



# WILCZYM TROPEM - 10 KM

B4SPORT

**Event:** Wilczym Tropem  
**Organiser:** Stowarzyszenie Nasza Świerczyna  
**Date:** 2017-09-16  
**Place:** Świerczyna  
**Distance:** 10 km

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

Classification: All

Place	Participant	Number	Club	Category	MCat	Start time	Finish_All 5km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	KUBIAK Piotr	93	PRECON POLSKA-JASTROWIE	M30-39	1	00:00:01	00:21:31	<b>00:43:48.80</b>	<b>00:43:50.50</b>		4:22	13.7 (100%)
2	HOFMAN Darek	85	WAŁECKA ŚCIEMA/GOGGLE PRO ACTIVE EYEWEAR	M30-39	2	00:00:01	00:21:37	<b>00:44:02.05</b>	<b>00:44:03.95</b>	+00:00:13 (0.5%)	4:24	13.6 (99.3%)
3	LUBCZYŃSKI Marek	100	TRUCHT ŁOBEZ	M40-49	1	00:00:05	00:22:05	<b>00:45:13.50</b>	<b>00:45:18.60</b>	+00:01:24 (3.1%)	4:31	13.3 (97.1%)
4	GRZESIK Eugeniusz	114		M50-59	1	00:00:01	00:22:29	<b>00:45:17.60</b>	<b>00:45:19.40</b>	+00:01:28 (3.3%)	4:31	13.2 (96.4%)
5	KRUKOWSKI Adam	73		M30-39	3	00:00:02	00:22:26	<b>00:45:21.10</b>	<b>00:45:23.60</b>	+00:01:32 (3.4%)	4:32	13.2 (96.4%)
6	PIECHOTA Mariusz	98		M40-49	2	00:00:02	00:22:07	<b>00:45:41.60</b>	<b>00:45:43.95</b>	+00:01:52 (4.1%)	4:34	13.1 (95.6%)
7	KRAUSE Robert	89	PRECON POLSKA-JASTROWIE	M40-49	3	00:00:04	00:22:25	<b>00:45:47.85</b>	<b>00:45:52.20</b>	+00:01:59 (4.3%)	4:34	13.1 (95.6%)
8	MAJEWSKI Artur	101	RUNMORS KALISZ POMORSKI / NADLEŚNICTWO MIROŚLAWIEC	M40-49	4	00:00:02	00:23:18	<b>00:46:41.15</b>	<b>00:46:43.70</b>	+00:02:52 (6.2%)	4:40	12.9 (94.2%)
9	POŁUBIŃSKI Paweł	113	BORNE BIEGA	M30-39	4	00:00:01	00:22:43	<b>00:47:00.75</b>	<b>00:47:01.75</b>	+00:03:11 (6.8%)	4:42	12.8 (93.4%)
10	GAŁAN Leszek	119		M50-59	2	00:00:03	00:23:52	<b>00:47:07.70</b>	<b>00:47:11.15</b>	+00:03:18 (7.0%)	4:42	12.7 (92.7%)
11	SZYMCZAK Arkadiusz	70	SYSTEM 11 WAŁCZ DRUGI	M16-29	1	00:00:02	00:23:21	<b>00:48:13.90</b>	<b>00:48:16.10</b>	+00:04:25 (9.2%)	4:49	12.4 (90.5%)
12	OSTROWSKI Marian	115		M60-69	1	00:00:02	00:24:05	<b>00:48:55.60</b>	<b>00:48:58.40</b>	+00:05:06 (10.5%)	4:53	12.3 (89.8%)
13	SULIK Krzysztof	124	OD AMATORA DO HARDCORA	M30-39	5	00:00:03	00:24:26	<b>00:49:29.65</b>	<b>00:49:32.75</b>	+00:05:40 (11.5%)	4:56	12.1 (88.3%)
14	JESIONKA Jarosław	69		M40-49	5	00:00:03	00:24:24	<b>00:49:57.35</b>	<b>00:50:00.45</b>	+00:06:08 (12.3%)	4:59	12 (87.6%)

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15	<b>OSTAFI Robert</b>	<b>107</b>	ATF TEAM	M30-39	6	00:00:03	00:24:48	<b>00:50:36.00</b>	<b>00:50:39.25</b>	+00:06:47 (13.4%)	5:03	11.9 (86.9%)
16	<b>CZERCHAWSKI Janusz</b>	<b>68</b>		M40-49	6	00:00:05	00:25:39	<b>00:51:22.05</b>	<b>00:51:27.30</b>	+00:07:33 (14.7%)	5:08	11.7 (85.4%)
17	<b>CYGAN Gosia</b>	<b>112</b>	BORNE BIEGA	K30-39	1	00:00:03	00:25:37	<b>00:52:14.65</b>	<b>00:52:17.85</b>	+00:08:25 (16.1%)	5:13	11.5 (83.9%)
18	<b>PAULIŃSKI Przemysław</b>	<b>94</b>		M30-39	7	00:00:04	00:25:24	<b>00:52:50.30</b>	<b>00:52:54.95</b>	+00:09:01 (17.1%)	5:17	11.4 (83.2%)
19	<b>PAWŁOWSKI Rafał</b>	<b>83</b>	WAŁECKA ŚCIEMA	M40-49	7	00:00:06	00:26:40	<b>00:53:40.70</b>	<b>00:53:47.50</b>	+00:09:51 (18.4%)	5:22	11.2 (81.8%)
20	<b>SZYMCZAK Krzysztof</b>	<b>71</b>	SYSTEM 11 WAŁCZ DRUGI	M50-59	3	00:00:03	00:26:10	<b>00:53:43.35</b>	<b>00:53:47.30</b>	+00:09:54 (18.4%)	5:22	11.2 (81.8%)
21	<b>TWARDOWSKI Jacek</b>	<b>86</b>		M60-69	2	00:00:06	00:26:41	<b>00:54:20.25</b>	<b>00:54:26.60</b>	+00:10:31 (19.4%)	5:26	11 (80.3%)
22	<b>SZŁAPAK Krzysztof</b>	<b>109</b>		M50-59	4	00:00:03	00:26:36	<b>00:54:56.05</b>	<b>00:54:59.60</b>	+00:11:07 (20.2%)	5:29	10.9 (79.6%)
23	<b>DOLEŻAN Dominika</b>	<b>118</b>	ZDRUN EXTREME	K30-39	2	00:00:01	00:26:56	<b>00:55:06.55</b>	<b>00:55:08.35</b>	+00:11:17 (20.5%)	5:30	10.9 (79.6%)
24	<b>HAŁKA Justyna</b>	<b>87</b>		K30-39	3	00:00:04	00:27:10	<b>00:55:21.35</b>	<b>00:55:25.75</b>	+00:11:32 (20.9%)	5:32	10.8 (78.8%)
25	<b>KOZAK Marta</b>	<b>121</b>	ZDRUN EXTREME	K30-39	4	00:00:02	00:27:16	<b>00:56:19.45</b>	<b>00:56:21.80</b>	+00:12:30 (22.2%)	5:37	10.7 (78.1%)
26	<b>PAZIEWSKI Lech</b>	<b>126</b>		M50-59	5	00:00:02	00:26:47	<b>00:56:28.90</b>	<b>00:56:31.00</b>	+00:12:40 (22.4%)	5:38	10.6 (77.4%)
27	<b>WIĘZIK Henryk</b>	<b>105</b>		M70+	1	00:00:06	00:28:18	<b>00:56:30.35</b>	<b>00:56:36.85</b>	+00:12:41 (22.5%)	5:39	10.6 (77.4%)
28	<b>KACZOR Sławomir</b>	<b>122</b>		M40-49	8	00:00:05	00:28:28	<b>00:57:10.50</b>	<b>00:57:16.05</b>	+00:13:21 (23.4%)	5:43	10.5 (76.6%)
29	<b>DAWID Mróz</b>	<b>108</b>	ATF TEAM	M40-49	9	00:00:04	00:28:02	<b>00:57:19.70</b>	<b>00:57:23.85</b>	+00:13:30 (23.6%)	5:43	10.5 (76.6%)
30	<b>RUTKOWSKA Anna</b>	<b>77</b>	WAŁECKA ŚCIEMA	K40-49	1	00:00:05	00:28:06	<b>00:57:25.60</b>	<b>00:57:30.95</b>	+00:13:36 (23.7%)	5:44	10.4 (75.9%)
31	<b>ZADROŻNY Szymon</b>	<b>76</b>	WAŁECKA ŚCIEMA	M30-39	8	00:00:04	00:28:07	<b>00:57:27.25</b>	<b>00:57:31.80</b>	+00:13:38 (23.7%)	5:44	10.4 (75.9%)
32	<b>HAŁKA Arkadiusz</b>	<b>88</b>		M40-49	10	00:00:07	00:28:34	<b>00:57:51.25</b>	<b>00:57:59.00</b>	+00:14:02 (24.3%)	5:47	10.4 (75.9%)
33	<b>DRACZYŃSKI Zygmunt</b>	<b>102</b>	TRUCHT ŁOBEZ	M60-69	3	00:00:07	00:28:36	<b>00:58:45.90</b>	<b>00:58:53.15</b>	+00:14:57 (25.4%)	5:52	10.2 (74.5%)
34	<b>SZŁAPAK Beata</b>	<b>110</b>		K40-49	2	00:00:02	00:28:02	<b>00:58:48.95</b>	<b>00:58:51.60</b>	+00:15:00 (25.5%)	5:52	10.2 (74.5%)
35	<b>JUSZCZAK Krzysztof</b>	<b>84</b>		M60-69	4	00:00:07	00:28:30	<b>00:59:22.75</b>	<b>00:59:30.15</b>	+00:15:33 (26.2%)	5:56	10.1 (73.7%)
36	<b>GAŁAN Joanna</b>	<b>120</b>		K50-59	1	00:00:07	00:30:06	<b>01:00:01.60</b>	<b>01:00:08.70</b>	+00:16:12 (27.0%)	6:00	10 (73.0%)
37	<b>SKRZYPA Dariusz</b>	<b>90</b>	PRECON POLSKA-JASTROWIE	M30-39	9	00:00:06	00:28:38	<b>01:00:08.55</b>	<b>01:00:14.75</b>	+00:16:19 (27.2%)	6:00	10 (73.0%)

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38	<b>PLECETY Andrzej</b>	<b>91</b>	PRECON POLSKA-JASTROWIE	M50-59	6	00:00:06	00:29:09	<b>01:00:45.10</b>	<b>01:00:51.15</b>	+00:16:56 (27.9%)	6:04	9.9 (72.3%)
39	<b>AUGUSTYNIAK Dariusz</b>	<b>106</b>		M40-49	11	00:00:04	00:29:41	<b>01:00:56.30</b>	<b>01:01:00.35</b>	+00:17:07 (28.1%)	6:05	9.8 (71.5%)
40	<b>KANIA-JESIONKA Anna</b>	<b>80</b>		K30-39	5	00:00:03	00:30:29	<b>01:01:42.30</b>	<b>01:01:45.40</b>	+00:17:53 (29.0%)	6:10	9.7 (70.8%)
41	<b>MATYSEK Ireneusz</b>	<b>96</b>		M50-59	7	00:00:05	00:30:13	<b>01:02:27.65</b>	<b>01:02:32.90</b>	+00:18:38 (29.9%)	6:14	9.6 (70.1%)
42	<b>BARTOSIAK Tomasz</b>	<b>99</b>		M40-49	12	00:00:06	00:30:34	<b>01:03:35.95</b>	<b>01:03:42.60</b>	+00:19:47 (31.1%)	6:21	9.4 (68.6%)
43	<b>HNAT Rafał</b>	<b>79</b>	WAŁECKA ŚCIEMA	M40-49	13	00:00:06	00:30:55	<b>01:05:11.15</b>	<b>01:05:17.40</b>	+00:21:22 (32.8%)	6:31	9.2 (67.2%)
44	<b>PODGAJNY Dominik</b>	<b>95</b>		M30-39	10	00:00:04	00:31:38	<b>01:07:01.25</b>	<b>01:07:05.90</b>	+00:23:12 (34.6%)	6:42	9 (65.7%)
45	<b>NOWAK Marek</b>	<b>111</b>		M50-59	8	00:00:05	00:32:38	<b>01:07:33.50</b>	<b>01:07:38.90</b>	+00:23:44 (35.1%)	6:45	8.9 (65.0%)
46	<b>SZYMCZAK Anna</b>	<b>72</b>	SYSTEM 11 WAŁCZ DRUGI	K40-49	3	00:00:05	00:33:59	<b>01:25:11.80</b>	<b>01:25:17.35</b>	+00:41:23 (48.6%)	8:31	7 (51.1%)
47	<b>BEDNARZ Katarzyna</b>	<b>97</b>		K40-49	4	00:00:07	00:34:41	<b>01:25:13.85</b>	<b>01:25:21.00</b>	+00:41:25 (48.6%)	8:31	7 (51.1%)

Total 47 results.