



**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	<b>MICHALAK Grzegorz</b>	<b>529</b>	SPEC KABLE	M-20	1		00:16:45	<b>00:34:01.60</b>	<b>00:34:02.85</b>		3:24	17.6 (100%)
2	<b>SARBAK Grzegorz</b>	<b>486</b>	PRO366	M-20	2		00:17:49	<b>00:35:51.10</b>	<b>00:35:53.30</b>	+00:01:50 (5.1%)	3:35	16.7 (94.9%)
3	<b>SZADZIŃSKI Kacper</b>	<b>453</b>		M-20	3		00:18:13	<b>00:36:12.40</b>	<b>00:36:12.40</b>	+00:02:09 (6.0%)	3:37	16.6 (94.3%)
4	<b>WRZESIŃSKI Michał</b>	<b>399</b>	KSG DIRETA	M-30	1		00:18:02	<b>00:36:31.55</b>	<b>00:36:33.50</b>	+00:02:30 (6.9%)	3:39	16.4 (93.2%)
5	<b>KESLER Hubert</b>	<b>407</b>		M-30	2		00:18:10	<b>00:37:17.35</b>	<b>00:37:18.90</b>	+00:03:16 (8.8%)	3:43	16.1 (91.5%)
6	<b>WIĘCKOWSKA Sandra</b>	<b>500</b>	ZALEWSKI PERFORMANCE ACADEMY	K-30	1		00:18:54	<b>00:38:28.15</b>	<b>00:38:31.90</b>	+00:04:29 (11.6%)	3:50	15.6 (88.6%)
7	<b>KOZŁOWSKI Dawid</b>	<b>532</b>	#KĘSYTEAM	M-30	3		00:18:54	<b>00:39:07.70</b>	<b>00:39:10.35</b>	+00:05:07 (13.1%)	3:54	15.3 (86.9%)
8	<b>ANDRZEJEWSKI Dominik</b>	<b>318</b>		M-30	4	Tak	00:19:25	<b>00:39:23.00</b>	<b>00:39:23.00</b>	+00:05:20 (13.5%)	3:56	15.2 (86.4%)
9	<b>ZYDORCZAK Iwona</b>	<b>336</b>	KS PREFBET -SONAROL	K-30	2		00:19:46	<b>00:39:22.10</b>	<b>00:39:24.90</b>	+00:05:22 (13.6%)	3:56	15.2 (86.4%)
10	<b>MIŁKOŚ Mateusz</b>	<b>405</b>	GRUNNERS	M-30	5		00:20:03	<b>00:41:05.40</b>	<b>00:41:10.70</b>	+00:07:07 (17.3%)	4:06	14.6 (83.0%)
11	<b>LUTOMSKA Dorota</b>	<b>306</b>	OFIX.PL BIKE TEAM	K-40	1		00:20:14	<b>00:41:09.50</b>	<b>00:41:12.80</b>	+00:07:09 (17.4%)	4:06	14.6 (83.0%)
12	<b>LIS Piotr</b>	<b>360</b>	NATIONALE-NEDERLANDEN	M-40	1		00:20:15	<b>00:41:37.05</b>	<b>00:41:40.35</b>	+00:07:37 (18.3%)	4:09	14.4 (81.8%)
13	<b>CZEMPIŃSKI Maciej</b>	<b>534</b>	POLECATS	M-20	4		00:20:34	<b>00:42:03.50</b>	<b>00:42:16.30</b>	+00:08:13 (19.5%)	4:12	14.3 (81.3%)
14	<b>PĘDZIŃSKI Kacper</b>	<b>343</b>		M-20	5	Tak	00:21:12	<b>00:42:15.10</b>	<b>00:42:18.90</b>	+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	<b>PACHOWICZ Maciej</b>	<b>327</b>		M-40	2	Tak	00:20:42	<b>00:42:12.40</b>	<b>00:42:19.50</b>	+00:08:16 (19.6%)	4:13	14.2 (80.7%)
16	<b>MICHALAK Waldek</b>	<b>418</b>	HADES	M-50	1		00:20:27	<b>00:42:17.95</b>	<b>00:42:27.55</b>	+00:08:24 (19.8%)	4:13	14.2 (80.7%)
17	<b>HEDZIELSKI Rafał</b>	<b>522</b>		M-40	3		00:20:49	<b>00:42:29.25</b>	<b>00:42:33.75</b>	+00:08:30 (20.0%)	4:14	14.1 (80.1%)
18	<b>KIJAK Agnieszka</b>	<b>425</b>	FRASZKOWANIEIBIEGANIE.BLOGSPOT.COM	K-30	3		00:20:54	<b>00:42:46.00</b>	<b>00:42:49.00</b>	+00:08:46 (20.5%)	4:16	14 (79.5%)
19	<b>WEYMANN Sebastian</b>	<b>476</b>	OBORNICKI KLUB LEKKOATLETYCZNY	M-40	4		00:20:47	<b>00:42:42.55</b>	<b>00:42:52.75</b>	+00:08:49 (20.6%)	4:16	14.1 (80.1%)
20	<b>ADAMCZAK Adrian</b>	<b>322</b>	KĘSY TEAM	M-30	6		00:20:38	<b>00:43:09.40</b>	<b>00:43:13.75</b>	+00:09:10 (21.2%)	4:18	13.9 (79.0%)
21	<b>BROMBEREK Marcin</b>	<b>422</b>	AP BŁĘKITNI OWIŃSKA	M-40	5		00:21:18	<b>00:43:37.70</b>	<b>00:43:41.90</b>	+00:09:39 (22.1%)	4:21	13.8 (78.4%)
22	<b>SZÓSTAK Łukasz</b>	<b>386</b>		M-40	6		00:20:52	<b>00:43:51.50</b>	<b>00:43:57.45</b>	+00:09:54 (22.5%)	4:23	13.7 (77.8%)
23	<b>BRYCHCY Piotr</b>	<b>487</b>	TRIGAR.PL	M-30	7		00:21:14	<b>00:43:56.95</b>	<b>00:44:01.60</b>	+00:09:58 (22.7%)	4:23	13.7 (77.8%)
24	<b>PĘDZIŃSKI Szymon</b>	<b>307</b>		M-40	7	Tak	00:21:13	<b>00:44:00.15</b>	<b>00:44:03.25</b>	+00:10:00 (22.7%)	4:24	13.6 (77.3%)
25	<b>WOŹNIAK Bartosz</b>	<b>338</b>		M-40	8		00:21:31	<b>00:43:56.60</b>	<b>00:44:13.20</b>	+00:10:10 (23.0%)	4:23	13.7 (77.8%)
26	<b>KORNOSZ Łukasz</b>	<b>523</b>	TUPTAŃSKO	M-20	6		00:21:32	<b>00:44:14.50</b>	<b>00:44:17.80</b>	+00:10:14 (23.1%)	4:25	13.6 (77.3%)
27	<b>GUZIK Joanna</b>	<b>301</b>	NKB CHYŻY NOWY TOMYŚL	K-30	4		00:21:12	<b>00:44:15.90</b>	<b>00:44:19.65</b>	+00:10:16 (23.2%)	4:25	13.6 (77.3%)
28	<b>JABŁOŃSKI Jakub</b>	<b>481</b>	PRO366	M-40	9		00:22:40	<b>00:44:21.85</b>	<b>00:44:28.65</b>	+00:10:25 (23.5%)	4:26	13.5 (76.7%)
29	<b>LISIAK Bartosz</b>	<b>427</b>	KB GEPARD MUROWANA GOŚLINA	M-40	10	Tak	00:21:39	<b>00:44:31.00</b>	<b>00:44:36.60</b>	+00:10:33 (23.7%)	4:27	13.5 (76.7%)
30	<b>CHRUŚCICKI Jarosław</b>	<b>312</b>		M-50	2	Tak	00:21:59	<b>00:44:34.30</b>	<b>00:44:39.25</b>	+00:10:36 (23.8%)	4:27	13.5 (76.7%)
31	<b>TCHÓRZ Monika</b>	<b>535</b>	POLECATS	K-20	1		00:22:23	<b>00:45:18.40</b>	<b>00:45:30.60</b>	+00:11:27 (25.2%)	4:31	13.2 (75.0%)
32	<b>LESZCZYŃSKI Paweł</b>	<b>496</b>		M-20	7		00:22:27	<b>00:45:14.10</b>	<b>00:45:32.60</b>	+00:11:29 (25.2%)	4:31	13.3 (75.6%)
33	<b>WERYSZKO Mateusz</b>	<b>541</b>	KB GEPARD MUROWANA GOŚLINA	M-40	11		00:22:27	<b>00:45:42.35</b>	<b>00:45:48.35</b>	+00:11:45 (25.7%)	4:34	13.1 (74.4%)
34	<b>HEDZIELSKA Weronika</b>	<b>530</b>	NATURAL BORN RUNNERS	K-20	2		00:22:49	<b>00:45:46.15</b>	<b>00:45:51.10</b>	+00:11:48 (25.7%)	4:34	13.1 (74.4%)
35	<b>GILEWSKI Dariusz</b>	<b>313</b>	OBORNICKI KLUB LEKKOATLETYCZNY	M-40	12		00:22:32	<b>00:45:46.00</b>	<b>00:45:57.45</b>	+00:11:54 (25.9%)	4:34	13.1 (74.4%)
36	<b>BAIER-JASTRZĄBEK Marta</b>	<b>437</b>	OBORNICKI KLUB LEKKOATLETYCZNY	K-40	2		00:22:27	<b>00:45:46.45</b>	<b>00:45:57.70</b>	+00:11:54 (25.9%)	4:34	13.1 (74.4%)
37	<b>NOWAK Przemysław</b>	<b>536</b>	WITKOWSKI RUNNING TEAM	M-40	13		00:22:31	<b>00:46:32.00</b>	<b>00:46:32.00</b>	+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	<b>BIELECKI Tomasz</b>	<b>408</b>	MISTRZOWSKI TRENING	M-20	8		00:22:54	<b>00:46:44.95</b>	<b>00:46:51.50</b>	+00:12:48 (27.3%)	4:40	12.8 (72.7%)
39	<b>WIECZOREK Filip</b>	<b>510</b>		M-30	8		00:22:53	<b>00:46:53.00</b>	<b>00:47:13.85</b>	+00:13:11 (27.9%)	4:41	12.8 (72.7%)
40	<b>OLEJNICZAK Robert</b>	<b>421</b>		M-30	9		00:23:06	<b>00:46:22.15</b>	<b>00:47:14.50</b>	+00:13:11 (27.9%)	4:38	12.9 (73.3%)
41	<b>PAWELEC Jakub</b>	<b>372</b>		M-30	10		00:22:37	<b>00:46:21.95</b>	<b>00:47:14.65</b>	+00:13:11 (27.9%)	4:38	12.9 (73.3%)
42	<b>BUTJA Aga</b>	<b>434</b>	ROGOZIŃSCY PASJONACI BIEGANIA	K-30	5		00:23:29	<b>00:47:16.15</b>	<b>00:47:19.10</b>	+00:13:16 (28.0%)	4:43	12.7 (72.2%)
43	<b>STUWE Beata</b>	<b>467</b>	PRO366	K-40	3		00:23:04	<b>00:47:15.15</b>	<b>00:47:23.30</b>	+00:13:20 (28.2%)	4:43	12.7 (72.2%)
44	<b>RYKACZEWSKI Sławomir</b>	<b>502</b>	CZUŁY WIKING TEAM	M-30	11		00:22:28	<b>00:47:28.15</b>	<b>00:47:42.35</b>	+00:13:39 (28.6%)	4:44	12.6 (71.6%)
45	<b>BURKICIAK Dominik</b>	<b>515</b>		M-30	12		00:22:28	<b>00:47:35.25</b>	<b>00:47:49.20</b>	+00:13:46 (28.8%)	4:45	12.6 (71.6%)
46	<b>MAJDA Marcin</b>	<b>350</b>		M-40	14	Tak	00:23:52	<b>00:47:42.30</b>	<b>00:47:56.55</b>	+00:13:53 (29.0%)	4:46	12.6 (71.6%)
47	<b>MAJEWSKI Radosław</b>	<b>470</b>	NIGHT RUNNERS / PRO366	M-40	15		00:22:46	<b>00:47:50.70</b>	<b>00:47:56.70</b>	+00:13:53 (29.0%)	4:47	12.5 (71.0%)
48	<b>FREŚKO Mirosław</b>	<b>518</b>		M-40	16		00:23:41	<b>00:47:45.25</b>	<b>00:47:58.15</b>	+00:13:55 (29.0%)	4:46	12.6 (71.6%)
49	<b>BOJARSKI Damian</b>	<b>351</b>		M-20	9		00:23:41	<b>00:47:23.25</b>	<b>00:48:01.85</b>	+00:13:59 (29.1%)	4:44	12.7 (72.2%)
50	<b>GRZYL Edmund</b>	<b>330</b>		M-60+	1		00:22:50	<b>00:48:08.55</b>	<b>00:48:11.35</b>	+00:14:08 (29.3%)	4:48	12.5 (71.0%)
51	<b>STAWICKI Adam</b>	<b>315</b>	OBORNICKI KLUB LEKKOATLETYCZNY	M-50	3		00:22:53	<b>00:48:09.25</b>	<b>00:48:20.15</b>	+00:14:17 (29.6%)	4:48	12.5 (71.0%)
52	<b>SIKORA Dawid</b>	<b>361</b>	SIKORKI	M-40	17	Tak	00:23:28	<b>00:48:17.85</b>	<b>00:48:34.45</b>	+00:14:31 (29.9%)	4:49	12.4 (70.5%)
53	<b>KOSMECKI Robert</b>	<b>363</b>	NIGHT RUNNERS	M-50	4		00:23:40	<b>00:48:37.70</b>	<b>00:48:43.60</b>	+00:14:40 (30.1%)	4:51	12.3 (69.9%)
54	<b>KAŻMIERCZAK Rafał</b>	<b>477</b>	JESTEM OD ROMKA	M-20	10		00:22:51	<b>00:48:36.85</b>	<b>00:48:47.00</b>	+00:14:44 (30.2%)	4:51	12.3 (69.9%)
55	<b>STACHOWIAK Wiktor</b>	<b>484</b>	PRO366 & PRZYJACIELE	M-40	18		00:23:23	<b>00:48:31.35</b>	<b>00:48:50.20</b>	+00:14:47 (30.3%)	4:51	12.4 (70.5%)
56	<b>SAWCZYN Tomasz</b>	<b>445</b>	TSFIZJOTERAPIA	M-30	13		00:24:10	<b>00:48:33.35</b>	<b>00:48:51.90</b>	+00:14:49 (30.3%)	4:51	12.4 (70.5%)
57	<b>MIELCAREK Adrian</b>	<b>300</b>	ADRIAN ŻAKOWSKI TEAM DOGONIĆ CZOŁÓWKĘ	M-30	14		00:22:29	<b>00:48:41.45</b>	<b>00:48:58.15</b>	+00:14:55 (30.5%)	4:52	12.3 (69.9%)
58	<b>MAZUREK Jakub</b>	<b>442</b>		M-20	11	Tak	00:24:08	<b>00:48:51.05</b>	<b>00:49:10.20</b>	+00:15:07 (30.8%)	4:53	12.3 (69.9%)
59	<b>GREK Przemysław</b>	<b>474</b>	PRO366	M-40	19		00:24:15	<b>00:48:55.00</b>	<b>00:49:20.00</b>	+00:15:17 (31.0%)	4:53	12.3 (69.9%)
60	<b>KORNOBIS Robert</b>	<b>497</b>		M-50	5		00:23:42	<b>00:49:09.55</b>	<b>00:49:24.35</b>	+00:15:21 (31.1%)	4:54	12.2 (69.3%)

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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec gminy	5km	Czas		Różn	Tempo min/km	Tempo km/h
								netto 10km	brutto 10km			
84	<b>TOMKOWIAK Jakub</b>	<b>398</b>		M-20	15		00:23:46	<b>00:51:29.60</b>	<b>00:51:54.45</b>	+00:17:51 (34.4%)	5:08	11.7 (66.5%)
85	<b>MOLIŃSKI Mariusz</b>	<b>415</b>		M-40	26	Tak	00:25:16	<b>00:51:38.00</b>	<b>00:51:57.15</b>	+00:17:54 (34.5%)	5:09	11.6 (65.9%)
86	<b>MOLIŃSKA Renata</b>	<b>414</b>		K-40	5	Tak	00:25:15	<b>00:51:40.30</b>	<b>00:51:59.45</b>	+00:17:56 (34.5%)	5:10	11.6 (65.9%)
87	<b>BANASZAK Sławomir</b>	<b>384</b>		M-30	22		00:24:24	<b>00:51:36.90</b>	<b>00:51:59.90</b>	+00:17:57 (34.5%)	5:09	11.6 (65.9%)
88	<b>JANKOWSKI Mateusz</b>	<b>436</b>		M-20	16		00:24:05	<b>00:51:57.55</b>	<b>00:52:02.80</b>	+00:17:59 (34.6%)	5:11	11.5 (65.3%)
89	<b>OSTROWSKI Lukasz</b>	<b>397</b>		M-30	23		00:24:48	<b>00:52:01.00</b>	<b>00:52:05.40</b>	+00:18:02 (34.6%)	5:12	11.5 (65.3%)
90	<b>ZIELIŃSKI-WRONKA Dariusz</b>	<b>478</b>		M-50	8		00:25:38	<b>00:52:12.75</b>	<b>00:52:12.75</b>	+00:18:09 (34.8%)	5:13	11.5 (65.3%)
91	<b>WIETRZYŃSKA Magda</b>	<b>443</b>		K-30	8		00:26:20	<b>00:51:58.05</b>	<b>00:52:15.45</b>	+00:18:12 (34.8%)	5:11	11.5 (65.3%)
92	<b>KĘSY Ania</b>	<b>511</b>	KĘSY TEAM	K-50	1		00:26:12	<b>00:51:54.40</b>	<b>00:52:20.75</b>	+00:18:17 (35.0%)	5:11	11.6 (65.9%)
93	<b>PIECHOWIAK Dariusz</b>	<b>490</b>		M-40	27		00:24:58	<b>00:52:24.20</b>	<b>00:52:31.80</b>	+00:18:28 (35.2%)	5:14	11.5 (65.3%)
94	<b>MICHALAK Zbigniew</b>	<b>516</b>		M-50	9		00:25:33	<b>00:52:15.00</b>	<b>00:52:49.50</b>	+00:18:46 (35.5%)	5:13	11.5 (65.3%)
95	<b>WOLNIEWICZ Ryszard</b>	<b>417</b>		M-60+	3		00:25:20	<b>00:52:47.45</b>	<b>00:52:55.30</b>	+00:18:52 (35.7%)	5:16	11.4 (64.8%)
96	<b>ŻYDOWICZ Michał</b>	<b>393</b>	BIKE MAJSTER	M-20	17	Tak	00:25:13	<b>00:52:45.40</b>	<b>00:53:00.90</b>	+00:18:58 (35.8%)	5:16	11.4 (64.8%)
97	<b>LESZCZYŃSKA Grażyna</b>	<b>507</b>		K-50	2		00:25:21	<b>00:52:35.95</b>	<b>00:53:21.95</b>	+00:19:19 (36.2%)	5:15	11.4 (64.8%)
98	<b>WIŚNIEWSKI Mateusz</b>	<b>517</b>		M-20	18		00:24:57	<b>00:53:28.05</b>	<b>00:53:49.20</b>	+00:19:46 (36.7%)	5:20	11.2 (63.6%)
99	<b>KUJAWA Michał</b>	<b>367</b>		M-30	24		00:25:10	<b>00:53:43.20</b>	<b>00:53:58.05</b>	+00:19:55 (36.9%)	5:22	11.2 (63.6%)
100	<b>BŁOCH Piotr</b>	<b>314</b>		M-20	19		00:25:50	<b>00:53:34.70</b>	<b>00:53:58.20</b>	+00:19:55 (36.9%)	5:21	11.2 (63.6%)
101	<b>KOMINEK Sebastian</b>	<b>531</b>		M-40	28		00:26:15	<b>00:53:24.25</b>	<b>00:54:05.00</b>	+00:20:02 (37.0%)	5:20	11.2 (63.6%)
102	<b>JARYSZ Daria</b>	<b>357</b>		K-20	3		00:26:27	<b>00:54:06.50</b>	<b>00:54:09.70</b>	+00:20:06 (37.1%)	5:24	11.1 (63.1%)
103	<b>GOŹLIŃSKA Sylwia</b>	<b>466</b>		K-30	9		00:25:49	<b>00:53:44.40</b>	<b>00:54:11.25</b>	+00:20:08 (37.2%)	5:22	11.2 (63.6%)
104	<b>KRENC Anna</b>	<b>333</b>		K-40	6		00:25:43	<b>00:54:08.75</b>	<b>00:54:15.75</b>	+00:20:12 (37.3%)	5:24	11.1 (63.1%)
105	<b>SIKORSKI Mateusz</b>	<b>334</b>		M-30	25		00:26:20	<b>00:54:03.60</b>	<b>00:54:26.50</b>	+00:20:23 (37.5%)	5:24	11.1 (63.1%)
106	<b>WRÓBEL Krzysztof</b>	<b>304</b>	WYBRZEŻE KLATKI SCHODOWEJ	M-20	20		00:28:05	<b>00:53:50.50</b>	<b>00:54:26.65</b>	+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	<b>MYDLARZ Daria</b>	<b>347</b>		K-30	10	Tak	00:27:23	<b>00:54:13.00</b>	<b>00:54:27.90</b>	+00:20:25 (37.5%)	5:25	11.1 (63.1%)
108	<b>DUBLAGA Michał</b>	<b>419</b>	#BIEGEMWLAS	M-30	26		00:25:21	<b>00:54:18.30</b>	<b>00:54:30.60</b>	+00:20:27 (37.5%)	5:25	11 (62.5%)
109	<b>TRAWIŃSKI Jakub</b>	<b>452</b>		M-30	27		00:25:28	<b>00:54:32.75</b>	<b>00:54:36.80</b>	+00:20:33 (37.7%)	5:27	11 (62.5%)
110	<b>CZYŻ Janusz</b>	<b>431</b>	BUDZYŃSKIE DZIKI	M-40	29		00:26:29	<b>00:54:33.65</b>	<b>00:54:42.25</b>	+00:20:39 (37.8%)	5:27	11 (62.5%)
111	<b>STĘPIEŃ Krzysztof</b>	<b>316</b>		M-40	30	Tak	00:26:29	<b>00:54:25.35</b>	<b>00:54:49.75</b>	+00:20:46 (37.9%)	5:26	11 (62.5%)
112	<b>SADOWSKI Marian</b>	<b>482</b>		M-50	10		00:26:22	<b>00:54:36.40</b>	<b>00:54:57.00</b>	+00:20:54 (38.0%)	5:27	11 (62.5%)
113	<b>NOWAK Mikołaj</b>	<b>364</b>		M-20	21		00:27:16	<b>00:54:15.45</b>	<b>00:55:00.15</b>	+00:20:57 (38.1%)	5:25	11.1 (63.1%)
114	<b>KŁAK Sebastian</b>	<b>403</b>		M-40	31		00:26:18	<b>00:55:01.45</b>	<b>00:55:08.65</b>	+00:21:05 (38.3%)	5:30	10.9 (61.9%)
115	<b>MARCINIAK Maciej</b>	<b>520</b>		M-30	28		00:26:59	<b>00:55:08.25</b>	<b>00:55:17.00</b>	+00:21:14 (38.4%)	5:30	10.9 (61.9%)
116	<b>GRDEŃ Natalia</b>	<b>438</b>	OBORNICKI KLUB LEKKOATLETYCZNY	K-30	11		00:26:26	<b>00:55:06.65</b>	<b>00:55:17.75</b>	+00:21:14 (38.4%)	5:30	10.9 (61.9%)
117	<b>ZIÓŁEK Błażej</b>	<b>514</b>		M-30	29		00:26:25	<b>00:54:43.25</b>	<b>00:55:24.60</b>	+00:21:21 (38.6%)	5:28	11 (62.5%)
118	<b>PASZKIEWICZ Maciej</b>	<b>392</b>		M-40	32	Tak	00:27:30	<b>00:55:19.45</b>	<b>00:55:29.45</b>	+00:21:26 (38.6%)	5:31	10.8 (61.4%)
119	<b>TURKOWSKI Bartosz</b>	<b>521</b>	WRONKI	M-30	30		00:27:00	<b>00:55:23.45</b>	<b>00:55:31.85</b>	+00:21:29 (38.7%)	5:32	10.8 (61.4%)
120	<b>BECIŃSKI Marcin</b>	<b>494</b>		M-40	33		00:27:25	<b>00:55:18.45</b>	<b>00:55:31.95</b>	+00:21:29 (38.7%)	5:31	10.8 (61.4%)
121	<b>OBST Anna</b>	<b>303</b>		K-30	12		00:26:37	<b>00:55:19.80</b>	<b>00:55:38.00</b>	+00:21:35 (38.8%)	5:31	10.8 (61.4%)
122	<b>ŻMINKOWSKI Tomasz</b>	<b>439</b>		M-40	34		00:27:37	<b>00:55:11.55</b>	<b>00:55:53.95</b>	+00:21:51 (39.1%)	5:31	10.9 (61.9%)
123	<b>ROSPOND Piotr</b>	<b>469</b>	TKKF MPK POZNAŃ	M-50	11		00:26:49	<b>00:55:48.70</b>	<b>00:55:55.00</b>	+00:21:52 (39.1%)	5:34	10.8 (61.4%)
124	<b>FENIKOWSKI Szymon</b>	<b>483</b>	PRO366	M-40	35		00:27:01	<b>00:55:29.10</b>	<b>00:55:55.20</b>	+00:21:52 (39.1%)	5:32	10.8 (61.4%)
125	<b>REKE Paula</b>	<b>346</b>		K-30	13		00:27:23	<b>00:55:42.30</b>	<b>00:55:56.85</b>	+00:21:54 (39.1%)	5:34	10.8 (61.4%)
126	<b>JAROSZKO Małgorzata</b>	<b>409</b>		K-50	3		00:27:56	<b>00:56:19.60</b>	<b>00:56:49.10</b>	+00:22:46 (40.1%)	5:37	10.7 (60.8%)
127	<b>BIEDALAK Krzysztof</b>	<b>332</b>		M-30	31		00:29:01	<b>00:56:50.20</b>	<b>00:57:12.05</b>	+00:23:09 (40.5%)	5:41	10.6 (60.2%)
128	<b>BOGUSŁAWSKI Sergiusz</b>	<b>321</b>		M-30	32		00:27:46	<b>00:56:50.00</b>	<b>00:57:22.75</b>	+00:23:19 (40.7%)	5:41	10.6 (60.2%)
129	<b>SZCZEPANIAK Wanda</b>	<b>305</b>		K-40	7	Tak	00:28:10	<b>00:56:37.50</b>	<b>00:57:22.80</b>	+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	<b>KLASZCZYŃSKA Izabela</b>	<b>323</b>	GOSLIŃSKIE POWSINOZI	K-40	8	Tak	00:28:08	<b>00:56:37.55</b>	<b>00:57:23.95</b>	+00:23:21 (40.7%)	5:39	10.6 (60.2%)
131	<b>RYSZKA Maciej</b>	<b>428</b>		M-40	36		00:27:44	<b>00:56:45.25</b>	<b>00:57:29.85</b>	+00:23:27 (40.8%)	5:40	10.6 (60.2%)
132	<b>BORSUK Damian</b>	<b>444</b>		M-30	33		00:26:36	<b>00:57:18.40</b>	<b>00:57:31.50</b>	+00:23:28 (40.8%)	5:43	10.5 (59.7%)
133	<b>KSIĄŻAK Krystian</b>	<b>352</b>		M-30	34		00:26:20	<b>00:57:06.50</b>	<b>00:57:34.70</b>	+00:23:31 (40.9%)	5:42	10.5 (59.7%)
134	<b>PERZ Darek</b>	<b>513</b>		M-30	35		00:28:53	<b>00:57:27.95</b>	<b>00:57:45.75</b>	+00:23:42 (41.1%)	5:44	10.4 (59.1%)
135	<b>BUKA Konrad</b>	<b>545</b>		M-20	22		00:25:45	<b>00:57:24.55</b>	<b>00:57:51.50</b>	+00:23:48 (41.2%)	5:44	10.5 (59.7%)
136	<b>CIEŚLIK Waldemar</b>	<b>506</b>		M-40	37		00:28:56	<b>00:57:26.50</b>	<b>00:57:58.05</b>	+00:23:55 (41.3%)	5:44	10.4 (59.1%)
137	<b>OWCZAREK Michał</b>	<b>345</b>		M-30	36	Tak	00:28:48	<b>00:57:16.25</b>	<b>00:57:59.75</b>	+00:23:56 (41.3%)	5:43	10.5 (59.7%)
138	<b>JAGODZIŃSKI Paweł</b>	<b>396</b>		M-20	23		00:28:00	<b>00:57:22.35</b>	<b>00:58:00.20</b>	+00:23:57 (41.3%)	5:44	10.5 (59.7%)
139	<b>JANOWSKI Marcin</b>	<b>374</b>		M-40	38		00:27:15	<b>00:57:17.75</b>	<b>00:58:03.25</b>	+00:24:00 (41.4%)	5:43	10.5 (59.7%)
140	<b>GRUSZCZYŃSKI Jacek</b>	<b>370</b>	KKS LECH POZNAŃ	M-40	39	Tak	00:28:08	<b>00:57:58.60</b>	<b>00:58:13.10</b>	+00:24:10 (41.5%)	5:47	10.4 (59.1%)
141	<b>JASTRZĄBEK Julia</b>	<b>501</b>	KĘSY TEAM	K-30	14		00:27:39	<b>00:57:43.75</b>	<b>00:58:15.65</b>	+00:24:12 (41.6%)	5:46	10.4 (59.1%)
142	<b>ZARANEK Barbara</b>	<b>460</b>	KĘSY TEAM	K-50	4		00:28:25	<b>00:57:43.65</b>	<b>00:58:15.80</b>	+00:24:12 (41.6%)	5:46	10.4 (59.1%)
143	<b>WOŹNIAK Robert</b>	<b>499</b>		M-30	37		00:26:36	<b>00:58:07.30</b>	<b>00:58:28.90</b>	+00:24:26 (41.8%)	5:48	10.3 (58.5%)
144	<b>KRAJEWSKI Dawid</b>	<b>447</b>		M-30	38		00:27:43	<b>00:58:20.00</b>	<b>00:58:32.90</b>	+00:24:30 (41.8%)	5:50	10.3 (58.5%)
145	<b>NOWAK Marek</b>	<b>379</b>		M-40	40		00:28:59	<b>00:57:58.55</b>	<b>00:58:33.85</b>	+00:24:31 (41.9%)	5:47	10.4 (59.1%)
146	<b>WAWRZYŃNIAK Anna</b>	<b>489</b>	3:33 TEAM	K-40	9		00:28:24	<b>00:58:19.10</b>	<b>00:58:44.25</b>	+00:24:41 (42.0%)	5:49	10.3 (58.5%)
147	<b>SARZALSKI Maciej</b>	<b>378</b>		M-40	41	Tak	00:27:43	<b>00:58:20.30</b>	<b>00:58:52.65</b>	+00:24:49 (42.2%)	5:50	10.3 (58.5%)
148	<b>BROŃSKI Szymon</b>	<b>359</b>		M-15	2	Tak	00:28:08	<b>00:58:16.55</b>	<b>00:58:59.50</b>	+00:24:56 (42.3%)	5:49	10.3 (58.5%)
149	<b>BROŃSKI Roman</b>	<b>358</b>		M-50	12	Tak	00:27:02	<b>00:58:20.90</b>	<b>00:59:03.35</b>	+00:25:00 (42.3%)	5:50	10.3 (58.5%)
150	<b>BOSIACKI Tomasz</b>	<b>462</b>		M-40	42		00:27:59	<b>00:58:38.05</b>	<b>00:59:13.30</b>	+00:25:10 (42.5%)	5:51	10.2 (58.0%)
151	<b>BIGOSIŃSKA Hanna</b>	<b>456</b>		K-30	15		00:28:11	<b>00:59:03.05</b>	<b>00:59:18.75</b>	+00:25:15 (42.6%)	5:54	10.2 (58.0%)
152	<b>MAJEWSKA Marta</b>	<b>440</b>	#ZALINIAMIETY, SPIN FORCE RUNNERS	K-30	16		00:29:22	<b>00:58:45.60</b>	<b>00:59:20.00</b>	+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	<b>LUTYŃSKI Mateusz</b>	<b>525</b>		M-30	39	Tak	00:28:49	<b>00:58:40.85</b>	<b>00:59:21.65</b>	+00:25:18 (42.6%)	5:52	10.2 (58.0%)
154	<b>MENDYK Monika</b>	<b>411</b>		K-40	10		00:29:22	<b>00:59:11.90</b>	<b>00:59:27.90</b>	+00:25:25 (42.7%)	5:55	10.1 (57.4%)
155	<b>GŁADECKA Joanna</b>	<b>331</b>		K-30	17	Tak	00:29:35	<b>00:58:54.15</b>	<b>00:59:33.10</b>	+00:25:30 (42.8%)	5:53	10.2 (58.0%)
156		<b>544</b>					00:29:31	<b>00:59:19.30</b>	<b>00:59:42.30</b>	+00:25:39 (43.0%)	5:55	10.1 (57.4%)
157	<b>JUREK Magdalena</b>	<b>543</b>		K-50	5		00:29:28	<b>00:59:31.25</b>	<b>00:59:51.65</b>	+00:25:48 (43.1%)	5:57	10.1 (57.4%)
158		<b>537</b>					00:29:27	<b>00:59:46.85</b>	<b>01:00:06.30</b>	+00:26:03 (43.4%)	5:58	10 (56.8%)
159		<b>538</b>					00:29:28	<b>00:59:49.10</b>	<b>01:00:08.75</b>	+00:26:05 (43.4%)	5:58	10 (56.8%)
160	<b>KAMIŃSKA Bogumiła</b>	<b>376</b>	BOLT TRZEMESZNO	K-50	6		00:28:38	<b>01:00:00.65</b>	<b>01:00:20.40</b>	+00:26:17 (43.6%)	6:00	10 (56.8%)
161	<b>RYŻKO Monika</b>	<b>423</b>		K-40	11		00:29:21	<b>01:00:28.80</b>	<b>01:00:44.90</b>	+00:26:42 (44.0%)	6:02	9.9 (56.3%)
162	<b>LISIAK Leszek</b>	<b>310</b>		M-40	43	Tak	00:29:16	<b>01:00:24.85</b>	<b>01:00:56.15</b>	+00:26:53 (44.1%)	6:02	9.9 (56.3%)
163	<b>OLEJNICZAK Sławka</b>	<b>354</b>	CIASTKI.PZ	K-40	12		00:29:44	<b>01:00:26.60</b>	<b>01:01:00.00</b>	+00:26:57 (44.2%)	6:02	9.9 (56.3%)
164	<b>URBAŃSKI Łukasz</b>	<b>340</b>		M-50	13		00:28:47	<b>01:00:29.85</b>	<b>01:01:00.25</b>	+00:26:57 (44.2%)	6:02	9.9 (56.3%)
165	<b>MUCHA-GODLEWSKA Małgorzata</b>	<b>320</b>		K-30	18		00:28:39	<b>01:00:50.55</b>	<b>01:01:02.25</b>	+00:26:59 (44.2%)	6:05	9.9 (56.3%)
166	<b>CHWIROT Maciej</b>	<b>542</b>		M-20	24		00:28:39	<b>01:01:01.85</b>	<b>01:01:22.75</b>	+00:27:19 (44.5%)	6:06	9.8 (55.7%)
167	<b>WAWRZYNIAK Przemysław</b>	<b>488</b>	3:33 TEAM	M-50	14		00:29:24	<b>01:01:17.95</b>	<b>01:01:43.55</b>	+00:27:40 (44.8%)	6:07	9.8 (55.7%)
168	<b>WOŹNIAK Michał</b>	<b>335</b>		M-40	44		00:29:08	<b>01:01:40.30</b>	<b>01:01:53.80</b>	+00:27:50 (45.0%)	6:10	9.7 (55.1%)
169	<b>BIELAWSKA Monika</b>	<b>412</b>		K-40	13		00:29:27	<b>01:01:41.45</b>	<b>01:01:57.40</b>	+00:27:54 (45.0%)	6:10	9.7 (55.1%)
170	<b>MATCZAK Paweł</b>	<b>319</b>		M-50	15		00:29:27	<b>01:02:10.00</b>	<b>01:02:43.15</b>	+00:28:40 (45.7%)	6:13	9.7 (55.1%)
171	<b>GUNIA Jerzy</b>	<b>448</b>		M-50	16	Tak	00:28:23	<b>01:03:09.40</b>	<b>01:03:20.60</b>	+00:29:17 (46.2%)	6:18	9.5 (54.0%)
172	<b>ROSSOCHACKA Aga</b>	<b>391</b>		K-40	14	Tak	00:29:21	<b>01:03:31.00</b>	<b>01:03:40.30</b>	+00:29:37 (46.5%)	6:21	9.4 (53.4%)
173	<b>GRABIA Jacek</b>	<b>498</b>		M-50	17		00:30:40	<b>01:03:09.35</b>	<b>01:03:44.95</b>	+00:29:42 (46.6%)	6:18	9.5 (54.0%)
174	<b>DWÓŹNIK Robert</b>	<b>317</b>	DAM RADEŃ	M-50	18		00:28:49	<b>01:03:17.25</b>	<b>01:03:56.20</b>	+00:29:53 (46.7%)	6:19	9.5 (54.0%)
175	<b>SOMPOLSKI Jacek</b>	<b>475</b>		M-40	45	Tak	00:30:58	<b>01:03:18.20</b>	<b>01:03:58.95</b>	+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	<b>OSOWCZYK Dawid</b>	<b>356</b>		M-30	40	Tak	00:32:36	<b>01:03:19.70</b>	<b>01:03:59.65</b>	+00:29:56 (46.8%)	6:19	9.5 (54.0%)
177	<b>WRONKA Małgorzata</b>	<b>479</b>		K-50	7		00:31:51	<b>01:04:01.60</b>	<b>01:04:01.60</b>	+00:29:58 (46.8%)	6:24	9.4 (53.4%)
178	<b>PUSTKOWIAK Hanna</b>	<b>468</b>	KOTA	K-40	15		00:29:42	<b>01:04:00.70</b>	<b>01:04:06.60</b>	+00:30:03 (46.9%)	6:24	9.4 (53.4%)
179	<b>BUKOWSKA Maria</b>	<b>365</b>	LAQ	K-20	4		00:30:50	<b>01:03:22.95</b>	<b>01:04:07.05</b>	+00:30:04 (46.9%)	6:20	9.5 (54.0%)
180	<b>POCHYLSKI Bartosz</b>	<b>435</b>		M-30	41	Tak	00:30:01	<b>01:03:50.25</b>	<b>01:04:08.95</b>	+00:30:06 (46.9%)	6:23	9.4 (53.4%)
181	<b>MOSTOWIAK Eliasz</b>	<b>369</b>		M-30	42		00:32:21	<b>01:04:07.95</b>	<b>01:04:39.40</b>	+00:30:36 (47.3%)	6:24	9.4 (53.4%)
182	<b>POPLAWSKI Patryk</b>	<b>395</b>		M-30	43		00:31:05	<b>01:04:16.90</b>	<b>01:04:56.55</b>	+00:30:53 (47.6%)	6:25	9.3 (52.8%)
183	<b>MYDLARZ Adam</b>	<b>348</b>	OSP RAKOWNIA	M-30	44	Tak	00:31:50	<b>01:04:53.35</b>	<b>01:05:09.35</b>	+00:31:06 (47.7%)	6:29	9.2 (52.3%)
184	<b>WARCHOCKA Urszula</b>	<b>339</b>		K-30	19		00:31:06	<b>01:05:04.40</b>	<b>01:05:38.00</b>	+00:31:35 (48.1%)	6:30	9.2 (52.3%)
185	<b>SKRZECZYŃSKI Jacek</b>	<b>387</b>		M-40	46		00:30:50	<b>01:05:13.40</b>	<b>01:05:42.80</b>	+00:31:39 (48.2%)	6:31	9.2 (52.3%)
185	<b>SKRZECZYŃSKA Anna</b>	<b>388</b>		K-40	16		00:30:51	<b>01:05:14.10</b>	<b>01:05:42.80</b>	+00:31:39 (48.2%)	6:31	9.2 (52.3%)
187	<b>PIESZCZYK Mateusz</b>	<b>433</b>		M-30	45		00:31:34	<b>01:05:17.45</b>	<b>01:05:48.70</b>	+00:31:45 (48.3%)	6:31	9.2 (52.3%)
188	<b>MACIEJEWSKI Grzegorz</b>	<b>471</b>		M-60+	4		00:32:25	<b>01:05:52.75</b>	<b>01:05:57.15</b>	+00:31:54 (48.4%)	6:35	9.1 (51.7%)
189	<b>GABRYSZ Agnieszka</b>	<b>375</b>	CIASTKI.PZ	K-40	17		00:31:44	<b>01:05:24.55</b>	<b>01:05:58.30</b>	+00:31:55 (48.4%)	6:32	9.2 (52.3%)
190	<b>MUCHA Leszlk</b>	<b>455</b>	TRIMUSZKITEAM	M-50	19		00:32:49	<b>01:06:39.95</b>	<b>01:07:23.50</b>	+00:33:20 (49.5%)	6:39	9 (51.1%)
191	<b>KUROWSKI Andrzej</b>	<b>355</b>	HANT	M-60+	5	Tak	00:30:04	<b>01:07:25.30</b>	<b>01:07:36.10</b>	+00:33:33 (49.6%)	6:44	8.9 (50.6%)
192	<b>CZERNAK Jakub</b>	<b>430</b>		M-30	46		00:31:35	<b>01:07:10.90</b>	<b>01:07:41.55</b>	+00:33:38 (49.7%)	6:43	8.9 (50.6%)
193	<b>SAWALA Aneta</b>	<b>371</b>		K-40	18		00:31:33	<b>01:07:26.65</b>	<b>01:07:55.05</b>	+00:33:52 (49.9%)	6:44	8.9 (50.6%)
194	<b>MOSKALSKA Magdalena</b>	<b>353</b>		K-30	20		00:32:41	<b>01:07:55.75</b>	<b>01:08:30.35</b>	+00:34:27 (50.3%)	6:47	8.8 (50.0%)
195	<b>WOJCIECHOWSKA Anna</b>	<b>381</b>		K-40	19		00:34:34	<b>01:07:58.90</b>	<b>01:08:33.00</b>	+00:34:30 (50.3%)	6:47	8.8 (50.0%)
196	<b>STACHERSKA Ewa</b>	<b>527</b>		K-40	20		00:34:44	<b>01:08:05.65</b>	<b>01:08:33.90</b>	+00:34:31 (50.3%)	6:48	8.8 (50.0%)
197	<b>STACHERSKA Aleksandra</b>	<b>528</b>		K-15	1		00:34:45	<b>01:08:27.30</b>	<b>01:08:54.60</b>	+00:34:51 (50.6%)	6:50	8.8 (50.0%)
198	<b>DOBSKI Kacper</b>	<b>394</b>		M-20	25	Tak	00:33:44	<b>01:08:38.20</b>	<b>01:09:22.35</b>	+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)