



## VI BIEG ŁĄDUJ NA OSOWEJ

B4SPORT

**Organizator:** Stowarzyszenie Klub Sportowy Olimpia Osowa  
**Data:** 2019-09-22  
**Miejsce:** Gdańsk  
**Dystans:** 10 km



Klasyfikacja: Wszyscy

| Msc | Zawodnik                             | Numer      | Klub                           | Kategoria | Mkat | Czas netto 10km    | Różn              | Tempo min/km | Tempo km/h   |
|-----|--------------------------------------|------------|--------------------------------|-----------|------|--------------------|-------------------|--------------|--------------|
| 1   | <b>KĄKOL Kacper</b>                  | <b>44</b>  | BIEGOWY ŚWIR                   | M-20      | 1    | <b>00:34:42.78</b> |                   | 3:28         | 17.3 (100%)  |
| 2   | <b>RAKOCZY Marcin</b>                | <b>110</b> | ŻÓRAWSKI TEAM                  | M-20      | 2    | <b>00:35:20.63</b> | +00:00:37 (1.8%)  | 3:32         | 17 (98.3%)   |
| 3   | <b>KLONOWSKI Marcin</b>              | <b>49</b>  | LKS ZANTYR SZTUM               | M-30      | 1    | <b>00:36:39.01</b> | +00:01:56 (5.3%)  | 3:39         | 16.4 (94.8%) |
| 4   | <b>MAKOWSKI Paweł</b>                | <b>76</b>  | BIKE U UP, AWET PLUS           | M-30      | 2    | <b>00:38:07.07</b> | +00:03:24 (8.9%)  | 3:48         | 15.7 (90.8%) |
| 5   | <b>MAZUREK Michał</b>                | <b>79</b>  |                                | M-30      | 3    | <b>00:39:20.02</b> | +00:04:37 (11.7%) | 3:56         | 15.3 (88.4%) |
| 6   | <b>GLEBOV Dmitri</b>                 | <b>155</b> |                                | M-40      | 1    | <b>00:39:35.32</b> | +00:04:52 (12.3%) | 3:57         | 15.2 (87.9%) |
| 7   | <b>PIKUL Grzegorz</b>                | <b>96</b>  | O-SOWA BIEGA                   | M-30      | 4    | <b>00:39:59.00</b> | +00:05:16 (13.2%) | 3:59         | 15 (86.7%)   |
| 8   | <b>MUZA Marcin</b>                   | <b>87</b>  | MGS LAW RUN TEAM / OIRP GDAŃSK | M-30      | 5    | <b>00:40:17.76</b> | +00:05:34 (13.9%) | 4:01         | 14.9 (86.1%) |
| 9   | <b>KULPACZYŃSKI Patryk</b>           | <b>61</b>  | GOGGLE PAE TEAM                | M-40      | 2    | <b>00:40:24.82</b> | +00:05:42 (14.1%) | 4:02         | 14.9 (86.1%) |
| 10  | <b>KLEKOTKO Fabian</b>               | <b>48</b>  | TRIEAGELS                      | M-40      | 3    | <b>00:40:42.25</b> | +00:05:59 (14.7%) | 4:04         | 14.7 (85.0%) |
| 11  | <b>POĆWIARDOWSKI Maciej</b>          | <b>161</b> |                                | M-20      | 3    | <b>00:40:54.90</b> | +00:06:12 (15.2%) | 4:05         | 14.7 (85.0%) |
| 12  | <b>WALDOWSKI Roman</b>               | <b>131</b> |                                | M-30      | 6    | <b>00:41:46.26</b> | +00:07:03 (16.9%) | 4:10         | 14.4 (83.2%) |
| 13  | <b>KUNDO Rafał</b>                   | <b>62</b>  |                                | M-20      | 4    | <b>00:42:04.36</b> | +00:07:21 (17.5%) | 4:12         | 14.3 (82.7%) |
| 14  | <b>MIKLUKHIN Denis</b>               | <b>153</b> | VERTIKAL                       | M-30      | 7    | <b>00:42:04.59</b> | +00:07:21 (17.5%) | 4:12         | 14.3 (82.7%) |
| 15  | <b>BARANOWSKA-TRZASKO Aleksandra</b> | <b>6</b>   |                                | K-40      | 1    | <b>00:42:07.00</b> | +00:07:24 (17.6%) | 4:12         | 14.2 (82.1%) |
| 16  | <b>KOZŁÓW Wojciech</b>               | <b>57</b>  | LKS ZANTYR SZTUM               | M-50      | 1    | <b>00:42:16.90</b> | +00:07:34 (17.9%) | 4:13         | 14.2 (82.1%) |
| 17  | <b>WERNER Irek</b>                   | <b>135</b> | OSOWA BIEGA                    | M-30      | 8    | <b>00:42:21.82</b> | +00:07:39 (18.1%) | 4:14         | 14.2 (82.1%) |
| 18  | <b>OLEKSIEWICZ Tomasz</b>            | <b>163</b> | TICK TEAM                      | M-40      | 4    | <b>00:42:31.69</b> | +00:07:48 (18.4%) | 4:15         | 14.1 (81.5%) |
| 19  | <b>PAZIK Dariusz</b>                 | <b>92</b>  | RUNEDA                         | M-20      | 5    | <b>00:42:56.51</b> | +00:08:13 (19.2%) | 4:17         | 14 (80.9%)   |
| 20  | <b>JACHIMOWICZ Bartosz</b>           | <b>39</b>  |                                | M-30      | 9    | <b>00:43:01.13</b> | +00:08:18 (19.3%) | 4:18         | 13.9 (80.3%) |
| 21  | <b>LIDZBARSKI Marcin</b>             | <b>68</b>  | W LIDZBARSKICH SIŁA            | M-30      | 10   | <b>00:43:01.61</b> | +00:08:18 (19.3%) | 4:18         | 13.9 (80.3%) |
| 22  | <b>PERGOŁ Bogusław</b>               | <b>166</b> | GPEC                           | M-40      | 5    | <b>00:43:06.30</b> | +00:08:23 (19.5%) | 4:18         | 13.9 (80.3%) |
| 23  | <b>KIRYLUK Patrycja</b>              | <b>46</b>  |                                | K-20      | 1    | <b>00:43:09.23</b> | +00:08:26 (19.6%) | 4:19         | 13.9 (80.3%) |
| 24  | <b>PASZTALENIEC Władysław</b>        | <b>151</b> |                                | M-40      | 6    | <b>00:43:13.37</b> | +00:08:30 (19.7%) | 4:19         | 13.9 (80.3%) |
| 25  | <b>DYMOWSKI Artur</b>                | <b>24</b>  | JABŁOŃSKI TEAM                 | M-40      | 7    | <b>00:43:15.76</b> | +00:08:32 (19.8%) | 4:19         | 13.9 (80.3%) |
| 26  | <b>BANACH Jakub</b>                  | <b>5</b>   |                                | M-20      | 6    | <b>00:43:46.84</b> | +00:09:04 (20.7%) | 4:22         | 13.7 (79.2%) |
| 27  | <b>MARCHEWKA Emil</b>                | <b>77</b>  | LKS ZANTYR SZTUM               | M-30      | 11   | <b>00:44:28.65</b> | +00:09:45 (22.0%) | 4:26         | 13.5 (78.0%) |

| Msc | Zawodnik                         | Numer      | Klub                                    | Kategoria | Mkat | Czas netto 10km    | Różn              | Tempo min/km | Tempo km/h   |
|-----|----------------------------------|------------|---|-----------|------|--------------------|-------------------|--------------|--------------|
| 28  | <b>PAŁKA Stanisław</b>           | <b>158</b> |   | M-50      | 2    | <b>00:45:06.30</b> | +00:10:23 (23.0%) | 4:30         | 13.3 (76.9%) |
| 29  | <b>TRIEBWASSER Jacek</b>         | <b>127</b> |   | M-50      | 3    | <b>00:45:39.91</b> | +00:10:57 (24.0%) | 4:34         | 13.1 (75.7%) |
| 30  | <b>GARSZTKA Dominik</b>          | <b>27</b>  |   | M-40      | 8    | <b>00:45:45.10</b> | +00:11:02 (24.1%) | 4:34         | 13.1 (75.7%) |
| 31  | <b>GARSZTKA Mateusz</b>          | <b>28</b>  |   | M-30      | 12   | <b>00:45:45.39</b> | +00:11:02 (24.1%) | 4:34         | 13.1 (75.7%) |
| 32  | <b>PĘŚKO Michał</b>              | <b>94</b>  |   | M-40      | 9    | <b>00:45:49.17</b> | +00:11:06 (24.2%) | 4:34         | 13.1 (75.7%) |
| 33  | <b>HERZBERG Przemysław</b>       | <b>36</b>  |   | M-30      | 13   | <b>00:45:55.13</b> | +00:11:12 (24.4%) | 4:35         | 13.1 (75.7%) |
| 34  | <b>LULIS Zbigniew</b>            | <b>71</b>  | OSOWA BIEGA                             | M-50      | 4    | <b>00:45:56.68</b> | +00:11:13 (24.4%) | 4:35         | 13.1 (75.7%) |
| 35  | <b>ROGO CZ Maciej</b>            | <b>112</b> | ROGALE Z DOLINYROZTOKI                  | M-40      | 10   | <b>00:45:57.98</b> | +00:11:15 (24.5%) | 4:35         | 13.1 (75.7%) |
| 36  | <b>GAJEWSKI Krzysztof Teofor</b> | <b>26</b>  | TAKA RYBA                               | M-40      | 11   | <b>00:46:07.29</b> | +00:11:24 (24.7%) | 4:36         | 13 (75.1%)   |
| 37  | <b>GIARO Marcin</b>              | <b>29</b>  |   | M-40      | 12   | <b>00:46:19.91</b> | +00:11:37 (25.1%) | 4:37         | 13 (75.1%)   |
| 38  | <b>GRZESIK Wojciech</b>          | <b>35</b>  |   | M-30      | 14   | <b>00:46:21.58</b> | +00:11:38 (25.1%) | 4:38         | 12.9 (74.6%) |
| 39  | <b>RADOSŁAW Szlas</b>            | <b>109</b> | KUJAWSCY RUNNERS                        | M-40      | 13   | <b>00:46:24.49</b> | +00:11:41 (25.2%) | 4:38         | 12.9 (74.6%) |
| 40  | <b>SIEKANOWICZ Paweł</b>         | <b>115</b> |   | M-40      | 14   | <b>00:46:28.75</b> | +00:11:45 (25.3%) | 4:38         | 12.9 (74.6%) |
| 41  | <b>CHRUSTOWSKI Krzysztof</b>     | <b>16</b>  |   | M-30      | 15   | <b>00:46:51.33</b> | +00:12:08 (25.9%) | 4:41         | 12.8 (74.0%) |
| 42  | <b>SOBKÓW Adam</b>               | <b>116</b> | BHMW_GDYNIA                             | M-50      | 5    | <b>00:47:31.54</b> | +00:12:48 (27.0%) | 4:45         | 12.6 (72.8%) |
| 43  | <b>WYSOCKI Dariusz</b>           | <b>140</b> | 7 POMORSKA BRYGADA OBRONY TERYTORIALNEJ | M-30      | 16   | <b>00:47:37.67</b> | +00:12:54 (27.1%) | 4:45         | 12.6 (72.8%) |
| 44  | <b>PĘKAŁA Piotr</b>              | <b>93</b>  |   | M-40      | 15   | <b>00:47:53.82</b> | +00:13:11 (27.5%) | 4:47         | 12.5 (72.3%) |
| 45  | <b>BIAŁA Beata</b>               | <b>9</b>   |   | K-50      | 1    | <b>00:47:55.86</b> | +00:13:13 (27.6%) | 4:47         | 12.5 (72.3%) |
| 46  | <b>ŁUKASZEWICZ Sylwia</b>        | <b>74</b>  | O-SOWA BIEGA                            | K-40      | 2    | <b>00:48:34.74</b> | +00:13:51 (28.5%) | 4:51         | 12.3 (71.1%) |
| 47  | <b>MORAWEK Arkadiusz</b>         | <b>83</b>  |   | M-40      | 16   | <b>00:48:54.38</b> | +00:14:11 (29.0%) | 4:53         | 12.3 (71.1%) |
| 48  | <b>ZAJĄC Piotr</b>               | <b>142</b> | PARKRUN /RUMIA                          | M-30      | 17   | <b>00:49:03.21</b> | +00:14:20 (29.2%) | 4:54         | 12.2 (70.5%) |
| 49  | <b>MICHALAK Konrad</b>           | <b>81</b>  | GRACJA&ALICJA 3MIASTO                   | M-30      | 18   | <b>00:49:09.27</b> | +00:14:26 (29.4%) | 4:54         | 12.2 (70.5%) |
| 50  | <b>WIŚNIEWSKA Ewa</b>            | <b>137</b> | PARKRUN RUMIA                           | K-40      | 3    | <b>00:49:12.44</b> | +00:14:29 (29.5%) | 4:55         | 12.2 (70.5%) |
| 51  | <b>SZPAKIEWICZ Maciej</b>        | <b>119</b> |   | M-40      | 17   | <b>00:49:17.61</b> | +00:14:34 (29.6%) | 4:55         | 12.2 (70.5%) |
| 52  | <b>TUSZYŃSKI Maciek</b>          | <b>128</b> | OSAKA                                   | M-40      | 18   | <b>00:49:17.97</b> | +00:14:35 (29.6%) | 4:55         | 12.2 (70.5%) |
| 53  | <b>SZUBARTOWICZ Marek</b>        | <b>120</b> |   | M-30      | 19   | <b>00:49:30.24</b> | +00:14:47 (29.9%) | 4:57         | 12.1 (69.9%) |
| 54  | <b>KOSAŁKA Łukasz</b>            | <b>52</b>  | OSOWA BIEGA                             | M-30      | 20   | <b>00:49:44.89</b> | +00:15:02 (30.2%) | 4:58         | 12.1 (69.9%) |
| 55  | <b>WÓJCIK Małgorzata</b>         | <b>138</b> | O-SOWA BIEGA                            | K-40      | 4    | <b>00:49:54.08</b> | +00:15:11 (30.4%) | 4:59         | 12 (69.4%)   |
| 56  | <b>WAŚKIEWICZ Łukasz</b>         | <b>167</b> |   | M-30      | 21   | <b>00:49:57.85</b> | +00:15:15 (30.5%) | 4:59         | 12 (69.4%)   |
| 57  | <b>NESSI Agnieszka</b>           | <b>89</b>  | OSOWA BIEGA                             | K-30      | 1    | <b>00:50:02.56</b> | +00:15:19 (30.6%) | 5:00         | 12 (69.4%)   |
| 58  | <b>SZUFARSKI Przemysław</b>      | <b>156</b> | SZUFARY                                 | M-30      | 22   | <b>00:50:10.65</b> | +00:15:27 (30.8%) | 5:01         | 12 (69.4%)   |
| 59  | <b>KNITTER Bartosz</b>           | <b>50</b>  |   | M-30      | 23   | <b>00:50:13.27</b> | +00:15:30 (30.9%) | 5:01         | 11.9 (68.8%) |
| 60  | <b>LATOSIŃSKI Jacek</b>          | <b>66</b>  | O-SOWA BIEGA                            | M-30      | 24   | <b>00:50:14.65</b> | +00:15:31 (30.9%) | 5:01         | 11.9 (68.8%) |
| 61  | <b>MROCZEK Sylwia</b>            | <b>84</b>  | PARKRUN RUMIA                           | K-40      | 5    | <b>00:50:19.48</b> | +00:15:36 (31.0%) | 5:02         | 11.9 (68.8%) |
| 62  | <b>ŁĘCKI Krzysztof</b>           | <b>72</b>  | K(R)OPKA TEAM                           | M-20      | 7    | <b>00:50:19.69</b> | +00:15:36 (31.0%) | 5:02         | 11.9 (68.8%) |
| 63  | <b>KWIDZIŃSKI Piotr</b>          | <b>64</b>  |   | M-40      | 19   | <b>00:50:25.16</b> | +00:15:42 (31.2%) | 5:02         | 11.9 (68.8%) |
| 64  | <b>CHAJDUKOWSKI Marek</b>        | <b>15</b>  |   | M-50      | 6    | <b>00:50:45.94</b> | +00:16:03 (31.6%) | 5:04         | 11.8 (68.2%) |
| 65  | <b>OSOWSKI Maciej</b>            | <b>91</b>  | VEGE RUNNERS                            | M-50      | 7    | <b>00:50:55.64</b> | +00:16:12 (31.8%) | 5:05         | 11.8 (68.2%) |
| 66  | <b>PIERZGALSKI Tomasz</b>        | <b>95</b>  | OSOWA BIEGA                             | M-30      | 25   | <b>00:50:57.14</b> | +00:16:14 (31.9%) | 5:05         | 11.8 (68.2%) |
| 67  | <b>MYŚLIWIEC Kamil</b>           | <b>88</b>  |   | M-30      | 26   | <b>00:51:26.05</b> | +00:16:43 (32.5%) | 5:08         | 11.7 (67.6%) |
| 68  | <b>PORTEE Jacek</b>              | <b>101</b> | O-SOWABIEGA                             | M-50      | 8    | <b>00:51:34.00</b> | +00:16:51 (32.7%) | 5:09         | 11.6 (67.1%) |
| 69  | <b>PODJASKI Andrzej</b>          | <b>99</b>  |   | M-30      | 27   | <b>00:51:34.52</b> | +00:16:51 (32.7%) | 5:09         | 11.6 (67.1%) |
| 70  | <b>WAŻNY Karol</b>               | <b>134</b> | RADA MIASTA GDAŃSKA                     | M-30      | 28   | <b>00:51:36.18</b> | +00:16:53 (32.7%) | 5:09         | 11.6 (67.1%) |
| 71  | <b>HIPNER Marcin</b>             | <b>38</b>  | SPOT PSZCZYNA                           | M-30      | 29   | <b>00:51:36.41</b> | +00:16:53 (32.7%) | 5:09         | 11.6 (67.1%) |

| Msc | Zawodnik                        | Numer      | Klub                        | Kategoria | Mkat | Czas netto 10km    | Różn              | Tempo min/km | Tempo km/h   |
|-----|---------------------------------|------------|-----------------------------|-----------|------|--------------------|-------------------|--------------|--------------|
| 72  | <b>SZAMOCKI Kacper</b>          | <b>117</b> |                             | M-30      | 30   | <b>00:52:02.23</b> | +00:17:19 (33.3%) | 5:12         | 11.5 (66.5%) |
| 73  | <b>KACZMAREK Krzysztof</b>      | <b>41</b>  | OSOWA BIEGA                 | M-40      | 20   | <b>00:52:03.60</b> | +00:17:20 (33.3%) | 5:12         | 11.5 (66.5%) |
| 74  | <b>ANISOWICZ Norbert</b>        | <b>4</b>   |                             | M-20      | 8    | <b>00:52:03.72</b> | +00:17:20 (33.3%) | 5:12         | 11.5 (66.5%) |
| 75  | <b>PŁACHTA Jacek</b>            | <b>98</b>  |                             | M-40      | 21   | <b>00:52:24.54</b> | +00:17:41 (33.8%) | 5:14         | 11.4 (65.9%) |
| 76  | <b>WRÓBEL Artur</b>             | <b>147</b> |                             | M-40      | 22   | <b>00:52:26.06</b> | +00:17:43 (33.8%) | 5:14         | 11.4 (65.9%) |
| 77  | <b>SZUMSKA Żaneta</b>           | <b>122</b> |                             | K-30      | 2    | <b>00:52:32.32</b> | +00:17:49 (33.9%) | 5:15         | 11.4 (65.9%) |
| 78  | <b>WRÓBLEWSKA Beata</b>         | <b>139</b> | O-SOWA BIEGA                | K-40      | 6    | <b>00:52:46.09</b> | +00:18:03 (34.2%) | 5:16         | 11.4 (65.9%) |
| 79  | <b>SZYMAŃSKI Marek</b>          | <b>124</b> |                             | M-40      | 23   | <b>00:52:50.94</b> | +00:18:08 (34.3%) | 5:17         | 11.4 (65.9%) |
| 80  | <b>ZABOROWSKI Mariusz</b>       | <b>141</b> |                             | M-30      | 31   | <b>00:52:53.80</b> | +00:18:11 (34.4%) | 5:17         | 11.3 (65.3%) |
| 81  | <b>ZAJK Mateusz</b>             | <b>143</b> |                             | M-20      | 9    | <b>00:53:06.44</b> | +00:18:23 (34.6%) | 5:18         | 11.3 (65.3%) |
| 82  | <b>KOSTRZEWA-CEMBOR Urszula</b> | <b>154</b> |                             | K-60      | 1    | <b>00:53:17.28</b> | +00:18:34 (34.9%) | 5:19         | 11.3 (65.3%) |
| 83  | <b>KIRYLUK Bartłomiej</b>       | <b>47</b>  |                             | M-30      | 32   | <b>00:53:18.31</b> | +00:18:35 (34.9%) | 5:19         | 11.3 (65.3%) |
| 84  | <b>KUBIK Agnieszka</b>          | <b>59</b>  | BCT TEAM GDYNIA/ BST        | K-30      | 3    | <b>00:53:25.52</b> | +00:18:42 (35.0%) | 5:20         | 11.2 (64.7%) |
| 85  | <b>GRAD Rafał</b>               | <b>33</b>  |                             | M-30      | 33   | <b>00:53:31.89</b> | +00:18:49 (35.2%) | 5:21         | 11.2 (64.7%) |
| 86  | <b>MROCZEK Robert</b>           | <b>85</b>  | PARKRUN RUMIA               | M-40      | 24   | <b>00:53:38.32</b> | +00:18:55 (35.3%) | 5:21         | 11.2 (64.7%) |
| 87  | <b>OLESZCZUK Paweł</b>          | <b>90</b>  |                             | M-30      | 34   | <b>00:53:39.67</b> | +00:18:56 (35.3%) | 5:22         | 11.2 (64.7%) |
| 88  | <b>RACHWAŁ Michał</b>           | <b>107</b> | MATEX                       | M-40      | 25   | <b>00:53:44.47</b> | +00:19:01 (35.4%) | 5:22         | 11.2 (64.7%) |
| 89  | <b>GOSTOMCZYK Dariusz</b>       | <b>31</b>  |                             | M-30      | 35   | <b>00:53:48.61</b> | +00:19:05 (35.5%) | 5:22         | 11.2 (64.7%) |
| 90  | <b>PUŚCIAN Krzysztof</b>        | <b>106</b> | SZKOŁA PODSTAWOWA W MANOWIE | M-40      | 26   | <b>00:53:49.05</b> | +00:19:06 (35.5%) | 5:22         | 11.1 (64.2%) |
| 91  | <b>MROZIEWICZ Andrzej</b>       | <b>86</b>  |                             | M-50      | 9    | <b>00:53:49.93</b> | +00:19:07 (35.5%) | 5:22         | 11.1 (64.2%) |
| 92  | <b>KACPRZAK Michał</b>          | <b>40</b>  |                             | M-20      | 10   | <b>00:54:14.29</b> | +00:19:31 (36.0%) | 5:25         | 11.1 (64.2%) |
| 93  | <b>FILIP Krzysztof</b>          | <b>25</b>  | NOCLUB                      | M-40      | 27   | <b>00:54:22.53</b> | +00:19:39 (36.2%) | 5:26         | 11 (63.6%)   |
| 94  | <b>CZECHOLIŃSKI Michał</b>      | <b>19</b>  |                             | M-30      | 36   | <b>00:54:28.09</b> | +00:19:45 (36.3%) | 5:26         | 11 (63.6%)   |
| 95  | <b>SZULC Katarzyna</b>          | <b>121</b> |                             | K-30      | 4    | <b>00:55:16.38</b> | +00:20:33 (37.2%) | 5:31         | 10.9 (63.0%) |
| 96  | <b>KASPRZYK Katarzyna</b>       | <b>43</b>  | OSOWA BIEGA                 | K-40      | 7    | <b>00:55:22.80</b> | +00:20:40 (37.3%) | 5:32         | 10.8 (62.4%) |
| 97  | <b>KOTULSKI Piotr</b>           | <b>55</b>  | KLUB BIEGACZY JYSK          | M-40      | 28   | <b>00:55:46.53</b> | +00:21:03 (37.8%) | 5:34         | 10.8 (62.4%) |
| 98  | <b>PODJASKI Krzysztof</b>       | <b>100</b> |                             | M-40      | 29   | <b>00:55:55.11</b> | +00:21:12 (37.9%) | 5:35         | 10.7 (61.8%) |
| 99  | <b>RUMIŃSKI Rafał</b>           | <b>113</b> | RUNEDA                      | M-40      | 30   | <b>00:56:02.22</b> | +00:21:19 (38.1%) | 5:36         | 10.7 (61.8%) |
| 100 | <b>LESZKOWICZ Krzysztof</b>     | <b>67</b>  | PBC BUDOWNICTWO             | M-30      | 37   | <b>00:56:27.92</b> | +00:21:45 (38.5%) | 5:38         | 10.6 (61.3%) |
| 101 | <b>DAMASZKE Aleksandra</b>      | <b>22</b>  |                             | K-30      | 5    | <b>00:56:28.95</b> | +00:21:46 (38.5%) | 5:38         | 10.6 (61.3%) |
| 102 | <b>POLIKOWSKI Patryk</b>        | <b>162</b> |                             | M-40      | 31   | <b>00:56:30.68</b> | +00:21:47 (38.6%) | 5:39         | 10.6 (61.3%) |
| 103 | <b>LIDZBARSKI Adam</b>          | <b>69</b>  |                             | M-40      | 32   | <b>00:56:31.35</b> | +00:21:48 (38.6%) | 5:39         | 10.6 (61.3%) |
| 104 | <b>RYCHTER Krystian</b>         | <b>114</b> |                             | M-20      | 11   | <b>00:56:40.06</b> | +00:21:57 (38.7%) | 5:40         | 10.6 (61.3%) |
| 105 | <b>GRYGIEL Natalia</b>          | <b>34</b>  |                             | K-20      | 2    | <b>00:56:44.92</b> | +00:22:02 (38.8%) | 5:40         | 10.6 (61.3%) |
| 106 | <b>KURZAWSKI Andrzej</b>        | <b>63</b>  |                             | M-30      | 38   | <b>00:56:45.83</b> | +00:22:03 (38.8%) | 5:40         | 10.6 (61.3%) |
| 107 | <b>BIESZKE Sebastian</b>        | <b>11</b>  |                             | M-40      | 33   | <b>00:57:00.08</b> | +00:22:17 (39.1%) | 5:42         | 10.5 (60.7%) |
| 108 | <b>BOGALECKI Marek</b>          | <b>159</b> | SAFE SPORT TEAM             | M-60      | 1    | <b>00:57:04.54</b> | +00:22:21 (39.2%) | 5:42         | 10.5 (60.7%) |
| 109 | <b>WAŻNA Agnieszka</b>          | <b>133</b> |                             | K-30      | 6    | <b>00:57:12.01</b> | +00:22:29 (39.3%) | 5:43         | 10.5 (60.7%) |
| 110 | <b>KUCZYŃSKA Anna</b>           | <b>60</b>  |                             | K-20      | 3    | <b>00:57:22.20</b> | +00:22:39 (39.5%) | 5:44         | 10.5 (60.7%) |
| 111 | <b>BUGALSKI Tomasz</b>          | <b>14</b>  |                             | M-40      | 34   | <b>00:57:23.98</b> | +00:22:41 (39.5%) | 5:44         | 10.5 (60.7%) |
| 112 | <b>CZERWIŃSKI Michał</b>        | <b>20</b>  |                             | M-30      | 39   | <b>00:57:35.95</b> | +00:22:53 (39.7%) | 5:45         | 10.4 (60.1%) |
| 113 | <b>PUJSZO Sławomir</b>          | <b>105</b> | CHWASZCZYNO BIEGA           | M-40      | 35   | <b>00:57:39.42</b> | +00:22:56 (39.8%) | 5:46         | 10.4 (60.1%) |
| 114 | <b>CZAPIEWSKA Agata</b>         | <b>17</b>  |                             | K-20      | 4    | <b>00:58:07.94</b> | +00:23:25 (40.3%) | 5:48         | 10.3 (59.5%) |
| 115 | <b>CZAPIEWSKI Michał</b>        | <b>18</b>  |                             | M-20      | 12   | <b>00:58:07.99</b> | +00:23:25 (40.3%) | 5:48         | 10.3 (59.5%) |

| Msc | Zawodnik                          | Numer      | Klub   | Kategoria | Mkat | Czas netto 10km    | Różn              | Tempo min/km | Tempo km/h   |
|-----|-----------------------------------|------------|--|-----------|------|--------------------|-------------------|--------------|--------------|
| 116 | <b>ADAMUS Jarosław</b>            | <b>1</b>   |  | M-50      | 10   | <b>00:58:58.47</b> | +00:24:15 (41.1%) | 5:53         | 10.2 (59.0%) |
| 117 | <b>ADAMUS Ewelina</b>             | <b>3</b>   |  | K-30      | 7    | <b>00:58:58.67</b> | +00:24:15 (41.1%) | 5:53         | 10.2 (59.0%) |
| 118 | <b>WALUS Wiesław</b>              | <b>132</b> |  | M-40      | 36   | <b>00:59:42.88</b> | +00:25:00 (41.9%) | 5:58         | 10 (57.8%)   |
| 119 | <b>LATOSIŃSKA Kamila</b>          | <b>65</b>  | O-SOWA BIEGA                                   | K-30      | 8    | <b>00:59:51.44</b> | +00:25:08 (42.0%) | 5:59         | 10 (57.8%)   |
| 120 | <b>KRYGIER Łukasz</b>             | <b>58</b>  |  | M-30      | 40   | <b>01:00:05.12</b> | +00:25:22 (42.2%) | 6:00         | 10 (57.8%)   |
| 121 | <b>KOŚCIŃSKI Sebastian</b>        | <b>54</b>  |  | M-20      | 13   | <b>01:00:25.85</b> | +00:25:43 (42.6%) | 6:02         | 9.9 (57.2%)  |
| 122 | <b>DALKE Jowita</b>               | <b>21</b>  | ZABIEGANE DWIE                                 | K-30      | 9    | <b>01:00:28.03</b> | +00:25:45 (42.6%) | 6:02         | 9.9 (57.2%)  |
| 123 | <b>WIŚNIEWSKA Kornelia</b>        | <b>136</b> | ZABIEGANIE DWIE                                | K-40      | 8    | <b>01:00:28.12</b> | +00:25:45 (42.6%) | 6:02         | 9.9 (57.2%)  |
| 124 | <b>GIDZIŃSKA Larysa</b>           | <b>30</b>  |  | K-30      | 10   | <b>01:00:33.60</b> | +00:25:50 (42.7%) | 6:03         | 9.9 (57.2%)  |
| 125 | <b>SZATYBEŁKO Karol</b>           | <b>118</b> |  | M-30      | 41   | <b>01:00:44.54</b> | +00:26:01 (42.9%) | 6:04         | 9.9 (57.2%)  |
| 126 | <b>DĄBROWSKI Tadeusz</b>          | <b>23</b>  |  | M-50      | 11   | <b>01:01:13.83</b> | +00:26:31 (43.3%) | 6:07         | 9.8 (56.6%)  |
| 127 | <b>KIEDACZ Agnieszka</b>          | <b>45</b>  |  | K-40      | 9    | <b>01:01:17.25</b> | +00:26:34 (43.4%) | 6:07         | 9.8 (56.6%)  |
| 128 | <b>RADOMSKI Wojciech</b>          | <b>108</b> |  | M-50      | 12   | <b>01:01:19.54</b> | +00:26:36 (43.4%) | 6:08         | 9.8 (56.6%)  |
| 129 | <b>POKRYWCZYŃSKI Maciej</b>       | <b>157</b> |  | M-20      | 14   | <b>01:01:57.53</b> | +00:27:14 (44.0%) | 6:11         | 9.7 (56.1%)  |
| 130 | <b>SZYCHTA Ania</b>               | <b>123</b> |  | K-20      | 5    | <b>01:02:24.13</b> | +00:27:41 (44.4%) | 6:14         | 9.6 (55.5%)  |
| 131 | <b>BASIŃSKA-AHMED Olga</b>        | <b>7</b>   |  | K-40      | 10   | <b>01:02:45.51</b> | +00:28:02 (44.7%) | 6:16         | 9.6 (55.5%)  |
| 132 | <b>TOMASIŃSKA Monika</b>          | <b>126</b> | O-SOWA BIEGA                                   | K-40      | 11   | <b>01:02:56.03</b> | +00:28:13 (44.8%) | 6:17         | 9.5 (54.9%)  |
| 133 | <b>SIKORSKI Bartłomiej</b>        | <b>145</b> |  | M-40      | 37   | <b>01:02:56.88</b> | +00:28:14 (44.9%) | 6:17         | 9.5 (54.9%)  |
| 134 | <b>TOBOŁA Michał</b>              | <b>125</b> | SZYBKI SKŁAD                                   | M-40      | 38   | <b>01:03:13.22</b> | +00:28:30 (45.1%) | 6:19         | 9.5 (54.9%)  |
| 135 | <b>MAZUR-DZIADKIEWICZ Justyna</b> | <b>78</b>  |  | K-30      | 11   | <b>01:03:13.55</b> | +00:28:30 (45.1%) | 6:19         | 9.5 (54.9%)  |
| 136 | <b>KACZMAREK Sylwia</b>           | <b>152</b> | O-SOWA BIEGA                                   | K-40      | 12   | <b>01:03:22.20</b> | +00:28:39 (45.2%) | 6:20         | 9.5 (54.9%)  |
| 137 | <b>BEHRENDT Natalia</b>           | <b>8</b>   |  | K-20      | 6    | <b>01:04:01.41</b> | +00:29:18 (45.8%) | 6:24         | 9.4 (54.3%)  |
| 138 | <b>KĘDZIERSKA Edyta</b>           | <b>160</b> | POLSKA FEDERACJA NORDIC WALKING/ OLIMPIA OSOWA | K-40      | 13   | <b>01:05:00.52</b> | +00:30:17 (46.6%) | 6:30         | 9.2 (53.2%)  |
| 139 | <b>GRABOWSKI Mateusz</b>          | <b>32</b>  |  | M-20      | 15   | <b>01:05:51.15</b> | +00:31:08 (47.3%) | 6:35         | 9.1 (52.6%)  |
| 140 | <b>ŻYDEK Katarzyna</b>            | <b>144</b> |  | K-20      | 7    | <b>01:06:32.86</b> | +00:31:50 (47.8%) | 6:39         | 9 (52.0%)    |
| 141 | <b>PAWLICKA Agnieszka</b>         | <b>164</b> | CROSSELITE                                     | K-20      | 8    | <b>01:08:03.82</b> | +00:33:21 (49.0%) | 6:48         | 8.8 (50.9%)  |
| 142 | <b>TARKOWSKI Dawid</b>            | <b>165</b> | CROSSELITE                                     | M-30      | 42   | <b>01:08:03.86</b> | +00:33:21 (49.0%) | 6:48         | 8.8 (50.9%)  |
| 143 | <b>PRZYCHODNA Aleksandra</b>      | <b>103</b> |  | K-20      | 9    | <b>01:09:09.24</b> | +00:34:26 (49.8%) | 6:54         | 8.7 (50.3%)  |
| 144 | <b>MICHALAK Magdalena</b>         | <b>82</b>  | ŻARTA WATAHA                                   | K-40      | 14   | <b>01:10:12.72</b> | +00:35:29 (50.6%) | 7:01         | 8.5 (49.1%)  |
| 145 | <b>TYMIŃSKI Krzysztof</b>         | <b>129</b> |  | M-60      | 2    | <b>01:11:36.78</b> | +00:36:54 (51.5%) | 7:09         | 8.4 (48.6%)  |
| 146 | <b>PRELIŃSKI Wojciech</b>         | <b>102</b> |  | M-30      | 43   | <b>01:13:47.89</b> | +00:39:05 (53.0%) | 7:22         | 8.1 (46.8%)  |
| 147 | <b>MADANY Anita</b>               | <b>75</b>  |  | K-50      | 2    | <b>01:17:22.35</b> | +00:42:39 (55.1%) | 7:44         | 7.8 (45.1%)  |

Znaleziono 147 wynik(ów)