

# RZEŹNIK NA RATY - DZIEŃ I

B4SPORT

**Organizator:** Fundacja Bieg Rzeźnika  
**Data:** 2016-05-23  
**Miejsce:** Komańcza  
**Dystans:** 33 km

**B4SPORT**  
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	16.7km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
1	<b>KAMIŃSKI Artur</b>	<b>2109</b>	GMINA SADKOWICE	M30	1	00:00:00	01:30:07	<b>02:45:24.50</b>	<b>02:45:24.50</b>		5:00	12
2	<b>CISZCZONIK Sebastian</b>	<b>2159</b>	SPORTIVA.PL	M30	2	00:00:00	01:30:07	<b>02:46:35.15</b>	<b>02:46:35.15</b>	+00:01:10	5:02	11.9
3	<b>GAPSKI Mateusz</b>	<b>2125</b>		M20	1	00:00:00	01:30:07	<b>02:56:14.65</b>	<b>02:56:14.65</b>	+00:10:50	5:20	11.2
4	<b>POLAŃSKI Tomasz</b>	<b>2091</b>	B4SPORT	M40	1	00:00:00	01:34:46	<b>02:57:08.95</b>	<b>02:57:08.95</b>	+00:11:44	5:22	11.2
5	<b>BAKALARZ Emil</b>	<b>2068</b>		M20	2	00:00:00	01:36:09	<b>03:05:18.90</b>	<b>03:05:18.90</b>	+00:19:54	5:36	10.7
6	<b>KUJAWSKI Bartek</b>	<b>2059</b>	GRUPETTO GORLICE	M20	3	00:00:00	01:38:49	<b>03:07:42.05</b>	<b>03:07:42.05</b>	+00:22:17	5:41	10.5
7	<b>PRĘDKI Mirosław</b>	<b>2131</b>		M30	3	00:00:00	01:42:57	<b>03:08:15.00</b>	<b>03:08:15.00</b>	+00:22:50	5:42	10.5
8	<b>MORAWSKI Filip</b>	<b>2027</b>	FILIP MORAWSKI	M40	2	00:00:00	01:37:41	<b>03:10:30.00</b>	<b>03:10:30.00</b>	+00:25:05	5:46	10.4
9	<b>WARSKI Patryk</b>	<b>2060</b>		M30	4	00:00:00	01:45:16	<b>03:20:57.80</b>	<b>03:20:57.80</b>	+00:35:33	6:05	9.9
10	<b>KNOPEK Robert</b>	<b>2144</b>		M30	5	00:00:00	01:39:03	<b>03:22:27.85</b>	<b>03:22:27.85</b>	+00:37:03	6:08	9.8
11	<b>FIJAŁKOWSKI Radosław</b>	<b>2142</b>	CROSSFIT GCW	M30	6	00:00:00	01:51:16	<b>03:23:33.20</b>	<b>03:23:33.20</b>	+00:38:08	6:10	9.7
12	<b>DUCKI Piotr</b>	<b>2170</b>	OTK RZEŹNIK	M30	7	00:00:00	01:51:13	<b>03:28:20.90</b>	<b>03:28:20.90</b>	+00:42:56	6:18	9.5
13	<b>ROWIŃSKI Michał</b>	<b>2043</b>	LUBAWA KOCHA BIEGAĆ	M30	8	00:00:00	01:52:15	<b>03:31:24.00</b>	<b>03:31:24.00</b>	+00:45:59	6:24	9.4
14	<b>FOGIEL-PAWŁOWSKA Agnieszka</b>	<b>2168</b>	LOS BIEGANEROS	K30	1	00:00:00	01:59:29	<b>03:38:37.45</b>	<b>03:38:37.45</b>	+00:53:12	6:37	9.1
15	<b>GOLBA Łukasz</b>	<b>2063</b>	ZABIEGANI MIELEC	M30	9	00:00:00	01:58:41	<b>03:38:55.15</b>	<b>03:38:55.15</b>	+00:53:30	6:38	9
16	<b>WAŁCZYK Krzysztof</b>	<b>2083</b>		M30	10	00:00:00	01:59:32	<b>03:40:18.65</b>	<b>03:40:18.65</b>	+00:54:54	6:40	9
17	<b>PAWLIŃSKI Adam</b>	<b>2132</b>	PRO-RUN WROCŁAW	M30	11	00:00:00	02:01:17	<b>03:40:59.65</b>	<b>03:40:59.65</b>	+00:55:35	6:41	9
18	<b>POTĘGA Izabela</b>	<b>2046</b>	DELPHI RUNNING TEAM	K30	2	00:00:00	01:56:56	<b>03:42:10.95</b>	<b>03:42:10.95</b>	+00:56:46	6:43	8.9
19	<b>CISKI Piotr</b>	<b>2128</b>		M40	3	00:00:00	02:00:30	<b>03:43:13.65</b>	<b>03:43:13.65</b>	+00:57:49	6:45	8.9
20	<b>SALIK Stanisław</b>	<b>2151</b>		M40	4	00:00:00	02:03:37	<b>03:43:41.35</b>	<b>03:43:41.35</b>	+00:58:16	6:46	8.9
21	<b>KRUSZEWSKA-SENK Agnieszka</b>	<b>2062</b>	OBOZYBIEGOWE.PL	K30	3	00:00:00	02:00:23	<b>03:44:02.00</b>	<b>03:44:02.00</b>	+00:58:37	6:47	8.8
22	<b>PIETRASZEWSKI Witold</b>	<b>2126</b>	NETBOX BIEGA	M30	12	00:00:00	02:00:58	<b>03:44:41.25</b>	<b>03:44:41.25</b>	+00:59:16	6:48	8.8
23	<b>CZELNY Tomasz</b>	<b>2031</b>	SMASHING PĄPKINS	M30	13	00:00:00	02:02:28	<b>03:45:58.20</b>	<b>03:45:58.20</b>	+01:00:33	6:50	8.8
24	<b>ZAWAL Przemysław</b>	<b>2020</b>	REMBERTÓW TEAM	M30	14	00:00:00	02:03:52	<b>03:46:37.95</b>	<b>03:46:37.95</b>	+01:01:13	6:52	8.7
25	<b>MOĆKO Jacek</b>	<b>2012</b>		M20	4	00:00:00	01:58:41	<b>03:48:09.85</b>	<b>03:48:09.85</b>	+01:02:45	6:54	8.7
26	<b>MAZIARZ Damian</b>	<b>2047</b>	BIEGAJĄCY ŚWIDNIK	M30	15	00:00:00	02:13:29	<b>03:50:57.05</b>	<b>03:50:57.05</b>	+01:05:32	6:59	8.6
27	<b>BURANDT Magdalena</b>	<b>2019</b>	123 TRI DRUŻYNA WLKA	K30	4	00:00:00	02:02:54	<b>03:52:15.45</b>	<b>03:52:15.45</b>	+01:06:50	7:02	8.5
28	<b>JUSZCZAK Zbigniew</b>	<b>2092</b>	NIEZRZESZONY	M50	1	00:00:00	02:04:26	<b>03:54:06.10</b>	<b>03:54:06.10</b>	+01:08:41	7:05	8.5
29	<b>GIMZICKA Ewa</b>	<b>2075</b>	BANDA I WANDA	K30	5	00:00:00	02:04:07	<b>03:54:26.20</b>	<b>03:54:26.20</b>	+01:09:01	7:06	8.4
30	<b>ŻULEWSKI Radosław</b>	<b>2101</b>		M20	5	00:00:00	02:06:40	<b>03:55:41.10</b>	<b>03:55:41.10</b>	+01:10:16	7:08	8.4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	16.7km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
31	<b>HYJEK Elżbieta</b>	<b>2040</b>		K40	1	00:00:00	02:01:51	<b>03:56:16.60</b>	<b>03:56:16.60</b>	+01:10:52	7:09	8.4
32	<b>BRYŁA Krzysztof</b>	<b>2079</b>	DRUŻYNA SZPIKU BIEGNIJMY.PL KOSZALIN	M40	5	00:00:00	02:04:23	<b>03:56:21.70</b>	<b>03:56:21.70</b>	+01:10:57	7:09	8.4
33	<b>KOKOSZKA Magdalena</b>	<b>2039</b>	ZABIEGANI MIELEC	K30	6	00:00:00	02:03:57	<b>03:56:44.25</b>	<b>03:56:44.25</b>	+01:11:19	7:10	8.4
34	<b>CHABKO Jacek</b>	<b>2066</b>	2. WOG WROCŁAW	M40	6	00:00:00	02:01:42	<b>04:01:45.65</b>	<b>04:01:45.65</b>	+01:16:21	7:19	8.2
35	<b>CHWAŁA Artur</b>	<b>2165</b>		M30	16	00:00:00	02:03:21	<b>04:03:32.80</b>	<b>04:03:32.80</b>	+01:18:08	7:22	8.1
36	<b>WIADERNA Nina</b>	<b>2021</b>		K30	7	00:00:00	02:09:07	<b>04:05:05.95</b>	<b>04:05:05.95</b>	+01:19:41	7:25	8.1
36	<b>KACZMAREK Karolina</b>	<b>2022</b>		K30	8	00:00:00	02:09:07	<b>04:05:05.95</b>	<b>04:05:05.95</b>	+01:19:41	7:25	8.1
38	<b>SUROWIEC Grzegorz</b>	<b>2120</b>	BESTA SP. Z O.O.	M30	17	00:00:00	02:36:20	<b>04:07:49.20</b>	<b>04:07:49.20</b>	+01:22:24	7:30	8
39	<b>FRAŃKIEWICZ Karol</b>	<b>2105</b>		M40	7	00:00:00	02:02:07	<b>04:08:00.25</b>	<b>04:08:00.25</b>	+01:22:35	7:30	8
40	<b>TERESZKIEWICZ Joanna</b>	<b>2028</b>	PKO BP	K20	1	00:00:00	02:34:00	<b>04:08:10.80</b>	<b>04:08:10.80</b>	+01:22:46	7:31	8
41	<b>SZUSZKIEWICZ Marzena</b>	<b>2111</b>		K40	2	00:00:00	02:12:58	<b>04:09:10.65</b>	<b>04:09:10.65</b>	+01:23:46	7:33	7.9
42	<b>ZYGADLEWICZ Grzegorz</b>	<b>2112</b>		M30	18	00:00:00	02:07:27	<b>04:10:04.55</b>	<b>04:10:04.55</b>	+01:24:40	7:34	7.9
43	<b>DARŁAK Lucasz</b>	<b>2134</b>	SMASHING PĄPKINS	M20	6	00:00:00	02:08:34	<b>04:13:18.35</b>	<b>04:13:18.35</b>	+01:27:53	7:40	7.8
44	<b>MRUGAŁA Wojciech</b>	<b>2133</b>	KILOWATY RUNNERS	M20	7	00:00:00	02:06:50	<b>04:13:55.25</b>	<b>04:13:55.25</b>	+01:28:30	7:41	7.8
45	<b>PÓŁTORAK Katarzyna</b>	<b>2081</b>		K30	9	00:00:00	02:17:33	<b>04:14:05.85</b>	<b>04:14:05.85</b>	+01:28:41	7:41	7.8
46	<b>KWIECIEŃ Sebastian</b>	<b>2048</b>	ZAPIERDALACZE	M30	19	00:00:00	02:25:28	<b>04:14:08.25</b>	<b>04:14:08.25</b>	+01:28:43	7:42	7.8
47	<b>SALAK Piotr</b>	<b>2122</b>		M40	8	00:00:00	02:14:21	<b>04:14:47.65</b>	<b>04:14:47.65</b>	+01:29:23	7:43	7.8
48	<b>SERAFIN Paulina</b>	<b>2140</b>		K20	2	00:00:00	02:09:15	<b>04:15:54.50</b>	<b>04:15:54.50</b>	+01:30:30	7:45	7.7
49	<b>BIJOŚ Mirosław</b>	<b>2070</b>		M30	20	00:00:00	02:13:05	<b>04:17:21.95</b>	<b>04:17:21.95</b>	+01:31:57	7:47	7.7
50	<b>ADAMCZYK Janusz</b>	<b>2073</b>		M40	9	00:00:00	02:07:11	<b>04:17:48.90</b>	<b>04:17:48.90</b>	+01:32:24	7:48	7.7
51	<b>OTAWSKI Maciej</b>	<b>2050</b>	ARCADIS RUNNING TEAM	M30	21	00:00:00	02:20:01	<b>04:18:14.50</b>	<b>04:18:14.50</b>	+01:32:50	7:49	7.7
52	<b>WAHL Daniel</b>	<b>2071</b>	T.S. AKS CHORZÓW	M30	22	00:00:00	02:36:44	<b>04:18:50.00</b>	<b>04:18:50.00</b>	+01:33:25	7:50	7.6
53	<b>GOWIN Wiktor</b>	<b>2147</b>	BOZONY HIGGSA	M20	8	00:00:00	02:16:27	<b>04:19:02.10</b>	<b>04:19:02.10</b>	+01:33:37	7:50	7.6
54	<b>ŁUKASIEWICZ Marcin</b>	<b>2148</b>	BOZONY HIGGSA	M20	9	00:00:00	02:16:28	<b>04:19:02.15</b>	<b>04:19:02.15</b>	+01:33:37	7:50	7.6
55	<b>BRAUN Krzysztof</b>	<b>2115</b>	SMARTOYS.PL	M40	10	00:00:00	02:20:34	<b>04:20:33.90</b>	<b>04:20:33.90</b>	+01:35:09	7:53	7.6
56	<b>BAR Tomasz</b>	<b>2064</b>		M30	23	00:00:00	02:38:44	<b>04:21:40.05</b>	<b>04:21:40.05</b>	+01:36:15	7:55	7.6
57	<b>KRUPCZYŃSKI Mariusz</b>	<b>2084</b>	KRUPOLS TEAM	M50	2	00:00:00	02:14:50	<b>04:21:46.75</b>	<b>04:21:46.75</b>	+01:36:22	7:55	7.6
58	<b>SIKORA Paweł</b>	<b>2149</b>	KRABOLUDZIE	M30	24	00:00:00	02:16:54	<b>04:21:59.00</b>	<b>04:21:59.00</b>	+01:36:34	7:56	7.6
59	<b>ZIELIŃSKI Marek</b>	<b>2129</b>		M20	10	00:00:00	02:30:37	<b>04:23:05.75</b>	<b>04:23:05.75</b>	+01:37:41	7:58	7.5
60	<b>DZIAŁO Agnieszka</b>	<b>2041</b>		K30	10	00:00:00	02:15:29	<b>04:24:28.25</b>	<b>04:24:28.25</b>	+01:39:03	8:00	7.5
61	<b>KMIEĆ Robert</b>	<b>2011</b>		M40	11	00:00:00	02:15:57	<b>04:24:28.65</b>	<b>04:24:28.65</b>	+01:39:04	8:00	7.5
62	<b>ĆWIKLINSKI Maciej</b>	<b>2065</b>		M40	12	00:00:00	02:37:27	<b>04:24:39.20</b>	<b>04:24:39.20</b>	+01:39:14	8:01	7.5
63	<b>SOŁTYS Krzysztof</b>	<b>2017</b>		M40	13	00:00:00	02:15:40	<b>04:25:45.15</b>	<b>04:25:45.15</b>	+01:40:20	8:03	7.5
64	<b>CEGLARZ Jacek</b>	<b>2153</b>		M30	25	00:00:00	02:25:00	<b>04:27:41.90</b>	<b>04:27:41.90</b>	+01:42:17	8:06	7.4
65	<b>STAWIARSKI Artur</b>	<b>2152</b>		M40	14	00:00:00	02:18:01	<b>04:28:54.95</b>	<b>04:28:54.95</b>	+01:43:30	8:08	7.4
66	<b>MARCINEK Łukasz</b>	<b>2016</b>	NIE TERAZ, POTEM	M30	26	00:00:00	02:15:35	<b>04:29:59.50</b>	<b>04:29:59.50</b>	+01:44:35	8:10	7.3
67	<b>KREFT Dorota</b>	<b>2164</b>	KLUB WYSOKOGÓRSKI TRÓJMIASTO	K30	11	00:00:00	02:21:32	<b>04:30:10.50</b>	<b>04:30:10.50</b>	+01:44:46	8:11	7.3
68	<b>KREBS Marcin</b>	<b>2107</b>	RUN&SMILE PABIANICE	M30	27	00:00:00	02:16:29	<b>04:30:49.95</b>	<b>04:30:49.95</b>	+01:45:25	8:12	7.3
69	<b>GAŁUSZEK Michał</b>	<b>2045</b>	EPO RACING ADVENTURE TEAM	M20	11	00:00:00	02:25:33	<b>04:32:43.90</b>	<b>04:32:43.90</b>	+01:47:19	8:15	7.3
70	<b>KRUPCZYŃSKI Szymon</b>	<b>2086</b>	KRUPOLS TEAM	M20	12	00:00:00	02:19:19	<b>04:33:20.45</b>	<b>04:33:20.45</b>	+01:47:55	8:16	7.2
71	<b>POGORZELSKI Jacek</b>	<b>2032</b>		M40	15	00:00:00	02:24:35	<b>04:33:39.25</b>	<b>04:33:39.25</b>	+01:48:14	8:17	7.2
72	<b>BRUSZEWSKA- GŁOMBIOWSKA Monika</b>	<b>2052</b>		K40	3	00:00:00	02:26:25	<b>04:33:43.30</b>	<b>04:33:43.30</b>	+01:48:18	8:17	7.2
73	<b>LUBAŃSKI Robert</b>	<b>2156</b>		M50	3	00:00:00	02:37:06	<b>04:36:33.35</b>	<b>04:36:33.35</b>	+01:51:08	8:22	7.2

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	16.7km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
74	MISIEK Marek	2014	POCZTOWA GRUPA BIEGOWA SPORTOWA PACZKA	M50	4	00:00:00	02:41:07	<b>04:39:03.55</b>	<b>04:39:03.55</b>	+01:53:39	8:27	7.1
75	BRYLONEK Grzegorz	2080	RADIO WROCŁAW	M40	16	00:00:00	02:36:41	<b>04:39:03.60</b>	<b>04:39:03.60</b>	+01:53:39	8:27	7.1
76	CZAJKA Joanna	2072		K30	12	00:00:00	02:33:00	<b>04:40:35.65</b>	<b>04:40:35.65</b>	+01:55:11	8:30	7.1
77	ŁĄTKOWSKI Maciej	2119	KB MANIAC ULTRA	M40	17	00:00:00	02:33:09	<b>04:40:35.95</b>	<b>04:40:35.95</b>	+01:55:11	8:30	7.1
78	KOCIOŁEK Andrzej	2055	KANCELARIA BIEGOWA STASZEWSKY	M40	18	00:00:00	02:24:34	<b>04:40:55.55</b>	<b>04:40:55.55</b>	+01:55:31	8:30	7
79	KOPERA Anna	2124	KAMZIK TEAM	K40	4	00:00:00	02:36:54	<b>04:43:24.75</b>	<b>04:43:24.75</b>	+01:58:00	8:35	7
80	FLAK Łukasz	2049	ZAPIERDALACZE	M30	28	00:00:00	02:58:39	<b>04:44:19.30</b>	<b>04:44:19.30</b>	+01:58:54	8:36	7
81	ATRASZKIEWICZ Magda	2118	F3TEAM	K40	5	00:00:00	02:36:45	<b>04:44:57.35</b>	<b>04:44:57.35</b>	+01:59:32	8:38	6.9
82	BRAUN Maria	2116	SMARTOYS.PL	K30	13	00:00:00	02:34:20	<b>04:45:26.55</b>	<b>04:45:26.55</b>	+02:00:02	8:38	6.9
83	PIETRZYKOWSKI Artur	2024		M40	19	00:00:00	02:25:42	<b>04:46:11.15</b>	<b>04:46:11.15</b>	+02:00:46	8:40	6.9
84	STODULSKI Tomasz	2015		M30	29	00:00:00	02:25:42	<b>04:46:11.45</b>	<b>04:46:11.45</b>	+02:00:46	8:40	6.9
85	SKALSKI Radosław	2074	KB AKTYWNI KONIN	M40	20	00:00:00	02:47:51	<b>04:48:51.25</b>	<b>04:48:51.25</b>	+02:03:26	8:45	6.9
86	HORBACZEWSKI Marek	2155		M50	5	00:00:00	02:27:00	<b>04:49:03.05</b>	<b>04:49:03.05</b>	+02:03:38	8:45	6.9
87	HAUTON Monika	2013	NIE TERAZ, POTEM	K30	14	00:00:00	02:31:01	<b>04:50:00.90</b>	<b>04:50:00.90</b>	+02:04:36	8:47	6.8
88	SNARSKA Katarzyna	2036	ALBATROSY	K30	15	00:00:00	02:31:50	<b>04:50:06.15</b>	<b>04:50:06.15</b>	+02:04:41	8:47	6.8
88	GORCZYCA Aneta	2094		K30	16	00:00:00	02:34:39	<b>04:50:06.15</b>	<b>04:50:06.15</b>	+02:04:41	8:47	6.8
90	ZIELONKA Adam	2121	AMICUS AR	M50	6	00:00:00	02:25:30	<b>04:55:27.15</b>	<b>04:55:27.15</b>	+02:10:02	8:57	6.7
91	KARPIŃSKI Robert	2096	SPARTANIE DZIECIOM	M40	21	00:00:00	02:40:18	<b>04:56:21.85</b>	<b>04:56:21.85</b>	+02:10:57	8:58	6.7
92	LEGENDZIEWICZ Iga	2069		K30	17	00:00:00	02:48:47	<b>05:00:37.50</b>	<b>05:00:37.50</b>	+02:15:13	9:06	6.6
93	KORNŁOW Piotr	2167		M40	22	00:00:00	02:39:04	<b>05:01:06.80</b>	<b>05:01:06.80</b>	+02:15:42	9:07	6.6
94	POKRYWKA Stefan	2169	NA BUCIE	M50	7	00:00:00	02:40:54	<b>05:04:38.95</b>	<b>05:04:38.95</b>	+02:19:14	9:13	6.5
95	KRUZEL Rafal	2018	BIEGOWE MISIE	M40	23	00:00:00	02:46:45	<b>05:07:31.60</b>	<b>05:07:31.60</b>	+02:22:07	9:19	6.4
96	CZYZEWSKA Mariola	2026	12TRI.PL DRUZYNA WILKA	K30	18	00:00:00	02:46:15	<b>05:09:36.15</b>	<b>05:09:36.15</b>	+02:24:11	9:22	6.4
97	KOBYLAŃSKI Piotr	2158		M30	30	00:00:00	02:50:43	<b>05:11:46.75</b>	<b>05:11:46.75</b>	+02:26:22	9:26	6.4
98	SZUBART Krzysztof	2157		M40	24	00:00:00	02:50:42	<b>05:11:47.30</b>	<b>05:11:47.30</b>	+02:26:22	9:26	6.4
99	ORIOŁ-SIGNERSKA Monika	2053	XTEAM KLUB SPORTOWY XTRI.PL	K40	6	00:00:00	02:46:22	<b>05:13:17.75</b>	<b>05:13:17.75</b>	+02:27:53	9:29	6.3
100	PROCHWICZ Tomasz	2099		M20	13	00:00:00	02:38:05	<b>05:13:20.20</b>	<b>05:13:20.20</b>	+02:27:55	9:29	6.3
101	SZEWCZUK Sylwester	2127		M30	31	00:00:00	02:31:47	<b>05:13:26.75</b>	<b>05:13:26.75</b>	+02:28:02	9:29	6.3
102	WÓJCIK Michał	2135		M40	25	00:00:00	02:39:07	<b>05:13:44.20</b>	<b>05:13:44.20</b>	+02:28:19	9:30	6.3
103	WÓJCIK Grażyna	2136		K30	19	00:00:00	02:39:08	<b>05:13:44.25</b>	<b>05:13:44.25</b>	+02:28:19	9:30	6.3
104	MAŃKOWSKI Krzysztof	2033	12TRI.PL MAKERUNEASIER	M30	32	00:00:00	02:49:08	<b>05:13:45.15</b>	<b>05:13:45.15</b>	+02:28:20	9:30	6.3
105	ATRASZKIEWICZ Olga	2117		K40	7	00:00:00	02:45:40	<b>05:15:48.30</b>	<b>05:15:48.30</b>	+02:30:23	9:34	6.3
106	KUCIŃSKA Magdalena	2100	RUNRECORD.PL	K40	8	00:00:00	02:35:12	<b>05:16:32.00</b>	<b>05:16:32.00</b>	+02:31:07	9:35	6.3
107	SZCZEPANIAK Jadwiga	2067	EVERRUN	K50	1	00:00:00	02:33:22	<b>05:16:45.35</b>	<b>05:16:45.35</b>	+02:31:20	9:35	6.3
108	JABŁOŃSKI Kazimierz	2093		M60	1	00:00:00	02:47:45	<b>05:20:12.65</b>	<b>05:20:12.65</b>	+02:34:48	9:42	6.2
109	ŻYCHLIŃSKA Agata	2141		K30	20	00:00:00	02:54:41	<b>05:20:35.20</b>	<b>05:20:35.20</b>	+02:35:10	9:42	6.2
110	ŚWIDERSKA Joanna	2143		K20	3	00:00:00	02:54:41	<b>05:21:38.15</b>	<b>05:21:38.15</b>	+02:36:13	9:44	6.2
111	PITAS Andrzej	2037	ZAPIERDALACZE	M40	26	00:00:00	03:21:39	<b>05:34:58.95</b>	<b>05:34:58.95</b>	+02:49:34	10:09	5.9
112	SELWA Katarzyna	2103		K20	4	00:00:00	03:01:43	<b>05:38:42.05</b>	<b>05:38:42.05</b>	+02:53:17	10:15	5.8
113	DORSZEWSKA Bożena	2076		K50	2	00:00:00	03:13:33	<b>05:42:40.00</b>	<b>05:42:40.00</b>	+02:57:15	10:23	5.8
114	PODKÓWKA Zbigniew	2077		M50	8	00:00:00	03:14:10	<b>05:42:40.20</b>	<b>05:42:40.20</b>	+02:57:15	10:23	5.8
115	SIWIŃSKI Jerzy	2023	12TRI.PL DRUZYNA WILKA	M50	9	00:00:00	02:46:16	<b>05:44:21.15</b>	<b>05:44:21.15</b>	+02:58:56	10:26	5.7
116	GÓRA Daniel	2108		M30	33	00:00:00	02:59:12	<b>05:44:35.15</b>	<b>05:44:35.15</b>	+02:59:10	10:26	5.7
117	STRZELECKI Artur	2078		M50	10	00:00:00	03:10:26	<b>05:44:43.15</b>	<b>05:44:43.15</b>	+02:59:18	10:26	5.7

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	16.7km	Czas netto 33km	Czas brutto 33km	Różn	Tempo min/km	Tempo km/h
118	<b>LOS Anna</b>	<b>2044</b>	TURLAM SIĘ TEAM	K40	9	00:00:00	03:07:26	<b>05:48:22.70</b>	<b>05:48:22.70</b>	+03:02:58	10:33	5.7
119	<b>PERKOWSKI Tomasz</b>	<b>2162</b>		M30	34	00:00:00	02:55:12	<b>05:57:30.60</b>	<b>05:57:30.60</b>	+03:12:06	10:50	5.5
DQ	<b>JODŁOWSKA Wioletta</b>	<b>2054</b>	XTEAM KLUB SPORTOWY XTRI.PL	K40		DQ	03:13:18 DQ	<b>06:10:27.05</b> <b>DQ</b>	<b>DQ</b>		-	-
DQ	<b>PACANOWSKA Agnieszka</b>	<b>2034</b>	WEŁNICA BIEGA	K40		DQ	03:13:16 DQ	<b>06:13:16.35</b> <b>DQ</b>	<b>DQ</b>		-	-
DQ	<b>PACANOWSKI Robert</b>	<b>2035</b>	WEŁNICA BIEGA	M40		DQ	03:13:12 DQ	<b>06:13:16.85</b> <b>DQ</b>	<b>DQ</b>		-	-
DQ	<b>ŚLEDZIEWSKA Marta</b>	<b>2160</b>	OTK RZEZNIK	K30		DQ	04:46:41 DQ	<b>08:57:00.00</b> <b>DQ</b>	<b>DQ</b>		-	-

Znaleziono 123 wynik(ów)