



Organizator:
Data:
Miejsce:
Dystans:

V ĆWIERĆMARATON MUZYCZNY 10KM

Stowarzyszenie Klub Biegowy 4 RUN Team Piła
2016-05-01
Piła
10 km

B4SPORT

 **HERKULES**
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Klasyfikacja: M-Piła

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.7km	5.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	WESOŁOWSKI Damian	501	AZS UAM POZNAŃ	M20	4	00:00:01	00:06:04	00:20:14	00:35:21.20	00:35:22.70		3:32	17 (100%)
2	PAŁYS Mateusz	347	SZKOŁA POLICJI W PILE	M30	4	00:00:01	00:06:21	00:20:52	00:36:10.05	00:36:11.85	+00:00:48 (2.3%)	3:37	16.6 (97.6%)
3	SIKORSKI Piotr	428	4 RUN TEAM PIŁA	M30	7	00:00:02	00:06:25	00:21:45	00:37:41.30	00:37:43.30	+00:02:20 (6.2%)	3:46	15.9 (93.5%)
4	SZYMAŃSKI Paweł	472	4RUN TEAM PIŁA	M20	10	00:00:02	00:06:35	00:21:53	00:38:09.60	00:38:12.00	+00:02:48 (7.4%)	3:49	15.7 (92.4%)
5	BUDNIOK Rafał	58	POCZTOWA GRUPA BIEGOWA	M40	3	00:00:02	00:06:37	00:22:05	00:38:15.50	00:38:18.30	+00:02:54 (7.6%)	3:49	15.7 (92.4%)
6	BOSIANEK Rafał	52	4RUN TEM PIŁA	M40	4	00:00:03	00:06:38	00:22:33	00:38:44.95	00:38:48.00	+00:03:23 (8.8%)	3:52	15.5 (91.2%)
7	OSOS Marek	338		M50	2	00:00:01	00:06:52	00:22:37	00:39:04.70	00:39:06.50	+00:03:43 (9.5%)	3:54	15.4 (90.6%)
8	ROZMUS Marcin	9	KP PSP PIŁA	M30	12	00:00:04	00:06:36	00:22:42	00:39:23.15	00:39:27.55	+00:04:01 (10.2%)	3:56	15.2 (89.4%)
9	KOWALCZUK Adam	238	TKKF LECH	M40	8	00:00:04	00:07:00	00:22:59	00:39:59.35	00:40:03.35	+00:04:38 (11.6%)	3:59	15 (88.2%)
10	NOWACKI Piotr	322	KOLARZ.PL	M40	13	00:00:06	00:07:15	00:23:57	00:41:14.85	00:41:21.35	+00:05:53 (14.3%)	4:07	14.5 (85.3%)
11	GAWLIŃSKI Grzegorz	127	MZK-PIŁA	M40	14	00:00:03	00:07:25	00:24:22	00:41:42.55	00:41:45.75	+00:06:21 (15.2%)	4:10	14.4 (84.7%)
12	PELICHOWSKI Sławomir	570		M40	16	00:00:02	00:07:04	00:24:18	00:42:07.90	00:42:10.00	+00:06:46 (16.1%)	4:12	14.2 (83.5%)
13	BORRMANN Dawid	50		M30	22	00:00:19	00:08:05	00:25:13	00:42:08.15	00:42:27.85	+00:06:46 (16.1%)	4:12	14.2 (83.5%)
14	BALCEROWICZ Jarosław	26	4RUN TEAM PIŁA	M40	18	00:00:09	00:07:28	00:24:46	00:42:35.85	00:42:45.00	+00:07:14 (17.0%)	4:15	14.1 (82.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.7km	5.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
15	DERENIOWSKI Arkadiusz	92		M20	14	00:00:03	00:07:02	00:24:27	00:42:43.05	00:42:46.75	+00:07:21 (17.2%)	4:16	14 (82.4%)
16	BORECKI Stanisław	48	4 RUN TEAM PIŁA	M60	2	00:00:08	00:07:47	00:25:09	00:42:47.35	00:42:55.35	+00:07:26 (17.4%)	4:16	14 (82.4%)
17	KLEDZIK Michał	212		M30	25	00:00:04	00:07:03	00:24:00	00:42:50.85	00:42:55.30	+00:07:29 (17.5%)	4:17	14 (82.4%)
18	ZYGMUNT Marcin	539	PZU SPORT TEAM	M40	19	00:00:08	00:07:42	00:25:09	00:43:03.65	00:43:12.40	+00:07:42 (17.9%)	4:18	13.9 (81.8%)
19	BARTKOWIAK Dawid	31	BIURO RACHUNKOWE TRADEMARK D.B.	M40	21	00:00:07	00:07:40	00:25:29	00:43:12.35	00:43:19.65	+00:07:51 (18.2%)	4:19	13.9 (81.8%)
20	TACIAK Marek	482		M50	9	00:00:06	00:07:09	00:24:41	00:43:22.55	00:43:28.75	+00:08:01 (18.5%)	4:20	13.8 (81.2%)
21	PUCHAŁA Sławomir	550	BLUE TEAM PIŁA	M40	22	00:00:07	00:07:13	00:24:37	00:43:26.60	00:43:34.20	+00:08:05 (18.6%)	4:20	13.8 (81.2%)
22	BUCHHOLZ Dominik	56		M20	17	00:00:08	00:07:18	00:25:07	00:43:28.35	00:43:36.35	+00:08:07 (18.7%)	4:20	13.8 (81.2%)
23	SAGALARA Kamil	414	ONIONRUNNERS	M30	29	00:00:12	00:07:52	00:25:36	00:43:28.95	00:43:41.35	+00:08:07 (18.7%)	4:20	13.8 (81.2%)
24	PABICH Krzysztof	230	4 RUN TEAM PIŁA	M40	26	00:00:07	00:08:01	00:26:01	00:43:40.90	00:43:48.80	+00:08:19 (19.1%)	4:22	13.7 (80.6%)
25	MISIAK Tomasz	305	GWARDIA OLD BOY	M40	27	00:00:02	00:07:31	00:25:23	00:43:43.35	00:43:46.15	+00:08:22 (19.1%)	4:22	13.7 (80.6%)
26	BELAK Dariusz	36		M30	32	00:00:18	00:08:06	00:25:34	00:43:43.55	00:44:02.25	+00:08:22 (19.1%)	4:22	13.7 (80.6%)
27	STROMIDŁO Sebastian	451	PILSKIE BRACTWO TURYSTYKI ROWEROWEJ	M30	33	00:00:10	00:07:42	00:25:34	00:43:52.60	00:44:03.00	+00:08:31 (19.4%)	4:23	13.7 (80.6%)
28	FRANCZAK Wojciech	119	LOKATOR NIERUCHOMOŚCI	M50	11	00:00:07	00:07:45	00:25:55	00:43:58.75	00:44:06.20	+00:08:37 (19.6%)	4:23	13.6 (80.0%)
29	EFIMENKO Przemysław	106		M30	38	00:00:23	00:07:47	00:25:43	00:44:07.40	00:44:31.00	+00:08:46 (19.9%)	4:24	13.6 (80.0%)
30	LISTOSZ Piotr	274		M40	30	00:00:07	00:07:42	00:25:56	00:44:28.85	00:44:36.40	+00:09:07 (20.5%)	4:26	13.5 (79.4%)
31	RYBAK Krzysztof	405	NIE	M30	42	00:00:08	00:08:07	00:26:07	00:44:35.00	00:44:43.00	+00:09:13 (20.7%)	4:27	13.5 (79.4%)
32	JĄKAŁSKI Marcin	187	HSHG	M40	31	00:00:09	00:07:50	00:25:48	00:44:40.55	00:44:50.15	+00:09:19 (20.9%)	4:28	13.4 (78.8%)
33	KACZMAREK Michał	194	ONIONRUNNERS	M30	43	00:00:12	00:08:06	00:26:32	00:44:50.90	00:45:02.95	+00:09:29 (21.2%)	4:29	13.4 (78.8%)
34	BOCHAN Lesław	45		M30	44	00:00:10	00:07:39	00:25:35	00:44:53.15	00:45:03.55	+00:09:31 (21.2%)	4:29	13.4 (78.8%)
35	KONDERA Zbigniew	228		M40	34	00:00:06	00:07:32	00:25:43	00:44:53.60	00:44:59.75	+00:09:32 (21.3%)	4:29	13.4 (78.8%)
36	ZIÓŁKOWSKI Leszek	537	4RUN TEAM PIŁA	M30	45	00:00:06	00:07:47	00:26:14	00:44:58.05	00:45:05.00	+00:09:36 (21.4%)	4:29	13.3 (78.2%)
37	GRANOPS Przemysław	151		M40	36	00:00:09	00:07:50	00:26:12	00:45:02.35	00:45:12.05	+00:09:41 (21.5%)	4:30	13.3 (78.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.7km	5.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
38	PAPLIŃSKI Paweł	578	MARIO	M30	46	00:00:13	00:08:06	00:26:28	00:45:02.55	00:45:16.25	+00:09:41 (21.5%)	4:30	13.3 (78.2%)
39	GROCHOWSKI Krystian	155		M40	37	00:00:09	00:07:36	00:26:00	00:45:05.75	00:45:15.05	+00:09:44 (21.6%)	4:30	13.3 (78.2%)
40	RUDŹ Przemysław	587		M40	38	00:00:07	00:07:53	00:26:43	00:45:20.60	00:45:28.20	+00:09:59 (22.0%)	4:32	13.2 (77.6%)
41	SZCZECIŃSKI Mariusz	458	BIEGAM ZA KARĘ	M40	39	00:00:10	00:08:13	00:27:14	00:45:27.30	00:45:37.40	+00:10:06 (22.2%)	4:32	13.2 (77.6%)
42	ZIELIŃSKI Adam	532		M30	51	00:00:14	00:08:28	00:27:01	00:45:38.20	00:45:53.00	+00:10:17 (22.5%)	4:33	13.1 (77.1%)
43	WOŁYŃSKI Krzysztof	510		M30	52	00:00:23	00:07:55	00:26:04	00:45:40.75	00:46:04.45	+00:10:19 (22.6%)	4:34	13.1 (77.1%)
44	SKRZYPKOWIAK Piotr	588	ORZEŁEK TEAM PIŁA	M30	53	00:00:19	00:08:31	00:26:13	00:45:44.25	00:46:03.35	+00:10:23 (22.7%)	4:34	13.1 (77.1%)
45	ORZEŁEK Sławomir	579		M50	16	00:00:06	00:07:52	00:26:30	00:45:44.25	00:45:50.55	+00:10:23 (22.7%)	4:34	13.1 (77.1%)
46	HASS Artur	168		M30	55	00:00:15	00:08:13	00:26:58	00:46:01.40	00:46:16.80	+00:10:40 (23.2%)	4:36	13 (76.5%)
47	BACHORA Krzysztof	23	4RUN TEAM PIŁA	M50	17	00:00:11	00:08:20	00:27:14	00:46:01.50	00:46:13.10	+00:10:40 (23.2%)	4:36	13 (76.5%)
48	EFIMIENKO Edward	107		M50	18	00:00:24	00:08:29	00:27:04	00:46:13.90	00:46:37.90	+00:10:52 (23.5%)	4:37	13 (76.5%)
49	NOWICKI Marcin	333		M30	57	00:00:09	00:08:07	00:26:59	00:46:24.15	00:46:33.20	+00:11:02 (23.8%)	4:38	12.9 (75.9%)
50	KUSZ Radosław	263	KRÓLICZKI W PLECAKU	M40	47	00:00:05	00:08:13	00:27:19	00:46:36.80	00:46:42.15	+00:11:15 (24.2%)	4:39	12.9 (75.9%)
51	SPYCHAŁA Sławomir	549		M50	20	00:00:06	00:08:02	00:26:51	00:46:37.25	00:46:43.25	+00:11:16 (24.2%)	4:39	12.9 (75.9%)
52	JANKUN Sebastian	601		M30	60	00:00:18	00:08:33	00:27:26	00:46:45.75	00:47:04.55	+00:11:24 (24.4%)	4:40	12.8 (75.3%)
53	RAŻNIAK Mariusz	399	KLUB BIEGOWY TSK ORZEŁ OSIEK	M40	49	00:00:13	00:08:37	00:27:31	00:46:59.55	00:47:12.75	+00:11:38 (24.8%)	4:41	12.8 (75.3%)
54	RAUHUT Mateusz	398		M30	62	00:00:09	00:07:51	00:26:34	00:47:00.15	00:47:09.45	+00:11:38 (24.8%)	4:42	12.8 (75.3%)
55	MARET Robert	296		M40	50	00:00:10	00:08:13	00:27:17	00:47:01.40	00:47:11.80	+00:11:40 (24.8%)	4:42	12.8 (75.3%)
56	BIAŁCZYK Mariusz	38	LOKATOR NIERUCHOMOŚCI PIŁA	M30	63	00:00:10	00:08:14	00:27:17	00:47:01.55	00:47:12.00	+00:11:40 (24.8%)	4:42	12.8 (75.3%)
57	KOLANKOWSKI Andrzej	223		M50	21	00:00:11	00:08:20	00:27:14	00:47:01.60	00:47:13.10	+00:11:40 (24.8%)	4:42	12.8 (75.3%)
58	MARET Wacław	297		M60	4	00:00:06	00:08:17	00:27:21	00:47:04.80	00:47:11.60	+00:11:43 (24.9%)	4:42	12.7 (74.7%)
59	GUGAŁKA Jacek	165	4 RUN TEAM PIŁA	M30	66	00:00:06	00:07:44	00:26:50	00:47:24.00	00:47:30.15	+00:12:02 (25.4%)	4:44	12.7 (74.7%)
60	IWANICKI Jerzy	176		M60	5	00:00:22	00:08:32	00:27:38	00:47:33.45	00:47:56.00	+00:12:12 (25.7%)	4:45	12.6 (74.1%)

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						Czas startu	1.7km	5.7km					
61	PIECHOWSKI Krzysztof	362	LOKATOR NIERUCHOMOŚCI PIŁA	M40	51	00:00:10	00:08:14	00:27:17	00:47:35.65	00:47:45.75	+00:12:14 (25.7%)	4:45	12.6 (74.1%)
62	SIKORSKI Marcin	429	KMC	M30	67	00:00:20	00:08:39	00:28:33	00:47:37.25	00:47:58.00	+00:12:16 (25.8%)	4:45	12.6 (74.1%)
63	JĘSKO-BIAŁEK Waldemar	191	4RUNTEAM	M40	53	00:00:12	00:08:38	00:27:57	00:47:46.30	00:47:59.00	+00:12:25 (26.0%)	4:46	12.6 (74.1%)
64	PLEWA Piotr	366		M40	56	00:00:02	00:08:05	00:27:33	00:47:53.60	00:47:56.00	+00:12:32 (26.2%)	4:47	12.5 (73.5%)
65	KUKLIŃSKI Bartosz	257	PRECON POLSKA-JASTROWIE	M30	69	00:00:04	00:08:27	00:28:20	00:47:56.50	00:48:01.05	+00:12:35 (26.3%)	4:47	12.5 (73.5%)
66	TOJZA Tomasz	483		M40	58	00:00:35	00:09:15	00:29:12	00:47:56.90	00:48:32.10	+00:12:35 (26.3%)	4:47	12.5 (73.5%)
67	SURDYKOWSKI Maciej	454	FC KRZYCH	M30	71	00:00:10	00:08:37	00:28:14	00:47:59.65	00:48:10.05	+00:12:38 (26.3%)	4:48	12.5 (73.5%)
68	PLUCIŃSKI Paweł	576		M30	75	00:00:09	00:08:26	00:28:17	00:48:35.00	00:48:44.05	+00:13:13 (27.2%)	4:51	12.3 (72.4%)
68	KALETA Bartłomiej	573		M30	76	00:00:25	00:08:52	00:28:38	00:48:35.00	00:49:00.80	+00:13:13 (27.2%)	4:51	12.3 (72.4%)
70	TYLL Grzegorz	486	4 RUN	M60	7	00:00:25	00:08:53	00:28:39	00:48:36.05	00:49:01.40	+00:13:14 (27.3%)	4:51	12.3 (72.4%)
71	CIEMIĘGA Marcin	72		M40	60	00:00:15	00:08:31	00:28:26	00:48:40.10	00:48:55.75	+00:13:18 (27.4%)	4:52	12.3 (72.4%)
72	PIASECKI Rafał	358	PZU SPORT TEAM	M30	79	00:00:14	00:08:43	00:28:36	00:48:48.95	00:49:02.95	+00:13:27 (27.6%)	4:52	12.3 (72.4%)
73	BUDZIŃSKI Dariusz	544		M40	62	00:00:18	00:08:46	00:28:33	00:48:53.75	00:49:12.65	+00:13:32 (27.7%)	4:53	12.3 (72.4%)
74	BIECKI Marcin	39	104 BATALION LOGISTYCZNY	M30	83	00:00:18	00:08:29	00:28:20	00:48:57.25	00:49:16.15	+00:13:36 (27.8%)	4:53	12.3 (72.4%)
75	GAŁKA Jarosław	121		M30	88	00:00:04	00:08:08	00:28:22	00:49:16.45	00:49:20.65	+00:13:55 (28.3%)	4:55	12.2 (71.8%)
76	PODLECKI Romuald	372	LOKATOR NIERUCHOMOŚCI PIŁA	M60	9	00:00:14	00:08:31	00:28:25	00:49:28.35	00:49:42.85	+00:14:07 (28.5%)	4:56	12.1 (71.2%)
77	GRABOWSKI Jerzy	150		M40	66	00:00:12	00:08:55	00:29:14	00:49:36.30	00:49:49.05	+00:14:15 (28.7%)	4:57	12.1 (71.2%)
78	CYLWA Robert	76		M50	24	00:00:20	00:09:36	00:29:43	00:49:42.10	00:50:03.00	+00:14:20 (28.9%)	4:58	12.1 (71.2%)
79	PRZYBYLSKI Andrzej	384		M30	90	00:00:30	00:08:43	00:28:20	00:49:49.10	00:50:19.55	+00:14:27 (29.0%)	4:58	12 (70.6%)
80	GOTLIB Ryszard	143		M40	69	00:00:11	00:08:40	00:28:52	00:50:02.25	00:50:14.15	+00:14:41 (29.3%)	5:00	12 (70.6%)
81	MIERZEJEWSKI Maciej	303		M50	26	00:00:24	00:08:54	00:29:06	00:50:02.40	00:50:27.20	+00:14:41 (29.3%)	5:00	12 (70.6%)
82	DWORNICKI Mirosław	102		M50	27	00:00:12	00:08:36	00:29:01	00:50:14.65	00:50:26.65	+00:14:53 (29.6%)	5:01	11.9 (70.0%)
83	KANIA Rafał	200		M30	92	00:00:22	00:09:15	00:29:37	00:50:15.95	00:50:38.20	+00:14:54 (29.7%)	5:01	11.9 (70.0%)

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						Czas startu	1.7km	5.7km					
84	DOBERSZTYN Aleksander	557		M50	28	00:00:05	00:08:23	00:28:49	00:50:17.05	00:50:22.90	+00:14:55 (29.7%)	5:01	11.9 (70.0%)
85	KOŹMA Andrzej	577		M50	29	00:00:30	00:09:08	00:29:14	00:50:26.90	00:50:57.75	+00:15:05 (29.9%)	5:02	11.9 (70.0%)
86	AUGUSTYNIAK Bartłomiej	21	PRECON POLSKA	M20	36	00:00:04	00:08:19	00:28:27	00:50:36.90	00:50:41.05	+00:15:15 (30.2%)	5:03	11.9 (70.0%)
87	SZELMECZKA Bogdan	463	KLUB ŻEGLARSKI KLIWER	M50	31	00:00:13	00:08:41	00:29:33	00:50:37.25	00:50:50.25	+00:15:16 (30.2%)	5:03	11.9 (70.0%)
88	JAŚKIEWICZ Adam	186		M50	32	00:00:30	00:08:53	00:28:58	00:50:40.60	00:51:11.25	+00:15:19 (30.2%)	5:04	11.8 (69.4%)
89	CHUDY Dariusz	66		M30	94	00:00:23	00:08:56	00:29:14	00:50:44.05	00:51:08.00	+00:15:22 (30.3%)	5:04	11.8 (69.4%)
90	GLINKA Przemysław	136	PRZEMKO Z PIŁY	M50	33	00:00:21	00:08:51	00:29:10	00:50:44.35	00:51:05.70	+00:15:23 (30.3%)	5:04	11.8 (69.4%)
91	PRZEWOŹNIAK Michał	380		M30	95	00:00:15	00:08:57	00:29:16	00:50:45.15	00:51:00.80	+00:15:23 (30.3%)	5:04	11.8 (69.4%)
92	KOŁODZIEJCZYK Bartosz	226	ONIONRUNNERS	M30	96	00:00:16	00:08:56	00:29:12	00:50:46.45	00:51:02.50	+00:15:25 (30.4%)	5:04	11.8 (69.4%)
93	LAJTER Jerzy	264	4 RUN TEAM PIŁA	M60	10	00:00:12	00:08:27	00:28:49	00:50:58.70	00:51:11.25	+00:15:37 (30.7%)	5:05	11.8 (69.4%)
94	TOMANIAK Rafał	484		M30	98	00:00:16	00:08:58	00:29:45	00:51:12.85	00:51:29.35	+00:15:51 (31.0%)	5:07	11.7 (68.8%)
95	BIEDNY Robert	40		M40	73	00:00:25	00:09:04	00:29:44	00:51:28.40	00:51:53.45	+00:16:07 (31.3%)	5:08	11.7 (68.8%)
96	NIEWIAROWSKI Paweł	321	BLUE ELEPHANT	M30	102	00:00:02	00:07:38	00:28:46	00:51:32.80	00:51:35.75	+00:16:11 (31.4%)	5:09	11.6 (68.2%)
97	WIECZORKIEWICZ Marcin	568		M40	74	00:00:33	00:09:17	00:29:55	00:51:37.45	00:52:11.10	+00:16:16 (31.5%)	5:09	11.6 (68.2%)
98	NICPOŃ Sebastian	317		M30	104	00:00:34	00:09:16	00:30:17	00:51:54.15	00:52:28.30	+00:16:32 (31.9%)	5:11	11.6 (68.2%)
99	SZAUDEL Jacek	457		M30	105	00:00:33	00:09:20	00:30:18	00:51:59.15	00:52:32.55	+00:16:37 (32.0%)	5:11	11.5 (67.6%)
100	SOBOŃ Jarosław	565	DOM PELLETU	M30	107	00:00:23	00:09:11	00:30:33	00:52:31.85	00:52:54.85	+00:17:10 (32.7%)	5:15	11.4 (67.1%)
101	KUDŁATY Maciek	254		M30	109	00:00:25	00:09:02	00:29:39	00:52:42.60	00:53:08.00	+00:17:21 (32.9%)	5:16	11.4 (67.1%)
102	BACZYŃSKI Marek	24		M30	110	00:00:13	00:09:03	00:30:19	00:52:51.60	00:53:04.75	+00:17:30 (33.1%)	5:17	11.4 (67.1%)
103	ZADRANOWICZ Arkadiusz	523		M30	113	00:00:30	00:09:00	00:30:08	00:53:17.10	00:53:47.75	+00:17:55 (33.7%)	5:19	11.3 (66.5%)
104	KONDERA Błażej	227		M16	3	00:00:07	00:08:35	00:30:44	00:53:20.50	00:53:28.20	+00:17:59 (33.7%)	5:20	11.2 (65.9%)
105	SIERHEJ Jarosław	424	RUN 4 IDEA	M40	82	00:00:15	00:09:18	00:31:37	00:53:22.55	00:53:38.45	+00:18:01 (33.8%)	5:20	11.2 (65.9%)
106	CIERACH Jarosław	74		M50	37	00:00:16	00:09:11	00:30:39	00:53:39.95	00:53:56.75	+00:18:18 (34.1%)	5:22	11.2 (65.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.7km	5.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
107	BURDA Cezary	61		M30	114	00:00:29	00:09:41	00:31:29	00:53:42.90	00:54:12.80	+00:18:21 (34.2%)	5:22	11.2 (65.9%)
108	ADAMCZYK Arkadiusz	13	BLUE TIME PIŁA	M40	87	00:00:16	00:09:37	00:31:28	00:54:25.35	00:54:42.15	+00:19:04 (35.0%)	5:26	11 (64.7%)
109	ZARBOCK Krzysztof	526		M50	39	00:00:11	00:09:00	00:30:59	00:54:25.85	00:54:37.15	+00:19:04 (35.0%)	5:26	11 (64.7%)
110	BOROWIAK Mariusz	49		M30	116	00:00:11	00:09:45	00:32:16	00:54:26.10	00:54:37.90	+00:19:04 (35.1%)	5:26	11 (64.7%)
111	CHMIELEWSKI Marcin	64		M30	118	00:00:32	00:10:21	00:31:51	00:55:02.50	00:55:35.20	+00:19:41 (35.8%)	5:30	10.9 (64.1%)
112	LOREK Mikołaj	276		M16	4	00:00:21	00:10:02	00:32:17	00:55:09.55	00:55:30.90	+00:19:48 (35.9%)	5:30	10.9 (64.1%)
113	LOREK Karol	275		M40	88	00:00:20	00:10:04	00:32:18	00:55:10.00	00:55:30.90	+00:19:48 (35.9%)	5:31	10.9 (64.1%)
114	PRZYDATEK Jarosław	386	MALLAK	M40	89	00:00:17	00:10:06	00:33:04	00:55:10.60	00:55:28.00	+00:19:49 (35.9%)	5:31	10.9 (64.1%)
115	KLEDZIK Marcin	562	IRON PIŁA	M40	90	00:00:34	00:09:38	00:31:31	00:55:28.00	00:56:02.05	+00:20:06 (36.3%)	5:32	10.8 (63.5%)
116	PRZYBYLSKI Roman	8		M40	91	00:00:32	00:10:00	00:32:10	00:55:28.70	00:56:01.55	+00:20:07 (36.3%)	5:32	10.8 (63.5%)
117	PRZYBYLSKI Piotr	383		M20	40	00:00:32	00:09:59	00:32:09	00:55:29.20	00:56:01.65	+00:20:08 (36.3%)	5:32	10.8 (63.5%)
118	PODLECKA Tomasz	569	LOKATOR NIERUCHOMOŚCI PIŁA	M30	121	00:00:12	00:10:08	00:33:09	00:55:51.35	00:56:03.50	+00:20:30 (36.7%)	5:35	10.7 (62.9%)
119	SIPA Leszek	431	PILSKI KLUB KARATE DO TSUNAMI	M60	14	00:00:14	00:09:10	00:31:36	00:55:53.45	00:56:07.45	+00:20:32 (36.7%)	5:35	10.7 (62.9%)
120	NATONIEWSKI Krzysztof	315		M40	95	00:00:17	00:09:33	00:32:32	00:56:07.40	00:56:24.40	+00:20:46 (37.0%)	5:36	10.7 (62.9%)
121	KURZAC Andrzej	261		M50	42	00:00:21	00:09:56	00:32:41	00:56:25.25	00:56:46.90	+00:21:04 (37.3%)	5:38	10.6 (62.4%)
122	JURCZENKO Mariusz	192		M30	127	00:00:15	00:10:01	00:33:03	00:56:39.15	00:56:54.55	+00:21:17 (37.6%)	5:39	10.6 (62.4%)
123	CZERWIŃSKI Szymon	84		M30	128	00:00:17	00:09:39	00:32:50	00:56:39.90	00:56:57.60	+00:21:18 (37.6%)	5:40	10.6 (62.4%)
124	KĄDZIELA Henryk	206	NIEZRZESZONY	M60	16	00:00:11	00:09:28	00:32:18	00:56:40.30	00:56:51.30	+00:21:19 (37.6%)	5:40	10.6 (62.4%)
125	MIECHOWIECKI Paweł	604		M20	43	00:00:14	00:09:52	00:33:02	00:56:53.45	00:57:08.00	+00:21:32 (37.9%)	5:41	10.5 (61.8%)
126	PENKOV Roman	548		M40	97	00:00:19	00:10:02	00:32:35	00:56:59.80	00:57:19.45	+00:21:38 (38.0%)	5:42	10.5 (61.8%)
127	BUCHHOLZ Sławomir	57	PZU SPORT TEAM	M40	98	00:00:34	00:09:23	00:32:30	00:57:00.00	00:57:34.30	+00:21:38 (38.0%)	5:42	10.5 (61.8%)
128	KUROWSKI Mateusz	259	PHILIPS LIGHT PIŁA	M20	44	00:00:13	00:09:10	00:32:25	00:57:25.90	00:57:39.55	+00:22:04 (38.4%)	5:44	10.4 (61.2%)
129	SATERNUS Michał	419		M40	99	00:00:20	00:09:48	00:32:58	00:57:43.40	00:58:03.40	+00:22:22 (38.8%)	5:46	10.4 (61.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	1.7km	5.7km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
130	KOZŁOWSKI Rafał	248	KRÓLICZKI W PLECAKU	M40	100	00:00:29	00:10:20	00:33:32	00:57:52.00	00:58:21.35	+00:22:30 (38.9%)	5:47	10.4 (61.2%)
131	LIPSKI Łukasz	271		M30	130	00:00:20	00:10:32	00:34:47	00:58:32.00	00:58:52.70	+00:23:10 (39.6%)	5:51	10.3 (60.6%)
132	ZAMOJDA Marcin	524		M30	131	00:00:33	00:10:42	00:34:10	00:58:41.85	00:59:15.50	+00:23:20 (39.8%)	5:52	10.2 (60.0%)
133	GÓRNY Tadeusz	147		M70	2	00:00:28	00:10:19	00:34:19	00:58:51.40	00:59:20.25	+00:23:30 (39.9%)	5:53	10.2 (60.0%)
134	RASZKA Damian	392	LUBIĘ CHRUŚCIKI	M30	132	00:00:22	00:09:59	00:34:16	00:58:53.75	00:59:16.10	+00:23:32 (40.0%)	5:53	10.2 (60.0%)
135	POTERAŁA Michał	376		M30	133	00:00:12	00:09:44	00:32:16	00:59:07.60	00:59:19.75	+00:23:46 (40.2%)	5:54	10.1 (59.4%)
136	KLESZCZ Adam	215		M30	134	00:00:37	00:10:41	00:34:50	00:59:52.65	01:00:30.40	+00:24:31 (41.0%)	5:59	10 (58.8%)
137	KRENSKI Seweryn	251		M30	138	00:00:32	00:10:43	00:35:02	01:00:43.10	01:01:16.00	+00:25:21 (41.8%)	6:04	9.9 (58.2%)
138	RYMON-LIPIŃSKI Robert	409	SPORTY WALKI PIŁA	M30	139	00:00:15	00:10:02	00:34:29	01:00:44.20	01:00:59.20	+00:25:23 (41.8%)	6:04	9.9 (58.2%)
139	ANDRZEJEWSKI Rafał	336		M16	6	00:00:34	00:11:24	00:36:16	01:01:23.70	01:01:58.00	+00:26:02 (42.4%)	6:08	9.8 (57.6%)
140	NOWAK Bartłomiej	324		M40	105	00:00:30	00:10:12	00:34:54	01:02:03.90	01:02:33.90	+00:26:42 (43.0%)	6:12	9.7 (57.1%)
141	NOWAK Marcin	327		M30	141	00:00:36	00:11:25	00:37:03	01:02:15.10	01:02:51.15	+00:26:53 (43.2%)	6:13	9.6 (56.5%)
142	ADAMCZYK Mirosław	14	SAILING TEAM FERAJNA	M40	107	00:00:33	00:11:20	00:37:21	01:04:20.15	01:04:53.75	+00:28:58 (45.0%)	6:26	9.3 (54.7%)
143	WAWIERNIA Bogdan	496		M60	17	00:00:31	00:11:32	00:38:11	01:06:29.05	01:07:01.00	+00:31:07 (46.8%)	6:39	9 (52.9%)
144	GARBACIK Dariusz	123		M40	108	00:00:12	00:11:33	00:38:38	01:07:40.05	01:07:52.55	+00:32:18 (47.8%)	6:46	8.9 (52.4%)
145	POSZWA Sławomir	561		M40	109	00:00:08	00:09:32	00:36:58	01:08:04.50	01:08:13.05	+00:32:43 (48.1%)	6:48	8.8 (51.8%)
146	NIEMCZEWSKI Piotr	620	RYCHŁOWSKI Ryszard	M50	44	00:00:20	00:10:33	00:38:02	01:09:25.20	01:09:45.60	+00:34:04 (49.1%)	6:56	8.6 (50.6%)
147	RYCHŁOWSKI Ryszard	408		M40	112	00:00:13	00:10:47	00:39:38	01:09:36.05	01:09:49.40	+00:34:14 (49.2%)	6:57	8.6 (50.6%)
148	KOZŁOWSKI Adam	247		M30	144	00:00:29	00:09:42	00:34:25			+00:14:10	6:02	9.9 (58.2%)

Znaleziono 148 wynik(ów)