

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Czas startu	6.95km	Czas netto 7km	Czas brutto 7km	Różnica w czasie	Tempo min/km	Tempo km/h
1	TOMKIEWICZ Bartosz	610		PIESZYCE		M20	1	M 1	00:00:00	00:25:40	00:26:00.15	00:26:00.95		3:42	16.2 (100%)
2	KOSZYKOWSKI Daniel	89	SMOLECKA ZADYSZKA	SMOLEC		M30	1	M 2	00:00:01	00:27:14	00:27:38.40	00:27:39.75	+00:01:38 (6.0%)	3:56	15.2 (93.8%)
3	MODZELEWSKA Zuza	58	FIZJOBIEGACZE SZCZECIN	SZCZECIN		K30	1	K 1	00:00:01	00:28:49	00:29:09.85	00:29:10.95	+00:03:10 (10.9%)	4:09	14.4 (88.9%)
4	ŻYŁKA Mariusz	77	BIELAWSKA AKADEMIA BIEGANIA	BIELAWA		M40	1	M 3	00:00:01	00:28:57	00:29:20.60	00:29:21.95	+00:03:21 (11.4%)	4:11	14.3 (88.3%)
5	KORZENIEWSKI Adrian	21	BIELAWSKA AKADEMIA BIEGANIA	BIELAWA		M20	2	M 4	00:00:01	00:29:05	00:29:28.45	00:29:29.85	+00:03:28 (11.8%)	4:12	14.3 (88.3%)
6	KURAŚ Szymon	1	NKB CHYŻY NOWY TOMYŚL	NOWY TOMYŚL		M40	2	M 5	00:00:01	00:29:12	00:29:38.80	00:29:40.50	+00:03:39 (12.3%)	4:14	14.2 (87.7%)
7	SWATOWSKI Tomasz	3	KLUB BIEGACZA KĄTY WROCŁAWSKIE	KĄTY WROCŁAWSKIE		M40	3	M 6	00:00:00	00:29:28	00:29:54.95	00:29:55.70	+00:03:54 (13.1%)	4:16	14 (86.4%)
8	JASKULSKI Mariusz	23		ZAWIERCIE		M40	4	M 7	00:00:00	00:29:37	00:30:02.70	00:30:03.15	+00:04:02 (13.4%)	4:17	14 (86.4%)
9	GRZEGOREK Grzegorz	8	KLUB BIEGACZA KĄTY WROCŁAWSKIE	KATY WROCŁAWSKIE		M50	1	M 8	00:00:01	00:30:02	00:30:27.00	00:30:28.95	+00:04:28 (14.7%)	4:21	13.8 (85.2%)
10	ALTEWĘGIER Jarosław	84	AW SZYBCIEJ TEAM	WROCŁAW		M40	5	M 9	00:00:01	00:30:27	00:30:52.80	00:30:54.70	+00:04:53 (15.8%)	4:24	13.6 (84.0%)
11	KRZYSIAK Krzysztof	90		ROSCISZÓW		M30	2	M 10	00:00:02	00:30:46	00:31:07.25	00:31:09.60	+00:05:08 (16.5%)	4:26	13.5 (83.3%)
12	KŁAKOWICZ Mariusz	2	KS BODZANÓW-NOWY ŚWIĘTÓW	NOWY ŚWIĘTÓW		M40	6	M 11	00:00:01	00:31:14	00:31:35.70	00:31:37.20	+00:05:36 (17.7%)	4:30	13.3 (82.1%)
13	RACHWALSKA Zofia	50		WARSZAWA		K20	1	K 2	00:00:01	00:31:16	00:31:39.65	00:31:40.95	+00:05:40 (17.9%)	4:31	13.3 (82.1%)
14	ANDRZEJEWSKA Paulina	78	PCH SPORT TEAM	BIELAWA		K30	2	K 3	00:00:01	00:31:46	00:32:10.10	00:32:11.60	+00:06:10 (19.2%)	4:35	13.1 (80.9%)
15	SAŁAPATEK Robert	648	Świdnica	LUTOMIA		M50	2	M 12	00:00:01	00:31:57	00:32:22.50	00:32:24.45	+00:06:23 (19.7%)	4:37	13 (80.2%)
16	MEJER Tomasz	61		WROCŁAW		M40	7	M 13	00:00:02	00:32:16	00:32:40.95	00:32:43.45	+00:06:42 (20.5%)	4:40	12.9 (79.6%)
17	BANAŚ Robert	63	AKTYWNA NOWA RUDA	NOWA RUDA		M40	8	M 14	00:00:01	00:33:40	00:34:06.80	00:34:08.75	+00:08:07 (23.8%)	4:52	12.3 (75.9%)
18	PRUCIAK Michał	66	GERIATRYCZNA LIGA SPORTÓW RÓŻNYCH	WROCŁAW		M30	3	M 15	00:00:04	00:34:08	00:34:31.05	00:34:35.75	+00:08:34 (24.8%)	4:55	12.2 (75.3%)
19	PRYSAK Paweł	67		DZIERŻONIÓW		M20	3	M 16	00:00:02	00:35:01	00:35:18.70	00:35:21.10	+00:09:20 (26.4%)	5:02	11.9 (73.5%)
20	KIARSZYS Grzegorz	36	ENDORFINY WĄSOSZ	WĄSOSZ		M40	9	M 17	00:00:03	00:34:57	00:35:20.65	00:35:23.85	+00:09:22 (26.5%)	5:02	11.9 (73.5%)
21	BUKAŁA Anatol	68	KTN GŁUCHOŁĄZY	GŁUCHOŁĄZY		M50	3	M 18	00:00:04	00:36:37	00:37:09.65	00:37:13.90	+00:11:12 (30.1%)	5:18	11.3 (69.8%)
22	TROCHA Roman	73	BIELAWSKA AKADEMIA BIEGANIA	DZIERŻONIÓW		M60	1	M 19	00:00:04	00:37:02	00:37:30.55	00:37:34.95	+00:11:33 (30.8%)	5:21	11.2 (69.1%)
23	KACZYŃSKA Katarzyna	47	FIZJOBIEGACZE	SZCZECIN		K40	1	K 4	00:00:02	00:37:21	00:37:49.85	00:37:52.55	+00:11:51 (31.3%)	5:24	11.1 (68.5%)
24	KOWAL Kinga	85	WAVES	WROCŁAW		K20	2	K 5	00:00:05	00:37:34	00:38:02.70	00:38:08.05	+00:12:07 (31.8%)	5:26	11 (67.9%)
25	DRAŹCZYK Ryszard	65		PIESZYCE		M70	1	M 20	00:00:03	00:37:36	00:38:04.90	00:38:08.65	+00:12:07 (31.8%)	5:26	11 (67.9%)
26	STAL Justyna	92	STALHAIDAR	JELCZ-LASKOWICE		K40	2	K 6	00:00:02	00:37:45	00:38:10.35	00:38:13.15	+00:12:12 (31.9%)	5:27	11 (67.9%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Czas startu	6.95km	Czas netto 7km	Czas brutto 7km	Różnica w czasie	Tempo min/km	Tempo km/h
27	MATCZAK Monika	32	KLUB BIEGACZA KĄTY WROCŁAWSKIE	SADKOW		K30	3	K 7	00:00:03	00:37:51	00:38:17.95	00:38:21.40	+00:12:20 (32.2%)	5:28	11 (67.9%)
28	MICHALAK Boguś	18	FIZJOBIEGACZE SZCZECIN	SZCZECIN		M50	4	M 21	00:00:01	00:38:30	00:38:57.50	00:38:59.20	+00:12:58 (33.3%)	5:33	10.8 (66.7%)
29	HONSZA Tomasz	546		WROCŁAW		M30	4	M 22	00:00:05	00:38:33	00:38:54.45	00:39:00.35	+00:12:59 (33.3%)	5:33	10.8 (66.7%)
30	BORKOWSKA-PILEK Ewa	15		SZCZECIN		K30	4	K 8	00:00:00	00:39:00	00:39:25.75	00:39:25.75	+00:13:24 (34.0%)	5:37	10.7 (66.0%)
31	DOMAGAŁA Adam	74	BIELAWSKA AKADEMIA BIEGANIA	DZIERŻONIÓW		M50	5	M 23	00:00:04	00:39:32	00:40:02.70	00:40:07.50	+00:14:06 (35.2%)	5:43	10.5 (64.8%)
32	MIZERACKI Bolesław	56	BIELAWSKA AKADEMIA BIEGANIA	BIELAWA		M70	2	M 24	00:00:03	00:39:49	00:40:19.15	00:40:22.90	+00:14:21 (35.6%)	5:45	10.4 (64.2%)
33	PANKOWSKI Piotr	72	FIZJOBIEGACZE SZCZECIN	SZCZECIN		M40	10	M 25	00:00:04	00:39:57	00:40:29.00	00:40:33.05	+00:14:32 (35.8%)	5:47	10.4 (64.2%)
34	NAVACHUK Stsiapan	20		WARSZAWA		M30	5	M 26	00:00:07	00:40:06	00:40:36.80	00:40:44.35	+00:14:43 (36.1%)	5:48	10.3 (63.6%)
35	OSTROWSKI Piotr	33		SIEROŚŁAW		M40	11	M 27	00:00:10	00:40:09	00:40:36.40	00:40:47.05	+00:14:46 (36.2%)	5:48	10.3 (63.6%)
36	KUTS Yahor	31		WARSZAWA		M20	4	M 28	00:00:06	00:40:15	00:40:43.35	00:40:49.50	+00:14:48 (36.3%)	5:49	10.3 (63.6%)
37	LESZCZYŃSKI Eugeniusz	83		PIŁAWA GÓRNA		M70	3	M 29	00:00:08	00:40:24	00:40:54.65	00:41:03.30	+00:15:02 (36.6%)	5:50	10.3 (63.6%)
38	PRAŻUCHA Maciej	22	SZYBCIEJ NIE UMIEM	MIERZYN		M30	6	M 30	00:00:12	00:40:21	00:40:51.35	00:41:03.70	+00:15:02 (36.6%)	5:50	10.3 (63.6%)
39	DOPIERAŁA Paulina	27		KOMORNIKI		K40	3	K 9	00:00:11	00:40:28	00:40:55.85	00:41:07.20	+00:15:06 (36.7%)	5:50	10.3 (63.6%)
40	KRUPA Justyna	24	AKTYWNA NOWA RUDA	RADKÓW		K40	4	K 10	00:00:03	00:40:37	00:41:07.05	00:41:10.05	+00:15:09 (36.8%)	5:52	10.2 (63.0%)
41	KAWALKOWSKA Marta	25	AKTYWNA NOWA RUDA	NOWA RUDA		K30	5	K 11	00:00:03	00:40:37	00:41:06.85	00:41:10.15	+00:15:09 (36.8%)	5:52	10.2 (63.0%)
42	ADAMSKI Ignacy	82		LESZNO		M20	5	M 31	00:00:09	00:40:57	00:41:24.05	00:41:33.05	+00:15:32 (37.4%)	5:54	10.1 (62.3%)
43	MARCINOWSKI Eugeniusz	696		BIELAWA		M60	2	M 32	00:00:02	00:41:22	00:41:52.10	00:41:54.30	+00:15:53 (37.9%)	5:58	10 (61.7%)
44	JANKIEWICZ Justyna	88		BIELAWA		K20	3	K 12	00:00:05	00:41:24	00:41:51.75	00:41:57.50	+00:15:56 (38.0%)	5:58	10 (61.7%)
45	SZEMET Marek	48		DZIERŻONIÓW		M50	6	M 33	00:00:03	00:41:27	00:41:59.35	00:42:02.90	+00:16:01 (38.1%)	5:59	10 (61.7%)
46	BIEŃKOWSKA Marta	71	GÓRYLASY	KŁODZKO		K30	6	K 13	00:00:06	00:41:47	00:42:19.40	00:42:25.95	+00:16:24 (38.7%)	6:02	9.9 (61.1%)
47	LAPPO Pavel	64		WARSZAWA		M20	6	M 34	00:00:05	00:42:00	00:42:31.95	00:42:37.85	+00:16:36 (39.0%)	6:04	9.9 (61.1%)
48	BABIŃSKA-ŁAWSKA Katarzyna	16		DZIERŻONIÓW		K30	7	K 14	00:00:04	00:42:09	00:42:40.10	00:42:44.15	+00:16:43 (39.1%)	6:05	9.8 (60.5%)
49	NOWAK Dorota	49		DZIERŻONIÓW		K50	1	K 15	00:00:08	00:41:38	00:42:38.20	00:42:47.00	+00:16:46 (39.2%)	6:05	9.9 (61.1%)
50	GÓRSKA Katarzyna	4	BIELAWSKA AKADEMIA BIEGANIA	PIESZYCE		K50	2	K 16	00:00:04	00:42:22	00:42:54.55	00:42:58.80	+00:16:57 (39.5%)	6:07	9.8 (60.5%)
51	BAJOREK Barbara	13		PIŁAWA GÓRNA		K40	5	K 17	00:00:04	00:43:26	00:43:55.45	00:44:00.00	+00:17:59 (40.9%)	6:16	9.6 (59.3%)
52	WĄSOWICZ Bartosz	46		PIESZYCE		M20	7	M 35	00:00:09	00:43:47	00:44:17.00	00:44:26.55	+00:18:25 (41.5%)	6:19	9.5 (58.6%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Czas startu	6.95km	Czas netto 7km	Czas brutto 7km	Różnica w czasie	Tempo min/km	Tempo km/h
53	RUTKOWSKI Daniel	52		DZIERZONIOW		M30	7	M 36	00:00:05	00:44:00	00:44:32.00	00:44:37.15	+00:18:36 (41.7%)	6:21	9.4 (58.0%)
54	ZBOROWSKA Karolina	51		DZIERŻONIÓW		K30	8	K 18	00:00:05	00:44:00	00:44:32.15	00:44:37.25	+00:18:36 (41.7%)	6:21	9.4 (58.0%)
55	BERKOWSKA Katarzyna	87		POZNAŃ		K30	9	K 19	00:00:05	00:44:18	00:44:50.00	00:44:55.55	+00:18:54 (42.1%)	6:24	9.4 (58.0%)
56	WDOWIKOWSKA Paula	538		POWSZYCE		K30	10	K 20	00:00:07	00:44:19	00:44:50.60	00:44:58.00	+00:18:57 (42.1%)	6:24	9.4 (58.0%)
57	MONASTERSKA Marlena	26	BIELAWSKA AKADEMIA BIEGANIA	PILAWA GÓRNA		K30	11	K 21	00:00:03	00:45:30	00:46:03.80	00:46:07.70	+00:20:06 (43.6%)	6:34	9.1 (56.2%)
58	AUTUSHONAK Aliaksei	79		KRAKÓW		M20	8	M 37	00:00:08	00:46:01	00:46:26.15	00:46:34.45	+00:20:33 (44.1%)	6:38	9 (55.6%)
59	RYKACZEWSKI Maciej	42		KOMORNIKI		M50	7	M 38	00:00:11	00:45:53	00:46:24.85	00:46:36.30	+00:20:35 (44.2%)	6:37	9.1 (56.2%)
60	NAVACHUK Hanna	19		MINSK		K30	12	K 22	00:00:07	00:46:49	00:47:22.85	00:47:29.95	+00:21:28 (45.2%)	6:46	8.9 (54.9%)
61	BOBEL Artur	76	GRUPA BIEGOWA KS BROCHÓW	WROCŁAW		M40	12	M 39	00:00:05	00:46:57	00:47:29.25	00:47:34.65	+00:21:33 (45.3%)	6:47	8.8 (54.3%)
62	OSTROWSKA Agnieszka	57	FIZJOBIEGACZE SZCZECIN	SZCZECIN		K40	6	K 23	00:00:02	00:47:30	00:48:03.90	00:48:06.55	+00:22:05 (45.9%)	6:51	8.7 (53.7%)
63	MYSZYWODA Monika	86		SIECHNICE		K30	13	K 24	00:00:07	00:47:37	00:48:07.75	00:48:15.65	+00:22:14 (46.1%)	6:52	8.7 (53.7%)
64	KARPIŃSKA Agnieszka	93		DZIERŻONIÓW		K40	7	K 25	00:00:08	00:47:42	00:48:19.25	00:48:28.20	+00:22:27 (46.3%)	6:54	8.7 (53.7%)
65	LECH Łukasz	59	PEAKME	SIECHNICE		M30	8	M 40	00:00:10	00:48:12	00:48:44.25	00:48:54.55	+00:22:53 (46.8%)	6:57	8.6 (53.1%)
66	MAJCHRZAK Magdalena	81		KOŹMIN WIELKOPOLSKI		K50	3	K 26	00:00:08	00:48:32	00:49:09.70	00:49:18.35	+00:23:17 (47.2%)	7:01	8.5 (52.5%)
67	SOBCZAK Aleksander	30	BIELAWSKA AKADEMIA BIEGANIA	DZIERŻONIÓW		M40	13	M 41	00:00:04	00:50:11	00:50:52.00	00:50:56.70	+00:24:55 (48.9%)	7:16	8.3 (51.2%)
68	OSTROWSKA Joanna	34		SIEROŚLAW		K40	8	K 27	00:00:08	00:51:40	00:52:18.15	00:52:26.15	+00:26:25 (50.4%)	7:28	8 (49.4%)
69	FLORCZAK Zdzisław	55	TRAIL IS OUR WAY	WROCŁAW		M70	4	M 42	00:00:09	00:51:37	00:52:18.15	00:52:27.50	+00:26:26 (50.4%)	7:28	8 (49.4%)
70	KIRKIEWICZ Remigiusz	41		WĄSOSZ		M40	14	M 43	00:00:08	00:51:56	00:52:30.50	00:52:38.70	+00:26:37 (50.6%)	7:30	8 (49.4%)
71	KIRKIEWICZ Lucyna	40	ENDORFINY WĄSOSZ	WĄSOSZ		K30	14	K 28	00:00:07	00:51:57	00:52:31.90	00:52:39.75	+00:26:38 (50.6%)	7:30	8 (49.4%)
72	SZLESZKOWSKA Marta	60	PEAKME	SIECHNICE		K20	4	K 29	00:00:10	00:52:49	00:53:23.85	00:53:34.00	+00:27:33 (51.4%)	7:37	7.9 (48.8%)
73	BURSZTYŃSKA Katarzyna	39	ENDORFINY WĄSOSZ	WĄSOSZ		K40	9	K 30	00:00:03	00:53:24	00:54:01.65	00:54:04.75	+00:28:03 (51.9%)	7:43	7.8 (48.1%)
74	DOBRZAŃSKA Kinga	11	KOTWICA BRZEG	BRZEG		K20	5	K 31	00:00:01	00:54:51	00:55:25.45	00:55:27.10	+00:29:26 (53.1%)	7:55	7.6 (46.9%)
75	RADWAŃSKA Dominika	17		BIELAWA		K40	10	K 32	00:00:09	00:54:58	00:55:41.50	00:55:51.10	+00:29:50 (53.4%)	7:57	7.5 (46.3%)
76	KRYSIAK Przemysław	7	BIELAWSKA AKADEMIA BIEGANIA	BIELAWA		M40	15	M 44	00:00:01	00:55:42	00:56:28.55	00:56:30.35	+00:30:29 (54.0%)	8:04	7.4 (45.7%)
77	ZABŁOCKA Hanna	69		PLEWISKA		K20	6	K 33	00:00:07	01:00:49	01:01:23.30	01:01:30.30	+00:35:29 (57.7%)	8:46	6.8 (42.0%)
78	ŚRAMSKI Mikołaj	70		DOPIEWIEC		M20	9	M 45	00:00:06	01:00:49	01:01:23.65	01:01:30.55	+00:35:29 (57.7%)	8:46	6.8 (42.0%)

Msc	Zawodnik	Numer	Klub	Miejscowość	Kraj	Kategoria	Mkat	K/M	Czas startu	6.95km	Czas netto 7km	Czas brutto 7km	Różnica w czasie	Tempo min/km	Tempo km/h
79	PRAZUCHA Kasia	14	FIZJOBIEGACZE SZCZECIN	MIERZYN		K30	15	K 34	00:00:11	01:01:21	01:02:15.00	01:02:26.10	+00:36:25 (58.3%)	8:53	6.7 (41.4%)
80	STRASZAK Konrad	45		ZIEMIECICE		M40	16	M 46	00:00:10	01:04:53	01:05:37.40	01:05:47.40	+00:39:46 (60.5%)	9:22	6.4 (39.5%)
81	CZARNOTA Katarzyna	53		LEŚNA		K50	4	K 35	00:00:09	01:05:16	01:06:07.25	01:06:17.15	+00:40:16 (60.8%)	9:26	6.4 (39.5%)
82	DANKOWSKA Halina	35	ENDORFINY WĄSOSZ	WĄSOSZ		K60	1	K 36	00:00:06	01:16:02	01:16:49.85	01:16:56.65	+00:50:55 (66.2%)	10:58	5.5 (34.0%)
83	PANEK Wioleta	38	ENDORFINY WĄSOSZ	WĄSOSZ		K50	5	K 37	00:00:07	01:16:02	01:16:49.70	01:16:56.70	+00:50:55 (66.2%)	10:58	5.5 (34.0%)
84	BARAN Anna	37	ENDORFINY WĄSOSZ	WĄSOSZ		K40	11	K 38	00:00:06	01:16:01	01:16:50.25	01:16:57.05	+00:50:56 (66.2%)	10:58	5.5 (34.0%)
85	PANEK Joanna	43		WĄSOSZ		K30	16	K 39	00:00:07	01:16:00	01:16:49.85	01:16:57.70	+00:50:56 (66.2%)	10:58	5.5 (34.0%)
86	ZAJĄCZKOWSKA-ROSIŃSKA Diana	91		ZĄBKOWICE ŚLĄSKIE		K40	12	K 40	00:00:07		01:18:32.45	01:18:39.45	+00:52:38 (66.9%)	11:13	5.3 (32.7%)
86	PIĄTEK Kinga	80	RUCH BEZ GRANIC	BIELAWA		K20	7	K 40	00:00:07		01:18:32.45	01:18:39.45	+00:52:38 (66.9%)	11:13	5.3 (32.7%)
88	MATUSIAK Cezary	29		BIELAWA		M20	10	M 47	00:00:07		01:18:32.65	01:18:39.65	+00:52:38 (66.9%)	11:13	5.3 (32.7%)
89	LISOWSKA Ewelina	28		MOŚCISKO		K30	17	K 42	00:00:07		01:18:53.15	01:19:00.15	+00:52:59 (67.1%)	11:16	5.3 (32.7%)