

# BIEGU ZABIEGAJ O FUNDUSZE - 10,8 KM

B4SPORT

**Wydarzenie:**  
**Organizator:**

Bieg „zaBIEGaj o FUNdusze”  
Urząd Marszałkowski Województwa  
Wielkopolskiego w Poznaniu

**Data:**  
**Miejsce:**  
**Dystans:**

2019-09-28  
Poznań  
10.8 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 5.4km	Czas netto 10.8km	Różn	Tempo min/km	Tempo km/h
1	<b>OLIJNYK Paweł</b>	<b>191</b>		M30-39	1	00:17:23	<b>00:36:24.50</b>		3:22	17.8 (100%)
2	<b>ŁUCYK Maciej</b>	<b>624</b>	MARATOŃCZYK POZNAŃ	M30-39	2	00:18:19	<b>00:37:33.65</b>	+00:01:09 (3.1%)	3:28	17.2 (96.6%)
3	<b>STARSZAK Marcin</b>	<b>78</b>		M30-39	3	00:19:22	<b>00:38:41.30</b>	+00:02:16 (5.9%)	3:34	16.8 (94.4%)
4	<b>BLAHODIR Yuriy</b>	<b>7</b>		M30-39	4	00:18:28	<b>00:39:19.15</b>	+00:02:54 (7.4%)	3:38	16.5 (92.7%)
5	<b>GEHRKE Robert</b>	<b>49</b>		M30-39	5	00:19:22	<b>00:39:21.30</b>	+00:02:56 (7.5%)	3:38	16.5 (92.7%)
6	<b>ORŁOWSKI Marcin</b>	<b>196</b>	DĄBROWSKI TEAM	M30-39	6	00:19:47	<b>00:39:52.95</b>	+00:03:28 (8.7%)	3:41	16.2 (91.0%)
7	<b>SZYMCZAK Wojciech</b>	<b>329</b>	PARAGRAF	M30-39	7	00:20:03	<b>00:40:39.45</b>	+00:04:14 (10.5%)	3:45	15.9 (89.3%)
8	<b>ZODROW Norbert</b>	<b>252</b>		M16-29	1	00:20:12	<b>00:40:41.65</b>	+00:04:17 (10.5%)	3:46	15.9 (89.3%)
9	<b>ZIEMBIŃSKI Grzegorz</b>	<b>537</b>	REHAU CROSSACTIVE	M30-39	8	00:20:40	<b>00:40:50.95</b>	+00:04:26 (10.9%)	3:46	15.9 (89.3%)
10	<b>HARKIEWICZ Piotr</b>	<b>109</b>	NARAMOWICE BIEGAJA / ODDYCHAJSWODNIE.PL	M30-39	9	00:21:02	<b>00:42:09.00</b>	+00:05:44 (13.6%)	3:54	15.4 (86.5%)
11	<b>CHWIROT Kazimierz</b>	<b>454</b>	KM LWÓWEK WLKP.	M40-49	1	00:21:04	<b>00:42:36.65</b>	+00:06:12 (14.6%)	3:56	15.2 (85.4%)
12	<b>LISEK Mieczysław</b>	<b>453</b>	KMT	M50+	1	00:21:04	<b>00:42:44.30</b>	+00:06:19 (14.8%)	3:57	15.2 (85.4%)
13	<b>FELLENBERG Tomasz</b>	<b>113</b>	MOJEBIEGANIE.PL	M30-39	10	00:21:36	<b>00:42:50.85</b>	+00:06:26 (15.0%)	3:58	15.1 (84.8%)
14	<b>ŁAWNICZAK Tomasz</b>	<b>241</b>	DRUŻYNA SZPIKU	M30-39	11	00:21:17	<b>00:43:09.90</b>	+00:06:45 (15.7%)	3:59	15 (84.3%)
15	<b>KOLOMIEC Krystyna</b>	<b>2</b>	SZYBKIE ŚLIMAKI	K16-29	1	00:21:37	<b>00:44:05.85</b>	+00:07:41 (17.4%)	4:04	14.7 (82.6%)
16	<b>KAŻMIERCZAK Piotr</b>	<b>93</b>	NARAMOWICE BIEGAJĄ	M40-49	2	00:21:53	<b>00:44:24.60</b>	+00:08:00 (18.0%)	4:06	14.6 (82.0%)
17	<b>MICHALIK Marcin</b>	<b>299</b>		M30-39	12	00:22:03	<b>00:45:09.00</b>	+00:08:44 (19.4%)	4:10	14.4 (80.9%)
18	<b>KOCZOROWSKI Jakub</b>	<b>289</b>	PARKRUN POZNAŃ	M40-49	3	00:22:25	<b>00:45:22.15</b>	+00:08:57 (19.8%)	4:12	14.3 (80.3%)
19	<b>JÓZWIAK Tomasz</b>	<b>353</b>		M16-29	2	00:22:16	<b>00:45:33.75</b>	+00:09:09 (20.1%)	4:13	14.2 (79.8%)
20	<b>KRÓL Darek</b>	<b>498</b>	HERNIK TEAM	M50+	2	00:22:39	<b>00:45:42.80</b>	+00:09:18 (20.4%)	4:13	14.2 (79.8%)
21	<b>DI MARINO Massimo</b>	<b>200</b>		M40-49	4	00:22:35	<b>00:46:04.55</b>	+00:09:40 (21.0%)	4:16	14.1 (79.2%)
22	<b>SKÓRNICKI Leszek</b>	<b>216</b>	NIGHT RUNNERS	M40-49	5	00:22:42	<b>00:46:06.25</b>	+00:09:41 (21.0%)	4:16	14.1 (79.2%)
23	<b>BEDNARKIEWICZ Patryk</b>	<b>469</b>		M16-29	3	00:23:08	<b>00:46:10.35</b>	+00:09:45 (21.1%)	4:16	14 (78.7%)
24	<b>PUCHALSKI Maciej</b>	<b>123</b>	ODDYCHAJSWOBODNIE.PL	M30-39	13	00:23:16	<b>00:46:40.60</b>	+00:10:16 (22.0%)	4:19	13.9 (78.1%)
25	<b>NIEDZIELSKI Roman</b>	<b>614</b>	BS TRUCHTACZDOBRYCYA	M30-39	14	00:22:53	<b>00:46:41.20</b>	+00:10:16 (22.0%)	4:19	13.9 (78.1%)
26	<b>MIKOŁAJCZAK Jakub</b>	<b>59</b>		M16-29	4	00:23:28	<b>00:47:10.50</b>	+00:10:46 (22.8%)	4:22	13.7 (77.0%)
27	<b>MAJEWSKI Maciej</b>	<b>485</b>		M50+	3	00:23:21	<b>00:47:18.95</b>	+00:10:54 (23.1%)	4:22	13.7 (77.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 5.4km	Czas		Tempo min/km	Tempo km/h
							netto 10.8km	Różn		
28	<b>CIESIELSKI Sebastian</b>	<b>415</b>	KIBOLE W BIEGU / PAKIECIARZE TEAM	M40-49	6	00:23:26	<b>00:47:21.05</b>	+00:10:56 (23.1%)	4:23	13.7 (77.0%)
29	<b>GALICA Bartosz</b>	<b>685</b>	WE LOVE TO DEVELOP SOFTWARE	M40-49	7	00:24:10	<b>00:47:21.30</b>	+00:10:56 (23.1%)	4:23	13.7 (77.0%)
30	<b>NAPIERAŁA Marcin</b>	<b>404</b>	PIĄTKOWO NA BIEGOWO	M30-39	15	00:22:34	<b>00:47:25.55</b>	+00:11:01 (23.2%)	4:23	13.7 (77.0%)
31	<b>ANTKOWIAK Michał</b>	<b>118</b>	MUAY RUNNING TEAM	M30-39	16	00:24:23	<b>00:47:33.50</b>	+00:11:09 (23.4%)	4:24	13.6 (76.4%)
32	<b>ZIELIŃSKI Robert</b>	<b>370</b>	LUBOŃSKI KLUB BIEGACZA	M40-49	8	00:24:00	<b>00:47:40.65</b>	+00:11:16 (23.6%)	4:24	13.6 (76.4%)
33	<b>GOLCZAK Sebastian</b>	<b>420</b>	GRZMOT KOMORNIKI	M40-49	9	00:23:40	<b>00:47:41.80</b>	+00:11:17 (23.7%)	4:25	13.6 (76.4%)
34	<b>CICHY Mateusz</b>	<b>694</b>	WOLA POZNAŃ	M16-29	5	00:24:02	<b>00:48:16.55</b>	+00:11:52 (24.6%)	4:28	13.4 (75.3%)
35	<b>KRÓLIK Dariusz</b>	<b>134</b>	PTKWO TEAM	M30-39	17	00:24:03	<b>00:48:20.55</b>	+00:11:56 (24.7%)	4:28	13.4 (75.3%)
36	<b>CZACZYK Łukasz</b>	<b>418</b>	1988	M30-39	18	00:24:29	<b>00:48:22.45</b>	+00:11:57 (24.7%)	4:28	13.4 (75.3%)
37	<b>SROKA Marcin</b>	<b>335</b>		M40-49	10	00:23:55	<b>00:48:29.35</b>	+00:12:04 (24.9%)	4:29	13.4 (75.3%)
38	<b>KABZINSKI Leszek</b>	<b>676</b>		M30-39	19	00:24:12	<b>00:48:29.90</b>	+00:12:05 (24.9%)	4:29	13.4 (75.3%)
39	<b>PIETRASZ Dagmara</b>	<b>117</b>		K30-39	1	00:24:16	<b>00:48:44.05</b>	+00:12:19 (25.3%)	4:30	13.3 (74.7%)
40	<b>ŚPITALNIAK Katarzyna</b>	<b>68</b>	RUNNERSCLUB	K16-29	2	00:24:31	<b>00:48:48.75</b>	+00:12:24 (25.4%)	4:31	13.3 (74.7%)
41	<b>KASPERCZAK Karolina</b>	<b>242</b>	ZABIEGANY SZAMOCIN	K16-29	3	00:24:39	<b>00:48:57.15</b>	+00:12:32 (25.6%)	4:31	13.2 (74.2%)
42	<b>PASTERNAK Piotr</b>	<b>662</b>		M16-29	6	00:24:38	<b>00:48:57.25</b>	+00:12:32 (25.6%)	4:31	13.2 (74.2%)
43	<b>GRZYWACZYK Artur</b>	<b>127</b>	#BIEGACZE	M50+	4	00:24:29	<b>00:48:59.45</b>	+00:12:34 (25.7%)	4:32	13.2 (74.2%)
44	<b>HARKIEWICZ Wiola</b>	<b>112</b>	NARAMOWICE BIEGAJA / ODDYCHAJSWOBODNIE.PL	K30-39	2	00:24:19	<b>00:49:02.20</b>	+00:12:37 (25.8%)	4:32	13.2 (74.2%)
45	<b>KRAWCZYK Konrad</b>	<b>99</b>		M30-39	20	00:24:44	<b>00:49:18.00</b>	+00:12:53 (26.1%)	4:33	13.1 (73.6%)
46	<b>MAĆZYŃSKA Ewa</b>	<b>652</b>	E-FIZJO TEAM	K30-39	3	00:24:10	<b>00:49:33.70</b>	+00:13:09 (26.5%)	4:35	13.1 (73.6%)
47	<b>KINASTOWSKI Krystian</b>	<b>188</b>		M40-49	11	00:25:00	<b>00:49:45.00</b>	+00:13:20 (26.8%)	4:36	13 (73.0%)
48	<b>SZKÓDLIŃSKI Bartosz</b>	<b>110</b>	ODDYCHAJSWOBODNIE.PL	M40-49	12	00:24:50	<b>00:49:46.80</b>	+00:13:22 (26.9%)	4:36	13 (73.0%)
49	<b>NOWAK Maciej</b>	<b>8</b>		M40-49	13	00:24:26	<b>00:49:53.60</b>	+00:13:29 (27.0%)	4:37	13 (73.0%)
50	<b>WALKOWIAK Joanna</b>	<b>86</b>	MUAY RUNNING TEAM	K30-39	4	00:25:01	<b>00:50:17.85</b>	+00:13:53 (27.6%)	4:39	12.9 (72.5%)
51	<b>KACZMAREK Grzegorz</b>	<b>166</b>		M30-39	21	00:25:57	<b>00:50:19.05</b>	+00:13:54 (27.6%)	4:39	12.9 (72.5%)
52	<b>UJEJSKA Danuta</b>	<b>441</b>	LUCKY LUKI	K40-49	1	00:25:03	<b>00:50:23.75</b>	+00:13:59 (27.8%)	4:40	12.9 (72.5%)
53	<b>WELTROWSKI Grzegorz</b>	<b>334</b>		M40-49	14	00:26:04	<b>00:51:22.25</b>	+00:14:57 (29.1%)	4:45	12.6 (70.8%)
54	<b>WOJTASZEK Maciej</b>	<b>424</b>		M40-49	15	00:26:02	<b>00:52:05.15</b>	+00:15:40 (30.1%)	4:49	12.4 (69.7%)
55	<b>JANKOWIAK Marcin</b>	<b>4</b>		M30-39	22	00:26:55	<b>00:52:28.40</b>	+00:16:03 (30.6%)	4:51	12.4 (69.7%)
56	<b>TWAROWSKI Wojciech</b>	<b>145</b>		M30-39	23	00:26:13	<b>00:52:34.25</b>	+00:16:09 (30.7%)	4:52	12.3 (69.1%)
57	<b>CICHA Ania</b>	<b>51</b>	PCH RUN	K30-39	5	00:26:19	<b>00:52:34.65</b>	+00:16:10 (30.8%)	4:52	12.3 (69.1%)
58	<b>JAWORSKI Adam</b>	<b>167</b>		M50+	5	00:25:57	<b>00:52:40.40</b>	+00:16:15 (30.9%)	4:52	12.3 (69.1%)
59	<b>ZIELIŃSKA Justyna</b>	<b>369</b>	LUBOŃSKI KLUB BIEGACZA	K40-49	2	00:26:17	<b>00:52:50.85</b>	+00:16:26 (31.1%)	4:53	12.3 (69.1%)
60	<b>NOWACKA Małgorzata</b>	<b>542</b>		K30-39	6	00:26:26	<b>00:52:59.70</b>	+00:16:35 (31.3%)	4:54	12.2 (68.5%)
61	<b>ANTKOWIAK Monika</b>	<b>116</b>	MUAY RUNNING TEAM	K30-39	7	00:27:05	<b>00:53:13.00</b>	+00:16:48 (31.6%)	4:55	12.2 (68.5%)
62	<b>RZONSOWSKI Piotr</b>	<b>618</b>	ROZBIEGANIE BIEDRUSKO	M30-39	24	00:25:29	<b>00:53:19.70</b>	+00:16:55 (31.7%)	4:56	12.2 (68.5%)
63	<b>WALCZAK Natalia</b>	<b>438</b>	WATAHA	K40-49	3	00:26:31	<b>00:53:25.40</b>	+00:17:00 (31.8%)	4:56	12.1 (68.0%)
64	<b>PIAZDECKA Anna</b>	<b>53</b>		K40-49	4	00:26:55	<b>00:53:31.95</b>	+00:17:07 (32.0%)	4:57	12.1 (68.0%)
65	<b>WŁOSZYŃSKI Marek</b>	<b>684</b>	LUBOŃ	M40-49	16	00:26:55	<b>00:53:57.55</b>	+00:17:33 (32.5%)	4:59	12 (67.4%)
66	<b>ZIELONKA Witold</b>	<b>170</b>	POZNAŃ	M40-49	17	00:26:34	<b>00:54:24.90</b>	+00:18:00 (33.1%)	5:02	11.9 (66.9%)
67	<b>GRESER Artur</b>	<b>164</b>	ORGANICTEAM	M40-49	18	00:26:23	<b>00:54:26.30</b>	+00:18:01 (33.1%)	5:02	11.9 (66.9%)
68	<b>RATAJCZAK Krzysztof</b>	<b>634</b>		M40-49	19	00:27:07	<b>00:54:32.60</b>	+00:18:08 (33.2%)	5:02	11.9 (66.9%)
69	<b>PRZYBYTKOWSKI Krzysztof</b>	<b>332</b>		M40-49	20	00:27:42	<b>00:54:34.90</b>	+00:18:10 (33.3%)	5:03	11.9 (66.9%)
70	<b>GUMULA Paulina</b>	<b>262</b>	BRANŻOWA SZKOŁA I ST. NR 42 POZNAŃ	K30-39	8	00:27:11	<b>00:54:44.50</b>	+00:18:20 (33.5%)	5:04	11.8 (66.3%)
71	<b>PTASZYŃSKI Jan</b>	<b>492</b>	OSIEDLE ROZALIN W LUSÓWKU	M50+	6	00:26:28	<b>00:55:07.20</b>	+00:18:42 (33.9%)	5:06	11.8 (66.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 5.4km	Czas		Tempo min/km	Tempo km/h
							netto 10.8km	Różn		
72	<b>BRZOSKA Katarzyna</b>	<b>601</b>		K40-49	5	00:27:22	<b>00:55:14.35</b>	+00:18:49 (34.1%)	5:06	11.7 (65.7%)
73	<b>WAŚKO Adam</b>	<b>304</b>		M40-49	21	00:27:39	<b>00:55:18.60</b>	+00:18:54 (34.2%)	5:07	11.7 (65.7%)
74	<b>ELLMANN Leszek</b>	<b>148</b>	DIRTYSPARROWS	M16-29	7	00:24:59	<b>00:55:29.50</b>	+00:19:05 (34.4%)	5:08	11.7 (65.7%)
75	<b>KOLANSKI Bartosz</b>	<b>578</b>	RUN FOR JFK	M40-49	22	00:27:31	<b>00:55:40.85</b>	+00:19:16 (34.6%)	5:09	11.6 (65.2%)
76	<b>ORLICKI Michał</b>	<b>488</b>	RAMIRENT	M30-39	25	00:27:08	<b>00:55:43.10</b>	+00:19:18 (34.7%)	5:09	11.6 (65.2%)
77	<b>TUREK Maciej</b>	<b>545</b>		M30-39	26	00:27:24	<b>00:55:50.85</b>	+00:19:26 (34.8%)	5:10	11.6 (65.2%)
78	<b>ROROT Wojciech</b>	<b>550</b>		M40-49	23	00:26:07	<b>00:55:53.10</b>	+00:19:28 (34.9%)	5:10	11.6 (65.2%)
79	<b>PREJS Kamil</b>	<b>294</b>		M40-49	24	00:27:28	<b>00:55:54.70</b>	+00:19:30 (34.9%)	5:10	11.6 (65.2%)
80	<b>RATAJCZAK Dariusz</b>	<b>95</b>	HERNIKTEAM	M40-49	25	00:28:02	<b>00:55:57.40</b>	+00:19:32 (34.9%)	5:10	11.6 (65.2%)
81	<b>BIALOSKORSKA Olga</b>	<b>696</b>		K50+	1	00:27:19	<b>00:55:59.20</b>	+00:19:34 (35.0%)	5:11	11.6 (65.2%)
82	<b>BARTKOWIAK Łukasz</b>	<b>444</b>	OMMŁ TEAM / R-TEAM	M40-49	26	00:24:47	<b>00:56:05.30</b>	+00:19:40 (35.1%)	5:11	11.6 (65.2%)
83	<b>MAĆKOWIAK Adrian</b>	<b>85</b>	ANONIMOWI BIEGACZE	M30-39	27	00:27:32	<b>00:56:10.10</b>	+00:19:45 (35.2%)	5:12	11.5 (64.6%)
84	<b>KOZIARA Krystyna</b>	<b>245</b>		K50+	2	00:27:28	<b>00:56:13.40</b>	+00:19:48 (35.2%)	5:12	11.5 (64.6%)
85	<b>JABOUR Sylwia</b>	<b>174</b>	ORGANIC FITNESS TEAM	K16-29	4	00:26:59	<b>00:56:16.95</b>	+00:19:52 (35.3%)	5:12	11.5 (64.6%)
86	<b>ROGALIŃSKI Jarosław</b>	<b>487</b>	EKIPA UMWW	M40-49	27	00:28:46	<b>00:56:23.80</b>	+00:19:59 (35.4%)	5:13	11.5 (64.6%)
87	<b>WALCZAK Tomasz</b>	<b>427</b>	PCH_RUN	M40-49	28	00:28:03	<b>00:56:34.20</b>	+00:20:09 (35.6%)	5:14	11.5 (64.6%)
88	<b>PUCHALSKA Paulina</b>	<b>349</b>		K30-39	9	00:27:11	<b>00:56:37.75</b>	+00:20:13 (35.7%)	5:14	11.4 (64.0%)
89	<b>BOROWSKI Bartosz</b>	<b>659</b>		M40-49	29	00:28:17	<b>00:56:44.60</b>	+00:20:20 (35.8%)	5:15	11.4 (64.0%)
90	<b>SKIBIŃSKA Justyna</b>	<b>422</b>	PCH_RUN	K40-49	6	00:28:04	<b>00:56:58.85</b>	+00:20:34 (36.1%)	5:16	11.4 (64.0%)
91	<b>PIŚMIENNY Mieszko</b>	<b>207</b>	WW TEAM	M30-39	28	00:26:58	<b>00:56:59.40</b>	+00:20:34 (36.1%)	5:16	11.4 (64.0%)
92	<b>SOMMERFELD Marcin</b>	<b>126</b>	TEAM ALBEDO	M16-29	8	00:27:45	<b>00:57:12.55</b>	+00:20:48 (36.4%)	5:17	11.3 (63.5%)
93	<b>WOLNIAK Andrzej</b>	<b>169</b>		M50+	7	00:28:19	<b>00:57:20.20</b>	+00:20:55 (36.5%)	5:18	11.3 (63.5%)
94	<b>WOJCIECHOWSKI Andrzej</b>	<b>513</b>		M40-49	30	00:28:23	<b>00:57:37.85</b>	+00:21:13 (36.8%)	5:20	11.2 (62.9%)
95	<b>KURASZKIEWICZ Rafał</b>	<b>603</b>		M30-39	29	00:27:30	<b>00:57:39.80</b>	+00:21:15 (36.9%)	5:20	11.2 (62.9%)
96	<b>UJEJSKI Robert</b>	<b>443</b>		M50+	8	00:27:53	<b>00:57:46.25</b>	+00:21:21 (37.0%)	5:20	11.2 (62.9%)
97	<b>MUSIELAK Adam</b>	<b>540</b>	PGB SPORTOWA PACZKA	M30-39	30	00:28:58	<b>00:57:49.90</b>	+00:21:25 (37.0%)	5:21	11.2 (62.9%)
98	<b>SZYMCZAK Krzysztof</b>	<b>154</b>	ORGANIC TEAM	M30-39	31	00:28:05	<b>00:57:50.70</b>	+00:21:26 (37.1%)	5:21	11.2 (62.9%)
99	<b>DUDA Jadwiga</b>	<b>129</b>	#BIEGACZE	K50+	3	00:27:59	<b>00:57:56.30</b>	+00:21:31 (37.2%)	5:21	11.2 (62.9%)
100	<b>ADAMCZAK Sebastian</b>	<b>147</b>	PTKWO TEAM	M30-39	32	00:28:36	<b>00:57:57.35</b>	+00:21:32 (37.2%)	5:21	11.2 (62.9%)
101	<b>WITKOWSKI Marcin</b>	<b>336</b>	CZARNE STOPY	M40-49	31	00:29:54	<b>00:58:10.75</b>	+00:21:46 (37.4%)	5:23	11.1 (62.4%)
102	<b>CZEKALSKA Daria</b>	<b>210</b>		K30-39	10	00:29:04	<b>00:58:14.10</b>	+00:21:49 (37.5%)	5:23	11.1 (62.4%)
103	<b>CZEKALSKI Piotr</b>	<b>209</b>	LODOŻERCY CHODZIEŻ	M30-39	33	00:29:04	<b>00:58:14.30</b>	+00:21:49 (37.5%)	5:23	11.1 (62.4%)
104	<b>SZMATUŁA Elżbieta</b>	<b>69</b>		K16-29	5	00:29:05	<b>00:58:14.85</b>	+00:21:50 (37.5%)	5:23	11.1 (62.4%)
105	<b>MONDRA Joanna</b>	<b>1</b>		K16-29	6	00:28:24	<b>00:58:15.35</b>	+00:21:50 (37.5%)	5:23	11.1 (62.4%)
106	<b>OLTMANN Paweł</b>	<b>263</b>	BRANŻOWA SZKOŁA 1STOPNIANR 42 W POZNANIU	M16-29	9	00:28:37	<b>00:58:15.85</b>	+00:21:51 (37.5%)	5:23	11.1 (62.4%)
107	<b>KWAŚNY Tomasz</b>	<b>267</b>		M40-49	32	00:29:12	<b>00:58:19.95</b>	+00:21:55 (37.6%)	5:24	11.1 (62.4%)
108	<b>LEHWARK Marcin</b>	<b>502</b>	DRUŻYNA SZPIKU	M40-49	33	00:28:14	<b>00:58:22.10</b>	+00:21:57 (37.6%)	5:24	11.1 (62.4%)
109	<b>CHOJNIAK Wiesław</b>	<b>94</b>		M40-49	34	00:29:04	<b>00:58:25.00</b>	+00:22:00 (37.7%)	5:24	11.1 (62.4%)
110	<b>PRZYBYLSKA - KACZMAREK Wioletta</b>	<b>568</b>	GRUNWALD	K30-39	11	00:28:27	<b>00:58:47.95</b>	+00:22:23 (38.1%)	5:26	11 (61.8%)
111	<b>SALITA Lech</b>	<b>257</b>	ALTOM GNIEZNO	M50+	9	00:29:34	<b>00:58:54.25</b>	+00:22:29 (38.2%)	5:27	11 (61.8%)
112	<b>BARCIK Łukasz</b>	<b>658</b>		M30-39	34	00:28:17	<b>00:58:59.50</b>	+00:22:35 (38.3%)	5:27	11 (61.8%)
113	<b>SAJNA Piotr</b>	<b>213</b>		M30-39	35	00:29:12	<b>00:59:08.35</b>	+00:22:43 (38.4%)	5:28	11 (61.8%)
114	<b>AYARI Anis</b>	<b>340</b>	TUNISIA FOREVER	M16-29	10	00:30:03	<b>00:59:15.80</b>	+00:22:51 (38.6%)	5:29	10.9 (61.2%)
115	<b>GIERSEWSKI Mateusz</b>	<b>290</b>		M30-39	36	00:29:44	<b>00:59:28.10</b>	+00:23:03 (38.8%)	5:30	10.9 (61.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 5.4km	Czas		Tempo min/km	Tempo km/h
							netto 10.8km	Różn		
116	MUSZYŃSKI Paweł	204	ZALASEWO ZAIWANIA	M40-49	35	00:29:14	<b>00:59:30.20</b>	+00:23:05 (38.8%)	5:30	10.9 (61.2%)
117	WASIELEWSKA Agnieszka	665		K16-29	7	00:29:58	<b>00:59:31.05</b>	+00:23:06 (38.8%)	5:30	10.9 (61.2%)
118	JÓZEFczyk Justyna	408	PIĄTKOWO NA BIEGOWO	K30-39	12	00:29:15	<b>00:59:31.15</b>	+00:23:06 (38.8%)	5:30	10.9 (61.2%)
119	PUCHALSKA Elżbieta	273	_	K40-49	7	00:29:54	<b>00:59:58.75</b>	+00:23:34 (39.3%)	5:33	10.8 (60.7%)
120	HARASIMOWICZ Hanna	413	WSZYSTKO O BIEGANIU	K30-39	13	00:29:31	<b>01:00:10.90</b>	+00:23:46 (39.5%)	5:34	10.8 (60.7%)
121	WITKOWSKI Michał	387	RAKSOPOL	M30-39	37	00:30:29	<b>01:00:12.10</b>	+00:23:47 (39.5%)	5:34	10.8 (60.7%)
122	OLEJNIK Janusz	693		M50+	10	00:29:35	<b>01:00:13.40</b>	+00:23:48 (39.5%)	5:34	10.8 (60.7%)
123	MATUSZCZAK Jędrzej	70		M30-39	38	00:29:37	<b>01:00:58.65</b>	+00:24:34 (40.3%)	5:38	10.6 (59.6%)
124	KUBCZYK Zdzisław	168		M50+	11	00:29:50	<b>01:01:01.45</b>	+00:24:36 (40.3%)	5:38	10.6 (59.6%)
125	KWARTA Dobrochna	692	CZERWONAK BIEGA	K16-29	8	00:31:05	<b>01:01:14.40</b>	+00:24:49 (40.5%)	5:40	10.6 (59.6%)
126	KOCZOROWSKI Robert	700		M30-39	39	00:29:54	<b>01:01:18.30</b>	+00:24:53 (40.6%)	5:40	10.6 (59.6%)
127	CZARNECKA Danuta	72	PCH_RUN	K50+	4	00:29:35	<b>01:01:30.85</b>	+00:25:06 (40.8%)	5:41	10.5 (59.0%)
128	DĄBROWSKI Jerzy	579		M50+	12	00:30:00	<b>01:01:36.45</b>	+00:25:11 (40.9%)	5:42	10.5 (59.0%)
129	WOGA Dawid	283	DRUŻYNA SZPIKU	M16-29	11	00:30:26	<b>01:01:37.45</b>	+00:25:12 (40.9%)	5:42	10.5 (59.0%)
130	LEPIECH Anita	296	KB MANIAC POZNAŃ	K30-39	14	00:33:25	<b>01:02:09.15</b>	+00:25:44 (41.4%)	5:45	10.4 (58.4%)
131	MIELCZAREK Lidia	302		K30-39	15	00:30:43	<b>01:02:11.00</b>	+00:25:46 (41.5%)	5:45	10.4 (58.4%)
132	RYBA Agata	608	KS KROTOSZ KROTOSZYN	K30-39	16	00:30:54	<b>01:03:21.90</b>	+00:26:57 (42.5%)	5:52	10.2 (57.3%)
133	SOBKOWIAK Monika	683	KS KROTOSZ KROTOSZYN	K30-39	17	00:30:53	<b>01:03:22.35</b>	+00:26:57 (42.5%)	5:52	10.2 (57.3%)
134	RYBA Wojciech	609	KS KROTOSZ KROTOSZYN	M30-39	40	00:30:53	<b>01:03:22.65</b>	+00:26:58 (42.6%)	5:52	10.2 (57.3%)
135	MODRZYŃSKA Elżbieta	486	R-TEAM	K30-39	18	00:31:42	<b>01:04:03.30</b>	+00:27:38 (43.2%)	5:55	10.1 (56.7%)
136	NOWAK Marta	421	PCH RUN	K30-39	19	00:32:12	<b>01:04:06.20</b>	+00:27:41 (43.2%)	5:56	10.1 (56.7%)
137	WALCZAK Małgorzata	426	PCH_RUN	K40-49	8	00:32:13	<b>01:04:06.50</b>	+00:27:42 (43.2%)	5:56	10.1 (56.7%)
138	KOSTECKA Martyna	468	M&M'S	K30-39	20	00:32:27	<b>01:04:44.15</b>	+00:28:19 (43.8%)	5:59	10 (56.2%)
139	PIETRZAK Michał	467	M&M'S	M30-39	41	00:32:28	<b>01:04:44.90</b>	+00:28:20 (43.8%)	5:59	10 (56.2%)
140	HERKT Dawid	436		M16-29	12	00:31:54	<b>01:06:03.70</b>	+00:29:39 (44.9%)	6:07	9.8 (55.1%)
141	BERCZYŃSKI Andrzej	39	WIELKOPOLSCY BIEGACZE	M40-49	36	00:31:58	<b>01:07:12.80</b>	+00:30:48 (45.8%)	6:13	9.6 (53.9%)
142	MADEJ Dorota	435		K16-29	9	00:32:19	<b>01:07:14.15</b>	+00:30:49 (45.8%)	6:13	9.6 (53.9%)
143	BEDNARKIEWICZ Jakub	506		M16-29	13	00:32:40	<b>01:07:27.70</b>	+00:31:03 (46.0%)	6:14	9.6 (53.9%)
144	BRODNICKI Damian	298	KB MANIAC POZNAŃ	M30-39	42	00:33:26	<b>01:09:24.75</b>	+00:33:00 (47.5%)	6:25	9.3 (52.2%)
145	BARTKOWIAK Monika	445	OMMŁ TEAM / R-TEAM	K40-49	9	00:34:24	<b>01:09:31.00</b>	+00:33:06 (47.6%)	6:26	9.3 (52.2%)
146	WARKOCKA Agnieszka	595		K40-49	10	00:33:23	<b>01:10:00.70</b>	+00:33:36 (48.0%)	6:28	9.3 (52.2%)
147	SMUSZKIEWICZ Kasia	482	SŁOWIK-TEAM	K30-39	21	00:34:51	<b>01:10:30.15</b>	+00:34:05 (48.4%)	6:31	9.2 (51.7%)
148	WOJCIECHOWSKI Tomasz	483	SŁOWIK-TEAM	M40-49	37	00:34:50	<b>01:10:30.65</b>	+00:34:06 (48.4%)	6:31	9.2 (51.7%)
149	WARKOCKI Mariusz	594		M40-49	38	00:33:40	<b>01:10:38.90</b>	+00:34:14 (48.5%)	6:32	9.2 (51.7%)
150	MAREK Magda	412		K40-49	11	00:34:19	<b>01:10:50.25</b>	+00:34:25 (48.6%)	6:33	9.1 (51.1%)
151	WITKOWSKI Marek	391	BIEGNĘ DLA WERKI I KASI :-)	M30-39	43	00:36:30	<b>01:16:05.80</b>	+00:39:41 (52.2%)	7:02	8.5 (47.8%)
152	KOZAK Krystyna	471	LOB	K50+	5	00:37:37	<b>01:16:12.50</b>	+00:39:48 (52.2%)	7:03	8.5 (47.8%)
153	BARCIK Anna	657		K30-39	22	00:36:08	<b>01:16:20.25</b>	+00:39:55 (52.3%)	7:04	8.5 (47.8%)
154	CZAPCZYK Maciej	18		M30-39	44	00:32:48		+00:15:24	6:04	9.9 (55.6%)
155	SZCZEPANIAK Klaudia	462	WATAHA	K30-39	23	00:40:44		+00:23:20	7:32	8 (44.9%)
156	GOSK Tomasz	543	SŁOWIK-TEAM	M40-49	39					(0.0%)

Znaleziono 156 wynik(ów)