



# VIKINGS RUN - OPEN 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	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	RUSZNICA Szymon	503		OPEN M	1		01:07:26.30	01:07:26.30		6:44	8.9 (100%)
2	PORCZYK Zbigniew	493	POWER TRAINING	OPEN M	2		01:09:48.50	01:09:48.50	+00:02:22 (3.4%)	6:58	8.6 (96.6%)
3	JAGIEŁŁO Arkadiusz	505		OPEN M	3		01:11:49.70	01:11:49.70	+00:04:23 (6.1%)	7:10	8.4 (94.4%)
4	ŁUGOWSKI Maciej	591	CROSSFIT TEAM SUSZ	OPEN M	4		01:16:21.30	01:16:21.30	+00:08:55 (11.7%)	7:38	7.9 (88.8%)
5	KRYSTEK Tomasz	576		OPEN M	5		01:18:09.05	01:18:09.05	+00:10:42 (13.7%)	7:48	7.7 (86.5%)
6	GRUDZIŃSKI Tomasz	478	TEAM SPIRIT NOWA SÓL	OPEN M	6		01:21:59.90	01:21:59.90	+00:14:33 (17.8%)	8:11	7.3 (82.0%)
7	GOŁĘBIOWSKI Piotr	611		OPEN MASTERS M	1		01:24:41.10	01:24:41.10	+00:17:14 (20.4%)	8:28	7.1 (79.8%)
8	WOJTOWICZ Łukasz	492	MAMRY OCR TEAM	OPEN M	7		01:26:08.40	01:26:08.40	+00:18:42 (21.7%)	8:36	7 (78.7%)
9	LEWANDOWSKI Tomasz	587	CROSSFIT TEAM SUSZ	OPEN M	8		01:26:47.75	01:26:47.75	+00:19:21 (22.3%)	8:40	6.9 (77.5%)
10	ŁOJKO Rafał	499	MAMRY OCR TEAM	OPEN M	9		01:29:58.40	01:29:58.40	+00:22:32 (25.0%)	8:59	6.7 (75.3%)
11	CZEPIELIŃSKA Paulina	618	POWER TRAINING	OPEN K	1		01:30:26.40	01:30:26.40	+00:23:00 (25.4%)	9:02	6.6 (74.2%)
12	RYBIŃSKA Anita	464	NINJA ARENA GDAŃSK	OPEN K	2	xRunners	01:32:21.20	01:32:21.20	+00:24:54 (27.0%)	9:14	6.5 (73.0%)
13	SPUTOWSKI Krzysztof	483		OPEN M	10		01:32:51.85	01:32:51.85	+00:25:25 (27.4%)	9:17	6.5 (73.0%)
14	WAŚNIEWSKI Damian Deny	609		OPEN M	11		01:35:50.70	01:35:50.70	+00:28:24 (29.6%)	9:35	6.3 (70.8%)
15	PLISZKA Dominika	481	BIGYELLOWFOOT ADVENTURE TEAM	OPEN K	3	BigYellowFoot Adventure Team	01:36:26.50	01:36:26.50	+00:29:00 (30.1%)	9:38	6.2 (69.7%)

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16	<b>LUKAS Małgorzata</b>	<b>476</b>		OPEN K	4	OSPRO OCR	<b>01:38:19.05</b>	<b>01:38:19.05</b>	+00:30:52 (31.4%)	9:49	6.1 (68.5%)
17	<b>BARTOSIEWICZ Przemysław</b>	<b>557</b>	SILVER FOX	OPEN MASTERS M	2		<b>01:40:16.30</b>	<b>01:40:16.30</b>	+00:32:50 (32.7%)	10:01	6 (67.4%)
18	<b>KOTYNIA Michał</b>	<b>466</b>	PATOBIEGACZE	OPEN M	12		<b>01:42:37.60</b>	<b>01:42:37.60</b>	+00:35:11 (34.3%)	10:15	5.8 (65.2%)
19	<b>KRÓL Ryszard</b>	<b>501</b>		OPEN MASTERS M	3		<b>01:43:37.90</b>	<b>01:43:37.90</b>	+00:36:11 (34.9%)	10:21	5.8 (65.2%)
20	<b>PALCZYŃSKI Andrzej</b>	<b>475</b>	FABRYKA DZIKA	OPEN MASTERS M	4		<b>01:44:00.15</b>	<b>01:44:00.15</b>	+00:36:33 (35.2%)	10:24	5.8 (65.2%)
21	<b>WIŚNIEWSKI Maciej</b>	<b>480</b>		OPEN M	13		<b>01:44:58.30</b>	<b>01:44:58.30</b>	+00:37:32 (35.8%)	10:29	5.7 (64.0%)
22	<b>NALEWAJCZYK Anna</b>	<b>456</b>	DZIK KOMANDO	OPEN K	5	Dzik Komando	<b>01:46:00.80</b>	<b>01:46:00.80</b>	+00:38:34 (36.4%)	10:36	5.7 (64.0%)
23	<b>LEŚNICZAK Barbara</b>	<b>575</b>		OPEN MASTERS K	1		<b>01:49:11.25</b>	<b>01:49:11.25</b>	+00:41:44 (38.2%)	10:55	5.5 (61.8%)
24	<b>SZEWczyk Grzegorz</b>	<b>527</b>		OPEN M	14		<b>01:51:22.60</b>	<b>01:51:22.60</b>	+00:43:56 (39.5%)	11:08	5.4 (60.7%)
25	<b>MACIOŁ Piotr</b>	<b>511</b>		OPEN M	15		<b>01:52:22.70</b>	<b>01:52:22.70</b>	+00:44:56 (40.0%)	11:14	5.3 (59.6%)
26	<b>BZOWSKI Marcin</b>	<b>547</b>		OPEN M	16		<b>01:54:55.90</b>	<b>01:54:55.90</b>	+00:47:29 (41.3%)	11:29	5.2 (58.4%)
27	<b>GREFKOWICZ Robert</b>	<b>491</b>	DZIK KOMANDO	OPEN MASTERS M	5	Dzik Komando	<b>01:58:08.75</b>	<b>01:58:08.75</b>	+00:50:42 (42.9%)	11:48	5.1 (57.3%)
28	<b>DOMAŃSKI Rafał</b>	<b>469</b>		OPEN M	17		<b>02:00:04.00</b>	<b>02:00:04.00</b>	+00:52:37 (43.8%)	12:00	5 (56.2%)
29	<b>WITOS Rafał</b>	<b>562</b>	PSIUTY PAŃSTWO	OPEN M	18	Psiuty Państwo	<b>02:00:19.25</b>	<b>02:00:19.25</b>	+00:52:52 (44.0%)	12:01	5 (56.2%)
30	<b>POCIEJKIN Jakub</b>	<b>559</b>		OPEN M	19		<b>02:02:29.25</b>	<b>02:02:29.25</b>	+00:55:02 (44.9%)	12:14	4.9 (55.1%)
31	<b>WRÓBEL Adrianna</b>	<b>445</b>		OPEN K	6		<b>02:02:45.25</b>	<b>02:02:45.25</b>	+00:55:18 (45.1%)	12:16	4.9 (55.1%)
32	<b>SMOLORZ Kewin</b>	<b>535</b>		OPEN M	20		<b>02:02:59.20</b>	<b>02:02:59.20</b>	+00:55:32 (45.2%)	12:17	4.9 (55.1%)
33	<b>OPERSKALSKI Mateusz</b>	<b>514</b>		OPEN M	21		<b>02:03:13.00</b>	<b>02:03:13.00</b>	+00:55:46 (45.3%)	12:19	4.9 (55.1%)
34	<b>TERCZYŃSKI Paweł</b>	<b>572</b>	SII RUNNING TEAM	OPEN MASTERS M	6		<b>02:03:55.30</b>	<b>02:03:55.30</b>	+00:56:29 (45.6%)	12:23	4.8 (53.9%)
35	<b>ROCHALA Bartłomiej</b>	<b>567</b>		OPEN M	22		<b>02:04:10.70</b>	<b>02:04:10.70</b>	+00:56:44 (45.7%)	12:25	4.8 (53.9%)
36	<b>MATUJEWICZ Hubert</b>	<b>563</b>	BROKING	OPEN M	23	BROKing	<b>02:04:43.85</b>	<b>02:04:43.85</b>	+00:57:17 (45.9%)	12:28	4.8 (53.9%)
37	<b>MOCZARSKI Dawid</b>	<b>560</b>		OPEN M	24		<b>02:05:16.90</b>	<b>02:05:16.90</b>	+00:57:50 (46.2%)	12:31	4.8 (53.9%)
38	<b>KIJAŃSKI Oskar</b>	<b>495</b>		OPEN M	25		<b>02:06:47.60</b>	<b>02:06:47.60</b>	+00:59:21 (46.8%)	12:40	4.7 (52.8%)

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39	<b>MERK Ewa</b>	<b>461</b>	TFC TEAM	OPEN K	7		<b>02:09:21.65</b>	<b>02:09:21.65</b>	+01:01:55 (47.9%)	12:56	4.6 (51.7%)
40	<b>GOŹDZIK Marta</b>	<b>462</b>		OPEN K	8	TFC TEAM	<b>02:09:38.50</b>	<b>02:09:38.50</b>	+01:02:12 (48.0%)	12:57	4.6 (51.7%)
41	<b>DYONIZIAK Dominik</b>	<b>460</b>	TFC TEAM	OPEN M	26		<b>02:09:43.00</b>	<b>02:09:43.00</b>	+01:02:16 (48.0%)	12:58	4.6 (51.7%)
42	<b>DURAJ Paulina</b>	<b>510</b>		OPEN K	9		<b>02:12:04.55</b>	<b>02:12:04.55</b>	+01:04:38 (48.9%)	13:12	4.5 (50.6%)
43	<b>SOCHA Mariusz</b>	<b>566</b>		OPEN M	27		<b>02:12:21.50</b>	<b>02:12:21.50</b>	+01:04:55 (49.0%)	13:14	4.5 (50.6%)
44	<b>KONDRACIUK Ewelina</b>	<b>489</b>		OPEN K	10		<b>02:12:24.25</b>	<b>02:12:24.25</b>	+01:04:57 (49.1%)	13:14	4.5 (50.6%)
45	<b>WIATR Wiktor</b>	<b>536</b>		OPEN M	28		<b>02:12:54.65</b>	<b>02:12:54.65</b>	+01:05:28 (49.3%)	13:17	4.5 (50.6%)
46	<b>POHLID-DODA Anna</b>	<b>586</b>	CROSSFIT TEAM SUSZ	OPEN K	11		<b>02:13:11.70</b>	<b>02:13:11.70</b>	+01:05:45 (49.4%)	13:19	4.5 (50.6%)
47	<b>PODEMSKI Bartosz</b>	<b>494</b>		OPEN M	29		<b>02:14:11.40</b>	<b>02:14:11.40</b>	+01:06:45 (49.7%)	13:25	4.5 (50.6%)
48	<b>JĘDRYCHOWICZ Piotr</b>	<b>569</b>		OPEN M	30		<b>02:14:45.15</b>	<b>02:14:45.15</b>	+01:07:18 (50.0%)	13:28	4.5 (50.6%)
49	<b>WYSOCKI Adam</b>	<b>564</b>	PSIUTY PAŃSTWO	OPEN M	31	Psiuty Państwo	<b>02:15:09.30</b>	<b>02:15:09.30</b>	+01:07:43 (50.1%)	13:30	4.4 (49.4%)
50	<b>KOŁODZIEJCZYK Martyna</b>	<b>621</b>		OPEN K	12		<b>02:16:01.10</b>	<b>02:16:01.10</b>	+01:08:34 (50.4%)	13:36	4.4 (49.4%)
51	<b>KOZIOŁ Gabriel</b>	<b>612</b>		OPEN M	32		<b>02:16:25.40</b>	<b>02:16:25.40</b>	+01:08:59 (50.6%)	13:38	4.4 (49.4%)
52	<b>ORŁOWSKI Przemysław</b>	<b>523</b>		OPEN M	33		<b>02:16:50.40</b>	<b>02:16:50.40</b>	+01:09:24 (50.7%)	13:41	4.4 (49.4%)
53	<b>KALETA Jerzy</b>	<b>550</b>		OPEN MASTERS M	7	Grójeckie Morsy	<b>02:17:27.85</b>	<b>02:17:27.85</b>	+01:10:01 (50.9%)	13:44	4.4 (49.4%)
53	<b>MACIAK Monika</b>	<b>553</b>		OPEN MASTERS K	2	Grójeckie Morsy	<b>02:17:27.85</b>	<b>02:17:27.85</b>	+01:10:01 (50.9%)	13:44	4.4 (49.4%)
55	<b>BARANOWSKI Cezary</b>	<b>552</b>		OPEN MASTERS M	8	Grójeckie Morsy	<b>02:17:27.90</b>	<b>02:17:27.90</b>	+01:10:01 (50.9%)	13:44	4.4 (49.4%)
56	<b>SZURGOT Tomasz</b>	<b>551</b>		OPEN MASTERS M	9	Grójeckie Morsy	<b>02:17:27.95</b>	<b>02:17:27.95</b>	+01:10:01 (50.9%)	13:44	4.4 (49.4%)
57	<b>SZURGOT Katarzyna</b>	<b>549</b>		OPEN MASTERS K	3	Grójeckie Morsy	<b>02:17:28.15</b>	<b>02:17:28.15</b>	+01:10:01 (50.9%)	13:44	4.4 (49.4%)
58	<b>WILK Izabela</b>	<b>459</b>	TFC TEAM	OPEN K	13		<b>02:18:44.65</b>	<b>02:18:44.65</b>	+01:11:18 (51.4%)	13:52	4.3 (48.3%)
59	<b>WIĘCEK Szymon</b>	<b>534</b>		OPEN M	34		<b>02:19:17.20</b>	<b>02:19:17.20</b>	+01:11:50 (51.6%)	13:55	4.3 (48.3%)
60	<b>LALEK Anna</b>	<b>584</b>	EDC.TEAM	OPEN K	14	EDC.TEAM	<b>02:19:21.50</b>	<b>02:19:21.50</b>	+01:11:55 (51.6%)	13:56	4.3 (48.3%)
61	<b>PIĘTAKIEWICZ Sylwester</b>	<b>583</b>	EDC.TEAM	OPEN M	35	EDC.TEAM	<b>02:19:21.90</b>	<b>02:19:21.90</b>	+01:11:55 (51.6%)	13:56	4.3 (48.3%)

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62	<b>GRABAŁOWSKI Michał</b>	<b>458</b>	TFC TEAM	OPEN M	36		<b>02:19:51.55</b>	<b>02:19:51.55</b>	+01:12:25 (51.8%)	13:59	4.3 (48.3%)
63	<b>FILIPÓW Arek</b>	<b>590</b>		OPEN M	37		<b>02:20:10.20</b>	<b>02:20:10.20</b>	+01:12:43 (51.9%)	14:01	4.3 (48.3%)
64	<b>WÓJTOWICZ Zbigniew</b>	<b>580</b>		OPEN M	38		<b>02:20:13.55</b>	<b>02:20:13.55</b>	+01:12:47 (51.9%)	14:01	4.3 (48.3%)
65	<b>NABIT Ana</b>	<b>579</b>		OPEN MASTERS K	4		<b>02:20:13.60</b>	<b>02:20:13.60</b>	+01:12:47 (51.9%)	14:01	4.3 (48.3%)
66	<b>KROPIEWNICKI Daniel</b>	<b>565</b>		OPEN M	39	BROking	<b>02:20:32.55</b>	<b>02:20:32.55</b>	+01:13:06 (52.0%)	14:03	4.3 (48.3%)
67	<b>ORŁOWSKI Sławomir</b>	<b>524</b>		OPEN MASTERS M	10		<b>02:21:24.50</b>	<b>02:21:24.50</b>	+01:13:58 (52.3%)	14:08	4.2 (47.2%)
68	<b>KROLAK Wiktor</b>	<b>570</b>		OPEN M	40		<b>02:21:47.25</b>	<b>02:21:47.25</b>	+01:14:20 (52.4%)	14:10	4.2 (47.2%)
69	<b>WIKLIŃSKI Dominik</b>	<b>504</b>	POWER TRAINING	OPEN M	41	Power Training	<b>02:22:29.50</b>	<b>02:22:29.50</b>	+01:15:03 (52.7%)	14:14	4.2 (47.2%)
70	<b>PUNIEWSKI Dominik</b>	<b>620</b>	KUNIE	OPEN M	42		<b>02:22:53.85</b>	<b>02:22:53.85</b>	+01:15:27 (52.8%)	14:17	4.2 (47.2%)
71	<b>GALBARCZYK Bartosz</b>	<b>619</b>	KUNIE	OPEN M	43		<b>02:22:56.05</b>	<b>02:22:56.05</b>	+01:15:29 (52.8%)	14:17	4.2 (47.2%)
72	<b>GRABSKA Ewa</b>	<b>487</b>	FABRYKA DZIKA	OPEN K	15		<b>02:23:00.30</b>	<b>02:23:00.30</b>	+01:15:34 (52.8%)	14:18	4.2 (47.2%)
73	<b>HAŁAS Damian</b>	<b>526</b>		OPEN M	44		<b>02:23:15.50</b>	<b>02:23:15.50</b>	+01:15:49 (52.9%)	14:19	4.2 (47.2%)
74	<b>GĄGOROWSKI Paweł</b>	<b>522</b>		OPEN M	45		<b>02:23:15.75</b>	<b>02:23:15.75</b>	+01:15:49 (52.9%)	14:19	4.2 (47.2%)
75	<b>ŚWIĄTEK Bronisław</b>	<b>610</b>	SAMOTNY WILK	OPEN MASTERS M	11		<b>02:23:33.55</b>	<b>02:23:33.55</b>	+01:16:07 (53.0%)	14:21	4.2 (47.2%)
76	<b>BIAŁOMAZUR Marcelli</b>	<b>592</b>		OPEN M	46		<b>02:23:46.55</b>	<b>02:23:46.55</b>	+01:16:20 (53.1%)	14:22	4.2 (47.2%)
77	<b>SUROWIEC Konrad</b>	<b>574</b>		OPEN M	47		<b>02:24:03.65</b>	<b>02:24:03.65</b>	+01:16:37 (53.2%)	14:24	4.2 (47.2%)
78	<b>GIEŁŻYCKI Łukasz</b>	<b>561</b>	BROKING	OPEN M	48	BROking	<b>02:25:55.70</b>	<b>02:25:55.70</b>	+01:18:29 (53.8%)	14:35	4.1 (46.1%)
79	<b>SUSZEK Radek</b>	<b>500</b>		OPEN M	49		<b>02:26:04.90</b>	<b>02:26:04.90</b>	+01:18:38 (53.8%)	14:36	4.1 (46.1%)
80	<b>KUŚPIŚ Łukasz</b>	<b>589</b>		OPEN M	50		<b>02:26:19.30</b>	<b>02:26:19.30</b>	+01:18:53 (53.9%)	14:37	4.1 (46.1%)
81	<b>KARDAS Karolina</b>	<b>498</b>		OPEN K	16		<b>02:26:39.60</b>	<b>02:26:39.60</b>	+01:19:13 (54.0%)	14:39	4.1 (46.1%)
82	<b>PALCZYNSKA Agnieszka</b>	<b>474</b>	FABRYKA DZIKA	OPEN MASTERS K	5		<b>02:26:40.05</b>	<b>02:26:40.05</b>	+01:19:13 (54.0%)	14:40	4.1 (46.1%)
83	<b>MATYJASZCZYK Dawid</b>	<b>457</b>		OPEN M	51	CzekoDziki	<b>02:27:15.70</b>	<b>02:27:15.70</b>	+01:19:49 (54.2%)	14:43	4.1 (46.1%)
84	<b>BUBELA Bohdan</b>	<b>548</b>		OPEN M	52		<b>02:27:50.10</b>	<b>02:27:50.10</b>	+01:20:23 (54.4%)	14:47	4.1 (46.1%)

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85	<b>GILARSKA Edyta</b>	<b>608</b>		OPEN K	17		<b>02:27:51.50</b>	<b>02:27:51.50</b>	+01:20:25 (54.4%)	14:47	4.1 (46.1%)
86	<b>TYKWIŃSKI Łukasz</b>	<b>468</b>		OPEN M	53		<b>02:28:16.35</b>	<b>02:28:16.35</b>	+01:20:50 (54.5%)	14:49	4 (44.9%)
87	<b>ORZOŁ Michał</b>	<b>473</b>		OPEN M	54		<b>02:28:16.50</b>	<b>02:28:16.50</b>	+01:20:50 (54.5%)	14:49	4 (44.9%)
88	<b>WĘGLIŃSKI Wiktor</b>	<b>622</b>		OPEN M	55		<b>02:28:17.80</b>	<b>02:28:17.80</b>	+01:20:51 (54.5%)	14:49	4 (44.9%)
89	<b>SKALSKA Patrycja</b>	<b>516</b>		OPEN K	18		<b>02:29:10.80</b>	<b>02:29:10.80</b>	+01:21:44 (54.8%)	14:55	4 (44.9%)
90	<b>KOSCHEMBAHR ŁYSKOWSKA Danuta</b>	<b>463</b>	BIGYELLOWFOOT ADVENTURE TEAM	OPEN K	19		<b>02:29:38.20</b>	<b>02:29:38.20</b>	+01:22:11 (54.9%)	14:57	4 (44.9%)
91	<b>PRZYBYŁO Jola</b>	<b>594</b>		OPEN MASTERS K	6		<b>02:29:47.00</b>	<b>02:29:47.00</b>	+01:22:20 (55.0%)	14:58	4 (44.9%)
92	<b>SZULC Adam</b>	<b>598</b>	POWER TRAINING	OPEN MASTERS M	12		<b>02:29:47.70</b>	<b>02:29:47.70</b>	+01:22:21 (55.0%)	14:58	4 (44.9%)
93	<b>PRZYBYŁO Mateusz</b>	<b>595</b>		OPEN MASTERS M	13		<b>02:29:57.35</b>	<b>02:29:57.35</b>	+01:22:31 (55.0%)	14:59	4 (44.9%)
94	<b>CHODARA Mateusz</b>	<b>588</b>		OPEN M	56		<b>02:30:56.10</b>	<b>02:30:56.10</b>	+01:23:29 (55.3%)	15:05	4 (44.9%)
95	<b>LUKAS Mateusz</b>	<b>518</b>		OPEN M	57		<b>02:31:24.75</b>	<b>02:31:24.75</b>	+01:23:58 (55.5%)	15:08	4 (44.9%)
96	<b>JABŁOŃSKA-KORDEL Zuzanna</b>	<b>502</b>	HARDBOX OTWOCK	OPEN K	20		<b>02:31:36.65</b>	<b>02:31:36.65</b>	+01:24:10 (55.5%)	15:09	4 (44.9%)
97	<b>SUSZEK Ewelina</b>	<b>496</b>		OPEN K	21		<b>02:32:17.60</b>	<b>02:32:17.60</b>	+01:24:51 (55.7%)	15:13	3.9 (43.8%)
98	<b>FURMAŃSKI Marek</b>	<b>472</b>		OPEN M	58		<b>02:35:49.90</b>	<b>02:35:49.90</b>	+01:28:23 (56.7%)	15:34	3.9 (43.8%)
99	<b>GRABARCZYK Marta</b>	<b>486</b>	FABRYKA DZIKA	OPEN K	22		<b>02:37:24.00</b>	<b>02:37:24.00</b>	+01:29:57 (57.2%)	15:44	3.8 (42.7%)
100	<b>FRYD Krzysztofa</b>	<b>484</b>	FABRYKA DZIKA	OPEN K	23		<b>02:37:24.20</b>	<b>02:37:24.20</b>	+01:29:57 (57.2%)	15:44	3.8 (42.7%)
101	<b>LESIAK Mateusz</b>	<b>497</b>		OPEN M	59		<b>02:38:11.25</b>	<b>02:38:11.25</b>	+01:30:44 (57.4%)	15:49	3.8 (42.7%)
102	<b>ANDRYCHIEWICZ Tymoteusz</b>	<b>578</b>		OPEN M	60		<b>02:38:43.80</b>	<b>02:38:43.80</b>	+01:31:17 (57.5%)	15:52	3.8 (42.7%)
103	<b>SWIECH Arkadiusz</b>	<b>577</b>		OPEN M	61		<b>02:39:11.65</b>	<b>02:39:11.65</b>	+01:31:45 (57.6%)	15:55	3.8 (42.7%)
104	<b>PAWLAK Adam</b>	<b>581</b>		OPEN M	62		<b>02:39:12.05</b>	<b>02:39:12.05</b>	+01:31:45 (57.6%)	15:55	3.8 (42.7%)
105	<b>BEDLECHOWICZ Artur</b>	<b>596</b>	KSRG FOLWARKI	OPEN M	63		<b>02:39:49.40</b>	<b>02:39:49.40</b>	+01:32:23 (57.8%)	15:58	3.8 (42.7%)
106	<b>PAŁASZEWSKA-RZADKA Anita</b>	<b>508</b>		OPEN K	24		<b>02:42:35.95</b>	<b>02:42:35.95</b>	+01:35:09 (58.5%)	16:15	3.7 (41.6%)
107	<b>MARCISZ Renata</b>	<b>506</b>		OPEN MASTERS K	7		<b>02:44:04.85</b>	<b>02:44:04.85</b>	+01:36:38 (58.9%)	16:24	3.7 (41.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
108	<b>STRĄCZEK Dawid</b>	<b>520</b>		OPEN M	64		<b>02:45:18.15</b>	<b>02:45:18.15</b>	+01:37:51 (59.2%)	16:31	3.6 (40.4%)
109	<b>STRĄCZEK Patryk</b>	<b>521</b>		OPEN M	65		<b>02:45:18.60</b>	<b>02:45:18.60</b>	+01:37:52 (59.2%)	16:31	3.6 (40.4%)
110	<b>SPYCHAŁA Jakub</b>	<b>525</b>		OPEN M	66		<b>02:45:18.90</b>	<b>02:45:18.90</b>	+01:37:52 (59.2%)	16:31	3.6 (40.4%)
111	<b>KUDRA Adrian</b>	<b>599</b>		OPEN M	67		<b>02:45:37.30</b>	<b>02:45:37.30</b>	+01:38:11 (59.3%)	16:33	3.6 (40.4%)
112	<b>FACER Jonathan</b>	<b>617</b>		OPEN MASTERS M	14		<b>02:46:08.10</b>	<b>02:46:08.10</b>	+01:38:41 (59.4%)	16:36	3.6 (40.4%)
113	<b>LECHOWSKA Anna</b>	<b>513</b>	RAWA FIGHT CREW	OPEN K	25		<b>02:46:44.75</b>	<b>02:46:44.75</b>	+01:39:18 (59.6%)	16:40	3.6 (40.4%)
114	<b>PAWŁOWSKI Sebastian</b>	<b>512</b>	RAWA FIGHT CREW	OPEN MASTERS M	15		<b>02:46:44.95</b>	<b>02:46:44.95</b>	+01:39:18 (59.6%)	16:40	3.6 (40.4%)
115	<b>BAJOREK Monika</b>	<b>614</b>		OPEN MASTERS K	8		<b>02:47:09.45</b>	<b>02:47:09.45</b>	+01:39:43 (59.7%)	16:42	3.6 (40.4%)
116	<b>JANICKA Kamila</b>	<b>479</b>	WARRIORS ŁÓDŹ	OPEN K	26		<b>02:50:40.35</b>	<b>02:50:40.35</b>	+01:43:14 (60.5%)	17:04	3.5 (39.3%)
117	<b>SZUMIŃSKA Ewa</b>	<b>616</b>		OPEN K	27		<b>02:52:39.85</b>	<b>02:52:39.85</b>	+01:45:13 (60.9%)	17:15	3.5 (39.3%)
118	<b>JACHYM Mirosław</b>	<b>623</b>		OPEN MASTERS M	16		<b>02:54:36.70</b>	<b>02:54:36.70</b>	+01:47:10 (61.4%)	17:27	3.4 (38.2%)
119	<b>JACKOWSKA Joanna</b>	<b>542</b>		OPEN MASTERS K	9		<b>02:54:39.10</b>	<b>02:54:39.10</b>	+01:47:12 (61.4%)	17:27	3.4 (38.2%)
120	<b>ROBERT Brzeziński</b>	<b>539</b>		OPEN M	68		<b>02:54:39.90</b>	<b>02:54:39.90</b>	+01:47:13 (61.4%)	17:27	3.4 (38.2%)
121	<b>RZESZUT Tomasz</b>	<b>544</b>		OPEN MASTERS M	17		<b>02:54:40.20</b>	<b>02:54:40.20</b>	+01:47:13 (61.4%)	17:28	3.4 (38.2%)
122	<b>TRELA Anna</b>	<b>541</b>		OPEN K	28		<b>02:54:40.70</b>	<b>02:54:40.70</b>	+01:47:14 (61.4%)	17:28	3.4 (38.2%)
123	<b>DROZDOWSKI Leszek</b>	<b>545</b>		OPEN M	69		<b>02:54:40.80</b>	<b>02:54:40.80</b>	+01:47:14 (61.4%)	17:28	3.4 (38.2%)
124	<b>TRELA Bogdan</b>	<b>540</b>		OPEN MASTERS M	18		<b>02:54:41.50</b>	<b>02:54:41.50</b>	+01:47:15 (61.4%)	17:28	3.4 (38.2%)
124	<b>RAJCA Magdalena</b>	<b>543</b>		OPEN MASTERS K	10		<b>02:54:41.50</b>	<b>02:54:41.50</b>	+01:47:15 (61.4%)	17:28	3.4 (38.2%)
126	<b>NIEĆ Bartłomiej</b>	<b>603</b>		OPEN M	70		<b>02:54:53.70</b>	<b>02:54:53.70</b>	+01:47:27 (61.4%)	17:29	3.4 (38.2%)
127	<b>HELBIK Mariusz</b>	<b>470</b>		OPEN M	71		<b>02:55:10.55</b>	<b>02:55:10.55</b>	+01:47:44 (61.5%)	17:31	3.4 (38.2%)
128	<b>HELBIK Agata</b>	<b>471</b>		OPEN K	29		<b>02:55:10.90</b>	<b>02:55:10.90</b>	+01:47:44 (61.5%)	17:31	3.4 (38.2%)
129	<b>SZCZYPUŁA Kacper</b>	<b>602</b>		OPEN M	72		<b>02:55:29.05</b>	<b>02:55:29.05</b>	+01:48:02 (61.6%)	17:32	3.4 (38.2%)
130	<b>PAWEŁEK Paulina</b>	<b>507</b>		OPEN K	30		<b>02:56:50.50</b>	<b>02:56:50.50</b>	+01:49:24 (61.9%)	17:41	3.4 (38.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
131	WÓJCIK Agnieszka	490		OPEN K	31		02:59:33.35	02:59:33.35	+01:52:07 (62.4%)	17:57	3.3 (37.1%)
132	IWANYSZYN Daniel	600		OPEN M	73		03:01:47.45	03:01:47.45	+01:54:21 (62.9%)	18:10	3.3 (37.1%)
133	MATERA Łucja	509		OPEN K	32		03:02:53.45	03:02:53.45	+01:55:27 (63.1%)	18:17	3.3 (37.1%)
134	PRUS Paweł	554	GRÓJECKIE MORSY	OPEN MASTERS M	19	Grójeckie Morsy	03:04:05.95	03:04:05.95	+01:56:39 (63.4%)	18:24	3.3 (37.1%)
134	MICHALAK Iwona	571		OPEN MASTERS K	11	Grójeckie Morsy	03:04:05.95	03:04:05.95	+01:56:39 (63.4%)	18:24	3.3 (37.1%)
136	MICHALAK Artur	558		OPEN MASTERS M	20	Grójeckie Morsy	03:04:06.20	03:04:06.20	+01:56:39 (63.4%)	18:24	3.3 (37.1%)
137	MARKIEWICZ Aneta	555	GRÓJECKIE MORSY	OPEN K	33	Grójeckie Morsy	03:04:06.25	03:04:06.25	+01:56:39 (63.4%)	18:24	3.3 (37.1%)
138	KAWĘCKI Ryszard	556	GRÓJECKIE MORSY	OPEN MASTERS M	21	Grójeckie Morsy	03:04:06.75	03:04:06.75	+01:56:40 (63.4%)	18:24	3.3 (37.1%)
139	MENDRELA Krzysztof	604		OPEN M	74		03:07:41.35	03:07:41.35	+02:00:15 (64.1%)	18:46	3.2 (36.0%)
140	PRZYWARKA Hanna	607		OPEN K	34		03:07:42.40	03:07:42.40	+02:00:16 (64.1%)	18:46	3.2 (36.0%)
141	PABINIAK Artur	546		OPEN M	75		03:10:29.90	03:10:29.90	+02:03:03 (64.6%)	19:02	3.1 (34.8%)
142	TEICHMANN Anna	605		OPEN K	35		03:13:36.30	03:13:36.30	+02:06:10 (65.2%)	19:21	3.1 (34.8%)
143	ŁOPAT Łukasz	531	KRWAWULTEAM	OPEN M	76	Krawul Team	03:13:46.50	03:13:46.50	+02:06:20 (65.2%)	19:22	3.1 (34.8%)
143	HELENIAK Arkadiusz	613		OPEN M	76		03:13:46.50	03:13:46.50	+02:06:20 (65.2%)	19:22	3.1 (34.8%)
145	TYKWIŃSKI Artur	467		OPEN MASTERS M	22		03:13:51.60	03:13:51.60	+02:06:25 (65.2%)	19:23	3.1 (34.8%)
146	KRYSTERA Milena	477		OPEN K	36		03:18:03.70	03:18:03.70	+02:10:37 (66.0%)	19:48	3 (33.7%)
147	SKORUPSKI Adam	515		OPEN MASTERS M	23		03:23:49.90	03:23:49.90	+02:16:23 (66.9%)	20:22	2.9 (32.6%)
148	SZYMAŃSKI Patryk	533		OPEN M	78		03:24:30.75	03:24:30.75	+02:17:04 (67.0%)	20:27	2.9 (32.6%)
149	GRABARCZYK Agnieszka	488	FABRYKA DZIKA	OPEN K	37		03:28:03.60	03:28:03.60	+02:20:37 (67.6%)	20:48	2.9 (32.6%)
150	KOSZCZ Natalia	593		OPEN K	38						(0.0%)
151	TRACH Vladyslav	538		OPEN M	79						(0.0%)
	KALIŃSKA Stella	465	NINJA ARENA GDAŃSK	OPEN K			DNF	DNF		-	(0.0%)

Znaleziono 152 wynik(ów)