

BIEG LĄDUJ NA OSOWEJ III EDYCJA

B4SPORT

Organizator: Stowarzyszenie Klub Sportowy Olimpia Osowa
Data: 2016-09-25
Miejsce: Gdańsk
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	KUJAWSKI Grzegorz	85		M 30-39	1	00:00:01	00:35:00.70	00:35:02.05		3:30	17.1 (100%)
2	RUCIŃSKI Jakub	134	CENTRUM JĘZYKA ANGIELSKIEGO HELEN DORON GDAŃSK OSOWA	M 40-49	1	00:00:01	00:35:46.25	00:35:47.35	+00:00:45 (2.1%)	3:34	16.8 (98.2%)
3	GUŻ Andrzej	47	1980	M 30-39	2	00:00:01	00:35:48.70	00:35:50.65	+00:00:48 (2.2%)	3:34	16.8 (98.2%)
4	LIPKA Paweł	93	4F	M 30-39	3	00:00:01	00:36:15.30	00:36:16.35	+00:01:14 (3.4%)	3:37	16.6 (97.1%)
5	ALVARADO Juan Felipe	1		M 30-39	4	00:00:02	00:36:55.05	00:36:57.15	+00:01:54 (5.2%)	3:41	16.3 (95.3%)
6	JAKS Karol	192	SOWA TEAM	M 16-29	1	00:00:03	00:37:55.60	00:37:58.85	+00:02:54 (7.7%)	3:47	15.8 (92.4%)
7	MAZUREK Michał	104	FABER TEAM	M 30-39	5	00:00:02	00:37:59.35	00:38:01.80	+00:02:58 (7.8%)	3:47	15.8 (92.4%)
8	DOMBRZALSKI Bartosz	26	WLASNA STRZECHA	M 30-39	6	00:00:02	00:37:59.45	00:38:02.40	+00:02:58 (7.8%)	3:48	15.8 (92.4%)
9	KUNDO Rafał	86		M 16-29	2	00:00:02	00:38:00.65	00:38:02.75	+00:02:59 (7.9%)	3:48	15.8 (92.4%)
10	SZCZYKUTOWICZ Tomasz	149		M 16-29	3	00:00:01	00:39:07.80	00:39:09.75	+00:04:07 (10.5%)	3:54	15.3 (89.5%)
11	LIDZBARSKI Marcin	92	ELA@MARCINTEAM	M 30-39	7	00:00:02	00:39:16.65	00:39:19.00	+00:04:15 (10.9%)	3:55	15.3 (89.5%)
12	KĄKOL Kacper	61		M 16-29	4	00:00:01	00:39:51.70	00:39:53.05	+00:04:51 (12.2%)	3:59	15.1 (88.3%)
13	GACH Maciej	36	POMORZE BIEGA I POMAGA	M 30-39	8	00:00:01	00:39:52.90	00:39:54.55	+00:04:52 (12.2%)	3:59	15 (87.7%)
14	RYGIEL Krzysztof	135		M 40-49	2	00:00:01	00:40:19.80	00:40:21.45	+00:05:19 (13.2%)	4:02	14.9 (87.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
15	MAKOWSKI Paweł	101	AWET PLUS	M 30-39	9	00:00:01	00:40:20.60	00:40:22.45	+00:05:19 (13.2%)	4:02	14.9 (87.1%)
16	BARANOWSKA-TRZASKO Aleksandra	4		K 30-39	1	00:00:02	00:40:40.95	00:40:43.30	+00:05:40 (13.9%)	4:04	14.7 (86.0%)
17	BŁASZAK Roman	12	NIEZRZESZONY	M 40-49	3	00:00:01	00:40:44.90	00:40:46.75	+00:05:44 (14.1%)	4:04	14.7 (86.0%)
18	WÓJCIK Damian	169	RUNNERSWALDE DARŁOWO	M 40-49	4	00:00:03	00:40:53.30	00:40:56.80	+00:05:52 (14.4%)	4:05	14.7 (86.0%)
19	LESZKOWICZ Kornel	91	ELTORBUD TEAM	M 16-29	5	00:00:03	00:40:59.65	00:41:02.80	+00:05:58 (14.6%)	4:05	14.6 (85.4%)
20	BEJM Łukasz	5		M 16-29	6	00:00:03	00:40:59.75	00:41:03.65	+00:05:59 (14.6%)	4:06	14.6 (85.4%)
21	PANKOWSKI Tomasz	115	BALTIC-STAR	M 40-49	5	00:00:03	00:41:29.85	00:41:33.65	+00:06:29 (15.6%)	4:09	14.5 (84.8%)
22	JAKUBEK Zbigniew Zibi	51		M 40-49	6	00:00:01	00:41:47.00	00:41:48.65	+00:06:46 (16.2%)	4:10	14.4 (84.2%)
23	PALISZEWSKI Sławek	114		M 40-49	7	00:00:04	00:41:48.20	00:41:52.60	+00:06:47 (16.2%)	4:10	14.4 (84.2%)
24	KOSIN Aleksander	72		M 16-29	7	00:00:02	00:41:57.35	00:41:59.90	+00:06:56 (16.6%)	4:11	14.3 (83.6%)
25	KOŚCIELSKI Mariusz	74	COM-DKM	M 50+	1	00:00:03	00:42:02.25	00:42:05.75	+00:07:01 (16.7%)	4:12	14.3 (83.6%)
26	LEWANDOWSKI Paweł	198		M 16-29	8	00:00:04	00:42:07.10	00:42:11.65	+00:07:06 (16.9%)	4:12	14.2 (83.0%)
27	BUCEWKA Magda	18	LKS ZANTYR SZTUM	K 30-39	2	00:00:01	00:42:23.05	00:42:24.45	+00:07:22 (17.4%)	4:14	14.2 (83.0%)
28	KOZŁÓW Wojciech	77	LKS ZANTYR SZTUM	M 50+	2	00:00:01	00:42:25.95	00:42:27.20	+00:07:25 (17.5%)	4:14	14.1 (82.5%)
29	THRUN Radosław	157	F3TEAM	M 16-29	9	00:00:14	00:43:12.40	00:43:26.75	+00:08:11 (19.0%)	4:19	13.9 (81.3%)
30	WYSOCKI Dariusz	171	WOJSKO POLSKIE	M 30-39	10	00:00:03	00:43:18.90	00:43:22.40	+00:08:18 (19.2%)	4:19	13.9 (81.3%)
31	MADERSKI Rafał	99		M 30-39	11	00:00:03	00:43:20.05	00:43:23.95	+00:08:19 (19.2%)	4:20	13.8 (80.7%)
32	SZUMLAS Rafał	194		M 30-39	12	00:00:04	00:43:35.80	00:43:40.50	+00:08:35 (19.7%)	4:21	13.8 (80.7%)
33	PARUSZEWSKI Robert	116	BOJANO BIEGA	M 30-39	13	00:00:05	00:43:41.25	00:43:46.25	+00:08:40 (19.9%)	4:22	13.7 (80.1%)
34	SIKORA Iwona	137	SP 31 GDYNIA	K 30-39	3	00:00:02	00:43:47.50	00:43:50.05	+00:08:46 (20.0%)	4:22	13.7 (80.1%)
35	KAMIŃSKI Bartosz	55		M 16-29	10	00:00:05	00:43:49.30	00:43:54.50	+00:08:48 (20.1%)	4:22	13.7 (80.1%)
36	ZADWORNA Magdalena	173		K 30-39	4	00:00:09	00:44:01.15	00:44:10.15	+00:09:00 (20.5%)	4:24	13.6 (79.5%)
37	PAZIK Dariusz	123		M 16-29	11	00:00:05	00:44:11.05	00:44:17.00	+00:09:10 (20.8%)	4:25	13.6 (79.5%)

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38	WIŚNIEWSKI Marek	167	BOJANO BIEGA	M 30-39	14	00:00:02	00:44:16.40	00:44:19.25	+00:09:15 (20.9%)	4:25	13.5 (78.9%)
39	KANTECKI Tomasz	57		M 30-39	15	00:00:07	00:44:19.05	00:44:26.10	+00:09:18 (21.0%)	4:25	13.5 (78.9%)
40	DZIEWIATOWSKA Joanna	30	DIETETYKA-24.PL	K 40-49	1	00:00:03	00:44:24.15	00:44:27.95	+00:09:23 (21.1%)	4:26	13.5 (78.9%)
41	LEWIŃSKI Michał	195		M 30-39	16	00:00:08	00:44:24.40	00:44:32.45	+00:09:23 (21.2%)	4:26	13.5 (78.9%)
42	LESZCZYŃSKI Piotr	90		M 30-39	17	00:00:03	00:44:41.60	00:44:44.65	+00:09:40 (21.7%)	4:28	13.4 (78.4%)
43	FORMELA Sebastian	35		M 40-49	8	00:00:06	00:44:48.80	00:44:55.10	+00:09:48 (21.9%)	4:28	13.4 (78.4%)
44	WODKOWSKI Adam	168		M 30-39	18	00:00:02	00:44:49.00	00:44:51.25	+00:09:48 (21.9%)	4:28	13.4 (78.4%)
45	KŁUDZIAK Andrzej	68	WYMIATACZE	M 30-39	19	00:00:04	00:44:56.80	00:45:00.90	+00:09:56 (22.1%)	4:29	13.4 (78.4%)
46	HIRSZ Maciej	49	MAG-MA KOLEKTYW SPORTOWY	M 40-49	9	00:00:09	00:45:08.70	00:45:18.00	+00:10:08 (22.4%)	4:30	13.3 (77.8%)
47	SITO Jakub	201	EATON RUNNING TEAM	M 30-39	20	00:00:04	00:45:09.55	00:45:14.15	+00:10:08 (22.5%)	4:31	13.3 (77.8%)
48	ZDROJEWSKA Katarzyna	177		K 30-39	5	00:00:03	00:45:14.25	00:45:17.75	+00:10:13 (22.6%)	4:31	13.3 (77.8%)
48	DAMASZK Małgorzata	25		K 16-29	1	00:00:07	00:45:14.25	00:45:21.60	+00:10:13 (22.6%)	4:31	13.3 (77.8%)
50	SMÓŁKOWSKI Marcin	140		M 30-39	21	00:00:03	00:45:30.00	00:45:33.30	+00:10:29 (23.1%)	4:33	13.2 (77.2%)
51	KONASZEWSKI Sławomir	71	OSOWA RALLY TEAM	M 40-49	10	00:00:14	00:45:31.60	00:45:45.85	+00:10:30 (23.1%)	4:33	13.2 (77.2%)
52	KACZMAREK-BYZDRA Aleksandra	54	BYZDRA TEAM	K 40-49	2	00:00:06	00:45:42.40	00:45:48.70	+00:10:41 (23.4%)	4:34	13.1 (76.6%)
53	APANASEWICZ Robert	2	ARRO RUNNERS TEAM	M 40-49	11	00:00:08	00:45:54.30	00:46:02.70	+00:10:53 (23.7%)	4:35	13.1 (76.6%)
54	CIUNEL Łukasz	22		M 30-39	22	00:00:13	00:45:57.25	00:46:10.40	+00:10:56 (23.8%)	4:35	13.1 (76.6%)
55	REDUCHA Marcin	189		M 30-39	23	00:00:10	00:46:00.95	00:46:11.00	+00:11:00 (23.9%)	4:36	13 (76.0%)
56	ZAWADZKI Tomasz	176		M 30-39	24	00:00:18	00:46:21.45	00:46:40.25	+00:11:20 (24.5%)	4:38	12.9 (75.4%)
57	PAGA Marcin	113	PAGA	M 30-39	25	00:00:11	00:46:24.20	00:46:35.95	+00:11:23 (24.5%)	4:38	12.9 (75.4%)
58	KACZMAREK Jan	53	KACZMAREK TEAM	M 50+	3	00:00:07	00:46:31.75	00:46:39.00	+00:11:31 (24.8%)	4:39	12.9 (75.4%)
59	JASTRZĘBOWSKI Jakub	52		M 16-29	12	00:00:15	00:46:41.15	00:46:56.15	+00:11:40 (25.0%)	4:40	12.9 (75.4%)
60	HABAS Krzysztof	48		M 30-39	26	00:00:13	00:46:42.00	00:46:55.25	+00:11:41 (25.0%)	4:40	12.8 (74.9%)

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61	PŁACHTA Jacek	182		M 40-49	12	00:00:20	00:46:46.45	00:47:07.05	+00:11:45 (25.1%)	4:40	12.8 (74.9%)
62	BŁOCKA Joanna	13		K 16-29	2	00:00:02	00:46:48.00	00:46:50.55	+00:11:47 (25.2%)	4:40	12.8 (74.9%)
63	ARCIEMIUK Mariusz	3	DELPHI GDAŃSK	M 40-49	13	00:00:07	00:46:50.15	00:46:57.90	+00:11:49 (25.2%)	4:41	12.8 (74.9%)
64	SITARCZUK Mariusz	138		M 30-39	27	00:00:06	00:46:55.95	00:47:02.85	+00:11:55 (25.4%)	4:41	12.8 (74.9%)
65	KOWALSKA Iwona	181		K 30-39	6	00:00:08	00:47:05.50	00:47:13.95	+00:12:04 (25.7%)	4:42	12.7 (74.3%)
66	KAMIŃSKI Mateusz	56	10 CREW	M 16-29	13	00:00:12	00:47:08.20	00:47:21.15	+00:12:07 (25.7%)	4:42	12.7 (74.3%)
67	POGORZELSKI Tomasz	130		M 16-29	14	00:00:09	00:47:13.65	00:47:23.55	+00:12:12 (25.9%)	4:43	12.7 (74.3%)
68	KŁOSOWSKI Damian	67	WYMIATACZE	M 30-39	28	00:00:04	00:47:14.60	00:47:19.45	+00:12:13 (25.9%)	4:43	12.7 (74.3%)
69	KLEIN Andrzej	63		M 50+	4	00:00:05	00:47:19.95	00:47:25.55	+00:12:19 (26.0%)	4:44	12.7 (74.3%)
70	PODJASKI Krzysztof	129	NAPIERAMY!	M 30-39	29	00:00:18	00:47:21.05	00:47:39.20	+00:12:20 (26.1%)	4:44	12.7 (74.3%)
71	DRESZLER Wiesław	28		M 40-49	14	00:00:14	00:47:28.70	00:47:43.40	+00:12:28 (26.3%)	4:44	12.6 (73.7%)
72	MAZUREK Anna	105	FABER TEAM	K 30-39	7	00:00:09	00:47:32.30	00:47:41.80	+00:12:31 (26.4%)	4:45	12.6 (73.7%)
73	ŻMUDZKI Adam	179		M 30-39	30	00:00:08	00:47:34.25	00:47:42.50	+00:12:33 (26.4%)	4:45	12.6 (73.7%)
74	BŁASZAK Magdalena	193		K 30-39	8	00:00:07	00:47:38.85	00:47:46.60	+00:12:38 (26.5%)	4:45	12.6 (73.7%)
75	PODJASKI Andrzej	128		M 30-39	31	00:00:04	00:47:40.55	00:47:45.40	+00:12:39 (26.6%)	4:46	12.6 (73.7%)
76	GRESZCZUK Jarosław	45		M 30-39	32	00:00:07	00:47:49.95	00:47:57.50	+00:12:49 (26.8%)	4:47	12.5 (73.1%)
77	PATYK Artur	119	ARRO RUNNERS TEAM	M 40-49	15	00:00:08	00:48:02.60	00:48:11.30	+00:13:01 (27.1%)	4:48	12.5 (73.1%)
78	BLUJ Roman	10		M 50+	5	00:00:02	00:48:05.45	00:48:08.30	+00:13:04 (27.2%)	4:48	12.5 (73.1%)
79	TRUSIEWICZ Cezary	158		M 16-29	15	00:00:05	00:48:37.30	00:48:43.05	+00:13:36 (28.0%)	4:51	12.3 (71.9%)
80	ŚLESZYCKA Edyta	154		K 40-49	3	00:00:06	00:48:38.05	00:48:44.05	+00:13:37 (28.0%)	4:51	12.3 (71.9%)
81	ŚLIWAK-BŁOŃSKA Anna	155		K 30-39	9	00:00:10	00:48:38.55	00:48:48.65	+00:13:37 (28.0%)	4:51	12.3 (71.9%)
82	LANG Marcin	88	LANG TEAM ZABIANKA	M 30-39	33	00:00:19	00:48:40.45	00:49:00.35	+00:13:39 (28.1%)	4:52	12.3 (71.9%)
83	ZABOROWSKA Paulina	172	HEALTHY CLICK	K 16-29	3	00:00:14	00:48:42.90	00:48:57.15	+00:13:42 (28.1%)	4:52	12.3 (71.9%)

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84	PLEWIŃSKI Rafał	126	KUJATT RUNNERS TEAM	M 30-39	34	00:00:06	00:48:43.45	00:48:50.20	+00:13:42 (28.1%)	4:52	12.3 (71.9%)
85	WÓJCIK Małgorzata	170		K 40-49	4	00:00:06	00:48:55.75	00:49:02.60	+00:13:55 (28.4%)	4:53	12.3 (71.9%)
86	SZCZĘCH-LIDZBARSKA Elzbieta	148	ELA@MARCINTEAM	K 16-29	4	00:00:02	00:48:56.70	00:48:59.35	+00:13:56 (28.5%)	4:53	12.3 (71.9%)
87	SZCZERBUK Rafał	143		M 30-39	35	00:00:17	00:48:57.55	00:49:14.85	+00:13:56 (28.5%)	4:53	12.3 (71.9%)
88	KLOSKOWSKI Dariusz	202		M 40-49	16	00:00:06	00:49:03.25	00:49:09.70	+00:14:02 (28.6%)	4:54	12.2 (71.3%)
89	GRABOWSKI Jacek	43		M 50+	6	00:00:23	00:49:12.25	00:49:35.30	+00:14:11 (28.8%)	4:55	12.2 (71.3%)
90	MAJEWSKI Paweł	100		M 30-39	36	00:00:17	00:49:17.95	00:49:35.90	+00:14:17 (29.0%)	4:55	12.2 (71.3%)
91	SZYMAŃSKA Monika	187		K 30-39	10	00:00:09	00:49:21.15	00:49:30.15	+00:14:20 (29.1%)	4:56	12.2 (71.3%)
92	CHARYTONIUK Mirosław	20	MAG-MA KOLEKTYW SPORTOWY	M 40-49	17	00:00:09	00:49:21.65	00:49:31.10	+00:14:20 (29.1%)	4:56	12.2 (71.3%)
93	ŁUKASZEWICZ Daniel	96	MAG-MA KOLEKTYW SPORTOWY	M 40-49	18	00:00:09	00:49:21.95	00:49:31.10	+00:14:21 (29.1%)	4:56	12.2 (71.3%)
94	KLUCK Sylwia	66		K 30-39	11	00:00:03	00:49:54.05	00:49:57.35	+00:14:53 (29.8%)	4:59	12 (70.2%)
95	ŚMIGIELSKI Arkadiusz	156		M 40-49	19	00:00:23	00:50:05.75	00:50:28.80	+00:15:05 (30.1%)	5:00	12 (70.2%)
96	SZYMAŃSKI Janusz	153	JOINER	M 50+	7	00:00:10	00:50:06.80	00:50:17.00	+00:15:06 (30.1%)	5:00	12 (70.2%)
97	SPISAK Piotr	141	RENK	M 30-39	37	00:00:17	00:50:07.30	00:50:24.85	+00:15:06 (30.1%)	5:00	12 (70.2%)
98	SZYMAŃSKI Radek	152		M 40-49	20	00:00:07	00:50:30.75	00:50:38.05	+00:15:30 (30.7%)	5:03	11.9 (69.6%)
99	KAZYAKA Katarzyna	60		K 16-29	5	00:00:07	00:50:32.65	00:50:40.55	+00:15:31 (30.7%)	5:03	11.9 (69.6%)
100	OSTOJSKA Ewa	112		K 40-49	5	00:00:05	00:50:39.95	00:50:45.30	+00:15:39 (30.9%)	5:04	11.8 (69.0%)
101	NIKODEMCZYK Patrycja	109	BIGYELLOWFOOT ADVENTURE TEAM	K 30-39	12	00:00:15	00:50:43.30	00:50:58.45	+00:15:42 (31.0%)	5:04	11.8 (69.0%)
102	BRONICKA Monika	17	MARINA POINT	K 30-39	13	00:00:10	00:50:44.45	00:50:55.05	+00:15:43 (31.0%)	5:04	11.8 (69.0%)
103	ROSZAK Daniel	133		M 50+	8	00:00:11	00:50:50.50	00:51:01.95	+00:15:49 (31.1%)	5:05	11.8 (69.0%)
104	KARLIKOWSKI Maciej	58	GLC	M 30-39	38	00:00:13	00:50:53.70	00:51:07.35	+00:15:53 (31.2%)	5:05	11.8 (69.0%)
105	MIEDLAR Mariusz	107		M 40-49	21	00:00:16	00:51:05.65	00:51:21.65	+00:16:04 (31.5%)	5:06	11.7 (68.4%)
106	SZPAKIEWICZ Maciej	150		M 40-49	22	00:00:11	00:51:27.60	00:51:38.90	+00:16:26 (32.0%)	5:08	11.7 (68.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
107	KRYGIER Łukasz	79	PRUSZCZ BIEGA	M 16-29	16	00:00:11	00:51:33.65	00:51:44.95	+00:16:32 (32.1%)	5:09	11.6 (67.8%)
108	SZYMAŃSKI Marek	186		M 30-39	39	00:00:08	00:51:51.80	00:52:00.50	+00:16:51 (32.5%)	5:11	11.6 (67.8%)
109	POTRYKUS Małgorzata	131	BOJANO BIEGA	K 40-49	6	00:00:05	00:51:56.05	00:52:01.20	+00:16:55 (32.6%)	5:11	11.6 (67.8%)
110	KACZMAREK Krzysztof	188		M 40-49	23	00:00:12	00:51:56.25	00:52:08.60	+00:16:55 (32.6%)	5:11	11.6 (67.8%)
111	GAIK Karol	37	WUJSON	M 40-49	24	00:00:16	00:52:03.20	00:52:19.40	+00:17:02 (32.7%)	5:12	11.5 (67.3%)
112	DOMSKI Jakub	27		M 16-29	17	00:00:07	00:52:06.10	00:52:13.40	+00:17:05 (32.8%)	5:12	11.5 (67.3%)
113	BĘDZIAK Anna	6		K 30-39	14	00:00:10	00:52:09.05	00:52:19.55	+00:17:08 (32.9%)	5:12	11.5 (67.3%)
114	PIŁASIEWICZ Ireneusz	125	SP 44	M 40-49	25	00:00:05	00:52:28.80	00:52:34.60	+00:17:28 (33.3%)	5:14	11.4 (66.7%)
115	DZIKIEWICZ Krzysztof	31	BOJANO BIEGA	M 40-49	26	00:00:06	00:52:35.70	00:52:42.05	+00:17:35 (33.4%)	5:15	11.4 (66.7%)
116	KWIDZIŃSKI Ireneusz	87		M 40-49	27	00:00:05	00:52:57.80	00:53:03.45	+00:17:57 (33.9%)	5:17	11.3 (66.1%)
117	PRACOŃ Maciej	203		M 40-49	28	00:00:19	00:52:58.00	00:53:17.40	+00:17:57 (33.9%)	5:17	11.3 (66.1%)
118	KLIMASZEWSKA Małgorzata	180		K 30-39	15	00:00:03	00:53:00.25	00:53:04.20	+00:17:59 (33.9%)	5:18	11.3 (66.1%)
119	GŁOWACKI Tomasz	39	NIEZRZESZONY	M 50+	9	00:00:14	00:53:06.65	00:53:20.85	+00:18:05 (34.1%)	5:18	11.3 (66.1%)
120	PAWLAK Sebastian	122	ZGNIŁE JAJO	M 40-49	29	00:00:11	00:53:07.55	00:53:19.30	+00:18:06 (34.1%)	5:18	11.3 (66.1%)
121	ĆWIKLIŃSKI Artur	23		M 40-49	30	00:00:12	00:53:10.80	00:53:23.05	+00:18:10 (34.2%)	5:19	11.3 (66.1%)
122	KRZEWIŃSKI Mariusz	81	KROPLA BESKIDU	M 40-49	31	00:00:12	00:53:14.85	00:53:27.60	+00:18:14 (34.2%)	5:19	11.3 (66.1%)
123	ZAKRZEWSKA Katarzyna	174		K 30-39	16	00:00:13	00:53:24.15	00:53:37.75	+00:18:23 (34.4%)	5:20	11.2 (65.5%)
124	TRETYN Piotr	184		M 30-39	40	00:00:19	00:53:59.95	00:54:19.05	+00:18:59 (35.2%)	5:24	11.1 (64.9%)
125	ZARĘBSKI Maciej	175		M 40-49	32	00:00:06	00:54:00.15	00:54:06.60	+00:18:59 (35.2%)	5:24	11.1 (64.9%)
126	PASZTALENIEC Władysław	117		M 40-49	33	00:00:11	00:54:03.10	00:54:14.85	+00:19:02 (35.2%)	5:24	11.1 (64.9%)
127	KRZEMIŃSKA Sylwia	80	WYMIATACZE	K 30-39	17	00:00:10	00:54:11.40	00:54:22.05	+00:19:10 (35.4%)	5:25	11.1 (64.9%)
128	BIESZKE Iza	7	WYMIATACZE	K 30-39	18	00:00:10	00:54:11.60	00:54:21.80	+00:19:10 (35.4%)	5:25	11.1 (64.9%)
129	KUBIK Agnieszka	83	BCT TEAM GDYNIA	K 30-39	19	00:00:03	00:54:26.10	00:54:29.95	+00:19:25 (35.7%)	5:26	11 (64.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
130	MATUSEWICZ Michał	103	MATILEO	M 30-39	41	00:00:16	00:54:35.05	00:54:51.20	+00:19:34 (35.9%)	5:27	11 (64.3%)
131	PAWLAK Lezsek	121	MATI LEO	M 30-39	42	00:00:17	00:54:58.05	00:55:15.50	+00:19:57 (36.3%)	5:29	10.9 (63.7%)
132	KLINICKA Julia	65	PAGA	K 16-29	6	00:00:12	00:54:59.50	00:55:12.00	+00:19:58 (36.3%)	5:30	10.9 (63.7%)
133	KLEINA Doris	64	BOJANO BIEGA :)	K 40-49	7	00:00:05	00:55:02.75	00:55:07.90	+00:20:02 (36.4%)	5:30	10.9 (63.7%)
134	KOPEĆ Katarzyna	185		K 16-29	7	00:00:04	00:55:07.80	00:55:12.10	+00:20:07 (36.5%)	5:30	10.9 (63.7%)
135	WIŚNIEWSKA Kornelia	165		K 40-49	8	00:00:15	00:55:22.45	00:55:37.60	+00:20:21 (36.8%)	5:32	10.8 (63.2%)
136	SKURTYYS Cezary	139	KUJATT RUNNERS TEAM	M 30-39	43	00:00:12	00:55:36.85	00:55:49.10	+00:20:36 (37.0%)	5:33	10.8 (63.2%)
137	DŻUGAN Jarosław	33	THYSSENKRUPP ELEVATOR	M 30-39	44	00:00:20	00:55:49.75	00:56:10.25	+00:20:49 (37.3%)	5:35	10.7 (62.6%)
138	BORYS-HALULKO Maria	16		K 30-39	20	00:00:13	00:56:05.45	00:56:19.15	+00:21:04 (37.6%)	5:36	10.7 (62.6%)
139	PAWELSKI Marek	120	OSNIP WP	M 16-29	18	00:00:05	00:56:08.70	00:56:14.00	+00:21:08 (37.6%)	5:36	10.7 (62.6%)
140	BIESZKE Sebastian	200	OSOWA	M 40-49	34	00:00:19	00:56:13.30	00:56:32.70	+00:21:12 (37.7%)	5:37	10.7 (62.6%)
141	TUSZYŃSKI Maciek	159	POSEJDON	M 30-39	45	00:00:18	00:56:14.60	00:56:32.95	+00:21:13 (37.7%)	5:37	10.7 (62.6%)
142	KOWALIK Wioletta	76	WYMIATACZE	K 30-39	21	00:00:09	00:56:20.30	00:56:30.05	+00:21:19 (37.9%)	5:38	10.6 (62.0%)
143	KOSTKA Tomasz	73		M 30-39	46	00:00:16	00:56:27.45	00:56:44.40	+00:21:26 (38.0%)	5:38	10.6 (62.0%)
144	WIRKUS Piotr	164	BIGYELLOWFOOT ADVENTURE TEAM	M 30-39	47	00:00:15	00:56:34.15	00:56:49.90	+00:21:33 (38.1%)	5:39	10.6 (62.0%)
145	BLUJ Elżbieta	9		K 30-39	22	00:00:13	00:56:36.60	00:56:50.55	+00:21:35 (38.2%)	5:39	10.6 (62.0%)
146	ŁANGOWSKI Wojciech	94		M 30-39	48	00:00:16	00:56:45.15	00:57:01.75	+00:21:44 (38.3%)	5:40	10.6 (62.0%)
147	DUSZYCA Mirosław	29		M 50+	10	00:00:15	00:56:49.50	00:57:04.60	+00:21:48 (38.4%)	5:40	10.6 (62.0%)
148	WIĘCKOWSKI Grzegorz	163		M 30-39	49	00:00:18	00:56:50.45	00:57:08.75	+00:21:49 (38.4%)	5:41	10.6 (62.0%)
149	PODJASKA Marta	127	NAPIERAMY!	K 30-39	23	00:00:17	00:56:51.45	00:57:09.05	+00:21:50 (38.4%)	5:41	10.6 (62.0%)
150	DALKE Jowita	24		K 30-39	24	00:00:15	00:57:13.00	00:57:28.40	+00:22:12 (38.8%)	5:43	10.5 (61.4%)
151	OSIECKI Adam	111	NIEZRZESZONY	M 40-49	35	00:00:20	00:57:23.15	00:57:43.30	+00:22:22 (39.0%)	5:44	10.5 (61.4%)
152	ŁUCZYŃSKA Agnieszka	95		K 30-39	25	00:00:03	00:57:34.75	00:57:37.80	+00:22:34 (39.2%)	5:45	10.4 (60.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
153	KOKOT Karolina	69		K 30-39	26	00:00:10	00:57:36.00	00:57:46.90	+00:22:35 (39.2%)	5:45	10.4 (60.8%)
154	STUPAK Małgorzata	144		K 30-39	27	00:00:10	00:57:36.35	00:57:47.25	+00:22:35 (39.2%)	5:45	10.4 (60.8%)
155						00:00:07	00:57:45.10	00:57:52.95	+00:22:44 (39.4%)	5:46	10.4 (60.8%)
156	SZATYBEŁKO Anita	146		K 30-39	28	00:00:07	00:58:16.10	00:58:24.05	+00:23:15 (39.9%)	5:49	10.3 (60.2%)
157	GOŁĘBIEWSKI Michał	41		M 30-39	50	00:00:17	00:58:21.75	00:58:38.75	+00:23:21 (40.0%)	5:50	10.3 (60.2%)
158	TACZALSKI Paweł	199		M 40-49	36	00:00:19	00:58:55.10	00:59:14.30	+00:23:54 (40.6%)	5:53	10.2 (59.6%)
159	KOŁTUN Mariusz	70		M 40-49	37	00:00:09	00:59:17.65	00:59:26.75	+00:24:16 (41.0%)	5:55	10.1 (59.1%)
160	SUCHANOWSKA Anna	145		K 40-49	9	00:00:09	00:59:37.25	00:59:46.40	+00:24:36 (41.3%)	5:57	10.1 (59.1%)
161	OBOJSKA Monika	110	WYMIATACZE, TRAKTOR TEAM GMINA KWIDZYN	K 30-39	29	00:00:10	01:00:24.50	01:00:35.00	+00:25:23 (42.0%)	6:02	9.9 (57.9%)
162	GRALA Mirek	44	UPS	M 50+	11	00:00:13	01:00:28.15	01:00:41.30	+00:25:27 (42.1%)	6:02	9.9 (57.9%)
163	KWIECIEŃ Marzena	197		M 30-39	51	00:00:11	01:01:26.00	01:01:37.75	+00:26:25 (43.0%)	6:08	9.8 (57.3%)
164	PATER Bożena	118		K 30-39	30	00:00:17	01:01:38.80	01:01:56.35	+00:26:38 (43.2%)	6:09	9.7 (56.7%)
165	MICHALOWSKA Barbara	106	WYMIATACZE	K 30-39	31	00:00:10	01:01:38.95	01:01:49.05	+00:26:38 (43.2%)	6:09	9.7 (56.7%)
166	PIETRZYK Ilona	124	BIEGNIJPOZDROWIE.PL	K 30-39	32	00:00:12	01:01:39.35	01:01:52.20	+00:26:38 (43.2%)	6:10	9.7 (56.7%)
167	GIERGIELEWICZ Agnieszka	38	BOJANO BIEGA	K 30-39	33	00:00:05	01:01:40.05	01:01:45.20	+00:26:39 (43.2%)	6:10	9.7 (56.7%)
168	GÓRKOWSKA Elżbieta	42	BOJANO BIEGA	K 30-39	34	00:00:04	01:01:42.00	01:01:46.60	+00:26:41 (43.3%)	6:10	9.7 (56.7%)
169	BANACH-CYRA Anna	196		K 30-39	35	00:00:04	01:01:50.75	01:01:55.35	+00:26:50 (43.4%)	6:11	9.7 (56.7%)
170	KUBAWSKA Agnieszka	82	WYMIATACZE	M 30-39	52	00:00:09	01:01:52.85	01:02:02.75	+00:26:52 (43.4%)	6:11	9.7 (56.7%)
171	GOŁĘBIEWSKA Małgorzata	40		K 16-29	8	00:00:16	01:02:13.80	01:02:30.30	+00:27:13 (43.7%)	6:13	9.6 (56.1%)
172	WAŚ Arkadiusz	161	F3 TEAM	M 50+	12	00:00:14	01:02:43.95	01:02:58.25	+00:27:43 (44.2%)	6:16	9.6 (56.1%)
173	CHOMNICKI Marek	21		M 30-39	53	00:00:15	01:02:48.60	01:03:03.85	+00:27:47 (44.3%)	6:16	9.6 (56.1%)
174	GRZESIK-URBAN Agnieszka	46	WYMIATACZE	K 30-39	36	00:00:10	01:03:03.60	01:03:13.80	+00:28:02 (44.5%)	6:18	9.5 (55.6%)
175	KRENCA Anna	78		K 16-29	9	00:00:09	01:03:21.60	01:03:31.25	+00:28:20 (44.7%)	6:20	9.5 (55.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
176	KUCHARSKI Sławomir	84		M 30-39	54	00:00:06	01:03:24.45	01:03:31.00	+00:28:23 (44.8%)	6:20	9.5 (55.6%)
177	MACH Aleksandra	97		K 16-29	10	00:00:11	01:03:39.05	01:03:51.00	+00:28:38 (45.0%)	6:22	9.4 (55.0%)
178	RADOMSKI Wojciech	132		M 40-49	38	00:00:19	01:04:25.30	01:04:45.20	+00:29:24 (45.7%)	6:26	9.3 (54.4%)
179	MADANY Anita	98	OSIEDLOWE ALEJKI	K 50+	1	00:00:07	01:05:01.60	01:05:09.35	+00:30:00 (46.2%)	6:30	9.2 (53.8%)
180	MALESA Jakub	102	THYSSENKRUPP ELEVATOR	M 16-29	19	00:00:20	01:05:52.20	01:06:12.50	+00:30:51 (46.8%)	6:35	9.1 (53.2%)
181	SECH Anna	136	MJR	K 30-39	37	00:00:10	01:06:19.50	01:06:30.45	+00:31:18 (47.2%)	6:38	9 (52.6%)
181	KARPIŃSKA Katarzyna	59		K 30-39	38	00:00:10	01:06:19.50	01:06:30.35	+00:31:18 (47.2%)	6:38	9 (52.6%)
183	BLUJ-BRUDEREK Monika	11	ACTIVE TEAM OSNIP WP GDYNIA	K 30-39	39	00:00:13	01:09:57.45	01:10:11.05	+00:34:56 (50.0%)	6:59	8.6 (50.3%)
184	KOTRYCH Jarosław	75		M 16-29	20	00:55:14					(0.0%)

Znaleziono 184 wynik(ów)