



# I KRWIOBIEG BYDGOSZCZ - 5KM

B4SPORT

**Wydarzenie:** I KRWIOBIEG BYDGOSZCZ  
**Organizator:** Kujawsko - Pomorski Oddział Okręgowy Polskiego Czerwonego Krzyża  
**Data:** 2019-10-05  
**Miejsce:** Bydgoszcz  
**Dystans:** 5 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: [Wszyscy](#)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	PRUSIK Łukasz	230		Open M	1	00:19:39.95	00:19:41.00		3:56	15.3
2	ŁAZARSKI Marian	30		Open M	2	00:20:13.20	00:20:14.65	+00:00:33	4:02	14.8
3	KABACIŃSKI Marcin	164		Open M	3	00:20:33.00	00:20:34.15	+00:00:53	4:06	14.6
4	JEŻEWSKI Łukasz	114		Open M	4	00:20:47.65	00:20:49.80	+00:01:08	4:09	14.4
5	STOSIK Krzysztof	247		Open M	5	00:21:11.75	00:21:36.80	+00:01:55	4:14	14.2
6	MACIŃSKI Waldemar	163		Open M	6	00:22:05.15	00:22:06.95	+00:02:25	4:25	13.6
7	RÓŻOWICZ Aleksandra	242		Open K	1	00:22:28.15	00:22:32.15	+00:02:51	4:29	13.4
8	BARANOWSKI Tomasz	248		Open M	7	00:22:30.95	00:22:32.30	+00:02:51	4:30	13.3
9	KITA Natalia	158		Open K	2	00:22:43.50	00:22:45.15	+00:03:04	4:32	13.2
10	JANISZEWSKI Radosław	286		Open M	8	00:22:47.15	00:22:49.85	+00:03:08	4:33	13.2
11	LEWICKI Maciej	226		Open M	9	00:22:53.15	00:22:57.55	+00:03:16	4:34	13.1
12	WAŻYŃSKI Łukasz	105		Open M	10	00:23:24.00	00:23:26.90	+00:03:45	4:40	12.8
13	ŻEGLICZ Marek	155		Open M	11	00:23:19.80	00:23:29.90	+00:03:48	4:39	12.9
14	KRETOWICZ Piotr	17		Open M	12	00:23:14.65	00:23:30.25	+00:03:49	4:39	12.9
15	NOWOTNIK Mariusz	264		Open M	13	00:23:32.50	00:23:36.90	+00:03:55	4:42	12.7
16	WITKOWSKI Błażej	20		Open M	14	00:23:17.60	00:23:40.35	+00:03:59	4:39	12.9
17	GRZYWIŃSKI Łukasz	33		Open M	15	00:23:37.70	00:23:41.25	+00:04:00	4:43	12.7
18	KRYSZTOFIAK Michał	106		Open M	16	00:23:35.20	00:23:41.55	+00:04:00	4:43	12.7
19	KŁYZA Aleksander	62		Open M	17	00:23:37.75	00:23:48.90	+00:04:07	4:43	12.7
20	CICHOŃSKA-BAZAK Marzena	179		Open K	3	00:23:55.55	00:23:59.05	+00:04:18	4:47	12.5
21	STEFAŃSKI Marcin	96		Open M	18	00:23:48.35	00:23:59.60	+00:04:18	4:45	12.6
22	WOJTECKI Łukasz	143		Open M	19	00:23:55.50	00:24:05.00	+00:04:24	4:47	12.5
23	JEŻEWSKA Edyta	115		Open K	4	00:24:08.60	00:24:11.25	+00:04:30	4:49	12.4
24	KRAJNIK Wojciech	154		Open M	20	00:24:09.60	00:24:21.35	+00:04:40	4:50	12.4
25	MAZAN Arkadiusz	188		Open M	21	00:24:26.65	00:24:32.35	+00:04:51	4:53	12.3
26	MACIEJCZAK Marcin	156		Open M	22	00:24:17.50	00:24:36.90	+00:04:55	4:51	12.4
27	WIŚNIEWSKI Leszek	161		Open M	23	00:24:51.00	00:25:04.05	+00:05:23	4:58	12.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
28	MANIKOWSKI Dominik	84		Open M	24	00:25:01.40	00:25:06.55	+00:05:25	5:00	12
29	UMIŃSKI Robert	140		Open M	25	00:25:00.00	00:25:13.00	+00:05:32	5:00	12
30	MAKUSZEWSKI Mateusz	280		Open M	26	00:25:10.45	00:25:17.45	+00:05:36	5:02	11.9
31	CHMIELARZ Justyna	22		Open K	5	00:25:22.40	00:25:25.40	+00:05:44	5:04	11.8
32	WALEWSKI Andrzej	165		Open M	27	00:25:22.65	00:25:26.00	+00:05:45	5:04	11.8
33	PUCHACZ Marcin	269		Open M	28	00:25:23.55	00:25:31.35	+00:05:50	5:04	11.8
34	GLINKOWSKI Dariusz	51		Open M	29	00:25:29.15	00:25:34.00	+00:05:53	5:06	11.8
35	LUBERDA Łukasz	240		Open M	30	00:25:27.00	00:25:37.05	+00:05:56	5:05	11.8
36	KAMIŃSKA Magdalena	189		Open K	6	00:25:33.85	00:25:37.55	+00:05:56	5:06	11.7
37	GREINERT Michał	126		Open M	31	00:25:37.75	00:25:39.80	+00:05:58	5:07	11.7
38	DURA Julia	50		Open K	7	00:25:42.65	00:25:55.70	+00:06:14	5:08	11.7
39	ŚWIATOWY Ryszard	277		Open M	32	00:25:49.20	00:25:58.50	+00:06:17	5:09	11.6
40	DANIELEK Piotr	41		Open M	33	00:26:05.40	00:26:09.50	+00:06:28	5:13	11.5
41	TURKOWSKA Iwona	204		Open K	8	00:26:07.90	00:26:10.15	+00:06:29	5:13	11.5
42	DOBIECKI Szczepan	19		Open M	34	00:26:07.00	00:26:12.95	+00:06:31	5:13	11.5
43	BAGNIEWSKA Małgorzata	181		Open K	9	00:26:08.60	00:26:14.30	+00:06:33	5:13	11.5
44	MICHALAK Mariusz	236		Open M	35	00:26:08.20	00:26:15.05	+00:06:34	5:13	11.5
45	JASTRZĘBSKI Krzysztof	149		Open M	36	00:26:00.10	00:26:17.55	+00:06:36	5:12	11.5
46	NURKIEWICZ Jarosław	190		Open M	37	00:26:15.70	00:26:18.90	+00:06:37	5:15	11.4
47	STĘPIEŃ Michał	211		Open M	38	00:26:06.20	00:26:26.55	+00:06:45	5:13	11.5
48	JAGIEŁO Radek	78		Open M	39	00:26:11.15	00:26:33.40	+00:06:52	5:14	11.5
49	RZEPECKA Katarzyna	60		Open K	10	00:26:12.85	00:26:36.05	+00:06:55	5:14	11.4
50	BURNICKI Mariusz	53		Open M	40	00:26:26.90	00:26:46.00	+00:07:05	5:17	11.3
51	LEWANDOWSKA Anna	205		Open K	11	00:26:31.50	00:26:48.25	+00:07:07	5:18	11.3
52	DAMBECKI Piotr	59		Open M	41	00:26:31.60	00:26:53.15	+00:07:12	5:18	11.3
53	TADRZAK Michał	55		Open M	42	00:26:47.30	00:26:54.85	+00:07:13	5:21	11.2
54	BOROWSKI Rafał	123		Open M	43	00:26:45.30	00:26:58.30	+00:07:17	5:21	11.2
55	MACIEJEWSKI Mateusz	77		Open M	44	00:26:40.95	00:27:07.25	+00:07:26	5:20	11.2
56	JURCZYK Ewa	89		Open K	12	00:26:57.15	00:27:07.35	+00:07:26	5:23	11.1
57	MAKSAJDOWSKA Beata	393		Open K	13	00:26:57.20	00:27:07.40	+00:07:26	5:23	11.1
58	SADZIKOWSKI Tomasz	257		Open M	45	00:27:06.50	00:27:09.55	+00:07:28	5:25	11.1
59	WASTOWSKI Dawid	281		Open M	46	00:26:57.25	00:27:10.85	+00:07:29	5:23	11.1
60	BOROWICZ Małgorzata	237		Open K	14	00:27:01.05	00:27:11.00	+00:07:30	5:24	11.1
61	WIOSNA Tomasz	191		Open M	47	00:26:54.25	00:27:11.80	+00:07:30	5:22	11.2
62	LAKS Krzysztof	192		Open M	48	00:26:56.90	00:27:14.60	+00:07:33	5:23	11.1
63	KICK Klaudia	85		Open K	15	00:27:11.65	00:27:15.15	+00:07:34	5:26	11
64	BERNACKI Andrzej	36		Open M	49	00:27:18.65	00:27:23.45	+00:07:42	5:27	11
65	SIMINSKA Monika	79		Open K	16	00:27:18.35	00:27:29.80	+00:07:48	5:27	11
66	OWCZARZ Marek	227		Open M	50	00:27:30.15	00:27:30.15	+00:07:49	5:30	10.9
67	NADRAJKOWSKA Joanna	225		Open K	17	00:27:26.55	00:27:31.65	+00:07:50	5:29	10.9
68	GRUDZKA Agata	48		Open K	18	00:27:18.35	00:27:32.25	+00:07:51	5:27	11
69	TURKOWSKI Stanisław	206		Open M	51	00:27:33.35	00:27:35.80	+00:07:54	5:30	10.9
70	KUŻAJ Sławomir	254		Open M	52	00:27:33.65	00:27:36.85	+00:07:55	5:30	10.9
71	BRZEZIŃSKI Karol	210		Open M	53	00:27:20.40	00:27:39.95	+00:07:58	5:28	11

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72	MAREK Lucjan	40		Open M	54	00:27:44.95	00:27:49.20	+00:08:08	5:33	10.8
73	ZGÓRSKI Maciej	148		Open M	55	00:27:41.75	00:27:51.55	+00:08:10	5:32	10.8
74	KUBSKI Jarosław	119		Open M	56	00:27:55.05	00:27:57.30	+00:08:16	5:35	10.7
75	MIKLASZEWSKA Karolina	268		Open K	19	00:27:36.50	00:28:01.45	+00:08:20	5:31	10.9
76	GOTOWICZ Mariusz	134		Open M	57	00:27:53.30	00:28:04.15	+00:08:23	5:34	10.8
77	STERING Kamila	152		Open K	20	00:27:57.20	00:28:09.25	+00:08:28	5:35	10.7
78	GAIDA Milena	14		Open K	21	00:28:07.70	00:28:15.35	+00:08:34	5:37	10.7
79	SKWAREK Bogumiła	282		Open K	22	00:28:13.00	00:28:21.45	+00:08:40	5:38	10.6
80	JURCZYK Piotr	90		Open M	58	00:28:14.50	00:28:24.00	+00:08:43	5:39	10.6
81	BLASZKIEWICZ Julia	87		Open K	23	00:28:17.35	00:28:26.65	+00:08:45	5:39	10.6
82	WALCZAK Anna	43		Open K	24	00:28:17.80	00:28:27.10	+00:08:46	5:39	10.6
83	KOSTECKI Dawid	66		Open M	59	00:28:27.90	00:28:31.70	+00:08:50	5:41	10.5
84	ZIELIŃSKA Agnieszka	214		Open K	25	00:28:18.95	00:28:39.70	+00:08:58	5:39	10.6
85	JURCZYK Piotr	311		Open M	60	00:28:30.30	00:28:41.65	+00:09:00	5:42	10.5
86	BRZEZIŃSKA Ania	213		Open K	26	00:28:22.95	00:28:42.05	+00:09:01	5:40	10.6
87	GROCHAŁA Michał	223		Open M	61	00:28:27.95	00:28:42.85	+00:09:01	5:41	10.5
88	DAHMS Łukasz	31		Open M	62	00:28:17.65	00:28:43.60	+00:09:02	5:39	10.6
89	RAMBOWICZ Andrzej	21		Open M	63	00:28:32.75	00:28:44.10	+00:09:03	5:42	10.5
90	OPALA Marcin	194		Open M	64	00:28:28.95	00:28:47.45	+00:09:06	5:41	10.5
91	KAJTEK Patryk	141		Open M	65	00:28:27.75	00:28:49.40	+00:09:08	5:41	10.5
92	SUCHARSKA Magdalena	169		Open K	27	00:28:40.00	00:28:49.90	+00:09:08	5:44	10.5
92	MAKUSZEWSKI Łukasz	250		Open M	66	00:28:43.35	00:28:49.90	+00:09:08	5:44	10.4
94	SZTOLIN Jacek	222		Open M	67	00:28:30.90	00:28:52.95	+00:09:11	5:42	10.5
95	BARTNIK Andrzej	261		Open M	68	00:28:54.80	00:28:58.15	+00:09:17	5:47	10.4
96	ALEKSANDER Alicja	162		Open K	28	00:28:43.70	00:29:00.95	+00:09:19	5:44	10.4
97	SOŚNICKI Bartosz	172		Open M	69	00:28:42.55	00:29:01.20	+00:09:20	5:44	10.4
98	OJRZANOWSKI Waldemar	159		Open M	70	00:28:53.45	00:29:01.40	+00:09:20	5:46	10.4
99	NOWIŃSKI Jarosław	233		Open M	71	00:28:56.20	00:29:01.70	+00:09:20	5:47	10.4
100	OJRZANOWSKA Maria	160		Open K	29	00:28:53.65	00:29:01.85	+00:09:20	5:46	10.4
101	POBOŻAN Agnieszka	142		Open K	30	00:29:04.55	00:29:06.60	+00:09:25	5:48	10.3
102	GACKA Joanna	125		Open K	31	00:29:10.45	00:29:13.10	+00:09:32	5:50	10.3
103	CHMIELEWSKI Ireneusz	99		Open M	72	00:29:07.85	00:29:17.00	+00:09:36	5:49	10.3
104	ANDRUSZKIEWICZ Stanisław	88		Open M	73	00:29:16.50	00:29:19.55	+00:09:38	5:51	10.3
105	KLEIN Kamil	120		Open M	74	00:29:18.70	00:29:20.75	+00:09:39	5:51	10.2
106	GORNOWICZ Daniela	121		Open K	32	00:29:19.30	00:29:21.40	+00:09:40	5:51	10.2
107	BYSTRZYŃSKI Jan	61		Open M	75	00:29:06.25	00:29:22.60	+00:09:41	5:49	10.3
108	MORACZEWSKA Angelika	186		Open K	33	00:29:22.20	00:29:23.85	+00:09:42	5:52	10.2
109	BISKUP Katarzyna	187		Open K	34	00:29:22.40	00:29:23.95	+00:09:42	5:52	10.2
110	WAJDA Bartosz	217		Open M	76	00:29:23.80	00:29:25.05	+00:09:44	5:52	10.2
111	CELANOWICZ Lidia	228		Open K	35	00:29:30.00	00:29:35.15	+00:09:54	5:54	10.2
112	MAKOWSKI Tomasz	110		Open M	77	00:29:34.15	00:29:39.25	+00:09:58	5:54	10.1
113	KRUSZYŃSKA Magdalena	267		Open K	36	00:29:37.40	00:29:42.90	+00:10:01	5:55	10.1
114	JAKUBOWSKA Anna	97		Open K	37	00:29:35.10	00:29:44.60	+00:10:03	5:55	10.1
115	WOLNY Tomasz	238		Open M	78	00:29:40.95	00:29:47.65	+00:10:06	5:56	10.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
116	<b>PIONTEK Elżbieta</b>	<b>122</b>		Open K	38	<b>00:29:42.55</b>	<b>00:29:48.70</b>	+00:10:07	5:56	10.1
117	<b>MICHNIEWICZ Małgorzata</b>	<b>103</b>		Open K	39	<b>00:29:41.80</b>	<b>00:29:51.00</b>	+00:10:10	5:56	10.1
118	<b>POLAWSKI Marcin</b>	<b>252</b>		Open M	79	<b>00:29:37.85</b>	<b>00:29:53.05</b>	+00:10:12	5:55	10.1
119	<b>STANISZEWSKA Aleksandra</b>	<b>73</b>		Open K	40	<b>00:29:53.30</b>	<b>00:29:55.70</b>	+00:10:14	5:58	10
120	<b>TRZASKA Józef</b>	<b>80</b>		Open M	80	<b>00:29:50.25</b>	<b>00:29:56.95</b>	+00:10:15	5:58	10.1
121	<b>CZAPLICKI Bartłomiej</b>	<b>23</b>		Open M	81	<b>00:29:37.25</b>	<b>00:29:57.85</b>	+00:10:16	5:55	10.1
122	<b>PODSIEDLIK Zuzanna</b>	<b>270</b>		Open K	41	<b>00:29:48.45</b>	<b>00:30:06.75</b>	+00:10:25	5:57	10.1
123	<b>BARCIKOWSKA Weronika</b>	<b>109</b>		Open K	42	<b>00:29:58.70</b>	<b>00:30:07.85</b>	+00:10:26	5:59	10
124	<b>ZIELIŃSKI Krzysztof</b>	<b>86</b>		Open M	82	<b>00:30:01.25</b>	<b>00:30:10.10</b>	+00:10:29	6:00	10
125	<b>ROGUSZCZAK Maciej</b>	<b>245</b>		Open M	83	<b>00:29:59.80</b>	<b>00:30:11.25</b>	+00:10:30	6:00	10
126	<b>ŁUKASZEWSKA Grażyna</b>	<b>195</b>		Open K	43	<b>00:30:11.10</b>	<b>00:30:14.65</b>	+00:10:33	6:02	9.9
127	<b>WONS Monika</b>	<b>289</b>		Open K	44	<b>00:30:10.65</b>	<b>00:30:15.20</b>	+00:10:34	6:02	9.9
128	<b>MRELA Adrian</b>	<b>244</b>		Open M	84	<b>00:30:13.25</b>	<b>00:30:17.95</b>	+00:10:36	6:02	9.9
129	<b>RZĄDKOWSKI Marcin</b>	<b>167</b>		Open M	85	<b>00:29:59.50</b>	<b>00:30:23.80</b>	+00:10:42	5:59	10
130	<b>GRUSZKA Marek</b>	<b>82</b>		Open M	86	<b>00:30:24.15</b>	<b>00:30:30.15</b>	+00:10:49	6:04	9.9
131	<b>GŁĄB Sławomir</b>	<b>249</b>		Open M	87	<b>00:30:25.05</b>	<b>00:30:32.20</b>	+00:10:51	6:05	9.9
132	<b>KOWALCZYK Magdalena</b>	<b>224</b>		Open K	45	<b>00:30:18.25</b>	<b>00:30:32.95</b>	+00:10:51	6:03	9.9
133	<b>RYDELSKA Kinga</b>	<b>56</b>		Open K	46	<b>00:30:34.55</b>	<b>00:30:42.15</b>	+00:11:01	6:07	9.8
134	<b>WIŚNIEWSKA Izabela</b>	<b>208</b>		Open K	47	<b>00:30:24.85</b>	<b>00:30:44.60</b>	+00:11:03	6:05	9.9
135	<b>ZAJĄC Michał</b>	<b>255</b>		Open M	88	<b>00:30:25.45</b>	<b>00:30:46.05</b>	+00:11:05	6:05	9.9
136	<b>LEWANDOWSKI Daniel</b>	<b>215</b>		Open M	89	<b>00:30:30.00</b>	<b>00:30:49.45</b>	+00:11:08	6:06	9.8
137	<b>MURAWKA Łukasz</b>	<b>177</b>		Open M	90	<b>00:30:25.85</b>	<b>00:30:50.95</b>	+00:11:09	6:05	9.9
138	<b>ZAWADZKI Jacek</b>	<b>76</b>		Open M	91	<b>00:30:34.15</b>	<b>00:30:54.00</b>	+00:11:13	6:07	9.8
139	<b>WÓJCIK Monika</b>	<b>243</b>		Open K	48	<b>00:30:49.15</b>	<b>00:30:57.35</b>	+00:11:16	6:09	9.7
140	<b>BIEDROŃ Aleksandra</b>	<b>72</b>		Open K	49	<b>00:30:43.95</b>	<b>00:30:58.60</b>	+00:11:17	6:08	9.8
141	<b>OSTROWSKA Justyna</b>	<b>13</b>		Open K	50	<b>00:30:51.65</b>	<b>00:31:06.90</b>	+00:11:25	6:10	9.7
142	<b>KUTRA Pawel</b>	<b>262</b>		Open M	92	<b>00:30:43.60</b>	<b>00:31:09.60</b>	+00:11:28	6:08	9.8
143	<b>KOTŁĘGA Agata</b>	<b>283</b>		Open K	51	<b>00:31:01.55</b>	<b>00:31:10.05</b>	+00:11:29	6:12	9.7
144	<b>ŚWIETLIK Tomasz</b>	<b>271</b>		Open M	93	<b>00:31:05.25</b>	<b>00:31:11.60</b>	+00:11:30	6:13	9.7
145	<b>WOJANOWSKA Maryla</b>	<b>67</b>		Open K	52	<b>00:31:07.30</b>	<b>00:31:14.55</b>	+00:11:33	6:13	9.6
146	<b>WOJANOWSKI Zbigniew</b>	<b>68</b>		Open M	94	<b>00:31:07.45</b>	<b>00:31:14.60</b>	+00:11:33	6:13	9.6
147	<b>GOLIK Krzysztof</b>	<b>49</b>		Open M	95	<b>00:31:17.60</b>	<b>00:31:17.60</b>	+00:11:36	6:15	9.6
148	<b>BITNER Jan</b>	<b>235</b>		Open M	96	<b>00:31:00.40</b>	<b>00:31:21.10</b>	+00:11:40	6:12	9.7
149	<b>GROBELNY Michał</b>	<b>178</b>		Open M	97	<b>00:31:11.80</b>	<b>00:31:22.40</b>	+00:11:41	6:14	9.6
150	<b>SPLITT Anna</b>	<b>83</b>		Open K	53	<b>00:30:59.75</b>	<b>00:31:24.10</b>	+00:11:43	6:12	9.7
151	<b>FALKOWSKI Mariusz</b>	<b>170</b>		Open M	98	<b>00:31:14.20</b>	<b>00:31:26.85</b>	+00:11:45	6:14	9.6
152	<b>KONARSKI Szymon</b>	<b>285</b>		Open M	99	<b>00:31:14.65</b>	<b>00:31:28.55</b>	+00:11:47	6:15	9.6
153	<b>KOCINIEWSKA Zuzanna</b>	<b>180</b>		Open K	54	<b>00:31:19.95</b>	<b>00:31:30.45</b>	+00:11:49	6:16	9.6
154	<b>KURAŚ Marcin</b>	<b>246</b>		Open M	100	<b>00:31:20.35</b>	<b>00:31:32.40</b>	+00:11:51	6:16	9.6
155	<b>DUBIELEWSKA Anna</b>	<b>4</b>		Open K	55	<b>00:31:26.70</b>	<b>00:31:39.15</b>	+00:11:58	6:17	9.5
156	<b>DĘBCZYŃSKA Agnieszka</b>	<b>111</b>		Open K	56	<b>00:31:36.20</b>	<b>00:31:41.25</b>	+00:12:00	6:19	9.5
157	<b>NIEDBALSKI Krzysztof</b>	<b>183</b>		Open M	101	<b>00:31:28.00</b>	<b>00:31:44.10</b>	+00:12:03	6:17	9.5
158	<b>KĘDZIORSKA Agata</b>	<b>184</b>		Open K	57	<b>00:31:28.05</b>	<b>00:31:44.40</b>	+00:12:03	6:17	9.5
159	<b>ZIELIŃSKA Justyna</b>	<b>135</b>		Open K	58	<b>00:31:47.30</b>	<b>00:32:01.55</b>	+00:12:20	6:21	9.4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
160	<b>GRUŻEWSKA Justyna</b>	<b>196</b>		Open K	59	<b>00:31:46.35</b>	<b>00:32:02.30</b>	+00:12:21	6:21	9.4
161	<b>TUCZKOWSKA Joanna</b>	<b>272</b>		Open K	60	<b>00:31:48.05</b>	<b>00:32:05.80</b>	+00:12:24	6:21	9.4
162	<b>SKOWRON Monika</b>	<b>274</b>		Open K	61	<b>00:31:48.00</b>	<b>00:32:06.20</b>	+00:12:25	6:21	9.4
163	<b>CISZEWSKA Emilia</b>	<b>91</b>		Open K	62	<b>00:31:43.30</b>	<b>00:32:06.45</b>	+00:12:25	6:20	9.5
164	<b>ŁAKOMSKA - OPALA Iwona</b>	<b>193</b>		Open K	63	<b>00:31:47.50</b>	<b>00:32:06.75</b>	+00:12:25	6:21	9.4
165	<b>ROŻYŃSKA Monika</b>	<b>212</b>		Open K	64	<b>00:31:49.25</b>	<b>00:32:06.80</b>	+00:12:25	6:21	9.4
166	<b>MŁOSZ Mariusz</b>	<b>9</b>		Open M	102	<b>00:31:57.65</b>	<b>00:32:14.10</b>	+00:12:33	6:23	9.4
167	<b>ŻURAWSKI Michał</b>	<b>185</b>		Open M	103	<b>00:31:56.20</b>	<b>00:32:22.10</b>	+00:12:41	6:23	9.4
168	<b>WAWRZYNIAK Sandra</b>	<b>151</b>		Open K	65	<b>00:32:19.35</b>	<b>00:32:31.70</b>	+00:12:50	6:27	9.3
169	<b>KASZUBOWSKI Daniel</b>	<b>144</b>		Open M	104	<b>00:32:12.95</b>	<b>00:32:31.80</b>	+00:12:50	6:26	9.3
170	<b>CIEŚLAK Agnieszka</b>	<b>168</b>		Open K	66	<b>00:32:05.75</b>	<b>00:32:32.20</b>	+00:12:51	6:25	9.3
171	<b>HINZ Barbara</b>	<b>124</b>		Open K	67	<b>00:32:31.25</b>	<b>00:32:35.35</b>	+00:12:54	6:30	9.2
172	<b>SOBIECHOWSKI Tomasz</b>	<b>279</b>		Open M	105	<b>00:32:25.85</b>	<b>00:32:36.40</b>	+00:12:55	6:29	9.2
173	<b>BILSKA Katarzyna</b>	<b>54</b>		Open K	68	<b>00:32:25.65</b>	<b>00:32:37.30</b>	+00:12:56	6:29	9.2
174	<b>PIETRZAK Justyna</b>	<b>57</b>		Open K	69	<b>00:32:25.55</b>	<b>00:32:37.80</b>	+00:12:56	6:29	9.3
175	<b>TOMASZEWSKI Dominik</b>	<b>29</b>		Open M	106	<b>00:32:34.60</b>	<b>00:32:38.60</b>	+00:12:57	6:30	9.2
176	<b>KILIŃSKA Magdalena</b>	<b>256</b>		Open K	70	<b>00:32:32.70</b>	<b>00:32:51.20</b>	+00:13:10	6:30	9.2
177	<b>JASIK Jarosław</b>	<b>199</b>		Open M	107	<b>00:32:29.95</b>	<b>00:32:53.50</b>	+00:13:12	6:30	9.2
178	<b>MACIEJCZAK Karolina</b>	<b>253</b>		Open K	71	<b>00:32:41.95</b>	<b>00:32:54.60</b>	+00:13:13	6:32	9.2
179	<b>WRUK Justyna</b>	<b>202</b>		Open K	72	<b>00:32:38.00</b>	<b>00:32:55.95</b>	+00:13:14	6:31	9.2
180	<b>MALEC Justyna</b>	<b>234</b>		Open K	73	<b>00:32:49.70</b>	<b>00:32:58.45</b>	+00:13:17	6:34	9.1
181	<b>PRENTKI Adam</b>	<b>1</b>		Open M	108	<b>00:32:39.60</b>	<b>00:33:02.25</b>	+00:13:21	6:32	9.2
182	<b>WYPYCH-KLUNDER Katarzyna</b>	<b>28</b>		Open K	74	<b>00:32:43.55</b>	<b>00:33:03.90</b>	+00:13:22	6:32	9.2
183	<b>SZOŁDRA Marta</b>	<b>92</b>		Open K	75	<b>00:32:41.85</b>	<b>00:33:05.25</b>	+00:13:24	6:32	9.2
184	<b>BURNICKA Ewa</b>	<b>231</b>		Open K	76	<b>00:32:51.40</b>	<b>00:33:12.65</b>	+00:13:31	6:34	9.1
185	<b>KWASIGROCH Aleksandra</b>	<b>287</b>		Open K	77	<b>00:33:05.35</b>	<b>00:33:16.15</b>	+00:13:35	6:37	9.1
186	<b>MAJORKOWSKA Anna</b>	<b>46</b>		Open K	78	<b>00:33:13.40</b>	<b>00:33:18.70</b>	+00:13:37	6:38	9
187	<b>CYBUL Anna</b>	<b>138</b>		Open K	79	<b>00:33:24.20</b>	<b>00:33:31.80</b>	+00:13:50	6:40	9
188	<b>WALCZAK Jacek</b>	<b>44</b>		Open M	109	<b>00:33:19.95</b>	<b>00:33:33.25</b>	+00:13:52	6:40	9
189	<b>PIETRUSZEWSKI Bogdan`</b>	<b>45</b>		Open M	110	<b>00:33:24.60</b>	<b>00:33:33.30</b>	+00:13:52	6:41	9
190	<b>MELLEEM Anna</b>	<b>27</b>		Open K	80	<b>00:33:28.65</b>	<b>00:33:44.60</b>	+00:14:03	6:41	9
191	<b>ŻOŁNIERKIEWICZ Agata</b>	<b>171</b>		Open K	81	<b>00:33:23.00</b>	<b>00:33:46.45</b>	+00:14:05	6:40	9
192	<b>JAKUBOWSKI Mateusz</b>	<b>101</b>		Open M	111	<b>00:33:42.40</b>	<b>00:33:57.40</b>	+00:14:16	6:44	8.9
193	<b>SŁOWIK Przemysław</b>	<b>69</b>		Open M	112	<b>00:33:44.50</b>	<b>00:34:00.55</b>	+00:14:19	6:44	8.9
194	<b>WIŚNIEWSKA Ewa</b>	<b>107</b>		Open K	82	<b>00:34:01.85</b>	<b>00:34:11.15</b>	+00:14:30	6:48	8.8
195	<b>KUCHARSKI Adam</b>	<b>108</b>		Open M	113	<b>00:34:01.00</b>	<b>00:34:11.35</b>	+00:14:30	6:48	8.8
196	<b>KOSZOWSKA Ania</b>	<b>259</b>		Open K	83	<b>00:34:05.25</b>	<b>00:34:23.55</b>	+00:14:42	6:49	8.8
197	<b>DZIŻA-KONICZYŃSKA Zuzanna</b>	<b>58</b>		Open K	84	<b>00:34:04.45</b>	<b>00:34:25.70</b>	+00:14:44	6:48	8.8
198	<b>JAKUBOWSKI Jan</b>	<b>100</b>		Open M	114	<b>00:34:16.50</b>	<b>00:34:30.60</b>	+00:14:49	6:51	8.8
199	<b>KUFEL Maria</b>	<b>130</b>		Open K	85	<b>00:34:23.15</b>	<b>00:34:35.00</b>	+00:14:54	6:52	8.7
200	<b>STAWICKI Bartosz</b>	<b>284</b>		Open M	115	<b>00:34:47.70</b>	<b>00:35:01.60</b>	+00:15:20	6:57	8.6
201	<b>SZYMAŃSKA Mirela</b>	<b>207</b>		Open K	86	<b>00:34:57.70</b>	<b>00:35:08.30</b>	+00:15:27	6:59	8.6
202	<b>WALEWICZ Piotr</b>	<b>209</b>		Open M	116	<b>00:34:57.90</b>	<b>00:35:08.60</b>	+00:15:27	6:59	8.6
203	<b>ASTUKIEWICZ Tomasz</b>	<b>133</b>		Open M	117	<b>00:35:06.75</b>	<b>00:35:21.65</b>	+00:15:40	7:01	8.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
204	<b>ASTUKIEWICZ Agnieszka</b>	<b>132</b>		Open K	87	<b>00:35:07.05</b>	<b>00:35:21.75</b>	+00:15:40	7:01	8.5
205	<b>BEKER-ZABROCKA Aleksandra</b>	<b>37</b>		Open K	88	<b>00:35:02.25</b>	<b>00:35:26.40</b>	+00:15:45	7:00	8.6
206	<b>MORDAKA Maciej</b>	<b>118</b>		Open M	118	<b>00:35:12.50</b>	<b>00:35:27.05</b>	+00:15:46	7:02	8.5
207	<b>BON Oliwier</b>	<b>266</b>		Open M	119	<b>00:35:25.20</b>	<b>00:35:43.15</b>	+00:16:02	7:05	8.5
208	<b>SZCZEPANEK-KOZINSKA Justyna</b>	<b>260</b>		Open K	89	<b>00:35:30.35</b>	<b>00:35:49.25</b>	+00:16:08	7:06	8.4
209	<b>FRONTCZAK Arkadiusz</b>	<b>26</b>		Open M	120	<b>00:35:39.90</b>	<b>00:35:55.20</b>	+00:16:14	7:08	8.4
210	<b>TOMCZAK Kinga</b>	<b>229</b>		Open K	90	<b>00:35:44.90</b>	<b>00:35:56.65</b>	+00:16:15	7:09	8.4
211	<b>PIECHOWIAK Oliwia</b>	<b>273</b>		Open K	91	<b>00:35:56.05</b>	<b>00:36:00.45</b>	+00:16:19	7:11	8.3
212	<b>ZACHARA Aneta</b>	<b>75</b>		Open K	92	<b>00:35:54.60</b>	<b>00:36:03.60</b>	+00:16:22	7:10	8.4
213	<b>KUZIAK Ola</b>	<b>131</b>		Open K	93	<b>00:35:56.70</b>	<b>00:36:23.80</b>	+00:16:42	7:11	8.3
214	<b>RASSALSKA-KAUSA Jola</b>	<b>278</b>		Open K	94	<b>00:36:05.70</b>	<b>00:36:25.60</b>	+00:16:44	7:13	8.3
215	<b>ZIELIŃSKI Waldemar</b>	<b>5</b>		Open M	121	<b>00:36:05.70</b>	<b>00:36:25.70</b>	+00:16:44	7:13	8.3
216	<b>ROGALSKA Marta</b>	<b>39</b>		Open K	95	<b>00:36:27.45</b>	<b>00:36:31.45</b>	+00:16:50	7:17	8.2
217	<b>WYSOCKA Paulina</b>	<b>146</b>		Open K	96	<b>00:36:41.50</b>	<b>00:37:01.70</b>	+00:17:20	7:20	8.2
218	<b>ZACHARA Piotr</b>	<b>74</b>		Open M	122	<b>00:37:09.20</b>	<b>00:37:18.10</b>	+00:17:37	7:26	8.1
219	<b>SZTOLIN Sylwia</b>	<b>221</b>		Open K	97	<b>00:37:06.80</b>	<b>00:37:29.70</b>	+00:17:48	7:25	8.1
220	<b>MUZOLF Natalia</b>	<b>16</b>		Open K	98	<b>00:37:24.00</b>	<b>00:37:39.60</b>	+00:17:58	7:28	8
221	<b>SIECZKOŚ Agnieszka</b>	<b>275</b>		Open K	99	<b>00:37:23.05</b>	<b>00:37:40.10</b>	+00:17:59	7:28	8
222	<b>GORZYCKI Dariusz</b>	<b>12</b>		Open M	123	<b>00:37:24.80</b>	<b>00:37:42.15</b>	+00:18:01	7:29	8
223	<b>JELIŃSKA Natalia</b>	<b>276</b>		Open K	100	<b>00:37:26.60</b>	<b>00:37:43.25</b>	+00:18:02	7:29	8
224	<b>WIECZOREK Justyna</b>	<b>173</b>		Open K	101	<b>00:39:17.85</b>	<b>00:39:41.55</b>	+00:20:00	7:51	7.6
225	<b>JUSZCZAK Małgorzata</b>	<b>153</b>		Open K	102	<b>00:39:18.05</b>	<b>00:39:41.75</b>	+00:20:00	7:51	7.6
226	<b>REDLAK Tomasz</b>	<b>174</b>		Open M	124	<b>00:39:17.25</b>	<b>00:39:41.85</b>	+00:20:00	7:51	7.6
226	<b>GRABIŃSKI Henryk</b>	<b>117</b>		Open M	124	<b>00:39:16.90</b>	<b>00:39:41.85</b>	+00:20:00	7:51	7.6
228	<b>ROSZAK Tomasz</b>	<b>157</b>		Open M	126	<b>00:39:16.75</b>	<b>00:39:41.95</b>	+00:20:00	7:51	7.6
229	<b>WOŹNIAK Monika</b>	<b>150</b>		Open K	103	<b>00:40:21.55</b>	<b>00:40:34.95</b>	+00:20:53	8:04	7.4
230	<b>ZIELIŃSKA Małgorzata</b>	<b>2</b>		Open K	104	<b>00:40:31.05</b>	<b>00:40:53.40</b>	+00:21:12	8:06	7.4
231	<b>GÓRNY Łukasz</b>	<b>94</b>		Open M	127	<b>00:40:41.00</b>	<b>00:40:54.65</b>	+00:21:13	8:08	7.4
232	<b>JAGIELNICKA Magdalena</b>	<b>241</b>		Open K	105	<b>00:40:50.55</b>	<b>00:41:07.10</b>	+00:21:26	8:10	7.3
233	<b>SULKOWSKA Jadwiga</b>	<b>197</b>		Open K	106	<b>00:40:44.85</b>	<b>00:41:07.15</b>	+00:21:26	8:09	7.4
234	<b>SŁOWIK Sylwia</b>	<b>70</b>		Open K	107	<b>00:41:09.00</b>	<b>00:41:24.55</b>	+00:21:43	8:13	7.3
235	<b>TROJAŃCZYK Krzysztof</b>	<b>116</b>		Open M	128	<b>00:42:23.05</b>	<b>00:42:45.60</b>	+00:23:04	8:28	7.1
236	<b>MŁYNAREK Aneta</b>	<b>112</b>		Open K	108	<b>00:42:28.05</b>	<b>00:42:49.65</b>	+00:23:08	8:29	7.1
237	<b>MŁYNAREK Piotr</b>	<b>113</b>		Open M	129	<b>00:42:28.40</b>	<b>00:42:50.25</b>	+00:23:09	8:29	7.1
238	<b>BAJOREK Angelika</b>	<b>200</b>		Open K	109	<b>00:42:51.60</b>	<b>00:43:04.70</b>	+00:23:23	8:34	7
239	<b>BAJOREK Kacper</b>	<b>251</b>		Open M	130	<b>00:43:05.15</b>	<b>00:43:05.15</b>	+00:23:24	8:37	7
240	<b>CABAŃSKI Jacek</b>	<b>175</b>		Open M	131	<b>00:43:20.20</b>	<b>00:43:28.65</b>	+00:23:47	8:40	6.9
241	<b>PAŁECKI Adam</b>	<b>258</b>		Open M	132	<b>00:43:21.30</b>	<b>00:43:28.85</b>	+00:23:47	8:40	6.9
242	<b>KOPAŃSKA Agnieszka</b>	<b>176</b>		Open K	110	<b>00:43:21.00</b>	<b>00:43:29.15</b>	+00:23:48	8:40	6.9
243	<b>KICIŃSKA Joanna</b>	<b>166</b>		Open K	111	<b>00:43:44.10</b>	<b>00:43:50.55</b>	+00:24:09	8:44	6.9
244	<b>SAPA Dariusz</b>	<b>38</b>		Open M	133	<b>00:43:45.15</b>	<b>00:43:51.40</b>	+00:24:10	8:45	6.9

Znaleziono 244 wynik(ów)