

# Puchar Maratonu

Organizator: Toruński Związek TKKF  
 Data: 23 września 2016 r.  
 Dystans: 5km  
 Miejsowość: Toruń



M-ce	Nr zaw.	Nazwisko Imię	Kraj	Rok urodz.	Kat wiek.	M-ce w kat	Czas startu	tempo min/km	tempo km/h	1,25km	2,5 km	3,75 km	Czas netto	Czas brutto	M	K
1	34	KALASKA KRZYSZTOF	Polska	1979	M30-39	1	00:00:00	3:27	17,4	00:04:11	00:08:32	00:12:57	00:17:16	00:17:16	1	
2	84	ŻELISZCZAK ARTUR	Polska	1986	M30-39	2	00:00:00	3:29	17,3	00:04:11	00:08:33	00:13:04	00:17:23	00:17:23	2	
3	53	MURAWSKI DARIUSZ	Polska	1984	M30-39	3	00:00:00	3:30	17,1	00:04:12	00:08:35	00:13:06	00:17:31	00:17:31	3	
4	80	WERNER KRZYSZTOF	Polska	1986	M30-39	4	00:00:01	3:34	16,8	00:04:28	00:08:57	00:13:30	00:17:50	00:17:51	4	
5	59	RETECKI KRZYSZTOF	Polska	1974	M40-49	1	00:00:01	3:34	16,8	00:04:25	00:08:56	00:13:32	00:17:51	00:17:52	5	
6	95	ŁUCZAK RADOSŁAW	Polska	1979	M30-39	5	00:00:01	3:35	16,7	00:04:27	00:08:57	00:13:32	00:17:55	00:17:56	6	
7	70	SZCZĘSNY PIOTR	Polska	1990	M18-29	1	00:00:00	3:36	16,7	00:04:25	00:08:56	00:13:34	00:18:01	00:18:01	7	
8	31	KAMIŃSKI PIOTR	Polska	1978	M30-39	6	00:00:01	3:38	16,5	00:04:27	00:09:00	00:13:41	00:18:07	00:18:08	8	
9	88	RUMIŃSKI ARKADIUSZ	Polska	1991	M18-29	2	00:00:01	3:45	16,0	00:04:12	00:08:57	00:13:55	00:18:44	00:18:45	9	
10	66	SOBCZAK MAREK	Polska	1977	M30-39	7	00:00:00	3:47	15,9	00:04:22	00:09:00	00:13:58	00:18:53	00:18:53	10	
11	61	RUDERA PIOTR	Polska	1986	M30-39	8	00:00:01	3:47	15,8	00:04:45	00:09:30	00:14:13	00:18:56	00:18:57	11	
12	64	SKOTARCZAK MATEUSZ	Polska	1989	M18-29	3	00:00:01	3:53	15,5	00:04:47	00:09:35	00:14:32	00:19:23	00:19:24	12	
13	72	SZYMAŃSKI MICHAŁ	Polska	1981	M30-39	9	00:00:01	3:54	15,4	00:04:58	00:09:58	00:14:56	00:19:31	00:19:32	13	
14	56	NOWAKOWSKI DARIUSZ	Polska	1975	M40-49	2	00:00:01	3:55	15,3	00:04:45	00:09:31	00:14:27	00:19:32	00:19:33	14	
15	85	ZIELIŃSKI MAREK	Polska	1987	M18-29	4	00:00:01	3:55	15,3	00:04:46	00:09:36	00:14:38	00:19:35	00:19:36	15	
16	25	GWITT BARTOSZ	Polska	1981	M30-39	10	00:00:00	3:57	15,2	00:04:30	00:09:27	00:14:43	00:19:44	00:19:44	16	
17	26	HAJDUKIEWICZ GRZEGORZ	Polska	1978	M30-39	11	00:00:02	4:04	14,8	00:05:07	00:10:13	00:15:19	00:20:16	00:20:18	17	
18	48	MARCINKOWSKI BŁAŻEJ	Polska	1984	M30-39	12	00:00:03	4:06	14,6	00:04:52	00:09:52	00:15:12	00:20:26	00:20:29	18	
19	93	DEMBKOWSKI RYSZARD	Polska	1953	M60-69	1	00:00:00	4:06	14,6	00:05:06	00:10:16	00:15:30	00:20:31	00:20:31	19	
20	21	GRAMZA RAFAŁ	Polska	1988	M18-29	5	00:00:06	4:07	14,6	00:05:19	00:10:28	00:15:38	00:20:28	00:20:34	20	
21	39	KRUCZKOWSKI JAROSŁAW	Polska	1969	M40-49	3	00:00:01	4:07	14,6	00:04:50	00:10:00	00:15:22	00:20:36	00:20:37	21	
22	89	POKORNIECKI TOMASZ	Kenia	1987	M18-29	6	00:00:02	4:10	14,4	00:05:10	00:10:25	00:15:40	00:20:49	00:20:51	22	
23	90	JERECZEK MICHAŁ	Polska	1994	M18-29	7	00:00:02	4:11	14,3	00:05:19	00:10:37	00:15:57	00:20:55	00:20:57	23	
24	76	TWAROWSKI ARKADIUSZ	Polska	1978	M30-39	13	00:00:01	4:13	14,2	00:05:09	00:10:22	00:15:45	00:21:05	00:21:06	24	
25	78	URBAŃCZYK MARCIN	Polska	1991	M18-29	8	00:00:07	4:19	13,9	00:05:02	00:10:26	00:16:03	00:21:28	00:21:35	25	
26	18	GLEŃSKI MACIEJ	Polska	1973	M40-49	4	00:00:03	4:19	13,9	00:05:20	00:10:43	00:16:12	00:21:34	00:21:37	26	
27	10	CISKI PRZEMYSŁAW	Polska	1984	M30-39	14	00:00:03	4:20	13,9	00:05:38	00:10:47	00:16:08	00:21:36	00:21:39	27	
28	22	GROL KRYSZTIAN	Polska	1986	M30-39	15	00:00:02	4:21	13,8	00:05:16	00:10:51	00:16:34	00:21:42	00:21:44	28	
29	83	WROTEK ARTUR	Polska	1969	M40-49	5	00:00:02	4:21	13,8	00:05:22	00:10:45	00:16:19	00:21:43	00:21:45	29	
30	49	MARKOWSKA JULIA	Polska	1998	K18-29	1	00:00:02	4:22	13,8	00:05:23	00:10:55	00:16:31	00:21:47	00:21:49		1
31	58	RACZKOWSKI ROBERT	Polska	1974	M40-49	6	00:00:03	4:22	13,7	00:05:14	00:10:42	00:16:18	00:21:48	00:21:51	30	
32	71	SZWEDA MIROŚLAWA	Polska	1986	K30-39	1	00:00:01	4:24	13,6	00:05:22	00:10:55	00:16:31	00:21:58	00:21:59		2
33	11	CISKI ZBIGNIEW	Polska	1963	M50-59	1	00:00:03	4:26	13,5	00:05:42	00:11:13	00:16:45	00:22:06	00:22:09	31	
34	40	KRYSTEW-GARWOLIŃSKA KINGA	Polska	1977	K30-39	2	00:00:03	4:26	13,5	00:05:25	00:10:57	00:16:35	00:22:07	00:22:10		3
35	43	KUCHARSKI JACEK	Polska	1970	M40-49	7	00:00:02	4:26	13,5	00:05:25	00:11:01	00:16:45	00:22:10	00:22:12	32	
36	24	GURTOWSKA MAGDA	Polska	1981	K30-39	3	00:00:03	4:27	13,5	00:05:21	00:10:52	00:16:32	00:22:14	00:22:17		4
37	46	MAJCHRZAK DARIUSZ	Polska	1962	M50-59	2	00:00:05	4:33	13,2	00:05:30	00:11:13	00:16:59	00:22:38	00:22:43	33	
38	23	GRONOWSKI ADAM	Polska	1988	M18-29	9	00:00:03	4:34	13,2	00:05:44	00:11:34	00:17:27	00:22:45	00:22:48	34	
39	19	GRABARSKA MAGDALENA	Polska	1986	K30-39	4	00:00:02	4:34	13,1	00:05:23	00:10:59	00:16:51	00:22:47	00:22:49		5
40	68	STAWARSKA ELŻBIETA	Polska	1977	K30-39	5	00:00:03	4:35	13,1	00:05:24	00:11:03	00:17:00	00:22:54	00:22:57		6

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 Data: 23 września 2016 r.  
 Dystans: 5km  
 Miejscowość: Toruń



M-ce	Nr zaw.	Nazwisko Imię	Kraj	Rok urodz.	Kat wiek.	M-ce w kat	Czas startu	tempo min/km	tempo km/h	1,25km	2,5 km	3,75 km	Czas netto	Czas brutto	M	K
41	73	SZYSZCZAK MARCIN	Polska	1971	M40-49	8	00:00:02	4:36	13,1	00:05:24	00:11:00	00:16:54	00:22:57	00:22:59	35	
42	60	ROCHNA JAREK	Polska	1971	M40-49	9	00:00:04	4:36	13,0	00:05:46	00:11:25	00:17:17	00:22:56	00:23:00	36	
43	91	OSYPIUK-WIERZBOWSKA JUSTYNA	Polska	1977	K30-39	6	00:00:03	4:36	13,0	00:05:42	00:11:24	00:17:13	00:22:59	00:23:02		7
44	45	LIPIŃSKI MAREK	Polska	1978	M30-39	16	00:00:04	4:38	12,9	00:05:43	00:11:31	00:17:23	00:23:07	00:23:11	37	
45	17	GIEDROJĆ DARIUSZ	Polska	1979	M30-39	17	00:00:04	4:38	12,9	00:05:44	00:11:35	00:17:28	00:23:07	00:23:11	38	
46	30	KALISKI TOMASZ	Polska	1983	M30-39	18	00:00:05	4:42	12,8	00:05:58	00:11:52	00:18:05	00:23:23	00:23:28	39	
47	75	SŁUPECKA DOROTA	Polska	1987	K18-29	2	00:00:05	4:42	12,7	00:06:05	00:11:58	00:17:47	00:23:27	00:23:32		8
48	33	KARPIŃSKI ADAM	Polska	1968	M40-49	10	00:00:03	4:43	12,7	00:05:57	00:11:51	00:17:50	00:23:30	00:23:33	40	
49	3	BAS PRZEMYSŁAW	Polska	1989	M18-29	10	00:00:04	4:44	12,7	00:05:58	00:11:53	00:18:04	00:23:38	00:23:42	41	
50	67	SOWA DOROTA	Polska	1978	K30-39	7	00:00:04	4:51	12,4	00:05:59	00:11:54	00:18:09	00:24:13	00:24:17		9
51	28	JASTRZĘBSKI KRZYSZTOF	Polska	1972	M40-49	11	00:00:06	4:55	12,2	00:05:34	00:10:47	00:16:05	00:24:28	00:24:34	42	
52	2	BAS SŁAWOMIR	Polska	1983	M30-39	19	00:00:04	4:55	12,2	00:06:00	00:12:10	00:18:31	00:24:33	00:24:37	43	
53	8	CHUDZIŃSKI MARCIN	Polska	1976	M40-49	12	00:00:06	4:58	12,1	00:05:50	00:12:03	00:18:30	00:24:44	00:24:50	44	
54	87	KASPRZYK MICHALINA	Polska	1996	K18-29	3	00:00:05	4:58	12,1	00:05:57	00:12:14	00:18:48	00:24:46	00:24:51		10
55	29	JESIONOWSKA EMILIA	Polska	1998	K18-29	4	00:00:05	4:58	12,1	00:05:56	00:12:08	00:18:39	00:24:47	00:24:52		11
56	62	RYBSKI KAMIL	Polska	1982	M30-39	20	00:00:04	4:59	12,1	00:05:53	00:12:04	00:18:29	00:24:49	00:24:53	45	
57	51	MAZUR - HAPKA MONIKA	Polska	1984	K30-39	8	00:00:07	5:01	12,0	00:06:11	00:12:37	00:19:06	00:24:57	00:25:04		12
58	15	DUDKOWIAK MICHAŁ	Polska	1984	M30-39	21	00:00:04	5:04	11,8	00:05:57	00:12:09	00:18:56	00:25:16	00:25:20	46	
59	12	CZESZEWSKI RAFAŁ	Polska	1979	M30-39	22	00:00:06	5:05	11,8	00:06:06	00:12:32	00:19:13	00:25:20	00:25:26	47	
60	55	NIEWIADOMSKA-BOCHENEK MONIKA	Polska	1974	K40-49	1	00:00:08	5:08	11,7	00:06:31	00:12:54	00:19:20	00:25:30	00:25:38		13
61	38	KOŁODZIEJSKI DANIEL	Polska	1985	M30-39	23	00:00:05	5:09	11,7	00:06:08	00:12:25	00:19:10	00:25:38	00:25:43	48	
62	92	DRYGALSKA BARBARA	Polska	1980	K30-39	9	00:00:06	5:13	11,5	00:06:30	00:12:59	00:19:35	00:25:57	00:26:03	14	
63	36	KOSTECKA JUSTYNA	Polska	1989	K18-29	5	00:00:05	5:16	11,4	00:06:21	00:12:58	00:19:41	00:26:14	00:26:19	15	
64	20	GRABOWSKA JULITA	Polska	1992	K18-29	6	00:00:07	5:21	11,2	00:06:48	00:13:36	00:20:21	00:26:36	00:26:43	16	
65	37	KOT ALEKSANDRA	Polska	1983	K30-39	10	00:00:07	5:26	11,1	00:06:33	00:13:22	00:20:19	00:27:01	00:27:08	17	
66	32	KAPELA RADOSŁAW	Polska	1978	M30-39	24	00:00:06	5:27	11,0	00:06:34	00:13:23	00:20:22	00:27:07	00:27:13	49	
67	16	DZIĘGIELEWSKA GRAŻYNA	Polska	1960	K50-59	1	00:00:04	5:31	10,9	00:06:44	00:13:36	00:20:36	00:27:33	00:27:37	18	
68	42	KUBIAK DARIUSZ	Polska	1994	M18-29	11	00:00:09	5:33	10,8	00:06:52	00:13:54	00:20:49	00:27:36	00:27:45	50	
69	74	SŁOWIŃSKI ADAM	Polska	1989	M18-29	12	00:00:10	5:39	10,6	00:06:57	00:14:09	00:21:27	00:28:04	00:28:14	51	
70	9	CHYŁEK WOJCIECH	Polska	1962	M50-59	3	00:00:06	5:40	10,6	00:06:50	00:13:53	00:20:57	00:28:12	00:28:18	52	
71	50	MARSZAŁEK IGA	Polska	1979	K30-39	11	00:00:06	5:40	10,6	00:06:56	00:14:06	00:21:23	00:28:13	00:28:19	19	
72	35	KOSACKA ANETA	Polska	1979	K30-39	12	00:00:04	5:40	10,6	00:06:57	00:14:08	00:21:27	00:28:15	00:28:19	20	
73	41	KUBIAK MAŁGORZATA	Polska	1977	K30-39	13	00:00:09	5:42	10,5	00:06:58	00:14:07	00:21:23	00:28:21	00:28:30	21	
74	27	JAKUBIEC ADRIANNA	Polska	1993	K18-29	7	00:00:09	5:42	10,5	00:06:58	00:14:07	00:21:23	00:28:22	00:28:31	22	
75	77	TYBUSZEWSKI JANUSZ	Polska	1957	M50-59	4	00:00:03	5:46	10,4	00:06:56	00:14:19	00:21:33	00:28:46	00:28:49	53	
76	94	CHYŁEK AGNIESZKA	Polska	1990	K18-29	8	00:00:07	6:12	9,7	00:07:42	00:15:24	00:23:16	00:30:54	00:31:01	23	
77	6	BUCZYŃSKA AGNIESZKA	Polska	1987	K18-29	9	00:00:04	6:16	9,6	00:07:04	00:14:54	00:23:00	00:31:16	00:31:20	24	
78	4	BOGACKI SŁAWEK	Polska	1973	M40-49	13	00:00:07	6:17	9,5	00:07:28	00:15:27	00:23:30	00:31:20	00:31:27	54	