



TORTURA LESZNO

B4SPORT

Organizator: Transformers Trening & Dieta
Data: 2022-09-11
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	WÓJCIK Adam	436	EX TEAM	M-Open	1	Ex Team	00:22:42.95	00:22:42.95		4:32	13.2 (100%)
2	ILIV Andrzej	107		M-Open	2		00:23:24.95	00:23:24.95	+00:00:42 (3.0%)	4:40	12.8 (97.0%)
3	KOŁOSZUK Marcin	76	MISS FIT	M-Open	3	Miss Fit	00:24:13.50	00:24:13.50	+00:01:30 (6.2%)	4:50	12.4 (93.9%)
4	PODRZYCKI Arkadiusz	293	SAP	M-Open	4	SAP	00:27:07.75	00:27:07.75	+00:04:24 (16.3%)	5:25	11.1 (84.1%)
5	MAJCHRZAK Andrzej	205	DRUŻYNA WU.	M-Open	5	Drużyna Wu.	00:27:09.30	00:27:09.30	+00:04:26 (16.3%)	5:25	11 (83.3%)
6	NAGLAK Hubert	246	HELL'S GYM OCR PĘPOWO	M-Open	6		00:27:47.85	00:27:47.85	+00:05:04 (18.3%)	5:33	10.8 (81.8%)
7	TROCKI Patryk	398	DIRTY SPARROWS	M-Open	7	Dirty Sparrows	00:27:53.00	00:27:53.00	+00:05:10 (18.5%)	5:34	10.8 (81.8%)
8	SOB Art	351	MROWINO RUN	M-Open	8		00:28:31.15	00:28:31.15	+00:05:48 (20.3%)	5:42	10.5 (79.5%)
9	POWAŻNY Marek	301	OCR GYM WROCŁAW	M-Open	9	OCR GYM WROCŁAW	00:28:58.15	00:28:58.15	+00:06:15 (21.6%)	5:47	10.4 (78.8%)
10	LIS Paweł	316	EKIPA AMITY	M-Open	10	Ekipa Amity	00:29:45.70	00:29:45.70	+00:07:02 (23.7%)	5:57	10.1 (76.5%)
11	SAJNÓG Leszek	330	BIEGAJ LESZNO	M-Open	11	Biegaj Leszno	00:30:04.15	00:30:04.15	+00:07:21 (24.5%)	6:00	10 (75.8%)
12	PRUCHNIK Patryk	302	ORLA KORZEŃSKO	M-Open	12	Orla Korzeńsko	00:30:32.95	00:30:32.95	+00:07:50 (25.6%)	6:06	9.8 (74.2%)
13	MAJCHRZAK Jakub	206	DRUŻYNA WU.	M-Open	13	Drużyna Wu.	00:30:41.45	00:30:41.45	+00:07:58 (26.0%)	6:08	9.8 (74.2%)
14	URBAŃSKI Dawid	411		M-Open	14		00:30:51.10	00:30:51.10	+00:08:08 (26.4%)	6:10	9.7 (73.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
15	OGONOWSKI Patryk	508		M-Open	15		00:31:14.05	00:31:14.05	+00:08:31 (27.3%)	6:14	9.6 (72.7%)
16	ŻYTO Grzegorz	459	OCR GYM WROCŁAW	M-Open	16	OCR GYM WROCŁAW	00:31:25.00	00:31:25.00	+00:08:42 (27.7%)	6:17	9.5 (72.0%)
17	SOLARSKI Błażej	357	MACII STACJA DEMONTAŻU POJAZDÓW	M-Open	17		00:31:27.35	00:31:27.35	+00:08:44 (27.8%)	6:17	9.5 (72.0%)
18	WALEŃSKI Michał	413	DRUŻYNA WU.	M-Open	18	Drużyna Wu.	00:31:44.15	00:31:44.15	+00:09:01 (28.4%)	6:20	9.5 (72.0%)
19	RATAJSZCZAK Dominik	315		M-Open	19		00:31:47.75	00:31:47.75	+00:09:04 (28.6%)	6:21	9.4 (71.2%)
20	NOWAK Jakub	253		M-Open	20		00:31:50.20	00:31:50.20	+00:09:07 (28.6%)	6:22	9.4 (71.2%)
21	FLIGER Łukasz	66		M-Open	21		00:31:57.55	00:31:57.55	+00:09:14 (28.9%)	6:23	9.4 (71.2%)
22	SCHULZ Mateusz	336	RUNBACZYN	M-Open	22	RUNbaczyn	00:31:57.70	00:31:57.70	+00:09:14 (28.9%)	6:23	9.4 (71.2%)
23	NOWAK Maciej	256	MACII STACJA DEMONTAŻU POJAZDÓW	M-Open	23		00:31:59.75	00:31:59.75	+00:09:16 (29.0%)	6:23	9.4 (71.2%)
24	BORCZYŃSKI Łukasz	21	GOOD FOOD PRODUCTS	M-Open	24		00:32:04.45	00:32:04.45	+00:09:21 (29.2%)	6:24	9.4 (71.2%)
25	TABAKA Wiesław	385		M-Open	25		00:32:05.20	00:32:05.20	+00:09:22 (29.2%)	6:25	9.4 (71.2%)
26	TABAKA Natalia	386		K-Open	1		00:32:05.50	00:32:05.50	+00:09:22 (29.2%)	6:25	9.4 (71.2%)
27	BŁACHOWIAK Mariusz	523		M-Open	26		00:32:31.85	00:32:31.85	+00:09:48 (30.2%)	6:30	9.2 (69.7%)
28	GREUTZINEHER Katarzyna	506	CROSS TRAINING PĘPOWO	K-Open	2	Cross Taining Pępowo	00:32:34.85	00:32:34.85	+00:09:51 (30.3%)	6:30	9.2 (69.7%)
29	MACHI Łukasz	195	ORLA KORZENSKO	M-Open	27		00:32:41.15	00:32:41.15	+00:09:58 (30.5%)	6:32	9.2 (69.7%)
30	POKLEPA Dawid	295	CNS NOWA SÓL	M-Open	28	CNS Nowa Sól	00:32:46.45	00:32:46.45	+00:10:03 (30.7%)	6:33	9.2 (69.7%)
31	DĄBEK Patryk	50	ŚWIRY	M-Open	29		00:32:50.60	00:32:50.60	+00:10:07 (30.8%)	6:34	9.1 (68.9%)
32	ŚMIGŁAK Łukasz	380	DIRTY SPARROWS	M-Open	30	Dirty Sparrows	00:32:52.95	00:32:52.95	+00:10:10 (30.9%)	6:34	9.1 (68.9%)
33	GAŁACH Łukasz	75		M-Open	31		00:32:53.55	00:32:53.55	+00:10:10 (30.9%)	6:34	9.1 (68.9%)
34	ŻYNDUL Krystian	458	KRIS-BUD-MONT	M-Open	32		00:32:55.75	00:32:55.75	+00:10:12 (31.0%)	6:35	9.1 (68.9%)
35	KLUPŚ Konrad	155	PROINVEST	M-Open	33	PROINVEST	00:33:02.65	00:33:02.65	+00:10:19 (31.3%)	6:36	9.1 (68.9%)
36	NENKAŁA Mateusz	247		M-Open	34		00:33:06.35	00:33:06.35	+00:10:23 (31.4%)	6:37	9.1 (68.9%)
37	RATAJCZAK Robert	314		M-Open	35		00:33:14.05	00:33:14.05	+00:10:31 (31.6%)	6:38	9 (68.2%)

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38	PIĘTA Michał	288		M-Open	36	PYRY I KARTOFLE	00:33:31.95	00:33:31.95	+00:10:49 (32.3%)	6:42	9 (68.2%)
39	KLEJEWSKI Przemysław	154		M-Open	37		00:33:34.00	00:33:34.00	+00:10:51 (32.3%)	6:42	8.9 (67.4%)
40	WALEŃSKI Marcin	414	DRUŻYNA WU.	M-Open	38	Drużyna Wu.	00:33:43.90	00:33:43.90	+00:11:00 (32.7%)	6:44	8.9 (67.4%)
41	KUBACIK Rafał	173	SOLLVER TEAM	M-Open	39	Sollver Team	00:33:45.25	00:33:45.25	+00:11:02 (32.7%)	6:45	8.9 (67.4%)
42	JUSZKIEWICZ Oliwia	493	RAJSPORT ACTIVE	K-Open	3		00:33:47.65	00:33:47.65	+00:11:04 (32.8%)	6:45	8.9 (67.4%)
43	OKONIEWSKI Marcin	262		M-Open	40		00:34:21.45	00:34:21.45	+00:11:38 (33.9%)	6:52	8.7 (65.9%)
44	ZAGACKI Karol	440	M-FIT RAWICZ	M-Open	41	M-FIT RAWICZ	00:34:25.45	00:34:25.45	+00:11:42 (34.0%)	6:53	8.7 (65.9%)
45	JAKUBCZYK Adam	110	TEAM TRANSFORMERS	M-Open	42		00:34:26.70	00:34:26.70	+00:11:43 (34.1%)	6:53	8.7 (65.9%)
46	CELARY Grzegorz	32	PROINVEST	M-Open	43	PROINVEST	00:34:31.60	00:34:31.60	+00:11:48 (34.2%)	6:54	8.7 (65.9%)
47	OWSIANY Anna	268	AVENGERS	K-Open	4	Avengers	00:34:38.00	00:34:38.00	+00:11:55 (34.4%)	6:55	8.7 (65.9%)
48	ZAJĄC Jarosław	441		M-Open	44		00:34:46.40	00:34:46.40	+00:12:03 (34.7%)	6:57	8.6 (65.2%)
49	ZIOŁO Krzysztof	455	DIRTY SPARROWS	M-Open	45	Dirty Sparrows	00:34:49.05	00:34:49.05	+00:12:06 (34.8%)	6:57	8.6 (65.2%)
50	GORYNIA Hubert	86		M-Open	46		00:34:51.70	00:34:51.70	+00:12:08 (34.8%)	6:58	8.6 (65.2%)
51	SZLĘZAK Mateusz	368	KGHM SW1 S-5	M-Open	47		00:34:53.95	00:34:53.95	+00:12:11 (34.9%)	6:58	8.6 (65.2%)
52	MRÓZ Norbert	241	FITNESSTEAM	M-Open	48		00:35:01.10	00:35:01.10	+00:12:18 (35.1%)	7:00	8.6 (65.2%)
53	MIELCARZ Tomasz	231	BIEGOWE DZIKI OCR	M-Open	49	Biegowe Dzikie OCR	00:35:09.20	00:35:09.20	+00:12:26 (35.4%)	7:01	8.5 (64.4%)
54	ZAJĄC Karol	443		M-Open	50		00:35:10.55	00:35:10.55	+00:12:27 (35.4%)	7:02	8.5 (64.4%)
55	RABIEGA Michał	310	PROINVEST	M-Open	51	PROINVEST	00:35:11.35	00:35:11.35	+00:12:28 (35.4%)	7:02	8.5 (64.4%)
56	ADAMIAK Igor	1	OCR GYM WROCŁAW	M-Open	52	OCR GYM WROCŁAW	00:35:18.25	00:35:18.25	+00:12:35 (35.7%)	7:03	8.5 (64.4%)
57	SOBAŃSKI Paweł	352	PROINVEST	M-Open	53	PROINVEST	00:35:20.45	00:35:20.45	+00:12:37 (35.7%)	7:04	8.5 (64.4%)
58	POLKOWSKI Fabian	297		M-Open	54		00:35:45.00	00:35:45.00	+00:13:02 (36.5%)	7:09	8.4 (63.6%)
59	RYBARCZYK Jakub	324	DRUŻYNA WU.	M-Open	55	Drużyna Wu.	00:35:58.30	00:35:58.30	+00:13:15 (36.9%)	7:11	8.3 (62.9%)
60	PAUL Jaroslaw	278	RUNBACZYN	M-Open	56	RUNbaczyn	00:36:03.00	00:36:03.00	+00:13:20 (37.0%)	7:12	8.3 (62.9%)

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61	RATAJCZAK Piotr	313	SAP	M-Open	57	SAP	00:36:16.50	00:36:16.50	+00:13:33 (37.4%)	7:15	8.3 (62.9%)
62	MAŃCZAK Joanna	213	DRUŻYNA WU.	K-Open	5	Drużyna Wu.	00:36:18.55	00:36:18.55	+00:13:35 (37.4%)	7:15	8.3 (62.9%)
63	WOJCIECHOWSKI Kamil	421	WARRIOR TEAM	M-Open	58		00:36:20.60	00:36:20.60	+00:13:37 (37.5%)	7:16	8.3 (62.9%)
64	MATUSZEWSKI Roman	222	OŹGOŁY	M-Open	59		00:36:32.90	00:36:32.90	+00:13:49 (37.8%)	7:18	8.2 (62.1%)
65	KACZMAREK Mateusz	128	BIEGAJ LESZNO	M-Open	60		00:36:41.35	00:36:41.35	+00:13:58 (38.1%)	7:20	8.2 (62.1%)
66	MARŻĘTA Mateusz	217	ORLA KORZEŃSKO	M-Open	61		00:36:43.15	00:36:43.15	+00:14:00 (38.1%)	7:20	8.2 (62.1%)
67	SZKUDLARCZYK Szymon	503		M-Open	62		00:36:43.90	00:36:43.90	+00:14:00 (38.2%)	7:20	8.2 (62.1%)
68	KOPACZYK Michał	159		M-Open	63		00:36:44.00	00:36:44.00	+00:14:01 (38.2%)	7:20	8.2 (62.1%)
69	DOPIERALSKI Dariusz	55		M-Open	64		00:36:49.05	00:36:49.05	+00:14:06 (38.3%)	7:21	8.1 (61.4%)
70	WOJCIECHOWSKI Karol	502	IG: KAROL_WOJCIECHOWSKII ZAPRASZAM SERDECZNIE	M-Open	65		00:36:58.55	00:36:58.55	+00:14:15 (38.6%)	7:23	8.1 (61.4%)
71	MENDYKA Artur	227		M-Open	66		00:37:04.50	00:37:04.50	+00:14:21 (38.7%)	7:24	8.1 (61.4%)
72	FRAŃCZAK Dariusz	70		M-Open	67		00:37:09.55	00:37:09.55	+00:14:26 (38.9%)	7:25	8.1 (61.4%)
73	DRATWIAK Dominik	56	PROINVEST	M-Open	68	PROINVEST	00:37:17.10	00:37:17.10	+00:14:34 (39.1%)	7:27	8 (60.6%)
74	WOJNICKI Wojciech	424	DIRTY SPARROWS	M-Open	69	Dirty Sparrows	00:37:23.15	00:37:23.15	+00:14:40 (39.2%)	7:28	8 (60.6%)
75	CHUDZINSKI Maciej	38	PONYXOX	M-Open	70		00:37:34.35	00:37:34.35	+00:14:51 (39.5%)	7:30	8 (60.6%)
76	ALEKSANDER Łukasz	3	AKADEMIA TAEKWON DO IN NAE	M-Open	71	Akademia Taekwon-do IN NAE	00:37:34.90	00:37:34.90	+00:14:51 (39.6%)	7:30	8 (60.6%)
77	KOMORNICKI Krzysiek	158	IRON STUDIO	M-Open	72		00:37:38.40	00:37:38.40	+00:14:55 (39.6%)	7:31	8 (60.6%)
78	TRUBIŁOWICZ Mateusz	399	BIEGOWE DZIKI OCR	M-Open	73	Biegowe Dzikie OCR	00:37:58.55	00:37:58.55	+00:15:15 (40.2%)	7:35	7.9 (59.8%)
79	KOSUT Adam	484	SHOOTBOXER MOSINA	M-Open	74		00:38:01.40	00:38:01.40	+00:15:18 (40.3%)	7:36	7.9 (59.8%)
80	PRZYŁĘCKI Karol	308		M-Open	75	TOYOTA TEAM LESZNO	00:38:02.20	00:38:02.20	+00:15:19 (40.3%)	7:36	7.9 (59.8%)
81	KOSOWSKA Aleksandra	491	TRANSFORMERS	K-Open	6	Transformers Kościan	00:38:02.60	00:38:02.60	+00:15:19 (40.3%)	7:36	7.9 (59.8%)
82	MACIOSZCZYK Szymon	201	SHOOTBOXER	M-Open	76		00:38:04.50	00:38:04.50	+00:15:21 (40.3%)	7:36	7.9 (59.8%)
83	KWARTA Paweł	181		M-Open	77		00:38:06.30	00:38:06.30	+00:15:23 (40.4%)	7:37	7.9 (59.8%)

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84	BOROWSKI Maciej	500	BIEGOWE DZIKI OCR	M-Open	78	Biegowe Dzikie OCR	00:38:07.35	00:38:07.35	+00:15:24 (40.4%)	7:37	7.9 (59.8%)
85	BAKOWSKI Błażej	13	MÜLLER TEAM	M-Open	79		00:38:09.35	00:38:09.35	+00:15:26 (40.5%)	7:37	7.9 (59.8%)
86	KASPROWIAK Oskar	143	POMYXOX	M-Open	80		00:38:13.20	00:38:13.20	+00:15:30 (40.6%)	7:38	7.8 (59.1%)
86	MILASZEWSKI Michał	236	PONYXOX	M-Open	80		00:38:13.20	00:38:13.20	+00:15:30 (40.6%)	7:38	7.8 (59.1%)
88	MAJEK Mateusz	512		M-Open	82		00:38:18.05	00:38:18.05	+00:15:35 (40.7%)	7:39	7.8 (59.1%)
89	ŚWIDZIŃSKI Marcin	384	TRANSFORMERS	M-Open	83		00:38:19.25	00:38:19.25	+00:15:36 (40.7%)	7:39	7.8 (59.1%)
90	SOBECKI Igor	477		M-Open	84		00:38:21.45	00:38:21.45	+00:15:38 (40.8%)	7:40	7.8 (59.1%)
90	GAJEWSKI Tomasz	73	LEGNICA POKONUJE PRZESZKODY	M-Open	84		00:38:21.45	00:38:21.45	+00:15:38 (40.8%)	7:40	7.8 (59.1%)
92	PRUSKO Paulina	303	OCR GYM WROCŁAW	K-Open	7		00:38:27.70	00:38:27.70	+00:15:44 (40.9%)	7:41	7.8 (59.1%)
93	RYCHLEWSKI Michał	325	DIRTY SPARROWS	M-Open	86	Dirty Sparrows	00:38:37.25	00:38:37.25	+00:15:54 (41.2%)	7:43	7.8 (59.1%)
94	SOBIERAJ Radosław	353	POLSKA	M-Open	87	Akademia Taekwon-do IN NAE	00:38:40.55	00:38:40.55	+00:15:57 (41.3%)	7:44	7.8 (59.1%)
95	MAJCHRZAK Agnieszka	204	DRUŻYNA WU.	K-Open	8	Drużyna Wu.	00:38:42.30	00:38:42.30	+00:15:59 (41.3%)	7:44	7.8 (59.1%)
96	LUDWICZAK Jędrzej	189	RUNBACZYN	M-Open	88	RUNbaczyn	00:38:51.75	00:38:51.75	+00:16:08 (41.5%)	7:46	7.7 (58.3%)
97	BOSSY Kuba	26	RUNBACZYN	M-Open	89	RUNbaczyn	00:38:51.90	00:38:51.90	+00:16:08 (41.6%)	7:46	7.7 (58.3%)
98	MAĆKOWSKI Hubert	203	RUNBACZYN	M-Open	90	RUNbaczyn	00:38:56.60	00:38:56.60	+00:16:13 (41.7%)	7:47	7.7 (58.3%)
99	POPIELA Sebastian	299	OPTYK BARTKOWIAK TEAM	M-Open	91		00:38:59.15	00:38:59.15	+00:16:16 (41.7%)	7:47	7.7 (58.3%)
100	ZADWORNY Adrian	501		M-Open	92		00:39:07.25	00:39:07.25	+00:16:24 (41.9%)	7:49	7.7 (58.3%)
101	TEREMETS Yevhenii	391	GOOD FOOD PRODUCTS	M-Open	93		00:39:22.15	00:39:22.15	+00:16:39 (42.3%)	7:52	7.6 (57.6%)
102	YAKOVENKO Viktor	439	GOOD FOOD PRODUCTS	M-Open	94		00:39:22.75	00:39:22.75	+00:16:39 (42.3%)	7:52	7.6 (57.6%)
103	WRÓBLEWSKI Patryk	437	TYTKA FIT	M-Open	95		00:39:29.75	00:39:29.75	+00:16:46 (42.5%)	7:53	7.6 (57.6%)
104	DWORAK Mateusz	58		M-Open	96		00:39:36.35	00:39:36.35	+00:16:53 (42.6%)	7:55	7.6 (57.6%)
105	JÓSKA Paweł	120	AKADEMIA TAEKWON-DO IN NAE	M-Open	97	Akademia Taekwon-do IN NAE	00:39:44.10	00:39:44.10	+00:17:01 (42.8%)	7:56	7.6 (57.6%)
106	MIGDALCZYK Natalia	520		K-Open	9		00:39:59.50	00:39:59.50	+00:17:16 (43.2%)	7:59	7.5 (56.8%)

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107	ŚWIĄTEK Bronisław	383	SAMOTNY WILK	M-Open	98		00:40:10.70	00:40:10.70	+00:17:27 (43.5%)	8:02	7.5 (56.8%)
108	URBAŃSKI Adam	412		M-Open	99	TOYOTA TEAM LESZNO	00:40:11.30	00:40:11.30	+00:17:28 (43.5%)	8:02	7.5 (56.8%)
109	BUDASZ Kamil	514		M-Open	100		00:40:17.35	00:40:17.35	+00:17:34 (43.6%)	8:03	7.4 (56.1%)
110	FEDOSIEIEV Dmitro	64		M-Open	101	Zaruba	00:40:18.00	00:40:18.00	+00:17:35 (43.6%)	8:03	7.4 (56.1%)
111	JARCZEWSKI Łukasz	117		M-Open	102		00:40:27.65	00:40:27.65	+00:17:44 (43.9%)	8:05	7.4 (56.1%)
112	FLORCZAK Mateusz	67	HWPO	M-Open	103	HWPO	00:40:30.00	00:40:30.00	+00:17:47 (43.9%)	8:06	7.4 (56.1%)
113	BAJON Anna	7		K-Open	10		00:40:41.60	00:40:41.60	+00:17:58 (44.2%)	8:08	7.4 (56.1%)
114	BORECKI Marcin	22		M-Open	104	TOYOTA TEAM LESZNO	00:40:56.15	00:40:56.15	+00:18:13 (44.5%)	8:11	7.3 (55.3%)
115	SKORCZYK Bartosz	345		M-Open	105		00:40:59.30	00:40:59.30	+00:18:16 (44.6%)	8:11	7.3 (55.3%)
116	ŚMIGLAK Kasia	381	DIRTY SPARROWS	K-Open	11	Dirty Sparrows	00:41:02.30	00:41:02.30	+00:18:19 (44.6%)	8:12	7.3 (55.3%)
117	OLEJNIK Maciej	265		M-Open	106		00:41:04.60	00:41:04.60	+00:18:21 (44.7%)	8:12	7.3 (55.3%)
118	MUSZYŃSKI Maciej	519		M-Open	107		00:41:06.50	00:41:06.50	+00:18:23 (44.7%)	8:13	7.3 (55.3%)
119	SPYCHAŁA Jacek	358	DIRTY SPARROWS	M-Open	108	Dirty Sparrows	00:41:06.80	00:41:06.80	+00:18:23 (44.7%)	8:13	7.3 (55.3%)
120	PIÓRKO Piotr	289	C&C PARTNERS	M-Open	109	C&C Partners	00:41:10.55	00:41:10.55	+00:18:27 (44.8%)	8:14	7.3 (55.3%)
121	MICHALSKI Mateusz	474		M-Open	110		00:41:14.25	00:41:14.25	+00:18:31 (44.9%)	8:14	7.3 (55.3%)
122	JABŁOŃSKI Hubert	109	KS FUTSAL POWIAT PILSKI	M-Open	111		00:41:19.40	00:41:19.40	+00:18:36 (45.0%)	8:15	7.3 (55.3%)
123	TURKIEWICZ Jarosław	401		M-Open	112		00:41:20.50	00:41:20.50	+00:18:37 (45.1%)	8:16	7.3 (55.3%)
124	LIS Alan	187		M-Open	113	TOYOTA TEAM LESZNO	00:41:25.70	00:41:25.70	+00:18:42 (45.2%)	8:17	7.2 (54.5%)
125	SKRZYPCZAK Przemysław	348	RUNBACZYN	M-Open	114	RUNbaczyn	00:41:33.35	00:41:33.35	+00:18:50 (45.3%)	8:18	7.2 (54.5%)
126	ZAJĄC Aleksander	442		M-Open	115		00:41:34.60	00:41:34.60	+00:18:51 (45.4%)	8:18	7.2 (54.5%)
127	KOSEK Mateusz	161	SPINKO LESZNO	M-Open	116	Spinko Leszno	00:41:41.45	00:41:41.45	+00:18:58 (45.5%)	8:20	7.2 (54.5%)
128	HOFFMANN Zbigniew	101	SPINKO LESZNO	M-Open	117	Spinko Leszno	00:41:41.75	00:41:41.75	+00:18:58 (45.5%)	8:20	7.2 (54.5%)
129	POWAŻNA Barbara	300	OCR GYM WROCŁAW	K-Open	12	OCR GYM WROCŁAW	00:41:43.00	00:41:43.00	+00:19:00 (45.5%)	8:20	7.2 (54.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
130	APANOWICZ Dawid	6	PROINVEST	M-Open	118	PROINVEST	00:41:48.55	00:41:48.55	+00:19:05 (45.7%)	8:21	7.2 (54.5%)
131	MATUSZEWSKI Jakub	223	C&C PARTNERS	M-Open	119	C&C Partners	00:41:51.05	00:41:51.05	+00:19:08 (45.7%)	8:22	7.2 (54.5%)
132	JĄNCZAK Sebastian	116		M-Open	120		00:41:53.90	00:41:53.90	+00:19:10 (45.8%)	8:22	7.2 (54.5%)
133	MIERNIK Przemysław	232	CROSS FIRMUS	M-Open	121		00:41:58.50	00:41:58.50	+00:19:15 (45.9%)	8:23	7.1 (53.8%)
134	KRZEMIEŃ Sławomir	172	OCR GYM WROCŁAW	M-Open	122	OCR GYM WROCŁAW	00:42:04.50	00:42:04.50	+00:19:21 (46.0%)	8:24	7.1 (53.8%)
135	RATAJCZAK Honorata	312		K-Open	13	Drużyna Wu.	00:42:05.35	00:42:05.35	+00:19:22 (46.0%)	8:25	7.1 (53.8%)
136	MARCINIAK Łukasz	214		M-Open	123		00:42:11.80	00:42:11.80	+00:19:28 (46.2%)	8:26	7.1 (53.8%)
137	BUGIEL Marcin	30		M-Open	124		00:42:28.20	00:42:28.20	+00:19:45 (46.5%)	8:29	7.1 (53.8%)
138	SZPRUTA Robert	371		M-Open	125		00:42:36.15	00:42:36.15	+00:19:53 (46.7%)	8:31	7 (53.0%)
139	MATECKA Natalia	219		K-Open	14		00:42:39.20	00:42:39.20	+00:19:56 (46.7%)	8:31	7 (53.0%)
140	SITARZ Mateusz	342		M-Open	126		00:42:41.30	00:42:41.30	+00:19:58 (46.8%)	8:32	7 (53.0%)
141	BOROŃ Wojciech	23		M-Open	127	BEWU	00:42:42.95	00:42:42.95	+00:20:00 (46.8%)	8:32	7 (53.0%)
142	JANISZEWSKI Paweł	111	BEWU	M-Open	128	BEWU	00:42:45.70	00:42:45.70	+00:20:02 (46.9%)	8:33	7 (53.0%)
143	JANISZEWSKI Jędrzej	112		M-Open	129	BEWU	00:42:46.85	00:42:46.85	+00:20:03 (46.9%)	8:33	7 (53.0%)
144	ZIOŁO Ewa	456	DIRTY SPARROWS	K-Open	15	Dirty Sparrows	00:42:51.00	00:42:51.00	+00:20:08 (47.0%)	8:34	7 (53.0%)
145	GARBARCZYK Paweł	77		M-Open	130	TOYOTA TEAM LESZNO	00:42:56.40	00:42:56.40	+00:20:13 (47.1%)	8:35	7 (53.0%)
146	KACHEL Łukasz	124	LP&PERL	M-Open	131	LP&PERL&MG	00:43:03.60	00:43:03.60	+00:20:20 (47.2%)	8:36	7 (53.0%)
147	POLASZEWSKI Leszek	296	LP&PERL&MG	M-Open	132	LP&PERL&MG	00:43:03.70	00:43:03.70	+00:20:20 (47.2%)	8:36	7 (53.0%)
148	GUMULA Mateusz	97	LP&PERL&MG	M-Open	133	LP&PERL&MG	00:43:03.85	00:43:03.85	+00:20:20 (47.3%)	8:36	7 (53.0%)
149	SOFINSKA Iwona	356		K-Open	16		00:43:16.60	00:43:16.60	+00:20:33 (47.5%)	8:39	6.9 (52.3%)
150	FRYDRYCH Andrzej	71		M-Open	134		00:43:16.90	00:43:16.90	+00:20:33 (47.5%)	8:39	6.9 (52.3%)
151	BARTOSZ Gracjan	12		M-Open	135		00:43:17.95	00:43:17.95	+00:20:35 (47.5%)	8:39	6.9 (52.3%)
152	BARTKOWIAK Szymon	11		M-Open	136	C&C Partners	00:43:27.35	00:43:27.35	+00:20:44 (47.7%)	8:41	6.9 (52.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
153	KLECHA Paweł	153		M-Open	137		00:43:30.00	00:43:30.00	+00:20:47 (47.8%)	8:42	6.9 (52.3%)
154	GRABOWSKI Kamil	89	DIRTY SPARROWS	M-Open	138		00:43:31.10	00:43:31.10	+00:20:48 (47.8%)	8:42	6.9 (52.3%)
155	KOMORNICKI Krzysztof	137		M-Open	139		00:43:32.10	00:43:32.10	+00:20:49 (47.8%)	8:42	6.9 (52.3%)
156	WOŹNIAK Adam	479	WOŹNIAK TEAM	M-Open	140	Wozniak Team	00:43:33.40	00:43:33.40	+00:20:50 (47.8%)	8:42	6.9 (52.3%)
157	KLECHA Karol	152	FF	M-Open	141		00:43:36.00	00:43:36.00	+00:20:53 (47.9%)	8:43	6.9 (52.3%)
158	MATUSZAK Adam	220		M-Open	142		00:43:47.75	00:43:47.75	+00:21:04 (48.1%)	8:45	6.9 (52.3%)
159	KAMIŃSKI Stanisław	134		M-Open	143		00:43:52.80	00:43:52.80	+00:21:09 (48.2%)	8:46	6.8 (51.5%)
160	SCHULZ Łukasz	337	RUNBACZYN	M-Open	144	RUNbaczyn	00:43:57.20	00:43:57.20	+00:21:14 (48.3%)	8:47	6.8 (51.5%)
161	KNOZOWSKA Bożena	156	ŚWIRY	K-Open	17		00:43:59.30	00:43:59.30	+00:21:16 (48.4%)	8:47	6.8 (51.5%)
162	MATUSZAK Agnieszka	221		K-Open	18		00:44:01.40	00:44:01.40	+00:21:18 (48.4%)	8:48	6.8 (51.5%)
163	ANTKOWIAK Hubert	5	FITNESS FACTORY	M-Open	145		00:44:02.40	00:44:02.40	+00:21:19 (48.4%)	8:48	6.8 (51.5%)
164	STACHYRA Joanna	360	ŚWIRY	K-Open	19		00:44:09.10	00:44:09.10	+00:21:26 (48.6%)	8:49	6.8 (51.5%)
165	NOWAK Patryk	250	PBO DEWELOPER	M-Open	146		00:44:10.35	00:44:10.35	+00:21:27 (48.6%)	8:50	6.8 (51.5%)
166	SZYMANOWSKI Igor	373	GOOD FOOD PRODUCTS	M-Open	147		00:44:15.20	00:44:15.20	+00:21:32 (48.7%)	8:51	6.8 (51.5%)
167	GRZEGORCZYK Maciej	94	MÜLLER TEAM	M-Open	148		00:44:16.40	00:44:16.40	+00:21:33 (48.7%)	8:51	6.8 (51.5%)
168	BOROWIAK Adam	24	HWPO	M-Open	149	HWPO	00:44:20.65	00:44:20.65	+00:21:37 (48.8%)	8:52	6.8 (51.5%)
169	GNACIŃSKI Radosław	83	RUNBACZYN	M-Open	150	RUNbaczyn	00:44:22.90	00:44:22.90	+00:21:39 (48.8%)	8:52	6.8 (51.5%)
170	KACHNIC Robert	125	RUNBACZYN	M-Open	151	RUNbaczyn	00:44:30.50	00:44:30.50	+00:21:47 (49.0%)	8:54	6.7 (50.8%)
171	SKOMSKA Lena	343		K-Open	20		00:44:35.80	00:44:35.80	+00:21:52 (49.1%)	8:55	6.7 (50.8%)
172	SOCHACKI Jarosław	355	RUNBACZYN	M-Open	152		00:44:39.55	00:44:39.55	+00:21:56 (49.1%)	8:55	6.7 (50.8%)
173	SOBOLEWSKA Katarzyna	354		K-Open	21		00:44:42.50	00:44:42.50	+00:21:59 (49.2%)	8:56	6.7 (50.8%)
174	GÓRECKA Sylwia	87	ŚWIRY	K-Open	22	ŚWIRY	00:44:46.10	00:44:46.10	+00:22:03 (49.3%)	8:57	6.7 (50.8%)
175	BŁACHOWIAK Fabian	522		M-Open	153		00:44:46.50	00:44:46.50	+00:22:03 (49.3%)	8:57	6.7 (50.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
176	KIJAS Magdalena	149		K-Open	23		00:44:47.70	00:44:47.70	+00:22:04 (49.3%)	8:57	6.7 (50.8%)
177	ZIMNA Katarzyna	515	CROSS TRAINING PĘPOWO	K-Open	24	Cross Taining Pępowo	00:44:50.35	00:44:50.35	+00:22:07 (49.3%)	8:58	6.7 (50.8%)
178	GUBAŃSKI Jeremiasz	96	MACII STACJA DEMONTAŻU POJAZDÓW	M-Open	154		00:44:52.35	00:44:52.35	+00:22:09 (49.4%)	8:58	6.7 (50.8%)
179	IGNACIK Mirek	105		M-Open	155		00:44:52.90	00:44:52.90	+00:22:09 (49.4%)	8:58	6.7 (50.8%)
180	KARPIŃSKI Paweł	138	FDW PASZE	M-Open	156		00:44:56.60	00:44:56.60	+00:22:13 (49.5%)	8:59	6.7 (50.8%)
181	DOPIERALSKI Dariusz	68	FERMY WOŹNIAK	M-Open	157		00:45:02.40	00:45:02.40	+00:22:19 (49.6%)	9:00	6.7 (50.8%)
182	KIJAS Grzegorz	150		M-Open	158		00:45:04.10	00:45:04.10	+00:22:21 (49.6%)	9:00	6.7 (50.8%)
183	DŁUGOSZ Marlena	507		K-Open	25		00:45:08.40	00:45:08.40	+00:22:25 (49.7%)	9:01	6.6 (50.0%)
184	WOLNY Piotr	433	WOZNIAK TEAM	M-Open	159	Wozniak Team	00:45:15.70	00:45:15.70	+00:22:32 (49.8%)	9:03	6.6 (50.0%)
185	PERZ Iwona	284	WOŹNIAK TEAM	K-Open	26		00:45:15.75	00:45:15.75	+00:22:32 (49.8%)	9:03	6.6 (50.0%)
186	WOLNA Kamila	432	WOŹNIAK TEAM	K-Open	27	Wozniak Team	00:45:16.05	00:45:16.05	+00:22:33 (49.8%)	9:03	6.6 (50.0%)
187	ZARZYCKI Jakub	450		M-Open	160		00:45:17.20	00:45:17.20	+00:22:34 (49.8%)	9:03	6.6 (50.0%)
188	DOPIERAŁA Tomasz	461	WOŹNIAK TEAM	M-Open	161	Wozniak Team	00:45:25.10	00:45:25.10	+00:22:42 (50.0%)	9:05	6.6 (50.0%)
189	NOWAK Adrian	249	PBO DEWELOPER	M-Open	162		00:45:29.35	00:45:29.35	+00:22:46 (50.1%)	9:05	6.6 (50.0%)
190	KASPROWIAK Paweł	142		M-Open	163		00:45:30.10	00:45:30.10	+00:22:47 (50.1%)	9:06	6.6 (50.0%)
191	KAPUŚCIŃSKI Adrian	135	GOOD FOOD PRODUCTS	M-Open	164		00:45:33.60	00:45:33.60	+00:22:50 (50.1%)	9:06	6.6 (50.0%)
192	JARÓŻEK Dominik	118		M-Open	165		00:45:34.20	00:45:34.20	+00:22:51 (50.2%)	9:06	6.6 (50.0%)
193	ROZWALKA Kasia	317	DRAGON GYM&SQUASH	K-Open	28		00:45:35.15	00:45:35.15	+00:22:52 (50.2%)	9:07	6.6 (50.0%)
194	WILCZKOWIAK Karolina	418		K-Open	29		00:45:44.55	00:45:44.55	+00:23:01 (50.3%)	9:08	6.6 (50.0%)
195	SZAJDA Adrianna	509	CROSS TRAINING PĘPOWO	K-Open	30		00:45:48.45	00:45:48.45	+00:23:05 (50.4%)	9:09	6.6 (50.0%)
196	ZARWAŃSKI Piotr	449	DRAGON GYM	M-Open	166		00:45:51.65	00:45:51.65	+00:23:08 (50.5%)	9:10	6.5 (49.2%)
197	GLEŃ Agnieszka	81	SOLLVER TEAM	K-Open	31	Sollver Team	00:45:54.40	00:45:54.40	+00:23:11 (50.5%)	9:10	6.5 (49.2%)
198	PIECHOTA Adam	286	INSTAL SERWIS	M-Open	167		00:45:58.00	00:45:58.00	+00:23:15 (50.6%)	9:11	6.5 (49.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
199	KOKOT Krzysztof	157		M-Open	168		00:45:58.80	00:45:58.80	+00:23:15 (50.6%)	9:11	6.5 (49.2%)
200	MAJOREK Kasia	210		K-Open	32		00:46:00.45	00:46:00.45	+00:23:17 (50.6%)	9:12	6.5 (49.2%)
201	WITKIEWICZ Katarzyna	419		K-Open	33		00:46:00.50	00:46:00.50	+00:23:17 (50.6%)	9:12	6.5 (49.2%)
202	HAMOT Lukasz	98		M-Open	169		00:46:01.50	00:46:01.50	+00:23:18 (50.6%)	9:12	6.5 (49.2%)
203	KUBACIK Maksymilian	175	SOLLVER TEAM	M-Open	170	Sollver Team	00:46:13.25	00:46:13.25	+00:23:30 (50.9%)	9:14	6.5 (49.2%)
204	KĘSKIEWICZ Kamil	148	SUDECCY TRANSFORMERSI	M-Open	171		00:46:20.15	00:46:20.15	+00:23:37 (51.0%)	9:16	6.5 (49.2%)
205	WOZNIAK Oliwia	435	FLYING FLOWER BY MARINA LAIKINA	K-Open	34		00:46:31.60	00:46:31.60	+00:23:48 (51.2%)	9:18	6.4 (48.5%)
206	CIEŚLIK Marcin	44		M-Open	172		00:46:31.80	00:46:31.80	+00:23:48 (51.2%)	9:18	6.4 (48.5%)
207	DOMAGALSKI Jakub	53		M-Open	173		00:46:35.60	00:46:35.60	+00:23:52 (51.2%)	9:19	6.4 (48.5%)
208	KARAKOLIS Anna	136	CNS NOWA SÓL	K-Open	35	CNS Nowa Sól	00:46:36.30	00:46:36.30	+00:23:53 (51.3%)	9:19	6.4 (48.5%)
209	MAJEK Mateusz	498		M-Open	174		00:46:36.65	00:46:36.65	+00:23:53 (51.3%)	9:19	6.4 (48.5%)
210	POKLEPA Karolina	294	CNS	K-Open	36	CNS Nowa Sól	00:46:37.70	00:46:37.70	+00:23:54 (51.3%)	9:19	6.4 (48.5%)
211	NOWAK Damian	258	FLYING FLOWER BY MARINA LAIKINA	M-Open	175		00:46:45.25	00:46:45.25	+00:24:02 (51.4%)	9:21	6.4 (48.5%)
212	DOMAGALSKI Damian	54		M-Open	176		00:46:49.95	00:46:49.95	+00:24:07 (51.5%)	9:21	6.4 (48.5%)
213	WRÓBLEWSKI Przemysław	438		M-Open	177	TOYOTA TEAM LESZNO	00:46:51.20	00:46:51.20	+00:24:08 (51.5%)	9:22	6.4 (48.5%)
214	WOŚ Kinga	434		K-Open	37		00:46:53.65	00:46:53.65	+00:24:10 (51.6%)	9:22	6.4 (48.5%)
215	SUSŁA Aneta	363		K-Open	38	Akademia Taekwondo IN NAE	00:47:00.55	00:47:00.55	+00:24:17 (51.7%)	9:24	6.4 (48.5%)
216	DANEK Mariusz	49		M-Open	178		00:47:00.70	00:47:00.70	+00:24:17 (51.7%)	9:24	6.4 (48.5%)
217	URBANOWICZ Jarek	408		M-Open	179		00:47:23.20	00:47:23.20	+00:24:40 (52.1%)	9:28	6.3 (47.7%)
218	JANOWICZ Paulina	472	BIEGAJ LESZNO	K-Open	39		00:47:26.45	00:47:26.45	+00:24:43 (52.1%)	9:29	6.3 (47.7%)
219	KILAN Adrian	473		M-Open	180		00:47:29.90	00:47:29.90	+00:24:46 (52.2%)	9:29	6.3 (47.7%)
220	MISIAK Tobiasz	238	VILLAGE_DAY_SPA	M-Open	181		00:47:33.75	00:47:33.75	+00:24:50 (52.2%)	9:30	6.3 (47.7%)
221	ŚLATAŁA Emilia	378		K-Open	40	PYRY I KARTOFLE	00:47:43.85	00:47:43.85	+00:25:00 (52.4%)	9:32	6.3 (47.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
222	NYCZKA Marta	260	TRANSFORMERS KOŚCIAN	K-Open	41		00:47:50.50	00:47:50.50	+00:25:07 (52.5%)	9:34	6.3 (47.7%)
223	KURASIAK Sławek	492		M-Open	182		00:47:52.95	00:47:52.95	+00:25:10 (52.6%)	9:34	6.3 (47.7%)
224	KASPROWIAK Kuba	144	POMYXOX	M-Open	183		00:47:53.80	00:47:53.80	+00:25:10 (52.6%)	9:34	6.3 (47.7%)
225	KURASIAK Ewelina	178		K-Open	42		00:47:55.10	00:47:55.10	+00:25:12 (52.6%)	9:35	6.3 (47.7%)
226	NYCZKA Magdalena	496		K-Open	43	Transformers Kościan	00:48:15.20	00:48:15.20	+00:25:32 (52.9%)	9:39	6.2 (47.0%)
227	DUDEK Franek	495	TEAM TRANSFORMERS KOŚCIAN	M-Open	184	Transformers Kościan	00:48:17.55	00:48:17.55	+00:25:34 (53.0%)	9:39	6.2 (47.0%)
228	TERESINSKA Klaudia	392		K-Open	44		00:48:22.00	00:48:22.00	+00:25:39 (53.0%)	9:40	6.2 (47.0%)
229	KWADRANS Piotr	180	OCR GYM WROCŁAW	M-Open	185	OCR GYM WROCŁAW	00:48:23.45	00:48:23.45	+00:25:40 (53.1%)	9:40	6.2 (47.0%)
230	ZALEWSKI Sebastian	447		M-Open	186		00:48:24.40	00:48:24.40	+00:25:41 (53.1%)	9:40	6.2 (47.0%)
231	PABISEK Izabela	271		K-Open	45		00:48:24.60	00:48:24.60	+00:25:41 (53.1%)	9:40	6.2 (47.0%)
232	WOJCIECHOWSKI Paweł	423	C&C PARTNERS	M-Open	187	C&C Partners	00:48:32.85	00:48:32.85	+00:25:49 (53.2%)	9:42	6.2 (47.0%)
233	WOJCIECHOWSKI Radosław	422	MÜLLER TEAM	M-Open	188		00:48:40.45	00:48:40.45	+00:25:57 (53.3%)	9:44	6.2 (47.0%)
234	KOWALCZYK Oliwia	164		K-Open	46	TOYOTA TEAM LESZNO	00:48:49.15	00:48:49.15	+00:26:06 (53.5%)	9:45	6.1 (46.2%)
235	ŚLATAŁA Mikołaj	379		M-Open	189	PYRY I KARTOFLE	00:48:49.65	00:48:49.65	+00:26:06 (53.5%)	9:45	6.1 (46.2%)
236	LECIEJEWSKA Paulina	185		K-Open	47		00:48:59.40	00:48:59.40	+00:26:16 (53.6%)	9:47	6.1 (46.2%)
237	CELARY Kamila	34		K-Open	48	PYRY I KARTOFLE	00:49:00.70	00:49:00.70	+00:26:17 (53.7%)	9:48	6.1 (46.2%)
238	SZMYT Robert	370	EKIPA AMITY	M-Open	190	Ekipa Amity	00:49:04.05	00:49:04.05	+00:26:21 (53.7%)	9:48	6.1 (46.2%)
239	SZCZEPANIAK Adrian	366	GOOD FOOD PRODUCTS	M-Open	191		00:49:16.85	00:49:16.85	+00:26:33 (53.9%)	9:51	6.1 (46.2%)
240	MAĆKOWIAK Marcin	480	WOŹNIAK TEAM	M-Open	192		00:49:21.50	00:49:21.50	+00:26:38 (54.0%)	9:52	6.1 (46.2%)
241	HUTSULIAK Andrii	104	GOOD FOOD PRODUCTS	M-Open	193		00:49:34.30	00:49:34.30	+00:26:51 (54.2%)	9:54	6.1 (46.2%)
242	URBANOWICZ Krystian	409		M-Open	194		00:49:37.40	00:49:37.40	+00:26:54 (54.2%)	9:55	6 (45.5%)
243	DUDZIAK Kinga	57	TRANSFORMERS KOŚCIAN	K-Open	49		00:49:49.70	00:49:49.70	+00:27:06 (54.4%)	9:57	6 (45.5%)
244	NOWAK Izabela	254	TRANSFORMERS KOŚCIAN	K-Open	50		00:49:50.05	00:49:50.05	+00:27:07 (54.4%)	9:58	6 (45.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
245	MARCINIAK Karol	215		M-Open	195	TOYOTA TEAM LESZNO	00:49:52.75	00:49:52.75	+00:27:09 (54.5%)	9:58	6 (45.5%)
246	SZMYT Magdalena	369	EKIPA AMITY	K-Open	51	Ekipa Amity	00:49:53.00	00:49:53.00	+00:27:10 (54.5%)	9:58	6 (45.5%)
247	SZYMCZAK Damian	375		M-Open	196	TOYOTA TEAM LESZNO	00:49:53.75	00:49:53.75	+00:27:10 (54.5%)	9:58	6 (45.5%)
248	IRADZKA Jagoda	108		K-Open	52	TOYOTA TEAM LESZNO	00:49:58.30	00:49:58.30	+00:27:15 (54.5%)	9:59	6 (45.5%)
249	SZYMKOWIAK Mirek	376	EKIPA AMITY	M-Open	197	Ekipa Amity	00:50:30.10	00:50:30.10	+00:27:47 (55.0%)	10:06	5.9 (44.7%)
250	JASICZEK Jakub	119	EKIPA AMITY	M-Open	198	Ekipa Amity	00:50:31.95	00:50:31.95	+00:27:49 (55.0%)	10:06	5.9 (44.7%)
251	TYCZYŃSKI Tristan	403		M-Open	199		00:50:34.05	00:50:34.05	+00:27:51 (55.1%)	10:06	5.9 (44.7%)
252	KACZMAREK Jan	129		M-Open	200		00:50:51.10	00:50:51.10	+00:28:08 (55.3%)	10:10	5.9 (44.7%)
253	PERA Ewa	282		K-Open	53	Wymiatacze	00:50:55.70	00:50:55.70	+00:28:12 (55.4%)	10:11	5.9 (44.7%)
254	SZADZIUL Dawid	365	MORDOR TEAM	M-Open	201		00:50:59.20	00:50:59.20	+00:28:16 (55.4%)	10:11	5.9 (44.7%)
255	SINIECKI Krzysztof	341		M-Open	202		00:51:03.90	00:51:03.90	+00:28:20 (55.5%)	10:12	5.9 (44.7%)
256	JAKUBOWSKI Michał	505		M-Open	203		00:51:13.30	00:51:13.30	+00:28:30 (55.7%)	10:14	5.9 (44.7%)
257	URBAŃSKA Sandra	410	TRANSFORMERS KOŚCIAN	K-Open	54		00:51:27.90	00:51:27.90	+00:28:44 (55.9%)	10:17	5.8 (43.9%)
258	MOSTOWSKA-NOWAK Elżbieta	239	BABCIE BIEGAJĄ	K-Open	55		00:51:29.05	00:51:29.05	+00:28:46 (55.9%)	10:17	5.8 (43.9%)
259	TOJA Adrian	396	VILLAGE_DAY_SPA	M-Open	204		00:51:37.20	00:51:37.20	+00:28:54 (56.0%)	10:19	5.8 (43.9%)
260	ADAMKIEWICZ Katarzyna	2		K-Open	56		00:51:37.55	00:51:37.55	+00:28:54 (56.0%)	10:19	5.8 (43.9%)
261	WAWRZYŃSKA Donata	415	TOYOTA TEAM LESZNO	K-Open	57	TOYOTA TEAM LESZNO	00:51:40.05	00:51:40.05	+00:28:57 (56.0%)	10:20	5.8 (43.9%)
262	BINIASZ Weronika	16		K-Open	58		00:51:43.85	00:51:43.85	+00:29:00 (56.1%)	10:20	5.8 (43.9%)
263	PRZESZŁO Zdzisław	304	SOLLVER TEMA	M-Open	205	Sollver Team	00:51:47.25	00:51:47.25	+00:29:04 (56.1%)	10:21	5.8 (43.9%)
264	BIEDALAK Krzysztof	15		M-Open	206		00:51:53.90	00:51:53.90	+00:29:10 (56.2%)	10:22	5.8 (43.9%)
265	BUDZYNSKI Łukasz	29		M-Open	207		00:51:57.25	00:51:57.25	+00:29:14 (56.3%)	10:23	5.8 (43.9%)
266	PALACZ Romualda	489	TRANSFORMERS KOŚCIAN	K-Open	59	Transformers Kościan	00:52:37.60	00:52:37.60	+00:29:54 (56.8%)	10:31	5.7 (43.2%)
267	PALCZYŃSKI Rafał	275	VILLA_DAY_SPA	M-Open	208		00:52:39.35	00:52:39.35	+00:29:56 (56.9%)	10:31	5.7 (43.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
268	ŁYŻWA Stanisław	194		M-Open	209		00:52:51.55	00:52:51.55	+00:30:08 (57.0%)	10:34	5.7 (43.2%)
269	SAKOWICZ Kinga	331	MISS FIT	K-Open	60	Miss Fit	00:52:57.80	00:52:57.80	+00:30:14 (57.1%)	10:35	5.7 (43.2%)
270	PETLUSZEWSKA Karolina	285	MISS FIT	K-Open	61		00:52:57.95	00:52:57.95	+00:30:15 (57.1%)	10:35	5.7 (43.2%)
271	NOWAK Anna	252	DIRTY SPARROWS	K-Open	62		00:53:02.25	00:53:02.25	+00:30:19 (57.2%)	10:36	5.7 (43.2%)
272	SKROBAŁA Marek	346		M-Open	210		00:53:07.35	00:53:07.35	+00:30:24 (57.2%)	10:37	5.6 (42.4%)
273	SKROBAŁA Natalia	347		K-Open	63		00:53:07.40	00:53:07.40	+00:30:24 (57.2%)	10:37	5.6 (42.4%)
274	LECH Adrian	184	MORDOR TEAM	M-Open	211		00:53:14.45	00:53:14.45	+00:30:31 (57.3%)	10:38	5.6 (42.4%)
275	ZASADA Kamil	451	MORDOR TEAM	M-Open	212		00:53:15.80	00:53:15.80	+00:30:32 (57.4%)	10:39	5.6 (42.4%)
276	ZASADA Aleksandra	452	MORDOR TEAM	K-Open	64		00:53:15.90	00:53:15.90	+00:30:32 (57.4%)	10:39	5.6 (42.4%)
277	ŁAKOMSKA Paulina	190	C&C PARTNERS	K-Open	65	C&C Partners	00:53:16.90	00:53:16.90	+00:30:33 (57.4%)	10:39	5.6 (42.4%)
278	KRAWCZYK Agnieszka	169	MISS FIT	K-Open	66	Miss Fit	00:53:17.30	00:53:17.30	+00:30:34 (57.4%)	10:39	5.6 (42.4%)
279	KRAWCZYK Adrian	170		M-Open	213		00:53:18.00	00:53:18.00	+00:30:35 (57.4%)	10:39	5.6 (42.4%)
280	KORZH Svitlana	160	DIRTY SPARROWS	K-Open	67	Dirty Sparrows	00:53:21.00	00:53:21.00	+00:30:38 (57.4%)	10:40	5.6 (42.4%)
281	DEMBIŃSKA Ewelina	51	C&C PARTNERS	K-Open	68	C&C Partners	00:53:22.25	00:53:22.25	+00:30:39 (57.4%)	10:40	5.6 (42.4%)
282	SIEBNER Dawid	338	C&C PARTNERS	M-Open	214	C&C Partners	00:53:24.10	00:53:24.10	+00:30:41 (57.5%)	10:40	5.6 (42.4%)
283	MYSZYŃSKI Tomasz	244	DIRTY SPARROWS	M-Open	215	Dirty Sparrows	00:53:24.55	00:53:24.55	+00:30:41 (57.5%)	10:40	5.6 (42.4%)
284	PALACZ Julia	482	TRANSFORMERS KOŚCIAN	K-Open	69	Transformers Kościan	00:53:24.70	00:53:24.70	+00:30:41 (57.5%)	10:40	5.6 (42.4%)
285	SAMARZEWSKI Marek	334	TRANSFORMERS	M-Open	216		00:53:28.10	00:53:28.10	+00:30:45 (57.5%)	10:41	5.6 (42.4%)
286	SZADZIUL Sebastian	364	MORDOR TEAM	M-Open	217		00:53:31.20	00:53:31.20	+00:30:48 (57.6%)	10:42	5.6 (42.4%)
287	SAMCZUK Jakub	467		M-Open	218		00:53:38.65	00:53:38.65	+00:30:55 (57.7%)	10:43	5.6 (42.4%)
288	KUCHARSKA Ewa	177		K-Open	70		00:53:41.20	00:53:41.20	+00:30:58 (57.7%)	10:44	5.6 (42.4%)
289	SAJBURA Magdalena	329		K-Open	71		00:53:43.05	00:53:43.05	+00:31:00 (57.7%)	10:44	5.6 (42.4%)
290	MAĆKOWIAK Piotr	202	FLYING FLOWER BY MARINA LAIKINA	M-Open	219		00:53:44.85	00:53:44.85	+00:31:01 (57.7%)	10:44	5.6 (42.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
291	NOWAK Przemysław	257	VILLAGE_DAY_SPA	M-Open	220		00:53:47.75	00:53:47.75	+00:31:04 (57.8%)	10:45	5.6 (42.4%)
292	ŚWITAŁA Dawid	471		M-Open	221		00:53:49.40	00:53:49.40	+00:31:06 (57.8%)	10:45	5.6 (42.4%)
293	CIEŚLIK Magdalena	43	MISSFIT	K-Open	72	Miss Fit	00:53:53.05	00:53:53.05	+00:31:10 (57.8%)	10:46	5.6 (42.4%)
294	DZIENKOWSKA Joanna	61		K-Open	73		00:54:01.40	00:54:01.40	+00:31:18 (58.0%)	10:48	5.6 (42.4%)
295	SADOWSKI Dariusz	328		M-Open	222		00:54:08.00	00:54:08.00	+00:31:25 (58.0%)	10:49	5.5 (41.7%)
296	TOKA Arkadiusz	521	MORDOR TEAM	M-Open	223		00:54:18.35	00:54:18.35	+00:31:35 (58.2%)	10:51	5.5 (41.7%)
297	PIETRZAK Marcin	287	GOOD FOOD PRODUCTS	M-Open	224		00:54:19.15	00:54:19.15	+00:31:36 (58.2%)	10:51	5.5 (41.7%)
298	JUŚKOWIAK Natalia	123		K-Open	74		00:54:19.40	00:54:19.40	+00:31:36 (58.2%)	10:51	5.5 (41.7%)
299	MYSZYNSKI Maciej	245	DIRTY SPARROWS	M-Open	225	Dirty Sparrows	00:54:32.65	00:54:32.65	+00:31:49 (58.4%)	10:54	5.5 (41.7%)
300	GOLEBIEWSKA Małgorzata	85	RUN TEAM RYDZYNA	K-Open	75		00:54:38.30	00:54:38.30	+00:31:55 (58.4%)	10:55	5.5 (41.7%)
301	ŁUPICKI Andrzej	511		M-Open	226		00:54:42.95	00:54:42.95	+00:32:00 (58.5%)	10:56	5.5 (41.7%)
302	ŁUKOWIAK Adam	481	TRANSFORMERS KOŚCIAN	M-Open	227	Transformers Kościan	00:54:46.25	00:54:46.25	+00:32:03 (58.5%)	10:57	5.5 (41.7%)
303	FURMAŃCZAK Danuta	72		K-Open	76	TOYOTA TEAM LESZNO	00:54:46.75	00:54:46.75	+00:32:03 (58.5%)	10:57	5.5 (41.7%)
304	DZIEŃKOWSKI Przemysław	62		M-Open	228		00:54:47.90	00:54:47.90	+00:32:04 (58.5%)	10:57	5.5 (41.7%)
305	TOBÓŁKA Maciej	395	TEAM TRANSFORMERS	M-Open	229		00:54:48.75	00:54:48.75	+00:32:05 (58.6%)	10:57	5.5 (41.7%)
306	JANOWICZ Karol	115		M-Open	230		00:54:48.80	00:54:48.80	+00:32:05 (58.6%)	10:57	5.5 (41.7%)
307	SAMCZUK Dariusz	465		M-Open	231		00:54:51.90	00:54:51.90	+00:32:08 (58.6%)	10:58	5.5 (41.7%)
308	ŁUPICKI Andrzej Marek	193	DINOZAURY ATAKUJĄ	M-Open	232		00:54:55.50	00:54:55.50	+00:32:12 (58.6%)	10:59	5.5 (41.7%)
309	KACZMAREK Magdalena	130		K-Open	77		00:54:58.40	00:54:58.40	+00:32:15 (58.7%)	10:59	5.5 (41.7%)
310	KACZMAREK Agata	131		K-Open	78		00:55:01.35	00:55:01.35	+00:32:18 (58.7%)	11:00	5.5 (41.7%)
311	TADYSZAK Barbara	387		K-Open	79		00:55:12.80	00:55:12.80	+00:32:29 (58.9%)	11:02	5.4 (40.9%)
312	CHUDZIŃSKI Patryk	516		M-Open	233		00:55:14.05	00:55:14.05	+00:32:31 (58.9%)	11:02	5.4 (40.9%)
313	TADYSZAK Piotr	388		M-Open	234		00:55:15.60	00:55:15.60	+00:32:32 (58.9%)	11:03	5.4 (40.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
314	MALEPSZA Monika	211	AVENGERS	K-Open	80	Avengers	00:55:20.95	00:55:20.95	+00:32:38 (59.0%)	11:04	5.4 (40.9%)
315	MALEPSZY Paweł	212	AVENGERS	M-Open	235	Avengers	00:55:21.60	00:55:21.60	+00:32:38 (59.0%)	11:04	5.4 (40.9%)
316	KASPRZAK Hieronim	494	TRANSFORMERS KOŚCIAN	M-Open	236	Transformers Kościan	00:55:39.35	00:55:39.35	+00:32:56 (59.2%)	11:07	5.4 (40.9%)
317	NOWICKI Krzysztof	259		M-Open	237	TOYOTA TEAM LESZNO	00:55:44.70	00:55:44.70	+00:33:01 (59.3%)	11:08	5.4 (40.9%)
318	MIERZEJEWSKA Laura	233	TOYOTA LESZNO TEAM	K-Open	81	TOYOTA TEAM LESZNO	00:55:47.40	00:55:47.40	+00:33:04 (59.3%)	11:09	5.4 (40.9%)
319	MACIEJEWSKI Marcin	198		M-Open	238	Wymiatacze	00:55:58.60	00:55:58.60	+00:33:15 (59.4%)	11:11	5.4 (40.9%)
320	CUDAJEWICZ Grzegorz	46	FITNESSTEAM	M-Open	239		00:56:05.20	00:56:05.20	+00:33:22 (59.5%)	11:13	5.3 (40.2%)
321	POCZEKAJ Przemysław	292		M-Open	240	TOYOTA TEAM LESZNO	00:56:07.30	00:56:07.30	+00:33:24 (59.5%)	11:13	5.3 (40.2%)
322	RÓŻAŃSKA Anna	318		K-Open	82	TOYOTA TEAM LESZNO	00:56:08.65	00:56:08.65	+00:33:25 (59.5%)	11:13	5.3 (40.2%)
323	WOJTKOWIAK Rafał	428	TEMPUS	M-Open	241		00:56:17.65	00:56:17.65	+00:33:34 (59.6%)	11:15	5.3 (40.2%)
324	SADOWSKI Wiktor	327		M-Open	242		00:56:17.85	00:56:17.85	+00:33:34 (59.7%)	11:15	5.3 (40.2%)
325	PACZEŚNA Paula	273	TEMPUS	K-Open	83		00:56:19.35	00:56:19.35	+00:33:36 (59.7%)	11:15	5.3 (40.2%)
326	WOJTKOWIAK Zofia	427	TEMPUS	K-Open	84		00:56:19.85	00:56:19.85	+00:33:36 (59.7%)	11:15	5.3 (40.2%)
327	LEŚNIEWICZ Piotr	186	TEMPUS	M-Open	243		00:56:20.85	00:56:20.85	+00:33:37 (59.7%)	11:16	5.3 (40.2%)
328	WOJTKOWIAK Aleksandra	426	TEMPUS	K-Open	85		00:56:21.50	00:56:21.50	+00:33:38 (59.7%)	11:16	5.3 (40.2%)
329	SADOWSKA Agnieszka	326	FITNESSTEAM	K-Open	86		00:56:21.70	00:56:21.70	+00:33:38 (59.7%)	11:16	5.3 (40.2%)
330	MRÓZ Joanna	240	FITNESTEAM	K-Open	87		00:56:22.55	00:56:22.55	+00:33:39 (59.7%)	11:16	5.3 (40.2%)
331	CUDAJEWICZ Anna	45	FITNESSTEAM	K-Open	88		00:56:24.10	00:56:24.10	+00:33:41 (59.7%)	11:16	5.3 (40.2%)
332	CHROSTOWSKA Monika	36	MISS FIT	K-Open	89		00:56:29.45	00:56:29.45	+00:33:46 (59.8%)	11:17	5.3 (40.2%)
333	KAŻMIERSKI Martyn	145		M-Open	244		00:56:32.40	00:56:32.40	+00:33:49 (59.8%)	11:18	5.3 (40.2%)
334	SAMCZUK Iwona	468		K-Open	90		00:56:36.25	00:56:36.25	+00:33:53 (59.9%)	11:19	5.3 (40.2%)
335	SAMCZUK Darek	466		M-Open	245		00:56:36.45	00:56:36.45	+00:33:53 (59.9%)	11:19	5.3 (40.2%)
336	CIDYŁO Mariusz	469		M-Open	246		00:56:36.55	00:56:36.55	+00:33:53 (59.9%)	11:19	5.3 (40.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
337	SAMARZEWSKA Monika	333	TRANSFORMERS	K-Open	91		00:56:38.75	00:56:38.75	+00:33:55 (59.9%)	11:19	5.3 (40.2%)
338	ŁOŚ-KRAWCZYK Magdalena	191	FITNESSTEAM	K-Open	92		00:56:39.65	00:56:39.65	+00:33:56 (59.9%)	11:19	5.3 (40.2%)
339	GRZYB Hubert	470		M-Open	247		00:56:57.65	00:56:57.65	+00:34:14 (60.1%)	11:23	5.3 (40.2%)
340	SMEKTAŁA Małgorzata	350	TOYOTA TEAM LESZNO	K-Open	93	TOYOTA TEAM LESZNO	00:56:58.35	00:56:58.35	+00:34:15 (60.1%)	11:23	5.3 (40.2%)
341	CELARY Dominika	31	PROINVEST	K-Open	94	PROINVEST	00:56:59.05	00:56:59.05	+00:34:16 (60.1%)	11:23	5.3 (40.2%)
342	BODAK Agnieszka	19	FITNESSTEAM	K-Open	95		00:57:10.10	00:57:10.10	+00:34:27 (60.3%)	11:26	5.2 (39.4%)
343	CELARY Ewelina	33		K-Open	96	PYRY I KARTOFLE	00:57:16.10	00:57:16.10	+00:34:33 (60.3%)	11:27	5.2 (39.4%)
344	CHUDY Mateusz	37		M-Open	248	PYRY I KARTOFLE	00:57:23.40	00:57:23.40	+00:34:40 (60.4%)	11:28	5.2 (39.4%)
345	HOLLSTEIN Katarzyna	102	MISS FIT	K-Open	97	Miss Fit	00:57:24.80	00:57:24.80	+00:34:41 (60.4%)	11:28	5.2 (39.4%)
346	CHODZIŃSKI Rafał	35	MÜLLER TEAM	M-Open	249		00:57:27.15	00:57:27.15	+00:34:44 (60.5%)	11:29	5.2 (39.4%)
347	BODAK Piotr	20	FITNESSTEAM	M-Open	250		00:57:45.60	00:57:45.60	+00:35:02 (60.7%)	11:33	5.2 (39.4%)
348	STACHOWIAK Małgorzata	359	FITNESSTEAM	K-Open	98		00:57:47.85	00:57:47.85	+00:35:04 (60.7%)	11:33	5.2 (39.4%)
349	TERESINSKI Jarosław	393		M-Open	251		00:58:25.25	00:58:25.25	+00:35:42 (61.1%)	11:41	5.1 (38.6%)
350	GARDYNSKA Kamila	78	CNS NOWA SÓL	K-Open	99		00:58:38.35	00:58:38.35	+00:35:55 (61.3%)	11:43	5.1 (38.6%)
351	STASZAK Małgorzata	361	CNS NOWA SÓL	K-Open	100	CNS Nowa Sól	00:58:38.95	00:58:38.95	+00:35:56 (61.3%)	11:43	5.1 (38.6%)
352	OZGOWICZ Kamil	270	CNS NOWA SÓL	M-Open	252	CNS Nowa Sól	00:58:39.40	00:58:39.40	+00:35:56 (61.3%)	11:43	5.1 (38.6%)
353	UFNIAK Radosław	406		M-Open	253	TOYOTA TEAM LESZNO	00:58:41.85	00:58:41.85	+00:35:58 (61.3%)	11:44	5.1 (38.6%)
354	RABURSKI Ernest	311		M-Open	254	TOYOTA TEAM LESZNO	00:58:43.00	00:58:43.00	+00:36:00 (61.3%)	11:44	5.1 (38.6%)
355	PAKULSKI Hubert	274	GOOD FOOD PRODUCTS	M-Open	255		00:58:45.10	00:58:45.10	+00:36:02 (61.3%)	11:45	5.1 (38.6%)
356	DYCKOWSKI Jakub	60		M-Open	256	TOYOTA TEAM LESZNO	00:58:45.55	00:58:45.55	+00:36:02 (61.3%)	11:45	5.1 (38.6%)
357	KRAWCZYK Fabian	168	FITNESSTEAM	M-Open	257		00:58:54.85	00:58:54.85	+00:36:11 (61.4%)	11:46	5.1 (38.6%)
358	TARNAWSKI Maciej	389		M-Open	258		00:59:07.05	00:59:07.05	+00:36:24 (61.6%)	11:49	5.1 (38.6%)
359	MIECZNIK Tatiana	229		K-Open	101	TOYOTA TEAM LESZNO	00:59:18.30	00:59:18.30	+00:36:35 (61.7%)	11:51	5.1 (38.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
360	PEREŁKOWICZ Marta	283		K-Open	102		00:59:24.10	00:59:24.10	+00:36:41 (61.8%)	11:52	5.1 (38.6%)
361	SZTUROMSKA Aldona	372		K-Open	103		00:59:24.25	00:59:24.25	+00:36:41 (61.8%)	11:52	5.1 (38.6%)
362	KWAŚNIEWSKA Barbara	182	SOLLVER TEAM	K-Open	104	Sollver Team	00:59:27.00	00:59:27.00	+00:36:44 (61.8%)	11:53	5 (37.9%)
363	GRAJNERT Paulina	90	TOYOTA TEAM LESZNO	K-Open	105	TOYOTA TEAM LESZNO	00:59:54.30	00:59:54.30	+00:37:11 (62.1%)	11:58	5 (37.9%)
364	KALISKI Darek	133		M-Open	259	TOYOTA TEAM LESZNO	00:59:57.00	00:59:57.00	+00:37:14 (62.1%)	11:59	5 (37.9%)
365	TISHYK Yuliia	394		K-Open	106	TOYOTA TEAM LESZNO	00:59:57.25	00:59:57.25	+00:37:14 (62.1%)	11:59	5 (37.9%)
366	FRANKA Magdalena	69	TOYOTA LESZNO TEAM	K-Open	107	TOYOTA TEAM LESZNO	01:00:00.30	01:00:00.30	+00:37:17 (62.1%)	12:00	5 (37.9%)
367	MISIAK Aleksandra	237		K-Open	108	TOYOTA TEAM LESZNO	01:00:01.90	01:00:01.90	+00:37:18 (62.2%)	12:00	5 (37.9%)
368	WALENCIAK Marta	100		K-Open	109	TOYOTA TEAM LESZNO	01:00:03.25	01:00:03.25	+00:37:20 (62.2%)	12:00	5 (37.9%)
369	CHUDZIŃSKI Marek	39	SOLLVER TEAM	M-Open	260	Sollver Team	01:00:21.05	01:00:21.05	+00:37:38 (62.4%)	12:04	5 (37.9%)
370	KAPCIUK Wojciech	517		M-Open	261		01:00:28.70	01:00:28.70	+00:37:45 (62.4%)	12:05	5 (37.9%)
371	GRUSZKA Marcin	93		M-Open	262		01:00:36.70	01:00:36.70	+00:37:53 (62.5%)	12:07	5 (37.9%)
372	BRDYS Agata	27		K-Open	110	Glizdeczki	01:00:59.90	01:00:59.90	+00:38:16 (62.8%)	12:11	4.9 (37.1%)
373	GRUSZKA Agata	92		K-Open	111	Glizdeczki	01:01:24.50	01:01:24.50	+00:38:41 (63.0%)	12:16	4.9 (37.1%)
374	CZUBAK Karolina	47		K-Open	112	Glizdeczki	01:01:24.75	01:01:24.75	+00:38:41 (63.0%)	12:16	4.9 (37.1%)
375	GRUSZKA Marta	91		K-Open	113	Glizdeczki	01:01:29.85	01:01:29.85	+00:38:46 (63.1%)	12:17	4.9 (37.1%)
376	MARYNIAK Dorota	216		K-Open	114		01:01:31.70	01:01:31.70	+00:38:48 (63.1%)	12:18	4.9 (37.1%)
377	JANKOWIAK Tomasz	114		M-Open	263		01:01:36.60	01:01:36.60	+00:38:53 (63.1%)	12:19	4.9 (37.1%)
378	PARUS Łukasz	277		M-Open	264		01:01:48.10	01:01:48.10	+00:39:05 (63.2%)	12:21	4.9 (37.1%)
379	TARNAWSKI Bartosz	390		M-Open	265		01:02:19.80	01:02:19.80	+00:39:36 (63.6%)	12:27	4.8 (36.4%)
380	KALINOWICZ Anna	132	MISS FIT	K-Open	115		01:02:41.95	01:02:41.95	+00:39:59 (63.8%)	12:32	4.8 (36.4%)
381	ZAJDENC Aleksandra	445	DRAGONS WROCŁAW	K-Open	116		01:03:05.05	01:03:05.05	+00:40:22 (64.0%)	12:37	4.8 (36.4%)
382	PACYNA Marcin	513	DRAGONS WROCŁAW	M-Open	266		01:03:11.35	01:03:11.35	+00:40:28 (64.1%)	12:38	4.7 (35.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
383	KACPRZAK Marek	127		M-Open	267		01:04:07.00	01:04:07.00	+00:41:24 (64.6%)	12:49	4.7 (35.6%)
384	KACPRZAK Krzysztof	126	WRZEŚNIA	M-Open	268	Września	01:04:07.20	01:04:07.20	+00:41:24 (64.6%)	12:49	4.7 (35.6%)
385	MAJEWSKI Kacper	207		M-Open	269		01:05:01.45	01:05:01.45	+00:42:18 (65.1%)	13:00	4.6 (34.8%)
386	MAJEWSKI Kamil	208		M-Open	270		01:05:37.20	01:05:37.20	+00:42:54 (65.4%)	13:07	4.6 (34.8%)
387	JUŚKOWIAK Marek	122		M-Open	271		01:06:49.70	01:06:49.70	+00:44:06 (66.0%)	13:21	4.5 (34.1%)
388	JUŚKOWIAK Agnieszka	121	VILLAGE_DAY_SPA	K-Open	117		01:06:50.00	01:06:50.00	+00:44:07 (66.0%)	13:22	4.5 (34.1%)
389	KOWALCZYK Brygida	162	VILLAGE_DAY_SPA	K-Open	118		01:08:08.60	01:08:08.60	+00:45:25 (66.7%)	13:37	4.4 (33.3%)
390	MASŁOWSKA Nicol	218	VILLAGE_DAY_SPA	K-Open	119		01:08:47.10	01:08:47.10	+00:46:04 (67.0%)	13:45	4.4 (33.3%)
391	WOJTKOWIAK Wojciech	429	MISS FIT	M-Open	272	Miss Fit	01:10:23.40	01:10:23.40	+00:47:40 (67.7%)	14:04	4.3 (32.6%)
392	WOJTKOWIAK-SCHMIDT Agnieszka	431	MISS FIT	K-Open	120	Miss Fit	01:10:23.70	01:10:23.70	+00:47:40 (67.7%)	14:04	4.3 (32.6%)
393	TYSZKIEWICZ Agnieszka	404	MISS FIT	K-Open	121	Miss Fit	01:11:04.05	01:11:04.05	+00:48:21 (68.0%)	14:12	4.2 (31.8%)
394	BENDKOWSKA Sylwia	14		K-Open	122	Miss Fit	01:11:04.10	01:11:04.10	+00:48:21 (68.0%)	14:12	4.2 (31.8%)
395	KOWALCZYK Kamila	163	MISS FIT	K-Open	123	Miss Fit	01:11:12.05	01:11:12.05	+00:48:29 (68.1%)	14:14	4.2 (31.8%)
396	NIKOLISZYN Piotr	248	MISS FIT	M-Open	273	Miss Fit	01:11:56.35	01:11:56.35	+00:49:13 (68.4%)	14:23	4.2 (31.8%)
397	MAJKUSIAK Paulina	209	MISS FIT	K-Open	124	Miss Fit	01:11:57.00	01:11:57.00	+00:49:14 (68.4%)	14:23	4.2 (31.8%)
398	URBAN Patryk	407	MISSFIT	M-Open	274		01:12:05.65	01:12:05.65	+00:49:22 (68.5%)	14:25	4.2 (31.8%)
398	ZIĘBA Beata	454	MISSFIT	K-Open	125	Miss Fit	01:12:05.65	01:12:05.65	+00:49:22 (68.5%)	14:25	4.2 (31.8%)
400	PŁÓCIENICZAK Sylwia	291	RUN TEAM RYDZYNA	K-Open	126		01:13:49.45	01:13:49.45	+00:51:06 (69.2%)	14:45	4.1 (31.1%)
401	PRZYBYLSKA Anna	305		K-Open	127		01:14:13.20	01:14:13.20	+00:51:30 (69.4%)	14:50	4 (30.3%)
401	RUDZIEWICZ Małgorzata	321	TUNTEAM RYDZYNA	K-Open	127	RunTeam Rydzyna	01:14:13.20	01:14:13.20	+00:51:30 (69.4%)	14:50	4 (30.3%)
403	PŁÓCIENICZAK Witold	290	RUN TEAM RYDZYNA	M-Open	275		01:14:14.60	01:14:14.60	+00:51:31 (69.4%)	14:50	4 (30.3%)
404	RUDZIEWICZ Mariusz	320	RUN TEAM RYDZYNA	M-Open	276	RunTeam Rydzyna	01:13:02.40	01:14:19.90	+00:51:36 (69.4%)	14:36	4.1 (31.1%)
405	ŻUR Ewa	457		K-Open	129		01:13:03.90	01:14:32.30	+00:51:49 (69.5%)	14:36	4.1 (31.1%)

Msc	Zawodnik	Numer		Klub	Kategoria	Mkat	Drużyna 1	Czas		Różn	Tempo min/km	Tempo km/h
								netto 5km	brutto 5km			
406	RUDOWSKI Jakub	319	INALFA		M-Open	277	Inalfa	01:14:33.65	01:14:33.65	+00:51:50 (69.5%)	14:54	4 (30.3%)
407	WOJNICZ Mateusz	425	INALFA		M-Open	278		01:14:34.35	01:14:34.35	+00:51:51 (69.5%)	14:54	4 (30.3%)
408	WRZESIŃSKI Miłosz	460			M-Open	279	Inalfa	01:14:34.70	01:14:34.70	+00:51:51 (69.5%)	14:54	4 (30.3%)
409	SZOCIŃSKA Lidia	524	INALFA		K-Open	130	Inalfa	01:14:34.90	01:14:34.90	+00:51:51 (69.5%)	14:54	4 (30.3%)
410	BORCZUCH Jakub	486			M-Open	280	Inalfa	01:14:36.20	01:14:36.20	+00:51:53 (69.6%)	14:55	4 (30.3%)
411	OLSZEWSKA Anna	462			K-Open	131	Inalfa	01:14:36.30	01:14:36.30	+00:51:53 (69.6%)	14:55	4 (30.3%)
412	ŻUR Daniel	485			M-Open	281		01:14:01.95	01:15:34.95	+00:52:52 (69.9%)	14:48	4.1 (31.1%)
413	RUDZIEWICZ Jakub	322			M-Open	282	RunTeam Rydzyna	01:18:07.60	01:18:07.60	+00:55:24 (70.9%)	15:37	3.8 (28.8%)
414	GLEŃ Piotr	82	SOLLVER TEAM		M-Open	283	Sollver Team	01:19:08.60	01:19:08.60	+00:56:25 (71.3%)	15:49	3.8 (28.8%)
415	SKOPIŃSKI Marian	344	SOLLVER TEAM		M-Open	284	Sollver Team	01:19:27.05	01:19:27.05	+00:56:44 (71.4%)	15:53	3.8 (28.8%)
416	ZAJĄCZKOWSKI Bartosz	4	SOLLVER TEAM		M-Open	285	Sollver Team	01:19:57.00	01:19:57.00	+00:57:14 (71.6%)	15:59	3.8 (28.8%)
417	OLSZÓWKA Dawid	266	BELONA		M-Open	286	Belona	01:40:03.70	01:40:03.70	+01:17:20 (77.3%)	20:00	3 (22.7%)
418	SAWICKA Monika	335	BELONA		K-Open	132	Belona	01:41:00.50	01:41:00.50	+01:18:17 (77.5%)	20:12	3 (22.7%)
419	GRZEŚKÓW Joasia	95	BELONA		K-Open	133		01:41:01.20	01:41:01.20	+01:18:18 (77.5%)	20:12	3 (22.7%)
420	ZAKRZEWSKA Anna	446	BELONA		K-Open	134	Belona	01:41:01.85	01:41:01.85	+01:18:18 (77.5%)	20:12	3 (22.7%)
421	KOWALSKA Ewa	165	BELONA		K-Open	135		01:41:01.90	01:41:01.90	+01:18:18 (77.5%)	20:12	3 (22.7%)
422	MACIEJEWSKA Grażyna	197	BELONA TEAM		K-Open	136		01:41:02.00	01:41:02.00	+01:18:19 (77.5%)	20:12	3 (22.7%)
423	GAŚIOREK Małgorzata	80			K-Open	137	Belona	01:41:02.95	01:41:02.95	+01:18:20 (77.5%)	20:12	3 (22.7%)
424	DYBA Wojciech	59			M-Open	287	Belona	01:41:04.90	01:41:04.90	+01:18:21 (77.5%)	20:12	3 (22.7%)
425	MACIEJEWSKI Rafał	199	BELONA TEAM		M-Open	288		01:41:09.20	01:41:09.20	+01:18:26 (77.5%)	20:13	3 (22.7%)
426	KUBACIK Mikołaj	174	SOLLVER TEAM		M-Open	289	Sollver Team					(0.0%)
427	HENSEL Michał	99			M-Open	290	Wymiatacze					(0.0%)
428	WŁODAREK Michał	420			M-Open	291						(0.0%)
429	PAZOŁA Martyna	281	SOLLVER TEAM		K-Open	138	Sollver Team					(0.0%)
430	ŚWIADEK Tomasz	382			M-Open	292						(0.0%)
431	CZUBIŃSKA Katarzyna	48	CNS NOWA SÓL		K-Open	139	CNS Nowa Sól					(0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
432	OBODZIŃSKA Agnieszka	261	CNS NOWA SÓL	K-Open	140	CNS Nowa Sól					(0.0%)
433	RUTKOWSKI Arek	323	DIRTY SPARROWS	M-Open	293	Dirty Sparrows					(0.0%)
434	OZGOWICZ Sylwia	269	CNS NOWA SÓL	K-Open	141	CNS Nowa Sól					(0.0%)
435	PALCZYŃSKI Marcin	276	VILLA_DAY_SPA	M-Open	294						(0.0%)
436	MUSZYŃSKI Bartosz	243	NOWOSOLSKA GRUPA BIEGOWA	M-Open	295						(0.0%)
437	ZAJDEL Dominik	444	SOLLVER TEAM	M-Open	296	Sollver Team					(0.0%)
438	PRZYBYLSKI Eryk	306		M-Open	297						(0.0%)
439	FIJĄŁKOWSKI Jakub	65		M-Open	298	C&C Partners					(0.0%)
440	POMYKAŁA Michał	298	TEMPUS	M-Open	299						(0.0%)
441	STEFANIAK-CHUDZIŃSKA Weronika	362	SOLLVER TEAM	K-Open	142	Sollver Team					(0.0%)
442	NOWAK Jakub	251		M-Open	300						(0.0%)
443	IGNASZAK Tomasz	106		M-Open	301						(0.0%)
444	MUSZYŃSKA Dorota	242	NOWOSOLSKA GRUPA BIEGOWA	K-Open	143						(0.0%)

Znaleziono 444 wynik(ów)