



# 46 OGÓLNOPOLSKIE BIEGI ULICZNE - 5000M - BIEG OTWARTY 1998 I STARSI / WSPÓLNY KOBIETY I MĘŻCZYŹNI

B4SPORT

**Wydarzenie:** 46 Ogólnopolskie Biegi Uliczne  
**Organizator:** MLKS Nadwiślanin Chełmno  
**Data:** 2017-04-02  
**Miejsce:** Chełmno  
**Dystans:** 5 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 1.7km	Start_All 3.4km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>KULPA Michał</b>	<b>37</b>	KS WDA ŚWIECIE	Mężczyźni	1	00:00:02	00:05:28	00:11:04	<b>00:16:24.80</b>	<b>00:16:27.40</b>		3:17	18.3 (100%)
2	<b>MOSKAL Paweł</b>	<b>2</b>	KURZĘTNIK BIEGA	Mężczyźni	2	00:00:02	00:05:22	00:10:58	<b>00:16:28.15</b>	<b>00:16:30.55</b>	+00:00:03 (0.3%)	3:17	18.2 (99.5%)
3	<b>DRĄG Tomasz</b>	<b>102</b>		M40	1	00:00:03	00:05:30	00:11:10	<b>00:16:38.25</b>	<b>00:16:41.60</b>	+00:00:13 (1.3%)	3:19	18 (98.4%)
4	<b>SADŁOS Radosław</b>	<b>82</b>	KWIDZYN BIEGA	Mężczyźni	3	00:00:02	00:05:31	00:11:11	<b>00:16:47.80</b>	<b>00:16:50.20</b>	+00:00:23 (2.3%)	3:21	17.9 (97.8%)
5	<b>WALENDZIAK Klaudiusz</b>	<b>105</b>	PACKMAN TEAM	M40	2	00:00:03	00:05:34	00:11:25	<b>00:17:20.25</b>	<b>00:17:23.75</b>	+00:00:55 (5.3%)	3:28	17.3 (94.5%)
6	<b>ZIÓŁKOWSKI Mariusz</b>	<b>60</b>	PACKMAN TEAM	Mężczyźni	4	00:00:03	00:05:32	00:11:28	<b>00:17:20.50</b>	<b>00:17:24.40</b>	+00:00:55 (5.4%)	3:28	17.3 (94.5%)
7	<b>DEPTUŁA Grzegorz</b>	<b>78</b>		Mężczyźni	5	00:00:03	00:05:31	00:11:29	<b>00:17:25.90</b>	<b>00:17:29.10</b>	+00:01:01 (5.8%)	3:29	17.2 (94.0%)
8	<b>ŻELISZCZAK Artur</b>	<b>158</b>	TORUŃ	Mężczyźni	6	00:00:02	00:05:42	00:11:46	<b>00:17:42.25</b>	<b>00:17:45.20</b>	+00:01:17 (7.3%)	3:32	16.9 (92.3%)
9	<b>KOTOWICZ Bartosz</b>	<b>76</b>	KWIDZYN BIEGA	Mężczyźni	7	00:00:02	00:05:29	00:11:32	<b>00:17:46.70</b>	<b>00:17:49.35</b>	+00:01:21 (7.7%)	3:33	16.9 (92.3%)
10	<b>GLUGLA Mariusz</b>	<b>89</b>		Mężczyźni	8	00:00:02	00:05:42	00:11:52	<b>00:17:57.95</b>	<b>00:18:00.30</b>	+00:01:33 (8.6%)	3:35	16.7 (91.3%)
11	<b>WIŚNIEWSKI Rafał</b>	<b>54</b>	IŁAWA BIEGA	Mężczyźni	9	00:00:03	00:05:50	00:12:05	<b>00:18:24.70</b>	<b>00:18:28.35</b>	+00:01:59 (10.9%)	3:41	16.3 (89.1%)
12	<b>BIĄŁKOWSKI Krzysztof</b>	<b>14</b>	GMINA GARDEJA BIEGA	Mężczyźni	10	00:00:07	00:06:06	00:12:23	<b>00:18:31.75</b>	<b>00:18:39.10</b>	+00:02:06 (11.4%)	3:42	16.2 (88.5%)
13	<b>RETECKI Krzysztof</b>	<b>108</b>	BOGMAR/PRESTO OSTROMECKO	M40	3	00:00:02	00:05:51	00:12:07	<b>00:18:32.70</b>	<b>00:18:35.65</b>	+00:02:07 (11.5%)	3:42	16.2 (88.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start All 1.7km	Start All 3.4km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
14	<b>GÓRA Sylwester</b>	<b>114</b>	ZABIEGANI NOCĄ	M40	4	00:00:03	00:06:10	00:12:27	<b>00:18:37.70</b>	<b>00:18:41.00</b>	+00:02:12 (11.9%)	3:43	16.1 (88.0%)
15	<b>PAWLUK Jarosław</b>	<b>126</b>	KWIDZYN BIEGA	M40	5	00:00:03	00:06:09	00:12:27	<b>00:18:38.80</b>	<b>00:18:42.30</b>	+00:02:14 (12.0%)	3:43	16.1 (88.0%)
16	<b>CUBER Wojciech</b>	<b>69</b>		Mężczyźni	11	00:00:03	00:06:10	00:12:27	<b>00:18:42.70</b>	<b>00:18:45.85</b>	+00:02:17 (12.3%)	3:44	16 (87.4%)
17	<b>BOJKE Mirosław</b>	<b>123</b>		M40	6	00:00:03	00:05:56	00:12:18	<b>00:18:59.70</b>	<b>00:19:03.35</b>	+00:02:34 (13.6%)	3:48	15.8 (86.3%)
18	<b>RACINOWSKI Adam</b>	<b>95</b>		M40	7	00:00:03	00:06:10	00:12:37	<b>00:19:04.80</b>	<b>00:19:08.30</b>	+00:02:40 (14.0%)	3:49	15.7 (85.8%)
19	<b>SIKUT Arkadiusz</b>	<b>162</b>	TORUŃ	M40	8	00:00:04	00:06:08	00:12:34	<b>00:19:06.20</b>	<b>00:19:10.60</b>	+00:02:41 (14.1%)	3:49	15.7 (85.8%)
20	<b>ROGOZIŃSKI Tomasz</b>	<b>86</b>		Mężczyźni	12	00:00:02	00:06:17	00:12:49	<b>00:19:22.65</b>	<b>00:19:25.60</b>	+00:02:57 (15.3%)	3:52	15.5 (84.7%)
21	<b>RANISZEWSKA Marzena</b>	<b>85</b>		Kobiety	1	00:00:03	00:06:19	00:12:52	<b>00:19:23.30</b>	<b>00:19:27.05</b>	+00:02:58 (15.3%)	3:52	15.5 (84.7%)
22	<b>PAŁASZEWSKI Paweł</b>	<b>28</b>		Mężczyźni	13	00:00:05	00:06:07	00:12:52	<b>00:19:28.15</b>	<b>00:19:33.40</b>	+00:03:03 (15.7%)	3:53	15.4 (84.2%)
23	<b>MISIASZEK Marek</b>	<b>64</b>		Mężczyźni	14	00:00:05	00:06:13	00:12:53	<b>00:19:28.70</b>	<b>00:19:34.60</b>	+00:03:03 (15.7%)	3:53	15.4 (84.2%)
24	<b>DYJACH Robert</b>	<b>34</b>		Mężczyźni	15	00:00:05	00:06:04	00:12:43	<b>00:19:28.75</b>	<b>00:19:34.40</b>	+00:03:03 (15.7%)	3:53	15.4 (84.2%)
25	<b>KŁOSOWSKI Marcin</b>	<b>103</b>		M40	9	00:00:03	00:06:18	00:12:52	<b>00:19:30.15</b>	<b>00:19:33.30</b>	+00:03:05 (15.8%)	3:54	15.4 (84.2%)
26	<b>ZIELIŃSKI Marcin</b>	<b>51</b>		Mężczyźni	16	00:00:09	00:06:24	00:12:52	<b>00:19:30.75</b>	<b>00:19:39.80</b>	+00:03:05 (15.9%)	3:54	15.4 (84.2%)
27	<b>SADECKI Karol</b>	<b>35</b>		Mężczyźni	17	00:00:04	00:06:18	00:13:02	<b>00:19:31.60</b>	<b>00:19:36.50</b>	+00:03:06 (15.9%)	3:54	15.4 (84.2%)
28	<b>JEŻEWSKI Łukasz</b>	<b>38</b>		Mężczyźni	18	00:00:04	00:06:18	00:13:02	<b>00:19:47.90</b>	<b>00:19:52.50</b>	+00:03:23 (17.1%)	3:57	15.2 (83.1%)
29	<b>JĘDRAL Janusz</b>	<b>111</b>	PACKMAN TEAM	M40	10	00:00:03	00:06:26	00:13:08	<b>00:19:54.05</b>	<b>00:19:57.80</b>	+00:03:29 (17.5%)	3:58	15.1 (82.5%)
30	<b>RECKI Maciej</b>	<b>5</b>	ZSCKP GRUBNO	Mężczyźni	19	00:00:04	00:06:16	00:12:52	<b>00:19:57.55</b>	<b>00:20:02.40</b>	+00:03:32 (17.8%)	3:59	15 (82.0%)
31	<b>KUŁAKOWSKI Krzysztof</b>	<b>48</b>	RUN PASJA	Mężczyźni	20	00:00:04	00:06:36	00:13:15	<b>00:20:00.55</b>	<b>00:20:05.10</b>	+00:03:35 (18.0%)	4:00	15 (82.0%)
32	<b>KOPIŃSKI Robert</b>	<b>110</b>	KWIDZYN BIEGA	M40	11	00:00:03	00:06:31	00:13:16	<b>00:20:01.50</b>	<b>00:20:05.40</b>	+00:03:36 (18.0%)	4:00	15 (82.0%)
33	<b>SZOSTEK Tomasz</b>	<b>99</b>	KWIDZYN BIEGA	M40	12	00:00:04	00:06:31	00:13:30	<b>00:20:36.15</b>	<b>00:20:40.35</b>	+00:04:11 (20.3%)	4:07	14.6 (79.8%)
34	<b>MARCHLEWSKI Kamil</b>	<b>66</b>		Mężczyźni	21	00:00:04	00:06:29	00:13:29	<b>00:20:36.25</b>	<b>00:20:40.80</b>	+00:04:11 (20.3%)	4:07	14.6 (79.8%)
35	<b>TOBOLSKI Marek</b>	<b>109</b>	FLORIAN OCHRONA PRZECIWPOŻAROWA	M40	13	00:00:04	00:06:23	00:13:33	<b>00:20:46.25</b>	<b>00:20:50.95</b>	+00:04:21 (21.0%)	4:09	14.4 (78.7%)
36	<b>KULPA Paulina</b>	<b>21</b>	PACKMAN TEAM	Kobiety	2	00:00:03	00:06:39	00:13:41	<b>00:20:48.35</b>	<b>00:20:51.85</b>	+00:04:23 (21.1%)	4:09	14.4 (78.7%)

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37	<b>ZIÓŁKOWSKI Wojciech</b>	<b>90</b>	GOCH BYTÓW #ZABIEGANINOCA	M40	14	00:00:04	00:06:39	00:13:40	<b>00:20:49.05</b>	<b>00:20:53.20</b>	+00:04:24 (21.2%)	4:09	14.4 (78.7%)
38	<b>FĄLKOWSKI Jarosław</b>	<b>41</b>	GMINA GARDEJA BIEGA	Mężczyźni	22	00:00:08	00:07:09	00:14:14	<b>00:20:59.75</b>	<b>00:21:08.70</b>	+00:04:34 (21.8%)	4:12	14.3 (78.1%)
39	<b>POLEK Artur</b>	<b>4</b>	ZSCKP GRUBNO	Mężczyźni	23	00:00:05	00:07:12	00:14:13	<b>00:21:00.65</b>	<b>00:21:06.00</b>	+00:04:35 (21.9%)	4:12	14.3 (78.1%)
40	<b>SZARMACH Stanisław</b>	<b>149</b>		M60	1	00:00:05	00:06:55	00:14:03	<b>00:21:03.15</b>	<b>00:21:09.10</b>	+00:04:38 (22.0%)	4:12	14.2 (77.6%)
41	<b>GOŁOWSKI Andrzej</b>	<b>156</b>		M40	15	00:00:05	00:06:53	00:14:04	<b>00:21:04.15</b>	<b>00:21:09.20</b>	+00:04:39 (22.1%)	4:12	14.2 (77.6%)
42	<b>KOWALCZYK Łukasz</b>	<b>36</b>	GMINA GARDEJA BIEGA	Mężczyźni	24	00:00:08	00:06:53	00:14:06	<b>00:21:06.90</b>	<b>00:21:15.70</b>	+00:04:42 (22.3%)	4:13	14.2 (77.6%)
43	<b>WRÓBEL Piotr</b>	<b>16</b>	GMINA GARDEJA BIEGA	Mężczyźni	25	00:00:09	00:07:08	00:14:09	<b>00:21:09.85</b>	<b>00:21:18.95</b>	+00:04:45 (22.4%)	4:13	14.2 (77.6%)
44	<b>APANASIEWICZ Bartosz</b>	<b>84</b>	RUN PASJA	Mężczyźni	26	00:00:04	00:06:36	00:13:54	<b>00:21:13.30</b>	<b>00:21:18.00</b>	+00:04:48 (22.7%)	4:14	14.1 (77.0%)
45	<b>ŻUCHOWSKI Józef</b>	<b>128</b>		M40	16	00:00:04	00:06:53	00:14:10	<b>00:21:23.95</b>	<b>00:21:28.35</b>	+00:04:59 (23.3%)	4:16	14 (76.5%)
46	<b>GÓRA Agnieszka</b>	<b>92</b>	ZABIEGANI NOCA	K40	1	00:00:04	00:07:07	00:14:23	<b>00:21:41.40</b>	<b>00:21:45.80</b>	+00:05:16 (24.3%)	4:20	13.8 (75.4%)
47	<b>ZAWIASIŃSKI Bartłomiej</b>	<b>27</b>		Mężczyźni	27	00:00:11	00:07:11	00:14:24	<b>00:22:00.85</b>	<b>00:22:12.15</b>	+00:05:36 (25.4%)	4:24	13.6 (74.3%)
48	<b>WISZOWATY Marcin</b>	<b>50</b>		Mężczyźni	28	00:00:09	00:06:54	00:14:23	<b>00:22:01.05</b>	<b>00:22:10.80</b>	+00:05:36 (25.5%)	4:24	13.6 (74.3%)
49	<b>BIAŁOUS Krzysztof</b>	<b>144</b>		M50	1	00:00:07	00:07:15	00:14:41	<b>00:22:06.05</b>	<b>00:22:13.10</b>	+00:05:41 (25.7%)	4:25	13.6 (74.3%)
50	<b>KRZYŻANOWSKI Robert</b>	<b>159</b>		M40	17	00:00:06	00:06:55	00:14:25	<b>00:22:09.20</b>	<b>00:22:15.30</b>	+00:05:44 (25.9%)	4:25	13.5 (73.8%)
51	<b>REGULSKI Mariusz</b>	<b>88</b>		Mężczyźni	29	00:00:10	00:07:13	00:14:37	<b>00:22:12.95</b>	<b>00:22:23.35</b>	+00:05:48 (26.1%)	4:26	13.5 (73.8%)
52	<b>ROSIŃSKI Michał</b>	<b>49</b>	UKS TARPAN	Mężczyźni	30	00:00:09	00:07:26	00:15:09	<b>00:22:17.30</b>	<b>00:22:26.75</b>	+00:05:52 (26.4%)	4:27	13.5 (73.8%)
53	<b>CELEGRAT Andrzej</b>	<b>72</b>		Mężczyźni	31	00:00:06	00:07:11	00:14:36	<b>00:22:17.65</b>	<b>00:22:24.10</b>	+00:05:52 (26.4%)	4:27	13.5 (73.8%)
54	<b>BIELSKI Marek</b>	<b>3</b>	ZSCKP GRUBNO	Mężczyźni	32	00:00:05	00:07:23	00:15:02	<b>00:22:18.50</b>	<b>00:22:24.00</b>	+00:05:53 (26.4%)	4:27	13.4 (73.2%)
55	<b>JASINIEWSKI Sławomir</b>	<b>131</b>		M40	18	00:00:08	00:07:19	00:14:57	<b>00:22:25.35</b>	<b>00:22:34.15</b>	+00:06:00 (26.8%)	4:29	13.4 (73.2%)
56	<b>ZAMYŚLEWSKI Krzysztof</b>	<b>83</b>	KWIDZYN BIEGA	Mężczyźni	33	00:00:05	00:07:22	00:14:53	<b>00:22:26.35</b>	<b>00:22:32.20</b>	+00:06:01 (26.9%)	4:29	13.4 (73.2%)
57	<b>KRZEMIŃSKI Bartosz</b>	<b>70</b>	RUN PASJA	Mężczyźni	34	00:00:05	00:06:55	00:14:41	<b>00:22:32.75</b>	<b>00:22:38.40</b>	+00:06:07 (27.2%)	4:30	13.3 (72.7%)
58	<b>SIEROCKI Marcin</b>	<b>163</b>		Mężczyźni	35	00:00:06	00:07:00	00:14:38	<b>00:22:33.90</b>	<b>00:22:40.80</b>	+00:06:09 (27.3%)	4:30	13.3 (72.7%)
59	<b>PĘKAŁA Aleksandra</b>	<b>56</b>	RUN PASJA	Kobiety	3	00:00:05	00:07:30	00:15:10	<b>00:22:36.20</b>	<b>00:22:41.80</b>	+00:06:11 (27.4%)	4:31	13.3 (72.7%)

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60	<b>GOLON Marlena</b>	<b>106</b>	RUN PASJA	K40	2	00:00:06	00:07:25	00:15:02	<b>00:22:37.65</b>	<b>00:22:43.85</b>	+00:06:12 (27.5%)	4:31	13.3 (72.7%)
61	<b>JAKUBOWSKI Leszek</b>	<b>68</b>		Mężczyźni	36	00:00:10	00:07:08	00:14:56	<b>00:22:44.10</b>	<b>00:22:54.70</b>	+00:06:19 (27.8%)	4:32	13.2 (72.1%)
62	<b>BRZOZOWSKI Marcin</b>	<b>161</b>		Mężczyźni	37	00:00:07	00:07:35	00:15:14	<b>00:22:46.60</b>	<b>00:22:54.55</b>	+00:06:21 (27.9%)	4:33	13.2 (72.1%)
63	<b>WOŹNIAK Anna</b>	<b>77</b>	RUN PASJA	Kobiety	4	00:00:05	00:07:30	00:15:10	<b>00:22:52.35</b>	<b>00:22:57.85</b>	+00:06:27 (28.2%)	4:34	13.1 (71.6%)
64	<b>SZARMACH Kacper</b>	<b>29</b>	BIEGAJ Z WSL	Mężczyźni	38	00:00:09	00:07:38	00:15:28	<b>00:23:01.15</b>	<b>00:23:10.45</b>	+00:06:36 (28.7%)	4:36	13 (71.0%)
65	<b>BANASZAK Monika</b>	<b>63</b>	RUN PASJA	Kobiety	5	00:00:10	00:07:32	00:15:21	<b>00:23:03.40</b>	<b>00:23:14.30</b>	+00:06:38 (28.8%)	4:36	13 (71.0%)
66	<b>JAKUBOWSKI Paweł</b>	<b>55</b>	MARMEL	Mężczyźni	39	00:00:06	00:07:26	00:15:05	<b>00:23:06.60</b>	<b>00:23:13.25</b>	+00:06:41 (29.0%)	4:37	13 (71.0%)
67	<b>FALEŃCZYK Fabian</b>	<b>119</b>	RUN PASJA	M40	19	00:00:08	00:07:36	00:15:31	<b>00:23:12.15</b>	<b>00:23:20.80</b>	+00:06:47 (29.3%)	4:38	12.9 (70.5%)
68	<b>PODSIEDLIK Zbigniew</b>	<b>112</b>	RUN PASJA	M40	20	00:00:05	00:07:35	00:15:33	<b>00:23:27.15</b>	<b>00:23:32.15</b>	+00:07:02 (30.0%)	4:41	12.8 (69.9%)
69	<b>ARBSZAJTYS Piotr</b>	<b>59</b>	GMINA GARDEJA BIEGA	Mężczyźni	40	00:00:05	00:07:19	00:15:19	<b>00:23:29.75</b>	<b>00:23:34.90</b>	+00:07:04 (30.1%)	4:41	12.8 (69.9%)
70	<b>CHODUKIEWICZ Monika</b>	<b>63</b>		Kobiety	6	00:00:04	00:07:22	00:15:26	<b>00:23:35.40</b>	<b>00:23:39.45</b>	+00:07:10 (30.4%)	4:43	12.7 (69.4%)
71	<b>FUJARSKI Krzysztof</b>	<b>65</b>		Mężczyźni	41	00:00:11	00:07:42	00:15:49	<b>00:23:38.65</b>	<b>00:23:50.50</b>	+00:07:13 (30.6%)	4:43	12.7 (69.4%)
72	<b>SZYDŁOWSKI Zenon</b>	<b>45</b>		Mężczyźni	42	00:00:10	00:07:34	00:15:30	<b>00:23:39.05</b>	<b>00:23:49.65</b>	+00:07:14 (30.6%)	4:43	12.7 (69.4%)
73	<b>SAWICKI Michał</b>	<b>67</b>		Mężczyźni	43	00:00:07	00:07:40	00:15:36	<b>00:23:40.80</b>	<b>00:23:48.30</b>	+00:07:16 (30.7%)	4:44	12.7 (69.4%)
74	<b>WIŚNIEWSKI Jan</b>	<b>121</b>		M40	21	00:00:05	00:08:25	00:17:13	<b>00:23:50.05</b>	<b>00:23:55.50</b>	+00:07:25 (31.1%)	4:46	12.6 (68.9%)
75	<b>RAKOWSKI Wojtek</b>	<b>62</b>	RUN PASJA	Mężczyźni	44	00:00:03	00:07:37	00:15:54	<b>00:23:52.45</b>	<b>00:23:55.60</b>	+00:07:27 (31.3%)	4:46	12.6 (68.9%)
76	<b>JAKUBOWSKI Janusz</b>	<b>148</b>		M60	2	00:00:06	00:07:35	00:15:38	<b>00:23:55.45</b>	<b>00:24:02.20</b>	+00:07:30 (31.4%)	4:47	12.5 (68.3%)
77	<b>SZYMCZAK Sandra</b>	<b>20</b>	UKB SZUBIN	Kobiety	7	00:00:07	00:08:03	00:16:26	<b>00:24:14.80</b>	<b>00:24:21.95</b>	+00:07:50 (32.3%)	4:50	12.4 (67.8%)
78	<b>SCHAFER Karen</b>	<b>17</b>	SV SCHEDETAL VOLKMARSHAUSEN	Kobiety	8	00:00:06	00:07:40	00:15:56	<b>00:24:15.40</b>	<b>00:24:21.45</b>	+00:07:50 (32.3%)	4:51	12.4 (67.8%)
79	<b>BŁĄŻEJEWSKI Dariusz</b>	<b>133</b>		M40	22	00:00:09	00:07:46	00:15:59	<b>00:24:16.95</b>	<b>00:24:26.70</b>	+00:07:52 (32.4%)	4:51	12.4 (67.8%)
80	<b>MAŁKOWSKA Joanna</b>	<b>42</b>		Kobiety	9	00:00:10	00:07:59	00:16:27	<b>00:24:26.10</b>	<b>00:24:36.60</b>	+00:08:01 (32.8%)	4:53	12.3 (67.2%)
81	<b>MAJEWSKI Tomasz</b>	<b>115</b>	ZESPÓŁ SZKÓŁ NR 2 IM. ADAMA MICKIEWICZA W CHEŁMNIE	M40	23	00:00:12	00:07:42	00:15:49	<b>00:24:29.85</b>	<b>00:24:42.10</b>	+00:08:05 (33.0%)	4:54	12.2 (66.7%)
82	<b>GOLON Leszek</b>	<b>160</b>		Mężczyźni	45	00:00:11	00:08:23	00:16:46	<b>00:24:41.45</b>	<b>00:24:53.05</b>	+00:08:16 (33.5%)	4:56	12.1 (66.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start All 1.7km	Start All 3.4km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
83	<b>KALISZEWSKI Daniel</b>	<b>107</b>		M40	24	00:00:06	00:07:58	00:16:26	<b>00:24:48.40</b>	<b>00:24:55.05</b>	+00:08:23 (33.8%)	4:57	12.1 (66.1%)
84	<b>KALISZEWSKA Małgorzata</b>	<b>94</b>		K40	3	00:00:05	00:07:59	00:16:27	<b>00:24:49.40</b>	<b>00:24:55.35</b>	+00:08:24 (33.9%)	4:58	12.1 (66.1%)
85	<b>WALICKI Mateusz</b>	<b>1</b>	GMINA GARDEJA BIEGA	Mężczyźni	46	00:00:09	00:07:34	00:16:09	<b>00:25:07.95</b>	<b>00:25:17.05</b>	+00:08:43 (34.7%)	5:01	11.9 (65.0%)
86	<b>PODBORNY Piotr</b>	<b>120</b>		M40	25	00:00:09	00:08:00	00:16:23	<b>00:25:10.15</b>	<b>00:25:20.00</b>	+00:08:45 (34.8%)	5:02	11.9 (65.0%)
87	<b>SOTOWICZ Sławomir</b>	<b>117</b>		M40	26	00:00:08	00:08:12	00:16:59	<b>00:25:47.40</b>	<b>00:25:56.20</b>	+00:09:22 (36.4%)	5:09	11.6 (63.4%)
88	<b>ZYGMUNT Robert</b>	<b>113</b>	RUN PASJA	M40	27	00:00:08	00:08:06	00:16:59	<b>00:25:47.65</b>	<b>00:25:56.30</b>	+00:09:22 (36.4%)	5:09	11.6 (63.4%)
89	<b>DOŁHUN Adam</b>	<b>74</b>	RUN PASJA	Mężczyźni	47	00:00:08	00:08:06	00:16:59	<b>00:25:48.65</b>	<b>00:25:56.70</b>	+00:09:23 (36.4%)	5:09	11.6 (63.4%)
90	<b>JAMRÓZ Joanna</b>	<b>101</b>		K40	4	00:00:07	00:08:24	00:17:08	<b>00:25:50.45</b>	<b>00:25:58.00</b>	+00:09:25 (36.5%)	5:10	11.6 (63.4%)
91	<b>WIŚNIEWSKI Krzysztof</b>	<b>9</b>	ZSCKP GRUBNO	Mężczyźni	48	00:00:08	00:08:23	00:17:12	<b>00:26:06.30</b>	<b>00:26:14.55</b>	+00:09:41 (37.1%)	5:13	11.5 (62.8%)
92	<b>ŻMUDA Adrian</b>	<b>10</b>	ZSCKP GRUBNO	Mężczyźni	49	00:00:08	00:08:24	00:17:12	<b>00:26:06.55</b>	<b>00:26:14.60</b>	+00:09:41 (37.1%)	5:13	11.5 (62.8%)
93	<b>PAWLAK Sandra</b>	<b>18</b>	UKB SZUBIN	Kobiety	10	00:00:05	00:07:45	00:16:58	<b>00:26:10.10</b>	<b>00:26:15.65</b>	+00:09:45 (37.3%)	5:14	11.5 (62.8%)
94	<b>KISZKA Marcin</b>	<b>61</b>	RUN PASJA	Mężczyźni	50	00:00:06	00:08:13	00:17:23	<b>00:26:14.45</b>	<b>00:26:21.20</b>	+00:09:49 (37.5%)	5:15	11.4 (62.3%)
95	<b>KOCHAŃSKA Joanna</b>	<b>93</b>		K40	5	00:00:08	00:08:23	00:17:24	<b>00:26:38.20</b>	<b>00:26:46.25</b>	+00:10:13 (38.4%)	5:19	11.3 (61.7%)
96	<b>BARAŃSKI Dawid</b>	<b>6</b>	ZSCKP GRUBNO	Mężczyźni	51	00:00:07	00:08:25	00:17:14	<b>00:26:45.40</b>	<b>00:26:52.95</b>	+00:10:20 (38.7%)	5:21	11.2 (61.2%)
97	<b>SZACHTA Krzysztof</b>	<b>7</b>	ZSCKP GRUBNO	Mężczyźni	52	00:00:07	00:08:25	00:17:16	<b>00:26:46.70</b>	<b>00:26:54.20</b>	+00:10:21 (38.7%)	5:21	11.2 (61.2%)
98	<b>SZYMAŃSKI Jerzy</b>	<b>155</b>	DRWĘCA NOWE MIASTO	M70	1	00:00:09	00:08:44	00:17:58	<b>00:26:52.40</b>	<b>00:27:02.05</b>	+00:10:27 (38.9%)	5:22	11.2 (61.2%)
99	<b>ZDZIARSKI Adam</b>	<b>116</b>		M40	28	00:00:11	00:08:38	00:17:48	<b>00:26:54.70</b>	<b>00:27:05.95</b>	+00:10:29 (39.0%)	5:22	11.2 (61.2%)
100	<b>STEDEN Elke</b>	<b>129</b>	TG MUNDEN	K40	6	00:00:07	00:08:54	00:17:58	<b>00:26:57.15</b>	<b>00:27:04.50</b>	+00:10:32 (39.1%)	5:23	11.1 (60.7%)
101	<b>POLTER Kerstin</b>	<b>135</b>	SV SCHEDETAL VOLKMARSHAUSEN	K50	1	00:00:08	00:08:52	00:17:57	<b>00:26:58.45</b>	<b>00:27:06.45</b>	+00:10:33 (39.2%)	5:23	11.1 (60.7%)
102	<b>SCHAFER Ulrike</b>	<b>132</b>	TG MUNDEN	K40	7	00:00:07	00:08:41	00:17:48	<b>00:26:59.70</b>	<b>00:27:07.55</b>	+00:10:34 (39.2%)	5:24	11.1 (60.7%)
103	<b>BRAC Marian</b>	<b>147</b>		M60	3	00:00:06	00:08:52	00:18:08	<b>00:27:14.90</b>	<b>00:27:21.85</b>	+00:10:50 (39.8%)	5:27	11 (60.1%)
104	<b>HOŁDA Jerzy</b>	<b>150</b>		M60	4	00:00:09	00:08:24	00:17:27	<b>00:27:17.85</b>	<b>00:27:27.75</b>	+00:10:53 (39.9%)	5:27	11 (60.1%)
105	<b>MICHALAK Marianna</b>	<b>46</b>	HAS TEAM	Kobiety	11	00:00:10	00:08:43	00:18:03	<b>00:27:23.65</b>	<b>00:27:33.95</b>	+00:10:58 (40.1%)	5:28	11 (60.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start All 1.7km	Start All 3.4km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
106	<b>KOZIŃSKA Agata</b>	<b>30</b>	RUN PASJA	Kobiety	12	00:00:06	00:08:27	00:18:04	<b>00:27:30.95</b>	<b>00:27:37.45</b>	+00:11:06 (40.3%)	5:30	10.9 (59.6%)
107	<b>ZIELECKA Beata</b>	<b>43</b>		Kobiety	13	00:00:04	00:08:37	00:18:00	<b>00:27:31.15</b>	<b>00:27:35.20</b>	+00:11:06 (40.4%)	5:30	10.9 (59.6%)
108	<b>PIEKARCZYK Sylwia</b>	<b>24</b>		Kobiety	14	00:00:10	00:08:45	00:18:09	<b>00:27:38.05</b>	<b>00:27:48.50</b>	+00:11:13 (40.6%)	5:31	10.9 (59.6%)
109	<b>TYBUSZEWSKI Janusz</b>	<b>145</b>	TS OPATRUNKI TORUŃ	M60	5	00:00:04	00:09:01	00:18:51	<b>00:27:57.45</b>	<b>00:28:02.00</b>	+00:11:32 (41.3%)	5:35	10.7 (58.5%)
110	<b>BRAC Grazyna</b>	<b>146</b>		K60	1	00:00:06	00:09:14	00:18:44	<b>00:27:59.70</b>	<b>00:28:06.30</b>	+00:11:34 (41.4%)	5:36	10.7 (58.5%)
111	<b>GESING Joanna</b>	<b>44</b>		Kobiety	15	00:00:10	00:08:45	00:18:17	<b>00:28:36.00</b>	<b>00:28:46.70</b>	+00:12:11 (42.6%)	5:43	10.5 (57.4%)
112	<b>GORTLER Martina</b>	<b>140</b>	SV SCHEDETAL VOLKMARSHAUSEN	K50	2	00:00:08	00:09:42	00:19:53	<b>00:30:14.70</b>	<b>00:30:22.95</b>	+00:13:49 (45.7%)	6:02	9.9 (54.1%)
113	<b>CZECHOWSKA Katarzyna</b>	<b>19</b>	UKB SZUBIN	Kobiety	16	00:00:07	00:09:04	00:19:41	<b>00:30:26.45</b>	<b>00:30:33.70</b>	+00:14:01 (46.1%)	6:05	9.9 (54.1%)
114	<b>BAJOREK Piotr</b>	<b>143</b>		M50	2	00:00:09	00:09:05	00:19:40	<b>00:30:43.80</b>	<b>00:30:53.25</b>	+00:14:19 (46.6%)	6:08	9.8 (53.6%)
115	<b>FRANKFURTH Katrin</b>	<b>130</b>	SV SCHEDETAL VOLKMARSHAUSEN	K40	8	00:00:08	00:09:42	00:19:53	<b>00:30:55.55</b>	<b>00:31:03.95</b>	+00:14:30 (46.9%)	6:11	9.7 (53.0%)
116	<b>GILLE Karin</b>	<b>134</b>	TG MUNDEN	K50	3	00:00:07	00:09:23	00:19:54	<b>00:30:57.00</b>	<b>00:31:04.40</b>	+00:14:32 (47.0%)	6:11	9.7 (53.0%)
117	<b>TUREK Katarzyna</b>	<b>40</b>		Kobiety	17	00:00:11	00:10:13	00:20:45	<b>00:31:26.75</b>	<b>00:31:38.00</b>	+00:15:01 (47.8%)	6:17	9.5 (51.9%)
118	<b>MIKOŁAJCZYK Agnieszka</b>	<b>157</b>	CHEŁMNO	Kobiety	18	00:00:02	00:09:58	00:21:26	<b>00:31:57.00</b>	<b>00:31:59.70</b>	+00:15:32 (48.6%)	6:23	9.4 (51.4%)
119	<b>ROZMARYNOWICZ Anna</b>	<b>81</b>		Kobiety	19	00:00:06	00:09:50	00:20:32	<b>00:32:06.35</b>	<b>00:32:12.80</b>	+00:15:41 (48.9%)	6:25	9.3 (50.8%)
120	<b>LORYŃSKA Sandra</b>	<b>12</b>		Kobiety	20	00:00:11	00:10:11	00:21:27	<b>00:32:16.45</b>	<b>00:32:27.70</b>	+00:15:51 (49.1%)	6:27	9.3 (50.8%)
121	<b>KĘSKA Michał</b>	<b>154</b>		Mężczyźni	53	00:00:11	00:10:11	00:21:27	<b>00:32:17.25</b>	<b>00:32:28.55</b>	+00:15:52 (49.2%)	6:27	9.3 (50.8%)
122	<b>TRZEBIATOWSKA Agata</b>	<b>13</b>		Kobiety	21	00:00:09	00:10:01	00:21:20	<b>00:32:28.95</b>	<b>00:32:38.05</b>	+00:16:04 (49.5%)	6:29	9.2 (50.3%)
123	<b>KĘSKA Rafał</b>	<b>25</b>		Mężczyźni	54	00:00:09	00:10:01	00:21:20	<b>00:32:29.10</b>	<b>00:32:38.50</b>	+00:16:04 (49.5%)	6:29	9.2 (50.3%)
124	<b>WOJTACKA Roksana</b>	<b>122</b>		K40	9	00:00:11	00:10:13	00:22:46	<b>00:35:10.55</b>	<b>00:35:21.55</b>	+00:18:45 (53.3%)	7:02	8.5 (46.4%)
125	<b>MIKRUT Remigiusz</b>	<b>80</b>		Mężczyźni	55	00:00:12	00:10:13	00:22:46	<b>00:35:10.75</b>	<b>00:35:23.60</b>	+00:18:45 (53.3%)	7:02	8.5 (46.4%)
126	<b>CHEŁMIŃSKI Piotr</b>	<b>138</b>	MLKS NADWIŚLANIN	M50	3	00:00:12	00:10:13	00:22:45	<b>00:35:11.00</b>	<b>00:35:23.75</b>	+00:18:46 (53.3%)	7:02	8.5 (46.4%)
127	<b>WIŚNIEWSKA Klaudia</b>	<b>30</b>		K40	10	00:00:04	00:08:26				+00:02:57	4:57	12.1 (66.1%)
128	<b>RAKOCZY Magdalena</b>	<b>73</b>		Kobiety	22	00:00:12	00:10:57				+00:05:28	6:26	9.3 (50.8%)

Znaleziono 128 wynik(ów)