

# III PÓŁMARATON PUSZCZY BYDGOSKIEJ

B4SPORT

**Wydarzenie:** Biegi Puszczy Bydgoskiej  
**Organizator:** Joanna Maciejewska reprezentująca firmę Life+ Joanna Maciejewska oraz Wojciech Wrzesiński i Arkadiusz Koryciński.  
**Data:** 2018-10-06  
**Miejsce:** BYDGOSZCZ  
**Dystans:** 21 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Spike_All 9km	Czas netto 23km	Różn	Tempo min/km	Tempo km/h
1	WOŁOSZCZAK Leszek	382	6. KILOMETR	M20	1	00:37:47	<b>01:38:29.20</b>		4:16	14 (100%)
2	CIMACHOWSKI Jakub	394		M30	1	00:38:21	<b>01:39:50.20</b>	+00:01:21 (1.4%)	4:20	13.8 (98.6%)
3	DANIELAK Michał	269	ORKIESTRA WOJSKOWA W TORUNIU	M40	1	00:38:12	<b>01:40:44.20</b>	+00:02:15 (2.2%)	4:22	13.7 (97.9%)
4	OLEJNIK Krzysztof	335		M30	2	00:39:30	<b>01:41:56.35</b>	+00:03:27 (3.4%)	4:25	13.5 (96.4%)
5	MŁYNARCZYK Zbigniew	327	CENTRALNY POLIGON SIŁ POWIETRZNYCH	M30	3	00:39:31	<b>01:43:39.65</b>	+00:05:10 (5.0%)	4:30	13.3 (95.0%)
6	WILLMA Jarosław	379	BRZOZA BIEGA	M50	1	00:39:40	<b>01:44:03.50</b>	+00:05:34 (5.4%)	4:31	13.3 (95.0%)
7	MILEWSKI Zbigniew	389	TKKF KOLEJARZ BYDGOSZCZ	M40	2	00:39:58	<b>01:44:34.85</b>	+00:06:05 (5.8%)	4:32	13.2 (94.3%)
8	KOWALSKI Jacek	301		M40	3	00:40:23	<b>01:48:19.30</b>	+00:09:50 (9.1%)	4:42	12.7 (90.7%)
9	KUROWSKI Kamil	312	3GRAVITY	M30	4	00:40:13	<b>01:49:44.10</b>	+00:11:14 (10.3%)	4:46	12.6 (90.0%)
10	ALSKI Łukasz	392		M30	5	00:44:42	<b>01:51:43.55</b>	+00:13:14 (11.8%)	4:51	12.4 (88.6%)
11	CZAJKOWSKA Sylwia	265	#ŻÓŁTOKRÓLEWSCY	K40	1	00:43:23	<b>01:51:48.10</b>	+00:13:18 (11.9%)	4:51	12.3 (87.9%)
12	KŁOPOCKI Jan	292	#WPISZCOKOLWIEK	M20	2	00:45:35	<b>01:53:39.95</b>	+00:15:10 (13.4%)	4:56	12.1 (86.4%)
13	PALACZ Wioletta	339		K40	2	00:44:15	<b>01:55:56.35</b>	+00:17:27 (15.1%)	5:02	11.9 (85.0%)
14	SŁOMKA Maciej	362		M30	6	00:46:05	<b>01:56:36.90</b>	+00:18:07 (15.5%)	5:04	11.8 (84.3%)
15	KUBIAK Sławomir	310		M40	4	00:45:20	<b>01:57:22.30</b>	+00:18:53 (16.1%)	5:06	11.8 (84.3%)
16	KORPAL Emil	298	PRONATURA BYDGOSZCZ	M30	7	00:45:23	<b>01:58:03.55</b>	+00:19:34 (16.6%)	5:07	11.7 (83.6%)
17	LEWANDOWSKI Marcin	316	KEEPPER	M20	3	00:46:04	<b>01:58:21.40</b>	+00:19:52 (16.8%)	5:08	11.7 (83.6%)
17	RYBAK Remigiusz	352	KEEPPER	M40	5	00:46:04	<b>01:58:21.40</b>	+00:19:52 (16.8%)	5:08	11.7 (83.6%)
19	OLSZEWSKI Piotr	336		M30	8	00:46:07	<b>01:58:24.45</b>	+00:19:55 (16.8%)	5:08	11.7 (83.6%)
20	NOWICKI Mateusz	334	CENTRUM SZKOLENIA MARYNARKI WOJENNEJ	M30	9	00:46:34	<b>01:58:36.40</b>	+00:20:07 (17.0%)	5:09	11.6 (82.9%)
21	BUZALSKI Robert	261	ORANGE POLSKA	M40	6	00:46:12	<b>01:58:55.05</b>	+00:20:25 (17.2%)	5:10	11.6 (82.9%)
22	KRYGIER Staszek	308		M30	10	00:47:41	<b>01:59:10.35</b>	+00:20:41 (17.4%)	5:10	11.6 (82.9%)
23	KUŚ Sławomir	313	DSV	M30	11	00:42:21	<b>01:59:56.70</b>	+00:21:27 (17.9%)	5:12	11.5 (82.1%)
24	ORZECZOWSKI Radosław	337	WALECZNI BYDGOSZCZ	M30	12	00:43:04	<b>01:59:56.80</b>	+00:21:27 (17.9%)	5:12	11.5 (82.1%)
25	ZALEWSKI Andrzej	383	WKURW_TEAM	M30	13	00:47:04	<b>02:00:06.80</b>	+00:21:37 (18.0%)	5:13	11.5 (82.1%)
26	WIŚNIEWSKI Maciej	380		M40	7	00:46:58	<b>02:02:00.30</b>	+00:23:31 (19.3%)	5:18	11.3 (80.7%)
27	DZIUBA Arkadiusz	271	ŚWINKA RAĆKA TEAM	M30	14	00:41:55	<b>02:02:11.50</b>	+00:23:42 (19.4%)	5:18	11.3 (80.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Spike_All 9km	Czas netto 23km	Różn	Tempo min/km	Tempo km/h
28	<b>ĆWIKLIŃSKA Anna</b>	<b>267</b>		K40	3	01:07:33	<b>02:02:18.85</b>	+00:23:49 (19.5%)	5:19	11.3 (80.7%)
29	<b>PAWLACZYK Szymon</b>	<b>340</b>	TRISPACE	M30	15	00:42:04	<b>02:02:21.40</b>	+00:23:52 (19.5%)	5:19	11.3 (80.7%)
30	<b>IGNACZAK Piotr</b>	<b>283</b>	TRISPACE	M40	8	00:42:05	<b>02:02:21.45</b>	+00:23:52 (19.5%)	5:19	11.3 (80.7%)
31	<b>TARCZYŃSKI Łukasz</b>	<b>373</b>	TEAM KUCYKI	M30	16	00:47:35	<b>02:02:30.40</b>	+00:24:01 (19.6%)	5:19	11.3 (80.7%)
32	<b>SZCZUDLIŃSKI Dariusz</b>	<b>369</b>	BBL INOWROCŁAW	M50	2	00:47:18	<b>02:03:02.40</b>	+00:24:33 (20.0%)	5:20	11.2 (80.0%)
33	<b>SZOPIŃSKA Agnieszka</b>	<b>370</b>	STRZELECKA 3	K30	1	00:48:12	<b>02:03:05.15</b>	+00:24:35 (20.0%)	5:21	11.2 (80.0%)
34	<b>URBAŃSKI Marcin</b>	<b>376</b>	AKADEMIA BIEGANIA GRUDZIĄDZ	M40	9	00:46:29	<b>02:03:26.90</b>	+00:24:57 (20.2%)	5:22	11.2 (80.0%)
35	<b>MIERNIK Mateusz</b>	<b>326</b>	POLKRYŚ TEAM	M30	17	00:46:30	<b>02:05:06.60</b>	+00:26:37 (21.3%)	5:26	11 (78.6%)
36	<b>SYNAKIEWICZ Tomasz</b>	<b>367</b>	SGB-BANK S.A.	M30	18	00:49:23	<b>02:05:26.75</b>	+00:26:57 (21.5%)	5:27	11 (78.6%)
37	<b>HYRA Grzegorz</b>	<b>282</b>		M40	10	00:46:49	<b>02:05:42.70</b>	+00:27:13 (21.7%)	5:27	11 (78.6%)
38	<b>GRODZICKI Sebastian</b>	<b>154</b>	AGB TORFY	M40	11	00:47:19	<b>02:07:03.60</b>	+00:28:34 (22.5%)	5:31	10.9 (77.9%)
39	<b>NAPIERAŁSKI Artur</b>	<b>332</b>		M40	12	00:48:57	<b>02:07:26.95</b>	+00:28:57 (22.7%)	5:32	10.8 (77.1%)
40	<b>MICHALIK Joanna</b>	<b>324</b>	ARUN	K30	2	00:47:54	<b>02:07:34.65</b>	+00:29:05 (22.8%)	5:32	10.8 (77.1%)
41	<b>SIUDA Sebastian</b>	<b>359</b>	SOLECCY BIEGACZE	M40	13	00:47:49	<b>02:07:56.90</b>	+00:29:27 (23.0%)	5:33	10.8 (77.1%)
42	<b>GOŁĘBIEWSKI Krzysztof</b>	<b>275</b>		M20	4	00:47:10	<b>02:08:08.10</b>	+00:29:38 (23.1%)	5:34	10.8 (77.1%)
43	<b>JABŁOŃSKI Michał</b>	<b>284</b>	PKO BP S.A.	M30	19	00:49:25	<b>02:08:10.40</b>	+00:29:41 (23.2%)	5:34	10.8 (77.1%)
44	<b>REDMANN Edyta</b>	<b>391</b>		K40	4	00:50:03	<b>02:09:23.80</b>	+00:30:54 (23.9%)	5:37	10.7 (76.4%)
45	<b>SIEJEK Błażej</b>	<b>356</b>	NORDCLOUD	M30	20	00:50:57	<b>02:09:28.70</b>	+00:30:59 (23.9%)	5:37	10.7 (76.4%)
46	<b>RATKOWSKA Małgorzata</b>	<b>346</b>	THE RUNNERS ŚWIECIE	K40	5	00:49:33	<b>02:09:49.90</b>	+00:31:20 (24.1%)	5:38	10.6 (75.7%)
47	<b>KRZYŻANOWSKI Robert</b>	<b>309</b>	RUN PASJA	M50	3	00:44:44	<b>02:10:02.55</b>	+00:31:33 (24.3%)	5:39	10.6 (75.7%)
48	<b>BILSKI Marcin</b>	<b>256</b>		M30	21	00:46:28	<b>02:11:09.45</b>	+00:32:40 (24.9%)	5:42	10.5 (75.0%)
49	<b>KARCZ Anna</b>	<b>290</b>		K20	1	00:49:36	<b>02:11:45.55</b>	+00:33:16 (25.3%)	5:43	10.5 (75.0%)
50	<b>KOWALSKI Marek</b>	<b>302</b>		M40	14	00:52:48	<b>02:12:53.95</b>	+00:34:24 (25.9%)	5:46	10.4 (74.3%)
51	<b>SKONIECZNY Marcin</b>	<b>360</b>	FORDONRUNNERS	M40	15	00:53:09	<b>02:13:16.30</b>	+00:34:47 (26.1%)	5:47	10.4 (74.3%)
52	<b>SALWA Justyna</b>	<b>355</b>	POLKRYŚ TEAM	K30	3	00:49:38	<b>02:14:20.80</b>	+00:35:51 (26.7%)	5:50	10.3 (73.6%)
53	<b>STAWECKI Arkadiusz</b>	<b>366</b>	POLKRYŚ TEAM	M40	16	00:49:48	<b>02:14:21.05</b>	+00:35:51 (26.7%)	5:50	10.3 (73.6%)
54	<b>CERAN Tomasz</b>	<b>263</b>		M30	22	00:55:00	<b>02:14:30.95</b>	+00:36:01 (26.8%)	5:50	10.3 (73.6%)
55	<b>SZYNKIEWICZ Agnieszka</b>	<b>393</b>		K40	6	00:51:11	<b>02:16:08.50</b>	+00:37:39 (27.7%)	5:55	10.1 (72.1%)
56	<b>KOZŁOWSKI Norbert</b>	<b>304</b>	POLKRYŚ TEAM	M30	23	00:51:11	<b>02:16:08.60</b>	+00:37:39 (27.7%)	5:55	10.1 (72.1%)
57	<b>PACZKOWSKI Mirosław</b>	<b>338</b>	CB163	M40	17	00:54:52	<b>02:17:12.65</b>	+00:38:43 (28.2%)	5:57	10.1 (72.1%)
58	<b>ŁUKASZEWICZ Arkadiusz</b>	<b>318</b>	REBEL CROSS SPORT	M20	5	00:53:09	<b>02:17:42.45</b>	+00:39:13 (28.5%)	5:59	10 (71.4%)
59	<b>SKORUPA Sebastian</b>	<b>361</b>	REBEL CROSS SPORT	M40	18	00:53:09	<b>02:17:42.55</b>	+00:39:13 (28.5%)	5:59	10 (71.4%)
60	<b>KACZMAREK Krzysztof</b>	<b>287</b>	BROS TEAM	M20	6	00:53:19	<b>02:18:19.90</b>	+00:39:50 (28.8%)	6:00	10 (71.4%)
61	<b>ROMIŃSKI Patryk</b>	<b>349</b>		M20	7	00:53:10	<b>02:18:51.55</b>	+00:40:22 (29.1%)	6:02	9.9 (70.7%)
62	<b>BŁĄŻEJCZYK Michał</b>	<b>257</b>		M20	8	00:53:10	<b>02:18:51.85</b>	+00:40:22 (29.1%)	6:02	9.9 (70.7%)
63	<b>KALACZYŃSKI Miłosz</b>	<b>288</b>	POLONIA BYDGOSZCZ SLA	M20	9	00:49:26	<b>02:20:06.25</b>	+00:41:37 (29.7%)	6:05	9.9 (70.7%)
64	<b>POBIEDZIŃSKI Robert</b>	<b>344</b>	PB SLA	M20	10	00:49:26	<b>02:20:07.05</b>	+00:41:37 (29.7%)	6:05	9.8 (70.0%)
65	<b>JESKE Marek</b>	<b>286</b>	RUN BYDGOSZCZ	M40	19	00:50:44	<b>02:20:27.00</b>	+00:41:57 (29.9%)	6:06	9.8 (70.0%)
66	<b>RUTKOWSKI Adam</b>	<b>351</b>		M20	11	00:52:42	<b>02:20:38.95</b>	+00:42:09 (30.0%)	6:06	9.8 (70.0%)
67	<b>FÓRMAN Daniel</b>	<b>273</b>	LODOŻERCY_CHODZIEŻ	M40	20	00:52:30	<b>02:20:42.00</b>	+00:42:12 (30.0%)	6:07	9.8 (70.0%)
68	<b>ROBACZEWSKA Kinga</b>	<b>347</b>		K30	4	00:54:26	<b>02:20:46.50</b>	+00:42:17 (30.0%)	6:07	9.8 (70.0%)
69	<b>NASIADKA Leszek</b>	<b>333</b>		M40	21	00:53:14	<b>02:21:05.55</b>	+00:42:36 (30.2%)	6:08	9.8 (70.0%)
70	<b>MICHALSKA Daria</b>	<b>325</b>	BOHAR PALETY RUNNERS	K30	5	00:52:22	<b>02:21:35.95</b>	+00:43:06 (30.4%)	6:09	9.7 (69.3%)
71	<b>KWIATKOWSKI Karol</b>	<b>314</b>	TEAMKUCYKI	M40	22	00:56:01	<b>02:21:52.75</b>	+00:43:23 (30.6%)	6:10	9.7 (69.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Spike_All 9km	Czas		Tempo min/km	Tempo km/h
							netto 23km	Różn		
72	<b>TARCZYŃSKA Marta</b>	<b>372</b>		K30	6	00:56:00	<b>02:21:53.30</b>	+00:43:24 (30.6%)	6:10	9.7 (69.3%)
73	<b>EISERT Edyta</b>	<b>272</b>		K30	7	00:54:25	<b>02:23:17.15</b>	+00:44:47 (31.3%)	6:13	9.6 (68.6%)
74	<b>LEBIECKI Paweł</b>	<b>315</b>		M30	24	00:54:09	<b>02:23:24.05</b>	+00:44:54 (31.3%)	6:14	9.6 (68.6%)
75	<b>TESSA Justyna</b>	<b>374</b>		K40	7	00:53:56	<b>02:24:13.60</b>	+00:45:44 (31.7%)	6:16	9.6 (68.6%)
76	<b>MISUN- NOWAK Katarzyna</b>	<b>385</b>	AMS	K30	8	00:54:03	<b>02:24:21.25</b>	+00:45:52 (31.8%)	6:16	9.6 (68.6%)
77	<b>KOLASIŃSKA Joanna</b>	<b>293</b>		K30	9	00:55:33	<b>02:24:56.15</b>	+00:46:26 (32.0%)	6:18	9.5 (67.9%)
78	<b>SIEKIERSKI Tomasz</b>	<b>357</b>	PRONATURA BYDGOSZCZ	M40	23	00:54:07	<b>02:25:34.70</b>	+00:47:05 (32.3%)	6:19	9.5 (67.9%)
79	<b>PODZEREK Iwona</b>	<b>345</b>		K40	8	00:57:11	<b>02:25:41.70</b>	+00:47:12 (32.4%)	6:20	9.5 (67.9%)
80	<b>QUAAS Łukasz</b>	<b>264</b>	BIEGAM JA I ON CZYLI NA TRANINGU Z ŻYCIEM.	M30	25	00:55:35	<b>02:26:23.30</b>	+00:47:54 (32.7%)	6:21	9.4 (67.1%)
81	<b>ZYGMUNT Robert</b>	<b>387</b>		M40	24	00:55:34	<b>02:26:24.35</b>	+00:47:55 (32.7%)	6:21	9.4 (67.1%)
82	<b>KOPKA Elżbieta</b>	<b>296</b>	AGB TORFY	K40	9	00:54:42	<b>02:26:28.50</b>	+00:47:59 (32.8%)	6:22	9.4 (67.1%)
83	<b>ZIMIŃSKA Joanna</b>	<b>386</b>	HAPPYRUNNERS	K40	10	00:54:43	<b>02:26:28.75</b>	+00:47:59 (32.8%)	6:22	9.4 (67.1%)
84	<b>KOPKA Tomasz</b>	<b>297</b>	AGB TORFY	M50	4	00:54:43	<b>02:26:28.85</b>	+00:47:59 (32.8%)	6:22	9.4 (67.1%)
85	<b>ROGUT Katarzyna</b>	<b>348</b>	AGB TORFY	K40	11	00:54:43	<b>02:26:28.90</b>	+00:47:59 (32.8%)	6:22	9.4 (67.1%)
86	<b>GROBELNA Monika</b>	<b>278</b>		K30	10	00:55:00	<b>02:28:09.10</b>	+00:49:39 (33.5%)	6:26	9.3 (66.4%)
87	<b>MACIAS Waldemar</b>	<b>319</b>	DRUŻYNA GAZETY ZIELONA GÓRA	M60+	1	00:55:38	<b>02:28:29.70</b>	+00:50:00 (33.7%)	6:27	9.3 (66.4%)
88	<b>ANDRZEJEWSKI Ryszard</b>	<b>388</b>	SZKARŁATNI TEAM/ŻÓŁTOKRÓLEWSCY	M60+	2	00:51:45	<b>02:28:37.45</b>	+00:50:08 (33.7%)	6:27	9.3 (66.4%)
89	<b>STACHOWIAK ZALEWSKA Joanna</b>	<b>364</b>	POGRANICZNIK	K30	11	00:53:18	<b>02:28:57.95</b>	+00:50:28 (33.9%)	6:28	9.3 (66.4%)
90	<b>ZALEWSKI Przemysław</b>	<b>384</b>	POGRANICZNIK	M40	25	00:53:18	<b>02:28:58.10</b>	+00:50:28 (33.9%)	6:28	9.3 (66.4%)
91	<b>JASINIECKI Wojciech</b>	<b>285</b>		M30	26	00:55:42	<b>02:30:29.00</b>	+00:51:59 (34.6%)	6:32	9.2 (65.7%)
92	<b>KLIMEK Paweł</b>	<b>64</b>	PUSZCZALSCY Z PUSZCZY BYDGOSKIEJ	M20	12	00:57:55	<b>02:31:45.55</b>	+00:53:16 (35.1%)	6:35	9.1 (65.0%)
93	<b>KRYGIER Paulina</b>	<b>307</b>		K30	12	00:57:36	<b>02:32:14.70</b>	+00:53:45 (35.3%)	6:37	9.1 (65.0%)
94	<b>MORGA Bogdan</b>	<b>329</b>	COKE RUNNERS	M30	27	00:55:31	<b>02:33:27.00</b>	+00:54:57 (35.8%)	6:40	9 (64.3%)
95	<b>MORGA Izabela</b>	<b>328</b>	COKE RUNNERS	K40	12	00:55:31	<b>02:33:27.25</b>	+00:54:58 (35.8%)	6:40	9 (64.3%)
96	<b>SOBKOWIAK Justyna</b>	<b>363</b>		K30	13	00:57:02	<b>02:37:09.05</b>	+00:58:39 (37.3%)	6:49	8.8 (62.9%)
97	<b>BUDZIAK Mirosława</b>	<b>390</b>		K40	13	00:56:17	<b>02:37:10.30</b>	+00:58:41 (37.3%)	6:50	8.8 (62.9%)
98	<b>WASZAK Michał</b>	<b>378</b>		M30	28	01:00:28	<b>02:37:33.70</b>	+00:59:04 (37.5%)	6:51	8.8 (62.9%)
99	<b>BARWIKOWSKA Bogusia</b>	<b>254</b>		K40	14	00:59:50	<b>02:40:24.10</b>	+01:01:54 (38.6%)	6:58	8.6 (61.4%)
100	<b>SZAFKOWSKI Arkadiusz</b>	<b>368</b>	SOLECCY BIEGACZE	M40	26	00:54:52	<b>02:40:24.25</b>	+01:01:55 (38.6%)	6:58	8.6 (61.4%)
100	<b>LORENC-KRUSZYŃSKA Sylwia</b>	<b>317</b>		K30	14	00:59:51	<b>02:40:24.25</b>	+01:01:55 (38.6%)	6:58	8.6 (61.4%)
102	<b>CZYŻEWSKA Anna</b>	<b>266</b>		K30	15	00:58:37	<b>02:40:58.65</b>	+01:02:29 (38.8%)	6:59	8.6 (61.4%)
103	<b>KOZŁOWSKA Katarzyna</b>	<b>303</b>	WOMAN RUNNING PALMA DE MALLORCA	K20	2		<b>02:41:14.80</b>	+01:02:45 (38.9%)	7:00	8.6 (61.4%)
104	<b>KROPIDŁOWSKA Magdalena</b>	<b>306</b>	OCELOTY KRUSZYN KRAJEŃSKI	K30	16	00:59:52	<b>02:41:39.15</b>	+01:03:09 (39.1%)	7:01	8.5 (60.7%)
105	<b>SZYMAŃSKA Alicja</b>	<b>371</b>	FUNDACJA WIELKA RODZINA	K30	17	01:01:12	<b>02:44:22.70</b>	+01:05:53 (40.1%)	7:08	8.4 (60.0%)
106	<b>WOJTANOWICZ Beata</b>	<b>381</b>	AKADEMIA BIEGANIA GRUDZIĄDZ	K50	1	01:00:59	<b>02:44:51.45</b>	+01:06:22 (40.3%)	7:10	8.4 (60.0%)
106	<b>HAUSMAN Magdalena</b>	<b>280</b>		K40	15	01:00:59	<b>02:44:51.45</b>	+01:06:22 (40.3%)	7:10	8.4 (60.0%)
108	<b>ANISZEWSKI Dariusz</b>	<b>253</b>		M40	27	01:01:00	<b>02:44:52.10</b>	+01:06:22 (40.3%)	7:10	8.4 (60.0%)
109	<b>MARCINIAK Przemysław</b>	<b>320</b>		M20	13	01:02:48	<b>02:46:54.40</b>	+01:08:25 (41.0%)	7:15	8.3 (59.3%)
110	<b>GARDYZA Lidia</b>	<b>274</b>	NAKIELSKI KB	K40	16	01:03:07	<b>02:48:38.35</b>	+01:10:09 (41.6%)	7:19	8.2 (58.6%)
111	<b>MAZUREK Anita</b>	<b>323</b>		K40	17	01:02:00	<b>02:51:08.00</b>	+01:12:38 (42.5%)	7:26	8.1 (57.9%)
112	<b>MENCFEL Andrzej</b>	<b>179</b>		M40	28	01:01:21	<b>02:52:48.15</b>	+01:14:18 (43.0%)	7:30	8 (57.1%)
113	<b>KARDACH Magdalena</b>	<b>291</b>	WATAHA - ŁĄCZY NAS BIEGANIE	K30	18	01:03:17	<b>02:53:13.00</b>	+01:14:43 (43.1%)	7:31	8 (57.1%)
114	<b>GRZYWACZ Karolina</b>	<b>279</b>		K30	19	01:03:17	<b>02:53:17.15</b>	+01:14:47 (43.2%)	7:32	8 (57.1%)
115	<b>KOWALCZYK Olka</b>	<b>300</b>	AGB TORFY	K40	18	01:03:09	<b>03:21:01.00</b>	+01:42:31 (51.0%)	8:44	6.9 (49.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Spike_All 9km	Czas netto 23km	Różn	Tempo min/km	Tempo km/h
116	<b>GÓRSKA Joanna</b>	<b>277</b>	TASAK TEAM	K30	20	01:25:10	<b>03:31:01.10</b>	+01:52:31 (53.3%)	9:10	6.5 (46.4%)
117	<b>RUDNICKA Karolina</b>	<b>350</b>	TASAK TEAM	K30	21	01:25:09	<b>03:31:01.45</b>	+01:52:32 (53.3%)	9:10	6.5 (46.4%)
118	<b>CEGIELSKI Maciej</b>	<b>262</b>	SZKARŁATNI TEAM/ŻÓŁTOKRÓLEWSCY	M40	29	01:33:10	<b>04:10:46.30</b>	+02:32:17 (60.7%)	10:54	5.5 (39.3%)
119	<b>SIERANT Anna</b>	<b>358</b>		K40	19	01:33:10	<b>04:10:46.40</b>	+02:32:17 (60.7%)	10:54	5.5 (39.3%)
120	<b>GORGOL Renata</b>	<b>276</b>	LP500FORDONRUNNERS	K40	20	01:33:42	<b>04:13:41.45</b>	+02:35:12 (61.2%)	11:01	5.4 (38.6%)
121	<b>ANDRYSZAK Karolina</b>	<b>252</b>		K40	21	01:33:45	<b>04:13:41.55</b>	+02:35:12 (61.2%)	11:01	5.4 (38.6%)
DQ	<b>KRASNODĘBSKI Maciej</b>	<b>305</b>		M30		00:35:18 DQ	<b>01:13:00.95 DQ</b>		-	- (0.0%)
DQ	<b>MRUK Tomasz</b>	<b>330</b>	CZARNE STOPY.SM	M40		00:35:18 DQ	<b>01:13:01.30 DQ</b>		-	- (0.0%)
DQ	<b>KOLMAJER Rafał</b>	<b>294</b>		M30		00:36:19 DQ	<b>01:15:53.15 DQ</b>		-	- (0.0%)
	<b>PERLIŃSKI Damian</b>	<b>341</b>	MOŻE I POWOLI ALE ZA TO BYLE JAK	M30		00:52:53 DNF	<b>DNF</b>		-	- (0.0%)

Znaleziono 125 wynik(ów)