



Organizator: Hotel Brzoza
Data: 2017-12-31
Miejsce: Brzoza
Dystans: 10 km

XI BIEG SYLWESTROWY

B4SPORT

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	ROGIEWICZ Andrzej	4		M-20	1	00:00:01	00:08:02	00:15:40	00:23:03	00:30:33	00:31:49.15	00:31:50.70		3:10	18.9 (100%)
2	MIERECZKO Maciek	182		M-30	1	00:00:01	00:08:02	00:15:40	00:23:03	00:30:33	00:31:51.30	00:31:52.80	+00:00:02 (0.1%)	3:11	18.8 (99.5%)
3	PAWLAK Bartosz	291		M-20	2	00:00:01	00:08:03	00:15:40	00:23:11	00:30:46	00:32:05.10	00:32:06.60	+00:00:15 (0.8%)	3:12	18.7 (98.9%)
4	MIKIELSKI Daniel	150		M-20	3	00:00:00	00:08:21	00:16:21	00:24:25	00:32:25	00:33:48.75	00:33:48.75	+00:01:59 (5.9%)	3:22	17.8 (94.2%)
5	ŚWIĄTKOWSKI Paweł	75		M-30	2	00:00:01	00:08:39	00:16:48	00:25:03	00:33:09	00:34:31.85	00:34:33.70	+00:02:42 (7.9%)	3:27	17.4 (92.1%)
6	POLAŃSKI Tomasz	640	B4SPORT	M-40	1	00:00:02	00:08:41	00:16:51	00:25:03	00:33:12	00:34:38.45	00:34:40.80	+00:02:49 (8.1%)	3:27	17.3 (91.5%)
7	JARANOWSKI Andrzej	372		M-20	4	00:00:02	00:08:32	00:16:45	00:25:03	00:33:27	00:34:54.40	00:34:56.45	+00:03:05 (8.8%)	3:29	17.2 (91.0%)
8	MOTOCZYŃSKI Wojciech	314		M-30	3	00:00:01	00:08:51	00:17:08	00:25:26	00:33:36	00:34:57.80	00:34:59.65	+00:03:08 (9.0%)	3:29	17.2 (91.0%)
9	KICZIŃSKI Bartosz	462		M-30	4	00:00:01	00:08:51	00:17:08	00:25:25	00:33:38	00:35:03.25	00:35:05.00	+00:03:14 (9.2%)	3:30	17.1 (90.5%)
10	LUTOWSKI Wojciech	162		M-30	5	00:00:01	00:08:49	00:17:02	00:25:24	00:33:44	00:35:12.60	00:35:14.30	+00:03:23 (9.6%)	3:31	17 (89.9%)
11	BEDNARCZYK Adrian	42		M-30	6	00:00:01	00:08:31	00:17:00	00:25:39	00:34:11	00:35:38.40	00:35:40.00	+00:03:49 (10.7%)	3:33	16.8 (88.9%)
12	KUCZEK Piotr	621		M-30	7	00:00:02	00:08:51	00:17:12	00:25:45	00:34:14	00:35:39.90	00:35:42.55	+00:03:50 (10.8%)	3:34	16.8 (88.9%)
13	GEHRKE Robert	246		M-30	8	00:00:02	00:08:42	00:17:16	00:26:02	00:34:45	00:36:14.85	00:36:17.10	+00:04:25 (12.2%)	3:37	16.6 (87.8%)
14	JAGODZIŃSKI Mateusz	133		M-20	5	00:00:02	00:08:53	00:17:23	00:26:05	00:34:56	00:36:22.20	00:36:24.40	+00:04:33 (12.5%)	3:38	16.5 (87.3%)
15	WIWATOWSKI Michał	55		M-30	9	00:00:01	00:08:54	00:17:27	00:26:16	00:35:03	00:36:34.40	00:36:36.30	+00:04:45 (13.0%)	3:39	16.4 (86.8%)
16	GROCHOWIAK Piotr	177		M-30	10	00:00:02	00:09:14	00:17:53	00:26:36	00:35:22	00:36:52.15	00:36:55.10	+00:05:03 (13.7%)	3:41	16.3 (86.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	10km	10km			
17	KMITTA Leszek	504		M-20	6	00:00:03	00:09:13	00:17:51	00:26:42	00:35:37	00:37:07.90	00:37:11.30	+00:05:18 (14.3%)	3:42	16.2 (85.7%)
18	HAPKE Tomasz	276		M-40	2	00:00:02	00:09:12	00:18:03	00:26:55	00:35:42	00:37:11.20	00:37:13.25	+00:05:22 (14.4%)	3:43	16.1 (85.2%)
19	SZYSZKA Mariusz	158		M-30	11	00:00:03	00:09:23	00:18:13	00:27:03	00:35:45	00:37:12.90	00:37:16.30	+00:05:23 (14.5%)	3:43	16.1 (85.2%)
20	KOWALCZYK Marek	11		M-30	12	00:00:02	00:09:22	00:18:16	00:27:01	00:35:45	00:37:15.35	00:37:18.30	+00:05:26 (14.6%)	3:43	16.1 (85.2%)
21	PIĄTKOWSKI Michał	169		M-20	7	00:00:00					00:37:18.00	00:37:18.00	+00:05:28 (14.7%)	3:43	16.1 (85.2%)
22	WOLNY Piotr	10		M-50	1	00:00:02	00:09:22	00:18:16	00:27:03	00:35:50	00:37:23.85	00:37:25.90	+00:05:34 (14.9%)	3:44	16 (84.7%)
23	MOKRZYCKI Rafał	555		M-40	3	00:00:02	00:09:15	00:18:09	00:27:07	00:36:04	00:37:37.30	00:37:39.55	+00:05:48 (15.4%)	3:45	16 (84.7%)
24	WARCZAK Piotr	249		M-40	4	00:00:00	00:09:26	00:18:17	00:27:09	00:36:12	00:37:45.20	00:37:45.20	+00:05:56 (15.7%)	3:46	15.9 (84.1%)
25	WIĘCKOWSKI Dariusz	22		M-30	13	00:00:03	00:09:23	00:18:17	00:27:19	00:36:17	00:37:49.50	00:37:53.05	+00:06:00 (15.9%)	3:47	15.9 (84.1%)
26	KOZAR Karol	439		M-30	14	00:00:03	00:09:31	00:18:30	00:27:31	00:36:25	00:37:53.95	00:37:57.50	+00:06:04 (16.0%)	3:47	15.8 (83.6%)
27	MAĆKOWSKI Maciej	66		M-30	15	00:00:03	00:09:21	00:18:14	00:27:18	00:36:28	00:37:58.40	00:38:01.80	+00:06:09 (16.2%)	3:47	15.8 (83.6%)
28	SZENK Marta	78		K-30	1	00:00:03	00:09:23	00:18:16	00:27:22	00:36:31	00:38:01.60	00:38:04.90	+00:06:12 (16.3%)	3:48	15.8 (83.6%)
29	KOLMAJER Rafał	274		M-30	16	00:00:03	00:09:21	00:18:16	00:27:22	00:36:32	00:38:06.85	00:38:10.50	+00:06:17 (16.5%)	3:48	15.7 (83.1%)
30	ETTINGER Paweł	609		M-30	17	00:00:04	00:09:42	00:18:36	00:27:33	00:36:37	00:38:13.95	00:38:18.20	+00:06:24 (16.8%)	3:49	15.7 (83.1%)
31	OSIŃSKI Ryszard	572		M-50	2	00:00:02	00:09:22	00:18:21	00:27:41	00:37:07	00:38:47.20	00:38:49.90	+00:06:58 (18.0%)	3:52	15.5 (82.0%)
32	PAWŁOWSKI Tomasz	84		M-20	8	00:00:03	00:09:46	00:18:57	00:28:09	00:37:17	00:38:49.25	00:38:52.50	+00:07:00 (18.0%)	3:52	15.5 (82.0%)
33	RYCHTER Karol	623		M-40	5	00:00:05	00:09:41	00:18:48	00:28:09	00:37:21	00:38:54.60	00:38:59.90	+00:07:05 (18.2%)	3:53	15.4 (81.5%)
34	SOBIERALSKI Rafał	143		M-40	6	00:00:03	00:09:40	00:18:54	00:28:15	00:37:32	00:39:06.25	00:39:09.90	+00:07:17 (18.6%)	3:54	15.3 (81.0%)
35	RUTKOWSKI Szymon	597		M-1	1	00:00:02	00:09:15	00:18:22	00:28:01	00:37:48	00:39:15.30	00:39:17.80	+00:07:26 (18.9%)	3:55	15.3 (81.0%)
36	KUBANEK Łukasz	61		M-30	18	00:00:02	00:09:24	00:18:41	00:28:10	00:37:44	00:39:21.85	00:39:24.30	+00:07:32 (19.2%)	3:56	15.2 (80.4%)
37	BUKOWIŃSKI Michał	424		M-30	19	00:00:05	00:09:57	00:19:20	00:28:50	00:38:00	00:39:29.35	00:39:35.20	+00:07:40 (19.4%)	3:57	15.2 (80.4%)
38	NIESPODZIŃSKI Robert	628		M-40	7	00:00:06	00:09:46	00:19:07	00:28:36	00:37:59	00:39:34.90	00:39:41.75	+00:07:45 (19.6%)	3:57	15.2 (80.4%)
39	JOACHIMIAK Marek	536		M-20	9	00:00:02	00:09:48	00:19:14	00:28:42	00:38:04	00:39:36.90	00:39:39.45	+00:07:47 (19.7%)	3:57	15.1 (79.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas		Różn	Tempo min/km	Tempo km/h
											netto 10km	brutto 10km			
40	ZIELIŃSKI Nicolas	473		M-20	10	00:00:03	00:09:56	00:19:24	00:28:52	00:38:14	00:39:47.65	00:39:51.50	+00:07:58 (20.0%)	3:58	15.1 (79.9%)
41	SPYCHALSKI Waldemar	374		M-40	8	00:00:03	00:09:50	00:19:14	00:28:47	00:38:16	00:39:52.85	00:39:56.45	+00:08:03 (20.2%)	3:59	15 (79.4%)
42	CHMIELEWSKI Tomasz	532		M-50	3	00:00:04	00:10:09	00:19:38	00:29:08	00:38:23	00:40:01.60	00:40:06.05	+00:08:12 (20.5%)	4:00	15 (79.4%)
43	CZUK Marek	167		M-60	1	00:00:02	00:09:49	00:19:17	00:28:51	00:38:25	00:40:05.50	00:40:07.85	+00:08:16 (20.6%)	4:00	15 (79.4%)
44	ŻAROŃ Sławomir	204		M-50	4	00:00:03	00:09:52	00:19:25	00:29:10	00:38:26	00:40:08.10	00:40:11.55	+00:08:18 (20.7%)	4:00	15 (79.4%)
45	KULBAKA Dawid	31		M-30	20	00:00:09	00:10:13	00:19:46	00:29:29	00:38:38	00:40:11.75	00:40:20.90	+00:08:22 (20.8%)	4:01	14.9 (78.8%)
46	ZAKURZEWSKI Tomasz	590		M-40	9	00:00:05	00:10:08	00:19:31	00:29:02	00:38:31	00:40:12.60	00:40:18.30	+00:08:23 (20.9%)	4:01	14.9 (78.8%)
47	JĘDRZEJCZYK Mikołaj	269		M-40	10	00:00:03	00:10:01	00:19:28	00:29:05	00:38:41	00:40:19.55	00:40:23.05	+00:08:30 (21.1%)	4:02	14.9 (78.8%)
48	KĄTNIK Jacek	403		M-40	11	00:00:05	00:10:13	00:19:43	00:29:24	00:39:02	00:40:32.50	00:40:38.35	+00:08:43 (21.5%)	4:03	14.8 (78.3%)
49	NALIŃSKI Mateusz	193		M-1	2	00:00:02	00:09:16	00:18:25	00:28:43	00:38:58	00:40:33.75	00:40:36.40	+00:08:44 (21.6%)	4:03	14.8 (78.3%)
50	LEWANDOWSKI Jacek	106		M-30	21	00:00:06	00:10:11	00:19:42	00:29:22	00:38:57	00:40:36.05	00:40:42.85	+00:08:46 (21.6%)	4:03	14.8 (78.3%)
51	RACZYŃSKI Krzysztof	28		M-50	5	00:00:05	00:10:13	00:19:43	00:29:24	00:39:07	00:40:48.10	00:40:53.75	+00:08:58 (22.0%)	4:04	14.7 (77.8%)
52	KUBIAK Bartłomiej	600		M-30	22	00:00:05	00:10:14	00:19:50	00:29:33	00:39:14	00:40:49.55	00:40:55.40	+00:09:00 (22.1%)	4:05	14.7 (77.8%)
53	STOMSKI Krzysztof	376		M-40	12	00:00:05	00:10:00	00:19:37	00:29:25	00:39:14	00:40:49.90	00:40:55.60	+00:09:00 (22.1%)	4:05	14.7 (77.8%)
54	PAWLACZYK Szymon	343		M-30	23	00:00:05	00:10:24	00:20:03	00:29:45	00:39:16	00:40:52.30	00:40:57.30	+00:09:03 (22.1%)	4:05	14.7 (77.8%)
55	KRUPA Piotr	80		M-30	24	00:00:05	00:10:07	00:19:40	00:29:31	00:39:20	00:41:00.70	00:41:06.30	+00:09:11 (22.4%)	4:06	14.6 (77.2%)
56	GALIŃSKI Bartosz	200		M-20	11	00:00:04	00:10:10	00:19:48	00:29:43	00:39:29	00:41:04.55	00:41:08.75	+00:09:15 (22.5%)	4:06	14.6 (77.2%)
57	JARZĄB Piotr	333		M-30	25	00:00:07	00:10:16	00:19:53	00:29:44	00:39:28	00:41:08.55	00:41:16.30	+00:09:19 (22.7%)	4:06	14.6 (77.2%)
58	KUŁAKOWSKI Krzysztof	414		M-30	26	00:00:10	00:10:09	00:19:48	00:29:41	00:39:33	00:41:13.05	00:41:23.50	+00:09:23 (22.8%)	4:07	14.6 (77.2%)
59	RUDNICKI Michał	23		M-30	27	00:00:02	00:09:58	00:19:41	00:29:37	00:39:30	00:41:13.25	00:41:16.10	+00:09:24 (22.8%)	4:07	14.6 (77.2%)
60	STANKIEWICZ Jacek	359		M-20	12	00:00:03	00:09:49	00:19:32	00:29:30	00:39:37	00:41:16.90	00:41:20.25	+00:09:27 (22.9%)	4:07	14.5 (76.7%)
61	PRZYBYLSKI Maciej	388		M-40	13	00:00:03	00:10:07	00:19:51	00:29:47	00:39:40	00:41:18.30	00:41:22.25	+00:09:29 (23.0%)	4:07	14.5 (76.7%)
62	SZCZEPANIAK Cezary	486		M-40	14	00:00:03	00:10:19	00:20:08	00:29:57	00:39:42	00:41:18.75	00:41:22.15	+00:09:29 (23.0%)	4:07	14.5 (76.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas		Różn	Tempo min/km	Tempo km/h
											netto 10km	brutto 10km			
63	KRZYWDZIŃSKI Dominik	383		M-1	3	00:00:03	00:09:44	00:19:14	00:29:27	00:39:44	00:41:24.30	00:41:28.00	+00:09:35 (23.2%)	4:08	14.5 (76.7%)
64	MOROSZCZAK Bogumił	202	SPÓJNIA BIAŁE BŁOTA	M-40	15	00:00:06	00:10:15	00:20:05	00:29:55	00:39:47	00:41:30.30	00:41:36.70	+00:09:41 (23.3%)	4:09	14.5 (76.7%)
65	CIMACHOWSKI Jakub	380		M-30	28	00:00:04	00:10:15	00:20:09	00:30:09	00:39:58	00:41:33.50	00:41:37.75	+00:09:44 (23.4%)	4:09	14.4 (76.2%)
66	ŚWITAL Leszek	217		M-40	16	00:00:03	00:10:15	00:20:07	00:30:07	00:40:01	00:41:36.00	00:41:39.95	+00:09:46 (23.5%)	4:09	14.4 (76.2%)
67	KALACZYŃSKI Miłosz	510		M-20	13	00:00:05	00:10:18	00:20:06	00:29:58	00:40:04	00:41:36.35	00:41:42.15	+00:09:47 (23.5%)	4:09	14.4 (76.2%)
68	OLKOWSKI Jurek	310		M-60	2	00:00:02	00:09:56	00:19:55	00:30:02	00:39:54	00:41:36.60	00:41:39.55	+00:09:47 (23.5%)	4:09	14.4 (76.2%)
69	GAJC Artur	323		M-40	17	00:00:04	00:10:20	00:20:12	00:30:10	00:40:00	00:41:40.95	00:41:45.65	+00:09:51 (23.7%)	4:10	14.4 (76.2%)
70	LEWANDOWSKI Rafał	205		M-30	29	00:00:05	00:10:09	00:19:41	00:29:50	00:40:03	00:41:46.50	00:41:52.05	+00:09:57 (23.8%)	4:10	14.4 (76.2%)
71	BARTOSZ Marek	68		M-30	30	00:00:03	00:10:01	00:20:01	00:30:06	00:40:13	00:41:51.40	00:41:54.70	+00:10:02 (24.0%)	4:11	14.3 (75.7%)
72	LIPINSKI Arkadiusz	443		M-30	31	00:00:08	00:10:21	00:20:06	00:30:08	00:40:11	00:41:54.25	00:42:02.35	+00:10:05 (24.1%)	4:11	14.3 (75.7%)
73	PRZYBYLSKI Bartłomiej	617	RUN BYDGOSZCZ	M-30	32	00:00:23	00:10:37	00:20:32	00:30:33	00:40:31	00:42:09.15	00:42:32.40	+00:10:20 (24.5%)	4:12	14.2 (75.1%)
74	SITKO Mariusz	417		M-30	33	00:00:02	00:10:14	00:20:13	00:30:18	00:40:28	00:42:10.35	00:42:12.90	+00:10:21 (24.5%)	4:13	14.2 (75.1%)
75	WEGNER Marek	251		M-50	6	00:00:03	00:10:25	00:20:26	00:30:28	00:40:30	00:42:11.95	00:42:15.30	+00:10:22 (24.6%)	4:13	14.2 (75.1%)
76	LESZCZEWICZ Waldek	584		M-40	18	00:00:04	00:10:47	00:20:44	00:30:50	00:40:34	00:42:13.45	00:42:18.10	+00:10:24 (24.6%)	4:13	14.2 (75.1%)
77	DUDEK Agnieszka	454		K-40	1	00:00:03	00:10:21	00:20:25	00:30:29	00:40:36	00:42:17.55	00:42:20.85	+00:10:28 (24.8%)	4:13	14.2 (75.1%)
78	LEWANDOWSKI Rafał	401		M-30	34	00:00:03	00:10:30	00:20:26	00:30:25	00:40:35	00:42:19.30	00:42:23.00	+00:10:30 (24.8%)	4:14	14.2 (75.1%)
79	CALDARA Dario	445		M-30	35	00:00:08	00:10:30	00:20:20	00:30:19	00:40:32	00:42:25.60	00:42:34.20	+00:10:36 (25.0%)	4:14	14.1 (74.6%)
80	MICHALSKI Adam	560		M-40	19	00:00:15	00:10:30	00:20:26	00:30:33	00:40:44	00:42:31.20	00:42:46.25	+00:10:42 (25.2%)	4:15	14.1 (74.6%)
81	MOLTZAN-MAŁKOWSKA Magdalena	232		K-40	2	00:00:09	00:10:50	00:20:50	00:30:52	00:40:51	00:42:35.60	00:42:44.65	+00:10:46 (25.3%)	4:15	14.1 (74.6%)
82	MOLTZAN Zbigniew	233		M-40	20	00:00:08	00:10:51	00:20:51	00:30:53	00:40:50	00:42:36.30	00:42:44.65	+00:10:47 (25.3%)	4:15	14.1 (74.6%)
83	KRÓL Maciej	525		M-40	21	00:00:05	00:10:36	00:20:42	00:30:49	00:40:54	00:42:38.75	00:42:44.00	+00:10:49 (25.4%)	4:15	14.1 (74.6%)
84	CICHOŃCZYK Antoni	14		M-60	3	00:00:04	00:10:28	00:20:26	00:30:47	00:40:58	00:42:42.00	00:42:46.50	+00:10:52 (25.5%)	4:16	14.1 (74.6%)
85	KOWALSKI Jacek	26		M-40	22	00:00:06	00:10:18	00:20:21	00:30:26	00:40:59	00:42:47.90	00:42:54.30	+00:10:58 (25.7%)	4:16	14 (74.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas		Różn	Tempo min/km	Tempo km/h
											netto 10km	brutto 10km			
86	NAMIEŚNIK Krzysztof	20		M-40	23	00:00:14	00:10:49	00:20:48	00:30:52	00:41:02	00:42:49.60	00:43:04.45	+00:11:00 (25.7%)	4:17	14 (74.1%)
87	KOSAKOWSKI Marian	15		M-60	4	00:00:02	00:10:39	00:20:49	00:31:00	00:41:07	00:42:50.05	00:42:52.40	+00:11:00 (25.7%)	4:17	14 (74.1%)
88	CHWIŁKA Daniel	30		M-30	36	00:00:04	00:10:42	00:20:47	00:31:00	00:41:05	00:42:50.30	00:42:54.75	+00:11:01 (25.7%)	4:17	14 (74.1%)
89	MAGDZIARZ Jakub	385		M-30	37	00:00:15	00:10:29	00:20:41	00:31:01	00:41:10	00:42:57.30	00:43:12.80	+00:11:08 (25.9%)	4:17	14 (74.1%)
90	JAGODZIŃSKI Krzysztof	607		M-20	14	00:00:07	00:10:51	00:20:55	00:31:11	00:41:19	00:43:01.05	00:43:08.55	+00:11:11 (26.0%)	4:18	13.9 (73.5%)
91	CZARNECKI Piotr	364		M-30	38	00:00:08	00:10:52	00:20:50	00:31:05	00:41:27	00:43:05.55	00:43:13.85	+00:11:16 (26.2%)	4:18	13.9 (73.5%)
92	WINIARSKI Grzegorz	330		M-30	39	00:00:05	00:10:40	00:20:45	00:30:57	00:41:18	00:43:05.75	00:43:11.00	+00:11:16 (26.2%)	4:18	13.9 (73.5%)
93	PAWŁOWSKI Radosław	83		M-50	7	00:00:03	00:10:52	00:21:00	00:31:13	00:41:30	00:43:15.40	00:43:19.00	+00:11:26 (26.4%)	4:19	13.9 (73.5%)
94	WŁÓDARCZAK Witold	604		M-50	8	00:00:05	00:10:51	00:21:00	00:31:13	00:41:29	00:43:16.60	00:43:21.95	+00:11:27 (26.5%)	4:19	13.9 (73.5%)
95	MARCINKOWSKI Paweł	340		M-40	24	00:00:16	00:11:20	00:21:36	00:31:40	00:41:34	00:43:16.90	00:43:33.00	+00:11:27 (26.5%)	4:19	13.9 (73.5%)
96	TRZCIŃSKI Franciszek	387		M-50	9	00:00:05	00:10:57	00:21:02	00:31:26	00:41:47	00:43:31.00	00:43:36.10	+00:11:41 (26.9%)	4:21	13.8 (73.0%)
97	NAGOW Michał	183		M-40	25	00:00:07	00:10:56	00:21:12	00:31:33	00:41:50	00:43:35.85	00:43:43.35	+00:11:46 (27.0%)	4:21	13.8 (73.0%)
98	PLUCIŃSKI Jakub	416		M-30	40	00:00:25	00:10:49	00:21:03	00:31:29	00:41:56	00:43:40.80	00:44:06.65	+00:11:51 (27.2%)	4:22	13.7 (72.5%)
99	GURNA Jolanta	384		K-50	1	00:00:04	00:10:58	00:21:03	00:31:28	00:41:55	00:43:42.50	00:43:47.45	+00:11:53 (27.2%)	4:22	13.7 (72.5%)
100	WIERZBOWSKI Piotr	491		M-30	41	00:00:04	00:10:16	00:20:27	00:31:05	00:41:57	00:43:48.50	00:43:52.75	+00:11:59 (27.4%)	4:22	13.7 (72.5%)
101	JUREK Piotr	438		M-50	10	00:00:05	00:10:57	00:20:59	00:31:28	00:42:02	00:43:53.25	00:43:58.95	+00:12:04 (27.5%)	4:23	13.7 (72.5%)
102	WIŚNIEWSKI Leszek	281		M-40	26	00:00:05	00:10:39	00:20:45	00:31:19	00:42:10	00:43:56.60	00:44:02.55	+00:12:07 (27.6%)	4:23	13.7 (72.5%)
103	MAŚLIŃSKI Mirosław	455		M-50	11	00:00:06	00:10:56	00:20:56	00:31:25	00:42:04	00:43:56.80	00:44:02.80	+00:12:07 (27.6%)	4:23	13.7 (72.5%)
104	CHOJNACKI Krzysztof	168		M-40	27	00:00:17	00:11:13	00:21:32	00:32:04	00:42:33	00:44:13.65	00:44:31.25	+00:12:24 (28.1%)	4:25	13.6 (72.0%)
105	LIPSKI Krzysztof	415		M-40	28	00:00:09	00:10:58	00:21:22	00:31:58	00:42:34	00:44:15.15	00:44:25.10	+00:12:26 (28.1%)	4:25	13.6 (72.0%)
106	ANDRZEJEWSKI Paweł	73		M-30	42	00:00:04	00:10:22	00:20:49	00:31:55	00:42:39	00:44:20.15	00:44:24.40	+00:12:31 (28.2%)	4:26	13.5 (71.4%)
107	KOWALSKA Angelika	317		K-30	2	00:00:06	00:11:03	00:21:31	00:32:05	00:42:37	00:44:22.35	00:44:28.65	+00:12:33 (28.3%)	4:26	13.5 (71.4%)
108	KADOW Ryszard	506		M-40	29	00:00:06	00:11:04	00:21:31	00:32:01	00:42:39	00:44:25.00	00:44:31.65	+00:12:35 (28.4%)	4:26	13.5 (71.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
109	ROSZAK Zbigniew	184		M-20	15	00:00:04	00:10:32	00:20:51	00:31:41	00:42:43	00:44:26.35	00:44:30.80	+00:12:37 (28.4%)	4:26	13.5 (71.4%)
110	ŁADZIK Szymon	8		M-20	16	00:00:05	00:11:16	00:21:59	00:32:40	00:42:56	00:44:31.45	00:44:36.65	+00:12:42 (28.5%)	4:27	13.5 (71.4%)
111	STORZYŃSKI Paweł	529		M-30	43	00:00:08	00:11:07	00:22:03	00:32:40	00:42:54	00:44:32.25	00:44:40.25	+00:12:43 (28.6%)	4:27	13.5 (71.4%)
112	TORCHALSKI Krzysztof	517		M-60	5	00:00:10	00:11:04	00:21:31	00:32:15	00:42:46	00:44:36.25	00:44:47.00	+00:12:47 (28.7%)	4:27	13.4 (70.9%)
113	JAKUBOWSKA Anna	173		K-30	3	00:00:06	00:11:02	00:21:32	00:32:05	00:42:47	00:44:36.35	00:44:42.50	+00:12:47 (28.7%)	4:27	13.5 (71.4%)
114	KANARKOWSKI Stanisław	453		M-50	12	00:00:04	00:11:05	00:21:38	00:32:14	00:42:48	00:44:41.40	00:44:45.45	+00:12:52 (28.8%)	4:28	13.4 (70.9%)
115	CYRANOWSKI Artur	626		M-30	44	00:00:06	00:11:19	00:21:29	00:32:17	00:42:59	00:44:41.70	00:44:47.90	+00:12:52 (28.8%)	4:28	13.4 (70.9%)
116	GOŁATA Wojciech	243		M-30	45	00:00:09	00:11:07	00:21:42	00:32:25	00:43:03	00:44:41.90	00:44:51.30	+00:12:52 (28.8%)	4:28	13.4 (70.9%)
117	KWIATKOWSKI Piotr	466		M-30	46	00:00:05	00:10:56	00:21:13	00:32:12	00:42:59	00:44:43.20	00:44:48.40	+00:12:54 (28.8%)	4:28	13.4 (70.9%)
118	DAWIDOWICZ Maciej	503		M-30	47	00:00:08	00:11:10	00:21:44	00:32:23	00:42:56	00:44:44.00	00:44:52.90	+00:12:54 (28.9%)	4:28	13.4 (70.9%)
119	RYCHTER Marcin	622		M-40	30	00:00:06	00:10:48	00:20:56	00:31:13	00:42:47	00:44:44.10	00:44:50.40	+00:12:54 (28.9%)	4:28	13.4 (70.9%)
120	GLIWKA Artur	82		M-30	48	00:00:14	00:10:54	00:21:30	00:32:18	00:43:02	00:44:45.00	00:44:59.80	+00:12:55 (28.9%)	4:28	13.4 (70.9%)
121	WIŚNIEWSKI Maciej	331		M-40	31	00:00:24	00:11:28	00:22:12	00:32:56	00:43:03	00:44:47.45	00:45:11.70	+00:12:58 (29.0%)	4:28	13.4 (70.9%)
122	HENDRZAK Sylwester	581		M-30	49	00:00:06	00:11:08	00:21:49	00:32:37	00:43:01	00:44:48.05	00:44:54.65	+00:12:58 (29.0%)	4:28	13.4 (70.9%)
123	POWALISZ Dariusz	492		M-40	32	00:00:22	00:11:15	00:21:57	00:32:46	00:43:09	00:44:51.55	00:45:14.25	+00:13:02 (29.1%)	4:29	13.4 (70.9%)
124	SAWIEŁAJC Jakub	423		M-1	4	00:00:19	00:10:56	00:21:21	00:32:03	00:43:06	00:45:02.35	00:45:21.95	+00:13:13 (29.4%)	4:30	13.3 (70.4%)
125	SZYMAŃSKI Krzysztof	259		M-40	33	00:00:04	00:11:17	00:22:20	00:33:33	00:43:23	00:45:02.40	00:45:06.60	+00:13:13 (29.4%)	4:30	13.3 (70.4%)
126	TOCZKIEWICZ Piotr	109		M-40	34	00:00:05	00:11:01	00:21:40	00:32:30	00:43:25	00:45:06.35	00:45:11.40	+00:13:17 (29.5%)	4:30	13.3 (70.4%)
127	CYROK Maciej	370		M-20	17	00:00:09	00:11:24	00:22:09	00:32:57	00:43:23	00:45:06.85	00:45:16.35	+00:13:17 (29.5%)	4:30	13.3 (70.4%)
128	KOTWICA Hanna	188		K-20	1	00:00:05	00:11:28	00:22:12	00:33:01	00:43:27	00:45:10.80	00:45:16.15	+00:13:21 (29.6%)	4:31	13.3 (70.4%)
129	BOGACZ Mariusz	141		M-30	50	00:00:07	00:11:59	00:22:30	00:33:01	00:43:30	00:45:18.25	00:45:25.50	+00:13:29 (29.8%)	4:31	13.2 (69.8%)
130	RATAJ Zuzanna	56		K-30	4	00:00:05	00:11:17	00:21:59	00:32:48	00:43:33	00:45:21.30	00:45:26.55	+00:13:32 (29.8%)	4:32	13.2 (69.8%)
131	GRYCZKA Piotr	254		M-50	13	00:00:06	00:11:02	00:21:36	00:32:37	00:43:36	00:45:24.65	00:45:30.95	+00:13:35 (29.9%)	4:32	13.2 (69.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas		Różn	Tempo min/km	Tempo km/h
											netto 10km	brutto 10km			
132	KATULSKI Radosław	264		M-30	51	00:00:28	00:11:47	00:22:34	00:33:12	00:43:44	00:45:25.65	00:45:53.65	+00:13:36 (30.0%)	4:32	13.2 (69.8%)
133	CZEPEK Aleksander	138		M-60	6	00:00:08	00:11:00	00:21:38	00:32:36	00:43:37	00:45:26.95	00:45:35.15	+00:13:37 (30.0%)	4:32	13.2 (69.8%)
134	HIRT Tomasz	482		M-30	52	00:00:30	00:11:38	00:22:25	00:33:11	00:43:44	00:45:32.50	00:46:03.15	+00:13:43 (30.1%)	4:33	13.2 (69.8%)
134	MICHALEWSKI Bartosz	465		M-40	35	00:00:30	00:11:40	00:22:27	00:33:12	00:43:49	00:45:32.50	00:46:03.20	+00:13:43 (30.1%)	4:33	13.2 (69.8%)
136	KRYSKE Mariusz	12		M-30	53	00:00:08	00:11:01	00:21:32	00:32:34	00:43:43	00:45:33.80	00:45:42.45	+00:13:44 (30.2%)	4:33	13.2 (69.8%)
137	SOBCZYŃSKI Michał	537		M-30	54	00:00:14	00:11:23	00:22:07	00:33:06	00:43:51	00:45:35.05	00:45:49.10	+00:13:45 (30.2%)	4:33	13.2 (69.8%)
138	TATULIŃSKA Aleksandra	505		K-30	5	00:00:09	00:11:36	00:22:22	00:33:08	00:43:47	00:45:36.40	00:45:46.35	+00:13:47 (30.2%)	4:33	13.2 (69.8%)
139	SZATTEN Dawid	51		M-30	55	00:00:16	00:11:36	00:22:17	00:33:06	00:43:53	00:45:37.85	00:45:54.60	+00:13:48 (30.3%)	4:33	13.1 (69.3%)
140	GÓRSKI Marian	366		M-60	7	00:00:03	00:11:13	00:21:51	00:32:46	00:43:42	00:45:38.10	00:45:41.95	+00:13:48 (30.3%)	4:33	13.1 (69.3%)
141	GABRYSZAK Bartosz	519		M-30	56	00:00:14	00:11:12	00:21:54	00:33:00	00:43:56	00:45:45.60	00:46:00.10	+00:13:56 (30.5%)	4:34	13.1 (69.3%)
142	KAZUBOWSKI Jacek	198		M-50	14	00:00:08	00:11:37	00:22:27	00:33:14	00:43:57	00:45:46.85	00:45:55.75	+00:13:57 (30.5%)	4:34	13.1 (69.3%)
143	MUCHA Marcin	303		M-30	57	00:00:12	00:11:23	00:22:06	00:33:02	00:44:04	00:45:48.05	00:46:00.10	+00:13:58 (30.5%)	4:34	13.1 (69.3%)
144	MICHALAK Wojciech	221		M-50	15	00:00:18	00:11:07	00:21:51	00:32:49	00:44:02	00:45:49.35	00:46:08.15	+00:14:00 (30.6%)	4:35	13.1 (69.3%)
145	MACIEJEWSKA Kamila	319		K-30	6	00:00:04	00:11:29	00:22:13	00:33:02	00:43:55	00:45:49.50	00:45:54.20	+00:14:00 (30.6%)	4:35	13.1 (69.3%)
146	MORITZ Rafał	175		M-40	36	00:00:04	00:11:29	00:22:13	00:33:03	00:43:55	00:45:50.00	00:45:54.40	+00:14:00 (30.6%)	4:35	13.1 (69.3%)
147	JANOWSKI Jacek	591		M-40	37	00:00:15	00:11:27	00:22:11	00:33:05	00:44:00	00:45:50.65	00:46:06.30	+00:14:01 (30.6%)	4:35	13.1 (69.3%)
148	BORUCH Łukasz	619		M-30	58	00:00:22	00:12:33	00:23:26	00:33:59	00:44:09	00:45:50.85	00:46:13.80	+00:14:01 (30.6%)	4:35	13.1 (69.3%)
149	BUKOWSKI Mateusz	122		M-30	59	00:00:05	00:11:13	00:21:56	00:32:58	00:44:08	00:45:59.20	00:46:04.20	+00:14:10 (30.8%)	4:35	13 (68.8%)
150	KRZYŻANOWSKI Robert	559		M-40	38	00:00:10	00:11:22	00:22:02	00:33:03	00:44:08	00:46:00.30	00:46:11.00	+00:14:11 (30.8%)	4:36	13 (68.8%)
151	LUZAK Mirosław	488		M-50	16	00:00:07	00:11:29	00:22:20	00:33:15	00:44:14	00:46:03.05	00:46:10.55	+00:14:13 (30.9%)	4:36	13 (68.8%)
152	WNUCZYŃSKI Andrzej	446		M-40	39	00:00:18	00:11:17	00:22:01	00:33:00	00:44:11	00:46:04.45	00:46:22.90	+00:14:15 (30.9%)	4:36	13 (68.8%)
153	BUZALSKI Robert	441		M-40	40	00:00:18	00:11:17	00:22:01	00:33:01	00:44:11	00:46:04.50	00:46:23.00	+00:14:15 (30.9%)	4:36	13 (68.8%)
154	DĄBKOWSKA Dorota	603		K-50	2	00:00:06	00:11:36	00:22:29	00:33:13	00:44:15	00:46:10.35	00:46:16.85	+00:14:21 (31.1%)	4:37	13 (68.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
155	SZULC Edmund	108		M-50	17	00:00:14	00:11:02	00:21:40	00:33:02	00:44:16	00:46:10.70	00:46:25.25	+00:14:21 (31.1%)	4:37	13 (68.8%)
156	STEMPNIAK Krzysztof	54		M-40	41	00:00:08	00:11:37	00:22:29	00:33:28	00:44:27	00:46:15.30	00:46:23.90	+00:14:26 (31.2%)	4:37	13 (68.8%)
157	UKLEJEWSKI Tomasz	292		M-40	42	00:00:10	00:11:42	00:22:44	00:33:42	00:44:30	00:46:15.45	00:46:25.60	+00:14:26 (31.2%)	4:37	13 (68.8%)
158	FURTAK Tomasz	187		M-40	43	00:00:09	00:11:42	00:22:44	00:33:42	00:44:30	00:46:16.20	00:46:26.00	+00:14:27 (31.2%)	4:37	13 (68.8%)
159	KANTORSKI Zbysław	140		M-50	18	00:00:18	00:11:28	00:22:08	00:33:11	00:44:24	00:46:20.05	00:46:38.20	+00:14:30 (31.3%)	4:38	12.9 (68.3%)
160	SŁOMA Maciej	224		M-40	44	00:00:22	00:11:21	00:22:03	00:33:27	00:44:32	00:46:20.50	00:46:42.90	+00:14:31 (31.3%)	4:38	12.9 (68.3%)
161	NOWACKI Mariusz	480		M-40	45	00:00:03	00:10:53	00:21:53	00:33:13	00:44:30	00:46:21.05	00:46:24.20	+00:14:31 (31.4%)	4:38	12.9 (68.3%)
162	MITKOWSKA Natalia	562		K-30	7	00:00:24	00:11:20	00:22:00	00:33:11	00:44:32	00:46:22.25	00:46:46.40	+00:14:33 (31.4%)	4:38	12.9 (68.3%)
163	SZYSZKA Radosław	589		M-30	60	00:00:05	00:10:54	00:21:41	00:33:00	00:44:32	00:46:28.00	00:46:33.55	+00:14:38 (31.5%)	4:38	12.9 (68.3%)
164	GACKOWSKI Krzysztof	120		M-40	46	00:00:07	00:11:06	00:22:04	00:33:20	00:44:36	00:46:29.80	00:46:37.00	+00:14:40 (31.6%)	4:39	12.9 (68.3%)
165	KANARKOWSKA Zofia	610		K-1	1	00:00:11	00:11:46	00:22:50	00:34:00	00:44:46	00:46:32.00	00:46:43.50	+00:14:42 (31.6%)	4:39	12.9 (68.3%)
166	WYRĄBKIEWICZ Janusz	568		M-60	8	00:00:06	00:11:34	00:22:30	00:33:32	00:44:37	00:46:32.25	00:46:38.75	+00:14:43 (31.6%)	4:39	12.9 (68.3%)
167	KANARKOWSKI Tomasz	611		M-40	47	00:00:10	00:11:47	00:22:51	00:34:01	00:44:47	00:46:33.60	00:46:44.50	+00:14:44 (31.7%)	4:39	12.9 (68.3%)
168	BUJAK Karol	302		M-40	48	00:00:02	00:11:24	00:22:14	00:33:30	00:44:45	00:46:34.25	00:46:36.50	+00:14:45 (31.7%)	4:39	12.9 (68.3%)
169	WIŚNIEWSKI Jakub	280		M-20	18	00:00:11	00:11:02	00:22:07	00:33:09	00:44:43	00:46:34.85	00:46:46.75	+00:14:45 (31.7%)	4:39	12.9 (68.3%)
170	ZIÓŁKOWSKI Mieczysław	117		M-50	19	00:00:05	00:11:52	00:22:54	00:33:52	00:44:49	00:46:35.25	00:46:40.95	+00:14:46 (31.7%)	4:39	12.9 (68.3%)
171	SZŁYK Maciej	582		M-40	49	00:00:07	00:11:48	00:22:54	00:33:59	00:44:52	00:46:36.65	00:46:44.05	+00:14:47 (31.7%)	4:39	12.9 (68.3%)
172	SUCHODOLSKI Radosław	338		M-40	50	00:00:07	00:11:27	00:22:28	00:33:47	00:44:45	00:46:37.35	00:46:45.20	+00:14:48 (31.8%)	4:39	12.9 (68.3%)
173	LIBAN Zygfryd	19		M-70	1	00:00:03	00:11:35	00:22:34	00:33:34	00:44:42	00:46:39.60	00:46:42.60	+00:14:50 (31.8%)	4:39	12.9 (68.3%)
174	JASIŃSKI Marek	627		M-20	19	00:00:07	00:11:24	00:22:29	00:33:36	00:44:49	00:46:39.80	00:46:46.90	+00:14:50 (31.8%)	4:39	12.9 (68.3%)
175	OCHENDAL Maciej	32		M-30	61	00:00:07	00:11:23	00:21:55	00:33:19	00:44:45	00:46:47.75	00:46:54.75	+00:14:58 (32.0%)	4:40	12.8 (67.7%)
175	SIERACKI Krzysztof	114		M-30	62	00:00:52	00:11:34	00:22:17	00:33:32	00:44:46	00:46:47.75	00:47:40.10	+00:14:58 (32.0%)	4:40	12.8 (67.7%)
177	MACIEJEWSKI Zbigniew	191		M-50	20	00:00:02	00:11:10	00:22:23	00:33:41	00:44:53	00:46:48.65	00:46:50.70	+00:14:59 (32.0%)	4:40	12.8 (67.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
177	WALIGÓRA Karolina	332		K-40	3	00:00:03	00:11:18	00:22:21	00:33:35	00:44:54	00:46:48.65	00:46:52.60	+00:14:59 (32.0%)	4:40	12.8 (67.7%)
179	TUBAJA Albert	368		M-40	51	00:00:07	00:11:23	00:21:56	00:33:20	00:44:47	00:46:48.85	00:46:56.10	+00:14:59 (32.0%)	4:40	12.8 (67.7%)
180	DRÓBKA Krzysztof	262		M-50	21	00:00:08	00:11:29	00:22:28	00:33:35	00:44:54	00:46:49.25	00:46:57.40	+00:15:00 (32.0%)	4:40	12.8 (67.7%)
181	RYMARKIEWICZ Małgorzata	50		K-30	8	00:00:28	00:11:39	00:22:39	00:33:43	00:44:58	00:46:51.40	00:47:19.60	+00:15:02 (32.1%)	4:41	12.8 (67.7%)
182	WIDŹGOWSKI Przemysław	226		M-30	63	00:00:11	00:11:58	00:22:49	00:33:53	00:45:04	00:46:55.70	00:47:07.00	+00:15:06 (32.2%)	4:41	12.8 (67.7%)
183	ZASADA Krystian	252		M-40	52	00:00:33	00:11:05	00:22:09	00:33:47	00:45:09	00:47:03.80	00:47:37.30	+00:15:14 (32.4%)	4:42	12.7 (67.2%)
184	RUSIECKI Mikołaj	540		M-30	64	00:00:11	00:12:00	00:23:13	00:34:34	00:45:15	00:47:04.45	00:47:15.45	+00:15:15 (32.4%)	4:42	12.7 (67.2%)
185	WAWRZYŃCZAK Arek	602		M-40	53	00:00:11	00:12:20	00:23:14	00:34:21	00:45:19	00:47:06.50	00:47:18.05	+00:15:17 (32.5%)	4:42	12.7 (67.2%)
186	KIEŁBASIEWICZ Bartosz	563		M-20	20	00:00:22	00:11:51	00:22:49	00:34:01	00:45:22	00:47:07.10	00:47:29.35	+00:15:17 (32.5%)	4:42	12.7 (67.2%)
187	MAŁKIŃSKI Józef	118		M-60	9	00:00:09	00:11:44	00:22:46	00:33:53	00:45:10	00:47:09.90	00:47:19.10	+00:15:20 (32.5%)	4:43	12.7 (67.2%)
188	MONDRY Waldemar	278		M-50	22	00:00:21	00:12:11	00:22:51	00:34:25	00:45:15	00:47:11.40	00:47:32.40	+00:15:22 (32.6%)	4:43	12.7 (67.2%)
189	DĄBKOWSKI Wojciech	81		M-30	65	00:00:37	00:12:23	00:23:38	00:34:45	00:45:30	00:47:15.40	00:47:52.50	+00:15:26 (32.7%)	4:43	12.7 (67.2%)
190	SAK Joanna	556		K-20	2	00:00:06	00:11:52	00:23:03	00:34:23	00:45:27	00:47:16.45	00:47:23.20	+00:15:27 (32.7%)	4:43	12.7 (67.2%)
191	KLOSKOWSKI Adam	440		M-30	66	00:00:24	00:11:23	00:22:26	00:33:51	00:45:34	00:47:17.30	00:47:42.15	+00:15:28 (32.7%)	4:43	12.7 (67.2%)
192	SZTEJKA Damian	228		M-40	54	00:00:15	00:11:53	00:23:13	00:34:28	00:45:42	00:47:30.90	00:47:45.90	+00:15:41 (33.0%)	4:45	12.6 (66.7%)
193	KLATECKI Adam	130		M-30	67	00:00:17	00:12:03	00:23:17	00:34:33	00:45:46	00:47:33.50	00:47:50.50	+00:15:44 (33.1%)	4:45	12.6 (66.7%)
194	ŻYWICA Adam	17		M-40	55	00:00:04	00:12:10	00:23:27	00:34:45	00:45:50	00:47:39.30	00:47:44.10	+00:15:50 (33.2%)	4:46	12.6 (66.7%)
195	ZBORALSKI Krzysztof	442		M-40	56	00:00:08	00:11:56	00:23:11	00:34:27	00:45:44	00:47:40.35	00:47:48.60	+00:15:51 (33.3%)	4:46	12.6 (66.7%)
195	STASZEWSKI Adam	422		M-30	68	00:00:35	00:12:06	00:23:14	00:34:35	00:45:52	00:47:40.35	00:48:15.70	+00:15:51 (33.3%)	4:46	12.6 (66.7%)
197	STANKOWSKA Justyna	601		K-40	4	00:00:09	00:12:03	00:23:19	00:34:48	00:45:56	00:47:44.35	00:47:53.85	+00:15:55 (33.3%)	4:46	12.6 (66.7%)
198	RUSZKIEWICZ Łukasz	352		M-30	69	00:00:38	00:12:09	00:23:01	00:34:32	00:46:01	00:47:49.65	00:48:28.25	+00:16:00 (33.5%)	4:47	12.5 (66.1%)
199	MIERECZKO Marta	181		K-30	9	00:00:04	00:11:33	00:22:43	00:34:16	00:45:52	00:47:50.65	00:47:55.10	+00:16:01 (33.5%)	4:47	12.5 (66.1%)
200	RYDLEWSKI Marek	53		M-40	57	00:00:09	00:11:50	00:23:11	00:34:38	00:46:05	00:47:55.30	00:48:05.20	+00:16:06 (33.6%)	4:47	12.5 (66.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
201	KUJAWA Daniel	29		M-30	70	00:00:33	00:11:29	00:22:44	00:34:14	00:45:52	00:47:57.20	00:48:30.65	+00:16:08 (33.6%)	4:47	12.5 (66.1%)
202	KUNKE Tomasz	277		M-30	71	00:00:05	00:11:00	00:22:24	00:34:17	00:46:00	00:47:57.35	00:48:03.00	+00:16:08 (33.6%)	4:47	12.5 (66.1%)
203	KWIATKOWSKA Bożena	497		K-40	5	00:00:13	00:11:54	00:23:16	00:34:43	00:46:00	00:47:57.70	00:48:10.95	+00:16:08 (33.7%)	4:47	12.5 (66.1%)
204	LEWANDOWSKI Marcin	539		M-20	21	00:00:10	00:12:01	00:23:14	00:34:35	00:46:02	00:47:58.35	00:48:08.95	+00:16:09 (33.7%)	4:47	12.5 (66.1%)
205	WISIŃSKI Piotr	296		M-50	23	00:00:06	00:12:37	00:23:48	00:34:53	00:45:57	00:47:58.70	00:48:05.65	+00:16:09 (33.7%)	4:47	12.5 (66.1%)
206	SMYK Piotr	178		M-30	72	00:00:11	00:12:01	00:23:24	00:34:53	00:46:22	00:48:04.15	00:48:15.80	+00:16:15 (33.8%)	4:48	12.5 (66.1%)
207	MROZEK Mariusz	521		M-30	73	00:00:29	00:12:01	00:23:25	00:34:53	00:46:10	00:48:04.30	00:48:33.40	+00:16:15 (33.8%)	4:48	12.5 (66.1%)
208	BURY Tomasz	551		M-20	22	00:00:01	00:11:10	00:22:34	00:34:13	00:46:01	00:48:05.20	00:48:07.10	+00:16:16 (33.8%)	4:48	12.5 (66.1%)
209	JANIK Roman	85		M-60	10	00:00:02	00:11:58	00:23:26	00:34:49	00:46:10	00:48:07.30	00:48:10.20	+00:16:18 (33.9%)	4:48	12.5 (66.1%)
210	SZULC Mateusz	253		M-20	23	00:00:18	00:12:41	00:24:19	00:35:35	00:46:24	00:48:08.90	00:48:27.70	+00:16:19 (33.9%)	4:48	12.5 (66.1%)
211	KONIEC Krzysztof	93		M-40	58	00:00:24	00:11:45	00:22:57	00:34:44	00:46:17	00:48:09.10	00:48:34.00	+00:16:19 (33.9%)	4:49	12.5 (66.1%)
212	SIKORA Kamil	605		M-30	74	00:00:19	00:12:27	00:23:47	00:35:00	00:46:17	00:48:11.30	00:48:30.40	+00:16:22 (34.0%)	4:49	12.5 (66.1%)
213	BIEL Marek	325		M-40	59	00:00:22	00:11:34	00:22:40	00:34:15	00:46:06	00:48:11.80	00:48:34.10	+00:16:22 (34.0%)	4:49	12.4 (65.6%)
214	DĄBKOWSKI Maciej	79		M-40	60	00:00:36	00:12:25	00:23:49	00:35:02	00:46:15	00:48:11.95	00:48:48.75	+00:16:22 (34.0%)	4:49	12.4 (65.6%)
215	SUCHOMSKI Eugeniusz	124		M-60	11	00:00:00	00:11:50	00:23:10	00:34:57	00:46:21	00:48:13.00	00:48:13.00	+00:16:23 (34.0%)	4:49	12.4 (65.6%)
216	STASZKIEWICZ Lucyna	356		K-50	3	00:00:09	00:11:44	00:22:56	00:34:30	00:46:10	00:48:13.30	00:48:22.90	+00:16:24 (34.0%)	4:49	12.4 (65.6%)
217	GOLINOWSKI Dariusz	229		M-40	61	00:00:12	00:11:42	00:23:01	00:34:42	00:46:10	00:48:13.65	00:48:25.75	+00:16:24 (34.0%)	4:49	12.4 (65.6%)
218	LASKOWSKI Łukasz	381		M-20	24	00:00:11	00:11:27	00:22:57	00:34:39	00:46:17	00:48:15.90	00:48:27.50	+00:16:26 (34.1%)	4:49	12.4 (65.6%)
219	FILIPEK Piotr	481		M-40	62	00:00:13	00:12:14	00:23:35	00:35:08	00:46:27	00:48:17.20	00:48:31.15	+00:16:28 (34.1%)	4:49	12.4 (65.6%)
220	KANIA Dariusz	477		M-40	63	00:00:08	00:11:57	00:23:12	00:34:30	00:46:18	00:48:23.30	00:48:32.00	+00:16:34 (34.2%)	4:50	12.4 (65.6%)
221	ROBINSON Paul	113		M-60	12	00:00:13	00:12:29	00:23:48	00:35:06	00:46:25	00:48:26.85	00:48:40.25	+00:16:37 (34.3%)	4:50	12.4 (65.6%)
222	ŚWIATOWY Krystian	544		M-30	75	00:00:21	00:11:47	00:23:01	00:34:45	00:46:36	00:48:28.95	00:48:50.65	+00:16:39 (34.4%)	4:50	12.4 (65.6%)
223	KACZYŃSKI Marek	358		M-30	76	00:00:02	00:12:09	00:23:36	00:35:13	00:46:43	00:48:30.10	00:48:33.00	+00:16:40 (34.4%)	4:51	12.4 (65.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
224	LIPINSKA Anna	444		K-40	6	00:00:08	00:12:11	00:23:49	00:35:23	00:46:39	00:48:32.65	00:48:41.25	+00:16:43 (34.5%)	4:51	12.4 (65.6%)
225	DRAPIEWSKI Mirosław	449		M-30	77	00:00:09	00:11:59	00:23:25	00:35:04	00:46:32	00:48:32.80	00:48:42.45	+00:16:43 (34.5%)	4:51	12.4 (65.6%)
226	KURS Jarosław	197		M-50	24	00:00:21	00:12:05	00:23:25	00:35:03	00:46:42	00:48:33.70	00:48:55.65	+00:16:44 (34.5%)	4:51	12.4 (65.6%)
227	GACKOWSKA Beata	428		K-40	7	00:00:08	00:11:59	00:23:30	00:35:05	00:46:35	00:48:37.65	00:48:46.55	+00:16:48 (34.6%)	4:51	12.3 (65.1%)
228	GACKA Ania	418		K-30	10	00:00:15	00:11:59	00:23:19	00:34:57	00:46:38	00:48:37.70	00:48:52.70	+00:16:48 (34.6%)	4:51	12.3 (65.1%)
229	GACKA Rafał	420		M-40	64	00:00:14	00:12:00	00:23:19	00:34:58	00:46:39	00:48:39.25	00:48:53.60	+00:16:50 (34.6%)	4:51	12.3 (65.1%)
230	GACKA Paula	419		K-1	2	00:00:14	00:12:00	00:23:19	00:34:58	00:46:38	00:48:39.80	00:48:53.90	+00:16:50 (34.6%)	4:51	12.3 (65.1%)
231	SZUBARTOWSKI Robert	147		M-40	65	00:00:17	00:12:12	00:23:28	00:35:03	00:46:50	00:48:45.20	00:49:03.05	+00:16:56 (34.7%)	4:52	12.3 (65.1%)
232	RÓŻYCKI Waldemar	452		M-40	66	00:00:26	00:12:15	00:24:18	00:36:03	00:46:57	00:48:47.55	00:49:13.95	+00:16:58 (34.8%)	4:52	12.3 (65.1%)
233	NURKIEWICZ Jarosław	512		M-40	67	00:00:22	00:12:10	00:23:41	00:35:23	00:46:57	00:48:49.25	00:49:11.45	+00:17:00 (34.8%)	4:52	12.3 (65.1%)
234	TOMCZAK Zbigniew	74		M-60	13	00:00:27	00:12:25	00:23:51	00:35:15	00:46:52	00:48:52.20	00:49:20.00	+00:17:03 (34.9%)	4:53	12.3 (65.1%)
235	RATKOWSKA Małgorzata	345		K-30	11	00:00:11	00:12:25	00:24:04	00:35:32	00:46:59	00:48:55.05	00:49:06.60	+00:17:05 (35.0%)	4:53	12.3 (65.1%)
236	RYBAK Remigiusz	538		M-40	68	00:00:11	00:12:06	00:23:41	00:35:26	00:47:02	00:48:59.60	00:49:10.90	+00:17:10 (35.1%)	4:53	12.2 (64.6%)
237	PASTWA Donata	508		K-40	8	00:00:06	00:12:11	00:23:44	00:35:29	00:47:02	00:49:01.20	00:49:07.80	+00:17:12 (35.1%)	4:54	12.2 (64.6%)
238	SADOWSKI Michał	97		M-30	78	00:00:15	00:12:06	00:23:34	00:35:16	00:47:01	00:49:03.00	00:49:18.05	+00:17:13 (35.1%)	4:54	12.2 (64.6%)
238	PRZEDWOJSKI Dariusz	35		M-40	69	00:00:38	00:12:28	00:24:01	00:35:37	00:47:08	00:49:03.00	00:49:41.35	+00:17:13 (35.1%)	4:54	12.2 (64.6%)
240	KĘPSKI Mariusz	478		M-30	79	00:00:07	00:11:57	00:23:13	00:34:57	00:46:58	00:49:04.75	00:49:12.55	+00:17:15 (35.2%)	4:54	12.2 (64.6%)
241	DOMAN Janusz	112		M-60	14	00:00:03	00:11:46	00:23:20	00:35:12	00:47:12	00:49:12.30	00:49:16.15	+00:17:23 (35.3%)	4:55	12.2 (64.6%)
242	SZULC Jarosław	362		M-30	80	00:00:21	00:12:05	00:23:40	00:35:13	00:47:07	00:49:12.40	00:49:34.30	+00:17:23 (35.3%)	4:55	12.2 (64.6%)
243	MATLEWSKA Marzena	484		K-40	9	00:00:01	00:11:58	00:23:28	00:35:12	00:47:07	00:49:13.25	00:49:15.10	+00:17:24 (35.4%)	4:55	12.2 (64.6%)
244	LICA Krzysiu	500		M-50	25	00:00:16	00:12:15	00:23:48	00:35:28	00:47:13	00:49:14.70	00:49:31.10	+00:17:25 (35.4%)	4:55	12.2 (64.6%)
245	LUDWINIAK Bogdan	92		M-50	26	00:00:09	00:12:17	00:23:53	00:35:33	00:47:19	00:49:19.25	00:49:28.60	+00:17:30 (35.5%)	4:55	12.2 (64.6%)
246	WOJCIECHOWSKI Grzegorz	136		M-50	27	00:00:31	00:13:15	00:24:49	00:36:18	00:47:28	00:49:21.80	00:49:53.40	+00:17:32 (35.5%)	4:56	12.2 (64.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
247	ŚWIĄTKOWSKI Marcin	593		M-30	81	00:00:21	00:11:58	00:23:35	00:35:33	00:47:25	00:49:24.75	00:49:46.05	+00:17:35 (35.6%)	4:56	12.1 (64.0%)
248	KOLANOWSKI Wojciech	65		M-50	28	00:00:12	00:12:27	00:24:11	00:35:52	00:47:33	00:49:26.20	00:49:39.15	+00:17:37 (35.6%)	4:56	12.1 (64.0%)
249	REPKA Marek	549		M-40	70	00:00:14	00:12:10	00:23:54	00:35:53	00:47:35	00:49:26.35	00:49:40.55	+00:17:37 (35.6%)	4:56	12.1 (64.0%)
250	GORDON Roman	121		M-60	15	00:00:11	00:12:10	00:23:46	00:35:24	00:47:32	00:49:32.90	00:49:44.15	+00:17:43 (35.8%)	4:57	12.1 (64.0%)
251	SIKORA Antoni	393		M-60	16	00:00:08	00:12:04	00:23:47	00:35:43	00:47:37	00:49:39.40	00:49:47.50	+00:17:50 (35.9%)	4:57	12.1 (64.0%)
252	KOWALSKI Jacek	336		M-40	71	00:00:37	00:12:25	00:24:03	00:35:51	00:47:39	00:49:40.60	00:50:17.85	+00:17:51 (35.9%)	4:58	12.1 (64.0%)
253	KRUCZKOWSKI Piotr	507		M-50	29	00:00:36	00:12:36	00:24:19	00:36:13	00:47:48	00:49:42.45	00:50:19.20	+00:17:53 (36.0%)	4:58	12.1 (64.0%)
254	KWIATKOWSKI Tomasz	437		M-40	72	00:00:11	00:12:46	00:25:03	00:36:30	00:47:48	00:49:46.45	00:49:57.50	+00:17:57 (36.1%)	4:58	12.1 (64.0%)
255	MATYSZCZAK Damian	244		M-40	73	00:00:16	00:12:07	00:23:39	00:35:32	00:47:44	00:49:47.55	00:50:04.35	+00:17:58 (36.1%)	4:58	12 (63.5%)
256	GRYCZKA Karol	279		M-1	5	00:00:15	00:12:34	00:24:15	00:36:11	00:47:59	00:49:54.05	00:50:09.80	+00:18:04 (36.2%)	4:59	12 (63.5%)
257	KRÓL Ireneusz	599		M-60	17	00:00:15	00:12:58	00:24:30	00:36:01	00:47:59	00:49:57.45	00:50:12.60	+00:18:08 (36.3%)	4:59	12 (63.5%)
258	JENERALSKI Maciej	527		M-40	74	00:00:22	00:12:26	00:24:14	00:36:18	00:48:02	00:50:00.70	00:50:22.80	+00:18:11 (36.4%)	5:00	12 (63.5%)
259	SOBAŃSKI Michał	357		M-30	82	00:00:11	00:12:47	00:25:08	00:37:08	00:48:17	00:50:00.75	00:50:12.40	+00:18:11 (36.4%)	5:00	12 (63.5%)
260	WINKLEWSKI Krzysztof	44		M-40	75	00:00:40	00:12:28	00:24:13	00:36:09	00:48:06	00:50:04.05	00:50:44.45	+00:18:14 (36.4%)	5:00	12 (63.5%)
261	SZEWCZYKOWSKI Grzegorz	487		M-30	83	00:00:30	00:12:35	00:24:22	00:36:16	00:48:08	00:50:06.85	00:50:37.30	+00:18:17 (36.5%)	5:00	12 (63.5%)
262	KARPIŃSKI Daniel Marek	210		M-30	84	00:00:12	00:13:15	00:24:55	00:36:28	00:48:11	00:50:09.90	00:50:22.55	+00:18:20 (36.6%)	5:01	12 (63.5%)
263	JURSKI Robert	212		M-40	76	00:00:10	00:12:50	00:24:32	00:36:17	00:48:12	00:50:11.25	00:50:21.65	+00:18:22 (36.6%)	5:01	12 (63.5%)
264	KOLANOWSKA Grażyna	62		K-50	4	00:00:13	00:12:26	00:24:10	00:36:06	00:48:07	00:50:11.65	00:50:24.75	+00:18:22 (36.6%)	5:01	12 (63.5%)
265	ŁOŚ Piotr	9		M-40	77	00:00:27	00:12:48	00:24:43	00:36:19	00:48:20	00:50:16.15	00:50:43.85	+00:18:27 (36.7%)	5:01	11.9 (63.0%)
266	KUKAWKA Damian	365		M-30	85	00:00:22	00:12:26	00:23:48	00:35:51	00:48:11	00:50:16.70	00:50:39.20	+00:18:27 (36.7%)	5:01	11.9 (63.0%)
267	WIŚNIEWSKI Janusz	45		M-50	30	00:00:47	00:12:59	00:24:34	00:36:21	00:48:19	00:50:19.15	00:51:06.90	+00:18:30 (36.8%)	5:01	11.9 (63.0%)
268	FILIPIAK Jakub	208		M-30	86	00:00:19	00:12:42	00:24:37	00:36:31	00:48:27	00:50:27.70	00:50:47.60	+00:18:38 (36.9%)	5:02	11.9 (63.0%)
269	MARCYJANIAK Krzysztof	135		M-40	78	00:00:31	00:12:25	00:24:04	00:36:06	00:48:31	00:50:32.40	00:51:04.15	+00:18:43 (37.0%)	5:03	11.9 (63.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas					Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
						Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km					
270	ŚLESIŃSKI Bartosz	513		M-40	79	00:00:38	00:13:03	00:25:01	00:36:56	00:48:42	00:50:33.30	00:51:11.95	+00:18:44 (37.1%)	5:03	11.9 (63.0%)
271	KRAWCZUK Andrzej	311		M-60	18	00:00:01	00:11:59	00:23:52	00:36:04	00:48:31	00:50:34.90	00:50:36.15	+00:18:45 (37.1%)	5:03	11.9 (63.0%)
272	SOKOŁOWSKA Hanna	564		K-50	5	00:00:21	00:12:56	00:25:04	00:37:04	00:48:33	00:50:39.05	00:51:00.65	+00:18:49 (37.2%)	5:03	11.8 (62.4%)
273	SITKO Arkadiusz	421		M-40	80	00:00:02	00:12:27	00:24:32	00:36:43	00:48:41	00:50:41.95	00:50:44.50	+00:18:52 (37.2%)	5:04	11.8 (62.4%)
274	TRZCIŃSKI Eugeniusz	230		M-60	19	00:00:19	00:12:21	00:24:11	00:36:13	00:48:39	00:50:42.95	00:51:02.40	+00:18:53 (37.3%)	5:04	11.8 (62.4%)
275	MACKIEWICZ Piotr	125		M-30	87	00:00:24	00:13:04	00:25:21	00:37:23	00:48:48	00:50:45.90	00:51:10.85	+00:18:56 (37.3%)	5:04	11.8 (62.4%)
276	BRZOZOWSKI Marcin	160		M-20	25	00:00:42	00:13:32	00:25:19	00:36:56	00:48:53	00:50:47.25	00:51:29.45	+00:18:58 (37.3%)	5:04	11.8 (62.4%)
277	WROBEL Mateusz	580		M-20	26	00:00:08	00:11:39	00:23:48	00:36:23	00:48:55	00:50:48.70	00:50:57.60	+00:18:59 (37.4%)	5:04	11.8 (62.4%)
278	TRZÓŚŁO Dorota	300		K-30	12	00:00:25	00:12:39	00:24:29	00:36:31	00:48:44	00:50:48.95	00:51:14.80	+00:18:59 (37.4%)	5:04	11.8 (62.4%)
279	RAUT Wiesław	307		M-60	20	00:00:27	00:13:02	00:25:17	00:37:18	00:48:51	00:50:53.70	00:51:21.40	+00:19:04 (37.5%)	5:05	11.8 (62.4%)
280	ŻOŁNOWSKA Monika	516		K-30	13	00:00:07	00:12:18	00:24:29	00:36:44	00:48:53	00:50:53.95	00:51:01.65	+00:19:04 (37.5%)	5:05	11.8 (62.4%)
281	RUDOL Sebastian	213		M-40	81	00:00:30	00:13:34	00:25:22	00:37:01	00:49:07	00:50:55.00	00:51:25.30	+00:19:05 (37.5%)	5:05	11.8 (62.4%)
282	RUDOL Magdalena	214		K-40	10	00:00:29	00:13:35	00:25:23	00:37:03	00:48:54	00:50:55.65	00:51:25.55	+00:19:06 (37.5%)	5:05	11.8 (62.4%)
283	KRUTUL Kasia	305		K-40	11	00:00:04	00:12:48	00:24:54	00:37:04	00:49:02	00:51:02.65	00:51:07.40	+00:19:13 (37.7%)	5:06	11.8 (62.4%)
284	STAWCZYK Dariusz	41		M-40	82	00:00:18	00:12:51	00:24:57	00:37:02	00:49:06	00:51:05.85	00:51:23.85	+00:19:16 (37.7%)	5:06	11.7 (61.9%)
285	MICHNA Justyna	107		K-40	12	00:00:37	00:13:13	00:25:22	00:37:16	00:49:00	00:51:06.20	00:51:44.10	+00:19:17 (37.7%)	5:06	11.7 (61.9%)
286	LUZAK Magdalena	498		K-20	3	00:00:16	00:12:35	00:24:40	00:36:51	00:49:06	00:51:06.40	00:51:22.90	+00:19:17 (37.7%)	5:06	11.7 (61.9%)
287	LEBIEDZIŃSKI Konrad	576		M-30	88	00:00:14	00:12:15	00:24:05	00:36:31	00:49:08	00:51:08.40	00:51:22.60	+00:19:19 (37.8%)	5:06	11.7 (61.9%)
288	ŚLOT Michał	389		M-40	83	00:00:32	00:13:24	00:25:33	00:37:32	00:49:08	00:51:09.90	00:51:42.30	+00:19:20 (37.8%)	5:07	11.7 (61.9%)
289	DERENDA Mirosław	104		M-30	89	00:00:16	00:12:07	00:23:53	00:36:09	00:49:01	00:51:11.95	00:51:28.20	+00:19:22 (37.9%)	5:07	11.7 (61.9%)
290	BOLINSKI Bartosz	533		M-30	90	00:00:29	00:12:30	00:24:31	00:37:08	00:49:20	00:51:12.45	00:51:41.75	+00:19:23 (37.9%)	5:07	11.7 (61.9%)
291	PASTECKI Robert	583		M-40	84	00:00:27	00:12:52	00:24:59	00:36:58	00:49:08	00:51:14.90	00:51:42.60	+00:19:25 (37.9%)	5:07	11.7 (61.9%)
292	SOWIŃSKA Justyna	394		K-40	13	00:00:11	00:12:44	00:24:50	00:37:08	00:49:14	00:51:15.45	00:51:27.00	+00:19:26 (37.9%)	5:07	11.7 (61.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
293	MAŁKOWSKI Sebastian	329		M-30	91	00:00:22	00:13:00	00:25:18	00:37:31	00:49:21	00:51:23.65	00:51:46.15	+00:19:34 (38.1%)	5:08	11.7 (61.9%)
294	KOWAL Michał	399		M-30	92	00:00:23	00:13:35	00:25:53	00:37:36	00:49:28	00:51:23.95	00:51:47.80	+00:19:34 (38.1%)	5:08	11.7 (61.9%)
295	CHROBAK Tomasz	207		M-30	93	00:00:14	00:12:13	00:24:16	00:36:39	00:49:14	00:51:25.65	00:51:40.30	+00:19:36 (38.1%)	5:08	11.7 (61.9%)
296	REPKA Anna	546		K-40	14	00:00:13	00:12:56	00:25:04	00:37:24	00:49:28	00:51:26.35	00:51:39.85	+00:19:37 (38.1%)	5:08	11.7 (61.9%)
297	KOWALCZYK Tomasz	161		M-40	85	00:00:18	00:12:34	00:24:27	00:36:45	00:49:18	00:51:28.70	00:51:47.05	+00:19:39 (38.2%)	5:08	11.7 (61.9%)
298	KIEŁBASIWICZ Bartosz	543		M-20	27	00:00:31	00:13:31	00:26:01	00:38:01	00:49:44	00:51:28.95	00:52:00.45	+00:19:39 (38.2%)	5:08	11.7 (61.9%)
299	JAMNY Miłosz	585		M-60	21	00:00:30	00:12:07	00:23:47	00:35:43	00:49:30	00:51:32.00	00:52:02.10	+00:19:42 (38.3%)	5:09	11.6 (61.4%)
300	CHOŚCIŃSKI Piotr	574		M-40	86	00:00:16	00:12:43	00:24:36	00:36:52	00:49:23	00:51:32.35	00:51:48.80	+00:19:43 (38.3%)	5:09	11.6 (61.4%)
301	ANGLART Roman	355		M-50	31	00:00:25	00:12:47	00:25:01	00:37:22	00:49:39	00:51:32.65	00:51:58.30	+00:19:43 (38.3%)	5:09	11.6 (61.4%)
302	SOBIERAJ Karolina	625		K-40	15	00:00:08	00:12:38	00:24:44	00:37:10	00:49:34	00:51:39.70	00:51:47.70	+00:19:50 (38.4%)	5:09	11.6 (61.4%)
303	GUŹDZIOŁ Jarosław	321		M-30	94	00:00:14	00:12:16	00:24:19	00:36:52	00:49:32	00:51:40.65	00:51:55.45	+00:19:51 (38.4%)	5:10	11.6 (61.4%)
304	REY ALAMEDA Javier	408		M-40	87	00:00:21	00:13:09	00:25:25	00:37:32	00:49:41	00:51:44.25	00:52:05.95	+00:19:55 (38.5%)	5:10	11.6 (61.4%)
305	KRUPIŃSKI Andrzej	297		M-50	32	00:00:34	00:13:27	00:25:45	00:37:58	00:49:51	00:51:46.30	00:52:20.70	+00:19:57 (38.5%)	5:10	11.6 (61.4%)
306	KICZIŃSKA Izabela	463		K-30	14	00:00:06	00:12:06	00:24:24	00:37:23	00:49:42	00:51:48.25	00:51:54.70	+00:19:59 (38.6%)	5:10	11.6 (61.4%)
306	MORAWSKI Marek	219		M-40	88	00:00:11	00:12:20	00:24:17	00:37:00	00:49:48	00:51:48.25	00:52:00.10	+00:19:59 (38.6%)	5:10	11.6 (61.4%)
308	WILCZYŃSKI Łukasz	129		M-20	28	00:00:21	00:12:42	00:24:47	00:37:06	00:49:39	00:51:49.05	00:52:10.05	+00:19:59 (38.6%)	5:10	11.6 (61.4%)
309	STACHEWICZ Iwona	624		K-30	15	00:00:28	00:13:43	00:25:52	00:37:50	00:49:57	00:51:51.60	00:52:20.10	+00:20:02 (38.6%)	5:11	11.6 (61.4%)
310	PALACZ Michał	159		M-40	89	00:00:27	00:13:23	00:25:45	00:38:04	00:49:59	00:51:52.90	00:52:20.30	+00:20:03 (38.7%)	5:11	11.6 (61.4%)
311	SZUFRAJDA Robert	151		M-20	29	00:00:26	00:13:24	00:25:46	00:38:05	00:50:00	00:51:53.10	00:52:19.90	+00:20:03 (38.7%)	5:11	11.6 (61.4%)
312	SADOWSKI Marian	406		M-40	90	00:00:36	00:13:46	00:25:54	00:37:50	00:49:48	00:51:54.60	00:52:30.70	+00:20:05 (38.7%)	5:11	11.6 (61.4%)
313	SKUPSZ Jędrzej Kazimierz	350		M-20	30	00:00:09	00:12:24	00:24:39	00:37:11	00:49:56	00:51:57.00	00:52:06.90	+00:20:07 (38.8%)	5:11	11.5 (60.8%)
314	ZIĘTARA Rajmund	344		M-50	33	00:00:17	00:12:06	00:23:38	00:35:32	00:49:29	00:52:04.05	00:52:21.15	+00:20:14 (38.9%)	5:12	11.5 (60.8%)
315	MIELCARSKI Michał	46		M-30	95	00:00:40	00:12:31	00:24:49	00:37:19	00:49:57	00:52:06.70	00:52:47.40	+00:20:17 (38.9%)	5:12	11.5 (60.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas		Różn	Tempo min/km	Tempo km/h
											netto 10km	brutto 10km			
316	ANDRZEJEWSKI Ryszard	49		M-60	22	00:00:06	00:12:24	00:24:22	00:37:00	00:50:02	00:52:14.15	00:52:21.00	+00:20:25 (39.1%)	5:13	11.5 (60.8%)
317	JĘDRZEJCZYK Mirosław	334		M-50	34	00:00:05	00:12:31	00:24:45	00:37:12	00:50:03	00:52:16.30	00:52:21.65	+00:20:27 (39.1%)	5:13	11.5 (60.8%)
318	SIMIŃSKI Maciej	509		M-40	91	00:00:38	00:13:41	00:25:53	00:38:21	00:50:20	00:52:17.35	00:52:55.80	+00:20:28 (39.1%)	5:13	11.5 (60.8%)
319	WOJCIECHOWSKA Emilia	185		K-40	16	00:00:20	00:12:51	00:25:15	00:37:38	00:50:12	00:52:18.45	00:52:38.70	+00:20:29 (39.2%)	5:13	11.5 (60.8%)
320	WOJCIECHOWSKI Jarosław	186		M-40	92	00:00:19	00:12:51	00:25:16	00:37:40	00:50:13	00:52:18.80	00:52:38.40	+00:20:29 (39.2%)	5:13	11.5 (60.8%)
321	ADAMCZAK Barbara	351		K-20	4	00:00:11	00:12:34	00:25:07	00:37:56	00:50:21	00:52:25.60	00:52:36.90	+00:20:36 (39.3%)	5:14	11.4 (60.3%)
322	PAŚ Michał	273		M-40	93	00:00:15	00:13:25	00:25:59	00:38:21	00:50:28	00:52:27.25	00:52:42.70	+00:20:38 (39.3%)	5:14	11.4 (60.3%)
323	ARACH Przemysław	561		M-30	96	00:00:23	00:12:55	00:25:17	00:37:55	00:50:28	00:52:28.25	00:52:52.05	+00:20:39 (39.4%)	5:14	11.4 (60.3%)
324	CABAŃSKA Katarzyna	137		K-30	16	00:00:33	00:13:16	00:25:26	00:37:55	00:50:25	00:52:28.85	00:53:01.95	+00:20:39 (39.4%)	5:14	11.4 (60.3%)
325	BEDNAREK Marta	154		K-30	17	00:00:28	00:12:52	00:25:09	00:37:43	00:50:21	00:52:30.65	00:52:58.65	+00:20:41 (39.4%)	5:15	11.4 (60.3%)
326	GŁOWSKI Aleksander	514		M-40	94	00:00:13	00:13:15	00:25:33	00:38:04	00:50:25	00:52:31.80	00:52:45.70	+00:20:42 (39.4%)	5:15	11.4 (60.3%)
327	MICHALIK Łukasz	110		M-30	97	00:00:12	00:13:16	00:25:33	00:38:05	00:50:25	00:52:33.30	00:52:45.45	+00:20:44 (39.5%)	5:15	11.4 (60.3%)
328	WIŚNIEWSKI Włodzimierz	222		M-50	35	00:00:41	00:12:54	00:24:56	00:37:29	00:50:31	00:52:38.05	00:53:19.15	+00:20:48 (39.5%)	5:15	11.4 (60.3%)
329	CHOJNICKI Grzegorz	499		M-40	95	00:00:23	00:13:02	00:25:30	00:38:03	00:50:28	00:52:38.30	00:53:01.55	+00:20:49 (39.6%)	5:15	11.4 (60.3%)
330	LUTKOWSKI Dariusz	430		M-40	96	00:00:35	00:13:43	00:26:06	00:38:26	00:50:38	00:52:38.95	00:53:14.45	+00:20:49 (39.6%)	5:15	11.4 (60.3%)
331	ZAKOŚCIELNY Krzysztof	174		M-50	36	00:00:26	00:13:06	00:25:50	00:38:18	00:50:29	00:52:39.05	00:53:05.15	+00:20:49 (39.6%)	5:15	11.4 (60.3%)
332	RENC Patryk	255		M-20	31	00:00:25	00:13:09	00:25:35	00:38:24	00:50:53	00:52:43.60	00:53:08.85	+00:20:54 (39.7%)	5:16	11.4 (60.3%)
333	BRYCKI Łukasz	567		M-30	98	00:00:10	00:12:50	00:24:58	00:38:03	00:50:33	00:52:45.10	00:52:55.20	+00:20:55 (39.7%)	5:16	11.4 (60.3%)
334	CZYŻEWSKA Justyna	59		K-30	18	00:00:14	00:12:36	00:24:45	00:37:24	00:50:32	00:52:45.80	00:53:00.15	+00:20:56 (39.7%)	5:16	11.4 (60.3%)
335	MELER-LEWANDOWSKA Katarzyna	397		K-30	19	00:00:09	00:12:38	00:25:06	00:37:55	00:50:35	00:52:46.25	00:52:55.35	+00:20:57 (39.7%)	5:16	11.4 (60.3%)
336	CENTKOWSKA Iwona	250		K-40	17	00:00:20	00:13:14	00:25:47	00:38:24	00:50:54	00:52:54.20	00:53:14.55	+00:21:05 (39.9%)	5:17	11.3 (59.8%)
337	GAC Wojciech	528		M-1	6	00:00:02	00:11:22	00:24:15	00:37:53	00:51:01	00:52:57.10	00:52:59.75	+00:21:07 (39.9%)	5:17	11.3 (59.8%)
338	GROCHOWSKI Jakub	225		M-30	99	00:00:25	00:12:32	00:24:46	00:37:32	00:50:52	00:52:57.90	00:53:23.35	+00:21:08 (39.9%)	5:17	11.3 (59.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas		Różn	Tempo min/km	Tempo km/h
											netto 10km	brutto 10km			
339	WAWRZY尼亚K Michał	315		M-30	100	00:00:35	00:13:14	00:25:35	00:38:05	00:51:00	00:53:08.85	00:53:43.90	+00:21:19 (40.1%)	5:18	11.3 (59.8%)
340	KAMIŃSKA Agnieszka	304		K-30	20	00:00:35	00:13:14	00:25:36	00:38:05	00:51:00	00:53:08.90	00:53:44.00	+00:21:19 (40.1%)	5:18	11.3 (59.8%)
341	STĘPIEŃ Tomasz	231		M-40	97	00:00:32	00:13:17	00:25:39	00:38:09	00:51:03	00:53:11.50	00:53:44.05	+00:21:22 (40.2%)	5:19	11.3 (59.8%)
342	CZYŻNIKIEWICZ Paweł	474		M-20	32	00:00:29	00:13:37	00:25:57	00:38:29	00:51:22	00:53:13.25	00:53:42.55	+00:21:24 (40.2%)	5:19	11.3 (59.8%)
343	CZYŻNIKIEWICZ Karol	476		M-20	33	00:00:29	00:13:37	00:25:57	00:38:30	00:51:21	00:53:16.50	00:53:45.80	+00:21:27 (40.3%)	5:19	11.3 (59.8%)
344	SUDZIŃSKI Marcin	405		M-40	98	00:00:17	00:12:55	00:25:28	00:38:08	00:51:00	00:53:17.95	00:53:35.05	+00:21:28 (40.3%)	5:19	11.3 (59.8%)
345	DROŻDŻ Małgorzata	25		K-30	21	00:00:36	00:13:38	00:26:06	00:38:38	00:51:08	00:53:18.00	00:53:54.20	+00:21:28 (40.3%)	5:19	11.3 (59.8%)
346	KUJAWA Roger	554		M-40	99	00:00:33	00:13:43	00:25:56	00:38:25	00:51:15	00:53:20.70	00:53:54.20	+00:21:31 (40.4%)	5:20	11.2 (59.3%)
347	LEWANDOWSKA Małgorzata	70		K-50	6	00:00:20	00:12:59	00:25:33	00:38:17	00:51:08	00:53:21.05	00:53:41.50	+00:21:31 (40.4%)	5:20	11.2 (59.3%)
348	KUCHARSKI Jarosław	134		M-40	100	00:00:33	00:13:43	00:25:56	00:38:25	00:51:14	00:53:21.35	00:53:54.55	+00:21:32 (40.4%)	5:20	11.2 (59.3%)
349	BRYWCZYŃSKA Justyna	27		K-30	22	00:00:32	00:13:27	00:25:57	00:38:26	00:51:15	00:53:21.70	00:53:54.30	+00:21:32 (40.4%)	5:20	11.2 (59.3%)
350	TRUSZCZYŃSKA Joanna	542		K-40	18	00:00:23	00:13:30	00:25:54	00:38:30	00:51:08	00:53:23.35	00:53:46.55	+00:21:34 (40.4%)	5:20	11.2 (59.3%)
351	HAREMZA Mariusz	179		M-40	101	00:00:12	00:12:38	00:25:01	00:37:54	00:51:07	00:53:25.55	00:53:38.05	+00:21:36 (40.4%)	5:20	11.2 (59.3%)
352	POBIEDZIŃSKI Robert	354		M-20	34	00:00:07	00:13:25	00:25:50	00:38:43	00:51:29	00:53:27.10	00:53:34.55	+00:21:37 (40.5%)	5:20	11.2 (59.3%)
353	KOWALSKI Grzegorz	234		M-50	37	00:00:27	00:13:24	00:26:26	00:38:58	00:51:24	00:53:29.75	00:53:57.00	+00:21:40 (40.5%)	5:21	11.2 (59.3%)
354	KUKLIŃSKI Rafał	294		M-30	101	00:00:12	00:12:56	00:25:42	00:38:29	00:51:22	00:53:30.35	00:53:42.45	+00:21:41 (40.5%)	5:21	11.2 (59.3%)
355	WAWRZY尼亚K Piotr	98		M-50	38	00:00:19	00:13:41	00:26:36	00:39:11	00:51:28	00:53:31.65	00:53:50.95	+00:21:42 (40.6%)	5:21	11.2 (59.3%)
356	ADAMCZYK Agnieszka	608		K-30	23	00:00:23	00:13:22	00:25:52	00:38:34	00:51:22	00:53:36.15	00:53:59.55	+00:21:47 (40.6%)	5:21	11.2 (59.3%)
357	RYDLEWSKI Andrzej	396		M-30	102	00:00:11	00:13:14	00:25:50	00:38:37	00:51:20	00:53:36.70	00:53:47.70	+00:21:47 (40.6%)	5:21	11.2 (59.3%)
358	MAKUCH Mikołaj	369		M-20	35	00:00:43	00:13:43	00:26:30	00:39:34	00:51:52	00:53:41.85	00:54:25.80	+00:21:52 (40.7%)	5:22	11.2 (59.3%)
359	RAZIK Wiesław	282		M-30	103	00:00:36	00:13:07	00:25:37	00:38:23	00:51:29	00:53:43.25	00:54:19.55	+00:21:54 (40.8%)	5:22	11.2 (59.3%)
360	TOBOLSKI Tomasz	328		M-40	102	00:00:13	00:12:58	00:25:35	00:38:39	00:51:43	00:53:45.30	00:53:58.85	+00:21:56 (40.8%)	5:22	11.2 (59.3%)
361	ZUPA Wojciech	375		M-50	39	00:00:15	00:12:10	00:24:57	00:38:07	00:51:35	00:53:49.55	00:54:04.80	+00:22:00 (40.9%)	5:22	11.1 (58.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas		Różn	Tempo min/km	Tempo km/h
											netto 10km	brutto 10km			
362	TYMOSIAK Mateusz	95		M-20	36	00:00:43	00:14:04	00:26:39	00:39:14	00:51:39	00:53:50.40	00:54:33.70	+00:22:01 (40.9%)	5:23	11.1 (58.7%)
363	BRZÓSKIEWICZ Rafał	457		M-30	104	00:00:10	00:13:21	00:26:05	00:38:52	00:51:42	00:53:52.20	00:54:02.30	+00:22:03 (40.9%)	5:23	11.1 (58.7%)
364	SOŁDON Bogusław	171		M-60	23	00:00:27	00:13:24	00:25:56	00:38:45	00:51:46	00:54:01.50	00:54:29.20	+00:22:12 (41.1%)	5:24	11.1 (58.7%)
365	SOLDON Halina	170		K-40	19	00:00:26	00:13:41	00:26:27	00:39:00	00:51:47	00:54:02.65	00:54:29.40	+00:22:13 (41.1%)	5:24	11.1 (58.7%)
366	RZETELNA Sylwia	211		K-40	20	00:00:08	00:12:49	00:25:40	00:38:35	00:51:47	00:54:06.70	00:54:14.90	+00:22:17 (41.2%)	5:24	11.1 (58.7%)
367	ĆWIKLIŃSKA Anna	34		K-30	24	00:00:35	00:13:57	00:26:32	00:39:25	00:52:03	00:54:10.00	00:54:45.55	+00:22:20 (41.3%)	5:25	11.1 (58.7%)
368	TOCZKIEWICZ Kaja	126		K-1	3	00:00:29	00:14:03	00:27:10	00:39:57	00:52:09	00:54:10.15	00:54:39.85	+00:22:21 (41.3%)	5:25	11.1 (58.7%)
369	BRACICHOWICZ Bogumiła	557		K-50	7	00:00:34	00:13:31	00:26:19	00:39:20	00:52:06	00:54:13.05	00:54:47.05	+00:22:23 (41.3%)	5:25	11.1 (58.7%)
370	SIERANT Marian	483		M-50	40	00:00:13	00:13:49	00:26:26	00:39:23	00:51:59	00:54:14.20	00:54:27.30	+00:22:25 (41.3%)	5:25	11.1 (58.7%)
371	ŚWIATOWY Ryszard	573		M-40	103	00:00:04	00:12:44	00:25:48	00:38:57	00:52:08	00:54:15.65	00:54:20.20	+00:22:26 (41.4%)	5:25	11.1 (58.7%)
372	SIEKIERKA Zbigniew	220		M-60	24	00:00:29	00:13:29	00:26:04	00:39:04	00:52:06	00:54:16.05	00:54:45.20	+00:22:26 (41.4%)	5:25	11.1 (58.7%)
373	OSZUBSKI Kazimierz	327		M-40	104	00:00:21	00:13:45	00:26:34	00:39:50	00:52:19	00:54:16.25	00:54:37.95	+00:22:27 (41.4%)	5:25	11.1 (58.7%)
374	NIEDBALSKA Anna	240		K-40	21	00:00:23	00:13:23	00:25:52	00:38:35	00:52:04	00:54:20.40	00:54:43.40	+00:22:31 (41.4%)	5:26	11 (58.2%)
375	BICZKOWSKA Magdalena	295		K-30	25	00:00:27	00:14:09	00:27:12	00:40:00	00:52:11	00:54:20.80	00:54:48.35	+00:22:31 (41.5%)	5:26	11 (58.2%)
376	NIEDBALSKI Przemysław	241		M-40	105	00:00:22	00:13:24	00:25:53	00:38:35	00:52:05	00:54:20.90	00:54:43.40	+00:22:31 (41.5%)	5:26	11 (58.2%)
377	BARTNIK Mieczysław	163		M-50	41	00:01:30	00:13:03	00:25:41	00:38:49	00:52:08	00:54:21.75	00:55:52.25	+00:22:32 (41.5%)	5:26	11 (58.2%)
378	ANASZEWICZ Marzena	87		K-40	22	00:00:19	00:13:50	00:26:45	00:39:37	00:52:19	00:54:24.80	00:54:43.95	+00:22:35 (41.5%)	5:26	11 (58.2%)
379	MALATYŃSKA Barbara	76		K-40	23	00:00:19	00:13:50	00:26:45	00:39:39	00:52:21	00:54:29.90	00:54:49.25	+00:22:40 (41.6%)	5:27	11 (58.2%)
380	BARWIKOWSKA Bogusia	196		K-40	24	00:00:15	00:13:22	00:26:08	00:39:06	00:52:16	00:54:31.45	00:54:46.60	+00:22:42 (41.6%)	5:27	11 (58.2%)
381	FARBICKA-ŻYWIC A Paulina	18		K-40	25	00:00:04	00:13:17	00:26:17	00:39:21	00:52:24	00:54:32.05	00:54:36.90	+00:22:42 (41.7%)	5:27	11 (58.2%)
382	DR. RITSCHER Tom Nils	620		M-50	42	00:00:09	00:12:47	00:25:48	00:39:00	00:52:17	00:54:36.80	00:54:45.90	+00:22:47 (41.7%)	5:27	11 (58.2%)
383	GAWRYCH Andrzej	201		M-40	106	00:00:33	00:13:03	00:25:54	00:39:06	00:52:33	00:54:41.30	00:55:14.55	+00:22:52 (41.8%)	5:28	11 (58.2%)
384	KAMIŃSKI Andrzej	285		M-40	107	00:00:37	00:13:55	00:26:46	00:39:46	00:52:29	00:54:41.95	00:55:19.25	+00:22:52 (41.8%)	5:28	11 (58.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
385	BYRTEK Grzegorz	518		M-40	108	00:00:29	00:12:36	00:25:11	00:38:18	00:52:16	00:54:43.15	00:55:13.10	+00:22:54 (41.9%)	5:28	11 (58.2%)
386	UGOREK Mirosław	402		M-30	105	00:00:16	00:13:14	00:26:37	00:39:45	00:52:46	00:54:48.30	00:55:05.00	+00:22:59 (41.9%)	5:28	10.9 (57.7%)
387	ANDRZEJEWSKA Sylwia	324		K-20	5	00:00:46	00:14:30	00:27:11	00:40:04	00:52:51	00:54:50.65	00:55:37.25	+00:23:01 (42.0%)	5:29	10.9 (57.7%)
388	KOPIŃSKA-KRÓL Magdalena	526		K-40	26	00:00:10	00:14:05	00:27:03	00:39:56	00:52:45	00:54:54.25	00:55:04.70	+00:23:05 (42.0%)	5:29	10.9 (57.7%)
389	NALEWALSKA Justyna	318		K-20	6	00:00:26	00:13:44	00:26:42	00:40:00	00:52:58	00:55:02.45	00:55:28.80	+00:23:13 (42.2%)	5:30	10.9 (57.7%)
390	KRUCZYŃSKI Bogusław	337		M-40	109	00:00:09	00:12:41	00:25:43	00:39:23	00:52:47	00:55:05.70	00:55:14.75	+00:23:16 (42.2%)	5:30	10.9 (57.7%)
391	SROCZYŃSKA Marta	353		K-20	7	00:00:08	00:13:45	00:26:59	00:40:05	00:53:16	00:55:15.95	00:55:23.95	+00:23:26 (42.4%)	5:31	10.9 (57.7%)
392	PIOTROWSKA Marzena	594		K-30	26	00:00:37	00:13:53	00:26:54	00:40:01	00:53:14	00:55:19.05	00:55:56.95	+00:23:29 (42.5%)	5:31	10.8 (57.1%)
393	WARCZAK Katarzyna	592		K-30	27	00:00:37	00:13:53	00:26:54	00:40:01	00:53:13	00:55:19.25	00:55:56.95	+00:23:30 (42.5%)	5:31	10.8 (57.1%)
394	BRATEK Andrzej	288		M-50	43	00:00:22	00:14:07	00:27:18	00:40:25	00:53:17	00:55:24.40	00:55:46.90	+00:23:35 (42.6%)	5:32	10.8 (57.1%)
395	GRABARSKA Anna	67		K-30	28	00:00:00	00:12:36	00:25:39	00:39:15	00:53:11	00:55:27.55	00:55:27.55	+00:23:38 (42.6%)	5:32	10.8 (57.1%)
396	GRZYWACZ Marcin	195		M-30	106	00:00:14	00:12:06	00:24:41	00:38:57	00:53:16	00:55:33.35	00:55:47.60	+00:23:44 (42.7%)	5:33	10.8 (57.1%)
397	KUZIOŁA Marcin	450		M-30	107	00:00:39	00:14:11	00:27:27	00:40:36	00:53:28	00:55:35.00	00:56:14.00	+00:23:45 (42.8%)	5:33	10.8 (57.1%)
398	KUDŁA Krzysztof	306		M-60	25	00:00:13	00:13:11	00:26:13	00:39:37	00:53:16	00:55:35.95	00:55:49.50	+00:23:46 (42.8%)	5:33	10.8 (57.1%)
399	REDLAK Tomasz	58		M-40	110	00:00:13	00:13:11	00:26:13	00:39:37	00:53:16	00:55:36.05	00:55:49.60	+00:23:46 (42.8%)	5:33	10.8 (57.1%)
400	RYBAK Krzysztof	464		M-60	26	00:00:30	00:14:20	00:27:17	00:40:20	00:53:26	00:55:37.00	00:56:07.70	+00:23:47 (42.8%)	5:33	10.8 (57.1%)
401	KONIEC Piotr	349		M-40	111	00:00:26	00:13:36	00:26:55	00:40:00	00:53:33	00:55:37.85	00:56:03.85	+00:23:48 (42.8%)	5:33	10.8 (57.1%)
402	BARANOWSKA Julia	256		K-1	4	00:00:20	00:13:42	00:27:01	00:40:06	00:53:39	00:55:44.00	00:56:04.90	+00:23:54 (42.9%)	5:34	10.8 (57.1%)
403	JANKOWSKI Tomasz Michał	390		M-50	44	00:00:22	00:13:06	00:26:03	00:39:33	00:53:26	00:55:46.55	00:56:09.10	+00:23:57 (43.0%)	5:34	10.8 (57.1%)
404	RACINOWSKI Artur	630		Mężczyźni	1	00:00:27	00:13:50	00:25:52	00:38:20	00:51:23	00:55:51.30	00:56:19.00	+00:24:02 (43.0%)	5:35	10.7 (56.6%)
405	CZUB Katarzyna	413		K-40	27	00:00:21	00:14:26	00:27:52	00:41:03	00:53:43	00:55:51.40	00:56:12.85	+00:24:02 (43.0%)	5:35	10.7 (56.6%)
406	GRZONKA Emilia	373		K-20	8	00:00:47	00:14:29	00:27:10	00:40:04	00:53:29	00:55:54.15	00:56:41.50	+00:24:05 (43.1%)	5:35	10.7 (56.6%)
407	BRZozowski Jarosław	37		M-50	45	00:00:41	00:14:14	00:27:29	00:40:43	00:53:39	00:55:54.75	00:56:36.15	+00:24:05 (43.1%)	5:35	10.7 (56.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
408	SKOCZYŃSKI Eugeniusz	596		M-50	46	00:00:49	00:14:31	00:27:46	00:40:52	00:53:53	00:56:06.05	00:56:55.60	+00:24:16 (43.3%)	5:36	10.7 (56.6%)
409	KOSAKOWSKA Barbara	16		K-50	8	00:00:17	00:13:50	00:27:10	00:40:30	00:53:49	00:56:09.60	00:56:27.25	+00:24:20 (43.3%)	5:37	10.7 (56.6%)
410	KRYSZTOFIAK Robert	127		M-40	112	00:00:18	00:13:21	00:26:28	00:40:09	00:53:54	00:56:13.80	00:56:32.25	+00:24:24 (43.4%)	5:37	10.7 (56.6%)
411	ZALECH Barbara	258		K-30	29	00:00:34	00:13:58	00:27:20	00:40:46	00:53:56	00:56:13.85	00:56:47.90	+00:24:24 (43.4%)	5:37	10.7 (56.6%)
412	KUJAWSKI Damian	434		M-20	37	00:00:20	00:13:07	00:26:32	00:40:19	00:53:57	00:56:17.15	00:56:38.05	+00:24:28 (43.5%)	5:37	10.7 (56.6%)
413	SZYCHUŁDA Joanna	433		K-20	9	00:00:20	00:13:07	00:26:33	00:40:20	00:53:57	00:56:17.35	00:56:37.85	+00:24:28 (43.5%)	5:37	10.7 (56.6%)
414	UGOREK Dariusz	404		M-40	113	00:00:17	00:13:43	00:26:40	00:40:37	00:54:11	00:56:21.80	00:56:39.40	+00:24:32 (43.5%)	5:38	10.6 (56.1%)
415	KOWALSKA Anna	530		K-30	30	00:00:07	00:12:45	00:26:17	00:40:09	00:53:59	00:56:25.15	00:56:32.15	+00:24:36 (43.6%)	5:38	10.6 (56.1%)
416	ŁYKO Łukasz	495		M-30	108	00:00:44	00:14:26	00:27:48	00:41:11	00:54:14	00:56:27.00	00:57:11.90	+00:24:37 (43.6%)	5:38	10.6 (56.1%)
417	NIEMECZEK Waldemar	316		M-50	47	00:00:29	00:14:02	00:27:18	00:40:47	00:54:24	00:56:29.20	00:56:58.20	+00:24:40 (43.7%)	5:38	10.6 (56.1%)
418	WOŁOSZYN Kazimierz	13		M-60	27	00:00:18	00:13:42	00:26:54	00:40:46	00:55:13	00:56:30.30	00:56:49.15	+00:24:41 (43.7%)	5:39	10.6 (56.1%)
419	KOSECKI Tomasz	289		M-20	38	00:00:24	00:13:47	00:27:18	00:40:54	00:54:30	00:56:33.75	00:56:58.20	+00:24:44 (43.7%)	5:39	10.6 (56.1%)
420	REPCZYŃSKI Wojciech	299		M-50	48	00:00:34	00:14:10	00:27:24	00:40:52	00:54:35	00:56:49.25	00:57:23.35	+00:25:00 (44.0%)	5:40	10.6 (56.1%)
421	PAWLACZYK-MATELA Emilia	347		K-30	31	00:00:09	00:14:16	00:27:33	00:40:57	00:54:41	00:56:56.00	00:57:05.85	+00:25:06 (44.1%)	5:41	10.5 (55.6%)
422	KWIATKOWSKI Łukasz	395		M-30	109	00:00:32	00:13:31	00:26:36	00:40:31	00:54:27	00:56:56.60	00:57:29.20	+00:25:07 (44.1%)	5:41	10.5 (55.6%)
423	GRZELAK Jakub	119		M-20	39	00:00:42	00:14:40	00:28:14	00:41:52	00:54:52	00:56:57.30	00:57:40.10	+00:25:08 (44.1%)	5:41	10.5 (55.6%)
424	JAZNY Sevan	409		M-40	114	00:00:32	00:13:33	00:26:37	00:40:32	00:54:28	00:56:57.55	00:57:30.05	+00:25:08 (44.1%)	5:41	10.5 (55.6%)
425	RÓG Robert	616		M-20	40	00:00:23	00:14:25	00:28:14	00:42:11	00:55:00	00:57:00.10	00:57:23.65	+00:25:10 (44.2%)	5:42	10.5 (55.6%)
426	MAKUCH -DOBOSZ Urszula	378		K-40	28	00:00:43	00:14:03	00:27:41	00:41:12	00:54:47	00:57:00.15	00:57:43.80	+00:25:11 (44.2%)	5:42	10.5 (55.6%)
427	DOBOSZ Kamil	382		M-30	110	00:00:43	00:14:03	00:27:41	00:41:12	00:54:47	00:57:00.25	00:57:43.65	+00:25:11 (44.2%)	5:42	10.5 (55.6%)
428	STAWNIAK Karol	290		M-60	28	00:00:31	00:14:22	00:27:48	00:41:17	00:54:51	00:57:05.10	00:57:36.50	+00:25:15 (44.3%)	5:42	10.5 (55.6%)
429	MELLER Krzysztof	245		M-30	111	00:00:41	00:15:11	00:28:45	00:42:09	00:54:59	00:57:10.00	00:57:51.65	+00:25:20 (44.3%)	5:43	10.5 (55.6%)
430	KUBIAK Małgorzata	203		K-50	9	00:00:31	00:14:27	00:27:58	00:41:36	00:55:01	00:57:14.60	00:57:46.15	+00:25:25 (44.4%)	5:43	10.5 (55.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
431	BOLLIN Łukasz	489		M-30	112	00:00:39	00:13:24	00:25:56	00:39:58	00:54:58	00:57:26.15	00:58:05.45	+00:25:37 (44.6%)	5:44	10.4 (55.0%)
432	KAPELIŃSKI Sebastian	553		M-20	41	00:00:34	00:14:28	00:27:56	00:41:32	00:55:04	00:57:27.25	00:58:01.85	+00:25:38 (44.6%)	5:44	10.4 (55.0%)
433	PITUŁA Monika	63		K-30	32	00:00:44	00:14:19	00:27:16	00:41:08	00:55:15	00:57:30.70	00:58:15.00	+00:25:41 (44.7%)	5:45	10.4 (55.0%)
434	WEŁNICKI Waldemar	96		M-40	115	00:00:42	00:14:07	00:27:22	00:41:10	00:55:09	00:57:34.25	00:58:16.45	+00:25:45 (44.7%)	5:45	10.4 (55.0%)
435	MIKUŁA Tomasz	218		M-30	113	00:00:41	00:14:08	00:27:24	00:41:11	00:55:10	00:57:34.35	00:58:16.20	+00:25:45 (44.7%)	5:45	10.4 (55.0%)
436	MICHALSKI Damian	268		M-30	114	00:00:32	00:14:49	00:28:14	00:41:53	00:55:30	00:57:40.70	00:58:13.40	+00:25:51 (44.8%)	5:46	10.4 (55.0%)
437	ROBACZEWSKA Joanna	471		K-1	5	00:00:31	00:14:41	00:28:27	00:42:23	00:55:39	00:57:41.95	00:58:13.25	+00:25:52 (44.9%)	5:46	10.4 (55.0%)
438	ROBACZEWSKI Marcin	470		M-40	116	00:00:30	00:14:42	00:28:28	00:42:24	00:55:40	00:57:42.80	00:58:13.40	+00:25:53 (44.9%)	5:46	10.4 (55.0%)
439	TWAROWSKI Arkadiusz	469		M-30	115	00:00:30	00:14:42	00:28:28	00:42:24	00:55:39	00:57:43.50	00:58:14.20	+00:25:54 (44.9%)	5:46	10.4 (55.0%)
440	PODBORNY Piotr	360		M-40	117	00:00:48	00:14:10	00:27:39	00:41:32	00:55:25	00:57:51.30	00:58:39.35	+00:26:02 (45.0%)	5:47	10.4 (55.0%)
441	PRZYBYLSKI Mariusz	309		M-50	49	00:00:29	00:14:14	00:27:41	00:41:36	00:55:30	00:57:57.10	00:58:26.20	+00:26:07 (45.1%)	5:47	10.4 (55.0%)
442	PRZYBYLSKA Grażyna	308		K-50	10	00:00:28	00:14:22	00:27:52	00:41:37	00:55:36	00:57:57.80	00:58:26.20	+00:26:08 (45.1%)	5:47	10.4 (55.0%)
443	JĘDRZEJCZYK Marzenna	335		K-50	11	00:00:24	00:14:37	00:28:23	00:42:16	00:56:06	00:58:29.55	00:58:54.00	+00:26:40 (45.6%)	5:51	10.3 (54.5%)
444	MAREK Sławek	379		M-30	116	00:00:31	00:14:11	00:27:49	00:42:10	00:56:10	00:58:29.75	00:59:01.55	+00:26:40 (45.6%)	5:51	10.3 (54.5%)
445	DĄBROWSKI Jarosław	190		M-40	118	00:00:44	00:14:24	00:27:50	00:41:40	00:56:11	00:58:32.60	00:59:17.40	+00:26:43 (45.6%)	5:51	10.2 (54.0%)
446	BURSKA Małgorzata	571		K-30	33	00:00:06	00:14:24	00:28:16	00:42:26	00:56:06	00:58:34.70	00:58:41.30	+00:26:45 (45.7%)	5:51	10.2 (54.0%)
447	SADOWSKA Maria	407		K-40	29	00:00:35	00:14:43	00:28:37	00:42:26	00:56:17	00:58:36.05	00:59:11.85	+00:26:46 (45.7%)	5:51	10.2 (54.0%)
448	AUGUSTYNIAK Piotr	566		M-40	119	00:00:19	00:13:58	00:27:42	00:42:04	00:56:15	00:58:38.85	00:58:58.60	+00:26:49 (45.7%)	5:51	10.2 (54.0%)
449	SZPERKOWSKI Krzysztof	629		M-40	120	00:00:26	00:14:04	00:27:27	00:41:23	00:56:05	00:58:40.25	00:59:07.15	+00:26:51 (45.8%)	5:52	10.2 (54.0%)
450	JAWORSKI Tomasz	435		M-30	117	00:00:37	00:13:30	00:28:16	00:43:03	00:56:34	00:58:57.30	00:59:34.90	+00:27:08 (46.0%)	5:53	10.2 (54.0%)
451	WIŚNIEWSKA Karolina	286		K-30	34	00:00:36	00:14:52	00:28:55	00:42:44	00:56:53	00:59:10.80	00:59:47.30	+00:27:21 (46.2%)	5:55	10.1 (53.4%)
452	ZIELIŃSKI Radosław	239		M-30	118	00:00:38	00:14:39	00:28:57	00:43:28	00:57:16	00:59:12.40	00:59:51.35	+00:27:23 (46.3%)	5:55	10.1 (53.4%)
453	CENTAŁA Jarosław	598		M-30	119	00:00:36	00:14:57	00:28:52	00:42:51	00:56:52	00:59:19.45	00:59:56.00	+00:27:30 (46.4%)	5:56	10.1 (53.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
454	JULLY Arkadiusz	313		M-30	120	00:00:47	00:15:24	00:29:24	00:43:21	00:57:06	00:59:23.10	01:00:10.75	+00:27:33 (46.4%)	5:56	10.1 (53.4%)
455	PRZEDWOJSKA Katarzyna	36		K-40	30	00:00:41	00:15:17	00:29:52	00:43:50	00:57:07	00:59:23.85	01:00:05.00	+00:27:34 (46.4%)	5:56	10.1 (53.4%)
456	STYKAŁA Magdalena	155		K-40	31	00:00:39	00:14:49	00:28:43	00:42:46	00:57:06	00:59:26.00	01:00:05.80	+00:27:36 (46.5%)	5:56	10.1 (53.4%)
457	GNIOT Bożena	283		K-30	35	00:00:39	00:14:49	00:28:43	00:42:46	00:57:06	00:59:26.05	01:00:05.90	+00:27:36 (46.5%)	5:56	10.1 (53.4%)
458	STYKAŁA Adrianna	156		K-1	6	00:00:39	00:14:49	00:28:43	00:42:46	00:57:06	00:59:26.40	01:00:06.15	+00:27:37 (46.5%)	5:56	10.1 (53.4%)
459	TREPANOWSKI Tomasz	448		M-40	121	00:00:39	00:15:54	00:30:04	00:43:44	00:57:08	00:59:29.20	01:00:08.80	+00:27:40 (46.5%)	5:56	10.1 (53.4%)
460	BAKOWSKA Jolanta	247		K-50	12	00:00:25	00:14:34	00:28:30	00:42:38	00:57:02	00:59:29.90	00:59:55.45	+00:27:40 (46.5%)	5:57	10.1 (53.4%)
461	CZARNECKA-PIJAROWSKA Dominika	522		K-30	36	00:00:28	00:14:14	00:28:06	00:42:20	00:57:04	00:59:34.10	01:00:02.85	+00:27:44 (46.6%)	5:57	10.1 (53.4%)
462	KARASZEWSKI Sławomir	128		M-40	122	00:00:09	00:14:13	00:28:32	00:42:55	00:57:17	00:59:42.65	00:59:52.15	+00:27:53 (46.7%)	5:58	10 (52.9%)
463	OBORSKI Łukasz	468		M-30	121	00:00:49	00:16:15	00:30:07	00:43:46	00:57:35	00:59:55.55	01:00:45.15	+00:28:06 (46.9%)	5:59	10 (52.9%)
464	SZUFRAJDA Weronika	152		K-20	10	00:00:28	00:14:46	00:29:13	00:43:37	00:57:51	01:00:00.35	01:00:28.65	+00:28:11 (47.0%)	6:00	10 (52.9%)
465	MACIEJEWSKA Magdalena	132		K-30	37	00:00:13	00:14:56	00:28:59	00:43:15	00:57:38	01:00:04.80	01:00:17.80	+00:28:15 (47.0%)	6:00	10 (52.9%)
466	JAŹDŹEWSKA Grażyna	131		K-30	38	00:00:12	00:14:57	00:29:00	00:43:16	00:57:39	01:00:04.90	01:00:17.85	+00:28:15 (47.0%)	6:00	10 (52.9%)
467	DRAŹDŹEWSKA Joanna	293		K-30	39	00:00:30	00:15:17	00:29:38	00:43:52	00:57:54	01:00:14.15	01:00:44.90	+00:28:25 (47.2%)	6:01	10 (52.9%)
468	TRELA Jolanta	215		K-30	40	00:00:24	00:15:27	00:29:54	00:44:06	00:58:11	01:00:23.65	01:00:48.00	+00:28:34 (47.3%)	6:02	9.9 (52.4%)
469	MIŁKOWSKA Monika	47		K-30	41	00:00:24	00:15:27	00:29:54	00:44:06	00:58:11	01:00:23.80	01:00:47.80	+00:28:34 (47.3%)	6:02	9.9 (52.4%)
470	KABAT Radosław	515		M-40	123	00:00:42	00:15:16	00:29:51	00:43:58	00:58:11	01:00:25.50	01:01:07.85	+00:28:36 (47.3%)	6:02	9.9 (52.4%)
471	BRZozowski Piotr	38		M-20	42	00:00:44	00:15:13	00:29:30	00:43:43	00:58:05	01:00:25.60	01:01:10.55	+00:28:36 (47.3%)	6:02	9.9 (52.4%)
472	SZTEJKA Jolanta	227		K-30	42	00:00:46	00:15:43	00:29:48	00:44:12	00:58:17	01:00:25.65	01:01:12.00	+00:28:36 (47.3%)	6:02	9.9 (52.4%)
473	PALACZ Agnieszka	146		K-40	32	00:00:28	00:14:46	00:29:12	00:43:37	00:58:04	01:00:28.60	01:00:57.10	+00:28:39 (47.4%)	6:02	9.9 (52.4%)
474	PŁOMIŃSKI Norbert	426		M-30	122	00:00:50	00:15:45	00:30:06	00:44:16	00:58:06	01:00:29.15	01:01:19.90	+00:28:40 (47.4%)	6:02	9.9 (52.4%)
475	NAWROCKA Kinga	427		K-40	33	00:00:50	00:15:45	00:30:05	00:44:16	00:58:05	01:00:29.40	01:01:19.70	+00:28:40 (47.4%)	6:02	9.9 (52.4%)
476	GAJZLER Jerzy	261		M-60	29	00:00:16	00:13:53	00:28:12	00:43:02	00:58:02	01:00:37.70	01:00:54.25	+00:28:48 (47.5%)	6:03	9.9 (52.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
477	OKOŃSKA Małgorzata	320		K-50	13	00:00:28	00:14:36	00:28:44	00:43:31	00:58:07	01:00:38.20	01:01:06.45	+00:28:49 (47.5%)	6:03	9.9 (52.4%)
478	GOLA Grzegorz	86		M-40	124	00:00:39	00:14:24	00:28:34	00:43:31	00:58:03	01:00:43.85	01:01:22.85	+00:28:54 (47.6%)	6:04	9.9 (52.4%)
479	KASPROWICZ Piotr	115		M-30	123	00:00:25	00:13:55	00:27:54	00:42:46	00:58:10	01:00:44.65	01:01:09.85	+00:28:55 (47.6%)	6:04	9.9 (52.4%)
480	GUMIENNY Maciej	541		M-40	125	00:00:24	00:15:16	00:29:36	00:44:03	00:58:25	01:00:46.60	01:01:11.00	+00:28:57 (47.6%)	6:04	9.9 (52.4%)
481	KAWA Marcin	209		M-40	126	00:00:46	00:15:14	00:29:25	00:43:49	00:58:26	01:00:49.50	01:01:35.80	+00:29:00 (47.7%)	6:04	9.9 (52.4%)
482	PREUSS Daniel	412		M-40	127	00:00:17	00:14:12	00:28:05	00:42:51	00:58:17	01:00:55.00	01:01:12.25	+00:29:05 (47.8%)	6:05	9.8 (51.9%)
483	MICHALAK Marianna	606		K-30	43	00:00:12	00:14:58	00:29:21	00:43:55	00:58:39	01:00:59.00	01:01:11.65	+00:29:09 (47.8%)	6:05	9.8 (51.9%)
484	BOLEWICZ Mariusz	176		M-40	128	00:00:34	00:15:04	00:29:43	00:44:29	00:58:49	01:01:06.65	01:01:40.90	+00:29:17 (47.9%)	6:06	9.8 (51.9%)
485	BOLEWSKA BOLEWICZ Joanna	189		K-40	34	00:00:34	00:15:04	00:29:43	00:44:29	00:58:49	01:01:06.90	01:01:40.90	+00:29:17 (47.9%)	6:06	9.8 (51.9%)
486	FRAŚCZAK Tadeusz	569		M-60	30	00:00:02	00:14:13	00:28:38	00:43:38	00:58:42	01:01:11.65	01:01:13.70	+00:29:22 (48.0%)	6:07	9.8 (51.9%)
487	RACIBORSKI Grzegorz	238		M-30	124	00:00:35	00:13:31	00:27:51	00:44:56	00:58:53	01:01:15.15	01:01:51.05	+00:29:26 (48.1%)	6:07	9.8 (51.9%)
488	SZULC Joanna	565		K-40	35	00:00:19	00:14:51	00:29:06	00:44:06	00:58:48	01:01:19.95	01:01:39.90	+00:29:30 (48.1%)	6:08	9.8 (51.9%)
488	PORAZIŃSKA Viktoria	301		K-40	36	00:00:19	00:14:52	00:29:06	00:44:06	00:58:48	01:01:19.95	01:01:39.90	+00:29:30 (48.1%)	6:08	9.8 (51.9%)
490	ZIELIŃSKA Elżbieta	496		K-50	14	00:00:21	00:15:15	00:29:49	00:44:36	00:59:09	01:01:38.40	01:01:59.80	+00:29:49 (48.4%)	6:09	9.7 (51.3%)
491	UCIŃSKI Edward	348		M-60	31	00:00:07	00:14:27	00:29:10	00:44:06	00:58:58	01:01:39.80	01:01:47.05	+00:29:50 (48.4%)	6:10	9.7 (51.3%)
492	SAWIEŁAJC Michał	260		M-40	129	00:00:26	00:14:47	00:29:03	00:43:53	00:59:07	01:01:44.40	01:02:11.30	+00:29:55 (48.5%)	6:10	9.7 (51.3%)
493	FRANCISZKIEWICZ Monika	552		K-20	11	00:00:33	00:14:49	00:29:40	00:44:50	01:00:36	01:01:47.55	01:02:21.15	+00:29:58 (48.5%)	6:10	9.7 (51.3%)
494	CHOŚCIŃSKA Agnieszka	535		K-40	37	00:00:16	00:14:40	00:28:46	00:43:59	00:59:35	01:02:00.85	01:02:17.00	+00:30:11 (48.7%)	6:12	9.7 (51.3%)
495	MIAZGA Adam	392		M-30	125	00:00:25	00:15:45	00:30:36	00:44:59	00:59:36	01:02:01.60	01:02:26.90	+00:30:12 (48.7%)	6:12	9.7 (51.3%)
496	SZARSZEWSKI Witold	346		M-60	32	00:00:20	00:14:59	00:30:31	00:45:41	01:00:04	01:02:30.45	01:02:51.05	+00:30:41 (49.1%)	6:15	9.6 (50.8%)
497	BEDNARCZYK Joanna	511		K-30	44	00:00:09	00:14:54	00:29:45	00:44:56	01:00:11	01:02:45.45	01:02:55.25	+00:30:56 (49.3%)	6:16	9.6 (50.8%)
498	KALINOWSKA Patrycja	242		K-20	12	00:00:15	00:14:42	00:29:38	00:45:15	01:00:27	01:02:48.00	01:03:03.20	+00:30:58 (49.3%)	6:16	9.6 (50.8%)
499	KWIATKOWSKA Maja	479		K-20	13	00:00:26	00:15:20	00:30:01	00:44:50	01:00:18	01:02:52.80	01:03:19.60	+00:31:03 (49.4%)	6:17	9.5 (50.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas		Różn	Tempo min/km	Tempo km/h
											netto 10km	brutto 10km			
500	DUDEK Marzena	475		K-50	15	00:00:26	00:15:20	00:30:01	00:44:50	01:00:19	01:02:52.90	01:03:19.80	+00:31:03 (49.4%)	6:17	9.5 (50.3%)
501	PÓŁGĘSEK Rafał	142		M-40	130	00:00:41	00:15:38	00:30:30	00:45:36	01:00:33	01:03:04.10	01:03:46.05	+00:31:14 (49.5%)	6:18	9.5 (50.3%)
502	LENC Janusz	123		M-60	33	00:00:49	00:15:46	00:30:24	00:45:18	01:00:29	01:03:05.85	01:03:54.90	+00:31:16 (49.6%)	6:18	9.5 (50.3%)
503	SZPOTANSKI Zbigniew	361		M-60	34	00:00:06	00:15:13	00:30:26	00:45:37	01:00:47	01:03:22.55	01:03:28.65	+00:31:33 (49.8%)	6:20	9.5 (50.3%)
504	GROTT Bartłomiej	284		M-40	131	00:00:44	00:15:33	00:30:27	00:45:46	01:00:55	01:03:26.25	01:04:10.90	+00:31:37 (49.8%)	6:20	9.5 (50.3%)
505	GRYLEWICZ Tomasz	398		M-30	126	00:00:44	00:15:33	00:30:27	00:45:46	01:00:55	01:03:26.70	01:04:11.10	+00:31:37 (49.8%)	6:20	9.5 (50.3%)
506	GRZYWACZ Karolina	194		K-30	45	00:00:13	00:15:18	00:30:27	00:45:42	01:01:05	01:03:35.35	01:03:49.15	+00:31:46 (50.0%)	6:21	9.4 (49.7%)
507	ŚLESIŃSKA Ewa	612		K-40	38	00:00:21	00:15:27	00:30:53	00:46:04	01:01:12	01:03:43.90	01:04:05.65	+00:31:54 (50.1%)	6:22	9.4 (49.7%)
508	ZAWISZEWSKI Adam	613		M-30	127	00:00:21	00:15:27	00:30:53	00:46:04	01:01:12	01:03:44.05	01:04:05.05	+00:31:54 (50.1%)	6:22	9.4 (49.7%)
509	KOLASIŃSKA Edyta	172		K-30	46	00:00:26	00:15:10	00:30:17	00:45:58	01:01:18	01:03:46.75	01:04:13.40	+00:31:57 (50.1%)	6:22	9.4 (49.7%)
510	ŁOŚ Anna	111		K-30	47	00:00:26	00:15:10	00:30:17	00:45:56	01:01:17	01:03:46.90	01:04:13.50	+00:31:57 (50.1%)	6:22	9.4 (49.7%)
511	KAPELISKI Stanisław	21		M-50	50	00:00:32	00:15:16	00:29:46	00:45:16	01:01:06	01:03:48.70	01:04:21.30	+00:31:59 (50.1%)	6:22	9.4 (49.7%)
512	KNIOŁA Lucyna	102		K-40	39	00:00:37	00:15:03	00:30:04	00:45:48	01:01:07	01:03:54.60	01:04:31.80	+00:32:05 (50.2%)	6:23	9.4 (49.7%)
513	GRABOWSKI Piotr	494		M-50	51	00:00:38	00:15:35	00:30:35	00:46:08	01:02:01	01:04:29.35	01:05:07.80	+00:32:40 (50.7%)	6:26	9.3 (49.2%)
514	BETHKE Sławomir	501		M-20	43	00:00:29	00:15:39	00:30:54	00:31:04	00:31:15	01:04:34.75	01:05:04.35	+00:32:45 (50.7%)	6:27	9.3 (49.2%)
515	GRABOWSKA Lucyna	493		K-50	16	00:00:34	00:15:54	00:30:47	00:46:12	01:01:51	01:04:34.80	01:05:09.40	+00:32:45 (50.7%)	6:27	9.3 (49.2%)
516	RYBAK Mariusz	287		M-40	132	00:00:30	00:15:38	00:31:08	00:47:19	01:02:49	01:04:58.25	01:05:28.35	+00:33:09 (51.0%)	6:29	9.2 (48.7%)
517	KLIMEK Justyna	502		K-30	48	00:00:29	00:15:39	00:31:09	00:47:20	01:02:50	01:04:58.80	01:05:28.20	+00:33:09 (51.0%)	6:29	9.2 (48.7%)
518	SZYSZKA Joanna	265		K-30	49	00:00:31	00:15:40	00:30:42	00:45:53	01:02:27	01:04:58.85	01:05:30.15	+00:33:09 (51.0%)	6:29	9.2 (48.7%)
519	BŁOŃSKA Natalia	266		K-30	50	00:00:31	00:15:40	00:30:42	00:45:53	01:02:27	01:04:58.95	01:05:30.40	+00:33:09 (51.0%)	6:29	9.2 (48.7%)
520	UGOREK Daniel	461		M-30	128	00:00:17	00:15:39	00:31:24	00:47:29	01:02:53	01:05:09.75	01:05:27.25	+00:33:20 (51.2%)	6:31	9.2 (48.7%)
521	DOLATA Katarzyna	267		K-30	51	00:00:32	00:15:09	00:30:28	00:45:52	01:02:30	01:05:21.45	01:05:53.50	+00:33:32 (51.3%)	6:32	9.2 (48.7%)
522	PAŚ Katarzyna	272		K-40	40	00:00:16	00:15:21	00:30:32	00:46:27	01:02:45	01:05:27.70	01:05:43.80	+00:33:38 (51.4%)	6:32	9.2 (48.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
523	OŹDŻYŃKA Patrycja	458		K-20	14	00:00:24	00:15:55	00:31:20	00:47:24	01:02:56	01:05:31.40	01:05:56.05	+00:33:42 (51.4%)	6:33	9.2 (48.7%)
524	ROMANOWSKA Halina	165		K-60	1	00:00:48	00:16:38	00:31:54	00:46:29	01:01:59	01:05:38.60	01:06:27.50	+00:33:49 (51.5%)	6:33	9.1 (48.1%)
525	STRABEL Łukasz	199		M-20	44	00:00:20	00:15:02	00:30:35	00:46:38	01:02:55	01:05:39.50	01:05:59.85	+00:33:50 (51.5%)	6:33	9.1 (48.1%)
526	RATAJ Maciej	99		M-40	133	00:00:18	00:14:38	00:29:57	00:45:47	01:02:51	01:05:41.00	01:05:59.25	+00:33:51 (51.6%)	6:34	9.1 (48.1%)
527	JAWORSKA Monika	436		K-30	52	00:00:36	00:15:30	00:30:44	00:46:27	01:03:00	01:05:43.40	01:06:19.85	+00:33:54 (51.6%)	6:34	9.1 (48.1%)
528	WRUK1 Justyna	425		K-40	41	00:00:35	00:15:32	00:30:45	00:46:29	01:03:01	01:05:43.95	01:06:19.85	+00:33:54 (51.6%)	6:34	9.1 (48.1%)
529	CZASOWIEC Andrzej	166		M-60	35	00:00:00	00:17:00	00:32:42	00:47:17	01:02:47	01:06:07.50	01:06:07.50	+00:34:18 (51.9%)	6:36	9.1 (48.1%)
530	ŚLĘZAK Rafał	588		M-40	134	00:00:44	00:16:37	00:32:09	00:47:40	01:03:28	01:06:08.45	01:06:53.40	+00:34:19 (51.9%)	6:36	9.1 (48.1%)
531	RASSALSKA-KAUSA Jola	312		K-30	53	00:00:39	00:15:52	00:31:22	00:47:32	01:03:49	01:06:25.60	01:07:05.40	+00:34:36 (52.1%)	6:38	9 (47.6%)
532	WYKRZYKOWSKI Andrzej	235		M-60	36	00:00:38	00:16:51	00:31:41	00:47:22	01:03:35	01:06:35.80	01:07:14.45	+00:34:46 (52.2%)	6:39	9 (47.6%)
533	DĘBSKI Jan	116		M-60	37	00:00:20	00:13:02	00:25:31	00:38:07	00:51:09	01:06:40.75	01:07:01.50	+00:34:51 (52.3%)	6:40	9 (47.6%)
534	ZIELIŃSKI Andrzej	100		M-40	135	00:00:47	00:16:25	00:32:11	00:47:58	01:04:09	01:06:49.25	01:07:36.40	+00:35:00 (52.4%)	6:40	9 (47.6%)
535	LUTKOWSKA Katarzyna	429		K-30	54	00:00:35	00:16:50	00:32:28	00:48:09	01:04:21	01:07:00.00	01:07:35.60	+00:35:10 (52.5%)	6:42	9 (47.6%)
536	ADAMCZAK Ewa	467		K-30	55	00:00:35	00:16:50	00:32:28	00:48:09	01:04:21	01:07:00.45	01:07:35.55	+00:35:11 (52.5%)	6:42	9 (47.6%)
537	WYCZLING Agnieszka	431		K-30	56	00:00:35	00:16:50	00:32:28	00:48:09	01:04:22	01:07:00.60	01:07:35.70	+00:35:11 (52.5%)	6:42	9 (47.6%)
538	WYCZLING Piotr	432		M-40	136	00:00:35	00:16:50	00:32:28	00:48:09	01:04:22	01:07:00.70	01:07:35.70	+00:35:11 (52.5%)	6:42	9 (47.6%)
539	ANDRYSZAK Vanessa	298		K-1	7	00:00:27	00:14:49	00:30:39	00:47:56	01:04:41	01:07:00.85	01:07:28.45	+00:35:11 (52.5%)	6:42	9 (47.6%)
540	MIAZGA Katarzyna	391		K-20	15	00:00:25	00:15:45	00:30:50	00:47:03	01:04:09	01:07:04.15	01:07:29.35	+00:35:15 (52.6%)	6:42	8.9 (47.1%)
541	ZIELIŃSKA Justyna	257		K-30	57	00:00:40	00:15:42	00:31:26	00:47:48	01:04:29	01:07:06.80	01:07:47.50	+00:35:17 (52.6%)	6:42	8.9 (47.1%)
542	KARDACH Magdalena	577		K-30	58	00:00:36	00:16:50	00:32:30	00:48:09	01:04:29	01:07:11.55	01:07:48.35	+00:35:22 (52.6%)	6:43	8.9 (47.1%)
543	ZAGOŹDŻON Wioleta	237		K-30	59	00:00:40	00:15:42	00:31:26	00:47:49	01:04:30	01:07:11.70	01:07:52.20	+00:35:22 (52.6%)	6:43	8.9 (47.1%)
544	ŚLĄSKA Angelika	485		K-30	60	00:00:12	00:15:11	00:30:42	00:48:00	01:04:28	01:07:19.95	01:07:32.45	+00:35:30 (52.7%)	6:44	8.9 (47.1%)
545	SZAJDA Magdalena	456		K-40	42	00:00:39	00:15:54	00:31:44	00:48:26	01:05:13	01:07:57.40	01:08:36.95	+00:36:08 (53.2%)	6:47	8.8 (46.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas		Różn	Tempo min/km	Tempo km/h
											netto 10km	brutto 10km			
546	WIŚNIEWSKA Ewa	39		K-40	43	00:00:43	00:16:43	00:32:23	00:48:30	01:05:27	01:08:14.60	01:08:57.65	+00:36:25 (53.4%)	6:49	8.8 (46.6%)
547	KUCHARSKI Adam	40		M-50	52	00:00:42	00:16:45	00:32:23	00:48:31	01:05:28	01:08:14.90	01:08:57.50	+00:36:25 (53.4%)	6:49	8.8 (46.6%)
548	KUBIAK Małgorzata	91		K-40	44	00:00:43	00:16:19	00:32:45	00:49:11	01:05:37	01:08:17.05	01:09:00.10	+00:36:27 (53.4%)	6:49	8.8 (46.6%)
549	PISKORSKA Marta	101		K-30	61	00:00:42	00:16:20	00:32:46	00:49:11	01:05:37	01:08:17.25	01:08:59.80	+00:36:28 (53.4%)	6:49	8.8 (46.6%)
550	PYRA-KUCZYŃSKA Marzena	72		K-40	45	00:00:12	00:15:23	00:30:47	00:48:00	01:05:15	01:08:21.05	01:08:33.40	+00:36:31 (53.4%)	6:50	8.8 (46.6%)
551	CYBUL Anna	558		K-40	46	00:00:19	00:16:20	00:33:10	00:49:26	01:05:39	01:08:23.60	01:08:42.75	+00:36:34 (53.5%)	6:50	8.8 (46.6%)
552	ROZMARYNOWICZ Anna	71		K-30	62	00:00:02	00:15:33	00:30:57	00:48:09	01:05:24	01:08:30.40	01:08:32.95	+00:36:41 (53.6%)	6:51	8.8 (46.6%)
553	FOLARZYŃSKI Łukasz	570		M-30	129	00:00:50	00:17:51	00:33:57	00:49:57	01:05:51	01:08:31.55	01:09:21.70	+00:36:42 (53.6%)	6:51	8.8 (46.6%)
554	DĄBROWSKI Janusz	342		M-60	38	00:00:20	00:16:47	00:32:50	00:49:16	01:05:52	01:08:44.85	01:09:05.45	+00:36:55 (53.7%)	6:52	8.7 (46.0%)
555	ZIELIŃSKI Waldemar	472		M-50	53	00:00:21	00:16:20	00:32:55	00:49:44	01:06:09	01:08:49.95	01:09:11.25	+00:37:00 (53.8%)	6:53	8.7 (46.0%)
556	DEPKA Agnieszka	447		K-30	63	00:00:40	00:15:57	00:31:46	00:48:26	01:05:52	01:08:57.20	01:09:38.15	+00:37:08 (53.9%)	6:53	8.7 (46.0%)
557	CHMIEL Nikodem	614		M-20	45	00:00:40	00:13:07	00:29:21	00:48:58	01:06:29	01:09:16.75	01:09:57.70	+00:37:27 (54.1%)	6:55	8.7 (46.0%)
558	SZUBARTOWSKA Pola	148		K-1	8	00:00:16	00:17:40	00:34:12	00:51:19	01:07:43	01:09:58.45	01:10:15.35	+00:38:09 (54.5%)	6:59	8.6 (45.5%)
559	MICHALAK Martyna	149		K-1	9	00:00:16	00:17:40	00:34:12	00:51:19	01:07:43	01:09:58.75	01:10:15.40	+00:38:09 (54.5%)	6:59	8.6 (45.5%)
560	CENTKOWSKA Ewelina	411		K-30	64	00:00:07	00:16:48	00:33:31	00:50:19	01:07:29	01:10:23.95	01:10:31.10	+00:38:34 (54.8%)	7:02	8.5 (45.0%)
561	SUŁKOWSKI Mariusz	248		M-30	130	00:00:44	00:16:41	00:32:29	00:49:21	01:07:49	01:10:27.15	01:11:11.95	+00:38:38 (54.8%)	7:02	8.5 (45.0%)
562	FUDAŁA Marek	326		M-60	39	00:00:23	00:16:48	00:33:26	00:50:40	01:07:53	01:10:41.70	01:11:04.70	+00:38:52 (55.0%)	7:04	8.5 (45.0%)
563	DRUŻYŃSKI Sebastian	64		M-30	131	00:00:43	00:16:16	00:32:35	00:50:05	01:08:11	01:11:25.30	01:12:09.10	+00:39:36 (55.4%)	7:08	8.4 (44.4%)
564	MAZANOWSKA Ewa	550		K-40	47	00:00:47	00:17:54	00:34:34	00:50:37	01:07:41	01:11:32.30	01:12:19.30	+00:39:43 (55.5%)	7:09	8.4 (44.4%)
565	ZUPA Aleksandra	520		K-20	16	00:00:40	00:16:28	00:34:17	00:51:10	01:09:18	01:11:48.15	01:12:28.40	+00:39:59 (55.7%)	7:10	8.4 (44.4%)
566	KACZMAREK Agnieszka	103		K-40	48	00:00:37	00:16:36	00:33:37	00:50:58	01:09:21	01:11:51.00	01:12:28.30	+00:40:01 (55.7%)	7:11	8.4 (44.4%)
567	JURCZYK Artur	236		M-40	137	00:00:43	00:18:23	00:35:56	00:54:39	01:14:25	01:17:35.80	01:18:19.15	+00:45:46 (59.0%)	7:45	7.7 (40.7%)
568	GRABOWSKA Ilona	451		K-30	65	00:00:37	00:18:29	00:35:56	00:54:07	01:14:31	01:17:41.65	01:18:19.15	+00:45:52 (59.0%)	7:46	7.7 (40.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
569	MŁYNAREK Aneta	459		K-30	66	00:00:48	00:18:45	00:37:07	00:56:09	01:15:12	01:18:25.40	01:19:14.00	+00:46:36 (59.4%)	7:50	7.6 (40.2%)
570	MŁYNAREK Piotr	460		M-40	138	00:00:48	00:18:45	00:37:06	00:56:09	01:15:11	01:18:28.80	01:19:17.30	+00:46:39 (59.5%)	7:50	7.6 (40.2%)
571	RUDNICKA Karolina	24		K-30	67	00:00:44	00:18:41	00:37:27	00:57:06	01:16:27	01:19:32.00	01:20:16.60	+00:47:42 (60.0%)	7:57	7.5 (39.7%)
572	ROSIŃSKA Janina	618		K-70	1	00:00:00	00:25:57	00:49:52	01:13:56	01:38:22	01:42:07.90	01:42:07.90	+01:10:18 (68.8%)	10:12	5.9 (31.2%)
573	DRÓŹDŹ Małgorzata	275		K-20	17	00:00:47	00:16:29	00:30:42	00:44:54	00:52:50			+00:22:16	5:31	10.8 (57.1%)
574	NIZIOŁ Katarzyna	632		K-20	18	00:00:49	00:16:14						+00:08:11	6:29	9.2 (48.7%)
575	SPARZYŃSKI Adam	490		M-30	132	00:00:00									(0.0%)
	MARCINKOWSKA Anna	341		K-40		DNF	00:16:03 DNF	00:31:30 DNF	00:46:51 DNF	DNF	DNF	DNF		-	- (0.0%)
	BLASZKIEWICZ Marzena	164		K-30		DNF	00:16:16 DNF	00:32:39 DNF	00:50:18 DNF	DNF	DNF	DNF		-	- (0.0%)
	LIBERA Sabina	534		K-40		DNF	00:17:55 DNF	00:35:03 DNF	00:52:37 DNF	DNF	DNF	DNF		-	- (0.0%)
	KOŁODYŃSKA Aleksandra	60		K-20		DNF	00:18:19 DNF	00:36:49 DNF	00:57:44 DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 579 wynik(ów)