

# SURVIVAL RACE 3KM

B4SPORT

**Event:** Survival Race  
**Organiser:** Brento Productions  
**Date:** 2019-09-21  
**Place:** Wrocław  
**Distance:** 3 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Classification: All

Place	Participant	Number	Club	Category	MCat	Seria	Drużyna	Net time 3km	Czas brutto 3km	Gap	Pace min/km	Pace km/h
1	<b>PAWLAK Jakub</b>	<b>127</b>	AMREST STARTER	14:15	1	14:15		<b>00:27:36.40</b>	<b>00:27:36.40</b>		9:12	6.5 (100%)
2	<b>KAMINIARCZYK-KACZMAREK Malwina</b>	<b>314</b>	BLOND PYRY	14:15	2	14:15		<b>00:28:29.90</b>	<b>00:28:29.90</b>	+00:00:53 (3.1%)	9:29	6.3 (96.9%)
3	<b>KOTUŁA Patryk</b>	<b>599</b>	SRACULA DE LA LATINA	15:30	1	15:30		<b>00:28:32.60</b>	<b>00:28:32.60</b>	+00:00:56 (3.3%)	9:30	6.3 (96.9%)
4	<b>PASCH Przemysław</b>	<b>67</b>		14:15	3	14:15		<b>00:29:34.45</b>	<b>00:29:34.45</b>	+00:01:58 (6.7%)	9:51	6.1 (93.8%)
5	<b>ZGRYŹNIAK Paweł</b>	<b>373</b>	FRESENIUS NETCARE	15:15	1	15:15		<b>00:29:38.60</b>	<b>00:29:38.60</b>	+00:02:02 (6.9%)	9:52	6.1 (93.8%)
6	<b>BŁASZKIEWICZ Bartosz</b>	<b>436</b>	FRESENIUS NETCARE	15:15	2	15:15		<b>00:29:47.85</b>	<b>00:29:47.85</b>	+00:02:11 (7.4%)	9:55	6 (92.3%)
7		<b>107</b>	AMREST STARTER	14:15	4	14:15		<b>00:30:15.05</b>	<b>00:30:15.05</b>	+00:02:38 (8.7%)	10:05	6 (92.3%)
8		<b>99</b>	AMREST STARTER	14:15	5	14:15		<b>00:30:15.35</b>	<b>00:30:15.35</b>	+00:02:38 (8.8%)	10:05	6 (92.3%)
9	<b>RYCHEL Małgorzata</b>	<b>412</b>	FRESENIUS NETCARE	15:15	3	15:15		<b>00:30:27.45</b>	<b>00:30:27.45</b>	+00:02:51 (9.4%)	10:09	5.9 (90.8%)
10	<b>FRAS Krzysztof</b>	<b>587</b>		15:30	2	15:30		<b>00:32:00.50</b>	<b>00:32:00.50</b>	+00:04:24 (13.8%)	10:40	5.6 (86.2%)
11	<b>KOZUŃ Krzysztof</b>	<b>473</b>	FC LESZCZE	15:15	4	15:15		<b>00:32:02.50</b>	<b>00:32:02.50</b>	+00:04:26 (13.8%)	10:40	5.6 (86.2%)
12	<b>MISIAK Paweł</b>	<b>614</b>	GRUCHA	15:30	3	15:30		<b>00:32:09.40</b>	<b>00:32:09.40</b>	+00:04:33 (14.1%)	10:43	5.6 (86.2%)
13	<b>BOGUSZ Stanisław</b>	<b>414</b>	FRESENIUS NETCARE	15:15	5	15:15		<b>00:32:30.10</b>	<b>00:32:30.10</b>	+00:04:53 (15.1%)	10:50	5.5 (84.6%)
14	<b>KMIECIK Adam</b>	<b>433</b>	FRESENIUS NETCARE	15:15	6	15:15		<b>00:32:42.00</b>	<b>00:32:42.00</b>	+00:05:05 (15.6%)	10:54	5.5 (84.6%)
15	<b>KĘKUŚ Justyna</b>	<b>108</b>	AMREST STARTER	14:15	6	14:15		<b>00:33:03.45</b>	<b>00:33:03.45</b>	+00:05:27 (16.5%)	11:01	5.4 (83.1%)
16	<b>KASZYCKI Lukasz</b>	<b>511</b>	EKIPA Z DASZYŃSKIEGO	15:30	4	15:30		<b>00:33:13.85</b>	<b>00:33:13.85</b>	+00:05:37 (16.9%)	11:04	5.4 (83.1%)
17	<b>JANUSIK Michał</b>	<b>499</b>	EKIPA Z DASZYŃSKIEGO	15:30	5	15:30		<b>00:33:14.00</b>	<b>00:33:14.00</b>	+00:05:37 (16.9%)	11:04	5.4 (83.1%)

Place	Participant	Number	Club	Category	MCat	Seria	Drużyna	Net time 3km	Czas brutto 3km	Gap	Pace min/km	Pace km/h
18	<b>LELICKI Jacek</b>	<b>500</b>	EKIPA Z DASZYŃSKIEGO	15:30	6	15:30		<b>00:33:14.15</b>	<b>00:33:14.15</b>	+00:05:37 (16.9%)	11:04	5.4 (83.1%)
19	<b>TOŁSTO Zbysław</b>	<b>581</b>	EKIPA Z DASZYŃSKIEGO	15:30	7	15:30		<b>00:33:14.35</b>	<b>00:33:14.35</b>	+00:05:37 (16.9%)	11:04	5.4 (83.1%)
19	<b>KOPCISZ Tomasz</b>	<b>582</b>	EKIPA Z DASZYŃSKIEGO	15:30	7	15:30		<b>00:33:14.35</b>	<b>00:33:14.35</b>	+00:05:37 (16.9%)	11:04	5.4 (83.1%)
21	<b>SŁAWIŃSKI Jan</b>	<b>309</b>	DZBANY	15:00	1	15:00		<b>00:33:49.40</b>	<b>00:33:49.40</b>	+00:06:13 (18.4%)	11:16	5.3 (81.5%)
22	<b>BLEJWAS Kinga</b>	<b>64</b>	AGNIK	14:15	7	14:15		<b>00:34:18.40</b>	<b>00:34:18.40</b>	+00:06:42 (19.5%)	11:26	5.2 (80.0%)
23	<b>SHESTACHUK Dmytro</b>	<b>217</b>	CHUK	15:15	7	15:15		<b>00:34:19.20</b>	<b>00:34:19.20</b>	+00:06:42 (19.6%)	11:26	5.2 (80.0%)
24	<b>LEWANDOWSKA Marta</b>	<b>626</b>		14:30	1	14:30		<b>00:34:52.30</b>	<b>00:34:52.30</b>	+00:07:15 (20.8%)	11:37	5.2 (80.0%)
25	<b>WOLAK Lech</b>	<b>270</b>	LIU	15:00	2	15:00		<b>00:35:10.20</b>	<b>00:35:10.20</b>	+00:07:33 (21.5%)	11:43	5.1 (78.5%)
26	<b>KARCH Nikola</b>	<b>438</b>		15:15	8	15:15		<b>00:35:27.55</b>	<b>00:35:27.55</b>	+00:07:51 (22.1%)	11:49	5.1 (78.5%)
26	<b>KOMOROWSKA Adrianna</b>	<b>383</b>		15:15	8	15:15		<b>00:35:27.55</b>	<b>00:35:27.55</b>	+00:07:51 (22.1%)	11:49	5.1 (78.5%)
28	<b>RÓŻYCKI Kaajan</b>	<b>426</b>		15:15	10	15:15		<b>00:35:34.15</b>	<b>00:35:34.15</b>	+00:07:57 (22.4%)	11:51	5.1 (78.5%)
29	<b>KOWALCZYK Ewelina</b>	<b>370</b>	FC LESZCZE	15:15	11	15:15		<b>00:35:43.55</b>	<b>00:35:43.55</b>	+00:08:07 (22.7%)	11:54	5 (76.9%)
30	<b>KABAROWSKI Marek</b>	<b>385</b>	FRESENIUS NETCARE	15:15	12	15:15		<b>00:35:49.40</b>	<b>00:35:49.40</b>	+00:08:13 (22.9%)	11:56	5 (76.9%)
31	<b>BOBRUK Piotr</b>	<b>644</b>		14:30	2	14:30		<b>00:35:56.75</b>	<b>00:35:56.75</b>	+00:08:20 (23.2%)	11:58	5 (76.9%)
32	<b>HANIECKI Michał</b>	<b>415</b>	HUNCWOTY TEAM	15:15	13	15:15		<b>00:36:15.00</b>	<b>00:36:15.00</b>	+00:08:38 (23.8%)	12:05	5 (76.9%)
33	<b>POTOCZNY Bartosz</b>	<b>390</b>	HUNCWOTY TEAM	15:15	14	15:15		<b>00:36:15.25</b>	<b>00:36:15.25</b>	+00:08:38 (23.9%)	12:05	5 (76.9%)
34	<b>SALACHNA Karol</b>	<b>447</b>	HUNCWOTY TEAM	15:15	15	15:15		<b>00:36:16.15</b>	<b>00:36:16.15</b>	+00:08:39 (23.9%)	12:05	5 (76.9%)
35	<b>RUDZIAK Tomasz</b>	<b>391</b>	HUNCWOTY TEAM	15:15	16	15:15		<b>00:36:16.85</b>	<b>00:36:16.85</b>	+00:08:40 (23.9%)	12:05	5 (76.9%)
36	<b>DŁUŻEŃ Ewa</b>	<b>269</b>	BORGA	15:00	3	15:00		<b>00:36:27.60</b>	<b>00:36:27.60</b>	+00:08:51 (24.3%)	12:09	4.9 (75.4%)
37	<b>DANIECKI Paweł</b>	<b>68</b>	KRATEX	14:15	8	14:15		<b>00:36:36.80</b>	<b>00:36:36.80</b>	+00:09:00 (24.6%)	12:12	4.9 (75.4%)
38	<b>DZIEL Łukasz</b>	<b>727</b>		14:30	3	14:30		<b>00:36:41.30</b>	<b>00:36:41.30</b>	+00:09:04 (24.8%)	12:13	4.9 (75.4%)
39	<b>GABRYEL Judyta</b>	<b>153</b>		14:45	1	14:45		<b>00:36:42.95</b>	<b>00:36:42.95</b>	+00:09:06 (24.8%)	12:14	4.9 (75.4%)
40	<b>OLEJNICZAK Kamil</b>	<b>778</b>		14:30	4	14:30		<b>00:36:43.15</b>	<b>00:36:43.15</b>	+00:09:06 (24.8%)	12:14	4.9 (75.4%)

Place	Participant	Number	Club	Category	MCat	Seria	Drużyna	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
								3km	3km			
41	LICZBIŃSKI Maciej	728	TEAM GUBIN	14:30	5	14:30	00:36:44.70	00:36:44.70	+00:09:08 (24.9%)	12:14	4.9 (75.4%)	
42	STRAP Anna	692		14:15	9	14:15	00:36:46.00	00:36:46.00	+00:09:09 (24.9%)	12:15	4.9 (75.4%)	
43	KOĆWIN Maciej	805		15:15	17	15:15	00:36:47.50	00:36:47.50	+00:09:11 (25.0%)	12:15	4.9 (75.4%)	
44	MOSKWA Zuzanna	806		15:15	18	15:15	00:36:48.30	00:36:48.30	+00:09:11 (25.0%)	12:16	4.9 (75.4%)	
45	CIELECKI Jacek	448		15:15	19	15:15	00:36:50.70	00:36:50.70	+00:09:14 (25.1%)	12:16	4.9 (75.4%)	
46	KRYSTIANZ Karolina	258	BLOND PYRY	14:15	10	14:15	00:37:00.65	00:37:00.65	+00:09:24 (25.4%)	12:20	4.9 (75.4%)	
47	KOZLOWSKA Ilona	38	BLACK MAMBA	14:15	11	14:15	00:37:00.80	00:37:00.80	+00:09:24 (25.4%)	12:20	4.9 (75.4%)	
47	KOZLOWSKI Lukasz	39	BLACK MAMBA	14:15	11	14:15	00:37:00.80	00:37:00.80	+00:09:24 (25.4%)	12:20	4.9 (75.4%)	
49	CIESINSKA Joanna	420	CAPITALNE	15:15	20	15:15	00:37:06.35	00:37:06.35	+00:09:29 (25.6%)	12:22	4.9 (75.4%)	
50	LICZBIŃSKI Bartłomiej	777	TEAM GUBIN	14:30	6	14:30	00:37:07.90	00:37:07.90	+00:09:31 (25.7%)	12:22	4.8 (73.8%)	
51	Angelika	295	ANDZIA	15:00	4	15:00	00:37:13.30	00:37:13.30	+00:09:36 (25.8%)	12:24	4.8 (73.8%)	
52	WYGLĄDACZ Krzysztof	243	EKO STRAŻAK	14:45	2	14:45	00:37:21.65	00:37:21.65	+00:09:45 (26.1%)	12:27	4.8 (73.8%)	
53	CICHOCKI Damian	826		15:00	5	15:00	00:37:26.70	00:37:26.70	+00:09:50 (26.3%)	12:28	4.8 (73.8%)	
54	ANDRZEJEWSKI Kamil	221	KAMIL	14:45	3	14:45	00:37:35.50	00:37:35.50	+00:09:59 (26.6%)	12:31	4.8 (73.8%)	
55	SIKORA Kornelia	222		14:45	4	14:45	00:37:36.70	00:37:36.70	+00:10:00 (26.6%)	12:32	4.8 (73.8%)	
56	P. Agnieszka	320	AGNES	14:15	13	14:15	00:37:41.15	00:37:41.15	+00:10:04 (26.7%)	12:33	4.8 (73.8%)	
57	GAJEK Maciej	318	GOKU	14:15	14	14:15	00:37:50.55	00:37:50.55	+00:10:14 (27.0%)	12:36	4.8 (73.8%)	
58	PUTKOWSKI Artur	242	EKO STRAŻAK	14:45	5	14:45	00:37:51.90	00:37:51.90	+00:10:15 (27.1%)	12:37	4.8 (73.8%)	
59	CIEŚLIK Marlena	315		15:00	6	15:00	00:37:56.10	00:37:56.10	+00:10:19 (27.2%)	12:38	4.7 (72.3%)	
60	LESIAK Mariusz	839		14:30	7	14:30	00:38:01.20	00:38:01.20	+00:10:24 (27.4%)	12:40	4.7 (72.3%)	
61	KACZMAREK Radosław	292	RADZIKI	14:15	15	14:15	00:38:02.75	00:38:02.75	+00:10:26 (27.4%)	12:40	4.7 (72.3%)	
62	KACZMAREK Dorota	342	RADZIKI	14:15	16	14:15	00:38:03.05	00:38:03.05	+00:10:26 (27.4%)	12:41	4.7 (72.3%)	
63	KUKLEWSKI Karol	326		15:00	7	15:00	00:38:06.20	00:38:06.20	+00:10:29 (27.5%)	12:42	4.7 (72.3%)	

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								3km	3km			
64	<b>ZIARNOWSKI Mariusz</b>	<b>325</b>		15:00	8	15:00		<b>00:38:09.20</b>	<b>00:38:09.20</b>	+00:10:32 (27.6%)	12:43	4.7 (72.3%)
65	<b>DEMBIŃSKI Mirosław</b>	<b>829</b>		14:45	6	14:45		<b>00:38:20.20</b>	<b>00:38:20.20</b>	+00:10:43 (28.0%)	12:46	4.7 (72.3%)
66	<b>GŁĄB Michał</b>	<b>822</b>		14:45	7	14:45		<b>00:38:21.85</b>	<b>00:38:21.85</b>	+00:10:45 (28.0%)	12:47	4.7 (72.3%)
67	<b>SZERSZON Piotr</b>	<b>833</b>		14:45	8	14:45		<b>00:38:24.30</b>	<b>00:38:24.30</b>	+00:10:47 (28.1%)	12:48	4.7 (72.3%)
68	<b>PARECKI Piotr</b>	<b>167</b>		14:45	9	14:45		<b>00:38:24.90</b>	<b>00:38:24.90</b>	+00:10:48 (28.1%)	12:48	4.7 (72.3%)
69	<b>STEMPLEWSKI Sebastian</b>	<b>168</b>		14:45	10	14:45		<b>00:38:25.20</b>	<b>00:38:25.20</b>	+00:10:48 (28.1%)	12:48	4.7 (72.3%)
70	<b>CZELUŚNIAK Dawid</b>	<b>71</b>	AMREST STARTER	14:15	17	14:15		<b>00:38:25.70</b>	<b>00:38:25.70</b>	+00:10:49 (28.2%)	12:48	4.7 (72.3%)
71	<b>JUZYK Damian</b>	<b>70</b>	AMREST STARTER	14:15	18	14:15		<b>00:38:26.40</b>	<b>00:38:26.40</b>	+00:10:50 (28.2%)	12:48	4.7 (72.3%)
72		<b>534</b>	TYMON 05.01.2019	15:30	9	15:30		<b>00:38:29.70</b>	<b>00:38:29.70</b>	+00:10:53 (28.3%)	12:49	4.7 (72.3%)
73	<b>WRONA Piotr</b>	<b>344</b>		15:00	9	15:00		<b>00:38:41.65</b>	<b>00:38:41.65</b>	+00:11:05 (28.7%)	12:53	4.7 (72.3%)
74	<b>KLIKS Krzysztof</b>	<b>432</b>	FRESENIUS NETCARE	15:15	21	15:15		<b>00:38:50.25</b>	<b>00:38:50.25</b>	+00:11:13 (28.9%)	12:56	4.6 (70.8%)
75	<b>SZTAJDEL Nina</b>	<b>73</b>	AMREST STARTER	14:15	19	14:15		<b>00:38:50.60</b>	<b>00:38:50.60</b>	+00:11:14 (28.9%)	12:56	4.6 (70.8%)
76	<b>TULEJ Małgorzata</b>	<b>84</b>	AMREST STARTER	14:15	20	14:15		<b>00:38:51.75</b>	<b>00:38:51.75</b>	+00:11:15 (29.0%)	12:57	4.6 (70.8%)
77	<b>LOREK Sebastian</b>	<b>680</b>		14:30	8	14:30		<b>00:39:12.20</b>	<b>00:39:12.20</b>	+00:11:35 (29.6%)	13:04	4.6 (70.8%)
78	<b>PIETRZAK Agata</b>	<b>681</b>		14:30	9	14:30		<b>00:39:12.55</b>	<b>00:39:12.55</b>	+00:11:36 (29.6%)	13:04	4.6 (70.8%)
79	<b>MIERZWIŃSKI Damian</b>	<b>501</b>		15:30	10	15:30		<b>00:39:12.90</b>	<b>00:39:12.90</b>	+00:11:36 (29.6%)	13:04	4.6 (70.8%)
80	<b>TARNOWSKA Izabela</b>	<b>811</b>		15:15	22	15:15		<b>00:39:16.65</b>	<b>00:39:16.65</b>	+00:11:40 (29.7%)	13:05	4.6 (70.8%)
81	<b>WIELEBA Katarzyna</b>	<b>616</b>	KACHA	15:30	11	15:30		<b>00:39:35.60</b>	<b>00:39:35.60</b>	+00:11:59 (30.3%)	13:11	4.5 (69.2%)
82	<b>KASJAN Bartosz</b>	<b>154</b>	CZUBKI	14:45	11	14:45		<b>00:39:40.90</b>	<b>00:39:40.90</b>	+00:12:04 (30.4%)	13:13	4.5 (69.2%)
83	<b>CZUBEK Anita</b>	<b>155</b>	CZUBKI	14:45	12	14:45		<b>00:39:41.05</b>	<b>00:39:41.05</b>	+00:12:04 (30.4%)	13:13	4.5 (69.2%)
84	<b>STRZELECKI Jan</b>	<b>584</b>		15:30	12	15:30		<b>00:39:45.30</b>	<b>00:39:45.30</b>	+00:12:08 (30.6%)	13:15	4.5 (69.2%)
85	<b>WNUK Norbert</b>	<b>601</b>	CHUDE BYKI	15:30	13	15:30		<b>00:39:47.00</b>	<b>00:39:47.00</b>	+00:12:10 (30.6%)	13:15	4.5 (69.2%)
86	<b>CHOJNACKA Dominika</b>	<b>367</b>	GUSIA	15:00	10	15:00		<b>00:39:51.30</b>	<b>00:39:51.30</b>	+00:12:14 (30.7%)	13:17	4.5 (69.2%)

Place	Participant	Number	Club	Category	MCat	Seria	Drużyna	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
								3km	3km			
87	<b>DUSZAK Adam</b>	<b>818</b>		15:00	11	15:00		<b>00:39:51.75</b>	<b>00:39:51.75</b>	+00:12:15 (30.7%)	13:17	4.5 (69.2%)
88	<b>STANKIEWICZ Dawid</b>	<b>809</b>		15:30	14	15:30		<b>00:39:54.70</b>	<b>00:39:54.70</b>	+00:12:18 (30.8%)	13:18	4.5 (69.2%)
89	<b>SZATANIK Paweł</b>	<b>600</b>	CHUDE BYKI	15:30	15	15:30		<b>00:39:54.95</b>	<b>00:39:54.95</b>	+00:12:18 (30.8%)	13:18	4.5 (69.2%)
90	<b>REZLER Patrycja</b>	<b>675</b>		14:30	10	14:30		<b>00:40:12.25</b>	<b>00:40:12.25</b>	+00:12:35 (31.3%)	13:24	4.5 (69.2%)
91	<b>PREUSSNER Krystian</b>	<b>705</b>	FIGA	14:30	11	14:30		<b>00:40:33.25</b>	<b>00:40:33.25</b>	+00:12:56 (31.9%)	13:31	4.4 (67.7%)
92	<b>MIZUŁA Bogusław</b>	<b>245</b>		14:45	13	14:45		<b>00:40:44.15</b>	<b>00:40:44.15</b>	+00:13:07 (32.2%)	13:34	4.4 (67.7%)
93	<b>MICHALAK Hanna</b>	<b>244</b>		14:45	14	14:45		<b>00:40:44.50</b>	<b>00:40:44.50</b>	+00:13:08 (32.2%)	13:34	4.4 (67.7%)
94	<b>MALINOWSKI Mateusz</b>	<b>602</b>	SRACULA DE LA LATINA	15:30	16	15:30		<b>00:40:52.50</b>	<b>00:40:52.50</b>	+00:13:16 (32.5%)	13:37	4.4 (67.7%)
95	<b>JANKOWIAK Maciej</b>	<b>627</b>	JANKESY	14:30	12	14:30		<b>00:40:54.80</b>	<b>00:40:54.80</b>	+00:13:18 (32.5%)	13:38	4.4 (67.7%)
95	<b>JANKOWIAK Angelika</b>	<b>630</b>	JANKESY	14:30	12	14:30		<b>00:40:54.80</b>	<b>00:40:54.80</b>	+00:13:18 (32.5%)	13:38	4.4 (67.7%)
97	<b>SARAMAK Paweł</b>	<b>470</b>	SARAMAKI	15:15	23	15:15		<b>00:41:09.95</b>	<b>00:41:09.95</b>	+00:13:33 (32.9%)	13:43	4.4 (67.7%)
98	<b>SARAMAK Damian</b>	<b>424</b>	SARAMAKI	15:15	24	15:15		<b>00:41:10.10</b>	<b>00:41:10.10</b>	+00:13:33 (32.9%)	13:43	4.4 (67.7%)
99	<b>TLAGA Tomasz</b>	<b>739</b>	TOMASZTY	14:30	14	14:30		<b>00:41:27.45</b>	<b>00:41:27.45</b>	+00:13:51 (33.4%)	13:49	4.3 (66.2%)
100		<b>753</b>	MONDELEZ	14:30	15	14:30		<b>00:41:29.10</b>	<b>00:41:29.10</b>	+00:13:52 (33.5%)	13:49	4.3 (66.2%)
101	<b>NOWAK Norbert</b>	<b>368</b>	NORBI	15:00	12	15:00		<b>00:41:33.90</b>	<b>00:41:33.90</b>	+00:13:57 (33.6%)	13:51	4.3 (66.2%)
102	<b>LEWEK Krzysztof</b>	<b>474</b>	FC LESZCZE	15:15	25	15:15		<b>00:41:35.95</b>	<b>00:41:35.95</b>	+00:13:59 (33.6%)	13:51	4.3 (66.2%)
103	<b>WALUS Piotr</b>	<b>256</b>	TENERE029	15:00	13	15:00		<b>00:41:40.95</b>	<b>00:41:40.95</b>	+00:14:04 (33.8%)	13:53	4.3 (66.2%)
104	<b>BRONCZAK Patrycja</b>	<b>449</b>		15:15	26	15:15		<b>00:41:41.60</b>	<b>00:41:41.60</b>	+00:14:05 (33.8%)	13:53	4.3 (66.2%)
105	<b>CEBULAK Anna</b>	<b>208</b>	ACMW START	14:15	21	14:15		<b>00:41:46.85</b>	<b>00:41:46.85</b>	+00:14:10 (33.9%)	13:55	4.3 (66.2%)
106	<b>MARZEC Monika</b>	<b>207</b>	ACMW START	14:15	22	14:15		<b>00:41:47.00</b>	<b>00:41:47.00</b>	+00:14:10 (33.9%)	13:55	4.3 (66.2%)
107	<b>LEWEK Marcin</b>	<b>475</b>	FC LESZCZE	15:15	27	15:15		<b>00:41:47.25</b>	<b>00:41:47.25</b>	+00:14:10 (33.9%)	13:55	4.3 (66.2%)
108	<b>PRAŻMOWSKA Joanna</b>	<b>5</b>	LAMA	14:15	23	14:15		<b>00:41:57.85</b>	<b>00:41:57.85</b>	+00:14:21 (34.2%)	13:59	4.3 (66.2%)
109		<b>729</b>	TEAM GUBIN	14:30	16	14:30		<b>00:42:04.20</b>	<b>00:42:04.20</b>	+00:14:27 (34.4%)	14:01	4.3 (66.2%)

Place	Participant	Number	Club	Category	MCat	Seria	Drużyna	Net time 3km	Czas brutto 3km	Gap	Pace min/km	Pace km/h
110	<b>ADAMSKA Alina</b>	<b>726</b>	TEAM GUBIN	14:30	17	14:30		<b>00:42:04.35</b>	<b>00:42:04.35</b>	+00:14:27 (34.4%)	14:01	4.3 (66.2%)
110	<b>JÓZWAK Renata</b>	<b>731</b>	TEAM GUBIN	14:30	17	14:30		<b>00:42:04.35</b>	<b>00:42:04.35</b>	+00:14:27 (34.4%)	14:01	4.3 (66.2%)
112	<b>WRÓBLEWSKI Karol</b>	<b>435</b>	FRESENIUS NETCARE	15:15	28	15:15		<b>00:42:06.50</b>	<b>00:42:06.50</b>	+00:14:30 (34.4%)	14:02	4.3 (66.2%)
113	<b>JÓZWIAK Bartłomiej</b>	<b>329</b>		15:00	14	15:00		<b>00:42:07.35</b>	<b>00:42:07.35</b>	+00:14:30 (34.5%)	14:02	4.3 (66.2%)
114	<b>KORACH Barbara</b>	<b>738</b>		14:30	19	14:30		<b>00:42:11.00</b>	<b>00:42:11.00</b>	+00:14:34 (34.6%)	14:03	4.3 (66.2%)
115	<b>CICHOSZ Adriana</b>	<b>472</b>	FC LESZCZE	15:15	29	15:15		<b>00:42:11.75</b>	<b>00:42:11.75</b>	+00:14:35 (34.6%)	14:03	4.3 (66.2%)
116	<b>GWIZDŹ Ania</b>	<b>301</b>	GWIZDŹU	15:00	15	15:00		<b>00:42:13.35</b>	<b>00:42:13.35</b>	+00:14:36 (34.6%)	14:04	4.3 (66.2%)
117	<b>SZĘDZIOŁ Sandra</b>	<b>275</b>		15:00	16	15:00		<b>00:42:13.40</b>	<b>00:42:13.40</b>	+00:14:37 (34.6%)	14:04	4.3 (66.2%)
118	<b>NAPIERAŁA Magdalena</b>	<b>741</b>	MADZIK	14:30	20	14:30		<b>00:42:14.85</b>	<b>00:42:14.85</b>	+00:14:38 (34.7%)	14:04	4.3 (66.2%)
119	<b>MICHALSKA Michalina</b>	<b>471</b>	FC LESZCZE	15:15	30	15:15		<b>00:42:18.30</b>	<b>00:42:18.30</b>	+00:14:41 (34.7%)	14:06	4.3 (66.2%)
120	<b>MOLAK Iwona</b>	<b>5012</b>	CROSS TRENING BOX BOLESŁAWIEC	14:15	24	14:15		<b>00:42:29.20</b>	<b>00:42:29.20</b>	+00:14:52 (35.0%)	14:09	4.2 (64.6%)
121	<b>SZYDŁOWSKA Małgorzata</b>	<b>5015</b>	CROSS TRENING BOX BOLESŁAWIEC	14:15	25	14:15		<b>00:42:29.35</b>	<b>00:42:29.35</b>	+00:14:52 (35.0%)	14:09	4.2 (64.6%)
122	<b>BIAŁY Sylwia</b>	<b>375</b>	HAMSTER BRUISER	15:15	31	15:15		<b>00:42:36.50</b>	<b>00:42:36.50</b>	+00:15:00 (35.2%)	14:12	4.2 (64.6%)
123	<b>GODLEWSKA Małgorzata</b>	<b>451</b>	HAMSTER BRUISER	15:15	32	15:15		<b>00:42:40.75</b>	<b>00:42:40.75</b>	+00:15:04 (35.3%)	14:13	4.2 (64.6%)
124	<b>W Bartek</b>	<b>667</b>	FRESENIUS MEDICAL CARE SSC	14:30	21	14:30		<b>00:42:47.75</b>	<b>00:42:47.75</b>	+00:15:11 (35.5%)	14:15	4.2 (64.6%)
125	<b>KUFEL Krystyna</b>	<b>653</b>	FRESENIUS MEDICAL CARE SSC	14:30	22	14:30		<b>00:42:48.60</b>	<b>00:42:48.60</b>	+00:15:12 (35.5%)	14:16	4.2 (64.6%)
126	<b>GRODECKI Michał</b>	<b>402</b>	HAMSTER BRUISER	15:15	33	15:15		<b>00:42:49.10</b>	<b>00:42:49.10</b>	+00:15:12 (35.5%)	14:16	4.2 (64.6%)
127	<b>ŚLUSARCZYK Artur</b>	<b>454</b>	YOLO	15:15	34	15:15		<b>00:42:49.90</b>	<b>00:42:49.90</b>	+00:15:13 (35.5%)	14:16	4.2 (64.6%)
128	<b>PACAN Kuba</b>	<b>452</b>	YOLO	15:15	35	15:15		<b>00:42:50.05</b>	<b>00:42:50.05</b>	+00:15:13 (35.5%)	14:16	4.2 (64.6%)
129	<b>CHWASTYK Piotr</b>	<b>404</b>		15:15	36	15:15		<b>00:42:52.35</b>	<b>00:42:52.35</b>	+00:15:15 (35.6%)	14:17	4.2 (64.6%)
129	<b>UNDZIAKIEWICZ Jacek</b>	<b>439</b>		15:15	36	15:15		<b>00:42:52.35</b>	<b>00:42:52.35</b>	+00:15:15 (35.6%)	14:17	4.2 (64.6%)
131	<b>RDZANEK Rafał</b>	<b>808</b>		15:15	38	15:15		<b>00:42:53.00</b>	<b>00:42:53.00</b>	+00:15:16 (35.6%)	14:17	4.2 (64.6%)
132	<b>SKOWRON Wojciech</b>	<b>276</b>	WOJTEK	15:00	17	15:00		<b>00:43:05.95</b>	<b>00:43:05.95</b>	+00:15:29 (35.9%)	14:21	4.2 (64.6%)

Place	Participant	Number	Club	Category	MCat	Seria	Drużyna	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
								3km	3km			
133	<b>DERDA Jan</b>	<b>305</b>		15:00	18	15:00		<b>00:43:11.15</b>	<b>00:43:11.15</b>	+00:15:34 (36.1%)	14:23	4.2 (64.6%)
134	<b>ŻAK Katarzyna</b>	<b>319</b>	KASIA	15:00	19	15:00		<b>00:43:11.80</b>	<b>00:43:11.80</b>	+00:15:35 (36.1%)	14:23	4.2 (64.6%)
135	<b>SKRZYPEK Artur</b>	<b>453</b>	YOLO	15:15	39	15:15		<b>00:43:15.20</b>	<b>00:43:15.20</b>	+00:15:38 (36.2%)	14:25	4.2 (64.6%)
136	<b>KLUBA Jakub</b>	<b>398</b>	YOLO	15:15	40	15:15		<b>00:43:15.90</b>	<b>00:43:15.90</b>	+00:15:39 (36.2%)	14:25	4.2 (64.6%)
137	<b>RYNARZEWSKI Maciej</b>	<b>358</b>	XAD	15:00	20	15:00		<b>00:43:27.20</b>	<b>00:43:27.20</b>	+00:15:50 (36.5%)	14:29	4.1 (63.1%)
138	<b>GŁADCZAK Kamila</b>	<b>820</b>		14:30	23	14:30		<b>00:43:34.65</b>	<b>00:43:34.65</b>	+00:15:58 (36.6%)	14:31	4.1 (63.1%)
139	<b>GŁADCZAK Piotr</b>	<b>825</b>		14:30	24	14:30		<b>00:43:35.10</b>	<b>00:43:35.10</b>	+00:15:58 (36.7%)	14:31	4.1 (63.1%)
140	<b>JABLONSKI Pawel</b>	<b>303</b>	P&P TURBO TEAM	15:00	21	15:00		<b>00:43:38.65</b>	<b>00:43:38.65</b>	+00:16:02 (36.7%)	14:32	4.1 (63.1%)
141	<b>JABŁOŃSKI Piotr</b>	<b>274</b>	P&P TURBO TEAM	15:00	22	15:00		<b>00:43:43.10</b>	<b>00:43:43.10</b>	+00:16:06 (36.9%)	14:34	4.1 (63.1%)
142	<b>WIECZOREK Waldemar</b>	<b>732</b>	GRIDEK TEAM	14:30	25	14:30		<b>00:43:52.25</b>	<b>00:43:52.25</b>	+00:16:15 (37.1%)	14:37	4.1 (63.1%)
143	<b>RĄCZKOWSKA Kamila</b>	<b>163</b>		14:45	15	14:45		<b>00:43:52.85</b>	<b>00:43:52.85</b>	+00:16:16 (37.1%)	14:37	4.1 (63.1%)
144		<b>306</b>	DZBANY	15:00	23	15:00		<b>00:44:07.90</b>	<b>00:44:07.90</b>	+00:16:31 (37.4%)	14:42	4.1 (63.1%)
145	<b>SOCHACKA Agnieszka</b>	<b>814</b>		15:00	24	15:00		<b>00:44:08.05</b>	<b>00:44:08.05</b>	+00:16:31 (37.4%)	14:42	4.1 (63.1%)
146	<b>SOCHACKI Robert</b>	<b>815</b>		15:00	25	15:00		<b>00:44:08.90</b>	<b>00:44:08.90</b>	+00:16:32 (37.5%)	14:42	4.1 (63.1%)
147	<b>FRĄCKOWIAK Joanna</b>	<b>532</b>	BRAT_SIOSTRA	15:30	17	15:30		<b>00:44:14.90</b>	<b>00:44:14.90</b>	+00:16:38 (37.6%)	14:44	4.1 (63.1%)
148	<b>LASKOWSKI Mateusz</b>	<b>812</b>		15:00	26	15:00		<b>00:44:17.00</b>	<b>00:44:17.00</b>	+00:16:40 (37.7%)	14:45	4.1 (63.1%)
149	<b>SYPEREK Samuel</b>	<b>255</b>	LASUMEŁ	15:00	27	15:00		<b>00:44:19.30</b>	<b>00:44:19.30</b>	+00:16:42 (37.7%)	14:46	4.1 (63.1%)
150	<b>PESZKO Rafał</b>	<b>343</b>		15:00	28	15:00		<b>00:44:20.40</b>	<b>00:44:20.40</b>	+00:16:44 (37.7%)	14:46	4.1 (63.1%)
151	<b>SZRAMOWIAT Natalia</b>	<b>330</b>		15:00	29	15:00		<b>00:44:24.80</b>	<b>00:44:24.80</b>	+00:16:48 (37.8%)	14:48	4.1 (63.1%)
152	<b>BARYLAK Arkadiusz</b>	<b>311</b>		15:00	30	15:00		<b>00:44:25.45</b>	<b>00:44:25.45</b>	+00:16:49 (37.9%)	14:48	4.1 (63.1%)
153	<b>FRONCZEK Dawid</b>	<b>364</b>	LIGOWCY71	15:00	31	15:00		<b>00:44:27.15</b>	<b>00:44:27.15</b>	+00:16:50 (37.9%)	14:49	4 (61.5%)
154	<b>THEUNS Monique</b>	<b>813</b>		15:00	32	15:00		<b>00:44:29.40</b>	<b>00:44:29.40</b>	+00:16:53 (37.9%)	14:49	4 (61.5%)
155	<b>KUBAJ Patryk</b>	<b>799</b>		14:45	16	14:45		<b>00:44:31.55</b>	<b>00:44:31.55</b>	+00:16:55 (38.0%)	14:50	4 (61.5%)

Place	Participant	Number	Club	Category	MCat	Seria	Drużyna	Net time 3km	Czas brutto 3km	Gap	Pace min/km	Pace km/h
156	<b>WILCZEK Krzysztof</b>	<b>506</b>	RISKBUSTERS	15:30	18	15:30		<b>00:44:37.95</b>	<b>00:44:37.95</b>	+00:17:01 (38.1%)	14:52	4 (61.5%)
157	<b>KATRYCZ Arkadiusz</b>	<b>510</b>	RISKBUSTERS	15:30	19	15:30		<b>00:44:38.20</b>	<b>00:44:38.20</b>	+00:17:01 (38.2%)	14:52	4 (61.5%)
157	<b>BÖCKENFÖRDE Julia</b>	<b>508</b>	RISKBUSTERS	15:30	19	15:30		<b>00:44:38.20</b>	<b>00:44:38.20</b>	+00:17:01 (38.2%)	14:52	4 (61.5%)
159	<b>PADEWSKI Kuba</b>	<b>365</b>	LIGOWCY71	15:00	33	15:00		<b>00:44:38.45</b>	<b>00:44:38.45</b>	+00:17:02 (38.2%)	14:52	4 (61.5%)
160		<b>755</b>	MONDELEZ	14:30	26	14:30		<b>00:44:38.55</b>	<b>00:44:38.55</b>	+00:17:02 (38.2%)	14:52	4 (61.5%)
161		<b>555</b>	RISKBUSTERS	15:30	21	15:30		<b>00:44:38.70</b>	<b>00:44:38.70</b>	+00:17:02 (38.2%)	14:52	4 (61.5%)
162	<b>SENDYKA Marek</b>	<b>223</b>		14:45	17	14:45		<b>00:44:39.45</b>	<b>00:44:39.45</b>	+00:17:03 (38.2%)	14:53	4 (61.5%)
163	<b>BUTCHAK Vitalii</b>	<b>332</b>	WOODEN.CITY	15:00	34	15:00		<b>00:44:42.35</b>	<b>00:44:42.35</b>	+00:17:05 (38.2%)	14:54	4 (61.5%)
164	<b>SMAJEK Małgorzata</b>	<b>2</b>		14:15	26	14:15		<b>00:44:42.75</b>	<b>00:44:42.75</b>	+00:17:06 (38.3%)	14:54	4 (61.5%)
165		<b>767</b>	MONDELEZ	14:30	27	14:30		<b>00:44:42.85</b>	<b>00:44:42.85</b>	+00:17:06 (38.3%)	14:54	4 (61.5%)
165	<b>WIŚNIEWSKA Sylwia</b>	<b>3</b>		14:15	27	14:15		<b>00:44:42.85</b>	<b>00:44:42.85</b>	+00:17:06 (38.3%)	14:54	4 (61.5%)
167	. .	<b>6</b>		14:15	28	14:15		<b>00:44:42.95</b>	<b>00:44:42.95</b>	+00:17:06 (38.3%)	14:54	4 (61.5%)
168		<b>768</b>	MONDELEZ	14:30	28	14:30		<b>00:44:43.50</b>	<b>00:44:43.50</b>	+00:17:07 (38.3%)	14:54	4 (61.5%)
169	<b>JUCHIMIUK Marek</b>	<b>57</b>	MJ	14:15	29	14:15		<b>00:44:46.00</b>	<b>00:44:46.00</b>	+00:17:09 (38.3%)	14:55	4 (61.5%)
170	<b>CISZEWSKI Paweł</b>	<b>251</b>		15:00	35	15:00		<b>00:44:46.20</b>	<b>00:44:46.20</b>	+00:17:09 (38.3%)	14:55	4 (61.5%)
171	<b>RZEWUSKA-TRYBA Magdalena</b>	<b>706</b>	FIGA	14:30	29	14:30		<b>00:44:46.80</b>	<b>00:44:46.80</b>	+00:17:10 (38.4%)	14:55	4 (61.5%)
172		<b>350</b>	DOMSKY	15:00	36	15:00		<b>00:44:47.00</b>	<b>00:44:47.00</b>	+00:17:10 (38.4%)	14:55	4 (61.5%)
173	<b>PUSTELNIK Anna</b>	<b>740</b>	FIGA	14:30	30	14:30		<b>00:44:48.50</b>	<b>00:44:48.50</b>	+00:17:12 (38.4%)	14:56	4 (61.5%)
174	. .	<b>110</b>	AMREST STARTER	14:15	30	14:15		<b>00:44:49.55</b>	<b>00:44:49.55</b>	+00:17:13 (38.4%)	14:56	4 (61.5%)
175		<b>763</b>	MONDELEZ	14:30	31	14:30		<b>00:44:52.40</b>	<b>00:44:52.40</b>	+00:17:16 (38.5%)	14:57	4 (61.5%)
176	<b>KRAJECER Artur</b>	<b>279</b>	JOANNA	15:00	37	15:00		<b>00:45:03.00</b>	<b>00:45:03.00</b>	+00:17:26 (38.7%)	15:01	4 (61.5%)
177	<b>KLIMCZAK Kamil</b>	<b>733</b>	GRIDEK TEAM	14:30	32	14:30		<b>00:45:03.20</b>	<b>00:45:03.20</b>	+00:17:26 (38.7%)	15:01	4 (61.5%)
178	<b>BIELAWNY Patryk</b>	<b>239</b>		14:45	18	14:45		<b>00:45:06.35</b>	<b>00:45:06.35</b>	+00:17:29 (38.8%)	15:02	4 (61.5%)



Place	Participant	Number	Club	Category	MCat	Seria	Drużyna	Net time 3km	Czas brutto 3km	Gap	Pace min/km	Pace km/h
179	<b>BRANDT Dawid</b>	<b>249</b>		14:45	19	14:45		<b>00:45:06.85</b>	<b>00:45:06.85</b>	+00:17:30 (38.8%)	15:02	4 (61.5%)
180	<b>PTAK Jakub</b>	<b>231</b>	JAJCO	14:45	20	14:45		<b>00:45:07.25</b>	<b>00:45:07.25</b>	+00:17:30 (38.8%)	15:02	4 (61.5%)
181		<b>750</b>	MONDELEZ	14:30	33	14:30		<b>00:45:13.50</b>	<b>00:45:13.50</b>	+00:17:37 (39.0%)	15:04	4 (61.5%)
182		<b>770</b>	MONDELEZ	14:30	34	14:30		<b>00:45:23.90</b>	<b>00:45:23.90</b>	+00:17:47 (39.2%)	15:07	4 (61.5%)
183	<b>GŁÓWCZYK Joanna</b>	<b>396</b>	KRZESZÓW TEAM	15:15	41	15:15		<b>00:45:27.40</b>	<b>00:45:27.40</b>	+00:17:51 (39.3%)	15:09	4 (61.5%)
183	<b>OLSZAŃSKI Andrzej</b>	<b>392</b>	KRZESZÓW TEAM	15:15	41	15:15		<b>00:45:27.40</b>	<b>00:45:27.40</b>	+00:17:51 (39.3%)	15:09	4 (61.5%)
185	<b>OLSZAŃSKA Kasia</b>	<b>395</b>	KRZESZÓW TEAM	15:15	43	15:15		<b>00:45:27.50</b>	<b>00:45:27.50</b>	+00:17:51 (39.3%)	15:09	4 (61.5%)
186	<b>GŁÓWCZYK Darek</b>	<b>393</b>	KRZESZÓW TEAM	15:15	44	15:15		<b>00:45:28.10</b>	<b>00:45:28.10</b>	+00:17:51 (39.3%)	15:09	4 (61.5%)
187	<b>GEMBALSKA Anna</b>	<b>394</b>	KRZESZÓW TEAM	15:15	45	15:15		<b>00:45:28.30</b>	<b>00:45:28.30</b>	+00:17:51 (39.3%)	15:09	4 (61.5%)
188	<b>RZAÇA Barbara</b>	<b>211</b>	EUROPA UBEZPIECZENIA	15:15	46	15:15		<b>00:45:33.60</b>	<b>00:45:33.60</b>	+00:17:57 (39.4%)	15:11	4 (61.5%)
189	<b>ZAWADZKA Lidia</b>	<b>469</b>	LIDIA	14:15	31	14:15		<b>00:45:33.80</b>	<b>00:45:33.80</b>	+00:17:57 (39.4%)	15:11	4 (61.5%)
190	<b>FRAĆKOWIAK Mariusz</b>	<b>568</b>	BRAT_SIOSTRA	15:30	22	15:30		<b>00:45:49.35</b>	<b>00:45:49.35</b>	+00:18:12 (39.8%)	15:16	3.9 (60.0%)
191	<b>DUDEK Joanna</b>	<b>662</b>	FRESENIUS MEDICAL CARE SSC	14:30	35	14:30		<b>00:45:53.20</b>	<b>00:45:53.20</b>	+00:18:16 (39.8%)	15:17	3.9 (60.0%)
192	<b>JAROSZ Jacek</b>	<b>161</b>		14:45	21	14:45		<b>00:45:58.00</b>	<b>00:45:58.00</b>	+00:18:21 (39.9%)	15:19	3.9 (60.0%)
193	<b>WYLEŻUCH Ewelina</b>	<b>177</b>		14:45	22	14:45		<b>00:45:59.00</b>	<b>00:45:59.00</b>	+00:18:22 (40.0%)	15:19	3.9 (60.0%)
194	<b>URBAN Karolina</b>	<b>176</b>		14:45	23	14:45		<b>00:45:59.30</b>	<b>00:45:59.30</b>	+00:18:22 (40.0%)	15:19	3.9 (60.0%)
195	<b>SOLICKI Irek</b>	<b>640</b>		14:30	36	14:30		<b>00:46:00.70</b>	<b>00:46:00.70</b>	+00:18:24 (40.0%)	15:20	3.9 (60.0%)
196	<b>DMOWSKI Paweł</b>	<b>488</b>	TELETORIUM SQUAD	15:15	47	15:15		<b>00:46:12.90</b>	<b>00:46:12.90</b>	+00:18:36 (40.3%)	15:24	3.9 (60.0%)
197	<b>OŁPIŃSKI Michał</b>	<b>62</b>	OŁPIN	14:15	32	14:15		<b>00:46:13.45</b>	<b>00:46:13.45</b>	+00:18:37 (40.3%)	15:24	3.9 (60.0%)
198	<b>STASZEWSKA-KIJAKOWSKA Magdalena</b>	<b>657</b>	FRESENIUS MEDICAL CARE SSC	14:30	37	14:30		<b>00:46:24.20</b>	<b>00:46:24.20</b>	+00:18:47 (40.5%)	15:28	3.9 (60.0%)
199	<b>SANZ DOCANDO Jose Angel</b>	<b>659</b>	FRESENIUS MEDICAL CARE SSC	14:30	38	14:30		<b>00:46:25.10</b>	<b>00:46:25.10</b>	+00:18:48 (40.5%)	15:28	3.9 (60.0%)
200	<b>MIĘDZYRZECKA Monika</b>	<b>701</b>	CHYŻE BESTIE	14:30	39	14:30		<b>00:46:33.65</b>	<b>00:46:33.65</b>	+00:18:57 (40.7%)	15:31	3.9 (60.0%)
201	<b>SAŁAMACKA Ewa</b>	<b>718</b>	CHYŻE BESTIE	14:30	40	14:30		<b>00:46:33.85</b>	<b>00:46:33.85</b>	+00:18:57 (40.7%)	15:31	3.9 (60.0%)

Place	Participant	Number	Club	Category	MCat	Seria	Drużyna	Net time 3km	Czas brutto 3km	Gap	Pace min/km	Pace km/h
202	<b>WĘGLARZ Damian</b>	<b>328</b>	NIEPOKORNI	15:00	38	15:00		<b>00:46:38.85</b>	<b>00:46:38.85</b>	+00:19:02 (40.8%)	15:32	3.9 (60.0%)
203	<b>WĘGLARZ Kalina</b>	<b>816</b>		15:00	39	15:00		<b>00:46:39.05</b>	<b>00:46:39.05</b>	+00:19:02 (40.8%)	15:33	3.9 (60.0%)
204	<b>REGULSKA Natalia</b>	<b>312</b>	SARNA TEAM	15:00	40	15:00		<b>00:46:40.60</b>	<b>00:46:40.60</b>	+00:19:04 (40.9%)	15:33	3.9 (60.0%)
205	<b>SARNECKI Arkadiusz</b>	<b>254</b>	SARNA TEAM	15:00	41	15:00		<b>00:46:41.20</b>	<b>00:46:41.20</b>	+00:19:04 (40.9%)	15:33	3.9 (60.0%)
206	<b>SŁABY Olivia</b>	<b>259</b>		15:00	42	15:00		<b>00:46:44.30</b>	<b>00:46:44.30</b>	+00:19:07 (40.9%)	15:34	3.9 (60.0%)
207	<b>DUMA Paweł</b>	<b>260</b>	PROUD	15:00	43	15:00		<b>00:46:45.30</b>	<b>00:46:45.30</b>	+00:19:08 (41.0%)	15:35	3.9 (60.0%)
208	<b>KACZMAREK Marek</b>	<b>491</b>	TELETORIUM SQUAD	15:15	48	15:15		<b>00:46:45.95</b>	<b>00:46:45.95</b>	+00:19:09 (41.0%)	15:35	3.9 (60.0%)
209	<b>JODKIEWICZ Kinga</b>	<b>486</b>	TELETORIUM SQUAD	15:15	49	15:15		<b>00:46:46.00</b>	<b>00:46:46.00</b>	+00:19:09 (41.0%)	15:35	3.8 (58.5%)
210	<b>DOLIŃSKA Aleksandra</b>	<b>487</b>	TELETORIUM SQUAD	15:15	50	15:15		<b>00:46:46.45</b>	<b>00:46:46.45</b>	+00:19:10 (41.0%)	15:35	3.8 (58.5%)
211	<b>KONIAK Grzegorz</b>	<b>493</b>	TELETORIUM SQUAD	15:15	51	15:15		<b>00:46:46.55</b>	<b>00:46:46.55</b>	+00:19:10 (41.0%)	15:35	3.8 (58.5%)
211	<b>ŁAŚ Piotr</b>	<b>492</b>	TELETORIUM SQUAD	15:15	51	15:15		<b>00:46:46.55</b>	<b>00:46:46.55</b>	+00:19:10 (41.0%)	15:35	3.8 (58.5%)
213	<b>ZAUSCIŃSKA Magdalena</b>	<b>489</b>	TELETORIUM SQUAD	15:15	53	15:15		<b>00:46:46.75</b>	<b>00:46:46.75</b>	+00:19:10 (41.0%)	15:35	3.8 (58.5%)
214	<b>MATUSZCZAK Kamila</b>	<b>544</b>	LAMY	15:30	23	15:30		<b>00:46:53.55</b>	<b>00:46:53.55</b>	+00:19:17 (41.1%)	15:37	3.8 (58.5%)
215	<b>STĘPIEŃ Seweryn</b>	<b>533</b>	LAMY	15:30	24	15:30		<b>00:46:53.80</b>	<b>00:46:53.80</b>	+00:19:17 (41.1%)	15:37	3.8 (58.5%)
216	<b>MICHAŁOWSKI Ignacy</b>	<b>215</b>	EUROPA UBEZPIECZENIA	14:45	24	14:45		<b>00:46:57.70</b>	<b>00:46:57.70</b>	+00:19:21 (41.2%)	15:39	3.8 (58.5%)
217	<b>FILIPIUK Tomasz</b>	<b>230</b>		14:45	25	14:45		<b>00:46:59.45</b>	<b>00:46:59.45</b>	+00:19:23 (41.3%)	15:39	3.8 (58.5%)
218	<b>ZAWADZIŃSKI Artur</b>	<b>225</b>	JAZ SQUAD	14:45	26	14:45		<b>00:47:00.15</b>	<b>00:47:00.15</b>	+00:19:23 (41.3%)	15:40	3.8 (58.5%)
219	<b>ZAWADZIŃSKA Justyna</b>	<b>224</b>	JAZ SQUAD	14:45	27	14:45		<b>00:47:01.40</b>	<b>00:47:01.40</b>	+00:19:25 (41.3%)	15:40	3.8 (58.5%)
220	<b>ZIĘTEK Ewa</b>	<b>313</b>	RAVEN	15:00	44	15:00		<b>00:47:07.80</b>	<b>00:47:07.80</b>	+00:19:31 (41.4%)	15:42	3.8 (58.5%)
221	<b>FIEDEŃ Mateusz</b>	<b>253</b>		15:00	45	15:00		<b>00:47:08.30</b>	<b>00:47:08.30</b>	+00:19:31 (41.4%)	15:42	3.8 (58.5%)
222	<b>LEJMAN Marcin</b>	<b>209</b>	EUROPA UBEZPIECZENIA	14:45	28	14:45		<b>00:47:16.30</b>	<b>00:47:16.30</b>	+00:19:39 (41.6%)	15:45	3.8 (58.5%)
223	<b>KOZDROŃ Magdalena</b>	<b>214</b>	EUROPA UBEZPIECZENIA	14:45	29	14:45		<b>00:47:17.80</b>	<b>00:47:17.80</b>	+00:19:41 (41.6%)	15:45	3.8 (58.5%)
224	<b>LEJMAN Agata</b>	<b>210</b>	EUROPA UBEZPIECZENIA	14:45	30	14:45		<b>00:47:19.10</b>	<b>00:47:19.10</b>	+00:19:42 (41.7%)	15:46	3.8 (58.5%)

Place	Participant	Number	Club	Category	MCat	Seria	Drużyna	Net time 3km	Czas brutto 3km	Gap	Pace min/km	Pace km/h
225	<b>ROMAŃCZYK Damian</b>	<b>690</b>	PEWEXIKI	14:30	41	14:30		<b>00:47:27.65</b>	<b>00:47:27.65</b>	+00:19:51 (41.8%)	15:49	3.8 (58.5%)
226	<b>OSIPOWICZ - BOLIŃSKA Małgorzata</b>	<b>267</b>		15:00	46	15:00		<b>00:47:29.30</b>	<b>00:47:29.30</b>	+00:19:52 (41.9%)	15:49	3.8 (58.5%)
227	<b>BANDZIAK Klaudia</b>	<b>807</b>		15:15	54	15:15		<b>00:47:33.20</b>	<b>00:47:33.20</b>	+00:19:56 (41.9%)	15:51	3.8 (58.5%)
228		<b>227</b>	RKS NAPRZÓD DZIADY	14:45	31	14:45		<b>00:47:34.80</b>	<b>00:47:34.80</b>	+00:19:58 (42.0%)	15:51	3.8 (58.5%)
229	<b>KOWALCZYK Wojtek</b>	<b>229</b>	RKS NAPRZÓD DZIADY	14:45	32	14:45		<b>00:47:35.40</b>	<b>00:47:35.40</b>	+00:19:59 (42.0%)	15:51	3.8 (58.5%)
230	<b>MARKOWSKA Dominika</b>	<b>212</b>	EUROPA UBEZPIECZENIA	14:45	33	14:45		<b>00:47:35.55</b>	<b>00:47:35.55</b>	+00:19:59 (42.0%)	15:51	3.8 (58.5%)
231	<b>MARKOWSKI Mateusz</b>	<b>213</b>	EUROPA UBEZPIECZENIA	14:45	34	14:45		<b>00:47:35.70</b>	<b>00:47:35.70</b>	+00:19:59 (42.0%)	15:51	3.8 (58.5%)
232	<b>PIEPRZYK Agata</b>	<b>17</b>	AGATA	14:15	33	14:15		<b>00:47:35.80</b>	<b>00:47:35.80</b>	+00:19:59 (42.0%)	15:51	3.8 (58.5%)
233	<b>KUBICIEL Rafał</b>	<b>226</b>	RKS NAPRZÓD DZIADY	14:45	35	14:45		<b>00:47:49.75</b>	<b>00:47:49.75</b>	+00:20:13 (42.3%)	15:56	3.8 (58.5%)
234	<b>SOCHACKI Tomasz</b>	<b>228</b>	RKS NAPRZÓD DZIADY	14:45	36	14:45		<b>00:47:51.55</b>	<b>00:47:51.55</b>	+00:20:15 (42.3%)	15:57	3.8 (58.5%)
235	<b>MATYJASIK Aleksandra</b>	<b>109</b>	AMREST STARTER	14:15	34	14:15		<b>00:48:13.00</b>	<b>00:48:13.00</b>	+00:20:36 (42.7%)	16:04	3.7 (56.9%)
236		<b>773</b>	MONDELEZ	14:30	42	14:30		<b>00:48:15.95</b>	<b>00:48:15.95</b>	+00:20:39 (42.8%)	16:05	3.7 (56.9%)
237		<b>737</b>	MAMA & SYN	14:30	43	14:30		<b>00:48:17.25</b>	<b>00:48:17.25</b>	+00:20:40 (42.8%)	16:05	3.7 (56.9%)
238	<b>KOTLARSKA Małgorzata</b>	<b>736</b>	MAMA & SYN	14:30	44	14:30		<b>00:48:17.30</b>	<b>00:48:17.30</b>	+00:20:40 (42.8%)	16:05	3.7 (56.9%)
239	<b>STANKIEWICZ Waldemar</b>	<b>543</b>	CHUDYGRUBYŁYSY	15:30	25	15:30		<b>00:48:18.30</b>	<b>00:48:18.30</b>	+00:20:41 (42.8%)	16:06	3.7 (56.9%)
240	<b>JARCO Katarzyna</b>	<b>183</b>	SHARKNADO	14:45	37	14:45		<b>00:48:19.60</b>	<b>00:48:19.60</b>	+00:20:43 (42.9%)	16:06	3.7 (56.9%)
241	<b>JARCO Paweł</b>	<b>182</b>	SHARKNADO	14:45	38	14:45		<b>00:48:19.95</b>	<b>00:48:19.95</b>	+00:20:43 (42.9%)	16:06	3.7 (56.9%)
242		<b>762</b>	MONDELEZ	14:30	45	14:30		<b>00:48:23.35</b>	<b>00:48:23.35</b>	+00:20:46 (42.9%)	16:07	3.7 (56.9%)
243		<b>684</b>	ISM RUNNING TEAM	14:30	46	14:30		<b>00:48:30.95</b>	<b>00:48:30.95</b>	+00:20:54 (43.1%)	16:10	3.7 (56.9%)
244	<b>MALAK Katarzyna</b>	<b>688</b>	POCAHONTAZ	14:30	47	14:30		<b>00:48:31.00</b>	<b>00:48:31.00</b>	+00:20:54 (43.1%)	16:10	3.7 (56.9%)
245	<b>TROŚCIANIEC Agnieszka</b>	<b>660</b>	FRESENIUS MEDICAL CARE SSC	14:30	48	14:30		<b>00:48:32.05</b>	<b>00:48:32.05</b>	+00:20:55 (43.1%)	16:10	3.7 (56.9%)
246	<b>KOCZAN Marcin</b>	<b>683</b>	ISM RUNNING TEAM	14:30	49	14:30		<b>00:48:33.45</b>	<b>00:48:33.45</b>	+00:20:57 (43.1%)	16:11	3.7 (56.9%)
247	<b>POŁATA Julianna</b>	<b>596</b>	PIĘKNE I BESTIE	15:30	26	15:30		<b>00:48:33.50</b>	<b>00:48:33.50</b>	+00:20:57 (43.1%)	16:11	3.7 (56.9%)

Place	Participant	Number	Club	Category	MCat	Seria	Drużyna	Net time 3km	Czas brutto 3km	Gap	Pace min/km	Pace km/h
248		595	PIĘKNE I BESTIE	15:30	27	15:30		00:48:33.70	00:48:33.70	+00:20:57 (43.2%)	16:11	3.7 (56.9%)
249		597	PIĘKNE I BESTIE	15:30	28	15:30		00:48:33.80	00:48:33.80	+00:20:57 (43.2%)	16:11	3.7 (56.9%)
250	POMIETŁO Mateusz	594	PIĘKNE I BESTIE	15:30	29	15:30		00:48:33.85	00:48:33.85	+00:20:57 (43.2%)	16:11	3.7 (56.9%)
250	BABUŚKA Elżbieta	593	PIĘKNE I BESTIE	15:30	29	15:30		00:48:33.85	00:48:33.85	+00:20:57 (43.2%)	16:11	3.7 (56.9%)
252	DUDA Renata	686	ISM RUNNING TEAM	14:30	50	14:30		00:48:35.70	00:48:35.70	+00:20:59 (43.2%)	16:11	3.7 (56.9%)
253	GĄSZCZAK Kamila	590		15:30	31	15:30		00:48:35.75	00:48:35.75	+00:20:59 (43.2%)	16:11	3.7 (56.9%)
254	PIENIĘŻNY Dawid	613	DAWID_27	15:30	32	15:30		00:48:36.30	00:48:36.30	+00:20:59 (43.2%)	16:12	3.7 (56.9%)
255	BOGACZ Kacper	649	BALD EAGLE	14:30	51	14:30		00:48:36.75	00:48:36.75	+00:21:00 (43.2%)	16:12	3.7 (56.9%)
256	MAZELLE Robert	648	BALD EAGLE	14:30	52	14:30		00:48:37.95	00:48:37.95	+00:21:01 (43.2%)	16:12	3.7 (56.9%)
257	LEMAŃSKI Stanisław	247		15:30	33	15:30		00:48:54.65	00:48:54.65	+00:21:18 (43.6%)	16:18	3.7 (56.9%)
258	LEMAŃSKA-BŁAŻOWSKA Elżbieta	246		15:30	34	15:30		00:48:56.20	00:48:56.20	+00:21:19 (43.6%)	16:18	3.7 (56.9%)
258	KROK Bartosz	819		15:30	34	15:30		00:48:56.20	00:48:56.20	+00:21:19 (43.6%)	16:18	3.7 (56.9%)
260		625	LAJKONIKI_SEPTAGON	15:30	36	15:30		00:48:57.80	00:48:57.80	+00:21:21 (43.6%)	16:19	3.7 (56.9%)
261	OKLEJEWICZ Mateusz	623	LAJKONIKI_SEPTAGON	15:30	37	15:30		00:48:58.60	00:48:58.60	+00:21:22 (43.6%)	16:19	3.7 (56.9%)
262	KONOPACKI Łukasz	624	LAJKONIKI_SEPTAGON	15:30	38	15:30		00:48:59.20	00:48:59.20	+00:21:22 (43.6%)	16:19	3.7 (56.9%)
263	MALISZEWSKI Mateusz	821		15:30	39	15:30		00:49:04.65	00:49:04.65	+00:21:28 (43.7%)	16:21	3.7 (56.9%)
264	TA Aga	583	AGA-TA	15:30	40	15:30		00:49:07.00	00:49:07.00	+00:21:30 (43.8%)	16:22	3.7 (56.9%)
265	KONIOR Agnieszka	502	AGA-TA	15:30	41	15:30		00:49:07.10	00:49:07.10	+00:21:30 (43.8%)	16:22	3.7 (56.9%)
265	MAZUR Michał	618		15:30	41	15:30		00:49:07.10	00:49:07.10	+00:21:30 (43.8%)	16:22	3.7 (56.9%)
267	IDŹKOWSKA-KAWECKA Gosha	615		15:30	43	15:30		00:49:07.50	00:49:07.50	+00:21:31 (43.8%)	16:22	3.7 (56.9%)
268	POLUS Andrzej	685	ISM RUNNING TEAM	14:30	53	14:30		00:49:10.75	00:49:10.75	+00:21:34 (43.9%)	16:23	3.7 (56.9%)
269	PACHOWICZ Karolina	610	KAROLINA	15:30	44	15:30		00:49:22.70	00:49:22.70	+00:21:46 (44.1%)	16:27	3.6 (55.4%)
270	KUŹMA Aleksandra	611	OLA	15:30	45	15:30		00:49:23.00	00:49:23.00	+00:21:46 (44.1%)	16:27	3.6 (55.4%)

Place	Participant	Number	Club	Category	MCat	Seria	Drużyna	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
								3km	3km			
271		<b>698</b>	URWANI Z CHOINKI	14:30	54	14:30		<b>00:49:27.70</b>	<b>00:49:27.70</b>	+00:21:51 (44.2%)	16:29	3.6 (55.4%)
272	<b>TOMCZYNSKI Bartłomiej</b>	<b>699</b>	URWANI Z CHOINKI	14:30	55	14:30		<b>00:49:27.90</b>	<b>00:49:27.90</b>	+00:21:51 (44.2%)	16:29	3.6 (55.4%)
273	<b>KRUPIŃSKI Andrzej</b>	<b>700</b>	URWANI Z CHOINKI	14:30	56	14:30		<b>00:49:28.00</b>	<b>00:49:28.00</b>	+00:21:51 (44.2%)	16:29	3.6 (55.4%)
274	<b>STOŁOWSKA Ewa</b>	<b>160</b>	STOŁKI	14:45	39	14:45		<b>00:49:28.15</b>	<b>00:49:28.15</b>	+00:21:51 (44.2%)	16:29	3.6 (55.4%)
275	<b>GRYCZ Paulina</b>	<b>219</b>	PRZYPADEK	14:45	40	14:45		<b>00:49:29.60</b>	<b>00:49:29.60</b>	+00:21:53 (44.2%)	16:29	3.6 (55.4%)
276	<b>SOBOTA Marcin</b>	<b>218</b>	PRZYPADEK	14:45	41	14:45		<b>00:49:29.90</b>	<b>00:49:29.90</b>	+00:21:53 (44.2%)	16:29	3.6 (55.4%)
276	<b>BRETYN Dagmara</b>	<b>220</b>	PRZYPADEK	14:45	41	14:45		<b>00:49:29.90</b>	<b>00:49:29.90</b>	+00:21:53 (44.2%)	16:29	3.6 (55.4%)
278	<b>STOŁOWSKI Łukasz</b>	<b>157</b>	STOŁKI	14:45	43	14:45		<b>00:49:32.25</b>	<b>00:49:32.25</b>	+00:21:55 (44.3%)	16:30	3.6 (55.4%)
279	<b>KOLMEN Ignagog</b>	<b>352</b>	DOLEŻKI	15:00	47	15:00		<b>00:49:33.80</b>	<b>00:49:33.80</b>	+00:21:57 (44.3%)	16:31	3.6 (55.4%)
280	<b>MAŁEK Natalia</b>	<b>14</b>	IDEA GETIN LEASING	14:15	35	14:15		<b>00:49:37.10</b>	<b>00:49:37.10</b>	+00:22:00 (44.4%)	16:32	3.6 (55.4%)
281	<b>FURTAK Magdalena</b>	<b>828</b>		15:00	48	15:00		<b>00:49:40.70</b>	<b>00:49:40.70</b>	+00:22:04 (44.4%)	16:33	3.6 (55.4%)
282	<b>SZCZYPIŃSKI Łukasz</b>	<b>54</b>	ZWIJACZE DYWANÓW	14:15	36	14:15		<b>00:49:42.45</b>	<b>00:49:42.45</b>	+00:22:06 (44.5%)	16:34	3.6 (55.4%)
283	<b>WIEWIÓRSKI Marcin</b>	<b>53</b>	ZWIJACZE DYWANÓW	14:15	37	14:15		<b>00:49:43.25</b>	<b>00:49:43.25</b>	+00:22:06 (44.5%)	16:34	3.6 (55.4%)
284	<b>JANKOWSKI Mateusz</b>	<b>52</b>	ZWIJACZE DYWANÓW	14:15	38	14:15		<b>00:49:45.45</b>	<b>00:49:45.45</b>	+00:22:09 (44.5%)	16:35	3.6 (55.4%)
285	<b>JAROSZ Klaudia</b>	<b>51</b>	PAPRYKI	14:15	39	14:15		<b>00:49:53.15</b>	<b>00:49:53.15</b>	+00:22:16 (44.7%)	16:37	3.6 (55.4%)
286	<b>SOBKOWIAK Patryk</b>	<b>50</b>	PAPRYKI	14:15	40	14:15		<b>00:49:54.05</b>	<b>00:49:54.05</b>	+00:22:17 (44.7%)	16:38	3.6 (55.4%)
287	<b>DMYTROWSKI Łukasz</b>	<b>817</b>		14:45	44	14:45		<b>00:49:59.95</b>	<b>00:49:59.95</b>	+00:22:23 (44.8%)	16:39	3.6 (55.4%)
288	<b>GŁÓD Artur</b>	<b>836</b>		14:45	45	14:45		<b>00:50:00.55</b>	<b>00:50:00.55</b>	+00:22:24 (44.8%)	16:40	3.6 (55.4%)
289	<b>SADOWSKI Tomasz</b>	<b>566</b>	OGRY	15:30	46	15:30		<b>00:50:03.05</b>	<b>00:50:03.05</b>	+00:22:26 (44.8%)	16:41	3.6 (55.4%)
290	<b>DEREWONKO Marcin</b>	<b>547</b>	POGOŃ BYDŁO	15:30	47	15:30		<b>00:50:04.90</b>	<b>00:50:04.90</b>	+00:22:28 (44.9%)	16:41	3.6 (55.4%)
291	<b>KACZMAREK Marcin</b>	<b>573</b>	POGOŃ BYDŁO	15:30	48	15:30		<b>00:50:08.10</b>	<b>00:50:08.10</b>	+00:22:31 (44.9%)	16:42	3.6 (55.4%)
292		<b>749</b>	MONDELEZ	14:30	57	14:30		<b>00:50:09.05</b>	<b>00:50:09.05</b>	+00:22:32 (45.0%)	16:43	3.6 (55.4%)
293		<b>776</b>	MONDELEZ	14:30	58	14:30		<b>00:50:09.55</b>	<b>00:50:09.55</b>	+00:22:33 (45.0%)	16:43	3.6 (55.4%)

Place	Participant	Number	Club	Category	MCat	Seria	Drużyna	Net time 3km	Czas brutto 3km	Gap	Pace min/km	Pace km/h
294	<b>KOŁODZIEJSKA Justyna</b>	<b>572</b>	POGOŃ BYDŁO	15:30	49	15:30		<b>00:50:10.30</b>	<b>00:50:10.30</b>	+00:22:33 (45.0%)	16:43	3.6 (55.4%)
295	<b>PIERZ Kacper</b>	<b>546</b>	POGOŃ BYDŁO	15:30	50	15:30		<b>00:50:12.65</b>	<b>00:50:12.65</b>	+00:22:36 (45.0%)	16:44	3.6 (55.4%)
296	<b>ZAKRZEWSKA Gabriela</b>	<b>545</b>	POGOŃ BYDŁO	15:30	51	15:30		<b>00:50:12.85</b>	<b>00:50:12.85</b>	+00:22:36 (45.0%)	16:44	3.6 (55.4%)
297	<b>CIECHANOWICZ Paulina</b>	<b>15</b>	IDEA GETIN LEASING	14:15	41	14:15		<b>00:50:14.20</b>	<b>00:50:14.20</b>	+00:22:37 (45.0%)	16:44	3.6 (55.4%)
298	<b>DRUCIAK Aleksandra</b>	<b>603</b>	TERMINATORZY	15:30	52	15:30		<b>00:50:15.40</b>	<b>00:50:15.40</b>	+00:22:39 (45.1%)	16:45	3.6 (55.4%)
299	<b>WASEK Katarzyna</b>	<b>604</b>	TERMINATORZY	15:30	53	15:30		<b>00:50:15.65</b>	<b>00:50:15.65</b>	+00:22:39 (45.1%)	16:45	3.6 (55.4%)
300	<b>WOJCIÓW Matusz</b>	<b>567</b>	OGRY	15:30	54	15:30		<b>00:50:15.90</b>	<b>00:50:15.90</b>	+00:22:39 (45.1%)	16:45	3.6 (55.4%)
300	<b>TWORZYDŁO Agnieszka</b>	<b>586</b>	TERMINATORZY	15:30	54	15:30		<b>00:50:15.90</b>	<b>00:50:15.90</b>	+00:22:39 (45.1%)	16:45	3.6 (55.4%)
302	<b>KOPYTO Piotr</b>	<b>585</b>	TERMINATORZY	15:30	56	15:30		<b>00:50:16.05</b>	<b>00:50:16.05</b>	+00:22:39 (45.1%)	16:45	3.6 (55.4%)
303	<b>WÓJCIK Pati</b>	<b>579</b>	PSI ZAPRZĘG	15:30	57	15:30		<b>00:50:16.95</b>	<b>00:50:16.95</b>	+00:22:40 (45.1%)	16:45	3.6 (55.4%)
304	<b>JABŁOŃSKI Mateusz</b>	<b>578</b>	PSI ZAPRZĘG	15:30	58	15:30		<b>00:50:18.05</b>	<b>00:50:18.05</b>	+00:22:41 (45.1%)	16:46	3.6 (55.4%)
305		<b>751</b>	MONDELEZ	14:30	59	14:30		<b>00:50:25.05</b>	<b>00:50:25.05</b>	+00:22:48 (45.2%)	16:48	3.6 (55.4%)
306		<b>758</b>	MONDELEZ	14:30	60	14:30		<b>00:50:26.25</b>	<b>00:50:26.25</b>	+00:22:49 (45.3%)	16:48	3.6 (55.4%)
307	<b>OGRODOWICZ Michał</b>	<b>135</b>		14:15	42	14:15		<b>00:50:29.70</b>	<b>00:50:29.70</b>	+00:22:53 (45.3%)	16:49	3.6 (55.4%)
308	<b>MARKYEVITCH Grigore</b>	<b>571</b>	CHUDYGRUBYŁYSY	15:30	59	15:30		<b>00:50:33.80</b>	<b>00:50:33.80</b>	+00:22:57 (45.4%)	16:51	3.6 (55.4%)
309		<b>769</b>	MONDELEZ	14:30	61	14:30		<b>00:50:35.25</b>	<b>00:50:35.25</b>	+00:22:58 (45.4%)	16:51	3.6 (55.4%)
310	<b>DRAGAŃCZUK Katarzyna</b>	<b>743</b>	MONDELEZ	14:30	62	14:30		<b>00:50:37.00</b>	<b>00:50:37.00</b>	+00:23:00 (45.5%)	16:52	3.6 (55.4%)
311		<b>759</b>	MONDELEZ	14:30	63	14:30		<b>00:50:37.55</b>	<b>00:50:37.55</b>	+00:23:01 (45.5%)	16:52	3.6 (55.4%)
312	<b>EMIKO Mariana</b>	<b>744</b>	MONDELEZ	14:30	64	14:30		<b>00:50:41.85</b>	<b>00:50:41.85</b>	+00:23:05 (45.5%)	16:53	3.6 (55.4%)
313	<b>KLOCHKO Vitaliy</b>	<b>745</b>	MONDELEZ	14:30	65	14:30		<b>00:50:42.60</b>	<b>00:50:42.60</b>	+00:23:06 (45.6%)	16:54	3.6 (55.4%)
314	<b>WINNIK Aneta</b>	<b>827</b>		14:15	43	14:15		<b>00:50:47.40</b>	<b>00:50:47.40</b>	+00:23:11 (45.6%)	16:55	3.5 (53.8%)
315	<b>. .</b>	<b>78</b>	AMREST STARTER	14:15	44	14:15		<b>00:50:47.95</b>	<b>00:50:47.95</b>	+00:23:11 (45.7%)	16:55	3.5 (53.8%)
316	<b>KOLTOWSKA Aleksandra</b>	<b>742</b>	MONDELEZ	14:30	66	14:30		<b>00:50:48.20</b>	<b>00:50:48.20</b>	+00:23:11 (45.7%)	16:56	3.5 (53.8%)

Place	Participant	Number	Club	Category	MCat	Seria	Drużyna	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
								3km	3km			
317		<b>756</b>	MONDELEZ	14:30	67	14:30		<b>00:50:48.60</b>	<b>00:50:48.60</b>	+00:23:12 (45.7%)	16:56	3.5 (53.8%)
318	<b>KOWYNIA Natalia</b>	<b>2583</b>	NATALII NIESZCZYCE	15:00	49	15:00		<b>00:50:48.95</b>	<b>00:50:48.95</b>	+00:23:12 (45.7%)	16:56	3.5 (53.8%)
319	<b>PACHUCKI Jakub</b>	<b>347</b>	SPEEDANIE	15:00	50	15:00		<b>00:50:49.45</b>	<b>00:50:49.45</b>	+00:23:13 (45.7%)	16:56	3.5 (53.8%)
320	<b>KUDRYŃSKA Joanna</b>	<b>467</b>	GRUPA SPED	15:15	55	15:15		<b>00:50:55.40</b>	<b>00:50:55.40</b>	+00:23:19 (45.8%)	16:58	3.5 (53.8%)
321	<b>NIEWIADOMSKA Weronika</b>	<b>200</b>	WEXIN	14:45	46	14:45		<b>00:50:59.70</b>	<b>00:50:59.70</b>	+00:23:23 (45.9%)	16:59	3.5 (53.8%)
322	<b>DOLEŻKO Paulina</b>	<b>351</b>	DOLEŻKI	15:00	51	15:00		<b>00:51:01.05</b>	<b>00:51:01.05</b>	+00:23:24 (45.9%)	17:00	3.5 (53.8%)
323	<b>ZASTAWNY Tomasz</b>	<b>281</b>	ZASTAWKA	15:00	52	15:00		<b>00:51:01.75</b>	<b>00:51:01.75</b>	+00:23:25 (45.9%)	17:00	3.5 (53.8%)
324	<b>MALAGA Renata</b>	<b>465</b>	GRUPA SPED	15:15	56	15:15		<b>00:51:06.10</b>	<b>00:51:06.10</b>	+00:23:29 (46.0%)	17:02	3.5 (53.8%)
325	<b>SIELSKI Adam</b>	<b>348</b>	SPEEDANIE	15:00	53	15:00		<b>00:51:06.55</b>	<b>00:51:06.55</b>	+00:23:30 (46.0%)	17:02	3.5 (53.8%)
326	<b>BIELECKI Aleksander</b>	<b>466</b>	GRUPA SPED	15:15	57	15:15		<b>00:51:10.65</b>	<b>00:51:10.65</b>	+00:23:34 (46.1%)	17:03	3.5 (53.8%)
327	<b>GOLA Marta</b>	<b>468</b>	GRUPA SPED	15:15	58	15:15		<b>00:51:10.75</b>	<b>00:51:10.75</b>	+00:23:34 (46.1%)	17:03	3.5 (53.8%)
328	<b>MODLINSKA Ewelina</b>	<b>720</b>	MODLINSKY	14:30	68	14:30		<b>00:51:12.05</b>	<b>00:51:12.05</b>	+00:23:35 (46.1%)	17:04	3.5 (53.8%)
328		<b>721</b>	MODLINSKY	14:30	68	14:30		<b>00:51:12.05</b>	<b>00:51:12.05</b>	+00:23:35 (46.1%)	17:04	3.5 (53.8%)
330	<b>CIERPIKOSKI Adrian</b>	<b>658</b>	FRESENIUS MEDICAL CARE SSC	14:30	70	14:30		<b>00:51:17.00</b>	<b>00:51:17.00</b>	+00:23:40 (46.2%)	17:05	3.5 (53.8%)
331	<b>KACZOROWSKA Natalia</b>	<b>349</b>	SPEEDANIE	15:00	54	15:00		<b>00:51:17.70</b>	<b>00:51:17.70</b>	+00:23:41 (46.2%)	17:05	3.5 (53.8%)
332	<b>DUBICKI Michał</b>	<b>171</b>	DUBOLKI :)	14:45	47	14:45		<b>00:51:24.30</b>	<b>00:51:24.30</b>	+00:23:47 (46.3%)	17:08	3.5 (53.8%)
333	<b>JANAS Malwina</b>	<b>170</b>	DUBOLKI :)	14:45	48	14:45		<b>00:51:24.55</b>	<b>00:51:24.55</b>	+00:23:48 (46.3%)	17:08	3.5 (53.8%)
334	<b>JAGIELSKA Marzena</b>	<b>317</b>		15:00	55	15:00		<b>00:51:29.30</b>	<b>00:51:29.30</b>	+00:23:52 (46.4%)	17:09	3.5 (53.8%)
335	<b>GRZYB Agnieszka</b>	<b>665</b>	FRESENIUS MEDICAL CARE SSC	14:30	71	14:30		<b>00:51:32.80</b>	<b>00:51:32.80</b>	+00:23:56 (46.4%)	17:10	3.5 (53.8%)
336	<b>PACHUCKA Grazyna</b>	<b>346</b>	SPEEDANIE	15:00	56	15:00		<b>00:51:47.00</b>	<b>00:51:47.00</b>	+00:24:10 (46.7%)	17:15	3.5 (53.8%)
337	<b>PACHUCKI Mariusz</b>	<b>345</b>	SPEEDANIE	15:00	57	15:00		<b>00:51:47.20</b>	<b>00:51:47.20</b>	+00:24:10 (46.7%)	17:15	3.5 (53.8%)
338	<b>RESZELEWSKA Aleksandra</b>	<b>677</b>	PRUSZKI OKRUSZKI	14:30	72	14:30		<b>00:51:48.20</b>	<b>00:51:48.20</b>	+00:24:11 (46.7%)	17:16	3.5 (53.8%)
339	<b>RZETELSKI Mateusz</b>	<b>519</b>	RISKBUSTERS	15:30	60	15:30		<b>00:51:48.30</b>	<b>00:51:48.30</b>	+00:24:11 (46.7%)	17:16	3.5 (53.8%)

Place	Participant	Number	Club	Category	MCat	Seria	Drużyna	Net time 3km	Czas brutto 3km	Gap	Pace min/km	Pace km/h
340	<b>KAMZOL Paulina</b>	<b>679</b>	PRUSZKI OKRUSZKI	14:30	73	14:30		<b>00:51:48.70</b>	<b>00:51:48.70</b>	+00:24:12 (46.7%)	17:16	3.5 (53.8%)
341	<b>KAMZOL Kasia</b>	<b>678</b>	PRUSZKI OKRUSZKI	14:30	74	14:30		<b>00:51:48.85</b>	<b>00:51:48.85</b>	+00:24:12 (46.7%)	17:16	3.5 (53.8%)
342	<b>S Lukasz</b>	<b>645</b>	BADCHOLESTEROL.PL	14:30	75	14:30		<b>00:51:55.20</b>	<b>00:51:55.20</b>	+00:24:18 (46.8%)	17:18	3.5 (53.8%)
343	<b>ŁADOWSKI Krzysztof</b>	<b>646</b>	BADCHOLESTEROL.PL	14:30	76	14:30		<b>00:51:55.25</b>	<b>00:51:55.25</b>	+00:24:18 (46.8%)	17:18	3.5 (53.8%)
344	<b>"KOTLET" Pawel</b>	<b>650</b>	BADCHOLESTEROL.PL	14:30	77	14:30		<b>00:51:55.50</b>	<b>00:51:55.50</b>	+00:24:19 (46.8%)	17:18	3.5 (53.8%)
345	<b>BUCYK Emilia</b>	<b>8</b>	IDEA GETIN LEASING	14:15	45	14:15		<b>00:51:56.15</b>	<b>00:51:56.15</b>	+00:24:19 (46.8%)	17:18	3.5 (53.8%)
346	<b>MACEK Patrycja</b>	<b>11</b>	IDEA GETIN LEASING	14:15	46	14:15		<b>00:51:56.35</b>	<b>00:51:56.35</b>	+00:24:19 (46.8%)	17:18	3.5 (53.8%)
347	<b>MAJEWSKA Aneta</b>	<b>440</b>	POWER PUFF GIRLS	15:15	59	15:15		<b>00:52:02.85</b>	<b>00:52:02.85</b>	+00:24:26 (47.0%)	17:20	3.5 (53.8%)
348	<b>NIELSEN Marten</b>	<b>835</b>		14:15	47	14:15		<b>00:52:02.90</b>	<b>00:52:02.90</b>	+00:24:26 (47.0%)	17:20	3.5 (53.8%)
349	<b>RYBOWICZ Joanna</b>	<b>378</b>	POWER PUFF GIRLS	15:15	60	15:15		<b>00:52:03.00</b>	<b>00:52:03.00</b>	+00:24:26 (47.0%)	17:21	3.5 (53.8%)
350	<b>KUSZTELAK Maria</b>	<b>442</b>	POWER PUFF GIRLS	15:15	61	15:15		<b>00:52:03.25</b>	<b>00:52:03.25</b>	+00:24:26 (47.0%)	17:21	3.5 (53.8%)
351	<b>CZ Joanna</b>	<b>63</b>	SOLOAS	14:15	48	14:15		<b>00:52:03.50</b>	<b>00:52:03.50</b>	+00:24:27 (47.0%)	17:21	3.5 (53.8%)
352	<b>SEMANIUK Joanna</b>	<b>376</b>	POWER PUFF GIRLS	15:15	62	15:15		<b>00:52:03.55</b>	<b>00:52:03.55</b>	+00:24:27 (47.0%)	17:21	3.5 (53.8%)
353	<b>WICIJEWSKA-GOLECKA Magdalena</b>	<b>377</b>	POWER PUFF GIRLS	15:15	63	15:15		<b>00:52:03.75</b>	<b>00:52:03.75</b>	+00:24:27 (47.0%)	17:21	3.5 (53.8%)
354	<b>SITO Ewa</b>	<b>656</b>	FRESENIUS MEDICAL CARE SSC	14:30	78	14:30		<b>00:52:06.95</b>	<b>00:52:06.95</b>	+00:24:30 (47.0%)	17:22	3.5 (53.8%)
355	<b>BIAŁCZAK Emilia</b>	<b>651</b>	FRESENIUS MEDICAL CARE SSC	14:30	79	14:30		<b>00:52:14.45</b>	<b>00:52:14.45</b>	+00:24:38 (47.2%)	17:24	3.4 (52.3%)
356	<b>ŻRÓDLAK Veronika</b>	<b>654</b>	FRESENIUS MEDICAL CARE SSC	14:30	80	14:30		<b>00:52:14.80</b>	<b>00:52:14.80</b>	+00:24:38 (47.2%)	17:24	3.4 (52.3%)
357	<b>BORUCKA Emilia</b>	<b>7</b>	IDEA GETIN LEASING	14:15	49	14:15		<b>00:52:15.30</b>	<b>00:52:15.30</b>	+00:24:38 (47.2%)	17:25	3.4 (52.3%)
358	<b>KOWAL Agnieszka</b>	<b>9</b>	IDEALNI	14:15	50	14:15		<b>00:52:15.75</b>	<b>00:52:15.75</b>	+00:24:39 (47.2%)	17:25	3.4 (52.3%)
359		<b>12</b>	IDEA GETIN LEASING	14:15	51	14:15		<b>00:52:15.90</b>	<b>00:52:15.90</b>	+00:24:39 (47.2%)	17:25	3.4 (52.3%)
360	<b>SIEKIERKA Bartłomiej</b>	<b>477</b>		15:15	64	15:15		<b>00:52:19.00</b>	<b>00:52:19.00</b>	+00:24:42 (47.2%)	17:26	3.4 (52.3%)
361	<b>SIEKIERKA Aleksandra</b>	<b>476</b>		15:15	65	15:15		<b>00:52:19.60</b>	<b>00:52:19.60</b>	+00:24:43 (47.2%)	17:26	3.4 (52.3%)
362	<b>NOWAK Kasia</b>	<b>638</b>		14:30	81	14:30		<b>00:52:32.20</b>	<b>00:52:32.20</b>	+00:24:55 (47.5%)	17:30	3.4 (52.3%)



Place	Participant	Number	Club	Category	MCat	Seria	Drużyna	Net time 3km	Czas brutto 3km	Gap	Pace min/km	Pace km/h
363	<b>STEMPLEWSKA Sylwia</b>	<b>639</b>		14:30	82	14:30		<b>00:52:33.95</b>	<b>00:52:33.95</b>	+00:24:57 (47.5%)	17:31	3.4 (52.3%)
364	<b>STRZELEC Angelika</b>	<b>284</b>		15:00	58	15:00		<b>00:52:39.00</b>	<b>00:52:39.00</b>	+00:25:02 (47.6%)	17:33	3.4 (52.3%)
364	<b>KAWCZYŃSKI Tomasz</b>	<b>285</b>		15:00	58	15:00		<b>00:52:39.00</b>	<b>00:52:39.00</b>	+00:25:02 (47.6%)	17:33	3.4 (52.3%)
366	<b>ORTH Iris</b>	<b>589</b>		15:30	61	15:30		<b>00:52:46.05</b>	<b>00:52:46.05</b>	+00:25:09 (47.7%)	17:35	3.4 (52.3%)
367	<b>RAKOWSKA Martyna</b>	<b>655</b>	FRESENIUS MEDICAL CARE SSC	14:30	83	14:30		<b>00:52:47.90</b>	<b>00:52:47.90</b>	+00:25:11 (47.7%)	17:35	3.4 (52.3%)
368	<b>ZIUBRZYCKA Magdalena</b>	<b>272</b>	.	15:00	60	15:00		<b>00:52:48.25</b>	<b>00:52:48.25</b>	+00:25:11 (47.7%)	17:36	3.4 (52.3%)
369	<b>ZAMIARA-MEDYŃSKA Katarzyna</b>	<b>271</b>		15:00	61	15:00		<b>00:52:48.95</b>	<b>00:52:48.95</b>	+00:25:12 (47.7%)	17:36	3.4 (52.3%)
370	<b>ADAMCZYK Tomasz</b>	<b>734</b>		14:30	84	14:30		<b>00:52:51.30</b>	<b>00:52:51.30</b>	+00:25:14 (47.8%)	17:37	3.4 (52.3%)
371	<b>BOGACKA Paula</b>	<b>174</b>	PFEIFER 3KM	14:45	49	14:45		<b>00:52:53.65</b>	<b>00:52:53.65</b>	+00:25:17 (47.8%)	17:37	3.4 (52.3%)
372	<b>BOGACKI Rafał</b>	<b>175</b>	PFEIFER 3KM	14:45	50	14:45		<b>00:52:54.50</b>	<b>00:52:54.50</b>	+00:25:18 (47.8%)	17:38	3.4 (52.3%)
373	<b>BIALOSKORSKA Hania</b>	<b>216</b>	LADY REBEL	14:45	51	14:45		<b>00:52:56.95</b>	<b>00:52:56.95</b>	+00:25:20 (47.9%)	17:38	3.4 (52.3%)
374	<b>TYNEK-WÓJCIK Anita</b>	<b>694</b>	POCAHONTAZ	14:30	85	14:30		<b>00:53:00.70</b>	<b>00:53:00.70</b>	+00:25:24 (47.9%)	17:40	3.4 (52.3%)
374	<b>MALAK Katarzyna</b>	<b>3473</b>	POCAHONTAZ	14:30	85	14:30		<b>00:53:00.70</b>	<b>00:53:00.70</b>	+00:25:24 (47.9%)	17:40	3.4 (52.3%)
376	<b>KUSTAL Małgorzata</b>	<b>40</b>	BLACK MAMBA	14:15	52	14:15		<b>00:53:17.35</b>	<b>00:53:17.35</b>	+00:25:40 (48.2%)	17:45	3.4 (52.3%)
377	<b>STAWIŃSKA Magdalena</b>	<b>37</b>	BLACK MAMBA	14:15	53	14:15		<b>00:53:19.70</b>	<b>00:53:19.70</b>	+00:25:43 (48.2%)	17:46	3.4 (52.3%)
378		<b>187</b>	GWIAZDA TEAM	14:45	52	14:45		<b>00:53:20.55</b>	<b>00:53:20.55</b>	+00:25:44 (48.2%)	17:46	3.4 (52.3%)
379	<b>DUDAR Alicja</b>	<b>669</b>	FRESENIUS MEDICAL CARE SSC	14:30	87	14:30		<b>00:53:21.95</b>	<b>00:53:21.95</b>	+00:25:45 (48.3%)	17:47	3.4 (52.3%)
380	<b>WIECHA Kamil</b>	<b>671</b>	KAMIL	14:30	88	14:30		<b>00:53:24.10</b>	<b>00:53:24.10</b>	+00:25:47 (48.3%)	17:48	3.4 (52.3%)
381	<b>KLEJDYSZ Katarzyna</b>	<b>280</b>	DZIKI	15:00	62	15:00		<b>00:53:28.70</b>	<b>00:53:28.70</b>	+00:25:52 (48.4%)	17:49	3.4 (52.3%)
382	<b>PLUSKOTA Patryk</b>	<b>282</b>	DZIKI	15:00	63	15:00		<b>00:53:28.85</b>	<b>00:53:28.85</b>	+00:25:52 (48.4%)	17:49	3.4 (52.3%)
383		<b>111</b>	AMREST STARTER	14:15	54	14:15		<b>00:53:33.90</b>	<b>00:53:33.90</b>	+00:25:57 (48.5%)	17:51	3.4 (52.3%)
384		<b>114</b>	AMREST STARTER	14:15	55	14:15		<b>00:53:34.20</b>	<b>00:53:34.20</b>	+00:25:57 (48.5%)	17:51	3.4 (52.3%)
385	<b>WOJDYGA Marek</b>	<b>592</b>	WIKINGOWIE	15:30	62	15:30		<b>00:53:34.95</b>	<b>00:53:34.95</b>	+00:25:58 (48.5%)	17:51	3.4 (52.3%)

Place	Participant	Number	Club	Category	MCat	Seria	Drużyna	Net time 3km	Czas brutto 3km	Gap	Pace min/km	Pace km/h
386	<b>SENTOREK Paulina</b>	<b>591</b>	WIKINGOWIE	15:30	63	15:30		<b>00:53:35.15</b>	<b>00:53:35.15</b>	+00:25:58 (48.5%)	17:51	3.4 (52.3%)
387		<b>113</b>	AMREST STARTER	14:15	56	14:15		<b>00:53:35.65</b>	<b>00:53:35.65</b>	+00:25:59 (48.5%)	17:51	3.4 (52.3%)
388	<b>ZIORA Klaudia</b>	<b>203</b>	GLADIATORKI	14:45	53	14:45		<b>00:53:36.45</b>	<b>00:53:36.45</b>	+00:26:00 (48.5%)	17:52	3.4 (52.3%)
388	<b>TYMKIEWICZ Natalia</b>	<b>204</b>	GLADIATORKI	14:45	53	14:45		<b>00:53:36.45</b>	<b>00:53:36.45</b>	+00:26:00 (48.5%)	17:52	3.4 (52.3%)
390		<b>124</b>	AMREST STARTER	14:15	57	14:15		<b>00:53:37.25</b>	<b>00:53:37.25</b>	+00:26:00 (48.5%)	17:52	3.4 (52.3%)
391	<b>CALDERON Juan</b>	<b>60</b>		14:15	58	14:15		<b>00:53:37.35</b>	<b>00:53:37.35</b>	+00:26:00 (48.5%)	17:52	3.4 (52.3%)
392	<b>PASIERBSKI Pawel</b>	<b>180</b>	JAKOŚ DAMY RADĘ :)	14:45	55	14:45		<b>00:53:37.45</b>	<b>00:53:37.45</b>	+00:26:01 (48.5%)	17:52	3.4 (52.3%)
392	<b>KUBICKA-DALEK Anna</b>	<b>179</b>	JAKOŚ DAMY RADĘ :)	14:45	55	14:45		<b>00:53:37.45</b>	<b>00:53:37.45</b>	+00:26:01 (48.5%)	17:52	3.4 (52.3%)
394		<b>115</b>	AMREST STARTER	14:15	59	14:15		<b>00:53:37.55</b>	<b>00:53:37.55</b>	+00:26:01 (48.5%)	17:52	3.4 (52.3%)
395		<b>120</b>	AMREST STARTER	14:15	60	14:15		<b>00:53:37.70</b>	<b>00:53:37.70</b>	+00:26:01 (48.5%)	17:52	3.4 (52.3%)
396		<b>122</b>	AMREST STARTER	14:15	61	14:15		<b>00:53:38.70</b>	<b>00:53:38.70</b>	+00:26:02 (48.5%)	17:52	3.4 (52.3%)
397	<b>KWIATKOWSKI Janek</b>	<b>609</b>	WIKINGOWIE	15:30	64	15:30		<b>00:53:45.05</b>	<b>00:53:45.05</b>	+00:26:08 (48.6%)	17:55	3.3 (50.8%)
398	<b>KUBAŃSKA Amanda</b>	<b>608</b>	WIKINGOWIE	15:30	65	15:30		<b>00:53:45.40</b>	<b>00:53:45.40</b>	+00:26:09 (48.6%)	17:55	3.3 (50.8%)
399	<b>PIWOWAR Marcela</b>	<b>172</b>	GRUBE ROBALE	14:45	57	14:45		<b>00:53:47.65</b>	<b>00:53:47.65</b>	+00:26:11 (48.7%)	17:55	3.3 (50.8%)
400	<b>MARKOWSKI Kacper</b>	<b>388</b>	SIEDEM KRASNOLUDKÓW	15:15	66	15:15		<b>00:53:48.30</b>	<b>00:53:48.30</b>	+00:26:11 (48.7%)	17:56	3.3 (50.8%)
401	<b>GALIK Natalia</b>	<b>443</b>	SIEDEM KRASNOLUDKÓW	15:15	67	15:15		<b>00:53:48.40</b>	<b>00:53:48.40</b>	+00:26:12 (48.7%)	17:56	3.3 (50.8%)
402	<b>SASOWSKI Maciej</b>	<b>173</b>	GRUBE ROBALE	14:45	58	14:45		<b>00:53:48.60</b>	<b>00:53:48.60</b>	+00:26:12 (48.7%)	17:56	3.3 (50.8%)
403	<b>KIPER Łukasz</b>	<b>387</b>	SIEDEM KRASNOLUDKÓW	15:15	68	15:15		<b>00:53:48.75</b>	<b>00:53:48.75</b>	+00:26:12 (48.7%)	17:56	3.3 (50.8%)
403	<b>CICHOWICZ Nina</b>	<b>445</b>	SIEDEM KRASNOLUDKÓW	15:15	68	15:15		<b>00:53:48.75</b>	<b>00:53:48.75</b>	+00:26:12 (48.7%)	17:56	3.3 (50.8%)
405	<b>JĘCZMIEN Paulina</b>	<b>386</b>	SIEDEM KRASNOLUDKÓW	15:15	70	15:15		<b>00:53:48.90</b>	<b>00:53:48.90</b>	+00:26:12 (48.7%)	17:56	3.3 (50.8%)
406	<b>HEFKO Katarzyna</b>	<b>446</b>	SIEDEM KRASNOLUDKÓW	15:15	71	15:15		<b>00:53:49.35</b>	<b>00:53:49.35</b>	+00:26:12 (48.7%)	17:56	3.3 (50.8%)
407	<b>GWIAZDA Agnieszka</b>	<b>185</b>	GWIAZDA TEAM	14:45	59	14:45		<b>00:53:51.45</b>	<b>00:53:51.45</b>	+00:26:15 (48.7%)	17:57	3.3 (50.8%)
408	<b>KOLANO Rafał</b>	<b>186</b>	GWIAZDA TEAM	14:45	60	14:45		<b>00:53:55.40</b>	<b>00:53:55.40</b>	+00:26:19 (48.8%)	17:58	3.3 (50.8%)

Place	Participant	Number	Club	Category	MCat	Seria	Drużyna	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
								3km	3km			
409		<b>189</b>	GWIAZDA TEAM	14:45	61	14:45	<b>00:53:59.25</b>	<b>00:53:59.25</b>	+00:26:22 (48.9%)	17:59	3.3 (50.8%)	
410	<b>NOWOSAD Krystyna</b>	<b>136</b>	IDEA GETIN LEASING	14:15	62	14:15	<b>00:54:14.05</b>	<b>00:54:14.05</b>	+00:26:37 (49.1%)	18:04	3.3 (50.8%)	
411	<b>GRABKA Katarzyna</b>	<b>16</b>	IDEA GETIN LEASING	14:15	63	14:15	<b>00:54:14.80</b>	<b>00:54:14.80</b>	+00:26:38 (49.1%)	18:04	3.3 (50.8%)	
412	<b>HEŁPA Ewa</b>	<b>13</b>	IDEA GETIN LEASING	14:15	64	14:15	<b>00:54:16.10</b>	<b>00:54:16.10</b>	+00:26:39 (49.1%)	18:05	3.3 (50.8%)	
413	<b>KOZAK Łukasz</b>	<b>44</b>	IDEA GETIN LEASING	14:15	65	14:15	<b>00:54:18.15</b>	<b>00:54:18.15</b>	+00:26:41 (49.2%)	18:06	3.3 (50.8%)	
414	<b>MALAGA Edward</b>	<b>422</b>	GRUPA SPED	15:15	72	15:15	<b>00:54:31.70</b>	<b>00:54:31.70</b>	+00:26:55 (49.4%)	18:10	3.3 (50.8%)	
415		<b>56</b>		14:15	66	14:15	<b>00:54:40.65</b>	<b>00:54:40.65</b>	+00:27:04 (49.5%)	18:13	3.3 (50.8%)	
416		<b>55</b>		14:15	67	14:15	<b>00:54:40.70</b>	<b>00:54:40.70</b>	+00:27:04 (49.5%)	18:13	3.3 (50.8%)	
417	<b>BARAŃSKA Ewa</b>	<b>48</b>	RYBKI	14:15	68	14:15	<b>00:54:41.65</b>	<b>00:54:41.65</b>	+00:27:05 (49.5%)	18:13	3.3 (50.8%)	
418	<b>GŁODEK Ewa</b>	<b>838</b>		14:15	69	14:15	<b>00:54:41.75</b>	<b>00:54:41.75</b>	+00:27:05 (49.5%)	18:13	3.3 (50.8%)	
419	<b>GRZEGORZEK Marta</b>	<b>607</b>	LARA POMÓŻ!	15:30	66	15:30	<b>00:54:49.15</b>	<b>00:54:49.15</b>	+00:27:12 (49.6%)	18:16	3.3 (50.8%)	
419	<b>GRZEGORZEK Alek</b>	<b>605</b>	LARA POMÓŻ!	15:30	66	15:30	<b>00:54:49.15</b>	<b>00:54:49.15</b>	+00:27:12 (49.6%)	18:16	3.3 (50.8%)	
421	<b>ŁUKASZEK Marcelina</b>	<b>606</b>	LARA POMÓŻ!	15:30	68	15:30	<b>00:54:49.25</b>	<b>00:54:49.25</b>	+00:27:12 (49.6%)	18:16	3.3 (50.8%)	
422		<b>752</b>	MONDELEZ	14:30	89	14:30	<b>00:54:53.20</b>	<b>00:54:53.20</b>	+00:27:16 (49.7%)	18:17	3.3 (50.8%)	
423	<b>KLUZEK Damian</b>	<b>423</b>	GRUPA SPED	15:15	73	15:15	<b>00:54:58.75</b>	<b>00:54:58.75</b>	+00:27:22 (49.8%)	18:19	3.3 (50.8%)	
424	<b>TRACZ Mateusz</b>	<b>479</b>	M&MSY	15:15	74	15:15	<b>00:55:08.40</b>	<b>00:55:08.40</b>	+00:27:32 (49.9%)	18:22	3.3 (50.8%)	
425	<b>BUGAJSKA Monika</b>	<b>478</b>	M&MSY	15:15	75	15:15	<b>00:55:08.50</b>	<b>00:55:08.50</b>	+00:27:32 (49.9%)	18:22	3.3 (50.8%)	
426	<b>SATALECKI Jan</b>	<b>717</b>	WOKINOWY	14:30	90	14:30	<b>00:55:08.95</b>	<b>00:55:08.95</b>	+00:27:32 (49.9%)	18:22	3.3 (50.8%)	
427		<b>761</b>	MONDELEZ	14:30	91	14:30	<b>00:55:11.60</b>	<b>00:55:11.60</b>	+00:27:35 (50.0%)	18:23	3.3 (50.8%)	
428		<b>760</b>	MONDELEZ	14:30	92	14:30	<b>00:55:11.70</b>	<b>00:55:11.70</b>	+00:27:35 (50.0%)	18:23	3.3 (50.8%)	
429		<b>79</b>	AMREST STARTER	14:15	70	14:15	<b>00:55:12.45</b>	<b>00:55:12.45</b>	+00:27:36 (50.0%)	18:24	3.3 (50.8%)	
430		<b>76</b>	AMREST STARTER	14:15	71	14:15	<b>00:55:13.25</b>	<b>00:55:13.25</b>	+00:27:36 (50.0%)	18:24	3.3 (50.8%)	
431		<b>80</b>	AMREST STARTER	14:15	72	14:15	<b>00:55:13.50</b>	<b>00:55:13.50</b>	+00:27:37 (50.0%)	18:24	3.3 (50.8%)	

Place	Participant	Number	Club	Category	MCat	Seria	Drużyna	Net time 3km	Czas brutto 3km	Gap	Pace min/km	Pace km/h
432	<b>KUŚ-ŻUREK Aneta</b>	<b>58</b>	OKAME	14:15	73	14:15		<b>00:55:13.55</b>	<b>00:55:13.55</b>	+00:27:37 (50.0%)	18:24	3.3 (50.8%)
433		<b>59</b>	OKAME	14:15	74	14:15		<b>00:55:14.10</b>	<b>00:55:14.10</b>	+00:27:37 (50.0%)	18:24	3.3 (50.8%)
434		<b>82</b>	AMREST STARTER	14:15	75	14:15		<b>00:55:14.30</b>	<b>00:55:14.30</b>	+00:27:37 (50.0%)	18:24	3.3 (50.8%)
435		<b>81</b>	AMREST STARTER	14:15	76	14:15		<b>00:55:16.45</b>	<b>00:55:16.45</b>	+00:27:40 (50.1%)	18:25	3.3 (50.8%)
436	<b>PONIEDZIAŁEK Henryk</b>	<b>257</b>	PANDA	15:00	64	15:00		<b>00:55:16.50</b>	<b>00:55:16.50</b>	+00:27:40 (50.1%)	18:25	3.3 (50.8%)
437	<b>SKROCKI Patryk</b>	<b>716</b>	WOKINOWY	14:30	93	14:30		<b>00:55:16.60</b>	<b>00:55:16.60</b>	+00:27:40 (50.1%)	18:25	3.3 (50.8%)
438	<b>PAWLUŚ Katarzyna</b>	<b>263</b>	CZARNE OWCE	15:00	65	15:00		<b>00:55:21.10</b>	<b>00:55:21.10</b>	+00:27:44 (50.1%)	18:27	3.3 (50.8%)
439	<b>KMETYK Agnieszka</b>	<b>265</b>	CZARNE OWCE	15:00	66	15:00		<b>00:55:21.35</b>	<b>00:55:21.35</b>	+00:27:44 (50.1%)	18:27	3.3 (50.8%)
440	<b>ŚWIERLIŃSKI Mateusz</b>	<b>262</b>	CZARNE OWCE	15:00	67	15:00		<b>00:55:21.80</b>	<b>00:55:21.80</b>	+00:27:45 (50.1%)	18:27	3.3 (50.8%)
440	<b>KMETYK Grzegorz</b>	<b>266</b>	CZARNE OWCE	15:00	67	15:00		<b>00:55:21.80</b>	<b>00:55:21.80</b>	+00:27:45 (50.1%)	18:27	3.3 (50.8%)
442	<b>ROSA Adam</b>	<b>264</b>	CZARNE OWCE	15:00	69	15:00		<b>00:55:21.95</b>	<b>00:55:21.95</b>	+00:27:45 (50.1%)	18:27	3.3 (50.8%)
443	<b>ROBAK Michał</b>	<b>248</b>	SUPER TATA	14:45	62	14:45		<b>00:55:42.60</b>	<b>00:55:42.60</b>	+00:28:06 (50.4%)	18:34	3.2 (49.2%)
444	<b>MALAGA Grzegorz</b>	<b>400</b>	GRUPA SPED	15:15	76	15:15		<b>00:55:43.10</b>	<b>00:55:43.10</b>	+00:28:06 (50.5%)	18:34	3.2 (49.2%)
445		<b>101</b>	AMREST STARTER	14:15	77	14:15		<b>00:55:56.75</b>	<b>00:55:56.75</b>	+00:28:20 (50.7%)	18:38	3.2 (49.2%)
446		<b>92</b>	AMREST STARTER	14:15	78	14:15		<b>00:55:57.15</b>	<b>00:55:57.15</b>	+00:28:20 (50.7%)	18:39	3.2 (49.2%)
447		<b>91</b>	AMREST STARTER	14:15	79	14:15		<b>00:55:57.45</b>	<b>00:55:57.45</b>	+00:28:21 (50.7%)	18:39	3.2 (49.2%)
448		<b>93</b>	AMREST STARTER	14:15	80	14:15		<b>00:55:58.10</b>	<b>00:55:58.10</b>	+00:28:21 (50.7%)	18:39	3.2 (49.2%)
449		<b>98</b>	AMREST STARTER	14:15	81	14:15		<b>00:55:58.30</b>	<b>00:55:58.30</b>	+00:28:21 (50.7%)	18:39	3.2 (49.2%)
449		<b>105</b>	AMREST STARTER	14:15	81	14:15		<b>00:55:58.30</b>	<b>00:55:58.30</b>	+00:28:21 (50.7%)	18:39	3.2 (49.2%)
451		<b>104</b>	AMREST STARTER	14:15	83	14:15		<b>00:55:58.75</b>	<b>00:55:58.75</b>	+00:28:22 (50.7%)	18:39	3.2 (49.2%)
452	<b>LEWICKI Igor</b>	<b>290</b>	DZBANY	15:00	70	15:00		<b>00:56:04.10</b>	<b>00:56:04.10</b>	+00:28:27 (50.8%)	18:41	3.2 (49.2%)
453	<b>WOJTKOWIAK Andrzej</b>	<b>696</b>	GOŚLIŃSKIE ENDROFINY	14:30	94	14:30		<b>00:56:06.00</b>	<b>00:56:06.00</b>	+00:28:29 (50.8%)	18:42	3.2 (49.2%)
454		<b>697</b>	GOŚLIŃSKIE ENDROFINY	14:30	95	14:30		<b>00:56:06.40</b>	<b>00:56:06.40</b>	+00:28:30 (50.8%)	18:42	3.2 (49.2%)

Place	Participant	Number	Club	Category	MCat	Seria	Drużyna	Net time 3km	Czas brutto 3km	Gap	Pace min/km	Pace km/h
455	<b>JEWASIŃSKI Mateusz</b>	<b>695</b>	GOŚLIŃSKIE ENDROFINY	14:30	96	14:30		<b>00:56:07.05</b>	<b>00:56:07.05</b>	+00:28:30 (50.8%)	18:42	3.2 (49.2%)
456	<b>WALL Jakub</b>	<b>324</b>	DZBANY	15:00	71	15:00		<b>00:56:13.60</b>	<b>00:56:13.60</b>	+00:28:37 (50.9%)	18:44	3.2 (49.2%)
457	<b>DWORSKA Julia</b>	<b>197</b>	JANKESI	14:45	63	14:45		<b>00:56:17.75</b>	<b>00:56:17.75</b>	+00:28:41 (51.0%)	18:45	3.2 (49.2%)
458	<b>DWORSKI Grzegorz</b>	<b>196</b>	JANKESI	14:45	64	14:45		<b>00:56:18.70</b>	<b>00:56:18.70</b>	+00:28:42 (51.0%)	18:46	3.2 (49.2%)
459	<b>WIĘCKOWSKA Marta</b>	<b>205</b>	JANKESI	14:45	65	14:45		<b>00:56:19.35</b>	<b>00:56:19.35</b>	+00:28:42 (51.0%)	18:46	3.2 (49.2%)
460	<b>DWORSKA Dorota</b>	<b>195</b>	JANKESI	14:45	66	14:45		<b>00:56:19.95</b>	<b>00:56:19.95</b>	+00:28:43 (51.0%)	18:46	3.2 (49.2%)
461	<b>JANKIEWICZ Paweł</b>	<b>194</b>	JANKESI	14:45	67	14:45		<b>00:56:20.60</b>	<b>00:56:20.60</b>	+00:28:44 (51.0%)	18:46	3.2 (49.2%)
462	<b>DWORNIKOWSKI Łukasz</b>	<b>199</b>	JANKESI	14:45	68	14:45		<b>00:56:20.80</b>	<b>00:56:20.80</b>	+00:28:44 (51.0%)	18:46	3.2 (49.2%)
463	<b>DWORNIKOWSKA Magdalena</b>	<b>198</b>	JANKESI	14:45	69	14:45		<b>00:56:21.00</b>	<b>00:56:21.00</b>	+00:28:44 (51.0%)	18:47	3.2 (49.2%)
463	<b>WIĘCKOWSKI Andrzej</b>	<b>206</b>	JANKESI	14:45	69	14:45		<b>00:56:21.00</b>	<b>00:56:21.00</b>	+00:28:44 (51.0%)	18:47	3.2 (49.2%)
465	<b>JANKIEWICZ Agnieszka</b>	<b>193</b>	JANKESI	14:45	71	14:45		<b>00:56:21.25</b>	<b>00:56:21.25</b>	+00:28:44 (51.0%)	18:47	3.2 (49.2%)
466	<b>SUROWIEC Jakub</b>	<b>323</b>	DZBANY	15:00	72	15:00		<b>00:56:22.35</b>	<b>00:56:22.35</b>	+00:28:45 (51.0%)	18:47	3.2 (49.2%)
467	<b>JANECZEK Joanna</b>	<b>321</b>	DZBANY	15:00	73	15:00		<b>00:56:22.85</b>	<b>00:56:22.85</b>	+00:28:46 (51.0%)	18:47	3.2 (49.2%)
468	<b>KIKUT Oskar</b>	<b>190</b>		14:45	72	14:45		<b>00:56:28.90</b>	<b>00:56:28.90</b>	+00:28:52 (51.1%)	18:49	3.2 (49.2%)
469		<b>369</b>	RATAJINHO	15:00	74	15:00		<b>00:56:31.40</b>	<b>00:56:31.40</b>	+00:28:55 (51.2%)	18:50	3.2 (49.2%)
470	<b>GIDZIŃSKA Magda</b>	<b>536</b>		15:30	69	15:30		<b>00:56:34.50</b>	<b>00:56:34.50</b>	+00:28:58 (51.2%)	18:51	3.2 (49.2%)
471	<b>CHUDZIKOWSKA Maja</b>	<b>535</b>		15:30	70	15:30		<b>00:56:34.75</b>	<b>00:56:34.75</b>	+00:28:58 (51.2%)	18:51	3.2 (49.2%)
472	<b>BEJM Artur</b>	<b>148</b>		14:45	73	14:45		<b>00:56:38.55</b>	<b>00:56:38.55</b>	+00:29:02 (51.3%)	18:52	3.2 (49.2%)
473	<b>GOLANOWSKA Natalia</b>	<b>149</b>		14:45	74	14:45		<b>00:56:38.85</b>	<b>00:56:38.85</b>	+00:29:02 (51.3%)	18:52	3.2 (49.2%)
474	<b>ROLECZEK Peter</b>	<b>146</b>		14:45	75	14:45		<b>00:56:38.90</b>	<b>00:56:38.90</b>	+00:29:02 (51.3%)	18:52	3.2 (49.2%)
475	<b>SADOWSKA Grazyna</b>	<b>150</b>		14:45	76	14:45		<b>00:56:39.15</b>	<b>00:56:39.15</b>	+00:29:02 (51.3%)	18:53	3.2 (49.2%)
476	<b>KRASOWSKA Edyta</b>	<b>192</b>		14:45	77	14:45		<b>00:56:41.90</b>	<b>00:56:41.90</b>	+00:29:05 (51.3%)	18:53	3.2 (49.2%)
477	<b>DOBROWOLSKI Wiktor</b>	<b>307</b>	DZBANY	15:00	75	15:00		<b>00:56:48.95</b>	<b>00:56:48.95</b>	+00:29:12 (51.4%)	18:56	3.2 (49.2%)

Place	Participant	Number	Club	Category	MCat	Seria	Drużyna	Net time 3km	Czas brutto 3km	Gap	Pace min/km	Pace km/h
478	<b>SUSZYŃSKA Natasza</b>	<b>322</b>	DZBANY	15:00	76	15:00		<b>00:56:49.45</b>	<b>00:56:49.45</b>	+00:29:13 (51.4%)	18:56	3.2 (49.2%)
479	<b>WALL Grzegorz</b>	<b>308</b>	DZBANY	15:00	77	15:00		<b>00:56:49.55</b>	<b>00:56:49.55</b>	+00:29:13 (51.4%)	18:56	3.2 (49.2%)
480	<b>KUCZMA Monika</b>	<b>30</b>	BLACK MAMBA	14:15	84	14:15		<b>00:56:54.40</b>	<b>00:56:54.40</b>	+00:29:18 (51.5%)	18:58	3.2 (49.2%)
481	<b>KUCZMA Angelika</b>	<b>31</b>	BLACK MAMBA	14:15	85	14:15		<b>00:56:54.70</b>	<b>00:56:54.70</b>	+00:29:18 (51.5%)	18:58	3.2 (49.2%)
481	<b>PAWŁOWSKI Paweł</b>	<b>41</b>	BLACK MAMBA	14:15	85	14:15		<b>00:56:54.70</b>	<b>00:56:54.70</b>	+00:29:18 (51.5%)	18:58	3.2 (49.2%)
483	<b>KRUPA Ewelina</b>	<b>35</b>	BLACK MAMBA	14:15	87	14:15		<b>00:56:55.20</b>	<b>00:56:55.20</b>	+00:29:18 (51.5%)	18:58	3.2 (49.2%)
484	<b>DUSZA Małgorzata</b>	<b>33</b>	BLACK MAMBA	14:15	88	14:15		<b>00:56:55.25</b>	<b>00:56:55.25</b>	+00:29:18 (51.5%)	18:58	3.2 (49.2%)
485	<b>NOWACZYK Agata</b>	<b>34</b>	BLACK MAMBA	14:15	89	14:15		<b>00:56:55.50</b>	<b>00:56:55.50</b>	+00:29:19 (51.5%)	18:58	3.2 (49.2%)
486	<b>TUSZNIO Piotr</b>	<b>42</b>	BLACK MAMBA	14:15	90	14:15		<b>00:56:56.20</b>	<b>00:56:56.20</b>	+00:29:19 (51.5%)	18:58	3.2 (49.2%)
487		<b>74</b>	AMREST STARTER	14:15	91	14:15		<b>00:57:05.90</b>	<b>00:57:05.90</b>	+00:29:29 (51.7%)	19:01	3.2 (49.2%)
488		<b>75</b>	AMREST STARTER	14:15	92	14:15		<b>00:57:06.25</b>	<b>00:57:06.25</b>	+00:29:29 (51.7%)	19:02	3.2 (49.2%)
489	<b>ANTKIEWICZ Michał</b>	<b>362</b>	ANTKIEWICZ	15:00	78	15:00		<b>00:57:08.95</b>	<b>00:57:08.95</b>	+00:29:32 (51.7%)	19:02	3.2 (49.2%)
490	<b>ANTKIEWICZ Izabela</b>	<b>363</b>	ANTKIEWICZ	15:00	79	15:00		<b>00:57:09.60</b>	<b>00:57:09.60</b>	+00:29:33 (51.7%)	19:03	3.1 (47.7%)
491	<b>LACH Agnieszka</b>	<b>550</b>		15:30	71	15:30		<b>00:57:22.10</b>	<b>00:57:22.10</b>	+00:29:45 (51.9%)	19:07	3.1 (47.7%)
492	<b>BERA Agnieszka</b>	<b>518</b>		15:30	72	15:30		<b>00:57:22.20</b>	<b>00:57:22.20</b>	+00:29:45 (51.9%)	19:07	3.1 (47.7%)
493	<b>MARCHEWA Szymon</b>	<b>549</b>		15:30	73	15:30		<b>00:57:24.40</b>	<b>00:57:24.40</b>	+00:29:48 (51.9%)	19:08	3.1 (47.7%)
494	<b>GRAF Mariola</b>	<b>504</b>		15:30	74	15:30		<b>00:57:26.10</b>	<b>00:57:26.10</b>	+00:29:49 (51.9%)	19:08	3.1 (47.7%)
495	<b>KRZESZOWSKI Mateusz</b>	<b>548</b>		15:30	75	15:30		<b>00:57:26.30</b>	<b>00:57:26.30</b>	+00:29:49 (51.9%)	19:08	3.1 (47.7%)
496	<b>KORZONKIEWICZ Mikołaj</b>	<b>333</b>	MIESZANKA WYBUCHOWA	15:00	80	15:00		<b>00:57:32.05</b>	<b>00:57:32.05</b>	+00:29:55 (52.0%)	19:10	3.1 (47.7%)
497	<b>TADRAŁA Ala</b>	<b>334</b>	MIESZANKA WYBUCHOWA	15:00	81	15:00		<b>00:57:32.10</b>	<b>00:57:32.10</b>	+00:29:55 (52.0%)	19:10	3.1 (47.7%)
498	<b>KORZONKIEWICZ Przemek</b>	<b>335</b>	MIESZANKA WYBUCHOWA	15:00	82	15:00		<b>00:57:32.35</b>	<b>00:57:32.35</b>	+00:29:55 (52.0%)	19:10	3.1 (47.7%)
499	<b>MORAWSKA Izabela</b>	<b>336</b>	MIESZANKA WYBUCHOWA	15:00	83	15:00		<b>00:57:32.55</b>	<b>00:57:32.55</b>	+00:29:56 (52.0%)	19:10	3.1 (47.7%)
500	<b>TADRAŁA Mirosław</b>	<b>337</b>	MIESZANKA WYBUCHOWA	15:00	84	15:00		<b>00:57:32.85</b>	<b>00:57:32.85</b>	+00:29:56 (52.0%)	19:10	3.1 (47.7%)

Place	Participant	Number	Club	Category	MCat	Seria	Drużyna	Net time 3km	Czas brutto 3km	Gap	Pace min/km	Pace km/h
501	<b>CIOLEK Kasia</b>	<b>338</b>	MIESZANKA WYBUCHOWA	15:00	85	15:00		<b>00:57:33.00</b>	<b>00:57:33.00</b>	+00:29:56 (52.0%)	19:11	3.1 (47.7%)
502	<b>SOSNOWA Barbara</b>	<b>341</b>	MIESZANKA WYBUCHOWA	15:00	86	15:00		<b>00:57:33.05</b>	<b>00:57:33.05</b>	+00:29:56 (52.0%)	19:11	3.1 (47.7%)
503	<b>SOSNOWY Oskar</b>	<b>340</b>	MIESZANKA WYBUCHOWA	15:00	87	15:00		<b>00:57:33.15</b>	<b>00:57:33.15</b>	+00:29:56 (52.0%)	19:11	3.1 (47.7%)
504	<b>TUL Małgorzata</b>	<b>339</b>	MIESZANKA WYBUCHOWA	15:00	88	15:00		<b>00:57:33.90</b>	<b>00:57:33.90</b>	+00:29:57 (52.0%)	19:11	3.1 (47.7%)
505	<b>BROCKA Kamila</b>	<b>635</b>	PRZYGARNIJ KOTA	14:30	97	14:30		<b>00:57:36.60</b>	<b>00:57:36.60</b>	+00:30:00 (52.1%)	19:12	3.1 (47.7%)
506		<b>748</b>	MONDELEZ	14:30	98	14:30		<b>00:57:38.15</b>	<b>00:57:38.15</b>	+00:30:01 (52.1%)	19:12	3.1 (47.7%)
507		<b>746</b>	MONDELEZ	14:30	99	14:30		<b>00:57:38.90</b>	<b>00:57:38.90</b>	+00:30:02 (52.1%)	19:12	3.1 (47.7%)
508		<b>747</b>	MONDELEZ	14:30	100	14:30		<b>00:57:38.95</b>	<b>00:57:38.95</b>	+00:30:02 (52.1%)	19:12	3.1 (47.7%)
509		<b>766</b>	MONDELEZ	14:30	101	14:30		<b>00:57:40.90</b>	<b>00:57:40.90</b>	+00:30:04 (52.1%)	19:13	3.1 (47.7%)
510		<b>757</b>	MONDELEZ	14:30	102	14:30		<b>00:57:41.10</b>	<b>00:57:41.10</b>	+00:30:04 (52.1%)	19:13	3.1 (47.7%)
511	<b>BIAŁOŃ Adam</b>	<b>355</b>	BIAŁY WILK	15:00	89	15:00		<b>00:57:42.45</b>	<b>00:57:42.45</b>	+00:30:06 (52.2%)	19:14	3.1 (47.7%)
512	<b>KUCZENKO Tomasz</b>	<b>537</b>		15:30	76	15:30		<b>00:57:44.15</b>	<b>00:57:44.15</b>	+00:30:07 (52.2%)	19:14	3.1 (47.7%)
513	<b>KUCZENKO Joanna</b>	<b>503</b>		15:30	77	15:30		<b>00:57:44.75</b>	<b>00:57:44.75</b>	+00:30:08 (52.2%)	19:14	3.1 (47.7%)
514	<b>PIOTRKOWSKI Paweł</b>	<b>674</b>		14:30	103	14:30		<b>00:57:45.60</b>	<b>00:57:45.60</b>	+00:30:09 (52.2%)	19:15	3.1 (47.7%)
515	<b>WĘGLEWSKA Małgorzata</b>	<b>637</b>	CHYŻE BESTIE	14:30	104	14:30		<b>00:57:45.70</b>	<b>00:57:45.70</b>	+00:30:09 (52.2%)	19:15	3.1 (47.7%)
516	<b>WZIĄTEK Tomasz</b>	<b>702</b>	CHYŻE BESTIE	14:30	105	14:30		<b>00:57:46.00</b>	<b>00:57:46.00</b>	+00:30:09 (52.2%)	19:15	3.1 (47.7%)
517	<b>PIOTRKOWSKA Marzena</b>	<b>682</b>	CHYŻE BESTIE	14:30	106	14:30		<b>00:57:46.40</b>	<b>00:57:46.40</b>	+00:30:10 (52.2%)	19:15	3.1 (47.7%)
518	<b>NOWAKOWSKI Maksymilian</b>	<b>29</b>		14:15	93	14:15		<b>00:57:48.95</b>	<b>00:57:48.95</b>	+00:30:12 (52.3%)	19:16	3.1 (47.7%)
519	<b>FANDEROWSKA Magdalena</b>	<b>28</b>		14:15	94	14:15		<b>00:57:56.80</b>	<b>00:57:56.80</b>	+00:30:20 (52.4%)	19:18	3.1 (47.7%)
520	<b>ŻMUDA Mateusz</b>	<b>65</b>	LENIWE PIEROGI	14:15	95	14:15		<b>00:58:14.80</b>	<b>00:58:14.80</b>	+00:30:38 (52.6%)	19:24	3.1 (47.7%)
521	<b>RZESZOT Jerzy Aleksander</b>	<b>66</b>	LENIWE PIEROGI	14:15	96	14:15		<b>00:58:20.85</b>	<b>00:58:20.85</b>	+00:30:44 (52.7%)	19:26	3.1 (47.7%)
522	<b>MISIUK Aleksandra</b>	<b>45</b>	KURMIŚ	14:15	97	14:15		<b>00:58:40.05</b>	<b>00:58:40.05</b>	+00:31:03 (52.9%)	19:33	3.1 (47.7%)
523	<b>KUZNOWICZ Maciej</b>	<b>241</b>	MANA MANIANA	14:45	78	14:45		<b>00:58:40.10</b>	<b>00:58:40.10</b>	+00:31:03 (52.9%)	19:33	3.1 (47.7%)

Place	Participant	Number	Club	Category	MCat	Seria	Drużyna	Net time 3km	Czas brutto 3km	Gap	Pace min/km	Pace km/h
524	<b>LEJA Natalia</b>	<b>240</b>	MANA MANIANA	14:45	79	14:45		<b>00:58:40.15</b>	<b>00:58:40.15</b>	+00:31:03 (52.9%)	19:33	3.1 (47.7%)
525	<b>KURASINSKA Aśka</b>	<b>46</b>	KURMIŚ	14:15	98	14:15		<b>00:58:40.20</b>	<b>00:58:40.20</b>	+00:31:03 (52.9%)	19:33	3.1 (47.7%)
526	<b>TYSZKIEWICZ Krzysztof</b>	<b>178</b>	TEŚCIU	14:45	80	14:45		<b>00:58:40.30</b>	<b>00:58:40.30</b>	+00:31:03 (52.9%)	19:33	3.1 (47.7%)
527	<b>ITKOWIAK Klaudia</b>	<b>641</b>	BRAVE BRUNETTES	14:30	107	14:30		<b>00:58:48.80</b>	<b>00:58:48.80</b>	+00:31:12 (53.1%)	19:36	3.1 (47.7%)
528	<b>JAKUBCZYK Marzena</b>	<b>642</b>	BRAVE BRUNETTES	14:30	108	14:30		<b>00:58:48.85</b>	<b>00:58:48.85</b>	+00:31:12 (53.1%)	19:36	3.1 (47.7%)
528	<b>BIEGAŃSKA Daria</b>	<b>643</b>	BRAVE BRUNETTES	14:30	108	14:30		<b>00:58:48.85</b>	<b>00:58:48.85</b>	+00:31:12 (53.1%)	19:36	3.1 (47.7%)
530		<b>117</b>	AMREST STARTER	14:15	99	14:15		<b>00:58:52.40</b>	<b>00:58:52.40</b>	+00:31:16 (53.1%)	19:37	3.1 (47.7%)
531		<b>118</b>	AMREST STARTER	14:15	100	14:15		<b>00:58:52.70</b>	<b>00:58:52.70</b>	+00:31:16 (53.1%)	19:37	3.1 (47.7%)
532		<b>119</b>	AMREST STARTER	14:15	101	14:15		<b>00:58:53.70</b>	<b>00:58:53.70</b>	+00:31:17 (53.1%)	19:37	3.1 (47.7%)
532		<b>125</b>	AMREST STARTER	14:15	101	14:15		<b>00:58:53.70</b>	<b>00:58:53.70</b>	+00:31:17 (53.1%)	19:37	3.1 (47.7%)
534	<b>SZABŁOWSKA Ewa</b>	<b>633</b>		14:30	110	14:30		<b>00:59:01.45</b>	<b>00:59:01.45</b>	+00:31:25 (53.2%)	19:40	3 (46.2%)
535	<b>SZABŁOWSKI Jan</b>	<b>632</b>		14:30	111	14:30		<b>00:59:01.80</b>	<b>00:59:01.80</b>	+00:31:25 (53.2%)	19:40	3 (46.2%)
536	<b>KURMAŃSKI Marek</b>	<b>631</b>		14:30	112	14:30		<b>00:59:02.70</b>	<b>00:59:02.70</b>	+00:31:26 (53.2%)	19:40	3 (46.2%)
537	<b>GAWARA Dominika</b>	<b>629</b>		14:30	113	14:30		<b>00:59:03.20</b>	<b>00:59:03.20</b>	+00:31:26 (53.3%)	19:41	3 (46.2%)
538	<b>DATA Seweryn</b>	<b>411</b>	FRESENIUS NETCARE	15:15	77	15:15		<b>01:00:23.25</b>	<b>01:00:23.25</b>	+00:32:46 (54.3%)	20:07	3 (46.2%)
539	<b>PAPIEŻ Patrycja</b>	<b>372</b>	FRESENIUS NETCARE	15:15	78	15:15		<b>01:00:23.45</b>	<b>01:00:23.45</b>	+00:32:47 (54.3%)	20:07	3 (46.2%)
540	<b>LAJKS Kamila</b>	<b>437</b>	FRESENIUS NETCARE	15:15	79	15:15		<b>01:00:23.90</b>	<b>01:00:23.90</b>	+00:32:47 (54.3%)	20:07	3 (46.2%)
541	<b>SKRABKA Agnieszka</b>	<b>380</b>	CLINICO MEDICAL	15:15	80	15:15		<b>01:00:23.95</b>	<b>01:00:23.95</b>	+00:32:47 (54.3%)	20:07	3 (46.2%)
542	<b>JAROS Krzysztof</b>	<b>384</b>	FRESENIUS NETCARE	15:15	81	15:15		<b>01:00:24.05</b>	<b>01:00:24.05</b>	+00:32:47 (54.3%)	20:08	3 (46.2%)
543	<b>SMAGACZ Joanna</b>	<b>431</b>	FRESENIUS NETCARE	15:15	82	15:15		<b>01:00:24.35</b>	<b>01:00:24.35</b>	+00:32:47 (54.3%)	20:08	3 (46.2%)
544	<b>KLESZCZ Ewa</b>	<b>427</b>	FRESENIUS NETCARE	15:15	83	15:15		<b>01:00:24.40</b>	<b>01:00:24.40</b>	+00:32:48 (54.3%)	20:08	3 (46.2%)
545	<b>BOGUSZ Sławomir</b>	<b>430</b>	FRESENIUS NETCARE	15:15	84	15:15		<b>01:00:24.65</b>	<b>01:00:24.65</b>	+00:32:48 (54.3%)	20:08	3 (46.2%)
546	<b>POPRAWKA Ela</b>	<b>389</b>	CLINICO MEDICAL	15:15	85	15:15		<b>01:00:25.10</b>	<b>01:00:25.10</b>	+00:32:48 (54.3%)	20:08	3 (46.2%)



Place	Participant	Number	Club	Category	MCat	Seria	Drużyna	Net time 3km	Czas brutto 3km	Gap	Pace min/km	Pace km/h
547		<b>381</b>	CLINICO MEDICAL	15:15	86	15:15		<b>01:00:25.65</b>	<b>01:00:25.65</b>	+00:32:49 (54.3%)	20:08	3 (46.2%)
548	<b>SITEK Paweł</b>	<b>409</b>	CLINICO MEDICAL	15:15	87	15:15		<b>01:00:26.20</b>	<b>01:00:26.20</b>	+00:32:49 (54.3%)	20:08	3 (46.2%)
549	<b>POŹNIAK Anita</b>	<b>428</b>	FRESENIUS NETCARE	15:15	88	15:15		<b>01:00:26.50</b>	<b>01:00:26.50</b>	+00:32:50 (54.3%)	20:08	3 (46.2%)
549	<b>STĘPIEŃ Andrzej</b>	<b>429</b>	FRESENIUS NETCARE	15:15	88	15:15		<b>01:00:26.50</b>	<b>01:00:26.50</b>	+00:32:50 (54.3%)	20:08	3 (46.2%)
551	<b>MROŻEWSKA Iga</b>	<b>485</b>		15:15	90	15:15		<b>01:00:27.70</b>	<b>01:00:27.70</b>	+00:32:51 (54.3%)	20:09	3 (46.2%)
552	<b>PYTEL Mirosław</b>	<b>379</b>	CLINICO MEDICAL	15:15	91	15:15		<b>01:00:29.85</b>	<b>01:00:29.85</b>	+00:32:53 (54.4%)	20:09	3 (46.2%)
553	<b>ZAWADZKI Paweł</b>	<b>425</b>	CLINICO MEDICAL	15:15	92	15:15		<b>01:00:30.25</b>	<b>01:00:30.25</b>	+00:32:53 (54.4%)	20:10	3 (46.2%)
554	<b>TESMER Dorota</b>	<b>408</b>	CLINICO MEDICAL	15:15	93	15:15		<b>01:00:30.50</b>	<b>01:00:30.50</b>	+00:32:54 (54.4%)	20:10	3 (46.2%)
555	<b>POSKART Anna</b>	<b>507</b>	RISKBUSTERS	15:30	78	15:30		<b>01:00:36.25</b>	<b>01:00:36.25</b>	+00:32:59 (54.4%)	20:12	3 (46.2%)
556	<b>ŁUGIEWICZ Natalia</b>	<b>551</b>		15:30	79	15:30		<b>01:00:38.40</b>	<b>01:00:38.40</b>	+00:33:02 (54.5%)	20:12	3 (46.2%)
557	<b>BIALUCHA Natalia</b>	<b>619</b>		15:30	80	15:30		<b>01:00:38.50</b>	<b>01:00:38.50</b>	+00:33:02 (54.5%)	20:12	3 (46.2%)
558		<b>617</b>		15:30	81	15:30		<b>01:00:38.60</b>	<b>01:00:38.60</b>	+00:33:02 (54.5%)	20:12	3 (46.2%)
559	<b>SOBIERAJSKA Kalina</b>	<b>553</b>	RISKBUSTERS	15:30	82	15:30		<b>01:00:44.50</b>	<b>01:00:44.50</b>	+00:33:08 (54.6%)	20:14	3 (46.2%)
560	<b>ŚWIDERSKA Kinga</b>	<b>371</b>	NOWICJUSZ	15:15	94	15:15		<b>01:00:59.50</b>	<b>01:00:59.50</b>	+00:33:23 (54.7%)	20:19	3 (46.2%)
561	<b>JANUS Zuzanna</b>	<b>461</b>	WYREWOLWEROWANE KALORYFERY	15:15	95	15:15		<b>01:01:01.35</b>	<b>01:01:01.35</b>	+00:33:24 (54.8%)	20:20	3 (46.2%)
562	<b>DOMASZCZYŃSKA Klaudia</b>	<b>463</b>	WYREWOLWEROWANE KALORYFERY	15:15	96	15:15		<b>01:01:04.50</b>	<b>01:01:04.50</b>	+00:33:28 (54.8%)	20:21	2.9 (44.6%)
563	<b>MILER Łukasz</b>	<b>421</b>	WYREWOLWEROWANE KALORYFERY	15:15	97	15:15		<b>01:01:12.55</b>	<b>01:01:12.55</b>	+00:33:36 (54.9%)	20:24	2.9 (44.6%)
564	<b>MILER Wirginia</b>	<b>462</b>	WYREWOLWEROWANE KALORYFERY	15:15	98	15:15		<b>01:01:12.65</b>	<b>01:01:12.65</b>	+00:33:36 (54.9%)	20:24	2.9 (44.6%)
565	<b>JAŻWIEC-KURASZ Patrycja</b>	<b>464</b>	WYREWOLWEROWANE KALORYFERY	15:15	99	15:15		<b>01:01:12.75</b>	<b>01:01:12.75</b>	+00:33:36 (54.9%)	20:24	2.9 (44.6%)
566		<b>102</b>	AMREST STARTER	14:15	103	14:15		<b>01:01:14.95</b>	<b>01:01:14.95</b>	+00:33:38 (54.9%)	20:24	2.9 (44.6%)
567		<b>100</b>	AMREST STARTER	14:15	104	14:15		<b>01:01:15.05</b>	<b>01:01:15.05</b>	+00:33:38 (54.9%)	20:25	2.9 (44.6%)
568		<b>103</b>	AMREST STARTER	14:15	105	14:15		<b>01:01:15.25</b>	<b>01:01:15.25</b>	+00:33:38 (54.9%)	20:25	2.9 (44.6%)
568		<b>106</b>	AMREST STARTER	14:15	105	14:15		<b>01:01:15.25</b>	<b>01:01:15.25</b>	+00:33:38 (54.9%)	20:25	2.9 (44.6%)

Place	Participant	Number	Club	Category	MCat	Seria	Drużyna	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
								3km	3km			
570		<b>94</b>	AMREST STARTER	14:15	107	14:15		<b>01:01:42.40</b>	<b>01:01:42.40</b>	+00:34:06 (55.3%)	20:34	2.9 (44.6%)
571		<b>95</b>	AMREST STARTER	14:15	108	14:15		<b>01:01:43.30</b>	<b>01:01:43.30</b>	+00:34:06 (55.3%)	20:34	2.9 (44.6%)
572		<b>96</b>	AMREST STARTER	14:15	109	14:15		<b>01:01:43.40</b>	<b>01:01:43.40</b>	+00:34:07 (55.3%)	20:34	2.9 (44.6%)
573	<b>BŁASZCZYK Fabian</b>	<b>803</b>		15:15	100	15:15		<b>01:01:44.55</b>	<b>01:01:44.55</b>	+00:34:08 (55.3%)	20:34	2.9 (44.6%)
574	<b>WONS Anna</b>	<b>419</b>	CAPITALNE	15:15	101	15:15		<b>01:01:44.60</b>	<b>01:01:44.60</b>	+00:34:08 (55.3%)	20:34	2.9 (44.6%)
575	<b>ZADLO Kamila</b>	<b>456</b>	CAPITALNE	15:15	102	15:15		<b>01:01:47.50</b>	<b>01:01:47.50</b>	+00:34:11 (55.3%)	20:35	2.9 (44.6%)
576	<b>WICHŁACZ Dorota</b>	<b>458</b>	CAPITALNE	15:15	103	15:15		<b>01:02:13.35</b>	<b>01:02:13.35</b>	+00:34:36 (55.6%)	20:44	2.9 (44.6%)
577	<b>POKLEPA Małgorzata</b>	<b>457</b>	CAPITALNE	15:15	104	15:15		<b>01:02:13.50</b>	<b>01:02:13.50</b>	+00:34:37 (55.6%)	20:44	2.9 (44.6%)
578	<b>WOŁOSZYK Alicja</b>	<b>418</b>	ALA	15:15	105	15:15		<b>01:02:15.65</b>	<b>01:02:15.65</b>	+00:34:39 (55.7%)	20:45	2.9 (44.6%)
579	<b>KOZŁOWSKA Kasia</b>	<b>484</b>	KASIA	15:15	106	15:15		<b>01:02:26.35</b>	<b>01:02:26.35</b>	+00:34:49 (55.8%)	20:48	2.9 (44.6%)
580	<b>ZIELIŃSKA Katarzyna</b>	<b>634</b>		14:30	114	14:30		<b>01:02:30.65</b>	<b>01:02:30.65</b>	+00:34:54 (55.8%)	20:50	2.9 (44.6%)
581	<b>BOREK Mateusz</b>	<b>620</b>	DARIA & BOREK	15:30	83	15:30		<b>01:02:33.50</b>	<b>01:02:33.50</b>	+00:34:57 (55.9%)	20:51	2.9 (44.6%)
582		<b>621</b>	DARIA & BOREK	15:30	84	15:30		<b>01:02:34.00</b>	<b>01:02:34.00</b>	+00:34:57 (55.9%)	20:51	2.9 (44.6%)
583		<b>774</b>	MONDELEZ	14:30	115	14:30		<b>01:02:34.25</b>	<b>01:02:34.25</b>	+00:34:57 (55.9%)	20:51	2.9 (44.6%)
583		<b>754</b>	MONDELEZ	14:30	115	14:30		<b>01:02:34.25</b>	<b>01:02:34.25</b>	+00:34:57 (55.9%)	20:51	2.9 (44.6%)
585		<b>764</b>	MONDELEZ	14:30	117	14:30		<b>01:02:35.05</b>	<b>01:02:35.05</b>	+00:34:58 (55.9%)	20:51	2.9 (44.6%)
586		<b>771</b>	MONDELEZ	14:30	118	14:30		<b>01:02:35.75</b>	<b>01:02:35.75</b>	+00:34:59 (55.9%)	20:51	2.9 (44.6%)
587	<b>WAWROWSKI Tomasz</b>	<b>21</b>		14:15	110	14:15		<b>01:02:39.15</b>	<b>01:02:39.15</b>	+00:35:02 (55.9%)	20:53	2.9 (44.6%)
588	<b>RACZYŃSKA Roberta</b>	<b>19</b>		14:15	111	14:15		<b>01:02:39.20</b>	<b>01:02:39.20</b>	+00:35:02 (55.9%)	20:53	2.9 (44.6%)
589		<b>23</b>		14:15	112	14:15		<b>01:02:39.45</b>	<b>01:02:39.45</b>	+00:35:03 (55.9%)	20:53	2.9 (44.6%)
590	<b>GÓRAL Tomasz</b>	<b>25</b>		14:15	113	14:15		<b>01:02:40.20</b>	<b>01:02:40.20</b>	+00:35:03 (55.9%)	20:53	2.9 (44.6%)
591	<b>RODRIGUEZ Carlos</b>	<b>26</b>		14:15	114	14:15		<b>01:02:40.25</b>	<b>01:02:40.25</b>	+00:35:03 (55.9%)	20:53	2.9 (44.6%)
592	<b>NOWAK Marlena</b>	<b>18</b>		14:15	115	14:15		<b>01:02:54.40</b>	<b>01:02:54.40</b>	+00:35:18 (56.1%)	20:58	2.9 (44.6%)

Place	Participant	Number	Club	Category	MCat	Seria	Drużyna	Net time 3km	Czas brutto 3km	Gap	Pace min/km	Pace km/h
593	<b>PODOLSKA Joanna</b>	<b>22</b>		14:15	116	14:15		<b>01:02:54.80</b>	<b>01:02:54.80</b>	+00:35:18 (56.1%)	20:58	2.9 (44.6%)
593	<b>SOSINSKI Michal</b>	<b>27</b>		14:15	116	14:15		<b>01:02:54.80</b>	<b>01:02:54.80</b>	+00:35:18 (56.1%)	20:58	2.9 (44.6%)
595	<b>MATUSZKIEWICZ Kinga</b>	<b>20</b>		14:15	118	14:15		<b>01:02:56.25</b>	<b>01:02:56.25</b>	+00:35:19 (56.1%)	20:58	2.9 (44.6%)
596	<b>MENDE Alicja</b>	<b>725</b>		14:30	119	14:30		<b>01:03:16.70</b>	<b>01:03:16.70</b>	+00:35:40 (56.4%)	21:05	2.8 (43.1%)
597	<b>JĘDRZEJAK Roman</b>	<b>143</b>	OPAKOWANIA NAWROT TEAM	14:45	81	14:45		<b>01:03:42.30</b>	<b>01:03:42.30</b>	+00:36:05 (56.7%)	21:14	2.8 (43.1%)
598	<b>NAWROT Beata</b>	<b>144</b>	OPAKOWANIA NAWROT TEAM	14:45	82	14:45		<b>01:03:42.60</b>	<b>01:03:42.60</b>	+00:36:06 (56.7%)	21:14	2.8 (43.1%)
599	<b>NAWROT Karol</b>	<b>142</b>	OPAKOWANIA NAWROT TEAM	14:45	83	14:45		<b>01:03:42.90</b>	<b>01:03:42.90</b>	+00:36:06 (56.7%)	21:14	2.8 (43.1%)
600	<b>KRZYŻYŃSKA Agnieszka</b>	<b>140</b>	OPAKOWANIA NAWROT TEAM	14:45	84	14:45		<b>01:03:43.05</b>	<b>01:03:43.05</b>	+00:36:06 (56.7%)	21:14	2.8 (43.1%)
601	<b>ŻYTO Kasia</b>	<b>141</b>	OPAKOWANIA NAWROT TEAM	14:45	85	14:45		<b>01:03:43.20</b>	<b>01:03:43.20</b>	+00:36:06 (56.7%)	21:14	2.8 (43.1%)
602	<b>KASPRZAK Izabela</b>	<b>138</b>	OPAKOWANIA NAWROT TEAM	14:45	86	14:45		<b>01:03:43.35</b>	<b>01:03:43.35</b>	+00:36:06 (56.7%)	21:14	2.8 (43.1%)
603	<b>LIPOWICZ Beata</b>	<b>139</b>	OPAKOWANIA NAWROT TEAM	14:45	87	14:45		<b>01:03:43.60</b>	<b>01:03:43.60</b>	+00:36:07 (56.7%)	21:14	2.8 (43.1%)
604	<b>LALIK Magdalena</b>	<b>145</b>	OPAKOWANIA NAWROT TEAM	14:45	88	14:45		<b>01:03:44.15</b>	<b>01:03:44.15</b>	+00:36:07 (56.7%)	21:14	2.8 (43.1%)
605	<b>LAMORSKA Ula</b>	<b>481</b>		15:15	107	15:15		<b>01:03:52.95</b>	<b>01:03:52.95</b>	+00:36:16 (56.8%)	21:17	2.8 (43.1%)
606	<b>ZAJĄC Małgorzata</b>	<b>722</b>		14:30	120	14:30		<b>01:04:01.65</b>	<b>01:04:01.65</b>	+00:36:25 (56.9%)	21:20	2.8 (43.1%)
607	<b>ZAJĄC Katarzyna</b>	<b>724</b>		14:30	121	14:30		<b>01:04:01.95</b>	<b>01:04:01.95</b>	+00:36:25 (56.9%)	21:20	2.8 (43.1%)
608	<b>MENDE-CHMIELARZ Anna</b>	<b>723</b>		14:30	122	14:30		<b>01:04:02.05</b>	<b>01:04:02.05</b>	+00:36:25 (56.9%)	21:20	2.8 (43.1%)
609	<b>DISSENHA Luana</b>	<b>513</b>	OPSSURVIVAL TEAM	15:30	85	15:30		<b>01:05:48.75</b>	<b>01:05:48.75</b>	+00:38:12 (58.1%)	21:56	2.7 (41.5%)
609	<b>RODRIGUEZ Agnieszka</b>	<b>517</b>	OPSSURVIVAL TEAM	15:30	85	15:30		<b>01:05:48.75</b>	<b>01:05:48.75</b>	+00:38:12 (58.1%)	21:56	2.7 (41.5%)
611	<b>ZAŁĘGA Szymon</b>	<b>496</b>	OPSSURVIVAL TEAM	15:30	87	15:30		<b>01:05:49.80</b>	<b>01:05:49.80</b>	+00:38:13 (58.1%)	21:56	2.7 (41.5%)
612	<b>KUNIKOWSKI Michał</b>	<b>497</b>	OPSSURVIVAL TEAM	15:30	88	15:30		<b>01:05:52.30</b>	<b>01:05:52.30</b>	+00:38:15 (58.1%)	21:57	2.7 (41.5%)
613	<b>KOWALEWSKA Katarzyna</b>	<b>512</b>	OPSSURVIVAL TEAM	15:30	89	15:30		<b>01:06:01.70</b>	<b>01:06:01.70</b>	+00:38:25 (58.2%)	22:00	2.7 (41.5%)
614	<b>ZAKRZEWSKI Mateusz</b>	<b>514</b>	OPSSURVIVAL TEAM	15:30	90	15:30		<b>01:06:02.20</b>	<b>01:06:02.20</b>	+00:38:25 (58.2%)	22:00	2.7 (41.5%)
615	<b>PRUS Katarzyna</b>	<b>824</b>		14:45	89	14:45		<b>01:06:03.40</b>	<b>01:06:03.40</b>	+00:38:27 (58.2%)	22:01	2.7 (41.5%)

Place	Participant	Number	Club	Category	MCat	Seria	Drużyna	Net time 3km	Czas brutto 3km	Gap	Pace min/km	Pace km/h
616	<b>DUDZIAK Katarzyna</b>	<b>495</b>	OPSSURVIVAL TEAM	15:30	91	15:30		<b>01:06:05.90</b>	<b>01:06:05.90</b>	+00:38:29 (58.2%)	22:01	2.7 (41.5%)
617	<b>WOJNICKA Idalia</b>	<b>708</b>	FIGA	14:30	123	14:30		<b>01:06:06.80</b>	<b>01:06:06.80</b>	+00:38:30 (58.2%)	22:02	2.7 (41.5%)
618		<b>715</b>	FIGA	14:30	124	14:30		<b>01:06:09.10</b>	<b>01:06:09.10</b>	+00:38:32 (58.3%)	22:03	2.7 (41.5%)
619	<b>KEMBROWSKA Izabela</b>	<b>707</b>	FIGA	14:30	125	14:30		<b>01:06:09.15</b>	<b>01:06:09.15</b>	+00:38:32 (58.3%)	22:03	2.7 (41.5%)
620	<b>TRZEBOWSKA Monika</b>	<b>515</b>	OPSSURVIVAL TEAM	15:30	92	15:30		<b>01:06:12.65</b>	<b>01:06:12.65</b>	+00:38:36 (58.3%)	22:04	2.7 (41.5%)
621	<b>WANZEK Renata</b>	<b>516</b>	OPSSURVIVAL TEAM	15:30	93	15:30		<b>01:06:12.90</b>	<b>01:06:12.90</b>	+00:38:36 (58.3%)	22:04	2.7 (41.5%)
622	<b>DYMARA Kamila</b>	<b>710</b>	FIGA	14:30	126	14:30		<b>01:06:13.95</b>	<b>01:06:13.95</b>	+00:38:37 (58.3%)	22:04	2.7 (41.5%)
623	<b>DUBEC Monika</b>	<b>709</b>	FIGA	14:30	127	14:30		<b>01:06:14.90</b>	<b>01:06:14.90</b>	+00:38:38 (58.3%)	22:04	2.7 (41.5%)
624	<b>BABY Abin</b>	<b>505</b>	RISKBUSTERS	15:30	94	15:30		<b>01:06:15.35</b>	<b>01:06:15.35</b>	+00:38:38 (58.3%)	22:05	2.7 (41.5%)
625	<b>KUCHER Sergii</b>	<b>554</b>	RISKBUSTERS	15:30	95	15:30		<b>01:06:15.95</b>	<b>01:06:15.95</b>	+00:38:39 (58.3%)	22:05	2.7 (41.5%)
626	<b>STEC Nesrine</b>	<b>498</b>	OPSSURVIVAL TEAM	15:30	96	15:30		<b>01:06:16.55</b>	<b>01:06:16.55</b>	+00:38:40 (58.3%)	22:05	2.7 (41.5%)
627	<b>KUŹMIŃSKA Marta</b>	<b>712</b>	FIGA	14:30	128	14:30		<b>01:06:29.55</b>	<b>01:06:29.55</b>	+00:38:53 (58.5%)	22:09	2.7 (41.5%)
628	<b>TYCZYŃSKI Tristan</b>	<b>704</b>	FIGA	14:30	129	14:30		<b>01:06:59.00</b>	<b>01:06:59.00</b>	+00:39:22 (58.8%)	22:19	2.7 (41.5%)
629	<b>SIEMBIOT Łukasz</b>	<b>711</b>	FIGA	14:30	130	14:30		<b>01:07:00.15</b>	<b>01:07:00.15</b>	+00:39:23 (58.8%)	22:20	2.7 (41.5%)
630	<b>MAKÓWKA NOWAK Kamila</b>	<b>713</b>	FIGA	14:30	131	14:30		<b>01:07:00.20</b>	<b>01:07:00.20</b>	+00:39:23 (58.8%)	22:20	2.7 (41.5%)
631	<b>KRZAK Dominika</b>	<b>703</b>	FIGA	14:30	132	14:30		<b>01:07:01.10</b>	<b>01:07:01.10</b>	+00:39:24 (58.8%)	22:20	2.7 (41.5%)
632	<b>SIECIŃSKA Amanda</b>	<b>235</b>	DEBEŚCIAKI FW	14:45	90	14:45		<b>01:07:19.90</b>	<b>01:07:19.90</b>	+00:39:43 (59.0%)	22:26	2.7 (41.5%)
633	<b>BERNAT Sylwia</b>	<b>234</b>	DEBEŚCIAKI FW	14:45	91	14:45		<b>01:07:20.40</b>	<b>01:07:20.40</b>	+00:39:44 (59.0%)	22:26	2.7 (41.5%)
634	<b>KLESZCZ Kamila</b>	<b>238</b>	DEBEŚCIAKI FW	14:45	92	14:45		<b>01:07:21.50</b>	<b>01:07:21.50</b>	+00:39:45 (59.0%)	22:27	2.7 (41.5%)
635	<b>MURMYŁO Łukasz</b>	<b>237</b>	DEBEŚCIAKI FW	14:45	93	14:45		<b>01:07:22.45</b>	<b>01:07:22.45</b>	+00:39:46 (59.0%)	22:27	2.7 (41.5%)
636	<b>CZESZAK Rafał</b>	<b>233</b>	DEBEŚCIAKI FW	14:45	94	14:45		<b>01:07:22.75</b>	<b>01:07:22.75</b>	+00:39:46 (59.0%)	22:27	2.7 (41.5%)
637	<b>HIROWSKA Wioleta</b>	<b>236</b>	DEBEŚCIAKI FW	14:45	95	14:45		<b>01:07:23.10</b>	<b>01:07:23.10</b>	+00:39:46 (59.0%)	22:27	2.7 (41.5%)
638	<b>SŁOWIŃSKA Agnieszka</b>	<b>232</b>	DEBEŚCIAKI FW	14:45	96	14:45		<b>01:07:23.35</b>	<b>01:07:23.35</b>	+00:39:46 (59.0%)	22:27	2.7 (41.5%)

Place	Participant	Number	Club	Category	MCat	Seria	Drużyna	Net time 3km	Czas brutto 3km	Gap	Pace min/km	Pace km/h
639	<b>ŻUPAŃSKA Ola</b>	<b>673</b>	OXIZINE	14:30	133	14:30		<b>01:08:37.95</b>	<b>01:08:37.95</b>	+00:41:01 (59.8%)	22:52	2.6 (40.0%)
640	<b>MORCZEK Julia</b>	<b>353</b>		15:00	90	15:00		<b>01:20:54.35</b>	<b>01:20:54.35</b>	+00:53:17 (65.9%)	26:58	2.2 (33.8%)
641	<b>MROCZEK Ola</b>	<b>354</b>		15:00	91	15:00		<b>01:20:59.20</b>	<b>01:20:59.20</b>	+00:53:22 (65.9%)	26:59	2.2 (33.8%)
642	<b>RATAJCZAK Artur</b>	<b>137</b>	BIZONEK	14:15	119	14:15		<b>01:37:46.60</b>	<b>01:37:46.60</b>	+01:10:10 (71.8%)	32:35	1.8 (27.7%)

Total 642 results.