



# MUROWANA DYCHA - 10KM

B4SPORT

**Wydarzenie:** Murowana Dycha  
**Organizator:** Gmina Murowana Goślina, APS AGENCY sp.z.o.o. sp.k.  
**Data:** 2023-09-10  
**Miejsce:** Murowana Goślina  
**Dystans:** 10 km

**B4SPORT**  
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec gminy	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	MICHALAK Grzegorz	529	SPEC KABLE	M-20	1		00:16:45	00:34:01.60	00:34:02.85		3:24	17.6
2	SARBAK Grzegorz	486	PRO366	M-20	2		00:17:49	00:35:51.10	00:35:53.30	+00:01:50	3:35	16.7
3	SZADZIŃSKI Kacper	453		M-20	3		00:18:13	00:36:12.40	00:36:12.40	+00:02:09	3:37	16.6
4	WRZESIŃSKI Michał	399	KSG DIRETA	M-30	1		00:18:02	00:36:31.55	00:36:33.50	+00:02:30	3:39	16.4
5	KESLER Hubert	407		M-30	2		00:18:10	00:37:17.35	00:37:18.90	+00:03:16	3:43	16.1
6	WIĘCKOWSKA Sandra	500	ZALEWSKI PERFORMANCE ACADEMY	K-30	1		00:18:54	00:38:28.15	00:38:31.90	+00:04:29	3:50	15.6
7	KOZŁOWSKI Dawid	532	#KĘSYTEAM	M-30	3		00:18:54	00:39:07.70	00:39:10.35	+00:05:07	3:54	15.3
8	ANDRZEJEWSKI Dominik	318		M-30	4	Tak	00:19:25	00:39:23.00	00:39:23.00	+00:05:20	3:56	15.2
9	ZYDORCZAK Iwona	336	KS PREFBET -SONAROL	K-30	2		00:19:46	00:39:22.10	00:39:24.90	+00:05:22	3:56	15.2
10	MILKOŚ Mateusz	405	GRUNNERS	M-30	5		00:20:03	00:41:05.40	00:41:10.70	+00:07:07	4:06	14.6
11	LUTOMSKA Dorota	306	OFIX.PL BIKE TEAM	K-40	1		00:20:14	00:41:09.50	00:41:12.80	+00:07:09	4:06	14.6
12	LIS Piotr	360	NATIONALE-NEDERLANDEN	M-40	1		00:20:15	00:41:37.05	00:41:40.35	+00:07:37	4:09	14.4
13	CZEMPIŃSKI Maciej	534	POLECATS	M-20	4		00:20:34	00:42:03.50	00:42:16.30	+00:08:13	4:12	14.3
14	PĘDZIŃSKI Kacper	343		M-20	5	Tak	00:21:12	00:42:15.10	00:42:18.90	+00:08:16	4:13	14.2
15	PACHOWICZ Maciej	327		M-40	2	Tak	00:20:42	00:42:12.40	00:42:19.50	+00:08:16	4:13	14.2
16	MICHALAK Waldek	418	HADES	M-50	1		00:20:27	00:42:17.95	00:42:27.55	+00:08:24	4:13	14.2
17	HEDZIELSKI Rafał	522		M-40	3		00:20:49	00:42:29.25	00:42:33.75	+00:08:30	4:14	14.1
18	KIJAK Agnieszka	425	FRASZKOWANIEIBIEGANIE.BLOGSPOT.COM	K-30	3		00:20:54	00:42:46.00	00:42:49.00	+00:08:46	4:16	14
19	WEYMANN Sebastian	476	OBORNICKI KLUB LEKKOATLETYCZNY	M-40	4		00:20:47	00:42:42.55	00:42:52.75	+00:08:49	4:16	14.1
20	ADAMCZAK Adrian	322	KĘSY TEAM	M-30	6		00:20:38	00:43:09.40	00:43:13.75	+00:09:10	4:18	13.9
21	BROMBEREK Marcin	422	AP BŁĘKITNI OWIŃSKA	M-40	5		00:21:18	00:43:37.70	00:43:41.90	+00:09:39	4:21	13.8
22	SZÓSTAK Łukasz	386		M-40	6		00:20:52	00:43:51.50	00:43:57.45	+00:09:54	4:23	13.7
23	BRYCHCY Piotr	487	TRIGAR.PL	M-30	7		00:21:14	00:43:56.95	00:44:01.60	+00:09:58	4:23	13.7
24	PĘDZIŃSKI Szymon	307		M-40	7	Tak	00:21:13	00:44:00.15	00:44:03.25	+00:10:00	4:24	13.6
25	WOŹNIAK Bartosz	338		M-40	8		00:21:31	00:43:56.60	00:44:13.20	+00:10:10	4:23	13.7
26	KORNOSZ Łukasz	523	TUPTAŃSKO	M-20	6		00:21:32	00:44:14.50	00:44:17.80	+00:10:14	4:25	13.6
27	GUZIK Joanna	301	NKB CHYŻY NOWY TOMYŚL	K-30	4		00:21:12	00:44:15.90	00:44:19.65	+00:10:16	4:25	13.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec gminy	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
28	<b>JABŁOŃSKI Jakub</b>	<b>481</b>	PRO366	M-40	9		00:22:40	<b>00:44:21.85</b>	<b>00:44:28.65</b>	+00:10:25	4:26	13.5
29	<b>LISIAK Bartosz</b>	<b>427</b>	KB GEPARD MUROWANA GOŚLINA	M-40	10	Tak	00:21:39	<b>00:44:31.00</b>	<b>00:44:36.60</b>	+00:10:33	4:27	13.5
30	<b>CHRUŚCICKI Jarosław</b>	<b>312</b>		M-50	2	Tak	00:21:59	<b>00:44:34.30</b>	<b>00:44:39.25</b>	+00:10:36	4:27	13.5
31	<b>TCHÓRZ Monika</b>	<b>535</b>	POLECATS	K-20	1		00:22:23	<b>00:45:18.40</b>	<b>00:45:30.60</b>	+00:11:27	4:31	13.2
32	<b>LESZCZYŃSKI Paweł</b>	<b>496</b>		M-20	7		00:22:27	<b>00:45:14.10</b>	<b>00:45:32.60</b>	+00:11:29	4:31	13.3
33	<b>WERYSZKO Mateusz</b>	<b>541</b>	KB GEPARD MUROWANA GOŚLINA	M-40	11		00:22:27	<b>00:45:42.35</b>	<b>00:45:48.35</b>	+00:11:45	4:34	13.1
34	<b>HEDZIELSKA Weronika</b>	<b>530</b>	NATURAL BORN RUNNERS	K-20	2		00:22:49	<b>00:45:46.15</b>	<b>00:45:51.10</b>	+00:11:48	4:34	13.1
35	<b>GILEWSKI Dariusz</b>	<b>313</b>	OBORNICKI KLUB LEKKOATLETYCZNY	M-40	12		00:22:32	<b>00:45:46.00</b>	<b>00:45:57.45</b>	+00:11:54	4:34	13.1
36	<b>BAIER-JASTRZĄBEK Marta</b>	<b>437</b>	OBORNICKI KLUB LEKKOATLETYCZNY	K-40	2		00:22:27	<b>00:45:46.45</b>	<b>00:45:57.70</b>	+00:11:54	4:34	13.1
37	<b>NOWAK Przemysław</b>	<b>536</b>	WITKOWSKI RUNNING TEAM	M-40	13		00:22:31	<b>00:46:32.00</b>	<b>00:46:32.00</b>	+00:12:29	4:39	12.9
38	<b>BIELECKI Tomasz</b>	<b>408</b>	MISTRZOWSKI TRENING	M-20	8		00:22:54	<b>00:46:44.95</b>	<b>00:46:51.50</b>	+00:12:48	4:40	12.8
39	<b>WIECZOREK Filip</b>	<b>510</b>		M-30	8		00:22:53	<b>00:46:53.00</b>	<b>00:47:13.85</b>	+00:13:11	4:41	12.8
40	<b>OLEJNICZAK Robert</b>	<b>421</b>		M-30	9		00:23:06	<b>00:46:22.15</b>	<b>00:47:14.50</b>	+00:13:11	4:38	12.9
41	<b>PAWELEC Jakub</b>	<b>372</b>		M-30	10		00:22:37	<b>00:46:21.95</b>	<b>00:47:14.65</b>	+00:13:11	4:38	12.9
42	<b>BUTJA Aga</b>	<b>434</b>	ROGOZIŃSCY PASJONACI BIEGANIA	K-30	5		00:23:29	<b>00:47:16.15</b>	<b>00:47:19.10</b>	+00:13:16	4:43	12.7
43	<b>STUWE Beata</b>	<b>467</b>	PRO366	K-40	3		00:23:04	<b>00:47:15.15</b>	<b>00:47:23.30</b>	+00:13:20	4:43	12.7
44	<b>RYKACZEWSKI Sławomir</b>	<b>502</b>	CZUŁY WIKING TEAM	M-30	11		00:22:28	<b>00:47:28.15</b>	<b>00:47:42.35</b>	+00:13:39	4:44	12.6
45	<b>BURKICIAK Dominik</b>	<b>515</b>		M-30	12		00:22:28	<b>00:47:35.25</b>	<b>00:47:49.20</b>	+00:13:46	4:45	12.6
46	<b>MAJDA Marcin</b>	<b>350</b>		M-40	14	Tak	00:23:52	<b>00:47:42.30</b>	<b>00:47:56.55</b>	+00:13:53	4:46	12.6
47	<b>MAJEWSKI Radosław</b>	<b>470</b>	NIGHT RUNNERS / PRO366	M-40	15		00:22:46	<b>00:47:50.70</b>	<b>00:47:56.70</b>	+00:13:53	4:47	12.5
48	<b>FREŚKO Mirosław</b>	<b>518</b>		M-40	16		00:23:41	<b>00:47:45.25</b>	<b>00:47:58.15</b>	+00:13:55	4:46	12.6
49	<b>BOJARSKI Damian</b>	<b>351</b>		M-20	9		00:23:41	<b>00:47:23.25</b>	<b>00:48:01.85</b>	+00:13:59	4:44	12.7
50	<b>GRZYL Edmund</b>	<b>330</b>		M-60+	1		00:22:50	<b>00:48:08.55</b>	<b>00:48:11.35</b>	+00:14:08	4:48	12.5
51	<b>STAWICKI Adam</b>	<b>315</b>	OBORNICKI KLUB LEKKOATLETYCZNY	M-50	3		00:22:53	<b>00:48:09.25</b>	<b>00:48:20.15</b>	+00:14:17	4:48	12.5
52	<b>SIKORA Dawid</b>	<b>361</b>	SIKORKI	M-40	17	Tak	00:23:28	<b>00:48:17.85</b>	<b>00:48:34.45</b>	+00:14:31	4:49	12.4
53	<b>KOSMECKI Robert</b>	<b>363</b>	NIGHT RUNNERS	M-50	4		00:23:40	<b>00:48:37.70</b>	<b>00:48:43.60</b>	+00:14:40	4:51	12.3
54	<b>KAŹMIERCZAK Rafał</b>	<b>477</b>	JESTEM OD ROMKA	M-20	10		00:22:51	<b>00:48:36.85</b>	<b>00:48:47.00</b>	+00:14:44	4:51	12.3
55	<b>STACHOWIAK Wiktor</b>	<b>484</b>	PRO366 & PRZYJACIELE	M-40	18		00:23:23	<b>00:48:31.35</b>	<b>00:48:50.20</b>	+00:14:47	4:51	12.4
56	<b>SAWCZYN Tomasz</b>	<b>445</b>	TSFIZJOTERAPIA	M-30	13		00:24:10	<b>00:48:33.35</b>	<b>00:48:51.90</b>	+00:14:49	4:51	12.4
57	<b>MIELCAREK Adrian</b>	<b>300</b>	ADRIAN ŻAKOWSKI TEAM DOGONIĆ CZOŁÓWKĘ	M-30	14		00:22:29	<b>00:48:41.45</b>	<b>00:48:58.15</b>	+00:14:55	4:52	12.3
58	<b>MAZUREK Jakub</b>	<b>442</b>		M-20	11	Tak	00:24:08	<b>00:48:51.05</b>	<b>00:49:10.20</b>	+00:15:07	4:53	12.3
59	<b>GREK Przemysław</b>	<b>474</b>	PRO366	M-40	19		00:24:15	<b>00:48:55.00</b>	<b>00:49:20.00</b>	+00:15:17	4:53	12.3
60	<b>KORNOBIS Robert</b>	<b>497</b>		M-50	5		00:23:42	<b>00:49:09.55</b>	<b>00:49:24.35</b>	+00:15:21	4:54	12.2
61	<b>KUJANSKI Dominik</b>	<b>432</b>	ŁOSKOŃ BIEGA	M-30	15	Tak	00:23:29	<b>00:49:30.00</b>	<b>00:49:36.90</b>	+00:15:34	4:57	12.1
62	<b>KMIECIAK Jarosław</b>	<b>480</b>	PRO366	M-40	20		00:24:15	<b>00:49:16.45</b>	<b>00:49:42.20</b>	+00:15:39	4:55	12.2
63	<b>PRZYBYLSKI Robert</b>	<b>472</b>		M-40	21		00:24:03	<b>00:49:37.35</b>	<b>00:49:58.50</b>	+00:15:55	4:57	12.1
64	<b>KRÓLAK-DUBLAGA Dorota</b>	<b>420</b>	#BIEGIEMWLAS	K-30	6		00:24:01	<b>00:49:54.95</b>	<b>00:50:07.15</b>	+00:16:04	4:59	12
65	<b>TOMCZAK Tomasz</b>	<b>459</b>	NARAMOWICE BIEGAJĄ	M-40	22		00:24:12	<b>00:50:09.60</b>	<b>00:50:14.45</b>	+00:16:11	5:00	12
66	<b>BOMBAŁA Zbigniew</b>	<b>461</b>	WKB	M-50	6		00:24:29	<b>00:49:46.15</b>	<b>00:50:19.00</b>	+00:16:16	4:58	12.1
67	<b>KUCHARSKI Marcin</b>	<b>416</b>		M-30	16		00:24:30	<b>00:50:11.65</b>	<b>00:50:19.65</b>	+00:16:16	5:01	12
68	<b>EICHSTAEDT Roman</b>	<b>509</b>		M-30	17		00:24:55	<b>00:50:02.50</b>	<b>00:50:32.00</b>	+00:16:29	5:00	12
69	<b>SMIERZCHAŁA Marta</b>	<b>463</b>	PRO366	K-40	4		00:24:23	<b>00:50:08.25</b>	<b>00:50:35.25</b>	+00:16:32	5:00	12
70	<b>BRYL Mateusz</b>	<b>380</b>		M-20	12		00:23:32	<b>00:50:41.55</b>	<b>00:50:47.25</b>	+00:16:44	5:04	11.8
71	<b>ZARODA Dawid</b>	<b>400</b>	EUROCASH RUNNING TEAM	M-20	13		00:24:14	<b>00:50:42.70</b>	<b>00:50:59.25</b>	+00:16:56	5:04	11.8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec gminy	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
72	<b>TABACZKA Piotr</b>	<b>524</b>	TARNOWO PODGÓRNE BIEGA	M-40	23		00:25:20	<b>00:50:28.80</b>	<b>00:51:06.50</b>	+00:17:03	5:02	11.9
73	<b>SZKUDLARZ Mateusz</b>	<b>464</b>		M-30	18		00:23:50	<b>00:51:06.00</b>	<b>00:51:12.50</b>	+00:17:09	5:06	11.7
74	<b>KOSICKI Maksymilian</b>	<b>491</b>		M-15	1		00:22:53	<b>00:51:16.90</b>	<b>00:51:18.60</b>	+00:17:15	5:07	11.7
75	<b>PRZYBOROWSKI Mieczysław</b>	<b>457</b>		M-60+	2		00:25:05	<b>00:51:02.30</b>	<b>00:51:20.30</b>	+00:17:17	5:06	11.8
76	<b>NEJMAN Mikołaj</b>	<b>503</b>	CZUŁY WIKING TEAM	M-30	19		00:24:18	<b>00:51:08.25</b>	<b>00:51:23.10</b>	+00:17:20	5:06	11.7
77	<b>LIJEWSKI Tomasz</b>	<b>325</b>	AMATORSKA LIGA CHULIGANKA SWAJ	M-40	24		00:24:54	<b>00:51:27.80</b>	<b>00:51:34.60</b>	+00:17:31	5:08	11.7
78	<b>MIEDZIAK Paweł</b>	<b>366</b>	SPIN PARTNER	M-30	20		00:23:59	<b>00:51:20.70</b>	<b>00:51:40.65</b>	+00:17:37	5:08	11.7
79	<b>ROZMIAREK Przemysław</b>	<b>519</b>	BIEGAJĄCE KREJZOLE	M-40	25		00:25:09	<b>00:51:35.20</b>	<b>00:51:44.00</b>	+00:17:41	5:09	11.6
80	<b>RADECKI Tomasz</b>	<b>424</b>		M-20	14	Tak	00:24:23	<b>00:51:30.55</b>	<b>00:51:45.60</b>	+00:17:42	5:09	11.7
81	<b>ŁOWICKA Maja</b>	<b>349</b>	AKTYWNI RAZEM	K-30	7		00:25:00	<b>00:51:42.40</b>	<b>00:51:47.80</b>	+00:17:44	5:10	11.6
82	----- Adam	<b>540</b>		M-50	7		00:25:10	<b>00:51:34.65</b>	<b>00:51:50.60</b>	+00:17:47	5:09	11.6
83	<b>SZAMOTA Karol</b>	<b>512</b>		M-30	21		00:24:52	<b>00:51:37.80</b>	<b>00:51:52.40</b>	+00:17:49	5:09	11.6
84	<b>TOMKOWIAK Jakub</b>	<b>398</b>		M-20	15		00:23:46	<b>00:51:29.60</b>	<b>00:51:54.45</b>	+00:17:51	5:08	11.7
85	<b>MOLIŃSKI Mariusz</b>	<b>415</b>		M-40	26	Tak	00:25:16	<b>00:51:38.00</b>	<b>00:51:57.15</b>	+00:17:54	5:09	11.6
86	<b>MOLIŃSKA Renata</b>	<b>414</b>		K-40	5	Tak	00:25:15	<b>00:51:40.30</b>	<b>00:51:59.45</b>	+00:17:56	5:10	11.6
87	<b>BANASZAK Sławomir</b>	<b>384</b>		M-30	22		00:24:24	<b>00:51:36.90</b>	<b>00:51:59.90</b>	+00:17:57	5:09	11.6
88	<b>JANKOWSKI Mateusz</b>	<b>436</b>		M-20	16		00:24:05	<b>00:51:57.55</b>	<b>00:52:02.80</b>	+00:17:59	5:11	11.5
89	<b>OSTROWSKI Lukasz</b>	<b>397</b>		M-30	23		00:24:48	<b>00:52:01.00</b>	<b>00:52:05.40</b>	+00:18:02	5:12	11.5
90	<b>ZIELIŃSKI-WRONKA Dariusz</b>	<b>478</b>		M-50	8		00:25:38	<b>00:52:12.75</b>	<b>00:52:12.75</b>	+00:18:09	5:13	11.5
91	<b>WIETRZYŃSKA Magda</b>	<b>443</b>		K-30	8		00:26:20	<b>00:51:58.05</b>	<b>00:52:15.45</b>	+00:18:12	5:11	11.5
92	<b>KĘSY Ania</b>	<b>511</b>	KĘSY TEAM	K-50	1		00:26:12	<b>00:51:54.40</b>	<b>00:52:20.75</b>	+00:18:17	5:11	11.6
93	<b>PIECHOWIAK Dariusz</b>	<b>490</b>		M-40	27		00:24:58	<b>00:52:24.20</b>	<b>00:52:31.80</b>	+00:18:28	5:14	11.5
94	<b>MICHALAK Zbigniew</b>	<b>516</b>		M-50	9		00:25:33	<b>00:52:15.00</b>	<b>00:52:49.50</b>	+00:18:46	5:13	11.5
95	<b>WOLNIEWICZ Ryszard</b>	<b>417</b>		M-60+	3		00:25:20	<b>00:52:47.45</b>	<b>00:52:55.30</b>	+00:18:52	5:16	11.4
96	<b>ŻYDOWICZ Michał</b>	<b>393</b>	BIKE MAJSTER	M-20	17	Tak	00:25:13	<b>00:52:45.40</b>	<b>00:53:00.90</b>	+00:18:58	5:16	11.4
97	<b>LESZCZYŃSKA Grażyna</b>	<b>507</b>		K-50	2		00:25:21	<b>00:52:35.95</b>	<b>00:53:21.95</b>	+00:19:19	5:15	11.4
98	<b>WIŚNIEWSKI Mateusz</b>	<b>517</b>		M-20	18		00:24:57	<b>00:53:28.05</b>	<b>00:53:49.20</b>	+00:19:46	5:20	11.2
99	<b>KUJAWA Michał</b>	<b>367</b>		M-30	24		00:25:10	<b>00:53:43.20</b>	<b>00:53:58.05</b>	+00:19:55	5:22	11.2
100	<b>BŁOCH Piotr</b>	<b>314</b>		M-20	19		00:25:50	<b>00:53:34.70</b>	<b>00:53:58.20</b>	+00:19:55	5:21	11.2
101	<b>KOMINEK Sebastian</b>	<b>531</b>		M-40	28		00:26:15	<b>00:53:24.25</b>	<b>00:54:05.00</b>	+00:20:02	5:20	11.2
102	<b>JARYSZ Daria</b>	<b>357</b>		K-20	3		00:26:27	<b>00:54:06.50</b>	<b>00:54:09.70</b>	+00:20:06	5:24	11.1
103	<b>GOŹLIŃSKA Sylwia</b>	<b>466</b>		K-30	9		00:25:49	<b>00:53:44.40</b>	<b>00:54:11.25</b>	+00:20:08	5:22	11.2
104	<b>KRENC Anna</b>	<b>333</b>		K-40	6		00:25:43	<b>00:54:08.75</b>	<b>00:54:15.75</b>	+00:20:12	5:24	11.1
105	<b>SIKORSKI Mateusz</b>	<b>334</b>		M-30	25		00:26:20	<b>00:54:03.60</b>	<b>00:54:26.50</b>	+00:20:23	5:24	11.1
106	<b>WRÓBEL Krzysztof</b>	<b>304</b>	WYBRZEŻE KLATKI SCHODOWEJ	M-20	20		00:28:05	<b>00:53:50.50</b>	<b>00:54:26.65</b>	+00:20:23	5:23	11.1
107	<b>MYDLARZ Daria</b>	<b>347</b>		K-30	10	Tak	00:27:23	<b>00:54:13.00</b>	<b>00:54:27.90</b>	+00:20:25	5:25	11.1
108	<b>DUBLAGA Michał</b>	<b>419</b>	#BIEGEMWLAS	M-30	26		00:25:21	<b>00:54:18.30</b>	<b>00:54:30.60</b>	+00:20:27	5:25	11
109	<b>TRAWIŃSKI Jakub</b>	<b>452</b>		M-30	27		00:25:28	<b>00:54:32.75</b>	<b>00:54:36.80</b>	+00:20:33	5:27	11
110	<b>CZYŻ Janusz</b>	<b>431</b>	BUDZYŃSKIE DZIKI	M-40	29		00:26:29	<b>00:54:33.65</b>	<b>00:54:42.25</b>	+00:20:39	5:27	11
111	<b>STĘPIEŃ Krzysztof</b>	<b>316</b>		M-40	30	Tak	00:26:29	<b>00:54:25.35</b>	<b>00:54:49.75</b>	+00:20:46	5:26	11
112	<b>SADOWSKI Marian</b>	<b>482</b>		M-50	10		00:26:22	<b>00:54:36.40</b>	<b>00:54:57.00</b>	+00:20:54	5:27	11
113	<b>NOWAK Mikołaj</b>	<b>364</b>		M-20	21		00:27:16	<b>00:54:15.45</b>	<b>00:55:00.15</b>	+00:20:57	5:25	11.1
114	<b>KŁAK Sebastian</b>	<b>403</b>		M-40	31		00:26:18	<b>00:55:01.45</b>	<b>00:55:08.65</b>	+00:21:05	5:30	10.9
115	<b>MARCINIAK Maciej</b>	<b>520</b>		M-30	28		00:26:59	<b>00:55:08.25</b>	<b>00:55:17.00</b>	+00:21:14	5:30	10.9

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec gminy	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
116	<b>GRDEŃ Natalia</b>	<b>438</b>	OBORNICKI KLUB LEKKOATLETYCZNY	K-30	11		00:26:26	<b>00:55:06.65</b>	<b>00:55:17.75</b>	+00:21:14	5:30	10.9
117	<b>ZIÓŁEK Błażej</b>	<b>514</b>		M-30	29		00:26:25	<b>00:54:43.25</b>	<b>00:55:24.60</b>	+00:21:21	5:28	11
118	<b>PASZKIEWICZ Maciej</b>	<b>392</b>		M-40	32	Tak	00:27:30	<b>00:55:19.45</b>	<b>00:55:29.45</b>	+00:21:26	5:31	10.8
119	<b>TURKOWSKI Bartosz</b>	<b>521</b>	WRONKI	M-30	30		00:27:00	<b>00:55:23.45</b>	<b>00:55:31.85</b>	+00:21:29	5:32	10.8
120	<b>BECIŃSKI Marcin</b>	<b>494</b>		M-40	33		00:27:25	<b>00:55:18.45</b>	<b>00:55:31.95</b>	+00:21:29	5:31	10.8
121	<b>OBST Anna</b>	<b>303</b>		K-30	12		00:26:37	<b>00:55:19.80</b>	<b>00:55:38.00</b>	+00:21:35	5:31	10.8
122	<b>ŻMINKOWSKI Tomasz</b>	<b>439</b>		M-40	34		00:27:37	<b>00:55:11.55</b>	<b>00:55:53.95</b>	+00:21:51	5:31	10.9
123	<b>ROSPOND Piotr</b>	<b>469</b>	TKKF MPK POZNAŃ	M-50	11		00:26:49	<b>00:55:48.70</b>	<b>00:55:55.00</b>	+00:21:52	5:34	10.8
124	<b>FENIKOWSKI Szymon</b>	<b>483</b>	PRO366	M-40	35		00:27:01	<b>00:55:29.10</b>	<b>00:55:55.20</b>	+00:21:52	5:32	10.8
125	<b>REKE Paula</b>	<b>346</b>		K-30	13		00:27:23	<b>00:55:42.30</b>	<b>00:55:56.85</b>	+00:21:54	5:34	10.8
126	<b>JAROSZKO Małgorzata</b>	<b>409</b>		K-50	3		00:27:56	<b>00:56:19.60</b>	<b>00:56:49.10</b>	+00:22:46	5:37	10.7
127	<b>BIEDALAK Krzysztof</b>	<b>332</b>		M-30	31		00:29:01	<b>00:56:50.20</b>	<b>00:57:12.05</b>	+00:23:09	5:41	10.6
128	<b>BOGUSŁAWSKI Sergiusz</b>	<b>321</b>		M-30	32		00:27:46	<b>00:56:50.00</b>	<b>00:57:22.75</b>	+00:23:19	5:41	10.6
129	<b>SZCZEPANIAK Wanda</b>	<b>305</b>		K-40	7	Tak	00:28:10	<b>00:56:37.50</b>	<b>00:57:22.80</b>	+00:23:19	5:39	10.6
130	<b>KLASZCZYŃSKA Izabela</b>	<b>323</b>	GOSLIŃSKIE POWSINOGI	K-40	8	Tak	00:28:08	<b>00:56:37.55</b>	<b>00:57:23.95</b>	+00:23:21	5:39	10.6
131	<b>RYSZKA Maciej</b>	<b>428</b>		M-40	36		00:27:44	<b>00:56:45.25</b>	<b>00:57:29.85</b>	+00:23:27	5:40	10.6
132	<b>BORSUK Damian</b>	<b>444</b>		M-30	33		00:26:36	<b>00:57:18.40</b>	<b>00:57:31.50</b>	+00:23:28	5:43	10.5
133	<b>KSIĄŻAK Krystian</b>	<b>352</b>		M-30	34		00:26:20	<b>00:57:06.50</b>	<b>00:57:34.70</b>	+00:23:31	5:42	10.5
134	<b>PERZ Darek</b>	<b>513</b>		M-30	35		00:28:53	<b>00:57:27.95</b>	<b>00:57:45.75</b>	+00:23:42	5:44	10.4
135	<b>BUKA Konrad</b>	<b>545</b>		M-20	22		00:25:45	<b>00:57:24.55</b>	<b>00:57:51.50</b>	+00:23:48	5:44	10.5
136	<b>CIEŚLIK Waldemar</b>	<b>506</b>		M-40	37		00:28:56	<b>00:57:26.50</b>	<b>00:57:58.05</b>	+00:23:55	5:44	10.4
137	<b>OWCZAREK Michał</b>	<b>345</b>		M-30	36	Tak	00:28:48	<b>00:57:16.25</b>	<b>00:57:59.75</b>	+00:23:56	5:43	10.5
138	<b>JAGODZIŃSKI Paweł</b>	<b>396</b>		M-20	23		00:28:00	<b>00:57:22.35</b>	<b>00:58:00.20</b>	+00:23:57	5:44	10.5
139	<b>JANOWSKI Marcin</b>	<b>374</b>		M-40	38		00:27:15	<b>00:57:17.75</b>	<b>00:58:03.25</b>	+00:24:00	5:43	10.5
140	<b>GRUSZCZYŃSKI Jacek</b>	<b>370</b>	KKS LECH POZNAŃ	M-40	39	Tak	00:28:08	<b>00:57:58.60</b>	<b>00:58:13.10</b>	+00:24:10	5:47	10.4
141	<b>JASTRZĄBEK Julia</b>	<b>501</b>	KĘSY TEAM	K-30	14		00:27:39	<b>00:57:43.75</b>	<b>00:58:15.65</b>	+00:24:12	5:46	10.4
142	<b>ZARANEK Barbara</b>	<b>460</b>	KĘSY TEAM	K-50	4		00:28:25	<b>00:57:43.65</b>	<b>00:58:15.80</b>	+00:24:12	5:46	10.4
143	<b>WOŹNIAK Robert</b>	<b>499</b>		M-30	37		00:26:36	<b>00:58:07.30</b>	<b>00:58:28.90</b>	+00:24:26	5:48	10.3
144	<b>KRAJEWSKI Dawid</b>	<b>447</b>		M-30	38		00:27:43	<b>00:58:20.00</b>	<b>00:58:32.90</b>	+00:24:30	5:50	10.3
145	<b>NOWAK Marek</b>	<b>379</b>		M-40	40		00:28:59	<b>00:57:58.55</b>	<b>00:58:33.85</b>	+00:24:31	5:47	10.4
146	<b>WAWRZYNIAK Anna</b>	<b>489</b>	3:33 TEAM	K-40	9		00:28:24	<b>00:58:19.10</b>	<b>00:58:44.25</b>	+00:24:41	5:49	10.3
147	<b>SARZALSKI Maciej</b>	<b>378</b>		M-40	41	Tak	00:27:43	<b>00:58:20.30</b>	<b>00:58:52.65</b>	+00:24:49	5:50	10.3
148	<b>BROŃSKI Szymon</b>	<b>359</b>		M-15	2	Tak	00:28:08	<b>00:58:16.55</b>	<b>00:58:59.50</b>	+00:24:56	5:49	10.3
149	<b>BROŃSKI Roman</b>	<b>358</b>		M-50	12	Tak	00:27:02	<b>00:58:20.90</b>	<b>00:59:03.35</b>	+00:25:00	5:50	10.3
150	<b>BOSIACKI Tomasz</b>	<b>462</b>		M-40	42		00:27:59	<b>00:58:38.05</b>	<b>00:59:13.30</b>	+00:25:10	5:51	10.2
151	<b>BIGOSIŃSKA Hanna</b>	<b>456</b>		K-30	15		00:28:11	<b>00:59:03.05</b>	<b>00:59:18.75</b>	+00:25:15	5:54	10.2
152	<b>MAJEWSKA Marta</b>	<b>440</b>	#ZALINIAMETY, SPIN FORCE RUNNERS	K-30	16		00:29:22	<b>00:58:45.60</b>	<b>00:59:20.00</b>	+00:25:17	5:52	10.2
153	<b>LUTYŃSKI Mateusz</b>	<b>525</b>		M-30	39	Tak	00:28:49	<b>00:58:40.85</b>	<b>00:59:21.65</b>	+00:25:18	5:52	10.2
154	<b>MENDYK Monika</b>	<b>411</b>		K-40	10		00:29:22	<b>00:59:11.90</b>	<b>00:59:27.90</b>	+00:25:25	5:55	10.1
155	<b>GŁADECKA Joanna</b>	<b>331</b>		K-30	17	Tak	00:29:35	<b>00:58:54.15</b>	<b>00:59:33.10</b>	+00:25:30	5:53	10.2
156		<b>544</b>					00:29:31	<b>00:59:19.30</b>	<b>00:59:42.30</b>	+00:25:39	5:55	10.1
157	<b>JUREK Magdalena</b>	<b>543</b>		K-50	5		00:29:28	<b>00:59:31.25</b>	<b>00:59:51.65</b>	+00:25:48	5:57	10.1
158		<b>537</b>					00:29:27	<b>00:59:46.85</b>	<b>01:00:06.30</b>	+00:26:03	5:58	10
159		<b>538</b>					00:29:28	<b>00:59:49.10</b>	<b>01:00:08.75</b>	+00:26:05	5:58	10

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec gminy	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
160	KAMIŃSKA Bogumiła	376	BOLT TRZEMESZNO	K-50	6		00:28:38	01:00:00.65	01:00:20.40	+00:26:17	6:00	10
161	RYŻKO Monika	423		K-40	11		00:29:21	01:00:28.80	01:00:44.90	+00:26:42	6:02	9.9
162	LISIAK Leszek	310		M-40	43	Tak	00:29:16	01:00:24.85	01:00:56.15	+00:26:53	6:02	9.9
163	OLEJNICZAK Sławka	354	CIASTKI.PZ	K-40	12		00:29:44	01:00:26.60	01:01:00.00	+00:26:57	6:02	9.9
164	URBAŃSKI Łukasz	340		M-50	13		00:28:47	01:00:29.85	01:01:00.25	+00:26:57	6:02	9.9
165	MUCHA-GODLEWSKA Małgorzata	320		K-30	18		00:28:39	01:00:50.55	01:01:02.25	+00:26:59	6:05	9.9
166	CHWIROT Maciej	542		M-20	24		00:28:39	01:01:01.85	01:01:22.75	+00:27:19	6:06	9.8
167	WAWRZYŃIAK Przemysław	488	3:33 TEAM	M-50	14		00:29:24	01:01:17.95	01:01:43.55	+00:27:40	6:07	9.8
168	WOŹNIAK Michał	335		M-40	44		00:29:08	01:01:40.30	01:01:53.80	+00:27:50	6:10	9.7
169	BIELAWSKA Monika	412		K-40	13		00:29:27	01:01:41.45	01:01:57.40	+00:27:54	6:10	9.7
170	MATCZAK Paweł	319		M-50	15		00:29:27	01:02:10.00	01:02:43.15	+00:28:40	6:13	9.7
171	GUNIA Jerzy	448		M-50	16	Tak	00:28:23	01:03:09.40	01:03:20.60	+00:29:17	6:18	9.5
172	ROSSOCHACKA Aga	391		K-40	14	Tak	00:29:21	01:03:31.00	01:03:40.30	+00:29:37	6:21	9.4
173	GRABIA Jacek	498		M-50	17		00:30:40	01:03:09.35	01:03:44.95	+00:29:42	6:18	9.5
174	DWÓŹNIK Robert	317	DAM RADĘ	M-50	18		00:28:49	01:03:17.25	01:03:56.20	+00:29:53	6:19	9.5
175	SOMPOLSKI Jacek	475		M-40	45	Tak	00:30:58	01:03:18.20	01:03:58.95	+00:29:56	6:19	9.5
176	OSOWCZYK Dawid	356		M-30	40	Tak	00:32:36	01:03:19.70	01:03:59.65	+00:29:56	6:19	9.5
177	WRONKA Małgorzata	479		K-50	7		00:31:51	01:04:01.60	01:04:01.60	+00:29:58	6:24	9.4
178	PUSTKOWIAK Hanna	468	KOTA	K-40	15		00:29:42	01:04:00.70	01:04:06.60	+00:30:03	6:24	9.4
179	BUKOWSKA Maria	365	LAQ	K-20	4		00:30:50	01:03:22.95	01:04:07.05	+00:30:04	6:20	9.5
180	POCHYLSKI Bartosz	435		M-30	41	Tak	00:30:01	01:03:50.25	01:04:08.95	+00:30:06	6:23	9.4
181	MOSTOWIAK Elias	369		M-30	42		00:32:21	01:04:07.95	01:04:39.40	+00:30:36	6:24	9.4
182	POPLAWSKI Patryk	395		M-30	43		00:31:05	01:04:16.90	01:04:56.55	+00:30:53	6:25	9.3
183	MYDLARZ Adam	348	OSP RAKOWNIA	M-30	44	Tak	00:31:50	01:04:53.35	01:05:09.35	+00:31:06	6:29	9.2
184	WARCHOCKA Urszula	339		K-30	19		00:31:06	01:05:04.40	01:05:38.00	+00:31:35	6:30	9.2
185	SKRZECZYŃSKI Jacek	387		M-40	46		00:30:50	01:05:13.40	01:05:42.80	+00:31:39	6:31	9.2
185	SKRZECZYŃSKA Anna	388		K-40	16		00:30:51	01:05:14.10	01:05:42.80	+00:31:39	6:31	9.2
187	PIESZCZYK Mateusz	433		M-30	45		00:31:34	01:05:17.45	01:05:48.70	+00:31:45	6:31	9.2
188	MACIEJEWSKI Grzegorz	471		M-60+	4		00:32:25	01:05:52.75	01:05:57.15	+00:31:54	6:35	9.1
189	GABRYSZ Agnieszka	375	CIASTKI.PZ	K-40	17		00:31:44	01:05:24.55	01:05:58.30	+00:31:55	6:32	9.2
190	MUCHA Leszkw	455	TRIMUSZKITEAM	M-50	19		00:32:49	01:06:39.95	01:07:23.50	+00:33:20	6:39	9
191	KUROWSKI Andrzej	355	HANT	M-60+	5	Tak	00:30:04	01:07:25.30	01:07:36.10	+00:33:33	6:44	8.9
192	CZERŃIAK Jakub	430		M-30	46		00:31:35	01:07:10.90	01:07:41.55	+00:33:38	6:43	8.9
193	SAWALA Aneta	371		K-40	18		00:31:33	01:07:26.65	01:07:55.05	+00:33:52	6:44	8.9
194	MOSKALSKA Magdalena	353		K-30	20		00:32:41	01:07:55.75	01:08:30.35	+00:34:27	6:47	8.8
195	WOJCIECHOWSKA Anna	381		K-40	19		00:34:34	01:07:58.90	01:08:33.00	+00:34:30	6:47	8.8
196	STACHERSKA Ewa	527		K-40	20		00:34:44	01:08:05.65	01:08:33.90	+00:34:31	6:48	8.8
197	STACHERSKA Aleksandra	528		K-15	1		00:34:45	01:08:27.30	01:08:54.60	+00:34:51	6:50	8.8
198	DOBSKI Kacper	394		M-20	25	Tak	00:33:44	01:08:38.20	01:09:22.35	+00:35:19	6:51	8.7
199	SCHMIDT Anna	410	PIĄTKOWO NA BIEGOWO	K-40	21		00:32:38	01:08:53.15	01:09:22.95	+00:35:20	6:53	8.7
200	STACHERSKI Łukasz	526		M-40	47		00:34:54	01:08:59.85	01:09:27.95	+00:35:25	6:53	8.7
201	SZYMAŃSKA Renata	533		K-50	8		00:34:55	01:09:03.40	01:09:31.10	+00:35:28	6:54	8.7
202	OSTROWSKA Agnieszka	485		K-20	5	Tak	00:33:38	01:09:24.10	01:09:58.85	+00:35:56	6:56	8.6

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec gminy	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
203	<b>ABRAHAM Waldemar</b>	<b>449</b>	DOMIN TEAM	M-40	48		00:33:41	<b>01:09:18.40</b>	<b>01:10:00.35</b>	+00:35:57	6:55	8.7
204	<b>GOLCZEWSKI Tomasz</b>	<b>324</b>		M-40	49		00:35:26	<b>01:10:23.05</b>	<b>01:10:23.05</b>	+00:36:20	7:02	8.5
205	<b>KIIKO Kateryna</b>	<b>441</b>		K-20	6		00:32:21	<b>01:09:46.75</b>	<b>01:10:31.30</b>	+00:36:28	6:58	8.6
206	<b>PERNET-SZÓSTAK Ewelina</b>	<b>385</b>	MECENASI BIEGAJĄ	K-40	22	Tak	00:34:06	<b>01:10:25.25</b>	<b>01:10:46.30</b>	+00:36:43	7:02	8.5
207	<b>DOMAŃSKA Katarzyna</b>	<b>429</b>		K-40	23	Tak	00:34:03	<b>01:10:33.80</b>	<b>01:11:03.50</b>	+00:37:00	7:03	8.5
208	<b>ZYWERT Agnieszka</b>	<b>406</b>	OGNISKO TKKF PŁOMIEŃ POBIEDZISKA	K-40	24		00:34:54	<b>01:10:40.15</b>	<b>01:11:08.35</b>	+00:37:05	7:04	8.5
209	<b>GILL Joanna</b>	<b>344</b>		K-30	21		00:34:42	<b>01:11:05.00</b>	<b>01:11:46.15</b>	+00:37:43	7:06	8.4
210	<b>RATAJCZAK Grzegorz</b>	<b>450</b>		M-50	20		00:34:39	<b>01:11:16.70</b>	<b>01:11:50.50</b>	+00:37:47	7:07	8.4
211	<b>KEMPA Wiesław</b>	<b>508</b>		M-60+	6	Tak	00:34:12	<b>01:13:28.85</b>	<b>01:13:33.50</b>	+00:39:30	7:20	8.2
212	<b>MIZERNA Paulina</b>	<b>373</b>	FYRTEL PÓŁNOC	K-30	22		00:36:17	<b>01:13:40.60</b>	<b>01:13:59.75</b>	+00:39:56	7:22	8.1
213	<b>STAŃCZAK Katarzyna</b>	<b>342</b>		K-30	23		00:35:16	<b>01:14:03.75</b>	<b>01:14:26.10</b>	+00:40:23	7:24	8.1
214	<b>MROTEK Jolanta</b>	<b>341</b>		K-30	24		00:35:16	<b>01:14:03.65</b>	<b>01:14:26.35</b>	+00:40:23	7:24	8.1
215	<b>SIMON Iza</b>	<b>377</b>		K-40	25		00:36:23	<b>01:17:05.25</b>	<b>01:17:42.80</b>	+00:43:39	7:42	7.8
216	<b>LICZNERSKI Rafał</b>	<b>495</b>	BR STUDIO SP. Z O.O.	M-40	50	Tak	00:22:13			+00:05:36	4:26	13.5
217	<b>HENSCHEL Klaudiusz</b>	<b>426</b>	SKS OBORNIKI / TERMOORGANIKA	M-40	51		00:22:54			+00:06:35	4:34	13.1
218		<b>539</b>					00:32:39			+00:16:40	6:31	9.2
219	<b>DOBRYCHŁOP Łukasz</b>	<b>402</b>	PCH_RUN	M-30	47		00:46:48			+00:30:20	9:21	6.4
DNC	<b>RÓŻAŃSKI Piotr</b>	<b>446</b>		M-20			00:23:39					

Znaleziono 220 wynik(ów)