

# BIEG LĄDUJ NA OSOWEJ IV EDYCJA

B4SPORT

**Organizator:** Stowarzyszenie Klub Sportowy Olimpia Osowa  
**Data:** 2017-09-24  
**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	<b>MIKIELSKI Daniel</b>	<b>90</b>		M 16-29	1	00:00:03	<b>00:34:36.80</b>	<b>00:34:40.20</b>		3:27	17.3 (100%)
2	<b>GUZ Andrzej</b>	<b>40</b>	UNBOUNDED	M 30-39	1	00:00:04	<b>00:36:43.60</b>	<b>00:36:48.40</b>	+00:02:06 (5.8%)	3:40	16.3 (94.2%)
3	<b>KLONOWSKI Marcin</b>	<b>58</b>	LKS ZANTYR SZTUM	M 16-29	2	00:00:03	<b>00:36:56.65</b>	<b>00:36:59.70</b>	+00:02:19 (6.3%)	3:41	16.2 (93.6%)
4	<b>BIEGAŁA Marek</b>	<b>158</b>	BIKE U UP- HELEN DORON	M 30-39	2	00:00:04	<b>00:37:06.70</b>	<b>00:37:10.80</b>	+00:02:29 (6.7%)	3:42	16.2 (93.6%)
5	<b>JAKS Karol</b>	<b>165</b>	OLW	M 16-29	3	00:00:04	<b>00:37:21.70</b>	<b>00:37:26.40</b>	+00:02:44 (7.4%)	3:44	16.1 (93.1%)
6	<b>PIONK Rafał</b>	<b>108</b>	STUDIO S7 BANINO	M 30-39	3	00:00:04	<b>00:37:28.85</b>	<b>00:37:33.00</b>	+00:02:52 (7.7%)	3:44	16 (92.5%)
7	<b>KUNDO Rafał</b>	<b>157</b>		M 16-29	4	00:00:06	<b>00:37:27.10</b>	<b>00:37:33.10</b>	+00:02:50 (7.6%)	3:44	16 (92.5%)
8	<b>GAJEWSKI Bartek</b>	<b>30</b>	GWBA	M 30-39	4	00:00:03	<b>00:37:44.20</b>	<b>00:37:47.70</b>	+00:03:07 (8.3%)	3:46	15.9 (91.9%)
9	<b>BODURKA Adam</b>	<b>9</b>		M 16-29	5	00:00:03	<b>00:38:03.05</b>	<b>00:38:06.65</b>	+00:03:26 (9.0%)	3:48	15.8 (91.3%)
10	<b>STACHERSKI Łukasz</b>	<b>126</b>	BIEGAMYRAZEM.PL/MAMY TO	M 16-29	6	00:00:03	<b>00:38:30.55</b>	<b>00:38:33.70</b>	+00:03:53 (10.1%)	3:51	15.6 (90.2%)
11	<b>KĄKOL Grzegorz</b>	<b>55</b>	BALLS OF STEEL	M 16-29	7	00:00:05	<b>00:39:51.95</b>	<b>00:39:57.90</b>	+00:05:15 (13.2%)	3:59	15.1 (87.3%)
12	<b>CZAJKOWSKI Paweł</b>	<b>16</b>	BCT GDYNIA	M 30-39	5	00:00:04	<b>00:39:54.10</b>	<b>00:39:58.30</b>	+00:05:17 (13.3%)	3:59	15 (86.7%)
13	<b>MAKOWSKI Paweł</b>	<b>86</b>	AWET PLUS	M 30-39	6	00:00:03	<b>00:41:10.00</b>	<b>00:41:13.85</b>	+00:06:33 (15.9%)	4:07	14.6 (84.4%)
14	<b>LIDZBARSKI Marcin</b>	<b>76</b>		M 30-39	7	00:00:04	<b>00:41:11.45</b>	<b>00:41:15.60</b>	+00:06:34 (16.0%)	4:07	14.6 (84.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
15	<b>KOŚCIELSKI Mariusz</b>	<b>63</b>	COM-DKM	M 50-59	1	00:00:03	<b>00:41:36.65</b>	<b>00:41:40.05</b>	+00:06:59 (16.8%)	4:09	14.4 (83.2%)
16	<b>BARANOWSKA-TRZASKO Aleksandra</b>	<b>3</b>	EL CONTRAGOLPE/STUDIO S7	K 30-39	1	00:00:04	<b>00:41:43.05</b>	<b>00:41:47.05</b>	+00:07:06 (17.0%)	4:10	14.4 (83.2%)
17	<b>SMÓŁKOWSKI Marcin</b>	<b>124</b>	RUMIA RUNNER	M 30-39	8	00:00:03	<b>00:41:45.95</b>	<b>00:41:49.80</b>	+00:07:09 (17.1%)	4:10	14.4 (83.2%)
18	<b>LISIECKI Tomasz</b>	<b>77</b>	NEXUS TEAM	M 50-59	2	00:00:03	<b>00:42:06.50</b>	<b>00:42:10.00</b>	+00:07:29 (17.8%)	4:12	14.2 (82.1%)
19	<b>KOZŁÓW Wojciech</b>	<b>67</b>	LKS ZANTYR SZTUM	M 50-59	3	00:00:03	<b>00:42:11.25</b>	<b>00:42:14.55</b>	+00:07:34 (18.0%)	4:13	14.2 (82.1%)
20	<b>PAZIK Dariusz</b>	<b>104</b>		M 16-29	8	00:00:06	<b>00:42:11.25</b>	<b>00:42:18.00</b>	+00:07:34 (18.0%)	4:13	14.2 (82.1%)
21	<b>KŁUDZIAK Andrzej</b>	<b>59</b>	BIEGACZE PÓŁNOCY	M 30-39	9	00:00:08	<b>00:42:26.95</b>	<b>00:42:35.15</b>	+00:07:50 (18.5%)	4:14	14.1 (81.5%)
22	<b>TORBICZ Piotr</b>	<b>140</b>	BBL AWF GDAŃSK	M 30-39	10	00:00:07	<b>00:42:41.60</b>	<b>00:42:48.80</b>	+00:08:04 (18.9%)	4:16	14.1 (81.5%)
23	<b>SZUMLAS Rafał</b>	<b>167</b>		M 30-39	11	00:00:04	<b>00:43:09.25</b>	<b>00:43:13.65</b>	+00:08:32 (19.8%)	4:18	13.9 (80.3%)
24	<b>MADERSKI Rafał</b>	<b>85</b>		M 40-49	1	00:00:05	<b>00:43:18.70</b>	<b>00:43:24.00</b>	+00:08:41 (20.1%)	4:19	13.9 (80.3%)
25	<b>LEHMANN Dawid</b>	<b>72</b>		M 30-39	13	00:00:04	<b>00:43:27.25</b>	<b>00:43:32.15</b>	+00:08:50 (20.3%)	4:20	13.8 (79.8%)
26	<b>GRUCHAŁA Robert</b>	<b>38</b>	PADŁ NA RYJ TEAM	M 30-39	12	00:00:20	<b>00:43:25.05</b>	<b>00:43:45.35</b>	+00:08:48 (20.3%)	4:20	13.8 (79.8%)
27	<b>CZAPIEWSKI Andrzej</b>	<b>17</b>	BIEGAMYRAZEM.PL	M 40-49	2	00:00:09	<b>00:43:49.45</b>	<b>00:43:58.50</b>	+00:09:12 (21.0%)	4:22	13.7 (79.2%)
28	<b>THRUN Radosław</b>	<b>139</b>	PRUSZCZ BIEGA	M 16-29	9	00:00:09	<b>00:43:54.40</b>	<b>00:44:03.40</b>	+00:09:17 (21.2%)	4:23	13.7 (79.2%)
29	<b>PĘŚKO Michał</b>	<b>105</b>		M 40-49	3	00:00:07	<b>00:44:03.50</b>	<b>00:44:11.45</b>	+00:09:26 (21.4%)	4:24	13.6 (78.6%)
30	<b>SŁOWIKOWSKA Klaudia</b>	<b>174</b>	BIEGOWYŚWIAT.PL	K 16-29	1	00:00:05	<b>00:44:06.20</b>	<b>00:44:12.00</b>	+00:09:29 (21.5%)	4:24	13.6 (78.6%)
31	<b>PYZIK Tomasz</b>	<b>114</b>	DRUŻYNA MOJACUKRZYCA.PL	M 40-49	4	00:00:05	<b>00:44:11.40</b>	<b>00:44:16.70</b>	+00:09:34 (21.7%)	4:25	13.6 (78.6%)
32	<b>RADOSŁAW Szlas</b>	<b>116</b>	STUDIO S7	M 40-49	5	00:00:04	<b>00:44:12.70</b>	<b>00:44:17.30</b>	+00:09:35 (21.7%)	4:25	13.6 (78.6%)
33	<b>GRYCZKA Wojciech</b>	<b>39</b>		M 16-29	10	00:00:10	<b>00:44:42.25</b>	<b>00:44:52.35</b>	+00:10:05 (22.6%)	4:28	13.4 (77.5%)
34	<b>SZUSTEK Adam</b>	<b>133</b>	SZUSTY TEAM :-)	M 30-39	14	00:00:05	<b>00:44:52.75</b>	<b>00:44:58.05</b>	+00:10:15 (22.9%)	4:29	13.4 (77.5%)
35	<b>KALINOWSKA-BIEGAŁA Marta</b>	<b>159</b>		K 16-29	2	00:00:05	<b>00:44:55.55</b>	<b>00:45:01.50</b>	+00:10:18 (23.0%)	4:29	13.4 (77.5%)
36	<b>WÓJCIK Damian</b>	<b>168</b>	RUNNERS DARŁOWO	M 40-49	6	00:00:05	<b>00:45:18.15</b>	<b>00:45:23.15</b>	+00:10:41 (23.6%)	4:31	13.2 (76.3%)
37	<b>JASTRZĘBSKI Przemysław</b>	<b>156</b>		M 16-29	11	00:00:13	<b>00:45:19.55</b>	<b>00:45:33.25</b>	+00:10:42 (23.6%)	4:32	13.2 (76.3%)

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38	<b>JASTRZĘBOWSKI Jakub</b>	<b>46</b>		M 16-29	12	00:00:08	<b>00:45:22.10</b>	<b>00:45:30.25</b>	+00:10:45 (23.7%)	4:32	13.2 (76.3%)
39	<b>PASCHKE Roman</b>	<b>100</b>	SHIPCUP	M 30-39	15	00:00:13	<b>00:45:40.05</b>	<b>00:45:53.50</b>	+00:11:03 (24.2%)	4:34	13.1 (75.7%)
40	<b>KOŁODZIEJ Rafał</b>	<b>60</b>		M 16-29	13	00:00:09	<b>00:45:49.65</b>	<b>00:45:58.75</b>	+00:11:12 (24.5%)	4:34	13.1 (75.7%)
41	<b>KLEPACKI Michał</b>	<b>57</b>		M 16-29	14	00:00:08	<b>00:46:01.30</b>	<b>00:46:10.05</b>	+00:11:24 (24.8%)	4:36	13 (75.1%)
42	<b>KONASZEWSKI Sławomir</b>	<b>61</b>		M 40-49	7	00:00:09	<b>00:46:12.00</b>	<b>00:46:21.00</b>	+00:11:35 (25.1%)	4:37	13 (75.1%)
43	<b>ADAMUS Jarosław</b>	<b>1</b>		M 50-59	4	00:00:07	<b>00:46:12.55</b>	<b>00:46:20.10</b>	+00:11:35 (25.1%)	4:37	13 (75.1%)
44	<b>KANTECKI Tomasz</b>	<b>52</b>	BIEGAM BO LUBIĘ	M 30-39	16	00:00:05	<b>00:46:19.75</b>	<b>00:46:25.50</b>	+00:11:42 (25.3%)	4:38	12.9 (74.6%)
45	<b>BŁAWAT Michał</b>	<b>7</b>	POMORSKA SZKOŁA WALKI FIGHTER	M 40-49	8	00:00:18	<b>00:46:59.30</b>	<b>00:47:17.65</b>	+00:12:22 (26.3%)	4:41	12.8 (74.0%)
46	<b>KOPEĆ Kasia</b>	<b>62</b>		K 16-29	3	00:00:06	<b>00:47:01.20</b>	<b>00:47:07.80</b>	+00:12:24 (26.4%)	4:42	12.8 (74.0%)
47	<b>APANASEWICZ Robert</b>	<b>2</b>	ARRO RUNNERS TEAM	M 40-49	9	00:00:10	<b>00:47:09.20</b>	<b>00:47:20.05</b>	+00:12:32 (26.6%)	4:43	12.7 (73.4%)
48	<b>PŁACHTA Jacek</b>	<b>110</b>		M 40-49	10	00:00:17	<b>00:47:14.45</b>	<b>00:47:31.90</b>	+00:12:37 (26.7%)	4:43	12.7 (73.4%)
49	<b>KARLIKOWSKI Maciej</b>	<b>54</b>	GRUPA BIEGOWA GLC	M 30-39	17	00:00:12	<b>00:47:16.95</b>	<b>00:47:29.05</b>	+00:12:40 (26.8%)	4:43	12.7 (73.4%)
50	<b>GAIK Karol</b>	<b>29</b>	TUMBO TEAM	M 40-49	11	00:00:19	<b>00:47:22.60</b>	<b>00:47:41.60</b>	+00:12:45 (26.9%)	4:44	12.7 (73.4%)
51	<b>PRZYKŁOTA Paulina</b>	<b>113</b>		K 16-29	4	00:00:06	<b>00:47:24.90</b>	<b>00:47:31.65</b>	+00:12:48 (27.0%)	4:44	12.7 (73.4%)
52	<b>SKOPCZYŃSKI Jarek</b>	<b>122</b>	BIEGOWYSWIAT.PL	M 30-39	18	00:00:06	<b>00:47:25.45</b>	<b>00:47:32.15</b>	+00:12:48 (27.0%)	4:44	12.6 (72.8%)
53	<b>SZWED Przemek</b>	<b>134</b>	ASICS FRONTRUNNER POLSKA / SKLEPBIEGOWY.COM	M 16-29	15	00:00:06	<b>00:47:26.90</b>	<b>00:47:33.80</b>	+00:12:50 (27.1%)	4:44	12.6 (72.8%)
54	<b>BRZEZIŃSKI Grzegorz</b>	<b>11</b>		M 50-59	5	00:00:04	<b>00:47:38.80</b>	<b>00:47:43.20</b>	+00:13:02 (27.4%)	4:45	12.6 (72.8%)
55	<b>FALBA Paweł</b>	<b>26</b>		M 30-39	19	00:00:12	<b>00:47:51.10</b>	<b>00:48:03.90</b>	+00:13:14 (27.7%)	4:47	12.5 (72.3%)
56	<b>SZYMAŃSKI Radosław</b>	<b>199</b>		M 40-49	12	00:00:07	<b>00:48:03.60</b>	<b>00:48:10.65</b>	+00:13:26 (28.0%)	4:48	12.5 (72.3%)
57	<b>PETZ Wojciech</b>	<b>176</b>		M 16-29	16	00:00:05	<b>00:48:04.80</b>	<b>00:48:10.20</b>	+00:13:28 (28.0%)	4:48	12.5 (72.3%)
58	<b>CHRZCZONOWICZ Bartek</b>	<b>13</b>		M 16-29	17	00:00:09	<b>00:48:07.65</b>	<b>00:48:17.55</b>	+00:13:30 (28.1%)	4:48	12.5 (72.3%)
59	<b>BŁOCKA Joanna</b>	<b>8</b>		K 16-29	5	00:00:06	<b>00:48:20.60</b>	<b>00:48:27.15</b>	+00:13:43 (28.4%)	4:50	12.4 (71.7%)
60	<b>GÓRSKI Marcin</b>	<b>36</b>	BBL GDYNIA	M 40-49	13	00:00:19	<b>00:48:41.80</b>	<b>00:49:01.20</b>	+00:14:05 (28.9%)	4:52	12.3 (71.1%)

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61	IWANICKI Jan	43	BIEG W BUTACH	M 40-49	14	00:00:12	00:48:53.35	00:49:06.05	+00:14:16 (29.2%)	4:53	12.3 (71.1%)
62	PAGA Marcin	99		M 30-39	20	00:00:11	00:48:53.85	00:49:05.35	+00:14:17 (29.2%)	4:53	12.3 (71.1%)
63	BRZESKI Michał	10	PASIEKA KASZUBY	M 30-39	21	00:00:18	00:49:05.65	00:49:24.40	+00:14:28 (29.5%)	4:54	12.2 (70.5%)
64	ORLIKOWSKI Tadeusz	96	PARKRUN GDYNIA	M 60+	1	00:00:07	00:49:06.85	00:49:14.00	+00:14:30 (29.5%)	4:54	12.2 (70.5%)
65	HUBERT Jakub	42		M 30-39	22	00:00:22	00:49:14.70	00:49:36.90	+00:14:37 (29.7%)	4:55	12.2 (70.5%)
66	ZDROJEWSKA Katarzyna	166		K 30-39	2	00:00:06	00:49:15.60	00:49:22.15	+00:14:38 (29.7%)	4:55	12.2 (70.5%)
67	RICHERT Danuta	118	KOBIETA W BIEGU	K 40-49	1	00:00:07	00:49:20.20	00:49:28.00	+00:14:43 (29.8%)	4:56	12.2 (70.5%)
68	KOTULSKI Piotr	66	KLUB BIEGACZY JYSK	M 40-49	15	00:00:05	00:49:22.55	00:49:28.50	+00:14:45 (29.9%)	4:56	12.1 (69.9%)
69	KWIATKOWSKI Michał	178		M 30-39	23	00:00:07	00:49:41.00	00:49:48.15	+00:15:04 (30.3%)	4:58	12.1 (69.9%)
70	KACZMAREK Krzysztof	49		M 40-49	16	00:00:14	00:49:49.10	00:50:04.05	+00:15:12 (30.5%)	4:59	12 (69.4%)
71	USCHLER Leszek	145		M 40-49	17	00:00:21	00:49:50.95	00:50:12.50	+00:15:14 (30.6%)	4:59	12 (69.4%)
72	RESKE Daniel	117	THYSSENKRUPP	M 30-39	24	00:00:07	00:49:55.80	00:50:03.30	+00:15:19 (30.7%)	4:59	12 (69.4%)
73	NOWICKI Jarosław	95		M 30-39	25	00:00:17	00:49:56.85	00:50:14.15	+00:15:20 (30.7%)	4:59	12 (69.4%)
74	GAJEWSKI Krzysztof Teofor	31	JAZZYRUNNER	M 30-39	26	00:00:07	00:50:12.60	00:50:20.55	+00:15:35 (31.1%)	5:01	11.9 (68.8%)
75	KORNACKI Piotr	169	KWT ROWEROWE KASZUBY	M 30-39	27	00:00:24	00:50:24.40	00:50:49.30	+00:15:47 (31.3%)	5:02	11.9 (68.8%)
76	WACHOWIAK Marek	161		M 60+	2	00:00:23	00:50:31.55	00:50:54.70	+00:15:54 (31.5%)	5:03	11.9 (68.8%)
77	SZYMAŃSKA Monika	136		K 30-39	3	00:00:08	00:50:43.35	00:50:52.05	+00:16:06 (31.8%)	5:04	11.8 (68.2%)
78	SZPAKIEWICZ Maciej	130		M 40-49	18	00:00:12	00:50:44.55	00:50:56.65	+00:16:07 (31.8%)	5:04	11.8 (68.2%)
79	CZECHOLIŃSKI Michał	18	OGNISTY KOGUT	M 30-39	28	00:00:09	00:50:53.00	00:51:02.60	+00:16:16 (32.0%)	5:05	11.8 (68.2%)
80	GRAD Rafał	37	RSPORT.PL	M 16-29	18	00:00:20	00:50:55.60	00:51:16.40	+00:16:18 (32.0%)	5:05	11.8 (68.2%)
81	SAMSON Hania	162	OLIMPIA OSOWA	K 16-29	6	00:00:12	00:51:21.25	00:51:33.90	+00:16:44 (32.6%)	5:08	11.7 (67.6%)
82	DRANKA Ewelina	23	MOL	K 30-39	4	00:00:05	00:51:22.25	00:51:27.95	+00:16:45 (32.6%)	5:08	11.7 (67.6%)
83	MYSZK Mateusz	93		M 16-29	19	00:00:17	00:52:07.50	00:52:25.35	+00:17:30 (33.6%)	5:12	11.5 (66.5%)

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84	<b>WRÓBEL Maciej</b>	<b>151</b>		M 30-39	29	00:00:13	<b>00:52:32.50</b>	<b>00:52:45.60</b>	+00:17:55 (34.1%)	5:15	11.4 (65.9%)
85	<b>WOLAŃSKI Tomasz</b>	<b>150</b>	OIRP GDAŃSK	M 40-49	19	00:00:06	<b>00:52:42.95</b>	<b>00:52:48.95</b>	+00:18:06 (34.3%)	5:16	11.4 (65.9%)
86	<b>RACZKOWSKA Anna</b>	<b>163</b>	OLIMPIA OSOWA	K 16-29	7	00:00:12	<b>00:52:45.05</b>	<b>00:52:57.80</b>	+00:18:08 (34.4%)	5:16	11.4 (65.9%)
87	<b>ŁUNIO Krzysztof</b>	<b>82</b>	POLIGON JASIEŃ	M 40-49	20	00:00:14	<b>00:52:46.25</b>	<b>00:53:00.55</b>	+00:18:09 (34.4%)	5:16	11.4 (65.9%)
88	<b>PISKORSKI Paweł</b>	<b>170</b>		M 16-29	20	00:00:11	<b>00:52:50.95</b>	<b>00:53:02.55</b>	+00:18:14 (34.5%)	5:17	11.4 (65.9%)
89	<b>MICHALAK Kamila</b>	<b>87</b>	KLUB BIEGACZY JYSK	K 30-39	5	00:00:06	<b>00:52:55.15</b>	<b>00:53:01.70</b>	+00:18:18 (34.6%)	5:17	11.3 (65.3%)
90	<b>SZYMAŃSKI Marek</b>	<b>137</b>		M 30-39	30	00:00:08	<b>00:53:08.60</b>	<b>00:53:17.00</b>	+00:18:31 (34.9%)	5:18	11.3 (65.3%)
91	<b>TUSZYŃSKI Maciek</b>	<b>143</b>	OSAKA	M 30-39	31	00:00:20	<b>00:53:08.85</b>	<b>00:53:29.15</b>	+00:18:32 (34.9%)	5:18	11.3 (65.3%)
92	<b>PAWLAK Sebastian</b>	<b>103</b>	ZGNILE JAJO	M 40-49	21	00:00:07	<b>00:53:12.25</b>	<b>00:53:19.85</b>	+00:18:35 (34.9%)	5:19	11.3 (65.3%)
93	<b>KOTRYCH Jarosław</b>	<b>65</b>		M 16-29	21	00:00:15	<b>00:53:19.40</b>	<b>00:53:35.15</b>	+00:18:42 (35.1%)	5:20	11.3 (65.3%)
94	<b>SMYK Sławomir</b>	<b>125</b>	BIGYELLOWFOOT ADVENTURE TEAM	M 30-39	32	00:00:16	<b>00:53:22.40</b>	<b>00:53:38.50</b>	+00:18:45 (35.1%)	5:20	11.2 (64.7%)
95	<b>KRUPA Łukasz</b>	<b>69</b>	EFEKT JOŁ JOŁ	M 30-39	33	00:00:11	<b>00:53:42.40</b>	<b>00:53:54.00</b>	+00:19:05 (35.6%)	5:22	11.2 (64.7%)
96	<b>PASZTALENIEC Władysław</b>	<b>101</b>		M 40-49	22	00:00:10	<b>00:53:52.50</b>	<b>00:54:02.85</b>	+00:19:15 (35.8%)	5:23	11.1 (64.2%)
97	<b>RYDLEWICZ Justyna</b>	<b>121</b>	KOBIETA W BIEGU	K 16-29	8	00:00:07	<b>00:54:18.20</b>	<b>00:54:25.75</b>	+00:19:41 (36.3%)	5:25	11 (63.6%)
98	<b>DATA Karol</b>	<b>21</b>		M 30-39	34	00:00:18	<b>00:54:20.00</b>	<b>00:54:38.25</b>	+00:19:43 (36.3%)	5:26	11 (63.6%)
99	<b>PIETRZYK Ilona</b>	<b>106</b>	BIEGNIJPOZDROWIE.PL	K 30-39	6	00:00:17	<b>00:54:20.60</b>	<b>00:54:38.55</b>	+00:19:43 (36.3%)	5:26	11 (63.6%)
100	<b>PODJASKI Andrzej</b>	<b>112</b>		M 30-39	35	00:00:21	<b>00:54:21.90</b>	<b>00:54:42.90</b>	+00:19:45 (36.3%)	5:26	11 (63.6%)
101	<b>IWANOWSKI Kamil</b>	<b>44</b>		M 30-39	36	00:00:23	<b>00:54:36.50</b>	<b>00:54:59.95</b>	+00:19:59 (36.6%)	5:27	11 (63.6%)
102	<b>DALKE Jowita</b>	<b>19</b>	ZABIEGANE DWIE	K 30-39	7	00:00:14	<b>00:54:38.00</b>	<b>00:54:52.80</b>	+00:20:01 (36.6%)	5:27	11 (63.6%)
103	<b>WIŚNIEWSKA Kornelia</b>	<b>149</b>	ZABIEGANE DWIE	K 40-49	2	00:00:14	<b>00:54:38.25</b>	<b>00:54:52.90</b>	+00:20:01 (36.6%)	5:27	11 (63.6%)
104	<b>KLUCK Sylwia</b>	<b>153</b>		K 30-39	8	00:00:12	<b>00:54:52.45</b>	<b>00:55:04.80</b>	+00:20:15 (36.9%)	5:29	10.9 (63.0%)
105	<b>JASTRZĘBSKI Dariusz</b>	<b>47</b>		M 30-39	37	00:00:13	<b>00:55:03.25</b>	<b>00:55:16.30</b>	+00:20:26 (37.1%)	5:30	10.9 (63.0%)
106	<b>KRZAK Jerzy</b>	<b>172</b>	TKK ROZSTAJE	M 50-59	6	00:00:04	<b>00:55:20.05</b>	<b>00:55:24.75</b>	+00:20:43 (37.4%)	5:32	10.8 (62.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
107	KOŚCIŃSKI Sebastian	64		M 16-29	22	00:00:09	00:55:39.60	00:55:48.90	+00:21:02 (37.8%)	5:33	10.8 (62.4%)
108	BIESZKE Sebastian	5		M 40-49	23	00:00:20	00:55:40.30	00:56:00.50	+00:21:03 (37.8%)	5:34	10.8 (62.4%)
109	PRACOŃ Maciej	177		M 40-49	24	00:00:20	00:55:40.55	00:56:00.75	+00:21:03 (37.8%)	5:34	10.8 (62.4%)
110	SZUSTEK Natalia	132	SZUSTY TEAM :-)	K 30-39	9	00:00:05	00:56:39.85	00:56:45.80	+00:22:03 (38.9%)	5:40	10.6 (61.3%)
111	OSTAPCZUK Kamil	98	IREK I RAK. MARATON O ŻYCIE.	M 40-49	25	00:00:22	00:56:56.00	00:57:18.20	+00:22:19 (39.2%)	5:41	10.5 (60.7%)
112	OSOWSKI Maciej	97		M 50-59	7	00:00:08	00:57:09.70	00:57:18.40	+00:22:32 (39.4%)	5:43	10.5 (60.7%)
113	GŁOWACKI Tomasz	34	NIEZRZESZONY	M 50-59	8	00:00:16	00:57:11.10	00:57:27.25	+00:22:34 (39.5%)	5:43	10.5 (60.7%)
114	LESZKOWICZ Krzysiek	75	DOMAX RACING TEAM	M 30-39	38	00:00:06	00:57:11.80	00:57:18.20	+00:22:35 (39.5%)	5:43	10.5 (60.7%)
115	KASZUBA Przemysław	173		M 16-29	23	00:00:15	00:57:19.25	00:57:35.00	+00:22:42 (39.6%)	5:44	10.5 (60.7%)
116	DAMPS Karolina	20	INTERPLASTIC OLIMPIA OSOWA GDAŃSK	K 16-29	9	00:00:14	00:57:30.20	00:57:44.30	+00:22:53 (39.8%)	5:45	10.4 (60.1%)
117	SZUMSKA Żaneta	131		K 30-39	10	00:00:23	00:57:31.50	00:57:55.15	+00:22:54 (39.8%)	5:45	10.4 (60.1%)
118	PATYK Artur	102	ARRO RUNNERS TEAM	M 40-49	26	00:00:10	00:57:32.30	00:57:42.90	+00:22:55 (39.8%)	5:45	10.4 (60.1%)
119	CHOJKE Wojciech	12		M 30-39	39	00:00:16	00:57:50.95	00:58:07.00	+00:23:14 (40.2%)	5:47	10.4 (60.1%)
120	SKRZYPKOWSKI Dawid	171		M 16-29	24	00:00:13	00:58:06.05	00:58:19.85	+00:23:29 (40.4%)	5:48	10.3 (59.5%)
121	TRZASKOWSKA Justyna	142		K 30-39	11	00:00:25	00:58:10.25	00:58:35.75	+00:23:33 (40.5%)	5:49	10.3 (59.5%)
122	MIILLER Łukasz	89	BALLS OF STEEL	M 16-29	25	00:00:14	00:58:41.60	00:58:55.80	+00:24:04 (41.0%)	5:52	10.2 (59.0%)
123	KORDEK Monika	160		K 16-29	10	00:00:13	00:58:52.80	00:59:06.70	+00:24:16 (41.2%)	5:53	10.2 (59.0%)
124	CIEKLIŃSKA Barbara	15	KOBIET W BIEGU GDYNIA	K 40-49	3	00:00:13	00:59:03.30	00:59:16.70	+00:24:26 (41.4%)	5:54	10.2 (59.0%)
125	CHYLIŃSKA Dorota	14		K 50-59	1	00:00:08	00:59:07.80	00:59:16.20	+00:24:31 (41.5%)	5:54	10.1 (58.4%)
126	WARUSZEWSKA-KRACHULEC Ewa	147		K 40-49	4	00:00:08	00:59:11.55	00:59:19.65	+00:24:34 (41.5%)	5:55	10.1 (58.4%)
127	DOMAŃSKI Piotr	22		M 30-39	40	00:00:21	00:59:14.75	00:59:36.60	+00:24:37 (41.6%)	5:55	10.1 (58.4%)
128	TYSZER Bożena	144		K 30-39	12	00:00:16	00:59:16.35	00:59:33.20	+00:24:39 (41.6%)	5:55	10.1 (58.4%)
129	KARAŚ Jacek	53	DRUŻYNA SZPIKU / PATRIOCI POZNAŃ	M 30-39	41	00:00:16	00:59:30.50	00:59:47.30	+00:24:53 (41.8%)	5:57	10.1 (58.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
130	<b>HANDZLIK Marta</b>	<b>41</b>	BONBON	K 30-39	13	00:00:13	<b>00:59:40.15</b>	<b>00:59:53.80</b>	+00:25:03 (42.0%)	5:58	10.1 (58.4%)
131	<b>RUTKOWSKA Joanna</b>	<b>120</b>		K 40-49	5	00:00:11	<b>00:59:44.65</b>	<b>00:59:56.15</b>	+00:25:07 (42.1%)	5:58	10 (57.8%)
132	<b>WALCZUK Barbara</b>	<b>146</b>		K 30-39	14	00:00:11	<b>00:59:50.95</b>	<b>01:00:02.70</b>	+00:25:14 (42.2%)	5:59	10 (57.8%)
133	<b>FILIP Krzysztof</b>	<b>27</b>	NOCLUB	M 40-49	27	00:00:11	<b>00:59:51.55</b>	<b>01:00:03.30</b>	+00:25:14 (42.2%)	5:59	10 (57.8%)
134	<b>KANTECKA Renata</b>	<b>51</b>	BIEGAM BO LUBIĘ	K 30-39	15	00:00:04	<b>00:59:57.75</b>	<b>01:00:02.55</b>	+00:25:20 (42.3%)	5:59	10 (57.8%)
135	<b>ZAKRZEWSKA Kasia</b>	<b>152</b>		K 30-39	16	00:00:07	<b>01:00:02.45</b>	<b>01:00:10.20</b>	+00:25:25 (42.4%)	6:00	10 (57.8%)
136	<b>BAKOWSKI Zbigniew</b>	<b>4</b>	AKADEMIA BIEGANIA	M 60+	3	00:00:11	<b>01:00:04.60</b>	<b>01:00:15.75</b>	+00:25:27 (42.4%)	6:00	10 (57.8%)
137	<b>WAŻNY Karol</b>	<b>155</b>	SKARPA	M 30-39	42	00:00:17	<b>01:00:10.65</b>	<b>01:00:27.80</b>	+00:25:33 (42.5%)	6:01	10 (57.8%)
138	<b>GIERSZYŃSKI Andrzej</b>	<b>33</b>	SKARPA	M 30-39	43	00:00:16	<b>01:00:11.95</b>	<b>01:00:28.90</b>	+00:25:35 (42.5%)	6:01	10 (57.8%)
139	<b>SZYCHTA Ania</b>	<b>135</b>	INTERPLASTIC OLIMPIA OSOWA	K 16-29	11	00:00:14	<b>01:00:22.50</b>	<b>01:00:36.50</b>	+00:25:45 (42.7%)	6:02	9.9 (57.2%)
140	<b>MILUSKI Krzysztof</b>	<b>91</b>		M 30-39	44	00:00:22	<b>01:00:25.10</b>	<b>01:00:47.70</b>	+00:25:48 (42.7%)	6:02	9.9 (57.2%)
141	<b>MISZKIEL Iwona</b>	<b>92</b>	BIEGAM BO LUBIĘ	K 40-49	6	00:00:04	<b>01:00:38.60</b>	<b>01:00:43.40</b>	+00:26:01 (42.9%)	6:03	9.9 (57.2%)
142	<b>ERDMANN Piotr</b>	<b>25</b>	DZIUB DZIUB	M 30-39	45	00:00:09	<b>01:01:02.35</b>	<b>01:01:11.65</b>	+00:26:25 (43.3%)	6:06	9.8 (56.6%)
143	<b>GARRISON Jeff</b>	<b>32</b>	LECKOWA RUNNING CLUB	M 50-59	9	00:00:24	<b>01:01:03.95</b>	<b>01:01:28.15</b>	+00:26:27 (43.3%)	6:06	9.8 (56.6%)
144	<b>ŁUBKOWSKA Grażyna</b>	<b>79</b>	BIEGAJ Z GŁOWĄ/TABATA	K 60+	1	00:00:10	<b>01:01:37.90</b>	<b>01:01:48.75</b>	+00:27:01 (43.8%)	6:09	9.7 (56.1%)
145	<b>RADOMSKI Emil</b>	<b>164</b>		M 40-49	28	00:00:19	<b>01:01:38.90</b>	<b>01:01:58.00</b>	+00:27:02 (43.9%)	6:09	9.7 (56.1%)
146	<b>ŁUCZYŃSKI Rafał</b>	<b>81</b>		M 40-49	29	00:00:13	<b>01:01:59.45</b>	<b>01:02:12.45</b>	+00:27:22 (44.2%)	6:11	9.7 (56.1%)
147	<b>ŁUCZYŃSKA Agnieszka</b>	<b>80</b>		K 30-39	17	00:00:12	<b>01:02:00.15</b>	<b>01:02:12.50</b>	+00:27:23 (44.2%)	6:12	9.7 (56.1%)
148	<b>KRAUSE Dorota</b>	<b>68</b>		K 16-29	12	00:00:15	<b>01:03:00.50</b>	<b>01:03:16.05</b>	+00:28:23 (45.1%)	6:18	9.5 (54.9%)
149	<b>REICH Andrzej</b>	<b>175</b>		M 16-29	26	00:00:10	<b>01:03:05.55</b>	<b>01:03:15.75</b>	+00:28:28 (45.1%)	6:18	9.5 (54.9%)
150	<b>ROMPCZYK Jan</b>	<b>119</b>	O. S. P. CHWASZCZYNO	M 30-39	46	00:00:19	<b>01:03:30.15</b>	<b>01:03:49.25</b>	+00:28:53 (45.5%)	6:21	9.4 (54.3%)
151	<b>SZATYBEŁKO Karol</b>	<b>127</b>		M 30-39	47	00:00:22	<b>01:03:53.00</b>	<b>01:04:15.65</b>	+00:29:16 (45.8%)	6:23	9.4 (54.3%)
152	<b>ŁANGOWSKI Wojciech</b>	<b>78</b>		M 30-39	48	00:00:09	<b>01:04:24.05</b>	<b>01:04:33.75</b>	+00:29:47 (46.3%)	6:26	9.3 (53.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
153	<b>DUCH Julia</b>	<b>24</b>		K 30-39	18	00:00:18	<b>01:07:21.25</b>	<b>01:07:39.70</b>	+00:32:44 (48.6%)	6:44	8.9 (51.4%)
154	<b>RADOMSKI Wojciech</b>	<b>115</b>		M 40-49	30	00:00:15	<b>01:07:47.00</b>	<b>01:08:02.30</b>	+00:33:10 (48.9%)	6:46	8.9 (51.4%)
155	<b>JERZYŁO Radosław</b>	<b>48</b>		M 30-39	49	00:00:24	<b>01:10:51.65</b>	<b>01:11:16.00</b>	+00:36:14 (51.2%)	7:05	8.5 (49.1%)
156	<b>JASTRZĘBOWSKA Natalia</b>	<b>45</b>	BIGYELLOWFOOT ADVENTURE TEAM	K 16-29	13	00:00:17	<b>01:11:27.85</b>	<b>01:11:45.10</b>	+00:36:51 (51.6%)	7:08	8.4 (48.6%)
157	<b>MADANY Anita</b>	<b>84</b>	OSIEDLOWE ALEJKI	K 50-59	2	00:00:11	<b>01:11:43.30</b>	<b>01:11:54.45</b>	+00:37:06 (51.7%)	7:10	8.4 (48.6%)
158	<b>KACZMAREK Sylwia</b>	<b>50</b>		K 40-49	7	00:00:14	<b>01:12:27.35</b>	<b>01:12:42.30</b>	+00:37:50 (52.2%)	7:14	8.3 (48.0%)
159	<b>KWIECIEŃ Marzena</b>	<b>71</b>	PRUSZCZ BIEGA	K 30-39	19	00:00:16	<b>01:14:18.80</b>	<b>01:14:34.95</b>	+00:39:42 (53.4%)	7:25	8.1 (46.8%)
160	<b>THRUN Aleksandra</b>	<b>138</b>	PRUSZCZ BIEGA	K 30-39	20	00:00:16	<b>01:14:18.85</b>	<b>01:14:35.30</b>	+00:39:42 (53.4%)	7:25	8.1 (46.8%)
161	<b>JANKOWSKA Kasia</b>	<b>154</b>		K 40-49	8	00:00:12	<b>01:17:50.30</b>	<b>01:18:03.00</b>	+00:43:13 (55.5%)	7:47	7.7 (44.5%)

Znaleziono 161 wynik(ów)