

XIV RYPIŃSKI BIEG PO ZDROWIE – DOLINĄ RYPIENICY

B4SPORT

Organizator: Miejski Ośrodek Sportu i Rekreacji w Rypinie, Urząd
Miasta Rypin
Data: 2019-08-31
Miejsce: Rypin
Dystans: 10 km

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	KLAYBOR Dawid	172	GKS FABIANKI	M-1	1	00:33:12.85	00:33:13.70		3:19	18.1 (100%)
2	TOMASZEWSKI Maciej Emanuel	185		M-2	1	00:35:36.80	00:35:38.00	+00:02:24 (6.7%)	3:33	16.8 (92.8%)
3	ŚWIDEREK Wojciech	174	T.S. OPATRUNKI TORUŃ	M-2	2	00:35:56.85	00:35:57.85	+00:02:44 (7.6%)	3:35	16.7 (92.3%)
4	SZPECIŃSKI Przemek	129	RYMAŃ	M-1	2	00:36:09.65	00:36:10.70	+00:02:57 (8.2%)	3:36	16.6 (91.7%)
5	CHOJNICKI Damian	170	GKS FABIANKI	M-1	3	00:38:22.40	00:38:23.45	+00:05:09 (13.4%)	3:50	15.6 (86.2%)
6	TREPKOWSKI Mateusz	182	BORN TO RUN	M-1	4	00:38:32.25	00:38:33.45	+00:05:19 (13.8%)	3:51	15.6 (86.2%)
7	MAĆKOWSKI Maciej	78	PAŁUKI RUNNING TEAM	M-2	3	00:38:43.55	00:38:45.50	+00:05:31 (14.3%)	3:52	15.5 (85.6%)
8	GAPIŃSKI Łukasz	27	BORN RUNNERS - CHOJNICKI TEAM	M-2	4	00:39:02.90	00:39:05.20	+00:05:51 (15.0%)	3:54	15.4 (85.1%)
9	MOKRZYCKI Rafał	87	TG SOKÓŁ GNIEWKOWO	M-3	1	00:39:30.55	00:39:32.75	+00:06:19 (16.0%)	3:57	15.2 (84.0%)
10	TUCZYŃSKI Sylwester Leon	138	BYDGOSKIE OKONIE	M-1	5	00:39:43.65	00:39:45.55	+00:06:31 (16.4%)	3:58	15.1 (83.4%)
11	JAGIEŁA Jarosław	36	TKKF KOLEJARZ BYDGOSZCZ	M-3	2	00:39:46.40	00:39:49.65	+00:06:35 (16.6%)	3:58	15.1 (83.4%)
12	DUDEK Mariusz	18		M-4	1	00:39:56.50	00:39:58.70	+00:06:45 (16.9%)	3:59	15 (82.9%)
13	ARSENIUK Anna	175	T.S. OPATRUNKI TORUŃ	K-2	1	00:40:18.75	00:40:20.50	+00:07:06 (17.6%)	4:01	14.9 (82.3%)
14	RUCIŃSKI Cezary	203	KB LECH RYPIN	M-2	5	00:40:18.30	00:40:20.80	+00:07:07 (17.6%)	4:01	14.9 (82.3%)
15	KUŁAKOWSKI Krzysztof	61	RUN PASJA	M-2	6	00:41:02.50	00:41:05.35	+00:07:51 (19.1%)	4:06	14.6 (80.7%)
16	SZWEDA Mirosława	130	TKKF KOLEJARZ BYDGOSZCZ	K-2	2	00:41:11.75	00:41:13.75	+00:08:00 (19.4%)	4:07	14.6 (80.7%)
17	HOŁTYN Patryk	34	TKKF KOLEJARZ BYDGOSZCZ	M-2	7	00:41:11.70	00:41:15.45	+00:08:01 (19.5%)	4:07	14.6 (80.7%)
18	MALINOWSKI Paweł	82		M-2	8	00:41:23.00	00:41:24.60	+00:08:10 (19.8%)	4:08	14.5 (80.1%)
19	KUCIEJCZYK Henryk	60	TEMPO MLAWA	M-5	1	00:41:28.20	00:41:30.15	+00:08:16 (19.9%)	4:08	14.5 (80.1%)
20	JAWORSKI Marek	41	NIEZRZESZONY	M-5	2	00:41:27.05	00:41:30.25	+00:08:16 (19.9%)	4:08	14.5 (80.1%)
21	SZTOLCMAN Piotr	167	GKS FABIANKI	M-1	6	00:41:39.85	00:41:41.60	+00:08:27 (20.3%)	4:10	14.4 (79.6%)
22	ŁAZ Kamil	74	BYDGOSKIE OKONIE	M-2	9	00:41:51.00	00:41:53.35	+00:08:39 (20.7%)	4:11	14.3 (79.0%)
23	KASPRZY Piotr	208	ANIRO RUN TEAM	M-4	2	00:42:02.00	00:42:06.05	+00:08:52 (21.1%)	4:12	14.3 (79.0%)
24	KOZŁOWSKI Zbigniew	53	BIEGOHOLICY / MARMEL TORUŃ	M-2	10	00:42:04.10	00:42:08.95	+00:08:55 (21.2%)	4:12	14.3 (79.0%)
25	DRAPIEWSKI Mirosław	16	BIEGOHOLICY / MARMEL TORUŃ	M-2	11	00:42:06.50	00:42:11.35	+00:08:57 (21.2%)	4:12	14.2 (78.5%)
26	CHMIELEWSKI Bartosz	10		M-2	12	00:42:28.40	00:42:31.35	+00:09:17 (21.9%)	4:14	14.1 (77.9%)
27	ZADYLAK Jakub	152		M-1	7	00:42:29.45	00:42:33.50	+00:09:19 (21.9%)	4:14	14.1 (77.9%)
28	PILARSKI Krzysztof	189	KUJAWSKO-POMORSKIE	M-2	13	00:42:45.70	00:42:50.20	+00:09:36 (22.4%)	4:16	14 (77.3%)
29	RUMIŃSKI Arkadiusz	207		M-1	8	00:42:54.10	00:42:56.35	+00:09:42 (22.6%)	4:17	14 (77.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
30	SENGER Michał	114	PAŁUKI RUNNING TEAM	M-2	14	00:42:54.90	00:42:58.80	+00:09:45 (22.7%)	4:17	14 (77.3%)
31	KUBIAK Tomasz	58	TG SOKÓŁ GNIEWKOWO	M-3	3	00:43:30.90	00:43:34.55	+00:10:20 (23.7%)	4:21	13.8 (76.2%)
32	HEJZA Piotr	33	KB LECH RYPIN	M-2	15	00:43:35.60	00:43:37.85	+00:10:24 (23.8%)	4:21	13.8 (76.2%)
33	RONOWICZ Mateusz	106		M-1	9	00:43:45.30	00:43:48.25	+00:10:34 (24.1%)	4:22	13.7 (75.7%)
34	PIERZCHAŁA Sławomir	100		M-4	3	00:43:52.10	00:43:53.75	+00:10:40 (24.3%)	4:23	13.7 (75.7%)
35	NOWAK Grzegorz	205		M-2	16	00:44:07.80	00:44:14.35	+00:11:00 (24.9%)	4:24	13.6 (75.1%)
36	GÓRALSKI Krzysztof	166	T.S. OPATRUNKI TORUŃ	M-4	4	00:44:14.70	00:44:17.90	+00:11:04 (25.0%)	4:25	13.6 (75.1%)
37	CZAJKOWSKI Jacek	201		M-1	10	00:44:16.90	00:44:19.80	+00:11:06 (25.0%)	4:25	13.5 (74.6%)
38	KAMIŃSKA Teresa	204	TERESA BIEGA	K-3	1	00:44:25.20	00:44:27.20	+00:11:13 (25.3%)	4:26	13.5 (74.6%)
39	WOŹNIAKOWSKA Agata	149	BYDGOSKIE OKONIE	K-2	3	00:44:25.15	00:44:28.60	+00:11:14 (25.3%)	4:26	13.5 (74.6%)
40	ŻUCHOWSKI Jozef	158		M-3	4	00:44:26.50	00:44:29.40	+00:11:15 (25.3%)	4:26	13.5 (74.6%)
41	LIPIŃSKI Krzysztof	72		M-3	5	00:44:34.90	00:44:42.05	+00:11:28 (25.7%)	4:27	13.5 (74.6%)
42	WSZOŁEK Krystian	151		M-1	11	00:44:44.75	00:44:51.55	+00:11:37 (25.9%)	4:28	13.4 (74.0%)
43	NOWICKI Jarosław	171	GKS FABIANKI	M-2	17	00:44:49.00	00:44:51.85	+00:11:38 (25.9%)	4:28	13.4 (74.0%)
44	KUBIT Tadeusz	59		M-3	6	00:44:57.55	00:45:00.40	+00:11:46 (26.2%)	4:29	13.3 (73.5%)
45	NOWAKOWSKI Jerzy	91	ANIRO RUN TEAM	M-3	7	00:44:55.30	00:45:03.65	+00:11:49 (26.3%)	4:29	13.4 (74.0%)
46	OSIŃSKI Michał	94	PARKRUN TORUŃ	M-2	18	00:45:00.10	00:45:05.75	+00:11:52 (26.3%)	4:30	13.3 (73.5%)
47	ŻYTOWIECKI Dawid	159	KB LECH RYPIN	M-2	19	00:45:13.45	00:45:16.65	+00:12:02 (26.6%)	4:31	13.3 (73.5%)
48	BARTOSZYŃSKI Dominik	3	BASKET RYPIN	M-2	20	00:45:20.55	00:45:23.05	+00:12:09 (26.8%)	4:32	13.2 (72.9%)
49	KUBARSKI Julian	56		M-3	8	00:45:21.50	00:45:24.85	+00:12:11 (26.8%)	4:32	13.2 (72.9%)
50	KMIECIAK Robert	176	T.S.OPATRUNKI TORUŃ	M-2	21	00:45:27.45	00:45:29.10	+00:12:15 (26.9%)	4:32	13.2 (72.9%)
51	ROK-SZPALA Sylwia	105	PARKRUN TORUŃ	K-2	4	00:45:25.15	00:45:31.25	+00:12:17 (27.0%)	4:32	13.2 (72.9%)
52	STECKIEWICZ Edmund	123	KB LECH RYPIN	M-3	9	00:45:47.85	00:45:49.35	+00:12:35 (27.5%)	4:34	13.1 (72.4%)
53	SADOWSKI Jarosław	173	T.S. OPATRUNKI TORUŃ	M-3	10	00:45:45.45	00:45:49.80	+00:12:36 (27.5%)	4:34	13.1 (72.4%)
54	TACZYŃSKI Marek	132		M-2	22	00:45:45.40	00:45:51.45	+00:12:37 (27.5%)	4:34	13.1 (72.4%)
55	TOMASIK Piotr	133	TG. SOKÓŁ GNIEWKOWO	M-2	23	00:45:37.60	00:45:55.75	+00:12:42 (27.7%)	4:33	13.2 (72.9%)
56	MARCHEL Tomasz	83		M-2	24	00:45:56.25	00:45:59.85	+00:12:46 (27.8%)	4:35	13.1 (72.4%)
57	BUTOWSKI Krzysztof	194	STUDIO NIERUCHOMOŚCI TORUŃ	M-2	25	00:46:04.70	00:46:08.75	+00:12:55 (28.0%)	4:36	13 (71.8%)
58	NADOLNY Piotr	188	KUJAWY POMORZE	M-3	11	00:46:13.55	00:46:21.10	+00:13:07 (28.3%)	4:37	13 (71.8%)
59	MICHALEWSKI Bartosz	85	LUCKY LUCK	M-3	12	00:46:25.05	00:46:31.60	+00:13:17 (28.6%)	4:38	12.9 (71.3%)
60	PĘKAŁA Aleksandra	99	RUN PASJA	K-2	5	00:46:30.60	00:46:34.10	+00:13:20 (28.6%)	4:39	12.9 (71.3%)
61	GAŁUSZKA Dorota	25	WTORKOWY TRENING	K-3	2	00:46:49.95	00:46:57.45	+00:13:43 (29.2%)	4:41	12.8 (70.7%)
62	WIŚNIEWSKI Damian	192	KUJAWSKO-POMORSKIE	M-2	26	00:46:58.10	00:47:12.75	+00:13:59 (29.6%)	4:41	12.8 (70.7%)
63	MOTOFA Marcin	88		M-2	27	00:47:06.00	00:47:15.95	+00:14:02 (29.7%)	4:42	12.7 (70.2%)
64	LEWANDOWSKA Marlena	70	PODGÓRZ TORUŃ	K-3	3	00:47:12.15	00:47:19.05	+00:14:05 (29.8%)	4:43	12.7 (70.2%)
65	SKRZYNIECKI Lukasz	186	-	M-1	12	00:47:05.65	00:47:20.40	+00:14:06 (29.8%)	4:42	12.7 (70.2%)
66	KOWALSKI Paweł	52		M-3	13	00:47:24.20	00:47:27.80	+00:14:14 (30.0%)	4:44	12.7 (70.2%)
67	OLSZEWSKI Adam	93	KB LECH RYPIN	M-4	5	00:47:31.05	00:47:33.65	+00:14:19 (30.1%)	4:45	12.6 (69.6%)
68	ROSZAK Zbigniew	107	BIEGAM DLA ZDROWIA	M-2	28	00:47:26.25	00:47:36.45	+00:14:22 (30.2%)	4:44	12.6 (69.6%)
69	WIĘCZKOWSKI Paweł	143		M-1	13	00:47:36.35	00:47:42.10	+00:14:28 (30.3%)	4:45	12.6 (69.6%)
70	RYCHTER Wiesław	109	BUCHALTER ELBLĄG	M-5	3	00:47:42.60	00:47:46.65	+00:14:32 (30.5%)	4:46	12.6 (69.6%)
71	ZIELIŃSKA Iwona	154	WKB MARATOŃCZYK WŁOCLAWEK	K-4	1	00:47:42.20	00:47:46.75	+00:14:33 (30.5%)	4:46	12.6 (69.6%)
72	CHORAŻAK Sławer	12		M-3	14	00:47:56.45	00:48:01.25	+00:14:47 (30.8%)	4:47	12.5 (69.1%)
73	BODNAR Jan	8	JA SAM	M-5	4	00:48:01.70	00:48:04.55	+00:14:50 (30.9%)	4:48	12.5 (69.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
74	JANOWSKI Adam	184	TKKF CHEŁMNO	M-4	6	00:47:56.95	00:48:06.85	+00:14:53 (30.9%)	4:47	12.5 (69.1%)
75	GURNA Jolanta	31	TKKF KOLEJARZ BYDGOSZCZ	K-4	2	00:48:09.50	00:48:14.20	+00:15:00 (31.1%)	4:49	12.5 (69.1%)
76	GABRYELSKI Marcin	199	WKB MARATOŃCZYK	M-2	29	00:48:12.05	00:48:14.25	+00:15:00 (31.1%)	4:49	12.4 (68.5%)
77	RZĘSIEWICZ Jolanta	110		K-4	3	00:48:22.10	00:48:25.95	+00:15:12 (31.4%)	4:50	12.4 (68.5%)
78	OLSZEWSKI Paweł	92		M-2	30	00:48:34.90	00:48:41.10	+00:15:27 (31.7%)	4:51	12.3 (68.0%)
79	WIŚNIEWSKI Krzysztof	147		M-3	15	00:48:36.90	00:48:42.50	+00:15:28 (31.8%)	4:51	12.3 (68.0%)
80	MACIEJEWSKA Kamila	76	ŚLIMAKI BARCIN	K-2	6	00:48:39.40	00:48:43.55	+00:15:29 (31.8%)	4:51	12.3 (68.0%)
81	MILEWSKI Benedykt	86	SAMINDRUK BRODNICA	M-4	7	00:48:40.80	00:48:50.15	+00:15:36 (32.0%)	4:52	12.3 (68.0%)
82	PAPROCKI Artut	215	DYNAMO SIERPC	M-1	14	00:48:46.40	00:48:54.25	+00:15:40 (32.1%)	4:52	12.3 (68.0%)
83	TRYCZAK Andrzej	134		M-3	16	00:48:54.35	00:48:54.35	+00:15:40 (32.1%)	4:53	12.3 (68.0%)
84	SEKULSKI Kamil	213	DYNAMO	M-1	15	00:48:50.45	00:48:58.20	+00:15:44 (32.1%)	4:53	12.3 (68.0%)
85	SCHWEDA Justyna	197	BRAK	K-3	4	00:48:55.60	00:48:59.55	+00:15:45 (32.2%)	4:53	12.3 (68.0%)
86	PODBIELSKA Alina	102	KM UMK TORUŃ	K-4	4	00:49:05.85	00:49:12.95	+00:15:59 (32.5%)	4:54	12.2 (67.4%)
87	JONATOWSKI Grzegorz	46	GREGORTECH	M-2	31	00:49:21.60	00:49:26.60	+00:16:12 (32.8%)	4:56	12.2 (67.4%)
88	DWORECKI Rafał	19	KS FUTGOL	M-2	32	00:49:30.00	00:49:39.15	+00:16:25 (33.1%)	4:57	12.1 (66.9%)
89	SANKIEWICZ Karolina	113		K-1	1	00:49:35.15	00:49:44.50	+00:16:30 (33.2%)	4:57	12.1 (66.9%)
90	KOŃPA Krzysztof	50	NIEZRZESZONY	M-3	17	00:49:41.50	00:49:45.35	+00:16:31 (33.2%)	4:58	12.1 (66.9%)
91	NOWAK Jarosław	90	SPC	M-4	8	00:49:40.10	00:49:46.80	+00:16:33 (33.2%)	4:58	12.1 (66.9%)
92	JANOWSKI Piotr	40	TKKF CHEŁMNO	M-4	9	00:49:47.00	00:49:58.45	+00:16:44 (33.5%)	4:58	12.1 (66.9%)
93	NADOLSKI Michał	212		M-1	16	00:49:53.00	00:50:05.95	+00:16:52 (33.7%)	4:59	12 (66.3%)
94	POPEK Maciej	103	WŁOCLAWEK TRIATHLON TEAM - ANETA TEAM	M-3	18	00:50:04.30	00:50:10.95	+00:16:57 (33.8%)	5:00	12 (66.3%)
95	KELER Krzysztof	49	BBL INOWROCLAW	M-1	17	00:50:11.20	00:50:20.25	+00:17:06 (34.0%)	5:01	12 (66.3%)
96	WRÓBLEWSKA Dagmara	150	TKKF KOLEJARZ BYDGOSZCZ	K-2	7	00:50:18.95	00:50:25.45	+00:17:11 (34.1%)	5:01	11.9 (65.7%)
97	PODLASZEWSKI Jacek	178	SPC	M-3	19	00:50:24.60	00:50:31.10	+00:17:17 (34.2%)	5:02	11.9 (65.7%)
98	JASKULSKA Mirela	206		K-4	5	00:50:25.40	00:50:35.40	+00:17:21 (34.3%)	5:02	11.9 (65.7%)
99	KUBERSKI Krzysztof	57	BIEGAM BO LUBIĘ	M-2	33	00:50:34.75	00:50:37.90	+00:17:24 (34.4%)	5:03	11.9 (65.7%)
100	SZAWŁOWSKI Radosław	128		M-1	18	00:50:40.70	00:50:48.00	+00:17:34 (34.6%)	5:04	11.8 (65.2%)
101	SEKULSKI Paweł	214	DYNAMO	M-3	20	00:50:52.40	00:51:00.55	+00:17:46 (34.9%)	5:05	11.8 (65.2%)
102	ANZEL Jerzy	2	BRODNICA BIEGA	M-4	10	00:51:14.35	00:51:23.20	+00:18:09 (35.3%)	5:07	11.7 (64.6%)
103	BORKOWSKI Mateusz	187	SPAMERZY SPORTOWI	M-1	19	00:51:35.70	00:51:41.10	+00:18:27 (35.7%)	5:09	11.6 (64.1%)
104	SZAŁKOWSKI Tomasz	216		M-1	20	00:51:43.05	00:51:43.05	+00:18:29 (35.8%)	5:10	11.6 (64.1%)
105	JETTER Piotr	43	UKS 'CYPRIANKA'	M-3	21	00:51:45.15	00:51:50.75	+00:18:37 (35.9%)	5:10	11.6 (64.1%)
106	LADA Przemysław	64	STALE BIEGAM NOVA TRADING	M-2	34	00:51:44.10	00:51:56.40	+00:18:42 (36.0%)	5:10	11.6 (64.1%)
107	SAJEWSKI Łukasz	112		M-3	22	00:51:43.25	00:51:57.00	+00:18:43 (36.0%)	5:10	11.6 (64.1%)
108	GRZYBOWSKI Maciej	200	TEAM RYPIN	M-3	23	00:51:49.80	00:51:59.05	+00:18:45 (36.1%)	5:11	11.6 (64.1%)
109	OLSZEWSKI Rafał	162	T. G. SOKÓŁ GNIEWKOWO	M-2	35	00:51:52.75	00:51:59.90	+00:18:46 (36.1%)	5:11	11.6 (64.1%)
110	JABŁOŃSKA Sylwia	35	TKKF KOLEJARZ BYDGOSZCZ	K-2	8	00:51:55.05	00:52:01.90	+00:18:48 (36.1%)	5:11	11.6 (64.1%)
111	TOMASZEWSKI Wojciech	180		M-4	11	00:52:02.80	00:52:08.10	+00:18:54 (36.3%)	5:12	11.5 (63.5%)
112	SIMSON Ireneusz	115		M-3	24	00:52:09.75	00:52:20.75	+00:19:07 (36.5%)	5:12	11.5 (63.5%)
113	BUKOWSKI Paweł	9		M-2	36	00:52:07.60	00:52:21.75	+00:19:08 (36.5%)	5:12	11.5 (63.5%)
114	SŁUNIECKI Tomasz	118	PARKRUN TORUŃ	M-3	25	00:52:15.45	00:52:24.55	+00:19:10 (36.6%)	5:13	11.5 (63.5%)
115	PALMA Mirosław	96	PODGÓRZ TORUŃ	M-5	5	00:52:26.45	00:52:34.00	+00:19:20 (36.8%)	5:14	11.4 (63.0%)
116	ŁUKIEWSKI Dariusz	75		M-4	12	00:52:29.45	00:52:34.75	+00:19:21 (36.8%)	5:14	11.4 (63.0%)
117	PASZKOWSKI Janusz	97		M-5	6	00:52:30.15	00:52:41.00	+00:19:27 (36.9%)	5:15	11.4 (63.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
118	MACIASZEK Krzysztof	190	KUJAWSKO-POMORSKIE	M-2	37	00:52:41.00	00:52:52.40	+00:19:38 (37.2%)	5:16	11.4 (63.0%)
118	ŚLÓSAREK Piotr	131	STUDIO NIERUCHOMOŚCI TORUŃ	M-5	7	00:52:39.35	00:52:52.40	+00:19:38 (37.2%)	5:15	11.4 (63.0%)
120	KALINOWSKA Justyna	47		K-2	9	00:52:52.65	00:52:52.65	+00:19:38 (37.2%)	5:17	11.3 (62.4%)
121	BEREBECKI Roman	4	KB LECH RYPIN	M-5	8	00:52:48.75	00:52:55.25	+00:19:41 (37.2%)	5:16	11.4 (63.0%)
122	KAMIŃSKI Stefan	48	REKREACJA TORUŃ	M-6	1	00:52:53.05	00:52:55.90	+00:19:42 (37.2%)	5:17	11.3 (62.4%)
123	SAJNÓG Piotr	211		M-1	21	00:53:03.00	00:53:16.55	+00:20:02 (37.6%)	5:18	11.3 (62.4%)
124	BARTOSZ Mariola	161		K-3	5	00:53:07.45	00:53:19.45	+00:20:05 (37.7%)	5:18	11.3 (62.4%)
125	DERĘGOWSKI Szymon	14	PAN	M-2	38	00:53:17.70	00:53:24.80	+00:20:11 (37.8%)	5:19	11.3 (62.4%)
126	RUTKOWSKI Robert	108	UNDERARTWĄBRZEŻNO	M-3	26	00:53:42.50	00:53:53.80	+00:20:40 (38.3%)	5:22	11.2 (61.9%)
127	LEWANDOSKI Władysław	69	DECATHLON TEAM INOWROCŁAW	M-5	9	00:53:46.95	00:53:55.35	+00:20:41 (38.4%)	5:22	11.2 (61.9%)
128	KRYSZTOFIAK Michał	54	ULUNG TEAM	M-3	27	00:54:03.80	00:54:15.90	+00:21:02 (38.8%)	5:24	11.1 (61.3%)
129	MAZERSKI Jarosław	84		M-2	39	00:54:17.25	00:54:21.60	+00:21:07 (38.9%)	5:25	11.1 (61.3%)
130	PIWOŃSKI Robert	101	PARAFIALNY KLUB BIEGACZA TORUŃ - KASZCZOREK	M-3	28	00:54:15.95	00:54:23.75	+00:21:10 (38.9%)	5:25	11.1 (61.3%)
131	DYCZKO Adam	20		M-4	13	00:54:14.45	00:54:26.65	+00:21:12 (39.0%)	5:25	11.1 (61.3%)
132	MAJER Janusz	79		M-2	40	00:54:26.25	00:54:30.45	+00:21:16 (39.0%)	5:26	11 (60.8%)
133	URBAŃSKI Krzysztof	139	ZŁOTE NOGI SIERPC	M-1	22	00:54:41.10	00:54:49.45	+00:21:35 (39.4%)	5:28	11 (60.8%)
134	NIEDBALSKI Maciej	196		M-2	41	00:54:44.00	00:54:54.30	+00:21:40 (39.5%)	5:28	11 (60.8%)
135	LEŚNIEWSKI Jan	67	EL AKTYWNI	M-6	2	00:55:04.65	00:55:10.85	+00:21:57 (39.8%)	5:30	10.9 (60.2%)
136	GAPINSKI Krzysztof	26		M-3	29	00:55:02.45	00:55:13.00	+00:21:59 (39.8%)	5:30	10.9 (60.2%)
137	WILCZEWSKI Robert	144	1.WSZP	M-3	30	00:55:14.80	00:55:22.20	+00:22:08 (40.0%)	5:31	10.9 (60.2%)
138	WIŚNIEWSKI Dariusz	148		M-4	14	00:55:27.75	00:55:27.75	+00:22:14 (40.1%)	5:32	10.8 (59.7%)
139	SITKOWSKI Andrzej	116		M-5	10	00:55:35.55	00:55:38.90	+00:22:25 (40.3%)	5:33	10.8 (59.7%)
140	DĄBROWSKA Karolina	193	KUJAWSKO-POMORSKIE	K-2	10	00:55:31.20	00:55:42.65	+00:22:28 (40.4%)	5:33	10.8 (59.7%)
141	MAJEWSKI Zdzisław	81	PARKRUN TORUŃ	M-5	11	00:55:34.50	00:55:44.20	+00:22:30 (40.4%)	5:33	10.8 (59.7%)
142	ŻABIŃSKI Radosław	156	WKB MARATOŃCZYK	M-2	42	00:55:38.60	00:55:47.35	+00:22:33 (40.4%)	5:33	10.8 (59.7%)
143	LEMPARTY Paweł	66		M-3	31	00:55:38.70	00:55:52.45	+00:22:38 (40.5%)	5:33	10.8 (59.7%)
144	NOWACKA Anna	169	GKS FABIANKI	K-2	11	00:55:53.75	00:55:58.85	+00:22:45 (40.6%)	5:35	10.7 (59.1%)
145	DOBRZAŃSKA Anna	217	DYNAMO	K-2	12	00:55:51.60	00:55:59.10	+00:22:45 (40.6%)	5:35	10.7 (59.1%)
146	WITCZAK Ola	168	GKS FABIANKI	K-3	6	00:55:56.35	00:56:07.15	+00:22:53 (40.8%)	5:35	10.7 (59.1%)
147	DZIEŁAK Andrzej	22	PARKRUN TORUŃ	M-4	15	00:55:51.50	00:56:07.25	+00:22:53 (40.8%)	5:35	10.7 (59.1%)
148	DYCZKO Alicja	21	-	K-1	2	00:56:19.10	00:56:30.10	+00:23:16 (41.2%)	5:37	10.7 (59.1%)
149	ZALEWWSKI Józef	153	TKKF WIŚLANIE LSLUPNO	M-6	3	00:56:44.15	00:56:48.60	+00:23:34 (41.5%)	5:40	10.6 (58.6%)
149	WIECZOREK Justyna	141	BBL INOWROCŁAW	K-3	7	00:56:40.20	00:56:48.60	+00:23:34 (41.5%)	5:40	10.6 (58.6%)
151	GOMULAK Jan	30	MARATONCZYK WLOCLAWEK	M-6	4	00:56:59.30	00:57:07.95	+00:23:54 (41.8%)	5:41	10.5 (58.0%)
152	WIŚNIEWSKA Daniela	146	PARKRUN TORUŃ	K-2	13	00:57:10.40	00:57:20.45	+00:24:06 (42.1%)	5:43	10.5 (58.0%)
152	KOMOROWSKI Maciej	179		M-2	43	00:57:05.70	00:57:20.45	+00:24:06 (42.1%)	5:42	10.5 (58.0%)
154	SUDZIŃSKI Marcin	126		M-3	32	00:57:20.55	00:57:30.00	+00:24:16 (42.2%)	5:44	10.5 (58.0%)
155	SOWIŃSKI Edmund	164	TKKF PŁOCK	M-6	5	00:57:29.65	00:57:36.00	+00:24:22 (42.3%)	5:45	10.4 (57.5%)
156	TRZCIŃSKI Radosław	135	TRAKTOR TEAM GMINA KWIDZYN	M-2	44	00:57:41.85	00:57:52.10	+00:24:38 (42.6%)	5:46	10.4 (57.5%)
157	ALEKSANDROWICZ Marek	1		M-2	45	00:58:01.85	00:58:01.85	+00:24:48 (42.7%)	5:48	10.3 (56.9%)
158	KUNICKI Tomasz	62	PARKRUN TORUŃ	M-2	46	00:57:59.30	00:58:08.85	+00:24:55 (42.9%)	5:47	10.3 (56.9%)
159	DŁONIAK Edmund	15	T.G SOKÓŁ GNIEWKOWO	M-6	6	00:57:56.15	00:58:09.00	+00:24:55 (42.9%)	5:47	10.4 (57.5%)
160	OLBORSKI Jakub	209		M-2	47	00:58:21.50	00:58:26.85	+00:25:13 (43.1%)	5:50	10.3 (56.9%)
161	TUCHALSKI Marek	137	KB LECH RYPIN	M-5	12	00:58:27.95	00:58:34.15	+00:25:20 (43.3%)	5:50	10.3 (56.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
162	TRZCIŃSKI Grzegorz	136		M-4	16	00:58:29.10	00:58:39.40	+00:25:25 (43.4%)	5:50	10.3 (56.9%)
163	HACHAJ Dawid	32	HACHAJ TEAM	M-2	48	00:59:14.50	00:59:21.20	+00:26:07 (44.0%)	5:55	10.1 (55.8%)
164	STAWICKI Roman	181	BIEGAM BO LUBIĘ	M-5	13	00:59:35.95	00:59:41.90	+00:26:28 (44.3%)	5:57	10.1 (55.8%)
165	KOPIENIAK Agnieszka	51	BIEGNĘ, ŻEBY BARTEK MÓGŁ BIEGAĆ	K-2	14	00:59:39.15	00:59:55.45	+00:26:41 (44.5%)	5:57	10.1 (55.8%)
166	WASZAK Agnieszka	140		K-3	8	00:59:51.85	00:59:56.90	+00:26:43 (44.6%)	5:59	10 (55.2%)
167	LEŚNIEWSKI Kazimierz	68		M-6	7	01:00:06.90	01:00:11.75	+00:26:58 (44.8%)	6:00	10 (55.2%)
168	SZADKOWSKA Anna	127	BBLINOWROCLAW	K-5	1	01:00:33.50	01:00:45.20	+00:27:31 (45.3%)	6:03	9.9 (54.7%)
169	WIERSKI Jarosław	191	KUJAWSKO-POMORSKIE	M-3	33	01:00:38.25	01:00:52.10	+00:27:38 (45.4%)	6:03	9.9 (54.7%)
170	KASZUBSKI Marcin	195	KLUB BIEGACZA RYPIN	M-3	34	01:01:05.95	01:01:21.65	+00:28:07 (45.8%)	6:06	9.8 (54.1%)
171	OLSZEWSKA Ewa	37	T. G. SOKÓŁ GNIEWKOWO	K-3	9	01:02:12.00	01:02:17.00	+00:29:03 (46.6%)	6:13	9.6 (53.0%)
172	LEWANDOWSKI Wojciech	71		M-5	14	01:02:40.05	01:02:47.85	+00:29:34 (47.1%)	6:16	9.6 (53.0%)
173	SKORUPKA Radek	117	ULUNG TEAM	M-3	35	01:02:45.10	01:02:57.85	+00:29:44 (47.2%)	6:16	9.6 (53.0%)
174	BOROWSKI Kamil	163		M-1	23	01:03:15.05	01:03:26.75	+00:30:13 (47.6%)	6:19	9.5 (52.5%)
175	DRAWERT Ewa	17		K-3	10	01:04:00.65	01:04:13.25	+00:30:59 (48.3%)	6:24	9.4 (51.9%)
176	TYBUSZEWSKI Janusz	177	TS OPATRUNKI TORUŃ	M-5	15	01:04:13.50	01:04:20.75	+00:31:07 (48.4%)	6:25	9.3 (51.4%)
177	BŁASZCZAK Stanisław	7	MARATONCZYK WŁOCŁAWEK	M-6	8	01:04:46.10	01:04:52.90	+00:31:39 (48.8%)	6:28	9.3 (51.4%)
178	CHOJNACKA Krystyna	11	TKKF KUBUS SIERPC	K-5	2	01:05:12.35	01:05:21.20	+00:32:07 (49.2%)	6:31	9.2 (50.8%)
179	SADOWSKA-CHORAŻAK Aneta	111		K-3	11	01:05:18.50	01:05:32.85	+00:32:19 (49.3%)	6:31	9.2 (50.8%)
180	DOMAGALSKA Aneta	210		K-2	15	01:06:01.15	01:06:17.05	+00:33:03 (49.9%)	6:36	9.1 (50.3%)
181	NOWAKOWSKI Czesław	160	KLUB BIEGACZA GOCH	M-6	9	01:06:07.85	01:06:18.20	+00:33:04 (49.9%)	6:36	9.1 (50.3%)
182	ŻOŁNOWSKA Anna	157		K-2	16	01:06:12.80	01:06:28.35	+00:33:14 (50.0%)	6:37	9.1 (50.3%)
183	JANKOWSKI Adrian	39		M-1	24	01:06:41.70	01:06:46.70	+00:33:33 (50.2%)	6:40	9 (49.7%)
184	WISNIEWSKI Ryszard	145	TKKF KUBUS SIERPC	M-6	10	01:06:59.95	01:07:09.10	+00:33:55 (50.5%)	6:42	9 (49.7%)
185	KSIENIEWICZ-KOWALSKA Izabela	55		K-4	6	01:07:14.90	01:07:24.30	+00:34:10 (50.7%)	6:43	8.9 (49.2%)
186	PACZKOWSKI Andrzej	95		M-6	11	01:08:04.05	01:08:15.45	+00:35:01 (51.3%)	6:48	8.8 (48.6%)
187	SONTOWSKI Maciej	120		M-2	49	01:09:47.30	01:10:03.75	+00:36:50 (52.6%)	6:58	8.6 (47.5%)
188	JANKOWSKA Katarzyna	38	I-SPORT	K-4	7	01:09:50.70	01:10:06.40	+00:36:52 (52.6%)	6:59	8.6 (47.5%)
189	SONTOWSKA Magdalena	119		K-2	17	01:11:15.70	01:11:31.70	+00:38:18 (53.5%)	7:07	8.4 (46.4%)
190	BIAŁOBLÓCKA Ewa	5	KB LECH RYPIN	K-4	8	01:11:36.25	01:11:50.20	+00:38:36 (53.7%)	7:09	8.4 (46.4%)
191	BIAŁOBLÓCKI Jacek	6	KB LECH RYPIN	M-4	17	01:11:35.40	01:11:51.45	+00:38:37 (53.8%)	7:09	8.4 (46.4%)
192	PAWLICKI Piotr	98		M-4	18	01:11:44.15	01:11:58.90	+00:38:45 (53.8%)	7:10	8.4 (46.4%)
193	GERKA Kszysztof	28	KB LECH RYPIN	M-5	16	01:13:13.95	01:13:27.10	+00:40:13 (54.8%)	7:19	8.2 (45.3%)
194	KALISZEWSKA Dorota	202		K-3	12	01:15:20.05	01:15:25.95	+00:42:12 (55.9%)	7:32	8 (44.2%)
195	ZIÓŁKOWSKI Mieczysław	155	DECATHLON TEAM INOWROCLAW	M-4	19	01:19:04.30	01:19:24.10	+00:46:10 (58.2%)	7:54	7.6 (42.0%)
196	GOLA Grzegorz	29	TG SOKÓŁ GNIEWKOWO	M-3	36	01:19:07.10	01:19:24.60	+00:46:10 (58.2%)	7:54	7.6 (42.0%)
197	JEZIÓRSKI Zbigniew	165	KB LECH RYPIN	M-6	12	01:25:49.55	01:26:06.20	+00:52:52 (61.4%)	8:35	7 (38.7%)
198	MAJEWSKI Jan	80	TOWARZYSTWO MIAST PARTNERSKICH TORUŃ	M-6	13	01:30:03.80	01:30:19.05	+00:57:05 (63.2%)	9:00	6.7 (37.0%)
199	LAMPARSKA Mariola	65		K-5	3	01:30:03.75	01:30:19.15	+00:57:05 (63.2%)	9:00	6.7 (37.0%)

Znaleziono 199 wynik(ów)