

# BIEG CENTAURA - 10 KM

B4SPORT

**Wydarzenie:** CROSS CENTAURA  
**Organizator:** Gmina Biały Bór, Białoborskie Centrum Kultury i Rekreacji, Fundacja Herkules All Sports  
**Data:** 2019-10-06  
**Miejsce:** Biały Bór  
**Dystans:** 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>SZYMAŃSKI Sylwester</b>	<b>105</b>	ULKS BARWICE-MKL SZCZECINEK	M40-49	1	00:17:53	<b>00:35:42.00</b>		3:34	16.8 (100%)
2	<b>FILIPIAK Jakub</b>	<b>22</b>	KLUB BIEGOWY TSK ORZEŁ OSIEK	M18-29	1	00:17:48	<b>00:36:25.86</b>	+00:00:43 (2.0%)	3:38	16.5 (98.2%)
3	<b>JANISZEWSKI Marek</b>	<b>321</b>	DRUTEX	M30-39	1	00:18:21	<b>00:36:52.60</b>	+00:01:11 (3.2%)	3:41	16.3 (97.0%)
4	<b>WOJTKIEWICZ Mateusz</b>	<b>331</b>	KB DZIESIĄTKA BIAŁOGARD	M18-29	2	00:18:18	<b>00:37:06.18</b>	+00:01:25 (3.9%)	3:42	16.2 (96.4%)
5	<b>WOŹNIAK Grzegorz</b>	<b>119</b>	AKTYWNA KRAJENKA	M30-39	2	00:18:57	<b>00:38:34.47</b>	+00:02:53 (7.5%)	3:51	15.6 (92.9%)
6	<b>WITKIEWICZ Eryk</b>	<b>113</b>	KB DZIESIĄTKA BIAŁOGARD	M40-49	2	00:19:44	<b>00:39:25.80</b>	+00:03:45 (9.5%)	3:56	15.2 (90.5%)
7	<b>CUBER Wojciech</b>	<b>14</b>	#ZABIEGANINOCA1	M30-39	3	00:20:08	<b>00:40:52.99</b>	+00:05:11 (12.7%)	4:05	14.7 (87.5%)
8	<b>TRĘBSKI Krzysztof</b>	<b>108</b>	#ZABIEGANINOCA1	M40-49	3	00:20:03	<b>00:40:59.11</b>	+00:05:17 (12.9%)	4:05	14.6 (86.9%)
9	<b>CENTKA Jakub</b>	<b>13</b>		M18-29	3	00:20:16	<b>00:41:17.63</b>	+00:05:35 (13.5%)	4:07	14.5 (86.3%)
10	<b>DOMAŃSKI Andrzej</b>	<b>19</b>		M40-49	4	00:20:12	<b>00:41:28.88</b>	+00:05:48 (14.0%)	4:08	14.5 (86.3%)
11	<b>PICK Tomasz</b>	<b>83</b>	SKSG KORONA SZCZECIN	M40-49	5	00:21:03	<b>00:41:48.09</b>	+00:06:12 (14.8%)	4:10	14.4 (85.7%)
12	<b>KRUKOWSKI Adam</b>	<b>56</b>		M30-39	4	00:21:28	<b>00:41:57.07</b>	+00:06:16 (14.9%)	4:11	14.3 (85.1%)
13	<b>GRZESIK Eugeniusz</b>	<b>28</b>	TKKF KOSZALIN	M50-59	1	00:21:01	<b>00:42:02.50</b>	+00:06:21 (15.1%)	4:12	14.3 (85.1%)
14	<b>WARDĘGA Mateusz</b>	<b>110</b>	ULKS BARWICE	M18-29	4	00:21:00	<b>00:42:26.39</b>	+00:06:46 (15.9%)	4:14	14.1 (83.9%)
15	<b>WNUK Stanisław</b>	<b>116</b>		M50-59	2	00:21:04	<b>00:42:29.44</b>	+00:06:50 (16.1%)	4:15	14.1 (83.9%)
16	<b>PIASZCZYŃSKI Maciej</b>	<b>82</b>		M30-39	5	00:21:19	<b>00:42:42.26</b>	+00:07:19 (17.0%)	4:16	14.1 (83.9%)
17	<b>RYNDAK Mariusz</b>	<b>93</b>		M50-59	3	00:21:09	<b>00:42:59.82</b>	+00:07:20 (17.0%)	4:18	14 (83.3%)
18	<b>PSUJEK Seweryn</b>	<b>88</b>	DIAMENT SWIESZYNO	M30-39	6	00:21:40	<b>00:43:04.93</b>	+00:07:32 (17.4%)	4:18	13.9 (82.7%)
19	<b>ZYCH Krzysztof</b>	<b>125</b>	TRIUMF SŁAWOBORZE	M30-39	7	00:20:41	<b>00:43:15.42</b>	+00:07:33 (17.4%)	4:19	13.9 (82.7%)
20	<b>WITKIEWICZ Magda</b>	<b>114</b>	KB DZIESIĄTKA BIAŁOGARD	K40-49	1	00:21:26	<b>00:43:21.68</b>	+00:07:40 (17.7%)	4:20	13.8 (82.1%)
21	<b>PELA Dariusz</b>	<b>79</b>	PELO-BORKI	M30-39	8	00:21:38	<b>00:43:27.13</b>	+00:07:46 (17.8%)	4:20	13.8 (82.1%)
22	<b>KONKEL Agnieszka</b>	<b>47</b>	KB DZIESIĄTKA BIAŁOGARD	K30-39	1	00:21:50	<b>00:43:42.30</b>	+00:08:05 (18.4%)	4:22	13.7 (81.5%)
23	<b>GAŁAN Leszek</b>	<b>25</b>		M50-59	4	00:21:54	<b>00:43:46.30</b>	+00:08:07 (18.5%)	4:22	13.7 (81.5%)
24	<b>KUŚNIERZ Mateusz</b>	<b>250</b>		M18-29	5	00:21:10	<b>00:44:12.61</b>	+00:08:30 (19.2%)	4:25	13.6 (81.0%)
25	<b>OSTROWSKI Marian</b>	<b>49</b>		M60-69	1	00:22:03	<b>00:44:23.79</b>	+00:08:44 (19.6%)	4:26	13.5 (80.4%)
26	<b>ŁAWNICZAK Justyna</b>	<b>63</b>	#ZABIEGANINOCA1	K30-39	2	00:21:59	<b>00:44:24.30</b>	+00:08:44 (19.6%)	4:26	13.5 (80.4%)
27	<b>JABŁOŃSKI Andrzej</b>	<b>34</b>		M40-49	6	00:21:51	<b>00:44:41.11</b>	+00:09:03 (20.2%)	4:28	13.4 (79.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 5km	Czas		Tempo min/km	Tempo km/h
							netto 10km	Różn		
28	<b>ROMANOWSKI Przemysław</b>	<b>89</b>	TEAM BIEGOWY SZCZECINEK	M30-39	9	00:21:59	<b>00:44:49.24</b>	+00:09:10 (20.4%)	4:28	13.4 (79.8%)
29	<b>CAŁA Bartosz</b>	<b>11</b>	RUNTASTYCZNE PŁYTKI	M40-49	7	00:22:08	<b>00:45:02.98</b>	+00:09:24 (20.8%)	4:30	13.3 (79.2%)
30	<b>WŁODARCZAK Łukasz</b>	<b>115</b>		M30-39	10	00:22:45	<b>00:44:57.72</b>	+00:09:29 (21.0%)	4:29	13.3 (79.2%)
31	<b>MICHAŁOWSKI Dariusz</b>	<b>70</b>	CZARNE BIEGA	M40-49	8	00:22:38	<b>00:45:18.60</b>	+00:09:39 (21.3%)	4:31	13.2 (78.6%)
32	<b>LECKI Seweryn</b>	<b>60</b>	TEAM BIEGOWY SZCZECINEK	M30-39	11	00:22:53	<b>00:45:17.82</b>	+00:09:40 (21.3%)	4:31	13.2 (78.6%)
33	<b>RUŻYŁO Szymon</b>	<b>92</b>		M18-29	6	00:22:18	<b>00:45:16.74</b>	+00:09:41 (21.3%)	4:31	13.2 (78.6%)
34	<b>JANKOWSKI Mariusz</b>	<b>36</b>	TEAM BIEGOWY SZCZECINEK	M40-49	9	00:22:53	<b>00:45:28.20</b>	+00:09:50 (21.6%)	4:32	13.2 (78.6%)
35	<b>KAMIŃSKI Antoni</b>	<b>40</b>	18 PR BIAŁYSTOK	M60-69	2	00:22:35	<b>00:45:34.90</b>	+00:09:53 (21.7%)	4:33	13.2 (78.6%)
36	<b>ZARĘBA Adam</b>	<b>123</b>		M30-39	12	00:22:27	<b>00:45:54.82</b>	+00:10:16 (22.3%)	4:35	13.1 (78.0%)
37	<b>KOZŁOWSKI Bartosz</b>	<b>52</b>		M30-39	13	00:22:12	<b>00:46:17.48</b>	+00:10:30 (22.7%)	4:37	13 (77.4%)
38	<b>KUSIAK Bartłomiej</b>	<b>58</b>		M30-39	14	00:23:09	<b>00:46:01.11</b>	+00:10:32 (22.8%)	4:36	13 (77.4%)
39	<b>KUŚNIERZ Paweł</b>	<b>249</b>		Drużyna	1	00:21:37	<b>00:46:21.30</b>	+00:10:39 (23.0%)	4:38	12.9 (76.8%)
40	<b>LUBOWIECKI Paweł</b>	<b>62</b>		M18-29	7	00:23:21	<b>00:46:21.20</b>	+00:10:46 (23.1%)	4:38	12.9 (76.8%)
41	<b>KARASIUK Adam</b>	<b>41</b>		M30-39	15	00:23:24	<b>00:46:26.51</b>	+00:10:50 (23.3%)	4:38	12.9 (76.8%)
42	<b>MAZUR Tomasz</b>	<b>66</b>	I LO SZCZECINEK	M40-49	10	00:22:55	<b>00:46:29.75</b>	+00:10:51 (23.3%)	4:39	12.9 (76.8%)
43	<b>GÓRA Agnieszka</b>	<b>289</b>	#ZABIEGANINOCA1	K40-49	2	00:23:15	<b>00:47:00.57</b>	+00:11:21 (24.1%)	4:42	12.8 (76.2%)
44	<b>IWANIEC Dariusz</b>	<b>33</b>	BIEGOLAS KOSZALIN	M40-49	11	00:23:26	<b>00:47:02.88</b>	+00:11:25 (24.2%)	4:42	12.8 (76.2%)
45	<b>SZKOPEK Krzysztof</b>	<b>103</b>		M50-59	5	00:23:04	<b>00:47:10.56</b>	+00:11:29 (24.3%)	4:43	12.7 (75.6%)
46	<b>CYWIŃSKA Agnieszka</b>	<b>15</b>	MTS HAMER MIASTKO	K30-39	3	00:23:41	<b>00:47:15.21</b>	+00:11:34 (24.4%)	4:43	12.7 (75.6%)
47	<b>ZARĘBA Anna</b>	<b>122</b>		K30-39	4	00:23:46	<b>00:47:17.32</b>	+00:11:37 (24.5%)	4:43	12.7 (75.6%)
48	<b>CZAJA Andrzej</b>	<b>340</b>		M50-59	6	00:23:43	<b>00:47:14.43</b>	+00:11:39 (24.6%)	4:43	12.7 (75.6%)
49	<b>MICERSKI Tomasz</b>	<b>69</b>	TKKF KOSZALIN	M40-49	12	00:23:44	<b>00:47:26.74</b>	+00:11:50 (24.9%)	4:44	12.6 (75.0%)
50	<b>KAMIŃSKI Sławomir</b>	<b>39</b>	KMP ŚWINOUJŚCIE	M30-39	16	00:23:08	<b>00:47:35.35</b>	+00:11:55 (25.0%)	4:45	12.6 (75.0%)
51	<b>THOMAS Daniel</b>	<b>107</b>	PRECON POLSKA	M30-39	17	00:23:53	<b>00:48:10.71</b>	+00:12:23 (25.7%)	4:49	12.5 (74.4%)
52	<b>ADASZYŃSKI Wiesław</b>	<b>1</b>		M50-59	7	00:23:36	<b>00:48:29.15</b>	+00:12:49 (26.4%)	4:50	12.4 (73.8%)
53	<b>KRASOWSKA Michalina</b>	<b>54</b>	FIT FUN	K30-39	5	00:24:33	<b>00:48:30.32</b>	+00:12:52 (26.5%)	4:51	12.4 (73.8%)
54	<b>BOROWSKI Tomasz</b>	<b>7</b>	PELO-BORKI	M50-59	8	00:24:11	<b>00:48:32.34</b>	+00:12:58 (26.6%)	4:51	12.4 (73.8%)
55	<b>ŚNIEŻKO Marek</b>	<b>106</b>		M40-49	13	00:24:44	<b>00:48:57.38</b>	+00:13:10 (26.9%)	4:53	12.3 (73.2%)
56	<b>KUBIŚ Paweł</b>	<b>57</b>	RUNDORFINA	M30-39	18	00:24:46	<b>00:48:57.16</b>	+00:13:24 (27.3%)	4:53	12.3 (73.2%)
57	<b>ZAKIELARZ Jan</b>	<b>121</b>	PRECON POLSKA JASTROWIE	M60-69	3	00:24:22	<b>00:49:34.28</b>	+00:13:57 (28.0%)	4:57	12.1 (72.0%)
58	<b>SEROWSKI Łukasz</b>	<b>96</b>		M30-39	19	00:24:38	<b>00:49:56.37</b>	+00:14:16 (28.5%)	4:59	12 (71.4%)
59	<b>KOŁODZIEJCZAK Grzegorz</b>	<b>46</b>	PARKRUN SZCZECINEK	M40-49	14	00:25:00	<b>00:49:47.65</b>	+00:14:22 (28.6%)	4:58	12 (71.4%)
60	<b>PELA Olga</b>	<b>80</b>	PELO-BORKI	K30-39	6	00:25:12	<b>00:50:18.77</b>	+00:14:47 (29.2%)	5:01	11.9 (70.8%)
61	<b>ZAKIELARZ Piotr</b>	<b>120</b>	PRECON POLSKA	M30-39	20	00:25:00	<b>00:50:36.47</b>	+00:14:56 (29.5%)	5:03	11.9 (70.8%)
62	<b>PIASZCZYŃSKA Magdalena</b>	<b>81</b>		K30-39	7	00:25:13	<b>00:50:45.56</b>	+00:15:14 (29.9%)	5:04	11.8 (70.2%)
63	<b>BORDUN Barbara</b>	<b>5</b>		K30-39	8	00:25:13	<b>00:50:49.07</b>	+00:15:17 (29.9%)	5:04	11.8 (70.2%)
64	<b>NACHYŁA Tadeusz</b>	<b>75</b>		M60-69	4	00:25:26	<b>00:51:06.96</b>	+00:15:29 (30.2%)	5:06	11.7 (69.6%)
65	<b>DRULIK-HOŁUB Marta</b>	<b>20</b>	TORNADO KOSZALIN	K40-49	3	00:25:20	<b>00:51:06.60</b>	+00:15:31 (30.3%)	5:06	11.7 (69.6%)
66	<b>GUTOWSKA Dorota</b>	<b>30</b>	TEAM BIEGOWY SZCZECINEK	K30-39	9	00:25:30	<b>00:51:22.71</b>	+00:15:43 (30.5%)	5:08	11.7 (69.6%)
67	<b>WILK Artur</b>	<b>112</b>	TOTALNIE BIEGNIĘCI	M40-49	15	00:25:41	<b>00:51:28.37</b>	+00:15:54 (30.8%)	5:08	11.7 (69.6%)
68	<b>MASZCZAK Paweł</b>	<b>65</b>		M30-39	21	00:25:27	<b>00:51:51.72</b>	+00:16:16 (31.3%)	5:11	11.6 (69.0%)
69	<b>RYPULA Paweł</b>	<b>94</b>		M40-49	16	00:25:08	<b>00:52:02.49</b>	+00:16:26 (31.5%)	5:12	11.5 (68.5%)
70	<b>KONKEL Łukasz</b>	<b>48</b>		M40-49	17	00:25:48	<b>00:52:05.40</b>	+00:16:28 (31.5%)	5:12	11.5 (68.5%)
71	<b>STASIOŁEK Konrad</b>	<b>98</b>		M18-29	8	00:25:49	<b>00:52:12.45</b>	+00:16:36 (31.7%)	5:13	11.5 (68.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 5km	Czas		Tempo min/km	Tempo km/h
							netto 10km	Różn		
72	<b>PŁATOSZ Magda</b>	<b>84</b>		K18-29	1	00:26:27	<b>00:52:18.94</b>	+00:16:37 (31.7%)	5:13	11.5 (68.5%)
73	<b>POLGUJ Piotr</b>	<b>86</b>	PARKRUN SZCZECINEK	M70+	1	00:24:04	<b>00:52:28.24</b>	+00:16:50 (32.0%)	5:14	11.4 (67.9%)
74	<b>KOLIGAT Anna</b>	<b>45</b>		K30-39	10	00:26:08	<b>00:53:07.03</b>	+00:17:31 (32.9%)	5:18	11.3 (67.3%)
75	<b>MONGIAŁO Marcin</b>	<b>73</b>	FAST FEET K-LIN	M40-49	18	00:26:23	<b>00:52:58.53</b>	+00:17:32 (32.9%)	5:17	11.3 (67.3%)
76	<b>OSOBNIAK Ryszard</b>	<b>76</b>		M60-69	5	00:26:42	<b>00:53:06.76</b>	+00:17:37 (33.0%)	5:18	11.3 (67.3%)
77	<b>JASIEK Paweł</b>	<b>37</b>	#ZABIEGANINOCA	M30-39	22	00:25:40	<b>00:53:23.18</b>	+00:17:44 (33.1%)	5:20	11.2 (66.7%)
78	<b>BOŻENA Skoczylas</b>	<b>9</b>	BIEGAM BO LUBIĘ	K40-49	4	00:26:00	<b>00:53:36.28</b>	+00:18:02 (33.5%)	5:21	11.2 (66.7%)
79	<b>KOZŁOWIECKI Waldemar</b>	<b>51</b>	TKKF KOSZALIN	M60-69	6	00:27:16	<b>00:53:38.85</b>	+00:18:10 (33.7%)	5:21	11.2 (66.7%)
80	<b>MĄDRZYK Magda</b>	<b>67</b>		K18-29	2	00:26:58	<b>00:53:58.80</b>	+00:18:18 (33.8%)	5:23	11.1 (66.1%)
81	<b>BARSZCZEWSKI Sebastian</b>	<b>4</b>		M40-49	19	00:26:12	<b>00:53:58.23</b>	+00:18:24 (34.0%)	5:23	11.1 (66.1%)
82	<b>JANKOWSKA Monika</b>	<b>35</b>	TEAM BIEGOWY SZCZECINEK	K18-29	3	00:26:30	<b>00:54:05.37</b>	+00:18:25 (34.0%)	5:24	11.1 (66.1%)
83	<b>GRZYSTEK Marcin</b>	<b>29</b>		M30-39	23	00:26:56	<b>00:53:51.71</b>	+00:18:26 (34.0%)	5:23	11.1 (66.1%)
84	<b>AUGUSTYNIAK Grzegorz</b>	<b>3</b>		M40-49	20	00:26:29	<b>00:54:26.16</b>	+00:18:54 (34.6%)	5:26	11 (65.5%)
85	<b>DEUS Grzegorz</b>	<b>18</b>		M40-49	21	00:27:26	<b>00:54:44.41</b>	+00:18:57 (34.6%)	5:28	11 (65.5%)
86	<b>LIPCZEWSKA Justyna</b>	<b>61</b>		K30-39	11	00:27:15	<b>00:54:36.28</b>	+00:19:01 (34.7%)	5:27	11 (65.5%)
87	<b>SUCHANOWSKI Zygmunt</b>	<b>99</b>	RESPECT LOTYŃ	M50-59	9	00:26:26	<b>00:54:41.65</b>	+00:19:04 (34.8%)	5:28	11 (65.5%)
88	<b>CZERWIŃSKI Szczesny</b>	<b>16</b>		M40-49	22	00:27:06	<b>00:54:37.95</b>	+00:19:09 (34.9%)	5:27	11 (65.5%)
89	<b>PACAN Mira</b>	<b>77</b>	RUNTASTYCZNE PŁYTKI	K30-39	12	00:27:16	<b>00:54:47.74</b>	+00:19:11 (34.9%)	5:28	10.9 (64.9%)
90	<b>KRASIŃSKI Witold</b>	<b>53</b>		M40-49	23	00:26:54	<b>00:54:50.69</b>	+00:19:13 (34.9%)	5:29	10.9 (64.9%)
91	<b>KAMINSKI Tomasz</b>	<b>38</b>	JW1223/24 BATERIA STARTOWA	M40-49	24	00:26:54	<b>00:54:50.95</b>	+00:19:13 (35.0%)	5:29	10.9 (64.9%)
92	<b>CAŁA Małgorzata</b>	<b>12</b>	RUNTASTYCZNE PŁYTKI	K40-49	5	00:27:16	<b>00:54:52.61</b>	+00:19:16 (35.0%)	5:29	10.9 (64.9%)
93	<b>PACAN Bartosz</b>	<b>78</b>	RUNTASTYCZNE PŁYTKI	M30-39	24	00:27:08	<b>00:55:13.46</b>	+00:19:37 (35.4%)	5:31	10.9 (64.9%)
94	<b>USTJANOWSKA Katarzyna</b>	<b>109</b>		K30-39	13	00:27:15	<b>00:55:30.71</b>	+00:19:56 (35.8%)	5:33	10.8 (64.3%)
95	<b>GAŁAN Joanna</b>	<b>24</b>		K50+	1	00:27:35	<b>00:55:43.57</b>	+00:20:07 (36.0%)	5:34	10.8 (64.3%)
96	<b>HEJZA Leszek</b>	<b>32</b>		M18-29	9	00:27:24	<b>00:56:01.86</b>	+00:20:28 (36.4%)	5:36	10.7 (63.7%)
97	<b>WOLSKI Piotr</b>	<b>23</b>		M50-59	10	00:27:47	<b>00:56:23.24</b>	+00:20:48 (36.8%)	5:38	10.6 (63.1%)
98	<b>BORUC Barbara</b>	<b>8</b>	PARKRUN SZCZECINEK	K50+	2	00:28:14	<b>00:56:28.47</b>	+00:20:55 (36.9%)	5:38	10.6 (63.1%)
99	<b>CZUB Maciek</b>	<b>17</b>		M18-29	10	00:26:42	<b>00:56:27.22</b>	+00:20:59 (37.0%)	5:38	10.6 (63.1%)
100	<b>WILK Jolanta</b>	<b>111</b>	TOTALNIE BIEGNIĘCI	K40-49	6	00:28:30	<b>00:56:49.66</b>	+00:21:16 (37.3%)	5:41	10.6 (63.1%)
101	<b>KARNICKI Zygmunt</b>	<b>43</b>	TKKF KOSZALIN	M60-69	7	00:28:08	<b>00:57:34.20</b>	+00:21:47 (37.8%)	5:45	10.4 (61.9%)
102	<b>SZCZYPEK Arkadiusz</b>	<b>102</b>	FUNDACJA ZASTOPIJ	M30-39	25	00:28:27	<b>00:57:46.10</b>	+00:22:16 (38.4%)	5:46	10.4 (61.9%)
103	<b>WOŁODKOWICZ Hubert</b>	<b>117</b>	FUNDACJA ZASTOPIJ	M18-29	11	00:28:27	<b>00:57:46.57</b>	+00:22:17 (38.4%)	5:46	10.4 (61.9%)
104	<b>SZYC Krystyna</b>	<b>104</b>	MTS HAMER	K50+	3	00:28:51	<b>00:59:32.89</b>	+00:23:56 (40.1%)	5:57	10.1 (60.1%)
105	<b>BUTOWICZ Adam</b>	<b>10</b>		M50-59	11	00:29:41	<b>00:59:53.00</b>	+00:24:19 (40.5%)	5:59	10 (59.5%)
106	<b>MONGIAŁO Aleksandra</b>	<b>72</b>	FAST FEET K-LIN	K30-39	14	00:29:35	<b>00:59:46.10</b>	+00:24:19 (40.5%)	5:58	10 (59.5%)
107	<b>SUPROŃ Izabela</b>	<b>100</b>		K30-39	15	00:29:32	<b>01:00:40.44</b>	+00:25:09 (41.3%)	6:04	9.9 (58.9%)
108	<b>MEGGER Agata</b>	<b>68</b>		K40-49	7	00:30:48	<b>01:01:07.30</b>	+00:25:32 (41.6%)	6:06	9.8 (58.3%)
109	<b>KOWALCZYK Bernard</b>	<b>298</b>		M50-59	12	00:30:13	<b>01:01:10.31</b>	+00:25:39 (41.8%)	6:07	9.8 (58.3%)
110	<b>BOROWSKA Teresa</b>	<b>6</b>	PELO-BORKI	K50+	4	00:31:06	<b>01:01:30.85</b>	+00:25:58 (42.1%)	6:09	9.8 (58.3%)
111	<b>GAŁECKI Robert</b>	<b>26</b>		M30-39	26	00:28:30	<b>01:02:08.03</b>	+00:26:32 (42.6%)	6:12	9.7 (57.7%)
112	<b>MARSCHAŁKOWSKA Dorota</b>	<b>64</b>	TKKF KOSZALIN	K50+	5	00:31:34	<b>01:04:56.91</b>	+00:29:25 (45.1%)	6:29	9.2 (54.8%)
113	<b>SŁOMIŃSKI Sylwester</b>	<b>97</b>	FUNDACJA ZASTOPIJ	M30-39	27	00:31:38	<b>01:05:50.95</b>	+00:30:03 (45.7%)	6:35	9.1 (54.2%)
114	<b>HARASYM Daniel</b>	<b>31</b>	FUNDACJA ZASTOPIJ	M40-49	25	00:31:52	<b>01:06:13.46</b>	+00:30:42 (46.2%)	6:37	9.1 (54.2%)
115	<b>KARASIUK Renata</b>	<b>42</b>		K30-39	16	00:32:58	<b>01:06:33.23</b>	+00:30:57 (46.4%)	6:39	9 (53.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
116	<b>ANDRUSZKIEWICZ Grzegorz</b>	<b>2</b>		M40-49	26	00:32:00	<b>01:06:41.20</b>	+00:31:10 (46.6%)	6:40	9 (53.6%)
117	<b>MUSIĆ Alicja</b>	<b>74</b>		K30-39	17	00:33:34	<b>01:09:10.51</b>	+00:33:36 (48.4%)	6:55	8.7 (51.8%)

Znaleziono 117 wynik(ów)