



Wydarzenie:
Organizator:

Data:
Miejsce:
Dystans:

Murowana Dycha
Gmina Murowana Goślina, APS AGENCY sp.z.o.o.
sp.k.
2022-09-11
Murowana Goślina
5 km

MUROWANA DYCHA - 5KM

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec gminy	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	NOWICKI Sebastian	227	OBORNICKI KLUB LEKKOATLETYCZNY	M-20	1		00:14:51.65	00:14:52.20		1:29	40.4 (100%)
2	MALUŚKI Tomasz	291	OKL OBORNIKI	M-15	1		00:15:55.10	00:15:55.90	+00:01:03 (6.7%)	1:35	37.7 (93.3%)
3	SARBAK Grzegorz	342	PRO366 / MISTRZOWSKI TRENING / AZYL BIEGACZA	M-20	2		00:17:34.80	00:17:36.25	+00:02:44 (15.5%)	1:45	34.2 (84.7%)
4	FELIKSIAK Łukasz	201	OBORNICKI KLUB LEKKOATLETYCZNY	M-40	1		00:18:10.60	00:18:12.20	+00:03:20 (18.3%)	1:49	33 (81.7%)
5	ZAWADZKI Dawid	340		M-15	2		00:18:36.65	00:18:38.70	+00:03:46 (20.2%)	1:51	32.3 (80.0%)
6	LEWANDOWSKI Michał	230	OFIX.PL BIKE TEAM	M-20	3	Tak	00:18:37.10	00:18:39.15	+00:03:46 (20.3%)	1:51	32.2 (79.7%)
7	KONIECZNY Sławomir	259	KUSOCIŃSKI BIEGA	M-30	1		00:18:38.05	00:18:39.45	+00:03:47 (20.3%)	1:51	32.2 (79.7%)
8	SIEMIANOWSKI Robert	301	NOWAK.RUN	M-20	4		00:18:46.05	00:18:47.35	+00:03:55 (20.9%)	1:52	32 (79.2%)
9	KRZYSZTOŃ Maciej	242	KB GEPARD MUROWANA GOŚLINA	M-40	2	Tak	00:19:13.60	00:19:15.85	+00:04:23 (22.8%)	1:55	31.2 (77.2%)
10	MAJOREK Krzysztof	279	BIEGANIE POD SOKOLIM OKIEM	M-40	3		00:19:36.35	00:19:40.45	+00:04:48 (24.4%)	1:57	30.6 (75.7%)
11	GRALEWICZ Albert	292		M-15	3	Tak	00:19:50.05	00:19:52.60	+00:05:00 (25.2%)	1:59	30.3 (75.0%)
12	PĘDZIŃSKI Kacper	309		M-15	4	Tak	00:20:10.65	00:20:15.90	+00:05:23 (26.6%)	2:01	29.8 (73.8%)
13	STASZCZAK Paweł	295	WEŁNIANKA KISZKOWO	M-30	2		00:19:42.50	00:20:17.60	+00:05:25 (26.7%)	1:58	30.5 (75.5%)
14	HERMASZCZUK Paweł	272	BUDZYŃSKIE DZIKI	M-40	4		00:20:26.50	00:20:30.20	+00:05:38 (27.5%)	2:02	29.4 (72.8%)

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15	JÓŻWIAK Leszek	310		M-50	1		00:20:56.25	00:20:59.50	+00:06:07 (29.2%)	2:05	28.7 (71.0%)
16	MAĆKOWSKI Kamil	337		M-30	3		00:21:06.20	00:21:09.80	+00:06:17 (29.7%)	2:06	28.4 (70.3%)
17	MARCHEL Lukasz	332		M-40	5		00:21:04.85	00:21:13.25	+00:06:21 (29.9%)	2:06	28.5 (70.5%)
18	STEINKE Dariusz	307		M-30	4		00:21:16.70	00:21:22.25	+00:06:30 (30.4%)	2:07	28.2 (69.8%)
19	GRALEWICZ Olgierd	293		M-15	5	Tak	00:21:47.50	00:21:50.45	+00:06:58 (31.9%)	2:10	27.5 (68.1%)
20	KRZYŻANOWSKI Łukasz	233	WATAHA_LACZY_NAS_BIEGANIE	M-30	5		00:21:50.20	00:21:55.15	+00:07:02 (32.2%)	2:11	27.5 (68.1%)
21	KRYSIŃSKI Witold	270		M-40	6		00:22:22.75	00:22:42.10	+00:07:49 (34.5%)	2:14	26.8 (66.3%)
22	GRUSZKA Dariusz	296		M-50	2	Tak	00:22:48.45	00:22:51.30	+00:07:59 (34.9%)	2:16	26.3 (65.1%)
23	GRZEGORZEK Maciej	244		M-50	3	Tak	00:22:43.55	00:23:03.70	+00:08:11 (35.5%)	2:16	26.4 (65.3%)
24	TUREK Maciej	253		M-30	6	Tak	00:23:06.60	00:23:06.60	+00:08:14 (35.7%)	2:18	26 (64.4%)
25	SZARY Adrian	204	SZARY TEAM	M-20	5	Tak	00:23:00.75	00:23:07.05	+00:08:14 (35.7%)	2:18	26.1 (64.6%)
26	MELON Jacek	213	BIEGAM	M-40	7		00:23:12.00	00:23:20.75	+00:08:28 (36.3%)	2:19	25.9 (64.1%)
27	DOMINIAK Jarosław	297	WSZYSTKOOBIEGANIU	M-30	7		00:23:16.00	00:23:23.55	+00:08:31 (36.4%)	2:19	25.8 (63.9%)
28	KUTKA Krzysztof	273	BUDZYŃSKIE DZIKI	M-40	8		00:23:31.10	00:23:35.30	+00:08:43 (37.0%)	2:21	25.5 (63.1%)
29	KRÓLCZYK Krzysztof	248		M-30	8		00:23:41.15	00:23:46.40	+00:08:54 (37.5%)	2:22	25.3 (62.6%)
30	CEROŃ Jakub	237		M-20	6	Tak	00:23:41.80	00:23:48.60	+00:08:56 (37.5%)	2:22	25.3 (62.6%)
31	DĄBROWSKI Dawid	268	Z POCIĄGU DO BIEGANIA	M-30	9	Tak	00:23:51.65	00:24:18.80	+00:09:26 (38.8%)	2:23	25.2 (62.4%)
32	TABAT Bartosz	327	KB KATORŻNIK MUROWANA GOŚLINA	M-30	10		00:24:05.90	00:24:33.55	+00:09:41 (39.5%)	2:24	24.9 (61.6%)
33	BENDER Bartek	228	WEŁNIANKA KISKOWO	M-30	11		00:24:14.65	00:24:49.15	+00:09:56 (40.1%)	2:25	24.8 (61.4%)
34	KAŻMIERCZAK Witold	335	WITAS	M-30	12		00:24:52.10	00:24:55.85	+00:10:03 (40.4%)	2:29	24.1 (59.7%)
35	PETERS Przemó	256		M-50	4	Tak	00:25:03.65	00:25:11.40	+00:10:19 (41.0%)	2:30	24 (59.4%)
36	PĘDZIŃSKI Szymon	308	WSPÓLNA PRZYSZŁOŚĆ	M-40	9	Tak	00:25:14.00	00:25:28.40	+00:10:36 (41.6%)	2:31	23.8 (58.9%)
37	LISIAK Leszek	319		M-40	10	Tak	00:25:35.20	00:26:00.85	+00:11:08 (42.8%)	2:33	23.5 (58.2%)

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38	BĄK Marcin	318		M-20	7	Tak	00:25:40.75	00:26:05.40	+00:11:13 (43.0%)	2:34	23.4 (57.9%)
39	RATAJCZAK Rafał	350		M-40	11	Tak	00:26:08.75	00:26:35.75	+00:11:43 (44.1%)	2:36	23 (56.9%)
40	SZARY Jacek	202	SZARY TEAM	M-50	5	Tak	00:26:39.50	00:26:52.30	+00:12:00 (44.7%)	2:39	22.5 (55.7%)
41	MAŁASZKIEWICZ Krzysztof	353		M-40	12	Tak	00:26:47.65	00:26:55.25	+00:12:03 (44.8%)	2:40	22.4 (55.4%)
42	WALKOWIAK Rafał	283		M-40	13		00:26:55.95	00:27:20.30	+00:12:28 (45.6%)	2:41	22.3 (55.2%)
43	WALKOWIAK Gerard	282		M-20	8	Tak	00:26:56.45	00:27:21.20	+00:12:29 (45.6%)	2:41	22.3 (55.2%)
44	ZDANOWSKI Marian	345		M-60+	1		00:27:08.00	00:27:23.95	+00:12:31 (45.7%)	2:42	22.1 (54.7%)
45	ANDRYSZAK Bartek	299	TEAM A	M-20	9		00:27:28.10	00:27:47.50	+00:12:55 (46.5%)	2:44	21.8 (54.0%)
45	ANDRYSZAK Radek	300	TEAM A	M-40	14		00:27:27.25	00:27:47.50	+00:12:55 (46.5%)	2:44	21.9 (54.2%)
47	JÓZEFOWSKI Marcin	312		M-40	15		00:27:53.70	00:28:15.90	+00:13:23 (47.4%)	2:47	21.5 (53.2%)
48	KUPCZAK Robert	261	BUKOWSKI KLUB BIEGACZA	M-50	6		00:28:09.60	00:28:26.90	+00:13:34 (47.7%)	2:48	21.3 (52.7%)
49	MADEJA Piotr	267		M-30	13		00:28:06.60	00:28:32.85	+00:13:40 (47.9%)	2:48	21.4 (53.0%)
50	BEJMA Pawel	265		M-30	14		00:28:46.05	00:29:11.90	+00:14:19 (49.1%)	2:52	20.9 (51.7%)
51	MYDLARZ Adam	262	OSP RAKOWNIA	M-30	15		00:29:05.25	00:29:31.70	+00:14:39 (49.6%)	2:54	20.6 (51.0%)
52	TEREBELSKI Sebastian	234		M-40	16	Tak	00:29:20.95	00:29:41.80	+00:14:49 (49.9%)	2:56	20.5 (50.7%)
53	KOWALSKI Kamil	247		M-30	16		00:30:27.70	00:30:49.65	+00:15:57 (51.8%)	3:02	19.7 (48.8%)
54	WOŹNIAK Michał	231		M-40	17		00:30:25.85	00:30:54.85	+00:16:02 (51.9%)	3:02	19.7 (48.8%)
55	STEINKE Kamil	331		M-20	10		00:30:58.70	00:31:08.30	+00:16:16 (52.2%)	3:05	19.4 (48.0%)
56	CIESIELSKI Krzysztof	305	FAST WALKER	M-60+	2		00:31:50.75	00:31:56.60	+00:17:04 (53.4%)	3:11	18.8 (46.5%)
57	SIWEK Radosław	239		M-50	7	Tak	00:35:53.40	00:36:18.65	+00:21:26 (59.0%)	3:35	16.7 (41.3%)
58	SIWEK Adrian	238		M-20	11	Tak	00:37:14.50	00:37:39.95	+00:22:47 (60.5%)	3:43	16.1 (39.9%)