

# BIEG ZA MIASTEM - 10KM

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

**Wydarzenie:** Event za Miastem  
**Organizator:** Stowarzyszenie Biegaj Za Miastem  
**Data:** 2021-09-11  
**Miejsce:** Łysomice  
**Dystans:** 10 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>GERC Rafał</b>	<b>43</b>		M-30	1		<b>00:45:33.50</b>	<b>00:45:35.15</b>		4:33	13.2 (100%)
2	<b>WISNIEWSKI Wojciech</b>	<b>50</b>	IDĘ POBIEGAC GOSTKOWO	M-40	1		<b>01:01:34.95</b>	<b>01:01:40.45</b>	+00:16:05 (26.1%)	6:09	9.7 (73.5%)
3	<b>KWAŚNIEWICZ Agata</b>	<b>38</b>		K-20	1		<b>01:01:38.15</b>	<b>01:01:44.85</b>	+00:16:09 (26.2%)	6:09	9.7 (73.5%)
4	<b>PODBIELSKA Alina</b>	<b>48</b>	KM UMK TORUŃ	K-50	1		<b>01:03:50.10</b>	<b>01:03:55.60</b>	+00:18:20 (28.7%)	6:23	9.4 (71.2%)
5	<b>DĘBSKI Krzysztof</b>	<b>145</b>		OPEN Mężczyźni	1		<b>01:07:49.85</b>	<b>01:07:49.85</b>	+00:22:14 (32.8%)	6:46	8.8 (66.7%)
6	<b>PIWOŃSKI Robert</b>	<b>47</b>	PARAFIALNY KLUB BIEGACZA TORUŃ - KASZCZOREK	M-40	2		<b>01:07:55.70</b>	<b>01:08:01.50</b>	+00:22:26 (33.0%)	6:47	8.8 (66.7%)
7	<b>KOPROWSKI Filip</b>	<b>55</b>	I LO	M-20	1		<b>01:08:08.55</b>	<b>01:08:12.80</b>	+00:22:37 (33.2%)	6:48	8.8 (66.7%)
8	<b>PIKUS Jarosław</b>	<b>51</b>	ZELGNO BIEGA	M-50	1		<b>01:08:33.80</b>	<b>01:08:36.75</b>	+00:23:01 (33.6%)	6:51	8.8 (66.7%)
9	<b>RAMOWSKI Daniel</b>	<b>59</b>	ZELGNO BIEGA	M-30	2		<b>01:08:34.25</b>	<b>01:08:37.05</b>	+00:23:01 (33.6%)	6:51	8.8 (66.7%)
10	<b>HADAŁA Sebastian</b>	<b>136</b>	SEBASTIAN	M-20	2	00:16:00	<b>01:08:37.05</b>	<b>01:08:38.95</b>	+00:23:03 (33.6%)	5:15	11.4 (86.4%)
11	<b>RATAJCZAK Tomasz</b>	<b>57</b>	ZELGNO BIEGA	M-30	3		<b>01:08:50.00</b>	<b>01:08:53.95</b>	+00:23:18 (33.8%)	6:53	8.7 (65.9%)
12	<b>CZECHOWSKI Rajmund</b>	<b>56</b>	RUN CROSS ROZGARTY	M-60+	1		<b>01:11:31.55</b>	<b>01:11:33.85</b>	+00:25:58 (36.3%)	7:09	8.4 (63.6%)
13	<b>ZIÓŁKOWSKA Katarzyna</b>	<b>40</b>		K-30	1		<b>01:12:39.50</b>	<b>01:12:44.25</b>	+00:27:09 (37.3%)	7:15	8.3 (62.9%)
14	<b>KOPROWSKI Marcin</b>	<b>27</b>		M-40	3		<b>01:12:44.20</b>	<b>01:12:48.75</b>	+00:27:13 (37.4%)	7:16	8.2 (62.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kara/ bonifikata	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
15	<b>SZYMSKA Joanna</b>	<b>144</b>		OPEN Kobiety	1		<b>01:12:59.00</b>	<b>01:13:03.05</b>	+00:27:27 (37.6%)	7:17	8.2 (62.1%)
16	<b>PIKUS Ewa</b>	<b>52</b>	ZELGNO BIEGA	K-50	2		<b>01:12:59.25</b>	<b>01:13:03.10</b>	+00:27:27 (37.6%)	7:17	8.2 (62.1%)
17	<b>CIESZYŃSKA-RATAJCZAK Katarzyna</b>	<b>58</b>	ZELGNO BIEGA	K-30	2		<b>01:12:59.20</b>	<b>01:13:03.35</b>	+00:27:28 (37.6%)	7:17	8.2 (62.1%)
18	<b>ŻYGADŁO Tomasz</b>	<b>141</b>		OPEN Mężczyźni	2		<b>01:13:12.50</b>	<b>01:13:17.05</b>	+00:27:41 (37.8%)	7:19	8.2 (62.1%)
19	<b>LEWANDOWSKA Weronika</b>	<b>139</b>		K-30	3		<b>01:13:16.85</b>	<b>01:13:18.50</b>	+00:27:43 (37.8%)	7:19	8.2 (62.1%)
20	<b>KACZMAREK Joanna</b>	<b>53</b>		K-30	4		<b>01:13:30.90</b>	<b>01:13:30.90</b>	+00:27:55 (38.0%)	7:21	8.2 (62.1%)
21	<b>JASKOWSKA Karolina</b>	<b>60</b>		K-30	5		<b>01:13:38.90</b>	<b>01:13:42.05</b>	+00:28:06 (38.1%)	7:21	8.1 (61.4%)
22	<b>SZYMECZKO Aleksandra</b>	<b>39</b>		K-30	6		<b>01:14:28.85</b>	<b>01:14:33.40</b>	+00:28:58 (38.9%)	7:26	8.1 (61.4%)
23	<b>KROSNOWSKA Agnieszka</b>	<b>138</b>		K-30	7		<b>01:15:25.45</b>	<b>01:15:27.25</b>	+00:29:52 (39.6%)	7:32	8 (60.6%)
24	<b>ZDROJEWSKI Łukasz</b>	<b>54</b>	IDĘ POBIEGAĆ GOSTKOWO	M-30	4		<b>01:17:25.95</b>	<b>01:17:31.45</b>	+00:31:56 (41.2%)	7:44	7.8 (59.1%)
25	<b>DOBROVOLSKA Kateryna</b>	<b>46</b>		K-30	8		<b>01:18:46.60</b>	<b>01:18:49.65</b>	+00:33:14 (42.2%)	7:52	7.6 (57.6%)
26	<b>CHLUDZINSKA Magdalena</b>	<b>37</b>		K-40	1		<b>01:18:59.05</b>	<b>01:19:04.40</b>	+00:33:29 (42.3%)	7:53	7.6 (57.6%)
27	<b>BORKOWSKA Maria</b>	<b>49</b>	RCR ROZGARTY	K-30	9		<b>01:20:05.05</b>	<b>01:20:11.50</b>	+00:34:36 (43.2%)	8:00	7.5 (56.8%)

Znaleziono 27 wynik(ów)