

**Organizator:** Ludowy Klub Sportowy Ostromecko, LZS Nowy Dwór, Zespół Szkół w Ostromecku, Urząd Gminy w Dąbrowie Chełmińskiej, Kujawsko-Pomorskie Zrzeszenie LZS w Toruniu

**Data:** 2016-10-09

**Miejsce:** Dąbrowa - Ostromecko

**Dystans:** 7.5 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	mieszkaniec gminy Ostromecko	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
1	<b>BRZEZIŃSKI Błażej</b>	<b>194</b>	WKS ŚLĄSK WROCŁAW	M20	1		<b>00:21:50.50</b>	<b>00:21:50.50</b>		2:54	20.6 (100%)
2	<b>GOSIEWSKI Krzysztof</b>	<b>182</b>	LKS OSTROMECKO	M Open	1		<b>00:22:11.90</b>	<b>00:22:11.90</b>	+00:00:21 (1.6%)	2:57	20.3 (98.5%)
3	<b>KOTŁOWSKI Bartosz</b>	<b>161</b>	LKS OSTROMECKO	M20	2		<b>00:22:42.60</b>	<b>00:22:42.60</b>	+00:00:52 (3.8%)	3:01	19.8 (96.1%)
4	<b>MUSIAŁCHENKO Dmytro</b>	<b>186</b>	BIEGACZ RAWICZ	M20	3		<b>00:22:47.80</b>	<b>00:22:47.80</b>	+00:00:57 (4.2%)	3:02	19.8 (96.1%)
5	<b>FRYDRYCHOWSKI Piotr</b>	<b>41</b>	KS TEAM RUN GDAŃSK	M20	4		<b>00:24:14.50</b>	<b>00:24:14.50</b>	+00:02:24 (9.9%)	3:13	18.6 (90.3%)
6	<b>TUCZYŃSKI Sylwester</b>	<b>23</b>	BYDGOSKIE OKONIE	M20	5		<b>00:24:56.40</b>	<b>00:24:56.40</b>	+00:03:05 (12.4%)	3:19	18 (87.4%)
7	<b>OCHAL Olga</b>	<b>195</b>	PREFBET ŚNIADOWO ŁOMŻA TEAM OCHAL	K30	1		<b>00:25:10.25</b>	<b>00:25:10.25</b>	+00:03:19 (13.2%)	3:21	17.9 (86.9%)
8	<b>CHĘTNIK Rafał</b>	<b>179</b>	LKS ZANTYR SZTUM	M30	1		<b>00:25:28.50</b>	<b>00:25:28.50</b>	+00:03:38 (14.3%)	3:23	17.7 (85.9%)
9	<b>BUŚ Szymon</b>	<b>31</b>	LKS OSTROMECKO	M20	6		<b>00:25:31.50</b>	<b>00:25:31.50</b>	+00:03:41 (14.4%)	3:24	17.6 (85.4%)
10	<b>MIKA Oskar</b>	<b>187</b>	KB ŁAPKA	M30	2		<b>00:25:31.90</b>	<b>00:25:31.90</b>	+00:03:41 (14.5%)	3:24	17.6 (85.4%)
11	<b>MUSIAŁ Michał</b>	<b>88</b>		M40	1		<b>00:25:33.25</b>	<b>00:25:33.25</b>	+00:03:42 (14.5%)	3:24	17.6 (85.4%)
12	<b>GLUGLA Mariusz</b>	<b>93</b>	THE RUNNERS ŚWIECIE	M30	3		<b>00:25:42.50</b>	<b>00:25:42.50</b>	+00:03:52 (15.0%)	3:25	17.5 (85.0%)
13	<b>SZENK Marta</b>	<b>66</b>		K30	2		<b>00:25:47.80</b>	<b>00:25:47.80</b>	+00:03:57 (15.3%)	3:26	17.5 (85.0%)
14	<b>JARAKOWSKI Andrzej</b>	<b>198</b>		M20	7		<b>00:25:55.05</b>	<b>00:25:55.05</b>	+00:04:04 (15.7%)	3:27	17.4 (84.5%)

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15	<b>STANKIEWICZ Błażej</b>	<b>193</b>	LKS OSTROMECKO	M40	2		<b>00:25:59.05</b>	<b>00:25:59.05</b>	+00:04:08 (15.9%)	3:27	17.3 (84.0%)
16	<b>ŚLIWIŃSKI Łukasz</b>	<b>199</b>	BOGMAR OSTROMECKO	M30	4		<b>00:26:47.95</b>	<b>00:26:47.95</b>	+00:04:57 (18.5%)	3:34	16.8 (81.6%)
17	<b>SZYSZKA Mariusz</b>	<b>89</b>	SPÓJNIA BIAŁE BŁOTA	M30	5		<b>00:26:51.00</b>	<b>00:26:51.00</b>	+00:05:00 (18.7%)	3:34	16.8 (81.6%)
18	<b>RETECKI Krzysztof</b>	<b>34</b>	BOGMAR / PRESTO OSTROMECKO	M40	3		<b>00:26:59.45</b>	<b>00:26:59.45</b>	+00:05:08 (19.1%)	3:35	16.7 (81.1%)
19	<b>JAGODZIŃSKI Mateusz</b>	<b>24</b>	BYDGOSKIE OKONIE	M20	8		<b>00:27:08.10</b>	<b>00:27:08.10</b>	+00:05:17 (19.5%)	3:37	16.6 (80.6%)
20	<b>ARSENIUK Anna</b>	<b>94</b>	T. S. OPATRUNKI TORUŃ	K30	3		<b>00:27:26.50</b>	<b>00:27:26.50</b>	+00:05:36 (20.4%)	3:39	16.4 (79.6%)
21	<b>ŁUCZAK Paweł</b>	<b>157</b>	TKKF KOLEJARZ BYDGOSZCZ	M40	4		<b>00:27:46.45</b>	<b>00:27:46.45</b>	+00:05:55 (21.4%)	3:42	16.2 (78.6%)
22	<b>PACZKOWSKI Jacek</b>	<b>59</b>	SPORT I REKREACJA MOGILNO	M50	1		<b>00:27:55.30</b>	<b>00:27:55.30</b>	+00:06:04 (21.8%)	3:43	16.1 (78.2%)
23	<b>SIKUT Arkadiusz</b>	<b>28</b>		M40	5		<b>00:28:13.25</b>	<b>00:28:13.25</b>	+00:06:22 (22.6%)	3:45	15.9 (77.2%)
24	<b>STRABEL Łukasz</b>	<b>92</b>	LUKAS	M20	9		<b>00:28:29.60</b>	<b>00:28:29.60</b>	+00:06:39 (23.3%)	3:47	15.8 (76.7%)
25	<b>CZUK Marek</b>	<b>85</b>		M60	1		<b>00:28:35.85</b>	<b>00:28:35.85</b>	+00:06:45 (23.6%)	3:48	15.7 (76.2%)
26	<b>KRZYWDZIŃSKI Dominik</b>	<b>91</b>	UKB SZUBIN	M16	1		<b>00:28:44.30</b>	<b>00:28:44.30</b>	+00:06:53 (24.0%)	3:49	15.7 (76.2%)
27	<b>HALINIAK Filip</b>	<b>39</b>		M19	1		<b>00:29:37.05</b>	<b>00:29:37.05</b>	+00:07:46 (26.3%)	3:56	15.2 (73.8%)
28	<b>ŚMIGLEWSKI Aleksander</b>	<b>14</b>	LKS OSTROMECKO	M19	2		<b>00:29:43.10</b>	<b>00:29:43.10</b>	+00:07:52 (26.5%)	3:57	15.1 (73.3%)
29	<b>PAWŁOWSKI Radosław</b>	<b>9</b>	JFTC SU	M40	6		<b>00:30:22.40</b>	<b>00:30:22.40</b>	+00:08:31 (28.1%)	4:02	14.8 (71.8%)
30	<b>KRUSZEWSKI Tadeusz</b>	<b>98</b>		M40	7		<b>00:30:36.50</b>	<b>00:30:36.50</b>	+00:08:46 (28.6%)	4:04	14.7 (71.4%)
31	<b>BAZAK Cezary</b>	<b>127</b>	CDIS SZ	M50	2		<b>00:31:01.55</b>	<b>00:31:01.55</b>	+00:09:11 (29.6%)	4:08	14.5 (70.4%)
32	<b>DEMBKOWSKI Ryszard</b>	<b>156</b>	OLD SNAKE	M60	2		<b>00:31:03.50</b>	<b>00:31:03.50</b>	+00:09:13 (29.7%)	4:08	14.5 (70.4%)
33	<b>PUZACZ Dawid</b>	<b>142</b>		M30	6		<b>00:31:11.00</b>	<b>00:31:11.00</b>	+00:09:20 (30.0%)	4:09	14.4 (69.9%)
34	<b>TRZCIŃSKI Franciszek</b>	<b>107</b>	SIR START	M50	3		<b>00:31:16.10</b>	<b>00:31:16.10</b>	+00:09:25 (30.1%)	4:10	14.4 (69.9%)
35	<b>KALISZ Andrzej</b>		TTC	M50	4		<b>00:31:24.65</b>	<b>00:31:24.65</b>	+00:09:34 (30.5%)	4:11	14.3 (69.4%)
36	<b>MITRĘGA Daria</b>	<b>79</b>		K20	1		<b>00:31:26.75</b>	<b>00:31:26.75</b>	+00:09:36 (30.5%)	4:11	14.3 (69.4%)
37	<b>JANUS Dawid</b>	<b>75</b>	THE RUNNERS ŚWIECIE	M20	10		<b>00:31:27.70</b>	<b>00:31:27.70</b>	+00:09:37 (30.6%)	4:11	14.3 (69.4%)

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38	<b>GZYL</b> Mikołaj	<b>128</b>	JANUSZE TRIATHLONU 'EXODUS' TEAM	M30	7		<b>00:31:30.30</b>	<b>00:31:30.30</b>	+00:09:39 (30.7%)	4:12	14.3 (69.4%)
39	<b>GRAMZA</b> Rafał	<b>248</b>		M20	11		<b>00:31:31.30</b>	<b>00:31:31.30</b>	+00:09:40 (30.7%)	4:12	14.3 (69.4%)
40	<b>GURNA</b> Jolanta	<b>108</b>	SIR START	K50	1		<b>00:31:47.05</b>	<b>00:31:47.05</b>	+00:09:56 (31.3%)	4:14	14.2 (68.9%)
41	<b>LIPOWSKI</b> Jakub	<b>174</b>	LKS DĄBROWA CHEŁMIŃSKA	M16	2		<b>00:32:03.60</b>	<b>00:32:03.60</b>	+00:10:13 (31.9%)	4:16	14 (68.0%)
42	<b>LEBA</b> Rafał	<b>115</b>	22 ODN	M30	8		<b>00:32:08.10</b>	<b>00:32:08.10</b>	+00:10:17 (32.0%)	4:17	14 (68.0%)
43	<b>PALMOWSKA</b> Klaudia	<b>162</b>		K19	1		<b>00:32:10.65</b>	<b>00:32:10.65</b>	+00:10:20 (32.1%)	4:17	14 (68.0%)
44	<b>DYMEK</b> Sławomir	<b>76</b>		M30	9		<b>00:32:12.05</b>	<b>00:32:12.05</b>	+00:10:21 (32.2%)	4:17	14 (68.0%)
45	<b>OWCZARSKI</b> Krzysztof	<b>150</b>		M30	10		<b>00:32:27.55</b>	<b>00:32:27.55</b>	+00:10:37 (32.7%)	4:19	13.9 (67.5%)
46	<b>BRATEK</b> Andrzej	<b>133</b>	TKKF KOLEJARZ BYDGOSZCZ	M50	5		<b>00:32:40.30</b>	<b>00:32:40.30</b>	+00:10:49 (33.1%)	4:21	13.8 (67.0%)
47	<b>PALACZ</b> Wioletta	<b>138</b>		K30	4		<b>00:32:40.60</b>	<b>00:32:40.60</b>	+00:10:50 (33.2%)	4:21	13.8 (67.0%)
48	<b>JAROCKA</b> Beata	<b>190</b>		M30	11		<b>00:32:42.70</b>	<b>00:32:42.70</b>	+00:10:52 (33.2%)	4:21	13.8 (67.0%)
49	<b>BAGROWSKI</b> Marek	<b>96</b>	UMK COLLEGIUM-MEDICUM RATOWNICTWO MEDYCZNE JANOWO BIEGA	M50	6		<b>00:32:49.55</b>	<b>00:32:49.55</b>	+00:10:59 (33.5%)	4:22	13.7 (66.5%)
50	<b>KARNOWSKI</b> Sebastian	<b>51</b>		M30	12		<b>00:33:02.10</b>	<b>00:33:02.10</b>	+00:11:11 (33.9%)	4:24	13.6 (66.0%)
51	<b>KOCINIEWSKI</b> Jacek	<b>44</b>	LKS JANOWO	M40	8		<b>00:33:04.10</b>	<b>00:33:04.10</b>	+00:11:13 (33.9%)	4:24	13.6 (66.0%)
52	<b>DUTKOWSKI</b> Tomasz	<b>153</b>	MMPJ TEAM	M30	13		<b>00:33:06.80</b>	<b>00:33:06.80</b>	+00:11:16 (34.0%)	4:24	13.6 (66.0%)
53	<b>URBAŃSKI</b> Daniel	<b>144</b>	PGB SPORTOWA PACZKA	M40	9		<b>00:33:10.40</b>	<b>00:33:10.40</b>	+00:11:19 (34.2%)	4:25	13.6 (66.0%)
54	<b>KLINIKOWSKI</b> Jacek	<b>101</b>	KOCHAM ŻYCIE I...	M40	10		<b>00:33:13.25</b>	<b>00:33:13.25</b>	+00:11:22 (34.3%)	4:25	13.5 (65.5%)
55	<b>NOWICKI</b> Aleksander	<b>60</b>	KSKPZPN	M40	11		<b>00:33:21.35</b>	<b>00:33:21.35</b>	+00:11:30 (34.5%)	4:26	13.5 (65.5%)
56	<b>MROZEK</b> Mikołaj	<b>184</b>		M16	3		<b>00:33:25.50</b>	<b>00:33:25.50</b>	+00:11:35 (34.7%)	4:27	13.5 (65.5%)
57	<b>SIKORA</b> Antoni	<b>192</b>		M60	3		<b>00:33:27.25</b>	<b>00:33:27.25</b>	+00:11:36 (34.7%)	4:27	13.5 (65.5%)
58	<b>RUTKOWSKI</b> Tomasz	<b>122</b>		M40	12		<b>00:33:32.80</b>	<b>00:33:32.80</b>	+00:11:42 (34.9%)	4:28	13.4 (65.0%)
59	<b>ZAGOŹDŻON</b> Piotr	<b>84</b>	RUN BYDGOSZCZ	M40	13		<b>00:33:35.90</b>	<b>00:33:35.90</b>	+00:11:45 (35.0%)	4:28	13.4 (65.0%)
60	<b>KOCINIEWSKI</b> Bartłomiej	<b>43</b>	LKS JANOWO	M20	12		<b>00:33:38.20</b>	<b>00:33:38.20</b>	+00:11:47 (35.1%)	4:29	13.4 (65.0%)

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61	<b>SYROCKI Michał</b>	<b>81</b>		M30	14		<b>00:33:40.80</b>	<b>00:33:40.80</b>	+00:11:50 (35.1%)	4:29	13.4 (65.0%)
62	<b>CICHOŃSKA- BAZAK Marzena</b>	<b>119</b>		K40	1		<b>00:33:41.30</b>	<b>00:33:41.30</b>	+00:11:50 (35.2%)	4:29	13.4 (65.0%)
63	<b>NOWICKI Błażej</b>	<b>55</b>		M19	3		<b>00:33:44.40</b>	<b>00:33:44.40</b>	+00:11:53 (35.3%)	4:29	13.3 (64.6%)
64	<b>BIZOŃ Michał</b>	<b>175</b>		M30	15		<b>00:33:46.20</b>	<b>00:33:46.20</b>	+00:11:55 (35.3%)	4:30	13.3 (64.6%)
65	<b>ŚCIBAK Wojciech</b>	<b>77</b>	JFTC SU	M30	16		<b>00:33:48.40</b>	<b>00:33:48.40</b>	+00:11:57 (35.4%)	4:30	13.3 (64.6%)
66	<b>KOHUTEK Artur</b>	<b>148</b>		M40	14		<b>00:33:49.80</b>	<b>00:33:49.80</b>	+00:11:59 (35.4%)	4:30	13.3 (64.6%)
67	<b>RASZLIŃSKA Mariola</b>	<b>53</b>		K40	2		<b>00:33:52.85</b>	<b>00:33:52.85</b>	+00:12:02 (35.5%)	4:30	13.3 (64.6%)
68	<b>KOCINIEWSKI Jakub</b>	<b>45</b>	LKS JANOWO	M16	4		<b>00:33:59.10</b>	<b>00:33:59.10</b>	+00:12:08 (35.7%)	4:31	13.2 (64.1%)
69	<b>GORGOL Tomasz</b>	<b>83</b>	RUN BYDGOSZCZ	M30	17		<b>00:33:59.30</b>	<b>00:33:59.30</b>	+00:12:08 (35.7%)	4:31	13.2 (64.1%)
70	<b>RZEMEK Sławomir</b>	<b>112</b>	RUN BYDGOSZCZ	M30	18		<b>00:34:01.20</b>	<b>00:34:01.20</b>	+00:12:10 (35.8%)	4:32	13.2 (64.1%)
71	<b>PERLIK Grzegorz</b>	<b>8</b>		M60	4		<b>00:34:02.95</b>	<b>00:34:02.95</b>	+00:12:12 (35.9%)	4:32	13.2 (64.1%)
72	<b>LUZAK Mirosław</b>	<b>15</b>	MWIK BYDGOSZCZ	M50	7		<b>00:34:11.00</b>	<b>00:34:11.00</b>	+00:12:20 (36.1%)	4:33	13.2 (64.1%)
73	<b>KOCINIEWSKI Łuasz</b>	<b>90</b>	LKS JANOWO	M16	5		<b>00:34:38.25</b>	<b>00:34:38.25</b>	+00:12:47 (36.9%)	4:37	13 (63.1%)
74	<b>BIEŃKOWSKI Tomasz</b>	<b>117</b>		M60	5		<b>00:34:48.90</b>	<b>00:34:48.90</b>	+00:12:58 (37.3%)	4:38	12.9 (62.6%)
75	<b>WIŚNIEWSKI Janusz</b>	<b>12</b>	CARBON TEAM TORUN	M40	15		<b>00:34:57.85</b>	<b>00:34:57.85</b>	+00:13:07 (37.5%)	4:39	12.9 (62.6%)
76	<b>GIERSZEWSKA Grażyna</b>	<b>16</b>		K40	3		<b>00:35:00.40</b>	<b>00:35:00.40</b>	+00:13:09 (37.6%)	4:40	12.9 (62.6%)
77	<b>OLSZEWSKI Leszek</b>	<b>188</b>		M40	16		<b>00:35:11.15</b>	<b>00:35:11.15</b>	+00:13:20 (37.9%)	4:41	12.8 (62.1%)
78	<b>ROSIAK Jarosław</b>	<b>54</b>	14	M40	17		<b>00:35:14.00</b>	<b>00:35:14.00</b>	+00:13:23 (38.0%)	4:41	12.8 (62.1%)
79	<b>SKIBIŃSKI Jarosław</b>	<b>178</b>		M40	18		<b>00:35:14.75</b>	<b>00:35:14.75</b>	+00:13:24 (38.0%)	4:41	12.8 (62.1%)
80	<b>SZYDŁO Sławomir</b>	<b>132</b>	MMPJ TEAM	M40	19		<b>00:35:16.20</b>	<b>00:35:16.20</b>	+00:13:25 (38.1%)	4:42	12.8 (62.1%)
81	<b>NAWROCKI Jarosław</b>	<b>78</b>		M40	20		<b>00:35:20.10</b>	<b>00:35:20.10</b>	+00:13:29 (38.2%)	4:42	12.7 (61.7%)
82	<b>BIELEC Wojciech</b>	<b>140</b>	SP 63 BYDGOSZCZ	M30	19		<b>00:35:35.90</b>	<b>00:35:35.90</b>	+00:13:45 (38.6%)	4:44	12.6 (61.2%)
83	<b>STARSAK Seweryn</b>	<b>37</b>		M16	6		<b>00:35:46.05</b>	<b>00:35:46.05</b>	+00:13:55 (38.9%)	4:46	12.6 (61.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	mieszkaniec gminy Ostromecko	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
84	<b>RYMARKIEWICZ Małgorzata</b>	<b>120</b>		K30	5		<b>00:35:46.55</b>	<b>00:35:46.55</b>	+00:13:56 (38.9%)	4:46	12.6 (61.2%)
85	<b>BINKOWSKI Cezary</b>	<b>72</b>	BOGMAR OSTROMECKO	M40	21		<b>00:35:54.50</b>	<b>00:35:54.50</b>	+00:14:04 (39.2%)	4:47	12.5 (60.7%)
86	<b>STARSZAK Paweł</b>	<b>36</b>		M30	20		<b>00:35:57.40</b>	<b>00:35:57.40</b>	+00:14:06 (39.3%)	4:47	12.5 (60.7%)
87	<b>MAJEWSKI Robert</b>	<b>180</b>		M20	13		<b>00:35:58.30</b>	<b>00:35:58.30</b>	+00:14:07 (39.3%)	4:47	12.5 (60.7%)
88	<b>KURBIEL Aleksandra</b>	<b>173</b>		K20	2		<b>00:35:58.50</b>	<b>00:35:58.50</b>	+00:14:08 (39.3%)	4:47	12.5 (60.7%)
89	<b>OSIECKI Grzegorz</b>	<b>176</b>		M60	6		<b>00:36:05.80</b>	<b>00:36:05.80</b>	+00:14:15 (39.5%)	4:48	12.5 (60.7%)
90	<b>RYBKA Ilona</b>	<b>13</b>	1973	K40	4		<b>00:36:08.00</b>	<b>00:36:08.00</b>	+00:14:17 (39.6%)	4:49	12.5 (60.7%)
91	<b>HALINIAK Dominik</b>	<b>40</b>		M19	4		<b>00:36:08.15</b>	<b>00:36:08.15</b>	+00:14:17 (39.6%)	4:49	12.5 (60.7%)
92	<b>SOSIŃSKA Izabela</b>	<b>19</b>		K30	6		<b>00:36:28.20</b>	<b>00:36:28.20</b>	+00:14:37 (40.1%)	4:51	12.3 (59.7%)
93	<b>KUZIOŁA Łukasz</b>	<b>152</b>		M30	21		<b>00:36:45.55</b>	<b>00:36:45.55</b>	+00:14:55 (40.6%)	4:54	12.2 (59.2%)
94	<b>RUTKOWSKI Szymon</b>	<b>121</b>	BRAK	M16	7		<b>00:36:48.30</b>	<b>00:36:48.30</b>	+00:14:57 (40.7%)	4:54	12.2 (59.2%)
95	<b>BANACH Grzegorz</b>	<b>25</b>		M50	8		<b>00:36:51.55</b>	<b>00:36:51.55</b>	+00:15:01 (40.7%)	4:54	12.2 (59.2%)
96	<b>HALINIAK Jakub</b>	<b>38</b>		M16	8		<b>00:37:13.05</b>	<b>00:37:13.05</b>	+00:15:22 (41.3%)	4:57	12.1 (58.7%)
97	<b>CHORZĘPA Bogusław</b>	<b>56</b>	RUNNING	M30	22		<b>00:37:24.55</b>	<b>00:37:24.55</b>	+00:15:34 (41.6%)	4:59	12 (58.3%)
98	<b>SOBOCIŃSKI Kamil</b>	<b>136</b>	TAURUS-TECHNIC TEAM	M30	23		<b>00:37:27.00</b>	<b>00:37:27.00</b>	+00:15:36 (41.7%)	4:59	12 (58.3%)
99	<b>ZIELNIK Józef</b>	<b>249</b>		M60	7		<b>00:37:29.75</b>	<b>00:37:29.75</b>	+00:15:39 (41.7%)	4:59	12 (58.3%)
100	<b>FALKOWSKI Ireneusz</b>	<b>52</b>	BRAK	M50	9		<b>00:37:35.25</b>	<b>00:37:35.25</b>	+00:15:44 (41.9%)	5:00	12 (58.3%)
101	<b>KOWALCZYK Robert</b>	<b>177</b>	LKS OSTROMECKO	M40	22		<b>00:37:37.90</b>	<b>00:37:37.90</b>	+00:15:47 (42.0%)	5:00	12 (58.3%)
102	<b>SZCZYGIEŁ Michał</b>	<b>64</b>		M30	24		<b>00:37:38.75</b>	<b>00:37:38.75</b>	+00:15:48 (42.0%)	5:01	12 (58.3%)
103	<b>KRYŚ Jacek</b>	<b>48</b>		M50	10		<b>00:37:41.25</b>	<b>00:37:41.25</b>	+00:15:50 (42.0%)	5:01	11.9 (57.8%)
104	<b>KOCINIEWSKI Marcin</b>	<b>42</b>	LKS JANOWO	M30	25		<b>00:37:45.50</b>	<b>00:37:45.50</b>	+00:15:55 (42.2%)	5:02	11.9 (57.8%)
105	<b>GUCZAISKI Sławomir</b>	<b>171</b>		M40	23		<b>00:38:03.20</b>	<b>00:38:03.20</b>	+00:16:12 (42.6%)	5:04	11.8 (57.3%)
106	<b>GADOMSKA Maria</b>	<b>97</b>	RUN BYDGOSZCZ	K60	1		<b>00:38:07.30</b>	<b>00:38:07.30</b>	+00:16:16 (42.7%)	5:04	11.8 (57.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	mieszkaniec gminy Ostromecko	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
107	<b>DZIEDZIC Agnieszka</b>	<b>105</b>		K30	7		<b>00:38:11.75</b>	<b>00:38:11.75</b>	+00:16:21 (42.8%)	5:05	11.8 (57.3%)
108	<b>SYCZUK Grzegorz</b>	<b>70</b>		M40	24		<b>00:38:23.50</b>	<b>00:38:23.50</b>	+00:16:33 (43.1%)	5:07	11.7 (56.8%)
109	<b>GROTT Bartłomiej</b>	<b>67</b>		M30	26		<b>00:38:23.70</b>	<b>00:38:23.70</b>	+00:16:33 (43.1%)	5:07	11.7 (56.8%)
110	<b>MANISZEWSKI Zbigniew</b>	<b>74</b>		M60	8		<b>00:38:52.70</b>	<b>00:38:52.70</b>	+00:17:02 (43.8%)	5:10	11.6 (56.3%)
111	<b>SOSIŃSKI Paweł</b>	<b>20</b>		M30	27		<b>00:38:54.10</b>	<b>00:38:54.10</b>	+00:17:03 (43.9%)	5:11	11.6 (56.3%)
112	<b>WITT Wojciech</b>	<b>57</b>		M30	28		<b>00:39:03.50</b>	<b>00:39:03.50</b>	+00:17:13 (44.1%)	5:12	11.5 (55.8%)
113	<b>SADURSKA Agnieszka</b>	<b>129</b>		K20	3		<b>00:39:06.35</b>	<b>00:39:06.35</b>	+00:17:15 (44.1%)	5:12	11.5 (55.8%)
114	<b>LUZAK Magdalena</b>	<b>131</b>		K20	4		<b>00:39:09.20</b>	<b>00:39:09.20</b>	+00:17:18 (44.2%)	5:13	11.5 (55.8%)
115	<b>ENGEL Grzegorz</b>	<b>32</b>		M40	25		<b>00:39:19.20</b>	<b>00:39:19.20</b>	+00:17:28 (44.5%)	5:14	11.4 (55.3%)
116	<b>ENGEL Leszek</b>	<b>33</b>		M40	26		<b>00:39:20.20</b>	<b>00:39:20.20</b>	+00:17:29 (44.5%)	5:14	11.4 (55.3%)
117	<b>SADURSKI Wiesław</b>	<b>130</b>		M50	11		<b>00:39:22.55</b>	<b>00:39:22.55</b>	+00:17:32 (44.5%)	5:14	11.4 (55.3%)
118	<b>KRYSZTOFIAK Robert</b>	<b>7</b>		M40	27		<b>00:39:23.55</b>	<b>00:39:23.55</b>	+00:17:33 (44.6%)	5:15	11.4 (55.3%)
119	<b>KWIATKOWSKA Beata</b>	<b>151</b>	THE RUNNERS ŚWIECIE	K30	8		<b>00:39:24.95</b>	<b>00:39:24.95</b>	+00:17:34 (44.6%)	5:15	11.4 (55.3%)
120	<b>BLEJA Krystian</b>	<b>2</b>	PGB SPORTOWA PACZKA	M30	29		<b>00:39:25.40</b>	<b>00:39:25.40</b>	+00:17:34 (44.6%)	5:15	11.4 (55.3%)
121	<b>KARBOWNIK Mateusz</b>	<b>95</b>	BOGMAR OSTROMECKO	M20	14		<b>00:39:30.90</b>	<b>00:39:30.90</b>	+00:17:40 (44.7%)	5:16	11.4 (55.3%)
122	<b>WOŁOSZYN Kazimierz</b>	<b>183</b>	ROWEROWA BRZOZA/BRZOZA BIEGA	M50	12		<b>00:39:32.90</b>	<b>00:39:32.90</b>	+00:17:42 (44.8%)	5:16	11.4 (55.3%)
123	<b>HERMANOWSKI Łukasz</b>	<b>185</b>	RUNBUSTERS	M30	30		<b>00:39:36.80</b>	<b>00:39:36.80</b>	+00:17:46 (44.9%)	5:16	11.4 (55.3%)
124	<b>ZIÓLKOWSKI Mieczysław</b>	<b>109</b>	ZGUBIŁEM SPONSORA	M50	13		<b>00:39:46.80</b>	<b>00:39:46.80</b>	+00:17:56 (45.1%)	5:18	11.3 (54.9%)
125	<b>RÓŻAŃSKI Karol</b>	<b>116</b>	T5E	M30	31		<b>00:40:11.25</b>	<b>00:40:11.25</b>	+00:18:20 (45.7%)	5:21	11.2 (54.4%)
126	<b>GANCKOWSKI Piotr</b>	<b>100</b>		M50	14		<b>00:40:31.75</b>	<b>00:40:31.75</b>	+00:18:41 (46.1%)	5:24	11.1 (53.9%)
127	<b>BIELEC Anna</b>	<b>141</b>	MKS SP 63 BYDGOSZCZ	K20	5		<b>00:40:33.65</b>	<b>00:40:33.65</b>	+00:18:43 (46.2%)	5:24	11.1 (53.9%)
128	<b>DZIEDZIC Marcin</b>	<b>106</b>		M30	32		<b>00:40:34.65</b>	<b>00:40:34.65</b>	+00:18:44 (46.2%)	5:24	11.1 (53.9%)
129	<b>BIELEC Michał</b>	<b>139</b>	MKS SP 63 BYDGOSZCZ	M30	33		<b>00:40:35.20</b>	<b>00:40:35.20</b>	+00:18:44 (46.2%)	5:24	11.1 (53.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	mieszkaniec gminy Ostromecko	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
130	<b>LIPOWSKA Agnieszka</b>	<b>123</b>		K30	9		<b>00:40:41.40</b>	<b>00:40:41.40</b>	+00:18:50 (46.3%)	5:25	11.1 (53.9%)
131	<b>PYTLIK Agnieszka</b>	<b>35</b>		K20	6		<b>00:40:48.55</b>	<b>00:40:48.55</b>	+00:18:58 (46.5%)	5:26	11 (53.4%)
132	<b>BORZYSZKOWSKI Grzegorz</b>	<b>18</b>	STARY FORDON	M30	34		<b>00:40:48.70</b>	<b>00:40:48.70</b>	+00:18:58 (46.5%)	5:26	11 (53.4%)
133	<b>OLEKSY Ilona</b>	<b>63</b>		K30	10		<b>00:40:52.55</b>	<b>00:40:52.55</b>	+00:19:02 (46.6%)	5:26	11 (53.4%)
134	<b>MROZEK Rafał</b>	<b>73</b>		M40	28		<b>00:40:56.95</b>	<b>00:40:56.95</b>	+00:19:06 (46.7%)	5:27	11 (53.4%)
135	<b>CZYŻAK Joanna</b>	<b>17</b>	RUN BYDGOSZCZ	K40	5		<b>00:41:02.50</b>	<b>00:41:02.50</b>	+00:19:12 (46.8%)	5:28	11 (53.4%)
136	<b>UCIŃSKI Edward</b>	<b>65</b>	TTKF INSTALATOR PELIKAN SZUBIN	M60	9		<b>00:41:11.80</b>	<b>00:41:11.80</b>	+00:19:21 (47.0%)	5:29	10.9 (52.9%)
137	<b>SZULERECKI Marcin</b>	<b>58</b>	GTW	M30	35		<b>00:41:17.20</b>	<b>00:41:17.20</b>	+00:19:26 (47.1%)	5:30	10.9 (52.9%)
138	<b>KALISZEWSKI Sławomir</b>	<b>49</b>		M30	36		<b>00:41:24.70</b>	<b>00:41:24.70</b>	+00:19:34 (47.3%)	5:31	10.9 (52.9%)
139	<b>KRUSZEWSKA Weronika</b>	<b>99</b>		K16	1		<b>00:41:33.30</b>	<b>00:41:33.30</b>	+00:19:42 (47.4%)	5:32	10.8 (52.4%)
140	<b>MIKUŁA Tomasz</b>	<b>22</b>	GORDON RUN	M30	37		<b>00:41:39.05</b>	<b>00:41:39.05</b>	+00:19:48 (47.6%)	5:33	10.8 (52.4%)
141	<b>STRUTYŃSKI Włodzimierz</b>	<b>6</b>	NIEZRZESZONY	M50	15		<b>00:41:43.00</b>	<b>00:41:43.00</b>	+00:19:52 (47.6%)	5:33	10.8 (52.4%)
142	<b>WILK Krzysztof</b>	<b>145</b>		M60	10		<b>00:42:37.00</b>	<b>00:42:37.00</b>	+00:20:46 (48.7%)	5:40	10.6 (51.5%)
143	<b>MAJEWICZ Sylwia</b>	<b>110</b>		K20	7		<b>00:42:41.35</b>	<b>00:42:41.35</b>	+00:20:50 (48.8%)	5:41	10.5 (51.0%)
144	<b>GORGOL Renata</b>	<b>82</b>	RUN BYDGOSZCZ	K40	6		<b>00:42:55.45</b>	<b>00:42:55.45</b>	+00:21:04 (49.1%)	5:43	10.5 (51.0%)
145	<b>LUBOWIECKA Julia</b>	<b>196</b>		K16	2		<b>00:43:16.25</b>	<b>00:43:16.25</b>	+00:21:25 (49.5%)	5:46	10.4 (50.5%)
146	<b>LUBOWIECKA- KUZIOŁA Sylwia</b>	<b>197</b>		K30	11		<b>00:43:26.65</b>	<b>00:43:26.65</b>	+00:21:36 (49.7%)	5:47	10.4 (50.5%)
147	<b>KUK Bartłomiej</b>	<b>167</b>	LKS OSTROMECKO	M16	9		<b>00:43:38.45</b>	<b>00:43:38.45</b>	+00:21:47 (50.0%)	5:49	10.3 (50.0%)
148	<b>JASKUŁA Marcin</b>	<b>61</b>		M20	15		<b>00:43:46.20</b>	<b>00:43:46.20</b>	+00:21:55 (50.1%)	5:50	10.3 (50.0%)
149	<b>MAJEWICZ Violetta</b>	<b>111</b>		K50	2		<b>00:44:22.75</b>	<b>00:44:22.75</b>	+00:22:32 (50.8%)	5:54	10.1 (49.0%)
150	<b>RYMARKIEWICZ Sławomir</b>	<b>5</b>		M40	29		<b>00:44:26.70</b>	<b>00:44:26.70</b>	+00:22:36 (50.9%)	5:55	10.1 (49.0%)
151	<b>KARASZEWSKI Sławomir</b>	<b>21</b>		M30	38		<b>00:44:32.85</b>	<b>00:44:32.85</b>	+00:22:42 (51.0%)	5:56	10.1 (49.0%)
152	<b>WICHTOWSKA Ewa</b>	<b>165</b>		K30	12		<b>00:44:34.20</b>	<b>00:44:34.20</b>	+00:22:43 (51.0%)	5:56	10.1 (49.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	mieszkaniec gminy Ostromecko	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
153	<b>TUPTANOWSKI Przemysław</b>	<b>135</b>	WELD-LINE TEAM	M30	39		<b>00:45:04.45</b>	<b>00:45:04.45</b>	+00:23:13 (51.5%)	6:00	10 (48.5%)
154	<b>SKORA-TUPTANOWSKA Monika</b>	<b>159</b>	WELD-LINE TEAM	K30	13		<b>00:45:04.80</b>	<b>00:45:04.80</b>	+00:23:14 (51.5%)	6:00	10 (48.5%)
155	<b>ŁOŚ Katarzyna</b>	<b>86</b>		K50	3		<b>00:45:28.70</b>	<b>00:45:28.70</b>	+00:23:38 (52.0%)	6:03	9.9 (48.1%)
156	<b>ŁOŚ Dariusz</b>	<b>87</b>		M50	16		<b>00:45:28.75</b>	<b>00:45:28.75</b>	+00:23:38 (52.0%)	6:03	9.9 (48.1%)
157	<b>ŚLIWIŃSKI Bogdan</b>	<b>200</b>	LKS OSTROMECKO	M60	11		<b>00:45:29.60</b>	<b>00:45:29.60</b>	+00:23:39 (52.0%)	6:03	9.9 (48.1%)
158	<b>WINIECKA Beata</b>	<b>71</b>		K40	7		<b>00:45:29.70</b>	<b>00:45:29.70</b>	+00:23:39 (52.0%)	6:03	9.9 (48.1%)
159	<b>SYSOŁ Joanna</b>	<b>134</b>		K19	2		<b>00:45:52.50</b>	<b>00:45:52.50</b>	+00:24:02 (52.4%)	6:06	9.8 (47.6%)
160	<b>ANDERSOHN Piotr</b>	<b>189</b>	AWKS PITIK	M30	40		<b>00:47:05.30</b>	<b>00:47:05.30</b>	+00:25:14 (53.6%)	6:16	9.6 (46.6%)
161	<b>SZTUBECKI Jacek</b>	<b>4</b>		M40	30		<b>00:47:11.50</b>	<b>00:47:11.50</b>	+00:25:21 (53.7%)	6:17	9.5 (46.1%)
162	<b>SZTUBECKA Małgorzata</b>	<b>3</b>		K40	8		<b>00:47:11.60</b>	<b>00:47:11.60</b>	+00:25:21 (53.7%)	6:17	9.5 (46.1%)
163	<b>ROZMARYNOWICZ Anna</b>	<b>160</b>		K30	14		<b>00:48:29.85</b>	<b>00:48:29.85</b>	+00:26:39 (55.0%)	6:27	9.3 (45.1%)
164	<b>KOSIŁO Tadeusz</b>	<b>80</b>	RUNBUSTERS	M50	17		<b>00:48:31.40</b>	<b>00:48:31.40</b>	+00:26:40 (55.0%)	6:28	9.3 (45.1%)
165	<b>KALISZEWSKI Wojciech</b>	<b>50</b>		M30	41		<b>00:48:57.10</b>	<b>00:48:57.10</b>	+00:27:06 (55.4%)	6:31	9.2 (44.7%)
166	<b>KAPELIŃSKI Adam</b>	<b>191</b>	AWKS PITIK	M30	42		<b>00:49:17.90</b>	<b>00:49:17.90</b>	+00:27:27 (55.7%)	6:34	9.1 (44.2%)
167	<b>ANGIEL Władysław</b>	<b>181</b>		M70	1		<b>00:50:04.00</b>	<b>00:50:04.00</b>	+00:28:13 (56.4%)	6:40	9 (43.7%)
168	<b>KUK Sylwia</b>	<b>163</b>		K30	15		<b>00:51:10.05</b>	<b>00:51:10.05</b>	+00:29:19 (57.3%)	6:49	8.8 (42.7%)
169	<b>KUBACKA Aleksandra</b>	<b>154</b>		K20	8		<b>00:56:45.95</b>	<b>00:56:45.95</b>	+00:34:55 (61.5%)	7:34	7.9 (38.3%)

Znaleziono 169 wynik(ów)