           | <b>00:56:58.90</b> | <b>00:57:10.45</b> | +00:26:55<br>(47.2%) | 6:35            | 9.1<br>(66.9%) |
| 501 | LAMPERT Paweł                      | 475   |                                | Open<br>Mężczyzn | 453  | 10:00 | 00:03:19 | 00:21:26           | 00:45:39           | -00:14:00           | <b>00:57:00.50</b> | <b>01:00:19.60</b> | +00:26:56<br>(47.3%) | 7:06            | 8.5<br>(62.5%) |
| 502 | WALENTYŃSKI<br>Bartek              | 1253  |                                | Open<br>Mężczyzn | 454  | 12:45 | 00:00:06 | 00:18:36           | 00:40:01           | -00:05:00           | <b>00:57:01.05</b> | <b>00:57:07.55</b> | +00:26:57<br>(47.3%) | 6:12            | 9.7<br>(71.3%) |
| 503 | ORDON Dorota                       | 75    |                                | Open<br>Kobiet   | 49   | 09:00 | 00:00:06 | 00:19:49           | 00:43:21           | -00:10:00           | <b>00:57:01.75</b> | <b>00:57:08.60</b> | +00:26:58<br>(47.3%) | 6:42            | 9<br>(66.2%)   |
| 504 |                                    | 1345  |                                |                  |      |       | 03:27:36 | 00:20:15           | 00:45:22           | -00:12:00           | <b>00:57:02.20</b> | <b>04:24:38.75</b> | +00:26:58<br>(47.3%) | 6:54            | 8.7<br>(64.0%) |
| 505 | GŁUCHOWSKI<br>Marek                | 41    |                                | Open<br>Mężczyzn | 455  | 09:30 | 00:00:10 | 00:23:37           | 00:44:52           | -00:11:00           | <b>00:57:04.70</b> | <b>00:57:15.65</b> | +00:27:01<br>(47.3%) | 6:48            | 8.8<br>(64.7%) |
| 506 | WOJDAT Rafał                       | 1176  | CROSSFIT URSYNÓW               | Open<br>Mężczyzn | 456  | 12:15 | 00:00:08 | 00:22:57           | 00:45:21           | -00:12:00           | <b>00:57:07.70</b> | <b>00:57:16.25</b> | +00:27:04<br>(47.4%) | 6:54            | 8.7<br>(64.0%) |
| 507 | WIECEK Paulina                     | 1018  | TOTAL FITNESS                  | Open<br>Kobiet   | 50   | 11:30 | 00:00:10 | 00:21:44           |                    | -00:12:00           | <b>00:57:08.45</b> | <b>00:57:19.35</b> | +00:27:04<br>(47.4%) | 6:54            | 8.7<br>(64.0%) |
| 508 | JEŻ Marcin                         | 668   |                                | Open<br>Mężczyzn | 457  | 10:30 | 00:00:06 | 00:20:22           | 00:43:15           | -00:12:00           | <b>00:57:09.10</b> | <b>00:57:15.45</b> | +00:27:05<br>(47.4%) | 6:54            | 8.7<br>(64.0%) |
| 509 | ZAKRZEWSKI<br>Marcin               | 813   | CROSSFIT TORUŃ/REEBOK RUN CREW | Open<br>Mężczyzn | 458  | 11:00 | 00:00:06 | 00:17:59           | 00:41:32           | -00:10:00           | <b>00:57:10.85</b> | <b>00:57:17.30</b> | +00:27:07<br>(47.4%) | 6:43            | 8.9<br>(65.4%) |
| 510 | FIC Paweł                          | 1498  | X TEAM SPECIAL FORCES          | Open<br>Mężczyzn | 459  | 11:30 | 00:00:06 | 00:20:53           | 00:45:10           | -00:14:00           | <b>00:57:11.05</b> | <b>00:57:17.85</b> | +00:27:07<br>(47.4%) | 7:07            | 8.4<br>(61.8%) |
| 511 | WINCZEWSKI<br>Mikołaj              | 503   | DAFTCODE                       | Open<br>Mężczyzn | 460  | 10:00 | 00:00:07 | 00:23:38           | 00:46:11           | -00:13:00           | <b>00:57:14.30</b> | <b>00:57:22.05</b> | +00:27:10<br>(47.5%) | 7:01            | 8.5<br>(62.5%) |
| 512 | RUDZKI Michał                      | 1226  | CROSSFIT Z16                   | Open<br>Mężczyzn | 461  | 12:45 | 00:00:04 | 00:20:38           | 00:44:44           | -00:13:00           | <b>00:57:15.75</b> | <b>00:57:20.00</b> | +00:27:12<br>(47.5%) | 7:01            | 8.5<br>(62.5%) |
| 513 | JĘDRZEJCZYK-<br>KOWALSKA<br>Sylwia | 616   | BIGTIRES.PL TEAM               | Open<br>Kobiet   | 51   | 10:30 | 00:00:09 | 00:19:09           | 00:40:18           | -00:06:00           | <b>00:57:17.95</b> | <b>00:57:27.30</b> | +00:27:14<br>(47.5%) | 6:19            | 9.5<br>(69.9%) |
| 514 | SOKOŁOWSKI<br>Artur                | 513   | DZIADY OCR                     | Open<br>Mężczyzn | 462  | 10:15 | 00:00:05 | 00:20:35           | 00:44:21           | -00:14:00           | <b>00:57:18.70</b> | <b>00:57:24.15</b> | +00:27:15<br>(47.5%) | 7:07            | 8.4<br>(61.8%) |
| 515 | PIECHOCKI Karol                    | 1166  | CROSSFIT URSYNÓW               | Open<br>Mężczyzn | 463  | 12:15 | 00:00:08 | 00:22:57           | 00:45:20           | -00:14:00           | <b>00:57:20.25</b> | <b>00:57:28.90</b> | +00:27:16<br>(47.6%) | 7:08            | 8.4<br>(61.8%) |
| 516 | ILUKOWICZ<br>Dagmara               | 1162  | CROSSFIT URSYNÓW               | Open<br>Kobiet   | 52   | 12:15 | 00:00:06 | 00:22:02           | 00:44:58           | -00:11:00           | <b>00:57:20.50</b> | <b>00:57:27.25</b> | +00:27:16<br>(47.6%) | 6:50            | 8.8<br>(64.7%) |
| 517 | GRODZIŃSKI<br>Artur                | 325   | PUMPERSY                       | Open<br>Mężczyzn | 464  | 09:45 | 00:00:07 | 00:19:44           | 00:42:07           | -00:09:00           | <b>00:57:20.70</b> | <b>00:57:28.00</b> | +00:27:17<br>(47.6%) | 6:38            | 9<br>(66.2%)   |
| 518 | MOŻEJKO<br>Ireneusz                | 988   |                                | Open<br>Mężczyzn | 465  | 11:15 | 00:00:04 | 00:20:59           | 00:44:33           | -00:12:00           | <b>00:57:22.05</b> | <b>00:57:26.55</b> | +00:27:18<br>(47.6%) | 6:56            | 8.6<br>(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 | <b>WRZOSEK Jarosław</b>       | <b>401</b>  |                              | Open Mężczyzn | 466  | 09:30 | 00:00:06 | 00:21:33        | 00:44:31        | -00:11:00        | <b>00:57:23.00</b> | <b>00:57:29.90</b> | +00:27:19 (47.6%) | 6:50         | 8.8 (64.7%)  |
| 520 | <b>DRUŻKOWSKA Monika</b>      | <b>747</b>  | GONI NAS KREDENS             | Open Kobiet   | 53   | 10:45 | 00:00:04 | 00:19:13        | 00:41:11        | -00:07:00        | <b>00:57:23.70</b> | <b>00:57:28.60</b> | +00:27:20 (47.6%) | 6:26         | 9.3 (68.4%)  |
| 521 | <b>CHOCHULSKI Tomasz</b>      | <b>420</b>  | CROSSFIT GENIUS              | Open Mężczyzn | 467  | 10:00 | 00:00:05 | 00:21:00        | 00:44:50        | -00:13:00        | <b>00:57:24.15</b> | <b>00:57:29.65</b> | +00:27:20 (47.6%) | 7:02         | 8.5 (62.5%)  |
| 522 | <b>SIKORA Mateusz</b>         | <b>696</b>  |                              | Open Mężczyzn | 468  | 10:30 | 00:00:00 | 00:19:55        | 00:43:14        | -00:10:00        | <b>00:57:26.15</b> | <b>00:57:26.15</b> | +00:27:22 (47.7%) | 6:44         | 8.9 (65.4%)  |
| 523 | <b>KUCZYŃSKI Paweł</b>        | <b>411</b>  | BIGYELLOWFOOT ADVENTURE TEAM | Open Mężczyzn | 469  | 10:00 | 00:03:18 | 00:21:28        | 00:45:41        | -00:14:00        | <b>00:57:26.55</b> | <b>01:00:45.15</b> | +00:27:22 (47.7%) | 7:08         | 8.4 (61.8%)  |
| 524 | <b>PIĄTKOWSKA Ilona</b>       | <b>134</b>  | TI AUTOMOTIVE                | Open Kobiet   | 54   | 09:15 | 00:00:03 | 00:19:38        | 00:43:08        | -00:11:00        | <b>00:57:30.10</b> | <b>00:57:33.85</b> | +00:27:26 (47.7%) | 6:51         | 8.8 (64.7%)  |
| 525 | <b>MYSZKOWSKA Monika</b>      | <b>69</b>   |                              | Open Kobiet   | 55   | 09:00 | 00:00:07 | 00:22:03        | 00:44:42        | -00:12:00        | <b>00:57:30.90</b> | <b>00:57:38.30</b> | +00:27:27 (47.7%) | 6:57         | 8.6 (63.2%)  |
| 526 | <b>PAROL Jacek</b>            | <b>1342</b> |                              | Open Mężczyzn | 470  | 12:45 | 00:00:05 | 00:22:11        | 00:46:41        | -00:09:00        | <b>00:57:31.20</b> | <b>00:57:37.15</b> | +00:27:27 (47.7%) | 6:39         | 9 (66.2%)    |
| 527 | <b>STOLIŃSKI Adrian</b>       | <b>1047</b> | SPORTERA OCR                 | Open Mężczyzn | 471  | 12:00 | 00:00:04 | 00:19:50        | 00:43:27        | -00:12:00        | <b>00:57:34.75</b> | <b>00:57:38.95</b> | +00:27:31 (47.8%) | 6:57         | 8.6 (63.2%)  |
| 528 | <b>MUSIAŁ Krzysztof</b>       | <b>1030</b> |                              | Open Mężczyzn | 472  | 12:45 | 00:00:05 | 00:21:17        | 00:44:58        | -00:13:00        | <b>00:57:36.90</b> | <b>00:57:42.05</b> | +00:27:33 (47.8%) | 7:03         | 8.5 (62.5%)  |
| 529 | <b>VOVK Alina</b>             | <b>408</b>  | ADIDAS RUNNERS WARSAW        | Open Kobiet   | 56   | 10:00 | 00:00:05 | 00:19:17        | 00:43:39        | -00:09:00        | <b>00:57:36.95</b> | <b>00:57:42.60</b> | +00:27:33 (47.8%) | 6:39         | 9 (66.2%)    |
| 530 | <b>OCIEPA Piotr</b>           | <b>72</b>   |                              | Open Mężczyzn | 473  | 09:00 | 00:00:05 | 00:19:29        | 00:42:41        | -00:09:00        | <b>00:57:37.35</b> | <b>00:57:42.60</b> | +00:27:33 (47.8%) | 6:39         | 9 (66.2%)    |
| 531 | <b>RADWAŃSKI Łukasz</b>       | <b>15</b>   | CISNYMY                      | Open Mężczyzn | 474  | 09:00 | 00:00:04 | 00:19:45        | 00:43:43        | -00:11:00        | <b>00:57:37.65</b> | <b>00:57:41.80</b> | +00:27:34 (47.8%) | 6:51         | 8.7 (64.0%)  |
| 532 | <b>JAKUBOWSKI Paweł</b>       | <b>314</b>  | GREEN TEAM                   | Open Mężczyzn | 475  | 09:45 | 00:00:08 | 00:19:05        | 00:41:31        | -00:06:00        | <b>00:57:40.95</b> | <b>00:57:49.75</b> | +00:27:37 (47.9%) | 6:22         | 9.4 (69.1%)  |
| 533 | <b>KOŁODZIEJSKI Maciej</b>    | <b>676</b>  |                              | Open Mężczyzn | 476  | 10:30 | 00:00:07 | 00:19:44        | 00:43:24        | -00:09:00        | <b>00:57:41.75</b> | <b>00:57:49.40</b> | +00:27:38 (47.9%) | 6:40         | 9 (66.2%)    |
| 534 | <b>SMOLAK Maciej</b>          | <b>598</b>  |                              | Open Mężczyzn | 477  | 10:15 | 00:00:08 | 00:20:39        | 00:44:35        | -00:13:00        | <b>00:57:42.45</b> | <b>00:57:51.40</b> | +00:27:38 (47.9%) | 7:04         | 8.5 (62.5%)  |
| 535 | <b>DOBOSZ Marek</b>           | <b>252</b>  |                              | Open Mężczyzn | 478  | 09:30 | 00:00:10 | 00:22:04        | 00:46:05        | -00:13:00        | <b>00:57:42.70</b> | <b>00:57:53.45</b> | +00:27:39 (47.9%) | 7:04         | 8.5 (62.5%)  |
| 536 | <b>OLESZCZUK Patryk</b>       | <b>73</b>   |                              | Open Mężczyzn | 479  | 09:00 | 00:00:04 | 00:20:14        | 00:44:02        | -00:14:00        | <b>00:57:43.50</b> | <b>00:57:47.90</b> | +00:27:39 (47.9%) | 7:10         | 8.4 (61.8%)  |
| 537 | <b>ANSZPERGER Bogdan</b>      | <b>656</b>  |                              | Open Mężczyzn | 480  | 10:30 | 00:00:06 | 00:21:27        | 00:46:23        | -00:09:00        | <b>00:57:44.40</b> | <b>00:57:51.35</b> | +00:27:40 (47.9%) | 6:40         | 9 (66.2%)    |
| 538 | <b>KARWOWSKI Bartosz</b>      | <b>641</b>  | PKP S.A.                     | Open Mężczyzn | 481  | 10:30 | 00:00:04 | 00:18:23        | 00:40:52        |                  | <b>00:57:45.05</b> | <b>00:57:49.70</b> | +00:27:41 (47.9%) | 5:46         | 10.4 (76.5%) |
| 539 | <b>ZIELINSKA Ewelina</b>      | <b>1556</b> |                              | Open Kobiet   | 57   | 12:30 | 00:00:05 | 00:20:38        | 00:43:31        | -00:10:00        | <b>00:57:45.65</b> | <b>00:57:51.55</b> | +00:27:42 (48.0%) | 6:46         | 8.9 (65.4%)  |
| 540 | <b>WOJCIECHOWSKI Piotr</b>    | <b>955</b>  | ROSSMANN                     | Open Mężczyzn | 482  | 11:15 | 00:00:05 | 00:21:05        | 00:43:35        | -00:10:00        | <b>00:57:47.10</b> | <b>00:57:52.75</b> | +00:27:43 (48.0%) | 6:46         | 8.9 (65.4%)  |
| 541 | <b>KACPRZAK Konrad</b>        | <b>944</b>  | ROSSMANN                     | Open Mężczyzn | 483  | 11:15 | 00:00:05 | 00:21:06        | 00:43:38        | -00:10:00        | <b>00:57:47.45</b> | <b>00:57:52.65</b> | +00:27:43 (48.0%) | 6:46         | 8.9 (65.4%)  |
| 542 | <b>BANASZKIEWICZ Sławomir</b> | <b>1415</b> |                              | Open Mężczyzn | 484  | 11:30 | 00:02:17 | 00:20:49        | 00:44:12        | -00:11:00        | <b>00:57:47.65</b> | <b>01:00:05.30</b> | +00:27:44 (48.0%) | 6:52         | 8.7 (64.0%)  |

| Msc | Zawodnik                    | Numer       | Klub                  | Kategoria        | Mkat | Seria | Czas     |                    |                    |           | Kara/<br>bonifikata | Czas               |                      | Różn | Tempo<br>min/km | Tempo<br>km/h |
|-----|-----------------------------|-------------|-----------------------|------------------|------|-------|----------|--------------------|--------------------|-----------|---------------------|--------------------|----------------------|------|-----------------|---------------|
|     |                             |             |                       |                  |      |       | startu   | Skrajna_1<br>5.4km | Skrajna_2<br>7.5km |           |                     | netto<br>10km      | brutto<br>10km       |      |                 |               |
| 543 | <b>SUWAŁA Robert</b>        | <b>425</b>  | CROSSFIT GENIUS       | Open<br>Mężczyzn | 485  | 10:00 | 00:00:05 | 00:21:05           | 00:45:07           | -00:13:00 | <b>00:57:47.95</b>  | <b>00:57:53.65</b> | +00:27:44<br>(48.0%) | 7:04 | 8.5<br>(62.5%)  |               |
| 544 | <b>ŻURAWIŃSKA Ewa</b>       | <b>203</b>  | 4FACES RUNNING TEAM   | Open<br>Kobiet   | 58   | 09:30 | 00:00:12 | 00:20:49           | 00:43:17           | -00:07:00 | <b>00:57:49.90</b>  | <b>00:58:02.45</b> | +00:27:46<br>(48.0%) | 6:29 | 9.3<br>(68.4%)  |               |
| 545 | <b>ŻURAWIŃSKI Jarosław</b>  | <b>204</b>  | 4FACES RUNNING TEAM   | Open<br>Mężczyzn | 486  | 09:30 | 00:00:12 | 00:20:52           | 00:43:15           | -00:07:00 | <b>00:57:50.00</b>  | <b>00:58:02.25</b> | +00:27:46<br>(48.0%) | 6:29 | 9.3<br>(68.4%)  |               |
| 546 | <b>ŁĘKAWA Mateusz</b>       | <b>201</b>  | 4FACES RUNNING TEAM   | Open<br>Mężczyzn | 487  | 09:30 | 00:00:13 | 00:20:48           | 00:43:16           | -00:05:00 | <b>00:57:50.45</b>  | <b>00:58:03.45</b> | +00:27:46<br>(48.0%) | 6:17 | 9.5<br>(69.9%)  |               |
| 547 | <b>KARPINSKA Malgorzata</b> | <b>363</b>  |                       | Open<br>Kobiet   | 59   | 09:30 | 00:00:12 | 00:20:54           | 00:43:14           | -00:07:00 | <b>00:57:50.50</b>  | <b>00:58:02.65</b> | +00:27:46<br>(48.0%) | 6:29 | 9.3<br>(68.4%)  |               |
| 548 | <b>PABIN Paweł</b>          | <b>76</b>   |                       | Open<br>Mężczyzn | 488  | 09:00 | 00:00:04 | 00:21:22           | 00:45:25           | -00:13:00 | <b>00:57:53.30</b>  | <b>00:57:57.45</b> | +00:27:49<br>(48.1%) | 7:05 | 8.5<br>(62.5%)  |               |
| 549 | <b>WOJCIECHOWSKI Tomasz</b> | <b>94</b>   |                       | Open<br>Mężczyzn | 489  | 09:00 | 00:00:06 | 00:20:59           | 00:43:26           | -00:11:00 | <b>00:57:55.35</b>  | <b>00:58:01.95</b> | +00:27:51<br>(48.1%) | 6:53 | 8.7<br>(64.0%)  |               |
| 550 | <b>ROSŁONIEC Agnieszka</b>  | <b>899</b>  |                       | Open<br>Kobiet   | 60   | 11:00 | 00:00:09 | 00:18:52           | 00:39:56           | -00:04:00 | <b>00:57:55.85</b>  | <b>00:58:05.45</b> | +00:27:52<br>(48.1%) | 6:11 | 9.7<br>(71.3%)  |               |
| 551 | <b>NIEMIRSKI Dominik</b>    | <b>112</b>  | N.G.M                 | Open<br>Mężczyzn | 490  | 12:00 | 00:00:05 | 00:18:58           | 00:41:37           | -00:08:00 | <b>00:57:58.80</b>  | <b>00:58:04.75</b> | +00:27:55<br>(48.2%) | 6:35 | 9.1<br>(66.9%)  |               |
| 552 | <b>ROSŁON Dominika</b>      | <b>1320</b> |                       | Open<br>Kobiet   | 61   | 10:30 | 00:00:04 | 00:17:16           | 00:40:22           | -00:05:00 | <b>00:57:58.95</b>  | <b>00:58:03.10</b> | +00:27:55<br>(48.2%) | 6:17 | 9.5<br>(69.9%)  |               |
| 553 | <b>SIERZYCKI Hubert</b>     | <b>902</b>  | BIEGNĘ JAK KCĘ!       | Open<br>Mężczyzn | 491  | 11:00 | 00:00:07 | 00:20:54           | 00:44:22           | -00:11:00 | <b>00:58:06.30</b>  | <b>00:58:13.30</b> | +00:28:02<br>(48.3%) | 6:54 | 8.7<br>(64.0%)  |               |
| 554 | <b>RABCZYŃSKA Anna</b>      | <b>235</b>  | W DOBREJ FORMIE       | Open<br>Kobiet   | 62   | 09:15 | 00:00:05 | 00:20:32           | 00:44:57           | -00:11:00 | <b>00:58:08.65</b>  | <b>00:58:13.95</b> | +00:28:05<br>(48.3%) | 6:54 | 8.7<br>(64.0%)  |               |
| 555 | <b>SKRZECZ Radosław</b>     | <b>698</b>  |                       | Open<br>Mężczyzn | 492  | 10:30 | 00:00:08 | 00:21:28           | 00:45:00           | -00:10:00 | <b>00:58:09.35</b>  | <b>00:58:17.80</b> | +00:28:05<br>(48.3%) | 6:48 | 8.8<br>(64.7%)  |               |
| 556 | <b>OSTROWSKI Paweł</b>      | <b>989</b>  |                       | Open<br>Mężczyzn | 493  | 11:00 | 00:00:06 | 00:19:51           | 00:43:29           | -00:10:00 | <b>00:58:09.75</b>  | <b>00:58:16.50</b> | +00:28:06<br>(48.3%) | 6:49 | 8.8<br>(64.7%)  |               |
| 557 | <b>JEZIORNY Wojtek</b>      | <b>1218</b> |                       | Open<br>Mężczyzn | 494  | 12:30 | 00:00:04 | 00:20:57           | 00:45:17           | -00:14:00 | <b>00:58:10.65</b>  | <b>00:58:15.50</b> | +00:28:07<br>(48.3%) | 7:13 | 8.3<br>(61.0%)  |               |
| 558 | <b>PAZIKOWSKI Robert</b>    | <b>765</b>  | THE BROTHERS          | Open<br>Mężczyzn | 495  | 10:45 | 00:00:06 | 00:20:03           | 00:45:44           | -00:13:00 | <b>00:58:12.00</b>  | <b>00:58:18.25</b> | +00:28:08<br>(48.4%) | 7:07 | 8.4<br>(61.8%)  |               |
| 559 | <b>RUDNIK Bartosz</b>       | <b>422</b>  | CROSSFIT GENIUS       | Open<br>Mężczyzn | 496  | 10:00 | 00:00:05 | 00:20:59           | 00:45:07           | -00:13:00 | <b>00:58:13.20</b>  | <b>00:58:18.30</b> | +00:28:09<br>(48.4%) | 7:07 | 8.4<br>(61.8%)  |               |
| 560 | <b>MICHAŁSKI Grzegorz</b>   | <b>171</b>  |                       | Open<br>Mężczyzn | 497  | 09:15 | 00:00:08 | 00:21:32           | 00:45:16           | -00:13:00 | <b>00:58:14.35</b>  | <b>00:58:22.35</b> | +00:28:10<br>(48.4%) | 7:07 | 8.4<br>(61.8%)  |               |
| 561 | <b>SAWICKI Paweł</b>        | <b>1170</b> | CROSSFIT URSYNÓW      | Open<br>Mężczyzn | 498  | 12:15 | 00:00:09 | 00:18:29           | 00:39:19           |           | <b>00:58:17.90</b>  | <b>00:58:27.85</b> | +00:28:14<br>(48.4%) | 5:49 | 10.3<br>(75.7%) |               |
| 562 | <b>SZEFER Marcin</b>        | <b>1195</b> |                       | Open<br>Mężczyzn | 499  | 12:15 | 00:00:06 | 00:21:30           | 00:46:20           | -00:13:00 | <b>00:58:19.00</b>  | <b>00:58:25.90</b> | +00:28:15<br>(48.5%) | 7:07 | 8.4<br>(61.8%)  |               |
| 563 | <b>MIROSZ Michalina</b>     | <b>1131</b> |                       | Open<br>Kobiet   | 63   | 12:00 | 00:00:03 | 00:21:16           | 00:45:07           | -00:13:00 | <b>00:58:19.10</b>  | <b>00:58:22.95</b> | +00:28:15<br>(48.5%) | 7:07 | 8.4<br>(61.8%)  |               |
| 564 | <b>GWÓŹDŹ Elżbieta</b>      | <b>1012</b> | RUNCOHOLICS           | Open<br>Kobiet   | 64   | 11:30 | 00:00:04 | 00:18:38           | 00:41:13           | -00:07:00 | <b>00:58:19.25</b>  | <b>00:58:24.15</b> | +00:28:15<br>(48.5%) | 6:32 | 9.2<br>(67.6%)  |               |
| 565 | <b>KOCZOROWSKI Paweł</b>    | <b>1286</b> | POLNI WOJOWNICY USTKA | Open<br>Mężczyzn | 500  | 11:30 | 00:00:09 | 00:21:54           |                    | -00:14:00 | <b>00:58:19.35</b>  | <b>00:58:28.40</b> | +00:28:15<br>(48.5%) | 7:13 | 8.3<br>(61.0%)  |               |
| 566 | <b>TUROS Robert</b>         | <b>1382</b> | X-TEAM SPECIAL FORCES | Open<br>Mężczyzn | 501  | 11:45 | 00:00:06 | 00:21:23           | 00:47:16           | -00:14:00 | <b>00:58:19.45</b>  | <b>00:58:25.95</b> | +00:28:15<br>(48.5%) | 7:13 | 8.3<br>(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 | <b>PLICHTA Paweł</b>       | <b>1426</b> | CROSSFIT URSYNÓW        | Open Mężczyzn | 502  | 12:15 | 00:00:09    | 00:23:05        | 00:45:19        | -00:13:00        | <b>00:58:19.75</b> | <b>00:58:29.10</b> | +00:28:16 (48.5%) | 7:08         | 8.4 (61.8%) |
| 567 | <b>KAWECKI Kuba</b>        | <b>1116</b> |                         | Open Mężczyzn | 503  | 12:00 | 00:00:05    | 00:18:59        | 00:42:16        | -00:09:00        | <b>00:58:19.75</b> | <b>00:58:25.50</b> | +00:28:16 (48.5%) | 6:44         | 8.9 (65.4%) |
| 569 | <b>NOSOROWSKI Mariusz</b>  | <b>1135</b> |                         | Open Mężczyzn | 504  | 11:45 | 00:00:08    | 00:21:10        | 00:46:27        | -00:14:00        | <b>00:58:21.20</b> | <b>00:58:29.50</b> | +00:28:17 (48.5%) | 7:14         | 8.3 (61.0%) |
| 570 | <b>KOROBIJ Krzysztof</b>   | <b>1434</b> | NIEZAPROSZENI           | Open Mężczyzn | 505  | 11:45 | 00:00:03    | 00:21:25        | 00:47:19        | -00:14:00        | <b>00:58:23.00</b> | <b>00:58:26.25</b> | +00:28:19 (48.5%) | 7:14         | 8.3 (61.0%) |
| 571 | <b>KAZIOR Tomasz</b>       | <b>1405</b> | NIEZAPROSZENI           | Open Mężczyzn | 506  | 11:45 | 00:00:03    | 00:21:26        | 00:47:20        | -00:14:00        | <b>00:58:23.20</b> | <b>00:58:26.35</b> | +00:28:19 (48.5%) | 7:14         | 8.3 (61.0%) |
| 572 | <b>KUNICKI Krzysztof</b>   | <b>761</b>  | ROSSMANN                | Open Mężczyzn | 507  | 10:45 | 00:00:09    | 00:19:50        | 00:43:03        | -00:08:00        | <b>00:58:25.00</b> | <b>00:58:34.30</b> | +00:28:21 (48.5%) | 6:38         | 9 (66.2%)   |
| 573 | <b>ANSZPERGER Piotr</b>    | <b>657</b>  |                         | Open Mężczyzn | 508  | 10:30 | 00:00:06    | 00:21:28        | 00:46:24        | -00:07:00        | <b>00:58:26.15</b> | <b>00:58:33.10</b> | +00:28:22 (48.6%) | 6:32         | 9.2 (67.6%) |
| 574 | <b>KIERCZEK Justyna</b>    | <b>410</b>  | BIEGNIJ ZE MNĄ 2.0      | Open Kobiet   | 65   | 10:00 | 00:00:04    | 00:24:02        | 00:48:18        | -00:13:00        | <b>00:58:26.55</b> | <b>00:58:31.15</b> | +00:28:22 (48.6%) | 7:08         | 8.4 (61.8%) |
| 575 | <b>MIERZEJEWSKI Piotr</b>  | <b>688</b>  |                         | Open Mężczyzn | 509  | 10:30 | 00:00:06    | 00:20:22        | 00:44:40        | -00:13:00        | <b>00:58:27.35</b> | <b>00:58:33.80</b> | +00:28:23 (48.6%) | 7:08         | 8.4 (61.8%) |
| 576 | <b>SAMEK Karolina</b>      | <b>1169</b> | CROSSFIT URSYNÓW        | Open Kobiet   | 66   | 12:15 | 00:00:08    | 00:22:56        | 00:45:21        | -00:13:00        | <b>00:58:28.75</b> | <b>00:58:37.15</b> | +00:28:25 (48.6%) | 7:08         | 8.4 (61.8%) |
| 577 | <b>ZALEWSKA Anna</b>       | <b>1278</b> | BESTIE OCR LEGIONOWO    | Open Kobiet   | 67   | 11:15 | 00:00:03    | 00:22:01        | 00:44:32        | -00:10:00        | <b>00:58:29.40</b> | <b>00:58:33.00</b> | +00:28:25 (48.6%) | 6:51         | 8.8 (64.7%) |
| 578 | <b>HERNIK Arek</b>         | <b>47</b>   |                         | Open Mężczyzn | 510  | 09:00 | 00:00:05    | 00:21:35        | 00:45:50        | -00:13:00        | <b>00:58:31.35</b> | <b>00:58:36.35</b> | +00:28:27 (48.6%) | 7:09         | 8.4 (61.8%) |
| 579 | <b>SWACIK Adrian</b>       | <b>500</b>  |                         | Open Mężczyzn | 511  | 10:00 | 00:00:05    | 00:18:23        | 00:40:18        | -00:05:00        | <b>00:58:32.20</b> | <b>00:58:37.75</b> | +00:28:28 (48.6%) | 6:21         | 9.4 (69.1%) |
| 580 | <b>KAMIŃSKA Anna</b>       | <b>1377</b> | SPORTERA OCR            | Open Kobiet   | 68   | 12:00 | 00:00:05    | 00:19:49        | 00:43:26        | -00:11:00        | <b>00:58:34.65</b> | <b>00:58:39.65</b> | +00:28:31 (48.7%) | 6:57         | 8.6 (63.2%) |
| 581 | <b>MATYJASIAK Łukasz</b>   | <b>726</b>  | CROSSFIT GCW            | Open Mężczyzn | 512  | 10:45 | 00:00:05    | 00:19:57        | 00:43:29        | -00:11:00        | <b>00:58:35.15</b> | <b>00:58:40.75</b> | +00:28:31 (48.7%) | 6:57         | 8.6 (63.2%) |
| 582 | <b>CZUŁEK Magdalena</b>    | <b>1237</b> |                         | Open Kobiet   | 69   | 12:45 | 00:00:05    | 00:21:10        | 00:44:19        | -00:11:00        | <b>00:58:37.15</b> | <b>00:58:42.20</b> | +00:28:33 (48.7%) | 6:57         | 8.6 (63.2%) |
| 583 | <b>DUDEK Barbara</b>       | <b>127</b>  | ROSSMANN                | Open Kobiet   | 70   | 09:15 | 00:00:08    | 00:22:59        | 00:45:11        | -00:09:00        | <b>00:58:38.85</b> | <b>00:58:47.40</b> | +00:28:35 (48.7%) | 6:45         | 8.9 (65.4%) |
| 584 | <b>ZALEJSKI Krystian</b>   | <b>1074</b> | GCW TEAM                | Open Mężczyzn | 513  | 10:45 | 00:00:05    | 00:22:06        | 00:46:37        | -00:12:00        | <b>00:58:41.35</b> | <b>00:58:46.75</b> | +00:28:37 (48.8%) | 7:04         | 8.5 (62.5%) |
| 585 | <b>WYSOKIŃSKA Karolina</b> | <b>193</b>  |                         | Open Kobiet   | 71   | 09:15 | 00:00:07    | 00:21:09        | 00:45:32        | -00:11:00        | <b>00:58:44.30</b> | <b>00:58:51.90</b> | +00:28:40 (48.8%) | 6:58         | 8.6 (63.2%) |
| 586 | <b>KAWIAK Michał</b>       | <b>308</b>  | FIGHT GYM TEAM          | Open Mężczyzn | 514  | 09:45 | 00:00:07    | 00:21:46        | 00:45:44        | -00:12:00        | <b>00:58:44.70</b> | <b>00:58:52.15</b> | +00:28:41 (48.8%) | 7:04         | 8.5 (62.5%) |
| 587 | <b>ILCZYSZYN Julita</b>    | <b>1013</b> | RUNCOHOLICS             | Open Kobiet   | 72   | 11:30 | 00:00:04    | 00:20:40        |                 | -00:10:00        | <b>00:58:44.90</b> | <b>00:58:49.45</b> | +00:28:41 (48.8%) | 6:52         | 8.7 (64.0%) |
| 588 | <b>KORDOWSKI Marcin</b>    | <b>858</b>  | REEBOK CROSSFIT MOKOTOW | Open Mężczyzn | 515  | 11:00 | 00:00:06    | 00:21:48        | 00:45:46        | -00:08:00        | <b>00:58:45.75</b> | <b>00:58:52.00</b> | +00:28:42 (48.8%) | 6:40         | 9 (66.2%)   |
| 589 | <b>DMOWSKI Łukasz</b>      | <b>123</b>  | R99                     | Open Mężczyzn | 516  | 09:15 | 00:00:08    | 00:21:55        | 00:45:22        | -00:11:00        | <b>00:58:48.05</b> | <b>00:58:56.10</b> | +00:28:44 (48.9%) | 6:58         | 8.6 (63.2%) |
| 590 | <b>KĘPKA Paweł</b>         | <b>262</b>  |                         | Open Mężczyzn | 517  | 09:30 | 00:00:09    | 00:23:03        | 00:47:05        | -00:14:00        | <b>00:58:49.10</b> | <b>00:58:58.75</b> | +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 | <b>CHOJECKI Michał</b>          | <b>647</b>  | R99               | Open Mężczyzn | 518  | 10:30 | 00:00:06 | 00:22:16        | 00:47:02        | -00:14:00        | <b>00:58:49.70</b> | <b>00:58:55.75</b> | +00:28:46 (48.9%) | 7:16         | 8.2 (60.3%) |
| 592 | <b>KĘPKA Maciej</b>             | <b>261</b>  |                   | Open Mężczyzn | 519  | 09:30 | 00:00:09 | 00:23:03        | 00:47:05        | -00:14:00        | <b>00:58:52.50</b> | <b>00:59:02.05</b> | +00:28:48 (48.9%) | 7:17         | 8.2 (60.3%) |
| 593 | <b>FILINGER Jakub</b>           | <b>1290</b> |                   | Open Mężczyzn | 520  | 11:45 | 00:00:04 | 00:21:38        | 00:47:18        | -00:14:00        | <b>00:58:54.50</b> | <b>00:58:59.40</b> | +00:28:50 (49.0%) | 7:17         | 8.2 (60.3%) |
| 594 | <b>KRUSZEWSKI Przemysław</b>    | <b>452</b>  | ŻMIJKI            | Open Mężczyzn | 521  | 10:00 | 00:00:09 | 00:19:35        | 00:41:16        | -00:06:00        | <b>00:58:54.55</b> | <b>00:59:04.35</b> | +00:28:50 (49.0%) | 6:29         | 9.2 (67.6%) |
| 595 | <b>KOSZEWA Anastazja</b>        | <b>1164</b> | CROSSFIT URSYNÓW  | Open Kobiet   | 73   | 12:15 | 00:00:08 | 00:22:56        | 00:45:22        | -00:12:00        | <b>00:58:55.50</b> | <b>00:59:04.30</b> | +00:28:51 (49.0%) | 7:05         | 8.5 (62.5%) |
| 596 | <b>CHOJNOWSKI Arkadiusz</b>     | <b>406</b>  | ACADEMIA GORILA   | Open Mężczyzn | 522  | 10:00 | 00:00:06 | 00:21:39        | 00:45:36        | -00:12:00        | <b>00:58:56.30</b> | <b>00:59:03.25</b> | +00:28:52 (49.0%) | 7:05         | 8.5 (62.5%) |
| 597 | <b>BRONIAK-CZUPRYNA Joanna</b>  | <b>148</b>  |                   | Open Kobiet   | 74   | 09:15 | 00:00:06 | 00:21:54        | 00:45:47        | -00:13:00        | <b>00:58:56.50</b> | <b>00:59:02.80</b> | +00:28:52 (49.0%) | 7:11         | 8.3 (61.0%) |
| 598 | <b>KIERLANCZYK Rafał</b>        | <b>1538</b> |                   | Open Mężczyzn | 523  | 12:00 | 00:00:07 | 00:22:41        | 00:45:47        | -00:11:00        | <b>00:58:57.90</b> | <b>00:59:05.75</b> | +00:28:54 (49.0%) | 6:59         | 8.6 (63.2%) |
| 599 | <b>SZCZEPAŃSKI Maciej</b>       | <b>290</b>  |                   | Open Mężczyzn | 524  | 09:30 | 00:00:07 | 00:21:53        | 00:46:53        | -00:14:00        | <b>00:58:59.60</b> | <b>00:59:06.85</b> | +00:28:56 (49.0%) | 7:17         | 8.2 (60.3%) |
| 600 | <b>MIŚKIEWICZ Marcin</b>        | <b>1095</b> | ROSSMANN          | Open Mężczyzn | 525  | 12:00 | 00:00:05 | 00:18:37        | 00:41:32        | -00:07:00        | <b>00:59:03.15</b> | <b>00:59:08.40</b> | +00:28:59 (49.1%) | 6:36         | 9.1 (66.9%) |
| 601 | <b>KOPYTKO Małgorzata</b>       | <b>882</b>  |                   | Open Kobiet   | 75   | 11:00 | 00:00:05 | 00:21:00        | 00:44:48        | -00:09:00        | <b>00:59:04.85</b> | <b>00:59:10.75</b> | +00:29:01 (49.1%) | 6:48         | 8.8 (64.7%) |
| 602 | <b>WILK Magdalena</b>           | <b>514</b>  | DZIADY OCR        | Open Kobiet   | 76   | 10:15 | 00:00:05 | 00:20:33        | 00:43:41        | -00:11:00        | <b>00:59:09.00</b> | <b>00:59:14.45</b> | +00:29:05 (49.2%) | 7:00         | 8.6 (63.2%) |
| 603 | <b>GÓRNIAK Katarzyna</b>        | <b>875</b>  |                   | Open Kobiet   | 77   | 11:00 | 00:00:06 | 00:20:25        | 00:45:08        | -00:09:00        | <b>00:59:09.40</b> | <b>00:59:15.65</b> | +00:29:05 (49.2%) | 6:48         | 8.8 (64.7%) |
| 604 | <b>NORWA Michał</b>             | <b>691</b>  |                   | Open Mężczyzn | 526  | 12:30 | 00:00:06 | 00:20:39        | 00:44:49        | -00:12:00        | <b>00:59:09.85</b> | <b>00:59:16.80</b> | +00:29:06 (49.2%) | 7:07         | 8.4 (61.8%) |
| 605 | <b>GENTTNEROVÁ Kateřina</b>     | <b>1328</b> |                   | Open Kobiet   | 78   | 09:30 | 00:00:05 | 00:18:58        | 00:41:58        | -00:06:00        | <b>00:59:11.40</b> | <b>00:59:16.45</b> | +00:29:07 (49.2%) | 6:31         | 9.2 (67.6%) |
| 606 | <b>ZAJDOWSKA TRYC Katarzyna</b> | <b>1463</b> |                   | Open Kobiet   | 79   | 11:15 | 00:00:06 | 00:21:48        | 00:44:53        | -00:10:00        | <b>00:59:12.45</b> | <b>00:59:19.05</b> | +00:29:08 (49.2%) | 6:55         | 8.7 (64.0%) |
| 607 | <b>TRZCIŃSKI Jacek</b>          | <b>186</b>  |                   | Open Mężczyzn | 527  | 09:15 | 00:00:08 | 00:21:31        | 00:45:16        | -00:12:00        | <b>00:59:13.55</b> | <b>00:59:21.75</b> | +00:29:09 (49.2%) | 7:07         | 8.4 (61.8%) |
| 608 | <b>PLANETA Arkadiusz</b>        | <b>214</b>  | HUSARIA RACE TEAM | Open Mężczyzn | 528  | 09:30 | 00:00:04 | 00:20:51        | 00:44:48        | -00:11:00        | <b>00:59:15.30</b> | <b>00:59:19.80</b> | +00:29:11 (49.3%) | 7:01         | 8.5 (62.5%) |
| 609 | <b>ZIOMKOWSKI Rafał</b>         | <b>100</b>  |                   | Open Mężczyzn | 529  | 09:00 | 00:00:03 | 00:21:01        | 00:45:38        | -00:12:00        | <b>00:59:16.85</b> | <b>00:59:20.40</b> | +00:29:13 (49.3%) | 7:07         | 8.4 (61.8%) |
| 610 | <b>BARCZYK Oskar</b>            | <b>547</b>  | STREFA FITNESS    | Open Mężczyzn | 530  | 10:15 | 00:00:09 | 00:22:01        | 00:46:42        | -00:13:00        | <b>00:59:17.00</b> | <b>00:59:26.55</b> | +00:29:13 (49.3%) | 7:13         | 8.3 (61.0%) |
| 611 | <b>MURAWSKI Paweł</b>           | <b>1133</b> |                   | Open Mężczyzn | 531  | 12:00 | 00:00:08 | 00:19:36        | 00:41:08        | -00:08:00        | <b>00:59:18.00</b> | <b>00:59:26.40</b> | +00:29:14 (49.3%) | 6:43         | 8.9 (65.4%) |
| 612 | <b>LITMAN Paweł</b>             | <b>1125</b> |                   | Open Mężczyzn | 532  | 09:15 | 00:00:07 | 00:22:35        | 00:46:30        | -00:13:00        | <b>00:59:19.80</b> | <b>00:59:26.90</b> | +00:29:16 (49.3%) | 7:13         | 8.3 (61.0%) |
| 613 | <b>WIDOMSKI Bartosz</b>         | <b>295</b>  |                   | Open Mężczyzn | 533  | 12:00 | 00:00:05 | 00:21:43        | 00:46:08        | -00:12:00        | <b>00:59:22.60</b> | <b>00:59:28.45</b> | +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 | <b>TERMENA-POLKOWSKA Marta</b> | <b>906</b>  |                        | Open Kobiet   | 80   | 11:30 | 00:00:09    | 00:18:45        | 00:41:05        | -00:05:00        | <b>00:59:24.25</b> | <b>00:59:33.35</b> | +00:29:20 (49.4%) | 6:26         | 9.3 (68.4%) |
| 615 | <b>TARASZEWSKA Paulina</b>     | <b>122</b>  | PWPW S.A.              | Open Kobiet   | 81   | 09:15 | 00:00:06    | 00:19:42        | 00:42:41        | -00:07:00        | <b>00:59:27.80</b> | <b>00:59:34.30</b> | +00:29:24 (49.4%) | 6:38         | 9 (66.2%)   |
| 616 | <b>BARWICKI Jacek</b>          | <b>714</b>  | CROSSFIT GCW           | Open Mężczyzn | 534  | 10:45 | 00:00:06    | 00:20:07        | 00:43:28        | -00:10:00        | <b>00:59:33.60</b> | <b>00:59:40.50</b> | +00:29:30 (49.5%) | 6:57         | 8.6 (63.2%) |
| 617 | <b>GIELNIEWSKA Patrycja</b>    | <b>768</b>  | CROSSFIT GENIUS        | Open Kobiet   | 82   | 10:00 | 00:00:03    | 00:21:07        | 00:45:09        | -00:12:00        | <b>00:59:36.10</b> | <b>00:59:40.05</b> | +00:29:32 (49.6%) | 7:09         | 8.4 (61.8%) |
| 618 | <b>TARNACKI Rafał</b>          | <b>1233</b> | THETIMEHASCOME         | Open Mężczyzn | 535  | 12:45 | 00:00:02    | 00:18:02        | 00:43:55        | -00:12:00        | <b>00:59:36.45</b> | <b>00:59:39.40</b> | +00:29:32 (49.6%) | 7:09         | 8.4 (61.8%) |
| 619 | <b>MISIAK Konrad</b>           | <b>932</b>  | IDEALER.PL             | Open Mężczyzn | 536  | 11:15 | 00:00:03    | 00:20:14        | 00:44:20        | -00:12:00        | <b>00:59:37.20</b> | <b>00:59:41.10</b> | +00:29:33 (49.6%) | 7:09         | 8.4 (61.8%) |
| 620 | <b>PECÁNEK Richard</b>         | <b>228</b>  | REEBOK RUN CREW CZ     | Open Mężczyzn | 537  | 09:30 | 00:00:05    | 00:20:27        | 00:45:34        | -00:10:00        | <b>00:59:38.75</b> | <b>00:59:44.00</b> | +00:29:35 (49.6%) | 6:57         | 8.6 (63.2%) |
| 621 | <b>RYBKA Zuzanna</b>           | <b>1077</b> | HUSARIA RACE TEAM      | Open Kobiet   | 83   | 12:00 | 00:00:04    | 00:24:58        | 00:46:53        | -00:12:00        | <b>00:59:39.80</b> | <b>00:59:43.95</b> | +00:29:36 (49.6%) | 7:09         | 8.4 (61.8%) |
| 622 | <b>SZUMERT Tomasz</b>          | <b>394</b>  |                        | Open Mężczyzn | 538  | 09:45 | 00:00:10    | 00:20:13        | 00:45:17        | -00:10:00        | <b>00:59:40.55</b> | <b>00:59:50.65</b> | +00:29:36 (49.6%) | 6:58         | 8.6 (63.2%) |
| 623 | <b>WALKIEWICZ Maciej</b>       | <b>216</b>  | LUENZIE GORSZEGO SORTU | Open Mężczyzn | 539  | 09:30 | 00:00:10    | 00:23:36        | 00:47:55        | -00:14:00        | <b>00:59:41.45</b> | <b>00:59:52.25</b> | +00:29:37 (49.6%) | 7:22         | 8.1 (59.6%) |
| 624 | <b>STANOCH Jarek</b>           | <b>1194</b> |                        | Open Mężczyzn | 540  | 12:15 | 00:00:03    | 00:19:01        | 00:41:10        | -00:14:00        | <b>00:59:42.75</b> | <b>00:59:46.70</b> | +00:29:39 (49.7%) | 7:22         | 8.1 (59.6%) |
| 625 | <b>KIOŁBASA Damian</b>         | <b>624</b>  | GIRIEWOJ BOYS          | Open Mężczyzn | 541  | 10:30 | 00:00:05    | 00:20:24        | 00:44:53        | -00:13:00        | <b>00:59:45.25</b> | <b>00:59:50.65</b> | +00:29:41 (49.7%) | 7:16         | 8.2 (60.3%) |
| 626 | <b>RATAJSKI Przemek</b>        | <b>731</b>  | CROSSFIT GCW           | Open Mężczyzn | 542  | 10:45 | 00:00:06    | 00:21:04        | 00:43:55        | -00:11:00        | <b>00:59:47.60</b> | <b>00:59:53.85</b> | +00:29:44 (49.7%) | 7:04         | 8.5 (62.5%) |
| 627 | <b>BUDZYŃSKI Michał</b>        | <b>1213</b> |                        | Open Mężczyzn | 543  | 12:30 | 00:00:05    | 00:22:25        | 00:47:59        | -00:12:00        | <b>00:59:48.25</b> | <b>00:59:53.75</b> | +00:29:44 (49.7%) | 7:10         | 8.4 (61.8%) |
| 628 | <b>CIELEMĘCKI Piotr</b>        | <b>427</b>  | CROSSFIT SIEDLCE       | Open Mężczyzn | 544  | 10:00 | 00:00:11    |                 | 00:45:55        | -00:12:00        | <b>00:59:52.15</b> | <b>01:00:03.55</b> | +00:29:48 (49.8%) | 7:11         | 8.3 (61.0%) |
| 629 | <b>NAWROCKA Agnieszka</b>      | <b>1134</b> |                        | Open Kobiet   | 84   | 12:00 | 00:00:06    | 00:20:52        | 00:45:00        | -00:10:00        | <b>00:59:55.05</b> | <b>01:00:01.25</b> | +00:29:51 (49.8%) | 6:59         | 8.6 (63.2%) |
| 630 | <b>DZIEDZIC Justyna</b>        | <b>1537</b> |                        | Open Kobiet   | 85   | 12:00 | 00:00:08    | 00:22:40        | 00:45:46        | -00:10:00        | <b>00:59:57.75</b> | <b>01:00:05.75</b> | +00:29:54 (49.9%) | 6:59         | 8.6 (63.2%) |
| 631 | <b>CHOJNOWSKI Wojtek</b>       | <b>1214</b> |                        | Open Mężczyzn | 545  | 12:30 | 00:00:06    | 00:21:16        | 00:45:53        | -00:11:00        | <b>00:59:58.20</b> | <b>01:00:04.80</b> | +00:29:54 (49.9%) | 7:05         | 8.5 (62.5%) |
| 632 | <b>SIENKIEWICZ Jakub</b>       | <b>81</b>   |                        | Open Mężczyzn | 546  | 09:00 | 00:00:04    | 00:20:00        | 00:44:32        | -00:11:00        | <b>00:59:59.00</b> | <b>01:00:03.65</b> | +00:29:55 (49.9%) | 7:05         | 8.5 (62.5%) |
| 633 | <b>JASEK-BORS Paulina</b>      | <b>316</b>  | HUSARIA RACE TEAM      | Open Kobiet   | 86   | 09:45 | 00:00:05    | 00:22:10        | 00:46:42        | -00:13:00        | <b>01:00:00.55</b> | <b>01:00:06.00</b> | +00:29:56 (49.9%) | 7:18         | 8.2 (60.3%) |
| 634 | <b>MANDECKI Jakub</b>          | <b>580</b>  |                        | Open Mężczyzn | 547  | 10:15 | 00:00:13    | 00:19:37        | 00:41:22        |                  | <b>01:00:01.05</b> | <b>01:00:14.55</b> | +00:29:57 (49.9%) | 6:00         | 10 (73.5%)  |
| 635 | <b>GAŁKA Remigiusz</b>         | <b>1216</b> |                        | Open Mężczyzn | 548  | 12:30 | 00:00:08    | 00:18:50        | 00:40:28        | -00:04:00        | <b>01:00:07.00</b> | <b>01:00:15.50</b> | +00:30:03 (50.0%) | 6:24         | 9.4 (69.1%) |
| 636 | <b>BLAŃDA Dominik</b>          | <b>1471</b> | HUSARIA RACE TEAM      | Open Mężczyzn | 549  | 09:00 | 00:00:02    | 00:21:02        | 00:45:38        | -00:12:00        | <b>01:00:07.65</b> | <b>01:00:10.00</b> | +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 | <b>ANTOLIK Aneta</b>        | <b>414</b>  | BRUD EKIPA            | Open Kobiet   | 87   | 10:00 | 00:00:09    | 00:20:45        | 00:43:02        | -00:06:00        | <b>01:00:08.10</b> | <b>01:00:17.45</b> | +00:30:04 (50.0%) | 6:36         | 9.1 (66.9%) |
| 638 | <b>ZERO Joanna</b>          | <b>142</b>  | WWL TEAM              | Open Kobiet   | 88   | 09:15 | 00:00:07    | 00:19:06        | 00:42:10        | -00:06:00        | <b>01:00:08.20</b> | <b>01:00:15.85</b> | +00:30:04 (50.0%) | 6:36         | 9.1 (66.9%) |
| 639 | <b>BARAŃSKI Robert</b>      | <b>454</b>  |                       | Open Mężczyzn | 550  | 10:00 | 00:00:05    | 00:22:03        | 00:46:57        | -00:13:00        | <b>01:00:09.30</b> | <b>01:00:15.10</b> | +00:30:05 (50.0%) | 7:19         | 8.2 (60.3%) |
| 640 | <b>SZWACKI Sergiusz</b>     | <b>119</b>  | PATRZ NA MNIE MAMO!   | Open Mężczyzn | 551  | 09:15 | 00:00:08    | 00:20:57        | 00:43:53        | -00:08:00        | <b>01:00:10.70</b> | <b>01:00:18.90</b> | +00:30:07 (50.0%) | 6:49         | 8.8 (64.7%) |
| 641 | <b>MUREK Łukasz</b>         | <b>1308</b> | RENAULT TEAM          | Open Mężczyzn | 552  | 12:00 | 00:01:08    | 00:21:23        | 00:45:49        | -00:13:00        | <b>01:00:11.35</b> | <b>01:01:19.90</b> | +00:30:07 (50.1%) | 7:19         | 8.2 (60.3%) |
| 642 | <b>BORSIAK Maciej</b>       | <b>659</b>  |                       | Open Mężczyzn | 553  | 10:15 | 00:00:09    | 00:22:43        | 00:47:15        | -00:11:00        | <b>01:00:11.75</b> | <b>01:00:21.40</b> | +00:30:08 (50.1%) | 7:07         | 8.4 (61.8%) |
| 643 | <b>SZPAKOWSKI Konrad</b>    | <b>1151</b> |                       | Open Mężczyzn | 554  | 12:00 | 00:00:07    | 00:20:01        | 00:42:23        | -00:08:00        | <b>01:00:11.80</b> | <b>01:00:19.15</b> | +00:30:08 (50.1%) | 6:49         | 8.8 (64.7%) |
| 644 | <b>GRAJCAR Anna</b>         | <b>832</b>  | LOFT TEAM EXTREME     | Open Kobiet   | 89   | 11:00 | 00:00:04    | 00:19:05        | 00:41:35        |                  | <b>01:00:13.90</b> | <b>01:00:18.60</b> | +00:30:10 (50.1%) | 6:01         | 10 (73.5%)  |
| 645 | <b>MENDREK Adrianna</b>     | <b>914</b>  | CRAZY RUNNERFUCKERS   | Open Kobiet   | 90   | 11:15 | 00:00:09    | 00:21:04        | 00:44:29        | -00:11:00        | <b>01:00:13.95</b> | <b>01:00:23.10</b> | +00:30:10 (50.1%) | 7:07         | 8.4 (61.8%) |
| 646 | <b>ŁASZCZYCH Małgorzata</b> | <b>1521</b> |                       | Open Kobiet   | 91   | 12:45 | 00:00:06    | 00:21:17        | 00:45:44        | -00:09:00        | <b>01:00:14.10</b> | <b>01:00:20.45</b> | +00:30:10 (50.1%) | 6:55         | 8.7 (64.0%) |
| 647 | <b>DYMARSKI Bartosz</b>     | <b>1206</b> | TOO FAST TOO FURIOUS  | Open Mężczyzn | 555  | 12:30 | 00:00:08    | 00:18:51        | 00:40:29        | -00:04:00        | <b>01:00:14.30</b> | <b>01:00:23.25</b> | +00:30:10 (50.1%) | 6:25         | 9.3 (68.4%) |
| 648 | <b>BRÓŃCZYK Kinga</b>       | <b>548</b>  | STREFA FITNESS        | Open Kobiet   | 92   | 10:15 | 00:00:09    | 00:22:01        | 00:46:42        | -00:12:00        | <b>01:00:16.60</b> | <b>01:00:26.45</b> | +00:30:13 (50.1%) | 7:13         | 8.3 (61.0%) |
| 649 | <b>ŚLEDZIKOWSKI Michał</b>  | <b>596</b>  |                       | Open Mężczyzn | 556  | 10:15 | 00:00:10    | 00:21:59        | 00:46:42        | -00:12:00        | <b>01:00:16.75</b> | <b>01:00:26.90</b> | +00:30:13 (50.1%) | 7:13         | 8.3 (61.0%) |
| 650 | <b>LUBASZKA Kinga</b>       | <b>1126</b> |                       | Open Kobiet   | 93   | 12:00 | 00:00:03    | 00:21:16        | 00:45:08        | -00:11:00        | <b>01:00:19.25</b> | <b>01:00:23.05</b> | +00:30:15 (50.2%) | 7:08         | 8.4 (61.8%) |
| 651 | <b>SOBOŃ Łukasz</b>         | <b>629</b>  | GORUNNERS             | Open Mężczyzn | 557  | 10:30 | 00:00:08    | 00:21:47        | 00:47:25        | -00:14:00        | <b>01:00:19.50</b> | <b>01:00:27.95</b> | +00:30:15 (50.2%) | 7:25         | 8.1 (59.6%) |
| 652 | <b>KOCZOROWSKI Michał</b>   | <b>1285</b> | POLNI WOJOWNICY USTKA | Open Mężczyzn | 558  | 11:30 | 00:00:08    | 00:22:05        | 00:47:08        | -00:12:00        | <b>01:00:19.80</b> | <b>01:00:28.05</b> | +00:30:16 (50.2%) | 7:14         | 8.3 (61.0%) |
| 653 | <b>CZARNIECKI Jakub</b>     | <b>113</b>  | NO LIMIT TEAM         | Open Mężczyzn | 559  | 09:00 | 00:00:06    | 00:22:17        | 00:46:42        | -00:14:00        | <b>01:00:20.70</b> | <b>01:00:26.85</b> | +00:30:17 (50.2%) | 7:26         | 8.1 (59.6%) |
| 654 | <b>ŻUKOWSKI Arkadiusz</b>   | <b>239</b>  | ZIEL-ONI              | Open Mężczyzn | 560  | 09:30 | 00:00:06    | 00:23:20        | 00:48:13        | -00:14:00        | <b>01:00:21.55</b> | <b>01:00:28.20</b> | +00:30:17 (50.2%) | 7:26         | 8.1 (59.6%) |
| 655 | <b>GICZAN Mariusz</b>       | <b>1472</b> | CHOBUKAN BIAŁYSTOK    | Open Mężczyzn | 561  | 11:45 | 00:00:08    | 00:21:12        | 00:46:28        | -00:12:00        | <b>01:00:22.05</b> | <b>01:00:30.90</b> | +00:30:18 (50.2%) | 7:14         | 8.3 (61.0%) |
| 656 | <b>SIUDEK Kamil G.</b>      | <b>384</b>  |                       | Open Mężczyzn | 562  | 09:45 | 00:00:06    | 00:19:29        | 00:44:40        | -00:10:00        | <b>01:00:23.50</b> | <b>01:00:30.30</b> | +00:30:19 (50.2%) | 7:02         | 8.5 (62.5%) |
| 657 | <b>BIENIEK Anna</b>         | <b>306</b>  | FIGHT GYM TEAM        | Open Kobiet   | 94   | 09:45 | 00:00:07    | 00:21:48        | 00:45:53        | -00:11:00        | <b>01:00:24.40</b> | <b>01:00:32.25</b> | +00:30:20 (50.2%) | 7:08         | 8.4 (61.8%) |
| 658 | <b>CISZEK Daniel</b>        | <b>1236</b> |                       | Open Mężczyzn | 563  | 12:45 | 00:00:05    | 00:20:50        | 00:46:34        | -00:14:00        | <b>01:00:25.20</b> | <b>01:00:31.05</b> | +00:30:21 (50.2%) | 7:26         | 8.1 (59.6%) |
| 659 | <b>SCHILLER Fryderyk</b>    | <b>1541</b> | SCHODY HISZPAŃSKIE    | Open Mężczyzn | 564  | 09:45 | 00:00:05    | 00:22:59        | 00:47:00        | -00:11:00        | <b>01:00:26.20</b> | <b>01:00:31.40</b> | +00:30:22 (50.3%) | 7:08         | 8.4 (61.8%) |
| 660 | <b>CIOCH Weronika</b>       | <b>153</b>  |                       | Open Kobiet   | 95   | 09:15 | 00:00:07    | 00:22:09        | 00:45:27        | -00:10:00        | <b>01:00:26.90</b> | <b>01:00:34.35</b> | +00:30:23 (50.3%) | 7:02         | 8.5 (62.5%) |

| Msc | Zawodnik                        | Numer       | Klub                   | Kategoria        | Mkat | Seria | Czas     |                    |                    | Kara/<br>bonifikata | Czas               |                    | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|---------------------------------|-------------|------------------------|------------------|------|-------|----------|--------------------|--------------------|---------------------|--------------------|--------------------|----------------------|-----------------|----------------|
|     |                                 |             |                        |                  |      |       | startu   | Skrajna_1<br>5.4km | Skrajna_2<br>7.5km |                     | netto<br>10km      | brutto<br>10km     |                      |                 |                |
| 661 | <b>SOBIESZEK Miłosz</b>         | <b>387</b>  |                        | Open<br>Mężczyzn | 565  | 09:30 | 00:00:07 | 00:20:37           | 00:45:13           | -00:13:00           | <b>01:00:29.95</b> | <b>01:00:37.80</b> | +00:30:26<br>(50.3%) | 7:21            | 8.2<br>(60.3%) |
| 662 | <b>ŚLĘCZKOWSKI Błażej</b>       | <b>1101</b> | SPORTERA OCR           | Open<br>Mężczyzn | 566  | 12:00 | 00:00:06 | 00:22:05           | 00:46:35           | -00:10:00           | <b>01:00:30.25</b> | <b>01:00:37.05</b> | +00:30:26<br>(50.3%) | 7:03            | 8.5<br>(62.5%) |
| 663 | <b>GRUNDKOWSKI Oskar</b>        | <b>1496</b> |                        | Open<br>Mężczyzn | 567  | 12:30 | 00:00:06 | 00:20:52           | 00:45:57           | -00:13:00           | <b>01:00:30.60</b> | <b>01:00:37.55</b> | +00:30:27<br>(50.3%) | 7:21            | 8.2<br>(60.3%) |
| 664 | <b>KRAWCZYK Rafał</b>           | <b>948</b>  | ROSSMANN               | Open<br>Mężczyzn | 568  | 11:15 | 00:00:09 | 00:22:16           | 00:46:08           | -00:11:00           | <b>01:00:32.55</b> | <b>01:00:41.60</b> | +00:30:28<br>(50.3%) | 7:09            | 8.4<br>(61.8%) |
| 665 | <b>WILAMEK Jakub</b>            | <b>954</b>  | ROSSMANN               | Open<br>Mężczyzn | 569  | 11:15 | 00:00:08 | 00:22:18           | 00:46:09           | -00:11:00           | <b>01:00:33.20</b> | <b>01:00:41.85</b> | +00:30:29<br>(50.4%) | 7:09            | 8.4<br>(61.8%) |
| 666 | <b>UZDOWSKI Daniel</b>          | <b>108</b>  | HUSARIA RACE TEAM      | Open<br>Mężczyzn | 570  | 09:15 | 00:00:04 | 00:20:27           | 00:46:19           | -00:12:00           | <b>01:00:33.95</b> | <b>01:00:38.50</b> | +00:30:30<br>(50.4%) | 7:15            | 8.3<br>(61.0%) |
| 667 | <b>NIKOŁAJUK Piotr</b>          | <b>586</b>  |                        | Open<br>Mężczyzn | 571  | 10:15 | 00:00:08 | 00:20:14           | 00:44:49           | -00:07:00           | <b>01:00:38.10</b> | <b>01:00:46.35</b> | +00:30:34<br>(50.4%) | 6:45            | 8.9<br>(65.4%) |
| 668 | <b>BOGUSKI Adam</b>             | <b>147</b>  |                        | Open<br>Mężczyzn | 572  | 09:15 | 00:00:06 | 00:24:09           | 00:49:51           | -00:14:00           | <b>01:00:40.35</b> | <b>01:00:47.25</b> | +00:30:36<br>(50.5%) | 7:28            | 8<br>(58.8%)   |
| 669 | <b>KULIK Dominika</b>           | <b>839</b>  | LOFT TEAM EXTREME      | Open<br>Kobiet   | 96   | 11:00 | 00:00:04 | 00:20:28           | 00:44:24           | -00:03:00           | <b>01:00:40.45</b> | <b>01:00:44.75</b> | +00:30:36<br>(50.5%) | 6:22            | 9.4<br>(69.1%) |
| 670 | <b>WIŚNIEWSKI Łukasz</b>        | <b>802</b>  |                        | Open<br>Mężczyzn | 573  | 10:45 | 00:00:04 | 00:22:04           | 00:47:40           | -00:11:00           | <b>01:00:40.55</b> | <b>01:00:45.05</b> | +00:30:36<br>(50.5%) | 7:10            | 8.4<br>(61.8%) |
| 671 | <b>ZWIEP Maurits</b>            | <b>217</b>  | LUENZIE GORSZEGO SORTU | Open<br>Mężczyzn | 574  | 09:30 | 00:00:11 | 00:23:36           | 00:47:54           | -00:13:00           | <b>01:00:40.80</b> | <b>01:00:52.25</b> | +00:30:37<br>(50.5%) | 7:22            | 8.1<br>(59.6%) |
| 672 | <b>RUTKOWSKI Piotr</b>          | <b>380</b>  |                        | Open<br>Mężczyzn | 575  | 09:45 | 00:00:07 | 00:24:06           | 00:47:36           | -00:12:00           | <b>01:00:42.95</b> | <b>01:00:50.70</b> | +00:30:39<br>(50.5%) | 7:16            | 8.3<br>(61.0%) |
| 673 | <b>DĄBROWSKI Jarosław</b>       | <b>1352</b> | MAMY RUSZAMY           | Open<br>Mężczyzn | 576  | 11:30 | 00:00:10 | 00:21:30           | 00:46:12           | -00:12:00           | <b>01:00:43.60</b> | <b>01:00:54.35</b> | +00:30:40<br>(50.5%) | 7:16            | 8.2<br>(60.3%) |
| 674 | <b>ZARĘBA Justyna</b>           | <b>1048</b> | SPORTERA OCR           | Open<br>Kobiet   | 97   | 12:00 | 00:00:07 | 00:23:17           | 00:47:16           | -00:11:00           | <b>01:00:44.30</b> | <b>01:00:51.30</b> | +00:30:40<br>(50.5%) | 7:10            | 8.4<br>(61.8%) |
| 675 | <b>DMYTRUK Anzhela</b>          | <b>347</b>  |                        | Open<br>Kobiet   | 98   | 09:45 | 00:00:08 | 00:23:02           | 00:46:06           | -00:10:00           | <b>01:00:45.40</b> | <b>01:00:53.65</b> | +00:30:41<br>(50.5%) | 7:04            | 8.5<br>(62.5%) |
| 676 | <b>GÓRZYŃSKI Marcin</b>         | <b>43</b>   |                        | Open<br>Mężczyzn | 577  | 09:00 | 00:00:07 | 00:18:57           | 00:42:17           | -00:04:00           | <b>01:00:45.60</b> | <b>01:00:53.15</b> | +00:30:42<br>(50.5%) | 6:28            | 9.3<br>(68.4%) |
| 677 | <b>GODZIMIRSKA Eliza</b>        | <b>1333</b> |                        | Open<br>Kobiet   | 99   | 12:45 | 00:00:06 | 00:18:44           | 00:40:23           | -00:04:00           | <b>01:00:46.15</b> | <b>01:00:52.75</b> | +00:30:42<br>(50.5%) | 6:28            | 9.3<br>(68.4%) |
| 678 | <b>ROMAŃSKI Franek</b>          | <b>1318</b> | REEBOK RUN CREW        | Open<br>Mężczyzn | 578  | 12:45 | 00:00:06 | 00:18:43           | 00:40:23           | -00:04:00           | <b>01:00:46.45</b> | <b>01:00:52.65</b> | +00:30:42<br>(50.5%) | 6:28            | 9.3<br>(68.4%) |
| 679 | <b>MILCZAREK Maja</b>           | <b>1249</b> |                        | Open<br>Kobiet   | 100  | 12:45 | 00:00:03 | 00:19:24           | 00:42:36           |                     | <b>01:00:46.95</b> | <b>01:00:50.80</b> | +00:30:43<br>(50.5%) | 6:04            | 9.9<br>(72.8%) |
| 680 | <b>NAGRABA Anna</b>             | <b>821</b>  | FRAUEN POWER!          | Open<br>Kobiet   | 101  | 11:00 | 00:00:07 | 00:23:31           | 00:46:53           | -00:11:00           | <b>01:00:47.30</b> | <b>01:00:55.20</b> | +00:30:43<br>(50.5%) | 7:10            | 8.4<br>(61.8%) |
| 681 | <b>GRADOMSKA Magdalena</b>      | <b>818</b>  | FRAUEN POWER!          | Open<br>Kobiet   | 102  | 11:00 | 00:00:08 | 00:23:30           | 00:46:51           | -00:11:00           | <b>01:00:48.30</b> | <b>01:00:56.45</b> | +00:30:44<br>(50.6%) | 7:10            | 8.4<br>(61.8%) |
| 682 | <b>MALINOWSKI Przemysław</b>    | <b>1247</b> |                        | Open<br>Mężczyzn | 579  | 12:45 | 00:00:04 | 00:21:10           | 00:46:44           | -00:13:00           | <b>01:00:53.70</b> | <b>01:00:57.95</b> | +00:30:50<br>(50.6%) | 7:23            | 8.1<br>(59.6%) |
| 683 | <b>OTOKA-FRĄCKIEWICZ Monika</b> | <b>375</b>  |                        | Open<br>Kobiet   | 103  | 09:45 | 00:00:10 | 00:19:25           | 00:41:50           | -00:04:00           | <b>01:00:54.70</b> | <b>01:01:05.25</b> | +00:30:51<br>(50.6%) | 6:29            | 9.2<br>(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 | <b>OWCZAREK Tomasz</b>               | <b>551</b>  | STREFA FITNESS      | Open Mężczyzn | 580  | 10:15 | 00:00:10    | 00:22:02        | 00:46:42        | -00:12:00        | <b>01:00:57.35</b> | <b>01:01:07.50</b> | +00:30:53 (50.7%) | 7:17         | 8.2 (60.3%) |
| 685 | <b>RÓŻYCKI Dominik</b>               | <b>849</b>  | LOFT TEAM EXTREME   | Open Mężczyzn | 581  | 11:00 | 00:00:03    | 00:20:29        | 00:45:03        | -00:03:00        | <b>01:00:58.05</b> | <b>01:01:01.35</b> | +00:30:54 (50.7%) | 6:23         | 9.4 (69.1%) |
| 685 | <b>WYSZCZELSKA Ewelina</b>           | <b>194</b>  |                     | Open Kobiet   | 104  | 09:15 | 00:00:06    | 00:22:09        | 00:45:52        | -00:11:00        | <b>01:00:58.05</b> | <b>01:01:04.55</b> | +00:30:54 (50.7%) | 7:11         | 8.3 (61.0%) |
| 687 | <b>CHRZANOWSKI Krzysztof Natanel</b> | <b>1281</b> | MORDECZKI GCW I OLA | Open Mężczyzn | 582  | 10:45 | 00:00:04    | 00:22:04        | 00:48:08        | -00:10:00        | <b>01:00:58.50</b> | <b>01:01:02.85</b> | +00:30:54 (50.7%) | 7:05         | 8.5 (62.5%) |
| 688 | <b>KOCOŁOWSKI Jurek</b>              | <b>985</b>  |                     | Open Mężczyzn | 583  | 11:15 | 00:00:03    | 00:21:37        | 00:47:02        | -00:11:00        | <b>01:00:58.90</b> | <b>01:01:02.85</b> | +00:30:55 (50.7%) | 7:11         | 8.3 (61.0%) |
| 689 | <b>BORUC Marcin</b>                  | <b>1432</b> | GCW TEAM            | Open Mężczyzn | 584  | 11:30 | 00:00:06    | 00:21:27        | 00:46:54        | -00:11:00        | <b>01:00:59.50</b> | <b>01:01:06.40</b> | +00:30:55 (50.7%) | 7:12         | 8.3 (61.0%) |
| 690 | <b>BUDNIK Agnieszka</b>              | <b>457</b>  |                     | Open Kobiet   | 105  | 10:00 | 00:00:07    | 00:23:33        | 00:46:45        | -00:10:00        | <b>01:01:02.20</b> | <b>01:01:09.45</b> | +00:30:58 (50.8%) | 7:06         | 8.4 (61.8%) |
| 691 | <b>NOWAK Marta</b>                   | <b>844</b>  | LOFT TEAM EXTREME   | Open Kobiet   | 106  | 11:00 | 00:00:04    | 00:20:45        | 00:43:40        | -00:08:00        | <b>01:01:02.45</b> | <b>01:01:06.90</b> | +00:30:58 (50.8%) | 6:54         | 8.7 (64.0%) |
| 692 | <b>KWIATKOWSKI Przemek</b>           | <b>1123</b> |                     | Open Mężczyzn | 585  | 12:00 | 00:00:07    | 00:21:02        | 00:46:54        | -00:11:00        | <b>01:01:08.45</b> | <b>01:01:15.95</b> | +00:31:04 (50.8%) | 7:12         | 8.3 (61.0%) |
| 693 | <b>WARNECKA Monika</b>               | <b>801</b>  |                     | Open Kobiet   | 107  | 10:45 | 00:00:07    | 00:21:05        | 00:45:39        | -00:09:00        | <b>01:01:10.15</b> | <b>01:01:17.25</b> | +00:31:06 (50.9%) | 7:01         | 8.6 (63.2%) |
| 694 | <b>KAPROŃ Artur</b>                  | <b>1413</b> | CROSSFIT URSYNÓW    | Open Mężczyzn | 586  | 12:15 | 00:00:09    | 00:21:59        | 00:45:08        | -00:12:00        | <b>01:01:11.15</b> | <b>01:01:20.35</b> | +00:31:07 (50.9%) | 7:19         | 8.2 (60.3%) |
| 695 | <b>MARCINIAK Klaudia</b>             | <b>793</b>  |                     | Open Kobiet   | 108  | 10:45 | 00:00:06    | 00:21:27        | 00:45:41        | -00:09:00        | <b>01:01:11.55</b> | <b>01:01:18.45</b> | +00:31:07 (50.9%) | 7:01         | 8.5 (62.5%) |
| 696 | <b>FISZER Rafał</b>                  | <b>549</b>  | STREFA FITNESS      | Open Mężczyzn | 587  | 10:15 | 00:00:10    | 00:22:01        | 00:46:42        | -00:11:00        | <b>01:01:16.60</b> | <b>01:01:26.70</b> | +00:31:13 (50.9%) | 7:13         | 8.3 (61.0%) |
| 697 | <b>KISZKIS Elżbieta</b>              | <b>317</b>  | HUSARIA RACE TEAM   | Open Kobiet   | 109  | 09:45 | 00:00:05    | 00:22:09        | 00:46:42        | -00:11:00        | <b>01:01:25.10</b> | <b>01:01:30.65</b> | +00:31:21 (51.1%) | 7:14         | 8.3 (61.0%) |
| 698 | <b>MŁYŃNARSKI Tomek</b>              | <b>891</b>  |                     | Open Mężczyzn | 588  | 11:00 | 00:00:03    | 00:23:06        | 00:48:29        | -00:12:00        | <b>01:01:26.70</b> | <b>01:01:29.75</b> | +00:31:23 (51.1%) | 7:20         | 8.2 (60.3%) |
| 699 | <b>SZWEDA Justyna</b>                | <b>528</b>  | DZIKIE DZIKI MIGU   | Open Kobiet   | 110  | 10:15 | 00:00:07    | 00:24:02        | 00:48:14        | -00:13:00        | <b>01:01:29.30</b> | <b>01:01:37.00</b> | +00:31:25 (51.1%) | 7:27         | 8.1 (59.6%) |
| 700 | <b>BŁANIARZ Radosław</b>             | <b>247</b>  |                     | Open Mężczyzn | 589  | 09:30 | 00:00:06    | 00:21:26        | 00:46:02        | -00:11:00        | <b>01:01:29.45</b> | <b>01:01:36.40</b> | +00:31:25 (51.1%) | 7:15         | 8.3 (61.0%) |
| 701 | <b>MAĆZKOWSKI Mariusz</b>            | <b>199</b>  | #12U1               | Open Mężczyzn | 590  | 09:30 | 00:00:09    | 00:22:45        | 00:47:11        | -00:14:00        | <b>01:01:29.95</b> | <b>01:01:39.70</b> | +00:31:26 (51.1%) | 7:33         | 7.9 (58.1%) |
| 702 | <b>JURKIEWICZ Jakub</b>              | <b>198</b>  | #12U1               | Open Mężczyzn | 591  | 09:30 | 00:00:09    | 00:22:41        | 00:47:09        | -00:14:00        | <b>01:01:30.40</b> | <b>01:01:40.05</b> | +00:31:26 (51.1%) | 7:33         | 7.9 (58.1%) |
| 703 | <b>PŁUSKA Michał</b>                 | <b>552</b>  | STREFA FITNESS      | Open Mężczyzn | 592  | 10:15 | 00:00:03    | 00:21:08        | 00:47:43        | -00:12:00        | <b>01:01:30.60</b> | <b>01:01:34.45</b> | +00:31:27 (51.1%) | 7:21         | 8.2 (60.3%) |
| 704 | <b>MYKHAILOVA Olha</b>               | <b>172</b>  |                     | Open Kobiet   | 111  | 09:15 | 00:00:08    |                 | 00:41:49        | -00:04:00        | <b>01:01:32.25</b> | <b>01:01:40.50</b> | +00:31:28 (51.2%) | 6:33         | 9.2 (67.6%) |
| 705 | <b>CHOROŚ Sylwia</b>                 | <b>152</b>  |                     | Open Kobiet   | 112  | 09:15 | 00:00:06    | 00:19:38        | 00:41:44        | -00:04:00        | <b>01:01:33.70</b> | <b>01:01:40.50</b> | +00:31:30 (51.2%) | 6:33         | 9.2 (67.6%) |
| 706 | <b>WOŹNICKA Kasia</b>                | <b>507</b>  |                     | Open Kobiet   | 113  | 10:00 | 00:00:04    | 00:21:38        | 00:46:41        | -00:12:00        | <b>01:01:36.00</b> | <b>01:01:40.15</b> | +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 | <b>RYDZEWSKI Mikołaj</b>      | <b>1371</b> |                         | Open Mężczyzn | 593  | 11:30 | 00:02:15    | 00:21:47        | 00:44:51        | -00:13:00        | <b>01:01:37.20</b> | <b>01:03:52.65</b> | +00:31:33 (51.2%) | 7:27         | 8 (58.8%)   |
| 708 | <b>KALWAT Katarzyna</b>       | <b>259</b>  |                         | Open Kobiet   | 114  | 09:30 | 00:00:05    | 00:22:55        | 00:49:28        | -00:14:00        | <b>01:01:38.40</b> | <b>01:01:43.55</b> | +00:31:34 (51.2%) | 7:33         | 7.9 (58.1%) |
| 709 | <b>ZIENKIEWICZ Rafał</b>      | <b>511</b>  |                         | Open Mężczyzn | 594  | 10:15 | 00:00:07    | 00:21:02        | 00:48:23        | -00:14:00        | <b>01:01:40.80</b> | <b>01:01:48.00</b> | +00:31:37 (51.3%) | 7:34         | 7.9 (58.1%) |
| 710 | <b>TRUSZKOWSKA Marta</b>      | <b>1231</b> | S&M                     | Open Kobiet   | 115  | 12:45 | 00:00:07    | 00:22:58        | 00:46:53        | -00:10:00        | <b>01:01:42.70</b> | <b>01:01:50.15</b> | +00:31:39 (51.3%) | 7:10         | 8.4 (61.8%) |
| 711 | <b>JAKUBIAK Sylwia</b>        | <b>1230</b> | S&M                     | Open Kobiet   | 116  | 12:45 | 00:00:07    | 00:22:58        | 00:46:53        | -00:10:00        | <b>01:01:43.30</b> | <b>01:01:50.35</b> | +00:31:39 (51.3%) | 7:10         | 8.4 (61.8%) |
| 712 | <b>PLUTA Krzysztof</b>        | <b>1071</b> | CROSSFIT POŁUDNIE       | Open Mężczyzn | 595  | 12:00 | 00:00:06    | 00:25:26        | 00:48:44        | -00:13:00        | <b>01:01:43.40</b> | <b>01:01:49.95</b> | +00:31:39 (51.3%) | 7:28         | 8 (58.8%)   |
| 713 | <b>SOŁTYSIAK Marcin</b>       | <b>498</b>  |                         | Open Mężczyzn | 596  | 10:00 | 00:00:10    | 00:24:22        | 00:48:50        | -00:11:00        | <b>01:01:44.60</b> | <b>01:01:55.10</b> | +00:31:41 (51.3%) | 7:16         | 8.2 (60.3%) |
| 714 | <b>KLEJPS Wojciech</b>        | <b>625</b>  | GIRIEWOJ BOYS           | Open Mężczyzn | 597  | 10:30 | 00:00:05    | 00:20:24        | 00:44:53        | -00:11:00        | <b>01:01:46.45</b> | <b>01:01:52.10</b> | +00:31:42 (51.3%) | 7:16         | 8.2 (60.3%) |
| 715 | <b>WŁOCKI Dawid</b>           | <b>442</b>  | MARTWYBASEN             | Open Mężczyzn | 598  | 10:00 | 00:00:11    | 00:24:11        | 00:48:33        | -00:14:00        | <b>01:01:47.30</b> | <b>01:01:58.70</b> | +00:31:43 (51.4%) | 7:34         | 7.9 (58.1%) |
| 716 | <b>KUSY Teresa</b>            | <b>648</b>  | R99                     | Open Kobiet   | 117  | 10:30 | 00:00:06    | 00:22:17        | 00:47:02        | -00:11:00        | <b>01:01:49.60</b> | <b>01:01:55.75</b> | +00:31:46 (51.4%) | 7:16         | 8.2 (60.3%) |
| 717 | <b>DZIUBAK Bogdan</b>         | <b>721</b>  | CROSSFIT GCW            | Open Mężczyzn | 599  | 10:45 | 00:00:04    | 00:22:07        | 00:48:08        | -00:09:00        | <b>01:01:58.25</b> | <b>01:02:03.10</b> | +00:31:54 (51.5%) | 7:05         | 8.5 (62.5%) |
| 718 | <b>DODATKO Roman</b>          | <b>156</b>  |                         | Open Mężczyzn | 600  | 09:15 | 00:00:08    | 00:22:16        | 00:47:47        | -00:14:00        | <b>01:02:01.20</b> | <b>01:02:10.05</b> | +00:31:57 (51.5%) | 7:36         | 7.9 (58.1%) |
| 719 | <b>ŚLIWIŃSKI Kamil</b>        | <b>206</b>  | BLACK SOX               | Open Mężczyzn | 601  | 09:30 | 00:00:07    | 00:20:03        | 00:45:30        | -00:11:00        | <b>01:02:01.25</b> | <b>01:02:08.95</b> | +00:31:57 (51.5%) | 7:18         | 8.2 (60.3%) |
| 720 | <b>HAGEMAJER Klaudia</b>      | <b>1112</b> |                         | Open Kobiet   | 118  | 12:00 | 00:00:08    | 00:22:24        | 00:46:08        | -00:08:00        | <b>01:02:01.40</b> | <b>01:02:09.85</b> | +00:31:57 (51.5%) | 7:00         | 8.6 (63.2%) |
| 721 | <b>FABIANEK Paweł</b>         | <b>1477</b> |                         | Open Mężczyzn | 602  | 11:45 | 00:00:09    | 00:20:52        | 00:44:25        | -00:02:00        | <b>01:02:06.25</b> | <b>01:02:15.25</b> | +00:32:02 (51.6%) | 6:24         | 9.4 (69.1%) |
| 721 | <b>KWIATKOWSKA Aleksandra</b> | <b>1503</b> |                         | Open Kobiet   | 119  | 11:45 | 00:00:08    | 00:20:52        | 00:44:27        | -00:02:00        | <b>01:02:06.25</b> | <b>01:02:14.25</b> | +00:32:02 (51.6%) | 6:24         | 9.4 (69.1%) |
| 723 | <b>ZACHARZEWSKI Łukasz</b>    | <b>852</b>  | LOFT TEAM EXTREME       | Open Mężczyzn | 603  | 11:00 | 00:00:04    | 00:22:22        | 00:48:49        | -00:12:00        | <b>01:02:07.30</b> | <b>01:02:12.20</b> | +00:32:03 (51.6%) | 7:24         | 8.1 (59.6%) |
| 724 | <b>MAĆKOWIAK Alicja</b>       | <b>842</b>  | LOFT TEAM EXTREME       | Open Kobiet   | 120  | 11:00 | 00:00:03    | 00:22:01        | 00:45:53        | -00:12:00        | <b>01:02:08.30</b> | <b>01:02:12.10</b> | +00:32:04 (51.6%) | 7:24         | 8.1 (59.6%) |
| 725 | <b>WYSZKOWSKA Natalia</b>     | <b>402</b>  |                         | Open Kobiet   | 121  | 09:45 | 00:00:07    | 00:22:51        | 00:48:14        | -00:12:00        | <b>01:02:10.60</b> | <b>01:02:17.70</b> | +00:32:07 (51.7%) | 7:25         | 8.1 (59.6%) |
| 725 | <b>MAREK Roman</b>            | <b>986</b>  |                         | Open Mężczyzn | 604  | 11:15 | 00:00:05    | 00:20:46        | 00:46:50        | -00:10:00        | <b>01:02:10.60</b> | <b>01:02:15.70</b> | +00:32:07 (51.7%) | 7:13         | 8.3 (61.0%) |
| 727 | <b>ORCZYKOWSKA Izabela</b>    | <b>483</b>  |                         | Open Kobiet   | 122  | 10:00 | 00:00:06    | 00:25:22        | 00:48:32        | -00:11:00        | <b>01:02:11.50</b> | <b>01:02:17.95</b> | +00:32:07 (51.7%) | 7:19         | 8.2 (60.3%) |
| 728 | <b>WOŹNIEWSKA Karolina</b>    | <b>1507</b> |                         | Open Kobiet   | 123  | 12:15 | 00:00:08    | 00:20:28        | 00:42:49        | -00:04:00        | <b>01:02:11.65</b> | <b>01:02:20.10</b> | +00:32:08 (51.7%) | 6:37         | 9.1 (66.9%) |
| 729 | <b>RULAK Jerzy</b>            | <b>554</b>  | WTF?                    | Open Mężczyzn | 605  | 10:15 | 00:00:04    | 00:21:30        | 00:46:48        | -00:12:00        | <b>01:02:12.95</b> | <b>01:02:17.15</b> | +00:32:09 (51.7%) | 7:25         | 8.1 (59.6%) |
| 730 | <b>WODZIŃSKA Edyta</b>        | <b>1004</b> | JANUSZE BŁOTNYCH BIEGÓW | Open Kobiet   | 124  | 11:30 | 00:00:04    | 00:22:52        | 00:47:14        | -00:10:00        | <b>01:02:14.35</b> | <b>01:02:18.80</b> | +00:32:10 (51.7%) | 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               |                   |              |             |
| 731 | <b>MOCZULSKA Danuta</b>    | <b>1523</b> | DIRTY6                        | Open Kobiet   | 125  | 09:00 | 00:00:06    | 00:22:17        | 00:46:43        | -00:12:00        | <b>01:02:19.10</b> | <b>01:02:25.75</b> | +00:32:15 (51.8%) | 7:25         | 8.1 (59.6%) |
| 732 | <b>MIZIELIŃSKA Anna</b>    | <b>890</b>  |                               | Open Kobiet   | 126  | 11:00 | 00:00:06    | 00:20:25        | 00:45:08        | -00:07:00        | <b>01:02:20.20</b> | <b>01:02:26.20</b> | +00:32:16 (51.8%) | 6:56         | 8.7 (64.0%) |
| 733 | <b>SZMYDKI Cezary</b>      | <b>797</b>  |                               | Open Mężczyzn | 606  | 10:45 | 00:00:06    | 00:20:27        | 00:46:35        | -00:12:00        | <b>01:02:23.75</b> | <b>01:02:30.35</b> | +00:32:20 (51.8%) | 7:26         | 8.1 (59.6%) |
| 734 | <b>TERPIŁOWSKI Michał</b>  | <b>1553</b> |                               | Open Mężczyzn | 607  | 12:45 | 00:00:06    | 00:23:11        | 00:48:44        | -00:13:00        | <b>01:02:24.10</b> | <b>01:02:30.50</b> | +00:32:20 (51.8%) | 7:32         | 8 (58.8%)   |
| 735 | <b>PIĘTA Łukasz</b>        | <b>969</b>  | TRAVELIST                     | Open Mężczyzn | 608  | 11:15 | 00:00:08    | 00:23:19        | 00:49:04        | -00:12:00        | <b>01:02:25.50</b> | <b>01:02:34.25</b> | +00:32:21 (51.8%) | 7:26         | 8.1 (59.6%) |
| 736 | <b>WIĘSEK Andrzej</b>      | <b>705</b>  |                               | Open Mężczyzn | 609  | 10:30 | 00:00:06    | 00:22:23        | 00:47:25        | -00:14:00        | <b>01:02:29.30</b> | <b>01:02:35.80</b> | +00:32:25 (51.9%) | 7:38         | 7.8 (57.4%) |
| 737 | <b>EGIERSKI Michał</b>     | <b>197</b>  | #12U1                         | Open Mężczyzn | 610  | 09:30 | 00:00:09    | 00:22:40        | 00:46:59        | -00:13:00        | <b>01:02:30.50</b> | <b>01:02:39.90</b> | +00:32:26 (51.9%) | 7:33         | 7.9 (58.1%) |
| 738 | <b>IWAŃSKI Jacek</b>       | <b>877</b>  |                               | Open Mężczyzn | 611  | 11:00 | 00:00:05    | 00:21:04        | 00:45:42        | -00:12:00        | <b>01:02:33.45</b> | <b>01:02:38.55</b> | +00:32:29 (51.9%) | 7:27         | 8 (58.8%)   |
| 739 | <b>CIECHAŃSKI Filip</b>    | <b>1000</b> | CO ZA UPOKORZENIE!            | Open Mężczyzn | 612  | 11:30 | 00:00:08    | 00:24:07        | 00:49:06        | -00:12:00        | <b>01:02:34.20</b> | <b>01:02:42.40</b> | +00:32:30 (52.0%) | 7:27         | 8 (58.8%)   |
| 740 | <b>DOWNAR Agata</b>        | <b>1001</b> | CO ZA UPOKORZENIE!            | Open Kobiet   | 127  | 11:30 | 00:00:09    | 00:24:08        | 00:49:06        | -00:12:00        | <b>01:02:35.35</b> | <b>01:02:44.35</b> | +00:32:31 (52.0%) | 7:27         | 8 (58.8%)   |
| 741 | <b>HAŁAJ Marcin</b>        | <b>566</b>  |                               | Open Mężczyzn | 613  | 10:15 | 00:00:10    | 00:19:26        | 00:43:21        |                  | <b>01:02:41.15</b> | <b>01:02:51.60</b> | +00:32:37 (52.0%) | 6:16         | 9.6 (70.6%) |
| 742 | <b>MAREK Joanna</b>        | <b>1127</b> |                               | Open Kobiet   | 128  | 12:00 | 00:00:04    | 00:23:51        | 00:47:52        | -00:11:00        | <b>01:02:42.25</b> | <b>01:02:46.65</b> | +00:32:38 (52.1%) | 7:22         | 8.1 (59.6%) |
| 743 | <b>SOŁTYSIAK Maciej</b>    | <b>497</b>  |                               | Open Mężczyzn | 614  | 10:00 | 00:00:09    | 00:24:22        | 00:48:51        | -00:10:00        | <b>01:02:44.05</b> | <b>01:02:53.75</b> | +00:32:40 (52.1%) | 7:16         | 8.2 (60.3%) |
| 744 | <b>POSS Marcin</b>         | <b>1414</b> | TEAM BIEGAJ POD OKIEM TRENERA | Open Mężczyzn | 615  | 11:30 | 00:00:08    | 00:19:39        |                 | -00:05:00        | <b>01:02:46.20</b> | <b>01:02:54.70</b> | +00:32:42 (52.1%) | 6:46         | 8.9 (65.4%) |
| 745 | <b>JANECKI Kamil</b>       | <b>234</b>  | ŚLĄSKI TAJFUN TEAM            | Open Mężczyzn | 616  | 09:15 | 00:00:06    | 00:22:34        | 00:48:10        | -00:13:00        | <b>01:02:46.30</b> | <b>01:02:52.40</b> | +00:32:42 (52.1%) | 7:34         | 7.9 (58.1%) |
| 746 | <b>GOLEC Wojciech</b>      | <b>2</b>    | AGATA PIETROSZEK TEAM         | Open Mężczyzn | 617  | 09:00 | 00:00:03    | 00:22:12        | 00:49:42        | -00:13:00        | <b>01:02:47.50</b> | <b>01:02:51.10</b> | +00:32:43 (52.1%) | 7:34         | 7.9 (58.1%) |
| 747 | <b>ZIELIŃSKA Anna</b>      | <b>202</b>  | 4FACES RUNNING TEAM           | Open Kobiet   | 129  | 09:30 | 00:00:12    | 00:20:19        | 00:43:17        |                  | <b>01:02:48.05</b> | <b>01:03:00.20</b> | +00:32:44 (52.1%) | 6:16         | 9.6 (70.6%) |
| 748 | <b>SZYLBERG Aleksandra</b> | <b>1381</b> | SPARTAN SGX WARSAW            | Open Kobiet   | 130  | 12:15 | 00:00:06    | 00:23:11        | 00:48:10        | -00:11:00        | <b>01:02:53.40</b> | <b>01:03:00.05</b> | +00:32:49 (52.2%) | 7:23         | 8.1 (59.6%) |
| 749 | <b>VOYTOVYCH Halyna</b>    | <b>1406</b> |                               | Open Kobiet   | 131  | 12:30 | 00:00:06    | 00:21:52        | 00:47:17        | -00:10:00        | <b>01:03:01.35</b> | <b>01:03:07.65</b> | +00:32:57 (52.3%) | 7:18         | 8.2 (60.3%) |
| 750 | <b>KABAŁA Piotr</b>        | <b>880</b>  |                               | Open Mężczyzn | 618  | 11:00 | 00:01:00    | 00:23:51        | 00:49:30        | -00:12:00        | <b>01:03:03.75</b> | <b>01:04:04.30</b> | +00:33:00 (52.3%) | 7:30         | 8 (58.8%)   |
| 751 | <b>SKOCZYLAS Karol</b>     | <b>286</b>  |                               | Open Mężczyzn | 619  | 09:30 | 00:00:07    | 00:23:14        | 00:48:05        | -00:09:00        | <b>01:03:05.70</b> | <b>01:03:13.45</b> | +00:33:02 (52.4%) | 7:12         | 8.3 (61.0%) |
| 752 | <b>KURKOWIAK Adam</b>      | <b>840</b>  | LOFT TEAM EXTREME             | Open Mężczyzn | 620  | 11:00 | 00:00:05    | 00:22:22        | 00:48:48        | -00:11:00        | <b>01:03:06.65</b> | <b>01:03:12.15</b> | +00:33:03 (52.4%) | 7:24         | 8.1 (59.6%) |
| 753 | <b>OPILKA Marcel</b>       | <b>1485</b> |                               | Open Mężczyzn | 621  | 11:15 | 00:00:06    | 00:22:36        | 00:47:30        | -00:11:00        | <b>01:03:08.00</b> | <b>01:03:14.75</b> | +00:33:04 (52.4%) | 7:24         | 8.1 (59.6%) |
| 754 | <b>MRÓZ Łukasz</b>         | <b>689</b>  |                               | Open Mężczyzn | 622  | 10:30 | 00:00:06    | 00:22:23        | 00:47:25        | -00:13:00        | <b>01:03:08.35</b> | <b>01:03:15.25</b> | +00:33:04 (52.4%) | 7:36         | 7.9 (58.1%) |



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

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

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

| 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        |                   |              |             |
| 827 | <b>RESZKE Anna</b>            | <b>439</b>  | KAJKOTA                       | Open Kobiet   | 155  | 10:00 | 00:00:10    | 00:23:59        | 00:48:59        | -00:11:00        | <b>01:05:30.15</b> | <b>01:05:40.30</b> | +00:35:26 (54.1%) | 7:39         | 7.8 (57.4%) |
| 828 | <b>ZIELIŃSKA Marlena</b>      | <b>707</b>  |                               | Open Kobiet   | 156  | 10:30 | 00:00:06    | 00:22:23        | 00:47:25        | -00:10:00        | <b>01:05:33.30</b> | <b>01:05:40.00</b> | +00:35:29 (54.1%) | 7:33         | 7.9 (58.1%) |
| 829 | <b>DOBROWOLSKA Joanna</b>     | <b>622</b>  | DOBRE TWAROGI                 | Open Kobiet   | 157  | 10:00 | 00:00:11    | 00:23:09        | 00:49:21        | -00:11:00        | <b>01:05:34.70</b> | <b>01:05:45.85</b> | +00:35:31 (54.2%) | 7:39         | 7.8 (57.4%) |
| 830 | <b>SLIWOWSKI Adam</b>         | <b>1261</b> |                               | Open Mężczyzn | 672  | 12:30 | 00:00:06    | 00:20:46        | 00:45:37        | -00:04:00        | <b>01:05:36.75</b> | <b>01:05:43.55</b> | +00:35:33 (54.2%) | 6:57         | 8.6 (63.2%) |
| 831 | <b>WOJCIECHOWSKI Mariusz</b>  | <b>1036</b> |                               | Open Mężczyzn | 673  | 11:30 | 00:00:08    | 00:24:24        | 00:49:43        | -00:12:00        | <b>01:05:38.10</b> | <b>01:05:46.60</b> | +00:35:34 (54.2%) | 7:45         | 7.7 (56.6%) |
| 832 | <b>WOŹNIAK Anna</b>           | <b>763</b>  | SPORTOWE MAMUŚKI              | Open Kobiet   | 158  | 10:45 | 00:00:09    | 00:24:19        | 00:49:39        | -00:10:00        | <b>01:05:40.65</b> | <b>01:05:50.15</b> | +00:35:37 (54.2%) | 7:34         | 7.9 (58.1%) |
| 833 | <b>AMATORE Ludwik</b>         | <b>934</b>  | ITALO POLO                    | Open Mężczyzn | 674  | 11:15 | 00:00:10    | 00:25:27        | 00:49:34        | -00:10:00        | <b>01:05:43.25</b> | <b>01:05:53.40</b> | +00:35:39 (54.3%) | 7:34         | 7.9 (58.1%) |
| 834 | <b>MACHNIK Marta</b>          | <b>521</b>  | DZIKIE DZIKI MIGU             | Open Kobiet   | 159  | 10:15 | 00:00:08    | 00:24:45        | 00:48:37        | -00:10:00        | <b>01:05:43.75</b> | <b>01:05:52.05</b> | +00:35:40 (54.3%) | 7:34         | 7.9 (58.1%) |
| 835 | <b>STEMBNOWSKA Aleksandra</b> | <b>600</b>  |                               | Open Kobiet   | 160  | 09:30 | 00:00:08    | 00:22:36        | 00:47:23        | -00:09:00        | <b>01:05:43.85</b> | <b>01:05:52.80</b> | +00:35:40 (54.3%) | 7:28         | 8 (58.8%)   |
| 836 | <b>MISZCZUK Arkadiusz</b>     | <b>1055</b> |                               | Open Mężczyzn | 675  | 11:45 | 00:00:06    | 00:24:12        | 00:51:29        | -00:13:00        | <b>01:05:49.40</b> | <b>01:05:55.60</b> | +00:35:45 (54.3%) | 7:52         | 7.6 (55.9%) |
| 837 | <b>IWANOWSKI Dawid</b>        | <b>1041</b> | DIRTY CHEWBACCA               | Open Mężczyzn | 676  | 11:45 | 00:00:04    | 00:23:10        | 00:49:20        | -00:14:00        | <b>01:05:51.40</b> | <b>01:05:56.00</b> | +00:35:47 (54.4%) | 7:59         | 7.5 (55.1%) |
| 838 | <b>GIEROŃ Kamil</b>           | <b>1425</b> |                               | Open Mężczyzn | 677  | 11:45 | 00:00:06    | 00:24:02        | 00:50:12        | -00:12:00        | <b>01:05:51.75</b> | <b>01:05:58.40</b> | +00:35:48 (54.4%) | 7:47         | 7.7 (56.6%) |
| 839 | <b>CISZYŃSKI Michał</b>       | <b>537</b>  | OGRODOSFERA.PL                | Open Mężczyzn | 678  | 10:15 | 00:00:11    | 00:22:48        | 00:50:33        | -00:13:00        | <b>01:05:52.20</b> | <b>01:06:04.15</b> | +00:35:48 (54.4%) | 7:53         | 7.6 (55.9%) |
| 840 | <b>BIELECKI Cezary</b>        | <b>715</b>  | CROSSFIT GCW                  | Open Mężczyzn | 679  | 10:45 | 00:00:04    | 00:22:08        | 00:47:45        | -00:12:00        | <b>01:05:53.00</b> | <b>01:05:57.10</b> | +00:35:49 (54.4%) | 7:47         | 7.7 (56.6%) |
| 841 | <b>PASIECZYŃSKA Justyna</b>   | <b>1306</b> | TEAM BIEGAJ POD OKIEM TRENERA | Open Kobiet   | 161  | 11:30 | 00:00:09    | 00:22:59        | 00:47:45        | -00:11:00        | <b>01:05:53.50</b> | <b>01:06:02.90</b> | +00:35:49 (54.4%) | 7:41         | 7.8 (57.4%) |
| 842 | <b>NAŁĘCZ Piotr</b>           | <b>1412</b> |                               | Open Mężczyzn | 680  | 11:45 | 00:00:08    | 00:24:09        | 00:49:03        | -00:10:00        | <b>01:05:54.80</b> | <b>01:06:03.75</b> | +00:35:51 (54.4%) | 7:35         | 7.9 (58.1%) |
| 843 | <b>GAŁĄZKA Karolina</b>       | <b>1409</b> |                               | Open Kobiet   | 162  | 11:45 | 00:00:07    | 00:24:10        | 00:49:04        | -00:10:00        | <b>01:05:55.45</b> | <b>01:06:03.25</b> | +00:35:51 (54.4%) | 7:35         | 7.9 (58.1%) |
| 844 | <b>NACZULSKI Witold</b>       | <b>893</b>  |                               | Open Mężczyzn | 681  | 11:00 | 00:00:07    | 00:24:43        | 00:50:32        | -00:10:00        | <b>01:05:57.70</b> | <b>01:06:04.95</b> | +00:35:54 (54.4%) | 7:35         | 7.9 (58.1%) |
| 845 | <b>KOTOWICZ Małgorzata</b>    | <b>164</b>  |                               | Open Kobiet   | 163  | 09:15 | 00:00:06    | 00:20:44        | 00:44:59        | -00:06:00        | <b>01:05:58.00</b> | <b>01:06:04.65</b> | +00:35:54 (54.4%) | 7:11         | 8.3 (61.0%) |
| 846 | <b>GUZEK Kamil</b>            | <b>1097</b> | SPORTERA OCR                  | Open Mężczyzn | 682  | 12:00 | 00:00:05    | 00:24:33        | 00:54:03        | -00:13:00        | <b>01:06:00.65</b> | <b>01:06:06.15</b> | +00:35:57 (54.5%) | 7:54         | 7.6 (55.9%) |
| 847 | <b>DOMAŃSKA Katarzyna</b>     | <b>720</b>  | CROSSFIT GCW                  | Open Kobiet   | 164  | 10:45 | 00:00:07    | 00:23:57        | 00:49:32        | -00:10:00        | <b>01:06:02.40</b> | <b>01:06:09.75</b> | +00:35:58 (54.5%) | 7:36         | 7.9 (58.1%) |
| 848 | <b>BAŁACKI Jacek</b>          | <b>1468</b> |                               | Open Mężczyzn | 683  | 11:45 | 00:00:07    | 00:22:22        | 00:49:05        | -00:14:00        | <b>01:06:02.85</b> | <b>01:06:09.90</b> | +00:35:59 (54.5%) | 8:00         | 7.5 (55.1%) |
| 849 | <b>ZYZAK Alicja</b>           | <b>912</b>  |                               | Open Kobiet   | 165  | 11:00 | 00:00:06    | 00:23:03        | 00:48:42        | -00:09:00        | <b>01:06:02.95</b> | <b>01:06:09.25</b> | +00:35:59 (54.5%) | 7:30         | 8 (58.8%)   |
| 850 | <b>MENTONE Dario</b>          | <b>687</b>  |                               | Open Mężczyzn | 684  | 10:30 | 00:00:05    | 00:22:51        | 00:49:47        | -00:12:00        | <b>01:06:03.25</b> | <b>01:06:09.05</b> | +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 | <b>ZAKRZEWSKI Artur</b>     | <b>1271</b> | REEBOK RUN CREW SKIERNIEWICE  | Open Mężczyzn | 699  | 10:30 | 00:00:05    | 00:24:02        | 00:50:42        | -00:12:00        | <b>01:06:47.30</b> | <b>01:06:53.00</b> | +00:36:43 (55.0%) | 7:52         | 7.6 (55.9%) |
| 876 | <b>WRÓBLEWSKA Anna</b>      | <b>508</b>  |                               | Open Kobiet   | 176  | 10:00 | 00:00:10    | 00:25:48        | 00:52:13        | -00:11:00        | <b>01:06:47.75</b> | <b>01:06:58.55</b> | +00:36:44 (55.0%) | 7:46         | 7.7 (56.6%) |
| 877 | <b>ZAKRZEWSKA Sylwia</b>    | <b>1270</b> | REEBOK RUN CREW SKIERNIEWICE  | Open Kobiet   | 177  | 10:30 | 00:00:07    | 00:24:06        | 00:50:41        | -00:12:00        | <b>01:06:49.55</b> | <b>01:06:56.95</b> | +00:36:45 (55.0%) | 7:52         | 7.6 (55.9%) |
| 878 | <b>STAJKOWSKI Krzysztof</b> | <b>825</b>  | FRAUEN POWER!                 | Open Mężczyzn | 700  | 11:00 | 00:00:09    | 00:25:20        | 00:50:08        | -00:10:00        | <b>01:06:50.70</b> | <b>01:07:00.15</b> | +00:36:47 (55.0%) | 7:41         | 7.8 (57.4%) |
| 879 | <b>BUCHTA Dawid</b>         | <b>636</b>  | P&D                           | Open Mężczyzn | 701  | 11:30 | 00:00:06    | 00:25:10        | 00:51:14        | -00:12:00        | <b>01:06:54.65</b> | <b>01:07:00.80</b> | +00:36:51 (55.1%) | 7:53         | 7.6 (55.9%) |
| 880 | <b>SZEWCZYK Tomasz</b>      | <b>1355</b> | TEAM BIEGAJ POD OKIEM TRENERA | Open Mężczyzn | 702  | 11:30 | 00:00:08    | 00:22:46        | 00:47:44        | -00:10:00        | <b>01:06:55.65</b> | <b>01:07:03.85</b> | +00:36:52 (55.1%) | 7:41         | 7.8 (57.4%) |
| 881 | <b>WNOROWSKA Magdalena</b>  | <b>611</b>  | DZIADY OCR                    | Open Kobiet   | 178  | 10:15 | 00:00:08    | 00:24:30        | 00:49:31        | -00:11:00        | <b>01:06:57.05</b> | <b>01:07:05.30</b> | +00:36:53 (55.1%) | 7:47         | 7.7 (56.6%) |
| 882 | <b>IGNATOWICZ Karol</b>     | <b>781</b>  |                               | Open Mężczyzn | 703  | 10:45 | 00:00:09    | 00:21:27        | 00:47:23        | -00:06:00        | <b>01:06:58.25</b> | <b>01:07:07.60</b> | +00:36:54 (55.1%) | 7:17         | 8.2 (60.3%) |
| 883 | <b>MIGDAŁ Małgorzata</b>    | <b>106</b>  | HUSARIA RACE TEAM             | Open Kobiet   | 179  | 09:15 | 00:00:07    | 00:23:13        | 00:48:11        | -00:07:00        | <b>01:06:59.50</b> | <b>01:07:06.95</b> | +00:36:55 (55.1%) | 7:23         | 8.1 (59.6%) |
| 884 | <b>ŚWIDERSKI Szymon</b>     | <b>289</b>  |                               | Open Mężczyzn | 704  | 09:30 | 00:00:07    | 00:24:41        | 00:51:20        | -00:11:00        | <b>01:07:04.60</b> | <b>01:07:12.30</b> | +00:37:01 (55.2%) | 7:48         | 7.7 (56.6%) |
| 885 | <b>ZACZEK Mariusz</b>       | <b>828</b>  | CROSSFITGCW                   | Open Mężczyzn | 705  | 11:00 | 00:00:09    | 00:25:57        | 00:53:40        | -00:13:00        | <b>01:07:05.30</b> | <b>01:07:14.65</b> | +00:37:01 (55.2%) | 8:00         | 7.5 (55.1%) |
| 886 | <b>KOMORZYCKI Robert</b>    | <b>1103</b> | TDR                           | Open Mężczyzn | 706  | 12:00 | 00:00:05    | 00:26:38        | 00:52:33        | -00:12:00        | <b>01:07:06.55</b> | <b>01:07:12.25</b> | +00:37:02 (55.2%) | 7:54         | 7.6 (55.9%) |
| 887 | <b>DUBIŃSKI Karol</b>       | <b>461</b>  |                               | Open Mężczyzn | 707  | 10:00 | 00:00:04    | 00:23:09        | 00:49:34        | -00:11:00        | <b>01:07:08.20</b> | <b>01:07:12.35</b> | +00:37:04 (55.2%) | 7:48         | 7.7 (56.6%) |
| 888 | <b>JOŃCZYK Jacek</b>        | <b>982</b>  |                               | Open Mężczyzn | 708  | 11:15 | 00:00:07    | 00:25:02        | 00:50:18        | -00:09:00        | <b>01:07:10.75</b> | <b>01:07:18.00</b> | +00:37:07 (55.3%) | 7:37         | 7.9 (58.1%) |
| 889 | <b>KĘSKA Adam</b>           | <b>467</b>  |                               | Open Mężczyzn | 709  | 10:15 | 00:00:10    | 00:25:04        | 00:50:37        | -00:13:00        | <b>01:07:13.80</b> | <b>01:07:24.00</b> | +00:37:10 (55.3%) | 8:01         | 7.5 (55.1%) |
| 890 | <b>ŚWISTAK Ilona</b>        | <b>1150</b> |                               | Open Kobiet   | 180  | 12:00 | 00:00:06    | 00:26:37        | 00:52:33        | -00:12:00        | <b>01:07:13.95</b> | <b>01:07:20.40</b> | +00:37:10 (55.3%) | 7:55         | 7.6 (55.9%) |
| 891 | <b>REJ-WITT Marta</b>       | <b>533</b>  | HUSARIA RACE TEAM             | Open Kobiet   | 181  | 10:15 | 00:00:09    | 00:25:06        | 00:50:38        | -00:13:00        | <b>01:07:14.00</b> | <b>01:07:23.95</b> | +00:37:10 (55.3%) | 8:01         | 7.5 (55.1%) |
| 892 | <b>KOT Michał</b>           | <b>303</b>  | CROSSFIT DOPAMINE             | Open Mężczyzn | 710  | 09:45 | 00:00:04    | 00:22:42        | 00:49:09        | -00:11:00        | <b>01:07:14.20</b> | <b>01:07:19.15</b> | +00:37:10 (55.3%) | 7:49         | 7.7 (56.6%) |
| 893 | <b>ROSIAK Kamil</b>         | <b>967</b>  | TORPEDA RACE TEAM             | Open Mężczyzn | 711  | 11:15 | 00:00:04    | 00:22:57        | 00:51:43        | -00:12:00        | <b>01:07:17.85</b> | <b>01:07:22.15</b> | +00:37:14 (55.3%) | 7:55         | 7.6 (55.9%) |
| 894 | <b>WARTOŃ Daniel</b>        | <b>188</b>  |                               | Open Mężczyzn | 712  | 09:15 | 00:00:07    | 00:20:18        | 00:45:23        | -00:04:00        | <b>01:07:19.20</b> | <b>01:07:27.10</b> | +00:37:15 (55.3%) | 7:08         | 8.4 (61.8%) |
| 895 | <b>BOREK Norbert</b>        | <b>864</b>  |                               | Open Mężczyzn | 713  | 11:00 | 00:00:06    | 00:25:28        | 00:52:33        | -00:13:00        | <b>01:07:19.30</b> | <b>01:07:26.25</b> | +00:37:15 (55.3%) | 8:02         | 7.5 (55.1%) |
| 896 | <b>MARCINKOWSKI Piotr</b>   | <b>271</b>  |                               | Open Mężczyzn | 714  | 09:30 | 00:00:09    | 00:25:51        | 00:53:23        | -00:13:00        | <b>01:07:19.75</b> | <b>01:07:29.40</b> | +00:37:16 (55.4%) | 8:02         | 7.5 (55.1%) |
| 897 | <b>SZABELSKA Paulina</b>    | <b>390</b>  |                               | Open Kobiet   | 182  | 09:45 | 00:00:11    | 00:24:44        | 00:50:33        | -00:13:00        | <b>01:07:22.90</b> | <b>01:07:34.65</b> | +00:37:19 (55.4%) | 8:02         | 7.5 (55.1%) |
| 898 | <b>NOWAK Jakub</b>          | <b>1040</b> | CROSSFIT POŁUDNIE             | Open Mężczyzn | 715  | 12:00 | 00:00:05    | 00:23:11        | 00:49:31        | -00:12:00        | <b>01:07:23.50</b> | <b>01:07:28.50</b> | +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 | <b>SKARBEK Radosław</b>        | <b>1232</b> | THETIMEHASCOME                 | Open Mężczyzn | 716  | 12:45 | 00:00:03    | 00:21:23        | 00:47:10        | -00:11:00        | <b>01:07:28.50</b> | <b>01:07:31.95</b> | +00:37:24 (55.5%) | 7:50         | 7.6 (55.9%) |
| 900 | <b>SZULWIC Szymon</b>          | <b>393</b>  |                                | Open Mężczyzn | 717  | 09:45 | 00:00:09    | 00:24:45        | 00:51:06        | -00:12:00        | <b>01:07:32.00</b> | <b>01:07:41.20</b> | +00:37:28 (55.5%) | 7:57         | 7.5 (55.1%) |
| 900 | <b>TYŃSKA Martyna</b>          | <b>607</b>  |                                | Open Kobiet   | 183  | 10:15 | 00:00:10    | 00:24:51        | 00:50:57        | -00:10:00        | <b>01:07:32.00</b> | <b>01:07:42.95</b> | +00:37:28 (55.5%) | 7:45         | 7.7 (56.6%) |
| 902 | <b>STOCKA Małgorzata</b>       | <b>1174</b> | CROSSFIT URSYNÓW               | Open Kobiet   | 184  | 12:15 | 00:00:07    | 00:24:03        | 00:48:33        | -00:08:00        | <b>01:07:35.20</b> | <b>01:07:42.25</b> | +00:37:31 (55.5%) | 7:33         | 7.9 (58.1%) |
| 903 | <b>GRZELAK Marta</b>           | <b>1024</b> |                                | Open Kobiet   | 185  | 11:30 | 00:00:07    | 00:24:25        | 00:49:44        | -00:10:00        | <b>01:07:38.40</b> | <b>01:07:46.30</b> | +00:37:34 (55.6%) | 7:45         | 7.7 (56.6%) |
| 904 | <b>GORZKIEWICZ Jacek</b>       | <b>738</b>  | CROSSFIT TORUŃ/REEBOK RUN CREW | Open Mężczyzn | 718  | 11:00 | 00:00:07    | 00:22:03        | 00:47:20        | -00:07:00        | <b>01:07:38.50</b> | <b>01:07:46.15</b> | +00:37:34 (55.6%) | 7:27         | 8 (58.8%)   |
| 905 | <b>DOBRUT Krzysztof</b>        | <b>518</b>  | DZIKIE DZIKI MIGU              | Open Mężczyzn | 719  | 10:15 | 00:00:07    | 00:24:02        | 00:50:02        | -00:11:00        | <b>01:07:40.80</b> | <b>01:07:48.70</b> | +00:37:37 (55.6%) | 7:52         | 7.6 (55.9%) |
| 906 | <b>FRĄCKOWSKI Sławomir</b>     | <b>1110</b> |                                | Open Mężczyzn | 720  | 11:30 | 00:00:12    | 00:23:34        | 00:49:05        | -00:10:00        | <b>01:07:40.85</b> | <b>01:07:53.05</b> | +00:37:37 (55.6%) | 7:46         | 7.7 (56.6%) |
| 907 | <b>ZAKRZEWSKI Grzegorz</b>     | <b>646</b>  | POWER TRAINING                 | Open Mężczyzn | 721  | 10:30 | 00:00:08    | 00:22:44        | 00:49:44        | -00:10:00        | <b>01:07:47.00</b> | <b>01:07:55.20</b> | +00:37:43 (55.7%) | 7:46         | 7.7 (56.6%) |
| 908 | <b>PYĆ Mateusz</b>             | <b>488</b>  |                                | Open Mężczyzn | 722  | 10:00 | 00:00:11    | 00:25:47        | 00:52:12        | -00:10:00        | <b>01:07:47.30</b> | <b>01:07:58.55</b> | +00:37:43 (55.7%) | 7:46         | 7.7 (56.6%) |
| 909 | <b>DMYTROWSKA Małgorzata</b>   | <b>977</b>  |                                | Open Kobiet   | 186  | 11:15 | 00:00:05    | 00:23:14        | 00:49:51        | -00:08:00        | <b>01:07:48.05</b> | <b>01:07:53.45</b> | +00:37:44 (55.7%) | 7:34         | 7.9 (58.1%) |
| 910 | <b>KALISZ-WIŚNIEWSKA Diana</b> | <b>465</b>  |                                | Open Kobiet   | 187  | 10:00 | 00:00:06    | 00:23:37        | 00:50:12        | -00:09:00        | <b>01:07:49.65</b> | <b>01:07:55.65</b> | +00:37:46 (55.7%) | 7:40         | 7.8 (57.4%) |
| 911 | <b>WEWIÓRSKI Maciej</b>        | <b>1223</b> | COOLZYNI                       | Open Mężczyzn | 723  | 12:45 | 00:00:09    | 00:23:04        | 00:49:53        | -00:11:00        | <b>01:07:55.20</b> | <b>01:08:04.30</b> | +00:37:51 (55.7%) | 7:53         | 7.6 (55.9%) |
| 911 | <b>TATARA Barbara</b>          | <b>86</b>   |                                | Open Kobiet   | 188  | 09:00 | 00:00:08    | 00:21:26        | 00:46:56        | -00:04:00        | <b>01:07:55.20</b> | <b>01:08:03.80</b> | +00:37:51 (55.7%) | 7:11         | 8.3 (61.0%) |
| 913 | <b>KOWALSKI Robert</b>         | <b>1119</b> |                                | Open Mężczyzn | 724  | 12:00 | 00:00:00    | 00:26:24        | 00:52:12        | -00:11:00        | <b>01:07:57.10</b> | <b>01:07:57.10</b> | +00:37:53 (55.8%) | 7:53         | 7.6 (55.9%) |
| 914 | <b>PRASZMO Patryk</b>          | <b>972</b>  | WARSAW CREW                    | Open Mężczyzn | 725  | 11:15 | 00:00:08    | 00:30:33        | 00:59:43        | -00:14:00        | <b>01:08:01.10</b> | <b>01:08:09.30</b> | +00:37:57 (55.8%) | 8:12         | 7.3 (53.7%) |
| 915 | <b>POTACZEK Agata</b>          | <b>543</b>  | ROZTOCZKI                      | Open Kobiet   | 189  | 10:15 | 00:00:09    | 00:25:09        | 00:51:01        | -00:11:00        | <b>01:08:02.35</b> | <b>01:08:11.65</b> | +00:37:58 (55.8%) | 7:54         | 7.6 (55.9%) |
| 916 | <b>RAJCIC Maciej</b>           | <b>178</b>  |                                | Open Mężczyzn | 726  | 12:45 | 00:00:06    | 00:21:54        | 00:48:36        | -00:09:00        | <b>01:08:02.70</b> | <b>01:08:08.80</b> | +00:37:59 (55.8%) | 7:42         | 7.8 (57.4%) |
| 917 | <b>RODZIK Joanna</b>           | <b>1100</b> | SPORTERA OCR                   | Open Kobiet   | 190  | 12:00 | 00:00:04    | 00:24:34        | 00:54:03        | -00:12:00        | <b>01:08:03.15</b> | <b>01:08:07.90</b> | +00:37:59 (55.8%) | 8:00         | 7.5 (55.1%) |
| 918 | <b>SKOWERA Anita</b>           | <b>996</b>  | 101 COUNTRIES BEFORE 50        | Open Kobiet   | 191  | 11:30 | 00:00:04    | 00:23:56        | 00:50:01        | -00:11:00        | <b>01:08:03.40</b> | <b>01:08:08.25</b> | +00:37:59 (55.8%) | 7:54         | 7.6 (55.9%) |
| 919 | <b>MALEŃCZYK Sylwester</b>     | <b>269</b>  |                                | Open Mężczyzn | 727  | 09:30 | 00:00:12    | 00:24:22        | 00:51:35        | -00:14:00        | <b>01:08:05.65</b> | <b>01:08:18.30</b> | +00:38:02 (55.9%) | 8:12         | 7.3 (53.7%) |
| 919 | <b>ZACZEK Gosia</b>            | <b>739</b>  | CROSSFITGCW                    | Open Kobiet   | 192  | 11:00 | 00:00:08    | 00:25:58        | 00:53:41        | -00:12:00        | <b>01:08:05.65</b> | <b>01:08:14.60</b> | +00:38:02 (55.9%) | 8:00         | 7.5 (55.1%) |
| 921 | <b>DĄBROWSKI Kamil</b>         | <b>155</b>  |                                | Open Mężczyzn | 728  | 09:15 | 00:00:09    | 00:23:33        | 00:52:52        | -00:13:00        | <b>01:08:07.10</b> | <b>01:08:16.30</b> | +00:38:03 (55.9%) | 8:06         | 7.4 (54.4%) |

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



| Msc | Zawodnik                             | Numer       | Klub                          | Kategoria        | Mkat | Seria | Czas     |                    |                    | Kara/<br>bonifikata | Czas               |                    | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|--------------------------------------|-------------|-------------------------------|------------------|------|-------|----------|--------------------|--------------------|---------------------|--------------------|--------------------|----------------------|-----------------|----------------|
|     |                                      |             |                               |                  |      |       | startu   | Skrajna_1<br>5.4km | Skrajna_2<br>7.5km |                     | netto<br>10km      | brutto<br>10km     |                      |                 |                |
| 945 | <b>KUŹMIŃSKI Krystian</b>            | <b>1273</b> |                               | Open<br>Mężczyzn | 745  | 12:30 | 00:00:07 | 00:25:23           | 00:53:17           | -00:13:00           | <b>01:08:56.25</b> | <b>01:09:03.35</b> | +00:38:52<br>(56.4%) | 8:11            | 7.3<br>(53.7%) |
| 946 | <b>KAPŁON Anna</b>                   | <b>1302</b> | TEAM BIEGAJ POD OKIEM TRENERA | Open<br>Kobiet   | 200  | 11:30 | 00:00:08 | 00:22:46           | 00:49:24           | -00:08:00           | <b>01:08:57.10</b> | <b>01:09:05.30</b> | +00:38:53<br>(56.4%) | 7:41            | 7.8<br>(57.4%) |
| 947 | <b>ZIEŃ Klaudia</b>                  | <b>772</b>  | TOTAL FITNESS                 | Open<br>Kobiet   | 201  | 10:45 | 00:00:08 | 00:21:56           | 00:47:59           |                     | <b>01:09:00.00</b> | <b>01:09:08.70</b> | +00:38:56<br>(56.4%) | 6:54            | 8.7<br>(64.0%) |
| 948 | <b>DERDA Marta</b>                   | <b>740</b>  | DERDY                         | Open<br>Kobiet   | 202  | 11:45 | 00:00:05 | 00:23:33           | 00:50:19           | -00:11:00           | <b>01:09:00.35</b> | <b>01:09:05.75</b> | +00:38:56<br>(56.4%) | 8:00            | 7.5<br>(55.1%) |
| 949 | <b>ZAREMBA Wojciech</b>              | <b>1005</b> | NO LIMIT TEAM                 | Open<br>Mężczyzn | 746  | 11:30 | 00:00:06 | 00:25:32           | 00:54:11           | -00:08:00           | <b>01:09:03.55</b> | <b>01:09:09.95</b> | +00:38:59<br>(56.5%) | 7:42            | 7.8<br>(57.4%) |
| 950 | <b>ABRAMCZYK Aleksandra</b>          | <b>860</b>  |                               | Open<br>Kobiet   | 203  | 11:00 | 00:00:07 | 00:25:41           | 00:51:21           | -00:11:00           | <b>01:09:04.70</b> | <b>01:09:11.85</b> | +00:39:01<br>(56.5%) | 8:00            | 7.5<br>(55.1%) |
| 951 | <b>JAKUBOWSKA Anna</b>               | <b>878</b>  |                               | Open<br>Kobiet   | 204  | 11:00 | 00:00:07 | 00:25:41           | 00:51:21           | -00:11:00           | <b>01:09:04.85</b> | <b>01:09:11.90</b> | +00:39:01<br>(56.5%) | 8:00            | 7.5<br>(55.1%) |
| 952 | <b>PIWOWARCZYK Marcin</b>            | <b>413</b>  | BRAVEHARTS LEGIONOWO          | Open<br>Mężczyzn | 747  | 10:00 | 00:00:10 | 00:24:46           | 00:53:40           | -00:12:00           | <b>01:09:05.60</b> | <b>01:09:15.60</b> | +00:39:02<br>(56.5%) | 8:06            | 7.4<br>(54.4%) |
| 953 | <b>SUSZKO Jurij</b>                  | <b>527</b>  | DZIKIE DZIKI MIGU             | Open<br>Mężczyzn | 748  | 10:15 | 00:00:08 | 00:24:39           | 00:51:26           | -00:12:00           | <b>01:09:06.65</b> | <b>01:09:15.20</b> | +00:39:03<br>(56.5%) | 8:06            | 7.4<br>(54.4%) |
| 954 | <b>GRUDZIŃSKA Agnieszka</b>          | <b>356</b>  |                               | Open<br>Kobiet   | 205  | 09:45 | 00:00:07 | 00:24:18           | 00:51:18           | -00:10:00           | <b>01:09:13.50</b> | <b>01:09:21.15</b> | +00:39:09<br>(56.6%) | 7:55            | 7.6<br>(55.9%) |
| 955 | <b>KISIELIŃSKI Szymon</b>            | <b>983</b>  |                               | Open<br>Mężczyzn | 749  | 11:15 | 00:01:58 | 00:25:56           | 00:49:40           | -00:09:00           | <b>01:09:14.15</b> | <b>01:11:12.50</b> | +00:39:10<br>(56.6%) | 7:49            | 7.7<br>(56.6%) |
| 956 | <b>OZGA Anna</b>                     | <b>1486</b> |                               | Open<br>Kobiet   | 206  | 11:45 | 00:00:05 | 00:23:28           | 00:50:59           | -00:09:00           | <b>01:09:17.20</b> | <b>01:09:22.35</b> | +00:39:13<br>(56.6%) | 7:49            | 7.7<br>(56.6%) |
| 957 | <b>PRZYBYSZOWSKI Miłosz</b>          | <b>417</b>  | COOLZYNI                      | Open<br>Mężczyzn | 750  | 12:45 | 00:00:08 | 00:23:05           | 00:49:56           | -00:09:00           | <b>01:09:20.90</b> | <b>01:09:29.15</b> | +00:39:17<br>(56.7%) | 7:50            | 7.7<br>(56.6%) |
| 958 | <b>LAZAREVA Viktoriia</b>            | <b>61</b>   |                               | Open<br>Kobiet   | 207  | 09:00 | 00:00:08 | 00:24:57           | 00:52:06           | -00:10:00           | <b>01:09:21.80</b> | <b>01:09:30.00</b> | +00:39:18<br>(56.7%) | 7:56            | 7.6<br>(55.9%) |
| 959 | <b>ZWOLAK Joanna</b>                 | <b>404</b>  |                               | Open<br>Kobiet   | 208  | 09:45 | 00:00:11 | 00:24:45           | 00:50:32           | -00:11:00           | <b>01:09:22.90</b> | <b>01:09:34.05</b> | +00:39:19<br>(56.7%) | 8:02            | 7.5<br>(55.1%) |
| 960 | <b>SZCZEPAŃSKI Marcin</b>            | <b>555</b>  | WTF?                          | Open<br>Mężczyzn | 751  | 10:15 | 00:00:04 | 00:23:45           | 00:50:35           | -00:12:00           | <b>01:09:23.55</b> | <b>01:09:27.90</b> | +00:39:19<br>(56.7%) | 8:08            | 7.4<br>(54.4%) |
| 961 | <b>SPERANZA Grzegorz</b>             | <b>499</b>  |                               | Open<br>Mężczyzn | 752  | 10:00 | 00:00:08 | 00:25:58           | 00:51:40           | -00:09:00           | <b>01:09:24.90</b> | <b>01:09:33.50</b> | +00:39:21<br>(56.7%) | 7:50            | 7.7<br>(56.6%) |
| 962 | <b>RYBIŃSKA Karolina</b>             | <b>381</b>  |                               | Open<br>Kobiet   | 209  | 09:45 | 00:00:10 | 00:26:43           | 00:52:00           | -00:08:00           | <b>01:09:25.70</b> | <b>01:09:35.80</b> | +00:39:22<br>(56.7%) | 7:44            | 7.8<br>(57.4%) |
| 963 | <b>KOTOMSKA Renata</b>               | <b>312</b>  | FIGLARZE                      | Open<br>Kobiet   | 210  | 09:45 | 00:00:06 | 00:24:00           | 00:50:41           | -00:11:00           | <b>01:09:32.30</b> | <b>01:09:39.15</b> | +00:39:28<br>(56.8%) | 8:03            | 7.4<br>(54.4%) |
| 964 | <b>SOSNOWSKA-SCHILLER Bernadetta</b> | <b>315</b>  | HISZPAŃSKIE SCHODY            | Open<br>Kobiet   | 211  | 09:45 | 00:00:06 | 00:24:01           | 00:52:53           | -00:11:00           | <b>01:09:32.80</b> | <b>01:09:39.15</b> | +00:39:29<br>(56.8%) | 8:03            | 7.4<br>(54.4%) |
| 965 | <b>POPIELARSKA Marta</b>             | <b>378</b>  |                               | Open<br>Kobiet   | 212  | 09:45 | 00:00:11 | 00:25:53           | 00:52:39           | -00:12:00           | <b>01:09:35.20</b> | <b>01:09:46.65</b> | +00:39:31<br>(56.8%) | 8:09            | 7.4<br>(54.4%) |
| 966 | <b>SACZUK Magda</b>                  | <b>1398</b> | NIEZAPROSZENI                 | Open<br>Kobiet   | 213  | 11:45 | 00:00:04 | 00:24:25           | 00:53:00           | -00:10:00           | <b>01:09:37.25</b> | <b>01:09:41.30</b> | +00:39:33<br>(56.8%) | 7:57            | 7.5<br>(55.1%) |
| 967 | <b>ROSIĄK Michał</b>                 | <b>1404</b> |                               | Open<br>Mężczyzn | 753  | 11:30 | 00:00:07 | 00:26:54           | 00:54:11           | -00:08:00           | <b>01:09:37.50</b> | <b>01:09:44.60</b> | +00:39:33<br>(56.8%) | 7:45            | 7.7<br>(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  |
|-----|----------------------------|-------------|-------------------------------|---------------|------|-------|-------------|-----------------|-----------------|------------------|--------------------|--------------------|-------------------|--------------|-------------|
| 968 | <b>BRONICKI Bogusław</b>   | <b>149</b>  |                               | Open Mężczyzn | 754  | 09:15 | 00:00:06    | 00:25:10        | 00:52:52        | -00:09:00        | <b>01:09:37.70</b> | <b>01:09:43.95</b> | +00:39:34 (56.8%) | 7:51         | 7.6 (55.9%) |
| 969 | <b>NOJAK Marta</b>         | <b>1208</b> | TOO FAST TOO FURIOUS          | Open Kobiet   | 214  | 12:30 | 00:00:08    | 00:21:23        | 00:47:44        | -00:04:00        | <b>01:09:38.95</b> | <b>01:09:47.20</b> | +00:39:35 (56.8%) | 7:21         | 8.1 (59.6%) |
| 970 | <b>JACKOWSKI Piotr</b>     | <b>1187</b> |                               | Open Mężczyzn | 755  | 12:15 | 00:00:08    | 00:24:43        | 00:52:51        | -00:13:00        | <b>01:09:39.35</b> | <b>01:09:48.30</b> | +00:39:35 (56.8%) | 8:16         | 7.3 (53.7%) |
| 971 | <b>PRZYBYLSKI Marcin</b>   | <b>897</b>  |                               | Open Mężczyzn | 756  | 11:00 | 00:00:09    | 00:27:40        | 00:55:09        | -00:12:00        | <b>01:09:39.45</b> | <b>01:09:49.10</b> | +00:39:35 (56.8%) | 8:10         | 7.3 (53.7%) |
| 972 | <b>PIEŚNIEWSKA Anna</b>    | <b>176</b>  |                               | Open Kobiet   | 215  | 11:15 | 00:00:05    | 00:22:54        | 00:48:38        | -00:09:00        | <b>01:09:40.00</b> | <b>01:09:45.80</b> | +00:39:36 (56.9%) | 7:52         | 7.6 (55.9%) |
| 973 | <b>IZAK Aneta</b>          | <b>762</b>  | SPORTOWE MAMUŚKI              | Open Kobiet   | 216  | 10:45 | 00:00:09    | 00:27:28        | 00:54:45        | -00:12:00        | <b>01:09:44.30</b> | <b>01:09:53.95</b> | +00:39:40 (56.9%) | 8:10         | 7.3 (53.7%) |
| 974 | <b>BIELECKI Marcin</b>     | <b>863</b>  |                               | Open Mężczyzn | 757  | 11:00 | 00:00:10    | 00:25:41        | 00:55:16        | -00:07:00        | <b>01:09:45.10</b> | <b>01:09:55.40</b> | +00:39:41 (56.9%) | 7:40         | 7.8 (57.4%) |
| 975 | <b>GRZĘDZIŃSKI Dariusz</b> | <b>1280</b> |                               | Open Mężczyzn | 758  | 11:15 | 00:00:06    | 00:24:07        | 00:52:08        | -00:10:00        | <b>01:09:46.35</b> | <b>01:09:52.65</b> | +00:39:42 (56.9%) | 7:58         | 7.5 (55.1%) |
| 976 | <b>FLORCZYK Mariola</b>    | <b>1051</b> |                               | Open Kobiet   | 217  | 12:15 | 00:00:04    | 00:22:57        | 00:49:38        | -00:11:00        | <b>01:09:46.95</b> | <b>01:09:51.65</b> | +00:39:43 (56.9%) | 8:04         | 7.4 (54.4%) |
| 977 | <b>TUROWSKA Anna</b>       | <b>1058</b> |                               | Open Kobiet   | 218  | 11:45 | 00:00:07    | 00:24:11        | 00:51:29        | -00:09:00        | <b>01:09:47.75</b> | <b>01:09:55.10</b> | +00:39:44 (56.9%) | 7:52         | 7.6 (55.9%) |
| 978 | <b>WOJTAL Katarzyna</b>    | <b>556</b>  | WTF?                          | Open Kobiet   | 219  | 10:15 | 00:00:04    | 00:23:46        | 00:50:52        | -00:11:00        | <b>01:09:48.05</b> | <b>01:09:52.60</b> | +00:39:44 (56.9%) | 8:04         | 7.4 (54.4%) |
| 979 | <b>NAJMAN Michal</b>       | <b>1339</b> |                               | Open Mężczyzn | 759  | 12:15 | 00:00:03    | 00:22:59        | 00:49:44        | -00:11:00        | <b>01:09:48.45</b> | <b>01:09:52.20</b> | +00:39:44 (56.9%) | 8:04         | 7.4 (54.4%) |
| 980 | <b>STOMA Michał</b>        | <b>184</b>  |                               | Open Mężczyzn | 760  | 09:15 | 00:00:09    | 00:26:45        | 00:56:53        | -00:13:00        | <b>01:09:50.05</b> | <b>01:09:59.75</b> | +00:39:46 (57.0%) | 8:17         | 7.2 (52.9%) |
| 981 | <b>BĄCZKOWSKI Kamil</b>    | <b>1319</b> | WARSAW CREW                   | Open Mężczyzn | 761  | 12:30 | 00:00:05    | 00:25:45        | 00:53:06        | -00:13:00        | <b>01:09:50.10</b> | <b>01:09:55.95</b> | +00:39:46 (57.0%) | 8:17         | 7.2 (52.9%) |
| 982 | <b>WITKOWSKA Monika</b>    | <b>1059</b> |                               | Open Kobiet   | 220  | 12:15 | 00:00:00    | 00:23:03        | 00:49:46        | -00:11:00        | <b>01:09:51.95</b> | <b>01:09:51.95</b> | +00:39:48 (57.0%) | 8:05         | 7.4 (54.4%) |
| 982 | <b>DZIURKOWSKI Piotr</b>   | <b>710</b>  | CROSSFIT ELEKTROMOC           | Open Mężczyzn | 762  | 10:45 | 00:00:09    | 00:24:14        | 00:52:41        | -00:12:00        | <b>01:09:51.95</b> | <b>01:10:01.55</b> | +00:39:48 (57.0%) | 8:11         | 7.3 (53.7%) |
| 984 | <b>FILIPOWICZ Bartosz</b>  | <b>1464</b> | CROSSFIT URSYNÓW              | Open Mężczyzn | 763  | 12:15 | 00:00:08    | 00:25:53        | 00:54:40        | -00:12:00        | <b>01:09:54.25</b> | <b>01:10:03.00</b> | +00:39:50 (57.0%) | 8:11         | 7.3 (53.7%) |
| 985 | <b>JÓŻWIK Agnieszka</b>    | <b>669</b>  |                               | Open Kobiet   | 221  | 10:30 | 00:00:05    | 00:25:02        | 00:52:22        | -00:11:00        | <b>01:09:54.70</b> | <b>01:09:59.75</b> | +00:39:51 (57.0%) | 8:05         | 7.4 (54.4%) |
| 986 | <b>KASSNER Ewelina</b>     | <b>1315</b> | TEAM BIEGAJ POD OKIEM TRENERA | Open Kobiet   | 222  | 11:30 | 00:00:09    | 00:23:01        | 00:47:45        | -00:07:00        | <b>01:09:56.60</b> | <b>01:10:05.90</b> | +00:39:53 (57.0%) | 7:41         | 7.8 (57.4%) |
| 987 | <b>MARCULA Bartek</b>      | <b>1346</b> |                               | Open Mężczyzn | 764  | 10:45 | 00:00:04    | 00:23:18        | 00:51:46        | -00:10:00        | <b>01:09:57.60</b> | <b>01:10:01.65</b> | +00:39:54 (57.0%) | 7:59         | 7.5 (55.1%) |
| 988 | <b>RYBAK Marcin</b>        | <b>795</b>  |                               | Open Mężczyzn | 765  | 10:45 | 00:00:09    | 00:24:39        | 00:56:21        | -00:11:00        | <b>01:09:58.90</b> | <b>01:10:08.55</b> | +00:39:55 (57.0%) | 8:05         | 7.4 (54.4%) |
| 989 | <b>TURCZYŃSKI Filip</b>    | <b>87</b>   |                               | Open Mężczyzn | 766  | 09:00 | 00:00:09    | 00:22:28        | 00:50:29        | -00:09:00        | <b>01:10:02.80</b> | <b>01:10:12.25</b> | +00:39:59 (57.1%) | 7:54         | 7.6 (55.9%) |
| 990 | <b>KAMINSKI Sebastian</b>  | <b>260</b>  |                               | Open Mężczyzn | 767  | 09:30 | 00:00:12    | 00:24:22        | 00:51:35        | -00:12:00        | <b>01:10:05.15</b> | <b>01:10:18.00</b> | +00:40:01 (57.1%) | 8:12         | 7.3 (53.7%) |
| 991 | <b>BARTNICKI Artur</b>     | <b>562</b>  |                               | Open Mężczyzn | 768  | 10:15 | 00:00:05    | 00:27:20        | 00:55:23        | -00:14:00        | <b>01:10:06.10</b> | <b>01:10:11.75</b> | +00:40:02 (57.1%) | 8:24         | 7.1 (52.2%) |

| 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 |                    |                    |                   |              |             |
| 992  | <b>BIADUŃ Agnieszka</b>       | <b>998</b>  | BOZONY HIGGSA                    | Open Kobiet   | 223  | 11:00 | 00:00:04 | 00:24:14        | 00:51:11        | -00:09:00        | <b>01:10:10.25</b> | <b>01:10:14.30</b> | +00:40:06 (57.2%) | 7:55         | 7.6 (55.9%) |
| 993  | <b>SZYJKA Mateusz</b>         | <b>798</b>  |                                  | Open Mężczyzn | 769  | 11:15 | 00:00:03 | 00:25:35        | 00:52:42        | -00:09:00        | <b>01:10:10.55</b> | <b>01:10:13.85</b> | +00:40:06 (57.2%) | 7:55         | 7.6 (55.9%) |
| 994  | <b>BŁASZCZYK Anna</b>         | <b>30</b>   |                                  | Open Kobiet   | 224  | 09:00 | 00:00:10 | 00:21:58        | 00:49:02        | -00:06:00        | <b>01:10:12.50</b> | <b>01:10:22.95</b> | +00:40:08 (57.2%) | 7:37         | 7.9 (58.1%) |
| 995  | <b>GOMULSKA Agnieszka</b>     | <b>663</b>  |                                  | Open Kobiet   | 225  | 10:30 | 00:00:05 | 00:25:04        | 00:52:24        | -00:04:00        | <b>01:10:15.00</b> | <b>01:10:20.85</b> | +00:40:11 (57.2%) | 7:25         | 8.1 (59.6%) |
| 996  | <b>SOCHA Justyna</b>          | <b>1002</b> | CO ZA UPOKORZENIE!               | Open Kobiet   | 226  | 11:30 | 00:00:08 | 00:24:46        | 00:52:03        | -00:10:00        | <b>01:10:15.15</b> | <b>01:10:23.95</b> | +00:40:11 (57.2%) | 8:01         | 7.5 (55.1%) |
| 997  | <b>DUDZIŃSKI Marek</b>        | <b>979</b>  |                                  | Open Mężczyzn | 770  | 11:15 | 00:00:06 | 00:25:53        | 00:52:01        | -00:12:00        | <b>01:10:17.05</b> | <b>01:10:23.05</b> | +00:40:13 (57.2%) | 8:13         | 7.3 (53.7%) |
| 998  | <b>TOKARSKA Agnieszka</b>     | <b>1387</b> |                                  | Open Kobiet   | 227  | 12:15 | 00:00:04 | 00:28:15        | 00:57:18        | -00:11:00        | <b>01:10:19.90</b> | <b>01:10:24.20</b> | +00:40:16 (57.3%) | 8:08         | 7.4 (54.4%) |
| 999  | <b>ROZWADOWSKA Izabela</b>    | <b>1386</b> |                                  | Open Kobiet   | 228  | 12:15 | 00:00:03 | 00:28:16        | 00:57:19        | -00:11:00        | <b>01:10:20.20</b> | <b>01:10:24.10</b> | +00:40:16 (57.3%) | 8:08         | 7.4 (54.4%) |
| 1000 | <b>SZCZUREK Daniel</b>        | <b>905</b>  |                                  | Open Mężczyzn | 771  | 11:00 | 00:00:05 | 00:23:22        | 00:53:14        | -00:12:00        | <b>01:10:25.20</b> | <b>01:10:30.60</b> | +00:40:21 (57.3%) | 8:14         | 7.3 (53.7%) |
| 1001 | <b>PODSIADLY Aleksandra</b>   | <b>1417</b> | SPORTOWE MAMUŚKI                 | Open Kobiet   | 229  | 10:45 | 00:00:09 | 00:27:28        | 00:54:45        | -00:10:00        | <b>01:10:25.60</b> | <b>01:10:35.05</b> | +00:40:22 (57.3%) | 8:02         | 7.5 (55.1%) |
| 1002 | <b>KEDZIORA Monika</b>        | <b>429</b>  | CROSSFIT SIEDLCE                 | Open Kobiet   | 230  | 10:00 | 00:00:11 | 00:26:27        | 00:52:24        | -00:10:00        | <b>01:10:25.75</b> | <b>01:10:37.70</b> | +00:40:22 (57.3%) | 8:02         | 7.5 (55.1%) |
| 1003 | <b>LALAK Dawid</b>            | <b>923</b>  | DILERZY ASSISTANCE               | Open Mężczyzn | 772  | 11:15 | 00:00:07 | 00:29:58        |                 | -00:14:00        | <b>01:10:29.15</b> | <b>01:10:37.10</b> | +00:40:25 (57.4%) | 8:27         | 7.1 (52.2%) |
| 1004 | <b>ŚWIĄTEK Arkadiusz</b>      | <b>700</b>  |                                  | Open Mężczyzn | 773  | 10:30 | 00:00:09 | 00:24:31        | 00:51:58        | -00:14:00        | <b>01:10:31.25</b> | <b>01:10:40.75</b> | +00:40:27 (57.4%) | 8:27         | 7.1 (52.2%) |
| 1005 | <b>GOŁĘBIEWSKA Aleksandra</b> | <b>355</b>  |                                  | Open Kobiet   | 231  | 09:45 | 00:00:08 | 00:24:46        | 00:51:07        | -00:09:00        | <b>01:10:32.25</b> | <b>01:10:40.80</b> | +00:40:28 (57.4%) | 7:57         | 7.5 (55.1%) |
| 1006 | <b>POPIELARSKA Milena</b>     | <b>379</b>  |                                  | Open Kobiet   | 232  | 09:45 | 00:00:10 | 00:25:46        | 00:52:15        | -00:11:00        | <b>01:10:35.65</b> | <b>01:10:46.30</b> | +00:40:32 (57.4%) | 8:09         | 7.4 (54.4%) |
| 1007 | <b>URBANOWICZ Elżbieta</b>    | <b>800</b>  |                                  | Open Kobiet   | 233  | 10:45 | 00:00:10 | 00:26:10        | 00:52:25        | -00:10:00        | <b>01:10:38.50</b> | <b>01:10:48.75</b> | +00:40:34 (57.4%) | 8:03         | 7.4 (54.4%) |
| 1008 | <b>ŚLUBOWSKA Aleksandra</b>   | <b>494</b>  |                                  | Open Kobiet   | 234  | 10:00 | 00:00:07 | 00:20:49        | 00:48:45        | -00:01:00        | <b>01:10:42.65</b> | <b>01:10:50.25</b> | +00:40:39 (57.5%) | 7:10         | 8.4 (61.8%) |
| 1009 | <b>JANKOWSKA Anita</b>        | <b>1053</b> |                                  | Open Kobiet   | 235  | 12:15 | 00:00:05 | 00:22:57        | 00:49:40        | -00:10:00        | <b>01:10:46.50</b> | <b>01:10:51.50</b> | +00:40:42 (57.5%) | 8:04         | 7.4 (54.4%) |
| 1010 | <b>PRZĄDKA Magdalena</b>      | <b>857</b>  | OFF-ROAD RUNNERS BENEFIT SYSTEMS | Open Kobiet   | 236  | 10:45 | 00:00:10 | 00:26:10        | 00:52:25        | -00:10:00        | <b>01:10:46.70</b> | <b>01:10:57.05</b> | +00:40:43 (57.5%) | 8:04         | 7.4 (54.4%) |
| 1011 | <b>KUBRAT Aleksandra</b>      | <b>55</b>   |                                  | Open Kobiet   | 237  | 09:00 | 00:00:08 | 00:25:41        | 00:54:19        | -00:14:00        | <b>01:10:47.65</b> | <b>01:10:55.95</b> | +00:40:44 (57.5%) | 8:28         | 7.1 (52.2%) |
| 1012 | <b>PIETRZAK Kacper</b>        | <b>757</b>  | MŁODE WILKI 99                   | Open Mężczyzn | 774  | 10:45 | 00:00:07 | 00:24:37        | 00:52:19        | -00:13:00        | <b>01:10:49.45</b> | <b>01:10:56.90</b> | +00:40:45 (57.6%) | 8:22         | 7.2 (52.9%) |
| 1013 | <b>BIAŁEK Piotr</b>           | <b>758</b>  | MŁODE WILKI 99                   | Open Mężczyzn | 775  | 10:45 | 00:00:07 | 00:24:38        | 00:52:19        | -00:13:00        | <b>01:10:51.85</b> | <b>01:10:59.15</b> | +00:40:48 (57.6%) | 8:23         | 7.2 (52.9%) |
| 1014 | <b>CIOSEK Radosław</b>        | <b>966</b>  | TORPEDA RACE TEAM                | Open Mężczyzn | 776  | 11:15 | 00:00:03 | 00:22:58        | 00:51:46        | -00:09:00        | <b>01:10:55.00</b> | <b>01:10:58.85</b> | +00:40:51 (57.6%) | 7:59         | 7.5 (55.1%) |
| 1015 | <b>ZAJĄC Marcin</b>           | <b>305</b>  | CROSSFIT GCW                     | Open Mężczyzn | 777  | 09:45 | 00:00:10 | 00:24:00        | 00:50:39        | -00:14:00        | <b>01:10:55.55</b> | <b>01:11:05.60</b> | +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 | <b>SZCZUCIŃSKI Adam</b>     | <b>701</b>  |                    | Open Mężczyzn | 778  | 10:45 | 00:00:11    | 00:21:39        | 00:48:09        | -00:05:00        | <b>01:10:57.70</b> | <b>01:11:08.90</b> | +00:40:54 (57.6%) | 7:35         | 7.9 (58.1%) |
| 1016 | <b>DUK Milena</b>           | <b>871</b>  |                    | Open Kobiet   | 238  | 11:00 | 00:00:07    | 00:21:26        | 00:47:59        | -00:04:00        | <b>01:10:57.70</b> | <b>01:11:05.30</b> | +00:40:54 (57.6%) | 7:29         | 8 (58.8%)   |
| 1018 | <b>PYZIKIEWICZ Grzegorz</b> | <b>937</b>  | LATAJĄCE GRYFY     | Open Mężczyzn | 779  | 11:00 | 00:00:07    | 00:23:56        | 00:52:33        | -00:08:00        | <b>01:10:57.80</b> | <b>01:11:05.25</b> | +00:40:54 (57.6%) | 7:53         | 7.6 (55.9%) |
| 1019 | <b>RZYMSKA Patrycja</b>     | <b>743</b>  | FEHUT              | Open Kobiet   | 239  | 10:45 | 00:00:10    | 00:25:03        | 00:51:42        | -00:07:00        | <b>01:10:58.30</b> | <b>01:11:08.40</b> | +00:40:54 (57.6%) | 7:47         | 7.7 (56.6%) |
| 1019 | <b>NOWAK Piotr</b>          | <b>482</b>  |                    | Open Mężczyzn | 780  | 10:00 | 00:00:08    |                 | 00:54:16        | -00:12:00        | <b>01:10:58.30</b> | <b>01:11:06.45</b> | +00:40:54 (57.6%) | 8:17         | 7.2 (52.9%) |
| 1021 | <b>MIERZWA Agnieszka</b>    | <b>727</b>  | CROSSFIT GCW       | Open Kobiet   | 240  | 10:45 | 00:00:06    | 00:25:57        | 00:54:45        | -00:12:00        | <b>01:11:01.35</b> | <b>01:11:07.80</b> | +00:40:57 (57.7%) | 8:18         | 7.2 (52.9%) |
| 1022 | <b>PIOTROWSKI Jerzy</b>     | <b>512</b>  | DZIADY OCR         | Open Mężczyzn | 781  | 10:00 | 00:00:06    | 00:25:55        | 00:54:34        | -00:13:00        | <b>01:11:03.10</b> | <b>01:11:09.55</b> | +00:40:59 (57.7%) | 8:24         | 7.1 (52.2%) |
| 1023 | <b>ZENKA Sandra</b>         | <b>99</b>   |                    | Open Kobiet   | 241  | 09:00 | 00:00:07    | 00:23:48        | 00:51:38        | -00:09:00        | <b>01:11:03.75</b> | <b>01:11:11.00</b> | +00:41:00 (57.7%) | 8:00         | 7.5 (55.1%) |
| 1024 | <b>GIERS Marcin</b>         | <b>253</b>  |                    | Open Mężczyzn | 782  | 09:30 | 00:00:08    | 00:23:33        | 00:51:09        | -00:06:00        | <b>01:11:08.30</b> | <b>01:11:16.65</b> | +00:41:04 (57.7%) | 7:42         | 7.8 (57.4%) |
| 1025 | <b>WIŚNIEWSKI Nikodem</b>   | <b>505</b>  |                    | Open Mężczyzn | 783  | 10:00 | 00:00:09    | 00:26:14        | 00:53:39        | -00:12:00        | <b>01:11:08.60</b> | <b>01:11:17.95</b> | +00:41:05 (57.7%) | 8:18         | 7.2 (52.9%) |
| 1026 | <b>GOSTKOWSKA Agata</b>     | <b>876</b>  |                    | Open Kobiet   | 242  | 11:15 | 00:00:03    | 00:25:35        | 00:52:41        | -00:08:00        | <b>01:11:10.45</b> | <b>01:11:13.90</b> | +00:41:06 (57.8%) | 7:55         | 7.6 (55.9%) |
| 1027 | <b>KUR Anna</b>             | <b>57</b>   |                    | Open Kobiet   | 243  | 09:00 | 00:00:08    | 00:21:17        | 00:47:43        | -00:04:00        | <b>01:11:11.70</b> | <b>01:11:20.60</b> | +00:41:08 (57.8%) | 7:31         | 8 (58.8%)   |
| 1028 | <b>GANOWSKA Małgorzata</b>  | <b>1052</b> |                    | Open Kobiet   | 244  | 11:45 | 00:00:09    | 00:21:35        | 00:49:43        | -00:07:00        | <b>01:11:14.30</b> | <b>01:11:23.85</b> | +00:41:10 (57.8%) | 7:49         | 7.7 (56.6%) |
| 1029 | <b>DOBOSZ Krzysztof</b>     | <b>1548</b> |                    | Open Mężczyzn | 784  | 11:45 | 00:00:08    | 00:23:39        | 00:52:34        | -00:11:00        | <b>01:11:15.30</b> | <b>01:11:23.85</b> | +00:41:11 (57.8%) | 8:13         | 7.3 (53.7%) |
| 1030 | <b>STAROSZCZYK Oktawia</b>  | <b>1264</b> |                    | Open Kobiet   | 245  | 11:15 | 00:00:08    | 00:27:41        | 00:54:28        | -00:12:00        | <b>01:11:18.75</b> | <b>01:11:27.40</b> | +00:41:15 (57.8%) | 8:19         | 7.2 (52.9%) |
| 1031 | <b>SZMELOW Anton</b>        | <b>994</b>  |                    | Open Mężczyzn | 785  | 11:15 | 00:00:08    |                 | 00:54:27        | -00:12:00        | <b>01:11:19.20</b> | <b>01:11:27.85</b> | +00:41:15 (57.9%) | 8:19         | 7.2 (52.9%) |
| 1032 | <b>ANDZIAK Mateusz</b>      | <b>918</b>  | DILERZY ASSISTANCE | Open Mężczyzn | 786  | 11:15 | 00:00:07    | 00:29:59        |                 | -00:13:00        | <b>01:11:21.45</b> | <b>01:11:29.00</b> | +00:41:17 (57.9%) | 8:26         | 7.1 (52.2%) |
| 1033 | <b>TOMANEK Rafał</b>        | <b>125</b>  | REEBOK RUN CREW    | Open Mężczyzn | 787  | 09:15 | 00:00:09    | 00:24:53        | 00:55:42        | -00:14:00        | <b>01:11:22.35</b> | <b>01:11:32.05</b> | +00:41:18 (57.9%) | 8:32         | 7 (51.5%)   |
| 1034 | <b>KONAROWSKI Maciej</b>    | <b>970</b>  | WARSAW CREW        | Open Mężczyzn | 788  | 11:15 | 00:00:08    | 00:30:33        | 00:59:36        | -00:14:00        | <b>01:11:22.75</b> | <b>01:11:30.80</b> | +00:41:19 (57.9%) | 8:32         | 7 (51.5%)   |
| 1035 | <b>DĘBICKA Katarzyna</b>    | <b>1022</b> |                    | Open Kobiet   | 246  | 11:30 | 00:00:07    | 00:25:31        | 00:53:24        | -00:10:00        | <b>01:11:24.00</b> | <b>01:11:31.10</b> | +00:41:20 (57.9%) | 8:08         | 7.4 (54.4%) |
| 1036 | <b>GODLEWSKI Adam</b>       | <b>42</b>   |                    | Open Mężczyzn | 789  | 09:00 | 00:00:05    | 00:25:19        | 00:55:18        | -00:14:00        | <b>01:11:24.85</b> | <b>01:11:30.55</b> | +00:41:21 (57.9%) | 8:32         | 7 (51.5%)   |
| 1037 | <b>BERENT Albert</b>        | <b>1212</b> |                    | Open Mężczyzn | 790  | 12:30 | 00:00:08    | 00:25:09        | 00:54:21        | -00:10:00        | <b>01:11:25.10</b> | <b>01:11:33.45</b> | +00:41:21 (57.9%) | 8:08         | 7.4 (54.4%) |
| 1038 | <b>JABŁONOWSKA Olga</b>     | <b>770</b>  | TOTAL FITNESS      | Open Kobiet   | 247  | 10:45 | 00:00:08    | 00:27:14        | 00:56:02        | -00:11:00        | <b>01:11:26.10</b> | <b>01:11:34.90</b> | +00:41:22 (57.9%) | 8:14         | 7.3 (53.7%) |
| 1039 | <b>DOBRZAŃSKI Tomasz</b>    | <b>718</b>  | CROSSFIT GCW       | Open Mężczyzn | 791  | 10:45 | 00:00:06    | 00:25:57        | 00:54:44        | -00:12:00        | <b>01:11:27.25</b> | <b>01:11:34.10</b> | +00:41:23 (57.9%) | 8:20         | 7.2 (52.9%) |

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

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

| 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               |                   |              |             |
| 1088 | <b>ADAMCZYK Ewelina</b>     | <b>126</b>  | ROSSMANN                     | Open Kobiet   | 283  | 09:15 | 00:00:07    | 00:24:40        | 00:52:37        | -00:08:00        | <b>01:12:57.90</b> | <b>01:13:05.05</b> | +00:42:54 (58.8%) | 8:05         | 7.4 (54.4%) |
| 1089 | <b>JASKÓLSKI Michał</b>     | <b>1178</b> | JASKÓLKI PLUS                | Open Mężczyzn | 805  | 12:15 | 00:00:06    | 00:26:22        | 00:56:11        | -00:11:00        | <b>01:12:59.80</b> | <b>01:13:06.10</b> | +00:42:56 (58.8%) | 8:24         | 7.1 (52.2%) |
| 1090 | <b>MIODUSZEWSKA Joanna</b>  | <b>917</b>  | CROSS ELITE GRAJEWO          | Open Kobiet   | 284  | 11:15 | 00:00:04    | 00:21:44        | 00:47:56        | -00:04:00        | <b>01:13:08.15</b> | <b>01:13:12.30</b> | +00:43:04 (58.9%) | 7:42         | 7.8 (57.4%) |
| 1091 | <b>IDASZAK Wioletta</b>     | <b>1259</b> | REEBOK RUN CREW SKIERNIEWICE | Open Kobiet   | 285  | 10:30 | 00:00:07    | 00:23:16        | 00:50:43        | -00:06:00        | <b>01:13:19.60</b> | <b>01:13:27.35</b> | +00:43:16 (59.0%) | 7:56         | 7.6 (55.9%) |
| 1092 | <b>KOWNACKA Magdalena</b>   | <b>24</b>   | GANG ANIELIC                 | Open Kobiet   | 286  | 09:00 | 00:00:05    | 00:25:19        | 00:55:18        | -00:12:00        | <b>01:13:24.65</b> | <b>01:13:30.50</b> | +00:43:21 (59.1%) | 8:32         | 7 (51.5%)   |
| 1093 | <b>GASIUK Monika</b>        | <b>353</b>  |                              | Open Kobiet   | 287  | 09:45 | 00:00:07    | 00:23:55        | 00:51:45        | -00:06:00        | <b>01:13:29.15</b> | <b>01:13:36.90</b> | +00:43:25 (59.1%) | 7:56         | 7.5 (55.1%) |
| 1094 | <b>KRUSZYŃSKA Agnieszka</b> | <b>613</b>  | A TO NIE MARATON?            | Open Kobiet   | 288  | 10:30 | 00:00:09    | 00:24:31        | 00:53:10        | -00:11:00        | <b>01:13:31.60</b> | <b>01:13:40.70</b> | +00:43:28 (59.1%) | 8:27         | 7.1 (52.2%) |
| 1095 | <b>WOŹNIAK Kuba</b>         | <b>506</b>  |                              | Open Mężczyzn | 806  | 10:00 | 00:00:04    | 00:25:08        | 00:54:07        | -00:12:00        | <b>01:13:33.90</b> | <b>01:13:38.85</b> | +00:43:30 (59.1%) | 8:33         | 7 (51.5%)   |
| 1096 | <b>MOTORINA Ekaterina</b>   | <b>585</b>  |                              | Open Kobiet   | 289  | 10:15 | 00:00:05    | 00:25:05        | 00:53:28        | -00:08:00        | <b>01:13:35.40</b> | <b>01:13:41.15</b> | +00:43:31 (59.2%) | 8:09         | 7.4 (54.4%) |
| 1097 | <b>ŚLUSARCZYK Konrad</b>    | <b>597</b>  |                              | Open Mężczyzn | 807  | 10:15 | 00:00:07    | 00:27:03        | 00:55:32        | -00:12:00        | <b>01:13:39.00</b> | <b>01:13:46.75</b> | +00:43:35 (59.2%) | 8:33         | 7 (51.5%)   |
| 1098 | <b>URBAŃCZYK Monika</b>     | <b>502</b>  |                              | Open Kobiet   | 290  | 10:00 | 00:00:04    | 00:26:06        | 00:55:20        | -00:10:00        | <b>01:13:40.20</b> | <b>01:13:44.95</b> | +00:43:36 (59.2%) | 8:22         | 7.2 (52.9%) |
| 1099 | <b>KWIATKOWDKI Kamil</b>    | <b>1483</b> |                              | Open Mężczyzn | 808  | 11:45 | 00:00:07    | 00:25:42        | 00:55:22        | -00:13:00        | <b>01:13:42.80</b> | <b>01:13:50.70</b> | +00:43:39 (59.2%) | 8:40         | 6.9 (50.7%) |
| 1100 | <b>GRZELAKOWSKI Paweł</b>   | <b>44</b>   |                              | Open Mężczyzn | 809  | 09:00 | 00:00:09    | 00:26:54        | 00:53:38        | -00:08:00        | <b>01:13:43.50</b> | <b>01:13:53.45</b> | +00:43:39 (59.2%) | 8:10         | 7.3 (53.7%) |
| 1101 | <b>BAWOR Marcin</b>         | <b>1403</b> | CROSSFIT GCW                 | Open Mężczyzn | 810  | 10:45 | 00:00:06    | 00:25:34        | 00:52:52        | -00:09:00        | <b>01:13:43.95</b> | <b>01:13:50.75</b> | +00:43:40 (59.2%) | 8:16         | 7.3 (53.7%) |
| 1102 | <b>DYMARSKA Marzena</b>     | <b>1205</b> | TOO FAST TOO FURIOUS         | Open Kobiet   | 291  | 12:30 | 00:00:07    | 00:22:52        | 00:49:22        | -00:04:00        | <b>01:13:46.05</b> | <b>01:13:53.75</b> | +00:43:42 (59.3%) | 7:46         | 7.7 (56.6%) |
| 1103 | <b>SZEWCZYK Zuzanna</b>     | <b>1545</b> |                              | Open Kobiet   | 292  | 10:30 | 00:00:09    | 00:25:08        | 00:53:10        | -00:09:00        | <b>01:13:49.20</b> | <b>01:13:59.15</b> | +00:43:45 (59.3%) | 8:17         | 7.2 (52.9%) |
| 1104 | <b>ZAWITKOWSKI Michał</b>   | <b>1060</b> |                              | Open Mężczyzn | 811  | 11:45 | 00:00:00    |                 | 00:53:43        | -00:10:00        | <b>01:13:53.70</b> | <b>01:13:53.70</b> | +00:43:50 (59.3%) | 8:23         | 7.2 (52.9%) |
| 1105 | <b>JASIEWICZ Anna</b>       | <b>637</b>  | P&D                          | Open Kobiet   | 293  | 11:30 | 00:00:06    | 00:25:11        | 00:51:14        | -00:05:00        | <b>01:13:53.85</b> | <b>01:14:00.00</b> | +00:43:50 (59.3%) | 7:53         | 7.6 (55.9%) |
| 1106 | <b>KONOPKA Agnieszka</b>    | <b>1244</b> |                              | Open Kobiet   | 294  | 12:45 | 00:00:06    | 00:23:32        | 00:50:45        | -00:05:00        | <b>01:13:54.00</b> | <b>01:14:00.95</b> | +00:43:50 (59.3%) | 7:53         | 7.6 (55.9%) |
| 1107 | <b>BUDNY Aleksandra</b>     | <b>309</b>  | FIGLARZE                     | Open Kobiet   | 295  | 09:45 | 00:00:06    | 00:24:00        | 00:50:41        | -00:11:00        | <b>01:13:54.90</b> | <b>01:14:01.35</b> | +00:43:51 (59.3%) | 8:29         | 7.1 (52.2%) |
| 1108 | <b>GOŁĘBIEWSKA Joanna</b>   | <b>965</b>  | TINDERCUPLE                  | Open Kobiet   | 296  | 11:15 | 00:00:07    | 00:26:39        | 00:54:12        | -00:11:00        | <b>01:13:55.30</b> | <b>01:14:02.70</b> | +00:43:51 (59.3%) | 8:29         | 7.1 (52.2%) |
| 1109 | <b>CĘCELEWSKI Jarosław</b>  | <b>310</b>  | FIGLARZE                     | Open Mężczyzn | 812  | 09:45 | 00:00:04    | 00:23:10        | 00:50:43        | -00:11:00        | <b>01:13:56.80</b> | <b>01:14:01.10</b> | +00:43:53 (59.3%) | 8:29         | 7.1 (52.2%) |
| 1110 | <b>ŚMIGAJ Sebastian</b>     | <b>1399</b> | NIEZAPROSZENI                | Open Mężczyzn | 813  | 11:45 | 00:00:03    | 00:24:27        | 00:55:31        | -00:12:00        | <b>01:14:03.60</b> | <b>01:14:06.65</b> | +00:44:00 (59.4%) | 8:36         | 7 (51.5%)   |
| 1111 | <b>LASKA Anna</b>           | <b>1083</b> | OCR TEAM DĘBICA              | Open Kobiet   | 297  | 12:00 | 00:00:07    | 00:25:59        | 00:53:43        | -00:14:00        | <b>01:14:04.20</b> | <b>01:14:12.15</b> | +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 | <b>PISKORZ Sebastian</b>   | <b>1397</b> | NIEZAPROSZENI        | Open Mężczyzn | 814  | 11:45 | 00:00:03    | 00:24:27        | 00:55:31        | -00:12:00        | <b>01:14:04.25</b> | <b>01:14:07.45</b> | +00:44:00 (59.4%) | 8:36         | 7 (51.5%)   |
| 1113 | <b>GÓRA Anna</b>           | <b>1081</b> | OCR TEAM DĘBICA      | Open Kobiet   | 298  | 12:00 | 00:00:07    | 00:25:57        | 00:53:41        | -00:14:00        | <b>01:14:04.45</b> | <b>01:14:12.30</b> | +00:44:00 (59.4%) | 8:48         | 6.8 (50.0%) |
| 1114 | <b>PIWOWARCZYK Agata</b>   | <b>412</b>  | BRAVEHARTS LEGIONOWO | Open Kobiet   | 299  | 10:00 | 00:00:09    | 00:24:47        | 00:53:42        | -00:07:00        | <b>01:14:05.80</b> | <b>01:14:15.75</b> | +00:44:02 (59.4%) | 8:06         | 7.4 (54.4%) |
| 1115 | <b>GĘBARA Łukasz</b>       | <b>1080</b> | OCR TEAM DĘBICA      | Open Mężczyzn | 815  | 12:00 | 00:00:08    | 00:26:00        | 00:53:44        | -00:14:00        | <b>01:14:08.20</b> | <b>01:14:16.95</b> | +00:44:04 (59.5%) | 8:48         | 6.8 (50.0%) |
| 1116 | <b>DOMŻAŁ Joanna</b>       | <b>460</b>  |                      | Open Kobiet   | 300  | 10:00 | 00:00:09    | 00:26:15        | 00:53:39        | -00:09:00        | <b>01:14:08.95</b> | <b>01:14:18.30</b> | +00:44:05 (59.5%) | 8:18         | 7.2 (52.9%) |
| 1117 | <b>SMAGACZ Jarosław</b>    | <b>1550</b> | OCR TEAM DĘBICA      | Open Mężczyzn | 816  | 12:00 | 00:00:08    | 00:25:14        | 00:53:43        | -00:14:00        | <b>01:14:09.15</b> | <b>01:14:17.90</b> | +00:44:05 (59.5%) | 8:48         | 6.8 (50.0%) |
| 1118 | <b>MILCZAREK Karolina</b>  | <b>651</b>  | VIGO SYSTEM          | Open Kobiet   | 301  | 10:30 | 00:00:05    | 00:26:02        | 00:56:54        | -00:11:00        | <b>01:14:09.20</b> | <b>01:14:14.40</b> | +00:44:05 (59.5%) | 8:30         | 7 (51.5%)   |
| 1119 | <b>SZYMASZEK Tomasz</b>    | <b>1087</b> | OCR TEAM DĘBICA      | Open Mężczyzn | 817  | 12:00 | 00:00:08    | 00:25:59        | 00:53:42        | -00:14:00        | <b>01:14:10.25</b> | <b>01:14:19.05</b> | +00:44:06 (59.5%) | 8:49         | 6.8 (50.0%) |
| 1120 | <b>DĄBROWSKI Radosław</b>  | <b>1551</b> |                      | Open Mężczyzn | 818  | 12:00 | 00:00:07    | 00:26:01        | 00:53:44        | -00:14:00        | <b>01:14:11.70</b> | <b>01:14:19.65</b> | +00:44:08 (59.5%) | 8:49         | 6.8 (50.0%) |
| 1121 | <b>WALCZAK Julian</b>      | <b>1393</b> |                      | Open Mężczyzn | 819  | 12:30 | 00:00:00    | 00:20:21        | 00:45:32        | -00:14:00        | <b>01:14:13.05</b> | <b>01:14:13.05</b> | +00:44:09 (59.5%) | 8:49         | 6.8 (50.0%) |
| 1122 | <b>KOTARSKA Aneta</b>      | <b>1054</b> |                      | Open Kobiet   | 302  | 11:45 | 00:00:10    | 00:21:35        | 00:49:41        | -00:04:00        | <b>01:14:14.05</b> | <b>01:14:24.10</b> | +00:44:10 (59.5%) | 7:49         | 7.7 (56.6%) |
| 1123 | <b>BANASIAK Marcin</b>     | <b>561</b>  |                      | Open Mężczyzn | 820  | 10:15 | 00:00:44    | 00:24:04        | 00:54:12        | -00:07:00        | <b>01:14:14.60</b> | <b>01:14:59.05</b> | +00:44:11 (59.5%) | 8:07         | 7.4 (54.4%) |
| 1124 | <b>SYTAR Błażej</b>        | <b>938</b>  | LATAJĄCE GRYFY       | Open Mężczyzn | 821  | 11:00 | 00:00:07    | 00:25:28        | 00:52:33        | -00:06:00        | <b>01:14:16.40</b> | <b>01:14:24.25</b> | +00:44:12 (59.5%) | 8:01         | 7.5 (55.1%) |
| 1125 | <b>NIEMCZYŃSKA Dorota</b>  | <b>173</b>  |                      | Open Kobiet   | 303  | 09:15 | 00:00:09    | 00:23:33        | 00:52:52        | -00:06:00        | <b>01:14:18.00</b> | <b>01:14:27.15</b> | +00:44:14 (59.5%) | 8:01         | 7.5 (55.1%) |
| 1126 | <b>KUREK Izabella</b>      | <b>922</b>  | DILERZY ASSISTANCE   | Open Kobiet   | 304  | 11:15 | 00:00:07    | 00:29:59        |                 | -00:12:00        | <b>01:14:25.25</b> | <b>01:14:32.60</b> | +00:44:21 (59.6%) | 8:38         | 6.9 (50.7%) |
| 1127 | <b>POŻYCZKA Wojciech</b>   | <b>177</b>  |                      | Open Mężczyzn | 822  | 09:15 | 00:00:06    | 00:23:35        | 00:51:00        | -00:04:00        | <b>01:14:27.05</b> | <b>01:14:33.15</b> | +00:44:23 (59.6%) | 7:50         | 7.6 (55.9%) |
| 1128 |                            | <b>678</b>  |                      |               |      |       | 01:43:47    | 00:21:41        | 00:49:10        | -00:05:00        | <b>01:14:27.60</b> | <b>02:58:14.85</b> | +00:44:24 (59.6%) | 7:56         | 7.6 (55.9%) |
| 1129 | <b>BAŁCHANOWSKI Piotr</b>  | <b>1450</b> |                      | Open Mężczyzn | 823  | 12:15 | 00:00:05    | 00:33:19        | 01:00:30        | -00:14:00        | <b>01:14:33.50</b> | <b>01:14:39.05</b> | +00:44:29 (59.7%) | 8:51         | 6.8 (50.0%) |
| 1130 | <b>KORCZYŃSKA Marta</b>    | <b>1293</b> |                      | Open Kobiet   | 305  | 10:15 | 00:00:10    | 00:27:44        | 00:55:46        | -00:12:00        | <b>01:14:35.50</b> | <b>01:14:45.60</b> | +00:44:31 (59.7%) | 8:39         | 6.9 (50.7%) |
| 1131 | <b>LIS Kamil</b>           | <b>577</b>  |                      | Open Mężczyzn | 824  | 09:15 | 00:00:08    | 00:27:30        | 00:57:36        | -00:11:00        | <b>01:14:38.85</b> | <b>01:14:47.75</b> | +00:44:35 (59.7%) | 8:33         | 7 (51.5%)   |
| 1132 | <b>KOMIŃCZYK Zuzanna</b>   | <b>263</b>  |                      | Open Kobiet   | 306  | 09:15 | 00:00:09    | 00:26:45        | 00:56:53        | -00:05:00        | <b>01:14:41.55</b> | <b>01:14:51.25</b> | +00:44:37 (59.8%) | 7:58         | 7.5 (55.1%) |
| 1133 | <b>WŁODARCZYK Grzegorz</b> | <b>995</b>  |                      | Open Mężczyzn | 825  | 11:15 | 00:00:07    | 00:29:26        |                 | -00:09:00        | <b>01:14:44.25</b> | <b>01:14:51.30</b> | +00:44:40 (59.8%) | 8:22         | 7.2 (52.9%) |
| 1134 | <b>JABŁOŃSKI Tomasz</b>    | <b>1493</b> | SPARTAN SGX WARSAW   | Open Mężczyzn | 826  | 12:15 | 00:00:05    | 00:23:52        | 00:56:34        | -00:13:00        | <b>01:14:51.75</b> | <b>01:14:57.45</b> | +00:44:48 (59.8%) | 8:47         | 6.8 (50.0%) |



| 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 |                    |                    |                   |              |             |
| 1135 | <b>KLOZA - LASKOWSKA Dorota</b>        | <b>1067</b> | CROSSFIT POŁUDNIE     | Open Kobiet   | 307  | 12:00 | 00:00:06 | 00:26:55        | 00:55:20        | -00:14:00        | <b>01:14:56.25</b> | <b>01:15:02.55</b> | +00:44:52 (59.9%) | 8:53         | 6.7 (49.3%) |
| 1136 | <b>GOŁĘBIEWSKI Adrian</b>              | <b>1063</b> | CROSSFIT POŁUDNIE     | Open Mężczyzn | 827  | 12:00 | 00:00:05 | 00:26:54        | 00:55:11        | -00:14:00        | <b>01:14:56.75</b> | <b>01:15:02.45</b> | +00:44:53 (59.9%) | 8:53         | 6.7 (49.3%) |
| 1137 | <b>PELC Filip</b>                      | <b>450</b>  | WARSAW CREW           | Open Mężczyzn | 828  | 11:15 | 00:00:08 | 00:30:33        | 01:00:07        | -00:13:00        | <b>01:15:00.65</b> | <b>01:15:09.40</b> | +00:44:57 (59.9%) | 8:48         | 6.8 (50.0%) |
| 1138 | <b>POPŁAWSKA Aleksandra</b>            | <b>329</b>  | RUN BITCHES RUN       | Open Kobiet   | 308  | 09:45 | 00:00:08 | 00:28:33        | 00:57:16        | -00:12:00        | <b>01:15:02.85</b> | <b>01:15:11.10</b> | +00:44:59 (59.9%) | 8:42         | 6.9 (50.7%) |
| 1139 | <b>WOLMAN Piotr</b>                    | <b>1088</b> | OCR TEAM DĘBICA       | Open Mężczyzn | 829  | 12:00 | 00:00:08 | 00:25:57        | 00:53:41        | -00:13:00        | <b>01:15:08.90</b> | <b>01:15:17.05</b> | +00:45:05 (60.0%) | 8:48         | 6.8 (50.0%) |
| 1140 | <b>SKOWRON Wojciech</b>                | <b>1085</b> | OCR TEAM DĘBICA       | Open Mężczyzn | 830  | 12:00 | 00:00:08 | 00:25:58        | 00:53:41        | -00:13:00        | <b>01:15:10.20</b> | <b>01:15:18.65</b> | +00:45:06 (60.0%) | 8:49         | 6.8 (50.0%) |
| 1141 | <b>WOJTYSIAK Dominik</b>               | <b>1073</b> | CROSSFIT POŁUDNIE     | Open Mężczyzn | 831  | 12:00 | 00:00:06 | 00:26:05        | 00:53:50        | -00:11:00        | <b>01:15:11.20</b> | <b>01:15:18.15</b> | +00:45:07 (60.0%) | 8:37         | 7 (51.5%)   |
| 1142 | <b>RUTYNA Marcin</b>                   | <b>1142</b> |                       | Open Mężczyzn | 832  | 12:00 | 00:00:07 | 00:25:58        | 00:53:42        | -00:13:00        | <b>01:15:11.70</b> | <b>01:15:19.55</b> | +00:45:08 (60.0%) | 8:49         | 6.8 (50.0%) |
| 1143 | <b>ZMORCZYŃSKA Agata</b>               | <b>639</b>  | PACZKA Z PIASECZNA    | Open Kobiet   | 309  | 10:30 | 00:00:07 | 00:27:03        | 00:57:06        | -00:11:00        | <b>01:15:15.00</b> | <b>01:15:22.00</b> | +00:45:11 (60.1%) | 8:37         | 7 (51.5%)   |
| 1144 | <b>NIEZGODA Aneta</b>                  | <b>794</b>  |                       | Open Kobiet   | 310  | 10:45 | 00:00:08 | 00:28:45        | 00:58:29        | -00:11:00        | <b>01:15:15.10</b> | <b>01:15:23.90</b> | +00:45:11 (60.1%) | 8:37         | 7 (51.5%)   |
| 1145 | <b>DUDEK Radosław</b>                  | <b>1161</b> | CROSSFIT URSYNÓW      | Open Mężczyzn | 833  | 12:15 | 00:00:08 | 00:23:05        | 00:50:51        | -00:06:00        | <b>01:15:16.20</b> | <b>01:15:24.50</b> | +00:45:12 (60.1%) | 8:07         | 7.4 (54.4%) |
| 1146 | <b>TRACZ Magdalena</b>                 | <b>1513</b> |                       | Open Kobiet   | 311  | 09:45 | 00:00:09 | 00:28:10        | 00:56:46        | -00:11:00        | <b>01:15:17.35</b> | <b>01:15:26.35</b> | +00:45:13 (60.1%) | 8:37         | 7 (51.5%)   |
| 1147 | <b>REJDYCH Tomasz</b>                  | <b>631</b>  | LAZY BONES            | Open Mężczyzn | 834  | 10:30 | 00:00:09 | 00:26:36        | 00:56:21        | -00:14:00        | <b>01:15:19.65</b> | <b>01:15:29.30</b> | +00:45:16 (60.1%) | 8:56         | 6.7 (49.3%) |
| 1148 | <b>WOŹNIAK Agnieszka</b>               | <b>1258</b> |                       | Open Kobiet   | 312  | 09:15 | 00:00:09 | 00:27:29        | 00:57:35        | -00:08:00        | <b>01:15:23.95</b> | <b>01:15:33.05</b> | +00:45:20 (60.1%) | 8:20         | 7.2 (52.9%) |
| 1149 | <b>KUCIŃSKA Weronika</b>               | <b>140</b>  | WWL TEAM              | Open Kobiet   | 313  | 09:15 | 00:00:08 | 00:25:25        | 00:53:57        | -00:09:00        | <b>01:15:25.10</b> | <b>01:15:33.95</b> | +00:45:21 (60.1%) | 8:26         | 7.1 (52.2%) |
| 1150 | <b>KUCIŃSKA-ZAWISTOWSKA Małgorzata</b> | <b>141</b>  | WWL TEAM              | Open Kobiet   | 314  | 09:15 | 00:00:08 | 00:25:25        | 00:53:57        | -00:09:00        | <b>01:15:25.30</b> | <b>01:15:34.15</b> | +00:45:21 (60.1%) | 8:26         | 7.1 (52.2%) |
| 1151 | <b>LASZCZKA Monika</b>                 | <b>219</b>  | PEKAES TEAM           | Open Kobiet   | 315  | 09:15 | 00:00:05 | 00:25:32        | 00:52:32        | -00:09:00        | <b>01:15:35.75</b> | <b>01:15:41.50</b> | +00:45:32 (60.2%) | 8:27         | 7.1 (52.2%) |
| 1152 | <b>DRAŻYK Małgorzata</b>               | <b>1504</b> |                       | Open Kobiet   | 316  | 10:15 | 00:00:07 | 00:27:03        | 00:55:32        | -00:10:00        | <b>01:15:38.90</b> | <b>01:15:46.65</b> | +00:45:35 (60.3%) | 8:33         | 7 (51.5%)   |
| 1153 | <b>GILARSKA Marta</b>                  | <b>564</b>  |                       | Open Kobiet   | 317  | 10:15 | 00:00:08 | 00:26:36        | 00:57:35        | -00:08:00        | <b>01:15:40.45</b> | <b>01:15:48.70</b> | +00:45:36 (60.3%) | 8:22         | 7.2 (52.9%) |
| 1154 | <b>KAIM Kamil</b>                      | <b>1447</b> | X TEAM SPECIAL FORCES | Open Mężczyzn | 835  | 12:45 | 00:00:11 | 00:25:20        | 00:57:09        | -00:14:00        | <b>01:15:40.55</b> | <b>01:15:52.40</b> | +00:45:36 (60.3%) | 8:58         | 6.7 (49.3%) |
| 1155 | <b>RAZUM Paulina</b>                   | <b>594</b>  |                       | Open Kobiet   | 318  | 10:15 | 00:00:08 | 00:26:36        | 00:57:35        | -00:08:00        | <b>01:15:40.85</b> | <b>01:15:49.00</b> | +00:45:37 (60.3%) | 8:22         | 7.2 (52.9%) |
| 1156 | <b>FELISIAK Rafał</b>                  | <b>1446</b> | X TEAM SPECIAL FORCES | Open Mężczyzn | 836  | 12:45 | 00:00:12 | 00:25:20        | 00:57:08        | -00:14:00        | <b>01:15:41.00</b> | <b>01:15:53.05</b> | +00:45:37 (60.3%) | 8:58         | 6.7 (49.3%) |
| 1157 | <b>KAŹMIERCZAK Monika</b>              | <b>618</b>  | BŁYSKAWICZNE RĘCE     | Open Kobiet   | 319  | 10:30 | 00:00:04 | 00:28:50        | 00:58:00        | -00:11:00        | <b>01:15:42.40</b> | <b>01:15:46.75</b> | +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 | <b>CHAMIER KWIATKOWSKA Anna</b> | <b>1476</b> |                       | Open Kobiet   | 320  | 11:45 | 00:00:07    | 00:25:43        | 00:55:22        | -00:11:00        | <b>01:15:43.05</b> | <b>01:15:50.95</b> | +00:45:39 (60.3%) | 8:40         | 6.9 (50.7%) |
| 1159 | <b>KOBRYŃSKA Marta</b>          | <b>984</b>  |                       | Open Kobiet   | 321  | 11:15 | 00:00:06    | 00:29:27        |                 | -00:08:00        | <b>01:15:44.15</b> | <b>01:15:50.95</b> | +00:45:40 (60.3%) | 8:22         | 7.2 (52.9%) |
| 1160 | <b>PRUCIA Michał</b>            | <b>448</b>  | TEAM DORIS KRAKÓW     | Open Mężczyzn | 837  | 09:45 | 00:00:00    | 00:27:17        | 00:57:26        | -00:11:00        | <b>01:15:58.45</b> | <b>01:15:58.45</b> | +00:45:54 (60.4%) | 8:41         | 6.9 (50.7%) |
| 1161 | <b>KWIASOWSKA Sandra</b>        | <b>1099</b> | SPORTERA OCR          | Open Kobiet   | 322  | 12:00 | 00:00:05    | 00:24:38        | 00:54:18        | -00:08:00        | <b>01:15:59.75</b> | <b>01:16:04.80</b> | +00:45:56 (60.4%) | 8:23         | 7.1 (52.2%) |
| 1162 | <b>KUPROWSKI Marek</b>          | <b>971</b>  | WARSAW CREW           | Open Mężczyzn | 838  | 11:15 | 00:00:09    | 00:30:31        | 01:00:06        | -00:12:00        | <b>01:16:00.15</b> | <b>01:16:09.20</b> | +00:45:56 (60.4%) | 8:48         | 6.8 (50.0%) |
| 1163 | <b>ZIELIŃSKA Magdalena</b>      | <b>331</b>  | RUN BITCHES RUN       | Open Kobiet   | 323  | 09:45 | 00:00:08    | 00:28:33        | 00:57:17        | -00:11:00        | <b>01:16:02.90</b> | <b>01:16:11.05</b> | +00:45:59 (60.5%) | 8:42         | 6.9 (50.7%) |
| 1164 | <b>JĘDRAS Ewa</b>               | <b>546</b>  | SPORTERA OCR          | Open Kobiet   | 324  | 10:15 | 00:00:06    | 00:28:30        | 00:57:47        | -00:11:00        | <b>01:16:03.00</b> | <b>01:16:09.80</b> | +00:45:59 (60.5%) | 8:42         | 6.9 (50.7%) |
| 1165 | <b>ROSA Zuzia</b>               | <b>330</b>  | RUN BITCHES RUN       | Open Kobiet   | 325  | 09:45 | 00:00:08    | 00:28:33        | 00:57:17        | -00:11:00        | <b>01:16:03.05</b> | <b>01:16:11.15</b> | +00:45:59 (60.5%) | 8:42         | 6.9 (50.7%) |
| 1166 | <b>BIAŁOSKÓRSKA Paulina</b>     | <b>545</b>  | SPORTERA OCR          | Open Kobiet   | 326  | 10:15 | 00:00:06    | 00:28:30        | 00:57:47        | -00:11:00        | <b>01:16:03.50</b> | <b>01:16:09.95</b> | +00:45:59 (60.5%) | 8:42         | 6.9 (50.7%) |
| 1167 | <b>ROMANOWSKI Paweł</b>         | <b>1287</b> |                       | Open Mężczyzn | 839  | 12:00 | 00:00:07    | 00:27:31        | 00:56:58        | -00:12:00        | <b>01:16:07.60</b> | <b>01:16:14.95</b> | +00:46:04 (60.5%) | 8:48         | 6.8 (50.0%) |
| 1168 | <b>BARAN Bernard</b>            | <b>1079</b> | OCR TEAM DĘBICA       | Open Mężczyzn | 840  | 12:00 | 00:00:09    | 00:25:59        | 00:53:43        | -00:12:00        | <b>01:16:09.35</b> | <b>01:16:18.40</b> | +00:46:05 (60.5%) | 8:48         | 6.8 (50.0%) |
| 1169 | <b>OKSIEJUK Katarzyna</b>       | <b>962</b>  | THE POWER OF SISTERS  | Open Kobiet   | 327  | 11:15 | 00:00:09    | 00:29:23        |                 | -00:10:00        | <b>01:16:11.00</b> | <b>01:16:20.75</b> | +00:46:07 (60.5%) | 8:37         | 7 (51.5%)   |
| 1170 | <b>SÓJKA Magdalena</b>          | <b>963</b>  | THE POWER OF SISTERS  | Open Kobiet   | 328  | 11:15 | 00:00:09    | 00:29:23        |                 | -00:10:00        | <b>01:16:11.30</b> | <b>01:16:20.65</b> | +00:46:07 (60.5%) | 8:37         | 7 (51.5%)   |
| 1171 | <b>BOJANOWICZ Katarzyna</b>     | <b>1469</b> | REKINY FITNESSU       | Open Kobiet   | 329  | 12:15 | 00:00:04    | 00:28:16        | 00:58:02        | -00:11:00        | <b>01:16:11.35</b> | <b>01:16:15.50</b> | +00:46:07 (60.5%) | 8:43         | 6.9 (50.7%) |
| 1172 | <b>GÓRSKI Michał</b>            | <b>769</b>  | TOTAL FITNESS         | Open Mężczyzn | 841  | 10:45 | 00:00:08    | 00:22:13        | 00:51:14        |                  | <b>01:16:15.80</b> | <b>01:16:24.45</b> | +00:46:12 (60.6%) | 7:37         | 7.9 (58.1%) |
| 1173 | <b>SIEMBAB Joanna</b>           | <b>313</b>  | FIGLARZE              | Open Kobiet   | 330  | 09:45 | 00:00:06    | 00:24:01        | 00:52:53        | -00:11:00        | <b>01:16:23.65</b> | <b>01:16:30.00</b> | +00:46:20 (60.7%) | 8:44         | 6.9 (50.7%) |
| 1174 | <b>MIZERSKA Sylwia</b>          | <b>25</b>   | GANG ANIELIC          | Open Kobiet   | 331  | 09:00 | 00:00:05    | 00:25:19        | 00:55:18        | -00:09:00        | <b>01:16:24.80</b> | <b>01:16:30.55</b> | +00:46:21 (60.7%) | 8:32         | 7 (51.5%)   |
| 1175 | <b>GRYCKO Marta</b>             | <b>1479</b> |                       | Open Kobiet   | 332  | 11:45 | 00:00:05    | 00:23:50        | 00:51:53        | -00:06:00        | <b>01:16:26.65</b> | <b>01:16:32.60</b> | +00:46:23 (60.7%) | 8:14         | 7.3 (53.7%) |
| 1176 | <b>GODLEWSKI Grzegorz</b>       | <b>133</b>  | TI AUTOMOTIVE         | Open Mężczyzn | 842  | 09:15 | 00:00:05    | 00:27:03        | 00:57:50        | -00:12:00        | <b>01:16:27.60</b> | <b>01:16:33.00</b> | +00:46:24 (60.7%) | 8:50         | 6.8 (50.0%) |
| 1177 | <b>KANIOWSKI Kamil</b>          | <b>946</b>  | ROSSMANN              | Open Mężczyzn | 843  | 11:15 | 00:00:09    | 00:28:48        |                 | -00:12:00        | <b>01:16:28.85</b> | <b>01:16:38.30</b> | +00:46:25 (60.7%) | 8:50         | 6.8 (50.0%) |
| 1178 | <b>MATUSIAK Karolina</b>        | <b>950</b>  | ROSSMANN              | Open Kobiet   | 333  | 11:15 | 00:00:05    | 00:28:48        |                 | -00:12:00        | <b>01:16:33.20</b> | <b>01:16:39.15</b> | +00:46:29 (60.7%) | 8:51         | 6.8 (50.0%) |
| 1179 | <b>KAŁUZIŃSKA Roksana</b>       | <b>1448</b> | X TEAM SPECIAL FORCES | Open Kobiet   | 334  | 12:45 | 00:00:10    | 00:25:22        | 00:57:11        | -00:13:00        | <b>01:16:42.60</b> | <b>01:16:53.15</b> | +00:46:39 (60.8%) | 8:58         | 6.7 (49.3%) |
| 1180 | <b>BIELECKA Karolina</b>        | <b>862</b>  |                       | Open Kobiet   | 335  | 11:00 | 00:00:11    | 00:25:40        | 00:55:14        |                  | <b>01:16:43.80</b> | <b>01:16:55.10</b> | +00:46:40 (60.8%) | 7:40         | 7.8 (57.4%) |

| 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        |                   |              |             |
| 1181 | <b>DASZEWSKI Lech</b>         | <b>208</b>  | FIREEAGLES                | Open Mężczyzn | 844  | 09:30 | 00:00:06    | 00:27:59        | 00:57:08        | -00:11:00        | <b>01:16:43.95</b> | <b>01:16:50.05</b> | +00:46:40 (60.8%) | 8:46         | 6.8 (50.0%) |
| 1182 | <b>KUCZYŃSKA Patrycja</b>     | <b>620</b>  | BŁYSKAWICZNE RĘCE         | Open Kobiet   | 336  | 10:30 | 00:00:05    | 00:28:49        | 00:57:59        | -00:11:00        | <b>01:16:44.50</b> | <b>01:16:49.90</b> | +00:46:40 (60.8%) | 8:46         | 6.8 (50.0%) |
| 1183 | <b>DOBROWOLSKA Paulina</b>    | <b>1360</b> |                           | Open Kobiet   | 337  | 11:30 | 00:00:04    | 00:26:55        | 00:55:32        | -00:08:00        | <b>01:16:48.85</b> | <b>01:16:53.05</b> | +00:46:45 (60.9%) | 8:28         | 7.1 (52.2%) |
| 1184 | <b>POTER Maciej</b>           | <b>1546</b> | 404 - TEAMNOTFOUND        | Open Mężczyzn | 845  | 11:30 | 00:00:05    | 00:27:54        | 00:56:52        | -00:11:00        | <b>01:16:55.15</b> | <b>01:17:00.50</b> | +00:46:51 (60.9%) | 8:47         | 6.8 (50.0%) |
| 1185 | <b>STRĄG Krzysztof</b>        | <b>1372</b> |                           | Open Mężczyzn | 846  | 11:30 | 00:00:08    | 00:27:37        | 00:56:44        | -00:08:00        | <b>01:17:01.65</b> | <b>01:17:09.95</b> | +00:46:58 (61.0%) | 8:30         | 7.1 (52.2%) |
| 1186 | <b>BAPRAWSKI Krystian</b>     | <b>919</b>  | DILERZY ASSISTANCE        | Open Mężczyzn | 847  | 11:15 | 00:00:09    | 00:30:00        |                 | -00:10:00        | <b>01:17:04.70</b> | <b>01:17:14.35</b> | +00:47:01 (61.0%) | 8:42         | 6.9 (50.7%) |
| 1187 | <b>SEFERYŃSKI Paweł</b>       | <b>1440</b> | WARSAW CREW               | Open Mężczyzn | 848  | 11:30 | 00:00:09    | 00:26:12        | 00:55:18        | -00:10:00        | <b>01:17:08.40</b> | <b>01:17:18.00</b> | +00:47:04 (61.0%) | 8:42         | 6.9 (50.7%) |
| 1188 | <b>ZAWISZA Joanna</b>         | <b>1411</b> |                           | Open Kobiet   | 338  | 12:15 | 00:00:04    | 00:28:17        | 00:58:03        | -00:10:00        | <b>01:17:11.05</b> | <b>01:17:15.75</b> | +00:47:07 (61.1%) | 8:43         | 6.9 (50.7%) |
| 1189 | <b>BOROWSKA Monika</b>        | <b>817</b>  | FRAUEN POWER!             | Open Kobiet   | 339  | 11:00 | 00:00:08    | 00:26:40        | 00:56:27        | -00:06:00        | <b>01:17:20.45</b> | <b>01:17:28.80</b> | +00:47:16 (61.1%) | 8:20         | 7.2 (52.9%) |
| 1190 | <b>HYRA Katarzyna</b>         | <b>1241</b> |                           | Open Kobiet   | 340  | 12:45 | 00:00:11    | 00:28:16        | 00:59:41        | -00:11:00        | <b>01:17:20.70</b> | <b>01:17:31.95</b> | +00:47:17 (61.1%) | 8:50         | 6.8 (50.0%) |
| 1191 | <b>LORENT - RYBAK Natalia</b> | <b>791</b>  |                           | Open Kobiet   | 341  | 10:45 | 00:00:09    | 00:24:39        | 00:57:38        | -00:03:00        | <b>01:17:24.20</b> | <b>01:17:34.00</b> | +00:47:20 (61.2%) | 8:02         | 7.5 (55.1%) |
| 1192 | <b>SAMBORSKA Anna</b>         | <b>951</b>  | ROSSMANN                  | Open Kobiet   | 342  | 11:15 | 00:00:05    | 00:28:52        |                 | -00:11:00        | <b>01:17:30.60</b> | <b>01:17:35.95</b> | +00:47:27 (61.2%) | 8:51         | 6.8 (50.0%) |
| 1193 | <b>LISZEWSKA Marta</b>        | <b>1427</b> |                           | Open Kobiet   | 343  | 12:15 | 00:00:06    | 00:33:17        | 01:00:29        | -00:11:00        | <b>01:17:32.90</b> | <b>01:17:39.00</b> | +00:47:29 (61.2%) | 8:51         | 6.8 (50.0%) |
| 1194 | <b>JASKÓLSKA Izabela</b>      | <b>1177</b> | JASKÓLKI PLUS             | Open Kobiet   | 344  | 12:15 | 00:00:06    | 00:26:24        | 00:56:23        | -00:11:00        | <b>01:17:37.85</b> | <b>01:17:44.70</b> | +00:47:34 (61.3%) | 8:51         | 6.8 (50.0%) |
| 1195 | <b>KORZENIEWSKI Michał</b>    | <b>264</b>  |                           | Open Mężczyzn | 849  | 09:30 | 00:00:06    | 00:27:50        | 00:59:03        | -00:12:00        | <b>01:17:39.55</b> | <b>01:17:46.25</b> | +00:47:35 (61.3%) | 8:58         | 6.7 (49.3%) |
| 1196 | <b>MIKLEWSKI Michał</b>       | <b>753</b>  | ŁOMIANKI HUSARIA TEAM     | Open Mężczyzn | 850  | 10:45 | 00:00:04    | 00:27:30        | 00:58:27        | -00:12:00        | <b>01:17:45.85</b> | <b>01:17:50.60</b> | +00:47:42 (61.3%) | 8:58         | 6.7 (49.3%) |
| 1197 | <b>NOWOWIEJSKI Michał</b>     | <b>925</b>  | DILERZY ASSISTANCE        | Open Mężczyzn | 851  | 11:15 | 00:00:07    | 00:29:59        |                 | -00:09:00        | <b>01:17:53.60</b> | <b>01:18:01.30</b> | +00:47:50 (61.4%) | 8:41         | 6.9 (50.7%) |
| 1198 | <b>GRONOWSKA Aleksandra</b>   | <b>1554</b> |                           | Open Kobiet   | 345  | 12:30 | 00:00:05    | 00:24:53        | 00:58:06        | -00:11:00        | <b>01:17:53.80</b> | <b>01:17:58.85</b> | +00:47:50 (61.4%) | 8:53         | 6.8 (50.0%) |
| 1199 | <b>PIECHOCKA Monika</b>       | <b>1056</b> |                           | Open Kobiet   | 346  | 11:45 | 00:00:00    |                 | 00:53:43        | -00:06:00        | <b>01:17:53.85</b> | <b>01:17:53.85</b> | +00:47:50 (61.4%) | 8:23         | 7.2 (52.9%) |
| 1200 | <b>MARKOWSKA Katarzyna</b>    | <b>1350</b> | ERROR404 - TEAM NOT FOUND | Open Kobiet   | 347  | 11:30 | 00:00:05    | 00:27:54        | 00:56:52        | -00:10:00        | <b>01:17:54.05</b> | <b>01:17:59.60</b> | +00:47:50 (61.4%) | 8:47         | 6.8 (50.0%) |
| 1201 | <b>OLEJNIK Dawid</b>          | <b>1069</b> | CROSSFIT POŁUDNIE         | Open Mężczyzn | 852  | 12:00 | 00:00:06    | 00:26:55        | 00:55:20        | -00:11:00        | <b>01:17:56.35</b> | <b>01:18:03.10</b> | +00:47:52 (61.4%) | 8:53         | 6.7 (49.3%) |
| 1202 | <b>HORBACZEWSKA Magdalena</b> | <b>220</b>  | POGROMCY IKSÓW            | Open Kobiet   | 348  | 09:30 | 00:00:11    | 00:27:50        | 00:56:33        | -00:11:00        | <b>01:17:57.00</b> | <b>01:18:08.05</b> | +00:47:53 (61.4%) | 8:53         | 6.7 (49.3%) |
| 1203 | <b>GÓRECKA Ewa</b>            | <b>664</b>  |                           | Open Kobiet   | 349  | 10:30 | 00:00:11    | 00:26:50        | 00:55:12        | -00:08:00        | <b>01:17:57.10</b> | <b>01:18:08.75</b> | +00:47:53 (61.4%) | 8:35         | 7 (51.5%)   |
| 1204 | <b>MAJCHER Cyprian</b>        | <b>1165</b> | CROSSFIT URSYNÓW          | Open Mężczyzn | 853  | 12:00 | 00:00:05    | 00:26:56        | 00:55:20        | -00:11:00        | <b>01:17:57.65</b> | <b>01:18:03.40</b> | +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 | <b>MARKIEWICZ Rafał</b>          | <b>1368</b> |                       | Open Mężczyzn | 854  | 11:30 | 00:00:07    | 00:27:28        | 00:56:38        | -00:11:00        | <b>01:18:07.50</b> | <b>01:18:14.75</b> | +00:48:03 (61.5%) | 8:54         | 6.7 (49.3%) |
| 1206 | <b>KASPRZAK Jarosław</b>         | <b>673</b>  | CROSSBOXFIT KĘTRZYN   | Open Mężczyzn | 855  | 10:30 | 00:00:08    | 00:30:47        | 01:00:56        | -00:13:00        | <b>01:18:13.85</b> | <b>01:18:22.40</b> | +00:48:10 (61.6%) | 9:07         | 6.6 (48.5%) |
| 1207 | <b>TURKIEWICZ-RUCIŃSKA Edyta</b> | <b>397</b>  |                       | Open Kobiet   | 350  | 09:45 | 00:00:09    | 00:27:32        | 00:57:55        | -00:11:00        | <b>01:18:22.30</b> | <b>01:18:31.50</b> | +00:48:18 (61.6%) | 8:56         | 6.7 (49.3%) |
| 1208 | <b>PRUSZKOWSKI Mateusz</b>       | <b>1462</b> |                       | Open Mężczyzn | 856  | 11:45 | 00:00:04    | 00:25:11        | 00:56:05        | -00:09:00        | <b>01:18:25.75</b> | <b>01:18:30.05</b> | +00:48:22 (61.7%) | 8:44         | 6.9 (50.7%) |
| 1209 | <b>LACHTARA Marta</b>            | <b>949</b>  | ROSSMANN              | Open Kobiet   | 351  | 11:15 | 00:00:06    | 00:29:03        |                 | -00:11:00        | <b>01:18:27.40</b> | <b>01:18:33.60</b> | +00:48:23 (61.7%) | 8:56         | 6.7 (49.3%) |
| 1210 | <b>TRZASKA Malgorzata</b>        | <b>136</b>  | TI AUTOMOTIVE         | Open Kobiet   | 352  | 09:15 | 00:00:05    | 00:27:03        | 00:57:50        | -00:10:00        | <b>01:18:27.70</b> | <b>01:18:33.00</b> | +00:48:24 (61.7%) | 8:50         | 6.8 (50.0%) |
| 1211 | <b>TYLISZCZAK Bożena</b>         | <b>606</b>  |                       | Open Kobiet   | 353  | 10:15 | 00:00:11    | 00:23:39        | 00:52:32        | -00:04:00        | <b>01:18:27.85</b> | <b>01:18:39.10</b> | +00:48:24 (61.7%) | 8:14         | 7.3 (53.7%) |
| 1212 | <b>SZYMANIAK Magdalena</b>       | <b>756</b>  | ŁOMIANKI HUSARIA TEAM | Open Kobiet   | 354  | 10:45 | 00:00:04    | 00:27:30        | 00:58:25        | -00:11:00        | <b>01:18:35.80</b> | <b>01:18:40.25</b> | +00:48:32 (61.8%) | 8:57         | 6.7 (49.3%) |
| 1213 | <b>SKROBOWSKA Aleksandra</b>     | <b>287</b>  |                       | Open Kobiet   | 355  | 09:30 | 00:00:09    | 00:26:20        | 00:57:05        | -00:09:00        | <b>01:18:39.80</b> | <b>01:18:49.75</b> | +00:48:36 (61.8%) | 8:46         | 6.8 (50.0%) |
| 1214 | <b>PRZEPIÓRA Alicja</b>          | <b>526</b>  | DZIKIE DZIKI MIGU     | Open Kobiet   | 356  | 10:15 | 00:00:09    | 00:29:35        | 01:00:19        | -00:10:00        | <b>01:18:45.65</b> | <b>01:18:55.00</b> | +00:48:42 (61.8%) | 8:52         | 6.8 (50.0%) |
| 1215 | <b>MOTYKA Monika</b>             | <b>522</b>  | DZIKIE DZIKI MIGU     | Open Kobiet   | 357  | 10:15 | 00:00:09    | 00:29:36        | 01:00:40        | -00:10:00        | <b>01:18:46.05</b> | <b>01:18:55.10</b> | +00:48:42 (61.8%) | 8:52         | 6.8 (50.0%) |
| 1216 | <b>LITWINOWICZ Magdalena</b>     | <b>683</b>  |                       | Open Kobiet   | 358  | 10:30 | 00:00:07    | 00:27:59        | 00:57:05        | -00:11:00        | <b>01:18:54.60</b> | <b>01:19:02.45</b> | +00:48:51 (61.9%) | 8:59         | 6.7 (49.3%) |
| 1217 | <b>BUTA Bartosz</b>              | <b>617</b>  | BŁYSKAWICZNE RĘCE     | Open Mężczyzn | 857  | 10:30 | 00:00:04    | 00:26:18        | 00:56:21        | -00:08:00        | <b>01:18:55.55</b> | <b>01:18:59.85</b> | +00:48:51 (61.9%) | 8:41         | 6.9 (50.7%) |
| 1218 | <b>MURAS Daniel</b>              | <b>1385</b> |                       | Open Mężczyzn | 858  | 12:15 | 00:00:04    | 00:30:04        | 01:00:12        | -00:11:00        | <b>01:18:58.15</b> | <b>01:19:03.05</b> | +00:48:54 (61.9%) | 8:59         | 6.7 (49.3%) |
| 1219 | <b>SARNA Urszula</b>             | <b>901</b>  |                       | Open Kobiet   | 359  | 11:00 | 00:00:05    | 00:27:41        | 00:57:38        | -00:08:00        | <b>01:19:01.80</b> | <b>01:19:06.85</b> | +00:48:58 (62.0%) | 8:42         | 6.9 (50.7%) |
| 1220 | <b>MANTORSKI Michał</b>          | <b>686</b>  |                       | Open Mężczyzn | 859  | 10:45 | 00:00:09    | 00:23:56        | 00:53:57        | -00:11:00        | <b>01:19:07.85</b> | <b>01:19:16.85</b> | +00:49:04 (62.0%) | 9:00         | 6.7 (49.3%) |
| 1221 | <b>SERWIN Andrzej</b>            | <b>709</b>  | CROSSBOXFIT KĘTRZYN   | Open Mężczyzn | 860  | 10:30 | 00:00:09    | 00:30:44        | 01:00:50        | -00:12:00        | <b>01:19:12.70</b> | <b>01:19:22.55</b> | +00:49:09 (62.1%) | 9:07         | 6.6 (48.5%) |
| 1222 | <b>AKSAMITOWSKA Irena</b>        | <b>1357</b> |                       | Open Kobiet   | 360  | 11:30 | 00:00:06    | 00:27:28        | 00:58:27        | -00:03:00        | <b>01:19:19.95</b> | <b>01:19:26.10</b> | +00:49:16 (62.1%) | 8:14         | 7.3 (53.7%) |
| 1223 | <b>REJDYCH Daria</b>             | <b>630</b>  | LAZY BONES            | Open Kobiet   | 361  | 10:30 | 00:00:09    | 00:26:36        | 00:56:21        | -00:10:00        | <b>01:19:20.60</b> | <b>01:19:30.10</b> | +00:49:17 (62.1%) | 8:56         | 6.7 (49.3%) |
| 1224 | <b>KOBYLIŃSKI Paweł</b>          | <b>619</b>  | BŁYSKAWICZNE RĘCE     | Open Mężczyzn | 861  | 10:30 | 00:00:04    | 00:29:58        | 01:01:12        | -00:13:00        | <b>01:19:20.95</b> | <b>01:19:25.40</b> | +00:49:17 (62.1%) | 9:14         | 6.5 (47.8%) |
| 1225 | <b>KAMINSKA Agnieszka</b>        | <b>672</b>  |                       | Open Kobiet   | 362  | 10:30 | 00:00:08    | 00:28:13        | 00:57:29        | -00:11:00        | <b>01:19:25.45</b> | <b>01:19:33.85</b> | +00:49:21 (62.2%) | 9:02         | 6.6 (48.5%) |
| 1226 | <b>DRABIK Daniel</b>             | <b>958</b>  | RUNAMS                | Open Mężczyzn | 862  | 11:15 | 00:00:03    | 00:27:36        |                 | -00:12:00        | <b>01:19:29.90</b> | <b>01:19:33.15</b> | +00:49:26 (62.2%) | 9:09         | 6.6 (48.5%) |
| 1227 | <b>BYTNIIEWSKA Justyna</b>       | <b>1075</b> | HUSARIA RACE TEAM     | Open Kobiet   | 363  | 12:00 | 00:00:04    | 00:28:11        | 00:58:55        | -00:09:00        | <b>01:19:38.85</b> | <b>01:19:43.70</b> | +00:49:35 (62.3%) | 8:51         | 6.8 (50.0%) |
| 1228 | <b>MALKOWSKA Ewelina</b>         | <b>270</b>  |                       | Open Kobiet   | 364  | 09:30 | 00:00:06    | 00:27:49        | 00:59:03        | -00:10:00        | <b>01:19:39.70</b> | <b>01:19:46.15</b> | +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               |                    | Różn              | Tempo min/km | Tempo km/h  |
|------|---------------------------------|-------------|----------------------|---------------|------|-------|-------------|-----------------|-----------------|------------------|--------------------|--------------------|-------------------|--------------|-------------|
|      |                                 |             |                      |               |      |       |             |                 |                 |                  | netto 10km         | brutto 10km        |                   |              |             |
| 1229 | <b>KAŁOWSKA Agnieszka</b>       | <b>671</b>  |                      | Open Kobiet   | 365  | 10:30 | 00:00:08    | 00:26:38        | 00:57:29        | -00:07:00        | <b>01:19:44.65</b> | <b>01:19:52.70</b> | +00:49:41 (62.3%) | 8:40         | 6.9 (50.7%) |
| 1230 | <b>OCHWAT Martyna</b>           | <b>525</b>  | DZIKIE DZIKI MIGU    | Open Kobiet   | 366  | 10:15 | 00:00:09    | 00:29:34        | 01:00:19        | -00:09:00        | <b>01:19:45.75</b> | <b>01:19:55.10</b> | +00:49:42 (62.3%) | 8:52         | 6.8 (50.0%) |
| 1231 | <b>SŁONIEWSKI Hubert</b>        | <b>1311</b> | OSTATNI ZWIERZYNIEC  | Open Mężczyzn | 863  | 12:00 | 00:00:08    | 00:25:25        | 00:57:07        | -00:08:00        | <b>01:19:45.80</b> | <b>01:19:54.45</b> | +00:49:42 (62.3%) | 8:46         | 6.8 (50.0%) |
| 1232 | <b>HELIA Switłana</b>           | <b>464</b>  |                      | Open Kobiet   | 367  | 12:45 | 00:00:05    | 00:25:44        | 00:57:22        | -00:09:00        | <b>01:19:47.20</b> | <b>01:19:52.55</b> | +00:49:43 (62.3%) | 8:52         | 6.8 (50.0%) |
| 1233 | <b>MUCHA Robert</b>             | <b>913</b>  | BESTIE OCR LEGIONOWO | Open Mężczyzn | 864  | 11:15 | 00:00:03    | 00:27:24        |                 | -00:09:00        | <b>01:19:48.65</b> | <b>01:19:51.90</b> | +00:49:45 (62.3%) | 8:52         | 6.8 (50.0%) |
| 1234 | <b>GAWRYSZEWSKA Agnieszka</b>   | <b>780</b>  |                      | Open Kobiet   | 368  | 10:45 | 00:00:08    |                 | 00:57:52        | -00:02:00        | <b>01:19:50.45</b> | <b>01:19:59.00</b> | +00:49:46 (62.4%) | 8:11         | 7.3 (53.7%) |
| 1235 | <b>OLSZEWSKA Natalia</b>        | <b>999</b>  | BOZONY HIGGSA        | Open Kobiet   | 369  | 09:15 | 00:00:05    | 00:26:29        | 00:58:49        | -00:09:00        | <b>01:19:52.80</b> | <b>01:19:57.80</b> | +00:49:49 (62.4%) | 8:53         | 6.8 (50.0%) |
| 1236 | <b>ROKICKI Damian</b>           | <b>1257</b> | BOZONY HIGGSA        | Open Mężczyzn | 865  | 09:15 | 00:00:05    | 00:26:30        | 00:58:49        | -00:09:00        | <b>01:19:52.85</b> | <b>01:19:58.25</b> | +00:49:49 (62.4%) | 8:53         | 6.8 (50.0%) |
| 1237 | <b>KOSIERADZKI Michał</b>       | <b>679</b>  |                      | Open Mężczyzn | 866  | 10:30 | 00:00:07    | 00:28:00        | 00:57:21        | -00:10:00        | <b>01:19:55.05</b> | <b>01:20:02.50</b> | +00:49:51 (62.4%) | 8:59         | 6.7 (49.3%) |
| 1238 | <b>NOWAKOWSKA Małgorzata</b>    | <b>175</b>  |                      | Open Kobiet   | 370  | 09:30 | 00:00:11    | 00:27:50        | 00:56:33        | -00:09:00        | <b>01:19:57.75</b> | <b>01:20:08.90</b> | +00:49:54 (62.4%) | 8:53         | 6.7 (49.3%) |
| 1239 | <b>KOSIERADZKA Aleksandra</b>   | <b>1466</b> |                      | Open Kobiet   | 371  | 10:30 | 00:00:00    | 00:28:06        | 00:57:12        | -00:10:00        | <b>01:20:02.45</b> | <b>01:20:02.45</b> | +00:49:58 (62.4%) | 9:00         | 6.7 (49.3%) |
| 1240 | <b>KABAS-KOMORNICZAK Renata</b> | <b>819</b>  | FRAUEN POWER!        | Open Kobiet   | 372  | 11:00 | 00:00:08    | 00:26:35        | 00:56:51        | -00:08:00        | <b>01:20:02.75</b> | <b>01:20:11.65</b> | +00:49:59 (62.4%) | 8:48         | 6.8 (50.0%) |
| 1241 | <b>MIGAS Monika</b>             | <b>1029</b> |                      | Open Kobiet   | 373  | 11:30 | 00:00:10    | 00:26:04        | 00:56:54        | -00:10:00        | <b>01:20:09.45</b> | <b>01:20:19.85</b> | +00:50:05 (62.5%) | 9:00         | 6.7 (49.3%) |
| 1242 | <b>SZOPA Marcin</b>             | <b>1441</b> | WARSAW CREW          | Open Mężczyzn | 867  | 11:30 | 00:00:09    | 00:26:13        | 00:55:18        | -00:07:00        | <b>01:20:09.50</b> | <b>01:20:18.65</b> | +00:50:05 (62.5%) | 8:42         | 6.9 (50.7%) |
| 1243 | <b>ZIÓLKOWSKI Adam</b>          | <b>633</b>  | NIE MA LIPY!         | Open Mężczyzn | 868  | 10:30 | 00:00:11    | 00:30:39        | 01:01:17        | -00:13:00        | <b>01:20:22.90</b> | <b>01:20:34.10</b> | +00:50:19 (62.6%) | 9:20         | 6.4 (47.1%) |
| 1244 | <b>ŻUKOWSKA Ewa</b>             | <b>826</b>  | FRAUEN POWER!        | Open Kobiet   | 374  | 11:00 | 00:00:08    | 00:27:54        | 00:58:13        | -00:10:00        | <b>01:20:24.10</b> | <b>01:20:33.05</b> | +00:50:20 (62.6%) | 9:02         | 6.6 (48.5%) |
| 1245 | <b>NOWAK Weronika</b>           | <b>1136</b> |                      | Open Kobiet   | 375  | 12:00 | 00:00:06    | 00:28:41        | 00:59:13        | -00:03:00        | <b>01:20:24.80</b> | <b>01:20:31.40</b> | +00:50:21 (62.6%) | 8:20         | 7.2 (52.9%) |
| 1246 | <b>BILSKA Agata</b>             | <b>1534</b> |                      | Open Kobiet   | 376  | 09:00 | 00:00:09    | 00:24:02        | 00:54:52        | -00:05:00        | <b>01:20:25.80</b> | <b>01:20:35.75</b> | +00:50:22 (62.6%) | 8:32         | 7 (51.5%)   |
| 1247 | <b>KACA Grzegorz</b>            | <b>632</b>  | NIE MA LIPY!         | Open Mężczyzn | 869  | 10:30 | 00:00:11    | 00:30:38        | 01:01:16        | -00:12:00        | <b>01:20:41.40</b> | <b>01:20:52.55</b> | +00:50:37 (62.7%) | 9:16         | 6.5 (47.8%) |
| 1248 | <b>MICHALEK Mateusz</b>         | <b>1494</b> |                      | Open Mężczyzn | 870  | 12:15 | 00:00:06    | 00:28:54        | 01:00:23        | -00:11:00        | <b>01:20:41.60</b> | <b>01:20:48.05</b> | +00:50:38 (62.7%) | 9:10         | 6.5 (47.8%) |
| 1249 | <b>PODLASKA Maria</b>           | <b>279</b>  |                      | Open Kobiet   | 377  | 09:30 | 00:00:08    | 00:27:30        | 00:56:14        | -00:11:00        | <b>01:20:43.65</b> | <b>01:20:52.25</b> | +00:50:40 (62.8%) | 9:10         | 6.5 (47.8%) |
| 1250 | <b>MROCZKO Urszula</b>          | <b>523</b>  | DZIKIE DZIKI MIGU    | Open Kobiet   | 378  | 10:15 | 00:00:09    | 00:29:35        | 01:00:40        | -00:08:00        | <b>01:20:45.45</b> | <b>01:20:54.85</b> | +00:50:41 (62.8%) | 8:52         | 6.8 (50.0%) |
| 1251 | <b>LIWIŃSKA Paulina</b>         | <b>684</b>  |                      | Open Kobiet   | 379  | 10:30 | 00:00:08    | 00:29:29        | 00:59:29        | -00:11:00        | <b>01:20:47.35</b> | <b>01:20:56.20</b> | +00:50:43 (62.8%) | 9:10         | 6.5 (47.8%) |

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

| 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               |                   |              |             |
| 1276 | <b>STRYŻKO Mariusz</b>     | <b>451</b>  | WARSAW CREW           | Open Mężczyzn | 878  | 11:15 | 00:00:08    | 00:30:41        | 01:03:36        | -00:14:00        | <b>01:23:14.60</b> | <b>01:23:23.25</b> | +00:53:11 (63.9%) | 9:43         | 6.2 (45.6%) |
| 1277 | <b>PIETROSZEK Jacek</b>    | <b>6</b>    | AGATA PIETROSZEK TEAM | Open Mężczyzn | 879  | 09:00 | 00:00:08    | 00:27:29        | 00:58:30        | -00:09:00        | <b>01:23:39.90</b> | <b>01:23:48.60</b> | +00:53:36 (64.1%) | 9:16         | 6.5 (47.8%) |
| 1278 | <b>SAPIECHA Anna</b>       | <b>79</b>   |                       | Open Kobiet   | 397  | 09:00 | 00:00:09    | 00:27:01        | 00:58:03        | -00:05:00        | <b>01:23:42.95</b> | <b>01:23:52.15</b> | +00:53:39 (64.1%) | 8:52         | 6.8 (50.0%) |
| 1279 | <b>PIECHOTA Arkadiusz</b>  | <b>1057</b> |                       | Open Mężczyzn | 880  | 11:45 | 00:00:06    | 00:29:24        | 01:02:46        | -00:13:00        | <b>01:23:45.35</b> | <b>01:23:51.85</b> | +00:53:41 (64.1%) | 9:40         | 6.2 (45.6%) |
| 1280 | <b>BIŃKOWSKI Maciej</b>    | <b>1380</b> | SPARTAN SGX WARSAW    | Open Mężczyzn | 881  | 12:45 | 00:00:08    | 00:28:35        | 01:02:41        | -00:06:00        | <b>01:23:50.00</b> | <b>01:23:58.70</b> | +00:53:46 (64.1%) | 8:59         | 6.7 (49.3%) |
| 1281 | <b>PIĘNKOS Tomasz</b>      | <b>590</b>  |                       | Open Mężczyzn | 882  | 10:15 | 00:00:07    | 00:29:23        | 01:03:00        | -00:11:00        | <b>01:23:52.80</b> | <b>01:24:00.05</b> | +00:53:49 (64.2%) | 9:29         | 6.3 (46.3%) |
| 1282 | <b>BACHORA Bartosz</b>     | <b>1549</b> |                       | Open Mężczyzn | 883  | 11:30 | 00:02:18    | 00:27:25        | 01:02:03        | -00:13:00        | <b>01:24:01.00</b> | <b>01:26:19.25</b> | +00:53:57 (64.2%) | 9:42         | 6.2 (45.6%) |
| 1283 | <b>WOŹNIAK Sandra</b>      | <b>1489</b> |                       | Open Kobiet   | 398  | 12:00 | 00:00:06    | 00:28:49        | 00:59:35        | -00:10:00        | <b>01:24:09.15</b> | <b>01:24:15.20</b> | +00:54:05 (64.3%) | 9:24         | 6.4 (47.1%) |
| 1284 | <b>LASKUS Weronika</b>     | <b>1028</b> |                       | Open Kobiet   | 399  | 11:30 | 00:00:09    | 00:29:17        | 01:00:22        | -00:11:00        | <b>01:24:11.10</b> | <b>01:24:21.00</b> | +00:54:07 (64.3%) | 9:31         | 6.3 (46.3%) |
| 1285 | <b>MIKUSEK Michał</b>      | <b>751</b>  | JĘDRYCHY              | Open Mężczyzn | 884  | 10:45 | 00:02:03    | 00:28:23        | 00:59:32        | -00:13:00        | <b>01:24:22.40</b> | <b>01:26:25.55</b> | +00:54:18 (64.4%) | 9:44         | 6.2 (45.6%) |
| 1286 | <b>GOLON Kamila</b>        | <b>662</b>  | ŁOMIANKI HUSARIA TEAM | Open Kobiet   | 400  | 10:45 | 00:00:07    | 00:27:28        | 00:58:25        | -00:05:00        | <b>01:24:33.55</b> | <b>01:24:40.65</b> | +00:54:29 (64.5%) | 8:57         | 6.7 (49.3%) |
| 1287 | <b>KOMOROWSKA Sylwia</b>   | <b>677</b>  |                       | Open Kobiet   | 401  | 10:30 | 00:00:09    | 00:30:44        | 01:00:54        | -00:06:00        | <b>01:24:46.95</b> | <b>01:24:56.45</b> | +00:54:43 (64.5%) | 9:04         | 6.6 (48.5%) |
| 1288 | <b>SKRĘTA Kasia</b>        | <b>1146</b> |                       | Open Kobiet   | 402  | 12:00 | 00:00:07    | 00:30:34        | 01:01:21        | -00:07:00        | <b>01:24:47.60</b> | <b>01:24:55.25</b> | +00:54:44 (64.5%) | 9:10         | 6.5 (47.8%) |
| 1289 | <b>DELGERTSOGT Hongor</b>  | <b>346</b>  |                       | Open Mężczyzn | 885  | 09:45 | 00:00:08    | 00:32:18        | 01:03:35        | -00:12:00        | <b>01:24:50.30</b> | <b>01:24:58.80</b> | +00:54:46 (64.6%) | 9:41         | 6.2 (45.6%) |
| 1290 | <b>MATWIEJCZYK Justyna</b> | <b>581</b>  |                       | Open Kobiet   | 403  | 10:15 | 00:00:07    | 00:29:24        | 01:03:01        | -00:10:00        | <b>01:24:52.55</b> | <b>01:25:00.20</b> | +00:54:48 (64.6%) | 9:29         | 6.3 (46.3%) |
| 1291 | <b>MIERZEJEWSKA Anna</b>   | <b>583</b>  |                       | Open Kobiet   | 404  | 10:15 | 00:00:06    | 00:29:24        | 01:03:02        | -00:10:00        | <b>01:24:52.75</b> | <b>01:24:59.40</b> | +00:54:49 (64.6%) | 9:29         | 6.3 (46.3%) |
| 1292 | <b>SYRYCZYK Tomasz</b>     | <b>389</b>  |                       | Open Mężczyzn | 886  | 12:30 | 00:00:08    | 00:27:47        | 01:01:07        | -00:10:00        | <b>01:24:55.75</b> | <b>01:25:03.85</b> | +00:54:52 (64.6%) | 9:29         | 6.3 (46.3%) |
| 1293 | <b>KORZEŃ Dariusz</b>      | <b>1010</b> | RENAULT TEAM          | Open Mężczyzn | 887  | 11:30 | 00:02:18    | 00:27:25        | 01:02:04        | -00:12:00        | <b>01:25:00.95</b> | <b>01:27:19.25</b> | +00:54:57 (64.6%) | 9:42         | 6.2 (45.6%) |
| 1294 | <b>FURMANIUK Ewa</b>       | <b>1323</b> | TEAM DORIS KRAKÓW     | Open Kobiet   | 405  | 09:45 | 00:00:06    | 00:31:35        | 01:04:47        | -00:13:00        | <b>01:25:09.45</b> | <b>01:25:16.05</b> | +00:55:05 (64.7%) | 9:49         | 6.1 (44.9%) |
| 1295 | <b>OLKUSKA Anna</b>        | <b>337</b>  | TEAM DORIS KRAKÓW     | Open Kobiet   | 406  | 09:45 | 00:00:06    | 00:31:33        | 01:04:46        | -00:13:00        | <b>01:25:10.00</b> | <b>01:25:16.05</b> | +00:55:06 (64.7%) | 9:49         | 6.1 (44.9%) |
| 1296 | <b>SZCZEPANIK Dorota</b>   | <b>339</b>  | TEAM DORIS KRAKÓW     | Open Kobiet   | 407  | 09:45 | 00:00:06    | 00:31:32        | 01:04:45        | -00:13:00        | <b>01:25:10.15</b> | <b>01:25:16.35</b> | +00:55:06 (64.7%) | 9:49         | 6.1 (44.9%) |
| 1297 | <b>SZUBA Sonia</b>         | <b>973</b>  | WARSAW CREW           | Open Kobiet   | 408  | 11:15 | 00:00:08    | 00:30:42        | 01:03:36        | -00:12:00        | <b>01:25:14.90</b> | <b>01:25:23.10</b> | +00:55:11 (64.7%) | 9:43         | 6.2 (45.6%) |
| 1298 | <b>FIDOS Anna</b>          | <b>920</b>  | DILERZY ASSISTANCE    | Open Kobiet   | 409  | 11:15 | 00:00:06    | 00:30:02        | 01:02:57        | -00:11:00        | <b>01:25:20.70</b> | <b>01:25:27.05</b> | +00:55:17 (64.8%) | 9:38         | 6.2 (45.6%) |
| 1299 | <b>PELC Aleksandra</b>     | <b>754</b>  | ŁOMIANKI HUSARIA TEAM | Open Kobiet   | 410  | 10:45 | 00:00:07    | 00:27:28        | 00:58:22        | -00:04:00        | <b>01:25:42.35</b> | <b>01:25:50.30</b> | +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 | <b>BRACH Michał</b>         | <b>1359</b> |                                | Open Mężczyzn | 888  | 11:30 | 00:00:08    | 00:25:46        | 00:58:09        | -00:04:00        | <b>01:25:53.50</b> | <b>01:26:01.55</b> | +00:55:49 (65.0%) | 8:59         | 6.7 (49.3%) |
| 1301 | <b>DĄBROWSKI Daniel</b>     | <b>1021</b> |                                | Open Mężczyzn | 889  | 11:00 | 00:00:06    | 00:28:50        | 01:02:18        | -00:10:00        | <b>01:25:55.75</b> | <b>01:26:01.95</b> | +00:55:52 (65.0%) | 9:35         | 6.3 (46.3%) |
| 1302 | <b>ZALEWSKA Adrianna</b>    | <b>1197</b> |                                | Open Kobiet   | 411  | 12:15 | 00:00:04    | 00:30:10        | 01:02:08        | -00:09:00        | <b>01:26:05.50</b> | <b>01:26:09.75</b> | +00:56:01 (65.1%) | 9:30         | 6.3 (46.3%) |
| 1303 | <b>TADRAŁA Tomasz</b>       | <b>1209</b> | TOO FAST TOO FURIOUS           | Open Mężczyzn | 890  | 12:30 | 00:00:07    | 00:26:12        | 00:59:32        | -00:07:00        | <b>01:26:09.75</b> | <b>01:26:17.40</b> | +00:56:06 (65.1%) | 9:19         | 6.4 (47.1%) |
| 1304 | <b>KĄKOL Alicja</b>         | <b>921</b>  | DILERZY ASSISTANCE             | Open Kobiet   | 412  | 11:15 | 00:00:06    | 00:30:02        | 01:02:57        | -00:10:00        | <b>01:26:20.90</b> | <b>01:26:27.45</b> | +00:56:17 (65.2%) | 9:38         | 6.2 (45.6%) |
| 1305 | <b>JĘDRYCH Dominika</b>     | <b>750</b>  | JĘDRYCHY                       | Open Kobiet   | 413  | 10:45 | 00:02:03    | 00:28:23        | 00:59:33        | -00:11:00        | <b>01:26:22.50</b> | <b>01:28:25.55</b> | +00:56:18 (65.2%) | 9:44         | 6.2 (45.6%) |
| 1306 | <b>KOSIM Mariola</b>        | <b>787</b>  |                                | Open Kobiet   | 414  | 10:45 | 00:00:08    | 00:32:43        | 01:05:41        | -00:06:00        | <b>01:26:28.40</b> | <b>01:26:37.10</b> | +00:56:24 (65.2%) | 9:14         | 6.5 (47.8%) |
| 1307 | <b>FEDEROWICZ Beata</b>     | <b>351</b>  |                                | Open Kobiet   | 415  | 09:45 | 00:00:08    | 00:28:42        | 01:02:22        | -00:09:00        | <b>01:26:30.95</b> | <b>01:26:39.75</b> | +00:56:27 (65.3%) | 9:33         | 6.3 (46.3%) |
| 1308 | <b>PAWŁOWSKA Agnieszka</b>  | <b>1370</b> |                                | Open Kobiet   | 416  | 12:15 | 00:00:05    | 00:33:20        | 01:03:17        | -00:09:00        | <b>01:26:36.05</b> | <b>01:26:41.05</b> | +00:56:32 (65.3%) | 9:33         | 6.3 (46.3%) |
| 1309 | <b>RŻYCKA Hanna</b>         | <b>179</b>  |                                | Open Kobiet   | 417  | 09:15 | 00:00:04    | 00:28:55        | 01:02:06        | -00:09:00        | <b>01:26:52.15</b> | <b>01:26:56.65</b> | +00:56:48 (65.4%) | 9:35         | 6.3 (46.3%) |
| 1310 | <b>SZAFRAŃSKA Magdalena</b> | <b>1324</b> | TEAM DORIS KRAKÓW              | Open Kobiet   | 418  | 09:45 | 00:00:06    | 00:31:36        | 01:04:46        | -00:11:00        | <b>01:27:09.65</b> | <b>01:27:16.20</b> | +00:57:06 (65.5%) | 9:49         | 6.1 (44.9%) |
| 1311 | <b>PRUCIA Katarzyna</b>     | <b>338</b>  | TEAM DORIS KRAKÓW              | Open Kobiet   | 419  | 09:45 | 00:00:06    | 00:31:37        | 01:04:47        | -00:11:00        | <b>01:27:09.85</b> | <b>01:27:16.20</b> | +00:57:06 (65.5%) | 9:49         | 6.1 (44.9%) |
| 1312 | <b>JANUSZ Marlena</b>       | <b>335</b>  | TEAM DORIS KRAKÓW              | Open Kobiet   | 420  | 09:45 | 00:00:05    | 00:31:34        | 01:04:47        | -00:11:00        | <b>01:27:10.90</b> | <b>01:27:16.00</b> | +00:57:07 (65.5%) | 9:49         | 6.1 (44.9%) |
| 1313 | <b>SZYMCZAK Maciej</b>      | <b>702</b>  |                                | Open Mężczyzn | 891  | 10:45 | 00:00:04    | 00:30:14        | 01:04:56        | -00:13:00        | <b>01:27:25.15</b> | <b>01:27:29.75</b> | +00:57:21 (65.6%) | 10:02        | 6 (44.1%)   |
| 1314 | <b>PIETROSZEK Honorata</b>  | <b>5</b>    | AGATA PIETROSZEK TEAM          | Open Kobiet   | 421  | 09:00 | 00:00:08    | 00:27:29        | 00:58:31        | -00:05:00        | <b>01:27:39.65</b> | <b>01:27:48.15</b> | +00:57:36 (65.7%) | 9:16         | 6.5 (47.8%) |
| 1315 | <b>SIERPIEŃ Paulina</b>     | <b>400</b>  |                                | Open Kobiet   | 422  | 09:45 | 00:00:08    | 00:28:43        | 01:02:22        | -00:07:00        | <b>01:28:31.00</b> | <b>01:28:39.80</b> | +00:58:27 (66.0%) | 9:33         | 6.3 (46.3%) |
| 1316 | <b>NIEWIŃSKA Martyna</b>    | <b>1428</b> |                                | Open Kobiet   | 423  | 12:15 | 00:00:06    | 00:33:20        | 01:03:23        | -00:07:00        | <b>01:28:40.25</b> | <b>01:28:46.70</b> | +00:58:36 (66.1%) | 9:34         | 6.3 (46.3%) |
| 1317 | <b>WOS Anna</b>             | <b>296</b>  |                                | Open Kobiet   | 424  | 09:30 | 00:00:10    | 00:27:39        | 01:01:05        | -00:09:00        | <b>01:28:56.30</b> | <b>01:29:06.95</b> | +00:58:52 (66.2%) | 9:47         | 6.1 (44.9%) |
| 1318 | <b>KACPRZAK Monika</b>      | <b>535</b>  | MOCNIAMATORZY                  | Open Kobiet   | 425  | 10:15 | 00:00:06    | 00:27:04        | 01:05:54        | -00:08:00        | <b>01:29:08.10</b> | <b>01:29:14.85</b> | +00:59:04 (66.3%) | 9:42         | 6.2 (45.6%) |
| 1319 | <b>ŚCIBOR Albert</b>        | <b>110</b>  | MOCNIAMATORZY                  | Open Mężczyzn | 892  | 10:15 | 00:00:06    | 00:27:06        | 01:05:55        | -00:08:00        | <b>01:29:08.15</b> | <b>01:29:15.00</b> | +00:59:04 (66.3%) | 9:42         | 6.2 (45.6%) |
| 1320 | <b>GIERS Wojciech</b>       | <b>752</b>  | ŁOMIANKI HUSARIA TEAM          | Open Mężczyzn | 893  | 10:45 | 00:00:07    | 00:30:11        | 01:04:53        | -00:11:00        | <b>01:29:11.40</b> | <b>01:29:19.35</b> | +00:59:07 (66.3%) | 10:01        | 6 (44.1%)   |
| 1321 | <b>WIĄCEK Izabela</b>       | <b>609</b>  |                                | Open Kobiet   | 426  | 10:15 | 00:00:10    | 00:28:59        | 01:05:20        | -00:07:00        | <b>01:29:32.85</b> | <b>01:29:43.35</b> | +00:59:29 (66.4%) | 9:39         | 6.2 (45.6%) |
| 1322 | <b>GROTOWSKI Tomasz</b>     | <b>810</b>  | CROSSFIT TORUŃ/REEBOK RUN CREW | Open Mężczyzn | 894  | 11:00 | 00:00:07    | 00:28:45        | 01:03:11        | -00:07:00        | <b>01:29:52.95</b> | <b>01:30:00.35</b> | +00:59:49 (66.6%) | 9:41         | 6.2 (45.6%) |
| 1323 | <b>BORYSIEWICZ Monika</b>   | <b>1020</b> |                                | Open Kobiet   | 427  | 11:00 | 00:00:06    | 00:28:53        | 01:02:18        | -00:06:00        | <b>01:29:57.95</b> | <b>01:30:04.20</b> | +00:59:54 (66.6%) | 9:35         | 6.3 (46.3%) |



| Msc  | Zawodnik                   | Numer       | Klub                   | Kategoria     | Mkat | Seria | Czas     |                    |                    | Kara/<br>bonifikata | Czas               |                    | Różn                 | Tempo<br>min/km | Tempo<br>km/h   |
|------|----------------------------|-------------|------------------------|---------------|------|-------|----------|--------------------|--------------------|---------------------|--------------------|--------------------|----------------------|-----------------|-----------------|
|      |                            |             |                        |               |      |       | startu   | Skrajna_1<br>5.4km | Skrajna_2<br>7.5km |                     | netto<br>10km      | brutto<br>10km     |                      |                 |                 |
| 1324 | <b>KMITA Aleksandra</b>    | <b>881</b>  |                        | Open Kobiet   | 428  | 11:00 | 00:00:05 | 00:28:51           | 01:02:18           | -00:05:00           | <b>01:30:58.10</b> | <b>01:31:03.15</b> | +01:00:54<br>(67.0%) | 9:35            | 6.3<br>(46.3%)  |
| 1325 | <b>SZAROW Paulina</b>      | <b>501</b>  |                        | Open Kobiet   | 429  | 10:00 | 00:00:07 | 00:27:40           | 01:02:00           | -00:02:00           | <b>01:31:03.35</b> | <b>01:31:10.95</b> | +01:00:59<br>(67.0%) | 9:18            | 6.4<br>(47.1%)  |
| 1326 | <b>BARCIŃSKA Magda</b>     | <b>455</b>  |                        | Open Kobiet   | 430  | 10:00 | 00:00:07 | 00:27:41           | 01:02:00           | -00:02:00           | <b>01:31:04.15</b> | <b>01:31:11.35</b> | +01:01:00<br>(67.0%) | 9:18            | 6.4<br>(47.1%)  |
| 1327 | <b>KĘZIK Anna</b>          | <b>311</b>  | FIGLARZE               | Open Kobiet   | 431  | 09:30 | 00:00:10 | 00:27:42           | 01:01:06           | -00:09:00           | <b>01:31:23.50</b> | <b>01:31:34.10</b> | +01:01:19<br>(67.1%) | 10:02           | 6<br>(44.1%)    |
| 1328 | <b>BIELAWSKA Ewa</b>       | <b>245</b>  |                        | Open Kobiet   | 432  | 09:30 | 00:00:10 | 00:27:42           | 01:01:07           | -00:08:00           | <b>01:32:23.40</b> | <b>01:32:33.85</b> | +01:02:19<br>(67.5%) | 10:02           | 6<br>(44.1%)    |
| 1329 | <b>LABA Anna</b>           | <b>789</b>  |                        | Open Kobiet   | 433  | 10:45 | 00:00:09 | 00:32:42           | 01:05:39           |                     | <b>01:32:28.45</b> | <b>01:32:37.50</b> | +01:02:24<br>(67.5%) | 9:14            | 6.5<br>(47.8%)  |
| 1330 | <b>JAKUBCZAK Paulina</b>   | <b>783</b>  |                        | Open Kobiet   | 434  | 10:45 | 00:00:06 | 00:31:33           | 01:05:56           | -00:07:00           | <b>01:32:43.45</b> | <b>01:32:50.30</b> | +01:02:39<br>(67.6%) | 9:58            | 6<br>(44.1%)    |
| 1331 | <b>STRUSKA Oliwia</b>      | <b>755</b>  | ŁOMIANKI HUSARIA TEAM  | Open Kobiet   | 435  | 10:45 | 00:00:07 | 00:30:10           | 01:04:53           | -00:07:00           | <b>01:33:11.75</b> | <b>01:33:19.35</b> | +01:03:08<br>(67.7%) | 10:01           | 6<br>(44.1%)    |
| 1332 | <b>PAWŁOWSKA Maria</b>     | <b>654</b>  | ŻMIJE                  | Open Kobiet   | 436  | 09:30 | 00:00:09 | 00:32:29           | 01:08:16           | -00:12:00           | <b>01:33:35.85</b> | <b>01:33:45.05</b> | +01:03:32<br>(67.9%) | 10:33           | 5.7<br>(41.9%)  |
| 1333 | <b>OPITZ Agnieszka</b>     | <b>653</b>  | ŻMIJE                  | Open Kobiet   | 437  | 09:00 | 00:29:21 | 00:32:29           | 01:08:17           | -00:12:00           | <b>01:33:36.30</b> | <b>02:02:57.50</b> | +01:03:32<br>(67.9%) | 10:33           | 5.7<br>(41.9%)  |
| 1334 | <b>SOKÓŁ Anna</b>          | <b>496</b>  |                        | Open Kobiet   | 438  | 10:00 | 00:00:13 | 00:32:18           | 01:09:30           | -00:10:00           | <b>01:33:36.70</b> | <b>01:33:49.85</b> | +01:03:33<br>(67.9%) | 10:21           | 5.8<br>(42.6%)  |
| 1335 | <b>ŁUKOWSKA Ewa</b>        | <b>63</b>   |                        | Open Kobiet   | 439  | 11:45 | 00:00:08 | 00:33:11           | 01:08:35           | -00:11:00           | <b>01:34:09.55</b> | <b>01:34:17.95</b> | +01:04:05<br>(68.1%) | 10:30           | 5.7<br>(41.9%)  |
| 1336 | <b>SAJNOG Lena</b>         | <b>1144</b> |                        | Open Kobiet   | 440  | 12:00 | 00:00:08 | 00:31:50           | 01:11:20           | -00:08:00           | <b>01:36:27.65</b> | <b>01:36:36.00</b> | +01:06:24<br>(68.8%) | 10:26           | 5.7<br>(41.9%)  |
| 1337 | <b>PAKUŁA Oktawia</b>      | <b>536</b>  | MOCNIAMATORZY          | Open Kobiet   | 441  | 10:15 | 00:00:06 | 00:29:44           | 01:06:42           | -00:09:00           | <b>01:36:41.30</b> | <b>01:36:48.25</b> | +01:06:37<br>(68.9%) | 10:34           | 5.7<br>(41.9%)  |
| 1338 | <b>KORONA-WILK Edyta</b>   | <b>469</b>  |                        | Open Kobiet   | 442  | 10:00 | 00:00:14 | 00:32:18           | 01:09:30           | -00:06:00           | <b>01:37:45.85</b> | <b>01:38:00.00</b> | +01:07:42<br>(69.3%) | 10:22           | 5.8<br>(42.6%)  |
| 1339 | <b>MACHALSKA Iwona</b>     | <b>1525</b> |                        | Open Kobiet   | 443  | 11:45 | 00:00:06 | 00:33:13           | 01:08:38           | -00:05:00           | <b>01:40:11.60</b> | <b>01:40:17.80</b> | +01:10:08<br>(70.0%) | 10:31           | 5.7<br>(41.9%)  |
| 1340 | <b>KOCHANOWSKI Paweł</b>   | <b>1181</b> | MONSTERY               | Open Mężczyzn | 895  | 12:15 | 00:00:08 | 00:33:15           | 01:13:41           | -00:09:00           | <b>01:47:29.75</b> | <b>01:47:37.95</b> | +01:17:26<br>(72.0%) | 11:38           | 5.2<br>(38.2%)  |
| 1341 | <b>NIEŚŁUCHOWSKI Kamil</b> | <b>1416</b> | LEPIEJ PÓŹNO NIŻ WCALE | Open Mężczyzn | 896  | 12:15 | 00:00:05 | 00:36:17           | 01:18:29           | -00:12:00           | <b>01:49:42.40</b> | <b>01:49:48.05</b> | +01:19:38<br>(72.6%) | 12:10           | 4.9<br>(36.0%)  |
| 1342 | <b>KOCHANOWSKA Karina</b>  | <b>1180</b> | MONSTERY               | Open Kobiet   | 444  | 12:15 | 00:00:07 | 00:33:16           | 01:13:43           | -00:06:00           | <b>01:50:29.70</b> | <b>01:50:37.40</b> | +01:20:26<br>(72.8%) | 11:39           | 5.2<br>(38.2%)  |
| 1343 | <b>KOWALCZYK Katarzyna</b> | <b>1410</b> | LEPIEJ PÓŹNO NIŻ WCALE | Open Kobiet   | 445  | 12:15 | 00:00:05 | 00:36:14           | 01:18:28           | -00:07:00           | <b>01:54:25.15</b> | <b>01:54:30.30</b> | +01:24:21<br>(73.7%) | 12:08           | 4.9<br>(36.0%)  |
| 1344 | <b>ZAGÓRSKA Sylwia</b>     | <b>1390</b> | LEPIEJ PÓŹNO NIŻ WCALE | Open Kobiet   | 446  | 12:15 | 00:00:05 | 00:36:15           | 01:18:29           | -00:06:00           | <b>01:55:35.80</b> | <b>01:55:41.50</b> | +01:25:32<br>(74.0%) | 12:09           | 4.9<br>(36.0%)  |
| 1345 | <b>PAWŁOWSKI Kamil</b>     | <b>856</b>  | 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<br>(60.3%)  |
| 1346 | <b>CHRZANOWSKA Agata</b>   | <b>806</b>  | 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<br>(81.6%) |
| 1347 | <b>CHROSTOWSKI Karol</b>   | <b>916</b>  | 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<br>(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 | <b>PTASZYNSKI Michal</b>  | <b>933</b>  | 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 | <b>KOWALCZYK Marlena</b>  | <b>883</b>  |                   | 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 | <b>OWCZAREK Adam</b>      | <b>894</b>  |                   | 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 | <b>GAPSKI Piotr</b>       | <b>831</b>  | 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 | <b>KOZŁOWSKA Alicja</b>   | <b>886</b>  |                   | Open Kobiet   | 449  | 11:00 | 00:00:00    | 00:20:58        | 00:44:43        | -00:10:00        |                 |                  | +         | 7:28         | 8 (58.8%)     |
| 1353 | <b>CHUDZIŃSKI Bartosz</b> | <b>830</b>  | 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 | <b>WOŹNIAK Agata</b>      | <b>1517</b> |                   | 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 | <b>BOCIAN Marcin</b>      | <b>776</b>  |                   | 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 | <b>KARPOWICZ Jan</b>      | <b>786</b>  |                   | 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 | <b>DOBROGOST Maciej</b>   | <b>717</b>  | 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 | <b>SMALA Dorota</b>       | <b>699</b>  |                   | 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 | <b>AMATO Giuseppe</b>     | <b>241</b>  |                   | Open Mężczyzn | 906  | 09:30 | 00:00:00    | 00:19:51        |                 | -00:04:00        |                 |                  | +         | 5:04         | 11.8 (86.8%)  |
| 1360 | <b>KOWALSKA Katarzyna</b> | <b>788</b>  |                   | 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 | <b>GĄTNICKI Mateusz</b>   | <b>1239</b> |                   | 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 | <b>FOGIEL Marcin</b>      | <b>722</b>  | 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 | <b>JEDYNAK Mateusz</b>    | <b>50</b>   |                   | Open Mężczyzn | 909  | 09:00 | 00:00:03    | 00:21:04        |                 | -00:04:00        |                 |                  | +00:08:05 | 3:54         | 15.4 (113.2%) |
| 1364 | <b>PAPROT Katarzyna</b>   | <b>1137</b> |                   | Open Kobiet   | 453  | 12:00 | 00:00:07    |                 |                 |                  |                 |                  |           |              | (0.0%)        |

Znaleziono 1364 wynik(ów)