

# XIII BIEG 12 MOSTÓW

B4SPORT

**Organizator:** Ośrodek Sportu i Rekreacji w Sławnie  
**Data:** 2015-07-04  
**Miejsce:** Sławno  
**Dystans:** 7 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7km	Czas brutto 7km	Różn	Tempo min/km	Tempo km/h
1	<b>OKSENIUK Sergii</b>	<b>62</b>	MK LUCHESK	M30	1	<b>00:23:28</b>	<b>00:23:28</b>		3:21	17.9 (100%)
2	<b>RUSYUK Yriy</b>	<b>49</b>	SK KOVEL LKB RUDNIK	M20	1	<b>00:23:38</b>	<b>00:23:38</b>	+00:00:10 (0.7%)	3:22	17.8 (99.4%)
3	<b>UKRAINETZ Sergii</b>	<b>51</b>	SK KOVEL LKB RUDNIK	M20	2	<b>00:24:02</b>	<b>00:24:02</b>	+00:00:34 (2.4%)	3:26	17.5 (97.8%)
4	<b>DRWAL Piotr</b>	<b>24</b>		M40	1	<b>00:24:23</b>	<b>00:24:23</b>	+00:00:55 (3.8%)	3:29	17.2 (96.1%)
5	<b>TSOPA Viktor</b>	<b>54</b>	SK KOVEL LKB RUDNIK	M20	3	<b>00:24:38</b>	<b>00:24:38</b>	+00:01:10 (4.7%)	3:31	17.1 (95.5%)
6	<b>DOLUNCHUK Dmytro</b>	<b>66</b>	MK LUCHESK	M20	4	<b>00:24:40</b>	<b>00:24:40</b>	+00:01:12 (4.9%)	3:31	17 (95.0%)
7	<b>WITKOWSKI Mateusz</b>	<b>82</b>	KU AZS PWSZ KOSZALIN	M20	5	<b>00:26:35</b>	<b>00:26:35</b>	+00:03:07 (11.7%)	3:47	15.8 (88.3%)
8	<b>GAIDAI Oleksandr</b>	<b>52</b>	SK KOVEL - LKB RUDNIK	M20	6	<b>00:26:52</b>	<b>00:26:52</b>	+00:03:24 (12.7%)	3:50	15.6 (87.2%)
9	<b>STANKO Svitlana</b>	<b>13</b>		K30	1	<b>00:27:08</b>	<b>00:27:08</b>	+00:03:40 (13.5%)	3:52	15.5 (86.6%)
10	<b>POTERUK Vita</b>	<b>65</b>	MK LUCHESK	K30	2	<b>00:27:11</b>	<b>00:27:11</b>	+00:03:43 (13.7%)	3:53	15.5 (86.6%)
11	<b>OLIYNUK Oleksandra</b>	<b>64</b>	MK LUCHESK	K20	1	<b>00:27:29</b>	<b>00:27:29</b>	+00:04:01 (14.6%)	3:55	15.3 (85.5%)
12	<b>KOZAK Arkadiusz</b>	<b>31</b>	4RUN TKKF KOSZALIN	M40	2	<b>00:27:47</b>	<b>00:27:47</b>	+00:04:19 (15.5%)	3:58	15.1 (84.4%)
13	<b>SZYMAJDA Grzegorz</b>	<b>78</b>	4RUN TKKF KOSZALIN	M30	2	<b>00:27:51</b>	<b>00:27:51</b>	+00:04:23 (15.7%)	3:58	15.1 (84.4%)
14	<b>PAPROCKA Ewelina</b>	<b>151</b>		K20	2	<b>00:27:53</b>	<b>00:27:53</b>	+00:04:25 (15.8%)	3:59	15.1 (84.4%)
15	<b>NOVOSAD Pavlo</b>	<b>55</b>	SK KOVEL - LKB RUDNIK	M30	3	<b>00:28:53</b>	<b>00:28:53</b>	+00:05:25 (18.8%)	4:07	14.5 (81.0%)
16	<b>BARAŃSKI Bogusław</b>	<b>136</b>	MLUKS TRZEBIATÓW	M50	1	<b>00:29:25</b>	<b>00:29:25</b>	+00:05:57 (20.2%)	4:12	14.3 (79.9%)
17	<b>ANTOSIK Grzegorz</b>	<b>232</b>		M30	4	<b>00:29:36</b>	<b>00:29:36</b>	+00:06:08 (20.7%)	4:13	14.2 (79.3%)
18	<b>PANASIUK Sergii</b>	<b>48</b>	SK KOVEL LKB RUDNIK	M30	5	<b>00:29:39</b>	<b>00:29:39</b>	+00:06:11 (20.9%)	4:14	14.2 (79.3%)
19	<b>OLIYNUK Nataliya</b>	<b>63</b>	MK LUCHESK	K20	3	<b>00:29:41</b>	<b>00:29:41</b>	+00:06:13 (20.9%)	4:14	14.1 (78.8%)
20	<b>MUSIAŁ Krzysztof</b>	<b>108</b>		M30	6	<b>00:29:47</b>	<b>00:29:47</b>	+00:06:19 (21.2%)	4:15	14.1 (78.8%)
21	<b>CHUDY Henryk</b>	<b>77</b>		M60	1	<b>00:29:53</b>	<b>00:29:53</b>	+00:06:25 (21.5%)	4:16	14.1 (78.8%)
22	<b>KAMIENIECKI Rafał</b>	<b>158</b>	TUPOT-USTKA	M30	7	<b>00:29:57</b>	<b>00:29:57</b>	+00:06:29 (21.6%)	4:16	14 (78.2%)
23	<b>BORUSIŃSKI Piotr</b>	<b>111</b>	STOPA	M30	8	<b>00:30:10</b>	<b>00:30:10</b>	+00:06:42 (22.2%)	4:18	13.9 (77.7%)
24	<b>MAŁGORZEWICZ Dawid</b>	<b>230</b>		M20	7	<b>00:30:15</b>	<b>00:30:15</b>	+00:06:47 (22.4%)	4:19	13.9 (77.7%)
24	<b>POWARZYŃSKI Krzysztof</b>	<b>231</b>		M40	3	<b>00:30:15</b>	<b>00:30:15</b>	+00:06:47 (22.4%)	4:19	13.9 (77.7%)
26	<b>WIŚNIEWSKI Mieczysław</b>	<b>18</b>	STOPA SŁUPSK	M60	2	<b>00:30:22</b>	<b>00:30:22</b>	+00:06:54 (22.7%)	4:20	13.8 (77.1%)
27	<b>JACHIMSKI Piotr</b>	<b>103</b>		M30	9	<b>00:30:30</b>	<b>00:30:30</b>	+00:07:02 (23.1%)	4:21	13.8 (77.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7km	Czas brutto 7km	Różn	Tempo min/km	Tempo km/h
28	<b>KAWECKI Józef</b>	<b>228</b>		M50	2	<b>00:30:46</b>	<b>00:30:46</b>	+00:07:18 (23.7%)	4:23	13.7 (76.5%)
29	<b>WILCZEWSKI Krzysztof</b>	<b>58</b>		M30	10	<b>00:30:57</b>	<b>00:30:57</b>	+00:07:29 (24.2%)	4:25	13.6 (76.0%)
30	<b>KRUKOWSKI Błażej</b>	<b>15</b>		M30	11	<b>00:31:16</b>	<b>00:31:16</b>	+00:07:48 (24.9%)	4:28	13.4 (74.9%)
31	<b>STAWARZ Monika</b>	<b>89</b>	UKS EKOLUDEK SZCZENURZE	K20	4	<b>00:31:33</b>	<b>00:31:33</b>	+00:08:05 (25.6%)	4:30	13.3 (74.3%)
32	<b>WERNER Czesław</b>	<b>16</b>		M50	3	<b>00:31:36</b>	<b>00:31:36</b>	+00:08:08 (25.7%)	4:30	13.3 (74.3%)
32	<b>GRAŚ Paweł</b>	<b>101</b>		M20	8	<b>00:31:36</b>	<b>00:31:36</b>	+00:08:08 (25.7%)	4:30	13.3 (74.3%)
34	<b>GIERLACH Jacek</b>	<b>99</b>	STOPA SŁUPSK	M20	9	<b>00:31:37</b>	<b>00:31:37</b>	+00:08:09 (25.8%)	4:31	13.3 (74.3%)
34	<b>ROGALSKI Roberto</b>	<b>121</b>		M30	12	<b>00:31:37</b>	<b>00:31:37</b>	+00:08:09 (25.8%)	4:31	13.3 (74.3%)
36	<b>WILCZEWSKI Mariusz</b>	<b>57</b>	MKS ABWOOD ŚWIĘC SŁAWNO	M20	10	<b>00:31:46</b>	<b>00:31:46</b>	+00:08:18 (26.1%)	4:32	13.2 (73.7%)
37	<b>GAPSKI Zbigniew</b>	<b>123</b>	SOBIESKI TEAM	M60	3	<b>00:31:49</b>	<b>00:31:49</b>	+00:08:21 (26.2%)	4:32	13.2 (73.7%)
38	<b>MĄDRY Wojciech</b>	<b>38</b>	CYBINA TEAM	M20	11	<b>00:31:52</b>	<b>00:31:52</b>	+00:08:24 (26.4%)	4:33	13.2 (73.7%)
39	<b>NIKLAS Karol</b>	<b>86</b>		M40	4	<b>00:31:58</b>	<b>00:31:58</b>	+00:08:30 (26.6%)	4:34	13.1 (73.2%)
40	<b>POLCYN Czesław</b>	<b>7</b>	DEBIUT WIELEŃ	M30	13	<b>00:32:13</b>	<b>00:32:13</b>	+00:08:45 (27.2%)	4:36	13 (72.6%)
41	<b>BARAŃSKI Przemysław</b>	<b>137</b>	KM PSP SZCZECIN/ MLUKS TRZEBIATÓW	M20	12	<b>00:32:14</b>	<b>00:32:14</b>	+00:08:46 (27.2%)	4:36	13 (72.6%)
42	<b>WILKOWSKI Wojtek</b>	<b>76</b>	SSI AKTYWNI DAMNICA	M40	5	<b>00:32:41</b>	<b>00:32:41</b>	+00:09:13 (28.2%)	4:40	12.9 (72.1%)
43	<b>MRÓWKA Michał</b>	<b>98</b>		M30	14	<b>00:32:46</b>	<b>00:32:46</b>	+00:09:18 (28.4%)	4:40	12.8 (71.5%)
44	<b>ŚWITOŃ Marian</b>	<b>117</b>		M50	4	<b>00:32:50</b>	<b>00:32:50</b>	+00:09:22 (28.5%)	4:41	12.8 (71.5%)
45	<b>MACIEJEWSKI Andrzej</b>	<b>33</b>	KS.KROTOSZ KROTOSZYN	M50	5	<b>00:32:52</b>	<b>00:32:52</b>	+00:09:24 (28.6%)	4:41	12.8 (71.5%)
46	<b>DĘGA Ryszard</b>	<b>156</b>	TUPOT-USTKA	M60	4	<b>00:32:55</b>	<b>00:32:55</b>	+00:09:27 (28.7%)	4:42	12.8 (71.5%)
47	<b>PERZ Emilia</b>	<b>229</b>		K20	5	<b>00:32:59</b>	<b>00:32:59</b>	+00:09:31 (28.9%)	4:42	12.7 (70.9%)
48	<b>STASZEWSKI Jan</b>	<b>27</b>		M50	6	<b>00:33:06</b>	<b>00:33:06</b>	+00:09:38 (29.1%)	4:43	12.7 (70.9%)
49	<b>ŁASZKIEWICZ Tadeusz</b>	<b>17</b>		M50	7	<b>00:33:10</b>	<b>00:33:10</b>	+00:09:42 (29.2%)	4:44	12.7 (70.9%)
50	<b>SMEREKA Tomasz</b>	<b>100</b>	RUNNING TEAM MILICZ	M30	15	<b>00:33:18</b>	<b>00:33:18</b>	+00:09:50 (29.5%)	4:45	12.6 (70.4%)
51	<b>ŻYLICZ Paweł</b>	<b>92</b>	STOPA SŁUPSK	M20	13	<b>00:33:26</b>	<b>00:33:26</b>	+00:09:58 (29.8%)	4:46	12.6 (70.4%)
52	<b>MALINOWSKI Adam</b>	<b>222</b>		M50	8	<b>00:33:27</b>	<b>00:33:27</b>	+00:09:59 (29.8%)	4:46	12.6 (70.4%)
53	<b>HOŁUB Kamil</b>	<b>138</b>	MLUKS TRZEBIATÓW	M30	16	<b>00:33:31</b>	<b>00:33:31</b>	+00:10:03 (30.0%)	4:47	12.5 (69.8%)
54	<b>WOŹNIAK Marek</b>	<b>162</b>		M50	9	<b>00:33:36</b>	<b>00:33:36</b>	+00:10:08 (30.2%)	4:48	12.5 (69.8%)
55	<b>BRZOSKOWSKI Artur</b>	<b>149</b>		M30	17	<b>00:33:43</b>	<b>00:33:43</b>	+00:10:15 (30.4%)	4:49	12.5 (69.8%)
56	<b>KONKEL Katarzyna</b>	<b>91</b>	DECATHLON RUNNING TEAM	K20	6	<b>00:33:47</b>	<b>00:33:47</b>	+00:10:19 (30.5%)	4:49	12.4 (69.3%)
57	<b>LUBAWIŃSKI Jerzy</b>	<b>84</b>		M50	10	<b>00:33:57</b>	<b>00:33:57</b>	+00:10:29 (30.9%)	4:51	12.4 (69.3%)
58	<b>KOŁTONOWSKI Mateusz</b>	<b>75</b>	SSI AKTYWNI DAMNICA	M17	1	<b>00:34:01</b>	<b>00:34:01</b>	+00:10:33 (31.0%)	4:51	12.3 (68.7%)
59	<b>PAWLIK Grzegorz</b>	<b>129</b>	KS.KROTOSZ KROTOSZYN	M30	18	<b>00:34:02</b>	<b>00:34:02</b>	+00:10:34 (31.0%)	4:51	12.3 (68.7%)
60	<b>KUKIEŁA Tomasz</b>	<b>144</b>	ROZBIEGANY KOSZALIN	M30	19	<b>00:34:06</b>	<b>00:34:06</b>	+00:10:38 (31.2%)	4:52	12.3 (68.7%)
61	<b>PIEKAC Karol</b>	<b>152</b>	KTP "MIKOŁAJEK"	M30	20	<b>00:34:09</b>	<b>00:34:09</b>	+00:10:41 (31.3%)	4:52	12.3 (68.7%)
61	<b>OLESZEK Jerzy</b>	<b>132</b>		M40	6	<b>00:34:09</b>	<b>00:34:09</b>	+00:10:41 (31.3%)	4:52	12.3 (68.7%)
63	<b>GŁOMBIEWSKA Zuzanna</b>	<b>96</b>		K17	1	<b>00:34:10</b>	<b>00:34:10</b>	+00:10:42 (31.3%)	4:52	12.3 (68.7%)
64	<b>SZYMAŃSKI Tomasz</b>	<b>112</b>		M40	7	<b>00:34:11</b>	<b>00:34:11</b>	+00:10:43 (31.4%)	4:53	12.3 (68.7%)
65	<b>DRUMOWICZ Sławomir</b>	<b>126</b>	WKB META LUBLINIEC	M40	8	<b>00:34:21</b>	<b>00:34:21</b>	+00:10:53 (31.7%)	4:54	12.2 (68.2%)
66	<b>WICENS Jacek</b>	<b>135</b>	JACEK - BIEGAM BO LUBIĘ (F)	M20	14	<b>00:34:27</b>	<b>00:34:27</b>	+00:10:59 (31.9%)	4:55	12.2 (68.2%)
67	<b>ZIOMKO Rafał</b>	<b>142</b>	NIEZRZESZONY	M40	9	<b>00:34:28</b>	<b>00:34:28</b>	+00:11:00 (31.9%)	4:55	12.2 (68.2%)
68	<b>JANKOWSKI Eugeniusz</b>	<b>81</b>	OPEC-PUŁAWY	M60	5	<b>00:34:39</b>	<b>00:34:39</b>	+00:11:11 (32.3%)	4:57	12.1 (67.6%)
69	<b>MAMLA Zbigniew</b>	<b>69</b>		M40	10	<b>00:34:44</b>	<b>00:34:44</b>	+00:11:16 (32.4%)	4:57	12.1 (67.6%)
70	<b>ROMANÓW Przemek</b>	<b>130</b>		M30	21	<b>00:34:45</b>	<b>00:34:45</b>	+00:11:17 (32.5%)	4:57	12.1 (67.6%)
71	<b>NIWIŃSKI Grzegorz</b>	<b>157</b>	TUPOT USTKA	M50	11	<b>00:34:47</b>	<b>00:34:47</b>	+00:11:19 (32.5%)	4:58	12.1 (67.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7km	Czas brutto 7km	Różn	Tempo min/km	Tempo km/h
72	<b>PRZYBYLAK Dorota</b>	<b>41</b>		K20	7	<b>00:34:52</b>	<b>00:34:52</b>	+00:11:24 (32.7%)	4:58	12 (67.0%)
73	<b>PLEWA Mariusz</b>	<b>73</b>	SSI AKTYWNI DAMNICA	M40	11	<b>00:34:58</b>	<b>00:34:58</b>	+00:11:30 (32.9%)	4:59	12 (67.0%)
74	<b>ŻYWICA Adam</b>	<b>26</b>		M30	22	<b>00:34:59</b>	<b>00:34:59</b>	+00:11:31 (32.9%)	4:59	12 (67.0%)
75	<b>RÓG Bartosz</b>	<b>102</b>		M30	23	<b>00:35:13</b>	<b>00:35:13</b>	+00:11:45 (33.4%)	5:01	11.9 (66.5%)
75	<b>SZWABA Marcin</b>	<b>14</b>		M30	24	<b>00:35:13</b>	<b>00:35:13</b>	+00:11:45 (33.4%)	5:01	11.9 (66.5%)
77	<b>URBANIAK Marian</b>	<b>46</b>	GOSIR GORZYCE	M50	12	<b>00:35:16</b>	<b>00:35:16</b>	+00:11:48 (33.5%)	5:02	11.9 (66.5%)
78	<b>CZERNIAWSKI Lech</b>	<b>160</b>		M20	15	<b>00:35:20</b>	<b>00:35:20</b>	+00:11:52 (33.6%)	5:02	11.9 (66.5%)
79	<b>STOLARCZYK Adrian</b>	<b>71</b>		M17	2	<b>00:35:22</b>	<b>00:35:22</b>	+00:11:54 (33.6%)	5:03	11.9 (66.5%)
80	<b>SZAŁKOWSKI Wojtek</b>	<b>155</b>	TUPOT USTKA	M30	25	<b>00:35:31</b>	<b>00:35:31</b>	+00:12:03 (33.9%)	5:04	11.8 (65.9%)
81	<b>KROEHNKE Artur</b>	<b>110</b>		M40	12	<b>00:35:58</b>	<b>00:35:58</b>	+00:12:30 (34.8%)	5:08	11.7 (65.4%)
82	<b>DEREŃ Grzegorz</b>	<b>83</b>	KB SPRINT ŚWIDWIN	M30	26	<b>00:36:00</b>	<b>00:36:00</b>	+00:12:32 (34.8%)	5:08	11.7 (65.4%)
83	<b>SOCHA Andrzej</b>	<b>127</b>		M40	13	<b>00:36:16</b>	<b>00:36:16</b>	+00:12:48 (35.3%)	5:10	11.6 (64.8%)
84	<b>WILIŃSKI Marek</b>	<b>79</b>		M50	13	<b>00:36:18</b>	<b>00:36:18</b>	+00:12:50 (35.4%)	5:11	11.6 (64.8%)
85	<b>KURCZYK Zbigniew</b>	<b>36</b>		M30	27	<b>00:36:26</b>	<b>00:36:26</b>	+00:12:58 (35.6%)	5:12	11.5 (64.2%)
86	<b>KILAR Tomasz</b>	<b>70</b>	HILL KILER	M40	14	<b>00:36:28</b>	<b>00:36:28</b>	+00:13:00 (35.6%)	5:12	11.5 (64.2%)
87	<b>BIERNAT Kamil</b>	<b>140</b>	MKS ŚWIĘC SŁAWNO	M20	16	<b>00:36:37</b>	<b>00:36:37</b>	+00:13:09 (35.9%)	5:13	11.5 (64.2%)
87	<b>BIERNAT Marcin</b>	<b>139</b>		M17	3	<b>00:36:37</b>	<b>00:36:37</b>	+00:13:09 (35.9%)	5:13	11.5 (64.2%)
89	<b>GRABOWSKA Maria</b>	<b>35</b>	FUNDACJA AKTYWNE TRZEMESZNO	K40	1	<b>00:36:51</b>	<b>00:36:51</b>	+00:13:23 (36.3%)	5:15	11.4 (63.7%)
90	<b>ZIÓŁKOWSKI Wojciech</b>	<b>118</b>	KB GOCH BYTÓW	M30	28	<b>00:37:04</b>	<b>00:37:04</b>	+00:13:36 (36.7%)	5:17	11.3 (63.1%)
91	<b>FRONTCZAK Izabela</b>	<b>234</b>		K20	8	<b>00:37:11</b>	<b>00:37:11</b>	+00:13:43 (36.9%)	5:18	11.3 (63.1%)
92	<b>PERZ Marzenna</b>	<b>224</b>		K40	2	<b>00:37:17</b>	<b>00:37:17</b>	+00:13:49 (37.1%)	5:19	11.3 (63.1%)
93	<b>SKIERKA Anna</b>	<b>11</b>		K20	9	<b>00:37:41</b>	<b>00:37:41</b>	+00:14:13 (37.7%)	5:23	11.1 (62.0%)
94	<b>GAIDAI Petro</b>	<b>50</b>	SK KOVEL LKB RUDNIK	M70	1	<b>00:37:42</b>	<b>00:37:42</b>	+00:14:14 (37.8%)	5:23	11.1 (62.0%)
95	<b>ORPEL Martyna</b>	<b>34</b>	KS. KROTOSZ KROTOSZYN	K20	10	<b>00:37:44</b>	<b>00:37:44</b>	+00:14:16 (37.8%)	5:23	11.1 (62.0%)
95	<b>ŻUKOWSKI Andrzej</b>	<b>4</b>		M60	6	<b>00:37:44</b>	<b>00:37:44</b>	+00:14:16 (37.8%)	5:23	11.1 (62.0%)
97	<b>KOPOWICZ Oskar</b>	<b>122</b>		M30	29	<b>00:37:56</b>	<b>00:37:56</b>	+00:14:28 (38.1%)	5:25	11.1 (62.0%)
98	<b>WALCZYK Barbara</b>	<b>22</b>		K20	11	<b>00:38:01</b>	<b>00:38:01</b>	+00:14:33 (38.3%)	5:25	11 (61.5%)
99	<b>SALICKI Damian</b>	<b>120</b>		M30	30	<b>00:38:05</b>	<b>00:38:05</b>	+00:14:37 (38.4%)	5:26	11 (61.5%)
99	<b>WILKOWSKI Krzysztof</b>	<b>56</b>		M30	31	<b>00:38:05</b>	<b>00:38:05</b>	+00:14:37 (38.4%)	5:26	11 (61.5%)
101	<b>RUDZIŃSKI Krzysztof</b>	<b>161</b>	DWUJĘZYCZNI.PL	M20	17	<b>00:38:45</b>	<b>00:38:45</b>	+00:15:17 (39.4%)	5:32	10.8 (60.3%)
101	<b>LASZCZKOWSKA Dagmara</b>	<b>159</b>	DWUJĘZYCZNI.PL	K20	12	<b>00:38:45</b>	<b>00:38:45</b>	+00:15:17 (39.4%)	5:32	10.8 (60.3%)
103	<b>KULCZYK Katarzyna</b>	<b>25</b>		K30	3	<b>00:38:54</b>	<b>00:38:54</b>	+00:15:26 (39.7%)	5:33	10.8 (60.3%)
103	<b>WITKOWSKI Krzysztof</b>	<b>107</b>		M50	14	<b>00:38:54</b>	<b>00:38:54</b>	+00:15:26 (39.7%)	5:33	10.8 (60.3%)
105	<b>ANDRZEJCZAK Sławomir</b>	<b>44</b>		M40	15	<b>00:38:59</b>	<b>00:38:59</b>	+00:15:31 (39.8%)	5:34	10.8 (60.3%)
106	<b>ROSIŃSKI Zbigniew</b>	<b>128</b>	WKB META LUBLINIEC	M50	15	<b>00:39:01</b>	<b>00:39:01</b>	+00:15:33 (39.9%)	5:34	10.8 (60.3%)
107	<b>JODKO Adam</b>	<b>154</b>		M30	32	<b>00:39:10</b>	<b>00:39:10</b>	+00:15:42 (40.1%)	5:35	10.7 (59.8%)
108	<b>FILIPOWICZ Marian</b>	<b>43</b>	NIERZESZONY	M70	2	<b>00:39:11</b>	<b>00:39:11</b>	+00:15:43 (40.1%)	5:35	10.7 (59.8%)
109	<b>LASKA Agnieszka</b>	<b>146</b>		K40	3	<b>00:39:18</b>	<b>00:39:18</b>	+00:15:50 (40.3%)	5:36	10.7 (59.8%)
110	<b>DRUMOWICZ Dominika</b>	<b>145</b>	WKB META LUBLINIEC	K17	2	<b>00:39:33</b>	<b>00:39:33</b>	+00:16:05 (40.7%)	5:39	10.6 (59.2%)
111	<b>MIZERA Agnieszka</b>	<b>109</b>	WROCŁAW	K40	4	<b>00:39:34</b>	<b>00:39:34</b>	+00:16:06 (40.7%)	5:39	10.6 (59.2%)
112	<b>RADANIEL Piotr</b>	<b>12</b>		M30	33	<b>00:39:35</b>	<b>00:39:35</b>	+00:16:07 (40.7%)	5:39	10.6 (59.2%)
113	<b>TELESIEWICZ Henryk</b>	<b>1</b>		M60	7	<b>00:39:36</b>	<b>00:39:36</b>	+00:16:08 (40.7%)	5:39	10.6 (59.2%)
114	<b>CHUDZIK Zbigniew</b>	<b>72</b>	4RUN TKKF KOSZALIN	M50	16	<b>00:39:41</b>	<b>00:39:41</b>	+00:16:13 (40.9%)	5:40	10.6 (59.2%)
115	<b>JARNÓT Agnieszka</b>	<b>225</b>		K30	4	<b>00:39:55</b>	<b>00:39:55</b>	+00:16:27 (41.2%)	5:42	10.5 (58.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7km	Czas brutto 7km	Różn	Tempo min/km	Tempo km/h
116	<b>MIKUŁA Martyna</b>	<b>19</b>		K20	13	<b>00:40:02</b>	<b>00:40:02</b>	+00:16:34 (41.4%)	5:43	10.5 (58.7%)
117	<b>WIDAWSKI Łukasz</b>	<b>134</b>		M30	34	<b>00:40:07</b>	<b>00:40:07</b>	+00:16:39 (41.5%)	5:43	10.5 (58.7%)
118	<b>BIGUS Waldemar</b>	<b>20</b>		M30	35	<b>00:40:19</b>	<b>00:40:19</b>	+00:16:51 (41.8%)	5:45	10.4 (58.1%)
119	<b>TWOREK Józef</b>	<b>3</b>		M50	17	<b>00:40:37</b>	<b>00:40:37</b>	+00:17:09 (42.2%)	5:48	10.3 (57.5%)
120	<b>MARCZAK Andrzej</b>	<b>143</b>		M50	18	<b>00:40:40</b>	<b>00:40:40</b>	+00:17:12 (42.3%)	5:48	10.3 (57.5%)
121	<b>ŁAGOSZ Marzena</b>	<b>104</b>		K30	5	<b>00:40:57</b>	<b>00:40:57</b>	+00:17:29 (42.7%)	5:51	10.3 (57.5%)
122	<b>BOGACKI Tomasz</b>	<b>106</b>	4RUN TKKF KOSZALIN	M50	19	<b>00:40:58</b>	<b>00:40:58</b>	+00:17:30 (42.7%)	5:51	10.3 (57.5%)
123	<b>SALICKA Weronika</b>	<b>119</b>		K30	6	<b>00:41:01</b>	<b>00:41:01</b>	+00:17:33 (42.8%)	5:51	10.2 (57.0%)
124	<b>WRONA Józef</b>	<b>6</b>		M70	3	<b>00:41:07</b>	<b>00:41:07</b>	+00:17:39 (42.9%)	5:52	10.2 (57.0%)
125	<b>KASPROWICZ Małgorzata</b>	<b>21</b>		K30	7	<b>00:41:10</b>	<b>00:41:10</b>	+00:17:42 (43.0%)	5:52	10.2 (57.0%)
126	<b>SPICZAK-BRZEZIŃSKA Żaneta</b>	<b>87</b>		K17	3	<b>00:41:14</b>	<b>00:41:14</b>	+00:17:46 (43.1%)	5:53	10.2 (57.0%)
127	<b>FARBICKA-ŻYWICA Paulina</b>	<b>29</b>		K30	8	<b>00:41:15</b>	<b>00:41:15</b>	+00:17:47 (43.1%)	5:53	10.2 (57.0%)
128	<b>WOJANOWSKI Zbigniew</b>	<b>90</b>		M50	20	<b>00:41:19</b>	<b>00:41:19</b>	+00:17:51 (43.2%)	5:54	10.2 (57.0%)
129	<b>MAZUREK Barbara</b>	<b>60</b>	BABECZKI KOSZALIN/BIEGNIJMY.PL	K30	9	<b>00:41:22</b>	<b>00:41:22</b>	+00:17:54 (43.3%)	5:54	10.2 (57.0%)
130	<b>ROMAN Sylwia</b>	<b>148</b>		K30	10	<b>00:41:33</b>	<b>00:41:33</b>	+00:18:05 (43.5%)	5:56	10.1 (56.4%)
131	<b>WOŹNIAK Grzegorz</b>	<b>45</b>		M40	16	<b>00:41:44</b>	<b>00:41:44</b>	+00:18:16 (43.8%)	5:57	10.1 (56.4%)
132	<b>PACHUTA Damian</b>	<b>8</b>		M17	4	<b>00:41:46</b>	<b>00:41:46</b>	+00:18:18 (43.8%)	5:58	10.1 (56.4%)
133	<b>KURCZYK Elżbieta</b>	<b>37</b>		K30	11	<b>00:41:48</b>	<b>00:41:48</b>	+00:18:20 (43.9%)	5:58	10 (55.9%)
134	<b>WÓJCIK Agnieszka</b>	<b>131</b>		K30	12	<b>00:41:51</b>	<b>00:41:51</b>	+00:18:23 (43.9%)	5:58	10 (55.9%)
135	<b>NOREK Tomek</b>	<b>133</b>		M40	17	<b>00:41:55</b>	<b>00:41:55</b>	+00:18:27 (44.0%)	5:59	10 (55.9%)
136	<b>KAWECKA Katarzyna</b>	<b>227</b>		K30	13	<b>00:42:17</b>	<b>00:42:17</b>	+00:18:49 (44.5%)	6:02	9.9 (55.3%)
136	<b>BYSZEWSKI Arkadiusz</b>	<b>226</b>		M20	18	<b>00:42:17</b>	<b>00:42:17</b>	+00:18:49 (44.5%)	6:02	9.9 (55.3%)
138	<b>KAŹMIERCZAK Łukasz</b>	<b>125</b>		M30	36	<b>00:42:23</b>	<b>00:42:23</b>	+00:18:55 (44.6%)	6:03	9.9 (55.3%)
139	<b>PUŚCIAN Krzysztof</b>	<b>80</b>	GIMNAZJUM W MANOWIE	M40	18	<b>00:42:27</b>	<b>00:42:27</b>	+00:18:59 (44.7%)	6:03	9.9 (55.3%)
140	<b>KRYGIER Ireneusz</b>	<b>88</b>	W.P.K.SŁOŃ TEAM USTKA	M30	37	<b>00:42:51</b>	<b>00:42:51</b>	+00:19:23 (45.2%)	6:07	9.8 (54.7%)
141	<b>RUBACHA Agata</b>	<b>5</b>		K17	4	<b>00:42:56</b>	<b>00:42:56</b>	+00:19:28 (45.3%)	6:08	9.8 (54.7%)
142	<b>BUZE Małgorzata</b>	<b>114</b>		K30	14	<b>00:43:11</b>	<b>00:43:11</b>	+00:19:43 (45.7%)	6:10	9.7 (54.2%)
143	<b>MICHALAK Wojciech</b>	<b>10</b>		M40	19	<b>00:43:44</b>	<b>00:43:44</b>	+00:20:16 (46.3%)	6:14	9.6 (53.6%)
144	<b>IWAN Czesław</b>	<b>53</b>	BIEGAM ABY BARTEK MÓGŁ BIEGAĆ	M60	8	<b>00:43:59</b>	<b>00:43:59</b>	+00:20:31 (46.6%)	6:17	9.5 (53.1%)
145	<b>BRUSZEWSKA-GŁOMBIOWSKA Monika</b>	<b>97</b>		K40	5	<b>00:44:10</b>	<b>00:44:10</b>	+00:20:42 (46.9%)	6:18	9.5 (53.1%)
146	<b>BIERNAT Krzysztof</b>	<b>141</b>		M30	38	<b>00:44:36</b>	<b>00:44:36</b>	+00:21:08 (47.4%)	6:22	9.4 (52.5%)
147	<b>VON BARDELEBEN Agnieszka</b>	<b>59</b>	BABECZKI KOSZALIN	K40	6	<b>00:44:51</b>	<b>00:44:51</b>	+00:21:23 (47.7%)	6:24	9.4 (52.5%)
147	<b>DYRCZ Marika</b>	<b>2</b>		K30	15	<b>00:44:51</b>	<b>00:44:51</b>	+00:21:23 (47.7%)	6:24	9.4 (52.5%)
149	<b>MODRZEJEWSKI Roman</b>	<b>116</b>		M40	20	<b>00:44:58</b>	<b>00:44:58</b>	+00:21:30 (47.8%)	6:25	9.3 (52.0%)
149	<b>MODRZEJEWSKI Jakub</b>	<b>115</b>		M17	5	<b>00:44:58</b>	<b>00:44:58</b>	+00:21:30 (47.8%)	6:25	9.3 (52.0%)
151	<b>SOBOLEWSKI Marek</b>	<b>147</b>		M40	21	<b>00:44:59</b>	<b>00:44:59</b>	+00:21:31 (47.8%)	6:25	9.3 (52.0%)
152	<b>KAZIMIERSKI-ZAWADA Wojciech</b>	<b>9</b>		M17	6	<b>00:45:04</b>	<b>00:45:04</b>	+00:21:36 (47.9%)	6:26	9.3 (52.0%)
153	<b>NIKLAS Aneta</b>	<b>85</b>		K17	5	<b>00:45:49</b>	<b>00:45:49</b>	+00:22:21 (48.8%)	6:32	9.2 (51.4%)
154	<b>STASZEWSKA Małgorzata</b>	<b>28</b>		K30	16	<b>00:45:59</b>	<b>00:45:59</b>	+00:22:31 (49.0%)	6:34	9.1 (50.8%)
155	<b>KOSELSKI Krzysztof</b>	<b>223</b>		M50	21	<b>00:46:02</b>	<b>00:46:02</b>	+00:22:34 (49.0%)	6:34	9.1 (50.8%)
156	<b>WILKOWSKA Mariola</b>	<b>74</b>	SSI AKTYWNIDAMNICA	K40	7	<b>00:46:23</b>	<b>00:46:23</b>	+00:22:55 (49.4%)	6:37	9.1 (50.8%)
157	<b>URBANIAK Jarosław</b>	<b>47</b>	GOSIR GORZYCE	M20	19	<b>00:46:58</b>	<b>00:46:58</b>	+00:23:30 (50.0%)	6:42	8.9 (49.7%)
158	<b>GAWIECKI Piotr</b>	<b>67</b>	ROWERIA	M40	22	<b>00:48:18</b>	<b>00:48:18</b>	+00:24:50 (51.4%)	6:54	8.7 (48.6%)
159	<b>BRZYKCY Tomasz</b>	<b>93</b>		M40	23	<b>00:49:05</b>	<b>00:49:05</b>	+00:25:37 (52.2%)	7:00	8.6 (48.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7km	Czas brutto 7km	Różn	Tempo min/km	Tempo km/h
160	<b>NEJMAN Krzysztof</b>	<b>39</b>	KLAKIER TEAM	M50	22	<b>00:49:49</b>	<b>00:49:49</b>	+00:26:21 (52.9%)	7:07	8.4 (46.9%)
161	<b>FEDRO Anna</b>	<b>153</b>		K30	17	<b>00:49:57</b>	<b>00:49:57</b>	+00:26:29 (53.0%)	7:08	8.4 (46.9%)
162	<b>REIZER Wojciech</b>	<b>124</b>		M50	23	<b>00:51:29</b>	<b>00:51:29</b>	+00:28:01 (54.4%)	7:21	8.2 (45.8%)
163	<b>ROGALSKI Marcin</b>	<b>42</b>	KLAKIER TEAM	M20	20	<b>00:52:18</b>	<b>00:52:18</b>	+00:28:50 (55.1%)	7:28	8 (44.7%)
164	<b>ZDUNEK Katarzyna</b>	<b>221</b>		K40	8	<b>00:52:29</b>	<b>00:52:29</b>	+00:29:01 (55.3%)	7:29	8 (44.7%)
165	<b>KUŚNIERZ Monika</b>	<b>40</b>	KLAKIER TEAM	K20	14	<b>00:52:41</b>	<b>00:52:41</b>	+00:29:13 (55.5%)	7:31	8 (44.7%)
166	<b>HAUSMAN Andrzej</b>	<b>61</b>	KSR ROWERIA	M60	9	<b>00:52:42</b>	<b>00:52:42</b>	+00:29:14 (55.5%)	7:31	8 (44.7%)
167	<b>ŻUKOWSKI Władysław</b>	<b>113</b>		M60	10	<b>00:52:50</b>	<b>00:52:50</b>	+00:29:22 (55.6%)	7:32	7.9 (44.1%)
168	<b>GAWIECKA Mariola</b>	<b>68</b>	ROWERIA	K40	9	<b>00:54:36</b>	<b>00:54:36</b>	+00:31:08 (57.0%)	7:48	7.7 (43.0%)
169	<b>BŁASZKIEWICZ Martyna</b>	<b>150</b>		K30	18	<b>00:55:18</b>	<b>00:55:18</b>	+00:31:50 (57.6%)	7:54	7.6 (42.5%)
170	<b>BRZYKCY Dorota</b>	<b>94</b>		K30	19	<b>01:00:12</b>	<b>01:00:12</b>	+00:36:44 (61.0%)	8:36	7 (39.1%)
171	<b>GRZEMPOWSKI Piotr</b>	<b>32</b>	KS.KROTOSZ KROTOSZYN	M20	21	<b>01:01:52</b>	<b>01:01:52</b>	+00:38:24 (62.1%)	8:50	6.8 (38.0%)
172	<b>BRZYKCY Wojciech</b>	<b>95</b>	BIEGAM JAK DZIKI	M30	39	<b>01:02:45</b>	<b>01:02:45</b>	+00:39:17 (62.6%)	8:57	6.7 (37.4%)
173	<b>MAJCHRZAK Ewa</b>	<b>23</b>		K30	20	<b>01:06:07</b>	<b>01:06:07</b>	+00:42:39 (64.5%)	9:26	6.4 (35.8%)
174	<b>KILAR Zofia</b>	<b>30</b>		K40	10	<b>01:10:02</b>	<b>01:10:02</b>	+00:46:34 (66.5%)	10:00	6 (33.5%)
175	<b>ANTOSIK Grażyna</b>	<b>233</b>		K30	21	<b>01:10:36</b>	<b>01:10:36</b>	+00:47:08 (66.8%)	10:05	5.9 (33.0%)

Znaleziono 175 wynik(ów)