



KASZUBSKA PONIEWIERKA - 30KM

B4SPORT

Wydarzenie:

Kaszubska Poniewierka 2019

Organizator:

Stowarzyszenie „Aktywni w Trójmieście”

Data:

2019-09-14

Miejsce:

Wieżycza

Dystans:

30 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Open M

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
1	CHYB Radosław	448	RUNPASSION.PL TEAM	Open M	1	02:15:54.65	02:15:56.90		4:31	13.2 (100%)
2	RUDNICKI Dariusz	641		Open M	2	02:18:50.25	02:18:53.20	+00:02:56 (2.1%)	4:37	13 (98.5%)
3	KWARTA Maciej	547	JW 4846	Open M	3	02:21:32.45	02:21:34.20	+00:05:37 (4.0%)	4:43	12.7 (96.2%)
4	GAŁĘŻA Sławomir	474	RUNPASSION.PL TEAM	Open M	4	02:23:33.05	02:23:57.65	+00:08:00 (5.6%)	4:47	12.5 (94.7%)
5	ADAMCZYK Tomasz	421	ROCK&RUN	Open M	5	02:25:27.90	02:25:31.10	+00:09:34 (6.6%)	4:50	12.4 (93.9%)
6	WITT Oskar	705		Open M	6	02:26:21.20	02:26:24.90	+00:10:28 (7.1%)	4:52	12.3 (93.2%)
7	ZAWALUK Marcin	716	(RT) RUNHOLIK TEAM	Open M	7	02:28:08.95	02:28:12.75	+00:12:15 (8.3%)	4:56	12.1 (91.7%)
8	SIKUT Arkadiusz	653	PODGÓRZ TORUŃ	Open M	8	02:29:13.60	02:29:17.70	+00:13:20 (8.9%)	4:58	12.1 (91.7%)
9	LARWIŃSKI Patryk	553	PAWKO RUNNERS	Open M	9	02:31:53.65	02:31:56.85	+00:15:59 (10.5%)	5:03	11.9 (90.2%)
10	GARDENER Jacek	735		Open M	10	02:31:57.65	02:32:00.65	+00:16:03 (10.6%)	5:03	11.8 (89.4%)
11	SKALSKI Mateusz	656		Open M	11	02:32:10.60	02:32:16.25	+00:16:19 (10.7%)	5:04	11.8 (89.4%)
12	KOWALKOWSKI Krzysztof	532	LUFTHANSA SYSTEMS ACTIVE	Open M	12	02:32:37.70	02:32:39.45	+00:16:42 (10.9%)	5:05	11.8 (89.4%)
13	GÓRYŃSKI Rafał	757	OTK RZEŹNIK	Open M	13	02:34:43.00	02:34:46.65	+00:18:49 (12.2%)	5:09	11.6 (87.9%)
14	GOŁĄB Jakub	484	NAPIERAMY	Open M	14	02:37:09.65	02:37:15.35	+00:21:18 (13.5%)	5:14	11.5 (87.1%)
15	RYGIEL Krzysztof	644		Open M	15	02:37:44.20	02:37:49.25	+00:21:52 (13.9%)	5:15	11.4 (86.4%)
16	ŁUCZKO Grzegorz	729	NATURAL BORN RUNNERS TEAM	Open M	16	02:38:04.30	02:38:06.25	+00:22:09 (14.0%)	5:16	11.4 (86.4%)
17	BŁAŻUK Jarosław	431		Open M	17	02:38:49.70	02:38:54.55	+00:22:57 (14.4%)	5:17	11.3 (85.6%)
18	SOBIERAJ Grzegorz	661	KUMPLE SEBANA	Open M	18	02:39:41.30	02:39:44.80	+00:23:47 (14.9%)	5:19	11.3 (85.6%)
19	LEŚNIAK Piotr	557		Open M	19	02:39:52.05	02:39:54.75	+00:23:57 (15.0%)	5:19	11.3 (85.6%)
20	PRZYBYLSKI Patryk	626		Open M	20	02:41:21.90	02:41:28.75	+00:25:31 (15.8%)	5:22	11.2 (84.8%)
21	ZĘBALA Sławomir	721	KB GOCH BYTÓW	Open M	21	02:42:11.65	02:42:16.65	+00:26:19 (16.2%)	5:24	11.1 (84.1%)
22	SOSNOWSKI Jarosław	664	BIEGAJĄCY TCZEW	Open M	22	02:42:07.55	02:42:26.70	+00:26:29 (16.3%)	5:24	11.1 (84.1%)
23	TELEPSKI Michał	686	LSYP ACTIVE / NULL	Open M	23	02:42:29.80	02:42:31.65	+00:26:34 (16.4%)	5:25	11.1 (84.1%)
24	SOWA Paweł	665		Open M	24	02:45:12.85	02:45:17.25	+00:29:20 (17.8%)	5:30	10.9 (82.6%)
25	FIGEL Michał	466	MIKI TEAM	Open M	25	02:45:43.85	02:45:49.35	+00:29:52 (18.0%)	5:31	10.9 (82.6%)
26	BROŻYNA Ryszard	728		Open M	26	02:45:55.55	02:46:00.75	+00:30:03 (18.1%)	5:31	10.8 (81.8%)
27	POLAŃSKI Marcin	618	GENERAT ZE SZTUTOWA	Open M	27	02:48:43.65	02:48:52.55	+00:32:55 (19.5%)	5:37	10.7 (81.1%)

Msc		Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
28		WALCZAK Jędrzej	692		Open M	28	02:49:01.90	02:49:08.45	+00:33:11 (19.6%)	5:38	10.6 (80.3%)
29		PAKULA Marcin	604	PAKULA TEAM	Open M	29	02:49:08.55	02:49:11.10	+00:33:14 (19.6%)	5:38	10.6 (80.3%)
30		KLIMOWICZ Marek	516		Open M	30	02:49:54.30	02:49:58.85	+00:34:01 (20.0%)	5:39	10.6 (80.3%)
31		MAKA Marcin	576		Open M	31	02:51:36.85	02:51:41.25	+00:35:44 (20.8%)	5:43	10.5 (79.5%)
32		LESZCZYŃSKI Tomek	556		Open M	32	02:51:49.10	02:51:55.95	+00:35:59 (20.9%)	5:43	10.5 (79.5%)
33		ŻYŁA Patryk	726		Open M	33	02:53:28.85	02:53:34.35	+00:37:37 (21.7%)	5:46	10.4 (78.8%)
34		SZYMAŃSKI Artur	680	LOTOS TEAM	Open M	34	02:53:27.65	02:53:35.45	+00:37:38 (21.7%)	5:46	10.4 (78.8%)
35		ROGOWSKI Patryk	634		Open M	35	02:54:23.10	02:54:35.75	+00:38:38 (22.1%)	5:48	10.3 (78.0%)
36		GRZYTEK Adam	493		Open M	36	02:54:33.00	02:54:53.60	+00:38:56 (22.3%)	5:49	10.3 (78.0%)
37		CHAŁUPA Daniel	445	KLUB BIEGACZA GOCH	Open M	37	02:54:54.70	02:54:57.40	+00:39:00 (22.3%)	5:49	10.3 (78.0%)
38		KOSZYK Krzysztof	750	BIEGAJĄCY TCZEW	Open M	38	02:55:18.15	02:55:35.90	+00:39:39 (22.6%)	5:50	10.3 (78.0%)
39		SIEPIOŁA Cezary	651		Open M	39	02:55:09.25	02:55:40.65	+00:39:43 (22.6%)	5:50	10.3 (78.0%)
40		HALMAN Krzysztof	497		Open M	40	02:55:34.35	02:56:02.80	+00:40:05 (22.8%)	5:51	10.3 (78.0%)
41		STRZYŻ Rafał	668		Open M	41	02:55:30.85	02:56:04.20	+00:40:07 (22.8%)	5:51	10.3 (78.0%)
42		JAKUBOWSKI Maciej	503	PGB SPORTOWA PACZKA	Open M	42	02:56:17.20	02:56:28.25	+00:40:31 (23.0%)	5:52	10.2 (77.3%)
43		ŁASKA Kazimierz	560	PGB SPORTOWA PACZKA	Open M	43	02:56:31.70	02:57:00.70	+00:41:03 (23.2%)	5:53	10.2 (77.3%)
44		MILEWCZYK Rafał	584		Open M	44	02:56:49.60	02:57:02.10	+00:41:05 (23.2%)	5:53	10.2 (77.3%)
45		TOMICKI Krzysztof	687		Open M	45	02:56:58.70	02:57:03.60	+00:41:06 (23.2%)	5:53	10.2 (77.3%)
46		ERNST Tomasz	464		Open M	46	02:57:30.10	02:57:56.95	+00:42:00 (23.6%)	5:55	10.1 (76.5%)
47		NAGOW Michał	590		Open M	47	02:58:09.05	02:58:16.35	+00:42:19 (23.7%)	5:56	10.1 (76.5%)
48		KOŁAKOWSKI Mikołaj	521	ENDURE	Open M	48	02:58:39.30	02:58:42.65	+00:42:45 (23.9%)	5:57	10.1 (76.5%)
49		SIUDA Adam	655		Open M	49	02:59:50.00	02:59:53.00	+00:43:56 (24.4%)	5:59	10 (75.8%)
50		KASCHEL Patryk	752	BALTIC SEALS	Open M	50	03:00:17.90	03:00:26.65	+00:44:29 (24.7%)	6:00	10 (75.8%)
51		SOBCZYŃSKI Paweł	660	KSB	Open M	51	03:01:04.05	03:01:07.85	+00:45:10 (24.9%)	6:02	9.9 (75.0%)
52		KORJAT Bartek	525		Open M	52	03:01:07.75	03:01:46.75	+00:45:49 (25.2%)	6:02	9.9 (75.0%)
53		SZYMAŃSKI Krzysztof	745		Open M	53	03:02:12.15	03:02:25.80	+00:46:28 (25.5%)	6:04	9.9 (75.0%)
54		GAŁKA Grzegorz	475		Open M	54	03:02:27.30	03:02:40.45	+00:46:43 (25.6%)	6:04	9.9 (75.0%)
55		BOHUCKI Piotr	737		Open M	55	03:03:14.90	03:03:21.75	+00:47:24 (25.9%)	6:06	9.8 (74.2%)
56		PRZYBORSKI Michał	625		Open M	56	03:03:33.25	03:03:41.35	+00:47:44 (26.0%)	6:07	9.8 (74.2%)
57		WLAZŁOWSKI Wojciech	706		Open M	57	03:04:07.70	03:04:20.55	+00:48:23 (26.3%)	6:08	9.8 (74.2%)
58		GDANIEC Sławomir	478	BIEGAJĄCY TCZEW	Open M	58	03:04:11.55	03:04:28.55	+00:48:31 (26.3%)	6:08	9.8 (74.2%)
59		CHODOROWICZ Kamil	447	LEŚNY CROSS	Open M	59	03:04:01.90	03:04:32.35	+00:48:35 (26.3%)	6:08	9.8 (74.2%)
60		GAFFKE Paweł	472		Open M	60	03:04:58.10	03:05:09.85	+00:49:12 (26.6%)	6:09	9.7 (73.5%)
61		WLIZŁO Paweł	707	MUZEUM ARCHEOLOGICZNO-HISTORYCZNE ELBLĄG	Open M	61	03:05:16.85	03:05:27.65	+00:49:30 (26.7%)	6:10	9.7 (73.5%)
62		NOWAK Jarosław	597	SPC	Open M	62	03:06:00.55	03:06:13.30	+00:50:16 (27.0%)	6:12	9.7 (73.5%)
63		NOWOTARSKI Wojciech	598		Open M	63	03:05:54.10	03:06:16.05	+00:50:19 (27.0%)	6:11	9.7 (73.5%)
64		KOWALSKI Łukasz	534	T-MOBILE SPORT TEAM	Open M	64	03:06:36.70	03:06:49.80	+00:50:52 (27.2%)	6:13	9.6 (72.7%)
65		WILKOSZ Krystian	703		Open M	65	03:06:38.75	03:06:58.75	+00:51:01 (27.3%)	6:13	9.6 (72.7%)
66		GRUCHAŁA Radosław	488		Open M	66	03:06:40.90	03:07:01.10	+00:51:04 (27.3%)	6:13	9.6 (72.7%)
67		SKIBNIEWSKI Marcin	658		Open M	67	03:06:48.55	03:07:07.15	+00:51:10 (27.3%)	6:13	9.6 (72.7%)
68		BILSKI Bartosz	428		Open M	68	03:07:39.55	03:07:45.25	+00:51:48 (27.6%)	6:15	9.6 (72.7%)
69		SIONDAŁSKI Marcin	743		Open M	69	03:08:43.95	03:09:11.50	+00:53:14 (28.1%)	6:17	9.5 (72.0%)
70		GUNERT Kuba	495		Open M	70	03:09:57.90	03:10:17.45	+00:54:20 (28.6%)	6:19	9.5 (72.0%)
71		TONGORI Andras	688		Open M	71	03:10:54.00	03:11:16.95	+00:55:20 (28.9%)	6:21	9.4 (71.2%)

					Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat				
72	BERA Adam	424		Open M	72	03:10:54.30	03:11:21.35	+00:55:24 (29.0%)	6:21 9.4 (71.2%)
73	GARSZTKA Mateusz	476		Open M	73	03:11:03.45	03:11:38.75	+00:55:41 (29.1%)	6:22 9.4 (71.2%)
74	PAŚNIK Paweł	608	LUPUS_GO	Open M	74	03:12:23.55	03:12:30.55	+00:56:33 (29.4%)	6:24 9.4 (71.2%)
75	WOJNICZ Paweł	709		Open M	75	03:12:15.50	03:12:34.00	+00:56:37 (29.4%)	6:24 9.4 (71.2%)
76	ŻAK Paweł	727	BROWERY TEAM	Open M	76	03:12:38.55	03:12:40.95	+00:56:44 (29.4%)	6:25 9.3 (70.5%)
77	ŚNIECIŃSKI Maciej	684		Open M	77	03:12:31.45	03:12:50.60	+00:56:53 (29.5%)	6:25 9.3 (70.5%)
78	POSTUPALSKI Michał	619	IHS MARKIT	Open M	78	03:12:43.80	03:13:04.80	+00:57:07 (29.6%)	6:25 9.3 (70.5%)
79	JAKUBEK Zbigniew Zibi	502		Open M	79	03:13:48.90	03:14:14.75	+00:58:17 (30.0%)	6:27 9.3 (70.5%)
80	PRZEWDZIECKI Karol	624	TEAM POGORZE	Open M	80	03:14:58.15	03:15:15.10	+00:59:18 (30.4%)	6:29 9.2 (69.7%)
81	ŁUCKI Mirosław	562		Open M	81	03:15:05.75	03:15:20.75	+00:59:23 (30.4%)	6:30 9.2 (69.7%)
82	WITFER Jacek	704		Open M	82	03:15:36.05	03:15:39.25	+00:59:42 (30.5%)	6:31 9.2 (69.7%)
83	KAJRUKSZTO Maciej	731	ARTURKUREK.PRO CAS	Open M	83	03:16:03.45	03:16:09.30	+01:00:12 (30.7%)	6:32 9.2 (69.7%)
84	LESZCZYŃSKI Michał	736		Open M	84	03:15:56.15	03:16:16.00	+01:00:19 (30.7%)	6:31 9.2 (69.7%)
85	KUBALSKI Paweł	542	KOWALE TEAM	Open M	85	03:16:58.30	03:17:04.65	+01:01:07 (31.0%)	6:33 9.1 (68.9%)
86	SADOWSKI Grzegorz	645		Open M	86	03:17:07.70	03:17:15.50	+01:01:18 (31.1%)	6:34 9.1 (68.9%)
87	MILKA Dawid	586		Open M	87	03:16:53.30	03:17:27.55	+01:01:30 (31.2%)	6:33 9.1 (68.9%)
88	MILKA Adam	585		Open M	88	03:16:53.10	03:17:27.85	+01:01:30 (31.2%)	6:33 9.1 (68.9%)
89	INDEO Simone	500		Open M	89	03:17:35.70	03:17:37.95	+01:01:41 (31.2%)	6:35 9.1 (68.9%)
90	LIPIŃSKI Tomasz	747	KOSZAŁKOWO	Open M	90	03:18:37.60	03:18:51.50	+01:02:54 (31.6%)	6:37 9.1 (68.9%)
91	KAMIŃSKI Marcin	738	MOCZYMORDY TEAM	Open M	91	03:18:42.45	03:18:53.15	+01:02:56 (31.6%)	6:37 9.1 (68.9%)
92	KOŁODZIEJCZAK Grzegorz	522		Open M	92	03:19:06.45	03:19:27.50	+01:03:30 (31.8%)	6:38 9 (68.2%)
93	RĄB Łukasz	741		Open M	93	03:19:36.00	03:19:59.50	+01:04:02 (32.0%)	6:39 9 (68.2%)
94	DUDZIC Kamil	461	MONAR MARIANÓWEK	Open M	94	03:19:43.45	03:20:09.25	+01:04:12 (32.1%)	6:39 9 (68.2%)
95	OSKWAREK Bogdan	602		Open M	95	03:20:21.20	03:20:32.65	+01:04:35 (32.2%)	6:40 9 (68.2%)
96	GAWRYSZEWSKI Piotr	732		Open M	96	03:20:11.55	03:20:38.05	+01:04:41 (32.2%)	6:40 9 (68.2%)
97	GRZYWACZ Karol	494		Open M	97	03:20:33.80	03:20:55.10	+01:04:58 (32.3%)	6:41 9 (68.2%)
98	SZYMBORSKI Tomek	681	BAR WANOGA	Open M	98	03:21:33.70	03:21:38.25	+01:05:41 (32.6%)	6:43 8.9 (67.4%)
99	KUBIAK Andrzej	543		Open M	99	03:21:44.20	03:21:51.45	+01:05:54 (32.7%)	6:43 8.9 (67.4%)
100	KOSIACKI Karol	527		Open M	100	03:21:49.65	03:22:05.15	+01:06:08 (32.7%)	6:43 8.9 (67.4%)
101	SŁOMKOWSKI Mateusz	734		Open M	101	03:22:00.00	03:22:06.25	+01:06:09 (32.7%)	6:44 8.9 (67.4%)
102	FILIPSKI Aleksander	469	WYMIATACZE	Open M	102	03:21:58.35	03:22:14.10	+01:06:17 (32.8%)	6:43 8.9 (67.4%)
103	ZĘBALA Dariusz	722	DRUTEX	Open M	103	03:22:50.00	03:23:11.05	+01:07:14 (33.1%)	6:45 8.9 (67.4%)
104	MATUSZYŃSKI Mirosław	574	KB GOCH BYTÓW	Open M	104	03:22:50.95	03:23:11.15	+01:07:14 (33.1%)	6:45 8.9 (67.4%)
105	KUC Krzysztof	733		Open M	105	03:24:17.85	03:24:52.45	+01:08:55 (33.6%)	6:48 8.8 (66.7%)
106	MARSZAŁKOWSKI Karol	571		Open M	106	03:24:52.85	03:25:08.85	+01:09:11 (33.7%)	6:49 8.8 (66.7%)
106	MARSZAŁKOWSKI Piotr	572		Open M	107	03:24:52.15	03:25:08.85	+01:09:11 (33.7%)	6:49 8.8 (66.7%)
108	CEIER Grzegorz	442	LUFTHANSA SYSTEMS POLAND ACTIVE!	Open M	108	03:25:31.75	03:25:50.25	+01:09:53 (34.0%)	6:51 8.8 (66.7%)
109	MADEJ Paweł	563	PGB SPORTOWA PACZKA	Open M	109	03:25:25.50	03:25:55.30	+01:09:58 (34.0%)	6:50 8.8 (66.7%)
110	LACKOWSKI Andrzej	552	AIKIDO UMK TORUŃ	Open M	110	03:26:01.10	03:26:03.55	+01:10:06 (34.0%)	6:52 8.7 (65.9%)
111	ZABOROWSKI Mariusz	740		Open M	111	03:26:35.40	03:26:48.80	+01:10:51 (34.3%)	6:53 8.7 (65.9%)
112	WOLAŃSKI Tomasz	753		Open M	112	03:27:13.00	03:27:17.85	+01:11:20 (34.4%)	6:54 8.7 (65.9%)
113	LEBIEDZIŃSKI Radek	555	NORDA ACTIVE TEAM	Open M	113	03:28:10.50	03:28:21.10	+01:12:24 (34.8%)	6:56 8.6 (65.2%)
114	MICHTA Bartłomiej	580		Open M	114	03:27:51.45	03:28:27.05	+01:12:30 (34.8%)	6:55 8.7 (65.9%)
115	DOMŻALSKI Marek	457		Open M	115	03:28:16.10	03:28:49.25	+01:12:52 (34.9%)	6:56 8.6 (65.2%)

						Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	30km	30km			
116	SERAFIN Bartłomiej	648	BBL GDAŃSK	Open M	116	03:30:03.20	03:30:10.05	+01:14:13 (35.3%)	7:00	8.6 (65.2%)
117	PRZYSIĘŻNY Grzegorz	628		Open M	117	03:26:40.05	03:30:55.80	+01:14:58 (35.5%)	6:53	8.7 (65.9%)
118	WYRĄBKIEWICZ Janusz	760		Open M	118	03:32:00.10	03:32:20.85	+01:16:23 (36.0%)	7:04	8.5 (64.4%)
119	MARCINIAK Andrzej	567	TOTALNIE BIEGNIĘCI	Open M	119	03:32:00.30	03:32:22.90	+01:16:26 (36.0%)	7:04	8.5 (64.4%)
119	LITKA Andrzej	730		Open M	120	03:32:00.35	03:32:22.90	+01:16:26 (36.0%)	7:04	8.5 (64.4%)
121	WILK Artur	702		Open M	121	03:32:50.30	03:33:17.35	+01:17:20 (36.3%)	7:05	8.5 (64.4%)
122	KROPLEWSKI Blazej	751	TRIPLESIXX	Open M	122	03:33:24.70	03:33:57.45	+01:18:00 (36.5%)	7:06	8.4 (63.6%)
123	RUMIŃSKI Rafał	642	RUNEDA	Open M	123	03:34:21.15	03:34:32.05	+01:18:35 (36.6%)	7:08	8.4 (63.6%)
124	CHYLIŃSKI Łukasz	449	LEŚNY CROSS	Open M	124	03:34:08.50	03:34:34.05	+01:18:37 (36.6%)	7:08	8.4 (63.6%)
125	GARSZTKA Dominik	477		Open M	125	03:34:42.65	03:35:18.40	+01:19:21 (36.9%)	7:09	8.4 (63.6%)
126	KAŻMIERCZAK Dariusz	514		Open M	126	03:34:59.00	03:35:26.05	+01:19:29 (36.9%)	7:09	8.4 (63.6%)
127	ROWICKI Jarek	639	MONAR MARIANÓWEK	Open M	127	03:35:08.40	03:35:40.10	+01:19:43 (37.0%)	7:10	8.4 (63.6%)
128	BŁAŻEJKO Paweł	430	NATIONALE NEDERLANDEN	Open M	128	03:35:22.70	03:35:48.65	+01:19:51 (37.0%)	7:10	8.4 (63.6%)
129	DUKAŁA Arkadiusz	462	KB GOCH	Open M	129	03:35:41.10	03:35:53.75	+01:19:56 (37.0%)	7:11	8.3 (62.9%)
130	MIZIK Maciej	587		Open M	130	03:36:05.40	03:36:29.75	+01:20:32 (37.2%)	7:12	8.3 (62.9%)
131	KONOPSKI Piotr	523		Open M	131	03:36:29.30	03:36:53.95	+01:20:57 (37.3%)	7:12	8.3 (62.9%)
132	FRĄCZEK Rafał	470	OIRP GDAŃSK	Open M	132	03:36:54.20	03:37:08.45	+01:21:11 (37.4%)	7:13	8.3 (62.9%)
133	MAKARENKO Adam	565		Open M	133	03:37:08.00	03:37:45.45	+01:21:48 (37.6%)	7:14	8.3 (62.9%)
134	SZOLC-NARTOWSKI Bartosz	761		Open M	134	03:38:19.65	03:38:25.25	+01:22:28 (37.8%)	7:16	8.2 (62.1%)
135	WILCZYŃSKI Paweł	701	BODY IN MOTION	Open M	135	03:38:48.60	03:39:16.85	+01:23:19 (38.0%)	7:17	8.2 (62.1%)
136	GEPPERT Stanisław	479		Open M	136	03:39:48.00	03:40:11.45	+01:24:14 (38.3%)	7:19	8.2 (62.1%)
137	JAŁKIEWICZ Alek	504	MAMY TO	Open M	137	03:40:17.45	03:40:30.20	+01:24:33 (38.3%)	7:20	8.2 (62.1%)
138	RAFALSKI Elias	630	LEŚNY CROSS	Open M	138	03:40:30.80	03:41:01.85	+01:25:04 (38.5%)	7:21	8.2 (62.1%)
139	SERZYSKO Wojciech	649	ACCENTURE	Open M	139	03:41:42.25	03:42:06.00	+01:26:09 (38.8%)	7:23	8.1 (61.4%)
140	PILECKI Paweł	616		Open M	140	03:42:23.10	03:43:02.20	+01:27:05 (39.0%)	7:24	8.1 (61.4%)
141	WOJTASZEK Marcin	710		Open M	141	03:44:06.95	03:44:30.95	+01:28:34 (39.4%)	7:28	8 (60.6%)
142	ROPELA Andrzej	749	KOSZAŁKOWO	Open M	142	03:44:28.45	03:44:45.10	+01:28:48 (39.5%)	7:28	8 (60.6%)
143	RESZKA Witek	632	IRONTEAM3CITY	Open M	143	03:46:19.60	03:46:31.55	+01:30:34 (40.0%)	7:32	8 (60.6%)
144	RATAJCZYK Piotr	631		Open M	144	03:46:14.25	03:46:48.50	+01:30:51 (40.1%)	7:32	8 (60.6%)
145	JASIOROWSKI Michał	506		Open M	145	03:47:12.25	03:47:25.90	+01:31:29 (40.2%)	7:34	7.9 (59.8%)
146	NITA Wiesław	596	VILLAGE PUNK RUN	Open M	146	03:47:21.95	03:47:41.20	+01:31:44 (40.3%)	7:34	7.9 (59.8%)
147	BRZEZIŃSKI Piotr	437		Open M	147	03:47:51.70	03:48:18.80	+01:32:21 (40.5%)	7:35	7.9 (59.8%)
148	WOŁOSZYK Sebastian	711		Open M	148	03:49:43.10	03:49:56.80	+01:33:59 (40.9%)	7:39	7.8 (59.1%)
149	KOZA Krzysztof	536	CĚSIS ECO TRAIL	Open M	149	03:50:29.50	03:50:47.35	+01:34:50 (41.1%)	7:41	7.8 (59.1%)
150	ZEME Vilmārs	719		Open M	150	03:50:49.35	03:51:19.15	+01:35:22 (41.2%)	7:41	7.8 (59.1%)
151	POLAKOW Konrad	617		Open M	151	03:51:28.05	03:51:40.25	+01:35:43 (41.3%)	7:42	7.8 (59.1%)
152	DREW CZYŃSKI Daniel	459	PGB SPORTOWA PACZKA	Open M	152	03:51:59.35	03:52:28.25	+01:36:31 (41.5%)	7:44	7.8 (59.1%)
153	GUTOWSKI Grzegorz	496	PGB SPORTOWA PACZKA	Open M	153	03:51:59.90	03:52:28.55	+01:36:31 (41.5%)	7:44	7.8 (59.1%)
154	CHODKIEWICZ Tomasz	446	KIS TRANSPORT	Open M	154	03:52:44.50	03:52:59.70	+01:37:02 (41.7%)	7:45	7.7 (58.3%)
155	WIERZBA Jan	758		Open M	155	03:52:44.75	03:53:00.05	+01:37:03 (41.7%)	7:45	7.7 (58.3%)
156	ROPEL Mirosław	636		Open M	156	03:52:32.80	03:53:01.70	+01:37:04 (41.7%)	7:45	7.7 (58.3%)
157	KWIATKOWSKI Andrzej	550	PGB SPORTOWA PACZKA	Open M	157	03:52:40.35	03:53:10.15	+01:37:13 (41.7%)	7:45	7.7 (58.3%)
158	MIĄSEK Ryszard	579		Open M	158	03:53:00.65	03:53:30.35	+01:37:33 (41.8%)	7:46	7.7 (58.3%)
159	PAWŁOWSKI Mirosław	610		Open M	159	03:54:07.20	03:54:39.35	+01:38:42 (42.1%)	7:48	7.7 (58.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 30km	Czas brutto 30km	Różn	Tempo min/km	Tempo km/h
160	MARCINKOWSKI Szymon	569		Open M	160	03:55:30.15	03:55:52.60	+01:39:55 (42.4%)	7:51	7.6 (57.6%)
161	SZYMCZAK Jakub	682		Open M	161	03:55:44.15	03:56:10.95	+01:40:14 (42.4%)	7:51	7.6 (57.6%)
162	SZADEJKO Adam	670		Open M	162	03:55:43.40	03:56:20.55	+01:40:23 (42.5%)	7:51	7.6 (57.6%)
163	WIDMAN Paweł	698		Open M	163	03:58:36.20	03:58:50.60	+01:42:53 (43.1%)	7:57	7.5 (56.8%)
164	WIERZBICKI Mikołaj	699		Open M	164	03:58:26.10	03:58:59.70	+01:43:02 (43.1%)	7:56	7.5 (56.8%)
165	WENCŁAWSKI Michał	696	DECATHLON POWER SŁUPSK	Open M	165	03:59:18.55	03:59:40.45	+01:43:43 (43.3%)	7:58	7.5 (56.8%)
166	KULA Adam	546	TOTALNIE BIEGNIĘCI	Open M	166	03:59:23.95	03:59:51.90	+01:43:55 (43.3%)	7:58	7.5 (56.8%)
167	WASILEWSKI Mariusz	695	BRAK	Open M	167	03:59:42.90	04:00:00.35	+01:44:03 (43.4%)	7:59	7.5 (56.8%)
168	MELZER Arkadiusz	577		Open M	168	04:03:18.25	04:03:40.10	+01:47:43 (44.2%)	8:06	7.4 (56.1%)
169	KALNINS Girts	511	MTS / KLIBA DROSME	Open M	169	04:06:49.70	04:07:19.95	+01:51:23 (45.0%)	8:13	7.3 (55.3%)
170	KOSTUCH Przemysław	528		Open M	170	04:07:34.80	04:07:41.95	+01:51:45 (45.1%)	8:15	7.3 (55.3%)
171	GAFFKE Krzysztof	473		Open M	171	04:09:43.15	04:09:55.50	+01:53:58 (45.6%)	8:19	7.2 (54.5%)
172	GŁOMBIOWSKI Jakub	482	#DEGLOMBS #GPNS #TUMBO TEAM	Open M	172	04:09:48.55	04:10:13.20	+01:54:16 (45.7%)	8:19	7.2 (54.5%)
173	BERGMANN Arkadiusz	426		Open M	173	04:10:29.70	04:10:41.35	+01:54:44 (45.8%)	8:21	7.2 (54.5%)
174	RÓŻAŃSKI Maciej	640		Open M	174	04:12:54.10	04:13:27.40	+01:57:30 (46.4%)	8:25	7.1 (53.8%)
175	KWAŚNICKI Wojciech	548	KASZUBI LUZINO	Open M	175	04:12:54.55	04:13:27.80	+01:57:30 (46.4%)	8:25	7.1 (53.8%)
176	ROSZMAN Henryk	638		Open M	176	04:15:27.85	04:15:59.55	+02:00:02 (46.9%)	8:30	7 (53.0%)
177	KLEIN Kamil	748	KOSZAŁKOWO	Open M	177	04:15:50.00	04:16:04.25	+02:00:07 (46.9%)	8:31	7 (53.0%)
178	KOHNKE Tomasz	519	LUFTHANSA SYSTEMS POLAND ACTIVE! / BBL AWFIS GDAŃSK	Open M	178	04:17:19.40	04:17:40.75	+02:01:43 (47.2%)	8:34	7 (53.0%)
179	KANIEWSKI Marek	513		Open M	179	04:17:49.95	04:18:14.85	+02:02:17 (47.4%)	8:35	7 (53.0%)
180	BURCZYK Adam	441		Open M	180	04:21:44.25	04:22:02.10	+02:06:05 (48.1%)	8:43	6.9 (52.3%)
181	MARCINKOWSKI Piotr	570		Open M	181	04:26:24.65	04:26:47.50	+02:10:50 (49.0%)	8:52	6.8 (51.5%)
182	SYCHOWSKI Kamil	669		Open M	182	04:29:25.40	04:29:35.75	+02:13:38 (49.6%)	8:58	6.7 (50.8%)
183	BARYZA Robert	423		Open M	183	04:31:25.90	04:31:44.50	+02:15:47 (50.0%)	9:02	6.6 (50.0%)
184	KNOSOWSKI Sławomir	518		Open M	184	04:32:46.30	04:33:03.65	+02:17:06 (50.2%)	9:05	6.6 (50.0%)
185	MORAWSKI Piotr	588		Open M	185	04:37:51.60	04:38:16.90	+02:22:20 (51.1%)	9:15	6.5 (49.2%)
186	SZWED Piotr	679		Open M	186	04:42:46.00	04:43:07.75	+02:27:10 (52.0%)	9:25	6.4 (48.5%)
Przekroczony limit czasu: 05:10:00										
187	OZOLS Guntars	603	CĒSIS ECO TRAIL	Open M	187	05:33:07.45	05:33:40.00	+03:17:43 (59.3%)	11:06	5.4 (40.9%)
	KINAL Jakub	755		Open M		DNF	DNF		-	- (0.0%)
	PESTKA Paweł	612	SM KOŚCIERZYNA	Open M		DNF	DNF		-	- (0.0%)

Znaleziono 189 wynik(ów)