## ZABIEGANA MAMA

Fundacja Run Vegan 2023-10-07
Warszawa
3 km

## B4SP@RT <br> inteligentne zawoor sportowe

Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | $\begin{gathered} 1 \\ \text { Okrązenie } \\ 1 \mathrm{~km} \end{gathered}$ | $\begin{gathered} 2 \\ \text { Okrążenie } \\ 2 \mathrm{~km} \end{gathered}$ | Czas netto 3 km | Czas brutto 3 km | Różn | Tempo min/km | Tempo km/h |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | TOKARSKI Piotr | 1061 |  | M Open | 1 | 00:00:01 | 00:03:12 | 00:06:28 | 00:09:47.90 | 00:09:48.90 |  | 3:15 | $\begin{aligned} & 18.4 \\ & (100 \%) \end{aligned}$ |
| 2 | KLECZEWSKI Piotr | 1017 |  | M Open | 2 | 00:00:00 | 00:03:19 | 00:06:41 | 00:10:01.05 | 00:10:02.00 | $\begin{aligned} & +00: 00: 13 \\ & (2.2 \%) \end{aligned}$ | 3:20 | $\begin{aligned} & 18 \\ & \text { (97.8\%) } \end{aligned}$ |
| 3 | ZARODKIEWICZ Dawid | 1160 | ZASUWAJ | M Open | 3 | 00:00:01 | 00:03:20 | 00:06:43 | 00:10:10.25 | 00:10:12.10 | $\begin{aligned} & +00: 00: 22 \\ & \text { (3.7\%) } \end{aligned}$ | 3:23 | $\begin{aligned} & 17.7 \\ & \text { (96.2\%) } \end{aligned}$ |
| 4 | BEŁZ Daniel | 1004 |  | M Open | 4 | 00:00:01 | 00:03:20 | 00:06:53 | 00:10:36.05 | 00:10:37.35 | $\begin{aligned} & +00: 00: 48 \\ & (7.6 \%) \end{aligned}$ | 3:32 | $\begin{aligned} & 17 \\ & \text { (92.4\%) } \end{aligned}$ |
| 5 | TOKARSKI Damian | 1062 |  | M Open | 5 | 00:00:01 | 00:03:33 | 00:07:28 | 00:11:09.15 | 00:11:10.70 | $\begin{aligned} & +00: 01: 21 \\ & (12.1 \%) \end{aligned}$ | 3:43 | $\begin{aligned} & 16.1 \\ & \text { (87.5\%) } \end{aligned}$ |
| 6 | ŁOBODA Jakub | 1027 |  | M Open | 6 | 00:00:01 | 00:03:26 | 00:07:11 | 00:11:13.15 | 00:11:14.40 | $\begin{aligned} & +00: 01: 25 \\ & (12.7 \%) \end{aligned}$ | 3:44 | $\begin{aligned} & 16 \\ & \text { (87.0\%) } \end{aligned}$ |
| 7 | MIKOŁAJCZYK Marek | 1033 |  | M Open | 7 | 00:00:01 | 00:03:31 | 00:07:35 | 00:11:43.65 | 00:11:44.90 | $\begin{aligned} & +00: 01: 55 \\ & (16.4 \%) \end{aligned}$ | 3:54 | $\begin{aligned} & 15.4 \\ & \text { (83.7\%) } \end{aligned}$ |
| 8 | MARSZAL Mariusz | 1031 | WETELECOM | M Open | 8 | 00:00:00 | 00:03:36 | 00:07:43 | 00:11:50.00 | 00:11:50.75 | $\begin{aligned} & +00: 02: 02 \\ & (17.2 \%) \end{aligned}$ | 3:56 | $\begin{aligned} & 15.2 \\ & \text { (82.6\%) } \end{aligned}$ |
| 9 | KRAJEWSKA Klaudia | 1095 | PIECHOTA PO SCHODACH | K Open | 1 | 00:00:01 | 00:03:46 | 00:07:47 | 00:11:57.75 | 00:11:58.80 | $\begin{aligned} & +00: 02: 09 \\ & (18.1 \%) \end{aligned}$ | 3:59 | $\begin{aligned} & 15.1 \\ & \text { (82.1\%) } \end{aligned}$ |
| 10 | JAŁMUŻNA Marcin | 1014 |  | M Open | 9 | 00:00:01 | 00:03:57 | 00:08:05 | 00:12:11.30 | 00:12:12.85 | $\begin{aligned} & +00: 02: 23 \\ & (19.6 \%) \end{aligned}$ | 4:03 | $\begin{aligned} & 14.8 \\ & \text { (80.4\%) } \end{aligned}$ |
| 11 | SKORY Mateusz | 1054 |  | M Open | 10 | 00:00:03 | 00:03:37 | 00:07:54 | 00:12:24.75 | 00:12:28.20 | $\begin{aligned} & +00: 02: 36 \\ & (21.1 \%) \end{aligned}$ | 4:08 | $\begin{aligned} & 14.5 \\ & \text { (78.8\%) } \end{aligned}$ |
| 12 | MODZELEWSKA Iga | 1034 |  | K Open | 2 | 00:00:01 | 00:04:02 | 00:08:19 | 00:12:28.40 | 00:12:30.25 | $\begin{aligned} & +00: 02: 40 \\ & (21.4 \%) \end{aligned}$ | 4:09 | $\begin{aligned} & 14.4 \\ & (78.3 \%) \end{aligned}$ |
| 13 | KOSTUJ Paweł | 1189 |  | M Open | 11 | 00:00:05 | 00:04:03 | 00:08:16 | 00:12:31.05 | 00:12:36.45 | $\begin{aligned} & +00: 02: 43 \\ & (21.7 \%) \end{aligned}$ | 4:10 | $\begin{aligned} & 14.4 \\ & (78.3 \%) \end{aligned}$ |
| 14 | SZEWCZYK Marta | 1058 |  | K Open | 3 | 00:00:01 | 00:04:09 | 00:08:35 | 00:12:49.65 | 00:12:50.95 | $\begin{aligned} & +00: 03: 01 \\ & (23.6 \%) \end{aligned}$ | 4:16 | $\begin{aligned} & 14 \\ & (76.1 \%) \end{aligned}$ |
| 15 | ZDUNIAK Dariusz | 1074 |  | M Open | 12 | 00:00:03 | 00:04:15 | 00:08:40 | 00:12:52.65 | 00:12:56.15 | $\begin{aligned} & +00: 03: 04 \\ & (23.9 \%) \end{aligned}$ | 4:17 | $\begin{aligned} & 14 \\ & \text { (76.1\%) } \end{aligned}$ |
| 16 | ŻĘDZIAN Olga | 1162 | DRUŻYNA SZPIKU | K Open | 4 | 00:00:02 | 00:04:10 | 00:08:42 | 00:13:25.35 | 00:13:27.50 | $\begin{aligned} & +00: 03: 37 \\ & (27.0 \%) \end{aligned}$ | 4:28 | $\begin{aligned} & 13.4 \\ & \text { (72.8\%) } \end{aligned}$ |


| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | $\begin{gathered} 1 \\ \text { Okrązenie } \\ 1 \mathrm{~km} \end{gathered}$ | 2 Okrazzenie 2 km | Czas netto 3km | Czas brutto 3km | Różn | Tempo min/km | Tempo km/h |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 17 | KNYCHAS Darek | 1018 | PZU SPORT TEAM | M Open | 13 | 00:00:05 | 00:04:45 | 00:09:20 | 00:13:32.85 | 00:13:38.40 | $\begin{aligned} & +00: 03: 44 \\ & (27.7 \%) \end{aligned}$ | 4:30 | $\begin{aligned} & 13.3 \\ & (72.3 \%) \end{aligned}$ |
| 18 | PILECKI Adrian | 1155 |  | M Open | 14 | 00:00:02 | 00:04:34 | 00:09:15 | 00:13:38.25 | 00:13:41.15 | $\begin{aligned} & +00: 03: 50 \\ & (28.2 \%) \end{aligned}$ | 4:32 | $\begin{aligned} & 13.2 \\ & (71.7 \%) \end{aligned}$ |
| 19 | REWERA Robert | 1048 | PKO BANK POLSKI | M Open | 15 | 00:00:02 | 00:04:30 | 00:09:18 | 00:13:52.30 | 00:13:55.15 | $\begin{aligned} & +00: 04: 04 \\ & (29.4 \%) \end{aligned}$ | 4:37 | $\begin{aligned} & 13 \\ & (70.7 \%) \end{aligned}$ |
| 20 | TOMASIEWICZ Kacper | 1063 |  | M Open | 16 | 00:00:04 | 00:04:54 | 00:09:46 | 00:13:56.75 | 00:14:00.85 | $\begin{aligned} & +00: 04: 08 \\ & \text { (29.7\%) } \end{aligned}$ | 4:38 | $\begin{aligned} & 12.9 \\ & (70.1 \%) \end{aligned}$ |
| 21 | PRZESMYCKA Hanna | 1044 |  | K Open | 5 | 00:00:02 | 00:04:33 | 00:09:28 | 00:14:01.75 | 00:14:03.90 | $\begin{aligned} & +00: 04: 13 \\ & (30.2 \%) \end{aligned}$ | 4:40 | $\begin{aligned} & 12.8 \\ & (69.6 \%) \end{aligned}$ |
| 22 | PUSTY Tomasz | 1188 |  | M Open | 17 | 00:00:02 | 00:04:31 | 00:09:18 | 00:14:01.30 | 00:14:04.20 | $\begin{aligned} & +00: 04: 13 \\ & (30.1 \%) \end{aligned}$ | 4:40 | $\begin{aligned} & 12.8 \\ & \text { (69.6\%) } \end{aligned}$ |
| 23 | ZABŁOTNIAK Jacek | 1134 |  | M Open | 18 | 00:00:01 | 00:04:15 | 00:09:15 | 00:14:07.15 | 00:14:08.70 | $\begin{aligned} & +00: 04: 19 \\ & (30.6 \%) \end{aligned}$ | 4:42 | $\begin{aligned} & 12.8 \\ & (69.6 \%) \end{aligned}$ |
| 24 | ZOMBORSZKI Joanna | 1176 |  | K Open | 6 | 00:00:06 | 00:04:46 | 00:09:33 | 00:14:12.60 | 00:14:18.75 | $\begin{aligned} & +00: 04: 24 \\ & (31.0 \%) \end{aligned}$ | 4:44 | $\begin{aligned} & 12.7 \\ & (69.0 \%) \end{aligned}$ |
| 25 | REWERSKI Mateusz | 1049 |  | M Open | 19 | 00:00:02 | 00:04:20 | 00:09:15 | 00:14:19.05 | 00:14:21.20 | $\begin{aligned} & +00: 04: 31 \\ & (31.6 \%) \end{aligned}$ | 4:46 | $\begin{aligned} & 12.6 \\ & (68.5 \%) \end{aligned}$ |
| 26 | STANKIEWICZ Marcin | 1124 |  | M Open | 20 | 00:00:03 | 00:04:26 | 00:09:20 | 00:14:19.55 | 00:14:23.25 | $\begin{aligned} & +00: 04: 31 \\ & (31.6 \%) \end{aligned}$ | 4:46 | $\begin{aligned} & 12.6 \\ & (68.5 \%) \end{aligned}$ |
| 27 | SASIMOWSKA Zofia | 1051 |  | K Open | 7 | 00:00:03 | 00:04:46 | 00:09:47 | 00:14:20.25 | 00:14:23.65 | $\begin{aligned} & +00: 04: 32 \\ & (31.7 \%) \end{aligned}$ | 4:46 | $\begin{aligned} & 12.6 \\ & (68.5 \%) \end{aligned}$ |
| 28 | BRZOZOWSKA Magdalena | 1148 | BIEGUSTATORZY | K Open | 8 | 00:00:02 | 00:04:33 | 00:09:29 | 00:14:22.95 | 00:14:25.70 | $\begin{aligned} & +00: 04: 35 \\ & (31.9 \%) \end{aligned}$ | 4:47 | $\begin{aligned} & 12.5 \\ & (67.9 \%) \end{aligned}$ |
| 29 | BUDKIEWICZ Leonard | 1006 |  | M Open | 21 | 00:00:07 | 00:05:08 | 00:09:54 | 00:14:20.80 | 00:14:27.90 | $\begin{aligned} & +00: 04: 32 \\ & (31.7 \%) \end{aligned}$ | 4:46 | $\begin{aligned} & 12.6 \\ & (68.5 \%) \end{aligned}$ |
| 30 | ZAWADA Kamila | 1073 |  | K Open | 10 | 00:00:03 | 00:04:49 | 00:09:46 | 00:14:36.15 | 00:14:39.30 | $\begin{aligned} & +00: 04: 48 \\ & (32.9 \%) \end{aligned}$ | 4:52 | $\begin{aligned} & 12.3 \\ & (66.8 \%) \end{aligned}$ |
| 31 | JANUSZEWSKA Marta | 1015 |  | K Open | 9 | 00:00:08 | 00:04:49 | 00:09:45 | 00:14:31.15 | 00:14:39.95 | $\begin{aligned} & +00: 04: 43 \\ & (32.5 \%) \end{aligned}$ | 4:50 | $\begin{aligned} & 12.4 \\ & (67.4 \%) \end{aligned}$ |
| 32 | APANOWICZ Angelika | 1001 |  | K Open | 11 | 00:00:03 | 00:04:54 | 00:09:51 | 00:14:40.70 | 00:14:44.50 | $\begin{aligned} & +00: 04: 52 \\ & (33.2 \%) \end{aligned}$ | 4:53 | $\begin{aligned} & 12.3 \\ & (66.8 \%) \end{aligned}$ |
| 33 | WALCZAK Karolina | 1180 | ND | K Open | 12 | 00:00:03 | 00:04:49 | 00:09:56 | 00:14:47.30 | 00:14:51.10 | $\begin{aligned} & +00: 04: 59 \\ & (33.7 \%) \end{aligned}$ | 4:55 | $\begin{aligned} & 12.2 \\ & (66.3 \%) \end{aligned}$ |
| 34 | ANTONIAK Karol | 1193 |  | M Open | 22 | 00:00:02 | 00:04:31 | 00:09:47 | 00:15:02.70 | 00:15:04.70 | $\begin{aligned} & +00: 05: 14 \\ & (34.9 \%) \end{aligned}$ | 5:00 | $\begin{aligned} & 12 \\ & (65.2 \%) \end{aligned}$ |
| 35 | KWIATKOWSKA Renata | 1025 | KB OŻARÓW MAZOWIECKI BIEGA | K Open | 13 | 00:00:02 | 00:04:49 | 00:09:56 | 00:15:02.80 | 00:15:05.15 | $\begin{aligned} & +00: 05: 14 \\ & (34.9 \%) \end{aligned}$ | 5:00 | $\begin{aligned} & 12 \\ & (65.2 \%) \end{aligned}$ |
| 36 | PRZESMYCKI Antek | 1045 |  | M Open | 23 | 00:00:04 | 00:04:54 | 00:09:47 | 00:15:07.75 | 00:15:11.85 | $\begin{aligned} & +00: 05: 19 \\ & (35.2 \%) \end{aligned}$ | 5:02 | $\begin{aligned} & 11.9 \\ & (64.7 \%) \end{aligned}$ |
| 37 | BUDKIEWICZ Adam | 1079 |  | M Open | 24 | 00:00:07 | 00:05:08 | 00:10:04 | 00:15:08.50 | 00:15:15.55 | $\begin{aligned} & +00: 05: 20 \\ & (35.3 \%) \end{aligned}$ | 5:02 | $\begin{aligned} & 11.9 \\ & (64.7 \%) \end{aligned}$ |
| 38 | CHRAPEK Krzysztof | 1008 |  | M Open | 25 | 00:00:04 | 00:05:33 | 00:10:49 | 00:15:12.80 | 00:15:17.70 | $\begin{aligned} & +00: 05: 24 \\ & (35.6 \%) \end{aligned}$ | 5:04 | $\begin{aligned} & 11.8 \\ & (64.1 \%) \end{aligned}$ |
| 39 | OLSZEWSKA Dorota | 1106 | BRACTWO BIEGOWE BGK | K Open | 14 | 00:00:02 | 00:05:04 | 00:10:21 | 00:15:33.05 | 00:15:35.85 | $\begin{aligned} & +00: 05: 45 \\ & (37.0 \%) \end{aligned}$ | 5:11 | $\begin{aligned} & 11.6 \\ & (63.0 \%) \end{aligned}$ |


| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | $1$ <br> Okrązenie 1 km | ```2 Okrazżenie 2km``` | Czas <br> netto <br> 3 km | Czas brutto 3km | Różn | Tempo min/km | $\begin{aligned} & \text { Tempo } \\ & \text { km/h } \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 40 | SKOMORUCKI Franciszek | 1198 |  | M Open | 26 | 00:00:01 | 00:04:26 | 00:10:09 | 00:15:45.40 | 00:15:47.00 | $\begin{aligned} & +00: 05: 57 \\ & \text { (37.8\%) } \end{aligned}$ | 5:15 | $\begin{aligned} & 11.4 \\ & (62.0 \%) \end{aligned}$ |
| 41 | SZCZEPAŃSKI Ksawery | 1129 |  | M Open | 27 | 00:00:00 | 00:04:59 | 00:10:29 | 00:15:47.95 | 00:15:48.70 | $\begin{aligned} & +00: 06: 00 \\ & (38.0 \%) \end{aligned}$ | 5:15 | $\begin{aligned} & 11.4 \\ & \text { (62.0\%) } \end{aligned}$ |
| 42 | WILCZYŃSKA Marta | 1137 | BWRUNNERS | K Open | 15 | 00:00:08 | 00:05:12 | 00:10:30 | 00:15:45.35 | 00:15:54.15 | $\begin{aligned} & +00: 05: 57 \\ & (37.8 \%) \end{aligned}$ | 5:15 | $\begin{aligned} & 11.4 \\ & (62.0 \%) \end{aligned}$ |
| 43 | SIKORA Zuzanna | 1119 | PZU SPORT TEAM | K Open | 16 | 00:00:05 | 00:05:04 | 00:10:29 | 00:15:54.05 | 00:15:59.10 | $\begin{aligned} & +00: 06: 06 \\ & (38.4 \%) \end{aligned}$ | 5:18 | $\begin{aligned} & 11.3 \\ & \text { (61.4\%) } \end{aligned}$ |
| 44 | PUŁAWSKI Paweł | 1047 | DALEKOJESZCZE? | M Open | 28 | 00:00:04 | 00:05:02 | 00:10:26 | 00:16:02.65 | 00:16:06.70 | $\begin{aligned} & +00: 06: 14 \\ & \text { (38.9\%) } \end{aligned}$ | 5:20 | $\begin{aligned} & 11.2 \\ & (60.9 \%) \end{aligned}$ |
| 45 | POPEK Piotr | 1043 |  | M Open | 29 | 00:00:05 | 00:05:26 | 00:11:01 | 00:16:14.50 | 00:16:20.40 | $\begin{aligned} & +00: 06: 26 \\ & (39.7 \%) \end{aligned}$ | 5:24 | $\begin{aligned} & 11.1 \\ & (60.3 \%) \end{aligned}$ |
| 46 | PISKORSKA Agnieszka | 1041 |  | K Open | 17 | 00:00:06 | 00:05:16 | 00:10:49 | 00:16:14.30 | 00:16:20.75 | $\begin{aligned} & +00: 06: 26 \\ & (39.7 \%) \end{aligned}$ | 5:24 | $\begin{aligned} & 11.1 \\ & (60.3 \%) \end{aligned}$ |
| 47 | MACIEJEWSKI Tomasz Mikołaj | 1029 |  | M Open | 30 | 00:00:09 | 00:05:18 | 00:10:45 | 00:16:16.25 | 00:16:25.50 | $\begin{aligned} & +00: 06: 28 \\ & \text { (39.8\%) } \end{aligned}$ | 5:25 | $\begin{aligned} & 11.1 \\ & (60.3 \%) \end{aligned}$ |
| 48 | STRZESZEWSKI Michał | 1142 | PRASKIE MISIE | M Open | 31 | 00:00:05 | 00:05:32 | 00:11:01 | 00:16:30.10 | 00:16:35.75 | $\begin{aligned} & +00: 06: 42 \\ & (40.6 \%) \end{aligned}$ | 5:30 | $\begin{aligned} & 10.9 \\ & (59.2 \%) \end{aligned}$ |
| 49 | PUŁAWSKA Gabriela | 1046 | DALEKOJESZCZE? | K Open | 18 | 00:00:04 | 00:05:01 | 00:11:11 | 00:16:39.70 | 00:16:44.00 | $\begin{aligned} & +00: 06: 51 \\ & (41.2 \%) \end{aligned}$ | 5:33 | $\begin{aligned} & 10.8 \\ & \text { (58.7\%) } \end{aligned}$ |
| 50 | MARKIEWICZ Tomasz | 1030 |  | M Open | 32 | 00:00:09 | 00:05:12 | 00:10:56 | 00:16:48.00 | 00:16:57.00 | $\begin{aligned} & +00: 07: 00 \\ & (41.7 \%) \end{aligned}$ | 5:36 | $\begin{aligned} & 10.7 \\ & (58.2 \%) \end{aligned}$ |
| 51 | CIEŚLIKOWSKI Michal | 1082 |  | M Open | 33 | 00:00:11 | 00:04:49 | 00:11:02 | 00:16:52.25 | 00:17:03.75 | $\begin{aligned} & +00: 07: 04 \\ & (41.9 \%) \end{aligned}$ | 5:37 | $\begin{aligned} & 10.7 \\ & (58.2 \%) \end{aligned}$ |
| 52 | KRULAK Gabriela | 1021 | KRULACZKI TEAM | K Open | 19 | 00:00:02 | 00:05:14 | 00:11:17 | 00:17:00.65 | 00:17:02.80 | $\begin{aligned} & +00: 07: 12 \\ & (42.4 \%) \end{aligned}$ | 5:40 | $\begin{aligned} & 10.6 \\ & (57.6 \%) \end{aligned}$ |
| 53 | KRULAK Marzena | 1020 | KRULACZKI TEAM | K Open | 20 | 00:00:06 | 00:05:31 | 00:11:13 | 00:17:00.80 | 00:17:07.60 | $\begin{aligned} & +00: 07: 12 \\ & (42.4 \%) \end{aligned}$ | 5:40 | $\begin{aligned} & 10.6 \\ & \text { (57.6\%) } \end{aligned}$ |
| 54 | ROMANKIEWICZ Barbara | 1192 |  | K Open | 21 | 00:00:03 | 00:05:10 | 00:11:18 | 00:17:11.50 | 00:17:14.75 | $\begin{aligned} & +00: 07: 23 \\ & (43.0 \%) \end{aligned}$ | 5:43 | $\begin{aligned} & 10.5 \\ & \text { (57.1\%) } \end{aligned}$ |
| 55 | ADAMCZYK Marcin | 1000 |  | M Open | 34 | 00:00:02 | 00:05:12 | 00:11:21 | 00:17:16.35 | 00:17:18.70 | $\begin{aligned} & +00: 07: 28 \\ & (43.3 \%) \end{aligned}$ | 5:45 | $\begin{aligned} & 10.4 \\ & (56.5 \%) \end{aligned}$ |
| 56 | ZUSKOVA Klaudia | 1199 |  | K Open | 22 | 00:00:05 | 00:05:35 | 00:11:30 | 00:17:21.05 | 00:17:26.25 | $\begin{aligned} & +00: 07: 33 \\ & (43.5 \%) \end{aligned}$ | 5:47 | $\begin{aligned} & 10.4 \\ & (56.5 \%) \end{aligned}$ |
| 57 | SALONNA Ferdinand | 1194 | HEADS UP! | M Open | 35 | 00:00:04 | 00:05:35 | 00:11:31 | 00:17:21.75 | 00:17:26.65 | $\begin{aligned} & +00: 07: 33 \\ & (43.6 \%) \end{aligned}$ | 5:47 | $\begin{aligned} & 10.4 \\ & \text { (56.5\%) } \end{aligned}$ |
| 58 | WÓJCIKIEWICZ Rafał | 1070 |  | M Open | 36 | 00:00:04 | 00:04:20 | 00:10:48 | 00:17:27.45 | 00:17:31.45 | $\begin{aligned} & +00: 07: 39 \\ & (43.9 \%) \end{aligned}$ | 5:49 | $\begin{aligned} & 10.3 \\ & \text { (56.0\%) } \end{aligned}$ |
| 59 | WÓJCIKIEWICZ Bartosz | 1071 |  | M Open | 37 | 00:00:04 | 00:04:20 | 00:10:48 | 00:17:27.50 | 00:17:31.70 | $\begin{aligned} & +00: 07: 39 \\ & (43.9 \%) \end{aligned}$ | 5:49 | $\begin{aligned} & 10.3 \\ & \text { (56.0\%) } \end{aligned}$ |
| 60 | UŚCIŃSKA Martyna | 1067 | WARSAW MERMAIDS | K Open | 23 | 00:00:02 | 00:05:11 | 00:11:19 | 00:17:28.15 | 00:17:30.65 | $\begin{aligned} & +00: 07: 40 \\ & (43.9 \%) \end{aligned}$ | 5:49 | $\begin{aligned} & 10.3 \\ & (56.0 \%) \end{aligned}$ |
| 61 | BARNAS Ilona | 1003 |  | K Open | 24 | 00:00:04 | 00:05:33 | 00:11:34 | 00:17:30.55 | 00:17:34.60 | $\begin{aligned} & +00: 07: 42 \\ & (44.0 \%) \end{aligned}$ | 5:50 | $\begin{aligned} & 10.3 \\ & \text { (56.0\%) } \end{aligned}$ |
| 62 | HESKO-KOŁODZIŃSKA Małgorzata | 1091 |  | K Open | 25 | 00:00:06 | 00:05:50 | 00:11:45 | 00:17:39.55 | 00:17:46.20 | $\begin{aligned} & +00: 07: 51 \\ & (44.5 \%) \end{aligned}$ | 5:53 | $\begin{aligned} & 10.2 \\ & \text { (55.4\%) } \end{aligned}$ |


| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 1 Okrązenie 1 km | $\begin{gathered} 2 \\ \text { Okrążenie } \\ 2 \mathrm{~km} \end{gathered}$ | Czas netto 3 km | Czas brutto 3km | Róż | Tempo min/km | Tempo km/h |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 63 | BUDKIEWICZ Piotr | 1078 |  | M Open | 38 | 00:00:07 | 00:05:50 | 00:11:45 | 00:17:39.80 | 00:17:46.90 | $\begin{aligned} & +00: 07: 51 \\ & (44.5 \%) \end{aligned}$ | 5:53 | $\begin{aligned} & 10.2 \\ & \text { (55.4\%) } \end{aligned}$ |
| 64 | TOPCZEWSKA Żaneta | 1065 |  | K Open | 26 | 00:00:01 | 00:05:04 | 00:11:20 | 00:17:44.45 | 00:17:45.90 | $\begin{aligned} & +00: 07: 56 \\ & (44.8 \%) \end{aligned}$ | 5:54 | $\begin{aligned} & 10.2 \\ & \text { (55.4\%) } \end{aligned}$ |
| 65 | BUDZ Łukasz | 1191 |  | M Open | 39 | 00:00:05 | 00:05:32 | 00:11:39 | 00:17:52.35 | 00:17:58.20 | $\begin{aligned} & +00: 08: 04 \\ & (45.2 \%) \end{aligned}$ | 5:57 | $\begin{aligned} & 10.1 \\ & (54.9 \%) \end{aligned}$ |
| 66 | CIEŚLAK-BUDZ Izabela | 1190 |  | K Open | 27 | 00:00:05 | 00:05:33 | 00:11:39 | 00:17:52.90 | 00:17:58.50 | $\begin{aligned} & +00: 08: 05 \\ & (45.2 \%) \end{aligned}$ | 5:57 | $\begin{aligned} & 10.1 \\ & \text { (54.9\%) } \end{aligned}$ |
| 67 | BUDKIEWICZ Natalia | 1196 |  | K Open | 28 | 00:00:07 | 00:05:50 | 00:11:50 | 00:17:59.10 | 00:18:06.60 | $\begin{aligned} & +00: 08: 11 \\ & (45.5 \%) \end{aligned}$ | 5:59 | $\begin{aligned} & 10 \\ & (54.3 \%) \end{aligned}$ |
| 68 | SZCZEPAŃSKA Katarzyna | 1128 |  | K Open | 29 | 00:00:01 | 00:05:17 | 00:11:56 | 00:18:09.55 | 00:18:10.80 | $\begin{aligned} & +00: 08: 21 \\ & (46.0 \%) \end{aligned}$ | 6:03 | $\begin{aligned} & 9.9 \\ & \text { (53.8\%) } \end{aligned}$ |
| 69 | NOSZCZAK Stanisław | 1103 |  | M Open | 40 | 00:00:04 | 00:05:44 | 00:12:16 | 00:18:14.00 | 00:18:18.70 | $\begin{aligned} & +00: 08: 26 \\ & (46.3 \%) \end{aligned}$ | 6:04 | $\begin{aligned} & 9.9 \\ & \text { (53.8\%) } \end{aligned}$ |
| 70 | NOSZCZAK Tomasz | 1102 |  | M Open | 41 | 00:00:04 | 00:05:44 | 00:12:16 | 00:18:18.45 | 00:18:23.05 | $\begin{aligned} & +00: 08: 30 \\ & (46.5 \%) \end{aligned}$ | 6:06 | $\begin{aligned} & 9.8 \\ & \text { (53.3\%) } \end{aligned}$ |
| 71 | PLASEK Karolina | 1042 |  | K Open | 30 | 00:00:04 | 00:05:31 | 00:12:01 | 00:18:25.45 | 00:18:29.95 | $\begin{aligned} & +00: 08: 37 \\ & (46.8 \%) \end{aligned}$ | 6:08 | $\begin{aligned} & 9.8 \\ & \text { (53.3\%) } \end{aligned}$ |
| 72 | LEONKIEWICZ Marta | 1026 |  | K Open | 31 | 00:00:05 | 00:05:30 | 00:11:49 | 00:18:33.00 | 00:18:38.20 | $\begin{aligned} & +00: 08: 45 \\ & (47.2 \%) \end{aligned}$ | 6:11 | $\begin{aligned} & 9.7 \\ & \text { (52.7\%) } \end{aligned}$ |
| 73 | CIEŚLIKOWSKA Agata | 1081 |  | K Open | 32 | 00:00:10 | 00:05:32 | 00:12:08 | 00:18:33.05 | 00:18:43.35 | $\begin{aligned} & +00: 08: 45 \\ & (47.2 \%) \end{aligned}$ | 6:11 | $\begin{aligned} & 9.7 \\ & (52.7 \%) \end{aligned}$ |
| 74 | STEFAŃSKA Joanna | 1055 | KRULACZKI TEAM | K Open | 33 | 00:00:08 | 00:05:38 | 00:12:06 | 00:18:43.95 | 00:18:51.95 | $\begin{aligned} & +00: 08: 56 \\ & (47.7 \%) \end{aligned}$ | 6:14 | $\begin{aligned} & 9.6 \\ & (52.2 \%) \end{aligned}$ |
| 75 | ZYSKOWSKA Dorota | 1161 |  | K Open | 34 | 00:00:03 | 00:05:57 | 00:12:32 | 00:19:21.45 | 00:19:24.50 | $\begin{aligned} & +00: 09: 33 \\ & (49.4 \%) \end{aligned}$ | 6:27 | $\begin{aligned} & 9.3 \\ & (50.5 \%) \end{aligned}$ |
| 76 | NASIADKA Joanna | 1036 |  | K Open | 35 | 00:00:03 | 00:05:46 | 00:12:33 | 00:19:54.70 | 00:19:58.30 | $\begin{aligned} & +00: 10: 06 \\ & (50.8 \%) \end{aligned}$ | 6:38 | $\begin{aligned} & 9 \\ & (48.9 \%) \end{aligned}$ |
| Przekroczony limit czasu: 00:20:00 |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 77 | TARANEK Małgorzata | 1132 |  | K Open | 36 | 00:00:06 | 00:06:32 | 00:13:49 | 00:21:24.55 | 00:21:30.80 | $\begin{aligned} & +00: 11: 36 \\ & (54.2 \%) \end{aligned}$ | 7:08 | $\begin{aligned} & 8.4 \\ & \text { (45.7\%) } \end{aligned}$ |
| 78 | GOZDECKI Tobiasz | 1197 |  | M Open | 42 | 00:00:01 | 00:06:18 | 00:14:08 |  |  | +00:07:40 | 7:04 | $\begin{aligned} & 8.5 \\ & (46.2 \%) \end{aligned}$ |
| 79 | CHRAPEK Adam | 1009 |  | M Open | 43 | 00:00:04 |  |  |  |  |  |  | (0.0\%) |

[^0]
[^0]:    Znaleziono 79 wynik(ów)

