

# RUNAWAY POLSKI UCIEKINIER | ELITA

B4SPORT

**Wydarzenie:** Runaway Polski Uciekinier Pępowo  
**Organizator:** Runaway - Polski Uciekinier  
**Data:** 2023-06-17  
**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>OŚLIZŁO Tomasz</b>	<b>104</b>		M35-39	1	Socios Silesia	<b>00:45:23.75</b>		4:32	13.2 (100%)
2	<b>JACIÓW Paweł</b>	<b>35</b>		M30-34	1	WATAHA	<b>00:46:18.25</b>	+00:00:54 (2.0%)	4:37	13 (98.5%)
3	<b>WOJTYSZYN Wojciech</b>	<b>123</b>	EX TEAM	M25-29	1	Ex Team	<b>00:46:21.30</b>	+00:00:57 (2.1%)	4:38	12.9 (97.7%)
4	<b>SERAFIŃSKI Maciej</b>	<b>5</b>		M25-29	2	RUNMAGEDDON TEAM	<b>00:46:44.35</b>	+00:01:20 (2.9%)	4:40	12.8 (97.0%)
5	<b>OLICHOWSKI Mateusz</b>	<b>84</b>		M30-34	2	WOLF TEAM	<b>00:50:20.60</b>	+00:04:56 (9.8%)	5:02	11.9 (90.2%)
6	<b>JAGODZIŃSKI Karol</b>	<b>60</b>		M30-34	3	OSPRO OCR	<b>00:50:36.15</b>	+00:05:12 (10.3%)	5:03	11.9 (90.2%)
7	<b>SKOWROŃSKI Błażej</b>	<b>85</b>		M30-34	4	Dzik Komando	<b>00:51:07.45</b>	+00:05:43 (11.2%)	5:06	11.7 (88.6%)
8	<b>MARUSZEWSKI Marcin</b>	<b>114</b>		M40-44	1		<b>00:53:34.50</b>	+00:08:10 (15.3%)	5:21	11.2 (84.8%)
9	<b>CHŁĄD Aleksander</b>	<b>76</b>		M40-44	2	Ex Team	<b>00:54:30.10</b>	+00:09:06 (16.7%)	5:27	11 (83.3%)
10	<b>BRZOZOWSKI Filip</b>	<b>17</b>		M30-34	5	WOLF TEAM	<b>00:54:56.70</b>	+00:09:32 (17.4%)	5:29	10.9 (82.6%)
11	<b>MARKOWSKI Fabian</b>	<b>92</b>		M35-39	2	WATAHA	<b>00:55:46.10</b>	+00:10:22 (18.6%)	5:34	10.8 (81.8%)
12	<b>RYNKIEWIY Mateusz</b>	<b>118</b>		M35-39	3		<b>00:55:58.05</b>	+00:10:34 (18.9%)	5:35	10.7 (81.1%)
13	<b>MOSTOWSKI Łukasz</b>	<b>121</b>	WATAHA	M30-34	6	WATAHA	<b>00:56:25.00</b>	+00:11:01 (19.5%)	5:38	10.6 (80.3%)
14	<b>JAKUSZEK Piotr</b>	<b>27</b>		M35-39	4	WATAHA	<b>00:58:29.90</b>	+00:13:06 (22.4%)	5:50	10.3 (78.0%)
15	<b>BUGAJ Mariusz</b>	<b>65</b>		M35-39	5	OSPRO OCR	<b>00:59:08.35</b>	+00:13:44 (23.2%)	5:54	10.1 (76.5%)
16	<b>TESKA Patrycja</b>	<b>212</b>		K13-17	1		<b>00:59:20.05</b>	+00:13:56 (23.5%)	5:56	10.1 (76.5%)
17	<b>TARKA Andrzej</b>	<b>90</b>		M45-49	1	Rajsport Active	<b>00:59:44.10</b>	+00:14:20 (24.0%)	5:58	10 (75.8%)
18	<b>BERNACKI Grzegorz</b>	<b>52</b>		M40-44	3	NOTEĆ STEICO OCR	<b>01:00:22.30</b>	+00:14:58 (24.8%)	6:02	9.9 (75.0%)
19	<b>IDCZAK Piotr</b>	<b>63</b>		M35-39	6	Dynamic Strong Gniezno	<b>01:00:27.95</b>	+00:15:04 (24.9%)	6:02	9.9 (75.0%)
20	<b>TYCZYNO Wojciech</b>	<b>44</b>		M40-44	4	WATAHA	<b>01:01:41.20</b>	+00:16:17 (26.4%)	6:10	9.7 (73.5%)
21	<b>STAMATEL Sebastian</b>	<b>1</b>		M25-29	3	Dragon Runners	<b>01:02:40.60</b>	+00:17:16 (27.6%)	6:16	9.6 (72.7%)
22	<b>WÓJCIK Adam</b>	<b>102</b>		M25-29	4	Ex Team	<b>01:03:38.60</b>	+00:18:14 (28.7%)	6:21	9.4 (71.2%)
23	<b>SOBOŃ Krystian</b>	<b>106</b>		M30-34	7	Mad Runners	<b>01:03:47.95</b>	+00:18:24 (28.8%)	6:22	9.4 (71.2%)
24	<b>RUDNICKI Marcin</b>	<b>48</b>		M45-49	2		<b>01:04:09.45</b>	+00:18:45 (29.2%)	6:24	9.4 (71.2%)
25	<b>SIEKIERSKI Paweł</b>	<b>71</b>		M30-34	8	Dynamic Strong Gniezno	<b>01:04:14.05</b>	+00:18:50 (29.3%)	6:25	9.3 (70.5%)
26	<b>WYSŁUCH Izabela</b>	<b>242</b>		K25-29	1		<b>01:04:51.80</b>	+00:19:28 (30.0%)	6:29	9.3 (70.5%)
27	<b>KOŁAKOWSKI Krzysztof</b>	<b>91</b>		M35-39	7	RUNMAGEDDON TEAM	<b>01:05:09.75</b>	+00:19:46 (30.3%)	6:30	9.2 (69.7%)
28	<b>KUDRELEK Karol</b>	<b>101</b>		M40-44	5		<b>01:05:19.60</b>	+00:19:55 (30.5%)	6:31	9.2 (69.7%)
29	<b>DULIK Kacper</b>	<b>33</b>		M35-39	8	Legnica Pokonuje Przeszkody	<b>01:05:21.05</b>	+00:19:57 (30.5%)	6:32	9.2 (69.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas		Tempo min/km	Tempo km/h
							netto 10km	Różn		
30	<b>KNOP Marcin</b>	<b>56</b>		M30-34	9	Lemon Team	<b>01:06:17.50</b>	+00:20:53 (31.5%)	6:37	9.1 (68.9%)
31	<b>KĘPA Bartosz</b>	<b>67</b>		M30-34	10	WOLF TEAM	<b>01:06:32.65</b>	+00:21:08 (31.8%)	6:39	9 (68.2%)
32	<b>KOZŁOWSKI Artur</b>	<b>89</b>		M25-29	5	RajSPORT Active	<b>01:06:58.30</b>	+00:21:34 (32.2%)	6:41	9 (68.2%)
33	<b>JUSZKIEWICZ Dominik</b>	<b>124</b>		M35-39	9	WATAHA	<b>01:07:26.50</b>	+00:22:02 (32.7%)	6:44	8.9 (67.4%)
34	<b>KACPERSKI Jacek</b>	<b>95</b>		M40-44	6		<b>01:07:30.45</b>	+00:22:06 (32.8%)	6:45	8.9 (67.4%)
35	<b>OLSZÓWKA Filip</b>	<b>122</b>		M18-24	1		<b>01:07:42.05</b>	+00:22:18 (32.9%)	6:46	8.9 (67.4%)
36	<b>WIATR Damian</b>	<b>110</b>		M25-29	6		<b>01:07:42.15</b>	+00:22:18 (32.9%)	6:46	8.9 (67.4%)
37	<b>SEREDA Jakub</b>	<b>68</b>		M25-29	7	WATAHA	<b>01:08:15.70</b>	+00:22:51 (33.5%)	6:49	8.8 (66.7%)
38	<b>RATAJCZYK Tomasz</b>	<b>25</b>		M35-39	10	WATAHA	<b>01:08:51.25</b>	+00:23:27 (34.1%)	6:53	8.7 (65.9%)
39	<b>RYNLEWICZ Agnieszka</b>	<b>243</b>		K35-39	1		<b>01:09:39.10</b>	+00:24:15 (34.8%)	6:57	8.6 (65.2%)
40	<b>TROCKI Patryk</b>	<b>100</b>		M35-39	11	Dirty Sparrows	<b>01:10:53.45</b>	+00:25:29 (36.0%)	7:05	8.5 (64.4%)
41	<b>JUSZCZYK Piotr</b>	<b>105</b>		M35-39	12		<b>01:11:07.30</b>	+00:25:43 (36.2%)	7:06	8.4 (63.6%)
42	<b>SZYMAŃSKI Bartomiej</b>	<b>12</b>		M35-39	13	Warriors Łódź	<b>01:11:17.40</b>	+00:25:53 (36.3%)	7:07	8.4 (63.6%)
43	<b>ELLMANN Leszek</b>	<b>24</b>		M30-34	11	Dirty Sparrows	<b>01:11:25.40</b>	+00:26:01 (36.4%)	7:08	8.4 (63.6%)
44	<b>SZOJDA Ola</b>	<b>211</b>		K13-17	2		<b>01:11:37.35</b>	+00:26:13 (36.6%)	7:09	8.4 (63.6%)
45	<b>MATYSIAK Marcin</b>	<b>83</b>		M25-29	8		<b>01:12:25.30</b>	+00:27:01 (37.3%)	7:14	8.3 (62.9%)
46	<b>KAMIŃSKA Justyna</b>	<b>238</b>		K30-34	1	Dynamic Strong Gniezno	<b>01:12:42.10</b>	+00:27:18 (37.6%)	7:16	8.3 (62.9%)
47	<b>KUJAWA Marcin</b>	<b>112</b>		M45-49	3	Dynamic Strong Gniezno	<b>01:13:00.20</b>	+00:27:36 (37.8%)	7:18	8.2 (62.1%)
48	<b>DUKIEWICZ Dariusz</b>	<b>81</b>		M25-29	9	WOLF TEAM	<b>01:15:00.00</b>	+00:29:36 (39.5%)	7:30	8 (60.6%)
49	<b>BARAN Konrad</b>	<b>31</b>		M30-34	12	Warriors Łódź	<b>01:15:17.05</b>	+00:29:53 (39.7%)	7:31	8 (60.6%)
50	<b>PILARCZYK Katarzyna</b>	<b>227</b>		K35-39	2	KSF	<b>01:15:24.40</b>	+00:30:00 (39.8%)	7:32	8 (60.6%)
51	<b>PIOTROWSKI Kamil</b>	<b>103</b>		M25-29	10	WOLF TEAM	<b>01:15:41.25</b>	+00:30:17 (40.0%)	7:34	7.9 (59.8%)
52	<b>TATERSKI Marcin</b>	<b>62</b>		M40-44	7		<b>01:15:58.00</b>	+00:30:34 (40.2%)	7:35	7.9 (59.8%)
53	<b>KOWALSKI Paweł</b>	<b>120</b>		M30-34	13		<b>01:16:15.40</b>	+00:30:51 (40.5%)	7:37	7.9 (59.8%)
54	<b>DYKO Bartosz</b>	<b>115</b>		M35-39	14		<b>01:17:12.45</b>	+00:31:48 (41.2%)	7:43	7.8 (59.1%)
55	<b>PILAWSKI Ryszard</b>	<b>59</b>		M45-49	4	NOTEĆ STEICO OCR	<b>01:17:20.15</b>	+00:31:56 (41.3%)	7:44	7.8 (59.1%)
56	<b>KORZENNY Wojciech</b>	<b>57</b>		M40-44	8	Lemon Team	<b>01:17:56.60</b>	+00:32:32 (41.8%)	7:47	7.7 (58.3%)
57	<b>KRAWCZYSZYN Kamil</b>	<b>21</b>		M25-29	11	Legnica Pokonuje Przeszkody	<b>01:18:02.85</b>	+00:32:39 (41.8%)	7:48	7.7 (58.3%)
58	<b>DROP Łukasz</b>	<b>20</b>		M40-44	9	WATAHA	<b>01:18:57.00</b>	+00:33:33 (42.5%)	7:53	7.6 (57.6%)
59	<b>WIELOGÓRSKI Mateusz</b>	<b>61</b>		M30-34	14	BigYellowFoot Adventure Team	<b>01:18:57.85</b>	+00:33:34 (42.5%)	7:53	7.6 (57.6%)
60	<b>MADALIŃSKI Michał</b>	<b>73</b>		M30-34	15	RajSPORT Active	<b>01:20:16.80</b>	+00:34:53 (43.5%)	8:01	7.5 (56.8%)
61	<b>NAJDEREK Michał</b>	<b>37</b>		M35-39	15	NOTEĆ STEICO OCR	<b>01:20:22.10</b>	+00:34:58 (43.5%)	8:02	7.5 (56.8%)
62	<b>ARTEM CZUK Michał</b>	<b>86</b>		M30-34	16		<b>01:20:41.50</b>	+00:35:17 (43.7%)	8:04	7.4 (56.1%)
63	<b>WOŹNIAK Adrian</b>	<b>13</b>		M35-39	16	Warriors Łódź	<b>01:20:46.95</b>	+00:35:23 (43.8%)	8:04	7.4 (56.1%)
64	<b>CIEŚLA Anżelika</b>	<b>237</b>		K25-29	2		<b>01:20:52.45</b>	+00:35:28 (43.9%)	8:05	7.4 (56.1%)
65	<b>KULA Piotr</b>	<b>77</b>		M35-39	17		<b>01:20:57.35</b>	+00:35:33 (43.9%)	8:05	7.4 (56.1%)
66	<b>LANGER Piotr</b>	<b>14</b>		M30-34	17	Warriors Łódź	<b>01:22:08.90</b>	+00:36:45 (44.7%)	8:12	7.3 (55.3%)
67	<b>RĘKLEWSKI Andrzej</b>	<b>111</b>		M30-34	18	Dynamic Strong Gniezno	<b>01:22:12.40</b>	+00:36:48 (44.8%)	8:13	7.3 (55.3%)
68	<b>WIATROS Kamil</b>	<b>64</b>		M25-29	12	Lemon Team	<b>01:23:05.75</b>	+00:37:42 (45.4%)	8:18	7.2 (54.5%)
69	<b>WASIELEWSKI Michał</b>	<b>74</b>		M25-29	13		<b>01:23:31.15</b>	+00:38:07 (45.6%)	8:21	7.2 (54.5%)
70	<b>SERAFIŃSKI Robert</b>	<b>32</b>		M50+	1	RajSPORT Active	<b>01:23:32.35</b>	+00:38:08 (45.7%)	8:21	7.2 (54.5%)
71	<b>MACHOWSKI Marek</b>	<b>87</b>		M50+	2		<b>01:24:03.35</b>	+00:38:39 (46.0%)	8:24	7.1 (53.8%)
72	<b>KOWALSKI Artur</b>	<b>26</b>		M30-34	19	Warriors Łódź	<b>01:24:18.00</b>	+00:38:54 (46.1%)	8:25	7.1 (53.8%)
73	<b>ARTEM CZUK Marta</b>	<b>231</b>		K30-34	2	Stalmach TEAM	<b>01:24:31.00</b>	+00:39:07 (46.3%)	8:27	7.1 (53.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas		Tempo min/km	Tempo km/h
							netto 10km	Różn		
74	<b>TOMCZAK Dariusz</b>	<b>2</b>		M35-39	18		<b>01:25:03.70</b>	+00:39:39 (46.6%)	8:30	7.1 (53.8%)
75	<b>MIROWSKI Jacek</b>	<b>96</b>		M35-39	19		<b>01:25:14.95</b>	+00:39:51 (46.7%)	8:31	7 (53.0%)
76	<b>POLAK Jarek</b>	<b>46</b>		M35-39	20	BigYellowFoot Adventure Team	<b>01:25:19.40</b>	+00:39:55 (46.8%)	8:31	7 (53.0%)
77	<b>BACHURA Grzegorz</b>	<b>109</b>		M40-44	10		<b>01:25:23.40</b>	+00:39:59 (46.8%)	8:32	7 (53.0%)
78	<b>MALCZEWSKI Daniel</b>	<b>50</b>		M18-24	2		<b>01:25:26.80</b>	+00:40:03 (46.9%)	8:32	7 (53.0%)
79	<b>LEWANDOWSKI Patryk</b>	<b>23</b>		M30-34	20		<b>01:25:48.70</b>	+00:40:24 (47.1%)	8:34	7 (53.0%)
80	<b>KRÓLIKOWSKI Szymon</b>	<b>125</b>		M30-34	21		<b>01:26:09.45</b>	+00:40:45 (47.3%)	8:36	7 (53.0%)
81	<b>ŁUSZCZAK Anna</b>	<b>223</b>		K35-39	3	Lemon Team	<b>01:26:39.30</b>	+00:41:15 (47.6%)	8:39	6.9 (52.3%)
82	<b>OGIŃSKI Szymon</b>	<b>97</b>		M35-39	21	Warriors Łódź	<b>01:26:45.70</b>	+00:41:21 (47.7%)	8:40	6.9 (52.3%)
83	<b>KORALEWSKI Pawel</b>	<b>58</b>		M40-44	11	WATAHA	<b>01:27:30.75</b>	+00:42:07 (48.1%)	8:45	6.9 (52.3%)
84	<b>BAJSAROWICZ Marta</b>	<b>217</b>		K35-39	4		<b>01:27:33.75</b>	+00:42:10 (48.2%)	8:45	6.9 (52.3%)
85	<b>DEMESZUK Robert</b>	<b>75</b>		M25-29	14	Legnica Pokonuje Przeszkody	<b>01:27:37.85</b>	+00:42:14 (48.2%)	8:45	6.8 (51.5%)
86	<b>ŻYTO Grzegorz</b>	<b>47</b>		M35-39	22	WATAHA	<b>01:27:44.90</b>	+00:42:21 (48.3%)	8:46	6.8 (51.5%)
87	<b>DOPIERALSKI Dariusz</b>	<b>88</b>		M30-34	22		<b>01:27:47.40</b>	+00:42:23 (48.3%)	8:46	6.8 (51.5%)
88	<b>GROSEL Mateusz</b>	<b>94</b>		M18-24	3		<b>01:29:04.35</b>	+00:43:40 (49.0%)	8:54	6.7 (50.8%)
89	<b>WIŚNIEWSKI Arkadiusz</b>	<b>11</b>		M30-34	23	Warriors Łódź	<b>01:29:12.40</b>	+00:43:48 (49.1%)	8:55	6.7 (50.8%)
90	<b>KURYŁO Kamil</b>	<b>7</b>		M30-34	24		<b>01:29:36.30</b>	+00:44:12 (49.3%)	8:57	6.7 (50.8%)
91	<b>PIECZONKA Jakub</b>	<b>80</b>		M25-29	15	WF TEAM	<b>01:29:44.55</b>	+00:44:20 (49.4%)	8:58	6.7 (50.8%)
92	<b>NIESŁONY Dominika</b>	<b>240</b>		K18-24	1	Ex Team	<b>01:29:50.60</b>	+00:44:26 (49.5%)	8:59	6.7 (50.8%)
93	<b>RAWECKI Patryk</b>	<b>99</b>		M25-29	16	WATAHA	<b>01:30:30.45</b>	+00:45:06 (49.8%)	9:03	6.6 (50.0%)
94	<b>MALICKI Tomasz</b>	<b>28</b>		M25-29	17	Legnica Pokonuje Przeszkody	<b>01:30:31.35</b>	+00:45:07 (49.9%)	9:03	6.6 (50.0%)
95	<b>BOCZULA Michał</b>	<b>40</b>		M30-34	25	WATAHA	<b>01:32:29.05</b>	+00:47:05 (50.9%)	9:14	6.5 (49.2%)
96	<b>BOROWSKI Maciej</b>	<b>29</b>		M30-34	26		<b>01:33:09.80</b>	+00:47:46 (51.3%)	9:18	6.4 (48.5%)
97	<b>WOCHNIAK Michał</b>	<b>15</b>		M30-34	27	Warriors Łódź	<b>01:33:12.25</b>	+00:47:48 (51.3%)	9:19	6.4 (48.5%)
98	<b>SKRZYPCZAK Tomasz</b>	<b>126</b>		Elita Mężczyzn	1		<b>01:33:23.50</b>	+00:47:59 (51.4%)	9:20	6.4 (48.5%)
99	<b>WITKOWSKI Rafał</b>	<b>4</b>		M30-34	28	WATAHA	<b>01:33:36.40</b>	+00:48:12 (51.5%)	9:21	6.4 (48.5%)
100	<b>KOLERZAK Marcin</b>	<b>82</b>		M25-29	18	Legnica Pokonuje Przeszkody	<b>01:33:46.85</b>	+00:48:23 (51.6%)	9:22	6.4 (48.5%)
101	<b>MARKOWSKA Nikola</b>	<b>233</b>		K13-17	3	WATAHA	<b>01:34:15.75</b>	+00:48:52 (51.8%)	9:25	6.4 (48.5%)
102	<b>KOŁODZIEJEK Robert</b>	<b>38</b>		M45-49	5	RajSPORT Active	<b>01:34:21.85</b>	+00:48:58 (51.9%)	9:26	6.4 (48.5%)
103	<b>ŚLUSARSKI Marek</b>	<b>51</b>		M50+	3		<b>01:35:03.10</b>	+00:49:39 (52.2%)	9:30	6.3 (47.7%)
104	<b>KOLASIŃSKI Jakub</b>	<b>49</b>		M35-39	23	Dirty Sparrows	<b>01:35:03.30</b>	+00:49:39 (52.2%)	9:30	6.3 (47.7%)
105	<b>CEMPULIK Michał</b>	<b>98</b>		M25-29	19		<b>01:35:30.35</b>	+00:50:06 (52.5%)	9:33	6.3 (47.7%)
106	<b>PAZOŁA Łukasz</b>	<b>70</b>		M25-29	20		<b>01:35:35.70</b>	+00:50:11 (52.5%)	9:33	6.3 (47.7%)
107	<b>CIEŚLA Krzysztof</b>	<b>108</b>		M30-34	29		<b>01:36:58.10</b>	+00:51:34 (53.2%)	9:41	6.2 (47.0%)
108	<b>SEKULA Patryk</b>	<b>43</b>		M25-29	21		<b>01:37:31.30</b>	+00:52:07 (53.5%)	9:45	6.2 (47.0%)
109	<b>PILARCZYK Jakub</b>	<b>119</b>		M13-17	1		<b>01:37:44.15</b>	+00:52:20 (53.6%)	9:46	6.1 (46.2%)
110	<b>WYROBEK Michał</b>	<b>34</b>		M30-34	30		<b>01:38:50.60</b>	+00:53:26 (54.1%)	9:53	6.1 (46.2%)
111	<b>PORĘBSKI Michał</b>	<b>39</b>		M35-39	24	Dzik Komando	<b>01:39:48.55</b>	+00:54:24 (54.5%)	9:58	6 (45.5%)
112	<b>NOWICKI Marcin</b>	<b>72</b>		M30-34	31	NOTEĆ STEICO OCR	<b>01:41:20.30</b>	+00:55:56 (55.2%)	10:08	5.9 (44.7%)
113	<b>BOIŃSKA Agnieszka</b>	<b>232</b>		K45-49	1	WOLF TEAM	<b>01:41:37.25</b>	+00:56:13 (55.3%)	10:09	5.9 (44.7%)
114	<b>JAMRY Maciej</b>	<b>42</b>		M25-29	22		<b>01:42:33.20</b>	+00:57:09 (55.7%)	10:15	5.9 (44.7%)
115	<b>KURLAPSKA Anna</b>	<b>214</b>		K35-39	5	Best Beasts	<b>01:42:36.70</b>	+00:57:12 (55.8%)	10:15	5.8 (43.9%)
116	<b>POGRZEBSKI Roman</b>	<b>93</b>		M50+	4	WOLF TEAM	<b>01:43:32.45</b>	+00:58:08 (56.2%)	10:21	5.8 (43.9%)
117	<b>TOMCZAK Marcin</b>	<b>55</b>		M35-39	25		<b>01:43:37.40</b>	+00:58:13 (56.2%)	10:21	5.8 (43.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
118	<b>SAWICZ-ŁUŃSKA Emilia</b>	<b>222</b>		K40-44	1	WOLF TEAM	<b>01:44:51.45</b>	+00:59:27 (56.7%)	10:29	5.7 (43.2%)
119	<b>MILKA Radosław</b>	<b>78</b>		M18-24	4	WF TEAM	<b>01:46:10.65</b>	+01:00:46 (57.2%)	10:37	5.7 (43.2%)
120	<b>KONIECZNA Żaneta</b>	<b>230</b>		K18-24	2	Mad Runners	<b>01:47:43.05</b>	+01:02:19 (57.9%)	10:46	5.6 (42.4%)
121	<b>SAMOCIUK Karolina</b>	<b>224</b>		K30-34	3	OSPRO OCR	<b>01:50:31.55</b>	+01:05:07 (58.9%)	11:03	5.4 (40.9%)
122	<b>SUĆKO Marcel</b>	<b>79</b>		M18-24	5	WF TEAM	<b>01:51:34.35</b>	+01:06:10 (59.3%)	11:09	5.4 (40.9%)
123	<b>ŻUK Wiktoria</b>	<b>220</b>		K25-29	3	Warriors Łódź	<b>01:52:29.10</b>	+01:07:05 (59.6%)	11:14	5.3 (40.2%)
124	<b>LANGER Marta</b>	<b>219</b>		K30-34	4	Warriors Łódź	<b>01:55:22.40</b>	+01:09:58 (60.7%)	11:32	5.2 (39.4%)
125	<b>ŚLĘZAK Agnieszka</b>	<b>239</b>		K30-34	5		<b>01:56:31.25</b>	+01:11:07 (61.0%)	11:39	5.1 (38.6%)
126	<b>JÓZEFIAK Martyna</b>	<b>216</b>		K30-34	6		<b>01:56:52.00</b>	+01:11:28 (61.2%)	11:41	5.1 (38.6%)
127	<b>ZACHARA Katarzyna</b>	<b>225</b>		K35-39	6	Lemon Team	<b>02:00:18.90</b>	+01:14:55 (62.3%)	12:01	5 (37.9%)
128	<b>BILEWICZ Kacper</b>	<b>41</b>		M30-34	32		<b>02:02:42.30</b>	+01:17:18 (63.0%)	12:16	4.9 (37.1%)
129	<b>TARNAWSKI Maciej</b>	<b>10</b>		M35-39	26		<b>02:04:08.75</b>	+01:18:45 (63.4%)	12:24	4.8 (36.4%)
130	<b>STNELECKA Joanna</b>	<b>244</b>		Elita Kobiet	1		<b>02:05:49.95</b>	+01:20:26 (63.9%)	12:34	4.8 (36.4%)
131	<b>JÓZWIAK Dominika</b>	<b>234</b>		K18-24	3	Warriors Łódź	<b>02:09:14.05</b>	+01:23:50 (64.9%)	12:55	4.6 (34.8%)
132	<b>WAGSTYL Mirela</b>	<b>236</b>		K30-34	7		<b>02:09:38.05</b>	+01:24:14 (65.0%)	12:57	4.6 (34.8%)
133	<b>KORNAŚ Marcelina</b>	<b>241</b>		K18-24	4		<b>02:10:31.15</b>	+01:25:07 (65.2%)	13:03	4.6 (34.8%)
134	<b>ZIELIŃSKI Michał</b>	<b>127</b>		Elita Mężczyzn	2		<b>02:16:16.35</b>	+01:30:52 (66.7%)	13:37	4.4 (33.3%)
135	<b>WIERZBOWSKA Magdalena</b>	<b>235</b>		K25-29	4		<b>02:17:24.30</b>	+01:32:00 (67.0%)	13:44	4.4 (33.3%)
136	<b>TYDA Alicja</b>	<b>229</b>		K18-24	5	WF TEAM	<b>02:23:42.15</b>	+01:38:18 (68.4%)	14:22	4.2 (31.8%)
137	<b>STAWOWA Karolina</b>	<b>228</b>		K25-29	5	WF TEAM	<b>02:23:42.55</b>	+01:38:18 (68.4%)	14:22	4.2 (31.8%)
138	<b>TARNAWSKI Bartosz</b>	<b>9</b>		M40-44	12		<b>02:29:16.85</b>	+01:43:53 (69.6%)	14:55	4 (30.3%)
139	<b>WOŹNIAK-KARCZEWSKA Patrycja</b>	<b>215</b>		K35-39	7	Best Beasts	<b>02:29:30.25</b>	+01:44:06 (69.6%)	14:57	4 (30.3%)
<b>Przekroczony limit czasu: 02:30:00</b>										
140	<b>GACEK Aleksandra</b>	<b>218</b>		K30-34	8	Warriors Łódź	<b>02:37:52.45</b>	+01:52:28 (71.2%)	15:47	3.8 (28.8%)
141	<b>SIKORA Adam</b>	<b>107</b>		M30-34	33	Mad Runners				(0.0%)
	<b>PETRENKO Serhii</b>	<b>66</b>		M40-44			<b>DNF</b>		-	- (0.0%)
	<b>BEDNAREK Łukasz</b>	<b>69</b>		M25-29			<b>DNF</b>		-	- (0.0%)
	<b>DORGACZ Dominik</b>	<b>116</b>		M25-29			<b>DNF</b>		-	- (0.0%)

Znaleziono 144 wynik(ów)