

FOUR COLOURS GRAND PRIX INOWROCŁAW - BLUE RUN

Organizator: Agencja Aktywnego Wypoczynku ACTINSPORT Waldemar Kwiatkowski; MKS Inowrocław

Data: 30.06.2018

Dystans: 5 KM

Miejscowość: INOWROCŁAW

**UZYSKANE CZASY DOTYCZĄ TRASY NA 4,7 KM, DO KLASYFIKACJI CYKLU BĘDZIE BRANY
POD UWAGĘ SZACUNKOWY CZAS NA PEŁNE 5 KM**



| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Rok urodz. | Kat. wiek. | M-ce w kat. | Czas startu | tempo min/km | tempo km/h | Czas netto | Czas Brutto | M | K | szacunkowy czas na 5km |
|------|---------|-----------------------|--------------|------------------------------------|------------|------------|-------------|-------------|--------------|------------|------------|-------------|----|---|------------------------|
| 1 | 132 | MOSKAŁ PAWEŁ | KURZĘTNIK | KURZĘTNIK BIEGA | 1997 | M16-29 | 1 | 00:00:01 | 3:05 | 19,5 | 00:15:24 | 00:15:25 | 1 | | 00:16:23 |
| 2 | 376 | ZIMMER ŁUKASZ | TORUŃ | PACKMAN TEAM | 1981 | M30-39 | 1 | 00:00:01 | 3:08 | 19,2 | 00:15:39 | 00:15:40 | 2 | | 00:16:39 |
| 3 | 195 | RATAJCYK PRZEMYSŁAW | ZAKRZEWO | TKKF RADZIEJOWIANKA | 1993 | M16-29 | 2 | 00:00:00 | 3:10 | 19,0 | 00:15:48 | 00:15:48 | 3 | | 00:16:49 |
| 4 | 407 | WASZAK KRZYSZTOF | WŁOCLAWEK | BROTHERSTEAM | 1995 | M16-29 | 3 | 00:00:01 | 3:13 | 18,6 | 00:16:07 | 00:16:08 | 4 | | 00:17:09 |
| 5 | 292 | WASZAK SEBASTIAN | WŁOCLAWEK | BROTHERSTEAM | 1988 | M30-39 | 2 | 00:00:01 | 3:14 | 18,6 | 00:16:08 | 00:16:09 | 5 | | 00:17:10 |
| 6 | 187 | ŻELISZCZAK ARTUR | TORUŃ | NADAKTYWNI TORUŃ | 1986 | M30-39 | 3 | 00:00:01 | 3:17 | 18,3 | 00:16:24 | 00:16:25 | 6 | | 00:17:27 |
| 7 | 263 | BEDRA ROBERT | BYDGOSZCZ | CZARNE STOPY.SM | 1980 | M30-39 | 4 | 00:00:01 | 3:17 | 18,3 | 00:16:26 | 00:16:27 | 7 | | 00:17:29 |
| 8 | 144 | WASZAK MARIUSZ | WAGANIEC | BROTHERSTEAM | 1979 | M30-39 | 5 | 00:00:01 | 3:20 | 18,0 | 00:16:41 | 00:16:42 | 8 | | 00:17:45 |
| 9 | 150 | MAĆKOWSKI MACIEJ | BYDGOSZCZ | UPS BYDGOSZCZ | 1986 | M30-39 | 6 | 00:00:01 | 3:21 | 17,9 | 00:16:46 | 00:16:47 | 9 | | 00:17:50 |
| 10 | 108 | BLOCH PRZEMYSŁAW | CZERSK | BIEGAJĄCE ŚLIWICE (CZERSK) | 1981 | M30-39 | 7 | 00:00:03 | 3:23 | 17,7 | 00:16:55 | 00:16:58 | 10 | | 00:18:00 |
| 11 | 284 | SIWIAK FILIP | GDAŃSK | ZSE GDAŃSK | 1995 | M16-29 | 4 | 00:00:01 | 3:23 | 17,7 | 00:16:57 | 00:16:58 | 11 | | 00:18:02 |
| 12 | 252 | CHRZAŚCZ BARTOSZ | PAKOŚĆ | BRZEZIŃSKI RUN CLUB | 1995 | M16-29 | 5 | 00:00:01 | 3:24 | 17,6 | 00:17:00 | 00:17:01 | 12 | | 00:18:05 |
| 13 | 397 | WALENDZIAK KLAUDIUSZ | GDYNIA | PACKMAN TEAM | 1975 | M40-49 | 1 | 00:00:01 | 3:25 | 17,6 | 00:17:03 | 00:17:04 | 13 | | 00:18:08 |
| 14 | 440 | BASIŃSKI ŁUKASZ | JACEWO | | 1992 | M16-29 | 6 | 00:00:00 | 3:25 | 17,5 | 00:17:06 | 00:17:06 | 14 | | 00:18:11 |
| 15 | 111 | PACZKOWSKI JACEK | STRZELNO | STRZELNO | 1966 | M50-59 | 1 | 00:00:02 | 3:26 | 17,5 | 00:17:09 | 00:17:11 | 15 | | 00:18:15 |
| 16 | 1 | DĄBROWSKI PAWEŁ | GRUDZIĄDZ | | 1994 | M16-29 | 7 | 00:00:01 | 3:27 | 17,4 | 00:17:13 | 00:17:14 | 16 | | 00:18:19 |
| 17 | 291 | PŁOTALSKI PAWEŁ | JANIKOWO | BROSTER TEAM | 1979 | M30-39 | 8 | 00:00:02 | 3:27 | 17,4 | 00:17:17 | 00:17:19 | 17 | | 00:18:23 |
| 18 | 182 | GOŁEMBIEWSKI MAREK | BYDGOSZCZ | MUKS PIĘTNASTKA/B4SPORT BYDGOSZCZ | 1972 | M40-49 | 2 | 00:00:00 | 3:28 | 17,3 | 00:17:19 | 00:17:19 | 18 | | 00:18:25 |
| 19 | 344 | KIEŁBASA DARIUSZ | GĄBIN | GĄBIN BIEGA | 1969 | M40-49 | 3 | 00:00:02 | 3:28 | 17,3 | 00:17:21 | 00:17:23 | 19 | | 00:18:27 |
| 20 | 73 | MODLIŃSKI ŁUKASZ | CIECHRZ | | 1994 | M16-29 | 8 | 00:00:03 | 3:30 | 17,2 | 00:17:28 | 00:17:31 | 20 | | 00:18:35 |
| 21 | 240 | BUDNIK BARTOSZ | INOWROCŁAW | | 2001 | M16-29 | 9 | 00:00:02 | 3:31 | 17,1 | 00:17:34 | 00:17:36 | 21 | | 00:18:41 |
| 22 | 59 | BASA JACEK | KRUSZWICA | ROZBIEGANA KRUSZWICA | 1976 | M40-49 | 4 | 00:00:01 | 3:31 | 17,1 | 00:17:35 | 00:17:36 | 22 | | 00:18:42 |
| 23 | 449 | KUBIAK TOMASZ | INOWROCŁAW | T.G."SOKÓŁ"GNIEWKOWO | 1975 | M40-49 | 5 | 00:00:02 | 3:31 | 17,0 | 00:17:36 | 00:17:38 | 23 | | 00:18:43 |
| 24 | 190 | GAŚSIOROWSKI GRZEGORZ | WANDYNOWO | | 1974 | M40-49 | 6 | 00:00:07 | 3:35 | 16,7 | 00:17:55 | 00:18:02 | 24 | | 00:19:04 |
| 25 | 24 | ROGOZIŃSKI TOMASZ | LUBICZ GÓRNY | | 1978 | M40-49 | 7 | 00:00:02 | 3:35 | 16,7 | 00:17:57 | 00:17:59 | 25 | | 00:19:06 |
| 26 | 114 | SITKO MARIUSZ | JANIKOWO | SZYBKE RYSIE TEAM | 1981 | M30-39 | 9 | 00:00:02 | 3:36 | 16,7 | 00:18:01 | 00:18:03 | 26 | | 00:19:10 |
| 27 | 104 | BARTOSZYŃSKI DOMINIK | RYPIN | BASKET RYPIN | 1987 | M30-39 | 10 | 00:00:00 | 3:36 | 16,6 | 00:18:02 | 00:18:02 | 27 | | 00:19:11 |
| 28 | 229 | GLEŃ MICHAŁ | INOWROCŁAW | | 1990 | M16-29 | 10 | 00:00:00 | 3:39 | 16,5 | 00:18:14 | 00:18:14 | 28 | | 00:19:24 |
| 29 | 178 | KRENC KRZYSZTOF | KOŁO | | 1985 | M30-39 | 11 | 00:00:07 | 3:41 | 16,3 | 00:18:24 | 00:18:31 | 29 | | 00:19:34 |
| 30 | 430 | BIELSKI DAWID | ŁOCHOWO | | 1985 | M30-39 | 12 | 00:00:03 | 3:41 | 16,3 | 00:18:25 | 00:18:28 | 30 | | 00:19:36 |
| 31 | 160 | PARTYKA WOJCIECH | JANIKOWO | | 1980 | M30-39 | 13 | 00:00:05 | 3:41 | 16,3 | 00:18:27 | 00:18:32 | 31 | | 00:19:38 |
| 32 | 173 | WALDA ŁUKASZ | BYDGOSZCZ | | 1985 | M30-39 | 14 | 00:00:02 | 3:42 | 16,2 | 00:18:31 | 00:18:33 | 32 | | 00:19:42 |
| 33 | 174 | OLSZEWSKA ADRIANNA | MROCZA | | 1995 | K16-29 | 1 | 00:00:03 | 3:43 | 16,1 | 00:18:35 | 00:18:38 | | 1 | 00:19:46 |
| 34 | 459 | BENTKOWSKA NATALIA | PRĄDOCIN | II TRI POWER | 1993 | K16-29 | 2 | 00:00:02 | 3:43 | 16,1 | 00:18:37 | 00:18:39 | | 2 | 00:19:48 |
| 35 | 51 | WERNER MICHAŁ | ŁABISZYN | GARDENFLORA MTB TEAM | 1990 | M16-29 | 11 | 00:00:06 | 3:44 | 16,1 | 00:18:40 | 00:18:46 | 33 | | 00:19:51 |
| 36 | 227 | WŁODARCZYK WOJCIECH | BYDGOSZCZ | CZARNE STOPY.SM | 1964 | M50-59 | 2 | 00:00:02 | 3:46 | 16,0 | 00:18:48 | 00:18:50 | 34 | | 00:20:00 |
| 37 | 309 | TOPOLSKI MARIUSZ | RADZIEJÓW | | 1991 | M16-29 | 12 | 00:00:11 | 3:47 | 15,8 | 00:18:57 | 00:19:08 | 35 | | 00:20:10 |
| 38 | 15 | KULS MICHAŁ | INOWROCŁAW | | 1993 | M16-29 | 13 | 00:00:03 | 3:48 | 15,8 | 00:18:58 | 00:19:01 | 36 | | 00:20:11 |
| 39 | 52 | ŁUKASIEWICZ MARIUSZ | INOWROCŁAW | SILENTEROES.PL TEAM/ ZSPNR3 MECHAN | 1982 | M30-39 | 15 | 00:00:05 | 3:48 | 15,8 | 00:19:01 | 00:19:06 | 37 | | 00:20:14 |
| 40 | 327 | JUCHACZ MICHAŁ | INOWROCŁAW | DZIKI Z BALCZEWA | 1978 | M40-49 | 8 | 00:00:03 | 3:50 | 15,7 | 00:19:10 | 00:19:13 | 38 | | 00:20:23 |
| 41 | 188 | SZUKALSKI RAFAŁ | INOWROCŁAW | INOWROCŁAW BIEGA | 1975 | M40-49 | 9 | 00:00:03 | 3:51 | 15,6 | 00:19:15 | 00:19:18 | 39 | | 00:20:29 |
| 42 | 79 | SZYSZKA RADOŚLAW | BYDGOSZCZ | KEEPPER TEAM | 1982 | M30-39 | 16 | 00:00:01 | 3:52 | 15,5 | 00:19:18 | 00:19:19 | 40 | | 00:20:32 |
| 43 | 228 | SIEMIENIECKI DARIUSZ | TORUŃ | | 1974 | M40-49 | 10 | 00:00:07 | 3:52 | 15,5 | 00:19:21 | 00:19:28 | 41 | | 00:20:35 |
| 44 | 152 | ANDRZEJEWSKI PAWEŁ | DOBROMIERZ 7 | | 1978 | M40-49 | 11 | 00:00:02 | 3:53 | 15,5 | 00:19:24 | 00:19:26 | 42 | | 00:20:38 |
| 45 | 64 | OKLEJA WOJCIECH | INOWROCŁAW | INOWROCŁAW BIEGA | 1971 | M40-49 | 12 | 00:00:06 | 3:54 | 15,4 | 00:19:28 | 00:19:34 | 43 | | 00:20:43 |
| 46 | 353 | ŚWITALSKI MARCIN | INOWROCŁAW | ATHLETIC CLUB INOWROCŁAW | 1980 | M30-39 | 17 | 00:00:01 | 3:54 | 15,4 | 00:19:30 | 00:19:31 | 44 | | 00:20:45 |

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POD UWAGĘ SZACUNKOWY CZAS NA PEŁNE 5 KM**



| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Rok urodz. | Kat. wiek. | M-ce w kat. | Czas startu | tempo min/km | tempo km/h | Czas netto | Czas Brutto | M | K | szacunkowy czas na 5km |
|------|---------|------------------------|-------------------|-----------------------------|------------|------------|-------------|-------------|--------------|------------|------------|-------------|----|---|------------------------|
| 47 | 269 | WAJCHERT ŁUKASZ | INOWROCŁAW | TURBOGROSZKI.RUN | 1986 | M30-39 | 18 | 00:00:04 | 3:55 | 15,3 | 00:19:33 | 00:19:37 | 45 | | 00:20:48 |
| 48 | 136 | NOWACKI MARIUSZ | BYDGOSZCZ | ZFCI | 1977 | M40-49 | 13 | 00:00:02 | 3:55 | 15,3 | 00:19:36 | 00:19:38 | 46 | | 00:20:51 |
| 49 | 213 | CZERWIŃSKI KRZYSZTOF | OŚNO DRUGIE | AKADEMIA BIEGANIA GRUDZIĄDZ | 1996 | M16-29 | 14 | 00:00:03 | 3:55 | 15,3 | 00:19:37 | 00:19:40 | 47 | | 00:20:52 |
| 50 | 304 | JANUSZKIEWICZ PIOTR | ŁOCHOWO | | 1982 | M30-39 | 19 | 00:00:03 | 3:57 | 15,2 | 00:19:43 | 00:19:46 | 48 | | 00:20:59 |
| 51 | 159 | PAWŁAK KAMIL | JANIKOWO | SZYBIE RYSIE TEAM | 1988 | M30-39 | 20 | 00:00:10 | 3:57 | 15,2 | 00:19:44 | 00:19:54 | 49 | | 00:21:00 |
| 52 | 258 | ZNANIECKI MICHAŁ | INOWROCŁAW | BBL INOWROCŁAW | 1971 | M40-49 | 14 | 00:00:12 | 3:57 | 15,2 | 00:19:45 | 00:19:57 | 50 | | 00:21:01 |
| 53 | 71 | BRZOZOWSKI BARTOSZ | INOWROCŁAW | | 2001 | M16-29 | 15 | 00:00:05 | 3:58 | 15,1 | 00:19:50 | 00:19:55 | 51 | | 00:21:06 |
| 54 | 53 | GRABIŃSKI GRZEGORZ | INOWROCŁAW | SPORT4LIFE | 1970 | M40-49 | 15 | 00:00:08 | 3:59 | 15,1 | 00:19:56 | 00:20:04 | 52 | | 00:21:12 |
| 55 | 332 | GNUTEK KUBA | INOWROCŁAW | MAGNUM | 2001 | M16-29 | 16 | 00:00:04 | 4:00 | 15,0 | 00:20:00 | 00:20:04 | 53 | | 00:21:17 |
| 56 | 448 | OLSZEWSKI RAFAŁ | GNIEWKOWO | T.G."SOKÓŁ"GNIEWKOWO | 1981 | M30-39 | 21 | 00:00:03 | 4:00 | 15,0 | 00:20:02 | 00:20:05 | 54 | | 00:21:19 |
| 57 | 224 | MECHLIŃSKI SEBASTIAN | NAKŁO NAD NOTECIĄ | JS 2073 | 2001 | M16-29 | 17 | 00:00:06 | 4:00 | 15,0 | 00:20:02 | 00:20:08 | 55 | | 00:21:19 |
| 58 | 32 | KRUSZYNA ROBERT | DZIEMIONNA | | 1978 | M40-49 | 16 | 00:00:05 | 4:01 | 15,0 | 00:20:04 | 00:20:09 | 56 | | 00:21:21 |
| 59 | 280 | SZCZUDLIŃSKI DARIUSZ | INOWROCŁAW | BBL INOWROCŁAW | 1966 | M50-59 | 3 | 00:00:03 | 4:02 | 14,9 | 00:20:09 | 00:20:12 | 57 | | 00:21:26 |
| 60 | 294 | TYLKOWSKI ŁUKASZ PIOTR | INOWROCŁAW | TURBOGROSZKI.RUN | 1991 | M16-29 | 18 | 00:00:04 | 4:04 | 14,7 | 00:20:21 | 00:20:25 | 58 | | 00:21:39 |
| 61 | 456 | SIKORSKI SŁAWOMIR | SŁUŻEWO | | 1968 | M50-59 | 4 | 00:00:07 | 4:06 | 14,7 | 00:20:28 | 00:20:35 | 59 | | 00:21:46 |
| 62 | 362 | PIETRAS ARKADIUSZ | KAMIEŃ KRAJEŃSKI | 56 BAZA LOTNICZA | 1994 | M16-29 | 19 | 00:00:07 | 4:06 | 14,6 | 00:20:30 | 00:20:37 | 60 | | 00:21:49 |
| 63 | 122 | KUSTOSZ ŁUKASZ | PIECHCIN | | 1984 | M30-39 | 22 | 00:00:10 | 4:07 | 14,6 | 00:20:33 | 00:20:43 | 61 | | 00:21:52 |
| 64 | 166 | GRALLA PIOTR | TORUŃ | | 1963 | M50-59 | 5 | 00:00:11 | 4:07 | 14,6 | 00:20:33 | 00:20:44 | 62 | | 00:21:52 |
| 65 | 210 | CHEŁMINIAK JAKUB | INOWROCŁAW | | 2002 | M16-29 | 20 | 00:00:05 | 4:07 | 14,6 | 00:20:34 | 00:20:39 | 63 | | 00:21:53 |
| 66 | 12 | MAKOWIECKI JAKUB | INOWROCŁAW | GOGO! | 1982 | M30-39 | 23 | 00:00:05 | 4:07 | 14,6 | 00:20:36 | 00:20:41 | 64 | | 00:21:55 |
| 67 | 38 | MACIEJEWSKI ZBIGNIEW | INOWROCŁAW | TG SOKÓŁ GNIEWKOWO | 1966 | M50-59 | 6 | 00:00:01 | 4:07 | 14,6 | 00:20:36 | 00:20:37 | 65 | | 00:21:55 |
| 68 | 76 | ZIÓŁKOWSKI MIECZYSLAW | JANIKOWO | ZGUBIŁEM SPONSORA | 1965 | M50-59 | 7 | 00:00:04 | 4:07 | 14,6 | 00:20:37 | 00:20:41 | 66 | | 00:21:56 |
| 69 | 326 | TWARDOWSKI PIOTR | KUTNO | KUTNO BIEGA | 1976 | M40-49 | 17 | 00:00:02 | 4:09 | 14,4 | 00:20:46 | 00:20:48 | 67 | | 00:22:06 |
| 70 | 373 | MATYSIAK PRZEMEK | INOWROCŁAW | | 1984 | M30-39 | 24 | 00:00:08 | 4:10 | 14,4 | 00:20:50 | 00:20:58 | 68 | | 00:22:10 |
| 71 | 289 | CEGLARSKI KRZYSZTOF | INOWROCŁAW | | 1977 | M40-49 | 18 | 00:00:20 | 4:10 | 14,4 | 00:20:50 | 00:21:10 | 69 | | 00:22:10 |
| 72 | 285 | WOJCIECHOWSKI MARIUSZ | SOSNOWIEC | MARIO | 1979 | M30-39 | 25 | 00:00:03 | 4:10 | 14,4 | 00:20:50 | 00:20:53 | 70 | | 00:22:10 |
| 73 | 394 | GABRYCH MACIEJ | BYDGOSZCZ | CZARNE STOPY.SM | 1980 | M30-39 | 26 | 00:00:03 | 4:11 | 14,3 | 00:20:56 | 00:20:59 | 71 | | 00:22:16 |
| 74 | 68 | FIGLER IWONA | NIEMCZ | | 1972 | K40-49 | 1 | 00:00:04 | 4:11 | 14,3 | 00:20:57 | 00:21:01 | | 3 | 00:22:17 |
| 75 | 365 | PLUCIŃSKI JAKUB | INOWROCŁAW | POZKAL RUNNING TEAM | 1979 | M30-39 | 27 | 00:00:09 | 4:11 | 14,3 | 00:20:57 | 00:21:06 | 72 | | 00:22:17 |
| 76 | 287 | GROL KRYSZTOF | INOWROCŁAW | 56. BAZA LOTNICZA | 1986 | M30-39 | 28 | 00:00:07 | 4:12 | 14,3 | 00:21:01 | 00:21:08 | 73 | | 00:22:21 |
| 77 | 345 | MROWIŃSKI ROBERT | TORUŃ | CRONIMET | 1977 | M40-49 | 19 | 00:00:05 | 4:12 | 14,3 | 00:21:02 | 00:21:07 | 74 | | 00:22:23 |
| 78 | 22 | CIEŚLEWICZ KAROL | BYDGOSZCZ | | 1979 | M30-39 | 29 | 00:00:05 | 4:13 | 14,3 | 00:21:03 | 00:21:08 | 75 | | 00:22:24 |
| 79 | 312 | LUBER JAKUB | INOWROCŁAW | KMK TEAM PRO | 2001 | M16-29 | 21 | 00:00:01 | 4:13 | 14,3 | 00:21:03 | 00:21:04 | 76 | | 00:22:24 |
| 80 | 286 | MARCYJANIAK KRZYSZTOF | RADZIEJÓW | KS ZRYW RADZIEJÓW | 1977 | M40-49 | 20 | 00:00:09 | 4:13 | 14,2 | 00:21:04 | 00:21:13 | 77 | | 00:22:25 |
| 81 | 131 | PNIEWSKI MACIEJ | GOLUB-DOBRZYŃ | AGROLOK SPORT TEAM | 1976 | M40-49 | 21 | 00:00:09 | 4:13 | 14,2 | 00:21:04 | 00:21:13 | 78 | | 00:22:25 |
| 82 | 346 | GLUBIAK TOMASZ | INOWROCŁAW | CRONIMET | 1965 | M50-59 | 8 | 00:00:06 | 4:13 | 14,2 | 00:21:05 | 00:21:11 | 79 | | 00:22:26 |
| 83 | 339 | MIELCAREK MARCIN | TORUŃ | | 1988 | M30-39 | 30 | 00:00:30 | 4:13 | 14,2 | 00:21:06 | 00:21:36 | 80 | | 00:22:27 |
| 84 | 203 | LEWANDOWSKI WŁADYSŁAW | INOWROCŁAW | DECATLON TEAM INOWROCŁAW | 1954 | M60-69 | 1 | 00:00:01 | 4:13 | 14,2 | 00:21:07 | 00:21:08 | 81 | | 00:22:28 |
| 85 | 403 | SÓJKOWSKI DARIUSZ | GNIEWKOWO | | 1987 | M30-39 | 31 | 00:00:04 | 4:13 | 14,2 | 00:21:07 | 00:21:11 | 82 | | 00:22:28 |
| 86 | 318 | KUŚ MARCIN | BYDGOSZCZ | TURBOGROSZKI.RUN | 1979 | M30-39 | 32 | 00:00:03 | 4:14 | 14,2 | 00:21:09 | 00:21:12 | 83 | | 00:22:30 |
| 87 | 115 | WIECZOREK JUSTYNA | INOWROCŁAW | | 1975 | K40-49 | 2 | 00:00:03 | 4:14 | 14,2 | 00:21:09 | 00:21:12 | | 4 | 00:22:30 |
| 88 | 438 | WANDACHOWICZ MARIUSZ | ŁÓDŹ | | 1983 | M30-39 | 33 | 00:00:08 | 4:14 | 14,2 | 00:21:10 | 00:21:18 | 84 | | 00:22:31 |
| 89 | 116 | GRZECHNIK PAULINA | KRÓLIKOWO | | 1982 | K30-39 | 1 | 00:00:10 | 4:14 | 14,2 | 00:21:11 | 00:21:21 | | 5 | 00:22:32 |
| 90 | 192 | URBAN STANISŁAW | INOWROCŁAW | BBL INOWROCŁAW | 1962 | M50-59 | 9 | 00:00:05 | 4:14 | 14,2 | 00:21:11 | 00:21:16 | 85 | | 00:22:32 |
| 91 | 138 | FURMANIAK ŁUKASZ | PIECHCIN | | 1985 | M30-39 | 34 | 00:00:10 | 4:15 | 14,1 | 00:21:15 | 00:21:25 | 86 | | 00:22:36 |
| 92 | 100 | SAK JOANNA | INOWROCŁAW | | 1989 | K16-29 | 3 | 00:00:04 | 4:15 | 14,1 | 00:21:15 | 00:21:19 | | 6 | 00:22:36 |

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Data: 30.06.2018

Dystans: 5 KM

Miejscowość: INOWROCŁAW

**UZYSKANE CZASY DOTYCZĄ TRASY NA 4,7 KM, DO KLASYFIKACJI CYKLU BĘDZIE BRANY
POD UWAGĘ SZACUNKOWY CZAS NA PEŁNE 5 KM**



| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Rok urodz. | Kat. wiek. | M-ce w kat | Czas startu | tempo min/km | tempo km/h | Czas netto | Czas Brutto | M | K | szacunkowy czas na 5km |
|------|---------|-------------------------------|-------------------|-----------------------------------|------------|------------|------------|-------------|--------------|------------|------------|-------------|-----|----|------------------------|
| 93 | 408 | REPCZYŃSKI TOMASZ | BYDGOSZCZ | | 1990 | M16-29 | 22 | 00:00:22 | 4:15 | 14,1 | 00:21:15 | 00:21:37 | 87 | | 00:22:36 |
| 94 | 412 | SKIERA KRZYSZTOF | BYDGOSZCZ | RUN BYDGOSZCZ | 1976 | M40-49 | 22 | 00:00:02 | 4:17 | 14,0 | 00:21:23 | 00:21:25 | 88 | | 00:22:45 |
| 95 | 94 | WERYŃSKA MAŁGORZATA | JANIKOWO | GOGO! | 1992 | K16-29 | 4 | 00:00:06 | 4:17 | 14,0 | 00:21:24 | 00:21:30 | | 7 | 00:22:46 |
| 96 | 17 | ROŚ SŁAWEK | NOWA WIEŚ WIELKA | ARMIA CHRYSZTUSA | 1988 | M30-39 | 35 | 00:00:05 | 4:17 | 14,0 | 00:21:24 | 00:21:29 | 89 | | 00:22:46 |
| 97 | 54 | CHMIELARZ JUSTYNA | KRUSZWICA | CHMIELARZ TEAM KRUSZWICA | 1988 | K30-39 | 2 | 00:00:04 | 4:17 | 14,0 | 00:21:26 | 00:21:30 | | 8 | 00:22:48 |
| 98 | 443 | WELEROWICZ ARTUR | IŁAWA | | 1972 | M40-49 | 23 | 00:00:08 | 4:17 | 14,0 | 00:21:27 | 00:21:35 | 90 | | 00:22:49 |
| 99 | 42 | GREINERT MICHAŁ | INOWROCŁAW | STOWARZYSZENIE SPORTOWE LANDRYNKA | 1970 | M40-49 | 24 | 00:00:01 | 4:19 | 13,9 | 00:21:33 | 00:21:34 | 91 | | 00:22:56 |
| 100 | 208 | RYMARKIEWICZ MAŁGORZATA | BYDGOSZCZ | PAPAY CLUB | 1983 | K30-39 | 3 | 00:00:12 | 4:20 | 13,9 | 00:21:39 | 00:21:51 | | 9 | 00:23:02 |
| 101 | 415 | GROBELSKI TOMASZ | INOWROCŁAW | BBL INOWROCŁAW | 1982 | M30-39 | 36 | 00:00:06 | 4:20 | 13,8 | 00:21:41 | 00:21:47 | 92 | | 00:23:04 |
| 102 | 390 | TOKARSKI DAMIAN | PIOTRKÓW KUJAWSKI | | 1972 | M40-49 | 25 | 00:00:08 | 4:20 | 13,8 | 00:21:41 | 00:21:49 | 93 | | 00:23:04 |
| 103 | 382 | NARUSZEWICZ DOMINIK SEBASTIAN | NAKŁO NAD NOTECIĄ | JS 2073 | 1982 | M30-39 | 37 | 00:00:06 | 4:21 | 13,8 | 00:21:45 | 00:21:51 | 94 | | 00:23:08 |
| 104 | 65 | SKOCZYŁAS RYSZARD | MIŃSK MAZOWIECKI | | 1981 | M30-39 | 38 | 00:00:21 | 4:21 | 13,8 | 00:21:45 | 00:22:06 | 95 | | 00:23:08 |
| 105 | 270 | KARÓLEWSKI MAREK | INOWROCŁAW | DECATHLON TEAM INOWROCŁAW | 1955 | M60-69 | 2 | 00:00:04 | 4:21 | 13,8 | 00:21:46 | 00:21:50 | 96 | | 00:23:09 |
| 106 | 3 | JASIŃSKI MACIEJ | INOWROCŁAW | | 1970 | M40-49 | 26 | 00:00:20 | 4:22 | 13,7 | 00:21:52 | 00:22:12 | 97 | | 00:23:16 |
| 107 | 172 | MOLENDĄ FILIP | GNIEWKOWO | | 2001 | M16-29 | 23 | 00:00:03 | 4:22 | 13,7 | 00:21:52 | 00:21:55 | 98 | | 00:23:16 |
| 108 | 372 | PRĄTNIKI MARIUSZ | INOWROCŁAW | S.N.E.J.P.2 | 1972 | M40-49 | 27 | 00:00:15 | 4:23 | 13,7 | 00:21:54 | 00:22:09 | 99 | | 00:23:18 |
| 109 | 419 | ZIÓŁKOWSKI FILIP | INOWROCŁAW | DECATHLON INOWROCŁAW | 1990 | M16-29 | 24 | 00:00:11 | 4:24 | 13,6 | 00:22:01 | 00:22:12 | 100 | | 00:23:25 |
| 110 | 437 | MARKIEWICZ ZBIGNIEW | WĄBRZEŻNO | | 1957 | M60-69 | 3 | 00:00:05 | 4:25 | 13,6 | 00:22:07 | 00:22:12 | 101 | | 00:23:32 |
| 111 | 450 | ZIĘTARA RAJMUND | INOWROCŁAW | 2RBLOG SKŁAD ZEGRZE | 1965 | M50-59 | 10 | 00:00:22 | 4:26 | 13,5 | 00:22:10 | 00:22:32 | 102 | | 00:23:35 |
| 112 | 9 | FURYK KAROL | PAKOŚĆ | PAKOŚĆ BIEGA | 1984 | M30-39 | 39 | 00:00:16 | 4:26 | 13,5 | 00:22:12 | 00:22:28 | 103 | | 00:23:37 |
| 113 | 354 | TALAGA PAWEŁ | KUTNO | KUTNO BIEGA | 1975 | M40-49 | 28 | 00:00:02 | 4:27 | 13,5 | 00:22:13 | 00:22:15 | 104 | | 00:23:38 |
| 114 | 248 | RENC PATRYK | BYDGOSZCZ | SERCE TYBETU | 1989 | M16-29 | 25 | 00:00:12 | 4:27 | 13,5 | 00:22:14 | 00:22:26 | 105 | | 00:23:39 |
| 115 | 273 | CZYŻEWSKI ROBERT | INOWROCŁAW | | 1975 | M40-49 | 29 | 00:00:05 | 4:27 | 13,5 | 00:22:15 | 00:22:20 | 106 | | 00:23:40 |
| 116 | 181 | MATUSZAK KAMIL | INOWROCŁAW | NOTEĆ INOWROCŁAW | 1987 | M30-39 | 40 | 00:00:03 | 4:28 | 13,5 | 00:22:18 | 00:22:21 | 107 | | 00:23:43 |
| 117 | 183 | NOWAK IZA | POZNAŃ | | 1979 | K30-39 | 4 | 00:00:07 | 4:28 | 13,4 | 00:22:22 | 00:22:29 | | 10 | 00:23:48 |
| 118 | 293 | ŻOŁNOWSKA MONIKA | TORUŃ | | 1984 | K30-39 | 5 | 00:00:03 | 4:29 | 13,4 | 00:22:24 | 00:22:27 | | 11 | 00:23:50 |
| 119 | 454 | LEWANDOWSKI ANDRZEJ | KRUSZWICA | KRUSZWICA | 1972 | M40-49 | 30 | 00:00:10 | 4:29 | 13,4 | 00:22:25 | 00:22:35 | 108 | | 00:23:51 |
| 120 | 276 | JARŁAK MIKOŁAJ | INOWROCŁAW | #ADR! | 1989 | M16-29 | 26 | 00:00:18 | 4:29 | 13,4 | 00:22:26 | 00:22:44 | 109 | | 00:23:52 |
| 121 | 242 | KMITTA MICHAŁ | INOWROCŁAW | JANUSZE JOGGINGU | 1986 | M30-39 | 41 | 00:00:07 | 4:29 | 13,4 | 00:22:26 | 00:22:33 | 110 | | 00:23:52 |
| 122 | 446 | JĘDRASIK STANISŁAW | INOWROCŁAW | | 1961 | M50-59 | 11 | 00:00:08 | 4:31 | 13,3 | 00:22:33 | 00:22:41 | 111 | | 00:23:59 |
| 123 | 125 | GÓRNA KAROLINA | INOWROCŁAW | BIEGAM BO LUBIĘ INOWROCŁAW | 1996 | K16-29 | 5 | 00:00:10 | 4:31 | 13,3 | 00:22:36 | 00:22:46 | | 12 | 00:24:03 |
| 124 | 1001 | RUDZKA NADIA | INOWROCŁAW | ZSI INOWROCŁAW | 2005 | K0 | | 00:00:19 | 4:31 | 13,3 | 00:22:36 | 00:22:55 | | 13 | 00:24:03 |
| 125 | 1002 | SZŁYK MARCEL | INOWROCŁAW | ZSI INOWROCŁAW | 1975 | M40-49 | 31 | 00:00:20 | 4:31 | 13,3 | 00:22:36 | 00:22:56 | 112 | | 00:24:03 |
| 126 | 433 | OLEJNICZAK RAFAŁ | INOWROCŁAW | MAGNUM | 1970 | M40-49 | 32 | 00:00:10 | 4:32 | 13,2 | 00:22:42 | 00:22:52 | 113 | | 00:24:09 |
| 127 | 209 | SENFLEBEN MACIEJ | INOWROCŁAW | BBL INOWROCŁAW | 1984 | M30-39 | 42 | 00:00:14 | 4:34 | 13,1 | 00:22:52 | 00:23:06 | 114 | | 00:24:20 |
| 128 | 101 | CZYŻEWSKA JUSTYNA | BRZOZA | | 1983 | K30-39 | 6 | 00:00:15 | 4:36 | 13,1 | 00:22:58 | 00:23:13 | | 14 | 00:24:26 |
| 129 | 31 | KRUSZYNA RENATA | DZIEMIONNA | | 1984 | K30-39 | 7 | 00:00:05 | 4:36 | 13,0 | 00:23:01 | 00:23:06 | | 15 | 00:24:29 |
| 130 | 361 | MOKOS TOMASZ | INOWROCŁAW | INOWROCŁAW BIEGA | 1986 | M30-39 | 43 | 00:00:20 | 4:36 | 13,0 | 00:23:01 | 00:23:21 | 115 | | 00:24:29 |
| 131 | 267 | ZAWADA JAROSŁAW | INOWROCŁAW | | 1968 | M50-59 | 12 | 00:00:03 | 4:36 | 13,0 | 00:23:01 | 00:23:04 | 116 | | 00:24:29 |
| 132 | 218 | KARASZEWSKA PAULINA | INOWROCŁAW | | 1988 | K30-39 | 8 | 00:00:17 | 4:37 | 13,0 | 00:23:03 | 00:23:20 | | 16 | 00:24:31 |
| 133 | 402 | BURZYŃSKI MARCIN | GAŚAWA | | 1993 | M16-29 | 27 | 00:00:25 | 4:38 | 13,0 | 00:23:08 | 00:23:33 | 117 | | 00:24:37 |
| 134 | 319 | CZERWIŃSKI MARCIN | KRUSZWICA | BB 06 | 1985 | M30-39 | 44 | 00:00:17 | 4:38 | 12,9 | 00:23:11 | 00:23:28 | 118 | | 00:24:40 |
| 135 | 124 | FRONTCZAK IWONA | INOWROCŁAW | BBL INOWROCŁAW | 1972 | K40-49 | 3 | 00:00:03 | 4:39 | 12,9 | 00:23:14 | 00:23:17 | | 17 | 00:24:43 |
| 136 | 366 | LIPIŃSKA ANNA | INOWROCŁAW | CRONIMET | 1979 | K30-39 | 9 | 00:00:16 | 4:39 | 12,9 | 00:23:15 | 00:23:31 | | 18 | 00:24:44 |
| 137 | 58 | KUREK PAWEŁ | INOWROCŁAW | | 1986 | M30-39 | 45 | 00:00:20 | 4:40 | 12,9 | 00:23:19 | 00:23:39 | 119 | | 00:24:48 |
| 138 | 222 | KOPEĆ MICHAŁ | PERKOWO | -- | 1999 | M16-29 | 28 | 00:00:04 | 4:40 | 12,9 | 00:23:20 | 00:23:24 | 120 | | 00:24:49 |

FOUR COLOURS GRAND PRIX INOWROCŁAW - BLUE RUN

Organizator: Agencja Aktywnego Wypoczynku ACTINSPORT Waldemar Kwiatkowski; MKS Inowrocław

Data: 30.06.2018

Dystans: 5 KM

Miejscowość: INOWROCŁAW

**UZYSKANE CZASY DOTYCZĄ TRASY NA 4,7 KM, DO KLASYFIKACJI CYKLU BĘDZIE BRANY
POD UWAGĘ SZACUNKOWY CZAS NA PEŁNE 5 KM**



| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Rok urodz. | Kat. wiek. | M-ce w kat | Czas startu | tempo min/km | tempo km/h | Czas netto | Czas Brutto | M | K | szacunkowy czas na 5km |
|------|---------|------------------------------|-------------------|------------------------------------|------------|------------|------------|-------------|--------------|------------|------------|-------------|-----|----|------------------------|
| 139 | 335 | GOŁATA EWA | INOWROCŁAW | | 1962 | K50-59 | 1 | 00:00:05 | 4:40 | 12,9 | 00:23:20 | 00:23:25 | | 19 | 00:24:49 |
| 140 | 149 | MIELCAREK ROBERT | INOWROCŁAW | | 1985 | M30-39 | 46 | 00:00:25 | 4:40 | 12,8 | 00:23:21 | 00:23:46 | 121 | | 00:24:50 |
| 141 | 444 | PACZKOWSKI MICHAŁ | INOWROCŁAW | MICHAEL SPORTOWIEC | 1985 | M30-39 | 47 | 00:00:25 | 4:41 | 12,8 | 00:23:23 | 00:23:48 | 122 | | 00:24:53 |
| 142 | 406 | JAGIEŁO SYLWIA | INOWROCŁAW | BBL INOWROCŁAW BIEGA | 1978 | K40-49 | 4 | 00:00:07 | 4:41 | 12,8 | 00:23:27 | 00:23:34 | | 20 | 00:24:57 |
| 143 | 370 | GUTOWSKA JOANNA | KAZIMIERZ BISKUPI | ---- | 1999 | K16-29 | 6 | 00:00:18 | 4:42 | 12,8 | 00:23:30 | 00:23:48 | | 21 | 00:25:00 |
| 144 | 41 | BUDNY BŁĄŻEJ | INOWROCŁAW | | 1986 | M30-39 | 48 | 00:00:19 | 4:42 | 12,8 | 00:23:31 | 00:23:50 | 123 | | 00:25:01 |
| 145 | 451 | KOZŁOWSKI ŁUKASZ | INOWROCŁAW | BBL INOWROCŁAW TOYOTA BYDGOSZCZ | 1987 | M30-39 | 49 | 00:00:21 | 4:42 | 12,7 | 00:23:32 | 00:23:53 | 124 | | 00:25:02 |
| 146 | 453 | RAKOWSKA EWA | BYDGOSZCZ | TOYOTA BYDGOSZCZ | 1980 | K30-39 | 10 | 00:00:21 | 4:42 | 12,7 | 00:23:32 | 00:23:53 | | 22 | 00:25:02 |
| 147 | 431 | MAZIARZ JOANNA | SIERZCHOWO | | 1985 | K30-39 | 11 | 00:00:03 | 4:43 | 12,7 | 00:23:33 | 00:23:36 | | 23 | 00:25:03 |
| 148 | 325 | KALA MICHAŁ | ŁABISZYN | | 1984 | M30-39 | 50 | 00:00:16 | 4:43 | 12,7 | 00:23:35 | 00:23:51 | 125 | | 00:25:05 |
| 149 | 47 | MARCHEL LESZEK | SOLEC KUJAWSKI | KMW | 1961 | M50-59 | 13 | 00:00:01 | 4:43 | 12,7 | 00:23:35 | 00:23:36 | 126 | | 00:25:05 |
| 150 | 80 | FERENS PAWEŁ | INOWROCŁAW | BBL INOWROCŁAW | 1972 | M40-49 | 33 | 00:00:13 | 4:43 | 12,7 | 00:23:36 | 00:23:49 | 127 | | 00:25:06 |
| 151 | 200 | PANKOWSKI PRZEMYSŁAW | INOWROCŁAW | 1. BLWL | 1979 | M30-39 | 51 | 00:00:08 | 4:43 | 12,7 | 00:23:37 | 00:23:45 | 128 | | 00:25:07 |
| 152 | 226 | ZDZIEBLIŃSKI ROBERT | INOWROCŁAW | 1.BLWL | 1973 | M40-49 | 34 | 00:00:08 | 4:43 | 12,7 | 00:23:37 | 00:23:45 | 129 | | 00:25:07 |
| 153 | 137 | ZAGOŹDŻON WIOLETA | SOLEC KUJAWSKI | SOLECCY BIEGACZE | 1984 | K30-39 | 12 | 00:00:14 | 4:44 | 12,7 | 00:23:40 | 00:23:54 | | 24 | 00:25:11 |
| 154 | 311 | BEDNARSKA MILENA | PIECHCIN | GRUPA BIEGOWA MRT | 1985 | K30-39 | 13 | 00:00:11 | 4:46 | 12,6 | 00:23:48 | 00:23:59 | | 25 | 00:25:19 |
| 155 | 117 | SZADKOWSKA ANNA | INOWROCŁAW | BBL/INOWROCŁAW | 1957 | K60-69 | 1 | 00:00:09 | 4:46 | 12,6 | 00:23:50 | 00:23:59 | | 26 | 00:25:21 |
| 156 | 83 | CHOJNICKI GRZEGORZ | TORUŃ | | 1976 | M40-49 | 35 | 00:00:21 | 4:46 | 12,6 | 00:23:51 | 00:24:12 | 130 | | 00:25:22 |
| 157 | 232 | CZUBACHOWSKI SŁAWOMIR | MOGILNO | SZYBKIE RYSIE TEAM | 1979 | M30-39 | 52 | 00:00:11 | 4:46 | 12,6 | 00:23:51 | 00:24:02 | 131 | | 00:25:22 |
| 158 | 141 | KAŹMIERCZAK DAMIAN | INOWROCŁAW | | 1981 | M30-39 | 53 | 00:00:09 | 4:46 | 12,6 | 00:23:51 | 00:24:00 | 132 | | 00:25:22 |
| 159 | 409 | KOSAKOWSKI MACIEJ | INOWROCŁAW | | 1984 | M30-39 | 54 | 00:00:05 | 4:46 | 12,6 | 00:23:51 | 00:23:56 | 133 | | 00:25:22 |
| 160 | 405 | MACIEJEWSKI WITOLD | INOWROCŁAW | | 1983 | M30-39 | 55 | 00:00:29 | 4:46 | 12,6 | 00:23:51 | 00:24:20 | 134 | | 00:25:22 |
| 161 | 176 | SITKO ARKADIUSZ | KOŁODZIEJEWO | SZYBKIE RYSIE TEAM | 1977 | M40-49 | 36 | 00:00:11 | 4:46 | 12,6 | 00:23:51 | 00:24:02 | 135 | | 00:25:22 |
| 162 | 161 | KASPRZAK SANDRA | STRZELNO | | 1988 | K30-39 | 14 | 00:00:04 | 4:46 | 12,6 | 00:23:52 | 00:23:56 | | 27 | 00:25:23 |
| 163 | 88 | SZOCIŃSKI ROBERT | INOWROCŁAW | 2 PUŁK INŻYNIERYJNY | 1965 | M50-59 | 14 | 00:00:17 | 4:47 | 12,6 | 00:23:53 | 00:24:10 | 136 | | 00:25:24 |
| 164 | 261 | SIWIŃSKA ELŻBIETA | INOWROCŁAW | BBL INOWROCŁAW | 1959 | K50-59 | 2 | 00:00:07 | 4:47 | 12,6 | 00:23:54 | 00:24:01 | | 28 | 00:25:26 |
| 165 | 142 | GUZIKOWSKI MIKOŁAJ | OLIMPIN | | 1978 | M40-49 | 37 | 00:00:16 | 4:47 | 12,5 | 00:23:55 | 00:24:11 | 137 | | 00:25:27 |
| 166 | 86 | DZIATKOWICZ RADOŚLAW | INOWROCŁAW | | 1977 | M40-49 | 38 | 00:00:24 | 4:48 | 12,5 | 00:23:59 | 00:24:23 | 138 | | 00:25:31 |
| 167 | 201 | SOSNOWSKI KAMIL | GNIEWKOWO | | 1998 | M16-29 | 29 | 00:00:04 | 4:48 | 12,5 | 00:24:00 | 00:24:04 | 139 | | 00:25:32 |
| 168 | 395 | SOWA DOROTA | UNISŁAW | PACKMAN TEAM | 1978 | K40-49 | 5 | 00:00:18 | 4:48 | 12,5 | 00:24:02 | 00:24:20 | | 29 | 00:25:34 |
| 169 | 305 | GŁOWACKI MARCIN | INOWROCŁAW | INOWROCŁAWSKI KLUB SPORTOWY KARATE | 1978 | M40-49 | 39 | 00:00:04 | 4:49 | 12,5 | 00:24:03 | 00:24:07 | 140 | | 00:25:35 |
| 170 | 128 | DRELICH KRZYSZTOF | LUDZISKO | | 1986 | M30-39 | 56 | 00:00:05 | 4:49 | 12,5 | 00:24:04 | 00:24:09 | 141 | | 00:25:36 |
| 171 | 119 | KUBSKI JAROSŁAW | INOWROCŁAW | DECATHLON TEAM INOWROCŁAW | 1970 | M40-49 | 40 | 00:00:02 | 4:49 | 12,5 | 00:24:04 | 00:24:06 | 142 | | 00:25:36 |
| 172 | 377 | HENCLEWSKA DAGMARA | POZNAŃ | | 1988 | K30-39 | 15 | 00:00:06 | 4:49 | 12,4 | 00:24:07 | 00:24:13 | | 30 | 00:25:39 |
| 173 | 237 | JELONEK RAFAŁ | INOWROCŁAW | | 1975 | M40-49 | 41 | 00:00:01 | 4:51 | 12,4 | 00:24:14 | 00:24:15 | 143 | | 00:25:47 |
| 174 | 330 | BURZYŃSKA MAGDALENA | GAŚAWA | | 1995 | K16-29 | 7 | 00:00:23 | 4:52 | 12,3 | 00:24:18 | 00:24:41 | | 31 | 00:25:51 |
| 175 | 391 | ANDRYSZAK BARTOSZ | INOWROCŁAW | | 1984 | M30-39 | 57 | 00:00:17 | 4:52 | 12,3 | 00:24:19 | 00:24:36 | 144 | | 00:25:52 |
| 176 | 118 | PACHUT PRZEMEK | NOWA WIEŚ WIELKA | ARMIA CHRYSYSTUSA | 1987 | M30-39 | 58 | 00:00:05 | 4:52 | 12,3 | 00:24:20 | 00:24:25 | 145 | | 00:25:53 |
| 177 | 452 | SZOCIŃSKA KAROLINA | INOWROCŁAW | | 1995 | K16-29 | 8 | 00:00:17 | 4:52 | 12,3 | 00:24:20 | 00:24:37 | | 32 | 00:25:53 |
| 178 | 251 | ŁYK ROMAN | STRZELNO | | 1986 | M30-39 | 59 | 00:00:27 | 4:52 | 12,3 | 00:24:22 | 00:24:49 | 146 | | 00:25:55 |
| 179 | 29 | WIŚNIEWSKA LUCYNA | BYDGOSZCZ | | 1966 | K50-59 | 3 | 00:00:05 | 4:53 | 12,3 | 00:24:24 | 00:24:29 | | 33 | 00:25:57 |
| 180 | 110 | DZIELAK MARTA | INOWROCŁAW | SAPER TEAM | 1998 | K16-29 | 9 | 00:00:06 | 4:53 | 12,3 | 00:24:25 | 00:24:31 | | 34 | 00:25:59 |
| 181 | 380 | SZYCH WOJCIECH | INOWROCŁAW | | 1993 | M16-29 | 30 | 00:00:29 | 4:53 | 12,3 | 00:24:27 | 00:24:56 | 147 | | 00:26:01 |
| 182 | 85 | RYCHLEWSKI WOJCIECH | INOWROCŁAW | | 1987 | M30-39 | 60 | 00:00:14 | 4:54 | 12,3 | 00:24:28 | 00:24:42 | 148 | | 00:26:02 |
| 183 | 392 | CHORAŻEWSKA-ANDRYSZAK TAMARA | INOWROCŁAW | | 1987 | K30-39 | 16 | 00:00:08 | 4:54 | 12,3 | 00:24:28 | 00:24:36 | | 35 | 00:26:02 |
| 184 | 63 | NIZIOŁ MARCIN | INOWROCŁAW | | 1984 | M30-39 | 61 | 00:00:32 | 4:54 | 12,3 | 00:24:29 | 00:25:01 | 149 | | 00:26:03 |

FOUR COLOURS GRAND PRIX INOWROCŁAW - BLUE RUN

Organizator: Agencja Aktywnego Wypoczynku ACTINSPORT Waldemar Kwiatkowski; MKS Inowrocław

Data: 30.06.2018

Dystans: 5 KM

Miejscowość: INOWROCŁAW

**UZYSKANE CZASY DOTYCZĄ TRASY NA 4,7 KM, DO KLASYFIKACJI CYKLU BĘDZIE BRANY
POD UWAGĘ SZACUNKOWY CZAS NA PEŁNE 5 KM**



| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Rok urodz. | Kat. wiek. | M-ce w kat | Czas startu | tempo min/km | tempo km/h | Czas netto | Czas Brutto | M | K | szacunkowy czas na 5km |
|------|---------|--------------------------|--------------------|--------------------------------|------------|------------|------------|-------------|--------------|------------|------------|-------------|-----|----|------------------------|
| 185 | 371 | RAKOWSKI PAWEŁ | BYDGOSZCZ | ŻANDARMI Z BYDGOSZCZY | 1978 | M40-49 | 42 | 00:00:33 | 4:54 | 12,3 | 00:24:29 | 00:25:02 | 150 | | 00:26:03 |
| 186 | 113 | SOBAŃSKI TOBIASZ | KRUSZWICA | | 1987 | M30-39 | 62 | 00:00:24 | 4:54 | 12,2 | 00:24:31 | 00:24:55 | 151 | | 00:26:05 |
| 187 | 151 | URLICKI LECH | NOWA SÓL | KB SPOCENI NOWA SÓL | 1950 | M60-69 | 4 | 00:00:10 | 4:54 | 12,2 | 00:24:32 | 00:24:42 | 152 | | 00:26:06 |
| 188 | 231 | WÓJCIK MARIKA | INOWROCŁAW | | 1992 | K16-29 | 10 | 00:00:08 | 4:54 | 12,2 | 00:24:32 | 00:24:40 | | 36 | 00:26:06 |
| 189 | 249 | NALEWALSKA JUSTYNA | BYDGOSZCZ | SERCE TYBETU | 1989 | K16-29 | 11 | 00:00:14 | 4:55 | 12,2 | 00:24:36 | 00:24:50 | | 37 | 00:26:10 |
| 190 | 134 | ŻUCHOWSKI PAWEŁ | TORUŃ | | 1981 | M30-39 | 63 | 00:00:13 | 4:55 | 12,2 | 00:24:37 | 00:24:50 | 153 | | 00:26:11 |
| 191 | 257 | NAWROCKI PIOTR | MOGILNO | BRAK | 1971 | M40-49 | 43 | 00:00:07 | 4:56 | 12,2 | 00:24:38 | 00:24:45 | 154 | | 00:26:12 |
| 192 | 225 | POLAKÓW SŁAWOMIR | NAKŁO NAD NOTECIĄ | JS 2073 | 1973 | M40-49 | 44 | 00:00:10 | 4:56 | 12,2 | 00:24:40 | 00:24:50 | 155 | | 00:26:14 |
| 193 | 84 | GOŁATA BOGUSŁAW | INOWROCŁAW | | 1959 | M50-59 | 15 | 00:00:05 | 4:56 | 12,1 | 00:24:42 | 00:24:47 | 156 | | 00:26:17 |
| 194 | 274 | HEBDA DAMIAN | INOWROCŁAW | | 1985 | M30-39 | 64 | 00:00:25 | 4:56 | 12,1 | 00:24:42 | 00:25:07 | 157 | | 00:26:17 |
| 195 | 123 | KĄKOLEWSKA MARTA | LISZKOWO | | 1986 | K30-39 | 17 | 00:00:15 | 4:56 | 12,1 | 00:24:42 | 00:24:57 | | 38 | 00:26:17 |
| 196 | 342 | BAŁYS ŁUKASZ | BYDGOSZCZ | GARDENFLORA | 1990 | M16-29 | 31 | 00:00:20 | 4:57 | 12,1 | 00:24:44 | 00:25:04 | 158 | | 00:26:19 |
| 197 | 140 | ROSZAK TOMASZ | PŁAWINEK | DECATLON TEAM INOWROCŁAW | 1973 | M40-49 | 45 | 00:00:25 | 4:57 | 12,1 | 00:24:44 | 00:25:09 | 159 | | 00:26:19 |
| 198 | 367 | OLSZEWSKA EWA | GNIEWKOWO | T.G."SOKÓŁ"GNIEWKOWO | 1979 | K30-39 | 18 | 00:00:04 | 4:57 | 12,1 | 00:24:45 | 00:24:49 | | 39 | 00:26:20 |
| 199 | 27 | RAKOWSKA MALGORZATA | PAKOSC | | 1987 | K30-39 | 19 | 00:00:15 | 4:57 | 12,1 | 00:24:45 | 00:25:00 | | 40 | 00:26:20 |
| 200 | 336 | WIŚNIEWSKI PRZEMYSŁAW | TORUŃ | | 1983 | M30-39 | 65 | 00:00:16 | 4:57 | 12,1 | 00:24:47 | 00:25:03 | 160 | | 00:26:22 |
| 201 | 129 | KABAT RADOŚLAW | ŁÓDŹ | | 1977 | M40-49 | 46 | 00:00:30 | 4:58 | 12,1 | 00:24:48 | 00:25:18 | 161 | | 00:26:23 |
| 202 | 121 | NOWAK ANNA | INOWROCŁAW | | 1979 | K30-39 | 20 | 00:00:06 | 4:58 | 12,1 | 00:24:49 | 00:24:55 | | 41 | 00:26:24 |
| 203 | 238 | MOROSZCZAK DOMINIKA | BYDGOSZCZ | SPÓJNIA BIAŁE BŁOTA | 1981 | K30-39 | 21 | 00:00:08 | 4:58 | 12,1 | 00:24:50 | 00:24:58 | | 42 | 00:26:25 |
| 204 | 133 | TRZECIAK DOROTA | KRUSZWICA | | 1985 | K30-39 | 22 | 00:00:19 | 4:59 | 12,1 | 00:24:53 | 00:25:12 | | 43 | 00:26:28 |
| 205 | 333 | CHMIELEWSKI IRENEUSZ | MAŁA NIESZAWKA | CZARNE STOPY | 1961 | M50-59 | 16 | 00:00:16 | 4:59 | 12,0 | 00:24:54 | 00:25:10 | 162 | | 00:26:29 |
| 206 | 302 | KRUSZELNICKA URSZULA | BYDGOSZCZ | | 1983 | K30-39 | 23 | 00:00:12 | 4:59 | 12,0 | 00:24:54 | 00:25:06 | | 44 | 00:26:29 |
| 207 | 105 | SOBOLEWSKA ALEKSANDRA | BYDGOSZCZ | STAFF ENEA BYDGOSZCZ TRIATHLON | 1994 | K16-29 | 12 | 00:00:13 | 4:59 | 12,0 | 00:24:54 | 00:25:07 | | 45 | 00:26:29 |
| 208 | 351 | DŁONIAK EDMUND | GNIEWKOWO | TG SOKÓŁ GNIEWKOWO | 1945 | M70+ | 1 | 00:00:13 | 4:59 | 12,0 | 00:24:55 | 00:25:08 | 163 | | 00:26:30 |
| 209 | 236 | KOCHAŃSKA JOANNA | SICIENKO | | 1977 | K40-49 | 6 | 00:00:04 | 4:59 | 12,0 | 00:24:55 | 00:24:59 | | 46 | 00:26:30 |
| 210 | 264 | PUSZCZYKOWSKI ALEKSANDER | INOWROCŁAW | | 1986 | M30-39 | 66 | 00:00:13 | 4:59 | 12,0 | 00:24:55 | 00:25:08 | 164 | | 00:26:30 |
| 211 | 191 | WOJCIŃSKA NATALIA | INOWROCŁAW | | 1984 | K30-39 | 24 | 00:00:13 | 4:59 | 12,0 | 00:24:55 | 00:25:08 | | 47 | 00:26:30 |
| 212 | 197 | URBANIAK WIOLETA | KRUSZWICA | ROZBIEGANA KRUSZWICA | 1985 | K30-39 | 25 | 00:00:20 | 5:00 | 12,0 | 00:24:58 | 00:25:18 | | 48 | 00:26:34 |
| 213 | 186 | JENDRZEJCZAK MAŁGORZATA | INOWROCŁAW | BARBELL SQUAD | 1972 | K40-49 | 7 | 00:00:16 | 5:01 | 12,0 | 00:25:03 | 00:25:19 | | 49 | 00:26:39 |
| 214 | 428 | KUBICKI MATEUSZ | ZŁOTNIKI KUJAWSKIE | DZIKUSY | 1991 | M16-29 | 32 | 00:00:11 | 5:01 | 12,0 | 00:25:05 | 00:25:16 | 165 | | 00:26:41 |
| 215 | 290 | BEDNAREK SZYMON | INOWROCŁAW | | 1981 | M30-39 | 67 | 00:00:11 | 5:01 | 12,0 | 00:25:06 | 00:25:17 | 166 | | 00:26:42 |
| 216 | 424 | NOWAK AGATA | INOWROCŁAW | | 2000 | K16-29 | 13 | 00:00:12 | 5:01 | 12,0 | 00:25:06 | 00:25:18 | | 50 | 00:26:42 |
| 217 | 46 | URBAŃSKI KRYSZTIAN | INOWROCŁAW | | 1992 | M16-29 | 33 | 00:00:25 | 5:01 | 11,9 | 00:25:07 | 00:25:32 | 167 | | 00:26:43 |
| 218 | 442 | PIETRASZEK MAGDALENA | IŁAWA | | 1974 | K40-49 | 8 | 00:00:09 | 5:02 | 11,9 | 00:25:08 | 00:25:17 | | 51 | 00:26:44 |
| 219 | 303 | KRUSZELNICKI JANUSZ | BYDGOSZCZ | | 1982 | M30-39 | 68 | 00:00:11 | 5:02 | 11,9 | 00:25:09 | 00:25:20 | 168 | | 00:26:45 |
| 220 | 331 | GNUTEK RAFAŁ | INOWROCŁAW | MAGNUM | 1977 | M40-49 | 47 | 00:00:09 | 5:02 | 11,9 | 00:25:09 | 00:25:18 | 169 | | 00:26:45 |
| 221 | 92 | CIEŚLIK JULIA | STRZELNO | | 1995 | K16-29 | 14 | 00:00:28 | 5:02 | 11,9 | 00:25:11 | 00:25:39 | | 52 | 00:26:47 |
| 222 | 417 | WÓJCIK-KŁOS HANNA | DĘBINA 23 | KOLOROWA DRUŻYNA NESSI | 1985 | K30-39 | 26 | 00:00:07 | 5:02 | 11,9 | 00:25:12 | 00:25:19 | | 53 | 00:26:49 |
| 223 | 241 | GNUTEK GOSIA | INOWROCŁAW | MAGNUM | 1978 | K40-49 | 9 | 00:00:08 | 5:03 | 11,9 | 00:25:13 | 00:25:21 | | 54 | 00:26:50 |
| 224 | 5 | JAWORSKI TOMASZ | ŚWIECIE | BIEGAJĄCE CIACHA | 1979 | M30-39 | 69 | 00:00:12 | 5:03 | 11,9 | 00:25:14 | 00:25:26 | 170 | | 00:26:51 |
| 225 | 404 | MĘTEL LAURA | ŁABISZYN | | 1992 | K16-29 | 15 | 00:00:20 | 5:03 | 11,9 | 00:25:14 | 00:25:34 | | 55 | 00:26:51 |
| 226 | 202 | GORZKIEWICZ RENATA | INOWROCŁAW | | 1973 | K40-49 | 10 | 00:00:03 | 5:03 | 11,9 | 00:25:14 | 00:25:17 | | 56 | 00:26:51 |
| 227 | 387 | SZCZUPAJ WERA | JACEWO | | 2002 | K16-29 | 16 | 00:00:03 | 5:03 | 11,9 | 00:25:14 | 00:25:17 | | 57 | 00:26:51 |
| 228 | 375 | WIERZCHOWSKI ARTUR | INOWROCŁAW | | 2002 | M16-29 | 34 | 00:00:12 | 5:03 | 11,9 | 00:25:16 | 00:25:28 | 171 | | 00:26:53 |
| 229 | 283 | KUJAWA SEBASTIAN | INOWROCŁAW | BBL INOWROCŁAW | 1975 | M40-49 | 48 | 00:00:26 | 5:03 | 11,9 | 00:25:17 | 00:25:43 | 172 | | 00:26:54 |
| 230 | 211 | POTURALSKI SZYMON | INOWROCŁAW | | 1982 | M30-39 | 70 | 00:00:09 | 5:04 | 11,8 | 00:25:21 | 00:25:30 | 173 | | 00:26:58 |

FOUR COLOURS GRAND PRIX INOWROCŁAW - BLUE RUN

Organizator: Agencja Aktywnego Wypoczynku ACTINSPORT Waldemar Kwiatkowski; MKS Inowrocław

Data: 30.06.2018

Dystans: 5 KM

Miejscowość: INOWROCŁAW

**UZYSKANE CZASY DOTYCZĄ TRASY NA 4,7 KM, DO KLASYFIKACJI CYKLU BĘDZIE BRANY
POD UWAGĘ SZACUNKOWY CZAS NA PEŁNE 5 KM**



| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Rok urodz. | Kat. wiek. | M-ce w kat | Czas startu | tempo min/km | tempo km/h | Czas netto | Czas Brutto | M | K | szacunkowy czas na 5km |
|------|---------|--------------------------|-------------------|---------------------------|------------|------------|------------|-------------|--------------|------------|------------|-------------|-----|----|------------------------|
| 231 | 307 | PIJAROWSKA BEATA | PIECHCIN | | 1969 | K40-49 | 11 | 00:00:09 | 5:04 | 11,8 | 00:25:22 | 00:25:31 | | 58 | 00:26:59 |
| 232 | 308 | PIJAROWSKI DARIUSZ | PIECHCIN | | 1965 | M50-59 | 17 | 00:00:09 | 5:04 | 11,8 | 00:25:22 | 00:25:31 | 174 | | 00:26:59 |
| 233 | 81 | KUCHARSKI JACEK | GNIEWKOWO | | 1977 | M40-49 | 49 | 00:00:15 | 5:05 | 11,8 | 00:25:24 | 00:25:39 | 175 | | 00:27:01 |
| 234 | 82 | KUCHARSKA DOROTA | GNIEWKOWO | | 1983 | K30-39 | 27 | 00:00:15 | 5:05 | 11,8 | 00:25:25 | 00:25:40 | 59 | | 00:27:02 |
| 235 | 56 | ZIELIŃSKI RADOŚLAW | BYDGOSZCZ | | 1986 | M30-39 | 71 | 00:00:15 | 5:06 | 11,8 | 00:25:30 | 00:25:45 | 176 | | 00:27:08 |
| 236 | 425 | WINIECKI KRZYSZTOF | ROJEWO | ROJEWO | 1996 | M16-29 | 35 | 00:00:30 | 5:06 | 11,7 | 00:25:32 | 00:26:02 | 177 | | 00:27:10 |
| 237 | 374 | WIERZCHOWSKI MICHAŁ | INOWROCŁAW | | 1975 | M40-49 | 50 | 00:00:12 | 5:07 | 11,7 | 00:25:33 | 00:25:45 | 178 | | 00:27:11 |
| 238 | 429 | WINIECKI RAFAŁ | ROJEWO | ROJEWO | 1972 | M40-49 | 51 | 00:00:29 | 5:07 | 11,7 | 00:25:33 | 00:26:02 | 179 | | 00:27:11 |
| 239 | 244 | NIEWIADOMSKI WALDEMAR | INOWROCŁAW | BBL INOWROCŁAW | 1975 | M40-49 | 52 | 00:00:11 | 5:07 | 11,7 | 00:25:34 | 00:25:45 | 180 | | 00:27:12 |
| 240 | 243 | NIEWIADOMSKA KATARZYNA | INOWROCŁAW | BBL INOWROCŁAW | 1977 | K40-49 | 12 | 00:00:10 | 5:07 | 11,7 | 00:25:34 | 00:25:44 | 60 | | 00:27:12 |
| 241 | 49 | CIARKOWSKI MIROŚLAW | INOWROCŁAW | | 1979 | M30-39 | 72 | 00:00:21 | 5:08 | 11,7 | 00:25:39 | 00:26:00 | 181 | | 00:27:17 |
| 242 | 420 | KĄKOLEWSKI HUBERT | INOWROCŁAW | DECATHLON TEAM INOWROCŁAW | 1969 | M40-49 | 53 | 00:00:07 | 5:08 | 11,7 | 00:25:40 | 00:25:47 | 182 | | 00:27:18 |
| 243 | 87 | OCHOCKI MACIEJ | INOWROCŁAW | | 1992 | M16-29 | 36 | 00:00:10 | 5:08 | 11,7 | 00:25:42 | 00:25:52 | 183 | | 00:27:20 |
| 244 | 369 | SOBALA DAWID | INOWROCŁAW | BBL INOWROCŁAW | 1995 | M16-29 | 37 | 00:00:20 | 5:08 | 11,7 | 00:25:42 | 00:26:02 | 184 | | 00:27:20 |
| 245 | 427 | HEJNOSZ ALEKSANDRA | MOGILNO | | 2000 | K16-29 | 17 | 00:00:12 | 5:09 | 11,7 | 00:25:43 | 00:25:55 | 61 | | 00:27:21 |
| 246 | 120 | DZIELAK ARTUR | INOWROCŁAW | SAPER TEAM | 1971 | M40-49 | 54 | 00:00:06 | 5:09 | 11,7 | 00:25:45 | 00:25:51 | 185 | | 00:27:24 |
| 247 | 162 | BALCERZAK DOROTA | INOWROCŁAW | BBL INOWROCŁAW | 1969 | K40-49 | 13 | 00:00:14 | 5:09 | 11,6 | 00:25:46 | 00:26:00 | 62 | | 00:27:25 |
| 248 | 235 | KULIK JOANNA | TORUŃ | | 1989 | K16-29 | 18 | 00:00:26 | 5:09 | 11,6 | 00:25:47 | 00:26:13 | 63 | | 00:27:26 |
| 249 | 256 | WUDNIAK MARCIN | BYDGOSZCZ | | 1976 | M40-49 | 55 | 00:00:04 | 5:09 | 11,6 | 00:25:47 | 00:25:51 | 186 | | 00:27:26 |
| 250 | 61 | CHMIELECKA BOŻENA | KRUSZWICA | ROZBIEGANA KRUSZWICA | 1961 | K50-59 | 4 | 00:00:17 | 5:10 | 11,6 | 00:25:52 | 00:26:09 | 64 | | 00:27:31 |
| 251 | 393 | WICHERSKA MAŁGORZATA | INOWROCŁAW | | 1984 | K30-39 | 28 | 00:00:17 | 5:11 | 11,6 | 00:25:55 | 00:26:12 | 65 | | 00:27:34 |
| 252 | 19 | SZATKOWSKA ANNA | INOWROCŁAW | | 1979 | K30-39 | 29 | 00:00:22 | 5:12 | 11,6 | 00:25:58 | 00:26:20 | 66 | | 00:27:37 |
| 253 | 20 | SZATKOWSKI KRZYSZTOF | INOWROCŁAW | | 1979 | M30-39 | 73 | 00:00:22 | 5:12 | 11,6 | 00:25:58 | 00:26:20 | 187 | | 00:27:37 |
| 254 | 401 | PĘCHERSKA DOMINIKA | GŁOGOWO | BMW M - POWER CLUB TORUŃ | 2000 | K16-29 | 19 | 00:00:07 | 5:12 | 11,5 | 00:26:00 | 00:26:07 | 67 | | 00:27:40 |
| 255 | 414 | DORSZ PRZEMYSŁAW | INOWROCŁAW | MKP NOTEĆ INOWROCŁAW | 1981 | M30-39 | 74 | 00:00:02 | 5:12 | 11,5 | 00:26:01 | 00:26:03 | 188 | | 00:27:41 |
| 256 | 357 | ARNISTA JULIA | LUBICZ GÓRNY | | 1978 | K40-49 | 14 | 00:00:09 | 5:12 | 11,5 | 00:26:02 | 00:26:11 | 68 | | 00:27:42 |
| 257 | 28 | BARCZAK AGNIESZKA | LUDZISKO | | 1981 | K30-39 | 30 | 00:00:21 | 5:13 | 11,5 | 00:26:07 | 00:26:28 | 69 | | 00:27:47 |
| 258 | 8 | BOBOWSKA KATARZYNA | INOWROCŁAW | | 1984 | K30-39 | 31 | 00:00:12 | 5:13 | 11,5 | 00:26:07 | 00:26:19 | 70 | | 00:27:47 |
| 259 | 418 | PIETRZAK AGATA | BYDGOSZCZ | | 1992 | K16-29 | 20 | 00:00:05 | 5:14 | 11,5 | 00:26:08 | 00:26:13 | 71 | | 00:27:48 |
| 260 | 288 | FRĄSZCZAK TADEUSZ | JANIKOWO | | 1955 | M60-69 | 5 | 00:00:00 | 5:14 | 11,5 | 00:26:10 | 00:26:10 | 189 | | 00:27:50 |
| 261 | 130 | WALKOWIAK KRZYSZTOF | CHARZEWO | | 1990 | M16-29 | 38 | 00:00:19 | 5:14 | 11,5 | 00:26:10 | 00:26:29 | 190 | | 00:27:50 |
| 262 | 48 | GRYGORCZUK ELŻBIETA | NIEMCZ | TRISPACE | 1958 | K60-69 | 2 | 00:00:05 | 5:14 | 11,5 | 00:26:11 | 00:26:16 | 72 | | 00:27:51 |
| 263 | 233 | CICHOWLAS KATARZYNA | INOWROCŁAW | | 1987 | K30-39 | 32 | 00:00:23 | 5:14 | 11,5 | 00:26:12 | 00:26:35 | 73 | | 00:27:52 |
| 264 | 441 | KORZYCKI KAROL | INOWROCŁAW | SPARTAN GYM | 1991 | M16-29 | 39 | 00:00:23 | 5:16 | 11,4 | 00:26:20 | 00:26:43 | 191 | | 00:28:01 |
| 265 | 364 | NIEWIADOMY RAFAŁ | INOWROCŁAW | | 1979 | M30-39 | 75 | 00:00:23 | 5:16 | 11,4 | 00:26:20 | 00:26:43 | 192 | | 00:28:01 |
| 266 | 262 | MICHNIEWICZ MAŁGORZATA | BYDGOSZCZ | | 1979 | K30-39 | 33 | 00:00:16 | 5:17 | 11,4 | 00:26:23 | 00:26:39 | 74 | | 00:28:04 |
| 267 | 175 | PIETRUSZKIEWICZ WIESŁAWA | SICIENKO | | 1970 | K40-49 | 15 | 00:00:14 | 5:17 | 11,4 | 00:26:23 | 00:26:37 | 75 | | 00:28:04 |
| 268 | 439 | ŻURAWSKA MARTA | BYDGOSZCZ | | 1986 | K30-39 | 34 | 00:00:24 | 5:17 | 11,4 | 00:26:24 | 00:26:48 | 76 | | 00:28:05 |
| 269 | 127 | ADAMCZYK AGNIESZKA | NAKŁO NAD NOTECIĄ | | 1982 | K30-39 | 35 | 00:00:12 | 5:18 | 11,3 | 00:26:29 | 00:26:41 | 77 | | 00:28:10 |
| 270 | 153 | ANDRZEJEWSKA JOANNA | NOWA WIEŚ WIELKA | | 1977 | K40-49 | 16 | 00:00:12 | 5:18 | 11,3 | 00:26:29 | 00:26:41 | 78 | | 00:28:10 |
| 271 | 177 | KRENC KATARZYNA | KOŁO | | 1989 | K16-29 | 21 | 00:00:09 | 5:19 | 11,3 | 00:26:33 | 00:26:42 | 79 | | 00:28:15 |
| 272 | 196 | GALUS JUDYTA | MOGILNO | | 1986 | K30-39 | 36 | 00:00:10 | 5:19 | 11,3 | 00:26:34 | 00:26:44 | 80 | | 00:28:16 |
| 273 | 416 | MICHAŁOWSKI KRZYSZTOF | INOWROCŁAW | | 1971 | M40-49 | 56 | 00:00:21 | 5:19 | 11,3 | 00:26:34 | 00:26:55 | 193 | | 00:28:16 |
| 274 | 7 | DZIUBA KATARZYNA | INOWROCŁAW | | 1976 | K40-49 | 17 | 00:00:03 | 5:19 | 11,3 | 00:26:35 | 00:26:38 | 81 | | 00:28:17 |
| 275 | 275 | KORDYLA MAGDALENA | PUSZCZYKÓWKO | | 1976 | K40-49 | 18 | 00:00:13 | 5:20 | 11,3 | 00:26:39 | 00:26:52 | 82 | | 00:28:21 |
| 276 | 165 | KUBIAK MARTA | INOWROCŁAW | | 1991 | K16-29 | 22 | 00:00:14 | 5:20 | 11,2 | 00:26:41 | 00:26:55 | 83 | | 00:28:23 |

FOUR COLOURS GRAND PRIX INOWROCLAW - BLUE RUN

Organizator: Agencja Aktywnego Wypoczynku ACTINSPOORT Waldemar Kwiatkowski; MKS Inowrocław

Data: 30.06.2018

Dystans: 5 KM

Miejscowość: INOWROCLAW

**UZYSKANE CZASY DOTYCZĄ TRASY NA 4,7 KM, DO KLASYFIKACJI CYKLU BĘDZIE BRANY
POD UWAGĘ SZACUNKOWY CZAS NA PEŁNE 5 KM**



| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Rok urodz. | Kat. wiek. | M-ce w kat. | Czas startu | tempo min/km | tempo km/h | Czas netto | Czas Brutto | M | K | szacunkowy czas na 5km |
|------|---------|--------------------------|--------------------|-----------------------------------|------------|------------|-------------|-------------|--------------|------------|------------|-------------|-----|-----|------------------------|
| 277 | 323 | SÓJKOWSKA JOANNA | INOWROCLAW | BBL INOWROCLAW | 1968 | K50-59 | 5 | 00:00:02 | 5:21 | 11,2 | 00:26:43 | 00:26:45 | | 84 | 00:28:25 |
| 278 | 185 | STOŁOWSKI RYSZARD | INOWROCLAW | SAPER TEAM | 1973 | M40-49 | 57 | 00:00:05 | 5:21 | 11,2 | 00:26:45 | 00:26:50 | 194 | | 00:28:27 |
| 279 | 388 | SIUDZIŃSKA ANNA | DĄBROWA CHEŁMIŃSKA | BBKTS | 1979 | K30-39 | 37 | 00:00:16 | 5:21 | 11,2 | 00:26:46 | 00:27:02 | | 85 | 00:28:29 |
| 280 | 368 | TYKWIŃSKA AGNIESZKA | BYDGOSZCZ | MX WUDZYN | 1983 | K30-39 | 38 | 00:00:05 | 5:22 | 11,2 | 00:26:49 | 00:26:54 | | 86 | 00:28:32 |
| 281 | 272 | RADLIŃSKA MADZIA | INOWROCLAW | OPEN TEAM | 1978 | K40-49 | 19 | 00:00:19 | 5:22 | 11,2 | 00:26:51 | 00:27:10 | | 87 | 00:28:34 |
| 282 | 383 | BIĄŁCZYK MARCIN | NAKŁO NAD NOTECIĄ | JS 2073 | 1997 | M16-29 | 40 | 00:00:08 | 5:22 | 11,2 | 00:26:52 | 00:27:00 | 195 | | 00:28:35 |
| 283 | 60 | GREINERT SZYMON | INOWROCLAW | INOWROCLAW | 1983 | M30-39 | 76 | 00:00:14 | 5:22 | 11,2 | 00:26:52 | 00:27:06 | 196 | | 00:28:35 |
| 284 | 23 | FOLARZYŃSKI ŁUKASZ | INOWROCLAW | | 1980 | M30-39 | 77 | 00:00:33 | 5:23 | 11,1 | 00:26:55 | 00:27:28 | 197 | | 00:28:38 |
| 285 | 321 | NOWICKA TATIANA | TERESPOL POMORSKI | - | 1974 | K40-49 | 20 | 00:00:12 | 5:23 | 11,1 | 00:26:57 | 00:27:09 | | 88 | 00:28:40 |
| 286 | 322 | NOWICKI ANDRZEJ | TERESPOL POMORSKI | - | 1973 | M40-49 | 58 | 00:00:12 | 5:23 | 11,1 | 00:26:57 | 00:27:09 | 198 | | 00:28:40 |
| 287 | 435 | PIŃSKI ROBERT | INOWROCLAW | | 1974 | M40-49 | 59 | 00:00:10 | 5:23 | 11,1 | 00:26:57 | 00:27:07 | 199 | | 00:28:40 |
| 288 | 55 | BIEGAŁA AGNIESZKA | INOWROCLAW | ATLETIC CLUB INOWROCLAW | 1982 | K30-39 | 39 | 00:00:07 | 5:25 | 11,1 | 00:27:04 | 00:27:11 | | 89 | 00:28:48 |
| 289 | 89 | MAJORKOWSKA ANNA | BYDGOSZCZ | | 1974 | K40-49 | 21 | 00:00:16 | 5:25 | 11,1 | 00:27:04 | 00:27:20 | | 90 | 00:28:48 |
| 290 | 67 | DOMAŃSKA ARLETA | INOWROCLAW | | 1977 | K40-49 | 22 | 00:00:04 | 5:27 | 11,0 | 00:27:13 | 00:27:17 | | 91 | 00:28:57 |
| 291 | 447 | STEMPOROWSKI PAWEŁ | INOWROCLAW | | 2002 | M16-29 | 41 | 00:00:06 | 5:27 | 11,0 | 00:27:13 | 00:27:19 | 200 | | 00:28:57 |
| 292 | 386 | GÓRSKA JULIA | INOWROCLAW | | 2002 | K16-29 | 23 | 00:00:04 | 5:27 | 11,0 | 00:27:17 | 00:27:21 | | 92 | 00:29:01 |
| 293 | 385 | GÓRSKI ADAM | INOWROCLAW | | 1975 | M40-49 | 60 | 00:00:04 | 5:27 | 11,0 | 00:27:17 | 00:27:21 | 201 | | 00:29:01 |
| 294 | 74 | GRZESZCZAK KAMILA | INOWROCLAW | BARBELL SQUAD | 1986 | K30-39 | 40 | 00:00:08 | 5:28 | 11,0 | 00:27:20 | 00:27:28 | | 93 | 00:29:05 |
| 295 | 426 | WINIEKA DOROTA | ROJEWO | SARENKA ROJEWO | 1974 | K40-49 | 23 | 00:00:23 | 5:28 | 11,0 | 00:27:20 | 00:27:43 | | 94 | 00:29:05 |
| 296 | 239 | JASIŃSKA EWELINA | INOWROCLAW | DECATHLON TEAM INOWROCLAW | 1982 | K30-39 | 41 | 00:00:13 | 5:29 | 10,9 | 00:27:25 | 00:27:38 | | 95 | 00:29:10 |
| 297 | 277 | RASSALSKA ROMA | BYDGOSZCZ | POWERPUFF GIRLS | 1978 | K40-49 | 24 | 00:00:17 | 5:29 | 10,9 | 00:27:25 | 00:27:42 | | 96 | 00:29:10 |
| 298 | 359 | WOJCIECHOWSKI KRZYSZTOF | BYDGOSZCZ | | 1985 | M30-39 | 78 | 00:00:26 | 5:29 | 10,9 | 00:27:25 | 00:27:51 | 202 | | 00:29:10 |
| 299 | 194 | JANICKA ANNA | MOKRE | JANICCY TEAM | 1983 | K30-39 | 42 | 00:00:11 | 5:29 | 10,9 | 00:27:26 | 00:27:37 | | 97 | 00:29:11 |
| 300 | 75 | KOSIŃSKA NATALIA | INOWROCLAW | | 1986 | K30-39 | 43 | 00:00:16 | 5:29 | 10,9 | 00:27:26 | 00:27:42 | | 98 | 00:29:11 |
| 301 | 458 | ROCHOWIAK PRZEMYSŁAW | INOWROCLAW | LOK POGRANICZNIK | 1984 | M30-39 | 79 | 00:00:25 | 5:29 | 10,9 | 00:27:26 | 00:27:51 | 203 | | 00:29:11 |
| 302 | 72 | BRZOZOWSKA HENRYKA | INOWROCLAW | | 1974 | K40-49 | 25 | 00:00:28 | 5:29 | 10,9 | 00:27:27 | 00:27:55 | | 99 | 00:29:12 |
| 303 | 44 | ZIELIŃSKA ANNA | INOWROCLAW | | 1982 | K30-39 | 44 | 00:00:12 | 5:29 | 10,9 | 00:27:27 | 00:27:39 | | 100 | 00:29:12 |
| 304 | 355 | JURKIEWICZ BEATA | INOWROCLAW | | 1981 | K30-39 | 45 | 00:00:08 | 5:30 | 10,9 | 00:27:28 | 00:27:36 | | 101 | 00:29:13 |
| 305 | 328 | ADAMCZYK-JUCHACZ PAULINA | INOWROCLAW | BIEGAM DLA MAGDALENY | 1983 | K30-39 | 46 | 00:00:19 | 5:30 | 10,9 | 00:27:30 | 00:27:49 | | 102 | 00:29:15 |
| 306 | 348 | DROZDOWICZ LESZEK | INOWROCLAW | | 1975 | M40-49 | 61 | 00:00:18 | 5:30 | 10,9 | 00:27:31 | 00:27:49 | 204 | | 00:29:16 |
| 307 | 306 | SAK ANNA | INOWROCLAW | BRAK | 1983 | K30-39 | 47 | 00:00:11 | 5:30 | 10,9 | 00:27:31 | 00:27:42 | | 103 | 00:29:16 |
| 308 | 96 | PUSZCZYKOWSKA KATARZYNA | JANIKOWO | | 1981 | K30-39 | 48 | 00:00:07 | 5:30 | 10,9 | 00:27:31 | 00:27:38 | | 104 | 00:29:16 |
| 309 | 180 | SIWKA SZYMON | INOWROCLAW | JANUSZE JOGGINGU | 1983 | M30-39 | 80 | 00:00:05 | 5:31 | 10,9 | 00:27:37 | 00:27:42 | 205 | | 00:29:23 |
| 310 | 167 | WIŚNIEWSKA ELWIRA | MAMLICZ | | 1987 | K30-39 | 49 | 00:00:14 | 5:32 | 10,9 | 00:27:38 | 00:27:52 | | 105 | 00:29:24 |
| 311 | 295 | GACKA JOANNA | INOWROCLAW | STOWARZYSZENIE SPORTOWE LANDRYNKA | 1977 | K40-49 | 26 | 00:00:09 | 5:32 | 10,8 | 00:27:41 | 00:27:50 | | 106 | 00:29:27 |
| 312 | 298 | PACIA AGNIESZKA | KRUSZWICA | | 1990 | K16-29 | 24 | 00:00:23 | 5:34 | 10,8 | 00:27:50 | 00:28:13 | | 107 | 00:29:37 |
| 313 | 358 | GAWRYSIAK MONIKA | INOWROCLAW | | 1984 | K30-39 | 50 | 00:00:22 | 5:34 | 10,8 | 00:27:51 | 00:28:13 | | 108 | 00:29:38 |
| 314 | 145 | SAWIEŁAJC MICHAŁ | BYDGOSZCZ | | 1972 | M40-49 | 62 | 00:00:17 | 5:35 | 10,8 | 00:27:54 | 00:28:11 | 206 | | 00:29:41 |
| 315 | 223 | BOROWICZ PATRYCJA | INOWROCLAW | | 1988 | K30-39 | 51 | 00:00:23 | 5:36 | 10,7 | 00:27:59 | 00:28:22 | | 109 | 00:29:46 |
| 316 | 219 | HALAMA MARCIN | INOWROCLAW | | 1985 | M30-39 | 81 | 00:00:18 | 5:36 | 10,7 | 00:27:59 | 00:28:17 | 207 | | 00:29:46 |
| 317 | 216 | GLADYSZ EDYTA | ŚWIECIE | GLADZIORKI | 1976 | K40-49 | 27 | 00:00:11 | 5:36 | 10,7 | 00:28:01 | 00:28:12 | | 110 | 00:29:48 |
| 318 | 4 | JAWORSKA MONIKA | 86-100 | BIEGAJĄCE CIACHA | 1980 | K30-39 | 52 | 00:00:11 | 5:36 | 10,7 | 00:28:01 | 00:28:12 | | 111 | 00:29:48 |
| 319 | 363 | WRZESIEŃ-CIBA MAGDALENA | KRUSZWICA | | 1981 | K30-39 | 53 | 00:00:27 | 5:38 | 10,7 | 00:28:10 | 00:28:37 | | 112 | 00:29:58 |
| 320 | 398 | POPLAWSKA JUSTYNA | DOBRZEJEWICE | | 1995 | K16-29 | 25 | 00:00:07 | 5:39 | 10,6 | 00:28:13 | 00:28:20 | | 113 | 00:30:01 |
| 321 | 259 | ZNANIECKA KAROLINA | INOWROCLAW | | 1996 | K16-29 | 26 | 00:00:19 | 5:39 | 10,6 | 00:28:15 | 00:28:34 | | 114 | 00:30:03 |
| 322 | 340 | WOJCIECHOWSKA LUCYNA | RYCERZEWKO | | 1976 | K40-49 | 28 | 00:00:24 | 5:40 | 10,6 | 00:28:19 | 00:28:43 | | 115 | 00:30:07 |

FOUR COLOURS GRAND PRIX INOWROCŁAW - BLUE RUN

Organizator: Agencja Aktywnego Wypoczynku ACTINSPORT Waldemar Kwiatkowski; MKS Inowrocław

Data: 30.06.2018

Dystans: 5 KM

Miejscowość: INOWROCŁAW

**UZYSKANE CZASY DOTYCZĄ TRASY NA 4,7 KM, DO KLASYFIKACJI CYKLU BĘDZIE BRANY
POD UWAGĘ SZACUNKOWY CZAS NA PEŁNE 5 KM**



| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Rok urodz. | Kat. wiek. | M-ce w kat | Czas startu | tempo min/km | tempo km/h | Czas netto | Czas Brutto | M | K | szacunkowy czas na 5km |
|------|---------|------------------------|----------------------|------------------------------------|------------|------------|------------|-------------|--------------|------------|------------|-------------|-----|-----|------------------------|
| 323 | 341 | WOJCIECHOWSKI GRZEGORZ | RYCERZEWKO | | 1976 | M40-49 | 63 | 00:00:23 | 5:40 | 10,6 | 00:28:20 | 00:28:43 | 208 | | 00:30:09 |
| 324 | 457 | BOBER JOANNA | ALEKSANDROW KUJAWSKI | | 1987 | K30-39 | 54 | 00:00:24 | 5:41 | 10,6 | 00:28:23 | 00:28:47 | | 116 | 00:30:12 |
| 325 | 436 | MARONOWSKA PAULINA | TORUŃ | | 1993 | K16-29 | 27 | 00:00:10 | 5:41 | 10,6 | 00:28:24 | 00:28:34 | | 117 | 00:30:13 |
| 326 | 400 | PĘCHERSKA EWA MARZENA | GŁOGOWO | | 1977 | K40-49 | 29 | 00:00:08 | 5:41 | 10,6 | 00:28:26 | 00:28:34 | | 118 | 00:30:15 |
| 327 | 399 | POPLAWSKA PAULINA | DOBZRZEJEWICE | | 1995 | K16-29 | 28 | 00:00:07 | 5:41 | 10,6 | 00:28:26 | 00:28:33 | | 119 | 00:30:15 |
| 328 | 156 | CELANOWICZ LIDIA | INOWROCŁAW | | 1981 | K30-39 | 55 | 00:00:19 | 5:42 | 10,5 | 00:28:29 | 00:28:48 | | 120 | 00:30:18 |
| 329 | 26 | KWAŚNIEWSKA LIDIA | PAKOŚĆ | PAKOŚĆ BIEGA | 1979 | K30-39 | 56 | 00:00:25 | 5:42 | 10,5 | 00:28:30 | 00:28:55 | | 121 | 00:30:19 |
| 330 | 245 | OKRĘGLICKA BARBARA | BYDGOSZCZ | | 1966 | K50-59 | 6 | 00:00:12 | 5:42 | 10,5 | 00:28:30 | 00:28:42 | | 122 | 00:30:19 |
| 331 | 6 | GOLA GRZEGORZ | MARKOWO | | 1971 | M40-49 | 64 | 00:00:27 | 5:42 | 10,5 | 00:28:31 | 00:28:58 | 209 | | 00:30:20 |
| 332 | 11 | TAŃSKI JACEK | INOWROCŁAW | | 1966 | M50-59 | 18 | 00:00:02 | 5:42 | 10,5 | 00:28:31 | 00:28:33 | 210 | | 00:30:20 |
| 333 | 455 | SILKO BARBARA | WŁOCŁAWEK | GĄBIN BIEGA | 1980 | K30-39 | 57 | 00:00:19 | 5:42 | 10,5 | 00:28:32 | 00:28:51 | | 123 | 00:30:21 |
| 334 | 349 | RIGHI JULIANNA | INOWROCŁAW | | 2000 | K16-29 | 29 | 00:00:16 | 5:42 | 10,5 | 00:28:32 | 00:28:48 | | 124 | 00:30:21 |
| 335 | 324 | WAŻ ANNA | PAKOŚĆ | PAKOŚĆ BIEGA | 1986 | K30-39 | 58 | 00:00:24 | 5:42 | 10,5 | 00:28:32 | 00:28:56 | | 125 | 00:30:21 |
| 336 | 14 | NADRAJKOWSKA JOANNA | INOWROCŁAW | | 1984 | K30-39 | 59 | 00:00:20 | 5:43 | 10,5 | 00:28:34 | 00:28:54 | | 126 | 00:30:23 |
| 337 | 135 | DURA MARTA | TORUŃ | | 1983 | K30-39 | 60 | 00:00:18 | 5:43 | 10,5 | 00:28:35 | 00:28:53 | | 127 | 00:30:24 |
| 338 | 158 | GUMOWSKA ANETA | BYDGOSZCZ | | 1981 | K30-39 | 61 | 00:00:08 | 5:43 | 10,5 | 00:28:36 | 00:28:44 | | 128 | 00:30:26 |
| 339 | 164 | GRABOWSKA ILONA | BYDGOSZCZ | | 1980 | K30-39 | 62 | 00:00:14 | 5:43 | 10,5 | 00:28:37 | 00:28:51 | | 129 | 00:30:27 |
| 340 | 107 | NIESPOREK EWA | TORUŃ | | 1958 | K60-69 | 3 | 00:00:12 | 5:44 | 10,5 | 00:28:40 | 00:28:52 | | 130 | 00:30:30 |
| 341 | 189 | GROCHOWIAK KAROLINA | BARCIN | ŚLIMAKI BARCIN | 1984 | K30-39 | 63 | 00:00:07 | 5:45 | 10,4 | 00:28:45 | 00:28:52 | | 131 | 00:30:35 |
| 342 | 139 | RAKOWSKA AGNIESZKA | SKULSK | | 1984 | K30-39 | 64 | 00:00:22 | 5:45 | 10,4 | 00:28:47 | 00:29:09 | | 132 | 00:30:37 |
| 343 | 212 | SENSKA JOANNA | INOWROCŁAW | | 1973 | K40-49 | 30 | 00:00:04 | 5:46 | 10,4 | 00:28:48 | 00:28:52 | | 133 | 00:30:38 |
| 344 | 411 | CIĄŻYŃSKI PRZEMYSŁAW | NIESTRONNO | | 1995 | M16-29 | 42 | 00:00:11 | 5:46 | 10,4 | 00:28:49 | 00:29:00 | 211 | | 00:30:39 |
| 345 | 147 | STAWSKA KAROLINA | DOBIESZEWICE | | 1996 | K16-29 | 30 | 00:00:10 | 5:46 | 10,4 | 00:28:49 | 00:28:59 | | 134 | 00:30:39 |
| 346 | 350 | DŁONIAK ALINA | INOWROCŁAW | | 1973 | K40-49 | 31 | 00:00:15 | 5:47 | 10,4 | 00:28:53 | 00:29:08 | | 135 | 00:30:44 |
| 347 | 45 | ZARECKA EWA | GNIEWKOWO | | 1991 | K16-29 | 31 | 00:00:15 | 5:47 | 10,4 | 00:28:53 | 00:29:08 | | 136 | 00:30:44 |
| 348 | 157 | ROŻYŃSKA MONIKA | BYDGOSZCZ | | 1992 | K16-29 | 32 | 00:00:08 | 5:49 | 10,3 | 00:29:07 | 00:29:15 | | 137 | 00:30:59 |
| 349 | 299 | KASZYŃSKA PAULINA | STRZELNO | | 1984 | K30-39 | 65 | 00:00:05 | 5:50 | 10,3 | 00:29:08 | 00:29:13 | | 138 | 00:31:00 |
| 350 | 334 | MAJCHRZAK BARBARA | CIEHCINEK | | 1990 | K16-29 | 33 | 00:00:11 | 5:50 | 10,3 | 00:29:09 | 00:29:20 | | 139 | 00:31:01 |
| 351 | 379 | PYPKOWSKA AGNIESZKA | NIESZAWA | | 1971 | K40-49 | 32 | 00:00:09 | 5:50 | 10,3 | 00:29:10 | 00:29:19 | | 140 | 00:31:02 |
| 352 | 207 | PALUSZAK ADAM | INOWROCŁAW | BBL | 1999 | M16-29 | 43 | 00:00:17 | 5:50 | 10,3 | 00:29:12 | 00:29:29 | 212 | | 00:31:04 |
| 353 | 266 | GRZESZAK DANUTA | MOGILNO | | 1953 | K60-69 | 4 | 00:00:02 | 5:51 | 10,3 | 00:29:14 | 00:29:16 | | 141 | 00:31:06 |
| 354 | 205 | PALUSZAK KATARZYNA | INOWROCŁAW | | 1983 | K30-39 | 66 | 00:00:16 | 5:51 | 10,3 | 00:29:14 | 00:29:30 | | 142 | 00:31:06 |
| 355 | 206 | PALUSZAK ŁUKASZ | INOWROCŁAW | | 1982 | M30-39 | 82 | 00:00:16 | 5:51 | 10,3 | 00:29:14 | 00:29:30 | 213 | | 00:31:06 |
| 356 | 253 | SZAŁECKA EWA | INOWROCŁAW | | 1970 | K40-49 | 33 | 00:00:28 | 5:51 | 10,3 | 00:29:16 | 00:29:44 | | 143 | 00:31:08 |
| 357 | 254 | SZAŁECKI ROBERT | INOWROCŁAW | | 1971 | M40-49 | 65 | 00:00:28 | 5:51 | 10,3 | 00:29:16 | 00:29:44 | 214 | | 00:31:08 |
| 358 | 93 | KULIK JUSTYNA | STRZELNO | | 1993 | K16-29 | 34 | 00:00:26 | 5:53 | 10,2 | 00:29:24 | 00:29:50 | | 144 | 00:31:17 |
| 359 | 310 | RASSALSKA-KAUSA JOLA | BYDGOSZCZ | POWERPUFF GIRLS | 1978 | K40-49 | 34 | 00:00:17 | 5:54 | 10,2 | 00:29:29 | 00:29:46 | | 145 | 00:31:22 |
| 360 | 155 | LEWANDOWSKA KATARZYNA | KRUSZWICA | ROZBIEGANA KRUSZWICA | 1978 | K40-49 | 35 | 00:00:27 | 5:54 | 10,2 | 00:29:31 | 00:29:58 | | 146 | 00:31:24 |
| 361 | 109 | SKOWROŃSKA JOANNA | CHLEWISKA | BRAK | 1974 | K40-49 | 36 | 00:00:08 | 5:55 | 10,1 | 00:29:34 | 00:29:42 | | 147 | 00:31:27 |
| 362 | 384 | SKOWROŃSKI SŁAWOMIR | CHLEWISKA | | 1974 | M40-49 | 66 | 00:00:08 | 5:55 | 10,1 | 00:29:35 | 00:29:43 | 215 | | 00:31:28 |
| 363 | 422 | DROŹDŹ ANNA | INOWROCŁAW | | 1975 | K40-49 | 37 | 00:00:05 | 5:55 | 10,1 | 00:29:37 | 00:29:42 | | 148 | 00:31:30 |
| 364 | 106 | POPOWSKI DARIUSZ | INOWROCŁAW | | 1967 | M50-59 | 19 | 00:00:03 | 5:58 | 10,1 | 00:29:50 | 00:29:53 | 216 | | 00:31:44 |
| 365 | 220 | KROTOSZYŃSKI RYSZARD | INOWROCŁAW | BBL INOWROCŁAW | 1949 | M60-69 | 6 | 00:00:02 | 5:58 | 10,0 | 00:29:52 | 00:29:54 | 217 | | 00:31:46 |
| 366 | 30 | SZYMAŃSKA JUSTYNA | GNIEZNO | | 1982 | K30-39 | 67 | 00:00:20 | 5:58 | 10,0 | 00:29:52 | 00:30:12 | | 149 | 00:31:46 |
| 367 | 356 | KRAJEWSKA KATARZYNA | POLAND BYDGOSZCZ | | 1987 | K30-39 | 68 | 00:00:25 | 5:58 | 10,0 | 00:29:52 | 00:30:17 | | 150 | 00:31:46 |
| 368 | 337 | MALISZEWSKA SYLWIA | LUBIN | BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA | 1971 | K40-49 | 38 | 00:00:18 | 5:59 | 10,0 | 00:29:53 | 00:30:11 | | 151 | 00:31:47 |

FOUR COLOURS GRAND PRIX INOWROCŁAW - BLUE RUN

Organizator: Agencja Aktywnego Wypoczynku ACTINSPORT Waldemar Kwiatkowski; MKS Inowrocław

Data: 30.06.2018

Dystans: 5 KM

Miejscowość: INOWROCŁAW

**UZYSKANE CZASY DOTYCZĄ TRASY NA 4,7 KM, DO KLASYFIKACJI CYKLU BĘDZIE BRANY
POD UWAGĘ SZACUNKOWY CZAS NA PEŁNE 5 KM**



| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Rok urodz. | Kat. wiek. | M-ce w kat | Czas startu | tempo min/km | tempo km/h | Czas netto | Czas Brutto | M | K | szacunkowy czas na 5km |
|------|---------|--------------------------|----------------------|-----------------------------------|------------|------------|------------|-------------|--------------|------------|------------|-------------|-----|-----|------------------------|
| 369 | 255 | GÓRSKA JOANNA | BYDGOSZCZ | | 1991 | K16-29 | 35 | 00:00:25 | 5:59 | 10,0 | 00:29:57 | 00:30:22 | | 152 | 00:31:52 |
| 370 | 423 | GADZIŃSKA IZABELA | GNIEZNO | WKURW_TEAM | 1993 | K16-29 | 36 | 00:00:26 | 6:00 | 10,0 | 00:30:00 | 00:30:26 | | 153 | 00:31:55 |
| 371 | 381 | BUKOWIECKA KATARZYNA | MIĘDZYLESIE | KB MARATON TUREK | 1988 | K30-39 | 69 | 00:00:15 | 6:00 | 10,0 | 00:30:02 | 00:30:17 | | 154 | 00:31:57 |
| 372 | 378 | BUKOWIECKI KRZYSZTOF | MIĘDZYLESIE | | 1982 | M30-39 | 83 | 00:00:15 | 6:00 | 10,0 | 00:30:02 | 00:30:17 | 218 | | 00:31:57 |
| 373 | 163 | GRABSKA PATRYCJA | INOWROCŁAW | DECATHLON TEAM INOWROCŁAW | 1994 | K16-29 | 37 | 00:00:15 | 6:02 | 10,0 | 00:30:08 | 00:30:23 | | 155 | 00:32:03 |
| 374 | 260 | OSIŃSKI ARKADIUSZ | INOWROCŁAW | | 2002 | M16-29 | 44 | 00:00:23 | 6:02 | 9,9 | 00:30:10 | 00:30:33 | 219 | | 00:32:06 |
| 375 | 169 | MOCEK TOMASZ | STRZELNO | STRZELNO BIEGA | 1971 | M40-49 | 67 | 00:00:16 | 6:04 | 9,9 | 00:30:19 | 00:30:35 | 220 | | 00:32:15 |
| 376 | 146 | STUBE MONIKA | STRZELNO | STRZELNO BIEGA | 1992 | K16-29 | 38 | 00:00:15 | 6:04 | 9,9 | 00:30:20 | 00:30:35 | | 156 | 00:32:16 |
| 377 | 247 | KRUKOWSKI RAFAŁ | INOWROCŁAW | | 1984 | M30-39 | 84 | 00:00:20 | 6:04 | 9,9 | 00:30:21 | 00:30:41 | 221 | | 00:32:17 |
| 378 | 168 | RYMARKIEWICZ SŁAWOMIR | BYDGOSZCZ | PAPAY CLUB | 1976 | M40-49 | 68 | 00:00:21 | 6:05 | 9,9 | 00:30:24 | 00:30:45 | 222 | | 00:32:20 |
| 379 | 320 | PIETRZAK MARTA | INOWROCŁAW | BBL INOWROCŁAW | 1967 | K50-59 | 7 | 00:00:26 | 6:05 | 9,9 | 00:30:27 | 00:30:53 | | 157 | 00:32:24 |
| 380 | 234 | GURYN WIKTOR | BYDGOSZCZ | ZIELONY PELIKAN | 1983 | M30-39 | 85 | 00:00:03 | 6:07 | 9,8 | 00:30:35 | 00:30:38 | 223 | | 00:32:32 |
| 381 | 347 | KALISKA LIDIA | INOWROCŁAW | | 1975 | K40-49 | 39 | 00:00:17 | 6:08 | 9,8 | 00:30:42 | 00:30:59 | | 158 | 00:32:40 |
| 382 | 57 | GRACZYKOWSKA ANNA | INOWROCŁAW | STOWARZYSZENIE SPORTOWE LANDRYNKA | 1986 | K30-39 | 70 | 00:00:13 | 6:09 | 9,8 | 00:30:44 | 00:30:57 | | 159 | 00:32:42 |
| 383 | 360 | DANIELEK ADAM | BYDGOSZCZ | BIEGAM, ŻEBY SIĘ NIE SPOCIĆ! | 1978 | M40-49 | 69 | 00:00:23 | 6:09 | 9,7 | 00:30:47 | 00:31:10 | 224 | | 00:32:45 |
| 384 | 445 | SIŃSKA ELŻBIETA | INOWROCŁAW | | 1973 | K40-49 | 40 | 00:00:11 | 6:10 | 9,7 | 00:30:51 | 00:31:02 | | 160 | 00:32:49 |
| 385 | 171 | HARACEWIAT CEZARY | BYDGOSZCZ | | 1961 | M50-59 | 20 | 00:00:19 | 6:11 | 9,7 | 00:30:54 | 00:31:13 | 225 | | 00:32:52 |
| 386 | 246 | PODCZASKA KATARZYNA | ALEKSANDRÓW KUJAWSKI | | 1989 | K16-29 | 39 | 00:00:19 | 6:11 | 9,7 | 00:30:55 | 00:31:14 | | 161 | 00:32:53 |
| 387 | 338 | OTFINOWSKI TOMASZ | INOWROCŁAW | SPARTAN GYM | 1977 | M40-49 | 70 | 00:00:22 | 6:11 | 9,7 | 00:30:56 | 00:31:18 | 226 | | 00:32:54 |
| 388 | 35 | KRAWIECKI PATRYK | BYDGOSZCZ | | 1984 | M30-39 | 86 | 00:00:24 | 6:14 | 9,6 | 00:31:10 | 00:31:34 | 227 | | 00:33:09 |
| 389 | 36 | KRAWIECKA KAROLINA | BYDGOSZCZ | | 1985 | K30-39 | 71 | 00:00:23 | 6:14 | 9,6 | 00:31:11 | 00:31:34 | | 162 | 00:33:10 |
| 390 | 297 | ZYCH AGNIESZKA | INOWROCŁAW | | 1979 | K30-39 | 72 | 00:00:09 | 6:15 | 9,6 | 00:31:15 | 00:31:24 | | 163 | 00:33:15 |
| 391 | 421 | KĄKOLEWSKA JUSTYNA | INOWROCŁAW | DECATHLON TEAM INOWROCŁAW | 1972 | K40-49 | 41 | 00:00:08 | 6:15 | 9,6 | 00:31:16 | 00:31:24 | | 164 | 00:33:16 |
| 392 | 300 | ŁADON KATARZYNA | INOWROCŁAW | | 1979 | K30-39 | 73 | 00:00:13 | 6:16 | 9,6 | 00:31:19 | 00:31:32 | | 165 | 00:33:19 |
| 393 | 301 | ŁADON RAFAŁ | INOWROCŁAW | | 1977 | M40-49 | 71 | 00:00:13 | 6:16 | 9,6 | 00:31:19 | 00:31:32 | 228 | | 00:33:19 |
| 394 | 221 | DŹWIGOŁ ELŻBIETA | INOWROCŁAW | BBL INOWROCŁAW | 1960 | K50-59 | 8 | 00:00:01 | 6:16 | 9,6 | 00:31:20 | 00:31:21 | | 166 | 00:33:20 |
| 395 | 434 | GÓRNY JAROSŁAW | INOWROCŁAW | | 1960 | M50-59 | 21 | 00:00:23 | 6:16 | 9,6 | 00:31:22 | 00:31:45 | 229 | | 00:33:22 |
| 396 | 66 | GRABSKA-ZIELIŃSKA SYLWIA | BYDGOSZCZ | | 1991 | K16-29 | 40 | 00:00:14 | 6:18 | 9,5 | 00:31:31 | 00:31:45 | | 167 | 00:33:32 |
| 397 | 432 | LUBOCKA PATRYCJA | TORUŃ | TOP CROSS TORUŃ | 2001 | K16-29 | 41 | 00:00:22 | 6:21 | 9,5 | 00:31:44 | 00:32:06 | | 168 | 00:33:46 |
| 398 | 279 | WIATROWSKA MAGDALENA | INOWROCŁAW | | 1977 | K40-49 | 42 | 00:00:16 | 6:24 | 9,4 | 00:32:01 | 00:32:17 | | 169 | 00:34:04 |
| 399 | 230 | PIASKOWSKA NATALIA | PIECHCIN | | 1988 | K30-39 | 74 | 00:00:10 | 6:30 | 9,2 | 00:32:28 | 00:32:38 | | 170 | 00:34:32 |
| 400 | 410 | MIGAŁA PAWEŁ | BYDGOSZCZ | | 1982 | M30-39 | 87 | 00:00:12 | 6:31 | 9,2 | 00:32:34 | 00:32:46 | 230 | | 00:34:39 |
| 401 | 316 | ZIEMKIEWICZ-FIGAS RENATA | INOWROCŁAW | | 1978 | K40-49 | 43 | 00:00:26 | 6:32 | 9,2 | 00:32:38 | 00:33:04 | | 171 | 00:34:43 |
| 402 | 313 | GAWLIK KAROLINA | BYDGOSZCZ | | 1981 | K30-39 | 75 | 00:00:09 | 6:35 | 9,1 | 00:32:56 | 00:33:05 | | 172 | 00:35:02 |
| 403 | 126 | JASNOWSKA HANNA | TORUŃ | | 1956 | K60-69 | 5 | 00:00:22 | 6:36 | 9,1 | 00:32:58 | 00:33:20 | | 173 | 00:35:04 |
| 404 | 271 | WĄŻ AGATA | PAKOŚĆ | | 1992 | K16-29 | 42 | 00:00:24 | 6:37 | 9,1 | 00:33:04 | 00:33:28 | | 174 | 00:35:11 |
| 405 | 98 | KŁACZYŃSKA EWA | INOWROCŁAW | | 1971 | K40-49 | 44 | 00:00:15 | 6:40 | 9,0 | 00:33:22 | 00:33:37 | | 175 | 00:35:30 |
| 406 | 204 | LEWANDOWSKA LOTTA | INOWROCŁAW | | 1960 | K50-59 | 9 | 00:00:14 | 6:41 | 9,0 | 00:33:23 | 00:33:37 | | 176 | 00:35:31 |
| 407 | 43 | MURJASZ AGNIESZKA | INOWROCŁAW | | 1981 | K30-39 | 76 | 00:00:04 | 6:41 | 9,0 | 00:33:24 | 00:33:28 | | 177 | 00:35:32 |
| 408 | 343 | ŁUKOMSKI DAWID | BYDGOSZCZ | GARDENFLORA MTB TEAM | 1990 | M16-29 | 45 | 00:00:20 | 6:43 | 8,9 | 00:33:35 | 00:33:55 | 231 | | 00:35:44 |
| 409 | 21 | POZNAŃSKA BOŻENA | INOWROCŁAW | | 1949 | K60-69 | 6 | 00:00:30 | 6:43 | 8,9 | 00:33:37 | 00:34:07 | | 178 | 00:35:46 |
| 410 | 97 | KŁACZYŃSKI WOJCIECH | INOWROCŁAW | | 1966 | M50-59 | 22 | 00:00:15 | 6:45 | 8,9 | 00:33:44 | 00:33:59 | 232 | | 00:35:53 |
| 411 | 50 | KUŁAKOWSKI ROBERT | TORUŃ | | 1975 | M40-49 | 72 | 00:00:18 | 6:48 | 8,8 | 00:33:59 | 00:34:17 | 233 | | 00:36:09 |
| 412 | 281 | CHEŁMINIAK MONIKA | INOWROCŁAW | | 1976 | K40-49 | 45 | 00:00:22 | 6:59 | 8,6 | 00:34:57 | 00:35:19 | | 179 | 00:37:11 |
| 413 | 282 | KRAWCZYK SYLWIA | INOWROCŁAW | | 1979 | K30-39 | 77 | 00:00:21 | 7:00 | 8,6 | 00:34:58 | 00:35:19 | | 180 | 00:37:12 |
| 414 | 112 | WILCZEWSKA MONIKA | TORUŃ | WOLFPACK | 1982 | K30-39 | 78 | 00:00:12 | 7:03 | 8,5 | 00:35:15 | 00:35:27 | | 181 | 00:37:30 |

FOUR COLOURS GRAND PRIX INOWROCLAW - BLUE RUN

Organizator: Agencja Aktywnego Wypoczynku ACTINSPORT Waldemar Kwiatkowski; MKS Inowrocław

Data: 30.06.2018

Dystans: 5 KM

Miejscowość: INOWROCLAW

UZYSKANE CZASY DOTYCZĄ TRASY NA 4,7 KM, DO KLASYFIKACJI CYKLU BĘDZIE BRANY
POD UWAGĘ SZACUNKOWY CZAS NA PEŁNE 5 KM



| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Rok urodz. | Kat wiek. | M-ce w kat | Czas startu | tempo min/km | tempo km/h | Czas netto | Czas Brutto | M | K | szacunkowy czas na 5km |
|------|---------|--------------------|-------------|-----------------------------------|------------|-----------|------------|-------------|--------------|------------|------------|-------------|-----|---|------------------------|
| 415 | 2 | HADOWSKA ANNA | JACEWO | IKSK INOWROCLAW | 1954 | K60-69 | 7 | 00:00:19 | 7:14 | 8,3 | 00:36:08 | 00:36:27 | 182 | | 00:38:26 |
| 416 | 296 | OLENDER JOLANTA | INOWROCLAW | STOWARZYSZENIE SPORTOWE LANDRYNKA | 1976 | K40-49 | 46 | 00:00:09 | 7:14 | 8,3 | 00:36:09 | 00:36:18 | 183 | | 00:38:27 |
| 417 | 170 | ŚMIAŁOWSKI MIKOŁAJ | INOWROCLAW | | 1991 | M16-29 | 46 | 00:00:28 | 7:44 | 7,8 | 00:38:42 | 00:39:10 | 234 | | 00:41:10 |