

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	OKSENIUK Sergii	62	MK LUCHESK	M30	1	00:23:28	00:23:28		3:21	17.9 (100%)
2	RUSYUK Yriy	49	SK KOVEL LKB RUDNIK	M20	1	00:23:38	00:23:38	+00:00:10 (0.7%)	3:22	17.8 (99.4%)
3	UKRAINETZ Sergii	51	SK KOVEL LKB RUDNIK	M20	2	00:24:02	00:24:02	+00:00:34 (2.4%)	3:26	17.5 (97.8%)
4	DRWAL Piotr	24		M40	1	00:24:23	00:24:23	+00:00:55 (3.8%)	3:29	17.2 (96.1%)
5	TSOPA Viktor	54	SK KOVEL LKB RUDNIK	M20	3	00:24:38	00:24:38	+00:01:10 (4.7%)	3:31	17.1 (95.5%)
6	DOLUNCHUK Dmytro	66	MK LUCHESK	M20	4	00:24:40	00:24:40	+00:01:12 (4.9%)	3:31	17 (95.0%)
7	WITKOWSKI Mateusz	82	KU AZS PWSZ KOSZALIN	M20	5	00:26:35	00:26:35	+00:03:07 (11.7%)	3:47	15.8 (88.3%)
8	GAIDAI Oleksandr	52	SK KOVEL - LKB RUDNIK	M20	6	00:26:52	00:26:52	+00:03:24 (12.7%)	3:50	15.6 (87.2%)
9	STANKO Svitlana	13		K30	1	00:27:08	00:27:08	+00:03:40 (13.5%)	3:52	15.5 (86.6%)
10	POTERUK Vita	65	MK LUCHESK	K30	2	00:27:11	00:27:11	+00:03:43 (13.7%)	3:53	15.5 (86.6%)
11	OLIYNUK Oleksandra	64	MK LUCHESK	K20	1	00:27:29	00:27:29	+00:04:01 (14.6%)	3:55	15.3 (85.5%)
12	KOZAK Arkadiusz	31	4RUN TKKF KOSZALIN	M40	2	00:27:47	00:27:47	+00:04:19 (15.5%)	3:58	15.1 (84.4%)
13	SZYMAJDA Grzegorz	78	4RUN TKKF KOSZALIN	M30	2	00:27:51	00:27:51	+00:04:23 (15.7%)	3:58	15.1 (84.4%)
14	PAPROCKA Ewelina	151		K20	2	00:27:53	00:27:53	+00:04:25 (15.8%)	3:59	15.1 (84.4%)
15	NOVOSAD Pavlo	55	SK KOVEL - LKB RUDNIK	M30	3	00:28:53	00:28:53	+00:05:25 (18.8%)	4:07	14.5 (81.0%)
16	BARAŃSKI Bogusław	136	MLUKS TRZEBIATÓW	M50	1	00:29:25	00:29:25	+00:05:57 (20.2%)	4:12	14.3 (79.9%)
17	ANTOSIK Grzegorz	232		M30	4	00:29:36	00:29:36	+00:06:08 (20.7%)	4:13	14.2 (79.3%)
18	PANASIUK Sergii	48	SK KOVEL LKB RUDNIK	M30	5	00:29:39	00:29:39	+00:06:11 (20.9%)	4:14	14.2 (79.3%)
19	OLIYNUK Nataliya	63	MK LUCHESK	K20	3	00:29:41	00:29:41	+00:06:13 (20.9%)	4:14	14.1 (78.8%)
20	MUSIAŁ Krzysztof	108		M30	6	00:29:47	00:29:47	+00:06:19 (21.2%)	4:15	14.1 (78.8%)
21	CHUDY Henryk	77		M60	1	00:29:53	00:29:53	+00:06:25 (21.5%)	4:16	14.1 (78.8%)
22	KAMIENIECKI Rafał	158	TUPOT-USTKA	M30	7	00:29:57	00:29:57	+00:06:29 (21.6%)	4:16	14 (78.2%)
23	BORUSIŃSKI Piotr	111	STOPA	M30	8	00:30:10	00:30:10	+00:06:42 (22.2%)	4:18	13.9 (77.7%)
24	MAŁGORZEWICZ Dawid	230		M20	7	00:30:15	00:30:15	+00:06:47 (22.4%)	4:19	13.9 (77.7%)
24	POWARZYŃSKI Krzysztof	231		M40	3	00:30:15	00:30:15	+00:06:47 (22.4%)	4:19	13.9 (77.7%)
26	WIŚNIEWSKI Mieczysław	18	STOPA SŁUPSK	M60	2	00:30:22	00:30:22	+00:06:54 (22.7%)	4:20	13.8 (77.1%)
27	JACHIMSKI Piotr	103		M30	9	00:30:30	00:30:30	+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	KAWECKI Józef	228		M50	2	00:30:46	00:30:46	+00:07:18 (23.7%)	4:23	13.7 (76.5%)
29	WILCZEWSKI Krzysztof	58		M30	10	00:30:57	00:30:57	+00:07:29 (24.2%)	4:25	13.6 (76.0%)
30	KRUKOWSKI Błażej	15		M30	11	00:31:16	00:31:16	+00:07:48 (24.9%)	4:28	13.4 (74.9%)
31	STAWARZ Monika	89	UKS EKOLUDEK SZCZENURZE	K20	4	00:31:33	00:31:33	+00:08:05 (25.6%)	4:30	13.3 (74.3%)
32	WERNER Czesław	16		M50	3	00:31:36	00:31:36	+00:08:08 (25.7%)	4:30	13.3 (74.3%)
32	GRAŚ Paweł	101		M20	8	00:31:36	00:31:36	+00:08:08 (25.7%)	4:30	13.3 (74.3%)
34	GIERLACH Jacek	99	STOPA SŁUPSK	M20	9	00:31:37	00:31:37	+00:08:09 (25.8%)	4:31	13.3 (74.3%)
34	ROGALSKI Roberto	121		M30	12	00:31:37	00:31:37	+00:08:09 (25.8%)	4:31	13.3 (74.3%)
36	WILCZEWSKI Mariusz	57	MKS ABWOOD ŚWIĘC SŁAWNO	M20	10	00:31:46	00:31:46	+00:08:18 (26.1%)	4:32	13.2 (73.7%)
37	GAPSKI Zbigniew	123	SOBIESKI TEAM	M60	3	00:31:49	00:31:49	+00:08:21 (26.2%)	4:32	13.2 (73.7%)
38	MĄDRY Wojciech	38	CYBINA TEAM	M20	11	00:31:52	00:31:52	+00:08:24 (26.4%)	4:33	13.2 (73.7%)
39	NIKLAS Karol	86		M40	4	00:31:58	00:31:58	+00:08:30 (26.6%)	4:34	13.1 (73.2%)
40	POLCYN Czesław	7	DEBIUT WIELEŃ	M30	13	00:32:13	00:32:13	+00:08:45 (27.2%)	4:36	13 (72.6%)
41	BARAŃSKI Przemysław	137	KM PSP SZCZECIN/ MLUKS TRZEBIATÓW	M20	12	00:32:14	00:32:14	+00:08:46 (27.2%)	4:36	13 (72.6%)
42	WILKOWSKI Wojtek	76	SSI AKTYWNI DAMNICA	M40	5	00:32:41	00:32:41	+00:09:13 (28.2%)	4:40	12.9 (72.1%)
43	MRÓWKA Michał	98		M30	14	00:32:46	00:32:46	+00:09:18 (28.4%)	4:40	12.8 (71.5%)
44	ŚWITOŃ Marian	117		M50	4	00:32:50	00:32:50	+00:09:22 (28.5%)	4:41	12.8 (71.5%)
45	MACIEJEWSKI Andrzej	33	KS.KROTOSZ KROTOSZYN	M50	5	00:32:52	00:32:52	+00:09:24 (28.6%)	4:41	12.8 (71.5%)
46	DĘGA Ryszard	156	TUPOT-USTKA	M60	4	00:32:55	00:32:55	+00:09:27 (28.7%)	4:42	12.8 (71.5%)
47	PERZ Emilia	229		K20	5	00:32:59	00:32:59	+00:09:31 (28.9%)	4:42	12.7 (70.9%)
48	STASZEWSKI Jan	27		M50	6	00:33:06	00:33:06	+00:09:38 (29.1%)	4:43	12.7 (70.9%)
49	ŁASZKIEWICZ Tadeusz	17		M50	7	00:33:10	00:33:10	+00:09:42 (29.2%)	4:44	12.7 (70.9%)
50	SMEREKA Tomasz	100	RUNNING TEAM MILICZ	M30	15	00:33:18	00:33:18	+00:09:50 (29.5%)	4:45	12.6 (70.4%)
51	ŻYLICZ Paweł	92	STOPA SŁUPSK	M20	13	00:33:26	00:33:26	+00:09:58 (29.8%)	4:46	12.6 (70.4%)
52	MALINOWSKI Adam	222		M50	8	00:33:27	00:33:27	+00:09:59 (29.8%)	4:46	12.6 (70.4%)
53	HOŁUB Kamil	138	MLUKS TRZEBIATÓW	M30	16	00:33:31	00:33:31	+00:10:03 (30.0%)	4:47	12.5 (69.8%)
54	WOŹNIAK Marek	162		M50	9	00:33:36	00:33:36	+00:10:08 (30.2%)	4:48	12.5 (69.8%)
55	BRZOSKOWSKI Artur	149		M30	17	00:33:43	00:33:43	+00:10:15 (30.4%)	4:49	12.5 (69.8%)
56	KONKEL Katarzyna	91	DECATHLON RUNNING TEAM	K20	6	00:33:47	00:33:47	+00:10:19 (30.5%)	4:49	12.4 (69.3%)
57	LUBAWIŃSKI Jerzy	84		M50	10	00:33:57	00:33:57	+00:10:29 (30.9%)	4:51	12.4 (69.3%)
58	KOŁTONOWSKI Mateusz	75	SSI AKTYWNI DAMNICA	M17	1	00:34:01	00:34:01	+00:10:33 (31.0%)	4:51	12.3 (68.7%)
59	PAWLIK Grzegorz	129	KS.KROTOSZ KROTOSZYN	M30	18	00:34:02	00:34:02	+00:10:34 (31.0%)	4:51	12.3 (68.7%)
60	KUKIEŁA Tomasz	144	ROZBIEGANY KOSZALIN	M30	19	00:34:06	00:34:06	+00:10:38 (31.2%)	4:52	12.3 (68.7%)
61	PIEKAC Karol	152	KTP "MIKOŁAJEK"	M30	20	00:34:09	00:34:09	+00:10:41 (31.3%)	4:52	12.3 (68.7%)
61	OLESZEK Jerzy	132		M40	6	00:34:09	00:34:09	+00:10:41 (31.3%)	4:52	12.3 (68.7%)
63	GŁOMBIEWSKA Zuzanna	96		K17	1	00:34:10	00:34:10	+00:10:42 (31.3%)	4:52	12.3 (68.7%)
64	SZYMAŃSKI Tomasz	112		M40	7	00:34:11	00:34:11	+00:10:43 (31.4%)	4:53	12.3 (68.7%)
65	DRUMOWICZ Sławomir	126	WKB META LUBLINIEC	M40	8	00:34:21	00:34:21	+00:10:53 (31.7%)	4:54	12.2 (68.2%)
66	WICENS Jacek	135	JACEK - BIEGAM BO LUBIĘ (F)	M20	14	00:34:27	00:34:27	+00:10:59 (31.9%)	4:55	12.2 (68.2%)
67	ZIOMKO Rafał	142	NIEZRZESZONY	M40	9	00:34:28	00:34:28	+00:11:00 (31.9%)	4:55	12.2 (68.2%)
68	JANKOWSKI Eugeniusz	81	OPEC-PUŁAWY	M60	5	00:34:39	00:34:39	+00:11:11 (32.3%)	4:57	12.1 (67.6%)
69	MAMLA Zbigniew	69		M40	10	00:34:44	00:34:44	+00:11:16 (32.4%)	4:57	12.1 (67.6%)
70	ROMANÓW Przemek	130		M30	21	00:34:45	00:34:45	+00:11:17 (32.5%)	4:57	12.1 (67.6%)
71	NIWIŃSKI Grzegorz	157	TUPOT USTKA	M50	11	00:34:47	00:34:47	+00:11:19 (32.5%)	4:58	12.1 (67.6%)

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

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116	MIKUŁA Martyna	19		K20	13	00:40:02	00:40:02	+00:16:34 (41.4%)	5:43	10.5 (58.7%)
117	WIDAWSKI Łukasz	134		M30	34	00:40:07	00:40:07	+00:16:39 (41.5%)	5:43	10.5 (58.7%)
118	BIGUS Waldemar	20		M30	35	00:40:19	00:40:19	+00:16:51 (41.8%)	5:45	10.4 (58.1%)
119	TWOREK Józef	3		M50	17	00:40:37	00:40:37	+00:17:09 (42.2%)	5:48	10.3 (57.5%)
120	MARCZAK Andrzej	143		M50	18	00:40:40	00:40:40	+00:17:12 (42.3%)	5:48	10.3 (57.5%)
121	ŁAGOSZ Marzena	104		K30	5	00:40:57	00:40:57	+00:17:29 (42.7%)	5:51	10.3 (57.5%)
122	BOGACKI Tomasz	106	4RUN TKKF KOSZALIN	M50	19	00:40:58	00:40:58	+00:17:30 (42.7%)	5:51	10.3 (57.5%)
123	SALICKA Weronika	119		K30	6	00:41:01	00:41:01	+00:17:33 (42.8%)	5:51	10.2 (57.0%)
124	WRONA Józef	6		M70	3	00:41:07	00:41:07	+00:17:39 (42.9%)	5:52	10.2 (57.0%)
125	KASPROWICZ Małgorzata	21		K30	7	00:41:10	00:41:10	+00:17:42 (43.0%)	5:52	10.2 (57.0%)
126	SPICZAK-BRZEZIŃSKA Żaneta	87		K17	3	00:41:14	00:41:14	+00:17:46 (43.1%)	5:53	10.2 (57.0%)
127	FARBICKA-ŻYWICA Paulina	29		K30	8	00:41:15	00:41:15	+00:17:47 (43.1%)	5:53	10.2 (57.0%)
128	WOJANOWSKI Zbigniew	90		M50	20	00:41:19	00:41:19	+00:17:51 (43.2%)	5:54	10.2 (57.0%)
129	MAZUREK Barbara	60	BABECZKI KOSZALIN/BIEGNIJMY.PL	K30	9	00:41:22	00:41:22	+00:17:54 (43.3%)	5:54	10.2 (57.0%)
130	ROMAN Sylwia	148		K30	10	00:41:33	00:41:33	+00:18:05 (43.5%)	5:56	10.1 (56.4%)
131	WOŹNIAK Grzegorz	45		M40	16	00:41:44	00:41:44	+00:18:16 (43.8%)	5:57	10.1 (56.4%)
132	PACHUTA Damian	8		M17	4	00:41:46	00:41:46	+00:18:18 (43.8%)	5:58	10.1 (56.4%)
133	KURCZYK Elżbieta	37		K30	11	00:41:48	00:41:48	+00:18:20 (43.9%)	5:58	10 (55.9%)
134	WÓJCIK Agnieszka	131		K30	12	00:41:51	00:41:51	+00:18:23 (43.9%)	5:58	10 (55.9%)
135	NOREK Tomek	133		M40	17	00:41:55	00:41:55	+00:18:27 (44.0%)	5:59	10 (55.9%)
136	KAWECKA Katarzyna	227		K30	13	00:42:17	00:42:17	+00:18:49 (44.5%)	6:02	9.9 (55.3%)
136	BYSZEWSKI Arkadiusz	226		M20	18	00:42:17	00:42:17	+00:18:49 (44.5%)	6:02	9.9 (55.3%)
138	KAŹMIERCZAK Łukasz	125		M30	36	00:42:23	00:42:23	+00:18:55 (44.6%)	6:03	9.9 (55.3%)
139	PUŚCIAN Krzysztof	80	GIMNAZJUM W MANOWIE	M40	18	00:42:27	00:42:27	+00:18:59 (44.7%)	6:03	9.9 (55.3%)
140	KRYGIER Ireneusz	88	W.P.K.SŁOŃ TEAM USTKA	M30	37	00:42:51	00:42:51	+00:19:23 (45.2%)	6:07	9.8 (54.7%)
141	RUBACHA Agata	5		K17	4	00:42:56	00:42:56	+00:19:28 (45.3%)	6:08	9.8 (54.7%)
142	BUZE Małgorzata	114		K30	14	00:43:11	00:43:11	+00:19:43 (45.7%)	6:10	9.7 (54.2%)
143	MICHALAK Wojciech	10		M40	19	00:43:44	00:43:44	+00:20:16 (46.3%)	6:14	9.6 (53.6%)
144	IWAN Czesław	53	BIEGAM ABY BARTEK MÓGŁ BIEGAĆ	M60	8	00:43:59	00:43:59	+00:20:31 (46.6%)	6:17	9.5 (53.1%)
145	BRUSZEWSKA-GŁOMBIOWSKA Monika	97		K40	5	00:44:10	00:44:10	+00:20:42 (46.9%)	6:18	9.5 (53.1%)
146	BIERNAT Krzysztof	141		M30	38	00:44:36	00:44:36	+00:21:08 (47.4%)	6:22	9.4 (52.5%)
147	VON BARDELEBEN Agnieszka	59	BABECZKI KOSZALIN	K40	6	00:44:51	00:44:51	+00:21:23 (47.7%)	6:24	9.4 (52.5%)
147	DYRCZ Marika	2		K30	15	00:44:51	00:44:51	+00:21:23 (47.7%)	6:24	9.4 (52.5%)
149	MODRZEJEWSKI Roman	116		M40	20	00:44:58	00:44:58	+00:21:30 (47.8%)	6:25	9.3 (52.0%)
149	MODRZEJEWSKI Jakub	115		M17	5	00:44:58	00:44:58	+00:21:30 (47.8%)	6:25	9.3 (52.0%)
151	SOBOLEWSKI Marek	147		M40	21	00:44:59	00:44:59	+00:21:31 (47.8%)	6:25	9.3 (52.0%)
152	KAZIMIERSKI-ZAWADA Wojciech	9		M17	6	00:45:04	00:45:04	+00:21:36 (47.9%)	6:26	9.3 (52.0%)
153	NIKLAS Aneta	85		K17	5	00:45:49	00:45:49	+00:22:21 (48.8%)	6:32	9.2 (51.4%)
154	STASZEWSKA Małgorzata	28		K30	16	00:45:59	00:45:59	+00:22:31 (49.0%)	6:34	9.1 (50.8%)
155	KOSELSKI Krzysztof	223		M50	21	00:46:02	00:46:02	+00:22:34 (49.0%)	6:34	9.1 (50.8%)
156	WILKOWSKA Mariola	74	SSI AKTYWNIDAMNICA	K40	7	00:46:23	00:46:23	+00:22:55 (49.4%)	6:37	9.1 (50.8%)
157	URBANIAK Jarosław	47	GOSIR GORZYCE	M20	19	00:46:58	00:46:58	+00:23:30 (50.0%)	6:42	8.9 (49.7%)
158	GAWIECKI Piotr	67	ROWERIA	M40	22	00:48:18	00:48:18	+00:24:50 (51.4%)	6:54	8.7 (48.6%)
159	BRZYKCY Tomasz	93		M40	23	00:49:05	00:49:05	+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	NEJMAN Krzysztof	39	KLAKIER TEAM	M50	22	00:49:49	00:49:49	+00:26:21 (52.9%)	7:07	8.4 (46.9%)
161	FEDRO Anna	153		K30	17	00:49:57	00:49:57	+00:26:29 (53.0%)	7:08	8.4 (46.9%)
162	REIZER Wojciech	124		M50	23	00:51:29	00:51:29	+00:28:01 (54.4%)	7:21	8.2 (45.8%)
163	ROGALSKI Marcin	42	KLAKIER TEAM	M20	20	00:52:18	00:52:18	+00:28:50 (55.1%)	7:28	8 (44.7%)
164	ZDUNEK Katarzyna	221		K40	8	00:52:29	00:52:29	+00:29:01 (55.3%)	7:29	8 (44.7%)
165	KUŚNIERZ Monika	40	KLAKIER TEAM	K20	14	00:52:41	00:52:41	+00:29:13 (55.5%)	7:31	8 (44.7%)
166	HAUSMAN Andrzej	61	KSR ROWERIA	M60	9	00:52:42	00:52:42	+00:29:14 (55.5%)	7:31	8 (44.7%)
167	ŻUKOWSKI Władysław	113		M60	10	00:52:50	00:52:50	+00:29:22 (55.6%)	7:32	7.9 (44.1%)
168	GAWIECKA Mariola	68	ROWERIA	K40	9	00:54:36	00:54:36	+00:31:08 (57.0%)	7:48	7.7 (43.0%)
169	BŁASZKIEWICZ Martyna	150		K30	18	00:55:18	00:55:18	+00:31:50 (57.6%)	7:54	7.6 (42.5%)
170	BRZYKCY Dorota	94		K30	19	01:00:12	01:00:12	+00:36:44 (61.0%)	8:36	7 (39.1%)
171	GRZEMPOWSKI Piotr	32	KS.KROTOSZ KROTOSZYN	M20	21	01:01:52	01:01:52	+00:38:24 (62.1%)	8:50	6.8 (38.0%)
172	BRZYKCY Wojciech	95	BIEGAM JAK DZIKI	M30	39	01:02:45	01:02:45	+00:39:17 (62.6%)	8:57	6.7 (37.4%)
173	MAJCHRZAK Ewa	23		K30	20	01:06:07	01:06:07	+00:42:39 (64.5%)	9:26	6.4 (35.8%)
174	KILAR Zofia	30		K40	10	01:10:02	01:10:02	+00:46:34 (66.5%)	10:00	6 (33.5%)
175	ANTOSIK Grażyna	233		K30	21	01:10:36	01:10:36	+00:47:08 (66.8%)	10:05	5.9 (33.0%)

Znaleziono 175 wynik(ów)