



**Wydarzenie:** Murowana Dycha  
**Organizator:** Gmina Murowana Goślina, APS AGENCY sp.z.o.o. sp.k.  
**Data:** 2022-09-11  
**Miejsce:** Murowana Goślina  
**Dystans:** 10 km

# MUROWANA DYCHA - 10KM

B4SPORT

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec gminy	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>POŁCZYŃSKI Mateusz</b>	<b>98</b>	140MINUT.PL	M-20	1		00:17:33	<b>00:34:40.50</b>	<b>00:34:42.25</b>		3:28	17.3 (100%)
2	<b>WAWRZYŃIAK Jakub</b>	<b>103</b>	WYBIEGAĆ MARZENIA TEAM	M-30	1		00:17:47	<b>00:35:40.85</b>	<b>00:35:42.85</b>	+00:01:00 (2.8%)	3:34	16.8 (97.1%)
3	<b>KACZMAREK Fryderyk</b>	<b>159</b>	STEFANOWICZ RUNNING ACADEMY	M-20	2		00:18:00	<b>00:35:58.10</b>	<b>00:35:59.05</b>	+00:01:16 (3.6%)	3:35	16.7 (96.5%)
4	<b>WALCZAK Robert</b>	<b>77</b>	CYTADELA BY NIGHT	M-40	1		00:18:16	<b>00:37:05.60</b>	<b>00:37:09.15</b>	+00:02:26 (6.6%)	3:42	16.2 (93.6%)
5	<b>STACHOWIAK Marcin</b>	<b>179</b>		M-30	2		00:18:39	<b>00:37:16.85</b>	<b>00:37:19.85</b>	+00:02:37 (7.0%)	3:43	16.1 (93.1%)
6	<b>SZADZIŃSKI Kacper</b>	<b>129</b>		M-20	3		00:18:34	<b>00:37:45.90</b>	<b>00:37:47.30</b>	+00:03:05 (8.2%)	3:46	15.9 (91.9%)
7	<b>LORENZ Daniel</b>	<b>167</b>	KIBOLSKI KS	M-40	2		00:19:15	<b>00:38:48.85</b>	<b>00:38:50.55</b>	+00:04:08 (10.7%)	3:52	15.5 (89.6%)
8	<b>KAMINIK Maciej</b>	<b>81</b>		M-30	3		00:19:28	<b>00:39:06.95</b>	<b>00:39:09.60</b>	+00:04:27 (11.4%)	3:54	15.3 (88.4%)
9	<b>KESLER Hubert</b>	<b>75</b>		M-30	4		00:19:39	<b>00:39:36.35</b>	<b>00:39:38.85</b>	+00:04:56 (12.5%)	3:57	15.2 (87.9%)
10	<b>WIĘCKOWSKA Sandra</b>	<b>136</b>		K-30	1		00:19:27	<b>00:39:49.95</b>	<b>00:39:54.65</b>	+00:05:12 (13.0%)	3:58	15.1 (87.3%)
11	<b>ANDRZEJEWSKI Dominik</b>	<b>33</b>	KB GEPARD MUROWANA GOŚLINA	M-30	5	Tak	00:20:00	<b>00:40:01.95</b>	<b>00:40:04.20</b>	+00:05:21 (13.4%)	4:00	15 (86.7%)
12	<b>LUTOMSKA Dorota</b>	<b>24</b>	OFIX.PL BIKE TEAM	K-40	1		00:20:08	<b>00:40:12.35</b>	<b>00:40:14.05</b>	+00:05:31 (13.7%)	4:01	14.9 (86.1%)
13	<b>WRZESIŃSKI Michał</b>	<b>134</b>	KSG DIRETA	M-30	6		00:21:12	<b>00:40:38.95</b>	<b>00:40:38.95</b>	+00:05:56 (14.6%)	4:03	14.8 (85.5%)
14	<b>BARTKOWIAK Aleks</b>	<b>188</b>		M-20	4		00:19:45	<b>00:40:59.65</b>	<b>00:41:02.50</b>	+00:06:20 (15.4%)	4:05	14.6 (84.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec gminy	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
15	<b>CHRUŚCICKI Jarosław</b>	<b>6</b>		M-50	1	Tak	00:20:33	<b>00:40:59.25</b>	<b>00:41:03.40</b>	+00:06:21 (15.5%)	4:05	14.6 (84.4%)
16	<b>DI MARINO Massimo</b>	<b>18</b>		M-40	3		00:20:37	<b>00:42:12.80</b>	<b>00:42:16.00</b>	+00:07:33 (17.9%)	4:13	14.2 (82.1%)
17	<b>CICHOCKI Igor</b>	<b>115</b>	POLONIA ŚRODA WLKP.	M-15	1		00:21:47	<b>00:42:09.75</b>	<b>00:42:19.00</b>	+00:07:36 (18.0%)	4:12	14.2 (82.1%)
18	<b>WAWRZY尼亚K Paweł</b>	<b>80</b>	RUNNER'S POWER	M-40	4		00:20:58	<b>00:42:38.60</b>	<b>00:42:46.80</b>	+00:08:04 (18.9%)	4:15	14.1 (81.5%)
19	<b>CIEŚLIK Mateusz</b>	<b>160</b>	TEAM APK	M-20	5		00:21:24	<b>00:42:47.20</b>	<b>00:42:52.90</b>	+00:08:10 (19.1%)	4:16	14 (80.9%)
20	<b>NOWIK Mateusz</b>	<b>139</b>	HART SKOKI	M-30	7		00:21:10	<b>00:42:52.45</b>	<b>00:42:53.90</b>	+00:08:11 (19.1%)	4:17	14 (80.9%)
21	<b>KOŚKA Marcin</b>	<b>186</b>		M-20	6		00:21:18	<b>00:42:42.50</b>	<b>00:42:57.75</b>	+00:08:15 (19.2%)	4:16	14.1 (81.5%)
22	<b>PACHOWICZ Maciej</b>	<b>152</b>		M-40	5	Tak	00:21:06	<b>00:42:46.90</b>	<b>00:42:59.65</b>	+00:08:17 (19.3%)	4:16	14 (80.9%)
23	<b>KONIECZKA Amadeusz</b>	<b>107</b>		M-20	7		00:21:15	<b>00:43:15.70</b>	<b>00:43:20.85</b>	+00:08:38 (19.9%)	4:19	13.9 (80.3%)
24	<b>WYSOCKI Marcin</b>	<b>61</b>	FOGHIKE.PL	M-40	6		00:21:34	<b>00:43:27.45</b>	<b>00:43:34.85</b>	+00:08:52 (20.4%)	4:20	13.8 (79.8%)
25	<b>SIWEK Arkadiusz</b>	<b>35</b>	FEHLAU RUN TEAM	M-20	8		00:21:51	<b>00:43:31.00</b>	<b>00:43:37.85</b>	+00:08:55 (20.5%)	4:21	13.8 (79.8%)
26	<b>NAWROCKI Piotr</b>	<b>190</b>		M-40	7		00:21:27	<b>00:43:11.15</b>	<b>00:43:46.20</b>	+00:09:03 (20.7%)	4:19	13.9 (80.3%)
27	<b>LISIAK Bartosz</b>	<b>29</b>	KB GEPARD MUROWNA GOŚLINA	M-30	8	Tak	00:21:46	<b>00:43:45.55</b>	<b>00:43:51.50</b>	+00:09:09 (20.9%)	4:22	13.7 (79.2%)
28	<b>JANKOWIAK Chrystian</b>	<b>4</b>	SZARY TEAM	M-20	9	Tak	00:21:47	<b>00:43:54.00</b>	<b>00:44:00.15</b>	+00:09:17 (21.1%)	4:23	13.7 (79.2%)
29	<b>STAWICKI Adam</b>	<b>12</b>	OBORNICKI KLUB LEKKOATLETYCZNY	M-50	2		00:22:00	<b>00:44:12.25</b>	<b>00:44:23.95</b>	+00:09:41 (21.8%)	4:25	13.6 (78.6%)
30	<b>KACZMARCZYK Bogdan</b>	<b>62</b>	KB GEPARD MUROWANA GOŚLINA	M-40	8	Tak	00:22:21	<b>00:44:35.85</b>	<b>00:44:43.25</b>	+00:10:01 (22.4%)	4:27	13.5 (78.0%)
31	<b>LICZNERSKI Rafał</b>	<b>176</b>		M-40	9	Tak	00:22:09	<b>00:44:40.65</b>	<b>00:44:46.05</b>	+00:10:03 (22.5%)	4:28	13.4 (77.5%)
32	<b>NOWAK Przemysław</b>	<b>101</b>	WITKOWSKI RUNNING TEAM	M-40	10		00:22:38	<b>00:44:46.50</b>	<b>00:44:55.40</b>	+00:10:13 (22.7%)	4:28	13.4 (77.5%)
33	<b>SCHWARZ Marek</b>	<b>184</b>	PRO366	M-30	9		00:22:24	<b>00:44:55.85</b>	<b>00:45:02.75</b>	+00:10:20 (23.0%)	4:29	13.4 (77.5%)
34	<b>WALKOWIAK Sebastian</b>	<b>138</b>		M-40	11		00:22:17	<b>00:45:16.80</b>	<b>00:45:21.20</b>	+00:10:38 (23.5%)	4:31	13.3 (76.9%)
35	<b>STAROSTA Hubert</b>	<b>156</b>	CROSS WRONKI	M-20	10		00:22:39	<b>00:45:07.40</b>	<b>00:45:23.05</b>	+00:10:40 (23.5%)	4:30	13.3 (76.9%)
36	<b>BAIER-JASTRZĄBEK Marta</b>	<b>88</b>	OBORNICKI KLUB LEKKOATLETYCZNY	K-40	2		00:22:26	<b>00:45:18.90</b>	<b>00:45:30.10</b>	+00:10:47 (23.7%)	4:31	13.2 (76.3%)
37	<b>KORNOSZ Łukasz</b>	<b>147</b>	TUPTAŃSKO	M-20	11		00:22:27	<b>00:45:36.15</b>	<b>00:45:38.80</b>	+00:10:56 (24.0%)	4:33	13.2 (76.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec gminy	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
38	<b>WIECZORKOWSKI Władysław</b>	<b>137</b>		M-60+	1		00:22:18	<b>00:46:11.40</b>	<b>00:46:13.35</b>	+00:11:31 (24.9%)	4:37	13 (75.1%)
39	<b>CHMIELEWSKI Jarek</b>	<b>169</b>		M-50	3		00:22:46	<b>00:46:15.75</b>	<b>00:46:28.05</b>	+00:11:45 (25.3%)	4:37	13 (75.1%)
40	<b>CHMIELEWSKI Adam</b>	<b>178</b>		M-15	2		00:23:23	<b>00:46:16.10</b>	<b>00:46:28.10</b>	+00:11:45 (25.3%)	4:37	13 (75.1%)
41	<b>HENCLEWSKA Dagmara</b>	<b>187</b>		K-30	2		00:22:47	<b>00:46:23.60</b>	<b>00:46:41.60</b>	+00:11:59 (25.7%)	4:38	12.9 (74.6%)
42	<b>OWOCKI Piotr</b>	<b>45</b>	BLUMTEAM	M-30	10		00:23:26	<b>00:46:28.55</b>	<b>00:46:51.85</b>	+00:12:09 (25.9%)	4:38	12.9 (74.6%)
43	<b>SILSKI Artur</b>	<b>92</b>	ANIOŁKI RYSZARDA	M-30	11		00:23:06	<b>00:46:43.90</b>	<b>00:46:54.35</b>	+00:12:12 (26.0%)	4:40	12.8 (74.0%)
44	<b>CICHOCKI Robert</b>	<b>120</b>		M-40	12		00:23:31	<b>00:46:49.75</b>	<b>00:46:58.75</b>	+00:12:16 (26.1%)	4:40	12.8 (74.0%)
45	<b>WESOŁEK Paweł</b>	<b>93</b>		M-40	13		00:23:31	<b>00:46:54.80</b>	<b>00:47:03.85</b>	+00:12:21 (26.3%)	4:41	12.8 (74.0%)
46	<b>KUJAŃSKI Dominik</b>	<b>105</b>		M-30	12	Tak	00:23:27	<b>00:46:33.45</b>	<b>00:47:05.75</b>	+00:12:23 (26.3%)	4:39	12.9 (74.6%)
47	<b>JANKOWSKI Marek</b>	<b>171</b>	TEAM LIPTON	M-40	14		00:23:28	<b>00:46:56.55</b>	<b>00:47:09.65</b>	+00:12:27 (26.4%)	4:41	12.8 (74.0%)
48	<b>BETAŃSKI Łukasz</b>	<b>30</b>	.	M-30	13		00:22:44	<b>00:47:09.20</b>	<b>00:47:20.90</b>	+00:12:38 (26.7%)	4:42	12.7 (73.4%)
49	<b>GRZYWACZYK Artur</b>	<b>144</b>	MARATOŃCZYK POZNAŃ	M-50	4		00:23:47	<b>00:47:11.25</b>	<b>00:47:23.35</b>	+00:12:41 (26.8%)	4:43	12.7 (73.4%)
50	<b>GRZYL Edmund</b>	<b>116</b>	CHRUSTOWO BIEGA	M-50	5		00:22:48	<b>00:47:19.70</b>	<b>00:47:23.55</b>	+00:12:41 (26.8%)	4:43	12.7 (73.4%)
51	<b>GALAS Szymon</b>	<b>19</b>		M-30	14		00:23:14	<b>00:47:14.20</b>	<b>00:47:25.25</b>	+00:12:43 (26.8%)	4:43	12.7 (73.4%)
52	<b>TOMCZAK Tomasz</b>	<b>110</b>	NARAMOWICE BIEGAJĄ	M-40	15		00:23:29	<b>00:47:39.50</b>	<b>00:47:46.80</b>	+00:13:04 (27.4%)	4:45	12.6 (72.8%)
53	<b>ZARODA Dawid</b>	<b>119</b>	WKURW_TEAM	M-20	12		00:23:40	<b>00:47:33.05</b>	<b>00:47:48.00</b>	+00:13:05 (27.4%)	4:45	12.6 (72.8%)
54	<b>MACIEJEWSKI Piotr</b>	<b>114</b>		M-40	16		00:23:26	<b>00:48:00.30</b>	<b>00:48:07.45</b>	+00:13:25 (27.9%)	4:48	12.5 (72.3%)
55	<b>WOŹNY Krzysztof</b>	<b>191</b>		M-40	17		00:23:59	<b>00:47:54.60</b>	<b>00:48:08.45</b>	+00:13:26 (27.9%)	4:47	12.5 (72.3%)
56	<b>KWIATKOWSKI Michał</b>	<b>10</b>		M-30	15		00:23:24	<b>00:48:02.20</b>	<b>00:48:12.05</b>	+00:13:29 (28.0%)	4:48	12.5 (72.3%)
57	<b>SZAŁKOWSKI Tomasz</b>	<b>102</b>		M-40	18		00:23:49	<b>00:47:54.45</b>	<b>00:48:12.40</b>	+00:13:30 (28.0%)	4:47	12.5 (72.3%)
58	<b>MIEDZIAK Paweł</b>	<b>57</b>	SPIN PARTNER	M-30	16		00:23:24	<b>00:48:03.75</b>	<b>00:48:13.95</b>	+00:13:31 (28.0%)	4:48	12.5 (72.3%)
59	<b>HIEROWSKI Piotr</b>	<b>149</b>	MARATONYPOLSKIE.PL TEAM	M-50	6		00:23:43	<b>00:48:27.75</b>	<b>00:48:29.15</b>	+00:13:46 (28.4%)	4:50	12.4 (71.7%)
60	<b>LIS Wojciech</b>	<b>13</b>	FOX RUNNERS	M-30	17		00:24:01	<b>00:48:35.65</b>	<b>00:48:44.05</b>	+00:14:01 (28.8%)	4:51	12.3 (71.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec gminy	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
61	ZATAJ Igor	49	KB MANIAC POZNAŃ	M-40	19		00:24:31	00:48:36.15	00:48:49.95	+00:14:07 (28.9%)	4:51	12.3 (71.1%)
62	PIECHOWIAK Dariusz	154	HART SKOKI	M-40	20		00:23:30	00:48:51.05	00:48:56.00	+00:14:13 (29.1%)	4:53	12.3 (71.1%)
63	SIKORA Dawid	9	SIKORKI	M-40	21	Tak	00:24:06	00:48:53.70	00:48:59.85	+00:14:17 (29.2%)	4:53	12.3 (71.1%)
64	KRZYŻANIAK Rafał	8		M-30	18	Tak	00:24:33	00:48:55.65	00:49:02.45	+00:14:20 (29.2%)	4:53	12.3 (71.1%)
65	ROZMIAREK Przemysław	11		M-40	22		00:24:47	00:48:59.80	00:49:14.30	+00:14:32 (29.5%)	4:53	12.2 (70.5%)
66	MONDRY Jakub	142	#ZALINIAMETYTEAM	M-20	13		00:23:46	00:49:24.85	00:49:42.65	+00:15:00 (30.2%)	4:56	12.1 (69.9%)
67	TUPKO Łukasz	5		M-40	23	Tak	00:24:21	00:49:29.85	00:49:47.10	+00:15:04 (30.3%)	4:56	12.1 (69.9%)
68	PRZYBOROWSKI Mieczysław	140	REMET TEAM	M-60+	2		00:24:29	00:49:35.60	00:49:48.85	+00:15:06 (30.3%)	4:57	12.1 (69.9%)
69	SKORWIDER Daniel	148	OSP OCIESZYN	M-20	14		00:25:14	00:49:44.25	00:49:51.95	+00:15:09 (30.4%)	4:58	12.1 (69.9%)
70	BURDA Szymon	109		M-40	24		00:24:39	00:49:41.60	00:49:52.35	+00:15:10 (30.4%)	4:58	12.1 (69.9%)
71	BURDA Maciej	111	MARATOŃCZYK POZNAŃ	M-40	25		00:24:39	00:49:43.40	00:49:54.05	+00:15:11 (30.5%)	4:58	12.1 (69.9%)
72	CZAJKOWSKI Stefan	162	TEAM APK	M-20	15		00:25:01	00:49:39.30	00:49:56.50	+00:15:14 (30.5%)	4:57	12.1 (69.9%)
73	DUBINA Damian	158	URZĄD MIASTA I GMINY MUROWANA GOŚLINA	M-30	19	Tak	00:24:32	00:49:34.40	00:50:01.80	+00:15:19 (30.6%)	4:57	12.1 (69.9%)
74	KRYSZTOFIAK Łukasz	60		M-30	20		00:25:35	00:50:16.05	00:50:31.70	+00:15:49 (31.3%)	5:01	11.9 (68.8%)
75	PACHOLSKI Remigiusz	15	OSP OCIESZYN	M-40	26		00:25:13	00:50:28.15	00:50:35.45	+00:15:53 (31.4%)	5:02	11.9 (68.8%)
76	GILEWSKI Dariusz	14	OBORNICKI KLUB LEKKOATLETYCZNY	M-40	27		00:24:29	00:50:23.60	00:50:36.20	+00:15:53 (31.4%)	5:02	11.9 (68.8%)
77	GRDEŃ Natalia	76		K-30	3		00:24:31	00:50:24.85	00:50:36.25	+00:15:54 (31.4%)	5:02	11.9 (68.8%)
78	ŻMINKOWSKI Tomasz	44		M-30	21		00:25:24	00:50:23.10	00:50:46.00	+00:16:03 (31.6%)	5:02	11.9 (68.8%)
79	SZUSTER Michał	135	LKS SANA KOŚCIAN	M-40	28		00:27:18	00:50:38.20	00:50:47.00	+00:16:04 (31.7%)	5:03	11.8 (68.2%)
80	STRUGAREK Kuba	86	TAŃCZĄCY Z CHIPAMI	M-30	22	Tak	00:25:14	00:50:37.60	00:50:51.40	+00:16:09 (31.8%)	5:03	11.9 (68.8%)
81	SHCHERBAK Yurii	165		M-30	23	Tak	00:25:02	00:50:43.65	00:50:54.90	+00:16:12 (31.8%)	5:04	11.8 (68.2%)
82	OWCZAREK Michał	3	TEAM KGB	M-30	24	Tak	00:24:16	00:50:49.15	00:50:57.45	+00:16:15 (31.9%)	5:04	11.8 (68.2%)
83	KRAJEWSKI Dawid	50		M-30	25	Tak	00:24:45	00:50:45.75	00:50:58.95	+00:16:16 (31.9%)	5:04	11.8 (68.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec gminy	5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 10km	brutto 10km			
84	<b>DON Robert</b>	<b>180</b>	PRO 366	M-40	29		00:25:12	<b>00:50:51.50</b>	<b>00:51:01.10</b>	+00:16:18 (32.0%)	5:05	11.8 (68.2%)
85	<b>OSTROWSKI Lukasz</b>	<b>113</b>		M-30	26		00:24:31	<b>00:50:54.20</b>	<b>00:51:05.05</b>	+00:16:22 (32.1%)	5:05	11.8 (68.2%)
86	<b>CIEŚLIK Bartłomiej</b>	<b>182</b>		M-40	30		00:25:18	<b>00:50:52.00</b>	<b>00:51:12.15</b>	+00:16:29 (32.2%)	5:05	11.8 (68.2%)
87	<b>DELEKTA Mateusz</b>	<b>79</b>		M-30	27		00:25:00	<b>00:51:04.90</b>	<b>00:51:19.65</b>	+00:16:37 (32.4%)	5:06	11.7 (67.6%)
88	<b>JARZYŃSKI Jacek</b>	<b>166</b>		M-40	31		00:25:04	<b>00:51:17.60</b>	<b>00:51:23.95</b>	+00:16:41 (32.5%)	5:07	11.7 (67.6%)
89	<b>BAŁUCH Piotr</b>	<b>145</b>		M-50	7		00:24:24	<b>00:51:17.85</b>	<b>00:51:25.75</b>	+00:16:43 (32.5%)	5:07	11.7 (67.6%)
90	<b>DZIEDZIC Julia</b>	<b>155</b>		K-30	4		00:25:33	<b>00:51:14.25</b>	<b>00:51:32.05</b>	+00:16:49 (32.7%)	5:07	11.7 (67.6%)
91	<b>FRONDCZAK Tomasz</b>	<b>153</b>		M-20	16		00:26:09	<b>00:51:12.10</b>	<b>00:51:33.15</b>	+00:16:50 (32.7%)	5:07	11.7 (67.6%)
92	<b>ZIELIŃSKI-WRONKA Dariusz</b>	<b>95</b>		M-50	8		00:25:28	<b>00:51:26.55</b>	<b>00:51:40.50</b>	+00:16:58 (32.8%)	5:08	11.7 (67.6%)
93	<b>KRZESAJ Krzysztof</b>	<b>46</b>		M-50	9		00:24:03	<b>00:51:41.90</b>	<b>00:51:47.60</b>	+00:17:05 (33.0%)	5:10	11.6 (67.1%)
94	<b>CICHY Łukasz</b>	<b>141</b>		M-30	28	Tak	00:27:09	<b>00:51:26.40</b>	<b>00:51:54.50</b>	+00:17:12 (33.1%)	5:08	11.7 (67.6%)
95	<b>KRENC Anna</b>	<b>108</b>		K-40	3		00:25:24	<b>00:51:46.70</b>	<b>00:51:57.55</b>	+00:17:15 (33.2%)	5:10	11.6 (67.1%)
96	<b>NOWICKI Maciej</b>	<b>22</b>		M-40	32		00:26:01	<b>00:51:38.95</b>	<b>00:52:05.50</b>	+00:17:23 (33.4%)	5:09	11.6 (67.1%)
97	<b>TANNER Jonathan</b>	<b>123</b>		M-30	29		00:25:51	<b>00:52:16.35</b>	<b>00:52:29.85</b>	+00:17:47 (33.9%)	5:13	11.5 (66.5%)
98	<b>KOŁODZIEJ Marzena</b>	<b>42</b>	#BIEGIEMWLAS	K-40	4	Tak	00:26:04	<b>00:52:21.05</b>	<b>00:52:32.85</b>	+00:17:50 (34.0%)	5:14	11.5 (66.5%)
99	<b>SZAŁKOWSKI Piotr</b>	<b>97</b>	SZAŁKI TEAM	M-30	30		00:26:42	<b>00:52:15.50</b>	<b>00:52:33.95</b>	+00:17:51 (34.0%)	5:13	11.5 (66.5%)
100	<b>MROZIŃSKI Artur</b>	<b>55</b>		M-30	31		00:26:12	<b>00:52:19.55</b>	<b>00:52:38.85</b>	+00:17:56 (34.1%)	5:13	11.5 (66.5%)
101	<b>GOLCZEWSKI Tomasz</b>	<b>66</b>		M-40	33		00:25:56	<b>00:52:45.25</b>	<b>00:52:58.45</b>	+00:18:16 (34.5%)	5:16	11.4 (65.9%)
102	<b>STACHOWIAK Łukasz</b>	<b>25</b>	RUUKKI	M-30	32		00:25:54	<b>00:52:54.65</b>	<b>00:53:10.90</b>	+00:18:28 (34.7%)	5:17	11.3 (65.3%)
103	<b>LIJEWSKI Tomasz</b>	<b>71</b>	AMATORSKA LIGA CHULIGANKA SWAJ	M-40	34		00:25:57	<b>00:53:09.20</b>	<b>00:53:14.75</b>	+00:18:32 (34.8%)	5:18	11.3 (65.3%)
104	<b>KĄKOL Marek</b>	<b>90</b>		M-40	35		00:26:10	<b>00:52:50.70</b>	<b>00:53:17.20</b>	+00:18:34 (34.9%)	5:17	11.4 (65.9%)
105	<b>MAŃKOWSKI Paweł</b>	<b>70</b>	ENTORI	M-30	33	Tak	00:26:22	<b>00:53:01.20</b>	<b>00:53:20.05</b>	+00:18:37 (34.9%)	5:18	11.3 (65.3%)
106	<b>FRAĆKOWIAK Antonina</b>	<b>183</b>	PRO366	K-30	5		00:26:33	<b>00:53:12.75</b>	<b>00:53:21.65</b>	+00:18:39 (35.0%)	5:19	11.3 (65.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec gminy	5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 10km	brutto 10km			
107	<b>JANUS Krzysztof</b>	<b>173</b>		M-50	10		00:27:38	<b>00:52:59.50</b>	<b>00:53:22.85</b>	+00:18:40 (35.0%)	5:17	11.3 (65.3%)
107	<b>ZARANEK Barbara</b>	<b>51</b>	KĘSY TEAM	K-50	1		00:25:57	<b>00:53:00.75</b>	<b>00:53:22.85</b>	+00:18:40 (35.0%)	5:18	11.3 (65.3%)
109	<b>BORSUK Damian</b>	<b>20</b>		M-30	34		00:25:33	<b>00:53:12.00</b>	<b>00:53:32.45</b>	+00:18:50 (35.2%)	5:19	11.3 (65.3%)
110	<b>PAŹIK Fabian</b>	<b>68</b>	HAJUKA	M-40	36	Tak	00:26:13	<b>00:53:17.40</b>	<b>00:53:36.40</b>	+00:18:54 (35.3%)	5:19	11.3 (65.3%)
111	<b>KSIĄŻAK Krystian</b>	<b>91</b>		M-30	35		00:25:28	<b>00:53:25.75</b>	<b>00:53:37.80</b>	+00:18:55 (35.3%)	5:20	11.2 (64.7%)
112	<b>TULISZKA Adam</b>	<b>143</b>		M-40	37		00:25:45	<b>00:53:31.90</b>	<b>00:54:01.45</b>	+00:19:19 (35.8%)	5:21	11.2 (64.7%)
113	<b>BOGUSZ Marek</b>	<b>150</b>	WALKA KOSTRZYN	M-60+	3		00:26:46	<b>00:53:52.10</b>	<b>00:54:10.20</b>	+00:19:27 (35.9%)	5:23	11.1 (64.2%)
114	<b>DZIAMSKI Bartosz</b>	<b>43</b>		M-20	17	Tak	00:27:46	<b>00:53:55.75</b>	<b>00:54:17.55</b>	+00:19:35 (36.1%)	5:23	11.1 (64.2%)
115	<b>POPIOŁEK Renata</b>	<b>181</b>	PRO366	K-30	6		00:26:34	<b>00:54:22.10</b>	<b>00:54:32.35</b>	+00:19:50 (36.4%)	5:26	11 (63.6%)
116	<b>JÓŻWICKI Łukasz</b>	<b>168</b>		M-30	36		00:27:48	<b>00:54:26.55</b>	<b>00:54:45.15</b>	+00:20:02 (36.6%)	5:26	11 (63.6%)
117	<b>WIERCIOCH Bartosz</b>	<b>132</b>		M-40	38		00:26:52	<b>00:54:23.50</b>	<b>00:54:51.75</b>	+00:20:09 (36.7%)	5:26	11 (63.6%)
118	<b>BOSIACKI Tomasz</b>	<b>131</b>		M-40	39		00:28:16	<b>00:54:48.90</b>	<b>00:55:12.35</b>	+00:20:30 (37.1%)	5:28	10.9 (63.0%)
119	<b>WENCKA Anna</b>	<b>117</b>	KĘSY TEAM □	K-30	7		00:26:57	<b>00:55:03.60</b>	<b>00:55:25.40</b>	+00:20:43 (37.4%)	5:30	10.9 (63.0%)
120	<b>STĘPIEŃ Krzysztof</b>	<b>94</b>		M-40	40	Tak	00:26:50	<b>00:55:07.30</b>	<b>00:55:27.25</b>	+00:20:45 (37.4%)	5:30	10.9 (63.0%)
121	<b>TECŁAW-PYCHYŃSKA Julita</b>	<b>121</b>	KĘSY TEAM	K-30	8		00:26:58	<b>00:55:30.65</b>	<b>00:55:51.70</b>	+00:21:09 (37.9%)	5:33	10.8 (62.4%)
122	<b>ŻYDOWICZ Michał</b>	<b>175</b>		M-20	18	Tak	00:27:33	<b>00:55:49.30</b>	<b>00:55:55.25</b>	+00:21:13 (37.9%)	5:34	10.7 (61.8%)
123	<b>KIN Natalia</b>	<b>199</b>		K-30	9		00:27:37	<b>00:55:40.00</b>	<b>00:55:57.20</b>	+00:21:14 (38.0%)	5:34	10.8 (62.4%)
124	<b>SZAŁ Monika</b>	<b>151</b>	WALKA KOSTRZYN	K-50	2		00:27:12	<b>00:55:41.70</b>	<b>00:56:00.25</b>	+00:21:18 (38.0%)	5:34	10.8 (62.4%)
125	<b>JAROSZKO Małgorzata</b>	<b>38</b>		K-50	3		00:27:47	<b>00:55:54.85</b>	<b>00:56:11.90</b>	+00:21:29 (38.2%)	5:35	10.7 (61.8%)
126	<b>BADOWIAK Dominik</b>	<b>189</b>		M-40	41		00:26:12	<b>00:56:26.20</b>	<b>00:56:55.35</b>	+00:22:13 (39.0%)	5:38	10.6 (61.3%)
127	<b>ANDRZEJAK Rafał</b>	<b>172</b>	BYWAJ W BRAMIE	M-50	11		00:27:27	<b>00:56:52.95</b>	<b>00:57:09.60</b>	+00:22:27 (39.3%)	5:41	10.6 (61.3%)
128	<b>GUNIA Jerzy</b>	<b>112</b>		M-40	42	Tak	00:27:14	<b>00:56:58.65</b>	<b>00:57:14.05</b>	+00:22:31 (39.4%)	5:41	10.5 (60.7%)
129	<b>KLIMCZAK Alina</b>	<b>130</b>		K-30	10		00:26:30	<b>00:57:10.90</b>	<b>00:57:21.55</b>	+00:22:39 (39.5%)	5:43	10.5 (60.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec gminy	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
130	<b>MATCZAK Paweł</b>	<b>7</b>	WATAHA ŁĄCZY NAS BIEGANIE	M-50	12		00:28:08	<b>00:57:13.25</b>	<b>00:57:37.15</b>	+00:22:54 (39.8%)	5:43	10.5 (60.7%)
131	<b>ŁUSZCZEK Iwona</b>	<b>63</b>	IWA	K-20	1		00:28:59	<b>00:57:40.30</b>	<b>00:57:52.00</b>	+00:23:09 (40.0%)	5:46	10.4 (60.1%)
132	<b>KLASZCZYŃSKA Izabela</b>	<b>58</b>		K-40	5	Tak	00:28:25	<b>00:57:55.35</b>	<b>00:58:23.30</b>	+00:23:41 (40.6%)	5:47	10.4 (60.1%)
133	<b>ROZYNEK Małgorzata</b>	<b>78</b>	CYTADELA BY NIGHT	K-40	6		00:28:35	<b>00:58:12.40</b>	<b>00:58:24.20</b>	+00:23:41 (40.6%)	5:49	10.3 (59.5%)
134	<b>SZCZEPANIAK Wanda</b>	<b>64</b>		K-40	7	Tak	00:28:24	<b>00:57:57.50</b>	<b>00:58:25.90</b>	+00:23:43 (40.6%)	5:47	10.4 (60.1%)
135	<b>KALWAS Paweł</b>	<b>125</b>	PRO366	M-40	43		00:29:09	<b>00:58:30.30</b>	<b>00:58:39.50</b>	+00:23:57 (40.8%)	5:51	10.3 (59.5%)
136	<b>KUROWSKI Andrzej</b>	<b>26</b>		M-60+	4	Tak	00:28:18	<b>00:58:37.60</b>	<b>00:58:53.25</b>	+00:24:11 (41.1%)	5:51	10.2 (59.0%)
137	<b>SZULC Mirosław</b>	<b>128</b>	LUBOŃSKI KLUB BIEGACZA	M-60+	5		00:28:27	<b>00:58:34.65</b>	<b>00:58:54.25</b>	+00:24:12 (41.1%)	5:51	10.2 (59.0%)
138	<b>GALIŃSKA Anna</b>	<b>27</b>		K-30	11		00:29:34	<b>00:59:12.15</b>	<b>00:59:35.80</b>	+00:24:53 (41.8%)	5:55	10.1 (58.4%)
139	<b>HANUSZEK Joanna</b>	<b>87</b>		K-20	2		00:30:00	<b>00:59:23.90</b>	<b>00:59:38.35</b>	+00:24:56 (41.8%)	5:56	10.1 (58.4%)
140	<b>DUKAT Katarzyna</b>	<b>84</b>		K-30	12	Tak	00:28:33	<b>00:59:26.75</b>	<b>00:59:39.10</b>	+00:24:56 (41.8%)	5:56	10.1 (58.4%)
141	<b>LEWICKI Kamil</b>	<b>83</b>	DONNER PARTY	M-40	44	Tak	00:28:32	<b>00:59:26.90</b>	<b>00:59:39.70</b>	+00:24:57 (41.8%)	5:56	10.1 (58.4%)
142	<b>SOMPOLSKI Jacek</b>	<b>122</b>		M-40	45	Tak	00:29:47	<b>00:59:32.60</b>	<b>00:59:45.20</b>	+00:25:02 (41.9%)	5:57	10.1 (58.4%)
143	<b>FOLTYNOWICZ Marek</b>	<b>73</b>		M-30	37		00:29:52	<b>01:00:33.00</b>	<b>01:00:59.75</b>	+00:26:17 (43.1%)	6:03	9.9 (57.2%)
144	<b>DZIKOWSKI Ryszard</b>	<b>85</b>		M-60+	6	Tak	00:29:38	<b>01:00:49.65</b>	<b>01:01:09.60</b>	+00:26:27 (43.3%)	6:04	9.9 (57.2%)
145	<b>JĘSIEK Ilona</b>	<b>72</b>		K-20	3		00:30:42	<b>01:00:50.25</b>	<b>01:01:09.95</b>	+00:26:27 (43.3%)	6:05	9.9 (57.2%)
146	<b>WRONKA Emil</b>	<b>146</b>		M-20	19		00:30:55	<b>01:01:05.40</b>	<b>01:01:20.35</b>	+00:26:38 (43.4%)	6:06	9.8 (56.6%)
147	<b>PACZKA Robert</b>	<b>39</b>		M-50	13		00:30:04	<b>01:01:02.65</b>	<b>01:01:26.25</b>	+00:26:44 (43.5%)	6:06	9.8 (56.6%)
148	<b>WRONKA Małgorzata</b>	<b>96</b>		K-50	4		00:30:56	<b>01:01:16.40</b>	<b>01:01:31.45</b>	+00:26:49 (43.6%)	6:07	9.8 (56.6%)
149	<b>PACHOCKI Artur</b>	<b>65</b>		M-50	14		00:30:02	<b>01:01:22.80</b>	<b>01:01:52.85</b>	+00:27:10 (43.9%)	6:08	9.8 (56.6%)
150	<b>KOZŁOWSKA Kinga</b>	<b>34</b>		K-20	4		00:30:14	<b>01:01:31.30</b>	<b>01:01:53.85</b>	+00:27:11 (43.9%)	6:09	9.8 (56.6%)
151	<b>MANSZEWSKA Agnieszka</b>	<b>16</b>		K-30	13		00:29:39	<b>01:01:39.55</b>	<b>01:01:56.00</b>	+00:27:13 (44.0%)	6:09	9.7 (56.1%)
152	<b>GĘBUŚ Sara</b>	<b>124</b>		K-30	14	Tak	00:31:25	<b>01:01:35.65</b>	<b>01:01:58.55</b>	+00:27:16 (44.0%)	6:09	9.7 (56.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec gminy	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
153	<b>GŁOWACKA Magdalena</b>	<b>133</b>		K-40	8		00:29:42	<b>01:01:33.50</b>	<b>01:02:00.95</b>	+00:27:18 (44.0%)	6:09	9.7 (56.1%)
154	<b>ADAMCZAK Krystian</b>	<b>177</b>		M-40	46		00:31:10	<b>01:01:42.50</b>	<b>01:02:03.05</b>	+00:27:20 (44.1%)	6:10	9.7 (56.1%)
155	<b>CHOJNACKA Katarzyna</b>	<b>126</b>	KATARZYNA CHOJNACKA	K-40	9		00:30:02	<b>01:01:50.05</b>	<b>01:02:08.85</b>	+00:27:26 (44.2%)	6:11	9.7 (56.1%)
156	<b>TARNOWSKA Małgorzata</b>	<b>99</b>	PARKRUN JEZIORO SWARZĘDZKIE	K-30	15		00:30:45	<b>01:02:52.15</b>	<b>01:03:15.05</b>	+00:28:32 (45.1%)	6:17	9.5 (54.9%)
157	<b>SOBKOWIAK Renata</b>	<b>100</b>		K-30	16		00:30:46	<b>01:02:52.75</b>	<b>01:03:15.30</b>	+00:28:33 (45.1%)	6:17	9.5 (54.9%)
158	<b>PAWLAK Iwona</b>	<b>185</b>		K-30	17		00:31:14	<b>01:03:02.85</b>	<b>01:03:23.45</b>	+00:28:41 (45.3%)	6:18	9.5 (54.9%)
159	<b>KOZAK Krystyna</b>	<b>36</b>	RUN TEAM RYDZYNA	K-50	5		00:30:38	<b>01:03:05.35</b>	<b>01:03:29.60</b>	+00:28:47 (45.3%)	6:18	9.5 (54.9%)
160	<b>SZAJ Luiza</b>	<b>21</b>		K-40	10		00:31:14	<b>01:03:11.00</b>	<b>01:03:31.70</b>	+00:28:49 (45.4%)	6:19	9.5 (54.9%)
161	<b>PROSIANOWSKA Justyna</b>	<b>74</b>		K-40	11		00:30:47	<b>01:03:43.50</b>	<b>01:04:01.95</b>	+00:29:19 (45.8%)	6:22	9.4 (54.3%)
162	<b>GENDERA Ewa</b>	<b>54</b>	NIGHT RUNNERS	K-50	6		00:31:31	<b>01:04:31.70</b>	<b>01:04:50.00</b>	+00:30:07 (46.5%)	6:27	9.3 (53.8%)
163	<b>WIETECKA Żaneta</b>	<b>164</b>		K-50	7		00:33:50	<b>01:06:08.80</b>	<b>01:06:28.85</b>	+00:31:46 (47.8%)	6:36	9.1 (52.6%)
164	<b>WIDERSKA Anna</b>	<b>67</b>		K-40	12	Tak	00:32:03	<b>01:06:11.35</b>	<b>01:06:29.05</b>	+00:31:46 (47.8%)	6:37	9.1 (52.6%)
165	<b>JAŁKIEWICZ Grzegorz</b>	<b>118</b>		M-50	15	Tak	00:33:05	<b>01:09:16.45</b>	<b>01:09:34.70</b>	+00:34:52 (50.1%)	6:55	8.7 (50.3%)
166	<b>OLEJNICZAK Sławka</b>	<b>69</b>	CIASTKI.PZ	K-40	13		00:36:34	<b>01:14:48.00</b>	<b>01:15:10.10</b>	+00:40:27 (53.8%)	7:28	8 (46.2%)

Znaleziono 166 wynik(ów)