

TCZEW MISTRZOSTWA POLSKI MASTERS W BIEGACH PRZEŁAJOWYCH

Organizator: Powiatowe Centrum Sportu w Tczewie

Termin: 2020-09-26

Miejsce: Tczew

Msc	Numer	Nazwisko	Imię	Płeć	M pł	Kategoria	M kat	Miejscowość	Klub	Dystans	Czas netto	Prędkość	Czas/km	Start	2,5 km	5 km	7,5 km	Meta
1	157	NIEMCZYK	MATEUSZ	M	1	M 0-34	1	STAROGARD GDAŃSKI	LŁKS PREFBET ŚNIADOWO ŁOMŻA	10km	00:31:37.30	18.98	00:03:09	00:00:01.38	00:06:40.26	00:15:46.71	00:22:29.70	00:31:38.68
2	199	SOWIŃSKI	PATRYK	M	2	M 0-34	2	TCZEW	22 BAZA LÓTNICTWA TAKTYCZNEGO W MALBORKU	10km	00:33:03.72	18.15	00:03:18	00:00:01.23	00:06:44.02	00:16:15.21	00:23:21.51	00:33:04.95
3	83	JAKUBOWSKI	MAREK	M	3	M 45-49	1	PSZCZÓŁKI	SPRINT S.A.	10km	00:33:28.80	17.93	00:03:20	00:00:00.34	00:06:57.71	00:16:42.71	00:23:51.38	00:33:29.14
4	145	MAZERSKI	BARTOSZ	M	4	M 40-44	1	SZTUM	LKS ZANTYR SZTUM	10km	00:33:51.54	17.73	00:03:23	00:00:00.12	00:06:58.40	00:16:43.05	00:23:51.41	00:33:51.66
5	116	KUJAWSKI	GRZEGORZ	M	5	M 40-44	2	PUCK	FORMA JAK WINO	10km	00:34:14.98	17.53	00:03:25		00:06:52.01	00:16:43.12	00:23:59.70	00:34:14.98
6	191	KOSIECKI	MACIEJ	M	6	M 35-39	1	LINIEWO	REMUS KOŚCIERZYNA	10km	00:34:36.54	17.34	00:03:27	00:00:01.69	00:07:02.26	00:16:57.59	00:24:19.21	00:34:38.23
7	231	WIETECKI	ŁUKASZ	M	7	M 35-39	2	POZNAŃ	IDMAR RACING TEAM/MANUFAKTURA MIESZKAŃ	10km	00:35:04.32	17.11	00:03:30	00:00:01.14	00:06:55.78	00:17:25.16	00:25:01.20	00:35:05.46
8	53	DUDZIAK	MATEUSZ	M	8	M 0-34	3	TCZEW	DOVISTA ACTIV TEAM/REAL-NA GWIAZDECZKA	10km	00:35:10.18	17.06	00:03:31	00:00:01.13	00:07:06.37	00:17:11.08	00:24:38.77	00:35:11.31
9	125	LICHOTA	WOJCIECH	M	9	M 35-39	3	SKOCZÓW	LICHOTATEAM	10km	00:35:13.97	17.04	00:03:31	00:00:01.31	00:07:04.96	00:17:24.69	00:24:59.97	00:35:15.28
10	237	WOJCIECHOWSKI	MACIEJ	M	10	M 45-49	2	SZCZYTNO	WYŻSZA SZKOŁA POLICJI W SZCZYTNIIE	10km	00:35:38.96	16.84	00:03:33	00:00:01.62	00:07:23.88	00:17:46.18	00:25:21.56	00:35:40.58
11	154	MRÓWKA	MICHAŁ	M	11	M 35-39	4	GDAŃSK	MAJA TEAM	10km	00:35:45.82	16.78	00:03:34	00:00:01.56	00:07:16.54	00:17:42.26	00:25:25.34	00:35:47.38
12	151	MIKUŚ	MARCIN	M	12	M 0-34	4	TCZEW	RULIŃSKI RUNNING TEAM	10km	00:35:51.24	16.74	00:03:35	00:00:00.20	00:07:17.37	00:17:46.19	00:25:28.98	00:35:51.44
13	56	DZIEGIELEWSKI	MAREK	M	13	M 55-59	1	DŁUŻNIEWO	KLUB BIEGACZA IM.P.SĘKOWSKIEGO W PŁOŃSKU	10km	00:35:55.76	16.71	00:03:35	00:00:00.67	00:07:24.62	00:17:47.47	00:25:29.13	00:35:56.43
14	44	DŁUGOSZ	JACEK	M	14	M 35-39	5	KIELCE	LKB RUDNIK	10km	00:35:57.46	16.69	00:03:35	00:00:02.60	00:07:06.38	00:17:23.40	00:25:24.14	00:36:00.06
15	219	TUR	MARCIN	M	15	M 35-39	6	MALBORK	GRUPA MALBORK/BIEGAJ Z BARTKIEM	10km	00:36:22.33	16.50	00:03:38	00:00:02.28	00:07:38.86	00:18:08.59	00:25:53.82	00:36:24.61
16	197	SOSNOWSKI	WIESŁAW	M	16	M 45-49	3	GNISZEWO		10km	00:36:41.34	16.36	00:03:40	00:00:00.26	00:07:23.31	00:17:57.47	00:25:56.79	00:36:41.60
17	36	CZAJA	LESZEK	M	17	M 40-44	3	STAROGARD GDAŃSKI	TRI STAROGARD GD	10km	00:36:49.82	16.30	00:03:40	00:00:00.61	00:07:28.81	00:18:12.50	00:26:09.52	00:36:50.43
18	68	GŁÓWCZEWSKI	GRZEGORZ	M	18	M 40-44	4	TCZEW	BIEGAJĄCY TCZEW	10km	00:37:07.50	16.17	00:03:42	00:00:01.35	00:07:39.65	00:18:24.96	00:26:25.80	00:37:08.85
19	98	KESLINKE	ŁUKASZ	M	19	M 35-39	7	GDYNIA	BIEGAMYRAZEM.PL	10km	00:37:14.63	16.11	00:03:43		00:07:43.68	00:18:32.24	00:26:32.85	00:37:14.63
20	162	OŁOWSKI	KAMIL	M	20	M 35-39	8	DZIERZGOŃ	DKS POWIŚLE/DZIERZGOŃ TEAM	10km	00:37:16.91	16.10	00:03:43	00:00:00.49	00:07:26.03	00:18:15.20	00:26:21.55	00:37:17.40
21	113	KRUPIŃSKI	BOGUMIŁ	M	21	M 45-49	4	OLSZTYN	4 W-M BOT	10km	00:37:18.65	16.09	00:03:43	00:00:01.95	00:07:38.38	00:18:33.70	00:26:31.21	00:37:20.60
22	121	LASKOWSKI	JAROSŁAW	M	22	M 35-39	9	MAŁE BAŁÓWKI	KURZĘTNIK BIEGA	10km	00:37:35.97	15.96	00:03:45	00:00:02.00	00:07:49.38	00:18:39.34	00:26:50.52	00:37:37.97
23	101	KŁOS	KLAUDIUSZ	M	23	M 35-39	10	SKÓRCZ	CHORS RUNNING TEAM	10km	00:37:48.93	15.87	00:03:46	00:00:01.06	00:07:28.15	00:18:12.88	00:26:09.99	00:37:49.99
24	218	TRZCIŃSKI	KRZYSZTOF	M	24	M 40-44	5	TCZEW		10km	00:37:55.96	15.82	00:03:47	00:00:03.72	00:07:52.72	00:18:49.63	00:26:56.34	00:37:59.68
25	168	PATALON	ADAM	M	25	M 50-54	1	MARZĘCICE	KURZĘTNIK BIEGA	10km	00:38:03.88	15.77	00:03:48	00:00:02.44	00:07:52.11	00:18:49.53	00:26:56.43	00:38:06.32
26	182	RADTKA	TOMASZ	M	26	M 45-49	5	ŁOBZENICA	LZS „JEDNOŚĆ” ŁOBZENICA	10km	00:38:17.37	15.67	00:03:49	00:00:01.41	00:07:38.19	00:18:18.75	00:26:21.06	00:38:18.78
27	187	RÓŻYCKI	PAWEŁ	M	27	M 35-39	11	GDAŃSK		10km	00:38:23.88	15.63	00:03:50	00:00:00.81	00:07:54.38	00:19:12.68	00:27:21.43	00:38:24.69
28	104	KOWALEWSKI	ŁUKASZ	M	28	M 35-39	12	GARDEJA	GMINA GARDEJA BIEGA	10km	00:38:37.56	15.54	00:03:51	00:00:01.26	00:08:06.20	00:19:27.32	00:27:37.75	00:38:38.82
29	192	SIKORA	MARCIN	M	29	M 40-44	6	DZIERZGOŃ		10km	00:38:51.75	15.44	00:03:53	00:00:02.81	00:08:00.18	00:19:18.87	00:27:31.52	00:38:54.56

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Msc	Numer	Nazwisko	Imię	Płeć	M pł	Kategoria	M kat	Miejscowość	Klub	Dystans	Czas netto	Prędkość	Czas/km	Start	2,5 km	5 km	7,5 km	Meta
30	75	HAPKE	TOMASZ	M	30	M 40-44	7	WILKOWO	TRAKTOR TEAM GM KWIDZYN	10km	00:39:11.55	15.31	00:03:55	00:00:00.20	00:27:41.77	00:19:14.59		00:39:11.75
31	164	OSSOWSKI	DARIUSZ	M	31	M 50-54	2	KOTEŻE		10km	00:39:18.43	15.27	00:03:55	00:00:03.74	00:08:10.10	00:19:28.67	00:27:48.77	00:39:22.17
32	225	WAŚIK	MAŁGORZATA	K	1	K 0-34	1	MALBORK	WANIEWSKI COACHING	10km	00:39:21.37	15.25	00:03:56	00:00:01.55	00:08:01.76	00:19:27.71	00:27:46.76	00:39:22.92
33	28	CEBULA	BOGDAN	M	32	M 55-59	2	SZTUM	LKS ZANTYR SZTUM	10km	00:39:26.42	15.22	00:03:56	00:00:03.18	00:08:11.06	00:19:42.14	00:28:13.04	00:39:29.60
34	90	JASTRZĘBSKI	KRZYSZTOF	M	33	M 45-49	6	TORUŃ	HAWKINS TU I TERAZ 1972	10km	00:39:29.99	15.20	00:03:56	00:00:03.49	00:08:15.84	00:19:47.99	00:28:12.67	00:39:33.48
35	96	KAISER	KRZYSZTOF	M	34	M 40-44	8	GNIEW	KIEROWCY CIĘŻARÓWEK	10km	00:39:52.89	15.05	00:03:59	00:00:02.55	00:08:10.07	00:19:49.06	00:28:25.39	00:39:55.44
36	119	KURKOWSKI	MAREK	M	35	M 50-54	3	STAROGARD GDAŃSKI	KS SOKÓŁ ZBLEWO	10km	00:39:53.52	15.04	00:03:59	00:00:01.22	00:08:04.37	00:19:36.33	00:28:13.07	00:39:54.74
37	226	WĘSIORA	MARIUSZ	M	36	M 50-54	4	DRZYCIM		10km	00:40:09.52	14.94	00:04:00	00:00:01.79	00:08:07.45	00:19:49.66	00:28:38.76	00:40:11.31
38	220	TUWALSKA	MAŁGORZATA	K	2	K 40-44	1	GDAŃSK	LKS ZANTYR SZTUM	10km	00:40:17.55	14.89	00:04:01	00:00:01.07	00:08:08.60	00:19:53.09	00:28:30.71	00:40:18.62
39	201	STANIEC	TOMASZ	M	37	M 45-49	7	BYDGOSZCZ		10km	00:40:27.41	14.83	00:04:02	00:00:04.49	00:28:39.68	00:19:49.87		00:40:31.90
40	25	BRZOZOWSKI	PIOTR	M	38	M 40-44	9	ROKITKI	BIEGAJĄCY TCZEW	10km	00:40:45.74	14.72	00:04:04	00:00:04.31	00:08:05.86	00:19:53.40	00:28:44.25	00:40:50.05
41	32	DŁAWSKI	MARCIN	M	39	M 40-44	10	DZIEŻGOŃ		10km	00:40:55.47	14.66	00:04:05	00:00:03.49	00:08:18.82	00:20:22.53	00:29:16.26	00:40:58.96
42	190	SATKIEWICZ	PIOTR	M	40	M 0-34	5	PASŁĘK	ROZBIEGANY PASŁĘK	10km	00:41:03.24	14.62	00:04:06	00:00:01.19	00:08:09.81	00:20:35.96	00:29:12.91	00:41:04.43
43	39	CZEPEK	ANDRZEJ	M	41	M 50-54	5	NOWE MIASTO LUBAWSKIE		10km	00:41:08.01	14.59	00:04:06	00:00:01.32	00:08:22.64	00:20:04.69	00:28:57.05	00:41:09.33
44	94	KACZMAREK	DAMIAN	M	42	M 45-49	8	TORUŃ		10km	00:41:37.67	14.42	00:04:09	00:00:04.35	00:08:13.03	00:20:05.16	00:28:53.88	00:41:42.02
45	61	KOSECKI	NIKODEM	M	43	M 0-34	6	LINIEWO	REMUS KOŚCIERZYNA	10km	00:41:39.19	14.41	00:04:09	00:00:02.36	00:08:02.08	00:20:14.70	00:29:30.02	00:41:41.55
46	214	ŚWITAJ	ANETA	K	3	K 35-39	1	CZĘSTOCHOWA	AKTYWNA EKIPA CALYPSO CZĘSTOCHOWA	10km	00:41:48.95	14.35	00:04:10	00:00:00.63	00:08:11.28	00:20:36.17	00:29:30.10	00:41:49.58
47	202	STOLARÓW	AGNIESZKA	K	4	K 45-49	1	MALBORK	DRUŻYNA PIERŚCIENIA	10km	00:42:03.17	14.27	00:04:12	00:00:01.44	00:08:39.58	00:20:43.34	00:29:36.02	00:42:04.61
48	204	STRZESZYŃSKI	WOJCIECH	M	44	M 35-39	13	TCZEW	BIEGAJĄCY TCZEW / PAMIR TEAM	10km	00:42:08.15	14.24	00:04:12	00:00:03.12	00:08:14.08	00:20:23.60	00:29:22.78	00:42:11.27
49	250	ŻURAWSKI	MARIUSZ	M	45	M 40-44	11	TCZEW	TEAM TAPFLO	10km	00:42:11.22	14.22	00:04:13	00:00:07.05	00:08:38.59	00:20:46.09	00:29:52.59	00:42:18.27
50	150	MIELNIKIEWICZ	WERONIKA	K	5	K 35-39	2	MURZYNOWO	KUROPATWA TEAM	10km	00:42:13.60	14.21	00:04:13	00:00:01.97	00:08:39.65	00:20:59.49	00:29:54.60	00:42:15.57
51	117	KUNZ	MIECZYŚLAW	M	46	M 45-49	9	TORUŃ	UMK TORUŃ	10km	00:42:44.60	14.04	00:04:16	00:00:01.51	00:08:33.31	00:21:02.91	00:30:16.39	00:42:46.11
52	132	ŁUKOMSKI	ANDRZEJ	M	47	M 60-64	1	SZTUM	LKS ZANTYR SZTUM	10km	00:42:51.81	14.00	00:04:17	00:00:03.04	00:08:48.65	00:21:08.38	00:30:16.85	00:42:54.85
53	57	ELMINOWSKI	EDWARD	M	48	M 55-59	3	OLSZTYN		10km	00:42:53.92	13.99	00:04:17	00:00:04.37	00:08:48.28	00:21:10.83	00:30:26.18	00:42:58.29
54	93	JURCZAK	ANDRZEJ	M	49	M 55-59	4	DOBRE MIASTO	DOBROMIEJSKI KLUB BIEGACZA	10km	00:42:57.03	13.97	00:04:17	00:00:04.26	00:08:42.13	00:21:12.09	00:30:33.21	00:43:01.29
55	81	JAFFKE	JAROSŁAW	M	50	M 40-44	12	ŁEBCZ	PRZYJACIELE W BIEGU	10km	00:42:57.33	13.97	00:04:17	00:00:06.32	00:08:58.26	00:21:30.47	00:30:51.98	00:43:03.65
56	243	ZAWADZKI	KAZIMIERZ	M	51	M 55-59	5	BŁOTNIA	STRASZYN BIEGA PRUSZCZ BIEGA	10km	00:43:03.41	13.94	00:04:18	00:00:04.17	00:08:48.66	00:21:17.23	00:30:35.62	00:43:07.58
57	62	FRUKACZ	KAMIL	M	52	M 0-34	7	TCZEW	SPORTLEVEL TCZEW	10km	00:43:10.27	13.90	00:04:19	00:00:10.50	00:09:02.53	00:21:21.00	00:30:32.80	00:43:20.77
58	106	KOWALSKI	JAROSŁAW	M	53	M 45-49	10	STAROGARD GDAŃSKI	TRI STAROGARD GD	10km	00:43:29.54	13.80	00:04:20	00:00:03.54	00:08:12.69	00:20:51.83	00:30:29.09	00:43:33.08
59	71	GROBELNY	TOMASZ	M	54	M 35-39	14	STAROGARD GD.	SKL FILIPIDES/BBL STAROGARD GD.	10km	00:43:33.33	13.78	00:04:21	00:00:19.15	00:08:56.04	00:21:28.50	00:30:52.19	00:43:52.48
60	183	REDZIMSKI	WOJCIECH	M	55	M 40-44	13	PĘPOWO		10km	00:43:37.79	13.76	00:04:21	00:00:07.22	00:08:57.99	00:21:29.76	00:30:59.88	00:43:45.01
61	185	REZMER	RYSZARD	M	56	M 45-49	11	GNIEW	TRUNSFORMACJA GNIEW	10km	00:43:39.29	13.75	00:04:21	00:00:10.92	00:09:07.50	00:21:41.57	00:31:01.85	00:43:50.21
62	27	BULIK	GRAŻYNA	K	6	K 45-49	2	LASECZNO		10km	00:43:52.78	13.68	00:04:23	00:00:02.40	00:08:55.23	00:21:30.17	00:30:51.11	00:43:55.18
63	74	GURBOWICZ	JAROSŁAW	M	57	M 45-49	12	TCZEW	BIEGAJĄCY TCZEW	10km	00:44:03.32	13.62	00:04:24	00:00:15.37	00:09:41.26	00:22:25.30	00:31:42.07	00:44:18.69

TCZEW MISTRZOSTWA POLSKI MASTERS W BIEGACH PRZEŁAJOWYCH

Msc	Numer	Nazwisko	Imię	Płeć	M pł	Kategoria	M kat	Miejscowość	Klub	Dystans	Czas netto	Prędkość	Czas/km	Start	2,5 km	5 km	7,5 km	Meta
64	45	DOBRYŃSKI	HENRYK	M	58	M 55-59	6	GDAŃSK	KUROPATWA TEAM	10km	00:44:04.55	13.62	00:04:24	00:00:02.05	00:09:07.34	00:21:59.22	00:31:28.79	00:44:06.60
65	67	GAŚSIOROWSKI	DARIUSZ	M	59	M 40-44	14	GARDEJA	WATAHA ŁĄCZY NAS BIEGANIE	10km	00:44:04.89	13.62	00:04:24	00:00:04.68	00:08:35.25	00:21:27.40	00:30:57.28	00:44:09.57
66	107	KOWALSKI	KAZIMIERZ	M	60	M 60-64	2	STAROGARD GDANSKI		10km	00:44:11.03	13.58	00:04:25	00:00:08.90	00:09:08.98	00:22:01.60	00:31:25.40	00:44:19.93
67	52	DUBIELA	HALINA	K	7	K 55-59	1	TCZEW	BIEGAJĄCY TCZEW	10km	00:44:12.18	13.57	00:04:25	00:00:01.99	00:08:54.15	00:21:43.30	00:31:14.14	00:44:14.17
68	47	DOROTIN	MIROŚLAW	M	61	M 40-44	15	GNIEW	TRUNSFORMACJA GNIEW	10km	00:44:18.99	13.54	00:04:25	00:00:11.00	00:09:32.96	00:22:25.46	00:31:54.69	00:44:29.99
69	5	ANDRYSZAK	WOJCIECH	M	62	M 45-49	13	GDAŃSK	MAPA SC	10km	00:44:21.81	13.53	00:04:26	00:00:04.37	00:09:00.79	00:21:53.71	00:31:28.25	00:44:26.18
70	10	BALICKI	ANDRZEJ	M	63	M 65-69	1	GDYNIA		10km	00:44:28.85	13.49	00:04:26	00:00:02.50	00:08:59.04	00:21:47.58	00:31:14.93	00:44:31.35
71	59	FERGON	MACIEJ	M	64	M 35-39	15	TCZEW	BIEGAJĄCY TCZEW	10km	00:44:31.42	13.48	00:04:27	00:00:08.20	00:09:10.36	00:22:03.38	00:31:43.69	00:44:39.62
72	135	MAKOWSKA	DANUTA	K	8	K 40-44	2	JABLONOWO POMORSKIE	ABIC JABLONOWO POMORSKIE	10km	00:44:31.88	13.48	00:04:27	00:00:02.70	00:09:06.05	00:22:04.18	00:31:39.24	00:44:34.58
73	89	JASKOT	PIOTR	M	65	M 50-54	6	GOŚCISZEWO		10km	00:44:36.48	13.45	00:04:27	00:00:03.30	00:08:50.67	00:21:40.79	00:31:23.91	00:44:39.78
74	143	MARNIK	JANUSZ	M	66	M 40-44	16	PASŁĘK	ROZBIEGANY PASŁĘK	10km	00:44:38.74	13.44	00:04:27	00:00:04.86	00:09:11.25	00:22:17.28	00:31:52.53	00:44:43.60
75	227	WICZYŃSKI	KRZYSZTOF	M	67	M 55-59	7	ANIOŁOWO		10km	00:44:38.98	13.44	00:04:27	00:00:04.81	00:08:59.41	00:21:58.03	00:31:42.14	00:44:43.79
76	43	DERING	MARCIN	M	68	M 0-34	8	DEMLIN		10km	00:44:40.58	13.43	00:04:28	00:00:16.94	00:09:31.88	00:22:14.46	00:31:41.46	00:44:57.52
77	169	PATELCZYK	SŁAWOMIR	M	69	M 40-44	17	DEMLIN		10km	00:44:41.08	13.43	00:04:28	00:00:16.59	00:09:31.53	00:22:13.85	00:31:41.12	00:44:57.67
78	142	MARKOWSKI	WIESŁAW	M	70	M 50-54	7	TCZEW	BIEGAJĄCY TCZEW	10km	00:44:47.49	13.40	00:04:28	00:00:02.93	00:09:12.47	00:22:13.46	00:31:52.13	00:44:50.42
79	4	ADAMOWICZ	AGNIESZKA	K	9	K 45-49	3	SOPOT		10km	00:45:11.56	13.28	00:04:31	00:00:03.85	00:09:08.02	00:22:09.24	00:31:53.07	00:45:15.41
80	196	SOSIŃSKI	DARIUSZ	M	71	M 40-44	18	SZTUM	LKS ZANTYR SZTUM	10km	00:45:14.19	13.26	00:04:31	00:00:06.69	00:09:30.14	00:22:32.45	00:32:12.41	00:45:20.88
81	178	POŁOMSKI	JAROSŁAW	M	72	M 60-64	3	GNIEW	TRUNSFORMACJA GNIEW	10km	00:45:16.92	13.25	00:04:31	00:00:10.74	00:09:20.03	00:22:24.90	00:32:02.74	00:45:27.66
82	180	POSMYK	ŁUKASZ	M	73	M 0-34	9	TCZEW		10km	00:45:19.15	13.24	00:04:31	00:00:07.58	00:08:49.11	00:21:50.98	00:31:44.39	00:45:26.73
83	38	CZECHOWSKI	DAWID	M	74	M 45-49	14	SUBKOWY	BIEGAJĄCY TCZEW	10km	00:45:44.46	13.12	00:04:34	00:00:21.59	00:09:35.08	00:22:42.97	00:32:40.54	00:46:06.05
84	170	PAWELCZYK	KRZYSZTOF	M	75	M 45-49	15	TCZEW	BIEGAJĄCY TCZEW	10km	00:46:03.80	13.03	00:04:36	00:00:07.26	00:09:39.24	00:22:52.45	00:32:46.70	00:46:11.06
85	115	KRYGER	KAROL	M	76	M 35-39	16	TCZEW		10km	00:46:06.28	13.02	00:04:36	00:00:16.03	00:09:24.74	00:22:30.08	00:32:55.43	00:46:22.31
86	206	SZATKOWSKI	JÓZEF	M	77	M 60-64	4	GRUDZIĄDZ		10km	00:46:28.34	12.91	00:04:38	00:00:04.59	00:09:25.56	00:22:38.37	00:32:39.30	00:46:32.93
87	99	KIDA	ARKADIUSZ	M	78	M 0-34	10	GDAŃSK		10km	00:46:32.64	12.89	00:04:39	00:00:27.13	00:09:38.24	00:22:44.04	00:32:57.90	00:46:59.77
88	20	BORYNA-ZŁOTA	OLA	K	10	K 0-34	2	GDAŃSK	LPP TEAM	10km	00:46:37.52	12.87	00:04:39	00:00:16.43	00:10:15.35	00:23:38.24	00:33:24.95	00:46:53.95
89	148	MICHALAK	MAREK	M	79	M 45-49	16	TCZEW		10km	00:47:05.13	12.74	00:04:42	00:00:14.80	00:10:27.78	00:24:07.97	00:34:05.14	00:47:19.93
90	24	BRZOZOWSKI	JACEK	M	80	M 35-39	17	ELBLĄG	TEAM KARAŚ ELBLĄG	10km	00:47:06.39	12.74	00:04:42	00:00:07.95	00:09:42.43	00:23:00.40	00:33:16.41	00:47:14.34
91	13	BARTNICKI	WOJCIECH	M	81	M 50-54	8	ELBLĄG	TEAM KARAŚ ELBLĄG	10km	00:47:06.89	12.74	00:04:42	00:00:07.43	00:09:42.23	00:22:59.71		00:47:14.32
92	77	HINTZKE	LESZEK	M	82	M 40-44	19	LEŚNIEWO	PRZYJACIELE W BIEGU	10km	00:47:19.50	12.68	00:04:43	00:00:07.54	00:09:37.82	00:23:20.26	00:33:46.81	00:47:27.04
93	158	NIESPODZIŃSKI	LESŁAW	M	83	M 55-59	8	TCZEW	BIEGAJĄCY TCZEW	10km	00:47:30.00	12.63	00:04:45	00:00:11.63	00:09:59.53	00:23:25.24	00:33:38.18	00:47:41.63
94	63	FRYSZKA	BŁAŻEJ	M	84	M 0-34	11	TCZEW		10km	00:47:37.80	12.60	00:04:45	00:00:12.34	00:10:17.79	00:23:58.06	00:34:08.44	00:47:50.14
95	207	SZCZYGLAK	MARIUSZ	M	85	M 40-44	20	TCZEW	CROSSELITE	10km	00:47:50.12	12.54	00:04:47	00:00:09.98	00:09:38.19	00:23:41.34	00:34:16.64	00:48:00.10
96	3	ACKERMANN	TOMASZ	M	86	M 40-44	21	TCZEW		10km	00:47:50.30	12.54	00:04:47	00:00:27.96	00:10:04.56	00:24:11.01	00:34:34.68	00:48:18.26
97	203	STROJNOWSKI	SŁAWOMIR	M	87	M 55-59	9	GDAŃSK		10km	00:47:53.02	12.53	00:04:47	00:00:03.74	00:09:18.71	00:23:18.27	00:33:45.78	00:47:56.76
98	144	MATEJUK	ARKADIUSZ	M	88	M 35-39	18	MALBORK	BEZTLENOWI MALBORK	10km	00:47:57.83	12.51	00:04:47	00:00:17.50	00:10:03.75	00:23:57.16	00:34:19.65	00:48:15.33
99	114	KRUSZYŃSKA	BARBARA	K	11	K 55-59	2	TCZEW	BIEGAJĄCY TCZEW	10km	00:47:59.91	12.50	00:04:47	00:00:05.24	00:09:47.80	00:23:42.82	00:34:03.98	00:48:05.15

TCZEW MISTRZOSTWA POLSKI MASTERS W BIEGACH PRZEŁAJOWYCH

Msc	Numer	Nazwisko	Imię	Płeć	M pł	Kategoria	M kat	Miejscowość	Klub	Dystans	Czas netto	Prędkość	Czas/km	Start	2,5 km	5 km	7,5 km	Meta
100	181	PYSANETS	YEVHEN	M	89	M 0-34	12	TCZEW	TEAM TAPFLO	10km	00:48:05.19	12.48	00:04:48	00:00:11.47	00:10:26.97	00:24:42.44	00:35:13.52	00:48:16.66
101	175	PIÓRO	MARIA	K	12	K 50-54	1	GORZĘDZIEJ	BIEGAJĄCY TCZEW	10km	00:48:07.86	12.47	00:04:48	00:00:08.85	00:10:02.81	00:24:01.63	00:34:14.20	00:48:16.71
102	200	STACHÓRKO	KRZYSZTOF	M	90	M 45-49	17	PASŁĘK		10km	00:48:11.05	12.45	00:04:49	00:00:06.53	00:09:23.74	00:23:37.66	00:34:09.45	00:48:17.58
103	209	SZUBERT	KATARZYNA	K	13	K 35-39	3	SIWIAŁKA		10km	00:48:14.50	12.44	00:04:49	00:00:19.62	00:10:17.24	00:24:15.10	00:34:46.54	00:48:34.12
104	130	LIPKOWSKI	PAWEŁ	M	91	M 0-34	13	TCZEW	3ATHLETE	10km	00:48:15.37	12.44	00:04:49	00:00:12.32	00:10:00.56	00:24:01.62	00:34:33.33	00:48:27.69
105	37	CZECHOWSKA	DOROTA	K	14	K 40-44	3	SUBKOWY	BIEGAJĄCY TCZEW	10km	00:48:16.15	12.43	00:04:49	00:00:19.51	00:10:12.37	00:24:09.56	00:34:39.14	00:48:35.66
106	252	DOBAK	STEFAN	M	92	M 70-74	1	SZAMOTUŁY	KB SZAMOTUŁY	10km	00:48:17.15	12.43	00:04:49	00:00:12.80	00:10:24.28	00:24:24.99	00:34:46.46	00:48:29.95
107	51	DUBIEL	PIOTR	M	93	M 35-39	19	GNISZEWO		10km	00:48:31.83	12.37	00:04:51	00:00:11.62	00:10:13.56	00:24:11.41	00:34:37.76	00:48:43.45
108	234	WIŚNIEWSKI	MAREK	M	94	M 35-39	20	LUBISZEWO		10km	00:48:33.90	12.36	00:04:51	00:00:16.31	00:10:07.01	00:23:58.03	00:34:32.42	00:48:50.21
109	172	PEPLIŃSKI	KRZYSZTOF	M	95	M 40-44	22	TCZEW		10km	00:48:35.34	12.35	00:04:51	00:00:07.99	00:09:10.43	00:22:58.71	00:33:47.98	00:48:43.33
110	86	JANKOWSKI	TOMASZ	M	96	M 40-44	23	ELBLĄG		10km	00:48:40.68	12.33	00:04:52	00:00:14.52	00:10:27.83	00:24:51.81	00:35:24.88	00:48:55.20
111	163	OPAŁKA	JAN	M	97	M 70-74	2	PŁOŃSK	KB IM. PIOTRA SĘKOWSKIEGO	10km	00:48:42.85	12.32	00:04:52	00:00:12.16	00:10:26.45	00:24:17.18	00:34:44.06	00:48:55.01
112	112	KREJA	ŁUKASZ	M	98	M 35-39	21	TCZEW	BIEGAJĄCY TCZEW	10km	00:48:52.82	12.28	00:04:53	00:00:06.67	00:10:28.01	00:25:14.46	00:35:51.83	00:48:59.49
113	238	WOJDYŁO	DANIEL	M	99	M 40-44	24	LUBISZEWO		10km	00:48:55.03	12.27	00:04:53	00:00:16.15	00:10:28.15	00:24:15.04	00:34:41.08	00:49:11.18
114	249	ŻEMETRO	RYSZARD	M	100	M 55-59	10	WAPLEWO WIELKIE	LKS ZANTYR SZTUM	10km	00:49:00.53	12.24	00:04:54	00:00:08.74	00:10:08.84	00:24:18.40	00:35:03.71	00:49:09.27
115	228	WICZYŃSKI	WOJCIECH	M	101	M 35-39	22	ANIÓŁOWO		10km	00:49:03.65	12.23	00:04:54	00:00:05.04	00:09:47.18	00:24:18.43	00:35:07.53	00:49:08.69
116	79	HORBACH	BOHDAN	M	102	M 0-34	14	TCZEW	PRESS GLASS BIEGAMY I WSPIERAM	10km	00:49:09.81	12.21	00:04:54	00:00:05.85	00:09:31.22	00:23:39.42	00:34:33.58	00:49:15.66
117	146	MIĄSEK	RYSZARD	M	103	M 40-44	25	SZPĘGAWA		10km	00:49:10.04	12.20	00:04:55	00:00:11.58	00:09:53.91	00:23:43.03	00:34:26.65	00:49:21.62
118	224	WAŚIK	GRZEGORZ	M	104	M 0-34	15	MALBORK		10km	00:49:20.30	12.16	00:04:56	00:00:06.32	00:10:00.49	00:24:18.33	00:34:57.73	00:49:26.62
119	134	MAJ	IZABELA	K	15	K 35-39	4	TCZEW	BIEGAJĄCY TCZEW	10km	00:49:20.99	12.16	00:04:56	00:00:08.78	00:10:21.90	00:24:28.58	00:35:15.00	00:49:29.77
120	17	BŁASZCZUK	GRZEGORZ	M	105	M 50-54	9	MIKOŁAJKI POMORSKIE		10km	00:49:24.82	12.15	00:04:56	00:00:12.56	00:10:04.84	00:23:55.01	00:34:51.94	00:49:37.38
121	19	BORYNA	JAREK	M	106	M 55-59	11	GDAŃSK		10km	00:49:26.47	12.14	00:04:56	00:00:16.11		00:24:36.32	00:35:12.37	00:49:42.58
122	173	PIEKARSKA	ANNA	K	16	K 40-44	4	TCZEW	BIEGAJĄCY TCZEW	10km	00:49:35.61	12.10	00:04:57	00:00:20.16	00:10:45.24	00:25:14.53	00:35:53.98	00:49:55.77
123	242	ZARĘBA	BEATA	K	17	K 45-49	4	KALISKA	NIEZRZESZONA	10km	00:49:39.84	12.08	00:04:57	00:00:03.83	00:10:07.59	00:24:31.65	00:35:15.56	00:49:43.67
124	156	NELKE	ELIASZ	M	107	M 35-39	23	TCZEW	APATOR METRIX S.A.	10km	00:49:40.07	12.08	00:04:58	00:00:08.64	00:09:36.12	00:23:30.43	00:34:31.74	00:49:48.71
125	213	ŚCISŁOWSKI	ANDRZEJ	M	108	M 60-64	5	TCZEW	BIEGAJĄCY TCZEW	10km	00:49:47.90	12.05	00:04:58	00:00:03.20	00:09:49.82	00:24:08.01	00:34:48.37	00:49:51.10
126	239	WRÓBLEWSKI	KRZYSZTOF	M	109	M 40-44	26	TCZEW	PRESS GLASS BIEGAMY I WSPIERAMY	10km	00:49:54.26	12.02	00:04:59	00:00:05.53	00:10:07.64	00:24:44.71	00:35:17.56	00:49:59.79
127	155	NARLOCH	EMIL	M	110	M 0-34	16	TCZEW	TEAM TAPFLO	10km	00:50:00.50	12.00	00:05:00	00:00:09.14	00:10:56.56	00:26:29.00	00:36:51.34	00:50:09.64
128	1	LIBAN	ZYGFRYD	M	111	M 75-79	1	TCZEW	BIEGAJĄCY TCZEW	10km	00:50:11.55	11.96	00:05:01	00:00:03.00	00:09:48.67	00:24:18.29	00:35:14.30	00:50:14.55
129	216	TOCHA	ZBIGNIEW	M	112	M 60-64	6	SKÓRCZ	AKTYWNI KOCIEWIACY	10km	00:50:12.69	11.95	00:05:01	00:00:26.95	00:11:41.12	00:26:16.88	00:36:43.85	00:50:39.64
130	48	DRAŻKOWSKI	DANIEL	M	113	M 65-69	2	GDAŃSK		10km	00:50:23.62	11.91	00:05:02	00:00:12.90	00:10:20.52	00:24:53.58	00:35:55.57	00:50:36.52
131	78	HOFFMANN	DANIEL	M	114	M 35-39	24	ZBLEWO	KS SOKÓŁ ZBLEWO	10km	00:50:30.41	11.88	00:05:03	00:00:14.06	00:10:25.40	00:24:45.61	00:35:43.00	00:50:44.47
132	11	BANYŚ	BARTEK	M	115	M 40-44	27	TCZEW		10km	00:50:37.46	11.85	00:05:03	00:00:14.95	00:10:45.83	00:25:13.76	00:36:09.61	00:50:52.41
133	41	DANIELEWSKA	MAGDALENA	K	18	K 40-44	5	STARY TARG		10km	00:50:41.25	11.84	00:05:04	00:00:21.38	00:11:26.88	00:25:48.68	00:36:26.69	00:51:02.63
134	161	OKONEK	KAZIMIERZ	M	116	M 70-74	3	GORZÓW WLKP.		10km	00:50:59.22	11.77	00:05:05	00:00:12.45	00:10:25.26	00:24:57.36	00:35:55.48	00:51:11.67

TCZEW MISTRZOSTWA POLSKI MASTERS W BIEGACH PRZEŁAJOWYCH

Msc	Numer	Nazwisko	Imię	Płeć	M pł	Kategoria	M kat	Miejscowość	Klub	Dystans	Czas netto	Prędkość	Czas/km	Start	2,5 km	5 km	7,5 km	Meta
135	171	PEPLIŃSKI	GRZEGORZ	M	117	M 45-49	18	SZTUM	LKS ZANTYR SZTUM	10km	00:51:00.70	11.76	00:05:06	00:00:08.79	00:10:23.64	00:25:04.76	00:35:59.30	00:51:09.49
136	128	LIEGMANN	MARIUSZ	M	118	M 40-44	28	LUBISZEWO		10km	00:51:05.56	11.75	00:05:06	00:00:09.76	00:10:31.82	00:25:27.22	00:36:40.48	00:51:15.32
137	236	WOJCIECHOWSKI	ADAM	M	119	M 45-49	19	STAROGARD GD.		10km	00:51:05.94	11.75	00:05:06	00:00:13.79	00:10:36.98	00:25:48.97	00:36:42.20	00:51:19.73
138	72	GRUBICH	MARCIN	M	120	M 35-39	25	TCZEW	APATOR METRIX S.A.	10km	00:51:10.07	11.73	00:05:07	00:00:10.97	00:10:26.32	00:25:18.23	00:36:33.63	00:51:21.04
139	126	LIEGMANN	ALEKSANDER	M	121	M 0-34	17	LUBISZEWO		10km	00:51:17.02	11.70	00:05:07	00:00:09.40	00:10:08.52	00:24:40.29	00:36:01.96	00:51:26.42
140	16	BŁADZIKOWSKI	RAFAŁ	M	122	M 40-44	29	TCZEW		10km	00:51:17.12	11.70	00:05:07	00:00:15.35	00:10:59.07	00:26:01.40	00:37:03.65	00:51:32.47
141	189	SARACH	KAROLINA	K	19	K 0-34	3	TCZEW	BIEGAJĄCY TCZEW	10km	00:51:18.24	11.70	00:05:07	00:00:08.92	00:10:47.45	00:25:49.58	00:36:51.49	00:51:27.16
142	153	MROZEK	MARCIN	M	123	M 45-49	20	TCZEW	BIEGAJĄCY TCZEW	10km	00:51:20.59	11.69	00:05:08	00:00:25.28	00:10:45.94	00:25:36.72	00:36:50.20	00:51:45.87
143	233	WIŚNIEWSKA	MARTA	K	20	K 40-44	6	LUBISZEWO	CROSSELITE	10km	00:51:26.38	11.67	00:05:08	00:00:16.64	00:10:19.33	00:25:03.16	00:36:22.89	00:51:43.02
144	241	ZAKRZEWSKI	ANDRZEJ	M	124	M 50-54	10	SUBKOWY	BIEGAJĄCY TCZEW	10km	00:51:28.16	11.66	00:05:08	00:00:09.26	00:10:21.14	00:25:22.33	00:36:38.16	00:51:37.42
145	179	POŁOMSKI	MARCIN	M	125	M 35-39	26	RUDNO		10km	00:51:36.68	11.63	00:05:09	00:00:22.50	00:10:31.64	00:25:07.49	00:35:59.69	00:51:59.18
146	12	BARTNICKA	ANETTA	K	21	K 45-49	5	ELBLĄG	TEAM KARAŚ ELBLĄG	10km	00:51:39.29	11.62	00:05:09	00:00:07.55	00:10:31.11	00:25:32.44	00:36:40.05	00:51:46.84
147	123	LEŚNIEWSKI	JAN	M	126	M 70-74	4	ELBLĄG	EL AKTYWNI	10km	00:52:01.50	11.53	00:05:12	00:00:07.56	00:10:40.71	00:25:38.55	00:36:48.59	00:52:09.06
148	110	KOZŁOWSKI	DARIUSZ	M	127	M 50-54	11	MALBORK		10km	00:52:03.39	11.53	00:05:12	00:00:18.74	00:11:06.26	00:26:16.29	00:37:45.86	00:52:22.13
149	95	KACZMAREK-BYZDRA	ALEKSANDRA	K	22	K 45-49	6	TCZEW	CROSSELITE	10km	00:52:09.12	11.51	00:05:12	00:00:15.11	00:10:23.30	00:25:20.10	00:36:52.41	00:52:24.23
150	58	FELTON	BEATA	K	23	K 0-34	4	TCZEW		10km	00:52:12.67	11.49	00:05:13	00:00:09.94	00:11:16.99	00:26:34.38	00:37:45.49	00:52:22.61
151	85	JANIK	ROMAN	M	128	M 65-69	3	KWIDZYN	KWIDZYN BIEGA	10km	00:52:20.56	11.46	00:05:14	00:00:12.91	00:10:52.21	00:25:56.75	00:37:21.12	00:52:33.47
152	64	GAJEWSKI	ANDRZEJ	M	129	M 55-59	12	OLSZTYN GAJÓWKA	GAJÓWKA OLSZTYN	10km	00:52:24.02	11.45	00:05:14	00:00:18.88	00:12:01.24	00:27:11.68	00:38:11.32	00:52:42.90
153	215	TARCZYŃSKI	WOJCIECH	M	130	M 35-39	27	TCZEW		10km	00:52:27.69	11.44	00:05:14	00:00:26.73	00:11:57.16	00:26:41.48	00:37:34.71	00:52:54.42
154	222	WARUSZEWSKI	KAROL	M	131	M 40-44	30	TCZEW	BIEGAJĄCY TCZEW	10km	00:52:30.92	11.43	00:05:15	00:00:26.26	00:11:45.66	00:27:26.50	00:38:34.73	00:52:57.18
155	30	CHABOWSKI	TOMASZ	M	132	M 40-44	31	TCZEW	BIEGAJĄCY TCZEW	10km	00:52:33.52	11.42	00:05:15	00:00:21.14	00:10:37.23	00:26:11.59	00:37:44.63	00:52:54.66
156	31	CHAMSKI	MICHAŁ	M	133	M 0-34	18	GDAŃSK	GRUPA BIEGOWA 65	10km	00:52:37.22	11.40	00:05:15	00:00:12.95	00:10:02.25	00:25:09.43	00:36:26.25	00:52:50.17
157	100	KIDA	KRZYSZTOF	M	134	M 45-49	21	ELBLĄG	WATAHA - ŁĄCZY NAS BIEGANIE	10km	00:52:44.63	11.38	00:05:16	00:00:25.33	00:10:45.63	00:25:37.39	00:37:21.40	00:53:09.96
158	21	BRACZKOWSKI	RADOSŁAW	M	135	M 45-49	22	ELBLĄG		10km	00:52:54.49	11.34	00:05:17	00:00:11.03	00:10:43.83	00:25:35.32	00:38:18.25	00:53:05.52
159	230	WIELIŃSKI	JACEK	M	136	M 60-64	7	GDAŃSK	GRUPA LOTOS	10km	00:52:58.45	11.33	00:05:17	00:00:03.30	00:10:25.60	00:25:51.59	00:37:17.46	00:53:01.75
160	124	LEWANDOWSKA	AGNIESZKA	K	24	K 35-39	5	STAROGARD GDAŃSKI	MOTO LADIES	10km	00:52:59.93	11.32	00:05:17	00:00:13.74	00:11:26.31	00:26:48.85	00:38:09.83	00:53:13.67
161	217	TOKARSKI	KRZYSZTOF	M	137	M 60-64	8	GDAŃSK	S...K...S...	10km	00:53:00.00	11.32	00:05:18	00:00:14.04	00:11:26.89	00:26:48.57	00:38:09.01	00:53:14.04
162	69	GNYP	DANIEL	M	138	M 50-54	12	RÓŻYNY	WKURW_TEAM	10km	00:53:03.54	11.31	00:05:18	00:00:20.05	00:11:00.44	00:26:24.89	00:38:08.47	00:53:23.59
163	240	ZABOROWSKA	BEATA	M	139	M 50-54	13	DRZYCIM	DIABELSKIE PIORUNY	10km	00:53:11.50	11.28	00:05:19	00:00:13.37	00:10:58.01	00:26:19.56	00:37:48.44	00:53:24.87
164	223	WAŚNIEWSKI	EDWARD	M	140	M 65-69	4	PELPLIN	KLUB AKTYWNEGO PELPLINIAKA	10km	00:53:30.76	11.21	00:05:21	00:00:25.72	00:12:15.31	00:27:53.13	00:39:03.28	00:53:56.48
165	22	BRATEK	ANDRZEJ	M	141	M 60-64	9	BYDGOSZCZ	TKKF KOLEJARZ BYDGOSZCZ	10km	00:53:52.30	11.14	00:05:23	00:00:14.36	00:11:34.42	00:27:34.59	00:39:01.63	00:54:06.66
166	70	GOLICKI	ADAM	M	142	M 0-34	19	TCZEW	PRESS GLASS BIEGAMY I WSPIERAMY	10km	00:54:03.44	11.10	00:05:24	00:00:06.28	00:10:22.89	00:25:41.65	00:37:39.46	00:54:09.72
167	111	KRAWCZUK	ANDRZEJ	M	143	M 60-64	10	GDAŃSK	TEAMKARAŚ-ELBLĄG	10km	00:54:18.05	11.05	00:05:25	00:00:08.23	00:11:23.82	00:27:01.95	00:38:50.61	00:54:26.28
168	14	BEDNAREK	MICHAŁ	M	144	M 40-44	32	TCZEW	CROSSELITE	10km	00:54:18.97	11.05	00:05:25	00:00:14.85	00:10:43.56	00:26:41.78	00:38:36.21	00:54:33.82
169	159	NOWAK	GRZEGORZ	M	145	M 35-39	28	TCZEW	BIEGAJĄCY TCZEW	10km	00:54:28.89	11.02	00:05:26	00:00:20.46	00:12:09.36	00:28:19.76	00:40:12.63	00:54:49.35
170	129	LIEGMANN	MICHAŁ	M	146	M 0-34	20	LUBISZEWO		10km	00:54:31.85	11.01	00:05:27	00:00:10.49	00:11:12.94	00:26:34.51	00:38:16.06	00:54:42.34

TCZEW MISTRZOSTWA POLSKI MASTERS W BIEGACH PRZEŁAJOWYCH

Msc	Numer	Nazwisko	Imię	Płeć	M pł	Kategoria	M kat	Miejscowość	Klub	Dystans	Czas netto	Prędkość	Czas/km	Start	2,5 km	5 km	7,5 km	Meta
171	82	JAGODDA	ADAM	M	147	M 35-39	29	TCZEW	CMFT TCZEW	10km	00:54:38.34	10.98	00:05:27	00:00:17.26	00:11:00.13	00:26:35.43	00:38:27.57	00:54:55.60
172	8	ARENDT	AGNIESZKA	K	25	K 45-49	7	GDAŃSK	ŻARTA WATAHA	10km	00:54:45.46	10.96	00:05:28	00:00:06.92	00:10:46.09	00:26:28.47	00:38:32.32	00:54:52.38
173	198	SOWIŃSKI	EDMUND	M	148	M 75-79	2	PŁOCK	TKKF PŁOCK	10km	00:54:47.20	10.95	00:05:28	00:00:07.32	00:11:33.28	00:27:29.89	00:39:04.00	00:54:54.52
174	127	LIEGMANN	BOŻENA	K	26	K 40-44	7	LUBISZEWO		10km	00:54:47.98	10.95	00:05:28	00:00:09.58	00:11:17.84	00:27:05.74	00:39:08.11	00:54:57.56
175	193	SIŃCZUK	PATRYCJA	K	27	K 40-44	8	TCZEW		10km	00:54:56.88	10.92	00:05:29	00:00:09.74	00:10:59.42	00:27:05.04	00:38:58.20	00:55:06.62
176	149	MICHALAK	MARTA	K	28	K 40-44	9	PŁOŃSK	KB IM. PIOTRA SĘKOWSKIEGO	10km	00:55:11.53	10.87	00:05:31	00:00:12.90	00:11:07.92	00:26:49.62	00:38:42.84	00:55:24.43
177	2	ACKERMANN	PIOTR	M	149	M 35-39	30	TCZEW		10km	00:55:28.86	10.82	00:05:32	00:00:28.07	00:11:27.42	00:27:35.30	00:39:37.71	00:55:56.93
178	76	HINC	STANISŁAW	M	150	M 40-44	33	KOWALE	ŻARTA WATAHA	10km	00:55:30.08	10.81	00:05:33	00:00:06.63	00:10:50.36	00:26:42.49	00:38:50.63	00:55:36.71
179	248	ZIMNY	SEBASTIAN	M	151	M 40-44	34	TCZEWSKIE ŁĄKI	PRESS GLASS BIEGAMY I WSPIERAMY , BIEGAJĄCY TCZEW	10km	00:55:34.17	10.80	00:05:33	00:00:21.23	00:12:14.80	00:28:20.60	00:41:37.44	00:55:55.40
180	194	SOBIEŚ	ALINA	K	29	K 0-34	5	GARDEJA	GMINA GARDEJA BIEGA	10km	00:56:07.20	10.69	00:05:36	00:00:18.01	00:11:12.64	00:27:29.34	00:39:36.90	00:56:25.21
181	205	SZADKOWSKA	ANNA	K	30	K 60-64	1	INOWROCŁAW		10km	00:56:20.18	10.65	00:05:38	00:00:20.13	00:11:48.17	00:28:01.54	00:40:04.45	00:56:40.31
182	15	BINISZKIEWICZ	MARCIN	M	152	M 40-44	35	TCZEW		10km	00:56:39.09	10.59	00:05:39	00:00:13.88	00:11:19.06	00:27:39.92	00:39:59.56	00:56:52.97
183	80	JABŁOŃSKI	JAKUB	M	153	M 35-39	31	ELBLĄG	TEAMKARAŚ-ELBLĄG	10km	00:57:00.40	10.53	00:05:42	00:00:11.54	00:11:41.78	00:28:37.64	00:41:10.66	00:57:11.94
184	136	MALEK	ANDRZEJ	M	154	M 65-69	5	KOSCIERZYNA	ATLAS RUNNING TEAM	10km	00:57:44.45	10.39	00:05:46	00:00:10.00	00:11:22.55	00:27:45.35	00:40:15.83	00:57:54.45
185	33	CHYLIŃSKA	DAGMARA	K	31	K 45-49	8	TCZEW	BIEGAJĄCY TCZEW	10km	00:58:04.54	10.33	00:05:48	00:00:21.88	00:12:25.38	00:28:40.53	00:41:02.49	00:58:26.42
186	195	SOBOLEWSKI	ANTONI	M	155	M 65-69	6	TCZEW	BIEGAJĄCY TCZEW	10km	00:58:10.71	10.32	00:05:49	00:00:04.04	00:11:42.52	00:28:33.98	00:41:09.05	00:58:14.75
187	176	PISKORSKI	JERZY	M	156	M 65-69	7	PELPLIN		10km	00:58:12.48	10.31	00:05:49	00:00:23.52	00:12:15.40	00:28:55.43	00:41:54.73	00:58:36.00
188	160	NOWAK	KATARZYNA	K	32	K 0-34	6	TCZEW	BIEGAJĄCY TCZEW	10km	00:58:12.94	10.31	00:05:49	00:00:21.15	00:12:09.88	00:28:22.87	00:41:03.46	00:58:34.09
189	42	DASZKIEWICZ	ARTUR	M	157	M 45-49	23	TCZEW		10km	00:58:32.05	10.25	00:05:51	00:00:16.75	00:11:20.27	00:27:50.28	00:40:32.66	00:58:48.80
190	26	BUDZIK	KAZIMIERZ	M	158	M 65-69	8	GRUDZIĄDZ		10km	00:58:50.58	10.20	00:05:53	00:00:09.68	00:11:52.60	00:29:07.52	00:41:57.03	00:59:00.26
191	40	DALKE	JOWITA	K	33	K 35-39	6	GDAŃSK	ZABIEGANE DWIE	10km	00:59:10.32	10.14	00:05:55	00:00:18.46	00:11:59.48	00:28:39.48	00:41:52.75	00:59:28.78
192	232	WIŚNIEWSKA	KORNELIA	K	34	K 45-49	9	GDAŃSK	ZABIEGANE DWIE	10km	00:59:10.97	10.14	00:05:55	00:00:17.92	00:11:58.68	00:28:39.90	00:41:53.82	00:59:28.89
193	65	GAJEWSKI	JERZY-PIOTR	M	159	M 55-59	13	OLSZTYN	GAJÓWKA	10km	00:59:27.61	10.09	00:05:56	00:00:19.17	00:12:07.52	00:28:06.69	00:40:37.02	00:59:46.78
194	211	SZYMONIAK	JACEK	M	160	M 45-49	24	GDAŃSK	NIEZRZESZONY	10km	00:59:42.94	10.05	00:05:58	00:00:23.49	00:12:30.37	00:29:17.76	00:42:17.96	01:00:06.43
195	188	RUCHLEWICZ	URSZULA	K	35	K 50-54	2	SZTUM		10km	01:00:28.28	9.92	00:06:02	00:00:05.21	00:11:59.04	00:29:18.19	00:42:34.87	01:00:33.49
196	55	DZIEGIELEWSKA	MAŁGORZATA	K	36	K 55-59	3	DŁUŻNIEWO	KLUB BIEGACZA IM.P.SĘKOWSKIEGO W PŁOŃSKU	10km	01:00:51.86	9.86	00:06:05	00:00:13.69	00:12:50.52	00:30:13.75	00:43:05.04	01:01:05.55
197	133	MACHOLL	ADAM	M	161	M 45-49	25	ROKITKI TCZEWSKIE	BIEGAJĄCY TCZEW	10km	01:00:59.20	9.84	00:06:05	00:00:22.44	00:12:14.24	00:29:42.60	00:43:04.81	01:01:21.64
198	49	DREWA	TOMASZ	M	162	M 45-49	26	GDYNIA		10km	01:01:00.08	9.84	00:06:06	00:00:22.57	00:12:16.07	00:29:42.88	00:43:14.70	01:01:22.65
199	103	KORDUNOWSKI	TOMASZ	M	163	M 0-34	21	JELEŃ	TEAM TAPFLO	10km	01:01:55.26	9.69	00:06:11	00:00:18.25	00:12:31.47	00:30:08.21	00:44:06.73	01:02:13.51
200	167	PAŁKOWSKA-ŻUR	MONIKA	K	37	K 35-39	7	TCZEW	TEAM TAPFLO	10km	01:02:04.39	9.67	00:06:12	00:00:18.13	00:12:13.32	00:30:36.12	00:44:06.91	01:02:22.52
201	147	MICHALAK	JERZY	M	164	M 70-74	5	PŁOŃSK	KB IM. P.SĘKOWSKIEGO	10km	01:02:56.75	9.53	00:06:17	00:00:13.40	00:12:50.23	00:30:37.70	00:44:23.05	01:03:10.15
202	46	DORDZIK	MAŁGORZATA	K	38	K 60-64	2	ELBLĄG		10km	01:03:00.76	9.52	00:06:18	00:00:26.63	00:13:05.31	00:30:50.80	00:44:16.34	01:03:27.39
203	54	DYWELSKI	MIROSLAW	M	165	M 60-64	11	TCZEW	BIEGAJĄCY TCZEW	10km	01:03:00.93	9.52	00:06:18	00:00:26.43	00:12:57.70	00:30:51.02	00:44:43.54	01:03:27.36
204	35	CIAPKA	JANINA	K	39	K 45-49	10	GOSZYN	WATAHA - ŁĄCZY NAS BIEGANIE	10km	01:03:08.11	9.50	00:06:18	00:00:07.02	00:12:26.51	00:30:48.64	00:44:41.25	01:03:15.13
205	210	SZYMAŃSKI	JERZY	M	166	M 75-79	3	KURZĘTNIK	KURZĘTNIK BIEGA	10km	01:03:19.27	9.48	00:06:19	00:00:26.11	00:13:10.29	00:31:57.11	00:45:55.63	01:03:45.38

TCZEW MISTRZOSTWA POLSKI MASTERS W BIEGACH PRZEŁAJOWYCH

Msc	Numer	Nazwisko	Imię	Płeć	M pł	Kategoria	M kat	Miejscowość	Klub	Dystans	Czas netto	Prędkość	Czas/km	Start	2,5 km	5 km	7,5 km	Meta
206	109	KOZŁOWSKA	PATRYK	M	167	M 0-34	22	MALBORK		10km	01:03:35.36	9.44	00:06:21	00:00:18.42	00:11:53.83	00:30:22.10	00:44:32.98	01:03:53.78
207	246	ZIMNA	AGNIESZKA	K	40	K 35-39	8	TCZEW	BIEGAJĄCY TCZEW	10km	01:03:54.21	9.39	00:06:23	00:00:21.55	00:12:28.48	00:30:12.46	00:44:29.25	01:04:15.76
208	235	WITEK	SYLWIA	K	41	K 40-44	10	POGORZAŁA WIEŚ		10km	01:03:54.28	9.39	00:06:23	00:00:21.26	00:12:27.66	00:30:10.23	00:44:28.30	01:04:15.54
209	247	ZIMNA	ANNA	K	42	K 35-39	9	TCZEWSKIE ŁĄKI	BIEGAJĄCY TCZEW	10km	01:03:54.86	9.39	00:06:23	00:00:20.93	00:12:28.04	00:30:11.46	00:44:29.67	01:04:15.79
210	23	BRZozowska	MONIKA	K	43	K 40-44	11	ROKITKI	BIEGAJĄCY TCZEW	10km	01:04:15.17	9.34	00:06:25	00:00:24.72	00:12:39.73	00:31:09.97	00:45:10.37	01:04:39.89
211	140	MAMCARZ	MAKSYM	M	168	M 0-34	23	ROKITKI		10km	01:05:11.34	9.20	00:06:31	00:00:27.39	00:13:45.66	00:32:44.00	00:46:38.50	01:05:38.73
212	34	CHYLIŃSKI	DARIUSZ	M	169	M 45-49	27	TCZEW	BIEGAJĄCY TCZEW	10km	01:05:11.91	9.20	00:06:31	00:00:22.29	00:12:35.13	00:30:48.93	00:44:58.02	01:05:34.20
213	9	AWIŻEŃ	ANTONI	M	170	M 70-74	6	BYDGOSZCZ	TKKF KOLEJARZ BYDGOSZCZ	10km	01:05:29.51	9.16	00:06:32	00:00:08.37	00:13:45.11	00:32:51.51	00:46:26.12	01:05:37.88
214	108	KOZŁOWSKA	ANNA	K	44	K 45-49	11	MALBORK		10km	01:05:56.17	9.10	00:06:35	00:00:23.16	00:13:40.03	00:32:33.47	00:46:50.26	01:06:19.33
215	122	LENC	JANUSZ	M	171	M 65-69	9	BYDGOSZCZ	TKKF KOLEJARZ BYDGOSZCZ	10km	01:07:12.69	8.93	00:06:43	00:00:24.71	00:13:47.79	00:32:53.06	00:47:18.21	01:07:37.40
216	105	KOWALSKA	ANNA	K	45	K 40-44	12	KWIDZYN	KWIDZYN BIEGA	10km	01:08:11.74	8.80	00:06:49	00:00:18.98	00:13:19.38	00:33:11.62	00:48:31.57	01:08:30.72
217	102	KONKOLEWSKI	TOMASZ	M	172	M 0-34	24	KWIDZYN	KWIDZYN BIEGA / OSP-KWIDZYN	10km	01:08:13.64	8.80	00:06:49	00:00:17.38	00:13:17.27	00:33:10.61	00:48:32.67	01:08:31.02
218	84	JANIA	MAŁGORZATA	K	46	K 35-39	10	SUCHY DĄB		10km	01:09:26.45	8.64	00:06:56	00:00:21.93	00:14:22.01	00:34:21.06	00:48:47.78	01:09:48.38
219	7	ANGIEL	WŁADYSŁAW	M	173	M 80-84	1	BYDGOSZCZ	TKKF KOLEJARZ BYDGOSZCZ	10km	01:16:24.75	7.85	00:07:38	00:00:02.10	00:14:09.99	00:36:08.67	00:53:36.28	01:16:26.85
220	229	WIELIŃSKA	ZOFIA	K	47	K 60-64	3	GDAŃSK	NIEZRZESZONA	10km	01:19:01.03	7.59	00:07:54	00:00:27.50	00:16:00.47	00:38:14.58	00:55:28.05	01:19:28.53
DNF	138	MAMCARZ	JULIA	K	DNF	K 0-34	DNF	ROKITKI		10km				00:00:24.81				
DNF	165	OSTROWSKI	MARIAN	M	DNF	M 65-69	DNF	ZŁOCIENIEC	SENIOR	10km				00:00:09.91	00:10:03.06			
DNF	166	PAŁKOWSKA	AGNIESZKA	K	DNF	K 35-39	DNF	SWAROŻYŃ		10km				00:00:01.79	00:08:53.05	00:22:24.42		