

XI KOSZALIŃSKI BIEG SYLWESTROWY - 5 KM

B4SPORT

Wydarzenie: XI Koszaliński Bieg Sylwestrowy
Organizator: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
Data: 2019-12-28
Miejsce: Koszalin
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.7km	Lap 3.4km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	PYSHNIAK Kostantyn	269	TKKF KOSZALIN	M18-29	1	00:05:26	00:10:55	00:16:22.76		3:16	18.3 (100%)
2	WRÓBEL Jabub	560		M18-29	2	00:05:27	00:11:19	00:16:50.13	+00:00:27 (2.7%)	3:22	17.8 (97.3%)
3	PERLIK Tomasz	305		M30-39	1	00:05:33	00:11:20	00:16:58.25	+00:00:35 (3.5%)	3:23	17.7 (96.7%)
4	KĘPKA Adrian	157		M18-29	3	00:05:38	00:11:32	00:17:02.83	+00:00:40 (3.9%)	3:24	17.6 (96.2%)
5	WENT Jakub	408		M30-39	2	00:05:56	00:11:49	00:17:05.17	+00:00:42 (4.1%)	3:25	17.6 (96.2%)
6	LEWINSKI Konrad	222		M18-29	4	00:05:32	00:11:42	00:17:39.54	+00:01:16 (7.2%)	3:31	17 (92.9%)
7	SZOPIŃSKI Tomasz	381		M30-39	3	00:05:54	00:12:01	00:17:42.56	+00:01:19 (7.5%)	3:32	16.9 (92.3%)
8	HUBERT Łukasz	117		M30-39	4	00:05:53	00:12:00	00:17:49.46	+00:01:26 (8.1%)	3:33	16.8 (91.8%)
9	MAJKOWICZ Rafal	112		M30-39	5	00:05:51	00:12:12	00:18:14.02	+00:01:51 (10.2%)	3:38	16.5 (90.2%)
10	GUZOWSKI Dariusz	103		M50-59	1	00:06:10	00:12:30	00:18:27.05	+00:02:04 (11.2%)	3:41	16.3 (89.1%)
11	RUDNIKOWSKI Maciej	342		M40-49	1	00:06:07	00:12:34	00:18:34.63	+00:02:11 (11.8%)	3:43	16.1 (88.0%)
12	CZAPLIŃSKI Jacek	50		M30-39	6	00:05:57	00:12:26	00:18:34.97	+00:02:12 (11.9%)	3:42	16.2 (88.5%)
13	DYLIK Wojciech	65		M30-39	7	00:06:10	00:12:48	00:18:57.06	+00:02:34 (13.6%)	3:47	15.8 (86.3%)
14	PICK Tomasz	307		M40-49	2	00:06:28	00:13:05	00:19:02.27	+00:02:39 (14.0%)	3:48	15.8 (86.3%)
15	DORSZYŃSKI Grzegorz	61		M30-39	8	00:06:13	00:12:49	00:19:08.14	+00:02:45 (14.4%)	3:49	15.7 (85.8%)
16	RODZIEWICZ Marcin	336		M30-39	9	00:06:28	00:13:00	00:19:12.92	+00:02:50 (14.8%)	3:50	15.6 (85.2%)
17	ŻMUDA Tomasz	554		M40-49	3	00:06:34	00:13:10	00:19:13.32	+00:02:50 (14.8%)	3:50	15.6 (85.2%)
18	GRALAK Arkadiusz	96		M50-59	2	00:06:32	00:13:08	00:19:14.74	+00:02:51 (14.9%)	3:51	15.6 (85.2%)
19	WALENSKI Michał	402		M40-49	4	00:06:19	00:12:56	00:19:16.67	+00:02:53 (15.0%)	3:51	15.6 (85.2%)
20	BIEDRZYCKI Andrzej	20		M60-69	1	00:06:38	00:13:14	00:19:27.41	+00:03:04 (15.8%)	3:53	15.4 (84.2%)
21	SZULC Arek	386		M40-49	5	00:06:48	00:13:37	00:19:39.32	+00:03:16 (16.7%)	3:55	15.3 (83.6%)
22	ZAWADZKI Adrian	441		M18-29	5	00:06:06	00:13:17	00:19:44.89	+00:03:22 (17.1%)	3:57	15.2 (83.1%)
23	WIRKUS Kacper	419		M18-29	6	00:06:30	00:13:28	00:19:45.68	+00:03:22 (17.1%)	3:57	15.2 (83.1%)
24	NOWACKI Rafał	283		M40-49	6	00:06:36	00:13:26	00:19:46.73	+00:03:23 (17.2%)	3:57	15.2 (83.1%)
25	ZYGMUNT Krzysztof	551		M30-39	10	00:06:33	00:13:26	00:19:47.87	+00:03:25 (17.3%)	3:57	15.2 (83.1%)
26	KORMAN Kamil	180		M18-29	7	00:06:23	00:13:27	00:19:48.80	+00:03:26 (17.3%)	3:57	15.2 (83.1%)
27	SÓJKA Klaudia	366		K18-29	1	00:06:32	00:13:30	00:19:51.11	+00:03:28 (17.5%)	3:58	15.1 (82.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.7km	Lap 3.4km	Czas		Tempo min/km	Tempo km/h
								netto 5km	Różn		
28	MACHNICKI Rafał	231		M30-39	11	00:06:26	00:13:24	00:19:55.33	+00:03:32 (17.8%)	3:59	15.1 (82.5%)
29	LEWANDOWSKI Jacek	220		M40-49	7	00:06:45	00:13:33	00:19:58.12	+00:03:35 (18.0%)	3:59	15 (82.0%)
30	GOSTKOWSKI Łukasz	92		M30-39	12	00:06:23	00:13:17	00:20:04.02	+00:03:41 (18.4%)	4:00	15 (82.0%)
31	KOWALIK Natalia	188		K18-29	2	00:06:46	00:13:34	00:20:05.29	+00:03:42 (18.5%)	4:01	14.9 (81.4%)
32	KISIELEWICZ Krzysztof	162		M18-29	8	00:06:43	00:13:35	00:20:06.60	+00:03:43 (18.6%)	4:01	14.9 (81.4%)
33	ZWOLIŃSKI Jan	450		M50-59	3	00:06:57	00:13:57	00:20:23.34	+00:04:00 (19.7%)	4:04	14.7 (80.3%)
34	BARANOWSKI Piotr	10		M40-49	8	00:06:51	00:13:56	00:20:35.60	+00:04:12 (20.5%)	4:07	14.6 (79.8%)
35	KRYNICKA-GRZYB Małgorzata	202		K30-39	1	00:06:32	00:13:36	00:20:40.67	+00:04:17 (20.8%)	4:08	14.5 (79.2%)
36	CAŁA Bartosz	33		M40-49	9	00:07:17	00:14:21	00:20:47.30	+00:04:24 (21.2%)	4:09	14.4 (78.7%)
37	ZATOŃ Olga	440		K18-29	3	00:06:50	00:14:04	00:21:02.03	+00:04:39 (22.1%)	4:12	14.3 (78.1%)
38	RACISZ Mateusz	328		M18-29	9	00:06:45	00:13:42	00:21:02.61	+00:04:39 (22.2%)	4:12	14.3 (78.1%)
39	KUCAL Paweł	208		M40-49	10	00:06:42	00:14:08	00:21:02.65	+00:04:39 (22.2%)	4:12	14.3 (78.1%)
40	SZYMAŃSKI Piotr	389		M40-49	11	00:06:55	00:14:09	00:21:03.87	+00:04:41 (22.2%)	4:12	14.3 (78.1%)
41	GACIA Maciej	76		M18-29	10	00:06:48	00:14:10	00:21:04.53	+00:04:41 (22.3%)	4:12	14.2 (77.6%)
42	SZAMOTULSKI Henryk	379		M40-49	12	00:06:51	00:14:04	00:21:05.67	+00:04:42 (22.4%)	4:13	14.2 (77.6%)
43	BAJGERT Robert	7		M40-49	13	00:07:12	00:14:26	00:21:07.92	+00:04:45 (22.5%)	4:13	14.2 (77.6%)
44	GAWEL Marcin	78		M18-29	11	00:06:46	00:14:05	00:21:10.66	+00:04:47 (22.7%)	4:14	14.2 (77.6%)
45	KOZIEŁ Paweł	191		M40-49	14	00:06:56	00:14:22	00:21:12.31	+00:04:49 (22.8%)	4:14	14.2 (77.6%)
46	KUŁAKOWSKI Dawid	209		M40-49	15	00:07:14	00:14:29	00:21:12.84	+00:04:50 (22.8%)	4:14	14.1 (77.0%)
47	HELMAN Filip	113		M14-17	1	00:06:44	00:14:13	00:21:14.87	+00:04:52 (22.9%)	4:15	14.1 (77.0%)
48	ZAKRZEWSKA Sara	437		K18-29	4	00:06:51	00:14:18	00:21:16.48	+00:04:53 (23.0%)	4:15	14.1 (77.0%)
49	WIKTOROWSKI Maciej	415	TAGER SPORT	M40-49	16	00:06:49	00:14:25	00:21:23.68	+00:05:00 (23.4%)	4:16	14 (76.5%)
50	IGNACZYŃSKI Dariusz	118		M30-39	13	00:07:02	00:14:32	00:21:23.89	+00:05:01 (23.5%)	4:16	14 (76.5%)
51	KONKEL Agnieszka	559		K30-39	2	00:07:00	00:14:28	00:21:24.73	+00:05:01 (23.5%)	4:16	14 (76.5%)
52	KALETA Sebastian	144		M40-49	17	00:06:55	00:14:23	00:21:26.19	+00:05:03 (23.6%)	4:17	14 (76.5%)
53	MISZCZYSZYN Bartosz	263		M30-39	14	00:06:54	00:14:22	00:21:27.60	+00:05:04 (23.7%)	4:17	14 (76.5%)
54	MORAĞIEWICZ Piotr	422		M30-39	15	00:07:03	00:14:27	00:21:31.96	+00:05:09 (23.9%)	4:18	13.9 (76.0%)
55	GAWRON Piotr	81		M40-49	18	00:07:20	00:14:38	00:21:33.64	+00:05:10 (24.0%)	4:18	13.9 (76.0%)
56	MARKIEWICZ Paulina	247		K14-17	1	00:06:53	00:14:27	00:21:34.65	+00:05:11 (24.1%)	4:18	13.9 (76.0%)
57	OLCZAK Krzysztof	287		M30-39	16	00:07:16	00:14:40	00:21:37.34	+00:05:14 (24.2%)	4:19	13.9 (76.0%)
58	ŻUREK Mateusz	557		M30-39	17	00:07:01	00:14:30	00:21:39.06	+00:05:16 (24.3%)	4:19	13.9 (76.0%)
59	BARAN Krzysztof	9		M30-39	18	00:07:06	00:14:37	00:21:40.08	+00:05:17 (24.4%)	4:20	13.8 (75.4%)
60	KRYNICKA Magdalena	203		K18-29	5	00:06:34	00:14:24	00:21:40.47	+00:05:17 (24.4%)	4:20	13.8 (75.4%)
61	KARASIUK Adam	148		M30-39	19	00:07:28	00:14:50	00:21:41.35	+00:05:18 (24.5%)	4:20	13.8 (75.4%)
62	NIEWIADA Marek	278		M30-39	20	00:07:14	00:14:44	00:21:42.35	+00:05:19 (24.5%)	4:20	13.8 (75.4%)
63	PŁAŻAŁSKI Przemysław	318		M30-39	21	00:07:24	00:14:50	00:21:50.20	+00:05:27 (25.0%)	4:22	13.7 (74.9%)
64	HAŁKA Justyna	107		K30-39	3	00:07:18	00:14:49	00:21:50.55	+00:05:27 (25.0%)	4:22	13.7 (74.9%)
65	DRAŻKOWSKI Tomasz	63		M14-17	2	00:07:05	00:14:41	00:21:51.25	+00:05:28 (25.1%)	4:22	13.7 (74.9%)
66	NOGA Sebastian	279		M18-29	12	00:07:20	00:14:56	00:21:53.68	+00:05:30 (25.2%)	4:22	13.7 (74.9%)
67	ZIELIŃSKI Maciej	445		M18-29	13	00:06:38	00:14:33	00:21:55.65	+00:05:32 (25.3%)	4:23	13.7 (74.9%)
68	IWANIEC Dariusz	1		M40-49	19	00:07:20	00:14:51	00:21:56.42	+00:05:33 (25.3%)	4:23	13.7 (74.9%)
69	NIEDBALSKI Oktawian	277		M18-29	14	00:06:50	00:14:31	00:21:57.31	+00:05:34 (25.4%)	4:23	13.7 (74.9%)
70	BIAŁECKA Paula	19		K18-29	6	00:07:16	00:14:54	00:22:00.15	+00:05:37 (25.6%)	4:24	13.6 (74.3%)
71	PERLIK Katarzyna	304		K18-29	7	00:07:24	00:14:58	00:22:00.43	+00:05:37 (25.6%)	4:24	13.6 (74.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.7km	Lap 3.4km	Czas		Tempo min/km	Tempo km/h
								netto 5km	Różn		
72	CZERNIAK Gracjan	51		M30-39	22	00:07:25	00:15:08	00:22:04.63	+00:05:41 (25.8%)	4:24	13.6 (74.3%)
73	SITARCZYK Damian	356		M30-39	23	00:06:58	00:14:53	00:22:05.33	+00:05:42 (25.8%)	4:25	13.6 (74.3%)
74	WĄSOWSKI Robert	406		M18-29	15	00:07:18	00:14:55	00:22:07.54	+00:05:44 (26.0%)	4:25	13.6 (74.3%)
75	MAJCHRZAK Paweł	235		M40-49	20	00:07:23	00:14:57	00:22:08.43	+00:05:45 (26.0%)	4:25	13.6 (74.3%)
76	MALINOWSKI Mariusz	241		M30-39	24	00:07:20	00:15:02	00:22:09.40	+00:05:46 (26.1%)	4:26	13.5 (73.8%)
77	JABŁOŃSKA-KIERSZK Beata	121		K40-49	1	00:07:27	00:15:02	00:22:10.02	+00:05:47 (26.1%)	4:26	13.5 (73.8%)
78	ROGOŻA Ireneusz	339		M40-49	21	00:07:13	00:14:59	00:22:12.13	+00:05:49 (26.2%)	4:26	13.5 (73.8%)
79	JARZYNA Roman	129		M40-49	22	00:07:25	00:15:05	00:22:14.17	+00:05:51 (26.3%)	4:26	13.5 (73.8%)
80	KRAWCZYK Tomasz	199		M30-39	25	00:07:45	00:15:29	00:22:16.15	+00:05:53 (26.4%)	4:27	13.5 (73.8%)
81	SKOWROŃSKI Tomasz	358		M30-39	26	00:07:49	00:15:24	00:22:16.36	+00:05:53 (26.5%)	4:27	13.5 (73.8%)
82	KRUPIŃSKI Krzysztof	201		M50-59	4	00:07:25	00:15:08	00:22:16.40	+00:05:53 (26.5%)	4:27	13.5 (73.8%)
83	FAJGIER Tomasz	70		M50-59	5	00:07:10	00:14:46	00:22:17.21	+00:05:54 (26.5%)	4:27	13.5 (73.8%)
84	OTTO Michał	294		M30-39	27	00:07:32	00:15:11	00:22:18.73	+00:05:55 (26.6%)	4:27	13.4 (73.2%)
85	GAWEŁ Zbigniew	79		M60-69	2	00:07:25	00:15:05	00:22:19.76	+00:05:56 (26.6%)	4:28	13.4 (73.2%)
86	MAZUREK Marcin	250		M40-49	23	00:07:28	00:15:13	00:22:20.11	+00:05:57 (26.7%)	4:28	13.4 (73.2%)
87	GAWRYSIAK Przemysław	82		M40-49	24	00:07:23	00:15:01	00:22:20.89	+00:05:58 (26.7%)	4:28	13.4 (73.2%)
88	BUDZIŃSKI Paweł	29		M40-49	25	00:07:28	00:15:10	00:22:23.76	+00:06:01 (26.9%)	4:28	13.4 (73.2%)
89	OBARA Żaneta	285		K40-49	2	00:07:19	00:15:04	00:22:24.67	+00:06:01 (26.9%)	4:29	13.4 (73.2%)
90	PEKAŁA Piotr	306		M40-49	26	00:08:22	00:15:42	00:22:26.08	+00:06:03 (27.0%)	4:29	13.4 (73.2%)
91	WILKOWSKI Krzysztof	418		M40-49	27	00:07:32	00:15:15	00:22:27.37	+00:06:04 (27.1%)	4:29	13.4 (73.2%)
92	GÓRA Roman	93		M50-59	6	00:07:50	00:15:31	00:22:30.61	+00:06:07 (27.2%)	4:30	13.3 (72.7%)
93	RASZPLA Radosław	332		M40-49	28	00:07:49	00:15:23	00:22:33.90	+00:06:11 (27.4%)	4:30	13.3 (72.7%)
94	POMORSKI Łukasz	322		M18-29	16	00:07:33	00:15:29	00:22:51.99	+00:06:29 (28.4%)	4:34	13.1 (71.6%)
95	KAŹMIERCZAK Agnieszka	155		K40-49	3	00:07:31	00:15:30	00:22:58.91	+00:06:36 (28.7%)	4:35	13.1 (71.6%)
96	PIETRYKA Artur	311		M40-49	29	00:07:28	00:15:20	00:22:59.26	+00:06:36 (28.7%)	4:36	13 (71.0%)
97	OPALIŃSKI Stanisław	289		M60-69	3	00:07:33	00:15:40	00:23:01.55	+00:06:38 (28.9%)	4:36	13 (71.0%)
98	BASSEL Marcin	448		M30-39	28	00:08:24	00:16:25	00:23:08.81	+00:06:46 (29.2%)	4:37	13 (71.0%)
99	SAWIŃSKI Jacek	351		M40-49	30	00:07:55	00:15:48	00:23:09.66	+00:06:46 (29.3%)	4:38	12.9 (70.5%)
100	KLENIEWSKI Piotr	163		M50-59	7	00:07:41	00:15:41	00:23:14.96	+00:06:52 (29.5%)	4:39	12.9 (70.5%)
101	PIECHOTA Robert	308		M40-49	31	00:07:49	00:16:00	00:23:17.83	+00:06:55 (29.7%)	4:39	12.9 (70.5%)
102	POLAŃSKI Norbert	320		M40-49	32	00:08:02	00:16:04	00:23:17.93	+00:06:55 (29.7%)	4:39	12.9 (70.5%)
103	STANKIEWICZ Wiesław	373		M50-59	8	00:07:45	00:15:50	00:23:18.86	+00:06:56 (29.7%)	4:39	12.9 (70.5%)
104	PILAREK Ireneusz	313		M30-39	29	00:07:56	00:15:50	00:23:21.91	+00:06:59 (29.9%)	4:40	12.8 (69.9%)
105	BARTHA Adrian	12		M30-39	30	00:07:36	00:15:46	00:23:23.39	+00:07:00 (30.0%)	4:40	12.8 (69.9%)
106	SARAPUK Piotr	348		M40-49	33	00:08:00	00:15:58	00:23:24.95	+00:07:02 (30.0%)	4:41	12.8 (69.9%)
107	DĄBROWSKI Grzegorz	53		M40-49	34	00:07:59	00:16:01	00:23:25.97	+00:07:03 (30.1%)	4:41	12.8 (69.9%)
108	LITWIN Barbara	225		K30-39	4	00:07:55	00:16:06	00:23:27.00	+00:07:04 (30.2%)	4:41	12.8 (69.9%)
109	WOŹNIECKA Karolina	431		K30-39	5	00:07:53	00:16:00	00:23:28.10	+00:07:05 (30.2%)	4:41	12.8 (69.9%)
110	KACZMAREK Marta	139		K30-39	6	00:07:33	00:15:50	00:23:29.71	+00:07:06 (30.3%)	4:42	12.8 (69.9%)
111	RUTKOWSKI Artur	344		M18-29	17	00:07:41	00:15:52	00:23:29.72	+00:07:06 (30.3%)	4:42	12.8 (69.9%)
112	KOPYNIAK Adrian	178		M18-29	18	00:08:12	00:16:00	00:23:35.42	+00:07:12 (30.6%)	4:43	12.7 (69.4%)
113	KRZEWIŃSKA Małgorzata	205		K60+	1	00:08:06	00:16:07	00:23:35.48	+00:07:12 (30.6%)	4:43	12.7 (69.4%)
114	BAGNIUK Piotr	5		M30-39	31	00:07:44	00:15:47	00:23:36.28	+00:07:13 (30.6%)	4:43	12.7 (69.4%)
115	RELUGA Małgorzata	334		K50-59	1	00:07:49	00:15:56	00:23:38.03	+00:07:15 (30.7%)	4:43	12.7 (69.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.7km	Lap 3.4km	Czas		Tempo min/km	Tempo km/h
								netto 5km	Różn		
116	RELUGA Grzegorz	333		M40-49	35	00:07:49	00:15:55	00:23:39.12	+00:07:16 (30.7%)	4:43	12.7 (69.4%)
117	GIEDROWICZ Aleksandra	83		K30-39	7	00:07:32	00:15:52	00:23:39.27	+00:07:16 (30.8%)	4:44	12.7 (69.4%)
118	LIPNIEWICZ Paweł	224		M30-39	32	00:07:52	00:15:52	00:23:39.67	+00:07:16 (30.8%)	4:44	12.7 (69.4%)
119	KOZŁOWSKI Rafał	194		M40-49	36	00:07:57	00:15:59	00:23:42.73	+00:07:19 (30.9%)	4:44	12.7 (69.4%)
120	SZCZUBLEWSKI Martin	380		M18-29	19	00:07:31	00:15:45	00:23:42.81	+00:07:20 (30.9%)	4:44	12.6 (68.9%)
121	SPOLSKA Weronika	368		K18-29	8	00:08:09	00:16:17	00:23:43.99	+00:07:21 (31.0%)	4:44	12.6 (68.9%)
122	WOJCIECHOWSKI Andrzej	425		M40-49	37	00:08:00	00:16:18	00:23:46.89	+00:07:24 (31.1%)	4:45	12.6 (68.9%)
123	TOMASZEWICZ Magdalena	396		K40-49	4	00:07:31	00:15:52	00:23:47.55	+00:07:24 (31.2%)	4:45	12.6 (68.9%)
124	GLEWICZ Sylwia	85		K30-39	8	00:08:06	00:16:12	00:23:50.97	+00:07:28 (31.3%)	4:46	12.6 (68.9%)
125	KIERSZTYN Robert	161		M50-59	9	00:07:35	00:16:00	00:23:51.59	+00:07:28 (31.4%)	4:46	12.6 (68.9%)
126	SKOWYRSKI Janusz	359		M50-59	10	00:08:01	00:16:11	00:23:51.95	+00:07:29 (31.4%)	4:46	12.6 (68.9%)
127	MISZCZYK Jan	261	KOSZALIN	M30-39	33	00:08:04	00:16:22	00:23:52.99	+00:07:30 (31.4%)	4:46	12.6 (68.9%)
128	MONGIAŁO Marcin	267		M40-49	38	00:08:08	00:16:19	00:23:55.85	+00:07:33 (31.6%)	4:47	12.5 (68.3%)
129	SKIBA Artur	357		M40-49	39	00:08:02	00:16:10	00:23:59.70	+00:07:36 (31.7%)	4:48	12.5 (68.3%)
130	CHOŁUJ Jarek	40		M40-49	40	00:08:42	00:16:50	00:24:00.32	+00:07:37 (31.8%)	4:48	12.5 (68.3%)
131	ŻEBROWSKI Igor	553		M14-17	3	00:07:41	00:16:01	00:24:00.37	+00:07:37 (31.8%)	4:48	12.5 (68.3%)
132	BURKIET Marek	31		M40-49	41	00:08:14	00:16:20	00:24:00.66	+00:07:37 (31.8%)	4:48	12.5 (68.3%)
133	BODO Rafał	21		M30-39	34	00:08:05	00:16:19	00:24:01.74	+00:07:38 (31.8%)	4:48	12.5 (68.3%)
134	MICERSKI Tomasz	253		M40-49	42	00:07:54	00:16:19	00:24:02.92	+00:07:40 (31.9%)	4:48	12.5 (68.3%)
135	CHUDZIK Zbigniew	44		M50-59	11	00:08:19	00:16:32	00:24:04.21	+00:07:41 (32.0%)	4:48	12.5 (68.3%)
136	SOROCZYŃSKI Cezary	365		M40-49	43	00:08:10	00:16:29	00:24:09.14	+00:07:46 (32.2%)	4:49	12.4 (67.8%)
137	MOSIOŁEK Piotr	268		M40-49	44	00:08:01	00:16:17	00:24:12.47	+00:07:49 (32.3%)	4:50	12.4 (67.8%)
138	MAZUR Mirosław	229		M40-49	45	00:08:21	00:16:36	00:24:19.37	+00:07:56 (32.7%)	4:52	12.3 (67.2%)
139	HAŁKA Arkadiusz	108		M40-49	46	00:08:17	00:16:37	00:24:20.87	+00:07:58 (32.7%)	4:52	12.3 (67.2%)
140	RODZIEWICZ-CZAPLIŃSKA Agnieszka	338		K40-49	5	00:08:02	00:16:25	00:24:21.73	+00:07:58 (32.8%)	4:52	12.3 (67.2%)
141	KOSIARKIEWICZ Martyna	186		K14-17	2	00:07:48	00:16:18	00:24:21.81	+00:07:59 (32.8%)	4:52	12.3 (67.2%)
142	PAWŁOWSKI Grzegorz	302		M40-49	47	00:08:07	00:16:27	00:24:22.06	+00:07:59 (32.8%)	4:52	12.3 (67.2%)
143	MARCINKOWSKI Jacek	243		M40-49	48	00:08:33	00:16:51	00:24:25.14	+00:08:02 (32.9%)	4:53	12.3 (67.2%)
144	HOREGLAD Paweł	115		M18-29	20	00:08:31	00:16:57	00:24:25.34	+00:08:02 (32.9%)	4:53	12.3 (67.2%)
145	ŻUKOWSKI Cezary	556		M30-39	35	00:08:37	00:16:47	00:24:25.58	+00:08:02 (32.9%)	4:53	12.3 (67.2%)
146	MAZURSKI Paweł	251		M30-39	36	00:07:39	00:16:18	00:24:27.58	+00:08:04 (33.0%)	4:53	12.3 (67.2%)
147	KRASIŃSKI Witold	195		M40-49	49	00:08:04	00:16:30	00:24:27.88	+00:08:05 (33.0%)	4:53	12.3 (67.2%)
148	WĄSOWICZ Anna	405		K30-39	9	00:08:26	00:16:44	00:24:29.76	+00:08:06 (33.1%)	4:54	12.2 (66.7%)
149	DĘBSKI Damian	59		M30-39	37	00:08:06	00:16:33	00:24:30.00	+00:08:07 (33.1%)	4:54	12.2 (66.7%)
150	MUCHA Krzysztof	271		M40-49	50	00:08:07	00:16:33	00:24:30.04	+00:08:07 (33.1%)	4:54	12.2 (66.7%)
151	ZIELIŃSKI Maciej	443		M30-39	38	00:08:00	00:16:31	00:24:32.94	+00:08:10 (33.3%)	4:54	12.2 (66.7%)
152	MICKIEWICZ Maja	257		K14-17	3	00:07:39	00:16:23	00:24:33.50	+00:08:10 (33.3%)	4:54	12.2 (66.7%)
153	SEKRECKI Michał	354		M18-29	21	00:07:39	00:16:23	00:24:33.50	+00:08:10 (33.3%)	4:54	12.2 (66.7%)
154	ANTKOWIAK Sebastian	3		M40-49	51	00:07:56	00:16:26	00:24:33.59	+00:08:10 (33.3%)	4:54	12.2 (66.7%)
155	GAWEŁ Stanisław	80		M50-59	12	00:08:35	00:16:51	00:24:35.85	+00:08:13 (33.4%)	4:55	12.2 (66.7%)
156	FRĄCKOWIAK Mateusz	2		M14-17	4	00:07:27	00:16:05	00:24:37.07	+00:08:14 (33.5%)	4:55	12.2 (66.7%)
157	DRABKOWSKA Agnieszka	62		K40-49	6	00:08:02	00:16:33	00:24:38.62	+00:08:15 (33.5%)	4:55	12.2 (66.7%)
158	BOGACKI Tomasz	23		M60-69	4	00:08:24	00:16:49	00:24:41.65	+00:08:18 (33.7%)	4:56	12.2 (66.7%)
159	SCHWAB Thomas	352		M40-49	52	00:08:22	00:16:50	00:24:41.81	+00:08:19 (33.7%)	4:56	12.1 (66.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.7km	Lap 3.4km	Czas		Tempo min/km	Tempo km/h
								netto 5km	Różn		
160	DRULIK-HOŁUB Marta	64		K40-49	7	00:08:14	00:16:45	00:24:45.46	+00:08:22 (33.8%)	4:57	12.1 (66.1%)
161	GONTARZ Wojciech	90		M18-29	22	00:08:16	00:16:46	00:24:45.85	+00:08:23 (33.9%)	4:57	12.1 (66.1%)
162	KNUT POTOCZNIK Gabriela	165		K30-39	10	00:08:38	00:17:00	00:24:50.48	+00:08:27 (34.1%)	4:58	12.1 (66.1%)
163	KONKEL Łukasz	174		M40-49	53	00:08:03	00:16:26	00:24:50.71	+00:08:27 (34.1%)	4:58	12.1 (66.1%)
164	KAZIMIEROWICZ Radosław	154		M30-39	39	00:08:25	00:16:54	00:24:52.55	+00:08:29 (34.2%)	4:58	12.1 (66.1%)
165	MICHALAK Michał	255		M18-29	23	00:07:43	00:16:50	00:24:55.15	+00:08:32 (34.3%)	4:59	12 (65.6%)
166	SARAPUK Gabriela	347		K40-49	8	00:08:39	00:17:04	00:24:59.11	+00:08:36 (34.4%)	4:59	12 (65.6%)
167	KOŁODZIEJCZYK Danuta	172		K50-59	2	00:08:21	00:16:59	00:25:06.46	+00:08:43 (34.8%)	5:01	12 (65.6%)
168	NOSAL Martyna	280		K14-17	4	00:08:40	00:17:23	00:25:07.72	+00:08:44 (34.8%)	5:01	11.9 (65.0%)
169	MUERAU-NOWICKA Hanna	272		K50-59	3	00:08:39	00:17:21	00:25:10.24	+00:08:47 (34.9%)	5:02	11.9 (65.0%)
170	NOSAL Mariusz	281		M30-39	40	00:08:40	00:17:23	00:25:10.34	+00:08:47 (34.9%)	5:02	11.9 (65.0%)
171	NOWICKA Natalia	284		K18-29	9	00:08:39	00:17:21	00:25:10.70	+00:08:47 (34.9%)	5:02	11.9 (65.0%)
172	WIDZINIEWICZ Jarosław	442		M40-49	54	00:08:49	00:17:25	00:25:12.87	+00:08:50 (35.0%)	5:02	11.9 (65.0%)
173	WIŚNIEWSKI Łukasz	421		M18-29	24	00:09:08	00:17:28	00:25:13.01	+00:08:50 (35.0%)	5:02	11.9 (65.0%)
174	PISKORZ-WILCZAK Iwona	314		K40-49	9	00:08:30	00:16:56	00:25:14.53	+00:08:51 (35.1%)	5:02	11.9 (65.0%)
175	DEJNAK Mariola	54		K60+	2	00:08:27	00:17:07	00:25:18.73	+00:08:55 (35.3%)	5:03	11.8 (64.5%)
176	KACZMARYK Jolanta	140		K40-49	10	00:08:19	00:17:05	00:25:21.28	+00:08:58 (35.4%)	5:04	11.8 (64.5%)
177	KAMYK Piotr	147		M30-39	41	00:08:23	00:17:19	00:25:22.49	+00:08:59 (35.4%)	5:04	11.8 (64.5%)
178	WOŹNIAK Monika	428		K30-39	11	00:08:39	00:17:25	00:25:25.76	+00:09:02 (35.6%)	5:05	11.8 (64.5%)
179	HAKKARAINEN Jouni	104		M40-49	55	00:08:29	00:17:15	00:25:26.01	+00:09:03 (35.6%)	5:05	11.8 (64.5%)
180	NADOLNY Krzysztof	275		M30-39	42	00:08:44	00:17:20	00:25:26.86	+00:09:04 (35.6%)	5:05	11.8 (64.5%)
181	SZOT Ewa	382		K40-49	11	00:08:19	00:16:58	00:25:26.88	+00:09:04 (35.6%)	5:05	11.8 (64.5%)
182	LIGOCKI Pawel	223		M18-29	25	00:08:29	00:17:23	00:25:33.16	+00:09:10 (35.9%)	5:06	11.7 (63.9%)
183	GRABOWSKA-LESISZ Aneta	94		K40-49	12	00:08:25	00:17:17	00:25:40.52	+00:09:17 (36.2%)	5:08	11.7 (63.9%)
184	WRÓBLEWSKI Mateusz	433		M14-17	5	00:08:58	00:17:35	00:25:41.89	+00:09:19 (36.3%)	5:08	11.7 (63.9%)
185	SUCHODOLSKA Aleksandra	376		K30-39	12	00:09:20	00:18:01	00:25:42.19	+00:09:19 (36.3%)	5:08	11.7 (63.9%)
186	REMLAKOWSKI Krzysztof	335		M40-49	56	00:09:02	00:17:43	00:25:43.10	+00:09:20 (36.3%)	5:08	11.7 (63.9%)
187	SZYDŁO Piotr	388		M30-39	43	00:07:55	00:17:15	00:25:45.02	+00:09:22 (36.4%)	5:09	11.7 (63.9%)
188	KOWALCZYK Karolina	187		K40-49	13	00:08:42	00:17:28	00:25:45.12	+00:09:22 (36.4%)	5:09	11.7 (63.9%)
189	MONGIAŁO Aleksandra	266		K30-39	13	00:08:53	00:17:37	00:25:47.15	+00:09:24 (36.5%)	5:09	11.6 (63.4%)
190	MRUGALSKI Stanisław	270		M50-59	13	00:08:37	00:17:29	00:25:48.80	+00:09:26 (36.5%)	5:09	11.6 (63.4%)
191	KAJKOWSKI Rafał	143		M40-49	57	00:08:34	00:17:20	00:25:52.46	+00:09:29 (36.7%)	5:10	11.6 (63.4%)
192	BOGACKA Lucyna	22		K60+	3	00:08:44	00:17:30	00:25:53.51	+00:09:30 (36.7%)	5:10	11.6 (63.4%)
193	KOLIGAT Anna	168		K30-39	14	00:09:01	00:17:40	00:25:53.62	+00:09:30 (36.7%)	5:10	11.6 (63.4%)
194	PISKÓRZ Radosław	316		M30-39	44	00:08:28	00:17:25	00:25:55.53	+00:09:32 (36.8%)	5:11	11.6 (63.4%)
195	BARTON Krystyna	14		K50-59	4	00:08:26	00:17:25	00:25:57.79	+00:09:35 (36.9%)	5:11	11.6 (63.4%)
196	BOJAR Natalia	24		K30-39	15	00:08:55	00:17:39	00:25:58.65	+00:09:35 (36.9%)	5:11	11.6 (63.4%)
197	CIEŚLAK Grzegorz	47		M30-39	45	00:08:50	00:17:51	00:26:00.36	+00:09:37 (37.0%)	5:12	11.5 (62.8%)
198	FRIESKE Anna	75		K14-17	5	00:07:42	00:16:34	00:26:00.91	+00:09:38 (37.0%)	5:12	11.5 (62.8%)
199	PODSIADŁO Marcin	319		M40-49	58	00:08:31	00:17:24	00:26:01.04	+00:09:38 (37.0%)	5:12	11.5 (62.8%)
200	FIERKA Tomasz	71		M30-39	46	00:08:31	00:17:29	00:26:01.20	+00:09:38 (37.1%)	5:12	11.5 (62.8%)
201	PAWŁOWSKA Anna	301		K30-39	16	00:08:32	00:17:30	00:26:01.70	+00:09:38 (37.1%)	5:12	11.5 (62.8%)
202	WRÓBLEWSKA Marta	432		K40-49	14	00:08:56	00:17:46	00:26:02.84	+00:09:40 (37.1%)	5:12	11.5 (62.8%)
203	PAPIERNIK Błażej	298		M18-29	26	00:08:24	00:17:30	00:26:06.81	+00:09:44 (37.3%)	5:13	11.5 (62.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.7km	Lap 3.4km	Czas		Tempo min/km	Tempo km/h
								netto 5km	Różn		
204	WYGANOWSKI Andrzej	435		M70+	1	00:09:00	00:17:59	00:26:07.70	+00:09:44 (37.3%)	5:13	11.5 (62.8%)
205	GOLUBSKI Cezary	88		M18-29	27	00:07:52	00:17:35	00:26:08.00	+00:09:45 (37.3%)	5:13	11.5 (62.8%)
206	CZUCZAK Tomasz	439		M40-49	59	00:09:02	00:17:54	00:26:09.97	+00:09:47 (37.4%)	5:14	11.5 (62.8%)
207	KUŻAJ Sławomir	214		M50-59	14	00:08:39	00:17:52	00:26:10.14	+00:09:47 (37.4%)	5:14	11.5 (62.8%)
208	KALOCIŃSKI Krzysztof	146		M30-39	47	00:09:05	00:17:55	00:26:11.15	+00:09:48 (37.4%)	5:14	11.5 (62.8%)
209	MICHALUK Amadeusz	256		M18-29	28	00:08:05	00:17:17	00:26:11.41	+00:09:48 (37.5%)	5:14	11.5 (62.8%)
210	POŁOCZAŃSKI Piotr	321		M30-39	48	00:08:16	00:17:16	00:26:12.22	+00:09:49 (37.5%)	5:14	11.4 (62.3%)
211	SŁUPECKA Aneta	363		K30-39	17	00:09:03	00:18:00	00:26:13.62	+00:09:50 (37.5%)	5:14	11.4 (62.3%)
212	BRZOSKOWSKI Artur	27		M30-39	49	00:08:51	00:17:36	00:26:15.76	+00:09:52 (37.6%)	5:15	11.4 (62.3%)
213	MACHNICKI Robert	230		M30-39	50	00:08:25	00:17:34	00:26:16.07	+00:09:53 (37.6%)	5:15	11.4 (62.3%)
214	STANIUK Bartosz	371		M30-39	51	00:08:38	00:17:45	00:26:22.33	+00:09:59 (37.9%)	5:16	11.4 (62.3%)
215	HAŁAJKO Magdalena	106		K30-39	18	00:09:07	00:17:52	00:26:27.71	+00:10:04 (38.1%)	5:17	11.3 (61.7%)
216	OWCZARKA-TUCKA Monika	295		K40-49	15	00:09:01	00:18:02	00:26:27.99	+00:10:05 (38.1%)	5:17	11.3 (61.7%)
217	MILLENNIUM Milena Pięta	260		K30-39	19	00:09:01	00:18:02	00:26:28.29	+00:10:05 (38.1%)	5:17	11.3 (61.7%)
218	CYGAN Adam	49		M50-59	15	00:09:20	00:18:27	00:26:29.03	+00:10:06 (38.2%)	5:17	11.3 (61.7%)
219	KOBUS Piotr	167		M30-39	52	00:08:19	00:17:53	00:26:33.29	+00:10:10 (38.3%)	5:18	11.3 (61.7%)
220	SKRZYPCZAK Bogusław	361		M40-49	60	00:09:06	00:18:11	00:26:37.18	+00:10:14 (38.5%)	5:19	11.3 (61.7%)
221	MARCZAK Małgorzata	245		K50-59	5	00:08:54	00:18:00	00:26:48.18	+00:10:25 (38.9%)	5:21	11.2 (61.2%)
222	SŁOMSKA Dorota	362		K30-39	20	00:09:28	00:18:36	00:26:48.30	+00:10:25 (38.9%)	5:21	11.2 (61.2%)
223	SZYMAŃSKI Patryk	390		M30-39	53	00:09:44	00:19:37	00:26:48.94	+00:10:26 (38.9%)	5:21	11.2 (61.2%)
224	PISKÓRZ Justyna	315		K30-39	21	00:08:41	00:18:07	00:26:48.98	+00:10:26 (38.9%)	5:21	11.2 (61.2%)
225	CIECHAŃSKI Michał	46		M40-49	61	00:09:08	00:18:22	00:26:49.75	+00:10:26 (38.9%)	5:22	11.2 (61.2%)
226	KOPIEC-PARYSIAK Iwona	177		K30-39	22	00:09:10	00:18:20	00:26:54.73	+00:10:31 (39.1%)	5:23	11.1 (60.7%)
227	KACZOROWSKI Marek	141		M18-29	29	00:08:55	00:17:54	00:26:55.17	+00:10:32 (39.2%)	5:23	11.1 (60.7%)
228	ŚWITON Magdalena	394		K30-39	23	00:09:05	00:18:12	00:26:55.56	+00:10:32 (39.2%)	5:23	11.1 (60.7%)
229	SZYSZKOWSKI Tomasz	391		M30-39	54	00:09:14	00:18:28	00:26:56.30	+00:10:33 (39.2%)	5:23	11.1 (60.7%)
230	JUSZCZYK Agnieszka	137		K30-39	24	00:09:23	00:18:30	00:26:56.62	+00:10:33 (39.2%)	5:23	11.1 (60.7%)
231	JAROSIK Mariusz	128		M40-49	62	00:09:20	00:18:43	00:26:58.31	+00:10:35 (39.3%)	5:23	11.1 (60.7%)
232	CYGAN Marta	48		K18-29	10	00:09:21	00:18:28	00:26:58.46	+00:10:35 (39.3%)	5:23	11.1 (60.7%)
233	OSOWSKI Andrzej	292		M40-49	63	00:08:49	00:18:02	00:27:00.21	+00:10:37 (39.3%)	5:24	11.1 (60.7%)
234	PIETRZYK Rafał	312		M30-39	55	00:09:04	00:18:18	00:27:01.63	+00:10:38 (39.4%)	5:24	11.1 (60.7%)
235	KĘSIK Michał	158		M40-49	64	00:09:13	00:18:28	00:27:04.56	+00:10:41 (39.5%)	5:25	11.1 (60.7%)
236	JUSZCZAK Krzysztof	136		M60-69	5	00:08:42	00:17:57	00:27:06.31	+00:10:43 (39.6%)	5:25	11.1 (60.7%)
237	KOZŁOWIECKI Waldemar	193		M60-69	6	00:09:21	00:18:24	00:27:06.54	+00:10:43 (39.6%)	5:25	11.1 (60.7%)
238	LEWANDOWSKI Marian	221		M70+	2	00:09:12	00:18:24	00:27:06.99	+00:10:44 (39.6%)	5:25	11.1 (60.7%)
239	JUSINSKI Sebastian	135		M40-49	65	00:09:04	00:18:19	00:27:10.89	+00:10:48 (39.7%)	5:26	11 (60.1%)
240	MILAS Wiktoria	259		K14-17	6	00:09:00	00:18:14	00:27:11.88	+00:10:49 (39.8%)	5:26	11 (60.1%)
241	JUSINSKA Anna	134		K40-49	16	00:09:05	00:18:20	00:27:11.98	+00:10:49 (39.8%)	5:26	11 (60.1%)
242	BRZOZOWSKA Barbara	28		K40-49	17	00:09:17	00:18:34	00:27:15.38	+00:10:52 (39.9%)	5:27	11 (60.1%)
243	MAJEWSKI Kamil	236		M30-39	56	00:09:17	00:18:34	00:27:15.72	+00:10:52 (39.9%)	5:27	11 (60.1%)
244	URBANOWICZ Michał	399		M40-49	66	00:08:45	00:18:07	00:27:18.77	+00:10:56 (40.0%)	5:27	11 (60.1%)
245	ROMANOWICZ Monika	340		K30-39	25	00:09:18	00:18:40	00:27:19.79	+00:10:57 (40.1%)	5:28	11 (60.1%)
246	KUNYSZ Tomasz	210		M50-59	16	00:08:48	00:18:28	00:27:20.41	+00:10:57 (40.1%)	5:28	11 (60.1%)
247	NAWROCKA Anna	276		K30-39	26	00:09:00	00:18:27	00:27:20.62	+00:10:57 (40.1%)	5:28	11 (60.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.7km	Lap 3.4km	Czas		Tempo min/km	Tempo km/h
								netto 5km	Różn		
248	DEJNAK Dagmara	55		K30-39	27	00:09:33	00:18:40	00:27:21.32	+00:10:58 (40.1%)	5:28	11 (60.1%)
249	KARNICKI Zygmunt	150		M60-69	7	00:08:49	00:18:16	00:27:27.45	+00:11:04 (40.3%)	5:29	10.9 (59.6%)
250	BAJ Norbert	6		M30-39	57	00:08:44	00:18:04	00:27:27.71	+00:11:04 (40.4%)	5:29	10.9 (59.6%)
251	MAJSIUK Agnieszka	238		K40-49	18	00:09:20	00:18:45	00:27:30.95	+00:11:08 (40.5%)	5:30	10.9 (59.6%)
252	DYMEK Remek	66		M40-49	67	00:08:51	00:18:31	00:27:32.31	+00:11:09 (40.5%)	5:30	10.9 (59.6%)
253	HAKKARAINEN Robert	105		M14-17	6	00:09:06	00:18:43	00:27:32.73	+00:11:09 (40.5%)	5:30	10.9 (59.6%)
254	HOC Dariusz	114		M40-49	68	00:09:59	00:19:20	00:27:33.66	+00:11:10 (40.6%)	5:30	10.9 (59.6%)
255	WIŚNIEWSKI Jarosław	420		M50-59	17	00:09:19	00:18:48	00:27:33.96	+00:11:11 (40.6%)	5:30	10.9 (59.6%)
256	SCHWAB Oliver	353		M14-17	7	00:09:14	00:18:43	00:27:35.91	+00:11:13 (40.7%)	5:31	10.9 (59.6%)
257	JĘDRZEJKO Mirosław	133		M40-49	69	00:09:21	00:19:00	00:27:36.79	+00:11:14 (40.7%)	5:31	10.9 (59.6%)
258	RASZPLA Ilona	331		K40-49	19	00:09:24	00:18:43	00:27:37.37	+00:11:14 (40.7%)	5:31	10.9 (59.6%)
259	GŁOWACKI Włodzimierz	86		M70+	3	00:08:56	00:18:33	00:27:37.77	+00:11:15 (40.7%)	5:31	10.9 (59.6%)
260	DERLIŃSKA Kasia	57		K30-39	28	00:09:09	00:18:40	00:27:38.86	+00:11:16 (40.8%)	5:31	10.8 (59.0%)
261	MITUNIEWICZ Renata	264		K50-59	6	00:09:07	00:18:47	00:27:46.26	+00:11:23 (41.0%)	5:33	10.8 (59.0%)
262	SADOWSKA Justyna	346		K30-39	29	00:09:29	00:19:03	00:27:49.21	+00:11:26 (41.1%)	5:33	10.8 (59.0%)
263	OSTROWSKI Marian	293		M60-69	8	00:07:11	00:14:38	00:27:51.15	+00:11:28 (41.2%)	5:34	10.8 (59.0%)
264	PŁAŻAŁSKA Sylwia	317		K30-39	30	00:09:28	00:19:22	00:27:51.95	+00:11:29 (41.2%)	5:34	10.8 (59.0%)
265	KOBUS Maciej	166		M30-39	58	00:08:07	00:18:06	00:27:55.22	+00:11:32 (41.3%)	5:35	10.7 (58.5%)
266	ŻMUDA Monika	555		K40-49	20	00:09:37	00:19:16	00:27:58.38	+00:11:35 (41.4%)	5:35	10.7 (58.5%)
267	RADZIMSKI Marcel	330		M14-17	8	00:07:03	00:17:22	00:27:58.40	+00:11:35 (41.4%)	5:35	10.7 (58.5%)
268	POTYRAŁA Anna	325		K18-29	11	00:09:17	00:18:50	00:27:59.34	+00:11:36 (41.5%)	5:36	10.7 (58.5%)
269	MODRZYŃSKI Marcin	265		M18-29	30	00:09:17	00:18:50	00:28:00.26	+00:11:37 (41.5%)	5:36	10.7 (58.5%)
270	DORAWA-ZIOMEK Anna	60		K30-39	31	00:09:55	00:19:35	00:28:01.59	+00:11:38 (41.6%)	5:36	10.7 (58.5%)
271	STALUSZKA Marta	370		K18-29	12	00:09:20	00:18:52	00:28:02.64	+00:11:39 (41.6%)	5:36	10.7 (58.5%)
272	STALUSZKA Dariusz	369		M40-49	70	00:09:21	00:18:54	00:28:04.06	+00:11:41 (41.6%)	5:36	10.7 (58.5%)
273	KOPEĆ Krzysztof	176		M30-39	59	00:09:16	00:18:51	00:28:04.37	+00:11:41 (41.7%)	5:36	10.7 (58.5%)
274	KEPKA Mirosław	156		M40-49	71	00:09:23	00:18:57	00:28:07.00	+00:11:44 (41.7%)	5:37	10.7 (58.5%)
275	GUTOWSKI Sebastian	102		M40-49	72	00:09:24	00:18:58	00:28:07.35	+00:11:44 (41.8%)	5:37	10.7 (58.5%)
276	WOLF Beata	427		K40-49	21	00:09:44	00:19:09	00:28:08.68	+00:11:45 (41.8%)	5:37	10.7 (58.5%)
277	KOŁAKOWSKI Dariusz	169		M40-49	73	00:09:23	00:18:56	00:28:08.77	+00:11:46 (41.8%)	5:37	10.7 (58.5%)
278	WILIŃSKI Marek	416		M50-59	18	00:09:25	00:18:59	00:28:09.31	+00:11:46 (41.8%)	5:37	10.7 (58.5%)
279	MARSZAŁKOWSKI Radosław	248		M30-39	60	00:09:35	00:19:19	00:28:19.59	+00:11:56 (42.2%)	5:40	10.6 (57.9%)
280	ORYSZCZYN Arkadiusz	290		M30-39	61	00:09:53	00:19:33	00:28:20.04	+00:11:57 (42.2%)	5:40	10.6 (57.9%)
281	RADOSZ Katarzyna	329		K40-49	22	00:09:41	00:19:12	00:28:20.23	+00:11:57 (42.2%)	5:40	10.6 (57.9%)
282	MALINOWSKA-BURDA Aleksandra	239		K30-39	32	00:09:14	00:19:07	00:28:20.81	+00:11:58 (42.2%)	5:40	10.6 (57.9%)
283	SPICA Łukasz	367		M30-39	62	00:09:22	00:19:08	00:28:24.49	+00:12:01 (42.3%)	5:41	10.6 (57.9%)
284	GRZYBOWSKI Piotr	100		M40-49	74	00:09:44	00:19:39	00:28:27.24	+00:12:04 (42.4%)	5:41	10.5 (57.4%)
285	BEDNARZ Katarzyna	16		K40-49	23	00:09:38	00:19:18	00:28:28.56	+00:12:05 (42.5%)	5:41	10.5 (57.4%)
286	ZAKOŚCIELNA Katarzyna	436		K30-39	33	00:09:57	00:19:36	00:28:28.58	+00:12:05 (42.5%)	5:41	10.5 (57.4%)
287	BRZEZIŃSKI Paweł	26		M30-39	63	00:08:37	00:18:42	00:28:32.06	+00:12:09 (42.6%)	5:42	10.5 (57.4%)
288	LAL Monika	216		K50-59	7	00:09:14	00:19:08	00:28:37.73	+00:12:14 (42.8%)	5:43	10.5 (57.4%)
289	MARCZAK Andrzej	244		M60-69	9	00:09:55	00:19:36	00:28:37.77	+00:12:15 (42.8%)	5:43	10.5 (57.4%)
290	FRASZKIEWICZ Jarosław	72		M40-49	75	00:09:31	00:19:24	00:28:39.00	+00:12:16 (42.8%)	5:43	10.5 (57.4%)
291	MICHALAK Anna	254		K30-39	34	00:09:36	00:19:37	00:28:50.66	+00:12:27 (43.2%)	5:46	10.4 (56.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.7km	Lap 3.4km	Czas		Tempo min/km	Tempo km/h
								netto 5km	Różn		
292	WESOŁOWSKI Łukasz	411		M30-39	64	00:09:17	00:19:46	00:29:02.04	+00:12:39 (43.6%)	5:48	10.3 (56.3%)
293	WESOŁOWSKA Justyna	410		K30-39	35	00:09:17	00:19:46	00:29:02.43	+00:12:39 (43.6%)	5:48	10.3 (56.3%)
294	KOROL Dominika	182		K18-29	13	00:09:59	00:20:04	00:29:07.34	+00:12:44 (43.8%)	5:49	10.3 (56.3%)
295	SZWEDA Mateusz	387		M30-39	65	00:09:44	00:19:37	00:29:10.54	+00:12:47 (43.9%)	5:50	10.3 (56.3%)
296	BARSKA Barbara	11		K18-29	14	00:09:55	00:19:55	00:29:10.62	+00:12:47 (43.9%)	5:50	10.3 (56.3%)
297	NOSAL Anna	282		K30-39	36	00:10:10	00:20:13	00:29:15.69	+00:12:52 (44.0%)	5:51	10.3 (56.3%)
298	SERAFIN Asia	355		K40-49	24	00:09:29	00:19:44	00:29:15.75	+00:12:52 (44.0%)	5:51	10.3 (56.3%)
299	SWOROWSKA Katarzyna	378		K30-39	37	00:09:30	00:19:30	00:29:17.88	+00:12:55 (44.1%)	5:51	10.2 (55.7%)
300	BORSUK Dorota	25		K40-49	25	00:10:06	00:20:07	00:29:19.31	+00:12:56 (44.1%)	5:52	10.2 (55.7%)
301	ZIĘBA Paweł	446		M40-49	76	00:09:42	00:19:54	00:29:24.77	+00:13:02 (44.3%)	5:52	10.2 (55.7%)
302	WENTA Malwina	409		K30-39	38	00:09:46	00:19:52	00:29:29.78	+00:13:07 (44.5%)	5:54	10.2 (55.7%)
303	JEWUŁA Agata	132		K30-39	39	00:09:45	00:19:51	00:29:29.85	+00:13:07 (44.5%)	5:54	10.2 (55.7%)
304	KOPEĆ Magdalena	175		K40-49	26	00:09:45	00:19:52	00:29:30.11	+00:13:07 (44.5%)	5:54	10.2 (55.7%)
305	KOZACZUK Jarosław	189		M40-49	77	00:09:51	00:20:04	00:29:31.04	+00:13:08 (44.5%)	5:54	10.2 (55.7%)
306	KOROL Elżbieta	181		K40-49	27	00:09:59	00:20:07	00:29:31.95	+00:13:09 (44.5%)	5:54	10.2 (55.7%)
307	MISZCZYSZYN Ilona	262		K40-49	28	00:09:53	00:19:55	00:29:33.37	+00:13:10 (44.6%)	5:54	10.2 (55.7%)
308	CHAMERA Tomasz	38		M40-49	78	00:09:44	00:19:42	00:29:38.25	+00:13:15 (44.7%)	5:55	10.1 (55.2%)
309	TRZESNIEWSKI Zbigniew	397		M50-59	19	00:09:40	00:19:54	00:29:54.77	+00:13:32 (45.2%)	5:59	10 (54.6%)
310	HARASYM Daniel	110		M40-49	79	00:09:48	00:19:59	00:29:55.82	+00:13:33 (45.3%)	5:59	10 (54.6%)
311	KRYSEWSKA Magdalena	204		K30-39	40	00:09:59	00:20:15	00:30:07.34	+00:13:44 (45.6%)	6:01	10 (54.6%)
312	WOJANOWSKI Zbigniew	424		M60-69	10	00:09:46	00:20:09	00:30:10.12	+00:13:47 (45.7%)	6:02	9.9 (54.1%)
313	WOJANOWSKA Maryla	423		K60+	4	00:09:46	00:20:09	00:30:10.17	+00:13:47 (45.7%)	6:02	9.9 (54.1%)
314	CHREBOR Joanna	41		K30-39	41	00:09:18	00:19:41	00:30:10.90	+00:13:48 (45.7%)	6:02	9.9 (54.1%)
315	GRUDZIŃSKI Arkadiusz	98		M30-39	66	00:09:22	00:20:03	00:30:12.19	+00:13:49 (45.8%)	6:02	9.9 (54.1%)
316	GRAJCZAK Dagmara	95		K40-49	29	00:10:30	00:20:41	00:30:16.87	+00:13:54 (45.9%)	6:03	9.9 (54.1%)
317	BUDZYŃSKA Elżbieta	30		K50-59	8	00:09:58	00:20:30	00:30:16.99	+00:13:54 (45.9%)	6:03	9.9 (54.1%)
318	SUDER-MAKSYMOWICZ Monika	377		K30-39	42	00:10:20	00:20:46	00:30:22.07	+00:13:59 (46.1%)	6:04	9.9 (54.1%)
319	GAPIŃSKA Agnieszka	77		K30-39	43	00:10:23	00:21:21	00:30:27.76	+00:14:04 (46.2%)	6:05	9.9 (54.1%)
320	PAWELEC Marta	300		K30-39	44	00:09:50	00:20:46	00:30:36.29	+00:14:13 (46.5%)	6:07	9.8 (53.6%)
321	MAJKOWSKI Błażej	237		M18-29	31	00:10:33	00:21:06	00:30:41.08	+00:14:18 (46.6%)	6:08	9.8 (53.6%)
322	WAGA Żaneta	400		K40-49	30	00:09:58	00:20:32	00:30:42.41	+00:14:19 (46.7%)	6:08	9.8 (53.6%)
323	MERKIS Małgorzata	252		K40-49	31	00:10:33	00:21:06	00:30:42.81	+00:14:20 (46.7%)	6:08	9.8 (53.6%)
324	DZIADEK Krzysztof	68		M30-39	67	00:10:33	00:21:06	00:30:45.66	+00:14:22 (46.8%)	6:09	9.8 (53.6%)
325	STANKIEWICZ Joanna	372		K40-49	32	00:10:34	00:21:07	00:30:46.34	+00:14:23 (46.8%)	6:09	9.8 (53.6%)
326	CICHOSZ Jerzy	45		M70+	4	00:10:00	00:20:50	00:30:58.05	+00:14:35 (47.1%)	6:11	9.7 (53.0%)
327	KARASIUK Renata	149		K30-39	45	00:09:52	00:20:41	00:30:59.65	+00:14:36 (47.2%)	6:11	9.7 (53.0%)
328	IWANIAK Dariusz	120		M40-49	80	00:10:01	00:20:44	00:31:02.17	+00:14:39 (47.2%)	6:12	9.7 (53.0%)
329	GIL Beata	84		K40-49	33	00:10:01	00:20:44	00:31:02.42	+00:14:39 (47.2%)	6:12	9.7 (53.0%)
330	PEŁKA Iwona	303		K50-59	9	00:10:46	00:21:28	00:31:02.96	+00:14:40 (47.2%)	6:12	9.7 (53.0%)
331	SOBKA Monika	364		K40-49	34	00:10:23	00:21:10	00:31:07.02	+00:14:44 (47.4%)	6:13	9.6 (52.5%)
332	STRZELECKA-DRAGUN Halina	375		K60+	5	00:10:15	00:20:54	00:31:12.05	+00:14:49 (47.5%)	6:14	9.6 (52.5%)
333	MACIEJCZAK Karolina	232		K40-49	35	00:10:23	00:21:21	00:31:20.98	+00:14:58 (47.8%)	6:16	9.6 (52.5%)
334	BANACH Andrzej	8		M50-59	20	00:10:36	00:21:39	00:31:27.05	+00:15:04 (47.9%)	6:17	9.5 (51.9%)
335	WEISS-SZULC Barbara	407		K40-49	36	00:10:14	00:20:59	00:31:30.40	+00:15:07 (48.0%)	6:18	9.5 (51.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.7km	Lap 3.4km	Czas		Tempo min/km	Tempo km/h
								netto 5km	Różn		
336	KORUBA Robert	184		M50-59	21	00:10:30	00:21:41	00:31:36.41	+00:15:13 (48.2%)	6:19	9.5 (51.9%)
337	KWOLEK Maciej	215		M40-49	81	00:09:58	00:21:17	00:31:36.73	+00:15:13 (48.2%)	6:19	9.5 (51.9%)
338	ZANDER Jakub	438		M18-29	32	00:09:42	00:21:28	00:31:37.76	+00:15:14 (48.2%)	6:19	9.5 (51.9%)
339	FRASZKIEWICZ Kacper	73		M18-29	33	00:09:25	00:20:24	00:31:51.33	+00:15:28 (48.6%)	6:22	9.4 (51.4%)
340	ZIMNY Dariusz	447		M50-59	22	00:11:20	00:21:25	00:31:56.35	+00:15:33 (48.7%)	6:23	9.4 (51.4%)
341	KOPEĆ Dagmara	58		K30-39	46	00:09:57	00:21:20	00:31:58.44	+00:15:35 (48.8%)	6:23	9.4 (51.4%)
342	KOZŁOWIECKA Małgorzata	192		K50-59	10	00:10:25	00:21:31	00:32:00.28	+00:15:37 (48.8%)	6:24	9.4 (51.4%)
343	SZUDOBAJ Hanna	385		K50-59	11	00:10:18	00:20:32	00:32:03.95	+00:15:41 (48.9%)	6:24	9.4 (51.4%)
344	BADZIĄG Waldemar	4		M50-59	23	00:10:18	00:21:37	00:32:04.38	+00:15:41 (48.9%)	6:24	9.4 (51.4%)
345	PACYNA Izabela	296		K30-39	47	00:10:45	00:21:43	00:32:18.77	+00:15:56 (49.3%)	6:27	9.3 (50.8%)
346	KRAWCZUK Joanna	197		K30-39	48	00:10:52	00:22:05	00:32:22.37	+00:15:59 (49.4%)	6:28	9.3 (50.8%)
347	LENIK Hubert	219		M30-39	68	00:10:40	00:22:08	00:32:22.43	+00:15:59 (49.4%)	6:28	9.3 (50.8%)
348	KRAWCZUK Maciej	196		M30-39	69	00:10:52	00:22:05	00:32:22.74	+00:15:59 (49.4%)	6:28	9.3 (50.8%)
349	KIEDOS Dariusz	159		M30-39	70	00:10:48	00:22:09	00:32:24.15	+00:16:01 (49.5%)	6:28	9.3 (50.8%)
350	ZIELIŃSKI Tomasz	444		M50-59	24	00:10:23	00:21:46	00:32:25.45	+00:16:02 (49.5%)	6:29	9.2 (50.3%)
351	KORUBA Monika	183		K40-49	37	00:10:40	00:21:41	00:32:26.53	+00:16:03 (49.5%)	6:29	9.2 (50.3%)
352	HRYCIÓW Paweł	116		M30-39	71	00:10:46	00:22:07	00:32:27.34	+00:16:04 (49.5%)	6:29	9.2 (50.3%)
353	KIERSZK Grzegorz	160		M40-49	82	00:10:21	00:21:47	00:32:35.69	+00:16:12 (49.7%)	6:31	9.2 (50.3%)
354	NADER Bogusław	274		M40-49	83	00:10:28	00:21:51	00:32:44.08	+00:16:21 (50.0%)	6:32	9.2 (50.3%)
355	WOŹNIAK Stanisław	429		M70+	5	00:10:19	00:21:45	00:32:46.63	+00:16:23 (50.0%)	6:33	9.2 (50.3%)
356	BYSTRON Krzysztof	32		M18-29	34	00:09:00	00:20:07	00:32:49.12	+00:16:26 (50.1%)	6:33	9.1 (49.7%)
357	MALISZEWSKI Łukasz	242		M18-29	35	00:10:03	00:20:29	00:32:52.86	+00:16:30 (50.2%)	6:34	9.1 (49.7%)
358	OSIEWICZ Dawid	291		M18-29	36	00:10:36	00:21:38	00:32:55.83	+00:16:33 (50.3%)	6:35	9.1 (49.7%)
359	KOŁODZIEJCZAK Joanna	171		K40-49	38	00:11:00	00:22:20	00:33:02.53	+00:16:39 (50.4%)	6:36	9.1 (49.7%)
360	OLESIŃSKA Patrycja	288		K18-29	15	00:09:30	00:21:30	00:33:12.89	+00:16:50 (50.7%)	6:38	9 (49.2%)
361	WALCZAK Agnieszka	401		K40-49	39	00:11:01	00:22:39	00:33:21.34	+00:16:58 (50.9%)	6:40	9 (49.2%)
362	SARBIEWSKA Gabriela	349		K30-39	49	00:10:58	00:22:47	00:33:40.16	+00:17:17 (51.4%)	6:44	8.9 (48.6%)
363	SARBIEWSKI Przemysław	350		M30-39	72	00:10:59	00:22:46	00:33:40.42	+00:17:17 (51.4%)	6:44	8.9 (48.6%)
364	PAŁASZ Karolina	297		K30-39	50	00:10:51	00:22:51	00:33:50.46	+00:17:27 (51.6%)	6:46	8.9 (48.6%)
365	KARNICKI Artur	52		M40-49	84	00:10:50	00:22:43	00:34:14.40	+00:17:51 (52.2%)	6:51	8.8 (48.1%)
366	KAZIMIERCZAK Izabela	153		K30-39	51	00:11:00	00:23:12	00:34:38.44	+00:18:15 (52.7%)	6:55	8.7 (47.5%)
367	JANAS Karolina	124		K18-29	16	00:11:02	00:23:15	00:35:10.95	+00:18:48 (53.4%)	7:02	8.5 (46.4%)
368	KARWAN Krystian	151		M30-39	73	00:11:52	00:25:21	00:35:16.69	+00:18:53 (53.6%)	7:03	8.5 (46.4%)
369	BENEWIAT Zenon	18		M50-59	25	00:11:38	00:23:57	00:35:25.81	+00:19:03 (53.8%)	7:05	8.5 (46.4%)
370	BENEWIAT Aleksandra	17		K50-59	12	00:11:38	00:23:58	00:35:26.91	+00:19:04 (53.8%)	7:05	8.5 (46.4%)
371	ZUBEL Beata	449		K50-59	13	00:11:38	00:23:58	00:35:26.94	+00:19:04 (53.8%)	7:05	8.5 (46.4%)
372	MACIEJEWSKA Agnieszka	233		K18-29	17	00:11:26	00:24:23	00:35:39.29	+00:19:16 (54.1%)	7:08	8.4 (45.9%)
373	HEDDERGOTT Katarzyna	111		K40-49	40	00:11:38	00:24:18	00:35:50.86	+00:19:28 (54.3%)	7:10	8.4 (45.9%)
374	RYHANYCZ Paweł	345		M40-49	85	00:11:38	00:24:18	00:35:51.69	+00:19:28 (54.3%)	7:10	8.4 (45.9%)
375	JEZIOWSKA Danuta	87		K50-59	14	00:11:47	00:24:18	00:36:11.22	+00:19:48 (54.7%)	7:14	8.3 (45.4%)
376	SIENKIEWICZ Monika	89		K50-59	15	00:11:48	00:24:18	00:36:11.60	+00:19:48 (54.7%)	7:14	8.3 (45.4%)
377	SIENKIEWICZ Ewelina	343		K30-39	52	00:11:48	00:24:18	00:36:12.58	+00:19:49 (54.8%)	7:14	8.3 (45.4%)
378	WYDERKA Agnieszka	434		K18-29	18	00:11:38	00:24:16	00:36:40.67	+00:20:17 (55.3%)	7:20	8.2 (44.8%)
379	WOJTYNA Jerzy	426		M60-69	11	00:11:43	00:24:45	00:36:40.70	+00:20:17 (55.3%)	7:20	8.2 (44.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 1.7km	Lap 3.4km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
380	ŚCIEPŁEK Mateusz	392		M30-39	74	00:11:16	00:25:12	00:37:38.11	+00:21:15 (56.5%)	7:31	8 (43.7%)
381	PASEK Jan	299		M60-69	12	00:12:17	00:25:42	00:38:19.48	+00:21:56 (57.3%)	7:39	7.8 (42.6%)
382	LUBIERSKI Marcin	227		M40-49	86	00:12:43	00:27:46	00:41:16.93	+00:24:54 (60.3%)	8:15	7.3 (39.9%)
383	LUBIERSKA Ewa	226		K40-49	41	00:12:43	00:27:46	00:41:17.08	+00:24:54 (60.3%)	8:15	7.3 (39.9%)
384	WOŹNIAK Iwona	430		K40-49	42	00:13:20	00:27:20	00:41:45.99	+00:25:23 (60.8%)	8:21	7.2 (39.3%)
DNC	KACZYŃSKI Henryk	142		M60-69		00:11:07		00:22:47.29		0:00	13.2 (72.1%)

Znaleziono 385 wynik(ów)