



BIEG WEGAŃSKI 21 KM

B4SPORT

Wydarzenie: Bieg Wegański
Organizator: Fundacja Run Vegan
Data: 2019-05-19
Miejsce: Warszawa
Dystans: 21 km

B4SPORT
INTELEKTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 7km	Start_All 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
1	RYNKIEWICZ Jarosław	899		M30-49	1	00:00:03	00:29:59	00:59:30	01:29:13.65	01:29:16.90		4:14	14.1 (100%)
2	DI MANNO Antonio	819	VEGAN POWER TEAM	M30-49	2	00:00:03	00:29:58	01:00:05	01:30:22.60	01:30:25.95	+00:01:08 (1.3%)	4:18	13.9 (98.6%)
3	NGUYEN HA Piotr	877	ANG SPÓŁDZIELNIA	M30-49	3	00:00:02	00:29:58	01:00:03	01:30:31.55	01:30:34.50	+00:01:17 (1.4%)	4:18	13.9 (98.6%)
4	GARDENER Jacek	937		M50+	1	00:00:02	00:30:25	01:00:50	01:31:33.45	01:31:35.95	+00:02:19 (2.5%)	4:21	13.8 (97.9%)
5	VASHKEVICH Vital	919	KUŹNIA TRIATHLONU	M30-49	4	00:00:03	00:31:02	01:02:07	01:32:48.50	01:32:51.70	+00:03:34 (3.9%)	4:25	13.6 (96.5%)
6	SWORSKI Roman	907	VEGAN & VEGE RUNNERS / KASTYO	M30-49	5	00:00:02	00:29:58	01:00:31	01:34:17.55	01:34:19.70	+00:05:03 (5.4%)	4:29	13.4 (95.0%)
7	STRZELECKI Paweł	906		M30-49	6	00:00:11	00:32:15	01:04:55	01:37:01.75	01:37:13.55	+00:07:48 (8.0%)	4:37	13 (92.2%)
8	PELATI Fabrizio	886	VEGAN PAWER TEAM	M30-49	7	00:00:02	00:32:15	01:05:02	01:38:11.70	01:38:14.50	+00:08:58 (9.1%)	4:40	12.8 (90.8%)
9	SZCZEPKOWSKI Przemysław	911		M30-49	8	00:00:03	00:30:45	01:04:11	01:38:16.80	01:38:20.25	+00:09:03 (9.2%)	4:40	12.8 (90.8%)
10	DMYTRIV Leonard	821	TERNOPIL RUNNING CLUB	M1-29	1	00:00:06	00:31:28	01:04:53	01:39:06.10	01:39:12.35	+00:09:52 (10.0%)	4:43	12.7 (90.1%)
11	NACZAS Łukasz	875		M30-49	9	00:00:05	00:33:31	01:06:47	01:39:36.60	01:39:41.90	+00:10:22 (10.4%)	4:44	12.7 (90.1%)
12	LITWINIUK Hanna	868		K30-49	1	00:00:02	00:33:22	01:06:32	01:39:36.95	01:39:39.90	+00:10:23 (10.4%)	4:44	12.6 (89.4%)
13	JAWOROWICZ Tomasz	844	KS PEGAZ	M30-49	10	00:00:04	00:31:43	01:06:21	01:41:04.75	01:41:09.40	+00:11:51 (11.7%)	4:48	12.5 (88.7%)
14	PANKOWSKI Grzegorz	885	KOSI MAZAKI TEAM	M30-49	11	00:00:03	00:33:38	01:07:16	01:41:16.95	01:41:20.30	+00:12:03 (11.9%)	4:49	12.4 (87.9%)
15	WIĘCKOWSKI Marek	923	STUDIO KOLORU	M50+	2	00:00:02	00:33:08	01:07:12	01:41:32.90	01:41:35.70	+00:12:19 (12.1%)	4:50	12.4 (87.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start All 7km	Start All 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
16	BIEL Łukasz	806	VEGE RUNNERS	M30-49	12	00:00:06	00:34:23	01:08:16	01:42:02.75	01:42:09.70	+00:12:49 (12.6%)	4:51	12.3 (87.2%)
17	ZIOLKOWSKI Marek	933	VEGAN RUNNERS	M30-49	13	00:00:03	00:32:19	01:06:55	01:42:11.80	01:42:15.30	+00:12:58 (12.7%)	4:52	12.3 (87.2%)
18	GRABOŚ Nina	834		K30-49	2	00:00:15	00:33:23	01:08:20	01:43:09.60	01:43:24.75	+00:13:55 (13.5%)	4:54	12.2 (86.5%)
19	WINKOWSKA-STRUZIK Magdalena	925	DUKLANOWSKI TEAM / ADIDAS RUNNERS WARSAW	K30-49	3	00:00:04	00:33:44	01:08:23	01:43:10.25	01:43:15.15	+00:13:56 (13.5%)	4:54	12.2 (86.5%)
20	TARANTA Daniel	915	TANTAN-MEN Z PODWÓJNYMI DODATKAMI	M1-29	2	00:00:02	00:32:13	01:07:29	01:43:12.85	01:43:15.50	+00:13:59 (13.6%)	4:54	12.2 (86.5%)
21	GRZEGORCZYK Maciej	837		M30-49	14	00:00:05	00:34:10	01:08:50	01:44:03.45	01:44:09.20	+00:14:49 (14.3%)	4:57	12.1 (85.8%)
22	BAŃKOWSKI Bartłomiej	802	VEGE RUNNERS	M30-49	15	00:00:06	00:34:30	01:08:55	01:44:08.95	01:44:15.40	+00:14:55 (14.3%)	4:57	12.1 (85.8%)
23	ZGODA Mateusz	932	NAPRZÓD MŁOCINY	M1-29	3	00:00:04	00:35:09	01:10:29	01:44:49.75	01:44:53.80	+00:15:36 (14.9%)	4:59	12 (85.1%)
24	TOBOTA Maciej	917		M30-49	16	00:00:04	00:33:53	01:09:25	01:45:25.95	01:45:30.00	+00:16:12 (15.4%)	5:01	12 (85.1%)
25	SOKALSKI Grzegorz	969		M30-49	17	00:00:05	00:34:20	01:09:46	01:45:41.70	01:45:46.90	+00:16:28 (15.6%)	5:01	11.9 (84.4%)
26	JAKUBOWSKI Dariusz	841	DGW	M50+	3	00:00:03	00:33:47	01:09:11	01:45:50.30	01:45:54.10	+00:16:36 (15.7%)	5:02	11.9 (84.4%)
27	MARTIN Giles	872		Bieg z psem Mężczyźni	1	00:00:20	00:35:34	01:10:55	01:46:04.55	01:46:25.00	+00:16:50 (15.9%)	5:03	11.9 (84.4%)
28	WASIK Marta	921		K30-49	4	00:00:04	00:34:51	01:10:24	01:46:32.60	01:46:36.70	+00:17:18 (16.3%)	5:04	11.8 (83.7%)
29	STEPOWICZ Marek	904	VEGE RUNNERS	M30-49	18	00:00:05	00:34:49	01:11:01	01:47:40.55	01:47:46.15	+00:18:26 (17.1%)	5:07	11.7 (83.0%)
30	KORYCKI Karol	858		M30-49	19	00:00:10	00:33:10	01:09:52	01:48:48.95	01:48:59.80	+00:19:35 (18.0%)	5:10	11.6 (82.3%)
31	TKACZYK Szymon	916		M30-49	20	00:00:09	00:34:24	01:11:18	01:49:17.40	01:49:26.75	+00:20:03 (18.4%)	5:12	11.5 (81.6%)
32	BARAŃSKI Grzegorz	803	MASTERS BRODNICA	M50+	4	00:00:06	00:37:14	01:13:48	01:49:50.85	01:49:56.90	+00:20:37 (18.8%)	5:13	11.5 (81.6%)
33	SIENKIEWICZ Grzegorz	900		M30-49	21	00:00:13	00:36:43	01:12:48	01:50:27.15	01:50:41.10	+00:21:13 (19.2%)	5:15	11.4 (80.9%)
34	KUKLIŃSKI Łukasz	867		Bieg z psem Mężczyźni	2	00:00:15	00:36:28	01:12:56	01:50:29.90	01:50:45.05	+00:21:16 (19.2%)	5:15	11.4 (80.9%)
35	GALA Kamila	831	NAPRZÓD MŁOCINY	K30-49	5	00:00:06	00:37:08	01:13:47	01:50:40.75	01:50:47.05	+00:21:27 (19.4%)	5:16	11.4 (80.9%)
36	KRASUSKI Łukasz	862		M30-49	22	00:00:13	00:35:35	01:11:33	01:51:48.85	01:52:02.60	+00:22:35 (20.2%)	5:19	11.3 (80.1%)
37	DI MICHELE Alessia	820	A.S.D. VEGAN POWER TIME	K30-49	6	00:00:05	00:37:45	01:16:00	01:53:52.95	01:53:58.05	+00:24:39 (21.6%)	5:25	11.1 (78.7%)
38	BRZOZOWSKA Joanna	811	AZS ZADYSZKA	K1-29	1	00:00:05	00:37:25	01:15:21	01:54:39.95	01:54:45.70	+00:25:26 (22.2%)	5:27	11 (78.0%)

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39	ZAJĄC Dorota	930		K50+	1	00:00:07	00:37:22	01:15:53	01:55:05.85	01:55:13.65	+00:25:52 (22.5%)	5:28	10.9 (77.3%)
40	RYDZ Marcin	898		M30-49	23	00:00:11	00:38:23	01:15:33	01:55:06.00	01:55:17.25	+00:25:52 (22.5%)	5:28	10.9 (77.3%)
41	IDRYJAN Karolina	840		K30-49	7	00:00:15	00:37:29	01:15:54	01:56:29.15	01:56:44.60	+00:27:15 (23.4%)	5:32	10.8 (76.6%)
42	PIERAŃSKI Adam	888	VEGE RUNNERS	M50+	5	00:00:06	00:37:22	01:16:12	01:56:35.15	01:56:41.45	+00:27:21 (23.5%)	5:33	10.8 (76.6%)
43	JACHOŁ Gerard	939		M50+	6	00:00:09	00:39:11	01:17:58	01:56:42.40	01:56:52.35	+00:27:28 (23.5%)	5:33	10.8 (76.6%)
44	OMERO Aldo	880	A.S.D. VEGAN POWER TEAM	M50+	7	00:00:04	00:37:46	01:16:19	01:56:46.75	01:56:51.40	+00:27:33 (23.6%)	5:33	10.8 (76.6%)
45	BIRSKI Piotr	809		M30-49	24	00:00:04	00:36:39	01:15:05	01:56:47.80	01:56:52.10	+00:27:34 (23.6%)	5:33	10.8 (76.6%)
46	JURCZUK Sławomir	849		M30-49	25	00:00:05	00:37:02	01:16:33	01:57:22.00	01:57:27.75	+00:28:08 (24.0%)	5:35	10.7 (75.9%)
47	MANEK Tomasz	871		M30-49	26	00:00:08	00:39:10	01:18:46	01:57:26.00	01:57:34.60	+00:28:12 (24.0%)	5:35	10.7 (75.9%)
48	RACZYŃSKA Magdalena	893	VEGE RUNNERS	K1-29	2	00:00:05	00:37:41	01:16:49	01:57:27.25	01:57:32.30	+00:28:13 (24.0%)	5:35	10.7 (75.9%)
49	GRZYWACZ Natalia	839		K30-49	8	00:00:08	00:39:36	01:18:34	01:57:45.50	01:57:54.40	+00:28:31 (24.2%)	5:36	10.7 (75.9%)
50	KOZIARA Maciek	859	SKLEP BIEGACZA RUNNING TEAM	M30-49	27	00:00:06	00:38:52	01:18:25	01:57:46.05	01:57:52.60	+00:28:32 (24.2%)	5:36	10.7 (75.9%)
51	STEFANIUK Marzena	903		K30-49	9	00:00:04	00:38:43	01:18:02	01:57:48.65	01:57:53.30	+00:28:35 (24.3%)	5:36	10.7 (75.9%)
52	ORLI Serena	881	VEGAN POWER TEAM	K30-49	10	00:00:04	00:39:38	01:18:41	01:58:23.65	01:58:28.25	+00:29:10 (24.6%)	5:38	10.6 (75.2%)
53	SZAŁAŃSKI Roman	909	STARGARD JA SIĘ NIE ŚCIGAM	M50+	8	00:00:07	00:37:41	01:18:01	01:58:48.85	01:58:55.90	+00:29:35 (24.9%)	5:39	10.6 (75.2%)
54	GALEWICZ Ewa	832	GĄBIN BIEGA	K1-29	3	00:00:12	00:39:31	01:19:11	01:59:06.45	01:59:19.40	+00:29:52 (25.1%)	5:40	10.6 (75.2%)
55	CZUBAKOWSKI Sławomir	818	NIEZRZESZONY	M50+	9	00:00:05	00:36:10	01:15:46	01:59:07.80	01:59:13.40	+00:29:54 (25.1%)	5:40	10.6 (75.2%)
56	WAGNER Jolanta	920		K50+	2	00:00:07	00:39:40	01:19:15	01:59:24.65	01:59:32.55	+00:30:11 (25.3%)	5:41	10.6 (75.2%)
57	DWORAKOWSKI Adam	827		M30-49	28	00:00:10	00:39:47	01:19:03	01:59:26.20	01:59:36.35	+00:30:12 (25.3%)	5:41	10.5 (74.5%)
58	BIELAWSKI Mikołaj	807		M1-29	4	00:00:08	00:41:11	01:22:01	01:59:52.00	02:00:00.95	+00:30:38 (25.6%)	5:42	10.5 (74.5%)
59	POSUNIAK Karolina	891		K1-29	4	00:00:08	00:41:12	01:22:03	02:00:40.45	02:00:49.40	+00:31:26 (26.1%)	5:44	10.4 (73.8%)
60	GOŁASZEWSKA Ewa	833		K1-29	5	00:00:09	00:39:19	01:19:19	02:00:40.75	02:00:50.10	+00:31:27 (26.1%)	5:44	10.4 (73.8%)
61	SYPNIEWSKI Tomasz	908	EMO OI!	M30-49	29	00:00:16	00:36:36	01:17:22	02:00:47.50	02:01:03.55	+00:31:33 (26.1%)	5:45	10.4 (73.8%)

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62	WRONOWSKI Dariusz	928		M30-49	30	00:00:07	00:38:26	01:18:22	02:01:43.05	02:01:50.30	+00:32:29 (26.7%)	5:47	10.4 (73.8%)
63	PTASIŃSKI Piotr	892		M30-49	31	00:00:14	00:38:10	01:19:08	02:02:01.20	02:02:16.10	+00:32:47 (26.9%)	5:48	10.3 (73.0%)
64	RĄB Agnieszka	895		K30-49	11	00:00:11	00:39:55	01:20:40	02:02:26.20	02:02:37.30	+00:33:12 (27.1%)	5:49	10.3 (73.0%)
65	KRÓLAK Magda	864	TENPO PRYMA SORT	K30-49	12	00:00:06	00:39:42	01:20:49	02:02:49.30	02:02:55.60	+00:33:35 (27.4%)	5:50	10.3 (73.0%)
66	OZIĘBŁO Marcin	883	WULKANY MIŁOŚCI	M30-49	32	00:00:10	00:41:10	01:21:38	02:03:22.65	02:03:33.45	+00:34:09 (27.7%)	5:52	10.2 (72.3%)
67	JANOWSKA Katarzyna	843	YOUNG4EVER	K30-49	13	00:00:05	00:40:41	01:22:55	02:03:27.15	02:03:33.00	+00:34:13 (27.7%)	5:52	10.2 (72.3%)
68	ZAWALSKA Izabela	931		K30-49	14	00:00:12	00:41:13	01:22:05	02:03:46.65	02:03:59.25	+00:34:33 (27.9%)	5:53	10.2 (72.3%)
69	WILK Konrad	924	TY	M30-49	33	00:00:12	00:41:44	01:23:08	02:04:33.45	02:04:45.95	+00:35:19 (28.4%)	5:55	10.1 (71.6%)
70	KROPIAK Katarzyna	863	VEGE RUNNERS	K30-49	15	00:00:08	00:40:28	01:22:00	02:04:40.00	02:04:48.05	+00:35:26 (28.4%)	5:56	10.1 (71.6%)
71	JAWOROWICZ Dobrochna	845	KS PEGAZ	K30-49	16	00:00:09	00:40:19	01:21:59	02:04:56.50	02:05:06.15	+00:35:42 (28.6%)	5:57	10.1 (71.6%)
72	PERZYŃSKI Michał	887	VEGE RUNNERS	M30-49	34	00:00:06	00:39:36	01:22:10	02:05:07.55	02:05:14.50	+00:35:53 (28.7%)	5:57	10.1 (71.6%)
73	RĄB Łukasz	894		M30-49	35	00:00:10	00:40:26	01:23:49	02:06:27.95	02:06:38.90	+00:37:14 (29.4%)	6:01	10 (70.9%)
74	KRALCZYŃSKI Łukasz	861	SPELEOKLUB WARSZAWSKI	M30-49	36	00:00:11	00:38:58	01:21:29	02:06:33.25	02:06:44.95	+00:37:19 (29.5%)	6:01	10 (70.9%)
75	DUDKO Mikalai	826	JACEKBIEGA RUNNING TEAM	M30-49	37	00:00:12	00:44:25	01:26:43	02:06:52.20	02:07:04.65	+00:37:38 (29.7%)	6:02	9.9 (70.2%)
76	JANKOWSKI Mateusz	842	VEGE RUNNERS	M30-49	38	00:00:07	00:39:40	01:22:09	02:06:58.60	02:07:05.60	+00:37:44 (29.7%)	6:02	9.9 (70.2%)
77	JESIOŁOWSKI Robert	846		M30-49	39	00:00:07	00:38:51	01:21:31	02:07:06.80	02:07:14.55	+00:37:53 (29.8%)	6:03	9.9 (70.2%)
78	MALISZEWSKI Konrad	870		M30-49	40	00:00:02	00:39:37	01:24:37	02:07:10.00	02:07:12.00	+00:37:56 (29.8%)	6:03	9.9 (70.2%)
79	KARAOGLU Deniz	850		M1-29	5	00:00:18	00:41:19	01:24:18	02:08:59.30	02:09:18.05	+00:39:45 (30.8%)	6:08	9.8 (69.5%)
80	DOZA Boris Stefan	825		M50+	10	00:00:14	00:41:49	01:24:24	02:09:26.45	02:09:40.95	+00:40:12 (31.1%)	6:09	9.7 (68.8%)
81	KOPERSKA Anna Maria	857		K30-49	17	00:00:13	00:41:53	01:24:30	02:09:27.25	02:09:41.20	+00:40:13 (31.1%)	6:09	9.7 (68.8%)
82	DOBOSZ Piotr	823	WŚCIEKŁE PIĘŚCI WĘŻA	M30-49	41	00:00:13	00:42:14	01:26:42	02:10:48.70	02:11:02.05	+00:41:35 (31.8%)	6:13	9.6 (68.1%)
83	PŁOTAST Marek	890	DZIKIE ŻYCIE RUN TEAM	M30-49	42	00:00:16	00:41:47	01:25:00	02:11:56.70	02:12:12.80	+00:42:43 (32.4%)	6:16	9.6 (68.1%)
84	ANDREJCZUK Magdalena	800		K30-49	18	00:00:16	00:39:31	01:23:15	02:13:02.00	02:13:18.10	+00:43:48 (32.9%)	6:20	9.5 (67.4%)

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85	KUBÓW Magdalena	866		K1-29	6	00:00:08	00:42:06	01:26:50	02:13:14.45	02:13:22.85	+00:44:00 (33.0%)	6:20	9.5 (67.4%)
86	ROMANOWSKA Beata	896	RUN VEGAN TEAM	K50+	3	00:00:07	00:41:55	01:26:10	02:13:17.95	02:13:25.60	+00:44:04 (33.1%)	6:20	9.5 (67.4%)
87	DOBOSZ Aneta	822	WŚCIEKŁE PIĘŚCI WĘŻA	K30-49	19	00:00:14	00:43:11	01:27:29	02:14:27.05	02:14:41.90	+00:45:13 (33.6%)	6:24	9.4 (66.7%)
88	DZIKOŃ Małgorzata	828	BIAŁOSTOCKA SEKTA BIEGACZY	K30-49	20	00:00:09	00:43:55	01:29:05	02:14:55.80	02:15:05.35	+00:45:42 (33.9%)	6:25	9.3 (66.0%)
89	WODZYŃSKI Robert	935		M30-49	43	00:00:09	00:42:39	01:28:50	02:15:18.40	02:15:27.95	+00:46:04 (34.1%)	6:26	9.3 (66.0%)
90	SZCZEPAŃSKI Saturnin	910	RUNNERS TEAM JABŁONNA	M50+	11	00:00:13	00:43:20	01:28:48	02:15:19.75	02:15:32.80	+00:46:06 (34.1%)	6:26	9.3 (66.0%)
91	WOJCIECHOWSKA Ewa	927	BOLESŁAW	K30-49	21	00:00:09	00:42:41	01:28:52	02:15:26.45	02:15:35.65	+00:46:12 (34.1%)	6:26	9.3 (66.0%)
92	KARESKA Ana	851	NRC - NIKE + RUN CLUB SKOPJE	K30-49	22	00:00:08	00:42:37	01:27:04	02:15:48.45	02:15:56.70	+00:46:34 (34.3%)	6:28	9.3 (66.0%)
93	GROCHOWSKA Joanna	835	BIEGAMY Z OCHOTĄ	K50+	4	00:00:17	00:44:15	01:29:43	02:16:21.05	02:16:38.70	+00:47:07 (34.6%)	6:29	9.2 (65.2%)
94	KAŻMIERCZAK Patryk	853	KOALA RUNNING TEAM	M30-49	44	00:00:15	00:45:07	01:30:17	02:16:34.60	02:16:50.00	+00:47:20 (34.7%)	6:30	9.2 (65.2%)
95	DOBROWOLSKI Marek	824		M50+	12	00:00:10	00:41:38	01:24:41	02:16:41.20	02:16:51.45	+00:47:27 (34.7%)	6:30	9.2 (65.2%)
96	STRZELECKA Izabela	905		K30-49	23	00:00:11	00:43:03	01:29:15	02:17:08.05	02:17:19.75	+00:47:54 (34.9%)	6:31	9.2 (65.2%)
97	RYBAK Anna	897		K30-49	24	00:00:12	00:42:26	01:28:29	02:17:28.75	02:17:41.05	+00:48:15 (35.1%)	6:32	9.2 (65.2%)
98	SZELAĞ Michał	912		M30-49	45	00:00:10	00:40:09	01:25:36	02:17:43.55	02:17:53.90	+00:48:29 (35.2%)	6:33	9.1 (64.5%)
99	BRYŚ Magdalena	810		K1-29	7	00:00:06	00:42:21	01:29:21	02:19:15.75	02:19:21.75	+00:50:02 (35.9%)	6:37	9 (63.8%)
100	SZMIGIEL Joanna	913		K30-49	25	00:00:04	00:42:23	01:29:24	02:19:17.50	02:19:21.70	+00:50:03 (35.9%)	6:37	9 (63.8%)
101	CYBUL Izabela	816		K1-29	8	00:00:14	00:45:29	01:30:13	02:20:12.75	02:20:27.70	+00:50:59 (36.4%)	6:40	9 (63.8%)
102	KUBIAK Marta	865		K30-49	26	00:00:11	00:46:05	01:31:54	02:20:21.40	02:20:33.10	+00:51:07 (36.4%)	6:41	9 (63.8%)
103	MACHNIO Iwona	869		K30-49	27	00:00:11	00:46:05	01:31:51	02:20:22.90	02:20:34.45	+00:51:09 (36.4%)	6:41	9 (63.8%)
104	KOZIOŁ Ewa	860		Biegi z psem Kobiety	1	00:00:16	00:43:44	01:29:38	02:20:41.00	02:20:57.05	+00:51:27 (36.6%)	6:41	9 (63.8%)
105	CHROMAŃSKI Paweł	940		M30-49	46	00:00:19	00:48:02	01:32:31	02:24:48.25	02:25:08.00	+00:55:34 (38.4%)	6:53	8.7 (61.7%)
106	PALTIAN Piotr	884	SĄ WOLNIEJSI	M30-49	47	00:00:14	00:41:39	01:26:17	02:25:03.60	02:25:17.75	+00:55:49 (38.5%)	6:54	8.7 (61.7%)
107	CIEŚLAK Paweł	815	SLOWJOGGING BIAŁOŁĘKA	M50+	13	00:00:18	00:45:34	01:34:37	02:27:36.45	02:27:54.70	+00:58:22 (39.6%)	7:01	8.5 (60.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 7km	Start_All 14km	Czas netto 21km	Czas brutto 21km	Różn	Tempo min/km	Tempo km/h
108	BUCKI Bartosz	812		M30-49	48	00:00:17	00:44:52	01:32:20	02:29:17.10	02:29:34.35	+01:00:03 (40.2%)	7:06	8.4 (59.6%)
109	JÓŹWIK Barbara	847		K50+	5	00:00:09	00:46:36	01:36:44	02:29:39.50	02:29:48.70	+01:00:25 (40.4%)	7:07	8.4 (59.6%)
110	KĄKOL Agata	855		K1-29	9	00:00:04	00:48:00	01:38:12	02:30:58.00	02:31:02.90	+01:01:44 (40.9%)	7:11	8.3 (58.9%)
111	KĄKOL Dorota	854		K50+	6	00:00:05	00:47:59	01:38:12	02:30:59.45	02:31:04.55	+01:01:45 (40.9%)	7:11	8.3 (58.9%)
112	MEKSA Piotr	873		M1-29	6	00:00:07	00:44:54	01:36:13	02:35:29.65	02:35:37.30	+01:06:16 (42.6%)	7:24	8.1 (57.4%)
113	SZOSTAKOWSKI Jarosław	914	BIEGAMY Z OCHOTĄ	M50+	14	00:00:17	00:48:03	01:36:22	02:37:14.50	02:37:32.35	+01:08:00 (43.3%)	7:29	8 (56.7%)
114	WIDALSKA Marta	922	BIEGI GRODZISK MAZOWIECKI	K30-49	28	00:00:13	00:51:05	01:46:09	02:44:05.00	02:44:18.00	+01:14:51 (45.6%)	7:48	7.7 (54.6%)
115	WYSOCKA Aleksandra	929		K30-49	29	00:00:10	00:50:15	01:45:55	02:46:29.90	02:46:40.25	+01:17:16 (46.4%)	7:55	7.6 (53.9%)
116	PLUTA Daniel	889		M30-49	49	00:00:20	00:56:22	01:55:22	02:49:47.05	02:50:07.75	+01:20:33 (47.4%)	8:05	7.4 (52.5%)
117	KASIERSKA Ewa Katarzyna	852	WKB META LUBLINIEC	K50+	7	00:00:17	00:56:24	01:55:26	02:49:49.85	02:50:07.80	+01:20:36 (47.5%)	8:05	7.4 (52.5%)
118	WODZIŃSKI Michał	926		M30-49	50	00:00:03	00:40:17				+00:10:18	5:45	10.4 (73.8%)

Znaleziono 118 wynik(ów)