



Organizator: HVACR.pl
Data: 2017-05-14
Miejsce: Bydgoszcz
Dystans: 10 km

III BIEG INSTALATORA 2017



INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Debiutant Biegu Instalatora

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Firma	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	DEMBOWSKI Mariusz	480	H+H POLSKA	M-30	1	H+H Polska	00:00:02	00:34:34.70	00:34:37.30		3:27	17.3 (100%)
2	MINKO Arkadiusz	258		M-20	1	Target	00:00:01	00:38:01.05	00:38:02.50	+00:03:26 (9.0%)	3:48	15.8 (91.3%)
3	POKORA Rafał	298		M-40	3		00:00:01	00:39:49.85	00:39:51.45	+00:05:15 (13.2%)	3:59	15.1 (87.3%)
4	BARTCZAK Łukasz	12	TEAMOCHAL	M-30	6	Technika Sanitarna Bartosz Pater	00:00:03	00:40:04.75	00:40:07.80	+00:05:30 (13.7%)	4:00	15 (86.7%)
5	TYPIŃSKI Paweł	403	SOLUM TRI TEAM	M-20	6	Solum Bartosz Kamiński	00:00:02	00:40:55.85	00:40:58.70	+00:06:21 (15.5%)	4:05	14.7 (85.0%)
6	RADECKI Przemysław	308		M-40	4		00:00:05	00:41:08.00	00:41:13.30	+00:06:33 (15.9%)	4:06	14.6 (84.4%)
7	CHOLEWIŃSKI Dariusz	48		M-40	5	CGH Polska	00:00:02	00:41:42.95	00:41:45.55	+00:07:08 (17.1%)	4:10	14.4 (83.2%)
8	RYDLEWSKI Marek	329	RUN BYDGOSZCZ	M-40	7		00:00:04	00:42:32.15	00:42:36.95	+00:07:57 (18.7%)	4:15	14.1 (81.5%)
9	PRZYBYSZ Marcin	304		M-30	11		00:00:02	00:43:05.90	00:43:08.80	+00:08:31 (19.8%)	4:18	13.9 (80.3%)
10	WESOŁOWSKI Roland	411		M-30	12		00:00:09	00:43:31.25	00:43:40.60	+00:08:56 (20.5%)	4:21	13.8 (79.8%)
11	LEWAŃCZYK Marcin	221	AKADEMIA BIEGOWA AMATOR KIEŁPINO	M-30	13		00:00:04	00:43:33.60	00:43:37.70	+00:08:58 (20.6%)	4:21	13.8 (79.8%)
12	CZYŻNIKIEWICZ Paweł	459		M-20	9		00:00:01	00:43:37.80	00:43:39.40	+00:09:03 (20.7%)	4:21	13.8 (79.8%)
13	SZYCHOWSKI Jarosław	376		M-30	14		00:00:10	00:43:40.90	00:43:51.50	+00:09:06 (20.8%)	4:22	13.7 (79.2%)
14	KANNEBERG Maciej	157	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M-20	10		00:00:10	00:43:59.00	00:44:09.45	+00:09:24 (21.4%)	4:23	13.6 (78.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Firma	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
15	MUSZYŃSKI Krzysztof	265	OJ TAM OJ TAM RUN...	M-40	9		00:00:04	00:43:59.85	00:44:04.75	+00:09:25 (21.4%)	4:24	13.6 (78.6%)
16	DURCZAK Jerzy	83		M-30	16		00:00:09	00:44:00.35	00:44:09.70	+00:09:25 (21.4%)	4:24	13.6 (78.6%)
17	GBYL Jacek	97		M-40	10		00:00:05	00:44:24.25	00:44:29.95	+00:09:49 (22.1%)	4:26	13.5 (78.0%)
18	BARTKOWIAK Rafał	14		M-40	11		00:00:02	00:44:30.25	00:44:32.70	+00:09:55 (22.3%)	4:27	13.5 (78.0%)
19	MAKOWSKI Sławomir	238	RUN BYDGOSZCZ	M-40	13		00:00:24	00:44:40.45	00:45:04.65	+00:10:05 (22.6%)	4:28	13.4 (77.5%)
20	GWITT Bartosz	129		M-30	20		00:00:09	00:44:58.65	00:45:08.40	+00:10:23 (23.1%)	4:29	13.3 (76.9%)
21	SMOLIŃSKI Piotr	348		M-30	21		00:00:22	00:45:06.35	00:45:29.15	+00:10:31 (23.3%)	4:30	13.3 (76.9%)
22	TOKARSKI Krzysztof	388		M-50	4	AZART-SAT Krzysztof Tokarski	00:00:16	00:45:12.50	00:45:29.00	+00:10:37 (23.5%)	4:31	13.3 (76.9%)
23	PALIGA Antoni	282	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M-50	5		00:00:11	00:45:36.75	00:45:48.25	+00:11:02 (24.2%)	4:33	13.2 (76.3%)
24	PARUSZEWSKI Robert	284		M-30	25		00:00:22	00:45:38.45	00:46:00.70	+00:11:03 (24.2%)	4:33	13.1 (75.7%)
25	MASALSKI Romuald	249		M-50	6		00:00:06	00:45:44.00	00:45:50.65	+00:11:09 (24.4%)	4:34	13.1 (75.7%)
26	DĄBROWSKI Jarosław	69		M-20	11		00:00:29	00:45:47.75	00:46:17.35	+00:11:13 (24.5%)	4:34	13.1 (75.7%)
27	KĘDZIERSKI Rafał	160		M-40	14		00:00:05	00:45:49.40	00:45:54.80	+00:11:14 (24.5%)	4:34	13.1 (75.7%)
28	GŁÓD Arkadiusz	101		M-40	15		00:00:09	00:46:02.50	00:46:11.95	+00:11:27 (24.9%)	4:36	13 (75.1%)
29	WYSOCKI Piotr	440	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M-30	27		00:00:09	00:46:09.65	00:46:19.55	+00:11:34 (25.1%)	4:37	13 (75.1%)
30	WIECZOREK Łukasz	413		M-30	28		00:00:22	00:46:10.00	00:46:32.85	+00:11:35 (25.1%)	4:37	13 (75.1%)
31	JANOWSKI Mariusz	136	KOMPLEKSOWE USŁUGI PRZECIWPOŻAROWE GRUDZIĄDZ	M-40	16	Kompleksowe Usługi Przeciwpożarowe Mariusz Janowski	00:00:12	00:46:10.55	00:46:22.75	+00:11:35 (25.1%)	4:37	13 (75.1%)
32	SZATKOWSKI Józef	366		M-60+	1		00:00:03	00:46:18.80	00:46:22.45	+00:11:44 (25.3%)	4:37	13 (75.1%)
33	OLEJNICZAK Marek	272		M-40	17		00:00:05	00:46:21.80	00:46:27.50	+00:11:47 (25.4%)	4:38	12.9 (74.6%)
34	ANDRZEJEWSKI Paweł	2		M-30	30		00:00:08	00:46:28.05	00:46:36.05	+00:11:53 (25.6%)	4:38	12.9 (74.6%)
35	PAWŁOWSKI Marcin	289		M-30	34		00:00:12	00:46:54.45	00:47:06.50	+00:12:19 (26.3%)	4:41	12.8 (74.0%)
36	KOŻUCHOWSKA Natalia	189	KLIMAT SOLEC	K-20	1	KLIMAT SOLEC	00:00:04	00:46:55.55	00:46:59.55	+00:12:20 (26.3%)	4:41	12.8 (74.0%)

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37	KUJAWA Piotr	211		M-40	20		00:00:16	00:46:59.00	00:47:15.00	+00:12:24 (26.4%)	4:41	12.8 (74.0%)
38	GROSKOP Grzegorz	121	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M-20	12		00:00:10	00:47:04.00	00:47:14.70	+00:12:29 (26.5%)	4:42	12.7 (73.4%)
39	PĘKAŁA Aleksandra	291	RUN PASJA	K-30	2	Art-Deco	00:00:07	00:47:06.00	00:47:13.95	+00:12:31 (26.6%)	4:42	12.7 (73.4%)
40	PALIGA Mateusz	281	RUN TEAM SĘPÓLNO KRAJEŃSKIE	M-20	13		00:00:11	00:47:25.25	00:47:36.95	+00:12:50 (27.1%)	4:44	12.7 (73.4%)
41	KAMIŃSKI Bartosz	155	SOLUM TRI TEAM	M-30	36	SOLUM Bartosz Kamiński	00:00:21	00:47:31.05	00:47:52.10	+00:12:56 (27.2%)	4:45	12.6 (72.8%)
42	KACZMARSKI Patryk	464	FALA KAZUŃ	M-20	14		00:00:18	00:47:38.20	00:47:56.70	+00:13:03 (27.4%)	4:45	12.6 (72.8%)
43	GAJEWSKI Maciej	92		M-30	37		00:00:12	00:47:46.80	00:47:59.00	+00:13:12 (27.6%)	4:46	12.6 (72.8%)
44	ZARECKI Piotr	444	PAŁUKI RUNNING TEAM	M-30	38		00:00:21	00:47:58.75	00:48:20.40	+00:13:24 (27.9%)	4:47	12.5 (72.3%)
45	KRZYŻANOWSKI Robert	206	RUN PASJA	M-40	27	ANDRO	00:00:06	00:48:09.40	00:48:15.90	+00:13:34 (28.2%)	4:48	12.5 (72.3%)
46	TOMKIEL Piotr	394		M-30	39		00:00:20	00:48:29.30	00:48:49.95	+00:13:54 (28.7%)	4:50	12.4 (71.7%)
47	MAŁKIŃSKI Józef	242		M-60+	2		00:00:03	00:48:37.75	00:48:41.70	+00:14:03 (28.9%)	4:51	12.3 (71.1%)
48	KLIMEK Łukasz	166	H2O TEAM	M-30	40	MWiO sp. z o.o. Grudziądz	00:00:04	00:48:38.20	00:48:42.90	+00:14:03 (28.9%)	4:51	12.3 (71.1%)
49	SZCZEPAŃSKI Marek	369	WYSADZENI Z FOTELA	M-30	41		00:00:22	00:48:50.20	00:49:12.60	+00:14:15 (29.2%)	4:53	12.3 (71.1%)
50	KUJAWA Kamil	212	KLINIKA TRIATHLONU BYDGOSZCZ	M-30	42		00:00:09	00:48:50.45	00:49:00.10	+00:14:15 (29.2%)	4:53	12.3 (71.1%)
51	KOWALSKI Jacek	183		M-40	32		00:00:14	00:49:18.25	00:49:33.00	+00:14:43 (29.9%)	4:55	12.2 (70.5%)
52	MARKIEWICZ Mirek	247		M-40	33		00:00:46	00:49:27.65	00:50:13.90	+00:14:52 (30.1%)	4:56	12.1 (69.9%)
53	DEMBEK Maciej	72		M-20	15		00:00:22	00:49:31.65	00:49:54.50	+00:14:56 (30.2%)	4:57	12.1 (69.9%)
54	JUCHACZ Michał	145		M-30	47		00:00:28	00:49:37.35	00:50:05.45	+00:15:02 (30.3%)	4:57	12.1 (69.9%)
55	OLECHNOWICZ Tomasz	271	SM BUDOWLANI	M-40	35	SM Budowlani	00:00:23	00:49:39.00	00:50:02.30	+00:15:04 (30.4%)	4:57	12.1 (69.9%)
56	PODGRUDNY Adam	468	FALA KAZUŃ	M-30	49		00:00:19	00:50:03.45	00:50:23.05	+00:15:28 (30.9%)	5:00	12 (69.4%)
57	ŻEGLICZ Marek	449	SPÓJNIA BIAŁE BŁOTA	M-20	17		00:00:32	00:50:17.70	00:50:50.25	+00:15:43 (31.2%)	5:01	11.9 (68.8%)
58	CIESIELSKI Tomasz	51	KUJAWSKO-POMORSKIE.PL	M-20	18		00:00:32	00:50:20.70	00:50:53.05	+00:15:46 (31.3%)	5:02	11.9 (68.8%)
59	PRZYBYSZEWSKI Adrian	465	FALA KAZUŃ	M-20	20		00:00:19	00:50:30.20	00:50:49.20	+00:15:55 (31.5%)	5:03	11.9 (68.8%)

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60	NAGOW Michał	266	RUN BYDGOSZCZ	M-40	37		00:00:12	00:50:33.65	00:50:46.40	+00:15:58 (31.6%)	5:03	11.9 (68.8%)
61	MINTA Adam	259		M-30	52	Proj-Przem-Projekt Sp. z o.o.	00:00:09	00:50:37.00	00:50:46.80	+00:16:02 (31.7%)	5:03	11.9 (68.8%)
62	KRYKANT Michał	199		M-30	53		00:00:27	00:50:41.30	00:51:08.45	+00:16:06 (31.8%)	5:04	11.8 (68.2%)
63	BARANOWICZ Mikołaj	10		M-30	54		00:00:08	00:50:41.95	00:50:50.00	+00:16:07 (31.8%)	5:04	11.8 (68.2%)
64	KACZMAREK Michał	151		M-30	55	GWE Pol-Bud sp. z o.o.	00:00:33	00:50:54.70	00:51:28.40	+00:16:20 (32.1%)	5:05	11.8 (68.2%)
65	ŚWIERCZYŃSKI Marcin	384	TO TYLKO TRIATHLON	M-30	56		00:00:30	00:50:55.90	00:51:26.25	+00:16:21 (32.1%)	5:05	11.8 (68.2%)
66	KAMPER Jarosław	156		M-40	38		00:00:13	00:51:18.85	00:51:32.50	+00:16:44 (32.6%)	5:07	11.7 (67.6%)
67	SKUPSZ Jędrzej Kazmierz	345		M-20	21		00:00:42	00:51:23.30	00:52:06.20	+00:16:48 (32.7%)	5:08	11.7 (67.6%)
68	CETKOWSKI Przemek	45		M-30	59	El-mar sp z o.o.	00:00:43	00:51:27.25	00:52:10.95	+00:16:52 (32.8%)	5:08	11.7 (67.6%)
69	GAZDULSKI Krzysztof	96		M-40	40		00:00:09	00:51:28.40	00:51:37.55	+00:16:53 (32.8%)	5:08	11.7 (67.6%)
70	BINIENDA Mateusz	22	BIMAT	M-30	60		00:00:15	00:51:31.20	00:51:46.30	+00:16:56 (32.9%)	5:09	11.6 (67.1%)
71	WALUSIAK Miłosz	407		M-30	61		00:00:21	00:51:31.40	00:51:53.05	+00:16:56 (32.9%)	5:09	11.6 (67.1%)
72	DANIELEWSKI Rafał	65		M-30	62		00:00:13	00:51:35.75	00:51:49.45	+00:17:01 (33.0%)	5:09	11.6 (67.1%)
73	RATAJCZAK Dariusz	312		M-40	41	Zakład Usługowo Handlowy	00:00:27	00:51:36.95	00:52:04.20	+00:17:02 (33.0%)	5:09	11.6 (67.1%)
74	WŁOCH Sylwester	429		M-50	13		00:00:14	00:51:37.45	00:51:51.80	+00:17:02 (33.0%)	5:09	11.6 (67.1%)
75	SZYMCZAK Konrad	378		M-20	23		00:00:11	00:51:49.30	00:52:00.70	+00:17:14 (33.3%)	5:10	11.6 (67.1%)
76	BUTRYM Dariusz	41		M-40	42		00:00:16	00:51:59.85	00:52:16.25	+00:17:25 (33.5%)	5:12	11.5 (66.5%)
77	KOŚMIŃSKI Krzysztof	181		M-40	44		00:00:30	00:52:08.25	00:52:38.95	+00:17:33 (33.7%)	5:12	11.5 (66.5%)
78	CADER Ryszard	43	SPÓJNIA BIAŁE BŁOTA	M-30	67		00:00:23	00:52:09.40	00:52:32.50	+00:17:34 (33.7%)	5:12	11.5 (66.5%)
79	DANKOWSKA Oliwia	66	UKS CZAPLA BIAŁE BŁOTA	K-16	1		00:00:26	00:52:17.25	00:52:44.10	+00:17:42 (33.9%)	5:13	11.5 (66.5%)
80	SMAGAGOWSKA Anna	346		K-20	4		00:00:32	00:52:21.05	00:52:54.00	+00:17:46 (33.9%)	5:14	11.5 (66.5%)
81	SIENIAWSKI Marek	339	ALFACO RUNNING TEAM	M-30	68		00:00:18	00:52:21.45	00:52:39.55	+00:17:46 (34.0%)	5:14	11.5 (66.5%)
82	GIERSZEWSKA Grażyna	100		K-40	4		00:00:16	00:52:24.10	00:52:40.10	+00:17:49 (34.0%)	5:14	11.5 (66.5%)

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83	PASZEK Maria	286		K-30	8		00:00:20	00:52:28.50	00:52:49.10	+00:17:53 (34.1%)	5:14	11.4 (65.9%)
84	ŁOBOCKI Krzysztof	233		M-30	70		00:00:14	00:52:47.05	00:53:01.95	+00:18:12 (34.5%)	5:16	11.4 (65.9%)
85	QUAAS Łukasz	306	RUN PASJA	M-30	71		00:00:08	00:52:48.70	00:52:57.55	+00:18:14 (34.5%)	5:16	11.4 (65.9%)
86	SZCZĘSNY Arkadiusz	371	DYNAMO SKARPA	M-30	72		00:00:31	00:53:00.40	00:53:31.95	+00:18:25 (34.8%)	5:18	11.3 (65.3%)
87	BRZUSKIEWICZ Sławomir	38		M-50	15		00:00:17	00:53:22.70	00:53:40.30	+00:18:48 (35.2%)	5:20	11.2 (64.7%)
88	ADASZAK Katarzyna	1	RUN PASJA	K-30	9		00:00:00	00:53:23.00	00:53:23.00	+00:18:48 (35.2%)	5:20	11.2 (64.7%)
89	SKOMAROWSKA Barbara	462	FALA KAZUŃ	K-30	11		00:00:19	00:53:30.00	00:53:49.60	+00:18:55 (35.4%)	5:21	11.2 (64.7%)
90	SOSIŃSKA Izabela	351	BEZPIECZNY OPERATOR	K-30	12		00:00:30	00:53:30.30	00:54:01.10	+00:18:55 (35.4%)	5:21	11.2 (64.7%)
91	STAWCZYK Dariusz	358		M-40	50		00:00:29	00:53:35.45	00:54:04.80	+00:19:00 (35.5%)	5:21	11.2 (64.7%)
92	MIERZWA Damian	256		M-20	25		00:00:12	00:53:35.95	00:53:48.00	+00:19:01 (35.5%)	5:21	11.2 (64.7%)
93	AUGUSTYNOWICZ Andrzej	6		M-40	51		00:00:08	00:53:41.30	00:53:49.80	+00:19:06 (35.6%)	5:22	11.2 (64.7%)
94	KRZEMIŃSKI Bartosz	202	RUN PASJA	M-30	74	Art-Deco	00:00:06	00:53:42.20	00:53:49.00	+00:19:07 (35.6%)	5:22	11.2 (64.7%)
95	BŁACHOWICZ Dawid	27	SALAMANDER RUNNING TEAM	M-30	75		00:00:45	00:53:45.45	00:54:31.00	+00:19:10 (35.7%)	5:22	11.2 (64.7%)
96	STRAMA Wojciech	362		M-30	76	FU MAŃKA Wojciech Strama	00:00:22	00:53:48.50	00:54:10.55	+00:19:13 (35.7%)	5:22	11.2 (64.7%)
97	LESZCZYŃSKI Andrzej	463	FALA KAZUŃ	M-30	77		00:00:20	00:54:07.10	00:54:27.65	+00:19:32 (36.1%)	5:24	11.1 (64.2%)
98	PASTWA Donata	285		K-40	5		00:00:24	00:54:16.15	00:54:40.85	+00:19:41 (36.3%)	5:25	11.1 (64.2%)
99	GRUBA Jacek	125		M-50	18		00:00:38	00:54:23.95	00:55:02.75	+00:19:49 (36.4%)	5:26	11 (63.6%)
100	GROBELNA Angelika	119		K-40	6		00:00:42	00:54:24.60	00:55:07.20	+00:19:49 (36.4%)	5:26	11 (63.6%)
101	SZULC Edmund	374		M-50	20		00:00:33	00:54:32.45	00:55:06.15	+00:19:57 (36.6%)	5:27	11 (63.6%)
102	WIŚNIEWSKI Dariusz	423		M-50	21		00:00:27	00:54:32.60	00:55:00.55	+00:19:57 (36.6%)	5:27	11 (63.6%)
103	BOROWICZ Ireneusz	30		M-30	78		00:00:41	00:54:42.10	00:55:23.50	+00:20:07 (36.8%)	5:28	11 (63.6%)
104	BEDNAREK Marta	15		K-30	13		00:00:31	00:54:43.75	00:55:15.25	+00:20:09 (36.8%)	5:28	11 (63.6%)
105	KUBIŃSKI Rafał	207	ALLIANZ RUNNING TEAM	M-50	22		00:00:26	00:54:51.95	00:55:18.60	+00:20:17 (37.0%)	5:29	10.9 (63.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Firma	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
106	BLEJA Krystian	24		M-30	79		00:00:28	00:55:05.25	00:55:33.40	+00:20:30 (37.2%)	5:30	10.9 (63.0%)
107	DOLATA Magdalena	77		K-40	8		00:00:27	00:55:05.60	00:55:33.25	+00:20:30 (37.2%)	5:30	10.9 (63.0%)
108	STOŹEK Szymon	361	ZWIK CHELMNO	M-16	1		00:00:29	00:55:09.15	00:55:38.40	+00:20:34 (37.3%)	5:30	10.9 (63.0%)
109	WACHOWIAK Adam	466	FALA KAZUŃ	M-20	28		00:00:19	00:55:10.75	00:55:30.55	+00:20:36 (37.3%)	5:31	10.9 (63.0%)
110	KOSK Patryk	467	FALA KAZUŃ	M-20	29		00:00:19	00:55:10.95	00:55:30.85	+00:20:36 (37.3%)	5:31	10.9 (63.0%)
111	LIPCZYŃSKI Przemysław	460	FALA KAZUŃ	M-20	30		00:00:21	00:55:20.40	00:55:41.75	+00:20:45 (37.5%)	5:32	10.8 (62.4%)
112	GOŁCZYŃSKI Tomasz	108		M-40	56		00:00:18	00:55:22.55	00:55:41.20	+00:20:47 (37.6%)	5:32	10.8 (62.4%)
113	TREJDEROWSKI Robert	395	CONKRET RUNNING TEAM	M-30	82		00:00:32	00:55:27.25	00:56:00.05	+00:20:52 (37.6%)	5:32	10.8 (62.4%)
114	LIPIŃSKI Marek	223		M-30	83		00:00:27	00:55:34.15	00:56:02.05	+00:20:59 (37.8%)	5:33	10.8 (62.4%)
115	SOSIŃSKI Paweł	352	BEZPIECZNY OPERATOR	M-30	84		00:00:30	00:55:46.45	00:56:17.15	+00:21:11 (38.0%)	5:34	10.8 (62.4%)
116	KURA Arkadiusz	216		M-30	85		00:00:44	00:55:46.80	00:56:31.35	+00:21:12 (38.0%)	5:34	10.8 (62.4%)
117	DOBUCKA Katarzyna	76		K-20	6		00:00:34	00:56:03.90	00:56:37.90	+00:21:29 (38.3%)	5:36	10.7 (61.8%)
118	CZUBKOWSKI Sebastian	59		M-30	88		00:00:22	00:56:12.05	00:56:34.45	+00:21:37 (38.5%)	5:37	10.7 (61.8%)
119	POTRZEBOWSKA Agata	300		K-30	17		00:00:32	00:56:15.00	00:56:47.70	+00:21:40 (38.5%)	5:37	10.7 (61.8%)
120	KOZERA Marcin	187		M-40	58		00:00:20	00:56:15.25	00:56:35.80	+00:21:40 (38.5%)	5:37	10.7 (61.8%)
121	MACHNOWSKI Przemysław	461	FALA KAZUŃ	M-30	89		00:00:20	00:56:16.25	00:56:36.35	+00:21:41 (38.6%)	5:37	10.7 (61.8%)
122	BRZOZOWSKI Jarosław	35	BRZOZA TRI TEAM	M-50	25		00:00:51	00:56:54.60	00:57:45.75	+00:22:19 (39.2%)	5:41	10.5 (60.7%)
123	SPECJALSKI Paweł	353	ALFACO RUNNING TEAM	M-20	32		00:00:15	00:57:11.85	00:57:27.30	+00:22:37 (39.5%)	5:43	10.5 (60.7%)
124	RYCHŁOWSKI Artur	328	SYSTHERM SPORT TEAM	M-30	90	SYSTHERM	00:00:34	00:57:12.50	00:57:46.80	+00:22:37 (39.6%)	5:43	10.5 (60.7%)
125	CZAJA Jarosław	53		M-30	91		00:00:50	00:57:15.60	00:58:05.80	+00:22:40 (39.6%)	5:43	10.5 (60.7%)
126	MARCZYKOWSKI Kamil	245		M-20	35		00:00:53	00:57:31.25	00:58:25.10	+00:22:56 (39.9%)	5:45	10.4 (60.1%)
127	JANKOWSKA Katarzyna	133		K-40	9		00:00:30	00:57:45.15	00:58:15.25	+00:23:10 (40.1%)	5:46	10.4 (60.1%)
128	KLEWICKI Łukasz	164	MECHVENT TEAM	M-20	36	MechVent	00:00:41	00:57:46.45	00:58:27.55	+00:23:11 (40.1%)	5:46	10.4 (60.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Firma	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
129	PŁACZKOWSKA Magdalena	296		K-30	22		00:00:25	00:57:51.05	00:58:16.50	+00:23:16 (40.2%)	5:47	10.4 (60.1%)
130	SZEIB Robert	372		M-40	61		00:00:07	00:57:52.25	00:58:00.15	+00:23:17 (40.2%)	5:47	10.4 (60.1%)
131	JUREK Karolina	148		K-30	23		00:00:51	00:58:03.35	00:58:54.75	+00:23:28 (40.4%)	5:48	10.3 (59.5%)
132	GAWLIK Jacek	95		M-30	93	Projekt Complex	00:00:47	00:58:03.85	00:58:51.45	+00:23:29 (40.4%)	5:48	10.3 (59.5%)
133	GAWLIK Kinga	94		K-30	24		00:00:47	00:58:04.10	00:58:51.70	+00:23:29 (40.5%)	5:48	10.3 (59.5%)
134	CZYŻAK Asia	60		K-40	10		00:00:14	00:58:16.10	00:58:30.85	+00:23:41 (40.7%)	5:49	10.3 (59.5%)
135	KOZACZYK Julia	185		K-16	3		00:00:30	00:58:31.85	00:59:02.80	+00:23:57 (40.9%)	5:51	10.3 (59.5%)
136	TUSZYŃSKA Monika	400		K-40	13		00:00:36	00:58:33.50	00:59:09.90	+00:23:58 (41.0%)	5:51	10.2 (59.0%)
137	KOZAKIEWICZ Marcin	186		M-40	63		00:00:21	00:58:35.10	00:58:56.15	+00:24:00 (41.0%)	5:51	10.2 (59.0%)
138	SZMELTER Michał	373		M-40	64		00:00:29	00:58:37.15	00:59:07.05	+00:24:02 (41.0%)	5:51	10.2 (59.0%)
139	BLOK Karolina	26		K-20	7		00:00:54	00:58:41.15	00:59:35.60	+00:24:06 (41.1%)	5:52	10.2 (59.0%)
140	CZAJKOWSKI Maciej	55	ALFACO RUNNING TEAM	M-40	65		00:00:15	00:58:41.50	00:58:57.25	+00:24:06 (41.1%)	5:52	10.2 (59.0%)
141	PRIEWE Paweł	301		M-30	97		00:00:31	00:58:46.00	00:59:17.00	+00:24:11 (41.2%)	5:52	10.2 (59.0%)
142	KUBIŃSKA Beata	469	NIGHT RUNNERS SŁUPSK	K-50	3		00:00:26	00:58:56.00	00:59:22.70	+00:24:21 (41.3%)	5:53	10.2 (59.0%)
143	TOMCZAK Krzysia	392		K-30	25		00:00:31	00:59:10.10	00:59:41.50	+00:24:35 (41.6%)	5:55	10.1 (58.4%)
144	BAJAN Justyna	8		K-30	26		00:00:31	00:59:10.15	00:59:41.45	+00:24:35 (41.6%)	5:55	10.1 (58.4%)
145	OKUŁA Zbigniew	270	SYSTHERM SPORT TEAM	M-30	99	SYSTHERM	00:00:34	00:59:11.20	00:59:45.50	+00:24:36 (41.6%)	5:55	10.1 (58.4%)
146	LEBIODA Tomasz	455	ASPEKT	M-30	101	ASPEKT	00:00:21	00:59:16.05	00:59:37.25	+00:24:41 (41.7%)	5:55	10.1 (58.4%)
147	GROTT Bartłomiej	123		M-40	69		00:00:33	00:59:19.70	00:59:53.50	+00:24:45 (41.7%)	5:56	10.1 (58.4%)
148	KWARTA Ilona	218	SYSTHERM SPORT TEAM	K-40	15	SYSTHERM	00:00:34	00:59:23.35	00:59:58.15	+00:24:48 (41.8%)	5:56	10.1 (58.4%)
149	PRZYBYLSKI Mariusz	303		M-50	30		00:00:19	00:59:27.85	00:59:47.00	+00:24:53 (41.9%)	5:56	10.1 (58.4%)
150	JARZYŃSKI Maciej	138		M-20	38		00:00:51	00:59:28.75	01:00:20.40	+00:24:54 (41.9%)	5:56	10.1 (58.4%)
151	SZADKOWSKA Anna	364		K-60+	1		00:00:30	00:59:30.85	01:00:01.05	+00:24:56 (41.9%)	5:57	10.1 (58.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Firma	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
152	BLOK Karol	25		M-30	104		00:00:55	00:59:39.90	01:00:34.95	+00:25:05 (42.0%)	5:57	10.1 (58.4%)
153	KORALEWSKI Jakub	178		M-20	39		00:00:26	00:59:42.85	01:00:08.85	+00:25:08 (42.1%)	5:58	10.1 (58.4%)
154	LIPIŃSKI Błażej	224		M-30	105		00:00:53	00:59:58.35	01:00:51.40	+00:25:23 (42.3%)	5:59	10 (57.8%)
155	SIWIŃSKA Elżbieta	344		K-50	4		00:00:30	01:00:08.70	01:00:39.05	+00:25:34 (42.5%)	6:00	10 (57.8%)
156	MURAS Michał	263		M-40	71		00:00:16	01:00:13.95	01:00:29.95	+00:25:39 (42.6%)	6:01	10 (57.8%)
157	DRWĘCKI Daniel	81	EKO-INSTAL	M-30	109	Eko-Instal	00:00:44	01:00:14.25	01:00:58.80	+00:25:39 (42.6%)	6:01	10 (57.8%)
158	RADKA Michał	309	KLIMOR TEAM	M-30	110		00:00:44	01:00:26.55	01:01:10.55	+00:25:51 (42.8%)	6:02	9.9 (57.2%)
159	GORBASZEWICZ Lukasz	111		M-30	111		00:00:35	01:00:26.95	01:01:02.80	+00:25:52 (42.8%)	6:02	9.9 (57.2%)
160	ZYGMUNT Robert	448	RUN PASJA	M-40	72		00:00:30	01:00:32.60	01:01:02.80	+00:25:57 (42.9%)	6:03	9.9 (57.2%)
161	GROSZEWSKI Grzegorz	122		M-30	113		00:00:07	01:01:24.40	01:01:32.10	+00:26:49 (43.7%)	6:08	9.8 (56.6%)
162	JASTRZĘBOWSKI Artur	140	SYSTHERM SPORT TEAM	M-30	114	SYSTHERM	00:00:35	01:01:40.50	01:02:15.50	+00:27:05 (43.9%)	6:10	9.7 (56.1%)
163	BRYWCZYŃSKA Justyna	33		K-30	28		00:00:28	01:01:50.30	01:02:18.90	+00:27:15 (44.1%)	6:11	9.7 (56.1%)
164	OŻGA Agnieszka	279		K-20	10		00:00:41	01:02:00.95	01:02:42.65	+00:27:26 (44.2%)	6:12	9.7 (56.1%)
165	PRZYBYLSKA Grażyna	302		K-50	6		00:00:35	01:02:04.80	01:02:39.80	+00:27:30 (44.3%)	6:12	9.7 (56.1%)
166	KRASZKIEWICZ Monika	193		K-20	11		00:00:42	01:02:12.30	01:02:54.50	+00:27:37 (44.4%)	6:13	9.6 (55.5%)
167	NIŚCIGORSKA Joanna	269	ALFACO RUNNING TEAM	K-30	29		00:00:17	01:02:18.60	01:02:36.20	+00:27:43 (44.5%)	6:13	9.6 (55.5%)
168	WIŚNIEWSKI Maksymilian	424		M-16	2		00:00:45	01:02:31.35	01:03:16.80	+00:27:56 (44.7%)	6:15	9.6 (55.5%)
169	BIERNACKA Anna	19		K-30	30		00:00:40	01:03:02.45	01:03:42.60	+00:28:27 (45.1%)	6:18	9.5 (54.9%)
170	TUŻYŁAK Katarzyna	401		K-30	31		00:00:07	01:03:15.75	01:03:23.65	+00:28:41 (45.3%)	6:19	9.5 (54.9%)
171	TOMAS Marzena	389		K-30	32		00:00:28	01:03:19.35	01:03:47.55	+00:28:44 (45.4%)	6:19	9.5 (54.9%)
172	JARZYNA Jakub	137		M-30	117		00:00:42	01:03:19.75	01:04:02.15	+00:28:45 (45.4%)	6:20	9.5 (54.9%)
173	ŻMICH Tomasz	450		M-30	118		00:00:49	01:03:20.65	01:04:10.55	+00:28:45 (45.4%)	6:20	9.5 (54.9%)
174	KISIEL Krystian	162	EKIPA BSW	M-30	119		00:00:42	01:03:36.45	01:04:18.50	+00:29:01 (45.6%)	6:21	9.4 (54.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Firma	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
175	JURUŚ Jolanta	150		K-50	7		00:00:23	01:04:12.15	01:04:36.10	+00:29:37 (46.1%)	6:25	9.3 (53.8%)
176	DRZEWIECKI Mirek	456		M-30	120		00:00:40	01:04:16.70	01:04:56.95	+00:29:42 (46.2%)	6:25	9.3 (53.8%)
177	RZYDUCH Piotr	334		M-40	81		00:00:36	01:04:22.40	01:04:58.85	+00:29:47 (46.3%)	6:26	9.3 (53.8%)
178	SMOLARA Sebastian	347		M-30	121		00:00:17	01:04:39.00	01:04:56.65	+00:30:04 (46.5%)	6:27	9.3 (53.8%)
179	CHOJNACKA Katarzyna	46		K-30	33		00:00:39	01:04:43.30	01:05:23.20	+00:30:08 (46.6%)	6:28	9.3 (53.8%)
180	MALICKA Maria	239		K-30	34		00:00:43	01:04:51.65	01:05:34.65	+00:30:16 (46.7%)	6:29	9.3 (53.8%)
181	JURKIEWICZ Beata	149		K-40	18		00:00:46	01:05:03.50	01:05:49.70	+00:30:28 (46.9%)	6:30	9.2 (53.2%)
182	WIELUŃSKA Dorota	414		K-20	13		00:00:38	01:05:21.65	01:06:00.20	+00:30:46 (47.1%)	6:32	9.2 (53.2%)
183	RUTKOWSKI Tomasz	327		M-30	122		00:00:38	01:05:22.00	01:06:00.30	+00:30:47 (47.1%)	6:32	9.2 (53.2%)
184	GOLCZYK Wiktor	107	EKO-INSTAL	M-16	3	HYDRO-MET ROGOWO	00:00:42	01:05:24.50	01:06:07.10	+00:30:49 (47.1%)	6:32	9.2 (53.2%)
185	BANAŚ Michał	9		M-16	4		00:00:53	01:05:28.40	01:06:21.50	+00:30:53 (47.2%)	6:32	9.2 (53.2%)
185	MOSKAL Marta	261		K-20	14		00:00:53	01:05:28.40	01:06:21.60	+00:30:53 (47.2%)	6:32	9.2 (53.2%)
187	LUKASIEWICZ Krzysztof	229		M-30	123		00:00:46	01:05:39.65	01:06:25.65	+00:31:04 (47.3%)	6:33	9.1 (52.6%)
188	PARUSZEWSKA Katarzyna	283		K-30	37		00:00:47	01:05:46.05	01:06:33.95	+00:31:11 (47.4%)	6:34	9.1 (52.6%)
189	SIERADZKI Damian	340		M-30	124		00:00:37	01:05:49.45	01:06:27.35	+00:31:14 (47.5%)	6:35	9.1 (52.6%)
190	RUTKOWSKA Virginia	325		K-30	38		00:00:37	01:05:50.85	01:06:28.20	+00:31:16 (47.5%)	6:35	9.1 (52.6%)
191	GRUBA Paweł	124		M-30	125	PAGR Instal	00:00:52	01:05:54.80	01:06:46.80	+00:31:20 (47.5%)	6:35	9.1 (52.6%)
192	WOJTYSIAK Dorota	434		K-30	40		00:00:18	01:06:03.10	01:06:21.75	+00:31:28 (47.6%)	6:36	9.1 (52.6%)
193	BIERYT Arkadiusz	20		M-50	36		00:00:03	01:06:55.20	01:06:58.30	+00:32:20 (48.3%)	6:41	9 (52.0%)
194	RAZIK Wiesław	315		M-30	126		00:00:39	01:07:06.00	01:07:45.15	+00:32:31 (48.5%)	6:42	8.9 (51.4%)
195	JANOWSKA Ula	135	KOMPLEKSOWE USŁUGI PRZECIWOŻAROWE GRUDZIĄDZ	K-40	20	Kompleksowe Usługi Przeciwożarowe Mariusz Janowski	00:00:49	01:07:07.25	01:07:56.30	+00:32:32 (48.5%)	6:42	8.9 (51.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Firma	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
195	KNIOŁA Dorota	167	KOMPLEKSOWE USŁUGI PRZECIWPOŻAROWE GRUDZIĄDZ	K-40	21	Kompleksowe Usługi Przeciwpożarowe Mariusz Janowski	00:00:49	01:07:07.25	01:07:56.25	+00:32:32 (48.5%)	6:42	8.9 (51.4%)
197	FRANCISZKIEWICZ Monika	88		K-20	15		00:00:32	01:07:21.35	01:07:53.85	+00:32:46 (48.7%)	6:44	8.9 (51.4%)
198	KAPELIŃSKI Stanisław	158		M-50	37		00:00:28	01:08:20.50	01:08:49.10	+00:33:45 (49.4%)	6:50	8.8 (50.9%)
199	WIŚNIEWSKA Dorota	421	KLIMAT SOLEC	K-30	41	KLIMAT SOLEC	00:00:32	01:08:21.35	01:08:53.90	+00:33:46 (49.4%)	6:50	8.8 (50.9%)
200	DANIELEK Ewa	62		K-30	42		00:00:43	01:08:24.15	01:09:07.60	+00:33:49 (49.4%)	6:50	8.8 (50.9%)
201	KOZACZYK Joanna	184		K-40	24		00:00:32	01:08:45.50	01:09:17.55	+00:34:10 (49.7%)	6:52	8.7 (50.3%)
202	BINKOWSKA Anita	23		K-40	25		00:00:31	01:08:49.40	01:09:21.30	+00:34:14 (49.8%)	6:53	8.7 (50.3%)
203	IGNATOWICZ Michał	132		M-30	130	Eko-Instal	00:00:45	01:09:16.90	01:10:02.30	+00:34:42 (50.1%)	6:55	8.7 (50.3%)
204	ZIELIŃSKA Dominika	446	EKO-INSTAL	K-20	16		00:00:44	01:09:17.30	01:10:02.00	+00:34:42 (50.1%)	6:55	8.7 (50.3%)
205	ROBERT Ryczkowski	317		M-40	87	Polski Instalator	00:00:11	01:09:31.15	01:09:42.45	+00:34:56 (50.3%)	6:57	8.6 (49.7%)
206	RYMARKIEWICZ Sławomir	330		M-40	88		00:00:36	01:09:38.95	01:10:15.50	+00:35:04 (50.4%)	6:57	8.6 (49.7%)
207	DEJEWSKI Zbigniew	71	ALFACO RUNNING TEAM	M-50	38		00:00:18	01:09:46.85	01:10:04.95	+00:35:12 (50.4%)	6:58	8.6 (49.7%)
208	DEC Jarosław	70	ALFACO RUNNING TEAM	M-40	89		00:00:16	01:09:48.40	01:10:05.00	+00:35:13 (50.5%)	6:58	8.6 (49.7%)
209	RATAJCZAK Anna	313		K-40	26	Zakład Usługowo Handlowy	00:00:50	01:10:04.60	01:10:55.20	+00:35:29 (50.7%)	7:00	8.6 (49.7%)
210	LORKOWSKA Maria	227	RUN BYDGOSZCZ	K-20	17		00:00:19	01:10:15.40	01:10:35.00	+00:35:40 (50.8%)	7:01	8.5 (49.1%)
211	RASSALSKA-KAUSA Jola	311		K-30	43		00:00:31	01:10:26.00	01:10:57.50	+00:35:51 (50.9%)	7:02	8.5 (49.1%)
212	DANČZUK Agnieszka	68		K-50	8		00:00:19	01:10:41.45	01:11:00.45	+00:36:06 (51.1%)	7:04	8.5 (49.1%)
213	BARTKOWIAK Aleksandra	13		K-20	18		00:00:48	01:11:18.05	01:12:06.25	+00:36:43 (51.5%)	7:07	8.4 (48.6%)
214	BRYWCZYŃSKI Krystian	34		M-30	132		00:00:28	01:11:38.10	01:12:06.80	+00:37:03 (51.7%)	7:09	8.4 (48.6%)
215	NOWACKI Leszek	457	ZP SERWIS	M-60+	12	ZP SERWIS	00:00:51	01:12:09.45	01:13:00.55	+00:37:34 (52.1%)	7:12	8.3 (48.0%)
216	DRAHEIM Łukasz	79	ASPEKT	M-20	41	ASPEKT	00:00:21	01:13:00.70	01:13:22.65	+00:38:26 (52.6%)	7:18	8.2 (47.4%)
217	CZARNECKA - PIJAROWSKA Dominika	56		K-30	45		00:00:31	01:13:20.80	01:13:52.40	+00:38:46 (52.9%)	7:20	8.2 (47.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Firma	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
218	NIESPOREK Ewa	268		K-50	9		00:00:50	01:14:52.75	01:15:43.45	+00:40:18 (53.8%)	7:29	8 (46.2%)
219	ROZMARYNOWICZ Anna	321	LOVELASY	K-30	46		00:00:28	01:18:45.50	01:19:14.20	+00:44:10 (56.1%)	7:52	7.6 (43.9%)
220	BORUCKI Rafał	31	ALFACO RUNNING TEAM	M-30	134		00:00:14	01:20:39.35	01:20:54.20	+00:46:04 (57.1%)	8:04	7.4 (42.8%)
221	OSTROWSKA Danuta	277		K-60+	2		00:00:36	01:20:55.75	01:21:32.45	+00:46:21 (57.3%)	8:05	7.4 (42.8%)
222	WOŹNIAK Alina	437		K-50	11		00:00:34	01:20:56.05	01:21:31.00	+00:46:21 (57.3%)	8:05	7.4 (42.8%)
223	WOLSKI Kamil	470		M-30	135		00:00:11	01:21:23.10	01:21:34.65	+00:46:48 (57.5%)	8:08	7.4 (42.8%)
224	BILKIEWICZ Anna Maria	21		K-40	27		00:00:54	01:28:51.10	01:29:45.90	+00:54:16 (61.1%)	8:53	6.8 (39.3%)
225	BRONKALLA Karol	32	EKO-INSTAL	M-30	136	Centrum Pomp Ciepła Karol Bronkalla	00:00:44	01:29:01.20	01:29:46.10	+00:54:26 (61.2%)	8:54	6.7 (38.7%)

Znaleziono 225 wynik(ów)