

## II CROSS JASTROWSKI - 10.72KM

B4SPORT

**Organizator:** Urząd Gminy i Miasta w Jastrowiu  
**Data:** 2017-04-08  
**Miejsce:** Jastrowie  
**Dystans:** 10.72 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start All 5.36km	Czas netto 10.72km	Czas brutto 10.72km	Różn	Tempo min/km	Tempo km/h
1	<b>WIRKUS Łukasz</b>	<b>119</b>	KARO - TEAM	M-18	1	00:00:05	00:18:08	<b>00:36:27.90</b>	<b>00:36:32.90</b>		3:24	17.6 (100%)
2	<b>KUŚMIDER Andrzej</b>	<b>114</b>		M-30	1	00:00:04	00:18:12	<b>00:37:25.65</b>	<b>00:37:30.20</b>	+00:00:57 (2.6%)	3:29	17.2 (97.7%)
3	<b>HOFFMAN Aleksander</b>	<b>30</b>	PRECON POLSKA JASTROWIE	M-40	1	00:00:05	00:19:20	<b>00:39:17.35</b>	<b>00:39:22.45</b>	+00:02:49 (7.2%)	3:39	16.4 (93.2%)
4	<b>PAŁYS Mateusz</b>	<b>120</b>	4RUN TEAM PIŁA	M-30	2	00:00:05	00:20:12	<b>00:40:51.75</b>	<b>00:40:57.20</b>	+00:04:23 (10.8%)	3:48	15.7 (89.2%)
5	<b>KUBIAK Piotr</b>	<b>46</b>	PRECON POLSKA JASTROWIE	M-30	3	00:00:00	00:20:19	<b>00:41:11.35</b>	<b>00:41:11.35</b>	+00:04:43 (11.5%)	3:50	15.6 (88.6%)
6	<b>ŁAWECKI Dariusz</b>	<b>50</b>	WWW.LAWECCY.PL	M-30	4	00:00:05	00:20:45	<b>00:42:12.15</b>	<b>00:42:17.75</b>	+00:05:44 (13.6%)	3:56	15.2 (86.4%)
7	<b>ŚLĘZAK Robert</b>	<b>98</b>	OLIMPIJCZYK SZCZEKOCINY	M-40	2	00:00:05	00:21:56	<b>00:43:34.60</b>	<b>00:43:39.70</b>	+00:07:06 (16.3%)	4:03	14.8 (84.1%)
8	<b>STIPPA Adam</b>	<b>92</b>		M-30	5	00:00:08	00:21:19	<b>00:43:53.20</b>	<b>00:44:01.95</b>	+00:07:25 (16.9%)	4:05	14.7 (83.5%)
9	<b>SOLAREK Krzysztof</b>	<b>91</b>	DZIKIE DZIKI GORZÓW	M-30	6	00:00:07	00:21:57	<b>00:44:01.75</b>	<b>00:44:09.60</b>	+00:07:33 (17.2%)	4:06	14.6 (83.0%)
10	<b>CUBER Wojciech</b>	<b>11</b>	ZABIEGANINOĄ	M-30	7	00:00:06	00:22:00	<b>00:44:13.15</b>	<b>00:44:19.65</b>	+00:07:45 (17.5%)	4:07	14.5 (82.4%)
11	<b>RYCHTER Antonina</b>	<b>118</b>	KARO - TEAM	K-30	1	00:00:04	00:22:01	<b>00:44:30.45</b>	<b>00:44:35.40</b>	+00:08:02 (18.1%)	4:09	14.4 (81.8%)
12	<b>GÓRA Sylwester</b>	<b>24</b>	ZABIEGANINOĄ	M-40	3	00:00:00	00:22:06	<b>00:44:35.85</b>	<b>00:44:35.85</b>	+00:08:07 (18.2%)	4:09	14.4 (81.8%)
13	<b>MAJEWSKI Artur</b>	<b>53</b>	NADLEŚNICTWO MIROSŁAWIEC / RUNMORS KALISZ POMORSKI	M-40	4	00:00:06	00:22:43	<b>00:44:39.70</b>	<b>00:44:45.85</b>	+00:08:11 (18.4%)	4:09	14.4 (81.8%)
14	<b>KRAUSE Robert</b>	<b>43</b>	PRECON POLSKA JASTROWIE	M-40	5	00:00:06	00:22:05	<b>00:45:22.10</b>	<b>00:45:29.05</b>	+00:08:54 (19.6%)	4:14	14.2 (80.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start All 5.36km	Czas netto 10.72km	Czas brutto 10.72km	Różn	Tempo min/km	Tempo km/h
15	<b>MATUSIK Janusz</b>	<b>58</b>	NIEZRZESZONY/TUCZNO	M-60	1	00:00:07	00:22:51	<b>00:45:45.60</b>	<b>00:45:52.65</b>	+00:09:17 (20.3%)	4:16	14.1 (80.1%)
16	<b>CENTKA Jakub</b>	<b>9</b>		M-18	2	00:00:05	00:22:40	<b>00:45:53.80</b>	<b>00:45:59.00</b>	+00:09:25 (20.5%)	4:16	14 (79.5%)
17	<b>POŁUBIŃSKI Paweł</b>	<b>79</b>	BORNE BIEGA	M-30	8	00:00:08	00:22:46	<b>00:45:57.00</b>	<b>00:46:05.55</b>	+00:09:29 (20.6%)	4:17	14 (79.5%)
18	<b>GAŁAN Leszek</b>	<b>19</b>		M-50	1	00:00:08	00:23:19	<b>00:46:03.60</b>	<b>00:46:12.05</b>	+00:09:35 (20.8%)	4:17	14 (79.5%)
19	<b>DZIADCZYK Krzysztof</b>	<b>13</b>	FLORIAN CHOJNICE	M-50	2	00:00:16	00:22:48	<b>00:46:14.20</b>	<b>00:46:30.70</b>	+00:09:46 (21.1%)	4:18	13.9 (79.0%)
20	<b>MROZIK Daniel</b>	<b>59</b>	DANIEL MROZIK	M-30	9	00:00:06	00:22:54	<b>00:46:17.35</b>	<b>00:46:23.55</b>	+00:09:49 (21.2%)	4:19	13.9 (79.0%)
21	<b>LESZCZYSZYN Paweł</b>	<b>51</b>		M-30	10	00:00:06	00:23:00	<b>00:46:22.10</b>	<b>00:46:29.00</b>	+00:09:54 (21.4%)	4:19	13.9 (79.0%)
22	<b>PROKOPOWICZ Marcin</b>	<b>81</b>	3:33 TEAM JASTROWIE	M-30	11	00:00:07	00:23:01	<b>00:46:22.35</b>	<b>00:46:30.00</b>	+00:09:54 (21.4%)	4:19	13.9 (79.0%)
23	<b>SMOLARZ Angelika</b>	<b>90</b>		K-18	1	00:00:05	00:23:20	<b>00:46:26.60</b>	<b>00:46:31.80</b>	+00:09:58 (21.5%)	4:19	13.9 (79.0%)
24	<b>OSTROWSKI Marcin</b>	<b>122</b>	SENIOR 54	M-60	2	00:00:05	00:23:08	<b>00:47:05.40</b>	<b>00:47:11.15</b>	+00:10:37 (22.6%)	4:23	13.7 (77.8%)
25	<b>SAWICKI Eligiusz</b>	<b>88</b>		M-50	3	00:00:10	00:23:28	<b>00:47:09.10</b>	<b>00:47:19.45</b>	+00:10:41 (22.7%)	4:23	13.6 (77.3%)
26	<b>KUICH Piotr</b>	<b>47</b>	LILL-SPORT	M-50	4	00:00:07	00:24:26	<b>00:47:51.15</b>	<b>00:47:59.00</b>	+00:11:23 (23.8%)	4:27	13.4 (76.1%)
27	<b>POPIEL Dariusz</b>	<b>80</b>	100 BATALION ŁĄCZNOŚCI	M-40	6	00:00:11	00:24:50	<b>00:47:58.30</b>	<b>00:48:10.00</b>	+00:11:30 (24.0%)	4:28	13.4 (76.1%)
28	<b>PODLECKA Agnieszka</b>	<b>77</b>	4RUN TEAM PIŁA	K-30	2	00:00:07	00:24:35	<b>00:47:58.45</b>	<b>00:48:06.00</b>	+00:11:30 (24.0%)	4:28	13.4 (76.1%)
29	<b>OCHNIO Ryszard</b>	<b>65</b>	POLONIA JASTROWIE BIEDRONKA BIEGA JASTROWIE	M-40	7	00:00:05	00:23:20	<b>00:47:59.60</b>	<b>00:48:05.15</b>	+00:11:31 (24.0%)	4:28	13.4 (76.1%)
30	<b>JAGODZIŃSKI Robert</b>	<b>32</b>	JAGODA TEAM	M-40	8	00:00:00	00:24:11	<b>00:48:02.20</b>	<b>00:48:02.20</b>	+00:11:34 (24.1%)	4:28	13.4 (76.1%)
31	<b>PIECHOTA Mariusz</b>	<b>69</b>	WAŁECKA ŚCIEMA	M-40	9	00:00:09	00:24:17	<b>00:48:02.60</b>	<b>00:48:12.45</b>	+00:11:34 (24.1%)	4:28	13.4 (76.1%)
32	<b>PIKULIK Jarek</b>	<b>71</b>	LZS 'JEDNOŚĆ' ŁOBŻENICA	M-30	12	00:00:09	00:24:14	<b>00:48:13.45</b>	<b>00:48:22.50</b>	+00:11:45 (24.4%)	4:29	13.3 (75.6%)
33	<b>BEDNARCZYK Tomasz</b>	<b>112</b>		M-30	13	00:00:09	00:23:55	<b>00:48:13.65</b>	<b>00:48:23.15</b>	+00:11:45 (24.4%)	4:29	13.3 (75.6%)
34	<b>KASPERSKI Dariusz</b>	<b>36</b>		M-40	10	00:00:07	00:24:08	<b>00:48:25.55</b>	<b>00:48:33.40</b>	+00:11:57 (24.7%)	4:31	13.3 (75.6%)
35	<b>SKRZYPA Dariusz</b>	<b>89</b>	PRECON POLSKA JASTROWIE	M-30	14	00:00:08	00:25:10	<b>00:48:36.35</b>	<b>00:48:45.00</b>	+00:12:08 (25.0%)	4:32	13.2 (75.0%)
36	<b>NAPIÓRKOWSKI Sławomir</b>	<b>61</b>	SUPERKAJAK.PL	M-30	15	00:00:00	00:24:10	<b>00:48:45.45</b>	<b>00:48:45.45</b>	+00:12:17 (25.2%)	4:32	13.2 (75.0%)
37	<b>WIELGUS Grzegorz</b>	<b>103</b>		M-30	16	00:00:14	00:24:03	<b>00:49:10.80</b>	<b>00:49:25.70</b>	+00:12:42 (25.9%)	4:35	13.1 (74.4%)

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38	<b>SULIK Krzysztof</b>	<b>123</b>	OD AMATORA DO HARDCORA	M-30	17	00:00:07	00:24:39	<b>00:49:29.75</b>	<b>00:49:36.75</b>	+00:13:01 (26.3%)	4:36	13 (73.9%)
39	<b>ZIÓŁKOWSKI Wojciech</b>	<b>109</b>	ZABIEGANINOCA	M-40	11	00:00:10	00:24:12	<b>00:49:31.10</b>	<b>00:49:42.00</b>	+00:13:03 (26.4%)	4:37	13 (73.9%)
40	<b>GÓRA Agnieszka</b>	<b>25</b>	ZABIEGANINOCA	K-40	1	00:00:09	00:24:58	<b>00:49:34.35</b>	<b>00:49:43.55</b>	+00:13:06 (26.4%)	4:37	13 (73.9%)
41	<b>KILAN Zbigniew</b>	<b>37</b>	OLIMPIJCZYK SZCZEKOCINY	M-60	3	00:00:06	00:24:39	<b>00:50:08.05</b>	<b>00:50:14.55</b>	+00:13:40 (27.3%)	4:40	12.8 (72.7%)
42	<b>FIŁONOWICZ Monika</b>	<b>14</b>		K-30	3	00:00:00	00:24:34	<b>00:50:09.95</b>	<b>00:50:09.95</b>	+00:13:42 (27.3%)	4:40	12.8 (72.7%)
43	<b>STORCZYK-RAK Agnieszka</b>	<b>93</b>		K-30	4	00:00:08	00:24:57	<b>00:50:10.85</b>	<b>00:50:19.00</b>	+00:13:42 (27.3%)	4:40	12.8 (72.7%)
44	<b>BORKOWSKA-KOWALCZYK Daria</b>	<b>5</b>	WOMENS FIGHT CLUB KOSZALIN ROZBIEGANY KOSZALIN	K-30	5	00:00:15	00:26:55	<b>00:50:14.65</b>	<b>00:50:30.00</b>	+00:13:46 (27.4%)	4:41	12.8 (72.7%)
45	<b>WILKOWSKI Krzysztof</b>	<b>105</b>		M-30	18	00:00:08	00:24:51	<b>00:50:33.30</b>	<b>00:50:41.65</b>	+00:14:05 (27.9%)	4:42	12.7 (72.2%)
46	<b>ZYGMUNT Marcin</b>	<b>111</b>	PZU SPORT TEAM	M-40	12	00:00:11	00:25:09	<b>00:50:48.00</b>	<b>00:50:59.50</b>	+00:14:20 (28.2%)	4:44	12.7 (72.2%)
47	<b>GEMZA Marcin</b>	<b>20</b>	RAGE RUN	M-30	19	00:00:08	00:24:47	<b>00:51:00.60</b>	<b>00:51:09.55</b>	+00:14:32 (28.5%)	4:45	12.6 (71.6%)
48	<b>CENTKA Michał</b>	<b>8</b>		M-30	20	00:00:06	00:24:50	<b>00:51:30.20</b>	<b>00:51:37.10</b>	+00:15:02 (29.2%)	4:48	12.5 (71.0%)
49	<b>KOWALCZYK Mariusz</b>	<b>42</b>	ROZBIEGANY KOSZALIN	M-40	13	00:00:15	00:24:56	<b>00:51:33.10</b>	<b>00:51:48.90</b>	+00:15:05 (29.3%)	4:48	12.5 (71.0%)
50	<b>JAROSZ Roman</b>	<b>33</b>	100 BATALION ŁĄCZNOŚCI	M-50	5	00:00:12	00:25:05	<b>00:51:37.35</b>	<b>00:51:50.00</b>	+00:15:09 (29.4%)	4:48	12.5 (71.0%)
51	<b>PLEWA Piotr</b>	<b>75</b>	4RUN TEAM PIŁA	M-40	14	00:00:07	00:25:36	<b>00:51:57.95</b>	<b>00:52:05.70</b>	+00:15:30 (29.8%)	4:50	12.4 (70.5%)
52	<b>GOŁDYN Marek</b>	<b>23</b>	TKKF KOSZALIN	M-30	21	00:00:30	00:26:19	<b>00:51:58.15</b>	<b>00:52:28.60</b>	+00:15:30 (29.8%)	4:50	12.4 (70.5%)
53	<b>TRĘBSKI Krzysztof</b>	<b>100</b>	ZABIEGANI NOCĄ OKONEK	M-40	15	00:00:17	00:27:42	<b>00:52:29.85</b>	<b>00:52:47.05</b>	+00:16:01 (30.5%)	4:53	12.3 (69.9%)
54	<b>TOWSKORY Marek</b>	<b>121</b>		M-40	16	00:00:06	00:25:34	<b>00:52:31.30</b>	<b>00:52:37.90</b>	+00:16:03 (30.6%)	4:53	12.2 (69.3%)
55	<b>MAKAR Bartosz</b>	<b>54</b>		M-18	3	00:00:09	00:25:32	<b>00:52:40.15</b>	<b>00:52:49.50</b>	+00:16:12 (30.8%)	4:54	12.2 (69.3%)
56	<b>KRÓLIKOWSKI Bartłomiej</b>	<b>44</b>		M-18	4	00:00:09	00:25:33	<b>00:52:41.15</b>	<b>00:52:50.20</b>	+00:16:13 (30.8%)	4:54	12.2 (69.3%)
57	<b>WÓJCIK Wiesław</b>	<b>108</b>	KPP CZŁUCHÓW	M-40	17	00:00:11	00:26:00	<b>00:52:53.45</b>	<b>00:53:04.80</b>	+00:16:25 (31.1%)	4:55	12.2 (69.3%)
58	<b>CIERPIKOWSKI Paweł</b>	<b>10</b>		M-40	18	00:00:05	00:24:26	<b>00:52:57.25</b>	<b>00:53:02.35</b>	+00:16:29 (31.1%)	4:56	12.1 (68.8%)
59	<b>FISCHER Lukasz</b>	<b>15</b>		M-18	5	00:00:23	00:27:07	<b>00:53:23.60</b>	<b>00:53:46.75</b>	+00:16:55 (31.7%)	4:58	12 (68.2%)
60	<b>MRÓZ Przemysław</b>	<b>60</b>	RAGE RUN	M-30	22	00:00:10	00:26:22	<b>00:53:47.25</b>	<b>00:53:58.00</b>	+00:17:19 (32.2%)	5:01	12 (68.2%)

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61	<b>SZULTKA Szymon</b>	<b>96</b>	RESTATURACJA FOLKLOR	M-30	23	00:00:12	00:27:17	<b>00:54:06.40</b>	<b>00:54:18.90</b>	+00:17:38 (32.6%)	5:02	11.9 (67.6%)
62	<b>WNUK Miłosz</b>	<b>107</b>		M-30	24	00:00:13	00:26:09	<b>00:54:13.65</b>	<b>00:54:27.10</b>	+00:17:45 (32.8%)	5:03	11.9 (67.6%)
63	<b>RUDNIK Jerzy</b>	<b>86</b>	FLORIAN	M-60	4	00:00:06	00:27:09	<b>00:54:17.45</b>	<b>00:54:23.65</b>	+00:17:49 (32.8%)	5:03	11.8 (67.0%)
64	<b>SZWEDA Marek</b>	<b>117</b>		M-60	5	00:00:10	00:27:16	<b>00:54:20.05</b>	<b>00:54:30.85</b>	+00:17:52 (32.9%)	5:04	11.8 (67.0%)
65	<b>MAŃKOWSKI Dariusz</b>	<b>113</b>		M-50	6	00:00:07	00:26:24	<b>00:54:36.60</b>	<b>00:54:44.05</b>	+00:18:08 (33.2%)	5:05	11.8 (67.0%)
66	<b>BOŻEK Radosław</b>	<b>6</b>		M-18	6	00:00:16	00:27:04	<b>00:54:44.35</b>	<b>00:55:00.35</b>	+00:18:16 (33.4%)	5:06	11.8 (67.0%)
67	<b>PLUTA Magda</b>	<b>76</b>		K-30	6	00:00:13	00:27:14	<b>00:54:47.30</b>	<b>00:55:01.10</b>	+00:18:19 (33.4%)	5:06	11.7 (66.5%)
68	<b>JURKIEWICZ Paweł</b>	<b>35</b>		M-30	25	00:00:15	00:27:06	<b>00:54:47.60</b>	<b>00:55:03.15</b>	+00:18:19 (33.4%)	5:06	11.7 (66.5%)
69	<b>BARABASZ Agnieszka</b>	<b>243</b>	TYGODNIK NOWY	K-40	2	00:00:11	00:27:14	<b>00:54:51.45</b>	<b>00:55:02.80</b>	+00:18:23 (33.5%)	5:06	11.7 (66.5%)
70	<b>WALENCZAK Aldona</b>	<b>102</b>		K-30	7	00:00:13	00:27:14	<b>00:54:54.50</b>	<b>00:55:08.30</b>	+00:18:26 (33.6%)	5:07	11.7 (66.5%)
71	<b>PROKOPOWICZ Izabela</b>	<b>82</b>	3:33 TEAM JASTROWIE	K-30	8	00:00:12	00:26:40	<b>00:54:54.90</b>	<b>00:55:07.05</b>	+00:18:27 (33.6%)	5:07	11.7 (66.5%)
72	<b>ŁAWNICZAK Justyna</b>	<b>52</b>	RAGE RUN	K-30	9	00:00:07	00:26:35	<b>00:54:55.55</b>	<b>00:55:03.00</b>	+00:18:27 (33.6%)	5:07	11.7 (66.5%)
73	<b>PIECHOTA Robert</b>	<b>70</b>		M-40	19	00:00:05	00:26:36	<b>00:55:24.90</b>	<b>00:55:30.60</b>	+00:18:57 (34.2%)	5:10	11.6 (65.9%)
74	<b>NITA Wiesław</b>	<b>63</b>	VILLAGE PUNK RUN	M-40	20	00:00:18	00:27:37	<b>00:55:32.70</b>	<b>00:55:51.25</b>	+00:19:04 (34.4%)	5:10	11.6 (65.9%)
75	<b>TWARDOWSKI Jacek</b>	<b>101</b>		M-60	6	00:00:10	00:27:38	<b>00:55:51.35</b>	<b>00:56:01.95</b>	+00:19:23 (34.7%)	5:12	11.5 (65.3%)
76	<b>OSOBNIAK Ryszard</b>	<b>66</b>	ROZBIEGANY KOSZALIN	M-60	7	00:00:20	00:27:55	<b>00:55:53.60</b>	<b>00:56:13.70</b>	+00:19:25 (34.8%)	5:12	11.5 (65.3%)
77	<b>KOWALSKI Zbigniew</b>	<b>116</b>	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M-50	7	00:00:09	00:28:08	<b>00:56:41.30</b>	<b>00:56:51.00</b>	+00:20:13 (35.7%)	5:17	11.3 (64.2%)
78	<b>RATAJCZYK Grzegorz</b>	<b>83</b>	VILLIGE PUNK RUN	M-40	21	00:00:17	00:28:14	<b>00:56:41.60</b>	<b>00:56:59.25</b>	+00:20:13 (35.7%)	5:17	11.3 (64.2%)
79	<b>GOŁDON Mariusz</b>	<b>22</b>		M-30	26	00:00:21	00:28:02	<b>00:56:45.70</b>	<b>00:57:07.50</b>	+00:20:17 (35.8%)	5:17	11.3 (64.2%)
80	<b>FORTUNA Damian</b>	<b>16</b>		M-30	27	00:00:21	00:28:30	<b>00:56:46.55</b>	<b>00:57:08.30</b>	+00:20:18 (35.8%)	5:17	11.3 (64.2%)
81	<b>SZUŁOWSKA Justyna</b>	<b>94</b>		K-30	10	00:00:14	00:28:38	<b>00:57:22.05</b>	<b>00:57:36.30</b>	+00:20:54 (36.4%)	5:21	11.2 (63.6%)
82	<b>SZUŁOWSKA Anna</b>	<b>95</b>		K-18	2	00:00:13	00:28:27	<b>00:57:29.40</b>	<b>00:57:43.25</b>	+00:21:01 (36.6%)	5:21	11.2 (63.6%)
83	<b>PIKULIK Agnieszka</b>	<b>72</b>		K-18	3	00:00:18	00:28:52	<b>00:57:53.45</b>	<b>00:58:12.00</b>	+00:21:25 (37.0%)	5:24	11.1 (63.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start All 5.36km	Czas netto 10.72km	Czas brutto 10.72km	Różn	Tempo min/km	Tempo km/h
84	<b>MARTUSZEWSKI Ryszard</b>	<b>57</b>	WAŁECKA ŚCIEMA	M-40	22	00:00:20	00:27:50	<b>00:58:09.10</b>	<b>00:58:29.85</b>	+00:21:41 (37.3%)	5:25	11.1 (63.1%)
85	<b>POŁUJAŃSKI Sebastian</b>	<b>124</b>	OD AMATORA DO HARDCORA	M-30	28	00:00:06	00:28:55	<b>00:58:11.95</b>	<b>00:58:18.75</b>	+00:21:44 (37.3%)	5:25	11.1 (63.1%)
86	<b>HAPKE Piotr</b>	<b>28</b>	WAŁECKA ŚCIEMA	M-40	23	00:00:10	00:28:09	<b>00:58:19.70</b>	<b>00:58:30.05</b>	+00:21:51 (37.5%)	5:26	11 (62.5%)
87	<b>KLUPŚ Monika</b>	<b>38</b>		K-40	3	00:00:16	00:29:43	<b>00:58:44.30</b>	<b>00:59:00.90</b>	+00:22:16 (37.9%)	5:28	11 (62.5%)
88	<b>JAGODZIŃSKA Aleksandra</b>	<b>31</b>	JAGODA TEAM	K-40	4	00:00:08	00:28:43	<b>00:58:55.45</b>	<b>00:59:04.00</b>	+00:22:27 (38.1%)	5:29	10.9 (61.9%)
89	<b>KUNA Dawid</b>	<b>48</b>		M-18	7	00:00:19	00:29:10	<b>00:59:13.65</b>	<b>00:59:33.20</b>	+00:22:45 (38.4%)	5:31	10.9 (61.9%)
90	<b>PIOTROWSKI Andrzej</b>	<b>73</b>	IRONPILA.PL	M-40	24	00:00:13	00:29:41	<b>00:59:25.60</b>	<b>00:59:38.95</b>	+00:22:57 (38.6%)	5:32	10.8 (61.4%)
91	<b>WINKOWSKA Ewa</b>	<b>106</b>		K-30	11	00:00:13	00:28:43	<b>00:59:27.30</b>	<b>00:59:41.25</b>	+00:22:59 (38.7%)	5:32	10.8 (61.4%)
92	<b>MARCINKOWSKA Katarzyna</b>	<b>56</b>	WAŁECKA ŚCIEMA	K-30	12	00:00:10	00:28:50	<b>00:59:31.55</b>	<b>00:59:41.55</b>	+00:23:03 (38.7%)	5:33	10.8 (61.4%)
93	<b>ANDRUSZEWSKA Magdalena</b>	<b>115</b>	WAŁECKA ŚCIEMA	K-30	13	00:00:20	00:29:09	<b>00:59:36.40</b>	<b>00:59:56.65</b>	+00:23:08 (38.8%)	5:33	10.8 (61.4%)
94	<b>KLUPŚ Janusz</b>	<b>39</b>		M-40	25	00:00:17	00:29:43	<b>00:59:52.90</b>	<b>01:00:10.05</b>	+00:23:25 (39.1%)	5:35	10.7 (60.8%)
95	<b>WIELGUS Jacek</b>	<b>104</b>		M-40	26	00:00:14	00:30:11	<b>01:00:23.20</b>	<b>01:00:37.90</b>	+00:23:55 (39.6%)	5:37	10.7 (60.8%)
96	<b>BANACZYK Wioletta</b>	<b>2</b>	LILL-SPORT	K-40	5	00:00:12	00:30:31	<b>01:00:42.90</b>	<b>01:00:55.65</b>	+00:24:15 (39.9%)	5:39	10.6 (60.2%)
97	<b>MAŃKOWSKA Janina</b>	<b>55</b>	-	K-50	1	00:00:18	00:30:16	<b>01:00:56.25</b>	<b>01:01:15.00</b>	+00:24:28 (40.2%)	5:41	10.6 (60.2%)
98	<b>GRABSKI Waldemar</b>	<b>27</b>		M-30	29	00:00:15	00:28:22	<b>01:01:17.70</b>	<b>01:01:32.95</b>	+00:24:49 (40.5%)	5:43	10.5 (59.7%)
99	<b>KOŁODZIEJCZAK Grzegorz</b>	<b>40</b>	PARKRUN SZCZECINEK	M-40	27	00:00:17	00:31:16	<b>01:01:24.70</b>	<b>01:01:42.00</b>	+00:24:56 (40.6%)	5:43	10.5 (59.7%)
100	<b>NITA Katarzyna</b>	<b>64</b>	VILLAGE PUNK RUN	K-40	6	00:00:19	00:30:25	<b>01:01:35.10</b>	<b>01:01:54.25</b>	+00:25:07 (40.8%)	5:44	10.4 (59.1%)
101	<b>GAŁAN Joanna</b>	<b>18</b>		K-50	2	00:00:18	00:31:20	<b>01:01:36.45</b>	<b>01:01:54.90</b>	+00:25:08 (40.8%)	5:44	10.4 (59.1%)
102	<b>KRÓLIKOWSKI Andrzej</b>	<b>45</b>		M-50	8	00:00:18	00:31:30	<b>01:01:49.70</b>	<b>01:02:07.70</b>	+00:25:21 (41.0%)	5:45	10.4 (59.1%)
103	<b>ŚWIERCZ Dariusz</b>	<b>99</b>	WAŁECKA ŚCIEMA	M-50	9	00:00:20	00:28:38	<b>01:01:51.45</b>	<b>01:02:11.55</b>	+00:25:23 (41.0%)	5:46	10.4 (59.1%)
104	<b>CENTKA Katarzyna</b>	<b>7</b>		K-30	14	00:00:08	00:31:35	<b>01:02:13.80</b>	<b>01:02:22.00</b>	+00:25:45 (41.4%)	5:48	10.3 (58.5%)
105	<b>KOŚKA Marek</b>	<b>41</b>	PRECON POLSKA JASTROWIE	M-30	30	00:00:09	00:31:20	<b>01:03:40.05</b>	<b>01:03:49.55</b>	+00:27:12 (42.7%)	5:56	10.1 (57.4%)
106	<b>PACHUC Kamila</b>	<b>67</b>	RAGE RUN	K-18	4	00:00:07	00:31:35	<b>01:05:04.40</b>	<b>01:05:11.45</b>	+00:28:36 (44.0%)	6:04	9.9 (56.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 5.36km	Czas netto 10.72km	Czas brutto 10.72km	Różn	Tempo min/km	Tempo km/h
107	<b>ZYGMUNT Angelika</b>	<b>110</b>		K-40	7	00:00:11	00:31:22	<b>01:05:14.85</b>	<b>01:05:26.70</b>	+00:28:46 (44.1%)	6:05	9.9 (56.3%)
108	<b>BARTOSIAK Rafał</b>	<b>3</b>	RAGE RUN	M-30	31	00:00:10	00:33:08	<b>01:05:17.55</b>	<b>01:05:27.90</b>	+00:28:49 (44.2%)	6:05	9.9 (56.3%)
109	<b>REMLAKOWSKI Krzysztof</b>	<b>85</b>	WE RUN	M-40	28	00:00:13	00:31:56	<b>01:05:49.65</b>	<b>01:06:02.80</b>	+00:29:21 (44.6%)	6:08	9.8 (55.7%)
110	<b>REMLAKOWSKA Małgorzata</b>	<b>84</b>	WE RUN	K-30	15	00:00:13	00:32:01	<b>01:05:50.55</b>	<b>01:06:04.00</b>	+00:29:22 (44.6%)	6:08	9.8 (55.7%)
111	<b>NIEDZIELA Dorota</b>	<b>62</b>	LILL-SPORT	K-50	3	00:00:13	00:32:23	<b>01:06:05.15</b>	<b>01:06:18.40</b>	+00:29:37 (44.8%)	6:09	9.7 (55.1%)
112	<b>SZYMAŃSKI Marcin</b>	<b>97</b>	TEAM BIEGOWY SZCZECINEK	M-30	32	00:00:22	00:32:21	<b>01:07:47.60</b>	<b>01:08:10.10</b>	+00:31:19 (46.2%)	6:19	9.5 (54.0%)
113	<b>GRABOWSKA Katarzyna</b>	<b>26</b>		K-40	8	00:00:15	00:33:25	<b>01:09:22.65</b>	<b>01:09:37.65</b>	+00:32:54 (47.4%)	6:28	9.3 (52.8%)
114	<b>ADAMSKA Magdalena</b>	<b>1</b>		K-30	16	00:00:14	00:33:25	<b>01:09:22.75</b>	<b>01:09:37.65</b>	+00:32:54 (47.4%)	6:28	9.3 (52.8%)
115	<b>JĘDRZEJCZYK Anna</b>	<b>34</b>	RAGE RUN	K-40	9	00:00:09	00:38:43	<b>01:21:51.85</b>	<b>01:22:01.00</b>	+00:45:23 (55.5%)	7:38	7.9 (44.9%)
116	<b>BARTOSIAK Katarzyna</b>	<b>4</b>	RAGE RUN	K-18	5	00:00:08	00:38:44	<b>01:21:52.40</b>	<b>01:22:01.00</b>	+00:45:24 (55.5%)	7:38	7.9 (44.9%)

Znaleziono 116 wynik(ów)