

Twarde Piątki 02.10.2015

Organizator: Toruński Związek TKKF
 Data: 02.10.2015
 Dystans: 5km
 Miejsowość: Toruń

Klasyfikacja: OPEN



M-ce	Nr zaw.	Nazwisko Imię	Miejsowość	Klub	Czas startu	tempo min/km	tempo km/h	1km	2km	3km	4km	Wynik (netto)	M	K
1	240	WILIGALSKI BARTOSZ	PIGŻA		00:00:02	3:15	18,4	00:03:05	00:06:20	00:09:38	00:13:01	00:16:14	1	
2	115	LEŚNIAK KAMIL	TORUŃ	INOV-8/ TORUŃ MARATHON	00:00:01	3:23	17,7	00:03:16	00:06:40	00:10:08	00:13:35	00:16:56	2	
3	227	WOŹNIAK JACEK	TORUŃ	MKL TORUŃ	00:00:01	3:24	17,7	00:03:19	00:06:45	00:10:10	00:13:40	00:16:58	3	
4	261	GOLENIOWSKI MATEUSZ	TORUN	BENEK BY TYLE NIE NABIEGAŁ	00:00:00	3:34	16,9	00:03:30	00:07:00	00:10:35	00:14:12	00:17:48	4	
5	32	DANIELEWSKI MARIUSZ	ZŁAWIEŚ WIELKA	DRUŻYNA SZPIKU	00:00:01	3:34	16,8	00:03:30	00:07:02	00:10:37	00:14:19	00:17:48	5	
6	166	RADTKE ŁUKASZ	CHEŁMŻA	KM UMK TORUŃ	00:00:02	3:36	16,7	00:03:24	00:06:58	00:10:36	00:14:19	00:17:56	6	
7	78	KALASKA KRZYSZTOF	ŁYSOMICE		00:00:01	3:41	16,3	00:03:23	00:07:02	00:10:52	00:14:41	00:18:22	7	
8	41	DUTKIEWICZ MACIEJ	TORUŃ		00:00:02	3:42	16,2	00:03:38	00:07:20	00:11:04	00:14:48	00:18:26	8	
9	243	KMIECIAK ROBERT			00:00:01	3:42	16,2	00:03:33	00:07:15	00:11:02	00:14:52	00:18:30	9	
10	238	ŻELISZCZAK ARTUR	TORUŃ		00:00:02	3:43	16,1	00:03:39	00:07:24	00:11:17	00:15:02	00:18:33	10	
11	107	KUBIAK TOMASZ	INOWROCŁAW	T.G.SOKÓŁ GNIEWKOWO	00:00:04	3:45	16,0	00:03:47	00:07:32	00:11:17	00:15:05	00:18:41	11	
12	252	CZARNOWSKI PRZEMYSŁAW	TLEŃ	POTĘŻNY PONAD MIARE	00:00:00	3:45	16,0	00:03:27	00:07:08	00:11:01	00:14:58	00:18:45	12	
13	263	ARSENIUK ANNA	GÓRSK	T.S.OPATRUNKI TORUŃ	00:00:02	3:46	15,9	00:03:34	00:07:20	00:11:11	00:15:03	00:18:48		1
14	79	KAMIŃSKI PIOTR	TORUŃ		00:00:03	3:50	15,7	00:03:38	00:07:28	00:11:25	00:15:25	00:19:06	13	
15	214	WENDLAND MATEUSZ	LIPNO	LIPNO BIEGA	00:00:02	3:53	15,4	00:03:36	00:07:24	00:11:19	00:15:36	00:19:24	14	
16	61	GREGROWSKI KRZYSZTOF	TORUŃ	TKKF REKREACJA TORUŃ	00:00:02	3:53	15,4	00:03:38	00:07:27	00:11:28	00:15:32	00:19:24	15	
17	18	BORUCZENKO ARKADIUSZ	TORUŃ		00:00:08	3:56	15,3	00:03:57	00:07:51	00:11:50	00:15:48	00:19:32	16	
18	71	JANCZARSKI MARCIN	TORUŃ	KM UMK TORUŃ	00:00:04	3:56	15,3	00:03:46	00:07:37	00:11:41	00:15:47	00:19:34	17	
19	127	ŁĘGA TOMASZ	TORUŃ	BBL TORUŃ	00:00:03	3:56	15,3	00:03:44	00:07:39	00:11:42	00:15:47	00:19:37	18	
20	198	SZCZĘŚNY PIOTR	TULISZKÓW	MVM	00:00:04	3:56	15,2	00:03:44	00:07:34	00:11:36	00:15:46	00:19:38	19	
21	100	KRUCZKOWSKI JAROSŁAW	ALEKSANDRÓW KUJAWSKI	POWIAT ALEKSANDROWSKI	00:00:03	3:56	15,2	00:03:45	00:07:37	00:11:36	00:15:40	00:19:39	20	
22	196	SURMACEWICZ PAULINA	TORUŃ	PZ2K	00:00:05	3:57	15,2	00:03:54	00:07:50	00:11:51	00:15:51	00:19:39		2
23	150	NOWAKOWSKI DARIUSZ	TORUŃ		00:00:05	3:58	15,2	00:03:54	00:07:53	00:11:54	00:15:57	00:19:43	21	
24	262	GÓRALSKI KRZYSZTOF	TORUŃ	TS OPATRUNKI TORUŃ	00:00:01	3:58	15,2	00:03:48	00:07:47	00:11:49	00:15:52	00:19:47	22	
25	38	DOŁCHUN ARKADIUSZ	TORUŃ		00:00:04	3:59	15,1	00:03:51	00:07:50	00:11:54	00:16:00	00:19:50	23	
26	138	MIENIK ALEKSANDRA	TORUŃ	MKS AXEL TORUŃ	00:00:02	3:59	15,1	00:03:44	00:07:44	00:11:49	00:15:56	00:19:54		3
27	201	ŚRUBKA PATRYK	BYDGOSZCZ		00:00:06	4:01	14,9	00:03:42	00:07:32	00:11:41	00:16:00	00:20:01	24	
28	185	SOBCZAK MAREK	TORUŃ		00:00:05	4:02	14,9	00:03:57	00:07:51	00:11:57	00:16:07	00:20:04	25	
29	5	BALEWSKI TOMASZ	TORUŃ		00:00:06	4:03	14,8	00:03:56	00:07:55	00:11:59	00:16:08	00:20:08	26	
30	117	LEWANDOWSKI RAFAŁ	TORUŃ	VENI, CUCURRI, VICI.	00:00:05	4:04	14,8	00:03:49	00:07:51	00:11:56	00:16:06	00:20:13	27	
31	35	DĄBROWSKI PIOTREK	TORUŃ		00:00:05	4:05	14,7	00:03:55	00:07:52	00:11:58	00:16:15	00:20:21	28	
32	222	WIWATOWSKI MARIUSZ	TORUŃ		00:00:08	4:07	14,6	00:04:04	00:08:06	00:12:12	00:16:29	00:20:28	29	
33	64	GRYCKIEWICZ ADAM	TORUŃ	GRYCEK TEAM	00:00:08	4:07	14,6	00:04:12	00:08:22	00:12:38	00:16:49	00:20:29	30	
34	258	ŁUCZAK RADOŚLAW	TORUŃ	KM TORUŃ UMK	00:00:08	4:08	14,5	00:04:17	00:08:22	00:12:30	00:16:40	00:20:30	31	
35	15	BOMASTEK SŁAWOMIR	TORUŃ	KALOS KAGATOS	00:00:03	4:07	14,6	00:03:59	00:08:06	00:12:20	00:16:34	00:20:32	32	
36	183	SKRZYPIEC GRZEGORZ	TORUŃ	1996	00:00:10	4:09	14,5	00:04:21	00:08:31	00:12:44	00:16:57	00:20:33	33	



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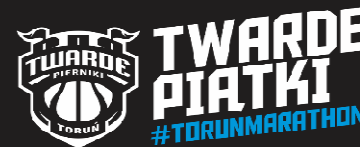
M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Czas startu	tempo min/km	tempo km/h	1km	2km	3km	4km	Wynik (netto)	M	K
37	189	SOŁECKI MICHAŁ	TORUŃ	BBL TORUŃ	00:00:04	4:08	14,5	00:04:04	00:08:11	00:12:22	00:16:30	00:20:34	34	
38	36	DEMBKOWSKI RYSZARD	TORUŃ	TTC	00:00:06	4:08	14,5	00:04:07	00:08:16	00:12:27	00:16:39	00:20:34	35	
39	81	KARAŚ MAREK	TORUŃ	BBL TORUŃ PODGÓRZ	00:00:02	4:07	14,6	00:03:57	00:08:02	00:12:12	00:16:29	00:20:34	36	
40	156	PIEKARSKI JACEK	TORUŃ		00:00:22	4:12	14,3	00:04:17	00:08:22	00:12:37	00:16:55	00:20:40	37	
41	76	KACZYŃSKI RAFAŁ	GNIEWKOWO		00:00:03	4:09	14,4	00:04:03	00:08:17	00:12:29	00:16:43	00:20:43	38	
42	96	KOWALIK MARCIN	BUKOWIEC		00:00:01	4:09	14,5	00:03:50	00:08:00	00:12:21	00:16:35	00:20:44	39	
43	247	CZUBA ADAM	TORUŃ	BOOT CAMP TORUŃ	00:00:31	4:17	14,0	00:04:57	00:09:06	00:13:13	00:17:23	00:20:54	40	
44	206	TOKARSKI BARTOSZ	TORUŃ	AZS SGH WARSZAWA	00:00:09	4:13	14,2	00:04:15	00:08:23	00:12:37	00:16:53	00:20:57	41	
45	118	LEWCZUK ŁUKASZ	TORUŃ		00:00:14	4:15	14,1	00:04:24	00:08:36	00:12:48	00:17:09	00:21:00	42	
46	130	MAĆKOWSKI MACIEJ	BYDGOSZCZ		00:00:02	4:13	14,3	00:03:43	00:07:52	00:12:19	00:16:47	00:21:01	43	
47	175	RUDERA PIOTR	TORUŃ	KLUB MARATOŃSKI UMK	00:00:04	4:14	14,2	00:04:08	00:08:18	00:12:35	00:16:57	00:21:04	44	
48	146	MUZYK PRZEMYSŁAW	TORUŃ		00:00:08	4:15	14,1	00:04:19	00:08:33	00:12:48	00:17:09	00:21:06	45	
49	65	GULIŃSKI GRZEGORZ	TORUŃ		00:00:12	4:16	14,1	00:04:19	00:08:36	00:12:53	00:17:11	00:21:09	46	
50	219	WIŚNIEWSKI DAWID	LIPNICZKI	ANIELSKI ORSZAK	00:00:13	4:17	14,0	00:04:22	00:08:36	00:12:53	00:17:14	00:21:13	47	
51	86	KOŁODZIEJSKI ŁUKASZ	LIPNO	LIPNO BIEGA	00:00:02	4:16	14,1	00:03:49	00:08:03	00:12:32	00:17:01	00:21:19	48	
52	246	LASKOWSKI JAROSŁAW	MALĄ NIESZAWKA	-	00:00:08	4:18	14,0	00:04:19	00:08:36	00:12:54	00:17:15	00:21:21	49	
53	50	GAŚECKA AGATA	KOSZALIN		00:00:08	4:18	14,0	00:04:19	00:08:36	00:12:54	00:17:15	00:21:22		4
54	83	KOBĘDZA KAROL	TORUŃ		00:00:07	4:18	14,0	00:04:12	00:08:33	00:12:56	00:17:18	00:21:23	50	
55	16	BONIECKI PIOTR	CZARNE BŁOTO	KM TRUCHCIK ŁUBIANKA/JW 1440 TORUŃ	00:00:31	4:23	13,7	00:04:56	00:09:09	00:13:25	00:17:46	00:21:24	51	
56	62	GROL KRYSZTIAN	INOWROCŁAW	56. BAZA LOTNICZA	00:00:02	4:18	14,0	00:03:49	00:08:06	00:12:35	00:17:13	00:21:28	52	
57	23	CENDROWSKI ARKADIUSZ	TORUŃ		00:00:03	4:18	13,9	00:03:59	00:08:19	00:12:46	00:17:17	00:21:28	53	
58	60	GRAMZA RAFAŁ	TORUŃ		00:00:23	4:23	13,7	00:04:34	00:08:45	00:13:08	00:17:38	00:21:30	54	
59	75	JERCHA ANDRZEJ	GNIEWKOWO		00:00:08	4:20	13,9	00:04:19	00:08:35	00:12:56	00:17:20	00:21:30	55	
60	46	GABRYCH KAROLINA	CHEŁMNO		00:00:08	4:21	13,8	00:04:18	00:08:34	00:12:55	00:17:24	00:21:35		5
61	153	PAWŁAK ANETA	TORUŃ		00:00:28	4:25	13,6	00:04:40	00:08:52	00:13:15	00:17:52	00:21:36		6
62	218	WIĘCŁAWSKI DANIEL	PAPOWO TORUŃSKIE	FST SPORT TEAM	00:00:04	4:21	13,8	00:03:55	00:08:14	00:12:45	00:17:20	00:21:43	56	
63	131	MAJDA PATRYK	LIPNO	LIPNO BIEGA	00:00:03	4:21	13,8	00:03:48	00:08:04	00:12:34	00:17:13	00:21:44	57	
64	180	SAMEREK DARIUSZ	TORUŃ		00:00:06	4:23	13,7	00:04:17	00:08:37	00:13:04	00:17:38	00:21:47	58	
65	172	ROSA BARTOSZ	TORUŃ	NIEZRZESZONY	00:00:20	4:25	13,6	00:04:49	00:09:12	00:13:37	00:17:57	00:21:47	59	
66	63	GRONOWSKI ADAM	INOWROCŁAW	56 BAZA LOTNICZA	00:00:10	4:24	13,6	00:04:30	00:08:55	00:13:30	00:17:56	00:21:52	60	
67	181	SARZAŁA ARTUR	TORUŃ		00:00:07	4:25	13,6	00:04:16	00:08:35	00:13:02	00:17:37	00:21:56	61	
68	67	GURTOWSKA MAGDA	TORUŃ		00:00:02	4:26	13,5	00:04:11	00:08:34	00:12:55	00:17:29	00:22:10		7
69	103	KRZEMIŃSKI ARKADIUSZ	TORUŃ		00:00:32	4:33	13,2	00:05:04	00:09:41	00:14:16	00:18:46	00:22:13	62	
70	89	KORPAŁ ŁUKASZ	TORUŃ		00:00:17	4:31	13,3	00:04:48	00:09:19	00:13:50	00:18:21	00:22:16	63	
71	213	WASILEWSKI ALEKSANDER	TORUŃ	NESTLE FITNESS	00:00:09	4:29	13,4	00:04:38	00:09:14	00:13:39	00:18:08	00:22:17	64	
72	209	TWAROWSKI ARKADIUSZ	TORUŃ		00:00:06	4:29	13,4	00:04:13	00:08:33	00:13:10	00:17:52	00:22:20	65	



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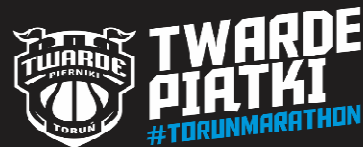
M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Czas startu	tempo min/km	tempo km/h	1km	2km	3km	4km	Wynik (netto)	M	K
73	121	LIPIŃSKI ARTUR	TORUŃ		00:00:07	4:31	13,3	00:04:14	00:08:35	00:13:11	00:17:55	00:22:29	66	
74	259	MARKIEWICZ MIREK	OTŁOCZYN	IMPULS TEAM	00:00:30	4:36	13,1	00:04:59	00:09:23	00:13:54	00:18:35	00:22:29	67	
75	210	URBAŃCZYK MARCIN	TORUŃ		00:00:39	4:38	13,0	00:05:15	00:09:43	00:14:12	00:18:47	00:22:30	68	
76	149	NOWAK ŁUKASZ	TORUŃ	RUNNING SUCKS	00:00:12	4:33	13,2	00:04:38	00:09:11	00:13:46	00:18:20	00:22:31	69	
77	173	RÓŻYŃSKI SZYMON	ZŁOTORIA		00:00:12	4:33	13,2	00:04:32	00:09:03	00:13:43	00:18:24	00:22:34	70	
78	13	BOCZULA KRZYSZTOF	87-100		00:00:32	4:38	12,9	00:05:03	00:09:40	00:14:16	00:18:47	00:22:38	71	
79	87	KORDZIŃSKI DARIUSZ	TORUŃ		00:00:22	4:36	13,0	00:05:04	00:09:34	00:14:03	00:18:32	00:22:39	72	
80	160	PIWOŃSKI ROBERT	TORUŃ	KM UMK TORUŃ	00:00:35	4:39	12,9	00:04:57	00:09:22	00:13:56	00:18:35	00:22:41	73	
81	171	RETKOWSKI RAFAŁ	TORUŃ		00:00:29	4:38	12,9	00:05:05	00:09:43	00:14:28	00:18:57	00:22:42	74	
82	39	DOMINIAK ARKADIUSZ	TORUŃ	BASKETBALL REFEREES	00:00:17	4:36	13,1	00:04:48	00:09:20	00:13:51	00:18:34	00:22:42	75	
83	1	ADAMCZYK KRZYSZTOF	TORUŃ	BASKETBALL REFEREES	00:00:18	4:36	13,0	00:04:48	00:09:19	00:13:51	00:18:34	00:22:43	76	
84	244	LANKIEWICZ SEBASTIAN	TORUŃ		00:00:09	4:35	13,1	00:04:30	00:09:05	00:13:42	00:18:23	00:22:44	77	
85	52	GLEŃSKI MACIEJ	TORUŃ		00:00:12	4:35	13,1	00:04:34	00:09:05	00:13:42	00:18:23	00:22:45	78	
86	220	WIŚNIEWSKI JANUSZ	TORUŃ	CARBON TEAM TORUŃ	00:00:24	4:38	12,9	00:04:56	00:09:29	00:14:07	00:18:41	00:22:47	79	
87	245	DEMBIŃSKI PIOTR	TORUŃ		00:00:12	4:37	13,0	00:04:41	00:09:21	00:14:07	00:18:43	00:22:52	80	
88	194	STRZELECKI DAWID	TORUŃ	SETLER	00:00:15	4:38	13,0	00:04:31	00:08:53	00:13:38	00:18:30	00:22:53	81	
89	34	DĄBROWSKI PAWEŁ	GRUDZIĄDZ	UMK TORUŃ	00:00:20	4:39	12,9	00:04:56	00:09:35	00:14:16	00:18:55	00:22:55	82	
90	59	GRABOWSKA JOANNA	TORUŃ	KM UMK TORUŃ	00:00:07	4:37	13,0	00:04:37	00:09:21	00:14:05	00:18:38	00:22:58	8	
91	90	KOSIŁO MARCIN	BYDGOSZCZ		00:00:06	4:37	13,0	00:04:24	00:09:01	00:13:53	00:18:43	00:23:00	83	
92	157	PIETRYKOWSKI BARTOSZ	TORUŃ		00:00:10	4:39	12,9	00:04:29	00:09:16	00:14:04	00:18:45	00:23:03	84	
93	208	TUTAK ŁUKASZ	WYBCZ	CROSSFIT TORUŃ	00:00:22	4:43	12,7	00:04:45	00:09:18	00:14:01	00:18:52	00:23:15	85	
94	257	PRÓCHNIAK NATALIA	TORUŃ	BBL TORUŃ	00:00:30	4:46	12,6	00:05:07	00:09:43	00:14:22	00:19:03	00:23:19	9	
95	74	JASIŃSKI MAREK	TORUŃ	KUJAWSKO-POMORSKIE.PL	00:00:11	4:44	12,7	00:04:24	00:09:04	00:14:07	00:19:04	00:23:31	86	
96	113	KWIATEK MAŁGORZATA	TORUŃ		00:00:09	4:44	12,7	00:04:46	00:09:29	00:14:13	00:18:58	00:23:32	10	
97	178	SADOWSKA KATARZYNA	STAJENCZYŃKI		00:00:04	4:44	12,7	00:04:24	00:09:08	00:13:59	00:18:51	00:23:35	11	
98	143	MROZEK MICHAŁ	TORUŃ	RADIO GRA	00:00:18	4:47	12,6	00:05:09	00:10:00	00:14:41	00:19:25	00:23:36	87	
99	25	CHYŁA EDWARD	LUBICZ GÓRNY	CSAIU	00:00:21	4:48	12,5	00:04:55	00:09:41	00:14:31	00:19:20	00:23:38	88	
100	264	KACZOROWSKA ANNA	TORUŃ		00:00:11	4:46	12,6	00:04:44	00:09:25	00:14:17	00:19:11	00:23:41	12	
101	8	BĄKIEWICZ ARTUR	MŁYNYEC PIERWSZY		00:00:07	4:46	12,6	00:04:26	00:09:07	00:14:06	00:19:09	00:23:43	89	
102	221	WIŚNIEWSKI WŁODZIMIERZ	TORUŃ		00:00:14	4:48	12,5	00:04:30	00:09:04	00:13:59	00:19:05	00:23:46	90	
103	179	SAMBORSKI PIOTR	TORUŃ		00:00:25	4:50	12,4	00:04:53	00:09:29	00:14:19	00:19:15	00:23:47	91	
104	94	KOWALEWSKI PATRYK	ŁYSOMICE	RUN4FUN	00:00:14	4:49	12,5	00:04:39	00:09:09	00:13:49	00:18:55	00:23:49	92	
105	110	KULIGOWSKI BARTOSZ	TORUŃ	NOVA TRADING STALE BIEGAM	00:00:24	4:51	12,4	00:04:52	00:09:33	00:14:35	00:19:48	00:23:51	93	
106	230	WRÓBLEWSKI DAMIAN	TORUŃ		00:00:26	4:52	12,3	00:05:19	00:10:03	00:14:55	00:19:49	00:23:52	94	
107	223	WŁODARCZYK WOJCIECH	BYDGOSZCZ		00:00:07	4:49	12,5	00:04:35	00:09:14	00:13:58	00:18:48	00:23:56	95	
108	256	NOWICKA-PIEKARSKA ALEKSANDRA	TORUŃ	CROSSFIT TORUŃ	00:00:22	4:52	12,3	00:05:06	00:09:51	00:14:50	00:19:45	00:23:59	13	



Twarde Piątki 02.10.2015

Organizator: Toruński Związek TKKF
 Data: 02.10.2015
 Dystans: 5km
 Miejscowość: Toruń

Klasyfikacja: OPEN



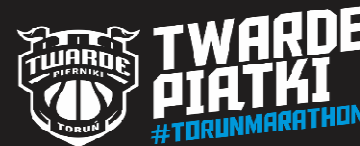
M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Czas startu	tempo min/km	tempo km/h	1km	2km	3km	4km	Wynik (netto)	M	K
109	4	AUGUSTYNEK MIKOŁAJ	TORUŃ		00:00:13	4:51	12,4	00:04:40	00:09:11	00:14:03	00:19:26	00:24:02	96	
110	216	WESOŁOWSKI TOMASZ	TORUŃ		00:00:26	4:54	12,2	00:05:21	00:10:11	00:15:08	00:20:00	00:24:04	97	
111	29	CIESIELSKI TOMASZ	TORUŃ	UMWKP	00:00:10	4:51	12,4	00:04:47	00:09:34	00:14:28	00:19:35	00:24:06	98	
112	200	SZYMAŃSKI TOMASZ	TORUŃ	KROK ZA GOSZ	00:00:16	4:53	12,3	00:05:02	00:09:48	00:14:44	00:19:39	00:24:11	99	
113	170	RESZKOWSKI ROBERT	TORUŃ	NOVA TRADING STALE BIEGAM	00:00:14	4:54	12,3	00:04:52	00:09:42	00:14:40	00:19:48	00:24:14	100	
114	191	STAWARSKA ELŻBIETA	TORUŃ		00:00:08	4:52	12,3	00:04:27	00:09:13	00:14:15	00:19:21	00:24:14		14
115	207	TUSZYŃSKA MARCELA	TORUŃ	BYZBIBYBZI	00:00:09	4:53	12,3	00:05:13	00:10:10	00:15:04	00:19:59	00:24:16		15
116	122	LIPIŃSKI MAREK	TORUŃ		00:00:15	4:55	12,2	00:04:58	00:09:46	00:14:40	00:19:36	00:24:18	101	
117	155	PIASECKI HUBERT	INOWROCŁAW	56 BAZA LOTNICZA	00:00:10	4:54	12,2	00:04:50	00:09:38	00:15:03	00:19:58	00:24:22	102	
118	239	ŻURAWSKI PIOTR	TORUŃ		00:00:35	5:00	12,0	00:06:05	00:11:03	00:15:48	00:20:28	00:24:26	103	
119	91	KOSIŃSKI MARIUSZ	TORUŃ		00:00:37	5:01	12,0	00:05:08	00:09:54	00:14:54	00:20:05	00:24:26	104	
120	85	KOLASIŃSKI SEBASTIAN	TORUŃ		00:00:07	4:55	12,2	00:04:31	00:09:25	00:14:25	00:19:33	00:24:27	105	
121	193	STRZELECKA ANNA	KRUSZYN		00:00:19	4:58	12,1	00:05:10	00:09:59	00:14:55	00:20:01	00:24:33		16
122	195	STRZELECKI KONRAD	KRUSZYN		00:00:19	4:58	12,1	00:05:10	00:09:59	00:14:55	00:20:01	00:24:33	106	
123	53	GOŁASZEWSKA JOLANTA	TORUŃ		00:00:11	4:57	12,1	00:04:45	00:09:40	00:14:42	00:19:47	00:24:35		17
124	108	KUCHARSKI JACEK	TORUŃ		00:00:22	5:01	12,0	00:05:26	00:10:25	00:15:27	00:20:25	00:24:42	107	
125	137	MAREK SŁAWOMIR	PRZYSIEK	NOVA TRADING STALE BIEGAM	00:00:15	5:00	12,0	00:04:54	00:09:45	00:14:49	00:19:54	00:24:44	108	
126	163	POŁOMSKI RAFAŁ	TORUŃ	JW 1440	00:00:28	5:03	11,9	00:05:42	00:10:31	00:15:22	00:20:31	00:24:46	109	
127	84	KOCISZEWSKI ŁUKASZ	TORUŃ	ŻYWE MUZEUM PIERNIKA, RABIAŃSKA 9	00:00:39	5:05	11,8	00:05:49	00:10:53	00:15:56	00:20:51	00:24:47	110	
128	21	BUCZEL MICHAŁ	TORUŃ		00:00:18	5:01	11,9	00:05:06	00:09:58	00:15:02	00:20:09	00:24:49	111	
129	20	BUCZEL JUSTYNA	TORUŃ		00:00:17	5:01	11,9	00:05:06	00:09:58	00:15:02	00:20:10	00:24:50		18
130	37	DOBSZ ROBERT	KOSZALIN		00:00:24	5:03	11,9	00:05:45	00:10:38	00:15:29	00:20:34	00:24:50	112	
131	176	RUEDA JUAN	WŁOCŁAWEK		00:00:19	5:02	11,9	00:04:53	00:09:43	00:14:48	00:20:06	00:24:52	113	
132	158	PIÓRKOWSKI ALEKSANDER	TORUŃ		00:00:20	5:03	11,9	00:05:03	00:10:02	00:15:08	00:20:16	00:24:53	114	
133	98	KRASIŃSKI PIOTR	BYDGOSZCZ		00:00:26	5:04	11,8	00:05:37	00:10:29	00:15:22	00:20:24	00:24:53	115	
134	31	CZAJKOWSKI PIOTR	TORUŃ		00:00:04	5:00	12,0	00:04:36	00:09:28	00:14:38	00:19:59	00:24:56	116	
135	151	PACHULSKA EWA	TORUŃ		00:00:20	5:04	11,9	00:05:20	00:10:21	00:15:23	00:20:25	00:24:58		19
136	17	BONSELEWSKI RAFAŁ	TORUŃ		00:00:37	5:07	11,7	00:05:38	00:10:33	00:15:37	00:20:40	00:24:59	117	
137	197	SZCZEPKOWSKI JAKUB	TORUŃ		00:00:10	5:03	11,9	00:04:49	00:10:00	00:15:06	00:20:24	00:25:03	118	
138	140	MILEWSKI MATEUSZ	TORUŃ	RUN4FUN	00:00:13	5:03	11,9	00:05:02	00:10:02	00:15:07	00:20:22	00:25:04	119	
139	228	WÓJCIC JOANNA	TORUŃ		00:00:16	5:04	11,8	00:05:29	00:10:27	00:15:30	00:20:29	00:25:05		20
140	101	KRUKAR MARCIN	TORUŃ		00:00:27	5:06	11,7	00:05:42	00:10:47	00:15:58	00:21:02	00:25:05	120	
141	147	NADOLNY MARCIN	TORUŃ		00:00:13	5:04	11,8	00:05:02	00:10:02	00:15:07	00:20:22	00:25:07	121	
142	45	FURMANEK HUBERT	PŁOCK		00:00:21	5:06	11,8	00:05:10	00:10:05	00:15:09	00:20:29	00:25:08	122	
143	28	CIEĆWIERZ NATALIA	TORUŃ	TOTAL CROSS	00:00:11	5:04	11,8	00:04:57	00:10:05	00:15:15	00:20:25	00:25:10		21
144	93	KOŚCIELSKI ARTUR	TORUŃ		00:00:25	5:07	11,7	00:05:37	00:10:43	00:15:49	00:20:53	00:25:11	123	



Twarde Piątki 02.10.2015

Organizator: Toruński Związek TKKF
 Data: 02.10.2015
 Dystans: 5km
 Miejsowość: Toruń

Klasyfikacja: OPEN



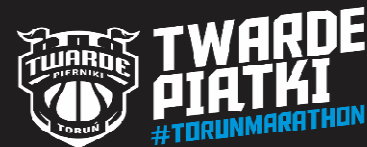
M-ce	Nr zaw.	Nazwisko Imię	Miejsowość	Klub	Czas startu	tempo min/km	tempo km/h	1km	2km	3km	4km	Wynik (netto)	M	K
145	135	WACŁAW BOGDAN	TORUŃ	AKPB MARCEL TORUŃ	00:00:09	5:04	11,8	00:04:41	00:09:41	00:14:54	00:20:20	00:25:11	124	
146	99	KRAWCZYK PRZEMYSŁAW	TORUŃ	CROSSFIT TORUŃ	00:00:24	5:07	11,7	00:05:19	00:10:26	00:15:38	00:20:48	00:25:12	125	
147	88	KORNECKA NINA	TORUŃ		00:00:14	5:05	11,8	00:05:09	00:10:12	00:15:22	00:20:33	00:25:13		22
148	203	TARASZKA IRENEUSZ	GNIEWKOWO	JRG 1 INOWROCŁAW	00:00:16	5:07	11,7	00:05:06	00:10:07	00:15:18	00:20:36	00:25:17	126	
149	254	LEWANDOWSKI PIOTR	TORUŃ	ZSE	00:00:23	5:10	11,6	00:05:34	00:10:47	00:15:55	00:21:03	00:25:28	127	
150	114	LADORUCKI JAROSŁAW	TORUŃ		00:00:24	5:11	11,6	00:05:27	00:10:37	00:15:52	00:20:58	00:25:29	128	
151	159	PISKORSKA MARTA	SOLEC KUJAWSKI		00:00:15	5:09	11,6	00:05:08	00:10:11	00:15:13	00:20:30	00:25:32		23
152	215	WESOŁOWSKI MAREK	TORUŃ		00:00:22	5:11	11,6	00:05:25	00:10:31	00:15:46	00:21:02	00:25:33	129	
153	51	GIEDROJĆ DAREK	TORUŃ		00:00:29	5:12	11,5	00:05:21	00:10:27	00:15:44	00:21:00	00:25:33	130	
154	57	GÓRZYŃSKI BARTOSZ	TORUŃ		00:00:31	5:13	11,5	00:05:34	00:10:44	00:15:57	00:21:05	00:25:36	131	
155	167	RAMZA KAROL	LIPNO		00:00:35	5:14	11,5	00:06:10	00:11:29	00:16:37	00:21:27	00:25:37	132	
156	253	RATAJCZAK MILENA	POZNAŃ	BBL	00:00:13	5:11	11,6	00:04:55	00:10:04	00:15:31	00:20:53	00:25:44		24
157	104	KRZYWDZIŃSKA AGATA	TORUŃ		00:00:29	5:19	11,3	00:05:43	00:10:50	00:16:00	00:21:22	00:26:04		25
158	260	GOŁĘBIEWSKI ŁUKASZ	TORUŃ		00:00:21	5:18	11,3	00:05:24	00:10:32	00:15:56	00:21:20	00:26:10	133	
159	255	WOLSKI WOJCIECH	TORUŃ		00:00:37	5:24	11,1	00:06:00	00:11:19	00:16:37	00:21:46	00:26:22	134	
160	66	GUMOWSKI MIKOŁAJ	TORUŃ		00:00:38	5:24	11,1	00:05:43	00:10:59	00:16:21	00:22:04	00:26:23	135	
161	6	BAPRAWSKI PIOTR	GRĘBOCIN	CROSSFIT TORUŃ	00:00:23	5:21	11,2	00:05:19	00:10:31	00:16:08	00:21:51	00:26:24	136	
162	148	NIEWIADOMSKA-BOCHENEK MONIKA	TORUŃ	BIEGOWE MAMY	00:00:25	5:22	11,2	00:05:59	00:11:17	00:16:37	00:21:50	00:26:26		26
163	168	RAUCHFLEISZ ANDRZEJ	ALEKSANDRÓW KUJ.	CZOPKI KOLCZASTE	00:00:25	5:22	11,2	00:05:59	00:11:17	00:16:37	00:21:50	00:26:27	137	
164	56	GÓRALSKI KRYSZTIAN	TORUŃ	BASKETBALL REFEREES	00:00:18	5:21	11,2	00:05:07	00:10:01	00:15:44	00:21:45	00:26:29	138	
165	112	KURPIŃSKA SYLWIA	WŁOCŁAWEK		00:00:18	5:24	11,1	00:05:37	00:10:48	00:16:17	00:21:42	00:26:40		27
166	55	GOTOWALSKI MACIEJ	INOWROCŁAW		00:00:32	5:27	11,0	00:06:06	00:11:26	00:16:48	00:22:12	00:26:41	139	
167	26	CHYŁEK AGNIESZKA	TORUŃ	BOOTCAMP POLSKA	00:00:26	5:26	11,0	00:05:48	00:11:13	00:16:37	00:21:54	00:26:44		28
168	124	LUBISZEWSKI DAWID	TORUŃ		00:00:28	5:27	11,0	00:05:52	00:11:14	00:16:42	00:22:16	00:26:49	140	
169	123	LUBISZEWSKA KAROLINA	TORUŃ		00:00:28	5:27	11,0	00:05:52	00:11:15	00:16:44	00:22:17	00:26:49		29
170	3	ANTOS MARTA	TORUŃ		00:00:12	5:25	11,1	00:05:16	00:10:28	00:15:52	00:21:22	00:26:53		30
171	109	KULIGOWSKA MARTYNA	SOBOKŁĘSZCZ		00:00:26	5:28	11,0	00:05:41	00:11:01	00:16:30	00:22:01	00:26:53	141	
172	132	MAKOWSKA MAŁGORZATA	BYDGOSZCZ		00:00:25	5:28	11,0	00:05:41	00:11:02	00:16:30	00:22:01	00:26:54	142	
173	229	WÓJCIK MARIA	TORUŃ	WWW.RUNNINGSUCKS.PL	00:00:35	5:31	10,9	00:06:10	00:11:20	00:16:39	00:22:09	00:26:58		33
174	233	ZAWIEJA ZUZANNA	GOSTYŃ		00:00:19	5:29	10,9	00:05:45	00:11:03	00:16:32	00:22:02	00:27:08		34
175	129	ŁUSZCZYŃSKI KAMIL	TORUŃ		00:00:34	5:34	10,8	00:05:40	00:10:51	00:16:15	00:22:08	00:27:18	141	
176	250	ZIELIŃSKI SEBASTIAN	TORUŃ	BOOT CAMP TORUŃ	00:00:31	5:34	10,8	00:06:13	00:11:43	00:17:17	00:22:44	00:27:19	142	
177	44	FURKA-BULLER DANIELA	29		00:00:17	5:32	10,8	00:05:14	00:10:33	00:16:24	00:21:53	00:27:23		35
178	242	GEZELA TOMASZ			00:00:35	5:36	10,7	00:06:10	00:11:42	00:17:16	00:22:51	00:27:25	143	
179	120	LIPIŃSKA MAŁGORZATA	TORUŃ		00:00:19	5:35	10,7	00:05:31	00:10:42	00:16:17	00:21:56	00:27:36		36
180	128	ŁUSZCZYŃSKA ILONA	TORUŃ		00:00:34	5:38	10,7	00:06:08	00:11:49	00:17:21	00:22:56	00:27:36		37



Twarde Piątki 02.10.2015

Organizator: Toruński Związek TKKF
 Data: 02.10.2015
 Dystans: 5km
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Klasyfikacja: OPEN



M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Czas startu	tempo min/km	tempo km/h	1km	2km	3km	4km	Wynik (netto)	M	K
181	11	BIAŁOŁOCKI MAREK	TORUŃ		00:00:29	5:37	10,7	00:06:08	00:11:38	00:17:13	00:22:49	00:27:37	144	
182	10	BIAŁOŁOCKA PATRYCJA	87-100		00:00:28	5:37	10,7	00:06:08	00:11:37	00:17:13	00:22:49	00:27:38		38
183	80	KANIEWSKA DOMINIKA	BADKOWO		00:00:19	5:37	10,7	00:05:43	00:11:10	00:16:51	00:22:31	00:27:44		39
184	30	CZAJKA JUDYTA	TORUŃ	BOOT CAMP POLSKA	00:00:18	5:38	10,7	00:05:46	00:11:23	00:16:56	00:22:38	00:27:51		40
185	225	WOJCIECHOWSKA ALEKSANDRA	TORUŃ		00:00:17	5:38	10,6	00:05:38	00:11:09	00:16:45	00:22:26	00:27:54		41
186	133	MAKOWSKA MARIA	TORUŃ		00:00:37	5:43	10,5	00:06:18	00:11:52	00:17:25	00:23:06	00:28:00		42
187	48	GABRYSZEWski MIROSŁAW	ŁYSOMICE		00:00:38	5:44	10,5	00:06:16	00:11:51	00:17:38	00:23:20	00:28:01	145	
188	249	MICUN KATARZYNA	TORUŃ	BOOT CAMP TORUŃ	00:00:31	5:43	10,5	00:06:17	00:11:52	00:17:22	00:23:04	00:28:04		43
189	58	GRABARSKA MAGDALENA	TORUŃ		00:00:19	5:41	10,6	00:05:15	00:10:46	00:16:49	00:22:46	00:28:05		44
190	248	MICUN MEDARD	TORUŃ	BOOT CAMP TORUŃ	00:00:30	5:44	10,5	00:06:17	00:11:52	00:17:22	00:23:04	00:28:11	146	
191	241	FEDEREWICZ PAULA	TORUŃ	TWARDE PIERNIKI	00:00:34	5:45	10,4	00:06:19	00:12:00	00:17:54	00:23:41	00:28:12		45
192	19	BRATKOWSKA RENATA	TORUŃ		00:00:27	5:44	10,5	00:05:44	00:11:18	00:17:09	00:23:05	00:28:13		46
193	236	ŻAK SŁAWOMIR	BYDGOSZCZ		00:00:28	5:46	10,4	00:05:44	00:11:19	00:17:09	00:23:07	00:28:20	147	
194	164	POTURALSKI SZYMON	INOWROCŁAW	---	00:00:33	5:48	10,3	00:06:20	00:12:07	00:17:51	00:23:39	00:28:29	148	
195	14	BOMASTEK KATARZYNA	TORUŃ		00:00:23	5:47	10,4	00:05:49	00:11:23	00:17:05	00:23:00	00:28:31		47
196	136	MARECKI ARTUR	TORUŃ		00:00:20	5:48	10,3	00:06:07	00:11:54	00:17:45	00:23:33	00:28:41	149	
197	192	STRAMEK JOANNA	TORUŃ		00:00:30	5:52	10,2	00:06:04	00:11:51	00:17:41	00:23:39	00:28:52		48
198	73	JARUSZEWSKA ANNA	TORUŃ		00:00:34	5:55	10,2	00:06:10	00:11:48	00:17:50	00:23:56	00:28:59		49
199	105	KRZYŻANOWSKI DARIUSZ	TORUŃ		00:00:33	5:55	10,1	00:06:09	00:11:54	00:17:47	00:23:46	00:29:01	150	
200	22	BURDA SYLWIA	TORUŃ		00:00:33	5:55	10,1	00:06:09	00:11:55	00:17:48	00:23:47	00:29:01		50
201	69	INSADOWSKA BEATA	GRĘBOCIN		00:00:12	5:55	10,1	00:05:47	00:11:27	00:17:31	00:23:33	00:29:24		51
202	125	ŁUDWIK KRZYSTYNA	ŁYSOMICE		00:00:12	5:55	10,1	00:05:47	00:11:28	00:17:31	00:23:33	00:29:25		52
203	204	TARASZKA OLGA	GNIEWKOWO	UMK TORUŃ	00:00:16	5:57	10,1	00:06:02	00:11:52	00:17:47	00:23:51	00:29:27		53
204	141	MISZ MACIEJ	TORUN		00:00:31	6:02	9,9	00:06:38	00:12:49	00:18:57	00:24:48	00:29:39	151	
205	231	ZAKRZEWSKA MARTYNA	LIPNO		00:00:12	6:05	9,9	00:06:12	00:12:10	00:18:24	00:24:39	00:30:11		54
206	27	CHYŁEK WOJCIECH	TORUŃ	BBL TORUŃ	00:00:33	6:10	9,7	00:05:56	00:11:51	00:18:03	00:24:33	00:30:16	152	
207	106	KUBIAK MAŁGORZATA	SOLEC KUJAWSKI		00:00:15	6:12	9,7	00:05:59	00:12:00	00:18:19	00:24:45	00:30:43		55
208	33	DĄBROWSKI JAROSŁAW	ZŁOTORIA		00:00:21	6:17	9,6	00:06:23	00:12:33	00:18:51	00:25:10	00:31:02	153	
209	212	WALINOWICZ AGATA	TORUŃ	BELLA LINE TEAM	00:00:16	6:17	9,5	00:06:06	00:12:09	00:18:33	00:25:14	00:31:11		56
210	165	RABIEC ŁUKASZ	LIPNO		00:00:35	6:27	9,3	00:07:03	00:13:46	00:20:17	00:26:39	00:31:40	154	
211	102	KRYSZTOFORSKA MAGDA	TORUŃ		00:00:39	6:32	9,2	00:07:27	00:14:10	00:20:28	00:26:44	00:32:01		57
212	7	BAK ANDRZEJ	LUBICZ	BOOT CAMP POLSKA	00:00:43	6:36	9,1	00:06:16	00:12:34	00:19:15	00:26:11	00:32:17	155	
213	142	MAĆZYŃSKA KAROLINA	TORUŃ	BOOT CAMP POLSKA	00:00:32	6:36	9,1	00:06:17	00:12:35	00:19:15	00:26:11	00:32:27		58
214	251	MASŁOŃ SYLWESTER	TORUŃ	HOSPICIUM ŚWIATŁO	00:00:30	6:38	9,0	00:07:01	00:13:45	00:20:27	00:27:00	00:32:42	156	
215	184	SŁUPECKA DOROTA	TORUŃ	TORUŃSKI KLUB TRIATHLONOWY	00:00:30	6:38	9,0	00:07:01	00:13:45	00:20:27	00:27:01	00:32:42		59
216	232	ZALEWSKA JOLANTA	TORUŃ		00:00:40	6:47	8,8	00:07:44	00:14:40	00:21:28	00:28:00	00:33:15		60



Twarde Piątki 02.10.2015

Organizator: Toruński Związek TKKF
 Data: 02.10.2015
 Dystans: 5km
 Miejscowość: Toruń

Klasyfikacja: OPEN



M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Czas startu	tempo min/km	tempo km/h	1km	2km	3km	4km	Wynik (netto)	M	K
217	182	SKOWROŃSKA-LISIEWICZ MARYLA	TORUŃ		00:00:24	6:50	8,8	00:06:31	00:13:09	00:20:14	00:27:23	00:33:47		61
218	77	KALISZEWSKA KATARZYNA	TORUŃ		00:00:32	6:55	8,7	00:07:07	00:13:53	00:20:47	00:27:40	00:34:04		62
219	134	MARACH ANNA	TORUŃ	AKPB MARMEL TORUŃ	00:00:36	6:57	8,6	00:06:49	00:13:49	00:20:54	00:27:59	00:34:11		63
220	47	GABRYSZEWSKA AGNIESZKA	TORUŃ		00:00:38	7:02	8,5	00:07:14	00:14:16	00:21:23	00:28:21	00:34:31		64
221	199	SZMIDT BEATA	BYDGOSZCZ		00:00:37	7:42	7,8	00:08:00	00:15:45	00:23:34	00:31:15	00:37:51		65
222	72	JANUSZEWSKA JOLANTA	TORUN		00:00:20	8:02	7,5	00:07:28	00:15:43	00:23:53	00:32:05	00:39:50		66

