

# WILCZYM TROPEM - 10 KM

B4SPORT  
INTELLIGENTNE ZAWODY SPORTOWE

**Wydarzenie:** Wilczym Tropem 2019  
**Organizator:** Stowarzyszenie Ko Liber  
**Data:** 2019-03-03  
**Miejsce:** Gdańsk  
**Dystans:** 10 km

**B4SPORT**  
INTELLIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 2.5km	Finish_All 5km	Finish_All 7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>BAGROWSKI Tomasz</b>	<b>7</b>	GRUPA TRÓJMIASTO	M-Open	1	00:00:02	00:08:05	00:16:34	00:25:04	<b>00:33:39.55</b>	<b>00:33:42.30</b>		3:22	17.8 (100%)
2	<b>WARDZIŃSKI Paweł</b>	<b>387</b>	RIM TIMTEAM	M-Open	2	00:00:02	00:08:30	00:17:11	00:25:58	<b>00:34:46.25</b>	<b>00:34:48.75</b>	+00:01:06 (3.2%)	3:28	17.3 (97.2%)
3	<b>PALASCHKE Michał</b>	<b>261</b>		M-Open	3	00:00:02	00:08:51	00:17:54	00:27:07	<b>00:36:12.30</b>	<b>00:36:14.45</b>	+00:02:32 (7.0%)	3:37	16.6 (93.3%)
4	<b>GŁÓWCZEWSKI Grzegorz</b>	<b>80</b>	AKADEMIA BIEGOWA KIEŁPINO	M-Open	4	00:00:03	00:09:03	00:18:13	00:27:25	<b>00:36:37.40</b>	<b>00:36:40.65</b>	+00:02:57 (8.1%)	3:39	16.4 (92.1%)
5	<b>LISOWSKI Aleksander</b>	<b>203</b>	ROSSBIEGANI / RAZEM TRENUJEMY SPORT	M-Open	5	00:00:03	00:08:58	00:18:26	00:28:17	<b>00:37:52.25</b>	<b>00:37:55.60</b>	+00:04:12 (11.1%)	3:47	15.8 (88.8%)
6	<b>GAPSKI Mateusz</b>	<b>74</b>	GRUBA BIEGOWA 65	M-Open	6	00:00:02	00:09:17	00:18:57	00:28:39	<b>00:38:13.30</b>	<b>00:38:16.05</b>	+00:04:33 (11.9%)	3:49	15.7 (88.2%)
7	<b>KŁOS Maciej</b>	<b>137</b>	NW WYSPA SOBIESZEWSKA	M-Open	7	00:00:03	00:09:06	00:18:47	00:28:39	<b>00:38:31.30</b>	<b>00:38:34.70</b>	+00:04:51 (12.6%)	3:51	15.6 (87.6%)
8	<b>JABŁOŃSKA Natalia</b>	<b>109</b>		K-Open	1	00:00:03	00:09:21	00:18:56	00:28:43	<b>00:38:34.35</b>	<b>00:38:38.00</b>	+00:04:54 (12.7%)	3:51	15.6 (87.6%)
9	<b>POKOJSKI Sebastian</b>	<b>289</b>		M-Open	8	00:00:03	00:09:28	00:19:12	00:29:09	<b>00:39:03.15</b>	<b>00:39:06.80</b>	+00:05:23 (13.8%)	3:54	15.4 (86.5%)
10	<b>KRAWCZYK Mateusz</b>	<b>164</b>	SGO GDAŃSK	M-Open	9	00:00:01	00:09:17	00:19:26	00:29:59	<b>00:39:28.10</b>	<b>00:39:30.00</b>	+00:05:48 (14.7%)	3:56	15.2 (85.4%)
11	<b>ROKITA Mariusz</b>	<b>305</b>	ROCKYRUN	M-Open	10	00:00:02	00:09:26	00:19:21	00:29:24	<b>00:39:29.30</b>	<b>00:39:31.90</b>	+00:05:49 (14.8%)	3:56	15.2 (85.4%)
12	<b>TUWALSKA Elżbieta</b>	<b>378</b>	LKS ZANTYR SZTUM	K-Open	2	00:00:02	00:09:34	00:19:28	00:29:32	<b>00:39:40.95</b>	<b>00:39:43.70</b>	+00:06:01 (15.2%)	3:58	15.1 (84.8%)
13	<b>DZIÓBEK Lech</b>	<b>56</b>		M-Open	11	00:00:02	00:09:35	00:19:46	00:30:03	<b>00:39:54.80</b>	<b>00:39:57.25</b>	+00:06:15 (15.7%)	3:59	15 (84.3%)
14	<b>STENCEL Maciej</b>	<b>337</b>		M-Open	12	00:00:06	00:10:08	00:20:12	00:30:15	<b>00:40:06.70</b>	<b>00:40:13.20</b>	+00:06:27 (16.1%)	4:00	15 (84.3%)
15	<b>WILOCH Radosław</b>	<b>397</b>	THUNDER RUNNER - TEAM	M-Open	13	00:00:02	00:10:04	00:20:14	00:30:25	<b>00:40:24.15</b>	<b>00:40:26.60</b>	+00:06:44 (16.7%)	4:02	14.9 (83.7%)
16	<b>HOLK-ŁEBIŃSKI Mateusz</b>	<b>103</b>		M-Open	14	00:00:04	00:10:03	00:20:14	00:30:21	<b>00:40:25.30</b>	<b>00:40:30.20</b>	+00:06:45 (16.7%)	4:02	14.8 (83.1%)
17	<b>TUWALSKA Małgorzata</b>	<b>379</b>	LKS ZANTYR SZTUM	K-Open	3	00:00:02	00:09:35	00:19:44	00:30:12	<b>00:40:42.10</b>	<b>00:40:44.85</b>	+00:07:02 (17.3%)	4:04	14.7 (82.6%)
18	<b>PASZKOWSKI Paweł</b>	<b>266</b>		M-Open	15	00:00:08	00:09:48	00:19:51	00:30:16	<b>00:40:42.30</b>	<b>00:40:51.15</b>	+00:07:02 (17.3%)	4:04	14.7 (82.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 2.5km	Finish_All 5km	Finish_All 7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
19	<b>GOŹDZIEWSKI Paweł</b>	<b>86</b>		M-Open	16	00:00:08	00:09:24	00:19:47	00:30:31	<b>00:40:48.50</b>	<b>00:40:57.05</b>	+00:07:08 (17.5%)	4:04	14.7 (82.6%)
20	<b>ANGEL Andrzej</b>	<b>3</b>		M-Open	17	00:00:06	00:09:59	00:20:18	00:30:59	<b>00:41:08.95</b>	<b>00:41:14.95</b>	+00:07:29 (18.2%)	4:06	14.6 (82.0%)
21	<b>SAMBURSKI Tomasz</b>	<b>319</b>		M-Open	18	00:00:15	00:10:30	00:20:45	00:31:05	<b>00:41:10.00</b>	<b>00:41:25.00</b>	+00:07:30 (18.2%)	4:07	14.6 (82.0%)
22	<b>KOZA Damian</b>	<b>158</b>		M-Open	19	00:00:05	00:09:42	00:20:03	00:31:09	<b>00:41:42.50</b>	<b>00:41:48.00</b>	+00:08:02 (19.3%)	4:10	14.4 (80.9%)
23	<b>CHAMSKI Michał</b>	<b>34</b>	GRUBA BIEGOWA 65	M-Open	20	00:00:09	00:10:11	00:20:31	00:31:06	<b>00:41:43.05</b>	<b>00:41:52.55</b>	+00:08:03 (19.3%)	4:10	14.4 (80.9%)
24	<b>WYRZYKOWSKI Andrzej</b>	<b>414</b>	7 POMORSKA BRYGADA OBRONY TERYTORIALNEJ/ GRUPA BIEGOWA 65	M-Open	21	00:00:12	00:10:26	00:20:49	00:31:34	<b>00:42:12.90</b>	<b>00:42:25.00</b>	+00:08:33 (20.3%)	4:13	14.2 (79.8%)
25	<b>KUŹNIAR Wojciech</b>	<b>181</b>	RUN BEACH MORNING TEAM	M-Open	22	00:00:03	00:10:10	00:21:00	00:32:02	<b>00:42:54.50</b>	<b>00:42:57.85</b>	+00:09:14 (21.6%)	4:17	14 (78.7%)
26	<b>SZYMAŃSKI Artur</b>	<b>354</b>	LOTOS TEAM	M-Open	23	00:00:07	00:10:24	00:21:10	00:32:19	<b>00:42:59.85</b>	<b>00:43:07.20</b>	+00:09:20 (21.7%)	4:18	14 (78.7%)
27	<b>SZUMACHER Marta</b>	<b>353</b>		K-Open	4	00:00:08	00:10:38	00:21:20	00:32:10	<b>00:43:03.10</b>	<b>00:43:11.35</b>	+00:09:23 (21.8%)	4:18	13.9 (78.1%)
28	<b>WOJSA Marcin</b>	<b>404</b>		M-Open	24	00:00:05	00:10:26	00:21:11	00:32:22	<b>00:43:25.45</b>	<b>00:43:30.55</b>	+00:09:45 (22.5%)	4:20	13.8 (77.5%)
29	<b>ŚWIĘCICKI Tomasz</b>	<b>362</b>		M-Open	25	00:00:06	00:10:40	00:21:34	00:32:46	<b>00:43:30.30</b>	<b>00:43:37.00</b>	+00:09:50 (22.6%)	4:21	13.8 (77.5%)
30	<b>KWIATKOWSKI Grzegorz</b>	<b>186</b>	F3TEAM	M-Open	26	00:00:03	00:10:38	00:21:27	00:32:42	<b>00:43:39.20</b>	<b>00:43:42.85</b>	+00:09:59 (22.9%)	4:21	13.7 (77.0%)
31	<b>MARCZAK Marek</b>	<b>233</b>		M-Open	27	00:00:06	00:10:35	00:21:39	00:32:50	<b>00:43:48.65</b>	<b>00:43:55.35</b>	+00:10:09 (23.2%)	4:22	13.7 (77.0%)
32	<b>PAZIK Dariusz</b>	<b>271</b>	RUNEDA	M-Open	28	00:00:10	00:11:26	00:22:52	00:33:47	<b>00:44:25.35</b>	<b>00:44:35.95</b>	+00:10:45 (24.2%)	4:26	13.5 (75.8%)
33	<b>KOSPAŁ PAWŁOWSKI Łukasz</b>	<b>146</b>	LOTOS TEAM	M-Open	29	00:00:06	00:10:40	00:21:53	00:33:18	<b>00:44:37.55</b>	<b>00:44:44.25</b>	+00:10:58 (24.6%)	4:27	13.4 (75.3%)
34	<b>LIPOWICZ Andrzej</b>	<b>197</b>		M-Open	30	00:00:06	00:11:10	00:22:32	00:33:43	<b>00:44:49.90</b>	<b>00:44:56.10</b>	+00:11:10 (24.9%)	4:29	13.4 (75.3%)
35	<b>GAJDUS Wiktor</b>	<b>71</b>	DCT DRUŻYNA BIEGOWA	M-Open	31	00:00:13	00:11:28	00:22:31	00:33:47	<b>00:44:55.10</b>	<b>00:45:08.35</b>	+00:11:15 (25.1%)	4:29	13.4 (75.3%)
36	<b>GRUSZKA Wiktor</b>	<b>96</b>		M-Open	32	00:00:13	00:11:29	00:22:32	00:33:48	<b>00:45:10.55</b>	<b>00:45:24.00</b>	+00:11:31 (25.5%)	4:31	13.3 (74.7%)
37	<b>KAIM Sebastian</b>	<b>121</b>	BIGYELLOWFOOT ADVENTURE TEAM	M-Open	33	00:00:09	00:06:11	00:16:11	00:26:11	<b>00:45:11.00</b>	<b>00:45:20.00</b>	+00:11:31 (25.5%)	4:31	13.3 (74.7%)
38	<b>KLEWEK Andrzej</b>	<b>133</b>	ZBIERACZE ZŁOMU	M-Open	34	00:00:12	00:11:00	00:22:12	00:33:48	<b>00:45:25.70</b>	<b>00:45:38.30</b>	+00:11:46 (25.9%)	4:32	13.2 (74.2%)
39	<b>KOWALIK Hubert</b>	<b>154</b>	FUNDACJA WDA	M-Open	35	00:00:04	00:10:39	00:22:12	00:34:03	<b>00:45:36.70</b>	<b>00:45:41.65</b>	+00:11:57 (26.2%)	4:33	13.2 (74.2%)
40	<b>TEKLIŃSKI Adrian</b>	<b>369</b>	POBIEGANY	M-Open	36	00:00:09	00:10:51	00:22:19	00:34:07	<b>00:45:51.80</b>	<b>00:46:01.10</b>	+00:12:12 (26.6%)	4:35	13.1 (73.6%)
41	<b>KUDRELEK Sławomir</b>	<b>173</b>	MŁODE WILKI	M-Open	37	00:00:12	00:11:13	00:22:54	00:34:37	<b>00:45:52.55</b>	<b>00:46:05.50</b>	+00:12:13 (26.6%)	4:35	13.1 (73.6%)
42	<b>SIKORA Szymon</b>	<b>325</b>	RUNEDA	M-Open	38	00:00:10	00:11:27	00:22:57	00:34:32	<b>00:46:04.80</b>	<b>00:46:15.50</b>	+00:12:25 (27.0%)	4:36	13 (73.0%)
43	<b>LELIWA Sylwia</b>	<b>192</b>	RUN BEACH MORNING TEAM	K-Open	5	00:00:05	00:11:18	00:22:55	00:34:43	<b>00:46:25.45</b>	<b>00:46:30.45</b>	+00:12:45 (27.5%)	4:38	12.9 (72.5%)
44	<b>GARSZTKA Mateusz</b>	<b>76</b>		M-Open	39	00:00:12	00:11:31	00:23:17	00:35:04	<b>00:46:32.05</b>	<b>00:46:44.75</b>	+00:12:52 (27.7%)	4:39	12.9 (72.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 2.5km	Finish_All 5km	Finish_All 7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
45	<b>POKOJSKI Łukasz</b>	<b>288</b>	RUNRUMIA	M-Open	40	00:00:03	00:10:45	00:22:35	00:34:44	<b>00:46:47.60</b>	<b>00:46:51.55</b>	+00:13:08 (28.1%)	4:40	12.8 (71.9%)
46	<b>GOŹDZIEWSKI Jakub</b>	<b>85</b>		M-Open	41	00:00:08	00:11:18	00:23:00	00:34:57	<b>00:46:54.35</b>	<b>00:47:02.75</b>	+00:13:14 (28.2%)	4:41	12.8 (71.9%)
47	<b>RYCHTER Wiesław</b>	<b>313</b>	BUCHALTER	M-Open	42	00:00:17	00:11:51	00:23:32	00:35:24	<b>00:47:08.65</b>	<b>00:47:26.40</b>	+00:13:29 (28.6%)	4:42	12.7 (71.3%)
48	<b>LISOWIEC Robert</b>	<b>202</b>		M-Open	43	00:00:03	00:11:22	00:23:02	00:35:02	<b>00:47:11.25</b>	<b>00:47:14.90</b>	+00:13:31 (28.7%)	4:43	12.7 (71.3%)
49	<b>KWIATKOWSKI Michał</b>	<b>185</b>		M-Open	44	00:00:05	00:10:53	00:22:30	00:34:43	<b>00:47:17.00</b>	<b>00:47:22.60</b>	+00:13:37 (28.8%)	4:43	12.7 (71.3%)
50	<b>NAWROT Witold</b>	<b>246</b>	JUST 5	M-Open	45	00:00:11	00:11:43	00:23:44	00:35:49	<b>00:47:20.75</b>	<b>00:47:31.80</b>	+00:13:41 (28.9%)	4:44	12.7 (71.3%)
51	<b>ZALEWSKI Michał</b>	<b>421</b>	DOBRY PRETEXT DO BIEGANIA	M-Open	46	00:00:11	00:11:57	00:23:56	00:35:54	<b>00:47:26.25</b>	<b>00:47:37.70</b>	+00:13:46 (29.0%)	4:44	12.6 (70.8%)
52	<b>BRYLSKI Filip</b>	<b>27</b>		M-Open	47	00:00:08	00:11:32	00:23:31	00:35:49	<b>00:47:30.00</b>	<b>00:47:38.90</b>	+00:13:50 (29.1%)	4:45	12.6 (70.8%)
53	<b>CHMURA Krzysztof</b>	<b>35</b>		M-Open	48	00:00:07	00:11:30	00:23:21	00:35:37	<b>00:47:35.85</b>	<b>00:47:43.65</b>	+00:13:56 (29.3%)	4:45	12.6 (70.8%)
54	<b>ZIMODRO Grzegorz</b>	<b>427</b>		M-Open	49	00:00:07	00:11:30	00:23:21	00:35:37	<b>00:47:36.55</b>	<b>00:47:44.05</b>	+00:13:57 (29.3%)	4:45	12.6 (70.8%)
55	<b>PIECHOWICZ Waldemar</b>	<b>275</b>		M-Open	50	00:00:07	00:11:30	00:23:21	00:35:37	<b>00:47:42.10</b>	<b>00:47:49.50</b>	+00:14:02 (29.4%)	4:46	12.6 (70.8%)
56	<b>NIJAK Maciej</b>	<b>251</b>		M-Open	51	00:00:10	00:11:10	00:23:14	00:35:57	<b>00:48:22.20</b>	<b>00:48:32.25</b>	+00:14:42 (30.4%)	4:50	12.4 (69.7%)
57	<b>NIEWIADOMSKI Patryk</b>	<b>247</b>	BIEGAJĄCY TCZEW	M-Open	52	00:00:04	00:11:22	00:23:11	00:35:44	<b>00:48:25.35</b>	<b>00:48:30.00</b>	+00:14:45 (30.5%)	4:50	12.4 (69.7%)
58	<b>FLORYSZCZYK Daniel</b>	<b>64</b>		M-Open	53	00:00:18	00:12:26	00:24:13	00:36:24	<b>00:48:28.30</b>	<b>00:48:47.00</b>	+00:14:48 (30.6%)	4:50	12.4 (69.7%)
59	<b>FRANCUZ Maciej</b>	<b>66</b>		M-Open	54	00:00:09	00:11:31	00:23:31	00:35:58	<b>00:48:29.70</b>	<b>00:48:38.70</b>	+00:14:50 (30.6%)	4:50	12.4 (69.7%)
60	<b>ZABOROWSKI Mariusz</b>	<b>419</b>		M-Open	55	00:00:13	00:11:10	00:23:05	00:36:17	<b>00:48:46.55</b>	<b>00:49:00.20</b>	+00:15:07 (31.0%)	4:52	12.3 (69.1%)
61	<b>ROWIŃSKI Robert</b>	<b>307</b>	FC CIOTY	M-Open	56	00:00:20	00:12:05	00:24:22	00:36:42	<b>00:48:53.80</b>	<b>00:49:13.80</b>	+00:15:14 (31.2%)	4:53	12.3 (69.1%)
62	<b>KRZYŻANOWSKA Roksana</b>	<b>169</b>	ŻARTA WATAHA	K-Open	6	00:00:10	00:11:59	00:24:16	00:36:34	<b>00:48:54.65</b>	<b>00:49:05.25</b>	+00:15:15 (31.2%)	4:53	12.3 (69.1%)
63	<b>STROJNOWSKI Konrad</b>	<b>343</b>		M-Open	57	00:00:04	00:11:36	00:24:09	00:36:49	<b>00:48:55.55</b>	<b>00:49:00.20</b>	+00:15:16 (31.2%)	4:53	12.3 (69.1%)
64	<b>POCHOPIEŃ Mira</b>	<b>286</b>		K-Open	7	00:00:21	00:12:17	00:24:27	00:36:49	<b>00:49:11.85</b>	<b>00:49:33.25</b>	+00:15:32 (31.6%)	4:55	12.2 (68.5%)
65	<b>GÓRTOWSKI Remigiusz</b>	<b>87</b>	NESTRUN	M-Open	58	00:00:28	00:12:03	00:24:08	00:36:57	<b>00:49:20.60</b>	<b>00:49:48.80</b>	+00:15:41 (31.8%)	4:56	12.2 (68.5%)
66	<b>CZEKAJ Przemysław</b>	<b>38</b>		M-Open	59	00:00:12	00:13:03	00:25:09	00:37:26	<b>00:49:24.20</b>	<b>00:49:36.80</b>	+00:15:44 (31.9%)	4:56	12.1 (68.0%)
67	<b>GOLIŃSKI Łukasz</b>	<b>82</b>	ŻARTA WATAHA	M-Open	60	00:00:10	00:11:59	00:24:16	00:37:02	<b>00:49:30.70</b>	<b>00:49:41.30</b>	+00:15:51 (32.0%)	4:57	12.1 (68.0%)
68	<b>PUCHOWSKA Ewelina</b>	<b>298</b>	APTEKA GEMINI	K-Open	8	00:00:14	00:12:29	00:24:56	00:37:29	<b>00:49:54.75</b>	<b>00:50:09.55</b>	+00:16:15 (32.6%)	4:59	12 (67.4%)
69	<b>TORŁOP Przemysław</b>	<b>374</b>	GRUPA TRÓJMIASTO	M-Open	61	00:00:14	00:12:05	00:24:26	00:37:08	<b>00:50:03.65</b>	<b>00:50:18.35</b>	+00:16:24 (32.8%)	5:00	12 (67.4%)
69	<b>OWCZARCZYK Jakub</b>	<b>258</b>		M-Open	62	00:00:16	00:13:09	00:25:39	00:38:08	<b>00:50:03.65</b>	<b>00:50:20.60</b>	+00:16:24 (32.8%)	5:00	12 (67.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 2.5km	Finish_All 5km	Finish_All 7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
71	<b>GAPSKA Anna</b>	<b>73</b>	GRUBA BIEGOWA 65	K-Open	9	00:00:11	00:12:21	00:24:51	00:37:36	<b>00:50:04.90</b>	<b>00:50:16.50</b>	+00:16:25 (32.8%)	5:00	12 (67.4%)
72	<b>WITKOWSKI Robert</b>	<b>402</b>		M-Open	63	00:00:16	00:13:13	00:25:39	00:38:04	<b>00:50:07.75</b>	<b>00:50:24.55</b>	+00:16:28 (32.9%)	5:00	12 (67.4%)
73	<b>LADZIŃSKI Zbigniew</b>	<b>189</b>		M-Open	64	00:00:09	00:12:01	00:24:45	00:37:35	<b>00:50:21.70</b>	<b>00:50:31.45</b>	+00:16:42 (33.2%)	5:02	11.9 (66.9%)
74	<b>.PACZUL Sebastian</b>	<b>260</b>	DĄBROWSKI TEAM	M-Open	65	00:00:14	00:12:33	00:25:11	00:37:58	<b>00:50:22.95</b>	<b>00:50:37.40</b>	+00:16:43 (33.2%)	5:02	11.9 (66.9%)
75	<b>GARNCAREK Paweł</b>	<b>434</b>		M-Open	66	00:00:30	00:12:59	00:25:33	00:38:16	<b>00:50:29.55</b>	<b>00:50:59.85</b>	+00:16:50 (33.3%)	5:02	11.9 (66.9%)
76	<b>SOŁTYSIAK Natalia</b>	<b>333</b>		K-Open	10	00:00:05	00:11:51	00:24:41	00:37:52	<b>00:50:46.10</b>	<b>00:50:51.60</b>	+00:17:06 (33.7%)	5:04	11.8 (66.3%)
77	<b>KACZYŃSKI Piotr</b>	<b>120</b>		M-Open	67	00:00:15	00:12:33	00:25:26	00:38:14	<b>00:50:50.00</b>	<b>00:51:05.50</b>	+00:17:10 (33.8%)	5:05	11.8 (66.3%)
78	<b>EST Azb</b>	<b>60</b>	TRIMAMA	M-Open	68	00:00:14	00:12:31	00:25:21	00:38:13	<b>00:50:55.20</b>	<b>00:51:09.85</b>	+00:17:15 (33.9%)	5:05	11.8 (66.3%)
79	<b>TICHANÓW Piotr</b>	<b>370</b>		M-Open	69	00:00:24	00:13:13	00:26:00	00:39:00	<b>00:51:36.55</b>	<b>00:52:00.85</b>	+00:17:57 (34.8%)	5:09	11.6 (65.2%)
80	<b>ŚPIEWAK Bartosz</b>	<b>358</b>	AIC TEAM	M-Open	70	00:00:17	00:12:25	00:25:37	00:39:14	<b>00:51:46.15</b>	<b>00:52:03.65</b>	+00:18:06 (35.0%)	5:10	11.6 (65.2%)
81	<b>TREICHEL Patryk</b>	<b>376</b>	AIC TEAM	M-Open	71	00:00:16	00:12:26	00:25:38	00:39:15	<b>00:52:00.45</b>	<b>00:52:16.70</b>	+00:18:20 (35.3%)	5:12	11.5 (64.6%)
82	<b>LABUDA Łukasz</b>	<b>188</b>	SAINT-GOBAIN SQUAD	M-Open	72	00:00:19	00:12:42	00:25:50	00:39:10	<b>00:52:05.30</b>	<b>00:52:24.75</b>	+00:18:25 (35.4%)	5:12	11.5 (64.6%)
83	<b>ROGALSKA Magdalena</b>	<b>335</b>	RUN BEACH MORNING TEAM	K-Open	11	00:00:02	00:12:53	00:26:10	00:39:44	<b>00:52:12.45</b>	<b>00:52:14.45</b>	+00:18:32 (35.5%)	5:13	11.5 (64.6%)
84	<b>OLEJARCZYK Piotr</b>	<b>254</b>		M-Open	73	00:00:13	00:12:34	00:25:36	00:38:55	<b>00:52:20.15</b>	<b>00:52:33.60</b>	+00:18:40 (35.7%)	5:14	11.5 (64.6%)
85	<b>LENKIEWICZ Ryszard</b>	<b>193</b>		M-Open	74	00:00:15	00:12:51	00:26:09	00:39:22	<b>00:52:22.75</b>	<b>00:52:38.40</b>	+00:18:43 (35.7%)	5:14	11.5 (64.6%)
86	<b>ZYGNERSKI Tomasz</b>	<b>428</b>	MŁODE WILKI	M-Open	75	00:00:12	00:13:24	00:26:20	00:39:31	<b>00:52:25.20</b>	<b>00:52:37.30</b>	+00:18:45 (35.8%)	5:14	11.4 (64.0%)
87	<b>PIELGRZYMOWSKI Wojciech</b>	<b>278</b>		M-Open	76	00:00:17	00:13:14	00:26:12	00:39:22	<b>00:52:29.75</b>	<b>00:52:47.15</b>	+00:18:50 (35.9%)	5:15	11.4 (64.0%)
88	<b>ANDRZEJEWSKI Paweł</b>	<b>1</b>	MŁODE WILKI	M-Open	77	00:00:11	00:13:25	00:26:22	00:39:32	<b>00:52:31.50</b>	<b>00:52:43.25</b>	+00:18:51 (35.9%)	5:15	11.4 (64.0%)
89	<b>MACIAG Monika</b>	<b>217</b>		K-Open	12	00:00:06	00:12:18	00:25:24	00:39:05	<b>00:52:50.85</b>	<b>00:52:56.85</b>	+00:19:11 (36.3%)	5:17	11.4 (64.0%)
90	<b>PAWLA Krystyna</b>	<b>268</b>		K-Open	13	00:00:05	00:13:10	00:26:27	00:39:51	<b>00:52:56.35</b>	<b>00:53:02.15</b>	+00:19:16 (36.4%)	5:17	11.3 (63.5%)
91	<b>KUROWSKI Wojciech</b>	<b>180</b>	WATAHA	M-Open	78	00:00:22	00:12:35	00:25:40	00:39:31	<b>00:53:04.90</b>	<b>00:53:27.50</b>	+00:19:25 (36.6%)	5:18	11.3 (63.5%)
92	<b>KLOS Tomasz</b>	<b>135</b>		M-Open	79	00:00:11	00:12:40	00:25:57	00:39:38	<b>00:53:13.90</b>	<b>00:53:25.20</b>	+00:19:34 (36.8%)	5:19	11.3 (63.5%)
93	<b>KOWSZ Gabriela</b>	<b>157</b>		K-Open	14	00:00:26	00:13:49	00:27:24	00:40:46	<b>00:53:21.50</b>	<b>00:53:47.50</b>	+00:19:41 (36.9%)	5:20	11.2 (62.9%)
94	<b>WIŚNIEWSKI Arkadiusz</b>	<b>399</b>		M-Open	80	00:00:23	00:13:53	00:27:07	00:40:19	<b>00:53:21.55</b>	<b>00:53:45.45</b>	+00:19:42 (36.9%)	5:20	11.2 (62.9%)
95	<b>MARCINIAK Michał</b>	<b>230</b>	DMOWSZCZYCY I ENDECY	M-Open	81	00:00:25	00:13:48	00:27:18	00:40:49	<b>00:53:21.60</b>	<b>00:53:46.65</b>	+00:19:42 (36.9%)	5:20	11.2 (62.9%)
96	<b>KOWALSKI Szymon</b>	<b>156</b>	RUN BEACH MORNING TEAM	M-Open	82	00:00:02	00:12:53	00:26:12	00:39:56	<b>00:53:25.25</b>	<b>00:53:27.50</b>	+00:19:45 (37.0%)	5:20	11.2 (62.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 2.5km	Finish_All 5km	Finish_All 7.5km	Czas		Różn	Tempo min/km	Tempo km/h
										netto 10km	brutto 10km			
97	<b>ŁUKASZEWICZ Barbara</b>	<b>216</b>		K-Open	15	00:00:15	00:13:09	00:26:21	00:39:45	<b>00:53:25.40</b>	<b>00:53:41.00</b>	+00:19:45 (37.0%)	5:20	11.2 (62.9%)
98	<b>OLSZEWSKI Mateusz</b>	<b>255</b>	RUN BEACH MORNING TEAM	M-Open	83	00:00:11	00:13:46	00:27:49	00:41:18	<b>00:53:41.85</b>	<b>00:53:52.95</b>	+00:20:02 (37.3%)	5:22	11.2 (62.9%)
99	<b>GRABOWSKA Małgorzata</b>	<b>88</b>		K-Open	16	00:00:08	00:13:03	00:26:33	00:40:10	<b>00:53:48.15</b>	<b>00:53:57.00</b>	+00:20:08 (37.4%)	5:22	11.1 (62.4%)
100	<b>BOROWIK Krzysztof</b>	<b>21</b>	RYSZARD BIEGAJ	M-Open	84	00:00:11	00:14:00	00:27:51	00:41:12	<b>00:53:49.35</b>	<b>00:54:00.85</b>	+00:20:09 (37.5%)	5:22	11.1 (62.4%)
101	<b>SCHULZ Maciej</b>	<b>323</b>	SQUADRA DI AMICI	M-Open	85	00:00:13	00:13:49	00:27:23	00:41:10	<b>00:54:08.80</b>	<b>00:54:22.55</b>	+00:20:29 (37.8%)	5:24	11.1 (62.4%)
102	<b>KOZIOŁ Krzysztof</b>	<b>162</b>		M-Open	86	00:00:06	00:12:30	00:26:07	00:40:23	<b>00:54:23.55</b>	<b>00:54:29.85</b>	+00:20:44 (38.1%)	5:26	11 (61.8%)
103	<b>DĄBKOWSKA Aleksandra</b>	<b>42</b>		K-Open	17	00:00:16	00:13:48	00:27:10	00:40:55	<b>00:54:32.85</b>	<b>00:54:48.85</b>	+00:20:53 (38.3%)	5:27	11 (61.8%)
104	<b>KOMIN Ewa</b>	<b>141</b>		K-Open	18	00:00:11	00:13:18	00:26:42	00:40:53	<b>00:54:37.65</b>	<b>00:54:49.25</b>	+00:20:58 (38.4%)	5:27	11 (61.8%)
104	<b>BACZEWSKI Jacek</b>	<b>4</b>	MŁODE WILKI	M-Open	87	00:00:12	00:13:51	00:27:24	00:40:55	<b>00:54:37.65</b>	<b>00:54:50.20</b>	+00:20:58 (38.4%)	5:27	11 (61.8%)
106	<b>WOJCIECHOWSKI Mariusz</b>	<b>432</b>		M-Open	88	00:00:14	00:13:57	00:28:32	00:42:47	<b>00:54:58.85</b>	<b>00:55:13.80</b>	+00:21:19 (38.8%)	5:29	10.9 (61.2%)
107	<b>WALENTYNOWICZ Aneta</b>	<b>385</b>		K-Open	19	00:00:13	00:13:50	00:27:23	00:41:19	<b>00:55:24.25</b>	<b>00:55:38.20</b>	+00:21:44 (39.2%)	5:32	10.8 (60.7%)
108	<b>DYGUŁA Bartosz</b>	<b>55</b>	49 BLOT.	M-Open	89	00:00:19	00:13:54	00:27:48	00:41:42	<b>00:55:43.05</b>	<b>00:56:03.00</b>	+00:22:03 (39.6%)	5:34	10.8 (60.7%)
109	<b>GRYCNER Piotr</b>	<b>97</b>	ROCOCO	M-Open	90	00:00:20	00:14:08	00:28:20	00:42:27	<b>00:56:09.55</b>	<b>00:56:29.70</b>	+00:22:30 (40.1%)	5:36	10.7 (60.1%)
110	<b>RUCHLEWICZ Urszula</b>	<b>310</b>		K-Open	20	00:00:08	00:13:27	00:27:34	00:41:52	<b>00:56:25.20</b>	<b>00:56:33.35</b>	+00:22:45 (40.3%)	5:38	10.6 (59.6%)
111	<b>RYDZEWSKI Dawid</b>	<b>315</b>		M-Open	91	00:00:04	00:14:03	00:27:52	00:42:03	<b>00:56:28.45</b>	<b>00:56:32.90</b>	+00:22:48 (40.4%)	5:38	10.6 (59.6%)
112	<b>PAWLUKOWSKI Zbigniew</b>	<b>270</b>		M-Open	92	00:00:19	00:13:18	00:26:43	00:42:02	<b>00:56:43.75</b>	<b>00:57:03.15</b>	+00:23:04 (40.7%)	5:40	10.6 (59.6%)
113	<b>BŁAWAT Marcin</b>	<b>14</b>		M-Open	93	00:00:10	00:15:58	00:29:53	00:43:46	<b>00:56:47.20</b>	<b>00:56:57.50</b>	+00:23:07 (40.7%)	5:40	10.6 (59.6%)
114	<b>KUCHTA Małgorzata</b>	<b>172</b>		K-Open	21	00:00:15	00:14:00	00:28:15	00:42:34	<b>00:56:55.10</b>	<b>00:57:10.50</b>	+00:23:15 (40.9%)	5:41	10.5 (59.0%)
115	<b>KUKLIS Tomek</b>	<b>178</b>	PETROSTAL OLIWA HOCKEY TEAM	M-Open	94	00:00:18	00:14:04	00:28:23	00:42:47	<b>00:57:21.40</b>	<b>00:57:39.90</b>	+00:23:41 (41.3%)	5:44	10.5 (59.0%)
116	<b>WIŚNIEWSKA Kinga</b>	<b>401</b>		K-Open	22	00:00:23	00:14:53	00:29:08	00:43:25	<b>00:57:22.75</b>	<b>00:57:46.30</b>	+00:23:43 (41.3%)	5:44	10.5 (59.0%)
117	<b>TARASOW Marcin</b>	<b>364</b>		M-Open	95	00:00:15	00:14:15	00:28:45	00:43:29	<b>00:57:23.10</b>	<b>00:57:38.35</b>	+00:23:43 (41.3%)	5:44	10.5 (59.0%)
118	<b>GRZELAK Marta</b>	<b>400</b>		M-Open	96	00:00:14	00:13:58	00:28:34	00:43:26	<b>00:57:50.70</b>	<b>00:58:05.45</b>	+00:24:11 (41.8%)	5:47	10.4 (58.4%)
119	<b>DRZEWIECKI Dominik</b>	<b>52</b>		M-Open	97	00:00:04	00:14:03	00:28:35	00:43:26	<b>00:58:05.40</b>	<b>00:58:09.70</b>	+00:24:25 (42.1%)	5:48	10.3 (57.9%)
120	<b>KOZDEMBA Emilia</b>	<b>159</b>		K-Open	23	00:00:20	00:14:02	00:28:41	00:43:35	<b>00:58:24.75</b>	<b>00:58:44.95</b>	+00:24:45 (42.4%)	5:50	10.3 (57.9%)
121	<b>GADOMSKA Ewa</b>	<b>70</b>		K-Open	24	00:00:15	00:14:00	00:28:15	00:43:16	<b>00:58:42.60</b>	<b>00:58:58.25</b>	+00:25:03 (42.7%)	5:52	10.2 (57.3%)
122	<b>WYSOCKI Mieczysław</b>	<b>418</b>		M-Open	98	00:00:06	00:13:47	00:28:23	00:43:32	<b>00:58:51.65</b>	<b>00:58:58.55</b>	+00:25:12 (42.8%)	5:53	10.2 (57.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 2.5km	Finish_All 5km	Finish_All 7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
123	WYSOCKA Dorota	415		K-Open	25	00:00:07	00:13:57	00:28:41	00:43:51	00:59:10.95	00:59:18.30	+00:25:31 (43.1%)	5:55	10.1 (56.7%)
124	RYDZEWSKA Barbara	314		K-Open	26	00:00:05	00:14:02	00:28:34	00:43:48	00:59:21.50	00:59:27.20	+00:25:41 (43.3%)	5:56	10.1 (56.7%)
125	GOLASZ Halina	81	3MIEJSKIE KOLOROWE BIEGACZKI	K-Open	27	00:00:14	00:14:10	00:29:02	00:44:16	00:59:26.00	00:59:40.45	+00:25:46 (43.4%)	5:56	10.1 (56.7%)
126	RADAWIEC Marcin	300		M-Open	99	00:00:28	00:14:26	00:29:27	00:44:44	01:00:06.00	01:00:34.75	+00:26:26 (44.0%)	6:00	10 (56.2%)
127	OSTROWSKA Katarzyna	256	MŁODE WILKI	M-Open	100	00:00:13	00:15:24	00:31:50	00:47:27	01:00:19.70	01:00:32.70	+00:26:40 (44.2%)	6:01	9.9 (55.6%)
128	KUŹNIEWSKI Konrad	182		M-Open	101	00:00:08	00:13:48	00:29:14	00:45:27	01:02:42.55	01:02:51.40	+00:29:03 (46.3%)	6:16	9.6 (53.9%)
129	GALLAS Ewa	72		K-Open	28	00:00:14	00:15:58	00:31:53	00:48:04	01:04:14.35	01:04:28.70	+00:30:34 (47.6%)	6:25	9.3 (52.2%)
130	BRUSKA Justyna	26	MŁODE WILKI	K-Open	29	00:00:13	00:15:24	00:31:50	00:48:14	01:04:56.55	01:05:09.70	+00:31:17 (48.2%)	6:29	9.2 (51.7%)
131	JANECZKO Małgorzata	115	PARAMORALNI	K-Open	30	00:00:18	00:15:35	00:32:08	00:48:45	01:05:28.60	01:05:47.40	+00:31:49 (48.6%)	6:32	9.2 (51.7%)
132	SZCZĘSNY Tadeusz	351	KACPERY	M-Open	102	00:00:25	00:16:25	00:32:57	00:49:24	01:06:11.90	01:06:37.60	+00:32:32 (49.2%)	6:37	9.1 (51.1%)
133	FALKOWSKA Alicja	61		K-Open	31	00:00:10	00:15:32	00:32:30	00:49:30	01:06:14.40	01:06:24.55	+00:32:34 (49.2%)	6:37	9.1 (51.1%)
134	HOROWSKI Krzysztof	106		M-Open	103	00:00:30	00:15:46	00:32:59	00:50:44	01:09:00.60	01:09:31.35	+00:35:21 (51.2%)	6:54	8.7 (48.9%)
135	WAWRYNIUK Emilia	391		K-Open	32	00:00:13	00:17:36	00:34:49	00:53:07	01:10:21.85	01:10:35.50	+00:36:42 (52.2%)	7:02	8.5 (47.8%)
136	DĄBKOWSKA Anna	43		K-Open	33	00:00:19	00:17:04	00:35:02	00:54:16	01:11:31.15	01:11:50.30	+00:37:51 (52.9%)	7:09	8.4 (47.2%)
137	KOJRO Aleksandra	140		K-Open	34	00:00:19	00:17:04	00:35:02	00:54:16	01:11:31.20	01:11:50.60	+00:37:51 (52.9%)	7:09	8.4 (47.2%)
138	WEILADW Karina	276		M-Open	104	00:00:03	00:12:28	00:25:38				+00:09:03	5:07	11.7 (65.7%)
139	DUDANIEC Emilia	54		K-Open	35	00:00:00	00:12:57	00:27:46				+	5:33	10.8 (60.7%)
140	PIASECKA Agata	273		K-Open	36	00:00:26	00:15:26	00:31:10				+00:14:36	6:14	9.6 (53.9%)
141	URBAŃSKA Beata	383		K-Open	37	00:00:17	00:15:33	00:33:09				+00:16:34	6:37	9 (50.6%)

Znaleziono 141 wynik(ów)