



**Event:** Leszczyński Festiwal Sportu  
**Organiser:** Stowarzyszenie „Transformersi”  
**Date:** 2024-09-08  
**Place:** Leszno  
**Distance:** 5 km

## TORTURA LESZNO

B4SPORT

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Classification: All

Place	Participant	Number	Club	Category	MCat	Drużyna 1	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	MARKOWSKI Fabian	695	WATAHA	M OPEN	1	WATAHA	00:18:42.35	00:18:42.35		3:44	16 (100%)
2	ILIV Andrzej	413		M OPEN	2		00:22:13.40	00:22:13.40	+00:03:31 (15.8%)	4:26	13.5 (84.4%)
3	MAJCHRZAK Jakub	549	DRUŻYNA WU.	M OPEN	3	Drużyna Wu.	00:22:45.80	00:22:45.80	+00:04:03 (17.8%)	4:33	13.2 (82.5%)
4	WALEŃSKI Marcin	551	DRUŻYNA WU.	M OPEN	4	Drużyna Wu.	00:23:34.85	00:23:34.85	+00:04:52 (20.7%)	4:42	12.7 (79.4%)
5	JUSZKIEWICZ Dominik	814	WATAHA	M OPEN	5	WATAHA	00:24:00.80	00:24:00.80	+00:05:18 (22.1%)	4:48	12.5 (78.1%)
6	PRUCHNIK Patryk	594		M OPEN	6		00:24:26.35	00:24:26.35	+00:05:44 (23.5%)	4:53	12.3 (76.9%)
7	USTRZYCKI Przemysław	636	DRUŻYNA WU.	M OPEN	7	Drużyna Wu.	00:24:54.65	00:24:54.65	+00:06:12 (24.9%)	4:58	12 (75.0%)
8	BUJAK Grzegorz	402		M OPEN	8		00:24:55.25	00:24:55.25	+00:06:12 (24.9%)	4:59	12 (75.0%)
9	MAJCHRZAK Andrzej	548	DRUŻYNA WU.	M OPEN	9	Drużyna Wu.	00:24:56.00	00:24:56.00	+00:06:13 (25.0%)	4:59	12 (75.0%)
10	ZIMNY Kamil	694	OSP KRZYŻÓWKI-MŁYNISKO	M OPEN	10		00:25:17.15	00:25:17.15	+00:06:34 (26.0%)	5:03	11.9 (74.4%)
11	JUŚKOWIAK Mikołaj	464	SPPOPRAWA	M OPEN	11	SPPoprawa	00:25:35.90	00:25:35.90	+00:06:53 (26.9%)	5:07	11.7 (73.1%)
12	ANDRZEJEWSKI Rafał	810	ŚWIRY	M OPEN	12	Świry	00:26:02.20	00:26:02.20	+00:07:19 (28.2%)	5:12	11.5 (71.9%)
13	KOZICKI Eryk	766		M OPEN	13		00:26:31.70	00:26:31.70	+00:07:49 (29.5%)	5:18	11.3 (70.6%)
14	PICZ Mateusz	820		M OPEN	14		00:26:58.25	00:26:58.25	+00:08:15 (30.6%)	5:23	11.1 (69.4%)
15	MARZEC Sławek	438		M OPEN	15		00:27:23.80	00:27:23.80	+00:08:41 (31.7%)	5:28	11 (68.8%)

Place	Participant	Number	Club	Category	MCat	Drużyna 1	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
16	<b>SOLARSKI Błażej</b>	<b>415</b>		M OPEN	16		<b>00:28:11.95</b>	<b>00:28:11.95</b>	+00:09:29 (33.7%)	5:38	10.6 (66.3%)
17	<b>DOPIERSKI Dariusz</b>	<b>699</b>	WOŹNIAK TEAM	M OPEN	17		<b>00:28:12.25</b>	<b>00:28:12.25</b>	+00:09:29 (33.7%)	5:38	10.6 (66.3%)
17	<b>ŻELAZOWSKI Damian</b>	<b>817</b>	CNS NOWA SÓL	M OPEN	17	CNS	<b>00:28:12.25</b>	<b>00:28:12.25</b>	+00:09:29 (33.7%)	5:38	10.6 (66.3%)
19	<b>WEBER Norbert</b>	<b>625</b>	SPORTBONDING	M OPEN	19	Sportbonding	<b>00:28:16.90</b>	<b>00:28:16.90</b>	+00:09:34 (33.9%)	5:39	10.6 (66.3%)
20	<b>RATAJSZCZAK Dominik</b>	<b>433</b>		M OPEN	20		<b>00:28:20.25</b>	<b>00:28:20.25</b>	+00:09:37 (34.0%)	5:40	10.6 (66.3%)
21	<b>NOWAK Maciej</b>	<b>414</b>		M OPEN	21		<b>00:28:32.90</b>	<b>00:28:32.90</b>	+00:09:50 (34.5%)	5:42	10.5 (65.6%)
22	<b>OLEJNICZAK Zuzanna</b>	<b>602</b>	BEPRO	K OPEN	1		<b>00:28:37.90</b>	<b>00:28:37.90</b>	+00:09:55 (34.7%)	5:43	10.5 (65.6%)
23	<b>LORENC Hubert</b>	<b>772</b>	CROSS LESZNO	M OPEN	22		<b>00:29:36.45</b>	<b>00:29:36.45</b>	+00:10:54 (36.8%)	5:55	10.1 (63.1%)
24	<b>STRZYŻ Paweł</b>	<b>532</b>		M OPEN	23		<b>00:29:38.80</b>	<b>00:29:38.80</b>	+00:10:56 (36.9%)	5:55	10.1 (63.1%)
25	<b>NĘDZA Sebastian</b>	<b>824</b>	WERNER KENKEL	M OPEN	24	Werner Kenkel	<b>00:29:48.65</b>	<b>00:29:48.65</b>	+00:11:06 (37.3%)	5:57	10.1 (63.1%)
26	<b>BIELAWSKI Wiktor</b>	<b>591</b>	WERNER KENKEL	M OPEN	25	Werner Kenkel	<b>00:29:56.00</b>	<b>00:29:56.00</b>	+00:11:13 (37.5%)	5:59	10 (62.5%)
27	<b>NAGLAK Hubert</b>	<b>418</b>	WATAHA	M OPEN	26	WATAHA	<b>00:29:56.55</b>	<b>00:29:56.55</b>	+00:11:14 (37.5%)	5:59	10 (62.5%)
28	<b>MACIEJCZYK Filip</b>	<b>553</b>	DRUŻYNA WU.	M OPEN	27	Drużyna Wu.	<b>00:30:09.75</b>	<b>00:30:09.75</b>	+00:11:27 (38.0%)	6:01	10 (62.5%)
29	<b>SKOWRONEK Jędrzej</b>	<b>808</b>	OSP ŁĘKA OPATOWSKA	M OPEN	28		<b>00:30:20.60</b>	<b>00:30:20.60</b>	+00:11:38 (38.4%)	6:04	9.9 (61.9%)
30	<b>KOWALSKA Natalia</b>	<b>732</b>	BIEGUN OCR TEAM	K OPEN	2		<b>00:30:26.75</b>	<b>00:30:26.75</b>	+00:11:44 (38.6%)	6:05	9.9 (61.9%)
31	<b>LIS Alan</b>	<b>750</b>	TOYOTA MIKOŁAJCZAK	M OPEN	29	Toyota Mikołajczak	<b>00:30:32.55</b>	<b>00:30:32.55</b>	+00:11:50 (38.8%)	6:06	9.8 (61.3%)
32	<b>VOGEL Krystian</b>	<b>805</b>		M OPEN	30		<b>00:30:40.95</b>	<b>00:30:40.95</b>	+00:11:58 (39.0%)	6:08	9.8 (61.3%)
33	<b>STACHYRA Joanna</b>	<b>691</b>	ŚWIRY	K OPEN	3	Świry	<b>00:30:45.35</b>	<b>00:30:45.35</b>	+00:12:03 (39.2%)	6:09	9.8 (61.3%)
34	<b>MAJCHRZAK Agnieszka</b>	<b>547</b>	DRUŻYNA WU.	K OPEN	4	Drużyna Wu.	<b>00:30:59.70</b>	<b>00:30:59.70</b>	+00:12:17 (39.6%)	6:11	9.7 (60.6%)
35	<b>KOŁACKI Krzysztof</b>	<b>697</b>	TOMELKA TRANSPORT	M OPEN	31		<b>00:31:02.65</b>	<b>00:31:02.65</b>	+00:12:20 (39.7%)	6:12	9.7 (60.6%)
36	<b>VOGEL Marcin</b>	<b>804</b>		M OPEN	32		<b>00:31:10.60</b>	<b>00:31:10.60</b>	+00:12:28 (40.0%)	6:14	9.6 (60.0%)
37	<b>ZIELIŃSKI Waldemar</b>	<b>484</b>	CNS NOWA SÓL	M OPEN	33	CNS	<b>00:31:13.85</b>	<b>00:31:13.85</b>	+00:12:31 (40.1%)	6:14	9.6 (60.0%)
38	<b>GRUETZMACHER Katarzyna</b>	<b>601</b>	CROSSFIT PĘPOWO	K OPEN	5		<b>00:31:42.80</b>	<b>00:31:42.80</b>	+00:13:00 (41.0%)	6:20	9.5 (59.4%)

Place	Participant	Number	Club	Category	MCat	Drużyna 1	Net time	Czas brutto	Gap	Pace min/km	Pace km/h
							5km	5km			
39	<b>DĄBEK Patryk</b>	<b>682</b>	ŚWIRY	M OPEN	34	Świry	<b>00:31:45.85</b>	<b>00:31:45.85</b>	+00:13:03 (41.1%)	6:21	9.4 (58.8%)
40	<b>ZADWORNY Adrian</b>	<b>671</b>		M OPEN	35		<b>00:32:06.15</b>	<b>00:32:06.15</b>	+00:13:23 (41.7%)	6:25	9.3 (58.1%)
41	<b>BIEGAŃSKI Damian</b>	<b>776</b>		M OPEN	36		<b>00:32:16.15</b>	<b>00:32:16.15</b>	+00:13:33 (42.0%)	6:27	9.3 (58.1%)
42	<b>KACZMAREK Jan</b>	<b>809</b>		M OPEN	37		<b>00:32:18.05</b>	<b>00:32:18.05</b>	+00:13:35 (42.1%)	6:27	9.3 (58.1%)
43	<b>CHUDZINSKI Maciej</b>	<b>515</b>	RUN-TEAM RYDZYNA	M OPEN	38	RUN-TEAM RYDZYNA	<b>00:32:18.70</b>	<b>00:32:18.70</b>	+00:13:36 (42.1%)	6:27	9.3 (58.1%)
44	<b>KARCZEWSKI Grzegorz</b>	<b>575</b>		M OPEN	39		<b>00:32:33.75</b>	<b>00:32:33.75</b>	+00:13:51 (42.6%)	6:30	9.2 (57.5%)
45	<b>NAVITSKI Aliaksandr</b>	<b>720</b>		M OPEN	40		<b>00:32:37.55</b>	<b>00:32:37.55</b>	+00:13:55 (42.7%)	6:31	9.2 (57.5%)
46	<b>PAWLICKI Mateusz</b>	<b>448</b>	ZAKWAS TEAM	M OPEN	41	Zakwas Team	<b>00:32:38.10</b>	<b>00:32:38.10</b>	+00:13:55 (42.7%)	6:31	9.2 (57.5%)
47	<b>LAWER Piotr</b>	<b>441</b>	ZAKWAS TEAM	M OPEN	42	Zakwas Team	<b>00:32:40.50</b>	<b>00:32:40.50</b>	+00:13:58 (42.8%)	6:32	9.2 (57.5%)
48	<b>SERWATKA Mateusz</b>	<b>763</b>		M OPEN	43		<b>00:32:41.10</b>	<b>00:32:41.10</b>	+00:13:58 (42.8%)	6:32	9.2 (57.5%)
49	<b>RYBARCZYK Jakub</b>	<b>634</b>	DRUŻYNA WU.	M OPEN	44	Drużyna Wu.	<b>00:32:43.25</b>	<b>00:32:43.25</b>	+00:14:00 (42.8%)	6:32	9.2 (57.5%)
50	<b>MAŃCZAK Joanna</b>	<b>630</b>	DRUŻYNA WU.	K OPEN	6	Drużyna Wu.	<b>00:32:43.45</b>	<b>00:32:43.45</b>	+00:14:01 (42.8%)	6:32	9.2 (57.5%)
51	<b>NIJAKI Jakub</b>	<b>666</b>	BEPRO	M OPEN	45	BePro	<b>00:32:48.55</b>	<b>00:32:48.55</b>	+00:14:06 (43.0%)	6:33	9.1 (56.9%)
52	<b>SMEKTAŁA Patryk</b>	<b>769</b>		M OPEN	46		<b>00:32:56.50</b>	<b>00:32:56.50</b>	+00:14:14 (43.2%)	6:35	9.1 (56.9%)
53	<b>WEBER Adrian</b>	<b>619</b>		M OPEN	47	Sportbonding	<b>00:33:01.55</b>	<b>00:33:01.55</b>	+00:14:19 (43.4%)	6:36	9.1 (56.9%)
54	<b>SOWA Maciej</b>	<b>729</b>		M OPEN	48		<b>00:33:05.05</b>	<b>00:33:05.05</b>	+00:14:22 (43.5%)	6:37	9.1 (56.9%)
55	<b>ZIELIŃSKI Andrzej</b>	<b>490</b>	CNS NOWA SÓL	M OPEN	49	CNS	<b>00:33:09.10</b>	<b>00:33:09.10</b>	+00:14:26 (43.6%)	6:37	9 (56.3%)
56	<b>BĄCZYK Janusz</b>	<b>406</b>		M OPEN	50		<b>00:33:26.05</b>	<b>00:33:26.05</b>	+00:14:43 (44.1%)	6:41	9 (56.3%)
57	<b>GIEZEK Dominik</b>	<b>521</b>	SPORTY WALKI GOSTYŃ	M OPEN	51	Sporty Walki Gostyń	<b>00:33:31.75</b>	<b>00:33:31.75</b>	+00:14:49 (44.2%)	6:42	9 (56.3%)
58	<b>KNOZOWSKA Bożena</b>	<b>715</b>	ŚWIRY	K OPEN	7	Świry	<b>00:33:32.85</b>	<b>00:33:32.85</b>	+00:14:50 (44.2%)	6:42	8.9 (55.6%)
59	<b>PAWLACZYK Przemysław</b>	<b>495</b>	SPORTY WALKI GOSTYŃ	M OPEN	52	Sporty Walki Gostyń	<b>00:33:43.45</b>	<b>00:33:43.45</b>	+00:15:01 (44.5%)	6:44	8.9 (55.6%)
60	<b>FRAŃCZAK Dariusz</b>	<b>577</b>		M OPEN	53		<b>00:33:49.60</b>	<b>00:33:49.60</b>	+00:15:07 (44.7%)	6:45	8.9 (55.6%)
61	<b>SADOWSKI Michał</b>	<b>767</b>		M OPEN	54	Klub Karate Ronin Kozuchów	<b>00:33:54.45</b>	<b>00:33:54.45</b>	+00:15:12 (44.8%)	6:46	8.8 (55.0%)

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							5km	5km			
62	<b>DERLATKO Marek</b>	<b>661</b>	BRAK	M OPEN	55	Sportbonding	<b>00:34:02.40</b>	<b>00:34:02.40</b>	+00:15:20 (45.0%)	6:48	8.8 (55.0%)
63	<b>DYLAK Maciej</b>	<b>491</b>	SPORTY WALKI GOSTYŃ	M OPEN	56	Sporty Walki Gostyń	<b>00:34:05.05</b>	<b>00:34:05.05</b>	+00:15:22 (45.1%)	6:49	8.8 (55.0%)
64	<b>PIEPRZYK Mikołaj</b>	<b>457</b>	SPPOPRAWA	M OPEN	57	SPPoprawa	<b>00:34:06.20</b>	<b>00:34:06.20</b>	+00:15:23 (45.1%)	6:49	8.8 (55.0%)
65	<b>TOMASZEWSKI Bartłomiej</b>	<b>508</b>	SPORTY WALKI GOSTYŃ	M OPEN	58	Sporty Walki Gostyń	<b>00:34:17.20</b>	<b>00:34:17.20</b>	+00:15:34 (45.4%)	6:51	8.8 (55.0%)
66	<b>CZAJKA Daria</b>	<b>522</b>	BALCERZAK RUN FOR FUN	K OPEN	8		<b>00:34:37.90</b>	<b>00:34:37.90</b>	+00:15:55 (46.0%)	6:55	8.7 (54.4%)
67	<b>HENSEL Michał</b>	<b>426</b>		M OPEN	59	Drużyna Ewiczki	<b>00:34:43.70</b>	<b>00:34:43.70</b>	+00:16:01 (46.1%)	6:56	8.6 (53.8%)
68	<b>SITARZ Mateusz</b>	<b>578</b>		M OPEN	60		<b>00:34:47.25</b>	<b>00:34:47.25</b>	+00:16:04 (46.2%)	6:57	8.6 (53.8%)
69	<b>WAWRZY尼亚K Albert</b>	<b>770</b>	CROSS LESZNO	M OPEN	61		<b>00:34:53.35</b>	<b>00:34:53.35</b>	+00:16:11 (46.4%)	6:58	8.6 (53.8%)
70	<b>ANDRZEJEWSKI Rafał</b>	<b>777</b>	ŚWIRY	M OPEN	62	Świry	<b>00:34:56.15</b>	<b>00:34:56.15</b>	+00:16:13 (46.5%)	6:59	8.6 (53.8%)
71	<b>DROZDA Marcin</b>	<b>812</b>	TARCZYŃSKI ACTIVE TEAM	M OPEN	63	Tarczyński Active Team	<b>00:35:01.10</b>	<b>00:35:01.10</b>	+00:16:18 (46.6%)	7:00	8.6 (53.8%)
72	<b>ZATWARNICKI Daniel</b>	<b>679</b>	ATOMOWYTEAM	M OPEN	64		<b>00:35:04.85</b>	<b>00:35:04.85</b>	+00:16:22 (46.7%)	7:00	8.6 (53.8%)
73	<b>DUNDELSKA Maria</b>	<b>708</b>	KLUB KARATE RONIN KOŻUCHÓW	K OPEN	9	Klub Karate Ronin Kożuchów	<b>00:35:04.90</b>	<b>00:35:04.90</b>	+00:16:22 (46.7%)	7:00	8.6 (53.8%)
74	<b>ZATWARNICKI Tomasz</b>	<b>680</b>	ATOMOWYTEAM	M OPEN	65		<b>00:35:05.45</b>	<b>00:35:05.45</b>	+00:16:23 (46.7%)	7:01	8.6 (53.8%)
75	<b>PLASZCZYK Krzysztof</b>	<b>492</b>		M OPEN	66		<b>00:35:05.50</b>	<b>00:35:05.50</b>	+00:16:23 (46.7%)	7:01	8.6 (53.8%)
76	<b>BRODZIAK Artur</b>	<b>552</b>		M OPEN	67		<b>00:35:14.80</b>	<b>00:35:14.80</b>	+00:16:32 (46.9%)	7:02	8.5 (53.1%)
77	<b>ZAREMBA Mikołaj</b>	<b>762</b>		M OPEN	68		<b>00:35:16.60</b>	<b>00:35:16.60</b>	+00:16:34 (47.0%)	7:03	8.5 (53.1%)
78	<b>MATYSIAK Karol</b>	<b>629</b>	SPORTBONDING	M OPEN	69	Sportbonding	<b>00:35:20.50</b>	<b>00:35:20.50</b>	+00:16:38 (47.1%)	7:04	8.5 (53.1%)
79	<b>KRÓLICKI Maciej</b>	<b>683</b>	SPORTBONDING	M OPEN	70		<b>00:35:30.40</b>	<b>00:35:30.40</b>	+00:16:48 (47.3%)	7:06	8.5 (53.1%)
80	<b>WOJTCZUK Paweł</b>	<b>626</b>	SPPOPRAWA	M OPEN	71	SPPoprawa	<b>00:35:35.35</b>	<b>00:35:35.35</b>	+00:16:53 (47.4%)	7:07	8.4 (52.5%)
81	<b>GORWA Krzysztof</b>	<b>509</b>	SPORTY WALKI GOSTYŃ	M OPEN	72	Sporty Walki Gostyń	<b>00:35:35.95</b>	<b>00:35:35.95</b>	+00:16:53 (47.5%)	7:07	8.4 (52.5%)
82	<b>RATAJCZAK Robert</b>	<b>800</b>	WERNER KENKEL	M OPEN	73	Werner Kenkel	<b>00:35:41.20</b>	<b>00:35:41.20</b>	+00:16:58 (47.6%)	7:08	8.4 (52.5%)
83	<b>LEŚNIEWSKA Aleksandra</b>	<b>711</b>	KARATE RONIN KOŻUCHÓW	K OPEN	10	Klub Karate Ronin Kożuchów	<b>00:35:43.10</b>	<b>00:35:43.10</b>	+00:17:00 (47.6%)	7:08	8.4 (52.5%)
84	<b>KUBACIK Mikołaj</b>	<b>501</b>	SOLLVERTEAM	M OPEN	74	SollverTeam	<b>00:35:52.50</b>	<b>00:35:52.50</b>	+00:17:10 (47.9%)	7:10	8.4 (52.5%)

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85	<b>WALEŃSKI Michał</b>	<b>550</b>	DRUŻYNA WU.	M OPEN	75	Drużyna Wu.	<b>00:35:54.10</b>	<b>00:35:54.10</b>	+00:17:11 (47.9%)	7:10	8.4 (52.5%)
86	<b>ROJDA Radek</b>	<b>443</b>	ZAKWAS TEAM	M OPEN	76	Zakwas Team	<b>00:36:07.55</b>	<b>00:36:07.55</b>	+00:17:25 (48.2%)	7:13	8.3 (51.9%)
87	<b>RYPIEŃ Szymon</b>	<b>589</b>	WERNER KENKEL	M OPEN	77	Werner Kenkel	<b>00:36:07.80</b>	<b>00:36:07.80</b>	+00:17:25 (48.2%)	7:13	8.3 (51.9%)
88	<b>LECHÓW Maksymilian</b>	<b>713</b>	KARATE RONIN KOŻUCHÓW	M OPEN	78	Klub Karate Ronin Kożuchów	<b>00:36:08.35</b>	<b>00:36:08.35</b>	+00:17:26 (48.2%)	7:13	8.3 (51.9%)
89	<b>MARZĘTA Mateusz</b>	<b>592</b>		M OPEN	79		<b>00:36:30.35</b>	<b>00:36:30.35</b>	+00:17:48 (48.8%)	7:18	8.2 (51.3%)
90	<b>MUSZYŃSKI Maciej</b>	<b>510</b>		M OPEN	80		<b>00:36:39.60</b>	<b>00:36:39.60</b>	+00:17:57 (49.0%)	7:19	8.2 (51.3%)
91	<b>OFFERT Eryk</b>	<b>818</b>		M OPEN	81		<b>00:36:52.20</b>	<b>00:36:52.20</b>	+00:18:09 (49.3%)	7:22	8.1 (50.6%)
92	<b>GLEŃ Agnieszka</b>	<b>498</b>	SOLLVERTEAM	K OPEN	11	SollverTeam	<b>00:37:05.85</b>	<b>00:37:05.85</b>	+00:18:23 (49.6%)	7:25	8.1 (50.6%)
93	<b>KUBACIK Rafał</b>	<b>499</b>	SOLLVERTEAM	M OPEN	82	SollverTeam	<b>00:37:06.80</b>	<b>00:37:06.80</b>	+00:18:24 (49.6%)	7:25	8.1 (50.6%)
94	<b>BAGIŃSKI Krzysztof</b>	<b>436</b>		M OPEN	83		<b>00:37:24.55</b>	<b>00:37:24.55</b>	+00:18:42 (50.0%)	7:28	8 (50.0%)
95	<b>KĘSKIEWICZ Kamil</b>	<b>409</b>		M OPEN	84	Sudeccy transformersi	<b>00:37:34.65</b>	<b>00:37:34.65</b>	+00:18:52 (50.2%)	7:30	8 (50.0%)
96	<b>SKOPIŃSKI Kacper</b>	<b>450</b>		M OPEN	85		<b>00:37:35.50</b>	<b>00:37:35.50</b>	+00:18:53 (50.2%)	7:31	8 (50.0%)
97	<b>IRADZKA Jagoda</b>	<b>749</b>	TOYOTA MIKOŁAJCZAK	K OPEN	12	Toyota Mikołajczak	<b>00:37:42.85</b>	<b>00:37:42.85</b>	+00:19:00 (50.4%)	7:32	8 (50.0%)
98	<b>PAWLISIAK Karol</b>	<b>773</b>		M OPEN	86		<b>00:37:45.30</b>	<b>00:37:45.30</b>	+00:19:02 (50.5%)	7:33	7.9 (49.4%)
99	<b>BACHORSKI Sławomir</b>	<b>530</b>	BALCERZAK RUN FOR FUN	M OPEN	87		<b>00:37:47.25</b>	<b>00:37:47.25</b>	+00:19:04 (50.5%)	7:33	7.9 (49.4%)
100	<b>ANTKOWIAK Barbara</b>	<b>408</b>	SZYBKI JAK PIERUN TEAM	K OPEN	13		<b>00:37:48.35</b>	<b>00:37:48.35</b>	+00:19:06 (50.5%)	7:33	7.9 (49.4%)
101	<b>MARCINKOWSKI Sergiusz</b>	<b>823</b>	WERNER KENKEL	M OPEN	88	Werner Kenkel	<b>00:37:59.95</b>	<b>00:37:59.95</b>	+00:19:17 (50.8%)	7:35	7.9 (49.4%)
102	<b>ŚMIGŁAK Katarzyna</b>	<b>566</b>	OSADA JUJITSU	K OPEN	14	Osada Jujitsu	<b>00:38:09.75</b>	<b>00:38:09.75</b>	+00:19:27 (51.0%)	7:37	7.9 (49.4%)
103	<b>LIPKA Łukasz</b>	<b>754</b>	TOYOTA MIKOŁAJCZAK	M OPEN	89	Toyota Mikołajczak	<b>00:38:20.40</b>	<b>00:38:20.40</b>	+00:19:38 (51.2%)	7:40	7.8 (48.8%)
104	<b>GOLAŃSKA Bernadeta</b>	<b>434</b>		K OPEN	15		<b>00:38:24.80</b>	<b>00:38:24.80</b>	+00:19:42 (51.3%)	7:40	7.8 (48.8%)
105	<b>WYRWAŁ Tomasz</b>	<b>534</b>		M OPEN	90		<b>00:38:26.05</b>	<b>00:38:26.05</b>	+00:19:43 (51.3%)	7:41	7.8 (48.8%)
106	<b>MAJCHRZAK Krzysztof</b>	<b>407</b>	SZYBKI JAK PIERUN TEAM	M OPEN	91		<b>00:38:32.05</b>	<b>00:38:32.05</b>	+00:19:49 (51.5%)	7:42	7.8 (48.8%)
107	<b>BOLSEGA Mateusz</b>	<b>807</b>	TARCZYŃSKI ACTIVE TEAM	M OPEN	92		<b>00:38:34.30</b>	<b>00:38:34.30</b>	+00:19:51 (51.5%)	7:42	7.8 (48.8%)

Place	Participant	Number	Club	Category	MCat	Drużyna 1	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
108	<b>PASZKOWIAK Marek</b>	<b>445</b>	ZAKWAS TEAM	M OPEN	93	Zakwas Team	<b>00:38:46.75</b>	<b>00:38:46.75</b>	+00:20:04 (51.8%)	7:45	7.7 (48.1%)
109	<b>MIKOŁAJCZAK Jędrzej</b>	<b>755</b>	TOYOTA MIKOŁAJCZAK	M OPEN	94	Toyota Mikołajczak	<b>00:38:47.20</b>	<b>00:38:47.20</b>	+00:20:04 (51.8%)	7:45	7.7 (48.1%)
110	<b>LOMAN Przemek</b>	<b>771</b>	IM INSPIRATION	M OPEN	95		<b>00:38:47.90</b>	<b>00:38:47.90</b>	+00:20:05 (51.8%)	7:45	7.7 (48.1%)
111	<b>WOJCIECHOWSKI Adam</b>	<b>444</b>	ZAKWAS TEAM	M OPEN	96	Zakwas Team	<b>00:38:53.05</b>	<b>00:38:53.05</b>	+00:20:10 (51.9%)	7:46	7.7 (48.1%)
112	<b>ZIOŁO Krzysztof</b>	<b>571</b>	OSADA JUJITSU	M OPEN	97	Osada Jujitsu	<b>00:38:58.50</b>	<b>00:38:58.50</b>	+00:20:16 (52.0%)	7:47	7.7 (48.1%)
113	<b>KARLIŃSKA Agata</b>	<b>672</b>		K OPEN	16		<b>00:39:00.10</b>	<b>00:39:00.10</b>	+00:20:17 (52.0%)	7:48	7.7 (48.1%)
114	<b>MENDYKA Artur</b>	<b>511</b>	ŚWIRY	M OPEN	98		<b>00:39:03.20</b>	<b>00:39:03.20</b>	+00:20:20 (52.1%)	7:48	7.7 (48.1%)
115	<b>WYTYK Marcin</b>	<b>440</b>		M OPEN	99		<b>00:39:06.50</b>	<b>00:39:06.50</b>	+00:20:24 (52.2%)	7:49	7.7 (48.1%)
116	<b>ZAPIÓR Wojciech</b>	<b>652</b>	SPORTBONDING	M OPEN	100	Sportbonding	<b>00:39:08.40</b>	<b>00:39:08.40</b>	+00:20:26 (52.2%)	7:49	7.7 (48.1%)
117	<b>GAŚIOROWSKI Ryszard</b>	<b>759</b>	CHEEKY MONKEY TEAM	M OPEN	101	CHEEKY MONKEY TEAM	<b>00:39:21.55</b>	<b>00:39:21.55</b>	+00:20:39 (52.5%)	7:52	7.6 (47.5%)
118	<b>WRÓBLEWSKA Katarzyna</b>	<b>504</b>	SOLLVERTEAM	K OPEN	17	SollverTeam	<b>00:39:24.05</b>	<b>00:39:24.05</b>	+00:20:41 (52.5%)	7:52	7.6 (47.5%)
119	<b>PRZYJEMSKA Natalia</b>	<b>632</b>		K OPEN	18		<b>00:39:26.15</b>	<b>00:39:26.15</b>	+00:20:43 (52.6%)	7:53	7.6 (47.5%)
120	<b>PRZYJEMSKI Grzegorz</b>	<b>631</b>		M OPEN	102		<b>00:39:29.20</b>	<b>00:39:29.20</b>	+00:20:46 (52.6%)	7:53	7.6 (47.5%)
121	<b>POTACZEK Mateusz</b>	<b>416</b>		M OPEN	103		<b>00:39:30.55</b>	<b>00:39:30.55</b>	+00:20:48 (52.7%)	7:54	7.6 (47.5%)
122	<b>WOJTKOWIAK Sylwia</b>	<b>533</b>		K OPEN	19		<b>00:39:35.10</b>	<b>00:39:35.10</b>	+00:20:52 (52.7%)	7:55	7.6 (47.5%)
123	<b>BANACH Piotr</b>	<b>643</b>		M OPEN	104		<b>00:39:37.70</b>	<b>00:39:37.70</b>	+00:20:55 (52.8%)	7:55	7.6 (47.5%)
124	<b>ADAMIAK Igor</b>	<b>819</b>		M OPEN	105		<b>00:39:39.70</b>	<b>00:39:39.70</b>	+00:20:57 (52.8%)	7:55	7.6 (47.5%)
125	<b>PRZYBYLSKI Eryk</b>	<b>458</b>	SPPOPRAWA	M OPEN	106	SPPoprawa	<b>00:39:42.30</b>	<b>00:39:42.30</b>	+00:20:59 (52.9%)	7:56	7.6 (47.5%)
126	<b>NAWROCKI Patryk</b>	<b>739</b>	TOYOTA MIKOŁAJCZAK	M OPEN	107	Toyota Mikołajczak	<b>00:39:42.35</b>	<b>00:39:42.35</b>	+00:21:00 (52.9%)	7:56	7.6 (47.5%)
127	<b>ZAJĄCZKOWSKA Natalia</b>	<b>507</b>	SOLLVERTEAM	K OPEN	20	SollverTeam	<b>00:39:49.25</b>	<b>00:39:49.25</b>	+00:21:06 (53.0%)	7:57	7.5 (46.9%)
128	<b>ZAJDEL Dominik</b>	<b>442</b>	ZAKWAS TEAM	M OPEN	108	Zakwas Team	<b>00:39:54.20</b>	<b>00:39:54.20</b>	+00:21:11 (53.1%)	7:58	7.5 (46.9%)
129	<b>BORDECKI Jarosław</b>	<b>449</b>	ZAKWAS TEAM	M OPEN	109	Zakwas Team	<b>00:39:55.35</b>	<b>00:39:55.35</b>	+00:21:13 (53.1%)	7:59	7.5 (46.9%)
130	<b>DUCHNOWSKI Jakub</b>	<b>437</b>		M OPEN	110		<b>00:39:56.60</b>	<b>00:39:56.60</b>	+00:21:14 (53.2%)	7:59	7.5 (46.9%)

Place	Participant	Number	Club	Category	MCat	Drużyna 1	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
131	BRESKIN Krzysztof	411		M OPEN	111		00:39:57.95	00:39:57.95	+00:21:15 (53.2%)	7:59	7.5 (46.9%)
132	NOWAK Przemysław	698		M OPEN	112		00:40:01.90	00:40:01.90	+00:21:19 (53.3%)	8:00	7.5 (46.9%)
133	KUBACKA Magda	496		K OPEN	21		00:40:03.00	00:40:03.00	+00:21:20 (53.3%)	8:00	7.5 (46.9%)
134	WASIOŁKA Szymon	523		M OPEN	113		00:40:03.30	00:40:03.30	+00:21:20 (53.3%)	8:00	7.5 (46.9%)
135	DYMALSKI Jacek	660		M OPEN	114		00:40:06.80	00:40:06.80	+00:21:24 (53.4%)	8:01	7.5 (46.9%)
136	LADRA Daria	483		K OPEN	22		00:40:12.55	00:40:12.55	+00:21:30 (53.5%)	8:02	7.5 (46.9%)
137	TURLA Dawid	573		M OPEN	115		00:40:14.40	00:40:14.40	+00:21:32 (53.5%)	8:02	7.5 (46.9%)
138	BUDYNEK Mateusz	612		M OPEN	116	Kooperacja między zielonogórskim elementem a wrocławskim marginesem	00:40:26.60	00:40:26.60	+00:21:44 (53.7%)	8:05	7.4 (46.3%)
139	KWARTA Paweł	733		M OPEN	117		00:40:30.15	00:40:30.15	+00:21:47 (53.8%)	8:06	7.4 (46.3%)
140	FIJAŁKOWSKI Jakub	779		M OPEN	118		00:40:42.70	00:40:42.70	+00:22:00 (54.1%)	8:08	7.4 (46.3%)
141	PUSHMANN Kamil	781		M OPEN	119		00:40:46.75	00:40:46.75	+00:22:04 (54.1%)	8:09	7.4 (46.3%)
142	BRENDA Arkadiusz	556		M OPEN	120		00:41:00.30	00:41:00.30	+00:22:17 (54.4%)	8:12	7.3 (45.6%)
143	TARAZEWICZ Artur	574		M OPEN	121		00:41:01.15	00:41:01.15	+00:22:18 (54.4%)	8:12	7.3 (45.6%)
144	FOLTYNOEWICZ Alina	700	WOŹNIAK TEAM	K OPEN	23		00:41:01.65	00:41:01.65	+00:22:19 (54.4%)	8:12	7.3 (45.6%)
145	ŁAWECKA Kinga	689		K OPEN	24		00:41:05.50	00:41:05.50	+00:22:23 (54.5%)	8:13	7.3 (45.6%)
146	SOBANTKA Karolina	784		K OPEN	25		00:41:13.05	00:41:13.05	+00:22:30 (54.6%)	8:14	7.3 (45.6%)
147	DZIDA-SZAFRAŃSKA Magdalena	757		K OPEN	26		00:41:15.10	00:41:15.10	+00:22:32 (54.7%)	8:15	7.3 (45.6%)
148	KUBACKI Szymon	497		M OPEN	122		00:41:15.60	00:41:15.60	+00:22:33 (54.7%)	8:15	7.3 (45.6%)
149	SZADEJ Piotr	405		M OPEN	123		00:41:22.80	00:41:22.80	+00:22:40 (54.8%)	8:16	7.3 (45.6%)
150	SZADEJ Dominika	403		K OPEN	27		00:41:23.55	00:41:23.55	+00:22:41 (54.8%)	8:16	7.2 (45.0%)
151	WACHOWIAK Łukasz	815		M OPEN	124		00:41:24.70	00:41:24.70	+00:22:42 (54.8%)	8:16	7.2 (45.0%)
152	PATUREJ Wiktor	404		M OPEN	125		00:41:25.30	00:41:25.30	+00:22:42 (54.8%)	8:17	7.2 (45.0%)
153	CYPRYAN Anna	489	SPORTY WALKI GOSTYŃ	K OPEN	28	Sporty Walki Gostyń	00:41:31.25	00:41:31.25	+00:22:48 (54.9%)	8:18	7.2 (45.0%)

Place	Participant	Number	Club	Category	MCat	Drużyna 1	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
154	<b>BOJAŃSKA Daria</b>	<b>520</b>	SPORTY WALKI GOSTYŃ	K OPEN	29	Sporty Walki Gostyń	<b>00:41:31.30</b>	<b>00:41:31.30</b>	+00:22:48 (54.9%)	8:18	7.2 (45.0%)
155	<b>FIRLEJ Anita</b>	<b>422</b>		K OPEN	30	Drużyna Ewiczki	<b>00:41:36.00</b>	<b>00:41:36.00</b>	+00:22:53 (55.0%)	8:19	7.2 (45.0%)
156	<b>LEWANDOWSKI Grzegorz</b>	<b>439</b>	GLOSLESZNA.PL	M OPEN	126		<b>00:41:48.65</b>	<b>00:41:48.65</b>	+00:23:06 (55.3%)	8:21	7.2 (45.0%)
157	<b>BARWICKI Tomasz</b>	<b>557</b>	LEGNICA POKONUJE PRZESZKODY	M OPEN	127	Legnica Pokonuje Przeszkody	<b>00:41:58.05</b>	<b>00:41:58.05</b>	+00:23:15 (55.4%)	8:23	7.1 (44.4%)
158	<b>JABŁOŃSKI Kamil</b>	<b>813</b>		M OPEN	128		<b>00:41:59.40</b>	<b>00:41:59.40</b>	+00:23:17 (55.5%)	8:23	7.1 (44.4%)
159	<b>GŁUSZEK Daria</b>	<b>662</b>	MUKS SZOK BOJANOWO	K OPEN	31	Sportbonding	<b>00:42:06.80</b>	<b>00:42:06.80</b>	+00:23:24 (55.6%)	8:25	7.1 (44.4%)
160	<b>SZOK Muks</b>	<b>658</b>	MUKS SZOK BOJANOWO	M OPEN	129	Sportbonding	<b>00:42:17.95</b>	<b>00:42:17.95</b>	+00:23:35 (55.8%)	8:27	7.1 (44.4%)
161	<b>WAWRYCZ Adrian</b>	<b>531</b>		M OPEN	130		<b>00:42:19.00</b>	<b>00:42:19.00</b>	+00:23:36 (55.8%)	8:27	7.1 (44.4%)
162	<b>BARTKOWIAK Bartosz</b>	<b>753</b>	TOYOTA MIKOŁAJCZAK	M OPEN	131	Toyota Mikołajczak	<b>00:42:20.40</b>	<b>00:42:20.40</b>	+00:23:38 (55.8%)	8:28	7.1 (44.4%)
163	<b>LEWCZUK Ksawier</b>	<b>722</b>		M OPEN	132		<b>00:42:21.35</b>	<b>00:42:21.35</b>	+00:23:39 (55.8%)	8:28	7.1 (44.4%)
164	<b>SIŁAKOWSKI Marcin</b>	<b>657</b>		M OPEN	133	Sportbonding	<b>00:42:22.35</b>	<b>00:42:22.35</b>	+00:23:40 (55.9%)	8:28	7.1 (44.4%)
165	<b>PIENIAK Piotr</b>	<b>624</b>	SPORTBONDING	M OPEN	134	Sportbonding	<b>00:42:27.40</b>	<b>00:42:27.40</b>	+00:23:45 (55.9%)	8:29	7.1 (44.4%)
166	<b>RODZEWICZ Artur</b>	<b>451</b>		M OPEN	135	Drużyna Ewiczki	<b>00:42:29.60</b>	<b>00:42:29.60</b>	+00:23:47 (56.0%)	8:29	7.1 (44.4%)
167	<b>KROMA Wiktor</b>	<b>811</b>		M OPEN	136		<b>00:42:29.85</b>	<b>00:42:29.85</b>	+00:23:47 (56.0%)	8:29	7.1 (44.4%)
168	<b>BIAŁAS Maciej</b>	<b>740</b>	TOYOTA MIKOŁAJCZAK	M OPEN	137	Toyota Mikołajczak	<b>00:42:30.25</b>	<b>00:42:30.25</b>	+00:23:47 (56.0%)	8:30	7.1 (44.4%)
169	<b>POLAŃSKI Tymoteusz</b>	<b>452</b>		M OPEN	138	Drużyna Ewiczki	<b>00:42:32.45</b>	<b>00:42:32.45</b>	+00:23:50 (56.0%)	8:30	7.1 (44.4%)
170	<b>SARBINOWSKI Mateusz</b>	<b>493</b>		M OPEN	139	Sporty Walki Gostyń	<b>00:42:37.55</b>	<b>00:42:37.55</b>	+00:23:55 (56.1%)	8:31	7 (43.8%)
171	<b>CYPRYAN Krzysztof</b>	<b>488</b>	SPORTY WALKI GOSTYŃ	M OPEN	140	Sporty Walki Gostyń	<b>00:42:39.15</b>	<b>00:42:39.15</b>	+00:23:56 (56.1%)	8:31	7 (43.8%)
172	<b>ŁĄCZKOWSKI Dawid</b>	<b>565</b>	OSADA JUJITSU	M OPEN	141	Osada Jujitsu	<b>00:42:40.00</b>	<b>00:42:40.00</b>	+00:23:57 (56.2%)	8:32	7 (43.8%)
173	<b>PLACEK Jacek</b>	<b>780</b>		M OPEN	142		<b>00:42:46.35</b>	<b>00:42:46.35</b>	+00:24:04 (56.3%)	8:33	7 (43.8%)
174	<b>MACELUCH Krzysz</b>	<b>782</b>		M OPEN	143		<b>00:42:47.85</b>	<b>00:42:47.85</b>	+00:24:05 (56.3%)	8:33	7 (43.8%)
175	<b>PIEPRZYK Julia</b>	<b>665</b>	BEPRO	K OPEN	32	BePro	<b>00:42:51.55</b>	<b>00:42:51.55</b>	+00:24:09 (56.4%)	8:34	7 (43.8%)
176	<b>PUDLISZEWSKI Hubert</b>	<b>456</b>		M OPEN	144		<b>00:42:56.00</b>	<b>00:42:56.00</b>	+00:24:13 (56.4%)	8:35	7 (43.8%)



Place	Participant	Number	Club	Category	MCat	Drużyna 1	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
177	<b>STAROSTA Krzysztof</b>	<b>562</b>	OSADA JUJITSU	M OPEN	145	Osada Jujitsu	<b>00:43:03.80</b>	<b>00:43:03.80</b>	+00:24:21 (56.6%)	8:36	7 (43.8%)
178	<b>FRĄCKOWIAK Tobiasz</b>	<b>633</b>	BEPRO	M OPEN	146	BePro	<b>00:43:05.70</b>	<b>00:43:05.70</b>	+00:24:23 (56.6%)	8:37	7 (43.8%)
179	<b>KNACH Dominik</b>	<b>563</b>	OSADA JUJITSU	M OPEN	147	Osada Jujitsu	<b>00:43:10.80</b>	<b>00:43:10.80</b>	+00:24:28 (56.7%)	8:38	6.9 (43.1%)
180	<b>STANKIEWICZ Marta</b>	<b>723</b>	NEW LIFE GYM SŁAWĘCICE	K OPEN	33		<b>00:43:10.85</b>	<b>00:43:10.85</b>	+00:24:28 (56.7%)	8:38	6.9 (43.1%)
181	<b>NOWAK Patrycja</b>	<b>677</b>		K OPEN	34	Musielak Lata	<b>00:43:18.60</b>	<b>00:43:18.60</b>	+00:24:36 (56.8%)	8:39	6.9 (43.1%)
182	<b>RUSKOWIAK Anna</b>	<b>673</b>	MUSIELAK LATA	K OPEN	35	Musielak Lata	<b>00:43:20.80</b>	<b>00:43:20.80</b>	+00:24:38 (56.8%)	8:40	6.9 (43.1%)
182	<b>MOSIEK Kacper</b>	<b>783</b>		M OPEN	148		<b>00:43:20.80</b>	<b>00:43:20.80</b>	+00:24:38 (56.8%)	8:40	6.9 (43.1%)
184	<b>MYSZYŃSKA NOWAK Anna</b>	<b>564</b>	OSADA JUJITSU	K OPEN	36	Osada Jujitsu	<b>00:43:31.00</b>	<b>00:43:31.00</b>	+00:24:48 (57.0%)	8:42	6.9 (43.1%)
185	<b>ANDRZEJEWSKI Bartłomiej</b>	<b>681</b>		M OPEN	149		<b>00:43:32.30</b>	<b>00:43:32.30</b>	+00:24:49 (57.0%)	8:42	6.9 (43.1%)
186	<b>GAJECKI Daniel</b>	<b>627</b>	SPORTBONDING	M OPEN	150	Sportbonding	<b>00:43:39.95</b>	<b>00:43:39.95</b>	+00:24:57 (57.2%)	8:43	6.9 (43.1%)
187	<b>ZIOŁO Ewa</b>	<b>560</b>	OSADA JUJITSU	K OPEN	37	Osada Jujitsu	<b>00:43:43.75</b>	<b>00:43:43.75</b>	+00:25:01 (57.2%)	8:44	6.9 (43.1%)
188	<b>PASZKE Andrzej</b>	<b>610</b>	"BEPRO"	M OPEN	151	BePro	<b>00:44:03.40</b>	<b>00:44:03.40</b>	+00:25:21 (57.5%)	8:48	6.8 (42.5%)
189	<b>GEBOR Weronika</b>	<b>613</b>	BEPRO	K OPEN	38	BePro	<b>00:44:08.65</b>	<b>00:44:08.65</b>	+00:25:26 (57.6%)	8:49	6.8 (42.5%)
190	<b>WIECZOREK Adrian</b>	<b>664</b>	BEPRO	M OPEN	152	BePro	<b>00:44:15.50</b>	<b>00:44:15.50</b>	+00:25:33 (57.7%)	8:51	6.8 (42.5%)
191	<b>TURKIEWICZ Jarosław</b>	<b>684</b>		M OPEN	153		<b>00:44:21.20</b>	<b>00:44:21.20</b>	+00:25:38 (57.8%)	8:52	6.8 (42.5%)
192	<b>GEBOR Michał</b>	<b>614</b>	BEPRO	M OPEN	154	BePro	<b>00:44:22.05</b>	<b>00:44:22.05</b>	+00:25:39 (57.8%)	8:52	6.8 (42.5%)
193	<b>JUŚKOWIAK Natalia</b>	<b>467</b>	SPPOPRAWA	K OPEN	39		<b>00:44:27.00</b>	<b>00:44:27.00</b>	+00:25:44 (57.9%)	8:53	6.7 (41.9%)
194	<b>DERĘGOWSKI Mikołaj</b>	<b>470</b>		M OPEN	155	SPPoprawa	<b>00:44:42.85</b>	<b>00:44:42.85</b>	+00:26:00 (58.2%)	8:56	6.7 (41.9%)
195	<b>ZAJDENC Mirosław Paweł</b>	<b>647</b>		M OPEN	156		<b>00:44:45.70</b>	<b>00:44:45.70</b>	+00:26:03 (58.2%)	8:57	6.7 (41.9%)
196	<b>ZAJDENC-JURCZYK Aleksandra</b>	<b>635</b>		K OPEN	40		<b>00:44:48.05</b>	<b>00:44:48.05</b>	+00:26:05 (58.2%)	8:57	6.7 (41.9%)
197	<b>PAWLAK Irek</b>	<b>778</b>		M OPEN	157		<b>00:45:06.30</b>	<b>00:45:06.30</b>	+00:26:23 (58.5%)	9:01	6.7 (41.9%)
198	<b>ŚMIGLAK Łukasz</b>	<b>567</b>	OSADA JUJITSU	M OPEN	158	Osada Jujitsu	<b>00:45:14.95</b>	<b>00:45:14.95</b>	+00:26:32 (58.7%)	9:02	6.6 (41.3%)
199	<b>GRZEŚKOWIAK Hanna</b>	<b>622</b>	ZBUDIOWANI	K OPEN	41	Zbudowani	<b>00:45:18.75</b>	<b>00:45:18.75</b>	+00:26:36 (58.7%)	9:03	6.6 (41.3%)

Place	Participant	Number	Club	Category	MCat	Drużyna 1	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
200	<b>MIKOŁAJCZAK Cezary</b>	<b>669</b>		M OPEN	159		<b>00:45:19.85</b>	<b>00:45:19.85</b>	+00:26:37 (58.7%)	9:03	6.6 (41.3%)
201	<b>SZYMKOWIAK Mirek</b>	<b>785</b>	TEAM HERMES	M OPEN	160	Hermes Team	<b>00:45:38.85</b>	<b>00:45:38.85</b>	+00:26:56 (59.0%)	9:07	6.6 (41.3%)
202	<b>ROMANIUK Anna</b>	<b>786</b>		K OPEN	42	Hermes Team	<b>00:45:39.15</b>	<b>00:45:39.15</b>	+00:26:56 (59.0%)	9:07	6.6 (41.3%)
203	<b>KUDŁA Wojciech</b>	<b>806</b>		M OPEN	161		<b>00:45:54.95</b>	<b>00:45:54.95</b>	+00:27:12 (59.3%)	9:10	6.5 (40.6%)
204	<b>ANDRYNOWSKI Piotr</b>	<b>637</b>		M OPEN	162		<b>00:45:58.55</b>	<b>00:45:58.55</b>	+00:27:16 (59.3%)	9:11	6.5 (40.6%)
205	<b>WÓJCIK Jakub</b>	<b>465</b>	SPPOPRAWA	M OPEN	163	SPPoprawa	<b>00:46:00.45</b>	<b>00:46:00.45</b>	+00:27:18 (59.3%)	9:12	6.5 (40.6%)
206	<b>MYSZYŃSKI Tomasz</b>	<b>570</b>	OSADA JUJITSU	M OPEN	164	Osada Jujitsu	<b>00:46:09.55</b>	<b>00:46:09.55</b>	+00:27:27 (59.5%)	9:13	6.5 (40.6%)
207	<b>GARDECKA Noemi</b>	<b>768</b>		K OPEN	43		<b>00:46:15.65</b>	<b>00:46:15.65</b>	+00:27:33 (59.6%)	9:15	6.5 (40.6%)
208	<b>ŚWIERCZEK Daniel</b>	<b>726</b>	KLUB KARATE RONIN KOŻUCHÓW	M OPEN	165	Klub Karate Ronin Kożuchów	<b>00:46:21.15</b>	<b>00:46:21.15</b>	+00:27:38 (59.6%)	9:16	6.5 (40.6%)
209	<b>TOBÓŁKA Maciej</b>	<b>663</b>	BEPRO	M OPEN	166	BePro	<b>00:46:26.15</b>	<b>00:46:26.15</b>	+00:27:43 (59.7%)	9:17	6.5 (40.6%)
210	<b>ZIEWIEC Wojciech</b>	<b>656</b>	ZBUDIOWANI	M OPEN	167		<b>00:46:33.85</b>	<b>00:46:33.85</b>	+00:27:51 (59.8%)	9:18	6.4 (40.0%)
211	<b>MASZTALERZ<sup>8</sup> Michał</b>	<b>455</b>		M OPEN	168	Drużyna Ewiczki	<b>00:46:35.55</b>	<b>00:46:35.55</b>	+00:27:53 (59.9%)	9:19	6.4 (40.0%)
212	<b>KLIUYEVA Anastasiya</b>	<b>816</b>		K OPEN	44		<b>00:46:36.00</b>	<b>00:46:36.00</b>	+00:27:53 (59.9%)	9:19	6.4 (40.0%)
213	<b>TOMKIEWICZ Filip</b>	<b>761</b>	KLUB KARATE RONIN KOŻUCHÓW	M OPEN	169	Klub Karate Ronin Kożuchów	<b>00:46:40.60</b>	<b>00:46:40.60</b>	+00:27:58 (59.9%)	9:20	6.4 (40.0%)
214	<b>PŁUCIENNIK Tomasz</b>	<b>716</b>	ZIELONOGÓRSKI KLUB SPORTOWY KARATE KYOKUSHIN	M OPEN	170		<b>00:46:45.60</b>	<b>00:46:45.60</b>	+00:28:03 (60.0%)	9:21	6.4 (40.0%)
215	<b>CZACHOWSKA Weronika</b>	<b>675</b>		K OPEN	45	Musielak Lata	<b>00:46:52.45</b>	<b>00:46:52.45</b>	+00:28:10 (60.1%)	9:22	6.4 (40.0%)
216	<b>MĄDRY Zoja</b>	<b>674</b>		K OPEN	46	Musielak Lata	<b>00:46:54.60</b>	<b>00:46:54.60</b>	+00:28:12 (60.1%)	9:22	6.4 (40.0%)
217	<b>MIKOŁAJCZYK Wojciech</b>	<b>621</b>	ZBUDIOWANI	M OPEN	171	Zbudowani	<b>00:47:09.90</b>	<b>00:47:09.90</b>	+00:28:27 (60.3%)	9:25	6.4 (40.0%)
218	<b>ŻMIJEWSKI Krzysztof</b>	<b>803</b>		M OPEN	172		<b>00:47:10.65</b>	<b>00:47:10.65</b>	+00:28:28 (60.4%)	9:26	6.4 (40.0%)
219	<b>SZPILAK Magdalena</b>	<b>670</b>	ZBUDIOWANI	K OPEN	47	Zbudowani	<b>00:47:15.10</b>	<b>00:47:15.10</b>	+00:28:32 (60.4%)	9:27	6.3 (39.4%)
220	<b>KLIMCZAK Robert</b>	<b>654</b>		M OPEN	173		<b>00:47:16.05</b>	<b>00:47:16.05</b>	+00:28:33 (60.4%)	9:27	6.3 (39.4%)
221	<b>WOJCIECHOWSKA Agata</b>	<b>706</b>	KLUB KARATE RONIN KOŻUCHÓW	K OPEN	48	Klub Karate Ronin Kożuchów	<b>00:47:17.75</b>	<b>00:47:17.75</b>	+00:28:35 (60.4%)	9:27	6.3 (39.4%)
222	<b>TOMKIEWICZ Wojciech</b>	<b>710</b>	KLUB KARATE RONIN KOŻUCHÓW	M OPEN	174	Klub Karate Ronin Kożuchów	<b>00:47:22.75</b>	<b>00:47:22.75</b>	+00:28:40 (60.5%)	9:28	6.3 (39.4%)

Place	Participant	Number	Club	Category	MCat	Drużyna 1	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
223	<b>WASYLUK Waldemar</b>	<b>645</b>	ZBUDIOWANI	M OPEN	175	Zbudowani	<b>00:47:29.25</b>	<b>00:47:29.25</b>	+00:28:46 (60.6%)	9:29	6.3 (39.4%)
224	<b>URBANIAK Kordian</b>	<b>469</b>	SPPOPRAWA	M OPEN	176	SPPoprawa	<b>00:47:33.80</b>	<b>00:47:33.80</b>	+00:28:51 (60.7%)	9:30	6.3 (39.4%)
225	<b>WOJCIECHOWSKI Marcin</b>	<b>707</b>	KLUB KARATE RONIN KOŻUCHÓW	M OPEN	177	Klub Karate Ronin Kożuchów	<b>00:47:39.60</b>	<b>00:47:39.60</b>	+00:28:57 (60.8%)	9:31	6.3 (39.4%)
226	<b>BASZAK Krzysztof</b>	<b>712</b>	KLUB KARATE RONIN KOŻUCHÓW	M OPEN	178	Klub Karate Ronin Kożuchów	<b>00:47:48.40</b>	<b>00:47:48.40</b>	+00:29:06 (60.9%)	9:33	6.3 (39.4%)
227	<b>BASZAK Kamil</b>	<b>714</b>	KLUB KARATE RONIN KOŻUCHÓW	M OPEN	179	Klub Karate Ronin Kożuchów	<b>00:47:50.75</b>	<b>00:47:50.75</b>	+00:29:08 (60.9%)	9:34	6.3 (39.4%)
228	<b>TYLIŃSKA Martyna</b>	<b>466</b>		K OPEN	49		<b>00:47:51.95</b>	<b>00:47:51.95</b>	+00:29:09 (60.9%)	9:34	6.3 (39.4%)
229	<b>RUMIŃSKI Aleks</b>	<b>463</b>	SPPOPRAWA	M OPEN	180	SPPoprawa	<b>00:48:12.35</b>	<b>00:48:12.35</b>	+00:29:30 (61.2%)	9:38	6.2 (38.8%)
230	<b>BALCER Hubert</b>	<b>617</b>	„BEPRO”	M OPEN	181	BePro	<b>00:48:17.50</b>	<b>00:48:17.50</b>	+00:29:35 (61.3%)	9:39	6.2 (38.8%)
231	<b>PACZKOWSKI Marek</b>	<b>644</b>	ZBUDIOWANI	M OPEN	182	Zbudowani	<b>00:48:18.40</b>	<b>00:48:18.40</b>	+00:29:36 (61.3%)	9:39	6.2 (38.8%)
232	<b>BRILL Tobiasz</b>	<b>703</b>	PEKHO	M OPEN	183		<b>00:48:33.05</b>	<b>00:48:33.05</b>	+00:29:50 (61.5%)	9:42	6.2 (38.8%)
233	<b>PŁUCIENNIK Juliusz</b>	<b>717</b>	ZIELONOGÓRSKI KLUB SPORTOWY KARATE KYOKUSHIN	M OPEN	184		<b>00:48:36.85</b>	<b>00:48:36.85</b>	+00:29:54 (61.5%)	9:43	6.2 (38.8%)
234	<b>ŚWIATEK Bronisław</b>	<b>576</b>	SAMOTNY WILK	M OPEN	185		<b>00:48:37.05</b>	<b>00:48:37.05</b>	+00:29:54 (61.5%)	9:43	6.2 (38.8%)
235	<b>BADZIAĞ Przemek</b>	<b>569</b>	OSADA JUJITSU	M OPEN	186	Osada Jujitsu	<b>00:48:59.85</b>	<b>00:48:59.85</b>	+00:30:17 (61.8%)	9:47	6.1 (38.1%)
236	<b>BADZIAĞ Katarzyna</b>	<b>568</b>	OSADA JUJITSU	K OPEN	50	Osada Jujitsu	<b>00:48:59.95</b>	<b>00:48:59.95</b>	+00:30:17 (61.8%)	9:47	6.1 (38.1%)
237	<b>SAMCZUK Dariusz</b>	<b>620</b>		M OPEN	187		<b>00:49:00.15</b>	<b>00:49:00.15</b>	+00:30:17 (61.8%)	9:48	6.1 (38.1%)
238	<b>SAMCZUK Iwona</b>	<b>554</b>		K OPEN	51		<b>00:49:00.60</b>	<b>00:49:00.60</b>	+00:30:18 (61.8%)	9:48	6.1 (38.1%)
239	<b>KARPIŃSKA Emilia</b>	<b>477</b>	WOŹNIAK TEAM	K OPEN	52	Woźniak Team	<b>00:49:03.90</b>	<b>00:49:03.90</b>	+00:30:21 (61.9%)	9:48	6.1 (38.1%)
240	<b>SMEKTAŁA Małgorzata</b>	<b>751</b>	TOYOTA MIKOŁAJCZAK	K OPEN	53	Toyota Mikołajczak	<b>00:49:05.90</b>	<b>00:49:05.90</b>	+00:30:23 (61.9%)	9:49	6.1 (38.1%)
241	<b>RYCHLEWSKI Marcin</b>	<b>646</b>		M OPEN	188		<b>00:49:08.40</b>	<b>00:49:08.40</b>	+00:30:26 (61.9%)	9:49	6.1 (38.1%)
242	<b>WASILEWSKA Zuzanna</b>	<b>736</b>		K OPEN	54	Toyota Mikołajczak	<b>00:49:11.40</b>	<b>00:49:11.40</b>	+00:30:29 (62.0%)	9:50	6.1 (38.1%)
243	<b>MAJCHRZAK Nicole</b>	<b>738</b>	TOYOTA MIKOŁAJCZAK	K OPEN	55	Toyota Mikołajczak	<b>00:49:11.55</b>	<b>00:49:11.55</b>	+00:30:29 (62.0%)	9:50	6.1 (38.1%)
244	<b>WALENCIAK Marta</b>	<b>775</b>	TOYOTA MIKOŁAJCZAK	K OPEN	56	Toyota Mikołajczak	<b>00:49:16.10</b>	<b>00:49:16.10</b>	+00:30:33 (62.0%)	9:51	6.1 (38.1%)
245	<b>CIEŚLA Michał</b>	<b>431</b>		M OPEN	189	Drużyna Ewiczki	<b>00:49:19.25</b>	<b>00:49:19.25</b>	+00:30:36 (62.1%)	9:51	6.1 (38.1%)

Place	Participant	Number	Club	Category	MCat	Drużyna 1	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
246	<b>CIEŚLA Cezary</b>	<b>432</b>		M OPEN	190	Drużyna Ewiczki	<b>00:49:19.40</b>	<b>00:49:19.40</b>	+00:30:37 (62.1%)	9:51	6.1 (38.1%)
247	<b>SAMCZUK Dariusz</b>	<b>555</b>		M OPEN	191		<b>00:49:20.60</b>	<b>00:49:20.60</b>	+00:30:38 (62.1%)	9:52	6.1 (38.1%)
248	<b>SAMCZUK Jakub</b>	<b>595</b>		M OPEN	192		<b>00:49:20.75</b>	<b>00:49:20.75</b>	+00:30:38 (62.1%)	9:52	6.1 (38.1%)
249	<b>ZIEWIEC Adam</b>	<b>655</b>	ZBUDIOWANI	M OPEN	193		<b>00:49:22.95</b>	<b>00:49:22.95</b>	+00:30:40 (62.1%)	9:52	6.1 (38.1%)
250	<b>JANKOWIAK Patryk</b>	<b>525</b>	WOŹNIAK TEAM	M OPEN	194		<b>00:49:38.25</b>	<b>00:49:38.25</b>	+00:30:55 (62.3%)	9:55	6 (37.5%)
251	<b>KLIUYEVA Anastasiya</b>	<b>727</b>		K OPEN	57		<b>00:49:43.15</b>	<b>00:49:43.15</b>	+00:31:00 (62.4%)	9:56	6 (37.5%)
252	<b>PERZ Iwona</b>	<b>536</b>		K OPEN	58		<b>00:50:07.25</b>	<b>00:50:07.25</b>	+00:31:24 (62.7%)	10:01	6 (37.5%)
253	<b>WOLNY Piotr</b>	<b>526</b>	WOŹNIAK TEAM	M OPEN	195		<b>00:50:19.70</b>	<b>00:50:19.70</b>	+00:31:37 (62.8%)	10:03	6 (37.5%)
254	<b>BIAŁOWAŚ Michalina</b>	<b>528</b>	WOŹNIAK TEAM	K OPEN	59		<b>00:50:20.60</b>	<b>00:50:20.60</b>	+00:31:38 (62.8%)	10:04	6 (37.5%)
255	<b>BIAŁOWAŚ Wiktoria</b>	<b>584</b>	WOŹNIAK	K OPEN	60	Woźniak Team	<b>00:50:22.25</b>	<b>00:50:22.25</b>	+00:31:39 (62.9%)	10:04	6 (37.5%)
256	<b>BŁAŻEJCZYK Mariusz</b>	<b>475</b>	WOŹNIAK	M OPEN	196	Woźniak Team	<b>00:50:27.45</b>	<b>00:50:27.45</b>	+00:31:45 (62.9%)	10:05	5.9 (36.9%)
257	<b>PIEPRZYK Szymon</b>	<b>667</b>	BEPRO	M OPEN	197	BePro	<b>00:50:31.05</b>	<b>00:50:31.05</b>	+00:31:48 (63.0%)	10:06	5.9 (36.9%)
258	<b>ŁYŻWA Stanisław</b>	<b>417</b>		M OPEN	198		<b>00:50:35.75</b>	<b>00:50:35.75</b>	+00:31:53 (63.0%)	10:07	5.9 (36.9%)
259	<b>ŁYŻWA Katarzyna</b>	<b>524</b>		K OPEN	61		<b>00:50:37.65</b>	<b>00:50:37.65</b>	+00:31:55 (63.1%)	10:07	5.9 (36.9%)
260	<b>GRABIŃSKA Wiktoria</b>	<b>676</b>	FUNDACJA DZIĘKI TOBIE	K OPEN	62		<b>00:50:46.50</b>	<b>00:50:46.50</b>	+00:32:04 (63.2%)	10:09	5.9 (36.9%)
261	<b>NOWAK Sebastian</b>	<b>423</b>		M OPEN	199	Drużyna Ewiczki	<b>00:50:53.80</b>	<b>00:50:53.80</b>	+00:32:11 (63.2%)	10:10	5.9 (36.9%)
262	<b>BURMISTRZAK Mateusz</b>	<b>599</b>	BEPRO	M OPEN	200	BePro	<b>00:50:55.25</b>	<b>00:50:55.25</b>	+00:32:12 (63.3%)	10:11	5.9 (36.9%)
263	<b>DĘBSKI Adrian</b>	<b>487</b>	SPPOPORAWA	M OPEN	201	SPPoprawa	<b>00:50:58.75</b>	<b>00:50:58.75</b>	+00:32:16 (63.3%)	10:11	5.9 (36.9%)
264	<b>KACZMAREK Wiktoria</b>	<b>427</b>		K OPEN	63	Drużyna Ewiczki	<b>00:51:05.05</b>	<b>00:51:05.05</b>	+00:32:22 (63.4%)	10:13	5.9 (36.9%)
265	<b>ŚWIADEK Tomasz</b>	<b>425</b>		M OPEN	202	Drużyna Ewiczki	<b>00:51:10.05</b>	<b>00:51:10.05</b>	+00:32:27 (63.4%)	10:14	5.9 (36.9%)
266	<b>KAŁUCKA Laura</b>	<b>748</b>	TOYOTA MIKOŁAJCZAK	K OPEN	64	Toyota Mikołajczak	<b>00:51:11.50</b>	<b>00:51:11.50</b>	+00:32:29 (63.5%)	10:14	5.9 (36.9%)
267	<b>BIEDALAK Krzysztof</b>	<b>685</b>		M OPEN	203		<b>00:51:30.95</b>	<b>00:51:30.95</b>	+00:32:48 (63.7%)	10:18	5.8 (36.3%)
268	<b>WIĘCEK Urszula</b>	<b>760</b>	CHEEKY MONKEY TEAM	K OPEN	65	CHEEKY MONKEY TEAM	<b>00:51:31.35</b>	<b>00:51:31.35</b>	+00:32:49 (63.7%)	10:18	5.8 (36.3%)

Place	Participant	Number	Club	Category	MCat	Drużyna 1	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
269	<b>OWSIANNA Kinga</b>	<b>802</b>		K OPEN	66		<b>00:51:41.90</b>	<b>00:51:41.90</b>	+00:32:59 (63.8%)	10:20	5.8 (36.3%)
270	<b>OWSIANNY Oskar</b>	<b>801</b>		M OPEN	204		<b>00:51:42.75</b>	<b>00:51:42.75</b>	+00:33:00 (63.8%)	10:20	5.8 (36.3%)
271	<b>NOWAK Robert</b>	<b>606</b>	BEPRO	M OPEN	205	BePro	<b>00:51:43.65</b>	<b>00:51:43.65</b>	+00:33:01 (63.8%)	10:20	5.8 (36.3%)
272	<b>KUBIAK Jagoda</b>	<b>598</b>	BEPRO	K OPEN	67	BePro	<b>00:52:01.60</b>	<b>00:52:01.60</b>	+00:33:19 (64.0%)	10:24	5.8 (36.3%)
273	<b>NOWAK Łukasz</b>	<b>608</b>	BEPRO	M OPEN	206	BePro	<b>00:52:04.30</b>	<b>00:52:04.30</b>	+00:33:21 (64.1%)	10:24	5.8 (36.3%)
274	<b>NOWAK Dominika</b>	<b>605</b>	BEPRO	K OPEN	68	BePro	<b>00:52:09.80</b>	<b>00:52:09.80</b>	+00:33:27 (64.1%)	10:25	5.8 (36.3%)
275	<b>NOWAK Mariola</b>	<b>607</b>	BEPRO	K OPEN	69	BePro	<b>00:52:12.05</b>	<b>00:52:12.05</b>	+00:33:29 (64.2%)	10:26	5.7 (35.6%)
276	<b>KOWALSKI Tomasz</b>	<b>651</b>	BEPRO	M OPEN	207	BePro	<b>00:52:13.05</b>	<b>00:52:13.05</b>	+00:33:30 (64.2%)	10:26	5.7 (35.6%)
277	<b>KLUPŚ Jakub</b>	<b>473</b>	KK SERVICE	M OPEN	208		<b>00:52:17.25</b>	<b>00:52:17.25</b>	+00:33:34 (64.2%)	10:27	5.7 (35.6%)
278	<b>OBROCKA Weronika</b>	<b>659</b>		K OPEN	70		<b>00:52:24.75</b>	<b>00:52:24.75</b>	+00:33:42 (64.3%)	10:28	5.7 (35.6%)
279	<b>GAŚIOROWSKI Remigiusz</b>	<b>758</b>	CHEEKY MONKEY TEAM	M OPEN	209	CHEEKY MONKEY TEAM	<b>00:52:31.25</b>	<b>00:52:31.25</b>	+00:33:48 (64.4%)	10:30	5.7 (35.6%)
280	<b>TCHÓRZEWSKI Daniel</b>	<b>447</b>	ZAKWAS TEAM	M OPEN	210	Zakwas Team	<b>00:52:42.65</b>	<b>00:52:42.65</b>	+00:34:00 (64.5%)	10:32	5.7 (35.6%)
281	<b>ZAJDEL Tomasz</b>	<b>446</b>	ZAKWAS TEAM	M OPEN	211	Zakwas Team	<b>00:52:43.05</b>	<b>00:52:43.05</b>	+00:34:00 (64.5%)	10:32	5.7 (35.6%)
282	<b>JĘCHOREK Adrianna</b>	<b>545</b>		K OPEN	71		<b>00:52:44.30</b>	<b>00:52:44.30</b>	+00:34:01 (64.5%)	10:32	5.7 (35.6%)
283	<b>ŻUCHOWSKI Bartosz</b>	<b>546</b>	SPALIMY CI SERCE	M OPEN	212		<b>00:52:44.60</b>	<b>00:52:44.60</b>	+00:34:02 (64.5%)	10:32	5.7 (35.6%)
284	<b>ZBROJA Krzydztof</b>	<b>765</b>		M OPEN	213	CHEEKY MONKEY TEAM	<b>00:52:49.95</b>	<b>00:52:49.95</b>	+00:34:07 (64.6%)	10:33	5.7 (35.6%)
285	<b>KOTERWA Liwia</b>	<b>609</b>	BEPRO	K OPEN	72	BePro	<b>00:52:56.65</b>	<b>00:52:56.65</b>	+00:34:14 (64.7%)	10:35	5.7 (35.6%)
286	<b>DOMAŃSKI Maciej</b>	<b>544</b>	SPARTAŃSKA DZICZ	M OPEN	214		<b>00:53:13.25</b>	<b>00:53:13.25</b>	+00:34:30 (64.9%)	10:38	5.6 (35.0%)
287	<b>SZYMAŃSKI Patryk</b>	<b>597</b>	BEPRO	M OPEN	215	BePro	<b>00:53:18.35</b>	<b>00:53:18.35</b>	+00:34:36 (64.9%)	10:39	5.6 (35.0%)
288	<b>LESTER Zofia</b>	<b>596</b>	BEPRO	K OPEN	73	BePro	<b>00:53:18.85</b>	<b>00:53:18.85</b>	+00:34:36 (64.9%)	10:39	5.6 (35.0%)
289	<b>MACIEJEWSKI Marcin</b>	<b>424</b>		M OPEN	216	Drużyna Ewiczki	<b>00:53:31.80</b>	<b>00:53:31.80</b>	+00:34:49 (65.1%)	10:42	5.6 (35.0%)
290	<b>OBODZIŃSKA Agnieszka</b>	<b>480</b>	CNS	K OPEN	74		<b>00:53:33.10</b>	<b>00:53:33.10</b>	+00:34:50 (65.1%)	10:42	5.6 (35.0%)
291	<b>KĘSKIEWICZ Agnieszka</b>	<b>704</b>		K OPEN	75	Sudeccy transformersi	<b>00:53:39.65</b>	<b>00:53:39.65</b>	+00:34:57 (65.1%)	10:43	5.6 (35.0%)

Place	Participant	Number	Club	Category	MCat	Drużyna 1	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
292	<b>POPŁAWSKA Angelika</b>	<b>478</b>	CNS NOWA SÓL	K OPEN	76		<b>00:53:43.15</b>	<b>00:53:43.15</b>	+00:35:00 (65.2%)	10:44	5.6 (35.0%)
293	<b>SZYMAŃSKI Remigiusz</b>	<b>615</b>	BEPRO	M OPEN	217	BePro	<b>00:53:46.45</b>	<b>00:53:46.45</b>	+00:35:04 (65.2%)	10:45	5.6 (35.0%)
294	<b>WARAKOMSKA Agnieszka</b>	<b>482</b>	CNS	K OPEN	77	CNS	<b>00:53:46.90</b>	<b>00:53:46.90</b>	+00:35:04 (65.2%)	10:45	5.6 (35.0%)
295	<b>GRUSZCZYK Elwira</b>	<b>481</b>	CNS NOWA SÓL	K OPEN	78	CNS	<b>00:53:48.60</b>	<b>00:53:48.60</b>	+00:35:06 (65.2%)	10:45	5.6 (35.0%)
296	<b>KLIKOWICZ Iwona</b>	<b>718</b>	CNS NOWA SÓL	K OPEN	79		<b>00:53:50.00</b>	<b>00:53:50.00</b>	+00:35:07 (65.3%)	10:46	5.6 (35.0%)
297	<b>WOLAK Marcel</b>	<b>724</b>		M OPEN	218	Sudeccy transformersi	<b>00:53:53.10</b>	<b>00:53:53.10</b>	+00:35:10 (65.3%)	10:46	5.6 (35.0%)
298	<b>KĘSKIEWICZ Zuzanna</b>	<b>705</b>		K OPEN	80	Sudeccy transformersi	<b>00:53:53.40</b>	<b>00:53:53.40</b>	+00:35:11 (65.3%)	10:46	5.6 (35.0%)
299	<b>GAJECKA Agnieszka</b>	<b>628</b>	SPORTBONDING	K OPEN	81	Sportbonding	<b>00:53:58.10</b>	<b>00:53:58.10</b>	+00:35:15 (65.3%)	10:47	5.6 (35.0%)
300	<b>DUŚ Mariusz</b>	<b>653</b>		M OPEN	219	Sportbonding	<b>00:53:59.50</b>	<b>00:53:59.50</b>	+00:35:17 (65.4%)	10:47	5.6 (35.0%)
301	<b>SZUMNA Ewa</b>	<b>668</b>	SPORTBONDING	K OPEN	82		<b>00:54:00.10</b>	<b>00:54:00.10</b>	+00:35:17 (65.4%)	10:48	5.6 (35.0%)
302	<b>CZUBIŃSKA Katarzyna</b>	<b>479</b>	CNS	K OPEN	83		<b>00:54:00.90</b>	<b>00:54:00.90</b>	+00:35:18 (65.4%)	10:48	5.6 (35.0%)
303	<b>TULISZKA Arkadiusz</b>	<b>430</b>		M OPEN	220		<b>00:54:27.60</b>	<b>00:54:27.60</b>	+00:35:45 (65.7%)	10:53	5.5 (34.4%)
304	<b>ANDRYNOWSKI Adam</b>	<b>638</b>		M OPEN	221		<b>00:54:39.85</b>	<b>00:54:39.85</b>	+00:35:57 (65.8%)	10:55	5.5 (34.4%)
305	<b>SZTURO Kamila</b>	<b>730</b>		K OPEN	84	Toyota Mikołajczak	<b>00:55:05.60</b>	<b>00:55:05.60</b>	+00:36:23 (66.0%)	11:01	5.4 (33.8%)
306	<b>GARDYNSKA Kamila</b>	<b>542</b>	CNS	K OPEN	85	CNS	<b>00:55:06.70</b>	<b>00:55:06.70</b>	+00:36:24 (66.1%)	11:01	5.4 (33.8%)
307	<b>LORENZ Joanna</b>	<b>421</b>		K OPEN	86	Drużyna Ewiczki	<b>00:55:07.60</b>	<b>00:55:07.60</b>	+00:36:25 (66.1%)	11:01	5.4 (33.8%)
308	<b>MACIEJEWSKA Barbara</b>	<b>721</b>		K OPEN	87	CNS	<b>00:55:08.70</b>	<b>00:55:08.70</b>	+00:36:26 (66.1%)	11:01	5.4 (33.8%)
309	<b>TERKA Kamilla</b>	<b>641</b>		K OPEN	88		<b>00:55:09.55</b>	<b>00:55:09.55</b>	+00:36:27 (66.1%)	11:01	5.4 (33.8%)
310	<b>DUBLAŃSKA Magdalena</b>	<b>642</b>		K OPEN	89		<b>00:55:10.60</b>	<b>00:55:10.60</b>	+00:36:28 (66.1%)	11:02	5.4 (33.8%)
311	<b>KASPROWIAK Kuba</b>	<b>514</b>	RUN-TEAM RYDZYNA	M OPEN	222	RUN-TEAM RYDZYNA	<b>00:55:20.85</b>	<b>00:55:20.85</b>	+00:36:38 (66.2%)	11:04	5.4 (33.8%)
312	<b>KASPROWIAK Paweł</b>	<b>512</b>	RUN-TEAM RYDZYNA	M OPEN	223	RUN-TEAM RYDZYNA	<b>00:55:21.00</b>	<b>00:55:21.00</b>	+00:36:38 (66.2%)	11:04	5.4 (33.8%)
313	<b>TOMKOWIAK Ola</b>	<b>517</b>	RUN-TEAM RYDZYNA	K OPEN	90	RUN-TEAM RYDZYNA	<b>00:55:21.30</b>	<b>00:55:21.30</b>	+00:36:38 (66.2%)	11:04	5.4 (33.8%)
314	<b>KASPROWIAK Oskar</b>	<b>513</b>	RUN-TEAM RYDZYNA	M OPEN	224	RUN-TEAM RYDZYNA	<b>00:55:21.35</b>	<b>00:55:21.35</b>	+00:36:39 (66.2%)	11:04	5.4 (33.8%)

Place	Participant	Number	Club	Category	MCat	Drużyna 1	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
315	<b>KONOPKA Wiktoria</b>	<b>518</b>	RUN-TEAM RYDZYNA	K OPEN	91	RUN-TEAM RYDZYNA	<b>00:55:21.75</b>	<b>00:55:21.75</b>	+00:36:39 (66.2%)	11:04	5.4 (33.8%)
316	<b>MAĆKOWIAK Łukasz</b>	<b>539</b>	RUN-TEAM RYDZYNA	M OPEN	225	RUN-TEAM RYDZYNA	<b>00:55:22.10</b>	<b>00:55:22.10</b>	+00:36:39 (66.2%)	11:04	5.4 (33.8%)
317	<b>LURC Robert</b>	<b>429</b>		M OPEN	226		<b>00:55:40.15</b>	<b>00:55:40.15</b>	+00:36:57 (66.4%)	11:08	5.4 (33.8%)
318	<b>ŚLIPEK Teresa</b>	<b>541</b>	CNS NOWA SÓL	K OPEN	92	CNS	<b>00:55:40.70</b>	<b>00:55:40.70</b>	+00:36:58 (66.4%)	11:08	5.4 (33.8%)
319	<b>JĘSIEK Joanna</b>	<b>692</b>		K OPEN	93	Drużyna Ewiczki	<b>00:56:09.30</b>	<b>00:56:09.30</b>	+00:37:26 (66.7%)	11:13	5.3 (33.1%)
320	<b>WEJMAN Krzysztof</b>	<b>742</b>	TOYOTA MIKOŁAJCZAK	M OPEN	227	Toyota Mikołajczak	<b>00:56:10.75</b>	<b>00:56:10.75</b>	+00:37:28 (66.7%)	11:14	5.3 (33.1%)
321	<b>DEMBOWA Zuzanna</b>	<b>741</b>	TOYOTA MIKOŁAJCZAK	K OPEN	94	Toyota Mikołajczak	<b>00:56:13.50</b>	<b>00:56:13.50</b>	+00:37:31 (66.7%)	11:14	5.3 (33.1%)
322	<b>WRÓBLEWSKI Przemysław</b>	<b>756</b>	TOYOTA MIKOŁAJCZAK	M OPEN	228	Toyota Mikołajczak	<b>00:56:23.95</b>	<b>00:56:23.95</b>	+00:37:41 (66.8%)	11:16	5.3 (33.1%)
323	<b>GROBELSKI Bartosz</b>	<b>745</b>	TOYOTA MIKOŁAJCZAK	M OPEN	229	Toyota Mikołajczak	<b>00:56:25.80</b>	<b>00:56:25.80</b>	+00:37:43 (66.9%)	11:17	5.3 (33.1%)
324	<b>NAPIERAŁA Patrycja</b>	<b>737</b>		K OPEN	95	Toyota Mikołajczak	<b>00:56:28.15</b>	<b>00:56:28.15</b>	+00:37:45 (66.9%)	11:17	5.3 (33.1%)
325	<b>MISIAK Agata</b>	<b>719</b>	BALANS	K OPEN	96		<b>00:56:37.65</b>	<b>00:56:37.65</b>	+00:37:55 (67.0%)	11:19	5.3 (33.1%)
326	<b>LENART Magda</b>	<b>744</b>	TOYOTA MIKOŁAJCZAK	K OPEN	97	Toyota Mikołajczak	<b>00:56:38.55</b>	<b>00:56:38.55</b>	+00:37:56 (67.0%)	11:19	5.3 (33.1%)
327	<b>JEZIERSKA Sandra</b>	<b>559</b>	BALANS STUDIO	K OPEN	98		<b>00:56:38.80</b>	<b>00:56:38.80</b>	+00:37:56 (67.0%)	11:19	5.3 (33.1%)
328	<b>KĘDZIERSKI Marcin</b>	<b>558</b>	MAGAN	M OPEN	230		<b>00:58:13.35</b>	<b>00:58:13.35</b>	+00:39:31 (67.9%)	11:38	5.2 (32.5%)
329	<b>KUBACIK Maksymilian</b>	<b>502</b>	SOLLVERTEAM	M OPEN	231	SollverTeam	<b>01:00:19.00</b>	<b>01:00:19.00</b>	+00:41:36 (69.0%)	12:03	5 (31.3%)
330	<b>GŁOGOWSKI Jakub</b>	<b>696</b>		M OPEN	232		<b>01:00:36.00</b>	<b>01:00:36.00</b>	+00:41:53 (69.1%)	12:07	5 (31.3%)
331	<b>ŁUKASZCZUK Anna</b>	<b>648</b>		K OPEN	99		<b>01:01:07.95</b>	<b>01:01:07.95</b>	+00:42:25 (69.4%)	12:13	4.9 (30.6%)
332	<b>TADYSZAK Barbara</b>	<b>420</b>		K OPEN	100		<b>01:03:04.00</b>	<b>01:03:04.00</b>	+00:44:21 (70.3%)	12:36	4.8 (30.0%)
333	<b>TADYSZAK Piotr</b>	<b>419</b>		M OPEN	233		<b>01:03:04.30</b>	<b>01:03:04.30</b>	+00:44:21 (70.3%)	12:36	4.8 (30.0%)
334	<b>ŁUKASZCZUK Kuba</b>	<b>649</b>		M OPEN	234		<b>01:04:03.15</b>	<b>01:04:03.15</b>	+00:45:20 (70.8%)	12:48	4.7 (29.4%)
335	<b>SŁAWEK Dorota</b>	<b>709</b>	KLUB KARATE RONIN KOŻUCHÓW	K OPEN	101	Klub Karate Ronin Kożuchów	<b>01:05:37.15</b>	<b>01:05:37.15</b>	+00:46:54 (71.5%)	13:07	4.6 (28.8%)
336	<b>MIŚKIEWICZ Sandra</b>	<b>688</b>		K OPEN	102		<b>01:14:27.65</b>	<b>01:14:27.65</b>	+00:55:45 (74.9%)	14:53	4 (25.0%)
337	<b>KALISZ Maja</b>	<b>690</b>		K OPEN	103		<b>01:14:39.60</b>	<b>01:14:39.60</b>	+00:55:57 (74.9%)	14:55	4 (25.0%)

Place	Participant	Number	Club	Category	MCat	Drużyna 1	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
338	<b>BURGIER Aleksandra</b>	<b>687</b>		K OPEN	104		<b>01:14:57.20</b>	<b>01:14:57.20</b>	+00:56:14 (75.0%)	14:59	4 (25.0%)
339	<b>OZGOWICZ Sylwia</b>	<b>474</b>	CNS NOWA SÓL	K OPEN	105	Woźniak Team	<b>00:54:07.45</b>	<b>02:30:14.00</b>	+02:11:31 (87.5%)	10:49	5.5 (34.4%)
340	<b>MACHI Łukasz</b>	<b>593</b>	WOŹNIAK TEAM	M OPEN	235	Woźniak Team	<b>00:55:23.95</b>	<b>02:31:18.85</b>	+02:12:36 (87.6%)	11:04	5.4 (33.8%)
341	<b>BŁAŻEJCZYK Tomasz</b>	<b>587</b>	WOŹNIAK TEAM	M OPEN	236	Woźniak Team	<b>00:56:22.30</b>	<b>02:32:20.85</b>	+02:13:38 (87.7%)	11:16	5.3 (33.1%)
342		<b>798</b>					<b>00:54:57.05</b>	<b>02:51:47.45</b>	+02:33:05 (89.1%)	10:59	5.5 (34.4%)
343		<b>789</b>					<b>00:55:07.70</b>	<b>02:52:07.85</b>	+02:33:25 (89.1%)	11:01	5.4 (33.8%)
	<b>KOWALSKI Patryk</b>	<b>485</b>		M OPEN			<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Total 344 results.