



Wydarzenie: Murowana Dycha
Organizator: Gmina Murowana Goślina, APS AGENCY sp.z.o.o. sp.k.
Data: 2023-09-10
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	MICHALAK Grzegorz	529	SPEC KABLE	M-20	1		00:16:45	00:34:01.60	00:34:02.85		3:24	17.6 (100%)
2	SARBAK Grzegorz	486	PRO366	M-20	2		00:17:49	00:35:51.10	00:35:53.30	+00:01:50 (5.1%)	3:35	16.7 (94.9%)
3	SZADZIŃSKI Kacper	453		M-20	3		00:18:13	00:36:12.40	00:36:12.40	+00:02:09 (6.0%)	3:37	16.6 (94.3%)
4	WRZESIŃSKI Michał	399	KSG DIRETA	M-30	1		00:18:02	00:36:31.55	00:36:33.50	+00:02:30 (6.9%)	3:39	16.4 (93.2%)
5	KESLER Hubert	407		M-30	2		00:18:10	00:37:17.35	00:37:18.90	+00:03:16 (8.8%)	3:43	16.1 (91.5%)
6	WIĘCKOWSKA Sandra	500	ZALEWSKI PERFORMANCE ACADEMY	K-30	1		00:18:54	00:38:28.15	00:38:31.90	+00:04:29 (11.6%)	3:50	15.6 (88.6%)
7	KOZŁOWSKI Dawid	532	#KĘSYTEAM	M-30	3		00:18:54	00:39:07.70	00:39:10.35	+00:05:07 (13.1%)	3:54	15.3 (86.9%)
8	ANDRZEJEWSKI Dominik	318		M-30	4	Tak	00:19:25	00:39:23.00	00:39:23.00	+00:05:20 (13.5%)	3:56	15.2 (86.4%)
9	ZYDORCZAK Iwona	336	KS PREFBET -SONAROL	K-30	2		00:19:46	00:39:22.10	00:39:24.90	+00:05:22 (13.6%)	3:56	15.2 (86.4%)
10	MIŁKOŚ Mateusz	405	GRUNNERS	M-30	5		00:20:03	00:41:05.40	00:41:10.70	+00:07:07 (17.3%)	4:06	14.6 (83.0%)
11	LUTOMSKA Dorota	306	OFIX.PL BIKE TEAM	K-40	1		00:20:14	00:41:09.50	00:41:12.80	+00:07:09 (17.4%)	4:06	14.6 (83.0%)
12	LIS Piotr	360	NATIONALE-NEDERLANDEN	M-40	1		00:20:15	00:41:37.05	00:41:40.35	+00:07:37 (18.3%)	4:09	14.4 (81.8%)
13	CZEMPIŃSKI Maciej	534	POLECATS	M-20	4		00:20:34	00:42:03.50	00:42:16.30	+00:08:13 (19.5%)	4:12	14.3 (81.3%)
14	PĘDZIŃSKI Kacper	343		M-20	5	Tak	00:21:12	00:42:15.10	00:42:18.90	+00:08:16 (19.5%)	4:13	14.2 (80.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec gminy	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
15	PACHOWICZ Maciej	327		M-40	2	Tak	00:20:42	00:42:12.40	00:42:19.50	+00:08:16 (19.6%)	4:13	14.2 (80.7%)
16	MICHALAK Waldek	418	HADES	M-50	1		00:20:27	00:42:17.95	00:42:27.55	+00:08:24 (19.8%)	4:13	14.2 (80.7%)
17	HEDZIELSKI Rafał	522		M-40	3		00:20:49	00:42:29.25	00:42:33.75	+00:08:30 (20.0%)	4:14	14.1 (80.1%)
18	KIJAK Agnieszka	425	FRASZKOWANIEIBIEGANIE.BLOGSPOT.COM	K-30	3		00:20:54	00:42:46.00	00:42:49.00	+00:08:46 (20.5%)	4:16	14 (79.5%)
19	WEYMANN Sebastian	476	OBORNICKI KLUB LEKKOATLETYCZNY	M-40	4		00:20:47	00:42:42.55	00:42:52.75	+00:08:49 (20.6%)	4:16	14.1 (80.1%)
20	ADAMCZAK Adrian	322	KĘSY TEAM	M-30	6		00:20:38	00:43:09.40	00:43:13.75	+00:09:10 (21.2%)	4:18	13.9 (79.0%)
21	BROMBEREK Marcin	422	AP BŁĘKITNI OWIŃSKA	M-40	5		00:21:18	00:43:37.70	00:43:41.90	+00:09:39 (22.1%)	4:21	13.8 (78.4%)
22	SZÓSTAK Łukasz	386		M-40	6		00:20:52	00:43:51.50	00:43:57.45	+00:09:54 (22.5%)	4:23	13.7 (77.8%)
23	BRYCHCY Piotr	487	TRIGAR.PL	M-30	7		00:21:14	00:43:56.95	00:44:01.60	+00:09:58 (22.7%)	4:23	13.7 (77.8%)
24	PĘDZIŃSKI Szymon	307		M-40	7	Tak	00:21:13	00:44:00.15	00:44:03.25	+00:10:00 (22.7%)	4:24	13.6 (77.3%)
25	WOŹNIAK Bartosz	338		M-40	8		00:21:31	00:43:56.60	00:44:13.20	+00:10:10 (23.0%)	4:23	13.7 (77.8%)
26	KORNOSZ Łukasz	523	TUPTAŃSKO	M-20	6		00:21:32	00:44:14.50	00:44:17.80	+00:10:14 (23.1%)	4:25	13.6 (77.3%)
27	GUZIK Joanna	301	NKB CHYŻY NOWY TOMYŚL	K-30	4		00:21:12	00:44:15.90	00:44:19.65	+00:10:16 (23.2%)	4:25	13.6 (77.3%)
28	JABŁOŃSKI Jakub	481	PRO366	M-40	9		00:22:40	00:44:21.85	00:44:28.65	+00:10:25 (23.5%)	4:26	13.5 (76.7%)
29	LISIAK Bartosz	427	KB GEPARD MUROWANA GOŚLINA	M-40	10	Tak	00:21:39	00:44:31.00	00:44:36.60	+00:10:33 (23.7%)	4:27	13.5 (76.7%)
30	CHRUŚCICKI Jarosław	312		M-50	2	Tak	00:21:59	00:44:34.30	00:44:39.25	+00:10:36 (23.8%)	4:27	13.5 (76.7%)
31	TCHÓRZ Monika	535	POLECATS	K-20	1		00:22:23	00:45:18.40	00:45:30.60	+00:11:27 (25.2%)	4:31	13.2 (75.0%)
32	LESZCZYŃSKI Paweł	496		M-20	7		00:22:27	00:45:14.10	00:45:32.60	+00:11:29 (25.2%)	4:31	13.3 (75.6%)
33	WERYSZKO Mateusz	541	KB GEPARD MUROWANA GOŚLINA	M-40	11		00:22:27	00:45:42.35	00:45:48.35	+00:11:45 (25.7%)	4:34	13.1 (74.4%)
34	HEDZIELSKA Weronika	530	NATURAL BORN RUNNERS	K-20	2		00:22:49	00:45:46.15	00:45:51.10	+00:11:48 (25.7%)	4:34	13.1 (74.4%)
35	GILEWSKI Dariusz	313	OBORNICKI KLUB LEKKOATLETYCZNY	M-40	12		00:22:32	00:45:46.00	00:45:57.45	+00:11:54 (25.9%)	4:34	13.1 (74.4%)
36	BAIER-JASTRZĄBEK Marta	437	OBORNICKI KLUB LEKKOATLETYCZNY	K-40	2		00:22:27	00:45:46.45	00:45:57.70	+00:11:54 (25.9%)	4:34	13.1 (74.4%)
37	NOWAK Przemysław	536	WITKOWSKI RUNNING TEAM	M-40	13		00:22:31	00:46:32.00	00:46:32.00	+00:12:29 (26.8%)	4:39	12.9 (73.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec gminy	5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 10km	brutto 10km			
38	BIELECKI Tomasz	408	MISTRZOWSKI TRENING	M-20	8		00:22:54	00:46:44.95	00:46:51.50	+00:12:48 (27.3%)	4:40	12.8 (72.7%)
39	WIECZOREK Filip	510		M-30	8		00:22:53	00:46:53.00	00:47:13.85	+00:13:11 (27.9%)	4:41	12.8 (72.7%)
40	OLEJNICZAK Robert	421		M-30	9		00:23:06	00:46:22.15	00:47:14.50	+00:13:11 (27.9%)	4:38	12.9 (73.3%)
41	PAWELEC Jakub	372		M-30	10		00:22:37	00:46:21.95	00:47:14.65	+00:13:11 (27.9%)	4:38	12.9 (73.3%)
42	BUTJA Aga	434	ROGOZIŃSCY PASJONACI BIEGANIA	K-30	5		00:23:29	00:47:16.15	00:47:19.10	+00:13:16 (28.0%)	4:43	12.7 (72.2%)
43	STUWE Beata	467	PRO366	K-40	3		00:23:04	00:47:15.15	00:47:23.30	+00:13:20 (28.2%)	4:43	12.7 (72.2%)
44	RYKACZEWSKI Sławomir	502	CZUŁY WIKING TEAM	M-30	11		00:22:28	00:47:28.15	00:47:42.35	+00:13:39 (28.6%)	4:44	12.6 (71.6%)
45	BURKICIAK Dominik	515		M-30	12		00:22:28	00:47:35.25	00:47:49.20	+00:13:46 (28.8%)	4:45	12.6 (71.6%)
46	MAJDA Marcin	350		M-40	14	Tak	00:23:52	00:47:42.30	00:47:56.55	+00:13:53 (29.0%)	4:46	12.6 (71.6%)
47	MAJEWSKI Radosław	470	NIGHT RUNNERS / PRO366	M-40	15		00:22:46	00:47:50.70	00:47:56.70	+00:13:53 (29.0%)	4:47	12.5 (71.0%)
48	FREŚKO Mirosław	518		M-40	16		00:23:41	00:47:45.25	00:47:58.15	+00:13:55 (29.0%)	4:46	12.6 (71.6%)
49	BOJARSKI Damian	351		M-20	9		00:23:41	00:47:23.25	00:48:01.85	+00:13:59 (29.1%)	4:44	12.7 (72.2%)
50	GRZYL Edmund	330		M-60+	1		00:22:50	00:48:08.55	00:48:11.35	+00:14:08 (29.3%)	4:48	12.5 (71.0%)
51	STAWICKI Adam	315	OBORNICKI KLUB LEKKOATLETYCZNY	M-50	3		00:22:53	00:48:09.25	00:48:20.15	+00:14:17 (29.6%)	4:48	12.5 (71.0%)
52	SIKORA Dawid	361	SIKORKI	M-40	17	Tak	00:23:28	00:48:17.85	00:48:34.45	+00:14:31 (29.9%)	4:49	12.4 (70.5%)
53	KOSMECKI Robert	363	NIGHT RUNNERS	M-50	4		00:23:40	00:48:37.70	00:48:43.60	+00:14:40 (30.1%)	4:51	12.3 (69.9%)
54	KAŻMIERCZAK Rafał	477	JESTEM OD ROMKA	M-20	10		00:22:51	00:48:36.85	00:48:47.00	+00:14:44 (30.2%)	4:51	12.3 (69.9%)
55	STACHOWIAK Wiktor	484	PRO366 & PRZYJACIELE	M-40	18		00:23:23	00:48:31.35	00:48:50.20	+00:14:47 (30.3%)	4:51	12.4 (70.5%)
56	SAWCZYN Tomasz	445	TSFIZJOTERAPIA	M-30	13		00:24:10	00:48:33.35	00:48:51.90	+00:14:49 (30.3%)	4:51	12.4 (70.5%)
57	MIELCAREK Adrian	300	ADRIAN ŻAKOWSKI TEAM DOGONIĆ CZOŁÓWKĘ	M-30	14		00:22:29	00:48:41.45	00:48:58.15	+00:14:55 (30.5%)	4:52	12.3 (69.9%)
58	MAZUREK Jakub	442		M-20	11	Tak	00:24:08	00:48:51.05	00:49:10.20	+00:15:07 (30.8%)	4:53	12.3 (69.9%)
59	GREK Przemysław	474	PRO366	M-40	19		00:24:15	00:48:55.00	00:49:20.00	+00:15:17 (31.0%)	4:53	12.3 (69.9%)
60	KORNOBIS Robert	497		M-50	5		00:23:42	00:49:09.55	00:49:24.35	+00:15:21 (31.1%)	4:54	12.2 (69.3%)

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								netto 10km	brutto 10km			
61	KUJANSKI Dominik	432	ŁOSKOŃ BIEGA	M-30	15	Tak	00:23:29	00:49:30.00	00:49:36.90	+00:15:34 (31.4%)	4:57	12.1 (68.8%)
62	KMIECIAK Jarosław	480	PRO366	M-40	20		00:24:15	00:49:16.45	00:49:42.20	+00:15:39 (31.5%)	4:55	12.2 (69.3%)
63	PRZYBYLSKI Robert	472		M-40	21		00:24:03	00:49:37.35	00:49:58.50	+00:15:55 (31.9%)	4:57	12.1 (68.8%)
64	KRÓLAK-DUBLAGA Dorota	420	#BIEGIEMWLAS	K-30	6		00:24:01	00:49:54.95	00:50:07.15	+00:16:04 (32.1%)	4:59	12 (68.2%)
65	TOMCZAK Tomasz	459	NARAMOWICE BIEGAJĄ	M-40	22		00:24:12	00:50:09.60	00:50:14.45	+00:16:11 (32.2%)	5:00	12 (68.2%)
66	BOMBAŁA Zbigniew	461	WKB	M-50	6		00:24:29	00:49:46.15	00:50:19.00	+00:16:16 (32.3%)	4:58	12.1 (68.8%)
67	KUCHARSKI Marcin	416		M-30	16		00:24:30	00:50:11.65	00:50:19.65	+00:16:16 (32.3%)	5:01	12 (68.2%)
68	EICHSTAEDT Roman	509		M-30	17		00:24:55	00:50:02.50	00:50:32.00	+00:16:29 (32.6%)	5:00	12 (68.2%)
69	SMIERZCHAŁA Marta	463	PRO366	K-40	4		00:24:23	00:50:08.25	00:50:35.25	+00:16:32 (32.7%)	5:00	12 (68.2%)
70	BRYL Mateusz	380		M-20	12		00:23:32	00:50:41.55	00:50:47.25	+00:16:44 (33.0%)	5:04	11.8 (67.0%)
71	ZARODA Dawid	400	EUROCASH RUNNING TEAM	M-20	13		00:24:14	00:50:42.70	00:50:59.25	+00:16:56 (33.2%)	5:04	11.8 (67.0%)
72	TABACZKA Piotr	524	TARNOWO PODGÓRNE BIEGA	M-40	23		00:25:20	00:50:28.80	00:51:06.50	+00:17:03 (33.4%)	5:02	11.9 (67.6%)
73	SZKUDLARZ Mateusz	464		M-30	18		00:23:50	00:51:06.00	00:51:12.50	+00:17:09 (33.5%)	5:06	11.7 (66.5%)
74	KOSICKI Maksymilian	491		M-15	1		00:22:53	00:51:16.90	00:51:18.60	+00:17:15 (33.6%)	5:07	11.7 (66.5%)
75	PRZYBOROWSKI Mieczysław	457		M-60+	2		00:25:05	00:51:02.30	00:51:20.30	+00:17:17 (33.7%)	5:06	11.8 (67.0%)
76	NEJMAN Mikołaj	503	CZUŁY WIKING TEAM	M-30	19		00:24:18	00:51:08.25	00:51:23.10	+00:17:20 (33.7%)	5:06	11.7 (66.5%)
77	LIJEWSKI Tomasz	325	AMATORSKA LIGA CHULIGANKA SWAJ	M-40	24		00:24:54	00:51:27.80	00:51:34.60	+00:17:31 (34.0%)	5:08	11.7 (66.5%)
78	MIEDZIAK Paweł	366	SPIN PARTNER	M-30	20		00:23:59	00:51:20.70	00:51:40.65	+00:17:37 (34.1%)	5:08	11.7 (66.5%)
79	ROZMIAREK Przemysław	519	BIEGAJĄCE KREJZOLE	M-40	25		00:25:09	00:51:35.20	00:51:44.00	+00:17:41 (34.2%)	5:09	11.6 (65.9%)
80	RADECKI Tomasz	424		M-20	14	Tak	00:24:23	00:51:30.55	00:51:45.60	+00:17:42 (34.2%)	5:09	11.7 (66.5%)
81	ŁOWICKA Maja	349	AKTYWNI RAZEM	K-30	7		00:25:00	00:51:42.40	00:51:47.80	+00:17:44 (34.3%)	5:10	11.6 (65.9%)
82	----- Adam	540		M-50	7		00:25:10	00:51:34.65	00:51:50.60	+00:17:47 (34.3%)	5:09	11.6 (65.9%)
83	SZAMOTA Karol	512		M-30	21		00:24:52	00:51:37.80	00:51:52.40	+00:17:49 (34.4%)	5:09	11.6 (65.9%)

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								netto 10km	brutto 10km			
84	TOMKOWIAK Jakub	398		M-20	15		00:23:46	00:51:29.60	00:51:54.45	+00:17:51 (34.4%)	5:08	11.7 (66.5%)
85	MOLIŃSKI Mariusz	415		M-40	26	Tak	00:25:16	00:51:38.00	00:51:57.15	+00:17:54 (34.5%)	5:09	11.6 (65.9%)
86	MOLIŃSKA Renata	414		K-40	5	Tak	00:25:15	00:51:40.30	00:51:59.45	+00:17:56 (34.5%)	5:10	11.6 (65.9%)
87	BANASZAK Sławomir	384		M-30	22		00:24:24	00:51:36.90	00:51:59.90	+00:17:57 (34.5%)	5:09	11.6 (65.9%)
88	JANKOWSKI Mateusz	436		M-20	16		00:24:05	00:51:57.55	00:52:02.80	+00:17:59 (34.6%)	5:11	11.5 (65.3%)
89	OSTROWSKI Lukasz	397		M-30	23		00:24:48	00:52:01.00	00:52:05.40	+00:18:02 (34.6%)	5:12	11.5 (65.3%)
90	ZIELIŃSKI-WRONKA Dariusz	478		M-50	8		00:25:38	00:52:12.75	00:52:12.75	+00:18:09 (34.8%)	5:13	11.5 (65.3%)
91	WIETRZYŃSKA Magda	443		K-30	8		00:26:20	00:51:58.05	00:52:15.45	+00:18:12 (34.8%)	5:11	11.5 (65.3%)
92	KĘSY Ania	511	KĘSY TEAM	K-50	1		00:26:12	00:51:54.40	00:52:20.75	+00:18:17 (35.0%)	5:11	11.6 (65.9%)
93	PIECHOWIAK Dariusz	490		M-40	27		00:24:58	00:52:24.20	00:52:31.80	+00:18:28 (35.2%)	5:14	11.5 (65.3%)
94	MICHALAK Zbigniew	516		M-50	9		00:25:33	00:52:15.00	00:52:49.50	+00:18:46 (35.5%)	5:13	11.5 (65.3%)
95	WOLNIEWICZ Ryszard	417		M-60+	3		00:25:20	00:52:47.45	00:52:55.30	+00:18:52 (35.7%)	5:16	11.4 (64.8%)
96	ŻYDOWICZ Michał	393	BIKE MAJSTER	M-20	17	Tak	00:25:13	00:52:45.40	00:53:00.90	+00:18:58 (35.8%)	5:16	11.4 (64.8%)
97	LESZCZYŃSKA Grażyna	507		K-50	2		00:25:21	00:52:35.95	00:53:21.95	+00:19:19 (36.2%)	5:15	11.4 (64.8%)
98	WIŚNIEWSKI Mateusz	517		M-20	18		00:24:57	00:53:28.05	00:53:49.20	+00:19:46 (36.7%)	5:20	11.2 (63.6%)
99	KUJAWA Michał	367		M-30	24		00:25:10	00:53:43.20	00:53:58.05	+00:19:55 (36.9%)	5:22	11.2 (63.6%)
100	BŁOCH Piotr	314		M-20	19		00:25:50	00:53:34.70	00:53:58.20	+00:19:55 (36.9%)	5:21	11.2 (63.6%)
101	KOMINEK Sebastian	531		M-40	28		00:26:15	00:53:24.25	00:54:05.00	+00:20:02 (37.0%)	5:20	11.2 (63.6%)
102	JARYSZ Daria	357		K-20	3		00:26:27	00:54:06.50	00:54:09.70	+00:20:06 (37.1%)	5:24	11.1 (63.1%)
103	GOŹLIŃSKA Sylwia	466		K-30	9		00:25:49	00:53:44.40	00:54:11.25	+00:20:08 (37.2%)	5:22	11.2 (63.6%)
104	KRENC Anna	333		K-40	6		00:25:43	00:54:08.75	00:54:15.75	+00:20:12 (37.3%)	5:24	11.1 (63.1%)
105	SIKORSKI Mateusz	334		M-30	25		00:26:20	00:54:03.60	00:54:26.50	+00:20:23 (37.5%)	5:24	11.1 (63.1%)
106	WRÓBEL Krzysztof	304	WYBRZEŻE KLATKI SCHODOWEJ	M-20	20		00:28:05	00:53:50.50	00:54:26.65	+00:20:23 (37.5%)	5:23	11.1 (63.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec gminy	5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 10km	brutto 10km			
107	MYDLARZ Daria	347		K-30	10	Tak	00:27:23	00:54:13.00	00:54:27.90	+00:20:25 (37.5%)	5:25	11.1 (63.1%)
108	DUBLAGA Michał	419	#BIEGEMWLAS	M-30	26		00:25:21	00:54:18.30	00:54:30.60	+00:20:27 (37.5%)	5:25	11 (62.5%)
109	TRAWIŃSKI Jakub	452		M-30	27		00:25:28	00:54:32.75	00:54:36.80	+00:20:33 (37.7%)	5:27	11 (62.5%)
110	CZYŻ Janusz	431	BUDZYŃSKIE DZIKI	M-40	29		00:26:29	00:54:33.65	00:54:42.25	+00:20:39 (37.8%)	5:27	11 (62.5%)
111	STĘPIEŃ Krzysztof	316		M-40	30	Tak	00:26:29	00:54:25.35	00:54:49.75	+00:20:46 (37.9%)	5:26	11 (62.5%)
112	SADOWSKI Marian	482		M-50	10		00:26:22	00:54:36.40	00:54:57.00	+00:20:54 (38.0%)	5:27	11 (62.5%)
113	NOWAK Mikołaj	364		M-20	21		00:27:16	00:54:15.45	00:55:00.15	+00:20:57 (38.1%)	5:25	11.1 (63.1%)
114	KŁAK Sebastian	403		M-40	31		00:26:18	00:55:01.45	00:55:08.65	+00:21:05 (38.3%)	5:30	10.9 (61.9%)
115	MARCINIAK Maciej	520		M-30	28		00:26:59	00:55:08.25	00:55:17.00	+00:21:14 (38.4%)	5:30	10.9 (61.9%)
116	GRDEŃ Natalia	438	OBORNICKI KLUB LEKKOATLETYCZNY	K-30	11		00:26:26	00:55:06.65	00:55:17.75	+00:21:14 (38.4%)	5:30	10.9 (61.9%)
117	ZIÓŁEK Błażej	514		M-30	29		00:26:25	00:54:43.25	00:55:24.60	+00:21:21 (38.6%)	5:28	11 (62.5%)
118	PASZKIEWICZ Maciej	392		M-40	32	Tak	00:27:30	00:55:19.45	00:55:29.45	+00:21:26 (38.6%)	5:31	10.8 (61.4%)
119	TURKOWSKI Bartosz	521	WRONKI	M-30	30		00:27:00	00:55:23.45	00:55:31.85	+00:21:29 (38.7%)	5:32	10.8 (61.4%)
120	BECIŃSKI Marcin	494		M-40	33		00:27:25	00:55:18.45	00:55:31.95	+00:21:29 (38.7%)	5:31	10.8 (61.4%)
121	OBST Anna	303		K-30	12		00:26:37	00:55:19.80	00:55:38.00	+00:21:35 (38.8%)	5:31	10.8 (61.4%)
122	ŻMINKOWSKI Tomasz	439		M-40	34		00:27:37	00:55:11.55	00:55:53.95	+00:21:51 (39.1%)	5:31	10.9 (61.9%)
123	ROSPOND Piotr	469	TKKF MPK POZNAŃ	M-50	11		00:26:49	00:55:48.70	00:55:55.00	+00:21:52 (39.1%)	5:34	10.8 (61.4%)
124	FENIKOWSKI Szymon	483	PRO366	M-40	35		00:27:01	00:55:29.10	00:55:55.20	+00:21:52 (39.1%)	5:32	10.8 (61.4%)
125	REKE Paula	346		K-30	13		00:27:23	00:55:42.30	00:55:56.85	+00:21:54 (39.1%)	5:34	10.8 (61.4%)
126	JAROSZKO Małgorzata	409		K-50	3		00:27:56	00:56:19.60	00:56:49.10	+00:22:46 (40.1%)	5:37	10.7 (60.8%)
127	BIEDALAK Krzysztof	332		M-30	31		00:29:01	00:56:50.20	00:57:12.05	+00:23:09 (40.5%)	5:41	10.6 (60.2%)
128	BOGUSŁAWSKI Sergiusz	321		M-30	32		00:27:46	00:56:50.00	00:57:22.75	+00:23:19 (40.7%)	5:41	10.6 (60.2%)
129	SZCZEPANIAK Wanda	305		K-40	7	Tak	00:28:10	00:56:37.50	00:57:22.80	+00:23:19 (40.7%)	5:39	10.6 (60.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec gminy	5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 10km	brutto 10km			
130	KLASZCZYŃSKA Izabela	323	GOSLIŃSKIE POWSINOZI	K-40	8	Tak	00:28:08	00:56:37.55	00:57:23.95	+00:23:21 (40.7%)	5:39	10.6 (60.2%)
131	RYSZKA Maciej	428		M-40	36		00:27:44	00:56:45.25	00:57:29.85	+00:23:27 (40.8%)	5:40	10.6 (60.2%)
132	BORSUK Damian	444		M-30	33		00:26:36	00:57:18.40	00:57:31.50	+00:23:28 (40.8%)	5:43	10.5 (59.7%)
133	KSIĄŻAK Krystian	352		M-30	34		00:26:20	00:57:06.50	00:57:34.70	+00:23:31 (40.9%)	5:42	10.5 (59.7%)
134	PERZ Darek	513		M-30	35		00:28:53	00:57:27.95	00:57:45.75	+00:23:42 (41.1%)	5:44	10.4 (59.1%)
135	BUKA Konrad	545		M-20	22		00:25:45	00:57:24.55	00:57:51.50	+00:23:48 (41.2%)	5:44	10.5 (59.7%)
136	CIEŚLIK Waldemar	506		M-40	37		00:28:56	00:57:26.50	00:57:58.05	+00:23:55 (41.3%)	5:44	10.4 (59.1%)
137	OWCZAREK Michał	345		M-30	36	Tak	00:28:48	00:57:16.25	00:57:59.75	+00:23:56 (41.3%)	5:43	10.5 (59.7%)
138	JAGODZIŃSKI Paweł	396		M-20	23		00:28:00	00:57:22.35	00:58:00.20	+00:23:57 (41.3%)	5:44	10.5 (59.7%)
139	JANOWSKI Marcin	374		M-40	38		00:27:15	00:57:17.75	00:58:03.25	+00:24:00 (41.4%)	5:43	10.5 (59.7%)
140	GRUSZCZYŃSKI Jacek	370	KKS LECH POZNAŃ	M-40	39	Tak	00:28:08	00:57:58.60	00:58:13.10	+00:24:10 (41.5%)	5:47	10.4 (59.1%)
141	JASTRZĄBEK Julia	501	KĘSY TEAM	K-30	14		00:27:39	00:57:43.75	00:58:15.65	+00:24:12 (41.6%)	5:46	10.4 (59.1%)
142	ZARANEK Barbara	460	KĘSY TEAM	K-50	4		00:28:25	00:57:43.65	00:58:15.80	+00:24:12 (41.6%)	5:46	10.4 (59.1%)
143	WOŹNIAK Robert	499		M-30	37		00:26:36	00:58:07.30	00:58:28.90	+00:24:26 (41.8%)	5:48	10.3 (58.5%)
144	KRAJEWSKI Dawid	447		M-30	38		00:27:43	00:58:20.00	00:58:32.90	+00:24:30 (41.8%)	5:50	10.3 (58.5%)
145	NOWAK Marek	379		M-40	40		00:28:59	00:57:58.55	00:58:33.85	+00:24:31 (41.9%)	5:47	10.4 (59.1%)
146	WAWRZYŃIAK Anna	489	3:33 TEAM	K-40	9		00:28:24	00:58:19.10	00:58:44.25	+00:24:41 (42.0%)	5:49	10.3 (58.5%)
147	SARZALSKI Maciej	378		M-40	41	Tak	00:27:43	00:58:20.30	00:58:52.65	+00:24:49 (42.2%)	5:50	10.3 (58.5%)
148	BROŃSKI Szymon	359		M-15	2	Tak	00:28:08	00:58:16.55	00:58:59.50	+00:24:56 (42.3%)	5:49	10.3 (58.5%)
149	BROŃSKI Roman	358		M-50	12	Tak	00:27:02	00:58:20.90	00:59:03.35	+00:25:00 (42.3%)	5:50	10.3 (58.5%)
150	BOSIACKI Tomasz	462		M-40	42		00:27:59	00:58:38.05	00:59:13.30	+00:25:10 (42.5%)	5:51	10.2 (58.0%)
151	BIGOSIŃSKA Hanna	456		K-30	15		00:28:11	00:59:03.05	00:59:18.75	+00:25:15 (42.6%)	5:54	10.2 (58.0%)
152	MAJEWSKA Marta	440	#ZALINIAMETY, SPIN FORCE RUNNERS	K-30	16		00:29:22	00:58:45.60	00:59:20.00	+00:25:17 (42.6%)	5:52	10.2 (58.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec gminy	5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 10km	brutto 10km			
153	LUTYŃSKI Mateusz	525		M-30	39	Tak	00:28:49	00:58:40.85	00:59:21.65	+00:25:18 (42.6%)	5:52	10.2 (58.0%)
154	MENDYK Monika	411		K-40	10		00:29:22	00:59:11.90	00:59:27.90	+00:25:25 (42.7%)	5:55	10.1 (57.4%)
155	GŁADECKA Joanna	331		K-30	17	Tak	00:29:35	00:58:54.15	00:59:33.10	+00:25:30 (42.8%)	5:53	10.2 (58.0%)
156		544					00:29:31	00:59:19.30	00:59:42.30	+00:25:39 (43.0%)	5:55	10.1 (57.4%)
157	JUREK Magdalena	543		K-50	5		00:29:28	00:59:31.25	00:59:51.65	+00:25:48 (43.1%)	5:57	10.1 (57.4%)
158		537					00:29:27	00:59:46.85	01:00:06.30	+00:26:03 (43.4%)	5:58	10 (56.8%)
159		538					00:29:28	00:59:49.10	01:00:08.75	+00:26:05 (43.4%)	5:58	10 (56.8%)
160	KAMIŃSKA Bogumiła	376	BOLT TRZEMESZNO	K-50	6		00:28:38	01:00:00.65	01:00:20.40	+00:26:17 (43.6%)	6:00	10 (56.8%)
161	RYŻKO Monika	423		K-40	11		00:29:21	01:00:28.80	01:00:44.90	+00:26:42 (44.0%)	6:02	9.9 (56.3%)
162	LISIAK Leszek	310		M-40	43	Tak	00:29:16	01:00:24.85	01:00:56.15	+00:26:53 (44.1%)	6:02	9.9 (56.3%)
163	OLEJNICZAK Sławka	354	CIASTKI.PZ	K-40	12		00:29:44	01:00:26.60	01:01:00.00	+00:26:57 (44.2%)	6:02	9.9 (56.3%)
164	URBAŃSKI Łukasz	340		M-50	13		00:28:47	01:00:29.85	01:01:00.25	+00:26:57 (44.2%)	6:02	9.9 (56.3%)
165	MUCHA-GODLEWSKA Małgorzata	320		K-30	18		00:28:39	01:00:50.55	01:01:02.25	+00:26:59 (44.2%)	6:05	9.9 (56.3%)
166	CHWIROT Maciej	542		M-20	24		00:28:39	01:01:01.85	01:01:22.75	+00:27:19 (44.5%)	6:06	9.8 (55.7%)
167	WAWRZYNIAK Przemysław	488	3:33 TEAM	M-50	14		00:29:24	01:01:17.95	01:01:43.55	+00:27:40 (44.8%)	6:07	9.8 (55.7%)
168	WOŹNIAK Michał	335		M-40	44		00:29:08	01:01:40.30	01:01:53.80	+00:27:50 (45.0%)	6:10	9.7 (55.1%)
169	BIELAWSKA Monika	412		K-40	13		00:29:27	01:01:41.45	01:01:57.40	+00:27:54 (45.0%)	6:10	9.7 (55.1%)
170	MATCZAK Paweł	319		M-50	15		00:29:27	01:02:10.00	01:02:43.15	+00:28:40 (45.7%)	6:13	9.7 (55.1%)
171	GUNIA Jerzy	448		M-50	16	Tak	00:28:23	01:03:09.40	01:03:20.60	+00:29:17 (46.2%)	6:18	9.5 (54.0%)
172	ROSSOCHACKA Aga	391		K-40	14	Tak	00:29:21	01:03:31.00	01:03:40.30	+00:29:37 (46.5%)	6:21	9.4 (53.4%)
173	GRABIA Jacek	498		M-50	17		00:30:40	01:03:09.35	01:03:44.95	+00:29:42 (46.6%)	6:18	9.5 (54.0%)
174	DWÓŹNIK Robert	317	DAM RADEŃ	M-50	18		00:28:49	01:03:17.25	01:03:56.20	+00:29:53 (46.7%)	6:19	9.5 (54.0%)
175	SOMPOLSKI Jacek	475		M-40	45	Tak	00:30:58	01:03:18.20	01:03:58.95	+00:29:56 (46.8%)	6:19	9.5 (54.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec gminy	5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 10km	brutto 10km			
176	OSOWCZYK Dawid	356		M-30	40	Tak	00:32:36	01:03:19.70	01:03:59.65	+00:29:56 (46.8%)	6:19	9.5 (54.0%)
177	WRONKA Małgorzata	479		K-50	7		00:31:51	01:04:01.60	01:04:01.60	+00:29:58 (46.8%)	6:24	9.4 (53.4%)
178	PUSTKOWIAK Hanna	468	KOTA	K-40	15		00:29:42	01:04:00.70	01:04:06.60	+00:30:03 (46.9%)	6:24	9.4 (53.4%)
179	BUKOWSKA Maria	365	LAQ	K-20	4		00:30:50	01:03:22.95	01:04:07.05	+00:30:04 (46.9%)	6:20	9.5 (54.0%)
180	POCHYLSKI Bartosz	435		M-30	41	Tak	00:30:01	01:03:50.25	01:04:08.95	+00:30:06 (46.9%)	6:23	9.4 (53.4%)
181	MOSTOWIAK Eliasz	369		M-30	42		00:32:21	01:04:07.95	01:04:39.40	+00:30:36 (47.3%)	6:24	9.4 (53.4%)
182	POPŁAWSKI Patryk	395		M-30	43		00:31:05	01:04:16.90	01:04:56.55	+00:30:53 (47.6%)	6:25	9.3 (52.8%)
183	MYDLARZ Adam	348	OSP RAKOWNIA	M-30	44	Tak	00:31:50	01:04:53.35	01:05:09.35	+00:31:06 (47.7%)	6:29	9.2 (52.3%)
184	WARCHOCKA Urszula	339		K-30	19		00:31:06	01:05:04.40	01:05:38.00	+00:31:35 (48.1%)	6:30	9.2 (52.3%)
185	SKRZECZYŃSKI Jacek	387		M-40	46		00:30:50	01:05:13.40	01:05:42.80	+00:31:39 (48.2%)	6:31	9.2 (52.3%)
185	SKRZECZYŃSKA Anna	388		K-40	16		00:30:51	01:05:14.10	01:05:42.80	+00:31:39 (48.2%)	6:31	9.2 (52.3%)
187	PIESZCZYK Mateusz	433		M-30	45		00:31:34	01:05:17.45	01:05:48.70	+00:31:45 (48.3%)	6:31	9.2 (52.3%)
188	MACIEJEWSKI Grzegorz	471		M-60+	4		00:32:25	01:05:52.75	01:05:57.15	+00:31:54 (48.4%)	6:35	9.1 (51.7%)
189	GABRYSZ Agnieszka	375	CIASTKI.PZ	K-40	17		00:31:44	01:05:24.55	01:05:58.30	+00:31:55 (48.4%)	6:32	9.2 (52.3%)
190	MUCHA Leszkw	455	TRIMUSZKITEAM	M-50	19		00:32:49	01:06:39.95	01:07:23.50	+00:33:20 (49.5%)	6:39	9 (51.1%)
191	KUROWSKI Andrzej	355	HANT	M-60+	5	Tak	00:30:04	01:07:25.30	01:07:36.10	+00:33:33 (49.6%)	6:44	8.9 (50.6%)
192	CZERNAK Jakub	430		M-30	46		00:31:35	01:07:10.90	01:07:41.55	+00:33:38 (49.7%)	6:43	8.9 (50.6%)
193	SAWALA Aneta	371		K-40	18		00:31:33	01:07:26.65	01:07:55.05	+00:33:52 (49.9%)	6:44	8.9 (50.6%)
194	MOSKALSKA Magdalena	353		K-30	20		00:32:41	01:07:55.75	01:08:30.35	+00:34:27 (50.3%)	6:47	8.8 (50.0%)
195	WOJCIECHOWSKA Anna	381		K-40	19		00:34:34	01:07:58.90	01:08:33.00	+00:34:30 (50.3%)	6:47	8.8 (50.0%)
196	STACHERSKA Ewa	527		K-40	20		00:34:44	01:08:05.65	01:08:33.90	+00:34:31 (50.3%)	6:48	8.8 (50.0%)
197	STACHERSKA Aleksandra	528		K-15	1		00:34:45	01:08:27.30	01:08:54.60	+00:34:51 (50.6%)	6:50	8.8 (50.0%)
198	DOBSKI Kacper	394		M-20	25	Tak	00:33:44	01:08:38.20	01:09:22.35	+00:35:19 (50.9%)	6:51	8.7 (49.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec gminy	5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 10km	brutto 10km			
199	SCHMIDT Anna	410	PIĄTKOWO NA BIEGOWO	K-40	21		00:32:38	01:08:53.15	01:09:22.95	+00:35:20 (50.9%)	6:53	8.7 (49.4%)
200	STACHERSKI Łukasz	526		M-40	47		00:34:54	01:08:59.85	01:09:27.95	+00:35:25 (51.0%)	6:53	8.7 (49.4%)
201	SZYMAŃSKA Renata	533		K-50	8		00:34:55	01:09:03.40	01:09:31.10	+00:35:28 (51.0%)	6:54	8.7 (49.4%)
202	OSTROWSKA Agnieszka	485		K-20	5	Tak	00:33:38	01:09:24.10	01:09:58.85	+00:35:56 (51.3%)	6:56	8.6 (48.9%)
203	ABRAHAM Waldemar	449	DOMIN TEAM	M-40	48		00:33:41	01:09:18.40	01:10:00.35	+00:35:57 (51.4%)	6:55	8.7 (49.4%)
204	GOLCZEWSKI Tomasz	324		M-40	49		00:35:26	01:10:23.05	01:10:23.05	+00:36:20 (51.6%)	7:02	8.5 (48.3%)
205	KIIKO Kateryna	441		K-20	6		00:32:21	01:09:46.75	01:10:31.30	+00:36:28 (51.7%)	6:58	8.6 (48.9%)
206	PERNET-SZÓSTAK Ewelina	385	MECENASI BIEGAJĄ	K-40	22	Tak	00:34:06	01:10:25.25	01:10:46.30	+00:36:43 (51.9%)	7:02	8.5 (48.3%)
207	DOMAŃSKA Katarzyna	429		K-40	23	Tak	00:34:03	01:10:33.80	01:11:03.50	+00:37:00 (52.1%)	7:03	8.5 (48.3%)
208	ZYWERT Agnieszka	406	OGNISKO TKKF PŁOMIEŃ POBIEDZISKA	K-40	24		00:34:54	01:10:40.15	01:11:08.35	+00:37:05 (52.1%)	7:04	8.5 (48.3%)
209	GILL Joanna	344		K-30	21		00:34:42	01:11:05.00	01:11:46.15	+00:37:43 (52.6%)	7:06	8.4 (47.7%)
210	RATAJCZAK Grzegorz	450		M-50	20		00:34:39	01:11:16.70	01:11:50.50	+00:37:47 (52.6%)	7:07	8.4 (47.7%)
211	KEMPA Wiesław	508		M-60+	6	Tak	00:34:12	01:13:28.85	01:13:33.50	+00:39:30 (53.7%)	7:20	8.2 (46.6%)
212	MIZERNA Paulina	373	FYRTEL PÓLNOC	K-30	22		00:36:17	01:13:40.60	01:13:59.75	+00:39:56 (54.0%)	7:22	8.1 (46.0%)
213	STAŃCZAK Katarzyna	342		K-30	23		00:35:16	01:14:03.75	01:14:26.10	+00:40:23 (54.3%)	7:24	8.1 (46.0%)
214	MROTEK Jolanta	341		K-30	24		00:35:16	01:14:03.65	01:14:26.35	+00:40:23 (54.3%)	7:24	8.1 (46.0%)
215	SIMON Iza	377		K-40	25		00:36:23	01:17:05.25	01:17:42.80	+00:43:39 (56.2%)	7:42	7.8 (44.3%)
216	LICZNERSKI Rafał	495	BR STUDIO SP. Z O.O.	M-40	50	Tak	00:22:13			+00:05:36	4:26	13.5 (76.7%)
217	HENSCHEL Klaudiusz	426	SKS OBORNIKI / TERMOORGANIKA	M-40	51		00:22:54			+00:06:35	4:34	13.1 (74.4%)
218		539					00:32:39			+00:16:40	6:31	9.2 (52.3%)
219	DOBRYCHŁOP Łukasz	402	PCH_RUN	M-30	47		00:46:48			+00:30:20	9:21	6.4 (36.4%)
DNC	RÓŻAŃSKI Piotr	446		M-20			00:23:39					(0.0%)

Znaleziono 220 wynik(ów)