



# 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	<b>WOJTYSZYN Wojciech</b>	<b>420</b>	EX TEAM	M-Open	1	Ex Team	<b>00:21:49.25</b>	<b>00:21:49.25</b>		4:21	13.8 (100%)
2	<b>WÓJCIK Adam</b>	<b>421</b>	EX TEAM	M-Open	2	Ex Team	<b>00:22:51.75</b>	<b>00:22:51.75</b>	+00:01:02 (4.6%)	4:34	13.1 (94.9%)
3	<b>KOŁOSZUK Marcin</b>	<b>122</b>	4 PUŁK PRZECIWLOTNICZY	M-Open	3		<b>00:23:46.60</b>	<b>00:23:46.60</b>	+00:01:57 (8.2%)	4:45	12.6 (91.3%)
4	<b>BRZozowski Filip</b>	<b>31</b>	SPARTA RUNNERS	M-Open	4	SPARTA RUNNERS	<b>00:25:01.05</b>	<b>00:25:01.05</b>	+00:03:11 (12.8%)	5:00	12 (87.0%)
5	<b>NAGLAK Hubert</b>	<b>406</b>	HELL'S GYM OCR PĘPOWO	M-Open	5	Hell's gym ocr Pępowo	<b>00:25:28.90</b>	<b>00:25:28.90</b>	+00:03:39 (14.4%)	5:05	11.8 (85.5%)
6	<b>SIEKIERSKI Paweł</b>	<b>275</b>	DIRTY SPARROWS	M-Open	6	Dirty Sparrows	<b>00:25:40.00</b>	<b>00:25:40.00</b>	+00:03:50 (15.0%)	5:08	11.7 (84.8%)
7	<b>FETSIUKOU Aliaksei</b>	<b>419</b>	OCR GYM	M-Open	7	OCR GYM	<b>00:25:44.35</b>	<b>00:25:44.35</b>	+00:03:55 (15.2%)	5:08	11.7 (84.8%)
8	<b>CHAJA Radosław</b>	<b>33</b>		M-Open	8		<b>00:26:07.75</b>	<b>00:26:07.75</b>	+00:04:18 (16.5%)	5:13	11.5 (83.3%)
9	<b>MARCINKOWSKI Adam</b>	<b>386</b>	CZARNA HORDA	M-Open	9		<b>00:26:33.45</b>	<b>00:26:33.45</b>	+00:04:44 (17.8%)	5:18	11.3 (81.9%)
10	<b>BOŃCZEK Michał</b>	<b>23</b>		M-Open	10		<b>00:26:36.75</b>	<b>00:26:36.75</b>	+00:04:47 (18.0%)	5:19	11.3 (81.9%)
11	<b>BAJON Przemysław</b>	<b>394</b>	WATAHA	M-Open	11	OCR GYM	<b>00:26:41.30</b>	<b>00:26:41.30</b>	+00:04:52 (18.2%)	5:20	11.2 (81.2%)
12	<b>GLAPIAK Maciej</b>	<b>67</b>	AWL WROCŁAW	M-Open	12		<b>00:26:57.60</b>	<b>00:26:57.60</b>	+00:05:08 (19.1%)	5:23	11.1 (80.4%)
13	<b>PRAŁAT Arkadiusz</b>	<b>247</b>		M-Open	13		<b>00:27:07.65</b>	<b>00:27:07.65</b>	+00:05:18 (19.6%)	5:25	11.1 (80.4%)
14	<b>KLUCZYŃSKI Kamil</b>	<b>119</b>	MOVE RUN FUN	M-Open	14		<b>00:27:30.65</b>	<b>00:27:30.65</b>	+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	<b>TROJANOWSKI Artur</b>	<b>318</b>	BIEGOWE DZIKI OCR	M-Open	15	Biegowe Dzikie OCR	<b>00:27:46.30</b>	<b>00:27:46.30</b>	+00:05:57 (21.4%)	5:33	10.8 (78.3%)
16	<b>DZIUBAŁKA Adrian</b>	<b>52</b>	GYM MŁYN	M-Open	16	Gym Młyn	<b>00:27:49.15</b>	<b>00:27:49.15</b>	+00:05:59 (21.6%)	5:33	10.8 (78.3%)
17	<b>KĘPA Bartosz</b>	<b>377</b>	SPARTA RUNNERS	M-Open	17	SPARTA RUNNERS	<b>00:27:57.80</b>	<b>00:27:57.80</b>	+00:06:08 (22.0%)	5:35	10.7 (77.5%)
18	<b>KOTARSKI Sebastian</b>	<b>133</b>	ZG RUDNA	M-Open	18		<b>00:28:00.05</b>	<b>00:28:00.05</b>	+00:06:10 (22.1%)	5:36	10.7 (77.5%)
19	<b>KASPRZAK Artur</b>	<b>102</b>	TEAM TRANSFORMERS	M-Open	19	Team Transformers	<b>00:28:03.55</b>	<b>00:28:03.55</b>	+00:06:14 (22.2%)	5:36	10.7 (77.5%)
20	<b>MAJCHRZAK Andrzej</b>	<b>174</b>	DRUŻYNA "WU"	M-Open	20	DRUŻYNA "WU"	<b>00:28:15.35</b>	<b>00:28:15.35</b>	+00:06:26 (22.8%)	5:39	10.6 (76.8%)
21	<b>LEWICKI Piotr</b>	<b>161</b>	EMERYCI NA START	M-Open	21		<b>00:28:44.60</b>	<b>00:28:44.60</b>	+00:06:55 (24.1%)	5:44	10.4 (75.4%)
22	<b>JARÓŻEK Dominik</b>	<b>86</b>	MUKS SZOK BOJANOWO	M-Open	22		<b>00:28:59.05</b>	<b>00:28:59.05</b>	+00:07:09 (24.7%)	5:47	10.4 (75.4%)
23	<b>ŁUCZAK Ariel</b>	<b>163</b>	WERNER KENKEL SPORT TEAM	M-Open	23	WERNER KENKEL SPORT TEAM	<b>00:29:02.75</b>	<b>00:29:02.75</b>	+00:07:13 (24.9%)	5:48	10.3 (74.6%)
24	<b>STOLAREK Sebastian</b>	<b>295</b>	SPARTA RUNNERS	M-Open	24	SPARTA RUNNERS	<b>00:29:11.75</b>	<b>00:29:11.75</b>	+00:07:22 (25.3%)	5:50	10.3 (74.6%)
25	<b>DĄBEK Patryk</b>	<b>40</b>	COLOS GYM	M-Open	25		<b>00:29:33.85</b>	<b>00:29:33.85</b>	+00:07:44 (26.2%)	5:54	10.2 (73.9%)
26	<b>SOLARSKI Błażej</b>	<b>290</b>		M-Open	26		<b>00:29:39.75</b>	<b>00:29:39.75</b>	+00:07:50 (26.4%)	5:55	10.1 (73.2%)
27	<b>URBAŃSKI Dawid</b>	<b>385</b>		M-Open	27		<b>00:29:48.60</b>	<b>00:29:48.60</b>	+00:07:59 (26.8%)	5:57	10.1 (73.2%)
28	<b>SZAŁATA Piotr</b>	<b>300</b>	BIEGOWE DZIKI OCR	M-Open	28	Biegowe Dzikie OCR	<b>00:29:49.15</b>	<b>00:29:49.15</b>	+00:07:59 (26.8%)	5:57	10.1 (73.2%)
29	<b>DUCHNOWSKI Tomasz</b>	<b>368</b>	SPARTA RUNNERS	M-Open	29	SPARTA RUNNERS	<b>00:29:53.95</b>	<b>00:29:53.95</b>	+00:08:04 (27.0%)	5:58	10 (72.5%)
30	<b>BINIĄSZ Damian</b>	<b>17</b>		M-Open	30		<b>00:29:57.80</b>	<b>00:29:57.80</b>	+00:08:08 (27.2%)	5:59	10 (72.5%)
31	<b>SOBOLEWSKI Artur</b>	<b>288</b>	MROWINO RUN	M-Open	31		<b>00:30:10.60</b>	<b>00:30:10.60</b>	+00:08:21 (27.7%)	6:02	9.9 (71.7%)
32	<b>KOWALSKI Mariusz</b>	<b>137</b>	OCR TEAM ZIELONA GÓRA	M-Open	32	OCR TEAM Zielona Góra	<b>00:30:15.70</b>	<b>00:30:15.70</b>	+00:08:26 (27.9%)	6:03	9.9 (71.7%)
33	<b>FRAŃCZAK Dariusz</b>	<b>61</b>		M-Open	33		<b>00:30:36.70</b>	<b>00:30:36.70</b>	+00:08:47 (28.7%)	6:07	9.8 (71.0%)
34	<b>RATAJSZCZAK Dominik</b>	<b>262</b>		M-Open	34		<b>00:30:42.10</b>	<b>00:30:42.10</b>	+00:08:52 (28.9%)	6:08	9.8 (71.0%)
35	<b>ŁĘGOWSKI Kacper</b>	<b>373</b>		M-Open	35		<b>00:30:45.55</b>	<b>00:30:45.55</b>	+00:08:56 (29.1%)	6:09	9.8 (71.0%)
36	<b>DOPIERAŁSKI Dariusz</b>	<b>45</b>		M-Open	36		<b>00:30:49.30</b>	<b>00:30:49.30</b>	+00:09:00 (29.2%)	6:09	9.7 (70.3%)
37	<b>KOWALSKA Natalia</b>	<b>135</b>	BIEGUN OCR TEAM	K-Open	1		<b>00:30:58.10</b>	<b>00:30:58.10</b>	+00:09:08 (29.5%)	6:11	9.7 (70.3%)

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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
107	<b>KUPS Oktawian</b>	<b>148</b>	DIRTY SPARROWS	M-Open	98	Dirty Sparrows	<b>00:38:27.75</b>	<b>00:38:27.75</b>	+00:16:38 (43.3%)	7:41	7.8 (56.5%)
108	<b>ZAJĄC Jarosław</b>	<b>355</b>	ZAJĄC TEAM	M-Open	99	Zajac Team	<b>00:38:30.95</b>	<b>00:38:30.95</b>	+00:16:41 (43.3%)	7:42	7.8 (56.5%)
109	<b>ANDRZEJEWSKI Robert</b>	<b>4</b>	LEŚNE SKOCZKI	M-Open	100	Leśne skoczki	<b>00:38:34.85</b>	<b>00:38:34.85</b>	+00:16:45 (43.4%)	7:42	7.8 (56.5%)
110	<b>FRAÇKOWIAK Kamil</b>	<b>374</b>		M-Open	101		<b>00:38:38.20</b>	<b>00:38:38.20</b>	+00:16:48 (43.5%)	7:43	7.8 (56.5%)
111	<b>ZAJĄC Karol</b>	<b>357</b>	ZAJĄC TEAM	M-Open	102	Zajac Team	<b>00:38:41.60</b>	<b>00:38:41.60</b>	+00:16:52 (43.6%)	7:44	7.8 (56.5%)
112	<b>MARKOWSKA Nikola</b>	<b>378</b>		K-Open	10	Team Transformers	<b>00:38:46.45</b>	<b>00:38:46.45</b>	+00:16:57 (43.7%)	7:45	7.7 (55.8%)
113	<b>WOLNIK Grzegorz</b>	<b>348</b>		M-Open	103		<b>00:38:54.15</b>	<b>00:38:54.15</b>	+00:17:04 (43.9%)	7:46	7.7 (55.8%)
114	<b>KASPROWIAK Oskar</b>	<b>100</b>		M-Open	104		<b>00:38:57.65</b>	<b>00:38:57.65</b>	+00:17:08 (44.0%)	7:47	7.7 (55.8%)
115	<b>ŚWIDZIŃSKI Marcin</b>	<b>312</b>	TRANSFORMERS	M-Open	105		<b>00:38:59.95</b>	<b>00:38:59.95</b>	+00:17:10 (44.0%)	7:47	7.7 (55.8%)
116	<b>KRAKOWIAK Daniel</b>	<b>140</b>		M-Open	106		<b>00:39:05.75</b>	<b>00:39:05.75</b>	+00:17:16 (44.2%)	7:49	7.7 (55.8%)
117	<b>RATAJCZAK Honorata</b>	<b>261</b>	GYM MŁYN	K-Open	11		<b>00:39:06.70</b>	<b>00:39:06.70</b>	+00:17:17 (44.2%)	7:49	7.7 (55.8%)
118	<b>FRYDRYCH Andrzej</b>	<b>62</b>		M-Open	107		<b>00:39:07.30</b>	<b>00:39:07.30</b>	+00:17:18 (44.2%)	7:49	7.7 (55.8%)
119	<b>SOBECKI Igor</b>	<b>287</b>		M-Open	108		<b>00:39:08.05</b>	<b>00:39:08.05</b>	+00:17:18 (44.2%)	7:49	7.7 (55.8%)
120	<b>RZAŚA Krzysztof</b>	<b>269</b>		M-Open	109		<b>00:39:13.40</b>	<b>00:39:13.40</b>	+00:17:24 (44.4%)	7:50	7.6 (55.1%)
121	<b>MAŃCZAK Joanna</b>	<b>180</b>	GYM MŁYN	K-Open	12	Gym Młyn	<b>00:39:20.00</b>	<b>00:39:20.00</b>	+00:17:30 (44.5%)	7:52	7.6 (55.1%)
122	<b>WOJNICKI Wojciech</b>	<b>342</b>	DIRTY SPARROWS	M-Open	110	Dirty Sparrows	<b>00:39:20.95</b>	<b>00:39:20.95</b>	+00:17:31 (44.5%)	7:52	7.6 (55.1%)
123	<b>MAJCHRZAK Agnieszka</b>	<b>173</b>	DRUŻYNA "WU"	K-Open	13	DRUŻYNA "WU"	<b>00:39:22.15</b>	<b>00:39:22.15</b>	+00:17:32 (44.6%)	7:52	7.6 (55.1%)
124	<b>BOJANOWSKI Marek</b>	<b>22</b>		M-Open	111		<b>00:39:22.90</b>	<b>00:39:22.90</b>	+00:17:33 (44.6%)	7:52	7.6 (55.1%)
125	<b>KLEJEWSKI Przemysław</b>	<b>117</b>		M-Open	112		<b>00:39:31.95</b>	<b>00:39:31.95</b>	+00:17:42 (44.8%)	7:54	7.6 (55.1%)
126	<b>KWARTA Paweł</b>	<b>153</b>		M-Open	113		<b>00:39:33.20</b>	<b>00:39:33.20</b>	+00:17:43 (44.8%)	7:54	7.6 (55.1%)
127	<b>DROBYSZ Sławomir</b>	<b>47</b>	OCR TEAM ZIELONA GÓRA	M-Open	114	OCR TEAM Zielona Góra	<b>00:39:34.40</b>	<b>00:39:34.40</b>	+00:17:45 (44.9%)	7:54	7.6 (55.1%)
128	<b>MRÓZ Katarzyna</b>	<b>205</b>	OCR TEAM ZIELONA GÓRA	K-Open	14	OCR TEAM Zielona Góra	<b>00:39:34.50</b>	<b>00:39:34.50</b>	+00:17:45 (44.9%)	7:54	7.6 (55.1%)
129	<b>MARCINIAK Jędrzej</b>	<b>417</b>		M-Open	115		<b>00:39:41.00</b>	<b>00:39:41.00</b>	+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	<b>TOMCZYK Radosław</b>	<b>317</b>		M-Open	116		<b>00:39:46.65</b>	<b>00:39:46.65</b>	+00:17:57 (45.1%)	7:57	7.5 (54.3%)
131	<b>PUZIAK Andrzej</b>	<b>253</b>		M-Open	117		<b>00:39:52.85</b>	<b>00:39:52.85</b>	+00:18:03 (45.3%)	7:58	7.5 (54.3%)
132	<b>KAROLCZAK Damian</b>	<b>401</b>	OCR GYM	M-Open	118	OCR GYM	<b>00:39:54.40</b>	<b>00:39:54.40</b>	+00:18:05 (45.3%)	7:58	7.5 (54.3%)
133	<b>RYBARCZYK Jakub</b>	<b>268</b>	GYM MŁYN	M-Open	119	Gym Młyn	<b>00:39:59.05</b>	<b>00:39:59.05</b>	+00:18:09 (45.4%)	7:59	7.5 (54.3%)
134	<b>PAWIŁOJĆ Jakub</b>	<b>232</b>		M-Open	120		<b>00:40:02.45</b>	<b>00:40:02.45</b>	+00:18:13 (45.5%)	8:00	7.5 (54.3%)
135	<b>SKRZYPCZYK Martyna</b>	<b>281</b>	COLOS GYM	K-Open	15		<b>00:40:16.70</b>	<b>00:40:16.70</b>	+00:18:27 (45.8%)	8:03	7.5 (54.3%)
136	<b>SZYMKOWIAK Mirosław</b>	<b>307</b>	EKIPA AMITY	M-Open	121	Ekipa Amity	<b>00:40:22.55</b>	<b>00:40:22.55</b>	+00:18:33 (46.0%)	8:04	7.4 (53.6%)
137	<b>PITROWSKI Jerzy</b>	<b>241</b>	SPARTA SŁAWA	M-Open	122		<b>00:40:39.95</b>	<b>00:40:39.95</b>	+00:18:50 (46.3%)	8:07	7.4 (53.6%)
138	<b>BARTOSIK Marek</b>	<b>12</b>	KGHM ZG RUN	M-Open	123		<b>00:40:48.85</b>	<b>00:40:48.85</b>	+00:18:59 (46.5%)	8:09	7.4 (53.6%)
139	<b>MARZĘTA Mateusz</b>	<b>186</b>	ORLA KORZEŃSKO	M-Open	124	Orla Korzeńsko	<b>00:40:51.05</b>	<b>00:40:51.05</b>	+00:19:01 (46.6%)	8:10	7.3 (52.9%)
140	<b>MATUSZEWSKI Roman</b>	<b>190</b>	OŻGOŁY	M-Open	125		<b>00:40:53.05</b>	<b>00:40:53.05</b>	+00:19:03 (46.6%)	8:10	7.3 (52.9%)
141	<b>KOPACZYK Michał</b>	<b>130</b>	OŻGOŁY	M-Open	126		<b>00:40:54.05</b>	<b>00:40:54.05</b>	+00:19:04 (46.6%)	8:10	7.3 (52.9%)
142	<b>TURKIEWICZ Mariusz</b>	<b>320</b>		M-Open	127		<b>00:40:54.95</b>	<b>00:40:54.95</b>	+00:19:05 (46.7%)	8:10	7.3 (52.9%)
143	<b>KOLADYŃSKI Jakub</b>	<b>382</b>		M-Open	128	PROKOL PRACOWNIA PROJEKTOWO KOSZTORYSOWA	<b>00:41:00.15</b>	<b>00:41:00.15</b>	+00:19:10 (46.8%)	8:12	7.3 (52.9%)
144	<b>MATUSZEWSKI Marcin</b>	<b>191</b>	EKIPA AMITY	M-Open	129	Ekipa Amity	<b>00:41:02.95</b>	<b>00:41:02.95</b>	+00:19:13 (46.8%)	8:12	7.3 (52.9%)
145	<b>BOGONOS Pawel</b>	<b>390</b>	OX WOLOW	M-Open	130		<b>00:41:25.20</b>	<b>00:41:25.20</b>	+00:19:35 (47.3%)	8:17	7.2 (52.2%)
146	<b>BOROWIAK Adam</b>	<b>371</b>	HWPO	M-Open	131	HWPO	<b>00:41:27.30</b>	<b>00:41:27.30</b>	+00:19:38 (47.4%)	8:17	7.2 (52.2%)
147	<b>ROBACZYŃSKI Dawid</b>	<b>264</b>		M-Open	132		<b>00:41:31.30</b>	<b>00:41:31.30</b>	+00:19:42 (47.4%)	8:18	7.2 (52.2%)
148	<b>SMOROWIŃSKI Dawid</b>	<b>284</b>	POWERGYM	M-Open	133		<b>00:41:31.95</b>	<b>00:41:31.95</b>	+00:19:42 (47.5%)	8:18	7.2 (52.2%)
149	<b>FLORCZAK Mateusz</b>	<b>372</b>		M-Open	134	HWPO	<b>00:41:37.15</b>	<b>00:41:37.15</b>	+00:19:47 (47.6%)	8:19	7.2 (52.2%)
150	<b>CHYŁA Tomasz</b>	<b>36</b>		M-Open	135		<b>00:41:39.55</b>	<b>00:41:39.55</b>	+00:19:50 (47.6%)	8:19	7.2 (52.2%)
151	<b>CHYŁA Piotr</b>	<b>35</b>		M-Open	136		<b>00:41:39.60</b>	<b>00:41:39.60</b>	+00:19:50 (47.6%)	8:19	7.2 (52.2%)
152	<b>BŁACHOWIAK Fabian</b>	<b>396</b>	KLS	M-Open	137	KLS	<b>00:41:44.90</b>	<b>00:41:44.90</b>	+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	<b>ŚLĘZAK Mikołaj</b>	<b>309</b>		M-Open	138		<b>00:41:45.55</b>	<b>00:41:45.55</b>	+00:19:56 (47.7%)	8:21	7.2 (52.2%)
154	<b>GORLAS Artur</b>	<b>70</b>		M-Open	139		<b>00:41:46.60</b>	<b>00:41:46.60</b>	+00:19:57 (47.8%)	8:21	7.2 (52.2%)
155	<b>LANDZWOJCZAK Dariusz</b>	<b>157</b>	BIRRT, TD, FSWO	M-Open	140		<b>00:41:54.65</b>	<b>00:41:54.65</b>	+00:20:05 (47.9%)	8:22	7.2 (52.2%)
156	<b>SZCZEPANEK Beata</b>	<b>409</b>	SPARTA RUNNERS	K-Open	16		<b>00:42:03.70</b>	<b>00:42:03.70</b>	+00:20:14 (48.1%)	8:24	7.1 (51.4%)
157	<b>SMOROWIŃSKI Sebastian</b>	<b>285</b>	POWERYGYM	M-Open	141		<b>00:42:05.00</b>	<b>00:42:05.00</b>	+00:20:15 (48.1%)	8:25	7.1 (51.4%)
158	<b>MOTEK Michał</b>	<b>204</b>		M-Open	142		<b>00:42:34.35</b>	<b>00:42:34.35</b>	+00:20:45 (48.7%)	8:30	7 (50.7%)
159	<b>WOJTKOWIAK-SCHMIDT Agnieszka</b>	<b>380</b>	WOJTKOWIAKI	K-Open	17		<b>00:42:41.45</b>	<b>00:42:41.45</b>	+00:20:52 (48.9%)	8:32	7 (50.7%)
160	<b>LASIK Bartłomiej</b>	<b>158</b>		M-Open	143		<b>00:43:01.25</b>	<b>00:43:01.25</b>	+00:21:12 (49.3%)	8:36	7 (50.7%)
161	<b>DERLATKO Marek</b>	<b>41</b>		M-Open	144		<b>00:43:01.35</b>	<b>00:43:01.35</b>	+00:21:12 (49.3%)	8:36	7 (50.7%)
161	<b>MILCZAREK Marek</b>	<b>201</b>		M-Open	144		<b>00:43:01.35</b>	<b>00:43:01.35</b>	+00:21:12 (49.3%)	8:36	7 (50.7%)
163	<b>WITKOWSKI Marek</b>	<b>337</b>	BIEGOWE DZIKI OCR	M-Open	146	Biegowe Dzikie OCR	<b>00:43:17.25</b>	<b>00:43:17.25</b>	+00:21:28 (49.6%)	8:39	6.9 (50.0%)
164	<b>ZIOŁO Ewa</b>	<b>363</b>	DIRTY SPARROWS	K-Open	18		<b>00:43:38.95</b>	<b>00:43:38.95</b>	+00:21:49 (50.0%)	8:43	6.9 (50.0%)
165	<b>WITA Adrian</b>	<b>335</b>	EKIPA AMITY	M-Open	147		<b>00:43:43.55</b>	<b>00:43:43.55</b>	+00:21:54 (50.1%)	8:44	6.9 (50.0%)
166	<b>PACHOLEK Julia</b>	<b>228</b>		K-Open	19		<b>00:43:44.70</b>	<b>00:43:44.70</b>	+00:21:55 (50.1%)	8:44	6.9 (50.0%)
167	<b>KASPROWIAK Jakub</b>	<b>101</b>		M-Open	148		<b>00:44:05.25</b>	<b>00:44:05.25</b>	+00:22:16 (50.5%)	8:49	6.8 (49.3%)
168	<b>JAŃCZAK Sebastian</b>	<b>85</b>		M-Open	149		<b>00:44:06.85</b>	<b>00:44:06.85</b>	+00:22:17 (50.5%)	8:49	6.8 (49.3%)
169	<b>NOWAK Anna</b>	<b>219</b>	DIRTY SPARROWS	K-Open	20	Dirty Sparrows	<b>00:44:20.25</b>	<b>00:44:20.25</b>	+00:22:31 (50.8%)	8:52	6.8 (49.3%)
170	<b>KUŚNIEREK Marcel</b>	<b>151</b>	BIRRT, TD, FSWO	M-Open	150		<b>00:44:22.95</b>	<b>00:44:22.95</b>	+00:22:33 (50.8%)	8:52	6.8 (49.3%)
171	<b>DĘBSKI Maciej</b>	<b>42</b>	FITNESS FACTORY	M-Open	151		<b>00:44:31.00</b>	<b>00:44:31.00</b>	+00:22:41 (51.0%)	8:54	6.7 (48.6%)
172	<b>ANTKOWIAK Hubert</b>	<b>5</b>		M-Open	152		<b>00:44:33.55</b>	<b>00:44:33.55</b>	+00:22:44 (51.0%)	8:54	6.7 (48.6%)
173	<b>TADYSZAK Piotr</b>	<b>313</b>	PACHARZYNKI	M-Open	153		<b>00:44:35.45</b>	<b>00:44:35.45</b>	+00:22:46 (51.1%)	8:55	6.7 (48.6%)
174	<b>BUDZYŃSKI Łukasz</b>	<b>32</b>	PACHARZYNKI	M-Open	154		<b>00:44:35.55</b>	<b>00:44:35.55</b>	+00:22:46 (51.1%)	8:55	6.7 (48.6%)
175	<b>KRZEMIEŃ Sławomir</b>	<b>143</b>	OCR GYM	M-Open	155	OCR GYM	<b>00:44:39.35</b>	<b>00:44:39.35</b>	+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	<b>KULCZAK Paweł</b>	<b>147</b>		M-Open	156		<b>00:44:43.85</b>	<b>00:44:43.85</b>	+00:22:54 (51.2%)	8:56	6.7 (48.6%)
177	<b>HENICZ Radosław</b>	<b>77</b>	ONI TEŻ SPOCENI	M-Open	157	ONI TEŻ SPOCENI	<b>00:44:44.05</b>	<b>00:44:44.05</b>	+00:22:54 (51.2%)	8:56	6.7 (48.6%)
178	<b>WOŚKO Katarzyna</b>	<b>351</b>	ONI TEŻ SPOCENI	K-Open	21	ONI TEŻ SPOCENI	<b>00:44:44.35</b>	<b>00:44:44.35</b>	+00:22:55 (51.2%)	8:56	6.7 (48.6%)
179	<b>MATUSZAK Adam</b>	<b>187</b>		M-Open	158		<b>00:44:54.25</b>	<b>00:44:54.25</b>	+00:23:05 (51.4%)	8:58	6.7 (48.6%)
180	<b>PIECHOTA Adam</b>	<b>239</b>	TRANSFORMERS	M-Open	159	Team Transformers	<b>00:45:05.75</b>	<b>00:45:05.75</b>	+00:23:16 (51.6%)	9:01	6.7 (48.6%)
181	<b>SOBECKA Hanna</b>	<b>286</b>	GYM MŁYN	K-Open	22	Gym Młyn	<b>00:45:12.85</b>	<b>00:45:12.85</b>	+00:23:23 (51.7%)	9:02	6.6 (47.8%)
182	<b>KASIŃSKI Marcin</b>	<b>422</b>	SWG GOSTYŃ	M-Open	160		<b>00:45:16.35</b>	<b>00:45:16.35</b>	+00:23:27 (51.8%)	9:03	6.6 (47.8%)
183	<b>SITARZ Mateusz</b>	<b>279</b>		M-Open	161		<b>00:45:22.95</b>	<b>00:45:22.95</b>	+00:23:33 (51.9%)	9:04	6.6 (47.8%)
184	<b>WOJTKOWIAK Rafał</b>	<b>343</b>		M-Open	162	Team Transformers	<b>00:45:30.55</b>	<b>00:45:30.55</b>	+00:23:41 (52.1%)	9:06	6.6 (47.8%)
185	<b>ŻUCHOWSKI Bartosz</b>	<b>393</b>		M-Open	163		<b>00:45:45.60</b>	<b>00:45:45.60</b>	+00:23:56 (52.3%)	9:09	6.6 (47.8%)
186	<b>SZYMAŃSKA Julia</b>	<b>306</b>	GYM MŁYN	K-Open	23	Gym Młyn	<b>00:45:47.10</b>	<b>00:45:47.10</b>	+00:23:57 (52.3%)	9:09	6.6 (47.8%)
187	<b>PUCAL Karolina</b>	<b>251</b>		K-Open	24		<b>00:45:53.55</b>	<b>00:45:53.55</b>	+00:24:04 (52.5%)	9:10	6.5 (47.1%)
188	<b>MARCINIAK Klaudia</b>	<b>182</b>		K-Open	25		<b>00:45:57.00</b>	<b>00:45:57.00</b>	+00:24:07 (52.5%)	9:11	6.5 (47.1%)
189	<b>SOBOLEWSKI Michał</b>	<b>289</b>	TWARDZIELE	M-Open	164	TWARDZIELE	<b>00:46:07.25</b>	<b>00:46:07.25</b>	+00:24:18 (52.7%)	9:13	6.5 (47.1%)
190	<b>WANATOWSKA Monika</b>	<b>329</b>		K-Open	26		<b>00:46:07.55</b>	<b>00:46:07.55</b>	+00:24:18 (52.7%)	9:13	6.5 (47.1%)
191	<b>SZAFRANIAK Maciej</b>	<b>299</b>		M-Open	165		<b>00:46:11.40</b>	<b>00:46:11.40</b>	+00:24:22 (52.8%)	9:14	6.5 (47.1%)
192	<b>PŁÓCIENNIK Katarzyna</b>	<b>242</b>	GYM MŁYN	K-Open	27	Gym Młyn	<b>00:46:13.65</b>	<b>00:46:13.65</b>	+00:24:24 (52.8%)	9:14	6.5 (47.1%)
193	<b>MARCINIAK Marcin</b>	<b>184</b>	BIRRT, TD, FSWO	M-Open	166		<b>00:46:14.30</b>	<b>00:46:14.30</b>	+00:24:25 (52.8%)	9:14	6.5 (47.1%)
194	<b>RUTA Kinga</b>	<b>267</b>		K-Open	28	Team Transformers	<b>00:46:19.55</b>	<b>00:46:19.55</b>	+00:24:30 (52.9%)	9:15	6.5 (47.1%)
195	<b>RZEPKA Klaudia</b>	<b>270</b>		K-Open	29		<b>00:46:24.05</b>	<b>00:46:24.05</b>	+00:24:34 (53.0%)	9:16	6.5 (47.1%)
196	<b>ANDRYNOWSKI Piotr</b>	<b>2</b>	AMBED	M-Open	167		<b>00:46:36.95</b>	<b>00:46:36.95</b>	+00:24:47 (53.2%)	9:19	6.4 (46.4%)
197	<b>MALEPSZAK Martin</b>	<b>178</b>		M-Open	168		<b>00:46:38.30</b>	<b>00:46:38.30</b>	+00:24:49 (53.2%)	9:19	6.4 (46.4%)
198	<b>KLAMKA Jakub</b>	<b>116</b>		M-Open	169		<b>00:46:38.45</b>	<b>00:46:38.45</b>	+00:24:49 (53.2%)	9:19	6.4 (46.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
199	<b>KASPROWIAK Paweł</b>	<b>99</b>		M-Open	170		<b>00:46:39.30</b>	<b>00:46:39.30</b>	+00:24:50 (53.2%)	9:19	6.4 (46.4%)
200	<b>GOLANSKI Tomasz</b>	<b>68</b>		M-Open	171		<b>00:46:39.75</b>	<b>00:46:39.75</b>	+00:24:50 (53.2%)	9:19	6.4 (46.4%)
201	<b>KONIECZNY Mateusz</b>	<b>129</b>	BIRRT, TD, FSWO	M-Open	172		<b>00:46:42.50</b>	<b>00:46:42.50</b>	+00:24:53 (53.3%)	9:20	6.4 (46.4%)
202	<b>WIESZCZECZYŃSKI Paweł</b>	<b>334</b>		M-Open	173		<b>00:46:43.35</b>	<b>00:46:43.35</b>	+00:24:54 (53.3%)	9:20	6.4 (46.4%)
203	<b>MIERNIK Przemysław</b>	<b>197</b>	CROSS FIRMUS OBORNIKI ŚLĄSKIE	M-Open	174		<b>00:47:02.85</b>	<b>00:47:02.85</b>	+00:25:13 (53.6%)	9:24	6.4 (46.4%)
204	<b>PUDLISZEWSKA Katarzyna</b>	<b>252</b>		K-Open	30		<b>00:47:09.20</b>	<b>00:47:09.20</b>	+00:25:19 (53.7%)	9:25	6.4 (46.4%)
205	<b>PODGÓRSKA Sylwia</b>	<b>367</b>		K-Open	31		<b>00:47:11.45</b>	<b>00:47:11.45</b>	+00:25:22 (53.8%)	9:26	6.4 (46.4%)
206	<b>JANOWICZ Paulina</b>	<b>437</b>		K-Open	32		<b>00:47:11.60</b>	<b>00:47:11.60</b>	+00:25:22 (53.8%)	9:26	6.4 (46.4%)
207	<b>SINIECKI Krzysztof</b>	<b>277</b>	SPAWACZE	M-Open	175		<b>00:47:27.95</b>	<b>00:47:27.95</b>	+00:25:38 (54.0%)	9:29	6.3 (45.7%)
208	<b>MACHI Łukasz</b>	<b>165</b>	ORLA KORZEŃSKO	M-Open	176	Orla Korzeńsko	<b>00:47:33.70</b>	<b>00:47:33.70</b>	+00:25:44 (54.1%)	9:30	6.3 (45.7%)
209	<b>MARACH Anna</b>	<b>181</b>	MY TU NA CHWILĘ	K-Open	33		<b>00:47:35.85</b>	<b>00:47:35.85</b>	+00:25:46 (54.2%)	9:31	6.3 (45.7%)
210	<b>JAMRY Katarzyna</b>	<b>80</b>		K-Open	34	TWARDZIELE	<b>00:47:44.20</b>	<b>00:47:44.20</b>	+00:25:54 (54.3%)	9:32	6.3 (45.7%)
211	<b>CHAŁUPKA Weronika</b>	<b>418</b>	SZOGUNY KRZYCKO WIELKIE	K-Open	35		<b>00:47:47.15</b>	<b>00:47:47.15</b>	+00:25:57 (54.3%)	9:33	6.3 (45.7%)
212	<b>KONIECZNY Bartosz</b>	<b>127</b>		M-Open	177	PERPETUM PROMILE	<b>00:47:47.85</b>	<b>00:47:47.85</b>	+00:25:58 (54.3%)	9:33	6.3 (45.7%)
213	<b>JUŚKOWIAK Mikołaj</b>	<b>89</b>		M-Open	178	PERPETUM PROMILE	<b>00:47:47.95</b>	<b>00:47:47.95</b>	+00:25:58 (54.3%)	9:33	6.3 (45.7%)
214	<b>PACZYŃSKI Marcin</b>	<b>231</b>	PERPETUM PROMILE	M-Open	179	PERPETUM PROMILE	<b>00:47:51.80</b>	<b>00:47:51.80</b>	+00:26:02 (54.4%)	9:34	6.3 (45.7%)
215	<b>ZAJĄC Aleksander</b>	<b>356</b>	ZAJĄC TEAM	M-Open	180	Zajęc Team	<b>00:47:55.15</b>	<b>00:47:55.15</b>	+00:26:05 (54.5%)	9:35	6.3 (45.7%)
216	<b>TUROWICZ Natalia</b>	<b>375</b>	TEANSFORMERS	K-Open	36	Team Transformers	<b>00:47:56.55</b>	<b>00:47:56.55</b>	+00:26:07 (54.5%)	9:35	6.3 (45.7%)
217	<b>WOJCIECHOWSKI Przemysław</b>	<b>376</b>	TRANSFORMERS	M-Open	181	Team Transformers	<b>00:47:57.50</b>	<b>00:47:57.50</b>	+00:26:08 (54.5%)	9:35	6.3 (45.7%)
218	<b>WRÓBEL Natalia</b>	<b>273</b>	TWARDZIELE	K-Open	37	TWARDZIELE	<b>00:48:04.70</b>	<b>00:48:04.70</b>	+00:26:15 (54.6%)	9:36	6.2 (44.9%)
219	<b>SICIAK Łukasz</b>	<b>274</b>	ORLA KORZEŃSKO	M-Open	182	Orla Korzeńsko	<b>00:48:05.85</b>	<b>00:48:05.85</b>	+00:26:16 (54.6%)	9:37	6.2 (44.9%)
220	<b>SYS Ewa</b>	<b>298</b>		K-Open	38		<b>00:48:06.90</b>	<b>00:48:06.90</b>	+00:26:17 (54.6%)	9:37	6.2 (44.9%)
221	<b>MAKOWSKI Mariusz</b>	<b>177</b>	MAFIA TEAM LUBLINIEC	M-Open	183		<b>00:48:12.10</b>	<b>00:48:12.10</b>	+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	<b>LUDWICZAK Piotr</b>	<b>162</b>	TWARDZIELE	M-Open	184	TWARDZIELE	<b>00:48:14.85</b>	<b>00:48:14.85</b>	+00:26:25 (54.8%)	9:38	6.2 (44.9%)
223	<b>BRUDŁO Mikołaj</b>	<b>29</b>	DIRTY SPARROWS	M-Open	185	Dirty Sparrows	<b>00:48:15.60</b>	<b>00:48:15.60</b>	+00:26:26 (54.8%)	9:39	6.2 (44.9%)
224	<b>HOFMAN Ewa</b>	<b>369</b>		K-Open	39	Team Transformers	<b>00:48:24.45</b>	<b>00:48:24.45</b>	+00:26:35 (54.9%)	9:40	6.2 (44.9%)
225	<b>KACZOROWSKI Jakub</b>	<b>95</b>		M-Open	186	PERPETUM PROMILE	<b>00:48:24.85</b>	<b>00:48:24.85</b>	+00:26:35 (54.9%)	9:40	6.2 (44.9%)
226	<b>JANKOWIAK Katarzyna</b>	<b>81</b>		K-Open	40		<b>00:49:14.35</b>	<b>00:49:14.35</b>	+00:27:25 (55.7%)	9:50	6.1 (44.2%)
227	<b>POHLAND Paweł</b>	<b>244</b>		M-Open	187		<b>00:49:14.55</b>	<b>00:49:14.55</b>	+00:27:25 (55.7%)	9:50	6.1 (44.2%)
228	<b>KOWALSKI Mateusz</b>	<b>136</b>	DIRTY SPARROWS	M-Open	188		<b>00:49:34.35</b>	<b>00:49:34.35</b>	+00:27:45 (56.0%)	9:54	6.1 (44.2%)
229	<b>WOŹNIAK Marcin</b>	<b>352</b>		M-Open	189		<b>00:49:43.25</b>	<b>00:49:43.25</b>	+00:27:54 (56.1%)	9:56	6 (43.5%)
230	<b>JANKOWIAK Tomasz</b>	<b>82</b>		M-Open	190		<b>00:49:59.35</b>	<b>00:49:59.35</b>	+00:28:10 (56.3%)	9:59	6 (43.5%)
231	<b>MYSZYNSKI Tomek</b>	<b>208</b>	DIRTY SPARROWS	M-Open	191	Dirty Sparrows	<b>00:50:02.00</b>	<b>00:50:02.00</b>	+00:28:12 (56.4%)	10:00	6 (43.5%)
232	<b>GRUSZKA Arek</b>	<b>74</b>		M-Open	192		<b>00:50:02.35</b>	<b>00:50:02.35</b>	+00:28:13 (56.4%)	10:00	6 (43.5%)
233	<b>ROSIK Jagoda</b>	<b>266</b>		K-Open	41		<b>00:50:02.45</b>	<b>00:50:02.45</b>	+00:28:13 (56.4%)	10:00	6 (43.5%)
234	<b>ELMINOWSKI Tomasz</b>	<b>54</b>		M-Open	193		<b>00:50:03.70</b>	<b>00:50:03.70</b>	+00:28:14 (56.4%)	10:00	6 (43.5%)
235	<b>WALENCIAK Krzysztof</b>	<b>400</b>		M-Open	194		<b>00:50:05.50</b>	<b>00:50:05.50</b>	+00:28:16 (56.4%)	10:01	6 (43.5%)
236	<b>KOCZOROWSKI Filip</b>	<b>408</b>	TRANSFORMERS	M-Open	195		<b>00:50:09.50</b>	<b>00:50:09.50</b>	+00:28:20 (56.5%)	10:01	6 (43.5%)
237	<b>JUŚKOWIAK Marek</b>	<b>91</b>		M-Open	196		<b>00:50:15.95</b>	<b>00:50:15.95</b>	+00:28:26 (56.6%)	10:03	6 (43.5%)
238	<b>BARTLEWICZ Łukasz</b>	<b>11</b>	STALLAS	M-Open	197		<b>00:50:16.20</b>	<b>00:50:16.20</b>	+00:28:26 (56.6%)	10:03	6 (43.5%)
239	<b>POLRZYŃSKI Rafał</b>	<b>246</b>		M-Open	198		<b>00:50:22.50</b>	<b>00:50:22.50</b>	+00:28:33 (56.7%)	10:04	6 (43.5%)
240	<b>KAŹMIERSKI Martyn</b>	<b>106</b>		M-Open	199	PERPETUM PROMILE	<b>00:50:27.55</b>	<b>00:50:27.55</b>	+00:28:38 (56.8%)	10:05	5.9 (42.8%)
241	<b>TURKIEWICZ Jarosław</b>	<b>321</b>		M-Open	200		<b>00:50:33.55</b>	<b>00:50:33.55</b>	+00:28:44 (56.8%)	10:06	5.9 (42.8%)
242	<b>BŁAŹEJCZAK Tomasz</b>	<b>20</b>		M-Open	201		<b>00:50:33.80</b>	<b>00:50:33.80</b>	+00:28:44 (56.8%)	10:06	5.9 (42.8%)
243	<b>NOWAK Przemysław</b>	<b>212</b>		M-Open	202	PERPETUM PROMILE	<b>00:50:35.70</b>	<b>00:50:35.70</b>	+00:28:46 (56.9%)	10:07	5.9 (42.8%)
244	<b>NYNYK Andrii</b>	<b>221</b>		M-Open	203		<b>00:50:40.10</b>	<b>00:50:40.10</b>	+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	<b>KONARKOWSKA Tetyana</b>	<b>123</b>	68	K-Open	42		<b>00:50:40.70</b>	<b>00:50:40.70</b>	+00:28:51 (56.9%)	10:08	5.9 (42.8%)
246	<b>KACZMAREK Leszek</b>	<b>94</b>		M-Open	204		<b>00:50:45.15</b>	<b>00:50:45.15</b>	+00:28:55 (57.0%)	10:09	5.9 (42.8%)
247	<b>NGUYEN VAN Sandra</b>	<b>379</b>	NEWLIFEGYMSŁAWĘCICE	K-Open	43	Team Transformers	<b>00:50:47.90</b>	<b>00:50:47.90</b>	+00:28:58 (57.0%)	10:09	5.9 (42.8%)
248	<b>SZYMANEK Tomasz</b>	<b>304</b>		M-Open	205		<b>00:51:06.95</b>	<b>00:51:06.95</b>	+00:29:17 (57.3%)	10:13	5.9 (42.8%)
249	<b>MATUSZEWSKI Łukasz</b>	<b>189</b>		M-Open	206		<b>00:51:23.85</b>	<b>00:51:23.85</b>	+00:29:34 (57.5%)	10:16	5.8 (42.0%)
250	<b>MYSZYNSKI Maciej</b>	<b>209</b>	DIRTY SPARROWS	M-Open	207	Dirty Sparrows	<b>00:51:31.45</b>	<b>00:51:31.45</b>	+00:29:42 (57.6%)	10:18	5.8 (42.0%)
251	<b>KICIŃSKA Klaudia</b>	<b>435</b>	AMBED	K-Open	44		<b>00:51:47.30</b>	<b>00:51:47.30</b>	+00:29:58 (57.9%)	10:21	5.8 (42.0%)
252	<b>DOMAGAŁA Jędrzej</b>	<b>43</b>	AMBED	M-Open	208		<b>00:51:50.35</b>	<b>00:51:50.35</b>	+00:30:01 (57.9%)	10:22	5.8 (42.0%)
253	<b>BIEDALAK Krzysztof</b>	<b>16</b>		M-Open	209		<b>00:51:56.25</b>	<b>00:51:56.25</b>	+00:30:07 (58.0%)	10:23	5.8 (42.0%)
254	<b>TARNAWSKI Maciej</b>	<b>314</b>		M-Open	210		<b>00:52:03.40</b>	<b>00:52:03.40</b>	+00:30:14 (58.1%)	10:24	5.8 (42.0%)
255	<b>KOŁCZ Mariusz</b>	<b>121</b>		M-Open	211	Team Transformers	<b>00:52:08.15</b>	<b>00:52:08.15</b>	+00:30:18 (58.1%)	10:25	5.8 (42.0%)
256	<b>WITKOWSKI Rafał</b>	<b>336</b>	OCR GYM	M-Open	212	OCR GYM	<b>00:52:15.75</b>	<b>00:52:15.75</b>	+00:30:26 (58.2%)	10:27	5.7 (41.3%)
257	<b>BEDNARCZYK Michał</b>	<b>13</b>	AMBED	M-Open	213		<b>00:52:17.20</b>	<b>00:52:17.20</b>	+00:30:27 (58.3%)	10:27	5.7 (41.3%)
258	<b>BUCHWALD Monika</b>	<b>370</b>	AMBED	K-Open	45		<b>00:52:18.05</b>	<b>00:52:18.05</b>	+00:30:28 (58.3%)	10:27	5.7 (41.3%)
259	<b>KOKOT Krzysztof</b>	<b>366</b>		M-Open	214		<b>00:52:20.70</b>	<b>00:52:20.70</b>	+00:30:31 (58.3%)	10:28	5.7 (41.3%)
260	<b>KOWALSKI Adam</b>	<b>138</b>	AMBED	M-Open	215		<b>00:52:21.25</b>	<b>00:52:21.25</b>	+00:30:32 (58.3%)	10:28	5.7 (41.3%)
261	<b>KOWALSKA Marlena</b>	<b>134</b>	AMBED	K-Open	46		<b>00:52:21.95</b>	<b>00:52:21.95</b>	+00:30:32 (58.3%)	10:28	5.7 (41.3%)
262	<b>MACKOWIAK Lukasz</b>	<b>172</b>	AMBED	M-Open	216	Ambed	<b>00:52:23.30</b>	<b>00:52:23.30</b>	+00:30:34 (58.3%)	10:28	5.7 (41.3%)
263	<b>CYPRYAN Krzysztof</b>	<b>38</b>	GYM MŁYN	M-Open	217	Gym Młyn	<b>00:52:27.55</b>	<b>00:52:27.55</b>	+00:30:38 (58.4%)	10:29	5.7 (41.3%)
264	<b>BINIASZ Weronika</b>	<b>18</b>		K-Open	47		<b>00:52:43.60</b>	<b>00:52:43.60</b>	+00:30:54 (58.6%)	10:32	5.7 (41.3%)
265	<b>JANKOWSKA Aleksandra</b>	<b>83</b>		K-Open	48	Team Transformers	<b>00:52:55.20</b>	<b>00:52:55.20</b>	+00:31:05 (58.8%)	10:35	5.7 (41.3%)
266	<b>BARCZYSZYN Aleksandra</b>	<b>9</b>	OCR GYM	K-Open	49	OCR GYM	<b>00:52:56.75</b>	<b>00:52:56.75</b>	+00:31:07 (58.8%)	10:35	5.7 (41.3%)
267	<b>PEŁCZYK Magdalena</b>	<b>235</b>		K-Open	50	Team Transformers	<b>00:52:57.35</b>	<b>00:52:57.35</b>	+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	<b>MOTAŁA Paweł</b>	<b>203</b>	TECHMAR	M-Open	218		<b>00:53:01.20</b>	<b>00:53:01.20</b>	+00:31:11 (58.8%)	10:36	5.7 (41.3%)
269	<b>ANDRYNOWSKI Adam</b>	<b>3</b>	AMBED	M-Open	219		<b>00:53:03.55</b>	<b>00:53:03.55</b>	+00:31:14 (58.9%)	10:36	5.7 (41.3%)
270	<b>TOBÓŁKA Maciej</b>	<b>316</b>	OSP DĄBCZE	M-Open	220	Team Transformers	<b>00:53:33.10</b>	<b>00:53:33.10</b>	+00:31:43 (59.3%)	10:42	5.6 (40.6%)
271	<b>DUBISZ Piotr</b>	<b>48</b>	DWS SPORT	M-Open	221		<b>00:53:40.60</b>	<b>00:53:40.60</b>	+00:31:51 (59.3%)	10:44	5.6 (40.6%)
272	<b>KAŻMIERCZAK Marta</b>	<b>105</b>		K-Open	51	ONI TEŻ SPOCENI	<b>00:54:11.65</b>	<b>00:54:11.65</b>	+00:32:22 (59.7%)	10:50	5.5 (39.9%)
273	<b>GAJECKI Daniel</b>	<b>63</b>	BIRRT, FSWO, TD	M-Open	222		<b>00:54:13.65</b>	<b>00:54:13.65</b>	+00:32:24 (59.8%)	10:50	5.5 (39.9%)
274	<b>STACH Sara</b>	<b>291</b>		K-Open	52		<b>00:54:18.45</b>	<b>00:54:18.45</b>	+00:32:29 (59.8%)	10:51	5.5 (39.9%)
275	<b>JUŚKOWIAK Agnieszka</b>	<b>90</b>		K-Open	53	PERPETUM PROMILE	<b>00:54:25.75</b>	<b>00:54:25.75</b>	+00:32:36 (59.9%)	10:53	5.5 (39.9%)
276	<b>KLIEMANN Dorota</b>	<b>338</b>		K-Open	54	ONI TEŻ SPOCENI	<b>00:54:47.35</b>	<b>00:54:47.35</b>	+00:32:58 (60.2%)	10:57	5.5 (39.9%)
277	<b>WAWRZYŃSKA Emilia</b>	<b>331</b>	ONI TEŻ SPOCENI	K-Open	55	Oni też spoceni	<b>00:54:49.50</b>	<b>00:54:49.50</b>	+00:33:00 (60.2%)	10:57	5.5 (39.9%)
278	<b>WAWRZYŃSKI Maciej</b>	<b>333</b>	ONI TEŻ SPOCENI	M-Open	223	Oni też spoceni	<b>00:54:51.80</b>	<b>00:54:51.80</b>	+00:33:02 (60.2%)	10:58	5.5 (39.9%)
279	<b>WOJTERA Karolina</b>	<b>383</b>		K-Open	56	PROKOL PRACOWNIA PROJEKTOWO KOSZTORYSOWA	<b>00:54:54.50</b>	<b>00:54:54.50</b>	+00:33:05 (60.3%)	10:58	5.5 (39.9%)
280	<b>MAROSZ Martyna</b>	<b>185</b>	STOWARZYSZENIE EXTREMALNI	K-Open	57		<b>00:54:56.15</b>	<b>00:54:56.15</b>	+00:33:06 (60.3%)	10:59	5.5 (39.9%)
281	<b>SAJA Weronika</b>	<b>271</b>	STOWARZYSZENIE EXTREMALNI	K-Open	58		<b>00:54:56.35</b>	<b>00:54:56.35</b>	+00:33:07 (60.3%)	10:59	5.5 (39.9%)
282	<b>NOWOTNIK Wojciech</b>	<b>220</b>		M-Open	224		<b>00:55:01.40</b>	<b>00:55:01.40</b>	+00:33:12 (60.3%)	11:00	5.5 (39.9%)
283	<b>DOPIERALSKI Dariusz</b>	<b>46</b>		M-Open	225		<b>00:55:28.75</b>	<b>00:55:28.75</b>	+00:33:39 (60.7%)	11:05	5.4 (39.1%)
284	<b>FOLTYNIEWICZ Alina</b>	<b>59</b>		K-Open	59		<b>00:55:29.05</b>	<b>00:55:29.05</b>	+00:33:39 (60.7%)	11:05	5.4 (39.1%)
285	<b>KAŻMIERCZAK Remigiusz</b>	<b>104</b>		M-Open	226	ONI TEŻ SPOCENI	<b>00:55:35.70</b>	<b>00:55:35.70</b>	+00:33:46 (60.8%)	11:07	5.4 (39.1%)
286	<b>MACIEJEWSKA Dagmara</b>	<b>167</b>		K-Open	60		<b>00:55:38.05</b>	<b>00:55:38.05</b>	+00:33:48 (60.8%)	11:07	5.4 (39.1%)
287	<b>ODROBNY Paweł</b>	<b>223</b>	ONI TEŻ SPOCENI	M-Open	227	ONI TEŻ SPOCENI	<b>00:55:40.65</b>	<b>00:55:40.65</b>	+00:33:51 (60.8%)	11:08	5.4 (39.1%)
288	<b>BOROWIEC Joanna</b>	<b>25</b>		K-Open	61		<b>00:55:41.45</b>	<b>00:55:41.45</b>	+00:33:52 (60.8%)	11:08	5.4 (39.1%)
289	<b>JUŚKOWIAK Natalia</b>	<b>88</b>		K-Open	62	PERPETUM PROMILE	<b>00:55:42.20</b>	<b>00:55:42.20</b>	+00:33:52 (60.8%)	11:08	5.4 (39.1%)
290	<b>APIECIONEK Piotr</b>	<b>7</b>	DZIK TUCHORZA	M-Open	228		<b>00:55:43.80</b>	<b>00:55:43.80</b>	+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	<b>WYRÓD Małgorzata</b>	<b>354</b>	MY TU NA CHWILĘ	K-Open	63		<b>00:56:08.40</b>	<b>00:56:08.40</b>	+00:34:19 (61.1%)	11:13	5.3 (38.4%)
292	<b>WYRÓD Dawid</b>	<b>353</b>	MY TU NA CHWILĘ	M-Open	229		<b>00:56:09.05</b>	<b>00:56:09.05</b>	+00:34:19 (61.1%)	11:13	5.3 (38.4%)
293	<b>WALKÓW-MAZAK Marta</b>	<b>328</b>	MY TU NA CHWILE	K-Open	64		<b>00:56:09.10</b>	<b>00:56:09.10</b>	+00:34:19 (61.1%)	11:13	5.3 (38.4%)
294	<b>MAZAK Romuald</b>	<b>192</b>	MY TU NA CHWILE	M-Open	230		<b>00:56:09.15</b>	<b>00:56:09.15</b>	+00:34:19 (61.1%)	11:13	5.3 (38.4%)
295	<b>ODROBNA Iza</b>	<b>222</b>	ONI TEŻ SPOCENI	K-Open	65	ONI TEŻ SPOCENI	<b>00:56:10.00</b>	<b>00:56:10.00</b>	+00:34:20 (61.1%)	11:14	5.3 (38.4%)
296	<b>PERA Ewa</b>	<b>236</b>		K-Open	66	Leśne skoczki	<b>00:56:59.00</b>	<b>00:56:59.00</b>	+00:35:09 (61.7%)	11:23	5.3 (38.4%)
297	<b>KNOZOWSKA Bożena</b>	<b>120</b>	COLOS GYM	K-Open	67		<b>00:57:04.80</b>	<b>00:57:04.80</b>	+00:35:15 (61.8%)	11:24	5.3 (38.4%)
298	<b>KWITA Dawid</b>	<b>156</b>	TD	M-Open	231		<b>00:57:04.90</b>	<b>00:57:04.90</b>	+00:35:15 (61.8%)	11:24	5.3 (38.4%)
299	<b>HENSEL Michał</b>	<b>78</b>		M-Open	232	Leśne skoczki	<b>00:57:05.60</b>	<b>00:57:05.60</b>	+00:35:16 (61.8%)	11:25	5.3 (38.4%)
300	<b>ZAWAŁA Kacper</b>	<b>361</b>		M-Open	233		<b>00:57:12.30</b>	<b>00:57:12.30</b>	+00:35:23 (61.9%)	11:26	5.2 (37.7%)
301	<b>MACHOWSKA Malwina</b>	<b>166</b>		K-Open	68		<b>00:57:13.75</b>	<b>00:57:13.75</b>	+00:35:24 (61.9%)	11:26	5.2 (37.7%)
302	<b>DUDZIK Iwona</b>	<b>50</b>	TRANSFORMERS	K-Open	69		<b>00:57:21.65</b>	<b>00:57:21.65</b>	+00:35:32 (62.0%)	11:28	5.2 (37.7%)
303	<b>MACIEJEWSKI Marcin</b>	<b>168</b>	LEŚNE SKOCZKI	M-Open	234	Leśne skoczki	<b>00:57:37.60</b>	<b>00:57:37.60</b>	+00:35:48 (62.1%)	11:31	5.2 (37.7%)
304	<b>KORONA Paweł</b>	<b>132</b>		M-Open	235	Leśne skoczki	<b>00:58:08.25</b>	<b>00:58:08.25</b>	+00:36:19 (62.5%)	11:37	5.2 (37.7%)
305	<b>NOWAK Sandra</b>	<b>217</b>	DRAGON	K-Open	70	Dragon Gym	<b>00:58:13.85</b>	<b>00:58:13.85</b>	+00:36:24 (62.5%)	11:38	5.2 (37.7%)
306	<b>MARCINIAK Natalia</b>	<b>183</b>	BIRRT, TD, FSWO	K-Open	71		<b>00:58:19.45</b>	<b>00:58:19.45</b>	+00:36:30 (62.6%)	11:39	5.1 (37.0%)
307	<b>SZŁAPKA Anna</b>	<b>302</b>	DRAGON GYM	K-Open	72		<b>00:58:26.20</b>	<b>00:58:26.20</b>	+00:36:36 (62.7%)	11:41	5.1 (37.0%)
308	<b>RATAJCZAK Aleksander</b>	<b>258</b>	DRAGON GYM	M-Open	236	Dragon Gym	<b>00:58:28.45</b>	<b>00:58:28.45</b>	+00:36:39 (62.7%)	11:41	5.1 (37.0%)
309	<b>KACZMAREK Ewelina</b>	<b>433</b>	TD	K-Open	73		<b>00:58:29.45</b>	<b>00:58:29.45</b>	+00:36:40 (62.7%)	11:41	5.1 (37.0%)
310	<b>KWITA Karolina</b>	<b>155</b>	TD	K-Open	74		<b>00:58:44.20</b>	<b>00:58:44.20</b>	+00:36:54 (62.8%)	11:44	5.1 (37.0%)
311	<b>KĘSKIEWICZ Agnieszka</b>	<b>108</b>	MY TU NA CHWILE	K-Open	75		<b>00:58:44.65</b>	<b>00:58:44.65</b>	+00:36:55 (62.9%)	11:44	5.1 (37.0%)
312	<b>WOJTKOWIAK Aleksandra</b>	<b>345</b>		K-Open	76	Team Transformers	<b>00:58:56.10</b>	<b>00:58:56.10</b>	+00:37:06 (63.0%)	11:47	5.1 (37.0%)
313	<b>WOJTKOWIAK Zosia</b>	<b>344</b>		K-Open	77	Team Transformers	<b>00:59:00.55</b>	<b>00:59:00.55</b>	+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	<b>UFNIAK Radosław</b>	<b>323</b>	TOYOCAR TEAM LESZNO	M-Open	249	TOYOCAR TEAM LESZNO	<b>01:02:00.05</b>	<b>01:02:00.05</b>	+00:40:10 (64.8%)	12:24	4.8 (34.8%)
338	<b>FRANKA Magdalena</b>	<b>60</b>	TOYOCAR TEAM LESZNO	K-Open	89	TOYOCAR TEAM LESZNO	<b>01:02:00.95</b>	<b>01:02:00.95</b>	+00:40:11 (64.8%)	12:24	4.8 (34.8%)
339	<b>KONIECZNA Wiktoria</b>	<b>125</b>	BIRRT, TD, FSWO	K-Open	90		<b>01:02:01.70</b>	<b>01:02:01.70</b>	+00:40:12 (64.8%)	12:24	4.8 (34.8%)
340	<b>KONIECZNA Anna</b>	<b>124</b>	BIRRT, TD, FSWO	K-Open	91		<b>01:02:04.50</b>	<b>01:02:04.50</b>	+00:40:15 (64.8%)	12:24	4.8 (34.8%)
341	<b>MIRECKI Jakub</b>	<b>202</b>		M-Open	250		<b>01:02:28.15</b>	<b>01:02:28.15</b>	+00:40:38 (65.1%)	12:29	4.8 (34.8%)
342	<b>TARNAWSKI Bartosz</b>	<b>315</b>		M-Open	251		<b>01:02:42.85</b>	<b>01:02:42.85</b>	+00:40:53 (65.2%)	12:32	4.8 (34.8%)
343	<b>JAKUBOWSKI Miłosz</b>	<b>412</b>		M-Open	252		<b>01:04:10.00</b>	<b>01:04:10.00</b>	+00:42:20 (66.0%)	12:50	4.7 (34.1%)
344	<b>JAKUBOWSKI Mariusz</b>	<b>413</b>		M-Open	253		<b>01:04:13.20</b>	<b>01:04:13.20</b>	+00:42:23 (66.0%)	12:50	4.7 (34.1%)
345	<b>OZGOWICZ Sylwia</b>	<b>227</b>	CNS NOWA SÓL	K-Open	92	CNS Nowa Sól	<b>01:04:24.95</b>	<b>01:04:24.95</b>	+00:42:35 (66.1%)	12:52	4.7 (34.1%)
346	<b>STASZAK Małgorzata</b>	<b>293</b>	CNS NOWA SÓL	K-Open	93	CNS Nowa Sól	<b>01:04:25.05</b>	<b>01:04:25.05</b>	+00:42:35 (66.1%)	12:53	4.7 (34.1%)
347	<b>ŁOWCZYŃSKA Ewelina</b>	<b>387</b>	CNS NOWA SÓL	K-Open	94		<b>01:04:25.25</b>	<b>01:04:25.25</b>	+00:42:36 (66.1%)	12:53	4.7 (34.1%)
348	<b>KASPRZAK Hieronim</b>	<b>103</b>	TEAM TRANSFORMERS	M-Open	254	Team Transformers	<b>01:04:26.35</b>	<b>01:04:26.35</b>	+00:42:37 (66.1%)	12:53	4.7 (34.1%)
349	<b>DOMAGAŁA Patrycja</b>	<b>44</b>		K-Open	95		<b>01:04:39.30</b>	<b>01:04:39.30</b>	+00:42:50 (66.3%)	12:55	4.6 (33.3%)
350	<b>MUSIELAK Patrycja</b>	<b>206</b>		K-Open	96		<b>01:04:42.25</b>	<b>01:04:42.25</b>	+00:42:53 (66.3%)	12:56	4.6 (33.3%)
351	<b>JAKUBOWSKI Kasper</b>	<b>398</b>		M-Open	255		<b>01:05:32.15</b>	<b>01:05:32.15</b>	+00:43:42 (66.7%)	13:06	4.6 (33.3%)
352	<b>JAKUBOWSKA Natalia</b>	<b>397</b>		K-Open	97		<b>01:05:49.20</b>	<b>01:05:49.20</b>	+00:43:59 (66.8%)	13:09	4.6 (33.3%)
353	<b>JAKUBOWSKI Łukasz</b>	<b>411</b>		M-Open	256		<b>01:07:36.65</b>	<b>01:07:36.65</b>	+00:45:47 (67.7%)	13:31	4.4 (31.9%)
354	<b>PACYNA Marcin</b>	<b>229</b>		M-Open	257		<b>01:09:30.90</b>	<b>01:09:30.90</b>	+00:47:41 (68.6%)	13:54	4.3 (31.2%)
355	<b>KACHEL Łukasz</b>	<b>92</b>	GONISUKI NABOSAKA	M-Open	258	GONISUKI NABOSAKA	<b>01:10:30.75</b>	<b>01:10:30.75</b>	+00:48:41 (69.1%)	14:06	4.3 (31.2%)
356	<b>JAKUBIAK Mateusz</b>	<b>79</b>	GONISUKI NABOSAKA	M-Open	259	GONISUKI NABOSAKA	<b>01:10:32.70</b>	<b>01:10:32.70</b>	+00:48:43 (69.1%)	14:06	4.3 (31.2%)
357	<b>MIKOŁAJCZAK Marta</b>	<b>199</b>	GONISUKI NABOSAKA	K-Open	98	GONISUKI NABOSAKA	<b>01:13:17.20</b>	<b>01:13:17.20</b>	+00:51:27 (70.2%)	14:39	4.1 (29.7%)
358	<b>STRUK Agnieszka</b>	<b>296</b>	GONISUKI NABOSAKA	K-Open	99		<b>01:13:18.65</b>	<b>01:13:18.65</b>	+00:51:29 (70.2%)	14:39	4.1 (29.7%)
359	<b>KONIECZNY Norbert</b>	<b>126</b>	GONISUKI NABOSAKA	M-Open	260	GONISUKI NABOSAKA	<b>01:14:05.55</b>	<b>01:14:05.55</b>	+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	<b>PAWŁOWSKI Krzysztof</b>	<b>233</b>	BIRRT, TD, FSWO	M-Open	261		<b>01:17:07.20</b>	<b>01:17:07.20</b>	+00:55:17 (71.7%)	15:25	3.9 (28.3%)
361	<b>CZYŻEWSKI Wojciech</b>	<b>39</b>	BIRRT, TD, FSWO	M-Open	262		<b>01:17:54.30</b>	<b>01:17:54.30</b>	+00:56:05 (72.0%)	15:34	3.9 (28.3%)
362	<b>KRÓLIKOWSKI Jacek</b>	<b>141</b>	BIEGAJ LESZNO	M-Open	263		<b>03:23:56.45</b>	<b>03:23:56.45</b>	+03:02:07 (89.3%)	40:47	1.5 (10.9%)
363	<b>LEŚNIEWICZ Piotr</b>	<b>160</b>		M-Open	264	Team Transformers					(0.0%)
364	<b>WOJTKOWIAK Wojciech</b>	<b>381</b>	WOJTKOWIAKI	M-Open	265						(0.0%)
365	<b>KĘSKIEWICZ Agnieszka</b>	<b>108</b>	MY TU NA CHWILE	K-Open	100						(0.0%)
	<b>MILASZEWSKI Michał</b>	<b>200</b>		M-Open		EKIPA	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 366 wynik(ów)