



BIEG ŁĄDUJ 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	MIKIELSKI Daniel	90		M 16-29	1	00:00:03	00:34:36.80	00:34:40.20		3:27	17.3 (100%)
2	GUZ Andrzej	40	UNBOUNDED	M 30-39	1	00:00:04	00:36:43.60	00:36:48.40	+00:02:06 (5.8%)	3:40	16.3 (94.2%)
3	KLONOWSKI Marcin	58	LKS ZANTYR SZTUM	M 16-29	2	00:00:03	00:36:56.65	00:36:59.70	+00:02:19 (6.3%)	3:41	16.2 (93.6%)
4	BIEGAŁA Marek	158	BIKE U UP- HELEN DORON	M 30-39	2	00:00:04	00:37:06.70	00:37:10.80	+00:02:29 (6.7%)	3:42	16.2 (93.6%)
5	JAKS Karol	165	OLW	M 16-29	3	00:00:04	00:37:21.70	00:37:26.40	+00:02:44 (7.4%)	3:44	16.1 (93.1%)
6	PIONK Rafał	108	STUDIO S7 BANINO	M 30-39	3	00:00:04	00:37:28.85	00:37:33.00	+00:02:52 (7.7%)	3:44	16 (92.5%)
7	KUNDO Rafał	157		M 16-29	4	00:00:06	00:37:27.10	00:37:33.10	+00:02:50 (7.6%)	3:44	16 (92.5%)
8	GAJEWSKI Bartek	30	GWBA	M 30-39	4	00:00:03	00:37:44.20	00:37:47.70	+00:03:07 (8.3%)	3:46	15.9 (91.9%)
9	BODURKA Adam	9		M 16-29	5	00:00:03	00:38:03.05	00:38:06.65	+00:03:26 (9.0%)	3:48	15.8 (91.3%)
10	STACHERSKI Łukasz	126	BIEGAMYRAZEM.PL/MAMY TO	M 16-29	6	00:00:03	00:38:30.55	00:38:33.70	+00:03:53 (10.1%)	3:51	15.6 (90.2%)
11	KĄKOL Grzegorz	55	BALLS OF STEEL	M 16-29	7	00:00:05	00:39:51.95	00:39:57.90	+00:05:15 (13.2%)	3:59	15.1 (87.3%)
12	CZAJKOWSKI Paweł	16	BCT GDYNIA	M 30-39	5	00:00:04	00:39:54.10	00:39:58.30	+00:05:17 (13.3%)	3:59	15 (86.7%)
13	MAKOWSKI Paweł	86	AWET PLUS	M 30-39	6	00:00:03	00:41:10.00	00:41:13.85	+00:06:33 (15.9%)	4:07	14.6 (84.4%)
14	LIDZBARSKI Marcin	76		M 30-39	7	00:00:04	00:41:11.45	00:41:15.60	+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	KOŚCIELSKI Mariusz	63	COM-DKM	M 50-59	1	00:00:03	00:41:36.65	00:41:40.05	+00:06:59 (16.8%)	4:09	14.4 (83.2%)
16	BARANOWSKA-TRZASKO Aleksandra	3	EL CONTRAGOLPE/STUDIO S7	K 30-39	1	00:00:04	00:41:43.05	00:41:47.05	+00:07:06 (17.0%)	4:10	14.4 (83.2%)
17	SMÓLKOWSKI Marcin	124	RUMIA RUNNER	M 30-39	8	00:00:03	00:41:45.95	00:41:49.80	+00:07:09 (17.1%)	4:10	14.4 (83.2%)
18	LISIECKI Tomasz	77	NEXUS TEAM	M 50-59	2	00:00:03	00:42:06.50	00:42:10.00	+00:07:29 (17.8%)	4:12	14.2 (82.1%)
19	KOZŁÓW Wojciech	67	LKS ZANTYR SZTUM	M 50-59	3	00:00:03	00:42:11.25	00:42:14.55	+00:07:34 (18.0%)	4:13	14.2 (82.1%)
20	PAZIK Dariusz	104		M 16-29	8	00:00:06	00:42:11.25	00:42:18.00	+00:07:34 (18.0%)	4:13	14.2 (82.1%)
21	KŁUDZIAK Andrzej	59	BIEGACZE PÓŁNOCY	M 30-39	9	00:00:08	00:42:26.95	00:42:35.15	+00:07:50 (18.5%)	4:14	14.1 (81.5%)
22	TORBICZ Piotr	140	BBL AWF GDAŃSK	M 30-39	10	00:00:07	00:42:41.60	00:42:48.80	+00:08:04 (18.9%)	4:16	14.1 (81.5%)
23	SZUMLAS Rafał	167		M 30-39	11	00:00:04	00:43:09.25	00:43:13.65	+00:08:32 (19.8%)	4:18	13.9 (80.3%)
24	MADERSKI Rafał	85		M 40-49	1	00:00:05	00:43:18.70	00:43:24.00	+00:08:41 (20.1%)	4:19	13.9 (80.3%)
25	LEHMANN Dawid	72		M 30-39	13	00:00:04	00:43:27.25	00:43:32.15	+00:08:50 (20.3%)	4:20	13.8 (79.8%)
26	GRUCHAŁA Robert	38	PADŁ NA RYJ TEAM	M 30-39	12	00:00:20	00:43:25.05	00:43:45.35	+00:08:48 (20.3%)	4:20	13.8 (79.8%)
27	CZAPIEWSKI Andrzej	17	BIEGAMYRAZEM.PL	M 40-49	2	00:00:09	00:43:49.45	00:43:58.50	+00:09:12 (21.0%)	4:22	13.7 (79.2%)
28	THRUN Radosław	139	PRUSZCZ BIEGA	M 16-29	9	00:00:09	00:43:54.40	00:44:03.40	+00:09:17 (21.2%)	4:23	13.7 (79.2%)
29	PEŚKO Michał	105		M 40-49	3	00:00:07	00:44:03.50	00:44:11.45	+00:09:26 (21.4%)	4:24	13.6 (78.6%)
30	SŁOWIKOWSKA Klaudia	174	BIEGOWYŚWIAT.PL	K 16-29	1	00:00:05	00:44:06.20	00:44:12.00	+00:09:29 (21.5%)	4:24	13.6 (78.6%)
31	PYZIK Tomasz	114	DRUŻYNA MOJACUKRZYCA.PL	M 40-49	4	00:00:05	00:44:11.40	00:44:16.70	+00:09:34 (21.7%)	4:25	13.6 (78.6%)
32	RADOSŁAW Szlas	116	STUDIO S7	M 40-49	5	00:00:04	00:44:12.70	00:44:17.30	+00:09:35 (21.7%)	4:25	13.6 (78.6%)
33	GRYCZKA Wojciech	39		M 16-29	10	00:00:10	00:44:42.25	00:44:52.35	+00:10:05 (22.6%)	4:28	13.4 (77.5%)
34	SZUSTEK Adam	133	SZUSTY TEAM :-)	M 30-39	14	00:00:05	00:44:52.75	00:44:58.05	+00:10:15 (22.9%)	4:29	13.4 (77.5%)
35	KALINOWSKA-BIEGAŁA Marta	159		K 16-29	2	00:00:05	00:44:55.55	00:45:01.50	+00:10:18 (23.0%)	4:29	13.4 (77.5%)
36	WÓJCIK Damian	168	RUNNERS DARŁOWO	M 40-49	6	00:00:05	00:45:18.15	00:45:23.15	+00:10:41 (23.6%)	4:31	13.2 (76.3%)
37	JASTRZĘBSKI Przemysław	156		M 16-29	11	00:00:13	00:45:19.55	00:45:33.25	+00:10:42 (23.6%)	4:32	13.2 (76.3%)

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38	JASTRZĘBOWSKI Jakub	46		M 16-29	12	00:00:08	00:45:22.10	00:45:30.25	+00:10:45 (23.7%)	4:32	13.2 (76.3%)
39	PASCHKE Roman	100	SHIPCUP	M 30-39	15	00:00:13	00:45:40.05	00:45:53.50	+00:11:03 (24.2%)	4:34	13.1 (75.7%)
40	KOŁODZIEJ Rafał	60		M 16-29	13	00:00:09	00:45:49.65	00:45:58.75	+00:11:12 (24.5%)	4:34	13.1 (75.7%)
41	KLEPACKI Michał	57		M 16-29	14	00:00:08	00:46:01.30	00:46:10.05	+00:11:24 (24.8%)	4:36	13 (75.1%)
42	KONASZEWSKI Sławomir	61		M 40-49	7	00:00:09	00:46:12.00	00:46:21.00	+00:11:35 (25.1%)	4:37	13 (75.1%)
43	ADAMUS Jarosław	1		M 50-59	4	00:00:07	00:46:12.55	00:46:20.10	+00:11:35 (25.1%)	4:37	13 (75.1%)
44	KANTECKI Tomasz	52	BIEGAM BO LUBIĘ	M 30-39	16	00:00:05	00:46:19.75	00:46:25.50	+00:11:42 (25.3%)	4:38	12.9 (74.6%)
45	BŁAWAT Michał	7	POMORSKA SZKOŁA WALKI FIGHTER	M 40-49	8	00:00:18	00:46:59.30	00:47:17.65	+00:12:22 (26.3%)	4:41	12.8 (74.0%)
46	KOPEĆ Kasia	62		K 16-29	3	00:00:06	00:47:01.20	00:47:07.80	+00:12:24 (26.4%)	4:42	12.8 (74.0%)
47	APANASEWICZ Robert	2	ARRO RUNNERS TEAM	M 40-49	9	00:00:10	00:47:09.20	00:47:20.05	+00:12:32 (26.6%)	4:43	12.7 (73.4%)
48	PŁACHTA Jacek	110		M 40-49	10	00:00:17	00:47:14.45	00:47:31.90	+00:12:37 (26.7%)	4:43	12.7 (73.4%)
49	KARLIKOWSKI Maciej	54	GRUPA BIEGOWA GLC	M 30-39	17	00:00:12	00:47:16.95	00:47:29.05	+00:12:40 (26.8%)	4:43	12.7 (73.4%)
50	GAIK Karol	29	TUMBO TEAM	M 40-49	11	00:00:19	00:47:22.60	00:47:41.60	+00:12:45 (26.9%)	4:44	12.7 (73.4%)
51	PRZYKŁOTA Paulina	113		K 16-29	4	00:00:06	00:47:24.90	00:47:31.65	+00:12:48 (27.0%)	4:44	12.7 (73.4%)
52	SKOPCZYŃSKI Jarek	122	BIEGOWYSWIAT.PL	M 30-39	18	00:00:06	00:47:25.45	00:47:32.15	+00:12:48 (27.0%)	4:44	12.6 (72.8%)
53	SZWED Przemek	134	ASICS FRONTRUNNER POLSKA / SKLEPBIEGOWY.COM	M 16-29	15	00:00:06	00:47:26.90	00:47:33.80	+00:12:50 (27.1%)	4:44	12.6 (72.8%)
54	BRZEZIŃSKI Grzegorz	11		M 50-59	5	00:00:04	00:47:38.80	00:47:43.20	+00:13:02 (27.4%)	4:45	12.6 (72.8%)
55	FALBA Paweł	26		M 30-39	19	00:00:12	00:47:51.10	00:48:03.90	+00:13:14 (27.7%)	4:47	12.5 (72.3%)
56	SZYMAŃSKI Radosław	199		M 40-49	12	00:00:07	00:48:03.60	00:48:10.65	+00:13:26 (28.0%)	4:48	12.5 (72.3%)
57	PETZ Wojciech	176		M 16-29	16	00:00:05	00:48:04.80	00:48:10.20	+00:13:28 (28.0%)	4:48	12.5 (72.3%)
58	CHRZCZONOWICZ Bartek	13		M 16-29	17	00:00:09	00:48:07.65	00:48:17.55	+00:13:30 (28.1%)	4:48	12.5 (72.3%)
59	BŁOCKA Joanna	8		K 16-29	5	00:00:06	00:48:20.60	00:48:27.15	+00:13:43 (28.4%)	4:50	12.4 (71.7%)
60	GÓRSKI Marcin	36	BBL GDYNIA	M 40-49	13	00:00:19	00:48:41.80	00:49:01.20	+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	WRÓBEL Maciej	151		M 30-39	29	00:00:13	00:52:32.50	00:52:45.60	+00:17:55 (34.1%)	5:15	11.4 (65.9%)
85	WOLAŃSKI Tomasz	150	OIRP GDAŃSK	M 40-49	19	00:00:06	00:52:42.95	00:52:48.95	+00:18:06 (34.3%)	5:16	11.4 (65.9%)
86	RACZKOWSKA Anna	163	OLIMPIA OSOWA	K 16-29	7	00:00:12	00:52:45.05	00:52:57.80	+00:18:08 (34.4%)	5:16	11.4 (65.9%)
87	ŁUNIO Krzysztof	82	POLIGON JASIEŃ	M 40-49	20	00:00:14	00:52:46.25	00:53:00.55	+00:18:09 (34.4%)	5:16	11.4 (65.9%)
88	PISKORSKI Paweł	170		M 16-29	20	00:00:11	00:52:50.95	00:53:02.55	+00:18:14 (34.5%)	5:17	11.4 (65.9%)
89	MICHALAK Kamila	87	KLUB BIEGACZY JYSK	K 30-39	5	00:00:06	00:52:55.15	00:53:01.70	+00:18:18 (34.6%)	5:17	11.3 (65.3%)
90	SZYMAŃSKI Marek	137		M 30-39	30	00:00:08	00:53:08.60	00:53:17.00	+00:18:31 (34.9%)	5:18	11.3 (65.3%)
91	TUSZYŃSKI Maciek	143	OSAKA	M 30-39	31	00:00:20	00:53:08.85	00:53:29.15	+00:18:32 (34.9%)	5:18	11.3 (65.3%)
92	PAWLAK Sebastian	103	ZGNILE JAJO	M 40-49	21	00:00:07	00:53:12.25	00:53:19.85	+00:18:35 (34.9%)	5:19	11.3 (65.3%)
93	KOTRYCH Jarosław	65		M 16-29	21	00:00:15	00:53:19.40	00:53:35.15	+00:18:42 (35.1%)	5:20	11.3 (65.3%)
94	SMYK Sławomir	125	BIGYELLOWFOOT ADVENTURE TEAM	M 30-39	32	00:00:16	00:53:22.40	00:53:38.50	+00:18:45 (35.1%)	5:20	11.2 (64.7%)
95	KRUPA Łukasz	69	EFEKT JOŁ JOŁ	M 30-39	33	00:00:11	00:53:42.40	00:53:54.00	+00:19:05 (35.6%)	5:22	11.2 (64.7%)
96	PASZTALENIEC Władysław	101		M 40-49	22	00:00:10	00:53:52.50	00:54:02.85	+00:19:15 (35.8%)	5:23	11.1 (64.2%)
97	RYDLEWICZ Justyna	121	KOBIETA W BIEGU	K 16-29	8	00:00:07	00:54:18.20	00:54:25.75	+00:19:41 (36.3%)	5:25	11 (63.6%)
98	DATA Karol	21		M 30-39	34	00:00:18	00:54:20.00	00:54:38.25	+00:19:43 (36.3%)	5:26	11 (63.6%)
99	PIETRZYK Ilona	106	BIEGNIJPOZDROWIE.PL	K 30-39	6	00:00:17	00:54:20.60	00:54:38.55	+00:19:43 (36.3%)	5:26	11 (63.6%)
100	PODJASKI Andrzej	112		M 30-39	35	00:00:21	00:54:21.90	00:54:42.90	+00:19:45 (36.3%)	5:26	11 (63.6%)
101	IWANOWSKI Kamil	44		M 30-39	36	00:00:23	00:54:36.50	00:54:59.95	+00:19:59 (36.6%)	5:27	11 (63.6%)
102	DALKE Jowita	19	ZABIEGANE DWIE	K 30-39	7	00:00:14	00:54:38.00	00:54:52.80	+00:20:01 (36.6%)	5:27	11 (63.6%)
103	WIŚNIEWSKA Kornelia	149	ZABIEGANE DWIE	K 40-49	2	00:00:14	00:54:38.25	00:54:52.90	+00:20:01 (36.6%)	5:27	11 (63.6%)
104	KLUCK Sylwia	153		K 30-39	8	00:00:12	00:54:52.45	00:55:04.80	+00:20:15 (36.9%)	5:29	10.9 (63.0%)
105	JASTRZĘBSKI Dariusz	47		M 30-39	37	00:00:13	00:55:03.25	00:55:16.30	+00:20:26 (37.1%)	5:30	10.9 (63.0%)
106	KRZAK Jerzy	172	TKK ROZSTAJE	M 50-59	6	00:00:04	00:55:20.05	00:55:24.75	+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	HANDZLIK Marta	41	BONBON	K 30-39	13	00:00:13	00:59:40.15	00:59:53.80	+00:25:03 (42.0%)	5:58	10.1 (58.4%)
131	RUTKOWSKA Joanna	120		K 40-49	5	00:00:11	00:59:44.65	00:59:56.15	+00:25:07 (42.1%)	5:58	10 (57.8%)
132	WALCZUK Barbara	146		K 30-39	14	00:00:11	00:59:50.95	01:00:02.70	+00:25:14 (42.2%)	5:59	10 (57.8%)
133	FILIP Krzysztof	27	NOCLUB	M 40-49	27	00:00:11	00:59:51.55	01:00:03.30	+00:25:14 (42.2%)	5:59	10 (57.8%)
134	KANTECKA Renata	51	BIEGAM BO LUBIĘ	K 30-39	15	00:00:04	00:59:57.75	01:00:02.55	+00:25:20 (42.3%)	5:59	10 (57.8%)
135	ZAKRZEWSKA Kasia	152		K 30-39	16	00:00:07	01:00:02.45	01:00:10.20	+00:25:25 (42.4%)	6:00	10 (57.8%)
136	BAKOWSKI Zbigniew	4	AKADEMIA BIEGANIA	M 60+	3	00:00:11	01:00:04.60	01:00:15.75	+00:25:27 (42.4%)	6:00	10 (57.8%)
137	WAŻNY Karol	155	SKARPA	M 30-39	42	00:00:17	01:00:10.65	01:00:27.80	+00:25:33 (42.5%)	6:01	10 (57.8%)
138	GIERSZYŃSKI Andrzej	33	SKARPA	M 30-39	43	00:00:16	01:00:11.95	01:00:28.90	+00:25:35 (42.5%)	6:01	10 (57.8%)
139	SZYCHTA Ania	135	INTERPLASTIC OLIMPIA OSOWA	K 16-29	11	00:00:14	01:00:22.50	01:00:36.50	+00:25:45 (42.7%)	6:02	9.9 (57.2%)
140	MILUSKI Krzysztof	91		M 30-39	44	00:00:22	01:00:25.10	01:00:47.70	+00:25:48 (42.7%)	6:02	9.9 (57.2%)
141	MISZKIEL Iwona	92	BIEGAM BO LUBIĘ	K 40-49	6	00:00:04	01:00:38.60	01:00:43.40	+00:26:01 (42.9%)	6:03	9.9 (57.2%)
142	ERDMANN Piotr	25	DZIUB DZIUB	M 30-39	45	00:00:09	01:01:02.35	01:01:11.65	+00:26:25 (43.3%)	6:06	9.8 (56.6%)
143	GARRISON Jeff	32	LECKOWA RUNNING CLUB	M 50-59	9	00:00:24	01:01:03.95	01:01:28.15	+00:26:27 (43.3%)	6:06	9.8 (56.6%)
144	ŁUBKOWSKA Grażyna	79	BIEGAJ Z GŁOWĄ/TABATA	K 60+	1	00:00:10	01:01:37.90	01:01:48.75	+00:27:01 (43.8%)	6:09	9.7 (56.1%)
145	RADOMSKI Emil	164		M 40-49	28	00:00:19	01:01:38.90	01:01:58.00	+00:27:02 (43.9%)	6:09	9.7 (56.1%)
146	ŁUCZYŃSKI Rafał	81		M 40-49	29	00:00:13	01:01:59.45	01:02:12.45	+00:27:22 (44.2%)	6:11	9.7 (56.1%)
147	ŁUCZYŃSKA Agnieszka	80		K 30-39	17	00:00:12	01:02:00.15	01:02:12.50	+00:27:23 (44.2%)	6:12	9.7 (56.1%)
148	KRAUSE Dorota	68		K 16-29	12	00:00:15	01:03:00.50	01:03:16.05	+00:28:23 (45.1%)	6:18	9.5 (54.9%)
149	REICH Andrzej	175		M 16-29	26	00:00:10	01:03:05.55	01:03:15.75	+00:28:28 (45.1%)	6:18	9.5 (54.9%)
150	ROMPCZYK Jan	119	O. S. P. CHWASZCZYNO	M 30-39	46	00:00:19	01:03:30.15	01:03:49.25	+00:28:53 (45.5%)	6:21	9.4 (54.3%)
151	SZATYBEŁKO Karol	127		M 30-39	47	00:00:22	01:03:53.00	01:04:15.65	+00:29:16 (45.8%)	6:23	9.4 (54.3%)
152	ŁANGOWSKI Wojciech	78		M 30-39	48	00:00:09	01:04:24.05	01:04:33.75	+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	DUCH Julia	24		K 30-39	18	00:00:18	01:07:21.25	01:07:39.70	+00:32:44 (48.6%)	6:44	8.9 (51.4%)
154	RADOMSKI Wojciech	115		M 40-49	30	00:00:15	01:07:47.00	01:08:02.30	+00:33:10 (48.9%)	6:46	8.9 (51.4%)
155	JERZYŁO Radosław	48		M 30-39	49	00:00:24	01:10:51.65	01:11:16.00	+00:36:14 (51.2%)	7:05	8.5 (49.1%)
156	JASTRZĘBOWSKA Natalia	45	BIGYELLOWFOOT ADVENTURE TEAM	K 16-29	13	00:00:17	01:11:27.85	01:11:45.10	+00:36:51 (51.6%)	7:08	8.4 (48.6%)
157	MADANY Anita	84	OSIEDLOWE ALEJKI	K 50-59	2	00:00:11	01:11:43.30	01:11:54.45	+00:37:06 (51.7%)	7:10	8.4 (48.6%)
158	KACZMAREK Sylwia	50		K 40-49	7	00:00:14	01:12:27.35	01:12:42.30	+00:37:50 (52.2%)	7:14	8.3 (48.0%)
159	KWIECIEŃ Marzena	71	PRUSZCZ BIEGA	K 30-39	19	00:00:16	01:14:18.80	01:14:34.95	+00:39:42 (53.4%)	7:25	8.1 (46.8%)
160	THRUN Aleksandra	138	PRUSZCZ BIEGA	K 30-39	20	00:00:16	01:14:18.85	01:14:35.30	+00:39:42 (53.4%)	7:25	8.1 (46.8%)
161	JANKOWSKA Kasia	154		K 40-49	8	00:00:12	01:17:50.30	01:18:03.00	+00:43:13 (55.5%)	7:47	7.7 (44.5%)

Znaleziono 161 wynik(ów)