

LĄDUJ NA OSOWEJ - 10KM

B4SPORT
INTELEGENTE ZAWODY SPORTOWE

Organizator: Stowarzyszenie Klub Sportowy Olimpia Osowa
Data: 2015-09-26
Miejsce: Gdańsk / Osowa
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	SOWIŃSKI Patryk	229		M20	1	00:35:24.35	00:35:47.35		3:32	16.9 (100%)
2	KWIATKOWSKI Artur	99		M30	1	00:35:28.25	00:35:51.30	+00:00:03 (0.2%)	3:32	16.9 (100%)
3	MATUŁA Adam	121		M30	2	00:35:35.10	00:35:58.25	+00:00:10 (0.5%)	3:33	16.9 (100%)
4	HASS Robert	54		M40	1	00:35:52.55	00:36:15.50	+00:00:28 (1.3%)	3:35	16.7 (98.8%)
5	SIKORA Sebastian	169		M30	3	00:37:00.45	00:37:23.70	+00:01:36 (4.3%)	3:42	16.2 (95.9%)
6	GAVIN Ciaran	40		M30	4	00:37:03.30	00:37:26.35	+00:01:39 (4.4%)	3:42	16.2 (95.9%)
7	KUNDO Rafał	96		M20	2	00:37:40.05	00:38:03.40	+00:02:16 (6.0%)	3:46	15.9 (94.1%)
8	WRONKA Cezary	212		M20	3	00:37:56.00	00:38:19.15	+00:02:31 (6.6%)	3:47	15.8 (93.5%)
9	JAŚNIEWSKI Michał	228		M20	4	00:38:00.20	00:38:23.65	+00:02:36 (6.8%)	3:48	15.8 (93.5%)
10	DOMBRZALSKI Bartosz	30		M30	5	00:38:05.40	00:38:29.55	+00:02:42 (7.0%)	3:48	15.8 (93.5%)
11	PEPLIŃSKI Grzegorz	138		M30	6	00:38:44.50	00:39:08.05	+00:03:20 (8.5%)	3:52	15.5 (91.7%)
12	URBAŃSKI Robert	198		M40	2	00:39:15.10	00:39:39.55	+00:03:52 (9.8%)	3:55	15.3 (90.5%)
13	PERGOŁ Bogusław	139		M40	3	00:39:31.55	00:39:56.25	+00:04:08 (10.4%)	3:57	15.2 (89.9%)
14	CZAJKOWSKI Paweł	231		M30	7	00:40:01.50	00:40:25.45	+00:04:38 (11.5%)	4:00	15 (88.8%)
15	SIKORA Roger	168		M30	8	00:40:02.95	00:40:27.10	+00:04:39 (11.5%)	4:00	15 (88.8%)
16	HENDRICH Rafał	57		M30	9	00:40:08.25	00:40:30.95	+00:04:43 (11.7%)	4:00	15 (88.8%)
17	SZULC Hubert	227		M20	5	00:40:13.15	00:40:36.15	+00:04:48 (11.9%)	4:01	14.9 (88.2%)
18	BIL Paweł	12		M30	10	00:40:20.40	00:40:46.60	+00:04:59 (12.2%)	4:02	14.9 (88.2%)
19	PALMA Paweł	134		M30	11	00:40:27.25	00:40:51.80	+00:05:04 (12.4%)	4:02	14.8 (87.6%)
20	MACHALIŃSKI Mariusz	116		M40	4	00:40:49.50	00:41:13.75	+00:05:26 (13.2%)	4:04	14.7 (87.0%)
21	SIWIELA Mateusz	170		M20	6	00:41:10.25	00:41:37.40	+00:05:50 (14.0%)	4:07	14.6 (86.4%)
22	GACH Maciej	39		M30	12	00:41:20.45	00:41:45.15	+00:05:57 (14.3%)	4:08	14.5 (85.8%)
23	KĄKOL Grzegorz	73		M20	7	00:41:13.70	00:41:45.50	+00:05:58 (14.3%)	4:07	14.6 (86.4%)
24	MICHNO Mariusz	122		M40	5	00:41:36.60	00:42:01.15	+00:06:13 (14.8%)	4:09	14.4 (85.2%)
25	SAJENKO Adam	163		M20	8	00:41:44.00	00:42:11.65	+00:06:24 (15.2%)	4:10	14.4 (85.2%)
26	BARAN Piotr	230		M40	6	00:41:49.40	00:42:16.85	+00:06:29 (15.4%)	4:10	14.3 (84.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
27	SOLSKI Marcin	178	M20		9	00:41:55.10	00:42:22.60	+00:06:35 (15.5%)	4:11	14.3 (84.6%)
28	GRABOWSKI Grzegorz	46	M30		13	00:42:01.40	00:42:25.30	+00:06:37 (15.6%)	4:12	14.3 (84.6%)
29	RUCIŃSKI Marek	153	M40		7	00:42:28.35	00:42:53.10	+00:07:05 (16.5%)	4:14	14.1 (83.4%)
30	WIERZBOWSKI Bartek	203	M20		10	00:43:01.20	00:43:23.90	+00:07:36 (17.5%)	4:18	13.9 (82.2%)
31	GRZEGORZEK Bartłomiej	51	M30		14	00:43:15.70	00:43:40.40	+00:07:53 (18.1%)	4:19	13.9 (82.2%)
32	SZUMLAS Rafał	184	M30		15	00:43:20.85	00:43:46.35	+00:07:59 (18.2%)	4:20	13.8 (81.7%)
33	LEWANDOWSKI Kajetan	104	M30		16	00:43:47.75	00:44:13.10	+00:08:25 (19.1%)	4:22	13.7 (81.1%)
34	BARANOWSKA -TRZASKO Aleksandra	5	K30		1	00:43:56.35	00:44:20.75	+00:08:33 (19.3%)	4:23	13.7 (81.1%)
35	BŁOCKA Joanna	17	K20		1	00:44:01.85	00:44:26.00	+00:08:38 (19.5%)	4:24	13.6 (80.5%)
36	THRUN Radosław	192	M20		11	00:44:01.20	00:44:38.35	+00:08:51 (19.8%)	4:24	13.6 (80.5%)
37	NERKOWSKI Paweł	129	M30		17	00:44:12.15	00:44:38.50	+00:08:51 (19.8%)	4:25	13.6 (80.5%)
38	KĄKOL Marcin	72	M20		12	00:44:22.00	00:44:51.65	+00:09:04 (20.2%)	4:26	13.5 (79.9%)
39	MADERSKI Rafał	119	M30		18	00:44:32.10	00:44:55.75	+00:09:08 (20.3%)	4:27	13.5 (79.9%)
40	FILIPOWICZ Tomasz	36	M40		8	00:44:42.70	00:45:12.00	+00:09:24 (20.8%)	4:28	13.4 (79.3%)
41	ŚMIGIELSKI Arkadiusz	190	M30		19	00:44:48.05	00:45:19.55	+00:09:32 (21.0%)	4:28	13.4 (79.3%)
42	KONASZEWSKI Sławomir	82	M40		9	00:44:47.85	00:45:20.95	+00:09:33 (21.1%)	4:28	13.4 (79.3%)
43	SZLAS Radosław	183	M30		20	00:44:58.40	00:45:23.70	+00:09:36 (21.2%)	4:29	13.3 (78.7%)
44	JAROSZ Jakub	63	M20		13	00:44:59.35	00:45:24.20	+00:09:36 (21.2%)	4:30	13.3 (78.7%)
45	DAMPS Sylwester	29	M30		21	00:44:56.60	00:45:24.85	+00:09:37 (21.2%)	4:29	13.4 (79.3%)
46	SIKORA Iwona	167	K30		2	00:45:08.60	00:45:33.65	+00:09:46 (21.4%)	4:30	13.3 (78.7%)
47	RUDNIK Tomasz	154	M30		22	00:45:16.45	00:45:40.30	+00:09:52 (21.6%)	4:31	13.2 (78.1%)
48	KOŻŁOWSKI Jan	86	M20		14	00:45:21.75	00:45:47.75	+00:10:00 (21.9%)	4:32	13.2 (78.1%)
49	MIECZKOWSKI Jarosław	123	M40		10	00:45:24.05	00:45:58.55	+00:10:11 (22.2%)	4:32	13.2 (78.1%)
50	NAWARA Piotr	128	M20		15	00:45:42.95	00:46:10.80	+00:10:23 (22.5%)	4:34	13.1 (77.5%)
51	PASCHKE Roman	135	M30		23	00:45:46.30	00:46:13.45	+00:10:26 (22.6%)	4:34	13.1 (77.5%)
52	KOWALKOWSKI Krzysztof	85	M30		24	00:45:45.00	00:46:16.10	+00:10:28 (22.6%)	4:34	13.1 (77.5%)
53	WIŚNIEWSKI Marek	206	M30		25	00:45:54.30	00:46:18.50	+00:10:31 (22.7%)	4:35	13.1 (77.5%)
54	KOCZOT Grzegorz	80	M20		16	00:45:55.35	00:46:23.90	+00:10:36 (22.9%)	4:35	13.1 (77.5%)
55	PĘSKO Michał	140	M30		26	00:46:02.30	00:46:27.90	+00:10:40 (23.0%)	4:36	13 (76.9%)
56	CAŁKA Przemysław	23	M20		17	00:46:22.15	00:46:52.65	+00:11:05 (23.7%)	4:38	12.9 (76.3%)
57	STEFANIAK Damian	181	M20		18	00:46:28.15	00:46:54.25	+00:11:06 (23.7%)	4:38	12.9 (76.3%)
58	CIUNEL Łukasz	25	M30		27	00:46:38.90	00:47:07.95	+00:11:20 (24.1%)	4:39	12.9 (76.3%)
59	JUCHNIEWICZ Michał	67	M20		19	00:46:51.00	00:47:13.65	+00:11:26 (24.2%)	4:41	12.8 (75.7%)
60	GRESZCZUK Jarosław	50	M30		28	00:46:47.80	00:47:14.15	+00:11:26 (24.2%)	4:40	12.8 (75.7%)
61	GRAD Rafał	47	M20		20	00:46:47.35	00:47:15.00	+00:11:27 (24.3%)	4:40	12.8 (75.7%)
62	DZIEWIATOWSKA Joanna	33	K40		1	00:46:51.85	00:47:16.70	+00:11:29 (24.3%)	4:41	12.8 (75.7%)
63	SMAL Szymon	175	M40		11	00:46:52.25	00:47:21.85	+00:11:34 (24.4%)	4:41	12.8 (75.7%)
64	KRZEWIŃSKI Mariusz	92	M40		12	00:47:00.95	00:47:25.05	+00:11:37 (24.5%)	4:42	12.8 (75.7%)
65	LANG Marcin	101	M30		29	00:47:02.80	00:47:36.05	+00:11:48 (24.8%)	4:42	12.8 (75.7%)
66	LULIS Zbigniew	112	M50+		1	00:47:14.75	00:47:44.65	+00:11:57 (25.0%)	4:43	12.7 (75.1%)
67	RUTKOWSKI Kamil	157	M20		21	00:47:22.75	00:47:49.60	+00:12:02 (25.2%)	4:44	12.7 (75.1%)
68	HIRSZ Maciej	58	M40		13	00:47:34.40	00:48:02.75	+00:12:15 (25.5%)	4:45	12.6 (74.6%)
69	HEBANOWSKI Łukasz	55	M30		30	00:47:29.15	00:48:03.15	+00:12:15 (25.5%)	4:44	12.6 (74.6%)
70	ZIELNY Jarosław	216	M40		14	00:48:08.50	00:48:32.65	+00:12:45 (26.3%)	4:48	12.5 (74.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
71	PODJASKI Krzysztof	142	M30		31	00:48:04.55	00:48:38.40	+00:12:51 (26.4%)	4:48	12.5 (74.0%)
72	ANDRZEJCZAK Sławomir	2	M40		15	00:48:20.65	00:48:48.20	+00:13:00 (26.7%)	4:50	12.4 (73.4%)
73	SADOWSKI Michał	162	M20		22	00:48:12.50	00:48:49.55	+00:13:02 (26.7%)	4:49	12.4 (73.4%)
74	CZARNECKI Piotr	26	M40		16	00:48:23.75	00:48:50.65	+00:13:03 (26.7%)	4:50	12.4 (73.4%)
75	ŁUKASZEWICZ Sylwia	113	K40		2	00:48:26.25	00:48:51.25	+00:13:03 (26.7%)	4:50	12.4 (73.4%)
76	KWAŚNICKI Wojciech	98	M30		32	00:48:39.80	00:49:05.40	+00:13:18 (27.1%)	4:52	12.3 (72.8%)
77	MUSZYŃSKI Jakub	127	M30		33	00:48:40.05	00:49:05.80	+00:13:18 (27.1%)	4:52	12.3 (72.8%)
78	PAZDRĄG Marcin	137	M20		23	00:48:34.80	00:49:07.05	+00:13:19 (27.1%)	4:51	12.3 (72.8%)
79	BINIAŚ Krzysztof	14	M40		17	00:48:45.70	00:49:14.05	+00:13:26 (27.3%)	4:52	12.3 (72.8%)
80	MODRZEJEWSKA Katarzyna	124	K20		2	00:48:54.35	00:49:21.30	+00:13:33 (27.5%)	4:53	12.3 (72.8%)
81	CIECIERSKI Wojciech	218	M30		34	00:49:02.40	00:49:34.35	+00:13:47 (27.8%)	4:54	12.2 (72.2%)
82	BUCZAK Jerzy	219	M40		18	00:49:16.85	00:49:43.90	+00:13:56 (28.0%)	4:55	12.2 (72.2%)
83	SPURGIASZ Patryk	180	M20		24	00:49:14.45	00:49:49.75	+00:14:02 (28.2%)	4:55	12.2 (72.2%)
84	ROCZYŃSKI Paweł	149	M20		25	00:49:20.55	00:49:50.25	+00:14:02 (28.2%)	4:56	12.2 (72.2%)
85	DOMSKI Jakub	31	M20		26	00:49:20.25	00:49:50.75	+00:14:03 (28.2%)	4:56	12.2 (72.2%)
86	THAL Mariusz	222	M30		35	00:49:33.45	00:50:01.40	+00:14:14 (28.5%)	4:57	12.1 (71.6%)
87	SIEKANOWICZ Paweł	166	M40		19	00:49:40.85	00:50:06.45	+00:14:19 (28.6%)	4:58	12.1 (71.6%)
88	CHEŁKOWSKI Daniel	24	M20		27	00:49:45.85	00:50:09.20	+00:14:21 (28.6%)	4:58	12.1 (71.6%)
89	ŁUNIO Krzysztof	115	M40		20	00:49:39.35	00:50:10.85	+00:14:23 (28.7%)	4:57	12.1 (71.6%)
90	SZYMAŃSKA Monika	186	K30		3	00:49:47.65	00:50:14.90	+00:14:27 (28.8%)	4:58	12.1 (71.6%)
91	WIŚNIEWSKI Paweł	205	M30		36	00:49:54.40	00:50:23.70	+00:14:36 (29.0%)	4:59	12 (71.0%)
92	FILIP Krzysztof	35	M40		21	00:50:01.80	00:50:31.10	+00:14:43 (29.2%)	5:00	12 (71.0%)
93	HRYNIEWICKA Monika	59	K30		4	00:50:10.25	00:50:42.30	+00:14:54 (29.4%)	5:01	12 (71.0%)
94	ŁUKASZEWICZ Daniel	114	M40		22	00:50:16.30	00:50:45.30	+00:14:57 (29.5%)	5:01	11.9 (70.4%)
95	SPISAK Piotr	179	M30		37	00:50:06.20	00:50:45.45	+00:14:58 (29.5%)	5:00	12 (71.0%)
96	IWIŃSKI Kamil	61	M20		28	00:50:11.70	00:50:45.90	+00:14:58 (29.5%)	5:01	12 (71.0%)
97	KREFT Sebastian	87	M20		29	00:50:37.35	00:51:06.35	+00:15:19 (30.0%)	5:03	11.9 (70.4%)
98	PODJASKI Andrzej	143	M30		38	00:50:47.25	00:51:19.80	+00:15:32 (30.3%)	5:04	11.8 (69.8%)
99	KULCZYŃSKI Michał	94	M30		39	00:50:46.80	00:51:21.65	+00:15:34 (30.3%)	5:04	11.8 (69.8%)
100	GAC Cezary	38	M40		23	00:50:48.30	00:51:24.70	+00:15:37 (30.4%)	5:04	11.8 (69.8%)
101	MRULA Karolina	125	K20		3	00:50:47.30	00:51:27.60	+00:15:40 (30.5%)	5:04	11.8 (69.8%)
102	RUTKOWSKA Magdalena	156	K30		5	00:51:06.55	00:51:33.25	+00:15:45 (30.6%)	5:06	11.7 (69.2%)
103	GUTOWSKI Michał	52	M20		30	00:50:58.70	00:51:36.35	+00:15:49 (30.6%)	5:05	11.8 (69.8%)
104	KOPEĆ Igor	83	M30		40	00:50:58.65	00:51:36.50	+00:15:49 (30.7%)	5:05	11.8 (69.8%)
104	MAJEWSKI Paweł	120	M20		31	00:50:58.85	00:51:36.50	+00:15:49 (30.7%)	5:05	11.8 (69.8%)
106	PIRSKI Adam	141	M20		32	00:51:22.60	00:51:56.95	+00:16:09 (31.1%)	5:08	11.7 (69.2%)
107	BURZAK Mariusz	22	M30		41	00:51:30.70	00:52:06.15	+00:16:18 (31.3%)	5:09	11.6 (68.6%)
108	SŁOMIŃSKI Marcin	174	M40		24	00:51:42.30	00:52:17.90	+00:16:30 (31.6%)	5:10	11.6 (68.6%)
109	GŁOWACKI Tomasz	41	M50+		2	00:51:56.35	00:52:29.50	+00:16:42 (31.8%)	5:11	11.6 (68.6%)
110	LOTKOWSKA Alicja	109	K30		6	00:52:04.40	00:52:37.05	+00:16:49 (32.0%)	5:12	11.5 (68.0%)
111	ROCZYŃSKI Krzysztof	151	M40		25	00:52:07.65	00:52:38.15	+00:16:50 (32.0%)	5:12	11.5 (68.0%)
112	KLIMASZEWSKA Małgorzata	79	K20		4	00:52:19.10	00:52:45.60	+00:16:58 (32.2%)	5:13	11.5 (68.0%)
113	JAWORSKA Natalia	66	K20		5	00:52:12.90	00:52:47.85	+00:17:00 (32.2%)	5:13	11.5 (68.0%)
114	SZYMAŃSKI Marek	189	M30		42	00:52:48.70	00:53:15.95	+00:17:28 (32.8%)	5:16	11.4 (67.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
115	KITA Michał	77		M20	33	00:52:45.15	00:53:17.80	+00:17:30 (32.8%)	5:16	11.4 (67.5%)
116	ISKRA Agnieszka	60		K20	6	00:52:45.85	00:53:18.10	+00:17:30 (32.9%)	5:16	11.4 (67.5%)
117	SZYMAŃSKI Radek	187		M40	26	00:52:54.20	00:53:27.75	+00:17:40 (33.1%)	5:17	11.3 (66.9%)
118	WOŹNIAK Grzegorz	209		M40	27	00:53:04.40	00:53:31.25	+00:17:43 (33.1%)	5:18	11.3 (66.9%)
119	TUSZYŃSKI Maciej	195		M30	43	00:53:04.30	00:53:35.55	+00:17:48 (33.2%)	5:18	11.3 (66.9%)
120	ZIORKIEWICZ Ireneusz	232		M50+	3	00:53:13.35	00:53:38.10	+00:17:50 (33.3%)	5:19	11.3 (66.9%)
121	KASPRZYK Katarzyna	71		K40	3	00:53:12.95	00:53:38.45	+00:17:51 (33.3%)	5:19	11.3 (66.9%)
122	APANASEWICZ Robert	3		M40	28	00:53:06.45	00:53:40.10	+00:17:52 (33.3%)	5:18	11.3 (66.9%)
123	ROCZYŃSKI Rafał	150		M30	44	00:53:11.10	00:53:42.35	+00:17:55 (33.4%)	5:19	11.3 (66.9%)
124	CZUBEK Danuta	28		K30	7	00:53:18.50	00:53:44.75	+00:17:57 (33.4%)	5:19	11.3 (66.9%)
125	ŻURAWSKA Monika	217		K30	8	00:53:31.80	00:54:03.05	+00:18:15 (33.8%)	5:21	11.2 (66.3%)
126	GRALA Marta	48		K20	7	00:54:02.05	00:54:25.95	+00:18:38 (34.3%)	5:24	11.1 (65.7%)
127	BLECH Jarek	16		M50+	4	00:54:04.55	00:54:33.00	+00:18:45 (34.4%)	5:24	11.1 (65.7%)
128	WIŚNIEWSKA Kornelia	204		K40	4	00:54:11.70	00:54:40.20	+00:18:52 (34.5%)	5:25	11.1 (65.7%)
129	BINIAŚ Konrad	13		M20	34	00:54:13.00	00:54:40.65	+00:18:53 (34.5%)	5:25	11.1 (65.7%)
130	SZYMAŃSKI Janusz	188		Open Mężczyźni	1	00:54:07.50	00:54:42.30	+00:18:54 (34.6%)	5:24	11.1 (65.7%)
131	SUSZEK Krzysztof	182		M50+	5	00:54:24.25	00:54:49.85	+00:19:02 (34.7%)	5:26	11 (65.1%)
132	SARNOWSKA Edyta	165		K20	8	00:54:25.70	00:55:02.75	+00:19:15 (35.0%)	5:26	11 (65.1%)
133	AUGUSTYNIAK Mirosława	4		K30	9	00:54:32.85	00:55:04.90	+00:19:17 (35.0%)	5:27	11 (65.1%)
134	GRALA Mirosław	49		M50+	6	00:54:54.75	00:55:24.65	+00:19:37 (35.4%)	5:29	10.9 (64.5%)
135	KRUPA-ŻAK Iwona	90		K40	5	00:55:08.25	00:55:34.20	+00:19:46 (35.6%)	5:30	10.9 (64.5%)
136	CZERWIŃSKI Michał	27		M30	45	00:55:03.05	00:55:36.40	+00:19:49 (35.6%)	5:30	10.9 (64.5%)
137	BODAKOWSKI Paweł	18		M20	35	00:55:04.45	00:55:40.60	+00:19:53 (35.7%)	5:30	10.9 (64.5%)
138	SOBOLEWSKI Radosław	177		M50+	7	00:55:04.20	00:55:44.55	+00:19:57 (35.8%)	5:30	10.9 (64.5%)
139	WCISŁA Kinga	200		K20	9	00:55:36.95	00:56:08.65	+00:20:21 (36.3%)	5:33	10.8 (63.9%)
140	KUCHARSKI Sławomir	93		M30	46	00:55:39.60	00:56:12.30	+00:20:24 (36.3%)	5:34	10.8 (63.9%)
141	KOMOROWSKI Wojciech	81		M50+	8	00:56:29.05	00:56:57.90	+00:21:10 (37.2%)	5:38	10.6 (62.7%)
142	BARCZ Maciej	6		M40	29	00:56:40.10	00:57:10.30	+00:21:22 (37.4%)	5:40	10.6 (62.7%)
143	KARLIKOWSKI Maciej	70		M30	47	00:56:36.25	00:57:11.20	+00:21:23 (37.4%)	5:39	10.6 (62.7%)
144	LEWICKI Adam	107		M30	48	00:56:36.35	00:57:12.75	+00:21:25 (37.4%)	5:39	10.6 (62.7%)
145	BORYS-HALULKO Maria	19		K30	10	00:56:42.80	00:57:17.00	+00:21:29 (37.5%)	5:40	10.6 (62.7%)
146	PRACOŃ Maciej	146		M40	30	00:57:03.95	00:57:30.35	+00:21:43 (37.8%)	5:42	10.5 (62.1%)
147	PATYK Artur	136		M40	31	00:57:19.90	00:57:53.95	+00:22:06 (38.2%)	5:43	10.5 (62.1%)
148	BIERNACKA Aleksandra	11		K30	11	00:57:47.50	00:58:17.75	+00:22:30 (38.6%)	5:46	10.4 (61.5%)
149	KIEŁBASIŃSKI Michał	75		M20	36	00:57:47.60	00:58:25.90	+00:22:38 (38.8%)	5:46	10.4 (61.5%)
150	WALCZUK Barbara	199		K30	12	00:58:56.55	00:59:25.90	+00:23:38 (39.8%)	5:53	10.2 (60.4%)
151	KUŹMIŃSKI Jakub	97		M30	49	00:59:16.15	00:59:44.90	+00:23:57 (40.1%)	5:55	10.1 (59.8%)
152	ZAKRZEWSKA Katarzyna	215		K30	13	00:59:41.50	01:00:16.05	+00:24:28 (40.6%)	5:58	10.1 (59.8%)
153	BARCZAK Karol	7		M30	50	01:00:12.65	01:00:45.75	+00:24:58 (41.1%)	6:01	10 (59.2%)
154	SIKORSKI Bartłomiej	223		M30	51	01:00:17.05	01:00:52.75	+00:25:05 (41.2%)	6:01	10 (59.2%)
155	ZAJĄC Leszek	214		M30	52	01:00:24.80	01:00:55.05	+00:25:07 (41.2%)	6:02	9.9 (58.6%)
156	RYMARKIEWICZ Karol	160		M30	53	01:01:00.05	01:01:31.05	+00:25:43 (41.8%)	6:06	9.8 (58.0%)
157	LEJK Marcin	102		M30	54	01:01:01.05	01:01:36.45	+00:25:49 (41.9%)	6:06	9.8 (58.0%)
158	LEWAŃSKI Andrzej	106		M30	55	01:02:45.15	01:03:21.50	+00:27:34 (43.5%)	6:16	9.6 (56.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
159	WRÓBLEWSKI Jarosław	220	M30		56	01:03:00.00	01:03:32.65	+00:27:45 (43.7%)	6:18	9.5 (56.2%)
160	KOPEĆ Katarzyna	84	K20		10	01:03:00.70	01:03:32.85	+00:27:45 (43.7%)	6:18	9.5 (56.2%)
161	SZYMAŃSKA Natalia	185	K20		11	01:03:07.30	01:03:40.65	+00:27:53 (43.8%)	6:18	9.5 (56.2%)
162	TOPOREK Beata	193	K20		12	01:03:06.90	01:03:40.85	+00:27:53 (43.8%)	6:18	9.5 (56.2%)
163	TRZASKOWSKA Justyna	194	K30		14	01:03:53.00	01:04:31.35	+00:28:44 (44.5%)	6:23	9.4 (55.6%)
164	MADANY Anita	118	K50+		1	01:06:01.10	01:06:29.15	+00:30:41 (46.2%)	6:36	9.1 (53.8%)
165	BUJAK Justyna	21	K30		15	01:06:05.60	01:06:38.15	+00:30:50 (46.3%)	6:36	9.1 (53.8%)
166	LEWANDOWSKA Marzena	103	K30		16	01:09:58.75	01:10:25.15	+00:34:37 (49.2%)	6:59	8.6 (50.9%)
167	DYMOWSKA Joanna	225	K30		17	01:13:11.50	01:13:47.90	+00:38:00 (51.5%)	7:19	8.2 (48.5%)
168	DYMAŃSKI Bartosz	226	M30		57	01:13:07.30	01:13:55.30	+00:38:07 (51.6%)	7:18	8.2 (48.5%)

Znaleziono 168 wynik(ów)