



# REEBOK POWERUN BY RUNMAGEDDON

B4SPORT  
INTELEGENNE ZAWODY SPORTOWE

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

**B4SPORT**  
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas			Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
							startu	Skrajna_1 5.4km	Skrajna_2 7.5km		netto 10km	brutto 10km			
137	<b>KIEREPKA Krystian</b>	<b>1243</b>		Open 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 (35.0%)	4:37	13 (95.6%)
138	<b>ROZMIAREK Paweł</b>	<b>848</b>	LOFT TEAM EXTREME	Open 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 (35.0%)	5:55	10.1 (74.3%)
139	<b>PŁATOS Ewelina</b>	<b>1316</b>		Open 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 (35.1%)	5:25	11 (80.9%)
140	<b>RYBACKI Błażej</b>	<b>968</b>	TORPEDA RACE TEAM	Open 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 (35.1%)	5:55	10.1 (74.3%)
141	<b>SOSZYŃSKI Robert</b>	<b>1102</b>	SPORTERA OCR	Open 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 (35.2%)	5:56	10.1 (74.3%)
142	<b>MULAK Adam</b>	<b>1132</b>		Open 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 (35.2%)	5:50	10.3 (75.7%)
143	<b>WRÓBEL Sebastian</b>	<b>192</b>		Open 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 (35.3%)	5:38	10.6 (77.9%)
144	<b>ANDRZEJEWSKI Tomasz</b>	<b>559</b>		Open 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 (35.4%)	5:45	10.4 (76.5%)
145	<b>TOMANA Konrad</b>	<b>1277</b>		Open 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 (35.5%)	5:33	10.8 (79.4%)
146	<b>NEREK Paweł</b>	<b>1378</b>		Open 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 (35.5%)	6:03	9.9 (72.8%)
147	<b>BEDNAREK Michał</b>	<b>766</b>	TOTAL FITNESS	Open 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 (35.7%)	5:58	10 (73.5%)
148	<b>RAPACZ Grzegorz</b>	<b>283</b>		Open 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 (35.8%)	6:05	9.9 (72.8%)
149	<b>KOWALSKI Mateusz</b>	<b>1118</b>		Open 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 (35.8%)	5:47	10.4 (76.5%)
150	<b>JACIUBEK Tomek</b>	<b>782</b>		Open 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 (35.9%)	5:41	10.5 (77.2%)
151	<b>POŻYCZKA Łukasz</b>	<b>593</b>		Open 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 (35.9%)	5:11	11.6 (85.3%)
152	<b>RUTKOWSKI Jarosław</b>	<b>321</b>	JANUSZE I GRAŻYNY FITNESSU:)	Open 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 (36.0%)	5:59	10 (73.5%)
153	<b>IZDEBSKI Marcin</b>	<b>1322</b>		Open 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 (36.0%)	5:59	10 (73.5%)
154	<b>JANKOWSKI Radek</b>	<b>568</b>		Open 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 (36.1%)	6:00	10 (73.5%)
155	<b>JANIAK Marcin</b>	<b>1552</b>		Open 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 (36.2%)	6:00	10 (73.5%)
156	<b>KOENIG Krzysztof</b>	<b>212</b>	HUSARIA RACE TEAM	Open 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 (36.3%)	6:06	9.8 (72.1%)
157	<b>GRUSZKA Karol</b>	<b>1376</b>	REEBOK RUN CREW	Open 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 (36.3%)	6:01	10 (73.5%)
158	<b>NOWAK Dariusz</b>	<b>843</b>	LOFT TEAM EXTREME	Open 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 (36.3%)	5:55	10.1 (74.3%)
159	<b>ZGOLIŃSKI Dawid</b>	<b>510</b>		Open 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 (36.5%)	6:07	9.8 (72.1%)
160	<b>PAWLUKIEWICZ Aleksander</b>	<b>485</b>		Open 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 (36.5%)	6:08	9.8 (72.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
161	<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/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
							startu	Skrajna_1 5.4km	Skrajna_2 7.5km		netto 10km	brutto 10km			
185	<b>ANTOSIK Rafał</b>	<b>560</b>		Open 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 (37.5%)	6:06	9.8 (72.1%)
186	<b>ZELL Jacek</b>	<b>1199</b>	DZIADY OCR	Open 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 (37.5%)	6:12	9.7 (71.3%)
187	<b>GĄTNICKI Michał</b>	<b>1240</b>		Open 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 (37.6%)	6:06	9.8 (72.1%)
188	<b>PISIŃSKI Dominik</b>	<b>278</b>		Open 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 (37.7%)	6:01	10 (73.5%)
189	<b>JAKUBOWSKI Marcin</b>	<b>838</b>	LOFT TEAM EXTREME	Open 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 (37.8%)	6:08	9.8 (72.1%)
190	<b>KURACH Stanisław</b>	<b>59</b>		Open 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 (37.8%)	6:14	9.6 (70.6%)
191	<b>MĘDRZEJEWSKI Łukasz</b>	<b>1128</b>		Open 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 (37.8%)	6:02	9.9 (72.8%)
192	<b>POLAK-TYLEK Joanna</b>	<b>487</b>		Open 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 (37.9%)	6:14	9.6 (70.6%)
193	<b>BATOROWICZ Emil</b>	<b>650</b>	VIGO SYSTEM	Open 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 (37.9%)	6:14	9.6 (70.6%)
194	<b>MATUSZEWSKI Paweł</b>	<b>372</b>	HUSARIA RACE TEAM	Open 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 (38.0%)	6:08	9.8 (72.1%)
195	<b>MAJ Kamil</b>	<b>336</b>	TEAM DORIS KRAKÓW	Open 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 (38.0%)	6:09	9.8 (72.1%)
196	<b>WŁODARSKI Mariusz</b>	<b>803</b>		Open 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 (38.1%)	6:09	9.7 (71.3%)
197	<b>RZEŃCA Kacper</b>	<b>382</b>		Open 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 (38.1%)	6:03	9.9 (72.8%)
198	<b>SZANIAWSKI Marcin</b>	<b>436</b>	HUSARIA RACE TEAM	Open 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 (38.1%)	6:15	9.6 (70.6%)
199	<b>BASTJAN Adrian</b>	<b>1329</b>	HUSARIA RACE TEAM	Open 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 (38.2%)	6:09	9.7 (71.3%)
200	<b>TOMASZEWSKI Karol</b>	<b>704</b>		Open 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 (38.3%)	5:58	10.1 (74.3%)
201	<b>CUPRYJAK Adrian</b>	<b>767</b>	TOTAL FITNESS	Open 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 (38.3%)	4:52	12.3 (90.4%)
202	<b>PIERZAK Przemysław</b>	<b>895</b>		Open 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 (38.4%)	6:11	9.7 (71.3%)
203	<b>KŁODKOWSKI Jakub</b>	<b>139</b>	WWL TEAM	Open 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 (38.5%)	5:59	10 (73.5%)
204	<b>RODASZYŃSKI Paweł</b>	<b>1033</b>		Open 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 (38.6%)	6:17	9.5 (69.9%)
205	<b>BLAŻEJOWSKA Julia</b>	<b>1159</b>	CROSSFIT URSYNÓW	Open 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 (38.6%)	6:11	9.7 (71.3%)
206	<b>MOLENDĄ Mateusz</b>	<b>137</b>	TRENER24H.COM.PL	Open 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 (38.6%)	5:47	10.4 (76.5%)
207	<b>JAHNS Adam</b>	<b>257</b>		Open 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 (38.7%)	6:18	9.5 (69.9%)
208	<b>ANTOSZEWSKI Filip</b>	<b>809</b>	CROSSFIT TORUŃ/REEBOK RUN CREW	Open 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 (38.7%)	6:12	9.7 (71.3%)

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

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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas				Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata					
329	<b>KRAJEWSKA Olga</b>	<b>435</b>	HUSARIA RACE TEAM	Open 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 (43.1%)	6:17	9.5 (69.9%)
330	<b>GOŁĄB Anna</b>	<b>255</b>		Open 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 (43.1%)	6:23	9.4 (69.1%)
331	<b>KUŹNIARSKI Paweł</b>	<b>681</b>		Open 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 (43.1%)	6:35	9.1 (66.9%)
332	<b>POPŁAWSKI Krzysiek</b>	<b>121</b>	PWPW S.A.	Open 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 (43.1%)	6:29	9.3 (68.4%)
333	<b>TWARÓG Grzegorz</b>	<b>623</b>	DOBRE TWAROGI	Open 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 (43.1%)	6:35	9.1 (66.9%)
334	<b>SKAŁECKA Paulina</b>	<b>326</b>	PUMPERSY	Open 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 (43.1%)	6:17	9.5 (69.9%)
335	<b>SZAFRAŃSKA Aleksandra</b>	<b>1307</b>	TEAM BIEGAJ POD OKIEM TRENERA	Open 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 (43.2%)	5:59	10 (73.5%)
336	<b>SPOREK Łukasz</b>	<b>1391</b>	TEAM DORIS KRAKÓW	Open 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 (43.2%)	5:59	10 (73.5%)
337	<b>HOPPE Łukasz</b>	<b>48</b>		Open 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 (43.2%)	5:17	11.3 (83.1%)
338	<b>BITTNER Filip</b>	<b>29</b>		Open 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 (43.3%)	6:41	9 (66.2%)
339	<b>KORULCZYK Marcin</b>	<b>1453</b>	HUSARIA RACE TEAM	Open 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 (43.3%)	6:41	9 (66.2%)
340	<b>DZIK Konrad</b>	<b>222</b>	R99	Open 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 (43.3%)	6:36	9.1 (66.9%)
341	<b>SZYMAŃCZYK David</b>	<b>602</b>		Open 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 (43.3%)	6:30	9.2 (67.6%)
342	<b>CZPAK Daniel</b>	<b>251</b>		Open 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 (43.4%)	6:42	8.9 (65.4%)
343	<b>MICHALKIEWICZ Michał</b>	<b>582</b>		Open 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 (43.5%)	6:31	9.2 (67.6%)
344	<b>CZOP Jakub</b>	<b>154</b>		Open 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 (43.6%)	6:37	9.1 (66.9%)
345	<b>PAK Dominik</b>	<b>990</b>		Open 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 (43.6%)	6:25	9.3 (68.4%)
346	<b>MARKOWICZ Ewelina</b>	<b>213</b>	HUSARIA RACE TEAM	Open 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 (43.6%)	6:43	8.9 (65.4%)
347	<b>SZCZEPANIEC Kamil</b>	<b>904</b>		Open 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 (43.6%)	6:43	8.9 (65.4%)
348	<b>TARASIUK Tomasz</b>	<b>603</b>		Open 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 (43.7%)	6:02	9.9 (72.8%)
349	<b>GRAJCAR Magdalena</b>	<b>834</b>	LOFT TEAM EXTREME	Open 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 (43.7%)	6:14	9.6 (70.6%)
350	<b>KWIATKOWSKI Filip</b>	<b>1314</b>		Open 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 (43.7%)	6:38	9 (66.2%)
351	<b>MAZUREK Artur</b>	<b>1369</b>		Open 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 (43.7%)	6:38	9 (66.2%)
352	<b>DŹUMAK Szymon</b>	<b>661</b>		Open 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 (43.7%)	6:26	9.3 (68.4%)

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



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria					Czas		Różn	Tempo min/km	Tempo km/h
							Czas startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata	netto 10km	brutto 10km			
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	BAÑBURA Radek	658		Open Mężczyzn	380	10:30	00:00:06	00:19:52	00:43:09	-00:14:00	00:54:41.85	00:54:48.65	+00:24:38 (45.0%)	6:52	8.7 (64.0%)
411	SEKRETA Anna	7	AGATA PIETROSZEK TEAM	Open Kobiet	31	09:00	00:00:04	00:21:54	00:43:58	-00:12:00	00:54:41.90	00:54:46.05	+00:24:38 (45.0%)	6:40	9 (66.2%)
412	GAWLIK Justyna	231	RUNNERSCLUB.PL WARSZAWA	Open Kobiet	32	09:30	00:00:10	00:19:35	00:40:16	-00:02:00	00:54:42.40	00:54:52.55	+00:24:38 (45.1%)	5:40	10.6 (77.9%)
413	WĘDRYCHOWSKI Adam	737	CROSSFIT MOKOTÓW	Open Mężczyzn	381	10:45	00:00:09	00:21:20	00:44:10	-00:13:00	00:54:43.15	00:54:53.05	+00:24:39 (45.1%)	6:46	8.9 (65.4%)
414	OLENDER Kamil	746	FORMAGALUSA	Open Mężczyzn	382	10:45	00:00:10	00:23:28	00:45:42	-00:14:00	00:54:44.30	00:54:54.70	+00:24:40 (45.1%)	6:52	8.7 (64.0%)
415	GALUS Piotr	745	FORMAGALUSA	Open Mężczyzn	383	10:45	00:00:10	00:23:28	00:45:43	-00:14:00	00:54:44.95	00:54:55.45	+00:24:41 (45.1%)	6:52	8.7 (64.0%)
416	KAMIŃSKA Anna	52		Open Kobiet	33	09:00	00:00:08	00:19:25	00:40:33	-00:08:00	00:54:45.00	00:54:53.30	+00:24:41 (45.1%)	6:16	9.6 (70.6%)
417	STASIAK Piotr	1148		Open Mężczyzn	384	12:00	00:00:05	00:19:24	00:41:03	-00:11:00	00:54:45.20	00:54:50.20	+00:24:41 (45.1%)	6:34	9.1 (66.9%)
418	KIWITT Michał	118	PATRZ NA MNIE MAMO!	Open Mężczyzn	385	09:15	00:00:07	00:18:14	00:39:50	-00:07:00	00:54:47.80	00:54:55.75	+00:24:44 (45.1%)	6:10	9.7 (71.3%)
419	WRÓBLEWSKA Aleksandra	432	CROSSFIT SIEDLCE	Open Kobiet	34	10:00	00:00:10	00:19:57	00:41:52	-00:08:00	00:54:48.30	00:54:58.85	+00:24:44 (45.2%)	6:16	9.6 (70.6%)
420	KRZEPKOWSKI Radosław	573		Open Mężczyzn	386	10:15	00:00:07	00:17:08	00:37:53	-00:04:00	00:54:49.50	00:54:56.65	+00:24:45 (45.2%)	5:52	10.2 (75.0%)
421	GRZYB Albert	1025		Open Mężczyzn	387	12:45	00:00:05	00:19:27	00:41:17	-00:11:00	00:54:50.00	00:54:55.05	+00:24:46 (45.2%)	6:35	9.1 (66.9%)
422	GOLEC Jarosław	1	AGATA PIETROSZEK TEAM	Open Mężczyzn	388	09:00	00:00:03	00:19:52	00:43:16	-00:13:00	00:54:50.50	00:54:54.40	+00:24:46 (45.2%)	6:47	8.8 (64.7%)
423	MYSZKIEWICZ Robert	1031		Open Mężczyzn	389	11:30	00:00:08	00:19:59	00:41:43	-00:10:00	00:54:53.20	00:55:01.50	+00:24:49 (45.2%)	6:29	9.2 (67.6%)
424	WYSOWSKA Edyta	96		Open Kobiet	35	09:00	00:00:04	00:19:25	00:41:57	-00:11:00	00:54:56.05	00:55:00.90	+00:24:52 (45.3%)	6:35	9.1 (66.9%)

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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas				Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata					
519	<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/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							startu	Skrajna_1 5.4km	Skrajna_2 7.5km							
543	<b>SUWAŁA Robert</b>	<b>425</b>	CROSSFIT GENIUS	Open 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 (48.0%)	7:04	8.5 (62.5%)	
544	<b>ŻURAWIŃSKA Ewa</b>	<b>203</b>	4FACES RUNNING TEAM	Open 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 (48.0%)	6:29	9.3 (68.4%)	
545	<b>ŻURAWIŃSKI Jarosław</b>	<b>204</b>	4FACES RUNNING TEAM	Open 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 (48.0%)	6:29	9.3 (68.4%)	
546	<b>ŁĘKAWA Mateusz</b>	<b>201</b>	4FACES RUNNING TEAM	Open 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 (48.0%)	6:17	9.5 (69.9%)	
547	<b>KARPINSKA Malgorzata</b>	<b>363</b>		Open 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 (48.0%)	6:29	9.3 (68.4%)	
548	<b>PABIN Paweł</b>	<b>76</b>		Open 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 (48.1%)	7:05	8.5 (62.5%)	
549	<b>WOJCIECHOWSKI Tomasz</b>	<b>94</b>		Open 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 (48.1%)	6:53	8.7 (64.0%)	
550	<b>ROSŁONIEC Agnieszka</b>	<b>899</b>		Open 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 (48.1%)	6:11	9.7 (71.3%)	
551	<b>NIEMIRSKI Dominik</b>	<b>112</b>	N.G.M	Open 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 (48.2%)	6:35	9.1 (66.9%)	
552	<b>ROSŁON Dominika</b>	<b>1320</b>		Open 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 (48.2%)	6:17	9.5 (69.9%)	
553	<b>SIERZYCKI Hubert</b>	<b>902</b>	BIEGNĘ JAK KCĘ!	Open 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 (48.3%)	6:54	8.7 (64.0%)	
554	<b>RABCZYŃSKA Anna</b>	<b>235</b>	W DOBREJ FORMIE	Open 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 (48.3%)	6:54	8.7 (64.0%)	
555	<b>SKRZECZ Radosław</b>	<b>698</b>		Open 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 (48.3%)	6:48	8.8 (64.7%)	
556	<b>OSTROWSKI Paweł</b>	<b>989</b>		Open 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 (48.3%)	6:49	8.8 (64.7%)	
557	<b>JEZIORNY Wojtek</b>	<b>1218</b>		Open 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 (48.3%)	7:13	8.3 (61.0%)	
558	<b>PAZIKOWSKI Robert</b>	<b>765</b>	THE BROTHERS	Open 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 (48.4%)	7:07	8.4 (61.8%)	
559	<b>RUDNIK Bartosz</b>	<b>422</b>	CROSSFIT GENIUS	Open 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 (48.4%)	7:07	8.4 (61.8%)	
560	<b>MICHAŁSKI Grzegorz</b>	<b>171</b>		Open 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 (48.4%)	7:07	8.4 (61.8%)	
561	<b>SAWICKI Paweł</b>	<b>1170</b>	CROSSFIT URSYNÓW	Open 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 (48.4%)	5:49	10.3 (75.7%)	
562	<b>SZEFER Marcin</b>	<b>1195</b>		Open 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 (48.5%)	7:07	8.4 (61.8%)	
563	<b>MIROSZ Michalina</b>	<b>1131</b>		Open 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 (48.5%)	7:07	8.4 (61.8%)	
564	<b>GWÓŹDŹ Elżbieta</b>	<b>1012</b>	RUNCOHOLICS	Open 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 (48.5%)	6:32	9.2 (67.6%)	
565	<b>KOCZOROWSKI Paweł</b>	<b>1286</b>	POLNI WOJOWNICY USTKA	Open 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 (48.5%)	7:13	8.3 (61.0%)	
566	<b>TUROS Robert</b>	<b>1382</b>	X-TEAM SPECIAL FORCES	Open 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 (48.5%)	7:13	8.3 (61.0%)	



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							Czas startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata	10km	10km			
567	<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>	LUZDIE 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				Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata					
661	<b>SOBIESZEK Miłosz</b>	<b>387</b>		Open 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 (50.3%)	7:21	8.2 (60.3%)
662	<b>ŚLĘCZKOWSKI Błażej</b>	<b>1101</b>	SPORTERA OCR	Open 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 (50.3%)	7:03	8.5 (62.5%)
663	<b>GRUNDKOWSKI Oskar</b>	<b>1496</b>		Open 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 (50.3%)	7:21	8.2 (60.3%)
664	<b>KRAWCZYK Rafał</b>	<b>948</b>	ROSSMANN	Open 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 (50.3%)	7:09	8.4 (61.8%)
665	<b>WILAMEK Jakub</b>	<b>954</b>	ROSSMANN	Open 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 (50.4%)	7:09	8.4 (61.8%)
666	<b>UZDOWSKI Daniel</b>	<b>108</b>	HUSARIA RACE TEAM	Open 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 (50.4%)	7:15	8.3 (61.0%)
667	<b>NIKOŁAJUK Piotr</b>	<b>586</b>		Open 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 (50.4%)	6:45	8.9 (65.4%)
668	<b>BOGUSKI Adam</b>	<b>147</b>		Open 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 (50.5%)	7:28	8 (58.8%)
669	<b>KULIK Dominika</b>	<b>839</b>	LOFT TEAM EXTREME	Open 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 (50.5%)	6:22	9.4 (69.1%)
670	<b>WIŚNIEWSKI Łukasz</b>	<b>802</b>		Open 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 (50.5%)	7:10	8.4 (61.8%)
671	<b>ZWIEP Maurits</b>	<b>217</b>	LUZDZIE GORSZEGO SORTU	Open 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 (50.5%)	7:22	8.1 (59.6%)
672	<b>RUTKOWSKI Piotr</b>	<b>380</b>		Open 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 (50.5%)	7:16	8.3 (61.0%)
673	<b>DĄBROWSKI Jarosław</b>	<b>1352</b>	MAMY RUSZAMY	Open 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 (50.5%)	7:16	8.2 (60.3%)
674	<b>ZARĘBA Justyna</b>	<b>1048</b>	SPORTERA OCR	Open 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 (50.5%)	7:10	8.4 (61.8%)
675	<b>DMYTRUK Anzhela</b>	<b>347</b>		Open 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 (50.5%)	7:04	8.5 (62.5%)
676	<b>GÓRZYŃSKI Marcin</b>	<b>43</b>		Open 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 (50.5%)	6:28	9.3 (68.4%)
677	<b>GODZIMIRSKA Eliza</b>	<b>1333</b>		Open 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 (50.5%)	6:28	9.3 (68.4%)
678	<b>ROMAŃSKI Franek</b>	<b>1318</b>	REEBOK RUN CREW	Open 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 (50.5%)	6:28	9.3 (68.4%)
679	<b>MILCZAREK Maja</b>	<b>1249</b>		Open 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 (50.5%)	6:04	9.9 (72.8%)
680	<b>NAGRABA Anna</b>	<b>821</b>	FRAUEN POWER!	Open 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 (50.5%)	7:10	8.4 (61.8%)
681	<b>GRADOMSKA Magdalena</b>	<b>818</b>	FRAUEN POWER!	Open 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 (50.6%)	7:10	8.4 (61.8%)
682	<b>MALINOWSKI Przemysław</b>	<b>1247</b>		Open 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 (50.6%)	7:23	8.1 (59.6%)
683	<b>OTOKA-FRĄCKIEWICZ Monika</b>	<b>375</b>		Open 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 (50.6%)	6:29	9.2 (67.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
684	<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				Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifkata					
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>	LUZIE 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				Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata					
827	<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>ROSIĄK 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 netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							Czas startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata	10km	10km			
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/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
							startu	Skrajna_1 5.4km	Skrajna_2 7.5km		netto 10km	brutto 10km			
922	<b>PONNIK Yury</b>	<b>591</b>		Open 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 (55.9%)	8:12	7.3 (53.7%)
923	<b>SIECZKA Dariusz</b>	<b>383</b>		Open 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 (55.9%)	8:06	7.4 (54.4%)
924	<b>CZERPAK Piotr</b>	<b>627</b>	GORUNNERS	Open 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 (55.9%)	7:55	7.6 (55.9%)
925	<b>KRAMARSKI Sylwester</b>	<b>936</b>	LATAJĄCE GRYFY	Open 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 (56.0%)	8:01	7.5 (55.1%)
926	<b>KAPUŚCIŃSKA Aleksandra</b>	<b>1224</b>	CROSSFIT URSYNÓW	Open 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 (56.0%)	7:55	7.6 (55.9%)
927	<b>WASZAK Przemysław</b>	<b>907</b>		Open 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 (56.0%)	8:01	7.5 (55.1%)
928	<b>DROBYSZ Sławomir</b>	<b>935</b>	LATAJĄCE GRYFY	Open 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 (56.0%)	8:01	7.5 (55.1%)
929	<b>JĘDRZEJEWSKI Sebastian</b>	<b>361</b>		Open 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 (56.0%)	7:14	8.3 (61.0%)
930	<b>GRZYWACZYK Szymon</b>	<b>1064</b>	CROSSFIT POŁUDNIE	Open 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 (56.1%)	7:56	7.6 (55.9%)
930	<b>BERTRAM Łukasz</b>	<b>626</b>	GORUNNERS	Open 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 (56.1%)	8:02	7.5 (55.1%)
932	<b>TOMCZYK Paweł</b>	<b>544</b>	ROZTOCZKI	Open 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 (56.1%)	7:56	7.6 (55.9%)
933	<b>SZAŁAŃSKA Agata</b>	<b>993</b>		Open 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 (56.1%)	7:26	8.1 (59.6%)
934	<b>PIŁAT Renata</b>	<b>991</b>		Open 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 (56.1%)	7:33	7.9 (58.1%)
935	<b>HORA Weronika</b>	<b>358</b>		Open 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 (56.1%)	7:39	7.8 (57.4%)
936	<b>DULNIK Adam</b>	<b>872</b>		Open 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 (56.1%)	7:21	8.2 (60.3%)
937	<b>FABERSKI Łukasz</b>	<b>40</b>		Open 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 (56.2%)	7:27	8 (58.8%)
938	<b>KLEPACZ Noemi</b>	<b>109</b>	MIRAZ RACE TEAM	Open 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 (56.2%)	8:09	7.4 (54.4%)
939	<b>WIECZOREK Mariusz</b>	<b>189</b>		Open 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 (56.2%)	7:51	7.6 (55.9%)
940	<b>TRYC Łukasz</b>	<b>1152</b>		Open 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 (56.2%)	7:58	7.5 (55.1%)
941	<b>SULEJ-DĄBROWSKA Aleksandra</b>	<b>1353</b>	MAMY RUSZAMY	Open 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 (56.3%)	7:16	8.2 (60.3%)
942	<b>BERNATOWICZ Adam</b>	<b>1234</b>		Open 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 (56.4%)	7:53	7.6 (55.9%)
943	<b>RZYMSKI Tomasz</b>	<b>744</b>	FEHUT	Open 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 (56.4%)	8:11	7.3 (53.7%)
944	<b>ZVOLSKA Marketa</b>	<b>1198</b>		Open 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 (56.4%)	8:11	7.3 (53.7%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas				Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata					
945	<b>KUŹMIŃSKI Krystian</b>	<b>1273</b>		Open 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 (56.4%)	8:11	7.3 (53.7%)
946	<b>KAPŁON Anna</b>	<b>1302</b>	TEAM BIEGAJ POD OKIEM TRENERA	Open 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 (56.4%)	7:41	7.8 (57.4%)
947	<b>ZIEŃ Klaudia</b>	<b>772</b>	TOTAL FITNESS	Open 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 (56.4%)	6:54	8.7 (64.0%)
948	<b>DERDA Marta</b>	<b>740</b>	DERDY	Open 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 (56.4%)	8:00	7.5 (55.1%)
949	<b>ZAREMBA Wojciech</b>	<b>1005</b>	NO LIMIT TEAM	Open 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 (56.5%)	7:42	7.8 (57.4%)
950	<b>ABRAMCZYK Aleksandra</b>	<b>860</b>		Open 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 (56.5%)	8:00	7.5 (55.1%)
951	<b>JAKUBOWSKA Anna</b>	<b>878</b>		Open 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 (56.5%)	8:00	7.5 (55.1%)
952	<b>PIWOWARCZYK Marcin</b>	<b>413</b>	BRAVEHARTS LEGIONOWO	Open 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 (56.5%)	8:06	7.4 (54.4%)
953	<b>SUSZKO Jurij</b>	<b>527</b>	DZIKIE DZIKI MIGU	Open 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 (56.5%)	8:06	7.4 (54.4%)
954	<b>GRUDZIŃSKA Agnieszka</b>	<b>356</b>		Open 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 (56.6%)	7:55	7.6 (55.9%)
955	<b>KISIELIŃSKI Szymon</b>	<b>983</b>		Open 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 (56.6%)	7:49	7.7 (56.6%)
956	<b>OZGA Anna</b>	<b>1486</b>		Open 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 (56.6%)	7:49	7.7 (56.6%)
957	<b>PRZYBYSZOWSKI Miłosz</b>	<b>417</b>	COOLZYNI	Open 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 (56.7%)	7:50	7.7 (56.6%)
958	<b>LAZAREVA Viktoriia</b>	<b>61</b>		Open 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 (56.7%)	7:56	7.6 (55.9%)
959	<b>ZWOLAK Joanna</b>	<b>404</b>		Open 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 (56.7%)	8:02	7.5 (55.1%)
960	<b>SZCZEPAŃSKI Marcin</b>	<b>555</b>	WTF?	Open 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 (56.7%)	8:08	7.4 (54.4%)
961	<b>SPERANZA Grzegorz</b>	<b>499</b>		Open 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 (56.7%)	7:50	7.7 (56.6%)
962	<b>RYBIŃSKA Karolina</b>	<b>381</b>		Open 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 (56.7%)	7:44	7.8 (57.4%)
963	<b>KOTOMSKA Renata</b>	<b>312</b>	FIGLARZE	Open 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 (56.8%)	8:03	7.4 (54.4%)
964	<b>SOSNOWSKA-SCHILLER Bernadetta</b>	<b>315</b>	HISZPAŃSKIE SCHODY	Open 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 (56.8%)	8:03	7.4 (54.4%)
965	<b>POPIELARSKA Marta</b>	<b>378</b>		Open 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 (56.8%)	8:09	7.4 (54.4%)
966	<b>SACZUK Magda</b>	<b>1398</b>	NIEZAPROSZENI	Open 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 (56.8%)	7:57	7.5 (55.1%)
967	<b>ROSIAK Michał</b>	<b>1404</b>		Open 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 (56.8%)	7:45	7.7 (56.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas			Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
							startu	Skrajna_1 5.4km	Skrajna_2 7.5km		netto 10km	brutto 10km			
968	<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 netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							Czas startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata	10km	10km			
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/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
							startu	Skrajna_1 5.4km	Skrajna_2 7.5km		netto 10km	brutto 10km			
1040	<b>DĘGAN Kinga</b>	<b>1238</b>		Open 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 (57.9%)	7:14	8.3 (61.0%)
1041	<b>CHWIEJCZAK Justyna</b>	<b>458</b>		Open 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 (58.0%)	8:09	7.4 (54.4%)
1042	<b>JAKUBIAK Marta</b>	<b>14</b>	BARANY	Open 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 (58.0%)	7:33	7.9 (58.1%)
1043	<b>WITWICKA Marta</b>	<b>91</b>		Open 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 (58.0%)	7:33	7.9 (58.1%)
1044	<b>DYLEWSKA Magda</b>	<b>462</b>		Open 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 (58.0%)	8:09	7.4 (54.4%)
1045	<b>KAROLAK Jolanta</b>	<b>466</b>		Open 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 (58.1%)	7:10	8.4 (61.8%)
1046	<b>ALLAWIAH Suzan</b>	<b>453</b>		Open 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 (58.1%)	8:16	7.3 (53.7%)
1047	<b>CHOJNACKI Grzegorz</b>	<b>36</b>		Open 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 (58.1%)	8:28	7.1 (52.2%)
1048	<b>DOBROWOLSKI Bogusław</b>	<b>1361</b>		Open 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 (58.1%)	8:28	7.1 (52.2%)
1049	<b>SOCIK Marcin</b>	<b>926</b>	DILERZY ASSISTANCE	Open 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 (58.2%)	8:17	7.2 (52.9%)
1050	<b>TURULSKA Joanna</b>	<b>129</b>	ROSSMANN	Open 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 (58.2%)	8:05	7.4 (54.4%)
1051	<b>CONVERSION Paweł</b>	<b>964</b>	TINDERCOUPLE	Open 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 (58.2%)	8:29	7.1 (52.2%)
1052	<b>TISAKOVA Jelena</b>	<b>395</b>		Open 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 (58.2%)	8:23	7.1 (52.2%)
1053	<b>MALCZYK Natalia</b>	<b>477</b>		Open 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 (58.2%)	8:17	7.2 (52.9%)
1054	<b>KOWALCZYK Paweł</b>	<b>1011</b>	RENAULT TEAM	Open 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 (58.2%)	7:29	8 (58.8%)
1055	<b>KOWNACKA Ewelina</b>	<b>472</b>		Open 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 (58.2%)	8:17	7.2 (52.9%)
1056	<b>VIRVE Taivo</b>	<b>398</b>		Open 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 (58.2%)	8:23	7.1 (52.2%)
1057	<b>NOWAK Ewa</b>	<b>320</b>	JANUSZE I GRAŻYNY FITNESSU:)	Open 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 (58.2%)	8:17	7.2 (52.9%)
1058	<b>KOT Estera</b>	<b>1303</b>	TEAM BIEGAJ POD OKIEM TRENERA	Open 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 (58.3%)	7:18	8.2 (60.3%)
1059	<b>BAR Katarzyna</b>	<b>1531</b>		Open 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 (58.3%)	7:18	8.2 (60.3%)
1060	<b>GAJOWNICZEK Magdalena</b>	<b>981</b>		Open 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 (58.4%)	7:49	7.7 (56.6%)
1061	<b>DUDZIŃSKA Joanna</b>	<b>978</b>		Open 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 (58.4%)	8:13	7.3 (53.7%)
1061	<b>NOWACKA Patrycja</b>	<b>174</b>		Open 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 (58.4%)	7:49	7.7 (56.6%)
1063	<b>GRABKA Michał</b>	<b>1263</b>		Open 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 (58.4%)	8:19	7.2 (52.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Czas				Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata					
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>KAŻMIERCZAK 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 netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							Czas startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata	10km	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				Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
							startu	Skrajna_1 5.4km	Skrajna_2 7.5km	Kara/ bonifikata					
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 netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
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/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
							startu	Skrajna_1 5.4km	Skrajna_2 7.5km		netto 10km	brutto 10km			
1252	<b>LELAK Barbara</b>	<b>790</b>		Open 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 (62.8%)	8:10	7.3 (53.7%)
1253	<b>CZARNECKA Magdalena</b>	<b>778</b>		Open 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 (63.0%)	8:37	7 (51.5%)
1254	<b>KACZYŃSKA Magdalena</b>	<b>1363</b>		Open 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 (63.0%)	8:13	7.3 (53.7%)
1255	<b>GAŚSIOR Katarzyna</b>	<b>1547</b>		Open 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 (63.0%)	9:08	6.6 (48.5%)
1256	<b>TOMCZYK Małgorzata</b>	<b>952</b>	ROSSMANN	Open 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 (63.1%)	8:56	6.7 (49.3%)
1257	<b>JANTAS Żaneta</b>	<b>1536</b>		Open 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 (63.2%)	9:22	6.4 (47.1%)
1258	<b>LIPKO Adam</b>	<b>576</b>		Open 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 (63.2%)	8:46	6.8 (50.0%)
1259	<b>ROSOCHA Krzysztof</b>	<b>1141</b>		Open 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 (63.3%)	9:10	6.5 (47.8%)
1260	<b>KASPRZAK Marta</b>	<b>674</b>	CROSSBOXFIT KĘTRZYN	Open 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 (63.3%)	9:05	6.6 (48.5%)
1261	<b>TEPEREK Małgorzata</b>	<b>939</b>	NIGHTMARE RUNNERS	Open 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 (63.3%)	8:59	6.7 (49.3%)
1262	<b>KUBACKA Małgorzata</b>	<b>708</b>	CROSSBOXFIT KĘTRZYN	Open 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 (63.3%)	9:05	6.6 (48.5%)
1263	<b>ZARZYCKI Tomasz</b>	<b>1039</b>		Open 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 (63.4%)	9:36	6.2 (45.6%)
1264	<b>ZIÓŁKOWSKI Michał</b>	<b>634</b>	NIE MA LIPY!	Open 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 (63.4%)	9:18	6.4 (47.1%)
1265	<b>KUSIAK Marta</b>	<b>1027</b>		Open 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 (63.4%)	9:00	6.7 (49.3%)
1266	<b>KAMIŃSKA Barbara</b>	<b>418</b>	CROSSFIT GCW	Open 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 (63.4%)	8:13	7.3 (53.7%)
1267	<b>KLIMEK Katarzyna</b>	<b>974</b>	WATAHA GRUPA TRENINGOWA	Open 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 (63.5%)	9:19	6.4 (47.1%)
1268	<b>MROZIŃSKA Justyna</b>	<b>892</b>		Open 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 (63.5%)	9:19	6.4 (47.1%)
1269	<b>OCHOJSKA Martyna</b>	<b>1506</b>		Open 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 (63.5%)	9:08	6.6 (48.5%)
1270	<b>KOWALCZYK Błażej</b>	<b>1096</b>	SPORTERA FITNESS TEAM	Open 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 (63.6%)	9:21	6.4 (47.1%)
1271	<b>STANGRET Paulina</b>	<b>621</b>	BŁYSKAWICZNE RĘCE	Open 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 (63.6%)	8:51	6.8 (50.0%)
1272	<b>JANICKA Marta</b>	<b>931</b>	HUSARIA RACE TEAM	Open 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 (63.6%)	8:58	6.7 (49.3%)
1273	<b>KOŁTUNICKA Agnieszka</b>	<b>1481</b>		Open 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 (63.7%)	9:22	6.4 (47.1%)
1274	<b>DYBICKI Konrad</b>	<b>1436</b>		Open 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 (63.7%)	9:10	6.5 (47.8%)
1275	<b>KALETA Piotr</b>	<b>927</b>	FANGA TERROR TEAM	Open 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 (63.8%)	8:54	6.7 (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			Kara/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
							startu	Skrajna_1 5.4km	Skrajna_2 7.5km		netto 10km	brutto 10km			
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/ bonifikata	Czas		Różn	Tempo min/km	Tempo km/h
							startu	Skrajna_1 5.4km	Skrajna_2 7.5km		netto 10km	brutto 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 (67.0%)	9:35	6.3 (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 (67.0%)	9:18	6.4 (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 (67.0%)	9:18	6.4 (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 (67.1%)	10:02	6 (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 (67.5%)	10:02	6 (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 (67.5%)	9:14	6.5 (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 (67.6%)	9:58	6 (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 (67.7%)	10:01	6 (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 (67.9%)	10:33	5.7 (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 (67.9%)	10:33	5.7 (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 (67.9%)	10:21	5.8 (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 (68.1%)	10:30	5.7 (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 (68.8%)	10:26	5.7 (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 (68.9%)	10:34	5.7 (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 (69.3%)	10:22	5.8 (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 (70.0%)	10:31	5.7 (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 (72.0%)	11:38	5.2 (38.2%)
1341	<b>NIEŚLUCHOWSKI 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 (72.6%)	12:10	4.9 (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 (72.8%)	11:39	5.2 (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 (73.7%)	12:08	4.9 (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 (74.0%)	12:09	4.9 (36.0%)
1345	<b>PAWŁOWSKI Kamil</b>	<b>856</b>	OCR TEAM WŁOCŁAWEK	Open Mężczyzn	897	11:00	00:00:04	00:21:51	00:45:07	-00:14:00			+00:25:29	7:18	8.2 (60.3%)
1346	<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 (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 (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)