



ŚNIADANIOWY BIEG MORSÓW

B4SPORT

Organizator:

Gmina Mielno, Centrum Kultury w Mielnie – Biuro
Organizacyjne Złotu Morsów

Data:

2020-02-08

Miejsce:

Mielno

Dystans:

5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	JARECKI Ireneusz	185	STOWARZYSZENIE WROCŁAWSKIE MORSY	M-Open	1	00:19:33.70		3:54	15.3 (100%)
2	MAJKOWICZ Rafał	49		M-Open	2	00:19:47.85	+00:00:14 (1.2%)	3:57	15.2 (99.3%)
3	ŚLIWIŃSKI Bartosz	4	STOWARZYSZENIE WROCŁAWSKIE MORSY	M-Open	3	00:20:10.85	+00:00:37 (3.1%)	4:02	14.9 (97.4%)
4	OKUNIEWICZ Wojciech	213	STRZEGOMSKA DWUNASTKA	M-Open	4	00:20:30.10	+00:00:56 (4.6%)	4:06	14.6 (95.4%)
5	WALKOWIAK Robert	28	KGHM ZG RUN/MORSY GŁOGÓW	M-Open	6	00:20:37.30	+00:01:03 (5.1%)	4:07	14.6 (95.4%)
6	SZULC Arek	158	7PROTEAM	M-Open	7	00:20:39.30	+00:01:05 (5.3%)	4:07	14.5 (94.8%)
7	ZIELINSKI Sławomir	121	HUSARIA	M-Open	8	00:20:47.55	+00:01:13 (5.9%)	4:09	14.4 (94.1%)
8	KOSMAŁA Grzegorz	146	BIEGNĘ ŻEBY BARTEK MÓGŁ BIEGAĆ	M-Open	9	00:20:49.20	+00:01:15 (6.0%)	4:09	14.4 (94.1%)
9	BIEDROWSKI Konrad	222		M-Open	5	00:20:34.50	+00:01:00 (4.9%)	4:07	14.6 (95.4%)
10	TUŁACZ Bohdan	114	KALISKIE MORSY	M-Open	10	00:21:14.60	+00:01:40 (7.9%)	4:14	14.1 (92.2%)
11	BIEŃKOWSKI Tomasz	150		M-Open	11	00:21:16.10	+00:01:42 (8.0%)	4:15	14.1 (92.2%)
12	KORMAN Kamil	9		M-Open	12	00:21:25.80	+00:01:52 (8.7%)	4:17	14 (91.5%)
13	MARSZAŁEK Kazimierz	144	ŚWIERADOWSKIE MORSY	M-Open	13	00:21:28.60	+00:01:54 (8.9%)	4:17	14 (91.5%)
14	PICK Tomasz	86	SKSG KORONA SZCZECIN	M-Open	14	00:21:29.90	+00:01:56 (9.0%)	4:18	14 (91.5%)
15	CIEĆMIEROWSKI Łukasz	23	LISIOGON	M-Open	15	00:21:57.95	+00:02:24 (10.9%)	4:23	13.7 (89.5%)
16	ZIELIŃSKA Anna	218	TRUCHT ŁOBEZ	K-Open	1	00:22:16.60	+00:02:42 (12.2%)	4:27	13.5 (88.2%)
17	SKOWYRA Arkadiusz	87	GĘSIA SKÓRKA GRYFICE	M-Open	16	00:22:49.95	+00:03:16 (14.3%)	4:34	13.1 (85.6%)
18	KOZIOŁ Marek	34	ŁÓDZKIE MORSY	M-Open	17	00:23:03.10	+00:03:29 (15.1%)	4:36	13 (85.0%)
19	MORGIEWICZ Piotr	44	RUNGRYF	M-Open	19	00:23:11.80	+00:03:38 (15.7%)	4:38	12.9 (84.3%)
20	BANASZKIEWICZ Rafał	122	HUSARIA	M-Open	18	00:23:10.25	+00:03:36 (15.6%)	4:38	12.9 (84.3%)
21	KRYNICKA GRZYB Małgorzata	91		K-Open	2	00:23:17.20	+00:03:43 (16.0%)	4:39	12.9 (84.3%)
22	JĘDRYCHOWSKI Łukasz	12	ZMORSOWANI CZĘSTOCHOWA	M-Open	22	00:23:20.80	+00:03:47 (16.2%)	4:40	12.8 (83.7%)
23	DZIUBA Robert	138	MORSACZEBIEGACZE	M-Open	20	00:23:15.05	+00:03:41 (15.9%)	4:39	12.9 (84.3%)
24	SITARZYK Damian	130	FUNDACJA ZASTOPIJ	M-Open	23	00:23:25.35	+00:03:51 (16.5%)	4:41	12.8 (83.7%)
25	OLCZAK Krzysztof	60		M-Open	21	00:23:20.60	+00:03:46 (16.2%)	4:40	12.8 (83.7%)
26	KONKEL Agnieszka	67		K-Open	3	00:23:32.10	+00:03:58 (16.9%)	4:42	12.7 (83.0%)

						Czas netto		Tempo	Tempo
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Różn	min/km	km/h
27	KRAWCZYK Tomasz	63		M-Open	24	00:23:44.35	+00:04:10 (17.6%)	4:44	12.6 (82.4%)
28	KRAMEK Adrian	137		M-Open	25	00:23:48.00	+00:04:14 (17.8%)	4:45	12.6 (82.4%)
29	WIKTOROWSKI Maciej	241	TAGER SPORT	M-Open	26	00:23:48.35	+00:04:14 (17.8%)	4:45	12.6 (82.4%)
30	MENZEL Stanisław	75	MROZIK ŚREM	M-Open	27	00:23:51.90	+00:04:18 (18.0%)	4:46	12.6 (82.4%)
31	GŁADYSZAK Michał	48	STARGARDZKI KLUB MORSÓW MIEDWIANIE	M-Open	28	00:24:01.20	+00:04:27 (18.6%)	4:48	12.5 (81.7%)
32	JAREMA Piotr	89	KKM KALORYFER	M-Open	29	00:24:20.85	+00:04:47 (19.7%)	4:52	12.3 (80.4%)
33	CHORAŻY Karolina	31	LEO-TEAM	K-Open	4	00:24:21.55	+00:04:47 (19.7%)	4:52	12.3 (80.4%)
34	DOBROCHOWSKI Marek	173	STRZEGOMSKA DWUNASTKA	M-Open	30	00:24:32.90	+00:04:59 (20.3%)	4:54	12.2 (79.7%)
35	KWAŚNIAK Karol	149	KKM KALORYFER	M-Open	31	00:24:38.20	+00:05:04 (20.6%)	4:55	12.2 (79.7%)
36	SZYMAŃSKA Brygida	236	STRZEGOMSKA DWUNASTKA	K-Open	5	00:24:41.40	+00:05:07 (20.8%)	4:56	12.2 (79.7%)
37	SĘK Michał	94	KS AMBER	M-Open	32	00:24:55.40	+00:05:21 (21.5%)	4:59	12 (78.4%)
38	JAKUBIK Przemysław	124	CSSP KOSZALIN	M-Open	33	00:24:57.45	+00:05:23 (21.6%)	4:59	12 (78.4%)
39	DOCZEKALSKI Jarek	174	SZARE MORSY	M-Open	34	00:24:57.50	+00:05:23 (21.6%)	4:59	12 (78.4%)
40	ADASZYŃSKI Wiesław	164	BOBOLICCY MORSJSNIE	M-Open	35	00:25:04.55	+00:05:30 (22.0%)	5:01	12 (78.4%)
41	KRYNICKA Magdalena	120		K-Open	6	00:25:21.85	+00:05:48 (22.9%)	5:04	11.8 (77.1%)
42	KRÓLIK Waldemar	196	MOCZYMORDY Z CZATOWA	M-Open	36	00:25:24.50	+00:05:50 (23.0%)	5:05	11.8 (77.1%)
43	PLICH Agnieszka	220	KS AMBER	K-Open	7	00:25:26.05	+00:05:52 (23.1%)	5:05	11.8 (77.1%)
44	CIEŚLIK Zdzisław	30		M-Open	37	00:25:30.70	+00:05:57 (23.3%)	5:06	11.8 (77.1%)
45	KACZOROWSKI Marek	128	FUNDACJA ZASTOPUJ	M-Open	38	00:25:34.25	+00:06:00 (23.5%)	5:06	11.7 (76.5%)
46	DURKALEC Ewelina	5	STRZEGOMSKA DWUNASTKA	K-Open	8	00:25:35.60	+00:06:01 (23.6%)	5:07	11.7 (76.5%)
47	HOREGLAD Paweł	76	SPEEDY GONZALES	M-Open	39	00:25:37.25	+00:06:03 (23.6%)	5:07	11.7 (76.5%)
48	SNIEGOCKI Paweł	88	PNB MORSY	M-Open	40	00:25:39.75	+00:06:06 (23.8%)	5:08	11.7 (76.5%)
49	KWIATKOWSKA Monika	62	KS AMBER	K-Open	9	00:25:44.80	+00:06:11 (24.0%)	5:09	11.7 (76.5%)
50	ROJTEK Waldemar	225	1970	M-Open	41	00:25:58.90	+00:06:25 (24.7%)	5:11	11.5 (75.2%)
51	KRAWCZYK Kacper	36		M-Open	42	00:25:59.55	+00:06:25 (24.7%)	5:11	11.5 (75.2%)
52	DUMIŃSKI Tomasz	20	STRZEGOMSKA DWUNASTKA	M-Open	43	00:26:15.35	+00:06:41 (25.5%)	5:15	11.4 (74.5%)
53	STOJAK Paweł	84		M-Open	44	00:26:20.95	+00:06:47 (25.8%)	5:16	11.4 (74.5%)
54	KACZMAREK Łukasz	190	MORSY KALISZ	M-Open	45	00:26:29.15	+00:06:55 (26.1%)	5:18	11.3 (73.9%)
55	KĘDZIORA Ireneusz	32	PIONKOWSKIE MORSY	M-Open	46	00:26:31.60	+00:06:57 (26.3%)	5:18	11.3 (73.9%)
56	KRASIŃSKI Witold	110		M-Open	47	00:26:32.80	+00:06:59 (26.3%)	5:18	11.3 (73.9%)
57	WOŁCZYK Małgorzata	102	KS AMBER	K-Open	10	00:26:32.85	+00:06:59 (26.3%)	5:18	11.3 (73.9%)
58	BIJAS Piotr	167	KB MANIAC POZNAŃ	M-Open	48	00:26:39.05	+00:07:05 (26.6%)	5:19	11.3 (73.9%)
59	JOCHYM Mariusz	117	WATAHA	M-Open	49	00:26:39.50	+00:07:05 (26.6%)	5:20	11.3 (73.9%)
60	MAGUZA Michał	126	COTIY	M-Open	50	00:26:42.25	+00:07:08 (26.7%)	5:20	11.2 (73.2%)
61	JACKOWSKI Zbigniew	249		M-Open	51	00:26:47.75	+00:07:14 (27.0%)	5:21	11.2 (73.2%)
62	MLECZEK Roman	40		M-Open	52	00:26:55.40	+00:07:21 (27.3%)	5:23	11.1 (72.5%)
63	POMORSKI Łukasz	223	CSSP KOSZALIN	M-Open	53	00:27:03.15	+00:07:29 (27.7%)	5:24	11.1 (72.5%)
64	KOWALCZYK Łukasz	57		M-Open	54	00:27:10.55	+00:07:36 (28.0%)	5:26	11 (71.9%)
65	SZOT Ewa	61	OKEANOS	K-Open	11	00:27:13.50	+00:07:39 (28.1%)	5:26	11 (71.9%)
66	FLISIKOWSKI Radosław	77	FORREST GUMP KOŚCIERSKI KLUB MORSZA	M-Open	55	00:27:15.70	+00:07:42 (28.2%)	5:27	11 (71.9%)
67	SUCHODOLSKA Anna	204		K-Open	12	00:27:22.90	+00:07:49 (28.6%)	5:28	11 (71.9%)
68	KACZMARCZYK Stanisław	113	STARGARDZKI KLUB MORSÓW MIEDWIANIE	M-Open	56	00:27:27.20	+00:07:53 (28.7%)	5:29	10.9 (71.2%)
69	DEMKOWICZ Ireneusz	108	WEGAS	M-Open	57	00:27:28.20	+00:07:54 (28.8%)	5:29	10.9 (71.2%)
70	STAŃCZYK Sławomir	147	STARGARDZKI KLUB MORSÓW MIEDWIANIE	M-Open	58	00:27:29.90	+00:07:56 (28.9%)	5:30	10.9 (71.2%)

						Czas netto		Tempo	Tempo
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Różn	min/km	km/h
71	KONKEL Łukasz	68		M-Open	59	00:27:32.05	+00:07:58 (29.0%)	5:30	10.9 (71.2%)
72	PIETRZAK Tomasz	168		M-Open	60	00:27:40.70	+00:08:07 (29.3%)	5:32	10.8 (70.6%)
73	FRONTCZAK Kamil	6	ŁÓDZKIE MORSY	M-Open	61	00:27:42.65	+00:08:08 (29.4%)	5:32	10.8 (70.6%)
74	BOCHEŃSKI Rafał	47	KKM KALORYFER	M-Open	62	00:27:48.60	+00:08:14 (29.7%)	5:33	10.8 (70.6%)
75	LUBOWIECKI Andrzej	104	ŁÓDZKIE MORSY	M-Open	63	00:27:54.55	+00:08:20 (29.9%)	5:34	10.8 (70.6%)
76	SEROWSKI Łukasz	230		M-Open	64	00:27:57.25	+00:08:23 (30.0%)	5:35	10.7 (69.9%)
77	BORKOWSKI Michał	118	ŁABISZYN RUNNERS	M-Open	65	00:28:00.00	+00:08:26 (30.1%)	5:36	10.7 (69.9%)
78	KWIDZIŃSKI Michał	80		M-Open	66	00:28:03.10	+00:08:29 (30.3%)	5:36	10.7 (69.9%)
79	JUSZCZAK Krzysztof	189		M-Open	67	00:28:07.35	+00:08:33 (30.4%)	5:37	10.7 (69.9%)
80	WYCZAŁKOWSKI Witold	247	WROCŁAWSKIE MORSY	M-Open	68	00:28:19.35	+00:08:45 (30.9%)	5:39	10.6 (69.3%)
81	PALMA Robert	215		M-Open	69	00:28:20.30	+00:08:46 (31.0%)	5:40	10.6 (69.3%)
82	MOŃKA Andrzej	211	ZMORSOWANI CĘSTOCHOWA	M-Open	70	00:28:23.75	+00:08:50 (31.1%)	5:40	10.6 (69.3%)
83	SUROWIECKI Robert	74		M-Open	71	00:28:24.75	+00:08:51 (31.2%)	5:41	10.6 (69.3%)
84	PUŚCIAN Krzysztof	148	SP MANOWO	M-Open	72	00:28:31.80	+00:08:58 (31.4%)	5:42	10.5 (68.6%)
85	BEDNAREK Krzysztof	79	#MORSACZEBIEGACZE	M-Open	73	00:28:39.05	+00:09:05 (31.7%)	5:43	10.5 (68.6%)
86	MARCZYKOWSKI Jarosław	3	MORSY GRAJEWO	M-Open	74	00:28:49.40	+00:09:15 (32.1%)	5:46	10.4 (68.0%)
87	JĘDRYCHA Mariusz	186	LODOŁAMACZ - MORSY SKIERNIEWICE	M-Open	75	00:28:50.85	+00:09:17 (32.2%)	5:46	10.4 (68.0%)
88	KALINOWSKA Anna	107		K-Open	13	00:28:52.65	+00:09:18 (32.3%)	5:46	10.4 (68.0%)
89	KĘDZIERSKA Lilianna	59	MORSY GŁOGÓW	K-Open	14	00:29:00.60	+00:09:26 (32.6%)	5:48	10.3 (67.3%)
90	MAZURCZAK Mariusz	145		M-Open	76	00:29:05.65	+00:09:31 (32.8%)	5:49	10.3 (67.3%)
91	CYBULSKA Bogumiła	55	WROCŁAWSKI MORSY	K-Open	15	00:29:06.70	+00:09:33 (32.8%)	5:49	10.3 (67.3%)
92	MATCZAK Jacek	85	MORSY BOLESŁAWIEC	M-Open	77	00:29:08.35	+00:09:34 (32.9%)	5:49	10.3 (67.3%)
93	KUMOSZ Mirosław	96	MORSY BOLESŁAWIEC	M-Open	78	00:29:08.60	+00:09:34 (32.9%)	5:49	10.3 (67.3%)
94	PEŁKA Aneta	24		K-Open	16	00:29:19.45	+00:09:45 (33.3%)	5:51	10.2 (66.7%)
95	KUCHARCZYK Robert	101	GĘSIA SKÓRKA	M-Open	79	00:29:28.15	+00:09:54 (33.6%)	5:53	10.2 (66.7%)
96	SZOSTAK Asia	73	KRWIO(BIEGANIE) ZIELONA GÓRA	K-Open	17	00:29:29.50	+00:09:55 (33.7%)	5:53	10.2 (66.7%)
97	LECHOWICZ Tadeusz	201	SZARE MORSY	M-Open	80	00:29:30.60	+00:09:56 (33.7%)	5:54	10.2 (66.7%)
98	DOBROCHOWSKA Ilona	172	STRZEGOMSKA DWUNASTKA	K-Open	18	00:29:31.05	+00:09:57 (33.7%)	5:54	10.2 (66.7%)
99	TRENDEWICZ Marcin	70	BYDGOSKIE MORSY	M-Open	81	00:29:31.90	+00:09:58 (33.8%)	5:54	10.2 (66.7%)
100	SIERPOWSKI Mieczysław	95	JUTROSIŃSKI KLUB MORSÓW	M-Open	82	00:29:43.55	+00:10:09 (34.2%)	5:56	10.1 (66.0%)
101	KUBOWICZ Piotr	181		M-Open	83	00:29:46.00	+00:10:12 (34.3%)	5:57	10.1 (66.0%)
102	SOBKOWIAK Maciej	8		M-Open	84	00:29:49.15	+00:10:15 (34.4%)	5:57	10.1 (66.0%)
103	MADEJ Elżbieta	206	ŁÓDZKIE MORSY	K-Open	19	00:29:58.65	+00:10:24 (34.7%)	5:59	10 (65.4%)
104	MASŁOWSKI Artur	22		M-Open	85	00:30:02.35	+00:10:28 (34.9%)	6:00	10 (65.4%)
105	MAJEWSKA Aleksandra	105	MORSY BOLESŁAWIEC	K-Open	20	00:30:15.45	+00:10:41 (35.3%)	6:03	9.9 (64.7%)
106	CHAMERA Tomasz	18	JW1223	M-Open	86	00:30:19.35	+00:10:45 (35.5%)	6:04	9.9 (64.7%)
107	KAMINSKI Tomasz	72	WODNA SŁUŻBA RATOWNICZA	M-Open	87	00:30:21.00	+00:10:47 (35.5%)	6:04	9.9 (64.7%)
108	PACAN Mira	17		K-Open	21	00:30:24.15	+00:10:50 (35.7%)	6:04	9.9 (64.7%)
109	WĄSIK Marek	123	WROCŁAWSKIE MORSY	M-Open	88	00:30:29.15	+00:10:55 (35.8%)	6:05	9.8 (64.1%)
110	SOBOŃ Jarosław	248		M-Open	89	00:30:38.20	+00:11:04 (36.1%)	6:07	9.8 (64.1%)
111	KILAN Adrian	192		M-Open	90	00:30:44.70	+00:11:11 (36.4%)	6:09	9.8 (64.1%)
112	OGRODOWCZYK Rafał	152		M-Open	91	00:30:50.30	+00:11:16 (36.6%)	6:10	9.7 (63.4%)
113	POŁOCZAŃSKI Piotr	53	SZWAGRY BIEGAJĄ	M-Open	92	00:30:56.35	+00:11:22 (36.8%)	6:11	9.7 (63.4%)
114	SZMYT Marcin	41	SZWAGRY BIEGAJĄ	M-Open	93	00:30:57.70	+00:11:24 (36.8%)	6:11	9.7 (63.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto	Różn	Tempo min/km	Tempo km/h
						5km			
115	WYSOCKI Jarosław	71	STOWARZYSZENIE WROCŁAWSKIE MORSY	M-Open	94	00:30:58.55	+00:11:24 (36.8%)	6:11	9.7 (63.4%)
116	LAL Monika	200	RUNGRYF	K-Open	22	00:31:06.10	+00:11:32 (37.1%)	6:13	9.6 (62.7%)
117	HETMANOWSKI Jędrzej	153	ULTRA PMI	M-Open	95	00:31:06.30	+00:11:32 (37.1%)	6:13	9.6 (62.7%)
118	HETMANOWSKA Anna	154	ULTRA PMI	K-Open	23	00:31:07.45	+00:11:33 (37.1%)	6:13	9.6 (62.7%)
119	DZIEDZIC Piotr	219		M-Open	96	00:31:18.05	+00:11:44 (37.5%)	6:15	9.6 (62.7%)
120	WIŚNIEWSKI Jarek	243		M-Open	97	00:31:20.80	+00:11:47 (37.6%)	6:16	9.6 (62.7%)
121	ŁABIAK Andrzej	132	MILICKI KLUB MORSZA	M-Open	98	00:31:21.50	+00:11:47 (37.6%)	6:16	9.6 (62.7%)
122	SZWEDA Mateusz	19	WATAHA	M-Open	99	00:31:22.15	+00:11:48 (37.6%)	6:16	9.6 (62.7%)
123	SZYMAŃSKI Patryk	140		M-Open	100	00:31:22.20	+00:11:48 (37.6%)	6:16	9.6 (62.7%)
124	ROMANOWICZ Monika	161	DZIKIE ŻÓŁWIE	K-Open	24	00:31:23.20	+00:11:49 (37.7%)	6:16	9.6 (62.7%)
125	WATA Marta	240	TYSKIE SINICE	K-Open	25	00:31:24.50	+00:11:50 (37.7%)	6:16	9.6 (62.7%)
126	KOWALCZYK Krzysztof	136	LODOŁAMACZ	M-Open	101	00:31:27.20	+00:11:53 (37.8%)	6:17	9.5 (62.1%)
127	MILCZAREK Wiesław	256	AMBER	M-Open	102	00:31:31.00	+00:11:57 (37.9%)	6:18	9.5 (62.1%)
128	SERAFIN Joanna	229		K-Open	26	00:31:40.20	+00:12:06 (38.2%)	6:20	9.5 (62.1%)
129	NOWAK Jarosław	212	LODOŁAMACZE MARGONIN	M-Open	103	00:31:48.60	+00:12:14 (38.5%)	6:21	9.4 (61.4%)
130	ADAMUS Dominika	141	SUPERMARATON KALISZ	K-Open	27	00:31:49.75	+00:12:16 (38.5%)	6:22	9.4 (61.4%)
131	WESOŁOWSKI Damian	143	AMBER KLUB TOMASZÓW MAZ.	M-Open	104	00:31:51.80	+00:12:18 (38.6%)	6:22	9.4 (61.4%)
132	JUREK Joanna	188		K-Open	28	00:31:58.90	+00:12:25 (38.8%)	6:23	9.4 (61.4%)
133	SASSEK Anna	228		K-Open	29	00:31:58.95	+00:12:25 (38.8%)	6:23	9.4 (61.4%)
134	MACHARZYŃSKI Piotr	21	SZARE MORSY	M-Open	105	00:32:12.65	+00:12:38 (39.3%)	6:26	9.3 (60.8%)
135	SÓJKA Elżbieta	232	COLIAN NA START	K-Open	30	00:32:21.15	+00:12:47 (39.5%)	6:28	9.3 (60.8%)
136	ŁAZAN Daria	205	MORSY DĄBIE LUBUSKIE	K-Open	31	00:32:40.35	+00:13:06 (40.1%)	6:32	9.2 (60.1%)
137	DUMIŃSKI Stanisław	52	STRZEGOMSKA DWUNASTKA	M-Open	106	00:33:04.20	+00:13:30 (40.8%)	6:36	9.1 (59.5%)
138	FEDYCZKOWSKA Justyna	178	STRZEGOMSKA DWUNASTKA	K-Open	32	00:33:06.45	+00:13:32 (40.9%)	6:37	9.1 (59.5%)
139	MESZKA Aneta	119	LODOŁAMACZ SKIERNIEWICE	K-Open	33	00:33:14.05	+00:13:40 (41.1%)	6:38	9 (58.8%)
140	BOGDANOWSKI Andrzej	125	VIKING	M-Open	107	00:33:26.95	+00:13:53 (41.5%)	6:41	9 (58.8%)
141	KIEŁKOWSKA Agnieszka	191	SZARE MORSY	K-Open	34	00:33:29.35	+00:13:55 (41.6%)	6:42	9 (58.8%)
142	RADZIUSZ Ilona	139	#MORSACZEBIEGACZE	K-Open	35	00:33:34.20	+00:14:00 (41.7%)	6:42	8.9 (58.2%)
143	JEZIOREK Agnieszka	37		K-Open	36	00:33:39.70	+00:14:06 (41.9%)	6:44	8.9 (58.2%)
144	BARAN Irena	165	SZARE MORSY	K-Open	37	00:33:39.75	+00:14:06 (41.9%)	6:44	8.9 (58.2%)
145	GIŻYŃSKA Katarzyna	180	KLUB SZARE MORSY	K-Open	38	00:33:40.75	+00:14:07 (41.9%)	6:44	8.9 (58.2%)
146	BAJCAR Beata	43	KLUB SZARE MORSY	K-Open	39	00:33:40.90	+00:14:07 (41.9%)	6:44	8.9 (58.2%)
147	WIŚNIEWSKA Justyna	81	SZARE MORSY	K-Open	40	00:33:40.95	+00:14:07 (41.9%)	6:44	8.9 (58.2%)
148	SANECKA Agnieszka	235		K-Open	41	00:33:53.05	+00:14:19 (42.3%)	6:46	8.9 (58.2%)
149	WASILKO Grzegorz	226		M-Open	108	00:33:54.80	+00:14:21 (42.3%)	6:47	8.8 (57.5%)
150	MULARCZYK Krzysztof	239		M-Open	109	00:33:56.40	+00:14:22 (42.4%)	6:47	8.8 (57.5%)
151	KALEMBA Alicja	111	KALORYFER	K-Open	42	00:34:09.50	+00:14:35 (42.7%)	6:50	8.8 (57.5%)
152	JEZIOR Miroława	233	PILSKI KLUB MORSÓW EUFORIA	K-Open	43	00:34:11.60	+00:14:37 (42.8%)	6:50	8.8 (57.5%)
153	HARASYM Daniel	127	FUNDACJA ZASTOPUJ	M-Open	110	00:34:13.20	+00:14:39 (42.8%)	6:50	8.8 (57.5%)
154	JASIŃSKA Klaudia	13	MORSY2	K-Open	44	00:34:18.15	+00:14:44 (43.0%)	6:51	8.7 (56.9%)
155	GAWLE Kinga	27	KKM KALORYFER	K-Open	45	00:34:18.90	+00:14:45 (43.0%)	6:51	8.7 (56.9%)
156	ADAMSKI Mariusz	33		M-Open	111	00:34:23.85	+00:14:50 (43.1%)	6:52	8.7 (56.9%)
157	KWIATKOWSKA-STOJAK Ewelina	83		K-Open	46	00:34:37.10	+00:15:03 (43.5%)	6:55	8.7 (56.9%)
158	KALEMBA Tadeusz	112	KALORYFER	M-Open	112	00:34:51.80	+00:15:18 (43.9%)	6:58	8.6 (56.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto	Różn	Tempo min/km	Tempo km/h
						5km			
159	KUMOSZ Monika	97	MORSY BOLESŁAWIEC	K-Open	47	00:34:52.90	+00:15:19 (43.9%)	6:58	8.6 (56.2%)
160	WROBLEWICZ Irena	193		K-Open	48	00:34:54.25	+00:15:20 (44.0%)	6:58	8.6 (56.2%)
161	ULBIN Jadwiga	237	MORSY GŁOGÓW	K-Open	49	00:34:57.85	+00:15:24 (44.1%)	6:59	8.6 (56.2%)
162	OGRODOWCZYK Kamilla	151		K-Open	50	00:35:00.60	+00:15:26 (44.1%)	7:00	8.6 (56.2%)
163	CZOPKO Mariola	106	MORSY BOLESŁAWIEC	K-Open	51	00:35:03.55	+00:15:29 (44.2%)	7:00	8.6 (56.2%)
164	BARTOSIAK Marcin	98	GĘSIA SKÓRKA	M-Open	113	00:35:10.45	+00:15:36 (44.4%)	7:02	8.5 (55.6%)
165	DZIKIEL Beata	177	FITARENA	K-Open	52	00:35:14.60	+00:15:40 (44.5%)	7:03	8.5 (55.6%)
166	GRZYMALA Angelika	58	OKEANOS	K-Open	53	00:35:18.50	+00:15:44 (44.6%)	7:03	8.5 (55.6%)
167	BEDNAREK Małgorzata	29		K-Open	54	00:35:18.70	+00:15:45 (44.6%)	7:03	8.5 (55.6%)
168	KOROL Elżbieta	82		K-Open	55	00:35:19.35	+00:15:45 (44.6%)	7:04	8.5 (55.6%)
169	BEDNAREK Monika	133		K-Open	56	00:35:19.80	+00:15:46 (44.6%)	7:04	8.5 (55.6%)
170	DUDEK Mariola	176	STRZEGOMSKA DWUNASTKA	K-Open	57	00:35:27.65	+00:15:53 (44.8%)	7:05	8.5 (55.6%)
171	DUDEK Krzysztof	175	STRZEGOMSKA DWUNASTKA	M-Open	114	00:35:28.00	+00:15:54 (44.8%)	7:05	8.5 (55.6%)
172	STACHOWIAK Karolina	35		K-Open	58	00:35:28.45	+00:15:54 (44.9%)	7:05	8.5 (55.6%)
173	BRYCHLEC Renata	169	SZARE MORSY	K-Open	59	00:35:29.70	+00:15:56 (44.9%)	7:05	8.5 (55.6%)
174	LASSOTA Tomasz	142		M-Open	115	00:35:31.20	+00:15:57 (44.9%)	7:06	8.4 (54.9%)
175	KAROŃSKA Renata	103	MORSY BOLESŁAWIEC	K-Open	60	00:35:33.40	+00:15:59 (45.0%)	7:06	8.4 (54.9%)
176	SNARSKI Krzysztof	160		M-Open	116	00:35:34.00	+00:16:00 (45.0%)	7:06	8.4 (54.9%)
177	KIEDOS Dariusz	11	JW1223	M-Open	117	00:35:35.95	+00:16:02 (45.1%)	7:07	8.4 (54.9%)
178	OKUNIEWICZ Agnieszka	214	STRZEGOMSKA DWUNASTKA	K-Open	61	00:35:47.35	+00:16:13 (45.3%)	7:09	8.4 (54.9%)
179	WYCZAŁKOWSKI Andrzej	54	WROCŁAWSKIE MORSY	M-Open	118	00:35:48.80	+00:16:15 (45.4%)	7:09	8.4 (54.9%)
180	SALAMON Emil	255	MORSY KALISZ	M-Open	119	00:35:49.00	+00:16:15 (45.4%)	7:09	8.4 (54.9%)
181	NECEL Dorota	26	KKM KALORYFER	K-Open	62	00:35:49.80	+00:16:16 (45.4%)	7:09	8.4 (54.9%)
182	JĘDRZEJEWSKI Karol	187	OSTROWSKIE MORSY	M-Open	120	00:35:52.90	+00:16:19 (45.5%)	7:10	8.4 (54.9%)
183	BUCHOWSKI Marek	170	PARKRUN	M-Open	121	00:35:54.50	+00:16:20 (45.5%)	7:11	8.4 (54.9%)
184	GĘBSKI Sławomir	179	KKM KALORYFER	M-Open	122	00:35:55.45	+00:16:21 (45.5%)	7:11	8.4 (54.9%)
185	KUHN-ZAWADZKA Joanna	197		K-Open	63	00:35:59.45	+00:16:25 (45.6%)	7:11	8.3 (54.2%)
186	MARCZYKOWSKA Dorota	207	MORSY GRAJEWO	K-Open	64	00:36:06.30	+00:16:32 (45.8%)	7:13	8.3 (54.2%)
187	LEOŃCZYK Przemek	202	BODY MORS	M-Open	123	00:36:10.95	+00:16:37 (45.9%)	7:14	8.3 (54.2%)
188	MIKOŁAJCZYK Lidia	209	#MORSACZEBIEGACZE	K-Open	65	00:36:13.25	+00:16:39 (46.0%)	7:14	8.3 (54.2%)
189	PAWŁOWSKA Violetta	216		K-Open	66	00:36:16.90	+00:16:43 (46.1%)	7:15	8.3 (54.2%)
190	SZEWCZYK Piotr	234	KSS NGB KŁOBUCK SEKCJA MORSUJĄCY KŁOBUCK	M-Open	124	00:36:25.10	+00:16:51 (46.3%)	7:17	8.2 (53.6%)
191	SKOWYRA Wioletta	231	GĘSIA SKÓRKA GRZYFICE	K-Open	67	00:36:25.55	+00:16:51 (46.3%)	7:17	8.2 (53.6%)
192	WINKIEL Wiesław	242	SZARE MORSY	M-Open	125	00:36:30.75	+00:16:57 (46.4%)	7:18	8.2 (53.6%)
193	JĘDRZEJAK Magdalena	69	OLSZTYŃSKI KLUB MORSÓW IGŁO	K-Open	68	00:36:34.55	+00:17:00 (46.5%)	7:18	8.2 (53.6%)
194	PIETRUSIŃSKA Lidia	217	POLAR	K-Open	69	00:36:38.20	+00:17:04 (46.6%)	7:19	8.2 (53.6%)
195	REWERS Miłosz	45	LODOŁAMACZE MARGONIN	M-Open	126	00:36:42.60	+00:17:08 (46.7%)	7:20	8.2 (53.6%)
196	PIERZCHAŁA Sabina	46	PIŁA	K-Open	70	00:36:43.65	+00:17:09 (46.7%)	7:20	8.2 (53.6%)
197	WOJTYSIAK Dorota	246		K-Open	71	00:36:47.30	+00:17:13 (46.8%)	7:21	8.2 (53.6%)
198	KUTNIEWSKI Mariusz	199	MORSY GRAJEWO	M-Open	127	00:36:56.65	+00:17:22 (47.1%)	7:23	8.1 (52.9%)
199	ŚMIEŻEWSKA Krystyna	66	OKEANOS	K-Open	72	00:37:40.40	+00:18:06 (48.1%)	7:32	8 (52.3%)
200	RODEWALD Ryszard	51		M-Open	128	00:37:41.95	+00:18:08 (48.1%)	7:32	8 (52.3%)
201	KOWALISZYN Małgorzata	194	BIEGAMDLAZDROWIA.PL	K-Open	73	00:37:42.45	+00:18:08 (48.1%)	7:32	8 (52.3%)
202	ASTRAMOWICZ Izabela	195		K-Open	74	00:37:42.55	+00:18:08 (48.1%)	7:32	8 (52.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto	Różn	Tempo min/km	Tempo km/h
						5km			
203	JANOWICZ Paulina	184		K-Open	75	00:37:48.60	+00:18:14 (48.3%)	7:33	7.9 (51.6%)
204	JANAS Bożena	99	GĘSIA SKÓRKA	K-Open	76	00:37:54.80	+00:18:21 (48.4%)	7:35	7.9 (51.6%)
205	SWOROWSKA Katarzyna	65	OKEANOS	K-Open	77	00:38:00.25	+00:18:26 (48.5%)	7:36	7.9 (51.6%)
206	DEMROWICZ Edyta	109	WEGAS	K-Open	78	00:38:07.50	+00:18:33 (48.7%)	7:37	7.9 (51.6%)
207	DZIMIDOWICZ Jadwiga	134	WEGAS	K-Open	79	00:38:07.80	+00:18:34 (48.7%)	7:37	7.9 (51.6%)
208	SARBIEWSKI Przemysław	93	102 BATALION OCHRONY BIELKOWO	M-Open	129	00:38:13.20	+00:18:39 (48.8%)	7:38	7.8 (51.0%)
209	KUŚNIERZ Dariusz	198	BKM POLAR	M-Open	130	00:38:28.25	+00:18:54 (49.2%)	7:41	7.8 (51.0%)
210	ZIAJA Krzysztof	250	MORSY Z CHECHŁA RODEM	M-Open	131	00:38:35.60	+00:19:01 (49.3%)	7:43	7.8 (51.0%)
211	MALISZEWSKI Łukasz	159	FUNDACJA ZASTOPIJ	M-Open	132	00:38:48.70	+00:19:15 (49.6%)	7:45	7.7 (50.3%)
212	BROCZKOWSKA Żaneta	227		K-Open	80	00:39:00.80	+00:19:27 (49.9%)	7:48	7.7 (50.3%)
213	SARBIEWSKA Gabriela	92		K-Open	81	00:39:15.75	+00:19:42 (50.2%)	7:51	7.6 (49.7%)
214	ZIEZIULA Sławek	203		M-Open	133	00:39:19.45	+00:19:45 (50.3%)	7:51	7.6 (49.7%)
215	WITKOWSKA Katarzyna	244		K-Open	82	00:39:19.50	+00:19:45 (50.3%)	7:52	7.6 (49.7%)
216	IWANIUK-ZIEZIULA Katarzyna	183		K-Open	83	00:39:19.55	+00:19:45 (50.3%)	7:52	7.6 (49.7%)
217	ŁABIAK Aneta	131	MILICKI KLUB MORSA	K-Open	84	00:39:23.80	+00:19:50 (50.3%)	7:52	7.6 (49.7%)
218	SŁOTWIŃSKI Bolesław	221		M-Open	134	00:39:40.20	+00:20:06 (50.7%)	7:56	7.6 (49.7%)
219	KRYSTOSIK Paulina	25	BIEGAM BO LUBIĘ, BIEGAM DLA SIEBIE	K-Open	85	00:39:47.15	+00:20:13 (50.8%)	7:57	7.5 (49.0%)
220	DEMBOWSKI Ireneusz	1		M-Open	135	00:40:14.00	+00:20:40 (51.4%)	8:02	7.5 (49.0%)
221	NOWAK Irena	90	GĘSIA SKÓRKA	K-Open	86	00:40:15.95	+00:20:42 (51.4%)	8:03	7.5 (49.0%)
222	MICHALSKA Marzena	208	MORSY MARGONIN LODOŁAMACZE	K-Open	87	00:40:47.40	+00:21:13 (52.0%)	8:09	7.4 (48.4%)
223	ERBETOWSKA Agnieszka	50		K-Open	88	00:40:59.85	+00:21:26 (52.3%)	8:12	7.3 (47.7%)
224	LIMAN Dorota	56		K-Open	89	00:41:11.65	+00:21:37 (52.5%)	8:14	7.3 (47.7%)
225	WARSZAWSKI Rafał	238	OSTROWSKIE MORSY	M-Open	136	00:41:30.95	+00:21:57 (52.9%)	8:18	7.2 (47.1%)
226	SIREK Arkadiusz	10	ZMORSOWANI CZĘSTOCHOWA	M-Open	137	00:41:31.90	+00:21:58 (52.9%)	8:18	7.2 (47.1%)
227	PYTEL Estera	16		K-Open	90	00:41:35.80	+00:22:02 (53.0%)	8:19	7.2 (47.1%)
228	ŚCIEPŁEK Mateusz	129	FUNDACJA ZASTOPIJ	M-Open	138	00:41:44.45	+00:22:10 (53.1%)	8:20	7.2 (47.1%)
229	ŁUCZYŃSKI Maciej	42	ŁÓDZKIE MORSY	M-Open	139	00:42:01.95	+00:22:28 (53.5%)	8:24	7.1 (46.4%)
230	PIETRZAK Dawid	39	KLIMA MORSY WRZEŚNIA	M-Open	140	00:42:20.65	+00:22:46 (53.8%)	8:28	7.1 (46.4%)
231	KOBUS Karolina	157	KLIMA MORSY WRZEŚNIA	K-Open	91	00:42:20.70	+00:22:47 (53.8%)	8:28	7.1 (46.4%)
232	RATAJCZYK Grzegorz	155	MORSY KLIMA WRZEŚNIA	M-Open	141	00:42:21.20	+00:22:47 (53.8%)	8:28	7.1 (46.4%)
233	BŁASZAK Monika	38	KLIMA MOSY WRZEŚNIA	K-Open	92	00:42:21.40	+00:22:47 (53.8%)	8:28	7.1 (46.4%)
234	RATAJCZYK Ewa	156	MORSY KLIMA WRZEŚNIA	K-Open	93	00:42:22.40	+00:22:48 (53.8%)	8:28	7.1 (46.4%)
235	BŁASZCZYK Teresa	100	OKEANOS	K-Open	94	00:42:33.10	+00:22:59 (54.0%)	8:30	7.1 (46.4%)
236	WAGA Żaneta	64	OKEANOS	K-Open	95	00:42:33.50	+00:22:59 (54.0%)	8:30	7.1 (46.4%)
237	MAMROT Artur	78	#MORSACZEBIEGACZE	M-Open	142	00:42:44.50	+00:23:10 (54.2%)	8:32	7 (45.8%)
238	PAZIEWSKA Agnieszka	135	#MORSACZEBIEGACZE	K-Open	96	00:42:45.80	+00:23:12 (54.3%)	8:33	7 (45.8%)
239	KULESZA Radosław	15		M-Open	143	00:43:25.20	+00:23:51 (54.9%)	8:41	6.9 (45.1%)
240	MATYSIK Zbigniew	14		M-Open	144	00:43:36.10	+00:24:02 (55.1%)	8:43	6.9 (45.1%)
241	KUCHARCZYK Paulina	115	GĘSIA SKÓRKA	K-Open	97	00:44:20.35	+00:24:46 (55.9%)	8:52	6.8 (44.4%)
242	KUCHARCZYK Elżbieta	116	GĘSIA SKÓRKA	K-Open	98	00:44:42.05	+00:25:08 (56.2%)	8:56	6.7 (43.8%)
243	BUCZEK Sylwia	171		K-Open	99	00:45:00.10	+00:25:26 (56.5%)	9:00	6.7 (43.8%)
244	GZIK Agnieszka	2		K-Open	100	00:45:00.70	+00:25:27 (56.5%)	9:00	6.7 (43.8%)
245	GIEREMEK Dariusz	163		M-Open	145	00:45:12.55	+00:25:38 (56.7%)	9:02	6.6 (43.1%)
246	GIEREMEK Joanna	162		K-Open	101	00:45:13.90	+00:25:40 (56.8%)	9:02	6.6 (43.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
247	BAKOWSKA Jolanta	166	KRAJEŃSKIE MORSY 'PRZERĘBEL'	K-Open	102				(0.0%)

Znaleziono 247 wynik(ów)