



VIKINGS RUN - ELITE PRO RUN 10KM

B4SPORT

Wydarzenie: VIII Vikings Run - UCZTA W VALHALLI
Organizator: Stowarzyszenie Vikings Run
Data: 2024-05-18
Miejsce: Smardzewice
Dystans: 10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	KALWAS Mateusz	28	RUNMAGEDDON TEAM	ELITE PRO M	1	RUNMAGEDDON TEAM		00:48:16.05	00:48:16.05		4:49	12.4 (100%)
2	KRÓL Piotr	24	SOCIOS SILESIA	ELITE PRO M	2	SOCIOS SILESIA		00:48:31.90	00:48:31.90	+00:00:15 (0.5%)	4:51	12.4 (100%)
3	OLICHOWSKI Mateusz	7	NOTEĆ OCR CZARNKÓW	ELITE PRO M	3			00:49:02.15	00:49:02.15	+00:00:46 (1.6%)	4:54	12.2 (98.4%)
4	JACIÓW Paweł	2	WATAHA	ELITE PRO M	4	WATAHA		00:49:45.00	00:49:45.00	+00:01:28 (3.0%)	4:58	12.1 (97.6%)
5	KONEWKA Jacek	18	WARRIORS ŁÓDŹ	ELITE PRO M	5	Warriors Łódź		00:50:20.10	00:50:20.10	+00:02:04 (4.1%)	5:02	11.9 (96.0%)
6	MAŁYJUREK Rafał	5	CARBON SILESIA SPORT	ELITE PRO M	6	Carbon Silesia Sport		00:50:24.30	00:50:24.30	+00:02:08 (4.2%)	5:02	11.9 (96.0%)
7	MARKOWSKI Fabian	9	WATAHA	ELITE PRO M	7	WATAHA		00:51:38.10	00:51:38.10	+00:03:22 (6.5%)	5:09	11.6 (93.5%)
8	BAK Daniel	23	BIEGUN OCR TEAM	ELITE PRO M	8	Biegun OCR Team		00:52:04.30	00:52:04.30	+00:03:48 (7.3%)	5:12	11.5 (92.7%)
9	LISOWSKI Grzegorz	142	SOCIOS SILESIA	ELITE PRO M	9	SOCIOS SILESIA		00:52:09.65	00:52:09.65	+00:03:53 (7.5%)	5:12	11.5 (92.7%)
10	MARUSZEWSKI Marcin	135	CARBON SILESIA SPORT	ELITE PRO M	10	Carbon Silesia Sport		00:53:02.85	00:53:02.85	+00:04:46 (9.0%)	5:18	11.3 (91.1%)
11	KONKOL Dominik	10	CARBON SILESIA SPORT	ELITE PRO M	11	Carbon Silesia Sport		00:53:32.00	00:53:32.00	+00:05:15 (9.8%)	5:21	11.2 (90.3%)
12	KALININ Jarosław	31	EX TEAM	ELITE PRO M	12			00:53:34.45	00:53:34.45	+00:05:18 (9.9%)	5:21	11.2 (90.3%)
13	SZYMAŃSKI Paweł	95	SOCIOS SILESIA	ELITE PRO M	13	SOCIOS SILESIA		00:53:40.00	00:53:40.00	+00:05:23 (10.1%)	5:22	11.2 (90.3%)
14	SKOWROŃSKI Błażej	13	DZIK KOMANDO	ELITE PRO M	14	Dzik Komando		00:54:15.00	00:54:15.00	+00:05:58 (11.0%)	5:25	11.1 (89.5%)
15	SEREDA Jakub	66	WATAHA	ELITE PRO M	15	WATAHA		00:54:39.50	00:54:39.50	+00:06:23 (11.7%)	5:27	11 (88.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
16	FORMELA Piotr	32	ACTIVE FLOW	ELITE PRO M	16	Active Flow		00:55:03.45	00:55:03.45	+00:06:47 (12.3%)	5:30	10.9 (87.9%)
17	ILNICKI Dariusz	112	NINJA CLUB KRAKÓW	ELITE PRO M	17	NINJA CLUB KRAKÓW		00:55:19.60	00:55:19.60	+00:07:03 (12.8%)	5:31	10.8 (87.1%)
18	PUZDROWSKI Jarek	19	BIEGUN OCR TEAM	ELITE PRO M	18	Biegun OCR Team		00:55:22.40	00:55:22.40	+00:07:06 (12.8%)	5:32	10.8 (87.1%)
19	SZKURŁAT Tomasz	118		ELITE PRO M	19	Power Training		00:55:40.90	00:55:40.90	+00:07:24 (13.3%)	5:34	10.8 (87.1%)
20	BRZEZIŃSKI Bartosz	1	RUNMAGEDDON TEAM	ELITE PRO M	20	RUNMAGEDDON TEAM		00:55:44.40	00:55:44.40	+00:07:28 (13.4%)	5:34	10.8 (87.1%)
21	PSUT Kamil	82		ELITE PRO M	21	Carbon Silesia Sport		00:56:09.20	00:56:09.20	+00:07:53 (14.0%)	5:36	10.7 (86.3%)
22	BUDZISZ Krzysztof	177	SOCIOS SILESIA	ELITE PRO MASTERS M	1	SOCIOS SILESIA		00:56:14.40	00:56:14.40	+00:07:58 (14.2%)	5:37	10.7 (86.3%)
23	PISKAŁA Daniel	77	POWER TRAINING	ELITE PRO M	22	Power Training		00:56:15.10	00:56:15.10	+00:07:59 (14.2%)	5:37	10.7 (86.3%)
24	KURASZ Filip	120	ACTIVE FLOW	ELITE PRO M	23	Active Flow		00:56:49.30	00:56:49.30	+00:08:33 (15.1%)	5:40	10.6 (85.5%)
25	KOTALA Arkadiusz	62	WATAHA	ELITE PRO M	24	WATAHA		00:56:51.25	00:56:51.25	+00:08:35 (15.1%)	5:41	10.6 (85.5%)
26	MĘDYGRAŁ Krystian	92	WATAHA	ELITE PRO M	25	WATAHA		00:56:58.30	00:56:58.30	+00:08:42 (15.3%)	5:41	10.5 (84.7%)
27	MOCZKO Sebastian	158	FIT MORE RYBNIK	ELITE PRO MASTERS M	2	FIT MORE RYBNIK		00:57:14.05	00:57:14.05	+00:08:58 (15.7%)	5:43	10.5 (84.7%)
28	DOMINEK Grzegorz	144	FIT MORE RYBNIK	ELITE PRO M	26	FIT MORE RYBNIK		00:57:18.70	00:57:18.70	+00:09:02 (15.8%)	5:43	10.5 (84.7%)
29	PRYKOWSKI Tomasz	25	GORĄCY POTOK TEAM	ELITE PRO M	27	Gorący Potok Team	00:02:30	00:57:33.30	00:57:33.30	+00:09:17 (16.1%)	5:30	10.9 (87.9%)
30	RĘKAWEK Szymon	97	BIEGUN OCR TEAM	ELITE PRO M	28	Biegun OCR Team		00:57:48.45	00:57:48.45	+00:09:32 (16.5%)	5:46	10.4 (83.9%)
31	WIENDŁOCHA Paweł	143	SOCIOS SILESIA	ELITE PRO M	29	SOCIOS SILESIA		00:57:51.90	00:57:51.90	+00:09:35 (16.6%)	5:47	10.4 (83.9%)
32	TARKA Andrzej	176	GORĄCY POTOK TEAM	ELITE PRO MASTERS M	3	Gorący Potok Team		00:57:53.15	00:57:53.15	+00:09:37 (16.6%)	5:47	10.4 (83.9%)
33	MAŁYSIAK Jarosław	141	NINJA CLUB KRAKÓW	ELITE PRO M	30	NINJA CLUB KRAKÓW		00:58:14.15	00:58:14.15	+00:09:58 (17.1%)	5:49	10.3 (83.1%)
34	BAK Kuba	29	BIEGUN OCR TEAM	ELITE PRO M	31	Biegun OCR Team		00:58:17.50	00:58:17.50	+00:10:01 (17.2%)	5:49	10.3 (83.1%)
35	BUDNY Maksymilian	160	SPARTAN TEAM KALETY	ELITE PRO M	32	Spartan Team Kalety		00:58:23.55	00:58:23.55	+00:10:07 (17.3%)	5:50	10.3 (83.1%)
36	JARZĄBEK Dawid	119	SOCIOS SILESIA	ELITE PRO M	33	SOCIOS SILESIA		00:58:26.60	00:58:26.60	+00:10:10 (17.4%)	5:50	10.3 (83.1%)
37	KARCZ Oskar	58	LEMON TEAM	ELITE PRO M	34	Lemon Team		00:58:28.20	00:58:28.20	+00:10:12 (17.4%)	5:50	10.3 (83.1%)
38	DRZEWIECKI Filip	179	MAD RUNNERS	ELITE PRO M	35	Mad Runners		00:58:35.20	00:58:35.20	+00:10:19 (17.6%)	5:51	10.2 (82.3%)

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39	KUBER Andrzej	21	EX TEAM	ELITE PRO M	36			00:58:38.10	00:58:38.10	+00:10:22 (17.7%)	5:51	10.2 (82.3%)
40	OSETEK Paweł	4	FIT MORE RYBNIK	ELITE PRO M	37			00:59:15.95	00:59:15.95	+00:10:59 (18.6%)	5:55	10.1 (81.5%)
41	ŻAK Przemysław	91	LEMON TEAM	ELITE PRO M	38	Lemon Team		00:59:40.70	00:59:40.70	+00:11:24 (19.1%)	5:58	10.1 (81.5%)
42	HABER Patryk	83	CARBON SILESIA SPORT	ELITE PRO M	39	Carbon Silesia Sport		00:59:54.20	00:59:54.20	+00:11:38 (19.4%)	5:59	10 (80.6%)
43	WIŚNIEWSKI Daniel	171		ELITE PRO MASTERS M	4			01:00:01.00	01:00:01.00	+00:11:44 (19.6%)	6:00	10 (80.6%)
44	STROJNY Paweł	100	LEMON TEAM	ELITE PRO M	40	Lemon Team		01:00:02.25	01:00:02.25	+00:11:46 (19.6%)	6:00	10 (80.6%)
45	ŻURAWIK Rafał	33	LEMON TEAM	ELITE PRO M	41	Lemon Team		01:00:16.55	01:00:16.55	+00:12:00 (19.9%)	6:01	10 (80.6%)
46	KOZŁOWSKI Artur	74	GORĄCY POTOK TEAM	ELITE PRO M	42	Gorący Potok Team		01:00:19.00	01:00:19.00	+00:12:02 (20.0%)	6:01	9.9 (79.8%)
47	WUDKOWSKI Filip	56	XRUNNERS	ELITE PRO M	43	xRunners		01:00:59.75	01:00:59.75	+00:12:43 (20.9%)	6:05	9.8 (79.0%)
48	BERNACKI Krzysztof	109	FIT MORE RYBNIK	ELITE PRO M	44	FIT MORE RYBNIK		01:01:37.00	01:01:37.00	+00:13:20 (21.7%)	6:09	9.7 (78.2%)
49	PASTUSZKA Michał	102		ELITE PRO M	45			01:01:38.90	01:01:38.90	+00:13:22 (21.7%)	6:09	9.7 (78.2%)
50	PORĘBSKI Michał	106	DZIK KOMANDO	ELITE PRO M	46	Dzik Komando		01:01:43.65	01:01:43.65	+00:13:27 (21.8%)	6:10	9.7 (78.2%)
51	GRZEGORZYCA Damian	166	DZIADY OCR	ELITE PRO MASTERS M	5	DZIADY OCR		01:01:55.95	01:01:55.95	+00:13:39 (22.1%)	6:11	9.7 (78.2%)
52	ŁOSIN Marta	44	ACTIVE FLOW	ELITE PRO K	1	Active Flow		01:02:17.90	01:02:17.90	+00:14:01 (22.5%)	6:13	9.6 (77.4%)
53	KALINOWSKI Szymon	17	VIKINGS RUN TEAM	ELITE PRO M	47			01:02:21.70	01:02:21.70	+00:14:05 (22.6%)	6:14	9.6 (77.4%)
54	RURAŃSKI Rafał	148	NACHILLUMORDO	ELITE PRO M	48	Na Chillu Mordo		01:02:33.60	01:02:33.60	+00:14:17 (22.8%)	6:15	9.6 (77.4%)
55	FUCHS Bartosz	68	NINJA CLUB KRAKÓW	ELITE PRO M	49	NINJA CLUB KRAKÓW		01:02:34.55	01:02:34.55	+00:14:18 (22.9%)	6:15	9.6 (77.4%)
56	BERNACKI Grzegorz	131	NOTEĆ OCR CZARNKÓW	ELITE PRO MASTERS M	6	NOTEĆ OCR CZARNKÓW		01:02:43.90	01:02:43.90	+00:14:27 (23.1%)	6:16	9.6 (77.4%)
57	GAWIN Krzysztof	147	NINIA CLUB KRAKÓW	ELITE PRO M	50	NINJA CLUB KRAKÓW		01:02:52.20	01:02:52.20	+00:14:36 (23.2%)	6:17	9.5 (76.6%)
58	MAROŃ Tomasz	63	KLONO TEAM	ELITE PRO M	51	Klono Team		01:03:03.25	01:03:03.25	+00:14:47 (23.5%)	6:18	9.5 (76.6%)
59	RAJNICH Tomasz	173	SPARTAN TEAM KALETY	ELITE PRO M	52	Spartan Team Kalety		01:03:25.80	01:03:25.80	+00:15:09 (23.9%)	6:20	9.5 (76.6%)
60	WOJTAS Juiusz	8	OSPRO NINJA ACADEMY	ELITE PRO M	53			01:03:31.50	01:03:31.50	+00:15:15 (24.0%)	6:21	9.4 (75.8%)
61	KRYSZTOFIAK Damian	139	UNITED RUNNERS	ELITE PRO M	54			01:03:46.35	01:03:46.35	+00:15:30 (24.3%)	6:22	9.4 (75.8%)

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62	WITKOWSKI Rafał	88	WATAHA	ELITE PRO M	55	WATAHA		01:04:12.90	01:04:12.90	+00:15:56 (24.8%)	6:25	9.3 (75.0%)
63	KRZYŻOWSKI Grzegorz	12	FIT MORE RYBNIK	ELITE PRO M	56	FIT MORE RYBNIK		01:04:14.40	01:04:14.40	+00:15:58 (24.9%)	6:25	9.3 (75.0%)
64	BARAN Konrad	96	WARRIORS ŁÓDŹ	ELITE PRO M	57	Warriors Łódź		01:04:19.20	01:04:19.20	+00:16:03 (25.0%)	6:25	9.3 (75.0%)
65	ŁYPIK Jakub	98	NINJA CLUB KRAKÓW	ELITE PRO M	58	NINJA CLUB KRAKÓW		01:04:23.25	01:04:23.25	+00:16:07 (25.0%)	6:26	9.3 (75.0%)
66	WYLĘŻEK Mateusz	110	CARBON SILESIA SPORT	ELITE PRO M	59	Carbon Silesia Sport		01:05:06.85	01:05:06.85	+00:16:50 (25.9%)	6:30	9.2 (74.2%)
67	PIOTROWSKI Kamil	60	WOLF TEAM	ELITE PRO M	60			01:05:10.50	01:05:10.50	+00:16:54 (25.9%)	6:31	9.2 (74.2%)
68	CEREMUGA Robert	79	CARBON SILESIA SPORT	ELITE PRO M	61	Carbon Silesia Sport		01:05:11.60	01:05:11.60	+00:16:55 (26.0%)	6:31	9.2 (74.2%)
69	SZTANGA Jarosław	99	SOCIOS SILESIA	ELITE PRO M	62	SOCIOS SILESIA		01:05:18.25	01:05:18.25	+00:17:02 (26.1%)	6:31	9.2 (74.2%)
70	PATYK Tomasz	89	BEFIT24TEAM	ELITE PRO M	63	BeFit24Team		01:05:33.20	01:05:33.20	+00:17:17 (26.4%)	6:33	9.2 (74.2%)
71	BRZESKI Szczepan	145	BEFIT24TEAM	ELITE PRO MASTERS M	7	BeFit24Team		01:05:39.70	01:05:39.70	+00:17:23 (26.5%)	6:33	9.1 (73.4%)
72	SZUPRYCZYŃSKI Krzysztof	67	XRUNNERS	ELITE PRO M	64	xRunners		01:05:40.95	01:05:40.95	+00:17:24 (26.5%)	6:34	9.1 (73.4%)
73	PIWNIK Bartosz	86	LEMON TEAM	ELITE PRO M	65	Lemon Team		01:05:53.45	01:05:53.45	+00:17:37 (26.7%)	6:35	9.1 (73.4%)
74	KRĘGIELSKI Filip	20	BIEGUN OCR TEAM	ELITE PRO M	66	Biegun OCR Team		01:05:56.20	01:05:56.20	+00:17:40 (26.8%)	6:35	9.1 (73.4%)
75	NAWROCKI Piotr	115	CARBON SILESIA SPORT	ELITE PRO M	67	Carbon Silesia Sport		01:06:08.70	01:06:08.70	+00:17:52 (27.0%)	6:36	9.1 (73.4%)
76	WYROBEK Michał	6		ELITE PRO M	68	CHEEKY MONKEY TEAM		01:06:14.10	01:06:14.10	+00:17:58 (27.1%)	6:37	9.1 (73.4%)
77	PSOTA Leszek	134	OCR-OWE PSOTKI	ELITE PRO M	69			01:06:18.80	01:06:18.80	+00:18:02 (27.2%)	6:37	9 (72.6%)
78	PETELCZYC Piotr	169	CARBON SILESIA SPORT	ELITE PRO MASTERS M	8	Carbon Silesia Sport		01:06:20.85	01:06:20.85	+00:18:04 (27.3%)	6:38	9 (72.6%)
79	MACHERA Rafał	3		ELITE PRO M	70			01:06:22.85	01:06:22.85	+00:18:06 (27.3%)	6:38	9 (72.6%)
80	CIEŚLUKIEWICZ Damian	59	OSPRO OCR	ELITE PRO M	71			01:06:24.45	01:06:24.45	+00:18:08 (27.3%)	6:38	9 (72.6%)
81	KOŁAKOWSKI Krzysztof	78	RUNMAGEDDON TEAM	ELITE PRO M	72	RUNMAGEDDON TEAM		01:07:00.80	01:07:00.80	+00:18:44 (28.0%)	6:42	9 (72.6%)
82	SZUFLICKI Tymon	157		ELITE PRO M	73			01:07:02.00	01:07:02.00	+00:18:45 (28.0%)	6:42	9 (72.6%)
83	MITURA Dawid	116	NACHILLUMORDO	ELITE PRO M	74			01:07:08.55	01:07:08.55	+00:18:52 (28.1%)	6:42	8.9 (71.8%)
84	WIECZOREK Mateusz	72	XRUNNERS	ELITE PRO M	75	xRunners		01:07:15.20	01:07:15.20	+00:18:59 (28.2%)	6:43	8.9 (71.8%)

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85	MECHTA Sebastian	27		ELITE PRO MASTERS M	9	FIT MORE RYBNIK		01:07:44.70	01:07:44.70	+00:19:28 (28.8%)	6:46	8.9 (71.8%)
86	KANIECKI Paweł	140	WATAHA OCR PRZEMYSŁ	ELITE PRO M	76			01:07:55.40	01:07:55.40	+00:19:39 (28.9%)	6:47	8.8 (71.0%)
87	NAWROCKI Michał	64	XRUNNERS	ELITE PRO M	77	xRunners		01:08:00.80	01:08:00.80	+00:19:44 (29.0%)	6:48	8.8 (71.0%)
88	OGIŃSKI Szymon	122	WARRIORS ŁÓDŹ	ELITE PRO M	78	Warriors Łódź		01:08:01.85	01:08:01.85	+00:19:45 (29.1%)	6:48	8.8 (71.0%)
89	CZERWONKA Piotr	22	WATAHA	ELITE PRO M	79	WATAHA		01:08:06.00	01:08:06.00	+00:19:49 (29.1%)	6:48	8.8 (71.0%)
90	GARLACZ Anna	42	BEFIT24TEAM	ELITE PRO K	2	BeFit24Team		01:08:20.30	01:08:20.30	+00:20:04 (29.4%)	6:50	8.8 (71.0%)
91	KUCHARSKI Łukasz	137	BIGYELLOWFOOT ADVENTURE TEAM	ELITE PRO M	80	BigYellowFoot Adventure Team		01:08:23.25	01:08:23.25	+00:20:07 (29.4%)	6:50	8.8 (71.0%)
92	BŁĘDZKI Adam	108		ELITE PRO M	81			01:08:41.35	01:08:41.35	+00:20:25 (29.7%)	6:52	8.7 (70.2%)
93	PILAWSKI Ryszard	170	NOTEĆ OCR CZARNKÓW	ELITE PRO MASTERS M	10	NOTEĆ OCR CZARNKÓW		01:09:00.35	01:09:00.35	+00:20:44 (30.1%)	6:54	8.7 (70.2%)
94	SERAFIŃSKI Robert	165	RAJSPORT ACTIVE	ELITE PRO MASTERS M	11	RAJSPORT ACTIVE		01:09:21.85	01:09:21.85	+00:21:05 (30.4%)	6:56	8.7 (70.2%)
95	TĄSKI Michał	133	XRUNNERS	ELITE PRO MASTERS M	12	xRunners		01:09:36.30	01:09:36.30	+00:21:20 (30.7%)	6:57	8.6 (69.4%)
96	KLEWANIEC Jakub	111	CARBON SILESIA SPORT	ELITE PRO M	82	Carbon Silesia Sport		01:09:44.90	01:09:44.90	+00:21:28 (30.8%)	6:58	8.6 (69.4%)
97	BERNACKA Katarzyna	215	NOTEĆ OCR CZARNKÓW	ELITE PRO K	3	NOTEĆ OCR CZARNKÓW		01:10:08.10	01:10:08.10	+00:21:52 (31.2%)	7:00	8.6 (69.4%)
98	KRÓLEWSKI Karol	69	BEFIT24TEAM	ELITE PRO M	83	BeFit24Team		01:10:24.05	01:10:24.05	+00:22:08 (31.4%)	7:02	8.5 (68.5%)
99	GOLAŃSKI Piotr	90	DZIK KOMANDO	ELITE PRO M	84	Dzik Komando		01:10:46.50	01:10:46.50	+00:22:30 (31.8%)	7:04	8.5 (68.5%)
100	MIZGALSKI Jacek	163	DZIADY OCR	ELITE PRO MASTERS M	13	DZIADY OCR		01:11:03.25	01:11:03.25	+00:22:47 (32.1%)	7:06	8.4 (67.7%)
101	PIĘKOSZ Łukasz	15	SOCIOS SILESIA	ELITE PRO M	85	SOCIOS SILESIA		01:11:07.30	01:11:07.30	+00:22:51 (32.1%)	7:06	8.4 (67.7%)
102	FRĄCKOWIAK Krzysztof	117	NOTEĆ OCR CZARNKÓW	ELITE PRO M	86	NOTEĆ OCR CZARNKÓW		01:11:08.20	01:11:08.20	+00:22:52 (32.1%)	7:06	8.4 (67.7%)
103	KONIEC Mariusz	146	CARBON SILESIA SPORT BY VITARADE	ELITE PRO M	87	Carbon Silesia Sport		01:11:27.10	01:11:27.10	+00:23:11 (32.4%)	7:08	8.4 (67.7%)
104	KURTYKA Przemysław	75		ELITE PRO M	88	FIT MORE RYBNIK		01:11:50.35	01:11:50.35	+00:23:34 (32.8%)	7:11	8.4 (67.7%)
105	GIEJŁO Monika	199	ACTIVE FLOW	ELITE PRO K	4	Active Flow		01:11:54.45	01:11:54.45	+00:23:38 (32.9%)	7:11	8.3 (66.9%)
106	CEMPULIK Michał	93	CARBON SILESIA SPORT	ELITE PRO M	89	Carbon Silesia Sport		01:11:58.45	01:11:58.45	+00:23:42 (32.9%)	7:11	8.3 (66.9%)
107	CHARUSTA Martyna	43	BEFIT24TEAM	ELITE PRO K	5	BeFit24Team		01:12:24.20	01:12:24.20	+00:24:08 (33.3%)	7:14	8.3 (66.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
108	ŁOŚ Feliks	162	DZIK KOMANDO	ELITE PRO M	90	Dzik Komando		01:12:37.85	01:12:37.85	+00:24:21 (33.5%)	7:15	8.3 (66.9%)
109	ZIARKOWSKI Mirosław	180	FIT MORE RYBNIK	ELITE PRO MASTERS M	14	FIT MORE RYBNIK		01:12:50.60	01:12:50.60	+00:24:34 (33.7%)	7:17	8.2 (66.1%)
110	JANISZEWSKI Grzegorz	164		ELITE PRO MASTERS M	15	DZIADY OCR		01:13:06.35	01:13:06.35	+00:24:50 (34.0%)	7:18	8.2 (66.1%)
111	MIROWSKI Jacek	107	DZIK KOMANDO	ELITE PRO M	91	Dzik Komando		01:13:13.10	01:13:13.10	+00:24:57 (34.1%)	7:19	8.2 (66.1%)
112	GENDERA Mateusz	151	ACTIVE FLOW	ELITE PRO M	92	Active Flow		01:13:20.90	01:13:20.90	+00:25:04 (34.2%)	7:20	8.2 (66.1%)
113	MOKSIK Jan	161	FIT MORE RYBNIK	ELITE PRO MASTERS M	16	FIT MORE RYBNIK		01:13:46.05	01:13:46.05	+00:25:30 (34.6%)	7:22	8.1 (65.3%)
114	KRÓL Kasjan	159	SHARK CREW RYBNIK	ELITE PRO M	93	SHARK CREW RYBNIK		01:13:54.25	01:13:54.25	+00:25:38 (34.7%)	7:23	8.1 (65.3%)
115	METELSKA Karolina	191	SOCIOS SILESIA	ELITE PRO K	6	SOCIOS SILESIA		01:14:40.50	01:14:40.50	+00:26:24 (35.4%)	7:28	8 (64.5%)
116	CIEŚLIŃSKI Szymon	70		ELITE PRO M	94	SOCIOS SILESIA		01:14:42.75	01:14:42.75	+00:26:26 (35.4%)	7:28	8 (64.5%)
117	MARZEC Julia	213	SPARTAN TEAM KALETY	ELITE PRO K	7	Spartan Team Kalety		01:14:46.10	01:14:46.10	+00:26:30 (35.4%)	7:28	8 (64.5%)
118	NAJDEREK Michał	114	NOTEĆ OCR CZARNKÓW	ELITE PRO M	95	NOTEĆ OCR CZARNKÓW		01:14:58.35	01:14:58.35	+00:26:42 (35.6%)	7:29	8 (64.5%)
119	DALKIEWICZ Dariusz	168		ELITE PRO MASTERS M	17	xRunners		01:15:08.70	01:15:08.70	+00:26:52 (35.8%)	7:30	8 (64.5%)
120	FACISZEWSKI Adam	57	LEMON TEAM	ELITE PRO M	96	Lemon Team		01:15:40.70	01:15:40.70	+00:27:24 (36.2%)	7:34	7.9 (63.7%)
121	WIATROS Kamil	80	LEMON TEAM	ELITE PRO M	97	Lemon Team		01:15:59.60	01:15:59.60	+00:27:43 (36.5%)	7:35	7.9 (63.7%)
122	SZOJDA Ola	208	PAKA NINJA	ELITE PRO K	8			01:16:08.35	01:16:08.35	+00:27:52 (36.6%)	7:36	7.9 (63.7%)
123	BARABAŚ Grzegorz	167	FIT MORE RYBNIK	ELITE PRO MASTERS M	18	FIT MORE RYBNIK		01:16:40.70	01:16:40.70	+00:28:24 (37.1%)	7:40	7.8 (62.9%)
124	RZEKIECKI Michał	113	CHEEKY MONKEY TEAM	ELITE PRO M	98	CHEEKY MONKEY TEAM		01:16:56.50	01:16:56.50	+00:28:40 (37.3%)	7:41	7.8 (62.9%)
125	ZIELIŃSKI Michał	174		ELITE PRO M	99			01:16:56.75	01:16:56.75	+00:28:40 (37.3%)	7:41	7.8 (62.9%)
126	KOCHANEK Agata	181	ACTIVE FLOW	ELITE PRO K	9	Active Flow		01:17:41.10	01:17:41.10	+00:29:25 (37.9%)	7:46	7.7 (62.1%)
127	ZAGRODZKA Magdalena	198	CARBON SILESIA SPORT BY VITARADE	ELITE PRO K	10	Carbon Silesia Sport		01:17:47.35	01:17:47.35	+00:29:31 (38.0%)	7:46	7.7 (62.1%)
128	JARZĄBEK Victoria	190		ELITE PRO K	11	Carbon Silesia Sport		01:17:47.40	01:17:47.40	+00:29:31 (38.0%)	7:46	7.7 (62.1%)
129	ŁAWRENCZUK Paweł	16	WOLF TEAM	ELITE PRO M	100	Wolf Team		01:18:20.05	01:18:20.05	+00:30:04 (38.4%)	7:50	7.7 (62.1%)
130	KACPERSKI Jacek	149		ELITE PRO M	101	Gorący Potok Team		01:18:26.50	01:18:26.50	+00:30:10 (38.5%)	7:50	7.6 (61.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
131	SZAST Robert	132		ELITE PRO M	102			01:18:30.80	01:18:30.80	+00:30:14 (38.5%)	7:51	7.6 (61.3%)
132	MIŁOŚ Barbara	196	ACTIVE FLOW	ELITE PRO K	12	Active Flow		01:18:59.20	01:18:59.20	+00:30:43 (38.9%)	7:53	7.6 (61.3%)
133	CIUPEK Paweł	81	BEFIT24TEAM	ELITE PRO M	103	BeFit24Team		01:19:07.45	01:19:07.45	+00:30:51 (39.0%)	7:54	7.6 (61.3%)
134	KARBOWNICZEK Tomasz	136	BEFIT24TEAM	ELITE PRO MASTERS M	19	BeFit24Team		01:19:11.15	01:19:11.15	+00:30:55 (39.0%)	7:55	7.6 (61.3%)
135	POPIK Adam	94	XRUNNERS	ELITE PRO M	104	xRunners		01:19:24.35	01:19:24.35	+00:31:08 (39.2%)	7:56	7.6 (61.3%)
136	KONIECZNA Żaneta	188	BF24 NINJA TEAM PRO	ELITE PRO K	13	BeFit24Team		01:20:22.25	01:20:22.25	+00:32:06 (39.9%)	8:02	7.5 (60.5%)
137	SAWICZ-ŁUŃSKA Emilia	209	WOLF TEAM	ELITE PRO K	14			01:20:47.45	01:20:47.45	+00:32:31 (40.3%)	8:04	7.4 (59.7%)
138	WOJTAS Kacper	11	OSPRO NINJA ACADEMY	ELITE PRO M	105			01:21:05.35	01:21:05.35	+00:32:49 (40.5%)	8:06	7.4 (59.7%)
139	ŁAPACZ Adam	175	POWER TRAINING	ELITE PRO M	106	Power Training		01:21:50.10	01:21:50.10	+00:33:34 (41.0%)	8:11	7.3 (58.9%)
140	BAGDZIŃSKA Zuzanna	206	MOVE. TEAM	ELITE PRO K	15			01:22:09.45	01:22:09.45	+00:33:53 (41.3%)	8:12	7.3 (58.9%)
141	KOMOROWSKI Mateusz	61	POWER TRAINING	ELITE PRO M	107			01:22:43.10	01:22:43.10	+00:34:27 (41.6%)	8:16	7.3 (58.9%)
142	MARKOWICZ Ewelina	193	CARBON SILESIA SPORT	ELITE PRO K	16	Carbon Silesia Sport		01:23:19.20	01:23:19.20	+00:35:03 (42.1%)	8:19	7.2 (58.1%)
143	MIŁOŚ Izabela	216	ACTIVE FLOW	ELITE PRO K	17	Active Flow		01:23:23.25	01:23:23.25	+00:35:07 (42.1%)	8:20	7.2 (58.1%)
144	KULIGOWSKA Małgorzata	218	CARBON SILESIA SPORT BY VITARADE	ELITE PRO MASTERS K	1	Carbon Silesia Sport		01:23:40.80	01:23:40.80	+00:35:24 (42.3%)	8:22	7.2 (58.1%)
145	WÓJCICKA Anna	210	HELL'S HEAVEN SZCZECIN	ELITE PRO K	18			01:23:43.60	01:23:43.60	+00:35:27 (42.4%)	8:22	7.2 (58.1%)
146	ZIARKOWSKA Pola	219	FIT MORE RYBNIK	ELITE PRO K	19	FIT MORE RYBNIK		01:23:52.10	01:23:52.10	+00:35:36 (42.4%)	8:23	7.2 (58.1%)
147	ZIEMNICKI Tomasz	150	FIT MORE RYBNIK	ELITE PRO MASTERS M	20	FIT MORE RYBNIK		01:24:06.10	01:24:06.10	+00:35:50 (42.6%)	8:24	7.1 (57.3%)
148	GARNUSZEK Anita	200	POWER TRAINING	ELITE PRO K	20	Power Training		01:24:40.90	01:24:40.90	+00:36:24 (43.0%)	8:28	7.1 (57.3%)
149	GAŁUSZYŃSKI Łukasz	124	ACTIVE FLOW	ELITE PRO M	108	Active Flow		01:25:54.75	01:25:54.75	+00:37:38 (43.8%)	8:35	7 (56.5%)
150	ŚNIEŻKO-BŁOCKI Błażej	71	NACHILLUMORDO	ELITE PRO M	109	Na Chillu Mordo		01:26:47.40	01:26:47.40	+00:38:31 (44.4%)	8:40	6.9 (55.6%)
151	KORNAŚ Marcelina	182	LEMON TEAM	ELITE PRO K	21	Lemon Team		01:26:50.35	01:26:50.35	+00:38:34 (44.4%)	8:41	6.9 (55.6%)
152	KURACH Stanisław	172	DZIEDY OCR	ELITE PRO MASTERS M	21	DZIADY OCR		01:27:28.10	01:27:28.10	+00:39:12 (44.8%)	8:44	6.9 (55.6%)
153	NOJEK Arkadiusz	85		ELITE PRO M	110	CHEEKY MONKEY TEAM		01:27:28.15	01:27:28.15	+00:39:12 (44.8%)	8:44	6.9 (55.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
154	CZUBAK Zbigniew	178		ELITE PRO MASTERS M	22			01:27:47.75	01:27:47.75	+00:39:31 (45.0%)	8:46	6.8 (54.8%)
155	NOWAKOWSKA Maja	220	OSPRO NINJA ACADEMY	ELITE PRO K	22			01:27:56.70	01:27:56.70	+00:39:40 (45.1%)	8:47	6.8 (54.8%)
156	WIERZBOWSKA Magdalena	194	CARBON SILESIA SPORT	ELITE PRO K	23	Carbon Silesia Sport		01:28:32.75	01:28:32.75	+00:40:16 (45.5%)	8:51	6.8 (54.8%)
157	ŚWIDER Julia	217	SPARTAN TEAM KALETY	ELITE PRO K	24	Spartan Team Kalety		01:31:03.10	01:31:03.10	+00:42:47 (47.0%)	9:06	6.6 (53.2%)
158	BYCZUK Mikołaj	14		ELITE PRO M	111			01:32:44.40	01:32:44.40	+00:44:28 (48.0%)	9:16	6.5 (52.4%)
159	PŁACZEK Anna	197	CARBON SILESIA SPORT BY VITARADE	ELITE PRO K	25	Carbon Silesia Sport		01:34:11.70	01:34:11.70	+00:45:55 (48.8%)	9:25	6.4 (51.6%)
160	SCHMIDT Paweł	156	BEFIT24TEAM	ELITE PRO MASTERS M	23	BeFit24Team		01:39:08.95	01:39:08.95	+00:50:52 (51.3%)	9:54	6.1 (49.2%)
161	ŚLĘZAK Agnieszka	187	LEMON TEAM	ELITE PRO K	26	Lemon Team		01:40:06.10	01:40:06.10	+00:51:50 (51.8%)	10:00	6 (48.4%)
162	OPASIŃSKA Martyna	186	WARRIORS ŁÓDŹ	ELITE PRO K	27	Warriors Łódź		01:40:24.90	01:40:24.90	+00:52:08 (51.9%)	10:02	6 (48.4%)
163	WRUK Agata	184	XRUNNERS	ELITE PRO K	28			01:41:07.45	01:41:07.45	+00:52:51 (52.3%)	10:06	5.9 (47.6%)
164	WOCH Dominika	185	LEMON TEAM	ELITE PRO K	29	Lemon Team		01:41:40.00	01:41:40.00	+00:53:23 (52.5%)	10:10	5.9 (47.6%)
165	MARKOWSKA Nikola	211	WATAHA	ELITE PRO K	30	WATAHA		01:45:30.75	01:45:30.75	+00:57:14 (54.3%)	10:33	5.7 (46.0%)
166	PASTERKA Faustyna	189	CARBON SILESIA SPORT	ELITE PRO K	31	Carbon Silesia Sport		01:46:06.90	01:46:06.90	+00:57:50 (54.5%)	10:36	5.7 (46.0%)
167	RURAŃSKA Joanna	221	NACHILLUMORDO	ELITE PRO K	32	Na Chillu Mordo		01:48:12.25	01:48:12.25	+00:59:56 (55.4%)	10:49	5.5 (44.4%)
168	BOIŃSKA Agnieszka	201		ELITE PRO MASTERS K	2			01:51:21.55	01:51:21.55	+01:03:05 (56.7%)	11:08	5.4 (43.5%)
169	KONDEJ Michał	76	ACTIVE FLOW	ELITE PRO M	112	Active Flow		01:54:29.35	01:54:29.35	+01:06:13 (57.8%)	11:26	5.2 (41.9%)
170	BAK Emma	207	BEFIT24TEAM	ELITE PRO K	33	BeFit24Team		01:54:55.20	01:54:55.20	+01:06:39 (58.0%)	11:29	5.2 (41.9%)
171	MARZEC Martyna	212	SPARTAN TEAM KALETY	ELITE PRO K	34	Spartan Team Kalety		01:56:57.35	01:56:57.35	+01:08:41 (58.7%)	11:41	5.1 (41.1%)
172	BŁAŻYCA Zofia	183	LEMON TEAM	ELITE PRO K	35	Lemon Team		02:01:28.55	02:01:28.55	+01:13:12 (60.3%)	12:08	4.9 (39.5%)
173	MIŁOŚ Tomasz	26		ELITE PRO M	113	Active Flow		02:05:36.25	02:05:36.25	+01:17:20 (61.6%)	12:33	4.8 (38.7%)
174	WAGSTYL Mirela	192	CARBON SILESIA SPORT	ELITE PRO K	36	Carbon Silesia Sport		02:10:42.00	02:10:42.00	+01:22:25 (63.1%)	13:04	4.6 (37.1%)
175	RYLL Zofia	214	BEFIT24TEAM	ELITE PRO K	37	BeFit24Team		02:20:42.05	02:20:42.05	+01:32:26 (65.7%)	14:04	4.3 (34.7%)
176	DRZEWIECKI Marcin	123	MAD RUNNERS	ELITE PRO M	114	Mad Runners		02:15:16.90	03:12:17.10	+02:24:01 (74.9%)	13:31	4.4 (35.5%)

Znaleziono 176 wynik(ów)