



Wydarzenie: Murowana Dycha
Organizator: Gmina Murowana Goślina, APS AGENCY sp.z.o.o. sp.k.
Data: 2023-09-10
Miejsce: Murowana Goślina
Dystans: 5 km

MUROWANA DYCHA - 5KM

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec gminy	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	WYTWER Błażej	179	TEAM KOPEC	M-30	1		00:16:12.70	00:16:14.60		3:14	18.5 (100%)
2	ZIELIŃSKI Marcin	99	PCH_RUN	M-30	2		00:16:58.00	00:17:00.20	+00:00:45 (4.5%)	3:23	17.7 (95.7%)
3	CEGLAREK Mateusz	136	#FEIFERTEAM / WOLSZTYŃSKAAKADEMIABIEGOWA	M-15	1		00:17:07.35	00:17:08.75	+00:00:54 (5.3%)	3:25	17.5 (94.6%)
4	WAWRZYŃIAK Jakub	131	WYBIEGAĆ MARZENIA TEAM	M-30	3		00:17:16.95	00:17:18.50	+00:01:03 (6.2%)	3:27	17.4 (94.1%)
5	SZYMAŃCZUK Jacek	185	NARAMOWICE BIEGAJĄ	M-30	4		00:17:55.10	00:17:56.35	+00:01:41 (9.5%)	3:35	16.7 (90.3%)
6	LEWANDOWSKI Michał	83	OFIX.PL BIKE TEAM	M-20	1	Tak	00:17:57.70	00:17:58.75	+00:01:44 (9.7%)	3:35	16.7 (90.3%)
7	KACPRZAK Michał	184		M-40	1		00:18:02.50	00:18:04.90	+00:01:50 (10.2%)	3:36	16.6 (89.7%)
8	ŁESZYK Bartosz	30	MISTRZOWSKI TRENING	M-40	2		00:18:04.05	00:18:06.70	+00:01:52 (10.3%)	3:36	16.6 (89.7%)
9	FELIKSIAK Łukasz	27	OBORNICKI KLUB LEKKOATLETYCZNY	M-40	3		00:18:12.25	00:18:13.80	+00:01:59 (10.9%)	3:38	16.5 (89.2%)
10	DYMEK Gniewomir	163	OBORNICKI KLUB LEKKOATLETYCZNY	M-30	5		00:18:30.55	00:18:32.15	+00:02:17 (12.4%)	3:42	16.2 (87.6%)
11	WASZAK Adrian	75	KAMA RUN CZARNKÓW	M-20	2		00:19:02.10	00:19:04.20	+00:02:49 (14.8%)	3:48	15.8 (85.4%)
12	KRZYSZTOŃ Maciej	39	KB GEPARD MUROWANA GOŚLINA	M-40	4	Tak	00:19:14.60	00:19:15.90	+00:03:01 (15.7%)	3:50	15.6 (84.3%)
13	SIEMIANOWSKI Robert	58	NOWAK.RUN	M-20	3		00:19:30.45	00:19:32.65	+00:03:18 (16.9%)	3:54	15.4 (83.2%)
14	WALKOWIAK Marcin	87		M-20	4		00:19:33.90	00:19:36.30	+00:03:21 (17.1%)	3:54	15.3 (82.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec gminy	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
15	WILCZĄB Jakub	170		M-15	2		00:19:38.80	00:19:41.80	+00:03:27 (17.5%)	3:55	15.3 (82.7%)
16	DOROFIEIEV Denys	147		M-30	6		00:19:42.45	00:19:46.50	+00:03:31 (17.9%)	3:56	15.2 (82.2%)
17	KARASIAK Dominika	145	MISTRZOWSKI TRENING	K-20	1		00:19:52.40	00:19:56.20	+00:03:41 (18.5%)	3:58	15.1 (81.6%)
18	FABIAŃSKI Andrzej	41		M-20	5		00:20:29.00	00:20:31.25	+00:04:16 (20.8%)	4:05	14.6 (78.9%)
19	BALIŃSKI Michał	129	PRO366	M-20	6		00:20:26.35	00:20:33.80	+00:04:19 (21.0%)	4:05	14.7 (79.5%)
20	STASZCZAK Paweł	7	WEŁNIANKA KISZKOWO	M-30	7		00:20:29.35	00:20:47.25	+00:04:32 (21.9%)	4:05	14.6 (78.9%)
21	STYPINSKI Michal	168		M-40	5	Tak	00:20:55.90	00:21:01.75	+00:04:47 (22.8%)	4:11	14.3 (77.3%)
22	KACZMARCZYK Bogdan	50	BIEGAJĄCYCH PIWOSZY	M-40	6	Murowana Goślina	00:20:58.95	00:21:04.50	+00:04:49 (22.9%)	4:11	14.3 (77.3%)
23	URBAŃSKI Mateusz	142		M-30	8		00:21:12.30	00:21:13.30	+00:04:58 (23.5%)	4:14	14.2 (76.8%)
24	CZUBAK Tomasz	135	PRO366	M-30	9		00:21:15.75	00:21:23.45	+00:05:08 (24.1%)	4:15	14.1 (76.2%)
25	JANKOWIAK Chrystian	169	SZARY TEAM	M-20	7	Tak	00:21:50.90	00:22:06.75	+00:05:52 (26.5%)	4:22	13.7 (74.1%)
26	URBAN Maciej	154		M-20	8		00:22:04.35	00:22:14.70	+00:06:00 (27.0%)	4:24	13.6 (73.5%)
27	BETAŃSKI Łukasz	56	BUDCHEM	M-30	10		00:22:30.85	00:22:40.20	+00:06:25 (28.3%)	4:30	13.3 (71.9%)
28	DOMINIAK Jarosław	97	WSZYSTKOOBIEGANIU.PL	M-30	11		00:22:50.45	00:22:50.45	+00:06:35 (28.9%)	4:34	13.1 (70.8%)
29	KANIEWSKI Cezary	76		M-20	9		00:22:51.25	00:23:15.00	+00:07:00 (30.1%)	4:34	13.1 (70.8%)
30	KRAWIEC Piotr	128		M-50	1		00:23:05.25	00:23:22.25	+00:07:07 (30.5%)	4:37	13 (70.3%)
31	MATUSIK Janusz	153	NIEZRZESZONY	M-60+	1		00:23:22.70	00:23:27.05	+00:07:12 (30.7%)	4:40	12.8 (69.2%)
32	BUCZAK Mikołaj	158	HAGER SPORT TEAM	M-30	12		00:23:05.10	00:23:27.80	+00:07:13 (30.8%)	4:37	13 (70.3%)
33	WIERZBICKI Wiesiek	24	KB GEPARD MUROWANA GOŚLINA	M-50	2	Tak	00:23:28.15	00:23:34.10	+00:07:19 (31.1%)	4:41	12.8 (69.2%)
34	JASIŃSKI Adam	123	ZUZANEK TEAM	M-30	13		00:23:27.95	00:23:38.75	+00:07:24 (31.3%)	4:41	12.8 (69.2%)
35	GRUSZKA Dariusz	95		M-50	3	Tak	00:23:27.10	00:23:40.00	+00:07:25 (31.4%)	4:41	12.8 (69.2%)
36	CHOLEWIŃSKA Longina	96	HERNIK TEAM	K-50	1	Tak	00:23:37.10	00:23:43.65	+00:07:29 (31.5%)	4:43	12.7 (68.6%)
37	GRZEGORZEK Maciej	109	KĘSY TEAM	M-50	4	Tak	00:23:26.30	00:23:46.25	+00:07:31 (31.7%)	4:41	12.8 (69.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec gminy	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
38	KOTOWSKI Marcin	59	MISTRZOWSKI TRENING	M-40	7		00:24:04.00	00:24:04.00	+00:07:49 (32.5%)	4:48	12.5 (67.6%)
39	GAŁĘSKI Damian	173		M-40	8	Tak	00:24:24.55	00:24:37.20	+00:08:22 (34.0%)	4:52	12.3 (66.5%)
40	NYCZ Joanna	55		K-30	1		00:24:30.60	00:24:42.65	+00:08:28 (34.3%)	4:54	12.2 (65.9%)
41	JÓZEFczyk Justyna	139		K-40	1	Tak	00:24:39.00	00:24:47.15	+00:08:32 (34.5%)	4:55	12.2 (65.9%)
42	ANDRZEJEWSKA Joanna	25		K-30	2	Tak	00:24:54.90	00:24:54.90	+00:08:40 (34.8%)	4:58	12 (64.9%)
43	SZARY Adrian	130	SZARY TEAM	M-20	10	Tak	00:24:25.70	00:24:55.85	+00:08:41 (34.8%)	4:53	12.3 (66.5%)
44	UCIŃSKA Małgorzata	104		K-50	2	Tak	00:24:51.05	00:24:56.30	+00:08:41 (34.9%)	4:58	12.1 (65.4%)
45	BEJMA Paweł	2		M-30	14	Tak	00:24:41.65	00:24:56.75	+00:08:42 (34.9%)	4:56	12.2 (65.9%)
46	KAŻMIERCZAK Witold	45	WITAS	M-30	15		00:24:50.95	00:24:58.35	+00:08:43 (35.0%)	4:58	12.1 (65.4%)
47	KUJAWA Dominik	64		M-15	3	Tak	00:24:49.05	00:24:59.20	+00:08:44 (35.0%)	4:57	12.1 (65.4%)
48	KOT Andrzej	82	ŻWAWĘ DZIADKI	M-60+	2	Tak	00:25:15.45	00:25:19.55	+00:09:04 (35.9%)	5:03	11.9 (64.3%)
49	NAWROCKA Joanna	124		K-30	3	Tak	00:25:11.10	00:25:22.75	+00:09:08 (36.0%)	5:02	11.9 (64.3%)
50	BANDOSZ Marek	137	PRO366	M-40	9		00:25:01.80	00:25:25.50	+00:09:10 (36.1%)	5:00	12 (64.9%)
51	MICHALAK Mateusz	81		M-30	16		00:25:15.45	00:25:52.20	+00:09:37 (37.2%)	5:03	11.9 (64.3%)
52	KRÓLCZYK Krzysztof	22		M-30	17		00:25:33.00	00:25:52.80	+00:09:38 (37.2%)	5:06	11.7 (63.2%)
53	KRAWIEC Damian	143		M-20	11		00:25:27.70	00:26:05.55	+00:09:50 (37.7%)	5:05	11.8 (63.8%)
54	ŁUCZAK Józek	98	WSZYSTKOOBIEGANIU.PL	M-60+	3		00:25:51.40	00:26:12.95	+00:09:58 (38.0%)	5:10	11.6 (62.7%)
55	WRÓBLEWSKA Małgorzata	63	FIREBIRDS	K-40	2		00:26:13.40	00:26:25.75	+00:10:11 (38.5%)	5:14	11.4 (61.6%)
56	KIEPEL Damian	4		M-40	10	Tak	00:26:09.45	00:26:26.50	+00:10:11 (38.6%)	5:13	11.5 (62.2%)
57	BUDNY Tomasz	12		M-40	11		00:25:50.05	00:26:30.30	+00:10:15 (38.7%)	5:10	11.6 (62.7%)
58	SKRZYPCZAK Tomasz	94		M-40	12	Tak	00:26:19.85	00:26:37.65	+00:10:23 (39.0%)	5:15	11.4 (61.6%)
59	CZERWIŃSKI Jarosław	171		M-60+	4		00:26:22.60	00:26:40.10	+00:10:25 (39.1%)	5:16	11.4 (61.6%)
60	STRUGAREK Jakub	176		M-30	18		00:26:26.15	00:26:49.75	+00:10:35 (39.5%)	5:17	11.3 (61.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec gminy	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
61	KUFEL-MUSIAL Małgorzata	146		K-40	3		00:26:55.95	00:27:02.10	+00:10:47 (39.9%)	5:23	11.1 (60.0%)
62	PETERS Przemysław	16		M-50	5	Tak	00:26:58.15	00:27:08.60	+00:10:54 (40.2%)	5:23	11.1 (60.0%)
63	WENCKA Anna	162	KĘSY TEAM	K-30	4		00:26:51.30	00:27:15.00	+00:11:00 (40.4%)	5:22	11.2 (60.5%)
64	ANDRYSZAK Bartek	106	TEAM A	M-20	12		00:26:55.15	00:27:15.85	+00:11:01 (40.4%)	5:23	11.1 (60.0%)
65	ANDRYSZAK Radek	107	TEAM A	M-40	13		00:26:55.65	00:27:17.40	+00:11:02 (40.5%)	5:23	11.1 (60.0%)
66	KACZMARCZYK Joanna	21		K-40	4	Tak	00:27:11.05	00:27:21.05	+00:11:06 (40.6%)	5:26	11 (59.5%)
67	HAŁAS Katarzyna	31	KB GEPARD MUROWANA GOŚLINA	K-40	5	Tak	00:27:10.75	00:27:21.50	+00:11:06 (40.6%)	5:26	11 (59.5%)
68	BUCHHOLZ Paweł	112		M-30	19	Tak	00:27:10.00	00:27:23.50	+00:11:08 (40.7%)	5:26	11 (59.5%)
69	JAKUBASZEK Zosia	148		K-30	5		00:27:15.20	00:27:29.00	+00:11:14 (40.9%)	5:27	11 (59.5%)
70	ZWOLAK Mariusz	79	BPK	M-30	20	Tak	00:27:02.15	00:27:32.80	+00:11:18 (41.0%)	5:24	11.1 (60.0%)
71	JANOTA Amanda	167		K-15	1	Tak	00:26:58.15	00:27:35.25	+00:11:20 (41.1%)	5:23	11.1 (60.0%)
72	ŚLĘZAK Emil	164		M-30	21		00:27:38.40	00:27:49.50	+00:11:34 (41.6%)	5:31	10.9 (58.9%)
73	PIKUŁA Marcin	118	SPORT TEAM SKOKI	M-30	22		00:27:27.40	00:27:57.90	+00:11:43 (41.9%)	5:29	10.9 (58.9%)
74	KOWALSKI Kamil	36	IIM	M-30	23	Tak	00:27:22.90	00:28:00.25	+00:11:45 (42.0%)	5:28	11 (59.5%)
75	CIESIELSKA Hanna	93	TEAM RUN GOŁAŃCZ	K-40	6	Tak	00:27:55.60	00:28:00.55	+00:11:45 (42.0%)	5:35	10.7 (57.8%)
76	SROCZYŃSKA Aldona	9		K-50	3	Tak	00:28:09.15	00:28:14.25	+00:11:59 (42.5%)	5:37	10.7 (57.8%)
77	WARGUŁA Waldemar	140	KIBOLSKI KS	M-40	14	Tak	00:27:27.20	00:28:16.70	+00:12:02 (42.6%)	5:29	10.9 (58.9%)
78	PRZYBYSZ Bartosz	111	TURYŚCI TEAM	M-30	24	Tak	00:28:07.15	00:28:20.65	+00:12:06 (42.7%)	5:37	10.7 (57.8%)
79	SZARY Jacek	90	ORANGE POLSKA	M-50	6	Tak	00:27:55.15	00:28:24.45	+00:12:09 (42.8%)	5:35	10.7 (57.8%)
80	FRANKOWSKA Karolina	71		K-30	6		00:28:08.25	00:28:25.85	+00:12:11 (42.9%)	5:37	10.7 (57.8%)
81	NAŁASZKIEWICZ Krzysztof	177	ROSSBIEGANI	M-40	15		00:28:12.75	00:28:31.85	+00:12:17 (43.1%)	5:38	10.6 (57.3%)
82	PAŻIK Fabian	165	HAJUKA OPONEZI	M-40	16	Tak	00:27:57.60	00:28:32.20	+00:12:17 (43.1%)	5:35	10.7 (57.8%)
83	CZERWIŃSKA Arleta	172		K-60+	1		00:28:19.70	00:28:36.85	+00:12:22 (43.2%)	5:39	10.6 (57.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec gminy	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
84	FAJK Jacek	186		M-60+	5		00:28:19.10	00:28:39.50	+00:12:24 (43.3%)	5:39	10.6 (57.3%)
85	WIŚNIEWSKA-KROTECKA Marta	13	MISTRZOWSKI TRENING/SMASHING PĄPKINS	K-30	7		00:28:06.35	00:28:42.70	+00:12:28 (43.4%)	5:37	10.7 (57.8%)
86	KUBIAK Mateusz	156		M-20	13		00:28:08.55	00:28:47.75	+00:12:33 (43.6%)	5:37	10.7 (57.8%)
87	GARSTKA Izabella	117		K-30	8		00:28:30.20	00:29:00.85	+00:12:46 (44.0%)	5:42	10.5 (56.8%)
88	BURKICIAK Pola	157		K-30	9		00:28:49.05	00:29:03.50	+00:12:48 (44.1%)	5:45	10.4 (56.2%)
89	KŁAK Ewa	86		K-40	7		00:29:04.30	00:29:11.45	+00:12:56 (44.4%)	5:48	10.3 (55.7%)
90	ROSIAK Mikołaj	126		M-20	14	Tak	00:28:23.65	00:29:12.05	+00:12:57 (44.4%)	5:40	10.6 (57.3%)
91	STACHOWIAK Samanta	144	WEŁNIANKA KISZKOWO	K-20	2		00:28:42.65	00:29:13.30	+00:12:58 (44.4%)	5:44	10.5 (56.8%)
92	SZULC Mirosław	178	LOBOŃSKI KLUB BIEGACZA	M-60+	6		00:28:53.05	00:29:14.80	+00:13:00 (44.5%)	5:46	10.4 (56.2%)
93	TATERKA Alicja	100	TATERKA NIERUCHOMOŚCI	K-40	8		00:29:02.80	00:29:24.10	+00:13:09 (44.8%)	5:48	10.3 (55.7%)
94	RATAJCZAK Rafał	127		M-40	17	Tak	00:28:59.40	00:29:40.75	+00:13:26 (45.3%)	5:47	10.4 (56.2%)
95	NOWAK Patrycja	28		K-20	3		00:29:31.50	00:29:43.90	+00:13:29 (45.4%)	5:54	10.2 (55.1%)
96	JANASIK Oliwia	181	VEMAT	K-15	2		00:29:24.55	00:29:49.70	+00:13:35 (45.5%)	5:52	10.2 (55.1%)
97	GŁOWACKA Magdalena	8		K-40	9		00:29:35.35	00:29:50.90	+00:13:36 (45.6%)	5:55	10.1 (54.6%)
98	CZERWIŃSKA-BELANGER Agnieszka	116	NIGHT RUNNERS	K-40	10	Tak	00:29:34.15	00:29:51.55	+00:13:36 (45.6%)	5:54	10.1 (54.6%)
99	ANTCZAK Danil	174		M-20	15		00:29:41.20	00:29:55.45	+00:13:40 (45.7%)	5:56	10.1 (54.6%)
100	DREWNIAK Grzegorz	66		M-60+	7		00:29:22.50	00:29:59.85	+00:13:45 (45.9%)	5:52	10.2 (55.1%)
101	WIERZBICKA Joanna	23	KB GEPARD MUROWANA GOŚLINA	K-40	11	Tak	00:30:10.65	00:30:21.60	+00:14:07 (46.5%)	6:02	9.9 (53.5%)
102	ZIELIŃSKA-PAWŁOWSKA Anna	19		K-30	10	Tak	00:30:11.75	00:30:23.40	+00:14:08 (46.6%)	6:02	9.9 (53.5%)
103	ŁASEK Bartosz	122		M-30	25	Tak	00:29:59.70	00:30:33.70	+00:14:19 (46.9%)	5:59	10 (54.1%)
104	PACANOWSKA Magdalena	69		K-30	11		00:27:49.00	00:30:43.05	+00:14:28 (47.1%)	5:33	10.8 (58.4%)
105	STAWUJAK Jacek	134		M-40	18		00:30:21.55	00:30:43.50	+00:14:28 (47.1%)	6:04	9.9 (53.5%)
106	ZARĘBA Kamila	151		K-20	4	Tak	00:30:22.00	00:30:46.60	+00:14:32 (47.2%)	6:04	9.9 (53.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec gminy	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
107	BUKO Kamila	180	VEMAT	K-20	5		00:30:26.20	00:30:52.00	+00:14:37 (47.4%)	6:05	9.9 (53.5%)
108	ANDRZEJEWSKA Agnieszka	78	BPK	K-40	12	Tak	00:30:29.20	00:31:01.80	+00:14:47 (47.7%)	6:05	9.8 (53.0%)
109	ZDANOWSKI Marian	141		M-60+	8	Tak	00:30:26.00	00:31:04.25	+00:14:49 (47.7%)	6:05	9.9 (53.5%)
110	BOBER Beata	65		K-30	12		00:30:27.35	00:31:04.30	+00:14:49 (47.7%)	6:05	9.9 (53.5%)
111	JEDYNAK Barbara	113		K-40	13		00:30:35.50	00:31:09.00	+00:14:54 (47.9%)	6:07	9.8 (53.0%)
112	SURMA Michał	161		M-30	26		00:30:35.05	00:31:09.80	+00:14:55 (47.9%)	6:07	9.8 (53.0%)
113	BURZA Dallia	102		K-40	14	Tak	00:30:58.90	00:31:10.55	+00:14:55 (47.9%)	6:11	9.7 (52.4%)
114	KAŻMIERCZAK Patrycja	110		K-20	6		00:30:45.50	00:31:13.10	+00:14:58 (48.0%)	6:09	9.8 (53.0%)
115	MANSZEWSKA Agnieszka	51		K-30	13		00:30:57.75	00:31:14.75	+00:15:00 (48.0%)	6:11	9.7 (52.4%)
116	MENDYK Przemysław	80	BPK	M-40	19	Tak	00:30:47.60	00:31:19.00	+00:15:04 (48.1%)	6:09	9.7 (52.4%)
117	ROGALSKA Karolina	115		K-40	15	Tak	00:31:12.40	00:31:24.75	+00:15:10 (48.3%)	6:14	9.6 (51.9%)
118	HABRAJSKI Dawid	166		M-30	27	Tak	00:31:09.90	00:31:47.10	+00:15:32 (48.9%)	6:13	9.6 (51.9%)
119	NOGA Karolina	125	NOGI	K-40	16		00:31:37.80	00:31:53.30	+00:15:38 (49.1%)	6:19	9.5 (51.4%)
120	MUCHA Edyta	120	TRIMUSZKITEAM	K-40	17		00:31:21.85	00:32:04.75	+00:15:50 (49.4%)	6:16	9.6 (51.9%)
121	KUBICKA Paulina	119		K-20	7	Tak	00:31:27.75	00:32:11.10	+00:15:56 (49.5%)	6:17	9.5 (51.4%)
122	STARZYŃSKA Aleksandra	17		K-30	14	Tak	00:31:48.65	00:32:18.55	+00:16:03 (49.7%)	6:21	9.4 (50.8%)
123	ANTCZAK Marzena	175		K-40	18		00:32:07.00	00:32:20.35	+00:16:05 (49.8%)	6:25	9.3 (50.3%)
124	ZIOBROWSKA Klaudia	85		K-30	15		00:32:19.70	00:32:28.00	+00:16:13 (50.0%)	6:27	9.3 (50.3%)
125	NOWOTNY Łukasz	6		M-40	20	Tak	00:32:15.65	00:32:32.10	+00:16:17 (50.1%)	6:27	9.3 (50.3%)
126	SIENNIAK Dariusz	103	KANGUR SKÓRZEWO	M-50	7		00:31:55.40	00:32:39.50	+00:16:24 (50.3%)	6:23	9.4 (50.8%)
127	KRYSZTOFIAK Małgorzata	91		K-30	16	Tak	00:32:08.85	00:32:41.00	+00:16:26 (50.3%)	6:25	9.3 (50.3%)
128	TRUDZIŃSKA Justyna	101		K-50	4		00:33:03.60	00:33:21.50	+00:17:06 (51.3%)	6:36	9.1 (49.2%)
129	PRZYBYSZ Małgorzata	84	TURYŚCI TEAM	K-30	17	Tak	00:33:09.70	00:33:23.05	+00:17:08 (51.3%)	6:37	9 (48.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec gminy	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
130	PLUCIŃSKI Piotr	114		M-40	21	Tak	00:32:51.45	00:33:31.10	+00:17:16 (51.5%)	6:34	9.1 (49.2%)
131	NAJEWSKA Katarzyna	77	BPK	K-40	19	Tak	00:33:02.05	00:33:34.50	+00:17:19 (51.6%)	6:36	9.1 (49.2%)
132	ZIĘBA Ania	159		K-40	20	Tak	00:33:01.10	00:33:34.55	+00:17:19 (51.6%)	6:36	9.1 (49.2%)
133	BATYCKA-BARTKOWIAK Anna	132	BARTKOWIAK TEAM	K-40	21		00:32:53.30	00:33:39.10	+00:17:24 (51.7%)	6:34	9.1 (49.2%)
134	KUCZYŃSKA-NOWOTNA Judyta	5		K-30	18	Tak	00:33:36.05	00:33:51.15	+00:17:36 (52.0%)	6:43	8.9 (48.1%)
135	KURIANOWICZ Monika	3		K-40	22		00:33:48.80	00:34:04.20	+00:17:49 (52.3%)	6:45	8.9 (48.1%)
136	STRUGAREK Alina	92		K-50	5	Tak	00:33:52.20	00:34:14.30	+00:17:59 (52.6%)	6:46	8.9 (48.1%)
137	KRAJEWSKI Marcin	33		M-30	28	Tak	00:33:59.15	00:34:41.30	+00:18:26 (53.2%)	6:47	8.8 (47.6%)
138	KRAJEWSKA Jola	32		K-30	19	Tak	00:33:59.70	00:34:41.40	+00:18:26 (53.2%)	6:47	8.8 (47.6%)
139	KRAMER-DWÓŹNIK Ewa	40		K-50	6		00:34:22.05	00:34:58.20	+00:18:43 (53.6%)	6:52	8.7 (47.0%)
140	KUTZNER Joanna	20		K-30	20	Tak	00:35:05.95	00:35:17.45	+00:19:02 (54.0%)	7:01	8.6 (46.5%)
141	KRUCZYŃSKA Patrycja	160		K-20	8		00:35:12.00	00:35:27.05	+00:19:12 (54.2%)	7:02	8.5 (45.9%)
142	BARTOSZEWICZ Marzena	61		K-40	23	Tak	00:34:56.50	00:35:33.60	+00:19:19 (54.3%)	6:59	8.6 (46.5%)
143	MAĆKOWIAK Krystyna	29		K-60+	2	Tak	00:35:21.75	00:35:49.70	+00:19:35 (54.7%)	7:04	8.5 (45.9%)
144	BALCERZAK Katarzyna	121		K-40	24		00:35:17.50	00:35:56.00	+00:19:41 (54.8%)	7:03	8.5 (45.9%)
145	GALBAS Alina	11	RUUKKI	K-40	25		00:35:33.80	00:36:13.80	+00:19:59 (55.2%)	7:06	8.4 (45.4%)
146	KARALUS Izabela	182	VENART				00:35:50.95	00:36:17.20	+00:20:02 (55.2%)	7:10	8.4 (45.4%)
147	STRZELECKA Kasia	88		K-30	21		00:35:56.05	00:36:19.95	+00:20:05 (55.3%)	7:11	8.3 (44.9%)
148	STRZELECKI Michał	89		M-30	29		00:35:56.80	00:36:21.00	+00:20:06 (55.3%)	7:11	8.3 (44.9%)
149	KARAŚKIEWICZ-MAJCHRZAK Karolina	52	GOŚLIŃSKIE POWSINOZI	K-50	7		00:36:37.45	00:36:56.30	+00:20:41 (56.0%)	7:19	8.2 (44.3%)
150	NAWROCKA Jolanta	62	GOŚLIŃSKIE POWSINOZI	K-60+	3		00:36:39.60	00:36:58.50	+00:20:43 (56.1%)	7:19	8.2 (44.3%)
151	SOBCZAK Monika	68		K-40	26		00:36:58.80	00:37:29.90	+00:21:15 (56.7%)	7:23	8.1 (43.8%)
152	KUCZYŃSKA-STĘPIEŃ Anna	26		K-40	27	Tak	00:37:06.45	00:37:30.75	+00:21:16 (56.7%)	7:25	8.1 (43.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec gminy	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
153	STACHOWIAK Robert	35		M-30	30	Tak	00:36:57.70	00:37:36.50	+00:21:21 (56.8%)	7:23	8.1 (43.8%)
154	KOLASIŃSKA Anna	67	POZNAŃ	K-40	28		00:37:58.50	00:38:11.70	+00:21:57 (57.5%)	7:35	7.9 (42.7%)
155	KACZMAREK Klaudia	48		K-20	9		00:40:00.40	00:40:18.55	+00:24:03 (59.7%)	8:00	7.5 (40.5%)
156	NOWAK Maria	18		K-40	29	Tak	00:41:55.70	00:42:24.80	+00:26:10 (61.7%)	8:23	7.2 (38.9%)

Znaleziono 156 wynik(ów)