



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	POŁCZYŃSKI Mateusz	98	140MINUT.PL	M-20	1		00:17:33	00:34:40.50	00:34:42.25		3:28	17.3 (100%)
2	WAWRZYŃIAK Jakub	103	WYBIEGAĆ MARZENIA TEAM	M-30	1		00:17:47	00:35:40.85	00:35:42.85	+00:01:00 (2.8%)	3:34	16.8 (97.1%)
3	KACZMAREK Fryderyk	159	STEFANOWICZ RUNNING ACADEMY	M-20	2		00:18:00	00:35:58.10	00:35:59.05	+00:01:16 (3.6%)	3:35	16.7 (96.5%)
4	WALCZAK Robert	77	CYTADELA BY NIGHT	M-40	1		00:18:16	00:37:05.60	00:37:09.15	+00:02:26 (6.6%)	3:42	16.2 (93.6%)
5	STACHOWIAK Marcin	179		M-30	2		00:18:39	00:37:16.85	00:37:19.85	+00:02:37 (7.0%)	3:43	16.1 (93.1%)
6	SZADZIŃSKI Kacper	129		M-20	3		00:18:34	00:37:45.90	00:37:47.30	+00:03:05 (8.2%)	3:46	15.9 (91.9%)
7	LORENZ Daniel	167	KIBOLSKI KS	M-40	2		00:19:15	00:38:48.85	00:38:50.55	+00:04:08 (10.7%)	3:52	15.5 (89.6%)
8	KAMINIK Maciej	81		M-30	3		00:19:28	00:39:06.95	00:39:09.60	+00:04:27 (11.4%)	3:54	15.3 (88.4%)
9	KESLER Hubert	75		M-30	4		00:19:39	00:39:36.35	00:39:38.85	+00:04:56 (12.5%)	3:57	15.2 (87.9%)
10	WIĘCKOWSKA Sandra	136		K-30	1		00:19:27	00:39:49.95	00:39:54.65	+00:05:12 (13.0%)	3:58	15.1 (87.3%)
11	ANDRZEJEWSKI Dominik	33	KB GEPARD MUROWANA GOŚLINA	M-30	5	Tak	00:20:00	00:40:01.95	00:40:04.20	+00:05:21 (13.4%)	4:00	15 (86.7%)
12	LUTOMSKA Dorota	24	OFIX.PL BIKE TEAM	K-40	1		00:20:08	00:40:12.35	00:40:14.05	+00:05:31 (13.7%)	4:01	14.9 (86.1%)
13	WRZESIŃSKI Michał	134	KSG DIRETA	M-30	6		00:21:12	00:40:38.95	00:40:38.95	+00:05:56 (14.6%)	4:03	14.8 (85.5%)
14	BARTKOWIAK Aleks	188		M-20	4		00:19:45	00:40:59.65	00:41:02.50	+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	CHRUŚCICKI Jarosław	6		M-50	1	Tak	00:20:33	00:40:59.25	00:41:03.40	+00:06:21 (15.5%)	4:05	14.6 (84.4%)
16	DI MARINO Massimo	18		M-40	3		00:20:37	00:42:12.80	00:42:16.00	+00:07:33 (17.9%)	4:13	14.2 (82.1%)
17	CICHOCKI Igor	115	POLONIA ŚRODA WLKP.	M-15	1		00:21:47	00:42:09.75	00:42:19.00	+00:07:36 (18.0%)	4:12	14.2 (82.1%)
18	WAWRZYNIAK Paweł	80	RUNNER'S POWER	M-40	4		00:20:58	00:42:38.60	00:42:46.80	+00:08:04 (18.9%)	4:15	14.1 (81.5%)
19	CIEŚLIK Mateusz	160	TEAM APK	M-20	5		00:21:24	00:42:47.20	00:42:52.90	+00:08:10 (19.1%)	4:16	14 (80.9%)
20	NOWIK Mateusz	139	HART SKOKI	M-30	7		00:21:10	00:42:52.45	00:42:53.90	+00:08:11 (19.1%)	4:17	14 (80.9%)
21	KOŚKA Marcin	186		M-20	6		00:21:18	00:42:42.50	00:42:57.75	+00:08:15 (19.2%)	4:16	14.1 (81.5%)
22	PACHOWICZ Maciej	152		M-40	5	Tak	00:21:06	00:42:46.90	00:42:59.65	+00:08:17 (19.3%)	4:16	14 (80.9%)
23	KONIECZKA Amadeusz	107		M-20	7		00:21:15	00:43:15.70	00:43:20.85	+00:08:38 (19.9%)	4:19	13.9 (80.3%)
24	WYSOCKI Marcin	61	FOGHBIKE.PL	M-40	6		00:21:34	00:43:27.45	00:43:34.85	+00:08:52 (20.4%)	4:20	13.8 (79.8%)
25	SIWEK Arkadiusz	35	FEHLAU RUN TEAM	M-20	8		00:21:51	00:43:31.00	00:43:37.85	+00:08:55 (20.5%)	4:21	13.8 (79.8%)
26	NAWROCKI Piotr	190		M-40	7		00:21:27	00:43:11.15	00:43:46.20	+00:09:03 (20.7%)	4:19	13.9 (80.3%)
27	LISIAK Bartosz	29	KB GEPARD MUROWNA GOŚLINA	M-30	8	Tak	00:21:46	00:43:45.55	00:43:51.50	+00:09:09 (20.9%)	4:22	13.7 (79.2%)
28	JANKOWIAK Chrystian	4	SZARY TEAM	M-20	9	Tak	00:21:47	00:43:54.00	00:44:00.15	+00:09:17 (21.1%)	4:23	13.7 (79.2%)
29	STAWICKI Adam	12	OBORNICKI KLUB LEKKOATLETYCZNY	M-50	2		00:22:00	00:44:12.25	00:44:23.95	+00:09:41 (21.8%)	4:25	13.6 (78.6%)
30	KACZMARCZYK Bogdan	62	KB GEPARD MUROWANA GOŚLINA	M-40	8	Tak	00:22:21	00:44:35.85	00:44:43.25	+00:10:01 (22.4%)	4:27	13.5 (78.0%)
31	LICZNERSKI Rafał	176		M-40	9	Tak	00:22:09	00:44:40.65	00:44:46.05	+00:10:03 (22.5%)	4:28	13.4 (77.5%)
32	NOWAK Przemysław	101	WITKOWSKI RUNNING TEAM	M-40	10		00:22:38	00:44:46.50	00:44:55.40	+00:10:13 (22.7%)	4:28	13.4 (77.5%)
33	SCHWARZ Marek	184	PRO366	M-30	9		00:22:24	00:44:55.85	00:45:02.75	+00:10:20 (23.0%)	4:29	13.4 (77.5%)
34	WALKOWIAK Sebastian	138		M-40	11		00:22:17	00:45:16.80	00:45:21.20	+00:10:38 (23.5%)	4:31	13.3 (76.9%)
35	STAROSTA Hubert	156	CROSS WRONKI	M-20	10		00:22:39	00:45:07.40	00:45:23.05	+00:10:40 (23.5%)	4:30	13.3 (76.9%)
36	BAIER-JASTRZĄBEK Marta	88	OBORNICKI KLUB LEKKOATLETYCZNY	K-40	2		00:22:26	00:45:18.90	00:45:30.10	+00:10:47 (23.7%)	4:31	13.2 (76.3%)
37	KORNOSZ Łukasz	147	TUPTAŃSKO	M-20	11		00:22:27	00:45:36.15	00:45:38.80	+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	WIECZORKOWSKI Władysław	137		M-60+	1		00:22:18	00:46:11.40	00:46:13.35	+00:11:31 (24.9%)	4:37	13 (75.1%)
39	CHMIELEWSKI Jarek	169		M-50	3		00:22:46	00:46:15.75	00:46:28.05	+00:11:45 (25.3%)	4:37	13 (75.1%)
40	CHMIELEWSKI Adam	178		M-15	2		00:23:23	00:46:16.10	00:46:28.10	+00:11:45 (25.3%)	4:37	13 (75.1%)
41	HENCLEWSKA Dagmara	187		K-30	2		00:22:47	00:46:23.60	00:46:41.60	+00:11:59 (25.7%)	4:38	12.9 (74.6%)
42	OWOCKI Piotr	45	BLUMTEAM	M-30	10		00:23:26	00:46:28.55	00:46:51.85	+00:12:09 (25.9%)	4:38	12.9 (74.6%)
43	SILSKI Artur	92	ANIOŁKI RYSZARDA	M-30	11		00:23:06	00:46:43.90	00:46:54.35	+00:12:12 (26.0%)	4:40	12.8 (74.0%)
44	CICHOCKI Robert	120		M-40	12		00:23:31	00:46:49.75	00:46:58.75	+00:12:16 (26.1%)	4:40	12.8 (74.0%)
45	WESOŁEK Paweł	93		M-40	13		00:23:31	00:46:54.80	00:47:03.85	+00:12:21 (26.3%)	4:41	12.8 (74.0%)
46	KUJAŃSKI Dominik	105		M-30	12	Tak	00:23:27	00:46:33.45	00:47:05.75	+00:12:23 (26.3%)	4:39	12.9 (74.6%)
47	JANKOWSKI Marek	171	TEAM LIPTON	M-40	14		00:23:28	00:46:56.55	00:47:09.65	+00:12:27 (26.4%)	4:41	12.8 (74.0%)
48	BETAŃSKI Łukasz	30	.	M-30	13		00:22:44	00:47:09.20	00:47:20.90	+00:12:38 (26.7%)	4:42	12.7 (73.4%)
49	GRZYWACZYK Artur	144	MARATOŃCZYK POZNAŃ	M-50	4		00:23:47	00:47:11.25	00:47:23.35	+00:12:41 (26.8%)	4:43	12.7 (73.4%)
50	GRZYL Edmund	116	CHRUSTOWO BIEGA	M-50	5		00:22:48	00:47:19.70	00:47:23.55	+00:12:41 (26.8%)	4:43	12.7 (73.4%)
51	GALAS Szymon	19		M-30	14		00:23:14	00:47:14.20	00:47:25.25	+00:12:43 (26.8%)	4:43	12.7 (73.4%)
52	TOMCZAK Tomasz	110	NARAMOWICE BIEGAJĄ	M-40	15		00:23:29	00:47:39.50	00:47:46.80	+00:13:04 (27.4%)	4:45	12.6 (72.8%)
53	ZARODA Dawid	119	WKURW_TEAM	M-20	12		00:23:40	00:47:33.05	00:47:48.00	+00:13:05 (27.4%)	4:45	12.6 (72.8%)
54	MACIEJEWSKI Piotr	114		M-40	16		00:23:26	00:48:00.30	00:48:07.45	+00:13:25 (27.9%)	4:48	12.5 (72.3%)
55	WOŹNY Krzysztof	191		M-40	17		00:23:59	00:47:54.60	00:48:08.45	+00:13:26 (27.9%)	4:47	12.5 (72.3%)
56	KWIATKOWSKI Michał	10		M-30	15		00:23:24	00:48:02.20	00:48:12.05	+00:13:29 (28.0%)	4:48	12.5 (72.3%)
57	SZAŁKOWSKI Tomasz	102		M-40	18		00:23:49	00:47:54.45	00:48:12.40	+00:13:30 (28.0%)	4:47	12.5 (72.3%)
58	MIEDZIAK Paweł	57	SPIN PARTNER	M-30	16		00:23:24	00:48:03.75	00:48:13.95	+00:13:31 (28.0%)	4:48	12.5 (72.3%)
59	HIEROWSKI Piotr	149	MARATONYPOLSKIE.PL TEAM	M-50	6		00:23:43	00:48:27.75	00:48:29.15	+00:13:46 (28.4%)	4:50	12.4 (71.7%)
60	LIS Wojciech	13	FOX RUNNERS	M-30	17		00:24:01	00:48:35.65	00:48:44.05	+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	DON Robert	180	PRO 366	M-40	29		00:25:12	00:50:51.50	00:51:01.10	+00:16:18 (32.0%)	5:05	11.8 (68.2%)
85	OSTROWSKI Lukasz	113		M-30	26		00:24:31	00:50:54.20	00:51:05.05	+00:16:22 (32.1%)	5:05	11.8 (68.2%)
86	CIEŚLIK Bartłomiej	182		M-40	30		00:25:18	00:50:52.00	00:51:12.15	+00:16:29 (32.2%)	5:05	11.8 (68.2%)
87	DELEKTA Mateusz	79		M-30	27		00:25:00	00:51:04.90	00:51:19.65	+00:16:37 (32.4%)	5:06	11.7 (67.6%)
88	JARZYŃSKI Jacek	166		M-40	31		00:25:04	00:51:17.60	00:51:23.95	+00:16:41 (32.5%)	5:07	11.7 (67.6%)
89	BAŁUCH Piotr	145		M-50	7		00:24:24	00:51:17.85	00:51:25.75	+00:16:43 (32.5%)	5:07	11.7 (67.6%)
90	DZIEDZIC Julia	155		K-30	4		00:25:33	00:51:14.25	00:51:32.05	+00:16:49 (32.7%)	5:07	11.7 (67.6%)
91	FRONDCZAK Tomasz	153		M-20	16		00:26:09	00:51:12.10	00:51:33.15	+00:16:50 (32.7%)	5:07	11.7 (67.6%)
92	ZIELIŃSKI-WRONKA Dariusz	95		M-50	8		00:25:28	00:51:26.55	00:51:40.50	+00:16:58 (32.8%)	5:08	11.7 (67.6%)
93	KRZESAJ Krzysztof	46		M-50	9		00:24:03	00:51:41.90	00:51:47.60	+00:17:05 (33.0%)	5:10	11.6 (67.1%)
94	CICHY Łukasz	141		M-30	28	Tak	00:27:09	00:51:26.40	00:51:54.50	+00:17:12 (33.1%)	5:08	11.7 (67.6%)
95	KRENC Anna	108		K-40	3		00:25:24	00:51:46.70	00:51:57.55	+00:17:15 (33.2%)	5:10	11.6 (67.1%)
96	NOWICKI Maciej	22		M-40	32		00:26:01	00:51:38.95	00:52:05.50	+00:17:23 (33.4%)	5:09	11.6 (67.1%)
97	TANNER Jonathan	123		M-30	29		00:25:51	00:52:16.35	00:52:29.85	+00:17:47 (33.9%)	5:13	11.5 (66.5%)
98	KOŁODZIEJ Marzena	42	#BIEGIEMWLAS	K-40	4	Tak	00:26:04	00:52:21.05	00:52:32.85	+00:17:50 (34.0%)	5:14	11.5 (66.5%)
99	SZAŁKOWSKI Piotr	97	SZAŁKI TEAM	M-30	30		00:26:42	00:52:15.50	00:52:33.95	+00:17:51 (34.0%)	5:13	11.5 (66.5%)
100	MROZIŃSKI Artur	55		M-30	31		00:26:12	00:52:19.55	00:52:38.85	+00:17:56 (34.1%)	5:13	11.5 (66.5%)
101	GOLCZEWSKI Tomasz	66		M-40	33		00:25:56	00:52:45.25	00:52:58.45	+00:18:16 (34.5%)	5:16	11.4 (65.9%)
102	STACHOWIAK Łukasz	25	RUUKKI	M-30	32		00:25:54	00:52:54.65	00:53:10.90	+00:18:28 (34.7%)	5:17	11.3 (65.3%)
103	LIJEWSKI Tomasz	71	AMATORSKA LIGA CHULIGANKA SWAJ	M-40	34		00:25:57	00:53:09.20	00:53:14.75	+00:18:32 (34.8%)	5:18	11.3 (65.3%)
104	KĄKOL Marek	90		M-40	35		00:26:10	00:52:50.70	00:53:17.20	+00:18:34 (34.9%)	5:17	11.4 (65.9%)
105	MAŃKOWSKI Paweł	70	ENTORI	M-30	33	Tak	00:26:22	00:53:01.20	00:53:20.05	+00:18:37 (34.9%)	5:18	11.3 (65.3%)
106	FRAĆKOWIAK Antonina	183	PRO366	K-30	5		00:26:33	00:53:12.75	00:53:21.65	+00:18:39 (35.0%)	5:19	11.3 (65.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec gminy	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
107	JANUS Krzysztof	173		M-50	10		00:27:38	00:52:59.50	00:53:22.85	+00:18:40 (35.0%)	5:17	11.3 (65.3%)
107	ZARANEK Barbara	51	KĘSY TEAM	K-50	1		00:25:57	00:53:00.75	00:53:22.85	+00:18:40 (35.0%)	5:18	11.3 (65.3%)
109	BORSUK Damian	20		M-30	34		00:25:33	00:53:12.00	00:53:32.45	+00:18:50 (35.2%)	5:19	11.3 (65.3%)
110	PAŹIK Fabian	68	HAJUKA	M-40	36	Tak	00:26:13	00:53:17.40	00:53:36.40	+00:18:54 (35.3%)	5:19	11.3 (65.3%)
111	KSIĄŻAK Krystian	91		M-30	35		00:25:28	00:53:25.75	00:53:37.80	+00:18:55 (35.3%)	5:20	11.2 (64.7%)
112	TULISZKA Adam	143		M-40	37		00:25:45	00:53:31.90	00:54:01.45	+00:19:19 (35.8%)	5:21	11.2 (64.7%)
113	BOGUSZ Marek	150	WALKA KOSTRZYN	M-60+	3		00:26:46	00:53:52.10	00:54:10.20	+00:19:27 (35.9%)	5:23	11.1 (64.2%)
114	DZIAMSKI Bartosz	43		M-20	17	Tak	00:27:46	00:53:55.75	00:54:17.55	+00:19:35 (36.1%)	5:23	11.1 (64.2%)
115	POPIOŁEK Renata	181	PRO366	K-30	6		00:26:34	00:54:22.10	00:54:32.35	+00:19:50 (36.4%)	5:26	11 (63.6%)
116	JÓŻWICKI Łukasz	168		M-30	36		00:27:48	00:54:26.55	00:54:45.15	+00:20:02 (36.6%)	5:26	11 (63.6%)
117	WIERCIOCH Bartosz	132		M-40	38		00:26:52	00:54:23.50	00:54:51.75	+00:20:09 (36.7%)	5:26	11 (63.6%)
118	BOSIACKI Tomasz	131		M-40	39		00:28:16	00:54:48.90	00:55:12.35	+00:20:30 (37.1%)	5:28	10.9 (63.0%)
119	WENCKA Anna	117	KĘSY TEAM □	K-30	7		00:26:57	00:55:03.60	00:55:25.40	+00:20:43 (37.4%)	5:30	10.9 (63.0%)
120	STĘPIEŃ Krzysztof	94		M-40	40	Tak	00:26:50	00:55:07.30	00:55:27.25	+00:20:45 (37.4%)	5:30	10.9 (63.0%)
121	TECŁAW-PYCHYŃSKA Julita	121	KĘSY TEAM	K-30	8		00:26:58	00:55:30.65	00:55:51.70	+00:21:09 (37.9%)	5:33	10.8 (62.4%)
122	ŻYDOWICZ Michał	175		M-20	18	Tak	00:27:33	00:55:49.30	00:55:55.25	+00:21:13 (37.9%)	5:34	10.7 (61.8%)
123	KIN Natalia	199		K-30	9		00:27:37	00:55:40.00	00:55:57.20	+00:21:14 (38.0%)	5:34	10.8 (62.4%)
124	SZAŁ Monika	151	WALKA KOSTRZYN	K-50	2		00:27:12	00:55:41.70	00:56:00.25	+00:21:18 (38.0%)	5:34	10.8 (62.4%)
125	JAROSZKO Małgorzata	38		K-50	3		00:27:47	00:55:54.85	00:56:11.90	+00:21:29 (38.2%)	5:35	10.7 (61.8%)
126	BADOWIAK Dominik	189		M-40	41		00:26:12	00:56:26.20	00:56:55.35	+00:22:13 (39.0%)	5:38	10.6 (61.3%)
127	ANDRZEJAK Rafał	172	BYWAJ W BRAMIE	M-50	11		00:27:27	00:56:52.95	00:57:09.60	+00:22:27 (39.3%)	5:41	10.6 (61.3%)
128	GUNIA Jerzy	112		M-40	42	Tak	00:27:14	00:56:58.65	00:57:14.05	+00:22:31 (39.4%)	5:41	10.5 (60.7%)
129	KLIMCZAK Alina	130		K-30	10		00:26:30	00:57:10.90	00:57:21.55	+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	MATCZAK Paweł	7	WATAHA ŁĄCZY NAS BIEGANIE	M-50	12		00:28:08	00:57:13.25	00:57:37.15	+00:22:54 (39.8%)	5:43	10.5 (60.7%)
131	ŁUSZCZEK Iwona	63	IWA	K-20	1		00:28:59	00:57:40.30	00:57:52.00	+00:23:09 (40.0%)	5:46	10.4 (60.1%)
132	KLASZCZYŃSKA Izabela	58		K-40	5	Tak	00:28:25	00:57:55.35	00:58:23.30	+00:23:41 (40.6%)	5:47	10.4 (60.1%)
133	ROZYNEK Małgorzata	78	CYTADELA BY NIGHT	K-40	6		00:28:35	00:58:12.40	00:58:24.20	+00:23:41 (40.6%)	5:49	10.3 (59.5%)
134	SZCZEPANIAK Wanda	64		K-40	7	Tak	00:28:24	00:57:57.50	00:58:25.90	+00:23:43 (40.6%)	5:47	10.4 (60.1%)
135	KALWAS Paweł	125	PRO366	M-40	43		00:29:09	00:58:30.30	00:58:39.50	+00:23:57 (40.8%)	5:51	10.3 (59.5%)
136	KUROWSKI Andrzej	26		M-60+	4	Tak	00:28:18	00:58:37.60	00:58:53.25	+00:24:11 (41.1%)	5:51	10.2 (59.0%)
137	SZULC Mirosław	128	LUBOŃSKI KLUB BIEGACZA	M-60+	5		00:28:27	00:58:34.65	00:58:54.25	+00:24:12 (41.1%)	5:51	10.2 (59.0%)
138	GALIŃSKA Anna	27		K-30	11		00:29:34	00:59:12.15	00:59:35.80	+00:24:53 (41.8%)	5:55	10.1 (58.4%)
139	HANUSZEK Joanna	87		K-20	2		00:30:00	00:59:23.90	00:59:38.35	+00:24:56 (41.8%)	5:56	10.1 (58.4%)
140	DUKAT Katarzyna	84		K-30	12	Tak	00:28:33	00:59:26.75	00:59:39.10	+00:24:56 (41.8%)	5:56	10.1 (58.4%)
141	LEWICKI Kamil	83	DONNER PARTY	M-40	44	Tak	00:28:32	00:59:26.90	00:59:39.70	+00:24:57 (41.8%)	5:56	10.1 (58.4%)
142	SOMPOLSKI Jacek	122		M-40	45	Tak	00:29:47	00:59:32.60	00:59:45.20	+00:25:02 (41.9%)	5:57	10.1 (58.4%)
143	FOLTYNOWICZ Marek	73		M-30	37		00:29:52	01:00:33.00	01:00:59.75	+00:26:17 (43.1%)	6:03	9.9 (57.2%)
144	DZIKOWSKI Ryszard	85		M-60+	6	Tak	00:29:38	01:00:49.65	01:01:09.60	+00:26:27 (43.3%)	6:04	9.9 (57.2%)
145	JĘSIEK Ilona	72		K-20	3		00:30:42	01:00:50.25	01:01:09.95	+00:26:27 (43.3%)	6:05	9.9 (57.2%)
146	WRONKA Emil	146		M-20	19		00:30:55	01:01:05.40	01:01:20.35	+00:26:38 (43.4%)	6:06	9.8 (56.6%)
147	PACZKA Robert	39		M-50	13		00:30:04	01:01:02.65	01:01:26.25	+00:26:44 (43.5%)	6:06	9.8 (56.6%)
148	WRONKA Małgorzata	96		K-50	4		00:30:56	01:01:16.40	01:01:31.45	+00:26:49 (43.6%)	6:07	9.8 (56.6%)
149	PACHOCKI Artur	65		M-50	14		00:30:02	01:01:22.80	01:01:52.85	+00:27:10 (43.9%)	6:08	9.8 (56.6%)
150	KOZŁOWSKA Kinga	34		K-20	4		00:30:14	01:01:31.30	01:01:53.85	+00:27:11 (43.9%)	6:09	9.8 (56.6%)
151	MANSZEWSKA Agnieszka	16		K-30	13		00:29:39	01:01:39.55	01:01:56.00	+00:27:13 (44.0%)	6:09	9.7 (56.1%)
152	GĘBUŚ Sara	124		K-30	14	Tak	00:31:25	01:01:35.65	01:01:58.55	+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	GŁOWACKA Magdalena	133		K-40	8		00:29:42	01:01:33.50	01:02:00.95	+00:27:18 (44.0%)	6:09	9.7 (56.1%)
154	ADAMCZAK Krystian	177		M-40	46		00:31:10	01:01:42.50	01:02:03.05	+00:27:20 (44.1%)	6:10	9.7 (56.1%)
155	CHOJNACKA Katarzyna	126	KATARZYNA CHOJNACKA	K-40	9		00:30:02	01:01:50.05	01:02:08.85	+00:27:26 (44.2%)	6:11	9.7 (56.1%)
156	TARNOWSKA Małgorzata	99	PARKRUN JEZIORO SWARZĘDZKIE	K-30	15		00:30:45	01:02:52.15	01:03:15.05	+00:28:32 (45.1%)	6:17	9.5 (54.9%)
157	SOBKOWIAK Renata	100		K-30	16		00:30:46	01:02:52.75	01:03:15.30	+00:28:33 (45.1%)	6:17	9.5 (54.9%)
158	PAWLAK Iwona	185		K-30	17		00:31:14	01:03:02.85	01:03:23.45	+00:28:41 (45.3%)	6:18	9.5 (54.9%)
159	KOZAK Krystyna	36	RUN TEAM RYDZYNA	K-50	5		00:30:38	01:03:05.35	01:03:29.60	+00:28:47 (45.3%)	6:18	9.5 (54.9%)
160	SZAJ Luiza	21		K-40	10		00:31:14	01:03:11.00	01:03:31.70	+00:28:49 (45.4%)	6:19	9.5 (54.9%)
161	PROSIANOWSKA Justyna	74		K-40	11		00:30:47	01:03:43.50	01:04:01.95	+00:29:19 (45.8%)	6:22	9.4 (54.3%)
162	GENDERA Ewa	54	NIGHT RUNNERS	K-50	6		00:31:31	01:04:31.70	01:04:50.00	+00:30:07 (46.5%)	6:27	9.3 (53.8%)
163	WIETECKA Żaneta	164		K-50	7		00:33:50	01:06:08.80	01:06:28.85	+00:31:46 (47.8%)	6:36	9.1 (52.6%)
164	WIDERSKA Anna	67		K-40	12	Tak	00:32:03	01:06:11.35	01:06:29.05	+00:31:46 (47.8%)	6:37	9.1 (52.6%)
165	JAŁKIEWICZ Grzegorz	118		M-50	15	Tak	00:33:05	01:09:16.45	01:09:34.70	+00:34:52 (50.1%)	6:55	8.7 (50.3%)
166	OLEJNICZAK Sławka	69	CIASTKI.PZ	K-40	13		00:36:34	01:14:48.00	01:15:10.10	+00:40:27 (53.8%)	7:28	8 (46.2%)

Znaleziono 166 wynik(ów)