



XXVIII BIEG ULICZNY DĄBROWA CHEŁMIŃSKA - OSTROMECKO

Organizator: LKS Ostromecko
Data: 2015-10-11
Miejsce: Ostromecko
Dystans: 7,5 km

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
1	ZBLEWSKI Tadeusz	213	4 RUN TEAM BYTÓW	M30	1	00:21:56.90	00:21:56.90		2:55	20.5 (100%)
2	MOUVA Bniface	222	MACHAKOS	M30	2	00:21:58.55	00:21:58.55	+00:00:01 (0.1%)	2:55	20.5 (100%)
3	GOSIEWSKI Krzysztof	205	LKS OSTROMECKO	M20	1	00:22:00.00	00:22:00.00	+00:00:03 (0.2%)	2:56	20.5 (100%)
4	KOTŁOWSKI Bartosz	206	LKS OSTROMECKO	M20	2	00:22:27.60	00:22:27.60	+00:00:30 (2.3%)	2:59	20 (97.6%)
5	DANIELSEN Vegard	226	AZS CM UMK	M20	3	00:23:02.80	00:23:02.80	+00:01:05 (4.8%)	3:04	19.5 (95.1%)
6	WILIGALSKI Bartosz	186	KM TRUCHCIK ŁUBIANKA	M20	4	00:23:59.30	00:23:59.30	+00:02:02 (8.5%)	3:11	18.8 (91.7%)
7	DERDOWSKI Michał	119	LLKS ZIEMI KOCIEWSKIEJ SKÓRCZ	M20	5	00:24:11.80	00:24:11.80	+00:02:14 (9.3%)	3:13	18.6 (90.7%)
8	TUCZYŃSKI Sylwester	50	BYDGOSKIE OKONIE	M20	6	00:24:52.45	00:24:52.45	+00:02:55 (11.8%)	3:18	18.1 (88.3%)
9	JARANOWSKI Andrzej	132	MUKL BRODNICA	M20	7	00:25:09.10	00:25:09.10	+00:03:12 (12.7%)	3:21	17.9 (87.3%)
10	GLUGLA Mariusz	199	THE RUNNERS ŚWIECIE	M30	3	00:25:25.10	00:25:25.10	+00:03:28 (13.7%)	3:23	17.7 (86.3%)
11	BRZEZIŃSKA Aleksandra	180		K20	1	00:25:28.75	00:25:28.75	+00:03:31 (13.9%)	3:23	17.7 (86.3%)
12	BUŚ Szymon	69	LKS OSTROMECKO	M20	8	00:25:58.50	00:25:58.50	+00:04:01 (15.5%)	3:27	17.3 (84.4%)
13	DYATŁOWA Yulia	214	ICE-MAT TEAM OSTRÓW WLKP.	K20	2	00:26:15.85	00:26:15.85	+00:04:18 (16.4%)	3:30	17.1 (83.4%)
14	SZENK Marta	134		K30	1	00:26:17.05	00:26:17.05	+00:04:20 (16.5%)	3:30	17.1 (83.4%)
15	KLEMAŃSKI Marcin	104	THE RUNNERS ŚWIECIE	M30	4	00:26:32.05	00:26:32.05	+00:04:35 (17.3%)	3:32	17 (82.9%)
16	KULPA Paulina	202	SPORT ZDROWIE KONDYCJA PIOTR SZEWCZUK	K20	3	00:27:09.75	00:27:09.75	+00:05:12 (19.2%)	3:37	16.6 (81.0%)
17	ŚLIWIŃSKI Łukasz	1	BOGMAR OSTROMECKO	M30	5	00:27:26.80	00:27:26.80	+00:05:29 (20.0%)	3:39	16.4 (80.0%)
18	RETECKI Krzysztof	10		M40	1	00:27:26.90	00:27:26.90	+00:05:30 (20.0%)	3:39	16.4 (80.0%)
19	BASA Jacek	53	LIUKS KRUSZWICA	M30	6	00:27:37.20	00:27:37.20	+00:05:40 (20.5%)	3:40	16.3 (79.5%)
20	KUBIAK Tomasz	61	T.G.SOKÓŁ GNIEWKOWO	M40	2	00:27:47.30	00:27:47.30	+00:05:50 (21.0%)	3:42	16.2 (79.0%)
21	GRALAK Marcin	48	NIEZRZESZONY	M30	7	00:27:49.85	00:27:49.85	+00:05:52 (21.1%)	3:42	16.2 (79.0%)
22	ARSENIUK Anna	212	T.S.OPATRUNKI TORUŃ	K30	2	00:27:50.50	00:27:50.50	+00:05:53 (21.2%)	3:42	16.2 (79.0%)
23	ŁATA Marcin	224	AZS CM UMK	M20	9	00:27:55.60	00:27:55.60	+00:05:58 (21.4%)	3:43	16.1 (78.5%)
24	SZYSZKA Mariusz	153	4RUN TEAM BYDGOSZCZ	M30	8	00:27:57.15	00:27:57.15	+00:06:00 (21.5%)	3:43	16.1 (78.5%)
25	ŚWIĘCICKI Wojciech	74	AWKS PITIK	M30	9	00:28:07.70	00:28:07.70	+00:06:10 (22.0%)	3:44	16 (78.0%)
26	STANKIEWICZ Błażej	201	LKS OSTROMECKO	M40	3	00:28:15.10	00:28:15.10	+00:06:18 (22.3%)	3:46	15.9 (77.6%)
27	ŁUCZAK Paweł	97	TKKF KOLEJARZ BYDGOSZCZ	M40	4	00:28:32.45	00:28:32.45	+00:06:35 (23.1%)	3:48	15.8 (77.1%)
28	JANUS Dawid	159		M20	10	00:28:54.95	00:28:54.95	+00:06:58 (24.1%)	3:51	15.6 (76.1%)
29	OLSZEWSKI Adam	209	KB LECH RYPIN	M50	1	00:28:55.50	00:28:55.50	+00:06:58 (24.1%)	3:51	15.6 (76.1%)
30	SMYKOWSKI Marcin	192	BIL	M40	5	00:29:07.20	00:29:07.20	+00:07:10 (24.6%)	3:52	15.5 (75.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
31	WOJCIECHOWSKA Elżbieta	220	T.G.SOKÓŁ GNIEWKOWO	K30	3	00:29:12.30	00:29:12.30	+00:07:15 (24.8%)	3:53	15.4 (75.1%)
32	SZOPIŃSKI Rafał	130		M30	10	00:29:31.00	00:29:31.00	+00:07:34 (25.6%)	3:56	15.2 (74.1%)
33	KOWALIK Marcin	218		M30	11	00:29:32.20	00:29:32.20	+00:07:35 (25.7%)	3:56	15.2 (74.1%)
34	TUCHOLSKI Bartłomiej	144	BYDGOSKIE OKONIE	M20	11	00:29:37.65	00:29:37.65	+00:07:40 (25.9%)	3:56	15.2 (74.1%)
35	MAJEWSKI Paweł	300	FORDONIAK	M30	12	00:29:50.40	00:29:50.40	+00:07:53 (26.4%)	3:58	15.1 (73.7%)
36	ŚMIGLEWSKI Aleksander	52	LKS OSTROMECKO	M19	1	00:29:51.50	00:29:51.50	+00:07:54 (26.5%)	3:58	15.1 (73.7%)
37	PAWŁOWSKI Radosław	94	JFTC SU	M40	6	00:29:55.30	00:29:55.30	+00:07:58 (26.6%)	3:59	15 (73.2%)
38	HALINIAK Filip	41	BRAK	M16	1	00:30:00.30	00:30:00.30	+00:08:03 (26.9%)	4:00	15 (73.2%)
39	PIETRZAK Tadeusz	210	TKKF ORZEŁ BYDGOSZCZ	M60	1	00:30:01.30	00:30:01.30	+00:08:04 (26.9%)	4:00	15 (73.2%)
40	URBAŃSKI Andrzej	158		M40	7	00:30:02.65	00:30:02.65	+00:08:05 (26.9%)	4:00	15 (73.2%)
41	OLENDER Tomasz	70		M20	12	00:30:08.45	00:30:08.45	+00:08:11 (27.2%)	4:01	14.9 (72.7%)
42	MICKIEWICZ Jan	59	AKADEMIA BIEGANIA GRUDZIĄDZ	M50	2	00:30:16.15	00:30:16.15	+00:08:19 (27.5%)	4:02	14.9 (72.7%)
43	LIS Janusz	135	TKKF CHEŁMNO	M50	3	00:30:24.40	00:30:24.40	+00:08:27 (27.8%)	4:03	14.8 (72.2%)
44	DEMBKOWSKI Ryszard	208	TTC TORUN	M60	2	00:30:43.35	00:30:43.35	+00:08:46 (28.6%)	4:05	14.7 (71.7%)
45	KUŚMIEREK Michał	25		M20	13	00:30:53.45	00:30:53.45	+00:08:56 (28.9%)	4:07	14.6 (71.2%)
46	MITRĘGA Daria	231	RUNNERS TEAM JEŻEWO	K20	4	00:31:03.05	00:31:03.05	+00:09:06 (29.3%)	4:08	14.5 (70.7%)
47	SOBOCIŃSKI Mateusz	211	BODMAR	M20	14	00:31:03.25	00:31:03.25	+00:09:06 (29.3%)	4:08	14.5 (70.7%)
48	LUZAK Szymon	141	RESTAURACJA SPIŻARNIA BYDGOSZCZ	M20	15	00:31:05.15	00:31:05.15	+00:09:08 (29.4%)	4:08	14.5 (70.7%)
49	DUTKOWSKI Tomasz	116	MMPJ	M30	13	00:31:06.55	00:31:06.55	+00:09:09 (29.4%)	4:08	14.5 (70.7%)
50	DĘBSKI Adrian	152		M20	16	00:31:10.90	00:31:10.90	+00:09:14 (29.6%)	4:09	14.4 (70.2%)
51	LEBA Rafał	18	NIEZRZESZONY	M30	14	00:31:14.80	00:31:14.80	+00:09:17 (29.8%)	4:09	14.4 (70.2%)
52	BEREBECKI Roman	182	KB LECH RYPIN	M60	3	00:31:16.70	00:31:16.70	+00:09:19 (29.8%)	4:10	14.4 (70.2%)
53	ZABROCKI Adam	3		M30	15	00:31:19.50	00:31:19.50	+00:09:22 (29.9%)	4:10	14.4 (70.2%)
54	MACIEJEWSKI Zbigniew	33	TG SOKÓŁ GNIEWKOWO	M40	8	00:31:22.00	00:31:22.00	+00:09:25 (30.0%)	4:10	14.3 (69.8%)
55	GZYL Mikołaj	27	'EXODUS'	M30	16	00:31:22.60	00:31:22.60	+00:09:25 (30.0%)	4:10	14.3 (69.8%)
56	WOŹNIAKOWSKA Agata	228	RUN BYDGOSZCZ	K30	4	00:31:28.75	00:31:28.75	+00:09:31 (30.3%)	4:11	14.3 (69.8%)
57	LIPOWSKI Jakub	29	LKS DĄBROWA CHEŁMIŃSKA	M16	2	00:31:31.60	00:31:31.60	+00:09:34 (30.4%)	4:12	14.3 (69.8%)
58	PALACZ Wioletta	22		K30	5	00:31:39.75	00:31:39.75	+00:09:42 (30.7%)	4:13	14.2 (69.3%)
59	HASS Adam	146		M30	17	00:31:40.00	00:31:40.00	+00:09:43 (30.7%)	4:13	14.2 (69.3%)
60	LUTOWSKI Wojciech	230	TKKF KOLEJARZ BYDGOSZCZ	M30	18	00:31:45.25	00:31:45.25	+00:09:48 (30.9%)	4:14	14.2 (69.3%)
61	KOCINIEWSKI Jacek	84	LKS JANOWO	M40	9	00:31:53.20	00:31:53.20	+00:09:56 (31.2%)	4:15	14.1 (68.8%)
62	KOCINIEWSKI Dariusz	78	LKS JANOWO	M40	10	00:31:53.60	00:31:53.60	+00:09:56 (31.2%)	4:15	14.1 (68.8%)
63	KRÓL Dariusz	60		M40	11	00:31:56.85	00:31:56.85	+00:09:59 (31.3%)	4:15	14.1 (68.8%)
64	KRUSZEWSKI Tadeusz	173	NIEZRZESZONY	M30	19	00:32:01.45	00:32:01.45	+00:10:04 (31.5%)	4:16	14.1 (68.8%)
65	MALICKI Łukasz	86		M30	20	00:32:03.10	00:32:03.10	+00:10:06 (31.5%)	4:16	14 (68.3%)
66	URBAŃSKI Daniel	54		M40	12	00:32:12.40	00:32:12.40	+00:10:15 (31.9%)	4:17	14 (68.3%)
67	SOBCZAK Krzysztof	169	RUN BDG	M30	21	00:32:14.30	00:32:14.30	+00:10:17 (31.9%)	4:17	14 (68.3%)
68	TRZCIŃSKI Franciszek	131	SIR START / MLKS NADWIŚLANIN CHEŁMNO	M50	4	00:32:17.45	00:32:17.45	+00:10:20 (32.0%)	4:18	13.9 (67.8%)
69	JANIK Roman	73	KWIDZYN BIEGA	M60	4	00:32:33.35	00:32:33.35	+00:10:36 (32.6%)	4:20	13.8 (67.3%)
70	SZTEJKA Damian	63		M30	22	00:32:33.65	00:32:33.65	+00:10:36 (32.6%)	4:20	13.8 (67.3%)
71	PIWOŃSKI Robert	31	PARAFIALNY KLUB BIEGACZA TORUŃ - KASZCZOREK	M30	23	00:32:36.70	00:32:36.70	+00:10:39 (32.7%)	4:20	13.8 (67.3%)
72	KOHUTEK Artur	174		M40	13	00:32:45.15	00:32:45.15	+00:10:48 (33.0%)	4:22	13.7 (66.8%)
73	KOCINIEWSKI Bartłomiej	80	LKS JANOWO	M20	17	00:32:49.00	00:32:49.00	+00:10:52 (33.1%)	4:22	13.7 (66.8%)
74	SZYDŁO Sławomir	102	MMPJ TEAM	M40	14	00:32:55.95	00:32:55.95	+00:10:59 (33.4%)	4:23	13.7 (66.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
75	SYROCKI Michał	91		M20	18	00:32:57.60	00:32:57.60	+00:11:00 (33.4%)	4:23	13.7 (66.8%)
76	KOTŁOWSKI Przemysław	140	MKSSP63 BYDGOSZCZ	M30	24	00:33:03.80	00:33:03.80	+00:11:06 (33.6%)	4:24	13.6 (66.3%)
77	LEWICKI Krzysztof	121		M50	5	00:33:04.85	00:33:04.85	+00:11:07 (33.7%)	4:24	13.6 (66.3%)
78	LEWICKI Marek	122		M19	2	00:33:04.90	00:33:04.90	+00:11:08 (33.7%)	4:24	13.6 (66.3%)
79	KALA Michał	143		M30	25	00:33:05.75	00:33:05.75	+00:11:08 (33.7%)	4:24	13.6 (66.3%)
80	JAGODZIŃSKI Mateusz	30	BYDGOSKIE OKONIE	M20	19	00:33:06.70	00:33:06.70	+00:11:09 (33.7%)	4:24	13.6 (66.3%)
81	LUZAK Mirosław	109	MWIK BYDGOSZCZ	M50	6	00:33:06.80	00:33:06.80	+00:11:09 (33.7%)	4:24	13.6 (66.3%)
82	WYSOCKI Jerzy	64	BRAK	M50	7	00:33:08.70	00:33:08.70	+00:11:11 (33.8%)	4:25	13.6 (66.3%)
83	ŁATA Maria	225	AZS CM UMK	K20	5	00:33:09.55	00:33:09.55	+00:11:12 (33.8%)	4:25	13.6 (66.3%)
84	SZRAJDA Monika	172		K30	6	00:33:17.70	00:33:17.70	+00:11:20 (34.1%)	4:26	13.5 (65.9%)
85	KRZYWDZIŃSKI Dominik	227	UKB SZUBIN	M16	3	00:33:19.30	00:33:19.30	+00:11:22 (34.1%)	4:26	13.5 (65.9%)
86	BAZAK Cezary	45	CDIS-Z	M40	15	00:33:22.70	00:33:22.70	+00:11:25 (34.2%)	4:26	13.5 (65.9%)
87	JAROCKA Beata	13	NIEZRZESZONA	K30	7	00:33:28.05	00:33:28.05	+00:11:31 (34.4%)	4:27	13.4 (65.4%)
88	KOCINIEWSKI Franciszek	79	LKS JANOWO	M16	4	00:33:34.30	00:33:34.30	+00:11:37 (34.6%)	4:28	13.4 (65.4%)
89	GRACZYK-GRZYBOWSKA Ilona	219	ACTI-VIT	K30	8	00:33:36.75	00:33:36.75	+00:11:39 (34.7%)	4:28	13.4 (65.4%)
90	FAFIK Cezary	207	LKS OSTROMECKO	M40	16	00:33:42.50	00:33:42.50	+00:11:45 (34.9%)	4:29	13.4 (65.4%)
91	CICHOŃSKA- BAZAK Marzena	44		K40	1	00:33:52.20	00:33:52.20	+00:11:55 (35.2%)	4:30	13.3 (64.9%)
92	KURS Jarosław	150	TKKF KOLEJARZ	M40	17	00:33:53.00	00:33:53.00	+00:11:56 (35.2%)	4:31	13.3 (64.9%)
93	SIKORA Antoni	145	ŻNIŃSKI KLUB BIEGACZA 1992	M60	5	00:33:53.55	00:33:53.55	+00:11:56 (35.2%)	4:31	13.3 (64.9%)
94	CHMURA Krzysztof	147		M40	18	00:33:55.00	00:33:55.00	+00:11:58 (35.3%)	4:31	13.3 (64.9%)
95	WIECZOREK Łukasz	179	WWW.BYTPAK.PL	M20	20	00:33:57.00	00:33:57.00	+00:12:00 (35.4%)	4:31	13.3 (64.9%)
96	GRAJEWSKI Mateusz	178	RUN4FUN	M30	26	00:34:02.00	00:34:02.00	+00:12:05 (35.5%)	4:32	13.2 (64.4%)
97	SZTUBECKI Jacek	16		M40	19	00:34:02.70	00:34:02.70	+00:12:05 (35.5%)	4:32	13.2 (64.4%)
98	NAPIERAŁA Leszek	160		M40	20	00:34:03.90	00:34:03.90	+00:12:07 (35.6%)	4:32	13.2 (64.4%)
99	KRANZ Magdalena	129	BYDGOSKIE OKONIE	K20	6	00:34:04.90	00:34:04.90	+00:12:08 (35.6%)	4:32	13.2 (64.4%)
100	OBUCHOWICZ Weronika	167		K19	1	00:34:05.65	00:34:05.65	+00:12:08 (35.6%)	4:32	13.2 (64.4%)
101	MURAS Michał	163		M40	21	00:34:16.10	00:34:16.10	+00:12:19 (36.0%)	4:34	13.1 (63.9%)
102	WENDA Mateusz	96		M20	21	00:34:23.80	00:34:23.80	+00:12:26 (36.2%)	4:35	13.1 (63.9%)
103	RUTKOWSKI Tomasz	138	LKS OSTROMECKO	M40	22	00:34:30.45	00:34:30.45	+00:12:33 (36.4%)	4:36	13 (63.4%)
104	SZTUBECKI Rafał	112		M40	23	00:34:41.95	00:34:41.95	+00:12:45 (36.7%)	4:37	13 (63.4%)
105	DOBRUCHOWSKA Emilia	111	TG. SOKÓŁ GNIEWKOWO	K40	2	00:34:42.75	00:34:42.75	+00:12:45 (36.8%)	4:37	13 (63.4%)
106	OSIECKI Grzegorz	105		M60	6	00:34:49.10	00:34:49.10	+00:12:52 (37.0%)	4:38	12.9 (62.9%)
107	ŁUGOWSKI Tomasz	216	BIL	M30	27	00:35:00.80	00:35:00.80	+00:13:03 (37.3%)	4:40	12.9 (62.9%)
108	BIENKOWSKI Tomasz	49		M60	7	00:35:01.30	00:35:01.30	+00:13:04 (37.3%)	4:40	12.9 (62.9%)
109	WITT Wojciech	197	NIEZRZESZONY	M30	28	00:35:01.65	00:35:01.65	+00:13:04 (37.3%)	4:40	12.9 (62.9%)
110	KUZIOŁA Łukasz	117		M30	29	00:35:03.15	00:35:03.15	+00:13:06 (37.4%)	4:40	12.8 (62.4%)
111	NOWICKI Błażej	156		M16	5	00:35:04.90	00:35:04.90	+00:13:08 (37.4%)	4:40	12.8 (62.4%)
112	ŚCIBAK Wojciech	90	JFTC SU	M30	30	00:35:05.50	00:35:05.50	+00:13:08 (37.5%)	4:40	12.8 (62.4%)
113	GORDON Roman	108		M50	8	00:35:06.65	00:35:06.65	+00:13:09 (37.5%)	4:40	12.8 (62.4%)
114	SOSIŃSKA Izabela	14	NIEZRZESZONA	K30	9	00:35:06.85	00:35:06.85	+00:13:09 (37.5%)	4:40	12.8 (62.4%)
115	RAJCZYK Wiktoria	198		K30	10	00:35:09.00	00:35:09.00	+00:13:12 (37.6%)	4:41	12.8 (62.4%)
116	RYMARKIEWICZ Małgorzata	170	WII TEAM	K30	11	00:35:12.65	00:35:12.65	+00:13:15 (37.7%)	4:41	12.8 (62.4%)
117	ŚLIWIŃSKI Mariusz	234		M20	22	00:35:18.45	00:35:18.45	+00:13:21 (37.8%)	4:42	12.7 (62.0%)
118	STĘPIEŃ Tomasz	162	SF BYDG	M40	24	00:35:22.60	00:35:22.60	+00:13:25 (38.0%)	4:42	12.7 (62.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
119	KOZERA Sebastian	190		M30	31	00:35:26.70	00:35:26.70	+00:13:29 (38.1%)	4:43	12.7 (62.0%)
120	PERLIK Grzegorz	65	MIAŁEM SZCZĘŚCIE...	M60	8	00:35:31.00	00:35:31.00	+00:13:34 (38.2%)	4:44	12.7 (62.0%)
121	RZEMEK Sławomir	103	ERZET	M30	32	00:35:36.45	00:35:36.45	+00:13:39 (38.4%)	4:44	12.6 (61.5%)
122	BANACH Grzegorz	34		M50	9	00:35:37.00	00:35:37.00	+00:13:40 (38.4%)	4:44	12.6 (61.5%)
123	BŁĄŻEJCZYK Łukasz	93		M30	33	00:35:46.85	00:35:46.85	+00:13:49 (38.7%)	4:46	12.6 (61.5%)
124	KOCINIEWSKI Marcin	76	LKS JANOWO	M30	34	00:35:49.00	00:35:49.00	+00:13:52 (38.7%)	4:46	12.6 (61.5%)
125	SKIBIŃSKI Jarosław	223	KOPANINO	M40	25	00:35:49.75	00:35:49.75	+00:13:52 (38.7%)	4:46	12.6 (61.5%)
126	KOCINIEWSKI Jakub	85	LKS JANOWO	M16	6	00:35:55.45	00:35:55.45	+00:13:58 (38.9%)	4:47	12.5 (61.0%)
127	ZNAJMIECKI Marcin	99		M20	23	00:35:57.90	00:35:57.90	+00:14:01 (39.0%)	4:47	12.5 (61.0%)
128	JENDRZEJCZAK Karol	100		M40	26	00:36:04.15	00:36:04.15	+00:14:07 (39.1%)	4:48	12.5 (61.0%)
129	BIELEC Wojciech	166		M30	35	00:36:04.30	00:36:04.30	+00:14:07 (39.2%)	4:48	12.5 (61.0%)
130	SZTUBECKA Agnieszka	113		K40	3	00:36:08.50	00:36:08.50	+00:14:11 (39.3%)	4:49	12.5 (61.0%)
131	ANDERSOHN Piotr	164	AWKS PITIK	M30	36	00:36:14.20	00:36:14.20	+00:14:17 (39.4%)	4:49	12.4 (60.5%)
132	OWCZARSKI Krzysztof	196		M30	37	00:36:18.40	00:36:18.40	+00:14:21 (39.5%)	4:50	12.4 (60.5%)
133	PODBIELSKA Alina	32	KM UMK TORUŃ	K40	4	00:36:19.20	00:36:19.20	+00:14:22 (39.6%)	4:50	12.4 (60.5%)
134	BIERNACKI Bartosz	181		M30	38	00:36:22.80	00:36:22.80	+00:14:25 (39.7%)	4:50	12.4 (60.5%)
135	BUKOWSKI Krzysztof	168	BEZKLUBOWIEC	M40	27	00:36:30.30	00:36:30.30	+00:14:33 (39.9%)	4:52	12.3 (60.0%)
136	KUBOWICZ Piotr	120		M40	28	00:36:35.00	00:36:35.00	+00:14:38 (40.0%)	4:52	12.3 (60.0%)
137	RAUT Wiesław	183		M60	9	00:36:42.70	00:36:42.70	+00:14:45 (40.2%)	4:53	12.3 (60.0%)
138	GRUBICH Arkadiusz	12		M30	39	00:36:45.75	00:36:45.75	+00:14:48 (40.3%)	4:54	12.2 (59.5%)
139	HALINIAK Dominik	38	BRAK	M19	3	00:36:56.30	00:36:56.30	+00:14:59 (40.6%)	4:55	12.2 (59.5%)
140	RÓŻAŃSKI Jakub	184	GRUPA TRZYMAJĄCA WAZĘ	M20	24	00:36:59.65	00:36:59.65	+00:15:02 (40.7%)	4:55	12.2 (59.5%)
141	STARSZAK Paweł	127		M30	40	00:37:10.40	00:37:10.40	+00:15:13 (41.0%)	4:57	12.1 (59.0%)
142	ROSIAK Jarosław	187	NIEZRZESZONY	M40	29	00:37:10.45	00:37:10.45	+00:15:13 (41.0%)	4:57	12.1 (59.0%)
143	KURBIEL Aleksandra	92		K20	7	00:37:10.75	00:37:10.75	+00:15:13 (41.0%)	4:57	12.1 (59.0%)
144	GADOMSKA Maria	57		K60	1	00:37:12.35	00:37:12.35	+00:15:15 (41.0%)	4:57	12.1 (59.0%)
145	KRYŚ Jacek	128		M50	10	00:37:14.90	00:37:14.90	+00:15:18 (41.1%)	4:57	12.1 (59.0%)
146	GRYLEWICZ Tomasz	154	RUN BYDGOSZCZ	M30	41	00:37:18.05	00:37:18.05	+00:15:21 (41.2%)	4:58	12.1 (59.0%)
147	HALINIAK Bartosz	40	BRAK	M19	4	00:37:21.70	00:37:21.70	+00:15:24 (41.3%)	4:58	12 (58.5%)
148	OLSZEWSKI Marek	297	FORDONIAK	M30	42	00:37:34.90	00:37:34.90	+00:15:38 (41.6%)	5:00	12 (58.5%)
149	KOWALSKI Remigiusz	298	FORDONIAK	M30	43	00:37:35.00	00:37:35.00	+00:15:38 (41.6%)	5:00	12 (58.5%)
150	BAFIA Piotr	77		M20	25	00:37:38.00	00:37:38.00	+00:15:41 (41.7%)	5:01	12 (58.5%)
151	DZIEDZIC Agnieszka	21		K30	12	00:37:41.85	00:37:41.85	+00:15:44 (41.8%)	5:01	11.9 (58.0%)
152	GROTT Bartłomiej	115	RUN VOLEX	M30	44	00:37:48.65	00:37:48.65	+00:15:51 (42.0%)	5:02	11.9 (58.0%)
153	GÓRECKI Łukasz	17	BYDGOSKIE OKONIE	M30	45	00:37:52.10	00:37:52.10	+00:15:55 (42.0%)	5:02	11.9 (58.0%)
154	KRÓL Zbigniew	221		M40	30	00:38:01.40	00:38:01.40	+00:16:04 (42.3%)	5:04	11.8 (57.6%)
155	BAGROWSKI Marek	19	NIEZRZESZONY RATOWNIK MEDYCZY	M50	11	00:38:03.95	00:38:03.95	+00:16:07 (42.3%)	5:04	11.8 (57.6%)
156	NOWACKI Michał	114		M30	46	00:38:04.75	00:38:04.75	+00:16:07 (42.4%)	5:04	11.8 (57.6%)
157	WILK Krzysztof	233		M60	10	00:38:25.70	00:38:25.70	+00:16:28 (42.9%)	5:07	11.7 (57.1%)
158	FALKOWSKI Ireneusz	139	BRAK	M50	12	00:38:29.70	00:38:29.70	+00:16:32 (43.0%)	5:07	11.7 (57.1%)
159	DZIEDZIC Marcin	20		M30	47	00:38:38.80	00:38:38.80	+00:16:41 (43.2%)	5:09	11.6 (56.6%)
160	OLENDER Bartłomiej	299	FORDONIAK	M30	48	00:38:38.85	00:38:38.85	+00:16:41 (43.2%)	5:09	11.6 (56.6%)
161	PAŁCZYŃSKA Beata	55		K20	8	00:38:44.40	00:38:44.40	+00:16:47 (43.3%)	5:09	11.6 (56.6%)
162	TUPAJKA Tomasz	157		M40	31	00:38:48.40	00:38:48.40	+00:16:51 (43.4%)	5:10	11.6 (56.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
163	UCIŃSKI Edward	98	TTKF INSTALATOR PELIKAN SZUBIN	M60	11	00:38:52.00	00:38:52.00	+00:16:55 (43.5%)	5:10	11.6 (56.6%)
164	MACIEJEWSKI Mateusz	2		M20	26	00:38:54.90	00:38:54.90	+00:16:58 (43.6%)	5:11	11.6 (56.6%)
165	KLÓSKA Jarosław	87	ANKA ADAŚ KAMILKA :)	M30	49	00:39:06.30	00:39:06.30	+00:17:09 (43.9%)	5:12	11.5 (56.1%)
166	MROZEK Rafał	81		M40	32	00:39:08.25	00:39:08.25	+00:17:11 (43.9%)	5:13	11.5 (56.1%)
167	HALINIAK Jakub	42	BRAK	M16	7	00:39:09.90	00:39:09.90	+00:17:13 (44.0%)	5:13	11.5 (56.1%)
168	HALINIAK Andrzej	37	BRAK	M50	13	00:39:10.00	00:39:10.00	+00:17:13 (44.0%)	5:13	11.5 (56.1%)
169	SADURSKI Wiesław	232		M50	14	00:39:20.05	00:39:20.05	+00:17:23 (44.2%)	5:14	11.4 (55.6%)
170	WISNIEWSKI Włodzimierz	136		M50	15	00:39:22.45	00:39:22.45	+00:17:25 (44.3%)	5:14	11.4 (55.6%)
171	BOSIACKI Mateusz	137	RUN BYDGOSZCZ	M20	27	00:39:24.85	00:39:24.85	+00:17:27 (44.3%)	5:15	11.4 (55.6%)
172	MAZUROWSKI Robert	106		M30	50	00:39:30.70	00:39:30.70	+00:17:33 (44.5%)	5:16	11.4 (55.6%)
173	BIELEC Michał	165		M30	51	00:39:46.10	00:39:46.10	+00:17:49 (44.8%)	5:18	11.3 (55.1%)
174	MAĆKOWIAK Magdalena	8		K20	9	00:39:52.55	00:39:52.55	+00:17:55 (45.0%)	5:18	11.3 (55.1%)
175	ZAMIATOWSKA Kinga	71	RUN BYDGOSZCZ	K30	13	00:40:06.00	00:40:06.00	+00:18:09 (45.3%)	5:20	11.2 (54.6%)
176	BLEJA Krystian	5	PGB SPORTOWA PACZKA	M30	52	00:40:06.35	00:40:06.35	+00:18:09 (45.3%)	5:20	11.2 (54.6%)
177	KOSIEDOWSKI Miłosz	123		M20	28	00:40:07.15	00:40:07.15	+00:18:10 (45.3%)	5:20	11.2 (54.6%)
178	LUZAK Magdalena	155		K20	10	00:40:46.60	00:40:46.60	+00:18:49 (46.2%)	5:26	11 (53.7%)
179	PAWSKI Marcin	83	NIEZRZESZONY	M30	53	00:40:53.00	00:40:53.00	+00:18:56 (46.3%)	5:27	11 (53.7%)
180	PAWSKA Elżbieta	82	NIEZRZESZONA	K30	14	00:40:53.85	00:40:53.85	+00:18:56 (46.3%)	5:27	11 (53.7%)
181	STĘPIEŃ Bogdan	9		M30	54	00:41:03.65	00:41:03.65	+00:19:06 (46.5%)	5:28	11 (53.7%)
182	KARBOWNIK Marcin	229	LKS OSTROMECKO	M20	29	00:41:03.70	00:41:03.70	+00:19:06 (46.5%)	5:28	11 (53.7%)
183	RÓŻAŃSKI Karol	124	GTW	M30	55	00:41:06.70	00:41:06.70	+00:19:09 (46.6%)	5:28	10.9 (53.2%)
184	NIKOŁAJEW Monika	66		K30	15	00:41:17.00	00:41:17.00	+00:19:20 (46.8%)	5:30	10.9 (53.2%)
185	SZULERECKI Marcin	185	GTW	M30	56	00:41:27.45	00:41:27.45	+00:19:30 (47.1%)	5:31	10.9 (53.2%)
186	CZYŻAK Joanna	56	RUN BYDGOSZCZ	K40	5	00:41:39.40	00:41:39.40	+00:19:42 (47.3%)	5:33	10.8 (52.7%)
187	BORZYSZKOWSKI Grzegorz	43	STARY FORDON	M30	57	00:41:46.85	00:41:46.85	+00:19:49 (47.5%)	5:34	10.8 (52.7%)
188	TUPTANOWSKI Przemysław	142	WELD-LINE SPORT TEAM	M30	58	00:42:00.75	00:42:00.75	+00:20:03 (47.8%)	5:36	10.7 (52.2%)
189	GRYŃ-MAŚLIJ Katarzyna	215		K30	16	00:42:14.65	00:42:14.65	+00:20:17 (48.0%)	5:37	10.7 (52.2%)
190	SOSIŃSKI Paweł	67		M30	59	00:42:15.80	00:42:15.80	+00:20:18 (48.1%)	5:38	10.7 (52.2%)
191	GANCKOWSKI Piotr	68		M50	16	00:42:19.75	00:42:19.75	+00:20:22 (48.1%)	5:38	10.6 (51.7%)
192	SIMINSKI Wojciech	51	AWKS PITIK	M30	60	00:42:25.10	00:42:25.10	+00:20:28 (48.3%)	5:39	10.6 (51.7%)
193	KARBOWNIK Mateusz	89	BOGMAR OSTROMECKO	M20	30	00:42:27.25	00:42:27.25	+00:20:30 (48.3%)	5:39	10.6 (51.7%)
194	LUBOWIECKA Julia	204		K16	1	00:42:41.80	00:42:41.80	+00:20:44 (48.6%)	5:41	10.5 (51.2%)
195	MIKUŁA Tomasz	7	RUN GORDON	M30	61	00:42:45.60	00:42:45.60	+00:20:48 (48.7%)	5:42	10.5 (51.2%)
196	KUZIOŁA Sylwia	203		K30	17	00:42:57.35	00:42:57.35	+00:21:00 (48.9%)	5:43	10.5 (51.2%)
197	ZAWADZKA Małgorzata	126		K30	18	00:43:05.70	00:43:05.70	+00:21:08 (49.1%)	5:44	10.4 (50.7%)
198	BARANOWSKI Damian	151		M30	62	00:43:06.00	00:43:06.00	+00:21:09 (49.1%)	5:44	10.4 (50.7%)
199	BURKIEWICZ Paulina	194	GRUPA TRZYMAJĄCA WAZĘ	K20	11	00:43:22.70	00:43:22.70	+00:21:25 (49.4%)	5:46	10.4 (50.7%)
200	SZTEJKA Jolanta	62		K30	19	00:43:23.60	00:43:23.60	+00:21:26 (49.4%)	5:47	10.4 (50.7%)
201	RĘPALSKA Izabela	4		K30	20	00:43:37.35	00:43:37.35	+00:21:40 (49.7%)	5:48	10.3 (50.2%)
202	ŁOŚ Katarzyna	24		K50	1	00:44:10.10	00:44:10.10	+00:22:13 (50.3%)	5:53	10.2 (49.8%)
203	ŁOŚ Dariusz	23		M50	17	00:44:10.40	00:44:10.40	+00:22:13 (50.3%)	5:53	10.2 (49.8%)
204	BRZEZINSKA Daniela	39		K20	12	00:44:15.60	00:44:15.60	+00:22:18 (50.4%)	5:54	10.2 (49.8%)
205	KOHUTEK Violetta	175		K40	6	00:44:22.00	00:44:22.00	+00:22:25 (50.5%)	5:54	10.1 (49.3%)
206	RYMARKIEWICZ Sławomir	75		M30	63	00:44:25.45	00:44:25.45	+00:22:28 (50.6%)	5:55	10.1 (49.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
207	CORREA Andrew	35		M20	31	00:45:50.65	00:45:50.65	+00:23:53 (52.1%)	6:06	9.8 (47.8%)
207	BUŚ Jagoda	36		K20	13	00:45:50.65	00:45:50.65	+00:23:53 (52.1%)	6:06	9.8 (47.8%)
209	ANGIEL Władysław	191	TKKF KOLEJARZ BYDGOSZCZ	M60	12	00:46:21.40	00:46:21.40	+00:24:24 (52.7%)	6:10	9.7 (47.3%)
210	CHMURA Maciej	148		M16	8	00:46:42.00	00:46:42.00	+00:24:45 (53.0%)	6:13	9.6 (46.8%)
211	BULIŃSKA Zuzanna	11		K40	7	00:46:42.75	00:46:42.75	+00:24:45 (53.0%)	6:13	9.6 (46.8%)
212	KALISZEWSKI Sławomir	188	NIEZRZESZONY	M30	64	00:46:45.40	00:46:45.40	+00:24:48 (53.1%)	6:14	9.6 (46.8%)
213	STAROŃ Monika	101		K30	21	00:49:13.40	00:49:13.40	+00:27:16 (55.4%)	6:33	9.1 (44.4%)
214	KALISZEWSKI Wojciech	189	NIEZRZESZONY	M30	65	00:50:15.15	00:50:15.15	+00:28:18 (56.3%)	6:42	9 (43.9%)
215	MAŁAWA Kasia	149		K20	14	00:54:57.40	00:54:57.40	+00:33:00 (60.1%)	7:19	8.2 (40.0%)

Znaleziono 215 wynik(ów)