

## BIEG TORTURA 07.07.2019 - PROFI

Dystans: 6km



| M-ce | Nr zaw. | Nazwisko Imię               | Miejscowość         | Klub                      | Kraj   | Rok urodz. | Kat wiek.     | M-ce w kat | tempo min/km | tempo km/h | Wynik           | M  | K |
|------|---------|-----------------------------|---------------------|---------------------------|--------|------------|---------------|------------|--------------|------------|-----------------|----|---|
| 1    | 20      | <b>KOŁOSZUK MARCIN</b>      | LESZNO              | RUNAWAYTEAM               | Polska | 1988       | M(30-39)      | 1          | 5:17         | 11,3       | <b>00:31:44</b> | 1  |   |
| 2    | 25      | <b>LYKHITSKYI VOLODYMYR</b> | WROCLAW             | WATAHA                    | Polska | 1988       | M(30-39)      | 2          | 5:23         | 11,2       | <b>00:32:15</b> | 2  |   |
| 3    | 6       | <b>BRZOZOWSKI FILIP</b>     | ZALASEWO            | HUSARIA RACE TEAM         | Polska | 1989       | M(30-39)      | 3          | 5:29         | 10,9       | <b>00:32:57</b> | 3  |   |
| 4    | 19      | <b>KĘSIK MICHAŁ</b>         | KARSIBÓR            | HUSARIA RACE TEAM         | Polska | 1993       | M(20-29)      | 1          | 6:10         | 9,7        | <b>00:37:03</b> | 4  |   |
| 5    | 29      | <b>MARKOWSKI FABIAN</b>     | GARZYN              | MS-FIT STUDIO GOSTYŃ      | Polska | 1986       | M(30-39)      | 4          | 6:13         | 9,7        | <b>00:37:16</b> | 5  |   |
| 6    | 17      | <b>KASPERASZEK WOJTEK</b>   | CZARNOWO            | CZARNI CZARNOWO           | Polska | 1994       | M(20-29)      | 2          | 6:21         | 9,5        | <b>00:38:05</b> | 6  |   |
| 7    | 10      | <b>DUDEK RAFAŁ</b>          | TOPOLA              | REHA-ORT ZŁOTÓW           | Polska | 1989       | M(30-39)      | 5          | 6:21         | 9,4        | <b>00:38:09</b> | 7  |   |
| 8    | 34      | <b>PAZOŁA KORNELIUSZ</b>    | PĘPOWO              | HELL'S GYM PĘPOWO         | Polska | 1987       | M(30-39)      | 6          | 6:28         | 9,3        | <b>00:38:49</b> | 8  |   |
| 9    | 47      | <b>SZAŁATA SZYMON</b>       | PĘPOWO              | RUNAWAYTEAM               | Polska | 1995       | M(20-29)      | 3          | 6:33         | 9,2        | <b>00:39:17</b> | 9  |   |
| 10   | 16      | <b>JAKUSZEK PIOTR</b>       | DRZĘCZEWO DRUGIE    |                           | Polska | 1987       | M(30-39)      | 7          | 6:36         | 9,1        | <b>00:39:34</b> | 10 |   |
| 11   | 476     | <b>SZYMAŃSKI MAREK</b>      | GOSTYŃ              | RUNAWAYTEAM               | Polska | 1989       | M(30-39)      | 8          | 6:40         | 9,0        | <b>00:40:01</b> | 11 |   |
| 12   | 18      | <b>KĘPA BARTOSZ</b>         | POZNAŃ              | HUSARIA RACE TEAM         | Polska | 1991       | M(20-29)      | 4          | 6:41         | 9,0        | <b>00:40:04</b> | 12 |   |
| 13   | 44      | <b>STACHOWIAK MARCIN</b>    | GOSTYŃ              | MS-FIT STUDIO GOSTYŃ      | Polska | 1987       | M(30-39)      | 9          | 6:46         | 8,9        | <b>00:40:37</b> | 13 |   |
| 14   | 11      | <b>DWORCZAK MACIEJ</b>      | GOSTYŃ              | RUNAWAYTEAM               | Polska | 1989       | M(30-39)      | 10         | 6:49         | 8,8        | <b>00:40:52</b> | 14 |   |
| 15   | 27      | <b>ŁUCZAK ARIEL</b>         | BUKÓWIEC GÓRNY      | HUSARIA RACE TEAM         | Polska | 1992       | M(20-29)      | 5          | 6:50         | 8,8        | <b>00:41:00</b> | 15 |   |
| 16   | 32      | <b>NOWACKI TOMASZ</b>       | PĘPOWO              |                           | Polska | 1993       | M(20-29)      | 6          | 7:02         | 8,5        | <b>00:42:11</b> | 16 |   |
| 17   | 26      | <b>ŁAPTUCH GRZEGORZ</b>     | BOGATYNIA           | TWARDZIELE TEAM BOGATYNIA | Polska | 1987       | M(30-39)      | 11         | 7:02         | 8,5        | <b>00:42:13</b> | 17 |   |
| 18   | 60      | <b>KANIEWSKI MICHAŁ</b>     | OSTRÓW WIELKOPOLSKI | KONIUCHY OCR              | Polska | 1992       | M(20-29)      | 7          | 7:05         | 8,5        | <b>00:42:32</b> | 18 |   |
| 19   | 49      | <b>SZYMAŃSKI ŁUKASZ</b>     | ODOLANÓW            | NEWREH TRAINING           | Polska | 1988       | M(30-39)      | 12         | 7:14         | 8,3        | <b>00:43:22</b> | 19 |   |
| 20   | 57      | <b>ŻOŁNIEREK WOJCIECH</b>   | POZNAŃ              | DIRTY SPARROWS            | Polska | 1989       | M(30-39)      | 13         | 7:14         | 8,3        | <b>00:43:24</b> | 20 |   |
| 21   | 35      | <b>PIOTROWSKI ROMAN</b>     | POZNAŃ              | HUSARIA RACE TEAM         | Polska | 1982       | M(30-39)      | 14         | 7:19         | 8,2        | <b>00:43:57</b> | 21 |   |
| 22   | 12      | <b>FRĄCKOWIAK ADAM</b>      | RACOT               |                           | Polska | 1977       | M(MASTER 40+) | 1          | 7:21         | 8,2        | <b>00:44:06</b> | 22 |   |
| 23   | 58      | <b>JUSZKIEWICZ DOMINIK</b>  | GARZYN              | MS-FIT STUDIO GOSTYŃ      | Polska | 1985       | M(30-39)      | 15         | 7:22         | 8,1        | <b>00:44:14</b> | 23 |   |
| 24   | 36      | <b>POLAŃSKI PAWEŁ</b>       | MIEROSZÓW           | WATAHA                    | Polska | 1996       | M(20-29)      | 8          | 7:26         | 8,1        | <b>00:44:34</b> | 24 |   |
| 25   | 51      | <b>TOMCZAK ARTUR</b>        | BOGDANOWO           |                           | Polska | 1984       | M(30-39)      | 16         | 7:35         | 7,9        | <b>00:45:29</b> | 25 |   |
| 26   | 30      | <b>NAJDEREK MICHAŁ</b>      | CHODZIEŻ            |                           | Polska | 1984       | M(30-39)      | 17         | 7:36         | 7,9        | <b>00:45:39</b> | 26 |   |
| 27   | 43      | <b>SMEKTAŁA ADAM</b>        | GOSTYŃ              | MS-FIT STUDIO GOSTYŃ      | Polska | 1996       | M(20-29)      | 9          | 7:37         | 7,9        | <b>00:45:42</b> | 27 |   |
| 28   | 52      | <b>TYCZYNO WOJCIECH</b>     | WROCLAW             | WATAHA                    | Polska | 1982       | M(30-39)      | 18         | 7:43         | 7,8        | <b>00:46:21</b> | 28 |   |
| 29   | 9       | <b>DĘBSKI DOMINIK</b>       | BRZEZIE             | MS-FIT STUDIO GOSTYŃ      | Polska | 1990       | M(20-29)      | 10         | 7:44         | 7,8        | <b>00:46:23</b> | 29 |   |
| 30   | 50      | <b>TALARCZAK RAFAŁ</b>      | PIASKI              | MS-FIT STUDIO GOSTYŃ      | Polska | 1982       | M(30-39)      | 19         | 7:56         | 7,6        | <b>00:47:34</b> | 30 |   |
| 31   | 39      | <b>ROSZAK EWA</b>           | PĘPOWO              | RUNAWAYTEAM               | Polska | 1984       | K(30-39)      | 1          | 8:05         | 7,4        | <b>00:48:32</b> |    | 1 |
| 32   | 31      | <b>NOWACKI PIOTR</b>        | PĘPOWO              | HELL'S GYM PĘPOWO         | Polska | 1997       | M(20-29)      | 11         | 8:10         | 7,3        | <b>00:49:03</b> | 31 |   |
| 33   | 14      | <b>GLURA ADAM</b>           | POSADOWO            | HELL'S GYM PĘPOWO         | Polska | 1995       | M(20-29)      | 12         | 8:13         | 7,3        | <b>00:49:20</b> | 32 |   |
| 34   | 13      | <b>GLADCHENKO YULIYA</b>    | WROCLAW             |                           | Polska | 1986       | K(30-39)      | 2          | 8:14         | 7,3        | <b>00:49:26</b> |    | 2 |
| 35   | 28      | <b>MANIEWSKI MACIEJ</b>     | WROCLAW             | WATAHA                    | Polska | 1990       | M(20-29)      | 13         | 8:15         | 7,3        | <b>00:49:29</b> | 33 |   |
| 36   | 3       | <b>BARTOSIK MAREK</b>       | GŁOGÓW              | KGHM ZG RUN               | Polska | 1971       | M(MASTER 40+) | 2          | 8:28         | 7,1        | <b>00:50:50</b> | 34 |   |
| 37   | 40      | <b>RZEPKA GRACJAN</b>       | LESZNO              | RZEPA                     | Polska | 1999       | M(20-29)      | 14         | 8:35         | 7,0        | <b>00:51:28</b> | 35 |   |
| 38   | 4       | <b>BAYGER KRYSZTIAN</b>     | WROCLAW             | WATAHA                    | Polska | 1990       | M(20-29)      | 15         | 8:39         | 6,9        | <b>00:51:52</b> | 36 |   |
| 39   | 21      | <b>KOMOSINSKI KAROL</b>     | POZNAŃ              | AKRO BATY                 | Polska | 1994       | M(20-29)      | 16         | 8:45         | 6,9        | <b>00:52:33</b> | 37 |   |
| 40   | 15      | <b>GROCHOWSKI JAKUB</b>     | WROCLAW             | CZARNI CZARNOWO           | Polska | 1994       | M(20-29)      | 17         | 9:23         | 6,4        | <b>00:56:18</b> | 38 |   |
| 41   | 8       | <b>CHORAŁA MACIEJ</b>       | PĘPOWO              | HELL'S GYM PĘPOWO         | Polska | 1991       | M(20-29)      | 18         | 9:32         | 6,3        | <b>00:57:14</b> | 39 |   |
| 42   | 1       | <b>BARNAŚ KINGA</b>         | KRZYSZKOWO          | XRUNNERS                  | Polska | 1996       | K(20-29)      | 1          | 9:34         | 6,3        | <b>00:57:22</b> |    | 3 |
| 43   | 475     | <b>PISZCZELAK MATEUSZ</b>   | GOSTYŃ              | RUNAWAYTEAM               | Polska | 1997       | M(20-29)      | 19         | 9:40         | 6,2        | <b>00:57:58</b> | 40 |   |
| 44   | 22      | <b>KRUKOWSKI GRZEGORZ</b>   | PEPOWO              | RUNAWAYTEAM               | Polska | 1977       | M(MASTER 40+) | 3          | 9:53         | 6,1        | <b>00:59:21</b> | 41 |   |
| 45   | 55      | <b>ZWIERZ HUBERT</b>        | OSTRÓW WLKP.        | NEWREH TRAINING           | Polska | 2000       | M(JUNIOR)     | 1          | 10:19        | 5,8        | <b>01:01:54</b> | 42 |   |

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| M-ce | Nr zaw. | Nazwisko Imię                  | Miejscowość  | Klub            | Kraj   | Rok urodz. | Kat wiek.     | M-ce w kat | tempo min/km | tempo km/h | Wynik           | M  | K  |
|------|---------|--------------------------------|--------------|-----------------|--------|------------|---------------|------------|--------------|------------|-----------------|----|----|
| 46   | 41      | <b>SIWAK ŁUKASZ</b>            | OSTRÓW WLKP. | NEWREH TRAINING | Polska | 1981       | M(30-39)      | 20         | 10:27        | 5,7        | <b>01:02:45</b> | 43 |    |
| 47   | 5       | <b>BILEWICZ KACPER</b>         | LUBIN        |                 | Polska | 1993       | M(20-29)      | 20         | 10:38        | 5,6        | <b>01:03:46</b> | 44 |    |
| 48   | 56      | <b>ZWIERZ MATEUSZ</b>          | OSTROW WLKP  | NEWREH TRAINING | Polska | 1988       | M(30-39)      | 21         | 10:48        | 5,6        | <b>01:04:48</b> | 45 |    |
| 49   | 48      | <b>SZCZERBAL JOANNA</b>        | POZNAŃ       | DIRTY SPARROWS  | Polska | 1990       | K(20-29)      | 2          | 11:27        | 5,2        | <b>01:08:40</b> |    | 4  |
| 50   | 38      | <b>REMBOWSKA NATALIA</b>       | MOSINA       |                 | Polska | 1974       | K(MASTER 40+) | 1          | 11:59        | 5,0        | <b>01:11:56</b> |    | 5  |
| 51   | 37      | <b>POPIELA-KUKUŚ KATARZYNA</b> | WROCLAW      | WATAHA          | Polska | 1979       | K(MASTER 40+) | 2          | 18:16        | 3,3        | <b>01:49:37</b> |    | 6  |
| 52   | 42      | <b>SKOCZEK ANNA</b>            | WROCLAW      | WATAHA          | Polska | 1981       | K(30-39)      | 3          | 18:16        | 3,3        | <b>01:49:37</b> |    | 7  |
| 53   | 23      | <b>KRZYSTANEK MAGDALENA</b>    | KIELCZOWEK   | WATAHA          | Polska | 1984       | K(30-39)      | 4          | 18:16        | 3,3        | <b>01:49:38</b> |    | 8  |
| 54   | 24      | <b>LEŚNIAK DOROTA</b>          | SZCZODRE     | WATAHA          | Polska | 1983       | K(30-39)      | 5          | 18:16        | 3,3        | <b>01:49:38</b> |    | 9  |
| 55   | 33      | <b>PAWLACZEK ANIA</b>          | ZAPRĘŻYN     | WATAHA          | Polska | 1978       | K(MASTER 40+) | 3          | 18:16        | 3,3        | <b>01:49:38</b> |    | 10 |
| 56   | 46      | <b>SZABAT ADRIANNA</b>         | JELEŃ GORA   | WATAHA          | Polska | 1990       | K(20-29)      | 3          | 18:16        | 3,3        | <b>01:49:38</b> |    | 11 |