



Ludowy Klub Sportowy
OSTROMECKO

XXIX BIEG ULICZNY DĄBROWA CHEŁMIŃSKA - OSTROMECKO

B4SPORT

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

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

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
2	GOSIEWSKI Krzysztof	182	LKS OSTROMECKO	M Open	1		00:22:11.90	00:22:11.90	+00:00:21	2:57	20.3
3	KOTŁOWSKI Bartosz	161	LKS OSTROMECKO	M20	2		00:22:42.60	00:22:42.60	+00:00:52	3:01	19.8
4	MUSIAŁCHENKO Dmytro	186	BIEGACZ RAWICZ	M20	3		00:22:47.80	00:22:47.80	+00:00:57	3:02	19.8
5	FRYDRYCHOWSKI Piotr	41	KS TEAM RUN GDAŃSK	M20	4		00:24:14.50	00:24:14.50	+00:02:24	3:13	18.6
6	TUCZYŃSKI Sylwester	23	BYDGOSKIE OKONIE	M20	5		00:24:56.40	00:24:56.40	+00:03:05	3:19	18
7	OCHAL Olga	195	PREFBET ŚNIADOWO ŁOMŻA TEAM OCHAL	K30	1		00:25:10.25	00:25:10.25	+00:03:19	3:21	17.9
8	CHĘTNIK Rafał	179	LKS ZANTYR SZTUM	M30	1		00:25:28.50	00:25:28.50	+00:03:38	3:23	17.7
9	BUŚ Szymon	31	LKS OSTROMECKO	M20	6		00:25:31.50	00:25:31.50	+00:03:41	3:24	17.6
10	MIKA Oskar	187	KB ŁAPKA	M30	2		00:25:31.90	00:25:31.90	+00:03:41	3:24	17.6
11	MUSIAŁ Michał	88		M40	1		00:25:33.25	00:25:33.25	+00:03:42	3:24	17.6
12	GLUGLA Mariusz	93	THE RUNNERS ŚWECIE	M30	3		00:25:42.50	00:25:42.50	+00:03:52	3:25	17.5
13	SZENK Marta	66		K30	2		00:25:47.80	00:25:47.80	+00:03:57	3:26	17.5
14	JARAKOWSKI Andrzej	198		M20	7		00:25:55.05	00:25:55.05	+00:04:04	3:27	17.4
15	STANKIEWICZ Błażej	193	LKS OSTROMECKO	M40	2		00:25:59.05	00:25:59.05	+00:04:08	3:27	17.3
16	ŚLIWIŃSKI Łukasz	199	BOGMAR OSTROMECKO	M30	4		00:26:47.95	00:26:47.95	+00:04:57	3:34	16.8
17	SZYSZKA Mariusz	89	SPÓJNIA BIAŁE BŁOTA	M30	5		00:26:51.00	00:26:51.00	+00:05:00	3:34	16.8
18	RETECKI Krzysztof	34	BOGMAR / PRESTO OSTROMECKO	M40	3		00:26:59.45	00:26:59.45	+00:05:08	3:35	16.7
19	JAGODZIŃSKI Mateusz	24	BYDGOSKIE OKONIE	M20	8		00:27:08.10	00:27:08.10	+00:05:17	3:37	16.6
20	ARSENIUK Anna	94	T. S. OPATRUNKI TORUŃ	K30	3		00:27:26.50	00:27:26.50	+00:05:36	3:39	16.4
21	ŁUCZAK Paweł	157	TKKF KOLEJARZ BYDGOSZCZ	M40	4		00:27:46.45	00:27:46.45	+00:05:55	3:42	16.2
22	PACZKOWSKI Jacek	59	SPORT I REKREACJA MOGILNO	M50	1		00:27:55.30	00:27:55.30	+00:06:04	3:43	16.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	mieszkaniec gminy Ostromecko	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
23	SIKUT Arkadiusz	28		M40	5		00:28:13.25	00:28:13.25	+00:06:22	3:45	15.9
24	STRABEL Łukasz	92	LUKAS	M20	9		00:28:29.60	00:28:29.60	+00:06:39	3:47	15.8
25	CZUK Marek	85		M60	1		00:28:35.85	00:28:35.85	+00:06:45	3:48	15.7
26	KRZYWDZIŃSKI Dominik	91	UKB SZUBIN	M16	1		00:28:44.30	00:28:44.30	+00:06:53	3:49	15.7
27	HALINIAK Filip	39		M19	1		00:29:37.05	00:29:37.05	+00:07:46	3:56	15.2
28	ŚMIGLEWSKI Aleksander	14	LKS OSTROMECKO	M19	2		00:29:43.10	00:29:43.10	+00:07:52	3:57	15.1
29	PAWŁOWSKI Radosław	9	JFTC SU	M40	6		00:30:22.40	00:30:22.40	+00:08:31	4:02	14.8
30	KRUSZEWSKI Tadeusz	98		M40	7		00:30:36.50	00:30:36.50	+00:08:46	4:04	14.7
31	BAZAK Cezary	127	CDIS SZ	M50	2		00:31:01.55	00:31:01.55	+00:09:11	4:08	14.5
32	DEMBKOWSKI Ryszard	156	OLD SNAKE	M60	2		00:31:03.50	00:31:03.50	+00:09:13	4:08	14.5
33	PUZACZ Dawid	142		M30	6		00:31:11.00	00:31:11.00	+00:09:20	4:09	14.4
34	TRZCIŃSKI Franciszek	107	SIR START	M50	3		00:31:16.10	00:31:16.10	+00:09:25	4:10	14.4
35	KALISZ Andrzej		TTC	M50	4		00:31:24.65	00:31:24.65	+00:09:34	4:11	14.3
36	MITRĘGA Daria	79		K20	1		00:31:26.75	00:31:26.75	+00:09:36	4:11	14.3
37	JANUS Dawid	75	THE RUNNERS ŚWECIE	M20	10		00:31:27.70	00:31:27.70	+00:09:37	4:11	14.3
38	GZYL Mikołaj	128	JANUSZE TRIATHLONU 'EXODUS' TEAM	M30	7		00:31:30.30	00:31:30.30	+00:09:39	4:12	14.3
39	GRAMZA Rafał	248		M20	11		00:31:31.30	00:31:31.30	+00:09:40	4:12	14.3
40	GURNA Jolanta	108	SIR START	K50	1		00:31:47.05	00:31:47.05	+00:09:56	4:14	14.2
41	LIPOWSKI Jakub	174	LKS DĄBROWA CHEŁMIŃSKA	M16	2		00:32:03.60	00:32:03.60	+00:10:13	4:16	14
42	LEBA Rafał	115	22 ODN	M30	8		00:32:08.10	00:32:08.10	+00:10:17	4:17	14
43	PALMOWSKA Klaudia	162		K19	1		00:32:10.65	00:32:10.65	+00:10:20	4:17	14
44	DYMEK Sławomir	76		M30	9		00:32:12.05	00:32:12.05	+00:10:21	4:17	14
45	OWCZARSKI Krzysztof	150		M30	10		00:32:27.55	00:32:27.55	+00:10:37	4:19	13.9
46	BRATEK Andrzej	133	TKKF KOLEJARZ BYDGOSZCZ	M50	5		00:32:40.30	00:32:40.30	+00:10:49	4:21	13.8
47	PALACZ Wioletta	138		K30	4		00:32:40.60	00:32:40.60	+00:10:50	4:21	13.8
48	JAROCKA Beata	190		M30	11		00:32:42.70	00:32:42.70	+00:10:52	4:21	13.8
49	BAGROWSKI Marek	96	UMK COLLEGIUM-MEDICUM RATOWNICTWO MEDYCZNE JANOWO BIEGA	M50	6		00:32:49.55	00:32:49.55	+00:10:59	4:22	13.7
50	KARNOWSKI Sebastian	51		M30	12		00:33:02.10	00:33:02.10	+00:11:11	4:24	13.6
51	KOCINIEWSKI Jacek	44	LKS JANOWO	M40	8		00:33:04.10	00:33:04.10	+00:11:13	4:24	13.6
52	DUTKOWSKI Tomasz	153	MMPJ TEAM	M30	13		00:33:06.80	00:33:06.80	+00:11:16	4:24	13.6
53	URBAŃSKI Daniel	144	PGB SPORTOWA PACZKA	M40	9		00:33:10.40	00:33:10.40	+00:11:19	4:25	13.6
54	KLINIKOWSKI Jacek	101	KOCHAM ŻYCIE I...	M40	10		00:33:13.25	00:33:13.25	+00:11:22	4:25	13.5
55	NOWICKI Aleksander	60	KSKPZPN	M40	11		00:33:21.35	00:33:21.35	+00:11:30	4:26	13.5
56	MROZEK Mikołaj	184		M16	3		00:33:25.50	00:33:25.50	+00:11:35	4:27	13.5
57	SIKORA Antoni	192		M60	3		00:33:27.25	00:33:27.25	+00:11:36	4:27	13.5
58	RUTKOWSKI Tomasz	122		M40	12		00:33:32.80	00:33:32.80	+00:11:42	4:28	13.4

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59	ZAGOŹDŹON Piotr	84	RUN BYDGOSZCZ	M40	13		00:33:35.90	00:33:35.90	+00:11:45	4:28	13.4
60	KOCINIEWSKI Bartłomiej	43	LKS JANOWO	M20	12		00:33:38.20	00:33:38.20	+00:11:47	4:29	13.4
61	SYROCKI Michał	81		M30	14		00:33:40.80	00:33:40.80	+00:11:50	4:29	13.4
62	CICHOŃSKA- BAZAK Marzena	119		K40	1		00:33:41.30	00:33:41.30	+00:11:50	4:29	13.4
63	NOWICKI Błażej	55		M19	3		00:33:44.40	00:33:44.40	+00:11:53	4:29	13.3
64	BIZOŃ Michał	175		M30	15		00:33:46.20	00:33:46.20	+00:11:55	4:30	13.3
65	ŚCIBAK Wojciech	77	JFTC SU	M30	16		00:33:48.40	00:33:48.40	+00:11:57	4:30	13.3
66	KOHUTEK Artur	148		M40	14		00:33:49.80	00:33:49.80	+00:11:59	4:30	13.3
67	RASZLIŃSKA Mariola	53		K40	2		00:33:52.85	00:33:52.85	+00:12:02	4:30	13.3
68	KOCINIEWSKI Jakub	45	LKS JANOWO	M16	4		00:33:59.10	00:33:59.10	+00:12:08	4:31	13.2
69	GORGOL Tomasz	83	RUN BYDGOSZCZ	M30	17		00:33:59.30	00:33:59.30	+00:12:08	4:31	13.2
70	RZEMEK Sławomir	112	RUN BYDGOSZCZ	M30	18		00:34:01.20	00:34:01.20	+00:12:10	4:32	13.2
71	PERLIK Grzegorz	8		M60	4		00:34:02.95	00:34:02.95	+00:12:12	4:32	13.2
72	LUZAK Mirosław	15	MWK BYDGOSZCZ	M50	7		00:34:11.00	00:34:11.00	+00:12:20	4:33	13.2
73	KOCINIEWSKI Łuszcz	90	LKS JANOWO	M16	5		00:34:38.25	00:34:38.25	+00:12:47	4:37	13
74	BIEŃKOWSKI Tomasz	117		M60	5		00:34:48.90	00:34:48.90	+00:12:58	4:38	12.9
75	WIŚNIEWSKI Janusz	12	CARBON TEAM TORUN	M40	15		00:34:57.85	00:34:57.85	+00:13:07	4:39	12.9
76	GIERZIEWSKA Grażyna	16		K40	3		00:35:00.40	00:35:00.40	+00:13:09	4:40	12.9
77	OLSZEWSKI Leszek	188		M40	16		00:35:11.15	00:35:11.15	+00:13:20	4:41	12.8
78	ROSIĄK Jarosław	54	14	M40	17		00:35:14.00	00:35:14.00	+00:13:23	4:41	12.8
79	SKIBIŃSKI Jarosław	178		M40	18		00:35:14.75	00:35:14.75	+00:13:24	4:41	12.8
80	SZYDŁO Sławomir	132	MMPJ TEAM	M40	19		00:35:16.20	00:35:16.20	+00:13:25	4:42	12.8
81	NAWROCKI Jarosław	78		M40	20		00:35:20.10	00:35:20.10	+00:13:29	4:42	12.7
82	BIELEC Wojciech	140	SP 63 BYDGOSZCZ	M30	19		00:35:35.90	00:35:35.90	+00:13:45	4:44	12.6
83	STARSZAK Seweryn	37		M16	6		00:35:46.05	00:35:46.05	+00:13:55	4:46	12.6
84	RYMARKIEWICZ Małgorzata	120		K30	5		00:35:46.55	00:35:46.55	+00:13:56	4:46	12.6
85	BINKOWSKI Cezary	72	BOGMAR OSTROMECKO	M40	21		00:35:54.50	00:35:54.50	+00:14:04	4:47	12.5
86	STARSZAK Paweł	36		M30	20		00:35:57.40	00:35:57.40	+00:14:06	4:47	12.5
87	MAJEWSKI Robert	180		M20	13		00:35:58.30	00:35:58.30	+00:14:07	4:47	12.5
88	KURBIEL Aleksandra	173		K20	2		00:35:58.50	00:35:58.50	+00:14:08	4:47	12.5
89	OSIECKI Grzegorz	176		M60	6		00:36:05.80	00:36:05.80	+00:14:15	4:48	12.5
90	RYBKA Ilona	13	1973	K40	4		00:36:08.00	00:36:08.00	+00:14:17	4:49	12.5
91	HALINIAK Dominik	40		M19	4		00:36:08.15	00:36:08.15	+00:14:17	4:49	12.5
92	SOSIŃSKA Izabela	19		K30	6		00:36:28.20	00:36:28.20	+00:14:37	4:51	12.3
93	KUZIOŁA Łukasz	152		M30	21		00:36:45.55	00:36:45.55	+00:14:55	4:54	12.2
94	RUTKOWSKI Szymon	121	BRAK	M16	7		00:36:48.30	00:36:48.30	+00:14:57	4:54	12.2
95	BANACH Grzegorz	25		M50	8		00:36:51.55	00:36:51.55	+00:15:01	4:54	12.2
96	HALINIAK Jakub	38		M16	8		00:37:13.05	00:37:13.05	+00:15:22	4:57	12.1
97	CHORZĘPA Bogusław	56	RUNNING	M30	22		00:37:24.55	00:37:24.55	+00:15:34	4:59	12

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98	SOBOCIŃSKI Kamil	136	TAURUS-TECHNIC TEAM	M30	23		00:37:27.00	00:37:27.00	+00:15:36	4:59	12
99	ZIELNIK Józef	249		M60	7		00:37:29.75	00:37:29.75	+00:15:39	4:59	12
100	FALKOWSKI Ireneusz	52	BRAK	M50	9		00:37:35.25	00:37:35.25	+00:15:44	5:00	12
101	KOWALCZYK Robert	177	LKS OSTROMECKO	M40	22		00:37:37.90	00:37:37.90	+00:15:47	5:00	12
102	SZCZYGIEŁ Michał	64		M30	24		00:37:38.75	00:37:38.75	+00:15:48	5:01	12
103	KRYŚ Jacek	48		M50	10		00:37:41.25	00:37:41.25	+00:15:50	5:01	11.9
104	KOCINIEWSKI Marcin	42	LKS JANOWO	M30	25		00:37:45.50	00:37:45.50	+00:15:55	5:02	11.9
105	GUCZAISKI Sławomir	171		M40	23		00:38:03.20	00:38:03.20	+00:16:12	5:04	11.8
106	GADOMSKA Maria	97	RUN BYDGOSZCZ	K60	1		00:38:07.30	00:38:07.30	+00:16:16	5:04	11.8
107	DZIEDZIC Agnieszka	105		K30	7		00:38:11.75	00:38:11.75	+00:16:21	5:05	11.8
108	SYCZUK Grzegorz	70		M40	24		00:38:23.50	00:38:23.50	+00:16:33	5:07	11.7
109	GROTT Bartłomiej	67		M30	26		00:38:23.70	00:38:23.70	+00:16:33	5:07	11.7
110	MANISZEWSKI Zbigniew	74		M60	8		00:38:52.70	00:38:52.70	+00:17:02	5:10	11.6
111	SOSIŃSKI Paweł	20		M30	27		00:38:54.10	00:38:54.10	+00:17:03	5:11	11.6
112	WITT Wojciech	57		M30	28		00:39:03.50	00:39:03.50	+00:17:13	5:12	11.5
113	SADURSKA Agnieszka	129		K20	3		00:39:06.35	00:39:06.35	+00:17:15	5:12	11.5
114	LUZAK Magdalena	131		K20	4		00:39:09.20	00:39:09.20	+00:17:18	5:13	11.5
115	ENGEL Grzegorz	32		M40	25		00:39:19.20	00:39:19.20	+00:17:28	5:14	11.4
116	ENGEL Leszek	33		M40	26		00:39:20.20	00:39:20.20	+00:17:29	5:14	11.4
117	SADURSKI Wiesław	130		M50	11		00:39:22.55	00:39:22.55	+00:17:32	5:14	11.4
118	KRYSZTOFIAK Robert	7		M40	27		00:39:23.55	00:39:23.55	+00:17:33	5:15	11.4
119	KWIATKOWSKA Beata	151	THE RUNNERS ŚWECIE	K30	8		00:39:24.95	00:39:24.95	+00:17:34	5:15	11.4
120	BLEJA Krystian	2	PGB SPORTOWA PACZKA	M30	29		00:39:25.40	00:39:25.40	+00:17:34	5:15	11.4
121	KARBOWNIK Mateusz	95	BOGMAR OSTROMECKO	M20	14		00:39:30.90	00:39:30.90	+00:17:40	5:16	11.4
122	WOŁOSZYN Kazimierz	183	ROWEROWA BRZOZA/BRZOZA BIEGA	M50	12		00:39:32.90	00:39:32.90	+00:17:42	5:16	11.4
123	HERMANOWSKI Łukasz	185	RUNBUSTERS	M30	30		00:39:36.80	00:39:36.80	+00:17:46	5:16	11.4
124	ZIÓŁKOWSKI Mieczysław	109	ZGUBIŁEM SPONSORA	M50	13		00:39:46.80	00:39:46.80	+00:17:56	5:18	11.3
125	RÓŻAŃSKI Karol	116	T5E	M30	31		00:40:11.25	00:40:11.25	+00:18:20	5:21	11.2
126	GANCKOWSKI Piotr	100		M50	14		00:40:31.75	00:40:31.75	+00:18:41	5:24	11.1
127	BIELEC Anna	141	MKS SP 63 BYDGOSZCZ	K20	5		00:40:33.65	00:40:33.65	+00:18:43	5:24	11.1
128	DZIEDZIC Marcin	106		M30	32		00:40:34.65	00:40:34.65	+00:18:44	5:24	11.1
129	BIELEC Michał	139	MKS SP 63 BYDGOSZCZ	M30	33		00:40:35.20	00:40:35.20	+00:18:44	5:24	11.1
130	LIPOWSKA Agnieszka	123		K30	9		00:40:41.40	00:40:41.40	+00:18:50	5:25	11.1
131	PYTLIK Agnieszka	35		K20	6		00:40:48.55	00:40:48.55	+00:18:58	5:26	11
132	BORZYSZKOWSKI Grzegorz	18	STARY FORDON	M30	34		00:40:48.70	00:40:48.70	+00:18:58	5:26	11

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133	OLEKSY Ilona	63		K30	10		00:40:52.55	00:40:52.55	+00:19:02	5:26	11
134	MROZEK Rafał	73		M40	28		00:40:56.95	00:40:56.95	+00:19:06	5:27	11
135	CZYŻAK Joanna	17	RUN BYDGOSZCZ	K40	5		00:41:02.50	00:41:02.50	+00:19:12	5:28	11
136	UCIŃSKI Edward	65	TTKF INSTALATOR PELIKAN SZUBIN	M60	9		00:41:11.80	00:41:11.80	+00:19:21	5:29	10.9
137	SZULERECKI Marcin	58	GTW	M30	35		00:41:17.20	00:41:17.20	+00:19:26	5:30	10.9
138	KALISZEWSKI Sławomir	49		M30	36		00:41:24.70	00:41:24.70	+00:19:34	5:31	10.9
139	KRUSZEWSKA Weronika	99		K16	1		00:41:33.30	00:41:33.30	+00:19:42	5:32	10.8
140	MIKUŁA Tomasz	22	GORDON RUN	M30	37		00:41:39.05	00:41:39.05	+00:19:48	5:33	10.8
141	STRUTYŃSKI Włodzimierz	6	NIEZRZESZONY	M50	15		00:41:43.00	00:41:43.00	+00:19:52	5:33	10.8
142	WILK Krzysztof	145		M60	10		00:42:37.00	00:42:37.00	+00:20:46	5:40	10.6
143	MAJEWICZ Sylwia	110		K20	7		00:42:41.35	00:42:41.35	+00:20:50	5:41	10.5
144	GORGOL Renata	82	RUN BYDGOSZCZ	K40	6		00:42:55.45	00:42:55.45	+00:21:04	5:43	10.5
145	LUBOWIECKA Julia	196		K16	2		00:43:16.25	00:43:16.25	+00:21:25	5:46	10.4
146	LUBOWIECKA-KUZIOŁA Sylwia	197		K30	11		00:43:26.65	00:43:26.65	+00:21:36	5:47	10.4
147	KUK Bartłomiej	167	LKS OSTROMECKO	M16	9		00:43:38.45	00:43:38.45	+00:21:47	5:49	10.3
148	JASKUŁA Marcin	61		M20	15		00:43:46.20	00:43:46.20	+00:21:55	5:50	10.3
149	MAJEWICZ Violetta	111		K50	2		00:44:22.75	00:44:22.75	+00:22:32	5:54	10.1
150	RYMARKIEWICZ Sławomir	5		M40	29		00:44:26.70	00:44:26.70	+00:22:36	5:55	10.1
151	KARASZEWSKI Sławomir	21		M30	38		00:44:32.85	00:44:32.85	+00:22:42	5:56	10.1
152	WICHTOWSKA Ewa	165		K30	12		00:44:34.20	00:44:34.20	+00:22:43	5:56	10.1
153	TUPTANOWSKI Przemysław	135	WELD-LINE TEAM	M30	39		00:45:04.45	00:45:04.45	+00:23:13	6:00	10
154	SKORA-TUPTANOWSKA Monika	159	WELD-LINE TEAM	K30	13		00:45:04.80	00:45:04.80	+00:23:14	6:00	10
155	ŁOŚ Katarzyna	86		K50	3		00:45:28.70	00:45:28.70	+00:23:38	6:03	9.9
156	ŁOŚ Dariusz	87		M50	16		00:45:28.75	00:45:28.75	+00:23:38	6:03	9.9
157	ŚLIWIŃSKI Bogdan	200	LKS OSTROMECKO	M60	11		00:45:29.60	00:45:29.60	+00:23:39	6:03	9.9
158	WINIECKA Beata	71		K40	7		00:45:29.70	00:45:29.70	+00:23:39	6:03	9.9
159	SYSOŁ Joanna	134		K19	2		00:45:52.50	00:45:52.50	+00:24:02	6:06	9.8
160	ANDERSOHN Piotr	189	AWKS PITIK	M30	40		00:47:05.30	00:47:05.30	+00:25:14	6:16	9.6
161	SZTUBECKI Jacek	4		M40	30		00:47:11.50	00:47:11.50	+00:25:21	6:17	9.5
162	SZTUBECKA Małgorzata	3		K40	8		00:47:11.60	00:47:11.60	+00:25:21	6:17	9.5
163	ROZMARYNOWICZ Anna	160		K30	14		00:48:29.85	00:48:29.85	+00:26:39	6:27	9.3
164	KOSIŁO Tadeusz	80	RUNBUSTERS	M50	17		00:48:31.40	00:48:31.40	+00:26:40	6:28	9.3
165	KALISZEWSKI Wojciech	50		M30	41		00:48:57.10	00:48:57.10	+00:27:06	6:31	9.2
166	KAPELIŃSKI Adam	191	AWKS PITIK	M30	42		00:49:17.90	00:49:17.90	+00:27:27	6:34	9.1

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	mieszkaniec gminy Ostromecko	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
167	ANGIEL Władysław	181		M70	1		00:50:04.00	00:50:04.00	+00:28:13	6:40	9
168	KUK Sylwia	163		K30	15		00:51:10.05	00:51:10.05	+00:29:19	6:49	8.8
169	KUBACKA Aleksandra	154		K20	8		00:56:45.95	00:56:45.95	+00:34:55	7:34	7.9

Znaleziono 169 wynik(ów)