



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%)

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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
39	MERK Ewa	461	TFC TEAM	OPEN K	7		02:09:21.65	02:09:21.65	+01:01:55 (47.9%)	12:56	4.6 (51.7%)
40	GOŹDZIK Marta	462		OPEN K	8	TFC TEAM	02:09:38.50	02:09:38.50	+01:02:12 (48.0%)	12:57	4.6 (51.7%)
41	DYONIZIAK Dominik	460	TFC TEAM	OPEN M	26		02:09:43.00	02:09:43.00	+01:02:16 (48.0%)	12:58	4.6 (51.7%)
42	DURAJ Paulina	510		OPEN K	9		02:12:04.55	02:12:04.55	+01:04:38 (48.9%)	13:12	4.5 (50.6%)
43	SOCHA Mariusz	566		OPEN M	27		02:12:21.50	02:12:21.50	+01:04:55 (49.0%)	13:14	4.5 (50.6%)
44	KONDRACIUK Ewelina	489		OPEN K	10		02:12:24.25	02:12:24.25	+01:04:57 (49.1%)	13:14	4.5 (50.6%)
45	WIATR Wiktor	536		OPEN M	28		02:12:54.65	02:12:54.65	+01:05:28 (49.3%)	13:17	4.5 (50.6%)
46	POHLID-DODA Anna	586	CROSSFIT TEAM SUSZ	OPEN K	11		02:13:11.70	02:13:11.70	+01:05:45 (49.4%)	13:19	4.5 (50.6%)
47	PODEMSKI Bartosz	494		OPEN M	29		02:14:11.40	02:14:11.40	+01:06:45 (49.7%)	13:25	4.5 (50.6%)
48	JĘDRYCHOWICZ Piotr	569		OPEN M	30		02:14:45.15	02:14:45.15	+01:07:18 (50.0%)	13:28	4.5 (50.6%)
49	WYSOCKI Adam	564	PSIUTY PAŃSTWO	OPEN M	31	Psiuty Państwo	02:15:09.30	02:15:09.30	+01:07:43 (50.1%)	13:30	4.4 (49.4%)
50	KOŁODZIEJCZYK Martyna	621		OPEN K	12		02:16:01.10	02:16:01.10	+01:08:34 (50.4%)	13:36	4.4 (49.4%)
51	KOZIOŁ Gabriel	612		OPEN M	32		02:16:25.40	02:16:25.40	+01:08:59 (50.6%)	13:38	4.4 (49.4%)
52	ORŁOWSKI Przemysław	523		OPEN M	33		02:16:50.40	02:16:50.40	+01:09:24 (50.7%)	13:41	4.4 (49.4%)
53	KALETA Jerzy	550		OPEN MASTERS M	7	Grójeckie Morsy	02:17:27.85	02:17:27.85	+01:10:01 (50.9%)	13:44	4.4 (49.4%)
53	MACIAK Monika	553		OPEN MASTERS K	2	Grójeckie Morsy	02:17:27.85	02:17:27.85	+01:10:01 (50.9%)	13:44	4.4 (49.4%)
55	BARANOWSKI Cezary	552		OPEN MASTERS M	8	Grójeckie Morsy	02:17:27.90	02:17:27.90	+01:10:01 (50.9%)	13:44	4.4 (49.4%)
56	SZURGOT Tomasz	551		OPEN MASTERS M	9	Grójeckie Morsy	02:17:27.95	02:17:27.95	+01:10:01 (50.9%)	13:44	4.4 (49.4%)
57	SZURGOT Katarzyna	549		OPEN MASTERS K	3	Grójeckie Morsy	02:17:28.15	02:17:28.15	+01:10:01 (50.9%)	13:44	4.4 (49.4%)
58	WILK Izabela	459	TFC TEAM	OPEN K	13		02:18:44.65	02:18:44.65	+01:11:18 (51.4%)	13:52	4.3 (48.3%)
59	WIĘCEK Szymon	534		OPEN M	34		02:19:17.20	02:19:17.20	+01:11:50 (51.6%)	13:55	4.3 (48.3%)
60	LALEK Anna	584	EDC.TEAM	OPEN K	14	EDC.TEAM	02:19:21.50	02:19:21.50	+01:11:55 (51.6%)	13:56	4.3 (48.3%)
61	PIĘTAKIEWICZ Sylwester	583	EDC.TEAM	OPEN M	35	EDC.TEAM	02:19:21.90	02:19:21.90	+01:11:55 (51.6%)	13:56	4.3 (48.3%)

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

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

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