

**Wydarzenie:** FINAŁ LIGI RUNMAGEDDONU POZNAŃ  
**Organizator:** Extreme Events, Runmageddon  
**Data:** 2021-05-09  
**Miejsce:** POZNAŃ  
**Dystans:** 10 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Split 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>FABIAN Marcel</b>	<b>2062</b>	SOCIOS SILESIA	Elite Mężczyzn	1	07:40	00:27:23	<b>00:54:56.25</b>	<b>00:54:56.25</b>		5:29	10.9 (100%)
2	<b>SZCZECHLA Grzegorz</b>	<b>2014</b>	CARBON SILESIA SPORT	Elite Mężczyzn	2	07:40	00:27:27	<b>00:56:09.80</b>	<b>00:56:09.80</b>	+00:01:13 (2.2%)	5:36	10.7 (98.2%)
3	<b>OŚLIZŁO Tomasz</b>	<b>2071</b>	SOCIOS SILESIA	Elite Mężczyzn	3	07:40	00:29:23	<b>00:58:00.75</b>	<b>00:58:00.75</b>	+00:03:04 (5.3%)	5:48	10.3 (94.5%)
4	<b>WOJTYSZYN Wojciech</b>	<b>2028</b>	EX TEAM	Elite Mężczyzn	4	07:40	00:29:41	<b>00:59:19.15</b>	<b>00:59:19.15</b>	+00:04:22 (7.4%)	5:55	10.1 (92.7%)
5	<b>KRÓL Piotr</b>	<b>2068</b>	SOCIOS SILESIA	Elite Mężczyzn	5	07:40	00:29:44	<b>00:59:55.55</b>	<b>00:59:55.55</b>	+00:04:59 (8.3%)	5:59	10 (91.7%)
6	<b>KRAWIECKI Mateusz</b>	<b>2055</b>	RUNMAGEDDON	Elite Mężczyzn	6	07:40	00:29:08	<b>01:00:03.15</b>	<b>01:00:03.15</b>	+00:05:06 (8.5%)	6:00	10 (91.7%)
7	<b>JACIÓW Paweł</b>	<b>2081</b>	WATAHA	Elite Mężczyzn	7	07:40	00:30:01	<b>01:00:10.85</b>	<b>01:00:10.85</b>	+00:05:14 (8.7%)	6:01	10 (91.7%)
8	<b>ORAWCZAK Kamil</b>	<b>2010</b>	CARBON SILESIA SPORT	Elite Mężczyzn	8	07:40	00:29:47	<b>01:00:27.00</b>	<b>01:00:27.00</b>	+00:05:30 (9.1%)	6:02	9.9 (90.8%)
9	<b>KALUŻNY Adam</b>	<b>2066</b>	SOCIOS SILESIA	Elite Mężczyzn	9	07:40	00:29:41	<b>01:01:08.35</b>	<b>01:01:08.35</b>	+00:06:12 (10.1%)	6:06	9.8 (89.9%)
10	<b>CHMIELORZ Józef</b>	<b>2006</b>	CARBON SILESIA SPORT	Elite Mężczyzn	10	07:40	00:29:41	<b>01:01:26.00</b>	<b>01:01:26.00</b>	+00:06:29 (10.6%)	6:08	9.8 (89.9%)
11	<b>ZIOBER Zbigniew</b>	<b>2029</b>	EX TEAM	Elite Mężczyzn	11	07:40	00:30:41	<b>01:01:39.25</b>	<b>01:01:39.25</b>	+00:06:43 (10.9%)	6:09	9.7 (89.0%)
12	<b>RYNKIEWICZ Mateusz</b>	<b>2057</b>	RUNMAGEDDON	Elite Mężczyzn	12	07:40	00:30:33	<b>01:02:04.05</b>	<b>01:02:04.05</b>	+00:07:07 (11.5%)	6:12	9.7 (89.0%)
13	<b>FILIP Bartosz</b>	<b>2063</b>	SOCIOS SILESIA	Elite Mężczyzn	13	07:40	00:30:44	<b>01:02:22.15</b>	<b>01:02:22.15</b>	+00:07:25 (11.9%)	6:14	9.6 (88.1%)
14	<b>BĄK Daniel</b>	<b>2003</b>	BIEGUN OCR TEAM	Elite Mężczyzn	14	07:45	00:30:14	<b>01:02:38.70</b>	<b>01:02:38.70</b>	+00:07:42 (12.3%)	6:15	9.6 (88.1%)
15	<b>SALAMON Mateusz</b>	<b>2048</b>	POWER TRAINING	Elite Mężczyzn	15	07:40	00:32:13	<b>01:02:47.05</b>	<b>01:02:47.05</b>	+00:07:50 (12.5%)	6:16	9.6 (88.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Split 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
16	<b>STOKOWSKI Dariusz</b>	<b>2059</b>	RUNMAGEDDON	Elite Mężczyzn	16	07:40	00:31:10	<b>01:03:15.25</b>	<b>01:03:15.25</b>	+00:08:19 (13.1%)	6:19	9.5 (87.2%)
17	<b>OLICHOWSKI Mateusz</b>	<b>2086</b>	WOLF TEAM	Elite Mężczyzn	17	07:45	00:30:43	<b>01:04:05.35</b>	<b>01:04:05.35</b>	+00:09:09 (14.3%)	6:24	9.4 (86.2%)
18	<b>BRZOSKWINIA Wojciech</b>	<b>2042</b>	LEMON TEAM	Elite Mężczyzn	18	07:40	00:34:04	<b>01:05:29.25</b>	<b>01:05:29.25</b>	+00:10:33 (16.1%)	6:32	9.2 (84.4%)
19	<b>TRAPKOWSKI Przemysław</b>	<b>2088</b>	XRUNNERS	Elite Mężczyzn	19	07:40	00:32:42	<b>01:06:01.85</b>	<b>01:06:01.85</b>	+00:11:05 (16.8%)	6:36	9.1 (83.5%)
20	<b>KALININ Jarosław</b>	<b>2129</b>	RAJSPOORT ACTIVE	Elite Mężczyzn	20	07:40	00:32:33	<b>01:06:25.95</b>	<b>01:06:25.95</b>	+00:11:29 (17.3%)	6:38	9 (82.6%)
21	<b>ŻURAWIK Rafał</b>	<b>2130</b>	LEMON TEAM	Elite Mężczyzn	21	07:45	00:32:15	<b>01:06:33.95</b>	<b>01:06:33.95</b>	+00:11:37 (17.5%)	6:39	9 (82.6%)
22	<b>JASTRZĘBSKI Piotr</b>	<b>2065</b>	SOCIOS SILESIA	Elite Mężczyzn	22	07:40	00:32:59	<b>01:07:18.95</b>	<b>01:07:18.95</b>	+00:12:22 (18.4%)	6:43	8.9 (81.7%)
23	<b>SALAŁATA Marcin</b>	<b>2058</b>	RUNMAGEDDON	Elite Mężczyzn	23	07:40	00:33:08	<b>01:07:24.05</b>	<b>01:07:24.05</b>	+00:12:27 (18.5%)	6:44	8.9 (81.7%)
24	<b>BUDZISZ Krzysztof</b>	<b>2060</b>	SOCIOS SILESIA	Elite Masters Mężczyzn	1	07:40	00:32:40	<b>01:07:39.10</b>	<b>01:07:39.10</b>	+00:12:42 (18.8%)	6:45	8.9 (81.7%)
25	<b>MAZUR Damian</b>	<b>2069</b>	SOCIOS SILESIA	Elite Mężczyzn	24	07:40	00:33:46	<b>01:08:01.15</b>	<b>01:08:01.15</b>	+00:13:04 (19.2%)	6:48	8.8 (80.7%)
26	<b>STANCLIK Krzysztof</b>	<b>2013</b>	CARBON SILESIA SPORT	Elite Mężczyzn	25	07:45	00:33:11	<b>01:08:21.65</b>	<b>01:08:21.65</b>	+00:13:25 (19.6%)	6:50	8.8 (80.7%)
27	<b>WÓJCIK Adam</b>	<b>2027</b>	EX TEAM	Elite Mężczyzn	26	07:45	00:36:51	<b>01:08:35.50</b>	<b>01:08:35.50</b>	+00:13:39 (19.9%)	6:51	8.7 (79.8%)
28	<b>WAŁDOWSKI Dominik</b>	<b>2089</b>	XRUNNERS	Elite Masters Mężczyzn	2	07:40	00:33:57	<b>01:09:19.65</b>	<b>01:09:19.65</b>	+00:14:23 (20.8%)	6:55	8.7 (79.8%)
29	<b>PODGORSKI Marek</b>	<b>2056</b>	RUNMAGEDDON	Elite Mężczyzn	27	07:40	00:33:21	<b>01:09:33.15</b>	<b>01:09:33.15</b>	+00:14:36 (21.0%)	6:57	8.6 (78.9%)
30	<b>FARKOWSKI Konrad</b>	<b>2023</b>	EX TEAM	Elite Mężczyzn	28	07:40	00:34:13	<b>01:09:33.65</b>	<b>01:09:33.65</b>	+00:14:37 (21.0%)	6:57	8.6 (78.9%)
31	<b>JAŃCZUK Przemysław</b>	<b>2082</b>	WATAHA	Elite Mężczyzn	29	07:45	00:33:59	<b>01:10:19.65</b>	<b>01:10:19.65</b>	+00:15:23 (21.9%)	7:01	8.5 (78.0%)
32	<b>MARCINKOWSKI Adam</b>	<b>2092</b>		Elite Masters Mężczyzn	3	07:45	00:33:39	<b>01:10:37.90</b>	<b>01:10:37.90</b>	+00:15:41 (22.2%)	7:03	8.5 (78.0%)
33	<b>BYRCZEK Michał</b>	<b>2079</b>	WATAHA	Elite Mężczyzn	30	07:45	00:35:18	<b>01:10:48.55</b>	<b>01:10:48.55</b>	+00:15:52 (22.4%)	7:04	8.5 (78.0%)
34	<b>DOBRYŃSKI Tomasz</b>	<b>2087</b>	XRUNNERS	Elite Masters Mężczyzn	4	07:40	00:35:45	<b>01:11:25.25</b>	<b>01:11:25.25</b>	+00:16:29 (23.1%)	7:08	8.4 (77.1%)
35	<b>PETELCZYC Piotr</b>	<b>2011</b>	CARBON SILESIA SPORT	Elite Masters Mężczyzn	5	07:40	00:34:05	<b>01:11:34.10</b>	<b>01:11:34.10</b>	+00:16:37 (23.2%)	7:09	8.4 (77.1%)
36	<b>TOMAKA Tomasz</b>	<b>2052</b>	RAJSPOORT ACTIVE	Elite Mężczyzn	31	07:40	00:36:06	<b>01:12:22.60</b>	<b>01:12:22.60</b>	+00:17:26 (24.1%)	7:14	8.3 (76.1%)
37	<b>RÓŻAŃSKI Rafal</b>	<b>2075</b>	TSUNAMI SZCZECINEK	Open Masters Mężczyzn	1	07:45	00:32:17	<b>01:12:32.15</b>	<b>01:12:32.15</b>	+00:17:35 (24.3%)	7:15	8.3 (76.1%)
38	<b>CZACHURSKI Mateusz</b>	<b>2022</b>	EX TEAM	Elite Mężczyzn	32	07:40	00:36:31	<b>01:12:46.90</b>	<b>01:12:46.90</b>	+00:17:50 (24.5%)	7:16	8.2 (75.2%)

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								netto 10km	brutto 10km			
39	<b>CHŁAD Aleksander</b>	<b>2021</b>	EX TEAM	Elite Mężczyzn	33	07:40	00:35:55	<b>01:12:55.35</b>	<b>01:12:55.35</b>	+00:17:59 (24.7%)	7:17	8.2 (75.2%)
40	<b>WASIELEWSKI Michał</b>	<b>2004</b>	BIEGUN OCR TEAM	Elite Masters Mężczyzn	6	07:40	00:34:59	<b>01:13:09.80</b>	<b>01:13:09.80</b>	+00:18:13 (24.9%)	7:18	8.2 (75.2%)
41	<b>PAPIÓR Jolanta</b>	<b>2123</b>	WATAHA	Elite Kobiet	1	07:50	00:36:06	<b>01:13:57.60</b>	<b>01:13:57.60</b>	+00:19:01 (25.7%)	7:23	8.1 (74.3%)
42	<b>PASTUSZKA Paweł</b>	<b>2026</b>	EX TEAM	Elite Mężczyzn	34	07:45	00:38:16	<b>01:15:24.60</b>	<b>01:15:24.60</b>	+00:20:28 (27.1%)	7:32	8 (73.4%)
43	<b>RYNKIEWICZ Agnieszka</b>	<b>2109</b>	GORĄCY POTOK TEAM	Elite Kobiet	2	07:50	00:38:30	<b>01:15:47.25</b>	<b>01:15:47.25</b>	+00:20:51 (27.5%)	7:34	7.9 (72.5%)
44	<b>SZARUGA Małgorzata</b>	<b>2119</b>	SOCIOS SILESIA	Elite Kobiet	3	07:50	00:38:05	<b>01:15:53.90</b>	<b>01:15:53.90</b>	+00:20:57 (27.6%)	7:35	7.9 (72.5%)
45	<b>JAKUSZEK Piotr</b>	<b>2032</b>	HELL'S GYM OCR PĘPOWO	Elite Mężczyzn	35	07:45	00:36:47	<b>01:15:58.20</b>	<b>01:15:58.20</b>	+00:21:01 (27.7%)	7:35	7.9 (72.5%)
46	<b>SKRZECZYŃSKI Sławomir</b>	<b>2044</b>	LEMON TEAM	Elite Masters Mężczyzn	7	07:45	00:37:49	<b>01:16:16.45</b>	<b>01:16:16.45</b>	+00:21:20 (28.0%)	7:37	7.9 (72.5%)
47	<b>PASON Tomasz</b>	<b>2025</b>	EX TEAM	Elite Mężczyzn	36	07:40	00:36:20	<b>01:16:27.30</b>	<b>01:16:27.30</b>	+00:21:31 (28.1%)	7:38	7.8 (71.6%)
48	<b>SKWAREK Tomasz</b>	<b>2012</b>	CARBON SILESIA SPORT	Elite Mężczyzn	37	07:40	00:37:09	<b>01:16:36.85</b>	<b>01:16:36.85</b>	+00:21:40 (28.3%)	7:39	7.8 (71.6%)
49	<b>KOMARNICKI Tomasz</b>	<b>2030</b>	FIT & MORE RYBNIK	Elite Mężczyzn	38	07:45	00:38:11	<b>01:17:10.95</b>	<b>01:17:10.95</b>	+00:22:14 (28.8%)	7:43	7.8 (71.6%)
50	<b>GAGON Denis</b>	<b>2016</b>	DENISTEAM	Elite Mężczyzn	39	07:45	00:37:49	<b>01:17:37.50</b>	<b>01:17:37.50</b>	+00:22:41 (29.2%)	7:45	7.7 (70.6%)
51	<b>BERNACKI Grzegorz</b>	<b>2084</b>	WOLF TEAM	Elite Masters Mężczyzn	8	07:45	00:38:29	<b>01:17:54.50</b>	<b>01:17:54.50</b>	+00:22:58 (29.5%)	7:47	7.7 (70.6%)
52	<b>KOŁAKOWSKI Krzysztof</b>	<b>2091</b>		Open Mężczyzn	1	08:30	00:40:19	<b>01:17:55.40</b>	<b>01:17:55.40</b>	+00:22:59 (29.5%)	7:47	7.7 (70.6%)
53	<b>BRZEZIŃSKI Bartosz</b>	<b>2054</b>	RUNMAGEDDON	Elite Mężczyzn	40	07:40	00:40:20	<b>01:18:23.30</b>	<b>01:18:23.30</b>	+00:23:27 (29.9%)	7:50	7.7 (70.6%)
54	<b>KUBIESA Jakub</b>	<b>2008</b>	CARBON SILESIA SPORT	Elite Masters Mężczyzn	9	07:40	00:40:55	<b>01:18:45.55</b>	<b>01:18:45.55</b>	+00:23:49 (30.2%)	7:52	7.6 (69.7%)
55	<b>MELNYK Oleksandr</b>	<b>2093</b>		Open Mężczyzn	2	08:00	00:36:26	<b>01:19:16.05</b>	<b>01:19:16.05</b>	+00:24:19 (30.7%)	7:55	7.6 (69.7%)
56	<b>MIZGALSKI Jacek</b>	<b>2020</b>	DZIADY OCR	Elite Masters Mężczyzn	10	07:40	00:39:35	<b>01:20:06.85</b>	<b>01:20:06.85</b>	+00:25:10 (31.4%)	8:00	7.5 (68.8%)
57	<b>KURACH Stanisław</b>	<b>2019</b>	DZIADY OCR	Elite Masters Mężczyzn	11	07:40	00:39:37	<b>01:20:36.60</b>	<b>01:20:36.60</b>	+00:25:40 (31.8%)	8:03	7.4 (67.9%)
58	<b>KORDIAK Rafał</b>	<b>2017</b>	DENISTEAM	Elite Masters Mężczyzn	12	07:45	00:41:54	<b>01:21:09.40</b>	<b>01:21:09.40</b>	+00:26:13 (32.3%)	8:06	7.4 (67.9%)
59	<b>DUKIEWICZ Dariusz</b>	<b>2185</b>	WOLF TEAM	Open Mężczyzn	3	08:00	00:40:09	<b>01:21:44.30</b>	<b>01:21:44.30</b>	+00:26:48 (32.8%)	8:10	7.3 (67.0%)
60	<b>SADOWSKI Michał</b>	<b>2047</b>	POWER TRAINING	Elite Mężczyzn	41	07:40	00:41:13	<b>01:22:26.35</b>	<b>01:22:26.35</b>	+00:27:30 (33.4%)	8:14	7.3 (67.0%)
61	<b>PACIOREK Piotr</b>	<b>2043</b>	LEMON TEAM	Elite Mężczyzn	42	07:40	00:41:55	<b>01:22:35.10</b>	<b>01:22:35.10</b>	+00:27:38 (33.5%)	8:15	7.3 (67.0%)

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62	<b>PRZĄDKA Marcin</b>	<b>2083</b>	WATAHA	Elite Mężczyzn	43	07:45	00:39:54	<b>01:22:36.65</b>	<b>01:22:36.65</b>	+00:27:40 (33.5%)	8:15	7.3 (67.0%)
63	<b>KĘDZIORA Bogumił</b>	<b>2039</b>	KONIU SQUAD	Elite Mężczyzn	44	07:45	00:41:36	<b>01:22:58.55</b>	<b>01:22:58.55</b>	+00:28:02 (33.8%)	8:17	7.2 (66.1%)
64	<b>WITKA Patryk</b>	<b>2045</b>	MAD RUNNERS	Elite Mężczyzn	45	07:40	00:41:17	<b>01:23:07.50</b>	<b>01:23:07.50</b>	+00:28:11 (33.9%)	8:18	7.2 (66.1%)
65	<b>BURAS Radosław</b>	<b>2033</b>	HELL'S HEAVEN SZCZECIN	Elite Mężczyzn	46	07:45	00:47:56	<b>01:23:11.50</b>	<b>01:23:11.50</b>	+00:28:15 (34.0%)	8:19	7.2 (66.1%)
66	<b>MACIUSZEK Julia</b>	<b>2115</b>	RUNMAGEDDON	Elite Kobiet	4	07:50	00:43:21	<b>01:23:32.15</b>	<b>01:23:32.15</b>	+00:28:35 (34.2%)	8:21	7.2 (66.1%)
67	<b>KULAGA Peter</b>	<b>2212</b>	DRAGON RUNNERS	Open Mężczyzn	4	08:15	00:43:41	<b>01:24:03.25</b>	<b>01:24:03.25</b>	+00:29:07 (34.6%)	8:24	7.1 (65.1%)
68	<b>CIESLAK Ryszard</b>	<b>2015</b>	DENISTEAM	Elite Masters Mężczyzn	13	07:45	00:42:17	<b>01:24:12.25</b>	<b>01:24:12.25</b>	+00:29:16 (34.8%)	8:25	7.1 (65.1%)
69	<b>MENZIŃSKI Przemysław</b>	<b>2522</b>	BSB BARCZEWO BIEGA	Open Mężczyzn	5	08:15	00:42:29	<b>01:24:29.20</b>	<b>01:24:29.20</b>	+00:29:32 (35.0%)	8:26	7.1 (65.1%)
70	<b>TROJANOWSKI Artur</b>	<b>2468</b>	BIEGOWE DZIKI OCR	Open Mężczyzn	6	11:00	00:40:53	<b>01:25:12.30</b>	<b>01:25:12.30</b>	+00:30:16 (35.5%)	8:31	7 (64.2%)
71	<b>MACIEJEWSKI Łukasz</b>	<b>2223</b>	SOCIOS SILESIA	Open Mężczyzn	7	08:15	00:43:56	<b>01:25:19.45</b>	<b>01:25:19.45</b>	+00:30:23 (35.6%)	8:31	7 (64.2%)
72	<b>GĄSIOROWSKI Karol</b>	<b>2076</b>	UNIT37	Elite Mężczyzn	47	07:45	00:41:46	<b>01:25:44.05</b>	<b>01:25:44.05</b>	+00:30:47 (35.9%)	8:34	7 (64.2%)
73	<b>POPCZYŃSKI Krystian</b>	<b>2483</b>	HARDCORY	Open Masters Mężczyzn	2	11:00	00:09:40	<b>01:26:04.20</b>	<b>01:26:04.20</b>	+00:31:07 (36.2%)	8:36	7 (64.2%)
74	<b>BARAŃSKI Marcin</b>	<b>2482</b>	HARDCORY	Open Masters Mężczyzn	3	11:00	00:09:39	<b>01:26:04.35</b>	<b>01:26:04.35</b>	+00:31:08 (36.2%)	8:36	7 (64.2%)
75	<b>SŁODKOWSKI Marek</b>	<b>2484</b>	HARDCORY	Open Mężczyzn	8	11:00		<b>01:26:04.70</b>	<b>01:26:04.70</b>	+00:31:08 (36.2%)	8:36	7 (64.2%)
76	<b>JURECKI Adrian</b>	<b>2172</b>	ŁOWCY PIEROŻKÓW	Open Mężczyzn	9	08:00	00:45:46	<b>01:26:05.20</b>	<b>01:26:05.20</b>	+00:31:08 (36.2%)	8:36	7 (64.2%)
77	<b>SZAŁATA Piotr</b>	<b>2467</b>	BIEGOWE DZIKI OCR	Open Mężczyzn	10	11:00	00:40:57	<b>01:26:08.35</b>	<b>01:26:08.35</b>	+00:31:12 (36.2%)	8:36	7 (64.2%)
78	<b>ADAMCZEWSKI Filip</b>	<b>2405</b>	SWPRANGERS	Open Mężczyzn	11	10:30	00:46:52	<b>01:27:22.25</b>	<b>01:27:22.25</b>	+00:32:26 (37.1%)	8:44	6.9 (63.3%)
79	<b>KALNIUK Paweł</b>	<b>2354</b>	WOLF TEAM	Open Mężczyzn	12	10:00	00:46:13	<b>01:27:49.55</b>	<b>01:27:49.55</b>	+00:32:53 (37.4%)	8:46	6.8 (62.4%)
80	<b>WĘGLARZ Waldemar</b>	<b>2095</b>	LEMON TEAM	Elite Masters Mężczyzn	14	07:45	00:38:01	<b>01:30:38.35</b>	<b>01:30:38.35</b>	+00:35:42 (39.4%)	9:03	6.6 (60.6%)
81	<b>KRYSZTOFIŃSKI Dawid</b>	<b>2085</b>	WOLF TEAM	Elite Masters Mężczyzn	15	07:45	00:45:26	<b>01:31:05.45</b>	<b>01:31:05.45</b>	+00:36:09 (39.7%)	9:06	6.6 (60.6%)
82	<b>GIZAK Michał</b>	<b>2064</b>	SOCIOS SILESIA	Elite Mężczyzn	48	07:45	00:47:14	<b>01:32:16.45</b>	<b>01:32:16.45</b>	+00:37:20 (40.5%)	9:13	6.5 (59.6%)
83	<b>DROP Łukasz</b>	<b>2080</b>	WATAHA	Elite Masters Mężczyzn	16	07:45	00:49:32	<b>01:32:27.70</b>	<b>01:32:27.70</b>	+00:37:31 (40.6%)	9:14	6.5 (59.6%)
84	<b>GARLACZ Justyna</b>	<b>2113</b>	POWER TRAINING	Elite Kobiet	5	07:50	00:48:18	<b>01:32:36.05</b>	<b>01:32:36.05</b>	+00:37:39 (40.7%)	9:15	6.5 (59.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Split 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
85	<b>SZULC Artur</b>	<b>2334</b>		Open Mężczyzn	13	09:00	00:47:06	<b>01:33:07.00</b>	<b>01:33:07.00</b>	+00:38:10 (41.0%)	9:18	6.4 (58.7%)
86	<b>PIĘTA Łukasz</b>	<b>2268</b>	UNITED RUNNERS	Open Mężczyzn	14	08:30	00:46:53	<b>01:34:26.60</b>	<b>01:34:26.60</b>	+00:39:30 (41.8%)	9:26	6.4 (58.7%)
87	<b>WOŁCZEK Paulina</b>	<b>2107</b>	EX TEAM	Elite Kobiet	6	07:50	00:50:12	<b>01:34:35.40</b>	<b>01:34:35.40</b>	+00:39:39 (41.9%)	9:27	6.3 (57.8%)
88	<b>KOŁODZIEJCZYK Dariusz</b>	<b>2067</b>	SOCIOS SILESIA	Elite Masters Mężczyzn	17	07:45	00:43:02	<b>01:34:41.75</b>	<b>01:34:41.75</b>	+00:39:45 (42.0%)	9:28	6.3 (57.8%)
89	<b>BURBUL Przemysław</b>	<b>2049</b>	PRZEMO_FIZJOCR	Open Mężczyzn	15	08:00	00:53:05	<b>01:36:03.60</b>	<b>01:36:03.60</b>	+00:41:07 (42.8%)	9:36	6.2 (56.9%)
90	<b>STAROSZYŃSKI Dawid</b>	<b>2509</b>		Open Mężczyzn	16	11:00	00:49:07	<b>01:36:44.65</b>	<b>01:36:44.65</b>	+00:41:48 (43.2%)	9:40	6.2 (56.9%)
91	<b>DZIURLEJA Mateusz</b>	<b>2239</b>		Open Mężczyzn	17	08:15	00:46:58	<b>01:36:58.05</b>	<b>01:36:58.05</b>	+00:42:01 (43.3%)	9:41	6.2 (56.9%)
92	<b>HANUSIAK Leszek</b>	<b>2167</b>	KONIU SQUAD	Open Mężczyzn	18	08:00	00:53:10	<b>01:36:58.55</b>	<b>01:36:58.55</b>	+00:42:02 (43.3%)	9:41	6.2 (56.9%)
93	<b>ŁĄCKI Wojciech</b>	<b>2177</b>	SOCIOS SILESIA	Open Mężczyzn	19	08:00	00:51:39	<b>01:37:09.45</b>	<b>01:37:09.45</b>	+00:42:13 (43.5%)	9:42	6.2 (56.9%)
94	<b>KRYSZTOFIAK Damian</b>	<b>2078</b>	UNITED RUNNERS	Open Mężczyzn	20	08:00	00:53:28	<b>01:37:41.85</b>	<b>01:37:41.85</b>	+00:42:45 (43.8%)	9:46	6.1 (56.0%)
95	<b>BEDNAREK Przemysław</b>	<b>2497</b>		Open Mężczyzn	21	11:00	00:43:42	<b>01:38:10.35</b>	<b>01:38:10.35</b>	+00:43:14 (44.0%)	9:49	6.1 (56.0%)
96	<b>WAŚ Łukasz</b>	<b>2335</b>		Open Mężczyzn	22	09:00	00:47:06	<b>01:39:06.90</b>	<b>01:39:06.90</b>	+00:44:10 (44.6%)	9:54	6.1 (56.0%)
97	<b>PIĘŁA Szymon</b>	<b>2072</b>	SOCIOS SILESIA	Elite Mężczyzn	49	07:45	00:51:08	<b>01:39:18.70</b>	<b>01:39:18.70</b>	+00:44:22 (44.7%)	9:55	6 (55.0%)
98	<b>MAŚLANKIEWICZ Dawid</b>	<b>2035</b>	HUSARIA RACE TEAM	Open Mężczyzn	23	08:15	00:51:25	<b>01:39:26.25</b>	<b>01:39:26.25</b>	+00:44:30 (44.8%)	9:56	6 (55.0%)
99	<b>PAPLICKA Katarzyna</b>	<b>2105</b>	DZIKIE DZIKI GORZÓW	Elite Kobiet	7	07:50	00:53:18	<b>01:39:33.05</b>	<b>01:39:33.05</b>	+00:44:36 (44.8%)	9:57	6 (55.0%)
100	<b>MICHALSKI Dawid</b>	<b>2037</b>	I NEVER TURN BACK	Open Mężczyzn	24	08:00	00:56:53	<b>01:40:18.10</b>	<b>01:40:18.10</b>	+00:45:21 (45.2%)	10:01	6 (55.0%)
101	<b>MACHURA Marcin</b>	<b>2073</b>	SPEC INSTAL RUN	Open Mężczyzn	25	07:45	00:44:07	<b>01:40:24.95</b>	<b>01:40:24.95</b>	+00:45:28 (45.3%)	10:02	6 (55.0%)
102	<b>HUK Mateusz</b>	<b>2263</b>	MORDERCZE PIELMIENOE	Open Mężczyzn	26	08:30	00:55:54	<b>01:40:44.70</b>	<b>01:40:44.70</b>	+00:45:48 (45.5%)	10:04	6 (55.0%)
103	<b>HAWEL Rafał</b>	<b>2215</b>	ONE TEAM ONE DREAM	Open Masters Mężczyzn	4	08:00	00:53:32	<b>01:41:24.60</b>	<b>01:41:24.60</b>	+00:46:28 (45.8%)	10:08	5.9 (54.1%)
104	<b>ZASADOWSKI Bartosz</b>	<b>2002</b>	BIEGOWE NYGUSY	Open Masters Mężczyzn	5	08:00	00:51:23	<b>01:42:08.00</b>	<b>01:42:08.00</b>	+00:47:11 (46.2%)	10:12	5.9 (54.1%)
105	<b>ZAJĄC Paweł</b>	<b>2266</b>	RUNMAGEDDONOWE ŚWIRY	Open Mężczyzn	27	08:30	00:49:53	<b>01:42:19.30</b>	<b>01:42:19.30</b>	+00:47:23 (46.3%)	10:13	5.9 (54.1%)
106	<b>KOSTUCHA Damian</b>	<b>2034</b>	HUSARIA RACE TEAM	Open Mężczyzn	28	08:30	00:55:42	<b>01:42:27.20</b>	<b>01:42:27.20</b>	+00:47:30 (46.4%)	10:14	5.9 (54.1%)
107	<b>DRAŹKOWSKI Piotr</b>	<b>2411</b>		Open Masters Mężczyzn	6	10:30	00:50:30	<b>01:42:35.45</b>	<b>01:42:35.45</b>	+00:47:39 (46.4%)	10:15	5.8 (53.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Split 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
108	<b>RUDNICKI Krzysztof</b>	<b>2284</b>		Open Mężczyzn	29	08:30	00:53:32	<b>01:42:41.20</b>	<b>01:42:41.20</b>	+00:47:44 (46.5%)	10:16	5.8 (53.2%)
109	<b>BRASZKA Robert</b>	<b>2451</b>		Open Mężczyzn	30	10:45	00:53:18	<b>01:42:47.30</b>	<b>01:42:47.30</b>	+00:47:51 (46.6%)	10:16	5.8 (53.2%)
109	<b>BANACH Mateusz</b>	<b>2450</b>		Open Mężczyzn	30	10:45	00:53:18	<b>01:42:47.30</b>	<b>01:42:47.30</b>	+00:47:51 (46.6%)	10:16	5.8 (53.2%)
111	<b>KURA Arkadiusz</b>	<b>2503</b>		Open Mężczyzn	32	11:00	00:50:56	<b>01:42:58.25</b>	<b>01:42:58.25</b>	+00:48:02 (46.6%)	10:17	5.8 (53.2%)
112	<b>PILAWSKI Ryszard</b>	<b>2186</b>	WOLF TEAM	Open Masters Mężczyzn	7	08:00	00:51:14	<b>01:44:01.85</b>	<b>01:44:01.85</b>	+00:49:05 (47.2%)	10:24	5.8 (53.2%)
113	<b>SOLIWODA Tomasz</b>	<b>2252</b>	AMATORY	Open Masters Mężczyzn	8	09:00	00:51:10	<b>01:44:27.20</b>	<b>01:44:27.20</b>	+00:49:30 (47.4%)	10:26	5.7 (52.3%)
114	<b>OGIŃSKI Szymon</b>	<b>2422</b>		Open Mężczyzn	33	10:30	00:50:59	<b>01:44:27.95</b>	<b>01:44:27.95</b>	+00:49:31 (47.4%)	10:26	5.7 (52.3%)
115	<b>SLIWA Krzysztof</b>	<b>2041</b>	LACROIX TEAM	Open Mężczyzn	34	08:00	00:53:00	<b>01:44:37.75</b>	<b>01:44:37.75</b>	+00:49:41 (47.5%)	10:27	5.7 (52.3%)
116	<b>MIELCARZ Tomasz</b>	<b>2466</b>	BIEGOWE DZIKI OCR	Open Mężczyzn	35	11:00	00:53:28	<b>01:44:46.35</b>	<b>01:44:46.35</b>	+00:49:50 (47.6%)	10:28	5.7 (52.3%)
117	<b>PABIN Paweł</b>	<b>2159</b>	HASZTAGPABINY	Open Mężczyzn	36	08:00	01:02:15	<b>01:44:51.10</b>	<b>01:44:51.10</b>	+00:49:54 (47.6%)	10:29	5.7 (52.3%)
118	<b>KRZYŻAK Tomasz</b>	<b>2194</b>		Open Mężczyzn	37	08:00	00:49:14	<b>01:45:19.50</b>	<b>01:45:19.50</b>	+00:50:23 (47.8%)	10:31	5.7 (52.3%)
119	<b>GÓRNIAK Robert</b>	<b>2024</b>	EX TEAM	Elite Masters Mężczyzn	18	07:45	00:55:48	<b>01:45:46.35</b>	<b>01:45:46.35</b>	+00:50:50 (48.1%)	10:34	5.7 (52.3%)
120	<b>NAGLAK Hubert</b>	<b>2214</b>	HELL'S GYM OCR PĘPOWO	Open Mężczyzn	38	08:15	00:55:49	<b>01:45:51.80</b>	<b>01:45:51.80</b>	+00:50:55 (48.1%)	10:35	5.7 (52.3%)
121	<b>MAZEPA Izabela</b>	<b>2128</b>		Elite Kobiet	8	07:50	00:46:35	<b>01:46:16.35</b>	<b>01:46:16.35</b>	+00:51:20 (48.3%)	10:37	5.6 (51.4%)
122	<b>JUDEK Łukasz</b>	<b>2192</b>		Open Mężczyzn	39	08:00	00:55:58	<b>01:46:53.10</b>	<b>01:46:53.10</b>	+00:51:56 (48.6%)	10:41	5.6 (51.4%)
123	<b>ANDRZEJEWSKI Jakub</b>	<b>2162</b>	HUSARIA RACE TEAM	Open Mężczyzn	40	08:00	01:00:17	<b>01:47:18.30</b>	<b>01:47:18.30</b>	+00:52:22 (48.8%)	10:43	5.6 (51.4%)
124	<b>ZIMIŃSKI Paweł</b>	<b>2270</b>	WOLF TEAM	Open Mężczyzn	41	08:30	00:54:56	<b>01:47:34.05</b>	<b>01:47:34.05</b>	+00:52:37 (48.9%)	10:45	5.6 (51.4%)
125	<b>PSUT Kamil</b>	<b>2346</b>	MELVIT TEAM	Open Mężczyzn	42	10:00	00:50:28	<b>01:48:00.35</b>	<b>01:48:00.35</b>	+00:53:04 (49.1%)	10:48	5.6 (51.4%)
126	<b>PLUCIŃSKI Jakub</b>	<b>2213</b>	DRAGON RUNNERS	Open Mężczyzn	43	08:15	00:58:29	<b>01:48:15.70</b>	<b>01:48:15.70</b>	+00:53:19 (49.3%)	10:49	5.5 (50.5%)
127	<b>WIŚNIEWSKI Leszek</b>	<b>2513</b>		Open Mężczyzn	44	11:00	00:55:32	<b>01:48:24.65</b>	<b>01:48:24.65</b>	+00:53:28 (49.3%)	10:50	5.5 (50.5%)
128	<b>RAKOWSKI Przemysław</b>	<b>2046</b>	MELVIT TEAM	Elite Mężczyzn	50	07:45	00:45:46	<b>01:48:34.00</b>	<b>01:48:34.00</b>	+00:53:37 (49.4%)	10:51	5.5 (50.5%)
129	<b>TRUBIŁOWICZ Mateusz</b>	<b>2469</b>	BIEGOWE DZIKI OCR	Open Mężczyzn	45	11:00	00:51:49	<b>01:48:34.35</b>	<b>01:48:34.35</b>	+00:53:38 (49.4%)	10:51	5.5 (50.5%)
130	<b>ZYCH Zbyszek</b>	<b>2471</b>	CARBON SILESIA SPORT	Open Masters Mężczyzn	9	11:00	00:53:26	<b>01:48:43.70</b>	<b>01:48:43.70</b>	+00:53:47 (49.5%)	10:52	5.5 (50.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Split 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
131	<b>SZCZEPANIK Michał</b>	<b>2511</b>		Open Mężczyzn	46	11:00	00:59:54	<b>01:48:56.85</b>	<b>01:48:56.85</b>	+00:54:00 (49.6%)	10:53	5.5 (50.5%)
132	<b>ŚLIWIŃSKI Marcin</b>	<b>2508</b>		Open Mężczyzn	47	11:00	00:58:05	<b>01:48:59.05</b>	<b>01:48:59.05</b>	+00:54:02 (49.6%)	10:53	5.5 (50.5%)
133	<b>GRUDZIŃSKI Tomek</b>	<b>2493</b>	TEAM SPIRIT NOWA SÓL	Open Masters Mężczyzn	10	11:00	00:57:06	<b>01:49:58.75</b>	<b>01:49:58.75</b>	+00:55:02 (50.0%)	10:59	5.5 (50.5%)
134	<b>DYLEWSKI Sławomir</b>	<b>2492</b>	TEAM SPIRIT NOWA SÓL	Open Mężczyzn	48	11:00	00:57:04	<b>01:49:59.05</b>	<b>01:49:59.05</b>	+00:55:02 (50.0%)	10:59	5.5 (50.5%)
135	<b>KRÓLIKOWSKI Szymon</b>	<b>2458</b>		Open Mężczyzn	49	10:45	00:56:07	<b>01:50:16.45</b>	<b>01:50:16.45</b>	+00:55:20 (50.2%)	11:01	5.4 (49.5%)
136	<b>KORALEWSKI Bartek</b>	<b>2457</b>		Open Mężczyzn	50	10:45	00:56:11	<b>01:50:16.85</b>	<b>01:50:16.85</b>	+00:55:20 (50.2%)	11:01	5.4 (49.5%)
137	<b>BRUSIŁO Bartosz</b>	<b>2353</b>	UNITED RUNNERS	Open Mężczyzn	51	10:00	01:00:28	<b>01:51:04.50</b>	<b>01:51:04.50</b>	+00:56:08 (50.5%)	11:06	5.4 (49.5%)
138	<b>BARAŃSKI Maciek</b>	<b>2496</b>		Open Mężczyzn	52	11:00	00:58:38	<b>01:51:04.60</b>	<b>01:51:04.60</b>	+00:56:08 (50.5%)	11:06	5.4 (49.5%)
139	<b>HOMAN Grzegorz</b>	<b>2243</b>		Open Mężczyzn	53	08:15	00:54:44	<b>01:51:07.40</b>	<b>01:51:07.40</b>	+00:56:11 (50.6%)	11:06	5.4 (49.5%)
140	<b>CZAJA Piotr</b>	<b>2343</b>	CROSSTEAM SZCZECINEK	Open Masters Mężczyzn	11	10:00	00:58:02	<b>01:51:35.85</b>	<b>01:51:35.85</b>	+00:56:39 (50.8%)	11:09	5.4 (49.5%)
141	<b>DUBIS Jarosław</b>	<b>2238</b>		Open Masters Mężczyzn	12	08:15	00:59:15	<b>01:51:57.25</b>	<b>01:51:57.25</b>	+00:57:01 (50.9%)	11:11	5.4 (49.5%)
142	<b>TOMCZAK Dariusz</b>	<b>2161</b>	HELL'S GYM OCR PEPOWO	Open Mężczyzn	54	08:00	01:05:05	<b>01:52:44.40</b>	<b>01:52:44.40</b>	+00:57:48 (51.3%)	11:16	5.3 (48.6%)
143	<b>RYŚ Marzena</b>	<b>2110</b>	KONIU SQUAD	Elite Kobiet	9	07:50	00:56:35	<b>01:52:58.75</b>	<b>01:52:58.75</b>	+00:58:02 (51.4%)	11:17	5.3 (48.6%)
144	<b>JEZIORSKI Marcin</b>	<b>2501</b>		Open Masters Mężczyzn	13	11:00	00:37:30	<b>01:53:11.60</b>	<b>01:53:11.60</b>	+00:58:15 (51.5%)	11:19	5.3 (48.6%)
145	<b>WRÓBLEWSKI Tomasz</b>	<b>2251</b>		Open Masters Mężczyzn	14	08:15	00:59:04	<b>01:53:44.80</b>	<b>01:53:44.80</b>	+00:58:48 (51.7%)	11:22	5.3 (48.6%)
146	<b>MALEŃCZYK Sylwester</b>	<b>2418</b>		Open Masters Mężczyzn	15	10:30	00:56:14	<b>01:54:02.75</b>	<b>01:54:02.75</b>	+00:59:06 (51.8%)	11:24	5.3 (48.6%)
147	<b>WIECZOREK Wojciech</b>	<b>2211</b>	DENISTEAM	Open Mężczyzn	55	08:15	01:00:17	<b>01:54:09.75</b>	<b>01:54:09.75</b>	+00:59:13 (51.9%)	11:24	5.3 (48.6%)
148	<b>DOBROWOLSKI Piotr</b>	<b>2190</b>		Open Mężczyzn	56	08:00	00:53:10	<b>01:54:23.30</b>	<b>01:54:23.30</b>	+00:59:27 (52.0%)	11:26	5.2 (47.7%)
149	<b>KOWALCZYK Piotr</b>	<b>2267</b>	SKURCZYBYKI	Open Mężczyzn	57	08:30	00:50:53	<b>01:54:43.60</b>	<b>01:54:43.60</b>	+00:59:47 (52.1%)	11:28	5.2 (47.7%)
150	<b>BARTKOWIAK Artur</b>	<b>2188</b>		Open Mężczyzn	58	08:00	00:52:07	<b>01:54:52.15</b>	<b>01:54:52.15</b>	+00:59:55 (52.2%)	11:29	5.2 (47.7%)
151	<b>WAJDA Rafał</b>	<b>2378</b>		Open Mężczyzn	59	10:00	00:58:08	<b>01:55:38.95</b>	<b>01:55:38.95</b>	+01:00:42 (52.5%)	11:33	5.2 (47.7%)
152	<b>BERNACKA Katarzyna</b>	<b>2124</b>	WOLF TEAM	Elite Kobiet	10	07:50	01:05:47	<b>01:55:44.60</b>	<b>01:55:44.60</b>	+01:00:48 (52.5%)	11:34	5.2 (47.7%)
153	<b>ŁABUZ Sabina</b>	<b>2121</b>	UNIT37	Elite Kobiet	11	07:50	00:56:42	<b>01:55:46.15</b>	<b>01:55:46.15</b>	+01:00:49 (52.5%)	11:34	5.2 (47.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Split 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
154	<b>BIENIASZ Bogusław</b>	<b>2355</b>		Open Masters Mężczyzn	16	10:00	00:58:09	<b>01:55:53.95</b>	<b>01:55:53.95</b>	+01:00:57 (52.6%)	11:35	5.2 (47.7%)
155	<b>WEJKNIS Krzysztof</b>	<b>2174</b>	OCR SPORT GRIP KRZYSZTOF WEJKNIS	Open Masters Mężczyzn	17	08:00	01:06:08	<b>01:56:17.15</b>	<b>01:56:17.15</b>	+01:01:20 (52.8%)	11:37	5.2 (47.7%)
156	<b>KALETA Anna</b>	<b>2127</b>	LEMON TEAM	Elite Kobiet	12	07:50	01:01:26	<b>01:56:42.20</b>	<b>01:56:42.20</b>	+01:01:45 (52.9%)	11:40	5.1 (46.8%)
157	<b>RATAJSZCZAK Dominik</b>	<b>2269</b>	UNITED RUNNERS	Open Mężczyzn	60	08:30	00:49:51	<b>01:57:14.90</b>	<b>01:57:14.90</b>	+01:02:18 (53.1%)	11:43	5.1 (46.8%)
158	<b>BRODZIAK Andrzej</b>	<b>2409</b>		Open Masters Mężczyzn	18	10:00	00:58:06	<b>01:57:26.85</b>	<b>01:57:26.85</b>	+01:02:30 (53.2%)	11:44	5.1 (46.8%)
159	<b>WOLAŃSKI Michał</b>	<b>2291</b>		Open Mężczyzn	61	08:30	01:03:06	<b>01:57:53.05</b>	<b>01:57:53.05</b>	+01:02:56 (53.4%)	11:47	5.1 (46.8%)
160	<b>KUZNICKI Pawel</b>	<b>2416</b>		Open Mężczyzn	62	10:30	00:58:32	<b>01:58:19.95</b>	<b>01:58:19.95</b>	+01:03:23 (53.6%)	11:49	5.1 (46.8%)
161	<b>PIETROWSKI Karol</b>	<b>2424</b>		Open Mężczyzn	63	10:30	01:02:04	<b>01:58:20.10</b>	<b>01:58:20.10</b>	+01:03:23 (53.6%)	11:50	5.1 (46.8%)
162	<b>OLDENBURG Tim</b>	<b>2282</b>		Open Masters Mężczyzn	19	08:30	00:56:19	<b>01:59:00.20</b>	<b>01:59:00.20</b>	+01:04:03 (53.8%)	11:54	5 (45.9%)
163	<b>KARCZYŃSKI Tomasz</b>	<b>2365</b>		Open Mężczyzn	64	10:00	00:58:17	<b>02:00:06.85</b>	<b>02:00:06.85</b>	+01:05:10 (54.3%)	12:00	5 (45.9%)
164	<b>GONSIOR Krzysztof</b>	<b>2491</b>	SOCIOS SILESIA	Open Mężczyzn	65	11:00	01:04:08	<b>02:00:21.20</b>	<b>02:00:21.20</b>	+01:05:24 (54.4%)	12:02	5 (45.9%)
165	<b>JANISZEWSKI Grzegorz</b>	<b>2018</b>	DZIADY OCR	Elite Masters Mężczyzn	19	07:40	00:50:58	<b>02:00:28.25</b>	<b>02:00:28.25</b>	+01:05:32 (54.4%)	12:02	5 (45.9%)
166	<b>JULIKOWSKI Karol</b>	<b>2217</b>	POWER TRAINING	Open Mężczyzn	66	08:15	00:56:32	<b>02:00:32.95</b>	<b>02:00:32.95</b>	+01:05:36 (54.4%)	12:03	5 (45.9%)
167	<b>JARZĄBEK Victoria</b>	<b>2099</b>	CARBON SILESIA SPORT	Elite Kobiet	13	07:50	01:01:21	<b>02:00:44.30</b>	<b>02:00:44.30</b>	+01:05:48 (54.5%)	12:04	5 (45.9%)
168	<b>LISIECKI Rajmund</b>	<b>2001</b>	BIEGOWE NYGUSY	Elite Masters Mężczyzn	20	07:45	01:02:41	<b>02:01:38.40</b>	<b>02:01:38.40</b>	+01:06:42 (54.8%)	12:09	4.9 (45.0%)
169	<b>SZCZOTOK Wiktor</b>	<b>2156</b>	CARBON SILESIA SPORT	Open Mężczyzn	67	08:00	01:02:58	<b>02:01:39.50</b>	<b>02:01:39.50</b>	+01:06:43 (54.8%)	12:09	4.9 (45.0%)
170	<b>GRZECH Mateusz</b>	<b>2153</b>	BESTIE OCR LEGIONOWO	Open Mężczyzn	68	08:00	01:02:59	<b>02:01:39.75</b>	<b>02:01:39.75</b>	+01:06:43 (54.8%)	12:09	4.9 (45.0%)
171	<b>SITKO Krystyna</b>	<b>2118</b>	SOCIOS SILESIA	Elite Kobiet	14	07:50	01:05:47	<b>02:01:39.90</b>	<b>02:01:39.90</b>	+01:06:43 (54.8%)	12:09	4.9 (45.0%)
172	<b>KURAN Halina</b>	<b>2122</b>	WATAHA	Elite Kobiet	15	07:50	01:11:24	<b>02:02:08.35</b>	<b>02:02:08.35</b>	+01:07:12 (55.0%)	12:12	4.9 (45.0%)
173	<b>MIĘSOWICZ Mirosław</b>	<b>2182</b>	WATAHA	Open Mężczyzn	69	08:00	00:55:42	<b>02:02:12.20</b>	<b>02:02:12.20</b>	+01:07:15 (55.0%)	12:13	4.9 (45.0%)
174	<b>ANDRZEJCZAK Filip</b>	<b>2494</b>	TROSKLIWE MISIE	Open Mężczyzn	70	11:00	00:55:53	<b>02:02:23.90</b>	<b>02:02:23.90</b>	+01:07:27 (55.1%)	12:14	4.9 (45.0%)
175	<b>WICHEREK Mateusz</b>	<b>2379</b>		Open Mężczyzn	71	10:00	00:59:36	<b>02:03:41.45</b>	<b>02:03:41.45</b>	+01:08:45 (55.6%)	12:22	4.9 (45.0%)
176	<b>SZAFRAN Jakub</b>	<b>2050</b>	PSYCHIATRYK KOPERNIKA	Elite Mężczyzn	51	07:45	00:56:20	<b>02:03:55.50</b>	<b>02:03:55.50</b>	+01:08:59 (55.7%)	12:23	4.8 (44.0%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Split 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
177	<b>SZCZECH Szymon</b>	<b>2199</b>		Open Mężczyzn	72	08:00	01:09:42	<b>02:04:16.65</b>	<b>02:04:16.65</b>	+01:09:20 (55.8%)	12:25	4.8 (44.0%)
178	<b>CZECHOWSKI Konrad</b>	<b>2237</b>		Open Mężczyzn	73	08:00	00:55:20	<b>02:04:19.25</b>	<b>02:04:19.25</b>	+01:09:23 (55.8%)	12:25	4.8 (44.0%)
179	<b>CHODKOWSKA Patrycja</b>	<b>2410</b>		Open Kobiet	1	10:30	01:02:03	<b>02:04:25.50</b>	<b>02:04:25.50</b>	+01:09:29 (55.8%)	12:26	4.8 (44.0%)
180	<b>FILIPCZAK Kamil</b>	<b>2412</b>		Open Masters Mężczyzn	20	10:30	01:02:03	<b>02:04:25.55</b>	<b>02:04:25.55</b>	+01:09:29 (55.8%)	12:26	4.8 (44.0%)
181		<b>2524</b>					01:06:58	<b>02:04:28.10</b>	<b>02:04:28.10</b>	+01:09:31 (55.9%)	12:26	4.8 (44.0%)
182	<b>RYBACKI Błażej</b>	<b>2305</b>	OBSTACLE CENTER TEAM	Open Mężczyzn	74	09:00	00:52:30	<b>02:04:30.25</b>	<b>02:04:30.25</b>	+01:09:34 (55.9%)	12:27	4.8 (44.0%)
183	<b>JANKOWSKI Dominik</b>	<b>2304</b>	OBSTACLE CENTER TEAM	Open Masters Mężczyzn	21	09:00	00:55:01	<b>02:04:39.95</b>	<b>02:04:39.95</b>	+01:09:43 (55.9%)	12:27	4.8 (44.0%)
184	<b>GRALEC Dariusz</b>	<b>2036</b>	I NEVER TURN BACK	Elite Masters Mężczyzn	21	07:45	01:07:49	<b>02:04:41.55</b>	<b>02:04:41.55</b>	+01:09:45 (55.9%)	12:28	4.8 (44.0%)
185	<b>WITKOWSKI Marek</b>	<b>2470</b>	BIEGOWE DZIKI OCR	Open Masters Mężczyzn	22	11:00	01:05:37	<b>02:04:57.15</b>	<b>02:04:57.15</b>	+01:10:00 (56.0%)	12:29	4.8 (44.0%)
186	<b>POLAK Jarosław</b>	<b>2425</b>		Open Mężczyzn	75	10:30	01:01:49	<b>02:05:00.65</b>	<b>02:05:00.65</b>	+01:10:04 (56.1%)	12:30	4.8 (44.0%)
187	<b>TOMASZEWICZ Adam</b>	<b>2166</b>	KLONO TEAM	Open Mężczyzn	76	08:00	01:05:51	<b>02:05:01.75</b>	<b>02:05:01.75</b>	+01:10:05 (56.1%)	12:30	4.8 (44.0%)
188	<b>SAWICKI Kacper</b>	<b>2094</b>		Elite Mężczyzn	52	07:45	01:07:30	<b>02:05:12.45</b>	<b>02:05:12.45</b>	+01:10:16 (56.1%)	12:31	4.8 (44.0%)
189	<b>KRAKOWIAK Patryk</b>	<b>2309</b>	TGV CLUB	Open Mężczyzn	77	09:00	01:04:18	<b>02:05:20.95</b>	<b>02:05:20.95</b>	+01:10:24 (56.2%)	12:32	4.8 (44.0%)
190	<b>KULINKOWSKI Rafal</b>	<b>2488</b>	KULINKOWSKI TEAM	Open Mężczyzn	78	11:00	01:03:49	<b>02:05:29.40</b>	<b>02:05:29.40</b>	+01:10:33 (56.2%)	12:32	4.8 (44.0%)
191	<b>MALCZEWSKI Tomasz</b>	<b>2279</b>		Open Mężczyzn	79	08:30	01:02:34	<b>02:05:47.55</b>	<b>02:05:47.55</b>	+01:10:51 (56.3%)	12:34	4.8 (44.0%)
192	<b>WITKOWSKI Kuba</b>	<b>2074</b>	SZARKI OCR	Elite Mężczyzn	53	07:45	00:56:20	<b>02:06:16.75</b>	<b>02:06:16.75</b>	+01:11:20 (56.5%)	12:37	4.8 (44.0%)
193	<b>BARCZYK Łukasz</b>	<b>2408</b>		Open Mężczyzn	80	10:30	00:57:52	<b>02:06:26.85</b>	<b>02:06:26.85</b>	+01:11:30 (56.6%)	12:38	4.7 (43.1%)
194	<b>GENDERA Dawid</b>	<b>2274</b>		Open Mężczyzn	81	08:30	01:04:10	<b>02:07:22.30</b>	<b>02:07:22.30</b>	+01:12:26 (56.9%)	12:44	4.7 (43.1%)
195	<b>GRUBA Andrzej</b>	<b>2360</b>		Open Masters Mężczyzn	23	10:00	01:04:05	<b>02:07:34.55</b>	<b>02:07:34.55</b>	+01:12:38 (56.9%)	12:45	4.7 (43.1%)
196	<b>SZYMAŃSKI Marcin</b>	<b>2344</b>	CROSSTEAM SZCZECINEK	Open Mężczyzn	82	10:00	01:05:06	<b>02:07:41.20</b>	<b>02:07:41.20</b>	+01:12:44 (57.0%)	12:46	4.7 (43.1%)
197	<b>GŁUSZAK Piotr</b>	<b>2499</b>		Open Masters Mężczyzn	24	11:00	01:04:00	<b>02:08:03.30</b>	<b>02:08:03.30</b>	+01:13:07 (57.1%)	12:48	4.7 (43.1%)
198	<b>SCHMIDT Paweł</b>	<b>2152</b>	BEFIT24TEAM	Open Masters Mężczyzn	25	08:00	01:08:49	<b>02:08:04.75</b>	<b>02:08:04.75</b>	+01:13:08 (57.1%)	12:48	4.7 (43.1%)
199	<b>MAZGAJ Konrad</b>	<b>2246</b>		Open Mężczyzn	83	08:15	01:11:02	<b>02:08:05.25</b>	<b>02:08:05.25</b>	+01:13:09 (57.1%)	12:48	4.7 (43.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Split 5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 10km	brutto 10km			
200	<b>WALCZAK Julian</b>	<b>2200</b>		Open Mężczyzn	84	08:00	00:51:38	<b>02:08:15.85</b>	<b>02:08:15.85</b>	+01:13:19 (57.2%)	12:49	4.7 (43.1%)
201	<b>SAJDAK Mateusz</b>	<b>2221</b>	RUNMAGEDDONOWE ŚWIRY	Open Mężczyzn	85	08:15	01:02:48	<b>02:08:23.10</b>	<b>02:08:23.10</b>	+01:13:26 (57.2%)	12:50	4.7 (43.1%)
202	<b>CZARDYBON Dominik</b>	<b>2168</b>	ŁOWCY PIEROŻKÓW	Open Mężczyzn	86	08:00	01:00:09	<b>02:08:42.75</b>	<b>02:08:42.75</b>	+01:13:46 (57.3%)	12:52	4.7 (43.1%)
203	<b>PASIEWIEC Krzysztof</b>	<b>2328</b>		Open Mężczyzn	87	09:00	00:56:38	<b>02:08:48.30</b>	<b>02:08:48.30</b>	+01:13:52 (57.3%)	12:52	4.7 (43.1%)
204	<b>JEDRASZYK Klaudia</b>	<b>2231</b>	ZJEBKI BEZ EPKI	Open Kobiet	2	08:15	01:09:22	<b>02:08:52.00</b>	<b>02:08:52.00</b>	+01:13:55 (57.4%)	12:53	4.7 (43.1%)
205	<b>RYBAK Paulina</b>	<b>2114</b>	POWER TRAINING	Elite Kobiet	16	07:50	01:01:26	<b>02:08:58.55</b>	<b>02:08:58.55</b>	+01:14:02 (57.4%)	12:53	4.7 (43.1%)
206	<b>KMIECIK Justyna</b>	<b>2261</b>	HUSARIA RACE TEAM	Open Masters Kobiet	1	08:00		<b>02:09:11.20</b>	<b>02:09:11.20</b>	+01:14:14 (57.5%)	12:55	4.6 (42.2%)
207	<b>KMIECIK Marcin</b>	<b>2262</b>	HUSARIA RACE TEAM	Open Mężczyzn	88	08:00		<b>02:09:11.35</b>	<b>02:09:11.35</b>	+01:14:15 (57.5%)	12:55	4.6 (42.2%)
208	<b>RATAJCZAK Grzegorz</b>	<b>2197</b>		Open Masters Mężczyzn	26	08:00	01:03:17	<b>02:09:35.45</b>	<b>02:09:35.45</b>	+01:14:39 (57.6%)	12:57	4.6 (42.2%)
209	<b>WYSOCZAŃSKI Tomek</b>	<b>2382</b>		Open Masters Mężczyzn	27	10:00	01:04:03	<b>02:09:40.35</b>	<b>02:09:40.35</b>	+01:14:44 (57.6%)	12:58	4.6 (42.2%)
210	<b>MAJEWSKI Damian</b>	<b>2183</b>	WILK TRENUJE FAMILY (WTF)	Open Mężczyzn	89	08:00	01:00:41	<b>02:09:50.00</b>	<b>02:09:50.00</b>	+01:14:53 (57.7%)	12:59	4.6 (42.2%)
211	<b>ŻEBROWSKI Daniel</b>	<b>2306</b>	POWER TRAINING	Open Mężczyzn	90	09:00	01:03:04	<b>02:09:53.65</b>	<b>02:09:53.65</b>	+01:14:57 (57.7%)	12:59	4.6 (42.2%)
212	<b>CHOMICZ Rafał</b>	<b>2383</b>	8E	Open Mężczyzn	91	10:30	01:03:59	<b>02:10:04.25</b>	<b>02:10:04.25</b>	+01:15:08 (57.8%)	13:00	4.6 (42.2%)
213	<b>ZAWADZKI Jakub</b>	<b>2384</b>	8E	Open Mężczyzn	92	10:30	01:04:15	<b>02:10:04.80</b>	<b>02:10:04.80</b>	+01:15:08 (57.8%)	13:00	4.6 (42.2%)
214	<b>TADYCH Marcin</b>	<b>2445</b>	SAW TEAM	Open Mężczyzn	93	10:45	01:08:13	<b>02:10:13.50</b>	<b>02:10:13.50</b>	+01:15:17 (57.8%)	13:01	4.6 (42.2%)
215	<b>RATAJCZAK Rafał</b>	<b>2198</b>		Open Masters Mężczyzn	28	08:00	01:03:18	<b>02:10:16.65</b>	<b>02:10:16.65</b>	+01:15:20 (57.8%)	13:01	4.6 (42.2%)
216	<b>CZYŻEWSKI Bartłomiej</b>	<b>2319</b>		Open Mężczyzn	94	09:00	01:05:02	<b>02:10:21.20</b>	<b>02:10:21.20</b>	+01:15:24 (57.9%)	13:02	4.6 (42.2%)
217	<b>HUSAKOU Valiantsin</b>	<b>2444</b>	SAW TEAM	Open Mężczyzn	95	10:45	01:08:02	<b>02:10:29.50</b>	<b>02:10:29.50</b>	+01:15:33 (57.9%)	13:02	4.6 (42.2%)
218	<b>HOŁOWACZ Kamil</b>	<b>2362</b>		Open Mężczyzn	96	10:00	01:03:46	<b>02:10:38.30</b>	<b>02:10:38.30</b>	+01:15:42 (57.9%)	13:03	4.6 (42.2%)
219	<b>GAŁAN Tomasz</b>	<b>2486</b>	KOJOTY	Open Masters Mężczyzn	29	11:00	01:07:16	<b>02:10:44.40</b>	<b>02:10:44.40</b>	+01:15:48 (58.0%)	13:04	4.6 (42.2%)
220	<b>ŁUSZCZYNA Robert</b>	<b>2370</b>		Open Mężczyzn	97	10:00	01:04:30	<b>02:10:46.95</b>	<b>02:10:46.95</b>	+01:15:50 (58.0%)	13:04	4.6 (42.2%)
221	<b>CHUDY Dariusz</b>	<b>2452</b>		Open Mężczyzn	98	10:45	01:08:49	<b>02:10:47.15</b>	<b>02:10:47.15</b>	+01:15:50 (58.0%)	13:04	4.6 (42.2%)
222	<b>MANTHEY Paweł</b>	<b>2460</b>		Open Mężczyzn	99	10:45	01:08:49	<b>02:10:51.45</b>	<b>02:10:51.45</b>	+01:15:55 (58.0%)	13:05	4.6 (42.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Split 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
223	<b>FISCHER Filip</b>	<b>2413</b>		Open Mężczyzn	100	10:30	01:07:07	<b>02:10:54.00</b>	<b>02:10:54.00</b>	+01:15:57 (58.0%)	13:05	4.6 (42.2%)
224	<b>WAŃKOWICZ Adrian</b>	<b>2201</b>		Open Mężczyzn	101	08:00	01:09:00	<b>02:11:03.70</b>	<b>02:11:03.70</b>	+01:16:07 (58.1%)	13:06	4.6 (42.2%)
225	<b>ŁĄTKA Robert</b>	<b>2227</b>	UNIT37	Open Masters Mężczyzn	30	08:15	01:12:43	<b>02:11:09.40</b>	<b>02:11:09.40</b>	+01:16:13 (58.1%)	13:06	4.6 (42.2%)
226	<b>RYBAK Radosław</b>	<b>2285</b>		Open Mężczyzn	102	08:30	00:58:35	<b>02:11:20.85</b>	<b>02:11:20.85</b>	+01:16:24 (58.2%)	13:08	4.6 (42.2%)
227	<b>BURY Mariusz</b>	<b>2272</b>		Open Mężczyzn	103	08:30	00:58:34	<b>02:11:21.10</b>	<b>02:11:21.10</b>	+01:16:24 (58.2%)	13:08	4.6 (42.2%)
228	<b>ŁANOCHA Michał</b>	<b>2226</b>	UNIT37	Open Mężczyzn	104	08:15	01:12:44	<b>02:11:47.85</b>	<b>02:11:47.85</b>	+01:16:51 (58.3%)	13:10	4.6 (42.2%)
229	<b>PŁACZEK Anna</b>	<b>2101</b>	CARBON SILESIA SPORT	Elite Kobiet	17	07:50	00:54:49	<b>02:12:12.35</b>	<b>02:12:12.35</b>	+01:17:16 (58.4%)	13:13	4.5 (41.3%)
230	<b>CHMIELEWSKI Józef</b>	<b>2189</b>		Open Masters Mężczyzn	31	08:00	01:04:34	<b>02:12:31.25</b>	<b>02:12:31.25</b>	+01:17:35 (58.5%)	13:15	4.5 (41.3%)
231	<b>DĘBICKI Kamil</b>	<b>2357</b>		Open Mężczyzn	105	10:00	01:05:58	<b>02:12:41.20</b>	<b>02:12:41.20</b>	+01:17:44 (58.6%)	13:16	4.5 (41.3%)
232	<b>POHLAND Paweł</b>	<b>2507</b>		Open Mężczyzn	106	11:00	01:01:34	<b>02:13:10.25</b>	<b>02:13:10.25</b>	+01:18:14 (58.7%)	13:19	4.5 (41.3%)
233	<b>FEDYCKI Mariusz</b>	<b>2358</b>		Open Mężczyzn	107	10:00	01:05:42	<b>02:13:16.70</b>	<b>02:13:16.70</b>	+01:18:20 (58.8%)	13:19	4.5 (41.3%)
234	<b>JAGLIŃSKI Rafał</b>	<b>2363</b>		Open Mężczyzn	108	10:00	01:01:26	<b>02:13:21.10</b>	<b>02:13:21.10</b>	+01:18:24 (58.8%)	13:20	4.5 (41.3%)
235	<b>LATOSI Adrian</b>	<b>2244</b>		Open Masters Mężczyzn	32	08:15	01:10:53	<b>02:13:50.80</b>	<b>02:13:50.80</b>	+01:18:54 (59.0%)	13:23	4.5 (41.3%)
236	<b>ZAJĄC Paweł</b>	<b>2487</b>	KOJOTY	Open Mężczyzn	109	11:00	01:12:45	<b>02:14:52.45</b>	<b>02:14:52.45</b>	+01:19:56 (59.3%)	13:29	4.4 (40.4%)
237	<b>KAŻMIERCZAK Daniel</b>	<b>2502</b>		Open Mężczyzn	110	11:00	00:54:09	<b>02:14:54.45</b>	<b>02:14:54.45</b>	+01:19:58 (59.3%)	13:29	4.4 (40.4%)
238	<b>SIMON Adam</b>	<b>2391</b>	HUSARIA RACE TEAM	Open Mężczyzn	111	10:30	01:09:07	<b>02:15:02.75</b>	<b>02:15:02.75</b>	+01:20:06 (59.3%)	13:30	4.4 (40.4%)
239	<b>KŁYK Łukasz</b>	<b>2390</b>	HUSARIA RACE TEAM	Open Mężczyzn	112	10:30	01:09:10	<b>02:15:02.95</b>	<b>02:15:02.95</b>	+01:20:06 (59.3%)	13:30	4.4 (40.4%)
240	<b>BIELICKI Paweł</b>	<b>2498</b>		Open Mężczyzn	113	11:00	00:54:10	<b>02:15:14.45</b>	<b>02:15:14.45</b>	+01:20:18 (59.4%)	13:31	4.4 (40.4%)
241	<b>ŚLIFIŃSKI Patryk</b>	<b>2374</b>		Open Mężczyzn	114	10:00	01:05:21	<b>02:15:38.50</b>	<b>02:15:38.50</b>	+01:20:42 (59.5%)	13:33	4.4 (40.4%)
242	<b>KACZMAREK Arkadiusz</b>	<b>2515</b>		Open Mężczyzn	115	11:00	01:11:54	<b>02:16:13.65</b>	<b>02:16:13.65</b>	+01:21:17 (59.7%)	13:37	4.4 (40.4%)
243	<b>KOTALA Arkadiusz</b>	<b>2415</b>		Open Mężczyzn	116	10:30	01:01:41	<b>02:16:30.65</b>	<b>02:16:30.65</b>	+01:21:34 (59.8%)	13:39	4.4 (40.4%)
244	<b>KLINOWSKI Andrzej</b>	<b>2264</b>	RUNMAGEDDONOWE ŚWIRY	Open Mężczyzn	117	08:30	01:07:45	<b>02:16:51.95</b>	<b>02:16:51.95</b>	+01:21:55 (59.9%)	13:41	4.4 (40.4%)
245	<b>MALCZEWSKI Tomasz</b>	<b>2220</b>	RAJSPOORT ACTIVE	Open Mężczyzn	118	08:15	01:14:10	<b>02:16:58.40</b>	<b>02:16:58.40</b>	+01:22:02 (59.9%)	13:41	4.4 (40.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Split 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
246	<b>WIECZOREK Krzysztof</b>	<b>2463</b>		Open Mężczyzn	119	10:45	01:07:32	<b>02:17:03.90</b>	<b>02:17:03.90</b>	+01:22:07 (59.9%)	13:42	4.4 (40.4%)
247	<b>KWIATKOWSKI Mateusz</b>	<b>2417</b>		Open Mężczyzn	120	10:30	01:10:51	<b>02:17:30.20</b>	<b>02:17:30.20</b>	+01:22:33 (60.0%)	13:45	4.4 (40.4%)
248	<b>BOIŃSKA Agnieszka</b>	<b>2184</b>	WOLF TEAM	Open Masters Kobiet	2	08:00	01:10:06	<b>02:17:31.65</b>	<b>02:17:31.65</b>	+01:22:35 (60.1%)	13:45	4.4 (40.4%)
249	<b>SŁABASZEWSKI Kamil</b>	<b>2257</b>	HARPAGAN BEAST	Open Mężczyzn	121	08:30	01:11:40	<b>02:17:38.65</b>	<b>02:17:38.65</b>	+01:22:42 (60.1%)	13:45	4.4 (40.4%)
250	<b>NIEDZIELA Sebastian</b>	<b>2256</b>	HARPAGAN BEAST	Open Mężczyzn	122	08:30	01:11:41	<b>02:17:50.95</b>	<b>02:17:50.95</b>	+01:22:54 (60.1%)	13:47	4.4 (40.4%)
251	<b>HUBERT Artur</b>	<b>2455</b>		Open Masters Mężczyzn	33	10:45	01:09:19	<b>02:17:52.65</b>	<b>02:17:52.65</b>	+01:22:56 (60.2%)	13:47	4.4 (40.4%)
252	<b>STEFAŃSKI Łukasz</b>	<b>2462</b>		Open Mężczyzn	123	10:45	01:09:19	<b>02:17:57.10</b>	<b>02:17:57.10</b>	+01:23:00 (60.2%)	13:47	4.3 (39.4%)
253	<b>ZALEWSKI Sebastian</b>	<b>2514</b>		Open Mężczyzn	124	11:00	01:12:09	<b>02:18:56.95</b>	<b>02:18:56.95</b>	+01:24:00 (60.5%)	13:53	4.3 (39.4%)
254	<b>SERÓWKA Jakub</b>	<b>2373</b>		Open Mężczyzn	125	10:00	01:03:59	<b>02:19:01.55</b>	<b>02:19:01.55</b>	+01:24:05 (60.5%)	13:54	4.3 (39.4%)
255	<b>SZPYRA Darek</b>	<b>2377</b>		Open Mężczyzn	126	10:00	01:05:23	<b>02:19:04.15</b>	<b>02:19:04.15</b>	+01:24:07 (60.5%)	13:54	4.3 (39.4%)
256	<b>TRĘDA Cezary</b>	<b>2393</b>	JANUSZE BŁOTNYCH BIEGÓW	Open Mężczyzn	127	10:30	01:14:02	<b>02:19:06.80</b>	<b>02:19:06.80</b>	+01:24:10 (60.5%)	13:54	4.3 (39.4%)
257	<b>MUSIAŁ Robert</b>	<b>2505</b>		Open Mężczyzn	128	11:00	01:08:10	<b>02:19:28.00</b>	<b>02:19:28.00</b>	+01:24:31 (60.6%)	13:56	4.3 (39.4%)
258	<b>WITKOWSKI Arkadiusz</b>	<b>2208</b>	BRYGIERY OCR	Open Mężczyzn	129	08:15	01:14:09	<b>02:19:39.15</b>	<b>02:19:39.15</b>	+01:24:42 (60.7%)	13:57	4.3 (39.4%)
259	<b>JAŚKIEWICZ Krzysztof</b>	<b>2500</b>		Open Masters Mężczyzn	34	11:00	01:09:18	<b>02:20:17.75</b>	<b>02:20:17.75</b>	+01:25:21 (60.8%)	14:01	4.3 (39.4%)
260	<b>KRZYŻANOWSKI Julian</b>	<b>2399</b>	POWER TRAINING	Open Mężczyzn	130	10:00	01:00:24	<b>02:20:59.85</b>	<b>02:20:59.85</b>	+01:26:03 (61.0%)	14:05	4.3 (39.4%)
261	<b>RESPONDEK Leszek</b>	<b>2038</b>	KLONO TEAM	Elite Masters Mężczyzn	22	07:45	01:25:24	<b>02:21:05.20</b>	<b>02:21:05.20</b>	+01:26:08 (61.1%)	14:06	4.3 (39.4%)
262	<b>MŁYNARCZAK Jakub</b>	<b>2419</b>		Open Masters Mężczyzn	35	10:30	01:10:38	<b>02:21:30.20</b>	<b>02:21:30.20</b>	+01:26:33 (61.2%)	14:09	4.2 (38.5%)
263	<b>MŁYNARCZAK Karolina</b>	<b>2420</b>		Open Masters Kobiet	3	10:30	01:10:40	<b>02:21:30.30</b>	<b>02:21:30.30</b>	+01:26:34 (61.2%)	14:09	4.2 (38.5%)
264	<b>JASIŃSKI Jacek</b>	<b>2171</b>	ŁOWCY PIEROŻKÓW	Open Mężczyzn	131	08:00	01:15:38	<b>02:21:34.45</b>	<b>02:21:34.45</b>	+01:26:38 (61.2%)	14:09	4.2 (38.5%)
265	<b>SĘK Dariusz</b>	<b>2461</b>		Open Masters Mężczyzn	36	10:45	01:10:12	<b>02:21:51.05</b>	<b>02:21:51.05</b>	+01:26:54 (61.3%)	14:11	4.2 (38.5%)
266	<b>KUTYŁA Marek</b>	<b>2504</b>		Open Mężczyzn	132	11:00	01:09:52	<b>02:22:00.05</b>	<b>02:22:00.05</b>	+01:27:03 (61.3%)	14:12	4.2 (38.5%)
267	<b>GIETKO Piotr</b>	<b>2454</b>		Open Masters Mężczyzn	37	10:45	01:10:23	<b>02:22:00.20</b>	<b>02:22:00.20</b>	+01:27:03 (61.3%)	14:12	4.2 (38.5%)
268	<b>NOWAK Piotr</b>	<b>2372</b>		Open Mężczyzn	133	10:00	01:18:10	<b>02:22:38.40</b>	<b>02:22:38.40</b>	+01:27:42 (61.5%)	14:15	4.2 (38.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Split 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
269	<b>LEWANDOWSKI Jarosław</b>	<b>2369</b>		Open Mężczyzn	134	10:00	01:04:56	<b>02:23:03.15</b>	<b>02:23:03.15</b>	+01:28:06 (61.6%)	14:18	4.2 (38.5%)
270	<b>WUCZKO Dariusz</b>	<b>2381</b>		Open Mężczyzn	135	10:00	01:05:20	<b>02:23:03.30</b>	<b>02:23:03.30</b>	+01:28:07 (61.6%)	14:18	4.2 (38.5%)
271	<b>KWILIŃSKA Weronika</b>	<b>2278</b>		Open Kobiet	3	08:30	01:19:33	<b>02:23:03.75</b>	<b>02:23:03.75</b>	+01:28:07 (61.6%)	14:18	4.2 (38.5%)
272	<b>KANCIRUK Paweł</b>	<b>2520</b>		Open Mężczyzn	136	08:30	01:11:03	<b>02:23:14.35</b>	<b>02:23:14.35</b>	+01:28:18 (61.6%)	14:19	4.2 (38.5%)
273	<b>ZAJĄC Magdalena</b>	<b>2464</b>		Open Kobiet	4	10:45	01:12:58	<b>02:23:54.40</b>	<b>02:23:54.40</b>	+01:28:58 (61.8%)	14:23	4.2 (38.5%)
274	<b>TUTAJ Jakub</b>	<b>2077</b>	UNIT37	Elite Masters Mężczyzn	23	07:45	01:03:59	<b>02:24:00.90</b>	<b>02:24:00.90</b>	+01:29:04 (61.9%)	14:24	4.2 (38.5%)
275	<b>KULCZAK Paweł</b>	<b>2277</b>		Open Masters Mężczyzn	38	08:30	01:06:22	<b>02:24:06.45</b>	<b>02:24:06.45</b>	+01:29:10 (61.9%)	14:24	4.2 (38.5%)
276	<b>KOKOTEK Alicja</b>	<b>2351</b>	RUNMAGEDDONOWE ŚWIRY	Open Kobiet	5	10:00	01:11:07	<b>02:24:09.55</b>	<b>02:24:09.55</b>	+01:29:13 (61.9%)	14:24	4.2 (38.5%)
277	<b>LIBERADZKI Marcin</b>	<b>2385</b>	ATHLETIC APOLLO	Open Masters Mężczyzn	39	10:30	01:15:41	<b>02:24:11.75</b>	<b>02:24:11.75</b>	+01:29:15 (61.9%)	14:25	4.2 (38.5%)
278	<b>SEŃ Agata</b>	<b>2286</b>		Open Kobiet	6	08:30	01:15:26	<b>02:24:49.60</b>	<b>02:24:49.60</b>	+01:29:53 (62.1%)	14:28	4.1 (37.6%)
279	<b>MIZGIER Filip</b>	<b>2478</b>	EKIPA Z OGÓRKA!	Open Mężczyzn	137	11:00	01:11:45	<b>02:24:57.95</b>	<b>02:24:57.95</b>	+01:30:01 (62.1%)	14:29	4.1 (37.6%)
280	<b>DUSZCZAK Bartosz</b>	<b>2476</b>	EKIPA Z OGÓRKA!	Open Mężczyzn	138	11:00	01:11:56	<b>02:25:17.55</b>	<b>02:25:17.55</b>	+01:30:21 (62.2%)	14:31	4.1 (37.6%)
281	<b>ROBAK Sylwester</b>	<b>2427</b>		Open Mężczyzn	139	10:30	01:08:34	<b>02:25:27.00</b>	<b>02:25:27.00</b>	+01:30:30 (62.2%)	14:32	4.1 (37.6%)
282	<b>KRAJEWSKI Michał</b>	<b>2204</b>	BRYGIERY OCR	Open Mężczyzn	140	08:15	01:08:42	<b>02:25:56.75</b>	<b>02:25:56.75</b>	+01:31:00 (62.4%)	14:35	4.1 (37.6%)
283	<b>DYOLOG Sergiy</b>	<b>2320</b>		Open Mężczyzn	141	09:00	01:07:01	<b>02:25:57.30</b>	<b>02:25:57.30</b>	+01:31:01 (62.4%)	14:35	4.1 (37.6%)
284	<b>POLUS Piotr Peter</b>	<b>2400</b>	POWER TRAINING	Open Mężczyzn	142	08:30	01:13:18	<b>02:26:12.10</b>	<b>02:26:12.10</b>	+01:31:15 (62.4%)	14:37	4.1 (37.6%)
285	<b>TROJAN Anna</b>	<b>2096</b>	BEFIT24TEAM	Elite Masters Kobiet	1	07:50	01:03:48	<b>02:26:12.85</b>	<b>02:26:12.85</b>	+01:31:16 (62.4%)	14:37	4.1 (37.6%)
286	<b>MIZGIER Krzysztof</b>	<b>2479</b>	EKIPA Z OGÓRKA!	Open Mężczyzn	143	11:00	01:11:51	<b>02:26:38.85</b>	<b>02:26:38.85</b>	+01:31:42 (62.5%)	14:39	4.1 (37.6%)
287	<b>SERKIS Małgorzata</b>	<b>2331</b>		Open Masters Kobiet	4	09:00	01:18:57	<b>02:26:48.10</b>	<b>02:26:48.10</b>	+01:31:51 (62.6%)	14:40	4.1 (37.6%)
287	<b>GUZDEK Jolanta</b>	<b>2296</b>	DZIADEK I WNUKI	Open Kobiet	7	09:00	01:19:28	<b>02:26:48.10</b>	<b>02:26:48.10</b>	+01:31:51 (62.6%)	14:40	4.1 (37.6%)
289	<b>MADAJCZAK Weronika</b>	<b>2477</b>	EKIPA Z OGÓRKA!	Open Kobiet	8	11:00	01:11:55	<b>02:26:52.30</b>	<b>02:26:52.30</b>	+01:31:56 (62.6%)	14:41	4.1 (37.6%)
290	<b>GASIOR Rafał</b>	<b>2191</b>		Open Mężczyzn	144	08:00	01:09:56	<b>02:27:19.25</b>	<b>02:27:19.25</b>	+01:32:23 (62.7%)	14:43	4.1 (37.6%)
291	<b>BANASZEK Tomasz</b>	<b>2187</b>		Open Mężczyzn	145	08:00	01:10:09	<b>02:27:28.30</b>	<b>02:27:28.30</b>	+01:32:32 (62.7%)	14:44	4.1 (37.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Split 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
292	<b>CZUBAŁA Jakub</b>	<b>2475</b>	EKIPA Z OGÓRKA!	Open Mężczyzn	146	11:00	01:11:59	<b>02:27:33.45</b>	<b>02:27:33.45</b>	+01:32:37 (62.8%)	14:45	4.1 (37.6%)
293	<b>TRZASKALIK Ireneusz</b>	<b>2517</b>		Open Masters Mężczyzn	40	08:15	01:12:58	<b>02:27:35.30</b>	<b>02:27:35.30</b>	+01:32:39 (62.8%)	14:45	4.1 (37.6%)
294	<b>WÓJCICKA Anna</b>	<b>2260</b>	HELL'S HEAVEN SZCZECIN	Open Kobiet	9	08:15	01:16:46	<b>02:28:05.25</b>	<b>02:28:05.25</b>	+01:33:09 (62.9%)	14:48	4.1 (37.6%)
295	<b>LEWANDOWSKA Anna</b>	<b>2259</b>	HELL'S HEAVEN SZCZECIN	Open Masters Kobiet	5	08:15	01:16:46	<b>02:28:05.30</b>	<b>02:28:05.30</b>	+01:33:09 (62.9%)	14:48	4.1 (37.6%)
296	<b>KULIGOWSKA Małgorzata</b>	<b>2108</b>	FIT & MORE RYBNIK	Elite Masters Kobiet	2	07:50	00:55:48	<b>02:28:11.15</b>	<b>02:28:11.15</b>	+01:33:14 (62.9%)	14:49	4 (36.7%)
297	<b>SZPAKOWSKI Jacek</b>	<b>2481</b>	EXTREME WAYS	Open Mężczyzn	147	11:00	01:07:02	<b>02:28:25.15</b>	<b>02:28:25.15</b>	+01:33:28 (63.0%)	14:50	4 (36.7%)
298	<b>KOSIŃSKI Tomasz</b>	<b>2480</b>	EXTREME WAYS	Open Mężczyzn	148	11:00	01:07:45	<b>02:28:34.25</b>	<b>02:28:34.25</b>	+01:33:38 (63.0%)	14:51	4 (36.7%)
299	<b>KRAWCZAK Emil</b>	<b>2490</b>	PWPW S.A.	Open Mężczyzn	149	11:00	01:07:59	<b>02:28:34.70</b>	<b>02:28:34.70</b>	+01:33:38 (63.0%)	14:51	4 (36.7%)
300	<b>BRZESKA Ewa</b>	<b>2258</b>	HELL'S HEAVEN SZCZECIN	Open Kobiet	10	08:15	01:16:50	<b>02:28:55.45</b>	<b>02:28:55.45</b>	+01:33:59 (63.1%)	14:53	4 (36.7%)
301	<b>BŁASIŃSKI Piotr</b>	<b>2236</b>		Open Masters Mężczyzn	41	08:15	01:14:07	<b>02:28:55.85</b>	<b>02:28:55.85</b>	+01:33:59 (63.1%)	14:53	4 (36.7%)
302	<b>ZAGRODZKA Magdalena</b>	<b>2103</b>	CARBON SILESIA SPORT	Elite Kobiet	18	07:50	01:30:21	<b>02:29:49.90</b>	<b>02:29:49.90</b>	+01:34:53 (63.3%)	14:58	4 (36.7%)
303	<b>LEWANDOWSKI Przemysław</b>	<b>2394</b>	NIE W SZCZEPIONKĘ TEAM	Open Masters Mężczyzn	42	10:30	01:17:42	<b>02:30:01.70</b>	<b>02:30:01.70</b>	+01:35:05 (63.4%)	15:00	4 (36.7%)
304	<b>SZOSTEK Patrycja</b>	<b>2395</b>	NIE W SZCZEPIONKĘ TEAM	Open Kobiet	11	10:30	01:17:42	<b>02:30:03.05</b>	<b>02:30:03.05</b>	+01:35:06 (63.4%)	15:00	4 (36.7%)
305	<b>WIDUCH Ryszard</b>	<b>2380</b>		Open Masters Mężczyzn	43	10:00	01:18:24	<b>02:30:10.10</b>	<b>02:30:10.10</b>	+01:35:13 (63.4%)	15:01	4 (36.7%)
306	<b>GAJDAMOWICZ Beata</b>	<b>2359</b>		Open Kobiet	12	10:00	01:20:46	<b>02:30:23.25</b>	<b>02:30:23.25</b>	+01:35:27 (63.5%)	15:02	4 (36.7%)
307	<b>SZŁĘZAK Mateusz</b>	<b>2376</b>		Open Mężczyzn	150	10:00	01:20:46	<b>02:30:24.05</b>	<b>02:30:24.05</b>	+01:35:27 (63.5%)	15:02	4 (36.7%)
308	<b>GUMIELA Adam</b>	<b>2489</b>	MELVIT TEAM	Open Mężczyzn	151	11:00	01:03:38	<b>02:31:16.25</b>	<b>02:31:16.25</b>	+01:36:20 (63.7%)	15:07	4 (36.7%)
309	<b>STOSIK Krzysztof</b>	<b>2375</b>		Open Mężczyzn	152	10:00	01:19:34	<b>02:31:17.15</b>	<b>02:31:17.15</b>	+01:36:20 (63.7%)	15:07	4 (36.7%)
310	<b>HILLER Fabian</b>	<b>2361</b>		Open Mężczyzn	153	10:00	01:19:34	<b>02:31:17.45</b>	<b>02:31:17.45</b>	+01:36:21 (63.7%)	15:07	4 (36.7%)
311	<b>PODDĘBNIAK Małgorzata</b>	<b>2206</b>	BRYGIERY OCR	Open Kobiet	13	08:15	01:14:11	<b>02:31:41.95</b>	<b>02:31:41.95</b>	+01:36:45 (63.8%)	15:10	4 (36.7%)
312	<b>ANDRYCH Mateusz</b>	<b>2233</b>		Open Mężczyzn	154	08:15	01:14:26	<b>02:31:42.30</b>	<b>02:31:42.30</b>	+01:36:46 (63.8%)	15:10	4 (36.7%)
313	<b>BUDEK Weronika</b>	<b>2318</b>		Open Kobiet	14	09:00	01:15:58	<b>02:31:43.30</b>	<b>02:31:43.30</b>	+01:36:47 (63.8%)	15:10	4 (36.7%)
314	<b>OLĘDZKI Marcin</b>	<b>2423</b>		Open Mężczyzn	155	10:30	01:17:59	<b>02:32:18.80</b>	<b>02:32:18.80</b>	+01:37:22 (63.9%)	15:13	3.9 (35.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Split 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
315	<b>BILYI Dmytro</b>	<b>2316</b>		Open Mężczyzn	156	09:00	01:17:45	<b>02:32:27.30</b>	<b>02:32:27.30</b>	+01:37:31 (64.0%)	15:14	3.9 (35.8%)
315	<b>SZELAĞ Sebastian</b>	<b>2333</b>		Open Mężczyzn	156	09:00	01:17:45	<b>02:32:27.30</b>	<b>02:32:27.30</b>	+01:37:31 (64.0%)	15:14	3.9 (35.8%)
317	<b>ABRAMCZYK Bernard</b>	<b>2521</b>		Open Mężczyzn	158	10:00	01:20:10	<b>02:33:25.15</b>	<b>02:33:25.15</b>	+01:38:28 (64.2%)	15:20	3.9 (35.8%)
318	<b>FILAS Rafał</b>	<b>2321</b>		Open Mężczyzn	159	09:00	01:15:58	<b>02:34:01.95</b>	<b>02:34:01.95</b>	+01:39:05 (64.3%)	15:24	3.9 (35.8%)
319	<b>KLIK Paweł</b>	<b>2366</b>		Open Mężczyzn	160	10:00	01:20:48	<b>02:34:24.95</b>	<b>02:34:24.95</b>	+01:39:28 (64.4%)	15:26	3.9 (35.8%)
320	<b>STANEK Jakub</b>	<b>2288</b>		Open Mężczyzn	161	08:30	01:01:27	<b>02:34:40.25</b>	<b>02:34:40.25</b>	+01:39:44 (64.5%)	15:28	3.9 (35.8%)
321	<b>KWIATKOWSKA Daria</b>	<b>2205</b>	BRYGIERY OCR	Open Kobiet	15	08:15	01:24:36	<b>02:35:48.50</b>	<b>02:35:48.50</b>	+01:40:52 (64.7%)	15:34	3.9 (35.8%)
322	<b>PONSKI Cezary</b>	<b>2330</b>		Open Mężczyzn	162	10:30	01:14:30	<b>02:35:59.75</b>	<b>02:35:59.75</b>	+01:41:03 (64.8%)	15:35	3.8 (34.9%)
323	<b>ŁYŻWA Stanisław</b>	<b>2195</b>		Open Mężczyzn	163	08:00	01:16:31	<b>02:36:00.30</b>	<b>02:36:00.30</b>	+01:41:04 (64.8%)	15:36	3.8 (34.9%)
324	<b>BARAN Konrad</b>	<b>2203</b>	BRYGIERY OCR	Open Mężczyzn	164	08:15	01:24:08	<b>02:36:09.40</b>	<b>02:36:09.40</b>	+01:41:13 (64.8%)	15:36	3.8 (34.9%)
325	<b>KOWALCZYK Tomasz</b>	<b>2324</b>		Open Mężczyzn	165	10:30	01:14:31	<b>02:36:14.75</b>	<b>02:36:14.75</b>	+01:41:18 (64.8%)	15:37	3.8 (34.9%)
326	<b>SASINOWSKI Krzysztof</b>	<b>2207</b>	BRYGIERY OCR	Open Mężczyzn	166	08:15	01:16:19	<b>02:36:32.35</b>	<b>02:36:32.35</b>	+01:41:36 (64.9%)	15:39	3.8 (34.9%)
327	<b>KRAUSE Magda</b>	<b>2352</b>	SIUSIAKI	Open Kobiet	16	09:00	01:20:52	<b>02:36:32.70</b>	<b>02:36:32.70</b>	+01:41:36 (64.9%)	15:39	3.8 (34.9%)
328	<b>KARBOWSKA Karolina</b>	<b>2364</b>		Open Kobiet	17	09:00	01:20:52	<b>02:36:32.80</b>	<b>02:36:32.80</b>	+01:41:36 (64.9%)	15:39	3.8 (34.9%)
329	<b>MANIA Piotr</b>	<b>2310</b>	TGV CLUB	Open Mężczyzn	167	09:00	01:19:52	<b>02:36:35.05</b>	<b>02:36:35.05</b>	+01:41:38 (64.9%)	15:39	3.8 (34.9%)
330	<b>BUCZYNSKI Dariusz</b>	<b>2271</b>		Open Mężczyzn	168	08:30	01:19:41	<b>02:36:49.80</b>	<b>02:36:49.80</b>	+01:41:53 (65.0%)	15:40	3.8 (34.9%)
331	<b>BONIAKOWSKA Ilona</b>	<b>2317</b>		Open Kobiet	18	09:00	01:16:52	<b>02:36:53.60</b>	<b>02:36:53.60</b>	+01:41:57 (65.0%)	15:41	3.8 (34.9%)
332	<b>MIŚKIEWICZ Konrad</b>	<b>2325</b>		Open Mężczyzn	169	09:00	01:16:47	<b>02:36:53.80</b>	<b>02:36:53.80</b>	+01:41:57 (65.0%)	15:41	3.8 (34.9%)
333	<b>MOLKA Kamil</b>	<b>2371</b>		Open Mężczyzn	170	10:00	01:19:38	<b>02:36:55.30</b>	<b>02:36:55.30</b>	+01:41:59 (65.0%)	15:41	3.8 (34.9%)
334	<b>FEDĘNCZAK Rafał</b>	<b>2342</b>	CHŁOPAKI Z POMORZA	Open Mężczyzn	171	10:00	01:19:38	<b>02:36:55.80</b>	<b>02:36:55.80</b>	+01:41:59 (65.0%)	15:41	3.8 (34.9%)
335	<b>PACEK Kuba</b>	<b>2327</b>		Open Mężczyzn	172	09:00	01:15:54	<b>02:38:56.20</b>	<b>02:38:56.20</b>	+01:43:59 (65.4%)	15:53	3.8 (34.9%)
336	<b>MRÓZ Dawid</b>	<b>2326</b>		Open Mężczyzn	173	09:00	01:15:55	<b>02:38:56.40</b>	<b>02:38:56.40</b>	+01:44:00 (65.4%)	15:53	3.8 (34.9%)
337	<b>CERAJEWSKA Hanna</b>	<b>2230</b>	ZJEBKI BEZ EPKI	Open Kobiet	19	08:15	01:24:03	<b>02:38:58.80</b>	<b>02:38:58.80</b>	+01:44:02 (65.4%)	15:53	3.8 (34.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Split 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
338	<b>MAJEWSKA Nicola</b>	<b>2232</b>	ZJEBKI BEZ EPKI	Open Kobiet	20	08:15	01:17:10	<b>02:39:01.65</b>	<b>02:39:01.65</b>	+01:44:05 (65.5%)	15:54	3.8 (34.9%)
339	<b>PECIAK Kamil</b>	<b>2329</b>		Open Mężczyzn	174	09:00	01:04:28	<b>02:39:13.70</b>	<b>02:39:13.70</b>	+01:44:17 (65.5%)	15:55	3.8 (34.9%)
340	<b>WAŻNY Łukasz</b>	<b>2289</b>		Open Mężczyzn	175	08:30	01:15:25	<b>02:39:51.45</b>	<b>02:39:51.45</b>	+01:44:55 (65.6%)	15:59	3.8 (34.9%)
341	<b>LASZCZYK Julia</b>	<b>2446</b>	SZTURM	Open Kobiet	21	10:45	01:22:33	<b>02:39:51.95</b>	<b>02:39:51.95</b>	+01:44:55 (65.6%)	15:59	3.8 (34.9%)
342	<b>ROCHALSKI Kamil</b>	<b>2447</b>	SZTURM	Open Mężczyzn	176	10:45	01:23:58	<b>02:40:35.75</b>	<b>02:40:35.75</b>	+01:45:39 (65.8%)	16:03	3.7 (33.9%)
343	<b>ZADROŻNY Krzysztof</b>	<b>2485</b>	KLUB BIEGACZA RTV EURO AGD	Open Mężczyzn	177	11:00	01:24:51	<b>02:44:34.70</b>	<b>02:44:34.70</b>	+01:49:38 (66.6%)	16:27	3.6 (33.0%)
344	<b>OBUDZIŃSKA Monika</b>	<b>2472</b>	CROSS TRENING MAZOVIA CIECHANÓW	Open Masters Kobiet	6	11:00	01:25:40	<b>02:44:34.75</b>	<b>02:44:34.75</b>	+01:49:38 (66.6%)	16:27	3.6 (33.0%)
345	<b>OBUDZIŃSKI Marcin</b>	<b>2473</b>	CROSS TRENING MAZOVIA CIECHANÓW	Open Masters Mężczyzn	44	11:00	01:25:08	<b>02:44:34.80</b>	<b>02:44:34.80</b>	+01:49:38 (66.6%)	16:27	3.6 (33.0%)
346	<b>ZADROŻNA Olga</b>	<b>2474</b>	CROSS TRENING MAZOVIA CIECHANÓW	Open Kobiet	22	11:00	01:25:39	<b>02:44:35.00</b>	<b>02:44:35.00</b>	+01:49:38 (66.6%)	16:27	3.6 (33.0%)
347	<b>KLIMEK Paulina</b>	<b>2414</b>		Open Kobiet	23	10:30	01:20:32	<b>02:44:46.70</b>	<b>02:44:46.70</b>	+01:49:50 (66.7%)	16:28	3.6 (33.0%)
348	<b>KUCZBORSKI Jacek</b>	<b>2459</b>		Open Mężczyzn	178	10:30	01:20:32	<b>02:44:47.10</b>	<b>02:44:47.10</b>	+01:49:50 (66.7%)	16:28	3.6 (33.0%)
349	<b>PIOTROWSKI Jerzy</b>	<b>2350</b>	OBSTACLE CENTER TEAM	Open Masters Mężczyzn	45	10:00	01:21:30	<b>02:45:09.95</b>	<b>02:45:09.95</b>	+01:50:13 (66.7%)	16:30	3.6 (33.0%)
350	<b>JOP Mateusz</b>	<b>2322</b>		Open Mężczyzn	179	09:00	01:07:12	<b>02:45:49.35</b>	<b>02:45:49.35</b>	+01:50:53 (66.9%)	16:34	3.6 (33.0%)
351	<b>STEFAN Grzegorz</b>	<b>2341</b>	CARBON SILESIA SPORT	Open Masters Mężczyzn	46	10:00	01:25:36	<b>02:47:00.45</b>	<b>02:47:00.45</b>	+01:52:04 (67.1%)	16:42	3.6 (33.0%)
352	<b>JOCHEMSKI Mikołaj</b>	<b>2276</b>		Open Mężczyzn	180	08:30	01:23:41	<b>02:47:10.85</b>	<b>02:47:10.85</b>	+01:52:14 (67.1%)	16:43	3.6 (33.0%)
353	<b>JOCHEMSKA Karolina</b>	<b>2275</b>		Open Kobiet	24	08:30	01:23:41	<b>02:47:11.25</b>	<b>02:47:11.25</b>	+01:52:15 (67.1%)	16:43	3.6 (33.0%)
354	<b>PRZYBYTEK Sławomir</b>	<b>2426</b>		Open Masters Mężczyzn	47	10:30	01:28:12	<b>02:48:16.60</b>	<b>02:48:16.60</b>	+01:53:20 (67.4%)	16:49	3.6 (33.0%)
355	<b>AUGUŚCIK Marcin</b>	<b>2234</b>		Open Mężczyzn	181	08:15	01:31:58	<b>02:48:16.95</b>	<b>02:48:16.95</b>	+01:53:20 (67.4%)	16:49	3.6 (33.0%)
356	<b>MATKOWSKA Martyna</b>	<b>2280</b>		Open Kobiet	25	08:30	01:27:57	<b>02:49:23.60</b>	<b>02:49:23.60</b>	+01:54:27 (67.6%)	16:56	3.5 (32.1%)
357	<b>PŁAZA Artur</b>	<b>2283</b>		Open Mężczyzn	182	08:30	01:27:58	<b>02:49:24.25</b>	<b>02:49:24.25</b>	+01:54:28 (67.6%)	16:56	3.5 (32.1%)
358	<b>WIŚNIEWSKA Katarzyna</b>	<b>2290</b>		Open Kobiet	26	08:30	01:27:56	<b>02:49:24.60</b>	<b>02:49:24.60</b>	+01:54:28 (67.6%)	16:56	3.5 (32.1%)
359	<b>BAJSAROWICZ Marta</b>	<b>2104</b>	DRAGON RUNNERS	Elite Kobiet	19	07:50	01:45:29	<b>02:50:13.20</b>	<b>02:50:13.20</b>	+01:55:16 (67.7%)	17:01	3.5 (32.1%)
360	<b>PIETRAS Mariola</b>	<b>2155</b>	CARBON SILESIA SPORT	Open Kobiet	27	08:00	01:26:04	<b>02:51:21.95</b>	<b>02:51:21.95</b>	+01:56:25 (67.9%)	17:08	3.5 (32.1%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Split 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
361	<b>LEISZNER Izabela</b>	<b>2154</b>	CARBON SILESIA SPORT	Open Kobiet	28	08:00	01:26:36	<b>02:51:22.05</b>	<b>02:51:22.05</b>	+01:56:25 (67.9%)	17:08	3.5 (32.1%)
361	<b>MAJOWSKI Michał</b>	<b>2009</b>	CARBON SILESIA SPORT	Open Mężczyzn	183	08:00	01:34:21	<b>02:51:22.05</b>	<b>02:51:22.05</b>	+01:56:25 (67.9%)	17:08	3.5 (32.1%)
363	<b>HADRIAN Szymon</b>	<b>2007</b>	CARBON SILESIA SPORT	Open Mężczyzn	184	08:00	01:34:22	<b>02:51:22.95</b>	<b>02:51:22.95</b>	+01:56:26 (67.9%)	17:08	3.5 (32.1%)
364	<b>KOTAS Patrycja</b>	<b>2307</b>	RUNMAGEDDONOWE ŚWIRY	Open Kobiet	29	10:00	01:31:20	<b>02:52:19.05</b>	<b>02:52:19.05</b>	+01:57:22 (68.1%)	17:13	3.5 (32.1%)
365	<b>OWCZAREK Adam</b>	<b>2176</b>	RUNMAGEDDONOWE ŚWIRY	Open Mężczyzn	185	08:00	01:29:20	<b>02:53:08.15</b>	<b>02:53:08.15</b>	+01:58:11 (68.3%)	17:18	3.5 (32.1%)
366		<b>2525</b>					01:40:01	<b>02:53:18.75</b>	<b>02:53:18.75</b>	+01:58:22 (68.3%)	17:19	3.5 (32.1%)
367		<b>2526</b>					01:40:04	<b>02:53:59.50</b>	<b>02:53:59.50</b>	+01:59:03 (68.4%)	17:23	3.4 (31.2%)
368	<b>LECH Rafał</b>	<b>2430</b>	CSS SZAFA	Open Mężczyzn	186	10:45	01:34:32	<b>02:54:28.60</b>	<b>02:54:28.60</b>	+01:59:32 (68.5%)	17:26	3.4 (31.2%)
369	<b>SEROCKA Basia</b>	<b>2433</b>	CSS SZAFA	Open Kobiet	30	10:45	01:34:33	<b>02:54:29.15</b>	<b>02:54:29.15</b>	+01:59:32 (68.5%)	17:26	3.4 (31.2%)
370	<b>PIANKOWSKA Marta</b>	<b>2432</b>	CSS SZAFA	Open Kobiet	31	10:45	01:34:33	<b>02:54:30.05</b>	<b>02:54:30.05</b>	+01:59:33 (68.5%)	17:27	3.4 (31.2%)
371	<b>NAPIERAJ Katarzyna</b>	<b>2100</b>	CARBON SILESIA SPORT	Elite Kobiet	20	07:50	01:45:29	<b>02:54:36.90</b>	<b>02:54:36.90</b>	+01:59:40 (68.5%)	17:27	3.4 (31.2%)
372	<b>NOWIŃSKI Paweł</b>	<b>2506</b>		Open Mężczyzn	187	11:00	01:36:41	<b>02:55:02.50</b>	<b>02:55:02.50</b>	+02:00:06 (68.6%)	17:30	3.4 (31.2%)
373	<b>MADEJAK Anna</b>	<b>2245</b>		Open Kobiet	32	08:15	01:31:58	<b>02:55:05.50</b>	<b>02:55:05.50</b>	+02:00:09 (68.6%)	17:30	3.4 (31.2%)
374	<b>NURKIEWICZ Szymon</b>	<b>2349</b>	MILFHUNTERS	Open Mężczyzn	188	10:00	01:21:33	<b>02:55:12.45</b>	<b>02:55:12.45</b>	+02:00:16 (68.6%)	17:31	3.4 (31.2%)
375	<b>AMBROŻY Łukasz</b>	<b>2347</b>	MILF HUNTERS	Open Mężczyzn	189	10:00	01:21:31	<b>02:55:12.75</b>	<b>02:55:12.75</b>	+02:00:16 (68.6%)	17:31	3.4 (31.2%)
376	<b>TURZYŃSKI Maciek</b>	<b>2345</b>	GLADIATORS BY RMF4RT	Open Mężczyzn	190	10:00	01:21:32	<b>02:55:13.25</b>	<b>02:55:13.25</b>	+02:00:17 (68.6%)	17:31	3.4 (31.2%)
377	<b>MALARCZYK Maciej</b>	<b>2348</b>	MILFHUNTERS	Open Mężczyzn	191	10:00	01:21:29	<b>02:55:13.55</b>	<b>02:55:13.55</b>	+02:00:17 (68.6%)	17:31	3.4 (31.2%)
378	<b>PACZKOWSKI Tomasz</b>	<b>2265</b>	RUNMAGEDDONOWE ŚWIRY	Open Masters Mężczyzn	48	08:30	01:22:54	<b>02:55:16.65</b>	<b>02:55:16.65</b>	+02:00:20 (68.7%)	17:31	3.4 (31.2%)
379	<b>DANEK Mariusz</b>	<b>2273</b>		Open Mężczyzn	192	08:30	01:28:21	<b>02:55:49.95</b>	<b>02:55:49.95</b>	+02:00:53 (68.8%)	17:34	3.4 (31.2%)
380	<b>GAWEŁ Małgorzata</b>	<b>2339</b>	CARBON SILESIA SPORT	Open Kobiet	33	10:00	01:38:23	<b>02:56:52.20</b>	<b>02:56:52.20</b>	+02:01:55 (68.9%)	17:41	3.4 (31.2%)
381	<b>KOWALSKI Mateusz</b>	<b>2293</b>	DIRTY SPARROWS	Open Mężczyzn	193	09:00	01:28:32	<b>02:57:02.00</b>	<b>02:57:02.00</b>	+02:02:05 (69.0%)	17:42	3.4 (31.2%)
382	<b>LATUSZEK Wioletta</b>	<b>2340</b>	CARBON SILESIA SPORT	Open Kobiet	34	10:00	01:38:33	<b>02:59:28.85</b>	<b>02:59:28.85</b>	+02:04:32 (69.4%)	17:56	3.3 (30.3%)
383	<b>WOŹNIAK Marcin</b>	<b>2338</b>		Open Mężczyzn	194	09:00	01:29:27	<b>02:59:39.80</b>	<b>02:59:39.80</b>	+02:04:43 (69.4%)	17:57	3.3 (30.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Split 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
384	<b>MULLER Rafał</b>	<b>2151</b>	BEFIT24TEAM	Open Mężczyzn	195	08:00	01:12:10	<b>03:01:22.00</b>	<b>03:01:22.00</b>	+02:06:25 (69.7%)	18:08	3.3 (30.3%)
385	<b>SAK Cezary</b>	<b>2209</b>	CZAKISPORT.BLOGSPOT.COM	Open Mężczyzn	196	08:15	01:33:39	<b>03:01:47.85</b>	<b>03:01:47.85</b>	+02:06:51 (69.8%)	18:10	3.3 (30.3%)
386	<b>URBANOWICZ Magdalena</b>	<b>2210</b>	CZAKISPORT.BLOGSPOT.COM	Open Kobiet	35	08:15	01:33:56	<b>03:01:48.80</b>	<b>03:01:48.80</b>	+02:06:52 (69.8%)	18:10	3.3 (30.3%)
387	<b>BIAŁKOWSKI Bartosz</b>	<b>2314</b>		Open Mężczyzn	197	09:00	01:22:37	<b>03:01:49.90</b>	<b>03:01:49.90</b>	+02:06:53 (69.8%)	18:10	3.3 (30.3%)
388	<b>ŚLĘCZKOWSKI Błażej</b>	<b>2449</b>	WARRIORS ŁÓDŹ	Open Mężczyzn	198	10:30	01:32:11	<b>03:02:11.85</b>	<b>03:02:11.85</b>	+02:07:15 (69.8%)	18:13	3.3 (30.3%)
389	<b>SYKUŁA Maciej</b>	<b>2332</b>		Open Mężczyzn	199	09:00	01:26:08	<b>03:02:32.15</b>	<b>03:02:32.15</b>	+02:07:35 (69.9%)	18:15	3.3 (30.3%)
390	<b>MOCEK Bartosz</b>	<b>2421</b>		Open Mężczyzn	200	10:30	01:25:07	<b>03:02:43.05</b>	<b>03:02:43.05</b>	+02:07:46 (69.9%)	18:16	3.3 (30.3%)
391	<b>SKRZYPCZAK Karol</b>	<b>2388</b>	BOMBELMENI	Open Mężczyzn	201	10:30	01:25:02	<b>03:02:43.15</b>	<b>03:02:43.15</b>	+02:07:46 (69.9%)	18:16	3.3 (30.3%)
392	<b>MOKSIK Agnieszka</b>	<b>2389</b>	FIT & MORE RYBNIK	Open Masters Kobiet	7	09:00	01:33:22	<b>03:03:47.35</b>	<b>03:03:47.35</b>	+02:08:51 (70.1%)	18:22	3.3 (30.3%)
393	<b>SKUPIEŃ Lech</b>	<b>2287</b>		Open Mężczyzn	202	09:00	01:33:21	<b>03:03:47.55</b>	<b>03:03:47.55</b>	+02:08:51 (70.1%)	18:22	3.3 (30.3%)
394	<b>MOKSIK Jan</b>	<b>2031</b>	FIT & MORE RYBNIK	Open Masters Mężczyzn	49	09:00	01:33:21	<b>03:03:47.80</b>	<b>03:03:47.80</b>	+02:08:51 (70.1%)	18:22	3.3 (30.3%)
395	<b>FURMAŃCZUK Mateusz</b>	<b>2299</b>	GLADIATORS BY RMF4RT	Open Mężczyzn	203	09:00	01:37:53	<b>03:04:13.25</b>	<b>03:04:13.25</b>	+02:09:17 (70.2%)	18:25	3.3 (30.3%)
396	<b>STĘPIEŃ Krzysztof</b>	<b>2303</b>	MONKEYS' TEAM	Open Masters Mężczyzn	50	09:00	01:37:26	<b>03:04:14.65</b>	<b>03:04:14.65</b>	+02:09:18 (70.2%)	18:25	3.3 (30.3%)
397	<b>SKOKOWSKA Anna</b>	<b>2295</b>	DYNAMIC STRONG GNIEZNO	Open Kobiet	36	09:00	01:28:36	<b>03:04:47.65</b>	<b>03:04:47.65</b>	+02:09:51 (70.3%)	18:28	3.2 (29.4%)
398	<b>KOLASIŃSKI Jakub</b>	<b>2292</b>	DIRTY SPARROWS	Open Mężczyzn	204	09:00	01:28:36	<b>03:04:49.65</b>	<b>03:04:49.65</b>	+02:09:53 (70.3%)	18:28	3.2 (29.4%)
399	<b>HANDZLIK Barbara</b>	<b>2254</b>	DENISTEAM	Open Masters Kobiet	8	08:30	01:44:36	<b>03:05:29.00</b>	<b>03:05:29.00</b>	+02:10:32 (70.4%)	18:32	3.2 (29.4%)
400	<b>NIKIEL Dariusz</b>	<b>2294</b>	DIRTY SPARROWS	Open Masters Mężczyzn	51	09:00	01:29:22	<b>03:05:40.25</b>	<b>03:05:40.25</b>	+02:10:44 (70.4%)	18:34	3.2 (29.4%)
401	<b>SZOKALAK Milena</b>	<b>2218</b>	PSYCHIATRYK KOPERNIKA	Open Kobiet	37	08:15	01:28:42	<b>03:05:45.65</b>	<b>03:05:45.65</b>	+02:10:49 (70.4%)	18:34	3.2 (29.4%)
402	<b>HANDZLIK Tomasz</b>	<b>2255</b>	DENISTEAM	Open Masters Mężczyzn	52	08:30	01:44:39	<b>03:06:13.35</b>	<b>03:06:13.35</b>	+02:11:17 (70.5%)	18:37	3.2 (29.4%)
403	<b>REDEK Damian</b>	<b>2164</b>	HUSARIA RACE TEAM	Open Mężczyzn	205	08:00	01:27:36	<b>03:06:39.40</b>	<b>03:06:39.40</b>	+02:11:43 (70.6%)	18:39	3.2 (29.4%)
404	<b>KOWALIK Karol</b>	<b>2193</b>		Open Mężczyzn	206	08:00	01:28:12	<b>03:06:39.90</b>	<b>03:06:39.90</b>	+02:11:43 (70.6%)	18:39	3.2 (29.4%)
405	<b>ZASADOWSKA Justyna</b>	<b>2253</b>	BIEGOWE NYGUSY	Open Masters Kobiet	9	08:00	01:34:16	<b>03:07:54.30</b>	<b>03:07:54.30</b>	+02:12:58 (70.8%)	18:47	3.2 (29.4%)
406	<b>KUCZKOWSKA Marta</b>	<b>2106</b>	EX TEAM	Elite Kobiet	21	07:50	01:36:14	<b>03:08:54.40</b>	<b>03:08:54.40</b>	+02:13:58 (70.9%)	18:53	3.2 (29.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Split 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
407	WITKOWSKI Paweł	2337		Open Mężczyzn	207	09:00	01:26:17	03:08:58.75	03:08:58.75	+02:14:02 (70.9%)	18:53	3.2 (29.4%)
408	WITKOWSKA Anna	2336		Open Kobiet	38	09:00	01:26:17	03:08:59.40	03:08:59.40	+02:14:03 (70.9%)	18:53	3.2 (29.4%)
409	BRĄCZYK Ewa	2356		Open Kobiet	39	09:00	01:26:18	03:08:59.45	03:08:59.45	+02:14:03 (70.9%)	18:53	3.2 (29.4%)
410	KOIS Mateusz	2367		Open Mężczyzn	208	09:00	01:26:20	03:08:59.75	03:08:59.75	+02:14:03 (70.9%)	18:53	3.2 (29.4%)
411	GORZEŃ Krzysztof	2170	ŁOWCY PIEROŻKÓW	Open Mężczyzn	209	08:00	01:31:07	03:09:00.95	03:09:00.95	+02:14:04 (70.9%)	18:54	3.2 (29.4%)
412	MICHALCZYK Patryk	2173	ŁOWCY PIEROŻKÓW	Open Mężczyzn	210	08:00	01:31:04	03:09:01.30	03:09:01.30	+02:14:05 (70.9%)	18:54	3.2 (29.4%)
413	MATRACKA Magdalena	2404	RUNMAGEDDONOWE ŚWIRY	Open Kobiet	40	10:30	01:36:28	03:09:15.85	03:09:15.85	+02:14:19 (71.0%)	18:55	3.2 (29.4%)
414	CZERNIKOWSKI Daniel	2403	RUNMAGEDDONOWE ŚWIRY	Open Mężczyzn	211	10:30	01:36:27	03:09:15.90	03:09:15.90	+02:14:19 (71.0%)	18:55	3.2 (29.4%)
415	WILCZEK Lukasz	2308	SOCIOS SILESIA	Open Mężczyzn	212	09:00	01:27:12	03:09:26.60	03:09:26.60	+02:14:30 (71.0%)	18:56	3.2 (29.4%)
416	WÓJCIK Rafał	2219	PSYCHIATRYK KOPERNIKA	Open Mężczyzn	213	08:15	01:30:03	03:11:24.75	03:11:24.75	+02:16:28 (71.3%)	19:08	3.1 (28.4%)
417	CHODORSKI Łukasz	2222	SIUSIAKI	Open Mężczyzn	214	08:15	01:30:04	03:11:24.90	03:11:24.90	+02:16:28 (71.3%)	19:08	3.1 (28.4%)
418	WIELGAT-KOJDECKA Magdalena	2102	CARBON SILESIA SPORT	Elite Kobiet	22	07:50	01:31:52	03:12:05.55	03:12:05.55	+02:17:09 (71.4%)	19:12	3.1 (28.4%)
419	BAGROWSKA Agata	2396	OSPRO NINJA TEAM	Open Kobiet	41	10:30	01:28:09	03:13:25.70	03:13:25.70	+02:18:29 (71.6%)	19:20	3.1 (28.4%)
420	RYCHLEWSKI Wojciech	2398	OSPRO NINJA TEAM	Open Mężczyzn	215	10:30	01:28:29	03:13:27.95	03:13:27.95	+02:18:31 (71.6%)	19:20	3.1 (28.4%)
421	WAWRZYNIAK Monika	2428		Open Kobiet	42	10:30	01:28:23	03:13:57.75	03:13:57.75	+02:19:01 (71.7%)	19:23	3.1 (28.4%)
422	KITALA Radosław	2495	WILK TRENUJE FAMILY (WTF)	Open Mężczyzn	216	10:30	01:34:24	03:13:58.60	03:13:58.60	+02:19:02 (71.7%)	19:23	3.1 (28.4%)
423	MĘDELEWSKI Paweł	2519		Open Mężczyzn	217	10:30	01:34:24	03:13:58.85	03:13:58.85	+02:19:02 (71.7%)	19:23	3.1 (28.4%)
424	ROGUSKI Rafał	2406	WILK TRENUJE FAMILY (WTF)	Open Mężczyzn	218	10:30	01:34:32	03:14:30.45	03:14:30.45	+02:19:34 (71.8%)	19:27	3.1 (28.4%)
425	ROGUSKA Kasia	2407	WTF WIELCY TRENERZY FANTASTYCZNOŚCI	Open Kobiet	43	10:30	01:34:31	03:14:31.25	03:14:31.25	+02:19:35 (71.8%)	19:27	3.1 (28.4%)
426	KAMIŃSKA Justyna	2523		Open Kobiet	44	09:00	01:28:32	03:16:27.15	03:16:27.15	+02:21:30 (72.0%)	19:38	3.1 (28.4%)
427	NARÓG Aleksandra	2247		Open Kobiet	45	08:15	01:42:59	03:17:32.55	03:17:32.55	+02:22:36 (72.2%)	19:45	3 (27.5%)
428	SUZIN Nikodem	2402	RAZOR RACING TEAM	Open Mężczyzn	219	10:30	01:23:04	03:18:39.35	03:18:39.35	+02:23:43 (72.3%)	19:51	3 (27.5%)
429	PIKALA Natalia	2401	RAZOR RACING TEAM	Open Kobiet	46	10:30	01:23:00	03:18:40.00	03:18:40.00	+02:23:43 (72.3%)	19:52	3 (27.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Split 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
430	<b>KITA Grzegorz</b>	<b>2323</b>		Open Masters Mężczyzn	53	09:00	01:33:54	<b>03:18:41.05</b>	<b>03:18:41.05</b>	+02:23:44 (72.3%)	19:52	3 (27.5%)
431	<b>DOLIBÓG Ewa</b>	<b>2169</b>	ŁOWCY PIEROŻKÓW	Open Kobiet	47	08:00	01:31:11	<b>03:19:02.95</b>	<b>03:19:02.95</b>	+02:24:06 (72.4%)	19:54	3 (27.5%)
432	<b>GAŃKO Karolina</b>	<b>2111</b>	OBSTACLE CENTER TEAM	Elite Kobiet	23	07:50	01:49:50	<b>03:21:50.80</b>	<b>03:21:50.80</b>	+02:26:54 (72.8%)	20:11	3 (27.5%)
433	<b>NOWAK Natalia</b>	<b>2228</b>	UNIT37	Open Kobiet	48	08:15	01:42:00	<b>03:21:57.75</b>	<b>03:21:57.75</b>	+02:27:01 (72.8%)	20:11	3 (27.5%)
434	<b>KOŁPA Łukasz</b>	<b>2225</b>	UNIT37	Open Mężczyzn	220	08:15	01:41:43	<b>03:21:57.80</b>	<b>03:21:57.80</b>	+02:27:01 (72.8%)	20:11	3 (27.5%)
434	<b>ORLIŃSKI Artur</b>	<b>2229</b>	UNIT37	Open Mężczyzn	220	08:15	01:41:55	<b>03:21:57.80</b>	<b>03:21:57.80</b>	+02:27:01 (72.8%)	20:11	3 (27.5%)
434	<b>BERNADY Magdalena</b>	<b>2224</b>	UNIT37	Open Kobiet	49	08:15	01:42:02	<b>03:21:57.80</b>	<b>03:21:57.80</b>	+02:27:01 (72.8%)	20:11	3 (27.5%)
437	<b>KONIECZNA Żaneta</b>	<b>2456</b>		Open Kobiet	50	10:45	01:36:50	<b>03:23:15.00</b>	<b>03:23:15.00</b>	+02:28:18 (73.0%)	20:19	3 (27.5%)
438	<b>PODGÓRSKI Michał</b>	<b>2443</b>	PSYCHIATRYK KOPERNIKA	Open Mężczyzn	222	10:45	01:36:52	<b>03:23:15.30</b>	<b>03:23:15.30</b>	+02:28:19 (73.0%)	20:19	3 (27.5%)
439	<b>JANIAK Łukasz</b>	<b>2387</b>	BIEGAJĄCE CHLORY	Open Mężczyzn	223	10:30	01:34:16	<b>03:23:29.95</b>	<b>03:23:29.95</b>	+02:28:33 (73.0%)	20:20	2.9 (26.6%)
440	<b>BIAŁOBLÓCKI Kacper</b>	<b>2386</b>	BIEGAJĄCE CHLORY	Open Mężczyzn	224	10:30	01:34:14	<b>03:23:30.45</b>	<b>03:23:30.45</b>	+02:28:34 (73.0%)	20:21	2.9 (26.6%)
441	<b>BIEDALAK Krzysztof</b>	<b>2315</b>		Open Mężczyzn	225	09:00	01:26:58	<b>03:26:01.85</b>	<b>03:26:01.85</b>	+02:31:05 (73.3%)	20:36	2.9 (26.6%)
442	<b>SKOWROŃSKA Maja</b>	<b>2435</b>	FLYING RUNNERS	Open Kobiet	51	10:45	01:48:32	<b>03:26:28.45</b>	<b>03:26:28.45</b>	+02:31:32 (73.4%)	20:38	2.9 (26.6%)
443	<b>GAWRON Monika</b>	<b>2453</b>		Open Kobiet	52	10:45	01:48:37	<b>03:26:28.65</b>	<b>03:26:28.65</b>	+02:31:32 (73.4%)	20:38	2.9 (26.6%)
444	<b>MATYSZKIEWICZ Agnieszka</b>	<b>2434</b>	FLYING RUNNERS	Open Masters Kobiet	10	10:45	01:49:06	<b>03:26:28.85</b>	<b>03:26:28.85</b>	+02:31:32 (73.4%)	20:38	2.9 (26.6%)
445	<b>GILARSKA Marta</b>	<b>2098</b>	BIEGOWE NYGUSY	Elite Kobiet	24	07:50	01:53:51	<b>03:27:12.65</b>	<b>03:27:12.65</b>	+02:32:16 (73.5%)	20:43	2.9 (26.6%)
446	<b>MOSTOWSKI Radosław</b>	<b>2180</b>	WARRIORS ŁÓDŹ	Open Mężczyzn	226	08:00	01:54:57	<b>03:29:27.45</b>	<b>03:29:27.45</b>	+02:34:31 (73.8%)	20:56	2.9 (26.6%)
447	<b>MIERZICKI Marcel</b>	<b>2175</b>	POWER TRAINING	Open Mężczyzn	227	08:00	01:54:54	<b>03:29:27.55</b>	<b>03:29:27.55</b>	+02:34:31 (73.8%)	20:56	2.9 (26.6%)
448	<b>KWIATKOWSKI Robert</b>	<b>2179</b>	WARRIORS ŁÓDŹ	Open Mężczyzn	228	08:00	01:54:58	<b>03:29:27.60</b>	<b>03:29:27.60</b>	+02:34:31 (73.8%)	20:56	2.9 (26.6%)
449	<b>GUZEK Kamil</b>	<b>2178</b>	WARRIORS ŁÓDŹ	Open Mężczyzn	229	08:00	01:55:00	<b>03:29:27.70</b>	<b>03:29:27.70</b>	+02:34:31 (73.8%)	20:56	2.9 (26.6%)
449	<b>WIŚNIEWSKI Arkadiusz</b>	<b>2181</b>	WARRIORS ŁÓDŹ	Open Mężczyzn	229	08:00	01:55:01	<b>03:29:27.70</b>	<b>03:29:27.70</b>	+02:34:31 (73.8%)	20:56	2.9 (26.6%)
451	<b>BUDNER Aleksandra</b>	<b>2518</b>		Open Kobiet	53	08:00	01:52:23	<b>03:29:27.90</b>	<b>03:29:27.90</b>	+02:34:31 (73.8%)	20:56	2.9 (26.6%)
452	<b>REGULSKA Ewa</b>	<b>2249</b>		Open Kobiet	54	08:15	01:39:03	<b>03:31:18.40</b>	<b>03:31:18.40</b>	+02:36:22 (74.0%)	21:07	2.8 (25.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Split 5km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
								10km	10km			
453	<b>FILIPOWICZ Natalia</b>	<b>2240</b>		Open Kobiet	55	08:15	01:39:03	<b>03:31:18.70</b>	<b>03:31:18.70</b>	+02:36:22 (74.0%)	21:07	2.8 (25.7%)
454	<b>DRASZAWKA Łukasz</b>	<b>2216</b>	POWER TRAINING	Open Mężczyzn	231	08:15	01:39:05	<b>03:31:19.35</b>	<b>03:31:19.35</b>	+02:36:23 (74.0%)	21:07	2.8 (25.7%)
455	<b>WOJTEK Kamil</b>	<b>2298</b>	DZIADEK I WNUKI	Open Mężczyzn	232	09:00	01:46:53	<b>03:32:26.45</b>	<b>03:32:26.45</b>	+02:37:30 (74.1%)	21:14	2.8 (25.7%)
455	<b>PĄCZEK Weronika</b>	<b>2312</b>	WATAHA - ŁĄCZY NAS BIEGANIE	Open Kobiet	56	09:00	01:52:57	<b>03:32:26.45</b>	<b>03:32:26.45</b>	+02:37:30 (74.1%)	21:14	2.8 (25.7%)
457	<b>WILK Anna</b>	<b>2297</b>	DZIADEK I WNUKI	Open Kobiet	57	09:00	01:46:54	<b>03:32:26.75</b>	<b>03:32:26.75</b>	+02:37:30 (74.1%)	21:14	2.8 (25.7%)
458	<b>CHWALISZ Anna</b>	<b>2438</b>	GANG MACIEJA	Open Kobiet	58	10:45	01:48:36	<b>03:32:46.05</b>	<b>03:32:46.05</b>	+02:37:49 (74.2%)	21:16	2.8 (25.7%)
459	<b>WOŹNIAK Elżbieta</b>	<b>2440</b>	GANG MACIEJA	Open Kobiet	59	10:45	01:49:48	<b>03:32:51.05</b>	<b>03:32:51.05</b>	+02:37:54 (74.2%)	21:17	2.8 (25.7%)
460	<b>WAWRZYNIAK Monika</b>	<b>2439</b>	GANG MACIEJA	Open Kobiet	60	10:45	01:50:45	<b>03:32:59.60</b>	<b>03:32:59.60</b>	+02:38:03 (74.2%)	21:17	2.8 (25.7%)
461	<b>CHANDRYSIAK Maciej</b>	<b>2437</b>	GANG MACIEJA	Open Mężczyzn	233	10:45	01:48:38	<b>03:33:00.70</b>	<b>03:33:00.70</b>	+02:38:04 (74.2%)	21:18	2.8 (25.7%)
462	<b>JAKUBIK Anna</b>	<b>2300</b>	HELL'S HEAVEN SZCZECIN	Open Kobiet	61	09:00	01:53:43	<b>03:36:49.45</b>	<b>03:36:49.45</b>	+02:41:53 (74.7%)	21:40	2.8 (25.7%)
463	<b>KRUGLAK Anna</b>	<b>2301</b>	HELL'S HEAVEN SZCZECIN	Open Masters Kobiet	11	09:00	01:53:39	<b>03:36:53.75</b>	<b>03:36:53.75</b>	+02:41:57 (74.7%)	21:41	2.8 (25.7%)
464	<b>PIĘTKA Grzegorz</b>	<b>2302</b>	HELL'S HEAVEN SZCZECIN	Open Masters Mężczyzn	54	09:00	01:54:06	<b>03:37:32.65</b>	<b>03:37:32.65</b>	+02:42:36 (74.7%)	21:45	2.8 (25.7%)
465	<b>GRUBBA Rafał</b>	<b>2242</b>		Open Mężczyzn	234	08:15	01:50:27	<b>03:40:11.35</b>	<b>03:40:11.35</b>	+02:45:15 (75.0%)	22:01	2.7 (24.8%)
466	<b>WĘGLARCZYK Łukasz</b>	<b>2250</b>		Open Mężczyzn	235	08:15	01:41:21	<b>03:42:37.70</b>	<b>03:42:37.70</b>	+02:47:41 (75.3%)	22:15	2.7 (24.8%)
467	<b>OŹÓG Mateusz</b>	<b>2392</b>	JAK ŻÓŁWIE W GALOPIE	Open Mężczyzn	236	10:30	01:36:15	<b>03:52:52.25</b>	<b>03:52:52.25</b>	+02:57:56 (76.4%)	23:17	2.6 (23.9%)
468	<b>PAWLIKOWSKA Zuzanna</b>	<b>2448</b>	WARRIORS ŁÓDŹ	Open Kobiet	62	10:30	01:35:05	<b>03:55:33.55</b>	<b>03:55:33.55</b>	+03:00:37 (76.7%)	23:33	2.5 (22.9%)
469	<b>DOMAN Łukasz</b>	<b>2061</b>	SOCIOS SILESIA	Elite Masters Mężczyzn	24	07:45	01:56:15	<b>03:56:01.20</b>	<b>03:56:01.20</b>	+03:01:04 (76.7%)	23:36	2.5 (22.9%)
470	<b>SZCZYPEK Katarzyna</b>	<b>2165</b>	HUSARIA RACE TEAM	Open Kobiet	63	08:00	01:57:47	<b>03:57:43.95</b>	<b>03:57:43.95</b>	+03:02:47 (76.9%)	23:46	2.5 (22.9%)
471	<b>KIELISIAK Marek</b>	<b>2163</b>	HUSARIA RACE TEAM	Open Mężczyzn	237	08:00	01:57:47	<b>03:57:44.20</b>	<b>03:57:44.20</b>	+03:02:47 (76.9%)	23:46	2.5 (22.9%)
472	<b>STANISZEWSKI Tomasz</b>	<b>2442</b>	OSPRO OCR	Open Mężczyzn	238	10:45	01:55:47	<b>03:58:51.80</b>	<b>03:58:51.80</b>	+03:03:55 (77.0%)	23:53	2.5 (22.9%)
473	<b>MACIAK Grzegorz</b>	<b>2441</b>	OSPRO OCR	Open Mężczyzn	239	10:45	01:55:48	<b>03:58:54.60</b>	<b>03:58:54.60</b>	+03:03:58 (77.0%)	23:53	2.5 (22.9%)
474	<b>FURGAŁ Ryszard</b>	<b>2241</b>		Open Mężczyzn	240	08:00	02:02:26	<b>03:58:57.35</b>	<b>03:58:57.35</b>	+03:04:01 (77.0%)	23:53	2.5 (22.9%)
474	<b>CHWESIUK Izabella</b>	<b>2157</b>	DIRTY SPARROWS	Open Kobiet	64	08:00	02:02:26	<b>03:58:57.35</b>	<b>03:58:57.35</b>	+03:04:01 (77.0%)	23:53	2.5 (22.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	Split 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
476	<b>PRAHL Alicja</b>	<b>2248</b>		Open Kobiet	65	10:45	01:55:51	<b>03:59:49.60</b>	<b>03:59:49.60</b>	+03:04:53 (77.1%)	23:58	2.5 (22.9%)
477	<b>BOŻEK Dominika</b>	<b>2465</b>	5'3" TEAM	Open Kobiet	66	11:00	02:17:10	<b>04:11:25.10</b>	<b>04:11:25.10</b>	+03:16:28 (78.1%)	25:08	2.4 (22.0%)
478	<b>ŚWIĘCICKI Mateusz</b>	<b>2510</b>		Open Mężczyzn	241	11:00	02:17:10	<b>04:11:25.70</b>	<b>04:11:25.70</b>	+03:16:29 (78.1%)	25:08	2.4 (22.0%)
479	<b>URBAŃSKA-KULON Katarzyna</b>	<b>2097</b>	BEFIT24TEAM	Elite Masters Kobiet	3	07:50	01:06:25	<b>04:19:46.25</b>	<b>04:19:46.25</b>	+03:24:50 (78.9%)	25:58	2.3 (21.1%)
480	<b>LEONIAK Łucja</b>	<b>2120</b>	TSUNAMI SZCZECINEK	Elite Kobiet	25	07:50	02:35:09	<b>04:40:44.10</b>	<b>04:40:44.10</b>	+03:45:47 (80.4%)	28:04	2.1 (19.3%)
481	<b>DADELEWSKA Oliwia</b>	<b>2112</b>	PIĘKNI I BESTIE	Open Kobiet	67	07:50	01:53:50	<b>04:59:47.75</b>	<b>04:59:47.75</b>	+04:04:51 (81.7%)	29:58	2 (18.3%)
481	<b>DADELEWSKA Joanna</b>	<b>2126</b>		Open Masters Kobiet	12	07:50	01:53:49	<b>04:59:47.75</b>	<b>04:59:47.75</b>	+04:04:51 (81.7%)	29:58	2 (18.3%)
483	<b>KOZIOŁ Kamil</b>	<b>2131</b>	CARBON SILESIA SPORT	Elite Mężczyzn	54	07:40	00:52:26	<b>05:01:05.75</b>	<b>05:01:05.75</b>	+04:06:09 (81.8%)	30:06	2 (18.3%)
484	<b>ŁAWNICZAK Justyna</b>	<b>2125</b>	WOLF TEAM	Elite Kobiet	26	07:50	01:50:17	<b>05:14:11.35</b>	<b>05:14:11.35</b>	+04:19:15 (82.5%)	31:25	1.9 (17.4%)
485	<b>WYSOCZAŃSKI Mikołaj</b>	<b>2202</b>		Open Mężczyzn	242	08:00	01:33:50	<b>06:00:42.75</b>	<b>06:00:42.75</b>	+05:05:46 (84.8%)	36:04	1.7 (15.6%)
486	<b>KAMINSKA Dorota</b>	<b>2117</b>	SOCIOS SILESIA	Open Kobiet	68	07:50	01:43:35	<b>06:33:23.05</b>	<b>06:33:23.05</b>	+05:38:26 (86.0%)	39:20	1.5 (13.8%)
487	<b>BIELICKI Wojciech</b>	<b>2040</b>	LACROIX TEAM	Open Mężczyzn	243	08:00	00:52:46			+01:11:16	10:33	5.7 (52.3%)
488	<b>NAPIERAJ Katarzyna</b>	<b>2100</b>	CARBON SILESIA SPORT	Elite Kobiet	27	07:50	01:45:29			+01:44:40	21:05	2.8 (25.7%)
489	<b>ŻUCHOWSKA Aleksandra</b>	<b>2436</b>	FLYING RUNNERS	Open Kobiet	69	10:45	01:51:02			+04:29:39	22:12	2.7 (24.8%)
490	<b>WAJSZCZYK Tomasz</b>	<b>2512</b>		Open Mężczyzn	244	11:00						(0.0%)
491	<b>MISIUKIEWICZ Arkadiusz</b>	<b>2281</b>		Open Mężczyzn	245	08:30						(0.0%)
492	<b>PAWŁOWSKI Krzysztof</b>	<b>2311</b>	UNITED RUNNERS	Open Mężczyzn	246	08:30						(0.0%)

Znaleziono 492 wynik(ów)