



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

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

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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
84	<b>PLEWIŃSKI Rafał</b>	<b>126</b>	KUJATT RUNNERS TEAM	M 30-39	34	00:00:06	<b>00:48:43.45</b>	<b>00:48:50.20</b>	+00:13:42 (28.1%)	4:52	12.3 (71.9%)
85	<b>WÓJCIK Małgorzata</b>	<b>170</b>		K 40-49	4	00:00:06	<b>00:48:55.75</b>	<b>00:49:02.60</b>	+00:13:55 (28.4%)	4:53	12.3 (71.9%)
86	<b>SZCZĘCH-LIDZBARSKA Elzbieta</b>	<b>148</b>	ELA@MARCINTEAM	K 16-29	4	00:00:02	<b>00:48:56.70</b>	<b>00:48:59.35</b>	+00:13:56 (28.5%)	4:53	12.3 (71.9%)
87	<b>SZCZERBUK Rafał</b>	<b>143</b>		M 30-39	35	00:00:17	<b>00:48:57.55</b>	<b>00:49:14.85</b>	+00:13:56 (28.5%)	4:53	12.3 (71.9%)
88	<b>KLOSKOWSKI Dariusz</b>	<b>202</b>		M 40-49	16	00:00:06	<b>00:49:03.25</b>	<b>00:49:09.70</b>	+00:14:02 (28.6%)	4:54	12.2 (71.3%)
89	<b>GRABOWSKI Jacek</b>	<b>43</b>		M 50+	6	00:00:23	<b>00:49:12.25</b>	<b>00:49:35.30</b>	+00:14:11 (28.8%)	4:55	12.2 (71.3%)
90	<b>MAJEWSKI Paweł</b>	<b>100</b>		M 30-39	36	00:00:17	<b>00:49:17.95</b>	<b>00:49:35.90</b>	+00:14:17 (29.0%)	4:55	12.2 (71.3%)
91	<b>SZYMAŃSKA Monika</b>	<b>187</b>		K 30-39	10	00:00:09	<b>00:49:21.15</b>	<b>00:49:30.15</b>	+00:14:20 (29.1%)	4:56	12.2 (71.3%)
92	<b>CHARYTONIUK Mirosław</b>	<b>20</b>	MAG-MA KOLEKTYW SPORTOWY	M 40-49	17	00:00:09	<b>00:49:21.65</b>	<b>00:49:31.10</b>	+00:14:20 (29.1%)	4:56	12.2 (71.3%)
93	<b>ŁUKASZEWICZ Daniel</b>	<b>96</b>	MAG-MA KOLEKTYW SPORTOWY	M 40-49	18	00:00:09	<b>00:49:21.95</b>	<b>00:49:31.10</b>	+00:14:21 (29.1%)	4:56	12.2 (71.3%)
94	<b>KLUCK Sylwia</b>	<b>66</b>		K 30-39	11	00:00:03	<b>00:49:54.05</b>	<b>00:49:57.35</b>	+00:14:53 (29.8%)	4:59	12 (70.2%)
95	<b>ŚMIGIELSKI Arkadiusz</b>	<b>156</b>		M 40-49	19	00:00:23	<b>00:50:05.75</b>	<b>00:50:28.80</b>	+00:15:05 (30.1%)	5:00	12 (70.2%)
96	<b>SZYMAŃSKI Janusz</b>	<b>153</b>	JOINER	M 50+	7	00:00:10	<b>00:50:06.80</b>	<b>00:50:17.00</b>	+00:15:06 (30.1%)	5:00	12 (70.2%)
97	<b>SPISAK Piotr</b>	<b>141</b>	RENK	M 30-39	37	00:00:17	<b>00:50:07.30</b>	<b>00:50:24.85</b>	+00:15:06 (30.1%)	5:00	12 (70.2%)
98	<b>SZYMAŃSKI Radek</b>	<b>152</b>		M 40-49	20	00:00:07	<b>00:50:30.75</b>	<b>00:50:38.05</b>	+00:15:30 (30.7%)	5:03	11.9 (69.6%)
99	<b>KAZYAKA Katarzyna</b>	<b>60</b>		K 16-29	5	00:00:07	<b>00:50:32.65</b>	<b>00:50:40.55</b>	+00:15:31 (30.7%)	5:03	11.9 (69.6%)
100	<b>OSTOJSKA Ewa</b>	<b>112</b>		K 40-49	5	00:00:05	<b>00:50:39.95</b>	<b>00:50:45.30</b>	+00:15:39 (30.9%)	5:04	11.8 (69.0%)
101	<b>NIKODEMCZYK Patrycja</b>	<b>109</b>	BIGYELLOWFOOT ADVENTURE TEAM	K 30-39	12	00:00:15	<b>00:50:43.30</b>	<b>00:50:58.45</b>	+00:15:42 (31.0%)	5:04	11.8 (69.0%)
102	<b>BRONICKA Monika</b>	<b>17</b>	MARINA POINT	K 30-39	13	00:00:10	<b>00:50:44.45</b>	<b>00:50:55.05</b>	+00:15:43 (31.0%)	5:04	11.8 (69.0%)
103	<b>ROSZAK Daniel</b>	<b>133</b>		M 50+	8	00:00:11	<b>00:50:50.50</b>	<b>00:51:01.95</b>	+00:15:49 (31.1%)	5:05	11.8 (69.0%)
104	<b>KARLIKOWSKI Maciej</b>	<b>58</b>	GLC	M 30-39	38	00:00:13	<b>00:50:53.70</b>	<b>00:51:07.35</b>	+00:15:53 (31.2%)	5:05	11.8 (69.0%)
105	<b>MIEDLAR Mariusz</b>	<b>107</b>		M 40-49	21	00:00:16	<b>00:51:05.65</b>	<b>00:51:21.65</b>	+00:16:04 (31.5%)	5:06	11.7 (68.4%)
106	<b>SZPAKIEWICZ Maciej</b>	<b>150</b>		M 40-49	22	00:00:11	<b>00:51:27.60</b>	<b>00:51:38.90</b>	+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	<b>KRYGIER Łukasz</b>	<b>79</b>	PRUSZCZ BIEGA	M 16-29	16	00:00:11	<b>00:51:33.65</b>	<b>00:51:44.95</b>	+00:16:32 (32.1%)	5:09	11.6 (67.8%)
108	<b>SZYMAŃSKI Marek</b>	<b>186</b>		M 30-39	39	00:00:08	<b>00:51:51.80</b>	<b>00:52:00.50</b>	+00:16:51 (32.5%)	5:11	11.6 (67.8%)
109	<b>POTRYKUS Małgorzata</b>	<b>131</b>	BOJANO BIEGA	K 40-49	6	00:00:05	<b>00:51:56.05</b>	<b>00:52:01.20</b>	+00:16:55 (32.6%)	5:11	11.6 (67.8%)
110	<b>KACZMAREK Krzysztof</b>	<b>188</b>		M 40-49	23	00:00:12	<b>00:51:56.25</b>	<b>00:52:08.60</b>	+00:16:55 (32.6%)	5:11	11.6 (67.8%)
111	<b>GAIK Karol</b>	<b>37</b>	WUJSON	M 40-49	24	00:00:16	<b>00:52:03.20</b>	<b>00:52:19.40</b>	+00:17:02 (32.7%)	5:12	11.5 (67.3%)
112	<b>DOMSKI Jakub</b>	<b>27</b>		M 16-29	17	00:00:07	<b>00:52:06.10</b>	<b>00:52:13.40</b>	+00:17:05 (32.8%)	5:12	11.5 (67.3%)
113	<b>BĘDZIAK Anna</b>	<b>6</b>		K 30-39	14	00:00:10	<b>00:52:09.05</b>	<b>00:52:19.55</b>	+00:17:08 (32.9%)	5:12	11.5 (67.3%)
114	<b>PIŁASIEWICZ Ireneusz</b>	<b>125</b>	SP 44	M 40-49	25	00:00:05	<b>00:52:28.80</b>	<b>00:52:34.60</b>	+00:17:28 (33.3%)	5:14	11.4 (66.7%)
115	<b>DZIKIEWICZ Krzysztof</b>	<b>31</b>	BOJANO BIEGA	M 40-49	26	00:00:06	<b>00:52:35.70</b>	<b>00:52:42.05</b>	+00:17:35 (33.4%)	5:15	11.4 (66.7%)
116	<b>KWIDZIŃSKI Ireneusz</b>	<b>87</b>		M 40-49	27	00:00:05	<b>00:52:57.80</b>	<b>00:53:03.45</b>	+00:17:57 (33.9%)	5:17	11.3 (66.1%)
117	<b>PRACOŃ Maciej</b>	<b>203</b>		M 40-49	28	00:00:19	<b>00:52:58.00</b>	<b>00:53:17.40</b>	+00:17:57 (33.9%)	5:17	11.3 (66.1%)
118	<b>KLIMASZEWSKA Małgorzata</b>	<b>180</b>		K 30-39	15	00:00:03	<b>00:53:00.25</b>	<b>00:53:04.20</b>	+00:17:59 (33.9%)	5:18	11.3 (66.1%)
119	<b>GŁOWACKI Tomasz</b>	<b>39</b>	NIEZRZESZONY	M 50+	9	00:00:14	<b>00:53:06.65</b>	<b>00:53:20.85</b>	+00:18:05 (34.1%)	5:18	11.3 (66.1%)
120	<b>PAWLAK Sebastian</b>	<b>122</b>	ZGNIŁE JAJO	M 40-49	29	00:00:11	<b>00:53:07.55</b>	<b>00:53:19.30</b>	+00:18:06 (34.1%)	5:18	11.3 (66.1%)
121	<b>ĆWIKLIŃSKI Artur</b>	<b>23</b>		M 40-49	30	00:00:12	<b>00:53:10.80</b>	<b>00:53:23.05</b>	+00:18:10 (34.2%)	5:19	11.3 (66.1%)
122	<b>KRZEWIŃSKI Mariusz</b>	<b>81</b>	KROPLA BESKIDU	M 40-49	31	00:00:12	<b>00:53:14.85</b>	<b>00:53:27.60</b>	+00:18:14 (34.2%)	5:19	11.3 (66.1%)
123	<b>ZAKRZEWSKA Katarzyna</b>	<b>174</b>		K 30-39	16	00:00:13	<b>00:53:24.15</b>	<b>00:53:37.75</b>	+00:18:23 (34.4%)	5:20	11.2 (65.5%)
124	<b>TRETYN Piotr</b>	<b>184</b>		M 30-39	40	00:00:19	<b>00:53:59.95</b>	<b>00:54:19.05</b>	+00:18:59 (35.2%)	5:24	11.1 (64.9%)
125	<b>ZARĘBSKI Maciej</b>	<b>175</b>		M 40-49	32	00:00:06	<b>00:54:00.15</b>	<b>00:54:06.60</b>	+00:18:59 (35.2%)	5:24	11.1 (64.9%)
126	<b>PASZTALENIEC Władysław</b>	<b>117</b>		M 40-49	33	00:00:11	<b>00:54:03.10</b>	<b>00:54:14.85</b>	+00:19:02 (35.2%)	5:24	11.1 (64.9%)
127	<b>KRZEMIŃSKA Sylwia</b>	<b>80</b>	WYMIATACZE	K 30-39	17	00:00:10	<b>00:54:11.40</b>	<b>00:54:22.05</b>	+00:19:10 (35.4%)	5:25	11.1 (64.9%)
128	<b>BIESZKE Iza</b>	<b>7</b>	WYMIATACZE	K 30-39	18	00:00:10	<b>00:54:11.60</b>	<b>00:54:21.80</b>	+00:19:10 (35.4%)	5:25	11.1 (64.9%)
129	<b>KUBIK Agnieszka</b>	<b>83</b>	BCT TEAM GDYNIA	K 30-39	19	00:00:03	<b>00:54:26.10</b>	<b>00:54:29.95</b>	+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	<b>MATUSEWICZ Michał</b>	<b>103</b>	MATILEO	M 30-39	41	00:00:16	<b>00:54:35.05</b>	<b>00:54:51.20</b>	+00:19:34 (35.9%)	5:27	11 (64.3%)
131	<b>PAWLAK Lezsek</b>	<b>121</b>	MATI LEO	M 30-39	42	00:00:17	<b>00:54:58.05</b>	<b>00:55:15.50</b>	+00:19:57 (36.3%)	5:29	10.9 (63.7%)
132	<b>KLINICKA Julia</b>	<b>65</b>	PAGA	K 16-29	6	00:00:12	<b>00:54:59.50</b>	<b>00:55:12.00</b>	+00:19:58 (36.3%)	5:30	10.9 (63.7%)
133	<b>KLEINA Doris</b>	<b>64</b>	BOJANO BIEGA :)	K 40-49	7	00:00:05	<b>00:55:02.75</b>	<b>00:55:07.90</b>	+00:20:02 (36.4%)	5:30	10.9 (63.7%)
134	<b>KOPEĆ Katarzyna</b>	<b>185</b>		K 16-29	7	00:00:04	<b>00:55:07.80</b>	<b>00:55:12.10</b>	+00:20:07 (36.5%)	5:30	10.9 (63.7%)
135	<b>WIŚNIEWSKA Kornelia</b>	<b>165</b>		K 40-49	8	00:00:15	<b>00:55:22.45</b>	<b>00:55:37.60</b>	+00:20:21 (36.8%)	5:32	10.8 (63.2%)
136	<b>SKURTYYS Cezary</b>	<b>139</b>	KUJATT RUNNERS TEAM	M 30-39	43	00:00:12	<b>00:55:36.85</b>	<b>00:55:49.10</b>	+00:20:36 (37.0%)	5:33	10.8 (63.2%)
137	<b>DŹUGAN Jarosław</b>	<b>33</b>	THYSSENKRUPP ELEVATOR	M 30-39	44	00:00:20	<b>00:55:49.75</b>	<b>00:56:10.25</b>	+00:20:49 (37.3%)	5:35	10.7 (62.6%)
138	<b>BORYS-HALULKO Maria</b>	<b>16</b>		K 30-39	20	00:00:13	<b>00:56:05.45</b>	<b>00:56:19.15</b>	+00:21:04 (37.6%)	5:36	10.7 (62.6%)
139	<b>PAWELSKI Marek</b>	<b>120</b>	OSNIP WP	M 16-29	18	00:00:05	<b>00:56:08.70</b>	<b>00:56:14.00</b>	+00:21:08 (37.6%)	5:36	10.7 (62.6%)
140	<b>BIESZKE Sebastian</b>	<b>200</b>	OSOWA	M 40-49	34	00:00:19	<b>00:56:13.30</b>	<b>00:56:32.70</b>	+00:21:12 (37.7%)	5:37	10.7 (62.6%)
141	<b>TUSZYŃSKI Maciek</b>	<b>159</b>	POSEJDON	M 30-39	45	00:00:18	<b>00:56:14.60</b>	<b>00:56:32.95</b>	+00:21:13 (37.7%)	5:37	10.7 (62.6%)
142	<b>KOWALIK Wioletta</b>	<b>76</b>	WYMIATACZE	K 30-39	21	00:00:09	<b>00:56:20.30</b>	<b>00:56:30.05</b>	+00:21:19 (37.9%)	5:38	10.6 (62.0%)
143	<b>KOSTKA Tomasz</b>	<b>73</b>		M 30-39	46	00:00:16	<b>00:56:27.45</b>	<b>00:56:44.40</b>	+00:21:26 (38.0%)	5:38	10.6 (62.0%)
144	<b>WIRKUS Piotr</b>	<b>164</b>	BIGYELLOWFOOT ADVENTURE TEAM	M 30-39	47	00:00:15	<b>00:56:34.15</b>	<b>00:56:49.90</b>	+00:21:33 (38.1%)	5:39	10.6 (62.0%)
145	<b>BLUJ Elżbieta</b>	<b>9</b>		K 30-39	22	00:00:13	<b>00:56:36.60</b>	<b>00:56:50.55</b>	+00:21:35 (38.2%)	5:39	10.6 (62.0%)
146	<b>ŁANGOWSKI Wojciech</b>	<b>94</b>		M 30-39	48	00:00:16	<b>00:56:45.15</b>	<b>00:57:01.75</b>	+00:21:44 (38.3%)	5:40	10.6 (62.0%)
147	<b>DUSZYCA Mirosław</b>	<b>29</b>		M 50+	10	00:00:15	<b>00:56:49.50</b>	<b>00:57:04.60</b>	+00:21:48 (38.4%)	5:40	10.6 (62.0%)
148	<b>WIĘCKOWSKI Grzegorz</b>	<b>163</b>		M 30-39	49	00:00:18	<b>00:56:50.45</b>	<b>00:57:08.75</b>	+00:21:49 (38.4%)	5:41	10.6 (62.0%)
149	<b>PODJASKA Marta</b>	<b>127</b>	NAPIERAMY!	K 30-39	23	00:00:17	<b>00:56:51.45</b>	<b>00:57:09.05</b>	+00:21:50 (38.4%)	5:41	10.6 (62.0%)
150	<b>DALKE Jowita</b>	<b>24</b>		K 30-39	24	00:00:15	<b>00:57:13.00</b>	<b>00:57:28.40</b>	+00:22:12 (38.8%)	5:43	10.5 (61.4%)
151	<b>OSIECKI Adam</b>	<b>111</b>	NIEZRZESZONY	M 40-49	35	00:00:20	<b>00:57:23.15</b>	<b>00:57:43.30</b>	+00:22:22 (39.0%)	5:44	10.5 (61.4%)
152	<b>ŁUCZYŃSKA Agnieszka</b>	<b>95</b>		K 30-39	25	00:00:03	<b>00:57:34.75</b>	<b>00:57:37.80</b>	+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	<b>KOKOT Karolina</b>	<b>69</b>		K 30-39	26	00:00:10	<b>00:57:36.00</b>	<b>00:57:46.90</b>	+00:22:35 (39.2%)	5:45	10.4 (60.8%)
154	<b>STUPAK Małgorzata</b>	<b>144</b>		K 30-39	27	00:00:10	<b>00:57:36.35</b>	<b>00:57:47.25</b>	+00:22:35 (39.2%)	5:45	10.4 (60.8%)
155						00:00:07	<b>00:57:45.10</b>	<b>00:57:52.95</b>	+00:22:44 (39.4%)	5:46	10.4 (60.8%)
156	<b>SZATYBEŁKO Anita</b>	<b>146</b>		K 30-39	28	00:00:07	<b>00:58:16.10</b>	<b>00:58:24.05</b>	+00:23:15 (39.9%)	5:49	10.3 (60.2%)
157	<b>GOŁĘBIEWSKI Michał</b>	<b>41</b>		M 30-39	50	00:00:17	<b>00:58:21.75</b>	<b>00:58:38.75</b>	+00:23:21 (40.0%)	5:50	10.3 (60.2%)
158	<b>TACZALSKI Paweł</b>	<b>199</b>		M 40-49	36	00:00:19	<b>00:58:55.10</b>	<b>00:59:14.30</b>	+00:23:54 (40.6%)	5:53	10.2 (59.6%)
159	<b>KOŁTUN Mariusz</b>	<b>70</b>		M 40-49	37	00:00:09	<b>00:59:17.65</b>	<b>00:59:26.75</b>	+00:24:16 (41.0%)	5:55	10.1 (59.1%)
160	<b>SUCHANOWSKA Anna</b>	<b>145</b>		K 40-49	9	00:00:09	<b>00:59:37.25</b>	<b>00:59:46.40</b>	+00:24:36 (41.3%)	5:57	10.1 (59.1%)
161	<b>OBOJSKA Monika</b>	<b>110</b>	WYMIATACZE, TRAKTOR TEAM GMINA KWIDZYN	K 30-39	29	00:00:10	<b>01:00:24.50</b>	<b>01:00:35.00</b>	+00:25:23 (42.0%)	6:02	9.9 (57.9%)
162	<b>GRALA Mirek</b>	<b>44</b>	UPS	M 50+	11	00:00:13	<b>01:00:28.15</b>	<b>01:00:41.30</b>	+00:25:27 (42.1%)	6:02	9.9 (57.9%)
163	<b>KWIECIŃ Marzena</b>	<b>197</b>		M 30-39	51	00:00:11	<b>01:01:26.00</b>	<b>01:01:37.75</b>	+00:26:25 (43.0%)	6:08	9.8 (57.3%)
164	<b>PATER Bożena</b>	<b>118</b>		K 30-39	30	00:00:17	<b>01:01:38.80</b>	<b>01:01:56.35</b>	+00:26:38 (43.2%)	6:09	9.7 (56.7%)
165	<b>MICHALOWSKA Barbara</b>	<b>106</b>	WYMIATACZE	K 30-39	31	00:00:10	<b>01:01:38.95</b>	<b>01:01:49.05</b>	+00:26:38 (43.2%)	6:09	9.7 (56.7%)
166	<b>PIETRZYK Ilona</b>	<b>124</b>	BIEGNIJPOZDROWIE.PL	K 30-39	32	00:00:12	<b>01:01:39.35</b>	<b>01:01:52.20</b>	+00:26:38 (43.2%)	6:10	9.7 (56.7%)
167	<b>GIERGIELEWICZ Agnieszka</b>	<b>38</b>	BOJANO BIEGA	K 30-39	33	00:00:05	<b>01:01:40.05</b>	<b>01:01:45.20</b>	+00:26:39 (43.2%)	6:10	9.7 (56.7%)
168	<b>GÓRKOWSKA Elżbieta</b>	<b>42</b>	BOJANO BIEGA	K 30-39	34	00:00:04	<b>01:01:42.00</b>	<b>01:01:46.60</b>	+00:26:41 (43.3%)	6:10	9.7 (56.7%)
169	<b>BANACH-CYRA Anna</b>	<b>196</b>		K 30-39	35	00:00:04	<b>01:01:50.75</b>	<b>01:01:55.35</b>	+00:26:50 (43.4%)	6:11	9.7 (56.7%)
170	<b>KUBAWSKA Agnieszka</b>	<b>82</b>	WYMIATACZE	M 30-39	52	00:00:09	<b>01:01:52.85</b>	<b>01:02:02.75</b>	+00:26:52 (43.4%)	6:11	9.7 (56.7%)
171	<b>GOŁĘBIEWSKA Małgorzata</b>	<b>40</b>		K 16-29	8	00:00:16	<b>01:02:13.80</b>	<b>01:02:30.30</b>	+00:27:13 (43.7%)	6:13	9.6 (56.1%)
172	<b>WAŚ Arkadiusz</b>	<b>161</b>	F3 TEAM	M 50+	12	00:00:14	<b>01:02:43.95</b>	<b>01:02:58.25</b>	+00:27:43 (44.2%)	6:16	9.6 (56.1%)
173	<b>CHOMNICKI Marek</b>	<b>21</b>		M 30-39	53	00:00:15	<b>01:02:48.60</b>	<b>01:03:03.85</b>	+00:27:47 (44.3%)	6:16	9.6 (56.1%)
174	<b>GRZESIK-URBAN Agnieszka</b>	<b>46</b>	WYMIATACZE	K 30-39	36	00:00:10	<b>01:03:03.60</b>	<b>01:03:13.80</b>	+00:28:02 (44.5%)	6:18	9.5 (55.6%)
175	<b>KRENCA Anna</b>	<b>78</b>		K 16-29	9	00:00:09	<b>01:03:21.60</b>	<b>01:03:31.25</b>	+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	<b>KUCHARSKI Sławomir</b>	<b>84</b>		M 30-39	54	00:00:06	<b>01:03:24.45</b>	<b>01:03:31.00</b>	+00:28:23 (44.8%)	6:20	9.5 (55.6%)
177	<b>MACH Aleksandra</b>	<b>97</b>		K 16-29	10	00:00:11	<b>01:03:39.05</b>	<b>01:03:51.00</b>	+00:28:38 (45.0%)	6:22	9.4 (55.0%)
178	<b>RADOMSKI Wojciech</b>	<b>132</b>		M 40-49	38	00:00:19	<b>01:04:25.30</b>	<b>01:04:45.20</b>	+00:29:24 (45.7%)	6:26	9.3 (54.4%)
179	<b>MADANY Anita</b>	<b>98</b>	OSIEDLOWE ALEJKI	K 50+	1	00:00:07	<b>01:05:01.60</b>	<b>01:05:09.35</b>	+00:30:00 (46.2%)	6:30	9.2 (53.8%)
180	<b>MALESA Jakub</b>	<b>102</b>	THYSSENKRUPP ELEVATOR	M 16-29	19	00:00:20	<b>01:05:52.20</b>	<b>01:06:12.50</b>	+00:30:51 (46.8%)	6:35	9.1 (53.2%)
181	<b>SECH Anna</b>	<b>136</b>	MJR	K 30-39	37	00:00:10	<b>01:06:19.50</b>	<b>01:06:30.45</b>	+00:31:18 (47.2%)	6:38	9 (52.6%)
181	<b>KARPIŃSKA Katarzyna</b>	<b>59</b>		K 30-39	38	00:00:10	<b>01:06:19.50</b>	<b>01:06:30.35</b>	+00:31:18 (47.2%)	6:38	9 (52.6%)
183	<b>BLUJ-BRUDEREK Monika</b>	<b>11</b>	ACTIVE TEAM OSNIP WP GDYNIA	K 30-39	39	00:00:13	<b>01:09:57.45</b>	<b>01:10:11.05</b>	+00:34:56 (50.0%)	6:59	8.6 (50.3%)
184	<b>KOTRYCH Jarosław</b>	<b>75</b>		M 16-29	20	00:55:14					(0.0%)

Znaleziono 184 wynik(ów)