

MISTRZOSTWA IWSZ RP W BIEGU ULICZNYM - 10KM

B4SPORT
INTELEGENE ZAWODY SPORTOWE

Organizator: 1BLog
Data: 2022-11-16
Miejsce: Bydgoszcz
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	ST.SZER.GOSIEWSKI Krzysztof	96	1BLOG	M35	1	00:16:05	00:31:33.70	00:31:35.65		3:09	19 (100%)
2	SZER.SOKOŁOWSKI Ryszard	49	1 RBLOG	M35	2	00:16:06	00:32:35.40	00:32:37.35	+00:01:01 (3.2%)	3:15	18.4 (96.8%)
3	SZER.MALINOWSKI Paweł	94	1BLOG	M35	3	00:16:09	00:32:52.60	00:32:54.90	+00:01:19 (4.0%)	3:17	18.3 (96.3%)
4	ST.SZER.FLAGA Przemysław	37	2 RBLOG	M45	1	00:16:47	00:33:28.30	00:33:30.75	+00:01:55 (5.7%)	3:20	17.9 (94.2%)
5	SZER.NALEWALSKI Rafał	95	1BLOG	M35	4	00:16:47	00:33:29.70	00:33:32.15	+00:01:56 (5.8%)	3:20	17.9 (94.2%)
6	SIERŻ.KŁOPOTEK Damian	26	CENTRUM SZKOLENIA LOGISTYKI	M45	2	00:17:05	00:34:18.20	00:34:21.10	+00:02:45 (8.0%)	3:25	17.5 (92.1%)
7	KPR.GOŁDYŃ Sebastian	98	1BLOG	M35	5	00:17:37	00:34:53.05	00:34:55.85	+00:03:20 (9.6%)	3:29	17.2 (90.5%)
8	KPR.DOROŻYŃSKI Szymon	59	10 BLOG	M35	6	00:17:37	00:35:06.30	00:35:08.45	+00:03:32 (10.1%)	3:30	17.1 (90.0%)
9	ST.SZER.DEROŃ Waldemar	97	1BLOG - PK	M35	7	00:17:37	00:35:33.75	00:35:37.55	+00:04:01 (11.3%)	3:33	16.9 (88.9%)
10	KPT.OSSOWSKI Mateusz	51	1 RBLOG	M35	8	00:18:06	00:36:13.30	00:36:16.35	+00:04:40 (12.9%)	3:37	16.6 (87.4%)
11	SZER.KRAWCZUK Paweł	62	10 BLOG	M35	9	00:18:20	00:36:20.20	00:36:22.70	+00:04:47 (13.2%)	3:38	16.5 (86.8%)
12	ST.SZER.MALCZEWSKI Daniel	61	10 BLOG	M35	10	00:18:06	00:36:26.85	00:36:29.90	+00:04:54 (13.4%)	3:38	16.5 (86.8%)
13	ST.SIERŻ.BIAŁEK Dawid	102	1BLOG	M35	11	00:18:19	00:36:34.70	00:36:37.75	+00:05:02 (13.7%)	3:39	16.4 (86.3%)
14	ST.SZER.SZYSZKA Mariusz	100	1BLOG	M45	3	00:18:06	00:36:35.20	00:36:38.10	+00:05:02 (13.8%)	3:39	16.4 (86.3%)
15	SZER.SZOT Bartosz	99	1BLOG	M45	4	00:18:06	00:36:58.85	00:37:01.80	+00:05:26 (14.7%)	3:41	16.2 (85.3%)
16	ST.SZER.SKOWRONEK Kamil	64	10 BLOG	M45	5	00:18:23	00:37:05.90	00:37:09.45	+00:05:33 (15.0%)	3:42	16.2 (85.3%)
17	ST. KPR.EJDYS -TOMASZEWSKA Sylwia	80	4 RBLOG	K36+	1	00:18:40	00:37:15.15	00:37:18.35	+00:05:42 (15.3%)	3:43	16.1 (84.7%)
18	SZER.NOWAKOWSKA Anna	90	1BLOG	K35	1	00:18:38	00:37:48.60	00:37:51.95	+00:06:16 (16.6%)	3:46	15.9 (83.7%)
19	MŁ.CHOR.SIKUT Arkadiusz	53	1 RBLOG	M46+	1	00:18:46	00:37:57.00	00:38:00.35	+00:06:24 (16.9%)	3:47	15.8 (83.2%)
20	SZER.PIOTROWSKI Piotr	60	10 BLOG	M35	12	00:18:46	00:38:26.45	00:38:29.65	+00:06:54 (17.9%)	3:50	15.6 (82.1%)
21	SIERŻ.FROM Piotr	24	CENTRUM SZKOLENIA LOGISTYKI	M45	6	00:18:50	00:38:29.50	00:38:33.55	+00:06:57 (18.1%)	3:50	15.6 (82.1%)
22	ST.KPR.NOCEK Paweł	87	1BLOG	M45	7	00:18:59	00:38:39.35	00:38:39.35	+00:07:03 (18.3%)	3:51	15.5 (81.6%)
23	ST.CHOR.SZT.STACHOWICZ Wiesław	3	BDOW IWSP SZ	M46+	2	00:19:49	00:39:25.00	00:39:28.75	+00:07:53 (20.0%)	3:56	15.2 (80.0%)
24	ST.SZER.BYCKOWSKI Krystan	58	1 RBLOG	M35	13	00:19:57	00:39:33.90	00:39:40.00	+00:08:04 (20.4%)	3:57	15.2 (80.0%)
25	ST.CHOR.SZT.PIETKUN Sławomir	46	1 RBLOG	M46+	3	00:19:45	00:39:55.55	00:40:00.05	+00:08:24 (21.0%)	3:59	15 (78.9%)
26	KPR.KARASZEWSKI Norbert	11	BDOW IWSP SZ	M35	14	00:19:29	00:40:15.75	00:40:18.85	+00:08:43 (21.6%)	4:01	14.9 (78.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
27	PLUT.RADOMSKI Kamil	36	2 RBLOG	M45	8	00:19:59	00:40:23.40	00:40:28.80	+00:08:53 (22.0%)	4:02	14.9 (78.4%)
28	MŁ.CHOR.ŁOPUSZYŃSKI Rafał	54	1 RBLOG	M45	9	00:19:59	00:40:31.10	00:40:35.60	+00:08:59 (22.2%)	4:03	14.8 (77.9%)
29	SIERŻ.GÓRNY Maciej	25	CENTRUM SZKOLENIA LOGISTYKI	M45	10	00:19:49	00:40:35.65	00:40:39.90	+00:09:04 (22.3%)	4:03	14.8 (77.9%)
30	POR.GAŁKA Piotr	8	BDOW IWSP SZ	M45	11	00:19:58	00:40:41.05	00:40:46.95	+00:09:11 (22.5%)	4:04	14.7 (77.4%)
31	MŁ.CHOR.ŻYŁKA Paweł	65	10 BLOG	M45	12	00:20:38	00:41:07.65	00:41:12.05	+00:09:36 (23.3%)	4:06	14.6 (76.8%)
32	SIERŻ.RONOWICZ Mateusz	52	1 RBLOG	M35	15	00:20:36	00:41:14.40	00:41:20.95	+00:09:45 (23.6%)	4:07	14.6 (76.8%)
33	ST.SZER.KORALEWSKA Barbara	74	10 BLOG	K35	2	00:20:39	00:41:21.15	00:41:24.80	+00:09:49 (23.7%)	4:08	14.5 (76.3%)
34	KPR.PENC Grzegorz	63	10 BLOG	M35	16	00:20:00	00:41:50.25	00:41:53.70	+00:10:18 (24.6%)	4:11	14.3 (75.3%)
35	KMDR.POR.ŻAL Robert	4	BDOW IWSP SZ	M45	13	00:20:48	00:41:50.20	00:41:58.15	+00:10:22 (24.7%)	4:11	14.3 (75.3%)
36	MŁ. CHOR.ROZUMEK Adam	77	4 RBLOG	M45	14	00:21:07	00:42:06.65	00:42:11.30	+00:10:35 (25.1%)	4:12	14.3 (75.3%)
37	ST.SZER.CZUSZEL Marcin	34	2 RBLOG	M45	15	00:20:42	00:42:20.50	00:42:20.50	+00:10:44 (25.4%)	4:14	14.2 (74.7%)
38	PPŁK BARCZAK Piotr	5	BDOW IWSP SZ	M46+	4	00:21:05	00:42:30.70	00:42:34.45	+00:10:58 (25.8%)	4:15	14.1 (74.2%)
39	MŁ. CHOR.GRYDZIUSZKO Marcin	76	4 RBLOG	M46+	5	00:21:18	00:42:45.85	00:42:50.85	+00:11:15 (26.3%)	4:16	14 (73.7%)
40	ST.KPR.SOLICH Paweł	66	10 BLOG - PK	M45	16	00:20:45	00:42:48.40	00:42:53.10	+00:11:17 (26.3%)	4:16	14 (73.7%)
41	ST.CHOR.SZT.PAWLICKI Maciej	68	10 BLOG	M46+	6	00:21:06	00:43:03.20	00:43:07.15	+00:11:31 (26.7%)	4:18	13.9 (73.2%)
42	CHOR.KRELA Andrzej	86	1BLOG	M46+	7	00:21:23	00:43:15.50	00:43:19.50	+00:11:43 (27.1%)	4:19	13.9 (73.2%)
43	KPR.CYPRYCH Katarzyna	50	1 RBLOG	K35	3	00:21:55	00:43:27.30	00:43:31.00	+00:11:55 (27.4%)	4:20	13.8 (72.6%)
44	ST. SZER.SMYRSKI Rafał	82	4 RBLOG	M35	17	00:22:00	00:43:29.75	00:43:36.60	+00:12:00 (27.6%)	4:20	13.8 (72.6%)
45	ST.SZER.BILKIEWICZ Adrian	39	2 RBLOG	M35	18	00:21:37	00:43:32.00	00:43:37.90	+00:12:02 (27.6%)	4:21	13.8 (72.6%)
46	CHOR.GRYSZPANOWICZ Piotr	29	2 RBLOG	M46+	8	00:21:18	00:43:35.65	00:43:38.10	+00:12:02 (27.6%)	4:21	13.8 (72.6%)
47	PPOR.BRYŚ Daria	75	10 BLOG	K35	4	00:21:46	00:43:40.20	00:43:44.30	+00:12:08 (27.8%)	4:22	13.7 (72.1%)
48	ST.CHOR.SZT.ZBIRANEK Remigiusz	101	1BLOG	M46+	9	00:21:06	00:43:41.55	00:43:45.80	+00:12:10 (27.8%)	4:22	13.7 (72.1%)
49	PPOR. ZATORSKA - SKUBIS Paulina	72	10 BLOG	K35	5	00:21:36	00:43:47.90	00:43:52.80	+00:12:17 (28.0%)	4:22	13.7 (72.1%)
50	ST.SZER.BRYKNER Kacper	27	CENTRUM SZKOLENIA LOGISTYKI	M35	19	00:22:02	00:43:58.30	00:44:04.55	+00:12:28 (28.3%)	4:23	13.6 (71.6%)
51	SZER.KACZOR Krystian	85	4 RBLOG	M45	17	00:21:40	00:44:09.15	00:44:16.60	+00:12:40 (28.6%)	4:24	13.6 (71.6%)
52	SIERŻ.KIEDA Łukasz	23	CENTRUM SZKOLENIA LOGISTYKI	M45	18	00:21:36	00:44:21.55	00:44:26.75	+00:12:51 (28.9%)	4:26	13.5 (71.1%)
53	ST.SZER.REMBECKI Marcin	48	1 RBLOG	M45	19	00:22:26	00:44:42.60	00:44:47.00	+00:13:11 (29.5%)	4:28	13.4 (70.5%)
54	POR.SZUBA Jagoda	73	10 BLOG	K35	6	00:21:37	00:44:57.50	00:45:01.30	+00:13:25 (29.8%)	4:29	13.3 (70.0%)
55	POR.LESISZ Agata	57	1 RBLOG	K36+	2	00:22:35	00:45:25.10	00:45:29.40	+00:13:53 (30.5%)	4:32	13.2 (69.5%)
56	SZER.DULAT Agnieszka	88	1BLOG	K35	7	00:22:34	00:45:26.60	00:45:31.20	+00:13:55 (30.6%)	4:32	13.2 (69.5%)
57	CHOR.KAMIŃSKI Arkadiusz	21	CENTRUM SZKOLENIA LOGISTYKI	M46+	10	00:22:31	00:45:46.35	00:45:52.85	+00:14:17 (31.1%)	4:34	13.1 (68.9%)
58	CHOR.PRZYBYLSKI Andrzej	67	10 BLOG	M46+	11	00:22:33	00:45:49.80	00:45:55.00	+00:14:19 (31.2%)	4:34	13.1 (68.9%)
59	MŁ. CHOR.KUŹMIAK Jarosław	79	4 RBLOG	M45	20	00:22:30	00:45:51.40	00:45:58.60	+00:14:22 (31.3%)	4:35	13.1 (68.9%)
60	POR.KOWALCZYK Kamila	2	BDOW IWSP SZ	K35	8	00:22:53	00:46:00.90	00:46:08.00	+00:14:32 (31.5%)	4:36	13 (68.4%)
61	ST.SIERŻ.DUDA Adam	35	2 RBLOG	M45	21	00:22:51	00:46:20.70	00:46:27.45	+00:14:51 (32.0%)	4:38	12.9 (67.9%)
62	KPR.PAŁUSKA Paweł	28	CENTRUM SZKOLENIA LOGISTYKI	M35	20	00:22:14	00:46:33.60	00:46:40.05	+00:15:04 (32.3%)	4:39	12.9 (67.9%)
63	KPT.KURZAWA Maria	1	BDOW IWSP SZ	K35	9	00:23:29	00:47:05.00	00:47:11.30	+00:15:35 (33.0%)	4:42	12.7 (66.8%)
64	KPT.ULAN Natalia	91	1BLOG	K35	10	00:23:28	00:47:17.95	00:47:23.35	+00:15:47 (33.3%)	4:43	12.7 (66.8%)
65	PPOR.ŚWIERCZYŃSKA Justyna	89	1BLOG - PK	K35	11	00:22:46	00:47:39.90	00:47:44.80	+00:16:09 (33.8%)	4:45	12.6 (66.3%)
66	SZER.LEWANDOWSKI Mikołaj	38	2 RBLOG	M35	21	00:23:07	00:47:43.15	00:47:49.10	+00:16:13 (33.9%)	4:46	12.6 (66.3%)
67	ST.CHOR.SZT.KARABOWICZ Zygmunt	30	2 RBLOG	M46+	12	00:23:42	00:47:55.45	00:48:02.20	+00:16:26 (34.2%)	4:47	12.5 (65.8%)
68	PPOR. ZAMORA - REMBIASZ Katarzyna	71	10 BLOG	K36+	3	00:24:13	00:48:20.10	00:48:25.50	+00:16:49 (34.8%)	4:50	12.4 (65.3%)
69	ST.SZER.TEODOROWICZ Karol	12	BDOW IWSP SZ	M35	22	00:24:09	00:48:34.65	00:48:42.90	+00:17:07 (35.1%)	4:51	12.4 (65.3%)
70	SZER.FILOCHOWSKI Krystian	41	2 RBLOG - PK	M35	23	00:24:07	00:48:38.20	00:48:44.15	+00:17:08 (35.2%)	4:51	12.3 (64.7%)

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71	ST.SZER.BIGAŚ Mariusz	40	2 RBLOG - PK	M35	24	00:24:07	00:48:39.25	00:48:45.80	+00:17:10 (35.2%)	4:51	12.3 (64.7%)
72	CHOR.KĘDZIERSKI Krzysztof	22	CENTRUM SZKOLENIA LOGISTYKI	M46+	13	00:23:46	00:48:49.75	00:48:56.95	+00:17:21 (35.5%)	4:52	12.3 (64.7%)
73	SZER.HOFFMAN Dariusz	84	4 RBLOG	M35	25	00:24:41	00:48:59.80	00:49:07.35	+00:17:31 (35.7%)	4:53	12.2 (64.2%)
74	KPT.KASPRZYK Ewelina	70	10 BLOG	K36+	4	00:24:26	00:49:13.90	00:49:19.70	+00:17:44 (36.0%)	4:55	12.2 (64.2%)
75	PPŁK LENARCIK Arkadiusz	32	2 RBLOG	M46+	14	00:24:07	00:49:16.00	00:49:22.60	+00:17:46 (36.0%)	4:55	12.2 (64.2%)
76	SZER.RANISZEWSKI Jarosław	10	BDOW IWSP SZ	M35	26	00:24:18	00:49:16.15	00:49:24.90	+00:17:49 (36.1%)	4:55	12.2 (64.2%)
77	KPT. BIERNACKA Magdalena	92	1BLOG	K35	12	00:24:39	00:50:20.40	00:50:25.60	+00:18:49 (37.3%)	5:02	11.9 (62.6%)
78	SIERŻ.SZUBART Grzegorz	6	BDOW IWSP SZ	M35	27	00:25:47	00:51:36.35	00:51:44.00	+00:20:08 (38.9%)	5:09	11.6 (61.1%)
79	ST.SZER.PARDEJ Liliana	47	1 RBLOG	K35	13	00:25:49	00:52:22.95	00:52:29.85	+00:20:54 (39.8%)	5:14	11.5 (60.5%)
80	PPOR.KWIATKOWSKA Dominika	69	10 BLOG - PK	K35	14	00:25:46	00:52:55.60	00:53:01.40	+00:21:25 (40.4%)	5:17	11.3 (59.5%)
81	ST.SZER.KLOSKOWSKI Adam	9	BDOW IWSP SZ	M45	22	00:25:47	00:52:53.95	00:53:01.60	+00:21:25 (40.4%)	5:17	11.3 (59.5%)
82	PPOR.LAZAROWSKI Leszek	33	2 RBLOG	M45	23	00:26:34	00:54:28.00	00:54:35.65	+00:23:00 (42.1%)	5:26	11 (57.9%)
83	ST.SZER.SETLAK Michał	16	BDOW IWSP SZ - PK	M45	24	00:26:46	00:54:55.25	00:55:02.90	+00:23:27 (42.6%)	5:29	10.9 (57.4%)
84	SZER.KULWICKI Karol	15	BDOW IWSP SZ	M45	25	00:26:47	00:54:55.05	00:55:03.20	+00:23:27 (42.6%)	5:29	10.9 (57.4%)
85	SZER.ŻEBROWSKI Michał	18	BDOW IWSP SZ - PK	M35	28	00:26:46	00:55:14.95	00:55:23.50	+00:23:47 (43.0%)	5:31	10.9 (57.4%)
86	ST. SZER.PACIOREK Marcin	83	4 RBLOG	M45	26	00:27:49	00:56:21.50	00:56:29.30	+00:24:53 (44.1%)	5:38	10.6 (55.8%)
87	KPR.PODGÓRNY Kamil	81	4 RBLOG	M35	29	00:27:48	00:56:21.15	00:56:29.40	+00:24:53 (44.1%)	5:38	10.6 (55.8%)
88	ST.CHOR.SZT.PIEKARSKI Marcin	31	2 RBLOG	M46+	15	00:27:39	00:56:25.50	00:56:34.70	+00:24:59 (44.2%)	5:38	10.6 (55.8%)
89	MŁ. CHOR.KMERA Andrzej	78	4 RBLOG	M46+	16	00:27:14	00:57:45.30	00:57:50.25	+00:26:14 (45.4%)	5:46	10.4 (54.7%)
90	PPOR.MIELCARSKA Marcelina	19	CENTRUM SZKOLENIA LOGISTYKI	K35	15	00:29:25	01:00:49.25	01:00:58.00	+00:29:22 (48.2%)	6:04	9.9 (52.1%)
91	ST.SZER.WOJTALAK Monika	42	2 RBLOG	K35	16	00:33:09	01:06:48.00	01:06:56.60	+00:35:20 (52.8%)	6:40	9 (47.4%)
92	SZER.DELIKAT Aleksandra	43	2 RBLOG	K35	17	00:33:09	01:08:51.50	01:09:00.05	+00:37:24 (54.2%)	6:53	8.7 (45.8%)
93	ST.SZER.NIEWIADOMA Żaklina	44	2 RBLOG	K36+	5	00:34:23	01:10:00.65	01:10:10.20	+00:38:34 (55.0%)	7:00	8.6 (45.3%)
93	ST.SZER.CZARKOWSKA Katarzyna	45	2 RBLOG	K36+	5	00:34:23	01:10:00.60	01:10:10.20	+00:38:34 (55.0%)	7:00	8.6 (45.3%)

Znaleziono 94 wynik(ów)