



Wydarzenie: Leszczyński Festiwal Sportu
Organizator: Stowarzyszenie „Transformersi”
Data: 2024-09-08
Miejsce: Leszno
Dystans: 5 km

TORTURA LESZNO

B4SPORT

B4SPORT
INTELEKTNE 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	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%)

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

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

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

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

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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo 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%)

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

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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
200	MIKOŁAJCZAK Cezary	669		M OPEN	159		00:45:19.85	00:45:19.85	+00:26:37 (58.7%)	9:03	6.6 (41.3%)
201	SZYMKOWIAK Mirek	785	TEAM HERMES	M OPEN	160	Hermes Team	00:45:38.85	00:45:38.85	+00:26:56 (59.0%)	9:07	6.6 (41.3%)
202	ROMANIUK Anna	786		K OPEN	42	Hermes Team	00:45:39.15	00:45:39.15	+00:26:56 (59.0%)	9:07	6.6 (41.3%)
203	KUDŁA Wojciech	806		M OPEN	161		00:45:54.95	00:45:54.95	+00:27:12 (59.3%)	9:10	6.5 (40.6%)
204	ANDRYNOWSKI Piotr	637		M OPEN	162		00:45:58.55	00:45:58.55	+00:27:16 (59.3%)	9:11	6.5 (40.6%)
205	WÓJCIK Jakub	465	SPPOPRAWA	M OPEN	163	SPPoprawa	00:46:00.45	00:46:00.45	+00:27:18 (59.3%)	9:12	6.5 (40.6%)
206	MYSZYŃSKI Tomasz	570	OSADA JUJITSU	M OPEN	164	Osada Jujitsu	00:46:09.55	00:46:09.55	+00:27:27 (59.5%)	9:13	6.5 (40.6%)
207	GARDECKA Noemi	768		K OPEN	43		00:46:15.65	00:46:15.65	+00:27:33 (59.6%)	9:15	6.5 (40.6%)
208	ŚWIERCZEK Daniel	726	KLUB KARATE RONIN KOŻUCHÓW	M OPEN	165	Klub Karate Ronin Kożuchów	00:46:21.15	00:46:21.15	+00:27:38 (59.6%)	9:16	6.5 (40.6%)
209	TOBÓŁKA Maciej	663	BEPRO	M OPEN	166	BePro	00:46:26.15	00:46:26.15	+00:27:43 (59.7%)	9:17	6.5 (40.6%)
210	ZIEWIEC Wojciech	656	ZBUDIOWANI	M OPEN	167		00:46:33.85	00:46:33.85	+00:27:51 (59.8%)	9:18	6.4 (40.0%)
211	MASZTALERZ⁸ Michał	455		M OPEN	168	Drużyna Ewiczki	00:46:35.55	00:46:35.55	+00:27:53 (59.9%)	9:19	6.4 (40.0%)
212	KLIUYEVA Anastasiya	816		K OPEN	44		00:46:36.00	00:46:36.00	+00:27:53 (59.9%)	9:19	6.4 (40.0%)
213	TOMKIEWICZ Filip	761	KLUB KARATE RONIN KOŻUCHÓW	M OPEN	169	Klub Karate Ronin Kożuchów	00:46:40.60	00:46:40.60	+00:27:58 (59.9%)	9:20	6.4 (40.0%)
214	PŁUCIENNIK Tomasz	716	ZIELONOGÓRSKI KLUB SPORTOWY KARATE KYOKUSHIN	M OPEN	170		00:46:45.60	00:46:45.60	+00:28:03 (60.0%)	9:21	6.4 (40.0%)
215	CZACHOWSKA Weronika	675		K OPEN	45	Musielak Lata	00:46:52.45	00:46:52.45	+00:28:10 (60.1%)	9:22	6.4 (40.0%)
216	MĄDRY Zoja	674		K OPEN	46	Musielak Lata	00:46:54.60	00:46:54.60	+00:28:12 (60.1%)	9:22	6.4 (40.0%)
217	MIKOŁAJCZYK Wojciech	621	ZBUDIOWANI	M OPEN	171	Zbudowani	00:47:09.90	00:47:09.90	+00:28:27 (60.3%)	9:25	6.4 (40.0%)
218	ŻMIEJEWSKI Krzysztof	803		M OPEN	172		00:47:10.65	00:47:10.65	+00:28:28 (60.4%)	9:26	6.4 (40.0%)
219	SZPILAK Magdalena	670	ZBUDIOWANI	K OPEN	47	Zbudowani	00:47:15.10	00:47:15.10	+00:28:32 (60.4%)	9:27	6.3 (39.4%)
220	KLIMCZAK Robert	654		M OPEN	173		00:47:16.05	00:47:16.05	+00:28:33 (60.4%)	9:27	6.3 (39.4%)
221	WOJCIECHOWSKA Agata	706	KLUB KARATE RONIN KOŻUCHÓW	K OPEN	48	Klub Karate Ronin Kożuchów	00:47:17.75	00:47:17.75	+00:28:35 (60.4%)	9:27	6.3 (39.4%)
222	TOMKIEWICZ Wojciech	710	KLUB KARATE RONIN KOŻUCHÓW	M OPEN	174	Klub Karate Ronin Kożuchów	00:47:22.75	00:47:22.75	+00:28:40 (60.5%)	9:28	6.3 (39.4%)

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

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

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

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

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

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

Znaleziono 344 wynik(ów)