



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

TORTURA LESZNO 2020 - FORMUŁA OPEN

TorTura Leszno 2020
Transformers Trening & Dieta
2020-09-13
Leszno
5 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

B4SPORT

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	KASPRZAK Maurycy	175	KOKU SUSHI	M-Open	1	00:27:41.20	00:27:41.20		5:32	10.8 (100%)
2	BOŃCZEK Michał	86		M-Open	2	00:29:42.55	00:29:42.55	+00:02:01 (6.8%)	5:56	10.1 (93.5%)
3	KARCZEWSKI Grzegorz	170	UNITED RUNNERS	M-Open	3	00:31:33.80	00:31:33.80	+00:03:52 (12.3%)	6:18	9.5 (88.0%)
4	ZIEGLER Maciej	368	TRANSFORMERS	M-Open	4	00:31:56.10	00:31:56.10	+00:04:14 (13.3%)	6:23	9.4 (87.0%)
5	WIELIŃSKI Hubert	350		M-Open	5	00:32:13.70	00:32:13.70	+00:04:32 (14.1%)	6:26	9.3 (86.1%)
6	TROJANOWSKI Artur	332	BIEGOWE DZIKI OCR	M-Open	6	00:32:26.10	00:32:26.10	+00:04:44 (14.6%)	6:29	9.2 (85.2%)
7	OSTOJSKI Michał	275		M-Open	7	00:32:26.40	00:32:26.40	+00:04:45 (14.7%)	6:29	9.2 (85.2%)
8	DZIKOWSKI Piotr	117	AKADEMIA WOJSK ŁĄDOWYCH	M-Open	8	00:32:39.20	00:32:39.20	+00:04:58 (15.2%)	6:31	9.2 (85.2%)
9	MIELCARZ Tomasz	258	BIEGOWE DZIKI OCR	M-Open	9	00:32:51.55	00:32:51.55	+00:05:10 (15.7%)	6:34	9.1 (84.3%)
10	MAJCHRZAK Andrzej	235	DRUŻYNA WU	M-Open	10	00:32:58.70	00:32:58.70	+00:05:17 (16.0%)	6:35	9.1 (84.3%)
11	KACZMAREK Janek	163	XXX	M-Open	11	00:33:02.65	00:33:02.65	+00:05:21 (16.2%)	6:36	9.1 (84.3%)
12	GORYNIA Hubert	134		M-Open	12	00:33:05.75	00:33:05.75	+00:05:24 (16.3%)	6:37	9.1 (84.3%)
13	SZAŁATA Piotr	149	BIEGOWE DZIKI OCR	M-Open	13	00:33:50.55	00:33:50.55	+00:06:09 (18.2%)	6:46	8.9 (82.4%)
14	KONIECZNY Szymon	188	TORPOL	M-Open	14	00:34:10.85	00:34:10.85	+00:06:29 (19.0%)	6:50	8.8 (81.5%)
15	WOLNIK Grzegorz	358		M-Open	15	00:34:15.95	00:34:15.95	+00:06:34 (19.2%)	6:51	8.8 (81.5%)
16	JUSZKIEWICZ Oliwia	162	MS FIT	K-Open	1	00:34:21.60	00:34:21.60	+00:06:40 (19.4%)	6:52	8.7 (80.6%)
17	JARÓZEK Dominik	392	MUKS SZOK BOJANOWO	M-Open	16	00:34:24.95	00:34:24.95	+00:06:43 (19.6%)	6:52	8.7 (80.6%)
18	SZTURO Kacper	320		M-Open	17	00:34:29.00	00:34:29.00	+00:06:47 (19.7%)	6:53	8.7 (80.6%)
19	ANDRZEJEWSKI Jakub	67	HUSARIA RACE TEAM	M-Open	18	00:34:32.60	00:34:32.60	+00:06:51 (19.8%)	6:54	8.7 (80.6%)
20	OWSIANNY Oskar	276		M-Open	19	00:34:39.45	00:34:39.45	+00:06:58 (20.1%)	6:55	8.7 (80.6%)
21	BŁAŻEJCZYK Mariusz	81	FDW WOŻNIAK	M-Open	20	00:34:48.65	00:34:48.65	+00:07:07 (20.5%)	6:57	8.6 (79.6%)
22	WALEŃSKI Michał	345	DRUŻYNA WU	M-Open	21	00:34:51.90	00:34:51.90	+00:07:10 (20.6%)	6:58	8.6 (79.6%)
23	KAŻMIERCZAK Jakub	176	PETARDA	M-Open	22	00:34:53.25	00:34:53.25	+00:07:12 (20.6%)	6:58	8.6 (79.6%)
24	LASKOWSKI Szymon	77		M-Open	23	00:34:54.35	00:34:54.35	+00:07:13 (20.7%)	6:58	8.6 (79.6%)
25	KUCHARSKI Hubert	206	NEW LIFE GYM SŁAWĘCICE	M-Open	24	00:34:54.70	00:34:54.70	+00:07:13 (20.7%)	6:58	8.6 (79.6%)
26	LORENZ Eryk	383		M-Open	25	00:35:08.00	00:35:08.00	+00:07:26 (21.2%)	7:01	8.5 (78.7%)
27	RATAJCZAK Mateusz	413	GARNITURY DWORCZAK	M-Open	26	00:35:11.85	00:35:11.85	+00:07:30 (21.3%)	7:02	8.5 (78.7%)
28	GRODZISKI Sławomir	19		M-Open	27	00:35:14.70	00:35:14.70	+00:07:33 (21.4%)	7:02	8.5 (78.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
29	SICIŃSKI Grzegorz	302		M-Open	28	00:35:37.25	00:35:37.25	+00:07:56 (22.3%)	7:07	8.4 (77.8%)
30	TRUBIŁOWICZ Mateusz	333	BIEGOWE DZIKI OCR	M-Open	29	00:35:38.10	00:35:38.10	+00:07:56 (22.3%)	7:07	8.4 (77.8%)
31	BACHORSKI Sławomir	69		M-Open	30	00:35:46.85	00:35:46.85	+00:08:05 (22.6%)	7:09	8.4 (77.8%)
32	KWIATKOWSKI Marcin	216		M-Open	31	00:35:57.95	00:35:57.95	+00:08:16 (23.0%)	7:11	8.3 (76.9%)
33	BARTKOWIAK Krzysztof	25	TRANSFORMERS	M-Open	32	00:36:01.25	00:36:01.25	+00:08:20 (23.1%)	7:12	8.3 (76.9%)
34	GALAZKA Angelika	122	12WBOT	K-Open	2	00:36:15.65	00:36:15.65	+00:08:34 (23.6%)	7:15	8.3 (76.9%)
35	CZEKAJ Karol	99	LESZNO	M-Open	33	00:36:23.00	00:36:23.00	+00:08:41 (23.9%)	7:16	8.2 (75.9%)
35	JARZĄB Jakub	159		M-Open	33	00:36:23.00	00:36:23.00	+00:08:41 (23.9%)	7:16	8.2 (75.9%)
37	WEŁYCZKO Dorota	349		K-Open	3	00:36:27.40	00:36:27.40	+00:08:46 (24.1%)	7:17	8.2 (75.9%)
38	GORLAS Miron	131		M-Open	35	00:36:29.80	00:36:29.80	+00:08:48 (24.1%)	7:17	8.2 (75.9%)
39	KUNC Marcin	391	KUNCEK88	M-Open	36	00:36:38.60	00:36:38.60	+00:08:57 (24.4%)	7:19	8.2 (75.9%)
40	JAKUBCZYK Adam	152		M-Open	37	00:36:43.25	00:36:43.25	+00:09:02 (24.6%)	7:20	8.2 (75.9%)
41	ZAMELSKI Jakub	400		M-Open	38	00:36:56.60	00:36:56.60	+00:09:15 (25.1%)	7:23	8.1 (75.0%)
42	WOLNY Piotr	360	FDW WOŹNIAK	M-Open	39	00:37:13.85	00:37:13.85	+00:09:32 (25.6%)	7:26	8.1 (75.0%)
43	WALEŃSKI Marcin	344	DRUŻYNA WU	M-Open	40	00:37:16.35	00:37:16.35	+00:09:35 (25.7%)	7:27	8.1 (75.0%)
44	FRĄTCZAK Dariusz	119		M-Open	41	00:37:17.05	00:37:17.05	+00:09:35 (25.7%)	7:27	8 (74.1%)
45	JANKOWSKI Rafał	158	INSANE DRINKERS	M-Open	42	00:37:22.70	00:37:22.70	+00:09:41 (25.9%)	7:28	8 (74.1%)
46	GRUDZIŃSKI Tomek	138		M-Open	43	00:37:25.95	00:37:25.95	+00:09:44 (26.0%)	7:29	8 (74.1%)
47	DYLEWSKI Sławomir	116		M-Open	44	00:37:29.80	00:37:29.80	+00:09:48 (26.2%)	7:29	8 (74.1%)
48	LASIK Bartłomiej	218	DZIKI	M-Open	45	00:37:31.65	00:37:31.65	+00:09:50 (26.2%)	7:30	8 (74.1%)
49	KUŚNIEREK Jakub	214		M-Open	46	00:37:33.05	00:37:33.05	+00:09:51 (26.3%)	7:30	8 (74.1%)
50	GIERNAS Marcin	409	BIRRT	M-Open	47	00:37:36.70	00:37:36.70	+00:09:55 (26.4%)	7:31	8 (74.1%)
51	KLEJEWSKI Przemysław	179		M-Open	48	00:37:47.60	00:37:47.60	+00:10:06 (26.7%)	7:33	7.9 (73.1%)
52	ŚMIGŁAK Łukasz	324		M-Open	49	00:38:19.55	00:38:19.55	+00:10:38 (27.8%)	7:39	7.8 (72.2%)
53	ZIOŁO Krzysztof	371		M-Open	50	00:38:19.80	00:38:19.80	+00:10:38 (27.8%)	7:39	7.8 (72.2%)
54	FLORCZAK Artur	118		M-Open	51	00:38:19.85	00:38:19.85	+00:10:38 (27.8%)	7:39	7.8 (72.2%)
55	BIEGAŃSKI Martin	79		M-Open	52	00:38:23.05	00:38:23.05	+00:10:41 (27.9%)	7:40	7.8 (72.2%)
56	MACIOSZCZYK Łukasz	230	SHOOTBOXER	M-Open	53	00:38:30.50	00:38:30.50	+00:10:49 (28.1%)	7:42	7.8 (72.2%)
57	OLEJNIK Maciej	274		M-Open	54	00:38:42.95	00:38:42.95	+00:11:01 (28.5%)	7:44	7.8 (72.2%)
58	KACZMAREK Mateusz	165		M-Open	55	00:38:51.35	00:38:51.35	+00:11:10 (28.7%)	7:46	7.7 (71.3%)
59	WOJCIECHOWSKI Kamil	353	NEW LIFE GYM SŁAWĘCICE	M-Open	56	00:39:26.40	00:39:26.40	+00:11:45 (29.8%)	7:53	7.6 (70.4%)
60	BANAŚ Zenon	71		M-Open	57	00:39:56.60	00:39:56.60	+00:12:15 (30.7%)	7:59	7.5 (69.4%)
61	DZIK Marlena	403	DIRTY SPARROWS	K-Open	4	00:40:06.50	00:40:06.50	+00:12:25 (31.0%)	8:01	7.5 (69.4%)
62	KUBIŃSKI Jakub	204	BIEGOWE DZIKI OCR	M-Open	58	00:40:35.30	00:40:35.30	+00:12:54 (31.8%)	8:07	7.4 (68.5%)
63	KASPROWIAK Oskar	172	POŁAMANI	M-Open	59	00:40:35.75	00:40:35.75	+00:12:54 (31.8%)	8:07	7.4 (68.5%)
64	DWORCZAK Tomasz	410	GARNITURY DWORCZAK	M-Open	60	00:40:39.25	00:40:39.25	+00:12:58 (31.9%)	8:07	7.4 (68.5%)
65	NOWAK Kacper	272	WATAHA	M-Open	61	00:40:46.30	00:40:46.30	+00:13:05 (32.1%)	8:09	7.4 (68.5%)
66	MARCINKOWSKI Mikołaj	246	NEW LIFE GYM SŁAWĘCICE	M-Open	62	00:41:00.55	00:41:00.55	+00:13:19 (32.5%)	8:12	7.3 (67.6%)
67	KLAMKA Jakub	178		M-Open	63	00:41:01.70	00:41:01.70	+00:13:20 (32.5%)	8:12	7.3 (67.6%)
68	SOBECKI Igor	307	POŁAMANI	M-Open	64	00:41:05.05	00:41:05.05	+00:13:23 (32.6%)	8:13	7.3 (67.6%)
69	GROCHOLA Kamil	137	DRUŻYNA WU	M-Open	65	00:41:09.05	00:41:09.05	+00:13:27 (32.7%)	8:13	7.3 (67.6%)
70	KACZMAREK Krystian	164	EURO JUMP LESZNO	M-Open	66	00:41:21.45	00:41:21.45	+00:13:40 (33.1%)	8:16	7.3 (67.6%)
71	STĘPIEŃ Grzegorz	407	LOFTY NA POMPACH	M-Open	67	00:41:25.10	00:41:25.10	+00:13:43 (33.2%)	8:17	7.2 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						netto 5km	brutto 5km			
72	BAJON Anna	70		K-Open	5	00:41:30.85	00:41:30.85	+00:13:49 (33.3%)	8:18	7.2 (66.7%)
72	MALEPSZAK Martin	243		M-Open	68	00:41:30.85	00:41:30.85	+00:13:49 (33.3%)	8:18	7.2 (66.7%)
74	MAŃCZAK Joanna	244	MS-FIT STUDIO GOSTYŃ	K-Open	6	00:41:39.50	00:41:39.50	+00:13:58 (33.5%)	8:19	7.2 (66.7%)
75	BIEGAJSKI Michał	405	LOFTY NA POMPACH	M-Open	69	00:41:40.55	00:41:40.55	+00:13:59 (33.6%)	8:20	7.2 (66.7%)
76	BUSZ Natalia	94	MS-FIT STUDIO GOSTYŃ	K-Open	7	00:41:48.65	00:41:48.65	+00:14:07 (33.8%)	8:21	7.2 (66.7%)
76	JAŃCZAK Sebastian	401		M-Open	70	00:41:48.65	00:41:48.65	+00:14:07 (33.8%)	8:21	7.2 (66.7%)
78	BARNAŚ Kinga	60		K-Open	8	00:41:50.65	00:41:50.65	+00:14:09 (33.8%)	8:22	7.2 (66.7%)
79	KAMYSZEK Bartosz	169	NEW LIFE GYM SŁAWĘCICE	M-Open	71	00:41:58.15	00:41:58.15	+00:14:16 (34.0%)	8:23	7.1 (65.7%)
80	GRZEŚKOWIAK Mikołaj	142	TORPOL	M-Open	72	00:41:59.55	00:41:59.55	+00:14:18 (34.1%)	8:23	7.1 (65.7%)
81	GORLAS Norbert	132		M-Open	73	00:42:06.25	00:42:06.25	+00:14:25 (34.2%)	8:25	7.1 (65.7%)
82	KOŁODZIEJ Kamil	183	TEAM GOSTYŃ	M-Open	74	00:42:08.65	00:42:08.65	+00:14:27 (34.3%)	8:25	7.1 (65.7%)
83	PITROWSKI Jerzy	285		M-Open	75	00:42:11.00	00:42:11.00	+00:14:29 (34.4%)	8:26	7.1 (65.7%)
84	ŁAKOMIEC Maciej	224		M-Open	76	00:42:11.80	00:42:11.80	+00:14:30 (34.4%)	8:26	7.1 (65.7%)
85	GIEZEK Dominik	126	TEAM GOSTYŃ	M-Open	77	00:42:14.80	00:42:14.80	+00:14:33 (34.5%)	8:26	7.1 (65.7%)
86	KOZIOŁ Unisława	408	LOFTY NA POMPACH	K-Open	9	00:42:23.75	00:42:23.75	+00:14:42 (34.7%)	8:28	7.1 (65.7%)
87	KRÓLIKOWSKI Robert	200	TORPOL	M-Open	78	00:42:24.90	00:42:24.90	+00:14:43 (34.7%)	8:28	7.1 (65.7%)
88	KOKOT Karolina	181	HELL'S GYM OCR PĘPOWO	K-Open	10	00:42:24.95	00:42:24.95	+00:14:43 (34.7%)	8:28	7.1 (65.7%)
89	DURCZAK Hubert	113	UNBROKEN	M-Open	79	00:42:36.30	00:42:36.30	+00:14:55 (35.0%)	8:31	7 (64.8%)
90	MACIOSZCZYK Szymon	229	SHOOTBOXER	M-Open	80	00:42:41.20	00:42:41.20	+00:15:00 (35.1%)	8:32	7 (64.8%)
91	ZAPŁATA Mateusz	364		M-Open	81	00:42:48.55	00:42:48.55	+00:15:07 (35.3%)	8:33	7 (64.8%)
92	GIERNAŚ Aleksander	125	UNBROKEN	M-Open	82	00:42:50.25	00:42:50.25	+00:15:09 (35.4%)	8:34	7 (64.8%)
93	ZAREMBA Mikołaj	365		M-Open	83	00:42:51.25	00:42:51.25	+00:15:10 (35.4%)	8:34	7 (64.8%)
94	MICHALCZAK Łukasz	256	UNBROKEN	M-Open	84	00:42:54.85	00:42:54.85	+00:15:13 (35.5%)	8:34	7 (64.8%)
95	KĄSOWSKA Anna	222		K-Open	11	00:42:57.25	00:42:57.25	+00:15:16 (35.5%)	8:35	7 (64.8%)
96	ZARZECZAŃSKA-JANASIK Blanka	366		K-Open	12	00:43:00.70	00:43:00.70	+00:15:19 (35.6%)	8:36	7 (64.8%)
97	KOPACZYK Michał	379		M-Open	85	00:43:02.65	00:43:02.65	+00:15:21 (35.7%)	8:36	7 (64.8%)
98	MATUSZEWSKI Roman	382		M-Open	86	00:43:14.15	00:43:14.15	+00:15:32 (36.0%)	8:38	6.9 (63.9%)
99	SEIFERT Mikołaj	301	KOKU SUSHI	M-Open	87	00:43:22.20	00:43:22.20	+00:15:41 (36.2%)	8:40	6.9 (63.9%)
100	MICHALCZAK Grzegorz	255	UNBROKEN	M-Open	88	00:43:29.05	00:43:29.05	+00:15:47 (36.3%)	8:41	6.9 (63.9%)
101	LOREK Mikołaj	223	NEW LIFE GYM SŁAWĘCICE	M-Open	89	00:43:47.55	00:43:47.55	+00:16:06 (36.8%)	8:45	6.9 (63.9%)
102	KASIŃSKI Marcin	171	TEEM GOSTYŃ	M-Open	90	00:43:53.75	00:43:53.75	+00:16:12 (36.9%)	8:46	6.8 (63.0%)
103	FRYDRYCH Andrzej	398		M-Open	91	00:44:01.15	00:44:01.15	+00:16:19 (37.1%)	8:48	6.8 (63.0%)
104	MARCINIAK Łukasz	245		M-Open	92	00:44:12.25	00:44:12.25	+00:16:31 (37.4%)	8:50	6.8 (63.0%)
105	BOZIAŃCZUK Sandra	88		K-Open	13	00:44:17.00	00:44:17.00	+00:16:35 (37.5%)	8:51	6.8 (63.0%)
106	NOWAK Katarzyna	394		K-Open	14	00:44:18.90	00:44:18.90	+00:16:37 (37.5%)	8:51	6.8 (63.0%)
107	POLAŃSKI Piotr	287	WATAHA	M-Open	93	00:44:20.55	00:44:20.55	+00:16:39 (37.6%)	8:52	6.8 (63.0%)
108	MAJOREK Kasia	240	AMBED GYM & FITNESS	K-Open	15	00:44:54.95	00:44:54.95	+00:17:13 (38.4%)	8:58	6.7 (62.0%)
109	DUDKOWIAK Beata	109	AMBED GYM&FITNESS	K-Open	16	00:44:55.10	00:44:55.10	+00:17:13 (38.4%)	8:59	6.7 (62.0%)
110	WOJTKOWIAK Kazimierz	354	TEAM GOSTYŃ	M-Open	94	00:45:33.65	00:45:33.65	+00:17:52 (39.2%)	9:06	6.6 (61.1%)
111	MATUSZEWSKI Mirosław	381		M-Open	95	00:45:35.20	00:45:35.20	+00:17:54 (39.3%)	9:07	6.6 (61.1%)
112	SZCZYKUTOWICZ Kamil	315	EURO JUMP LESZNO	M-Open	96	00:45:37.10	00:45:37.10	+00:17:55 (39.3%)	9:07	6.6 (61.1%)
113	CEBULSKI Piotr	95	EURO JUMP LESZNO	M-Open	97	00:45:37.45	00:45:37.45	+00:17:56 (39.3%)	9:07	6.6 (61.1%)
114	KACZOR Sebastian	168	PEŁEN LUZ	M-Open	98	00:45:42.25	00:45:42.25	+00:18:01 (39.4%)	9:08	6.6 (61.1%)
115	STĘPCZAK Jola	309		K-Open	17	00:45:52.75	00:45:52.75	+00:18:11 (39.7%)	9:10	6.5 (60.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						netto 5km	brutto 5km			
116	ZAWICKI Adrian	378		M-Open	99	00:46:11.50	00:46:11.50	+00:18:30 (40.1%)	9:14	6.5 (60.2%)
117	MATUSZEWSKI Marcin	380		M-Open	100	00:46:15.45	00:46:15.45	+00:18:34 (40.1%)	9:15	6.5 (60.2%)
118	ŚWIDZIŃSKI Marcin	326	TRANSFORMERS	M-Open	101	00:46:18.30	00:46:18.30	+00:18:37 (40.2%)	9:15	6.5 (60.2%)
119	TARNAWSKI Maciej	390		M-Open	102	00:46:20.80	00:46:20.80	+00:18:39 (40.3%)	9:16	6.5 (60.2%)
120	LASKOWSKI Darwin	406	LOFTY NA POMPACH	M-Open	103	00:46:22.45	00:46:22.45	+00:18:41 (40.3%)	9:16	6.5 (60.2%)
121	KWARTA Paweł	215		M-Open	104	00:46:23.50	00:46:23.50	+00:18:42 (40.3%)	9:16	6.5 (60.2%)
122	BRODA Dominika	91	HELL'S GYM OCR PĘPOWO	K-Open	18	00:46:30.40	00:46:30.40	+00:18:49 (40.5%)	9:18	6.5 (60.2%)
123	GRZEŚKOWIAK Marek	3		M-Open	105	00:46:30.95	00:46:30.95	+00:18:49 (40.5%)	9:18	6.5 (60.2%)
124	TARNAWSKI Bartosz	328		M-Open	106	00:46:42.10	00:46:42.10	+00:19:00 (40.7%)	9:20	6.4 (59.3%)
125	KUCHARSKI Krzysztof	207	TEAM GOSTYŃ	M-Open	107	00:46:52.10	00:46:52.10	+00:19:10 (40.9%)	9:22	6.4 (59.3%)
126	MAĆKOWIAK Marcin	231		M-Open	108	00:46:56.90	00:46:56.90	+00:19:15 (41.0%)	9:23	6.4 (59.3%)
127	DYBA Marcin	115	KLUB SPORTOWY RANGER	M-Open	109	00:47:05.30	00:47:05.30	+00:19:24 (41.2%)	9:25	6.4 (59.3%)
128	DOPIERALSKI Dariusz	106		M-Open	110	00:47:17.85	00:47:17.85	+00:19:36 (41.5%)	9:27	6.3 (58.3%)
129	RUPOCINSKI Włodzimierz	295	KLUB SPORTOWY RANGER	M-Open	111	00:47:23.65	00:47:23.65	+00:19:42 (41.6%)	9:28	6.3 (58.3%)
130	SZABAT Adrianna	402	WATAHA	K-Open	19	00:47:36.75	00:47:36.75	+00:19:55 (41.9%)	9:31	6.3 (58.3%)
131	JANKOWIAK Marek	156	RANGER	M-Open	112	00:47:40.15	00:47:40.15	+00:19:58 (41.9%)	9:32	6.3 (58.3%)
132	RADOJEWSKI Karol	292		M-Open	113	00:47:43.55	00:47:43.55	+00:20:02 (42.0%)	9:32	6.3 (58.3%)
133	RATAJCZAK Honorata	293	MS-FIT STUDIO	K-Open	20	00:47:49.65	00:47:49.65	+00:20:08 (42.1%)	9:33	6.3 (58.3%)
134	JAKUBOWSKI Kasper	155	TRANSFORMERS	M-Open	114	00:48:07.35	00:48:07.35	+00:20:26 (42.5%)	9:37	6.2 (57.4%)
135	ŚMIGŁAK Kasia	325		K-Open	21	00:48:12.45	00:48:12.45	+00:20:31 (42.6%)	9:38	6.2 (57.4%)
136	KONIECZNY Jan	376		M-Open	115	00:48:15.20	00:48:15.20	+00:20:34 (42.6%)	9:39	6.2 (57.4%)
137	BOCHENEK Michał	83	AFRO-FIT WATAHA CROSSFIT	M-Open	116	00:48:17.85	00:48:17.85	+00:20:36 (42.7%)	9:39	6.2 (57.4%)
138	BOCHENEK Jadwiga	84	AFRO-FIT WATAHA CROSSFIT	K-Open	22	00:48:18.05	00:48:18.05	+00:20:36 (42.7%)	9:39	6.2 (57.4%)
139	MACIEJEWSKA Olga	227		K-Open	23	00:48:21.15	00:48:21.15	+00:20:39 (42.7%)	9:40	6.2 (57.4%)
140	JAKUBOWSKA Natalia	154	TRABSFORMERS	K-Open	24	00:48:22.95	00:48:22.95	+00:20:41 (42.8%)	9:40	6.2 (57.4%)
141	ZIOŁO Ewa	372		K-Open	25	00:48:24.45	00:48:24.45	+00:20:43 (42.8%)	9:40	6.2 (57.4%)
142	PIECHOTA Adam	282	TRANSFORMERS	M-Open	117	00:48:26.50	00:48:26.50	+00:20:45 (42.8%)	9:41	6.2 (57.4%)
143	NOWAK Sandra	268	KOKU SUSHI	K-Open	26	00:48:31.15	00:48:31.15	+00:20:49 (42.9%)	9:42	6.2 (57.4%)
144	SYS Ewa	313		K-Open	27	00:48:48.30	00:48:48.30	+00:21:07 (43.3%)	9:45	6.1 (56.5%)
145	MAĆKOWIAK Marcin	232	FDW WOŹNIAK	M-Open	118	00:48:54.75	00:48:54.75	+00:21:13 (43.4%)	9:46	6.1 (56.5%)
146	KONIECZNA Anna	187	BIRRT	K-Open	28	00:49:01.70	00:49:01.70	+00:21:20 (43.5%)	9:48	6.1 (56.5%)
147	KAŹMIERSKA Ewelina	416	BIRRT	K-Open	29	00:49:25.10	00:49:25.10	+00:21:43 (44.0%)	9:53	6.1 (56.5%)
147	KAŹMIERSKI Piotr	417	BIRRT	M-Open	119	00:49:25.10	00:49:25.10	+00:21:43 (44.0%)	9:53	6.1 (56.5%)
149	BINKOWSKI Adam	80	NEW LIFE GYM SŁAWĘCICE	M-Open	120	00:49:25.80	00:49:25.80	+00:21:44 (44.0%)	9:53	6.1 (56.5%)
150	ĆWIKŁA Daniel	104	NEW LIFE GYM SŁAWĘCICE	M-Open	121	00:49:26.25	00:49:26.25	+00:21:45 (44.0%)	9:53	6.1 (56.5%)
151	SKOTNICKI Piotr	304	KOKU SUSHI	M-Open	122	00:49:32.10	00:49:32.10	+00:21:50 (44.1%)	9:54	6.1 (56.5%)
152	ŚLĄSKI Tomasz	322		M-Open	123	00:49:33.05	00:49:33.05	+00:21:51 (44.1%)	9:54	6.1 (56.5%)
153	SARBINOWSKI Paweł	300		M-Open	124	00:49:36.25	00:49:36.25	+00:21:55 (44.2%)	9:55	6 (55.6%)
154	GORLAS Artur	130		M-Open	125	00:49:41.40	00:49:41.40	+00:22:00 (44.3%)	9:56	6 (55.6%)
155	PEŁCZYŃSKI Maciej	419	BIRRT	M-Open	126	00:49:43.95	00:49:43.95	+00:22:02 (44.3%)	9:56	6 (55.6%)
156	LANDZWOJCZAK Dariusz	217		M-Open	127	00:49:54.95	00:49:54.95	+00:22:13 (44.5%)	9:58	6 (55.6%)
157	TYLUS Grzegorz	337		M-Open	128	00:49:55.05	00:49:55.05	+00:22:13 (44.5%)	9:59	6 (55.6%)
158	MAGRYTA Gracjan	233	TRAILER PARK BOYS	M-Open	129	00:49:59.60	00:49:59.60	+00:22:18 (44.6%)	9:59	6 (55.6%)
159	TYLUS Magdalena	338		K-Open	30	00:50:06.40	00:50:06.40	+00:22:25 (44.7%)	10:01	6 (55.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						netto 5km	brutto 5km			
160	TRIEBS Przemysław	331		M-Open	130	00:50:11.20	00:50:11.20	+00:22:30 (44.8%)	10:02	6 (55.6%)
161	BARANOWSKI Kornel	72	NEW LIFE GYM SŁAWĘCICE	M-Open	131	00:50:13.40	00:50:13.40	+00:22:32 (44.9%)	10:02	6 (55.6%)
162	MROZOWSKI Janusz	262	NEW LIFE GYM SŁAWĘCICE	M-Open	132	00:50:18.55	00:50:18.55	+00:22:37 (45.0%)	10:03	6 (55.6%)
163	SULIKOWSKI Marek	312	NEW LIFE GYM SŁAWĘCICE	M-Open	133	00:50:23.10	00:50:23.10	+00:22:41 (45.0%)	10:04	6 (55.6%)
164	DRÓZDŹ Maciej	399		M-Open	134	00:50:26.35	00:50:26.35	+00:22:45 (45.1%)	10:05	5.9 (54.6%)
165	PRZYBYŁAK Krzysztof	290		M-Open	135	00:50:28.70	00:50:28.70	+00:22:47 (45.2%)	10:05	5.9 (54.6%)
166	KAŹMIERCZAK Wojtek	177	AMBED GYM&FITNESS	M-Open	136	00:50:39.20	00:50:39.20	+00:22:58 (45.3%)	10:07	5.9 (54.6%)
167	KMIECIK Sebastian	180	TORPOL	M-Open	137	00:50:46.25	00:50:46.25	+00:23:05 (45.5%)	10:09	5.9 (54.6%)
168	NOWAK Agnieszka	271	U NOWAKA	K-Open	31	00:50:53.05	00:50:53.05	+00:23:11 (45.6%)	10:10	5.9 (54.6%)
169	SKRZYPIŃSKI Arkadiusz	306		M-Open	138	00:50:53.35	00:50:53.35	+00:23:12 (45.6%)	10:10	5.9 (54.6%)
170	LEŚNIEWSKA Aleksandra	221		K-Open	32	00:50:56.25	00:50:56.25	+00:23:15 (45.6%)	10:11	5.9 (54.6%)
171	PIECHOTA Szymon	283	TRANSFORMERS	M-Open	139	00:51:04.05	00:51:04.05	+00:23:22 (45.8%)	10:12	5.9 (54.6%)
172	LEŚNIEWICZ Piotr	220	TEMPUS TEAM	M-Open	140	00:51:04.95	00:51:04.95	+00:23:23 (45.8%)	10:12	5.9 (54.6%)
173	KOŁODZIEJ Anita	184		K-Open	33	00:51:12.25	00:51:12.25	+00:23:31 (45.9%)	10:14	5.9 (54.6%)
174	BROCKI Remigiusz	90		M-Open	141	00:51:24.00	00:51:24.00	+00:23:42 (46.1%)	10:16	5.8 (53.7%)
175	BROCKA Katarzyna	89		K-Open	34	00:51:24.55	00:51:24.55	+00:23:43 (46.1%)	10:16	5.8 (53.7%)
176	BUDZYŃSKA Małgorzata	93		K-Open	35	00:51:28.10	00:51:28.10	+00:23:46 (46.2%)	10:17	5.8 (53.7%)
177	DURCZAK Adam	111		M-Open	142	00:51:30.95	00:51:30.95	+00:23:49 (46.3%)	10:18	5.8 (53.7%)
178	BUDZYŃSKA Ewa	92	TORPOL	K-Open	36	00:51:40.95	00:51:40.95	+00:23:59 (46.4%)	10:20	5.8 (53.7%)
179	SZPILAKOWSKI Piotr	319		M-Open	143	00:52:06.90	00:52:06.90	+00:24:25 (46.9%)	10:25	5.8 (53.7%)
180	KACZMAREK Kamil	167	TRANSFORMERS	M-Open	144	00:52:09.00	00:52:09.00	+00:24:27 (46.9%)	10:25	5.8 (53.7%)
181	ROJDA Radek	294		M-Open	145	00:52:15.45	00:52:15.45	+00:24:34 (47.0%)	10:27	5.7 (52.8%)
182	TOMCZAK Aneta	385	MSFIT - GOSTYŃ	K-Open	37	00:52:18.85	00:52:18.85	+00:24:37 (47.1%)	10:27	5.7 (52.8%)
183	CZTERNASTY Maciej	377		M-Open	146	00:52:19.85	00:52:19.85	+00:24:38 (47.1%)	10:27	5.7 (52.8%)
184	TURKIEWICZ Jarosław	389		M-Open	147	00:52:20.30	00:52:20.30	+00:24:39 (47.1%)	10:28	5.7 (52.8%)
185	TWARDOWSKI Wojciech	336	NEW LIFE GYM SŁAWĘCICE	M-Open	148	00:52:41.95	00:52:41.95	+00:25:00 (47.5%)	10:32	5.7 (52.8%)
186	WAŚCINSKI Damian	347	SWG	M-Open	149	00:52:47.00	00:52:47.00	+00:25:05 (47.5%)	10:33	5.7 (52.8%)
187	DURCZAK Dorota	112	STRONGHOLD GYM	K-Open	38	00:52:57.00	00:52:57.00	+00:25:15 (47.7%)	10:35	5.7 (52.8%)
188	MROZOWSKA Sylwia	261	NEW LIFE GYM SŁAWĘCICE	K-Open	39	00:53:04.20	00:53:04.20	+00:25:23 (47.8%)	10:36	5.7 (52.8%)
189	GIELEK Marta	124	UNBROKEN	K-Open	40	00:53:13.30	00:53:13.30	+00:25:32 (48.0%)	10:38	5.6 (51.9%)
190	WRÓBEL Damian	362	UNBROKEN	M-Open	150	00:53:14.10	00:53:14.10	+00:25:32 (48.0%)	10:38	5.6 (51.9%)
191	TUROWICZ Natalia	334		K-Open	41	00:53:16.50	00:53:16.50	+00:25:35 (48.0%)	10:39	5.6 (51.9%)
192	WAŚCINSKA Anna	346	SWG	K-Open	42	00:53:28.30	00:53:28.30	+00:25:47 (48.2%)	10:41	5.6 (51.9%)
193	ANDRZEJEWSKI Jan	375	HELL'S GYM OCR PĘPOWO	M-Open	151	00:53:30.20	00:53:30.20	+00:25:49 (48.3%)	10:42	5.6 (51.9%)
194	KONARSKI Łukasz	395		M-Open	152	00:53:47.65	00:53:47.65	+00:26:06 (48.5%)	10:45	5.6 (51.9%)
195	ZIELIŃSKA Aleksandra	369		K-Open	43	00:53:48.25	00:53:48.25	+00:26:07 (48.5%)	10:45	5.6 (51.9%)
196	TALARCZYK Dorota	396		K-Open	44	00:53:52.25	00:53:52.25	+00:26:11 (48.6%)	10:46	5.6 (51.9%)
197	SZCZYKUTOWICZ Kacper	316	EURO JUMP LESZNO	M-Open	153	00:54:00.60	00:54:00.60	+00:26:19 (48.7%)	10:48	5.6 (51.9%)
198	WASIOŁKA Bartosz	397		M-Open	154	00:54:02.40	00:54:02.40	+00:26:21 (48.8%)	10:48	5.6 (51.9%)
199	LIS Miłosz	53		M-Open	155	00:54:02.70	00:54:02.70	+00:26:21 (48.8%)	10:48	5.6 (51.9%)
200	BARTKOWIAK Natalia	74		K-Open	45	00:54:07.85	00:54:07.85	+00:26:26 (48.9%)	10:49	5.5 (50.9%)
201	MOCHALSKA Geo-Karto-Linia	259		K-Open	46	00:54:17.85	00:54:17.85	+00:26:36 (49.0%)	10:51	5.5 (50.9%)
202	ŁYŻWA Stanisław	225		M-Open	156	00:54:20.30	00:54:20.30	+00:26:39 (49.0%)	10:52	5.5 (50.9%)
203	CIERNIAK Agata	98	KOTLACTIVE TEAM	K-Open	47	00:54:36.05	00:54:36.05	+00:26:54 (49.3%)	10:55	5.5 (50.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
204	STĘPIEŃ Dominika	310	MS-FIT	K-Open	48	00:54:39.40	00:54:39.40	+00:26:58 (49.3%)	10:55	5.5 (50.9%)
205	JUSZKIEWICZ Karolina	161	MS-FIT	K-Open	49	00:55:17.75	00:55:17.75	+00:27:36 (49.9%)	11:03	5.4 (50.0%)
206	GRZEŚKOWIAK Katarzyna	143	CIESIÓŁKA AUTO GROUP	K-Open	50	00:55:20.35	00:55:20.35	+00:27:39 (50.0%)	11:04	5.4 (50.0%)
207	KROMAREK Krystyna	198	CIESIÓŁKA AUTO GROUP	K-Open	51	00:55:20.60	00:55:20.60	+00:27:39 (50.0%)	11:04	5.4 (50.0%)
208	KOWALSKI Michał	191	S.Q.R.F	M-Open	157	00:55:27.00	00:55:27.00	+00:27:45 (50.1%)	11:05	5.4 (50.0%)
209	DOPIERAŁA Kinga	107	MS-FIT STUDIO	K-Open	52	00:55:29.15	00:55:29.15	+00:27:47 (50.1%)	11:05	5.4 (50.0%)
210	GOLANSKI Tomasz	127	POŁAMANI	M-Open	158	00:55:34.10	00:55:34.10	+00:27:52 (50.2%)	11:06	5.4 (50.0%)
211	KASPROWIK Paweł	174	POŁAMANI	M-Open	159	00:55:34.40	00:55:34.40	+00:27:53 (50.2%)	11:06	5.4 (50.0%)
212	KASPROWIAK Jakub	173	POŁAMANI	M-Open	160	00:55:34.95	00:55:34.95	+00:27:53 (50.2%)	11:06	5.4 (50.0%)
213	GUBAŃSKA Aneta	144	MS-FIT STUDIO	K-Open	53	00:55:48.85	00:55:48.85	+00:28:07 (50.4%)	11:09	5.4 (50.0%)
214	WOŚ Kinga	361		K-Open	54	00:56:02.85	00:56:02.85	+00:28:21 (50.6%)	11:12	5.4 (50.0%)
215	WAWRZY尼亚K Dorota	348	NEW LIFE GYM SŁAWĘCICE	K-Open	55	00:56:06.30	00:56:06.30	+00:28:25 (50.7%)	11:13	5.3 (49.1%)
216	TABAKA Wiesław	327	BIRRT	M-Open	161	00:56:13.20	00:56:13.20	+00:28:32 (50.8%)	11:14	5.3 (49.1%)
217	ĆWIKŁA Urszula	101	NEW LIFE GYM SŁAWĘCICE	K-Open	56	00:56:16.50	00:56:16.50	+00:28:35 (50.8%)	11:15	5.3 (49.1%)
218	DOLATA Wiktoria	105		K-Open	57	00:56:17.35	00:56:17.35	+00:28:36 (50.8%)	11:15	5.3 (49.1%)
218	PŁÓCIENNIK Katarzyna	286	MSFIT GOSTYŃ	K-Open	57	00:56:17.35	00:56:17.35	+00:28:36 (50.8%)	11:15	5.3 (49.1%)
220	KUŚNIEREK Joanna	213	BIRRT	K-Open	59	00:56:18.05	00:56:18.05	+00:28:36 (50.8%)	11:15	5.3 (49.1%)
221	DUSZYŃSKI Hubert	386	NEW LIFE GYM SŁAWĘCICE	M-Open	162	00:56:23.20	00:56:23.20	+00:28:42 (50.9%)	11:16	5.3 (49.1%)
222	MUSIELAK Patrycja	264		K-Open	60	00:56:25.30	00:56:25.30	+00:28:44 (50.9%)	11:17	5.3 (49.1%)
223	BOJAŃSKA Daria	85	MS-FIT	K-Open	61	00:56:30.95	00:56:30.95	+00:28:49 (51.0%)	11:18	5.3 (49.1%)
224	WILCZYŃSKI Krzysztof	351	UNBROKEN	M-Open	163	00:56:38.65	00:56:38.65	+00:28:57 (51.1%)	11:19	5.3 (49.1%)
225	SZOLC Magdalena	318	NEW LIFE GYM SŁAWĘCICE	K-Open	62	00:56:41.45	00:56:41.45	+00:29:00 (51.2%)	11:20	5.3 (49.1%)
226	NOWAK Monika	270	#AMBEDGYM&FITNESS	K-Open	63	00:56:48.60	00:56:48.60	+00:29:07 (51.3%)	11:21	5.3 (49.1%)
227	MACHOWSKA Malwina	226	TRANSFORMERS	K-Open	64	00:57:00.75	00:57:00.75	+00:29:19 (51.4%)	11:24	5.3 (49.1%)
228	WESOŁOWSKI Adam	387		M-Open	164	00:57:01.60	00:57:01.60	+00:29:20 (51.4%)	11:24	5.3 (49.1%)
229	RZEPKA Klaudia	299		K-Open	65	00:57:02.90	00:57:02.90	+00:29:21 (51.5%)	11:24	5.3 (49.1%)
230	JÓZEF CZAK Ewelina	160	AMBED GYM&FITNESS	K-Open	66	00:57:08.90	00:57:08.90	+00:29:27 (51.6%)	11:25	5.3 (49.1%)
231	BEDNARSKA Sylwia	78	NEW LIFE GYM SŁAWĘCICE	K-Open	67	00:57:09.65	00:57:09.65	+00:29:28 (51.6%)	11:25	5.2 (48.1%)
232	DUDZIK Iwona	110	TRANSFORMERS	K-Open	68	00:57:17.15	00:57:17.15	+00:29:35 (51.7%)	11:27	5.2 (48.1%)
233	ZIOBRONIEWICZ Adrianna	370	NEW LIFE GYM SŁAWĘCICE	K-Open	69	00:57:19.10	00:57:19.10	+00:29:37 (51.7%)	11:27	5.2 (48.1%)
234	ŚLIWINSKI Krzysztof	323	TEM WERNER KENKEL	M-Open	165	00:57:22.75	00:57:22.75	+00:29:41 (51.7%)	11:28	5.2 (48.1%)
235	TOMCZYK Mateusz	330	NEW LIFE GYM SŁAWĘCICE	M-Open	166	00:57:25.70	00:57:25.70	+00:29:44 (51.8%)	11:29	5.2 (48.1%)
236	GRZEGORCZYK Mateusz	139		M-Open	167	00:57:27.45	00:57:27.45	+00:29:46 (51.8%)	11:29	5.2 (48.1%)
237	GOŁUCH Kamil	128	NEW LIFE GYM SŁAWĘCICE	M-Open	168	00:57:32.65	00:57:32.65	+00:29:51 (51.9%)	11:30	5.2 (48.1%)
238	HARASIM Maciej	146		M-Open	169	00:57:34.00	00:57:34.00	+00:29:52 (51.9%)	11:30	5.2 (48.1%)
239	DUBISZ Piotrek	108		M-Open	170	00:57:35.75	00:57:35.75	+00:29:54 (51.9%)	11:31	5.2 (48.1%)
240	KOZAK Roksolana	193	NEW LIFE GYM SŁAWĘCICE	K-Open	70	00:57:43.60	00:57:43.60	+00:30:02 (52.0%)	11:32	5.2 (48.1%)
241	SIERACKI Dariusz	303	TEM WERNER KENKEL	M-Open	171	00:57:55.50	00:57:55.50	+00:30:14 (52.2%)	11:35	5.2 (48.1%)
242	ĆWIKŁA Martyna	103	NEW LIFE GYM SŁAWĘCICE	K-Open	71	00:57:59.00	00:57:59.00	+00:30:17 (52.3%)	11:35	5.2 (48.1%)
243	ZAWADA Łukasz	367	NEW LIFE GYM SŁAWĘCICE	M-Open	172	00:57:59.75	00:57:59.75	+00:30:18 (52.3%)	11:35	5.2 (48.1%)
244	TEMPLIN Krzysztof	329		M-Open	173	00:58:24.80	00:58:24.80	+00:30:43 (52.6%)	11:40	5.1 (47.2%)
245	WICHER Marta	393		K-Open	72	00:58:25.15	00:58:25.15	+00:30:43 (52.6%)	11:41	5.1 (47.2%)
246	WOJTKOWIAK Rafał	355	TEMPUS TEAM	M-Open	174	00:59:14.70	00:59:14.70	+00:31:33 (53.3%)	11:50	5.1 (47.2%)
247	PIEKARSKI Mateusz	284		M-Open	175	00:59:15.50	00:59:15.50	+00:31:34 (53.3%)	11:51	5.1 (47.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						netto 5km	brutto 5km			
248	GRZESKOWIAK Kasia Finchy	141	TRANSFORMERS	K-Open	73	00:59:28.85	00:59:28.85	+00:31:47 (53.5%)	11:53	5 (46.3%)
249	PALUSZCZAK Konrad	278		M-Open	176	00:59:29.55	00:59:29.55	+00:31:48 (53.5%)	11:53	5 (46.3%)
250	MAKOWSKI Krzysztof	242		M-Open	177	00:59:33.25	00:59:33.25	+00:31:52 (53.5%)	11:54	5 (46.3%)
251	PALUSZCZAK Monika	277		K-Open	74	00:59:43.90	00:59:43.90	+00:32:02 (53.6%)	11:56	5 (46.3%)
252	RYCHLIK Kasia Princesska	297	TRANSFORMERS	K-Open	75	00:59:46.50	00:59:46.50	+00:32:05 (53.7%)	11:57	5 (46.3%)
253	METELSKA Justyna	254		K-Open	76	01:00:11.70	01:00:11.70	+00:32:30 (54.0%)	12:02	5 (46.3%)
254	HYZYK Monika	151		K-Open	77	01:00:30.45	01:00:30.45	+00:32:49 (54.2%)	12:06	5 (46.3%)
255	KACZMAREK Tomasz	166	TEMPUS TEAM	M-Open	178	01:00:42.40	01:00:42.40	+00:33:01 (54.4%)	12:08	4.9 (45.4%)
256	PRZYBYŁ Maria	291		K-Open	78	01:00:42.45	01:00:42.45	+00:33:01 (54.4%)	12:08	4.9 (45.4%)
257	KOŁODZIEJSKA Aleksandra	185		K-Open	79	01:00:42.95	01:00:42.95	+00:33:01 (54.4%)	12:08	4.9 (45.4%)
258	ANTONICKI Łukasz	418	BIRRT	M-Open	179	01:00:45.60	01:00:45.60	+00:33:04 (54.4%)	12:09	4.9 (45.4%)
259	KOSIK- ANTONIAK Izabela	190		K-Open	80	01:00:47.70	01:00:47.70	+00:33:06 (54.5%)	12:09	4.9 (45.4%)
260	STĄPEL Dawid	308	EURO JUMP LESZNO	M-Open	180	01:01:05.05	01:01:05.05	+00:33:23 (54.7%)	12:13	4.9 (45.4%)
261	GURDAK Dajana	420	BIRRT	K-Open	81	01:01:10.35	01:01:10.35	+00:33:29 (54.7%)	12:14	4.9 (45.4%)
262	GORLAS Marta	129		K-Open	82	01:01:14.95	01:01:14.95	+00:33:33 (54.8%)	12:14	4.9 (45.4%)
263	ĆWIKŁA Konrad	100	NEW LIFE GYM SŁAWĘCICE	M-Open	181	01:01:15.05	01:01:15.05	+00:33:33 (54.8%)	12:15	4.9 (45.4%)
264	GORLAS Arek	133		M-Open	182	01:01:18.70	01:01:18.70	+00:33:37 (54.8%)	12:15	4.9 (45.4%)
265	MOTAŁA Paweł	260	TECHMAR	M-Open	183	01:01:21.00	01:01:21.00	+00:33:39 (54.9%)	12:16	4.9 (45.4%)
266	SZAFRAŃSKI Daniel	314	TRANSFORMERS	M-Open	184	01:01:29.20	01:01:29.20	+00:33:48 (55.0%)	12:17	4.9 (45.4%)
267	JANKOWSKA Aleksandra	157	TEMPUS TEAM	K-Open	83	01:01:31.50	01:01:31.50	+00:33:50 (55.0%)	12:18	4.9 (45.4%)
268	CHAŁUPKA Weronika	97	SZOGUNY KW	K-Open	84	01:01:38.40	01:01:38.40	+00:33:57 (55.1%)	12:19	4.9 (45.4%)
269	KROWICKI Tomasz	199		M-Open	185	01:01:42.80	01:01:42.80	+00:34:01 (55.1%)	12:20	4.9 (45.4%)
270	NGUYEN VAN Sandra	265	NEW LIFE GYM SŁAWĘCICE	K-Open	85	01:01:44.80	01:01:44.80	+00:34:03 (55.2%)	12:20	4.9 (45.4%)
271	FURMANIAK Miron	121		M-Open	186	01:01:45.85	01:01:45.85	+00:34:04 (55.2%)	12:21	4.9 (45.4%)
272	MAŚLAK Katarzyna	250		K-Open	86	01:01:46.05	01:01:46.05	+00:34:04 (55.2%)	12:21	4.9 (45.4%)
273	WOJTKOWIAK Aleksandra	356	TEMPUS TEAM	K-Open	87	01:01:48.15	01:01:48.15	+00:34:06 (55.2%)	12:21	4.9 (45.4%)
274	ĆWIKŁA Zbigniew	102	NEW LIFE GYM SŁAWĘCICE	M-Open	187	01:01:59.35	01:01:59.35	+00:34:18 (55.3%)	12:23	4.8 (44.4%)
275	GENDERA Dawid	123	TRAILER PARK BOYS	M-Open	188	01:02:12.65	01:02:12.65	+00:34:31 (55.5%)	12:26	4.8 (44.4%)
276	FRYŚNA Agnieszka	120	NEW LIFE GYM SŁAWĘCICE	K-Open	88	01:02:21.65	01:02:21.65	+00:34:40 (55.6%)	12:28	4.8 (44.4%)
277	GRZELCZAK Marta	140	NEW LIFE GYM SŁAWĘCICE	K-Open	89	01:02:24.55	01:02:24.55	+00:34:43 (55.6%)	12:28	4.8 (44.4%)
278	KUBICKA Aleksandra	203	NEW LIFE GYM SŁAWĘCICE	K-Open	90	01:02:27.65	01:02:27.65	+00:34:46 (55.7%)	12:29	4.8 (44.4%)
279	KRAWCZYK Przemysław	197	TORPOL	M-Open	189	01:02:32.25	01:02:32.25	+00:34:51 (55.7%)	12:30	4.8 (44.4%)
280	BEDNARCZYK Aneta	76	AMBED GYM&FITNESS	K-Open	91	01:02:42.20	01:02:42.20	+00:35:01 (55.8%)	12:32	4.8 (44.4%)
281	MAKOWSKA-SZAFRAŃSKA Joanna	241	TRANSFORMERS	K-Open	92	01:02:46.55	01:02:46.55	+00:35:05 (55.9%)	12:33	4.8 (44.4%)
282	MULARCZYK Piotr	263		M-Open	190	01:02:47.15	01:02:47.15	+00:35:05 (55.9%)	12:33	4.8 (44.4%)
283	MAJCHRZAK Sonia	234	AMBED GYM & FITNESS	K-Open	93	01:02:47.30	01:02:47.30	+00:35:06 (55.9%)	12:33	4.8 (44.4%)
284	BEDNARCZYK Michał	75	AMBED GYM&FITNESS	M-Open	191	01:02:48.50	01:02:48.50	+00:35:07 (55.9%)	12:33	4.8 (44.4%)
285	URBAŃSKI Dawid	340	NEW LIFE GYM SŁAWĘCICE	M-Open	192	01:02:52.15	01:02:52.15	+00:35:10 (56.0%)	12:34	4.8 (44.4%)
286	KOWALSKI Adam	192	AMBED GYM&FITNESS	M-Open	193	01:02:52.35	01:02:52.35	+00:35:11 (56.0%)	12:34	4.8 (44.4%)
287	ANISZEWSKA Agata	68	NEW LIFE GYM SŁAWĘCICE	K-Open	94	01:02:58.25	01:02:58.25	+00:35:17 (56.0%)	12:35	4.8 (44.4%)
288	KOZICA Adam	194	AMBED GYM&FITNES	M-Open	194	01:03:02.40	01:03:02.40	+00:35:21 (56.1%)	12:36	4.8 (44.4%)
289	CYPRYAN Anna	388	MS-FIT STUDIO	K-Open	95	01:03:04.35	01:03:04.35	+00:35:23 (56.1%)	12:36	4.8 (44.4%)
290	MARKOWSKA Natalia	249	MS-FIT STUDIO	K-Open	96	01:03:04.40	01:03:04.40	+00:35:23 (56.1%)	12:36	4.8 (44.4%)
291	MATUSZEWSKI Łukasz	252		M-Open	195	01:03:18.60	01:03:18.60	+00:35:37 (56.3%)	12:39	4.7 (43.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						netto 5km	brutto 5km			
292	KOŁCZ Mariusz	182		M-Open	196	01:03:18.95	01:03:18.95	+00:35:37 (56.3%)	12:39	4.7 (43.5%)
293	KUCHARSKA Ewa	205	NEW LIFE GYM SŁAWĘCICE	K-Open	97	01:03:26.95	01:03:26.95	+00:35:45 (56.4%)	12:41	4.7 (43.5%)
294	NYNYK Andrii	273		M-Open	197	01:03:44.30	01:03:44.30	+00:36:03 (56.6%)	12:44	4.7 (43.5%)
295	KULIK Mateusz	208	NEW LIFE GYM SŁAWĘCICE	M-Open	198	01:03:52.10	01:03:52.10	+00:36:10 (56.7%)	12:46	4.7 (43.5%)
296	RUTA Kinga	296	TEMPUS TEAM	K-Open	98	01:04:30.60	01:04:30.60	+00:36:49 (57.1%)	12:54	4.7 (43.5%)
297	KONIECZNY Paweł	189	BIRRT	M-Open	199	01:04:36.65	01:04:36.65	+00:36:55 (57.1%)	12:55	4.6 (42.6%)
298	ANTONIAK Mateusz	63		M-Open	200	01:04:47.85	01:04:47.85	+00:37:06 (57.3%)	12:57	4.6 (42.6%)
299	WOŹNIAK Magdalena	65		K-Open	99	01:04:48.45	01:04:48.45	+00:37:07 (57.3%)	12:57	4.6 (42.6%)
300	KILIŃSKI Jakub	64		M-Open	201	01:04:48.55	01:04:48.55	+00:37:07 (57.3%)	12:57	4.6 (42.6%)
301	PĘKALSKA Magdalena	281	TEMPUS TEAM	K-Open	100	01:05:06.00	01:05:06.00	+00:37:24 (57.5%)	13:01	4.6 (42.6%)
302	DWORCZAK Mateusz	414	GARNITURY DWORCZAK	M-Open	202	01:05:21.60	01:05:21.60	+00:37:40 (57.6%)	13:04	4.6 (42.6%)
303	KONIECZNA Karolina	186		K-Open	101	01:05:34.35	01:05:34.35	+00:37:53 (57.8%)	13:06	4.6 (42.6%)
303	KUPŚ Oktawian	209		M-Open	203	01:05:34.35	01:05:34.35	+00:37:53 (57.8%)	13:06	4.6 (42.6%)
305	KUŚNIEREK Dominik	212	BIRRT	M-Open	204	01:05:57.40	01:05:57.40	+00:38:16 (58.0%)	13:11	4.5 (41.7%)
306	MAŚLICH Wojciech	251	NEW LIFE GYM SŁAWĘCICE	M-Open	205	01:06:04.30	01:06:04.30	+00:38:23 (58.1%)	13:12	4.5 (41.7%)
307	URBAŃSKA Magdalena	339	NEW LIFE GYM SŁAWĘCICE	K-Open	102	01:06:14.15	01:06:14.15	+00:38:32 (58.2%)	13:14	4.5 (41.7%)
308	MARCZEWSKI Piotr	247	BIRRT	M-Open	206	01:06:22.00	01:06:22.00	+00:38:40 (58.3%)	13:16	4.5 (41.7%)
309	SZMYT-MAŚLICH Katarzyna	317	NEW LIFE GYM SŁAWĘCICE	K-Open	103	01:06:22.20	01:06:22.20	+00:38:41 (58.3%)	13:16	4.5 (41.7%)
310	HARC Joanna	147	NEW LIFE GYM SŁAWĘCICE	K-Open	104	01:06:24.25	01:06:24.25	+00:38:43 (58.3%)	13:16	4.5 (41.7%)
311	STRUK Agnieszka	311	CIESIÓŁKA AUTO GROUP	K-Open	105	01:08:29.35	01:08:29.35	+00:40:48 (59.6%)	13:41	4.4 (40.7%)
312	POLASZEWSKI Leszek	288	CIESIÓŁKA AUTO GROUP	M-Open	207	01:08:40.05	01:08:40.05	+00:40:58 (59.7%)	13:44	4.4 (40.7%)
313	JAKUBIAK Mateusz	153	CIESIÓŁKA AUTO GROUP	M-Open	208	01:08:46.55	01:08:46.55	+00:41:05 (59.7%)	13:45	4.4 (40.7%)
314	PĘKALSKA Agata	280	TEMPUS TEAM	K-Open	106	01:08:58.65	01:08:58.65	+00:41:17 (59.9%)	13:47	4.3 (39.8%)
315	DUSZYŃSKA Dorota	114	NEW LIFE GYM SŁAWĘCICE	K-Open	107	01:09:20.70	01:09:20.70	+00:41:39 (60.1%)	13:52	4.3 (39.8%)
316	NGUYEN VAN Jagoda	266	NEW LIFE GYM SŁAWĘCICE	K-Open	108	01:11:43.10	01:11:43.10	+00:44:01 (61.4%)	14:20	4.2 (38.9%)
317	NOWAK Justyna	269	PRZEBOJOWA TRZYDZIESTKA	K-Open	109	01:11:52.25	01:11:52.25	+00:44:11 (61.5%)	14:22	4.2 (38.9%)
318	WALACHOWSKA Olga	343	NEW LIFE GYM SŁAWĘCICE	K-Open	110	01:12:13.70	01:12:13.70	+00:44:32 (61.7%)	14:26	4.2 (38.9%)
319	MARECKI Daniel	248		M-Open	209	01:12:14.80	01:12:14.80	+00:44:33 (61.7%)	14:26	4.2 (38.9%)
320	UŚCIŁA Krzysztof	341	NEW LIFE GYM SŁAWĘCICE	M-Open	210	01:12:44.05	01:12:44.05	+00:45:02 (61.9%)	14:32	4.1 (38.0%)
321	HAŁAŚ Dominika	145	NEW LIFE GYM SŁAWĘCICE	K-Open	111	01:13:16.90	01:13:16.90	+00:45:35 (62.2%)	14:39	4.1 (38.0%)
322	KRAJEWSKA Kamila	196	NEW LIFE GYM SŁAWĘCICE	K-Open	112	01:13:37.50	01:13:37.50	+00:45:56 (62.4%)	14:43	4.1 (38.0%)
323	LAURENTOWICZ Celina	219	NEW LIFE GYM SŁAWĘCICE	K-Open	113	01:13:46.45	01:13:46.45	+00:46:05 (62.5%)	14:45	4.1 (38.0%)
324	WOLNY Michał	359	PRZEBOJOWA TRZYDZIESTKA	M-Open	211	01:14:43.05	01:14:43.05	+00:47:01 (62.9%)	14:56	4 (37.0%)
325	KURPAS Marta	211	PRZEBOJOWA TRZYDZIESTKA	K-Open	114	01:14:43.25	01:14:43.25	+00:47:02 (62.9%)	14:56	4 (37.0%)
326	NIEDŹWIECKI Krzysztof	267	PRZEBOJOWA TRZYDZIESTKA	M-Open	212	01:14:50.15	01:14:50.15	+00:47:08 (63.0%)	14:58	4 (37.0%)
327	WRÓBLEWSKA Anna	363	PRZEBOJOWA TRZYDZIESKA	K-Open	115	01:14:50.20	01:14:50.20	+00:47:09 (63.0%)	14:58	4 (37.0%)
328	MAJEWSKI Kacper	239	NEW LIFE GYM SŁAWĘCICE	M-Open	213	01:16:20.20	01:16:20.20	+00:48:39 (63.7%)	15:16	3.9 (36.1%)
329	GRABOWSKA Aneta	135	NEW LIFE GYM SŁAWĘCICE	K-Open	116	01:16:53.80	01:16:53.80	+00:49:12 (64.0%)	15:22	3.9 (36.1%)
330	ADAMCZAK Patryk	66	NEW LIFE GYM SŁAWĘCICE	M-Open	214	01:17:21.35	01:17:21.35	+00:49:40 (64.2%)	15:28	3.9 (36.1%)
331	MAJEWSKI Kamil	238	NEW LIFE GYM SŁAWĘCICE	M-Open	215	01:17:25.35	01:17:25.35	+00:49:44 (64.2%)	15:29	3.9 (36.1%)
332	HUZAR Małgorzata	150	NEW LIFE GYM SŁAWĘCICE	K-Open	117	01:18:43.35	01:18:43.35	+00:51:02 (64.8%)	15:44	3.8 (35.2%)
333	MAJEWSKA Anna	237	NEW LIFE GYM SŁAWĘCICE	K-Open	118	01:19:21.30	01:19:21.30	+00:51:40 (65.1%)	15:52	3.8 (35.2%)
334	MIELCAREK Aleksandra	257		K-Open	119	01:20:06.05	01:20:06.05	+00:52:24 (65.4%)	16:01	3.7 (34.3%)
335	CECUŁA Andrzej	96		M-Open	216	01:20:06.10	01:20:06.10	+00:52:24 (65.4%)	16:01	3.7 (34.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
336	ŻMIJEWSKI Janusz	373	NEW LIFE GYM SŁAWĘCICE	M-Open	217	01:24:51.00	01:24:51.00	+00:57:09 (67.4%)	16:58	3.5 (32.4%)
337	BORUCKI Krzysztof	87	TORPOL	M-Open	218	01:27:33.80	01:27:33.80	+00:59:52 (68.4%)	17:30	3.4 (31.5%)
338	ŻURAK Karolina	374	TORPOL	K-Open	120	01:28:24.60	01:28:24.60	+01:00:43 (68.7%)	17:40	3.4 (31.5%)
339	RZEPczyk Anna	298	TORPOL	K-Open	121	01:29:48.25	01:29:48.25	+01:02:07 (69.2%)	17:57	3.3 (30.6%)
340	MAJEWSKA Karolina	236	TORPOL	K-Open	122	01:31:26.15	01:31:26.15	+01:03:44 (69.7%)	18:17	3.3 (30.6%)
341	PACYNA Marcin	384		M-Open	219	01:35:30.90	01:35:30.90	+01:07:49 (71.0%)	19:06	3.1 (28.7%)
342	KUBIAK Agnieszka	202	TRANSFORMERS	K-Open	123					(0.0%)
343	TWARDOWSKA Renata	335	NEW LIFE GYM SŁAWĘCICE	K-Open	124					(0.0%)

Znaleziono 343 wynik(ów)