

RUNAWAY POLSKI UCIEKINIER | ELITA

B4SPORT

Wydarzenie: Runaway Polski Uciekinier Pępowo
Organizator: Runaway - Polski Uciekinier
Data: 2021-06-19
Miejsce: Pępowo
Dystans: 10 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	HAJNOS Dawid	56	GORĄCY POTOK TEAM	M-20	1		00:51:29.80		5:08	11.7 (100%)
2	SERAFIŃSKI Maciej	187	RAJSPOK ACTIVE	M-20	2		00:53:05.80	+00:01:36 (3.0%)	5:18	11.3 (96.6%)
3	WOJTYSZYN Wojciech	221	EX TEAM	M-20	3		00:53:43.85	+00:02:14 (4.2%)	5:22	11.2 (95.7%)
4	RYNKIEWICZ Mateusz	182	RUNAMGEDDON	M-30	1		00:55:49.50	+00:04:19 (7.8%)	5:34	10.7 (91.5%)
5	JACIÓW Paweł	60	WATAHA	M-30	2		00:55:54.30	+00:04:24 (7.9%)	5:35	10.7 (91.5%)
6	KĄDZIELA Michał	87	KONIUCHY OCR	M-20	4		00:56:00.65	+00:04:30 (8.1%)	5:36	10.7 (91.5%)
7	BUDZISZ Krzysztof	15	SOCIOS SILESIA	M Masters	1		00:57:52.85	+00:06:23 (11.0%)	5:47	10.4 (88.9%)
8	WÓJCIK Adam	223	EX TEAM	M-20	5		00:58:23.65	+00:06:53 (11.8%)	5:50	10.3 (88.0%)
9	BRZOZOWSKI Filip	12	SPARTA RUNNERS	M-30	3		00:58:42.05	+00:07:12 (12.3%)	5:52	10.2 (87.2%)
10	MIKULEWICZ Przemysław	20	MOVE RUN FUN	M-30	4		00:59:05.10	+00:07:35 (12.8%)	5:54	10.2 (87.2%)
11	KALWAS Mateusz	81	RAJSPOK ACTIVE	M Junior	1		00:59:26.50	+00:07:56 (13.4%)	5:56	10.1 (86.3%)
12	JAGODZIŃSKI Karol	61	POWER TRAINING	M-30	5		01:00:17.55	+00:08:47 (14.6%)	6:01	10 (85.5%)
13	MĘDYGRAŁ Krystian	138	WATAHA	M-20	6		01:01:13.90	+00:09:44 (15.9%)	6:07	9.8 (83.8%)
14	OLICHOWSKI Mateusz	158	SURVIWAŁTEAM	M-30	6		01:01:15.00	+00:09:45 (15.9%)	6:07	9.8 (83.8%)
15	MARKOWSKI Fabian	133	RAJSPOK ACTIVE	M-30	7		01:01:52.95	+00:10:23 (16.8%)	6:11	9.7 (82.9%)
16	WITEK Piotr	217	HUNTERS OCR TEAM	M-30	8		01:01:54.60	+00:10:24 (16.8%)	6:11	9.7 (82.9%)
17	MARUSZEWSKI Marcin	134	RAJSPOK ACTIVE	M-30	9		01:02:09.20	+00:10:39 (17.1%)	6:12	9.7 (82.9%)
18	HANYK Lukáš	58	CHALLENGER	M-30	10		01:02:23.05	+00:10:53 (17.5%)	6:14	9.6 (82.1%)
19	FARKOWSKI Konrad	39	EX TEAM	M-30	11		01:02:37.70	+00:11:07 (17.8%)	6:15	9.6 (82.1%)
20	WILK Tomasz	214	HUNTERS OCR TEAM	M-30	12		01:03:26.90	+00:11:57 (18.8%)	6:20	9.5 (81.2%)
21	KASZA Rafał	86	RADNY MIASTA ZIELONA GÓRA	M-30	13	00:02:30	01:03:32.40	+00:12:02 (19.0%)	6:06	9.8 (83.8%)
22	ZIELIŃSKI Tomasz	225	LEMON TEAM	M-20	7		01:03:34.25	+00:12:04 (19.0%)	6:21	9.4 (80.3%)
23	BARANOWSKA Katarzyna	283	GORĄCY POTOK TEAM	K-20	1		01:04:08.30	+00:12:38 (19.7%)	6:24	9.4 (80.3%)
24	ŻURAWIK Rafał	228	LEMON TEAM	M-30	14		01:04:08.90	+00:12:39 (19.7%)	6:24	9.4 (80.3%)
25	OBREBSKI Patryk	156	RAJSPOK ACTIVE	M-30	15		01:04:32.35	+00:13:02 (20.2%)	6:27	9.3 (79.5%)
26	DŁUGOSZ Łukasz	31		M-20	8		01:04:41.55	+00:13:11 (20.4%)	6:28	9.3 (79.5%)
27	MOSTKOWSKI Łukasz	145	UNITED RUNNERS	M-30	16		01:04:43.00	+00:13:13 (20.4%)	6:28	9.3 (79.5%)
28	ANTCZAK Marcin	233	NINJA OBSTACLE RUNNERS	M-30	17		01:04:55.10	+00:13:25 (20.7%)	6:29	9.2 (78.6%)
29	JAKUSZEK Piotr	65	HELL'S GYM OCR PĘPOWO	M-30	18		01:04:56.05	+00:13:26 (20.7%)	6:29	9.2 (78.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
30	KALININ Jarosław	77	RAJSPOORT ACTIVE	M-20	9		01:05:50.55	+00:14:20 (21.8%)	6:35	9.1 (77.8%)
31	CHŁAD Aleksander	19	EX TEAM	M-30	19		01:06:15.40	+00:14:45 (22.3%)	6:37	9.1 (77.8%)
32	GOŁĘBIEWSKI Konrad	47	CARBON SILESIA SPORT	M-30	20		01:06:42.95	+00:15:13 (22.8%)	6:40	9 (76.9%)
33	RYNKIEWICZ Agnieszka	326	GORĄCY POTOK TEAM	K-30	1		01:07:30.25	+00:16:00 (23.7%)	6:45	8.9 (76.1%)
34	CHOŁUJ Łukasz	21	PWPW S.A.	M-30	21		01:07:49.65	+00:16:19 (24.1%)	6:46	8.8 (75.2%)
35	ŚWIERSZCZ Paweł	204	RMF4RT GLADIATORS	M-30	22		01:07:53.80	+00:16:24 (24.2%)	6:47	8.8 (75.2%)
36	JÓZWIK Adrian	71	NEXTREME	M-20	10		01:08:42.65	+00:17:12 (25.1%)	6:52	8.7 (74.4%)
37	KMIECIAK Jakub	93	DIRTY SPARROWS	M-20	11		01:09:32.30	+00:18:02 (25.9%)	6:57	8.6 (73.5%)
38	JUSZKIEWICZ Dominik	74	RAJSPOORT ACTIVE	M-30	23		01:09:55.80	+00:18:26 (26.4%)	6:59	8.6 (73.5%)
39	SZYMAŃSKI Bartłomiej	199		M-30	24		01:10:24.20	+00:18:54 (26.9%)	7:02	8.5 (72.6%)
40	KARCZEWSKI Piotr	84	BESTBEASTS	M-30	25		01:10:49.70	+00:19:19 (27.3%)	7:04	8.5 (72.6%)
41	PETELCZYC Piotr	168	CARBON SILESIA SPORT	M Masters	2		01:11:31.40	+00:20:01 (28.0%)	7:09	8.4 (71.8%)
42	KACPERSKI Jacek	75	RAJSPOORT ACTIVE	M-30	26		01:11:48.90	+00:20:19 (28.3%)	7:10	8.4 (71.8%)
43	KUDRELEK Karol	107		M-30	27		01:11:53.80	+00:20:24 (28.4%)	7:11	8.3 (70.9%)
44	KOZUBEK Seweryn	105	RAJSPOORT ACTIVE	M-20	12		01:11:53.85	+00:20:24 (28.4%)	7:11	8.3 (70.9%)
45	BERNACKI Grzegorz	4	RMF4RT GLADIATORS	M Masters	3		01:11:58.70	+00:20:28 (28.5%)	7:11	8.3 (70.9%)
46	PAZOŁA Korneliusz	166	HELL'S GYM OCR PĘPOWO	M-30	28		01:14:03.40	+00:22:33 (30.5%)	7:24	8.1 (69.2%)
47	WOŁCZEK Paulina	334	EX TEAM	K-20	2		01:14:11.10	+00:22:41 (30.6%)	7:25	8.1 (69.2%)
48	KURASIŃSKI Konrad	112	SOCIOS SILESIA	M-30	29		01:14:41.90	+00:23:12 (31.1%)	7:28	8 (68.4%)
49	KALISZYK Grzegorz	79	MAD RUNNERS	M Masters	4		01:15:21.35	+00:23:51 (31.7%)	7:32	8 (68.4%)
50	KĘPA Bartosz	88	SPARTA RUNNERS	M-30	30		01:16:04.60	+00:24:34 (32.3%)	7:36	7.9 (67.5%)
51	SOBAŃSKI Maciej	191		M-20	13		01:17:03.90	+00:25:34 (33.2%)	7:42	7.8 (66.7%)
52	BADALÍKOVÁ Lucie	281		K-20	3		01:17:05.40	+00:25:35 (33.2%)	7:42	7.8 (66.7%)
53	KALNIUK Paweł	80	WOLF TEAM	M-20	14		01:17:32.05	+00:26:02 (33.6%)	7:45	7.7 (65.8%)
54	SERAFIŃSKI Robert	188	RAJSPOORT ACTIVE	M Masters	5		01:18:45.40	+00:27:15 (34.6%)	7:52	7.6 (65.0%)
55	BAJON Przemysław	3	WATAHA	M-20	15		01:18:55.45	+00:27:25 (34.8%)	7:53	7.6 (65.0%)
56	TYCZYNO Wojciech	209	WATAHA	M-30	31		01:19:02.50	+00:27:32 (34.8%)	7:54	7.6 (65.0%)
57	SADOWSKI Michał	143	POWER TRAINING	M-30	32		01:19:05.90	+00:27:36 (34.9%)	7:54	7.6 (65.0%)
58	KALETA Paweł	76	WATAHA	M-30	33		01:19:13.05	+00:27:43 (35.0%)	7:55	7.6 (65.0%)
59	MOSTOWSKI Radosław	146	WARRIORS ŁÓDŹ	M-30	34		01:19:27.75	+00:27:57 (35.2%)	7:56	7.6 (65.0%)
60	DĄBROWSKI Radek	29		M Masters	6		01:19:50.55	+00:28:20 (35.5%)	7:59	7.5 (64.1%)
61	ANDRZEJEWSKI Jakub	2	DRUŻYNA SPARTA RUNNERS	M-20	16		01:19:55.85	+00:28:26 (35.6%)	7:59	7.5 (64.1%)
62	PAPLICKA Katarzyna	318	DZIKIE DZIKI GORZÓW	K-30	2		01:19:56.80	+00:28:27 (35.6%)	7:59	7.5 (64.1%)
63	MACIUSZEK Julia	311		K-20	4		01:20:16.00	+00:28:46 (35.8%)	8:01	7.5 (64.1%)
64	KNIOŁA Łukasz	94		M Masters	7		01:20:22.45	+00:28:52 (35.9%)	8:02	7.5 (64.1%)
65	RZEPKA Rafał	183	SPARTA RUNNERS	M-20	17		01:20:36.20	+00:29:06 (36.1%)	8:03	7.4 (63.2%)
66	KĘSIK Michał	89	SPARTA RUNNERS	M-20	18		01:21:02.35	+00:29:32 (36.5%)	8:06	7.4 (63.2%)
67	WIŚNIEWSKI Michał	215	BESTBEASTS	M-30	35		01:21:12.70	+00:29:42 (36.6%)	8:07	7.4 (63.2%)
68	TOMCZAK Dariusz	207	HELL'S GYM OCR PĘPOWO	M-30	36		01:21:13.10	+00:29:43 (36.6%)	8:07	7.4 (63.2%)
69	FRĄTCZAK Dariusz	41		M-30	37		01:21:43.95	+00:30:14 (37.0%)	8:10	7.3 (62.4%)
70	KARCZMAR Kornelia	302	WF OCR TEAM KOSTRZYN NAD ODRĄ	K-20	5		01:21:53.85	+00:30:24 (37.1%)	8:11	7.3 (62.4%)
71	MALEC Bartłomiej	128	WARCZLAKI ADELAJDY	M-30	38		01:21:55.45	+00:30:25 (37.1%)	8:11	7.3 (62.4%)
72	KNOP Marcin	95	LEMON TEAM	M-30	39		01:21:55.75	+00:30:25 (37.1%)	8:11	7.3 (62.4%)
73	BŁĘDZKI Adam	7	DIRTY SPARROWS	M-30	40		01:21:59.05	+00:30:29 (37.2%)	8:11	7.3 (62.4%)

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74	DENYSIUK Marek	30	WATAHA	M Masters	8		01:22:54.80	+00:31:25 (37.9%)	8:17	7.2 (61.5%)
75	PONTUS Piotr	175		M-30	41		01:22:57.65	+00:31:27 (37.9%)	8:17	7.2 (61.5%)
76	DROP Łukasz	33	WATAHA	M Masters	9		01:22:58.85	+00:31:29 (37.9%)	8:17	7.2 (61.5%)
77	HLEBKO Albin	59	WATAHA	M Junior	2		01:23:29.95	+00:32:00 (38.3%)	8:20	7.2 (61.5%)
78	MALCZEWSKI Tomasz	127	DRUŻYNA RAJSPOORT ACTIVE	M-30	42		01:23:37.85	+00:32:08 (38.4%)	8:21	7.2 (61.5%)
79	PIOTROWSKI Kamil	171		M-20	19		01:23:42.05	+00:32:12 (38.5%)	8:22	7.2 (61.5%)
80	GRZEBUŁA Łukasz	52		M-20	20		01:23:42.90	+00:32:13 (38.5%)	8:22	7.2 (61.5%)
81	BUDZIŃSKI Michał	14	RAJSPOORT ACTIVE	M-30	43		01:23:57.65	+00:32:27 (38.7%)	8:23	7.1 (60.7%)
82	DUKIEWICZ Dariusz	36	RMF4RT GLADIATORS	M-20	21		01:24:03.95	+00:32:34 (38.7%)	8:24	7.1 (60.7%)
83	BUCZKOWSKI Krzysztof	13		M-20	22		01:24:06.65	+00:32:36 (38.8%)	8:24	7.1 (60.7%)
84	CHAIEB Sebastian	17	LEMON TEAM	M Masters	10		01:24:29.10	+00:32:59 (39.0%)	8:26	7.1 (60.7%)
85	ŚLIZ Arkadiusz	202	WOLF TEAM	M-30	44		01:24:40.90	+00:33:11 (39.2%)	8:28	7.1 (60.7%)
86	JAKUBIK Dawid	64		M-20	23		01:24:53.40	+00:33:23 (39.3%)	8:29	7.1 (60.7%)
87	WOJTASZCZYK Mateusz	220		M-30	45		01:25:06.70	+00:33:36 (39.5%)	8:30	7.1 (60.7%)
88	TKACZYK Michał	206		M-20	24		01:25:10.65	+00:33:40 (39.5%)	8:31	7 (59.8%)
89	RĘKLEWSKI Andrzej	181	DYNAMIC STRONG GNIEZNO	M-30	46		01:26:01.15	+00:34:31 (40.1%)	8:36	7 (59.8%)
90	DACIO Mirek	27		M-30	47		01:26:05.45	+00:34:35 (40.2%)	8:36	7 (59.8%)
91	KOWALSKI Mariusz	103	OCR TEAM ZIELONA GÓRA	M-30	48		01:26:28.55	+00:34:58 (40.4%)	8:38	6.9 (59.0%)
92	RYŚ Marzena	327	KONIU SQUAD	K-30	3		01:27:12.15	+00:35:42 (40.9%)	8:43	6.9 (59.0%)
93	KULAGA Peter	108	DRAGON RUNNERS	M-30	49		01:27:21.75	+00:35:51 (41.1%)	8:44	6.9 (59.0%)
94	HANUSIAK Leszek	57	KONIU SQUAD	M-30	50		01:27:26.25	+00:35:56 (41.1%)	8:44	6.9 (59.0%)
95	JANISZEWSKI Grzegorz	68	DZIADY OCR	M Masters	11		01:27:52.35	+00:36:22 (41.4%)	8:47	6.8 (58.1%)
96	LASKOWSKI Tomasz	115		M-30	51		01:27:52.40	+00:36:22 (41.4%)	8:47	6.8 (58.1%)
97	FRANCZYK Artur	40	DRAGON RUNNERS	M-30	52		01:28:30.00	+00:37:00 (41.8%)	8:51	6.8 (58.1%)
98	KRYSTOFIAK Damian	106	UNITED RUNNERS	M Masters	12		01:28:31.65	+00:37:01 (41.8%)	8:51	6.8 (58.1%)
99	KARLIK Paweł	85	CARBON SILESIA SPORT	M-30	53		01:29:02.95	+00:37:33 (42.2%)	8:54	6.7 (57.3%)
100	GAWRON Hubert	44		M-20	25		01:31:13.20	+00:39:43 (43.5%)	9:07	6.6 (56.4%)
101	LOMNICKÁ Tereza	308	CHALLENGER	K-20	6		01:31:14.55	+00:39:44 (43.6%)	9:07	6.6 (56.4%)
102	BAJSAROWICZ Marta	282		K-30	4		01:31:47.20	+00:40:17 (43.9%)	9:10	6.5 (55.6%)
103	KUZEMKO Bartosz	113		M-30	54		01:32:42.35	+00:41:12 (44.5%)	9:16	6.5 (55.6%)
104	GARLACZ Justyna	292	POWER TRAINING	K-30	5		01:32:47.90	+00:41:18 (44.5%)	9:16	6.5 (55.6%)
105	KOWALSKI Tomasz	104	SPARTA RUNNERS	M Masters	13		01:32:57.75	+00:41:27 (44.6%)	9:17	6.5 (55.6%)
106	MALICKI Dawid	129	MANUFAKTURA MOCY	M-20	26		01:33:02.15	+00:41:32 (44.6%)	9:18	6.4 (54.7%)
107	ĆWIRKO-GROSS Agnieszka	288	DZIKIE DZIKI GORZÓW	K Masters	1		01:33:34.55	+00:42:04 (45.0%)	9:21	6.4 (54.7%)
108	JUSZCZYK Jarosław	73		M-30	55		01:33:51.15	+00:42:21 (45.1%)	9:23	6.4 (54.7%)
109	MARKIEWICZ Łukasz	132	SOCIOS SILESIA	M-30	56		01:34:03.20	+00:42:33 (45.2%)	9:24	6.4 (54.7%)
110	KOŁODZIEJEK Robert	99		M Masters	14		01:34:56.90	+00:43:27 (45.8%)	9:29	6.3 (53.8%)
111	SOBOCIŃSKI Karol	192	PIĘKNI I BESTIE	M-30	57		01:35:14.80	+00:43:45 (45.9%)	9:31	6.3 (53.8%)
112	OGIŃSKI Szymon	157		M-30	58		01:35:23.50	+00:43:53 (46.0%)	9:32	6.3 (53.8%)
113	RACZYŃSKA Anna	323	BALTIC SEALS	K Masters	2		01:35:28.20	+00:43:58 (46.1%)	9:32	6.3 (53.8%)
114	WAWRZYŃIAK Tomasz	211		M-30	59		01:36:48.25	+00:45:18 (46.8%)	9:40	6.2 (53.0%)
115	KOWALSKI Mateusz	102		M-30	60		01:37:13.35	+00:45:43 (47.0%)	9:43	6.2 (53.0%)
116	BERNACKA Katarzyna	284	RMF4RT GLADIATORS	K-30	6		01:37:37.05	+00:46:07 (47.2%)	9:45	6.1 (52.1%)
117	GACH Damian	43	KUŹNIA DAMIANA	M-20	27		01:38:28.60	+00:46:58 (47.7%)	9:50	6.1 (52.1%)

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118	NUTIL Michał	155	MICHAL NUTIL	M-20	28		01:38:51.70	+00:47:21 (47.9%)	9:53	6.1 (52.1%)
119	GRZEGORZYCA Szymon	53	CARBON SILESIA SPORT	M-20	29		01:38:54.45	+00:47:24 (47.9%)	9:53	6.1 (52.1%)
120	KOTALA Arkadiusz	100		M-20	30		01:39:06.65	+00:47:36 (48.0%)	9:54	6.1 (52.1%)
121	JARZĄBEK Victoria	297		K-20	7		01:39:32.00	+00:48:02 (48.3%)	9:57	6 (51.3%)
122	GOLIŃSKI Paweł	231	HELL'S GYM OCR PĘPOWO	M-20	31		01:39:56.30	+00:48:26 (48.5%)	9:59	6 (51.3%)
123	PELA Jakub	167		M-20	32		01:40:01.25	+00:48:31 (48.5%)	10:00	6 (51.3%)
124	PIŁAT Paweł	170	BESTBEASTS	M-30	61		01:40:18.70	+00:48:48 (48.7%)	10:01	6 (51.3%)
125	KARYKOWSKI Michał	230		M-30	62		01:42:07.35	+00:50:37 (49.6%)	10:12	5.9 (50.4%)
126	CŁAPKA Piotr	24	RAJSPOORT ACTIVE	M-30	63		01:42:57.65	+00:51:27 (50.0%)	10:17	5.8 (49.6%)
127	GÓRNIAK Robert	50	EX TEAM	M Masters	15		01:43:10.10	+00:51:40 (50.1%)	10:19	5.8 (49.6%)
128	MIKUT Krzysztof	142		M Masters	16		01:44:37.35	+00:53:07 (50.8%)	10:27	5.7 (48.7%)
129	ŁĘPICKI Mateusz	121	LEMON TEAM	M-30	64		01:46:48.75	+00:55:18 (51.8%)	10:40	5.6 (47.9%)
130	BZDĘGA Maksymilian	16	HELL'S GYM OCR PĘPOWO	M Junior	3		01:47:04.80	+00:55:35 (51.9%)	10:42	5.6 (47.9%)
131	LOREK Krzysztof	116	HELL'S GYM OCR PĘPOWO	M-20	33		01:47:05.00	+00:55:35 (51.9%)	10:42	5.6 (47.9%)
132	NOWACKI Piotr	153	HELL'S GYM OCR PĘPOWO	M-20	34		01:47:05.35	+00:55:35 (51.9%)	10:42	5.6 (47.9%)
133	OZANA Bartosz	162	DIRTY SPARROWS	M-30	65		01:47:12.85	+00:55:43 (52.0%)	10:43	5.6 (47.9%)
134	ŁANOCHA Michał	118	MI-MED MICHAŁ ŁANOCHA RATOWNICTWO MEDYCZNE	M-20	35		01:47:20.05	+00:55:50 (52.0%)	10:44	5.6 (47.9%)
135	NIESŁONY Dominika	313	EX TEAM	K-20	8		01:48:28.90	+00:56:59 (52.5%)	10:50	5.5 (47.0%)
136	DOMAN Łukasz	32	SOCIOS SILESIA	M Masters	17		01:49:07.70	+00:57:37 (52.8%)	10:54	5.5 (47.0%)
137	RZESZOTARSKI Tomasz	184	WYBITE JEDYNKI	M-30	66		01:49:20.40	+00:57:50 (52.9%)	10:56	5.5 (47.0%)
138	RATAJCZAK Małgorzata	324	OCR TEAM ZIELONA GÓRA	K-30	7		01:50:04.35	+00:58:34 (53.2%)	11:00	5.5 (47.0%)
139	MIERZICKI Marcel	141	POWER TRAINING	M-30	67		01:50:13.10	+00:58:43 (53.3%)	11:01	5.4 (46.2%)
140	GRYŻEWSKI Karol	51	OBSTACLE CENTER TEAM	M-20	36		01:50:45.75	+00:59:15 (53.5%)	11:04	5.4 (46.2%)
141	JÓŹWIAK Dominika	298	WARRIORS ŁÓDŹ	K Junior	1		01:52:15.45	+01:00:45 (54.1%)	11:13	5.3 (45.3%)
142	PIOTROWSKI Andrzej	232	MAD RUNNERS	M-30	68		01:52:29.95	+01:01:00 (54.2%)	11:14	5.3 (45.3%)
143	WOCHNIAK Michał	219	WARRIORS ŁÓDŹ	M-20	37		01:52:35.90	+01:01:06 (54.3%)	11:15	5.3 (45.3%)
144	BOŚKA Patryk	10		M-20	38		01:55:06.25	+01:03:36 (55.3%)	11:30	5.2 (44.4%)
145	KOLASIŃSKI Jakub	96	DIRTY SPARROWS	M-30	69		01:55:25.45	+01:03:55 (55.4%)	11:32	5.2 (44.4%)
146	PIETROŃ Monika	320	LEMON TEAM	K-30	8		01:55:51.25	+01:04:21 (55.6%)	11:35	5.2 (44.4%)
147	ŁAWNICZAK Justyna	309	RMF4RT GLADIATORS	K-30	9		01:56:18.20	+01:04:48 (55.7%)	11:37	5.2 (44.4%)
148	TARAS Michał	205		M-20	39		01:56:49.80	+01:05:20 (55.9%)	11:40	5.1 (43.6%)
149	GRABOWSKA Izabela	294	BESTBEASTS	K-30	10		01:58:01.25	+01:06:31 (56.4%)	11:48	5.1 (43.6%)
150	NIKIEL Dariusz	148	DIRTY SPARROWS	M Masters	18		01:58:39.55	+01:07:09 (56.6%)	11:51	5.1 (43.6%)
151	NOWAK Paweł	154	BALTIC SEALS	M-20	40		01:58:58.95	+01:07:29 (56.7%)	11:53	5 (42.7%)
Przekroczony limit czasu: 02:00:00										
152	ŁUCZAK Paweł	123		M-20	41		02:01:00.00	+01:09:30 (57.4%)	12:06	5 (42.7%)
153	CZUBASZEWSKI Kamil	26	PZU SPORT TEAM	M-20	42		02:02:28.50	+01:10:58 (58.0%)	12:14	4.9 (41.9%)
154	SOBAŃSKI Mateusz	190	OBSTACLE CENTER TEAM	M-30	70		02:03:15.75	+01:11:45 (58.2%)	12:19	4.9 (41.9%)
155	JAŁOCHA Sylwia	296	LEMON TEAM	K-20	9		02:04:02.55	+01:12:32 (58.5%)	12:24	4.8 (41.0%)
156	BOIŃSKA Agnieszka	285	RMFGLADIATORS	K Masters	3		02:04:59.75	+01:13:29 (58.8%)	12:29	4.8 (41.0%)
157	DASZCZYK Dawid	28		M-30	71		02:09:13.25	+01:17:43 (60.1%)	12:55	4.6 (39.3%)
158	FEDEROWICZ Grzegorz	201	WATAHA	M Masters	19		02:09:39.75	+01:18:09 (60.3%)	12:57	4.6 (39.3%)
159	MANIEWSKI Maciej	130	WATAHA	M-30	72		02:09:44.45	+01:18:14 (60.3%)	12:58	4.6 (39.3%)
160	SZAŁKOWSKA Agnieszka	330	HARDCOROWE WYCHYLYLYBYMY	K-30	11		02:09:53.85	+01:18:24 (60.4%)	12:59	4.6 (39.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
161	KURLAPSKA Anna	305	BESTBEASTS	K-30	12		02:12:01.40	+01:20:31 (61.0%)	13:12	4.5 (38.5%)
162	ŚLIZ Mariusz	203	WOLF TEAM	M Masters	20		02:13:22.35	+01:21:52 (61.4%)	13:20	4.5 (38.5%)
163	KUŹNIEWSKA Joanna	306	DYNAMIC STRONG GNIEZNO	K-20	10		02:13:41.75	+01:22:11 (61.5%)	13:22	4.5 (38.5%)
164	KAMIŃSKA Justyna	351	DYNAMIC STRONG GNIEZNO	K-30	13		02:14:35.40	+01:23:05 (61.7%)	13:27	4.5 (38.5%)
165	WOJTASIK Marta	333	OCR TEAM ZIELONA GÓRA	K-30	14		02:19:31.55	+01:28:01 (63.1%)	13:57	4.3 (36.8%)
166	POPIELA-KUKUŚ Katarzyna	321	WATAHA	K Masters	4		02:19:35.15	+01:28:05 (63.1%)	13:57	4.3 (36.8%)
167	MOJAK Joanna	312		K-30	15		02:20:15.25	+01:28:45 (63.3%)	14:01	4.3 (36.8%)
168	GANDURSKA Magdalena	291	DYNAMIC STRONG GNIEZNO	K-30	16		02:22:10.65	+01:30:40 (63.8%)	14:13	4.2 (35.9%)
169	OŹMINKOWSKA Aleksandra	316	DIRTY SPARROWS	K-30	17		02:22:57.95	+01:31:28 (64.0%)	14:17	4.2 (35.9%)
170	KRÓLIKOWSKA Anna	304		K-20	11		02:31:08.35	+01:39:38 (65.9%)	15:06	4 (34.2%)
171	KACZMAREK Monika	299	WF OCR TEAM KOSTRZYN NAD ODRĄ	K-30	18		02:31:43.65	+01:40:13 (66.1%)	15:10	4 (34.2%)
172	WAWRZYŃIAK Monika	337	WF OCR TEAM KOSTRZYN NAD ODRĄ	K-30	19		02:39:51.85	+01:48:22 (67.8%)	15:59	3.8 (32.5%)
173	SZYMAŃSKA Kinga	331		K-20	12		02:47:21.10	+01:55:51 (69.2%)	16:44	3.6 (30.8%)
174	WIŚNIEWSKI Arkadiusz	216	WARRIORS ŁÓDŹ	M-30	73		02:48:43.70	+01:57:13 (69.5%)	16:52	3.6 (30.8%)
175	WOŹNIAK-KARCZEWSKA Patrycja	335	BESTBEASTS	K-30	20		02:55:30.65	+02:04:00 (70.7%)	17:33	3.4 (29.1%)
176	CHROMIŃSKI Stefan	22	WATAHA	M-30	74		02:56:46.65	+02:05:16 (70.9%)	17:40	3.4 (29.1%)
177	PAWLIKOWSKA Zuzanna	319	WARRIORS ŁÓDŹ	K-20	13		03:09:37.10	+02:18:07 (72.8%)	18:57	3.2 (27.4%)
178	KAMINSKA Dorota	300	GRUBIORZE LOTAJOM	K-30	21		03:20:44.55	+02:29:14 (74.3%)	20:04	3 (25.6%)
179	STARUSZKIEWICZ Aleksandra	338		K Masters	5		03:34:50.00	+02:43:20 (76.0%)	21:29	2.8 (23.9%)
180	KALISZ Adrian	78	SPARTA RUNNERS	M-30	75					(0.0%)
181	MASŁOWSKI Wojciech	135	CSWLĄD POZNAŃ	M Masters	21					(0.0%)
182	ŁOTOCKI Rafał	122	WOLF TEAM	M Masters	22					(0.0%)
183	ŁACINIK Damian	117		M Masters	23					(0.0%)
DNC	KOŁAKOWSKI Krzysztof	97	RUNMAGEDON	M-30			01:02:08.35		0:00	9.7 (82.9%)
DNC	MICHALAK Michał	139	MAD RUNNERS	M-30			01:11:55.95		0:00	8.3 (70.9%)
DNC	PLÍHAL Tomáš	172	OCR PARDUBÁCI	M Masters			01:12:52.75		0:00	8.2 (70.1%)
DNC	PASON Tomasz	164		M-30			01:13:01.30		0:00	8.2 (70.1%)
DNC	MANIKOWSKI Daniel	131		M-20			01:16:34.65		0:00	7.8 (66.7%)
DNC	STACHOWIAK Paweł	193		M-30			01:18:35.55		0:00	7.6 (65.0%)
DNC	NAJDEREK Michał	147		M-30			01:19:27.05		0:00	7.6 (65.0%)
DNC	BOJARSKI Marcin	9		M-30			01:24:45.30		0:00	7.1 (60.7%)
DNC	NOWACKI Tomasz	152		M-20			01:25:44.30		0:00	7 (59.8%)
DNC	CHAJA Radosław	18		M-30			01:26:47.35		0:00	6.9 (59.0%)
DNC	ŁUCZAK Ariel	124		M-20			01:27:20.70		0:00	6.9 (59.0%)
DNC	KLAWCZYŃSKI Karol	92		M-20			01:30:38.65		0:00	6.6 (56.4%)
DNC	CIEŚLA Krzysztof	23	WF OCR TEAM KOSTRZYN NAD ODRĄ	M-30			01:33:15.50		0:00	6.4 (54.7%)
DNC	ZIMOŃ Norbert	227	WATAHA	M-30			01:40:07.75		0:00	6 (51.3%)
DNC	POLUS Peter	174	POWER TRAINING	M-30			01:42:39.25		0:00	5.8 (49.6%)
DNC	DUL Dariusz	37	MAD RUNNERS	M Masters			01:43:24.40		0:00	5.8 (49.6%)
DNC	WOZNIAK Dariusz	222		M Masters			01:46:18.85		0:00	5.6 (47.9%)
DNC	SERAFIN Mariusz	186	DIRTY SPARROWS	M-30			01:47:12.90		0:00	5.6 (47.9%)
DNC	ŁĄCKI Łukasz	119	HARDCOROWE WYCHYLYLYBYMY	M Masters			01:48:25.40		0:00	5.5 (47.0%)