



**Wydarzenie:** Leszczyński Festiwal Sportu  
**Organizator:** Stowarzyszenie „Transformersi”  
**Data:** 2023-09-09  
**Miejsce:** Leszno  
**Dystans:** 5 km

# TORTURA LESZNO

B4SPORT  
INTELIGENTNE ZAWODY SPORTOWE

**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>KALININ Jarosław</b>	<b>890</b>	EX TEAM	M OPEN	1	Ex Team	<b>00:23:57.20</b>	<b>00:23:57.20</b>		4:47	12.5 (100%)
2	<b>ILIV Andrzej</b>	<b>518</b>		M OPEN	2		<b>00:24:16.70</b>	<b>00:24:16.70</b>	+00:00:19 (1.3%)	4:51	12.4 (99.2%)
3	<b>SIEKIERSKI Paweł</b>	<b>760</b>	DYNAMIC STRONG GNIEZNO	M OPEN	3	Dynamic Strong Gniezno	<b>00:24:33.00</b>	<b>00:24:33.00</b>	+00:00:35 (2.4%)	4:54	12.2 (97.6%)
4	<b>JUSZKIEWICZ Dominik</b>	<b>903</b>	WATAHA	M OPEN	4	WATAHA	<b>00:25:51.30</b>	<b>00:25:51.30</b>	+00:01:54 (7.4%)	5:10	11.6 (92.8%)
5	<b>IDCZAK Piotr</b>	<b>808</b>	DYNAMIC STRONG GNIEZNO	M OPEN	5	Dynamic Strong Gniezno	<b>00:26:06.20</b>	<b>00:26:06.20</b>	+00:02:09 (8.2%)	5:13	11.5 (92.0%)
6	<b>MAJCHRZAK Andrzej</b>	<b>551</b>	DRUŻYNA WU.	M OPEN	6	Drużyna Wu.	<b>00:27:36.50</b>	<b>00:27:36.50</b>	+00:03:39 (13.2%)	5:31	10.9 (87.2%)
7	<b>BORCZYŃSKI Łukasz</b>	<b>669</b>	GOOD FOOD SP. Z O.O.	M OPEN	7		<b>00:28:08.85</b>	<b>00:28:08.85</b>	+00:04:11 (14.9%)	5:37	10.7 (85.6%)
8	<b>BUJAK Grzegorz</b>	<b>683</b>		M OPEN	8		<b>00:28:25.35</b>	<b>00:28:25.35</b>	+00:04:28 (15.7%)	5:41	10.6 (84.8%)
9	<b>PRZYSTUPA Emil</b>	<b>593</b>	CNS NOWA SÓL	M OPEN	9	CNS Nowa Sól	<b>00:29:16.15</b>	<b>00:29:16.15</b>	+00:05:18 (18.2%)	5:51	10.3 (82.4%)
10	<b>GAWOR Mateusz</b>	<b>895</b>	EX TEAM	M OPEN	10	Ex Team	<b>00:29:36.30</b>	<b>00:29:36.30</b>	+00:05:39 (19.1%)	5:55	10.1 (80.8%)
11	<b>KUBACIK Rafał</b>	<b>525</b>	SOLLVER TEAM	M OPEN	11	SOLLVER Team	<b>00:29:37.00</b>	<b>00:29:37.00</b>	+00:05:39 (19.1%)	5:55	10.1 (80.8%)
12	<b>NAGLAK Hubert</b>	<b>501</b>	WATAHA	M OPEN	12	WATAHA	<b>00:29:40.95</b>	<b>00:29:40.95</b>	+00:05:43 (19.3%)	5:56	10.1 (80.8%)
13	<b>USTRZYCKI Przemysław</b>	<b>899</b>	DRUŻYNA WU	M OPEN	13	Drużyna Wu.	<b>00:30:30.20</b>	<b>00:30:30.20</b>	+00:06:33 (21.5%)	6:06	9.8 (78.4%)
14	<b>ADAMIAK Igor</b>	<b>706</b>		M OPEN	14		<b>00:30:30.65</b>	<b>00:30:30.65</b>	+00:06:33 (21.5%)	6:06	9.8 (78.4%)
15	<b>ANKLEWICZ Mateusz</b>	<b>908</b>		M OPEN	15		<b>00:30:33.25</b>	<b>00:30:33.25</b>	+00:06:36 (21.6%)	6:06	9.8 (78.4%)
16	<b>OGONOWSKI Patryk</b>	<b>886</b>	PC DOKTOR	M OPEN	16		<b>00:30:35.20</b>	<b>00:30:35.20</b>	+00:06:38 (21.7%)	6:07	9.8 (78.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
17	WALEŃSKI Marcin	682	DRUŻYNA WU.	M OPEN	17	Drużyna Wu.	00:30:41.85	00:30:41.85	+00:06:44 (22.0%)	6:08	9.8 (78.4%)
18	NOWAI Jakub	667		M OPEN	18		00:30:43.95	00:30:43.95	+00:06:46 (22.1%)	6:08	9.8 (78.4%)
19	MAJCHRZAK Jakub	553	DRUŻYNA WU.	M OPEN	19	Drużyna Wu.	00:30:47.30	00:30:47.30	+00:06:50 (22.2%)	6:09	9.7 (77.6%)
20	KLUCZYŃSKI Kamil	770	GONZO TEAM	M OPEN	20		00:30:56.65	00:30:56.65	+00:06:59 (22.6%)	6:11	9.7 (77.6%)
21	JEZIORSKI Marcin	907	RAJSPORT ACTIVE	M OPEN	21		00:31:07.35	00:31:07.35	+00:07:10 (23.0%)	6:13	9.6 (76.8%)
22	ŻUKOWSKI Karol	834		M OPEN	22	KOOPERACJA MIĘDZY ZIELONOGÓRSKIM ELEMENTEM A WROCŁAWSKIM MARGINESEM	00:31:08.35	00:31:08.35	+00:07:11 (23.1%)	6:13	9.6 (76.8%)
23	PRUCHNIK Patryk	566		M OPEN	23		00:31:09.60	00:31:09.60	+00:07:12 (23.1%)	6:13	9.6 (76.8%)
24	SOLARSKI Błażej	675		M OPEN	24		00:31:16.30	00:31:16.30	+00:07:19 (23.4%)	6:15	9.6 (76.8%)
25	JARÓZEK Dominik	601	TEAM WOŹNIAK	M OPEN	25		00:32:11.65	00:32:11.65	+00:08:14 (25.6%)	6:26	9.3 (74.4%)
26	JUŚKOWIAK Mikołaj	776		M OPEN	26		00:32:33.10	00:32:33.10	+00:08:35 (26.4%)	6:30	9.2 (73.6%)
27	BŁACHOWIAK Mariusz	556	AMBIT RACING TEAM/MARATON LESZNO	M OPEN	27		00:32:38.10	00:32:38.10	+00:08:40 (26.6%)	6:31	9.2 (73.6%)
28	SAJNÓG Leszek	580	#BIEGAJ LESZNO	M OPEN	28		00:32:53.60	00:32:53.60	+00:08:56 (27.2%)	6:34	9.1 (72.8%)
29	NOWAK Maciej	674		M OPEN	29		00:32:56.65	00:32:56.65	+00:08:59 (27.3%)	6:35	9.1 (72.8%)
30	GRUDZIŃSKI Tomasz	662		M OPEN	30		00:33:21.30	00:33:21.30	+00:09:24 (28.2%)	6:40	9 (72.0%)
31	WALEŃSKI Michał	564	DRUŻYNA WU.	M OPEN	31	Drużyna Wu.	00:33:25.45	00:33:25.45	+00:09:28 (28.3%)	6:41	9 (72.0%)
32	GRUETZMACHER Katarzyna	884		K OPEN	1		00:33:46.30	00:33:46.30	+00:09:49 (29.1%)	6:45	8.9 (71.2%)
33	MACHI Łukasz	581	ORLA KORZEŃSKO	M OPEN	32		00:34:00.10	00:34:00.10	+00:10:02 (29.6%)	6:48	8.8 (70.4%)
34	ZAGACKI Karol	898	M-FIT RAWICZ /KK SERVICE	M OPEN	33		00:34:12.20	00:34:12.20	+00:10:15 (30.0%)	6:50	8.8 (70.4%)
35	POKLEPA Dawid	849	CNS NOWA SÓL	M OPEN	34	CNS Nowa Sól	00:34:16.75	00:34:16.75	+00:10:19 (30.1%)	6:51	8.8 (70.4%)
36	WOLNIAK Szymon	701		M OPEN	35		00:35:12.05	00:35:12.05	+00:11:14 (32.0%)	7:02	8.5 (68.0%)
37	KOWALSKI Mateusz	647	DIRTY SPARROWS	M OPEN	36	Dirty Sparrows	00:35:31.80	00:35:31.80	+00:11:34 (32.6%)	7:06	8.4 (67.2%)
38	RATAJCZAK Robert	782	WERNER KENKEL SPORT TEAM	M OPEN	37	WERNER KENKEL SPORT TEAM	00:35:37.90	00:35:37.90	+00:11:40 (32.8%)	7:07	8.4 (67.2%)
39	RYCHLEWSKI Michał	630	DIRTY SPARROWS	M OPEN	38	Dirty Sparrows	00:35:43.50	00:35:43.50	+00:11:46 (33.0%)	7:08	8.4 (67.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
40	<b>KLIKOWICZ Iwona</b>	<b>569</b>	CNS NOWA SÓL	K OPEN	2	CNS Nowa Sól	<b>00:35:43.60</b>	<b>00:35:43.60</b>	+00:11:46 (33.0%)	7:08	8.4 (67.2%)
41	<b>GAŁACH Łukasz</b>	<b>656</b>		M OPEN	39		<b>00:35:52.10</b>	<b>00:35:52.10</b>	+00:11:54 (33.2%)	7:10	8.4 (67.2%)
42	<b>MENDYKA Artur</b>	<b>795</b>	ŚWIRY	M OPEN	40	ŚWIRY	<b>00:35:56.20</b>	<b>00:35:56.20</b>	+00:11:59 (33.3%)	7:11	8.3 (66.4%)
43	<b>NĘDZA Sebastian</b>	<b>779</b>	WERNER KENKEL SPORT TEAM	M OPEN	41	WERNER KENKEL SPORT TEAM	<b>00:36:25.50</b>	<b>00:36:25.50</b>	+00:12:28 (34.2%)	7:17	8.2 (65.6%)
44	<b>ZIELIŃSKI Waldemar</b>	<b>752</b>	CNS NOWA SÓL	M OPEN	42	CNS Nowa Sól	<b>00:36:32.65</b>	<b>00:36:32.65</b>	+00:12:35 (34.5%)	7:18	8.2 (65.6%)
45	<b>BIERNACZYK Marcin</b>	<b>912</b>		M OPEN	43		<b>00:36:38.20</b>	<b>00:36:38.20</b>	+00:12:41 (34.6%)	7:19	8.2 (65.6%)
46	<b>MILASZWESKI Michał</b>	<b>859</b>		M OPEN	44		<b>00:36:53.95</b>	<b>00:36:53.95</b>	+00:12:56 (35.1%)	7:22	8.1 (64.8%)
47	<b>WOJCIECHOWSKI Kamil</b>	<b>856</b>		M OPEN	45		<b>00:36:56.20</b>	<b>00:36:56.20</b>	+00:12:59 (35.2%)	7:23	8.1 (64.8%)
48	<b>URBAŃSKI Dawid</b>	<b>806</b>		M OPEN	46		<b>00:37:09.40</b>	<b>00:37:09.40</b>	+00:13:12 (35.5%)	7:25	8.1 (64.8%)
49	<b>SERWATKA Mateusz</b>	<b>729</b>		M OPEN	47		<b>00:37:22.60</b>	<b>00:37:22.60</b>	+00:13:25 (35.9%)	7:28	8 (64.0%)
50	<b>SKOWRONEK Jędrzej</b>	<b>866</b>	OSP ŁĘKA OPATOWSKA	M OPEN	48		<b>00:37:31.70</b>	<b>00:37:31.70</b>	+00:13:34 (36.2%)	7:30	8 (64.0%)
51	<b>ŚMIGLAK Łukasz</b>	<b>635</b>	DIRTY SPARROWS	M OPEN	49	Dirty Sparrows	<b>00:37:40.35</b>	<b>00:37:40.35</b>	+00:13:43 (36.4%)	7:32	8 (64.0%)
52	<b>JUSZKIEWICZ Oliwia</b>	<b>904</b>	WATAHA	K OPEN	3	WATAHA	<b>00:37:45.15</b>	<b>00:37:45.15</b>	+00:13:47 (36.6%)	7:33	7.9 (63.2%)
53	<b>ZIOŁO Krzysztof</b>	<b>591</b>	DIRTY SPARROWS	M OPEN	50	Dirty Sparrows	<b>00:37:54.35</b>	<b>00:37:54.35</b>	+00:13:57 (36.8%)	7:34	7.9 (63.2%)
54	<b>JARCZEWSKI Łukasz</b>	<b>655</b>		M OPEN	51		<b>00:38:14.50</b>	<b>00:38:14.50</b>	+00:14:17 (37.4%)	7:38	7.8 (62.4%)
55	<b>MIERNIK Przemysław</b>	<b>504</b>	CROSS FIRMUS	M OPEN	52		<b>00:38:21.40</b>	<b>00:38:21.40</b>	+00:14:24 (37.6%)	7:40	7.8 (62.4%)
56	<b>CELARY Grzegorz</b>	<b>906</b>	PROINVEST	M OPEN	53		<b>00:39:18.65</b>	<b>00:39:18.65</b>	+00:15:21 (39.1%)	7:51	7.6 (60.8%)
57	<b>STACHYRA Joanna</b>	<b>793</b>	ŚWIRY	K OPEN	4	ŚWIRY	<b>00:39:21.95</b>	<b>00:39:21.95</b>	+00:15:24 (39.2%)	7:52	7.6 (60.8%)
58	<b>DĄBEK Patryk</b>	<b>794</b>	ŚWIRY	M OPEN	54	ŚWIRY	<b>00:39:22.60</b>	<b>00:39:22.60</b>	+00:15:25 (39.2%)	7:52	7.6 (60.8%)
59	<b>ROSA Maciej</b>	<b>817</b>	SOKÓŁ WŁOSZAKOWICE	M OPEN	55		<b>00:40:03.70</b>	<b>00:40:03.70</b>	+00:16:06 (40.2%)	8:00	7.5 (60.0%)
60	<b>KRUG Sebastian</b>	<b>632</b>	DIRTY SPARROWS	M OPEN	56	Dirty Sparrows	<b>00:40:14.35</b>	<b>00:40:14.35</b>	+00:16:17 (40.5%)	8:02	7.5 (60.0%)
61	<b>LAWER Piotr</b>	<b>540</b>	SOLLVER TEAM	M OPEN	57	SOLLVER Team	<b>00:40:15.60</b>	<b>00:40:15.60</b>	+00:16:18 (40.5%)	8:03	7.5 (60.0%)
62	<b>PRZYBYLSKI Eryk</b>	<b>744</b>	SPPOPRAWA	M OPEN	58	SPPoprawa	<b>00:40:21.70</b>	<b>00:40:21.70</b>	+00:16:24 (40.7%)	8:04	7.4 (59.2%)
63	<b>ŁUBIŃSKI Maciej</b>	<b>854</b>		M OPEN	59		<b>00:40:32.05</b>	<b>00:40:32.05</b>	+00:16:34 (40.9%)	8:06	7.4 (59.2%)
64	<b>BOROWSKI Maciej</b>	<b>505</b>	BIEGOWE DZIKI OCR	M OPEN	60	Biegowe Dzikie OCR	<b>00:40:42.15</b>	<b>00:40:42.15</b>	+00:16:44 (41.2%)	8:08	7.4 (59.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
65	<b>TWARDY Damian</b>	<b>705</b>		M OPEN	61		<b>00:40:43.75</b>	<b>00:40:43.75</b>	+00:16:46 (41.2%)	8:08	7.4 (59.2%)
66	<b>ŁUCZAK Ariel</b>	<b>786</b>	WERNER KENKEL SPORT TEAM	M OPEN	62	WERNER KENKEL SPORT TEAM	<b>00:40:44.50</b>	<b>00:40:44.50</b>	+00:16:47 (41.2%)	8:08	7.4 (59.2%)
67	<b>SKOWRON Szymon</b>	<b>803</b>	SPPOPRAWA	M OPEN	63	SPPoprawa	<b>00:40:53.35</b>	<b>00:40:53.35</b>	+00:16:56 (41.4%)	8:10	7.3 (58.4%)
68	<b>MUSZYŃSKI Maciej</b>	<b>654</b>		M OPEN	64		<b>00:41:12.30</b>	<b>00:41:12.30</b>	+00:17:15 (41.9%)	8:14	7.3 (58.4%)
69	<b>FRĄCZAK Dariusz</b>	<b>567</b>		M OPEN	65		<b>00:41:12.75</b>	<b>00:41:12.75</b>	+00:17:15 (41.9%)	8:14	7.3 (58.4%)
70	<b>MAJCHRZAK Agnieszka</b>	<b>847</b>	DRUŻYNA WU.	K OPEN	5	Drużyna Wu.	<b>00:41:19.50</b>	<b>00:41:19.50</b>	+00:17:22 (42.0%)	8:15	7.3 (58.4%)
71	<b>CHUDZINSKI Maciej</b>	<b>860</b>		M OPEN	66		<b>00:41:26.50</b>	<b>00:41:26.50</b>	+00:17:29 (42.2%)	8:17	7.2 (57.6%)
72	<b>ŚMIGŁAK Katarzyna</b>	<b>634</b>	DIRTY SPARROWS	K OPEN	6	Dirty Sparrows	<b>00:41:28.20</b>	<b>00:41:28.20</b>	+00:17:31 (42.2%)	8:17	7.2 (57.6%)
73	<b>WYRWAŁ Tomasz</b>	<b>664</b>		M OPEN	67		<b>00:41:31.40</b>	<b>00:41:31.40</b>	+00:17:34 (42.3%)	8:18	7.2 (57.6%)
74	<b>PŁUCIENNIK Tomasz</b>	<b>829</b>	KOOPERACJA MIĘDZY ZIELONOGÓRSKIM ELEMENTEM A WROCŁAWSKIM MARGINESEM	M OPEN	68	KOOPERACJA MIĘDZY ZIELONOGÓRSKIM ELEMENTEM A WROCŁAWSKIM MARGINESEM	<b>00:41:45.50</b>	<b>00:41:45.50</b>	+00:17:48 (42.6%)	8:21	7.2 (57.6%)
75	<b>SLIEPOV Oleksii</b>	<b>838</b>	TEAM SPIRIT	M OPEN	69	Team Spirit Nowa Sól	<b>00:41:48.70</b>	<b>00:41:48.70</b>	+00:17:51 (42.7%)	8:21	7.2 (57.6%)
76	<b>TURECKI Dominik</b>	<b>812</b>		M OPEN	70		<b>00:41:56.20</b>	<b>00:41:56.20</b>	+00:17:59 (42.9%)	8:23	7.2 (57.6%)
77	<b>KASPROWIAK Paweł</b>	<b>905</b>	PROINVEST RAWICZ	M OPEN	71		<b>00:41:57.55</b>	<b>00:41:57.55</b>	+00:18:00 (42.9%)	8:23	7.2 (57.6%)
78	<b>SZPRUTA Robert</b>	<b>550</b>		M OPEN	72		<b>00:42:01.20</b>	<b>00:42:01.20</b>	+00:18:04 (43.0%)	8:24	7.1 (56.8%)
79	<b>SMOLIŃSKI Arkadiusz</b>	<b>846</b>	RAMIRENT	M OPEN	73	RAMIRENT	<b>00:42:09.80</b>	<b>00:42:09.80</b>	+00:18:12 (43.2%)	8:25	7.1 (56.8%)
80	<b>SOBIESZCZAŃSKI Przemysław</b>	<b>610</b>	RAMIRENT	M OPEN	74	RAMIRENT	<b>00:42:14.35</b>	<b>00:42:14.35</b>	+00:18:17 (43.3%)	8:26	7.1 (56.8%)
81	<b>CHOJNACKI Damian</b>	<b>784</b>	WERNER KENKEL SPORT TEAM	M OPEN	75	WERNER KENKEL SPORT TEAM	<b>00:42:23.40</b>	<b>00:42:23.40</b>	+00:18:26 (43.5%)	8:28	7.1 (56.8%)
82	<b>SOWA Maciej</b>	<b>537</b>	SOLLVER TEAM	M OPEN	76	SOLLVER Team	<b>00:42:29.30</b>	<b>00:42:29.30</b>	+00:18:32 (43.6%)	8:29	7.1 (56.8%)
83	<b>KARCZYŃSKI Tomasz</b>	<b>517</b>		M OPEN	77		<b>00:42:37.15</b>	<b>00:42:37.15</b>	+00:18:39 (43.8%)	8:31	7 (56.0%)
84	<b>BUDYNEK Mateusz</b>	<b>830</b>	KOOPERACJA MIĘDZY ZIELONOGÓRSKIM ELEMENTEM A WROCŁAWSKIM MARGINESEM	M OPEN	78	KOOPERACJA MIĘDZY ZIELONOGÓRSKIM ELEMENTEM A WROCŁAWSKIM MARGINESEM	<b>00:42:37.50</b>	<b>00:42:37.50</b>	+00:18:40 (43.8%)	8:31	7 (56.0%)
85	<b>PTAK Marcin</b>	<b>826</b>		M OPEN	79		<b>00:42:39.15</b>	<b>00:42:39.15</b>	+00:18:41 (43.8%)	8:31	7 (56.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
86	KUBACIK Mikołaj	527	SOLLVER TEAM	M OPEN	80	SOLLVER Team	00:42:39.20	00:42:39.20	+00:18:42 (43.8%)	8:31	7 (56.0%)
87	KAŁMUCZAK Wojciech	614		M OPEN	81		00:42:41.35	00:42:41.35	+00:18:44 (43.9%)	8:32	7 (56.0%)
88	KOKOT Krzysztof	576	AMATORS TM	M OPEN	82		00:43:18.15	00:43:18.15	+00:19:20 (44.7%)	8:39	6.9 (55.2%)
89	SITARZ Mateusz	618		M OPEN	83		00:43:25.60	00:43:25.60	+00:19:28 (44.8%)	8:41	6.9 (55.2%)
90	SMACKI Dawid	547	SOLLVER TEAM	M OPEN	84	SOLLVER Team	00:43:27.60	00:43:27.60	+00:19:30 (44.9%)	8:41	6.9 (55.2%)
91	JAKUBOWSKI Michał	778		M OPEN	85		00:43:33.40	00:43:33.40	+00:19:36 (45.0%)	8:42	6.9 (55.2%)
92	FURSZPANIAK Michał	631	DIRTY SPARROWS	M OPEN	86		00:43:34.00	00:43:34.00	+00:19:36 (45.0%)	8:42	6.9 (55.2%)
93	KWARTA Paweł	875		M OPEN	87		00:43:42.80	00:43:42.80	+00:19:45 (45.2%)	8:44	6.9 (55.2%)
94	PALUCH Dominik	695	WOŹNIAKTEAM	M OPEN	88	Woźniak Team	00:43:49.60	00:43:49.60	+00:19:52 (45.3%)	8:45	6.8 (54.4%)
95	POPIOŁEK Martyna	666		K OPEN	7		00:44:00.40	00:44:00.40	+00:20:03 (45.6%)	8:48	6.8 (54.4%)
96	CISZAK Mateusz	677		M OPEN	89		00:44:24.65	00:44:24.65	+00:20:27 (46.1%)	8:52	6.8 (54.4%)
97	NIEMCZYK Franciszek	853		M OPEN	90		00:44:47.35	00:44:47.35	+00:20:50 (46.5%)	8:57	6.7 (53.6%)
98	KOWALSKI Patryk	707		M OPEN	91		00:44:52.80	00:44:52.80	+00:20:55 (46.6%)	8:58	6.7 (53.6%)
99	KĘSKIEWICZ Kamil	869	SUDECCY TRANSFORMERSI	M OPEN	92		00:45:03.15	00:45:03.15	+00:21:05 (46.8%)	9:00	6.7 (53.6%)
100	KEMPA Denis	787	WERNER KENKEL SPORT TEAM	M OPEN	93	WERNER KENKEL SPORT TEAM	00:45:03.40	00:45:03.40	+00:21:06 (46.8%)	9:00	6.7 (53.6%)
101	POPRAWA Wojciech	754	SPPOPRAWA	M OPEN	94	SPPoprawa	00:45:08.20	00:45:08.20	+00:21:11 (46.9%)	9:01	6.6 (52.8%)
102	PIASECKI Maciej	681	TRANSFORMERS KOŚCIAN	M OPEN	95	Transformers Kościan	00:45:17.35	00:45:17.35	+00:21:20 (47.1%)	9:03	6.6 (52.8%)
103	BŁACHOWIAK Fabian	557	KLS	M OPEN	96		00:45:18.45	00:45:18.45	+00:21:21 (47.1%)	9:03	6.6 (52.8%)
104	BAGIŃSKI Krzysztof	649		M OPEN	97		00:45:20.60	00:45:20.60	+00:21:23 (47.2%)	9:04	6.6 (52.8%)
105	KLUPŚ Piotr	745	SPPOPRAWA	M OPEN	98	SPPoprawa	00:45:28.90	00:45:28.90	+00:21:31 (47.3%)	9:05	6.6 (52.8%)
106	TYCZYŃSKI Tristan	900		M OPEN	99		00:45:45.60	00:45:45.60	+00:21:48 (47.7%)	9:09	6.6 (52.8%)
107	FICEK Tomasz	515	F-TEAM	M OPEN	100		00:45:49.55	00:45:49.55	+00:21:52 (47.7%)	9:09	6.5 (52.0%)
108	WASIOŁKA Szymon	775	ORZEL LIPNO	M OPEN	101		00:45:50.60	00:45:50.60	+00:21:53 (47.7%)	9:10	6.5 (52.0%)
109	MAŁECKA Dorota	574	CMS NOWA SÓL	K OPEN	8	CNS Nowa Sól	00:45:57.20	00:45:57.20	+00:22:00 (47.9%)	9:11	6.5 (52.0%)
110	MOICZEK Natalia	734	DIRTY SPARROWS	K OPEN	9	Dirty Sparrows	00:45:58.35	00:45:58.35	+00:22:01 (47.9%)	9:11	6.5 (52.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
111	<b>DUDZIAK Paweł</b>	<b>840</b>		M OPEN	102		<b>00:45:58.50</b>	<b>00:45:58.50</b>	+00:22:01 (47.9%)	9:11	6.5 (52.0%)
112	<b>OFFERT Eryk</b>	<b>756</b>	JTCNW	M OPEN	103		<b>00:46:05.60</b>	<b>00:46:05.60</b>	+00:22:08 (48.0%)	9:13	6.5 (52.0%)
113	<b>WAWRYCZ Adrian</b>	<b>555</b>	WARSZTAT ARNI	M OPEN	104		<b>00:46:09.80</b>	<b>00:46:09.80</b>	+00:22:12 (48.1%)	9:13	6.5 (52.0%)
114	<b>MISIAK Dominik</b>	<b>780</b>	WERNER KENKEL SPORT TEAM	M OPEN	105	WERNER KENKEL SPORT TEAM	<b>00:46:18.60</b>	<b>00:46:18.60</b>	+00:22:21 (48.3%)	9:15	6.5 (52.0%)
115	<b>KORKUS Mateusz</b>	<b>545</b>	SOLLVER TEAM	M OPEN	106	SOLLVER Team	<b>00:46:27.70</b>	<b>00:46:27.70</b>	+00:22:30 (48.4%)	9:17	6.5 (52.0%)
116	<b>GUBAŃSKI Jeremiasz</b>	<b>678</b>		M OPEN	107		<b>00:46:31.45</b>	<b>00:46:31.45</b>	+00:22:34 (48.5%)	9:18	6.4 (51.2%)
117	<b>OKONIEWSKI Marcin</b>	<b>506</b>		M OPEN	108		<b>00:46:36.10</b>	<b>00:46:36.10</b>	+00:22:38 (48.6%)	9:19	6.4 (51.2%)
118	<b>GAJEWSKI Filip</b>	<b>797</b>	LEGNICA POKONUJE PRZESZKODY	M OPEN	109		<b>00:46:47.50</b>	<b>00:46:47.50</b>	+00:22:50 (48.8%)	9:21	6.4 (51.2%)
119	<b>KLUCZYŃSKI Michał</b>	<b>661</b>		M OPEN	110		<b>00:46:50.40</b>	<b>00:46:50.40</b>	+00:22:53 (48.9%)	9:22	6.4 (51.2%)
120	<b>MACELUCH Krzysztof</b>	<b>621</b>		M OPEN	111		<b>00:46:52.45</b>	<b>00:46:52.45</b>	+00:22:55 (48.9%)	9:22	6.4 (51.2%)
121	<b>JANOWICZ Klaudia</b>	<b>617</b>		K OPEN	10		<b>00:46:52.90</b>	<b>00:46:52.90</b>	+00:22:55 (48.9%)	9:22	6.4 (51.2%)
122	<b>DURBAJŁO Kamil</b>	<b>889</b>		M OPEN	112		<b>00:46:54.50</b>	<b>00:46:54.50</b>	+00:22:57 (48.9%)	9:22	6.4 (51.2%)
123	<b>ZAGACKI Piotr</b>	<b>587</b>	M-FIT RAWICZ / KK SERVICE	M OPEN	113		<b>00:47:01.05</b>	<b>00:47:01.05</b>	+00:23:03 (49.1%)	9:24	6.4 (51.2%)
124	<b>ZIMNA Katarzyna</b>	<b>901</b>		K OPEN	11		<b>00:47:01.45</b>	<b>00:47:01.45</b>	+00:23:04 (49.1%)	9:24	6.4 (51.2%)
125	<b>KUBACIK Maksymilian</b>	<b>528</b>	SOLLVER TEAM	M OPEN	114	SOLLVER Team	<b>00:47:04.00</b>	<b>00:47:04.00</b>	+00:23:06 (49.1%)	9:24	6.4 (51.2%)
126	<b>MANTURA Katarzyna</b>	<b>835</b>		K OPEN	12		<b>00:47:08.50</b>	<b>00:47:08.50</b>	+00:23:11 (49.2%)	9:25	6.4 (51.2%)
127	<b>FERENS Piotr</b>	<b>731</b>	DIRTY SPARROWS	M OPEN	115	Dirty Sparrows	<b>00:47:12.10</b>	<b>00:47:12.10</b>	+00:23:14 (49.3%)	9:26	6.4 (51.2%)
128	<b>PAWLICKI Mateusz</b>	<b>546</b>	SOLLVER TEAM	M OPEN	116	SOLLVER Team	<b>00:47:17.05</b>	<b>00:47:17.05</b>	+00:23:19 (49.3%)	9:27	6.3 (50.4%)
129	<b>SOBIESZCZAŃSKA Mirosława</b>	<b>611</b>	RAMIRENT	K OPEN	13	RAMIRENT	<b>00:47:21.85</b>	<b>00:47:21.85</b>	+00:23:24 (49.4%)	9:28	6.3 (50.4%)
130	<b>IGNACIK Mirosław</b>	<b>554</b>		M OPEN	117		<b>00:47:32.85</b>	<b>00:47:32.85</b>	+00:23:35 (49.6%)	9:30	6.3 (50.4%)
131	<b>WOJTECKI Łukasz</b>	<b>688</b>		M OPEN	118		<b>00:47:33.75</b>	<b>00:47:33.75</b>	+00:23:36 (49.6%)	9:30	6.3 (50.4%)
132	<b>SIŁACZ Hubert</b>	<b>733</b>	DIRTY SPARROWS	M OPEN	119		<b>00:47:34.35</b>	<b>00:47:34.35</b>	+00:23:37 (49.6%)	9:30	6.3 (50.4%)
133	<b>SKOPIŃSKI Kacper</b>	<b>676</b>		M OPEN	120		<b>00:47:35.95</b>	<b>00:47:35.95</b>	+00:23:38 (49.7%)	9:31	6.3 (50.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
134	<b>KORECKA Joanna</b>	<b>832</b>		K OPEN	14	KOOPERACJA MIĘDZY ZIELONOGÓRSKIM ELEMENTEM A WROCŁAWSKIM MARGINESEM	<b>00:47:38.05</b>	<b>00:47:38.05</b>	+00:23:40 (49.7%)	9:31	6.3 (50.4%)
135	<b>MĘDLUK Klaudia</b>	<b>588</b>	CNS NOWA SÓL	K OPEN	15	CNS Nowa Sól	<b>00:47:53.25</b>	<b>00:47:53.25</b>	+00:23:56 (50.0%)	9:34	6.3 (50.4%)
136	<b>POKLEPA Karolina</b>	<b>570</b>	CNS	K OPEN	16	CNS Nowa Sól	<b>00:48:18.55</b>	<b>00:48:18.55</b>	+00:24:21 (50.4%)	9:39	6.2 (49.6%)
137	<b>GLEŃ Agnieszka</b>	<b>524</b>	SOLLVER TEAM	K OPEN	17	SOLLVER Team	<b>00:48:20.90</b>	<b>00:48:20.90</b>	+00:24:23 (50.5%)	9:40	6.2 (49.6%)
138	<b>KARAKOLIS Anna</b>	<b>572</b>	CNS NOWA SÓL	K OPEN	18		<b>00:48:28.05</b>	<b>00:48:28.05</b>	+00:24:30 (50.6%)	9:41	6.2 (49.6%)
139	<b>BUDZYŃSKA Agnieszka</b>	<b>534</b>	SOLLVER TEAM	K OPEN	19	SOLLVER Team	<b>00:48:34.30</b>	<b>00:48:34.30</b>	+00:24:37 (50.7%)	9:42	6.2 (49.6%)
140	<b>JASKÓŁA Karol</b>	<b>764</b>	DIRTY SPARROWS	M OPEN	121	Dirty Sparrows	<b>00:48:37.95</b>	<b>00:48:37.95</b>	+00:24:40 (50.7%)	9:43	6.2 (49.6%)
141	<b>ZIOŁO Ewa</b>	<b>641</b>	DIRTY SPARROWS	K OPEN	20	Dirty Sparrows	<b>00:48:41.65</b>	<b>00:48:41.65</b>	+00:24:44 (50.8%)	9:44	6.2 (49.6%)
142	<b>JARMURCZYK Jakub</b>	<b>763</b>	DIRTY SPARROWS	M OPEN	122	Dirty Sparrows	<b>00:48:42.05</b>	<b>00:48:42.05</b>	+00:24:44 (50.8%)	9:44	6.2 (49.6%)
143	<b>LUDWIŃSKA Agnieszka</b>	<b>732</b>	DIRTY SPARROWS	K OPEN	21	Dirty Sparrows	<b>00:48:44.90</b>	<b>00:48:44.90</b>	+00:24:47 (50.9%)	9:44	6.2 (49.6%)
144	<b>RYPIEŃ Szymon</b>	<b>781</b>	WERNER KENKEL SPORT TEAM	M OPEN	123	WERNER KENKEL SPORT TEAM	<b>00:48:45.75</b>	<b>00:48:45.75</b>	+00:24:48 (50.9%)	9:45	6.2 (49.6%)
145	<b>ZAMELSKI Bartosz</b>	<b>796</b>	SPPOPRAWA	M OPEN	124	SPPoprawa	<b>00:48:53.25</b>	<b>00:48:53.25</b>	+00:24:56 (51.0%)	9:46	6.1 (48.8%)
146	<b>FIJAŁKOWSKI Jakub</b>	<b>615</b>		M OPEN	125		<b>00:48:57.10</b>	<b>00:48:57.10</b>	+00:24:59 (51.1%)	9:47	6.1 (48.8%)
147	<b>PIETRUSZEWSKA Anna</b>	<b>629</b>		K OPEN	22		<b>00:48:57.25</b>	<b>00:48:57.25</b>	+00:25:00 (51.1%)	9:47	6.1 (48.8%)
148	<b>PŁOCIENICZAK Jacek</b>	<b>616</b>		M OPEN	126		<b>00:48:59.40</b>	<b>00:48:59.40</b>	+00:25:02 (51.1%)	9:47	6.1 (48.8%)
149	<b>ŁAKOMIEC Maciej</b>	<b>522</b>		M OPEN	127		<b>00:49:01.20</b>	<b>00:49:01.20</b>	+00:25:04 (51.1%)	9:48	6.1 (48.8%)
150	<b>MATUSZEWSKI Maciej</b>	<b>605</b>		M OPEN	128		<b>00:49:05.70</b>	<b>00:49:05.70</b>	+00:25:08 (51.2%)	9:49	6.1 (48.8%)
151	<b>GRODZKI Maciej</b>	<b>680</b>		M OPEN	129		<b>00:49:11.90</b>	<b>00:49:11.90</b>	+00:25:14 (51.3%)	9:50	6.1 (48.8%)
152	<b>JASIŃSKI Sławomir</b>	<b>523</b>		M OPEN	130		<b>00:49:37.35</b>	<b>00:49:37.35</b>	+00:25:40 (51.7%)	9:55	6 (48.0%)
153	<b>PASZKOWIAK Marek</b>	<b>548</b>	SOLLVER TEAM	M OPEN	131	SOLLVER Team	<b>00:49:43.20</b>	<b>00:49:43.20</b>	+00:25:46 (51.8%)	9:56	6 (48.0%)
154	<b>SADOWSKI Dariusz</b>	<b>639</b>		M OPEN	132		<b>00:50:03.10</b>	<b>00:50:03.10</b>	+00:26:05 (52.1%)	10:00	6 (48.0%)
155	<b>JUŚKOWIAK Natalia</b>	<b>759</b>		K OPEN	23		<b>00:50:13.80</b>	<b>00:50:13.80</b>	+00:26:16 (52.3%)	10:02	6 (48.0%)
156	<b>NOWAK Przemysław</b>	<b>761</b>		M OPEN	133		<b>00:50:14.30</b>	<b>00:50:14.30</b>	+00:26:17 (52.3%)	10:02	6 (48.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
157	<b>FANKANOWSKI Maciej</b>	<b>658</b>		M OPEN	134	Dragons	<b>00:50:42.55</b>	<b>00:50:42.55</b>	+00:26:45 (52.8%)	10:08	5.9 (47.2%)
158	<b>PERZ Iwona</b>	<b>598</b>	WOŹNIAK TEAM	K OPEN	24		<b>00:50:43.55</b>	<b>00:50:43.55</b>	+00:26:46 (52.8%)	10:08	5.9 (47.2%)
159	<b>WOLNY Piotr</b>	<b>597</b>	WOŹNIAK TEAM	M OPEN	135	Woźniak Team	<b>00:50:44.90</b>	<b>00:50:44.90</b>	+00:26:47 (52.8%)	10:08	5.9 (47.2%)
160	<b>BŁAŻEJCZYK Mariusz</b>	<b>595</b>	WOŹNIAK TEAM	M OPEN	136	Woźniak Team	<b>00:50:45.70</b>	<b>00:50:45.70</b>	+00:26:48 (52.8%)	10:09	5.9 (47.2%)
161	<b>WOLNA Kamila</b>	<b>596</b>	WOŹNIAK TEAM	K OPEN	25	Woźniak Team	<b>00:50:46.00</b>	<b>00:50:46.00</b>	+00:26:48 (52.8%)	10:09	5.9 (47.2%)
162	<b>SOBIK Mariusz</b>	<b>599</b>	WOŹNIAK TEAM	M OPEN	137		<b>00:50:47.25</b>	<b>00:50:47.25</b>	+00:26:50 (52.8%)	10:09	5.9 (47.2%)
163	<b>DEMSKI Kamil</b>	<b>788</b>	WERNER KENKEL SPORT TEAM	M OPEN	138	WERNER KENKEL SPORT TEAM	<b>00:50:51.05</b>	<b>00:50:51.05</b>	+00:26:53 (52.9%)	10:10	5.9 (47.2%)
164	<b>MAJOREK Katarzyna</b>	<b>824</b>		K OPEN	26		<b>00:51:00.35</b>	<b>00:51:00.35</b>	+00:27:03 (53.0%)	10:12	5.9 (47.2%)
165	<b>WITKIEWICZ Katarzyna</b>	<b>825</b>		K OPEN	27		<b>00:51:00.85</b>	<b>00:51:00.85</b>	+00:27:03 (53.0%)	10:12	5.9 (47.2%)
166	<b>MYSZYŃSKI Tomasz</b>	<b>636</b>	DIRTY SPARROWS	M OPEN	139	Dirty Sparrows	<b>00:51:03.55</b>	<b>00:51:03.55</b>	+00:27:06 (53.1%)	10:12	5.9 (47.2%)
167	<b>KOSZELAK Wiktor</b>	<b>911</b>		M OPEN	140	DETONATORS	<b>00:51:11.85</b>	<b>00:51:11.85</b>	+00:27:14 (53.2%)	10:14	5.9 (47.2%)
168	<b>JANISZEWSKI Jędrzej</b>	<b>910</b>		M OPEN	141	DETONATORS	<b>00:51:11.90</b>	<b>00:51:11.90</b>	+00:27:14 (53.2%)	10:14	5.9 (47.2%)
169	<b>MARCINIAK Piotr</b>	<b>626</b>	RATAJSKIE KOXY	M OPEN	142		<b>00:51:21.95</b>	<b>00:51:21.95</b>	+00:27:24 (53.4%)	10:16	5.8 (46.4%)
170	<b>KNOZOWSKA Bożena</b>	<b>792</b>	ŚWIRY	K OPEN	28	ŚWIRY	<b>00:51:25.80</b>	<b>00:51:25.80</b>	+00:27:28 (53.4%)	10:17	5.8 (46.4%)
171	<b>KNOZOWSKI Jacek</b>	<b>836</b>	ŚWIRY	M OPEN	143	ŚWIRY	<b>00:51:26.65</b>	<b>00:51:26.65</b>	+00:27:29 (53.4%)	10:17	5.8 (46.4%)
172	<b>KUBIAK Kacper</b>	<b>882</b>		M OPEN	144		<b>00:51:29.90</b>	<b>00:51:29.90</b>	+00:27:32 (53.5%)	10:17	5.8 (46.4%)
173	<b>SAMCZUK Jakub</b>	<b>768</b>	BANANY	M OPEN	145	Banany	<b>00:51:40.60</b>	<b>00:51:40.60</b>	+00:27:43 (53.6%)	10:20	5.8 (46.4%)
174	<b>MULLLER Patryk</b>	<b>750</b>	BANANY	M OPEN	146		<b>00:51:41.65</b>	<b>00:51:41.65</b>	+00:27:44 (53.7%)	10:20	5.8 (46.4%)
175	<b>KIJAS Magdalena</b>	<b>651</b>		K OPEN	29		<b>00:51:58.55</b>	<b>00:51:58.55</b>	+00:28:01 (53.9%)	10:23	5.8 (46.4%)
176	<b>KIJAS Grzegorz</b>	<b>652</b>		M OPEN	147		<b>00:51:58.60</b>	<b>00:51:58.60</b>	+00:28:01 (53.9%)	10:23	5.8 (46.4%)
177	<b>SAMCZUK Dariusz</b>	<b>751</b>	BANANY	M OPEN	148	Banany	<b>00:52:02.00</b>	<b>00:52:02.00</b>	+00:28:04 (54.0%)	10:24	5.8 (46.4%)
178	<b>CIDYŁO Mariusz</b>	<b>749</b>	BANANY	M OPEN	149	Banany	<b>00:52:02.50</b>	<b>00:52:02.50</b>	+00:28:05 (54.0%)	10:24	5.8 (46.4%)
179	<b>SKORUPIŃSKA Joanna</b>	<b>697</b>		K OPEN	30		<b>00:52:05.45</b>	<b>00:52:05.45</b>	+00:28:08 (54.0%)	10:25	5.8 (46.4%)
180	<b>MARCINIAK Anna</b>	<b>715</b>		K OPEN	31		<b>00:52:11.20</b>	<b>00:52:11.20</b>	+00:28:14 (54.1%)	10:26	5.7 (45.6%)
181	<b>SZTURO Joanna</b>	<b>699</b>		K OPEN	32		<b>00:52:12.00</b>	<b>00:52:12.00</b>	+00:28:14 (54.1%)	10:26	5.7 (45.6%)



Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
182	<b>RUMIŃSKI Aleks</b>	<b>746</b>	SPPOPRAWA	M OPEN	150	SPPoprawa	<b>00:52:13.25</b>	<b>00:52:13.25</b>	+00:28:16 (54.1%)	10:26	5.7 (45.6%)
182	<b>BILIŃSKI Paweł</b>	<b>753</b>	SPPOPRAWA	M OPEN	150	SPPoprawa	<b>00:52:13.25</b>	<b>00:52:13.25</b>	+00:28:16 (54.1%)	10:26	5.7 (45.6%)
184	<b>PIEPRZYK Mikołaj</b>	<b>747</b>	SPPOPRAWA	M OPEN	152	SPPoprawa	<b>00:52:13.45</b>	<b>00:52:13.45</b>	+00:28:16 (54.1%)	10:26	5.7 (45.6%)
185	<b>DYBOWSKI Rafał</b>	<b>606</b>		M OPEN	153	RAMIRENT	<b>00:52:21.70</b>	<b>00:52:21.70</b>	+00:28:24 (54.3%)	10:28	5.7 (45.6%)
186	<b>WALKOWIAK Adam</b>	<b>940</b>		M OPEN	154	RAMIRENT	<b>00:52:23.85</b>	<b>00:52:23.85</b>	+00:28:26 (54.3%)	10:28	5.7 (45.6%)
187	<b>GÓRECKI Tomasz</b>	<b>607</b>		M OPEN	155		<b>00:52:24.60</b>	<b>00:52:24.60</b>	+00:28:27 (54.3%)	10:28	5.7 (45.6%)
188	<b>SZADEJ Piotr</b>	<b>560</b>		M OPEN	156		<b>00:52:26.40</b>	<b>00:52:26.40</b>	+00:28:29 (54.3%)	10:29	5.7 (45.6%)
189	<b>BUDZYŃSKI Wojciech</b>	<b>539</b>	SOLLVER TEAM	M OPEN	157	SOLLVER Team	<b>00:52:29.00</b>	<b>00:52:29.00</b>	+00:28:31 (54.4%)	10:29	5.7 (45.6%)
190	<b>JANKOWIAK Szymon</b>	<b>805</b>		M OPEN	158		<b>00:52:35.95</b>	<b>00:52:35.95</b>	+00:28:38 (54.5%)	10:31	5.7 (45.6%)
191	<b>TURKIEWICZ Jarosław</b>	<b>804</b>		M OPEN	159		<b>00:52:39.30</b>	<b>00:52:39.30</b>	+00:28:42 (54.5%)	10:31	5.7 (45.6%)
192	<b>SUSZEK Mateusz</b>	<b>703</b>	LEGNICA POKONUJE PRZESZKODY	M OPEN	160		<b>00:52:41.35</b>	<b>00:52:41.35</b>	+00:28:44 (54.5%)	10:32	5.7 (45.6%)
193	<b>BĄK Piotr</b>	<b>708</b>	LEGNICA POKONUJE PRZESZKODY	M OPEN	161	Legnica Pokonuje Przeszkody	<b>00:52:44.10</b>	<b>00:52:44.10</b>	+00:28:46 (54.6%)	10:32	5.7 (45.6%)
194	<b>PATUREJ Wiktor</b>	<b>562</b>		M OPEN	162		<b>00:52:45.95</b>	<b>00:52:45.95</b>	+00:28:48 (54.6%)	10:33	5.7 (45.6%)
195	<b>SZADEJ Dominika</b>	<b>561</b>		K OPEN	33		<b>00:52:52.05</b>	<b>00:52:52.05</b>	+00:28:54 (54.7%)	10:34	5.7 (45.6%)
196	<b>DYMALSKI Jacek</b>	<b>809</b>		M OPEN	163		<b>00:52:54.65</b>	<b>00:52:54.65</b>	+00:28:57 (54.7%)	10:34	5.7 (45.6%)
197	<b>SUCHARSKI Mariusz</b>	<b>627</b>	RATAJSKIE KOXY	M OPEN	164		<b>00:52:57.05</b>	<b>00:52:57.05</b>	+00:28:59 (54.8%)	10:35	5.7 (45.6%)
198	<b>GERLICH Olga</b>	<b>625</b>	RATAJSKIE KOXY	K OPEN	34		<b>00:52:57.95</b>	<b>00:52:57.95</b>	+00:29:00 (54.8%)	10:35	5.7 (45.6%)
199	<b>ZAJDEL Tomasz</b>	<b>585</b>	SOLLVER TEAM	M OPEN	165	SOLLVER Team	<b>00:53:07.35</b>	<b>00:53:07.35</b>	+00:29:10 (54.9%)	10:37	5.6 (44.8%)
200	<b>TULISZKA Arkadiusz</b>	<b>696</b>		M OPEN	166		<b>00:53:08.60</b>	<b>00:53:08.60</b>	+00:29:11 (54.9%)	10:37	5.6 (44.8%)
201	<b>LURC Robert</b>	<b>594</b>		M OPEN	167		<b>00:53:13.25</b>	<b>00:53:13.25</b>	+00:29:16 (55.0%)	10:38	5.6 (44.8%)
202	<b>NOWAK Natalia</b>	<b>887</b>		K OPEN	35		<b>00:53:23.80</b>	<b>00:53:23.80</b>	+00:29:26 (55.1%)	10:40	5.6 (44.8%)
203	<b>MACIEJASZ Amelia</b>	<b>888</b>		K OPEN	36		<b>00:53:23.95</b>	<b>00:53:23.95</b>	+00:29:26 (55.1%)	10:40	5.6 (44.8%)
204	<b>PŁÓCIENNICZAK Adam</b>	<b>563</b>		M OPEN	168		<b>00:53:24.45</b>	<b>00:53:24.45</b>	+00:29:27 (55.1%)	10:40	5.6 (44.8%)
205	<b>KĘSKIEWICZ Kordian</b>			M OPEN	169		<b>00:53:39.00</b>	<b>00:53:39.00</b>	+00:29:41 (55.4%)	10:43	5.6 (44.8%)
206	<b>WALKOWIAK Adam</b>	<b>940</b>		M OPEN	170	RAMIRENT	<b>00:53:40.00</b>	<b>00:53:40.00</b>	+00:29:42 (55.4%)	10:44	5.6 (44.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
207	ZUBKOWSKI Marcin	837	TEAM SPIRIT NOWA SÓL	M OPEN	171	Team Spirit Nowa Sól	00:53:52.60	00:53:52.60	+00:29:55 (55.5%)	10:46	5.6 (44.8%)
208	JAKUBIAK Patrycja	727		K OPEN	37		00:54:03.40	00:54:03.40	+00:30:06 (55.7%)	10:48	5.6 (44.8%)
209	ŁUPICKI Andrzej Marek	584	OSIECZNA BIEGA	M OPEN	172		00:54:15.25	00:54:15.25	+00:30:18 (55.8%)	10:51	5.5 (44.0%)
209	TYCZYŃSKI Tristan	845		M OPEN	172		00:54:15.25	00:54:15.25	+00:30:18 (55.8%)	10:51	5.5 (44.0%)
211	GLEŃ Piotr	526	SOLLVER TEAM	M OPEN	174	SOLLVER Team	00:54:26.25	00:54:26.25	+00:30:29 (56.0%)	10:53	5.5 (44.0%)
212	PRZESZŁO Zdzisław	533	SOLLVER TEAM	M OPEN	175	SOLLVER Team	00:54:27.95	00:54:27.95	+00:30:30 (56.0%)	10:53	5.5 (44.0%)
213	WAWRZYNIAK Iga	702	LEGNICA POKONUJE PRZESZKODY	K OPEN	38	Legnica Pokonuje Przeszkody	00:54:30.00	00:54:30.00	+00:30:32 (56.0%)	10:54	5.5 (44.0%)
214	KRASOWSKI Przemysław	544	SOLLVER TEAM	M OPEN	176	SOLLVER Team	00:54:37.90	00:54:37.90	+00:30:40 (56.2%)	10:55	5.5 (44.0%)
215	ROSIŃSKA Natalia	773		K OPEN	39		00:54:57.20	00:54:57.20	+00:31:00 (56.4%)	10:59	5.5 (44.0%)
216	ŚWIĄTEK Bronisław	510		M OPEN	177		00:55:01.80	00:55:01.80	+00:31:04 (56.5%)	11:00	5.5 (44.0%)
217	ZWIERZCHOWSKA Joanna	844	ZWIERZAK TEAM	K OPEN	40		00:55:02.40	00:55:02.40	+00:31:05 (56.5%)	11:00	5.5 (44.0%)
218	BORÓWKA Robert	730		M OPEN	178		00:55:06.70	00:55:06.70	+00:31:09 (56.5%)	11:01	5.4 (43.2%)
219	KAŹMIERSKI Piotr	653	TRANSFORMERS	M OPEN	179		00:55:13.70	00:55:13.70	+00:31:16 (56.6%)	11:02	5.4 (43.2%)
220	RATAJCZAK Aleksandra	801	DRAGON GYM	K OPEN	41		00:55:16.95	00:55:16.95	+00:31:19 (56.7%)	11:03	5.4 (43.2%)
221	WIŚNIEWSKI Jakub	774		M OPEN	180		00:55:28.65	00:55:28.65	+00:31:31 (56.8%)	11:05	5.4 (43.2%)
222	SZYMANOWSKI Igor	672	GOOD FOOD SP. Z O.O.	M OPEN	181		00:55:31.50	00:55:31.50	+00:31:34 (56.9%)	11:06	5.4 (43.2%)
223	PRZYBYLSKA Paulina	698		K OPEN	42		00:55:32.05	00:55:32.05	+00:31:34 (56.9%)	11:06	5.4 (43.2%)
224	BĄCZYK Janusz	728	PRZYJACIELE TEAM	M OPEN	182		00:55:40.25	00:55:40.25	+00:31:43 (57.0%)	11:08	5.4 (43.2%)
225	WRÓBLEWSKA Katarzyna	536	SOLLVER TEAM	K OPEN	43	SOLLVER Team	00:55:42.05	00:55:42.05	+00:31:44 (57.0%)	11:08	5.4 (43.2%)
226	SAWICKI Zbigniew	839	TEAM SPIRIT NOWA SÓL	M OPEN	183	Team Spirit Nowa Sól	00:55:48.40	00:55:48.40	+00:31:51 (57.1%)	11:09	5.4 (43.2%)
227	ZAJDENC Aleksandra	668		K OPEN	44	Dragons	00:55:52.10	00:55:52.10	+00:31:54 (57.1%)	11:10	5.4 (43.2%)
228	GADZIŃSKI Robert	663		M OPEN	184		00:55:55.55	00:55:55.55	+00:31:58 (57.2%)	11:11	5.4 (43.2%)
229	DZIENKOWSKA Joanna	520	LOCO SPORT	K OPEN	45		00:56:54.60	00:56:54.60	+00:32:57 (57.9%)	11:22	5.3 (42.4%)
230	MACIEJEWSKA Olga	685	FC BRODZIAKI	K OPEN	46	FC Brodziaki	00:57:19.05	00:57:19.05	+00:33:21 (58.2%)	11:27	5.2 (41.6%)
231	MATUSZEWSKI Jakub	689	FC BRODZIAKI	M OPEN	185	FC Brodziaki	00:57:21.85	00:57:21.85	+00:33:24 (58.2%)	11:28	5.2 (41.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
232	<b>BRODZIAK Kacper</b>	<b>686</b>	FC BRODZIAKI	M OPEN	186	FC Brodziaki	<b>00:57:21.90</b>	<b>00:57:21.90</b>	+00:33:24 (58.2%)	11:28	5.2 (41.6%)
233	<b>BUKSIŃSKA Martyna</b>	<b>684</b>	FC BRODZIAKI	K OPEN	47	FC Brodziaki	<b>00:57:22.05</b>	<b>00:57:22.05</b>	+00:33:24 (58.2%)	11:28	5.2 (41.6%)
234	<b>ŁYŻWA Stanisław</b>	<b>590</b>		M OPEN	187		<b>00:57:24.10</b>	<b>00:57:24.10</b>	+00:33:26 (58.3%)	11:28	5.2 (41.6%)
235	<b>CEPENDA Marta</b>	<b>717</b>	LEGNICA POKONUJE PRZESZKODY	K OPEN	48	Legnica Pokonuje Przeszkody	<b>00:57:50.45</b>	<b>00:57:50.45</b>	+00:33:53 (58.6%)	11:34	5.2 (41.6%)
236	<b>PODGÓRSKA Sylwia</b>	<b>833</b>		K OPEN	49		<b>00:58:27.35</b>	<b>00:58:27.35</b>	+00:34:30 (59.0%)	11:41	5.1 (40.8%)
237	<b>DZIEŃKOWSKI Przemysław</b>	<b>521</b>		M OPEN	188		<b>00:58:31.00</b>	<b>00:58:31.00</b>	+00:34:33 (59.1%)	11:42	5.1 (40.8%)
238	<b>BUDZYŃSKI Łukasz</b>	<b>519</b>		M OPEN	189		<b>00:58:31.10</b>	<b>00:58:31.10</b>	+00:34:33 (59.1%)	11:42	5.1 (40.8%)
239	<b>TADYSZAK Piotr</b>	<b>508</b>		M OPEN	190		<b>00:58:31.35</b>	<b>00:58:31.35</b>	+00:34:34 (59.1%)	11:42	5.1 (40.8%)
240	<b>TADYSZAK Barbara</b>	<b>509</b>		K OPEN	50		<b>00:58:31.40</b>	<b>00:58:31.40</b>	+00:34:34 (59.1%)	11:42	5.1 (40.8%)
241	<b>MACIEJEWSKA Żaneta</b>	<b>851</b>		K OPEN	51		<b>00:58:31.55</b>	<b>00:58:31.55</b>	+00:34:34 (59.1%)	11:42	5.1 (40.8%)
242	<b>NOWICKI Mikołaj</b>	<b>748</b>	SPPOPRAWA	M OPEN	191	SPPoprawa	<b>00:58:49.85</b>	<b>00:58:49.85</b>	+00:34:52 (59.3%)	11:45	5.1 (40.8%)
243	<b>PIECHOTA Adam</b>	<b>716</b>	INSTAL SERWIS	M OPEN	192		<b>00:58:54.20</b>	<b>00:58:54.20</b>	+00:34:57 (59.3%)	11:46	5.1 (40.8%)
244	<b>SEWERYN Grzegorz</b>	<b>643</b>	AKTYWNA TRZYNASTKA	M OPEN	193	FDW Pasze	<b>00:58:54.85</b>	<b>00:58:54.85</b>	+00:34:57 (59.3%)	11:46	5.1 (40.8%)
245	<b>MAKOWSKI Mariusz</b>	<b>896</b>		M OPEN	194		<b>00:58:57.80</b>	<b>00:58:57.80</b>	+00:35:00 (59.4%)	11:47	5.1 (40.8%)
246	<b>KARPIŃSKI Paweł</b>	<b>645</b>	FDW PASZE	M OPEN	195		<b>00:59:05.35</b>	<b>00:59:05.35</b>	+00:35:08 (59.5%)	11:49	5.1 (40.8%)
247	<b>KARPIŃSKA Emilia</b>	<b>644</b>	FDW PASZE	K OPEN	52		<b>00:59:06.50</b>	<b>00:59:06.50</b>	+00:35:09 (59.5%)	11:49	5.1 (40.8%)
248	<b>KONARKOWSKA Tetyana</b>	<b>885</b>		K OPEN	53		<b>00:59:16.10</b>	<b>00:59:16.10</b>	+00:35:18 (59.6%)	11:51	5.1 (40.8%)
249	<b>NYNYK Andrii</b>	<b>725</b>		M OPEN	196		<b>00:59:16.75</b>	<b>00:59:16.75</b>	+00:35:19 (59.6%)	11:51	5.1 (40.8%)
249	<b>KASPRZAK Kacper</b>	<b>790</b>	SPPOPRAWA	M OPEN	196	SPPoprawa	<b>00:59:16.75</b>	<b>00:59:16.75</b>	+00:35:19 (59.6%)	11:51	5.1 (40.8%)
251	<b>MORAŚ Kasia</b>	<b>582</b>	CNS NOWA SÓL	K OPEN	54		<b>00:59:20.15</b>	<b>00:59:20.15</b>	+00:35:22 (59.6%)	11:52	5.1 (40.8%)
252	<b>PŁUCIENNIK Juliusz</b>	<b>831</b>	KOOPERACJA MIĘDZY ZIELONOGÓRSKIM ELEMENTEM A WROCŁAWSKIM MARGINESEM	M OPEN	198	KOOPERACJA MIĘDZY ZIELONOGÓRSKIM ELEMENTEM A WROCŁAWSKIM MARGINESEM	<b>00:59:41.95</b>	<b>00:59:41.95</b>	+00:35:44 (59.9%)	11:56	5 (40.0%)
253	<b>KRAWCZYK Damian</b>	<b>810</b>		M OPEN	199		<b>01:00:19.30</b>	<b>01:00:19.30</b>	+00:36:22 (60.3%)	12:03	5 (40.0%)
254	<b>WAWRZUSISZYN Rafał</b>	<b>665</b>		M OPEN	200		<b>01:00:19.35</b>	<b>01:00:19.35</b>	+00:36:22 (60.3%)	12:03	5 (40.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
255	NÓŻKA Damian	811		M OPEN	201		01:00:20.40	01:00:20.40	+00:36:23 (60.3%)	12:04	5 (40.0%)
256	BRILL Tobiasz	897	PEKHO	M OPEN	202		01:00:25.10	01:00:25.10	+00:36:27 (60.4%)	12:05	5 (40.0%)
257	ANDRYNOWSKI Piotr	909		M OPEN	203		01:00:38.60	01:00:38.60	+00:36:41 (60.5%)	12:07	4.9 (39.2%)
258	ANDRYNOWSKI Adam	843		M OPEN	204		01:00:44.00	01:00:44.00	+00:36:46 (60.6%)	12:08	4.9 (39.2%)
259	ZAJDEL Dominik	530	SOLLVER TEAM	M OPEN	205	SOLLVER Team	01:01:26.35	01:01:26.35	+00:37:29 (61.0%)	12:17	4.9 (39.2%)
260	MUSZYŃSKA NOWAK Anna	637	DIRTY SPARROWS	K OPEN	55	Dirty Sparrows	01:01:44.10	01:01:44.10	+00:37:46 (61.2%)	12:20	4.9 (39.2%)
261	MICHALAK Krzysztof	713		M OPEN	206		01:01:44.75	01:01:44.75	+00:37:47 (61.2%)	12:20	4.9 (39.2%)
262	STELMACH Radosław	769	SPPOPRAWA	M OPEN	207	SPPoprawa	01:01:45.35	01:01:45.35	+00:37:48 (61.2%)	12:21	4.9 (39.2%)
263	WACHOWIAK Daniel	710		M OPEN	208		01:01:45.55	01:01:45.55	+00:37:48 (61.2%)	12:21	4.9 (39.2%)
264	BARWICKI Tomasz	718	LEGNICA POKONUJE PRZESZKODY	M OPEN	209	Legnica Pokonuje Przeszkody	01:01:49.25	01:01:49.25	+00:37:52 (61.3%)	12:21	4.9 (39.2%)
265	MARCINKOWSKI Sergiusz	785	WERNER KENKEL SPORT TEAM	M OPEN	210	WERNER KENKEL SPORT TEAM	01:01:49.30	01:01:49.30	+00:37:52 (61.3%)	12:21	4.9 (39.2%)
266	HYBSZ Julia	807		K OPEN	56		01:01:50.30	01:01:50.30	+00:37:53 (61.3%)	12:22	4.9 (39.2%)
267	KOZANECKA Magdalena	709		K OPEN	57		01:02:14.10	01:02:14.10	+00:38:16 (61.5%)	12:26	4.8 (38.4%)
268	BOLEWSKI Andrzej	712		M OPEN	211		01:02:15.15	01:02:15.15	+00:38:17 (61.5%)	12:27	4.8 (38.4%)
269	DROŻAK Jakub	711		M OPEN	212		01:02:21.90	01:02:21.90	+00:38:24 (61.6%)	12:28	4.8 (38.4%)
270	MILEWSKI Piotr	714		M OPEN	213		01:02:22.35	01:02:22.35	+00:38:25 (61.6%)	12:28	4.8 (38.4%)
271	ROKITA Radoslaw	902	LEGNICA POKONUJE PRZESZKODY	M OPEN	214	Legnica Pokonuje Przeszkody	01:02:26.05	01:02:26.05	+00:38:28 (61.6%)	12:29	4.8 (38.4%)
272	KASPROWIAK Oskar	861		M OPEN	215		01:03:13.45	01:03:13.45	+00:39:16 (62.1%)	12:38	4.7 (37.6%)
273	KASPROWIAK Jakub	862		M OPEN	216		01:03:15.45	01:03:15.45	+00:39:18 (62.1%)	12:39	4.7 (37.6%)
274	TOMKOWIAK Ola	864		K OPEN	58		01:03:15.75	01:03:15.75	+00:39:18 (62.1%)	12:39	4.7 (37.6%)
275	KONOPKA Wiktoria	863		K OPEN	59		01:03:26.65	01:03:26.65	+00:39:29 (62.2%)	12:41	4.7 (37.6%)
276	KASPROWIAK Paweł	858		M OPEN	217		01:03:26.95	01:03:26.95	+00:39:29 (62.2%)	12:41	4.7 (37.6%)
277	BIEDALAK Krzysztof	700		M OPEN	218		01:03:34.15	01:03:34.15	+00:39:36 (62.3%)	12:42	4.7 (37.6%)
278	BUKOWSKI Tobiasz	694	GOOD FOOD PRODUCTS	M OPEN	219	Waflarze	01:03:36.65	01:03:36.65	+00:39:39 (62.3%)	12:43	4.7 (37.6%)
279	WUJEK Tobiasz	687		M OPEN	220		01:03:38.15	01:03:38.15	+00:39:40 (62.4%)	12:43	4.7 (37.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
280	<b>FOLTYNIEWICZ Alina</b>	<b>646</b>		K OPEN	60		<b>01:03:46.20</b>	<b>01:03:46.20</b>	+00:39:49 (62.4%)	12:45	4.7 (37.6%)
281	<b>DOPIERSKI Dariusz</b>	<b>642</b>		M OPEN	221		<b>01:03:46.75</b>	<b>01:03:46.75</b>	+00:39:49 (62.4%)	12:45	4.7 (37.6%)
282	<b>DZIEŻYC Tomasz</b>	<b>648</b>	CNS NOWA SÓL	M OPEN	222	CNS Nowa Sól	<b>01:03:57.75</b>	<b>01:03:57.75</b>	+00:40:00 (62.6%)	12:47	4.7 (37.6%)
283	<b>KLUPŚ Jakub</b>	<b>802</b>	KK SERVICE	M OPEN	223		<b>01:04:02.50</b>	<b>01:04:02.50</b>	+00:40:05 (62.6%)	12:48	4.7 (37.6%)
284	<b>STAWICKI Bartosz</b>	<b>623</b>	RAMIRENT	M OPEN	224	RAMIRENT	<b>01:04:39.15</b>	<b>01:04:39.15</b>	+00:40:41 (63.0%)	12:55	4.6 (36.8%)
285	<b>WOJTKOWIAK Zofia</b>	<b>800</b>		K OPEN	61		<b>01:05:53.35</b>	<b>01:05:53.35</b>	+00:41:56 (63.6%)	13:10	4.6 (36.8%)
286	<b>PACZEŚNA Paula</b>	<b>799</b>		K OPEN	62		<b>01:05:55.50</b>	<b>01:05:55.50</b>	+00:41:58 (63.7%)	13:11	4.6 (36.8%)
287	<b>WOJTKOWIAK Aleksandra</b>	<b>798</b>		K OPEN	63		<b>01:06:03.20</b>	<b>01:06:03.20</b>	+00:42:06 (63.7%)	13:12	4.5 (36.0%)
288	<b>PŁÓCINICZAK Filip</b>	<b>883</b>		M OPEN	225		<b>01:06:40.95</b>	<b>01:06:40.95</b>	+00:42:43 (64.1%)	13:20	4.5 (36.0%)
289	<b>KAŁUCKI Maciej</b>	<b>868</b>		M OPEN	226		<b>01:06:57.05</b>	<b>01:06:57.05</b>	+00:42:59 (64.2%)	13:23	4.5 (36.0%)
290	<b>PUDLISZEWSKI Hubert</b>	<b>650</b>		M OPEN	227		<b>01:06:57.60</b>	<b>01:06:57.60</b>	+00:43:00 (64.2%)	13:23	4.5 (36.0%)
291	<b>LEKOWSKI Mateusz</b>	<b>679</b>		M OPEN	228		<b>01:07:03.45</b>	<b>01:07:03.45</b>	+00:43:06 (64.3%)	13:24	4.5 (36.0%)
292	<b>KAROLAK Marcin</b>	<b>719</b>		M OPEN	229		<b>01:07:07.50</b>	<b>01:07:07.50</b>	+00:43:10 (64.3%)	13:25	4.5 (36.0%)
293	<b>TRUDZIŃSKI Maciej</b>	<b>671</b>	GOOD FOOD SP. Z O.O.	M OPEN	230		<b>01:07:19.10</b>	<b>01:07:19.10</b>	+00:43:21 (64.4%)	13:27	4.5 (36.0%)
294	<b>RASZYK Mateusz</b>	<b>722</b>		M OPEN	231		<b>01:07:19.30</b>	<b>01:07:19.30</b>	+00:43:22 (64.4%)	13:27	4.5 (36.0%)
295	<b>KAPUŚCIŃSKI Adrian</b>	<b>673</b>	GOOD FOOD SP. Z O.O.	M OPEN	232		<b>01:07:38.00</b>	<b>01:07:38.00</b>	+00:43:40 (64.6%)	13:31	4.4 (35.2%)
296	<b>DOLCZEWSKI Rafał</b>	<b>789</b>	WERNER KENKEL SPORT TEAM	M OPEN	233	WERNER KENKEL SPORT TEAM	<b>01:08:08.50</b>	<b>01:08:08.50</b>	+00:44:11 (64.8%)	13:37	4.4 (35.2%)
297	<b>KAROLAK Paweł</b>	<b>721</b>		M OPEN	234		<b>01:08:35.60</b>	<b>01:08:35.60</b>	+00:44:38 (65.1%)	13:43	4.4 (35.2%)
298	<b>WALCZAK Jakub</b>	<b>720</b>		M OPEN	235		<b>01:08:38.20</b>	<b>01:08:38.20</b>	+00:44:41 (65.1%)	13:43	4.4 (35.2%)
299	<b>GARDYŃSKA Kamila</b>	<b>592</b>	CNS NOWA SÓL	K OPEN	64	CNS Nowa Sól	<b>01:09:29.70</b>	<b>01:09:29.70</b>	+00:45:32 (65.5%)	13:53	4.3 (34.4%)
300	<b>OBODZIŃSKA Agnieszka</b>	<b>568</b>	CNS	K OPEN	65		<b>01:09:35.20</b>	<b>01:09:35.20</b>	+00:45:38 (65.6%)	13:55	4.3 (34.4%)
301	<b>OSUCH Grażyna</b>	<b>573</b>	CNS	K OPEN	66	CNS Nowa Sól	<b>01:09:35.85</b>	<b>01:09:35.85</b>	+00:45:38 (65.6%)	13:55	4.3 (34.4%)
302	<b>OCHOCKI Bartosz</b>	<b>670</b>	GOOD FOOD SP. Z O.O.	M OPEN	236		<b>01:09:37.50</b>	<b>01:09:37.50</b>	+00:45:40 (65.6%)	13:55	4.3 (34.4%)
303	<b>ŚLIPEK Teresa</b>	<b>579</b>	CNS NOWA SÓL	K OPEN	67	CNS Nowa Sól	<b>01:09:38.45</b>	<b>01:09:38.45</b>	+00:45:41 (65.6%)	13:55	4.3 (34.4%)
304	<b>OZGOWICZ Sylwia</b>	<b>577</b>	CNS	K OPEN	68	CNS Nowa Sól	<b>01:09:39.05</b>	<b>01:09:39.05</b>	+00:45:41 (65.6%)	13:55	4.3 (34.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km	brutto 5km			
305	<b>OZGOWICZ Kamil</b>	<b>578</b>	CNS	M OPEN	237	CNS Nowa Sól	<b>01:09:40.45</b>	<b>01:09:40.45</b>	+00:45:43 (65.6%)	13:56	4.3 (34.4%)
306	<b>BOBER Marta</b>	<b>571</b>	CNS NOWA SÓL	K OPEN	69	CNS Nowa Sól	<b>01:09:51.25</b>	<b>01:09:51.25</b>	+00:45:54 (65.7%)	13:58	4.3 (34.4%)
307	<b>MUSZYŃSKI Bartosz</b>	<b>583</b>	NOWOSOLSKA GRUPA BIEGOWA	M OPEN	238		<b>01:09:53.50</b>	<b>01:09:53.50</b>	+00:45:56 (65.7%)	13:58	4.3 (34.4%)
308	<b>BINEK Szymon</b>	<b>723</b>		M OPEN	239		<b>01:09:58.45</b>	<b>01:09:58.45</b>	+00:46:01 (65.8%)	13:59	4.3 (34.4%)
309	<b>DĘBSKI Adrian</b>	<b>758</b>	SPPOPRAWA	M OPEN	240	SPPoprawa	<b>01:10:35.35</b>	<b>01:10:35.35</b>	+00:46:38 (66.1%)	14:07	4.3 (34.4%)
310	<b>GRUSZCZYK Elwira</b>	<b>575</b>	CNS NOWA SÓL	K OPEN	70	CNS Nowa Sól	<b>01:11:01.30</b>	<b>01:11:01.30</b>	+00:47:04 (66.3%)	14:12	4.2 (33.6%)
311	<b>PONDEL Barbara</b>	<b>628</b>	CNS	K OPEN	71	CNS Nowa Sól	<b>01:11:02.20</b>	<b>01:11:02.20</b>	+00:47:05 (66.3%)	14:12	4.2 (33.6%)
312	<b>HOFA Kamila</b>	<b>692</b>	GOOD FOOD PRODUCTS	K OPEN	72	Waflarze	<b>01:11:59.20</b>	<b>01:11:59.20</b>	+00:48:02 (66.7%)	14:23	4.2 (33.6%)
313	<b>ZANDECKA Patrycja</b>	<b>693</b>	GOOD FOOD PRODUCTS	K OPEN	73	Waflarze	<b>01:11:59.30</b>	<b>01:11:59.30</b>	+00:48:02 (66.7%)	14:23	4.2 (33.6%)
313	<b>KLIMASZYK Marta</b>	<b>691</b>	GOOD FOOD PRODUCTS	K OPEN	73	Waflarze	<b>01:11:59.30</b>	<b>01:11:59.30</b>	+00:48:02 (66.7%)	14:23	4.2 (33.6%)
315	<b>OWCZAREK Błażej</b>	<b>558</b>		M OPEN	241	SOLLVER Team	<b>01:14:25.90</b>	<b>01:14:25.90</b>	+00:50:28 (67.8%)	14:53	4 (32.0%)
316	<b>WACHOWIAK Patrycja</b>	<b>559</b>		K OPEN	75	SOLLVER Team	<b>01:14:25.95</b>	<b>01:14:25.95</b>	+00:50:28 (67.8%)	14:53	4 (32.0%)
317	<b>PAWLICKA Anna</b>	<b>542</b>	SOLLVER TEAM	K OPEN	76	SOLLVER Team	<b>01:14:26.05</b>	<b>01:14:26.05</b>	+00:50:28 (67.8%)	14:53	4 (32.0%)
318	<b>PAZOŁA Martyna</b>	<b>529</b>	SOLLVER TEAM	K OPEN	77	SOLLVER Team	<b>01:14:32.05</b>	<b>01:14:32.05</b>	+00:50:34 (67.9%)	14:54	4 (32.0%)
319	<b>SOWA Marta</b>	<b>543</b>	SOLLVER TEAM	K OPEN	78	SOLLVER Team	<b>01:14:32.90</b>	<b>01:14:32.90</b>	+00:50:35 (67.9%)	14:54	4 (32.0%)
320	<b>BŁĄŻEJEWSKA Weronika</b>	<b>640</b>		K OPEN	79		<b>01:14:53.30</b>	<b>01:14:53.30</b>	+00:50:56 (68.0%)	14:58	4 (32.0%)
321	<b>SADOWSKI Wiktor</b>	<b>638</b>		M OPEN	242		<b>01:14:54.20</b>	<b>01:14:54.20</b>	+00:50:57 (68.0%)	14:58	4 (32.0%)
322	<b>DZIEDZIC Kamila</b>	<b>541</b>	SOLLVER TEAM	K OPEN	80	SOLLVER Team	<b>01:15:02.00</b>	<b>01:15:02.00</b>	+00:51:04 (68.1%)	15:00	4 (32.0%)
323	<b>SZŁAPKA Anna</b>	<b>757</b>	DRAGON GYM	K OPEN	81		<b>01:15:30.35</b>	<b>01:15:30.35</b>	+00:51:33 (68.3%)	15:06	4 (32.0%)
324	<b>CIEŚLA Wiktoria</b>	<b>765</b>	DRAGON GYM	K OPEN	82		<b>01:15:36.00</b>	<b>01:15:36.00</b>	+00:51:38 (68.3%)	15:07	4 (32.0%)
325	<b>MAZUR Dawid</b>	<b>762</b>		M OPEN	243		<b>01:16:03.50</b>	<b>01:16:03.50</b>	+00:52:06 (68.5%)	15:12	3.9 (31.2%)
326	<b>RATAJCZAK Aleksander</b>	<b>755</b>	DRAGON GYM	M OPEN	244		<b>01:16:05.05</b>	<b>01:16:05.05</b>	+00:52:07 (68.5%)	15:13	3.9 (31.2%)
327	<b>DOBROŚ Justyna</b>	<b>532</b>	SOLLVER TEAM	K OPEN	83	SOLLVER Team	<b>01:16:14.35</b>	<b>01:16:14.35</b>	+00:52:17 (68.6%)	15:14	3.9 (31.2%)
328	<b>SKOPIŃSKI Marian</b>	<b>531</b>	SOLLVER TEAM	M OPEN	245	SOLLVER Team	<b>01:16:21.70</b>	<b>01:16:21.70</b>	+00:52:24 (68.6%)	15:16	3.9 (31.2%)
329	<b>SINIECKI Marcin</b>	<b>766</b>	DRAGON GYM	M OPEN	246		<b>01:16:54.90</b>	<b>01:16:54.90</b>	+00:52:57 (68.9%)	15:22	3.9 (31.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
330	<b>TARNAWSKI Maciej</b>	<b>503</b>		M OPEN	247		<b>01:17:59.25</b>	<b>01:17:59.25</b>	+00:54:02 (69.3%)	15:35	3.8 (30.4%)
331	<b>TARNAWSKI Bartosz</b>	<b>502</b>		M OPEN	248		<b>01:18:00.90</b>	<b>01:18:00.90</b>	+00:54:03 (69.3%)	15:36	3.8 (30.4%)
332	<b>DYBA Wojciech</b>	<b>690</b>	BELONA	M OPEN	249	Belona	<b>01:22:05.30</b>	<b>01:22:05.30</b>	+00:58:08 (70.8%)	16:25	3.7 (29.6%)
333	<b>ZAKRZEWSKA Anna</b>	<b>514</b>	BELONA	K OPEN	84	Belona	<b>01:22:48.55</b>	<b>01:22:48.55</b>	+00:58:51 (71.1%)	16:33	3.6 (28.8%)
334	<b>MACIEJEWSKI Rafał</b>	<b>513</b>	BELONA	M OPEN	250		<b>01:22:48.60</b>	<b>01:22:48.60</b>	+00:58:51 (71.1%)	16:33	3.6 (28.8%)
335	<b>MACIEJEWSKA Grażyna</b>	<b>512</b>	BELONA	K OPEN	85		<b>01:22:49.10</b>	<b>01:22:49.10</b>	+00:58:51 (71.1%)	16:33	3.6 (28.8%)
336	<b>BOCHARNIKOWA Nadiia</b>	<b>818</b>		K OPEN	86	Lespin	<b>01:26:53.70</b>	<b>01:26:53.70</b>	+01:02:56 (72.4%)	17:22	3.5 (28.0%)
337	<b>ŻABICKA Estera</b>	<b>822</b>		K OPEN	87	Lespin	<b>01:27:15.00</b>	<b>01:27:15.00</b>	+01:03:17 (72.5%)	17:27	3.4 (27.2%)
338	<b>STRAUCHMAN Małgorzata</b>	<b>820</b>	LESPIN	K OPEN	88	Lespin	<b>01:27:20.10</b>	<b>01:27:20.10</b>	+01:03:22 (72.6%)	17:28	3.4 (27.2%)
339	<b>GERSZENDORF Iza</b>	<b>814</b>		K OPEN	89		<b>01:27:22.50</b>	<b>01:27:22.50</b>	+01:03:25 (72.6%)	17:28	3.4 (27.2%)
340	<b>OSOWSKA Honorata</b>	<b>816</b>	LESPIN	K OPEN	90	Lespin	<b>01:27:22.60</b>	<b>01:27:22.60</b>	+01:03:25 (72.6%)	17:28	3.4 (27.2%)
341	<b>MROZKOWIAK Jolanta</b>	<b>819</b>	LESPIN	K OPEN	91	Lespin	<b>01:27:23.05</b>	<b>01:27:23.05</b>	+01:03:25 (72.6%)	17:28	3.4 (27.2%)
342	<b>BIERNAT Beata</b>	<b>823</b>	LESPIN	K OPEN	92	Lespin	<b>01:27:29.85</b>	<b>01:27:29.85</b>	+01:03:32 (72.6%)	17:29	3.4 (27.2%)
343	<b>PŁÓCIENICZAK Sylwia</b>	<b>813</b>	LESPIN	K OPEN	93	Lespin	<b>01:27:39.45</b>	<b>01:27:39.45</b>	+01:03:42 (72.7%)	17:31	3.4 (27.2%)
344	<b>NOWAK Barbara</b>	<b>821</b>	LESPIN	K OPEN	94	Lespin	<b>01:27:45.75</b>	<b>01:27:45.75</b>	+01:03:48 (72.7%)	17:33	3.4 (27.2%)
345	<b>KRAUZE Sandra</b>	<b>815</b>		K OPEN	95	Lespin	<b>01:27:55.80</b>	<b>01:27:55.80</b>	+01:03:58 (72.8%)	17:35	3.4 (27.2%)
346	<b>SZKUDLARCZYK Szymon</b>	<b>841</b>	FC STRZYŻEWICE	M OPEN	251						(0.0%)

Znaleziono 346 wynik(ów)