

# RUNAWAY POLSKI UCIEKINIER | ELITA

B4SPORT

**Wydarzenie:** Runaway Polski Uciekinier Pępowo  
**Organizator:** Runaway - Polski Uciekinier  
**Data:** 2022-06-18  
**Miejsce:** Pępowo  
**Dystans:** 10 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>WOJTYSZYN Wojciech</b>	<b>125</b>		M25-29	1	Ex Team	<b>00:45:03.20</b>		4:30	13.3 (100%)
2	<b>OŚLIZŁO Tomasz</b>	<b>122</b>		M35-39	1	SOCIOS SILESIA	<b>00:47:10.15</b>	+00:02:06 (4.5%)	4:43	12.7 (95.5%)
3	<b>SERAFIŃSKI Maciej</b>	<b>25</b>		M25-29	2	RUNMAGEDDON TEAM	<b>00:47:34.35</b>	+00:02:31 (5.3%)	4:45	12.6 (94.7%)
4	<b>BRZOSKWINIA Wojciech</b>	<b>61</b>		M30-34	1	Lemon Team	<b>00:49:40.10</b>	+00:04:36 (9.3%)	4:58	12.1 (91.0%)
5	<b>PRYKOWSKI Tomasz</b>	<b>106</b>		M25-29	3	Warriors Łódź	<b>00:49:41.75</b>	+00:04:38 (9.3%)	4:58	12.1 (91.0%)
6	<b>JACIÓW Paweł</b>	<b>44</b>		M30-34	2	WATAHA	<b>00:51:05.10</b>	+00:06:01 (11.8%)	5:06	11.7 (88.0%)
7	<b>MARKOWSKI Fabian</b>	<b>81</b>		M35-39	2	RAJSPOORT ACTIVE	<b>00:52:01.10</b>	+00:06:57 (13.4%)	5:12	11.5 (86.5%)
8	<b>OLICHOWSKI Mateusz</b>	<b>134</b>		M30-34	3	WOLF TEAM	<b>00:53:50.00</b>	+00:08:46 (16.3%)	5:23	11.1 (83.5%)
9	<b>KOZŁOWSKI Artur</b>	<b>76</b>		M25-29	4	RAJSPOORT ACTIVE	<b>00:54:05.60</b>	+00:09:02 (16.7%)	5:24	11.1 (83.5%)
10	<b>KALWAS Mateusz</b>	<b>71</b>		M13-17	1	RAJSPOORT ACTIVE	<b>00:54:36.45</b>	+00:09:33 (17.5%)	5:27	11 (82.7%)
11	<b>RYNKIEWICZ Mateusz</b>	<b>129</b>		M35-39	3	RUNMAGEDDON TEAM	<b>00:54:56.20</b>	+00:09:53 (18.0%)	5:29	10.9 (82.0%)
12	<b>BRZOZOWSKI Filip</b>	<b>45</b>		M30-34	4	SPARTA RUNNERS	<b>00:55:51.05</b>	+00:10:47 (19.3%)	5:35	10.7 (80.5%)
13	<b>SIKORA Adam</b>	<b>27</b>		M30-34	5		<b>00:56:49.35</b>	+00:11:46 (20.7%)	5:40	10.6 (79.7%)
14	<b>JAGODZIŃSKI Karol</b>	<b>96</b>		M30-34	6	POWER TRAINING	<b>00:58:16.45</b>	+00:13:13 (22.7%)	5:49	10.3 (77.4%)
15	<b>BYRCZEK Michał</b>	<b>29</b>		M35-39	4	WATAHA	<b>00:58:34.75</b>	+00:13:31 (23.1%)	5:51	10.2 (76.7%)
16	<b>KOZUBEK Sebastian</b>	<b>55</b>		M30-34	7	RAJSPOORT ACTIVE	<b>00:58:37.50</b>	+00:13:34 (23.1%)	5:51	10.2 (76.7%)
17	<b>JAKUSZEK Piotr</b>	<b>297</b>		M35-39	5	Hell`s gym OCR Pępowo	<b>00:58:58.95</b>	+00:13:55 (23.6%)	5:53	10.2 (76.7%)
18	<b>BURAS Radosław</b>	<b>82</b>		M30-34	8		<b>00:59:50.25</b>	+00:14:47 (24.7%)	5:59	10 (75.2%)
19	<b>OBREBSKI Patryk</b>	<b>59</b>		M30-34	9	RAJSPOORT ACTIVE	<b>00:59:52.10</b>	+00:14:48 (24.7%)	5:59	10 (75.2%)
20	<b>TARKA Andrzej</b>	<b>77</b>		M45-49	1		<b>01:00:43.80</b>	+00:15:40 (25.8%)	6:04	9.9 (74.4%)
21	<b>BAJON Przemysław</b>	<b>91</b>		M25-29	5	WATAHA	<b>01:01:20.60</b>	+00:16:17 (26.6%)	6:08	9.8 (73.7%)
22	<b>KALININ Jarosław</b>	<b>100</b>		M25-29	6	RAJSPOORT ACTIVE	<b>01:02:33.00</b>	+00:17:29 (28.0%)	6:15	9.6 (72.2%)
23	<b>KOZUBEK Seweryn</b>	<b>57</b>		M25-29	7	RAJSPOORT ACTIVE	<b>01:02:36.90</b>	+00:17:33 (28.0%)	6:15	9.6 (72.2%)
24	<b>KACPERSKI Jacek</b>	<b>58</b>		M40-44	1	RAJSPOORT ACTIVE	<b>01:02:51.00</b>	+00:17:47 (28.3%)	6:17	9.5 (71.4%)
25	<b>TYCZYNO Wojciech</b>	<b>42</b>		M40-44	2	WATAHA	<b>01:03:22.20</b>	+00:18:19 (28.9%)	6:20	9.5 (71.4%)
26	<b>BERNACKI Grzegorz</b>	<b>14</b>		M40-44	3	WOLF TEAM	<b>01:03:43.75</b>	+00:18:40 (29.3%)	6:22	9.4 (70.7%)
27	<b>KĘPA Bartosz</b>	<b>46</b>		M30-34	10	SPARTA RUNNERS	<b>01:03:57.25</b>	+00:18:54 (29.6%)	6:23	9.4 (70.7%)
28	<b>GŁYK Łukasz</b>	<b>31</b>		M30-34	11		<b>01:04:11.95</b>	+00:19:08 (29.8%)	6:25	9.3 (69.9%)
29	<b>DŁUGOSZ Łukasz</b>	<b>49</b>		M25-29	8	OSPRO OCR	<b>01:04:41.60</b>	+00:19:38 (30.4%)	6:28	9.3 (69.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas		Tempo min/km	Tempo km/h
							netto	Różn		
30	<b>JUSZKIEWICZ Dominik</b>	<b>137</b>		M35-39	6	RAJSPOORT ACTIVE	<b>01:05:16.40</b>	+00:20:13 (31.0%)	6:31	9.2 (69.2%)
31	<b>SOBOŃ Krystian</b>	<b>110</b>		M30-34	12	Mad runners	<b>01:05:59.65</b>	+00:20:56 (31.7%)	6:35	9.1 (68.4%)
32	<b>PSUT Kamil</b>	<b>135</b>		M25-29	9		<b>01:06:24.65</b>	+00:21:21 (32.2%)	6:38	9 (67.7%)
33	<b>SZYMAŃSKI Bartomiej</b>	<b>66</b>		M30-34	13	Warriors Łódź	<b>01:06:38.45</b>	+00:21:35 (32.4%)	6:39	9 (67.7%)
34	<b>WOŁCZEK Paulina</b>	<b>235</b>		K25-29	1	Ex Team	<b>01:07:05.05</b>	+00:22:01 (32.8%)	6:42	8.9 (66.9%)
35	<b>KALISZYK Grzegorz</b>	<b>121</b>		M45-49	2	Mad Runners	<b>01:07:12.55</b>	+00:22:09 (33.0%)	6:43	8.9 (66.9%)
36	<b>BARAN Konrad</b>	<b>92</b>		M25-29	10	Warriors Łódź	<b>01:07:52.65</b>	+00:22:49 (33.6%)	6:47	8.8 (66.2%)
37	<b>TRACZYŃSKI Daniel</b>	<b>111</b>		M30-34	14	Mad Runners	<b>01:08:01.80</b>	+00:22:58 (33.8%)	6:48	8.8 (66.2%)
38	<b>DARGACZ Dominik</b>	<b>109</b>		M25-29	11	Mad Runners	<b>01:08:03.40</b>	+00:23:00 (33.8%)	6:48	8.8 (66.2%)
39	<b>DRZEWIECKI Marcin</b>	<b>118</b>		M35-39	7	Mad Runners	<b>01:08:57.00</b>	+00:23:53 (34.7%)	6:53	8.7 (65.4%)
40	<b>RYNKIEWICZ Agnieszka</b>	<b>237</b>		K35-39	1	RUNMAGEDDON TEAM	<b>01:09:04.70</b>	+00:24:01 (34.8%)	6:54	8.7 (65.4%)
41	<b>KOŁAKOWSKI Krzysztof</b>	<b>95</b>		M30-34	15	RUNMAGEDDON TEAM	<b>01:09:41.25</b>	+00:24:38 (35.3%)	6:58	8.6 (64.7%)
42	<b>WOJTASZCZYK Mateusz</b>	<b>3</b>		M40-44	4		<b>01:10:20.45</b>	+00:25:17 (35.9%)	7:02	8.5 (63.9%)
43	<b>MIZGALSKI Jacek</b>	<b>87</b>		M45-49	3		<b>01:11:16.25</b>	+00:26:13 (36.8%)	7:07	8.4 (63.2%)
44	<b>NOWICKI Marcin</b>	<b>123</b>		M30-34	16	WOLF TEAM	<b>01:11:18.60</b>	+00:26:15 (36.8%)	7:07	8.4 (63.2%)
45	<b>LEWANDOWSKI Patryk</b>	<b>4</b>		M30-34	17		<b>01:11:24.80</b>	+00:26:21 (36.9%)	7:08	8.4 (63.2%)
46	<b>DUKIEWICZ Dariusz</b>	<b>104</b>		M25-29	12	WOLF TEAM	<b>01:11:34.75</b>	+00:26:31 (37.1%)	7:09	8.4 (63.2%)
47	<b>SZYMAŃSKI Bartek</b>	<b>117</b>		M30-34	18		<b>01:11:54.85</b>	+00:26:51 (37.4%)	7:11	8.3 (62.4%)
48	<b>LEWICKI Piotr</b>	<b>17</b>		M40-44	5	WOLF TEAM	<b>01:11:58.30</b>	+00:26:55 (37.4%)	7:11	8.3 (62.4%)
49	<b>GOLDA Michał</b>	<b>105</b>		M40-44	6	Mad Runners	<b>01:12:49.45</b>	+00:27:46 (38.1%)	7:16	8.2 (61.7%)
50	<b>BUDZIŃSKI Michał</b>	<b>47</b>		M35-39	8	RAJSPOORT ACTIVE	<b>01:13:11.90</b>	+00:28:08 (38.5%)	7:19	8.2 (61.7%)
51	<b>PIWNIK Bartosz</b>	<b>84</b>		M25-29	13	Lemon Team	<b>01:13:16.95</b>	+00:28:13 (38.5%)	7:19	8.2 (61.7%)
52	<b>MALCZEWSKI Daniel</b>	<b>11</b>		M18-24	1	RAJSPOORT ACTIVE	<b>01:13:33.95</b>	+00:28:30 (38.8%)	7:21	8.2 (61.7%)
53	<b>TROCKI Patryk</b>	<b>35</b>		M30-34	19	Dirty Sparrows	<b>01:14:24.10</b>	+00:29:20 (39.4%)	7:26	8.1 (60.9%)
54	<b>MADALIŃSKI Michał</b>	<b>98</b>		M30-34	20	RAJSPOORT ACTIVE	<b>01:15:02.85</b>	+00:29:59 (40.0%)	7:30	8 (60.2%)
55	<b>WIECZOREK Mateusz</b>	<b>34</b>		M25-29	14	xRunners	<b>01:15:15.05</b>	+00:30:11 (40.1%)	7:31	8 (60.2%)
56	<b>PIĘŁA Szymon</b>	<b>32</b>		M30-34	21	SOCIOS SILESIA	<b>01:15:22.10</b>	+00:30:18 (40.2%)	7:32	8 (60.2%)
57	<b>SZAŁATA Piotr</b>	<b>16</b>		M30-34	22	Biegowe dziki ocr	<b>01:15:32.95</b>	+00:30:29 (40.4%)	7:33	7.9 (59.4%)
58	<b>DROP Łukasz</b>	<b>2</b>		M40-44	7	WATAHA	<b>01:15:34.85</b>	+00:30:31 (40.4%)	7:33	7.9 (59.4%)
59	<b>ZIMOŃ Norbert</b>	<b>139</b>		M35-39	9		<b>01:15:42.20</b>	+00:30:39 (40.5%)	7:34	7.9 (59.4%)
60	<b>TOMCZAK Dariusz</b>	<b>131</b>		M30-34	23		<b>01:15:53.10</b>	+00:30:49 (40.6%)	7:35	7.9 (59.4%)
61	<b>PAZOŁA Korneliusz</b>	<b>132</b>		M35-39	10		<b>01:16:01.00</b>	+00:30:57 (40.7%)	7:36	7.9 (59.4%)
62	<b>STAWSKI Artur</b>	<b>136</b>		M35-39	11		<b>01:16:20.20</b>	+00:31:17 (41.0%)	7:38	7.9 (59.4%)
63	<b>KAZIMIERCZAK Paweł</b>	<b>51</b>		M25-29	15	Warriors Łódź	<b>01:16:26.20</b>	+00:31:23 (41.1%)	7:38	7.8 (58.6%)
64	<b>KALISZ Adrian</b>	<b>30</b>		M35-39	12		<b>01:16:50.15</b>	+00:31:46 (41.4%)	7:41	7.8 (58.6%)
65	<b>MAŁECKI Adam</b>	<b>40</b>		M30-34	24	CARBON SILESIA SPORT	<b>01:17:26.90</b>	+00:32:23 (41.8%)	7:44	7.7 (57.9%)
66	<b>KOTALA Arkadiusz</b>	<b>67</b>		M25-29	16	WATAHA	<b>01:17:47.45</b>	+00:32:44 (42.1%)	7:46	7.7 (57.9%)
67	<b>SZCZEPAŃSKI Grzegorz</b>	<b>113</b>		M35-39	13	Mad Runners	<b>01:17:55.45</b>	+00:32:52 (42.2%)	7:47	7.7 (57.9%)
68	<b>DENYSIUK Marek</b>	<b>119</b>		M45-49	4	WATAHA	<b>01:18:56.25</b>	+00:33:53 (42.9%)	7:53	7.6 (57.1%)
69	<b>SERAFIŃSKI Robert</b>	<b>26</b>		M50+	1	RAJSPOORT ACTIVE	<b>01:19:23.50</b>	+00:34:20 (43.3%)	7:56	7.6 (57.1%)
70	<b>KNOP Marcin</b>	<b>79</b>		M30-34	25	Lemon Team	<b>01:19:37.95</b>	+00:34:34 (43.4%)	7:57	7.5 (56.4%)
71	<b>ZABOROWSKI Łukasz</b>	<b>133</b>		M35-39	14	RAJSPOORT ACTIVE	<b>01:19:39.40</b>	+00:34:36 (43.4%)	7:57	7.5 (56.4%)
72	<b>PONTUS Piotr</b>	<b>5</b>		M35-39	15	OSPRO OCR	<b>01:19:44.10</b>	+00:34:40 (43.5%)	7:58	7.5 (56.4%)
73	<b>BAJSAROWICZ Marta</b>	<b>214</b>		K35-39	2	OCR Witches	<b>01:20:59.95</b>	+00:35:56 (44.4%)	8:05	7.4 (55.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas		Tempo min/km	Tempo km/h
							netto	Różn		
74	<b>STERNAL Mateusz</b>	<b>56</b>		M35-39	16		<b>01:21:02.60</b>	+00:35:59 (44.4%)	8:06	7.4 (55.6%)
75	<b>DUL Dariusz</b>	<b>126</b>		M50+	2	Mad Runners	<b>01:21:24.95</b>	+00:36:21 (44.7%)	8:08	7.4 (55.6%)
76	<b>MATYSIAK Przemysław</b>	<b>74</b>		M13-17	2		<b>01:22:16.10</b>	+00:37:12 (45.2%)	8:13	7.3 (54.9%)
77	<b>KOWALSKI Mateusz</b>	<b>19</b>		M35-39	17	Dirty Sparrows	<b>01:22:25.35</b>	+00:37:22 (45.3%)	8:14	7.3 (54.9%)
78	<b>KURYŁO Kamil</b>	<b>21</b>		M30-34	26		<b>01:22:32.20</b>	+00:37:29 (45.4%)	8:15	7.3 (54.9%)
79	<b>KAMIŃSKA Justyna</b>	<b>226</b>		K30-34	1		<b>01:22:51.85</b>	+00:37:48 (45.6%)	8:17	7.2 (54.1%)
80	<b>MACHOWSKI Marek</b>	<b>114</b>		M45-49	5		<b>01:22:57.80</b>	+00:37:54 (45.7%)	8:17	7.2 (54.1%)
81	<b>BOIŃSKI Grzegorz</b>	<b>120</b>		M13-17	3	WOLF TEAM	<b>01:23:04.10</b>	+00:38:00 (45.8%)	8:18	7.2 (54.1%)
82	<b>ŁUSZCZAK Anna</b>	<b>222</b>		K30-34	2	Lemon Team	<b>01:24:00.65</b>	+00:38:57 (46.4%)	8:24	7.1 (53.4%)
83	<b>WIŚNIEWSKI Norbert</b>	<b>127</b>		M45-49	6		<b>01:24:30.55</b>	+00:39:27 (46.7%)	8:27	7.1 (53.4%)
84	<b>NAJDEREK Michał</b>	<b>60</b>		M35-39	18		<b>01:24:38.80</b>	+00:39:35 (46.8%)	8:27	7.1 (53.4%)
85	<b>BERNACKA Katarzyna</b>	<b>215</b>		K35-39	3	WOLF TEAM	<b>01:25:21.65</b>	+00:40:18 (47.2%)	8:32	7 (52.6%)
86	<b>KORZENNY Wojciech</b>	<b>80</b>		M35-39	19		<b>01:25:39.05</b>	+00:40:35 (47.4%)	8:33	7 (52.6%)
87	<b>KOLASIŃSKI Jakub</b>	<b>75</b>		M35-39	20	Dirty Sparrows	<b>01:25:47.60</b>	+00:40:44 (47.5%)	8:34	7 (52.6%)
88	<b>MALICKI Dawid</b>	<b>53</b>		M30-34	27	Warriors Łódź	<b>01:25:48.60</b>	+00:40:45 (47.5%)	8:34	7 (52.6%)
89	<b>KACZMAR Kornelia</b>	<b>239</b>		K25-29	2		<b>01:27:05.80</b>	+00:42:02 (48.3%)	8:42	6.9 (51.9%)
90	<b>ELLMANN Leszek</b>	<b>39</b>		M30-34	28	Dirty Sparrows	<b>01:27:28.05</b>	+00:42:24 (48.5%)	8:44	6.9 (51.9%)
91	<b>SOLIWODA Tomasz</b>	<b>24</b>		M40-44	8		<b>01:28:07.90</b>	+00:43:04 (48.9%)	8:48	6.8 (51.1%)
92	<b>SOBAŃSKI Paweł</b>	<b>316</b>		M18-24	2	Hell`s gym OCR Pępowo	<b>01:29:54.55</b>	+00:44:51 (49.9%)	8:59	6.7 (50.4%)
93	<b>MIROWSKI Jacek</b>	<b>33</b>		M35-39	21		<b>01:29:55.90</b>	+00:44:52 (49.9%)	8:59	6.7 (50.4%)
94	<b>DARGA Marcin</b>	<b>112</b>		M30-34	29	WOLF TEAM	<b>01:30:06.10</b>	+00:45:02 (50.0%)	9:00	6.7 (50.4%)
95	<b>JUSZCZYK Jarosław</b>	<b>78</b>		M40-44	9		<b>01:30:10.55</b>	+00:45:07 (50.0%)	9:01	6.7 (50.4%)
96	<b>JUSZKIEWICZ Oliwia</b>	<b>240</b>		K13-17	1	RAJSPOORT ACTIVE	<b>01:30:15.60</b>	+00:45:12 (50.1%)	9:01	6.6 (49.6%)
97	<b>KMIECIAK Grzegorz</b>	<b>50</b>		M35-39	22		<b>01:30:15.70</b>	+00:45:12 (50.1%)	9:01	6.6 (49.6%)
98	<b>KRUK Michał</b>	<b>8</b>		M25-29	17	OSPRO OCR	<b>01:31:59.00</b>	+00:46:55 (51.0%)	9:11	6.5 (48.9%)
99	<b>DROZD Dariusz</b>	<b>97</b>		M35-39	23		<b>01:32:47.00</b>	+00:47:43 (51.4%)	9:16	6.5 (48.9%)
100	<b>ZIELIŃSKI Michał</b>	<b>130</b>		DRUŻYNOWA	1		<b>01:33:50.65</b>	+00:48:47 (52.0%)	9:23	6.4 (48.1%)
101	<b>PINDEL Piotr</b>	<b>20</b>		M30-34	30		<b>01:34:08.45</b>	+00:49:05 (52.1%)	9:24	6.4 (48.1%)
102	<b>WÓJT Kamil</b>	<b>86</b>		M30-34	31	Warriors Łódź	<b>01:35:23.40</b>	+00:50:20 (52.8%)	9:32	6.3 (47.4%)
103	<b>DYKO Bartosz</b>	<b>116</b>		M35-39	24	Mad Runners	<b>01:35:58.65</b>	+00:50:55 (53.1%)	9:35	6.3 (47.4%)
104	<b>PILARCZYK Kaśka</b>	<b>236</b>		K35-39	4		<b>01:36:20.20</b>	+00:51:17 (53.2%)	9:38	6.2 (46.6%)
105	<b>ŁAPACZ Tomasz</b>	<b>41</b>		M45-49	7		<b>01:36:39.30</b>	+00:51:36 (53.4%)	9:39	6.2 (46.6%)
106	<b>KACZMAREK Monika</b>	<b>220</b>		K35-39	5	WF TEAM	<b>01:37:12.95</b>	+00:52:09 (53.7%)	9:43	6.2 (46.6%)
107	<b>WOCHNIAK Michał</b>	<b>52</b>		M30-34	32	Warriors Łódź	<b>01:37:46.05</b>	+00:52:42 (53.9%)	9:46	6.1 (45.9%)
108	<b>SKRĘTY Patryk</b>	<b>69</b>		M25-29	18		<b>01:38:58.75</b>	+00:53:55 (54.5%)	9:53	6.1 (45.9%)
109	<b>KOŁODZIEJEK Robert</b>	<b>12</b>		M45-49	8	RAJSPOORT ACTIVE	<b>01:38:59.70</b>	+00:53:56 (54.5%)	9:53	6.1 (45.9%)
110	<b>DEGOEVA Lyana</b>	<b>227</b>		K30-34	3	Warriors Łódź	<b>01:39:02.40</b>	+00:53:59 (54.5%)	9:54	6.1 (45.9%)
111	<b>KORALEWSKI Paweł</b>	<b>38</b>		M35-39	25	WATAHA	<b>01:40:16.15</b>	+00:55:12 (55.1%)	10:01	6 (45.1%)
112	<b>WITKOWSKI Rafał</b>	<b>9</b>		M30-34	33	WATAHA	<b>01:42:06.10</b>	+00:57:02 (55.9%)	10:12	5.9 (44.4%)
113	<b>KACZMAREK Marcin</b>	<b>90</b>		M35-39	26	WF TEAM	<b>01:43:04.05</b>	+00:58:00 (56.3%)	10:18	5.8 (43.6%)
114	<b>WEIS Michał</b>	<b>85</b>		M35-39	27	Obstacle Center Team	<b>01:44:01.95</b>	+00:58:58 (56.7%)	10:24	5.8 (43.6%)
115	<b>ŁAPACZ Adam</b>	<b>23</b>		M13-17	4		<b>01:44:26.60</b>	+00:59:23 (56.9%)	10:26	5.7 (42.9%)
116	<b>SZOJDA Ola</b>	<b>234</b>		K13-17	2		<b>01:46:38.90</b>	+01:01:35 (57.8%)	10:39	5.6 (42.1%)
117	<b>PIĘTKA Grzegorz</b>	<b>1</b>		M45-49	9		<b>01:47:15.15</b>	+01:02:11 (58.0%)	10:43	5.6 (42.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
118	<b>MOSTOWSKI Radek</b>	<b>89</b>		M35-39	28	Warriors Łódź	<b>01:47:40.85</b>	+01:02:37 (58.2%)	10:46	5.6 (42.1%)
119	<b>WIŚNIEWSKI Arkadiusz</b>	<b>62</b>		M30-34	34	Warriors Łódź	<b>01:47:41.75</b>	+01:02:38 (58.2%)	10:46	5.6 (42.1%)
120	<b>ŚLIZ Arkadiusz</b>	<b>28</b>		M40-44	10	WOLF TEAM	<b>01:47:53.25</b>	+01:02:50 (58.2%)	10:47	5.6 (42.1%)
121	<b>SZUFLICKI Tymon</b>	<b>108</b>		M13-17	5		<b>01:48:37.80</b>	+01:03:34 (58.5%)	10:51	5.5 (41.4%)
122	<b>SZWAŁEK Dawid</b>	<b>64</b>		M30-34	35		<b>01:50:43.90</b>	+01:05:40 (59.3%)	11:04	5.4 (40.6%)
123	<b>ROBAKOWSKI Sławomir</b>	<b>63</b>		M35-39	29		<b>01:50:44.25</b>	+01:05:41 (59.3%)	11:04	5.4 (40.6%)
124	<b>NAWROT Michał</b>	<b>107</b>		M35-39	30		<b>01:51:08.60</b>	+01:06:05 (59.5%)	11:06	5.4 (40.6%)
125	<b>MARKOWSKA Nikola</b>	<b>221</b>		K13-17	3	RAJSPOORT ACTIVE	<b>01:51:17.45</b>	+01:06:14 (59.5%)	11:07	5.4 (40.6%)
126	<b>GAŃKO Karolina</b>	<b>238</b>		K25-29	3	Obstacle Center Team	<b>01:51:45.90</b>	+01:06:42 (59.7%)	11:10	5.4 (40.6%)
127	<b>TOMCZAK Marcin</b>	<b>43</b>		M35-39	31	WATAHA	<b>01:52:02.40</b>	+01:06:59 (59.8%)	11:12	5.4 (40.6%)
128	<b>BOIŃSKA Agnieszka</b>	<b>216</b>		K40-44	1		<b>01:52:10.30</b>	+01:07:07 (59.8%)	11:13	5.3 (39.8%)
129	<b>MOJAK Joanna</b>	<b>230</b>		K30-34	4		<b>01:53:13.40</b>	+01:08:10 (60.2%)	11:19	5.3 (39.8%)
130	<b>OŻMINKOWSKA Aleksandra</b>	<b>224</b>		K30-34	5		<b>01:55:02.20</b>	+01:09:59 (60.8%)	11:30	5.2 (39.1%)
131	<b>DROZD Anna</b>	<b>228</b>		K30-34	6		<b>01:57:32.15</b>	+01:12:28 (61.7%)	11:45	5.1 (38.3%)
132	<b>WYSOCZAŃSKI Mikołaj</b>	<b>37</b>		M35-39	32		<b>01:59:42.30</b>	+01:14:39 (62.4%)	11:58	5 (37.6%)
<b>Przekroczony limit czasu: 02:00:00</b>										
133	<b>ŁACINIK Damian</b>	<b>22</b>		M40-44	11		<b>02:00:26.35</b>	+01:15:23 (62.6%)	12:02	5 (37.6%)
134	<b>RYDLEWICZ Daria</b>	<b>233</b>		K25-29	4	DYNAMIC STRONG GNIEZNO	<b>02:01:20.50</b>	+01:16:17 (62.9%)	12:08	4.9 (36.8%)
135	<b>KURAN Halina</b>	<b>219</b>		K18-24	1	WATAHA	<b>02:03:04.70</b>	+01:18:01 (63.4%)	12:18	4.9 (36.8%)
136	<b>JÓŻWIAK Dominika</b>	<b>213</b>		K18-24	2		<b>02:03:14.80</b>	+01:18:11 (63.4%)	12:19	4.9 (36.8%)
137	<b>ZACHARA Katarzyna</b>	<b>223</b>		K35-39	6	Lemon Team	<b>02:06:03.15</b>	+01:20:59 (64.3%)	12:36	4.8 (36.1%)
138	<b>ROPELA Monika</b>	<b>212</b>		K30-34	7	WOLF TEAM	<b>02:09:53.30</b>	+01:24:50 (65.3%)	12:59	4.6 (34.6%)
139	<b>SZAŁKOWSKA Agnieszka</b>	<b>211</b>		K35-39	7		<b>02:11:22.50</b>	+01:26:19 (65.7%)	13:08	4.6 (34.6%)
140	<b>DRZEWIECKA Sylwia</b>	<b>232</b>		K40-44	2	Mad Runners	<b>02:13:43.70</b>	+01:28:40 (66.3%)	13:22	4.5 (33.8%)
141	<b>SIERPIŃSKA Monika</b>	<b>225</b>		K25-29	5	Obstacle Center Team	<b>02:14:31.70</b>	+01:29:28 (66.5%)	13:27	4.5 (33.8%)
142	<b>GANDURSKA Magdalena</b>	<b>231</b>		K30-34	8	DYNAMIC STRONG GNIEZNO	<b>02:16:05.75</b>	+01:31:02 (66.9%)	13:36	4.4 (33.1%)
DNC	<b>GRABOWIEC Arkadiusz</b>	<b>7</b>		M18-24		POWER TRAINING	<b>00:59:35.85</b>		0:00	10.1 (75.9%)
DNC	<b>ROPELA Radosław</b>	<b>18</b>		M40-44		WOLF TEAM	<b>01:02:51.85</b>		0:00	9.5 (71.4%)
DNC	<b>SIEKIERSKI Paweł</b>	<b>15</b>		M30-34		Dirty Sparrows	<b>01:13:52.45</b>		0:00	8.1 (60.9%)
DNC	<b>KWAŚNIAK Emil</b>	<b>99</b>		M35-39			<b>01:14:57.35</b>		0:00	8 (60.2%)
DNC	<b>TROJANOWSKI Artur</b>	<b>6</b>		M35-39		CARBON SILESIA SPORT	<b>01:19:05.80</b>		0:00	7.6 (57.1%)
DNC	<b>ŻYTO Grzegorz</b>	<b>48</b>		M35-39			<b>01:26:26.65</b>		0:00	6.9 (51.9%)
DNC	<b>SKONIECZKO Adam</b>	<b>93</b>		M35-39			<b>01:27:30.40</b>		0:00	6.9 (51.9%)
DNC	<b>PILAWSKI Ryszard</b>	<b>36</b>		M45-49			<b>01:27:59.65</b>		0:00	6.8 (51.1%)
DNC	<b>OGIŃSKI Szymon</b>	<b>72</b>		M35-39		Warriors Łódź	<b>01:29:12.20</b>		0:00	6.7 (50.4%)
DNC	<b>SZUKAŁA Krzysztof</b>	<b>94</b>		M18-24			<b>01:33:28.55</b>		0:00	6.4 (48.1%)
DNC	<b>ANDRZEJCZAK Filip</b>	<b>54</b>		M35-39			<b>01:34:29.25</b>		0:00	6.4 (48.1%)
DNC	<b>PIECZONKA Jakub</b>	<b>128</b>		M25-29		WF TEAM	<b>01:40:19.50</b>		0:00	6 (45.1%)
DNC	<b>KARCZEWSKI Patryk</b>	<b>65</b>		M30-34		Warriors Łódź	<b>01:42:39.15</b>		0:00	5.8 (43.6%)
DNC	<b>PIETRZAK Wojciech</b>	<b>88</b>		M18-24			<b>01:53:55.05</b>		0:00	5.3 (39.8%)
DNC	<b>PAWLIKOWSKA Zuzanna</b>	<b>218</b>		K25-29		Warriors Łódź	<b>02:17:52.40</b>		0:00	4.4 (33.1%)