



## BIEG ŁĄDUJ NA OSOWEJ III EDYCJA

B4SPORT

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



Klasyfikacja: M-open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>KUJAWSKI Grzegorz</b>	<b>85</b>		M 30-39	1	00:00:01	<b>00:35:00.70</b>	<b>00:35:02.05</b>		3:30	17.1 (100%)
2	<b>RUCIŃSKI Jakub</b>	<b>134</b>	CENTRUM JĘZYKA ANGIELSKIEGO HELEN DORON GDAŃSK OSOWA	M 40-49	1	00:00:01	<b>00:35:46.25</b>	<b>00:35:47.35</b>	+00:00:45 (2.1%)	3:34	16.8 (98.2%)
3	<b>GUŻ Andrzej</b>	<b>47</b>	1980	M 30-39	2	00:00:01	<b>00:35:48.70</b>	<b>00:35:50.65</b>	+00:00:48 (2.2%)	3:34	16.8 (98.2%)
4	<b>LIPKA Paweł</b>	<b>93</b>	4F	M 30-39	3	00:00:01	<b>00:36:15.30</b>	<b>00:36:16.35</b>	+00:01:14 (3.4%)	3:37	16.6 (97.1%)
5	<b>ALVARADO Juan Felipe</b>	<b>1</b>		M 30-39	4	00:00:02	<b>00:36:55.05</b>	<b>00:36:57.15</b>	+00:01:54 (5.2%)	3:41	16.3 (95.3%)
6	<b>JAKS Karol</b>	<b>192</b>	SOWA TEAM	M 16-29	1	00:00:03	<b>00:37:55.60</b>	<b>00:37:58.85</b>	+00:02:54 (7.7%)	3:47	15.8 (92.4%)
7	<b>MAZUREK Michał</b>	<b>104</b>	FABER TEAM	M 30-39	5	00:00:02	<b>00:37:59.35</b>	<b>00:38:01.80</b>	+00:02:58 (7.8%)	3:47	15.8 (92.4%)
8	<b>DOMBRZALSKI Bartosz</b>	<b>26</b>	WLASNA STRZECHA	M 30-39	6	00:00:02	<b>00:37:59.45</b>	<b>00:38:02.40</b>	+00:02:58 (7.8%)	3:48	15.8 (92.4%)
9	<b>KUNDO Rafał</b>	<b>86</b>		M 16-29	2	00:00:02	<b>00:38:00.65</b>	<b>00:38:02.75</b>	+00:02:59 (7.9%)	3:48	15.8 (92.4%)
10	<b>SZCZYKUTOWICZ Tomasz</b>	<b>149</b>		M 16-29	3	00:00:01	<b>00:39:07.80</b>	<b>00:39:09.75</b>	+00:04:07 (10.5%)	3:54	15.3 (89.5%)
11	<b>LIDZBARSKI Marcin</b>	<b>92</b>	ELA@MARCINTEAM	M 30-39	7	00:00:02	<b>00:39:16.65</b>	<b>00:39:19.00</b>	+00:04:15 (10.9%)	3:55	15.3 (89.5%)
12	<b>KĄKOL Kacper</b>	<b>61</b>		M 16-29	4	00:00:01	<b>00:39:51.70</b>	<b>00:39:53.05</b>	+00:04:51 (12.2%)	3:59	15.1 (88.3%)
13	<b>GACH Maciej</b>	<b>36</b>	POMORZE BIEGA I POMAGA	M 30-39	8	00:00:01	<b>00:39:52.90</b>	<b>00:39:54.55</b>	+00:04:52 (12.2%)	3:59	15 (87.7%)
14	<b>RYGIEL Krzysztof</b>	<b>135</b>		M 40-49	2	00:00:01	<b>00:40:19.80</b>	<b>00:40:21.45</b>	+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>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%)
17	<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%)
18	<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%)
19	<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%)
20	<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%)
21	<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%)
22	<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%)
23	<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%)
24	<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%)
25	<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%)
26	<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%)
27	<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%)
28	<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%)
29	<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%)
30	<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%)
31	<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%)
32	<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%)
33	<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%)
34	<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%)
35	<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%)
36	<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%)
37	<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%)

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38	<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%)
39	<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%)
40	<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%)
41	<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%)
42	<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%)
43	<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%)
44	<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%)
45	<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%)
46	<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%)
47	<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%)
48	<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%)
49	<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%)
50	<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%)
51	<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%)
52	<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%)
53	<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%)
54	<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%)
55	<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%)
56	<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%)
57	<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%)
58	<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%)
59	<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%)
60	<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%)

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61	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%)
62	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%)
63	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%)
64	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%)
65	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%)
66	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%)
67	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%)
68	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%)
69	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%)
70	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%)
71	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%)
72	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%)
73	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%)
74	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%)
75	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%)
76	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%)
77	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%)
78	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%)
79	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%)
80	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%)
81	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%)
82	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%)
83	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%)

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84	<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%)
85	<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%)
86	<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%)
87	<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%)
88	<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%)
89	<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%)
90	<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%)
91	<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%)
92	<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%)
93	<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%)
94	<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%)
95	<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%)
96	<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%)
97	<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%)
98	<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%)
99	<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%)
100	<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%)
101	<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%)
102	<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%)
103	<b>DŻUGAN 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%)
104	<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%)
105	<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%)
106	<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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
107	<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%)
108	<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%)
109	<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%)
110	<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%)
111	<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%)
112	<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%)
113	<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%)
114	<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%)
115	<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%)
116	<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%)
117	<b>KWIECIEŃ 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%)
118	<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%)
119	<b>WĄS 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%)
120	<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%)
121	<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%)
122	<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%)
123	<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%)
124	<b>KOTRYCH Jarosław</b>	<b>75</b>		M 16-29	20	00:55:14					(0.0%)

Znaleziono 124 wynik(ów)