



Klasyfikacja: Wszyscy

# WIOSENNY BIEG WSCHODZĄCEGO SŁOŃCA

B4SPORT

**Organizator:** Fundacja Kozica  
**Data:** 2021-06-06  
**Miejsce:** Stańcowa  
**Dystans:** 4,5 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 4.5km	Czas brutto 4.5km	Różn	Tempo min/km	Tempo km/h
1	JAWORSKI Zbigniew	114		M2 (36-49)	1	00:38:59.00	00:38:59.00		8:39	6.9 (100%)
2	MAREK Dariusz	124	MONK SANDALS / INOV-8	M2 (36-49)	2	00:39:45.00	00:39:45.00	+00:00:46 (1.9%)	8:50	6.8 (98.6%)
3	TUKA Michał	13	NIŻNĄ	M1 (18-35)	1	00:40:21.00	00:40:21.00	+00:01:22 (3.4%)	8:58	6.7 (97.1%)
4	ŻÓŁTEK Grzegorz	51		M1 (18-35)	2	00:40:46.00	00:40:46.00	+00:01:47 (4.4%)	9:03	6.6 (95.7%)
5	KIDOŃ Robert	36	ORAWARUN	M1 (18-35)	3	00:41:51.00	00:41:51.00	+00:02:52 (6.8%)	9:18	6.5 (94.2%)
6	ORZEŁ Krzysztof	136	GRUPA ZUE	M2 (36-49)	3	00:44:27.00	00:44:27.00	+00:05:28 (12.3%)	9:52	6.1 (88.4%)
7	WRÓBEL Przemysław	119		M2 (36-49)	4	00:44:39.00	00:44:39.00	+00:05:40 (12.7%)	9:55	6 (87.0%)
8	AUGUSTYŃSKI Sylwester	161	GRUPA LUKTRANS	M2 (36-49)	5	00:44:54.00	00:44:54.00	+00:05:55 (13.2%)	9:58	6 (87.0%)
9	MAGERCAK Miłos	56	DYNAMECKO	M1 (18-35)	4	00:45:11.00	00:45:11.00	+00:06:12 (13.7%)	10:02	6 (87.0%)
10	LAZAR Paweł	41		M1 (18-35)	5	00:45:49.00	00:45:49.00	+00:06:50 (14.9%)	10:10	5.9 (85.5%)
11	GÓRA Daniel	165		M1 (18-35)	6	00:46:08.00	00:46:08.00	+00:07:09 (15.5%)	10:15	5.9 (85.5%)
12	PYREK Przemysław	30	TRAINING BY PP	M1 (18-35)	7	00:46:30.00	00:46:30.00	+00:07:31 (16.2%)	10:20	5.8 (84.1%)
13	KUCEK Wojciech	71		M1 (18-35)	8	00:47:35.00	00:47:35.00	+00:08:36 (18.1%)	10:34	5.7 (82.6%)
14	KUBIN Ireneusz	164	TG SOKÓŁ ZAKOPANE	M2 (36-49)	6	00:47:49.00	00:47:49.00	+00:08:50 (18.5%)	10:37	5.6 (81.2%)
15	JĘDRASZCZYK Mateusz	113		M1 (18-35)	9	00:48:10.00	00:48:10.00	+00:09:11 (19.1%)	10:42	5.6 (81.2%)
16	BUCHERT Filip	61	MULKS JUVENIA GŁUCHOŁAZY	M1 (18-35)	10	00:48:50.00	00:48:50.00	+00:09:51 (20.2%)	10:51	5.5 (79.7%)
17	LAZAR Paweł	38		M1 (18-35)	11	00:49:16.00	00:49:16.00	+00:10:17 (20.9%)	10:56	5.5 (79.7%)
18	KUŁAGA Sebastian	155	MIRAZ RACE TEAM	M2 (36-49)	7	00:49:19.00	00:49:19.00	+00:10:20 (21.0%)	10:57	5.5 (79.7%)
19	ZACHARA Dawid	173		M1 (18-35)	12	00:50:12.00	00:50:12.00	+00:11:13 (22.3%)	11:09	5.4 (78.3%)
20	WOŹNIAK Michał	3	GLADIATORS BY RMF4RT	M1 (18-35)	13	00:50:14.00	00:50:14.00	+00:11:15 (22.4%)	11:09	5.4 (78.3%)
21	ORKWISZEWSKA Oli	152	SCARPA TEAM POLSKA	K1 (18-35)	1	00:50:55.00	00:50:55.00	+00:11:56 (23.4%)	11:18	5.3 (76.8%)
22	KIEC Mateusz	77	PRZENOSIMY GÓRY	M1 (18-35)	14	00:50:57.00	00:50:57.00	+00:11:58 (23.5%)	11:19	5.3 (76.8%)
23	DZIEDZIC Marcin	117		M1 (18-35)	15	00:51:21.00	00:51:21.00	+00:12:22 (24.1%)	11:24	5.3 (76.8%)
24	JAGÓDKA Paweł	141	TC ORZEŁ SPYTKOWICE	M2 (36-49)	8	00:51:35.00	00:51:35.00	+00:12:36 (24.4%)	11:27	5.2 (75.4%)
25	OLECHNOWICZ Robert	133		M3 (50+)	1	00:51:56.00	00:51:56.00	+00:12:57 (24.9%)	11:32	5.2 (75.4%)
26	KARPIEL Tomasz	149		M1 (18-35)	16	00:52:47.00	00:52:47.00	+00:13:48 (26.1%)	11:43	5.1 (73.9%)
27	WRUK Remigiusz	40	TATRA RUNNING TEAM	M3 (50+)	2	00:53:40.00	00:53:40.00	+00:14:41 (27.4%)	11:55	5 (72.5%)
28	SAŁACIAK Bartłomiej	147		M1 (18-35)	17	00:53:54.00	00:53:54.00	+00:14:55 (27.7%)	11:58	5 (72.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 4.5km	Czas brutto 4.5km	Różn	Tempo min/km	Tempo km/h
29	<b>BARABASZ Radosław</b>	<b>103</b>	SEKCJA BIEGOWA GRUPY PIWNEJ	M1 (18-35)	18	<b>00:54:42.00</b>	<b>00:54:42.00</b>	+00:15:43 (28.7%)	12:09	4.9 (71.0%)
30	<b>WIELGOS Łukasz</b>	<b>55</b>		M1 (18-35)	19	<b>00:54:45.00</b>	<b>00:54:45.00</b>	+00:15:46 (28.8%)	12:10	4.9 (71.0%)
31	<b>TRUSZEL Marcin Truszel</b>	<b>54</b>	KW KRAKÓW	M2 (36-49)	9	<b>00:55:02.00</b>	<b>00:55:02.00</b>	+00:16:03 (29.2%)	12:13	4.9 (71.0%)
32	<b>KIDON Anna</b>	<b>37</b>	ORAWARUN	K1 (18-35)	2	<b>00:55:05.00</b>	<b>00:55:05.00</b>	+00:16:06 (29.2%)	12:14	4.9 (71.0%)
33	<b>JASTER Anna</b>	<b>118</b>		K2 (36-49)	1	<b>00:55:16.00</b>	<b>00:55:16.00</b>	+00:16:17 (29.5%)	12:16	4.9 (71.0%)
34	<b>KASZUBA Bartosz</b>	<b>130</b>	FIT&SPORT	M2 (36-49)	10	<b>00:55:31.00</b>	<b>00:55:31.00</b>	+00:16:32 (29.8%)	12:20	4.9 (71.0%)
35	<b>BIESZCZAD Patrycja</b>	<b>44</b>	FIT&SPORT	K2 (36-49)	2	<b>00:56:21.00</b>	<b>00:56:21.00</b>	+00:17:22 (30.8%)	12:31	4.8 (69.6%)
36	<b>SOBIŁO Ewa</b>	<b>150</b>		K1 (18-35)	3	<b>00:56:39.00</b>	<b>00:56:39.00</b>	+00:17:40 (31.2%)	12:35	4.8 (69.6%)
37	<b>IŚTOK Sebastian</b>	<b>170</b>		M1 (18-35)	20	<b>00:56:41.00</b>	<b>00:56:41.00</b>	+00:17:42 (31.2%)	12:35	4.8 (69.6%)
38	<b>PACHURA Kinga</b>	<b>666</b>		K2 (36-49)	3	<b>00:57:06.00</b>	<b>00:57:06.00</b>	+00:18:07 (31.7%)	12:41	4.7 (68.1%)
39	<b>GRABSKA Ewa</b>	<b>100</b>	SEKCJA BIEGOWA GRUPY PIWNEJ	K1 (18-35)	4	<b>00:57:16.00</b>	<b>00:57:16.00</b>	+00:18:17 (31.9%)	12:43	4.7 (68.1%)
40	<b>SZWAGRZYK Marcin</b>	<b>99</b>	SEKCJA BIEGOWA GRUPY PIWNEJ	M1 (18-35)	21	<b>00:57:18.00</b>	<b>00:57:18.00</b>	+00:18:19 (32.0%)	12:44	4.7 (68.1%)
41	<b>STRASZKO Monika</b>	<b>126</b>		K2 (36-49)	4	<b>00:57:34.00</b>	<b>00:57:34.00</b>	+00:18:35 (32.3%)	12:47	4.7 (68.1%)
42	<b>GAWEŁ Bogdan</b>	<b>22</b>	SYNTHOS	M3 (50+)	3	<b>00:57:45.00</b>	<b>00:57:45.00</b>	+00:18:46 (32.5%)	12:50	4.7 (68.1%)
43	<b>ŁYCZAK Artur</b>	<b>85</b>	KNURÓW MASTERS	M3 (50+)	4	<b>00:57:57.00</b>	<b>00:57:57.00</b>	+00:18:58 (32.7%)	12:52	4.7 (68.1%)
44	<b>LASZCZAK Robert</b>	<b>70</b>		M1 (18-35)	22	<b>00:58:18.00</b>	<b>00:58:18.00</b>	+00:19:19 (33.1%)	12:57	4.6 (66.7%)
45	<b>OTRĘBIAK Mateusz</b>	<b>167</b>		M1 (18-35)	23	<b>00:58:40.00</b>	<b>00:58:40.00</b>	+00:19:41 (33.6%)	13:02	4.6 (66.7%)
46	<b>CEMBALA Tomasz</b>	<b>151</b>		M2 (36-49)	11	<b>00:58:52.00</b>	<b>00:58:52.00</b>	+00:19:53 (33.8%)	13:04	4.6 (66.7%)
47	<b>PARZNIEMSKI Maciej</b>	<b>95</b>	TOWARZYSTWO TURYSTYCZNE AKS POLONIA WARSZAWA	M2 (36-49)	12	<b>00:59:07.00</b>	<b>00:59:07.00</b>	+00:20:08 (34.1%)	13:08	4.6 (66.7%)
48	<b>DRWAL Tomasz</b>	<b>160</b>	SKRAJNA 5	M2 (36-49)	13	<b>00:59:12.00</b>	<b>00:59:12.00</b>	+00:20:13 (34.1%)	13:09	4.6 (66.7%)
49	<b>KOZAK Matt</b>	<b>125</b>	KOZAK TEAM	M1 (18-35)	24	<b>00:59:30.00</b>	<b>00:59:30.00</b>	+00:20:31 (34.5%)	13:13	4.5 (65.2%)
50	<b>SZCZERBA Adam</b>	<b>176</b>		M1 (18-35)	25	<b>00:59:37.00</b>	<b>00:59:37.00</b>	+00:20:38 (34.6%)	13:14	4.5 (65.2%)
51	<b>SERWATKA Adrian</b>	<b>148</b>	BIALI I MŁODZI	M1 (18-35)	26	<b>00:59:39.00</b>	<b>00:59:39.00</b>	+00:20:40 (34.6%)	13:15	4.5 (65.2%)
52	<b>ŠPRLAK Miloš</b>	<b>23</b>		M1 (18-35)	27	<b>01:00:04.00</b>	<b>01:00:04.00</b>	+00:21:05 (35.1%)	13:20	4.5 (65.2%)
53	<b>PUCHACZ Piotr</b>	<b>109</b>	MPK/VELO	M2 (36-49)	14	<b>01:00:16.00</b>	<b>01:00:16.00</b>	+00:21:17 (35.3%)	13:23	4.5 (65.2%)
54	<b>HOŁYŃSKA-URBASIK Karolina</b>	<b>122</b>		K1 (18-35)	5	<b>01:00:19.00</b>	<b>01:00:19.00</b>	+00:21:20 (35.4%)	13:24	4.5 (65.2%)
55	<b>GAŚIENICA-ROJ Anna</b>	<b>154</b>	TG SOKÓŁ ZAKOPANE	K2 (36-49)	5	<b>01:00:45.00</b>	<b>01:00:45.00</b>	+00:21:46 (35.8%)	13:30	4.4 (63.8%)
56	<b>GORKA Robert</b>	<b>157</b>	WISLA-HOUSES	M2 (36-49)	15	<b>01:00:49.00</b>	<b>01:00:49.00</b>	+00:21:50 (35.9%)	13:30	4.4 (63.8%)
57	<b>GRUCA Mariusz</b>	<b>128</b>		M1 (18-35)	28	<b>01:00:52.00</b>	<b>01:00:52.00</b>	+00:21:53 (36.0%)	13:31	4.4 (63.8%)
58	<b>DZIERŻANOWSKI Tomasz</b>	<b>101</b>		M2 (36-49)	16	<b>01:01:07.00</b>	<b>01:01:07.00</b>	+00:22:08 (36.2%)	13:34	4.4 (63.8%)
59	<b>HOŁUJ Andrzej</b>	<b>8</b>		M3 (50+)	5	<b>01:01:14.00</b>	<b>01:01:14.00</b>	+00:22:15 (36.3%)	13:36	4.4 (63.8%)
60	<b>GACEK Alicja</b>	<b>156</b>	GŁUSZEC TEAM	K2 (36-49)	6	<b>01:01:35.00</b>	<b>01:01:35.00</b>	+00:22:36 (36.7%)	13:41	4.4 (63.8%)
61	<b>ZAJĄC Krystian</b>	<b>143</b>		M1 (18-35)	29	<b>01:01:56.00</b>	<b>01:01:56.00</b>	+00:22:57 (37.1%)	13:45	4.4 (63.8%)
62	<b>KOCHANOWSKA Michalina</b>	<b>31</b>		K2 (36-49)	7	<b>01:02:34.00</b>	<b>01:02:34.00</b>	+00:23:35 (37.7%)	13:54	4.3 (62.3%)
63	<b>CZYŁOK Tomasz</b>	<b>88</b>		M2 (36-49)	17	<b>01:02:48.00</b>	<b>01:02:48.00</b>	+00:23:49 (37.9%)	13:57	4.3 (62.3%)
64	<b>DAŁOMIS Karol</b>	<b>98</b>	CAPOTEAM	M1 (18-35)	30	<b>01:03:02.00</b>	<b>01:03:02.00</b>	+00:24:03 (38.2%)	14:00	4.3 (62.3%)
65	<b>KAMIŃSKI Marcin</b>	<b>17</b>	BURTON	M3 (50+)	6	<b>01:03:25.00</b>	<b>01:03:25.00</b>	+00:24:26 (38.5%)	14:05	4.3 (62.3%)
66	<b>ŻYLSKI Janusz</b>	<b>108</b>		M3 (50+)	7	<b>01:03:37.00</b>	<b>01:03:37.00</b>	+00:24:38 (38.7%)	14:08	4.2 (60.9%)
67	<b>WNUK Adrian</b>	<b>96</b>		M1 (18-35)	31	<b>01:04:02.00</b>	<b>01:04:02.00</b>	+00:25:03 (39.1%)	14:13	4.2 (60.9%)
68	<b>PAWLIKOWSKA Anna</b>	<b>132</b>		K2 (36-49)	8	<b>01:04:12.00</b>	<b>01:04:12.00</b>	+00:25:13 (39.3%)	14:16	4.2 (60.9%)
69	<b>PODLEWSKI Wojciech</b>	<b>90</b>	KS SPORTIVA	M3 (50+)	8	<b>01:04:54.00</b>	<b>01:04:54.00</b>	+00:25:55 (39.9%)	14:25	4.2 (60.9%)
70	<b>SROKA Małgorzata</b>	<b>140</b>		K2 (36-49)	9	<b>01:05:23.00</b>	<b>01:05:23.00</b>	+00:26:24 (40.4%)	14:31	4.1 (59.4%)
71	<b>MYŚLIWIEC Monika</b>	<b>9</b>	POWOLI DO CELU	K1 (18-35)	6	<b>01:05:32.00</b>	<b>01:05:32.00</b>	+00:26:33 (40.5%)	14:33	4.1 (59.4%)
72	<b>SZABELAK Witold</b>	<b>112</b>	KINGRUNNER ULTRA	M2 (36-49)	18	<b>01:06:17.00</b>	<b>01:06:17.00</b>	+00:27:18 (41.2%)	14:43	4.1 (59.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 4.5km	Czas brutto 4.5km	Różn	Tempo min/km	Tempo km/h
73	GÓRAK Piotr	53		M2 (36-49)	19	01:06:23.00	01:06:23.00	+00:27:24 (41.3%)	14:45	4.1 (59.4%)
74	MAJEWSKI Szymon	26		M2 (36-49)	20	01:06:27.00	01:06:27.00	+00:27:28 (41.3%)	14:46	4.1 (59.4%)
75	SKOCZYLAS Piotr	172	ENDURANCE TEAM	M2 (36-49)	21	01:06:37.00	01:06:37.00	+00:27:38 (41.5%)	14:48	4.1 (59.4%)
76	ŁABĘCKA Agata	74	KLUB BIEGACZA RTV EURO AGD	K2 (36-49)	10	01:08:06.00	01:08:06.00	+00:29:07 (42.8%)	15:08	4 (58.0%)
77	KORZENIOWSKA Małgorzata	58	METLIFE RUN	K2 (36-49)	11	01:08:19.00	01:08:19.00	+00:29:20 (42.9%)	15:10	4 (58.0%)
78	CHRULSKA Joanna	106		K1 (18-35)	7	01:08:30.00	01:08:30.00	+00:29:31 (43.1%)	15:13	3.9 (56.5%)
79	WOJDAK Anna	63		K2 (36-49)	12	01:08:32.00	01:08:32.00	+00:29:33 (43.1%)	15:13	3.9 (56.5%)
80	BYRCZEK Bartosz	97	BEFIT24TEAM	M2 (36-49)	22	01:08:38.00	01:08:38.00	+00:29:39 (43.2%)	15:15	3.9 (56.5%)
81	GACH-MICHALSKA Justyna	73		K2 (36-49)	13	01:08:40.00	01:08:40.00	+00:29:41 (43.2%)	15:15	3.9 (56.5%)
82	KNAPCZYK-KANIA Gabriela	45	BIENKÓWKA TEAM	K2 (36-49)	14	01:09:13.00	01:09:13.00	+00:30:14 (43.7%)	15:22	3.9 (56.5%)
83	SZEJKA Katarzyna	75		K2 (36-49)	15	01:09:17.00	01:09:17.00	+00:30:18 (43.7%)	15:23	3.9 (56.5%)
84	KATOLIK Jolanta	12		K2 (36-49)	16	01:09:31.00	01:09:31.00	+00:30:32 (43.9%)	15:26	3.9 (56.5%)
85	CZOSNEK Daniel	105	SEKCJA BIEGOWA GRUPY PIWNEJ	M1 (18-35)	32	01:09:44.00	01:09:44.00	+00:30:45 (44.1%)	15:29	3.9 (56.5%)
86	KOSIŃSKA Asia	34		K1 (18-35)	8	01:10:01.00	01:10:01.00	+00:31:02 (44.3%)	15:33	3.9 (56.5%)
87	GĘBALSKA Agnieszka	29		K1 (18-35)	9	01:10:03.00	01:10:03.00	+00:31:04 (44.3%)	15:34	3.9 (56.5%)
88	DUDA Paweł	144		M1 (18-35)	33	01:10:06.00	01:10:06.00	+00:31:07 (44.4%)	15:34	3.9 (56.5%)
89	JACH Dariusz	82		M3 (50+)	9	01:10:11.00	01:10:11.00	+00:31:12 (44.5%)	15:35	3.8 (55.1%)
90	LEŚNIAK Agnieszka	138		K2 (36-49)	17	01:10:14.00	01:10:14.00	+00:31:15 (44.5%)	15:36	3.8 (55.1%)
91	KUKLA Katarzyna	163		K2 (36-49)	18	01:10:52.00	01:10:52.00	+00:31:53 (45.0%)	15:44	3.8 (55.1%)
92	KUKLA Grzegorz	162		M2 (36-49)	23	01:10:58.00	01:10:58.00	+00:31:59 (45.1%)	15:46	3.8 (55.1%)
93	ŻUREK Mariusz	86		M3 (50+)	10	01:12:11.00	01:12:11.00	+00:33:12 (46.0%)	16:02	3.7 (53.6%)
94	STAWOWCZYK Marzena	39		K1 (18-35)	10	01:12:31.00	01:12:31.00	+00:33:32 (46.2%)	16:06	3.7 (53.6%)
95	STAWIŃSKA Agata	171	JUVENIA GŁUCHOŁAZY	K1 (18-35)	11	01:12:40.00	01:12:40.00	+00:33:41 (46.4%)	16:08	3.7 (53.6%)
96	MATUSZEK Piotr	52	#DIABLAK120	M1 (18-35)	34	01:12:42.00	01:12:42.00	+00:33:43 (46.4%)	16:09	3.7 (53.6%)
97	MALISZEWSKA Marta	111	KINGRUNNER ULTRA	K2 (36-49)	19	01:13:02.00	01:13:02.00	+00:34:03 (46.6%)	16:13	3.7 (53.6%)
98	BAKA Ilona	93	BEFIT24TEAM	K1 (18-35)	12	01:13:11.00	01:13:11.00	+00:34:12 (46.7%)	16:15	3.7 (53.6%)
99	ŻYCHOWICZ Magdalena	92		K1 (18-35)	13	01:13:15.00	01:13:15.00	+00:34:16 (46.8%)	16:16	3.7 (53.6%)
100	CYBULSKA Monika	64		K2 (36-49)	20	01:13:25.00	01:13:25.00	+00:34:26 (46.9%)	16:18	3.7 (53.6%)
101	PRZYBYŁA Magdalena	123		K1 (18-35)	14	01:13:28.00	01:13:28.00	+00:34:29 (46.9%)	16:19	3.7 (53.6%)
102	SOWIŃSKI Dariusz	116	SOWSTOL	M2 (36-49)	24	01:13:39.00	01:13:39.00	+00:34:40 (47.1%)	16:22	3.7 (53.6%)
103	HUDOMIĘT Dorota	174		K1 (18-35)	15	01:14:25.00	01:14:25.00	+00:35:26 (47.6%)	16:32	3.6 (52.2%)
104	GUZIAK Irena	153	OBIDOWA GŁUSZEC	K3 (50+)	1	01:14:35.00	01:14:35.00	+00:35:36 (47.7%)	16:34	3.6 (52.2%)
105	DUDA Bogusia	145		K2 (36-49)	21	01:15:30.00	01:15:30.00	+00:36:31 (48.4%)	16:46	3.6 (52.2%)
106	MAŁECKA Marta	137		K2 (36-49)	22	01:15:50.00	01:15:50.00	+00:36:51 (48.6%)	16:51	3.6 (52.2%)
107	PASZKOWSKA Barbara	110		K2 (36-49)	23	01:15:53.00	01:15:53.00	+00:36:54 (48.6%)	16:51	3.6 (52.2%)
108	SERAFIN Krzysztof	89		M2 (36-49)	25	01:16:56.00	01:16:56.00	+00:37:57 (49.3%)	17:05	3.5 (50.7%)
109	KOPIEC Estera	10	POWOLIDOCELU	K2 (36-49)	24	01:18:01.00	01:18:01.00	+00:39:02 (50.0%)	17:20	3.5 (50.7%)
110	BAJOŁEK Aleksandra	28		K3 (50+)	2	01:18:09.00	01:18:09.00	+00:39:10 (50.1%)	17:22	3.5 (50.7%)
111	TOBER Natalia	177		K1 (18-35)	16	01:20:15.00	01:20:15.00	+00:41:16 (51.4%)	17:50	3.4 (49.3%)
112	IWANIEC Ewa	66		K2 (36-49)	25	01:20:38.00	01:20:38.00	+00:41:39 (51.7%)	17:55	3.3 (47.8%)
113	IWULSKA Joanna	72		K2 (36-49)	26	01:20:52.00	01:20:52.00	+00:41:53 (51.8%)	17:58	3.3 (47.8%)
114	SŁOMSKA Kamila	5		K1 (18-35)	17	01:21:42.00	01:21:42.00	+00:42:43 (52.3%)	18:09	3.3 (47.8%)
115	MAJECKI Tomasz	6		M1 (18-35)	35	01:21:48.00	01:21:48.00	+00:42:49 (52.3%)	18:10	3.3 (47.8%)
116	SZYIŃSKA Alicja	120		K2 (36-49)	27	01:24:24.00	01:24:24.00	+00:45:25 (53.8%)	18:45	3.2 (46.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 4.5km	Czas brutto 4.5km	Różn	Tempo min/km	Tempo km/h
117	<b>JELINSKI Sebastian</b>	<b>121</b>		M2 (36-49)	26	<b>01:25:28.00</b>	<b>01:25:28.00</b>	+00:46:29 (54.4%)	18:59	3.2 (46.4%)
118	<b>ŁAGOSZ Ewelina</b>	<b>19</b>		K2 (36-49)	28	<b>01:25:33.00</b>	<b>01:25:33.00</b>	+00:46:34 (54.4%)	19:00	3.2 (46.4%)
119	<b>BROMBEREK Maja</b>	<b>83</b>		K1 (18-35)	18	<b>01:25:36.00</b>	<b>01:25:36.00</b>	+00:46:37 (54.5%)	19:01	3.2 (46.4%)
120	<b>SADLOK Anna</b>	<b>129</b>		K2 (36-49)	29	<b>01:26:06.00</b>	<b>01:26:06.00</b>	+00:47:07 (54.7%)	19:08	3.1 (44.9%)
121	<b>HOŁUJ Barbara</b>	<b>21</b>		K3 (50+)	3	<b>01:26:22.00</b>	<b>01:26:22.00</b>	+00:47:23 (54.9%)	19:11	3.1 (44.9%)
122	<b>HABIERA Robert</b>	<b>60</b>		M3 (50+)	11	<b>01:29:01.00</b>	<b>01:29:01.00</b>	+00:50:02 (56.2%)	19:46	3 (43.5%)
123	<b>RUDNICKA Agata</b>	<b>59</b>		K3 (50+)	4	<b>01:29:09.00</b>	<b>01:29:09.00</b>	+00:50:10 (56.3%)	19:48	3 (43.5%)
124	<b>SMORAĞIEWICZ Marcin</b>	<b>65</b>		M2 (36-49)	27	<b>01:31:57.00</b>	<b>01:31:57.00</b>	+00:52:58 (57.6%)	20:26	2.9 (42.0%)
125	<b>MYTIAI Oksana</b>	<b>104</b>	POWOLI DO CELU	K2 (36-49)	30	<b>01:33:11.00</b>	<b>01:33:11.00</b>	+00:54:12 (58.2%)	20:42	2.9 (42.0%)
126	<b>SUCHECKA Małgorzata</b>	<b>139</b>		K2 (36-49)	31	<b>01:33:49.00</b>	<b>01:33:49.00</b>	+00:54:50 (58.4%)	20:50	2.9 (42.0%)
127	<b>DOROBISZ Magdalena</b>	<b>57</b>	#DIABLAK120	K2 (36-49)	32	<b>01:34:24.00</b>	<b>01:34:24.00</b>	+00:55:25 (58.7%)	20:58	2.9 (42.0%)
128	<b>WIERUSZEWSKA Agata</b>	<b>166</b>		K2 (36-49)	33	<b>01:38:26.00</b>	<b>01:38:26.00</b>	+00:59:27 (60.4%)	21:52	2.7 (39.1%)
129	<b>WITECKA Agnieszka</b>	<b>76</b>	BRACTWO BIEGOWE BGK	K2 (36-49)	34	<b>01:39:37.00</b>	<b>01:39:37.00</b>	+01:00:38 (60.9%)	22:08	2.7 (39.1%)
130	<b>BINCZYCKA Katarzyna</b>	<b>127</b>		K1 (18-35)	19	<b>01:49:53.00</b>	<b>01:49:53.00</b>	+01:10:54 (64.5%)	24:25	2.5 (36.2%)
131	<b>ZGODA Karolina</b>	<b>131</b>		K1 (18-35)	20	<b>01:50:19.00</b>	<b>01:50:19.00</b>	+01:11:20 (64.7%)	24:30	2.4 (34.8%)
132	<b>ZGODA Martyna</b>	<b>134</b>		K1 (18-35)	21	<b>01:51:39.00</b>	<b>01:51:39.00</b>	+01:12:40 (65.1%)	24:48	2.4 (34.8%)
133	<b>BIGA Małgorzata</b>	<b>33</b>		K1 (18-35)	22	<b>01:51:49.00</b>	<b>01:51:49.00</b>	+01:12:50 (65.1%)	24:50	2.4 (34.8%)
134	<b>HANDY Samanta</b>	<b>11</b>	POWOLI DO CELU	K1 (18-35)	23	<b>01:51:54.00</b>	<b>01:51:54.00</b>	+01:12:55 (65.2%)	24:52	2.4 (34.8%)
135	<b>KUKLA Agata</b>	<b>16</b>	POWOLI DO CELU	K2 (36-49)	35	<b>01:51:59.00</b>	<b>01:51:59.00</b>	+01:13:00 (65.2%)	24:53	2.4 (34.8%)
136	<b>FRONCKIEWICZ Ewelina</b>	<b>168</b>		K2 (36-49)	36	<b>02:03:27.00</b>	<b>02:03:27.00</b>	+01:24:28 (68.4%)	27:26	2.2 (31.9%)
137	<b>DZIERŻANOWSKA Beata</b>	<b>102</b>		K3 (50+)	5	<b>02:10:09.00</b>	<b>02:10:09.00</b>	+01:31:10 (70.0%)	28:55	2.1 (30.4%)
138	<b>SZEWCZYK Gabriel</b>	<b>169</b>		K2 (36-49)	37	<b>02:15:16.00</b>	<b>02:15:16.00</b>	+01:36:17 (71.2%)	30:03	2 (29.0%)

Znaleziono 138 wynik(ów)