



ŁABISZYŃSKI BIEG ŚWIĘTOJAŃSKI

B4SPORT

Organizator: UCZNIOWSKI KLUB SPORTOWY LIDER oraz GMINA ŁABISZYN
Data: 2016-06-26
Miejsce: Łabiszyn
Dystans: 5 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kategoria zawodnika	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	KLAYBOR Dawid	239	34BKPANC ŻAGAŃ	Bieg 5km	1	Bieg	00:00:02	00:15:37.20	00:15:39.65		3:07	19,2 (100%)
2	KRYSKE Bartosz	39	GKS SPÓJNIA BIAŁE BŁOTA	Bieg 5km	2	Bieg	00:00:03	00:17:11.45	00:17:14.45	+00:01:34 (9.1%)	3:26	17,5 (89.5%)
3	SMOLIŃSKI Kamil	196		Bieg 5km	3	Bieg	00:00:03	00:17:15.30	00:17:18.30	+00:01:38 (9.5%)	3:27	17,4 (89.5%)
4	ŚLIWIŃSKI Dariusz	219	SOKÓŁ GAŚAWA/PRT	Bieg 5km	4	Bieg	00:00:03	00:17:23.85	00:17:26.85	+00:01:46 (10.2%)	3:28	17,3 (89.5%)
5	MAĆKOWSKI Maciej	68	BRICO MARCHE ŻNIN	Bieg 5km	5	Bieg	00:00:03	00:17:54.85	00:17:58.00	+00:02:17 (12.8%)	3:35	16,7 (84.2%)
6	KAPCZYŃSKI Daniel	172	SISU-OWB	Bieg 5km	6	Bieg	00:00:02	00:18:13.75	00:18:16.45	+00:02:36 (14.3%)	3:38	16,5 (84.2%)
7	LIBERA Maksymilian	159	BYDGOSKIE OKONIE	Bieg 5km	7	Bieg	00:00:03	00:18:18.05	00:18:21.05	+00:02:40 (14.6%)	3:39	16,4 (84.2%)
8	MOTOCZYŃSKI Wojciech	229	TKKF KOLEJARZ BYDGOSZCZ	Bieg 5km	8	Bieg	00:00:03	00:18:42.10	00:18:45.10	+00:03:04 (16.5%)	3:44	16 (84.2%)
9	SENGER Michał	81	SOKÓŁ GAŚAWA / PAŁUKI RUNNING TEAM	Bieg 5km	9	Bieg	00:00:03	00:18:44.45	00:18:47.85	+00:03:07 (16.7%)	3:44	16 (84.2%)
10	GROCHOWIAK Piotr	149	ŚLIMAKI BARCIN	Bieg 5km	10	Bieg	00:00:04	00:18:46.05	00:18:50.70	+00:03:08 (16.8%)	3:45	16 (84.2%)
11	JAGODZIŃSKI Mateusz	203	BYDGOSKIE OKONIE	Bieg 5km	11	Bieg	00:00:03	00:18:46.95	00:18:50.00	+00:03:09 (16.8%)	3:45	16 (84.2%)
12	KRAKOWIAK Szymon	26	AZS UTP BYDGOSZCZ	Bieg 5km	12	Bieg	00:00:03	00:19:06.10	00:19:09.10	+00:03:28 (18.2%)	3:49	15,7 (78.9%)
13	DANIELEWSKI Mariusz	87	DRUŻYNA SZPIKU	Bieg 5km	13	Bieg	00:00:04	00:19:06.40	00:19:11.25	+00:03:29 (18.2%)	3:49	15,7 (78.9%)
14	KUŚNIEREK Bartosz	133	PAŁUKI RUNNING TEAM	Bieg 5km	14	Bieg	00:00:05	00:19:18.95	00:19:24.80	+00:03:41 (19.1%)	3:51	15,5 (78.9%)
15	STASIAK Bartosz	2	DRUŻYNA SZPIKU	Bieg 5km	15	Bieg	00:00:04	00:19:28.50	00:19:32.75	+00:03:51 (19.8%)	3:53	15,4 (78.9%)

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16	MOTAK Jakub	235	ZAWISZA BYDGOSZCZ	Bieg 5km	16	Bieg	00:00:02	00:19:32.65	00:19:35.20	+00:03:55 (20.1%)	3:54	15,3 (78.9%)
17	TARASKA Marcin	67	ŚLIMAKI BARCIN	Bieg 5km	17	Bieg	00:00:04	00:19:33.20	00:19:37.65	+00:03:56 (20.1%)	3:54	15,3 (78.9%)
18	MILEWSKI Zbigniew	34	TKKF KOLEJARZ BYDGOSZCZ	Bieg 5km	18	Bieg	00:00:05	00:19:34.35	00:19:39.50	+00:03:57 (20.2%)	3:54	15,3 (78.9%)
19	MICHALCZAK Bartosz	18	ŚLIMAKI BARCIN	Bieg 5km	19	Bieg	00:00:04	00:19:44.75	00:19:48.80	+00:04:07 (20.9%)	3:56	15,2 (78.9%)
20	GACZKOWSKI Jacek	168		Bieg 5km	20	Bieg	00:00:03	00:19:52.30	00:19:55.90	+00:04:15 (21.4%)	3:58	15,1 (78.9%)
21	KLAYBOR Natalia	240		Bieg 5km	21	Bieg	00:00:02	00:19:56.30	00:19:59.05	+00:04:19 (21.7%)	3:59	15 (78.9%)
22	MOROSZCZAK Bogumił	218	SPÓJNA BIAŁE BŁOTA	Bieg 5km	22	Bieg	00:00:04	00:20:02.50	00:20:07.35	+00:04:25 (22.1%)	4:00	15 (78.9%)
23	SZYMANOWSKA Agnieszka	59		Bieg 5km	23	Bieg	00:00:02	00:20:05.55	00:20:08.25	+00:04:28 (22.3%)	4:01	14,9 (73.7%)
24	KRZYWDZIŃSKI Dominik	205	UKB SZUBIN	Bieg 5km	24	Bieg	00:00:05	00:20:09.75	00:20:15.65	+00:04:32 (22.5%)	4:02	14,9 (73.7%)
25	CZAJKA Beniamin	93		Bieg 5km	25	Bieg	00:00:07	00:20:11.45	00:20:18.50	+00:04:34 (22.6%)	4:02	14,9 (73.7%)
26	BAGIŃSKI Kuba	181		Bieg 5km	26	Bieg	00:00:07	00:20:26.00	00:20:33.30	+00:04:48 (23.6%)	4:05	14,7 (73.7%)
27	BRZUCHALSKI Mati	51		Bieg 5km	27	Bieg	00:00:09	00:20:36.75	00:20:46.20	+00:04:59 (24.2%)	4:07	14,6 (73.7%)
28	PAWŁOWSKI Radosław	192	JFTC SU	Bieg 5km	28	Bieg	00:00:05	00:20:37.20	00:20:42.35	+00:05:00 (24.2%)	4:07	14,6 (73.7%)
29	GRZECHOWIAK Arkadiusz	107	PAŁUKI RUNNING TEAM	Bieg 5km	29	Bieg	00:00:03	00:20:39.15	00:20:42.15	+00:05:01 (24.4%)	4:07	14,5 (73.7%)
30	HELSTAJN Robert	147	PAŁUKI RUNNING TEAM	Bieg 5km	30	Bieg	00:00:06	00:21:00.65	00:21:06.90	+00:05:23 (25.7%)	4:12	14,3 (73.7%)
31	TRZCIŃSKI Franciszek	167	AKTYWNA BYDGOSZCZ	Bieg 5km	31	Bieg	00:00:04	00:21:17.00	00:21:21.65	+00:05:39 (26.6%)	4:15	14,1 (73.7%)
32	KARPACZ Jarek	78		Bieg 5km	32	Bieg	00:00:03	00:21:24.75	00:21:27.75	+00:05:47 (27.1%)	4:16	14 (73.7%)
33	BAGIŃSKI Aleksander	180		Bieg 5km	33	Bieg	00:00:03	00:21:26.55	00:21:29.55	+00:05:49 (27.2%)	4:17	14 (73.7%)
34	KANARKOWSKI Tomasz	106	LO ŻNIN	Bieg 5km	34	Bieg	00:00:10	00:21:34.20	00:21:44.85	+00:05:57 (27.6%)	4:18	13,9 (68.4%)
35	GAWRON Piotr	242	KB GOCH BYTÓW	Bieg 5km	35	Bieg	00:00:03	00:21:35.85	00:21:38.85	+00:05:58 (27.7%)	4:19	13,9 (68.4%)
36	MACIEJEWSKA Kamila	23	ŚLIMAKI BARCIN	Bieg 5km	36	Bieg	00:00:03	00:21:38.55	00:21:42.15	+00:06:01 (27.8%)	4:19	13,9 (68.4%)
37	BUZAŁA Mikołaj	185		Bieg 5km	37	Bieg	00:00:07	00:21:39.85	00:21:47.75	+00:06:02 (27.9%)	4:20	13,8 (68.4%)
38	BUZAŁA Maciej	21		Bieg 5km	38	Bieg	00:00:07	00:21:42.05	00:21:50.00	+00:06:04 (28.0%)	4:20	13,8 (68.4%)

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39	KOŁOMAŃSKI Oskar	232	UKB SZUBIN	Bieg 5km	39	Bieg	00:00:03	00:21:44.55	00:21:47.55	+00:06:07 (28.2%)	4:20	13.8 (72.6%)
40	GRYCZKA Piotr	226		Bieg 5km	40	Bieg	00:00:07	00:21:48.50	00:21:56.10	+00:06:11 (28.4%)	4:21	13,8 (68.4%)
41	JABŁOŃSKI Adrian	186		Bieg 5km	41	Bieg	00:00:03	00:21:55.20	00:21:59.15	+00:06:18 (28.7%)	4:23	13,7 (68.4%)
42	BOROWIAK Karol	45		Bieg 5km	42	Bieg	00:00:09	00:21:57.10	00:22:06.50	+00:06:19 (28.8%)	4:23	13,7 (68.4%)
43	GRECMAN Anna	157	IKS KARATE	Bieg 5km	43	Bieg	00:00:07	00:21:57.60	00:22:05.35	+00:06:20 (28.9%)	4:23	13,7 (68.4%)
44	CZARNECKI Mirosław	224		Bieg 5km	44	Bieg	00:00:05	00:22:04.90	00:22:10.25	+00:06:27 (29.3%)	4:25	13,6 (68.4%)
45	ZARECKI Piotr	130	PAŁUKI RUNNING TEAM	Bieg 5km	45	Bieg	00:00:10	00:22:05.20	00:22:16.15	+00:06:28 (29.3%)	4:25	13,6 (68.4%)
46	KAŻMIERSKI Mirosław	80	JANIKOWO NA SPORTOWO	Bieg 5km	46	Bieg	00:00:03	00:22:05.85	00:22:08.85	+00:06:28 (29.3%)	4:25	13,6 (68.4%)
47	NIEDBALSKI Przemysław	53	PAŁUKI RUNING TEAM	Bieg 5km	47	Bieg	00:00:11	00:22:08.00	00:22:19.95	+00:06:30 (29.4%)	4:25	13,6 (68.4%)
48	WALCZAK Sławomir	163	PAŁUKI RUNNING TEAM	Bieg 5km	48	Bieg	00:00:10	00:22:09.05	00:22:19.40	+00:06:31 (29.5%)	4:25	13,5 (68.4%)
49	JANICKI Mariusz	178		Bieg 5km	49	Bieg	00:00:03	00:22:09.30	00:22:12.30	+00:06:32 (29.5%)	4:25	13,5 (68.4%)
50	MAJEWSKI Robert	241	RUN PASJA	Bieg 5km	50	Bieg	00:00:08	00:22:14.65	00:22:22.85	+00:06:37 (29.8%)	4:26	13,5 (68.4%)
51	BIEL Marek	72		Bieg 5km	51	Bieg	00:00:05	00:22:22.30	00:22:27.90	+00:06:45 (30.2%)	4:28	13,4 (68.4%)
52	KALA Michał	194		Bieg 5km	52	Bieg	00:00:10	00:22:28.10	00:22:39.05	+00:06:50 (30.5%)	4:29	13,3 (68.4%)
53	JANKOWSKI Łukasz	122	JTEAM	Bieg 5km	53	Bieg	00:00:03	00:22:32.05	00:22:35.05	+00:06:54 (30.7%)	4:30	13,3 (68.4%)
54	BŁAŻAK Leszek	89		Bieg 5km	54	Bieg	00:00:08	00:22:32.45	00:22:40.80	+00:06:55 (30.7%)	4:30	13,3 (68.4%)
55	WINKOWSKI Michał	233	UKB SZUBIN	Bieg 5km	55	Bieg	00:00:03	00:22:34.85	00:22:37.85	+00:06:57 (30.8%)	4:30	13.3 (70.0%)
56	WIECZOREK Jakub	125		Bieg 5km	56	Bieg	00:00:15	00:22:38.45	00:22:54.40	+00:07:01 (31.0%)	4:31	13,2 (68.4%)
57	WĘGIELEWSKI Szymon	150		Bieg 5km	57	Bieg	00:00:15	00:22:39.20	00:22:54.55	+00:07:02 (31.0%)	4:31	13,2 (68.4%)
58	GRZELAK Andrzej	183	ŚLIMAKI BARCIN	Bieg 5km	58	Bieg	00:00:03	00:22:42.35	00:22:45.85	+00:07:05 (31.2%)	4:32	13,2 (68.4%)
59	KUSZ Łukasz	120		Bieg 5km	59	Bieg	00:00:06	00:22:42.55	00:22:49.00	+00:07:05 (31.2%)	4:32	13,2 (68.4%)
60	PASZKIET Remigiusz	17	ŚLIMAKI BARCIN	Bieg 5km	60	Bieg	00:00:10	00:22:51.80	00:23:02.15	+00:07:14 (31.7%)	4:34	13,1 (68.4%)
61	ŚLIWIŃSKA Kornela	16		Bieg 5km	61	Bieg	00:00:06	00:23:02.50	00:23:08.75	+00:07:25 (32.2%)	4:36	13 (68.4%)

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62	WALENCIAK Jarosław	95	CZARNE STOPY	Bieg 5km	62	Bieg	00:00:07	00:23:04.50	00:23:11.50	+00:07:27 (32.3%)	4:36	13 (68.4%)
63	KOTWICA Hanna	204	PAŁUKI RUNNING TEAM	Bieg 5km	63	Bieg	00:00:10	00:23:05.15	00:23:15.60	+00:07:27 (32.3%)	4:37	13 (68.4%)
64	MAŚLIŃSKI Mirosław	92		Bieg 5km	64	Bieg	00:00:03	00:23:07.15	00:23:10.15	+00:07:29 (32.4%)	4:37	13 (68.4%)
65	KWIATKOWSKI Łukasz	50	SMASHING PĄPKINS	Bieg 5km	65	Bieg	00:00:07	00:23:08.15	00:23:15.15	+00:07:30 (32.5%)	4:37	13 (68.4%)
66	KUCZMA Paweł	151	PAŁUKI RUNNING TEAM	Bieg 5km	66	Bieg	00:00:10	00:23:08.30	00:23:18.65	+00:07:31 (32.5%)	4:37	13 (68.4%)
67	BONIECKI Filip	158		Bieg 5km	67	Bieg	00:00:12	00:23:12.50	00:23:25.05	+00:07:35 (32.7%)	4:38	12,9 (63.2%)
68	NOWAK Wiktor	12	GRUNWALD TEAM POZNAN	Bieg 5km	68	Bieg	00:00:04	00:23:14.15	00:23:18.75	+00:07:36 (32.8%)	4:38	12,9 (63.2%)
69	WIŚNIEWSKI Włodzimierz	33		Bieg 5km	69	Bieg	00:00:15	00:23:23.95	00:23:39.20	+00:07:46 (33.2%)	4:40	12,8 (63.2%)
70	KATULSKI Radosław	60	SOKÓŁ GAŚAWA	Bieg 5km	70	Bieg	00:00:03	00:23:24.65	00:23:27.65	+00:07:47 (33.3%)	4:40	12,8 (63.2%)
71	NAPIERAŁA Leszek	152		Bieg 5km	71	Bieg	00:00:03	00:23:28.30	00:23:31.30	+00:07:51 (33.5%)	4:41	12,8 (63.2%)
72	HEJNICKI Dariusz	153		Bieg 5km	72	Bieg	00:00:12	00:23:30.60	00:23:43.10	+00:07:53 (33.6%)	4:42	12,8 (63.2%)
73	WOJCIECHOWSKI Grzegorz	170	TRUST ME IM THE ENGINEER!	Bieg 5km	73	Bieg	00:00:03	00:23:33.70	00:23:36.70	+00:07:56 (33.7%)	4:42	12,7 (63.2%)
74	SĘK Kamil	4	GAKKO-KARATE	Bieg 5km	74	Bieg	00:00:07	00:23:44.45	00:23:52.40	+00:08:07 (34.2%)	4:45	12,6 (63.2%)
75	CHMIELEWSKI Mateusz	9		Bieg 5km	75	Bieg	00:00:07	00:23:44.95	00:23:52.55	+00:08:07 (34.2%)	4:45	12,6 (63.2%)
76	JANKOWSKI Dariusz	212	PAŁUKI RUNNING TEAM	Bieg 5km	76	Bieg	00:00:10	00:23:50.40	00:24:01.10	+00:08:13 (34.5%)	4:46	12,6 (63.2%)
77	DRABIK Maja	143	SGGW RUNNERS	Bieg 5km	77	Bieg	00:00:14	00:23:56.80	00:24:11.50	+00:08:19 (34.8%)	4:47	12,5 (63.2%)
78	PRZYBYŁ Bartłomiej	237	PAŁUKI RUNNING TEAM	Bieg 5km	78	Bieg	00:00:19	00:23:59.60	00:24:19.45	+00:08:22 (34.9%)	4:48	12,5 (63.2%)
79	KRAJEWSKA Lucyna	124	PAŁUKI RUNING TEAM	Bieg 5km	79	Bieg	00:00:03	00:24:04.00	00:24:07.00	+00:08:26 (35.1%)	4:48	12,5 (63.2%)
80	SIKORA Antoni	82	ŻNIŃSKI KLUB BIEGACZA 1992	Bieg 5km	80	Bieg	00:00:05	00:24:17.35	00:24:23.20	+00:08:40 (35.7%)	4:51	12,3 (63.2%)
81	KUBIAK Ewelina	169	FITNESS CLUB BARCIN	Bieg 5km	81	Bieg	00:00:05	00:24:18.70	00:24:24.45	+00:08:41 (35.8%)	4:51	12,3 (63.2%)
82	GROCHOWSKI Jakub	77	JW1515	Bieg 5km	82	Bieg	00:00:03	00:24:20.95	00:24:23.95	+00:08:43 (35.8%)	4:52	12,3 (63.2%)
83	BALCERZAK Leszek	118		Bieg 5km	83	Bieg	00:00:09	00:24:27.85	00:24:37.25	+00:08:50 (36.2%)	4:53	12,3 (63.2%)
84	JADWISZCZAK Jan	3	UTW SĘPÓLNO KRAJEŃSKIE	Bieg 5km	84	Bieg	00:00:15	00:24:30.60	00:24:45.90	+00:08:53 (36.3%)	4:54	12,2 (63.2%)

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85	KACZMAREK Paweł	217	AGENCJA SITAB	Bieg 5km	85	Bieg	00:00:03	00:24:34.50	00:24:37.50	+00:08:57 (36.4%)	4:54	12,2 (63.2%)
86	STEP CZYŃSKI Adam	114		Bieg 5km	86	Bieg	00:00:08	00:24:40.50	00:24:49.20	+00:09:03 (36.7%)	4:56	12,2 (63.2%)
87	JAGODZIŃSKA Magdalena	238	BYDGOSKIE OKONIE	Bieg 5km	87	Bieg	00:00:05	00:24:42.25	00:24:47.60	+00:09:05 (36.8%)	4:56	12,1 (63.2%)
88	NOWACZYK Marta	61	GASAWA RUN TEAM	Bieg 5km	88	Bieg	00:00:03	00:24:53.45	00:24:56.45	+00:09:16 (37.2%)	4:58	12,1 (63.2%)
89	OLEJNIK Rafał	220		Bieg 5km	89	Bieg	00:00:08	00:24:54.70	00:25:03.05	+00:09:17 (37.3%)	4:59	12 (63.2%)
90	NIEWOLAK Dawid	105		Bieg 5km	90	Bieg	00:00:14	00:24:58.25	00:25:12.55	+00:09:21 (37.4%)	4:59	12 (63.2%)
91	RAKOWSKI Tomasz	182		Bieg 5km	91	Bieg	00:00:13	00:24:59.85	00:25:13.55	+00:09:22 (37.5%)	5:00	12 (63.2%)
92	KRZESZEWSKI Przemek	83		Bieg 5km	92	Bieg	00:00:13	00:25:07.35	00:25:21.05	+00:09:30 (37.8%)	5:01	11,9 (57.9%)
93	LEWANDOWSKI Paweł	137		Bieg 5km	93	Bieg	00:00:08	00:25:10.80	00:25:19.20	+00:09:33 (38.0%)	5:02	11,9 (57.9%)
94	PRACA Joanna	98		Bieg 5km	94	Bieg	00:00:08	00:25:11.90	00:25:20.80	+00:09:34 (38.0%)	5:02	11,9 (57.9%)
95	GÓRNA Joanna	115	RUN BDG	Bieg 5km	95	Bieg	00:00:07	00:25:12.95	00:25:20.10	+00:09:35 (38.1%)	5:02	11,9 (57.9%)
96	BRZozowski Jarosław	138		Bieg 5km	96	Bieg	00:00:03	00:25:26.90	00:25:29.90	+00:09:49 (38.6%)	5:05	11,8 (57.9%)
97	GRZECHNIK Paulina	85		Bieg 5km	97	Bieg	00:00:06	00:25:32.40	00:25:39.25	+00:09:55 (38.8%)	5:06	11,7 (57.9%)
98	SZYMANska Agata	54		Bieg 5km	98	Bieg	00:00:04	00:25:33.75	00:25:37.80	+00:09:56 (38.9%)	5:06	11,7 (57.9%)
99	KRYszTOFIŃSKA Aneta	211	WSG W BYDGOSZCZY	Bieg 5km	99	Bieg	00:00:03	00:25:46.50	00:25:49.50	+00:10:09 (39.4%)	5:09	11,6 (57.9%)
100	CZĘSTOCHOWSKA Ilona	225		Bieg 5km	100	Bieg	00:00:07	00:25:47.70	00:25:54.70	+00:10:10 (39.4%)	5:09	11,6 (57.9%)
101	FAZEL Cecylia	121		Bieg 5km	101	Bieg	00:00:09	00:25:51.45	00:26:00.45	+00:10:14 (39.6%)	5:10	11,6 (57.9%)
102	BYCZKOWSKI Zenon	94	INDYWIDUALNIE	Bieg 5km	102	Bieg	00:00:13	00:25:52.35	00:26:05.90	+00:10:15 (39.6%)	5:10	11,6 (57.9%)
103	ADAMCZAK Marta	177	RUN PASJA	Bieg 5km	103	Bieg	00:00:08	00:25:55.45	00:26:03.70	+00:10:18 (39.7%)	5:11	11,6 (57.9%)
104	ROJ Danuta	104		Bieg 5km	104	Bieg	00:00:14	00:26:05.60	00:26:19.60	+00:10:28 (40.1%)	5:13	11,5 (57.9%)
105	NOJMAN Adam	6		Bieg 5km	105	Bieg	00:00:03	00:26:06.40	00:26:09.40	+00:10:29 (40.2%)	5:13	11,5 (57.9%)
106	PIJAROWSKI Marcin	102		Bieg 5km	106	Bieg	00:00:16	00:26:10.25	00:26:26.70	+00:10:33 (40.3%)	5:14	11,5 (57.9%)
107	TOMASZEWSKA Agnieszka	108		Bieg 5km	107	Bieg	00:00:15	00:26:10.65	00:26:26.60	+00:10:33 (40.3%)	5:14	11,5 (57.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kategoria zawodnika	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
108	EWA Gołata	190	BBL INOWROCŁAW	Bieg 5km	108	Bieg	00:00:09	00:26:11.65	00:26:21.40	+00:10:34 (40.4%)	5:14	11,5 (57.9%)
109	ZIEGLER Jerzy	236		Bieg 5km	109	Bieg	00:00:03	00:26:27.90	00:26:30.90	+00:10:50 (41.0%)	5:17	11,3 (57.9%)
110	ZYGMUNT Karolina	134	PAŁUK RUNNING TEAM	Bieg 5km	110	Bieg	00:00:06	00:26:48.05	00:26:54.60	+00:11:10 (41.7%)	5:21	11,2 (57.9%)
111	KRAKOWSKI Piotr	131	PAŁUKI RUNNING TEAM	Bieg 5km	111	Bieg	00:00:14	00:26:52.65	00:27:06.85	+00:11:15 (41.9%)	5:22	11,2 (57.9%)
112	SUDAK Agnieszka	35		Bieg 5km	112	Bieg	00:00:03	00:26:54.20	00:26:57.20	+00:11:17 (41.9%)	5:22	11,2 (57.9%)
113	BRZOZOWSKI Piotr	139		Bieg 5km	113	Bieg	00:00:03	00:26:58.05	00:27:01.05	+00:11:20 (42.1%)	5:23	11,1 (57.9%)
114	SZYMANOWSKA Katarzyna	19		Bieg 5km	114	Bieg	00:00:08	00:26:59.35	00:27:08.20	+00:11:22 (42.1%)	5:24	11,1 (57.9%)
115	MAJCHER Magdalena	36		Bieg 5km	115	Bieg	00:00:09	00:27:07.40	00:27:16.80	+00:11:30 (42.4%)	5:25	11,1 (57.9%)
116	CZARNECKA Małgorzata	223		Bieg 5km	116	Bieg	00:00:06	00:27:10.15	00:27:16.50	+00:11:32 (42.5%)	5:26	11 (57.9%)
117	JANKOWSKI Tomasz Michał	213	BIEGAM BO LUBIĘ	Bieg 5km	117	Bieg	00:00:12	00:27:15.80	00:27:28.10	+00:11:38 (42.7%)	5:27	11 (57.9%)
118	SZMAŃDA Tomasz	154		Bieg 5km	118	Bieg	00:00:03	00:27:32.70	00:27:35.70	+00:11:55 (43.3%)	5:30	10,9 (52.6%)
119	KUCHARCZYK Marcin	117	KOKORUNNERS	Bieg 5km	119	Bieg	00:00:11	00:27:42.45	00:27:54.00	+00:12:05 (43.6%)	5:32	10,8 (52.6%)
120	WIELIŃSKI Michał	210	BBL TORUŃ	Bieg 5km	120	Bieg	00:00:03	00:27:42.60	00:27:45.60	+00:12:05 (43.6%)	5:32	10,8 (52.6%)
121	GOŁATA Bogusław	189		Bieg 5km	121	Bieg	00:00:10	00:27:44.80	00:27:55.15	+00:12:07 (43.7%)	5:33	10,8 (52.6%)
122	CZYŻ-DOMAŃSKA Agnieszka	160		Bieg 5km	122	Bieg	00:00:07	00:27:47.55	00:27:54.55	+00:12:10 (43.8%)	5:33	10,8 (52.6%)
123	CHYŁKA Agata	245		Bieg 5km	123	Bieg	00:00:04	00:27:53.60	00:27:57.70	+00:12:16 (44.0%)	5:34	10,8 (56.8%)
124	JAKUBOWSKI Grzegorz	112		Bieg 5km	124	Bieg	00:00:03	00:28:00.50	00:28:03.50	+00:12:23 (44.2%)	5:36	10,7 (52.6%)
125	ORLIŃSKI Marcin	11	MARTEX MEBLE	Bieg 5km	125	Bieg	00:00:03	00:28:30.25	00:28:33.25	+00:12:53 (45.2%)	5:42	10,5 (52.6%)
126	SZEFFS Alina	175		Bieg 5km	126	Bieg	00:00:08	00:28:35.30	00:28:44.15	+00:12:58 (45.4%)	5:43	10,5 (52.6%)
127	TUCHOLSKI Mikołaj	47		Bieg 5km	127	Bieg	00:00:12	00:28:40.75	00:28:53.30	+00:13:03 (45.5%)	5:44	10,5 (52.6%)
128	NIEDBALSKA Anna	48		Bieg 5km	128	Bieg	00:00:11	00:28:41.55	00:28:53.30	+00:13:04 (45.6%)	5:44	10,5 (52.6%)
129	KUCHARCZYK Katarzyna	116	KOKORUNNERS	Bieg 5km	129	Bieg	00:00:11	00:28:46.55	00:28:58.20	+00:13:09 (45.7%)	5:45	10,4 (52.6%)
130	NURKIEWICZ Jarosław	231		Bieg 5km	130	Bieg	00:00:10	00:28:47.85	00:28:58.50	+00:13:10 (45.8%)	5:45	10,4 (54.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kategoria zawodnika	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
131	OBREMSKI Wojciech	129		Bieg 5km	131	Bieg	00:00:09	00:28:54.35	00:29:03.45	+00:13:17 (46.0%)	5:46	10,4 (52.6%)
132	MĘTEL Laura	144		Bieg 5km	132	Bieg	00:00:15	00:28:55.50	00:29:10.75	+00:13:18 (46.0%)	5:47	10,4 (52.6%)
133	BRAĞIEL Jakub	165	VEGE RUNNERS	Bieg 5km	133	Bieg	00:00:18	00:29:00.50	00:29:19.15	+00:13:23 (46.2%)	5:48	10,3 (52.6%)
134	SKOTNY Alicja	164		Bieg 5km	134	Bieg	00:00:27	00:29:03.80	00:29:31.55	+00:13:26 (46.3%)	5:48	10,3 (52.6%)
135	LANINO Kinga	227		Bieg 5km	135	Bieg	00:00:03	00:29:09.80	00:29:12.80	+00:13:32 (46.4%)	5:49	10,3 (54.2%)
136	JABŁOŃSKA Anita	187		Bieg 5km	136	Bieg	00:00:13	00:29:21.65	00:29:35.40	+00:13:44 (46.8%)	5:52	10,2 (52.6%)
137	WIKTOROWICZ Dominika	15		Bieg 5km	137	Bieg	00:00:15	00:29:25.35	00:29:41.00	+00:13:48 (46.9%)	5:53	10,2 (52.6%)
138	BRYWCZYŃSKA Justyna	46		Bieg 5km	138	Bieg	00:00:03	00:29:35.35	00:29:38.35	+00:13:58 (47.2%)	5:55	10,1 (52.6%)
139	KLICZKOWSKA Klaudia	132		Bieg 5km	139	Bieg	00:00:18	00:29:37.15	00:29:55.45	+00:13:59 (47.3%)	5:55	10,1 (52.6%)
140	NOJMAN Izabela	7		Bieg 5km	140	Bieg	00:00:14	00:29:43.20	00:29:57.50	+00:14:06 (47.4%)	5:56	10,1 (52.6%)
141	BOROWIEC Wioleta	142		Bieg 5km	141	Bieg	00:00:15	00:29:44.85	00:30:00.10	+00:14:07 (47.5%)	5:57	10,1 (52.6%)
142	HAUS Katarzyna	141		Bieg 5km	142	Bieg	00:00:14	00:29:45.30	00:30:00.25	+00:14:08 (47.5%)	5:57	10,1 (52.6%)
143	WIKARSKA Dominika	84	JANIKOWO NA SPORTOWO	Bieg 5km	143	Bieg	00:00:13	00:29:46.10	00:29:59.10	+00:14:08 (47.5%)	5:57	10,1 (52.6%)
144	STACHOŃ Tomasz	200	AA7	Bieg 5km	144	Bieg	00:00:17	00:29:48.65	00:30:05.80	+00:14:11 (47.6%)	5:57	10,1 (52.6%)
145	GÓRNA Ewelina	191		Bieg 5km	145	Bieg	00:00:19	00:29:50.20	00:30:10.05	+00:14:13 (47.6%)	5:58	10,1 (52.6%)
146	JAGODZIŃSKI Jacek	43	PAŁUKI RUNNING TEAM	Bieg 5km	146	Bieg	00:00:03	00:29:54.40	00:29:57.40	+00:14:17 (47.8%)	5:58	10 (52.6%)
147	HETEL Beata	209		Bieg 5km	147	Bieg	00:00:17	00:30:05.80	00:30:23.35	+00:14:28 (48.1%)	6:01	10 (52.6%)
148	GŁOGOWSKA Agnieszka	201		Bieg 5km	148	Bieg	00:00:03	00:30:06.95	00:30:09.95	+00:14:29 (48.1%)	6:01	10 (52.6%)
149	SKIBIŃSKI Sebastian	22		Bieg 5km	149	Bieg	00:00:15	00:30:13.75	00:30:29.50	+00:14:36 (48.3%)	6:02	9,9 (47.4%)
150	KRZANIK Małgorzata	58		Bieg 5km	150	Bieg	00:00:17	00:30:22.00	00:30:39.55	+00:14:44 (48.6%)	6:04	9,9 (47.4%)
151	RASSALSKA-KAUSA Jola	56		Bieg 5km	151	Bieg	00:00:19	00:30:22.95	00:30:42.75	+00:14:45 (48.6%)	6:04	9,9 (47.4%)
152	HŁOND Andrzej	20		Bieg 5km	152	Bieg	00:00:19	00:30:34.55	00:30:53.65	+00:14:57 (48.9%)	6:06	9,8 (47.4%)
153	STACHEL Agnieszka	113		Bieg 5km	153	Bieg	00:00:07	00:30:35.10	00:30:42.45	+00:14:57 (48.9%)	6:07	9,8 (47.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kategoria zawodnika	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
154	PRZYBYLIŃSKA Dominika	86		Bieg 5km	154	Bieg	00:00:11	00:30:38.40	00:30:49.65	+00:15:01 (49.0%)	6:07	9,8 (47.4%)
155	SZYGENDA Radek	179	WRD KWP POZNAŃ	Bieg 5km	155	Bieg	00:00:03	00:30:43.40	00:30:46.40	+00:15:06 (49.2%)	6:08	9,8 (47.4%)
156	ŚWIĘCICKA Martyna	188	INDYWIDUALNIE	Bieg 5km	156	Bieg	00:00:13	00:30:49.25	00:31:02.40	+00:15:12 (49.3%)	6:09	9,7 (47.4%)
157	DEPKA Agnieszka	69		Bieg 5km	157	Bieg	00:00:12	00:30:50.40	00:31:02.95	+00:15:13 (49.4%)	6:10	9,7 (47.4%)
158	ŚWIĘCICKI Andrzej	156	INDYWIDUALNIE	Bieg 5km	158	Bieg	00:00:13	00:30:52.25	00:31:05.70	+00:15:15 (49.4%)	6:10	9,7 (47.4%)
159	RYBKA Aldona	195		Bieg 5km	159	Bieg	00:00:19	00:30:55.50	00:31:14.75	+00:15:18 (49.5%)	6:11	9,7 (47.4%)
160	BRAĞIEL Anna	166	VEGE RUNNERS	Bieg 5km	160	Bieg	00:00:18	00:30:59.65	00:31:18.60	+00:15:22 (49.6%)	6:12	9,7 (47.4%)
161	SPYCHALSKA Anna	127		Bieg 5km	161	Bieg	00:00:11	00:31:16.45	00:31:28.00	+00:15:39 (50.1%)	6:15	9,6 (47.4%)
162	SPYCHALSKI Tomasz	126	WOZKIMOTOCYKLOWE.PL	Bieg 5km	162	Bieg	00:00:11	00:31:17.55	00:31:28.80	+00:15:40 (50.1%)	6:15	9,6 (47.4%)
163	MUSZYŃSKI Robert	73		Bieg 5km	163	Bieg	00:00:19	00:31:37.40	00:31:57.05	+00:16:00 (50.6%)	6:19	9,5 (47.4%)
164	MUSZYŃSKA Magdalena	74		Bieg 5km	164	Bieg	00:00:17	00:31:39.45	00:31:57.15	+00:16:02 (50.7%)	6:20	9,5 (47.4%)
165	MERECKA Magdalena	28		Bieg 5km	165	Bieg	00:00:09	00:32:04.65	00:32:14.45	+00:16:27 (51.3%)	6:25	9,4 (47.4%)
166	MIELECKA Agnieszka	148	KS SOKÓŁ GAŚAWA	1Nordic walking	1	Nordic walking	00:05:02	00:32:27.00	00:37:29.75	+00:16:49 (51.9%)	6:29	9,2 (47.4%)
167	NOWAK Grzegorz	101		1Nordic walking	2	Nordic walking	00:05:03	00:32:38.45	00:37:41.80	+00:17:01 (52.1%)	6:31	9,2 (47.4%)
168	SZYMAŃSKI Zbigniew	90	RUN BYDGOSZCZ	1Nordic walking	3	Nordic walking	00:05:03	00:32:42.15	00:37:45.20	+00:17:04 (52.2%)	6:32	9,2 (47.4%)
169	MOKOS Tomasz	145	BBL INOWROCLAW	Bieg 5km	166	Bieg	00:00:16	00:32:58.70	00:33:15.45	+00:17:21 (52.6%)	6:35	9,1 (47.4%)
170	ZWIERZYKOWSKA Jagoda	146	BBL INOWROCLAW	Bieg 5km	167	Bieg	00:00:16	00:32:58.85	00:33:15.30	+00:17:21 (52.6%)	6:35	9,1 (47.4%)
171	PRZYJEMSKA Agnieszka	111	DREAM TEAM	Bieg 5km	168	Bieg	00:00:09	00:33:08.70	00:33:18.65	+00:17:31 (52.9%)	6:37	9 (47.4%)
172	MUCHA Paulina	119		Bieg 5km	169	Bieg	00:00:03	00:33:30.45	00:33:33.45	+00:17:53 (53.4%)	6:42	9 (47.4%)
173	LIBERA Sabina	25	PARKRUN BYDGOSZCZ	Bieg 5km	170	Bieg	00:00:14	00:34:28.80	00:34:43.70	+00:18:51 (54.7%)	6:53	8,7 (42.1%)
174	NIESPOREK Ewa	222		Bieg 5km	171	Bieg	00:00:12	00:34:45.35	00:34:57.55	+00:19:08 (55.1%)	6:57	8,6 (42.1%)
175	WOJCIECHOWSKA Anna	5		Bieg 5km	172	Bieg	00:00:10	00:35:06.35	00:35:16.40	+00:19:29 (55.5%)	7:01	8,5 (42.1%)
176	GROCHOWSKA Anna	27		Bieg 5km	173	Bieg	00:00:03	00:35:13.65	00:35:16.65	+00:19:36 (55.7%)	7:02	8,5 (42.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kategoria zawodnika	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
177	WOJCIECHOWSKI Krzysztof	8		Bieg 5km	174	Bieg	00:00:03	00:35:25.65	00:35:28.65	+00:19:48 (55.9%)	7:05	8,5 (42.1%)
178	ĆWIKLIŃSKI Krystian	29	THE BEST - MY IDZIEMY I CZEŚĆ	1Nordic walking	4	Nordic walking	00:05:03	00:35:56.65	00:40:59.65	+00:20:19 (56.5%)	7:11	8,3 (43.7%)
179	BUCZKOWSKI Jerzy	243	SOKÓŁ GAŚAWA	1Nordic walking	5	Nordic walking	00:05:04	00:36:09.35	00:41:13.45	+00:20:32 (56.8%)	7:13	8,3 (42.1%)
180	BONEK Bronisław	31	THE BEST MY IDZIEMY CZEŚĆ	1Nordic walking	6	Nordic walking	00:05:02	00:37:35.50	00:42:37.50	+00:21:58 (58.4%)	7:31	8 (42.1%)
181	NOWIŃSKI Jarosław	75	JACHCICE TEAM	1Nordic walking	7	Nordic walking	00:05:06	00:37:46.75	00:42:52.80	+00:22:09 (58.7%)	7:33	7,9 (36.8%)
182	KSIĄŻKIEWICZ Maciej	136	KS SOKÓŁ GAŚAWA	1Nordic walking	8	Nordic walking	00:05:04	00:37:47.15	00:42:51.15	+00:22:09 (58.7%)	7:33	7,9 (41.6%)
183	WALCZAK Maria	71	KS SOKÓŁ GAŚAWA	1Nordic walking	9	Nordic walking	00:05:03	00:37:54.65	00:42:57.65	+00:22:17 (58.8%)	7:34	7,9 (41.6%)
184	PERLIK Wiesław	42	TADMAX	1Nordic walking	10	Nordic walking	00:05:07	00:38:04.00	00:43:11.30	+00:22:26 (59.0%)	7:36	7,9 (36.8%)
185	CIEMNA Julita	96	KS SOKOL GASAWA	1Nordic walking	11	Nordic walking	00:05:02	00:38:25.55	00:43:28.45	+00:22:48 (59.4%)	7:41	7,8 (36.8%)
186	ZWOLENKIEWICZ Joanna	110	SOKÓŁ GAŚAWA	1Nordic walking	12	Nordic walking	00:05:04	00:38:45.55	00:43:49.65	+00:23:08 (59.7%)	7:45	7,7 (36.8%)
187	BRZYKCY Marek	32		1Nordic walking	13	Nordic walking	00:05:04	00:38:45.70	00:43:49.80	+00:23:08 (59.7%)	7:45	7,7 (36.8%)
188	KOCZOROWSKA Monika	176	KS SOKÓŁ GAŚAWA	1Nordic walking	14	Nordic walking	00:05:02	00:38:59.45	00:44:01.45	+00:23:22 (59.9%)	7:47	7,7 (40.5%)
189	BUBACZ Marlena	161		1Nordic walking	15	Nordic walking	00:05:03	00:39:06.70	00:44:09.70	+00:23:29 (60.1%)	7:49	7,7 (40.5%)
190	ŚWIST Jan	99	INDYWIDUALNIE	1Nordic walking	16	Nordic walking	00:05:03	00:39:08.30	00:44:11.65	+00:23:31 (60.1%)	7:49	7,7 (36.8%)
191	KRZEWINA Dagmara	24	ŁABISZYŃSKA AKTYWNA MŁODZIEŻ	Bieg 5km	175	Bieg	00:00:16	00:40:09.20	00:40:26.10	+00:24:32 (61.1%)	8:02	7,5 (36.8%)
192	CZŁAPIŃSKI Mariusz	197		1Nordic walking	17	Nordic walking	00:05:05	00:40:10.35	00:45:15.55	+00:24:33 (61.1%)	8:02	7,5 (36.8%)
193	RYCHLEWSKA Violetta	173	KS SOKÓŁ GAŚAWA	1Nordic walking	18	Nordic walking	00:05:04	00:40:16.85	00:45:21.70	+00:24:39 (61.2%)	8:03	7,4 (36.8%)
194	SZYMANSKA Halina	91		1Nordic walking	19	Nordic walking	00:05:03	00:40:34.50	00:45:38.30	+00:24:57 (61.5%)	8:07	7,4 (36.8%)
195	KOWALSKA Beata	128		1Nordic walking	20	Nordic walking	00:05:08	00:41:12.55	00:46:20.65	+00:25:35 (62.1%)	8:14	7,3 (36.8%)
196	LEŻOŃ Ewa	97		1Nordic walking	21	Nordic walking	00:05:04	00:41:17.40	00:46:22.25	+00:25:40 (62.2%)	8:15	7,3 (36.8%)
197	MIKUŁA Paulina	244	KS "SOKÓŁ"	1Nordic walking	22	Nordic walking	00:05:02	00:42:16.90	00:47:18.90	+00:26:39 (63.1%)	8:27	7,1 (37.4%)
198	SŁOMKOWSKA Alina	199		1Nordic walking	23	Nordic walking	00:05:05	00:42:47.50	00:47:52.70	+00:27:10 (63.5%)	8:33	7 (36.8%)
199	WESOŁOWSKA Ewa	198	KLUB BIEGACZA RTVEUROAGD	1Nordic walking	24	Nordic walking	00:05:04	00:42:48.80	00:47:53.40	+00:27:11 (63.5%)	8:33	7 (36.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Kategoria zawodnika	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
200	KUPER Mariusz	79		1Nordic walking	25	Nordic walking	00:05:05	00:43:29.60	00:48:35.30	+00:27:52 (64.1%)	8:42	6.9 (36.3%)
201	BRZOZA Renata	55		1Nordic walking	26	Nordic walking	00:05:03	00:43:49.80	00:48:52.80	+00:28:12 (64.4%)	8:45	6.8 (35.8%)
202	STARCZEWSKA Magdalena	162		1Nordic walking	27	Nordic walking	00:05:08	00:44:06.35	00:49:15.05	+00:28:29 (64.6%)	8:49	6.8 (31.6%)
203	PAWŁOWSKA Joanna	193		1Nordic walking	28	Nordic walking	00:05:08	00:44:33.55	00:49:41.95	+00:28:56 (64.9%)	8:54	6.7 (31.6%)
204	STURMOWSKA Marzenna	62		1Nordic walking	29	Nordic walking	00:05:06	00:44:53.70	00:50:00.65	+00:29:16 (65.2%)	8:58	6.7 (31.6%)
205	WILCZYŃSKA Hanna	234		1Nordic walking	30	Nordic walking	00:05:07	00:45:32.85	00:50:40.40	+00:29:55 (65.7%)	9:06	6.6 (34.7%)
206	WISIÓŁKIEWICZ Jolanta	64		1Nordic walking	31	Nordic walking	00:05:07	00:46:01.95	00:51:09.10	+00:30:24 (66.1%)	9:12	6.5 (31.6%)
207	MAŚLIŃSKA Wioletta	63		1Nordic walking	32	Nordic walking	00:05:06	00:46:37.05	00:51:43.90	+00:30:59 (66.5%)	9:19	6.4 (31.6%)
208	PIECHOCKA Dorota	103		1Nordic walking	33	Nordic walking	00:05:03	00:51:48.40	00:56:51.40	+00:36:11 (69.8%)	10:21	5.8 (30.5%)
209	PALIWODA Natasza	109		Bieg 5km	176	Bieg	00:00:04	00:57:05.70	00:57:09.70	+00:41:28 (72.6%)	11:25	5.3 (27.9%)
210	MRÓWCZYŃSKI Szymon	202	PAŁUKI RUNNING TEAM	Bieg 5km	177	Bieg	00:00:08					(0.0%)

Znaleziono 210 wynik(ów)