



PIERNIKOWY BIEG CHARYTATYWNY DLA KRZYŚKA

B4SPORT

Wydarzenie: Piernikowy Bieg i Marsz Nordic Walking
Charytatywny dla Krzyśka
Organizator: Fundacja DUM SPIRO, SPERO z siedzibą w
Bydgoszczy
Data: 2018-12-09
Miejsce: Bydgoszcz
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	TUCZYŃSKI Sylwester Leon	172	BYDGOSKIE OKONIE	M-Open	1	00:17:34.60		3:30	17.1 (100%)
2	JAGODZIŃSKI Mateusz	57	BYDGOSKIE OKONIE	M-Open	2	00:17:34.73	+00:00:00 (0.0%)	3:30	17.1 (100%)
3	DEROŃ Waldemar	28	1 POMORSKA BRYGADA LOGISTYCZNA BYDGOSZCZ	M-Open	3	00:17:48.86	+00:00:20 (1.9%)	3:33	16.8 (98.2%)
4	LEWANDOWSKI Filip	218		M-Open	4	00:19:22.66	+00:01:49 (9.4%)	3:52	15.5 (90.6%)
5	NAGORZYSKI Arkadiusz	113	BIEGAMWSPIERAMMOTYWUJĘ	M-Open	5	00:20:07.91	+00:02:33 (12.7%)	4:01	14.9 (87.1%)
6	JAGIEŁA Bartosz	56	TKKF KOLEJARZ BYDGOSZCZ #BIEGACZE	M-Open	6	00:20:13.41	+00:02:40 (13.2%)	4:02	14.8 (86.5%)
7	SOBCZAK Rafał	97		M-Open	7	00:21:03.11	+00:03:28 (16.5%)	4:12	14.3 (83.6%)
8	LUTOWSKI Wojciech	321	TKKF KOLEJARZ BYDGOSZCZ	M-Open	8	00:20:45.54	+00:03:30 (16.6%)	4:09	14.5 (84.8%)
9	DROCIAK Michał	34	OSOWA GÓRA TEAM	M-Open	9	00:21:13.93	+00:03:39 (17.2%)	4:14	14.1 (82.5%)
10	PIEKARSKI Paweł	123		M-Open	10	00:21:38.55	+00:04:05 (18.9%)	4:19	13.9 (81.3%)
11	PALACZ Wioletta	18		K-Open	1	00:21:44.02	+00:04:10 (19.2%)	4:20	13.8 (80.7%)
12	MAJDA Adrian	98	BYDGOSKIE DZIKI	M-Open	11	00:21:50.54	+00:04:21 (19.8%)	4:22	13.7 (80.1%)
13	HEMMERLING Michał	52		M-Open	12	00:21:57.54	+00:04:27 (20.2%)	4:23	13.7 (80.1%)
14	KONOPCZYŃSKI Jakub	76		M-Open	13	00:21:43.42	+00:04:30 (20.4%)	4:20	13.8 (80.7%)
15	KONARSKA Svetlana	75		K-Open	2	00:22:05.65	+00:04:31 (20.5%)	4:25	13.6 (79.5%)
16	MICHALAK Wojciech	102		M-Open	14	00:22:05.72	+00:04:45 (21.3%)	4:25	13.6 (79.5%)
17	KOSIŃSKI Michael	80	HARPAGAN TEAM BYDGOSZCZ	M-Open	15	00:22:23.41	+00:04:49 (21.5%)	4:28	13.4 (78.4%)
18	MIKOŁAJCZAK Tomasz	106		M-Open	16	00:22:20.54	+00:04:50 (21.5%)	4:28	13.4 (78.4%)
19	SKONIECZNY Marcin	243	FORDON RUNNERS	M-Open	17	00:22:11.99	+00:04:57 (21.9%)	4:26	13.5 (78.9%)
20	DROCIAK Jarosław	35		M-Open	18	00:22:38.08	+00:05:03 (22.3%)	4:31	13.3 (77.8%)
21	SZAMLEWSKI Paweł	161		M-Open	19	00:22:21.13	+00:05:07 (22.5%)	4:28	13.4 (78.4%)
22	BARANOWSKI Roman	236	FOREVER TEAM	M-Open	20	00:22:37.79	+00:05:09 (22.7%)	4:31	13.3 (77.8%)
23	CIEŚLEWICZ Karol	19	OLAFCREW	M-Open	21	00:22:35.23	+00:05:10 (22.7%)	4:31	13.3 (77.8%)
24	GŁOWSKI Dariusz	46		M-Open	22	00:22:39.91	+00:05:17 (23.1%)	4:32	13.2 (77.2%)
25	NOWACKI Edmund	81		M-Open	23	00:22:42.04	+00:05:24 (23.5%)	4:32	13.2 (77.2%)
26	ŻEGLICZ Marek	201	SPÓJNIA BIAŁE BŁOTA	M-Open	24	00:22:51.74	+00:05:26 (23.6%)	4:34	13.1 (76.6%)
27	SIUDA Sebastian	145	SOLECCY BIEGACZE	M-Open	25	00:23:10.68	+00:05:45 (24.6%)	4:38	12.9 (75.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						5km	Różn		
28	WELSBURG Bartosz	183		M-Open	26	00:23:18.35	+00:05:46 (24.7%)	4:39	12.9 (75.4%)
29	WASIELEWSKI Jacek	180		M-Open	27	00:22:55.92	+00:05:47 (24.7%)	4:35	13.1 (76.6%)
30	SZCZYGIELSKI Dawid	162	TEAM KULAS	M-Open	28	00:22:57.72	+00:05:48 (24.8%)	4:35	13.1 (76.6%)
31	ŁOBOCKI Krzysztof	96	TKKF KOLEJARZ BYDGOSZCZ	M-Open	29	00:23:08.96	+00:05:54 (25.1%)	4:37	13 (76.0%)
32	WOJTECKI Łukasz	193	SOLECCY BIEGACZE	M-Open	30	00:23:22.09	+00:06:08 (25.9%)	4:40	12.8 (74.9%)
33	MRÓWCZYŃSKI Szymon	111		M-Open	31	00:23:46.85	+00:06:23 (26.6%)	4:45	12.6 (73.7%)
34	BULMAN Kacper	12		M-Open	32	00:23:35.17	+00:06:23 (26.6%)	4:43	12.7 (74.3%)
35	SARNECKI Sławomir	142		M-Open	33	00:23:45.97	+00:06:24 (26.7%)	4:45	12.6 (73.7%)
36	FIECEK Łukasz	38		M-Open	34	00:23:53.59	+00:06:25 (26.7%)	4:46	12.6 (73.7%)
37	KORPAL Emil	79	PRONATURA BYDGOSZCZ	M-Open	35	00:23:50.38	+00:06:30 (27.0%)	4:46	12.6 (73.7%)
38	DĄBROWSKI Arkadiusz	26		M-Open	36	00:23:47.87	+00:06:39 (27.4%)	4:45	12.6 (73.7%)
39	ORZECZOWSKI Zbigniew	240		M-Open	37	00:23:55.79	+00:06:40 (27.5%)	4:47	12.5 (73.1%)
40	WALCZAK Gracjan	178		M-Open	38	00:24:11.27	+00:06:42 (27.6%)	4:50	12.4 (72.5%)
41	RADAJEWSKI Roger	130		M-Open	39	00:24:02.73	+00:06:48 (27.9%)	4:48	12.5 (73.1%)
42	NOWICKI Olgierd	119		M-Open	40	00:24:11.46	+00:06:59 (28.4%)	4:50	12.4 (72.5%)
43	KACZYŃSKI Rafał	65		M-Open	41	00:24:27.44	+00:07:00 (28.5%)	4:53	12.3 (71.9%)
44	GROBELNA Angelika	48	BYDGOSZCZ NA START	K-Open	3	00:24:24.69	+00:07:01 (28.5%)	4:53	12.3 (71.9%)
45	SZYMECZKO Łukasz	168		M-Open	42	00:24:31.03	+00:07:09 (28.9%)	4:54	12.2 (71.3%)
46	RUDEWICZ Łukasz	49		M-Open	43	00:24:28.06	+00:07:17 (29.3%)	4:53	12.3 (71.9%)
47	LEWANDOWSKI Adam	208		M-Open	44	00:24:45.99	+00:07:22 (29.5%)	4:57	12.1 (70.8%)
48	WASZKIEWICZ Przemysław	181		M-Open	45	00:24:31.29	+00:07:23 (29.6%)	4:54	12.2 (71.3%)
49	CZAJA Jarosław	24		M-Open	46	00:24:55.59	+00:07:28 (29.8%)	4:59	12 (70.2%)
50	ZUPA Wojciech	200	SISU-OWB TEAM	M-Open	47	00:25:00.57	+00:07:28 (29.8%)	5:00	12 (70.2%)
51	GIERSZEWSKA Grażyna	44		K-Open	4	00:25:00.30	+00:07:29 (29.8%)	5:00	12 (70.2%)
52	KWAŚNIEWSKI Waldemar	91		M-Open	48	00:24:52.75	+00:07:30 (29.9%)	4:58	12.1 (70.8%)
53	CYCKOWSKI Marcin	23		M-Open	49	00:25:03.82	+00:07:31 (29.9%)	5:00	12 (70.2%)
54	BUTOWSKI Michał	13	SEN O VICTORI	M-Open	50	00:25:09.40	+00:07:38 (30.2%)	5:02	11.9 (69.6%)
55	TARCZYŃSKA Marta	171	COOKIEFRIENDSRUN	K-Open	5	00:25:05.34	+00:07:41 (30.4%)	5:01	12 (70.2%)
56	TANDECKI Paweł	170		M-Open	51	00:24:51.92	+00:07:43 (30.5%)	4:58	12.1 (70.8%)
57	GRZELAK Tomasz	220		M-Open	52	00:25:11.37	+00:07:50 (30.8%)	5:02	11.9 (69.6%)
58	DOMŻALSKI Kamil	32		M-Open	53	00:25:15.73	+00:07:50 (30.8%)	5:03	11.9 (69.6%)
59	DERESZYŃSKA Ewelina	27		K-Open	6	00:25:17.43	+00:07:53 (30.9%)	5:03	11.9 (69.6%)
60	NAGORZYSKA Sylwia	237		K-Open	7	00:25:36.71	+00:08:03 (31.4%)	5:07	11.7 (68.4%)
61	RUDOL Sebastian	212		M-Open	54	00:25:45.09	+00:08:21 (32.2%)	5:09	11.7 (68.4%)
62	KACZMAREK Łukasz	64		M-Open	55	00:25:38.28	+00:08:26 (32.4%)	5:07	11.7 (68.4%)
63	RUDOL Magdalena	211		K-Open	8	00:25:52.39	+00:08:27 (32.4%)	5:10	11.6 (67.8%)
64	FRĄCKOWIAK Waldemar	40		M-Open	56	00:25:46.90	+00:08:28 (32.5%)	5:09	11.6 (67.8%)
65	GUŹDZIOŁ Jarek	51	WKURW_TEAM	M-Open	57	00:25:57.18	+00:08:31 (32.6%)	5:11	11.6 (67.8%)
66	RENC Patryk	133	SERCE TYBETU	M-Open	58	00:26:04.71	+00:08:32 (32.7%)	5:12	11.5 (67.3%)
67	SOBCZEK Paweł	70		M-Open	59	00:25:54.05	+00:08:44 (33.2%)	5:10	11.6 (67.8%)
68	KLETKIEWICZ Marek	39		M-Open	60	00:26:04.03	+00:08:46 (33.3%)	5:12	11.5 (67.3%)
69	OJDOWSKI Krzysztof	207		M-Open	61	00:26:13.57	+00:08:51 (33.5%)	5:14	11.4 (66.7%)
70	RACIBORSKI Grzegorz	129	TASAK TEAM	M-Open	62	00:26:11.99	+00:08:53 (33.5%)	5:14	11.5 (67.3%)
71	KOWAL Michał	82		M-Open	63	00:26:06.74	+00:08:53 (33.5%)	5:13	11.5 (67.3%)

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						5km	Różn		
72	KOPACZ Hanna	219	BRUM BRUM	K-Open	9	00:26:12.66	+00:08:53 (33.6%)	5:14	11.5 (67.3%)
73	ANTCZAK Andrzej	216		M-Open	64	00:26:13.40	+00:08:57 (33.7%)	5:14	11.4 (66.7%)
74	STRZĘBAŁA Adrian	157		M-Open	65	00:26:28.33	+00:08:59 (33.8%)	5:17	11.3 (66.1%)
75	DROCIAK Joanna	36		K-Open	10	00:26:33.67	+00:09:00 (33.8%)	5:18	11.3 (66.1%)
76	WOJCIECHCIŃSKA Emilia	30		K-Open	11	00:26:22.22	+00:09:02 (33.9%)	5:16	11.4 (66.7%)
77	WOJCIECHOWSKI Jarosław	5		M-Open	66	00:26:22.00	+00:09:02 (33.9%)	5:16	11.4 (66.7%)
78	FRECICHOWSKI Mariusz	234		M-Open	67	00:26:01.01	+00:09:04 (34.0%)	5:12	11.5 (67.3%)
79		241				00:26:22.43	+00:09:04 (34.0%)	5:16	11.4 (66.7%)
80	KOTYL Artur	249		M-Open	68	00:26:18.93	+00:09:07 (34.1%)	5:15	11.4 (66.7%)
81	JASINIECKI Wojciech	59		M-Open	69	00:26:25.12	+00:09:09 (34.2%)	5:17	11.4 (66.7%)
82	DZIATKOWICZ Radosław	37		M-Open	70	00:26:33.92	+00:09:13 (34.4%)	5:18	11.3 (66.1%)
83	GACA Anna Maria	42		K-Open	12	00:26:28.29	+00:09:17 (34.5%)	5:17	11.3 (66.1%)
84	BESS Anna	6		K-Open	13	00:26:40.81	+00:09:18 (34.6%)	5:20	11.2 (65.5%)
85	MAJDA Katarzyna	99	BYDGOSKIE DZIKI	K-Open	14	00:26:51.24	+00:09:21 (34.7%)	5:22	11.2 (65.5%)
86	MIKOŁAJCZAK Paulina	105		K-Open	15	00:26:52.42	+00:09:22 (34.7%)	5:22	11.2 (65.5%)
87	ZIMMERMANN Michał	198	OSOWA GÓRA TEAM	M-Open	71	00:26:45.33	+00:09:22 (34.7%)	5:21	11.2 (65.5%)
88	GRACZYK Przemysław	47		M-Open	72	00:26:42.40	+00:09:30 (35.1%)	5:20	11.2 (65.5%)
89	PRZYBYLSKA Grażyna	127	BYDGOSZCZ NA START, PSLA	K-Open	16	00:26:55.40	+00:09:31 (35.1%)	5:23	11.1 (64.9%)
90	CHROMINSKI Maciej	17		M-Open	73	00:26:54.29	+00:09:31 (35.1%)	5:22	11.2 (65.5%)
91		242				00:26:54.48	+00:09:32 (35.1%)	5:23	11.1 (64.9%)
92	KUFLEWICZ Justyna	89		K-Open	17	00:27:00.26	+00:09:33 (35.2%)	5:24	11.1 (64.9%)
93	ŁYSAKOWSKI Maciej	246		M-Open	74	00:26:50.98	+00:09:40 (35.4%)	5:22	11.2 (65.5%)
94	WAJER Marita	175	STAFF ENEA BYDGOSZCZ TRIATHLON	K-Open	18	00:27:10.45	+00:09:44 (35.6%)	5:26	11 (64.3%)
95	NIEMCZEWSKI Jakub	244		M-Open	75	00:27:17.27	+00:09:52 (35.9%)	5:27	11 (64.3%)
96	BRZEZIŃSKA Marta	11		K-Open	19	00:27:12.83	+00:09:54 (36.0%)	5:26	11 (64.3%)
97	ADAMCZYK Agnieszka	31		K-Open	20	00:27:16.53	+00:10:02 (36.3%)	5:27	11 (64.3%)
98	SAS Kasia	143	AMATOR	K-Open	21	00:27:33.91	+00:10:08 (36.5%)	5:30	10.9 (63.7%)
99	MALINOWSKI Maciej	16		M-Open	76	00:27:44.02	+00:10:17 (36.9%)	5:32	10.8 (63.2%)
100	KALINOWSKA Patrycja	66		K-Open	22	00:27:42.48	+00:10:17 (36.9%)	5:32	10.8 (63.2%)
101	KULCZYŃSKA Małgorzata	230		K-Open	23	00:27:48.06	+00:10:17 (36.9%)	5:33	10.8 (63.2%)
102	ADAMCZYK Mariusz	1		M-Open	77	00:27:37.45	+00:10:21 (37.0%)	5:31	10.9 (63.7%)
103	GRZESZEK Martin	232		M-Open	78	00:27:28.50	+00:10:29 (37.3%)	5:29	10.9 (63.7%)
104	ZIRRA Arkadiusz	199		M-Open	79	00:27:52.16	+00:10:32 (37.4%)	5:34	10.8 (63.2%)
105	LINKE Robert	248		M-Open	80	00:27:51.11	+00:10:32 (37.4%)	5:34	10.8 (63.2%)
106	BROŻYŃSKI Wojciech	10		M-Open	81	00:27:43.52	+00:10:37 (37.6%)	5:32	10.8 (63.2%)
107	JELEŃ Agnieszka	61	VEGE RUNNERS	K-Open	24	00:28:02.30	+00:10:40 (37.7%)	5:36	10.7 (62.6%)
108	CIESIELSKI Adrian	225		M-Open	82	00:27:59.82	+00:10:45 (37.9%)	5:36	10.7 (62.6%)
109	NUNZEK Agnieszka	282	ZOLTOKROLEWSCY#B3K	K-Open	25	00:28:05.38	+00:10:54 (38.3%)	5:37	10.7 (62.6%)
110	WOJTYSIAK Dorota	194		K-Open	26	00:28:06.54	+00:10:55 (38.3%)	5:37	10.7 (62.6%)
111	SŁAWIŃSKI Michał	233		M-Open	83	00:27:55.90	+00:10:56 (38.3%)	5:35	10.7 (62.6%)
112	MUSIAŁ Piotr	221	WOLONTARIUSZ SALUS HOMINI	M-Open	84	00:28:11.95	+00:10:59 (38.4%)	5:38	10.6 (62.0%)
113	PIOTROWSKA Justyna	215		K-Open	27	00:28:22.65	+00:11:00 (38.4%)	5:40	10.6 (62.0%)
114	KWIECIŃSKA Katarzyna	92		K-Open	28	00:28:30.29	+00:11:01 (38.5%)	5:42	10.5 (61.4%)
115	DANIELEK Ewa	25		K-Open	29	00:28:25.57	+00:11:04 (38.6%)	5:41	10.6 (62.0%)

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						5km	Różn		
116	WIOSNA Tomasz	186	BIEGAJĄCE ŻÓŁWIE IT	M-Open	85	00:28:19.80	+00:11:06 (38.7%)	5:40	10.6 (62.0%)
117		245				00:28:24.36	+00:11:07 (38.7%)	5:40	10.6 (62.0%)
118	PRZYBYLSKI Mariusz	128	BYDGOSZCZ NA START	M-Open	86	00:28:33.33	+00:11:10 (38.8%)	5:42	10.5 (61.4%)
119	PAŁASZYŃSKA Anna	87	RUN PASJA	K-Open	30	00:28:31.21	+00:11:12 (38.9%)	5:42	10.5 (61.4%)
120	OLKOWSKI Adam	217		M-Open	87	00:28:40.69	+00:11:21 (39.2%)	5:44	10.5 (61.4%)
121	LIPNIEWSKA Magdalena	95		K-Open	31	00:28:42.14	+00:11:27 (39.4%)	5:44	10.5 (61.4%)
122	TYKWIŃSKA Agnieszka	173		K-Open	32	00:28:53.99	+00:11:30 (39.5%)	5:46	10.4 (60.8%)
123	CYCKOWSKA Karolina	22		K-Open	33	00:29:08.78	+00:11:35 (39.7%)	5:49	10.3 (60.2%)
124	JĘDRZEJEWSKA Danuta	63		K-Open	34	00:28:55.80	+00:11:35 (39.7%)	5:47	10.4 (60.8%)
125	NALEWALSKA Justyna	114	SECE TYBETU	K-Open	35	00:28:58.93	+00:11:36 (39.7%)	5:47	10.4 (60.8%)
126	OLEJNICZAK Patrycja	121	BAŻANT TEAM	K-Open	36	00:29:00.69	+00:11:40 (39.8%)	5:48	10.3 (60.2%)
127	FRYDRYCHOWICZ Lilianna	41		K-Open	37	00:29:05.82	+00:11:41 (39.9%)	5:49	10.3 (60.2%)
128	NIEMCZEWSKI Mirosław	116	NIE	M-Open	88	00:29:05.50	+00:11:42 (39.9%)	5:49	10.3 (60.2%)
129	KIERSKI Maciej	72		M-Open	89	00:29:06.97	+00:11:42 (39.9%)	5:49	10.3 (60.2%)
130	SZCZYGIELSKI Leszek	163	OL-TRANS	M-Open	90	00:29:05.63	+00:11:44 (40.0%)	5:49	10.3 (60.2%)
131	ŁOSIŃSKI Łukasz	228		M-Open	91	00:29:04.78	+00:11:45 (40.0%)	5:49	10.3 (60.2%)
132	ONICHIMIUK Robert	73		M-Open	92	00:28:45.30	+00:11:45 (40.0%)	5:45	10.4 (60.8%)
133	BEJM Bartosz	250		M-Open	93	00:28:58.78	+00:11:46 (40.1%)	5:47	10.4 (60.8%)
134	BINGER Katarzyna	8		K-Open	38	00:29:01.49	+00:11:49 (40.2%)	5:48	10.3 (60.2%)
135	MIRŻ Piotr	110		M-Open	94	00:29:10.75	+00:11:50 (40.2%)	5:50	10.3 (60.2%)
136	MARCHLEWSKI Tomasz	235	ZAWISZA	M-Open	95	00:28:47.78	+00:11:51 (40.2%)	5:45	10.4 (60.8%)
137	BIERNACKA Anka	7		K-Open	39	00:29:10.59	+00:11:52 (40.3%)	5:50	10.3 (60.2%)
138	KOPROWICZ Kasia	77		K-Open	40	00:29:21.83	+00:11:55 (40.4%)	5:52	10.2 (59.6%)
139	RAPKIEWICZ Tomasz	132		M-Open	96	00:29:13.37	+00:11:55 (40.4%)	5:50	10.3 (60.2%)
140	KOPROWICZ Adam	78		M-Open	97	00:29:22.96	+00:11:56 (40.4%)	5:52	10.2 (59.6%)
141	RYDELSKA Kinga	213		K-Open	41	00:29:27.03	+00:11:57 (40.5%)	5:53	10.2 (59.6%)
142	BYSTRZYŃSKI Jan	14		M-Open	98	00:29:31.81	+00:12:03 (40.6%)	5:54	10.2 (59.6%)
143	BADYNIAK Mateusz	4		M-Open	99	00:29:45.93	+00:12:17 (41.1%)	5:57	10.1 (59.1%)
144	GACKOWSKI Edward	43	BYDGOSZCZ NA START	M-Open	100	00:29:43.27	+00:12:19 (41.2%)	5:56	10.1 (59.1%)
145	MIĘTUS Marta	103		K-Open	42	00:29:54.60	+00:12:24 (41.3%)	5:58	10 (58.5%)
146	JĘDRZEJEWSKA Karolina	62		K-Open	43	00:30:01.23	+00:12:27 (41.4%)	6:00	10 (58.5%)
147	DRERSKA Agnieszka	206		K-Open	44	00:29:59.62	+00:12:36 (41.7%)	6:00	10 (58.5%)
148	DUSZYŃSKI Filip	148		M-Open	101	00:30:04.79	+00:12:39 (41.8%)	6:01	10 (58.5%)
149	KUŻNIAK Helena	189		K-Open	45	00:30:05.28	+00:12:42 (41.9%)	6:01	10 (58.5%)
150	CISEWSKI Mateusz	20		M-Open	102	00:29:45.71	+00:12:49 (42.1%)	5:57	10.1 (59.1%)
151	SOBOTA Beata	152		K-Open	46	00:30:04.41	+00:12:51 (42.2%)	6:00	10 (58.5%)
152	KOTLAREK Weronika	239		K-Open	47	00:30:41.96	+00:13:09 (42.8%)	6:08	9.8 (57.3%)
153	POLITOWSKI Paweł	126	ROWERYBYDGOSZCZ.PL	M-Open	103	00:30:03.64	+00:13:11 (42.8%)	6:00	10 (58.5%)
154	NOWICKA Tatiana	118		K-Open	48	00:30:35.17	+00:13:20 (43.1%)	6:07	9.8 (57.3%)
155	KŁOS Katarzyna	74		K-Open	49	00:30:52.11	+00:13:21 (43.1%)	6:10	9.7 (56.7%)
156	SZYMAŃSKI Robert	167		M-Open	104	00:30:52.13	+00:13:21 (43.1%)	6:10	9.7 (56.7%)
157	KULWAS Magdalena	90		K-Open	50	00:30:51.22	+00:13:22 (43.2%)	6:10	9.7 (56.7%)
158	SŁOMSKA Monika	149	697570500	K-Open	51	00:30:36.59	+00:13:23 (43.2%)	6:07	9.8 (57.3%)
159	WALCZAK Joanna	177		K-Open	52	00:30:51.39	+00:13:23 (43.2%)	6:10	9.7 (56.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						5km	Różn		
160	ASTUKIEWICZ Tomasz	3		M-Open	105	00:30:37.34	+00:13:27 (43.3%)	6:07	9.8 (57.3%)
161	KOTLAREK Adam	238		M-Open	106	00:30:59.07	+00:13:27 (43.3%)	6:11	9.7 (56.7%)
162	SAWIEŁAJC Michał	144		M-Open	107	00:30:42.64	+00:13:28 (43.3%)	6:08	9.8 (57.3%)
163	SPLITT Anna	154		K-Open	53	00:31:00.31	+00:13:31 (43.4%)	6:12	9.7 (56.7%)
164	CYBUL Anna	21		K-Open	54	00:31:02.51	+00:13:33 (43.5%)	6:12	9.7 (56.7%)
165	ZZZ Xxx	319				00:31:08.72	+00:13:52 (44.1%)	6:13	9.6 (56.1%)
166	GUMIENNY Maciej	204		M-Open	108	00:31:30.89	+00:13:54 (44.1%)	6:18	9.5 (55.6%)
167	KOMINIK Mariusz	320		M-Open	109	00:31:10.68	+00:13:54 (44.1%)	6:14	9.6 (56.1%)
168	KOWALSKA Justyna	83		K-Open	55	00:31:15.35	+00:13:54 (44.1%)	6:15	9.6 (56.1%)
169	SOBOCZYŃSKA Barbara	151		K-Open	56	00:31:26.10	+00:13:55 (44.2%)	6:17	9.5 (55.6%)
170	LELEWSKA Aleksandra	94		K-Open	57	00:31:12.70	+00:13:57 (44.2%)	6:14	9.6 (56.1%)
171	PIK Aleksandra	124		K-Open	58	00:31:22.28	+00:14:17 (44.8%)	6:16	9.6 (56.1%)
172	SZOPIŃSKA Justyna	164		K-Open	59	00:31:22.41	+00:14:19 (44.9%)	6:16	9.6 (56.1%)
173	SZOPIŃSKI Wojtek	165		M-Open	110	00:31:24.62	+00:14:19 (44.9%)	6:16	9.6 (56.1%)
174	NOSKOWIAK-BAJNO Alicja	117		K-Open	60	00:32:05.56	+00:14:39 (45.4%)	6:25	9.4 (55.0%)
175	GRZYBOWSKA Paulina	50		K-Open	61	00:32:00.42	+00:14:42 (45.5%)	6:24	9.4 (55.0%)
176	KALINOWSKI Dariusz	67		M-Open	111	00:32:09.20	+00:14:43 (45.5%)	6:25	9.3 (54.4%)
177	MALCZEWSKA Mirka	274		K-Open	62	00:32:13.72	+00:14:55 (45.9%)	6:26	9.3 (54.4%)
178	GRUDZKA Estera	227		K-Open	63	00:32:28.33	+00:15:12 (46.3%)	6:29	9.2 (53.8%)
179	KĄKOLEWSKA Monika	71		K-Open	64	00:32:30.42	+00:15:13 (46.4%)	6:30	9.2 (53.8%)
180	SAK Ewa	222	WOLONTARIUSZ SALUS HOMINI	K-Open	65	00:32:28.15	+00:15:14 (46.4%)	6:29	9.2 (53.8%)
181	WESOŁOWSKI Mateusz	214		M-Open	112	00:32:39.32	+00:15:18 (46.5%)	6:32	9.2 (53.8%)
182	MAJEWSKA Natalia	100		K-Open	66	00:32:47.99	+00:15:18 (46.5%)	6:33	9.1 (53.2%)
183	MIROWSKI Tomasz	109		M-Open	113	00:32:45.79	+00:15:24 (46.7%)	6:33	9.2 (53.8%)
184	MINISZEWSKA Irena	107		K-Open	67	00:32:35.03	+00:15:28 (46.8%)	6:31	9.2 (53.8%)
185	WELSBURG Magdalena	184		K-Open	68	00:33:09.34	+00:15:39 (47.1%)	6:38	9 (52.6%)
186	RYBKA-RUDEWICZ Monika	140	OL-TRANS	K-Open	69	00:32:50.35	+00:15:40 (47.1%)	6:34	9.1 (53.2%)
187	WITKOWSKA Natalia	93		K-Open	70	00:32:48.74	+00:15:40 (47.1%)	6:33	9.1 (53.2%)
188	BROŻYŃSKA Anna	229		K-Open	71	00:33:18.89	+00:16:11 (47.9%)	6:39	9 (52.6%)
189	LEWANDOWSKI Robert	202		M-Open	114	00:33:42.74	+00:16:15 (48.0%)	6:44	8.9 (52.0%)
190	SPEIER Magdalena	153		K-Open	72	00:33:22.12	+00:16:16 (48.0%)	6:40	9 (52.6%)
191	BŁASZCZYK Joanna	9		K-Open	73	00:33:52.26	+00:16:19 (48.1%)	6:46	8.9 (52.0%)
192	DRAŻDŻEWSKI Marian	33	RTW BYDGOSTIA	M-Open	115	00:33:29.46	+00:16:24 (48.2%)	6:42	9 (52.6%)
193	KANIA Daniel	68		M-Open	116	00:34:29.46	+00:17:14 (49.5%)	6:54	8.7 (50.9%)
194	KLETKIEWICZ Karolina	45		K-Open	74	00:34:50.56	+00:17:25 (49.7%)	6:58	8.6 (50.3%)
195	ROZPŁOCH Karolina	138		K-Open	75	00:35:04.01	+00:17:34 (50.0%)	7:00	8.6 (50.3%)
196	NASKRĘT Daria	115		K-Open	76	00:35:18.58	+00:17:50 (50.3%)	7:03	8.5 (49.7%)
197	REZMER Angelina	290		K-Open	77	00:35:18.94	+00:17:50 (50.3%)	7:03	8.5 (49.7%)
198	SZPAKOWSKA Ewelina	313		K-Open	78	00:34:49.34	+00:17:59 (50.5%)	6:58	8.6 (50.3%)
199	DANIELAK Adam	203		M-Open	117	00:35:22.03	+00:18:01 (50.6%)	7:04	8.5 (49.7%)
200	JĘDRZEJEWSKA Anna	205		K-Open	79	00:36:15.09	+00:18:45 (51.6%)	7:15	8.3 (48.5%)
201	ROMPALSKA Lucyna	136		K-Open	80	00:36:36.02	+00:19:10 (52.1%)	7:19	8.2 (48.0%)
202	ROMPALSKI Tomek	137		M-Open	118	00:36:36.06	+00:19:10 (52.1%)	7:19	8.2 (48.0%)
203	WNUK Małgorzata	191		K-Open	81	00:36:38.07	+00:19:12 (52.2%)	7:19	8.2 (48.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
204	WNUK Artur	192		M-Open	119	00:36:37.33	+00:19:12 (52.2%)	7:19	8.2 (48.0%)
205	WEINEROWSKA Magdalena	182		K-Open	82	00:36:46.22	+00:19:43 (52.8%)	7:21	8.2 (48.0%)
206	SZPECHCIŃSKA Natalia	166		K-Open	83	00:37:21.12	+00:19:55 (53.1%)	7:28	8 (46.8%)
207	SKORUPA Małgorzata	147		K-Open	84	00:37:21.86	+00:19:55 (53.1%)	7:28	8 (46.8%)
208	KULCZYŃSKA Dagmara	231		K-Open	85	00:37:26.89	+00:19:56 (53.1%)	7:29	8 (46.8%)
209	MARCINIAK Monika	226		K-Open	86	00:37:13.02	+00:19:58 (53.1%)	7:26	8.1 (47.4%)
210	CIESIELSKA Agnieszka	224	FUNDACJA SALUS HONIKI	K-Open	87	00:37:12.85	+00:19:58 (53.1%)	7:26	8.1 (47.4%)
211	SMOLIŃSKA Daria	223	WOLONTARIUSZ SALUS HOMINI	K-Open	88	00:37:13.58	+00:19:59 (53.2%)	7:26	8.1 (47.4%)
212	WENGLER Sebastian	185		M-Open	120	00:38:15.57	+00:20:55 (54.3%)	7:39	7.8 (45.6%)
213	RAPKIEWICZ Ilona	131		K-Open	89	00:39:31.14	+00:22:12 (55.8%)	7:54	7.6 (44.4%)
214	WOŹNIAK Monika	196		K-Open	90	00:39:34.75	+00:22:16 (55.8%)	7:54	7.6 (44.4%)
215	WALCZAK Marcin	176		M-Open	121	00:39:58.54	+00:22:43 (56.3%)	7:59	7.5 (43.9%)
216	KRZYWDZIŃSKA Alicja	85		K-Open	91	00:41:14.02	+00:23:52 (57.6%)	8:14	7.3 (42.7%)
217	KRZYWDZIŃSKI Daniel	86		M-Open	122	00:41:13.85	+00:23:53 (57.6%)	8:14	7.3 (42.7%)
218	KUBIAK Mariusz	88		M-Open	123	00:44:36.03	+00:27:18 (60.8%)	8:55	6.7 (39.2%)
219	DERESZYŃSKA Teresa	84		K-Open	92	00:46:03.49	+00:29:09 (62.3%)	9:12	6.5 (38.0%)
220	CAŁCZYŃSKA Barbara	15		K-Open	93	00:50:26.19	+00:33:33 (65.6%)	10:05	5.9 (34.5%)
221	SŁAWIŃSKI Szymon	247		M-Open	124	00:50:25.42	+00:33:34 (65.6%)	10:05	6 (35.1%)
222	POPIELASZ Marcin	29		M-Open	125	00:50:25.83	+00:33:35 (65.6%)	10:05	5.9 (34.5%)
223	SKORUPA Krzysztof	146		M-Open	126	00:50:28.33	+00:33:35 (65.6%)	10:05	5.9 (34.5%)

Znaleziono 223 wynik(ów)