



Ludowy Klub Sportowy
OSTROMECKO

XXIX BIEG ULICZNY DĄBROWA CHEŁMIŃSKA - OSTROMECKO

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Organizator: Ludowy Klub Sportowy Ostromecko, LZS Nowy Dwór, Zespół Szkół w Ostromecku, Urząd Gminy w Dąbrowie Chełmińskiej, Kujawsko-Pomorskie Zrzeszenie LZS w Toruniu

Data: 2016-10-09

Miejsce: Dąbrowa - Ostromecko

Dystans: 7.5 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	mieszkaniec gminy Ostromecko	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
1	BRZEZIŃSKI Błażej	194	WKS ŚLĄSK WROCŁAW	M20	1		00:21:50.50	00:21:50.50		2:54	20.6 (100%)
2	GOSIEWSKI Krzysztof	182	LKS OSTROMECKO	M Open	1		00:22:11.90	00:22:11.90	+00:00:21 (1.6%)	2:57	20.3 (98.5%)
3	KOTŁOWSKI Bartosz	161	LKS OSTROMECKO	M20	2		00:22:42.60	00:22:42.60	+00:00:52 (3.8%)	3:01	19.8 (96.1%)
4	MUSIAŁCHENKO Dmytro	186	BIEGACZ RAWICZ	M20	3		00:22:47.80	00:22:47.80	+00:00:57 (4.2%)	3:02	19.8 (96.1%)
5	FRYDRYCHOWSKI Piotr	41	KS TEAM RUN GDAŃSK	M20	4		00:24:14.50	00:24:14.50	+00:02:24 (9.9%)	3:13	18.6 (90.3%)
6	TUCZYŃSKI Sylwester	23	BYDGOSKIE OKONIE	M20	5		00:24:56.40	00:24:56.40	+00:03:05 (12.4%)	3:19	18 (87.4%)
7	OCHAL Olga	195	PREFBET ŚNIADOWO ŁOMŻA TEAM OCHAL	K30	1		00:25:10.25	00:25:10.25	+00:03:19 (13.2%)	3:21	17.9 (86.9%)
8	CHĘTNIK Rafał	179	LKS ZANTYR SZTUM	M30	1		00:25:28.50	00:25:28.50	+00:03:38 (14.3%)	3:23	17.7 (85.9%)
9	BUŚ Szymon	31	LKS OSTROMECKO	M20	6		00:25:31.50	00:25:31.50	+00:03:41 (14.4%)	3:24	17.6 (85.4%)
10	MIKA Oskar	187	KB ŁAPKA	M30	2		00:25:31.90	00:25:31.90	+00:03:41 (14.5%)	3:24	17.6 (85.4%)
11	MUSIAŁ Michał	88		M40	1		00:25:33.25	00:25:33.25	+00:03:42 (14.5%)	3:24	17.6 (85.4%)
12	GLUGLA Mariusz	93	THE RUNNERS ŚWIECIE	M30	3		00:25:42.50	00:25:42.50	+00:03:52 (15.0%)	3:25	17.5 (85.0%)
13	SZENK Marta	66		K30	2		00:25:47.80	00:25:47.80	+00:03:57 (15.3%)	3:26	17.5 (85.0%)
14	JARAKOWSKI Andrzej	198		M20	7		00:25:55.05	00:25:55.05	+00:04:04 (15.7%)	3:27	17.4 (84.5%)

						mieszkaniec gminy Ostromecko	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat						
15	STANKIEWICZ Błażej	193	LKS OSTROMECKO	M40	2		00:25:59.05	00:25:59.05	+00:04:08 (15.9%)	3:27	17.3 (84.0%)
16	ŚLIWIŃSKI Łukasz	199	BOGMAR OSTROMECKO	M30	4		00:26:47.95	00:26:47.95	+00:04:57 (18.5%)	3:34	16.8 (81.6%)
17	SZYSZKA Mariusz	89	SPÓJNIA BIAŁE BŁOTA	M30	5		00:26:51.00	00:26:51.00	+00:05:00 (18.7%)	3:34	16.8 (81.6%)
18	RETECKI Krzysztof	34	BOGMAR / PRESTO OSTROMECKO	M40	3		00:26:59.45	00:26:59.45	+00:05:08 (19.1%)	3:35	16.7 (81.1%)
19	JAGODZIŃSKI Mateusz	24	BYDGOSKIE OKONIE	M20	8		00:27:08.10	00:27:08.10	+00:05:17 (19.5%)	3:37	16.6 (80.6%)
20	ARSENIUK Anna	94	T. S. OPATRUNKI TORUŃ	K30	3		00:27:26.50	00:27:26.50	+00:05:36 (20.4%)	3:39	16.4 (79.6%)
21	ŁUCZAK Paweł	157	TKKF KOLEJARZ BYDGOSZCZ	M40	4		00:27:46.45	00:27:46.45	+00:05:55 (21.4%)	3:42	16.2 (78.6%)
22	PACZKOWSKI Jacek	59	SPORT I REKREACJA MOGILNO	M50	1		00:27:55.30	00:27:55.30	+00:06:04 (21.8%)	3:43	16.1 (78.2%)
23	SIKUT Arkadiusz	28		M40	5		00:28:13.25	00:28:13.25	+00:06:22 (22.6%)	3:45	15.9 (77.2%)
24	STRABEL Łukasz	92	LUKAS	M20	9		00:28:29.60	00:28:29.60	+00:06:39 (23.3%)	3:47	15.8 (76.7%)
25	CZUK Marek	85		M60	1		00:28:35.85	00:28:35.85	+00:06:45 (23.6%)	3:48	15.7 (76.2%)
26	KRZYWDZIŃSKI Dominik	91	UKB SZUBIN	M16	1		00:28:44.30	00:28:44.30	+00:06:53 (24.0%)	3:49	15.7 (76.2%)
27	HALINIAK Filip	39		M19	1		00:29:37.05	00:29:37.05	+00:07:46 (26.3%)	3:56	15.2 (73.8%)
28	ŚMIGLEWSKI Aleksander	14	LKS OSTROMECKO	M19	2		00:29:43.10	00:29:43.10	+00:07:52 (26.5%)	3:57	15.1 (73.3%)
29	PAWŁOWSKI Radosław	9	JFTC SU	M40	6		00:30:22.40	00:30:22.40	+00:08:31 (28.1%)	4:02	14.8 (71.8%)
30	KRUSZEWSKI Tadeusz	98		M40	7		00:30:36.50	00:30:36.50	+00:08:46 (28.6%)	4:04	14.7 (71.4%)
31	BAZAK Cezary	127	CDIS SZ	M50	2		00:31:01.55	00:31:01.55	+00:09:11 (29.6%)	4:08	14.5 (70.4%)
32	DEMBKOWSKI Ryszard	156	OLD SNAKE	M60	2		00:31:03.50	00:31:03.50	+00:09:13 (29.7%)	4:08	14.5 (70.4%)
33	PUZACZ Dawid	142		M30	6		00:31:11.00	00:31:11.00	+00:09:20 (30.0%)	4:09	14.4 (69.9%)
34	TRZCIŃSKI Franciszek	107	SIR START	M50	3		00:31:16.10	00:31:16.10	+00:09:25 (30.1%)	4:10	14.4 (69.9%)
35	KALISZ Andrzej		TTC	M50	4		00:31:24.65	00:31:24.65	+00:09:34 (30.5%)	4:11	14.3 (69.4%)
36	MITRĘGA Daria	79		K20	1		00:31:26.75	00:31:26.75	+00:09:36 (30.5%)	4:11	14.3 (69.4%)
37	JANUS Dawid	75	THE RUNNERS ŚWIECIE	M20	10		00:31:27.70	00:31:27.70	+00:09:37 (30.6%)	4:11	14.3 (69.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	mieszkaniec gminy Ostromecko	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
38	GZYL Mikołaj	128	JANUSZE TRIATHLONU 'EXODUS' TEAM	M30	7		00:31:30.30	00:31:30.30	+00:09:39 (30.7%)	4:12	14.3 (69.4%)
39	GRAMZA Rafał	248		M20	11		00:31:31.30	00:31:31.30	+00:09:40 (30.7%)	4:12	14.3 (69.4%)
40	GURNA Jolanta	108	SIR START	K50	1		00:31:47.05	00:31:47.05	+00:09:56 (31.3%)	4:14	14.2 (68.9%)
41	LIPOWSKI Jakub	174	LKS DĄBROWA CHEŁMIŃSKA	M16	2		00:32:03.60	00:32:03.60	+00:10:13 (31.9%)	4:16	14 (68.0%)
42	LEBA Rafał	115	22 ODN	M30	8		00:32:08.10	00:32:08.10	+00:10:17 (32.0%)	4:17	14 (68.0%)
43	PALMOWSKA Klaudia	162		K19	1		00:32:10.65	00:32:10.65	+00:10:20 (32.1%)	4:17	14 (68.0%)
44	DYMEK Sławomir	76		M30	9		00:32:12.05	00:32:12.05	+00:10:21 (32.2%)	4:17	14 (68.0%)
45	OWCZARSKI Krzysztof	150		M30	10		00:32:27.55	00:32:27.55	+00:10:37 (32.7%)	4:19	13.9 (67.5%)
46	BRATEK Andrzej	133	TKKF KOLEJARZ BYDGOSZCZ	M50	5		00:32:40.30	00:32:40.30	+00:10:49 (33.1%)	4:21	13.8 (67.0%)
47	PALACZ Wioletta	138		K30	4		00:32:40.60	00:32:40.60	+00:10:50 (33.2%)	4:21	13.8 (67.0%)
48	JAROCKA Beata	190		M30	11		00:32:42.70	00:32:42.70	+00:10:52 (33.2%)	4:21	13.8 (67.0%)
49	BAGROWSKI Marek	96	UMK COLLEGIUM-MEDICUM RATOWNICTWO MEDYCZNE JANOWO BIEGA	M50	6		00:32:49.55	00:32:49.55	+00:10:59 (33.5%)	4:22	13.7 (66.5%)
50	KARNOWSKI Sebastian	51		M30	12		00:33:02.10	00:33:02.10	+00:11:11 (33.9%)	4:24	13.6 (66.0%)
51	KOCINIEWSKI Jacek	44	LKS JANOWO	M40	8		00:33:04.10	00:33:04.10	+00:11:13 (33.9%)	4:24	13.6 (66.0%)
52	DUTKOWSKI Tomasz	153	MMPJ TEAM	M30	13		00:33:06.80	00:33:06.80	+00:11:16 (34.0%)	4:24	13.6 (66.0%)
53	URBAŃSKI Daniel	144	PGB SPORTOWA PACZKA	M40	9		00:33:10.40	00:33:10.40	+00:11:19 (34.2%)	4:25	13.6 (66.0%)
54	KLINIKOWSKI Jacek	101	KOCHAM ŻYCIE I...	M40	10		00:33:13.25	00:33:13.25	+00:11:22 (34.3%)	4:25	13.5 (65.5%)
55	NOWICKI Aleksander	60	KSKPZPN	M40	11		00:33:21.35	00:33:21.35	+00:11:30 (34.5%)	4:26	13.5 (65.5%)
56	MROZEK Mikołaj	184		M16	3		00:33:25.50	00:33:25.50	+00:11:35 (34.7%)	4:27	13.5 (65.5%)
57	SIKORA Antoni	192		M60	3		00:33:27.25	00:33:27.25	+00:11:36 (34.7%)	4:27	13.5 (65.5%)
58	RUTKOWSKI Tomasz	122		M40	12		00:33:32.80	00:33:32.80	+00:11:42 (34.9%)	4:28	13.4 (65.0%)
59	ZAGOŹDŻON Piotr	84	RUN BYDGOSZCZ	M40	13		00:33:35.90	00:33:35.90	+00:11:45 (35.0%)	4:28	13.4 (65.0%)
60	KOCINIEWSKI Bartłomiej	43	LKS JANOWO	M20	12		00:33:38.20	00:33:38.20	+00:11:47 (35.1%)	4:29	13.4 (65.0%)

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Msc	Zawodnik	Numer	Klub		Kategoria	Mkat					
61	SYROCKI Michał	81			M30	14		00:33:40.80	00:33:40.80	+00:11:50 (35.1%)	4:29 13.4 (65.0%)
62	CICHOŃSKA- BAZAK Marzena	119			K40	1		00:33:41.30	00:33:41.30	+00:11:50 (35.2%)	4:29 13.4 (65.0%)
63	NOWICKI Błażej	55			M19	3		00:33:44.40	00:33:44.40	+00:11:53 (35.3%)	4:29 13.3 (64.6%)
64	BIZOŃ Michał	175			M30	15		00:33:46.20	00:33:46.20	+00:11:55 (35.3%)	4:30 13.3 (64.6%)
65	ŚCIBAK Wojciech	77	JFTC SU		M30	16		00:33:48.40	00:33:48.40	+00:11:57 (35.4%)	4:30 13.3 (64.6%)
66	KOHUTEK Artur	148			M40	14		00:33:49.80	00:33:49.80	+00:11:59 (35.4%)	4:30 13.3 (64.6%)
67	RASZLIŃSKA Mariola	53			K40	2		00:33:52.85	00:33:52.85	+00:12:02 (35.5%)	4:30 13.3 (64.6%)
68	KOCINIEWSKI Jakub	45	LKS JANOWO		M16	4		00:33:59.10	00:33:59.10	+00:12:08 (35.7%)	4:31 13.2 (64.1%)
69	GORGOL Tomasz	83	RUN BYDGOSZCZ		M30	17		00:33:59.30	00:33:59.30	+00:12:08 (35.7%)	4:31 13.2 (64.1%)
70	RZEMEK Sławomir	112	RUN BYDGOSZCZ		M30	18		00:34:01.20	00:34:01.20	+00:12:10 (35.8%)	4:32 13.2 (64.1%)
71	PERLIK Grzegorz	8			M60	4		00:34:02.95	00:34:02.95	+00:12:12 (35.9%)	4:32 13.2 (64.1%)
72	LUZAK Mirosław	15	MWIK BYDGOSZCZ		M50	7		00:34:11.00	00:34:11.00	+00:12:20 (36.1%)	4:33 13.2 (64.1%)
73	KOCINIEWSKI Łuasz	90	LKS JANOWO		M16	5		00:34:38.25	00:34:38.25	+00:12:47 (36.9%)	4:37 13 (63.1%)
74	BIEŃKOWSKI Tomasz	117			M60	5		00:34:48.90	00:34:48.90	+00:12:58 (37.3%)	4:38 12.9 (62.6%)
75	WIŚNIEWSKI Janusz	12	CARBON TEAM TORUN		M40	15		00:34:57.85	00:34:57.85	+00:13:07 (37.5%)	4:39 12.9 (62.6%)
76	GIERSEWSKA Grażyna	16			K40	3		00:35:00.40	00:35:00.40	+00:13:09 (37.6%)	4:40 12.9 (62.6%)
77	OLSZEWSKI Leszek	188			M40	16		00:35:11.15	00:35:11.15	+00:13:20 (37.9%)	4:41 12.8 (62.1%)
78	ROSIAK Jarosław	54	14		M40	17		00:35:14.00	00:35:14.00	+00:13:23 (38.0%)	4:41 12.8 (62.1%)
79	SKIBIŃSKI Jarosław	178			M40	18		00:35:14.75	00:35:14.75	+00:13:24 (38.0%)	4:41 12.8 (62.1%)
80	SZYDŁO Sławomir	132	MMPJ TEAM		M40	19		00:35:16.20	00:35:16.20	+00:13:25 (38.1%)	4:42 12.8 (62.1%)
81	NAWROCKI Jarosław	78			M40	20		00:35:20.10	00:35:20.10	+00:13:29 (38.2%)	4:42 12.7 (61.7%)
82	BIELEC Wojciech	140	SP 63 BYDGOSZCZ		M30	19		00:35:35.90	00:35:35.90	+00:13:45 (38.6%)	4:44 12.6 (61.2%)
83	STARSZAK Seweryn	37			M16	6		00:35:46.05	00:35:46.05	+00:13:55 (38.9%)	4:46 12.6 (61.2%)

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Msc	Zawodnik	Numer		Klub		Kategoria	Mkat				
84	RYMARKIEWICZ Małgorzata	120				K30	5	00:35:46.55	00:35:46.55	+00:13:56 (38.9%)	4:46 12.6 (61.2%)
85	BINKOWSKI Cezary	72		BOGMAR OSTROMECKO		M40	21	00:35:54.50	00:35:54.50	+00:14:04 (39.2%)	4:47 12.5 (60.7%)
86	STARSZAK Paweł	36				M30	20	00:35:57.40	00:35:57.40	+00:14:06 (39.3%)	4:47 12.5 (60.7%)
87	MAJEWSKI Robert	180				M20	13	00:35:58.30	00:35:58.30	+00:14:07 (39.3%)	4:47 12.5 (60.7%)
88	KURBIEL Aleksandra	173				K20	2	00:35:58.50	00:35:58.50	+00:14:08 (39.3%)	4:47 12.5 (60.7%)
89	OSIECKI Grzegorz	176				M60	6	00:36:05.80	00:36:05.80	+00:14:15 (39.5%)	4:48 12.5 (60.7%)
90	RYBKA Ilona	13	1973			K40	4	00:36:08.00	00:36:08.00	+00:14:17 (39.6%)	4:49 12.5 (60.7%)
91	HALINIAK Dominik	40				M19	4	00:36:08.15	00:36:08.15	+00:14:17 (39.6%)	4:49 12.5 (60.7%)
92	SOSIŃSKA Izabela	19				K30	6	00:36:28.20	00:36:28.20	+00:14:37 (40.1%)	4:51 12.3 (59.7%)
93	KUZIOŁA Łukasz	152				M30	21	00:36:45.55	00:36:45.55	+00:14:55 (40.6%)	4:54 12.2 (59.2%)
94	RUTKOWSKI Szymon	121	BRAK			M16	7	00:36:48.30	00:36:48.30	+00:14:57 (40.7%)	4:54 12.2 (59.2%)
95	BANACH Grzegorz	25				M50	8	00:36:51.55	00:36:51.55	+00:15:01 (40.7%)	4:54 12.2 (59.2%)
96	HALINIAK Jakub	38				M16	8	00:37:13.05	00:37:13.05	+00:15:22 (41.3%)	4:57 12.1 (58.7%)
97	CHORZĘPA Bogusław	56	RUNNING			M30	22	00:37:24.55	00:37:24.55	+00:15:34 (41.6%)	4:59 12 (58.3%)
98	SOBOCIŃSKI Kamil	136		TAURUS-TECHNIC TEAM		M30	23	00:37:27.00	00:37:27.00	+00:15:36 (41.7%)	4:59 12 (58.3%)
99	ZIELNIK Józef	249				M60	7	00:37:29.75	00:37:29.75	+00:15:39 (41.7%)	4:59 12 (58.3%)
100	FALKOWSKI Ireneusz	52	BRAK			M50	9	00:37:35.25	00:37:35.25	+00:15:44 (41.9%)	5:00 12 (58.3%)
101	KOWALCZYK Robert	177		LKS OSTROMECKO		M40	22	00:37:37.90	00:37:37.90	+00:15:47 (42.0%)	5:00 12 (58.3%)
102	SZCZYGIEŁ Michał	64				M30	24	00:37:38.75	00:37:38.75	+00:15:48 (42.0%)	5:01 12 (58.3%)
103	KRYŚ Jacek	48				M50	10	00:37:41.25	00:37:41.25	+00:15:50 (42.0%)	5:01 11.9 (57.8%)
104	KOCINIEWSKI Marcin	42		LKS JANOWO		M30	25	00:37:45.50	00:37:45.50	+00:15:55 (42.2%)	5:02 11.9 (57.8%)
105	GUZAIŚKI Sławomir	171				M40	23	00:38:03.20	00:38:03.20	+00:16:12 (42.6%)	5:04 11.8 (57.3%)
106	GADOMSKA Maria	97		RUN BYDGOSZCZ		K60	1	00:38:07.30	00:38:07.30	+00:16:16 (42.7%)	5:04 11.8 (57.3%)

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107	DZIEDZIC Agnieszka	105		K30	7		00:38:11.75	00:38:11.75	+00:16:21 (42.8%)	5:05	11.8 (57.3%)
108	SYCZUK Grzegorz	70		M40	24		00:38:23.50	00:38:23.50	+00:16:33 (43.1%)	5:07	11.7 (56.8%)
109	GROTT Bartłomiej	67		M30	26		00:38:23.70	00:38:23.70	+00:16:33 (43.1%)	5:07	11.7 (56.8%)
110	MANISZEWSKI Zbigniew	74		M60	8		00:38:52.70	00:38:52.70	+00:17:02 (43.8%)	5:10	11.6 (56.3%)
111	SOSIŃSKI Paweł	20		M30	27		00:38:54.10	00:38:54.10	+00:17:03 (43.9%)	5:11	11.6 (56.3%)
112	WITT Wojciech	57		M30	28		00:39:03.50	00:39:03.50	+00:17:13 (44.1%)	5:12	11.5 (55.8%)
113	SADURSKA Agnieszka	129		K20	3		00:39:06.35	00:39:06.35	+00:17:15 (44.1%)	5:12	11.5 (55.8%)
114	LUZAK Magdalena	131		K20	4		00:39:09.20	00:39:09.20	+00:17:18 (44.2%)	5:13	11.5 (55.8%)
115	ENGEL Grzegorz	32		M40	25		00:39:19.20	00:39:19.20	+00:17:28 (44.5%)	5:14	11.4 (55.3%)
116	ENGEL Leszek	33		M40	26		00:39:20.20	00:39:20.20	+00:17:29 (44.5%)	5:14	11.4 (55.3%)
117	SADURSKI Wiesław	130		M50	11		00:39:22.55	00:39:22.55	+00:17:32 (44.5%)	5:14	11.4 (55.3%)
118	KRYSZTOFIAK Robert	7		M40	27		00:39:23.55	00:39:23.55	+00:17:33 (44.6%)	5:15	11.4 (55.3%)
119	KWIATKOWSKA Beata	151	THE RUNNERS ŚWIECIE	K30	8		00:39:24.95	00:39:24.95	+00:17:34 (44.6%)	5:15	11.4 (55.3%)
120	BLEJA Krystian	2	PGB SPORTOWA PACZKA	M30	29		00:39:25.40	00:39:25.40	+00:17:34 (44.6%)	5:15	11.4 (55.3%)
121	KARBOWNIK Mateusz	95	BOGMAR OSTROMECKO	M20	14		00:39:30.90	00:39:30.90	+00:17:40 (44.7%)	5:16	11.4 (55.3%)
122	WOŁOSZYN Kazimierz	183	ROWEROWA BRZOZA/BRZOZA BIEGA	M50	12		00:39:32.90	00:39:32.90	+00:17:42 (44.8%)	5:16	11.4 (55.3%)
123	HERMANOWSKI Łukasz	185	RUNBUSTERS	M30	30		00:39:36.80	00:39:36.80	+00:17:46 (44.9%)	5:16	11.4 (55.3%)
124	ZIÓŁKOWSKI Mieczysław	109	ZGUBIŁEM SPONSORA	M50	13		00:39:46.80	00:39:46.80	+00:17:56 (45.1%)	5:18	11.3 (54.9%)
125	RÓŻAŃSKI Karol	116	T5E	M30	31		00:40:11.25	00:40:11.25	+00:18:20 (45.7%)	5:21	11.2 (54.4%)
126	GANCKOWSKI Piotr	100		M50	14		00:40:31.75	00:40:31.75	+00:18:41 (46.1%)	5:24	11.1 (53.9%)
127	BIELEC Anna	141	MKS SP 63 BYDGOSZCZ	K20	5		00:40:33.65	00:40:33.65	+00:18:43 (46.2%)	5:24	11.1 (53.9%)
128	DZIEDZIC Marcin	106		M30	32		00:40:34.65	00:40:34.65	+00:18:44 (46.2%)	5:24	11.1 (53.9%)
129	BIELEC Michał	139	MKS SP 63 BYDGOSZCZ	M30	33		00:40:35.20	00:40:35.20	+00:18:44 (46.2%)	5:24	11.1 (53.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	mieszkaniec gminy Ostromecko	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
130	LIPOWSKA Agnieszka	123		K30	9		00:40:41.40	00:40:41.40	+00:18:50 (46.3%)	5:25	11.1 (53.9%)
131	PYTLIK Agnieszka	35		K20	6		00:40:48.55	00:40:48.55	+00:18:58 (46.5%)	5:26	11 (53.4%)
132	BORZYSZKOWSKI Grzegorz	18	STARY FORDON	M30	34		00:40:48.70	00:40:48.70	+00:18:58 (46.5%)	5:26	11 (53.4%)
133	OLEKSY Ilona	63		K30	10		00:40:52.55	00:40:52.55	+00:19:02 (46.6%)	5:26	11 (53.4%)
134	MROZEK Rafał	73		M40	28		00:40:56.95	00:40:56.95	+00:19:06 (46.7%)	5:27	11 (53.4%)
135	CZYŻAK Joanna	17	RUN BYDGOSZCZ	K40	5		00:41:02.50	00:41:02.50	+00:19:12 (46.8%)	5:28	11 (53.4%)
136	UCIŃSKI Edward	65	TTKF INSTALATOR PELIKAN SZUBIN	M60	9		00:41:11.80	00:41:11.80	+00:19:21 (47.0%)	5:29	10.9 (52.9%)
137	SZULERECKI Marcin	58	GTW	M30	35		00:41:17.20	00:41:17.20	+00:19:26 (47.1%)	5:30	10.9 (52.9%)
138	KALISZEWSKI Sławomir	49		M30	36		00:41:24.70	00:41:24.70	+00:19:34 (47.3%)	5:31	10.9 (52.9%)
139	KRUSZEWSKA Weronika	99		K16	1		00:41:33.30	00:41:33.30	+00:19:42 (47.4%)	5:32	10.8 (52.4%)
140	MIKUŁA Tomasz	22	GORDON RUN	M30	37		00:41:39.05	00:41:39.05	+00:19:48 (47.6%)	5:33	10.8 (52.4%)
141	STRUTYŃSKI Włodzimierz	6	NIEZRZESZONY	M50	15		00:41:43.00	00:41:43.00	+00:19:52 (47.6%)	5:33	10.8 (52.4%)
142	WILK Krzysztof	145		M60	10		00:42:37.00	00:42:37.00	+00:20:46 (48.7%)	5:40	10.6 (51.5%)
143	MAJEWICZ Sylwia	110		K20	7		00:42:41.35	00:42:41.35	+00:20:50 (48.8%)	5:41	10.5 (51.0%)
144	GORGOL Renata	82	RUN BYDGOSZCZ	K40	6		00:42:55.45	00:42:55.45	+00:21:04 (49.1%)	5:43	10.5 (51.0%)
145	LUBOWIECKA Julia	196		K16	2		00:43:16.25	00:43:16.25	+00:21:25 (49.5%)	5:46	10.4 (50.5%)
146	LUBOWIECKA-KUZIOŁA Sylwia	197		K30	11		00:43:26.65	00:43:26.65	+00:21:36 (49.7%)	5:47	10.4 (50.5%)
147	KUK Bartłomiej	167	LKS OSTROMECKO	M16	9		00:43:38.45	00:43:38.45	+00:21:47 (50.0%)	5:49	10.3 (50.0%)
148	JASKUŁA Marcin	61		M20	15		00:43:46.20	00:43:46.20	+00:21:55 (50.1%)	5:50	10.3 (50.0%)
149	MAJEWICZ Violetta	111		K50	2		00:44:22.75	00:44:22.75	+00:22:32 (50.8%)	5:54	10.1 (49.0%)
150	RYMARKIEWICZ Sławomir	5		M40	29		00:44:26.70	00:44:26.70	+00:22:36 (50.9%)	5:55	10.1 (49.0%)
151	KARASZEWSKI Sławomir	21		M30	38		00:44:32.85	00:44:32.85	+00:22:42 (51.0%)	5:56	10.1 (49.0%)
152	WICHTOWSKA Ewa	165		K30	12		00:44:34.20	00:44:34.20	+00:22:43 (51.0%)	5:56	10.1 (49.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	mieszkaniec gminy Ostromecko	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
153	TUPTANOWSKI Przemysław	135	WELD-LINE TEAM	M30	39		00:45:04.45	00:45:04.45	+00:23:13 (51.5%)	6:00	10 (48.5%)
154	SKORA-TUPTANOWSKA Monika	159	WELD-LINE TEAM	K30	13		00:45:04.80	00:45:04.80	+00:23:14 (51.5%)	6:00	10 (48.5%)
155	ŁOŚ Katarzyna	86		K50	3		00:45:28.70	00:45:28.70	+00:23:38 (52.0%)	6:03	9.9 (48.1%)
156	ŁOŚ Dariusz	87		M50	16		00:45:28.75	00:45:28.75	+00:23:38 (52.0%)	6:03	9.9 (48.1%)
157	ŚLIWIŃSKI Bogdan	200	LKS OSTROMECKO	M60	11		00:45:29.60	00:45:29.60	+00:23:39 (52.0%)	6:03	9.9 (48.1%)
158	WINIECKA Beata	71		K40	7		00:45:29.70	00:45:29.70	+00:23:39 (52.0%)	6:03	9.9 (48.1%)
159	SYSOŁ Joanna	134		K19	2		00:45:52.50	00:45:52.50	+00:24:02 (52.4%)	6:06	9.8 (47.6%)
160	ANDERSOHN Piotr	189	AWKS PITIK	M30	40		00:47:05.30	00:47:05.30	+00:25:14 (53.6%)	6:16	9.6 (46.6%)
161	SZTUBECKI Jacek	4		M40	30		00:47:11.50	00:47:11.50	+00:25:21 (53.7%)	6:17	9.5 (46.1%)
162	SZTUBECKA Małgorzata	3		K40	8		00:47:11.60	00:47:11.60	+00:25:21 (53.7%)	6:17	9.5 (46.1%)
163	ROZMARYNOWICZ Anna	160		K30	14		00:48:29.85	00:48:29.85	+00:26:39 (55.0%)	6:27	9.3 (45.1%)
164	KOSIŁO Tadeusz	80	RUNBUSTERS	M50	17		00:48:31.40	00:48:31.40	+00:26:40 (55.0%)	6:28	9.3 (45.1%)
165	KALISZEWSKI Wojciech	50		M30	41		00:48:57.10	00:48:57.10	+00:27:06 (55.4%)	6:31	9.2 (44.7%)
166	KAPELIŃSKI Adam	191	AWKS PITIK	M30	42		00:49:17.90	00:49:17.90	+00:27:27 (55.7%)	6:34	9.1 (44.2%)
167	ANGIEL Władysław	181		M70	1		00:50:04.00	00:50:04.00	+00:28:13 (56.4%)	6:40	9 (43.7%)
168	KUK Sylwia	163		K30	15		00:51:10.05	00:51:10.05	+00:29:19 (57.3%)	6:49	8.8 (42.7%)
169	KUBACKA Aleksandra	154		K20	8		00:56:45.95	00:56:45.95	+00:34:55 (61.5%)	7:34	7.9 (38.3%)

Znaleziono 169 wynik(ów)