



X BIEGI ULICZNE - BIEG GŁÓWNY 10KM

B4SPORT

Wydarzenie: X Biegi Uliczne im. Antoniego Nawrockiego
Organizator: MUKS „Start” Solec Kujawski
Data: 2024-06-09
Miejsce: Solec Kujawski
Dystans: 10 km

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina Solec Kujawski	Pętla 1 2.5km	Pętla 2 5km	Pętla 3 7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	JANUSZEWSKI Radosław	651	TEAM RUDNIK	M 20-29	1		00:08:46	00:17:49	00:26:56	00:35:50.65	00:35:52.20		3:35	16.7 (100%)
2	KWIATKOWSKI Roman	675	STOWARZYSZENIE SIŁA	M 20-29	2		00:08:52	00:17:59	00:27:08	00:36:09.95	00:36:11.80	+00:00:19 (0.9%)	3:36	16.6 (99.4%)
3	KOLMAJER Rafał	662	TEAMOCHAL	M 40-49	1		00:08:56	00:18:00	00:27:09	00:36:12.00	00:36:13.60	+00:00:21 (1.0%)	3:37	16.6 (99.4%)
4	WOŁOSZCZAK Leszek	739	6. KILOMETR	M 30-39	1		00:08:56	00:18:09	00:27:30	00:36:59.60	00:37:02.75	+00:01:10 (3.2%)	3:41	16.2 (97.0%)
5	KMITTA Leszek	661	STOWARZYSZENIE SIŁA	M 30-39	2		00:09:06	00:18:25	00:27:51	00:37:08.90	00:37:10.85	+00:01:18 (3.5%)	3:42	16.2 (97.0%)
6	JAKUBOWSKI Karol	650	ALTOM GNIEZNO	M 40-49	2		00:09:08	00:18:25	00:27:50	00:37:09.70	00:37:11.60	+00:01:19 (3.6%)	3:42	16.2 (97.0%)
7	GRZELAK Łukasz	645		M 30-39	3		00:09:17	00:18:42	00:28:14	00:37:37.20	00:37:42.30	+00:01:50 (4.9%)	3:45	16 (95.8%)
8	DEPTUŁA Grzegorz	636	VII LICEUM OGÓLNOKSZTAŁCĄCE W BYDGOSZCZY	M 40-49	3		00:09:23	00:19:10	00:28:59	00:38:35.60	00:38:36.85	+00:02:44 (7.1%)	3:51	15.6 (93.4%)
9	BANDOCH Mariusz	623		M 50-59	1	Tak	00:09:30	00:19:18	00:29:00	00:38:31.60	00:38:38.75	+00:02:46 (7.2%)	3:51	15.6 (93.4%)
10	KUŁAKOWSKI Artur	671	KS SOKÓŁ ZBLEWO	M 40-49	4		00:09:29	00:19:09	00:28:58	00:38:46.70	00:38:48.25	+00:02:56 (7.6%)	3:52	15.5 (92.8%)
11	KARCZMARCZYK Mateusz	666		M 30-39	4		00:09:28	00:19:19	00:29:14	00:39:07.20	00:39:08.35	+00:03:16 (8.4%)	3:54	15.3 (91.6%)
12	TRZCIŃSKI Jarosław	732		M 30-39	5	Tak	00:09:22	00:19:25	00:29:30	00:39:24.25	00:39:26.70	+00:03:34 (9.1%)	3:56	15.2 (91.0%)
13	KUBIAK Tomasz	669		M 40-49	5		00:10:03	00:20:01	00:30:01	00:39:57.95	00:39:57.95	+00:04:05 (10.2%)	3:59	15 (89.8%)
14	MURAWSKI Łukasz	689	BRODNICA BIEGA	M 40-49	6		00:09:59	00:20:00	00:30:01	00:39:56.40	00:40:00.05	+00:04:07 (10.3%)	3:59	15 (89.8%)
15	SZENK Marta	724		K 40-49	1		00:09:34	00:19:39	00:29:54	00:40:02.85	00:40:05.85	+00:04:13 (10.5%)	4:00	15 (89.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina Solec Kujawski	Pętla 1 2.5km	Pętla 2 5km	Pętla 3 7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
16	TESSA Karol	729	BYDGOSZCZ FAN MARATON	M 40-49	7		00:10:05	00:20:11	00:30:15	00:40:12.65	00:40:17.20	+00:04:25 (11.0%)	4:01	14.9 (89.2%)
17	SAWICKI Marcin	715		M 40-49	8		00:09:54	00:20:02	00:30:12	00:40:24.15	00:40:27.25	+00:04:35 (11.3%)	4:02	14.9 (89.2%)
18	KĄŁEK Artur	656	TM IRON TEAM	M 50-59	2		00:10:14	00:20:28	00:30:49	00:40:44.10	00:40:46.80	+00:04:54 (12.0%)	4:04	14.7 (88.0%)
19	POPA Mariusz	708		M 30-39	6		00:09:38	00:19:58	00:30:33	00:40:55.50	00:41:00.40	+00:05:08 (12.5%)	4:05	14.7 (88.0%)
20	TOMCZYK Agata	730	SLA POLONIA BYDGOSZCZ	K 30-39	1		00:09:36	00:19:58	00:30:34	00:40:59.70	00:41:01.45	+00:05:09 (12.6%)	4:05	14.6 (87.4%)
21	HAŃSKA Izabela	646	STOWARZYSZENIE SIŁA	K 30-39	2		00:10:19	00:20:31	00:30:48	00:41:02.45	00:41:08.00	+00:05:15 (12.8%)	4:06	14.6 (87.4%)
22	STACHOWICZ Wiesław	743		M 50-59	3		00:10:23	00:20:48	00:31:10	00:41:11.15	00:41:13.35	+00:05:21 (13.0%)	4:07	14.6 (87.4%)
23	RZESZOTARSKI Daniel	713	EFINANSOWI	M 40-49	9		00:09:55	00:20:29	00:31:12	00:41:34.95	00:41:37.20	+00:05:45 (13.8%)	4:09	14.4 (86.2%)
24	PANKIEWICZ Bartosz	700	BIKE U UP	M 30-39	7		00:09:59	00:20:16	00:30:59	00:41:37.90	00:41:41.20	+00:05:49 (14.0%)	4:09	14.4 (86.2%)
25	WOJEWÓDZKI Adrian	738		M 20-29	3	Tak	00:09:57	00:20:29	00:31:21	00:41:54.00	00:41:58.80	+00:06:06 (14.6%)	4:11	14.3 (85.6%)
26	SOBCZAK Monika	718		K 30-39	3		00:10:09	00:20:38	00:31:16	00:41:58.00	00:42:03.50	+00:06:11 (14.7%)	4:11	14.3 (85.6%)
27	LUTOWSKI Wojciech	744		M 30-39	8		00:10:34	00:21:11	00:31:40	00:42:00.20	00:42:05.40	+00:06:13 (14.8%)	4:12	14.3 (85.6%)
28	MALICKI Łukasz	681	KOTŁOWSKI RUN TEAM	M 40-49	10		00:10:04	00:20:38	00:31:26	00:42:09.45	00:42:11.05	+00:06:18 (15.0%)	4:12	14.2 (85.0%)
29	HASEK Patryk	647	PASACO	M 30-39	9	Tak	00:10:21	00:21:05	00:31:51	00:42:16.45	00:42:18.80	+00:06:26 (15.2%)	4:13	14.2 (85.0%)
30	NAWROCKI Mariusz	694	TEAM PASJA INOWROCŁAW	M 40-49	11		00:10:38	00:21:22	00:32:07	00:42:37.25	00:42:41.75	+00:06:49 (16.0%)	4:15	14.1 (84.4%)
30	NAPIERAŁA Mikołaj	691	TEAMOCHAL	M 30-39	10		00:10:10	00:20:59	00:31:59	00:42:35.40	00:42:41.75	+00:06:49 (16.0%)	4:15	14.1 (84.4%)
32	LEWANDOWSKI Tomasz	678	WIHURRA SOBIEJUCHY	M 40-49	12		00:10:27	00:21:05	00:32:02	00:42:34.80	00:42:48.55	+00:06:56 (16.2%)	4:15	14.1 (84.4%)
33	PISARSKI Igor	706		M 30-39	11		00:10:40	00:21:32	00:32:24	00:42:44.75	00:42:52.00	+00:06:59 (16.3%)	4:16	14 (83.8%)
34	KATA Przemysław	660		M 30-39	12	Tak	00:10:13	00:20:57	00:32:07	00:42:53.65	00:42:56.40	+00:07:04 (16.5%)	4:17	14 (83.8%)
35	KWAŚNIEWSKI Waldemar	674		M 50-59	4		00:10:02	00:20:49	00:31:55	00:42:52.40	00:42:57.65	+00:07:05 (16.5%)	4:17	14 (83.8%)
36	KORNET Przemysław	663		M 30-39	13		00:10:44	00:21:29	00:32:14	00:42:54.35	00:42:58.40	+00:07:06 (16.5%)	4:17	14 (83.8%)
37	SZULC Angelika	726	TEAMOCHAL	K 40-49	2		00:10:11	00:21:00	00:32:02	00:42:56.05	00:43:01.90	+00:07:09 (16.6%)	4:17	14 (83.8%)
38	MICHALCZYK Szymon	684	STOWARZYSZENIE SIŁA	M 30-39	14		00:10:15	00:21:09	00:32:11	00:43:03.50	00:43:09.55	+00:07:17 (16.9%)	4:18	13.9 (83.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina Solec Kujawski	Pętla 1 2.5km	Pętla 2 5km	Pętla 3 7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
39	BŁASZCZAK Daniel	630		M 30-39	15	Tak	00:09:59	00:20:38	00:31:53	00:43:14.50	00:43:18.10	+00:07:25 (17.2%)	4:19	13.9 (83.2%)
40	JANUSZKIEWICZ Piotr	652	REBELIA UNDERGROUND TRIATHLON	M 40-49	13		00:10:44	00:21:36	00:32:43	00:43:41.05	00:43:53.65	+00:08:01 (18.3%)	4:22	13.7 (82.0%)
41	BOROWSKI Radosław	631	MLKS KRAJNA SĘPÓLNO	M 30-39	16		00:10:29	00:21:33	00:32:56	00:43:52.55	00:43:57.40	+00:08:05 (18.4%)	4:23	13.7 (82.0%)
42	MURAWSKI Michał	690	STOWARZYSZENIE BRODNICA BIEGA	M 40-49	14		00:10:52	00:21:58	00:33:06	00:44:00.20	00:44:03.95	+00:08:11 (18.6%)	4:24	13.6 (81.4%)
43	DĄBKOWSKI Wojciech	635		M 40-49	15	Tak	00:10:42	00:21:52	00:33:03	00:44:07.70	00:44:17.80	+00:08:25 (19.0%)	4:24	13.6 (81.4%)
44	DURĄŁEK Andrzej	638		M 40-49	16		00:10:29	00:21:22	00:33:01	00:44:36.15	00:44:42.00	+00:08:49 (19.8%)	4:27	13.5 (80.8%)
45	FIKSAT Mateusz	640		M 30-39	17		00:11:05	00:22:12	00:33:25	00:44:41.00	00:44:49.55	+00:08:57 (20.0%)	4:28	13.4 (80.2%)
46	JARZYNA Krzysztof	653		M 20-29	4	Tak	00:11:18	00:22:36	00:33:53	00:45:00.45	00:45:00.45	+00:09:08 (20.3%)	4:30	13.3 (79.6%)
47	WINIECKI Paweł	735	TEAM RUDNIK	M 30-39	18		00:11:02	00:21:56	00:33:31	00:44:48.95	00:45:08.25	+00:09:16 (20.5%)	4:28	13.4 (80.2%)
48	CHODKIEWICZ Tomasz	633		M 40-49	17		00:11:07	00:22:35	00:34:03	00:45:12.95	00:45:17.95	+00:09:25 (20.8%)	4:31	13.3 (79.6%)
49	KASPRZAK Kacper	659		M 20-29	5	Tak	00:10:37	00:21:51	00:33:37	00:45:07.40	00:45:20.35	+00:09:28 (20.9%)	4:30	13.3 (79.6%)
50	BELNIK Michał	627	UKS TRAPER ZŁOCIENIEC	M 30-39	19		00:11:05	00:22:29	00:34:08	00:45:16.45	00:45:21.55	+00:09:29 (20.9%)	4:31	13.3 (79.6%)
51	JASIECKI Milan	654		M 20-29	6		00:10:36	00:21:56	00:33:55	00:45:47.95	00:45:57.65	+00:10:05 (22.0%)	4:34	13.1 (78.4%)
52	KURDELSKI Michał	672	HYDRAPRES	M 30-39	20		00:11:17	00:22:56	00:34:52	00:46:26.75	00:46:28.70	+00:10:36 (22.8%)	4:38	12.9 (77.2%)
53	RZĘSIEWICZ Jolanta	714	RKS LECH RYPIN	K 50-59	1		00:11:19	00:22:56	00:34:36	00:46:25.95	00:46:31.40	+00:10:39 (22.9%)	4:38	12.9 (77.2%)
54	LUTOWSKI Wojciech	680		M 50-59	5	Tak	00:11:11	00:22:27	00:34:02	00:46:32.05	00:46:41.95	+00:10:49 (23.2%)	4:39	12.9 (77.2%)
55	WUJEK Magdalena	740	RUN BYDGOSZCZ	K 40-49	3		00:11:20	00:23:08	00:35:04	00:46:51.00	00:46:51.00	+00:10:58 (23.4%)	4:41	12.8 (76.6%)
56	PĄCZKA Paweł	702		M 20-29	7		00:11:50	00:23:41	00:35:36	00:46:51.80	00:47:02.75	+00:11:10 (23.8%)	4:41	12.8 (76.6%)
57	LEWANDOWSKI Marcin	677		M 30-39	21	Tak	00:12:01	00:24:01	00:35:07	00:47:23.00	00:47:23.00	+00:11:30 (24.3%)	4:44	12.7 (76.0%)
58	MOSZCZYŃSKI Wiktor	688		M 20-29	8	Tak	00:09:59	00:21:04	00:34:34	00:47:26.15	00:47:28.70	+00:11:36 (24.4%)	4:44	12.6 (75.4%)
59	NAPORA Mateusz	692		M 30-39	22		00:11:14	00:23:08	00:35:25	00:47:34.45	00:47:42.05	+00:11:49 (24.8%)	4:45	12.6 (75.4%)
60	BISKUPSKI Marcin	629		M 40-49	18	Tak	00:10:52	00:22:40	00:35:19	00:47:52.55	00:47:59.60	+00:12:07 (25.3%)	4:47	12.5 (74.9%)
61	KOZAK Krzysztof	664	BB ACTIVE TEAM	M 30-39	23		00:11:21	00:23:08	00:35:30	00:47:52.55	00:48:08.45	+00:12:16 (25.5%)	4:47	12.5 (74.9%)

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62	SZUFLEWSKA Karolina	725	POLKRYŚ TEAM	K 30-39	4		00:11:40	00:23:45	00:36:01	00:48:06.10	00:48:09.40	+00:12:17 (25.5%)	4:48	12.5 (74.9%)
63	BĄCZKOWSKI Rafał	626	BUDSTOL INVEST	M 40-49	19		00:11:59	00:24:06	00:36:21	00:48:13.45	00:48:25.10	+00:12:32 (25.9%)	4:49	12.4 (74.3%)
64	NARTOWSKI Łukasz	693	KW2012	M 40-49	20		00:11:50	00:23:55	00:36:07	00:48:16.90	00:48:28.65	+00:12:36 (26.0%)	4:49	12.4 (74.3%)
65	SALWA Justyna	741		K 30-39	5		00:12:02	00:24:10	00:36:20	00:48:22.60	00:48:29.25	+00:12:37 (26.0%)	4:50	12.4 (74.3%)
66	KUJAWA Mateusz	670		M 20-29	9		00:11:59	00:23:56	00:36:21	00:48:36.00	00:48:36.00	+00:12:43 (26.2%)	4:51	12.3 (73.7%)
67	GRZELAK Aleksander	644		M 50-59	6		00:12:20	00:24:38	00:36:57	00:48:48.75	00:48:54.80	+00:13:02 (26.7%)	4:52	12.3 (73.7%)
68	KRUSZYNA Robert	657		M 40-49	21		00:11:45	00:23:59	00:36:34	00:48:43.20	00:48:58.10	+00:13:05 (26.7%)	4:52	12.3 (73.7%)
69	KUBIAK Rafał	668	SŁYNNESOLECKIEHERODY	M 50-59	7	Tak	00:11:35	00:23:51	00:36:25	00:48:53.55	00:48:59.10	+00:13:06 (26.8%)	4:53	12.3 (73.7%)
70	FAJFER Martyna	639		K 20-29	1		00:11:49	00:23:51	00:36:20	00:48:56.10	00:49:13.25	+00:13:21 (27.1%)	4:53	12.3 (73.7%)
71	SZYSZKA Radosław	728		M 40-49	22		00:11:21	00:23:36	00:36:15	00:49:23.80	00:49:28.75	+00:13:36 (27.5%)	4:56	12.1 (72.5%)
72	SIEJEK Błażej	716	TRISWINKI	M 40-49	23		00:11:56	00:24:09	00:36:47	00:49:20.60	00:49:29.45	+00:13:37 (27.5%)	4:56	12.2 (73.1%)
73	MIGDALSKI Paweł	687		M 40-49	24		00:11:43	00:23:56	00:36:43	00:49:35.90	00:49:46.05	+00:13:53 (27.9%)	4:57	12.1 (72.5%)
74	HŁAWNIAK Zbigniew	648		M 60-69	1		00:12:22	00:24:46	00:37:13	00:49:44.25	00:49:55.90	+00:14:03 (28.2%)	4:58	12.1 (72.5%)
75	PUCHACZ Marcin	710		M 40-49	25		00:11:52	00:24:02	00:36:51	00:49:43.45	00:49:57.75	+00:14:05 (28.2%)	4:58	12.1 (72.5%)
76	PARZYCH Joanna	701		K 30-39	6		00:12:14	00:24:50	00:37:26	00:49:54.75	00:50:07.55	+00:14:15 (28.4%)	4:59	12 (71.9%)
77	PALACZ Krzysztof	698		M 30-39	24	Tak	00:12:06	00:25:01	00:38:34	00:51:03.75	00:51:07.40	+00:15:15 (29.8%)	5:06	11.8 (70.7%)
78	WNUK Rafał	750	RUN BYDGOSZCZ	M 40-49	26		00:12:57	00:26:00	00:38:45	00:51:18.70	00:51:37.30	+00:15:45 (30.5%)	5:07	11.7 (70.1%)
79	KRUSZYNA Renata	665		K 40-49	4		00:12:47	00:25:58	00:39:11	00:52:08.10	00:52:22.30	+00:16:30 (31.5%)	5:12	11.5 (68.9%)
80	SZAFKOWSKI Arkadiusz	722	SŁYNNESOLECKIEHERODY	M 50-59	8	Tak	00:11:44	00:24:42	00:38:42	00:52:43.60	00:52:49.05	+00:16:56 (32.1%)	5:16	11.4 (68.3%)
81	BRZUSKIEWICZ Sławomir	632	ARTCOP	M 50-59	9		00:13:01	00:26:13	00:39:35	00:52:55.70	00:53:02.85	+00:17:10 (32.4%)	5:17	11.3 (67.7%)
82	KALINOWSKA Patrycja	655		K 30-39	7	Tak	00:12:41	00:26:07	00:39:45	00:53:03.00	00:53:12.00	+00:17:19 (32.6%)	5:18	11.3 (67.7%)
83	PALACZ Wioletta	699	POLONIA BYDGOSZCZ SLA	K 40-49	5		00:13:08	00:26:14	00:39:40	00:52:59.95	00:53:17.35	+00:17:25 (32.7%)	5:17	11.3 (67.7%)
84	SZATKOWSKA Natalia	723	RUN BDG	K 20-29	2		00:12:56	00:26:01	00:39:35	00:53:08.50	00:53:27.40	+00:17:35 (32.9%)	5:18	11.3 (67.7%)

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						Pętla 1 2.5km	Pętla 2 5km	Pętla 3 7.5km						
85	PODKÓWKA Zbigniew	707	PODGÓRZ TORUŃ	M 60-69	2		00:12:55	00:26:00	00:39:42	00:53:15.00	00:53:27.65	+00:17:35 (32.9%)	5:19	11.3 (67.7%)
86	GROTA Artur	643		M 40-49	27	Tak	00:12:48	00:25:53	00:39:44	00:53:39.40	00:53:48.20	+00:17:56 (33.3%)	5:21	11.2 (67.1%)
87	PIETRZYKOWSKI Patryk	703		M 30-39	25	Tak	00:12:40	00:26:54	00:40:14	00:53:46.45	00:54:06.90	+00:18:14 (33.7%)	5:22	11.2 (67.1%)
88	BANACH Ewelina	622		K 20-29	3	Tak	00:13:28	00:26:55	00:40:42	00:53:59.55	00:54:07.95	+00:18:15 (33.7%)	5:23	11.1 (66.5%)
89	WODEJKO Artur	737	TBKM WILK SOLEC KUJAWSKI	M 40-49	28	Tak	00:12:56	00:26:16	00:39:55	00:54:03.45	00:54:13.15	+00:18:20 (33.8%)	5:24	11.1 (66.5%)
90	PRACZYK Marcin	709		M 30-39	26	Tak	00:12:50	00:26:30	00:40:47	00:55:10.05	00:55:19.05	+00:19:26 (35.2%)	5:31	10.9 (65.3%)
91	PIOTROWICZ Ireneusz	705		M 60-69	3		00:13:21	00:27:19	00:41:39	00:55:30.30	00:55:45.10	+00:19:52 (35.7%)	5:33	10.8 (64.7%)
92	WIŚNIEWSKI Dariusz	736		M 50-59	10		00:13:28	00:27:51	00:42:38	00:57:15.30	00:57:29.50	+00:21:37 (37.6%)	5:43	10.5 (62.9%)
93	PACZKOWSKI Tomasz	697		M 40-49	29	Tak	00:14:35	00:29:11	00:43:34	00:57:45.55	00:58:08.90	+00:22:16 (38.3%)	5:46	10.4 (62.3%)
94	GĄSIOREK Tomasz	742		M 60-69	4		00:13:56	00:28:45	00:43:45	00:58:46.70	00:58:50.05	+00:22:57 (39.0%)	5:52	10.2 (61.1%)
95	RUTKOWSKA Virginia	712		K 40-49	6		00:13:56	00:28:35	00:43:49	00:59:06.60	00:59:25.85	+00:23:33 (39.6%)	5:54	10.2 (61.1%)
96	KRUZEL Paweł	667		M 50-59	11		00:14:17	00:29:25	00:44:41	01:00:26.15	01:00:47.10	+00:24:54 (41.0%)	6:02	9.9 (59.3%)
97	SZULC - TRAWIŃSKA Katarzyna	727		K 30-39	8	Tak	00:13:52	00:29:36	00:45:30	01:00:47.05	01:00:52.50	+00:25:00 (41.1%)	6:04	9.9 (59.3%)
98	KUŹMIŃSKI Rafał	673		M 30-39	27		00:14:54	00:30:36	00:46:11	01:01:39.60	01:01:55.15	+00:26:02 (42.1%)	6:09	9.7 (58.1%)
99	GĘSTWICKA Anna	641		K 30-39	9	Tak	00:15:24	00:31:08	00:46:40	01:02:13.35	01:02:34.15	+00:26:41 (42.7%)	6:13	9.6 (57.5%)
100	PIONTEK Elżbieta	704		K 60-69	1		00:15:45	00:31:49	00:47:49	01:03:27.35	01:03:40.50	+00:27:48 (43.7%)	6:20	9.5 (56.9%)
101	GRABOWSKA Marlena	642		K 40-49	7		00:15:28	00:31:26	00:48:01	01:04:31.15	01:04:48.70	+00:28:56 (44.7%)	6:27	9.3 (55.7%)
102	LEWANDOWSKA Iza	676		K 30-39	10		00:15:28	00:31:26	00:48:02	01:04:31.70	01:04:48.95	+00:28:56 (44.7%)	6:27	9.3 (55.7%)
103	TRZCIŃSKI Andrzej	731		M 40-49	30	Tak	00:15:01	00:31:19	00:48:01	01:05:11.25	01:05:31.80	+00:29:39 (45.3%)	6:31	9.2 (55.1%)
104	LISEWSKI Jacek	679		M 40-49	31		00:17:11	00:34:55	00:54:33	01:12:37.50	01:12:55.55	+00:37:03 (50.8%)	7:15	8.3 (49.7%)
105	MIGDALSKA Elżbieta	686		K 40-49	8		00:17:12	00:35:11	00:54:08	01:12:43.35	01:13:05.00	+00:37:12 (50.9%)	7:16	8.3 (49.7%)
106	MARCINIAK Oskar	682		M 40-49	32	Tak	00:17:11	00:34:55	00:54:34	01:14:20.65	01:14:38.70	+00:38:46 (51.9%)	7:26	8.1 (48.5%)
107	ROSZAK Adrianna	711		K 30-39	11	Tak	00:16:46	00:36:17	00:55:21	01:14:50.25	01:15:07.95	+00:39:15 (52.3%)	7:29	8 (47.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina Solec Kujawski	Pełta 1 2.5km	Pełta 2 5km	Pełta 3 7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
108	OSTROWSKI Łukasz	695		M 30-39	28	Tak	00:17:47	00:36:19	00:55:51	01:15:29.50	01:15:51.90	+00:39:59 (52.7%)	7:32	7.9 (47.3%)

Znaleziono 108 wynik(ów)