



# XXVIII BIEG ULICZNY DĄBROWA CHEŁMIŃSKA - OSTROMECKO

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

Klasyfikacja: M30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
1	<b>ZBLEWSKI Tadeusz</b>	<b>213</b>	4 RUN TEAM BYTÓW	M30	1	<b>00:21:56.90</b>	<b>00:21:56.90</b>		2:55	20.5 (100%)
2	<b>MOUVA Bniface</b>	<b>222</b>	MACHAKOS	M30	2	<b>00:21:58.55</b>	<b>00:21:58.55</b>	+00:00:01 (0.1%)	2:55	20.5 (100%)
3	<b>GLUGLA Mariusz</b>	<b>199</b>	THE RUNNERS ŚWIECIE	M30	3	<b>00:25:25.10</b>	<b>00:25:25.10</b>	+00:03:28 (13.7%)	3:23	17.7 (86.3%)
4	<b>KLEMAŃSKI Marcin</b>	<b>104</b>	THE RUNNERS ŚWIECIE	M30	4	<b>00:26:32.05</b>	<b>00:26:32.05</b>	+00:04:35 (17.3%)	3:32	17 (82.9%)
5	<b>ŚLIWIŃSKI Łukasz</b>	<b>1</b>	BOGMAR OSTROMECKO	M30	5	<b>00:27:26.80</b>	<b>00:27:26.80</b>	+00:05:29 (20.0%)	3:39	16.4 (80.0%)
6	<b>BASA Jacek</b>	<b>53</b>	LIUKS KRUSZWICA	M30	6	<b>00:27:37.20</b>	<b>00:27:37.20</b>	+00:05:40 (20.5%)	3:40	16.3 (79.5%)
7	<b>GRALAK Marcin</b>	<b>48</b>	NIEZRZESZONY	M30	7	<b>00:27:49.85</b>	<b>00:27:49.85</b>	+00:05:52 (21.1%)	3:42	16.2 (79.0%)
8	<b>SZYSZKA Mariusz</b>	<b>153</b>	4RUN TEAM BYDGOSZCZ	M30	8	<b>00:27:57.15</b>	<b>00:27:57.15</b>	+00:06:00 (21.5%)	3:43	16.1 (78.5%)
9	<b>ŚWIĘCICKI Wojciech</b>	<b>74</b>	AWKS PITIK	M30	9	<b>00:28:07.70</b>	<b>00:28:07.70</b>	+00:06:10 (22.0%)	3:44	16 (78.0%)
10	<b>SZOPIŃSKI Rafał</b>	<b>130</b>		M30	10	<b>00:29:31.00</b>	<b>00:29:31.00</b>	+00:07:34 (25.6%)	3:56	15.2 (74.1%)
11	<b>KOWALIK Marcin</b>	<b>218</b>		M30	11	<b>00:29:32.20</b>	<b>00:29:32.20</b>	+00:07:35 (25.7%)	3:56	15.2 (74.1%)
12	<b>MAJEWSKI Paweł</b>	<b>300</b>	FORDONIAK	M30	12	<b>00:29:50.40</b>	<b>00:29:50.40</b>	+00:07:53 (26.4%)	3:58	15.1 (73.7%)
13	<b>DUTKOWSKI Tomasz</b>	<b>116</b>	MMPJ	M30	13	<b>00:31:06.55</b>	<b>00:31:06.55</b>	+00:09:09 (29.4%)	4:08	14.5 (70.7%)
14	<b>LEBA Rafał</b>	<b>18</b>	NIEZRZESZONY	M30	14	<b>00:31:14.80</b>	<b>00:31:14.80</b>	+00:09:17 (29.8%)	4:09	14.4 (70.2%)
15	<b>ZABROCKI Adam</b>	<b>3</b>		M30	15	<b>00:31:19.50</b>	<b>00:31:19.50</b>	+00:09:22 (29.9%)	4:10	14.4 (70.2%)
16	<b>GZYL Mikołaj</b>	<b>27</b>	'EXODUS'	M30	16	<b>00:31:22.60</b>	<b>00:31:22.60</b>	+00:09:25 (30.0%)	4:10	14.3 (69.8%)
17	<b>HASS Adam</b>	<b>146</b>		M30	17	<b>00:31:40.00</b>	<b>00:31:40.00</b>	+00:09:43 (30.7%)	4:13	14.2 (69.3%)
18	<b>LUTOWSKI Wojciech</b>	<b>230</b>	TKKF KOLEJARZ BYDGOSZCZ	M30	18	<b>00:31:45.25</b>	<b>00:31:45.25</b>	+00:09:48 (30.9%)	4:14	14.2 (69.3%)
19	<b>KRUSZEWSKI Tadeusz</b>	<b>173</b>	NIEZRZESZONY	M30	19	<b>00:32:01.45</b>	<b>00:32:01.45</b>	+00:10:04 (31.5%)	4:16	14.1 (68.8%)
20	<b>MALICKI Łukasz</b>	<b>86</b>		M30	20	<b>00:32:03.10</b>	<b>00:32:03.10</b>	+00:10:06 (31.5%)	4:16	14 (68.3%)
21	<b>SOBCZAK Krzysztof</b>	<b>169</b>	RUN BDG	M30	21	<b>00:32:14.30</b>	<b>00:32:14.30</b>	+00:10:17 (31.9%)	4:17	14 (68.3%)
22	<b>SZTEJKA Damian</b>	<b>63</b>		M30	22	<b>00:32:33.65</b>	<b>00:32:33.65</b>	+00:10:36 (32.6%)	4:20	13.8 (67.3%)
23	<b>PIWOŃSKI Robert</b>	<b>31</b>	PARAFIALNY KLUB BIEGACZA TORUŃ - KASZCZOREK	M30	23	<b>00:32:36.70</b>	<b>00:32:36.70</b>	+00:10:39 (32.7%)	4:20	13.8 (67.3%)
24	<b>KOTŁOWSKI Przemysław</b>	<b>140</b>	MKSSP63 BYDGOSZCZ	M30	24	<b>00:33:03.80</b>	<b>00:33:03.80</b>	+00:11:06 (33.6%)	4:24	13.6 (66.3%)
25	<b>KALA Michał</b>	<b>143</b>		M30	25	<b>00:33:05.75</b>	<b>00:33:05.75</b>	+00:11:08 (33.7%)	4:24	13.6 (66.3%)
26	<b>GRAJEWSKI Mateusz</b>	<b>178</b>	RUN4FUN	M30	26	<b>00:34:02.00</b>	<b>00:34:02.00</b>	+00:12:05 (35.5%)	4:32	13.2 (64.4%)
27	<b>ŁUGOWSKI Tomasz</b>	<b>216</b>	BIL	M30	27	<b>00:35:00.80</b>	<b>00:35:00.80</b>	+00:13:03 (37.3%)	4:40	12.9 (62.9%)
28	<b>WITT Wojciech</b>	<b>197</b>	NIEZRZESZONY	M30	28	<b>00:35:01.65</b>	<b>00:35:01.65</b>	+00:13:04 (37.3%)	4:40	12.9 (62.9%)
29	<b>KUZIOŁA Łukasz</b>	<b>117</b>		M30	29	<b>00:35:03.15</b>	<b>00:35:03.15</b>	+00:13:06 (37.4%)	4:40	12.8 (62.4%)
30	<b>ŚCIBAK Wojciech</b>	<b>90</b>	JFTC SU	M30	30	<b>00:35:05.50</b>	<b>00:35:05.50</b>	+00:13:08 (37.5%)	4:40	12.8 (62.4%)

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31	<b>KOZERA Sebastian</b>	<b>190</b>		M30	31	<b>00:35:26.70</b>	<b>00:35:26.70</b>	+00:13:29 (38.1%)	4:43	12.7 (62.0%)
32	<b>RZEMEK Sławomir</b>	<b>103</b>	ERZET	M30	32	<b>00:35:36.45</b>	<b>00:35:36.45</b>	+00:13:39 (38.4%)	4:44	12.6 (61.5%)
33	<b>BŁAŻEJCZYK Łukasz</b>	<b>93</b>		M30	33	<b>00:35:46.85</b>	<b>00:35:46.85</b>	+00:13:49 (38.7%)	4:46	12.6 (61.5%)
34	<b>KOCINIEWSKI Marcin</b>	<b>76</b>	LKS JANOWO	M30	34	<b>00:35:49.00</b>	<b>00:35:49.00</b>	+00:13:52 (38.7%)	4:46	12.6 (61.5%)
35	<b>BIELEC Wojciech</b>	<b>166</b>		M30	35	<b>00:36:04.30</b>	<b>00:36:04.30</b>	+00:14:07 (39.2%)	4:48	12.5 (61.0%)
36	<b>ANDERSOHN Piotr</b>	<b>164</b>	AWKS PITIK	M30	36	<b>00:36:14.20</b>	<b>00:36:14.20</b>	+00:14:17 (39.4%)	4:49	12.4 (60.5%)
37	<b>OWCZARSKI Krzysztof</b>	<b>196</b>		M30	37	<b>00:36:18.40</b>	<b>00:36:18.40</b>	+00:14:21 (39.5%)	4:50	12.4 (60.5%)
38	<b>BIERNACKI Bartosz</b>	<b>181</b>		M30	38	<b>00:36:22.80</b>	<b>00:36:22.80</b>	+00:14:25 (39.7%)	4:50	12.4 (60.5%)
39	<b>GRUBICH Arkadiusz</b>	<b>12</b>		M30	39	<b>00:36:45.75</b>	<b>00:36:45.75</b>	+00:14:48 (40.3%)	4:54	12.2 (59.5%)
40	<b>STARSAK Paweł</b>	<b>127</b>		M30	40	<b>00:37:10.40</b>	<b>00:37:10.40</b>	+00:15:13 (41.0%)	4:57	12.1 (59.0%)
41	<b>GRYLEWICZ Tomasz</b>	<b>154</b>	RUN BYDGOSZCZ	M30	41	<b>00:37:18.05</b>	<b>00:37:18.05</b>	+00:15:21 (41.2%)	4:58	12.1 (59.0%)
42	<b>OLSZEWSKI Marek</b>	<b>297</b>	FORDONIAK	M30	42	<b>00:37:34.90</b>	<b>00:37:34.90</b>	+00:15:38 (41.6%)	5:00	12 (58.5%)
43	<b>KOWALSKI Remigiusz</b>	<b>298</b>	FORDONIAK	M30	43	<b>00:37:35.00</b>	<b>00:37:35.00</b>	+00:15:38 (41.6%)	5:00	12 (58.5%)
44	<b>GROTT Bartłomiej</b>	<b>115</b>	RUN VOLEX	M30	44	<b>00:37:48.65</b>	<b>00:37:48.65</b>	+00:15:51 (42.0%)	5:02	11.9 (58.0%)
45	<b>GÓRECKI Łukasz</b>	<b>17</b>	BYDGOSKIE OKONIE	M30	45	<b>00:37:52.10</b>	<b>00:37:52.10</b>	+00:15:55 (42.0%)	5:02	11.9 (58.0%)
46	<b>NOWACKI Michał</b>	<b>114</b>		M30	46	<b>00:38:04.75</b>	<b>00:38:04.75</b>	+00:16:07 (42.4%)	5:04	11.8 (57.6%)
47	<b>DZIEDZIC Marcin</b>	<b>20</b>		M30	47	<b>00:38:38.80</b>	<b>00:38:38.80</b>	+00:16:41 (43.2%)	5:09	11.6 (56.6%)
48	<b>OLENDER Bartłomiej</b>	<b>299</b>	FORDONIAK	M30	48	<b>00:38:38.85</b>	<b>00:38:38.85</b>	+00:16:41 (43.2%)	5:09	11.6 (56.6%)
49	<b>KLÓSKA Jarosław</b>	<b>87</b>	ANKA ADAŚ KAMILKA :)	M30	49	<b>00:39:06.30</b>	<b>00:39:06.30</b>	+00:17:09 (43.9%)	5:12	11.5 (56.1%)
50	<b>MAZUROWSKI Robert</b>	<b>106</b>		M30	50	<b>00:39:30.70</b>	<b>00:39:30.70</b>	+00:17:33 (44.5%)	5:16	11.4 (55.6%)
51	<b>BIELEC Michał</b>	<b>165</b>		M30	51	<b>00:39:46.10</b>	<b>00:39:46.10</b>	+00:17:49 (44.8%)	5:18	11.3 (55.1%)
52	<b>BLEJA Krystian</b>	<b>5</b>	PGB SPORTOWA PACZKA	M30	52	<b>00:40:06.35</b>	<b>00:40:06.35</b>	+00:18:09 (45.3%)	5:20	11.2 (54.6%)
53	<b>PAWSKI Marcin</b>	<b>83</b>	NIEZRZESZONY	M30	53	<b>00:40:53.00</b>	<b>00:40:53.00</b>	+00:18:56 (46.3%)	5:27	11 (53.7%)
54	<b>STĘPIEŃ Bogdan</b>	<b>9</b>		M30	54	<b>00:41:03.65</b>	<b>00:41:03.65</b>	+00:19:06 (46.5%)	5:28	11 (53.7%)
55	<b>RÓŻAŃSKI Karol</b>	<b>124</b>	GTW	M30	55	<b>00:41:06.70</b>	<b>00:41:06.70</b>	+00:19:09 (46.6%)	5:28	10.9 (53.2%)
56	<b>SZULERECKI Marcin</b>	<b>185</b>	GTW	M30	56	<b>00:41:27.45</b>	<b>00:41:27.45</b>	+00:19:30 (47.1%)	5:31	10.9 (53.2%)
57	<b>BORZYSZKOWSKI Grzegorz</b>	<b>43</b>	STARY FORDON	M30	57	<b>00:41:46.85</b>	<b>00:41:46.85</b>	+00:19:49 (47.5%)	5:34	10.8 (52.7%)
58	<b>TUPTANOWSKI Przemysław</b>	<b>142</b>	WELD-LINE SPORT TEAM	M30	58	<b>00:42:00.75</b>	<b>00:42:00.75</b>	+00:20:03 (47.8%)	5:36	10.7 (52.2%)
59	<b>SOSIŃSKI Paweł</b>	<b>67</b>		M30	59	<b>00:42:15.80</b>	<b>00:42:15.80</b>	+00:20:18 (48.1%)	5:38	10.7 (52.2%)
60	<b>SIMINSKI Wojciech</b>	<b>51</b>	AWKS PITIK	M30	60	<b>00:42:25.10</b>	<b>00:42:25.10</b>	+00:20:28 (48.3%)	5:39	10.6 (51.7%)
61	<b>MIKUŁA Tomasz</b>	<b>7</b>	RUN GORDON	M30	61	<b>00:42:45.60</b>	<b>00:42:45.60</b>	+00:20:48 (48.7%)	5:42	10.5 (51.2%)
62	<b>BARANOWSKI Damian</b>	<b>151</b>		M30	62	<b>00:43:06.00</b>	<b>00:43:06.00</b>	+00:21:09 (49.1%)	5:44	10.4 (50.7%)
63	<b>RYMARKIEWICZ Sławomir</b>	<b>75</b>		M30	63	<b>00:44:25.45</b>	<b>00:44:25.45</b>	+00:22:28 (50.6%)	5:55	10.1 (49.3%)
64	<b>KALISZEWSKI Sławomir</b>	<b>188</b>	NIEZRZESZONY	M30	64	<b>00:46:45.40</b>	<b>00:46:45.40</b>	+00:24:48 (53.1%)	6:14	9.6 (46.8%)
65	<b>KALISZEWSKI Wojciech</b>	<b>189</b>	NIEZRZESZONY	M30	65	<b>00:50:15.15</b>	<b>00:50:15.15</b>	+00:28:18 (56.3%)	6:42	9 (43.9%)

Znaleziono 65 wynik(ów)