

RZEŹNIK NA RATY - DZIEŃ II

B4SPORT

Organizator: Fundacja Rzeźnika
Data: 2016-05-24
Miejsce: Ustrzyki Górne
Dystans: 22 km

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 8km | Czas netto 22km | Czas brutto 22km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------------|-------------|--|-----------|------|-------------|----------|--------------------|--------------------|-------------------|--------------|-------------|
| 1 | KAMIŃSKI Artur | 2109 | GMINA SADKOWICE | M30 | 1 | 00:00:03 | 01:00:46 | 02:25:25.65 | 02:25:28.85 | | 6:36 | 9.1 (100%) |
| 2 | POLAŃSKI Tomasz | 2091 | B4SPORT | M40 | 1 | 00:00:04 | 01:03:33 | 02:32:42.60 | 02:32:46.75 | +00:07:16 (4.8%) | 6:56 | 8.6 (94.5%) |
| 3 | GAPSKI Mateusz | 2125 | | M20 | 1 | 00:00:02 | 01:00:46 | 02:34:42.80 | 02:34:45.10 | +00:09:17 (6.0%) | 7:01 | 8.5 (93.4%) |
| 4 | CISZCZONIK Sebastian | 2159 | SPORTIVA.PL | M30 | 2 | 00:00:02 | 01:01:59 | 02:38:11.90 | 02:38:14.55 | +00:12:46 (8.1%) | 7:11 | 8.3 (91.2%) |
| 5 | KUJAWSKI Bartek | 2059 | GRUPETTO GORLICE | M20 | 2 | 00:00:04 | 01:02:31 | 02:41:24.80 | 02:41:29.25 | +00:15:59 (9.9%) | 7:20 | 8.2 (90.1%) |
| 6 | PRĘDKI Mirosław | 2131 | | M30 | 3 | 00:00:04 | 01:05:22 | 02:45:05.05 | 02:45:09.80 | +00:19:39 (11.9%) | 7:30 | 8 (87.9%) |
| 7 | BAKALARZ Emil | 2068 | | M20 | 3 | 00:00:03 | 01:05:30 | 02:52:53.55 | 02:52:57.20 | +00:27:27 (15.9%) | 7:51 | 7.6 (83.5%) |
| 8 | WAŁCZYK Krzysztof | 2083 | | M30 | 4 | 00:01:03 | 01:10:42 | 02:55:21.50 | 02:56:24.65 | +00:29:55 (17.1%) | 7:58 | 7.5 (82.4%) |
| 9 | KNOPEK Robert | 2144 | | M30 | 5 | 00:00:06 | 01:08:30 | 02:55:57.45 | 02:56:03.45 | +00:30:31 (17.4%) | 7:59 | 7.5 (82.4%) |
| 10 | FIJAŁKOWSKI Radosław | 2142 | CROSSFIT GCW | M30 | 6 | 00:00:59 | 01:13:19 | 02:59:45.50 | 03:00:45.40 | +00:34:19 (19.1%) | 8:10 | 7.3 (80.2%) |
| 11 | DUCKI Piotr | 2170 | OTK RZEŹNIK | M30 | 7 | 00:01:01 | 01:14:46 | 03:01:49.70 | 03:02:51.00 | +00:36:24 (20.0%) | 8:15 | 7.3 (80.2%) |
| 12 | WARSKI Patryk | 2060 | | M30 | 8 | 00:00:05 | 01:12:04 | 03:03:25.40 | 03:03:30.55 | +00:37:59 (20.7%) | 8:20 | 7.2 (79.1%) |
| 13 | FOGIEL-PAWŁOWSKA Agnieszka | 2168 | LOS BIEGANEROS | K30 | 1 | 00:01:02 | 01:13:29 | 03:04:37.40 | 03:05:39.80 | +00:39:11 (21.2%) | 8:23 | 7.1 (78.0%) |
| 14 | SALIK Stanisław | 2151 | | M40 | 2 | 00:01:04 | 01:15:36 | 03:05:45.50 | 03:06:50.25 | +00:40:19 (21.7%) | 8:26 | 7.1 (78.0%) |
| 15 | LUBAŃSKI Robert | 2156 | | M50 | 1 | 00:04:51 | 01:14:26 | 03:06:18.25 | 03:11:09.30 | +00:40:52 (21.9%) | 8:28 | 7.1 (78.0%) |
| 16 | MISIEK Marek | 2014 | POCZTOWA GRUPA BIEGOWA SPORTOWA PACZKA | M50 | 2 | 00:04:46 | 01:14:19 | 03:06:21.85 | 03:11:08.60 | +00:40:56 (22.0%) | 8:28 | 7.1 (78.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 8km | Czas netto 22km | Czas brutto 22km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------------|-------------|---------------------|-----------|------|-------------|----------|--------------------|--------------------|-------------------|--------------|-------------|
| 17 | PAWLIŃSKI Adam | 2132 | PRO-RUN WROCŁAW | M30 | 9 | 00:01:04 | 01:14:51 | 03:07:46.15 | 03:08:50.20 | +00:42:20 (22.5%) | 8:32 | 7 (76.9%) |
| 18 | MORAWSKI Filip | 2027 | FILIP MORAWSKI | M40 | 3 | 00:00:04 | 01:11:31 | 03:08:41.05 | 03:08:45.40 | +00:43:15 (22.9%) | 8:34 | 7 (76.9%) |
| 19 | SUROWIEC Grzegorz | 2120 | BESTA SP. Z O.O. | M30 | 10 | 00:02:48 | 01:14:16 | 03:10:39.85 | 03:13:27.85 | +00:45:14 (23.7%) | 8:39 | 6.9 (75.8%) |
| 20 | MAZIARZ Damian | 2047 | BIEGAJĄCY ŚWIDNIK | M30 | 11 | 00:01:51 | 01:16:52 | 03:12:24.75 | 03:14:16.30 | +00:46:59 (24.4%) | 8:44 | 6.9 (75.8%) |
| 21 | BRYLONEK Grzegorz | 2080 | RADIO WROCŁAW | M40 | 4 | 00:04:48 | 01:14:43 | 03:12:43.10 | 03:17:31.85 | +00:47:17 (24.5%) | 8:45 | 6.8 (74.7%) |
| 22 | SKALSKI Radosław | 2074 | KB AKTYWNI KONIN | M40 | 5 | 00:07:34 | 01:19:03 | 03:13:24.85 | 03:20:59.55 | +00:47:59 (24.8%) | 8:47 | 6.8 (74.7%) |
| 23 | FLAK Łukasz | 2049 | ZAPIERDALACZE | M30 | 12 | 02:15:33 | 01:20:48 | 03:13:42.85 | 05:29:15.85 | +00:48:17 (24.9%) | 8:48 | 6.8 (74.7%) |
| 24 | GOLBA Łukasz | 2063 | ZABIEGANI MIELEC | M30 | 13 | 00:01:02 | 01:16:50 | 03:15:22.30 | 03:16:24.90 | +00:49:56 (25.6%) | 8:52 | 6.8 (74.7%) |
| 25 | TERESZKIEWICZ Joanna | 2028 | PKO BP | K20 | 1 | 00:01:01 | 01:15:26 | 03:15:22.50 | 03:16:24.30 | +00:49:56 (25.6%) | 8:52 | 6.8 (74.7%) |
| 26 | KWIECIEŃ Sebastian | 2048 | ZAPIERDALACZE | M30 | 14 | 02:15:33 | 01:20:36 | 03:15:41.55 | 05:31:14.55 | +00:50:15 (25.7%) | 8:53 | 6.7 (73.6%) |
| 27 | WAHL Daniel | 2071 | T.S. AKS CHORZÓW | M30 | 15 | 00:03:49 | 01:11:37 | 03:16:56.55 | 03:20:46.10 | +00:51:30 (26.2%) | 8:57 | 6.7 (73.6%) |
| 28 | CISKI Piotr | 2128 | | M40 | 6 | 00:01:03 | 01:18:43 | 03:21:50.45 | 03:22:54.40 | +00:56:24 (27.9%) | 9:10 | 6.5 (71.4%) |
| 29 | KRUSZEWSKA-SENK Agnieszka | 2062 | OBOZYBIEGOWE.PL | K30 | 2 | 00:01:06 | 01:20:22 | 03:22:49.75 | 03:23:55.80 | +00:57:24 (28.3%) | 9:13 | 6.5 (71.4%) |
| 30 | BAR Tomasz | 2064 | | M30 | 16 | 00:03:48 | 01:18:30 | 03:23:37.95 | 03:27:26.90 | +00:58:12 (28.6%) | 9:15 | 6.5 (71.4%) |
| 31 | ZIELIŃSKI Marek | 2129 | | M20 | 4 | 00:03:52 | 01:22:03 | 03:23:52.75 | 03:27:45.40 | +00:58:27 (28.7%) | 9:16 | 6.5 (71.4%) |
| 32 | SZUBART Krzysztof | 2157 | | M40 | 7 | 00:05:38 | 01:25:28 | 03:25:38.50 | 03:31:16.95 | +01:00:12 (29.3%) | 9:20 | 6.4 (70.3%) |
| 33 | PIETRASZEWSKI Witold | 2126 | NETBOX BIEGA | M30 | 17 | 00:01:50 | 01:17:30 | 03:25:45.85 | 03:27:35.95 | +01:00:20 (29.3%) | 9:21 | 6.4 (70.3%) |
| 34 | ŻULEWSKI Radosław | 2101 | | M20 | 5 | 00:01:55 | 01:24:58 | 03:26:52.35 | 03:28:47.45 | +01:01:26 (29.7%) | 9:24 | 6.4 (70.3%) |
| 35 | ZAWAL Przemysław | 2020 | REMBERTÓW TEAM | M30 | 18 | 00:01:50 | 01:18:21 | 03:27:38.75 | 03:29:29.70 | +01:02:13 (30.0%) | 9:26 | 6.4 (70.3%) |
| 36 | POTĘGA Izabela | 2046 | DELPHI RUNNING TEAM | K30 | 3 | 00:01:05 | 01:20:47 | 03:27:48.25 | 03:28:53.35 | +01:02:22 (30.0%) | 9:26 | 6.4 (70.3%) |
| 37 | CZELNY Tomasz | 2031 | SMASHING PĄPKINS | M30 | 19 | 00:00:05 | 01:19:04 | 03:28:09.20 | 03:28:14.55 | +01:02:43 (30.1%) | 9:27 | 6.3 (69.2%) |
| 38 | BRAUN Krzysztof | 2115 | SMARTOYS.PL | M40 | 8 | 00:03:53 | 01:24:37 | 03:28:57.80 | 03:32:51.10 | +01:03:32 (30.4%) | 9:29 | 6.3 (69.2%) |
| 39 | JUSZCZAK Zbigniew | 2092 | NIEZRZESZONY | M50 | 3 | 00:01:52 | 01:22:45 | 03:29:05.95 | 03:30:58.40 | +01:03:40 (30.5%) | 9:30 | 6.3 (69.2%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 8km | Czas netto 22km | Czas brutto 22km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-------------|--------------------------------------|-----------|------|-------------|----------|--------------------|--------------------|-------------------|--------------|-------------|
| 40 | BURANDT Magdalena | 2019 | 123 TRI DRUŻYNA WILKA | K30 | 4 | 00:01:51 | 01:23:06 | 03:29:20.05 | 03:31:11.80 | +01:03:54 (30.5%) | 9:30 | 6.3 (69.2%) |
| 41 | MOĆKO Jacek | 2012 | | M20 | 6 | 00:01:50 | 01:20:32 | 03:29:37.05 | 03:31:27.95 | +01:04:11 (30.6%) | 9:31 | 6.3 (69.2%) |
| 42 | HYJEK Elżbieta | 2040 | | K40 | 1 | 00:01:54 | 01:27:09 | 03:35:11.65 | 03:37:06.15 | +01:09:46 (32.4%) | 9:46 | 6.1 (67.0%) |
| 43 | ROWIŃSKI Michał | 2043 | LUBAWA KOCHA BIEGAĆ | M30 | 20 | 00:01:02 | 01:23:40 | 03:35:26.35 | 03:36:28.45 | +01:10:00 (32.5%) | 9:47 | 6.1 (67.0%) |
| 44 | KOKOSZKA Magdalena | 2039 | ZABIEGANI MIELEC | K30 | 5 | 00:01:54 | 01:27:51 | 03:37:15.35 | 03:39:09.60 | +01:11:49 (33.1%) | 9:52 | 6.1 (67.0%) |
| 45 | ĆWIKLINSKI Maciej | 2065 | | M40 | 9 | 00:03:53 | 01:21:26 | 03:39:19.85 | 03:43:12.95 | +01:13:54 (33.7%) | 9:58 | 6 (65.9%) |
| 46 | ADAMCZYK Janusz | 2073 | | M40 | 10 | 00:03:50 | 01:24:21 | 03:39:27.90 | 03:43:18.25 | +01:14:02 (33.7%) | 9:58 | 6 (65.9%) |
| 47 | CHWAŁA Artur | 2165 | | M30 | 21 | 00:02:48 | 01:27:08 | 03:39:34.30 | 03:42:23.10 | +01:14:08 (33.8%) | 9:58 | 6 (65.9%) |
| 48 | GIMZICKA Ewa | 2075 | BANDA I WANDA | K30 | 6 | 00:01:53 | 01:26:14 | 03:40:57.40 | 03:42:50.85 | +01:15:31 (34.2%) | 10:02 | 6 (65.9%) |
| 49 | FRAĆKIEWICZ Karol | 2105 | | M40 | 11 | 00:02:49 | 01:31:54 | 03:41:02.70 | 03:43:52.40 | +01:15:37 (34.2%) | 10:02 | 6 (65.9%) |
| 50 | BRYŁA Krzysztof | 2079 | DRUŻYNA SZPIKU BIEGNIJMY.PL KOSZALIN | M40 | 12 | 00:01:53 | 01:26:42 | 03:43:57.20 | 03:45:50.35 | +01:18:31 (35.1%) | 10:10 | 5.9 (64.8%) |
| 51 | KOBYLAŃSKI Piotr | 2158 | | M30 | 22 | 00:05:38 | 01:32:22 | 03:47:11.15 | 03:52:50.10 | +01:21:45 (36.0%) | 10:19 | 5.8 (63.7%) |
| 52 | WIADERNA Nina | 2021 | | K30 | 7 | 00:02:50 | 01:33:07 | 03:49:55.10 | 03:52:45.25 | +01:24:29 (36.7%) | 10:27 | 5.7 (62.6%) |
| 53 | KACZMAREK Karolina | 2022 | | K30 | 8 | 00:02:49 | 01:33:08 | 03:49:55.90 | 03:52:45.55 | +01:24:30 (36.8%) | 10:27 | 5.7 (62.6%) |
| 54 | SIKORA Paweł | 2149 | KRABOLUDZIE | M30 | 23 | 00:03:54 | 01:30:28 | 03:52:48.55 | 03:56:43.45 | +01:27:22 (37.5%) | 10:34 | 5.7 (62.6%) |
| 55 | KMIEĆ Robert | 2011 | | M40 | 13 | 00:03:55 | 01:35:02 | 03:54:26.60 | 03:58:21.90 | +01:29:00 (38.0%) | 10:39 | 5.6 (61.5%) |
| 56 | KREFT Dorota | 2164 | KLUB WYSOKOGÓRSKI TRÓJMIASTO | K30 | 9 | 00:04:47 | 01:33:30 | 03:55:10.85 | 03:59:58.35 | +01:29:45 (38.2%) | 10:41 | 5.6 (61.5%) |
| 57 | MARCINEK Łukasz | 2016 | NIE TERAZ, POTEM | M30 | 24 | 00:04:47 | 01:33:39 | 03:55:57.15 | 04:00:45.10 | +01:30:31 (38.4%) | 10:43 | 5.6 (61.5%) |
| 58 | STAWIARSKI Artur | 2152 | | M40 | 14 | 00:04:49 | 01:38:17 | 03:56:56.15 | 04:01:46.00 | +01:31:30 (38.6%) | 10:46 | 5.6 (61.5%) |
| 59 | ZYGADLEWICZ Grzegorz | 2112 | | M30 | 25 | 00:02:50 | 01:30:31 | 03:57:02.15 | 03:59:52.65 | +01:31:36 (38.6%) | 10:46 | 5.6 (61.5%) |
| 60 | PÓŁTORAK Katarzyna | 2081 | | K30 | 10 | 00:02:50 | 01:34:46 | 03:57:31.65 | 04:00:21.75 | +01:32:06 (38.8%) | 10:47 | 5.6 (61.5%) |
| 61 | SOŁTYS Krzysztof | 2017 | | M40 | 15 | 00:04:46 | 01:34:31 | 03:57:52.80 | 04:02:39.15 | +01:32:27 (38.9%) | 10:48 | 5.5 (60.4%) |
| 62 | MRUGAŁA Wojciech | 2133 | KILOWATY RUNNERS | M20 | 7 | 00:02:53 | 01:28:22 | 03:58:37.55 | 04:01:31.25 | +01:33:11 (39.1%) | 10:50 | 5.5 (60.4%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 8km | Czas netto 22km | Czas brutto 22km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------------------|-------------|---------------------------|-----------|------|-------------|----------|--------------------|--------------------|-------------------|--------------|-------------|
| 63 | SZUSZKIEWICZ Marzena | 2111 | | K40 | 2 | 00:02:51 | 01:34:12 | 03:58:40.20 | 04:01:31.45 | +01:33:14 (39.1%) | 10:50 | 5.5 (60.4%) |
| 64 | OTAWSKI Maciej | 2050 | ARCADIS RUNNING TEAM | M30 | 26 | 00:03:51 | 01:38:10 | 03:59:53.85 | 04:03:45.55 | +01:34:28 (39.4%) | 10:54 | 5.5 (60.4%) |
| 65 | CEGLARZ Jacek | 2153 | | M30 | 27 | 00:04:46 | 01:39:50 | 04:03:28.80 | 04:08:15.70 | +01:38:03 (40.3%) | 11:04 | 5.4 (59.3%) |
| 66 | KRUPCZYŃSKI Mariusz | 2084 | KRUPOLS TEAM | M50 | 4 | 00:03:54 | 01:33:48 | 04:04:08.10 | 04:08:02.15 | +01:38:42 (40.4%) | 11:05 | 5.4 (59.3%) |
| 67 | BRAUN Maria | 2116 | SMARTOYS.PL | K30 | 11 | 00:08:37 | 01:42:05 | 04:04:37.10 | 04:13:14.50 | +01:39:11 (40.5%) | 11:07 | 5.4 (59.3%) |
| 68 | GAŁUSZEK Michał | 2045 | EPO RACING ADVENTURE TEAM | M20 | 8 | 00:04:49 | 01:36:03 | 04:05:18.55 | 04:10:07.90 | +01:39:52 (40.7%) | 11:09 | 5.4 (59.3%) |
| 69 | MAŃKOWSKI Krzysztof | 2033 | 12TRI.PL MAKERUNEASIER | M30 | 28 | 00:06:36 | 01:41:33 | 04:05:22.55 | 04:11:59.50 | +01:39:56 (40.7%) | 11:09 | 5.4 (59.3%) |
| 70 | SALAK Piotr | 2122 | | M40 | 16 | 00:02:52 | 01:26:08 | 04:05:55.30 | 04:08:47.35 | +01:40:29 (40.9%) | 11:10 | 5.4 (59.3%) |
| 71 | KARPIŃSKI Robert | 2096 | SPARTANIE DZIECIOM | M40 | 17 | 00:05:39 | 01:38:09 | 04:06:38.55 | 04:12:17.55 | +01:41:12 (41.0%) | 11:12 | 5.4 (59.3%) |
| 72 | CHABKO Jacek | 2066 | 2. WOG WROCŁAW | M40 | 18 | 00:02:47 | 01:27:39 | 04:06:53.95 | 04:09:41.50 | +01:41:28 (41.1%) | 11:13 | 5.3 (58.2%) |
| 73 | KREBS Marcin | 2107 | RUN&SMILE PABIANICE | M30 | 29 | 00:04:48 | 01:41:45 | 04:07:05.65 | 04:11:54.10 | +01:41:40 (41.1%) | 11:13 | 5.3 (58.2%) |
| 74 | ATRASZKIEWICZ Magda | 2118 | F3TEAM | K40 | 3 | 00:08:30 | 01:34:11 | 04:10:03.70 | 04:18:34.40 | +01:44:38 (41.8%) | 11:22 | 5.3 (58.2%) |
| 75 | DARŁAK Lucasz | 2134 | SMASHING PĄPKINS | M20 | 9 | 00:02:48 | 01:39:03 | 04:13:12.50 | 04:16:01.10 | +01:47:46 (42.6%) | 11:30 | 5.2 (57.1%) |
| 76 | BRUSZEWSKA- GŁOMBIOWSKA Monika | 2052 | | K40 | 4 | 00:04:50 | 01:42:43 | 04:13:23.60 | 04:18:13.60 | +01:47:57 (42.6%) | 11:31 | 5.2 (57.1%) |
| 77 | PIETRZYKOWSKI Artur | 2024 | | M40 | 19 | 00:08:36 | 01:50:33 | 04:14:00.20 | 04:22:36.95 | +01:48:34 (42.7%) | 11:32 | 5.2 (57.1%) |
| 78 | STODULSKI Tomasz | 2015 | | M30 | 30 | 00:08:34 | 01:50:36 | 04:14:04.35 | 04:22:38.35 | +01:48:38 (42.8%) | 11:32 | 5.2 (57.1%) |
| 79 | POGORZELSKI Jacek | 2032 | | M40 | 20 | 00:04:49 | 01:39:24 | 04:14:58.30 | 04:19:47.30 | +01:49:32 (43.0%) | 11:35 | 5.2 (57.1%) |
| 80 | PITAS Andrzej | 2037 | ZAPIERDALACZE | M40 | 21 | 02:15:33 | 01:39:10 | 04:15:02.85 | 06:30:35.85 | +01:49:37 (43.0%) | 11:35 | 5.2 (57.1%) |
| 81 | PITAS Piotr | 2038 | ZAPIERDALACZE | M20 | 10 | 02:15:33 | 01:39:13 | 04:15:15.65 | 06:30:48.65 | +01:49:50 (43.0%) | 11:36 | 5.2 (57.1%) |
| 82 | SERAFIN Paulina | 2140 | | K20 | 2 | 00:02:51 | 01:39:02 | 04:16:40.25 | 04:19:31.60 | +01:51:14 (43.3%) | 11:40 | 5.1 (56.0%) |
| 83 | KOPERA Anna | 2124 | KAMZIK TEAM | K40 | 5 | 00:08:35 | 01:41:25 | 04:17:11.15 | 04:25:46.45 | +01:51:45 (43.5%) | 11:41 | 5.1 (56.0%) |
| 84 | KRUZEL Rafal | 2018 | BIEGOWE MISIE | M40 | 22 | 00:04:48 | 01:50:59 | 04:18:05.10 | 04:22:53.60 | +01:52:39 (43.7%) | 11:43 | 5.1 (56.0%) |
| 85 | SZCZEPANIAK Jadwiga | 2067 | EVERRUN | K50 | 1 | 00:06:34 | 01:49:46 | 04:18:58.15 | 04:25:33.10 | +01:53:32 (43.8%) | 11:46 | 5.1 (56.0%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 8km | Czas netto 22km | Czas brutto 22km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------|-------------|-------------------------------|-----------|------|-------------|----------|--------------------|--------------------|----------------------|--------------|----------------|
| 86 | KOŚCIUCH Justyna | 2166 | | K40 | 6 | 00:07:46 | 01:37:06 | 04:18:59.50 | 04:26:46.45 | +01:53:33 (43.8%) | 11:46 | 5.1 (56.0%) |
| 87 | HAUTON Monika | 2013 | NIE TERAZ, POTEM | K30 | 12 | 00:07:36 | 01:45:19 | 04:21:08.65 | 04:28:45.50 | +01:55:43 (44.3%) | 11:52 | 5.1 (56.0%) |
| 88 | ŁĄTKOWSKI Maciej | 2119 | KB MANIAC ULTRA | M40 | 23 | 00:05:36 | 01:50:23 | 04:24:15.00 | 04:29:51.75 | +01:58:49 (45.0%) | 12:00 | 5 (54.9%) |
| 89 | CZAJKA Joanna | 2072 | | K30 | 13 | 00:04:51 | 01:50:23 | 04:25:00.40 | 04:29:51.95 | +01:59:34 (45.1%) | 12:02 | 5 (54.9%) |
| 90 | BIJOŚ Mirosław | 2070 | | M30 | 31 | 00:03:50 | 01:37:29 | 04:25:18.40 | 04:29:08.65 | +01:59:52 (45.2%) | 12:03 | 5 (54.9%) |
| 91 | HORBACZEWSKI Marek | 2155 | | M50 | 5 | 00:07:33 | 01:45:14 | 04:27:42.05 | 04:35:16.00 | +02:02:16 (45.7%) | 12:10 | 4.9 (53.8%) |
| 92 | KORNIŁOW Piotr | 2167 | | M40 | 24 | 00:05:38 | 01:52:03 | 04:31:16.70 | 04:36:55.25 | +02:05:51 (46.4%) | 12:19 | 4.9 (53.8%) |
| 93 | ŁUKASIEWICZ Marcin | 2148 | BOZONY HIGGSA | M20 | 11 | 00:03:52 | 01:42:11 | 04:34:05.45 | 04:37:57.75 | +02:08:39 (46.9%) | 12:27 | 4.8 (52.7%) |
| 94 | GOWIN Wiktor | 2147 | BOZONY HIGGSA | M20 | 12 | 00:03:51 | 01:42:11 | 04:34:05.90 | 04:37:57.35 | +02:08:40 (46.9%) | 12:27 | 4.8 (52.7%) |
| 95 | PROCHWICZ Tomasz | 2099 | | M20 | 13 | 00:06:32 | 01:50:22 | 04:36:23.20 | 04:42:56.05 | +02:10:57 (47.4%) | 12:33 | 4.8 (52.7%) |
| 96 | CZYZEWSKA Mariola | 2026 | 12TRI.PL DRUZYNA WILKA | K30 | 14 | 00:05:40 | 02:02:24 | 04:37:11.30 | 04:42:51.70 | +02:11:45 (47.5%) | 12:35 | 4.8 (52.7%) |
| 97 | ŻYCHLIŃSKA Agata | 2141 | | K30 | 15 | 00:07:35 | 01:50:04 | 04:37:54.65 | 04:45:30.05 | +02:12:29 (47.7%) | 12:37 | 4.7 (51.6%) |
| 98 | KRUPCZYŃSKI Szymon | 2086 | KRUPOLS TEAM | M20 | 14 | 00:04:50 | 01:48:07 | 04:39:36.85 | 04:44:27.40 | +02:14:11 (48.0%) | 12:42 | 4.7 (51.6%) |
| 99 | LEGENDZIEWICZ Iga | 2069 | | K30 | 16 | 00:05:39 | 01:50:07 | 04:39:44.70 | 04:45:23.95 | +02:14:19 (48.0%) | 12:42 | 4.7 (51.6%) |
| 100 | ZIELONKA Adam | 2121 | AMICUS AR | M50 | 6 | 00:05:37 | 01:50:37 | 04:40:12.35 | 04:45:49.75 | +02:14:46 (48.1%) | 12:44 | 4.7 (51.6%) |
| 101 | ŚWIDERSKA Joanna | 2143 | | K20 | 3 | 00:07:34 | 01:50:04 | 04:40:33.05 | 04:48:07.80 | +02:15:07 (48.2%) | 12:45 | 4.7 (51.6%) |
| 102 | POKRYWKA Stefan | 2169 | NA BUCIE | M50 | 7 | 00:05:37 | 01:47:48 | 04:42:37.45 | 04:48:14.85 | +02:17:11 (48.5%) | 12:50 | 4.7 (51.6%) |
| 103 | KOCIOŁEK Andrzej | 2055 | KANCELARIA BIEGOWA STASZEWSKY | M40 | 25 | 00:07:32 | 01:44:28 | 04:43:01.85 | 04:50:34.75 | +02:17:36 (48.6%) | 12:51 | 4.7 (51.6%) |
| 104 | ATRASZKIEWICZ Olga | 2117 | | K40 | 7 | 00:06:35 | 01:55:14 | 04:44:05.25 | 04:50:41.10 | +02:18:39 (48.8%) | 12:54 | 4.6 (50.5%) |
| 105 | DZIAŁO Agnieszka | 2041 | | K30 | 17 | 00:03:54 | 01:47:42 | 04:46:46.80 | 04:50:41.10 | +02:21:21 (49.3%) | 13:02 | 4.6 (50.5%) |
| 106 | SZEWCUK Sylwester | 2127 | | M30 | 32 | 00:06:32 | 01:54:10 | 04:46:49.10 | 04:53:21.45 | +02:21:23 (49.3%) | 13:02 | 4.6 (50.5%) |
| 107 | SIWIŃSKI Jerzy | 2023 | 12TRI.PL DRUZYNA WILKA | M50 | 8 | 00:07:36 | 02:00:29 | 04:49:44.55 | 04:57:20.55 | +02:24:18 (49.8%) | 13:10 | 4.6 (50.5%) |
| 108 | WÓJCIK Grażyna | 2136 | | K30 | 18 | 00:06:34 | 02:01:29 | 04:49:48.95 | 04:56:23.80 | +02:24:23 (49.8%) | 13:10 | 4.6 (50.5%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 8km | Czas netto 22km | Czas brutto 22km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|-------------|-----------------------------|-----------|------|-------------|----------------|--------------------------|--------------------|----------------------|--------------|----------------|
| 109 | WÓJCIK Michał | 2135 | | M40 | 26 | 00:06:35 | 02:01:27 | 04:49:49.85 | 04:56:24.95 | +02:24:24 (49.8%) | 13:10 | 4.6 (50.5%) |
| 110 | SELWA Katarzyna | 2103 | | K20 | 4 | 00:07:36 | 01:54:37 | 04:51:01.65 | 04:58:38.40 | +02:25:36 (50.0%) | 13:13 | 4.5 (49.5%) |
| 111 | SNARSKA Katarzyna | 2036 | ALBATROSY | K30 | 19 | 00:06:38 | 02:01:34 | 04:52:17.55 | 04:58:55.55 | +02:26:51 (50.2%) | 13:17 | 4.5 (49.5%) |
| 112 | GORCZYCA Aneta | 2094 | | K30 | 20 | 00:05:39 | 02:02:45 | 04:53:16.00 | 04:58:55.85 | +02:27:50 (50.4%) | 13:19 | 4.5 (49.5%) |
| 113 | KUCIŃSKA Magdalena | 2100 | RUNRECORD.PL | K40 | 8 | 00:06:33 | 01:59:08 | 04:57:18.80 | 05:03:52.70 | +02:31:53 (51.1%) | 13:30 | 4.4 (48.4%) |
| 114 | ORIOŁ-SIGNERSKA Monika | 2053 | XTEAM KLUB SPORTOWY XTRI.PL | K40 | 9 | 00:05:41 | 02:04:05 | 04:58:11.70 | 05:03:52.75 | +02:32:46 (51.2%) | 13:33 | 4.4 (48.4%) |
| DQ | JABŁOŃSKI Kazimierz | 2093 | | M60 | | DQ | 02:04:37 DQ | 05:11:25.95 DQ | DQ | | - | - (0.0%) |
| DQ | DORSZEWSKA Bożena | 2076 | | K50 | | DQ | 02:25:11 DQ | 05:15:16.80 DQ | DQ | | - | - (0.0%) |
| DQ | PODKÓWKA Zbigniew | 2077 | | M50 | | DQ | 02:25:13 DQ | 05:15:23.60 DQ | DQ | | - | - (0.0%) |
| DQ | PERKOWSKI Tomasz | 2162 | | M30 | | DQ | 02:16:03 DQ | 05:29:07.85 DQ | DQ | | - | - (0.0%) |
| DQ | GÓRA Daniel | 2108 | | M30 | | DQ | 02:16:09 DQ | 05:29:18.05 DQ | DQ | | - | - (0.0%) |
| DQ | LOS Anna | 2044 | TURLAM SIĘ TEAM | K40 | | DQ | 02:21:41 DQ | 05:41:36.45 DQ | DQ | | - | - (0.0%) |
| DQ | STRZELECKI Artur | 2078 | | M50 | | DQ | 02:14:18 DQ | 06:07:05.40 DQ | DQ | | - | - (0.0%) |
| DQ | JODŁOWSKA Wioletta | 2054 | XTEAM KLUB SPORTOWY XTRI.PL | K40 | | DQ | 02:34:43 DQ | 06:32:39.70 DQ | DQ | | - | - (0.0%) |
| DQ | PACANOWSKA Agnieszka | 2034 | WEŁNICA BIEGA | K40 | | DQ | 02:34:43 DQ | 06:36:02.60 DQ | DQ | | - | - (0.0%) |
| DQ | PACANOWSKI Robert | 2035 | WEŁNICA BIEGA | M40 | | DQ | 02:34:46 DQ | 06:36:04.50 DQ | DQ | | - | - (0.0%) |

Znaleziono 124 wynik(ów)