



ŁABISZYŃSKI  
**BIEG**  
ŚWIĘTOJAŃSKI

# ŁABISZYŃSKI BIEG ŚWIĘTOJAŃSKI

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

**Wydarzenie:**  
**Organizator:**

ŁABISZYŃSKI BIEG ŚWIĘTOJAŃSKI  
UCZNIOWSKI KLUB SPORTOWY LIDER oraz GMINA  
ŁABISZYN

**Data:**

2024-06-23

**Miejsce:**

Łabiszyn

**Dystans:**

5 km

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	<b>DUSZYŃSKI Przemysław</b>	<b>18</b>	USKRZYDLENI	M40-M49	8	<b>00:20:18.40</b>	<b>00:20:23.75</b>	+00:04:26 (21.8%)	4:03	14.8 (78.7%)
31	<b>SUŁKOWSKI Sławomir</b>	<b>117</b>	MISTRZOWSKI TRENING	M30-M39	12	<b>00:20:21.70</b>	<b>00:20:25.80</b>	+00:04:28 (21.9%)	4:04	14.7 (78.2%)
32	<b>WELCHOWSKI Rafał</b>	<b>131</b>	ROZBIEGANE TUCZNO	M40-M49	9	<b>00:20:28.05</b>	<b>00:20:31.10</b>	+00:04:33 (22.2%)	4:05	14.7 (78.2%)
33	<b>TOKARCZYK Ryszard</b>	<b>129</b>	PATRYK BOGUCKI - STREFA BIEGANIA	M40-M49	10	<b>00:20:34.00</b>	<b>00:20:36.60</b>	+00:04:39 (22.6%)	4:06	14.6 (77.7%)
34	<b>JELIŃSKA Natalia</b>	<b>37</b>	ROZBIEGANE TUCZNO	K30-K39	2	<b>00:20:41.80</b>	<b>00:20:45.15</b>	+00:04:47 (23.1%)	4:08	14.5 (77.1%)
35	<b>BELNIK Michał</b>	<b>175</b>	UKS TRAPER ŻŁOCIENIEC	M30-M39	13	<b>00:20:57.35</b>	<b>00:21:00.20</b>	+00:05:03 (24.0%)	4:11	14.3 (76.1%)
36	<b>FILIPIAK Jakub</b>	<b>19</b>	CUK UBEZPIECZENIA ŻNIN	M40-M49	11	<b>00:20:59.35</b>	<b>00:21:05.20</b>	+00:05:08 (24.3%)	4:11	14.3 (76.1%)
37	<b>WERNER Michał</b>	<b>164</b>	ŁABISZYN RUNNERS	M30-M39	14	<b>00:21:05.65</b>	<b>00:21:10.85</b>	+00:05:13 (24.7%)	4:13	14.2 (75.5%)
37	<b>ZAKRZEWSKI Robert</b>	<b>138</b>	SSJ TEAM	M30-M39	14	<b>00:21:04.75</b>	<b>00:21:10.85</b>	+00:05:13 (24.7%)	4:12	14.2 (75.5%)
39	<b>KRAWCZAK Piotr</b>	<b>51</b>	USKRZYDLENI	M30-M39	16	<b>00:21:09.30</b>	<b>00:21:17.85</b>	+00:05:20 (25.1%)	4:13	14.2 (75.5%)
40	<b>GREINERT Michał</b>	<b>25</b>		M50-M59	2	<b>00:21:17.20</b>	<b>00:21:19.30</b>	+00:05:22 (25.2%)	4:15	14.1 (75.0%)
41	<b>KOŃCZYK Julia</b>	<b>170</b>	SZYMKOWIAK TEAM	K30-K39	3	<b>00:21:18.50</b>	<b>00:21:20.90</b>	+00:05:23 (25.3%)	4:15	14.1 (75.0%)
42	<b>RENC Patryk</b>	<b>99</b>	SERCE TYBETU	M30-M39	17	<b>00:21:19.10</b>	<b>00:21:24.15</b>	+00:05:26 (25.5%)	4:15	14.1 (75.0%)
43	<b>KALINOWSKI Mikołaj</b>	<b>39</b>	WATAHA L-PAAK	M20-M29	9	<b>00:21:30.40</b>	<b>00:21:34.05</b>	+00:05:36 (26.0%)	4:18	14 (74.5%)
44	<b>LEWANDOWSKI Bartłomiej</b>	<b>61</b>		M20-M29	10	<b>00:21:34.95</b>	<b>00:21:37.50</b>	+00:05:40 (26.2%)	4:18	13.9 (73.9%)
45	<b>SKARWECKI Remigiusz</b>	<b>108</b>	ŁABISZYN RUNNERS	M40-M49	12	<b>00:21:32.95</b>	<b>00:21:37.80</b>	+00:05:40 (26.2%)	4:18	13.9 (73.9%)
46	<b>CHOLEWCZYNSKI Damian</b>	<b>139</b>	TM IRONTEAM	M30-M39	18	<b>00:21:37.70</b>	<b>00:21:41.80</b>	+00:05:44 (26.5%)	4:19	13.9 (73.9%)
47	<b>KOTER Mirosław</b>	<b>49</b>	ŁABISZYN RUNNERS	M40-M49	13	<b>00:21:37.05</b>	<b>00:21:45.75</b>	+00:05:48 (26.7%)	4:19	13.9 (73.9%)
48	<b>KINDERMAN Robert</b>	<b>42</b>	WATAHA L-PAAK	M30-M39	19	<b>00:21:46.15</b>	<b>00:21:51.00</b>	+00:05:53 (27.0%)	4:21	13.8 (73.4%)
49	<b>MAĆKOWSKA Katarzyna</b>	<b>66</b>	PAŁUKI RUNNING TEAM	K30-K39	4	<b>00:21:51.50</b>	<b>00:21:55.35</b>	+00:05:58 (27.2%)	4:22	13.7 (72.9%)
50	<b>OLSZEWSKI Łukasz</b>	<b>80</b>	KŁECKO CYCLING TEAM	M20-M29	11	<b>00:21:58.20</b>	<b>00:22:01.35</b>	+00:06:04 (27.6%)	4:23	13.7 (72.9%)
51	<b>RZESZUT Jerzy</b>	<b>101</b>	WATAHA L-PAAK	M60-M69	2	<b>00:21:57.10</b>	<b>00:22:02.30</b>	+00:06:05 (27.6%)	4:23	13.7 (72.9%)
52	<b>SERBIN Krzysztof</b>	<b>104</b>	LECHITA BIEGA KŁECKO	M40-M49	14	<b>00:22:08.30</b>	<b>00:22:10.25</b>	+00:06:13 (28.0%)	4:25	13.6 (72.3%)
53	<b>STEPCZYŃSKI Adam</b>	<b>112</b>	WŁADEK SHORE	M30-M39	20	<b>00:22:08.70</b>	<b>00:22:16.30</b>	+00:06:19 (28.4%)	4:25	13.6 (72.3%)
54	<b>KUBIAK Błażej</b>	<b>54</b>	#SLIMAKIBARCIN	M40-M49	15	<b>00:22:11.70</b>	<b>00:22:17.55</b>	+00:06:20 (28.4%)	4:26	13.5 (71.8%)
55	<b>KANARKOWSKI Tomasz</b>	<b>40</b>		M50-M59	3	<b>00:22:15.10</b>	<b>00:22:19.75</b>	+00:06:22 (28.6%)	4:27	13.5 (71.8%)
56	<b>MACIEJEWSKA Kamila</b>	<b>63</b>	TT SODA	K40-K49	1	<b>00:22:19.50</b>	<b>00:22:23.60</b>	+00:06:26 (28.8%)	4:27	13.4 (71.3%)
57	<b>SUPERCZYNSKI Andrzej</b>	<b>118</b>		M30-M39	21	<b>00:22:20.45</b>	<b>00:22:27.25</b>	+00:06:30 (29.0%)	4:28	13.4 (71.3%)
58	<b>OSTROWSKI Piotr</b>	<b>84</b>	OSTROWSKI TEAM ŻNIN	M40-M49	16	<b>00:22:24.55</b>	<b>00:22:34.20</b>	+00:06:37 (29.3%)	4:28	13.4 (71.3%)
59	<b>NOWAKOWSKI Adam</b>	<b>159</b>	ŻUBR JANUSZKOWO	M20-M29	12	<b>00:22:36.10</b>	<b>00:22:50.00</b>	+00:06:52 (30.1%)	4:31	13.3 (70.7%)
60	<b>WINKOWSKA Ania</b>	<b>167</b>		K16-K19	1	<b>00:22:46.70</b>	<b>00:22:51.55</b>	+00:06:54 (30.2%)	4:33	13.2 (70.2%)
61	<b>SZUBIŃSKI Ireneusz</b>	<b>122</b>	KOMPLETNY AMATOR	M40-M49	17	<b>00:22:45.00</b>	<b>00:22:53.40</b>	+00:06:56 (30.3%)	4:33	13.2 (70.2%)
62	<b>LEWANDOWSKI Maciej</b>	<b>60</b>		M30-M39	22	<b>00:22:49.05</b>	<b>00:22:54.65</b>	+00:06:57 (30.4%)	4:33	13.1 (69.7%)
63	<b>WINIECKI Sławek</b>	<b>135</b>	TT SODA	M40-M49	18	<b>00:22:49.05</b>	<b>00:22:54.85</b>	+00:06:57 (30.4%)	4:33	13.1 (69.7%)
64	<b>DROŹDŹYŃSKI Marcin</b>	<b>16</b>		M20-M29	13	<b>00:22:54.30</b>	<b>00:22:57.95</b>	+00:07:00 (30.5%)	4:34	13.1 (69.7%)
65	<b>AŁADOWICZ Mikołaj</b>	<b>3</b>	ŁABISZYN RUNNERS	M20-M29	14	<b>00:22:59.35</b>	<b>00:23:04.30</b>	+00:07:07 (30.9%)	4:35	13.1 (69.7%)
66	<b>WÓDKOWSKI Łukasz</b>	<b>179</b>	PAŁUKI RUNNING TEAM	M30-M39	23	<b>00:23:06.65</b>	<b>00:23:12.95</b>	+00:07:15 (31.3%)	4:37	13 (69.1%)
67	<b>PŁUCIENNIK Franciszek</b>	<b>93</b>	ROZBIEGANE TUCZNO	M16-M19	1	<b>00:23:10.40</b>	<b>00:23:14.35</b>	+00:07:17 (31.4%)	4:38	12.9 (68.6%)
68	<b>MACZYŃSKI Grzegorz</b>	<b>65</b>	TKKF KOLEJARZ BYDGOSZCZ	M50-M59	4	<b>00:23:08.80</b>	<b>00:23:15.25</b>	+00:07:18 (31.4%)	4:37	13 (69.1%)
69	<b>GRZECHOWIAK Tomasz</b>	<b>31</b>	HERNIK TEAM	M50-M59	5	<b>00:23:12.90</b>	<b>00:23:18.60</b>	+00:07:21 (31.6%)	4:38	12.9 (68.6%)
70	<b>MACIEJEWSKI Sławomir</b>	<b>64</b>	ŻUBR JANUSZKOWO	M20-M29	15	<b>00:23:07.80</b>	<b>00:23:22.05</b>	+00:07:24 (31.7%)	4:37	13 (69.1%)
70	<b>SZAFRAN Katarzyna</b>	<b>120</b>	BIEGAJĄCE KREJZOLE	K50-K59	1	<b>00:23:14.75</b>	<b>00:23:22.05</b>	+00:07:24 (31.7%)	4:38	12.9 (68.6%)
72	<b>KALINOWSKI Dominik</b>	<b>38</b>	WATAHA L-PAAK	M30-M39	24	<b>00:23:26.70</b>	<b>00:23:31.35</b>	+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	<b>PUCHACZ Marcin</b>	<b>96</b>	PUCHACZE	M40-M49	19	<b>00:23:30.30</b>	<b>00:23:35.55</b>	+00:07:38 (32.4%)	4:42	12.8 (68.1%)
74	<b>LINKOWSKA Monika</b>	<b>168</b>	#SLIMAKIBARCIN	K30-K39	5	<b>00:23:29.75</b>	<b>00:23:36.25</b>	+00:07:39 (32.4%)	4:41	12.8 (68.1%)
75	<b>PASZKIET Remigiusz</b>	<b>87</b>	#SLIMAKIBARCIN	M40-M49	20	<b>00:23:29.10</b>	<b>00:23:36.70</b>	+00:07:39 (32.4%)	4:41	12.8 (68.1%)
76	<b>PŁUCIENNIK Paweł</b>	<b>92</b>	ROZBIEGANE TUCZNO	M50-M59	6	<b>00:23:33.30</b>	<b>00:23:39.00</b>	+00:07:41 (32.5%)	4:42	12.7 (67.6%)
77	<b>MACIEJCZYK Jacek</b>	<b>62</b>		M50-M59	7	<b>00:23:31.35</b>	<b>00:23:42.65</b>	+00:07:45 (32.7%)	4:42	12.8 (68.1%)
78	<b>KATULSKI Radosław</b>	<b>41</b>	INTER-VAX ŻNIN	M40-M49	21	<b>00:23:55.20</b>	<b>00:24:01.10</b>	+00:08:03 (33.6%)	4:47	12.5 (66.5%)
79	<b>DUDEK Joanna</b>	<b>17</b>	GMINA ŻNIN	K30-K39	6	<b>00:23:58.80</b>	<b>00:24:06.10</b>	+00:08:08 (33.8%)	4:47	12.5 (66.5%)
80	<b>BŁAŻAK Marcin</b>	<b>149</b>		M16-M19	2	<b>00:23:58.85</b>	<b>00:24:08.35</b>	+00:08:11 (33.9%)	4:47	12.5 (66.5%)
81	<b>ŚWIĘCICKI Andrzej</b>	<b>126</b>	BYDGOSKIE ŻÓŁWIE	M50-M59	8	<b>00:24:08.50</b>	<b>00:24:18.90</b>	+00:08:21 (34.4%)	4:49	12.4 (66.0%)
82	<b>SUCHECKA-BEMBNISTA Joanna</b>	<b>116</b>	USKRZYDLENI	K50-K59	2	<b>00:24:20.40</b>	<b>00:24:27.40</b>	+00:08:30 (34.8%)	4:52	12.3 (65.4%)
83	<b>OWCZAREK Witek</b>	<b>85</b>	TT SODA	M50-M59	9	<b>00:24:32.00</b>	<b>00:24:38.50</b>	+00:08:41 (35.3%)	4:54	12.2 (64.9%)
84	<b>POPKOWSKI Michał</b>	<b>95</b>	PAŁUKI RUNNING TEAM	M30-M39	25	<b>00:24:35.05</b>	<b>00:24:40.90</b>	+00:08:43 (35.4%)	4:55	12.2 (64.9%)
85	<b>IDCZAK Kinga</b>	<b>35</b>	TT SODA	K20-K29	1	<b>00:24:35.30</b>	<b>00:24:41.80</b>	+00:08:44 (35.4%)	4:55	12.2 (64.9%)
86	<b>RYCHWALSKA Agnieszka</b>	<b>142</b>	ROZBIEGANE TUCZNO	K40-K49	2	<b>00:24:37.55</b>	<b>00:24:42.10</b>	+00:08:44 (35.4%)	4:55	12.2 (64.9%)
87	<b>RARTAJCZAK Agata</b>	<b>97</b>	#SLIMAKIBARCIN	K40-K49	3	<b>00:24:37.20</b>	<b>00:24:48.80</b>	+00:08:51 (35.7%)	4:55	12.2 (64.9%)
88	<b>MARNOCHA Łukasz</b>	<b>147</b>	GMINA ŻNIN	M40-M49	22	<b>00:24:37.15</b>	<b>00:24:48.95</b>	+00:08:51 (35.7%)	4:55	12.2 (64.9%)
89	<b>SZMYT Wioletta</b>	<b>173</b>	#ŚLIMAKIBARCIN	K50-K59	3	<b>00:24:43.50</b>	<b>00:24:49.90</b>	+00:08:52 (35.8%)	4:56	12.1 (64.4%)
90	<b>RATAJCZAK Paweł</b>	<b>98</b>	#SLIMAKIBARCIN	M40-M49	23	<b>00:24:37.90</b>	<b>00:24:50.20</b>	+00:08:53 (35.8%)	4:55	12.2 (64.9%)
91	<b>KASPROWIAK Adrian</b>	<b>155</b>		M20-M29	16	<b>00:24:37.10</b>	<b>00:24:51.60</b>	+00:08:54 (35.8%)	4:55	12.2 (64.9%)
92	<b>JELEŃ-KOTLAREK Agnieszka</b>	<b>36</b>	VEGE RUNNERS	K40-K49	4	<b>00:24:53.95</b>	<b>00:25:03.60</b>	+00:09:06 (36.3%)	4:58	12.1 (64.4%)
93	<b>NITKA Kamil</b>	<b>78</b>		M20-M29	17	<b>00:25:01.60</b>	<b>00:25:08.20</b>	+00:09:11 (36.5%)	5:00	12 (63.8%)
94	<b>CABAŃSKA Katarzyna</b>	<b>7</b>	#SLIMAKIBARCIN	K40-K49	5	<b>00:25:14.10</b>	<b>00:25:20.80</b>	+00:09:23 (37.1%)	5:02	11.9 (63.3%)
95	<b>NEUMANN Andrzej</b>	<b>178</b>		M40-M49	24	<b>00:25:13.50</b>	<b>00:25:21.50</b>	+00:09:24 (37.1%)	5:02	11.9 (63.3%)
96	<b>NALIWAJSKA Natalia</b>	<b>73</b>		K30-K39	7	<b>00:25:14.45</b>	<b>00:25:22.75</b>	+00:09:25 (37.1%)	5:02	11.9 (63.3%)
97	<b>TUREK Marta</b>	<b>157</b>	KS SZOSA ŻNIN	K30-K39	8	<b>00:25:15.60</b>	<b>00:25:23.95</b>	+00:09:26 (37.2%)	5:03	11.9 (63.3%)
98	<b>NIEMCZEWSKI Jakub</b>	<b>76</b>	ŁABISZYN RUNNERS	M16-M19	3	<b>00:25:14.20</b>	<b>00:25:27.20</b>	+00:09:30 (37.3%)	5:02	11.9 (63.3%)
99	<b>SIKORA Antoni</b>	<b>174</b>	ŻNIŃSKI KLUB BIEGACZA	M70+	1	<b>00:25:32.70</b>	<b>00:25:39.30</b>	+00:09:42 (37.8%)	5:06	11.7 (62.2%)
100	<b>GODZIUK Roman</b>	<b>23</b>		M60-M69	3	<b>00:25:33.15</b>	<b>00:25:42.60</b>	+00:09:45 (37.9%)	5:06	11.7 (62.2%)
101	<b>JAKUBOWSKI Artur</b>	<b>141</b>	ŚLIMAKI BARCIN	M40-M49	25	<b>00:25:31.75</b>	<b>00:25:43.95</b>	+00:09:46 (38.0%)	5:06	11.8 (62.8%)
102	<b>KRANZ Amelia</b>	<b>50</b>	ŁABISZYN RUNNERS	K16-K19	2	<b>00:25:45.65</b>	<b>00:25:54.85</b>	+00:09:57 (38.4%)	5:09	11.7 (62.2%)
103	<b>MASŁOWSKA Angelika</b>	<b>68</b>		K40-K49	6	<b>00:25:44.15</b>	<b>00:25:55.45</b>	+00:09:58 (38.5%)	5:08	11.7 (62.2%)
104	<b>CZYŻEWSKA Justyna</b>	<b>10</b>		K40-K49	7	<b>00:25:53.60</b>	<b>00:26:02.00</b>	+00:10:04 (38.7%)	5:10	11.6 (61.7%)
105	<b>POTRZEBOWSKA Agata</b>	<b>163</b>	DEAF	K30-K39	9	<b>00:25:52.00</b>	<b>00:26:04.95</b>	+00:10:07 (38.8%)	5:10	11.6 (61.7%)
106	<b>KRANZ Leszek</b>	<b>161</b>	STRZELNICA GODAWY	M40-M49	26	<b>00:26:02.60</b>	<b>00:26:10.20</b>	+00:10:13 (39.0%)	5:12	11.5 (61.2%)
107	<b>PANKOWSKA Ada</b>	<b>86</b>		K20-K29	2	<b>00:26:05.60</b>	<b>00:26:11.70</b>	+00:10:14 (39.1%)	5:13	11.5 (61.2%)
108	<b>WIERZCHOSŁAWSKA Renata</b>	<b>132</b>		K50-K59	4	<b>00:26:04.30</b>	<b>00:26:12.90</b>	+00:10:15 (39.1%)	5:12	11.5 (61.2%)
109	<b>KRYSZAK Klaudia</b>	<b>53</b>		K30-K39	10	<b>00:26:21.90</b>	<b>00:26:21.90</b>	+00:10:24 (39.5%)	5:16	11.4 (60.6%)
110	<b>SZABLINSKA Hoborata</b>	<b>119</b>		K40-K49	8	<b>00:26:14.50</b>	<b>00:26:25.00</b>	+00:10:27 (39.6%)	5:14	11.4 (60.6%)
111	<b>MIKULSKA Anna</b>	<b>70</b>	ŚLIMAKI BARCIN	K30-K39	11	<b>00:26:19.65</b>	<b>00:26:26.05</b>	+00:10:28 (39.6%)	5:15	11.4 (60.6%)
112	<b>PIECHOWIAK Leszek</b>	<b>88</b>	TEAM RUN GOŁAŃCZ	M40-M49	27	<b>00:26:19.60</b>	<b>00:26:28.35</b>	+00:10:31 (39.7%)	5:15	11.4 (60.6%)
113	<b>POPIELARZ Karolina</b>	<b>146</b>	ŁABISZYN RUNNERS	K40-K49	9	<b>00:26:26.60</b>	<b>00:26:36.10</b>	+00:10:38 (40.0%)	5:17	11.3 (60.1%)
114	<b>PIEKARSKA Agnieszka</b>	<b>148</b>		K50-K59	5	<b>00:26:27.05</b>	<b>00:26:38.45</b>	+00:10:41 (40.1%)	5:17	11.3 (60.1%)
115	<b>ŚWIERCZYŃSKI Michał</b>	<b>125</b>		M30-M39	26	<b>00:26:31.35</b>	<b>00:26:38.55</b>	+00:10:41 (40.1%)	5:18	11.3 (60.1%)
116	<b>PIOTROWICZ Ireneusz</b>	<b>171</b>		M60-M69	4	<b>00:26:33.75</b>	<b>00:26:42.95</b>	+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	<b>KRYNICKA Nikola</b>	<b>52</b>		K20-K29	3	<b>00:26:34.00</b>	<b>00:26:43.15</b>	+00:10:45 (40.3%)	5:18	11.3 (60.1%)
118	<b>OSSOWSKA Karolina</b>	<b>82</b>		K30-K39	12	<b>00:26:37.35</b>	<b>00:26:52.10</b>	+00:10:54 (40.6%)	5:19	11.3 (60.1%)
119	<b>MOTOCZYŃSKA Maria</b>	<b>176</b>	TKKF KOLEJARZ BYDGOSZCZ	K40-K49	10	<b>00:26:42.50</b>	<b>00:26:52.95</b>	+00:10:55 (40.7%)	5:20	11.2 (59.6%)
120	<b>PŁUCIENNIK Agnieszka</b>	<b>94</b>	ROZBIEGANIE TUCZNO	K40-K49	11	<b>00:26:53.50</b>	<b>00:27:01.50</b>	+00:11:04 (41.0%)	5:22	11.2 (59.6%)
121	<b>KONWIŃSKI Marcin</b>	<b>48</b>	ŁABISZYN RUNNERS	M30-M39	27	<b>00:26:53.75</b>	<b>00:27:06.70</b>	+00:11:09 (41.2%)	5:22	11.2 (59.6%)
122	<b>WOŹNIAK Łukasz</b>	<b>137</b>	RÓŻY KWIAT	M30-M39	28	<b>00:26:52.70</b>	<b>00:27:08.00</b>	+00:11:10 (41.2%)	5:22	11.2 (59.6%)
123	<b>POTRZEBOWSKI Marek</b>	<b>162</b>	DEAF	M40-M49	28	<b>00:26:56.60</b>	<b>00:27:10.20</b>	+00:11:13 (41.3%)	5:23	11.1 (59.0%)
124	<b>GROBELNA Monika</b>	<b>26</b>		K40-K49	12	<b>00:27:01.85</b>	<b>00:27:11.65</b>	+00:11:14 (41.3%)	5:24	11.1 (59.0%)
125	<b>WALCZAK Maciej</b>	<b>151</b>	TEAM RUDNIK	M50-M59	10	<b>00:27:03.60</b>	<b>00:27:14.35</b>	+00:11:17 (41.4%)	5:24	11.1 (59.0%)
126	<b>DELIKTA Szymon</b>	<b>156</b>		M16-M19	4	<b>00:26:59.25</b>	<b>00:27:16.75</b>	+00:11:19 (41.5%)	5:23	11.1 (59.0%)
127	<b>MATELSKA Wiktoria</b>	<b>69</b>		K20-K29	4	<b>00:27:06.20</b>	<b>00:27:17.20</b>	+00:11:20 (41.5%)	5:25	11.1 (59.0%)
128	<b>SKIBIŃSKI Sebastian</b>	<b>109</b>	ŁABISZYN RUNNERS	M40-M49	29	<b>00:27:17.70</b>	<b>00:27:21.80</b>	+00:11:24 (41.7%)	5:27	11 (58.5%)
129	<b>RADZIKOWSKA Ewelina</b>	<b>153</b>	#SLIMAKIBARCIN	K30-K39	13	<b>00:27:16.30</b>	<b>00:27:23.30</b>	+00:11:26 (41.8%)	5:27	11 (58.5%)
130	<b>NIEMCZEWSKI Mirosław</b>	<b>75</b>	ŁABISZYN RUNNERS	M40-M49	30	<b>00:27:13.10</b>	<b>00:27:26.70</b>	+00:11:29 (41.9%)	5:26	11 (58.5%)
131	<b>NOWACKI Rafał</b>	<b>79</b>	RAKIETA ZAMOŚĆ	M50-M59	11	<b>00:27:26.25</b>	<b>00:27:37.85</b>	+00:11:40 (42.3%)	5:29	10.9 (58.0%)
132	<b>ŚWITAŁA Robert</b>	<b>127</b>		M20-M29	18	<b>00:27:29.65</b>	<b>00:27:42.50</b>	+00:11:45 (42.4%)	5:29	10.9 (58.0%)
133	<b>KWAŚNIEWSKA Aldona</b>	<b>58</b>		K40-K49	13	<b>00:27:38.90</b>	<b>00:27:47.15</b>	+00:11:49 (42.6%)	5:31	10.9 (58.0%)
134	<b>JAKUBOWSKI Radosław</b>	<b>165</b>	ARMIN TEAM	M50-M59	12	<b>00:27:39.95</b>	<b>00:27:55.10</b>	+00:11:57 (42.9%)	5:31	10.8 (57.4%)
135	<b>GRACZYKOWSKA Anna</b>	<b>24</b>	BBKTS	K30-K39	14	<b>00:27:46.35</b>	<b>00:27:57.75</b>	+00:12:00 (42.9%)	5:33	10.8 (57.4%)
136	<b>BRZYKCA-MYSZKOWSKA Joanna</b>	<b>181</b>	TT SODA	K40-K49	14	<b>00:27:48.20</b>	<b>00:28:00.50</b>	+00:12:03 (43.0%)	5:33	10.8 (57.4%)
137	<b>KONWIŃSKA Alina</b>	<b>47</b>	ŁABISZYN RUNNERS	K40-K49	15	<b>00:28:03.85</b>	<b>00:28:17.00</b>	+00:12:19 (43.6%)	5:36	10.7 (56.9%)
138	<b>NALEWALSKA Justyna</b>	<b>72</b>	SERCE TYBETU	K30-K39	15	<b>00:28:09.45</b>	<b>00:28:20.25</b>	+00:12:23 (43.7%)	5:37	10.7 (56.9%)
139	<b>KRZEMIŃSKI Damian</b>	<b>150</b>		M20-M29	19	<b>00:28:22.65</b>	<b>00:28:31.55</b>	+00:12:34 (44.1%)	5:40	10.6 (56.4%)
140	<b>GRZECHOWIAK Agnieszka</b>	<b>22</b>	HERNIK TEAM	K50-K59	6	<b>00:28:22.60</b>	<b>00:28:33.00</b>	+00:12:35 (44.1%)	5:40	10.6 (56.4%)
141	<b>ORAWCZYK Amelia</b>	<b>81</b>	WATAHA L-PAAK	K30-K39	16	<b>00:28:30.30</b>	<b>00:28:38.40</b>	+00:12:41 (44.3%)	5:42	10.5 (55.9%)
142	<b>GRZECHNIK Paulina</b>	<b>29</b>	TEAM RUN NAKŁO	K40-K49	16	<b>00:28:38.95</b>	<b>00:28:49.70</b>	+00:12:52 (44.7%)	5:43	10.5 (55.9%)
143	<b>SERBIN Michał</b>	<b>103</b>		M30-M39	29	<b>00:29:00.30</b>	<b>00:29:02.25</b>	+00:13:05 (45.1%)	5:48	10.3 (54.8%)
144	<b>CIESIELSKA Agnieszka</b>	<b>143</b>	TEAM RUN NAKŁO NAD NOTECIĄ	K40-K49	17	<b>00:28:58.85</b>	<b>00:29:09.00</b>	+00:13:11 (45.3%)	5:47	10.4 (55.3%)
145	<b>BUKOWSKI Krzysztof</b>	<b>6</b>	BEZKLUBOWIEC	M50-M59	13	<b>00:29:00.20</b>	<b>00:29:11.40</b>	+00:13:14 (45.3%)	5:48	10.3 (54.8%)
146	<b>TKACZUK Jolanta</b>	<b>128</b>	T.G.SOKÓŁ	K60-K69	1	<b>00:29:05.00</b>	<b>00:29:15.70</b>	+00:13:18 (45.5%)	5:49	10.3 (54.8%)
147	<b>MILENA Zielke</b>	<b>169</b>		K30-K39	17	<b>00:29:19.20</b>	<b>00:29:24.55</b>	+00:13:27 (45.8%)	5:51	10.2 (54.3%)
148	<b>HAMZIK Emilia</b>	<b>33</b>		K20-K29	5	<b>00:29:18.55</b>	<b>00:29:32.60</b>	+00:13:35 (46.0%)	5:51	10.2 (54.3%)
149	<b>PIONTEK Elżbieta</b>	<b>91</b>		K60-K69	2	<b>00:29:22.60</b>	<b>00:29:34.20</b>	+00:13:37 (46.0%)	5:52	10.2 (54.3%)
150	<b>SZYMANOWSKA Katarzyna</b>	<b>123</b>		K50-K59	7	<b>00:29:28.65</b>	<b>00:29:36.05</b>	+00:13:38 (46.1%)	5:53	10.2 (54.3%)
151	<b>BAK Remigiusz</b>	<b>4</b>		M40-M49	31	<b>00:29:37.10</b>	<b>00:29:49.00</b>	+00:13:51 (46.5%)	5:55	10.1 (53.7%)
152	<b>POPIELARZ Agata</b>	<b>145</b>	ŁABISZYN RUNNERS	K16-K19	3	<b>00:29:48.10</b>	<b>00:29:58.20</b>	+00:14:01 (46.8%)	5:57	10.1 (53.7%)
153	<b>WILIŃSKI Rafał</b>	<b>134</b>		M30-M39	30	<b>00:30:01.65</b>	<b>00:30:15.40</b>	+00:14:18 (47.3%)	6:00	10 (53.2%)
154	<b>STRZEMKOWSKA Aleksandra</b>	<b>115</b>	#SLIMAKIBARCIN	K30-K39	18	<b>00:30:09.00</b>	<b>00:30:17.00</b>	+00:14:19 (47.3%)	6:01	10 (53.2%)
155	<b>HŁOND Andrzej</b>	<b>34</b>	ŁABISZYN RUNNERS	M60-M69	5	<b>00:30:07.15</b>	<b>00:30:17.65</b>	+00:14:20 (47.3%)	6:01	10 (53.2%)
156	<b>ŻANETA Jarolewska</b>	<b>166</b>		K40-K49	18	<b>00:30:16.30</b>	<b>00:30:22.20</b>	+00:14:25 (47.5%)	6:03	9.9 (52.7%)
157	<b>GACKA Joanna</b>	<b>21</b>		K40-K49	19	<b>00:30:51.05</b>	<b>00:31:03.60</b>	+00:15:06 (48.6%)	6:10	9.7 (51.6%)
158	<b>KOCZOROWSKI Tomasz</b>	<b>45</b>		M40-M49	32	<b>00:30:50.25</b>	<b>00:31:04.35</b>	+00:15:07 (48.7%)	6:10	9.7 (51.6%)
159	<b>NITKA Emilia</b>	<b>77</b>		K20-K29	6	<b>00:31:09.30</b>	<b>00:31:22.75</b>	+00:15:25 (49.2%)	6:13	9.6 (51.1%)
160	<b>ADAMIUK Sylwia</b>	<b>2</b>		K30-K39	19	<b>00:31:14.40</b>	<b>00:31:23.25</b>	+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	<b>DOBOSIEWICZ Zuzanna</b>	<b>15</b>		K16-K19	4	<b>00:31:36.90</b>	<b>00:31:44.60</b>	+00:15:47 (49.7%)	6:19	9.5 (50.5%)
162	<b>WIKTOROWICZ Dominika</b>	<b>133</b>	ŁABISZYN RUNNERS	K30-K39	20	<b>00:31:31.75</b>	<b>00:31:45.20</b>	+00:15:48 (49.8%)	6:18	9.5 (50.5%)
163	<b>DOBOSIEWICZ Sebastian</b>	<b>14</b>		M40-M49	33	<b>00:31:43.35</b>	<b>00:31:51.10</b>	+00:15:53 (49.9%)	6:20	9.5 (50.5%)
164	<b>OSTROWSKI Krzysztof</b>	<b>172</b>		M50-M59	14	<b>00:31:41.70</b>	<b>00:31:56.70</b>	+00:15:59 (50.1%)	6:20	9.5 (50.5%)
165	<b>STOKFISZ Ewelina</b>	<b>113</b>		K30-K39	21	<b>00:31:53.15</b>	<b>00:32:02.80</b>	+00:16:05 (50.2%)	6:22	9.4 (50.0%)
166	<b>STOKFISZ Marek</b>	<b>114</b>		M30-M39	31	<b>00:32:00.00</b>	<b>00:32:09.35</b>	+00:16:12 (50.4%)	6:24	9.4 (50.0%)
167	<b>PIJAROWSKI Ildefons</b>	<b>89</b>		M60-M69	6	<b>00:31:59.80</b>	<b>00:32:09.65</b>	+00:16:12 (50.4%)	6:23	9.4 (50.0%)
168	<b>HADOWSKA Anna</b>	<b>32</b>	INOWROCŁAWSKI KLUB SPORTOWY KARATE	K70+	1	<b>00:32:40.95</b>	<b>00:32:53.55</b>	+00:16:56 (51.5%)	6:32	9.2 (48.9%)
169	<b>POLAWSKI Marcin</b>	<b>180</b>		M40-M49	34	<b>00:35:21.40</b>	<b>00:35:26.35</b>	+00:19:29 (55.0%)	7:04	8.5 (45.2%)
170	<b>DĘBSKA Sylwia</b>	<b>13</b>		K40-K49	20	<b>00:41:14.85</b>	<b>00:41:29.40</b>	+00:25:32 (61.5%)	8:14	7.3 (38.8%)
171	<b>SZNAJDROWSKI Mateusz</b>	<b>121</b>		M30-M39	32	<b>00:51:10.25</b>	<b>00:51:10.25</b>	+00:35:13 (68.8%)	10:14	5.9 (31.4%)

Znaleziono 171 wynik(ów)