



TORTURA LESZNO 2021

B4SPORT

Organizator: Transformers Trening & Dieta
Data: 2021-09-12
Miejsce: Leszno
Dystans: 5 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	WOJTYSZYN Wojciech	420	EX TEAM	M-Open	1	Ex Team	00:21:49.25	00:21:49.25		4:21	13.8 (100%)
2	WÓJCIK Adam	421	EX TEAM	M-Open	2	Ex Team	00:22:51.75	00:22:51.75	+00:01:02 (4.6%)	4:34	13.1 (94.9%)
3	KOŁOSZUK Marcin	122	4 PUŁK PRZECIWLOTNICZY	M-Open	3		00:23:46.60	00:23:46.60	+00:01:57 (8.2%)	4:45	12.6 (91.3%)
4	BRZOSOWSKI Filip	31	SPARTA RUNNERS	M-Open	4	SPARTA RUNNERS	00:25:01.05	00:25:01.05	+00:03:11 (12.8%)	5:00	12 (87.0%)
5	NAGLAK Hubert	406	HELL'S GYM OCR PĘPOWO	M-Open	5	Hell's gym ocr Pępowo	00:25:28.90	00:25:28.90	+00:03:39 (14.4%)	5:05	11.8 (85.5%)
6	SIEKIERSKI Paweł	275	DIRTY SPARROWS	M-Open	6	Dirty Sparrows	00:25:40.00	00:25:40.00	+00:03:50 (15.0%)	5:08	11.7 (84.8%)
7	FETSIUKOU Aliaksei	419	OCR GYM	M-Open	7	OCR GYM	00:25:44.35	00:25:44.35	+00:03:55 (15.2%)	5:08	11.7 (84.8%)
8	CHAJA Radosław	33		M-Open	8		00:26:07.75	00:26:07.75	+00:04:18 (16.5%)	5:13	11.5 (83.3%)
9	MARCINKOWSKI Adam	386	CZARNA HORDA	M-Open	9		00:26:33.45	00:26:33.45	+00:04:44 (17.8%)	5:18	11.3 (81.9%)
10	BOŃCZEK Michał	23		M-Open	10		00:26:36.75	00:26:36.75	+00:04:47 (18.0%)	5:19	11.3 (81.9%)
11	BAJON Przemysław	394	WATAHA	M-Open	11	OCR GYM	00:26:41.30	00:26:41.30	+00:04:52 (18.2%)	5:20	11.2 (81.2%)
12	GLAPIAK Maciej	67	AWL WROCŁAW	M-Open	12		00:26:57.60	00:26:57.60	+00:05:08 (19.1%)	5:23	11.1 (80.4%)
13	PRAŁAT Arkadiusz	247		M-Open	13		00:27:07.65	00:27:07.65	+00:05:18 (19.6%)	5:25	11.1 (80.4%)
14	KLUCZYŃSKI Kamil	119	MOVE RUN FUN	M-Open	14		00:27:30.65	00:27:30.65	+00:05:41 (20.7%)	5:30	10.9 (79.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
15	TROJANOWSKI Artur	318	BIEGOWE DZIKI OCR	M-Open	15	Biegowe Dzikie OCR	00:27:46.30	00:27:46.30	+00:05:57 (21.4%)	5:33	10.8 (78.3%)
16	DZIUBAŁKA Adrian	52	GYM MŁYN	M-Open	16	Gym Młyn	00:27:49.15	00:27:49.15	+00:05:59 (21.6%)	5:33	10.8 (78.3%)
17	KĘPA Bartosz	377	SPARTA RUNNERS	M-Open	17	SPARTA RUNNERS	00:27:57.80	00:27:57.80	+00:06:08 (22.0%)	5:35	10.7 (77.5%)
18	KOTARSKI Sebastian	133	ZG RUDNA	M-Open	18		00:28:00.05	00:28:00.05	+00:06:10 (22.1%)	5:36	10.7 (77.5%)
19	KASPRZAK Artur	102	TEAM TRANSFORMERS	M-Open	19	Team Transformers	00:28:03.55	00:28:03.55	+00:06:14 (22.2%)	5:36	10.7 (77.5%)
20	MAJCHRZAK Andrzej	174	DRUŻYNA "WU"	M-Open	20	DRUŻYNA "WU"	00:28:15.35	00:28:15.35	+00:06:26 (22.8%)	5:39	10.6 (76.8%)
21	LEWICKI Piotr	161	EMERYCI NA START	M-Open	21		00:28:44.60	00:28:44.60	+00:06:55 (24.1%)	5:44	10.4 (75.4%)
22	JARÓŻEK Dominik	86	MUKS SZOK BOJANOWO	M-Open	22		00:28:59.05	00:28:59.05	+00:07:09 (24.7%)	5:47	10.4 (75.4%)
23	ŁUCZAK Ariel	163	WERNER KENKEL SPORT TEAM	M-Open	23	WERNER KENKEL SPORT TEAM	00:29:02.75	00:29:02.75	+00:07:13 (24.9%)	5:48	10.3 (74.6%)
24	STOLAREK Sebastian	295	SPARTA RUNNERS	M-Open	24	SPARTA RUNNERS	00:29:11.75	00:29:11.75	+00:07:22 (25.3%)	5:50	10.3 (74.6%)
25	DĄBEK Patryk	40	COLOS GYM	M-Open	25		00:29:33.85	00:29:33.85	+00:07:44 (26.2%)	5:54	10.2 (73.9%)
26	SOLARSKI Błażej	290		M-Open	26		00:29:39.75	00:29:39.75	+00:07:50 (26.4%)	5:55	10.1 (73.2%)
27	URBAŃSKI Dawid	385		M-Open	27		00:29:48.60	00:29:48.60	+00:07:59 (26.8%)	5:57	10.1 (73.2%)
28	SZAŁATA Piotr	300	BIEGOWE DZIKI OCR	M-Open	28	Biegowe Dzikie OCR	00:29:49.15	00:29:49.15	+00:07:59 (26.8%)	5:57	10.1 (73.2%)
29	DUCHNOWSKI Tomasz	368	SPARTA RUNNERS	M-Open	29	SPARTA RUNNERS	00:29:53.95	00:29:53.95	+00:08:04 (27.0%)	5:58	10 (72.5%)
30	BINIASZ Damian	17		M-Open	30		00:29:57.80	00:29:57.80	+00:08:08 (27.2%)	5:59	10 (72.5%)
31	SOBOLEWSKI Artur	288	MROWINO RUN	M-Open	31		00:30:10.60	00:30:10.60	+00:08:21 (27.7%)	6:02	9.9 (71.7%)
32	KOWALSKI Mariusz	137	OCR TEAM ZIELONA GÓRA	M-Open	32	OCR TEAM Zielona Góra	00:30:15.70	00:30:15.70	+00:08:26 (27.9%)	6:03	9.9 (71.7%)
33	FRAŃCZAK Dariusz	61		M-Open	33		00:30:36.70	00:30:36.70	+00:08:47 (28.7%)	6:07	9.8 (71.0%)
34	RATAJSZCZAK Dominik	262		M-Open	34		00:30:42.10	00:30:42.10	+00:08:52 (28.9%)	6:08	9.8 (71.0%)
35	ŁĘGOWSKI Kacper	373		M-Open	35		00:30:45.55	00:30:45.55	+00:08:56 (29.1%)	6:09	9.8 (71.0%)
36	DOPIERALSKI Dariusz	45		M-Open	36		00:30:49.30	00:30:49.30	+00:09:00 (29.2%)	6:09	9.7 (70.3%)
37	KOWALSKA Natalia	135	BIEGUN OCR TEAM	K-Open	1		00:30:58.10	00:30:58.10	+00:09:08 (29.5%)	6:11	9.7 (70.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
38	OSTOJSKI Michał	226	HELL'S GYM OCR PĘPOWO	M-Open	37		00:31:00.25	00:31:00.25	+00:09:11 (29.6%)	6:12	9.7 (70.3%)
39	WALKOWIAK Rafał	327		M-Open	38		00:31:22.65	00:31:22.65	+00:09:33 (30.5%)	6:16	9.6 (69.6%)
40	SMEKTAŁA Patryk	282	-	M-Open	39		00:31:27.60	00:31:27.60	+00:09:38 (30.6%)	6:17	9.5 (68.8%)
41	RATAJCZAK Mateusz	259	TD	M-Open	40		00:31:32.70	00:31:32.70	+00:09:43 (30.8%)	6:18	9.5 (68.8%)
42	GAŁĄZKA Angelika	65	12 WBOT	K-Open	2		00:31:32.95	00:31:32.95	+00:09:43 (30.8%)	6:18	9.5 (68.8%)
43	FLORCZAK Artur	58		M-Open	41		00:31:33.45	00:31:33.45	+00:09:44 (30.9%)	6:18	9.5 (68.8%)
44	DZIUBAŁKA Mateusz	53	GYM MŁYN	M-Open	42	Gym Młyn	00:31:48.45	00:31:48.45	+00:09:59 (31.4%)	6:21	9.4 (68.1%)
45	WALEŃSKI Michał	325	DRUŻYNA "WU"	M-Open	43	DRUŻYNA "WU"	00:31:55.00	00:31:55.00	+00:10:05 (31.6%)	6:23	9.4 (68.1%)
46	OLEJNICZAK Marek	225	TEAM TRANSFORMERS	M-Open	44	Team Transformers	00:32:08.55	00:32:08.55	+00:10:19 (32.1%)	6:25	9.3 (67.4%)
47	MIELCAREK Konrad	195	DIRTY SPARROWS	M-Open	45	Dirty Sparrows	00:32:09.60	00:32:09.60	+00:10:20 (32.1%)	6:25	9.3 (67.4%)
48	GORLAS Miron	69		M-Open	46		00:32:16.40	00:32:16.40	+00:10:27 (32.4%)	6:27	9.3 (67.4%)
49	NOWAK Jakub	218		M-Open	47		00:32:36.65	00:32:36.65	+00:10:47 (33.1%)	6:31	9.2 (66.7%)
50	TRUBIŁOWICZ Mateusz	319	BIEGOWE DZIKI OCR	M-Open	48	Biegowe Dzikie OCR	00:32:42.95	00:32:42.95	+00:10:53 (33.3%)	6:32	9.2 (66.7%)
51	GIWERSKI Piotr	66	MY TU TYLKO NA CHWILĘ	M-Open	49	My tu tylko na chwilę	00:32:49.35	00:32:49.35	+00:11:00 (33.5%)	6:33	9.1 (65.9%)
52	KALISZ Adrian	97	SPARTA RUNNERS	M-Open	50	SPARTA RUNNERS	00:32:49.40	00:32:49.40	+00:11:00 (33.5%)	6:33	9.1 (65.9%)
53	WIELIŃSKI Hubert	332	ONI TEŻ SPOCENI	M-Open	51	Oni też spoceni	00:32:53.65	00:32:53.65	+00:11:04 (33.7%)	6:34	9.1 (65.9%)
54	MACIOSZCZYK Łukasz	169	CSWL	M-Open	52		00:33:03.95	00:33:03.95	+00:11:14 (34.0%)	6:36	9.1 (65.9%)
55	KOTALA Arkadiusz	388		M-Open	53		00:33:10.35	00:33:10.35	+00:11:21 (34.2%)	6:38	9 (65.2%)
56	GRUETZMACHER Katarzyna	73	RUNAWAY PĘPOWO	K-Open	3		00:33:14.85	00:33:14.85	+00:11:25 (34.4%)	6:38	9 (65.2%)
57	BRZESKOT Bartosz	30		M-Open	54		00:33:17.20	00:33:17.20	+00:11:27 (34.4%)	6:39	9 (65.2%)
58	ŚMIGLAK Łukasz	311	DIRTY SPARROWS	M-Open	55	Dirty Sparrows	00:33:18.60	00:33:18.60	+00:11:29 (34.5%)	6:39	9 (65.2%)
59	KAŻMIERCZAK Jakub	416	PETARDA	M-Open	56		00:33:20.50	00:33:20.50	+00:11:31 (34.6%)	6:40	9 (65.2%)
60	WOJCIECHOWSKI Mateusz	341	EKIPA AMITY	M-Open	57		00:33:24.45	00:33:24.45	+00:11:35 (34.7%)	6:40	9 (65.2%)

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61	ZAREMBA Mikołaj	358		M-Open	58		00:33:34.85	00:33:34.85	+00:11:45 (35.0%)	6:42	8.9 (64.5%)
62	SZKUDLARCZYK Szymon	301		M-Open	59		00:33:36.00	00:33:36.00	+00:11:46 (35.1%)	6:43	8.9 (64.5%)
63	GIEZEK Dominik	324	DRUŻYNA 'WU'	M-Open	60	DRUŻYNA "WU"	00:33:53.50	00:33:53.50	+00:12:04 (35.6%)	6:46	8.9 (64.5%)
64	SAJNÓG Leszek	272		M-Open	61		00:33:54.75	00:33:54.75	+00:12:05 (35.7%)	6:46	8.8 (63.8%)
65	KACZMAREK Mateusz	93	BIEGAJLESZNO	M-Open	62		00:33:56.35	00:33:56.35	+00:12:07 (35.7%)	6:47	8.8 (63.8%)
66	SUSZYŃSKI Łukasz	391	OX WOŁÓW	M-Open	63		00:34:00.35	00:34:00.35	+00:12:11 (35.8%)	6:48	8.8 (63.8%)
67	ROBACZYŃSKI Kacper	263		M-Open	64		00:34:01.10	00:34:01.10	+00:12:11 (35.9%)	6:48	8.8 (63.8%)
68	CHWALISZEWSKI Adam	399	KLS	M-Open	65	KLS	00:34:13.15	00:34:13.15	+00:12:23 (36.2%)	6:50	8.8 (63.8%)
69	KIELASZEWSKI Hubert	110		M-Open	66		00:34:18.80	00:34:18.80	+00:12:29 (36.4%)	6:51	8.7 (63.0%)
70	ZIOŁO Krzysztof	362	DIRTY SPARROWS	M-Open	67	Dirty Sparrows	00:34:19.75	00:34:19.75	+00:12:30 (36.4%)	6:51	8.7 (63.0%)
71	BACHORSKI Sławomir	8		M-Open	68		00:34:22.30	00:34:22.30	+00:12:33 (36.5%)	6:52	8.7 (63.0%)
72	MIELCARZ Tomasz	196	BIEGOWE DZIKI OCR	M-Open	69	Biegowe Dzikie OCR	00:34:27.60	00:34:27.60	+00:12:38 (36.7%)	6:53	8.7 (63.0%)
73	PIENIAK Piotr	240	PROKOL PRACOWNIA PROJEKTOWO-KOSZTORYSOWA	M-Open	70	PROKOL PRACOWNIA PROJEKTOWO KOSZTORYSOWA	00:34:33.65	00:34:33.65	+00:12:44 (36.9%)	6:54	8.7 (63.0%)
74	KÓZKA Szymon	139	BIRRT, TD, FSWO	M-Open	71		00:34:37.10	00:34:37.10	+00:12:47 (37.0%)	6:55	8.7 (63.0%)
75	RATAJCZAK Małgorzata	257	OCR TEAM ZIELONA GÓRA	K-Open	4	OCR TEAM Zielona Góra	00:34:49.55	00:34:49.55	+00:13:00 (37.3%)	6:57	8.6 (62.3%)
76	ZYGMANOWSKI Piotr	364		M-Open	72		00:34:54.60	00:34:54.60	+00:13:05 (37.5%)	6:58	8.6 (62.3%)
77	ŻYNDUL Krystian	365		M-Open	73		00:34:55.95	00:34:55.95	+00:13:06 (37.5%)	6:59	8.6 (62.3%)
78	WOLNY Piotr	434	FDW	M-Open	74		00:34:58.65	00:34:58.65	+00:13:09 (37.6%)	6:59	8.6 (62.3%)
79	SZTURO Kacper	303		M-Open	75		00:35:18.60	00:35:18.60	+00:13:29 (38.2%)	7:03	8.5 (61.6%)
80	KRZESINSKA Katarzyna	144	OCR TEAM ZIELONA GÓRA	K-Open	5	OCR TEAM Zielona Góra	00:35:36.45	00:35:36.45	+00:13:47 (38.7%)	7:07	8.4 (60.9%)
81	MAJCHRZAK Jakub	175	DRUŻYNA "WU"	M-Open	76	DRUŻYNA "WU"	00:35:53.95	00:35:53.95	+00:14:04 (39.2%)	7:10	8.4 (60.9%)
82	KORALEWSKI Pawel	131		M-Open	77	OCR GYM	00:35:55.50	00:35:55.50	+00:14:06 (39.3%)	7:11	8.4 (60.9%)
83	GRABANIA Rafał	71		M-Open	78		00:35:58.80	00:35:58.80	+00:14:09 (39.4%)	7:11	8.3 (60.1%)

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84	ZIELIŃSKI Michał	392	RUNAWAY	M-Open	79		00:36:01.15	00:36:01.15	+00:14:11 (39.4%)	7:12	8.3 (60.1%)
85	WOJCIECHOWSKI Kamil	340	WARRIOR TEAM	M-Open	80		00:36:15.80	00:36:15.80	+00:14:26 (39.8%)	7:15	8.3 (60.1%)
86	JAKUBCZYK Adam	384	TRANSFORMERS	M-Open	81	Team Transformers	00:36:19.35	00:36:19.35	+00:14:30 (39.9%)	7:15	8.3 (60.1%)
87	BŁASZCZYK Adam	19	GYM MŁYN	M-Open	82		00:36:34.75	00:36:34.75	+00:14:45 (40.3%)	7:18	8.2 (59.4%)
88	BORKOWSKI Mateusz	24	COLOS GYM	M-Open	83		00:36:35.65	00:36:35.65	+00:14:46 (40.4%)	7:19	8.2 (59.4%)
89	RATAJCZAK Robert	256		M-Open	84		00:36:47.55	00:36:47.55	+00:14:58 (40.7%)	7:21	8.2 (59.4%)
90	KARPIŃSKI Paweł	98	FDW	M-Open	85		00:36:58.45	00:36:58.45	+00:15:09 (41.0%)	7:23	8.1 (58.7%)
91	SYDORCZYK Magdalena	297	ENDORFINA WSCHOWA	K-Open	6		00:37:03.25	00:37:03.25	+00:15:14 (41.1%)	7:24	8.1 (58.7%)
92	NOWAK Maciej	214		M-Open	86		00:37:07.45	00:37:07.45	+00:15:18 (41.2%)	7:25	8.1 (58.7%)
93	FLIGER Łukasz	57		M-Open	87		00:37:12.60	00:37:12.60	+00:15:23 (41.4%)	7:26	8.1 (58.7%)
94	PRZYBYLSKA Ewelina	249	ENDORFINA WSCHOWA	K-Open	7		00:37:12.70	00:37:12.70	+00:15:23 (41.4%)	7:26	8.1 (58.7%)
95	KRZESIŃSKI Damian	145	OCR TEAM ZIELONA GÓRA	M-Open	88	OCR TEAM Zielona Góra	00:37:26.40	00:37:26.40	+00:15:37 (41.7%)	7:29	8 (58.0%)
96	STASZAK Marcin	292		M-Open	89		00:37:31.90	00:37:31.90	+00:15:42 (41.9%)	7:30	8 (58.0%)
97	BERGMANN Jakub	15		M-Open	90		00:37:34.10	00:37:34.10	+00:15:44 (41.9%)	7:30	8 (58.0%)
98	KONIECZNY Paweł	128	BIRRT, TD, FSWO	M-Open	91		00:37:40.25	00:37:40.25	+00:15:51 (42.1%)	7:32	8 (58.0%)
99	PRZYBYLSKI Eryk	250		M-Open	92	PERPETUM PROMILE	00:37:43.40	00:37:43.40	+00:15:54 (42.2%)	7:32	8 (58.0%)
100	BROCKI Remigiusz	27		M-Open	93		00:37:45.90	00:37:45.90	+00:15:56 (42.2%)	7:33	7.9 (57.2%)
101	NASKRĘT Damian	410	TRANSFORMERS	M-Open	94		00:37:48.60	00:37:48.60	+00:15:59 (42.3%)	7:33	7.9 (57.2%)
102	KICIŃSKI Adam	436		M-Open	95	KLS	00:37:48.70	00:37:48.70	+00:15:59 (42.3%)	7:33	7.9 (57.2%)
103	DWORCZAK Tomasz	51	TD	M-Open	96	Team Transformers	00:38:09.35	00:38:09.35	+00:16:20 (42.8%)	7:37	7.9 (57.2%)
104	BARTKOWIAK Tyberiusz	10		M-Open	97		00:38:11.90	00:38:11.90	+00:16:22 (42.9%)	7:38	7.9 (57.2%)
105	DUDKOWIAK Beata	49	AMBED	K-Open	8	Ambed	00:38:26.55	00:38:26.55	+00:16:37 (43.2%)	7:41	7.8 (56.5%)
106	MAJOREK Kasia	176	AMBED	K-Open	9	Ambed	00:38:27.00	00:38:27.00	+00:16:37 (43.2%)	7:41	7.8 (56.5%)

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107	KUPS Oktawian	148	DIRTY SPARROWS	M-Open	98	Dirty Sparrows	00:38:27.75	00:38:27.75	+00:16:38 (43.3%)	7:41	7.8 (56.5%)
108	ZAJĄC Jarosław	355	ZAJĄC TEAM	M-Open	99	Zajac Team	00:38:30.95	00:38:30.95	+00:16:41 (43.3%)	7:42	7.8 (56.5%)
109	ANDRZEJEWSKI Robert	4	LEŚNE SKOCZKI	M-Open	100	Leśne skoczki	00:38:34.85	00:38:34.85	+00:16:45 (43.4%)	7:42	7.8 (56.5%)
110	FRAÇKOWIAK Kamil	374		M-Open	101		00:38:38.20	00:38:38.20	+00:16:48 (43.5%)	7:43	7.8 (56.5%)
111	ZAJĄC Karol	357	ZAJĄC TEAM	M-Open	102	Zajac Team	00:38:41.60	00:38:41.60	+00:16:52 (43.6%)	7:44	7.8 (56.5%)
112	MARKOWSKA Nikola	378		K-Open	10	Team Transformers	00:38:46.45	00:38:46.45	+00:16:57 (43.7%)	7:45	7.7 (55.8%)
113	WOLNIK Grzegorz	348		M-Open	103		00:38:54.15	00:38:54.15	+00:17:04 (43.9%)	7:46	7.7 (55.8%)
114	KASPROWIAK Oskar	100		M-Open	104		00:38:57.65	00:38:57.65	+00:17:08 (44.0%)	7:47	7.7 (55.8%)
115	ŚWIDZIŃSKI Marcin	312	TRANSFORMERS	M-Open	105		00:38:59.95	00:38:59.95	+00:17:10 (44.0%)	7:47	7.7 (55.8%)
116	KRAKOWIAK Daniel	140		M-Open	106		00:39:05.75	00:39:05.75	+00:17:16 (44.2%)	7:49	7.7 (55.8%)
117	RATAJCZAK Honorata	261	GYM MŁYN	K-Open	11		00:39:06.70	00:39:06.70	+00:17:17 (44.2%)	7:49	7.7 (55.8%)
118	FRYDRYCH Andrzej	62		M-Open	107		00:39:07.30	00:39:07.30	+00:17:18 (44.2%)	7:49	7.7 (55.8%)
119	SOBECKI Igor	287		M-Open	108		00:39:08.05	00:39:08.05	+00:17:18 (44.2%)	7:49	7.7 (55.8%)
120	RZAŚA Krzysztof	269		M-Open	109		00:39:13.40	00:39:13.40	+00:17:24 (44.4%)	7:50	7.6 (55.1%)
121	MAŃCZAK Joanna	180	GYM MŁYN	K-Open	12	Gym Młyn	00:39:20.00	00:39:20.00	+00:17:30 (44.5%)	7:52	7.6 (55.1%)
122	WOJNICKI Wojciech	342	DIRTY SPARROWS	M-Open	110	Dirty Sparrows	00:39:20.95	00:39:20.95	+00:17:31 (44.5%)	7:52	7.6 (55.1%)
123	MAJCHRZAK Agnieszka	173	DRUŻYNA "WU"	K-Open	13	DRUŻYNA "WU"	00:39:22.15	00:39:22.15	+00:17:32 (44.6%)	7:52	7.6 (55.1%)
124	BOJANOWSKI Marek	22		M-Open	111		00:39:22.90	00:39:22.90	+00:17:33 (44.6%)	7:52	7.6 (55.1%)
125	KLEJEWSKI Przemysław	117		M-Open	112		00:39:31.95	00:39:31.95	+00:17:42 (44.8%)	7:54	7.6 (55.1%)
126	KWARTA Paweł	153		M-Open	113		00:39:33.20	00:39:33.20	+00:17:43 (44.8%)	7:54	7.6 (55.1%)
127	DROBYSZ Sławomir	47	OCR TEAM ZIELONA GÓRA	M-Open	114	OCR TEAM Zielona Góra	00:39:34.40	00:39:34.40	+00:17:45 (44.9%)	7:54	7.6 (55.1%)
128	MRÓZ Katarzyna	205	OCR TEAM ZIELONA GÓRA	K-Open	14	OCR TEAM Zielona Góra	00:39:34.50	00:39:34.50	+00:17:45 (44.9%)	7:54	7.6 (55.1%)
129	MARCINIAK Jędrzej	417		M-Open	115		00:39:41.00	00:39:41.00	+00:17:51 (45.0%)	7:56	7.6 (55.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
130	TOMCZYK Radosław	317		M-Open	116		00:39:46.65	00:39:46.65	+00:17:57 (45.1%)	7:57	7.5 (54.3%)
131	PUZIAK Andrzej	253		M-Open	117		00:39:52.85	00:39:52.85	+00:18:03 (45.3%)	7:58	7.5 (54.3%)
132	KAROLCZAK Damian	401	OCR GYM	M-Open	118	OCR GYM	00:39:54.40	00:39:54.40	+00:18:05 (45.3%)	7:58	7.5 (54.3%)
133	RYBARCZYK Jakub	268	GYM MŁYN	M-Open	119	Gym Młyn	00:39:59.05	00:39:59.05	+00:18:09 (45.4%)	7:59	7.5 (54.3%)
134	PAWIŁOJĆ Jakub	232		M-Open	120		00:40:02.45	00:40:02.45	+00:18:13 (45.5%)	8:00	7.5 (54.3%)
135	SKRZYPCZYK Martyna	281	COLOS GYM	K-Open	15		00:40:16.70	00:40:16.70	+00:18:27 (45.8%)	8:03	7.5 (54.3%)
136	SZYMKOWIAK Mirosław	307	EKIPA AMITY	M-Open	121	Ekipa Amity	00:40:22.55	00:40:22.55	+00:18:33 (46.0%)	8:04	7.4 (53.6%)
137	PITROWSKI Jerzy	241	SPARTA SŁAWA	M-Open	122		00:40:39.95	00:40:39.95	+00:18:50 (46.3%)	8:07	7.4 (53.6%)
138	BARTOSIK Marek	12	KGHM ZG RUN	M-Open	123		00:40:48.85	00:40:48.85	+00:18:59 (46.5%)	8:09	7.4 (53.6%)
139	MARZĘTA Mateusz	186	ORLA KORZEŃSKO	M-Open	124	Orla Korzeńsko	00:40:51.05	00:40:51.05	+00:19:01 (46.6%)	8:10	7.3 (52.9%)
140	MATUSZEWSKI Roman	190	OŻGOŁY	M-Open	125		00:40:53.05	00:40:53.05	+00:19:03 (46.6%)	8:10	7.3 (52.9%)
141	KOPACZYK Michał	130	OŻGOŁY	M-Open	126		00:40:54.05	00:40:54.05	+00:19:04 (46.6%)	8:10	7.3 (52.9%)
142	TURKIEWICZ Mariusz	320		M-Open	127		00:40:54.95	00:40:54.95	+00:19:05 (46.7%)	8:10	7.3 (52.9%)
143	KOLADYŃSKI Jakub	382		M-Open	128	PROKOL PRACOWNIA PROJEKTOWO KOSZTORYSOWA	00:41:00.15	00:41:00.15	+00:19:10 (46.8%)	8:12	7.3 (52.9%)
144	MATUSZEWSKI Marcin	191	EKIPA AMITY	M-Open	129	Ekipa Amity	00:41:02.95	00:41:02.95	+00:19:13 (46.8%)	8:12	7.3 (52.9%)
145	BOGONOS Pawel	390	OX WOLOW	M-Open	130		00:41:25.20	00:41:25.20	+00:19:35 (47.3%)	8:17	7.2 (52.2%)
146	BOROWIAK Adam	371	HWPO	M-Open	131	HWPO	00:41:27.30	00:41:27.30	+00:19:38 (47.4%)	8:17	7.2 (52.2%)
147	ROBACZYŃSKI Dawid	264		M-Open	132		00:41:31.30	00:41:31.30	+00:19:42 (47.4%)	8:18	7.2 (52.2%)
148	SMOROWIŃSKI Dawid	284	POWERGYM	M-Open	133		00:41:31.95	00:41:31.95	+00:19:42 (47.5%)	8:18	7.2 (52.2%)
149	FLORCZAK Mateusz	372		M-Open	134	HWPO	00:41:37.15	00:41:37.15	+00:19:47 (47.6%)	8:19	7.2 (52.2%)
150	CHYŁA Tomasz	36		M-Open	135		00:41:39.55	00:41:39.55	+00:19:50 (47.6%)	8:19	7.2 (52.2%)
151	CHYŁA Piotr	35		M-Open	136		00:41:39.60	00:41:39.60	+00:19:50 (47.6%)	8:19	7.2 (52.2%)
152	BŁACHOWIAK Fabian	396	KLS	M-Open	137	KLS	00:41:44.90	00:41:44.90	+00:19:55 (47.7%)	8:20	7.2 (52.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
153	ŚLĘZAK Mikołaj	309		M-Open	138		00:41:45.55	00:41:45.55	+00:19:56 (47.7%)	8:21	7.2 (52.2%)
154	GORLAS Artur	70		M-Open	139		00:41:46.60	00:41:46.60	+00:19:57 (47.8%)	8:21	7.2 (52.2%)
155	LANDZWOJCZAK Dariusz	157	BIRRT, TD, FSWO	M-Open	140		00:41:54.65	00:41:54.65	+00:20:05 (47.9%)	8:22	7.2 (52.2%)
156	SZCZEPANEK Beata	409	SPARTA RUNNERS	K-Open	16		00:42:03.70	00:42:03.70	+00:20:14 (48.1%)	8:24	7.1 (51.4%)
157	SMOROWIŃSKI Sebastian	285	POWERGYM	M-Open	141		00:42:05.00	00:42:05.00	+00:20:15 (48.1%)	8:25	7.1 (51.4%)
158	MOTEK Michał	204		M-Open	142		00:42:34.35	00:42:34.35	+00:20:45 (48.7%)	8:30	7 (50.7%)
159	WOJTKOWIAK-SCHMIDT Agnieszka	380	WOJTKOWIAKI	K-Open	17		00:42:41.45	00:42:41.45	+00:20:52 (48.9%)	8:32	7 (50.7%)
160	LASIK Bartłomiej	158		M-Open	143		00:43:01.25	00:43:01.25	+00:21:12 (49.3%)	8:36	7 (50.7%)
161	DERLATKO Marek	41		M-Open	144		00:43:01.35	00:43:01.35	+00:21:12 (49.3%)	8:36	7 (50.7%)
161	MILCZAREK Marek	201		M-Open	144		00:43:01.35	00:43:01.35	+00:21:12 (49.3%)	8:36	7 (50.7%)
163	WITKOWSKI Marek	337	BIEGOWE DZIKI OCR	M-Open	146	Biegowe Dzikie OCR	00:43:17.25	00:43:17.25	+00:21:28 (49.6%)	8:39	6.9 (50.0%)
164	ZIOŁO Ewa	363	DIRTY SPARROWS	K-Open	18		00:43:38.95	00:43:38.95	+00:21:49 (50.0%)	8:43	6.9 (50.0%)
165	WITA Adrian	335	EKIPA AMITY	M-Open	147		00:43:43.55	00:43:43.55	+00:21:54 (50.1%)	8:44	6.9 (50.0%)
166	PACHOLEK Julia	228		K-Open	19		00:43:44.70	00:43:44.70	+00:21:55 (50.1%)	8:44	6.9 (50.0%)
167	KASPROWIAK Jakub	101		M-Open	148		00:44:05.25	00:44:05.25	+00:22:16 (50.5%)	8:49	6.8 (49.3%)
168	JAŃCZAK Sebastian	85		M-Open	149		00:44:06.85	00:44:06.85	+00:22:17 (50.5%)	8:49	6.8 (49.3%)
169	NOWAK Anna	219	DIRTY SPARROWS	K-Open	20	Dirty Sparrows	00:44:20.25	00:44:20.25	+00:22:31 (50.8%)	8:52	6.8 (49.3%)
170	KUŚNIEREK Marcel	151	BIRRT, TD, FSWO	M-Open	150		00:44:22.95	00:44:22.95	+00:22:33 (50.8%)	8:52	6.8 (49.3%)
171	DĘBSKI Maciej	42	FITNESS FACTORY	M-Open	151		00:44:31.00	00:44:31.00	+00:22:41 (51.0%)	8:54	6.7 (48.6%)
172	ANTKOWIAK Hubert	5		M-Open	152		00:44:33.55	00:44:33.55	+00:22:44 (51.0%)	8:54	6.7 (48.6%)
173	TADYSZAK Piotr	313	PACHARZYNKI	M-Open	153		00:44:35.45	00:44:35.45	+00:22:46 (51.1%)	8:55	6.7 (48.6%)
174	BUDZYŃSKI Łukasz	32	PACHARZYNKI	M-Open	154		00:44:35.55	00:44:35.55	+00:22:46 (51.1%)	8:55	6.7 (48.6%)
175	KRZEMIEŃ Sławomir	143	OCR GYM	M-Open	155	OCR GYM	00:44:39.35	00:44:39.35	+00:22:50 (51.1%)	8:55	6.7 (48.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
176	KULCZAK Paweł	147		M-Open	156		00:44:43.85	00:44:43.85	+00:22:54 (51.2%)	8:56	6.7 (48.6%)
177	HENICZ Radosław	77	ONI TEŻ SPOCENI	M-Open	157	ONI TEŻ SPOCENI	00:44:44.05	00:44:44.05	+00:22:54 (51.2%)	8:56	6.7 (48.6%)
178	WOŚKO Katarzyna	351	ONI TEŻ SPOCENI	K-Open	21	ONI TEŻ SPOCENI	00:44:44.35	00:44:44.35	+00:22:55 (51.2%)	8:56	6.7 (48.6%)
179	MATUSZAK Adam	187		M-Open	158		00:44:54.25	00:44:54.25	+00:23:05 (51.4%)	8:58	6.7 (48.6%)
180	PIECHOTA Adam	239	TRANSFORMERS	M-Open	159	Team Transformers	00:45:05.75	00:45:05.75	+00:23:16 (51.6%)	9:01	6.7 (48.6%)
181	SOBECKA Hanna	286	GYM MŁYN	K-Open	22	Gym Młyn	00:45:12.85	00:45:12.85	+00:23:23 (51.7%)	9:02	6.6 (47.8%)
182	KASIŃSKI Marcin	422	SWG GOSTYŃ	M-Open	160		00:45:16.35	00:45:16.35	+00:23:27 (51.8%)	9:03	6.6 (47.8%)
183	SITARZ Mateusz	279		M-Open	161		00:45:22.95	00:45:22.95	+00:23:33 (51.9%)	9:04	6.6 (47.8%)
184	WOJTKOWIAK Rafał	343		M-Open	162	Team Transformers	00:45:30.55	00:45:30.55	+00:23:41 (52.1%)	9:06	6.6 (47.8%)
185	ŻUCHOWSKI Bartosz	393		M-Open	163		00:45:45.60	00:45:45.60	+00:23:56 (52.3%)	9:09	6.6 (47.8%)
186	SZYMAŃSKA Julia	306	GYM MŁYN	K-Open	23	Gym Młyn	00:45:47.10	00:45:47.10	+00:23:57 (52.3%)	9:09	6.6 (47.8%)
187	PUCAL Karolina	251		K-Open	24		00:45:53.55	00:45:53.55	+00:24:04 (52.5%)	9:10	6.5 (47.1%)
188	MARCINIAK Klaudia	182		K-Open	25		00:45:57.00	00:45:57.00	+00:24:07 (52.5%)	9:11	6.5 (47.1%)
189	SOBOLEWSKI Michał	289	TWARDZIELE	M-Open	164	TWARDZIELE	00:46:07.25	00:46:07.25	+00:24:18 (52.7%)	9:13	6.5 (47.1%)
190	WANATOWSKA Monika	329		K-Open	26		00:46:07.55	00:46:07.55	+00:24:18 (52.7%)	9:13	6.5 (47.1%)
191	SZAFRANIAK Maciej	299		M-Open	165		00:46:11.40	00:46:11.40	+00:24:22 (52.8%)	9:14	6.5 (47.1%)
192	PŁÓCIENNIK Katarzyna	242	GYM MŁYN	K-Open	27	Gym Młyn	00:46:13.65	00:46:13.65	+00:24:24 (52.8%)	9:14	6.5 (47.1%)
193	MARCINIAK Marcin	184	BIRRT, TD, FSWO	M-Open	166		00:46:14.30	00:46:14.30	+00:24:25 (52.8%)	9:14	6.5 (47.1%)
194	RUTA Kinga	267		K-Open	28	Team Transformers	00:46:19.55	00:46:19.55	+00:24:30 (52.9%)	9:15	6.5 (47.1%)
195	RZEPKA Klaudia	270		K-Open	29		00:46:24.05	00:46:24.05	+00:24:34 (53.0%)	9:16	6.5 (47.1%)
196	ANDRYNOWSKI Piotr	2	AMBED	M-Open	167		00:46:36.95	00:46:36.95	+00:24:47 (53.2%)	9:19	6.4 (46.4%)
197	MALEPSZAK Martin	178		M-Open	168		00:46:38.30	00:46:38.30	+00:24:49 (53.2%)	9:19	6.4 (46.4%)
198	KLAMKA Jakub	116		M-Open	169		00:46:38.45	00:46:38.45	+00:24:49 (53.2%)	9:19	6.4 (46.4%)

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199	KASPROWIAK Paweł	99		M-Open	170		00:46:39.30	00:46:39.30	+00:24:50 (53.2%)	9:19	6.4 (46.4%)
200	GOLANSKI Tomasz	68		M-Open	171		00:46:39.75	00:46:39.75	+00:24:50 (53.2%)	9:19	6.4 (46.4%)
201	KONIECZNY Mateusz	129	BIRRT, TD, FSWO	M-Open	172		00:46:42.50	00:46:42.50	+00:24:53 (53.3%)	9:20	6.4 (46.4%)
202	WIESZCZECZYŃSKI Paweł	334		M-Open	173		00:46:43.35	00:46:43.35	+00:24:54 (53.3%)	9:20	6.4 (46.4%)
203	MIERNIK Przemysław	197	CROSS FIRMUS OBORNIKI ŚLĄSKIE	M-Open	174		00:47:02.85	00:47:02.85	+00:25:13 (53.6%)	9:24	6.4 (46.4%)
204	PUDLISZEWSKA Katarzyna	252		K-Open	30		00:47:09.20	00:47:09.20	+00:25:19 (53.7%)	9:25	6.4 (46.4%)
205	PODGÓRSKA Sylwia	367		K-Open	31		00:47:11.45	00:47:11.45	+00:25:22 (53.8%)	9:26	6.4 (46.4%)
206	JANOWICZ Paulina	437		K-Open	32		00:47:11.60	00:47:11.60	+00:25:22 (53.8%)	9:26	6.4 (46.4%)
207	SINIECKI Krzysztof	277	SPAWACZE	M-Open	175		00:47:27.95	00:47:27.95	+00:25:38 (54.0%)	9:29	6.3 (45.7%)
208	MACHI Łukasz	165	ORLA KORZEŃSKO	M-Open	176	Orla Korzeńsko	00:47:33.70	00:47:33.70	+00:25:44 (54.1%)	9:30	6.3 (45.7%)
209	MARACH Anna	181	MY TU NA CHWILĘ	K-Open	33		00:47:35.85	00:47:35.85	+00:25:46 (54.2%)	9:31	6.3 (45.7%)
210	JAMRY Katarzyna	80		K-Open	34	TWARDZIELE	00:47:44.20	00:47:44.20	+00:25:54 (54.3%)	9:32	6.3 (45.7%)
211	CHAŁUPKA Weronika	418	SZOGUNY KRZYCKO WIELKIE	K-Open	35		00:47:47.15	00:47:47.15	+00:25:57 (54.3%)	9:33	6.3 (45.7%)
212	KONIECZNY Bartosz	127		M-Open	177	PERPETUM PROMILE	00:47:47.85	00:47:47.85	+00:25:58 (54.3%)	9:33	6.3 (45.7%)
213	JUŚKOWIAK Mikołaj	89		M-Open	178	PERPETUM PROMILE	00:47:47.95	00:47:47.95	+00:25:58 (54.3%)	9:33	6.3 (45.7%)
214	PACZYŃSKI Marcin	231	PERPETUM PROMILE	M-Open	179	PERPETUM PROMILE	00:47:51.80	00:47:51.80	+00:26:02 (54.4%)	9:34	6.3 (45.7%)
215	ZAJĄC Aleksander	356	ZAJĄC TEAM	M-Open	180	Zajęc Team	00:47:55.15	00:47:55.15	+00:26:05 (54.5%)	9:35	6.3 (45.7%)
216	TUROWICZ Natalia	375	TEANSFORMERS	K-Open	36	Team Transformers	00:47:56.55	00:47:56.55	+00:26:07 (54.5%)	9:35	6.3 (45.7%)
217	WOJCIECHOWSKI Przemysław	376	TRANSFORMERS	M-Open	181	Team Transformers	00:47:57.50	00:47:57.50	+00:26:08 (54.5%)	9:35	6.3 (45.7%)
218	WRÓBEL Natalia	273	TWARDZIELE	K-Open	37	TWARDZIELE	00:48:04.70	00:48:04.70	+00:26:15 (54.6%)	9:36	6.2 (44.9%)
219	SICIAK Łukasz	274	ORLA KORZEŃSKO	M-Open	182	Orla Korzeńsko	00:48:05.85	00:48:05.85	+00:26:16 (54.6%)	9:37	6.2 (44.9%)
220	SYS Ewa	298		K-Open	38		00:48:06.90	00:48:06.90	+00:26:17 (54.6%)	9:37	6.2 (44.9%)
221	MAKOWSKI Mariusz	177	MAFIA TEAM LUBLINIEC	M-Open	183		00:48:12.10	00:48:12.10	+00:26:22 (54.7%)	9:38	6.2 (44.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
222	LUDWICZAK Piotr	162	TWARDZIELE	M-Open	184	TWARDZIELE	00:48:14.85	00:48:14.85	+00:26:25 (54.8%)	9:38	6.2 (44.9%)
223	BRUDŁO Mikołaj	29	DIRTY SPARROWS	M-Open	185	Dirty Sparrows	00:48:15.60	00:48:15.60	+00:26:26 (54.8%)	9:39	6.2 (44.9%)
224	HOFMAN Ewa	369		K-Open	39	Team Transformers	00:48:24.45	00:48:24.45	+00:26:35 (54.9%)	9:40	6.2 (44.9%)
225	KACZOROWSKI Jakub	95		M-Open	186	PERPETUM PROMILE	00:48:24.85	00:48:24.85	+00:26:35 (54.9%)	9:40	6.2 (44.9%)
226	JANKOWIAK Katarzyna	81		K-Open	40		00:49:14.35	00:49:14.35	+00:27:25 (55.7%)	9:50	6.1 (44.2%)
227	POHLAND Paweł	244		M-Open	187		00:49:14.55	00:49:14.55	+00:27:25 (55.7%)	9:50	6.1 (44.2%)
228	KOWALSKI Mateusz	136	DIRTY SPARROWS	M-Open	188		00:49:34.35	00:49:34.35	+00:27:45 (56.0%)	9:54	6.1 (44.2%)
229	WOŹNIAK Marcin	352		M-Open	189		00:49:43.25	00:49:43.25	+00:27:54 (56.1%)	9:56	6 (43.5%)
230	JANKOWIAK Tomasz	82		M-Open	190		00:49:59.35	00:49:59.35	+00:28:10 (56.3%)	9:59	6 (43.5%)
231	MYSZYNSKI Tomek	208	DIRTY SPARROWS	M-Open	191	Dirty Sparrows	00:50:02.00	00:50:02.00	+00:28:12 (56.4%)	10:00	6 (43.5%)
232	GRUSZKA Arek	74		M-Open	192		00:50:02.35	00:50:02.35	+00:28:13 (56.4%)	10:00	6 (43.5%)
233	ROSIK Jagoda	266		K-Open	41		00:50:02.45	00:50:02.45	+00:28:13 (56.4%)	10:00	6 (43.5%)
234	ELMINOWSKI Tomasz	54		M-Open	193		00:50:03.70	00:50:03.70	+00:28:14 (56.4%)	10:00	6 (43.5%)
235	WALENCIAK Krzysztof	400		M-Open	194		00:50:05.50	00:50:05.50	+00:28:16 (56.4%)	10:01	6 (43.5%)
236	KOCZOROWSKI Filip	408	TRANSFORMERS	M-Open	195		00:50:09.50	00:50:09.50	+00:28:20 (56.5%)	10:01	6 (43.5%)
237	JUŚKOWIAK Marek	91		M-Open	196		00:50:15.95	00:50:15.95	+00:28:26 (56.6%)	10:03	6 (43.5%)
238	BARTLEWICZ Łukasz	11	STALLAS	M-Open	197		00:50:16.20	00:50:16.20	+00:28:26 (56.6%)	10:03	6 (43.5%)
239	POLRZYŃSKI Rafał	246		M-Open	198		00:50:22.50	00:50:22.50	+00:28:33 (56.7%)	10:04	6 (43.5%)
240	KAŹMIERSKI Martyn	106		M-Open	199	PERPETUM PROMILE	00:50:27.55	00:50:27.55	+00:28:38 (56.8%)	10:05	5.9 (42.8%)
241	TURKIEWICZ Jarosław	321		M-Open	200		00:50:33.55	00:50:33.55	+00:28:44 (56.8%)	10:06	5.9 (42.8%)
242	BŁAŻEJCZAK Tomasz	20		M-Open	201		00:50:33.80	00:50:33.80	+00:28:44 (56.8%)	10:06	5.9 (42.8%)
243	NOWAK Przemysław	212		M-Open	202	PERPETUM PROMILE	00:50:35.70	00:50:35.70	+00:28:46 (56.9%)	10:07	5.9 (42.8%)
244	NYNYK Andrii	221		M-Open	203		00:50:40.10	00:50:40.10	+00:28:50 (56.9%)	10:08	5.9 (42.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
245	KONARKOWSKA Tetyana	123	68	K-Open	42		00:50:40.70	00:50:40.70	+00:28:51 (56.9%)	10:08	5.9 (42.8%)
246	KACZMAREK Leszek	94		M-Open	204		00:50:45.15	00:50:45.15	+00:28:55 (57.0%)	10:09	5.9 (42.8%)
247	NGUYEN VAN Sandra	379	NEWLIFEGYMSŁAWĘCICE	K-Open	43	Team Transformers	00:50:47.90	00:50:47.90	+00:28:58 (57.0%)	10:09	5.9 (42.8%)
248	SZYMANEK Tomasz	304		M-Open	205		00:51:06.95	00:51:06.95	+00:29:17 (57.3%)	10:13	5.9 (42.8%)
249	MATUSZEWSKI Łukasz	189		M-Open	206		00:51:23.85	00:51:23.85	+00:29:34 (57.5%)	10:16	5.8 (42.0%)
250	MYSZYNSKI Maciej	209	DIRTY SPARROWS	M-Open	207	Dirty Sparrows	00:51:31.45	00:51:31.45	+00:29:42 (57.6%)	10:18	5.8 (42.0%)
251	KICIŃSKA Klaudia	435	AMBED	K-Open	44		00:51:47.30	00:51:47.30	+00:29:58 (57.9%)	10:21	5.8 (42.0%)
252	DOMAGAŁA Jędrzej	43	AMBED	M-Open	208		00:51:50.35	00:51:50.35	+00:30:01 (57.9%)	10:22	5.8 (42.0%)
253	BIEDALAK Krzysztof	16		M-Open	209		00:51:56.25	00:51:56.25	+00:30:07 (58.0%)	10:23	5.8 (42.0%)
254	TARNAWSKI Maciej	314		M-Open	210		00:52:03.40	00:52:03.40	+00:30:14 (58.1%)	10:24	5.8 (42.0%)
255	KOŁCZ Mariusz	121		M-Open	211	Team Transformers	00:52:08.15	00:52:08.15	+00:30:18 (58.1%)	10:25	5.8 (42.0%)
256	WITKOWSKI Rafał	336	OCR GYM	M-Open	212	OCR GYM	00:52:15.75	00:52:15.75	+00:30:26 (58.2%)	10:27	5.7 (41.3%)
257	BEDNARCZYK Michał	13	AMBED	M-Open	213		00:52:17.20	00:52:17.20	+00:30:27 (58.3%)	10:27	5.7 (41.3%)
258	BUCHWALD Monika	370	AMBED	K-Open	45		00:52:18.05	00:52:18.05	+00:30:28 (58.3%)	10:27	5.7 (41.3%)
259	KOKOT Krzysztof	366		M-Open	214		00:52:20.70	00:52:20.70	+00:30:31 (58.3%)	10:28	5.7 (41.3%)
260	KOWALSKI Adam	138	AMBED	M-Open	215		00:52:21.25	00:52:21.25	+00:30:32 (58.3%)	10:28	5.7 (41.3%)
261	KOWALSKA Marlena	134	AMBED	K-Open	46		00:52:21.95	00:52:21.95	+00:30:32 (58.3%)	10:28	5.7 (41.3%)
262	MACKOWIAK Lukasz	172	AMBED	M-Open	216	Ambed	00:52:23.30	00:52:23.30	+00:30:34 (58.3%)	10:28	5.7 (41.3%)
263	CYPRYAN Krzysztof	38	GYM MŁYN	M-Open	217	Gym Młyn	00:52:27.55	00:52:27.55	+00:30:38 (58.4%)	10:29	5.7 (41.3%)
264	BINIASZ Weronika	18		K-Open	47		00:52:43.60	00:52:43.60	+00:30:54 (58.6%)	10:32	5.7 (41.3%)
265	JANKOWSKA Aleksandra	83		K-Open	48	Team Transformers	00:52:55.20	00:52:55.20	+00:31:05 (58.8%)	10:35	5.7 (41.3%)
266	BARCZYSZYN Aleksandra	9	OCR GYM	K-Open	49	OCR GYM	00:52:56.75	00:52:56.75	+00:31:07 (58.8%)	10:35	5.7 (41.3%)
267	PEŁCZYK Magdalena	235		K-Open	50	Team Transformers	00:52:57.35	00:52:57.35	+00:31:08 (58.8%)	10:35	5.7 (41.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
268	MOTAŁA Paweł	203	TECHMAR	M-Open	218		00:53:01.20	00:53:01.20	+00:31:11 (58.8%)	10:36	5.7 (41.3%)
269	ANDRYNOWSKI Adam	3	AMBED	M-Open	219		00:53:03.55	00:53:03.55	+00:31:14 (58.9%)	10:36	5.7 (41.3%)
270	TOBÓŁKA Maciej	316	OSP DĄBCZE	M-Open	220	Team Transformers	00:53:33.10	00:53:33.10	+00:31:43 (59.3%)	10:42	5.6 (40.6%)
271	DUBISZ Piotr	48	DWS SPORT	M-Open	221		00:53:40.60	00:53:40.60	+00:31:51 (59.3%)	10:44	5.6 (40.6%)
272	KAŻMIERCZAK Marta	105		K-Open	51	ONI TEŻ SPOCENI	00:54:11.65	00:54:11.65	+00:32:22 (59.7%)	10:50	5.5 (39.9%)
273	GAJECKI Daniel	63	BIRRT, FSWO, TD	M-Open	222		00:54:13.65	00:54:13.65	+00:32:24 (59.8%)	10:50	5.5 (39.9%)
274	STACH Sara	291		K-Open	52		00:54:18.45	00:54:18.45	+00:32:29 (59.8%)	10:51	5.5 (39.9%)
275	JUŚKOWIAK Agnieszka	90		K-Open	53	PERPETUM PROMILE	00:54:25.75	00:54:25.75	+00:32:36 (59.9%)	10:53	5.5 (39.9%)
276	KLIEMANN Dorota	338		K-Open	54	ONI TEŻ SPOCENI	00:54:47.35	00:54:47.35	+00:32:58 (60.2%)	10:57	5.5 (39.9%)
277	WAWRZYŃSKA Emilia	331	ONI TEŻ SPOCENI	K-Open	55	Oni też spoceni	00:54:49.50	00:54:49.50	+00:33:00 (60.2%)	10:57	5.5 (39.9%)
278	WAWRZYŃSKI Maciej	333	ONI TEŻ SPOCENI	M-Open	223	Oni też spoceni	00:54:51.80	00:54:51.80	+00:33:02 (60.2%)	10:58	5.5 (39.9%)
279	WOJTERA Karolina	383		K-Open	56	PROKOL PRACOWNIA PROJEKTOWO KOSZTORYSOWA	00:54:54.50	00:54:54.50	+00:33:05 (60.3%)	10:58	5.5 (39.9%)
280	MAROSZ Martyna	185	STOWARZYSZENIE EXTREMALNI	K-Open	57		00:54:56.15	00:54:56.15	+00:33:06 (60.3%)	10:59	5.5 (39.9%)
281	SAJA Weronika	271	STOWARZYSZENIE EXTREMALNI	K-Open	58		00:54:56.35	00:54:56.35	+00:33:07 (60.3%)	10:59	5.5 (39.9%)
282	NOWOTNIK Wojciech	220		M-Open	224		00:55:01.40	00:55:01.40	+00:33:12 (60.3%)	11:00	5.5 (39.9%)
283	DOPIERALSKI Dariusz	46		M-Open	225		00:55:28.75	00:55:28.75	+00:33:39 (60.7%)	11:05	5.4 (39.1%)
284	FOLTYNIEWICZ Alina	59		K-Open	59		00:55:29.05	00:55:29.05	+00:33:39 (60.7%)	11:05	5.4 (39.1%)
285	KAŻMIERCZAK Remigiusz	104		M-Open	226	ONI TEŻ SPOCENI	00:55:35.70	00:55:35.70	+00:33:46 (60.8%)	11:07	5.4 (39.1%)
286	MACIEJEWSKA Dagmara	167		K-Open	60		00:55:38.05	00:55:38.05	+00:33:48 (60.8%)	11:07	5.4 (39.1%)
287	ODROBNY Paweł	223	ONI TEŻ SPOCENI	M-Open	227	ONI TEŻ SPOCENI	00:55:40.65	00:55:40.65	+00:33:51 (60.8%)	11:08	5.4 (39.1%)
288	BOROWIEC Joanna	25		K-Open	61		00:55:41.45	00:55:41.45	+00:33:52 (60.8%)	11:08	5.4 (39.1%)
289	JUŚKOWIAK Natalia	88		K-Open	62	PERPETUM PROMILE	00:55:42.20	00:55:42.20	+00:33:52 (60.8%)	11:08	5.4 (39.1%)
290	APIECIONEK Piotr	7	DZIK TUCHORZA	M-Open	228		00:55:43.80	00:55:43.80	+00:33:54 (60.8%)	11:08	5.4 (39.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
291	WYRÓD Małgorzata	354	MY TU NA CHWILĘ	K-Open	63		00:56:08.40	00:56:08.40	+00:34:19 (61.1%)	11:13	5.3 (38.4%)
292	WYRÓD Dawid	353	MY TU NA CHWILĘ	M-Open	229		00:56:09.05	00:56:09.05	+00:34:19 (61.1%)	11:13	5.3 (38.4%)
293	WALKÓW-MAZAK Marta	328	MY TU NA CHWILE	K-Open	64		00:56:09.10	00:56:09.10	+00:34:19 (61.1%)	11:13	5.3 (38.4%)
294	MAZAK Romuald	192	MY TU NA CHWILE	M-Open	230		00:56:09.15	00:56:09.15	+00:34:19 (61.1%)	11:13	5.3 (38.4%)
295	ODROBNA Iza	222	ONI TEŻ SPOCENI	K-Open	65	ONI TEŻ SPOCENI	00:56:10.00	00:56:10.00	+00:34:20 (61.1%)	11:14	5.3 (38.4%)
296	PERA Ewa	236		K-Open	66	Leśne skoczki	00:56:59.00	00:56:59.00	+00:35:09 (61.7%)	11:23	5.3 (38.4%)
297	KNOZOWSKA Bożena	120	COLOS GYM	K-Open	67		00:57:04.80	00:57:04.80	+00:35:15 (61.8%)	11:24	5.3 (38.4%)
298	KWITA Dawid	156	TD	M-Open	231		00:57:04.90	00:57:04.90	+00:35:15 (61.8%)	11:24	5.3 (38.4%)
299	HENSEL Michał	78		M-Open	232	Leśne skoczki	00:57:05.60	00:57:05.60	+00:35:16 (61.8%)	11:25	5.3 (38.4%)
300	ZAWAŁA Kacper	361		M-Open	233		00:57:12.30	00:57:12.30	+00:35:23 (61.9%)	11:26	5.2 (37.7%)
301	MACHOWSKA Malwina	166		K-Open	68		00:57:13.75	00:57:13.75	+00:35:24 (61.9%)	11:26	5.2 (37.7%)
302	DUDZIK Iwona	50	TRANSFORMERS	K-Open	69		00:57:21.65	00:57:21.65	+00:35:32 (62.0%)	11:28	5.2 (37.7%)
303	MACIEJEWSKI Marcin	168	LEŚNE SKOCZKI	M-Open	234	Leśne skoczki	00:57:37.60	00:57:37.60	+00:35:48 (62.1%)	11:31	5.2 (37.7%)
304	KORONA Paweł	132		M-Open	235	Leśne skoczki	00:58:08.25	00:58:08.25	+00:36:19 (62.5%)	11:37	5.2 (37.7%)
305	NOWAK Sandra	217	DRAGON	K-Open	70	Dragon Gym	00:58:13.85	00:58:13.85	+00:36:24 (62.5%)	11:38	5.2 (37.7%)
306	MARCINIAK Natalia	183	BIRRT, TD, FSWO	K-Open	71		00:58:19.45	00:58:19.45	+00:36:30 (62.6%)	11:39	5.1 (37.0%)
307	SZŁAPKA Anna	302	DRAGON GYM	K-Open	72		00:58:26.20	00:58:26.20	+00:36:36 (62.7%)	11:41	5.1 (37.0%)
308	RATAJCZAK Aleksander	258	DRAGON GYM	M-Open	236	Dragon Gym	00:58:28.45	00:58:28.45	+00:36:39 (62.7%)	11:41	5.1 (37.0%)
309	KACZMAREK Ewelina	433	TD	K-Open	73		00:58:29.45	00:58:29.45	+00:36:40 (62.7%)	11:41	5.1 (37.0%)
310	KWITA Karolina	155	TD	K-Open	74		00:58:44.20	00:58:44.20	+00:36:54 (62.8%)	11:44	5.1 (37.0%)
311	KĘSKIEWICZ Agnieszka	108	MY TU NA CHWILE	K-Open	75		00:58:44.65	00:58:44.65	+00:36:55 (62.9%)	11:44	5.1 (37.0%)
312	WOJTKOWIAK Aleksandra	345		K-Open	76	Team Transformers	00:58:56.10	00:58:56.10	+00:37:06 (63.0%)	11:47	5.1 (37.0%)
313	WOJTKOWIAK Zosia	344		K-Open	77	Team Transformers	00:59:00.55	00:59:00.55	+00:37:11 (63.0%)	11:48	5.1 (37.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
314	ZARWAŃSKI Piotr	359	DRAGON GYM	M-Open	237	Dragon Gym	00:59:00.85	00:59:00.85	+00:37:11 (63.0%)	11:48	5.1 (37.0%)
315	CIEŚLA Wiktoria	37	DRAGON GYM	K-Open	78		00:59:01.30	00:59:01.30	+00:37:12 (63.0%)	11:48	5.1 (37.0%)
316	SINIECKI Marcin	278	DRAGON GYM	M-Open	238		00:59:01.65	00:59:01.65	+00:37:12 (63.0%)	11:48	5.1 (37.0%)
317	MAZUR Dawid	193	„DRAGON GYM”	M-Open	239		00:59:05.65	00:59:05.65	+00:37:16 (63.1%)	11:49	5.1 (37.0%)
318	GURDAK Dajana	76	BIRRT, TD, FSWO	K-Open	79		00:59:07.50	00:59:07.50	+00:37:18 (63.1%)	11:49	5.1 (37.0%)
319	ANTONICKI Łukasz	6	BIRRT, TD, FSWO	M-Open	240		00:59:07.70	00:59:07.70	+00:37:18 (63.1%)	11:49	5.1 (37.0%)
319	WOJTYCZKA Przemysław	347	BIRRT, TD, FSWO	M-Open	240		00:59:07.70	00:59:07.70	+00:37:18 (63.1%)	11:49	5.1 (37.0%)
321	KĘSKIEWICZ Kamil	109	MY TU NA CHWILE	M-Open	242		00:59:08.35	00:59:08.35	+00:37:19 (63.1%)	11:49	5.1 (37.0%)
322	GALON Maciej	64	TD	M-Open	243	Team Transformers	00:59:12.35	00:59:12.35	+00:37:23 (63.1%)	11:50	5.1 (37.0%)
323	PACZEŚNA Paula	230		K-Open	80	Team Transformers	00:59:27.25	00:59:27.25	+00:37:38 (63.3%)	11:53	5 (36.2%)
324	PODGÓRSKI Paweł	243	BIRRT, TD, FSWO	M-Open	244		00:59:39.85	00:59:39.85	+00:37:50 (63.4%)	11:55	5 (36.2%)
325	OKULSKI Przemysław	224	BIRRT, TD, FSWO	M-Open	245		00:59:52.45	00:59:52.45	+00:38:03 (63.6%)	11:58	5 (36.2%)
326	WOJCIECHOWSKA Agnieszka	339	BIRRT, FSWO, TD	K-Open	81		01:00:13.45	01:00:13.45	+00:38:24 (63.8%)	12:02	5 (36.2%)
327	MATUSZEWSKA Aleksandra	188	BIRRT, FSWO, TD	K-Open	82		01:00:16.00	01:00:16.00	+00:38:26 (63.8%)	12:03	5 (36.2%)
328	KUŚNIEREK Joanna	150	BIRRT, TD, FSWO	K-Open	83	Team Transformers	01:00:18.80	01:00:18.80	+00:38:29 (63.8%)	12:03	5 (36.2%)
329	FABICH Weronika	55	BIRRT, TD, FSWO	K-Open	84		01:00:34.65	01:00:34.65	+00:38:45 (64.0%)	12:06	5 (36.2%)
330	RACHMAJDA Mikołaj	255	BIRRT, TD, FSWO	M-Open	246		01:00:37.70	01:00:37.70	+00:38:48 (64.0%)	12:07	4.9 (35.5%)
331	WOŚ Kinga	350		K-Open	85		01:01:30.25	01:01:30.25	+00:39:41 (64.5%)	12:18	4.9 (35.5%)
332	KALISKI Darek	96	TOYOCAR TEAM LESZNO	M-Open	247	TOYOCAR TEAM LESZNO	01:01:58.55	01:01:58.55	+00:40:09 (64.8%)	12:23	4.8 (34.8%)
333	GRAJNERT Paulina	72	TOYOCAR TEAM LESZNO	K-Open	86	TOYOCAR TEAM LESZNO	01:01:59.55	01:01:59.55	+00:40:10 (64.8%)	12:23	4.8 (34.8%)
334	KUŚNIEREK Jakub	152	TOYOCAR TEAM LESZNO	M-Open	248	TOYOCAR TEAM LESZNO	01:01:59.80	01:01:59.80	+00:40:10 (64.8%)	12:23	4.8 (34.8%)
335	SMEKTAŁA Małgorzata	283	TOYOCAR TEAM LESZNO	K-Open	87	TOYOCAR TEAM LESZNO	01:01:59.85	01:01:59.85	+00:40:10 (64.8%)	12:23	4.8 (34.8%)
336	MIERZEJEWSKA Laura	198	TOYOCAR TEAM LESZNO	K-Open	88	TOYOCAR TEAM LESZNO	01:01:59.90	01:01:59.90	+00:40:10 (64.8%)	12:23	4.8 (34.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
337	UFNIAK Radosław	323	TOYOCAR TEAM LESZNO	M-Open	249	TOYOCAR TEAM LESZNO	01:02:00.05	01:02:00.05	+00:40:10 (64.8%)	12:24	4.8 (34.8%)
338	FRANKA Magdalena	60	TOYOCAR TEAM LESZNO	K-Open	89	TOYOCAR TEAM LESZNO	01:02:00.95	01:02:00.95	+00:40:11 (64.8%)	12:24	4.8 (34.8%)
339	KONIECZNA Wiktoria	125	BIRRT, TD, FSWO	K-Open	90		01:02:01.70	01:02:01.70	+00:40:12 (64.8%)	12:24	4.8 (34.8%)
340	KONIECZNA Anna	124	BIRRT, TD, FSWO	K-Open	91		01:02:04.50	01:02:04.50	+00:40:15 (64.8%)	12:24	4.8 (34.8%)
341	MIRECKI Jakub	202		M-Open	250		01:02:28.15	01:02:28.15	+00:40:38 (65.1%)	12:29	4.8 (34.8%)
342	TARNAWSKI Bartosz	315		M-Open	251		01:02:42.85	01:02:42.85	+00:40:53 (65.2%)	12:32	4.8 (34.8%)
343	JAKUBOWSKI Miłosz	412		M-Open	252		01:04:10.00	01:04:10.00	+00:42:20 (66.0%)	12:50	4.7 (34.1%)
344	JAKUBOWSKI Mariusz	413		M-Open	253		01:04:13.20	01:04:13.20	+00:42:23 (66.0%)	12:50	4.7 (34.1%)
345	OZGOWICZ Sylwia	227	CNS NOWA SÓL	K-Open	92	CNS Nowa Sól	01:04:24.95	01:04:24.95	+00:42:35 (66.1%)	12:52	4.7 (34.1%)
346	STASZAK Małgorzata	293	CNS NOWA SÓL	K-Open	93	CNS Nowa Sól	01:04:25.05	01:04:25.05	+00:42:35 (66.1%)	12:53	4.7 (34.1%)
347	ŁOWCZYŃSKA Ewelina	387	CNS NOWA SÓL	K-Open	94		01:04:25.25	01:04:25.25	+00:42:36 (66.1%)	12:53	4.7 (34.1%)
348	KASPRZAK Hieronim	103	TEAM TRANSFORMERS	M-Open	254	Team Transformers	01:04:26.35	01:04:26.35	+00:42:37 (66.1%)	12:53	4.7 (34.1%)
349	DOMAGAŁA Patrycja	44		K-Open	95		01:04:39.30	01:04:39.30	+00:42:50 (66.3%)	12:55	4.6 (33.3%)
350	MUSIELAK Patrycja	206		K-Open	96		01:04:42.25	01:04:42.25	+00:42:53 (66.3%)	12:56	4.6 (33.3%)
351	JAKUBOWSKI Kasper	398		M-Open	255		01:05:32.15	01:05:32.15	+00:43:42 (66.7%)	13:06	4.6 (33.3%)
352	JAKUBOWSKA Natalia	397		K-Open	97		01:05:49.20	01:05:49.20	+00:43:59 (66.8%)	13:09	4.6 (33.3%)
353	JAKUBOWSKI Łukasz	411		M-Open	256		01:07:36.65	01:07:36.65	+00:45:47 (67.7%)	13:31	4.4 (31.9%)
354	PACYNA Marcin	229		M-Open	257		01:09:30.90	01:09:30.90	+00:47:41 (68.6%)	13:54	4.3 (31.2%)
355	KACHEL Łukasz	92	GONISUKI NABOSAKA	M-Open	258	GONISUKI NABOSAKA	01:10:30.75	01:10:30.75	+00:48:41 (69.1%)	14:06	4.3 (31.2%)
356	JAKUBIAK Mateusz	79	GONISUKI NABOSAKA	M-Open	259	GONISUKI NABOSAKA	01:10:32.70	01:10:32.70	+00:48:43 (69.1%)	14:06	4.3 (31.2%)
357	MIKOŁAJCZAK Marta	199	GONISUKI NABOSAKA	K-Open	98	GONISUKI NABOSAKA	01:13:17.20	01:13:17.20	+00:51:27 (70.2%)	14:39	4.1 (29.7%)
358	STRUK Agnieszka	296	GONISUKI NABOSAKA	K-Open	99		01:13:18.65	01:13:18.65	+00:51:29 (70.2%)	14:39	4.1 (29.7%)
359	KONIECZNY Norbert	126	GONISUKI NABOSAKA	M-Open	260	GONISUKI NABOSAKA	01:14:05.55	01:14:05.55	+00:52:16 (70.5%)	14:49	4 (29.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
360	PAWŁOWSKI Krzysztof	233	BIRRT, TD, FSWO	M-Open	261		01:17:07.20	01:17:07.20	+00:55:17 (71.7%)	15:25	3.9 (28.3%)
361	CZYŻEWSKI Wojciech	39	BIRRT, TD, FSWO	M-Open	262		01:17:54.30	01:17:54.30	+00:56:05 (72.0%)	15:34	3.9 (28.3%)
362	KRÓLIKOWSKI Jacek	141	BIEGAJ LESZNO	M-Open	263		03:23:56.45	03:23:56.45	+03:02:07 (89.3%)	40:47	1.5 (10.9%)
363	LEŚNIEWICZ Piotr	160		M-Open	264	Team Transformers					(0.0%)
364	WOJTKOWIAK Wojciech	381	WOJTKOWIAKI	M-Open	265						(0.0%)
365	KĘSKIEWICZ Agnieszka	108	MY TU NA CHWILE	K-Open	100						(0.0%)
	MILASZEWSKI Michał	200		M-Open		EKIPA	DNF	DNF		-	- (0.0%)

Znaleziono 366 wynik(ów)