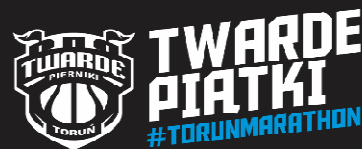


Twarde Piątki 09.10.2015

Organizator: Toruński Związek TKKF
 Data: 09.10.2015
 Dystans: 5km
 Miejscowość: Toruń

Klasyfikacja: OPEN



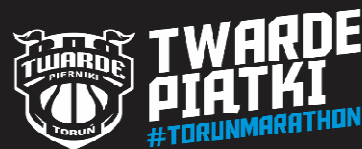
M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Czas startu	tempo min/km	tempo km/h	1km	2km	3km	4km	Wynik (netto)	M	K
1	249	KALINOWSKI GRZEGORZ	TORUŃ	MKL TORUŃ	00:00:01	3:24	17,6	00:03:25	00:06:54	00:10:27	00:14:11	00:17:00	1	
2	215	WOŹNIAK JACEK	TORUŃ	MKL TORUŃ	00:00:01	3:28	17,3	00:03:25	00:06:54	00:10:23	00:13:54	00:17:17	2	
3	31	DANIELEWSKI MARIUSZ	ZŁAWIEŚ WIELKA	DRUŻYNA SZPIKU	00:00:02	3:35	16,7	00:03:34	00:07:12	00:10:48	00:14:28	00:17:55	3	
4	244	RADTKE ŁUKASZ	CHEŁMŻA	CHEŁMŻA	00:00:02	3:36	16,6	00:03:28	00:07:06	00:10:45	00:14:27	00:18:00	4	
5	80	KAŁASKA KRZYSZTOF	ŁYSOMICIE		00:00:01	3:40	16,3	00:03:28	00:07:08	00:10:55	00:14:41	00:18:20	5	
6	41	DUTKIEWICZ MACIEJ	TORUŃ		00:00:02	3:41	16,3	00:03:37	00:07:21	00:11:04	00:14:48	00:18:24	6	
7	224	ŻELISZCZAK ARTUR	TORUŃ		00:00:02	3:42	16,2	00:03:37	00:07:23	00:11:10	00:14:58	00:18:28	7	
8	251	KMIECIAK ROBERT	TORUŃ	TS OPATRUNKI TORUŃ	00:00:02	3:45	16,0	00:03:32	00:07:22	00:11:15	00:15:05	00:18:41	8	
9	250	ARSENIUK ANNA	GÓRSK	T.S.OPATRUNKI TORUŃ	00:00:02	3:45	16,0	00:03:36	00:07:23	00:11:11	00:15:03	00:18:44		1
10	107	KUBIAK TOMASZ	INOWROCŁAW	T.G.SOKÓŁ GNIEWKOWO	00:00:05	3:47	15,9	00:03:56	00:07:42	00:11:26	00:15:12	00:18:48	9	
11	30	CZARNOWSKI PRZEMYSŁAW	TLEŃ	POTĘŻNY PONAD MIARE	00:00:01	3:46	15,9	00:03:30	00:07:13	00:11:09	00:15:03	00:18:49	10	
12	81	KAMIŃSKI PIOTR	TORUŃ		00:00:03	3:48	15,8	00:03:40	00:07:29	00:11:24	00:15:20	00:18:57	11	
13	61	GREGROWSKI KRZYSZTOF	TORUŃ	TKKF REKREACJA TORUŃ	00:00:02	3:50	15,7	00:03:47	00:07:37	00:11:29	00:15:22	00:19:05	12	
14	189	SURMACEWICZ PAULINA	TORUŃ	PZ2K	00:00:06	3:53	15,4	00:03:53	00:07:44	00:11:40	00:15:37	00:19:20		2
15	71	JANCZARSKI MARCIN	TORUŃ	KM UMK TORUŃ	00:00:05	3:53	15,4	00:03:48	00:07:43	00:11:41	00:15:38	00:19:20	13	
16	205	WENDLAND MATEUSZ	LIPNO	LIPNO BIEGA	00:00:02	3:53	15,5	00:03:38	00:07:33	00:11:30	00:15:32	00:19:22	14	
17	235	ŁUCZAK RADOŚLAW	TORUŃ	KM UMK TORUŃ	00:00:04	3:54	15,4	00:03:54	00:07:45	00:11:40	00:15:38	00:19:25	15	
18	103	KRZEMIŃSKI JAROSŁAW	TORUŃ	3RIDE4FUN	00:00:03	3:55	15,3	00:03:42	00:07:39		00:15:40	00:19:34	16	
19	191	SZCZĘSNY PIOTR	TULISZKÓW	MVM	00:00:03	3:56	15,3	00:03:43	00:07:34	00:11:38	00:15:46	00:19:37	17	
20	178	SOBCZAK MAREK	TORUŃ		00:00:04	3:59	15,1	00:03:43	00:07:41	00:11:46	00:15:53	00:19:49	18	
21	154	NOWAKOWSKI DARIUSZ	TORUŃ		00:00:09	4:00	15,0	00:04:02	00:08:02	00:12:03	00:16:08	00:19:51	19	
22	257	KRUCZKOWSKI JAROSŁAW	ALEKSANDRÓW KUJAWSKI	POWIAT ALEKSANDROWSKI	00:00:03	3:59	15,0	00:03:48	00:07:44	00:11:49	00:15:54	00:19:54	20	
23	20	BUCZEL MICHAŁ	TORUŃ	BASKETBALL REFEREES	00:00:04	4:00	15,0	00:03:50	00:07:47	00:11:50	00:15:59	00:19:58	21	
24	34	DĄBROWSKI PIOTREK	TORUŃ		00:00:05	4:02	14,9	00:04:01	00:08:05	00:12:09	00:16:14	00:20:06	22	
25	63	GRYCKIEWICZ SZYMON	TORUŃ	ORVIT CLINIC	00:00:05	4:04	14,8	00:04:02	00:08:11	00:12:22	00:16:35	00:20:13	23	
26	7	BALEWSKI TOMASZ	TORUŃ		00:00:08	4:05	14,7	00:04:04	00:08:03	00:12:05	00:16:16	00:20:15	24	
27	116	LEWANDOWSKI RAFAŁ	TORUŃ	VENI, CUCURRI, VICI.	00:00:06	4:06	14,7	00:03:56	00:08:00	00:12:09	00:16:22	00:20:22	25	
28	234	JARMUSZEWICZ ŁUKASZ	TORUŃ	TORUŃSKI KLUB TRIATHLONOWY	00:00:21	4:09	14,4	00:04:41	00:08:51	00:12:58	00:16:59	00:20:25	26	
29	15	BOMASTEK SŁAWOMIR	TORUŃ	KALOS KAGATOS	00:00:04	4:06	14,6	00:03:58	00:08:04	00:12:18	00:16:29	00:20:27	27	
30	129	MAĆKOWSKI MACIEJ	BYDGOSZCZ		00:00:04	4:07	14,6	00:03:55	00:08:01	00:12:17	00:16:31	00:20:30	28	
31	117	LEWCZUK ŁUKASZ	TORUŃ		00:00:07	4:09	14,5	00:04:05	00:08:15	00:12:30	00:16:46	00:20:38	29	
32	64	GULIŃSKI GRZEGORZ	TORUŃ		00:00:07	4:09	14,4	00:04:00	00:08:10	00:12:28	00:16:45	00:20:39	30	
33	211	WIWATOWSKI MARIUSZ	TORUŃ		00:00:09	4:10	14,4	00:04:03	00:08:06	00:12:18	00:16:35	00:20:41	31	
34	238	SZPRĘGLEWSKI BARTOSZ	LISEWO	STALE BIEGAM NOVA TRADING	00:00:17	4:14	14,2	00:04:16	00:08:23	00:12:41	00:17:02	00:20:54	32	
35	148	MUZYK PRZEMYSŁAW	TORUŃ	NOCARZ	00:00:07	4:13	14,2	00:04:08	00:08:19	00:12:34	00:16:53	00:20:57	33	
36	69	IWICKI KRZYSZTOF	PIGŻA		00:00:04	4:13	14,2	00:03:54	00:08:02	00:12:19	00:16:39	00:21:00	34	



Twarde Piątki 09.10.2015

Organizator: Toruński Związek TKKF
 Data: 09.10.2015
 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
37	90	KORDZIŃSKI DARIUSZ	TORUŃ		00:00:13	4:15	14,1	00:04:19	00:08:24	00:12:39	00:17:01	00:21:02	35	
38	16	BONIECKI PIOTR	CZARNE BŁOTO	KM TRUCHCIK ŁUBIANKA/JW 1440 TORUŃ	00:00:06	4:14	14,2	00:04:09	00:08:22	00:12:42	00:16:59	00:21:05	36	
39	35	DEMBKOWSKI RYSZARD	TORUŃ	TTC	00:00:08	4:15	14,1	00:04:15	00:08:30	00:12:46	00:17:05	00:21:05	37	
40	175	SIPAK TOMASZ	TORUŃ	MAXIMUS BROKER	00:00:10	4:16	14,1	00:04:20	00:08:41	00:12:58	00:17:18	00:21:09	38	
41	88	KOŁODZIEJSKI ŁUKASZ	LIPNO	LIPNO BIEGA	00:00:03	4:15	14,1	00:03:46	00:07:59	00:12:30	00:17:04	00:21:11	39	
42	3	ADMSKI ADRIAN	LIPNO		00:00:10	4:16	14,0	00:04:20	00:08:32	00:12:48	00:17:15	00:21:12	40	
43	5	ARENDRY PAWEŁ	TORUŃ		00:00:07	4:17	14,0	00:04:18	00:08:34	00:12:55	00:17:19	00:21:17	41	
44	62	GROL KRYSZTIAN	INOWROCŁAW	56. BAZA LOTNICZA	00:00:03	4:17	14,0	00:04:06	00:08:25	00:12:55	00:17:23	00:21:20	42	
45	174	SARZAŁA ARTUR	TORUŃ		00:00:07	4:18	14,0	00:04:20	00:08:35	00:12:55	00:17:18	00:21:21	43	
46	242	JERCHA ANDRZEJ	MURZYNOWO		00:00:11	4:19	13,9	00:04:16	00:08:28	00:12:52	00:17:15	00:21:22	44	
47	45	GABRYCH KAROLINA	CHEŁMNO		00:00:11	4:19	13,9	00:04:19	00:08:35	00:12:58	00:17:22	00:21:23		3
48	156	PAWLAK ANETA	TORUŃ		00:00:33	4:24	13,6	00:04:46	00:09:02	00:13:21	00:17:43	00:21:27		4
49	232	GRAMZA RAFAŁ	TORUŃ		00:00:15	4:21	13,8	00:04:21	00:08:40	00:13:03	00:17:26	00:21:29	45	
50	172	ROSA BARTOSZ	TORUŃ	NIEZRZESZONY	00:00:16	4:21	13,8	00:04:34	00:08:54	00:13:16	00:17:38	00:21:29	46	
51	22	CENDROWSKI ARKADIUSZ	TORUŃ		00:00:06	4:19	13,9	00:04:00	00:08:20	00:12:51	00:17:17	00:21:31	47	
52	208	WIECŁAWSKI DANIEL	PAPOWO TORUŃSKIE	FST SPORT TEAM	00:00:03	4:19	13,9	00:03:54	00:08:09	00:12:36	00:17:07	00:21:31	48	
53	78	KACZYŃSKI RAFAŁ	GNIEWKOWO		00:00:07	4:21	13,8	00:04:11	00:08:28	00:12:55	00:17:24	00:21:40	49	
54	115	LASKOWSKI JAROSŁAW	MALA NIESZAWKA	-	00:00:12	4:22	13,7	00:04:26	00:08:44	00:13:08	00:17:33	00:21:40	50	
55	252	SAMEREK DARIUSZ	TORUŃ		00:00:07	4:22	13,7	00:04:17	00:08:42	00:13:09	00:17:37	00:21:44	51	
56	171	ROGOWSKI MARCIN	NOWE	JOCKER'S RUNNING	00:00:36	4:28	13,4	00:05:25	00:09:50	00:14:08	00:18:19	00:21:46	52	
57	230	MELKOWSKI ŁUKASZ	TORUN		00:00:11	4:24	13,6	00:04:27	00:08:52	00:13:19	00:17:48	00:21:50	53	
58	222	ZIELIŃSKI MAREK	PRZECZNO		00:00:06	4:24	13,6	00:04:11	00:08:24	00:12:54	00:17:38	00:21:56	54	
59	204	WALINOWICZ AGATA	TORUŃ	BELLA LINE TEAM	00:00:32	4:30	13,3	00:05:08	00:09:37	00:14:03	00:18:23	00:21:57		5
60	239	SADOWSKI MACIEJ	TORUŃ		00:00:21	4:28	13,4	00:04:40	00:09:14	00:13:44	00:18:12	00:21:58	55	
61	152	NOWAK ŁUKASZ	TORUŃ	RUNNING SUCKS	00:00:12	4:28	13,4	00:04:33	00:09:02	00:13:35	00:18:02	00:22:08	56	
62	161	PIWOŃSKI ROBERT	TORUŃ	KM UMK TORUŃ	00:00:42	4:34	13,1	00:05:04	00:09:30	00:13:56	00:18:22	00:22:08	57	
63	86	KOBĘDZA KAROL	TORUŃ		00:00:09	4:28	13,5	00:04:19	00:08:40	00:13:12	00:17:45	00:22:09	58	
64	50	GAŚECKA AGATA	KOSZALIN		00:00:14	4:29	13,4	00:04:58	00:09:23	00:13:49	00:18:13	00:22:13		6
65	203	TWAROWSKI ARKADIUSZ	TORUŃ		00:00:08	4:28	13,4	00:04:22	00:08:46	00:13:19	00:17:50	00:22:13	59	
66	184	STARZYŃSKI JAROSŁAW	TORUŃ		00:00:10	4:29	13,4	00:04:21	00:08:44	00:13:23	00:18:12	00:22:17	60	
67	54	GIĘDROJĆ DAREK	TORUŃ		00:00:30	4:34	13,1	00:05:03	00:09:29	00:13:56	00:18:22	00:22:19	61	
68	33	DĄBROWSKI PAWEŁ	GRUDZIĄDZ	UMK TORUŃ	00:00:05	4:30	13,3	00:04:14	00:08:39	00:13:15	00:17:59	00:22:25	62	
69	187	STRZELECKI DAWID	TORUŃ	SETLER	00:00:08	4:32	13,3	00:04:02	00:08:24	00:13:14	00:18:01	00:22:29	63	
70	114	LANKIEWICZ SEBASTIAN	TORUŃ		00:00:11	4:32	13,2	00:04:27	00:08:53	00:13:28	00:18:10	00:22:31	64	
71	94	KOWALEWSKI PATRYK	ŁYSOMICIE	RUN4FUN	00:00:12	4:33	13,2	00:04:37	00:09:07	00:13:46	00:18:20	00:22:33	65	
72	155	PACUSZKA KRZYSZTOF	TORUŃ	ŁUBUDUBU	00:00:04	4:32	13,3	00:04:17	00:08:42	00:13:16	00:17:55	00:22:34	66	

Sponsorzy główni: MIASTO TORUŃ

Sponsorzy: ŻYWIECZDROJ, CitoMed, STUDIO DRUKU, Bartkowsky

Partnerzy: bella line, STS, RUNTORUŃ, KLUB MARGAŁKIŃSKI UMK

Patronat medialny: 88.8 FM GRA, MARATONY POLSKIE.PL, bbl

Organizatorzy: Związek Toruński Kierownictwa Kultury Fizycznej w Toruniu, nate

Twarde Piątki 09.10.2015

Organizator: Toruński Związek TKKF
 Data: 09.10.2015
 Dystans: 5km
 Miejscowość: Toruń

Klasyfikacja: OPEN



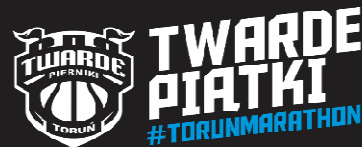
M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Czas startu	tempo min/km	tempo km/h	1km	2km	3km	4km	Wynik (netto)	M	K
73	125	LUBISZEWSKI DAWID	TORUŃ		00:00:39	4:39	12,9	00:05:20	00:09:51	00:14:26	00:18:55	00:22:37	67	
74	1	ADAMCZYK KRZYSZTOF	TORUŃ	BASKETBALL REFEREES	00:00:21	4:36	13,0	00:04:47	00:09:10	00:13:51	00:18:34	00:22:41	68	
75	92	KOSIŁO MARCIN	BYDGOSZCZ		00:00:13	4:35	13,1	00:04:36	00:09:12	00:13:56	00:18:37	00:22:44	69	
76	60	GRABOWSKA JOANNA	TORUŃ		00:00:06	4:35	13,1	00:04:40	00:09:17	00:13:58	00:18:33	00:22:48		7
77	123	LIPKA TOMASZ	TORUŃ		00:00:15	4:37	13,0	00:04:48	00:09:18	00:14:01	00:18:34	00:22:49	70	
78	13	BOCZULA KRZYSZTOF	TORUŃ		00:00:35	4:41	12,8	00:05:09	00:09:50	00:14:28	00:19:07	00:22:52	71	
79	245	GURTOWSKA MAGDA	TORUŃ		00:00:19	4:38	12,9	00:04:57	00:09:23	00:13:55	00:18:38	00:22:52		8
80	225	ŻURAWSKI PIOTR	TORUŃ		00:00:16	4:38	13,0	00:05:00	00:09:31	00:14:04	00:18:39	00:22:53	72	
81	233	CYRANKOWSKI ARTUR	TORUŃ	UMWK-P	00:00:21	4:40	12,9	00:04:43	00:09:15	00:13:59	00:18:39	00:22:58	73	
82	137	MARKIEWICZ MIREK	OTŁOCZYN	IMPULS TEAM	00:00:18	4:40	12,8	00:04:50	00:09:29	00:14:07	00:18:52	00:23:03	74	
83	207	WESOŁOWSKI TOMASZ	TORUŃ		00:00:28	4:43	12,7	00:05:17	00:09:59	00:14:43	00:19:20	00:23:06	75	
84	109	KULIGOWSKI BARTOSZ	TORUŃ	NOVA TRADING STALE BIEGAM	00:00:24	4:42	12,7	00:04:45	00:09:33	00:14:23	00:19:12	00:23:09	76	
85	202	TUTAK ŁUKASZ	WYBCZ	CROSSFIT TORUŃ	00:00:18	4:42	12,7	00:04:37	00:09:10	00:13:56	00:18:47	00:23:13	77	
86	38	DOMINIAK ARKADIUSZ	TORUŃ	BASKETBALL REFEREES	00:00:21	4:43	12,7	00:04:53	00:09:30	00:14:17	00:19:07	00:23:15	78	
87	223	ŻBIKOWSKI MICHAŁ	ALEKSANDRÓW KUJAWSKI		00:00:12	4:43	12,7	00:04:45	00:09:27	00:14:16	00:19:05	00:23:24	79	
88	119	LIPINSKI MACIEJ	TORUN	CRONIMET PL	00:00:34	4:49	12,5	00:05:25	00:10:05	00:14:45	00:19:27	00:23:30	80	
89	182	SOŁTYSIŃSKI MACIEJ	TORUŃ		00:00:25	4:47	12,5	00:05:01	00:09:40	00:14:21	00:19:11	00:23:33	81	
90	93	KOSIŃSKI MARIUSZ	TORUŃ	NIEZRZESZONY	00:00:42	4:52	12,3	00:05:26	00:10:06	00:14:49	00:19:39	00:23:38	82	
91	24	CHYŁA EDWARD	LUBICZ GÓRNY	CSAIU	00:00:23	4:48	12,5	00:04:56	00:09:39	00:14:30	00:19:25	00:23:39	83	
92	170	RESZKOWSKI ROBERT	TORUŃ	NOVA TRADING STALE BIEGAM	00:00:17	4:48	12,5	00:05:01	00:09:43	00:14:33	00:19:27	00:23:41	84	
93	76	JASIŃSKI MAREK	TORUŃ	KUJAWSKO-POMORSKIE.PL	00:00:19	4:48	12,5	00:04:40	00:09:19	00:14:20	00:19:18	00:23:41	85	
94	188	STRZELECKI KONRAD	KRUSZYN		00:00:13	4:47	12,5	00:04:35	00:09:14	00:14:05	00:19:00	00:23:42	86	
95	27	CIESIELSKI TOMASZ	TORUŃ	KUJAWSKO-POMORSKIE.PL	00:00:20	4:49	12,5	00:04:58	00:09:40	00:14:32	00:19:18	00:23:45	87	
96	102	KRYZEWski PIOTR	TORUŃ		00:00:32	4:53	12,3	00:05:07	00:09:50	00:14:41	00:19:42	00:23:55	88	
97	173	SADOWSKA KATARZYNA	STAJENCZYŃKI		00:00:10	4:50	12,4	00:04:39	00:09:26	00:14:20	00:19:15	00:23:58		9
98	229	ZIELIŃSKI KAROL	TORUŃ	SUPPORT RUNNERS	00:00:25	4:53	12,3	00:05:12	00:09:55	00:14:49	00:19:51	00:24:01	89	
99	209	WISNIEWSKI WŁODZIMIERZ	TORUŃ		00:00:24	4:54	12,2	00:04:55	00:09:39	00:14:37	00:19:41	00:24:06	90	
100	190	SZCZEPKOWSKI JAKUB	TORUŃ		00:00:06	4:51	12,4	00:04:42	00:09:35	00:14:30	00:19:35	00:24:08	91	
101	193	SZYMAŃSKI TOMASZ	TORUŃ	KROK ZA GOSZ	00:00:14	4:53	12,3	00:04:54	00:09:44	00:14:38	00:19:38	00:24:09	92	
102	113	LADORUCKI JAROSŁAW	TORUŃ		00:00:21	4:55	12,2	00:05:11	00:10:07	00:15:03	00:19:55	00:24:12	93	
103	36	DERENDA MIREK	INOWROCŁAW	1. BLWL	00:00:26	4:56	12,2	00:05:19	00:10:08	00:15:06	00:20:04	00:24:15	94	
104	237	OLSZEWSKI SŁAWOMIR	TORUŃ		00:00:29	4:57	12,1	00:05:18	00:10:07	00:15:08	00:20:11	00:24:17	95	
105	87	KOLASIŃSKI SEBASTIAN	TORUŃ		00:00:08	4:53	12,3	00:04:41	00:09:37	00:14:34	00:19:38	00:24:17	96	
106	29	CZAJKOWSKI PIOTR	TORUŃ		00:00:15	4:55	12,2	00:04:53	00:09:35	00:14:28	00:19:33	00:24:20	97	
107	159	PIÓRKOWSKI ALEKSANDER	TORUŃ		00:00:23	4:57	12,1	00:05:09	00:10:03	00:15:01	00:19:58	00:24:23	98	
108	185	STAWARSKA ELŻBIETA	TORUŃ		00:00:09	4:55	12,2	00:04:36	00:09:31	00:14:31	00:19:35	00:24:24		10



Twarde Piątki 09.10.2015

Organizator: Toruński Związek TKKF
 Data: 09.10.2015
 Dystans: 5km
 Miejscowość: Toruń

Klasyfikacja: OPEN



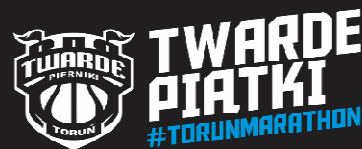
M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Czas startu	tempo min/km	tempo km/h	1km	2km	3km	4km	Wynik (netto)	M	K
109	77	KACZOROWSKA ANNA	TORUŃ		00:00:09	4:55	12,2	00:05:03	00:09:58	00:14:54	00:19:54	00:24:28		11
110	105	KRZYŻANOWSKI DARIUSZ	TORUŃ		00:00:36	5:01	12,0	00:05:56	00:10:45	00:15:45	00:20:33	00:24:28	99	
111	157	PAWLAK KRZYSZTOF	TORUŃ		00:00:36	5:01	12,0	00:05:55	00:10:45	00:15:45	00:20:33	00:24:28	100	
112	99	KRUKAR MARCIN	TORUŃ		00:00:26	4:59	12,0	00:05:28	00:10:31	00:15:29	00:20:25	00:24:31	101	
113	220	ZAGOŹDŻON WIOLETA	SOLEC KUJAWSKI	RUN BYDGOSZCZ	00:00:18	4:58	12,1	00:05:12	00:10:06	00:15:04	00:20:03	00:24:33		12
114	49	GAJEWSKI PIOTR	TORUŃ	BIKE CAFE	00:00:12	4:57	12,1	00:04:41	00:09:29	00:14:33	00:19:54	00:24:35	102	
115	134	MARACH PIOTR	TORUŃ	AKPB MARMEL TORUŃ	00:00:11	4:58	12,1	00:04:53	00:09:45	00:14:43	00:19:51	00:24:37	103	
116	97	KRASIŃSKI PIOTR	BYDGOSZCZ		00:00:33	5:02	11,9	00:05:36	00:10:31	00:15:24	00:20:28	00:24:38	104	
117	168	RAMZA KAROL	LIPNO		00:00:37	5:03	11,9	00:05:42	00:10:39	00:15:29	00:20:26	00:24:39	105	
118	142	MILEWSKI MATEUSZ	TORUŃ	RUN4FUN	00:00:12	5:00	12,0	00:05:00	00:10:05	00:15:10	00:20:17	00:24:48	106	
119	17	BONSELEWSKI RAFAŁ	TORUŃ		00:00:38	5:05	11,8	00:05:47	00:10:48	00:15:44	00:20:42	00:24:49	107	
120	196	ŚLOT MICHAŁ	TORUŃ	BBL TORUŃ	00:00:20	5:02	11,9	00:04:52	00:09:45	00:14:47	00:19:58	00:24:50	108	
121	150	NADOLNY MARCIN	TORUŃ		00:00:13	5:01	12,0	00:05:00	00:10:05	00:15:10	00:20:17	00:24:51	109	
122	108	KUCHARSKI JACEK	TORUŃ		00:00:35	5:06	11,8	00:05:38	00:10:39	00:15:49	00:20:56	00:24:56	110	
123	51	GAŚIOROWSKI KAROL	TORUŃ		00:00:32	5:06	11,8	00:06:01	00:11:30	00:16:27	00:20:57	00:24:58	111	
124	101	KRUSZKA STANISŁAW	WŁOCŁAWEK		00:00:22	5:05	11,8	00:05:01	00:09:55	00:14:59	00:20:15	00:25:00	112	
125	136	MAREK SŁAWOMIR	PRZYSIEK	NOVA TRADING STALE BIEGAM	00:00:18	5:04	11,8	00:04:48	00:09:43	00:14:56	00:20:09	00:25:02	113	
126	58	GÓRZYŃSKI BARTOSZ	TORUŃ		00:00:36	5:08	11,7	00:05:30	00:10:26	00:15:33	00:20:39	00:25:02	114	
127	206	WESOŁOWSKI MAREK	TORUŃ		00:00:24	5:05	11,8	00:05:17	00:10:21	00:15:27	00:20:38	00:25:03	115	
128	163	PODOLSKA JOANNA	TORUŃ		00:00:18	5:05	11,8	00:05:31	00:10:30	00:15:29	00:20:30	00:25:04	13	
129	253	BOGDAN WACŁAW	TORUŃ		00:00:10	5:04	11,8	00:04:49	00:09:51	00:15:09	00:20:26	00:25:12	116	
130	26	CIEĆWIERZ NATALIA	TORUŃ	TOTAL CROSS	00:00:26	5:08	11,7	00:05:30	00:10:39	00:15:51	00:20:57	00:25:13	14	
131	89	KOPKO KSENIA	MALBORK		00:00:17	5:06	11,7	00:05:11	00:10:12	00:15:21	00:20:37	00:25:15	15	
132	160	PISKORSKA MARTA	SOLEC KUJAWSKI		00:00:23	5:08	11,7	00:05:31	00:10:37	00:15:45	00:20:54	00:25:16	16	
133	53	GIBASZEK ALEKSANDRA	TORUŃ	JEST GIBA, BĘDZIE BIBA	00:00:14	5:06	11,8	00:05:21	00:10:23	00:15:29	00:20:36	00:25:17	17	
134	104	KRZYWDZIŃSKA AGATA	TORUŃ		00:00:32	5:10	11,6	00:05:32	00:10:37	00:15:45	00:20:55	00:25:19	18	
135	19	BUCZEL JUSTYNA	TORUŃ		00:00:33	5:12	11,5	00:05:35	00:10:36	00:15:44	00:20:55	00:25:27	19	
136	143	MISZ MACIEJ	TORUŃ		00:00:35	5:13	11,5	00:05:34	00:10:35	00:15:44	00:21:00	00:25:29	117	
137	151	NIEWIADOMSKA-BOCHENEK MONIKA	TORUŃ	BIEGOWE MAMY	00:00:33	5:13	11,5	00:05:54	00:11:05	00:16:13	00:21:15	00:25:30	20	
138	153	NOWAKOWSKA EDYTA	MORĄG		00:00:31	5:12	11,5	00:05:52	00:10:57	00:16:06	00:21:14	00:25:30	21	
139	91	KORNECKA NINA	TORUŃ		00:00:17	5:10	11,6	00:05:16	00:10:23	00:15:34	00:20:51	00:25:31	22	
140	183	SOROCZYŃSKI JACEK	TORUŃ		00:00:31	5:13	11,5	00:05:55	00:11:12	00:16:13	00:21:14	00:25:35	118	
141	186	STRZELECKA ANNA	KRUSZYN		00:00:35	5:14	11,5	00:06:03	00:11:01	00:16:02	00:21:15	00:25:36	23	
142	37	DOBOSZ ROBERT	KOSZALIN		00:00:15	5:12	11,5	00:05:17	00:10:20	00:15:40	00:20:57	00:25:44	119	
143	240	WOLSKI WOJCIECH	TORUŃ		00:00:42	5:18	11,3	00:05:42	00:10:54	00:16:01	00:21:17	00:25:48	120	
144	221	ZAWIEJA ZUZANNA	GOSTYŃ		00:00:18	5:14	11,5	00:05:24	00:10:26	00:15:33	00:20:56	00:25:51	24	



Twarde Piątki 09.10.2015

Organizator: Toruński Związek TKKF
 Data: 09.10.2015
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Klasyfikacja: OPEN



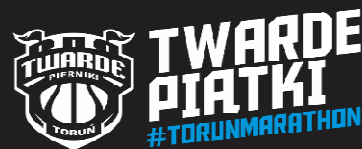
M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Czas startu	tempo min/km	tempo km/h	1km	2km	3km	4km	Wynik (netto)	M	K
145	111	KURPIŃSKA SYLWIA	WŁOCŁAWEK		00:00:19	5:16	11,4	00:05:13	00:10:19	00:15:37	00:21:00	00:26:01		25
146	236	WITKOWSKI RAFAŁ	TORUŃ		00:00:29	5:18	11,3	00:05:29	00:10:38	00:15:54	00:21:28	00:26:02	121	
147	164	POŁOMSKI RAFAŁ	TORUŃ	JW 1440	00:00:42	5:21	11,2	00:05:50	00:10:55	00:16:05	00:21:29	00:26:04	122	
148	2	ADAMCZYK ZBIGNIEW	ZAMEK BIERZGŁOWSKI	KM TRUCHCIK ŁUBIANKA	00:00:27	5:22	11,2	00:05:39	00:10:55	00:16:14	00:21:33	00:26:21	123	
149	118	LEWICKI PIOTR	TORUŃ		00:00:13	5:19	11,3	00:05:02	00:10:13	00:15:32	00:21:10	00:26:23	124	
150	75	JASIŃSKI KRZYSZTOF	TORUŃ	CSAIU	00:00:33	5:23	11,1	00:05:50	00:11:18	00:16:42	00:21:59	00:26:24	125	
151	66	GUMOWSKI MIKOŁAJ	TORUŃ		00:00:39	5:26	11,0	00:05:59	00:11:17	00:16:36	00:22:02	00:26:32	126	
152	67	INSADOWSKA BEATA	GRĘBOCIN		00:00:09	5:21	11,2	00:05:15	00:10:38	00:16:10	00:21:38	00:26:35	26	
153	4	ANTOS MARTA	TORUŃ		00:00:19	5:23	11,1	00:05:32	00:10:46	00:16:09	00:21:39	00:26:38	27	
154	217	WÓJCİK MARIA	TORUŃ	WWW.RUNNINGSUCKS.PL	00:00:39	5:28	11,0	00:06:19	00:11:45	00:17:06	00:22:22	00:26:43	28	
155	212	WŁODARCZYK WOJCIECH	BYDGOSZCZ		00:00:13	5:23	11,1	00:05:25	00:10:45	00:16:09	00:21:32	00:26:44	127	
156	23	CHWEDECKO KAROLINA	TORUŃ		00:00:31	5:30	10,9	00:05:57	00:11:22	00:16:47	00:22:13	00:27:00	29	
157	11	BIĄŁOŁOCKI MAREK	TORUŃ		00:00:22	5:29	10,9	00:05:49	00:11:16	00:16:44	00:22:11	00:27:03	128	
158	10	BIĄŁOŁOCKA PATRYCJA	TORUŃ		00:00:21	5:29	10,9	00:05:49	00:11:15	00:16:44	00:22:11	00:27:04	30	
159	135	MARECKI ARTUR	TORUŃ		00:00:26	5:30	10,9	00:05:46	00:11:10	00:16:38	00:22:13	00:27:05	129	
160	59	GRABARSKA MAGDALENA	TORUŃ		00:00:26	5:30	10,9	00:05:38	00:10:53	00:16:28	00:22:05	00:27:06	31	
161	44	FURMANEK HUBERT	PŁOCK		00:00:12	5:28	11,0	00:04:40	00:09:39	00:15:36	00:21:44	00:27:06	130	
162	43	FURKA-BULLER DANIELA	29		00:00:17	5:29	10,9	00:05:22	00:10:41	00:16:14	00:21:49	00:27:07	32	
163	128	ŁUSZCZYŃSKI KAMIL	TORUŃ		00:00:37	5:37	10,7	00:06:09	00:11:34	00:17:04	00:22:32	00:27:26	131	
164	255	WISNIEWSKI ANDRZEJ	TORUN	CARBON TEAM TORUN	00:00:41	5:37	10,7	00:06:43	00:12:03	00:17:23	00:22:55	00:27:26	132	
165	121	LIPIŃSKI ARTUR	TORUŃ		00:00:16	5:34	10,8	00:05:21	00:10:40	00:16:21	00:22:21	00:27:31	133	
166	48	GABRYSZEWski MIROSŁAW	ŁYSOMICIE		00:00:40	5:38	10,6	00:06:11	00:11:45	00:17:25	00:22:59	00:27:31	134	
167	120	LIPIŃSKA MAŁGORZATA	TORUŃ		00:00:16	5:34	10,8	00:05:22	00:10:40	00:16:22	00:22:21	00:27:32	33	
168	127	ŁUSZCZYŃSKA ILONA	TORUŃ		00:00:35	5:38	10,7	00:06:14	00:11:45	00:17:18	00:22:48	00:27:34	34	
169	132	MAKOWSKA MARIA	TORUŃ		00:00:30	5:38	10,7	00:06:01	00:11:30	00:17:01	00:22:42	00:27:38	35	
170	144	MODZELEWSKA EMILIA	TORUŃ		00:00:19	5:37	10,7	00:05:32	00:11:01	00:16:46	00:22:28	00:27:46	36	
171	28	CZAJKA JUDYTA	TORUŃ	BOOT CAMP POLSKA	00:00:19	5:38	10,7	00:05:48	00:11:21	00:16:54	00:22:44	00:27:49	37	
172	52	GEZELA TOMASZ	TORUŃ	ELADE CREW	00:00:29	5:40	10,6	00:05:59	00:11:31	00:17:11	00:23:00	00:27:52	135	
173	139	MICUN KATARZYNA	TORUŃ		00:00:28	5:41	10,6	00:05:56	00:11:29	00:17:06	00:22:55	00:27:57	38	
174	140	MICUN MEDARD	TORUŃ	MED	00:00:28	5:41	10,6	00:05:56	00:11:29	00:17:06	00:22:55	00:27:58	136	
175	256	WARLIKOWSKI JERZY	TORUŃ	STUDIO DRUKU	00:00:14	5:39	10,6	00:05:29	00:11:01	00:16:43	00:22:33	00:28:02	137	
176	25	CHYLEK AGNIESZKA	TORUŃ	BOOTCAMP POLSKA	00:00:24	5:42	10,5	00:06:00	00:11:44	00:17:22	00:22:58	00:28:06	39	
177	18	BRATKOWSKA RENATA	TORUŃ		00:00:28	5:44	10,5	00:05:36	00:11:11	00:16:59	00:22:57	00:28:13	40	
178	68	IWICKA ANNA	PIGŻA		00:00:30	5:46	10,4	00:06:02	00:11:34	00:17:09	00:22:58	00:28:22	41	
179	149	MYSZKA WERONIKA	TORUŃ		00:00:30	5:48	10,3	00:06:02	00:11:34	00:17:25	00:23:21	00:28:30	42	
180	72	JANKOWSKA IGA	TORUŃ		00:00:43	5:51	10,3	00:06:33	00:12:19	00:18:21	00:24:20	00:28:31	43	



Twarde Piątki 09.10.2015

Organizator: Toruński Związek TKKF
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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
181	39	DRYGALSKA BARBARA	TORUŃ		00:00:30	5:51	10,3	00:05:50	00:11:27	00:17:19	00:23:15	00:28:44		44
182	231	FEDEREWICZ PAULA	TORUŃ	POLSKI CUKIER TORUŃ	00:00:31	5:51	10,3	00:06:47	00:12:32	00:18:14	00:24:01	00:28:44		45
183	258	KONIECZKADOMINIK	TORUŃ		00:00:31	5:51	10,3	00:06:47	00:12:32	00:18:14	00:24:01	00:28:45	138	
184	126	LUDWIK KRYSZYNA	ŁYSOMICIE		00:00:10	5:49	10,3	00:05:37	00:11:22	00:17:19	00:23:16	00:28:55		46
185	70	JABŁOŃSKI ARTUR	TORUŃ		00:00:37	5:54	10,2	00:06:18	00:12:05	00:17:54	00:23:51	00:28:55		139
186	74	JARUSZEWSKA ANNA	TORUŃ		00:00:30	5:53	10,2	00:06:00	00:11:38	00:17:32	00:23:39	00:28:56		47
187	167	RADKOWSKI TOMASZ	TORUŃ	AZS TORUŃ	00:00:27	5:54	10,2	00:05:48	00:11:21	00:17:18	00:23:29	00:29:02		140
188	40	DUMOWSKA EMILIA	TORUŃ		00:00:43	6:00	10,0	00:06:33	00:12:19	00:18:21	00:24:21	00:29:18		48
189	165	POTURALSKI SZYMON	INOWROCŁAW	---	00:00:39	6:02	9,9	00:06:35	00:12:41	00:18:33	00:24:33	00:29:33		141
190	177	SŁUPECKA DOROTA	TORUŃ	TORUŃSKI KLUB TRIATHLONOWY	00:00:38	6:04	9,9	00:06:31	00:12:44	00:19:14	00:24:54	00:29:42		49
191	133	MALINOWSKA EWA	GOLUB-DOBRYŃ		00:00:24	6:05	9,9	00:05:56	00:11:59	00:18:17	00:24:32	00:30:00		50
192	32	DĄBROWSKI JAROSŁAW	ZŁOTORIA		00:00:27	6:06	9,8	00:06:29	00:12:31	00:18:35	00:24:38	00:30:02		142
193	14	BOMASTEK KATARZYNA	TORUŃ		00:00:23	6:07	9,8	00:05:58	00:11:52	00:18:00	00:24:16	00:30:13		51
194	8	BAK ANDRZEJ	LUBICZ	BOOT CAMP POLSKA	00:00:25	6:13	9,7	00:06:01	00:12:09	00:18:30	00:24:58	00:30:39		143
195	145	MODZELEWSKA KAROLINA	TORUŃ	BOOT CAMP POLSKA	00:00:25	6:13	9,7	00:06:00	00:12:09	00:18:30	00:24:58	00:30:40		52
196	47	GABRYSEWSKA SONIA	TORUŃ		00:00:41	6:17	9,6	00:07:22	00:13:44	00:19:52	00:25:50	00:30:43		53
197	106	KUBIAK MAŁGORZATA	SOLEC KUJAWSKI		00:00:23	6:14	9,6	00:06:20	00:12:24	00:18:33	00:25:03	00:30:47		54
198	141	MIKOŁAJEWSKA DOROTA	TORUŃ		00:00:20	6:17	9,5	00:06:30	00:12:45	00:19:00	00:25:12	00:31:05		55
199	65	GUMIŃSKA PATRYCJA	TORUŃ	JEDZ JAGODY, BĘDĄ PRZYGODY	00:00:16	6:19	9,5	00:06:28	00:12:49	00:19:06	00:25:24	00:31:20		56
200	243	JERCHA ALEKSANDRA	MURZYNOWO		00:00:43	6:28	9,3	00:06:52	00:13:08	00:19:33	00:26:03	00:31:35		57
201	131	MAJEWSKA EWA	WŁOCŁAWEK		00:00:34	6:28	9,3	00:06:50	00:13:11	00:20:21	00:26:34	00:31:46		58
202	138	MASŁOŃ SYLWESTER	TORUŃ	STOWARZYSZENIE HOSPICIUM ŚWIATŁO	00:00:38	6:37	9,1	00:06:32	00:12:44	00:19:25	00:26:42	00:32:28		144
203	176	SKOWROŃSKA-LISIEWICZ MARYLA	TORUŃ		00:00:34	6:38	9,0	00:06:42	00:13:09	00:19:44	00:26:24	00:32:37		59
204	166	RABIEC ŁUKASZ	LIPNO		00:00:38	6:41	9,0	00:07:26	00:14:23	00:20:57	00:27:38	00:32:47		145
205	254	BRÓZDA KAROLINA	TORUŃ		00:00:41	6:42	8,9	00:07:18	00:14:05	00:20:44	00:27:36	00:32:51		60
206	210	WIŚNIEWSKI JANUSZ	TORUŃ	CARBON TEAM TORUŃ	00:00:41	6:43	8,9	00:07:18	00:14:05	00:20:44	00:27:36	00:32:52		146
207	192	SZMIDT BEATA	BYDGOSZCZ		00:00:44	6:49	8,8	00:07:25	00:14:11	00:20:57	00:27:46	00:33:21		61
208	46	GABRYSEWSKA AGNIESZKA	TORUŃ		00:00:41	6:54	8,7	00:07:26	00:14:13	00:21:03	00:27:53	00:33:47		62
209	79	KALISZEWSKA KATARZYNA	TORUŃ		00:00:35	7:01	8,6	00:07:08	00:13:56	00:20:57	00:28:15	00:34:27		63
210	179	SOCHA ALEKSANDRA	ZŁAWIEŚ MAŁA		00:00:27	7:02	8,5	00:07:20	00:14:24	00:21:26	00:28:29	00:34:45		64
211	100	KRUSZKA ANETTA	WŁOCŁAWEK		00:00:38	7:09	8,4	00:07:00	00:13:55	00:21:18	00:28:39	00:35:07		65
212	195	ŚLEBIODA MARTYNA	TORUŃ		00:00:43	7:18	8,2	00:07:17	00:14:19	00:21:51	00:29:14	00:35:48		66
213	194	ŚLEBIODA MARIUSZ	TORUŃ		00:00:43	7:34	7,9	00:07:37	00:15:04	00:22:45	00:30:31	00:37:07		147
214	158	PIERNIK MAŁGORZATA	TORUŃ		00:00:24	7:46	7,7	00:06:50	00:15:06	00:23:29	00:31:13	00:38:25		67
215	73	JANUSZEWSKA JOLANTA	TORUN		00:00:31	7:50	7,7	00:07:33	00:15:30	00:23:30	00:31:30	00:38:40		68

