

**Organizator:** Extreme Events, Runmageddon  
**Data:** 2021-08-07  
**Miejsce:** Ostrołęka  
**Dystans:** 5 km

Klasyfikacja: Open Mężczyzn

| Msc | Zawodnik             | Numer | Klub                 | Kategoria             | Mkat | Seria | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h  |
|-----|----------------------|-------|----------------------|-----------------------|------|-------|----------------|-----------------|-------------------|--------------|-------------|
| 1   | CZACHURSKI Mateusz   | 1269  | EX TEAM              | Open Mężczyzn         | 1    | 12:15 | 00:42:45.85    | 00:42:45.85     |                   | 8:33         | 7 (100%)    |
| 2   | KARWOWSKI Paweł      | 939   | CF ŁUKÓW             | Open Mężczyzn         | 2    | 12:45 | 00:43:46.20    | 00:43:46.20     | +00:01:00 (2.3%)  | 8:45         | 6.9 (98.6%) |
| 3   | KOSTROWSKI Łukasz    | 557   |                      | Open Mężczyzn         | 3    | 11:30 | 00:44:11.50    | 00:44:11.50     | +00:01:25 (3.2%)  | 8:50         | 6.8 (97.1%) |
| 4   | MULCZYŃSKI Piotr     | 64    |                      | Open Mężczyzn         | 4    | 10:00 | 00:44:26.90    | 00:44:26.90     | +00:01:41 (3.8%)  | 8:53         | 6.8 (97.1%) |
| 5   | KULIŃSKI Aleksander  | 911   |                      | Open Mężczyzn         | 5    | 12:30 | 00:45:31.75    | 00:45:31.75     | +00:02:45 (6.1%)  | 9:06         | 6.6 (94.3%) |
| 6   | BOLC Patryk          | 10    | DZIKIE DZIKI OKA     | Open Mężczyzn         | 6    | 10:00 | 00:46:45.40    | 00:46:45.40     | +00:03:59 (8.5%)  | 9:21         | 6.4 (91.4%) |
| 7   | CHROST Andrzej       | 799   |                      | Open Masters Mężczyzn | 1    | 11:15 | 00:46:48.40    | 00:46:48.40     | +00:04:02 (8.6%)  | 9:21         | 6.4 (91.4%) |
| 8   | SOBANSKI Maciej      | 1280  | OBSTACLE CENTER TEAM | Open Mężczyzn         | 7    | 13:30 | 00:47:22.40    | 00:47:22.40     | +00:04:36 (9.7%)  | 9:28         | 6.3 (90.0%) |
| 9   | SKURATKO Tomasz      | 922   |                      | Open Mężczyzn         | 8    | 12:30 | 00:47:29.90    | 00:47:29.90     | +00:04:44 (10.0%) | 9:29         | 6.3 (90.0%) |
| 10  | MAJCZYNA Marek       | 942   | CF ŁUKÓW             | Open Mężczyzn         | 9    | 12:45 | 00:47:42.20    | 00:47:42.20     | +00:04:56 (10.4%) | 9:32         | 6.3 (90.0%) |
| 11  | DOBKOWSKI Łukasz     | 92    | CROSSBOX OKA         | Open Masters Mężczyzn | 2    | 10:15 | 00:49:35.10    | 00:49:35.10     | +00:06:49 (13.8%) | 9:55         | 6.1 (87.1%) |
| 12  | PABICH Sebastian     | 22    | MELVIT TEAM          | Open Mężczyzn         | 10   | 10:00 | 00:49:35.60    | 00:49:35.60     | +00:06:49 (13.8%) | 9:55         | 6.1 (87.1%) |
| 13  | BIEŃKOWSKI Arkadiusz | 886   |                      | Open Mężczyzn         | 11   | 12:30 | 00:49:46.80    | 00:49:46.80     | +00:07:00 (14.1%) | 9:57         | 6 (85.7%)   |
| 14  | ZAURSKI Paweł        | 1351  |                      | Open Masters Mężczyzn | 3    | 13:10 | 00:49:53.10    | 00:49:53.10     | +00:07:07 (14.3%) | 9:58         | 6 (85.7%)   |
| 15  | MIERZEJEWSKI Adam    | 11    | DZIKIE DZIKI OKA     | Open Mężczyzn         | 12   | 10:00 | 00:50:00.05    | 00:50:00.05     | +00:07:14 (14.5%) | 10:00        | 6 (85.7%)   |
| 16  | KAMIŃSKI Daniel      | 21    | MELVIT TEAM          | Open Mężczyzn         | 13   | 10:00 | 00:50:18.45    | 00:50:18.45     | +00:07:32 (15.0%) | 10:03        | 6 (85.7%)   |

| Msc | Zawodnik             | Numer | Klub                 | Kategoria                | Mkat | Seria | Czas netto<br>5km | Czas brutto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|----------------------|-------|----------------------|--------------------------|------|-------|-------------------|--------------------|----------------------|-----------------|----------------|
| 17  | KRZYŻAK Tomasz       | 1354  |                      | Open Mężczyzn            | 14   | 10:45 | 00:50:23.95       | 00:50:23.95        | +00:07:38<br>(15.1%) | 10:04           | 6<br>(85.7%)   |
| 18  | EKSTOWICZ Damian     | 287   |                      | Open Mężczyzn            | 15   | 10:45 | 00:50:26.00       | 00:50:26.00        | +00:07:40<br>(15.2%) | 10:05           | 5.9<br>(84.3%) |
| 19  | POTKAJ Przemysław    | 25    | OSZONOWCE            | Open Mężczyzn            | 16   | 10:00 | 00:50:32.65       | 00:50:32.65        | +00:07:46<br>(15.4%) | 10:06           | 5.9<br>(84.3%) |
| 20  | PAWŁOWSKI Przemysław | 574   |                      | Open Mężczyzn            | 17   | 11:30 | 00:50:37.85       | 00:50:37.85        | +00:07:52<br>(15.5%) | 10:07           | 5.9<br>(84.3%) |
| 21  | MAŃKOWSKI Krzysztof  | 852   | GLADIATORS BY RMF4RT | Open Mężczyzn            | 18   | 12:30 | 00:50:52.15       | 00:50:52.15        | +00:08:06<br>(15.9%) | 10:10           | 5.9<br>(84.3%) |
| 22  | WILK Sylwester       | 1347  |                      | Open Mężczyzn            | 19   | 13:30 | 00:50:57.75       | 00:50:57.75        | +00:08:11<br>(16.1%) | 10:11           | 5.9<br>(84.3%) |
| 23  | KONDRACIUK Paweł     | 1228  |                      | Open Mężczyzn            | 20   | 13:20 | 00:51:20.10       | 00:51:20.10        | +00:08:34<br>(16.7%) | 10:16           | 5.8<br>(82.9%) |
| 24  | OCHNIO Andrzej       | 944   | CF ŁUKÓW             | Open Masters<br>Mężczyzn | 4    | 12:45 | 00:51:34.75       | 00:51:34.75        | +00:08:48<br>(17.1%) | 10:18           | 5.8<br>(82.9%) |
| 25  | ZYŚK Przemysław      | 1352  | VICTORIA OSTROŁĘKA   | Open Mężczyzn            | 21   | 11:15 | 00:51:47.00       | 00:51:47.00        | +00:09:01<br>(17.4%) | 10:21           | 5.8<br>(82.9%) |
| 26  | KONDRACIUK Piotr     | 1229  |                      | Open Masters<br>Mężczyzn | 5    | 13:20 | 00:52:20.95       | 00:52:20.95        | +00:09:35<br>(18.3%) | 10:28           | 5.7<br>(81.4%) |
| 27  | LUTKOWSKI Rafał      | 504   | BEZ LITOŚCI          | Open Mężczyzn            | 22   | 11:30 | 00:52:27.15       | 00:52:27.15        | +00:09:41<br>(18.5%) | 10:29           | 5.7<br>(81.4%) |
| 28  | BIELICKI Wojciech    | 1036  | LACROIX TEAM         | Open Mężczyzn            | 23   | 13:00 | 00:52:50.60       | 00:52:50.60        | +00:10:04<br>(19.1%) | 10:34           | 5.7<br>(81.4%) |
| 29  | ŚLIWA Krzysztof      | 1037  | LACROIX TEAM         | Open Mężczyzn            | 24   | 13:00 | 00:52:51.05       | 00:52:51.05        | +00:10:05<br>(19.1%) | 10:34           | 5.7<br>(81.4%) |
| 30  | MRÓZ Marcin          | 261   | CROSSBOX OKA         | Open Mężczyzn            | 25   | 10:45 | 00:52:54.30       | 00:52:54.30        | +00:10:08<br>(19.2%) | 10:34           | 5.7<br>(81.4%) |
| 31  | ZARZYCKI Wojciech    | 1134  | MIASTO OSTROŁĘKA     | Open Masters<br>Mężczyzn | 6    | 13:10 | 00:53:10.20       | 00:53:10.20        | +00:10:24<br>(19.6%) | 10:38           | 5.6<br>(80.0%) |
| 32  | MAJCZYNA Marcin      | 941   | CF ŁUKÓW             | Open Masters<br>Mężczyzn | 7    | 12:45 | 00:53:21.40       | 00:53:21.40        | +00:10:35<br>(19.9%) | 10:40           | 5.6<br>(80.0%) |
| 33  | PIĘNKOS Mariusz      | 154   |                      | Open Masters<br>Mężczyzn | 8    | 10:15 | 00:53:27.85       | 00:53:27.85        | +00:10:42<br>(20.0%) | 10:41           | 5.6<br>(80.0%) |
| 34  | ROGOWSKI Damian      | 74    |                      | Open Mężczyzn            | 26   | 10:00 | 00:53:56.95       | 00:53:56.95        | +00:11:11<br>(20.7%) | 10:47           | 5.6<br>(80.0%) |
| 35  | CHLINCZAK Mikołaj    | 283   |                      | Open Mężczyzn            | 27   | 11:15 | 00:54:12.70       | 00:54:12.70        | +00:11:26<br>(21.1%) | 10:50           | 5.5<br>(78.6%) |
| 36  | LIPIŃSKI Michał      | 633   | WATAHA               | Open Mężczyzn            | 28   | 11:45 | 00:54:14.75       | 00:54:14.75        | +00:11:28<br>(21.2%) | 10:50           | 5.5<br>(78.6%) |
| 37  | STĘPNIK Paweł        | 1371  |                      | Open Masters<br>Mężczyzn | 9    | 12:00 | 00:54:19.40       | 00:54:19.40        | +00:11:33<br>(21.3%) | 10:51           | 5.5<br>(78.6%) |
| 38  | ZAURSKI Piotr        | 1344  |                      | Open Masters<br>Mężczyzn | 10   | 13:10 | 00:54:24.70       | 00:54:24.70        | +00:11:38<br>(21.4%) | 10:52           | 5.5<br>(78.6%) |
| 39  | DZIAŁOWSKI Michał    | 1151  |                      | Open Mężczyzn            | 29   | 13:10 | 00:54:30.50       | 00:54:30.50        | +00:11:44<br>(21.5%) | 10:54           | 5.5<br>(78.6%) |

|     |                     |       |                           |                          |      |       | Czas netto<br>5km | Czas brutto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|---------------------|-------|---------------------------|--------------------------|------|-------|-------------------|--------------------|----------------------|-----------------|----------------|
| Msc | Zawodnik            | Numer | Klub                      | Kategoria                | Mkat | Seria |                   |                    |                      |                 |                |
| 40  | KASPRZAK Sebastian  | 527   | OBSTACLE CENTER TEAM      | Open Mężczyzn            | 30   | 11:30 | 00:55:01.10       | 00:55:01.10        | +00:12:15<br>(22.3%) | 11:00           | 5.5<br>(78.6%) |
| 41  | OSTROWSKI Rafał     | 436   | PACBOXINGGYMLELIS         | Open Mężczyzn            | 31   | 11:15 | 00:55:06.15       | 00:55:06.15        | +00:12:20<br>(22.4%) | 11:01           | 5.4<br>(77.1%) |
| 42  | WOŁOSIAK Mateusz    | 1174  |                           | Open Mężczyzn            | 32   | 13:10 | 00:55:09.95       | 00:55:09.95        | +00:12:24<br>(22.5%) | 11:01           | 5.4<br>(77.1%) |
| 43  | ZYSKOWSKI Artur     | 683   | BIEGAM BO LUBIĘ OSTROŁĘKA | Open Masters<br>Mężczyzn | 11   | 12:00 | 00:55:16.35       | 00:55:16.35        | +00:12:30<br>(22.6%) | 11:03           | 5.4<br>(77.1%) |
| 44  | KISIEL Krzysztof    | 1153  |                           | Open Masters<br>Mężczyzn | 12   | 13:10 | 00:55:37.30       | 00:55:37.30        | +00:12:51<br>(23.1%) | 11:07           | 5.4<br>(77.1%) |
| 45  | ZYGMUNCIAK Jakub    | 1019  |                           | Open Mężczyzn            | 33   | 12:45 | 00:55:37.50       | 00:55:37.50        | +00:12:51<br>(23.1%) | 11:07           | 5.4<br>(77.1%) |
| 46  | KRZOSA Radek        | 788   | RZĄD WIELKOŚCI            | Open Mężczyzn            | 34   | 12:15 | 00:55:53.15       | 00:55:53.15        | +00:13:07<br>(23.5%) | 11:10           | 5.4<br>(77.1%) |
| 47  | DOMBKOWSKI Dawid    | 895   |                           | Open Mężczyzn            | 35   | 12:30 | 00:55:54.15       | 00:55:54.15        | +00:13:08<br>(23.5%) | 11:10           | 5.4<br>(77.1%) |
| 48  | CIOSEK Dariusz      | 724   |                           | Open Mężczyzn            | 36   | 12:00 | 00:56:01.35       | 00:56:01.35        | +00:13:15<br>(23.7%) | 11:12           | 5.4<br>(77.1%) |
| 49  | NOWICKI Adam        | 432   | OUTDOOR TRAINING          | Open Masters<br>Mężczyzn | 13   | 11:15 | 00:56:03.30       | 00:56:03.30        | +00:13:17<br>(23.7%) | 11:12           | 5.4<br>(77.1%) |
| 50  | CZECHOWSKI Konrad   | 1116  | HUSARIA RACE TEAM         | Open Mężczyzn            | 37   | 10:00 | 00:56:16.75       | 00:56:16.75        | +00:13:30<br>(24.0%) | 11:15           | 5.3<br>(75.7%) |
| 51  | SOKOŁOWSKI Patryk   | 1343  |                           | Open Mężczyzn            | 38   | 11:30 | 00:56:18.20       | 00:56:18.20        | +00:13:32<br>(24.0%) | 11:15           | 5.3<br>(75.7%) |
| 52  | URBANEK Adrian      | 409   |                           | Open Mężczyzn            | 39   | 11:00 | 00:56:57.75       | 00:56:57.75        | +00:14:11<br>(24.9%) | 11:23           | 5.3<br>(75.7%) |
| 53  | SZYMAŃSKI Krzysztof | 672   |                           | Open Mężczyzn            | 40   | 11:45 | 00:56:58.00       | 00:56:58.00        | +00:14:12<br>(24.9%) | 11:23           | 5.3<br>(75.7%) |
| 54  | KUŁAK Piotr         | 59    |                           | Open Mężczyzn            | 41   | 10:00 | 00:57:02.55       | 00:57:02.55        | +00:14:16<br>(25.0%) | 11:24           | 5.3<br>(75.7%) |
| 55  | KALINOWSKI Daniel   | 1301  |                           | Open Masters<br>Mężczyzn | 14   | 13:30 | 00:57:04.80       | 00:57:04.80        | +00:14:18<br>(25.1%) | 11:24           | 5.3<br>(75.7%) |
| 56  | ZIENKIEWICZ Aleksy  | 787   | FIGHT ACADEMY OSTROŁĘKA   | Open Mężczyzn            | 42   | 12:15 | 00:57:13.15       | 00:57:13.15        | +00:14:27<br>(25.3%) | 11:26           | 5.2<br>(74.3%) |
| 57  | RUDNICKI Marcin     | 1009  |                           | Open Masters<br>Mężczyzn | 15   | 12:45 | 00:57:15.35       | 00:57:15.35        | +00:14:29<br>(25.3%) | 11:27           | 5.2<br>(74.3%) |
| 58  | KAJEWSKI Milosz     | 1079  |                           | Open Mężczyzn            | 43   | 13:00 | 00:57:32.05       | 00:57:32.05        | +00:14:46<br>(25.7%) | 11:30           | 5.2<br>(74.3%) |
| 59  | KOSTROWSKI Tomasz   | 559   |                           | Open Mężczyzn            | 44   | 11:30 | 00:57:33.05       | 00:57:33.05        | +00:14:47<br>(25.7%) | 11:30           | 5.2<br>(74.3%) |
| 60  | KOSTROWSKI Marek    | 558   |                           | Open Mężczyzn            | 45   | 11:30 | 00:57:36.40       | 00:57:36.40        | +00:14:50<br>(25.8%) | 11:31           | 5.2<br>(74.3%) |
| 61  | WOŁCZYK Mariusz     | 82    |                           | Open Masters<br>Mężczyzn | 16   | 10:00 | 00:57:56.55       | 00:57:56.55        | +00:15:10<br>(26.2%) | 11:35           | 5.2<br>(74.3%) |
| 62  | WRÓBLEWSKI Tomasz   | 83    |                           | Open Masters<br>Mężczyzn | 17   | 10:00 | 00:57:56.95       | 00:57:56.95        | +00:15:11<br>(26.2%) | 11:35           | 5.2<br>(74.3%) |

| Msc | Zawodnik               | Numer | Klub                    | Kategoria                | Mkat | Seria | Czas netto<br>5km | Czas brutto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|------------------------|-------|-------------------------|--------------------------|------|-------|-------------------|--------------------|----------------------|-----------------|----------------|
| 63  | MARCISZEWSKI Błażej    | 1000  |                         | Open Mężczyzn            | 46   | 12:45 | 00:57:57.45       | 00:57:57.45        | +00:15:11<br>(26.2%) | 11:35           | 5.2<br>(74.3%) |
| 64  | KRUPA Przemysław       | 562   |                         | Open Mężczyzn            | 47   | 11:30 | 00:58:00.30       | 00:58:00.30        | +00:15:14<br>(26.3%) | 11:36           | 5.2<br>(74.3%) |
| 65  | MYŚKIEWICZ Adrian      | 252   | BRZESZCZOTEM PO JAJKACH | Open Mężczyzn            | 48   | 10:45 | 00:58:07.00       | 00:58:07.00        | +00:15:21<br>(26.4%) | 11:37           | 5.2<br>(74.3%) |
| 65  | ŻYWICA Dominik         | 1202  | MPK PURE HOME           | Open Mężczyzn            | 48   | 13:20 | 00:58:07.00       | 00:58:07.00        | +00:15:21<br>(26.4%) | 11:37           | 5.2<br>(74.3%) |
| 67  | BRODZIK Mariusz        | 251   | BRZESZCZOTEM PO JAJKACH | Open Masters<br>Mężczyzn | 18   | 10:45 | 00:58:07.15       | 00:58:07.15        | +00:15:21<br>(26.4%) | 11:37           | 5.2<br>(74.3%) |
| 68  | PRZYTUŁA Mateusz       | 73    |                         | Open Mężczyzn            | 50   | 10:00 | 00:58:09.40       | 00:58:09.40        | +00:15:23<br>(26.5%) | 11:37           | 5.2<br>(74.3%) |
| 69  | DZICZEK Daniel         | 48    |                         | Open Mężczyzn            | 51   | 10:00 | 00:58:23.25       | 00:58:23.25        | +00:15:37<br>(26.8%) | 11:40           | 5.1<br>(72.9%) |
| 70  | KOWALEWSKI Mateusz     | 940   | CF ŁUKÓW                | Open Mężczyzn            | 52   | 12:45 | 00:58:24.30       | 00:58:24.30        | +00:15:38<br>(26.8%) | 11:40           | 5.1<br>(72.9%) |
| 71  | SZELIGOWSKI Kamil      | 1260  |                         | Open Mężczyzn            | 53   | 13:10 | 00:58:29.10       | 00:58:29.10        | +00:15:43<br>(26.9%) | 11:41           | 5.1<br>(72.9%) |
| 72  | PAWŁOWSKI Jacek        | 572   |                         | Open Masters<br>Mężczyzn | 19   | 11:30 | 00:58:40.45       | 00:58:40.45        | +00:15:54<br>(27.1%) | 11:44           | 5.1<br>(72.9%) |
| 73  | MIĘSOWICZ Mirosław     | 18    | HUSARIA RACE TEAM       | Open Mężczyzn            | 54   | 10:00 | 00:58:54.45       | 00:58:54.45        | +00:16:08<br>(27.4%) | 11:46           | 5.1<br>(72.9%) |
| 74  | KOSMOWSKI Łukasz       | 556   |                         | Open Mężczyzn            | 55   | 11:30 | 00:58:59.55       | 00:58:59.55        | +00:16:13<br>(27.5%) | 11:47           | 5.1<br>(72.9%) |
| 75  | SOBAŃSKI Mateusz       | 1281  | OBSTACLE CENTER TEAM    | Open Mężczyzn            | 56   | 13:30 | 00:59:12.00       | 00:59:12.00        | +00:16:26<br>(27.8%) | 11:50           | 5.1<br>(72.9%) |
| 76  | MIERZICKI Marcel       | 26    | POWER TRAINING          | Open Mężczyzn            | 57   | 10:00 | 00:59:14.15       | 00:59:14.15        | +00:16:28<br>(27.8%) | 11:50           | 5.1<br>(72.9%) |
| 77  | WOJTCZUK Łukasz        | 1029  | BEZIMIENNI              | Open Mężczyzn            | 58   | 13:00 | 00:59:22.65       | 00:59:22.65        | +00:16:36<br>(28.0%) | 11:52           | 5.1<br>(72.9%) |
| 78  | MALANOWSKI Konrad      | 1110  | ASSAY                   | Open Mężczyzn            | 59   | 13:10 | 00:59:36.90       | 00:59:36.90        | +00:16:51<br>(28.3%) | 11:55           | 5<br>(71.4%)   |
| 79  | ŁADA Przemysław        | 563   |                         | Open Mężczyzn            | 60   | 11:30 | 00:59:44.00       | 00:59:44.00        | +00:16:58<br>(28.4%) | 11:56           | 5<br>(71.4%)   |
| 80  | LEWANDOWSKI Przemysław | 357   | NIE W SZCZEPIONKĘ TEAM  | Open Masters<br>Mężczyzn | 20   | 11:00 | 00:59:59.65       | 00:59:59.65        | +00:17:13<br>(28.7%) | 11:59           | 5<br>(71.4%)   |
| 81  | SZCZEPANEK Daniel      | 608   | POLONIA NAPLETON        | Open Mężczyzn            | 61   | 11:45 | 01:00:23.90       | 01:00:23.90        | +00:17:38<br>(29.2%) | 12:04           | 5<br>(71.4%)   |
| 82  | JASIŃSKI Adrian        | 606   | POLONIA NAPLETON        | Open Mężczyzn            | 62   | 11:45 | 01:00:31.75       | 01:00:31.75        | +00:17:45<br>(29.3%) | 12:06           | 5<br>(71.4%)   |
| 83  | ŁUSZCZYNA Robert       | 821   |                         | Open Mężczyzn            | 63   | 12:00 | 01:00:36.45       | 01:00:36.45        | +00:17:50<br>(29.4%) | 12:07           | 5<br>(71.4%)   |
| 84  | KLEWANIEC Jakub        | 1265  | CARBON SILESIA SPORT    | Open Mężczyzn            | 64   | 13:30 | 01:00:38.35       | 01:00:38.35        | +00:17:52<br>(29.5%) | 12:07           | 4.9<br>(70.0%) |
| 85  | KULTYS Wojciech        | 182   | #TEAMFURIA              | Open Mężczyzn            | 65   | 10:30 | 01:00:38.75       | 01:00:38.75        | +00:17:52<br>(29.5%) | 12:07           | 4.9<br>(70.0%) |

| Msc | Zawodnik             | Numer | Klub                                          | Kategoria             | Mkat | Seria | Czas netto  | Czas brutto | Różn              | Tempo min/km | Tempo km/h  |
|-----|----------------------|-------|-----------------------------------------------|-----------------------|------|-------|-------------|-------------|-------------------|--------------|-------------|
|     |                      |       |                                               |                       |      |       | 5km         | 5km         |                   |              |             |
| 86  | JEZIONEK Daniel      | 1077  |                                               | Open Mężczyzn         | 66   | 13:00 | 01:00:41.25 | 01:00:41.25 | +00:17:55 (29.5%) | 12:08        | 4.9 (70.0%) |
| 87  | ŁASIEWICKI Karol     | 783   | FIGHT ACADEMY OSTROŁĘKA                       | Open Mężczyzn         | 67   | 12:15 | 01:00:46.50 | 01:00:46.50 | +00:18:00 (29.6%) | 12:09        | 4.9 (70.0%) |
| 88  | KRYSIŃSKI Wojciech   | 95    | CROSSBOX OKA                                  | Open Mężczyzn         | 68   | 10:15 | 01:00:50.15 | 01:00:50.15 | +00:18:04 (29.7%) | 12:10        | 4.9 (70.0%) |
| 89  | OLSZEWSKI Adrian     | 1373  |                                               | Open Mężczyzn         | 69   | 11:30 | 01:01:06.20 | 01:01:06.20 | +00:18:20 (30.0%) | 12:13        | 4.9 (70.0%) |
| 90  | GORSIAK Jacek        | 50    |                                               | Open Mężczyzn         | 70   | 10:00 | 01:01:06.80 | 01:01:06.80 | +00:18:20 (30.0%) | 12:13        | 4.9 (70.0%) |
| 91  | RADZIWONKA Piotr     | 1027  | BEZIMIENNI                                    | Open Mężczyzn         | 71   | 13:00 | 01:01:07.90 | 01:01:07.90 | +00:18:22 (30.0%) | 12:13        | 4.9 (70.0%) |
| 92  | GACZKOWSKI Grzegorz  | 502   | ARKADIA TEAM                                  | Open Mężczyzn         | 72   | 11:30 | 01:01:11.30 | 01:01:11.30 | +00:18:25 (30.1%) | 12:14        | 4.9 (70.0%) |
| 93  | KARWOWSKI Marcin     | 344   | KARWOSTEAM                                    | Open Mężczyzn         | 73   | 11:00 | 01:01:13.95 | 01:01:13.95 | +00:18:28 (30.2%) | 12:14        | 4.9 (70.0%) |
| 94  | SZYMAŃSKI Krystian   | 671   |                                               | Open Mężczyzn         | 74   | 11:45 | 01:01:15.00 | 01:01:15.00 | +00:18:29 (30.2%) | 12:15        | 4.9 (70.0%) |
| 95  | POLUS Piotr Peter    | 1391  |                                               | Open Mężczyzn         | 75   | 13:30 | 01:01:18.75 | 01:01:18.75 | +00:18:32 (30.3%) | 12:15        | 4.9 (70.0%) |
| 96  | PAKUŁA Bartosz       | 128   | RUNMAGEDDONOWE ŚWIRY                          | Open Mężczyzn         | 76   | 10:15 | 01:01:21.95 | 01:01:21.95 | +00:18:36 (30.3%) | 12:16        | 4.9 (70.0%) |
| 97  | BESSER Tomasz        | 34    | RYCERZE SREBRNEJ PIERSIÓWKI SPOD MONOPOŁOWEGO | Open Mężczyzn         | 77   | 10:00 | 01:01:38.40 | 01:01:38.40 | +00:18:52 (30.6%) | 12:19        | 4.9 (70.0%) |
| 98  | KWAŚNY Andrzej       | 231   |                                               | Open Masters Mężczyzn | 21   | 10:30 | 01:01:54.05 | 01:01:54.05 | +00:19:08 (30.9%) | 12:22        | 4.8 (68.6%) |
| 99  | MUSIATOWICZ Jarosław | 943   | CF ŁUKÓW                                      | Open Masters Mężczyzn | 22   | 12:45 | 01:01:55.40 | 01:01:55.40 | +00:19:09 (30.9%) | 12:23        | 4.8 (68.6%) |
| 100 | WASZCZAK Arkadiusz   | 208   | #TEAMFURIA                                    | Open Mężczyzn         | 78   | 10:30 | 01:02:06.90 | 01:02:06.90 | +00:19:21 (31.2%) | 12:25        | 4.8 (68.6%) |
| 101 | SUCHCICKI Wojciech   | 431   | NIE CHCĘ MIEĆ STEMI                           | Open Masters Mężczyzn | 23   | 11:15 | 01:02:07.60 | 01:02:07.60 | +00:19:21 (31.2%) | 12:25        | 4.8 (68.6%) |
| 102 | PETRUCZYNIK Szymon   | 1314  |                                               | Open Mężczyzn         | 79   | 13:30 | 01:02:12.70 | 01:02:12.70 | +00:19:26 (31.3%) | 12:26        | 4.8 (68.6%) |
| 103 | DULĘBA Krzysztof     | 1215  |                                               | Open Mężczyzn         | 80   | 13:20 | 01:02:24.20 | 01:02:24.20 | +00:19:38 (31.5%) | 12:28        | 4.8 (68.6%) |
| 104 | SZLAGA Przemek       | 1102  |                                               | Open Mężczyzn         | 81   | 13:00 | 01:02:31.80 | 01:02:31.80 | +00:19:45 (31.6%) | 12:30        | 4.8 (68.6%) |
| 105 | CEREMUGA Robert      | 1069  |                                               | Open Mężczyzn         | 82   | 13:00 | 01:02:37.80 | 01:02:37.80 | +00:19:51 (31.7%) | 12:31        | 4.8 (68.6%) |
| 106 | ZDANUCZYK Mateusz    | 84    |                                               | Open Mężczyzn         | 83   | 10:00 | 01:02:42.10 | 01:02:42.10 | +00:19:56 (31.8%) | 12:32        | 4.8 (68.6%) |
| 107 | ŻYŁOWSKI Wojciech    | 329   |                                               | Open Mężczyzn         | 84   | 10:45 | 01:02:42.65 | 01:02:42.65 | +00:19:56 (31.8%) | 12:32        | 4.8 (68.6%) |
| 108 | BRYLAK Grzegorz      | 281   |                                               | Open Mężczyzn         | 85   | 10:45 | 01:02:42.80 | 01:02:42.80 | +00:19:56 (31.8%) | 12:32        | 4.8 (68.6%) |

| Msc | Zawodnik            | Numer | Klub            | Kategoria             | Mkat | Seria | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h  |
|-----|---------------------|-------|-----------------|-----------------------|------|-------|----------------|-----------------|-------------------|--------------|-------------|
| 109 | SZCZĘSNY Paweł      | 1328  |                 | Open Mężczyzn         | 86   | 13:30 | 01:02:43.05    | 01:02:43.05     | +00:19:57 (31.8%) | 12:32        | 4.8 (68.6%) |
| 110 | CHODECKI Łukasz     | 1071  |                 | Open Mężczyzn         | 87   | 13:00 | 01:02:46.15    | 01:02:46.15     | +00:20:00 (31.9%) | 12:33        | 4.8 (68.6%) |
| 111 | WOLSKI Sławek       | 1106  |                 | Open Mężczyzn         | 88   | 13:00 | 01:02:58.20    | 01:02:58.20     | +00:20:12 (32.1%) | 12:35        | 4.8 (68.6%) |
| 112 | BANKA Kamil         | 1064  |                 | Open Mężczyzn         | 89   | 13:00 | 01:03:03.40    | 01:03:03.40     | +00:20:17 (32.2%) | 12:36        | 4.8 (68.6%) |
| 113 | ŁOJEWSKI Piotr      | 346   | KARWOSTEAM      | Open Mężczyzn         | 90   | 11:00 | 01:03:04.85    | 01:03:04.85     | +00:20:19 (32.2%) | 12:36        | 4.8 (68.6%) |
| 114 | SOWIŃSKI Piotr      | 405   |                 | Open Mężczyzn         | 91   | 11:00 | 01:03:05.60    | 01:03:05.60     | +00:20:19 (32.2%) | 12:37        | 4.8 (68.6%) |
| 115 | JASTO Mateusz       | 1299  |                 | Open Mężczyzn         | 92   | 13:30 | 01:03:13.65    | 01:03:13.65     | +00:20:27 (32.4%) | 12:38        | 4.7 (67.1%) |
| 116 | KARWOWSKI Michał    | 345   | KARWOSTEAM      | Open Mężczyzn         | 93   | 11:00 | 01:03:21.25    | 01:03:21.25     | +00:20:35 (32.5%) | 12:40        | 4.7 (67.1%) |
| 117 | MARKOWSKI Damian    | 1360  |                 | Open Mężczyzn         | 94   | 13:30 | 01:03:40.15    | 01:03:40.15     | +00:20:54 (32.8%) | 12:44        | 4.7 (67.1%) |
| 118 | ŁUKASIK Łukasz      | 1189  | CF ŁUKÓW        | Open Mężczyzn         | 95   | 12:45 | 01:03:58.70    | 01:03:58.70     | +00:21:12 (33.2%) | 12:47        | 4.7 (67.1%) |
| 119 | MARCINIAK Sebastian | 1342  |                 | Open Mężczyzn         | 96   | 13:20 | 01:03:59.50    | 01:03:59.50     | +00:21:13 (33.2%) | 12:47        | 4.7 (67.1%) |
| 120 | MIŚKO Paweł         | 314   |                 | Open Mężczyzn         | 97   | 10:45 | 01:03:59.85    | 01:03:59.85     | +00:21:14 (33.2%) | 12:47        | 4.7 (67.1%) |
| 121 | SZCZUBEŁEK Marcin   | 203   | #TEAMFURIA      | Open Mężczyzn         | 98   | 10:30 | 01:04:01.55    | 01:04:01.55     | +00:21:15 (33.2%) | 12:48        | 4.7 (67.1%) |
| 122 | PODOLAK Krzysztof   | 1379  | LEDIN OSTROŁĘKA | Open Masters Mężczyzn | 24   | 13:00 | 01:04:24.70    | 01:04:24.70     | +00:21:38 (33.6%) | 12:52        | 4.7 (67.1%) |
| 123 | PIERSA Mariusz      | 1045  | LEDIN OSTROŁĘKA | Open Mężczyzn         | 99   | 13:00 | 01:04:24.85    | 01:04:24.85     | +00:21:39 (33.6%) | 12:52        | 4.7 (67.1%) |
| 124 | WÓJCIK Adrian       | 842   |                 | Open Mężczyzn         | 100  | 12:15 | 01:04:28.20    | 01:04:28.20     | +00:21:42 (33.7%) | 12:53        | 4.7 (67.1%) |
| 125 | ANDRZEJEWSKI Kamil  | 2     | BEYE KOHANE     | Open Mężczyzn         | 101  | 10:00 | 01:04:28.75    | 01:04:28.75     | +00:21:42 (33.7%) | 12:53        | 4.7 (67.1%) |
| 126 | PYTLARCZYK Artur    | 400   |                 | Open Mężczyzn         | 102  | 11:00 | 01:04:29.50    | 01:04:29.50     | +00:21:43 (33.7%) | 12:53        | 4.7 (67.1%) |
| 127 | BAŃKA Łukasz        | 1065  |                 | Open Mężczyzn         | 103  | 13:00 | 01:04:30.35    | 01:04:30.35     | +00:21:44 (33.7%) | 12:54        | 4.7 (67.1%) |
| 128 | MARCZAK Rafał       | 1089  |                 | Open Mężczyzn         | 104  | 13:00 | 01:04:31.35    | 01:04:31.35     | +00:21:45 (33.7%) | 12:54        | 4.6 (65.7%) |
| 129 | MAJEWSKI Damian     | 568   |                 | Open Mężczyzn         | 105  | 13:30 | 01:04:31.55    | 01:04:31.55     | +00:21:45 (33.7%) | 12:54        | 4.6 (65.7%) |
| 130 | OLBRYŚ Adam         | 152   |                 | Open Mężczyzn         | 106  | 10:15 | 01:04:36.15    | 01:04:36.15     | +00:21:50 (33.8%) | 12:55        | 4.6 (65.7%) |
| 131 | JANCZEWSKI Jakub    | 935   | BAND THE ROLLA  | Open Mężczyzn         | 107  | 12:45 | 01:04:39.65    | 01:04:39.65     | +00:21:53 (33.9%) | 12:55        | 4.6 (65.7%) |

| Msc | Zawodnik            | Numer | Klub                      | Kategoria                | Mkat | Seria | Czas netto<br>5km | Czas brutto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|---------------------|-------|---------------------------|--------------------------|------|-------|-------------------|--------------------|----------------------|-----------------|----------------|
| 132 | ŻEBROWSKI Cezary    | 1176  |                           | Open Mężczyzn            | 108  | 13:10 | 01:05:00.80       | 01:05:00.80        | +00:22:14<br>(34.2%) | 13:00           | 4.6<br>(65.7%) |
| 133 | LASKOWSKI Grzegorz  | 615   | RUNTEAM PIĄTNICA          | Open Mężczyzn            | 109  | 11:45 | 01:05:17.05       | 01:05:17.05        | +00:22:31<br>(34.5%) | 13:03           | 4.6<br>(65.7%) |
| 134 | BUŚKO Tomasz        | 887   |                           | Open Mężczyzn            | 110  | 12:30 | 01:05:21.35       | 01:05:21.35        | +00:22:35<br>(34.6%) | 13:04           | 4.6<br>(65.7%) |
| 135 | JANISZEWSKI Lukasz  | 902   |                           | Open Mężczyzn            | 111  | 12:30 | 01:05:22.25       | 01:05:22.25        | +00:22:36<br>(34.6%) | 13:04           | 4.6<br>(65.7%) |
| 136 | DYOLOG Sergiy       | 47    |                           | Open Mężczyzn            | 112  | 10:00 | 01:05:24.20       | 01:05:24.20        | +00:22:38<br>(34.6%) | 13:04           | 4.6<br>(65.7%) |
| 137 | WYSOCKI Adrian      | 1333  |                           | Open Mężczyzn            | 113  | 13:30 | 01:05:24.50       | 01:05:24.50        | +00:22:38<br>(34.6%) | 13:04           | 4.6<br>(65.7%) |
| 138 | ZABIELSKI Daniel    | 212   | FURIA TRAINING BOX        | Open Mężczyzn            | 114  | 10:30 | 01:05:34.05       | 01:05:34.05        | +00:22:48<br>(34.8%) | 13:06           | 4.6<br>(65.7%) |
| 139 | PAKUŁA Czarek       | 477   |                           | Open Mężczyzn            | 115  | 11:15 | 01:05:37.70       | 01:05:37.70        | +00:22:51<br>(34.8%) | 13:07           | 4.6<br>(65.7%) |
| 140 | MATUSZAK Dariusz    | 503   | ARKADIA TEAM              | Open Masters<br>Mężczyzn | 25   | 11:30 | 01:05:44.45       | 01:05:44.45        | +00:22:58<br>(35.0%) | 13:08           | 4.6<br>(65.7%) |
| 141 | PAŚKO Daniel        | 1054  | NAKATSU                   | Open Mężczyzn            | 116  | 13:00 | 01:05:45.20       | 01:05:45.20        | +00:22:59<br>(35.0%) | 13:09           | 4.6<br>(65.7%) |
| 142 | BACHURA Grzegorz    | 635   |                           | Open Mężczyzn            | 117  | 11:45 | 01:05:55.75       | 01:05:55.75        | +00:23:09<br>(35.1%) | 13:11           | 4.6<br>(65.7%) |
| 143 | ROSIŃSKI Damian     | 664   |                           | Open Mężczyzn            | 118  | 11:45 | 01:05:59.05       | 01:05:59.05        | +00:23:13<br>(35.2%) | 13:11           | 4.5<br>(64.3%) |
| 144 | KRZYZEWSKI Patryk   | 307   |                           | Open Mężczyzn            | 119  | 10:45 | 01:06:12.55       | 01:06:12.55        | +00:23:26<br>(35.4%) | 13:14           | 4.5<br>(64.3%) |
| 145 | PŁOSKI Piotr        | 831   |                           | Open Mężczyzn            | 120  | 12:15 | 01:06:27.55       | 01:06:27.55        | +00:23:41<br>(35.7%) | 13:17           | 4.5<br>(64.3%) |
| 146 | ZAREMBA Grzegorz    | 332   | CROSSBOX OKA              | Open Mężczyzn            | 121  | 11:00 | 01:06:30.15       | 01:06:30.15        | +00:23:44<br>(35.7%) | 13:18           | 4.5<br>(64.3%) |
| 147 | GAWEK Grzegorz      | 331   | CROSSBOX OKA              | Open Mężczyzn            | 122  | 11:00 | 01:06:30.75       | 01:06:30.75        | +00:23:44<br>(35.7%) | 13:18           | 4.5<br>(64.3%) |
| 148 | BARANOWSKI Jarosław | 330   | CROSSBOX OKA              | Open Mężczyzn            | 123  | 11:00 | 01:06:32.25       | 01:06:32.25        | +00:23:46<br>(35.7%) | 13:18           | 4.5<br>(64.3%) |
| 149 | GŁADYSZ Marcin      | 1208  | WILK TRENUJE FAMILY (WTF) | Open Mężczyzn            | 124  | 12:45 | 01:06:36.35       | 01:06:36.35        | +00:23:50<br>(35.8%) | 13:19           | 4.5<br>(64.3%) |
| 150 | RYKOWSKI Grzegorz   | 200   | #TEAMFURIA                | Open Masters<br>Mężczyzn | 26   | 10:30 | 01:06:38.85       | 01:06:38.85        | +00:23:53<br>(35.8%) | 13:19           | 4.5<br>(64.3%) |
| 151 | PODOLAK Michal      | 1341  | MELVIT                    | Open Mężczyzn            | 125  | 13:00 | 01:06:40.60       | 01:06:40.60        | +00:23:54<br>(35.9%) | 13:20           | 4.5<br>(64.3%) |
| 152 | BUKŁAHO Bartłomiej  | 224   |                           | Open Mężczyzn            | 126  | 10:30 | 01:06:51.10       | 01:06:51.10        | +00:24:05<br>(36.0%) | 13:22           | 4.5<br>(64.3%) |
| 153 | ŁUKASZUK Arkadiusz  | 234   |                           | Open Mężczyzn            | 127  | 10:30 | 01:06:51.55       | 01:06:51.55        | +00:24:05<br>(36.0%) | 13:22           | 4.5<br>(64.3%) |
| 154 | RZEWNICKI Marek     | 23    | MELVIT TEAM               | Open Masters<br>Mężczyzn | 27   | 10:00 | 01:06:56.75       | 01:06:56.75        | +00:24:10<br>(36.1%) | 13:23           | 4.5<br>(64.3%) |

| Msc | Zawodnik             | Numer | Klub                    | Kategoria                | Mkat | Seria | Czas netto<br>5km | Czas brutto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|----------------------|-------|-------------------------|--------------------------|------|-------|-------------------|--------------------|----------------------|-----------------|----------------|
| 155 | SZATANEK Daniel      | 583   |                         | Open Masters<br>Mężczyzn | 28   | 11:00 | 01:06:58.70       | 01:06:58.70        | +00:24:12<br>(36.2%) | 13:23           | 4.5<br>(64.3%) |
| 156 | SIKORA Mateusz       | 1061  | TRAINING MENTAL SUCCESS | Open Mężczyzn            | 128  | 13:30 | 01:07:00.70       | 01:07:00.70        | +00:24:14<br>(36.2%) | 13:24           | 4.5<br>(64.3%) |
| 157 | WOJTOWICZ Łukasz     | 1173  |                         | Open Mężczyzn            | 129  | 13:10 | 01:07:01.40       | 01:07:01.40        | +00:24:15<br>(36.2%) | 13:24           | 4.5<br>(64.3%) |
| 158 | PISKORZ Jacek        | 830   |                         | Open Mężczyzn            | 130  | 13:10 | 01:07:02.05       | 01:07:02.05        | +00:24:16<br>(36.2%) | 13:24           | 4.5<br>(64.3%) |
| 159 | POTOCZNY Dawid       | 1163  |                         | Open Mężczyzn            | 131  | 13:10 | 01:07:04.35       | 01:07:04.35        | +00:24:18<br>(36.2%) | 13:24           | 4.5<br>(64.3%) |
| 160 | POTKAJ Radosław      | 71    |                         | Open Mężczyzn            | 132  | 10:00 | 01:07:04.80       | 01:07:04.80        | +00:24:18<br>(36.2%) | 13:24           | 4.5<br>(64.3%) |
| 161 | GRZĘDA Piotr         | 1294  |                         | Open Mężczyzn            | 133  | 13:30 | 01:07:14.75       | 01:07:14.75        | +00:24:28<br>(36.4%) | 13:26           | 4.5<br>(64.3%) |
| 162 | PROTAZIUK Sebastian  | 560   |                         | Open Mężczyzn            | 134  | 13:30 | 01:07:15.50       | 01:07:15.50        | +00:24:29<br>(36.4%) | 13:27           | 4.5<br>(64.3%) |
| 163 | VADIĆ Patryk         | 1357  |                         | Open Mężczyzn            | 135  | 10:15 | 01:07:16.70       | 01:07:16.70        | +00:24:30<br>(36.4%) | 13:27           | 4.5<br>(64.3%) |
| 164 | RAKSIMOWICZ Marcin   | 274   | MORSY SZCZYTNO #RESET   | Open Masters<br>Mężczyzn | 29   | 10:45 | 01:07:26.20       | 01:07:26.20        | +00:24:40<br>(36.6%) | 13:29           | 4.4<br>(62.9%) |
| 165 | MIERZEJEWSKI Kamil   | 189   | #TEAMFURIA              | Open Mężczyzn            | 136  | 10:30 | 01:07:59.10       | 01:07:59.10        | +00:25:13<br>(37.1%) | 13:35           | 4.4<br>(62.9%) |
| 166 | MACHNIEWICZ Artur    | 233   |                         | Open Mężczyzn            | 137  | 10:30 | 01:08:21.60       | 01:08:21.60        | +00:25:35<br>(37.4%) | 13:40           | 4.4<br>(62.9%) |
| 167 | KURZĄDKOWSKI Piotr   | 273   | ŁOMŻA Hardcore SQUAD    | Open Mężczyzn            | 138  | 10:45 | 01:08:29.05       | 01:08:29.05        | +00:25:43<br>(37.6%) | 13:41           | 4.4<br>(62.9%) |
| 168 | SZCZYGŁO Bartek      | 1356  |                         | Open Mężczyzn            | 139  | 10:15 | 01:08:30.10       | 01:08:30.10        | +00:25:44<br>(37.6%) | 13:42           | 4.4<br>(62.9%) |
| 169 | DARMOCHWAŁ Jeremi    | 44    |                         | Open Mężczyzn            | 140  | 10:00 | 01:08:32.55       | 01:08:32.55        | +00:25:46<br>(37.6%) | 13:42           | 4.4<br>(62.9%) |
| 170 | LOSZ Damian          | 267   | HARDER CIECHANÓW        | Open Mężczyzn            | 141  | 10:45 | 01:08:34.20       | 01:08:34.20        | +00:25:48<br>(37.6%) | 13:42           | 4.4<br>(62.9%) |
| 171 | SZCZEPANEK Piotr     | 609   | POLONIA NAPLETON        | Open Mężczyzn            | 142  | 11:45 | 01:08:34.25       | 01:08:34.25        | +00:25:48<br>(37.6%) | 13:42           | 4.4<br>(62.9%) |
| 172 | GIERAŁTOWSKI Emil    | 1057  | NIKCZEMNIKI             | Open Mężczyzn            | 143  | 13:00 | 01:08:45.50       | 01:08:45.50        | +00:25:59<br>(37.8%) | 13:45           | 4.4<br>(62.9%) |
| 173 | BRONIEK Jakub        | 1056  | NIKCZEMNIKI             | Open Mężczyzn            | 144  | 13:00 | 01:08:45.80       | 01:08:45.80        | +00:25:59<br>(37.8%) | 13:45           | 4.4<br>(62.9%) |
| 174 | STROJNY Daniel       | 1258  |                         | Open Mężczyzn            | 145  | 13:20 | 01:08:56.15       | 01:08:56.15        | +00:26:10<br>(38.0%) | 13:47           | 4.4<br>(62.9%) |
| 175 | RZEPIELA Robert      | 1098  |                         | Open Mężczyzn            | 146  | 13:00 | 01:08:57.60       | 01:08:57.60        | +00:26:11<br>(38.0%) | 13:47           | 4.4<br>(62.9%) |
| 176 | PIETRUCZUK Krzysztof | 1249  |                         | Open Mężczyzn            | 147  | 13:20 | 01:08:59.85       | 01:08:59.85        | +00:26:14<br>(38.0%) | 13:47           | 4.3<br>(61.4%) |
| 177 | SZAFARYN Mariusz     | 1133  | MIASTO OSTROŁĘKA        | Open Masters<br>Mężczyzn | 30   | 13:10 | 01:09:03.35       | 01:09:03.35        | +00:26:17<br>(38.1%) | 13:48           | 4.3<br>(61.4%) |



| Msc | Zawodnik            | Numer | Klub                    | Kategoria                | Mkat | Seria | Czas netto<br>5km | Czas brutto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|---------------------|-------|-------------------------|--------------------------|------|-------|-------------------|--------------------|----------------------|-----------------|----------------|
| 178 | BZOWSKI Marcin      | 973   |                         | Open Mężczyzn            | 148  | 12:15 | 01:09:09.45       | 01:09:09.45        | +00:26:23<br>(38.2%) | 13:49           | 4.3<br>(61.4%) |
| 179 | GAŁĘSKI Arkadiusz   | 1073  |                         | Open Masters<br>Mężczyzn | 31   | 13:00 | 01:09:12.00       | 01:09:12.00        | +00:26:26<br>(38.2%) | 13:50           | 4.3<br>(61.4%) |
| 180 | TURZYŃSKI Adrian    | 327   |                         | Open Mężczyzn            | 149  | 10:45 | 01:09:22.30       | 01:09:22.30        | +00:26:36<br>(38.4%) | 13:52           | 4.3<br>(61.4%) |
| 181 | KAMIŃSKI Arkadiusz  | 300   |                         | Open Mężczyzn            | 150  | 10:45 | 01:09:22.80       | 01:09:22.80        | +00:26:36<br>(38.4%) | 13:52           | 4.3<br>(61.4%) |
| 182 | DOMURAD Łukasz      | 1366  |                         | Open Mężczyzn            | 151  | 10:45 | 01:09:26.45       | 01:09:26.45        | +00:26:40<br>(38.4%) | 13:53           | 4.3<br>(61.4%) |
| 183 | PARZYCH Hubert      | 1247  | MPK PURE HOME           | Open Mężczyzn            | 152  | 13:20 | 01:09:27.60       | 01:09:27.60        | +00:26:41<br>(38.4%) | 13:53           | 4.3<br>(61.4%) |
| 184 | PIETRUCZUK Michał   | 1250  |                         | Open Mężczyzn            | 153  | 13:20 | 01:09:28.45       | 01:09:28.45        | +00:26:42<br>(38.4%) | 13:53           | 4.3<br>(61.4%) |
| 185 | DOMALEWSKI Tomasz   | 272   | ŁOMŻA Hardcore SQUAD    | Open Mężczyzn            | 154  | 10:45 | 01:09:34.55       | 01:09:34.55        | +00:26:48<br>(38.5%) | 13:54           | 4.3<br>(61.4%) |
| 186 | ARCICHOWSKI Piotr   | 250   | BRZESZCZOTEM PO JAJKACH | Open Mężczyzn            | 155  | 10:45 | 01:09:47.55       | 01:09:47.55        | +00:27:01<br>(38.7%) | 13:57           | 4.3<br>(61.4%) |
| 187 | PRUSINOWSKI Łukasz  | 576   |                         | Open Mężczyzn            | 156  | 11:30 | 01:09:47.70       | 01:09:47.70        | +00:27:01<br>(38.7%) | 13:57           | 4.3<br>(61.4%) |
| 188 | L. Paweł            | 184   | #TEAMFURIA              | Open Mężczyzn            | 157  | 10:30 | 01:09:52.55       | 01:09:52.55        | +00:27:06<br>(38.8%) | 13:58           | 4.3<br>(61.4%) |
| 189 | MODZELEWSKI Przemek | 192   | #TEAMFURIA              | Open Mężczyzn            | 158  | 10:30 | 01:09:59.40       | 01:09:59.40        | +00:27:13<br>(38.9%) | 13:59           | 4.3<br>(61.4%) |
| 190 | TAG Paweł           | 325   |                         | Open Mężczyzn            | 159  | 10:45 | 01:10:03.60       | 01:10:03.60        | +00:27:17<br>(39.0%) | 14:00           | 4.3<br>(61.4%) |
| 191 | KOCIŃSKI Adrian     | 1226  |                         | Open Mężczyzn            | 160  | 13:20 | 01:10:08.70       | 01:10:08.70        | +00:27:22<br>(39.0%) | 14:01           | 4.3<br>(61.4%) |
| 192 | POLAK Jarosław      | 752   |                         | Open Mężczyzn            | 161  | 12:00 | 01:10:09.35       | 01:10:09.35        | +00:27:23<br>(39.0%) | 14:01           | 4.3<br>(61.4%) |
| 193 | SUCHECKI Jacek      | 1336  | MPK PURE HOME           | Open Masters<br>Mężczyzn | 32   | 13:20 | 01:10:09.95       | 01:10:09.95        | +00:27:24<br>(39.1%) | 14:01           | 4.3<br>(61.4%) |
| 194 | PAŃSZCZYK Łukasz    | 915   |                         | Open Mężczyzn            | 162  | 12:30 | 01:10:10.60       | 01:10:10.60        | +00:27:24<br>(39.1%) | 14:02           | 4.3<br>(61.4%) |
| 195 | ŚWIDER Jakub        | 244   |                         | Open Mężczyzn            | 163  | 10:45 | 01:10:14.55       | 01:10:14.55        | +00:27:28<br>(39.1%) | 14:02           | 4.3<br>(61.4%) |
| 196 | ZAJĄC Bartosz       | 1334  |                         | Open Mężczyzn            | 164  | 12:30 | 01:10:16.25       | 01:10:16.25        | +00:27:30<br>(39.1%) | 14:03           | 4.3<br>(61.4%) |
| 197 | PRUCHNIAK Wojciech  | 1318  |                         | Open Mężczyzn            | 165  | 12:30 | 01:10:16.40       | 01:10:16.40        | +00:27:30<br>(39.1%) | 14:03           | 4.3<br>(61.4%) |
| 198 | DĘBKOWSKI Sławomir  | 780   | FIGHT ACADEMY OSTROŁĘKA | Open Mężczyzn            | 166  | 12:15 | 01:10:23.55       | 01:10:23.55        | +00:27:37<br>(39.2%) | 14:04           | 4.3<br>(61.4%) |
| 199 | KAMIŃSKI Paweł      | 1349  |                         | Open Mężczyzn            | 167  | 11:00 | 01:10:24.00       | 01:10:24.00        | +00:27:38<br>(39.3%) | 14:04           | 4.3<br>(61.4%) |
| 200 | ŻEBROWSKI Sebastian | 588   |                         | Open Mężczyzn            | 168  | 11:30 | 01:10:28.25       | 01:10:28.25        | +00:27:42<br>(39.3%) | 14:05           | 4.3<br>(61.4%) |

|     |                       |       |                         |                          |      |       | Czas netto<br>5km | Czas brutto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-----------------------|-------|-------------------------|--------------------------|------|-------|-------------------|--------------------|----------------------|-----------------|----------------|
| Msc | Zawodnik              | Numer | Klub                    | Kategoria                | Mkat | Seria |                   |                    |                      |                 |                |
| 201 | DUBLASZEWSKI Marcin   | 1144  | R.AMBO DRUGA CREW       | Open Masters<br>Mężczyzn | 33   | 13:10 | 01:10:29.15       | 01:10:29.15        | +00:27:43<br>(39.3%) | 14:05           | 4.3<br>(61.4%) |
| 202 | ŚLIZ Artur            | 1335  |                         | Open Mężczyzn            | 169  | 12:45 | 01:10:29.45       | 01:10:29.45        | +00:27:43<br>(39.3%) | 14:05           | 4.3<br>(61.4%) |
| 203 | SROCZYŃSKI Igor       | 1256  |                         | Open Mężczyzn            | 170  | 13:20 | 01:10:30.50       | 01:10:30.50        | +00:27:44<br>(39.3%) | 14:06           | 4.3<br>(61.4%) |
| 204 | LISEK Marcin          | 998   |                         | Open Masters<br>Mężczyzn | 34   | 12:45 | 01:10:32.50       | 01:10:32.50        | +00:27:46<br>(39.4%) | 14:06           | 4.3<br>(61.4%) |
| 205 | KRUCZYK Dariusz       | 1387  |                         | Open Masters<br>Mężczyzn | 35   | 13:00 | 01:10:33.25       | 01:10:33.25        | +00:27:47<br>(39.4%) | 14:06           | 4.3<br>(61.4%) |
| 206 | JASIŃSKI Artur        | 607   | POLONIA NAPLETON        | Open Mężczyzn            | 171  | 11:45 | 01:10:35.45       | 01:10:35.45        | +00:27:49<br>(39.4%) | 14:07           | 4.3<br>(61.4%) |
| 207 | GASIOROWSKI Michał    | 981   |                         | Open Mężczyzn            | 172  | 12:45 | 01:10:36.45       | 01:10:36.45        | +00:27:50<br>(39.4%) | 14:07           | 4.2<br>(60.0%) |
| 208 | BOGUSKI Adrian        | 612   | RUN TEAM PIĄTNICA       | Open Mężczyzn            | 173  | 11:45 | 01:10:36.50       | 01:10:36.50        | +00:27:50<br>(39.4%) | 14:07           | 4.2<br>(60.0%) |
| 209 | FRYDLER Bartosz       | 1058  | MELVIT TEAM             | Open Mężczyzn            | 174  | 13:40 | 01:10:39.75       | 01:10:39.75        | +00:27:53<br>(39.5%) | 14:07           | 4.2<br>(60.0%) |
| 210 | KOŁAKOWSKI Tomasz     | 989   |                         | Open Mężczyzn            | 175  | 12:45 | 01:10:42.40       | 01:10:42.40        | +00:27:56<br>(39.5%) | 14:08           | 4.2<br>(60.0%) |
| 211 | ŻEBROWSKI Daniel      | 165   |                         | Open Mężczyzn            | 176  | 10:15 | 01:10:42.75       | 01:10:42.75        | +00:27:56<br>(39.5%) | 14:08           | 4.2<br>(60.0%) |
| 212 | KLUCZEK Robert        | 554   |                         | Open Mężczyzn            | 177  | 11:30 | 01:10:58.00       | 01:10:58.00        | +00:28:12<br>(39.7%) | 14:11           | 4.2<br>(60.0%) |
| 213 | DAWID Michał          | 1214  |                         | Open Mężczyzn            | 178  | 13:20 | 01:10:58.35       | 01:10:58.35        | +00:28:12<br>(39.7%) | 14:11           | 4.2<br>(60.0%) |
| 214 | BODYTKA Michał        | 779   | FIGHT ACADEMY OSTROŁĘKA | Open Mężczyzn            | 179  | 12:15 | 01:11:05.65       | 01:11:05.65        | +00:28:19<br>(39.8%) | 14:13           | 4.2<br>(60.0%) |
| 215 | BADACZEWSKI Krzysztof | 851   | EXPOM TEAM KURZĘTNIK    | Open Mężczyzn            | 180  | 12:30 | 01:11:07.05       | 01:11:07.05        | +00:28:21<br>(39.9%) | 14:13           | 4.2<br>(60.0%) |
| 216 | JANISZEWSKI Michał    | 903   |                         | Open Mężczyzn            | 181  | 12:30 | 01:11:13.25       | 01:11:13.25        | +00:28:27<br>(40.0%) | 14:14           | 4.2<br>(60.0%) |
| 217 | RZEPIELA Jakub        | 1097  |                         | Open Mężczyzn            | 182  | 13:00 | 01:11:14.20       | 01:11:14.20        | +00:28:28<br>(40.0%) | 14:14           | 4.2<br>(60.0%) |
| 218 | KLOC Mateusz          | 905   |                         | Open Mężczyzn            | 183  | 12:30 | 01:11:35.25       | 01:11:35.25        | +00:28:49<br>(40.3%) | 14:19           | 4.2<br>(60.0%) |
| 219 | SADŁOWSKI Sebastian   | 833   |                         | Open Mężczyzn            | 184  | 12:15 | 01:11:37.35       | 01:11:37.35        | +00:28:51<br>(40.3%) | 14:19           | 4.2<br>(60.0%) |
| 220 | PIOTROWSKI Alan       | 1005  |                         | Open Mężczyzn            | 185  | 12:45 | 01:11:43.00       | 01:11:43.00        | +00:28:57<br>(40.4%) | 14:20           | 4.2<br>(60.0%) |
| 221 | JUNIAK Piotr          | 1362  |                         | Open Masters<br>Mężczyzn | 36   | 13:10 | 01:11:54.95       | 01:11:54.95        | +00:29:09<br>(40.5%) | 14:22           | 4.2<br>(60.0%) |
| 222 | MALINOWSKI Mariusz    | 149   |                         | Open Mężczyzn            | 186  | 10:15 | 01:12:21.55       | 01:12:21.55        | +00:29:35<br>(40.9%) | 14:28           | 4.1<br>(58.6%) |
| 223 | GLEBA Jan             | 335   | GLEBIAKI                | Open Mężczyzn            | 187  | 11:00 | 01:12:22.95       | 01:12:22.95        | +00:29:37<br>(40.9%) | 14:28           | 4.1<br>(58.6%) |

| Msc | Zawodnik              | Numer | Klub                    | Kategoria                | Mkat | Seria | Czas netto<br>5km | Czas brutto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-----------------------|-------|-------------------------|--------------------------|------|-------|-------------------|--------------------|----------------------|-----------------|----------------|
| 224 | KRUSZEWSKI Grzegorz   | 993   |                         | Open Masters<br>Mężczyzn | 37   | 12:45 | 01:12:27.95       | 01:12:27.95        | +00:29:42<br>(41.0%) | 14:29           | 4.1<br>(58.6%) |
| 225 | GROSZYK Tomasz        | 1020  | #HOSTBHP.PL             | Open Mężczyzn            | 188  | 13:00 | 01:12:31.40       | 01:12:31.40        | +00:29:45<br>(41.0%) | 14:30           | 4.1<br>(58.6%) |
| 226 | DMOCHOWSKI Wiktor     | 782   | FIGHT ACADEMY OSTROŁĘKA | Open Mężczyzn            | 189  | 12:15 | 01:12:32.50       | 01:12:32.50        | +00:29:46<br>(41.0%) | 14:30           | 4.1<br>(58.6%) |
| 227 | BECKER Bartosz        | 884   |                         | Open Mężczyzn            | 190  | 12:30 | 01:12:34.25       | 01:12:34.25        | +00:29:48<br>(41.1%) | 14:30           | 4.1<br>(58.6%) |
| 228 | JELIŃSKI Hubert       | 629   | TURCJA                  | Open Mężczyzn            | 191  | 11:45 | 01:12:36.45       | 01:12:36.45        | +00:29:50<br>(41.1%) | 14:31           | 4.1<br>(58.6%) |
| 229 | PAWŁOWSKI Michał      | 1022  | ASSAY                   | Open Mężczyzn            | 192  | 13:00 | 01:12:36.80       | 01:12:36.80        | +00:29:50<br>(41.1%) | 14:31           | 4.1<br>(58.6%) |
| 230 | BIERNACKI Maciej      | 1190  | LATAJĄCE ŚWINIE         | Open Mężczyzn            | 193  | 13:10 | 01:12:46.10       | 01:12:46.10        | +00:30:00<br>(41.2%) | 14:33           | 4.1<br>(58.6%) |
| 231 | PIETROŃ Łukasz        | 237   |                         | Open Mężczyzn            | 194  | 10:30 | 01:12:47.65       | 01:12:47.65        | +00:30:01<br>(41.3%) | 14:33           | 4.1<br>(58.6%) |
| 232 | DRABIŃSKI Karol       | 802   |                         | Open Mężczyzn            | 195  | 12:15 | 01:12:55.30       | 01:12:55.30        | +00:30:09<br>(41.4%) | 14:35           | 4.1<br>(58.6%) |
| 233 | MILDNER Hubert        | 340   | GLEBIAKI                | Open Masters<br>Mężczyzn | 38   | 11:00 | 01:12:55.75       | 01:12:55.75        | +00:30:09<br>(41.4%) | 14:35           | 4.1<br>(58.6%) |
| 234 | FABISZEWSKI Krzysztof | 643   | PADAM NA RYJ            | Open Masters<br>Mężczyzn | 39   | 11:45 | 01:12:56.30       | 01:12:56.30        | +00:30:10<br>(41.4%) | 14:35           | 4.1<br>(58.6%) |
| 235 | FLISEK Patryk         | 541   |                         | Open Mężczyzn            | 196  | 11:30 | 01:12:58.15       | 01:12:58.15        | +00:30:12<br>(41.4%) | 14:35           | 4.1<br>(58.6%) |
| 236 | FABISZEWSKI Kamil     | 642   | PADAM NA RYJ            | Open Mężczyzn            | 197  | 11:45 | 01:12:59.15       | 01:12:59.15        | +00:30:13<br>(41.4%) | 14:35           | 4.1<br>(58.6%) |
| 237 | SUCHCICKI Leszek      | 1327  |                         | Open Masters<br>Mężczyzn | 40   | 13:30 | 01:13:06.20       | 01:13:06.20        | +00:30:20<br>(41.5%) | 14:37           | 4.1<br>(58.6%) |
| 238 | POPŁAWSKI Łukasz      | 399   |                         | Open Mężczyzn            | 198  | 11:00 | 01:13:14.45       | 01:13:14.45        | +00:30:28<br>(41.6%) | 14:38           | 4.1<br>(58.6%) |
| 239 | SERÓWKA Jakub         | 921   |                         | Open Mężczyzn            | 199  | 12:45 | 01:13:17.75       | 01:13:17.75        | +00:30:31<br>(41.7%) | 14:39           | 4.1<br>(58.6%) |
| 240 | STWORZYJAN Stanisław  | 243   |                         | Open Masters<br>Mężczyzn | 41   | 10:30 | 01:13:20.70       | 01:13:20.70        | +00:30:34<br>(41.7%) | 14:40           | 4.1<br>(58.6%) |
| 241 | ROZKOSZ Marcin        | 484   |                         | Open Mężczyzn            | 200  | 11:15 | 01:13:25.65       | 01:13:25.65        | +00:30:39<br>(41.8%) | 14:41           | 4.1<br>(58.6%) |
| 242 | OBUDZIŃSKI Marcin     | 269   | HARDER CIECHANÓW        | Open Masters<br>Mężczyzn | 42   | 10:45 | 01:13:45.80       | 01:13:45.80        | +00:30:59<br>(42.0%) | 14:45           | 4.1<br>(58.6%) |
| 243 | KOŚCIELNY Jacek       | 1082  |                         | Open Mężczyzn            | 201  | 13:00 | 01:13:46.20       | 01:13:46.20        | +00:31:00<br>(42.0%) | 14:45           | 4.1<br>(58.6%) |
| 244 | PECIAK Kamil          | 236   |                         | Open Mężczyzn            | 202  | 10:30 | 01:13:46.70       | 01:13:46.70        | +00:31:00<br>(42.0%) | 14:45           | 4.1<br>(58.6%) |
| 245 | DELESIEWICZ Bartosz   | 225   |                         | Open Mężczyzn            | 203  | 10:30 | 01:13:46.75       | 01:13:46.75        | +00:31:00<br>(42.0%) | 14:45           | 4.1<br>(58.6%) |
| 246 | CHEŁSTOWSKI Radosław  | 282   |                         | Open Mężczyzn            | 204  | 10:45 | 01:13:49.90       | 01:13:49.90        | +00:31:04<br>(42.1%) | 14:45           | 4.1<br>(58.6%) |

| Msc | Zawodnik             | Numer | Klub                    | Kategoria                | Mkat | Seria | Czas netto<br>5km | Czas brutto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|----------------------|-------|-------------------------|--------------------------|------|-------|-------------------|--------------------|----------------------|-----------------|----------------|
| 247 | RUDUCHA Piotr        | 1286  | UNITED RUNNERS          | Open Mężczyzn            | 205  | 13:30 | 01:14:02.00       | 01:14:02.00        | +00:31:16<br>(42.2%) | 14:48           | 4.1<br>(58.6%) |
| 248 | CICHOWSKI Michał     | 142   |                         | Open Mężczyzn            | 206  | 10:15 | 01:14:16.20       | 01:14:16.20        | +00:31:30<br>(42.4%) | 14:51           | 4<br>(57.1%)   |
| 249 | MALISZEWSKI Bartosz  | 150   |                         | Open Mężczyzn            | 207  | 10:15 | 01:14:22.85       | 01:14:22.85        | +00:31:37<br>(42.5%) | 14:52           | 4<br>(57.1%)   |
| 250 | KRYSIAK Łukasz       | 1084  |                         | Open Mężczyzn            | 208  | 13:00 | 01:14:27.75       | 01:14:27.75        | +00:31:41<br>(42.6%) | 14:53           | 4<br>(57.1%)   |
| 251 | BAGDZIŃSKI Daniel    | 1149  |                         | Open Masters<br>Mężczyzn | 43   | 13:10 | 01:14:28.25       | 01:14:28.25        | +00:31:42<br>(42.6%) | 14:53           | 4<br>(57.1%)   |
| 252 | MALANOWSKI Damian    | 1021  | ASSAY                   | Open Mężczyzn            | 209  | 13:00 | 01:14:32.80       | 01:14:32.80        | +00:31:46<br>(42.6%) | 14:54           | 4<br>(57.1%)   |
| 253 | KOWALSKI Robert      | 388   |                         | Open Mężczyzn            | 210  | 10:45 | 01:14:37.15       | 01:14:37.15        | +00:31:51<br>(42.7%) | 14:55           | 4<br>(57.1%)   |
| 254 | JAŚKIEWICZ Daniel    | 51    |                         | Open Masters<br>Mężczyzn | 44   | 10:00 | 01:14:37.20       | 01:14:37.20        | +00:31:51<br>(42.7%) | 14:55           | 4<br>(57.1%)   |
| 255 | SZCZEPANEK Rafał     | 610   | POLONIA NAPLETON        | Open Mężczyzn            | 211  | 11:45 | 01:14:39.65       | 01:14:39.65        | +00:31:53<br>(42.7%) | 14:55           | 4<br>(57.1%)   |
| 256 | MUĆK Robert          | 32    | ROMAN, Miodu!           | Open Mężczyzn            | 212  | 10:00 | 01:14:54.75       | 01:14:54.75        | +00:32:08<br>(42.9%) | 14:58           | 4<br>(57.1%)   |
| 257 | BOHDZIEWICZ Paweł    | 455   |                         | Open Masters<br>Mężczyzn | 45   | 11:15 | 01:15:09.15       | 01:15:09.15        | +00:32:23<br>(43.1%) | 15:01           | 4<br>(57.1%)   |
| 258 | JAWORSKI Michał      | 467   |                         | Open Mężczyzn            | 213  | 11:15 | 01:15:10.95       | 01:15:10.95        | +00:32:25<br>(43.1%) | 15:02           | 4<br>(57.1%)   |
| 259 | RASIŃSKI Piotr       | 577   |                         | Open Mężczyzn            | 214  | 11:30 | 01:15:11.65       | 01:15:11.65        | +00:32:25<br>(43.1%) | 15:02           | 4<br>(57.1%)   |
| 260 | ŻUBER Mateusz        | 210   | #TEAMFURIA              | Open Mężczyzn            | 215  | 10:30 | 01:15:27.40       | 01:15:27.40        | +00:32:41<br>(43.3%) | 15:05           | 4<br>(57.1%)   |
| 261 | ANZULEWICZ Tomasz    | 720   |                         | Open Mężczyzn            | 216  | 12:00 | 01:15:29.65       | 01:15:29.65        | +00:32:43<br>(43.4%) | 15:05           | 4<br>(57.1%)   |
| 262 | FETLIŃSKI Grzegorz   | 14    | HUSARIA RACE TEAM       | Open Masters<br>Mężczyzn | 46   | 11:30 | 01:15:31.05       | 01:15:31.05        | +00:32:45<br>(43.4%) | 15:06           | 4<br>(57.1%)   |
| 263 | GRZEGORCZYK Krystian | 293   |                         | Open Mężczyzn            | 217  | 10:45 | 01:15:43.20       | 01:15:43.20        | +00:32:57<br>(43.5%) | 15:08           | 4<br>(57.1%)   |
| 264 | KOZICKI Daniel       | 816   |                         | Open Mężczyzn            | 218  | 12:15 | 01:15:43.85       | 01:15:43.85        | +00:32:58<br>(43.5%) | 15:08           | 4<br>(57.1%)   |
| 265 | BOREK Patryk         | 1375  |                         | Open Mężczyzn            | 219  | 11:30 | 01:15:44.90       | 01:15:44.90        | +00:32:59<br>(43.5%) | 15:08           | 4<br>(57.1%)   |
| 266 | ROMANOWSKI Kacper    | 1164  |                         | Open Mężczyzn            | 220  | 13:20 | 01:15:53.80       | 01:15:53.80        | +00:33:07<br>(43.7%) | 15:10           | 4<br>(57.1%)   |
| 267 | DĄBROWSKI Tomasz     | 458   |                         | Open Masters<br>Mężczyzn | 47   | 11:15 | 01:15:56.20       | 01:15:56.20        | +00:33:10<br>(43.7%) | 15:11           | 4<br>(57.1%)   |
| 268 | SZYMAŃSKI Wiktor     | 77    |                         | Open Mężczyzn            | 221  | 10:00 | 01:15:59.45       | 01:15:59.45        | +00:33:13<br>(43.7%) | 15:11           | 3.9<br>(55.7%) |
| 269 | FIGIELSKI Dominik    | 1059  | TRAINING MENTAL SUCCESS | Open Mężczyzn            | 222  | 13:30 | 01:16:00.80       | 01:16:00.80        | +00:33:14<br>(43.7%) | 15:12           | 3.9<br>(55.7%) |

| Msc | Zawodnik             | Numer | Klub                       | Kategoria                | Mkat | Seria | Czas netto<br>5km | Czas brutto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|----------------------|-------|----------------------------|--------------------------|------|-------|-------------------|--------------------|----------------------|-----------------|----------------|
| 270 | WÓJCIK Paweł         | 496   |                            | Open Mężczyzn            | 223  | 11:15 | 01:16:02.90       | 01:16:02.90        | +00:33:17<br>(43.8%) | 15:12           | 3.9<br>(55.7%) |
| 271 | ŚWIERCZYNSKI Mariusz | 1259  |                            | Open Mężczyzn            | 224  | 13:20 | 01:16:06.65       | 01:16:06.65        | +00:33:20<br>(43.8%) | 15:13           | 3.9<br>(55.7%) |
| 272 | KACZMARCZYK Jakub    | 551   |                            | Open Mężczyzn            | 225  | 11:30 | 01:16:07.15       | 01:16:07.15        | +00:33:21<br>(43.8%) | 15:13           | 3.9<br>(55.7%) |
| 273 | NAŁĘCZ Emil          | 1124  | MELVIT TEAM                | Open Mężczyzn            | 226  | 10:00 | 01:16:19.15       | 01:16:19.15        | +00:33:33<br>(44.0%) | 15:15           | 3.9<br>(55.7%) |
| 274 | TRZASKA Jarek        | 326   |                            | Open Mężczyzn            | 227  | 10:45 | 01:16:19.80       | 01:16:19.80        | +00:33:33<br>(44.0%) | 15:15           | 3.9<br>(55.7%) |
| 275 | NIEDZIELA Szymon     | 1311  |                            | Open Mężczyzn            | 228  | 13:30 | 01:16:20.75       | 01:16:20.75        | +00:33:34<br>(44.0%) | 15:16           | 3.9<br>(55.7%) |
| 276 | RADZIWONKA Paweł     | 1026  | BEZIMIENNI                 | Open Mężczyzn            | 229  | 13:00 | 01:16:21.35       | 01:16:21.35        | +00:33:35<br>(44.0%) | 15:16           | 3.9<br>(55.7%) |
| 277 | ZAKIERSKI Marcin     | 497   |                            | Open Mężczyzn            | 230  | 11:15 | 01:16:22.90       | 01:16:22.90        | +00:33:37<br>(44.0%) | 15:16           | 3.9<br>(55.7%) |
| 278 | TRZCIŃSKI Wiktor     | 78    |                            | Open Mężczyzn            | 231  | 10:00 | 01:16:23.05       | 01:16:23.05        | +00:33:37<br>(44.0%) | 15:16           | 3.9<br>(55.7%) |
| 279 | ŁACHACZ Janusz       | 60    |                            | Open Mężczyzn            | 232  | 10:00 | 01:16:23.75       | 01:16:23.75        | +00:33:37<br>(44.0%) | 15:16           | 3.9<br>(55.7%) |
| 280 | KURZYCH Jarosław     | 183   | #TEAMFURIA                 | Open Mężczyzn            | 233  | 10:30 | 01:16:25.65       | 01:16:25.65        | +00:33:39<br>(44.0%) | 15:17           | 3.9<br>(55.7%) |
| 281 | GOŁĄB Jarosław       | 49    |                            | Open Mężczyzn            | 234  | 10:00 | 01:16:27.15       | 01:16:27.15        | +00:33:41<br>(44.1%) | 15:17           | 3.9<br>(55.7%) |
| 282 | PRZYBYTEK Sławomir   | 1291  | MELVIT TEAM                | Open Masters<br>Mężczyzn | 48   | 13:40 | 01:16:29.75       | 01:16:29.75        | +00:33:43<br>(44.1%) | 15:17           | 3.9<br>(55.7%) |
| 283 | STOLARCZYK Mariusz   | 490   |                            | Open Mężczyzn            | 235  | 11:15 | 01:16:43.85       | 01:16:43.85        | +00:33:58<br>(44.3%) | 15:20           | 3.9<br>(55.7%) |
| 284 | ZAKRZEWSKI Maciej    | 1263  |                            | Open Mężczyzn            | 236  | 13:30 | 01:16:44.15       | 01:16:44.15        | +00:33:58<br>(44.3%) | 15:20           | 3.9<br>(55.7%) |
| 285 | ŁUBA Jacek           | 1157  |                            | Open Masters<br>Mężczyzn | 49   | 13:10 | 01:16:45.35       | 01:16:45.35        | +00:33:59<br>(44.3%) | 15:21           | 3.9<br>(55.7%) |
| 286 | PANKOWSKI Łukasz     | 478   |                            | Open Mężczyzn            | 237  | 11:15 | 01:16:48.90       | 01:16:48.90        | +00:34:03<br>(44.3%) | 15:21           | 3.9<br>(55.7%) |
| 287 | LIS Dariusz          | 1156  |                            | Open Mężczyzn            | 238  | 13:10 | 01:16:51.45       | 01:16:51.45        | +00:34:05<br>(44.4%) | 15:22           | 3.9<br>(55.7%) |
| 288 | ZADROŻNY Krzysztof   | 270   | HARDER CIECHANÓW           | Open Mężczyzn            | 239  | 10:45 | 01:16:54.35       | 01:16:54.35        | +00:34:08<br>(44.4%) | 15:22           | 3.9<br>(55.7%) |
| 289 | OŁDAK Sebastian      | 423   | HYPERFORM                  | Open Mężczyzn            | 240  | 11:15 | 01:16:58.55       | 01:16:58.55        | +00:34:12<br>(44.4%) | 15:23           | 3.9<br>(55.7%) |
| 290 | BOBIŃSKI Piotr       | 169   | #TEAMFURIA                 | Open Masters<br>Mężczyzn | 50   | 10:30 | 01:17:10.00       | 01:17:10.00        | +00:34:24<br>(44.6%) | 15:26           | 3.9<br>(55.7%) |
| 291 | SZTORC Konrad        | 492   |                            | Open Mężczyzn            | 241  | 11:15 | 01:17:11.15       | 01:17:11.15        | +00:34:25<br>(44.6%) | 15:26           | 3.9<br>(55.7%) |
| 292 | ROŻNIECKI Kamil      | 271   | KLUB BIEGACZA RTV EURO AGD | Open Mężczyzn            | 242  | 10:45 | 01:17:13.00       | 01:17:13.00        | +00:34:27<br>(44.6%) | 15:26           | 3.9<br>(55.7%) |

| Msc | Zawodnik            | Numer | Klub                    | Kategoria             | Mkat | Seria | Czas netto  | Czas brutto | Różn              | Tempo min/km | Tempo km/h  |
|-----|---------------------|-------|-------------------------|-----------------------|------|-------|-------------|-------------|-------------------|--------------|-------------|
|     |                     |       |                         |                       |      |       | 5km         | 5km         |                   |              |             |
| 293 | ROSIAK Marek        | 404   |                         | Open Mężczyzn         | 243  | 11:00 | 01:17:16.70 | 01:17:16.70 | +00:34:30 (44.7%) | 15:27        | 3.9 (55.7%) |
| 294 | JAROSZEWSKI Karol   | 177   | #TEAMFURIA              | Open Mężczyzn         | 244  | 10:30 | 01:17:27.75 | 01:17:27.75 | +00:34:41 (44.8%) | 15:29        | 3.9 (55.7%) |
| 295 | WITKOWSKI Kacper    | 81    |                         | Open Mężczyzn         | 245  | 10:00 | 01:17:35.80 | 01:17:35.80 | +00:34:49 (44.9%) | 15:31        | 3.9 (55.7%) |
| 296 | WAŃCZUK Michał      | 494   |                         | Open Mężczyzn         | 246  | 11:15 | 01:17:36.90 | 01:17:36.90 | +00:34:51 (44.9%) | 15:31        | 3.9 (55.7%) |
| 297 | WITYŃSKI Kamil      | 777   | BOSS-BUD TEAM           | Open Mężczyzn         | 247  | 12:15 | 01:17:46.95 | 01:17:46.95 | +00:35:01 (45.0%) | 15:33        | 3.9 (55.7%) |
| 298 | SZCZYTKOWSKI Patryk | 776   | BOSS-BUD TEAM           | Open Mężczyzn         | 248  | 12:15 | 01:17:47.30 | 01:17:47.30 | +00:35:01 (45.0%) | 15:33        | 3.9 (55.7%) |
| 299 | KONOPKA Marcin      | 813   |                         | Open Mężczyzn         | 249  | 12:15 | 01:17:49.15 | 01:17:49.15 | +00:35:03 (45.0%) | 15:33        | 3.9 (55.7%) |
| 300 | PODSIADŁY Paweł     | 575   |                         | Open Mężczyzn         | 250  | 11:30 | 01:17:58.35 | 01:17:58.35 | +00:35:12 (45.2%) | 15:35        | 3.8 (54.3%) |
| 301 | SZYSZKA Norbert     | 762   |                         | Open Mężczyzn         | 251  | 12:00 | 01:17:59.35 | 01:17:59.35 | +00:35:13 (45.2%) | 15:35        | 3.8 (54.3%) |
| 302 | PLISZKA Piotr       | 1378  |                         | Open Mężczyzn         | 252  | 12:00 | 01:17:59.50 | 01:17:59.50 | +00:35:13 (45.2%) | 15:35        | 3.8 (54.3%) |
| 303 | DRAŻEK Rafał        | 728   |                         | Open Mężczyzn         | 253  | 12:00 | 01:18:00.30 | 01:18:00.30 | +00:35:14 (45.2%) | 15:36        | 3.8 (54.3%) |
| 304 | BŁACHUT Janusz      | 533   |                         | Open Mężczyzn         | 254  | 11:30 | 01:18:01.10 | 01:18:01.10 | +00:35:15 (45.2%) | 15:36        | 3.8 (54.3%) |
| 305 | DĄBROWSKI Kamil     | 726   |                         | Open Masters Mężczyzn | 51   | 12:00 | 01:18:01.70 | 01:18:01.70 | +00:35:15 (45.2%) | 15:36        | 3.8 (54.3%) |
| 306 | MOSZCZUK Jan        | 1308  |                         | Open Mężczyzn         | 255  | 13:30 | 01:18:02.20 | 01:18:02.20 | +00:35:16 (45.2%) | 15:36        | 3.8 (54.3%) |
| 307 | BURY Adrian         | 534   |                         | Open Mężczyzn         | 256  | 11:30 | 01:18:04.45 | 01:18:04.45 | +00:35:18 (45.2%) | 15:36        | 3.8 (54.3%) |
| 308 | PABICH Michał       | 570   |                         | Open Mężczyzn         | 257  | 11:30 | 01:18:10.55 | 01:18:10.55 | +00:35:24 (45.3%) | 15:38        | 3.8 (54.3%) |
| 309 | PUTRA Marek         | 775   | BOSS-BUD TEAM           | Open Mężczyzn         | 258  | 12:15 | 01:18:15.35 | 01:18:15.35 | +00:35:29 (45.4%) | 15:39        | 3.8 (54.3%) |
| 310 | PLISZKA Bartosz     | 916   |                         | Open Masters Mężczyzn | 52   | 12:30 | 01:18:18.25 | 01:18:18.25 | +00:35:32 (45.4%) | 15:39        | 3.8 (54.3%) |
| 310 | PAWLAK Paweł        | 1055  | NAKATSU                 | Open Mężczyzn         | 259  | 13:00 | 01:18:18.25 | 01:18:18.25 | +00:35:32 (45.4%) | 15:39        | 3.8 (54.3%) |
| 312 | KNAP Hubert         | 1304  |                         | Open Mężczyzn         | 260  | 13:30 | 01:18:22.55 | 01:18:22.55 | +00:35:36 (45.4%) | 15:40        | 3.8 (54.3%) |
| 313 | SKALSKI Jakub       | 1322  |                         | Open Mężczyzn         | 261  | 13:30 | 01:18:24.05 | 01:18:24.05 | +00:35:38 (45.5%) | 15:40        | 3.8 (54.3%) |
| 314 | MODZEL Rafał        | 784   | FIGHT ACADEMY OSTROŁĘKA | Open Mężczyzn         | 262  | 12:15 | 01:18:24.90 | 01:18:24.90 | +00:35:39 (45.5%) | 15:40        | 3.8 (54.3%) |
| 315 | CHODNICKI Karol     | 614   | RUNTEAM PIĄTNICA        | Open Mężczyzn         | 263  | 11:30 | 01:18:25.45 | 01:18:25.45 | +00:35:39 (45.5%) | 15:41        | 3.8 (54.3%) |

| Msc | Zawodnik            | Numer | Klub                    | Kategoria     | Mkat | Seria | Czas netto<br>5km | Czas brutto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|---------------------|-------|-------------------------|---------------|------|-------|-------------------|--------------------|----------------------|-----------------|----------------|
| 316 | DEPTUŁA Bartosz     | 781   | FIGHT ACADEMY OSTROŁĘKA | Open Mężczyzn | 264  | 12:15 | 01:18:26.05       | 01:18:26.05        | +00:35:40<br>(45.5%) | 15:41           | 3.8<br>(54.3%) |
| 317 | SZCZOTKA Bartosz    | 445   | VICTORIA OSTROŁĘKA      | Open Mężczyzn | 265  | 11:15 | 01:18:27.80       | 01:18:27.80        | +00:35:41<br>(45.5%) | 15:41           | 3.8<br>(54.3%) |
| 318 | GNOZA Karol         | 1384  |                         | Open Mężczyzn | 266  | 12:30 | 01:18:29.50       | 01:18:29.50        | +00:35:43<br>(45.5%) | 15:41           | 3.8<br>(54.3%) |
| 319 | DUBAJ Tomasz        | 442   | VICTORIA OSTROŁĘKA      | Open Mężczyzn | 267  | 11:15 | 01:18:29.70       | 01:18:29.70        | +00:35:43<br>(45.5%) | 15:41           | 3.8<br>(54.3%) |
| 320 | STEPNOWSKI Mateusz  | 1326  |                         | Open Mężczyzn | 268  | 13:30 | 01:18:34.90       | 01:18:34.90        | +00:35:49<br>(45.6%) | 15:42           | 3.8<br>(54.3%) |
| 321 | GODLEWSKI Grzegorz  | 1293  |                         | Open Mężczyzn | 269  | 13:30 | 01:18:35.10       | 01:18:35.10        | +00:35:49<br>(45.6%) | 15:43           | 3.8<br>(54.3%) |
| 322 | KORZEB Pawel        | 861   | OSTROWSKIESTRASZAKI     | Open Mężczyzn | 270  | 12:30 | 01:18:41.45       | 01:18:41.45        | +00:35:55<br>(45.7%) | 15:44           | 3.8<br>(54.3%) |
| 323 | NICEWICZ Paweł      | 1002  |                         | Open Mężczyzn | 271  | 12:45 | 01:18:42.60       | 01:18:42.60        | +00:35:56<br>(45.7%) | 15:44           | 3.8<br>(54.3%) |
| 324 | ŻYŁOWSKI Mateusz    | 862   | OSTROWSKIESTRASZAKI     | Open Mężczyzn | 272  | 12:30 | 01:18:43.70       | 01:18:43.70        | +00:35:57<br>(45.7%) | 15:44           | 3.8<br>(54.3%) |
| 325 | DĘBOWIAK Kamil      | 860   | OSTROWSKIESTRASZAKI     | Open Mężczyzn | 273  | 12:30 | 01:18:44.55       | 01:18:44.55        | +00:35:58<br>(45.7%) | 15:44           | 3.8<br>(54.3%) |
| 326 | ŻULEWSKI Igor       | 933   |                         | Open Mężczyzn | 274  | 12:30 | 01:18:47.35       | 01:18:47.35        | +00:36:01<br>(45.7%) | 15:45           | 3.8<br>(54.3%) |
| 327 | BOGDANOWSKI Tomasz  | 170   | #TEAMFURIA              | Open Mężczyzn | 275  | 10:30 | 01:18:47.75       | 01:18:47.75        | +00:36:01<br>(45.7%) | 15:45           | 3.8<br>(54.3%) |
| 328 | LUBIAK Wojciech     | 339   | GLEBIAKI                | Open Mężczyzn | 276  | 11:00 | 01:18:52.70       | 01:18:52.70        | +00:36:06<br>(45.8%) | 15:46           | 3.8<br>(54.3%) |
| 329 | BARCZEWSKI Łukasz   | 531   |                         | Open Mężczyzn | 277  | 11:30 | 01:18:59.70       | 01:18:59.70        | +00:36:13<br>(45.9%) | 15:47           | 3.8<br>(54.3%) |
| 330 | WOJEWÓDZKI Kamil    | 1262  |                         | Open Mężczyzn | 278  | 13:20 | 01:19:00.85       | 01:19:00.85        | +00:36:15<br>(45.9%) | 15:48           | 3.8<br>(54.3%) |
| 331 | STELMASZCZYK Artur  | 439   | PARALIZATOREM PO JAJACH | Open Mężczyzn | 279  | 11:15 | 01:19:04.55       | 01:19:04.55        | +00:36:18<br>(45.9%) | 15:48           | 3.8<br>(54.3%) |
| 332 | JĘDRACHOWICZ Tomasz | 438   | PARALIZATOREM PO JAJACH | Open Mężczyzn | 280  | 11:15 | 01:19:04.70       | 01:19:04.70        | +00:36:18<br>(45.9%) | 15:48           | 3.8<br>(54.3%) |
| 333 | ROGOWSKI Konrad     | 403   |                         | Open Mężczyzn | 281  | 11:00 | 01:19:06.75       | 01:19:06.75        | +00:36:20<br>(45.9%) | 15:49           | 3.8<br>(54.3%) |
| 334 | SZANIAWSKI Marcin   | 342   | HUSARIA RACE TEAM       | Open Mężczyzn | 282  | 11:00 | 01:19:07.05       | 01:19:07.05        | +00:36:21<br>(45.9%) | 15:49           | 3.8<br>(54.3%) |
| 335 | PINDELSKI Patryk    | 69    |                         | Open Mężczyzn | 283  | 10:00 | 01:19:24.95       | 01:19:24.95        | +00:36:39<br>(46.2%) | 15:52           | 3.8<br>(54.3%) |
| 336 | WÓJCIK Marcin       | 786   | FIGHT ACADEMY OSTROŁĘKA | Open Mężczyzn | 284  | 12:15 | 01:19:27.50       | 01:19:27.50        | +00:36:41<br>(46.2%) | 15:53           | 3.8<br>(54.3%) |
| 337 | DĘBIEC Ernest       | 641   |                         | Open Mężczyzn | 285  | 11:45 | 01:19:33.35       | 01:19:33.35        | +00:36:47<br>(46.2%) | 15:54           | 3.8<br>(54.3%) |
| 338 | KORCZAK Rafał       | 658   |                         | Open Mężczyzn | 286  | 11:45 | 01:19:34.25       | 01:19:34.25        | +00:36:48<br>(46.3%) | 15:54           | 3.8<br>(54.3%) |

|     |                    |       |                             |                          |      |       | Czas netto<br>5km | Czas brutto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|--------------------|-------|-----------------------------|--------------------------|------|-------|-------------------|--------------------|----------------------|-----------------|----------------|
| Msc | Zawodnik           | Numer | Klub                        | Kategoria                | Mkat | Seria |                   |                    |                      |                 |                |
| 339 | JANCZEWSKI Rafał   | 443   | VICTORIA OSTROŁĘKA          | Open Mężczyzn            | 287  | 11:15 | 01:19:39.20       | 01:19:39.20        | +00:36:53<br>(46.3%) | 15:55           | 3.8<br>(54.3%) |
| 340 | KIERNOZEK Tomasz   | 444   | VICTORIA OSTROŁĘKA          | Open Mężczyzn            | 288  | 11:15 | 01:19:39.65       | 01:19:39.65        | +00:36:53<br>(46.3%) | 15:55           | 3.8<br>(54.3%) |
| 341 | RYBAK Bogdan       | 665   |                             | Open Masters<br>Mężczyzn | 53   | 11:45 | 01:19:44.15       | 01:19:44.15        | +00:36:58<br>(46.4%) | 15:56           | 3.8<br>(54.3%) |
| 342 | DOLEWSKI Konrad    | 426   | KOCURY GDAŃSK               | Open Mężczyzn            | 289  | 11:15 | 01:19:45.90       | 01:19:45.90        | +00:37:00<br>(46.4%) | 15:57           | 3.8<br>(54.3%) |
| 343 | KANIEWSKI Artur    | 228   |                             | Open Masters<br>Mężczyzn | 54   | 10:30 | 01:19:51.50       | 01:19:51.50        | +00:37:05<br>(46.4%) | 15:58           | 3.8<br>(54.3%) |
| 344 | ŚWIDERSKI Janusz   | 158   |                             | Open Masters<br>Mężczyzn | 55   | 10:15 | 01:19:51.65       | 01:19:51.65        | +00:37:05<br>(46.5%) | 15:58           | 3.8<br>(54.3%) |
| 345 | TARASIEWICZ Kamil  | 160   |                             | Open Mężczyzn            | 290  | 10:15 | 01:19:52.80       | 01:19:52.80        | +00:37:06<br>(46.5%) | 15:58           | 3.8<br>(54.3%) |
| 346 | CHEŁSTOWSKI Robert | 141   |                             | Open Mężczyzn            | 291  | 10:15 | 01:19:53.70       | 01:19:53.70        | +00:37:07<br>(46.5%) | 15:58           | 3.8<br>(54.3%) |
| 347 | SZATANEK Bogdan    | 159   |                             | Open Mężczyzn            | 292  | 10:15 | 01:19:55.00       | 01:19:55.00        | +00:37:09<br>(46.5%) | 15:59           | 3.8<br>(54.3%) |
| 348 | GROMOTKA Janusz    | 291   |                             | Open Masters<br>Mężczyzn | 56   | 10:45 | 01:19:56.25       | 01:19:56.25        | +00:37:10<br>(46.5%) | 15:59           | 3.8<br>(54.3%) |
| 349 | OKLECINSKI Adrian  | 823   |                             | Open Mężczyzn            | 293  | 12:15 | 01:19:58.40       | 01:19:58.40        | +00:37:12<br>(46.5%) | 15:59           | 3.8<br>(54.3%) |
| 350 | PTAK Michał        | 1198  | MPK PURE HOME               | Open Mężczyzn            | 294  | 13:20 | 01:19:58.70       | 01:19:58.70        | +00:37:12<br>(46.5%) | 15:59           | 3.8<br>(54.3%) |
| 351 | MAZUR Dominik      | 1092  |                             | Open Mężczyzn            | 295  | 13:00 | 01:20:10.85       | 01:20:10.85        | +00:37:25<br>(46.7%) | 16:02           | 3.7<br>(52.9%) |
| 352 | KOWALCZYK Tomasz   | 305   |                             | Open Mężczyzn            | 296  | 13:00 | 01:20:11.65       | 01:20:11.65        | +00:37:25<br>(46.7%) | 16:02           | 3.7<br>(52.9%) |
| 353 | BORZYM Adam        | 1068  |                             | Open Mężczyzn            | 297  | 13:00 | 01:20:16.90       | 01:20:16.90        | +00:37:31<br>(46.7%) | 16:03           | 3.7<br>(52.9%) |
| 354 | PONSKI Cezary      | 239   |                             | Open Mężczyzn            | 298  | 13:00 | 01:20:18.30       | 01:20:18.30        | +00:37:32<br>(46.7%) | 16:03           | 3.7<br>(52.9%) |
| 355 | JAŚKIEWICZ Marek   | 295   |                             | Open Mężczyzn            | 299  | 13:00 | 01:20:18.45       | 01:20:18.45        | +00:37:32<br>(46.7%) | 16:03           | 3.7<br>(52.9%) |
| 356 | MARZEWSKI Mariusz  | 1090  |                             | Open Mężczyzn            | 300  | 13:00 | 01:20:19.05       | 01:20:19.05        | +00:37:33<br>(46.8%) | 16:03           | 3.7<br>(52.9%) |
| 357 | DOLEWSKI Karol     | 425   | KOCURY GDAŃSK               | Open Masters<br>Mężczyzn | 57   | 11:15 | 01:20:22.15       | 01:20:22.15        | +00:37:36<br>(46.8%) | 16:04           | 3.7<br>(52.9%) |
| 358 | DĘBEK Dominik      | 676   | BĘDZIE SIĘ DZIAŁO           | Open Mężczyzn            | 301  | 12:00 | 01:20:30.00       | 01:20:30.00        | +00:37:44<br>(46.9%) | 16:06           | 3.7<br>(52.9%) |
| 359 | RUTKOWSKI Jacek    | 482   |                             | Open Masters<br>Mężczyzn | 58   | 11:15 | 01:20:32.35       | 01:20:32.35        | +00:37:46<br>(46.9%) | 16:06           | 3.7<br>(52.9%) |
| 360 | BORKOWSKI Paweł    | 86    | AKADEMIA SPORTU MEDYK ŁOMŻA | Open Mężczyzn            | 302  | 10:15 | 01:20:41.75       | 01:20:41.75        | +00:37:55<br>(47.0%) | 16:08           | 3.7<br>(52.9%) |
| 361 | JAGIEŁŁO Radosław  | 377   |                             | Open Mężczyzn            | 303  | 11:00 | 01:20:45.40       | 01:20:45.40        | +00:37:59<br>(47.0%) | 16:09           | 3.7<br>(52.9%) |



| Msc | Zawodnik                | Numer | Klub                            | Kategoria                | Mkat | Seria | Czas netto<br>5km | Czas brutto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-------------------------|-------|---------------------------------|--------------------------|------|-------|-------------------|--------------------|----------------------|-----------------|----------------|
| 362 | KIELISIAK Marek         | 15    | HUSARIA RACE TEAM               | Open Mężczyzn            | 304  | 10:00 | 01:20:47.65       | 01:20:47.65        | +00:38:01<br>(47.1%) | 16:09           | 3.7<br>(52.9%) |
| 362 | LELOCH Michał           | 16    | HUSARIA RACE TEAM               | Open Mężczyzn            | 304  | 10:00 | 01:20:47.65       | 01:20:47.65        | +00:38:01<br>(47.1%) | 16:09           | 3.7<br>(52.9%) |
| 364 | MAŚLANKIEWICZ Dawid     | 17    | HUSARIA RACE TEAM               | Open Mężczyzn            | 306  | 10:00 | 01:20:47.75       | 01:20:47.75        | +00:38:01<br>(47.1%) | 16:09           | 3.7<br>(52.9%) |
| 365 | JAWORSKI Sebastian      | 811   |                                 | Open Mężczyzn            | 307  | 12:15 | 01:20:49.05       | 01:20:49.05        | +00:38:03<br>(47.1%) | 16:09           | 3.7<br>(52.9%) |
| 366 | LUBIAK Robert           | 338   | GLEBIAKI                        | Open Masters<br>Mężczyzn | 59   | 11:00 | 01:20:51.35       | 01:20:51.35        | +00:38:05<br>(47.1%) | 16:10           | 3.7<br>(52.9%) |
| 367 | LEŚNIEWSKI Paweł        | 309   |                                 | Open Masters<br>Mężczyzn | 60   | 10:45 | 01:20:51.55       | 01:20:51.55        | +00:38:05<br>(47.1%) | 16:10           | 3.7<br>(52.9%) |
| 368 | CIECIERSKI Jakub        | 891   |                                 | Open Mężczyzn            | 308  | 12:30 | 01:20:52.00       | 01:20:52.00        | +00:38:06<br>(47.1%) | 16:10           | 3.7<br>(52.9%) |
| 369 | KLAJNERT Tomasz         | 1225  |                                 | Open Mężczyzn            | 309  | 13:20 | 01:20:53.65       | 01:20:53.65        | +00:38:07<br>(47.1%) | 16:10           | 3.7<br>(52.9%) |
| 370 | BOROWSKI Tomasz         | 1193  | MPK PURE HOME                   | Open Mężczyzn            | 310  | 13:20 | 01:20:55.00       | 01:20:55.00        | +00:38:09<br>(47.2%) | 16:11           | 3.7<br>(52.9%) |
| 371 | BIALIK Paweł            | 253   | CROSS TRENING MAZOVIA CIECHANÓW | Open Mężczyzn            | 311  | 10:45 | 01:20:55.20       | 01:20:55.20        | +00:38:09<br>(47.2%) | 16:11           | 3.7<br>(52.9%) |
| 372 | WÓJCIK Konrad           | 1105  |                                 | Open Mężczyzn            | 312  | 13:00 | 01:21:10.05       | 01:21:10.05        | +00:38:24<br>(47.3%) | 16:14           | 3.7<br>(52.9%) |
| 373 | GRODZKI Daniel          | 1195  | MPK PURE HOME                   | Open Mężczyzn            | 313  | 13:20 | 01:21:10.55       | 01:21:10.55        | +00:38:24<br>(47.3%) | 16:14           | 3.7<br>(52.9%) |
| 374 | TOBOJKA Piotr           | 1013  |                                 | Open Mężczyzn            | 314  | 13:20 | 01:21:13.65       | 01:21:13.65        | +00:38:27<br>(47.4%) | 16:14           | 3.7<br>(52.9%) |
| 375 | LUTRZYKOWSKI Damian     | 999   |                                 | Open Mężczyzn            | 315  | 13:20 | 01:21:14.80       | 01:21:14.80        | +00:38:28<br>(47.4%) | 16:14           | 3.7<br>(52.9%) |
| 376 | SZOK Marek              | 669   | PADAM NA RYJ                    | Open Mężczyzn            | 316  | 11:45 | 01:21:17.15       | 01:21:17.15        | +00:38:31<br>(47.4%) | 16:15           | 3.7<br>(52.9%) |
| 377 | BEDNARCZYK Mateusz      | 969   |                                 | Open Mężczyzn            | 317  | 12:45 | 01:21:33.55       | 01:21:33.55        | +00:38:47<br>(47.6%) | 16:18           | 3.7<br>(52.9%) |
| 378 | ES Irek                 | 897   |                                 | Open Mężczyzn            | 318  | 12:30 | 01:21:34.95       | 01:21:34.95        | +00:38:49<br>(47.6%) | 16:18           | 3.7<br>(52.9%) |
| 379 | OLESZKIEWICZ Przemysław | 825   |                                 | Open Masters<br>Mężczyzn | 61   | 12:15 | 01:21:35.35       | 01:21:35.35        | +00:38:49<br>(47.6%) | 16:19           | 3.7<br>(52.9%) |
| 379 | PAWŁOWSKI Tomasz        | 746   |                                 | Open Mężczyzn            | 319  | 12:00 | 01:21:35.35       | 01:21:35.35        | +00:38:49<br>(47.6%) | 16:19           | 3.7<br>(52.9%) |
| 381 | SZOCIŃSKI Michał        | 668   |                                 | Open Mężczyzn            | 320  | 11:45 | 01:21:42.95       | 01:21:42.95        | +00:38:57<br>(47.7%) | 16:20           | 3.7<br>(52.9%) |
| 382 | BORCZON Eryk            | 1067  |                                 | Open Mężczyzn            | 321  | 13:00 | 01:21:46.50       | 01:21:46.50        | +00:39:00<br>(47.7%) | 16:21           | 3.7<br>(52.9%) |
| 383 | KORNACKI Przemysław     | 1081  |                                 | Open Mężczyzn            | 322  | 13:00 | 01:21:49.10       | 01:21:49.10        | +00:39:03<br>(47.7%) | 16:21           | 3.7<br>(52.9%) |
| 384 | HILLER Fabian           | 689   | DRUŻYNA RKS HUWDU               | Open Mężczyzn            | 323  | 12:00 | 01:21:53.75       | 01:21:53.75        | +00:39:07<br>(47.8%) | 16:22           | 3.7<br>(52.9%) |

|     |                        |       |                                 |                          |      |       | Czas netto<br>5km | Czas brutto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|------------------------|-------|---------------------------------|--------------------------|------|-------|-------------------|--------------------|----------------------|-----------------|----------------|
| Msc | Zawodnik               | Numer | Klub                            | Kategoria                | Mkat | Seria |                   |                    |                      |                 |                |
| 385 | GLEBA Przemysław       | 336   | GLEBIAKI                        | Open Masters<br>Mężczyzn | 62   | 11:00 | 01:21:55.35       | 01:21:55.35        | +00:39:09<br>(47.8%) | 16:23           | 3.7<br>(52.9%) |
| 386 | JASZCZUK Piotr         | 987   |                                 | Open Mężczyzn            | 324  | 12:45 | 01:21:56.10       | 01:21:56.10        | +00:39:10<br>(47.8%) | 16:23           | 3.7<br>(52.9%) |
| 387 | WITKOWSKI Maciek       | 1383  |                                 | Open Masters<br>Mężczyzn | 63   | 12:45 | 01:21:58.60       | 01:21:58.60        | +00:39:12<br>(47.8%) | 16:23           | 3.7<br>(52.9%) |
| 388 | JARASZEK Krzysztof     | 1111  | CF ŁUKÓW                        | Open Mężczyzn            | 325  | 12:45 | 01:21:59.80       | 01:21:59.80        | +00:39:13<br>(47.8%) | 16:23           | 3.7<br>(52.9%) |
| 389 | MROZEK Przemek         | 850   | ESTETYCZNE CHŁOPAKI             | Open Mężczyzn            | 326  | 12:30 | 01:22:00.55       | 01:22:00.55        | +00:39:14<br>(47.9%) | 16:24           | 3.7<br>(52.9%) |
| 390 | KUCHARSKI Rafal        | 1085  |                                 | Open Mężczyzn            | 327  | 13:30 | 01:22:05.75       | 01:22:05.75        | +00:39:19<br>(47.9%) | 16:25           | 3.7<br>(52.9%) |
| 391 | SZYMAŃSKI Łukasz       | 673   |                                 | Open Mężczyzn            | 328  | 11:45 | 01:22:18.00       | 01:22:18.00        | +00:39:32<br>(48.0%) | 16:27           | 3.6<br>(51.4%) |
| 392 | GLEBA Jacek            | 334   | GLEBIAKI                        | Open Mężczyzn            | 329  | 11:00 | 01:22:20.60       | 01:22:20.60        | +00:39:34<br>(48.1%) | 16:28           | 3.6<br>(51.4%) |
| 393 | KACZAN Jerzy           | 337   | GLEBIAKI                        | Open Masters<br>Mężczyzn | 64   | 11:00 | 01:22:20.90       | 01:22:20.90        | +00:39:35<br>(48.1%) | 16:28           | 3.6<br>(51.4%) |
| 394 | PLISZKA Marcin         | 1273  | KRISHOME                        | Open Mężczyzn            | 330  | 13:20 | 01:22:21.15       | 01:22:21.15        | +00:39:35<br>(48.1%) | 16:28           | 3.6<br>(51.4%) |
| 395 | PRUSIŃSKI Michał       | 1274  | KRISHOME                        | Open Mężczyzn            | 331  | 13:20 | 01:22:21.65       | 01:22:21.65        | +00:39:35<br>(48.1%) | 16:28           | 3.6<br>(51.4%) |
| 396 | RUSZKOWSKI Przemysław  | 259   | CROSS TRENING MAZOVIA CIECHANÓW | Open Mężczyzn            | 332  | 10:45 | 01:22:23.70       | 01:22:23.70        | +00:39:37<br>(48.1%) | 16:28           | 3.6<br>(51.4%) |
| 397 | NIKIEL Dariusz         | 1245  |                                 | Open Masters<br>Mężczyzn | 65   | 13:20 | 01:22:24.60       | 01:22:24.60        | +00:39:38<br>(48.1%) | 16:28           | 3.6<br>(51.4%) |
| 398 | DAWIDZIUK Bartosz      | 1072  |                                 | Open Mężczyzn            | 333  | 13:00 | 01:22:25.00       | 01:22:25.00        | +00:39:39<br>(48.1%) | 16:29           | 3.6<br>(51.4%) |
| 399 | KRUSZEWSKI Tomasz      | 1237  |                                 | Open Masters<br>Mężczyzn | 66   | 13:20 | 01:22:25.45       | 01:22:25.45        | +00:39:39<br>(48.1%) | 16:29           | 3.6<br>(51.4%) |
| 400 | MYŚLAK Paweł           | 1043  | LEDIN OSTROŁĘKA                 | Open Mężczyzn            | 334  | 13:00 | 01:22:28.60       | 01:22:28.60        | +00:39:42<br>(48.1%) | 16:29           | 3.6<br>(51.4%) |
| 401 | CHORAŻEWICZ Adam       | 1382  | LEDIN OSTROŁĘKA                 | Open Mężczyzn            | 335  | 13:00 | 01:22:28.70       | 01:22:28.70        | +00:39:42<br>(48.2%) | 16:29           | 3.6<br>(51.4%) |
| 402 | KOWALCZYK Przemysław   | 1040  | LEDIN OSTROŁĘKA                 | Open Mężczyzn            | 336  | 13:00 | 01:22:29.15       | 01:22:29.15        | +00:39:43<br>(48.2%) | 16:29           | 3.6<br>(51.4%) |
| 402 | ZYRA Przemysław        | 1048  | LEDIN OSTROŁĘKA                 | Open Mężczyzn            | 336  | 13:00 | 01:22:29.15       | 01:22:29.15        | +00:39:43<br>(48.2%) | 16:29           | 3.6<br>(51.4%) |
| 404 | DĄBROWSKI Kamil        | 343   | KARWOSTEAM                      | Open Mężczyzn            | 338  | 11:00 | 01:22:32.20       | 01:22:32.20        | +00:39:46<br>(48.2%) | 16:30           | 3.6<br>(51.4%) |
| 405 | STATKIEWICZ Piotr      | 1324  |                                 | Open Mężczyzn            | 339  | 13:30 | 01:22:44.65       | 01:22:44.65        | +00:39:58<br>(48.3%) | 16:32           | 3.6<br>(51.4%) |
| 406 | CHOMONTOWSKI Sebastian | 367   |                                 | Open Mężczyzn            | 340  | 11:00 | 01:22:50.00       | 01:22:50.00        | +00:40:04<br>(48.4%) | 16:34           | 3.6<br>(51.4%) |
| 407 | GRABOWSKI Artur        | 289   |                                 | Open Mężczyzn            | 341  | 10:45 | 01:22:52.80       | 01:22:52.80        | +00:40:06<br>(48.4%) | 16:34           | 3.6<br>(51.4%) |

| Msc | Zawodnik             | Numer | Klub                  | Kategoria                | Mkat | Seria | Czas netto<br>5km | Czas brutto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|----------------------|-------|-----------------------|--------------------------|------|-------|-------------------|--------------------|----------------------|-----------------|----------------|
| 408 | ZALEWSKI Filip       | 1017  |                       | Open Mężczyzn            | 342  | 12:45 | 01:22:57.90       | 01:22:57.90        | +00:40:12<br>(48.5%) | 16:35           | 3.6<br>(51.4%) |
| 409 | SADOWSKI Łukasz      | 1285  | SKRAJNIE WYCZERPANI   | Open Mężczyzn            | 343  | 13:30 | 01:23:02.10       | 01:23:02.10        | +00:40:16<br>(48.5%) | 16:36           | 3.6<br>(51.4%) |
| 410 | FREUND Arkadiusz     | 1390  |                       | Open Masters<br>Mężczyzn | 67   | 13:30 | 01:23:02.15       | 01:23:02.15        | +00:40:16<br>(48.5%) | 16:36           | 3.6<br>(51.4%) |
| 411 | WOLIŃSKI Marcin      | 626   | SEET                  | Open Mężczyzn            | 344  | 11:45 | 01:23:12.85       | 01:23:12.85        | +00:40:27<br>(48.6%) | 16:38           | 3.6<br>(51.4%) |
| 412 | TRYBUŁA Mateusz      | 674   | PADAM NA RYJ          | Open Mężczyzn            | 345  | 11:45 | 01:23:13.45       | 01:23:13.45        | +00:40:27<br>(48.6%) | 16:38           | 3.6<br>(51.4%) |
| 413 | TRYBUŁA Tomasz       | 675   | PADAM NA RYJ          | Open Masters<br>Mężczyzn | 68   | 11:45 | 01:23:14.55       | 01:23:14.55        | +00:40:28<br>(48.6%) | 16:38           | 3.6<br>(51.4%) |
| 414 | MIERZEJEWSKI Wiktor  | 235   |                       | Open Mężczyzn            | 346  | 10:30 | 01:23:18.15       | 01:23:18.15        | +00:40:32<br>(48.7%) | 16:39           | 3.6<br>(51.4%) |
| 415 | GLEBA Przemcik       | 848   | ESTETYCZNE CHŁOPAKI   | Open Mężczyzn            | 347  | 12:30 | 01:23:21.20       | 01:23:21.20        | +00:40:35<br>(48.7%) | 16:40           | 3.6<br>(51.4%) |
| 416 | ROGOWSKI Adam        | 753   |                       | Open Mężczyzn            | 348  | 12:00 | 01:23:26.25       | 01:23:26.25        | +00:40:40<br>(48.7%) | 16:41           | 3.6<br>(51.4%) |
| 417 | SZCZEPAŃSKI Jędrzej  | 1012  |                       | Open Mężczyzn            | 349  | 12:45 | 01:23:28.10       | 01:23:28.10        | +00:40:42<br>(48.8%) | 16:41           | 3.6<br>(51.4%) |
| 418 | BĄCHORT Adam         | 1374  |                       | Open Mężczyzn            | 350  | 11:30 | 01:23:30.25       | 01:23:30.25        | +00:40:44<br>(48.8%) | 16:42           | 3.6<br>(51.4%) |
| 419 | URZYKOWSKI Artur     | 410   |                       | Open Mężczyzn            | 351  | 11:00 | 01:23:38.55       | 01:23:38.55        | +00:40:52<br>(48.9%) | 16:43           | 3.6<br>(51.4%) |
| 420 | RYBUS Piotr          | 832   |                       | Open Masters<br>Mężczyzn | 69   | 12:15 | 01:23:41.70       | 01:23:41.70        | +00:40:55<br>(48.9%) | 16:44           | 3.6<br>(51.4%) |
| 421 | SIWEK Sebastian      | 1361  | LAGUNA STARY MIASTKÓW | Open Mężczyzn            | 352  | 12:00 | 01:23:47.35       | 01:23:47.35        | +00:41:01<br>(49.0%) | 16:45           | 3.6<br>(51.4%) |
| 422 | BARAN Jakub          | 709   | LAGUNA STARY MIASTKÓW | Open Mężczyzn            | 353  | 12:00 | 01:23:47.85       | 01:23:47.85        | +00:41:02<br>(49.0%) | 16:45           | 3.6<br>(51.4%) |
| 423 | MATUSIAK Patryk      | 434   | PACBOXINGGYMLELIS     | Open Mężczyzn            | 354  | 11:15 | 01:23:50.65       | 01:23:50.65        | +00:41:04<br>(49.0%) | 16:46           | 3.6<br>(51.4%) |
| 424 | SIENICKI Leszek      | 857   | KSJ 7 ŁOMŻA           | Open Mężczyzn            | 355  | 12:30 | 01:23:53.00       | 01:23:53.00        | +00:41:07<br>(49.0%) | 16:46           | 3.6<br>(51.4%) |
| 425 | KAŹMIERSKI Krzysztof | 904   |                       | Open Mężczyzn            | 356  | 12:15 | 01:24:03.00       | 01:24:03.00        | +00:41:17<br>(49.1%) | 16:48           | 3.6<br>(51.4%) |
| 426 | ZALEWSKI Zbigniew    | 1204  | OSADA INVEST          | Open Mężczyzn            | 357  | 13:20 | 01:24:04.10       | 01:24:04.10        | +00:41:18<br>(49.1%) | 16:48           | 3.6<br>(51.4%) |
| 427 | LEJB Paweł           | 963   | PSYCHIATRYKGRUZTEAM   | Open Mężczyzn            | 358  | 12:45 | 01:24:07.15       | 01:24:07.15        | +00:41:21<br>(49.2%) | 16:49           | 3.6<br>(51.4%) |
| 428 | ZEBROWSKI Adam       | 209   | #TEAMFURIA            | Open Masters<br>Mężczyzn | 70   | 10:30 | 01:24:07.50       | 01:24:07.50        | +00:41:21<br>(49.2%) | 16:49           | 3.6<br>(51.4%) |
| 429 | LIPKA Kacper         | 1306  |                       | Open Mężczyzn            | 359  | 13:30 | 01:24:12.40       | 01:24:12.40        | +00:41:26<br>(49.2%) | 16:50           | 3.6<br>(51.4%) |
| 430 | ZIĘBA Paweł          | 328   |                       | Open Mężczyzn            | 360  | 10:45 | 01:24:22.05       | 01:24:22.05        | +00:41:36<br>(49.3%) | 16:52           | 3.6<br>(51.4%) |

|     |                       |       |                     |               |      |       | Czas netto<br>5km | Czas brutto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-----------------------|-------|---------------------|---------------|------|-------|-------------------|--------------------|----------------------|-----------------|----------------|
| Msc | Zawodnik              | Numer | Klub                | Kategoria     | Mkat | Seria |                   |                    |                      |                 |                |
| 431 | KŁOS Maksymilian      | 812   |                     | Open Mężczyzn | 361  | 12:15 | 01:24:26.50       | 01:24:26.50        | +00:41:40<br>(49.4%) | 16:53           | 3.6<br>(51.4%) |
| 432 | DĄBKOWSKI Mateusz     | 800   |                     | Open Mężczyzn | 362  | 12:15 | 01:24:26.70       | 01:24:26.70        | +00:41:40<br>(49.4%) | 16:53           | 3.6<br>(51.4%) |
| 433 | SIERADZAN Michał      | 102   | EKIPA SPRZĄTAJĄCA   | Open Mężczyzn | 363  | 10:15 | 01:24:29.80       | 01:24:29.80        | +00:41:43<br>(49.4%) | 16:53           | 3.6<br>(51.4%) |
| 434 | K Arkadiusz           | 849   | ESTETYCZNE CHŁOPAKI | Open Mężczyzn | 364  | 12:30 | 01:24:31.10       | 01:24:31.10        | +00:41:45<br>(49.4%) | 16:54           | 3.5<br>(50.0%) |
| 435 | FIJKA Przemysław      | 644   |                     | Open Mężczyzn | 365  | 11:45 | 01:24:31.70       | 01:24:31.70        | +00:41:45<br>(49.4%) | 16:54           | 3.5<br>(50.0%) |
| 436 | ZALEWSKI Damian       | 500   |                     | Open Mężczyzn | 366  | 11:15 | 01:24:35.50       | 01:24:35.50        | +00:41:49<br>(49.4%) | 16:55           | 3.5<br>(50.0%) |
| 437 | GAWIN Tomasz          | 646   |                     | Open Mężczyzn | 367  | 11:45 | 01:24:37.10       | 01:24:37.10        | +00:41:51<br>(49.5%) | 16:55           | 3.5<br>(50.0%) |
| 438 | SZCZEPAŃSKI Adam      | 202   | #TEAMFURIA          | Open Mężczyzn | 368  | 10:30 | 01:24:40.35       | 01:24:40.35        | +00:41:54<br>(49.5%) | 16:56           | 3.5<br>(50.0%) |
| 439 | DROGOMIRECKI Mateusz  | 961   | PSYCHIATRYKGRUZTEAM | Open Mężczyzn | 369  | 12:45 | 01:24:42.15       | 01:24:42.15        | +00:41:56<br>(49.5%) | 16:56           | 3.5<br>(50.0%) |
| 440 | BARANOWSKI Maciej     | 1339  | MELVIT TEAM         | Open Mężczyzn | 370  | 13:40 | 01:24:43.20       | 01:24:43.20        | +00:41:57<br>(49.5%) | 16:56           | 3.5<br>(50.0%) |
| 441 | ŁYSIK Piotr           | 1370  | MELVIT TEAM         | Open Mężczyzn | 371  | 13:40 | 01:24:48.90       | 01:24:48.90        | +00:42:03<br>(49.6%) | 16:57           | 3.5<br>(50.0%) |
| 442 | DĄBROWSKI Adam        | 976   |                     | Open Mężczyzn | 372  | 12:45 | 01:24:54.20       | 01:24:54.20        | +00:42:08<br>(49.6%) | 16:58           | 3.5<br>(50.0%) |
| 443 | WOŹNIAK Krzysztof     | 1107  |                     | Open Mężczyzn | 373  | 13:00 | 01:24:58.00       | 01:24:58.00        | +00:42:12<br>(49.7%) | 16:59           | 3.5<br>(50.0%) |
| 444 | ZAGAJEWSKI Mateusz    | 1108  |                     | Open Mężczyzn | 374  | 13:00 | 01:24:58.30       | 01:24:58.30        | +00:42:12<br>(49.7%) | 16:59           | 3.5<br>(50.0%) |
| 445 | KACZMAREK Łukasz      | 1078  |                     | Open Mężczyzn | 375  | 13:00 | 01:24:58.75       | 01:24:58.75        | +00:42:12<br>(49.7%) | 16:59           | 3.5<br>(50.0%) |
| 446 | PUDŁO Kacper          | 481   |                     | Open Mężczyzn | 376  | 11:15 | 01:25:00.05       | 01:25:00.05        | +00:42:14<br>(49.7%) | 17:00           | 3.5<br>(50.0%) |
| 447 | CHCIUK Dawid          | 536   |                     | Open Mężczyzn | 377  | 11:30 | 01:25:03.40       | 01:25:03.40        | +00:42:17<br>(49.7%) | 17:00           | 3.5<br>(50.0%) |
| 448 | ŻEBROWSKI Bartosz     | 1018  |                     | Open Mężczyzn | 378  | 12:45 | 01:25:03.55       | 01:25:03.55        | +00:42:17<br>(49.7%) | 17:00           | 3.5<br>(50.0%) |
| 449 | OBOJSKI Paweł         | 743   |                     | Open Mężczyzn | 379  | 11:30 | 01:25:04.50       | 01:25:04.50        | +00:42:18<br>(49.7%) | 17:00           | 3.5<br>(50.0%) |
| 450 | SOKOŁOWSKI Łukasz     | 582   |                     | Open Mężczyzn | 380  | 11:30 | 01:25:07.85       | 01:25:07.85        | +00:42:22<br>(49.8%) | 17:01           | 3.5<br>(50.0%) |
| 451 | MROCZKOWSKI Michał    | 1244  |                     | Open Mężczyzn | 381  | 13:20 | 01:25:27.65       | 01:25:27.65        | +00:42:41<br>(50.0%) | 17:05           | 3.5<br>(50.0%) |
| 452 | MODZELEWSKI Krzysztof | 1243  |                     | Open Mężczyzn | 382  | 13:20 | 01:25:28.45       | 01:25:28.45        | +00:42:42<br>(50.0%) | 17:05           | 3.5<br>(50.0%) |
| 453 | MATUSIAK Norbert      | 471   |                     | Open Mężczyzn | 383  | 11:15 | 01:25:33.70       | 01:25:33.70        | +00:42:47<br>(50.0%) | 17:06           | 3.5<br>(50.0%) |

| Msc | Zawodnik              | Numer | Klub                                          | Kategoria                | Mkat | Seria | Czas netto<br>5km | Czas brutto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-----------------------|-------|-----------------------------------------------|--------------------------|------|-------|-------------------|--------------------|----------------------|-----------------|----------------|
| 454 | KACZMARCZYK Patryk    | 1381  |                                               | Open Mężczyzn            | 384  | 13:30 | 01:25:37.70       | 01:25:37.70        | +00:42:51<br>(50.1%) | 17:07           | 3.5<br>(50.0%) |
| 455 | MAZUR Dariusz         | 692   | DRUŻYNA RKS HUWDU                             | Open Mężczyzn            | 385  | 12:00 | 01:25:43.85       | 01:25:43.85        | +00:42:58<br>(50.1%) | 17:08           | 3.5<br>(50.0%) |
| 456 | M Janusz              | 186   | #TEAMFURIA                                    | Open Masters<br>Mężczyzn | 71   | 10:30 | 01:25:45.55       | 01:25:45.55        | +00:42:59<br>(50.1%) | 17:09           | 3.5<br>(50.0%) |
| 457 | NASIADKA Sebastian    | 65    |                                               | Open Mężczyzn            | 386  | 10:00 | 01:25:51.05       | 01:25:51.05        | +00:43:05<br>(50.2%) | 17:10           | 3.5<br>(50.0%) |
| 458 | KOS Fabian            | 907   |                                               | Open Mężczyzn            | 387  | 12:30 | 01:25:58.65       | 01:25:58.65        | +00:43:12<br>(50.3%) | 17:11           | 3.5<br>(50.0%) |
| 459 | OLECHOWSKI Mateusz    | 67    |                                               | Open Mężczyzn            | 388  | 10:00 | 01:26:04.75       | 01:26:04.75        | +00:43:18<br>(50.3%) | 17:12           | 3.5<br>(50.0%) |
| 460 | SIENICKI Mariusz      | 708   | KSJ 7 ŁOMŻA                                   | Open Masters<br>Mężczyzn | 72   | 12:30 | 01:26:06.90       | 01:26:06.90        | +00:43:21<br>(50.3%) | 17:13           | 3.5<br>(50.0%) |
| 461 | OLESIAK Sebastian     | 1312  |                                               | Open Mężczyzn            | 389  | 13:30 | 01:26:13.55       | 01:26:13.55        | +00:43:27<br>(50.4%) | 17:14           | 3.5<br>(50.0%) |
| 462 | DANILCZUK Mateusz     | 1213  |                                               | Open Mężczyzn            | 390  | 13:20 | 01:26:15.70       | 01:26:15.70        | +00:43:29<br>(50.4%) | 17:15           | 3.5<br>(50.0%) |
| 463 | ORZECOWSKI Damian     | 744   |                                               | Open Mężczyzn            | 391  | 12:15 | 01:26:17.25       | 01:26:17.25        | +00:43:31<br>(50.4%) | 17:15           | 3.5<br>(50.0%) |
| 464 | PODKAŃSKI Jacek       | 398   |                                               | Open Mężczyzn            | 392  | 11:00 | 01:26:17.85       | 01:26:17.85        | +00:43:32<br>(50.4%) | 17:15           | 3.5<br>(50.0%) |
| 465 | SŁOMIŃSKI Robert      | 757   |                                               | Open Mężczyzn            | 393  | 12:15 | 01:26:19.75       | 01:26:19.75        | +00:43:33<br>(50.5%) | 17:15           | 3.5<br>(50.0%) |
| 466 | DZIEWULSKI Dominik    | 1217  |                                               | Open Mężczyzn            | 394  | 13:20 | 01:26:49.50       | 01:26:49.50        | +00:44:03<br>(50.7%) | 17:21           | 3.5<br>(50.0%) |
| 467 | CIUPAK Dariusz        | 853   | GLKS POLICHNA                                 | Open Mężczyzn            | 395  | 12:30 | 01:26:54.45       | 01:26:54.45        | +00:44:08<br>(50.8%) | 17:22           | 3.5<br>(50.0%) |
| 468 | GAJCY Piotr           | 101   | EKIPA SPRZĄTAJĄCA                             | Open Mężczyzn            | 396  | 10:15 | 01:27:01.60       | 01:27:01.60        | +00:44:15<br>(50.9%) | 17:24           | 3.4<br>(48.6%) |
| 469 | CHOJNACKI Michał      | 35    | RYCERZE SREBRNEJ PIERSIÓWKI SPOD MONOPOŁOWEGO | Open Mężczyzn            | 397  | 10:00 | 01:27:02.80       | 01:27:02.80        | +00:44:16<br>(50.9%) | 17:24           | 3.4<br>(48.6%) |
| 470 | ORZECZ Patryk Mateusz | 1459  | MELVIT TEAM                                   | Open Mężczyzn            | 398  | 13:40 | 01:27:02.85       | 01:27:02.85        | +00:44:17<br>(50.9%) | 17:24           | 3.4<br>(48.6%) |
| 470 | SALMANOWICZ Krzysztof | 37    | RYCERZE SREBRNEJ PIERSIÓWKI SPOD MONOPOŁOWEGO | Open Masters<br>Mężczyzn | 73   | 10:00 | 01:27:02.85       | 01:27:02.85        | +00:44:17<br>(50.9%) | 17:24           | 3.4<br>(48.6%) |
| 472 | ORZECZ Paweł          | 1469  |                                               | Open Mężczyzn            | 399  | 13:40 | 01:27:03.85       | 01:27:03.85        | +00:44:18<br>(50.9%) | 17:24           | 3.4<br>(48.6%) |
| 473 | SALMANOWICZ Adam      | 36    | RYCERZE SREBRNEJ PIERSIÓWKI SPOD MONOPOŁOWEGO | Open Mężczyzn            | 400  | 10:00 | 01:27:04.30       | 01:27:04.30        | +00:44:18<br>(50.9%) | 17:24           | 3.4<br>(48.6%) |
| 474 | DUSZAK Mateusz        | 1150  |                                               | Open Mężczyzn            | 401  | 13:10 | 01:27:05.85       | 01:27:05.85        | +00:44:20<br>(50.9%) | 17:25           | 3.4<br>(48.6%) |
| 475 | FILAS Rafał           | 460   |                                               | Open Mężczyzn            | 402  | 10:45 | 01:27:14.40       | 01:27:14.40        | +00:44:28<br>(51.0%) | 17:26           | 3.4<br>(48.6%) |
| 476 | BALASIŃSKI Jakub      | 360   |                                               | Open Mężczyzn            | 403  | 11:00 | 01:27:21.55       | 01:27:21.55        | +00:44:35<br>(51.0%) | 17:28           | 3.4<br>(48.6%) |

| Msc | Zawodnik             | Numer | Klub             | Kategoria                | Mkat | Seria | Czas netto<br>5km | Czas brutto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|----------------------|-------|------------------|--------------------------|------|-------|-------------------|--------------------|----------------------|-----------------|----------------|
| 477 | DŁUGOKĘCKI Andrzej   | 45    |                  | Open Masters<br>Mężczyzn | 74   | 10:00 | 01:27:22.15       | 01:27:22.15        | +00:44:36<br>(51.1%) | 17:28           | 3.4<br>(48.6%) |
| 478 | JURGA Mateusz        | 1272  | JURASY           | Open Mężczyzn            | 404  | 13:30 | 01:27:24.15       | 01:27:24.15        | +00:44:38<br>(51.1%) | 17:28           | 3.4<br>(48.6%) |
| 479 | TRACIKOWSKI Karol    | 1014  |                  | Open Mężczyzn            | 405  | 12:45 | 01:27:29.70       | 01:27:29.70        | +00:44:43<br>(51.1%) | 17:29           | 3.4<br>(48.6%) |
| 480 | CHMIEL Marcin        | 890   |                  | Open Mężczyzn            | 406  | 12:30 | 01:27:33.30       | 01:27:33.30        | +00:44:47<br>(51.2%) | 17:30           | 3.4<br>(48.6%) |
| 481 | SMOLIŃSKI Michał     | 488   |                  | Open Mężczyzn            | 407  | 11:15 | 01:27:35.05       | 01:27:35.05        | +00:44:49<br>(51.2%) | 17:31           | 3.4<br>(48.6%) |
| 482 | POŁOK Ireneusz       | 918   |                  | Open Mężczyzn            | 408  | 12:30 | 01:27:35.10       | 01:27:35.10        | +00:44:49<br>(51.2%) | 17:31           | 3.4<br>(48.6%) |
| 483 | CHELSTOWSKI Marcin   | 104   | FORMA 5          | Open Mężczyzn            | 409  | 10:15 | 01:27:35.65       | 01:27:35.65        | +00:44:49<br>(51.2%) | 17:31           | 3.4<br>(48.6%) |
| 484 | SMOLIŃSKI Marek      | 487   |                  | Open Mężczyzn            | 410  | 11:15 | 01:27:36.30       | 01:27:36.30        | +00:44:50<br>(51.2%) | 17:31           | 3.4<br>(48.6%) |
| 485 | KOWALCZYK Rafał      | 304   |                  | Open Mężczyzn            | 411  | 10:45 | 01:27:36.85       | 01:27:36.85        | +00:44:51<br>(51.2%) | 17:31           | 3.4<br>(48.6%) |
| 486 | TARGOŃSKI Patryk     | 584   |                  | Open Mężczyzn            | 412  | 11:30 | 01:27:39.05       | 01:27:39.05        | +00:44:53<br>(51.2%) | 17:31           | 3.4<br>(48.6%) |
| 487 | BAJTAŁA Piotr        | 139   |                  | Open Masters<br>Mężczyzn | 75   | 10:15 | 01:27:40.10       | 01:27:40.10        | +00:44:54<br>(51.2%) | 17:32           | 3.4<br>(48.6%) |
| 488 | Wolek                | 529   |                  | Open Mężczyzn            | 413  | 11:30 | 01:27:45.15       | 01:27:45.15        | +00:44:59<br>(51.3%) | 17:33           | 3.4<br>(48.6%) |
| 489 | KOZIEŁ Kamil         | 854   | GLKS POLICHNA    | Open Mężczyzn            | 414  | 12:30 | 01:27:47.40       | 01:27:47.40        | +00:45:01<br>(51.3%) | 17:33           | 3.4<br>(48.6%) |
| 490 | FRYDRYK Jakub        | 1125  | MIASTO OSTROŁĘKA | Open Mężczyzn            | 415  | 13:10 | 01:27:47.55       | 01:27:47.55        | +00:45:01<br>(51.3%) | 17:33           | 3.4<br>(48.6%) |
| 491 | JANUS Patryk         | 378   |                  | Open Mężczyzn            | 416  | 11:00 | 01:27:47.80       | 01:27:47.80        | +00:45:01<br>(51.3%) | 17:33           | 3.4<br>(48.6%) |
| 492 | JĘDRZEJEWSKI Dominik | 379   |                  | Open Mężczyzn            | 417  | 11:00 | 01:27:50.45       | 01:27:50.45        | +00:45:04<br>(51.3%) | 17:34           | 3.4<br>(48.6%) |
| 493 | DREŹEK Krzysztof     | 286   |                  | Open Masters<br>Mężczyzn | 76   | 11:00 | 01:27:54.40       | 01:27:54.40        | +00:45:08<br>(51.4%) | 17:34           | 3.4<br>(48.6%) |
| 494 | JERZAK Marcin        | 1076  |                  | Open Mężczyzn            | 418  | 13:00 | 01:27:55.65       | 01:27:55.65        | +00:45:09<br>(51.4%) | 17:35           | 3.4<br>(48.6%) |
| 495 | BRODZIK Arkadiusz    | 364   |                  | Open Mężczyzn            | 419  | 11:00 | 01:27:59.45       | 01:27:59.45        | +00:45:13<br>(51.4%) | 17:35           | 3.4<br>(48.6%) |
| 496 | RUDNICKI Marek       | 1046  | LEDIN OSTROŁĘKA  | Open Mężczyzn            | 420  | 13:00 | 01:28:03.90       | 01:28:03.90        | +00:45:18<br>(51.4%) | 17:36           | 3.4<br>(48.6%) |
| 497 | BEDNARCZYK Mariusz   | 968   |                  | Open Mężczyzn            | 421  | 12:45 | 01:28:09.25       | 01:28:09.25        | +00:45:23<br>(51.5%) | 17:37           | 3.4<br>(48.6%) |
| 498 | CHROMIK Daniel       | 1452  | MELVIT TEAM      | Open Mężczyzn            | 422  | 13:40 | 01:28:10.65       | 01:28:10.65        | +00:45:24<br>(51.5%) | 17:38           | 3.4<br>(48.6%) |
| 499 | MARCJONIAK Kamil     | 1456  | MELVIT TEAM      | Open Mężczyzn            | 423  | 13:40 | 01:28:11.15       | 01:28:11.15        | +00:45:25<br>(51.5%) | 17:38           | 3.4<br>(48.6%) |

|     |                      |       |                        |                          |      |       | Czas netto<br>5km | Czas brutto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|----------------------|-------|------------------------|--------------------------|------|-------|-------------------|--------------------|----------------------|-----------------|----------------|
| Msc | Zawodnik             | Numer | Klub                   | Kategoria                | Mkat | Seria |                   |                    |                      |                 |                |
| 500 | SZYDŁOWSKI Robert    | 1103  |                        | Open Mężczyzn            | 424  | 13:00 | 01:28:12.95       | 01:28:12.95        | +00:45:27<br>(51.5%) | 17:38           | 3.4<br>(48.6%) |
| 501 | KOZŁOWSKI Konrad     | 991   |                        | Open Mężczyzn            | 425  | 12:45 | 01:28:14.40       | 01:28:14.40        | +00:45:28<br>(51.5%) | 17:38           | 3.4<br>(48.6%) |
| 502 | KUKWA Maciej         | 995   |                        | Open Mężczyzn            | 426  | 12:45 | 01:28:17.95       | 01:28:17.95        | +00:45:32<br>(51.6%) | 17:39           | 3.4<br>(48.6%) |
| 503 | DZIERŻANOWSKI Rafał  | 978   |                        | Open Mężczyzn            | 427  | 12:45 | 01:28:18.40       | 01:28:18.40        | +00:45:32<br>(51.6%) | 17:39           | 3.4<br>(48.6%) |
| 504 | KACZYŃSKI Marek      | 651   |                        | Open Mężczyzn            | 428  | 11:45 | 01:28:19.65       | 01:28:19.65        | +00:45:33<br>(51.6%) | 17:39           | 3.4<br>(48.6%) |
| 505 | RĘMBOWSKI Sebastian  | 1007  |                        | Open Mężczyzn            | 429  | 12:45 | 01:28:19.85       | 01:28:19.85        | +00:45:34<br>(51.6%) | 17:39           | 3.4<br>(48.6%) |
| 506 | KRYSIK Daniel        | 446   | ZŁE WSPOMNIENIA        | Open Mężczyzn            | 430  | 11:15 | 01:28:20.05       | 01:28:20.05        | +00:45:34<br>(51.6%) | 17:40           | 3.4<br>(48.6%) |
| 507 | MAĆKOWSKI Daniel     | 447   | ZŁE WSPOMNIENIA        | Open Masters<br>Mężczyzn | 77   | 11:15 | 01:28:21.60       | 01:28:21.60        | +00:45:35<br>(51.6%) | 17:40           | 3.4<br>(48.6%) |
| 508 | KISIEL Piotr         | 553   |                        | Open Mężczyzn            | 431  | 11:30 | 01:28:21.85       | 01:28:21.85        | +00:45:36<br>(51.6%) | 17:40           | 3.4<br>(48.6%) |
| 509 | MOSZCZYŃSKI Maciej   | 193   | #TEAMFURIA             | Open Masters<br>Mężczyzn | 78   | 10:30 | 01:28:24.40       | 01:28:24.40        | +00:45:38<br>(51.6%) | 17:40           | 3.4<br>(48.6%) |
| 510 | ŁACHETA Konrad       | 28    | PZU SPORT TEAM         | Open Mężczyzn            | 432  | 10:00 | 01:28:25.65       | 01:28:25.65        | +00:45:39<br>(51.6%) | 17:41           | 3.4<br>(48.6%) |
| 511 | RZECZYCKI Karol      | 518   | EXTREME WARRIOR FAMILY | Open Mężczyzn            | 433  | 11:30 | 01:28:27.25       | 01:28:27.25        | +00:45:41<br>(51.7%) | 17:41           | 3.4<br>(48.6%) |
| 512 | WOJDYNA Krzysztof    | 1172  |                        | Open Mężczyzn            | 434  | 13:10 | 01:28:27.75       | 01:28:27.75        | +00:45:41<br>(51.7%) | 17:41           | 3.4<br>(48.6%) |
| 513 | SROKA Bartłomiej     | 1011  |                        | Open Mężczyzn            | 435  | 12:45 | 01:28:35.15       | 01:28:35.15        | +00:45:49<br>(51.7%) | 17:43           | 3.4<br>(48.6%) |
| 514 | LATOSZEK Maciej      | 661   |                        | Open Mężczyzn            | 436  | 11:45 | 01:28:55.40       | 01:28:55.40        | +00:46:09<br>(51.9%) | 17:47           | 3.4<br>(48.6%) |
| 515 | SUWIŃSKI Sebastian   | 632   | TURCJA                 | Open Mężczyzn            | 437  | 11:45 | 01:29:03.30       | 01:29:03.30        | +00:46:17<br>(52.0%) | 17:48           | 3.4<br>(48.6%) |
| 516 | SEKŚCIŃSKI Krzysztof | 1321  |                        | Open Mężczyzn            | 438  | 13:30 | 01:29:13.75       | 01:29:13.75        | +00:46:27<br>(52.1%) | 17:50           | 3.4<br>(48.6%) |
| 517 | GÓRSKI Dominik       | 1039  | LEDIN OSTROŁĘKA        | Open Mężczyzn            | 439  | 13:00 | 01:29:13.90       | 01:29:13.90        | +00:46:28<br>(52.1%) | 17:50           | 3.4<br>(48.6%) |
| 518 | SOFRONIUK Igor       | 760   |                        | Open Mężczyzn            | 440  | 12:00 | 01:29:18.65       | 01:29:18.65        | +00:46:32<br>(52.1%) | 17:51           | 3.4<br>(48.6%) |
| 519 | KAMIŃSKI Dariusz     | 1302  |                        | Open Mężczyzn            | 441  | 13:30 | 01:29:21.20       | 01:29:21.20        | +00:46:35<br>(52.1%) | 17:52           | 3.4<br>(48.6%) |
| 520 | KARPINSKI Adam       | 178   | #TEAMFURIA             | Open Masters<br>Mężczyzn | 79   | 10:30 | 01:29:30.75       | 01:29:30.75        | +00:46:44<br>(52.2%) | 17:54           | 3.4<br>(48.6%) |
| 521 | KOZŁOWSKI Mariusz    | 230   |                        | Open Mężczyzn            | 442  | 10:30 | 01:29:34.40       | 01:29:34.40        | +00:46:48<br>(52.3%) | 17:54           | 3.3<br>(47.1%) |
| 522 | DABROWSKI Mateusz    | 628   | TURCJA                 | Open Mężczyzn            | 443  | 11:45 | 01:29:39.85       | 01:29:39.85        | +00:46:54<br>(52.3%) | 17:55           | 3.3<br>(47.1%) |

|     |                       |       |                         |                          |      |       | Czas netto<br>5km | Czas brutto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-----------------------|-------|-------------------------|--------------------------|------|-------|-------------------|--------------------|----------------------|-----------------|----------------|
| Msc | Zawodnik              | Numer | Klub                    | Kategoria                | Mkat | Seria |                   |                    |                      |                 |                |
| 522 | PREKIEL Kamil         | 631   | TURCJA                  | Open Mężczyzn            | 443  | 11:45 | 01:29:39.85       | 01:29:39.85        | +00:46:54<br>(52.3%) | 17:55           | 3.3<br>(47.1%) |
| 524 | MAZUREK Adrian        | 312   |                         | Open Mężczyzn            | 445  | 10:45 | 01:29:41.25       | 01:29:41.25        | +00:46:55<br>(52.3%) | 17:56           | 3.3<br>(47.1%) |
| 525 | LUDWICZAK Kamil       | 1267  | EL CZAPO                | Open Mężczyzn            | 446  | 13:30 | 01:29:50.40       | 01:29:50.40        | +00:47:04<br>(52.4%) | 17:58           | 3.3<br>(47.1%) |
| 526 | BAKUŁA Wiesław        | 1288  |                         | Open Masters<br>Mężczyzn | 80   | 13:30 | 01:29:51.65       | 01:29:51.65        | +00:47:05<br>(52.4%) | 17:58           | 3.3<br>(47.1%) |
| 527 | SUCHOŃ Jarosław       | 1461  | MELVIT TEAM             | Open Masters<br>Mężczyzn | 81   | 13:40 | 01:29:52.25       | 01:29:52.25        | +00:47:06<br>(52.4%) | 17:58           | 3.3<br>(47.1%) |
| 528 | BORKOWSKI Patryk      | 99    | DZIKIE WIEPRZE          | Open Mężczyzn            | 447  | 10:15 | 01:30:03.65       | 01:30:03.65        | +00:47:17<br>(52.5%) | 18:00           | 3.3<br>(47.1%) |
| 528 | DĘBSKI Łukasz         | 100   | DZIKIE WIEPRZE          | Open Mężczyzn            | 447  | 10:15 | 01:30:03.65       | 01:30:03.65        | +00:47:17<br>(52.5%) | 18:00           | 3.3<br>(47.1%) |
| 530 | MYSIORSKI Tobiasz     | 474   |                         | Open Mężczyzn            | 449  | 11:15 | 01:30:08.20       | 01:30:08.20        | +00:47:22<br>(52.6%) | 18:01           | 3.3<br>(47.1%) |
| 531 | KARBOWIAK Przemysław  | 769   | 3P                      | Open Masters<br>Mężczyzn | 82   | 12:15 | 01:30:13.40       | 01:30:13.40        | +00:47:27<br>(52.6%) | 18:02           | 3.3<br>(47.1%) |
| 531 | ŚLIFIŃSKI Patryk      | 771   | 3P                      | Open Mężczyzn            | 450  | 12:15 | 01:30:13.40       | 01:30:13.40        | +00:47:27<br>(52.6%) | 18:02           | 3.3<br>(47.1%) |
| 533 | LEWANDOWSKI Paweł     | 934   | 3P                      | Open Mężczyzn            | 451  | 12:15 | 01:30:13.50       | 01:30:13.50        | +00:47:27<br>(52.6%) | 18:02           | 3.3<br>(47.1%) |
| 534 | MROCZKIEWICZ Wojciech | 770   | 3P                      | Open Mężczyzn            | 452  | 12:15 | 01:30:13.55       | 01:30:13.55        | +00:47:27<br>(52.6%) | 18:02           | 3.3<br>(47.1%) |
| 534 | SZCZĘSNY Łukasz       | 785   | FIGHT ACADEMY OSTROŁĘKA | Open Mężczyzn            | 452  | 12:15 | 01:30:13.55       | 01:30:13.55        | +00:47:27<br>(52.6%) | 18:02           | 3.3<br>(47.1%) |
| 536 | PĄGOWSKI Krzysztof    | 1283  | PĄGOWSCY                | Open Mężczyzn            | 454  | 13:30 | 01:30:14.05       | 01:30:14.05        | +00:47:28<br>(52.6%) | 18:02           | 3.3<br>(47.1%) |
| 537 | ŻEBROWSKI Sebastian   | 1465  | MELVIT TEAM             | Open Mężczyzn            | 455  | 13:40 | 01:30:16.75       | 01:30:16.75        | +00:47:30<br>(52.6%) | 18:03           | 3.3<br>(47.1%) |
| 538 | BAŁAZY Łukasz         | 1023  | BEZIMIENNI              | Open Mężczyzn            | 456  | 13:00 | 01:30:21.45       | 01:30:21.45        | +00:47:35<br>(52.7%) | 18:04           | 3.3<br>(47.1%) |
| 539 | WAWRZYŃCZAK Norbert   | 1462  | MELVIT TEAM             | Open Mężczyzn            | 457  | 13:40 | 01:30:23.85       | 01:30:23.85        | +00:47:38<br>(52.7%) | 18:04           | 3.3<br>(47.1%) |
| 540 | KRASKA Tomasz         | 180   | #TEAMFURIA              | Open Masters<br>Mężczyzn | 83   | 10:30 | 01:30:37.55       | 01:30:37.55        | +00:47:51<br>(52.8%) | 18:07           | 3.3<br>(47.1%) |
| 541 | KRAJEWSKI Paweł       | 604   | HELPDESKI               | Open Mężczyzn            | 458  | 11:45 | 01:30:39.85       | 01:30:39.85        | +00:47:54<br>(52.8%) | 18:07           | 3.3<br>(47.1%) |
| 542 | KOŁOMYJSKI Damian     | 603   | HELPDESKI               | Open Mężczyzn            | 459  | 11:45 | 01:30:40.15       | 01:30:40.15        | +00:47:54<br>(52.8%) | 18:08           | 3.3<br>(47.1%) |
| 543 | POHULAJEWSKI Kamil    | 605   | HELPDESKI               | Open Mężczyzn            | 460  | 11:45 | 01:30:40.45       | 01:30:40.45        | +00:47:54<br>(52.8%) | 18:08           | 3.3<br>(47.1%) |
| 544 | SIEPIOŁA Artur        | 111   | FORMA 5                 | Open Masters<br>Mężczyzn | 84   | 10:15 | 01:30:40.80       | 01:30:40.80        | +00:47:54<br>(52.8%) | 18:08           | 3.3<br>(47.1%) |
| 545 | GIERŁACHOWSKI Dawid   | 1206  | SPORTOWY WOŁOMIN        | Open Mężczyzn            | 461  | 13:20 | 01:30:42.20       | 01:30:42.20        | +00:47:56<br>(52.9%) | 18:08           | 3.3<br>(47.1%) |



| Msc | Zawodnik           | Numer | Klub              | Kategoria                | Mkat | Seria | Czas netto<br>5km | Czas brutto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|--------------------|-------|-------------------|--------------------------|------|-------|-------------------|--------------------|----------------------|-----------------|----------------|
| 546 | BEDNAREK Kacper    | 1205  | SPORTOWY WOŁOMIN  | Open Mężczyzn            | 462  | 13:20 | 01:30:42.60       | 01:30:42.60        | +00:47:56<br>(52.9%) | 18:08           | 3.3<br>(47.1%) |
| 547 | SAJNÓG Jakub       | 1207  | SPORTOWY WOŁOMIN  | Open Mężczyzn            | 463  | 13:20 | 01:30:43.30       | 01:30:43.30        | +00:47:57<br>(52.9%) | 18:08           | 3.3<br>(47.1%) |
| 548 | RADOMSKI Piotr     | 240   |                   | Open Masters<br>Mężczyzn | 85   | 10:30 | 01:30:52.40       | 01:30:52.40        | +00:48:06<br>(52.9%) | 18:10           | 3.3<br>(47.1%) |
| 549 | CZARKOWSKI Mariusz | 975   |                   | Open Masters<br>Mężczyzn | 86   | 12:45 | 01:30:58.60       | 01:30:58.60        | +00:48:12<br>(53.0%) | 18:11           | 3.3<br>(47.1%) |
| 550 | KONARZEWSKI Jakub  | 1227  |                   | Open Mężczyzn            | 464  | 13:20 | 01:31:06.05       | 01:31:06.05        | +00:48:20<br>(53.1%) | 18:13           | 3.3<br>(47.1%) |
| 551 | PISAREK Kamil      | 1252  |                   | Open Mężczyzn            | 465  | 13:20 | 01:31:06.25       | 01:31:06.25        | +00:48:20<br>(53.1%) | 18:13           | 3.3<br>(47.1%) |
| 552 | KOWARSKI Mariusz   | 1235  |                   | Open Masters<br>Mężczyzn | 87   | 13:20 | 01:31:06.55       | 01:31:06.55        | +00:48:20<br>(53.1%) | 18:13           | 3.3<br>(47.1%) |
| 553 | KAMIŃSKI Paweł     | 1454  | MELVIT TEAM       | Open Mężczyzn            | 466  | 13:40 | 01:31:07.20       | 01:31:07.20        | +00:48:21<br>(53.1%) | 18:13           | 3.3<br>(47.1%) |
| 554 | BIAŁOBRZESKI Jan   | 1451  | MELVIT TEAM       | Open Mężczyzn            | 467  | 13:40 | 01:31:09.20       | 01:31:09.20        | +00:48:23<br>(53.1%) | 18:13           | 3.3<br>(47.1%) |
| 555 | KURPIEWSKI Adam    | 1128  | MIASTO OSTROŁĘKA  | Open Masters<br>Mężczyzn | 88   | 13:10 | 01:31:11.15       | 01:31:11.15        | +00:48:25<br>(53.1%) | 18:14           | 3.3<br>(47.1%) |
| 556 | IWANIUK Damian     | 648   |                   | Open Mężczyzn            | 468  | 11:45 | 01:31:13.70       | 01:31:13.70        | +00:48:27<br>(53.1%) | 18:14           | 3.3<br>(47.1%) |
| 557 | RYKIEL Marcin      | 666   |                   | Open Mężczyzn            | 469  | 11:45 | 01:31:14.00       | 01:31:14.00        | +00:48:28<br>(53.1%) | 18:14           | 3.3<br>(47.1%) |
| 558 | JONCZAK Łukasz     | 380   |                   | Open Mężczyzn            | 470  | 11:00 | 01:31:18.65       | 01:31:18.65        | +00:48:32<br>(53.2%) | 18:15           | 3.3<br>(47.1%) |
| 559 | ARUMIŃSKI Kamil    | 1148  |                   | Open Mężczyzn            | 471  | 11:00 | 01:31:18.95       | 01:31:18.95        | +00:48:33<br>(53.2%) | 18:15           | 3.3<br>(47.1%) |
| 560 | WIELOGÓRSKI Maciej | 103   | EKIPA SPRZĄTAJĄCA | Open Mężczyzn            | 472  | 10:15 | 01:31:22.40       | 01:31:22.40        | +00:48:36<br>(53.2%) | 18:16           | 3.3<br>(47.1%) |
| 561 | WIELICZKO Paweł    | 247   |                   | Open Mężczyzn            | 473  | 10:30 | 01:31:30.80       | 01:31:30.80        | +00:48:44<br>(53.3%) | 18:18           | 3.3<br>(47.1%) |
| 562 | MACKIEWICZ Paweł   | 866   | TOŚKA TEAM        | Open Mężczyzn            | 474  | 12:30 | 01:31:31.10       | 01:31:31.10        | +00:48:45<br>(53.3%) | 18:18           | 3.3<br>(47.1%) |
| 563 | SIENKIEWICZ Jakub  | 241   |                   | Open Mężczyzn            | 475  | 10:30 | 01:31:31.25       | 01:31:31.25        | +00:48:45<br>(53.3%) | 18:18           | 3.3<br>(47.1%) |
| 564 | ŻYLIŃSKI Tomasz    | 871   | TOŚKA TEAM        | Open Mężczyzn            | 476  | 12:30 | 01:31:31.30       | 01:31:31.30        | +00:48:45<br>(53.3%) | 18:18           | 3.3<br>(47.1%) |
| 565 | GUMKOWSKI Łukasz   | 211   | CROSSBOX OKA      | Open Mężczyzn            | 477  | 10:30 | 01:31:32.45       | 01:31:32.45        | +00:48:46<br>(53.3%) | 18:18           | 3.3<br>(47.1%) |
| 566 | JABŁOŃSKI Marcin   | 1296  |                   | Open Mężczyzn            | 478  | 13:30 | 01:31:36.35       | 01:31:36.35        | +00:48:50<br>(53.3%) | 18:19           | 3.3<br>(47.1%) |
| 567 | BRZOSTEK Radosław  | 365   |                   | Open Mężczyzn            | 479  | 11:00 | 01:31:37.05       | 01:31:37.05        | +00:48:51<br>(53.3%) | 18:19           | 3.3<br>(47.1%) |
| 568 | ŁUKASIK Michał     | 1369  |                   | Open Mężczyzn            | 480  | 13:40 | 01:31:38.85       | 01:31:38.85        | +00:48:53<br>(53.3%) | 18:19           | 3.3<br>(47.1%) |

| Msc | Zawodnik             | Numer | Klub                 | Kategoria                | Mkat | Seria | Czas netto<br>5km | Czas brutto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|----------------------|-------|----------------------|--------------------------|------|-------|-------------------|--------------------|----------------------|-----------------|----------------|
| 569 | DAMIĘCKI Miłosz      | 1475  |                      | Open Mężczyzn            | 481  | 13:40 | 01:31:38.90       | 01:31:38.90        | +00:48:53<br>(53.3%) | 18:19           | 3.3<br>(47.1%) |
| 570 | KACZAN Cezary        | 1277  | MELVIT               | Open Mężczyzn            | 482  | 13:30 | 01:31:42.45       | 01:31:42.45        | +00:48:56<br>(53.4%) | 18:20           | 3.3<br>(47.1%) |
| 571 | LUCAS Zbigniew       | 621   | SEET                 | Open Mężczyzn            | 483  | 11:45 | 01:31:44.90       | 01:31:44.90        | +00:48:59<br>(53.4%) | 18:20           | 3.3<br>(47.1%) |
| 572 | TOMASZEWSKI Adrian   | 162   |                      | Open Mężczyzn            | 484  | 10:15 | 01:31:45.40       | 01:31:45.40        | +00:48:59<br>(53.4%) | 18:21           | 3.3<br>(47.1%) |
| 573 | GADLAS Sebastian     | 288   |                      | Open Mężczyzn            | 485  | 10:45 | 01:31:52.20       | 01:31:52.20        | +00:49:06<br>(53.5%) | 18:22           | 3.3<br>(47.1%) |
| 574 | MALINOWSKI Robert    | 1478  |                      | Open Masters<br>Mężczyzn | 89   | 13:40 | 01:31:53.40       | 01:31:53.40        | +00:49:07<br>(53.5%) | 18:22           | 3.3<br>(47.1%) |
| 575 | ZAŁĘSKI Michał       | 499   |                      | Open Mężczyzn            | 486  | 11:15 | 01:31:56.95       | 01:31:56.95        | +00:49:11<br>(53.5%) | 18:23           | 3.3<br>(47.1%) |
| 576 | MAZUREK Paweł        | 392   |                      | Open Masters<br>Mężczyzn | 90   | 11:00 | 01:31:57.35       | 01:31:57.35        | +00:49:11<br>(53.5%) | 18:23           | 3.3<br>(47.1%) |
| 577 | POGORZELSKI Andrzej  | 238   |                      | Open Masters<br>Mężczyzn | 91   | 10:30 | 01:32:08.80       | 01:32:08.80        | +00:49:22<br>(53.6%) | 18:25           | 3.3<br>(47.1%) |
| 578 | KARCZMARCZYK Maciej  | 1386  |                      | Open Mężczyzn            | 487  | 13:00 | 01:32:12.10       | 01:32:12.10        | +00:49:26<br>(53.6%) | 18:26           | 3.3<br>(47.1%) |
| 579 | KARCZMARCZYK Mateusz | 1049  | MCBENNYTEAM          | Open Mężczyzn            | 488  | 13:00 | 01:32:12.30       | 01:32:12.30        | +00:49:26<br>(53.6%) | 18:26           | 3.3<br>(47.1%) |
| 580 | DANIELAK Krzysiek    | 1385  | MCBENNYTEAM          | Open Mężczyzn            | 489  | 13:00 | 01:32:12.75       | 01:32:12.75        | +00:49:26<br>(53.6%) | 18:26           | 3.3<br>(47.1%) |
| 581 | MARJASIEWICZ Marcin  | 1050  | MCBENNYTEAM          | Open Mężczyzn            | 490  | 13:00 | 01:32:13.05       | 01:32:13.05        | +00:49:27<br>(53.6%) | 18:26           | 3.3<br>(47.1%) |
| 582 | TOMASIAK Paweł       | 1052  | MCBENNYTEAM          | Open Mężczyzn            | 491  | 13:00 | 01:32:13.10       | 01:32:13.10        | +00:49:27<br>(53.6%) | 18:26           | 3.3<br>(47.1%) |
| 583 | SZYMONIUK Mateusz    | 1051  | MCBENNYTEAM          | Open Mężczyzn            | 492  | 13:00 | 01:32:15.05       | 01:32:15.05        | +00:49:29<br>(53.6%) | 18:27           | 3.3<br>(47.1%) |
| 584 | PIETRYKA Michał      | 1251  |                      | Open Mężczyzn            | 493  | 13:20 | 01:32:17.85       | 01:32:17.85        | +00:49:32<br>(53.7%) | 18:27           | 3.3<br>(47.1%) |
| 585 | WYSOCKI Marek        | 587   |                      | Open Mężczyzn            | 494  | 11:30 | 01:32:27.05       | 01:32:27.05        | +00:49:41<br>(53.7%) | 18:29           | 3.2<br>(45.7%) |
| 586 | ANTKOWIAK Paweł      | 716   | RZĄD WIELKOŚCI       | Open Mężczyzn            | 495  | 12:00 | 01:32:29.15       | 01:32:29.15        | +00:49:43<br>(53.8%) | 18:29           | 3.2<br>(45.7%) |
| 587 | GRANICA Krzysztof    | 899   |                      | Open Mężczyzn            | 496  | 12:30 | 01:32:31.90       | 01:32:31.90        | +00:49:46<br>(53.8%) | 18:30           | 3.2<br>(45.7%) |
| 588 | KOWALSKI Bartłomiej  | 735   |                      | Open Masters<br>Mężczyzn | 92   | 12:00 | 01:32:36.35       | 01:32:36.35        | +00:49:50<br>(53.8%) | 18:31           | 3.2<br>(45.7%) |
| 589 | WOŹNIAK Dominik      | 682   | BĘDZIE SIĘ DZIAŁO    | Open Mężczyzn            | 497  | 12:00 | 01:32:48.75       | 01:32:48.75        | +00:50:02<br>(53.9%) | 18:33           | 3.2<br>(45.7%) |
| 590 | DMOCHOWSKI Piotr     | 977   |                      | Open Mężczyzn            | 498  | 12:45 | 01:32:52.85       | 01:32:52.85        | +00:50:07<br>(54.0%) | 18:34           | 3.2<br>(45.7%) |
| 591 | KOZICKI Marcin       | 1353  | GALOPUJĄCE WARCHLAKI | Open Mężczyzn            | 499  | 11:45 | 01:33:03.75       | 01:33:03.75        | +00:50:17<br>(54.0%) | 18:36           | 3.2<br>(45.7%) |

| Msc | Zawodnik               | Numer | Klub               | Kategoria                | Mkat | Seria | Czas netto<br>5km | Czas brutto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|------------------------|-------|--------------------|--------------------------|------|-------|-------------------|--------------------|----------------------|-----------------|----------------|
| 592 | POMIECHOWSKI Daniel    | 1372  |                    | Open Mężczyzn            | 500  | 11:45 | 01:33:03.85       | 01:33:03.85        | +00:50:18<br>(54.0%) | 18:36           | 3.2<br>(45.7%) |
| 593 | CIOK Mateusz           | 1367  | CWAŁUJĄCE WIEPRZKI | Open Mężczyzn            | 501  | 11:45 | 01:33:05.00       | 01:33:05.00        | +00:50:19<br>(54.1%) | 18:37           | 3.2<br>(45.7%) |
| 594 | TOPÓLSKI Piotr         | 594   | CWAŁUJĄCE WIEPRZKI | Open Mężczyzn            | 502  | 11:45 | 01:33:07.10       | 01:33:07.10        | +00:50:21<br>(54.1%) | 18:37           | 3.2<br>(45.7%) |
| 595 | RUTKOWSKI Adsm         | 199   | #TEAMFURIA         | Open Mężczyzn            | 503  | 10:30 | 01:33:08.70       | 01:33:08.70        | +00:50:22<br>(54.1%) | 18:37           | 3.2<br>(45.7%) |
| 596 | GROCHOCKI Adam         | 145   |                    | Open Mężczyzn            | 504  | 10:15 | 01:33:08.95       | 01:33:08.95        | +00:50:23<br>(54.1%) | 18:37           | 3.2<br>(45.7%) |
| 597 | JANUSZEWICZ Kamil      | 1118  | KAZALI MI BIEC     | Open Mężczyzn            | 505  | 13:10 | 01:33:11.05       | 01:33:11.05        | +00:50:25<br>(54.1%) | 18:38           | 3.2<br>(45.7%) |
| 598 | JAROSZEWSKI Kamil      | 649   |                    | Open Mężczyzn            | 506  | 11:45 | 01:33:15.05       | 01:33:15.05        | +00:50:29<br>(54.1%) | 18:39           | 3.2<br>(45.7%) |
| 599 | KOWALSKI Przemysław    | 470   |                    | Open Mężczyzn            | 507  | 11:15 | 01:33:17.25       | 01:33:17.25        | +00:50:31<br>(54.2%) | 18:39           | 3.2<br>(45.7%) |
| 600 | ŻUKOWSKI Paweł         | 501   |                    | Open Mężczyzn            | 508  | 11:15 | 01:33:21.15       | 01:33:21.15        | +00:50:35<br>(54.2%) | 18:40           | 3.2<br>(45.7%) |
| 601 | OGONOWSKI Karol        | 196   | #TEAMFURIA         | Open Mężczyzn            | 509  | 10:30 | 01:33:22.85       | 01:33:22.85        | +00:50:37<br>(54.2%) | 18:40           | 3.2<br>(45.7%) |
| 602 | BALCERAK Adam          | 167   | #TEAMFURIA         | Open Mężczyzn            | 510  | 10:30 | 01:33:28.15       | 01:33:28.15        | +00:50:42<br>(54.2%) | 18:41           | 3.2<br>(45.7%) |
| 603 | JÓZEFACIUK Wiesław     | 52    |                    | Open Masters<br>Mężczyzn | 93   | 10:00 | 01:33:29.50       | 01:33:29.50        | +00:50:43<br>(54.3%) | 18:41           | 3.2<br>(45.7%) |
| 604 | TYMIŃSKI Tomasz        | 206   | #TEAMFURIA         | Open Masters<br>Mężczyzn | 94   | 10:30 | 01:33:31.85       | 01:33:31.85        | +00:50:46<br>(54.3%) | 18:42           | 3.2<br>(45.7%) |
| 605 | TABAKA Piotr           | 1377  |                    | Open Mężczyzn            | 511  | 12:45 | 01:33:32.00       | 01:33:32.00        | +00:50:46<br>(54.3%) | 18:42           | 3.2<br>(45.7%) |
| 605 | TERCJAK Dariusz        | 245   |                    | Open Mężczyzn            | 511  | 10:30 | 01:33:32.00       | 01:33:32.00        | +00:50:46<br>(54.3%) | 18:42           | 3.2<br>(45.7%) |
| 607 | LENDĄ Jacek Przemysław | 185   | #TEAMFURIA         | Open Mężczyzn            | 513  | 10:30 | 01:33:34.15       | 01:33:34.15        | +00:50:48<br>(54.3%) | 18:42           | 3.2<br>(45.7%) |
| 608 | PODGÓRNY Mateusz       | 1093  |                    | Open Mężczyzn            | 514  | 13:00 | 01:33:48.75       | 01:33:48.75        | +00:51:02<br>(54.4%) | 18:45           | 3.2<br>(45.7%) |
| 609 | CHOJNOWSKI Damian      | 1117  | KAZALI MI BIEC     | Open Mężczyzn            | 515  | 13:10 | 01:33:49.95       | 01:33:49.95        | +00:51:04<br>(54.4%) | 18:45           | 3.2<br>(45.7%) |
| 610 | KORSAK Grzegorz        | 555   |                    | Open Masters<br>Mężczyzn | 95   | 11:30 | 01:34:00.40       | 01:34:00.40        | +00:51:14<br>(54.5%) | 18:48           | 3.2<br>(45.7%) |
| 611 | FALKIEWICZ Bartłomiej  | 1218  |                    | Open Mężczyzn            | 516  | 13:20 | 01:34:02.90       | 01:34:02.90        | +00:51:17<br>(54.5%) | 18:48           | 3.2<br>(45.7%) |
| 612 | GO Piotr               | 1219  |                    | Open Mężczyzn            | 517  | 13:20 | 01:34:05.70       | 01:34:05.70        | +00:51:19<br>(54.6%) | 18:49           | 3.2<br>(45.7%) |
| 613 | KACZKOWSKI Bartłomiej  | 1300  |                    | Open Mężczyzn            | 518  | 13:30 | 01:34:07.70       | 01:34:07.70        | +00:51:21<br>(54.6%) | 18:49           | 3.2<br>(45.7%) |
| 614 | ŁUKASIAK Paweł         | 1284  | PRZAŚNIK PRZASNYSZ | Open Mężczyzn            | 519  | 13:30 | 01:34:08.15       | 01:34:08.15        | +00:51:22<br>(54.6%) | 18:49           | 3.2<br>(45.7%) |

| Msc | Zawodnik             | Numer | Klub              | Kategoria                | Mkat | Seria | Czas netto<br>5km | Czas brutto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|----------------------|-------|-------------------|--------------------------|------|-------|-------------------|--------------------|----------------------|-----------------|----------------|
| 615 | ŁUKASZEWSKI Łukasz   | 740   |                   | Open Mężczyzn            | 520  | 12:00 | 01:34:10.00       | 01:34:10.00        | +00:51:24<br>(54.6%) | 18:50           | 3.2<br>(45.7%) |
| 616 | DOMALEWSKI Krzysztof | 893   |                   | Open Mężczyzn            | 521  | 12:30 | 01:34:13.15       | 01:34:13.15        | +00:51:27<br>(54.6%) | 18:50           | 3.2<br>(45.7%) |
| 617 | KAMIŃSKI Marcin      | 1471  | MELVIT TEAM       | Open Mężczyzn            | 522  | 13:40 | 01:34:13.75       | 01:34:13.75        | +00:51:27<br>(54.6%) | 18:50           | 3.2<br>(45.7%) |
| 618 | SOBIECH Bartosz      | 681   | BĘDZIE SIĘ DZIAŁO | Open Mężczyzn            | 523  | 12:00 | 01:34:14.55       | 01:34:14.55        | +00:51:28<br>(54.6%) | 18:50           | 3.2<br>(45.7%) |
| 619 | DYTRYCH Artur        | 143   |                   | Open Mężczyzn            | 524  | 10:15 | 01:34:15.45       | 01:34:15.45        | +00:51:29<br>(54.6%) | 18:51           | 3.2<br>(45.7%) |
| 620 | SZPAKOWSKI Piotr     | 937   | BAND THE ROLLA    | Open Mężczyzn            | 525  | 12:45 | 01:34:17.50       | 01:34:17.50        | +00:51:31<br>(54.6%) | 18:51           | 3.2<br>(45.7%) |
| 621 | SOBOTKA Dariusz      | 926   |                   | Open Mężczyzn            | 526  | 12:30 | 01:34:25.95       | 01:34:25.95        | +00:51:40<br>(54.7%) | 18:53           | 3.2<br>(45.7%) |
| 622 | KAMIONOWSKI Rafał    | 1468  |                   | Open Masters<br>Mężczyzn | 96   | 13:40 | 01:34:28.35       | 01:34:28.35        | +00:51:42<br>(54.7%) | 18:53           | 3.2<br>(45.7%) |
| 623 | KOPERSKI Maciej      | 1232  |                   | Open Mężczyzn            | 527  | 13:30 | 01:34:32.30       | 01:34:32.30        | +00:51:46<br>(54.8%) | 18:54           | 3.2<br>(45.7%) |
| 624 | MATYSIEWICZ Józef    | 311   |                   | Open Masters<br>Mężczyzn | 97   | 10:45 | 01:34:37.95       | 01:34:37.95        | +00:51:52<br>(54.8%) | 18:55           | 3.2<br>(45.7%) |
| 625 | PIĘNKOS Michał       | 479   |                   | Open Mężczyzn            | 528  | 11:15 | 01:34:38.05       | 01:34:38.05        | +00:51:52<br>(54.8%) | 18:55           | 3.2<br>(45.7%) |
| 626 | ŁYSKAWY Przemysław   | 1088  |                   | Open Mężczyzn            | 529  | 13:00 | 01:34:39.10       | 01:34:39.10        | +00:51:53<br>(54.8%) | 18:55           | 3.2<br>(45.7%) |
| 627 | ŻELAZOWSKI Michał    | 694   | DRUŻYNA RKS HUWDU | Open Mężczyzn            | 530  | 12:00 | 01:34:40.15       | 01:34:40.15        | +00:51:54<br>(54.8%) | 18:56           | 3.2<br>(45.7%) |
| 628 | RUSZCZYK Damian      | 485   |                   | Open Mężczyzn            | 531  | 11:15 | 01:34:41.35       | 01:34:41.35        | +00:51:55<br>(54.8%) | 18:56           | 3.2<br>(45.7%) |
| 629 | RYSZCZUK Krystian    | 264   | EXTREME WAYS      | Open Mężczyzn            | 532  | 10:45 | 01:34:45.65       | 01:34:45.65        | +00:51:59<br>(54.9%) | 18:57           | 3.2<br>(45.7%) |
| 630 | KOSIŃSKI Tomasz      | 262   | EXTREME WAYS      | Open Mężczyzn            | 533  | 10:45 | 01:34:46.15       | 01:34:46.15        | +00:52:00<br>(54.9%) | 18:57           | 3.2<br>(45.7%) |
| 631 | KRAWCZAK Emil        | 263   | EXTREME WAYS      | Open Mężczyzn            | 534  | 10:45 | 01:34:48.15       | 01:34:48.15        | +00:52:02<br>(54.9%) | 18:57           | 3.2<br>(45.7%) |
| 632 | SZPAKOWSKI Jacek     | 265   | EXTREME WAYS      | Open Mężczyzn            | 535  | 10:45 | 01:34:48.60       | 01:34:48.60        | +00:52:02<br>(54.9%) | 18:57           | 3.2<br>(45.7%) |
| 633 | PAMPUCH Radek        | 680   | BĘDZIE SIĘ DZIAŁO | Open Mężczyzn            | 536  | 12:00 | 01:34:49.15       | 01:34:49.15        | +00:52:03<br>(54.9%) | 18:57           | 3.2<br>(45.7%) |
| 634 | JAŚKIEWICZ Dawid     | 1298  |                   | Open Mężczyzn            | 537  | 13:30 | 01:34:49.85       | 01:34:49.85        | +00:52:04<br>(54.9%) | 18:57           | 3.2<br>(45.7%) |
| 635 | MAĆKOWIAK Dawid      | 1115  | GUZIECTEAM        | Open Mężczyzn            | 538  | 13:10 | 01:34:51.00       | 01:34:51.00        | +00:52:05<br>(54.9%) | 18:58           | 3.2<br>(45.7%) |
| 636 | JABŁOŃSKI Sebastian  | 1297  |                   | Open Mężczyzn            | 539  | 13:30 | 01:34:53.80       | 01:34:53.80        | +00:52:07<br>(54.9%) | 18:58           | 3.2<br>(45.7%) |
| 637 | MIKOŁAJCZYK Dominik  | 472   |                   | Open Mężczyzn            | 540  | 11:15 | 01:34:55.60       | 01:34:55.60        | +00:52:09<br>(55.0%) | 18:59           | 3.2<br>(45.7%) |

| Msc | Zawodnik            | Numer | Klub                 | Kategoria                | Mkat | Seria | Czas netto<br>5km | Czas brutto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|---------------------|-------|----------------------|--------------------------|------|-------|-------------------|--------------------|----------------------|-----------------|----------------|
| 638 | CUPIAŁ Michał       | 1143  | R.AMBO DRUGA CREW    | Open Masters<br>Mężczyzn | 98   | 13:10 | 01:34:56.50       | 01:34:56.50        | +00:52:10<br>(55.0%) | 18:59           | 3.2<br>(45.7%) |
| 639 | KITA Grzegorz       | 1393  |                      | Open Mężczyzn            | 541  | 13:40 | 01:35:01.20       | 01:35:01.20        | +00:52:15<br>(55.0%) | 19:00           | 3.2<br>(45.7%) |
| 640 | DZIEDZIC Irek       | 1179  | #TEAMFURIA           | Open Masters<br>Mężczyzn | 99   | 13:20 | 01:35:01.70       | 01:35:01.70        | +00:52:15<br>(55.0%) | 19:00           | 3.2<br>(45.7%) |
| 641 | BRUSKI Mateusz      | 798   |                      | Open Mężczyzn            | 542  | 12:15 | 01:35:09.15       | 01:35:09.15        | +00:52:23<br>(55.1%) | 19:01           | 3.2<br>(45.7%) |
| 642 | WILCZYŃSKI Michał   | 841   |                      | Open Mężczyzn            | 543  | 12:15 | 01:35:10.15       | 01:35:10.15        | +00:52:24<br>(55.1%) | 19:02           | 3.2<br>(45.7%) |
| 643 | MROWIŃSKI Piotr     | 1309  |                      | Open Mężczyzn            | 544  | 13:30 | 01:35:12.15       | 01:35:12.15        | +00:52:26<br>(55.1%) | 19:02           | 3.2<br>(45.7%) |
| 644 | BOĆ Maciek          | 1024  | BEZIMIENNI           | Open Masters<br>Mężczyzn | 100  | 13:00 | 01:35:14.70       | 01:35:14.70        | +00:52:28<br>(55.1%) | 19:02           | 3.2<br>(45.7%) |
| 645 | BABICZ Paweł        | 166   | #TEAMFURIA           | Open Masters<br>Mężczyzn | 101  | 10:30 | 01:35:15.75       | 01:35:15.75        | +00:52:29<br>(55.1%) | 19:03           | 3.1<br>(44.3%) |
| 646 | GAWRYŚ Damian       | 1292  |                      | Open Mężczyzn            | 545  | 13:30 | 01:35:15.85       | 01:35:15.85        | +00:52:30<br>(55.1%) | 19:03           | 3.1<br>(44.3%) |
| 647 | URBANEK Adrian      | 1330  |                      | Open Mężczyzn            | 546  | 13:30 | 01:35:20.30       | 01:35:20.30        | +00:52:34<br>(55.1%) | 19:04           | 3.1<br>(44.3%) |
| 648 | PIOTROWSKI Mateusz  | 1162  |                      | Open Mężczyzn            | 547  | 13:30 | 01:35:22.05       | 01:35:22.05        | +00:52:36<br>(55.2%) | 19:04           | 3.1<br>(44.3%) |
| 649 | CEGIELSKI Marcin    | 723   |                      | Open Masters<br>Mężczyzn | 102  | 12:00 | 01:35:23.35       | 01:35:23.35        | +00:52:37<br>(55.2%) | 19:04           | 3.1<br>(44.3%) |
| 650 | ZAŁĘSKI Łukasz      | 415   |                      | Open Mężczyzn            | 548  | 11:00 | 01:35:24.65       | 01:35:24.65        | +00:52:38<br>(55.2%) | 19:04           | 3.1<br>(44.3%) |
| 651 | NIKSIŃSKI Michał    | 395   |                      | Open Mężczyzn            | 549  | 11:00 | 01:35:25.25       | 01:35:25.25        | +00:52:39<br>(55.2%) | 19:05           | 3.1<br>(44.3%) |
| 652 | BANASZEK Mateusz    | 41    |                      | Open Mężczyzn            | 550  | 10:00 | 01:35:27.50       | 01:35:27.50        | +00:52:41<br>(55.2%) | 19:05           | 3.1<br>(44.3%) |
| 653 | CHMIELECKI Miłosz   | 1289  |                      | Open Mężczyzn            | 551  | 13:30 | 01:35:27.75       | 01:35:27.75        | +00:52:41<br>(55.2%) | 19:05           | 3.1<br>(44.3%) |
| 654 | SZYMAŃSKI Kamil     | 1188  | BŁOTNIARZE           | Open Mężczyzn            | 552  | 13:00 | 01:35:39.80       | 01:35:39.80        | +00:52:53<br>(55.3%) | 19:07           | 3.1<br>(44.3%) |
| 655 | ZYŚK Adam           | 715   | ROZDAJEMYUSMIECHY.PL | Open Mężczyzn            | 553  | 12:00 | 01:35:44.60       | 01:35:44.60        | +00:52:58<br>(55.3%) | 19:08           | 3.1<br>(44.3%) |
| 656 | WOJSZKO Łukasz      | 766   |                      | Open Mężczyzn            | 554  | 12:00 | 01:35:44.75       | 01:35:44.75        | +00:52:58<br>(55.3%) | 19:08           | 3.1<br>(44.3%) |
| 657 | KORZYŃSKI Cezary    | 713   | ROZDAJEMYUSMIECHY.PL | Open Masters<br>Mężczyzn | 103  | 12:00 | 01:35:44.85       | 01:35:44.85        | +00:52:59<br>(55.3%) | 19:08           | 3.1<br>(44.3%) |
| 658 | CHRZANOWSKI Tomasz  | 172   | #TEAMFURIA           | Open Masters<br>Mężczyzn | 104  | 10:30 | 01:35:52.95       | 01:35:52.95        | +00:53:07<br>(55.4%) | 19:10           | 3.1<br>(44.3%) |
| 659 | MIERZEJEWSKI Tomasz | 190   | #TEAMFURIA           | Open Mężczyzn            | 555  | 10:30 | 01:35:53.05       | 01:35:53.05        | +00:53:07<br>(55.4%) | 19:10           | 3.1<br>(44.3%) |
| 660 | MODZELEWSKI Piotr   | 936   | BAND THE ROLLA       | Open Mężczyzn            | 556  | 12:45 | 01:35:57.15       | 01:35:57.15        | +00:53:11<br>(55.4%) | 19:11           | 3.1<br>(44.3%) |

|     |                        |       |                        |                       |      |       | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h  |
|-----|------------------------|-------|------------------------|-----------------------|------|-------|----------------|-----------------|-------------------|--------------|-------------|
| Msc | Zawodnik               | Numer | Klub                   | Kategoria             | Mkat | Seria |                |                 |                   |              |             |
| 661 | GUTOWSKI Krystian      | 1295  |                        | Open Masters Mężczyzn | 105  | 13:30 | 01:35:57.90    | 01:35:57.90     | +00:53:12 (55.4%) | 19:11        | 3.1 (44.3%) |
| 662 | SZWAJKOWSKI Przemysław | 927   |                        | Open Mężczyzn         | 557  | 12:30 | 01:36:01.10    | 01:36:01.10     | +00:53:15 (55.5%) | 19:12        | 3.1 (44.3%) |
| 663 | GUTOWICZ Marcin        | 900   |                        | Open Masters Mężczyzn | 106  | 12:30 | 01:36:01.60    | 01:36:01.60     | +00:53:15 (55.5%) | 19:12        | 3.1 (44.3%) |
| 664 | GRĄBSKI Rafał          | 898   |                        | Open Masters Mężczyzn | 107  | 12:30 | 01:36:02.15    | 01:36:02.15     | +00:53:16 (55.5%) | 19:12        | 3.1 (44.3%) |
| 665 | GŁUSZAK Piotr          | 372   |                        | Open Masters Mężczyzn | 108  | 11:00 | 01:36:05.25    | 01:36:05.25     | +00:53:19 (55.5%) | 19:13        | 3.1 (44.3%) |
| 666 | GRZEŚKIEWICZ Patryk    | 523   | MONAR OSTROŁEKA        | Open Mężczyzn         | 558  | 11:30 | 01:36:05.35    | 01:36:05.35     | +00:53:19 (55.5%) | 19:13        | 3.1 (44.3%) |
| 667 | OSSOWSKI Maciej        | 430   | MELVIT TEAM            | Open Mężczyzn         | 559  | 11:15 | 01:36:08.65    | 01:36:08.65     | +00:53:22 (55.5%) | 19:13        | 3.1 (44.3%) |
| 668 | TOMCZYK Mateusz        | 493   |                        | Open Mężczyzn         | 560  | 11:15 | 01:36:09.45    | 01:36:09.45     | +00:53:23 (55.5%) | 19:13        | 3.1 (44.3%) |
| 669 | LESISZ Patryk          | 428   | MELVIT TEAM            | Open Mężczyzn         | 561  | 11:15 | 01:36:09.70    | 01:36:09.70     | +00:53:23 (55.5%) | 19:13        | 3.1 (44.3%) |
| 670 | GRZEGORCZYK Marek      | 464   |                        | Open Mężczyzn         | 562  | 11:15 | 01:36:10.55    | 01:36:10.55     | +00:53:24 (55.5%) | 19:14        | 3.1 (44.3%) |
| 671 | KONARSKI Kacper        | 1062  | WHOSAID BALLS          | Open Mężczyzn         | 563  | 13:00 | 01:36:23.55    | 01:36:23.55     | +00:53:37 (55.6%) | 19:16        | 3.1 (44.3%) |
| 672 | ZALEWSKI Robert        | 416   |                        | Open Mężczyzn         | 564  | 11:00 | 01:36:28.95    | 01:36:28.95     | +00:53:43 (55.7%) | 19:17        | 3.1 (44.3%) |
| 673 | MRÓZ Adrian            | 1458  | MELVIT TEAM            | Open Mężczyzn         | 565  | 13:40 | 01:36:30.85    | 01:36:30.85     | +00:53:45 (55.7%) | 19:18        | 3.1 (44.3%) |
| 674 | SZYMANSKI Paweł        | 352   | KURPIE NA LUZIE        | Open Masters Mężczyzn | 109  | 11:00 | 01:36:34.45    | 01:36:34.45     | +00:53:48 (55.7%) | 19:18        | 3.1 (44.3%) |
| 675 | GNATKOWSKI Rafał       | 957   | PREDATOR MMA MYSZYNICZ | Open Mężczyzn         | 566  | 12:45 | 01:36:34.80    | 01:36:34.80     | +00:53:48 (55.7%) | 19:18        | 3.1 (44.3%) |
| 676 | GNATKOWSKI Jakub       | 956   | PREDATOR MMA MYSZYNICZ | Open Mężczyzn         | 567  | 12:45 | 01:36:36.90    | 01:36:36.90     | +00:53:51 (55.7%) | 19:19        | 3.1 (44.3%) |
| 677 | KOWALCZYK Daniel       | 630   | TURCJA                 | Open Mężczyzn         | 568  | 11:45 | 01:36:37.55    | 01:36:37.55     | +00:53:51 (55.7%) | 19:19        | 3.1 (44.3%) |
| 678 | JACYNA Damian          | 465   |                        | Open Mężczyzn         | 569  | 11:15 | 01:36:37.70    | 01:36:37.70     | +00:53:51 (55.7%) | 19:19        | 3.1 (44.3%) |
| 679 | KRASNODEŃBSKI Konrad   | 909   |                        | Open Mężczyzn         | 570  | 12:30 | 01:36:41.05    | 01:36:41.05     | +00:53:55 (55.8%) | 19:20        | 3.1 (44.3%) |
| 680 | GUZIEJKO Patryk        | 731   |                        | Open Mężczyzn         | 571  | 12:00 | 01:36:46.40    | 01:36:46.40     | +00:54:00 (55.8%) | 19:21        | 3.1 (44.3%) |
| 681 | OFICJALNIE Tms         | 662   |                        | Open Mężczyzn         | 572  | 11:45 | 01:36:50.00    | 01:36:50.00     | +00:54:04 (55.8%) | 19:22        | 3.1 (44.3%) |
| 682 | DUDA Filip             | 804   |                        | Open Mężczyzn         | 573  | 12:15 | 01:36:50.95    | 01:36:50.95     | +00:54:05 (55.8%) | 19:22        | 3.1 (44.3%) |
| 683 | BENSCH Michał          | 885   |                        | Open Masters Mężczyzn | 110  | 12:30 | 01:36:54.75    | 01:36:54.75     | +00:54:08 (55.9%) | 19:22        | 3.1 (44.3%) |

| Msc | Zawodnik                       | Numer | Klub                 | Kategoria                | Mkat | Seria | Czas netto<br>5km | Czas brutto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|--------------------------------|-------|----------------------|--------------------------|------|-------|-------------------|--------------------|----------------------|-----------------|----------------|
| 684 | ŚWIECICKI Norbert              | 1200  | MPK PURE HOME        | Open Mężczyzn            | 574  | 13:20 | 01:36:55.40       | 01:36:55.40        | +00:54:09<br>(55.9%) | 19:23           | 3.1<br>(44.3%) |
| 685 | GROCHOLSKI Maciej              | 290   |                      | Open Masters<br>Mężczyzn | 111  | 10:45 | 01:37:04.75       | 01:37:04.75        | +00:54:18<br>(55.9%) | 19:24           | 3.1<br>(44.3%) |
| 686 | KACZYŃSKI Marcin               | 299   |                      | Open Masters<br>Mężczyzn | 112  | 10:45 | 01:37:05.55       | 01:37:05.55        | +00:54:19<br>(56.0%) | 19:25           | 3.1<br>(44.3%) |
| 687 | MROZEK Bartłomiej              | 194   | #TEAMFURIA           | Open Mężczyzn            | 575  | 10:30 | 01:37:09.30       | 01:37:09.30        | +00:54:23<br>(56.0%) | 19:25           | 3.1<br>(44.3%) |
| 688 | KARLIK Paweł                   | 590   | CARBON SILESIA SPORT | Open Mężczyzn            | 576  | 11:45 | 01:37:18.85       | 01:37:18.85        | +00:54:33<br>(56.1%) | 19:27           | 3.1<br>(44.3%) |
| 689 | KORCZAKOWSKI Paweł             | 1197  | MPK PURE HOME        | Open Mężczyzn            | 577  | 13:20 | 01:37:25.30       | 01:37:25.30        | +00:54:39<br>(56.1%) | 19:29           | 3.1<br>(44.3%) |
| 690 | GAJEWSKI Paweł                 | 645   |                      | Open Mężczyzn            | 578  | 11:45 | 01:37:25.35       | 01:37:25.35        | +00:54:39<br>(56.1%) | 19:29           | 3.1<br>(44.3%) |
| 691 | BOCHENEK Kamil                 | 1192  | MPK PURE HOME        | Open Mężczyzn            | 579  | 13:20 | 01:37:26.90       | 01:37:26.90        | +00:54:41<br>(56.1%) | 19:29           | 3.1<br>(44.3%) |
| 692 | STRÓJWĄS Mateusz               | 1187  | BŁOTNIARZE           | Open Mężczyzn            | 580  | 13:00 | 01:37:32.85       | 01:37:32.85        | +00:54:47<br>(56.2%) | 19:30           | 3.1<br>(44.3%) |
| 693 | SZYMAŃSKI Grzegorz             | 1169  | MIASTO OSTROŁĘKA     | Open Masters<br>Mężczyzn | 113  | 11:00 | 01:37:33.15       | 01:37:33.15        | +00:54:47<br>(56.2%) | 19:30           | 3.1<br>(44.3%) |
| 694 | LEPUTA Piotr                   | 872   | ZADYSZKA             | Open Mężczyzn            | 581  | 12:30 | 01:37:39.20       | 01:37:39.20        | +00:54:53<br>(56.2%) | 19:31           | 3.1<br>(44.3%) |
| 695 | HABEEBUR RAHMAN Mohamed Hashim | 619   | SEET                 | Open Mężczyzn            | 582  | 11:45 | 01:37:52.55       | 01:37:52.55        | +00:55:06<br>(56.3%) | 19:34           | 3.1<br>(44.3%) |
| 696 | ZABIELSKI Adam                 | 874   | ZADYSZKA             | Open Mężczyzn            | 583  | 12:30 | 01:37:59.85       | 01:37:59.85        | +00:55:14<br>(56.4%) | 19:35           | 3.1<br>(44.3%) |
| 697 | KOZICKI Sebastian              | 818   |                      | Open Mężczyzn            | 584  | 12:15 | 01:38:06.55       | 01:38:06.55        | +00:55:20<br>(56.4%) | 19:37           | 3.1<br>(44.3%) |
| 698 | MIKLAS Daniel                  | 793   | TAJGERY              | Open Mężczyzn            | 585  | 12:15 | 01:38:12.60       | 01:38:12.60        | +00:55:26<br>(56.5%) | 19:38           | 3.1<br>(44.3%) |
| 699 | MIKOŁAJCZYK Filip              | 794   | TAJGERY              | Open Mężczyzn            | 586  | 12:15 | 01:38:14.00       | 01:38:14.00        | +00:55:28<br>(56.5%) | 19:38           | 3.1<br>(44.3%) |
| 700 | FURMAŃCZUK Mateusz             | 602   | GLADIATORS BY RMF4RT | Open Mężczyzn            | 587  | 12:00 | 01:38:16.85       | 01:38:16.85        | +00:55:31<br>(56.5%) | 19:39           | 3.1<br>(44.3%) |
| 701 | STĘPIEŃ Krzysztof              | 711   | MONKEYS' TEAM        | Open Masters<br>Mężczyzn | 114  | 12:00 | 01:38:17.00       | 01:38:17.00        | +00:55:31<br>(56.5%) | 19:39           | 3.1<br>(44.3%) |
| 702 | PIOTROWSKI Mateusz             | 156   |                      | Open Mężczyzn            | 588  | 10:15 | 01:38:18.45       | 01:38:18.45        | +00:55:32<br>(56.5%) | 19:39           | 3.1<br>(44.3%) |
| 703 | ENDER Remigiusz                | 789   | TAJGERY              | Open Mężczyzn            | 589  | 12:15 | 01:38:22.70       | 01:38:22.70        | +00:55:36<br>(56.5%) | 19:40           | 3<br>(42.9%)   |
| 704 | WĄSOWICZ Konrad                | 89    | BK STEP TEAM         | Open Mężczyzn            | 590  | 10:15 | 01:38:23.20       | 01:38:23.20        | +00:55:37<br>(56.5%) | 19:40           | 3<br>(42.9%)   |
| 704 | KONCEWICZ Kornel               | 302   |                      | Open Mężczyzn            | 590  | 10:45 | 01:38:23.20       | 01:38:23.20        | +00:55:37<br>(56.5%) | 19:40           | 3<br>(42.9%)   |
| 704 | OLENDER Paweł                  | 318   |                      | Open Mężczyzn            | 590  | 10:45 | 01:38:23.20       | 01:38:23.20        | +00:55:37<br>(56.5%) | 19:40           | 3<br>(42.9%)   |

| Msc | Zawodnik           | Numer | Klub              | Kategoria                | Mkat | Seria | Czas netto<br>5km | Czas brutto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h |
|-----|--------------------|-------|-------------------|--------------------------|------|-------|-------------------|--------------------|----------------------|-----------------|---------------|
| 707 | WYPARŁO Paweł      | 1035  | CHLOR&SKODA TEAM  | Open Mężczyzn            | 593  | 13:00 | 01:38:25.15       | 01:38:25.15        | +00:55:39<br>(56.5%) | 19:41           | 3<br>(42.9%)  |
| 708 | ZDANOWSKI Dawid    | 930   |                   | Open Mężczyzn            | 594  | 12:30 | 01:38:27.85       | 01:38:27.85        | +00:55:42<br>(56.6%) | 19:41           | 3<br>(42.9%)  |
| 709 | ZDANOWSKI Patryk   | 932   |                   | Open Mężczyzn            | 595  | 12:30 | 01:38:28.30       | 01:38:28.30        | +00:55:42<br>(56.6%) | 19:41           | 3<br>(42.9%)  |
| 710 | ZDANOWSKI Grzegorz | 931   |                   | Open Masters<br>Mężczyzn | 115  | 12:30 | 01:38:28.90       | 01:38:28.90        | +00:55:43<br>(56.6%) | 19:41           | 3<br>(42.9%)  |
| 711 | WYSOKIŃSKI Michał  | 929   |                   | Open Mężczyzn            | 596  | 12:30 | 01:38:29.40       | 01:38:29.40        | +00:55:43<br>(56.6%) | 19:41           | 3<br>(42.9%)  |
| 712 | ŁOŻAŃSKI Michał    | 1032  | CHLOR&SKODA TEAM  | Open Mężczyzn            | 597  | 13:00 | 01:38:30.05       | 01:38:30.05        | +00:55:44<br>(56.6%) | 19:42           | 3<br>(42.9%)  |
| 713 | ZARĘBA Łukasz      | 768   |                   | Open Mężczyzn            | 598  | 12:00 | 01:38:32.50       | 01:38:32.50        | +00:55:46<br>(56.6%) | 19:42           | 3<br>(42.9%)  |
| 714 | TUTAK Kamil        | 1104  |                   | Open Mężczyzn            | 599  | 13:00 | 01:38:33.10       | 01:38:33.10        | +00:55:47<br>(56.6%) | 19:42           | 3<br>(42.9%)  |
| 715 | TARNAWCZYK Antoni  | 1033  | CHLOR&SKODA TEAM  | Open Mężczyzn            | 600  | 13:00 | 01:38:42.60       | 01:38:42.60        | +00:55:56<br>(56.7%) | 19:44           | 3<br>(42.9%)  |
| 716 | KSIĄŻEK Adam       | 690   | DRUŻYNA RKS HUWDU | Open Mężczyzn            | 601  | 12:00 | 01:38:53.20       | 01:38:53.20        | +00:56:07<br>(56.8%) | 19:46           | 3<br>(42.9%)  |
| 717 | BARTCZAK Krzysztof | 42    |                   | Open Mężczyzn            | 602  | 10:00 | 01:38:53.55       | 01:38:53.55        | +00:56:07<br>(56.8%) | 19:46           | 3<br>(42.9%)  |
| 718 | BARAN Konrad       | 7     | BRYGIERY OCR      | Open Mężczyzn            | 603  | 10:00 | 01:38:56.50       | 01:38:56.50        | +00:56:10<br>(56.8%) | 19:47           | 3<br>(42.9%)  |
| 719 | ŻELAZOWSKI Jakub   | 693   | DRUŻYNA RKS HUWDU | Open Mężczyzn            | 604  | 12:00 | 01:38:58.15       | 01:38:58.15        | +00:56:12<br>(56.8%) | 19:47           | 3<br>(42.9%)  |
| 720 | KOWALIK Karol      | 57    |                   | Open Mężczyzn            | 605  | 10:00 | 01:38:58.30       | 01:38:58.30        | +00:56:12<br>(56.8%) | 19:47           | 3<br>(42.9%)  |
| 721 | KAWECKI Mateusz    | 552   |                   | Open Mężczyzn            | 606  | 11:30 | 01:39:05.65       | 01:39:05.65        | +00:56:19<br>(56.8%) | 19:49           | 3<br>(42.9%)  |
| 722 | BURZYŃSKI Michał   | 140   |                   | Open Mężczyzn            | 607  | 10:15 | 01:39:11.05       | 01:39:11.05        | +00:56:25<br>(56.9%) | 19:50           | 3<br>(42.9%)  |
| 723 | MAMIŃSKI Krystian  | 509   | CHAMPIONSI        | Open Mężczyzn            | 608  | 11:30 | 01:39:12.85       | 01:39:12.85        | +00:56:27<br>(56.9%) | 19:50           | 3<br>(42.9%)  |
| 724 | DOMINIK Jakub      | 508   | CHAMPIONSI        | Open Mężczyzn            | 609  | 11:30 | 01:39:13.35       | 01:39:13.35        | +00:56:27<br>(56.9%) | 19:50           | 3<br>(42.9%)  |
| 725 | KOZIK Hubert       | 561   |                   | Open Mężczyzn            | 610  | 11:30 | 01:39:14.35       | 01:39:14.35        | +00:56:28<br>(56.9%) | 19:50           | 3<br>(42.9%)  |
| 726 | DOMINIK Adrian     | 507   | CHAMPIONSI        | Open Mężczyzn            | 611  | 11:30 | 01:39:14.45       | 01:39:14.45        | +00:56:28<br>(56.9%) | 19:50           | 3<br>(42.9%)  |
| 727 | JACHNA Jacek       | 294   |                   | Open Mężczyzn            | 612  | 10:45 | 01:39:18.30       | 01:39:18.30        | +00:56:32<br>(56.9%) | 19:51           | 3<br>(42.9%)  |
| 728 | MAŁKOWSKI Kamil    | 873   | ZADYSZKA          | Open Mężczyzn            | 613  | 12:30 | 01:39:20.60       | 01:39:20.60        | +00:56:34<br>(57.0%) | 19:52           | 3<br>(42.9%)  |
| 729 | PODBIELSKI Rafał   | 751   |                   | Open Mężczyzn            | 614  | 12:00 | 01:39:21.70       | 01:39:21.70        | +00:56:35<br>(57.0%) | 19:52           | 3<br>(42.9%)  |



| Msc | Zawodnik             | Numer | Klub            | Kategoria                | Mkat | Seria | Czas netto<br>5km | Czas brutto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h |
|-----|----------------------|-------|-----------------|--------------------------|------|-------|-------------------|--------------------|----------------------|-----------------|---------------|
| 730 | LUDZIŃSKI Tomasz     | 791   | TAJGERY         | Open Mężczyzn            | 615  | 12:15 | 01:39:27.90       | 01:39:27.90        | +00:56:42<br>(57.0%) | 19:53           | 3<br>(42.9%)  |
| 731 | REĆKO Maciej         | 578   |                 | Open Mężczyzn            | 616  | 11:30 | 01:39:28.45       | 01:39:28.45        | +00:56:42<br>(57.0%) | 19:53           | 3<br>(42.9%)  |
| 732 | KOZICKI Daniel       | 817   |                 | Open Mężczyzn            | 617  | 12:15 | 01:39:29.25       | 01:39:29.25        | +00:56:43<br>(57.0%) | 19:53           | 3<br>(42.9%)  |
| 733 | JASKÓLSKI Daniel     | 810   |                 | Open Mężczyzn            | 618  | 12:15 | 01:39:31.25       | 01:39:31.25        | +00:56:45<br>(57.0%) | 19:54           | 3<br>(42.9%)  |
| 734 | JAKUBCZAK Paweł      | 809   |                 | Open Masters<br>Mężczyzn | 116  | 12:15 | 01:39:33.00       | 01:39:33.00        | +00:56:47<br>(57.0%) | 19:54           | 3<br>(42.9%)  |
| 735 | JUSZCZYK Piotr       | 468   |                 | Open Mężczyzn            | 619  | 11:15 | 01:39:44.55       | 01:39:44.55        | +00:56:58<br>(57.1%) | 19:56           | 3<br>(42.9%)  |
| 736 | PICHAŁ Kacper        | 747   |                 | Open Mężczyzn            | 620  | 12:00 | 01:39:46.30       | 01:39:46.30        | +00:57:00<br>(57.1%) | 19:57           | 3<br>(42.9%)  |
| 737 | KRYSIŃSKI Kamil      | 790   | TAJGERY         | Open Mężczyzn            | 621  | 12:15 | 01:39:46.95       | 01:39:46.95        | +00:57:01<br>(57.1%) | 19:57           | 3<br>(42.9%)  |
| 738 | DZIEWIĄTKOWSKI Kamil | 979   |                 | Open Mężczyzn            | 622  | 12:45 | 01:39:53.80       | 01:39:53.80        | +00:57:07<br>(57.2%) | 19:58           | 3<br>(42.9%)  |
| 739 | ZANIEWSKI Marcin     | 1047  | LEDIN OSTROŁĘKA | Open Mężczyzn            | 623  | 13:00 | 01:39:55.45       | 01:39:55.45        | +00:57:09<br>(57.2%) | 19:59           | 3<br>(42.9%)  |
| 740 | ROGAŁA Krzysztof     | 419   | #TEAMFURIA      | Open Mężczyzn            | 624  | 11:15 | 01:39:55.65       | 01:39:55.65        | +00:57:09<br>(57.2%) | 19:59           | 3<br>(42.9%)  |
| 741 | ZABŁOCKI Piotr       | 795   | TAJGERY         | Open Mężczyzn            | 625  | 12:15 | 01:39:59.50       | 01:39:59.50        | +00:57:13<br>(57.2%) | 19:59           | 3<br>(42.9%)  |
| 742 | MASTALERZ Piotr      | 792   | TAJGERY         | Open Mężczyzn            | 626  | 12:15 | 01:39:59.65       | 01:39:59.65        | +00:57:13<br>(57.2%) | 19:59           | 3<br>(42.9%)  |
| 743 | WIECZOREK Paweł      | 764   |                 | Open Mężczyzn            | 627  | 12:15 | 01:40:03.30       | 01:40:03.30        | +00:57:17<br>(57.3%) | 20:00           | 3<br>(42.9%)  |
| 744 | SŁOMSKI Dawid        | 759   |                 | Open Mężczyzn            | 628  | 12:00 | 01:40:09.10       | 01:40:09.10        | +00:57:23<br>(57.3%) | 20:01           | 3<br>(42.9%)  |
| 745 | STANKIEWICZ Robert   | 112   | FORMA 5         | Open Mężczyzn            | 629  | 10:15 | 01:40:11.65       | 01:40:11.65        | +00:57:25<br>(57.3%) | 20:02           | 3<br>(42.9%)  |
| 746 | KONOWALSKI Dawid     | 1230  |                 | Open Mężczyzn            | 630  | 13:20 | 01:40:12.95       | 01:40:12.95        | +00:57:27<br>(57.3%) | 20:02           | 3<br>(42.9%)  |
| 747 | KONOWALSKI Zbigniew  | 1231  |                 | Open Mężczyzn            | 631  | 13:20 | 01:40:13.45       | 01:40:13.45        | +00:57:27<br>(57.3%) | 20:02           | 3<br>(42.9%)  |
| 748 | GŁOSEK Mariusz       | 1152  |                 | Open Masters<br>Mężczyzn | 117  | 13:10 | 01:40:20.25       | 01:40:20.25        | +00:57:34<br>(57.4%) | 20:04           | 3<br>(42.9%)  |
| 749 | BORECKI Mariusz      | 797   |                 | Open Mężczyzn            | 632  | 12:15 | 01:40:27.65       | 01:40:27.65        | +00:57:41<br>(57.4%) | 20:05           | 3<br>(42.9%)  |
| 750 | TOPIJ Stefan         | 138   | WATER TEAM      | Open Masters<br>Mężczyzn | 118  | 10:15 | 01:40:42.20       | 01:40:42.20        | +00:57:56<br>(57.5%) | 20:08           | 3<br>(42.9%)  |
| 751 | MORTKA Piotr         | 473   |                 | Open Mężczyzn            | 633  | 11:15 | 01:40:57.85       | 01:40:57.85        | +00:58:12<br>(57.6%) | 20:11           | 3<br>(42.9%)  |
| 752 | WYRZYKOWSKI Wojciech | 526   | MWP TEAM        | Open Mężczyzn            | 634  | 11:30 | 01:41:03.20       | 01:41:03.20        | +00:58:17<br>(57.7%) | 20:12           | 3<br>(42.9%)  |

|     |                       |       |                     |                          |      |       | Czas netto<br>5km | Czas brutto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-----------------------|-------|---------------------|--------------------------|------|-------|-------------------|--------------------|----------------------|-----------------|----------------|
| Msc | Zawodnik              | Numer | Klub                | Kategoria                | Mkat | Seria |                   |                    |                      |                 |                |
| 753 | CIBOROWSKI Michał     | 524   | MWP TEAM            | Open Mężczyzn            | 635  | 11:30 | 01:41:03.50       | 01:41:03.50        | +00:58:17<br>(57.7%) | 20:12           | 3<br>(42.9%)   |
| 754 | JASTRZĘBSKI Piotr     | 525   | MWP TEAM            | Open Masters<br>Mężczyzn | 119  | 11:30 | 01:41:04.90       | 01:41:04.90        | +00:58:19<br>(57.7%) | 20:12           | 3<br>(42.9%)   |
| 755 | ORUBA Sławomir        | 1313  |                     | Open Mężczyzn            | 636  | 13:30 | 01:41:14.95       | 01:41:14.95        | +00:58:29<br>(57.8%) | 20:14           | 3<br>(42.9%)   |
| 756 | DOMURAD Marek         | 801   |                     | Open Masters<br>Mężczyzn | 120  | 12:15 | 01:41:15.75       | 01:41:15.75        | +00:58:29<br>(57.8%) | 20:15           | 3<br>(42.9%)   |
| 757 | PRAŻMO Krzysztof      | 964   | PSYCHIATRYKGRUZTEAM | Open Mężczyzn            | 637  | 12:45 | 01:41:25.50       | 01:41:25.50        | +00:58:39<br>(57.8%) | 20:17           | 3<br>(42.9%)   |
| 758 | SARNACKI Przemysław   | 834   |                     | Open Mężczyzn            | 638  | 12:15 | 01:41:28.95       | 01:41:28.95        | +00:58:43<br>(57.9%) | 20:17           | 3<br>(42.9%)   |
| 759 | KRUSZEWSKI Marcin     | 994   |                     | Open Mężczyzn            | 639  | 12:45 | 01:41:30.80       | 01:41:30.80        | +00:58:44<br>(57.9%) | 20:18           | 3<br>(42.9%)   |
| 760 | OLENDER Przemek       | 319   |                     | Open Mężczyzn            | 640  | 10:45 | 01:41:32.75       | 01:41:32.75        | +00:58:46<br>(57.9%) | 20:18           | 3<br>(42.9%)   |
| 761 | BOCZEK Szymon         | 280   |                     | Open Mężczyzn            | 641  | 10:45 | 01:41:32.95       | 01:41:32.95        | +00:58:47<br>(57.9%) | 20:18           | 3<br>(42.9%)   |
| 762 | IWANEK Grzegorz       | 962   | PSYCHIATRYKGRUZTEAM | Open Mężczyzn            | 642  | 12:45 | 01:41:37.40       | 01:41:37.40        | +00:58:51<br>(57.9%) | 20:19           | 3<br>(42.9%)   |
| 763 | KRUSZEWSKI Grzegorz   | 992   |                     | Open Mężczyzn            | 643  | 12:45 | 01:41:46.40       | 01:41:46.40        | +00:59:00<br>(58.0%) | 20:21           | 2.9<br>(41.4%) |
| 764 | PRAŻMOWSKI Jan        | 1094  |                     | Open Mężczyzn            | 644  | 13:00 | 01:41:48.65       | 01:41:48.65        | +00:59:02<br>(58.0%) | 20:21           | 2.9<br>(41.4%) |
| 765 | SUCHODOLSKI Radosław  | 491   |                     | Open Mężczyzn            | 645  | 11:15 | 01:42:00.85       | 01:42:00.85        | +00:59:15<br>(58.1%) | 20:24           | 2.9<br>(41.4%) |
| 766 | BIEGANOWSKI Jakub     | 796   |                     | Open Mężczyzn            | 646  | 12:15 | 01:42:01.45       | 01:42:01.45        | +00:59:15<br>(58.1%) | 20:24           | 2.9<br>(41.4%) |
| 767 | RYKOWSKI Daniel       | 486   |                     | Open Mężczyzn            | 647  | 11:15 | 01:42:01.75       | 01:42:01.75        | +00:59:15<br>(58.1%) | 20:24           | 2.9<br>(41.4%) |
| 768 | NOWAK Krystian        | 914   |                     | Open Mężczyzn            | 648  | 12:30 | 01:42:05.55       | 01:42:05.55        | +00:59:19<br>(58.1%) | 20:25           | 2.9<br>(41.4%) |
| 769 | GOŁAŚ Przemysław      | 463   |                     | Open Mężczyzn            | 649  | 11:15 | 01:42:05.80       | 01:42:05.80        | +00:59:19<br>(58.1%) | 20:25           | 2.9<br>(41.4%) |
| 770 | KRAWCZYK Krzysztof    | 114   | NIE MAM POJĘCIA!    | Open Mężczyzn            | 650  | 10:15 | 01:42:07.50       | 01:42:07.50        | +00:59:21<br>(58.1%) | 20:25           | 2.9<br>(41.4%) |
| 771 | DOBRZYNSKI Michael    | 1290  |                     | Open Mężczyzn            | 651  | 13:30 | 01:42:09.85       | 01:42:09.85        | +00:59:24<br>(58.1%) | 20:25           | 2.9<br>(41.4%) |
| 772 | JACHYM Patryk         | 901   |                     | Open Mężczyzn            | 652  | 12:30 | 01:42:16.50       | 01:42:16.50        | +00:59:30<br>(58.2%) | 20:27           | 2.9<br>(41.4%) |
| 773 | WITT Nikodem          | 1368  |                     | Open Mężczyzn            | 653  | 12:00 | 01:42:16.75       | 01:42:16.75        | +00:59:30<br>(58.2%) | 20:27           | 2.9<br>(41.4%) |
| 774 | ŻOŁDAK Maciej         | 846   |                     | Open Mężczyzn            | 654  | 12:15 | 01:42:20.15       | 01:42:20.15        | +00:59:34<br>(58.2%) | 20:28           | 2.9<br>(41.4%) |
| 775 | DZIĘGIELEWSKI Mateusz | 1038  | LEDIN OSTROŁĘKA     | Open Mężczyzn            | 655  | 13:00 | 01:42:21.90       | 01:42:21.90        | +00:59:36<br>(58.2%) | 20:28           | 2.9<br>(41.4%) |

| Msc | Zawodnik             | Numer | Klub                | Kategoria                | Mkat | Seria | Czas netto<br>5km | Czas brutto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|----------------------|-------|---------------------|--------------------------|------|-------|-------------------|--------------------|----------------------|-----------------|----------------|
| 776 | MIERZEJEWSKI Mateusz | 569   |                     | Open Mężczyzn            | 656  | 11:30 | 01:42:26.55       | 01:42:26.55        | +00:59:40<br>(58.3%) | 20:29           | 2.9<br>(41.4%) |
| 777 | NOWAK Grzegorz       | 1044  | LEDIN OSTROŁĘKA     | Open Mężczyzn            | 657  | 13:00 | 01:42:29.10       | 01:42:29.10        | +00:59:43<br>(58.3%) | 20:29           | 2.9<br>(41.4%) |
| 778 | ŁUKASZEWSKI Paweł    | 1355  |                     | Open Mężczyzn            | 658  | 11:30 | 01:42:29.55       | 01:42:29.55        | +00:59:43<br>(58.3%) | 20:29           | 2.9<br>(41.4%) |
| 779 | BRZECZKOWSKI Paweł   | 528   | POWER TRAINING      | Open Mężczyzn            | 659  | 11:30 | 01:42:52.80       | 01:42:52.80        | +01:00:06<br>(58.4%) | 20:34           | 2.9<br>(41.4%) |
| 780 | OWCZAREK Dominik     | 745   |                     | Open Mężczyzn            | 660  | 12:00 | 01:43:07.55       | 01:43:07.55        | +01:00:21<br>(58.5%) | 20:37           | 2.9<br>(41.4%) |
| 781 | BOCZKOWSKI Mieszko   | 721   |                     | Open Mężczyzn            | 661  | 12:00 | 01:43:09.50       | 01:43:09.50        | +01:00:23<br>(58.5%) | 20:37           | 2.9<br>(41.4%) |
| 782 | IL Wojciech          | 985   |                     | Open Mężczyzn            | 662  | 12:45 | 01:43:09.65       | 01:43:09.65        | +01:00:23<br>(58.5%) | 20:37           | 2.9<br>(41.4%) |
| 783 | ILLKOW Dawid         | 1075  |                     | Open Mężczyzn            | 663  | 13:00 | 01:43:18.45       | 01:43:18.45        | +01:00:32<br>(58.6%) | 20:39           | 2.9<br>(41.4%) |
| 784 | IVATIN Patryk        | 375   |                     | Open Mężczyzn            | 664  | 11:00 | 01:43:21.35       | 01:43:21.35        | +01:00:35<br>(58.6%) | 20:40           | 2.9<br>(41.4%) |
| 785 | STĘPNIEWSKI Jakub    | 1101  |                     | Open Mężczyzn            | 665  | 13:00 | 01:43:24.45       | 01:43:24.45        | +01:00:38<br>(58.6%) | 20:40           | 2.9<br>(41.4%) |
| 786 | RABCZEWSKI Damian    | 965   | PSYCHIATRYKGRUZTEAM | Open Mężczyzn            | 666  | 12:45 | 01:43:33.95       | 01:43:33.95        | +01:00:48<br>(58.7%) | 20:42           | 2.9<br>(41.4%) |
| 787 | STEFANIAK Marek      | 242   |                     | Open Masters<br>Mężczyzn | 121  | 10:30 | 01:43:42.65       | 01:43:42.65        | +01:00:56<br>(58.8%) | 20:44           | 2.9<br>(41.4%) |
| 788 | KRAWCZYK Rafał       | 115   | NIE MAM POJĘCIA!    | Open Mężczyzn            | 667  | 10:15 | 01:44:01.70       | 01:44:01.70        | +01:01:15<br>(58.9%) | 20:48           | 2.9<br>(41.4%) |
| 789 | ZAORSKI Mateusz      | 844   |                     | Open Mężczyzn            | 668  | 12:15 | 01:44:12.55       | 01:44:12.55        | +01:01:26<br>(59.0%) | 20:50           | 2.9<br>(41.4%) |
| 790 | KORONKA Jakub        | 814   |                     | Open Mężczyzn            | 669  | 12:15 | 01:44:13.05       | 01:44:13.05        | +01:01:27<br>(59.0%) | 20:50           | 2.9<br>(41.4%) |
| 791 | STOLARZ Marcin       | 406   |                     | Open Mężczyzn            | 670  | 11:00 | 01:44:21.60       | 01:44:21.60        | +01:01:35<br>(59.0%) | 20:52           | 2.9<br>(41.4%) |
| 792 | SAJA Jacek           | 579   |                     | Open Masters<br>Mężczyzn | 122  | 11:30 | 01:44:23.70       | 01:44:23.70        | +01:01:37<br>(59.0%) | 20:52           | 2.9<br>(41.4%) |
| 793 | KOWALCZYK Paweł      | 908   |                     | Open Mężczyzn            | 671  | 12:30 | 01:44:27.85       | 01:44:27.85        | +01:01:42<br>(59.1%) | 20:53           | 2.9<br>(41.4%) |
| 794 | KOZŁOWSKI Szymon     | 108   | FORMA 5             | Open Masters<br>Mężczyzn | 123  | 10:15 | 01:44:28.85       | 01:44:28.85        | +01:01:43<br>(59.1%) | 20:53           | 2.9<br>(41.4%) |
| 795 | KOZŁOWSKI Artur      | 107   | FORMA 5             | Open Mężczyzn            | 672  | 10:15 | 01:44:31.25       | 01:44:31.25        | +01:01:45<br>(59.1%) | 20:54           | 2.9<br>(41.4%) |
| 796 | JAROSZ Marcin        | 597   | DENTONS             | Open Mężczyzn            | 673  | 11:45 | 01:44:37.15       | 01:44:37.15        | +01:01:51<br>(59.1%) | 20:55           | 2.9<br>(41.4%) |
| 797 | JESIONOWSKI Maciej   | 598   | DENTONS             | Open Mężczyzn            | 674  | 11:45 | 01:44:38.20       | 01:44:38.20        | +01:01:52<br>(59.1%) | 20:55           | 2.9<br>(41.4%) |
| 798 | JANOWSKI Dominik     | 596   | DENTONS             | Open Mężczyzn            | 675  | 11:45 | 01:44:38.70       | 01:44:38.70        | +01:01:52<br>(59.1%) | 20:55           | 2.9<br>(41.4%) |

| Msc | Zawodnik            | Numer | Klub           | Kategoria             | Mkat | Seria | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h  |
|-----|---------------------|-------|----------------|-----------------------|------|-------|----------------|-----------------|-------------------|--------------|-------------|
| 799 | NAŁĘCZ Artur        | 599   | DENTONS        | Open Mężczyzn         | 676  | 11:45 | 01:44:40.05    | 01:44:40.05     | +01:01:54 (59.1%) | 20:56        | 2.9 (41.4%) |
| 800 | TURCZYK Michał      | 601   | DENTONS        | Open Masters Mężczyzn | 124  | 11:45 | 01:44:40.15    | 01:44:40.15     | +01:01:54 (59.1%) | 20:56        | 2.9 (41.4%) |
| 801 | KOWALSKI Rafał      | 1234  |                | Open Mężczyzn         | 677  | 13:20 | 01:44:41.10    | 01:44:41.10     | +01:01:55 (59.1%) | 20:56        | 2.9 (41.4%) |
| 802 | ZEBROWSKI Krzysztof | 1177  |                | Open Mężczyzn         | 678  | 13:10 | 01:44:41.95    | 01:44:41.95     | +01:01:56 (59.2%) | 20:56        | 2.9 (41.4%) |
| 803 | SZOT Janusz         | 322   |                | Open Masters Mężczyzn | 125  | 10:15 | 01:44:47.85    | 01:44:47.85     | +01:02:02 (59.2%) | 20:57        | 2.9 (41.4%) |
| 804 | IL Michał           | 984   |                | Open Mężczyzn         | 679  | 12:45 | 01:45:02.75    | 01:45:02.75     | +01:02:16 (59.3%) | 21:00        | 2.9 (41.4%) |
| 805 | IL Arek             | 983   |                | Open Mężczyzn         | 680  | 12:45 | 01:45:02.85    | 01:45:02.85     | +01:02:17 (59.3%) | 21:00        | 2.9 (41.4%) |
| 806 | CHRULSKI Kacper     | 1211  |                | Open Mężczyzn         | 681  | 13:20 | 01:45:07.95    | 01:45:07.95     | +01:02:22 (59.3%) | 21:01        | 2.9 (41.4%) |
| 807 | WIŚNIEWSKI Marcin   | 413   |                | Open Mężczyzn         | 682  | 11:00 | 01:45:08.50    | 01:45:08.50     | +01:02:22 (59.3%) | 21:01        | 2.9 (41.4%) |
| 808 | NOWAK Michał        | 136   | WATER TEAM     | Open Mężczyzn         | 683  | 10:15 | 01:45:38.15    | 01:45:38.15     | +01:02:52 (59.5%) | 21:07        | 2.8 (40.0%) |
| 809 | SZYDŁOWSKI Grzegorz | 407   |                | Open Mężczyzn         | 684  | 11:00 | 01:45:39.75    | 01:45:39.75     | +01:02:53 (59.5%) | 21:07        | 2.8 (40.0%) |
| 810 | BUCZYNSKI Dariusz   | 972   |                | Open Mężczyzn         | 685  | 12:45 | 01:45:43.20    | 01:45:43.20     | +01:02:57 (59.5%) | 21:08        | 2.8 (40.0%) |
| 811 | OLKOWSKI Mateusz    | 120   | PRAWILNY DOMEK | Open Mężczyzn         | 686  | 10:15 | 01:45:49.60    | 01:45:49.60     | +01:03:03 (59.6%) | 21:09        | 2.8 (40.0%) |
| 812 | BODZIUCH Arkadiusz  | 27    | PRAWILNY DOMEK | Open Mężczyzn         | 687  | 10:15 | 01:45:50.00    | 01:45:50.00     | +01:03:04 (59.6%) | 21:10        | 2.8 (40.0%) |
| 813 | ŚWIDER Bartłomiej   | 121   | PRAWILNY DOMEK | Open Mężczyzn         | 688  | 10:15 | 01:45:50.45    | 01:45:50.45     | +01:03:04 (59.6%) | 21:10        | 2.8 (40.0%) |
| 813 | KACZYŃSKI Mateusz   | 118   | PRAWILNY DOMEK | Open Mężczyzn         | 688  | 10:15 | 01:45:50.45    | 01:45:50.45     | +01:03:04 (59.6%) | 21:10        | 2.8 (40.0%) |
| 815 | GAŁĄZKA Kamil       | 116   | PRAWILNY DOMEK | Open Mężczyzn         | 690  | 10:15 | 01:45:50.75    | 01:45:50.75     | +01:03:04 (59.6%) | 21:10        | 2.8 (40.0%) |
| 816 | KONOPSKI Rafał      | 469   |                | Open Mężczyzn         | 691  | 11:15 | 01:45:55.00    | 01:45:55.00     | +01:03:09 (59.6%) | 21:11        | 2.8 (40.0%) |
| 817 | PIEKARSKI Kacper    | 704   | KOMPROMIS      | Open Mężczyzn         | 692  | 12:00 | 01:46:01.60    | 01:46:01.60     | +01:03:15 (59.7%) | 21:12        | 2.8 (40.0%) |
| 817 | ZIELONY Piotr       | 707   | KOMPROMIS      | Open Mężczyzn         | 692  | 12:00 | 01:46:01.60    | 01:46:01.60     | +01:03:15 (59.7%) | 21:12        | 2.8 (40.0%) |
| 819 | STĘPIEŃ Marcin      | 761   |                | Open Mężczyzn         | 694  | 12:00 | 01:46:01.90    | 01:46:01.90     | +01:03:16 (59.7%) | 21:12        | 2.8 (40.0%) |
| 820 | FIEJKA Michał       | 980   |                | Open Masters Mężczyzn | 126  | 12:45 | 01:46:05.40    | 01:46:05.40     | +01:03:19 (59.7%) | 21:13        | 2.8 (40.0%) |
| 821 | KOWALCZYK Paweł     | 990   |                | Open Mężczyzn         | 695  | 12:45 | 01:46:36.60    | 01:46:36.60     | +01:03:50 (59.9%) | 21:19        | 2.8 (40.0%) |

| Msc | Zawodnik                | Numer | Klub                      | Kategoria                | Mkat | Seria | Czas netto<br>5km | Czas brutto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-------------------------|-------|---------------------------|--------------------------|------|-------|-------------------|--------------------|----------------------|-----------------|----------------|
| 822 | OSSOWSKI Łukasz         | 859   | OSSY                      | Open Mężczyzn            | 696  | 12:30 | 01:47:03.45       | 01:47:03.45        | +01:04:17<br>(60.1%) | 21:24           | 2.8<br>(40.0%) |
| 823 | STEFAŃSKI Łukasz        | 1325  |                           | Open Mężczyzn            | 697  | 13:30 | 01:47:16.30       | 01:47:16.30        | +01:04:30<br>(60.1%) | 21:27           | 2.8<br>(40.0%) |
| 824 | ADAMSKI-HEIN Andrzej    | 452   |                           | Open Masters<br>Mężczyzn | 127  | 10:15 | 01:47:16.45       | 01:47:16.45        | +01:04:30<br>(60.1%) | 21:27           | 2.8<br>(40.0%) |
| 825 | SKROK Arek              | 870   | TOŚKA TEAM                | Open Mężczyzn            | 698  | 12:30 | 01:47:44.90       | 01:47:44.90        | +01:04:59<br>(60.3%) | 21:32           | 2.8<br>(40.0%) |
| 826 | DOLEWSKI Adrian         | 131   | WARRIORS ŁÓDŹ             | Open Mężczyzn            | 699  | 10:15 | 01:48:03.60       | 01:48:03.60        | +01:05:17<br>(60.4%) | 21:36           | 2.8<br>(40.0%) |
| 827 | PIETRUSZEWSKI Kamil     | 1287  | WILK TRENUJE FAMILY (WTF) | Open Mężczyzn            | 700  | 13:30 | 01:48:04.45       | 01:48:04.45        | +01:05:18<br>(60.4%) | 21:36           | 2.8<br>(40.0%) |
| 828 | MAJEWSKI Damian         | 390   |                           | Open Mężczyzn            | 701  | 11:00 | 01:48:17.90       | 01:48:17.90        | +01:05:32<br>(60.5%) | 21:39           | 2.8<br>(40.0%) |
| 829 | GRZEGORCZYK Adrian      | 1145  | SEROCK                    | Open Mężczyzn            | 702  | 13:20 | 01:48:18.95       | 01:48:18.95        | +01:05:33<br>(60.5%) | 21:39           | 2.8<br>(40.0%) |
| 830 | KRAWCZYK Paweł          | 1146  | SEROCK                    | Open Masters<br>Mężczyzn | 128  | 13:20 | 01:48:19.00       | 01:48:19.00        | +01:05:33<br>(60.5%) | 21:39           | 2.8<br>(40.0%) |
| 831 | ŁUKOWSKI Mateusz        | 567   |                           | Open Mężczyzn            | 703  | 11:30 | 01:48:38.70       | 01:48:38.70        | +01:05:52<br>(60.6%) | 21:43           | 2.8<br>(40.0%) |
| 832 | SIERZPUTOWSKI Arkadiusz | 1028  | BEZIMIENNI                | Open Mężczyzn            | 704  | 13:00 | 01:48:40.60       | 01:48:40.60        | +01:05:54<br>(60.7%) | 21:44           | 2.8<br>(40.0%) |
| 833 | MIECZKOWSKI Paweł       | 1025  | BEZIMIENNI                | Open Mężczyzn            | 705  | 13:00 | 01:48:41.65       | 01:48:41.65        | +01:05:55<br>(60.7%) | 21:44           | 2.8<br>(40.0%) |
| 834 | WEISS Dawid             | 774   | BIOTEAM                   | Open Mężczyzn            | 706  | 12:15 | 01:48:43.00       | 01:48:43.00        | +01:05:57<br>(60.7%) | 21:44           | 2.8<br>(40.0%) |
| 835 | BUSZYŃSKI Tomasz        | 772   | BIOTEAM                   | Open Mężczyzn            | 707  | 12:15 | 01:48:44.25       | 01:48:44.25        | +01:05:58<br>(60.7%) | 21:44           | 2.8<br>(40.0%) |
| 836 | GAWART Piotr            | 773   | BIOTEAM                   | Open Mężczyzn            | 708  | 12:15 | 01:48:44.85       | 01:48:44.85        | +01:05:59<br>(60.7%) | 21:44           | 2.8<br>(40.0%) |
| 837 | MROCZKOWSKI Hubert      | 742   |                           | Open Mężczyzn            | 709  | 12:00 | 01:48:49.65       | 01:48:49.65        | +01:06:03<br>(60.7%) | 21:45           | 2.8<br>(40.0%) |
| 838 | JAWORSKI Robert         | 550   |                           | Open Masters<br>Mężczyzn | 129  | 11:30 | 01:49:01.05       | 01:49:01.05        | +01:06:15<br>(60.8%) | 21:48           | 2.8<br>(40.0%) |
| 839 | DOMINIAK Radosław       | 1264  | BIOTEAM                   | Open Mężczyzn            | 710  | 13:30 | 01:49:06.30       | 01:49:06.30        | +01:06:20<br>(60.8%) | 21:49           | 2.7<br>(38.6%) |
| 840 | WASILEWSKI Krzysztof    | 585   |                           | Open Mężczyzn            | 711  | 11:30 | 01:49:08.55       | 01:49:08.55        | +01:06:22<br>(60.8%) | 21:49           | 2.7<br>(38.6%) |
| 841 | DZWONKOWSKI Paweł       | 540   |                           | Open Mężczyzn            | 712  | 11:30 | 01:49:11.10       | 01:49:11.10        | +01:06:25<br>(60.8%) | 21:50           | 2.7<br>(38.6%) |
| 842 | DĄBROWSKI Łukasz        | 863   | TOŚKA TEAM                | Open Mężczyzn            | 713  | 12:30 | 01:49:26.25       | 01:49:26.25        | +01:06:40<br>(60.9%) | 21:53           | 2.7<br>(38.6%) |
| 843 | OSIECKI Bartłomiej      | 868   | TOŚKA TEAM                | Open Masters<br>Mężczyzn | 130  | 12:30 | 01:49:27.35       | 01:49:27.35        | +01:06:41<br>(60.9%) | 21:53           | 2.7<br>(38.6%) |
| 844 | OSIECKI Mateusz         | 869   | TOŚKA TEAM                | Open Mężczyzn            | 714  | 12:30 | 01:49:27.95       | 01:49:27.95        | +01:06:42<br>(60.9%) | 21:53           | 2.7<br>(38.6%) |

|     |                       |       |                           |                          |      |       | Czas netto<br>5km | Czas brutto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|-----------------------|-------|---------------------------|--------------------------|------|-------|-------------------|--------------------|----------------------|-----------------|----------------|
| Msc | Zawodnik              | Numer | Klub                      | Kategoria                | Mkat | Seria |                   |                    |                      |                 |                |
| 845 | KACZYŃSKI Marcin      | 864   | TOŚKA TEAM                | Open Mężczyzn            | 715  | 12:30 | 01:49:28.80       | 01:49:28.80        | +01:06:42<br>(60.9%) | 21:53           | 2.7<br>(38.6%) |
| 846 | SZYMANCZAK Dariusz    | 838   |                           | Open Masters<br>Mężczyzn | 131  | 12:15 | 01:49:36.50       | 01:49:36.50        | +01:06:50<br>(61.0%) | 21:55           | 2.7<br>(38.6%) |
| 847 | PAROL Robert          | 828   |                           | Open Masters<br>Mężczyzn | 132  | 12:15 | 01:49:41.40       | 01:49:41.40        | +01:06:55<br>(61.0%) | 21:56           | 2.7<br>(38.6%) |
| 848 | GRZEGRZÓŁKA Łukasz    | 546   |                           | Open Masters<br>Mężczyzn | 133  | 11:30 | 01:49:42.25       | 01:49:42.25        | +01:06:56<br>(61.0%) | 21:56           | 2.7<br>(38.6%) |
| 849 | PAWŁOWSKI Mariusz     | 573   |                           | Open Masters<br>Mężczyzn | 134  | 11:30 | 01:49:49.60       | 01:49:49.60        | +01:07:03<br>(61.1%) | 21:57           | 2.7<br>(38.6%) |
| 850 | NOWAKOWSKI Jakub      | 1060  | TRAINING MENTAL SUCCESS   | Open Mężczyzn            | 716  | 13:30 | 01:49:55.70       | 01:49:55.70        | +01:07:09<br>(61.1%) | 21:59           | 2.7<br>(38.6%) |
| 851 | JESIONEK Krystian     | 298   |                           | Open Mężczyzn            | 717  | 10:45 | 01:50:14.00       | 01:50:14.00        | +01:07:28<br>(61.2%) | 22:02           | 2.7<br>(38.6%) |
| 852 | JESIONEK Fabian       | 297   |                           | Open Mężczyzn            | 718  | 10:45 | 01:50:33.25       | 01:50:33.25        | +01:07:47<br>(61.3%) | 22:06           | 2.7<br>(38.6%) |
| 853 | WYSOCKI Paweł         | 1016  |                           | Open Mężczyzn            | 719  | 13:30 | 01:50:34.85       | 01:50:34.85        | +01:07:49<br>(61.3%) | 22:06           | 2.7<br>(38.6%) |
| 854 | BANASZEK Marcin       | 1063  |                           | Open Mężczyzn            | 720  | 12:30 | 01:50:40.20       | 01:50:40.20        | +01:07:54<br>(61.4%) | 22:08           | 2.7<br>(38.6%) |
| 855 | SACHNOWSKI Emil       | 920   |                           | Open Mężczyzn            | 721  | 12:30 | 01:50:40.95       | 01:50:40.95        | +01:07:55<br>(61.4%) | 22:08           | 2.7<br>(38.6%) |
| 856 | MALICKI Michał        | 148   |                           | Open Masters<br>Mężczyzn | 135  | 10:15 | 01:51:09.15       | 01:51:09.15        | +01:08:23<br>(61.5%) | 22:13           | 2.7<br>(38.6%) |
| 857 | BAKUŁA Przemysław     | 278   |                           | Open Mężczyzn            | 722  | 10:45 | 01:51:11.65       | 01:51:11.65        | +01:08:25<br>(61.5%) | 22:14           | 2.7<br>(38.6%) |
| 858 | CHRZANOWSKI Sebastian | 639   |                           | Open Mężczyzn            | 723  | 11:45 | 01:51:36.35       | 01:51:36.35        | +01:08:50<br>(61.7%) | 22:19           | 2.7<br>(38.6%) |
| 859 | KALWAS Maciej         | 94    | CROSSBOX OKA              | Open Mężczyzn            | 724  | 10:15 | 01:51:46.55       | 01:51:46.55        | +01:09:00<br>(61.7%) | 22:21           | 2.7<br>(38.6%) |
| 860 | LAZUREK Jakub         | 738   |                           | Open Mężczyzn            | 725  | 12:00 | 01:52:01.25       | 01:52:01.25        | +01:09:15<br>(61.8%) | 22:24           | 2.7<br>(38.6%) |
| 861 | GAWROŃSKI Kacper      | 729   |                           | Open Mężczyzn            | 726  | 12:00 | 01:52:06.60       | 01:52:06.60        | +01:09:20<br>(61.9%) | 22:25           | 2.7<br>(38.6%) |
| 862 | KRYSZTOFIK Benjamin   | 389   |                           | Open Mężczyzn            | 727  | 11:00 | 01:52:47.65       | 01:52:47.65        | +01:10:01<br>(62.1%) | 22:33           | 2.7<br>(38.6%) |
| 863 | BILSKI Konrad         | 362   |                           | Open Mężczyzn            | 728  | 11:00 | 01:52:48.05       | 01:52:48.05        | +01:10:02<br>(62.1%) | 22:33           | 2.7<br>(38.6%) |
| 864 | RADZISZEWSKI Maciej   | 130   | SIEM CITY                 | Open Mężczyzn            | 729  | 10:15 | 01:52:49.65       | 01:52:49.65        | +01:10:03<br>(62.1%) | 22:33           | 2.7<br>(38.6%) |
| 865 | PODGÓRSKI Michał      | 1138  | PSYCHIATRYK KOPERNIKA     | Open Mężczyzn            | 730  | 13:10 | 01:53:36.55       | 01:53:36.55        | +01:10:50<br>(62.4%) | 22:43           | 2.6<br>(37.1%) |
| 866 | MAJEWSKI Michał       | 1241  |                           | Open Mężczyzn            | 731  | 13:20 | 01:54:04.55       | 01:54:04.55        | +01:11:18<br>(62.5%) | 22:48           | 2.6<br>(37.1%) |
| 867 | PIASECKI Hubert       | 951   | NA PRZYPALE ALBO WCALE!!! | Open Mężczyzn            | 732  | 12:45 | 01:54:11.55       | 01:54:11.55        | +01:11:25<br>(62.6%) | 22:50           | 2.6<br>(37.1%) |

| Msc | Zawodnik            | Numer | Klub                      | Kategoria                | Mkat | Seria | Czas netto<br>5km | Czas brutto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|---------------------|-------|---------------------------|--------------------------|------|-------|-------------------|--------------------|----------------------|-----------------|----------------|
| 868 | KOMAR Tomasz        | 950   | NA PRZYPALE ALBO WCALE!!! | Open Masters<br>Mężczyzn | 136  | 12:45 | 01:54:11.75       | 01:54:11.75        | +01:11:25<br>(62.6%) | 22:50           | 2.6<br>(37.1%) |
| 869 | STAŚKIEWICZ Jakub   | 349   | KURPIE NA LUZIE           | Open Mężczyzn            | 733  | 11:00 | 01:54:13.35       | 01:54:13.35        | +01:11:27<br>(62.6%) | 22:50           | 2.6<br>(37.1%) |
| 870 | KIETLIŃSKI Piotr    | 385   |                           | Open Masters<br>Mężczyzn | 137  | 11:00 | 01:54:25.55       | 01:54:25.55        | +01:11:39<br>(62.6%) | 22:53           | 2.6<br>(37.1%) |
| 871 | KALNIUK Tomasz      | 356   | NIE W SZCZEPIONKĘ TEAM    | Open Mężczyzn            | 734  | 11:00 | 01:55:53.25       | 01:55:53.25        | +01:13:07<br>(63.1%) | 23:10           | 2.6<br>(37.1%) |
| 872 | DOBRZENIECKI Marcin | 510   | CYGAŃSKA KIEŁBASKA        | Open Mężczyzn            | 735  | 11:30 | 01:55:54.65       | 01:55:54.65        | +01:13:08<br>(63.1%) | 23:10           | 2.6<br>(37.1%) |
| 873 | PUCHALSKI Krzysztof | 520   | LUDZKIE ANOMALIE          | Open Mężczyzn            | 736  | 11:30 | 01:56:00.75       | 01:56:00.75        | +01:13:14<br>(63.1%) | 23:12           | 2.6<br>(37.1%) |
| 874 | JAGIELSKI Sylwester | 5     | BRACIA PIERDOLEC          | Open Mężczyzn            | 737  | 10:00 | 01:56:27.10       | 01:56:27.10        | +01:13:41<br>(63.3%) | 23:17           | 2.6<br>(37.1%) |
| 875 | WIECZOREK Łukasz    | 6     | BRACIA PIERDOLEC          | Open Mężczyzn            | 738  | 10:00 | 01:56:29.85       | 01:56:29.85        | +01:13:44<br>(63.3%) | 23:17           | 2.6<br>(37.1%) |
| 876 | BŁĄDEK Piotr        | 4     | BRACIA PIERDOLEC          | Open Mężczyzn            | 739  | 10:00 | 01:56:50.70       | 01:56:50.70        | +01:14:04<br>(63.4%) | 23:22           | 2.6<br>(37.1%) |
| 877 | KASZUBSKI Łukasz    | 655   |                           | Open Mężczyzn            | 740  | 11:45 | 01:57:22.95       | 01:57:22.95        | +01:14:37<br>(63.6%) | 23:28           | 2.6<br>(37.1%) |
| 878 | BOŃKOWSKI Krzysztof | 636   |                           | Open Mężczyzn            | 741  | 11:45 | 01:57:24.05       | 01:57:24.05        | +01:14:38<br>(63.6%) | 23:28           | 2.6<br>(37.1%) |
| 879 | GARDOCKI Kamil      | 513   | CYGAŃSKA KIEŁBASKA        | Open Mężczyzn            | 742  | 11:30 | 01:57:32.85       | 01:57:32.85        | +01:14:47<br>(63.6%) | 23:30           | 2.6<br>(37.1%) |
| 880 | WITUL Mateusz       | 516   | CYGAŃSKA KIEŁBASKA        | Open Mężczyzn            | 743  | 11:30 | 01:57:32.95       | 01:57:32.95        | +01:14:47<br>(63.6%) | 23:30           | 2.6<br>(37.1%) |
| 881 | PUŁAWSKI Michał     | 514   | CYGAŃSKA KIEŁBASKA        | Open Mężczyzn            | 744  | 11:30 | 01:58:06.85       | 01:58:06.85        | +01:15:21<br>(63.8%) | 23:37           | 2.5<br>(35.7%) |
| 882 | FOLMAN Łukasz       | 512   | CYGAŃSKA KIEŁBASKA        | Open Mężczyzn            | 745  | 11:30 | 01:58:11.45       | 01:58:11.45        | +01:15:25<br>(63.8%) | 23:38           | 2.5<br>(35.7%) |
| 883 | JARMUSZEWICZ Patryk | 702   | JARMUSZEWICZ              | Open Mężczyzn            | 746  | 12:00 | 01:59:12.40       | 01:59:12.40        | +01:16:26<br>(64.1%) | 23:50           | 2.5<br>(35.7%) |
| 884 | LASKOWSKI Arek      | 1135  | PIĘKNI I BESTIE           | Open Mężczyzn            | 747  | 11:45 | 01:59:29.55       | 01:59:29.55        | +01:16:43<br>(64.2%) | 23:53           | 2.5<br>(35.7%) |
| 885 | BIAŁOBLÓCKI Kacper  | 505   | BIEGAJĄCE CHLORY          | Open Mężczyzn            | 748  | 11:30 | 02:00:24.55       | 02:00:24.55        | +01:17:38<br>(64.5%) | 24:04           | 2.5<br>(35.7%) |
| 886 | JANIAK Łukasz       | 506   | BIEGAJĄCE CHLORY          | Open Mężczyzn            | 749  | 11:30 | 02:00:25.45       | 02:00:25.45        | +01:17:39<br>(64.5%) | 24:05           | 2.5<br>(35.7%) |
| 887 | DĄBROWSKI Przemek   | 537   |                           | Open Mężczyzn            | 750  | 11:30 | 02:00:25.55       | 02:00:25.55        | +01:17:39<br>(64.5%) | 24:05           | 2.5<br>(35.7%) |
| 888 | ZALEWSKI Mateusz    | 611   | POLONIA NAPLETON          | Open Mężczyzn            | 751  | 11:45 | 02:00:43.25       | 02:00:43.25        | +01:17:57<br>(64.6%) | 24:08           | 2.5<br>(35.7%) |
| 889 | ŻEBROWSKI Mateusz   | 627   | SEET                      | Open Mężczyzn            | 752  | 11:45 | 02:00:55.85       | 02:00:55.85        | +01:18:10<br>(64.6%) | 24:11           | 2.5<br>(35.7%) |
| 890 | NIZIŃSKI Szymon     | 698   | EKIPA ŁUBUDU              | Open Mężczyzn            | 753  | 12:00 | 02:01:18.60       | 02:01:18.60        | +01:18:32<br>(64.7%) | 24:15           | 2.5<br>(35.7%) |

| Msc | Zawodnik               | Numer | Klub                  | Kategoria                | Mkat | Seria | Czas netto<br>5km | Czas brutto<br>5km | Różn                 | Tempo<br>min/km | Tempo<br>km/h  |
|-----|------------------------|-------|-----------------------|--------------------------|------|-------|-------------------|--------------------|----------------------|-----------------|----------------|
| 891 | SUCHOMSKI Paweł        | 835   | OUTDOOR TRAINING      | Open Mężczyzn            | 754  | 12:15 | 02:01:34.05       | 02:01:34.05        | +01:18:48<br>(64.8%) | 24:18           | 2.5<br>(35.7%) |
| 892 | MOTYKA Krzysztof       | 276   |                       | Open Masters<br>Mężczyzn | 138  | 10:45 | 02:03:20.75       | 02:03:20.75        | +01:20:34<br>(65.3%) | 24:40           | 2.4<br>(34.3%) |
| 893 | CHRÓŚCIK Piotr         | 284   |                       | Open Masters<br>Mężczyzn | 139  | 10:45 | 02:03:21.30       | 02:03:21.30        | +01:20:35<br>(65.3%) | 24:40           | 2.4<br>(34.3%) |
| 894 | BARANOWSKI Łukasz      | 453   | DZIADY OCR            | Open Mężczyzn            | 755  | 11:15 | 02:03:22.70       | 02:03:22.70        | +01:20:36<br>(65.3%) | 24:40           | 2.4<br>(34.3%) |
| 895 | JABLONKA Radosław      | 420   |                       | Open Masters<br>Mężczyzn | 140  | 11:15 | 02:03:26.00       | 02:03:26.00        | +01:20:40<br>(65.4%) | 24:41           | 2.4<br>(34.3%) |
| 896 | DUNAJSKI Przemysław    | 539   |                       | Open Mężczyzn            | 756  | 11:30 | 02:03:26.75       | 02:03:26.75        | +01:20:40<br>(65.4%) | 24:41           | 2.4<br>(34.3%) |
| 897 | CHOJNOWSKI Mariusz     | 638   | BATONIK ŁAKOMCZUSZEK  | Open Mężczyzn            | 757  | 11:45 | 02:06:10.30       | 02:06:10.30        | +01:23:24<br>(66.1%) | 25:14           | 2.4<br>(34.3%) |
| 898 | SZCZUBEŁEK Mateusz     | 1186  |                       | Open Mężczyzn            | 758  | 13:20 | 02:07:19.75       | 02:07:19.75        | +01:24:33<br>(66.4%) | 25:27           | 2.4<br>(34.3%) |
| 899 | WASIAK Rafał           | 80    |                       | Open Mężczyzn            | 759  | 10:00 | 02:07:26.95       | 02:07:26.95        | +01:24:41<br>(66.4%) | 25:29           | 2.4<br>(34.3%) |
| 900 | TARAS Michał           | 1109  | #TEAMFURIA            | Open Mężczyzn            | 760  | 10:00 | 02:07:27.00       | 02:07:27.00        | +01:24:41<br>(66.4%) | 25:29           | 2.4<br>(34.3%) |
| 901 | KARASEK Andrzej        | 53    | BATONIK ŁAKOMCZUSZEK  | Open Mężczyzn            | 761  | 10:00 | 02:07:27.40       | 02:07:27.40        | +01:24:41<br>(66.4%) | 25:29           | 2.4<br>(34.3%) |
| 902 | KOCHAŃSKI Łukasz       | 1184  |                       | Open Mężczyzn            | 762  | 13:20 | 02:07:57.45       | 02:07:57.45        | +01:25:11<br>(66.6%) | 25:35           | 2.3<br>(32.9%) |
| 903 | DĄBROWSKI Łukasz       | 952   |                       | Open Mężczyzn            | 763  | 12:45 | 02:08:28.95       | 02:08:28.95        | +01:25:43<br>(66.7%) | 25:41           | 2.3<br>(32.9%) |
| 904 | JESIONEK Dawid         | 296   | ZIELONI TRZYSTA       | Open Mężczyzn            | 764  | 10:45 | 02:08:37.10       | 02:08:37.10        | +01:25:51<br>(66.8%) | 25:43           | 2.3<br>(32.9%) |
| 905 | ZERA Łukasz            | 882   |                       | Open Mężczyzn            | 765  | 12:30 | 02:10:49.50       | 02:10:49.50        | +01:28:03<br>(67.3%) | 26:09           | 2.3<br>(32.9%) |
| 906 | PREWYSZ-KWINTO Mateusz | 72    |                       | Open Mężczyzn            | 766  | 10:00 | 02:10:55.35       | 02:10:55.35        | +01:28:09<br>(67.3%) | 26:11           | 2.3<br>(32.9%) |
| 907 | MACIEJEWSKI Łukasz     | 40    | SOCIOS SILESIA        | Open Mężczyzn            | 767  | 10:00 | 02:10:56.25       | 02:10:56.25        | +01:28:10<br>(67.3%) | 26:11           | 2.3<br>(32.9%) |
| 908 | ŁĘPICKI Mateusz        | 20    | LEMON TEAM            | Open Mężczyzn            | 768  | 10:00 | 02:10:56.60       | 02:10:56.60        | +01:28:10<br>(67.3%) | 26:11           | 2.3<br>(32.9%) |
| 909 | RATUSZNIK Jakub        | 218   | LEKARZYNY OD 7BOLEŚCI | Open Mężczyzn            | 769  | 10:30 | 02:11:46.75       | 02:11:46.75        | +01:29:00<br>(67.5%) | 26:21           | 2.3<br>(32.9%) |
| 910 | GOŹDZIK Piotr          | 876   | ZIELONI TRZYSTA       | Open Mężczyzn            | 770  | 12:30 | 02:11:56.90       | 02:11:56.90        | +01:29:11<br>(67.6%) | 26:23           | 2.3<br>(32.9%) |
| 911 | OŁDAKOWSKI Robert      | 66    | ZIELONI TRZYSTA       | Open Mężczyzn            | 771  | 10:00 | 02:13:01.95       | 02:13:01.95        | +01:30:16<br>(67.9%) | 26:36           | 2.3<br>(32.9%) |
| 912 | PSUJEK Michał          | 878   |                       | Open Mężczyzn            | 772  | 12:30 | 02:17:32.55       | 02:17:32.55        | +01:34:46<br>(68.9%) | 27:30           | 2.2<br>(31.4%) |
| 913 | CICHOŃSKI Remigiusz    | 946   |                       | Open Mężczyzn            | 773  | 12:45 | 02:18:20.10       | 02:18:20.10        | +01:35:34<br>(69.1%) | 27:40           | 2.2<br>(31.4%) |



| Msc | Zawodnik           | Numer | Klub                 | Kategoria     | Mkat | Seria | Czas netto 5km | Czas brutto 5km | Różn              | Tempo min/km | Tempo km/h  |
|-----|--------------------|-------|----------------------|---------------|------|-------|----------------|-----------------|-------------------|--------------|-------------|
| 914 | KOZON Emil         | 1275  | MACZUGAHERCULESATEAM | Open Mężczyzn | 774  | 12:45 | 02:18:21.00    | 02:18:21.00     | +01:35:35 (69.1%) | 27:40        | 2.2 (31.4%) |
| 915 | HRYCIUK Przemysław | 947   | MACZUGAHERCULESATEAM | Open Mężczyzn | 775  | 12:45 | 02:18:32.00    | 02:18:32.00     | +01:35:46 (69.1%) | 27:42        | 2.2 (31.4%) |
| 916 | WOJTKOWIAK Jacek   | 843   |                      | Open Mężczyzn | 776  | 12:15 | 02:19:43.25    | 02:19:43.25     | +01:36:57 (69.4%) | 27:56        | 2.1 (30.0%) |
| 917 | OŻÓG Mateusz       | 701   | JAK ŻÓŁWIE W GALOPIE | Open Mężczyzn | 777  | 12:00 | 02:23:50.00    | 02:23:50.00     | +01:41:04 (70.3%) | 28:46        | 2.1 (30.0%) |
| 918 | DOLIŃSKI Bartosz   | 538   |                      | Open Mężczyzn | 778  | 11:30 | 02:27:48.55    | 02:27:48.55     | +01:45:02 (71.1%) | 29:33        | 2 (28.6%)   |
| 919 | LIPKA Michał       | 564   |                      | Open Mężczyzn | 779  | 11:30 | 02:27:48.60    | 02:27:48.60     | +01:45:02 (71.1%) | 29:33        | 2 (28.6%)   |
| 920 | GEORGE Milan       | 618   | SEET                 | Open Mężczyzn | 780  | 11:45 |                |                 |                   |              | (0.0%)      |
| 921 | RULAK Jerzy        | 1254  |                      | Open Mężczyzn | 781  | 13:20 |                |                 |                   |              | (0.0%)      |
| 922 | NALEWAJK Marcin    | 435   | PACBOXINGGYMLELIS    | Open Mężczyzn | 782  | 11:15 |                |                 |                   |              | (0.0%)      |
| 923 | ZAWIŚLAK Michał    | 124   | PRAWILNY DOMEK       | Open Mężczyzn | 783  | 10:15 |                |                 |                   |              | (0.0%)      |

Znaleziono 923 wynik(ów)