



XXXVIII PÓŁMARATON GOCHÓW

B4SPORT

Organizator:

Kompleks Basenowo-Rekreacyjny „NIMFA” Sp.z.o.o.

Klub Biegacza „Goch” Bytów

Data:

2018-06-03

Miejsce:

Bytów

Dystans:

21.1 km



Klasyfikacja: M-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h
1	ZBLEWSKI Tadeusz	916	LKB IM BRACI PETK	M-30	1	01:14:03.25		3:30	17.1 (100%)
2	GARSKI Dawid	656	ŚWIAT PŁYTEK U KRYPINA	M-18	1	01:14:25.30	+00:00:22 (0.5%)	3:31	17 (99.4%)
3	GRZONA Paweł	946	BASZTA BYTÓW	M-30	2	01:15:39.15	+00:01:35 (2.1%)	3:35	16.7 (97.7%)
4	BULLMAN Dawid	621	BRYGADA LOTNICTWA MW	M-25	1	01:17:34.40	+00:03:31 (4.5%)	3:40	16.3 (95.3%)
5	SZOPIŃSKI Dariusz	867	URZĄD GMINNY PRZECHELEWO/TRIPAKA PRZECHELEWO	M-35	1	01:20:47.85	+00:06:44 (8.3%)	3:49	15.7 (91.8%)
6	SIADAK Arkadiusz	837		M-35	2	01:20:56.15	+00:06:52 (8.5%)	3:50	15.6 (91.2%)
7	LESZCZYŃSKI Jacek	749	6.OREL/DZH MW	M-25	2	01:21:07.15	+00:07:03 (8.7%)	3:50	15.6 (91.2%)
8	ZWOLSKI Andrzej	922		M-45	1	01:21:39.15	+00:07:35 (9.3%)	3:52	15.5 (90.6%)
9	URZĘDOWSKI Przemysław	884	BRYGADA LOTNICTWA MW	M-30	3	01:22:07.80	+00:08:04 (9.8%)	3:53	15.4 (90.1%)
10	ECK Mathias	646		M-35	3	01:23:41.70	+00:09:38 (11.5%)	3:58	15.1 (88.3%)
11	ZIEMAN Michał	920	KLUB BIEGACZA „GOCH” BYTÓW	M-30	4	01:23:56.45	+00:09:53 (11.8%)	3:58	15.1 (88.3%)
12	JAKUBEK Patryk	694	ŚWIAT PŁYTEK U KRYPINA	M-18	2	01:24:07.80	+00:10:04 (12.0%)	3:59	15 (87.7%)
13	DZIĘGIEŁOWSKI Paweł	935	NADLEŚNICTWO RYBNIK / KLUB BIEGAJĄCYCH LEŚNIKÓW	M-35	4	01:24:22.55	+00:10:19 (12.2%)	3:59	15 (87.7%)
14	GAŁĘŻA Sławomir	655	SWAVEK KEVAWS	M-35	5	01:24:44.20	+00:10:40 (12.6%)	4:00	14.9 (87.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h
15	GRZONKA Piotr	688		M-30	5	01:24:56.75	+00:10:53 (12.8%)	4:01	14.9 (87.1%)
16	KOBUS Tomasz	724		M-35	6	01:25:29.45	+00:11:26 (13.4%)	4:03	14.8 (86.5%)
17	CHĘTNIK Rafał	624	LKS ZANTYR SZTUM	M-40	1	01:25:58.65	+00:11:55 (13.9%)	4:04	14.7 (86.0%)
18	PIONK Rafał	798	3 FLOTYLLA OKRĘTÓW	M-30	6	01:26:13.75	+00:12:10 (14.1%)	4:05	14.7 (86.0%)
19	HERMAN Arkadiusz	691		M-45	2	01:26:31.15	+00:12:27 (14.4%)	4:06	14.6 (85.4%)
20	KREFT Łukasz	736	3 FLOTYLLA OKRĘTÓW	M-35	7	01:26:32.05	+00:12:28 (14.4%)	4:06	14.6 (85.4%)
21	GOSTKOWSKI Łukasz	672	KLUB BIEGACZA „GOCH” BYTÓW	M-30	7	01:26:34.15	+00:12:30 (14.5%)	4:06	14.6 (85.4%)
22	WIERZEJSKI Sławomir	893	KLUB BIEGACZA „GOCH” BYTÓW	M-45	3	01:26:45.75	+00:12:42 (14.6%)	4:06	14.6 (85.4%)
23	DERC Arkadiusz	637	JW 3936	M-35	8	01:27:11.15	+00:13:07 (15.1%)	4:07	14.5 (84.8%)
24	WILMONT Krzysztof	896	CSMW/SPMW/OSNIP WP	M-30	8	01:27:12.70	+00:13:09 (15.1%)	4:08	14.5 (84.8%)
25	KRAWCZYK Mateusz	934	KB PIONIER SZCZECIN/AMBASADOR FESTIWALU BIEGOWEGO W KRYNICY ZDRÓJ	M-25	3	01:27:16.15	+00:13:12 (15.1%)	4:08	14.5 (84.8%)
26	OSSOWSKI Jakub	786	3 FLOTYLLA OKRĘTÓW	M-25	4	01:27:22.25	+00:13:19 (15.2%)	4:08	14.5 (84.8%)
27	ROSZKOWSKI Zdzisław	825	POWERSYSTEM	M-55	1	01:27:55.85	+00:13:52 (15.8%)	4:10	14.4 (84.2%)
28	ROGOZA Mateusz	820	NIEZRZESZONY	M-25	5	01:28:00.05	+00:13:56 (15.8%)	4:10	14.4 (84.2%)
29	GLAZIK Dariusz	667	ZWOLAK TEAM	M-40	2	01:28:04.65	+00:14:01 (15.9%)	4:10	14.4 (84.2%)
30	CHROBAK Michał	625	6.OREL/DZH MW	M-40	3	01:28:33.35	+00:14:30 (16.4%)	4:11	14.3 (83.6%)
31	HELLER Maik	690		M-35	9	01:28:40.25	+00:14:37 (16.5%)	4:12	14.3 (83.6%)
32	KRYCZKA Stanisław	738	MTS HAMER MIASTKO	M-45	4	01:29:00.00	+00:14:56 (16.8%)	4:13	14.2 (83.0%)
33	PANASIUK Adrian	790	3 FLOTYLLA OKRĘTÓW	M-25	6	01:29:01.85	+00:14:58 (16.8%)	4:13	14.2 (83.0%)
34	ELENDT Tomasz	647		M-25	7	01:29:05.45	+00:15:02 (16.9%)	4:13	14.2 (83.0%)
35	UTKAŁA Bogumił	885	POWERSYSTEM	M-40	4	01:29:07.45	+00:15:04 (16.9%)	4:13	14.2 (83.0%)
36	JABŁOŃSKI Marek	693	3 FLOTYLLA OKRĘTÓW	M-30	9	01:29:16.25	+00:15:13 (17.0%)	4:13	14.2 (83.0%)
37	PECZ Igor	794	3 FLOTYLLA OKRĘTÓW	M-30	10	01:29:20.85	+00:15:17 (17.1%)	4:14	14.2 (83.0%)

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						21.1km			
38	FORMELA Łukasz	651	POWERSYSTEM	M-40	5	01:29:33.30	+00:15:30 (17.3%)	4:14	14.1 (82.5%)
39	PYPEĆ Mariusz	811	TRAKTOR TEAM GMINA KWIDZYN	M-40	6	01:29:33.40	+00:15:30 (17.3%)	4:14	14.1 (82.5%)
40	BEDNARZ Jakub	955	MTS HAMER MIASTKO	M-18	3	01:30:31.80	+00:16:28 (18.2%)	4:17	14 (81.9%)
41	ZAWADA Piotr	914		M-50	1	01:30:49.45	+00:16:46 (18.5%)	4:18	13.9 (81.3%)
42	SHEVCHYSHYN Andrii	836	DCT DRUŻYNA BIEGOWA	M-25	8	01:30:57.25	+00:16:54 (18.6%)	4:18	13.9 (81.3%)
43	PRĘTNIK Dawid	809	CSMW/SPMW/OSNIP WP	M-35	10	01:31:09.50	+00:17:06 (18.8%)	4:19	13.9 (81.3%)
44	SKORUPSKI Robert	842	STOPA SŁUPSK	M-40	7	01:31:29.30	+00:17:26 (19.1%)	4:20	13.8 (80.7%)
45	GRZESIK Eugeniusz	687	TKKF KOSZALIN	M-50	2	01:31:49.10	+00:17:45 (19.3%)	4:21	13.8 (80.7%)
46	SZPITER Tomasz	868	OLAWS ZŁOTORYJA	M-45	5	01:31:57.45	+00:17:54 (19.5%)	4:21	13.8 (80.7%)
47	OWŚNICKI Wojciech	788		M-40	8	01:32:07.25	+00:18:04 (19.6%)	4:21	13.7 (80.1%)
48	KLEINSZMIDT Ryszard	717		M-50	3	01:32:32.05	+00:18:28 (20.0%)	4:23	13.7 (80.1%)
49	MERTA Miłosz	766	BRYGADA LOTNICTWA MW	M-25	9	01:32:36.95	+00:18:33 (20.0%)	4:23	13.7 (80.1%)
50	KLEPACZ Leszek	718	6.OREL/DZH MW	M-30	11	01:32:43.10	+00:18:39 (20.1%)	4:23	13.7 (80.1%)
51	SKĘPIEC Adam	841	LEĆ ADAM, LEĆ... :)	M-40	9	01:32:48.20	+00:18:44 (20.2%)	4:23	13.6 (79.5%)
52	GORAJSKI Michael	927		M-30	12	01:32:52.30	+00:18:49 (20.3%)	4:24	13.6 (79.5%)
53	KONKOL Kazimierz	933		M-40	10	01:33:12.65	+00:19:09 (20.6%)	4:25	13.6 (79.5%)
54	BRZESKI Marcin	618	M & P	M-35	11	01:33:16.65	+00:19:13 (20.6%)	4:25	13.6 (79.5%)
55	OBOLIK Mirosław	780		M-55	2	01:33:25.00	+00:19:21 (20.7%)	4:25	13.6 (79.5%)
56	RYBARCZYK Maciej	828		M-45	6	01:33:56.60	+00:19:53 (21.2%)	4:27	13.5 (78.9%)
57	BALICKI Andrzej	608		M-65	1	01:34:01.30	+00:19:58 (21.2%)	4:27	13.5 (78.9%)
58	MOROŃ Jarosław	772	BRYGADA LOTNICTWA MW	M-35	12	01:34:11.95	+00:20:08 (21.4%)	4:27	13.4 (78.4%)
59	MAJEWSKI Artur	756	NADLEŚNICTWO MIROSŁAWIEC	M-40	11	01:34:16.85	+00:20:13 (21.5%)	4:28	13.4 (78.4%)
60	ROMANOWSKI Dariusz	823	8FOW	M-35	13	01:34:16.90	+00:20:13 (21.5%)	4:28	13.4 (78.4%)

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61	OLESIAK Paweł	783	GRZYBIARZE	M-18	4	01:34:29.05	+00:20:25 (21.6%)	4:28	13.4 (78.4%)
62	MENDYKA Łukasz	765	6.OREL/DZH MW	M-30	13	01:34:33.75	+00:20:30 (21.7%)	4:28	13.4 (78.4%)
63	GAWRON Piotr	661	KLUB BIEGACZA „GOCH” BYTÓW	M-40	12	01:34:35.95	+00:20:32 (21.7%)	4:29	13.4 (78.4%)
64	STOLTMAN Marcin	855	ŚWIAT PŁYTEK U KRYSPINA	M-25	10	01:34:37.00	+00:20:33 (21.7%)	4:29	13.4 (78.4%)
65	PIOTROWSKI Mateusz	800	POWERSYSTEM	M-25	11	01:34:40.90	+00:20:37 (21.8%)	4:29	13.4 (78.4%)
66	CHUDY Henryk	627	KS OLSZEWSKI I SYNOWIE	M-60	1	01:34:46.95	+00:20:43 (21.9%)	4:29	13.4 (78.4%)
67	DAJNOWSKI Mateusz	635		M-18	5	01:35:00.35	+00:20:57 (22.1%)	4:30	13.3 (77.8%)
68	GRABOWSKI Andrzej	940	ŚWIAT PŁYTEK U KRYSPINA	M-40	13	01:35:07.70	+00:21:04 (22.2%)	4:30	13.3 (77.8%)
69	ŻEBROWSKI Denis	924	AZS PWR WROCŁAW	M-18	6	01:35:09.80	+00:21:06 (22.2%)	4:30	13.3 (77.8%)
70	FERENC Rafał	957		M-35	14	01:35:13.95	+00:21:10 (22.2%)	4:30	13.3 (77.8%)
71	TULEJSKI Daniel	882	8FOW	M-35	15	01:35:23.85	+00:21:20 (22.4%)	4:31	13.3 (77.8%)
72	WRÓBLEWSKI Mateusz	905	KORZYBSKIE REKINY	M-18	7	01:35:27.45	+00:21:24 (22.4%)	4:31	13.3 (77.8%)
73	SMENTOCH Mariusz	846	3 FLOTYLLA OKRĘTÓW	M-35	16	01:35:32.40	+00:21:29 (22.5%)	4:31	13.2 (77.2%)
74	MISIEC Przemysław	771	BRYGADA LOTNICTWA MW	M-40	14	01:35:51.70	+00:21:48 (22.7%)	4:32	13.2 (77.2%)
75	MILATA Tomasz	770	3 FLOTYLLA OKRĘTÓW	M-30	14	01:35:53.65	+00:21:50 (22.8%)	4:32	13.2 (77.2%)
76	PARTYKA Tomasz	791	BRYGADA LOTNICTWA MW	M-45	7	01:35:58.50	+00:21:55 (22.8%)	4:32	13.2 (77.2%)
77	KRZEBIETKE Piotr	739	6.OREL/DZH MW	M-40	15	01:36:08.00	+00:22:04 (23.0%)	4:33	13.2 (77.2%)
78	STĘPNIEWSKI Marcin	854	MARKOS RUNNING TEAM	M-45	8	01:36:11.10	+00:22:07 (23.0%)	4:33	13.2 (77.2%)
79	ADAMELAK Krzysztof	602	BRYGADA LOTNICTWA MW	M-40	16	01:36:19.20	+00:22:15 (23.1%)	4:33	13.1 (76.6%)
80	MICHNA Michał	768	SUT	M-35	17	01:36:51.80	+00:22:48 (23.5%)	4:35	13.1 (76.6%)
81	PIETRZYCKI Sławomir	796	BRYGADA LOTNICTWA MW	M-45	9	01:36:58.45	+00:22:55 (23.6%)	4:35	13.1 (76.6%)
82	CHWOJNICKI Janusz	629	EX. BYTOVIA BYTÓW	M-45	10	01:37:04.85	+00:23:01 (23.7%)	4:36	13 (76.0%)
83	DYLIŃSKI Bartosz	645	NADLEŚNICTWO STRZELCE KRAJEŃSKIE	M-30	15	01:37:05.85	+00:23:02 (23.7%)	4:36	13 (76.0%)

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84	CHAŁUPA Daniel	623	KLUB BIEGACZA „GOCH” BYTÓW	M-40	17	01:37:14.70	+00:23:11 (23.8%)	4:36	13 (76.0%)
85	MALEK-PODJASKI Marcin	758		M-25	12	01:37:21.55	+00:23:18 (23.9%)	4:36	13 (76.0%)
86	SAWICKI Eligiusz	832		M-55	3	01:37:40.95	+00:23:37 (24.2%)	4:37	13 (76.0%)
87	CICHOSZ-MIELEWCZYK Mateusz	943	ŚWIAT PŁYTEK U KRYPINA	M-30	16	01:37:51.90	+00:23:48 (24.3%)	4:38	12.9 (75.4%)
88	GLISZCZYŃSKI Michał	668	GRZYBIARZE	M-25	13	01:38:03.80	+00:24:00 (24.5%)	4:38	12.9 (75.4%)
89	OLESZEK Jerzy	784	CSMW/SPMW/OSNIP WP	M-45	11	01:38:09.95	+00:24:06 (24.6%)	4:39	12.9 (75.4%)
90	KARPOWICZ Grzegorz	713	3 FLOTYLLA OKRĘTÓW	M-30	17	01:38:10.55	+00:24:07 (24.6%)	4:39	12.9 (75.4%)
91	SIENKIEWICZ Marcin	838		M-30	18	01:38:16.10	+00:24:12 (24.6%)	4:39	12.9 (75.4%)
92	WIŚNIEWSKI Rafał	897	3 FLOTYLLA OKRĘTÓW	M-35	18	01:38:20.30	+00:24:17 (24.7%)	4:39	12.9 (75.4%)
93	RODZIŃSKI Damian	818	STOPA SŁUPSK	M-40	18	01:38:23.95	+00:24:20 (24.7%)	4:39	12.9 (75.4%)
94	DOROBCZYŃSKI Marek	640	3 FLOTYLLA OKRĘTÓW	M-30	19	01:39:02.80	+00:24:59 (25.2%)	4:41	12.8 (74.9%)
95	RETZLAFF Maciej	817		M-30	20	01:39:36.85	+00:25:33 (25.7%)	4:43	12.7 (74.3%)
96	GRALAK Jacek	682	AKADEMIA BIEGANIA KOŚCIERZYNA	M-40	19	01:39:47.45	+00:25:44 (25.8%)	4:43	12.7 (74.3%)
97	WĘSIERSKI Krystian	889	DRUTEX BYTÓW	M-30	21	01:39:51.95	+00:25:48 (25.8%)	4:43	12.7 (74.3%)
98	CICHY Adrian	630	6.OREL/DZH MW	M-30	22	01:40:05.40	+00:26:02 (26.0%)	4:44	12.6 (73.7%)
99	WICKI Krzysztof	890		M-25	14	01:40:09.30	+00:26:06 (26.1%)	4:44	12.6 (73.7%)
100	RESZKOWSKI Sebastian	816	BHMW_GDYNIA	M-30	23	01:40:10.80	+00:26:07 (26.1%)	4:44	12.6 (73.7%)
101	KLINKUSZ Adrian	720	MARKOS RUNNING TEAM	M-40	20	01:40:13.90	+00:26:10 (26.1%)	4:45	12.6 (73.7%)
102	NADOLSKI Tomasz	773	DRUŻYNA OLBRYZYMA	M-40	21	01:40:43.90	+00:26:40 (26.5%)	4:46	12.6 (73.7%)
103	TOMASZEWSKI Krzysztof	879	NADLEŚNICTWO KOLBUDY	M-55	4	01:40:48.80	+00:26:45 (26.5%)	4:46	12.6 (73.7%)
104	ERDMAŃCZYK Andrzej	938	KYOKUSHIN KARATE	M-50	4	01:41:05.10	+00:27:01 (26.7%)	4:47	12.5 (73.1%)
105	RYGLISZYN Mariusz	945		M-35	19	01:41:05.40	+00:27:02 (26.7%)	4:47	12.5 (73.1%)
106	NIKLAS Karol	776		M-45	12	01:41:08.90	+00:27:05 (26.8%)	4:47	12.5 (73.1%)

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107	ANDRYSKOWSKI Zdzisław	951	KOLARZ-POL	M-45	13	01:41:19.35	+00:27:16 (26.9%)	4:48	12.5 (73.1%)
108	JANKOWSKI Paweł	697		M-35	20	01:41:27.25	+00:27:24 (27.0%)	4:48	12.5 (73.1%)
109	ZĘBALA Sławomir	918	KLUB BIEGACZA „GOCH” BYTÓW	M-35	21	01:41:33.90	+00:27:30 (27.1%)	4:48	12.5 (73.1%)
110	TUROWSKI Rafał	883	3 FLOTYLLA OKRĘTÓW	M-35	22	01:41:41.30	+00:27:38 (27.2%)	4:49	12.5 (73.1%)
111	SADOWSKI Paweł	830	STOPA SŁUPSK	M-35	23	01:42:04.40	+00:28:01 (27.5%)	4:50	12.4 (72.5%)
112	MEJSNER Łukasz	764	WŚCIEKŁY GONIEC	M-35	24	01:42:09.80	+00:28:06 (27.5%)	4:50	12.4 (72.5%)
113	CYRZAN Piotr	632	8699.PL	M-35	25	01:42:26.10	+00:28:22 (27.7%)	4:51	12.4 (72.5%)
114	CHWESIUK Mariusz	628	6.OREL/DZH MW	M-35	26	01:42:28.05	+00:28:24 (27.7%)	4:51	12.4 (72.5%)
115	ŁUKASIAK Marcin	754	AS-PL SP. Z O.O.	M-35	27	01:42:38.80	+00:28:35 (27.9%)	4:51	12.3 (71.9%)
115	SZULWACH Paweł	872	KILIMANDŻARO	M-40	22	01:42:38.80	+00:28:35 (27.9%)	4:51	12.3 (71.9%)
117	ORLIKOWSKI Eugeniusz	954		M-65	2	01:42:46.00	+00:28:42 (27.9%)	4:52	12.3 (71.9%)
118	JARCZYŃSKI Maciej	699	3 FLOTYLLA OKRĘTÓW	M-25	15	01:43:12.35	+00:29:09 (28.2%)	4:53	12.3 (71.9%)
119	RABIJAK Mariusz	812	3 FLOTYLLA OKRĘTÓW	M-35	28	01:43:12.60	+00:29:09 (28.2%)	4:53	12.3 (71.9%)
120	ŻABCZYŃSKI Daniel	923	BIEGAMYRAZEM.PL	M-40	23	01:43:42.45	+00:29:39 (28.6%)	4:54	12.2 (71.3%)
121	TRACZ Łukasz	881		M-30	24	01:43:46.75	+00:29:43 (28.6%)	4:55	12.2 (71.3%)
122	CAŁA Bartosz	622	ŚWIAT PŁYTEK U KRYSPINA	M-40	24	01:43:47.10	+00:29:43 (28.6%)	4:55	12.2 (71.3%)
123	BIŃCZAK Paweł	615	MLKS TUCHOLANKA TUCHOLA	M-30	25	01:43:57.35	+00:29:54 (28.8%)	4:55	12.2 (71.3%)
124	KOLIŃSKI Krzysztof	726		M-35	29	01:44:32.25	+00:30:29 (29.2%)	4:57	12.1 (70.8%)
125	LESZKOWSKI Sławomir	750		M-40	25	01:44:51.15	+00:30:47 (29.4%)	4:58	12.1 (70.8%)
126	CZAJA Andrzej	947	UKS EKONOMIK MARATOŃCZYK	M-55	5	01:45:34.35	+00:31:31 (29.9%)	5:00	12 (70.2%)
127	SZYCA Łukasz	873		M-35	30	01:45:35.85	+00:31:32 (29.9%)	5:00	12 (70.2%)
128	LANGE Heiko	747		M-50	5	01:45:49.95	+00:31:46 (30.0%)	5:00	12 (70.2%)
129	FILAROWSKI Stefan	649	8FOW	M-45	14	01:45:50.45	+00:31:47 (30.0%)	5:00	12 (70.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h
130	RUDNIK Jerzy	827	FLORIAN CHOJNICE	M-65	3	01:46:00.40	+00:31:57 (30.1%)	5:01	11.9 (69.6%)
131	ROLBIECKI Adam	821		M-40	26	01:46:36.80	+00:32:33 (30.5%)	5:03	11.9 (69.6%)
132	LESNER Damian	748	LESNER	M-40	27	01:46:39.60	+00:32:36 (30.6%)	5:03	11.9 (69.6%)
133	PAŁASZ Rafał	789	BRAK	M-35	31	01:46:40.70	+00:32:37 (30.6%)	5:03	11.9 (69.6%)
134	DOMASZK Zbigniew	639	ŚWIAT PŁYTEK U KRYSPINA	M-45	15	01:46:46.00	+00:32:42 (30.6%)	5:03	11.9 (69.6%)
135	SZCZEPAŃSKI Marcin	956	SATAN TEAM	M-30	26	01:46:46.60	+00:32:43 (30.6%)	5:03	11.9 (69.6%)
136	GÓRA Sławek	674	ŚWIAT PŁYTEK U KRYSPINA	M-40	28	01:46:53.90	+00:32:50 (30.7%)	5:03	11.8 (69.0%)
137	GARSKI Kryspin	657	ŚWIAT PŁYTEK U KRYSPINA	M-40	29	01:46:54.30	+00:32:51 (30.7%)	5:03	11.8 (69.0%)
138	DUDZIK Marek	643	KS PIDRINA GDYNIA	M-45	16	01:47:03.00	+00:32:59 (30.8%)	5:04	11.8 (69.0%)
139	WOJNOWSKI Wiesław	902		M-35	32	01:47:18.90	+00:33:15 (31.0%)	5:05	11.8 (69.0%)
140	ZEBZDA Robert	917		M-40	30	01:47:28.30	+00:33:25 (31.1%)	5:05	11.8 (69.0%)
141	KANIGOWSKI Grzegorz	711		M-35	33	01:47:32.55	+00:33:29 (31.1%)	5:05	11.8 (69.0%)
142	ROGAŁA Adam	819	6.OREL/DZH MW	M-45	17	01:47:34.45	+00:33:31 (31.2%)	5:05	11.8 (69.0%)
143	GERING Mariusz	664	DCT DRUŻYNA BIEGOWA	M-35	34	01:47:39.50	+00:33:36 (31.2%)	5:06	11.8 (69.0%)
144	STRZELECKI Zbigniew	857	KORZYBSKIE REKINY	M-60	2	01:47:40.30	+00:33:37 (31.2%)	5:06	11.8 (69.0%)
145	GAJEK Artur	653	KORZYBSKIE REKINY	M-40	31	01:47:40.70	+00:33:37 (31.2%)	5:06	11.8 (69.0%)
146	WORYNA Tomasz	903	6.OREL/DZH MW	M-40	32	01:47:52.30	+00:33:49 (31.3%)	5:06	11.7 (68.4%)
147	LIS Grzegorz	752	3 FLOTYLLA OKRĘTÓW	M-35	35	01:47:53.40	+00:33:50 (31.4%)	5:06	11.7 (68.4%)
148	MAJCHRZAK Łukasz	755	CENTRALNY POLIGON SIŁ POWIETRZNYCH USTKA	M-25	16	01:47:54.65	+00:33:51 (31.4%)	5:06	11.7 (68.4%)
149	JANKOWSKI Sławomir	941	ŚWIAT PŁYTEK U KRYSPINA	M-18	8	01:48:07.95	+00:34:04 (31.5%)	5:07	11.7 (68.4%)
150	ROLBIECKI Łukasz	822		M-30	27	01:48:20.35	+00:34:17 (31.6%)	5:08	11.7 (68.4%)
151	SZRYWER Daniel	870	BYTÓW	M-25	17	01:48:36.90	+00:34:33 (31.8%)	5:08	11.7 (68.4%)
152	PONIECKI Marcin	805		M-30	28	01:48:37.10	+00:34:33 (31.8%)	5:08	11.7 (68.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h
153	JASZEWSKI Tomasz	702	KLUB BIEGACZA „GOCH” BYTÓW	M-40	33	01:48:44.35	+00:34:41 (31.9%)	5:09	11.6 (67.8%)
154	SAŁABON Grzegorz	831	BRYGADA LOTNICTWA MW	M-50	6	01:48:47.30	+00:34:44 (31.9%)	5:09	11.6 (67.8%)
155	GÓRA Roman	675	TENIS KLUB TOMASZ PIEKARSKI	M-55	6	01:48:47.90	+00:34:44 (31.9%)	5:09	11.6 (67.8%)
156	SŁAWSKI Krzysztof	844		M-45	18	01:48:50.10	+00:34:46 (32.0%)	5:09	11.6 (67.8%)
157	GAWEŁ Zbigniew	659	MIASTO SŁUPSK	M-60	3	01:48:56.10	+00:34:52 (32.0%)	5:09	11.6 (67.8%)
158	PROTASEWICZ Andrzej	928	SŁAWNO	M-40	34	01:49:07.50	+00:35:04 (32.1%)	5:10	11.6 (67.8%)
159	WELLENBERG Ton	888		M-55	7	01:49:18.05	+00:35:14 (32.2%)	5:10	11.6 (67.8%)
160	WILGOCKI Radosław	894	GĄBIN BIEGA	M-35	36	01:49:29.95	+00:35:26 (32.4%)	5:11	11.6 (67.8%)
161	DRAŹKOWSKI Daniel	641	NIEZRZESZONY	M-60	4	01:49:38.35	+00:35:35 (32.5%)	5:11	11.5 (67.3%)
162	RÓŻYC Jarosław	826	3 FLOTYLLA OKRĘTÓW	M-40	35	01:49:50.00	+00:35:46 (32.6%)	5:12	11.5 (67.3%)
163	GROTA Mariusz	683	NEONET	M-35	37	01:49:56.80	+00:35:53 (32.6%)	5:12	11.5 (67.3%)
164	SOBKÓW Adam	848	6.OREL/DZH MW	M-50	7	01:50:15.95	+00:36:12 (32.8%)	5:13	11.5 (67.3%)
165	MATUSZYŃSKI Mirosław	762	KLUB BIEGACZA „GOCH” BYTÓW	M-40	36	01:50:37.50	+00:36:34 (33.1%)	5:14	11.4 (66.7%)
166	GRUDZIŃSKI Jakub	686		M-30	29	01:50:37.85	+00:36:34 (33.1%)	5:14	11.4 (66.7%)
167	KLAWIKOWSKI Damian	716	6.OREL/DZH MW	M-18	9	01:50:41.00	+00:36:37 (33.1%)	5:14	11.4 (66.7%)
168	ORLIKOWSKI Tadeusz	785	PARKRUN GDYNIA	M-65	4	01:50:48.65	+00:36:45 (33.2%)	5:15	11.4 (66.7%)
169	SZAŁKOWSKI Wojtek	860	TUPOT USTKA	M-40	37	01:50:57.75	+00:36:54 (33.3%)	5:15	11.4 (66.7%)
170	NOWAK Sebastian	777	3 FLOTYLLA OKRĘTÓW	M-35	38	01:51:07.10	+00:37:03 (33.4%)	5:15	11.4 (66.7%)
171	PIATEK Adam	795		M-70	1	01:51:10.40	+00:37:07 (33.4%)	5:16	11.4 (66.7%)
172	WILK Cezary	895	6.OREL/DZH MW	M-45	19	01:51:12.20	+00:37:08 (33.4%)	5:16	11.4 (66.7%)
173	BEDNARZ Michał	612	MTS HAMER MIASTKO	M-18	10	01:51:19.35	+00:37:16 (33.5%)	5:16	11.4 (66.7%)
174	TOMCZAK Dominik	880	CSMW/SPMW/OSNIP WP	M-45	20	01:51:26.20	+00:37:22 (33.5%)	5:16	11.4 (66.7%)
175	SMOLARCZYK Adam	847	PRZEROST FORMY NAD FORMĄ	M-35	39	01:51:46.35	+00:37:43 (33.7%)	5:17	11.3 (66.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h
176	OSTASZEWSKI Daniel	787		M-25	18	01:51:54.00	+00:37:50 (33.8%)	5:18	11.3 (66.1%)
177	ZARZYCKI Darek	911		M-35	40	01:52:13.50	+00:38:10 (34.0%)	5:19	11.3 (66.1%)
178	KUKLINSKI Maciej	743	METROŻERCY	M-45	21	01:52:15.50	+00:38:12 (34.0%)	5:19	11.3 (66.1%)
179	ANDRÄ Mario	604		M-45	22	01:52:17.00	+00:38:13 (34.0%)	5:19	11.3 (66.1%)
180	LISIUS Tomasz	753		M-50	8	01:52:17.90	+00:38:14 (34.1%)	5:19	11.3 (66.1%)
181	PIEKAC Karol	942		M-35	41	01:52:25.40	+00:38:22 (34.1%)	5:19	11.3 (66.1%)
182	SZULC Michał	871	6.OREL/DZH MW	M-30	30	01:52:35.45	+00:38:32 (34.2%)	5:20	11.2 (65.5%)
183	WOŹNIAK Łukasz	904	6.OREL/DZH MW	M-30	31	01:52:39.30	+00:38:36 (34.3%)	5:20	11.2 (65.5%)
184	GIERLACH Jacek	665	STOPA SŁUPSK	M-25	19	01:52:41.65	+00:38:38 (34.3%)	5:20	11.2 (65.5%)
185	PLICHTA Tomasz	801	BRYGADA LOTNICTWA MW	M-40	38	01:52:49.25	+00:38:46 (34.4%)	5:20	11.2 (65.5%)
186	KONARZEWSKI Jacek	727	JKKOMPUTER / RUMIA BIEGA	M-45	23	01:52:59.10	+00:38:55 (34.5%)	5:21	11.2 (65.5%)
187	PARUSINSKI Jan	792		M-60	5	01:53:00.40	+00:38:57 (34.5%)	5:21	11.2 (65.5%)
188	GRUBBA Igor	684	3 FLOTYLLA OKRĘTÓW	M-25	20	01:53:16.50	+00:39:13 (34.6%)	5:22	11.2 (65.5%)
189	JARZĘBIŃSKI Rafał	701	3 FLOTYLLA OKRĘTÓW	M-35	42	01:53:20.45	+00:39:17 (34.7%)	5:22	11.2 (65.5%)
190	ERDMAŃCZYK Jan	648		M-50	9	01:53:32.00	+00:39:28 (34.8%)	5:22	11.2 (65.5%)
191	OKRÓJ Arkadiusz	781	KREFT TEAM	M-35	43	01:53:50.70	+00:39:47 (35.0%)	5:23	11.1 (64.9%)
192	MIERZEJEWSKI Michał	769	3 FLOTYLLA OKRĘTÓW	M-30	32	01:54:04.15	+00:40:00 (35.1%)	5:24	11.1 (64.9%)
193	GRABOWSKI Dariusz	678	KS PIDRINA GDYNIA	M-45	24	01:54:09.35	+00:40:06 (35.1%)	5:24	11.1 (64.9%)
194	ANDRYSKOWSKI Marek	605	STOWARZYSZENIE 42.2 LĘBORK	M-50	10	01:54:24.15	+00:40:20 (35.3%)	5:25	11.1 (64.9%)
195	GORZKOWSKI Paweł	671	STOPA SŁUPSK	M-30	33	01:54:30.70	+00:40:27 (35.3%)	5:25	11.1 (64.9%)
196	CHROSTOWSKI Paweł	626		M-25	21	01:54:33.35	+00:40:30 (35.4%)	5:25	11.1 (64.9%)
197	PRADZINSKI Stanisław	807		M-50	11	01:54:38.35	+00:40:35 (35.4%)	5:25	11 (64.3%)
198	ŚWIERAD Paweł	875	KOWALEWO BIEGA	M-35	44	01:54:39.30	+00:40:36 (35.4%)	5:26	11 (64.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto	Różn	Tempo min/km	Tempo km/h
						21.1km			
199	WITKA Piotr	899	POCANCEROWANI BIEGNĘ ODCZAROWAĆ RAKA	M-50	12	01:54:42.30	+00:40:39 (35.4%)	5:26	11 (64.3%)
200	KLIMKIEWICZ Konrad	719		M-25	22	01:54:45.35	+00:40:42 (35.5%)	5:26	11 (64.3%)
201	JERECZEK Sławomir	704	KAJAKI MŁYN	M-45	25	01:54:50.70	+00:40:47 (35.5%)	5:26	11 (64.3%)
202	SZKLARSKI Andrzej	866		M-45	26	01:55:20.30	+00:41:17 (35.8%)	5:27	11 (64.3%)
203	BIERZANOWSKI Rafał	614		M-40	39	01:55:32.30	+00:41:29 (35.9%)	5:28	11 (64.3%)
204	KUBISIAK Damian	740	8FOW	M-35	45	01:55:47.50	+00:41:44 (36.0%)	5:29	10.9 (63.7%)
205	GŁOWACKI Adrian	669	8FOW	M-30	34	01:55:52.40	+00:41:49 (36.1%)	5:29	10.9 (63.7%)
206	WNUK LIPIŃSKI Michał	900		M-30	35	01:55:59.05	+00:41:55 (36.2%)	5:29	10.9 (63.7%)
207	LEWANDOWSKI Tomasz	751	CSMW/SPMW/OSNIP WP	M-40	40	01:56:06.50	+00:42:03 (36.2%)	5:30	10.9 (63.7%)
208	FRĄCZEK Rafał	652	KLUB BIEGACZA „GOCH” BYTÓW	M-40	41	01:56:07.95	+00:42:04 (36.2%)	5:30	10.9 (63.7%)
209	POMORYNKO Krzysztof	804		M-35	46	01:56:12.00	+00:42:08 (36.3%)	5:30	10.9 (63.7%)
210	GAWARKIEWICZ Tomasz	658		M-45	27	01:56:33.50	+00:42:30 (36.5%)	5:31	10.9 (63.7%)
211	KOBIELSKI Rafał	722	POWERSYSTEM	M-40	42	01:56:39.75	+00:42:36 (36.5%)	5:31	10.9 (63.7%)
211	JAROS Adam	700		M-40	43	01:56:39.75	+00:42:36 (36.5%)	5:31	10.9 (63.7%)
213	SIUDAK Dariusz	839	3 FLOTYLLA OKRĘTÓW	M-35	47	01:56:44.70	+00:42:41 (36.6%)	5:31	10.8 (63.2%)
214	PÓŁTORZYCKI Piotr	806	STOPA SŁUPSK	M-45	28	01:57:10.90	+00:43:07 (36.8%)	5:33	10.8 (63.2%)
215	OLECHNOWICZ Sławomir	782	STOPA SŁUPSK	M-40	44	01:57:25.90	+00:43:22 (36.9%)	5:33	10.8 (63.2%)
216	KÖSSEL Thoralf	732		M-50	13	01:58:23.60	+00:44:20 (37.5%)	5:36	10.7 (62.6%)
217	SZAREK Henryk	861		M-70	2	01:58:29.55	+00:44:26 (37.5%)	5:36	10.7 (62.6%)
218	REMBALSKI Piotr	815	ŚWIAT PŁYTEK U KRYPINA	M-45	29	01:58:44.45	+00:44:41 (37.6%)	5:37	10.7 (62.6%)
219	DARGA Szymon	636		M-25	23	02:00:00.00	+00:45:56 (38.3%)	5:41	10.6 (62.0%)
220	SPIEREWKA Piotr	851		M-25	24	02:00:46.75	+00:46:43 (38.7%)	5:43	10.5 (61.4%)
221	GAWIN Andrzej	660		M-30	36	02:00:47.65	+00:46:44 (38.7%)	5:43	10.5 (61.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h
222	STYPA Wojciech	858	6.OREL/DZH MW	M-35	48	02:00:49.40	+00:46:46 (38.7%)	5:43	10.5 (61.4%)
223	MICHALSKI Zygmunt	767	3 FLOTYLLA OKRĘTÓW	M-45	30	02:00:55.10	+00:46:51 (38.8%)	5:43	10.5 (61.4%)
224	KONKEL Łukasz	730		M-35	49	02:01:00.70	+00:46:57 (38.8%)	5:44	10.5 (61.4%)
225	WAWRZYNIAK Kazimierz	958		M-55	8	02:01:27.90	+00:47:24 (39.0%)	5:45	10.4 (60.8%)
226	PODGÓRSKI Artur	803	BRYGADA LOTNICTWA MW	M-35	50	02:01:55.45	+00:47:52 (39.3%)	5:46	10.4 (60.8%)
227	BROKOS Tomasz	617	DCT DRUŻYNA BIEGOWA	M-30	37	02:02:07.20	+00:48:03 (39.4%)	5:47	10.4 (60.8%)
228	ZLOTOWSKI Piotr	921	SPORTEVO	M-65	5	02:02:15.60	+00:48:12 (39.4%)	5:47	10.4 (60.8%)
229	ZABROCKI Karol	907	8FOW	M-35	51	02:02:51.50	+00:48:48 (39.7%)	5:49	10.3 (60.2%)
230	CZECH Roman	634	KLUB BIEGACZA „GOCH” BYTÓW	M-65	6	02:03:26.40	+00:49:23 (40.0%)	5:51	10.3 (60.2%)
231	KAMIŃSKI Witold	710	STOPA SŁUPSK	M-45	31	02:04:05.35	+00:50:02 (40.3%)	5:52	10.2 (59.6%)
232	SKRZYPSKI Stanisław	843	TKKF ROZSTAJE	M-70	3	02:04:17.95	+00:50:14 (40.4%)	5:53	10.2 (59.6%)
233	JOPEK Radosław	707	6.OREL/DZH MW	M-40	45	02:04:27.35	+00:50:24 (40.5%)	5:53	10.2 (59.6%)
234	BARSZCZEWSKI Sebastian	939	BŁĘKITNY PATROL WWF	M-40	46	02:04:44.20	+00:50:40 (40.6%)	5:54	10.1 (59.1%)
235	KUCZKOWSKI Krzysztof	741	KLUB BIEGACZA „GOCH” BYTÓW	M-45	32	02:05:03.55	+00:51:00 (40.8%)	5:55	10.1 (59.1%)
236	STOPA Krzysztof	856		M-25	25	02:05:24.10	+00:51:20 (40.9%)	5:56	10.1 (59.1%)
237	GAZARKIEWICZ Antoni	663	BHMW_GDYNIA	M-65	7	02:06:14.80	+00:52:11 (41.3%)	5:59	10 (58.5%)
238	ŚWIETLIK Tomasz	876	LEO TEAM	M-55	9	02:06:25.00	+00:52:21 (41.4%)	5:59	10 (58.5%)
239	ŻURAWIK Piotr	936		M-45	33	02:06:58.55	+00:52:55 (41.7%)	6:01	10 (58.5%)
240	GRALAK Dawid	681	GTS CZARNA DĄBRÓWKA	M-30	38	02:07:20.40	+00:53:17 (41.8%)	6:02	9.9 (57.9%)
241	KLAPKA Piotr	952	3 FLOTYLLA OKRĘTÓW	M-45	34	02:07:32.15	+00:53:28 (41.9%)	6:02	9.9 (57.9%)
242	ZADURSKI Andrzej	908	GRZYBIARZE	M-25	26	02:08:02.20	+00:53:58 (42.2%)	6:04	9.9 (57.9%)
243	SZRAMA Marian	869	BRYGADA LOTNICTWA MW	M-50	14	02:08:45.90	+00:54:42 (42.5%)	6:06	9.8 (57.3%)
244	KOBIEROWSKI Edward	723	KLUB BIEGACZA „GOCH” BYTÓW	M-40	47	02:09:43.45	+00:55:40 (42.9%)	6:08	9.8 (57.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h
245	WICZKOWSKI Maciej	892		M-25	27	02:11:11.40	+00:57:08 (43.6%)	6:13	9.7 (56.7%)
246	NOWAKOWSKI Czesław	778	KLUB BIEGACZA „GOCH” BYTÓW	M-70	4	02:12:57.15	+00:58:53 (44.3%)	6:18	9.5 (55.6%)
247	ŚMIGAJ Mirosław	874	MIŚ BIEGA	M-60	6	02:13:32.10	+00:59:28 (44.5%)	6:19	9.5 (55.6%)
248	BARCHANOWSKI Andrzej	949		M-45	35	02:14:35.05	+01:00:31 (45.0%)	6:22	9.4 (55.0%)
249	WICZKOWSKI Bartosz	891		M-30	39	02:14:36.65	+01:00:33 (45.0%)	6:22	9.4 (55.0%)
250	KASZOWICZ Marek	714	RCI BYDGOSZCZ	M-45	36	02:14:59.70	+01:00:56 (45.1%)	6:23	9.4 (55.0%)
251	PIOCH Radosław	797	3 FLOTYLLA OKRĘTÓW	M-45	37	02:18:01.80	+01:03:58 (46.3%)	6:32	9.2 (53.8%)
252	BÜHNER Horst	620		M-70	5	02:18:12.40	+01:04:09 (46.4%)	6:33	9.2 (53.8%)
253	ZAGRABSKI Kazimierz	909	BIEGAM DLA ZDROWIA	M-60	7	02:18:32.85	+01:04:29 (46.5%)	6:33	9.1 (53.2%)
254	JAŹDŻEWSKI Sebastian	703	KLUB BIEGACZA „GOCH” BYTÓW	M-35	52	02:18:37.85	+01:04:34 (46.6%)	6:34	9.1 (53.2%)
255	MAJKOWSKI Stanisław	757	KLUB BIEGACZA „GOCH” BYTÓW	M-60	8	02:18:38.40	+01:04:35 (46.6%)	6:34	9.1 (53.2%)
256	PECZ Piotr	793	KORONA BIEGA	M-50	15	02:19:26.55	+01:05:23 (46.9%)	6:36	9.1 (53.2%)
257	STYP-REKOWSKI Piotr	859		M-30	40	02:20:10.75	+01:06:07 (47.2%)	6:38	9 (52.6%)
258	DĘBICKI Artur	638		M-50	16	02:20:38.20	+01:06:34 (47.3%)	6:39	9 (52.6%)
259	LABUDA Rafał	746	POWERSYSTEM	M-45	38	02:22:39.60	+01:08:36 (48.1%)	6:45	8.9 (52.0%)
260	STEFANIAK Piotr	853	ŁEBA MORS POLAND	M-55	10	02:22:53.45	+01:08:50 (48.2%)	6:46	8.9 (52.0%)
261	KOT Daniel	734	KOT TEAM	M-40	48	02:24:29.15	+01:10:25 (48.7%)	6:50	8.8 (51.5%)
262	SZCZĘSNY Tadeusz	863		M-60	9	02:25:26.95	+01:11:23 (49.1%)	6:53	8.7 (50.9%)
263	ALBINIAK Przemysław	603	8FOW	M-35	53	02:28:09.10	+01:14:05 (50.0%)	7:01	8.5 (49.7%)
264	NIEWADZIOŁ Paweł	775		M-35	54	02:28:22.15	+01:14:18 (50.1%)	7:01	8.5 (49.7%)
265	MATTHES Jan	761		M-55	11	02:29:18.10	+01:15:14 (50.4%)	7:04	8.5 (49.7%)
266	ANDRZEJEWSKI Rafał	607	DALEKO JESZCZE	M-40	49	02:44:02.85	+01:29:59 (54.9%)	7:46	7.7 (45.0%)
267	MEJ Paweł	763	BOSY BIEGACZ ,REKORDZISTA POLSKI GUINNESSA 24 GODZ. BOSO Z FLAGĄ POLSKI	M-45	39	03:05:49.05	+01:51:45 (60.1%)	8:48	6.8 (39.8%)

Znaleziono 267 wynik(ów)