



ŁABISZYŃSKI BIEG ŚWIĘTOJAŃSKI

B4SPORT

Wydarzenie:
Organizator:

ŁABISZYŃSKI BIEG ŚWIĘTOJAŃSKI
UCZNIOWSKI KLUB SPORTOWY LIDER oraz GMINA
ŁABISZYN

Data:

2024-06-23

Miejsce:

Łabiszyn

Dystans:

5 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	KUJAWA Zbigniew	56	TKKF KOLEJARZ BYDGOSZCZ	M30-M39	1	00:15:55.30	00:15:57.20		3:11	18.8 (100%)
2	SITARZ Damian	107	CARSKET	M20-M29	1	00:16:10.35	00:16:11.85	+00:00:14 (1.5%)	3:14	18.6 (98.9%)
3	KLEDZIK Zbigniew	44	GMINA ŻNIN	M30-M39	2	00:16:22.55	00:16:24.25	+00:00:27 (2.7%)	3:16	18.3 (97.3%)
4	GRUSZKA Gracjan	28		M20-M29	2	00:16:44.20	00:16:45.45	+00:00:48 (4.8%)	3:20	17.9 (95.2%)
5	MAĆKOWSKI Maciej	67	PAŁUKI RUNNING TEAM	M30-M39	3	00:16:57.35	00:16:58.60	+00:01:01 (6.0%)	3:23	17.7 (94.1%)
6	STANISZEWSKI Sławomir	111	PAŁUKI RUNNING TEAM	M30-M39	4	00:17:01.80	00:17:03.30	+00:01:06 (6.5%)	3:24	17.6 (93.6%)
7	KOLIŃSKI Dawid	177		M30-M39	5	00:17:18.65	00:17:20.45	+00:01:23 (8.0%)	3:27	17.3 (92.0%)
8	KUŹMICZ Dominik	57		M30-M39	6	00:17:40.40	00:17:42.70	+00:01:45 (9.9%)	3:32	17 (90.4%)
9	ABRAMOWSKI Damian	1	TT SODA	M30-M39	7	00:18:21.40	00:18:23.60	+00:02:26 (13.3%)	3:40	16.3 (86.7%)
10	SENGER Michał	102	PAŁUKI RUNNING TEAM	M40-M49	1	00:18:23.35	00:18:26.25	+00:02:29 (13.5%)	3:40	16.3 (86.7%)
11	UTECHT Sławomir	130	USKRZYDLENI	M30-M39	8	00:18:28.20	00:18:31.55	+00:02:34 (13.9%)	3:41	16.2 (86.2%)
12	RZESZUT Tomasz	100	WATAHA L-PAAK	M30-M39	9	00:18:36.95	00:18:39.25	+00:02:42 (14.5%)	3:43	16.1 (85.6%)
13	KUJACH Agnieszka	55		K30-K39	1	00:18:54.50	00:18:56.60	+00:02:59 (15.8%)	3:46	15.9 (84.6%)
14	DĄBROWSKI Robert	12		M40-M49	2	00:19:02.95	00:19:06.40	+00:03:09 (16.5%)	3:48	15.8 (84.0%)
15	BOMBICKI Miłosz	5		M40-M49	3	00:19:11.60	00:19:15.75	+00:03:18 (17.2%)	3:50	15.6 (83.0%)
16	SPYCHALSKI Zbigniew	110	TKKF KOLEJARZ BYDGOSZCZ	M60-M69	1	00:19:15.45	00:19:18.50	+00:03:21 (17.4%)	3:51	15.6 (83.0%)
17	KOLASA Dawid	46	GMINA ŻNIN	M40-M49	4	00:19:18.70	00:19:22.10	+00:03:24 (17.6%)	3:51	15.5 (82.4%)
18	GRZECHOWIAK Arkadiusz	30	ŁABISZYN RUNNERS	M20-M29	3	00:19:22.90	00:19:26.55	+00:03:29 (17.9%)	3:52	15.5 (82.4%)
19	MIKOŁAJCZYK Kacper	158	MIKO DIGITAL	M20-M29	4	00:19:24.50	00:19:27.55	+00:03:30 (18.0%)	3:52	15.5 (82.4%)
20	CZAJKA Beniamin	9	ŁABISZYN RUNNERS	M20-M29	5	00:19:33.60	00:19:39.10	+00:03:41 (18.8%)	3:54	15.3 (81.4%)
21	ROMANISZYN Piotr	140		M30-M39	10	00:19:48.50	00:19:51.10	+00:03:53 (19.6%)	3:57	15.2 (80.9%)
22	SERBIN Dariusz	106	WIARA LECHA POZNAŃ	M40-M49	5	00:19:50.35	00:19:52.00	+00:03:54 (19.7%)	3:58	15.1 (80.3%)
23	KWAŚNIEWSKI Waldemar	59		M50-M59	1	00:19:49.55	00:19:53.80	+00:03:56 (19.8%)	3:57	15.1 (80.3%)
24	MIKOŁAJCZYK Wojciech	160	MIKO DIGITAL	M20-M29	6	00:19:55.05	00:19:57.90	+00:04:00 (20.1%)	3:59	15.1 (80.3%)
25	OSIŃSKI Daniel	154		M20-M29	7	00:19:56.45	00:20:00.10	+00:04:02 (20.2%)	3:59	15.1 (80.3%)
26	PILACHOWSKI Marcin	90	PAŁUKI RUNNING TEAM	M30-M39	11	00:19:59.05	00:20:03.00	+00:04:05 (20.4%)	3:59	15 (79.8%)
27	NAWROCKI Dariusz	74	ŁABISZYN RUNNERS	M40-M49	6	00:20:01.10	00:20:05.70	+00:04:08 (20.6%)	4:00	15 (79.8%)
28	CZYŻEWSKI Daniel	11		M20-M29	8	00:20:04.05	00:20:08.45	+00:04:11 (20.8%)	4:00	15 (79.8%)
29	CHEŁMINIAK Mariusz	8	QŁYNYCZ TEAM ROZBIEGANE TUCZNO	M40-M49	7	00:20:09.30	00:20:11.90	+00:04:14 (21.0%)	4:01	14.9 (79.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
30	DUSZYŃSKI Przemysław	18	USKRZYDLENI	M40-M49	8	00:20:18.40	00:20:23.75	+00:04:26 (21.8%)	4:03	14.8 (78.7%)
31	SUŁKOWSKI Sławomir	117	MISTRZOWSKI TRENING	M30-M39	12	00:20:21.70	00:20:25.80	+00:04:28 (21.9%)	4:04	14.7 (78.2%)
32	WELCHOWSKI Rafał	131	ROZBIEGANE TUCZNO	M40-M49	9	00:20:28.05	00:20:31.10	+00:04:33 (22.2%)	4:05	14.7 (78.2%)
33	TOKARCZYK Ryszard	129	PATRYK BOGUCKI - STREFA BIEGANIA	M40-M49	10	00:20:34.00	00:20:36.60	+00:04:39 (22.6%)	4:06	14.6 (77.7%)
34	JELIŃSKA Natalia	37	ROZBIEGANE TUCZNO	K30-K39	2	00:20:41.80	00:20:45.15	+00:04:47 (23.1%)	4:08	14.5 (77.1%)
35	BELNIK Michał	175	UKS TRAPER ŻŁOCIENIEC	M30-M39	13	00:20:57.35	00:21:00.20	+00:05:03 (24.0%)	4:11	14.3 (76.1%)
36	FILIPIAK Jakub	19	CUK UBEZPIECZENIA ŻNIN	M40-M49	11	00:20:59.35	00:21:05.20	+00:05:08 (24.3%)	4:11	14.3 (76.1%)
37	WERNER Michał	164	ŁABISZYN RUNNERS	M30-M39	14	00:21:05.65	00:21:10.85	+00:05:13 (24.7%)	4:13	14.2 (75.5%)
37	ZAKRZEWSKI Robert	138	SSJ TEAM	M30-M39	14	00:21:04.75	00:21:10.85	+00:05:13 (24.7%)	4:12	14.2 (75.5%)
39	KRAWCZAK Piotr	51	USKRZYDLENI	M30-M39	16	00:21:09.30	00:21:17.85	+00:05:20 (25.1%)	4:13	14.2 (75.5%)
40	GREINERT Michał	25		M50-M59	2	00:21:17.20	00:21:19.30	+00:05:22 (25.2%)	4:15	14.1 (75.0%)
41	KOŃCZYK Julia	170	SZYMKOWIAK TEAM	K30-K39	3	00:21:18.50	00:21:20.90	+00:05:23 (25.3%)	4:15	14.1 (75.0%)
42	RENC Patryk	99	SERCE TYBETU	M30-M39	17	00:21:19.10	00:21:24.15	+00:05:26 (25.5%)	4:15	14.1 (75.0%)
43	KALINOWSKI Mikołaj	39	WATAHA L-PAAK	M20-M29	9	00:21:30.40	00:21:34.05	+00:05:36 (26.0%)	4:18	14 (74.5%)
44	LEWANDOWSKI Bartłomiej	61		M20-M29	10	00:21:34.95	00:21:37.50	+00:05:40 (26.2%)	4:18	13.9 (73.9%)
45	SKARWECKI Remigiusz	108	ŁABISZYN RUNNERS	M40-M49	12	00:21:32.95	00:21:37.80	+00:05:40 (26.2%)	4:18	13.9 (73.9%)
46	CHOLEWCZYNSKI Damian	139	TM IRONTEAM	M30-M39	18	00:21:37.70	00:21:41.80	+00:05:44 (26.5%)	4:19	13.9 (73.9%)
47	KOTER Mirosław	49	ŁABISZYN RUNNERS	M40-M49	13	00:21:37.05	00:21:45.75	+00:05:48 (26.7%)	4:19	13.9 (73.9%)
48	KINDERMAN Robert	42	WATAHA L-PAAK	M30-M39	19	00:21:46.15	00:21:51.00	+00:05:53 (27.0%)	4:21	13.8 (73.4%)
49	MAĆKOWSKA Katarzyna	66	PAŁUKI RUNNING TEAM	K30-K39	4	00:21:51.50	00:21:55.35	+00:05:58 (27.2%)	4:22	13.7 (72.9%)
50	OLSZEWSKI Łukasz	80	KŁECKO CYCLING TEAM	M20-M29	11	00:21:58.20	00:22:01.35	+00:06:04 (27.6%)	4:23	13.7 (72.9%)
51	RZESZUT Jerzy	101	WATAHA L-PAAK	M60-M69	2	00:21:57.10	00:22:02.30	+00:06:05 (27.6%)	4:23	13.7 (72.9%)
52	SERBIN Krzysztof	104	LECHITA BIEGA KŁECKO	M40-M49	14	00:22:08.30	00:22:10.25	+00:06:13 (28.0%)	4:25	13.6 (72.3%)
53	STEPCZYŃSKI Adam	112	WŁADEK SHORE	M30-M39	20	00:22:08.70	00:22:16.30	+00:06:19 (28.4%)	4:25	13.6 (72.3%)
54	KUBIAK Błażej	54	#SLIMAKIBARCIN	M40-M49	15	00:22:11.70	00:22:17.55	+00:06:20 (28.4%)	4:26	13.5 (71.8%)
55	KANARKOWSKI Tomasz	40		M50-M59	3	00:22:15.10	00:22:19.75	+00:06:22 (28.6%)	4:27	13.5 (71.8%)
56	MACIEJEWSKA Kamila	63	TT SODA	K40-K49	1	00:22:19.50	00:22:23.60	+00:06:26 (28.8%)	4:27	13.4 (71.3%)
57	SUPERCZYNSKI Andrzej	118		M30-M39	21	00:22:20.45	00:22:27.25	+00:06:30 (29.0%)	4:28	13.4 (71.3%)
58	OSTROWSKI Piotr	84	OSTROWSKI TEAM ŻNIN	M40-M49	16	00:22:24.55	00:22:34.20	+00:06:37 (29.3%)	4:28	13.4 (71.3%)
59	NOWAKOWSKI Adam	159	ŻUBR JANUSZKOWO	M20-M29	12	00:22:36.10	00:22:50.00	+00:06:52 (30.1%)	4:31	13.3 (70.7%)
60	WINKOWSKA Ania	167		K16-K19	1	00:22:46.70	00:22:51.55	+00:06:54 (30.2%)	4:33	13.2 (70.2%)
61	SZUBIŃSKI Ireneusz	122	KOMPLETNY AMATOR	M40-M49	17	00:22:45.00	00:22:53.40	+00:06:56 (30.3%)	4:33	13.2 (70.2%)
62	LEWANDOWSKI Maciej	60		M30-M39	22	00:22:49.05	00:22:54.65	+00:06:57 (30.4%)	4:33	13.1 (69.7%)
63	WINIECKI Sławek	135	TT SODA	M40-M49	18	00:22:49.05	00:22:54.85	+00:06:57 (30.4%)	4:33	13.1 (69.7%)
64	DROŹDŹYŃSKI Marcin	16		M20-M29	13	00:22:54.30	00:22:57.95	+00:07:00 (30.5%)	4:34	13.1 (69.7%)
65	AŁADOWICZ Mikołaj	3	ŁABISZYN RUNNERS	M20-M29	14	00:22:59.35	00:23:04.30	+00:07:07 (30.9%)	4:35	13.1 (69.7%)
66	WÓDKOWSKI Łukasz	179	PAŁUKI RUNNING TEAM	M30-M39	23	00:23:06.65	00:23:12.95	+00:07:15 (31.3%)	4:37	13 (69.1%)
67	PŁUCIENNIK Franciszek	93	ROZBIEGANE TUCZNO	M16-M19	1	00:23:10.40	00:23:14.35	+00:07:17 (31.4%)	4:38	12.9 (68.6%)
68	MACZYŃSKI Grzegorz	65	TKKF KOLEJARZ BYDGOSZCZ	M50-M59	4	00:23:08.80	00:23:15.25	+00:07:18 (31.4%)	4:37	13 (69.1%)
69	GRZECHOWIAK Tomasz	31	HERNIK TEAM	M50-M59	5	00:23:12.90	00:23:18.60	+00:07:21 (31.6%)	4:38	12.9 (68.6%)
70	MACIEJEWSKI Sławomir	64	ŻUBR JANUSZKOWO	M20-M29	15	00:23:07.80	00:23:22.05	+00:07:24 (31.7%)	4:37	13 (69.1%)
70	SZAFRAN Katarzyna	120	BIEGAJĄCE KREJZOLE	K50-K59	1	00:23:14.75	00:23:22.05	+00:07:24 (31.7%)	4:38	12.9 (68.6%)
72	KALINOWSKI Dominik	38	WATAHA L-PAAK	M30-M39	24	00:23:26.70	00:23:31.35	+00:07:34 (32.2%)	4:41	12.8 (68.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						netto 5km	brutto 5km			
73	PUCHACZ Marcin	96	PUCHACZE	M40-M49	19	00:23:30.30	00:23:35.55	+00:07:38 (32.4%)	4:42	12.8 (68.1%)
74	LINKOWSKA Monika	168	#SLIMAKIBARCIN	K30-K39	5	00:23:29.75	00:23:36.25	+00:07:39 (32.4%)	4:41	12.8 (68.1%)
75	PASZKIET Remigiusz	87	#SLIMAKIBARCIN	M40-M49	20	00:23:29.10	00:23:36.70	+00:07:39 (32.4%)	4:41	12.8 (68.1%)
76	PŁUCIENNIK Paweł	92	ROZBIEGANE TUCZNO	M50-M59	6	00:23:33.30	00:23:39.00	+00:07:41 (32.5%)	4:42	12.7 (67.6%)
77	MACIEJCZYK Jacek	62		M50-M59	7	00:23:31.35	00:23:42.65	+00:07:45 (32.7%)	4:42	12.8 (68.1%)
78	KATULSKI Radosław	41	INTER-VAX ŻNIN	M40-M49	21	00:23:55.20	00:24:01.10	+00:08:03 (33.6%)	4:47	12.5 (66.5%)
79	DUDEK Joanna	17	GMINA ŻNIN	K30-K39	6	00:23:58.80	00:24:06.10	+00:08:08 (33.8%)	4:47	12.5 (66.5%)
80	BŁAŻAK Marcin	149		M16-M19	2	00:23:58.85	00:24:08.35	+00:08:11 (33.9%)	4:47	12.5 (66.5%)
81	ŚWIĘCICKI Andrzej	126	BYDGOSKIE ŻÓŁWIE	M50-M59	8	00:24:08.50	00:24:18.90	+00:08:21 (34.4%)	4:49	12.4 (66.0%)
82	SUCHECKA-BEMBNISTA Joanna	116	USKRZYDLENI	K50-K59	2	00:24:20.40	00:24:27.40	+00:08:30 (34.8%)	4:52	12.3 (65.4%)
83	OWCZAREK Witek	85	TT SODA	M50-M59	9	00:24:32.00	00:24:38.50	+00:08:41 (35.3%)	4:54	12.2 (64.9%)
84	POPKOWSKI Michał	95	PAŁUKI RUNNING TEAM	M30-M39	25	00:24:35.05	00:24:40.90	+00:08:43 (35.4%)	4:55	12.2 (64.9%)
85	IDCZAK Kinga	35	TT SODA	K20-K29	1	00:24:35.30	00:24:41.80	+00:08:44 (35.4%)	4:55	12.2 (64.9%)
86	RYCHWALSKA Agnieszka	142	ROZBIEGANE TUCZNO	K40-K49	2	00:24:37.55	00:24:42.10	+00:08:44 (35.4%)	4:55	12.2 (64.9%)
87	RARTAJCZAK Agata	97	#SLIMAKIBARCIN	K40-K49	3	00:24:37.20	00:24:48.80	+00:08:51 (35.7%)	4:55	12.2 (64.9%)
88	MARNOCHA Łukasz	147	GMINA ŻNIN	M40-M49	22	00:24:37.15	00:24:48.95	+00:08:51 (35.7%)	4:55	12.2 (64.9%)
89	SZMYT Wioletta	173	#ŚLIMAKIBARCIN	K50-K59	3	00:24:43.50	00:24:49.90	+00:08:52 (35.8%)	4:56	12.1 (64.4%)
90	RATAJCZAK Paweł	98	#SLIMAKIBARCIN	M40-M49	23	00:24:37.90	00:24:50.20	+00:08:53 (35.8%)	4:55	12.2 (64.9%)
91	KASPROWIAK Adrian	155		M20-M29	16	00:24:37.10	00:24:51.60	+00:08:54 (35.8%)	4:55	12.2 (64.9%)
92	JELEŃ-KOTLAREK Agnieszka	36	VEGE RUNNERS	K40-K49	4	00:24:53.95	00:25:03.60	+00:09:06 (36.3%)	4:58	12.1 (64.4%)
93	NITKA Kamil	78		M20-M29	17	00:25:01.60	00:25:08.20	+00:09:11 (36.5%)	5:00	12 (63.8%)
94	CABAŃSKA Katarzyna	7	#SLIMAKIBARCIN	K40-K49	5	00:25:14.10	00:25:20.80	+00:09:23 (37.1%)	5:02	11.9 (63.3%)
95	NEUMANN Andrzej	178		M40-M49	24	00:25:13.50	00:25:21.50	+00:09:24 (37.1%)	5:02	11.9 (63.3%)
96	NALIWAJSKA Natalia	73		K30-K39	7	00:25:14.45	00:25:22.75	+00:09:25 (37.1%)	5:02	11.9 (63.3%)
97	TUREK Marta	157	KS SZOSA ŻNIN	K30-K39	8	00:25:15.60	00:25:23.95	+00:09:26 (37.2%)	5:03	11.9 (63.3%)
98	NIEMCZEWSKI Jakub	76	ŁABISZYN RUNNERS	M16-M19	3	00:25:14.20	00:25:27.20	+00:09:30 (37.3%)	5:02	11.9 (63.3%)
99	SIKORA Antoni	174	ŻNIŃSKI KLUB BIEGACZA	M70+	1	00:25:32.70	00:25:39.30	+00:09:42 (37.8%)	5:06	11.7 (62.2%)
100	GODZIUK Roman	23		M60-M69	3	00:25:33.15	00:25:42.60	+00:09:45 (37.9%)	5:06	11.7 (62.2%)
101	JAKUBOWSKI Artur	141	ŚLIMAKI BARCIN	M40-M49	25	00:25:31.75	00:25:43.95	+00:09:46 (38.0%)	5:06	11.8 (62.8%)
102	KRANZ Amelia	50	ŁABISZYN RUNNERS	K16-K19	2	00:25:45.65	00:25:54.85	+00:09:57 (38.4%)	5:09	11.7 (62.2%)
103	MASŁOWSKA Angelika	68		K40-K49	6	00:25:44.15	00:25:55.45	+00:09:58 (38.5%)	5:08	11.7 (62.2%)
104	CZYŻEWSKA Justyna	10		K40-K49	7	00:25:53.60	00:26:02.00	+00:10:04 (38.7%)	5:10	11.6 (61.7%)
105	POTRZEBOWSKA Agata	163	DEAF	K30-K39	9	00:25:52.00	00:26:04.95	+00:10:07 (38.8%)	5:10	11.6 (61.7%)
106	KRANZ Leszek	161	STRZELNICA GODAWY	M40-M49	26	00:26:02.60	00:26:10.20	+00:10:13 (39.0%)	5:12	11.5 (61.2%)
107	PANKOWSKA Ada	86		K20-K29	2	00:26:05.60	00:26:11.70	+00:10:14 (39.1%)	5:13	11.5 (61.2%)
108	WIERZCHOSŁAWSKA Renata	132		K50-K59	4	00:26:04.30	00:26:12.90	+00:10:15 (39.1%)	5:12	11.5 (61.2%)
109	KRYSZAK Klaudia	53		K30-K39	10	00:26:21.90	00:26:21.90	+00:10:24 (39.5%)	5:16	11.4 (60.6%)
110	SZABLINSKA Hoborata	119		K40-K49	8	00:26:14.50	00:26:25.00	+00:10:27 (39.6%)	5:14	11.4 (60.6%)
111	MIKULSKA Anna	70	ŚLIMAKI BARCIN	K30-K39	11	00:26:19.65	00:26:26.05	+00:10:28 (39.6%)	5:15	11.4 (60.6%)
112	PIECHOWIAK Leszek	88	TEAM RUN GOŁAŃCZ	M40-M49	27	00:26:19.60	00:26:28.35	+00:10:31 (39.7%)	5:15	11.4 (60.6%)
113	POPIELARZ Karolina	146	ŁABISZYN RUNNERS	K40-K49	9	00:26:26.60	00:26:36.10	+00:10:38 (40.0%)	5:17	11.3 (60.1%)
114	PIEKARSKA Agnieszka	148		K50-K59	5	00:26:27.05	00:26:38.45	+00:10:41 (40.1%)	5:17	11.3 (60.1%)
115	ŚWIERCZYŃSKI Michał	125		M30-M39	26	00:26:31.35	00:26:38.55	+00:10:41 (40.1%)	5:18	11.3 (60.1%)
116	PIOTROWICZ Ireneusz	171		M60-M69	4	00:26:33.75	00:26:42.95	+00:10:45 (40.3%)	5:18	11.3 (60.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						netto 5km	brutto 5km			
117	KRYNICKA Nikola	52		K20-K29	3	00:26:34.00	00:26:43.15	+00:10:45 (40.3%)	5:18	11.3 (60.1%)
118	OSSOWSKA Karolina	82		K30-K39	12	00:26:37.35	00:26:52.10	+00:10:54 (40.6%)	5:19	11.3 (60.1%)
119	MOTOCZYŃSKA Maria	176	TKKF KOLEJARZ BYDGOSZCZ	K40-K49	10	00:26:42.50	00:26:52.95	+00:10:55 (40.7%)	5:20	11.2 (59.6%)
120	PŁUCIENNIK Agnieszka	94	ROZBIEGANIE TUCZNO	K40-K49	11	00:26:53.50	00:27:01.50	+00:11:04 (41.0%)	5:22	11.2 (59.6%)
121	KONWIŃSKI Marcin	48	ŁABISZYN RUNNERS	M30-M39	27	00:26:53.75	00:27:06.70	+00:11:09 (41.2%)	5:22	11.2 (59.6%)
122	WOŹNIAK Łukasz	137	RÓŻY KWIAT	M30-M39	28	00:26:52.70	00:27:08.00	+00:11:10 (41.2%)	5:22	11.2 (59.6%)
123	POTRZEBOWSKI Marek	162	DEAF	M40-M49	28	00:26:56.60	00:27:10.20	+00:11:13 (41.3%)	5:23	11.1 (59.0%)
124	GROBELNA Monika	26		K40-K49	12	00:27:01.85	00:27:11.65	+00:11:14 (41.3%)	5:24	11.1 (59.0%)
125	WALCZAK Maciej	151	TEAM RUDNIK	M50-M59	10	00:27:03.60	00:27:14.35	+00:11:17 (41.4%)	5:24	11.1 (59.0%)
126	DELIKTA Szymon	156		M16-M19	4	00:26:59.25	00:27:16.75	+00:11:19 (41.5%)	5:23	11.1 (59.0%)
127	MATELSKA Wiktoria	69		K20-K29	4	00:27:06.20	00:27:17.20	+00:11:20 (41.5%)	5:25	11.1 (59.0%)
128	SKIBIŃSKI Sebastian	109	ŁABISZYN RUNNERS	M40-M49	29	00:27:17.70	00:27:21.80	+00:11:24 (41.7%)	5:27	11 (58.5%)
129	RADZIKOWSKA Ewelina	153	#SLIMAKIBARCIN	K30-K39	13	00:27:16.30	00:27:23.30	+00:11:26 (41.8%)	5:27	11 (58.5%)
130	NIEMCZEWSKI Mirosław	75	ŁABISZYN RUNNERS	M40-M49	30	00:27:13.10	00:27:26.70	+00:11:29 (41.9%)	5:26	11 (58.5%)
131	NOWACKI Rafał	79	RAKIETA ZAMOŚĆ	M50-M59	11	00:27:26.25	00:27:37.85	+00:11:40 (42.3%)	5:29	10.9 (58.0%)
132	ŚWITAŁA Robert	127		M20-M29	18	00:27:29.65	00:27:42.50	+00:11:45 (42.4%)	5:29	10.9 (58.0%)
133	KWAŚNIEWSKA Aldona	58		K40-K49	13	00:27:38.90	00:27:47.15	+00:11:49 (42.6%)	5:31	10.9 (58.0%)
134	JAKUBOWSKI Radosław	165	ARMIN TEAM	M50-M59	12	00:27:39.95	00:27:55.10	+00:11:57 (42.9%)	5:31	10.8 (57.4%)
135	GRACZYKOWSKA Anna	24	BBKTS	K30-K39	14	00:27:46.35	00:27:57.75	+00:12:00 (42.9%)	5:33	10.8 (57.4%)
136	BRZYKCA-MYSZKOWSKA Joanna	181	TT SODA	K40-K49	14	00:27:48.20	00:28:00.50	+00:12:03 (43.0%)	5:33	10.8 (57.4%)
137	KONWIŃSKA Alina	47	ŁABISZYN RUNNERS	K40-K49	15	00:28:03.85	00:28:17.00	+00:12:19 (43.6%)	5:36	10.7 (56.9%)
138	NALEWALSKA Justyna	72	SERCE TYBETU	K30-K39	15	00:28:09.45	00:28:20.25	+00:12:23 (43.7%)	5:37	10.7 (56.9%)
139	KRZEMIŃSKI Damian	150		M20-M29	19	00:28:22.65	00:28:31.55	+00:12:34 (44.1%)	5:40	10.6 (56.4%)
140	GRZECHOWIAK Agnieszka	22	HERNIK TEAM	K50-K59	6	00:28:22.60	00:28:33.00	+00:12:35 (44.1%)	5:40	10.6 (56.4%)
141	ORAWCZYK Amelia	81	WATAHA L-PAAK	K30-K39	16	00:28:30.30	00:28:38.40	+00:12:41 (44.3%)	5:42	10.5 (55.9%)
142	GRZECHNIK Paulina	29	TEAM RUN NAKŁO	K40-K49	16	00:28:38.95	00:28:49.70	+00:12:52 (44.7%)	5:43	10.5 (55.9%)
143	SERBIN Michał	103		M30-M39	29	00:29:00.30	00:29:02.25	+00:13:05 (45.1%)	5:48	10.3 (54.8%)
144	CIESIELSKA Agnieszka	143	TEAM RUN NAKŁO NAD NOTECIĄ	K40-K49	17	00:28:58.85	00:29:09.00	+00:13:11 (45.3%)	5:47	10.4 (55.3%)
145	BUKOWSKI Krzysztof	6	BEZKLUBOWIEC	M50-M59	13	00:29:00.20	00:29:11.40	+00:13:14 (45.3%)	5:48	10.3 (54.8%)
146	TKACZUK Jolanta	128	T.G.SOKÓŁ	K60-K69	1	00:29:05.00	00:29:15.70	+00:13:18 (45.5%)	5:49	10.3 (54.8%)
147	MILENA Zielke	169		K30-K39	17	00:29:19.20	00:29:24.55	+00:13:27 (45.8%)	5:51	10.2 (54.3%)
148	HAMZIK Emilia	33		K20-K29	5	00:29:18.55	00:29:32.60	+00:13:35 (46.0%)	5:51	10.2 (54.3%)
149	PIONTEK Elżbieta	91		K60-K69	2	00:29:22.60	00:29:34.20	+00:13:37 (46.0%)	5:52	10.2 (54.3%)
150	SZYMANOWSKA Katarzyna	123		K50-K59	7	00:29:28.65	00:29:36.05	+00:13:38 (46.1%)	5:53	10.2 (54.3%)
151	BĄK Remigiusz	4		M40-M49	31	00:29:37.10	00:29:49.00	+00:13:51 (46.5%)	5:55	10.1 (53.7%)
152	POPIELARZ Agata	145	ŁABISZYN RUNNERS	K16-K19	3	00:29:48.10	00:29:58.20	+00:14:01 (46.8%)	5:57	10.1 (53.7%)
153	WILIŃSKI Rafał	134		M30-M39	30	00:30:01.65	00:30:15.40	+00:14:18 (47.3%)	6:00	10 (53.2%)
154	STRZEMKOWSKA Aleksandra	115	#SLIMAKIBARCIN	K30-K39	18	00:30:09.00	00:30:17.00	+00:14:19 (47.3%)	6:01	10 (53.2%)
155	HŁOND Andrzej	34	ŁABISZYN RUNNERS	M60-M69	5	00:30:07.15	00:30:17.65	+00:14:20 (47.3%)	6:01	10 (53.2%)
156	ŻANETA Jarolewska	166		K40-K49	18	00:30:16.30	00:30:22.20	+00:14:25 (47.5%)	6:03	9.9 (52.7%)
157	GACKA Joanna	21		K40-K49	19	00:30:51.05	00:31:03.60	+00:15:06 (48.6%)	6:10	9.7 (51.6%)
158	KOCZOROWSKI Tomasz	45		M40-M49	32	00:30:50.25	00:31:04.35	+00:15:07 (48.7%)	6:10	9.7 (51.6%)
159	NITKA Emilia	77		K20-K29	6	00:31:09.30	00:31:22.75	+00:15:25 (49.2%)	6:13	9.6 (51.1%)
160	ADAMIUK Sylwia	2		K30-K39	19	00:31:14.40	00:31:23.25	+00:15:26 (49.2%)	6:14	9.6 (51.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
161	DOBOSIEWICZ Zuzanna	15		K16-K19	4	00:31:36.90	00:31:44.60	+00:15:47 (49.7%)	6:19	9.5 (50.5%)
162	WIKTOROWICZ Dominika	133	ŁABISZYN RUNNERS	K30-K39	20	00:31:31.75	00:31:45.20	+00:15:48 (49.8%)	6:18	9.5 (50.5%)
163	DOBOSIEWICZ Sebastian	14		M40-M49	33	00:31:43.35	00:31:51.10	+00:15:53 (49.9%)	6:20	9.5 (50.5%)
164	OSTROWSKI Krzysztof	172		M50-M59	14	00:31:41.70	00:31:56.70	+00:15:59 (50.1%)	6:20	9.5 (50.5%)
165	STOKFISZ Ewelina	113		K30-K39	21	00:31:53.15	00:32:02.80	+00:16:05 (50.2%)	6:22	9.4 (50.0%)
166	STOKFISZ Marek	114		M30-M39	31	00:32:00.00	00:32:09.35	+00:16:12 (50.4%)	6:24	9.4 (50.0%)
167	PIJAROWSKI Ildefons	89		M60-M69	6	00:31:59.80	00:32:09.65	+00:16:12 (50.4%)	6:23	9.4 (50.0%)
168	HADOWSKA Anna	32	INOWROCŁAWSKI KLUB SPORTOWY KARATE	K70+	1	00:32:40.95	00:32:53.55	+00:16:56 (51.5%)	6:32	9.2 (48.9%)
169	POLAWSKI Marcin	180		M40-M49	34	00:35:21.40	00:35:26.35	+00:19:29 (55.0%)	7:04	8.5 (45.2%)
170	DĘBSKA Sylwia	13		K40-K49	20	00:41:14.85	00:41:29.40	+00:25:32 (61.5%)	8:14	7.3 (38.8%)
171	SZNAJDROWSKI Mateusz	121		M30-M39	32	00:51:10.25	00:51:10.25	+00:35:13 (68.8%)	10:14	5.9 (31.4%)

Znaleziono 171 wynik(ów)