



# 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	<b>JANUSZEWSKI Radosław</b>	<b>651</b>	TEAM RUDNIK	M 20-29	1		00:08:46	00:17:49	00:26:56	<b>00:35:50.65</b>	<b>00:35:52.20</b>		3:35	16.7 (100%)
2	<b>KWIATKOWSKI Roman</b>	<b>675</b>	STOWARZYSZENIE SIŁA	M 20-29	2		00:08:52	00:17:59	00:27:08	<b>00:36:09.95</b>	<b>00:36:11.80</b>	+00:00:19 (0.9%)	3:36	16.6 (99.4%)
3	<b>KOLMAJER Rafał</b>	<b>662</b>	TEAMOCHAL	M 40-49	1		00:08:56	00:18:00	00:27:09	<b>00:36:12.00</b>	<b>00:36:13.60</b>	+00:00:21 (1.0%)	3:37	16.6 (99.4%)
4	<b>WOŁOSZCZAK Leszek</b>	<b>739</b>	6. KILOMETR	M 30-39	1		00:08:56	00:18:09	00:27:30	<b>00:36:59.60</b>	<b>00:37:02.75</b>	+00:01:10 (3.2%)	3:41	16.2 (97.0%)
5	<b>KMITTA Leszek</b>	<b>661</b>	STOWARZYSZENIE SIŁA	M 30-39	2		00:09:06	00:18:25	00:27:51	<b>00:37:08.90</b>	<b>00:37:10.85</b>	+00:01:18 (3.5%)	3:42	16.2 (97.0%)
6	<b>JAKUBOWSKI Karol</b>	<b>650</b>	ALTOM GNIEZNO	M 40-49	2		00:09:08	00:18:25	00:27:50	<b>00:37:09.70</b>	<b>00:37:11.60</b>	+00:01:19 (3.6%)	3:42	16.2 (97.0%)
7	<b>GRZELAK Łukasz</b>	<b>645</b>		M 30-39	3		00:09:17	00:18:42	00:28:14	<b>00:37:37.20</b>	<b>00:37:42.30</b>	+00:01:50 (4.9%)	3:45	16 (95.8%)
8	<b>DEPTUŁA Grzegorz</b>	<b>636</b>	VII LICEUM OGÓLNOKSZTAŁCĄCE W BYDGOSZCZY	M 40-49	3		00:09:23	00:19:10	00:28:59	<b>00:38:35.60</b>	<b>00:38:36.85</b>	+00:02:44 (7.1%)	3:51	15.6 (93.4%)
9	<b>BANDOCH Mariusz</b>	<b>623</b>		M 50-59	1	Tak	00:09:30	00:19:18	00:29:00	<b>00:38:31.60</b>	<b>00:38:38.75</b>	+00:02:46 (7.2%)	3:51	15.6 (93.4%)
10	<b>KUŁAKOWSKI Artur</b>	<b>671</b>	KS SOKÓŁ ZBLEWO	M 40-49	4		00:09:29	00:19:09	00:28:58	<b>00:38:46.70</b>	<b>00:38:48.25</b>	+00:02:56 (7.6%)	3:52	15.5 (92.8%)
11	<b>KARCZMARCZYK Mateusz</b>	<b>666</b>		M 30-39	4		00:09:28	00:19:19	00:29:14	<b>00:39:07.20</b>	<b>00:39:08.35</b>	+00:03:16 (8.4%)	3:54	15.3 (91.6%)
12	<b>TRZCIŃSKI Jarosław</b>	<b>732</b>		M 30-39	5	Tak	00:09:22	00:19:25	00:29:30	<b>00:39:24.25</b>	<b>00:39:26.70</b>	+00:03:34 (9.1%)	3:56	15.2 (91.0%)
13	<b>KUBIAK Tomasz</b>	<b>669</b>		M 40-49	5		00:10:03	00:20:01	00:30:01	<b>00:39:57.95</b>	<b>00:39:57.95</b>	+00:04:05 (10.2%)	3:59	15 (89.8%)
14	<b>MURAWSKI Łukasz</b>	<b>689</b>	BRODNICA BIEGA	M 40-49	6		00:09:59	00:20:00	00:30:01	<b>00:39:56.40</b>	<b>00:40:00.05</b>	+00:04:07 (10.3%)	3:59	15 (89.8%)
15	<b>SZENK Marta</b>	<b>724</b>		K 40-49	1		00:09:34	00:19:39	00:29:54	<b>00:40:02.85</b>	<b>00:40:05.85</b>	+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	<b>TESSA Karol</b>	<b>729</b>	BYDGOSZCZ FAN MARATON	M 40-49	7		00:10:05	00:20:11	00:30:15	<b>00:40:12.65</b>	<b>00:40:17.20</b>	+00:04:25 (11.0%)	4:01	14.9 (89.2%)
17	<b>SAWICKI Marcin</b>	<b>715</b>		M 40-49	8		00:09:54	00:20:02	00:30:12	<b>00:40:24.15</b>	<b>00:40:27.25</b>	+00:04:35 (11.3%)	4:02	14.9 (89.2%)
18	<b>KĄŁEK Artur</b>	<b>656</b>	TM IRON TEAM	M 50-59	2		00:10:14	00:20:28	00:30:49	<b>00:40:44.10</b>	<b>00:40:46.80</b>	+00:04:54 (12.0%)	4:04	14.7 (88.0%)
19	<b>POPA Mariusz</b>	<b>708</b>		M 30-39	6		00:09:38	00:19:58	00:30:33	<b>00:40:55.50</b>	<b>00:41:00.40</b>	+00:05:08 (12.5%)	4:05	14.7 (88.0%)
20	<b>TOMCZYK Agata</b>	<b>730</b>	SLA POLONIA BYDGOSZCZ	K 30-39	1		00:09:36	00:19:58	00:30:34	<b>00:40:59.70</b>	<b>00:41:01.45</b>	+00:05:09 (12.6%)	4:05	14.6 (87.4%)
21	<b>HAŃSKA Izabela</b>	<b>646</b>	STOWARZYSZENIE SIŁA	K 30-39	2		00:10:19	00:20:31	00:30:48	<b>00:41:02.45</b>	<b>00:41:08.00</b>	+00:05:15 (12.8%)	4:06	14.6 (87.4%)
22	<b>STACHOWICZ Wiesław</b>	<b>743</b>		M 50-59	3		00:10:23	00:20:48	00:31:10	<b>00:41:11.15</b>	<b>00:41:13.35</b>	+00:05:21 (13.0%)	4:07	14.6 (87.4%)
23	<b>RZESZOTARSKI Daniel</b>	<b>713</b>	EFINANSOWI	M 40-49	9		00:09:55	00:20:29	00:31:12	<b>00:41:34.95</b>	<b>00:41:37.20</b>	+00:05:45 (13.8%)	4:09	14.4 (86.2%)
24	<b>PANKIEWICZ Bartosz</b>	<b>700</b>	BIKE U UP	M 30-39	7		00:09:59	00:20:16	00:30:59	<b>00:41:37.90</b>	<b>00:41:41.20</b>	+00:05:49 (14.0%)	4:09	14.4 (86.2%)
25	<b>WOJEWÓDZKI Adrian</b>	<b>738</b>		M 20-29	3	Tak	00:09:57	00:20:29	00:31:21	<b>00:41:54.00</b>	<b>00:41:58.80</b>	+00:06:06 (14.6%)	4:11	14.3 (85.6%)
26	<b>SOBCZAK Monika</b>	<b>718</b>		K 30-39	3		00:10:09	00:20:38	00:31:16	<b>00:41:58.00</b>	<b>00:42:03.50</b>	+00:06:11 (14.7%)	4:11	14.3 (85.6%)
27	<b>LUTOWSKI Wojciech</b>	<b>744</b>		M 30-39	8		00:10:34	00:21:11	00:31:40	<b>00:42:00.20</b>	<b>00:42:05.40</b>	+00:06:13 (14.8%)	4:12	14.3 (85.6%)
28	<b>MALICKI Łukasz</b>	<b>681</b>	KOTŁOWSKI RUN TEAM	M 40-49	10		00:10:04	00:20:38	00:31:26	<b>00:42:09.45</b>	<b>00:42:11.05</b>	+00:06:18 (15.0%)	4:12	14.2 (85.0%)
29	<b>HASEK Patryk</b>	<b>647</b>	PASACO	M 30-39	9	Tak	00:10:21	00:21:05	00:31:51	<b>00:42:16.45</b>	<b>00:42:18.80</b>	+00:06:26 (15.2%)	4:13	14.2 (85.0%)
30	<b>NAWROCKI Mariusz</b>	<b>694</b>	TEAM PASJA INOWROCŁAW	M 40-49	11		00:10:38	00:21:22	00:32:07	<b>00:42:37.25</b>	<b>00:42:41.75</b>	+00:06:49 (16.0%)	4:15	14.1 (84.4%)
30	<b>NAPIERAŁA Mikołaj</b>	<b>691</b>	TEAMOCHAL	M 30-39	10		00:10:10	00:20:59	00:31:59	<b>00:42:35.40</b>	<b>00:42:41.75</b>	+00:06:49 (16.0%)	4:15	14.1 (84.4%)
32	<b>LEWANDOWSKI Tomasz</b>	<b>678</b>	WIHURRA SOBIEJUCHY	M 40-49	12		00:10:27	00:21:05	00:32:02	<b>00:42:34.80</b>	<b>00:42:48.55</b>	+00:06:56 (16.2%)	4:15	14.1 (84.4%)
33	<b>PISARSKI Igor</b>	<b>706</b>		M 30-39	11		00:10:40	00:21:32	00:32:24	<b>00:42:44.75</b>	<b>00:42:52.00</b>	+00:06:59 (16.3%)	4:16	14 (83.8%)
34	<b>KATA Przemysław</b>	<b>660</b>		M 30-39	12	Tak	00:10:13	00:20:57	00:32:07	<b>00:42:53.65</b>	<b>00:42:56.40</b>	+00:07:04 (16.5%)	4:17	14 (83.8%)
35	<b>KWAŚNIEWSKI Waldemar</b>	<b>674</b>		M 50-59	4		00:10:02	00:20:49	00:31:55	<b>00:42:52.40</b>	<b>00:42:57.65</b>	+00:07:05 (16.5%)	4:17	14 (83.8%)
36	<b>KORNET Przemysław</b>	<b>663</b>		M 30-39	13		00:10:44	00:21:29	00:32:14	<b>00:42:54.35</b>	<b>00:42:58.40</b>	+00:07:06 (16.5%)	4:17	14 (83.8%)
37	<b>SZULC Angelika</b>	<b>726</b>	TEAMOCHAL	K 40-49	2		00:10:11	00:21:00	00:32:02	<b>00:42:56.05</b>	<b>00:43:01.90</b>	+00:07:09 (16.6%)	4:17	14 (83.8%)
38	<b>MICHALCZYK Szymon</b>	<b>684</b>	STOWARZYSZENIE SIŁA	M 30-39	14		00:10:15	00:21:09	00:32:11	<b>00:43:03.50</b>	<b>00:43:09.55</b>	+00:07:17 (16.9%)	4:18	13.9 (83.2%)

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

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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina Solec Kujawski			Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h	
						Pętla 1 2.5km	Pętla 2 5km	Pętla 3 7.5km						
85	<b>PODKÓWKA Zbigniew</b>	<b>707</b>	PODGÓRZ TORUŃ	M 60-69	2				<b>00:53:15.00</b>	<b>00:53:27.65</b>	+00:17:35 (32.9%)	5:19	11.3 (67.7%)	
86	<b>GROTA Artur</b>	<b>643</b>		M 40-49	27	Tak	00:12:48	00:25:53	00:39:44	<b>00:53:39.40</b>	<b>00:53:48.20</b>	+00:17:56 (33.3%)	5:21	11.2 (67.1%)
87	<b>PIETRZYKOWSKI Patryk</b>	<b>703</b>		M 30-39	25	Tak	00:12:40	00:26:54	00:40:14	<b>00:53:46.45</b>	<b>00:54:06.90</b>	+00:18:14 (33.7%)	5:22	11.2 (67.1%)
88	<b>BANACH Ewelina</b>	<b>622</b>		K 20-29	3	Tak	00:13:28	00:26:55	00:40:42	<b>00:53:59.55</b>	<b>00:54:07.95</b>	+00:18:15 (33.7%)	5:23	11.1 (66.5%)
89	<b>WODEJKO Artur</b>	<b>737</b>	TBKM WILK SOLEC KUJAWSKI	M 40-49	28	Tak	00:12:56	00:26:16	00:39:55	<b>00:54:03.45</b>	<b>00:54:13.15</b>	+00:18:20 (33.8%)	5:24	11.1 (66.5%)
90	<b>PRACZYK Marcin</b>	<b>709</b>		M 30-39	26	Tak	00:12:50	00:26:30	00:40:47	<b>00:55:10.05</b>	<b>00:55:19.05</b>	+00:19:26 (35.2%)	5:31	10.9 (65.3%)
91	<b>PIOTROWICZ Ireneusz</b>	<b>705</b>		M 60-69	3		00:13:21	00:27:19	00:41:39	<b>00:55:30.30</b>	<b>00:55:45.10</b>	+00:19:52 (35.7%)	5:33	10.8 (64.7%)
92	<b>WIŚNIEWSKI Dariusz</b>	<b>736</b>		M 50-59	10		00:13:28	00:27:51	00:42:38	<b>00:57:15.30</b>	<b>00:57:29.50</b>	+00:21:37 (37.6%)	5:43	10.5 (62.9%)
93	<b>PACZKOWSKI Tomasz</b>	<b>697</b>		M 40-49	29	Tak	00:14:35	00:29:11	00:43:34	<b>00:57:45.55</b>	<b>00:58:08.90</b>	+00:22:16 (38.3%)	5:46	10.4 (62.3%)
94	<b>GĄSIOREK Tomasz</b>	<b>742</b>		M 60-69	4		00:13:56	00:28:45	00:43:45	<b>00:58:46.70</b>	<b>00:58:50.05</b>	+00:22:57 (39.0%)	5:52	10.2 (61.1%)
95	<b>RUTKOWSKA Virginia</b>	<b>712</b>		K 40-49	6		00:13:56	00:28:35	00:43:49	<b>00:59:06.60</b>	<b>00:59:25.85</b>	+00:23:33 (39.6%)	5:54	10.2 (61.1%)
96	<b>KRUZEL Paweł</b>	<b>667</b>		M 50-59	11		00:14:17	00:29:25	00:44:41	<b>01:00:26.15</b>	<b>01:00:47.10</b>	+00:24:54 (41.0%)	6:02	9.9 (59.3%)
97	<b>SZULC - TRAWIŃSKA Katarzyna</b>	<b>727</b>		K 30-39	8	Tak	00:13:52	00:29:36	00:45:30	<b>01:00:47.05</b>	<b>01:00:52.50</b>	+00:25:00 (41.1%)	6:04	9.9 (59.3%)
98	<b>KUŹMIŃSKI Rafał</b>	<b>673</b>		M 30-39	27		00:14:54	00:30:36	00:46:11	<b>01:01:39.60</b>	<b>01:01:55.15</b>	+00:26:02 (42.1%)	6:09	9.7 (58.1%)
99	<b>GĘSTWICKA Anna</b>	<b>641</b>		K 30-39	9	Tak	00:15:24	00:31:08	00:46:40	<b>01:02:13.35</b>	<b>01:02:34.15</b>	+00:26:41 (42.7%)	6:13	9.6 (57.5%)
100	<b>PIONTEK Elżbieta</b>	<b>704</b>		K 60-69	1		00:15:45	00:31:49	00:47:49	<b>01:03:27.35</b>	<b>01:03:40.50</b>	+00:27:48 (43.7%)	6:20	9.5 (56.9%)
101	<b>GRABOWSKA Marlena</b>	<b>642</b>		K 40-49	7		00:15:28	00:31:26	00:48:01	<b>01:04:31.15</b>	<b>01:04:48.70</b>	+00:28:56 (44.7%)	6:27	9.3 (55.7%)
102	<b>LEWANDOWSKA Iza</b>	<b>676</b>		K 30-39	10		00:15:28	00:31:26	00:48:02	<b>01:04:31.70</b>	<b>01:04:48.95</b>	+00:28:56 (44.7%)	6:27	9.3 (55.7%)
103	<b>TRZCIŃSKI Andrzej</b>	<b>731</b>		M 40-49	30	Tak	00:15:01	00:31:19	00:48:01	<b>01:05:11.25</b>	<b>01:05:31.80</b>	+00:29:39 (45.3%)	6:31	9.2 (55.1%)
104	<b>LISEWSKI Jacek</b>	<b>679</b>		M 40-49	31		00:17:11	00:34:55	00:54:33	<b>01:12:37.50</b>	<b>01:12:55.55</b>	+00:37:03 (50.8%)	7:15	8.3 (49.7%)
105	<b>MIGDALSKA Elżbieta</b>	<b>686</b>		K 40-49	8		00:17:12	00:35:11	00:54:08	<b>01:12:43.35</b>	<b>01:13:05.00</b>	+00:37:12 (50.9%)	7:16	8.3 (49.7%)
106	<b>MARCINIAK Oskar</b>	<b>682</b>		M 40-49	32	Tak	00:17:11	00:34:55	00:54:34	<b>01:14:20.65</b>	<b>01:14:38.70</b>	+00:38:46 (51.9%)	7:26	8.1 (48.5%)
107	<b>ROSZAK Adrianna</b>	<b>711</b>		K 30-39	11	Tak	00:16:46	00:36:17	00:55:21	<b>01:14:50.25</b>	<b>01:15:07.95</b>	+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	<b>OSTROWSKI Łukasz</b>	<b>695</b>		M 30-39	28	Tak	00:17:47	00:36:19	00:55:51	<b>01:15:29.50</b>	<b>01:15:51.90</b>	+00:39:59 (52.7%)	7:32	7.9 (47.3%)

Znaleziono 108 wynik(ów)