

V ĆWIERĆMARATON MUZYCZNY 10KM

B4SPORT

Organizator: Stowarzyszenie Klub Biegowy 4 RUN Team Piła
Data: 2016-05-01
Miejsce: Piła
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.7km	5.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	ZBLEWSKI Tadeusz	3	4 RUN TEAM BYTÓW	M30	1	00:00:01	00:05:47	00:19:12	00:32:38.80	00:32:39.95		3:15	18.4 (100%)
2	WIRKUS Łukasz	5	ULKS TALEX BORZYTUCHOM	M20	1	00:00:01	00:05:47	00:19:12	00:33:04.85	00:33:06.25	+00:00:26 (1.3%)	3:18	18.1 (98.4%)
3	GRABOWSKI Karol	613	CKS BUDOWLANI	M20	2	00:00:01	00:06:00	00:19:44	00:34:09.60	00:34:11.00	+00:01:30 (4.4%)	3:25	17.6 (95.7%)
4	HOFFMAN Aleksander	170	PRECON POLSKA-JASTROWIE	M40	1	00:00:02	00:06:04	00:20:13	00:34:28.25	00:34:30.35	+00:01:49 (5.3%)	3:26	17.4 (94.6%)
5	WRÓBEL Łukasz	515	GRZMOT KOMORNIKI	M30	2	00:00:01	00:05:46	00:19:43	00:34:32.70	00:34:34.20	+00:01:53 (5.5%)	3:27	17.4 (94.6%)
6	GROMADZIŃSKI Andrzej	156	KPP GNIEZNO	M40	2	00:00:01	00:06:04	00:20:13	00:34:38.00	00:34:39.70	+00:01:59 (5.7%)	3:27	17.3 (94.0%)
7	NIEMYT Adam	319		M20	3	00:00:02	00:06:04	00:20:13	00:34:47.75	00:34:49.85	+00:02:08 (6.2%)	3:28	17.2 (93.5%)
8	FLUKS Szymon	118		M30	3	00:00:02	00:06:03	00:20:13	00:34:51.15	00:34:53.15	+00:02:12 (6.3%)	3:29	17.2 (93.5%)
9	WESOŁOWSKI Damian	501	AZS UAM POZNAŃ	M20	4	00:00:01	00:06:04	00:20:14	00:35:21.20	00:35:22.70	+00:02:42 (7.7%)	3:32	17 (92.4%)
10	KAMINIK Maciej	198	RUNNER'S POWER	M20	5	00:00:03	00:06:00	00:20:20	00:35:30.15	00:35:34.00	+00:02:51 (8.0%)	3:33	16.9 (91.8%)
11	STEFANOWICZ Monika	2	WKS GRUNWALD POZNAŃ	K30	1	00:00:01	00:06:22	00:20:49	00:35:39.70	00:35:41.30	+00:03:00 (8.5%)	3:34	16.8 (91.3%)
12	PAŁYS Mateusz	347	SZKOŁA POLICJI W PILE	M30	4	00:00:01	00:06:21	00:20:52	00:36:10.05	00:36:11.85	+00:03:31 (9.7%)	3:37	16.6 (90.2%)
13	GEHRKE Robert	131		M20	6	00:00:02	00:06:06	00:20:43	00:36:18.85	00:36:21.10	+00:03:40 (10.1%)	3:37	16.5 (89.7%)
14	ZIELSDORF Michał	535		M20	7	00:00:01	00:06:24	00:21:11	00:36:39.40	00:36:41.00	+00:04:00 (10.9%)	3:40	16.4 (89.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.7km	5.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
15	KACZMAREK Tomasz	592	104 BATALION LOGISTYCZNY	M30	5	00:00:02	00:06:31	00:21:49	00:36:45.00	00:36:47.40	+00:04:06 (11.2%)	3:40	16.3 (88.6%)
16	DROŹDŹ Szymon	100	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M20	8	00:00:02	00:06:35	00:21:50	00:36:51.25	00:36:53.65	+00:04:12 (11.4%)	3:41	16.3 (88.6%)
17	NOWAK Mariusz	325	PIĄTKOWO NA BIEGOWO	M20	9	00:00:03	00:06:20	00:21:32	00:37:17.40	00:37:21.25	+00:04:38 (12.5%)	3:43	16.1 (87.5%)
18	CHOŁOTA Marek	65	BIEGOWY ŚWIAT	M30	6	00:00:02	00:06:15	00:21:34	00:37:26.55	00:37:29.40	+00:04:47 (12.8%)	3:44	16 (87.0%)
19	MUSIAŁ Adam	313		M50	1	00:00:02	00:06:36	00:21:52	00:37:40.35	00:37:42.45	+00:05:01 (13.3%)	3:46	15.9 (86.4%)
20	SIKORSKI Piotr	428	4 RUN TEAM PIŁA	M30	7	00:00:02	00:06:25	00:21:45	00:37:41.30	00:37:43.30	+00:05:02 (13.4%)	3:46	15.9 (86.4%)
21	PAWLIŃSKI Piotr	353	UKŁ ÓSEMKA POLICE	M30	8	00:00:02	00:06:37	00:21:54	00:37:49.05	00:37:51.40	+00:05:10 (13.7%)	3:46	15.9 (86.4%)
22	PADUSZYŃSKA Wioletta	342	PRETORIAN GORZÓW	K30	2	00:00:02	00:06:36	00:21:54	00:37:59.00	00:38:01.00	+00:05:20 (14.1%)	3:47	15.8 (85.9%)
23	SZYMAŃSKI Paweł	472	4RUN TEAM PIŁA	M20	10	00:00:02	00:06:35	00:21:53	00:38:09.60	00:38:12.00	+00:05:30 (14.4%)	3:49	15.7 (85.3%)
24	STARSZAK Marcin	609	KLUB BIEGOWY TSK ORZEŁ OSIEK	M30	9	00:00:03	00:06:58	00:22:33	00:38:12.35	00:38:15.55	+00:05:33 (14.6%)	3:49	15.7 (85.3%)
25	BUDNIOK Rafał	58	POCZTOWA GRUPA BIEGOWA	M40	3	00:00:02	00:06:37	00:22:05	00:38:15.50	00:38:18.30	+00:05:36 (14.7%)	3:49	15.7 (85.3%)
26	ŚLEFARSKI Krzysztof	480		M30	10	00:00:04	00:06:42	00:22:23	00:38:41.45	00:38:46.20	+00:06:02 (15.6%)	3:52	15.5 (84.2%)
27	EJSMONT Krzysztof	600	TRISPACE	M30	11	00:00:03	00:07:03	00:22:43	00:38:42.90	00:38:46.85	+00:06:04 (15.7%)	3:52	15.5 (84.2%)
28	BOSIANEK Rafał	52	4RUN TEM PIŁA	M40	4	00:00:03	00:06:38	00:22:33	00:38:44.95	00:38:48.00	+00:06:06 (15.7%)	3:52	15.5 (84.2%)
29	JEREMICZ Kamil	188	POLONIA ŚRODA	M16	1	00:00:04	00:06:50	00:22:34	00:38:48.65	00:38:53.60	+00:06:09 (15.9%)	3:52	15.5 (84.2%)
30	OSOS Marek	338		M50	2	00:00:01	00:06:52	00:22:37	00:39:04.70	00:39:06.50	+00:06:25 (16.5%)	3:54	15.4 (83.7%)
31	WESTFAL Jacek	617		M40	5	00:00:02	00:06:50	00:22:53	00:39:19.90	00:39:22.00	+00:06:41 (17.0%)	3:56	15.3 (83.2%)
32	ROZMUS Marcin	9	KP PSP PIŁA	M30	12	00:00:04	00:06:36	00:22:42	00:39:23.15	00:39:27.55	+00:06:44 (17.1%)	3:56	15.2 (82.6%)
33	WYKA Błażej	518	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ...	M30	13	00:00:03	00:06:52	00:22:54	00:39:29.20	00:39:32.50	+00:06:50 (17.3%)	3:56	15.2 (82.6%)
34	KOLEBUK Marek	224	NORTHSTAR POLSKA	M50	3	00:00:02	00:06:51	00:22:55	00:39:33.25	00:39:35.65	+00:06:54 (17.5%)	3:57	15.2 (82.6%)
35	SZYMCZAK Arkadiusz	475	SYSTEM 11 WĄŁCZ	M20	11	00:00:03	00:06:56	00:22:54	00:39:35.15	00:39:38.60	+00:06:56 (17.5%)	3:57	15.2 (82.6%)
36	TYLICKI Robert	485	TYLICKITEAM	M40	6	00:00:05	00:06:59	00:22:58	00:39:36.10	00:39:41.65	+00:06:57 (17.6%)	3:57	15.2 (82.6%)
37	MAREK Daniel	295	CYBINA TEAM	M40	7	00:00:04	00:06:56	00:23:00	00:39:40.15	00:39:44.65	+00:07:01 (17.7%)	3:58	15.1 (82.1%)

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38	KOWALCZUK Adam	238	TKKF LECH	M40	8	00:00:04	00:07:00	00:22:59	00:39:59.35	00:40:03.35	+00:07:20 (18.4%)	3:59	15 (81.5%)
39	KACZMAREK Tomasz	195	GB WIELKOPOLSCY BIEGACZE	M30	14	00:00:14	00:07:00	00:22:54	00:39:58.80	00:40:13.55	+00:07:20 (18.3%)	3:59	15 (81.5%)
40	ODWROT Hubert	335	3:33 TEAM	M40	9	00:00:04	00:07:00	00:23:18	00:40:19.10	00:40:24.05	+00:07:40 (19.0%)	4:02	14.9 (81.0%)
41	RYCHTER Antonina	4	MKL SZCZECINEK	K30	3	00:00:01	00:06:59	00:23:30	00:40:26.05	00:40:27.95	+00:07:47 (19.3%)	4:02	14.8 (80.4%)
42	KUBIAK Piotr	253	PRECON POLSKA-JASTROWIE	M30	15	00:00:03	00:06:51	00:23:29	00:40:26.55	00:40:29.75	+00:07:47 (19.3%)	4:02	14.8 (80.4%)
43	KRAUSE Robert	250	PRECON POLSKA-JASTROWIE	M40	10	00:00:03	00:06:57	00:23:28	00:40:32.45	00:40:35.95	+00:07:53 (19.5%)	4:03	14.8 (80.4%)
44	CHWALISZ Włodek	67	3:33 TEAM	M40	11	00:00:04	00:07:18	00:23:49	00:40:35.75	00:40:40.65	+00:07:56 (19.6%)	4:03	14.8 (80.4%)
45	KOWALUK Krzysztof	243	ZASAPA:NI	M50	4	00:00:03	00:07:15	00:23:58	00:40:56.65	00:40:59.95	+00:08:17 (20.3%)	4:05	14.7 (79.9%)
46	MAJ Waldemar	287	100 BATALION ŁĄCZNOŚCI	M30	16	00:00:04	00:06:59	00:23:32	00:40:58.00	00:41:02.00	+00:08:19 (20.3%)	4:05	14.6 (79.3%)
47	FIAŁKOWSKI Krzysztof	112	100 BATALION ŁĄCZNOŚCI	M40	12	00:00:04	00:06:59	00:23:37	00:41:12.50	00:41:17.25	+00:08:33 (20.8%)	4:07	14.6 (79.3%)
48	REDZIAK Wojciech	606	PGB POCZTA POLSKA	M50	5	00:00:03	00:06:53	00:23:38	00:41:14.50	00:41:18.00	+00:08:35 (20.8%)	4:07	14.5 (78.8%)
49	WZIĘCH Piotr	522		M30	17	00:00:06	00:07:21	00:23:58	00:41:11.85	00:41:18.70	+00:08:33 (20.8%)	4:07	14.6 (79.3%)
50	NOWACKI Piotr	322	KOLARZ.PL	M40	13	00:00:06	00:07:15	00:23:57	00:41:14.85	00:41:21.35	+00:08:36 (20.9%)	4:07	14.5 (78.8%)
51	RATAJCZYK Jakub	397	HEFALUMPY	M20	12	00:00:03	00:07:07	00:23:43	00:41:23.85	00:41:27.75	+00:08:45 (21.1%)	4:08	14.5 (78.8%)
52	MATUSIK Janusz	299	NIEZRZESZONY/TUCZNO	M60	1	00:00:02	00:07:14	00:24:03	00:41:28.80	00:41:31.55	+00:08:50 (21.3%)	4:08	14.5 (78.8%)
53	ZIELIŃSKI Marcin	546		M30	18	00:00:04	00:07:03	00:23:30	00:41:30.35	00:41:35.20	+00:08:51 (21.3%)	4:09	14.5 (78.8%)
54	WAWRZY尼亚K Paweł	498	MAMY-BIEGAMY	M30	19	00:00:11	00:07:16	00:23:52	00:41:34.65	00:41:45.65	+00:08:55 (21.5%)	4:09	14.4 (78.3%)
55	DĄBROWSKI Dawid	89	KB KATORŻNIK MUROWANA GOŚLINA	M20	13	00:00:13	00:07:17	00:24:12	00:41:40.05	00:41:54.00	+00:09:01 (21.6%)	4:10	14.4 (78.3%)
56	GAWLIŃSKI Grzegorz	127	MZK-PIŁA	M40	14	00:00:03	00:07:25	00:24:22	00:41:42.55	00:41:45.75	+00:09:03 (21.7%)	4:10	14.4 (78.3%)
57	OŚWIĘCIMSKI Wojciech	340	LOKATOR NIERUCHOMOSCI PIŁA	M50	6	00:00:02	00:07:08	00:23:44	00:41:45.50	00:41:48.05	+00:09:06 (21.8%)	4:10	14.4 (78.3%)
58	OCHNIO Ryszard	334	POLONIA JASTROWIE PRECON POLSKA JASTROWIE	M40	15	00:00:03	00:07:10	00:24:16	00:41:46.25	00:41:49.65	+00:09:07 (21.8%)	4:10	14.4 (78.3%)
59	SOCHA Łukasz	582	100BŁ WAŁCZ	M30	20	00:00:03	00:07:01	00:23:55	00:41:48.40	00:41:51.40	+00:09:09 (21.9%)	4:10	14.4 (78.3%)
60	MROZIK Daniel	309		M30	21	00:00:04	00:07:01	00:24:07	00:42:04.70	00:42:09.45	+00:09:25 (22.4%)	4:12	14.3 (77.7%)

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61	PELICHOWSKI Sławomir	570		M40	16	00:00:02	00:07:04	00:24:18	00:42:07.90	00:42:10.00	+00:09:29 (22.5%)	4:12	14.2 (77.2%)
62	BORRMANN Dawid	50		M30	22	00:00:19	00:08:05	00:25:13	00:42:08.15	00:42:27.85	+00:09:29 (22.5%)	4:12	14.2 (77.2%)
63	MIELOCH Dariusz	302	MIEL-POL TEAM	M30	23	00:00:05	00:07:26	00:24:50	00:42:08.55	00:42:13.75	+00:09:29 (22.5%)	4:12	14.2 (77.2%)
64	WOŁYŃSKI Jacek	511		M50	7	00:00:03	00:07:05	00:24:12	00:42:09.60	00:42:13.00	+00:09:30 (22.6%)	4:13	14.2 (77.2%)
65	SZYMAŃSKI Przemysław	473	REWIZOR TRI	M30	24	00:00:06	00:07:24	00:24:27	00:42:15.55	00:42:21.75	+00:09:36 (22.7%)	4:13	14.2 (77.2%)
66	MAĆKOWIAK Krzysztof	286	RADA MIASTA CZARNKÓW	M50	8	00:00:02	00:07:29	00:24:51	00:42:21.60	00:42:24.00	+00:09:42 (22.9%)	4:14	14.2 (77.2%)
67	MATUSZCZYK Sławomir	301	LOTNIKIRSTAL MIROŚLAWIEC	M40	17	00:00:01	00:06:57	00:24:07	00:42:35.20	00:42:37.10	+00:09:56 (23.3%)	4:15	14.1 (76.6%)
68	BALCEROWICZ Jarosław	26	4RUN TEAM PIŁA	M40	18	00:00:09	00:07:28	00:24:46	00:42:35.85	00:42:45.00	+00:09:57 (23.4%)	4:15	14.1 (76.6%)
69	SOBCZAK-CZYNSZ Anna	596	FIZJOLINE SZCZECIN	K30	4	00:00:02	00:07:18	00:24:30	00:42:39.20	00:42:41.60	+00:10:00 (23.5%)	4:15	14.1 (76.6%)
70	DERENIOWSKI Arkadiusz	92		M20	14	00:00:03	00:07:02	00:24:27	00:42:43.05	00:42:46.75	+00:10:04 (23.6%)	4:16	14 (76.1%)
71	BORECKI Stanisław	48	4 RUN TEAM PIŁA	M60	2	00:00:08	00:07:47	00:25:09	00:42:47.35	00:42:55.35	+00:10:08 (23.7%)	4:16	14 (76.1%)
72	KLEDZIK Michał	212		M30	25	00:00:04	00:07:03	00:24:00	00:42:50.85	00:42:55.30	+00:10:12 (23.8%)	4:17	14 (76.1%)
73	LISEWSKI Wojciech	272		M20	15	00:00:08	00:07:35	00:25:07	00:42:51.25	00:42:59.95	+00:10:12 (23.8%)	4:17	14 (76.1%)
74	KOPER Adam	571		M30	26	00:00:14	00:07:39	00:25:03	00:42:59.15	00:43:13.35	+00:10:20 (24.1%)	4:17	14 (76.1%)
75	ZYGMUNT Marcin	539	PZU SPORT TEAM	M40	19	00:00:08	00:07:42	00:25:09	00:43:03.65	00:43:12.40	+00:10:24 (24.2%)	4:18	13.9 (75.5%)
76	WARCHULSKI Tomasz	493	12 BBSP	M40	20	00:00:06	00:06:52	00:23:58	00:43:03.80	00:43:09.85	+00:10:25 (24.2%)	4:18	13.9 (75.5%)
77	WIKIERSKI Łukasz	504	GB WIELKOPOLSCY BIEGACZE	M30	27	00:00:14	00:07:20	00:24:38	00:43:06.45	00:43:21.00	+00:10:27 (24.3%)	4:18	13.9 (75.5%)
78	PIOTROWSKI Mikołaj	618		M20	16	00:00:19	00:07:42	00:25:17	00:43:12.15	00:43:31.25	+00:10:33 (24.4%)	4:19	13.9 (75.5%)
79	BARTKOWIAK Dawid	31	BIURO RACHUNKOWE TRADEMARK D.B.	M40	21	00:00:07	00:07:40	00:25:29	00:43:12.35	00:43:19.65	+00:10:33 (24.4%)	4:19	13.9 (75.5%)
80	TACIAK Marek	482		M50	9	00:00:06	00:07:09	00:24:41	00:43:22.55	00:43:28.75	+00:10:43 (24.7%)	4:20	13.8 (75.0%)
81	WENGIEREK Maria	500		K20	1	00:00:10	00:07:40	00:25:08	00:43:26.40	00:43:36.60	+00:10:47 (24.8%)	4:20	13.8 (75.0%)
82	SAMBOR Krzysztof	416	BLUE TEAM PIŁA	M30	28	00:00:08	00:07:12	00:24:36	00:43:26.45	00:43:34.45	+00:10:47 (24.8%)	4:20	13.8 (75.0%)
83	PUCHAŁA Sławomir	550	BLUE TEAM PIŁA	M40	22	00:00:07	00:07:13	00:24:37	00:43:26.60	00:43:34.20	+00:10:47 (24.9%)	4:20	13.8 (75.0%)

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84	MATUSZAK Piotr	300	RUNNERS OF WAŁCZ	M40	23	00:00:16	00:07:52	00:25:46	00:43:27.90	00:43:44.55	+00:10:49 (24.9%)	4:20	13.8 (75.0%)
85	BUCHHOLZ Dominik	56		M20	17	00:00:08	00:07:18	00:25:07	00:43:28.35	00:43:36.35	+00:10:49 (24.9%)	4:20	13.8 (75.0%)
86	SAGALARA Kamil	414	ONIONRUNNERS	M30	29	00:00:12	00:07:52	00:25:36	00:43:28.95	00:43:41.35	+00:10:50 (24.9%)	4:20	13.8 (75.0%)
87	PICZAK Łukasz	359	SMURFIT KAPPA ADVENTURE TEAM POLAND	M20	18	00:00:04	00:07:04	00:25:30	00:43:30.85	00:43:34.85	+00:10:52 (25.0%)	4:21	13.8 (75.0%)
88	GIEDRYS Wojtek	134	3:33 TEAM	M40	24	00:00:05	00:07:25	00:24:44	00:43:33.15	00:43:38.70	+00:10:54 (25.0%)	4:21	13.8 (75.0%)
89	MASTALSKI Jakub	591	104 BATALION LOGISTYCZNY	M20	19	00:00:05	00:07:34	00:25:17	00:43:37.65	00:43:42.85	+00:10:58 (25.2%)	4:21	13.8 (75.0%)
90	KOSTRZEWA Mariusz	235		M40	25	00:00:16	00:07:49	00:25:14	00:43:38.15	00:43:54.45	+00:10:59 (25.2%)	4:21	13.8 (75.0%)
91	LEBKUCHEN Sebastian	266	HENRY TEAM	M30	30	00:00:08	00:07:47	00:25:29	00:43:39.00	00:43:47.95	+00:11:00 (25.2%)	4:21	13.7 (74.5%)
92	LEBKUCHEN Janusz	265	HENRY TEAM	M50	10	00:00:09	00:07:46	00:25:28	00:43:39.10	00:43:48.40	+00:11:00 (25.2%)	4:21	13.7 (74.5%)
93	PABICH Krzysztof	230	4 RUN TEAM PIŁA	M40	26	00:00:07	00:08:01	00:26:01	00:43:40.90	00:43:48.80	+00:11:02 (25.3%)	4:22	13.7 (74.5%)
94	PARUSZEWSKI Robert	350	BUSHIDO GDYNIA	M30	31	00:00:06	00:07:25	00:25:00	00:43:41.05	00:43:47.35	+00:11:02 (25.3%)	4:22	13.7 (74.5%)
95	MARCINIAK Edyta	293	SUPERMARATON KALISZ	K30	5	00:00:03	00:07:17	00:25:07	00:43:41.15	00:43:44.25	+00:11:02 (25.3%)	4:22	13.7 (74.5%)
96	MISIAK Tomasz	305	GWARDIA OLD BOY	M40	27	00:00:02	00:07:31	00:25:23	00:43:43.35	00:43:46.15	+00:11:04 (25.3%)	4:22	13.7 (74.5%)
97	BELAK Dariusz	36		M30	32	00:00:18	00:08:06	00:25:34	00:43:43.55	00:44:02.25	+00:11:04 (25.3%)	4:22	13.7 (74.5%)
98	STROMIDŁO Sebastian	451	PILSKIE BRACtwo TURYSTYKI ROWEROWEJ	M30	33	00:00:10	00:07:42	00:25:34	00:43:52.60	00:44:03.00	+00:11:13 (25.6%)	4:23	13.7 (74.5%)
99	ADAMCZEWSKI Cezary	11		M40	28	00:00:05	00:07:44	00:25:29	00:43:54.25	00:43:59.80	+00:11:15 (25.6%)	4:23	13.7 (74.5%)
100	BONIN Mateusz	47		M20	20	00:00:29	00:12:35	00:43:23	00:43:56.65	00:44:25.80	+00:11:17 (25.7%)	4:23	13.7 (74.5%)
101	FRANCZAK Wojciech	119	LOKATOR NIERUCHOMOŚCI	M50	11	00:00:07	00:07:45	00:25:55	00:43:58.75	00:44:06.20	+00:11:19 (25.8%)	4:23	13.6 (73.9%)
102	ŁUKASIK Błażej	284	WKB META LUBLINIEC	M30	34	00:00:15	00:07:20	00:24:45	00:44:00.70	00:44:16.20	+00:11:21 (25.8%)	4:24	13.6 (73.9%)
103	POCZEWSKI Krzysztof	368		M30	35	00:00:04	00:07:29	00:25:15	00:44:01.90	00:44:06.85	+00:11:23 (25.9%)	4:24	13.6 (73.9%)
104	SZYMCZAK Krzysztof	476	SYSTEM 11 WAŁCZ	M50	12	00:00:12	00:07:53	00:25:48	00:44:02.25	00:44:14.30	+00:11:23 (25.9%)	4:24	13.6 (73.9%)
105	CIOZDA Mariusz	75		M40	29	00:00:05	00:07:32	00:25:17	00:44:03.55	00:44:09.00	+00:11:24 (25.9%)	4:24	13.6 (73.9%)
106	DOLIWKA Kamil	96	KPP WAŁCZ	M30	36	00:00:08	00:07:22	00:25:39	00:44:06.05	00:44:14.30	+00:11:27 (26.0%)	4:24	13.6 (73.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.7km	5.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
107	ŻERDZICKI Mariusz	541	4RUN TEAM PIŁA	M30	37	00:00:07	00:07:44	00:25:50	00:44:06.50	00:44:13.75	+00:11:27 (26.0%)	4:24	13.6 (73.9%)
108	EFIMENKO Przemysław	106		M30	38	00:00:23	00:07:47	00:25:43	00:44:07.40	00:44:31.00	+00:11:28 (26.0%)	4:24	13.6 (73.9%)
109	GOLA Dariusz	140		M50	13	00:00:04	00:07:38	00:25:18	00:44:10.40	00:44:14.80	+00:11:31 (26.1%)	4:25	13.6 (73.9%)
110	GAŚIOROWSKI Paweł	129		M30	39	00:00:27	00:08:30	00:26:21	00:44:16.80	00:44:44.65	+00:11:38 (26.3%)	4:25	13.5 (73.4%)
111	KOWALSKI Krzysztof	242		M30	40	00:00:08	00:07:37	00:25:37	00:44:27.80	00:44:36.50	+00:11:49 (26.6%)	4:26	13.5 (73.4%)
112	LISTOSZ Piotr	274		M40	30	00:00:07	00:07:42	00:25:56	00:44:28.85	00:44:36.40	+00:11:50 (26.6%)	4:26	13.5 (73.4%)
113	BEDNARCZYK Tomasz	33		M30	41	00:00:19	00:08:01	00:26:04	00:44:34.50	00:44:53.60	+00:11:55 (26.8%)	4:27	13.5 (73.4%)
114	RYBAK Krzysztof	405	NIE	M30	42	00:00:08	00:08:07	00:26:07	00:44:35.00	00:44:43.00	+00:11:56 (26.8%)	4:27	13.5 (73.4%)
115	JĄKALSKI Marcin	187	HSHG	M40	31	00:00:09	00:07:50	00:25:48	00:44:40.55	00:44:50.15	+00:12:01 (26.9%)	4:28	13.4 (72.8%)
116	GORKOWSKI Michał	141		M20	21	00:00:18	00:08:00	00:26:10	00:44:44.00	00:45:02.20	+00:12:05 (27.0%)	4:28	13.4 (72.8%)
117	SZYMCZAK Jacek	478		M40	32	00:00:03	00:07:18	00:25:39	00:44:49.80	00:44:53.10	+00:12:11 (27.2%)	4:29	13.4 (72.8%)
118	KAŹMIERCZAK Julia	205		K20	2	00:00:24	00:07:59	00:26:20	00:44:50.55	00:45:15.45	+00:12:11 (27.2%)	4:29	13.4 (72.8%)
119	KACZMAREK Michał	194	ONIONRUNNERS	M30	43	00:00:12	00:08:06	00:26:32	00:44:50.90	00:45:02.95	+00:12:12 (27.2%)	4:29	13.4 (72.8%)
120	SZNAJDER Maciej	468	KGB GRZMOT KOMORNIKI	M40	33	00:00:04	00:07:43	00:25:55	00:44:52.35	00:44:57.30	+00:12:13 (27.2%)	4:29	13.4 (72.8%)
121	BOCHAN Lesław	45		M30	44	00:00:10	00:07:39	00:25:35	00:44:53.15	00:45:03.55	+00:12:14 (27.3%)	4:29	13.4 (72.8%)
122	KONDERA Zbigniew	228		M40	34	00:00:06	00:07:32	00:25:43	00:44:53.60	00:44:59.75	+00:12:14 (27.3%)	4:29	13.4 (72.8%)
123	RUDNIK Jerzy	402	FLORIANCHOJNICE	M60	3	00:00:07	00:07:47	00:25:51	00:44:53.80	00:45:01.05	+00:12:15 (27.3%)	4:29	13.4 (72.8%)
124	ZIÓLKOWSKI Leszek	537	4RUN TEAM PIŁA	M30	45	00:00:06	00:07:47	00:26:14	00:44:58.05	00:45:05.00	+00:12:19 (27.4%)	4:29	13.3 (72.3%)
125	PAWŁOWSKI Rafał	354		M40	35	00:00:14	00:07:47	00:26:00	00:45:00.05	00:45:14.80	+00:12:21 (27.5%)	4:30	13.3 (72.3%)
126	GRANOPS Przemysław	151		M40	36	00:00:09	00:07:50	00:26:12	00:45:02.35	00:45:12.05	+00:12:23 (27.5%)	4:30	13.3 (72.3%)
127	PAPLIŃSKI Paweł	578		M30	46	00:00:13	00:08:06	00:26:28	00:45:02.55	00:45:16.25	+00:12:23 (27.5%)	4:30	13.3 (72.3%)
128	GROCHOWSKI Krystian	155		M40	37	00:00:09	00:07:36	00:26:00	00:45:05.75	00:45:15.05	+00:12:26 (27.6%)	4:30	13.3 (72.3%)
129	RUDŹ Przemysław	587		M40	38	00:00:07	00:07:53	00:26:43	00:45:20.60	00:45:28.20	+00:12:41 (28.0%)	4:32	13.2 (71.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.7km	5.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
130	WAJDA Mariusz	595		M30	47	00:00:17	00:08:04	00:26:18	00:45:23.10	00:45:41.05	+00:12:44 (28.1%)	4:32	13.2 (71.7%)
131	GŁĄB Andrzej	137		M50	14	00:00:07	00:07:52	00:26:23	00:45:23.75	00:45:31.20	+00:12:44 (28.1%)	4:32	13.2 (71.7%)
132	ZIÓŁKOWSKI Wojciech	536	KB 'GOCH' BYTÓW	M30	48	00:00:15	00:08:03	00:26:24	00:45:25.75	00:45:41.40	+00:12:46 (28.1%)	4:32	13.2 (71.7%)
133	SZCZECIŃSKI Mariusz	458	MARIO	M40	39	00:00:10	00:08:13	00:27:14	00:45:27.30	00:45:37.40	+00:12:48 (28.2%)	4:32	13.2 (71.7%)
134	POPEK Maciej	374		M30	49	00:00:05	00:07:53	00:26:13	00:45:30.25	00:45:36.10	+00:12:51 (28.3%)	4:33	13.2 (71.7%)
135	WYGRALAK Piotr	517		M30	50	00:00:08	00:07:49	00:26:10	00:45:32.65	00:45:40.90	+00:12:53 (28.3%)	4:33	13.2 (71.7%)
136	RUBASZNIAK Dariusz	400		M50	15	00:00:08	00:07:48	00:26:08	00:45:35.55	00:45:43.90	+00:12:56 (28.4%)	4:33	13.2 (71.7%)
137	PAUSZEK-SUBSTYK Lucyna	351	BIEGAJĄCY WĄGROWIEC	K30	6	00:00:07	00:07:44	00:26:20	00:45:36.10	00:45:43.30	+00:12:57 (28.4%)	4:33	13.2 (71.7%)
138	WASZAK Adrian	495		M20	22	00:00:11	00:08:13	00:27:06	00:45:36.80	00:45:48.25	+00:12:58 (28.4%)	4:33	13.2 (71.7%)
139	ZIELIŃSKI Adam	532		M30	51	00:00:14	00:08:28	00:27:01	00:45:38.20	00:45:53.00	+00:12:59 (28.5%)	4:33	13.1 (71.2%)
140	SIKORA Waldemar	425		M40	40	00:00:12	00:08:42	00:27:29	00:45:38.80	00:45:51.50	+00:13:00 (28.5%)	4:33	13.1 (71.2%)
141	WOŁYŃSKI Krzysztof	510	BIEGAM ZA KARĘ	M30	52	00:00:23	00:07:55	00:26:04	00:45:40.75	00:46:04.45	+00:13:01 (28.5%)	4:34	13.1 (71.2%)
142	SKRZYPKOWIAK Piotr	588		M30	53	00:00:19	00:08:31	00:26:13	00:45:44.25	00:46:03.35	+00:13:05 (28.6%)	4:34	13.1 (71.2%)
142	ORZEŁEK Sławomir	579	ORZEŁEK TEAM PIŁA	M50	16	00:00:06	00:07:52	00:26:30	00:45:44.25	00:45:50.55	+00:13:05 (28.6%)	4:34	13.1 (71.2%)
144	PIECZYŃSKI Robert	363		M40	41	00:00:10	00:07:51	00:26:10	00:45:46.20	00:45:56.65	+00:13:07 (28.7%)	4:34	13.1 (71.2%)
145	SZCZUROWSKI Marcin	462	THE CHAMPIONS	M30	54	00:00:19	00:08:05	00:26:21	00:45:56.80	00:46:16.50	+00:13:18 (28.9%)	4:35	13.1 (71.2%)
146	SOBAŃSKA Anna	442	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	K30	7	00:00:03	00:08:08	00:27:05	00:45:58.75	00:46:02.25	+00:13:19 (29.0%)	4:35	13 (70.7%)
147	KMIEĆ Damian	220		M40	42	00:00:02	00:07:30	00:26:07	00:45:59.20	00:46:02.00	+00:13:20 (29.0%)	4:36	13 (70.7%)
148	HASS Artur	168	E-FIZJO.PL	M30	55	00:00:15	00:08:13	00:26:58	00:46:01.40	00:46:16.80	+00:13:22 (29.1%)	4:36	13 (70.7%)
149	BACHORA Krzysztof	23		M50	17	00:00:11	00:08:20	00:27:14	00:46:01.50	00:46:13.10	+00:13:22 (29.1%)	4:36	13 (70.7%)
150	KRAJEWSKI Tomasz	249		M40	43	00:00:09	00:07:51	00:26:19	00:46:05.95	00:46:15.85	+00:13:27 (29.2%)	4:36	13 (70.7%)
151	EFIMIENKO Edward	107	4RUN TEAM PIŁA	M50	18	00:00:24	00:08:29	00:27:04	00:46:13.90	00:46:37.90	+00:13:35 (29.4%)	4:37	13 (70.7%)
152	GRZYWACZYK Przemysław	163		M20	23	00:00:17	00:08:07	00:26:36	00:46:15.70	00:46:32.75	+00:13:36 (29.4%)	4:37	13 (70.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.7km	5.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
153	SAWICKI Eligiusz	420		M50	19	00:00:14	00:08:07	00:26:49	00:46:16.40	00:46:30.85	+00:13:37 (29.4%)	4:37	13 (70.7%)
154	ŁAKOMY Piotr	281	KB MUROWANA GOŚLINA	M30	56	00:00:16	00:07:58	00:26:38	00:46:18.10	00:46:34.25	+00:13:39 (29.5%)	4:37	13 (70.7%)
155	NOWICKI Marcin	333	KPP PIŁA	M30	57	00:00:09	00:08:07	00:26:59	00:46:24.15	00:46:33.20	+00:13:45 (29.6%)	4:38	12.9 (70.1%)
156	MLECZAK Artur	306	KGB GRZMOT KOMORNIKI	M40	44	00:00:06	00:07:45	00:26:34	00:46:24.35	00:46:30.75	+00:13:45 (29.6%)	4:38	12.9 (70.1%)
157	ADAMCZYK Robert	12	RUNNERS OF WAŁCZ	M40	45	00:00:16	00:08:08	00:26:56	00:46:24.60	00:46:40.95	+00:13:45 (29.7%)	4:38	12.9 (70.1%)
158	CICHOSZ Ryszard	70	KB KATORŻNIK MUROWANA GOŚLINA	M30	58	00:00:27	00:08:17	00:27:21	00:46:31.10	00:46:58.20	+00:13:52 (29.8%)	4:39	12.9 (70.1%)
159	NAWROT Piotr	316		M40	46	00:00:05	00:07:32	00:26:26	00:46:33.10	00:46:39.00	+00:13:54 (29.9%)	4:39	12.9 (70.1%)
160	SZCZEŚNIAK Anna	461	ŚWIAT BIEGACZA FEHLAU RUN TEAM	K20	3	00:00:03	00:07:37	00:26:51	00:46:35.70	00:46:39.10	+00:13:56 (29.9%)	4:39	12.9 (70.1%)
161	KOZAK Nikodem	245	RUNMORS	M30	59	00:00:09	00:07:55	00:26:40	00:46:36.55	00:46:45.65	+00:13:57 (30.0%)	4:39	12.9 (70.1%)
162	KUSZ Radosław	263	KRÓLICZKI W PLECAKU	M40	47	00:00:05	00:08:13	00:27:19	00:46:36.80	00:46:42.15	+00:13:58 (30.0%)	4:39	12.9 (70.1%)
163	GUMIENNY Kamil	166	NIGHT RUNNERS	M20	24	00:00:25	00:08:11	00:26:50	00:46:37.00	00:47:02.35	+00:13:58 (30.0%)	4:39	12.9 (70.1%)
164	CHAREŹIŃSKA Lucyna	63	LKB LESZNO	K30	8	00:00:07	00:08:12	00:27:17	00:46:37.20	00:46:44.30	+00:13:58 (30.0%)	4:39	12.9 (70.1%)
165	SPYCHAŁA Sławomir	549		M50	20	00:00:06	00:08:02	00:26:51	00:46:37.25	00:46:43.25	+00:13:58 (30.0%)	4:39	12.9 (70.1%)
166	PODLECKA Agnieszka	370	4 RUN TEAM PIŁA	K30	9	00:00:07	00:08:12	00:27:17	00:46:39.35	00:46:47.05	+00:14:00 (30.0%)	4:40	12.9 (70.1%)
167	MRÓZ Agata	310	KUMA	K30	10	00:00:04	00:07:55	00:27:19	00:46:41.20	00:46:45.65	+00:14:02 (30.1%)	4:40	12.9 (70.1%)
168	GERL Maciej	547		M20	25	00:00:05	00:07:29	00:26:36	00:46:43.05	00:46:48.40	+00:14:04 (30.1%)	4:40	12.8 (69.6%)
169	JANKUN Sebastian	601	PILSKI SPORT.PL	M30	60	00:00:18	00:08:33	00:27:26	00:46:45.75	00:47:04.55	+00:14:06 (30.2%)	4:40	12.8 (69.6%)
170	HASS Anita	167	E-FIZJO.PL	K30	11	00:00:15	00:08:12	00:27:10	00:46:47.55	00:47:03.05	+00:14:08 (30.2%)	4:40	12.8 (69.6%)
171	NOWAK Piotr	329	ZGRUPKA TEAM	M20	26	00:00:10	00:08:10	00:27:05	00:46:49.65	00:47:00.40	+00:14:10 (30.3%)	4:41	12.8 (69.6%)
172	RATAJCZYK Grzegorz	396	HEFALUMPY	M40	48	00:00:07	00:08:12	00:27:19	00:46:53.60	00:47:01.20	+00:14:14 (30.4%)	4:41	12.8 (69.6%)
173	STADNIK Radosław	444	100 BATALION ŁĄCZNOŚCI	M30	61	00:00:13	00:08:19	00:27:18	00:46:54.65	00:47:08.00	+00:14:15 (30.4%)	4:41	12.8 (69.6%)
174	CZARNECKI Rafał	82		M20	27	00:00:11	00:08:21	00:27:40	00:46:57.60	00:47:09.00	+00:14:18 (30.5%)	4:41	12.8 (69.6%)
175	RAŻNIAK Mariusz	399	LOKATOR NIERUCHOMOŚCI PIŁA	M40	49	00:00:13	00:08:37	00:27:31	00:46:59.55	00:47:12.75	+00:14:20 (30.5%)	4:41	12.8 (69.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.7km	5.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
176	RAUHUT Mateusz	398	KLUB BIEGOWY TSK ORZEŁ OSIEK	M30	62	00:00:09	00:07:51	00:26:34	00:47:00.15	00:47:09.45	+00:14:21 (30.5%)	4:42	12.8 (69.6%)
177	MARET Robert	296	LOKATOR NIERUCHOMOŚCI PIŁA	M40	50	00:00:10	00:08:13	00:27:17	00:47:01.40	00:47:11.80	+00:14:22 (30.6%)	4:42	12.8 (69.6%)
178	BIAŁCZYK Mariusz	38	LOKATOR NIERUCHOMOŚCI PIŁA	M30	63	00:00:10	00:08:14	00:27:17	00:47:01.55	00:47:12.00	+00:14:22 (30.6%)	4:42	12.8 (69.6%)
179	KOLANKOWSKI Andrzej	223		M50	21	00:00:11	00:08:20	00:27:14	00:47:01.60	00:47:13.10	+00:14:22 (30.6%)	4:42	12.8 (69.6%)
180	MARET Wacław	297	LOKATOR NIERUCHOMOŚCI PIŁA	M60	4	00:00:06	00:08:17	00:27:21	00:47:04.80	00:47:11.60	+00:14:26 (30.7%)	4:42	12.7 (69.0%)
181	WITKOWSKI Krzysztof	505		M30	64	00:00:04	00:07:46	00:26:47	00:47:05.25	00:47:09.70	+00:14:26 (30.7%)	4:42	12.7 (69.0%)
182	FURMAŃCZYK Marek	559		M30	65	00:00:09	00:08:08	00:27:05	00:47:16.35	00:47:26.30	+00:14:37 (30.9%)	4:43	12.7 (69.0%)
183	PAWŁOWSKA Aneta	567		K40	1	00:00:14	00:08:23	00:27:35	00:47:20.70	00:47:35.35	+00:14:41 (31.0%)	4:44	12.7 (69.0%)
184	GUGAŁKA Jacek	165		M30	66	00:00:06	00:07:44	00:26:50	00:47:24.00	00:47:30.15	+00:14:45 (31.1%)	4:44	12.7 (69.0%)
185	IWANICKI Jerzy	176	4 RUN TEAM PIŁA	M60	5	00:00:22	00:08:32	00:27:38	00:47:33.45	00:47:56.00	+00:14:54 (31.4%)	4:45	12.6 (68.5%)
186	PIECHOWSKI Krzysztof	362	LOKATOR NIERUCHOMOŚCI PIŁA	M40	51	00:00:10	00:08:14	00:27:17	00:47:35.65	00:47:45.75	+00:14:56 (31.4%)	4:45	12.6 (68.5%)
187	MALICKI Grzegorz	290	KTA PASAT	M40	52	00:00:21	00:08:47	00:27:44	00:47:36.40	00:47:57.75	+00:14:57 (31.4%)	4:45	12.6 (68.5%)
188	SIKORSKI Marcin	429	KMC	M30	67	00:00:20	00:08:39	00:28:33	00:47:37.25	00:47:58.00	+00:14:58 (31.4%)	4:45	12.6 (68.5%)
189	PIECHOWSKA-CIOZDA Emilia	361		K30	12	00:00:05	00:08:17	00:27:38	00:47:41.60	00:47:46.85	+00:15:02 (31.5%)	4:46	12.6 (68.5%)
189	PAKULSKA Magdalena	346	PIĄTKOWO NA BIEGOWO	K40	2	00:00:08	00:08:08	00:27:35	00:47:41.60	00:47:49.60	+00:15:02 (31.5%)	4:46	12.6 (68.5%)
191	JĘSKO-BIAŁEK Waldemar	191	4RUNTEAM	M40	53	00:00:12	00:08:38	00:27:57	00:47:46.30	00:47:59.00	+00:15:07 (31.7%)	4:46	12.6 (68.5%)
192	PERTEK Mariusz	356		M20	28	00:00:17	00:08:48	00:28:33	00:47:46.55	00:48:04.40	+00:15:07 (31.7%)	4:46	12.6 (68.5%)
193	FILIPIAK Marek	114		M40	54	00:00:16	00:08:29	00:27:52	00:47:48.65	00:48:05.10	+00:15:09 (31.7%)	4:46	12.5 (67.9%)
194	SZACHTA Robert	456		M30	68	00:00:05	00:07:09	00:26:08	00:47:49.50	00:47:54.80	+00:15:10 (31.7%)	4:46	12.5 (67.9%)
195	WYPYCH Marcin	584		M40	55	00:00:08	00:08:07	00:27:40	00:47:52.80	00:48:01.35	+00:15:14 (31.8%)	4:47	12.5 (67.9%)
196	KOWALSKI Zbigniew	241	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M50	22	00:00:31	00:09:12	00:28:44	00:47:53.15	00:48:24.35	+00:15:14 (31.8%)	4:47	12.5 (67.9%)
197	PLEWA Piotr	366		M40	56	00:00:02	00:08:05	00:27:33	00:47:53.60	00:47:56.00	+00:15:14 (31.8%)	4:47	12.5 (67.9%)
198	RATAJCZAK Dariusz	394	NIGHT RUNNERS	M40	57	00:00:06	00:08:15	00:27:45	00:47:55.50	00:48:02.35	+00:15:16 (31.9%)	4:47	12.5 (67.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.7km	5.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
199	KUKLIŃSKI Bartosz	257	PRECON POLSKA-JASTROWIE	M30	69	00:00:04	00:08:27	00:28:20	00:47:56.50	00:48:01.05	+00:15:17 (31.9%)	4:47	12.5 (67.9%)
200	TOJZA Tomasz	483		M40	58	00:00:35	00:09:15	00:29:12	00:47:56.90	00:48:32.10	+00:15:18 (31.9%)	4:47	12.5 (67.9%)
201	BUNIEWICZ Kacper	59	JEDNEGO SERCA	M16	2	00:00:16	00:08:08	00:27:26	00:47:57.75	00:48:14.20	+00:15:18 (31.9%)	4:47	12.5 (67.9%)
202	NIEWCZAS Sławomir	320	JEDNEGO SERCA	M30	70	00:00:16	00:08:08	00:27:25	00:47:58.15	00:48:14.20	+00:15:19 (31.9%)	4:47	12.5 (67.9%)
203	PAWŁOWSKI Kamil	355	PRECON POLSKA	M20	29	00:00:04	00:08:02	00:28:00	00:47:59.55	00:48:03.85	+00:15:20 (32.0%)	4:47	12.5 (67.9%)
204	SURDYKOWSKI Maciej	454	FC KRZYCH	M30	71	00:00:10	00:08:37	00:28:14	00:47:59.65	00:48:10.05	+00:15:20 (32.0%)	4:48	12.5 (67.9%)
205	SKRZYPCZAK Hanna	438	MIŁOŚLAW FORTUNA TEAM	K40	3	00:00:19	00:08:40	00:28:06	00:48:09.95	00:48:29.80	+00:15:31 (32.2%)	4:49	12.5 (67.9%)
206	KOŚKA Marek	236	PRECON POLSKA-JASTROWIE	M30	72	00:00:03	00:08:07	00:28:01	00:48:10.30	00:48:14.25	+00:15:31 (32.2%)	4:49	12.5 (67.9%)
207	KOWNACKI Piotr	244		M30	73	00:00:26	00:08:42	00:27:40	00:48:12.70	00:48:38.70	+00:15:33 (32.3%)	4:49	12.4 (67.4%)
208	ANDRZEJCZAK Bartosz	621	MŁODOŚĆ I DOŚWIADCZENIE	M20	30	00:00:22	00:08:58	00:28:22	00:48:13.25	00:48:36.20	+00:15:34 (32.3%)	4:49	12.4 (67.4%)
209	WASZAK Daria	494		K20	4	00:00:11	00:08:15	00:27:54	00:48:15.75	00:48:27.05	+00:15:36 (32.4%)	4:49	12.4 (67.4%)
210	GOTLIB Iwona	142		K40	4	00:00:05	00:08:15	00:27:53	00:48:15.90	00:48:20.95	+00:15:37 (32.4%)	4:49	12.4 (67.4%)
211	SKOWROŃSKI Paweł	436	N/Z	M60	6	00:00:08	00:08:29	00:28:25	00:48:16.10	00:48:24.15	+00:15:37 (32.4%)	4:49	12.4 (67.4%)
212	KLACZYŃSKI Norbert	211		M20	31	00:00:08	00:08:43	00:28:42	00:48:18.75	00:48:27.10	+00:15:39 (32.4%)	4:49	12.4 (67.4%)
213	CZARNECKI Mirosław	80		M50	23	00:00:11	00:08:21	00:28:09	00:48:19.95	00:48:31.00	+00:15:41 (32.5%)	4:50	12.4 (67.4%)
214	STOLP Marcin	449		M20	32	00:00:13	00:08:11	00:27:47	00:48:28.30	00:48:41.70	+00:15:49 (32.6%)	4:50	12.4 (67.4%)
215	BOSIANEK Anna	53		K30	13	00:00:03	00:08:12	00:28:17	00:48:32.35	00:48:36.20	+00:15:53 (32.7%)	4:51	12.4 (67.4%)
216	NOWICKI Michał	332		M30	74	00:00:17	00:08:48	00:28:34	00:48:32.65	00:48:50.10	+00:15:53 (32.7%)	4:51	12.4 (67.4%)
217	PLUCIŃSKI Paweł	576		M30	75	00:00:09	00:08:26	00:28:17	00:48:35.00	00:48:44.05	+00:15:56 (32.8%)	4:51	12.3 (66.8%)
217	KALETA Bartłomiej	573		M30	76	00:00:25	00:08:52	00:28:38	00:48:35.00	00:49:00.80	+00:15:56 (32.8%)	4:51	12.3 (66.8%)
219	TYLL Grzegorz	486	4 RUN	M60	7	00:00:25	00:08:53	00:28:39	00:48:36.05	00:49:01.40	+00:15:57 (32.8%)	4:51	12.3 (66.8%)
220	MARCHLEWSKI Tomasz	291		M40	59	00:00:13	00:08:43	00:28:37	00:48:38.00	00:48:51.95	+00:15:59 (32.9%)	4:51	12.3 (66.8%)
221	ZDANOWSKI Marian	615		M60	8	00:00:08	00:08:18	00:28:17	00:48:39.35	00:48:47.70	+00:16:00 (32.9%)	4:51	12.3 (66.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.7km	5.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
222	CIEMIĘGA Marcin	72		M40	60	00:00:15	00:08:31	00:28:26	00:48:40.10	00:48:55.75	+00:16:01 (32.9%)	4:52	12.3 (66.8%)
223	KARCZEWSKI Paweł	203		M30	77	00:00:13	00:08:38	00:29:05	00:48:41.80	00:48:55.75	+00:16:03 (33.0%)	4:52	12.3 (66.8%)
224	POSZWA Anna	553		K30	14	00:00:06	00:08:14	00:27:55	00:48:44.60	00:48:50.75	+00:16:05 (33.0%)	4:52	12.3 (66.8%)
225	PIERZCHLEWICZ Miłosz	364		M30	78	00:00:07	00:07:48	00:27:40	00:48:47.50	00:48:54.60	+00:16:08 (33.1%)	4:52	12.3 (66.8%)
226	CIBOR Klaudia	68	BODY CHIEF RUNNING TEAM	K20	5	00:00:06	00:07:49	00:27:41	00:48:47.65	00:48:54.35	+00:16:08 (33.1%)	4:52	12.3 (66.8%)
227	PIASECKI Rafał	358	PZU SPORT TEAM	M30	79	00:00:14	00:08:43	00:28:36	00:48:48.95	00:49:02.95	+00:16:10 (33.1%)	4:52	12.3 (66.8%)
228	KĄDZIEL Paweł	563		M30	80	00:00:09	00:08:17	00:28:04	00:48:50.90	00:49:00.50	+00:16:12 (33.2%)	4:53	12.3 (66.8%)
229	NOWACZYK Radosław	323	XAVI MAX ALEX	M40	61	00:00:14	00:08:39	00:28:10	00:48:51.05	00:49:05.55	+00:16:12 (33.2%)	4:53	12.3 (66.8%)
230	BUDZIŃSKI Dariusz	544		M40	62	00:00:18	00:08:46	00:28:33	00:48:53.75	00:49:12.65	+00:16:14 (33.2%)	4:53	12.3 (66.8%)
231	FABIS Iza	109	3:33 TEAM	K30	15	00:00:18	00:08:52	00:28:43	00:48:56.50	00:49:14.55	+00:16:17 (33.3%)	4:53	12.3 (66.8%)
232	PROKOPOWICZ Marcin	379	3:33 TEAM	M30	81	00:00:18	00:08:51	00:28:43	00:48:57.20	00:49:15.35	+00:16:18 (33.3%)	4:53	12.3 (66.8%)
232	IMIOŁEK Ariel	175	CPR POZNAŃ	M30	82	00:00:08	00:08:14	00:28:01	00:48:57.20	00:49:05.55	+00:16:18 (33.3%)	4:53	12.3 (66.8%)
234	BIECKI Marcin	39	104 BATALION LOGISTYCZNY	M30	83	00:00:18	00:08:29	00:28:20	00:48:57.25	00:49:16.15	+00:16:18 (33.3%)	4:53	12.3 (66.8%)
235	BALCEROWICZ Beata	27	4RUN TEAM PIŁA	K40	5	00:00:06	00:08:39	00:28:43	00:48:57.45	00:49:03.90	+00:16:18 (33.3%)	4:53	12.3 (66.8%)
236	PYREK Krzysztof	390	2 BZ	M30	84	00:00:15	00:08:19	00:28:22	00:48:58.35	00:49:13.70	+00:16:19 (33.3%)	4:53	12.3 (66.8%)
237	SKONIECZNY Marcin	434		M30	85	00:00:18	00:08:51	00:28:45	00:48:58.80	00:49:17.20	+00:16:20 (33.3%)	4:53	12.2 (66.3%)
238	DISTERHEFT Paweł	555		M40	63	00:00:18	00:08:52	00:28:45	00:48:59.25	00:49:17.50	+00:16:20 (33.4%)	4:53	12.2 (66.3%)
239	TOFLIŃSKI Szymon	551		M30	86	00:00:30	00:08:29	00:28:23	00:49:03.10	00:49:33.10	+00:16:24 (33.4%)	4:54	12.2 (66.3%)
240	GLAZER Anna	135	CZARNKÓW	K40	6	00:00:12	00:08:42	00:28:39	00:49:07.20	00:49:20.00	+00:16:28 (33.5%)	4:54	12.2 (66.3%)
241	ZIELIŃSKI Rafał	534	KRÓLICZKI W PLECAKU	M30	87	00:00:33	00:09:36	00:29:39	00:49:07.65	00:49:41.15	+00:16:28 (33.5%)	4:54	12.2 (66.3%)
242	OSTROWSKA Agnieszka	339	DRUŻYNA SZPIKU	K30	16	00:00:08	00:08:13	00:27:50	00:49:13.75	00:49:22.55	+00:16:34 (33.7%)	4:55	12.2 (66.3%)
243	DELEKTA Mateusz	90	RUN-LOG.COM	M20	33	00:00:09	00:07:51	00:26:59	00:49:14.45	00:49:24.35	+00:16:35 (33.7%)	4:55	12.2 (66.3%)
244	GAŁKA Jarosław	121		M30	88	00:00:04	00:08:08	00:28:22	00:49:16.45	00:49:20.65	+00:16:37 (33.7%)	4:55	12.2 (66.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.7km	5.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
245	SKIBIŃSKA Aldona	432	CZARNKÓW	K40	7	00:00:13	00:08:42	00:28:38	00:49:22.60	00:49:35.80	+00:16:43 (33.9%)	4:56	12.2 (66.3%)
246	GRYSZKIEWICZ Adam	158	A.K.B. OLĘDRY	M20	34	00:00:23	00:08:46	00:28:50	00:49:27.45	00:49:50.65	+00:16:48 (34.0%)	4:56	12.1 (65.8%)
247	PODLECKI Romuald	372	LOKATOR NIERUCHOMOŚCI PIŁA	M60	9	00:00:14	00:08:31	00:28:25	00:49:28.35	00:49:42.85	+00:16:49 (34.0%)	4:56	12.1 (65.8%)
248	GÓRNIAK Tomasz	146		M40	64	00:00:09	00:08:37	00:28:39	00:49:33.55	00:49:43.45	+00:16:54 (34.1%)	4:57	12.1 (65.8%)
249	FIAŁKA Maciej	111	LOKATOR NIERUCHOMOŚCI PIŁA	M40	65	00:00:11	00:08:13	00:27:16	00:49:34.30	00:49:45.30	+00:16:55 (34.1%)	4:57	12.1 (65.8%)
250	GRABOWSKI Jerzy	150		M40	66	00:00:12	00:08:55	00:29:14	00:49:36.30	00:49:49.05	+00:16:57 (34.2%)	4:57	12.1 (65.8%)
251	LEMAŃCZYK Zygmunt	614	RUN BYDGOSZCZ	M40	67	00:00:34	00:08:42	00:28:44	00:49:41.40	00:50:16.35	+00:17:02 (34.3%)	4:58	12.1 (65.8%)
252	CYLWA Robert	76		M50	24	00:00:20	00:09:36	00:29:43	00:49:42.10	00:50:03.00	+00:17:03 (34.3%)	4:58	12.1 (65.8%)
253	RUTA Damian	403		M30	89	00:00:13	00:08:42	00:28:38	00:49:42.85	00:49:56.30	+00:17:04 (34.3%)	4:58	12.1 (65.8%)
254	LENARTOWICZ Stanisław	267	KS DERBY STARA ŁUBIANKA	M50	25	00:00:06	00:08:46	00:28:55	00:49:47.85	00:49:54.65	+00:17:09 (34.4%)	4:58	12 (65.2%)
255	SZKODA Mariusz	465	3:33 TEAM	M40	68	00:00:31	00:09:21	00:29:33	00:49:49.05	00:50:20.25	+00:17:10 (34.5%)	4:58	12 (65.2%)
256	PRZYBYLSKI Andrzej	384		M30	90	00:00:30	00:08:43	00:28:20	00:49:49.10	00:50:19.55	+00:17:10 (34.5%)	4:58	12 (65.2%)
257	GIEDRYS Eliza	133	3:33 TEAM	K16	1	00:00:18	00:08:52	00:29:01	00:49:51.10	00:50:09.75	+00:17:12 (34.5%)	4:59	12 (65.2%)
258	ŚCIUBA Anita	479		K20	6	00:00:08	00:08:42	00:29:09	00:49:52.50	00:50:01.00	+00:17:13 (34.5%)	4:59	12 (65.2%)
259	GOTLIB Ryszard	143		M40	69	00:00:11	00:08:40	00:28:52	00:50:02.25	00:50:14.15	+00:17:23 (34.8%)	5:00	12 (65.2%)
260	MIERZEJEWSKI Maciej	303		M50	26	00:00:24	00:08:54	00:29:06	00:50:02.40	00:50:27.20	+00:17:23 (34.8%)	5:00	12 (65.2%)
261	TUCZYŃSKA Monika	545	MTS DRUŻYNA SZPIKU KGHM,SP PIŁA	K30	17	00:00:06	00:08:14	00:28:19	00:50:04.60	00:50:11.05	+00:17:25 (34.8%)	5:00	12 (65.2%)
262	SAGAN Bartłomiej	415	MARYNARKA WOJENNA RP	M30	91	00:00:21	00:09:03	00:29:25	00:50:08.60	00:50:30.20	+00:17:29 (34.9%)	5:00	12 (65.2%)
263	FRAĆKOWIAK Aneta	120	MAMY-BIEGAMY	K30	18	00:00:17	00:08:50	00:29:12	00:50:08.65	00:50:26.35	+00:17:29 (34.9%)	5:00	12 (65.2%)
264	KOT Magdalena	237		K30	19	00:00:11	00:08:44	00:29:02	00:50:14.10	00:50:26.00	+00:17:35 (35.0%)	5:01	11.9 (64.7%)
265	DWORNICKI Mirosław	102		M50	27	00:00:12	00:08:36	00:29:01	00:50:14.65	00:50:26.65	+00:17:35 (35.0%)	5:01	11.9 (64.7%)
266	TYMOSIAK Mateusz	487		M20	35	00:00:20	00:08:56	00:29:38	00:50:15.65	00:50:35.95	+00:17:36 (35.0%)	5:01	11.9 (64.7%)
267	KANIA Rafał	200		M30	92	00:00:22	00:09:15	00:29:37	00:50:15.95	00:50:38.20	+00:17:37 (35.1%)	5:01	11.9 (64.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.7km	5.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
268	DOBERSZTYN Aleksander	557		M50	28	00:00:05	00:08:23	00:28:49	00:50:17.05	00:50:22.90	+00:17:38 (35.1%)	5:01	11.9 (64.7%)
269	RZYWUCKA Jolanta	411	4 RUN TEAM PIŁA	K30	20	00:00:11	00:08:44	00:29:02	00:50:18.85	00:50:30.75	+00:17:40 (35.1%)	5:01	11.9 (64.7%)
270	KOŹMA Andrzej	577		M50	29	00:00:30	00:09:08	00:29:14	00:50:26.90	00:50:57.75	+00:17:48 (35.3%)	5:02	11.9 (64.7%)
271	KAMIŃSKI Piotr	598		M50	30	00:00:32	00:08:51	00:29:32	00:50:28.55	00:51:00.70	+00:17:49 (35.3%)	5:02	11.9 (64.7%)
272	DĄBROWSKA Iza	87	MUD GOATS	K30	21	00:00:08	00:08:57	00:29:27	00:50:32.50	00:50:41.30	+00:17:53 (35.4%)	5:03	11.9 (64.7%)
273	AUGUSTYNIAK Bartłomiej	21	PRECON POLSKA	M20	36	00:00:04	00:08:19	00:28:27	00:50:36.90	00:50:41.05	+00:17:58 (35.5%)	5:03	11.9 (64.7%)
274	SZELMECZKA Bogdan	463	KLUB ŻEGLARSKI KLIWER	M50	31	00:00:13	00:08:41	00:29:33	00:50:37.25	00:50:50.25	+00:17:58 (35.5%)	5:03	11.9 (64.7%)
275	SKRZYPA Dariusz	437	PRECON POLSKA-JASTROWIE	M30	93	00:00:03	00:08:03	00:28:21	00:50:37.35	00:50:41.25	+00:17:58 (35.5%)	5:03	11.8 (64.1%)
276	WIECZOREK Jarosław	502		M40	70	00:00:13	00:08:26	00:29:05	00:50:39.35	00:50:53.15	+00:18:00 (35.6%)	5:04	11.8 (64.1%)
277	JAŚKIEWICZ Adam	186		M50	32	00:00:30	00:08:53	00:28:58	00:50:40.60	00:51:11.25	+00:18:01 (35.6%)	5:04	11.8 (64.1%)
278	CHUDY Dariusz	66		M30	94	00:00:23	00:08:56	00:29:14	00:50:44.05	00:51:08.00	+00:18:05 (35.7%)	5:04	11.8 (64.1%)
279	GLINKA Przemysław	136	PRZEMKO Z PIŁY	M50	33	00:00:21	00:08:51	00:29:10	00:50:44.35	00:51:05.70	+00:18:05 (35.7%)	5:04	11.8 (64.1%)
280	PRZEWOŹNIAK Michał	380		M30	95	00:00:15	00:08:57	00:29:16	00:50:45.15	00:51:00.80	+00:18:06 (35.7%)	5:04	11.8 (64.1%)
281	MIKŁA Kamila	304	31 BAZA LOTNICTWA TAKTYCZNEGO/ MAMY-BIEGAMY	K30	22	00:00:11	00:08:36	00:29:08	00:50:45.70	00:50:57.00	+00:18:06 (35.7%)	5:04	11.8 (64.1%)
282	KOŁODZIEJCZYK Bartosz	226	ONIONRUNNERS	M30	96	00:00:16	00:08:56	00:29:12	00:50:46.45	00:51:02.50	+00:18:07 (35.7%)	5:04	11.8 (64.1%)
283	MOLKA Leszek	307	JEDNEGO SERCA	M50	34	00:00:23	00:09:29	00:29:47	00:50:50.75	00:51:14.45	+00:18:11 (35.8%)	5:05	11.8 (64.1%)
284	KURZAJCZYK Joanna	262	4RUN TEAM	K40	8	00:00:04	00:08:37	00:29:30	00:50:53.90	00:50:58.65	+00:18:15 (35.9%)	5:05	11.8 (64.1%)
285	LAJTER Jerzy	264	4 RUN TEAM PIŁA	M60	10	00:00:12	00:08:27	00:28:49	00:50:58.70	00:51:11.25	+00:18:19 (36.0%)	5:05	11.8 (64.1%)
286	WEINSTOK Anna	583		K30	23	00:00:25	00:08:45	00:29:09	00:51:02.55	00:51:28.15	+00:18:23 (36.0%)	5:06	11.8 (64.1%)
287	KOKOWSKA Anna	222	ZSS NR 1	K30	24	00:00:16	00:09:01	00:29:43	00:51:09.40	00:51:26.00	+00:18:30 (36.2%)	5:07	11.7 (63.6%)
288	MACIEJEWSKI Michał	558	DRUŻYNA SZPIKU	M30	97	00:00:25	00:09:18	00:29:41	00:51:10.65	00:51:36.00	+00:18:31 (36.2%)	5:07	11.7 (63.6%)
289	TOMANIAK Rafał	484		M30	98	00:00:16	00:08:58	00:29:45	00:51:12.85	00:51:29.35	+00:18:34 (36.3%)	5:07	11.7 (63.6%)
290	KURYS Robert	260	LUBOŃSKI KLUB BIEGACZA	M30	99	00:00:28	00:09:21	00:30:05	00:51:15.15	00:51:43.50	+00:18:36 (36.3%)	5:07	11.7 (63.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.7km	5.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
291	GRZESIAK Jakub	161		M40	71	00:00:17	00:08:57	00:29:16	00:51:16.20	00:51:33.65	+00:18:37 (36.3%)	5:07	11.7 (63.6%)
292	WOJEWODA Paweł	506	KS DEBIUT WIELEŃ	M30	100	00:00:09	00:08:08	00:28:43	00:51:21.85	00:51:31.45	+00:18:43 (36.4%)	5:08	11.7 (63.6%)
293	MORAWSKI Adam	308	KB KATORŻNIK MUROWANA GOŚLINA	M40	72	00:00:24	00:09:24	00:30:27	00:51:25.60	00:51:50.15	+00:18:46 (36.5%)	5:08	11.7 (63.6%)
294	SKONIECZNY Arkadiusz	554		M30	101	00:00:30	00:08:49	00:29:36	00:51:26.15	00:51:56.15	+00:18:47 (36.5%)	5:08	11.7 (63.6%)
295	BIEDNY Robert	40		M40	73	00:00:25	00:09:04	00:29:44	00:51:28.40	00:51:53.45	+00:18:49 (36.6%)	5:08	11.7 (63.6%)
296	BEDNAREK Aneta	34	KOBIETYBIEGAJA.PL	K30	25	00:00:21	00:08:43	00:29:38	00:51:28.90	00:51:50.00	+00:18:50 (36.6%)	5:08	11.7 (63.6%)
297	NIEWIAROWSKI Paweł	321	BLUE ELEPHANT	M30	102	00:00:02	00:07:38	00:28:46	00:51:32.80	00:51:35.75	+00:18:54 (36.7%)	5:09	11.6 (63.0%)
298	PARTYKA Maja	349	GABINET MASAŻU 'ORFEUSZ'	K30	26	00:00:14	00:08:54	00:29:48	00:51:34.20	00:51:48.80	+00:18:55 (36.7%)	5:09	11.6 (63.0%)
299	ZYGMUNT Angelika	538		K40	9	00:00:14	00:09:02	00:30:03	00:51:36.25	00:51:51.15	+00:18:57 (36.7%)	5:09	11.6 (63.0%)
300	SZWEDA Marek	612		M60	11	00:00:26	00:09:04	00:30:09	00:51:36.85	00:52:03.80	+00:18:58 (36.7%)	5:09	11.6 (63.0%)
301	WIECZORKIEWICZ Marcin	568		M40	74	00:00:33	00:09:17	00:29:55	00:51:37.45	00:52:11.10	+00:18:58 (36.8%)	5:09	11.6 (63.0%)
302	JĘSIEK Agnieszka	190	PSEUDOBIEGCZKI	K40	10	00:00:26	00:09:04	00:30:09	00:51:38.25	00:52:04.40	+00:18:59 (36.8%)	5:09	11.6 (63.0%)
303	WROTECKA Emilia	513		K30	27	00:00:18	00:09:20	00:30:15	00:51:38.40	00:51:56.85	+00:18:59 (36.8%)	5:09	11.6 (63.0%)
304	WALCZAK Halina	490		K50	1	00:00:09	00:09:09	00:29:53	00:51:38.45	00:51:48.35	+00:18:59 (36.8%)	5:09	11.6 (63.0%)
305	WROTEK Artur	514		M40	75	00:00:08	00:08:18	00:29:16	00:51:42.65	00:51:51.45	+00:19:03 (36.9%)	5:10	11.6 (63.0%)
306	KAPECKA Małgorzata	201		K30	28	00:00:05	00:08:59	00:29:52	00:51:44.60	00:51:50.15	+00:19:05 (36.9%)	5:10	11.6 (63.0%)
307	PAJĄK Krzysztof	345	MAMY-BIEGAMY	M30	103	00:00:09	00:08:38	00:29:27	00:51:52.10	00:52:02.05	+00:19:13 (37.1%)	5:11	11.6 (63.0%)
308	NICPOŃ Sebastian	317		M30	104	00:00:34	00:09:16	00:30:17	00:51:54.15	00:52:28.30	+00:19:15 (37.1%)	5:11	11.6 (63.0%)
309	BERNARD Natalia	37		K30	29	00:00:12	00:09:08	00:30:01	00:51:55.90	00:52:08.45	+00:19:17 (37.1%)	5:11	11.6 (63.0%)
309	JAGŁA Kamil	179		M20	37	00:00:19	00:09:02	00:29:43	00:51:55.90	00:52:15.10	+00:19:17 (37.1%)	5:11	11.6 (63.0%)
311	BARBUSIŃSKA Alicja	30		K40	11	00:00:12	00:09:11	00:30:18	00:51:56.45	00:52:09.30	+00:19:17 (37.1%)	5:11	11.5 (62.5%)
312	LEWKOWICZ Krzysztof	268	HENRY TEAM	M40	76	00:00:20	00:09:14	00:29:50	00:51:57.65	00:52:17.95	+00:19:18 (37.2%)	5:11	11.5 (62.5%)
313	SZAUDEL Jacek	457		M30	105	00:00:33	00:09:20	00:30:18	00:51:59.15	00:52:32.55	+00:19:20 (37.2%)	5:11	11.5 (62.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.7km	5.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
314	WEINSTOK Robert	499		M40	77	00:00:25	00:09:02	00:30:01	00:52:02.35	00:52:27.95	+00:19:23 (37.3%)	5:12	11.5 (62.5%)
315	KLUGE Ewa	216		K40	12	00:00:05	00:08:39	00:29:20	00:52:06.15	00:52:12.05	+00:19:27 (37.3%)	5:12	11.5 (62.5%)
316	ZIELIŃSKI Patryk	533		M20	38	00:00:30	00:08:49	00:29:35	00:52:12.45	00:52:42.95	+00:19:33 (37.5%)	5:13	11.5 (62.5%)
317	DYWIZJUSZ Marek	104	TEAM BIEGOWY SZCZECINEK	M40	78	00:00:11	00:08:55	00:30:01	00:52:14.35	00:52:25.80	+00:19:35 (37.5%)	5:13	11.5 (62.5%)
318	BŁASZCZYK Luiza	41		K20	7	00:00:08	00:08:54	00:30:03	00:52:19.35	00:52:28.00	+00:19:40 (37.6%)	5:14	11.5 (62.5%)
319	RYCHŁOWSKA Magdalena	407		K40	13	00:00:08	00:08:43	00:29:54	00:52:23.15	00:52:31.35	+00:19:44 (37.7%)	5:14	11.5 (62.5%)
320	CZARNECKI Paweł	81	LKB LIPA	M40	79	00:00:21	00:09:03	00:30:10	00:52:25.85	00:52:47.05	+00:19:47 (37.7%)	5:14	11.4 (62.0%)
321	BANACZYK Krystian	28		M30	106	00:00:28	00:09:27	00:31:04	00:52:27.75	00:52:56.40	+00:19:48 (37.8%)	5:14	11.4 (62.0%)
322	SOBOŃ Jarosław	565	DOM PELLETU	M30	107	00:00:23	00:09:11	00:30:33	00:52:31.85	00:52:54.85	+00:19:53 (37.9%)	5:15	11.4 (62.0%)
323	KŁOS Łukasz	219		M30	108	00:00:27	00:09:03	00:30:47	00:52:33.00	00:53:00.55	+00:19:54 (37.9%)	5:15	11.4 (62.0%)
324	KNAPIŃSKA Monika	221		K30	30	00:00:17	00:09:07	00:30:24	00:52:34.80	00:52:52.60	+00:19:56 (37.9%)	5:15	11.4 (62.0%)
325	KUDŁATY Maciek	254		M30	109	00:00:25	00:09:02	00:29:39	00:52:42.60	00:53:08.00	+00:20:03 (38.1%)	5:16	11.4 (62.0%)
326	RUDNICKI Marcin	401		M40	80	00:00:29	00:09:36	00:30:49	00:52:47.10	00:53:16.15	+00:20:08 (38.2%)	5:16	11.4 (62.0%)
327	BACZYŃSKI Marek	24		M30	110	00:00:13	00:09:03	00:30:19	00:52:51.60	00:53:04.75	+00:20:12 (38.2%)	5:17	11.4 (62.0%)
328	DĘBSKA Klaudyna	93		K30	31	00:00:25	00:09:10	00:30:40	00:52:56.05	00:53:21.90	+00:20:17 (38.3%)	5:17	11.3 (61.4%)
329	SZEREMENT Tomasz	464	A.K.B. OLĘDRY	M30	111	00:00:23	00:09:09	00:30:29	00:53:06.45	00:53:30.05	+00:20:27 (38.5%)	5:18	11.3 (61.4%)
330	GIBCZYŃSKI Andrzej	132	RUNNERS OF WAŁCZ	M30	112	00:00:16	00:08:59	00:30:23	00:53:16.70	00:53:32.75	+00:20:37 (38.7%)	5:19	11.3 (61.4%)
331	ZADRANOWICZ Arkadiusz	523		M30	113	00:00:30	00:09:00	00:30:08	00:53:17.10	00:53:47.75	+00:20:38 (38.7%)	5:19	11.3 (61.4%)
332	NOWAK Józef	331	NIEZRZESZONY	M60	12	00:00:09	00:08:29	00:29:49	00:53:19.00	00:53:28.60	+00:20:40 (38.8%)	5:19	11.3 (61.4%)
333	KONDERA Błażej	227		M16	3	00:00:07	00:08:35	00:30:44	00:53:20.50	00:53:28.20	+00:20:41 (38.8%)	5:20	11.2 (60.9%)
334	DZIEWIATOWSKA Agnieszka	105		K40	14	00:00:26	00:09:03	00:30:12	00:53:20.80	00:53:47.50	+00:20:42 (38.8%)	5:20	11.2 (60.9%)
335	SZUTA Marek	471		M50	35	00:00:19	00:09:24	00:30:45	00:53:21.05	00:53:40.70	+00:20:42 (38.8%)	5:20	11.2 (60.9%)
336	GAŚSIOROWSKI Jarosław	130		M50	36	00:00:24	00:09:44	00:31:02	00:53:21.10	00:53:45.65	+00:20:42 (38.8%)	5:20	11.2 (60.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.7km	5.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
337	KUNOWSKI Krzysztof	258	MORSY POZNAŃ	M40	81	00:00:19	00:09:24	00:30:45	00:53:22.15	00:53:41.60	+00:20:43 (38.8%)	5:20	11.2 (60.9%)
338	SIERHEJ Jarosław	424	RUN 4 IDEA	M40	82	00:00:15	00:09:18	00:31:37	00:53:22.55	00:53:38.45	+00:20:43 (38.8%)	5:20	11.2 (60.9%)
339	BOLESTA Katarzyna	46	BIEGAM ZA KARE	K30	32	00:00:25	00:09:44	00:31:40	00:53:27.45	00:53:52.80	+00:20:48 (38.9%)	5:20	11.2 (60.9%)
340	WALCZAK Agnieszka	572	TKKF KOSZALIN	K40	15	00:00:26	00:09:22	00:30:31	00:53:34.20	00:54:00.45	+00:20:55 (39.1%)	5:21	11.2 (60.9%)
341	SANOCKA Halina	418	4RUN TEAM PIŁA	K60	1	00:00:12	00:09:28	00:31:19	00:53:34.80	00:53:47.10	+00:20:56 (39.1%)	5:21	11.2 (60.9%)
342	PIOTROWSKI Witold	619		M40	83	00:00:20	00:08:58	00:30:26	00:53:39.35	00:53:59.35	+00:21:00 (39.2%)	5:21	11.2 (60.9%)
343	CIERACH Jarosław	74		M50	37	00:00:16	00:09:11	00:30:39	00:53:39.95	00:53:56.75	+00:21:01 (39.2%)	5:22	11.2 (60.9%)
344	GRZEŚ Tomasz	162	ATG TEAM	M40	84	00:00:19	00:09:22	00:31:04	00:53:40.45	00:54:00.35	+00:21:01 (39.2%)	5:22	11.2 (60.9%)
345	GLASNER Rafał	597	WEEKENDOWY BIEGACZ	M40	85	00:00:21	00:08:54	00:30:26	00:53:42.75	00:54:04.35	+00:21:03 (39.2%)	5:22	11.2 (60.9%)
346	BURDA Cezary	61		M30	114	00:00:29	00:09:41	00:31:29	00:53:42.90	00:54:12.80	+00:21:04 (39.2%)	5:22	11.2 (60.9%)
347	MANKOWSKA Janina	594		K50	2	00:00:17	00:09:07	00:30:48	00:53:48.35	00:54:05.60	+00:21:09 (39.3%)	5:22	11.2 (60.9%)
348	GRAY Maciej	152	FABRYKA TRIATHLONU	M30	115	00:00:17	00:09:31	00:31:03	00:53:49.05	00:54:06.25	+00:21:10 (39.3%)	5:22	11.1 (60.3%)
349	ŚWIERZOWSKA Magdalena	481	JEŻYCE BIEGAJĄ	K30	33	00:00:22	00:09:30	00:31:42	00:53:49.25	00:54:11.90	+00:21:10 (39.3%)	5:22	11.1 (60.3%)
350	ARNDT Paweł	20	RRTEAM	M40	86	00:00:22	00:09:30	00:31:42	00:53:49.35	00:54:11.75	+00:21:10 (39.3%)	5:22	11.1 (60.3%)
351	CIEMIĘGA Emilia	71	ONIONRUNNERS	K20	8	00:00:16	00:09:20	00:31:37	00:53:52.40	00:54:08.55	+00:21:13 (39.4%)	5:23	11.1 (60.3%)
352	PAŁYS Magdalena	348	SZKOŁA POLICJI W PILE	K30	34	00:00:15	00:09:47	00:31:44	00:53:57.10	00:54:12.35	+00:21:18 (39.5%)	5:23	11.1 (60.3%)
353	NOWAK Elżbieta	330		K30	35	00:00:15	00:09:47	00:31:45	00:53:57.75	00:54:12.80	+00:21:18 (39.5%)	5:23	11.1 (60.3%)
354	FAJFER Jacek	110		M50	38	00:00:17	00:09:14	00:30:53	00:54:03.45	00:54:20.60	+00:21:24 (39.6%)	5:24	11.1 (60.3%)
355	KASIŃSKI Zbigniew	204		M60	13	00:00:19	00:10:11	00:32:33	00:54:04.80	00:54:24.60	+00:21:26 (39.6%)	5:24	11.1 (60.3%)
356	PAJĄK Monika	343	MAMY-BIEGAMY	K30	36	00:00:22	00:09:32	00:31:44	00:54:11.35	00:54:33.95	+00:21:32 (39.8%)	5:25	11.1 (60.3%)
357	GRETKIEWICZ Nicole	153		K16	2	00:00:18	00:09:15	00:31:29	00:54:14.40	00:54:33.30	+00:21:35 (39.8%)	5:25	11.1 (60.3%)
358	SAFON-LACH Maria	413		K30	37	00:00:03	00:09:10	00:31:21	00:54:16.55	00:54:20.05	+00:21:37 (39.9%)	5:25	11.1 (60.3%)
359	JABŁOŃSKI Wojciech	178		M20	39	00:00:28	00:10:08	00:32:35	00:54:18.60	00:54:46.95	+00:21:39 (39.9%)	5:25	11 (59.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.7km	5.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
360	WYKA Angelika	519	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ...	K30	38	00:00:09	00:09:11	00:31:11	00:54:22.85	00:54:32.75	+00:21:44 (40.0%)	5:26	11 (59.8%)
361	ADAMCZYK Arkadiusz	13	BLUE TIME PIŁA	M40	87	00:00:16	00:09:37	00:31:28	00:54:25.35	00:54:42.15	+00:21:46 (40.0%)	5:26	11 (59.8%)
362	STRZELCZYK Wioletta	452		K40	16	00:00:17	00:09:36	00:31:29	00:54:25.45	00:54:42.60	+00:21:46 (40.0%)	5:26	11 (59.8%)
363	ZARBOCK Krzysztof	526		M50	39	00:00:11	00:09:00	00:30:59	00:54:25.85	00:54:37.15	+00:21:47 (40.0%)	5:26	11 (59.8%)
364	ZYCH Agnieszka	6	4 RUN TEAM PIŁA	K30	39	00:00:12	00:09:28	00:31:21	00:54:26.00	00:54:38.30	+00:21:47 (40.0%)	5:26	11 (59.8%)
365	BOROWIAK Mariusz	49		M30	116	00:00:11	00:09:45	00:32:16	00:54:26.10	00:54:37.90	+00:21:47 (40.0%)	5:26	11 (59.8%)
366	SZYMAŃSKI Damian	474	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M50	40	00:00:30	00:09:24	00:31:13	00:54:27.15	00:54:58.05	+00:21:48 (40.0%)	5:26	11 (59.8%)
367	JOKIEL Monika	599		K30	40	00:00:07	00:08:46	00:30:05	00:54:45.50	00:54:52.65	+00:22:06 (40.4%)	5:28	11 (59.8%)
368	GARSKI Jarosław	125	BIEGAM BO LUBIĘ	M30	117	00:00:05	00:09:15	00:31:08	00:54:48.65	00:54:54.40	+00:22:09 (40.4%)	5:28	10.9 (59.2%)
369	BORUC Barbara	51		K40	17	00:00:11	00:09:19	00:31:23	00:54:48.75	00:55:00.20	+00:22:09 (40.4%)	5:28	10.9 (59.2%)
370	PYDYN Regina	389		K50	3	00:00:28	00:09:47	00:32:10	00:55:02.45	00:55:30.45	+00:22:23 (40.7%)	5:30	10.9 (59.2%)
371	CHMIELEWSKI Marcin	64		M30	118	00:00:32	00:10:21	00:31:51	00:55:02.50	00:55:35.20	+00:22:23 (40.7%)	5:30	10.9 (59.2%)
372	RUTKOWSKI Lucjan	404	ARCAN TEAM	M50	41	00:00:24	00:10:23	00:32:49	00:55:05.60	00:55:29.95	+00:22:26 (40.7%)	5:30	10.9 (59.2%)
373	ARAMOWICZ Urszula	19	1KADR.PL	K30	41	00:00:05	00:09:30	00:31:53	00:55:08.15	00:55:13.40	+00:22:29 (40.8%)	5:30	10.9 (59.2%)
374	LOREK Mikołaj	276		M16	4	00:00:21	00:10:02	00:32:17	00:55:09.55	00:55:30.90	+00:22:30 (40.8%)	5:30	10.9 (59.2%)
375	LOREK Karol	275		M40	88	00:00:20	00:10:04	00:32:18	00:55:10.00	00:55:30.90	+00:22:31 (40.8%)	5:31	10.9 (59.2%)
376	PRZYDATEK Jarosław	386	MALLAK	M40	89	00:00:17	00:10:06	00:33:04	00:55:10.60	00:55:28.00	+00:22:31 (40.8%)	5:31	10.9 (59.2%)
377	SZULC Edyta	469		K40	18	00:00:20	00:10:05	00:32:33	00:55:12.15	00:55:32.45	+00:22:33 (40.9%)	5:31	10.9 (59.2%)
378	STADNIK Ewelina	443		K30	42	00:00:15	00:09:51	00:32:42	00:55:20.35	00:55:36.30	+00:22:41 (41.0%)	5:32	10.8 (58.7%)
379	KLEDZIK Marcin	562	IRON PIŁA	M40	90	00:00:34	00:09:38	00:31:31	00:55:28.00	00:56:02.05	+00:22:49 (41.1%)	5:32	10.8 (58.7%)
380	PRZYBYLSKI Roman	8		M40	91	00:00:32	00:10:00	00:32:10	00:55:28.70	00:56:01.55	+00:22:49 (41.2%)	5:32	10.8 (58.7%)
381	PRZYBYLSKI Piotr	383		M20	40	00:00:32	00:09:59	00:32:09	00:55:29.20	00:56:01.65	+00:22:50 (41.2%)	5:32	10.8 (58.7%)
382	MRÓZ Adrian	311	KUMA	M30	119	00:00:04	00:09:31	00:32:09	00:55:41.85	00:55:46.80	+00:23:03 (41.4%)	5:34	10.8 (58.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.7km	5.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
383	BUNIEWICZ Krzysztof	611		M40	92	00:00:22	00:09:50	00:31:56	00:55:43.70	00:56:06.60	+00:23:04 (41.4%)	5:34	10.8 (58.7%)
384	KOSTECKA Małgorzata	234	NIGHT RUNNERS	K30	43	00:00:25	00:10:09	00:32:27	00:55:44.85	00:56:10.05	+00:23:06 (41.4%)	5:34	10.8 (58.7%)
385	SICIARZ Natalia	423	NIGHT RUNNERS	K30	44	00:00:25	00:10:09	00:32:27	00:55:45.40	00:56:10.40	+00:23:06 (41.4%)	5:34	10.8 (58.7%)
386	SZMIŁYK Adam	467	GAZOWNIK TEAM	M40	93	00:00:29	00:09:52	00:32:28	00:55:45.50	00:56:15.15	+00:23:06 (41.4%)	5:34	10.8 (58.7%)
387	SZMIGIERO Sebastian	466	HUSSARS RUNNERS SŁUPSK	M30	120	00:00:15	00:09:00	00:31:36	00:55:46.55	00:56:02.10	+00:23:07 (41.5%)	5:34	10.8 (58.7%)
388	GRUBICH - BIEDNA Joanna	157		K30	45	00:00:24	00:09:48	00:32:08	00:55:48.75	00:56:13.15	+00:23:09 (41.5%)	5:34	10.7 (58.2%)
389	SKRZYPCZAK Ewa	439		K30	46	00:00:34	00:09:16	00:31:50	00:55:50.80	00:56:24.90	+00:23:12 (41.5%)	5:35	10.7 (58.2%)
390	PODLECKA Tomasz	569	LOKATOR NIERUCHOMOŚCI PIŁA	M30	121	00:00:12	00:10:08	00:33:09	00:55:51.35	00:56:03.50	+00:23:12 (41.6%)	5:35	10.7 (58.2%)
391	KLEDZIK Marcin	213		M40	94	00:00:33	00:09:16	00:32:29	00:55:52.90	00:56:26.60	+00:23:14 (41.6%)	5:35	10.7 (58.2%)
392	KARABASZ Ewa	202		K40	19	00:00:15	00:09:51	00:32:43	00:55:53.35	00:56:08.75	+00:23:14 (41.6%)	5:35	10.7 (58.2%)
393	SIPA Leszek	431	PILSKI KLUB KARATE DO TSUNAMI	M60	14	00:00:14	00:09:10	00:31:36	00:55:53.45	00:56:07.45	+00:23:14 (41.6%)	5:35	10.7 (58.2%)
394	OLĘDZKI Krzysztof	607	JEDNEGO SERCA	M30	122	00:00:23	00:09:59	00:32:54	00:55:53.60	00:56:17.05	+00:23:14 (41.6%)	5:35	10.7 (58.2%)
395	BANACZYK Wioletta	29		K40	20	00:00:12	00:09:45	00:32:57	00:55:54.25	00:56:06.75	+00:23:15 (41.6%)	5:35	10.7 (58.2%)
396	KUJAWA Paweł	255		M60	15	00:00:22	00:09:51	00:32:34	00:55:55.15	00:56:17.65	+00:23:16 (41.6%)	5:35	10.7 (58.2%)
397	FLIEGNER Julia	117	JEŻYCE BIEGAJĄ	K30	47	00:00:22	00:09:31	00:32:07	00:55:55.25	00:56:17.85	+00:23:16 (41.6%)	5:35	10.7 (58.2%)
398	ZATOŃ Grzegorz	527		M30	123	00:00:11	00:09:13	00:31:41	00:55:55.85	00:56:06.85	+00:23:17 (41.6%)	5:35	10.7 (58.2%)
399	LIPSKA Małgorzata	270		K30	48	00:00:20	00:09:49	00:32:23	00:55:55.95	00:56:16.20	+00:23:17 (41.6%)	5:35	10.7 (58.2%)
400	KINA Mariusz	209		M30	124	00:00:20	00:09:49	00:32:24	00:55:56.45	00:56:16.75	+00:23:17 (41.6%)	5:35	10.7 (58.2%)
401	ŻEBROWSKA Katarzyna	540		K40	21	00:00:24	00:10:13	00:33:03	00:55:56.65	00:56:21.20	+00:23:17 (41.6%)	5:35	10.7 (58.2%)
402	MARCZYKOWSKI Kamil	294		M20	41	00:00:28	00:09:57	00:32:43	00:56:03.15	00:56:32.10	+00:23:24 (41.8%)	5:36	10.7 (58.2%)
403	JEZIOR Mirosława	189		K40	22	00:00:19	00:09:48	00:32:29	00:56:03.80	00:56:23.75	+00:23:25 (41.8%)	5:36	10.7 (58.2%)
404	CIERACH Anna	73		K30	49	00:00:17	00:09:43	00:32:48	00:56:06.60	00:56:23.75	+00:23:27 (41.8%)	5:36	10.7 (58.2%)
405	NATONIEWSKI Krzysztof	315		M40	95	00:00:17	00:09:33	00:32:32	00:56:07.40	00:56:24.40	+00:23:28 (41.8%)	5:36	10.7 (58.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.7km	5.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
406	HORNIK Natalia	171		K20	9	00:00:10	00:09:17	00:32:03	00:56:11.35	00:56:21.80	+00:23:32 (41.9%)	5:37	10.7 (58.2%)
407	RZANNY Bartłomiej	410		M20	42	00:00:10	00:07:01	00:27:49	00:56:12.10	00:56:22.10	+00:23:33 (41.9%)	5:37	10.7 (58.2%)
408	PIOTROWSKI Andrzej	365	IRONPILA.PL	M40	96	00:00:22	00:10:18	00:33:20	00:56:22.70	00:56:44.85	+00:23:43 (42.1%)	5:38	10.6 (57.6%)
409	KURZAC Andrzej	261		M50	42	00:00:21	00:09:56	00:32:41	00:56:25.25	00:56:46.90	+00:23:46 (42.1%)	5:38	10.6 (57.6%)
410	SUSKA-SZCZERBICKA Magdalena	455		K40	23	00:00:18	00:10:04	00:33:04	00:56:25.50	00:56:43.55	+00:23:46 (42.1%)	5:38	10.6 (57.6%)
411	RAJEWSKI Marek	616		M30	125	00:00:07	00:08:57	00:31:39	00:56:36.60	00:56:43.90	+00:23:57 (42.3%)	5:39	10.6 (57.6%)
412	BEDNAREK Arkadiusz	35	KB KATORŻNIK MUROWANA GOŚLINA	M30	126	00:00:24	00:09:27	00:32:25	00:56:37.55	00:57:01.90	+00:23:58 (42.3%)	5:39	10.6 (57.6%)
413	HRYNCEWICZ Agata	174		K30	50	00:00:17	00:10:06	00:33:04	00:56:38.65	00:56:56.50	+00:23:59 (42.4%)	5:39	10.6 (57.6%)
414	KOWALSKA Marzena	240		K30	51	00:00:14	00:10:02	00:33:03	00:56:38.95	00:56:53.75	+00:24:00 (42.4%)	5:39	10.6 (57.6%)
415	JURCZENKO Mariusz	192		M30	127	00:00:15	00:10:01	00:33:03	00:56:39.15	00:56:54.55	+00:24:00 (42.4%)	5:39	10.6 (57.6%)
416	ZDEBIK Katarzyna	530		K20	10	00:00:17	00:09:39	00:32:49	00:56:39.35	00:56:57.30	+00:24:00 (42.4%)	5:40	10.6 (57.6%)
417	CZERWIŃSKI Szymon	84		M30	128	00:00:17	00:09:39	00:32:50	00:56:39.90	00:56:57.60	+00:24:01 (42.4%)	5:40	10.6 (57.6%)
418	KĄDZIELA Henryk	206	NIEZRZESZONY	M60	16	00:00:11	00:09:28	00:32:18	00:56:40.30	00:56:51.30	+00:24:01 (42.4%)	5:40	10.6 (57.6%)
419	FILIPIAK Basia	116	MAMY-BIEGAMY	K30	52	00:00:17	00:09:48	00:32:40	00:56:48.85	00:57:06.55	+00:24:10 (42.5%)	5:40	10.6 (57.6%)
420	WALKOWIAK Magdalena	491		K30	53	00:00:17	00:10:06	00:33:05	00:56:49.75	00:57:07.70	+00:24:10 (42.6%)	5:41	10.6 (57.6%)
421	MIECHOWIECKI Paweł	604		M20	43	00:00:14	00:09:52	00:33:02	00:56:53.45	00:57:08.00	+00:24:14 (42.6%)	5:41	10.5 (57.1%)
422	CZAPIEWSKA Paulina	605		K20	11	00:00:13	00:09:53	00:33:03	00:56:54.15	00:57:07.90	+00:24:15 (42.6%)	5:41	10.5 (57.1%)
423	PENKOV Roman	548		M40	97	00:00:19	00:10:02	00:32:35	00:56:59.80	00:57:19.45	+00:24:21 (42.7%)	5:42	10.5 (57.1%)
424	BUCHHOLZ Sławomir	57	PZU SPORT TEAM	M40	98	00:00:34	00:09:23	00:32:30	00:57:00.00	00:57:34.30	+00:24:21 (42.7%)	5:42	10.5 (57.1%)
425	PTAKOWSKA Natalia	388		K30	54	00:00:09	00:09:14	00:32:36	00:57:03.25	00:57:12.90	+00:24:24 (42.8%)	5:42	10.5 (57.1%)
426	NIEDZIELA Dorota	318		K50	4	00:00:12	00:09:45	00:32:58	00:57:03.55	00:57:15.95	+00:24:24 (42.8%)	5:42	10.5 (57.1%)
427	WOJTANIA Aleksandra	507		K20	12	00:00:03	00:09:18	00:32:51	00:57:05.50	00:57:08.50	+00:24:26 (42.8%)	5:42	10.5 (57.1%)
428	WRONA Józef	512	PORTO BRYGIER KRZYŻ	M70	1	00:00:16	00:10:09	00:33:43	00:57:16.40	00:57:32.60	+00:24:37 (43.0%)	5:43	10.5 (57.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.7km	5.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
429	KUROWSKI Mateusz	259	PHILIPS LIGHT PIŁA	M20	44	00:00:13	00:09:10	00:32:25	00:57:25.90	00:57:39.55	+00:24:47 (43.2%)	5:44	10.4 (56.5%)
430	SATERNUS Michał	419		M40	99	00:00:20	00:09:48	00:32:58	00:57:43.40	00:58:03.40	+00:25:04 (43.4%)	5:46	10.4 (56.5%)
431	STEFANOWICZ Agnieszka	448		K40	24	00:00:03	00:09:44	00:33:08	00:57:45.40	00:57:49.10	+00:25:06 (43.5%)	5:46	10.4 (56.5%)
432	KOZŁOWSKI Rafał	248		M40	100	00:00:29	00:10:20	00:33:32	00:57:52.00	00:58:21.35	+00:25:13 (43.6%)	5:47	10.4 (56.5%)
433	PODLECKA Paula	371	LOKATOR NIERUCHOMOŚCI PIŁA	K20	13	00:00:30	00:10:39	00:34:34	00:57:55.85	00:58:25.95	+00:25:17 (43.6%)	5:47	10.4 (56.5%)
434	PICZAK Mateusz	360	ZSP	M16	5	00:00:06	00:08:38	00:31:59	00:58:00.25	00:58:07.00	+00:25:21 (43.7%)	5:48	10.3 (56.0%)
435	GUBAŃSKI Michał	164	DZIKIE WIEPRZE	M30	129	00:00:11	00:09:34	00:33:59	00:58:17.35	00:58:28.55	+00:25:38 (44.0%)	5:49	10.3 (56.0%)
436	MAŚLANA Alicja	298	JEDNEGO SERCA	K16	3	00:00:21	00:10:43	00:35:18	00:58:18.10	00:58:39.10	+00:25:39 (44.0%)	5:49	10.3 (56.0%)
437	MAJCHRZAK Daria	288	DZIKIE WIEPRZE	K20	14	00:00:11	00:09:34	00:33:59	00:58:23.40	00:58:35.00	+00:25:44 (44.1%)	5:50	10.3 (56.0%)
438	PRZYTULSKA Agnieszka	387		K20	15	00:00:28	00:09:48	00:32:49	00:58:23.55	00:58:51.65	+00:25:44 (44.1%)	5:50	10.3 (56.0%)
439	LISSEWSKA Konstancja	273	GRUNWALD TEAM POZNAŃ	K30	55	00:00:11	00:10:09	00:33:48	00:58:28.60	00:58:40.45	+00:25:49 (44.2%)	5:50	10.3 (56.0%)
440	PRZYBORSKI Piotr	381	GRUNWALD TEAM POZNAŃ	M40	101	00:00:11	00:10:09	00:33:48	00:58:29.05	00:58:40.45	+00:25:50 (44.2%)	5:50	10.3 (56.0%)
441	FILIPIAK Agnieszka	115		K40	25	00:00:16	00:09:40	00:33:29	00:58:31.60	00:58:48.05	+00:25:52 (44.2%)	5:51	10.3 (56.0%)
442	LIPSKI Łukasz	271		M30	130	00:00:20	00:10:32	00:34:47	00:58:32.00	00:58:52.70	+00:25:53 (44.2%)	5:51	10.3 (56.0%)
443	DRAJERCZAK Marlena	98	MAMY - BIEGAMY	K30	56	00:00:17	00:09:48	00:33:32	00:58:33.10	00:58:51.00	+00:25:54 (44.2%)	5:51	10.2 (55.4%)
444	ZAMOJDA Marcin	524	KRÓLICZKI W PLECAKU	M30	131	00:00:33	00:10:42	00:34:10	00:58:41.85	00:59:15.50	+00:26:03 (44.4%)	5:52	10.2 (55.4%)
445	HNAT Rafał	169		M40	102	00:00:06	00:08:58	00:32:52	00:58:46.45	00:58:53.15	+00:26:07 (44.5%)	5:52	10.2 (55.4%)
446	MALICKA Jolanta	289	GRUPA DWAKOLKA.PL	K30	57	00:00:13	00:10:20	00:35:10	00:58:47.80	00:59:01.75	+00:26:09 (44.5%)	5:52	10.2 (55.4%)
447	STRZELECKA Małgorzata	453	SAILING TEAM FERAJNA	K40	26	00:00:30	00:10:46	00:34:25	00:58:48.75	00:59:19.25	+00:26:09 (44.5%)	5:52	10.2 (55.4%)
448	GAPIŃSKA Marzena	122		K40	27	00:00:30	00:10:46	00:34:25	00:58:48.95	00:59:19.00	+00:26:10 (44.5%)	5:52	10.2 (55.4%)
449	TOMCZAK-PAJĄK Magdalena	586		K30	58	00:00:19	00:10:15	00:34:20	00:58:49.75	00:59:09.15	+00:26:10 (44.5%)	5:53	10.2 (55.4%)
450	GÓRNY Tadeusz	147		M70	2	00:00:28	00:10:19	00:34:19	00:58:51.40	00:59:20.25	+00:26:12 (44.5%)	5:53	10.2 (55.4%)
451	RASZKA Elżbieta	391		K30	59	00:00:21	00:10:00	00:34:17	00:58:53.70	00:59:15.60	+00:26:14 (44.6%)	5:53	10.2 (55.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.7km	5.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
452	RASZKA Damian	392		M30	132	00:00:22	00:09:59	00:34:16	00:58:53.75	00:59:16.10	+00:26:14 (44.6%)	5:53	10.2 (55.4%)
453	SAFON Alicja	412		K40	28	00:00:03	00:09:33	00:33:50	00:58:53.95	00:58:57.75	+00:26:15 (44.6%)	5:53	10.2 (55.4%)
454	ZAWADA Marta	528		K30	60	00:00:15	00:10:00	00:33:52	00:58:55.15	00:59:10.45	+00:26:16 (44.6%)	5:53	10.2 (55.4%)
455	CZARNECKA Danuta	79		K40	29	00:00:21	00:10:08	00:34:13	00:58:58.60	00:59:19.95	+00:26:19 (44.6%)	5:53	10.2 (55.4%)
456	SKIBIŃSKI Sławomir	433		M40	103	00:00:13	00:09:53	00:33:00	00:59:02.30	00:59:16.25	+00:26:23 (44.7%)	5:54	10.2 (55.4%)
457	POTERAŁA Michal	376		M30	133	00:00:12	00:09:44	00:32:16	00:59:07.60	00:59:19.75	+00:26:28 (44.8%)	5:54	10.1 (54.9%)
458	POMPAŁA Iwona	373		K40	30	00:00:14	00:09:58	00:33:55	00:59:11.55	00:59:26.05	+00:26:32 (44.8%)	5:55	10.1 (54.9%)
459	OWCZARZAK Gosia	341	MATKAMAWYCHODNE	K30	61	00:00:32	00:10:20	00:34:20	00:59:25.15	00:59:58.00	+00:26:46 (45.1%)	5:56	10.1 (54.9%)
460	KOŁDA Halina	225		K50	5	00:00:06	00:09:34	00:33:34	00:59:31.55	00:59:37.70	+00:26:52 (45.2%)	5:57	10.1 (54.9%)
461	PROKOP Małgorzata	378		K30	62	00:00:29	00:10:47	00:34:37	00:59:33.25	01:00:02.25	+00:26:54 (45.2%)	5:57	10.1 (54.9%)
462	PABICH Magdalena	10	4RUN TEAM PIŁA	K40	31	00:00:36	00:10:36	00:34:27	00:59:45.50	01:00:21.60	+00:27:06 (45.4%)	5:58	10 (54.3%)
463	KLESZCZ Bożena	214		K30	63	00:00:37	00:10:41	00:34:51	00:59:52.15	01:00:30.10	+00:27:13 (45.5%)	5:59	10 (54.3%)
464	KLESZCZ Adam	215		M30	134	00:00:37	00:10:41	00:34:50	00:59:52.65	01:00:30.40	+00:27:13 (45.5%)	5:59	10 (54.3%)
465	BRAMORSKA Mariola	367		K40	32	00:00:30	00:10:19	00:34:27	00:59:54.00	01:00:24.05	+00:27:15 (45.5%)	5:59	10 (54.3%)
466	CHOMONT Magdalena	566		K30	64	00:00:13	00:09:31	00:33:47	01:00:00.25	01:00:13.25	+00:27:21 (45.6%)	6:00	10 (54.3%)
467	SZYMCZAK Anna	477	SYSTEM 11 WAŁCZ	K40	33	00:00:10	00:10:03	00:34:39	01:00:00.70	01:00:11.15	+00:27:21 (45.6%)	6:00	10 (54.3%)
468	STRZELCZYK Natalia	564		K20	16	00:00:17	00:11:12	00:35:35	01:00:09.40	01:00:26.85	+00:27:30 (45.7%)	6:00	10 (54.3%)
469	FAS Rafał	593		M20	45	00:00:17	00:11:47	00:38:14	01:00:10.85	01:00:28.15	+00:27:32 (45.8%)	6:01	10 (54.3%)
470	KOSMAŁSKI Jarosław	233	SKS HUSARIA	M30	135	00:00:28	00:10:47	00:35:38	01:00:11.40	01:00:39.55	+00:27:32 (45.8%)	6:01	10 (54.3%)
471	KOSMAŁSKA Magdalena	232	SKS HUSARIA	K30	65	00:00:28	00:10:47	00:35:38	01:00:12.25	01:00:40.50	+00:27:33 (45.8%)	6:01	10 (54.3%)
472	ANTOCHOWSKI Tomasz	17		M30	136	00:00:22	00:10:14	00:34:45	01:00:19.15	01:00:41.15	+00:27:40 (45.9%)	6:01	9.9 (53.8%)
473	ANTOSZ Aneta	18	DRUŻYNA SZPIKU	K40	34	00:00:32	00:10:45	00:35:10	01:00:33.70	01:01:05.85	+00:27:54 (46.1%)	6:03	9.9 (53.8%)
474	GROCHAŁSKA Miranda	154		K40	35	00:00:27	00:10:53	00:36:11	01:00:35.70	01:01:03.55	+00:27:56 (46.1%)	6:03	9.9 (53.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.7km	5.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
475	JANKA Aleksandra	181		K40	36	00:00:22	00:10:38	00:35:20	01:00:37.35	01:01:00.25	+00:27:58 (46.1%)	6:03	9.9 (53.8%)
476	HRYCIÓW Paweł	173	BIAŁOGARD	M30	137	00:00:21	00:10:00	00:34:26	01:00:39.20	01:01:01.10	+00:28:00 (46.2%)	6:04	9.9 (53.8%)
477	JAKUBOWSKA Małgorzata	180		K30	66	00:00:31	00:10:43	00:35:03	01:00:40.80	01:01:12.00	+00:28:02 (46.2%)	6:04	9.9 (53.8%)
478	KRENSKI Seweryn	251		M30	138	00:00:32	00:10:43	00:35:02	01:00:43.10	01:01:16.00	+00:28:04 (46.2%)	6:04	9.9 (53.8%)
479	RYMON-LIPIŃSKI Robert	409	LUBIĘ CHRUŚCIKI	M30	139	00:00:15	00:10:02	00:34:29	01:00:44.20	01:00:59.20	+00:28:05 (46.2%)	6:04	9.9 (53.8%)
480	KĄDZIELA-MROTEK Dobra	207		K20	17	00:00:18	00:10:05	00:34:47	01:00:47.15	01:01:05.40	+00:28:08 (46.3%)	6:04	9.9 (53.8%)
481	CZARNECKA Małgorzata	78		K40	37	00:00:27	00:09:53	00:34:27	01:00:49.30	01:01:17.00	+00:28:10 (46.3%)	6:05	9.9 (53.8%)
482	SAMSEL Dorota	417		K40	38	00:00:38	00:10:36	00:34:42	01:01:10.80	01:01:49.60	+00:28:32 (46.6%)	6:07	9.8 (53.3%)
483	PORANKIEWICZ Renata	375		K40	39	00:00:30	00:10:03	00:34:53	01:01:10.90	01:01:40.90	+00:28:32 (46.6%)	6:07	9.8 (53.3%)
484	SZCZEPAŃSKA Magdalena	459	POLSKA	K40	40	00:00:15	00:09:59	00:33:52	01:01:11.10	01:01:26.65	+00:28:32 (46.6%)	6:07	9.8 (53.3%)
485	BERENDT Sandra	608	JEDNEGO SERCA	K16	4	00:00:21	00:10:43	00:35:28	01:01:14.35	01:01:35.70	+00:28:35 (46.7%)	6:07	9.8 (53.3%)
486	MURJAS Jolanta	312		K60	2	00:00:22	00:10:15	00:34:47	01:01:16.85	01:01:38.95	+00:28:38 (46.7%)	6:07	9.8 (53.3%)
487	SKOWRONSKA Wanda	435	SKOWRONEK	K60	3	00:00:15	00:10:09	00:34:42	01:01:18.60	01:01:34.30	+00:28:39 (46.8%)	6:07	9.8 (53.3%)
488	RATAJCZYK Ewa	395	HEFALUMPY	K40	41	00:00:10	00:10:05	00:35:11	01:01:20.30	01:01:31.00	+00:28:41 (46.8%)	6:08	9.8 (53.3%)
489	ANDRZEJEWSKI Rafał	336	SPORTY WALKI PIŁA	M16	6	00:00:34	00:11:24	00:36:16	01:01:23.70	01:01:58.00	+00:28:44 (46.8%)	6:08	9.8 (53.3%)
490	LUZKOWSKA Edyta	277	KB KATORŻNIK MUROWANA GOŚLINA	K40	42	00:00:26	00:10:43	00:35:12	01:01:34.75	01:02:01.50	+00:28:55 (47.0%)	6:09	9.7 (52.7%)
491	LUZKOWSKI Andrzej	279	KB KATORŻNIK MUROWANA GOŚLINA	M40	104	00:00:26	00:10:44	00:35:12	01:01:35.25	01:02:01.70	+00:28:56 (47.0%)	6:09	9.7 (52.7%)
492	AUGUSTYNIAK Agnieszka	22	MATKI WARIATKI	K30	67	00:00:28	00:10:07	00:34:34	01:01:37.70	01:02:05.85	+00:28:58 (47.0%)	6:09	9.7 (52.7%)
493	ŁUBNIEWICZ Bernadeta	283		K30	68	00:00:18	00:10:31	00:35:19	01:01:39.25	01:01:57.60	+00:29:00 (47.0%)	6:09	9.7 (52.7%)
494	SZYMAŃSKA Hanna	543		K40	43	00:00:18	00:10:31	00:35:20	01:01:44.00	01:02:02.80	+00:29:05 (47.1%)	6:10	9.7 (52.7%)
495	DYMECKA Joanna	103	PARKRUN SZCZECINEK	K30	69	00:00:09	00:10:06	00:34:56	01:01:47.20	01:01:56.80	+00:29:08 (47.2%)	6:10	9.7 (52.7%)
496	ŻUPAŃSKA Anna	542		K30	70	00:00:13	00:11:14	00:36:20	01:01:51.00	01:02:04.00	+00:29:12 (47.2%)	6:11	9.7 (52.7%)
497	PRENDECKA Sylwia	377	RUNNERS OF WAŁCZ	K30	71	00:00:24	00:10:06	00:35:16	01:01:58.30	01:02:22.60	+00:29:19 (47.3%)	6:11	9.7 (52.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.7km	5.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
498	PAJĄK Małgosia	344		K30	72	00:00:24	00:10:07	00:35:16	01:01:58.60	01:02:22.60	+00:29:19 (47.3%)	6:11	9.7 (52.7%)
499	NOWAK Kasia	328		K20	18	00:00:35	00:11:26	00:37:04	01:01:59.55	01:02:35.00	+00:29:20 (47.3%)	6:12	9.7 (52.7%)
500	ADAMSKA Ewa	15	HERNIK TEAM	K30	73	00:00:29	00:10:48	00:35:53	01:02:02.30	01:02:32.05	+00:29:23 (47.4%)	6:12	9.7 (52.7%)
501	NOWAK Bartłomiej	324	SAILING TEAM FERAJNA	M40	105	00:00:30	00:10:12	00:34:54	01:02:03.90	01:02:33.90	+00:29:25 (47.4%)	6:12	9.7 (52.7%)
502	WACŁAWIK Agnieszka	488	MAMY-BIEGAMY	K20	19	00:00:27	00:11:31	00:36:51	01:02:03.95	01:02:31.05	+00:29:25 (47.4%)	6:12	9.7 (52.7%)
503	PRZYBYLSKA Aneta	382	RODZINKA.PL	K30	74	00:00:31	00:10:53	00:36:00	01:02:07.20	01:02:38.60	+00:29:28 (47.4%)	6:12	9.7 (52.7%)
504	BUDYCH Bartosz	585	BUKOWSKI KLUB BIEGACZA	M30	140	00:00:32	00:11:00	00:35:58	01:02:12.30	01:02:44.60	+00:29:33 (47.5%)	6:13	9.6 (52.2%)
505	WOLENDER Weronika	509		K20	20	00:00:17	00:10:14	00:35:32	01:02:12.60	01:02:29.70	+00:29:33 (47.5%)	6:13	9.6 (52.2%)
506	NOWAK Marcin	327		M30	141	00:00:36	00:11:25	00:37:03	01:02:15.10	01:02:51.15	+00:29:36 (47.6%)	6:13	9.6 (52.2%)
507	NOWAK Dominika	326		K16	5	00:00:35	00:11:26	00:37:04	01:02:15.40	01:02:51.20	+00:29:36 (47.6%)	6:13	9.6 (52.2%)
508	SZULC Ewa	470		K50	6	00:00:20	00:11:11	00:36:28	01:02:19.50	01:02:40.00	+00:29:40 (47.6%)	6:14	9.6 (52.2%)
509	BOBOWSKA Danuta	44		K60	4	00:00:19	00:10:18	00:35:04	01:02:20.55	01:02:39.55	+00:29:41 (47.6%)	6:14	9.6 (52.2%)
510	GAŚSIOROWSKA Natalia	128		K20	21	00:00:27	00:10:56	00:36:39	01:02:21.95	01:02:49.80	+00:29:43 (47.7%)	6:14	9.6 (52.2%)
511	FIGURA Klaudia	113		K20	22	00:00:17	00:10:26	00:35:50	01:02:23.05	01:02:40.95	+00:29:44 (47.7%)	6:14	9.6 (52.2%)
512	OLEJNICZAK Justyna	337	MAMY-BIEGAMY	K30	75	00:00:28	00:11:27	00:36:26	01:02:24.60	01:02:53.05	+00:29:45 (47.7%)	6:14	9.6 (52.2%)
513	MARCINIAK Marta	292	MAMY-BIEGAMY	K30	76	00:00:28	00:11:27	00:36:26	01:02:25.75	01:02:53.85	+00:29:46 (47.7%)	6:14	9.6 (52.2%)
514	GODLEWSKA Agnieszka	138		K40	44	00:00:22	00:11:03	00:36:45	01:02:30.45	01:02:53.30	+00:29:51 (47.8%)	6:15	9.6 (52.2%)
515	SŁABUSZEWSKA Olga	441	AJJ.. RT	K30	77	00:00:35	00:11:27	00:37:12	01:02:33.85	01:03:09.35	+00:29:55 (47.8%)	6:15	9.6 (52.2%)
516	SIKORSKA Ewa	426		K20	23	00:00:26	00:10:39	00:36:21	01:02:53.00	01:03:19.15	+00:30:14 (48.1%)	6:17	9.5 (51.6%)
517	RYBARSKI Michał	406		M40	106	00:00:25	00:10:40	00:36:22	01:02:54.10	01:03:19.95	+00:30:15 (48.1%)	6:17	9.5 (51.6%)
518	SIKORSKA-RYBARSKA Kasia	427		K40	45	00:00:25	00:10:40	00:36:21	01:02:54.25	01:03:19.75	+00:30:15 (48.1%)	6:17	9.5 (51.6%)
519	ANTOCHOWSKA Barbara	16		K30	78	00:00:22	00:10:17	00:36:08	01:02:54.85	01:03:17.75	+00:30:16 (48.1%)	6:17	9.5 (51.6%)
520	BRZOZOWSKA Anula	55		K30	79	00:00:32	00:10:59	00:36:05	01:02:58.90	01:03:31.15	+00:30:20 (48.2%)	6:17	9.5 (51.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.7km	5.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
521	JANUSZEWSKA Justyna	184		K20	24	00:00:13	00:11:14	00:36:24	01:03:17.95	01:03:30.95	+00:30:39 (48.4%)	6:19	9.5 (51.6%)
522	WAŁEK Małgorzata	492	BRAK	K30	80	00:00:15	00:10:33	00:36:30	01:03:21.00	01:03:36.90	+00:30:42 (48.5%)	6:20	9.5 (51.6%)
523	KŁOS Anna	218		K30	81	00:00:27	00:10:58	00:36:43	01:03:34.40	01:04:02.00	+00:30:55 (48.6%)	6:21	9.4 (51.1%)
524	RATAJCZAK Anna	393	NIGHT RUNNERS	K40	46	00:00:31	00:10:39	00:36:31	01:03:51.15	01:04:22.25	+00:31:12 (48.9%)	6:23	9.4 (51.1%)
525	GAWLIŃSKA Agnieszka	126		K30	82	00:00:19	00:10:26	00:36:36	01:03:51.30	01:04:10.40	+00:31:12 (48.9%)	6:23	9.4 (51.1%)
526	NATONIEWSKA Małgorzata	314		K40	47	00:00:16	00:10:35	00:37:38	01:03:51.45	01:04:08.25	+00:31:12 (48.9%)	6:23	9.4 (51.1%)
527	WRUK Alicja	516		K40	48	00:00:14	00:10:19	00:36:18	01:03:52.25	01:04:06.55	+00:31:13 (48.9%)	6:23	9.4 (51.1%)
528	ENCMINGER Marta	108	KOBIETY BIEGAJA	K20	25	00:00:13	00:10:46	00:36:34	01:03:58.50	01:04:12.15	+00:31:19 (49.0%)	6:23	9.4 (51.1%)
529	KUJAWSKA Magdalena	256		K20	26	00:00:21	00:11:22	00:37:52	01:04:05.90	01:04:27.10	+00:31:27 (49.1%)	6:24	9.4 (51.1%)
530	BAGIEŃSKI Mateusz	590		M20	46	00:00:20	00:11:23	00:37:53	01:04:06.15	01:04:27.10	+00:31:27 (49.1%)	6:24	9.4 (51.1%)
531	BURBULIS Agnieszka	60	LOKATOR NIERUCHOMOŚCI PIŁA	K30	83	00:00:15	00:10:34	00:36:32	01:04:09.25	01:04:25.20	+00:31:30 (49.1%)	6:25	9.4 (51.1%)
532	JASON-PAWŁOWSKA Justyna	185	E-FIZJO.PL	K30	84	00:00:20	00:11:06	00:36:49	01:04:10.40	01:04:30.40	+00:31:31 (49.1%)	6:25	9.4 (51.1%)
533	ADAMCZYK Mirosław	14		M40	107	00:00:33	00:11:20	00:37:21	01:04:20.15	01:04:53.75	+00:31:41 (49.3%)	6:26	9.3 (50.5%)
534	DUDZIŃSKA Maja	101	JEDNEGO SERCA	K16	6	00:00:24	00:10:58	00:36:51	01:04:32.55	01:04:56.85	+00:31:53 (49.4%)	6:27	9.3 (50.5%)
535	IWAŃSKI Wiktor	177	JEDNEGO SERCA	M16	7	00:00:24	00:10:58	00:36:51	01:04:33.40	01:04:57.45	+00:31:54 (49.4%)	6:27	9.3 (50.5%)
536	BŁASZCZYK Marta	42	RUNNERS OF WAŁCZ	K20	27	00:00:23	00:10:02	00:35:40	01:04:37.45	01:05:01.15	+00:31:58 (49.5%)	6:27	9.3 (50.5%)
537	WYRWIŃSKA Adriana	520		K40	49	00:00:08	00:10:51	00:37:06	01:04:56.95	01:05:05.15	+00:32:18 (49.7%)	6:29	9.2 (50.0%)
538	STĘPNIEWICZ Małgorzata	580		K30	85	00:00:21	00:10:04	00:36:45	01:05:03.25	01:05:24.50	+00:32:24 (49.8%)	6:30	9.2 (50.0%)
539	KALETKA Dariusz	196	KALETKA TEAM	M50	43	00:00:33	00:10:46	00:36:40	01:05:16.90	01:05:50.20	+00:32:38 (50.0%)	6:31	9.2 (50.0%)
540	KALETKA Anna	197	KALETKA TEAM	K16	7	00:00:33	00:10:46	00:36:40	01:05:16.95	01:05:50.30	+00:32:38 (50.0%)	6:31	9.2 (50.0%)
541	PERTEK Zbigniew	357		M20	47	00:00:17	00:11:10	00:38:02	01:05:22.55	01:05:39.65	+00:32:43 (50.1%)	6:32	9.2 (50.0%)
542	LUDZKOWSKI Krzysztof	556	KB KATORŻNIK MUROWANA GOŚLINA	M20	48	00:00:25	00:11:07	00:38:00	01:05:37.40	01:06:03.05	+00:32:58 (50.3%)	6:33	9.1 (49.5%)
543	CICHOSZ Honorata	69	KB KATORŻNIK MUROWANA GOŚLINA	K30	86	00:00:27	00:11:05	00:37:44	01:05:49.20	01:06:16.25	+00:33:10 (50.4%)	6:34	9.1 (49.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.7km	5.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
544	LUZKOWSKA Klaudia	278	KB KATORŻNIK MUROWANA GOŚLINA	K16	8	00:00:27	00:11:45	00:38:21	01:05:58.15	01:06:25.85	+00:33:19 (50.5%)	6:35	9.1 (49.5%)
545	CZUBA Michał	86		M30	142	00:00:29	00:10:45	00:37:02	01:06:17.15	01:06:47.10	+00:33:38 (50.7%)	6:37	9 (48.9%)
546	WAWIERNIA Bogdan	496		M60	17	00:00:31	00:11:32	00:38:11	01:06:29.05	01:07:01.00	+00:33:50 (50.9%)	6:39	9 (48.9%)
547	WAWIERNIA Kamila	497		K20	28	00:00:31	00:11:32	00:38:10	01:06:29.30	01:07:01.00	+00:33:50 (50.9%)	6:39	9 (48.9%)
548	CYLWA Monika	77		K40	50	00:00:27	00:11:20	00:38:18	01:07:20.10	01:07:47.15	+00:34:41 (51.5%)	6:44	8.9 (48.4%)
549	GARBACIK Dariusz	123		M40	108	00:00:12	00:11:33	00:38:38	01:07:40.05	01:07:52.55	+00:35:01 (51.8%)	6:46	8.9 (48.4%)
550	GARBACIK Kasia	124		K20	29	00:00:12	00:11:32	00:38:37	01:07:40.25	01:07:52.80	+00:35:01 (51.8%)	6:46	8.9 (48.4%)
551	POSZWA Sławomir	561		M40	109	00:00:08	00:09:32	00:36:58	01:08:04.50	01:08:13.05	+00:35:25 (52.0%)	6:48	8.8 (47.8%)
552	POSZWA Wiktoria	560		K16	9	00:00:08	00:09:32	00:35:59	01:08:04.80	01:08:13.15	+00:35:26 (52.0%)	6:48	8.8 (47.8%)
553	WYRWIŃSKI Robert	521		M40	110	00:00:07	00:10:52	00:37:51	01:08:05.40	01:08:12.95	+00:35:26 (52.1%)	6:48	8.8 (47.8%)
554	ZANDECKA Monika	525	MAMY-BIEGAMY	K30	87	00:00:32	00:12:15	00:41:01	01:08:42.15	01:09:14.45	+00:36:03 (52.5%)	6:52	8.7 (47.3%)
555	JANOWICZ Robert	182		M40	111	00:00:35	00:11:59	00:40:41	01:08:50.25	01:09:26.00	+00:36:11 (52.6%)	6:53	8.7 (47.3%)
556	OKRUTNA Paula	575		K20	30	00:00:06	00:11:53	00:39:20	01:08:57.60	01:09:04.55	+00:36:18 (52.7%)	6:53	8.7 (47.3%)
557	GOMOŁA Ewelina	574		K30	88	00:00:06	00:11:53	00:39:20	01:08:57.70	01:09:04.65	+00:36:18 (52.7%)	6:53	8.7 (47.3%)
558	CZEMPIŃSKA Ludmiła	83	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	K40	51	00:00:23	00:10:59	00:39:02	01:08:58.25	01:09:21.65	+00:36:19 (52.7%)	6:53	8.7 (47.3%)
559	JANOWICZ Violetta	183		K40	52	00:00:35	00:11:59	00:40:41	01:09:02.75	01:09:38.55	+00:36:23 (52.7%)	6:54	8.7 (47.3%)
560	NIEMCZEWSKI Piotr	620		M50	44	00:00:20	00:10:33	00:38:02	01:09:25.20	01:09:45.60	+00:36:46 (53.0%)	6:56	8.6 (46.7%)
561	LIGENZA-KOWALCZUK Agata	269		K30	89	00:00:30	00:11:34	00:40:13	01:09:29.30	01:09:59.35	+00:36:50 (53.0%)	6:56	8.6 (46.7%)
562	RYCHŁOWSKI Ryszard	408		M40	112	00:00:13	00:10:47	00:39:38	01:09:36.05	01:09:49.40	+00:36:57 (53.1%)	6:57	8.6 (46.7%)
563	KIN Michalina	208		K30	90	00:00:29	00:11:29	00:39:48	01:09:45.20	01:10:14.35	+00:37:06 (53.2%)	6:58	8.6 (46.7%)
564	HOROWSKI Michał	172		M60	18	00:00:35	00:11:35	00:39:41	01:10:18.25	01:10:53.25	+00:37:39 (53.6%)	7:01	8.5 (46.2%)
565	HOROWSKI Bartosz	589		M30	143	00:00:35	00:11:35	00:39:41	01:10:18.50	01:10:53.55	+00:37:39 (53.6%)	7:01	8.5 (46.2%)
566	PAWLAK Katarzyna	352	MAMY-BIEGAMY	K30	91	00:00:32	00:12:15	00:40:35	01:10:25.65	01:10:58.35	+00:37:46 (53.6%)	7:02	8.5 (46.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.7km	5.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
567	CERANOWSKA Agnieszka	610	PSEUDOBIEGACZKI	K30	92	00:00:26	00:11:32	00:40:09	01:11:23.85	01:11:50.65	+00:38:45 (54.3%)	7:08	8.4 (45.7%)
568	ŁĘCKA Sylwia	282	MAMY-BIEGAMY	K30	93	00:00:32	00:12:15	00:41:01	01:11:51.65	01:12:23.75	+00:39:12 (54.6%)	7:11	8.4 (45.7%)
569	ZBIELSKA Agnieszka	529	SAILING TEAM FERAJNA	K30	94	00:00:29	00:11:53	00:41:48	01:14:08.70	01:14:38.15	+00:41:29 (56.0%)	7:24	8.1 (44.0%)
570	BŁASZCZYK Dorota	43	RUNNERS OF WAŁCZ	K50	7	00:00:23	00:13:14	00:46:10	01:20:30.55	01:20:54.30	+00:47:51 (59.4%)	8:03	7.5 (40.8%)
571	KOZŁOWSKI Adam	247		M30	144	00:00:29	00:09:42	00:34:25			+00:15:12	6:02	9.9 (53.8%)
572	KIWERTZ Anna	210	MAMY-BIEGAMY	K30	95	00:00:24	00:11:34	00:43:01			+00:23:49	7:32	8 (43.5%)
573	KSZAK-KRZYŻANOWSKA Anna	252		K40	53	00:00:05	00:08:04				+00:02:17	4:44	12.6 (68.5%)
574	USZKO Joanna	552		K40	54	00:00:28	00:12:36				+00:06:50	7:24	8.1 (44.0%)

Znaleziono 574 wynik(ów)