



# KASZUBSKA PONIEWIERKA - 50KM

B4SPORT

**Wydarzenie:** Kaszubska Poniewierka 2019  
**Organizator:** Stowarzyszenie „Aktywni w Trójmieście”  
**Data:** 2019-09-14  
**Miejsce:** Wieżycza  
**Dystans:** 49 km

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 49km	Czas brutto 49km	Różn	Tempo min/km	Tempo km/h
1	WRYCZA Daniel	397		Open M	1	03:53:10.90	03:53:12.95		4:45	12.6 (100%)
2	BARANOWSKI Adam	272		Open M	2	04:00:52.80	04:00:54.25	+00:07:41 (3.2%)	4:54	12.2 (96.8%)
3	MOSEIKA Edvardas	348		Open M	3	04:09:07.70	04:09:09.45	+00:15:56 (6.4%)	5:05	11.8 (93.7%)
4	FRANKOWSKI Michal	292		Open M	4	04:10:24.75	04:10:26.40	+00:17:13 (6.9%)	5:06	11.7 (92.9%)
5	ROŻYK Krzysztof	407	OKNOBUR-BIEGAMYRAZEM	Open M	5	04:19:35.00	04:19:38.95	+00:26:26 (10.2%)	5:17	11.3 (89.7%)
6	WYGANOWSKI Konrad	398	JA TRENUJE	Open M	6	04:19:39.70	04:19:41.55	+00:26:28 (10.2%)	5:17	11.3 (89.7%)
7	WALASZCZYK Lucyna	408	NATURAL BORN RUNNERS TEAM	Open K	1	04:33:42.15	04:33:44.40	+00:40:31 (14.8%)	5:35	10.7 (84.9%)
8	CHRABKOWSKI Zbyszek	282	NIE MA	Open M	7	04:37:49.45	04:37:52.40	+00:44:39 (16.1%)	5:40	10.6 (84.1%)
9	CZEKAJ Łukasz	284		Open M	8	04:38:01.60	04:38:09.05	+00:44:56 (16.2%)	5:40	10.6 (84.1%)
10	BARANOWSKA Agnieszka	271		Open K	2	04:38:57.25	04:39:00.10	+00:45:47 (16.4%)	5:41	10.5 (83.3%)
11	OKRÓJ Krzysztof	356	LUBAŃ KNAPY	Open M	9	04:39:05.30	04:39:07.85	+00:45:54 (16.4%)	5:41	10.5 (83.3%)
12	ROMPCZYK Andrzej	366		Open M	10	04:40:43.65	04:40:46.35	+00:47:33 (16.9%)	5:43	10.5 (83.3%)
13	JAREMKO Marcin	310	LUBAŃ KNAPY	Open M	11	04:42:52.65	04:42:54.90	+00:49:41 (17.6%)	5:46	10.4 (82.5%)
14	THORVALDSSON Peter	384		Open M	12	04:43:17.10	04:43:18.75	+00:50:05 (17.7%)	5:46	10.4 (82.5%)
15	MURAWSKI Maciej	351	MIKI TEAM	Open M	13	04:43:35.10	04:43:41.05	+00:50:28 (17.8%)	5:47	10.4 (82.5%)
16	KRAWCZYK Karol	329		Open M	14	04:44:05.90	04:44:08.25	+00:50:55 (17.9%)	5:47	10.3 (81.7%)
17	LATAK Michał	402	JACEKBIEGA RUNNING TEAM	Open M	15	04:46:59.85	04:47:08.20	+00:53:55 (18.8%)	5:51	10.2 (81.0%)
18	BŁAWAT Piotr	274		Open M	16	04:47:13.30	04:47:16.05	+00:54:03 (18.8%)	5:51	10.2 (81.0%)
19	AUGUSTYNIAK Grzegorz	268		Open M	17	04:49:07.05	04:49:13.30	+00:56:00 (19.4%)	5:54	10.2 (81.0%)
20	DORDZIK Katarzyna	403		Open K	3	04:55:32.90	04:55:36.35	+01:02:23 (21.1%)	6:01	9.9 (78.6%)
21	BANASZEK Adam	406	BIEGUSIEM.PL	Open M	18	04:57:29.35	04:57:31.35	+01:04:18 (21.6%)	6:04	9.9 (78.6%)
22	NOWAK Kamil	354	AG	Open M	19	05:00:34.50	05:00:36.65	+01:07:23 (22.4%)	6:08	9.8 (77.8%)
23	WĘSIERSKA-MUŁYK Marzena	389	NIGHT RUNNERS SŁUPSK	Open K	4	05:00:37.25	05:00:46.30	+01:07:33 (22.5%)	6:08	9.8 (77.8%)
24	TKACZYK Paweł	326		Open M	20	05:04:15.65	05:04:22.20	+01:11:09 (23.4%)	6:12	9.7 (77.0%)
25	WOJSA Marcin	395		Open M	21	05:07:14.90	05:07:26.30	+01:14:13 (24.1%)	6:16	9.6 (76.2%)
26	PIOTROWSKI Michał	360	FACE NORDIC WALKING TEAM	Open M	22	05:08:03.40	05:08:09.05	+01:14:56 (24.3%)	6:17	9.5 (75.4%)
27	SZYMAŃSKA Agata	381		Open K	5	05:09:00.65	05:09:06.30	+01:15:53 (24.6%)	6:18	9.5 (75.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 49km	Czas brutto 49km	Różn	Tempo min/km	Tempo km/h
28	<b>SZKOLNIAK Patryk</b>	<b>379</b>	TATA MAJSTER	Open M	23	<b>05:12:46.55</b>	<b>05:12:50.80</b>	+01:19:37 (25.5%)	6:22	9.4 (74.6%)
29	<b>GORZKOWSKI Paweł</b>	<b>299</b>		Open M	24	<b>05:13:03.85</b>	<b>05:13:11.05</b>	+01:19:58 (25.5%)	6:23	9.4 (74.6%)
30	<b>LEGOWSKI Jakub</b>	<b>405</b>	ARKA GDYNIA	Open M	25	<b>05:26:10.70</b>	<b>05:26:16.90</b>	+01:33:03 (28.5%)	6:39	9 (71.4%)
31	<b>CZERCHAWSKI Janusz</b>	<b>285</b>		Open M	26	<b>05:26:18.75</b>	<b>05:26:28.35</b>	+01:33:15 (28.6%)	6:39	9 (71.4%)
32	<b>KOWALSKI Paweł</b>	<b>327</b>	KOWALE TEAM	Open M	27	<b>05:26:54.55</b>	<b>05:26:59.70</b>	+01:33:46 (28.7%)	6:40	9 (71.4%)
33	<b>PIÓRKOWSKI Mariusz</b>	<b>361</b>	TAKA RYBA	Open M	28	<b>05:27:52.60</b>	<b>05:27:56.20</b>	+01:34:43 (28.9%)	6:41	9 (71.4%)
34	<b>KWIATKOWSKI Kajetan</b>	<b>332</b>		Open M	29	<b>05:27:58.95</b>	<b>05:28:06.15</b>	+01:34:53 (28.9%)	6:41	9 (71.4%)
35	<b>CEGLEWSKI Marcin</b>	<b>280</b>	HARPAGANY RUNNING TEAM	Open M	30	<b>05:28:37.70</b>	<b>05:28:42.15</b>	+01:35:29 (29.0%)	6:42	8.9 (70.6%)
36	<b>SIKORA Roger</b>	<b>370</b>	KUJAWSCY RUNNERS	Open M	31	<b>05:30:11.45</b>	<b>05:30:12.75</b>	+01:36:59 (29.4%)	6:44	8.9 (70.6%)
37	<b>WYSOCKI Marcin</b>	<b>400</b>	DE WYSOCKI TEAM	Open M	32	<b>05:30:18.05</b>	<b>05:30:30.00</b>	+01:37:17 (29.4%)	6:44	8.9 (70.6%)
38	<b>STOLARSKI Jacek</b>	<b>376</b>		Open M	33	<b>05:30:58.85</b>	<b>05:31:05.25</b>	+01:37:52 (29.6%)	6:45	8.9 (70.6%)
39	<b>KOSPAŁ PAWŁOWSKI Łukasz</b>	<b>324</b>	LOTOS RUNNING TEAM	Open M	34	<b>05:31:05.80</b>	<b>05:31:08.50</b>	+01:37:55 (29.6%)	6:45	8.9 (70.6%)
40	<b>KOKOSZA Aleksander</b>	<b>320</b>		Open M	35	<b>05:31:57.60</b>	<b>05:32:05.85</b>	+01:38:52 (29.8%)	6:46	8.9 (70.6%)
41	<b>SZADŁOWSKI Dariusz</b>	<b>378</b>	DRIM TIM	Open M	36	<b>05:33:50.00</b>	<b>05:33:51.00</b>	+01:40:38 (30.1%)	6:48	8.8 (69.8%)
42	<b>PASTWA Krzysztof</b>	<b>358</b>		Open M	37	<b>05:34:38.35</b>	<b>05:34:44.95</b>	+01:41:32 (30.3%)	6:49	8.8 (69.8%)
43	<b>MARCINIAK Mateusz</b>	<b>340</b>	REZERWOWE PSY	Open M	38	<b>05:38:54.40</b>	<b>05:39:06.75</b>	+01:45:53 (31.2%)	6:54	8.7 (69.0%)
44	<b>WOSZTYL Alicja</b>	<b>396</b>		Open K	6	<b>05:39:08.60</b>	<b>05:39:11.85</b>	+01:45:58 (31.2%)	6:55	8.7 (69.0%)
45	<b>PODAWCA Łukasz</b>	<b>362</b>	SZKOŁA PODOFICERSKA WOJSK LĄDOWYCH W POZNANIU	Open M	39	<b>05:39:09.10</b>	<b>05:39:11.95</b>	+01:45:59 (31.2%)	6:55	8.7 (69.0%)
46	<b>MATWIEJ Mariusz</b>	<b>343</b>	DOMOWY KOŚCIÓŁ	Open M	40	<b>05:39:42.05</b>	<b>05:39:44.90</b>	+01:46:31 (31.4%)	6:55	8.7 (69.0%)
47	<b>DAMPS Katarzyna</b>	<b>286</b>		Open K	7	<b>05:43:08.10</b>	<b>05:43:19.50</b>	+01:50:06 (32.1%)	7:00	8.6 (68.3%)
48	<b>ROSIK Robert</b>	<b>367</b>		Open M	41	<b>05:45:15.75</b>	<b>05:45:23.20</b>	+01:52:10 (32.5%)	7:02	8.5 (67.5%)
49	<b>KOŁOMYJSKI Andrzej</b>	<b>321</b>		Open M	42	<b>05:45:41.35</b>	<b>05:45:52.85</b>	+01:52:39 (32.6%)	7:03	8.5 (67.5%)
50	<b>LEYK Daniel</b>	<b>336</b>	LEYK TEAM	Open M	43	<b>05:45:42.55</b>	<b>05:45:57.05</b>	+01:52:44 (32.6%)	7:03	8.5 (67.5%)
51	<b>BIELEWICZ Anna</b>	<b>273</b>	STOPA SŁUPSK	Open K	8	<b>05:47:45.80</b>	<b>05:47:53.95</b>	+01:54:41 (33.0%)	7:05	8.5 (67.5%)
52	<b>WALKOWSKI Tomasz</b>	<b>386</b>	JACEK BIEGA RUNNING TEAM	Open M	44	<b>05:50:02.95</b>	<b>05:50:12.25</b>	+01:56:59 (33.4%)	7:08	8.4 (66.7%)
53	<b>KOPISZKA Tomasz</b>	<b>322</b>	HUBERTUS BIAŁY BÓR	Open M	45	<b>05:50:55.60</b>	<b>05:51:02.55</b>	+01:57:49 (33.6%)	7:09	8.4 (66.7%)
54	<b>KOSIN Marcin</b>	<b>323</b>	PGB SPORTOWA PACZKA	Open M	46	<b>05:56:00.25</b>	<b>05:56:05.25</b>	+02:02:52 (34.5%)	7:15	8.3 (65.9%)
55	<b>WILCZEK Marcin</b>	<b>393</b>		Open M	47	<b>05:56:51.00</b>	<b>05:56:57.85</b>	+02:03:44 (34.7%)	7:16	8.2 (65.1%)
56	<b>NUSZKIEWICZ Krzysztof</b>	<b>355</b>		Open M	48	<b>05:56:43.30</b>	<b>05:56:57.95</b>	+02:03:45 (34.7%)	7:16	8.2 (65.1%)
57	<b>KAŃSKI Tomasz</b>	<b>313</b>		Open M	49	<b>05:58:21.25</b>	<b>05:58:25.05</b>	+02:05:12 (34.9%)	7:18	8.2 (65.1%)
58	<b>ZERNIA Peter</b>	<b>401</b>		Open M	50	<b>06:01:31.55</b>	<b>06:01:35.65</b>	+02:08:22 (35.5%)	7:22	8.1 (64.3%)
59	<b>WIĄCEK Krzysztof</b>	<b>390</b>	MADAS	Open M	51	<b>06:01:57.80</b>	<b>06:02:03.15</b>	+02:08:50 (35.6%)	7:23	8.1 (64.3%)
60	<b>CYSEWSKI Adam</b>	<b>283</b>	BIEGAMY_OT_DZIELNIE_TEAM	Open M	52	<b>06:02:43.20</b>	<b>06:02:47.00</b>	+02:09:34 (35.7%)	7:24	8.1 (64.3%)
61	<b>ADRYAN Adam</b>	<b>267</b>		Open M	53	<b>06:04:10.70</b>	<b>06:04:18.90</b>	+02:11:05 (36.0%)	7:25	8.1 (64.3%)
62	<b>KOWALSKA Agnieszka</b>	<b>325</b>	KOWALE TEAM	Open K	9	<b>06:05:20.35</b>	<b>06:05:25.35</b>	+02:12:12 (36.2%)	7:27	8 (63.5%)
63	<b>MONGIRD Ania</b>	<b>345</b>	MONGIRD SP. Z O.O.	Open K	10	<b>06:06:34.75</b>	<b>06:06:39.95</b>	+02:13:27 (36.4%)	7:28	8 (63.5%)
64	<b>ŚWIETLIŃSKA Żaneta</b>	<b>383</b>		Open K	11	<b>06:06:41.50</b>	<b>06:06:47.60</b>	+02:13:34 (36.4%)	7:29	8 (63.5%)
65	<b>WIDAK Mateusz</b>	<b>392</b>		Open M	54	<b>06:10:02.75</b>	<b>06:10:11.55</b>	+02:16:58 (37.0%)	7:33	7.9 (62.7%)
66	<b>SKWIOT Stanisław</b>	<b>372</b>	TAKA RYBA	Open M	55	<b>06:10:12.75</b>	<b>06:10:16.55</b>	+02:17:03 (37.0%)	7:33	7.9 (62.7%)
67	<b>MANTHEY Krzysztof</b>	<b>339</b>		Open M	56	<b>06:10:44.60</b>	<b>06:10:48.15</b>	+02:17:35 (37.1%)	7:33	7.9 (62.7%)
68	<b>PROCHNO Piotr</b>	<b>363</b>	ANWIL TEAM	Open M	57	<b>06:13:16.75</b>	<b>06:13:19.60</b>	+02:20:06 (37.5%)	7:37	7.9 (62.7%)
69	<b>ADAMCZYK Marcin</b>	<b>266</b>		Open M	58	<b>06:13:42.95</b>	<b>06:13:47.20</b>	+02:20:34 (37.6%)	7:37	7.9 (62.7%)
70	<b>SOŁTYSIAK Natalia</b>	<b>373</b>		Open K	12	<b>06:15:44.75</b>	<b>06:15:56.05</b>	+02:22:43 (38.0%)	7:40	7.8 (61.9%)
71	<b>STOLINSKI Dominik</b>	<b>377</b>		Open M	59	<b>06:18:31.35</b>	<b>06:18:36.80</b>	+02:25:23 (38.4%)	7:43	7.8 (61.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 49km	Czas brutto 49km	Różn	Tempo min/km	Tempo km/h
72	<b>GŁUSZEK Bożena</b>	<b>297</b>	BODY IN MOTION	Open K	13	<b>06:19:14.70</b>	<b>06:19:24.60</b>	+02:26:11 (38.5%)	7:44	7.8 (61.9%)
73	<b>MURAWSKA Joanna</b>	<b>350</b>	MIKI TEAM	Open K	14	<b>06:20:58.90</b>	<b>06:21:05.65</b>	+02:27:52 (38.8%)	7:46	7.7 (61.1%)
74	<b>BOGUMIŁOW Marcin</b>	<b>275</b>	DECATHLON POWER SŁUPSK	Open M	60	<b>06:21:43.75</b>	<b>06:21:51.50</b>	+02:28:38 (38.9%)	7:47	7.7 (61.1%)
75	<b>KOZIBRODA Marcin</b>	<b>328</b>	TEAM BIEGOWY SZCZECINEK	Open M	61	<b>06:23:13.20</b>	<b>06:23:18.90</b>	+02:30:05 (39.2%)	7:49	7.7 (61.1%)
76	<b>TYLUŚ Sylwia</b>	<b>385</b>	TEAM BIEGOWY SZCZECINEK	Open K	15	<b>06:23:13.45</b>	<b>06:23:18.95</b>	+02:30:06 (39.2%)	7:49	7.7 (61.1%)
77	<b>FIGARSKA Anna</b>	<b>290</b>		Open K	16	<b>06:25:07.35</b>	<b>06:25:17.85</b>	+02:32:04 (39.5%)	7:51	7.6 (60.3%)
78	<b>PETRICZEK Wojciech</b>	<b>359</b>		Open M	62	<b>06:25:15.50</b>	<b>06:25:28.05</b>	+02:32:15 (39.5%)	7:51	7.6 (60.3%)
79	<b>JAWOROWICZ Dobrochna</b>	<b>311</b>	KS PEGAZ	Open K	17	<b>06:25:26.50</b>	<b>06:25:34.40</b>	+02:32:21 (39.5%)	7:51	7.6 (60.3%)
80	<b>GÓRSKA Ilona</b>	<b>301</b>		Open K	18	<b>06:26:00.55</b>	<b>06:26:10.90</b>	+02:32:57 (39.6%)	7:52	7.6 (60.3%)
81	<b>KLICZEWSKA Katarzyna</b>	<b>317</b>		Open K	19	<b>06:27:55.95</b>	<b>06:28:09.65</b>	+02:34:56 (39.9%)	7:55	7.6 (60.3%)
82	<b>MARJAŃSKI Tomasz</b>	<b>341</b>		Open M	63	<b>06:28:27.00</b>	<b>06:28:33.35</b>	+02:35:20 (40.0%)	7:55	7.6 (60.3%)
83	<b>KANIEWSKI Michał</b>	<b>312</b>	DZIKI DZIK TEAM	Open M	64	<b>06:28:26.60</b>	<b>06:28:37.55</b>	+02:35:24 (40.0%)	7:55	7.6 (60.3%)
84	<b>DASZCZYŃSKI Adam</b>	<b>287</b>	ADASKO TEAM	Open M	65	<b>06:28:50.95</b>	<b>06:29:01.50</b>	+02:35:48 (40.1%)	7:56	7.6 (60.3%)
85	<b>GROTA Mariusz</b>	<b>304</b>	AKTYWNA FABRYKA	Open M	66	<b>06:29:00.75</b>	<b>06:29:09.30</b>	+02:35:56 (40.1%)	7:56	7.6 (60.3%)
86	<b>SIDOR Mariusz</b>	<b>369</b>	DECATHLON POWER SŁUPSK	Open M	67	<b>06:29:05.80</b>	<b>06:29:14.15</b>	+02:36:01 (40.1%)	7:56	7.6 (60.3%)
87	<b>BANCEWICZ Radek</b>	<b>269</b>	SALON KOSMETYCZNY DIAMENT SŁUPSK	Open M	68	<b>06:29:05.50</b>	<b>06:29:14.50</b>	+02:36:01 (40.1%)	7:56	7.6 (60.3%)
88	<b>WILCZYŃSKI Piotr</b>	<b>394</b>		Open M	69	<b>06:30:29.60</b>	<b>06:30:39.00</b>	+02:37:26 (40.3%)	7:58	7.5 (59.5%)
89	<b>MORZUCH Sylwia</b>	<b>347</b>	JESZCZE NIE WIECZÓR	Open K	20	<b>06:31:52.05</b>	<b>06:31:54.70</b>	+02:38:41 (40.5%)	7:59	7.5 (59.5%)
90	<b>MYTYCH Kasia</b>	<b>352</b>		Open K	21	<b>06:33:26.60</b>	<b>06:33:39.15</b>	+02:40:26 (40.8%)	8:01	7.5 (59.5%)
91	<b>WEGNER Aneta</b>	<b>387</b>	USB USTKA	Open K	22	<b>06:37:26.10</b>	<b>06:37:34.65</b>	+02:44:21 (41.3%)	8:06	7.4 (58.7%)
92	<b>GOLA Marek</b>	<b>298</b>		Open M	70	<b>06:38:39.35</b>	<b>06:38:48.65</b>	+02:45:35 (41.5%)	8:08	7.4 (58.7%)
93	<b>MOTOWIDŁO-ZAWADZKA Izabella</b>	<b>349</b>		Open K	23	<b>06:39:51.15</b>	<b>06:39:59.85</b>	+02:46:46 (41.7%)	8:09	7.4 (58.7%)
94	<b>MARKOWSKA Aleksandra</b>	<b>342</b>	BIEGA ZIE	Open K	24	<b>06:40:09.35</b>	<b>06:40:20.15</b>	+02:47:07 (41.7%)	8:10	7.3 (57.9%)
95	<b>STANKIEWICZ Katarzyna</b>	<b>375</b>	BIEGA ZIE	Open K	25	<b>06:40:09.25</b>	<b>06:40:20.25</b>	+02:47:07 (41.7%)	8:09	7.3 (57.9%)
96	<b>HETMAŃSKI Bartosz</b>	<b>306</b>		Open M	71	<b>06:42:33.25</b>	<b>06:42:37.65</b>	+02:49:24 (42.1%)	8:12	7.3 (57.9%)
97	<b>BORIS Aneta</b>	<b>276</b>		Open K	26	<b>06:44:45.60</b>	<b>06:44:59.15</b>	+02:51:46 (42.4%)	8:15	7.3 (57.9%)
98	<b>BORKOWSKI Adam</b>	<b>277</b>		Open M	72	<b>06:45:44.95</b>	<b>06:45:49.15</b>	+02:52:36 (42.5%)	8:16	7.2 (57.1%)
99	<b>MERING Leszek</b>	<b>344</b>		Open M	73	<b>06:46:15.15</b>	<b>06:46:18.70</b>	+02:53:05 (42.6%)	8:17	7.2 (57.1%)
100	<b>WICZUK Michał</b>	<b>391</b>	RACEFIGHTER GOSIR DĘBE WIELKIE	Open M	74	<b>06:46:15.20</b>	<b>06:46:18.80</b>	+02:53:05 (42.6%)	8:17	7.2 (57.1%)
101	<b>GÓRECKA-MITORAJ Justyna</b>	<b>300</b>		Open K	27	<b>06:48:41.55</b>	<b>06:48:51.35</b>	+02:55:38 (43.0%)	8:20	7.2 (57.1%)
102	<b>REDZIMSKI Wojciech</b>	<b>365</b>		Open M	75	<b>06:48:41.60</b>	<b>06:48:52.55</b>	+02:55:39 (43.0%)	8:20	7.2 (57.1%)
103	<b>NOSTITZ-JACKOWSKI Mateusz</b>	<b>353</b>		Open M	76	<b>06:52:31.45</b>	<b>06:52:36.35</b>	+02:59:23 (43.5%)	8:25	7.1 (56.3%)
104	<b>GAWRYLIK Joanna</b>	<b>296</b>	BIEGAM BO LUBIĘ BIAŁYSTOK	Open K	28	<b>06:55:11.10</b>	<b>06:55:18.85</b>	+03:02:05 (43.8%)	8:28	7.1 (56.3%)
105	<b>WENTA Michał</b>	<b>388</b>	JESZCZE NIE ZAŁOŻYŁEM	Open M	77	<b>06:56:47.55</b>	<b>06:56:53.90</b>	+03:03:40 (44.1%)	8:30	7.1 (56.3%)
106	<b>OSTOJSKA Ewa</b>	<b>357</b>	BIEGAMY RAZEM WŁADYSŁAWOWO	Open K	29	<b>06:56:53.95</b>	<b>06:56:59.70</b>	+03:03:46 (44.1%)	8:30	7.1 (56.3%)
107	<b>KEMPCZYŃSKI Piotr</b>	<b>315</b>	RUNEDA/SKLEP BIEGACZA GDAŃSK	Open M	78	<b>06:57:56.30</b>	<b>06:58:03.15</b>	+03:04:50 (44.2%)	8:31	7 (55.6%)
108	<b>BOROWCZYK Andrzej</b>	<b>278</b>		Open M	79	<b>06:58:38.75</b>	<b>06:58:44.05</b>	+03:05:31 (44.3%)	8:32	7 (55.6%)
109	<b>BRUSKI Jakub</b>	<b>279</b>		Open M	80	<b>06:59:24.30</b>	<b>06:59:31.55</b>	+03:06:18 (44.4%)	8:33	7 (55.6%)
110	<b>KISIEL Michał</b>	<b>316</b>		Open M	81	<b>07:01:23.10</b>	<b>07:01:30.65</b>	+03:08:17 (44.7%)	8:35	7 (55.6%)
111	<b>SAWUŁA Andrzej</b>	<b>368</b>	BUŁA I SUCHAR	Open M	82	<b>07:03:26.40</b>	<b>07:03:31.10</b>	+03:10:18 (44.9%)	8:38	6.9 (54.8%)
112	<b>KRUK Jacek</b>	<b>330</b>		Open M	83	<b>07:05:46.05</b>	<b>07:05:50.95</b>	+03:12:38 (45.2%)	8:41	6.9 (54.8%)
113	<b>WYSOCKI Wojciech</b>	<b>399</b>		Open M	84	<b>07:12:37.00</b>	<b>07:12:49.45</b>	+03:19:36 (46.1%)	8:49	6.8 (54.0%)
114	<b>MAJEWSKA Anna</b>	<b>337</b>	AKG ŁÓDŹ	Open K	30	<b>07:15:50.70</b>	<b>07:16:00.15</b>	+03:22:47 (46.5%)	8:53	6.7 (53.2%)
115	<b>JACHYMSKI Ignacy</b>	<b>308</b>	AKG ŁÓDŹ	Open M	85	<b>07:15:49.95</b>	<b>07:16:00.20</b>	+03:22:47 (46.5%)	8:53	6.7 (53.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 49km	Czas brutto 49km	Różn	Tempo min/km	Tempo km/h
116	<b>SPISAK Tomasz</b>	<b>374</b>	FTW	Open M	86	<b>07:41:40.85</b>	<b>07:41:55.10</b>	+03:48:42 (49.5%)	9:25	6.4 (50.8%)
117	<b>CHALASTRA Michal</b>	<b>281</b>	MIKI TEAM	Open M	87	<b>07:43:03.20</b>	<b>07:43:10.65</b>	+03:49:57 (49.6%)	9:27	6.3 (50.0%)
118	<b>LAMCHA Anna</b>	<b>334</b>	GRUPA BIEGOWA 65	Open K	31	<b>07:46:26.80</b>	<b>07:46:30.25</b>	+03:53:17 (50.0%)	9:31	6.3 (50.0%)
119	<b>OLECHNOWICZ Maciej</b>	<b>404</b>		Open M	88	<b>07:54:30.05</b>	<b>07:54:40.45</b>	+04:01:27 (50.9%)	9:41	6.2 (49.2%)
	<b>KWIATKOWSKA Alicja</b>	<b>331</b>	MAŁE LWY	Open K		<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 120 wynik(ów)