



X BIEGI ULICZNE - BIEG GŁÓWNY 5KM

B4SPORT

Wydarzenie: X Biegi Uliczne im. Antoniego Nawrockiego
Organizator: MUKS „Start” Solec Kujawski
Data: 2024-06-09
Miejsce: Solec Kujawski
Dystans: 5 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina Solec Kujawski	Pętla 1 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	WITKOWSKI Dariusz	613		M 20-29	1		00:08:22	00:16:36.50	00:16:36.95		3:19	18.1 (100%)
2	GRUSZKA Gracjan	448		M 20-29	2		00:08:21	00:16:45.65	00:16:46.50	+00:00:09 (0.9%)	3:21	17.9 (98.9%)
3	ROGOZINSKI Dawid	538	TEAMOCHAL	M 30-39	1		00:08:38	00:17:26.80	00:17:28.15	+00:00:51 (4.9%)	3:29	17.2 (95.0%)
4	SZOSTEK Marek	563		M 20-29	3		00:08:32	00:17:30.40	00:17:32.45	+00:00:55 (5.3%)	3:30	17.1 (94.5%)
5	TUCZYŃSKI Sylwester Leon	577	BYDGOSKIE OKONIE	M 30-39	2		00:08:37	00:17:31.65	00:17:33.80	+00:00:56 (5.4%)	3:30	17.1 (94.5%)
6	ŁAZ Kamil	486	WTLENIE	M 40-49	1		00:08:49	00:17:45.80	00:17:46.95	+00:01:10 (6.6%)	3:33	16.9 (93.4%)
7	CHMIELARZ Sebastian	419	CHMIELARZ TEAM	M 30-39	3		00:08:53	00:17:52.15	00:17:53.00	+00:01:16 (7.1%)	3:34	16.8 (92.8%)
8	DONARSKI Bartłomiej	429	BIEGAJ Z DYMKIEM PŁOCK	M 20-29	4		00:08:53	00:17:55.10	00:17:56.70	+00:01:19 (7.4%)	3:35	16.7 (92.3%)
9	ŚLIWIŃSKI Łukasz	573	LKS OSTROMECKO	M 40-49	2		00:09:06	00:18:18.95	00:18:20.20	+00:01:43 (9.4%)	3:39	16.4 (90.6%)
10	MARCHEL Tomasz	493		M 30-39	4	Tak	00:08:45	00:18:22.90	00:18:25.65	+00:01:48 (9.8%)	3:40	16.3 (90.1%)
11	NOWAKOWSKA Anna	505	ZAWISZA BYDGOSZCZ	K 30-39	1		00:09:15	00:18:28.00	00:18:29.20	+00:01:52 (10.1%)	3:41	16.2 (89.5%)
12	KOCIŃSKI Przemysław	469		M 30-39	5		00:09:08	00:18:26.75	00:18:29.25	+00:01:52 (10.1%)	3:41	16.3 (90.1%)
13	SZYMAŃSKI Ryszard	571		M 50-59	1		00:09:14	00:18:42.70	00:18:44.95	+00:02:08 (11.4%)	3:44	16 (88.4%)
14	PERLIKOWSKI Sławomir	520		M 40-49	3		00:09:13	00:18:44.00	00:18:48.20	+00:02:11 (11.6%)	3:44	16 (88.4%)
15	CHMIELARZ Krzysztof	417	CHMIELARZ TEAM	M 30-39	6		00:09:32	00:18:46.65	00:18:49.10	+00:02:12 (11.7%)	3:45	16 (88.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina Solec Kujawski	Pętla 1 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
16	SKRZECZEWSKI Bartosz	555		M 30-39	7		00:09:13	00:18:50.40	00:18:52.15	+00:02:15 (11.9%)	3:46	15.9 (87.8%)
17	WIECZOREK Mateusz	588		M 30-39	8		00:09:16	00:18:50.65	00:18:53.45	+00:02:16 (12.0%)	3:46	15.9 (87.8%)
18	DĄBROWSKI Robert	426		M 40-49	4		00:09:11	00:19:00.25	00:19:02.95	+00:02:26 (12.8%)	3:48	15.8 (87.3%)
19	CIMACHOWSKI Jakub	614		M 40-49	5	Tak	00:09:27	00:19:05.80	00:19:09.40	+00:02:32 (13.3%)	3:49	15.7 (86.7%)
20	RETECKI Krzysztof	536	LKS BOGMAR / GINTER-EKOTECHNIKA / PRESTO	M 50-59	2		00:09:17	00:19:10.90	00:19:12.65	+00:02:35 (13.5%)	3:50	15.7 (86.7%)
21	ŻUCHOWSKI Bartosz	609		M 20-29	5		00:09:41	00:19:10.25	00:19:14.85	+00:02:37 (13.7%)	3:50	15.7 (86.7%)
22	WALDA Łukasz	580		M 30-39	9		00:09:38	00:19:27.25	00:19:31.15	+00:02:54 (14.9%)	3:53	15.4 (85.1%)
23	MACIŃSKI Waldemar	489		M 40-49	6		00:09:35	00:19:40.40	00:19:42.60	+00:03:05 (15.7%)	3:56	15.3 (84.5%)
24	STOMSKI Krzysztof	561	SOLECCY BIEGACZE	M 50-59	3	Tak	00:09:53	00:19:47.75	00:19:51.50	+00:03:14 (16.3%)	3:57	15.2 (84.0%)
25	NOWAK Andrzej	504		M 16-19	1	Tak	00:09:59	00:19:50.75	00:19:54.55	+00:03:17 (16.5%)	3:58	15.1 (83.4%)
26	KŁOSOWSKI Marcin	468	CSM TEAM	M 40-49	7		00:09:59	00:20:10.40	00:20:13.25	+00:03:36 (17.8%)	4:02	14.9 (82.3%)
27	WOŹNIAKOWSKA Agata	597	WTLENIE	K 40-49	1		00:10:13	00:20:23.85	00:20:26.90	+00:03:49 (18.7%)	4:04	14.7 (81.2%)
28	OLSZEWSKI Daniel	513	WTLENIE	M 30-39	10		00:10:20	00:20:31.55	00:20:35.60	+00:03:58 (19.3%)	4:06	14.6 (80.7%)
29	ŻUCHOWSKI Jozef	608		M 50-59	4		00:10:11	00:20:35.35	00:20:39.25	+00:04:02 (19.6%)	4:07	14.6 (80.7%)
30	SZREDER Waldemar	565	WATAHA L-PAAK	M 40-49	8		00:10:03	00:20:39.95	00:20:44.00	+00:04:07 (19.9%)	4:07	14.5 (80.1%)
31	TRZCINSKI Jakub	575		M 20-29	6	Tak	00:09:57	00:20:53.20	00:20:56.35	+00:04:19 (20.6%)	4:10	14.4 (79.6%)
32	JUREK Sławomir	456		M 50-59	5		00:10:26	00:20:50.50	00:20:56.85	+00:04:19 (20.7%)	4:10	14.4 (79.6%)
33	DULAT Agnieszka	431	MONAG	K 20-29	1	Tak	00:10:26	00:21:07.10	00:21:07.95	+00:04:31 (21.4%)	4:13	14.2 (78.5%)
34	WOLAK Piotr	595		M 40-49	9	Tak	00:10:47	00:21:08.90	00:21:15.55	+00:04:38 (21.8%)	4:13	14.2 (78.5%)
35	GÓRA Krystian	441	FORDON	M 40-49	10		00:10:32	00:21:09.05	00:21:16.20	+00:04:39 (21.9%)	4:13	14.2 (78.5%)
36	KRYSZAK Mikołaj	476		M 16-19	2		00:10:12	00:21:16.20	00:21:18.25	+00:04:41 (22.0%)	4:15	14.1 (77.9%)
37	SPICHALSKI Szymon	558		M 30-39	11		00:10:20	00:21:09.25	00:21:20.30	+00:04:43 (22.1%)	4:13	14.2 (78.5%)
38	GROCHAŁA Michał	447	DĄBROWSKI TEAM	M 30-39	12		00:10:11	00:21:18.75	00:21:21.00	+00:04:44 (22.2%)	4:15	14.1 (77.9%)

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39	DĄBKOWSKI Maciej	425		M 40-49	11	Tak	00:10:39	00:21:11.70	00:21:21.20	+00:04:44 (22.2%)	4:14	14.2 (78.5%)
40	GRACZ Adam	444		M 40-49	12	Tak	00:10:33	00:21:24.75	00:21:31.40	+00:04:54 (22.8%)	4:16	14 (77.3%)
41	NOWICKI Aleksander	508	KPZPN	M 50-59	6	Tak	00:10:24	00:21:32.65	00:21:37.20	+00:05:00 (23.1%)	4:18	13.9 (76.8%)
42	WOJCIECHOWSKI Grzegorz	591	MKL TLEN MOGILNO	M 60-69	1		00:10:36	00:21:38.15	00:21:42.40	+00:05:05 (23.5%)	4:19	13.9 (76.8%)
43	WŁODARCZYK Wojciech	590		M 60-69	2		00:10:45	00:21:40.65	00:21:48.65	+00:05:11 (23.8%)	4:20	13.8 (76.2%)
44	KĄŻMIERCZAK Franciszek	464		M 16-19	3	Tak	00:10:32	00:21:51.95	00:21:54.95	+00:05:18 (24.2%)	4:22	13.7 (75.7%)
45	KOWALSKI Jacek	472	BYDGOSKIE OKONIE	M 40-49	13		00:10:47	00:21:48.80	00:21:56.45	+00:05:19 (24.3%)	4:21	13.8 (76.2%)
46	UZIAŁO Lena	578	PASACO	K 16-19	1		00:10:38	00:21:50.65	00:21:58.90	+00:05:21 (24.4%)	4:22	13.7 (75.7%)
47	OWCZARZAK Michał	516	RUN BYDGOSZCZ	M 50-59	7		00:10:50	00:21:54.05	00:22:00.10	+00:05:23 (24.5%)	4:22	13.7 (75.7%)
48	ŁUKOMSKI Marcin	488		M 30-39	13		00:11:14	00:21:43.80	00:22:02.45	+00:05:25 (24.6%)	4:20	13.8 (76.2%)
49	SZTEJKA Damian	566		M 40-49	14		00:11:14	00:21:44.40	00:22:02.90	+00:05:25 (24.6%)	4:20	13.8 (76.2%)
50	KRYSKE Mariusz	475	TKKF KOLEJARZ BYDGOSZCZ	M 40-49	15		00:10:55	00:21:53.70	00:22:05.85	+00:05:28 (24.8%)	4:22	13.7 (75.7%)
51	GAWROŃSKA Magdalena	439		K 30-39	2		00:10:54	00:22:03.10	00:22:06.60	+00:05:29 (24.8%)	4:24	13.6 (75.1%)
52	RZESZUT Jerzy	543	WATAHA L-PAAK	M 60-69	3		00:10:43	00:22:05.35	00:22:09.95	+00:05:33 (25.0%)	4:25	13.6 (75.1%)
53	SIKORSKA Magda	551	POLKRYŚ TEAM	K 40-49	2		00:10:48	00:22:10.45	00:22:13.90	+00:05:36 (25.3%)	4:26	13.5 (74.6%)
54	KULIGOWSKI Amadeusz	478		M 20-29	7	Tak	00:11:03	00:22:09.00	00:22:16.70	+00:05:39 (25.4%)	4:25	13.5 (74.6%)
55	OKULICZ Anita	511		K 30-39	3		00:11:07	00:22:19.50	00:22:24.60	+00:05:47 (25.9%)	4:27	13.4 (74.0%)
56	BARANOWSKI Tomasz	412	SAPER TEAM	M 50-59	8		00:10:45	00:22:22.95	00:22:27.55	+00:05:50 (26.0%)	4:28	13.4 (74.0%)
57	SZOSTEK Jarek	564		M 30-39	14		00:11:18	00:22:19.85	00:22:28.05	+00:05:51 (26.0%)	4:27	13.4 (74.0%)
58	SZUBIŃSKI Ireneusz	567	KOMPLETNY AMATOR	M 40-49	16		00:10:53	00:22:26.90	00:22:33.35	+00:05:56 (26.3%)	4:29	13.4 (74.0%)
59	SZYMAŃSKI Bartosz	570		M 30-39	15		00:11:10	00:22:33.30	00:22:43.75	+00:06:06 (26.9%)	4:30	13.3 (73.5%)
60	KNAPIK Karol	612		M 30-39	16		00:10:58	00:23:00.00	00:23:04.65	+00:06:27 (28.0%)	4:36	13 (71.8%)
61	KALINOWSKI Dominik	458	WATAHA L-PAAK	M 30-39	17		00:11:01	00:23:06.10	00:23:10.95	+00:06:34 (28.3%)	4:37	13 (71.8%)

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62	GWÓZDŹ Aneta	611		K 40-49	3		00:11:22	00:23:07.05	00:23:14.10	+00:06:37 (28.5%)	4:37	13 (71.8%)
63	BERENT Wioletta	618	RKS LECH RYPIN	K 40-49	4		00:11:19	00:23:20.60	00:23:26.35	+00:06:49 (29.1%)	4:40	12.9 (71.3%)
64	GRECDA Katarzyna	615		K 30-39	4		00:11:31	00:23:27.75	00:23:33.85	+00:06:56 (29.5%)	4:41	12.8 (70.7%)
65	WIŚNIEWSKI Artur	616		M 40-49	17	Tak	00:11:43	00:23:25.20	00:23:35.55	+00:06:58 (29.6%)	4:41	12.8 (70.7%)
66	NAWROCKA Sylwia	500		K 30-39	5		00:11:36	00:23:31.95	00:23:37.05	+00:07:00 (29.6%)	4:42	12.8 (70.7%)
67	BARTNIK Eryk	413	MTG BYDGOSZCZ	M 30-39	18		00:11:58	00:23:29.75	00:23:39.00	+00:07:02 (29.7%)	4:41	12.8 (70.7%)
68	NOWICKI Przemysław	507	KSKPZPN	M 20-29	8	Tak	00:10:59	00:23:35.40	00:23:40.20	+00:07:03 (29.8%)	4:43	12.7 (70.2%)
69	FREDRICH Patryk	436		M 20-29	9		00:11:38	00:23:27.90	00:23:45.95	+00:07:09 (30.1%)	4:41	12.8 (70.7%)
70	DACH Łukasz	424	PASACO	M 40-49	18		00:11:37	00:23:46.00	00:23:52.65	+00:07:15 (30.4%)	4:45	12.6 (69.6%)
71	CHOJNACKI Patryk	420		M 20-29	10		00:11:33	00:23:45.30	00:23:58.70	+00:07:21 (30.7%)	4:45	12.6 (69.6%)
72	JANCZUR Tomasz	453		M 30-39	19	Tak	00:11:25	00:23:56.50	00:24:00.55	+00:07:23 (30.8%)	4:47	12.5 (69.1%)
73	JAKUBIEC Adrianna	452		K 30-39	6	Tak	00:11:25	00:23:57.55	00:24:04.00	+00:07:27 (31.0%)	4:47	12.5 (69.1%)
74	JAROCKI Paweł	454		M 40-49	19		00:12:00	00:24:10.85	00:24:19.05	+00:07:42 (31.7%)	4:50	12.4 (68.5%)
75	BRZUSKIEWICZ Adrian	416		M 20-29	11		00:12:51	00:24:11.60	00:24:19.20	+00:07:42 (31.7%)	4:50	12.4 (68.5%)
76	STRĘCIWILK Arkadiusz	562		M 30-39	20	Tak	00:11:02	00:24:29.10	00:24:32.25	+00:07:55 (32.3%)	4:53	12.3 (68.0%)
77	NIEDBALSKI Grzegorz	501	RUN BYDGOSZCZ	M 60-69	4		00:12:12	00:24:27.45	00:24:35.75	+00:07:58 (32.4%)	4:53	12.3 (68.0%)
78	PISKORSKA Marta	529	KOLOROWE GACIE	K 40-49	5	Tak	00:11:44	00:24:27.50	00:24:36.30	+00:07:59 (32.5%)	4:53	12.3 (68.0%)
79	JARZĘCZKA Jakub	455		M 30-39	21	Tak	00:11:27	00:24:40.05	00:24:43.65	+00:08:06 (32.8%)	4:56	12.2 (67.4%)
80	WYSOCKI Jerzy	600	CZARNE STOPY	M 60-69	5		00:12:23	00:24:50.20	00:24:50.20	+00:08:13 (33.1%)	4:58	12.1 (66.9%)
81	DOROCIAK Krzysztof	430	MEDICAL WARRIORS	M 40-49	20		00:12:18	00:24:46.70	00:24:51.35	+00:08:14 (33.2%)	4:57	12.1 (66.9%)
82	BADACZEWSKI Marcin	411		M 40-49	21	Tak	00:12:07	00:24:49.70	00:24:55.65	+00:08:18 (33.3%)	4:57	12.1 (66.9%)
83	SKOWROŃSKI Szymon	552		M 20-29	12		00:12:30	00:24:53.80	00:25:00.45	+00:08:23 (33.6%)	4:58	12.1 (66.9%)
84	CHMIELARZ Justyna	418	CHMIELARZ TEAM	K 30-39	7		00:12:35	00:25:08.15	00:25:16.65	+00:08:39 (34.3%)	5:01	11.9 (65.7%)

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85	GRZEGORSKI Rafał	451	SAPER TEAM	M 50-59	9	Tak	00:11:50	00:25:08.60	00:25:17.90	+00:08:40 (34.3%)	5:01	11.9 (65.7%)
86	WOŁOSZCZAK Aleksandra	596	6. KILOMETR	K 30-39	8		00:12:25	00:25:13.00	00:25:20.15	+00:08:43 (34.4%)	5:02	11.9 (65.7%)
87	NURKIEWICZ Jarosław	509	KUNG FU PANDY 3	M 50-59	10		00:12:39	00:25:05.80	00:25:20.75	+00:08:43 (34.4%)	5:01	12 (66.3%)
88	KARÓLEWSKI Marek	461	SOLA MÓWI BIEGACZE	M 60-69	6		00:12:41	00:25:10.90	00:25:21.85	+00:08:44 (34.5%)	5:02	11.9 (65.7%)
89	KALINOWSKI Mikołaj	457	WATAHA L-PAAK	M 20-29	13		00:10:02	00:25:26.65	00:25:30.85	+00:08:53 (34.9%)	5:05	11.8 (65.2%)
90	WOJTECKI Łukasz	594	MUZEUM SOLCA	M 40-49	22	Tak	00:12:20	00:25:18.80	00:25:37.75	+00:09:00 (35.2%)	5:03	11.9 (65.7%)
91	GOŁASZ Mateusz	440	WTLENIE	M 30-39	22		00:12:55	00:25:20.10	00:25:37.95	+00:09:01 (35.2%)	5:04	11.8 (65.2%)
92	ŚWIĄTCZAK Krzysztof	746		M 40-49	23		00:12:15	00:25:29.50	00:25:42.40	+00:09:05 (35.4%)	5:05	11.8 (65.2%)
93	RACHWAŁSKI Zbigniew	534		M 50-59	11		00:13:00	00:25:26.45	00:25:43.10	+00:09:06 (35.4%)	5:05	11.8 (65.2%)
94	GROBELNA Angelika	446		K 40-49	6		00:12:25	00:25:33.95	00:25:45.10	+00:09:08 (35.5%)	5:06	11.7 (64.6%)
95	ZAGOŹDŻON Wioleta	601	SOLECCY BIEGACZE	K 40-49	7	Tak	00:12:40	00:25:34.50	00:25:45.45	+00:09:08 (35.5%)	5:06	11.7 (64.6%)
96	ZIÓŁKOWSKI Mieczysław	605	TG SOKÓŁ GNIEWKOWO	M 50-59	12		00:11:59	00:25:43.90	00:25:50.45	+00:09:13 (35.7%)	5:08	11.7 (64.6%)
97	MŁYNARCZYK Stefania	497		K 50-59	1	Tak	00:12:39	00:25:38.60	00:25:50.75	+00:09:13 (35.7%)	5:07	11.7 (64.6%)
98	WIŚNIEWSK Oliwia	617		K 16-19	2	Tak	00:12:05	00:25:44.45	00:25:52.15	+00:09:15 (35.8%)	5:08	11.7 (64.6%)
99	CIESIELSKI Mirosław	421		M 50-59	13	Tak	00:12:40	00:25:46.05	00:25:56.10	+00:09:19 (35.9%)	5:09	11.6 (64.1%)
100	KOZAK Adam	473	BB ACTIVE TEAM	M 16-19	4		00:12:49	00:25:45.20	00:26:05.65	+00:09:28 (36.3%)	5:09	11.7 (64.6%)
101	ZIELIŃSKI Robert	604	PASACO	M 40-49	24	Tak	00:12:50	00:26:17.20	00:26:17.20	+00:09:40 (36.8%)	5:15	11.4 (63.0%)
102	SIEKIERKA Jarosław	548	PASACO	M 30-39	23		00:13:09	00:26:16.35	00:26:30.35	+00:09:53 (37.3%)	5:15	11.4 (63.0%)
103	OLSZÓWKA Michał	514		M 40-49	25		00:12:20	00:26:24.45	00:26:30.70	+00:09:53 (37.3%)	5:16	11.4 (63.0%)
104	PIECZYŃSKI Marek	525		M 50-59	14		00:12:50	00:26:19.80	00:26:32.30	+00:09:55 (37.4%)	5:15	11.4 (63.0%)
105	KUŹMICKI Ireneusz	480	PASACO	M 30-39	24		00:12:52	00:26:25.80	00:26:34.30	+00:09:57 (37.5%)	5:17	11.4 (63.0%)
106	MISIAK Agata	496		K 30-39	9	Tak	00:13:11	00:26:22.75	00:26:36.75	+00:09:59 (37.6%)	5:16	11.4 (63.0%)
107	KUŹMICKA Joanna	479	PASACO	K 30-39	10		00:12:52	00:26:29.15	00:26:37.05	+00:10:00 (37.6%)	5:17	11.3 (62.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina Solec Kujawski	Pętla 1 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
108	SOLIŃSKA Monika	556		K 40-49	8		00:13:08	00:26:22.80	00:26:37.55	+00:10:00 (37.6%)	5:16	11.4 (63.0%)
109	DZIELAK Marta	434	SAPER TEAM	K 20-29	2		00:12:11	00:26:30.20	00:26:40.85	+00:10:03 (37.7%)	5:18	11.3 (62.4%)
110	KĘDZIORSKI Marek	466		M 60-69	7		00:13:04	00:26:35.15	00:26:47.45	+00:10:10 (38.0%)	5:19	11.3 (62.4%)
111	KOWALSKI Miłosz	471		M 20-29	14		00:11:52	00:26:41.05	00:26:48.65	+00:10:11 (38.0%)	5:20	11.2 (61.9%)
112	ŻUCHOWSKA Katarzyna	607	EKO-OPAŁ PŁONNE	K 40-49	9		00:13:27	00:26:36.75	00:26:49.90	+00:10:12 (38.1%)	5:19	11.3 (62.4%)
113	KĘDZIORSKA Beata	465		K 50-59	2		00:13:05	00:26:39.90	00:26:51.75	+00:10:14 (38.1%)	5:19	11.3 (62.4%)
113	PIETRASZAK Tomasz	527	RUN BYDGOSZCZ	M 50-59	15		00:13:20	00:26:35.15	00:26:51.75	+00:10:14 (38.1%)	5:19	11.3 (62.4%)
115	POCHOWSKA Monika	530	PASACO	K 30-39	11		00:13:15	00:26:48.65	00:26:56.60	+00:10:19 (38.3%)	5:21	11.2 (61.9%)
116	LEWANDOWSKI Andrzej	485	PASACO	M 40-49	26	Tak	00:13:06	00:26:48.35	00:27:06.85	+00:10:29 (38.7%)	5:21	11.2 (61.9%)
117	RZĘTKOWSKI Artur	544	DROBEX	M 20-29	15	Tak	00:13:00	00:27:00.45	00:27:18.95	+00:10:42 (39.2%)	5:24	11.1 (61.3%)
118	KANARKOWSKI Stanisław	610		M 60-69	8		00:12:53	00:27:05.40	00:27:19.45	+00:10:42 (39.2%)	5:25	11.1 (61.3%)
119	POCHOWSKI Arkadiusz	531	PASACO	M 30-39	25		00:13:36	00:27:14.30	00:27:23.90	+00:10:46 (39.4%)	5:26	11 (60.8%)
120	SKRZĄTEK Anna	553		K 50-59	3		00:14:15	00:27:23.95	00:27:34.95	+00:10:58 (39.8%)	5:28	11 (60.8%)
121	ZDRENKA Dennis	602		M 30-39	26	Tak	00:13:43	00:27:17.15	00:27:36.95	+00:11:00 (39.8%)	5:27	11 (60.8%)
122	PAWEŁCZAK Kamil	518	PASACO	M 30-39	27	Tak	00:13:13	00:27:28.80	00:27:39.00	+00:11:02 (39.9%)	5:29	10.9 (60.2%)
123	PIECZYŃSKA Joanna	523		K 40-49	10		00:13:18	00:27:37.45	00:27:48.60	+00:11:11 (40.3%)	5:31	10.9 (60.2%)
124	SPYCHALSKA Kinga	559		K 30-39	12	Tak	00:13:28	00:27:44.60	00:27:54.10	+00:11:17 (40.4%)	5:32	10.8 (59.7%)
125	DZIADKOWIEC Michał	433	PASACO	M 30-39	28	Tak	00:13:43	00:27:38.45	00:27:54.70	+00:11:17 (40.5%)	5:31	10.9 (60.2%)
126	OLEDZKI Stanisław	512	UKS TOP SOLEC KUJAWSKI	M 30-39	29	Tak	00:13:31	00:27:33.20	00:27:55.30	+00:11:18 (40.5%)	5:30	10.9 (60.2%)
127	WOJTECKA Ewelina	593	MUZEUM SOLCA	K 30-39	13	Tak	00:14:09	00:27:36.70	00:27:55.90	+00:11:18 (40.5%)	5:31	10.9 (60.2%)
128	WOJSZNIS Oliwia	592		K 30-39	14	Tak	00:13:31	00:27:55.85	00:28:07.30	+00:11:30 (40.9%)	5:35	10.7 (59.1%)
129	WAWRZYNIAK Milena	583		K 30-39	15		00:13:39	00:28:01.25	00:28:09.25	+00:11:32 (41.0%)	5:36	10.7 (59.1%)
130	PIASECKI Włodzimierz	521		M 50-59	16	Tak	00:13:19	00:27:59.60	00:28:11.35	+00:11:34 (41.1%)	5:35	10.7 (59.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina Solec Kujawski	Pętla 1 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
131	GRACZKOWSKA Mirosława	445		K 50-59	4		00:13:27	00:28:06.70	00:28:17.75	+00:11:40 (41.3%)	5:37	10.7 (59.1%)
132	DZIELAK Artur	435	SAPER TEAM	M 50-59	17		00:13:49	00:28:15.20	00:28:30.75	+00:11:53 (41.7%)	5:39	10.6 (58.6%)
133	KWAŚNIEWSKA Aldona	481		K 40-49	11		00:14:11	00:28:19.75	00:28:35.65	+00:11:58 (41.9%)	5:39	10.6 (58.6%)
134	LENSER Ewa	483	MUZEUM SOLCA	K 40-49	12	Tak	00:14:10	00:28:19.85	00:28:39.70	+00:12:02 (42.0%)	5:39	10.6 (58.6%)
135	LEWANDOWSKA Nina	484	WIHURRA SOBIEJUCHY	K 16-19	3		00:14:32	00:28:22.95	00:28:43.30	+00:12:06 (42.1%)	5:40	10.6 (58.6%)
136	KOMOŚ-CZECZOT Żaneta	470		K 30-39	16		00:13:52	00:28:47.20	00:28:54.35	+00:12:17 (42.5%)	5:45	10.4 (57.5%)
137	RZHEVSKA Kateryna	545		K 30-39	17		00:13:43	00:28:37.80	00:28:55.80	+00:12:18 (42.6%)	5:43	10.5 (58.0%)
138	GASZA Mariusz	438		M 40-49	27		00:13:44	00:29:16.30	00:29:26.40	+00:12:49 (43.6%)	5:51	10.3 (56.9%)
139	WALTHER Filip	582		M 40-49	28	Tak	00:14:36	00:29:26.60	00:29:47.85	+00:13:10 (44.2%)	5:53	10.2 (56.4%)
140	STAROWICZ Aleksandra	560		K 30-39	18	Tak	00:14:40	00:29:49.25	00:30:00.00	+00:13:23 (44.6%)	5:57	10.1 (55.8%)
141	ŚWIĄTEK Roman	574		M 60-69	9	Tak	00:14:33	00:29:51.20	00:30:08.10	+00:13:31 (44.9%)	5:58	10.1 (55.8%)
142	CZĘSZ Elżbieta	422		K 40-49	13		00:14:58	00:30:05.95	00:30:17.30	+00:13:40 (45.1%)	6:01	10 (55.2%)
143	KUBIS Katarzyna	477	PASACO	K 40-49	14		00:14:31	00:30:16.85	00:30:29.80	+00:13:52 (45.5%)	6:03	9.9 (54.7%)
144	RZHEVSKYI Andrii	546		M 30-39	30		00:14:42	00:30:14.35	00:30:30.10	+00:13:53 (45.5%)	6:02	9.9 (54.7%)
145	KRAPIŃSKA Kasia	474		K 30-39	19	Tak	00:14:35	00:30:37.60	00:30:43.40	+00:14:06 (45.9%)	6:07	9.8 (54.1%)
146	MAN Beata	492		K 40-49	15	Tak	00:14:39	00:30:30.95	00:30:44.35	+00:14:07 (45.9%)	6:06	9.8 (54.1%)
147	GADOMSKA Maria	437	RUN BYDGOSZCZ	K 60-69	1		00:14:58	00:30:34.70	00:30:47.85	+00:14:10 (46.0%)	6:06	9.8 (54.1%)
148	NAWROCKA Beata	499		K 40-49	16	Tak	00:13:40	00:30:37.80	00:30:48.15	+00:14:11 (46.1%)	6:07	9.8 (54.1%)
149	ZIELIŃSKA Justyna	603	KOLOROWE GACIE	K 40-49	17	Tak	00:14:39	00:30:46.05	00:30:55.65	+00:14:18 (46.3%)	6:09	9.8 (54.1%)
150	WRZESIŃSKA Ewelina	599		K 30-39	20		00:15:30	00:30:53.50	00:31:07.35	+00:14:30 (46.6%)	6:10	9.7 (53.6%)
151	LANDOWSKA-DACH Karolina	482	PASACO	K 30-39	21		00:15:30	00:30:53.75	00:31:07.65	+00:14:30 (46.6%)	6:10	9.7 (53.6%)
152	WÓJTOWICZ Ryszard	598		M 30-39	31	Tak	00:14:51	00:30:50.00	00:31:12.45	+00:14:35 (46.8%)	6:10	9.7 (53.6%)
153	PIECZYŃSKA Maja	524		K 20-29	3		00:15:27	00:31:01.90	00:31:18.75	+00:14:41 (46.9%)	6:12	9.7 (53.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina Solec Kujawski	Pętla 1 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
154	KŁOBUKOWSKA Wiktoria	467		K 20-29	4		00:15:19	00:31:39.90	00:31:51.45	+00:15:14 (47.8%)	6:19	9.5 (52.5%)
155	KRZYWDZIŃSKA Magdalena	584		K 30-39	22		00:15:29	00:31:44.30	00:31:53.10	+00:15:16 (47.9%)	6:20	9.5 (52.5%)
156	SOLIŃSKI Zbigniew	557		M 40-49	29		00:14:57	00:31:48.80	00:32:04.15	+00:15:27 (48.2%)	6:21	9.4 (51.9%)
157	WESOŁOWSKA Aleksandra	586		K 40-49	18		00:15:21	00:32:06.55	00:32:21.05	+00:15:44 (48.6%)	6:25	9.3 (51.4%)
158	WESOŁOWSKI Dariusz	587		M 50-59	18		00:15:21	00:32:06.45	00:32:21.50	+00:15:44 (48.7%)	6:25	9.3 (51.4%)
159	OSSOWSKA Agnieszka	515		K 30-39	23	Tak	00:15:51	00:32:10.95	00:32:31.05	+00:15:54 (48.9%)	6:26	9.3 (51.4%)
160	MALICKA Maria	491	MALMEDIA.PL	K 40-49	19		00:16:13	00:33:15.50	00:33:32.95	+00:16:56 (50.5%)	6:39	9 (49.7%)
161	PERESIAK Anna	519		K 60-69	2	Tak	00:16:22	00:33:22.10	00:33:34.25	+00:16:57 (50.5%)	6:40	9 (49.7%)
162	PUSZCZ Tadzik	533	PĘDZĄCY TADZIKI	M 16-19	5	Tak	00:17:00	00:33:16.60	00:33:38.55	+00:17:01 (50.6%)	6:39	9 (49.7%)
163	PUSZCZ Sławek	532	PROMONT GROUP SOLEC KUJ.	M 40-49	30	Tak	00:17:00	00:33:17.00	00:33:38.85	+00:17:01 (50.6%)	6:39	9 (49.7%)
164	KĄŁEK Inga	459		K 20-29	5		00:16:19	00:33:23.10	00:33:39.55	+00:17:02 (50.6%)	6:40	9 (49.7%)
165	SIEMIANOWSKI Marcel	550	PASAO	M 20-29	16	Tak	00:16:23	00:33:44.55	00:33:58.25	+00:17:21 (51.1%)	6:44	8.9 (49.2%)
166	TRZCIŃSKA Anna	576		K 40-49	20		00:17:01	00:33:56.00	00:34:14.60	+00:17:37 (51.5%)	6:47	8.8 (48.6%)
167	SZYMACZEK Joanna	568	PASACO	K 30-39	24		00:16:13	00:34:03.40	00:34:18.10	+00:17:41 (51.6%)	6:48	8.8 (48.6%)
168	OBRZEZGIEWICZ Jagoda	510		K 20-29	6		00:16:04	00:34:02.60	00:34:20.00	+00:17:43 (51.6%)	6:48	8.8 (48.6%)
169	DECOWSKA Sylwia	427		K 50-59	5	Tak	00:16:43	00:34:12.75	00:34:24.60	+00:17:47 (51.7%)	6:50	8.8 (48.6%)
170	GÓRSKI Maciej	443		M 30-39	32		00:17:08	00:34:26.70	00:34:43.45	+00:18:06 (52.1%)	6:53	8.7 (48.1%)
171	GÓRSKA Alicja	442		K 30-39	25	Tak	00:17:08	00:34:26.70	00:34:43.95	+00:18:07 (52.2%)	6:53	8.7 (48.1%)
172	KARUTZ Michał	462	PASACO	M 40-49	31	Tak	00:16:49	00:35:47.25	00:35:47.25	+00:19:10 (53.6%)	7:09	8.4 (46.4%)
173	ROCHOWIAK Agnieszka	537		K 50-59	6		00:17:23	00:35:41.65	00:35:50.45	+00:19:13 (53.6%)	7:08	8.4 (46.4%)
174	SIEMIANOWSKI Jan	549	TEAM Z KANGURA	M 30-39	33	Tak	00:17:18	00:35:39.70	00:35:59.25	+00:19:22 (53.8%)	7:07	8.4 (46.4%)
175	MAZURKIEWICZ Daria	495		K 30-39	26		00:17:27	00:35:50.55	00:36:09.95	+00:19:33 (54.1%)	7:10	8.4 (46.4%)
176	SZYPERSKI Sławomir	572		M 50-59	19		00:17:27	00:35:50.25	00:36:10.15	+00:19:33 (54.1%)	7:10	8.4 (46.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina Solec Kujawski	Pętla 1 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
177	GRUSZKA Marek	449	NIEZRZESZONY	M 60-69	10		00:17:26	00:36:13.70	00:36:13.70	+00:19:36 (54.1%)	7:14	8.3 (45.9%)
178	MALCZEWSKA Mirka	490	FORDONRUNNERS	K 60-69	3		00:18:22	00:36:59.30	00:37:08.90	+00:20:31 (55.3%)	7:23	8.1 (44.8%)
179	ŻELAZKO Anna	606		K 40-49	21	Tak	00:18:31	00:37:41.05	00:38:01.80	+00:21:24 (56.3%)	7:32	8 (44.2%)
180	NOWACKA Katarzyna	503		K 30-39	27		00:18:30	00:37:41.05	00:38:02.10	+00:21:25 (56.3%)	7:32	8 (44.2%)
181	WERYHO Maja	585	DROBEX	K 40-49	22	Tak	00:18:16	00:37:51.40	00:38:10.35	+00:21:33 (56.5%)	7:34	7.9 (43.6%)
182	SIEDLECKA Alina	547		K 50-59	7	Tak	00:17:52	00:37:55.05	00:38:10.90	+00:21:33 (56.5%)	7:35	7.9 (43.6%)
183	MUSZYŃSKI Mateusz	498	DROBEX	M 20-29	17		00:19:07	00:38:49.15	00:39:08.50	+00:22:31 (57.5%)	7:45	7.7 (42.5%)
184	RATKE Sandra	535	DROBEX	K 30-39	28	Tak	00:19:07	00:38:49.25	00:39:08.75	+00:22:31 (57.6%)	7:45	7.7 (42.5%)
185	NIEŚCIERUK Monika	502		K 20-29	7		00:18:33	00:39:22.10	00:39:22.10	+00:22:45 (57.8%)	7:52	7.6 (42.0%)
186	SZYMAŃSKA Marzena	569		K 50-59	8		00:20:45	00:41:23.05	00:41:32.35	+00:24:55 (60.0%)	8:16	7.2 (39.8%)
187	DYBIKOWSKI Mirosław	432	PASACO	M 60-69	11	Tak	00:22:16	00:46:54.00	00:47:23.95	+00:30:47 (64.9%)	9:22	6.4 (35.4%)
188	WALTHER Anna	581		K 30-39	29	Tak	00:23:07	00:47:31.05	00:47:52.10	+00:31:15 (65.3%)	9:30	6.3 (34.8%)

Znaleziono 188 wynik(ów)