



# IX BIEGI ULICZNE - BIEG GŁÓWNY 5KM

B4SPORT

**Wydarzenie:** IX Biegi Uliczne im. Antoniego Nawrockiego  
**Organizator:** MUKS „Start” Solec Kujawski  
**Data:** 2023-06-11  
**Miejsce:** Solec Kujawski  
**Dystans:** 5 km

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina Solec Kujawski	Pętla 1 2.5km	Kara/ bonifikata	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>PRZYBYŁA Adrian</b>	<b>420</b>	RUN GOKU TEAM - PLANY BIEGOWE	M 30-39	1		00:07:25		<b>00:15:51.00</b>	<b>00:15:51.60</b>		3:10	18.9 (100%)
2	<b>BONIFACE Wambua</b>	<b>473</b>		M 30-39	2		00:08:04		<b>00:16:45.80</b>	<b>00:16:47.00</b>	+00:00:55 (5.5%)	3:21	17.9 (94.7%)
3	<b>FLOREK Paweł</b>	<b>348</b>	RUNADDICTS	M 30-39	3		00:08:54		<b>00:18:18.35</b>	<b>00:18:19.35</b>	+00:02:27 (13.4%)	3:39	16.4 (86.8%)
4	<b>ŚLIWIŃSKI Łukasz</b>	<b>447</b>	LKS OSTROMECKO	M 40-49	1		00:09:14		<b>00:18:29.25</b>	<b>00:18:30.85</b>	+00:02:39 (14.3%)	3:41	16.2 (85.7%)
5	<b>SUDZIŃSKI Hubert</b>	<b>489</b>	TEAMOCHAL	M 20-29	1		00:09:14		<b>00:18:38.10</b>	<b>00:18:39.20</b>	+00:02:47 (15.0%)	3:43	16.1 (85.2%)
6	<b>PERLIKOWSKI Sławek</b>	<b>409</b>	KLINIKA TLENOWA INOWROCŁAW	M 40-49	2		00:09:23		<b>00:19:07.90</b>	<b>00:19:11.40</b>	+00:03:19 (17.4%)	3:49	15.7 (83.1%)
7	<b>WIECZOREK Mateusz</b>	<b>453</b>	HYDRAPRES TEAM	M 30-39	4		00:09:36		<b>00:19:28.40</b>	<b>00:19:32.15</b>	+00:03:40 (18.8%)	3:53	15.4 (81.5%)
8	<b>WALDA Łukasz</b>	<b>451</b>		M 30-39	5		00:09:46		<b>00:19:34.75</b>	<b>00:19:36.20</b>	+00:03:44 (19.1%)	3:54	15.3 (81.0%)
9	<b>MACIŃSKI Waldemar</b>	<b>383</b>		M 40-49	3		00:09:45		<b>00:19:45.95</b>	<b>00:19:48.80</b>	+00:03:57 (20.0%)	3:57	15.2 (80.4%)
10	<b>OKOŃSKI Jarosław</b>	<b>403</b>		M 30-39	6		00:09:38		<b>00:20:04.90</b>	<b>00:20:06.20</b>	+00:04:14 (21.1%)	4:00	15 (79.4%)
11	<b>GILL Daniel</b>	<b>349</b>	LKS OSTROMECKO	M 40-49	4		00:10:06		<b>00:20:06.85</b>	<b>00:20:10.30</b>	+00:04:18 (21.4%)	4:01	14.9 (78.8%)
12	<b>STOMSKI Krzysztof</b>	<b>436</b>	SOLECCY BIEGACZE	M 50-59	1	Tak	00:10:05		<b>00:20:16.05</b>	<b>00:20:18.35</b>	+00:04:26 (21.9%)	4:03	14.8 (78.3%)
13	<b>ŻUCHOWSKI Bartosz</b>	<b>466</b>		M 20-29	2		00:10:02		<b>00:20:17.30</b>	<b>00:20:25.95</b>	+00:04:34 (22.4%)	4:03	14.8 (78.3%)
14	<b>SZALA Wojciech</b>	<b>469</b>		M 20-29	3		00:09:56		<b>00:20:32.70</b>	<b>00:20:34.00</b>	+00:04:42 (22.9%)	4:06	14.6 (77.2%)
15	<b>NAWROCKI Mariusz</b>	<b>395</b>		M 40-49	5		00:09:55		<b>00:20:32.85</b>	<b>00:20:35.70</b>	+00:04:44 (23.0%)	4:06	14.6 (77.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina Solec Kujawski	Pętla 1 2.5km	Kara/ bonifikata	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
16	<b>HOJKA Tomasz</b>	<b>477</b>		M 40-49	6		00:10:15		<b>00:21:04.50</b>	<b>00:21:08.10</b>	+00:05:16 (25.0%)	4:12	14.2 (75.1%)
17	<b>UZIAŁŁO Lena</b>	<b>450</b>	PASACO	K 16-19	1		00:10:29		<b>00:21:00.85</b>	<b>00:21:08.15</b>	+00:05:16 (25.0%)	4:12	14.3 (75.7%)
18	<b>ŻUCHOWSKI Józef</b>	<b>465</b>	EKO-OPAŁ PŁONNE	M 50-59	2		00:10:33		<b>00:21:32.45</b>	<b>00:21:33.75</b>	+00:05:42 (26.4%)	4:18	13.9 (73.5%)
19	<b>WŁODARCZYK Wojciech</b>	<b>455</b>		M 50-59	3		00:10:46		<b>00:21:36.60</b>	<b>00:21:42.80</b>	+00:05:51 (27.0%)	4:19	13.9 (73.5%)
20	<b>JAGIEŁA Bartosz</b>	<b>355</b>	TKKF KOLEJARZ BYDGOSZCZ	M 40-49	7		00:10:43		<b>00:21:44.20</b>	<b>00:21:46.30</b>	+00:05:54 (27.2%)	4:20	13.8 (73.0%)
21	<b>OCHOCKA-GRZELAK Emilia</b>	<b>402</b>		K 30-39	1		00:10:46		<b>00:21:42.50</b>	<b>00:21:47.40</b>	+00:05:55 (27.2%)	4:20	13.8 (73.0%)
22	<b>BARANOWSKI Tomasz</b>	<b>334</b>	SAPER TEAM	M 50-59	4		00:10:30		<b>00:21:59.85</b>	<b>00:22:04.60</b>	+00:06:13 (28.2%)	4:23	13.6 (72.0%)
23	<b>POTAKOWSKI Łukasz</b>	<b>419</b>		M 30-39	7		00:10:54		<b>00:22:23.55</b>	<b>00:22:30.20</b>	+00:06:38 (29.5%)	4:28	13.4 (70.9%)
24	<b>JAKÓBEK Piotr</b>	<b>356</b>	RUNADDICTS	M 30-39	8		00:11:15		<b>00:22:20.65</b>	<b>00:22:31.20</b>	+00:06:39 (29.6%)	4:28	13.4 (70.9%)
25	<b>KRUCZKOWSKA Magdalena</b>	<b>373</b>	BRZEZIŃSKI RUN CLUB	K 40-49	1		00:10:53		<b>00:22:33.40</b>	<b>00:22:37.50</b>	+00:06:45 (29.9%)	4:30	13.3 (70.4%)
26	<b>BĄCZKOWSKI Rafał</b>	<b>335</b>	BRZEZIŃSKI RUN CLUB	M 40-49	8		00:11:11		<b>00:22:42.45</b>	<b>00:22:49.10</b>	+00:06:57 (30.5%)	4:32	13.2 (69.8%)
27	<b>ĆWIKLIŃSKA Anna</b>	<b>339</b>	AKADEMIA MISTRZÓW SPORTU	K 40-49	2		00:11:13	00:00:30	<b>00:22:48.95</b>	<b>00:22:58.50</b>	+00:07:06 (31.0%)	4:27	13.5 (71.4%)
28	<b>NIEDBALSKI Grzegorz</b>	<b>396</b>	RUN BYDGOSZCZ	M 60-69	1		00:11:28		<b>00:23:14.10</b>	<b>00:23:19.20</b>	+00:07:27 (32.0%)	4:38	12.9 (68.3%)
29	<b>KŁOS Paweł</b>	<b>365</b>		M 20-29	4		00:11:29		<b>00:23:14.95</b>	<b>00:23:24.00</b>	+00:07:32 (32.2%)	4:38	12.9 (68.3%)
30	<b>HONCHARUK Dmytro</b>	<b>353</b>		M 20-29	5		00:11:11		<b>00:23:25.10</b>	<b>00:23:31.00</b>	+00:07:39 (32.6%)	4:41	12.8 (67.7%)
31	<b>NOWICKI Przemysław</b>	<b>475</b>		M 16-19	1		00:10:52		<b>00:23:38.75</b>	<b>00:23:42.60</b>	+00:07:51 (33.1%)	4:43	12.7 (67.2%)
32	<b>UZIAŁŁO Daria</b>	<b>449</b>	PASACO	K 16-19	2		00:11:25		<b>00:23:37.65</b>	<b>00:23:45.10</b>	+00:07:53 (33.2%)	4:43	12.7 (67.2%)
33	<b>DĄBKOWSKI Maciej</b>	<b>341</b>		M 40-49	9	Tak	00:11:27		<b>00:23:39.20</b>	<b>00:23:52.90</b>	+00:08:01 (33.6%)	4:43	12.7 (67.2%)
34	<b>WOLAK Piotr</b>	<b>458</b>		M 40-49	10	Tak	00:11:56		<b>00:23:54.35</b>	<b>00:23:58.50</b>	+00:08:06 (33.8%)	4:46	12.6 (66.7%)
35	<b>KOWALCZYK Edward</b>	<b>370</b>	KLINIKA TLENOWA INOWROCŁAW	M 60-69	2		00:11:42		<b>00:23:56.80</b>	<b>00:24:01.45</b>	+00:08:09 (34.0%)	4:47	12.5 (66.1%)
36	<b>KARÓLEWSKI Marek</b>	<b>361</b>	SOLANKOWI BIEGACZE	M 60-69	3		00:11:54		<b>00:24:05.85</b>	<b>00:24:10.85</b>	+00:08:19 (34.4%)	4:49	12.5 (66.1%)
37		<b>481</b>					00:10:09		<b>00:24:09.80</b>	<b>00:24:11.45</b>	+00:08:19 (34.4%)	4:49	12.4 (65.6%)
38	<b>KANIAK Paweł</b>	<b>360</b>		M 40-49	11		00:12:07		<b>00:24:16.45</b>	<b>00:24:18.40</b>	+00:08:26 (34.8%)	4:51	12.4 (65.6%)

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39	<b>DACH Łukasz</b>	<b>340</b>	PASACO	M 40-49	12		00:11:43		<b>00:24:18.55</b>	<b>00:24:23.10</b>	+00:08:31 (35.0%)	4:51	12.3 (65.1%)
40	<b>NOWICKI Aleksander</b>	<b>474</b>		M 40-49	13		00:11:44		<b>00:24:26.90</b>	<b>00:24:30.10</b>	+00:08:38 (35.3%)	4:53	12.3 (65.1%)
41	<b>ZIÓŁKOWSKI Mieczysław</b>	<b>463</b>	TG SOKÓŁ GNIEWKOWO	M 50-59	5		00:11:09		<b>00:24:26.90</b>	<b>00:24:32.10</b>	+00:08:40 (35.4%)	4:53	12.3 (65.1%)
42	<b>WIECZOREK Izabela</b>	<b>452</b>		K 30-39	2		00:11:57		<b>00:24:34.55</b>	<b>00:24:37.75</b>	+00:08:46 (35.6%)	4:54	12.2 (64.6%)
43	<b>PISKORSKA Marta</b>	<b>416</b>	KOLOROWE GACIE	K 40-49	3	Tak	00:12:06		<b>00:24:45.90</b>	<b>00:24:48.75</b>	+00:08:57 (36.1%)	4:57	12.1 (64.0%)
44	<b>OSTROWSKI Marian</b>	<b>405</b>		M 60-69	4		00:12:28		<b>00:24:40.55</b>	<b>00:24:49.25</b>	+00:08:57 (36.1%)	4:56	12.2 (64.6%)
45	<b>JANCZAR Tomasz</b>	<b>472</b>		M 30-39	9		00:11:58		<b>00:24:48.90</b>	<b>00:24:52.80</b>	+00:09:01 (36.3%)	4:57	12.1 (64.0%)
46	<b>SZUBIŃSKI Ireneusz</b>	<b>444</b>		M 40-49	14		00:12:16		<b>00:24:44.00</b>	<b>00:24:54.60</b>	+00:09:03 (36.3%)	4:56	12.1 (64.0%)
47	<b>PAWLAK Ada</b>	<b>490</b>		K 16-19	3	Tak	00:12:40		<b>00:24:51.70</b>	<b>00:24:59.45</b>	+00:09:07 (36.5%)	4:58	12.1 (64.0%)
48	<b>STUDZIŃSKA Ilona</b>	<b>479</b>		K 30-39	3		00:12:42		<b>00:25:08.40</b>	<b>00:25:15.55</b>	+00:09:23 (37.2%)	5:01	11.9 (63.0%)
49	<b>BADACZEWSKI Marcin</b>	<b>333</b>		M 40-49	15	Tak	00:12:00		<b>00:25:07.20</b>	<b>00:25:17.10</b>	+00:09:25 (37.3%)	5:01	11.9 (63.0%)
50	<b>BOJAROWSKI Krzysztof</b>	<b>338</b>		M 30-39	10		00:12:28		<b>00:25:14.85</b>	<b>00:25:27.00</b>	+00:09:35 (37.7%)	5:02	11.9 (63.0%)
51	<b>NURKIEWICZ Jarosław</b>	<b>400</b>	KUNG FU PANDY 3	M 50-59	6		00:12:23		<b>00:25:30.15</b>	<b>00:25:38.35</b>	+00:09:46 (38.1%)	5:06	11.8 (62.4%)
52	<b>PIETRASZAK Tomasz</b>	<b>414</b>	RUN BYDGOSZCZ	M 50-59	7		00:12:43		<b>00:25:34.20</b>	<b>00:25:43.50</b>	+00:09:51 (38.3%)	5:06	11.7 (61.9%)
53	<b>WACHOWIAK Krzysztof</b>	<b>470</b>		M 30-39	11		00:12:44		<b>00:25:37.55</b>	<b>00:25:49.90</b>	+00:09:58 (38.6%)	5:07	11.7 (61.9%)
54	<b>KALINOWSKA Patrycja</b>	<b>359</b>		K 30-39	4	Tak	00:12:31		<b>00:25:48.15</b>	<b>00:25:50.80</b>	+00:09:59 (38.6%)	5:09	11.6 (61.4%)
55	<b>SEKIERKA Jarosław</b>	<b>428</b>	PASACO	M 30-39	12		00:13:15		<b>00:25:40.90</b>	<b>00:25:52.95</b>	+00:10:01 (38.7%)	5:08	11.7 (61.9%)
56	<b>JÓŹWIAK Maciej</b>	<b>358</b>		M 40-49	16		00:12:36		<b>00:25:52.15</b>	<b>00:26:00.50</b>	+00:10:08 (39.0%)	5:10	11.6 (61.4%)
57	<b>KANACKOWSKI Stanisław</b>	<b>487</b>		M 60-69	5		00:12:32		<b>00:26:02.10</b>	<b>00:26:05.25</b>	+00:10:13 (39.2%)	5:12	11.5 (60.8%)
58	<b>ŁOJEWSKI Jakub</b>	<b>381</b>		M 20-29	6	Tak	00:12:35		<b>00:26:04.05</b>	<b>00:26:09.95</b>	+00:10:18 (39.4%)	5:12	11.5 (60.8%)
59	<b>MŁYNARCZYK Stefania</b>	<b>392</b>		K 50-59	1	Tak	00:13:04		<b>00:26:22.50</b>	<b>00:26:27.60</b>	+00:10:36 (40.1%)	5:16	11.4 (60.3%)
60	<b>SIEMIENIUCH Kamil</b>	<b>430</b>		M 20-29	7	Tak	00:12:37		<b>00:26:28.75</b>	<b>00:26:34.95</b>	+00:10:43 (40.3%)	5:17	11.3 (59.8%)
61	<b>KOPACZ Radosław</b>	<b>367</b>		M 40-49	17		00:12:44		<b>00:26:29.05</b>	<b>00:26:43.00</b>	+00:10:51 (40.6%)	5:17	11.3 (59.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina Solec Kujawski	Pętla 1 2.5km	Kara/ bonifikata	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
62	<b>DZIELAK Marta</b>	<b>345</b>	SAPER TEAM	K 20-29	1		00:13:19		<b>00:26:36.00</b>	<b>00:26:45.95</b>	+00:10:54 (40.7%)	5:19	11.3 (59.8%)
63	<b>STUDZIŃSKI Krzysztof</b>	<b>437</b>	PASACO	M 30-39	13		00:13:58		<b>00:26:41.80</b>	<b>00:26:49.35</b>	+00:10:57 (40.9%)	5:20	11.2 (59.3%)
64	<b>SURMIŃSKA Aleksandra</b>	<b>441</b>		K 16-19	4		00:13:34		<b>00:26:46.55</b>	<b>00:26:54.10</b>	+00:11:02 (41.0%)	5:21	11.2 (59.3%)
65	<b>BIELSKI Dawid</b>	<b>476</b>		M 30-39	14		00:12:39		<b>00:26:50.20</b>	<b>00:27:02.55</b>	+00:11:10 (41.4%)	5:22	11.2 (59.3%)
66	<b>IDCZAK Piotr</b>	<b>354</b>	ACTIVEXTREME	M 30-39	15		00:13:48		<b>00:26:49.85</b>	<b>00:27:04.60</b>	+00:11:13 (41.4%)	5:21	11.2 (59.3%)
67	<b>MATYSEK Maciej</b>	<b>390</b>		M 40-49	18		00:13:48		<b>00:26:50.70</b>	<b>00:27:04.85</b>	+00:11:13 (41.4%)	5:22	11.2 (59.3%)
68	<b>KRÓL Maciej</b>	<b>372</b>	MK PROJEKT	M 30-39	16	Tak	00:13:13		<b>00:26:56.15</b>	<b>00:27:07.55</b>	+00:11:15 (41.5%)	5:23	11.1 (58.7%)
69	<b>OBRZANOWSKI Maciej</b>	<b>401</b>		M 50-59	8		00:13:16		<b>00:27:19.10</b>	<b>00:27:25.70</b>	+00:11:34 (42.2%)	5:27	11 (58.2%)
70	<b>LEWANDOWSKI Andrzej</b>	<b>379</b>	PASACO	M 40-49	19		00:13:37		<b>00:27:19.95</b>	<b>00:27:35.65</b>	+00:11:44 (42.5%)	5:27	11 (58.2%)
71	<b>RATKE Artur</b>	<b>422</b>		M 30-39	17	Tak	00:13:32		<b>00:27:31.90</b>	<b>00:27:37.50</b>	+00:11:45 (42.6%)	5:30	10.9 (57.7%)
72	<b>KOSIOR Marcel</b>	<b>488</b>		M 20-29	8	Tak	00:12:55		<b>00:27:25.50</b>	<b>00:27:41.50</b>	+00:11:49 (42.7%)	5:29	10.9 (57.7%)
73	<b>WOJTECKA Ewelina</b>	<b>457</b>	MUZEUM SOLCA	K 30-39	5	Tak	00:13:47		<b>00:27:30.80</b>	<b>00:27:43.50</b>	+00:11:51 (42.8%)	5:30	10.9 (57.7%)
74	<b>PIASECKI Włodzimierz</b>	<b>410</b>		M 50-59	9	Tak	00:13:06		<b>00:27:41.00</b>	<b>00:27:45.20</b>	+00:11:53 (42.9%)	5:32	10.8 (57.1%)
75	<b>PAWEŁCZAK Kamil</b>	<b>407</b>	PASACO	M 30-39	18		00:13:23		<b>00:27:35.75</b>	<b>00:27:46.45</b>	+00:11:54 (42.9%)	5:31	10.9 (57.7%)
76	<b>ZOLANOWICZ Asia</b>	<b>483</b>		K 16-19	5		00:12:53		<b>00:27:42.30</b>	<b>00:27:48.20</b>	+00:11:56 (43.0%)	5:32	10.8 (57.1%)
77	<b>JARZĘCZKA Jakub</b>	<b>357</b>		M 30-39	19	Tak	00:13:00		<b>00:27:45.25</b>	<b>00:27:49.40</b>	+00:11:57 (43.0%)	5:33	10.8 (57.1%)
78	<b>PIETRZAK Małgorzata</b>	<b>415</b>		K 40-49	4	Tak	00:14:08		<b>00:27:39.90</b>	<b>00:27:52.55</b>	+00:12:00 (43.1%)	5:31	10.8 (57.1%)
79	<b>ZIELIŃSKI Robert</b>	<b>462</b>	PASACO	M 40-49	20		00:13:30		<b>00:27:45.75</b>	<b>00:27:53.50</b>	+00:12:01 (43.1%)	5:33	10.8 (57.1%)
80	<b>ZIELIŃSKI Robert</b>	<b>461</b>	KOLOROWE GACIE	M 40-49	21	Tak	00:13:37		<b>00:27:53.80</b>	<b>00:27:53.80</b>	+00:12:02 (43.1%)	5:34	10.8 (57.1%)
81	<b>MACIEJEWSKI Adam</b>	<b>382</b>		M 20-29	9		00:13:22		<b>00:28:07.50</b>	<b>00:28:07.50</b>	+00:12:15 (43.6%)	5:37	10.7 (56.6%)
82	<b>NOGA Joanna</b>	<b>398</b>		K 20-29	2		00:13:44		<b>00:28:09.95</b>	<b>00:28:19.50</b>	+00:12:27 (44.0%)	5:37	10.7 (56.6%)
83	<b>DZIELAK Artur</b>	<b>346</b>	SAPER TEAM	M 50-59	10		00:14:07		<b>00:28:22.40</b>	<b>00:28:33.20</b>	+00:12:41 (44.5%)	5:40	10.6 (56.1%)
84	<b>ADRYJAŃCZYK Małgorzata</b>	<b>331</b>	RUNCROSS ROZGARTY	K 40-49	5		00:13:49		<b>00:28:32.10</b>	<b>00:28:40.45</b>	+00:12:48 (44.7%)	5:42	10.5 (55.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina Solec Kujawski	Pętla 1 2.5km	Kara/ bonifikata	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
84	<b>LENSER Ewa</b>	<b>378</b>	MUZEUM SOLCA	K 40-49	5	Tak	00:14:08		<b>00:28:27.35</b>	<b>00:28:40.45</b>	+00:12:48 (44.7%)	5:41	10.5 (55.6%)
86	<b>POLANOWSKA Aleksandra</b>	<b>478</b>		K 40-49	7		00:13:38		<b>00:28:51.20</b>	<b>00:28:55.00</b>	+00:13:03 (45.2%)	5:46	10.4 (55.0%)
87	<b>POCHOWSKA Monika</b>	<b>417</b>	PASACO	K 30-39	6		00:14:10		<b>00:29:06.80</b>	<b>00:29:16.70</b>	+00:13:25 (45.8%)	5:49	10.3 (54.5%)
88	<b>MARUT Izabela</b>	<b>389</b>		K 30-39	7		00:13:42		<b>00:29:16.55</b>	<b>00:29:25.50</b>	+00:13:33 (46.1%)	5:51	10.3 (54.5%)
89	<b>LECH Aleksandra</b>	<b>376</b>		K 40-49	8	Tak	00:13:54		<b>00:29:27.90</b>	<b>00:29:32.90</b>	+00:13:41 (46.3%)	5:53	10.2 (54.0%)
90	<b>ZIELIŃSKA Justyna</b>	<b>460</b>	KOLOROWE GACIE	K 40-49	9	Tak	00:14:17		<b>00:29:32.55</b>	<b>00:29:37.00</b>	+00:13:45 (46.4%)	5:54	10.2 (54.0%)
91	<b>WOŹNIACKA Beata</b>	<b>459</b>	KOLOROWE GACIE	K 50-59	2	Tak	00:14:19		<b>00:29:35.10</b>	<b>00:29:38.40</b>	+00:13:46 (46.5%)	5:55	10.1 (53.4%)
92	<b>STAROWICZ Aleksandra</b>	<b>435</b>		K 30-39	8	Tak	00:14:15		<b>00:29:46.05</b>	<b>00:29:53.20</b>	+00:14:01 (46.9%)	5:57	10.1 (53.4%)
93	<b>KĘDZIORSKI Marek</b>	<b>364</b>		M 50-59	11		00:14:08		<b>00:29:40.45</b>	<b>00:29:54.30</b>	+00:14:02 (47.0%)	5:56	10.1 (53.4%)
94	<b>NIEDBALSKI Krzysztof</b>	<b>397</b>	BIEGAJĄCE BEBOKI	M 30-39	20		00:14:19		<b>00:29:53.35</b>	<b>00:30:07.90</b>	+00:14:16 (47.4%)	5:58	10 (52.9%)
95	<b>ŚLIWIŃSKI Gracjan</b>	<b>446</b>		M 40-49	22	Tak	00:15:17		<b>00:30:24.20</b>	<b>00:30:35.60</b>	+00:14:44 (48.2%)	6:04	9.9 (52.4%)
96	<b>NOWACKI Rafał</b>	<b>399</b>		M 40-49	23		00:14:31		<b>00:30:29.90</b>	<b>00:30:43.15</b>	+00:14:51 (48.4%)	6:05	9.8 (51.9%)
97	<b>MAŁKIEWICZ Jacek</b>	<b>386</b>		M 60-69	6	Tak	00:14:36		<b>00:30:49.40</b>	<b>00:30:53.45</b>	+00:15:01 (48.7%)	6:09	9.7 (51.3%)
98	<b>TKACZUK Jolanta</b>	<b>448</b>	TG SOKOŁ GNIEWKOWO	K 50-59	3		00:15:21		<b>00:30:59.60</b>	<b>00:31:03.35</b>	+00:15:11 (48.9%)	6:11	9.7 (51.3%)
99	<b>KUBIŚ Katarzyna</b>	<b>375</b>	PASACO	K 30-39	9		00:14:56		<b>00:31:10.45</b>	<b>00:31:17.15</b>	+00:15:25 (49.3%)	6:14	9.6 (50.8%)
100	<b>MAN Beata</b>	<b>387</b>	KLIMAT SOLEC	K 40-49	10	Tak	00:14:59		<b>00:32:10.50</b>	<b>00:32:20.25</b>	+00:16:28 (51.0%)	6:26	9.3 (49.2%)
101	<b>PERESIAK Anna</b>	<b>408</b>		K 60-69	1	Tak	00:15:38		<b>00:32:47.95</b>	<b>00:32:56.00</b>	+00:17:04 (51.8%)	6:33	9.2 (48.7%)
102	<b>BISKUPSKA Maja</b>	<b>336</b>	PASACO	K 20-29	3		00:16:08		<b>00:32:59.40</b>	<b>00:32:59.40</b>	+00:17:07 (51.9%)	6:35	9.1 (48.1%)
103	<b>KOWALSKI Wiesław</b>	<b>371</b>		M 50-59	12	Tak	00:15:25		<b>00:32:58.90</b>	<b>00:33:05.25</b>	+00:17:13 (52.1%)	6:35	9.1 (48.1%)
104	<b>KOTECKA-BŁASZAK Michalina</b>	<b>368</b>	GLOBAL PROSPECT TEAM	K 30-39	10	Tak	00:15:41		<b>00:33:01.05</b>	<b>00:33:07.70</b>	+00:17:16 (52.1%)	6:36	9.1 (48.1%)
105	<b>GRZESZAK Danuta</b>	<b>351</b>		K 60-69	2		00:16:03		<b>00:33:24.30</b>	<b>00:33:28.85</b>	+00:17:37 (52.6%)	6:40	9 (47.6%)
106	<b>KRYSIŃSKA Kamila</b>	<b>374</b>	TEAMOCHAL	K 40-49	11		00:16:22		<b>00:33:18.95</b>	<b>00:33:31.90</b>	+00:17:40 (52.7%)	6:39	9 (47.6%)
107	<b>SIEDLECKI Jakub</b>	<b>427</b>		M 50-59	13		00:15:40		<b>00:33:57.60</b>	<b>00:34:02.95</b>	+00:18:11 (53.4%)	6:47	8.8 (46.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina Solec Kujawski	Pętla 1 2.5km	Kara/ bonifikata	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
108	<b>SZMYT-ŚLIWIŃSKA Monika</b>	<b>443</b>		K 40-49	12	Tak	00:16:38		<b>00:33:57.05</b>	<b>00:34:08.45</b>	+00:18:16 (53.5%)	6:47	8.8 (46.6%)
109	<b>SURMA Magdalena</b>	<b>440</b>		K 30-39	11		00:16:44		<b>00:34:37.55</b>	<b>00:34:37.55</b>	+00:18:45 (54.2%)	6:55	8.7 (46.0%)
110	<b>KOMAJDA Jarosław</b>	<b>366</b>		M 50-59	14	Tak	00:16:29		<b>00:35:09.70</b>	<b>00:35:15.30</b>	+00:19:23 (55.0%)	7:01	8.5 (45.0%)
111	<b>KĘDZIORSKA Beata</b>	<b>363</b>		K 50-59	4		00:16:39		<b>00:35:01.25</b>	<b>00:35:15.40</b>	+00:19:23 (55.0%)	7:00	8.6 (45.5%)
112	<b>DŁONIAK Alina</b>	<b>342</b>		K 50-59	5		00:16:47		<b>00:35:16.10</b>	<b>00:35:24.15</b>	+00:19:32 (55.2%)	7:03	8.5 (45.0%)
113	<b>RIGHI Julianna</b>	<b>423</b>		K 20-29	4		00:16:47		<b>00:35:16.35</b>	<b>00:35:24.25</b>	+00:19:32 (55.2%)	7:03	8.5 (45.0%)
114	<b>GURYN Wiktor</b>	<b>352</b>	ZIELONY PELIKAN	M 40-49	24		00:17:18		<b>00:37:19.50</b>	<b>00:37:19.50</b>	+00:21:27 (57.5%)	7:27	8 (42.3%)
115	<b>MALCZEWSKA Mirka</b>	<b>385</b>	FORDONRUNNERS	K 60-69	3		00:17:57		<b>00:37:24.40</b>	<b>00:37:37.05</b>	+00:21:45 (57.8%)	7:28	8 (42.3%)
116	<b>SIEMIANOWSKI Jan</b>	<b>429</b>	SIEMJAN TEAM	M 30-39	21	Tak	00:17:59		<b>00:37:23.85</b>	<b>00:37:37.10</b>	+00:21:45 (57.8%)	7:28	8 (42.3%)
117	<b>DYBIKOWSKI Mirosław</b>	<b>344</b>	PASACO	M 60-69	7		00:17:40		<b>00:37:25.90</b>	<b>00:37:41.40</b>	+00:21:49 (57.9%)	7:29	8 (42.3%)
118	<b>SIEDLECKA Alina</b>	<b>426</b>		K 50-59	6	Tak	00:18:06		<b>00:39:34.20</b>	<b>00:39:39.50</b>	+00:23:47 (60.0%)	7:54	7.6 (40.2%)
119	<b>MARCINIAK Oskar</b>	<b>388</b>		M 30-39	22		00:18:47		<b>00:40:01.45</b>	<b>00:40:16.25</b>	+00:24:24 (60.6%)	8:00	7.5 (39.7%)
120	<b>LISEWSKI Jacek</b>	<b>380</b>	TRI ŚWINKI	M 30-39	23		00:18:48		<b>00:40:02.30</b>	<b>00:40:16.50</b>	+00:24:24 (60.6%)	8:00	7.5 (39.7%)
121	<b>SURMA Jolanta</b>	<b>438</b>		K 30-39	12		00:18:54		<b>00:40:06.35</b>	<b>00:40:17.20</b>	+00:24:25 (60.6%)	8:01	7.5 (39.7%)
122	<b>OSSOWSKA Agnieszka</b>	<b>404</b>		K 30-39	13	Tak	00:19:07		<b>00:40:38.75</b>	<b>00:40:52.30</b>	+00:25:00 (61.2%)	8:07	7.4 (39.2%)
123	<b>MIKOŁAJCZAK Aleksandra</b>	<b>391</b>	MUZEUM SOLCA IM. KSIĘCIA PRZEMYSŁA	K 40-49	13	Tak	00:19:07		<b>00:40:38.90</b>	<b>00:40:52.35</b>	+00:25:00 (61.2%)	8:07	7.4 (39.2%)
124	<b>GOLA Grzegorz</b>	<b>350</b>	TG SOKOŁ GNIEWKOWO	M 50-59	15		00:21:25		<b>00:45:01.60</b>	<b>00:45:09.20</b>	+00:29:17 (64.9%)	9:00	6.7 (35.4%)
125	<b>NAWROCKA Sylwia</b>	<b>394</b>	KLINIKA TLENOWA INOWROCŁAW	K 30-39	14		00:12:57				+00:05:37	5:10	11.6 (61.4%)

Znaleziono 125 wynik(ów)