



# 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: M 30-39

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	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		3:41	16.2 (100%)
2	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	+00:00:08 (0.4%)	3:42	16.2 (100%)
3	GRZELAK Łukasz	645		M 30-39	3		00:09:17	00:18:42	00:28:14	00:37:37.20	00:37:42.30	+00:00:39 (1.7%)	3:45	16 (98.8%)
4	KARCZMARCZYK Mateusz	666		M 30-39	4		00:09:28	00:19:19	00:29:14	00:39:07.20	00:39:08.35	+00:02:05 (5.3%)	3:54	15.3 (94.4%)
5	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	+00:02:23 (6.1%)	3:56	15.2 (93.8%)
6	POPA Mariusz	708		M 30-39	6		00:09:38	00:19:58	00:30:33	00:40:55.50	00:41:00.40	+00:03:57 (9.7%)	4:05	14.7 (90.7%)
7	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	+00:04:38 (11.1%)	4:09	14.4 (88.9%)
8	LUTOWSKI Wojciech	744		M 30-39	8		00:10:34	00:21:11	00:31:40	00:42:00.20	00:42:05.40	+00:05:02 (12.0%)	4:12	14.3 (88.3%)
9	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	+00:05:16 (12.4%)	4:13	14.2 (87.7%)
10	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	+00:05:39 (13.2%)	4:15	14.1 (87.0%)
11	PISARSKI Igor	706		M 30-39	11		00:10:40	00:21:32	00:32:24	00:42:44.75	00:42:52.00	+00:05:49 (13.6%)	4:16	14 (86.4%)
12	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	+00:05:53 (13.7%)	4:17	14 (86.4%)
13	KORNET Przemysław	663		M 30-39	13		00:10:44	00:21:29	00:32:14	00:42:54.35	00:42:58.40	+00:05:55 (13.8%)	4:17	14 (86.4%)
14	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	+00:06:06 (14.2%)	4:18	13.9 (85.8%)
15	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	+00:06:15 (14.4%)	4:19	13.9 (85.8%)

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
16	<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>	+00:06:54 (15.7%)	4:23	13.7 (84.6%)
17	<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>	+00:07:46 (17.4%)	4:28	13.4 (82.7%)
18	<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>	+00:08:05 (17.9%)	4:28	13.4 (82.7%)
19	<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>	+00:08:18 (18.3%)	4:31	13.3 (82.1%)
20	<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>	+00:09:25 (20.3%)	4:38	12.9 (79.6%)
21	<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>	+00:10:20 (21.8%)	4:44	12.7 (78.4%)
22	<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>	+00:10:39 (22.3%)	4:45	12.6 (77.8%)
23	<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>	+00:11:05 (23.0%)	4:47	12.5 (77.2%)
24	<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>	+00:14:04 (27.5%)	5:06	11.8 (72.8%)
25	<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>	+00:17:04 (31.5%)	5:22	11.2 (69.1%)
26	<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>	+00:18:16 (33.0%)	5:31	10.9 (67.3%)
27	<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>	+00:24:52 (40.2%)	6:09	9.7 (59.9%)
28	<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>	+00:38:49 (51.2%)	7:32	7.9 (48.8%)

Znaleziono 28 wynik(ów)