

6 BIEG DO ŹRÓDEŁ

Organizator: Gdańska Infrastruktura Wodociągowo-Kanalizacyjna

Data: 15 czerwca 2019 r.

Dystans: 10 km

Miejscowość: Gdańsk

Klasyfikacja: OPEN



| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Kraj | Rok urodz. | Kat wiek. | M-ce w kat | Czas startu | tempo min/km | tempo km/h | Czas netto | Czas brutto | M | K |
|------|---------|------------------------|-------------------|-------------------------------------|---------|------------|-----------|------------|-------------|--------------|------------|------------|-------------|----|---|
| 1 | 26 | POŁEĆ ARKADIUSZ | GDYNIA | | POLSKA | 1990 | M20 | 1 | 00:00:01 | 3:23 | 17,7 | 00:33:50 | 00:33:50 | 1 | |
| 2 | 17 | KRÓL BŁAŻEJ | KĘBŁOWO | GKS TĘCZA NOWA WIEŚ LĘBORSKA | POLSKA | 1987 | M30 | 1 | 00:00:00 | 3:27 | 17,4 | 00:34:30 | 00:34:31 | 2 | |
| 3 | 36 | TOME CZKOWSKI PAWEŁ | RUMIA | AGATA TEAM | POLSKA | 1984 | M30 | 2 | 00:00:00 | 3:29 | 17,2 | 00:34:50 | 00:34:51 | 3 | |
| 4 | 13 | JAKUBOWSKI MAREK | PSZCZÓŁKI | SPRINT S.A | POLSKA | 1973 | M40 | 1 | 00:00:01 | 3:30 | 17,1 | 00:35:03 | 00:35:04 | 4 | |
| 5 | 6 | CIESIELSKI MACIEJ | GDAŃSK | #1512WINGEDHEARTS | POLSKA | 1994 | M20 | 2 | 00:00:01 | 3:31 | 17,0 | 00:35:11 | 00:35:12 | 5 | |
| 6 | 14 | KARPIŃSKI JĘDRZEJ | GDYNIA | LUFTHANSA SYSTEMS POLAND ACTIVE! | POLSKA | 1993 | M20 | 3 | 00:00:00 | 3:32 | 17,0 | 00:35:20 | 00:35:21 | 6 | |
| 7 | 29 | SHEVCHYSHYN ANDRII | NAGIRIANKA | DCT DRUŻYNA BIEGOWA | UKRAINA | 1990 | M20 | 4 | 00:00:00 | 3:32 | 17,0 | 00:35:22 | 00:35:23 | 7 | |
| 8 | 41 | WITT OSKAR | GDAŃSK | | POLSKA | 1998 | M20 | 5 | 00:00:02 | 3:35 | 16,7 | 00:35:51 | 00:35:53 | 8 | |
| 9 | 601 | GRABOWSKI ANTONI | GDANSK | PORANNYBIEGACZ.PL | POLSKA | 1984 | M30 | 3 | 00:00:01 | 3:40 | 16,4 | 00:36:40 | 00:36:41 | 9 | |
| 10 | 42 | WOJNOWSKI MICHAŁ | GDAŃSK | DREAM TRI TEAM | POLSKA | 1984 | M30 | 4 | 00:00:01 | 3:41 | 16,3 | 00:36:50 | 00:36:51 | 10 | |
| 11 | 25 | PIETRZAK PIOTR | GDAŃSK | | POLSKA | 1968 | M50 | 1 | 00:00:00 | 3:42 | 16,2 | 00:37:04 | 00:37:04 | 11 | |
| 12 | 2 | BAGIŃSKI TOMASZ | GDAŃSK | BAGINS RUNNING TEAM | POLSKA | 1980 | M30 | 5 | 00:00:02 | 3:43 | 16,1 | 00:37:10 | 00:37:12 | 12 | |
| 13 | 4 | BARANOWSKI ADAM | GDAŃSK | 2H59MIN.PL | POLSKA | 1988 | M30 | 6 | 00:00:01 | 3:44 | 16,1 | 00:37:20 | 00:37:21 | 13 | |
| 14 | 20 | OSEŃKO ADAM | WEJHEROWO | BUSPRESTIGE | POLSKA | 1984 | M30 | 7 | 00:00:01 | 3:45 | 16,0 | 00:37:30 | 00:37:31 | 14 | |
| 15 | 45 | ZAKRZEWSKI MATEUSZ | GDAŃSK | | POLSKA | 1990 | M20 | 6 | 00:00:01 | 3:47 | 15,8 | 00:37:53 | 00:37:53 | 15 | |
| 16 | 19 | KWIATKOWSKI SEBASTIAN | NOWY DWÓR GDAŃSKI | SZYBKI TATA | POLSKA | 1977 | M40 | 2 | 00:00:02 | 3:48 | 15,8 | 00:38:00 | 00:38:02 | 16 | |
| 17 | 610 | STANISZEWSKI KRZYSZTOF | GDAŃSK | GIWK BIEGA | POLSKA | 1986 | M30 | 8 | 00:00:04 | 3:53 | 15,5 | 00:38:42 | 00:38:46 | 17 | |
| 18 | 24 | PIETRZAK JACEK | GDYNIA | GDYNIA - POGÓRZE | POLSKA | 1983 | M30 | 9 | 00:00:02 | 3:53 | 15,5 | 00:38:43 | 00:38:46 | 18 | |
| 19 | 179 | SKOWROŃSKI MAREK | GDAŃSKI | | POLSKA | 1990 | M20 | 7 | 00:00:07 | 3:54 | 15,4 | 00:38:53 | 00:39:00 | 19 | |
| 20 | 8 | DZIEMIAN JAKUB | GDAŃSK | | POLSKA | 1990 | M20 | 8 | 00:00:03 | 3:55 | 15,3 | 00:39:03 | 00:39:06 | 20 | |
| 21 | 16 | KOŚCIELSKI MARIUSZ | GDYNIA | COM-DKM | POLSKA | 1966 | M50 | 2 | 00:00:01 | 3:56 | 15,3 | 00:39:17 | 00:39:18 | 21 | |
| 22 | 23 | PIETKUN SŁAWOMIR | KOLECZKOWO | DOBBY TEAM KOLECZKOWO | POLSKA | 1972 | M40 | 3 | 00:00:03 | 3:58 | 15,1 | 00:39:37 | 00:39:40 | 22 | |
| 23 | 5 | BOGDAŃSKI PIOTR | ELBLĄG | SPOKOJNIE TO TYLKO KONTUZJA | POLSKA | 1988 | M30 | 10 | 00:00:03 | 4:00 | 15,0 | 00:39:57 | 00:39:59 | 23 | |
| 24 | 31 | STEFAŃSKI ANDRZEJ | ELBLĄG | MARATOŃCZYK ELBLĄG | POLSKA | 1962 | M50 | 3 | 00:00:00 | 4:00 | 15,0 | 00:40:00 | 00:40:00 | 24 | |
| 25 | 11 | GOŁĘBIEWSKI PIOTR | STRASZYN | | POLSKA | 1975 | M40 | 4 | 00:00:01 | 4:00 | 15,0 | 00:40:00 | 00:40:01 | 25 | |
| 26 | 15 | KASZKUR TOMASZ | GDAŃSK | EGOISTYCZNIE PATRZĄC NA ŁYDKI ADAMA | POLAND | 1977 | M40 | 5 | 00:00:03 | 4:01 | 15,0 | 00:40:03 | 00:40:07 | 26 | |
| 27 | 596 | STRZELCZYK MACIEJ | PIŁA | 4RUN TEAM PIŁA | POLSKA | 1970 | M40 | 6 | 00:00:06 | 4:04 | 14,8 | 00:40:32 | 00:40:38 | 27 | |
| 28 | 38 | TUWALSKA MAŁGORZATA | GDAŃSK | LKS ZANTYR SZTUM | POLSKA | 1979 | K40 | 1 | 00:00:02 | 4:06 | 14,7 | 00:40:54 | 00:40:56 | | 1 |
| 29 | 40 | WILOCH RADOŚLAW | GDANSK | THUNDER RUNNER TEAM | POLSKA | 1982 | M30 | 11 | 00:00:03 | 4:06 | 14,6 | 00:40:56 | 00:40:58 | 28 | |
| 30 | 199 | TOWIAŃSKI NORBERT | GDAŃSK | | POLSKA | 1992 | M20 | 9 | 00:00:04 | 4:09 | 14,5 | 00:41:21 | 00:41:25 | 29 | |
| 31 | 37 | TUWALSKA ELŻBIETA | GDAŃSK | LKS ZANTYR SZTUM | POLSKA | 1979 | K40 | 2 | 00:00:03 | 4:09 | 14,5 | 00:41:26 | 00:41:29 | | 2 |
| 32 | 93 | GOŁĘBIEWSKI KRZYSZTOF | SOPOT | | POLSKA | 1980 | M30 | 12 | 00:00:07 | 4:09 | 14,4 | 00:41:27 | 00:41:33 | 30 | |
| 33 | 32 | STEMPIŃSKI KRZYSIEK | GDAŃSK | | POLSKA | 1969 | M50 | 4 | 00:00:04 | 4:10 | 14,4 | 00:41:40 | 00:41:44 | 31 | |
| 34 | 53 | BIBIK ŁUKASZ | GDAŃSK | | POLSKA | 1995 | M20 | 10 | 00:00:11 | 4:11 | 14,3 | 00:41:44 | 00:41:54 | 32 | |
| 35 | 44 | WYRWA DARIUSZ | GDAŃSK | BLUE MEDIA TEAM | POLSKA | 1986 | M30 | 13 | 00:00:09 | 4:12 | 14,3 | 00:41:46 | 00:41:55 | 33 | |
| 36 | 59 | BORZYSZKOWSKI BARTOSZ | KWIDZYN | NOTOJO | POLSKA | 1996 | M20 | 11 | 00:00:07 | 4:12 | 14,3 | 00:41:52 | 00:41:59 | 34 | |
| 37 | 18 | KRUPA PAWEŁ | GDAŃSK | | POLSKA | 1992 | M20 | 12 | 00:00:04 | 4:14 | 14,2 | 00:42:16 | 00:42:20 | 35 | |

Opracowanie: JACEK GRZYBOWSKI
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Data: 15 czerwca 2019 r.

Dystans: 10 km

Miejscowość: Gdańsk

Klasyfikacja: OPEN



| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Kraj | Rok urodz. | Kat wiek. | M-ce w kat | Czas startu | tempo min/km | tempo km/h | Czas netto | Czas brutto | M | K |
|------|---------|-------------------------|------------------|---------------------------------|--------|------------|-----------|------------|-------------|--------------|------------|------------|-------------|----|---|
| 38 | 127 | LENCKOWSKI LECH | GDAŃSK | BIEGAM U KOLESI | POLSKA | 1986 | M30 | 14 | 00:00:13 | 4:15 | 14,1 | 00:42:17 | 00:42:30 | 36 | |
| 39 | 22 | PĘDZISZEWSKI PIOTR | GDAŃSK | VAI ALTO | POLAND | 1984 | M30 | 15 | 00:00:02 | 4:14 | 14,2 | 00:42:21 | 00:42:23 | 37 | |
| 40 | 154 | PETELSKI PAWEŁ | GDAŃSK | CROSS WARSZAWA | POLSKA | 1956 | M60 | 1 | 00:00:03 | 4:15 | 14,1 | 00:42:22 | 00:42:25 | 38 | |
| 41 | 219 | ZARĘBA WOJCIECH | GDAŃSK | FIZJO-MED | POLSKA | 1976 | M40 | 7 | 00:00:24 | 4:17 | 14,0 | 00:42:26 | 00:42:50 | 39 | |
| 42 | 198 | TORBICZ PIOTR | GDAŃSK | 666 | POLSKA | 1978 | M40 | 8 | 00:00:14 | 4:16 | 14,1 | 00:42:26 | 00:42:41 | 40 | |
| 43 | 611 | SZLAGOWSKI MIKOŁAJ | GDAŃSK | LOTOS RUNNING TEAM | POLSKA | 1987 | M30 | 16 | 00:00:23 | 4:18 | 14,0 | 00:42:34 | 00:42:57 | 41 | |
| 44 | 101 | KACZMAREK SŁAWOMIR | GDAŃSK | | POLSKA | 1987 | M30 | 17 | 00:00:13 | 4:18 | 13,9 | 00:42:48 | 00:43:01 | 42 | |
| 45 | 168 | RAINCO MARCIN | GDAŃSK | | POLSKA | 1978 | M40 | 9 | 00:00:27 | 4:20 | 13,9 | 00:42:50 | 00:43:17 | 43 | |
| 46 | 39 | WILBIK JOANNA | GDAŃSK | POMORZE BIEGA I POMAGA | POLSKA | 1983 | K30 | 1 | 00:00:24 | 4:20 | 13,9 | 00:42:55 | 00:43:18 | | 3 |
| 47 | 217 | WOJTACKI SŁAWOMIR | JANKOWO GDAŃSKIE | SPRINT S.A. | POLSKA | 1969 | M50 | 5 | 00:00:26 | 4:21 | 13,8 | 00:43:01 | 00:43:27 | 44 | |
| 48 | 149 | OSSOWSKI MACIEJ | GDAŃSK | | POLSKA | 1976 | M40 | 10 | 00:00:14 | 4:21 | 13,8 | 00:43:11 | 00:43:25 | 45 | |
| 49 | 221 | ZIÓŁEK SEBASTIAN | JARANDOWO | NOTOJO | POLSKA | 1997 | M20 | 13 | 00:00:07 | 4:20 | 13,8 | 00:43:14 | 00:43:21 | 46 | |
| 50 | 469 | ZAKRZEWSKI PAWEŁ | GRUDZIĄDZ | | POLSKA | 1985 | M30 | 18 | 00:00:33 | 4:23 | 13,7 | 00:43:16 | 00:43:49 | 47 | |
| 51 | 43 | WRAGA RAFAŁ | GDAŃSK | FORFIT | POLSKA | 1984 | M30 | 19 | 00:00:03 | 4:20 | 13,8 | 00:43:20 | 00:43:23 | 48 | |
| 52 | 30 | SOCH BARTŁOMIEJ | GDAŃSK | | POLSKA | 2001 | M16 | 1 | 00:00:04 | 4:21 | 13,8 | 00:43:22 | 00:43:26 | 49 | |
| 53 | 54 | BOGUCKI MARCIN | SOPOT | | POLSKA | 1983 | M30 | 20 | 00:00:06 | 4:21 | 13,8 | 00:43:23 | 00:43:29 | 50 | |
| 54 | 1 | ANDRZEJEWSKI PRZEMYSŁAW | GDAŃSK | | POLSKA | 1986 | M30 | 21 | 00:00:02 | 4:21 | 13,8 | 00:43:31 | 00:43:34 | 51 | |
| 55 | 209 | WIECZOREK TOMASZ | GDAŃSK | | POLSKA | 1965 | M50 | 6 | 00:00:24 | 4:24 | 13,6 | 00:43:37 | 00:44:01 | 52 | |
| 56 | 158 | PILAREK SEBASTIAN | GDAŃSK | | POLSKA | 1984 | M30 | 22 | 00:00:07 | 4:22 | 13,7 | 00:43:37 | 00:43:44 | 53 | |
| 57 | 114 | KONECKO IZABELA | SOPOT | SOPOT TEAM | POLSKA | 1967 | K50 | 1 | 00:00:10 | 4:24 | 13,6 | 00:43:48 | 00:43:58 | | 4 |
| 58 | 213 | WIŚNIEWSKI KRZYSZTOF | GDAŃSK | INTEL RUNNERS | POLSKA | 1968 | M50 | 7 | 00:00:09 | 4:24 | 13,6 | 00:43:55 | 00:44:05 | 54 | |
| 59 | 50 | BARANOWSKA AGNIESZKA | GDAŃSK | | POLSKA | 1989 | K30 | 2 | 00:00:18 | 4:26 | 13,6 | 00:43:58 | 00:44:16 | | 5 |
| 60 | 201 | TUWALSKI SŁAWOMIR | GRABOWIEC | | POLSKA | 1987 | M30 | 23 | 00:01:17 | 4:33 | 13,2 | 00:44:10 | 00:45:27 | 55 | |
| 61 | 103 | KAMINSKA-OLCZAK MARTA | GDAŃSK | | POLSKA | 1981 | K30 | 3 | 00:00:14 | 4:27 | 13,5 | 00:44:11 | 00:44:26 | | 6 |
| 62 | 105 | KARWOWSKI ARKADIUSZ | MRAĞOWO | PKO BANK POLSKI | POLSKA | 1988 | M30 | 24 | 00:00:14 | 4:27 | 13,5 | 00:44:19 | 00:44:32 | 56 | |
| 63 | 68 | ĆWIKLIŃSKI TOMASZ | ELBLĄG | PUŁK WSPARCIA DOWODZENIA ELBLĄG | POLSKA | 1980 | M30 | 25 | 00:00:07 | 4:27 | 13,5 | 00:44:22 | 00:44:29 | 57 | |
| 64 | 163 | PREISS RADEK | GDAŃSK | REAKTYWUJ SIĘ W MARATONIE | POLSKA | 1977 | M40 | 11 | 00:00:19 | 4:28 | 13,4 | 00:44:24 | 00:44:43 | 58 | |
| 65 | 206 | WDOWICZ MONIKA | GDAŃSK | | POLSKA | 1977 | K40 | 3 | 00:00:07 | 4:27 | 13,5 | 00:44:25 | 00:44:32 | | 7 |
| 66 | 129 | LEŚNIEWSKI TOMASZ | POZNAŃ | | POLSKA | 1962 | M50 | 8 | 00:00:11 | 4:28 | 13,4 | 00:44:28 | 00:44:39 | 59 | |
| 67 | 81 | DZIEDZIEWICZ SEBASTIAN | ELBLĄG | NOTOJO | POLSKA | 1995 | M20 | 14 | 00:00:08 | 4:28 | 13,4 | 00:44:31 | 00:44:39 | 60 | |
| 68 | 155 | PIECHOWICZ WALDEMAR | GDAŃSK | RUNWALD | POLSKA | 1969 | M50 | 9 | 00:00:26 | 4:31 | 13,3 | 00:44:43 | 00:45:09 | 61 | |
| 69 | 112 | KOCMAN TADEUSZ | GDAŃSK | | POLSKA | 1988 | M30 | 26 | 00:00:14 | 4:30 | 13,3 | 00:44:43 | 00:44:57 | 62 | |
| 70 | 116 | KOSOBUCKI RAFAŁ | GDAŃSK | GDAŃSK | POLSKA | 1985 | M30 | 27 | 00:00:12 | 4:30 | 13,4 | 00:44:44 | 00:44:56 | 63 | |
| 71 | 69 | DARGACZ ARTUR | GDYNIA | CAŁY CZAS DO PRZODU | POLSKA | 1976 | M40 | 12 | 00:00:16 | 4:30 | 13,3 | 00:44:45 | 00:45:00 | 64 | |
| 72 | 79 | DULKO JAKUB | GDAŃSK | | POLAND | 1993 | M20 | 15 | 00:00:05 | 4:29 | 13,4 | 00:44:45 | 00:44:50 | 65 | |
| 73 | 207 | WESOŁOWSKI MACIEJ | KRĘPA SŁUPSKA | | POLSKA | 1993 | M20 | 16 | 00:00:25 | 4:31 | 13,3 | 00:44:47 | 00:45:11 | 66 | |
| 74 | 216 | WOJNAROWSKA WERONIKA | GDYNIA | | POLSKA | 1985 | K30 | 4 | 00:00:22 | 4:31 | 13,3 | 00:44:48 | 00:45:10 | | 8 |

Opracowanie: JACEK GRZYBOWSKI

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| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Kraj | Rok urodz. | Kat wiek. | M-ce w kat | Czas startu | tempo min/km | tempo km/h | Czas netto | Czas brutto | M | K |
|------|---------|------------------------------|---------------------|-------------------------------------|----------|------------|-----------|------------|-------------|--------------|------------|------------|-------------|----|----|
| 75 | 133 | ŁUDCZAK KRZYSZTOF | GDAŃSK | VANOS - BIEGAMY NA GAZIE/PARKRUN GD | POLSKA | 1975 | M40 | 13 | 00:00:25 | 4:32 | 13,3 | 00:44:50 | 00:45:15 | 67 | |
| 76 | 151 | PAŁKA STANISŁAW | GDAŃSK | MARCOPOL | POLSKA | 1963 | M50 | 10 | 00:00:16 | 4:31 | 13,3 | 00:44:57 | 00:45:13 | 68 | |
| 77 | 336 | ŁOAZA KRZYSZTOF | PYSKOWICE | NIGHT RUNNERS PYSKOWICE | POLSKA | 1973 | M40 | 14 | 00:00:23 | 4:32 | 13,2 | 00:44:59 | 00:45:22 | 69 | |
| 78 | 606 | POŁCZYŃSKI PRZEMYSŁAW | GDYNIA | GIWK BIEGA | POLSKA | 1983 | M30 | 28 | 00:00:10 | 4:32 | 13,2 | 00:45:08 | 00:45:18 | 70 | |
| 79 | 73 | DOBEK BŁAŻEJ | LĘBORK | | POLSKA | 1994 | M20 | 17 | 00:00:10 | 4:32 | 13,2 | 00:45:12 | 00:45:22 | 71 | |
| 80 | 167 | PYTLEWSKI- PAJĄK DOMINIK | GDAŃSK | | POLSKA | 1980 | M30 | 29 | 00:00:04 | 4:32 | 13,2 | 00:45:17 | 00:45:21 | 72 | |
| 81 | 104 | KARNABAL HUBERT | SOPOT | | POLSKA | 1984 | M30 | 30 | 00:00:19 | 4:34 | 13,2 | 00:45:18 | 00:45:37 | 73 | |
| 82 | 60 | BRANDT PAWEŁ | SOPOT | | POLSKA | 1984 | M30 | 31 | 00:00:16 | 4:34 | 13,2 | 00:45:21 | 00:45:37 | 74 | |
| 83 | 220 | ZATORSKA-RADLIŃSKA KATARZYNA | GDAŃSK | RPD | POLSKA | 1984 | K30 | 5 | 00:00:05 | 4:33 | 13,2 | 00:45:27 | 00:45:32 | | 9 |
| 84 | 146 | NOWAK WALDEMAR | GDAŃSK | NIEZRZESZONY | - POLSKA | 1957 | M60 | 2 | 00:00:35 | 4:37 | 13,0 | 00:45:37 | 00:46:12 | 75 | |
| 85 | 27 | POMAGRUK ŁUKASZ | GDAŃSK | | POLSKA | 1989 | M30 | 32 | 00:00:02 | 4:34 | 13,1 | 00:45:39 | 00:45:41 | 76 | |
| 86 | 110 | KLEWEK ANDRZEJ | GDAŃSK | ZBIERACZE ZŁOMU | POLSKA | 1977 | M40 | 15 | 00:00:22 | 4:36 | 13,0 | 00:45:41 | 00:46:03 | 77 | |
| 87 | 175 | RŻYSKOWSKI ADAM | GDAŃSK | | POLSKA | 1983 | M30 | 33 | 00:00:06 | 4:35 | 13,1 | 00:45:45 | 00:45:51 | 78 | |
| 88 | 152 | PANEK MICHAŁ | SOPOT | RUNPASSION.PL TEAM | POLSKA | 1984 | M30 | 34 | 00:00:16 | 4:36 | 13,0 | 00:45:48 | 00:46:05 | 79 | |
| 89 | 182 | STAŃCZAK ADAM | GDAŃSK | | POLSKA | 1976 | M40 | 16 | 00:00:07 | 4:36 | 13,0 | 00:45:53 | 00:46:00 | 80 | |
| 90 | 120 | KOZIKOWSKI DARIUSZ | STRASZYN | | POLSKA | 1982 | M30 | 35 | 00:00:08 | 4:37 | 13,0 | 00:45:58 | 00:46:06 | 81 | |
| 91 | 183 | STAŃCZYK MARTYNA | TOMASZÓW MAZOWIECKI | | POLSKA | 1992 | K20 | 1 | 00:00:15 | 4:38 | 13,0 | 00:46:03 | 00:46:17 | | 10 |
| 92 | 121 | KOZŁOW WOJCIECH | GDANSK | LKS ZANTYR SZTUM | POLSKA | 1960 | M50 | 11 | 00:00:01 | 4:37 | 13,0 | 00:46:08 | 00:46:09 | 82 | |
| 93 | 441 | ŚWIECZKOWSKI SŁAWOMIR | GDAŃSK | | POLSKA | 1969 | M50 | 12 | 00:01:06 | 4:43 | 12,7 | 00:46:08 | 00:47:14 | 83 | |
| 94 | 70 | DĄBROWSKI MARIUSZ | GDAŃSK | | POLSKA | 1974 | M40 | 17 | 00:00:13 | 4:38 | 12,9 | 00:46:11 | 00:46:23 | 84 | |
| 95 | 156 | PIETRASIUK MARCIN | GDAŃSK | | POLSKA | 1979 | M40 | 18 | 00:00:20 | 4:39 | 12,9 | 00:46:13 | 00:46:33 | 85 | |
| 96 | 91 | GŁOWACKI DOMINIK | INOWROCŁAW | INOWROCŁAWSKI KLUB SPORTOWY KARAT | POLSKA | 2002 | M16 | 2 | 00:00:14 | 4:39 | 12,9 | 00:46:17 | 00:46:31 | 86 | |
| 97 | 108 | KIRYK DARIUSZ | LUBISZEWO | | POLSKA | 1976 | M40 | 19 | 00:00:11 | 4:40 | 12,9 | 00:46:24 | 00:46:36 | 87 | |
| 98 | 96 | GRZEKIEWICZ ANDRZEJ | GDAŃSK | RUNFORFUN GDAŃSK | POLSKA | 1973 | M40 | 20 | 00:00:13 | 4:40 | 12,9 | 00:46:28 | 00:46:41 | 88 | |
| 99 | 58 | BORYNA-ZŁOTA ALEKSANDRA | GDAŃSK | LPP TEAM | POLSKA | 1989 | K30 | 6 | 00:00:25 | 4:42 | 12,8 | 00:46:31 | 00:46:56 | | 11 |
| 100 | 172 | ROCH KAMIL | GDAŃSK | | POLSKA | 1985 | M30 | 36 | 00:00:18 | 4:41 | 12,8 | 00:46:31 | 00:46:49 | 89 | |
| 101 | 65 | CHYLIŃSKI ADAM | GDAŃSK | NEST RUN | POLSKA | 1991 | M20 | 18 | 00:00:13 | 4:41 | 12,8 | 00:46:33 | 00:46:46 | 90 | |
| 102 | 97 | HOFFMAN SŁAWOMIR | GDAŃSK | REAKTYWUJ SIĘ W MARATONIE | POLSKA | 1973 | M40 | 21 | 00:00:19 | 4:42 | 12,8 | 00:46:38 | 00:46:57 | 91 | |
| 103 | 99 | JANKOWSKI MACIEJ | GDYNIA | GR3MIASTO | POLSKA | 1976 | M40 | 22 | 00:00:18 | 4:42 | 12,8 | 00:46:41 | 00:46:58 | 92 | |
| 104 | 165 | PRZYPEK MARCIN | GDAŃSK | | POLSKA | 1988 | M30 | 37 | 00:00:07 | 4:41 | 12,8 | 00:46:44 | 00:46:52 | 93 | |
| 105 | 185 | STOJAK KRZYSZTOF | SUCHY DĄB | | POLSKA | 1984 | M30 | 38 | 00:00:17 | 4:42 | 12,7 | 00:46:48 | 00:47:05 | 94 | |
| 106 | 115 | KOPCZYŃSKI MAREK | GDYNIA | | POLSKA | 1989 | M30 | 39 | 00:00:04 | 4:41 | 12,8 | 00:46:49 | 00:46:53 | 95 | |
| 107 | 189 | SZARSZEWSKA NATALIA | GDAŃSK | | POLSKA | 1998 | K20 | 2 | 00:00:06 | 4:41 | 12,8 | 00:46:49 | 00:46:55 | | 12 |
| 108 | 184 | STEMPIN PIOTR | GDAŃSK | | POLSKA | 1964 | M50 | 13 | 00:00:16 | 4:43 | 12,7 | 00:46:50 | 00:47:07 | 96 | |
| 109 | 49 | BACHÓRZ AGATA | GDAŃSK | REAKTYWUJ SIĘ W MARATONIE | POLSKA | 1979 | K40 | 4 | 00:00:19 | 4:43 | 12,7 | 00:46:51 | 00:47:10 | | 13 |
| 110 | 210 | WIERZCHOWSKI ŁUKASZ | KRAKÓW | PUNK ROCKERS | POLSKA | 1983 | M30 | 40 | 00:00:05 | 4:42 | 12,8 | 00:46:54 | 00:46:59 | 97 | |
| 111 | 82 | EDYS ZBIGNIEW | PRUSZCZ GDAŃSKI | | POLSKA | 1978 | M40 | 23 | 00:00:12 | 4:43 | 12,7 | 00:46:56 | 00:47:08 | 98 | |

Opracowanie: JACEK GRZYBOWSKI
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6 BIEG DO ŹRÓDEŁ

Organizator: Gdańska Infrastruktura Wodociągowo-Kanalizacyjna

Data: 15 czerwca 2019 r.

Dystans: 10 km

Miejscowość: Gdańsk

Klasyfikacja: OPEN



| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Kraj | Rok urodz. | Kat wiek. | M-ce w kat | Czas startu | tempo min/km | tempo km/h | Czas netto | Czas brutto | M | K |
|------|---------|------------------------------|-----------------|---------------------------|--------|------------|-----------|------------|-------------|--------------|------------|------------|-------------|-----|----|
| 112 | 211 | WIĘCEK KRZYSZTOF | GDAŃSK | | POLSKA | 1992 | M20 | 19 | 00:00:13 | 4:44 | 12,7 | 00:47:05 | 00:47:19 | 99 | |
| 113 | 605 | PLISZKA KRZYSZTOF | GDAŃSK | GIWK BIEGA | POLSKA | 1977 | M40 | 24 | 00:00:20 | 4:45 | 12,6 | 00:47:07 | 00:47:27 | 100 | |
| 114 | 88 | GAŁKA GRZEGORZ | GDAŃSK | | POLSKA | 1971 | M40 | 25 | 00:00:08 | 4:44 | 12,7 | 00:47:08 | 00:47:17 | 101 | |
| 115 | 607 | PUCHALSKI TOMASZ | JUSZKOWO | GIWK BIEGA | POLSKA | 1975 | M40 | 26 | 00:00:18 | 4:45 | 12,6 | 00:47:09 | 00:47:27 | 102 | |
| 116 | 87 | GAJDA PATRYK | GDYNIA | | POLSKA | 1993 | M20 | 20 | 00:00:20 | 4:45 | 12,6 | 00:47:11 | 00:47:31 | 103 | |
| 117 | 61 | BUCZYŃSKI PAWEŁ | TRĄBKI MAŁE | | POLSKA | 1973 | M40 | 27 | 00:00:12 | 4:44 | 12,7 | 00:47:13 | 00:47:25 | 104 | |
| 118 | 178 | SITARCZUK MARIUSZ | GDAŃSK | JEDZIEMY DO ODCIĘCIA :) | POLSKA | 1982 | M30 | 41 | 00:00:25 | 4:46 | 12,6 | 00:47:20 | 00:47:45 | 105 | |
| 119 | 196 | TCHORZEWSKI LUKASZ | GDANSK | A&P TEAM | POLSKA | 1982 | M30 | 42 | 00:00:16 | 4:46 | 12,6 | 00:47:23 | 00:47:39 | 106 | |
| 120 | 457 | WOJNOWSKI WIESŁAW | GDAŃSK | DCT DRUŻYNA BIEGOWA | POLSKA | 1980 | M30 | 43 | 00:01:16 | 4:52 | 12,3 | 00:47:23 | 00:48:39 | 107 | |
| 121 | 34 | STROJNOWSKI SŁAWOMIR | GDAŃSK | SŁAWOMIR | POLSKA | 1963 | M50 | 14 | 00:00:03 | 4:45 | 12,6 | 00:47:29 | 00:47:32 | 108 | |
| 122 | 177 | SIKORSKI MARIUSZ | GDAŃSK | POKER FACE | POLSKA | 1985 | M30 | 44 | 00:00:28 | 4:48 | 12,5 | 00:47:30 | 00:47:58 | 109 | |
| 123 | 195 | ŚWIĘCICKI TOMASZ | GDAŃSK | | POLSKA | 1979 | M40 | 28 | 00:00:18 | 4:47 | 12,5 | 00:47:34 | 00:47:52 | 110 | |
| 124 | 126 | LADZIŃSKI ZBIGNIEW | GDAŃSK | | POLSKA | 1975 | M40 | 29 | 00:00:20 | 4:48 | 12,5 | 00:47:35 | 00:47:55 | 111 | |
| 125 | 451 | WIECZOREK ANDRZEJ | BANINO | BANINO BIEGA | POLSKA | 1965 | M50 | 15 | 00:00:21 | 4:48 | 12,5 | 00:47:35 | 00:47:56 | 112 | |
| 126 | 118 | KOWALIK HUBERT | GDAŃSK | FUNDACJA WDA | POLSKA | 1979 | M40 | 30 | 00:00:28 | 4:48 | 12,5 | 00:47:35 | 00:48:03 | 113 | |
| 127 | 208 | WIECZOREK TOMASZ | GDAŃSK | WATAHA-ŁĄCZY NAS BIEGANIE | POLSKA | 1974 | M40 | 31 | 00:00:17 | 4:47 | 12,5 | 00:47:37 | 00:47:54 | 114 | |
| 128 | 102 | KACZOR KRZYSZTOF | GDYNIA | | POLSKA | 1989 | M30 | 45 | 00:00:19 | 4:48 | 12,5 | 00:47:37 | 00:47:56 | 115 | |
| 129 | 74 | DOMŻALSKA WIOLETTA DOMŻALSKA | RUMIA | PARKRUNA RUMIA | POLSKA | 1975 | K40 | 5 | 00:00:28 | 4:49 | 12,5 | 00:47:40 | 00:48:08 | | 14 |
| 130 | 186 | SUSHKO IHOR | GDAŃSK | | POLSKA | 1992 | M20 | 21 | 00:00:10 | 4:47 | 12,5 | 00:47:40 | 00:47:50 | 116 | |
| 131 | 194 | ŚLUSAREK MARCIN | GDAŃSK | SHERATON SOPOT HOTEL | POLSKA | 1980 | M30 | 46 | 00:00:30 | 4:49 | 12,4 | 00:47:45 | 00:48:15 | 117 | |
| 132 | 626 | PIEPIÓRKA PAWEŁ | SKARSZEWY | SCT SKARSZEWY | POLSKA | 1989 | M30 | 47 | 00:00:39 | 4:51 | 12,4 | 00:47:48 | 00:48:26 | 118 | |
| 133 | 322 | KUBAS KRYSZTIAN | PRUSZCZ GDANSKI | PRUSZCZ BIEGA | POLSKA | 1983 | M30 | 48 | 00:00:35 | 4:51 | 12,4 | 00:47:53 | 00:48:28 | 119 | |
| 134 | 64 | CHAMSKI MICHAŁ | GDAŃSK | GRUPA BIEGOWA 65 | POLSKA | 1986 | M30 | 49 | 00:00:11 | 4:49 | 12,5 | 00:47:54 | 00:48:06 | 120 | |
| 135 | 144 | NIEDBAŁA DAMIAN | GDAŃSK | PARK RUN GDAŃSK POŁUDNIE | POLSKA | 1989 | M30 | 50 | 00:00:24 | 4:50 | 12,4 | 00:47:59 | 00:48:23 | 121 | |
| 136 | 76 | DUCH MAREK | GDAŃSK | | POLSKA | 1974 | M40 | 32 | 00:00:30 | 4:51 | 12,4 | 00:47:59 | 00:48:29 | 122 | |
| 137 | 153 | PASIERBSKA EWA | GDAŃSK | | POLSKA | 1995 | K20 | 3 | 00:00:09 | 4:49 | 12,5 | 00:48:01 | 00:48:09 | | 15 |
| 138 | 335 | ŁĘCKI KRZYSZTOF | ŻYRARDÓW | #BIEGACZE | POLSKA | 1994 | M20 | 22 | 00:00:34 | 4:52 | 12,3 | 00:48:03 | 00:48:37 | 123 | |
| 139 | 141 | MICHALAK KONRAD | GDAŃSK | GRACJA&ALICJA 3MIASTO | POLSKA | 1982 | M30 | 51 | 00:00:23 | 4:51 | 12,4 | 00:48:04 | 00:48:26 | 124 | |
| 140 | 137 | MATEJA BOŻENA | GDAŃSK | | POLAND | 1959 | K60 | 1 | 00:00:11 | 4:50 | 12,4 | 00:48:06 | 00:48:17 | | 16 |
| 141 | 139 | MATYSZEWSKI JAROSŁAW | GDAŃSK | | POLSKA | 1970 | M40 | 33 | 00:00:23 | 4:51 | 12,4 | 00:48:12 | 00:48:34 | 125 | |
| 142 | 205 | WĄDOŁOWSKI RAFAŁ | GDAŃSK | SGS POLAND TEAM | POLSKA | 1988 | M30 | 52 | 00:00:16 | 4:51 | 12,4 | 00:48:14 | 00:48:30 | 126 | |
| 143 | 86 | GADAMSKA-KABATA PAULINA | GDAŃSK | JA SIAMA | POLSKA | 1982 | K30 | 7 | 00:00:13 | 4:51 | 12,4 | 00:48:15 | 00:48:29 | | 17 |
| 144 | 52 | BIAŁA BEATA | GDAŃSK | | POLSKA | 1962 | K50 | 2 | 00:00:08 | 4:51 | 12,4 | 00:48:19 | 00:48:27 | | 18 |
| 145 | 125 | KUZIMSKI ROBERT | GDAŃSK | | POLSKA | 1977 | M40 | 34 | 00:00:14 | 4:51 | 12,4 | 00:48:21 | 00:48:35 | 127 | |
| 146 | 90 | GIERSZEWSKI WOJCIECH | GDAŃSK | | POLSKA | 1972 | M40 | 35 | 00:00:25 | 4:53 | 12,3 | 00:48:24 | 00:48:49 | 128 | |
| 147 | 535 | SPOERL DOMINIK | GDANSK | | POLSKA | 1985 | M30 | 53 | 00:00:11 | 4:52 | 12,3 | 00:48:26 | 00:48:37 | 129 | |
| 148 | 602 | BURDA ROBERT | GDAŃSK | | POLSKA | 1966 | M50 | 16 | 00:00:18 | 4:53 | 12,3 | 00:48:31 | 00:48:49 | 130 | |

Opracowanie: JACEK GRZYBOWSKI

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6 BIEG DO ŹRÓDEŁ

Organizator: Gdańska Infrastruktura Wodociągowo-Kanalizacyjna

Data: 15 czerwca 2019 r.

Dystans: 10 km

Miejscowość: Gdańsk

Klasyfikacja: OPEN



| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Kraj | Rok urodz. | Kat wiek. | M-ce w kat | Czas startu | tempo min/km | tempo km/h | Czas netto | Czas brutto | M | K |
|------|---------|------------------------|-----------------|-------------------------------------|------------|------------|-----------|------------|-------------|--------------|------------|------------|-------------|-----|----|
| 149 | 170 | ROBACZEWSKI TOMASZ | PRUSZCZ GDAŃSKI | PRUSZCZ BIEGA | POLSKA | 1971 | M40 | 36 | 00:00:41 | 4:55 | 12,2 | 00:48:31 | 00:49:12 | 131 | |
| 150 | 159 | POGORZEWSKI PAWEŁ | GDYNIA | | POLSKA | 1992 | M20 | 23 | 00:00:17 | 4:53 | 12,3 | 00:48:33 | 00:48:49 | 132 | |
| 151 | 56 | BONISŁAWSKA ANITA | GDAŃSK | REAKTYWUJ SIE W MARATONIE | POLSKA | 1974 | K40 | 6 | 00:00:19 | 4:53 | 12,3 | 00:48:33 | 00:48:52 | | 19 |
| 152 | 203 | WABNIC JAN | GDAŃSK | | POLSKA | 1970 | M40 | 37 | 00:00:38 | 4:56 | 12,2 | 00:48:39 | 00:49:17 | 133 | |
| 153 | 124 | KUŚMIEREK TOMASZ | GDYNIA | AZS UG | POLSKA | 1960 | M50 | 17 | 00:00:26 | 4:55 | 12,2 | 00:48:44 | 00:49:10 | 134 | |
| 154 | 77 | DUDKOWIAK MICHAŁ | TORUŃ | RANDOM DRINKERS TEAM | POLSKA | 1984 | M30 | 54 | 00:00:17 | 4:54 | 12,2 | 00:48:47 | 00:49:04 | 135 | |
| 155 | 12 | JAHANGIROV AZAD | BAKU | | AZERBAIJAN | 1987 | M30 | 55 | 00:01:31 | 5:02 | 11,9 | 00:48:48 | 00:50:19 | 136 | |
| 156 | 612 | WASILEWSKA IWONA | GDAŃSK | | POLSKA | 1977 | K40 | 7 | 00:00:16 | 4:55 | 12,2 | 00:48:49 | 00:49:05 | | 20 |
| 157 | 200 | TUROWSKI ARTUR | GDYNIA | TURRUN | POLSKA | 1982 | M30 | 56 | 00:00:11 | 4:54 | 12,2 | 00:48:50 | 00:49:01 | 137 | |
| 158 | 190 | SZCZEPAŃSKI WOJCIECH | ŁÓDŹ | ŁÓDŹ KOCHA SPORT | POLSKA | 1988 | M30 | 57 | 00:00:29 | 4:57 | 12,1 | 00:48:57 | 00:49:26 | 138 | |
| 159 | 119 | KOWALSKI ROBERT | GDAŃSK | NIE MARNUJ TLENU GAIT | POLSKA | 1975 | M40 | 38 | 00:00:14 | 4:55 | 12,2 | 00:49:01 | 00:49:15 | 139 | |
| 160 | 55 | BOHN ZBIGNIEW | SUCHY DWÓR | PROBIKES.PL | POLSKA | 1965 | M50 | 18 | 00:00:22 | 4:57 | 12,1 | 00:49:06 | 00:49:28 | 140 | |
| 161 | 48 | ANOLIK MONIKA | GDANSK | | POLSKA | 1973 | K40 | 8 | 00:00:15 | 4:56 | 12,1 | 00:49:08 | 00:49:24 | | 21 |
| 162 | 135 | MARKUSZEWSKI DOMINIK | GDAŃSK | | POLSKA | 1978 | M40 | 39 | 00:00:22 | 4:57 | 12,1 | 00:49:10 | 00:49:32 | 141 | |
| 163 | 160 | POLAK MIKOŁAJ | GDAŃSK | POLAKTEAM | POLSKA | 1984 | M30 | 58 | 00:00:11 | 4:56 | 12,1 | 00:49:14 | 00:49:25 | 142 | |
| 164 | 608 | SKARBK MATEUSZ | GDAŃSK | SKARBK TEAM | POLSKA | 1987 | M30 | 59 | 00:00:23 | 4:58 | 12,1 | 00:49:19 | 00:49:41 | 143 | |
| 165 | 411 | SIEKANOWICZ PAWEŁ | NOWY ŚWIAT | | POLSKA | 1971 | M40 | 40 | 00:01:00 | 5:02 | 11,9 | 00:49:19 | 00:50:19 | 144 | |
| 166 | 192 | SZEMBERSKI SZYMON | GDAŃSK | WETERANIRP | POLSKA | 1981 | M30 | 60 | 00:00:22 | 4:58 | 12,1 | 00:49:20 | 00:49:42 | 145 | |
| 167 | 215 | WODZIKOWSKI MARCIN | GDAŃSK | | POLSKA | 1988 | M30 | 61 | 00:00:22 | 4:58 | 12,1 | 00:49:21 | 00:49:42 | 146 | |
| 168 | 338 | ŁUKASIEWICZ MICHAŁ | GDANSK | BRIGHT.DEV | POLSKA | 1986 | M30 | 62 | 00:00:37 | 5:00 | 12,0 | 00:49:21 | 00:49:58 | 147 | |
| 169 | 423 | STASZKIEWICZ PAWEŁ | GDAŃSK | | POLSKA | 1985 | M30 | 63 | 00:00:54 | 5:02 | 11,9 | 00:49:28 | 00:50:23 | 148 | |
| 170 | 436 | SZYDŁOWSKI GAWĘŁ | GDAŃSK | ŁÓDŹ RATUNKOWA | POLSKA | 1993 | M20 | 24 | 00:01:01 | 5:03 | 11,9 | 00:49:32 | 00:50:33 | 149 | |
| 171 | 75 | DRAŹKOWSKI DANIEL | GDAŃSK | NIE | POLSKA | 1954 | M60 | 3 | 00:00:25 | 5:00 | 12,0 | 00:49:36 | 00:50:00 | 150 | |
| 172 | 488 | DĘBICKI ARTUR | GDYNIA | | POLSKA | 1968 | M50 | 19 | 00:01:33 | 5:07 | 11,7 | 00:49:36 | 00:51:09 | 151 | |
| 173 | 324 | KWIATKOWSKI TOMASZ | PRUSZCZ GDAŃSKI | | POLSKA | 1978 | M40 | 41 | 00:00:28 | 5:00 | 12,0 | 00:49:36 | 00:50:04 | 152 | |
| 174 | 325 | LALEWICZ ROBERT | CZELADŹ | ZAGŁĘBIE | POLSKA | 1977 | M40 | 42 | 00:00:39 | 5:02 | 11,9 | 00:49:40 | 00:50:19 | 153 | |
| 175 | 136 | MARSZAŁKOWSKI KAROL | GDAŃSK | | POLSKA | 1984 | M30 | 64 | 00:00:19 | 5:00 | 12,0 | 00:49:41 | 00:50:00 | 154 | |
| 176 | 89 | GAWĘŁEK PIOTR | TYLICZ | | POLSKA | 1990 | M20 | 25 | 00:00:20 | 5:00 | 12,0 | 00:49:41 | 00:50:01 | 155 | |
| 177 | 143 | MROZIŃSKI RAFAŁ | GDAŃSK | TROCHĘFAJNI | POLSKA | 1985 | M30 | 65 | 00:00:05 | 4:59 | 12,0 | 00:49:48 | 00:49:53 | 156 | |
| 178 | 80 | DUTKIEWICZ KRZYSZTOF | GDAŃSK | | POLSKA | 1967 | M50 | 20 | 00:00:26 | 5:02 | 11,9 | 00:49:50 | 00:50:16 | 157 | |
| 179 | 92 | GOŁEMBOWSKI MARIUSZ | GDAŃSK | NIE MARNUJ TLENU- GDAŃSKIE AUTOBUSY | POLSKA | 1971 | M40 | 43 | 00:00:27 | 5:02 | 11,9 | 00:49:53 | 00:50:20 | 158 | |
| 180 | 446 | URBANIAK MAREK | GDAŃSK | | POLSKA | 1975 | M40 | 44 | 00:00:29 | 5:02 | 11,9 | 00:49:53 | 00:50:22 | 159 | |
| 181 | 218 | ZABIELSKI TOMASZ | GDAŃSK | BIEGOWI SZYDERCY | POLSKA | 1980 | M30 | 66 | 00:00:59 | 5:05 | 11,8 | 00:49:55 | 00:50:54 | 160 | |
| 182 | 466 | ZACHARIASIEWICZ TOMASZ | GDAŃSK | FALA | POLSKA | 1986 | M30 | 67 | 00:00:36 | 5:03 | 11,9 | 00:49:55 | 00:50:32 | 161 | |
| 183 | 214 | WNOROWSKI WOJCIECH | GDAŃSK | | POLSKA | 1988 | M30 | 68 | 00:00:12 | 5:01 | 11,9 | 00:50:01 | 00:50:13 | 162 | |
| 184 | 298 | KAPŁAN PIOTR | KRAKÓW | | POLSKA | 1972 | M40 | 45 | 00:00:38 | 5:04 | 11,8 | 00:50:02 | 00:50:41 | 163 | |
| 185 | 28 | SAMCIK GRZEGORZ | GDAŃSK | | POLSKA | 1981 | M30 | 69 | 00:00:26 | 5:03 | 11,9 | 00:50:04 | 00:50:30 | 164 | |

Opracowanie: JACEK GRZYBOWSKI
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6 BIEG DO ŹRÓDEŁ

Organizator: Gdańska Infrastruktura Wodociągowo-Kanalizacyjna

Data: 15 czerwca 2019 r.

Dystans: 10 km

Miejscowość: Gdańsk

Klasyfikacja: OPEN



| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Kraj | Rok urodz. | Kat wiek. | M-ce w kat | Czas startu | tempo min/km | tempo km/h | Czas netto | Czas brutto | M | K |
|------|---------|---------------------------|-------------------|-----------------------|--------|------------|-----------|------------|-------------|--------------|------------|------------|-------------|-----|----|
| 186 | 418 | SKWIOT STANISŁAW | GDAŃSK | TAKA RYBA / TUMBOTEAM | POLSKA | 1969 | M50 | 21 | 00:00:38 | 5:04 | 11,8 | 00:50:07 | 00:50:45 | 165 | |
| 187 | 128 | LESIAK MAREK | GDYNIA | | POLSKA | 1983 | M30 | 70 | 00:00:17 | 5:02 | 11,9 | 00:50:07 | 00:50:24 | 166 | |
| 188 | 358 | NAGÓRSKI WŁADYSŁAW | GDAŃSK | | POLSKA | 1980 | M30 | 71 | 00:00:47 | 5:05 | 11,8 | 00:50:07 | 00:50:54 | 167 | |
| 189 | 109 | KLEIN ANDRZEJ | GDAŃSK | | POLSKA | 1966 | M50 | 22 | 00:00:10 | 5:02 | 11,9 | 00:50:15 | 00:50:25 | 168 | |
| 190 | 134 | MACHALICA AGNIESZKA | GDAŃSK | JABA DABA DU | POLSKA | 1977 | K40 | 9 | 00:00:29 | 5:05 | 11,8 | 00:50:18 | 00:50:47 | | 22 |
| 191 | 422 | STARSIEŃSKI TOMASZ | KIELNO | 1234 | POLSKA | 1970 | M40 | 46 | 00:00:31 | 5:05 | 11,8 | 00:50:23 | 00:50:54 | 169 | |
| 192 | 635 | WAGNER MICHAŁ | BYTÓW | | POLSKA | 1993 | M20 | 26 | 00:00:59 | 5:08 | 11,7 | 00:50:24 | 00:51:23 | 170 | |
| 193 | 173 | ROGOWSKI JAROSŁAW | GDAŃSK | | POLSKA | 1995 | M20 | 27 | 00:00:15 | 5:04 | 11,8 | 00:50:29 | 00:50:44 | 171 | |
| 194 | 100 | SKOPCZYŃSKI JAREK | GDAŃSK | | POLSKA | 1978 | M40 | 47 | 00:00:59 | 5:09 | 11,6 | 00:50:33 | 00:51:32 | 172 | |
| 195 | 95 | GRYGOROWICZ BARTOSZ | GDAŃSK | KULIK&KUREK | POLSKA | 1990 | M20 | 28 | 00:00:30 | 5:07 | 11,7 | 00:50:36 | 00:51:07 | 173 | |
| 196 | 224 | ŻUCHOWSKI JAN | GDYNIA | | POLSKA | 1956 | M60 | 4 | 00:00:13 | 5:05 | 11,8 | 00:50:37 | 00:50:50 | 174 | |
| 197 | 320 | KRZYWIEC MARIUSZ | GDAŃSK | TWINS TEAM | POLSKA | 1989 | M30 | 72 | 00:00:28 | 5:07 | 11,7 | 00:50:38 | 00:51:06 | 175 | |
| 198 | 381 | PIOTROWSKI PATRYK | GDAŃSK | BROKUŁ TEAM | POLSKA | 1987 | M30 | 73 | 00:00:33 | 5:07 | 11,7 | 00:50:40 | 00:51:13 | 176 | |
| 199 | 145 | NOSTITZ-JACKOWSKI MATEUSZ | GDAŃSK | | POLSKA | 1986 | M30 | 74 | 00:00:19 | 5:06 | 11,8 | 00:50:41 | 00:51:00 | 177 | |
| 200 | 649 | TARASEWICZ KRZYSZTOF | GDAŃSK | GIWK BIEGA | POLSKA | 1975 | M40 | 48 | 00:01:28 | 5:13 | 11,5 | 00:50:42 | 00:52:10 | 178 | |
| 201 | 310 | KOŁODZIEJSKA KATARZYNA | GDAŃSK | | POLSKA | 1983 | K30 | 8 | 00:00:56 | 5:10 | 11,6 | 00:50:44 | 00:51:40 | | 23 |
| 202 | 106 | KĘDZIEŃSKI JACEK | GDAŃSK | | POLSKA | 1968 | M50 | 23 | 00:00:22 | 5:07 | 11,7 | 00:50:44 | 00:51:07 | 179 | |
| 203 | 188 | SYCH ALEKSANDRA | GDANSK | | POLSKA | 1993 | K20 | 4 | 00:00:33 | 5:08 | 11,7 | 00:50:48 | 00:51:20 | | 24 |
| 204 | 306 | KMERA ARTUR | GDAŃSK | AS-PL | POLSKA | 1982 | M30 | 75 | 00:00:23 | 5:07 | 11,7 | 00:50:52 | 00:51:15 | 180 | |
| 205 | 271 | GIZIEWSKI SEBASTIAN | PRUSZCZ GDAŃSKI | | POLSKA | 1985 | M30 | 76 | 00:00:23 | 5:08 | 11,7 | 00:50:55 | 00:51:18 | 181 | |
| 206 | 421 | STALICA WIESŁAW | NOWE | | POLSKA | 1968 | M50 | 24 | 00:00:42 | 5:10 | 11,6 | 00:50:57 | 00:51:38 | 182 | |
| 207 | 238 | BUCZYŃSKA KAROLINA | GDAŃSK | ŻARTA WATAHA | POLSKA | 1994 | K20 | 5 | 00:00:50 | 5:11 | 11,6 | 00:50:57 | 00:51:47 | | 25 |
| 208 | 600 | ZADROGA PIOTR | GDAŃSK | DRINK TEAM | POLSKA | 1973 | M40 | 49 | 00:00:50 | 5:11 | 11,6 | 00:50:58 | 00:51:48 | 183 | |
| 209 | 387 | PTACH JACEK | PRUSZCZ GDAŃSKI | | POLSKA | 1973 | M40 | 50 | 00:00:29 | 5:09 | 11,7 | 00:50:58 | 00:51:27 | 184 | |
| 210 | 398 | RULEWSKI JACEK | GDAŃSK | | POLSKA | 1995 | M20 | 29 | 00:00:39 | 5:10 | 11,6 | 00:50:59 | 00:51:38 | 185 | |
| 211 | 352 | MIELCZAREK JUSTYNA | SOPOT | | POLSKA | 1977 | K40 | 10 | 00:00:28 | 5:09 | 11,6 | 00:51:03 | 00:51:31 | | 26 |
| 212 | 339 | ŁUKASIUŁ JAN | NOWY DWÓR GDAŃSKI | | POLSKA | 2002 | M16 | 3 | 00:00:41 | 5:11 | 11,6 | 00:51:05 | 00:51:46 | 186 | |
| 213 | 514 | MATYSIAK GRZEGORZ | GDAŃSK | IRON TEAM | POLSKA | 1987 | M30 | 77 | 00:01:10 | 5:14 | 11,5 | 00:51:06 | 00:52:16 | 187 | |
| 214 | 290 | JANOWIAK KATARZYNA | GDAŃSK | | POLSKA | 1984 | K30 | 9 | 00:00:36 | 5:10 | 11,6 | 00:51:06 | 00:51:42 | | 27 |
| 215 | 305 | KLIMEK-MARZĄŁEK KAMILA | SOSNOWIEC | W POGONI ZA DUCHEM | POLSKA | 1987 | K30 | 10 | 00:00:30 | 5:10 | 11,6 | 00:51:07 | 00:51:37 | | 28 |
| 216 | 181 | SOBIERAJ GRZEGORZ | GDAŃSK | | POLSKA | 1982 | M30 | 78 | 00:00:18 | 5:08 | 11,7 | 00:51:07 | 00:51:25 | 188 | |
| 217 | 187 | SVANSTRÖM ERIK | GDANSK | | POLAND | 1989 | M30 | 79 | 00:00:31 | 5:10 | 11,6 | 00:51:08 | 00:51:39 | 189 | |
| 218 | 623 | MOLĘDA KRZYSZTOF | ŻUŁAWKI | GIWK BIEGA | POLSKA | 1975 | M40 | 51 | 00:00:50 | 5:12 | 11,5 | 00:51:12 | 00:52:03 | 190 | |
| 219 | 494 | FILIPEK ALICJA | GDANSK | | POLSKA | 1989 | K30 | 11 | 00:01:09 | 5:15 | 11,4 | 00:51:21 | 00:52:29 | | 29 |
| 220 | 445 | ULEŃSKI MARIUSZ | GDAŃSK | RODZINA ULKÓW | POLSKA | 1979 | M40 | 52 | 00:00:25 | 5:11 | 11,6 | 00:51:25 | 00:51:50 | 191 | |
| 221 | 414 | SIKORSKI JANUSZ | SOPOT | | POLSKA | 1951 | M60 | 5 | 00:00:42 | 5:13 | 11,5 | 00:51:26 | 00:52:08 | 192 | |
| 222 | 396 | ROMANOWICZ STANISŁAW | GDANSK | | POLSKA | 1982 | M30 | 80 | 00:01:09 | 5:15 | 11,4 | 00:51:26 | 00:52:35 | 193 | |

Opracowanie: JACEK GRZYBOWSKI

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6 BIEG DO ŹRÓDEŁ

Organizator: Gdańska Infrastruktura Wodociągowo-Kanalizacyjna

Data: 15 czerwca 2019 r.

Dystans: 10 km

Miejscowość: Gdańsk

Klasyfikacja: OPEN



| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Kraj | Rok urodz. | Kat wiek. | M-ce w kat | Czas startu | tempo min/km | tempo km/h | Czas netto | Czas brutto | M | K |
|------|---------|---------------------------|-----------------|------------------------------------|---------|------------|-----------|------------|-------------|--------------|------------|------------|-------------|-----|----|
| 223 | 629 | RUDO PAWEŁ | JUSZKOWO | GIWK BIEGA | POLSKA | 1986 | M30 | 81 | 00:00:42 | 5:13 | 11,5 | 00:51:30 | 00:52:13 | 194 | |
| 224 | 171 | ROBLES JOSE | GDANSK | CASTILLA | POLONIA | 1988 | M30 | 82 | 00:00:18 | 5:11 | 11,6 | 00:51:30 | 00:51:49 | 195 | |
| 225 | 628 | RUDO MAGDALENA | JUSZKOWO | GIWK BIEGA | POLSKA | 1986 | K30 | 12 | 00:00:43 | 5:13 | 11,5 | 00:51:31 | 00:52:14 | | 30 |
| 226 | 253 | DABKIEWICZ MONIKA | GDAŃSK | DOJRZAŁE KOBIETY ĆWICZĄ | POLSKA | 1972 | K40 | 11 | 00:00:41 | 5:13 | 11,5 | 00:51:33 | 00:52:14 | | 31 |
| 227 | 427 | SZAMOCKI KACPER | GDAŃSK | SILVAN LOGISTICS | POLSKA | 1987 | M30 | 83 | 00:00:40 | 5:13 | 11,5 | 00:51:34 | 00:52:14 | 196 | |
| 228 | 632 | SKARBK PIOTR | GDAŃSK | | POLSKA | 1985 | M30 | 84 | 00:00:42 | 5:14 | 11,5 | 00:51:35 | 00:52:17 | 197 | |
| 229 | 609 | STADNIK JERZY | GDAŃSK | | POLSKA | 1968 | M50 | 25 | 00:00:21 | 5:12 | 11,5 | 00:51:42 | 00:52:03 | 198 | |
| 230 | 111 | KOCATEPE ONUR | GDANSK | | POLAND | 1993 | M20 | 30 | 00:00:05 | 5:11 | 11,6 | 00:51:42 | 00:51:48 | 199 | |
| 231 | 47 | ANISOWICZ NORBERT | GDYNIA | | POLSKA | 1998 | M20 | 31 | 00:00:15 | 5:12 | 11,5 | 00:51:48 | 00:52:02 | 200 | |
| 232 | 164 | PRZEWODOWSKI PIOTR | GDAŃSK | LPP TEAM | POLSKA | 1976 | M40 | 53 | 00:00:06 | 5:11 | 11,6 | 00:51:49 | 00:51:54 | 201 | |
| 233 | 142 | MOCZYŃSKI LESZEK. | BYDGOSZCZ | BIEGAM DLA BYDGOSZCZY. | POLSKA | 1951 | M60 | 6 | 00:00:27 | 5:14 | 11,5 | 00:51:49 | 00:52:16 | 202 | |
| 234 | 425 | SYSKA KRZYSZTOF | GDAŃSK | | POLSKA | 1987 | M30 | 85 | 00:00:53 | 5:17 | 11,4 | 00:51:53 | 00:52:46 | 203 | |
| 235 | 624 | OSIŃSKA DANUTA | GDAŃSK | GIWK BIEGA | POLSKA | 1965 | K50 | 3 | 00:01:02 | 5:18 | 11,3 | 00:51:55 | 00:52:57 | | 32 |
| 236 | 650 | SKARBK EWELINA | GDAŃSK | | POLSKA | 1991 | K20 | 6 | 00:00:45 | 5:17 | 11,4 | 00:52:03 | 00:52:49 | | 33 |
| 237 | 316 | KOWALIK MAŁGORZATA | GDAŃSK | | POLSKA | 1962 | K50 | 4 | 00:00:37 | 5:16 | 11,4 | 00:52:05 | 00:52:42 | | 34 |
| 238 | 634 | WAGNER ANDRZEJ | BYTÓW | | POLSKA | 1965 | M50 | 26 | 00:00:58 | 5:18 | 11,3 | 00:52:06 | 00:53:04 | 204 | |
| 239 | 252 | CZYKIER-BIEGAJ BIANKA | SOPOT | | POLSKA | 1989 | K30 | 13 | 00:00:44 | 5:17 | 11,3 | 00:52:11 | 00:52:55 | | 35 |
| 240 | 294 | JURCZAK MACIEJ | GDAŃSK | | POLSKA | 1991 | M20 | 32 | 00:00:43 | 5:17 | 11,3 | 00:52:11 | 00:52:54 | 205 | |
| 241 | 140 | MIĄCZYŃSKI MICHAŁ | GDAŃSK | SMOKI WAWELSKIE | POLSKA | 1975 | M40 | 54 | 00:00:34 | 5:17 | 11,4 | 00:52:18 | 00:52:52 | 206 | |
| 242 | 307 | KNAPIK JAKUB | GDAŃSK | MAMY TO! | POLSKA | 1984 | M30 | 86 | 00:00:50 | 5:19 | 11,3 | 00:52:20 | 00:53:10 | 207 | |
| 243 | 284 | HOWANIEC AGATA | ŁÓDŹ | | POLSKA | 1989 | K30 | 14 | 00:00:29 | 5:17 | 11,3 | 00:52:25 | 00:52:54 | | 36 |
| 244 | 448 | WALENTYNOWICZ ANETA | PRUSZCZ GDAŃSKI | LOTOS RUNNING TEAM / PRUSZCZ BIEGA | POLSKA | 1977 | K40 | 12 | 00:00:26 | 5:18 | 11,3 | 00:52:30 | 00:52:55 | | 37 |
| 245 | 404 | SAWCZUK JOANNA | GDAŃSK | BODY IN MOTION / TAKA RYBA | POLSKA | 1970 | K40 | 13 | 00:00:47 | 5:20 | 11,3 | 00:52:30 | 00:53:18 | | 38 |
| 246 | 458 | WOLAK WOJCIECH | BRANIEWO | | POLSKA | 1995 | M20 | 33 | 00:00:42 | 5:20 | 11,3 | 00:52:36 | 00:53:18 | 208 | |
| 247 | 452 | WIELGOSZ BŁAŻEJ | GDAŃSK | | POLSKA | 1988 | M30 | 87 | 00:00:53 | 5:21 | 11,2 | 00:52:36 | 00:53:29 | 209 | |
| 248 | 380 | PIŁASIEWICZ IRENEUSZ | GDYNIA | SP 44 | POLSKA | 1968 | M50 | 27 | 00:00:40 | 5:20 | 11,3 | 00:52:38 | 00:53:18 | 210 | |
| 249 | 226 | BANASZEK IWONA | GDAŃSK | IRON TEAM | POLSKA | 1978 | K40 | 14 | 00:00:34 | 5:19 | 11,3 | 00:52:38 | 00:53:12 | | 39 |
| 250 | 367 | OSOWSKA MAGDALENA | ŚWIECIE | | POLSKA | 2000 | K16 | 1 | 00:00:40 | 5:20 | 11,3 | 00:52:39 | 00:53:19 | | 40 |
| 251 | 197 | TICHANÓW PIOTR | GDAŃSK | | POLSKA | 1986 | M30 | 88 | 00:00:16 | 5:18 | 11,3 | 00:52:40 | 00:52:56 | 211 | |
| 252 | 288 | JANAS ILONA | GDAŃSK | LOTOS RUNNING TEAM | POLSKA | 1982 | K30 | 15 | 00:00:34 | 5:20 | 11,3 | 00:52:41 | 00:53:15 | | 41 |
| 253 | 334 | ŁAZIŃSKA MAJA | GDAŃSK | | POLSKA | 1986 | K30 | 16 | 00:00:31 | 5:19 | 11,3 | 00:52:43 | 00:53:14 | | 42 |
| 254 | 191 | SZCZYPKA ARKADIUSZ | GDYNIA | | POLSKA | 1967 | M50 | 28 | 00:00:10 | 5:18 | 11,3 | 00:52:46 | 00:52:56 | 212 | |
| 255 | 66 | CZARNECKA ANNA | GDYNIA | | POLSKA | 1972 | K40 | 15 | 00:00:09 | 5:18 | 11,3 | 00:52:47 | 00:52:57 | | 43 |
| 256 | 384 | POHNKE WŁADYSŁAW | GDAŃSK | | POLSKA | 1946 | M70 | 1 | 00:00:49 | 5:22 | 11,2 | 00:52:50 | 00:53:39 | 213 | |
| 257 | 174 | ROZMUS KATARZYNA | GDAŃSK | LPP TEAM | POLSKA | 1982 | K30 | 17 | 00:00:24 | 5:19 | 11,3 | 00:52:51 | 00:53:15 | | 44 |
| 258 | 289 | JANAS PAWEŁ | GDAŃSK | LOTOS RUNNING TEAM | POLSKA | 1976 | M40 | 55 | 00:00:34 | 5:20 | 11,2 | 00:52:51 | 00:53:24 | 214 | |
| 259 | 222 | ZYGRY-WIŚNIEWSKA KAROLINA | GDAŃSK | APTEKA GEMINI TEAM | POLSKA | 1979 | K40 | 16 | 00:00:21 | 5:19 | 11,3 | 00:52:51 | 00:53:11 | | 45 |

Opracowanie: JACEK GRZYBOWSKI
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6 BIEG DO ŹRÓDEŁ

Organizator: Gdańska Infrastruktura Wodociągowo-Kanalizacyjna

Data: 15 czerwca 2019 r.

Dystans: 10 km

Miejscowość: Gdańsk

Klasyfikacja: OPEN



| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Kraj | Rok urodz. | Kat wiek. | M-ce w kat | Czas startu | tempo min/km | tempo km/h | Czas netto | Czas brutto | M | K |
|------|---------|----------------------|-------------------|---------------------------|--------|------------|-----------|------------|-------------|--------------|------------|------------|-------------|-----|---|
| 260 | 130 | LICA SZYMON | GDAŃSK | STATE STREET RUNNING TEAM | POLSKA | 1990 | M20 | 34 | 00:00:29 | 5:20 | 11,2 | 00:52:52 | 00:53:20 | 215 | |
| 261 | 272 | GŁOMBIEWSKI BARTOSZ | GDAŃSK | AIC TEAM | POLSKA | 1983 | M30 | 89 | 00:00:54 | 5:23 | 11,2 | 00:52:52 | 00:53:47 | 216 | |
| 262 | 377 | PIELECKI ZBIGNIEW | NOWY DWÓR GDAŃSKI | SAMOTNY BIEGACZ | POLSKA | 1973 | M40 | 56 | 00:00:10 | 5:18 | 11,3 | 00:52:54 | 00:53:05 | 217 | |
| 263 | 131 | LISTWAN KRZYSZTOF | GDAŃSK | KOCUR TEAM | POLSKA | 1973 | M40 | 57 | 00:00:21 | 5:20 | 11,3 | 00:52:55 | 00:53:16 | 218 | |
| 264 | 63 | BYLINA MAREK | GDAŃSK | | POLSKA | 1962 | M50 | 29 | 00:00:28 | 5:21 | 11,2 | 00:52:57 | 00:53:26 | 219 | |
| 265 | 630 | RZADKIEWICZ ADAM | GDAŃSK | GIWK BIEGA | POLSKA | 1982 | M30 | 90 | 00:00:57 | 5:24 | 11,1 | 00:52:59 | 00:53:56 | 220 | |
| 266 | 462 | WYMYŚŁOWSKI MICHAŁ | GDAŃSK | | POLSKA | 1981 | M30 | 91 | 00:00:45 | 5:22 | 11,2 | 00:53:00 | 00:53:45 | 221 | |
| 267 | 490 | DYDIUK BERNARD | GDAŃSK | | POLSKA | 1984 | M30 | 92 | 00:01:16 | 5:26 | 11,1 | 00:53:01 | 00:54:17 | 222 | |
| 268 | 283 | HOFMAN ANITA | GDAŃSK | | POLSKA | 1992 | K20 | 7 | 00:00:37 | 5:22 | 11,2 | 00:53:05 | 00:53:41 | 46 | |
| 269 | 363 | NOWOTNIK DARIUSZ | GDAŃSK | | POLSKA | 1960 | M50 | 30 | 00:01:06 | 5:25 | 11,1 | 00:53:06 | 00:54:11 | 223 | |
| 270 | 84 | FEDORCZUK ANITA | GDAŃSK | | POLSKA | 1990 | K20 | 8 | 00:00:20 | 5:21 | 11,2 | 00:53:13 | 00:53:33 | 47 | |
| 271 | 560 | DULEŃSKI MATEUSZ | GDAŃSK | ZBIERACZE ZŁOMU | POLSKA | 2002 | M16 | 4 | 00:01:23 | 5:28 | 11,0 | 00:53:14 | 00:54:37 | 224 | |
| 272 | 442 | TOMASZEWSKI MATEUSZ | GDAŃSK | | POLSKA | 1990 | M20 | 35 | 00:00:48 | 5:24 | 11,1 | 00:53:15 | 00:54:03 | 225 | |
| 273 | 402 | RYCHTER KRYSZTIAN | GDAŃSK | | POLSKA | 1990 | M20 | 36 | 00:00:47 | 5:25 | 11,1 | 00:53:21 | 00:54:08 | 226 | |
| 274 | 360 | NICEWICZ PAWEŁ | GDAŃSK | KOMEDIANCI | POLSKA | 1990 | M20 | 37 | 00:00:35 | 5:24 | 11,1 | 00:53:23 | 00:53:58 | 227 | |
| 275 | 383 | POGORZELSKI RAFAŁ | GDAŃSK | | POLSKA | 1978 | M40 | 58 | 00:00:40 | 5:25 | 11,1 | 00:53:26 | 00:54:06 | 228 | |
| 276 | 67 | CZECH MICHAŁ | GDYNIA | PROSECCO RUNNERS | POLSKA | 1989 | M30 | 93 | 00:00:23 | 5:23 | 11,1 | 00:53:28 | 00:53:51 | 229 | |
| 277 | 434 | SZUBARTOWICZ MAREK | GDYNIA | | POLSKA | 1982 | M30 | 94 | 00:00:46 | 5:25 | 11,1 | 00:53:28 | 00:54:14 | 230 | |
| 278 | 270 | GAŚKA MACIEJ | GDYNIA | PĘDZĄCE ŚLIMAKI | POLSKA | 1974 | M40 | 59 | 00:00:44 | 5:25 | 11,1 | 00:53:29 | 00:54:13 | 231 | |
| 279 | 193 | SZWED PAWEŁ | GDAŃSK | BIEGOWYSWIAT.PL | POLSKA | 1971 | M40 | 60 | 00:01:31 | 5:30 | 10,9 | 00:53:32 | 00:55:03 | 232 | |
| 280 | 299 | KARCZEWSKI KAROL | GDAŃSK | | POLSKA | 1990 | M20 | 38 | 00:00:50 | 5:26 | 11,0 | 00:53:33 | 00:54:23 | 233 | |
| 281 | 344 | MARTYŃSKI JAKUB | GDAŃSK | | POLSKA | 1996 | M20 | 39 | 00:00:37 | 5:25 | 11,1 | 00:53:34 | 00:54:11 | 234 | |
| 282 | 300 | KARPIŃSKI ZBIGNIEW | GDAŃSK | | POLSKA | 1969 | M50 | 31 | 00:00:36 | 5:25 | 11,1 | 00:53:35 | 00:54:10 | 235 | |
| 283 | 366 | OSIAK KACPER | GDAŃSK | | POLSKA | 1994 | M20 | 40 | 00:00:58 | 5:27 | 11,0 | 00:53:35 | 00:54:33 | 236 | |
| 284 | 225 | ARCISZEWSKA MAGDA | GDYNIA | LPP TEAM | POLSKA | 1986 | K30 | 18 | 00:00:46 | 5:26 | 11,0 | 00:53:37 | 00:54:22 | 48 | |
| 285 | 62 | BUDNIK NATALIA | SOPOT | | POLSKA | 1996 | K20 | 9 | 00:00:16 | 5:24 | 11,1 | 00:53:41 | 00:53:57 | 49 | |
| 286 | 346 | MEYER DANIEL | KARTUZY | GFORCES | POLSKA | 1984 | M30 | 95 | 00:00:32 | 5:26 | 11,1 | 00:53:43 | 00:54:16 | 237 | |
| 287 | 613 | BAKUNOWICZ JAREK | MAŁDYTY | GIWK BIEGA | POLSKA | 1969 | M50 | 32 | 00:00:54 | 5:28 | 11,0 | 00:53:45 | 00:54:39 | 238 | |
| 288 | 150 | OZIMKOWSKI KRZYSZTOF | GDAŃSK | | POLSKA | 1975 | M40 | 61 | 00:00:13 | 5:24 | 11,1 | 00:53:45 | 00:53:57 | 239 | |
| 289 | 243 | CHYŁA AGNIESZKA | GDYNIA | MAJA TEAM | POLSKA | 1984 | K30 | 19 | 00:00:40 | 5:27 | 11,0 | 00:53:46 | 00:54:26 | 50 | |
| 290 | 303 | KLAŚ-PUPAR KINGA | WARSZAWA | YIN LONG | POLSKA | 1974 | K40 | 17 | 00:00:26 | 5:25 | 11,1 | 00:53:47 | 00:54:13 | 51 | |
| 291 | 429 | SZARMACH SEBASTIAN | GDAŃSK | | POLSKA | 1977 | M40 | 62 | 00:00:57 | 5:29 | 11,0 | 00:53:51 | 00:54:47 | 240 | |
| 292 | 467 | ZACZEK SZYMON | GDAŃSK | APLITT | POLSKA | 1987 | M30 | 96 | 00:00:47 | 5:28 | 11,0 | 00:53:54 | 00:54:42 | 241 | |
| 293 | 71 | DEINRYCH DAREK | GDYNIA | | POLSKA | 1992 | M20 | 41 | 00:00:13 | 5:25 | 11,1 | 00:53:55 | 00:54:07 | 242 | |
| 294 | 362 | NOWAKOWSKA EDYTA | MORAĞ | | POLSKA | 1992 | K20 | 10 | 00:00:52 | 5:29 | 11,0 | 00:53:55 | 00:54:47 | 52 | |
| 295 | 318 | KRUKOWSKI PAWEŁ | RAKOWIEC | | POLSKA | 1992 | M20 | 42 | 00:00:44 | 5:28 | 11,0 | 00:53:56 | 00:54:40 | 243 | |
| 296 | 265 | FOJUT TOMASZ | GDYNIA | | POLSKA | 1977 | M40 | 63 | 00:00:53 | 5:29 | 10,9 | 00:53:59 | 00:54:52 | 244 | |

Opracowanie: JACEK GRZYBOWSKI

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6 BIEG DO ŹRÓDEŁ

Organizator: Gdańska Infrastruktura Wodociągowo-Kanalizacyjna

Data: 15 czerwca 2019 r.

Dystans: 10 km

Miejscowość: Gdańsk

Klasyfikacja: OPEN



| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Kraj | Rok urodz. | Kat wiek. | M-ce w kat | Czas startu | tempo min/km | tempo km/h | Czas netto | Czas brutto | M | K |
|------|---------|---------------------------------|------------------|------------------------------|--------|------------|-----------|------------|-------------|--------------|------------|------------|-------------|-----|----|
| 297 | 440 | SZYMAŃSKI MAREK | GDAŃSK | | POLSKA | 1979 | M40 | 64 | 00:01:10 | 5:31 | 10,9 | 00:54:01 | 00:55:12 | 245 | |
| 298 | 643 | SZCZEPAŃSKI MACIEJ | GDAŃSK | GIWK BIEGA | POLSKA | 1995 | M20 | 43 | 00:01:07 | 5:32 | 10,8 | 00:54:12 | 00:55:19 | 246 | |
| 299 | 228 | BAREŁA BARTOSZ | GDYNIA | CARDERA | POLSKA | 1979 | M40 | 65 | 00:00:56 | 5:31 | 10,9 | 00:54:13 | 00:55:10 | 247 | |
| 300 | 615 | CISZEK SEBASTIAN | GDAŃSK | IRON TEAM | POLSKA | 1976 | M40 | 66 | 00:01:01 | 5:32 | 10,9 | 00:54:14 | 00:55:15 | 248 | |
| 301 | 382 | PLEWIŃSKI RAFAŁ | GDAŃSK | | POLSKA | 1983 | M30 | 97 | 00:00:48 | 5:30 | 10,9 | 00:54:15 | 00:55:03 | 249 | |
| 302 | 233 | BOBERSKI ARTUR | GDAŃSK | RMDC | POLSKA | 1974 | M40 | 67 | 00:00:59 | 5:32 | 10,9 | 00:54:16 | 00:55:16 | 250 | |
| 303 | 291 | JASINKIEWICZ ANNA | JANKOWO GDAŃSKIE | JODELING JACHAS | POLSKA | 1975 | K40 | 18 | 00:00:52 | 5:31 | 10,9 | 00:54:18 | 00:55:10 | | 53 |
| 304 | 364 | OBŁUSKI RAFAŁ | GDAŃSK | | POLSKA | 1967 | M50 | 33 | 00:01:16 | 5:34 | 10,8 | 00:54:22 | 00:55:38 | 251 | |
| 305 | 493 | FIDOS ALEKSANDER | GDAŃSK | | POLSKA | 1977 | M40 | 68 | 00:00:54 | 5:32 | 10,8 | 00:54:27 | 00:55:21 | 252 | |
| 306 | 461 | WRÓBLEWSKI CZESŁAW | GDANSK | | POLSKA | 1969 | M50 | 34 | 00:00:20 | 5:29 | 10,9 | 00:54:28 | 00:54:49 | 253 | |
| 307 | 314 | KORDUŁA ZBIGNIEW | GDAŃSK | | POLSKA | 1979 | M40 | 69 | 00:01:32 | 5:36 | 10,7 | 00:54:30 | 00:56:02 | 254 | |
| 308 | 456 | WŁODARSKI WOJCIECH | GDAŃSK | | POLSKA | 1975 | M40 | 70 | 00:00:54 | 5:32 | 10,8 | 00:54:30 | 00:55:24 | 255 | |
| 309 | 453 | WIŚNIEWSKI PAWEŁ | GDAŃSK | | POLSKA | 1985 | M30 | 98 | 00:00:40 | 5:31 | 10,9 | 00:54:34 | 00:55:14 | 256 | |
| 310 | 240 | BULL WILL | GDAŃSK | | POLSKA | 1984 | M30 | 99 | 00:01:01 | 5:34 | 10,8 | 00:54:38 | 00:55:39 | 257 | |
| 311 | 313 | KOPROWSKA WITOSŁAWA | GDAŃSK | | POLSKA | 1979 | K40 | 19 | 00:00:40 | 5:33 | 10,8 | 00:54:52 | 00:55:31 | | 54 |
| 312 | 390 | RAMCZYK KAMIL | GDAŃSK | | POLSKA | 1984 | M30 | 100 | 00:01:06 | 5:36 | 10,7 | 00:54:53 | 00:55:59 | 258 | |
| 313 | 426 | SZALKOWSKI DARIUSZ | ROBAKOWO | ADS-SERWIS | POLSKA | 1967 | M50 | 35 | 00:00:47 | 5:34 | 10,8 | 00:54:55 | 00:55:42 | 259 | |
| 314 | 212 | WISNIEWSKI PIOTR WISNIEWSKI | GDANSK | | POLSKA | 1976 | M40 | 71 | 00:00:10 | 5:31 | 10,9 | 00:54:56 | 00:55:06 | 260 | |
| 315 | 301 | KĘDZIA PRZEMYSŁAW | GDAŃSK | | POLSKA | 1977 | M40 | 72 | 00:00:52 | 5:36 | 10,7 | 00:55:06 | 00:55:58 | 261 | |
| 316 | 345 | MATTIK DAMIAN | SOPOT | DAMSTONE | POLSKA | 1962 | M50 | 36 | 00:01:06 | 5:38 | 10,7 | 00:55:12 | 00:56:17 | 262 | |
| 317 | 319 | KRZYSZTOFIAK MAREK | STEBLEWO | GRUPA TRÓJMIASTO | POLSKA | 1958 | M60 | 7 | 00:00:58 | 5:37 | 10,7 | 00:55:12 | 00:56:10 | 263 | |
| 318 | 616 | GEMBROWICZ-ZAJĄCZKOWSKA IZABELA | GDAŃSK | | POLSKA | 1982 | K30 | 20 | 00:00:28 | 5:34 | 10,8 | 00:55:16 | 00:55:44 | | 55 |
| 319 | 356 | MURAWSKI MAREK | GDAŃSK | | POLSKA | 1973 | M40 | 73 | 00:01:05 | 5:39 | 10,6 | 00:55:25 | 00:56:30 | 264 | |
| 320 | 302 | KIEDACZ AGNIESZKA | GDAŃSK | | POLSKA | 1977 | K40 | 20 | 00:01:11 | 5:40 | 10,6 | 00:55:26 | 00:56:37 | | 56 |
| 321 | 476 | BENNETT KAMILA | GRODZISK WLKP | KOVALSKY | POLSKA | 1982 | K30 | 21 | 00:00:54 | 5:38 | 10,6 | 00:55:27 | 00:56:20 | | 57 |
| 322 | 397 | ROZPĘDOWSKI PATRYK | GDAŃSK | GDAŃSKIE AUTOBUSY I TRAMWAJE | POLSKA | 1991 | M20 | 44 | 00:01:11 | 5:40 | 10,6 | 00:55:28 | 00:56:39 | 265 | |
| 323 | 410 | SIATKOWSKI ŁUKASZ | GDAŃSK | GDAŃSKIE AUTOBUSY I TRAMWAJE | POLSKA | 1983 | M30 | 101 | 00:01:08 | 5:40 | 10,6 | 00:55:31 | 00:56:39 | 266 | |
| 324 | 379 | PILARSKI BARTŁOMIEJ | GDAŃSK | | POLSKA | 1983 | M30 | 102 | 00:00:41 | 5:37 | 10,7 | 00:55:31 | 00:56:12 | 267 | |
| 325 | 311 | KOPEĆ ZDZISŁAW | GDAŃSK | GDAŃSK POŁUDNIE | POLSKA | 1963 | M50 | 37 | 00:00:47 | 5:38 | 10,7 | 00:55:31 | 00:56:19 | 268 | |
| 326 | 277 | GRABOWSKA MARZENA | GDAŃSK | | POLSKA | 1969 | K50 | 5 | 00:00:51 | 5:38 | 10,6 | 00:55:34 | 00:56:25 | | 58 |
| 327 | 482 | CHMURZYŃSKI MARCIN | GDANSK | BIEGAM BO LUBIĘ | POLSKA | 1987 | M30 | 103 | 00:01:12 | 5:42 | 10,5 | 00:55:47 | 00:56:59 | 269 | |
| 328 | 372 | PAPROCKI MARCIN | GDAŃSK | NAJEŻENI ENDORFINĄ | POLSKA | 1974 | M40 | 74 | 00:00:27 | 5:37 | 10,7 | 00:55:47 | 00:56:14 | 270 | |
| 329 | 371 | PAPROCKA ANNA | GDAŃSK | NAJEŻENI ENDORFINĄ | POLSKA | 1974 | K40 | 21 | 00:00:27 | 5:37 | 10,7 | 00:55:48 | 00:56:15 | | 59 |
| 330 | 327 | LATEK KATARZYNA | GDAŃSK | | POLSKA | 1999 | K20 | 11 | 00:00:41 | 5:39 | 10,6 | 00:55:50 | 00:56:32 | | 60 |
| 331 | 263 | FALK KRZYSZTOF | GDAŃSK | AS-PL | POLSKA | 1989 | M30 | 104 | 00:00:22 | 5:37 | 10,7 | 00:55:52 | 00:56:14 | 271 | |
| 332 | 235 | BORKOWSKI JERZY | GDYNIA | | POLSKA | 1964 | M50 | 38 | 00:00:56 | 5:41 | 10,6 | 00:55:53 | 00:56:49 | 272 | |
| 333 | 357 | MYTYCH KATARZYNA | ELBLĄG | | POLSKA | 1975 | K40 | 22 | 00:00:45 | 5:40 | 10,6 | 00:55:54 | 00:56:39 | | 61 |

Opracowanie: JACEK GRZYBOWSKI
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6 BIEG DO ŹRÓDEŁ

Organizator: Gdańska Infrastruktura Wodociągowo-Kanalizacyjna

Data: 15 czerwca 2019 r.

Dystans: 10 km

Miejscowość: Gdańsk

Klasyfikacja: OPEN



| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Kraj | Rok urodz. | Kat wiek. | M-ce w kat | Czas startu | tempo min/km | tempo km/h | Czas netto | Czas brutto | M | K |
|------|---------|---------------------------|-------------------|---------------------------|--------|------------|-----------|------------|-------------|--------------|------------|------------|-------------|-----|----|
| 334 | 373 | PAPROCKI PAWEŁ | GDAŃSK | | POLSKA | 1977 | M40 | 75 | 00:00:52 | 5:41 | 10,6 | 00:55:57 | 00:56:49 | 273 | |
| 335 | 78 | DULJAS KAMIL | GDAŃSK | | POLSKA | 1990 | M20 | 45 | 00:00:08 | 5:37 | 10,7 | 00:55:59 | 00:56:07 | 274 | |
| 336 | 256 | DOBROWOLSKA HANNA | GDAŃSK | | POLSKA | 1983 | K30 | 22 | 00:01:07 | 5:43 | 10,5 | 00:56:03 | 00:57:10 | | 62 |
| 337 | 237 | BRZOZOWSKI PAWEŁ | GDAŃSK | | POLSKA | 1988 | M30 | 105 | 00:00:56 | 5:42 | 10,5 | 00:56:08 | 00:57:04 | 275 | |
| 338 | 361 | NITKA DOROTA | GDAŃSK | CUG | POLSKA | 1972 | K40 | 23 | 00:00:56 | 5:44 | 10,5 | 00:56:21 | 00:57:16 | | 63 |
| 339 | 455 | WŁASÓW OLGA | SOPOT | SOPOT TEAM | POLSKA | 1993 | K20 | 12 | 00:00:54 | 5:44 | 10,5 | 00:56:25 | 00:57:19 | | 64 |
| 340 | 392 | REGINIA OKSANA | GDAŃSK | GETRESPONSE WARRIORS | POLSKA | 1991 | K20 | 13 | 00:01:04 | 5:45 | 10,4 | 00:56:27 | 00:57:31 | | 65 |
| 341 | 266 | GADOMSKA EWA | GDAŃSK | | POLSKA | 1978 | K40 | 24 | 00:01:02 | 5:45 | 10,4 | 00:56:28 | 00:57:31 | | 66 |
| 342 | 449 | WALICKI MAREK | GDAŃSK | MARVINS OLIVA HOCKEY TEAM | POLSKA | 1982 | M30 | 106 | 00:01:00 | 5:45 | 10,4 | 00:56:29 | 00:57:29 | 276 | |
| 343 | 254 | DŁUŻEWSKA JOLANTA | STRASZYN | SUT ,PRUSZCZ BIEGA | POLSKA | 1974 | K40 | 25 | 00:00:59 | 5:45 | 10,4 | 00:56:30 | 00:57:29 | | 67 |
| 344 | 370 | PAŁUBICKI ZBIGNIEW | GDAŃSK | POCOMOTO | POLSKA | 1965 | M50 | 39 | 00:00:58 | 5:45 | 10,4 | 00:56:32 | 00:57:30 | 277 | |
| 345 | 236 | BOROWY MARCIN | SKOWARCZ | | POLSKA | 1981 | M30 | 107 | 00:00:30 | 5:43 | 10,5 | 00:56:35 | 00:57:06 | 278 | |
| 346 | 438 | SZYDŁOWSKI PAWEŁ | GDAŃSK | GRIMPADO | POLSKA | 2003 | M16 | 5 | 00:01:02 | 5:46 | 10,4 | 00:56:40 | 00:57:42 | 279 | |
| 347 | 329 | LEWANDOWSKA-STANCZAK ANNA | GDAŃSK | LPP TEAM | POLSKA | 1975 | K40 | 26 | 00:00:42 | 5:44 | 10,5 | 00:56:41 | 00:57:23 | | 68 |
| 348 | 590 | TAŃSKI ADRIAN | NOWY DWÓR GDAŃSKI | | POLSKA | 2002 | M16 | 6 | 00:01:27 | 5:49 | 10,3 | 00:56:43 | 00:58:10 | 280 | |
| 349 | 378 | PIESIK ANNA | GDAŃSK | | POLSKA | 1991 | K20 | 14 | 00:00:43 | 5:45 | 10,4 | 00:56:44 | 00:57:27 | | 69 |
| 350 | 331 | LILA PATRYCJA | ŁAPALICE | | POLSKA | 1992 | K20 | 15 | 00:00:50 | 5:46 | 10,4 | 00:56:50 | 00:57:40 | | 70 |
| 351 | 401 | RYCHLIKI PAWEŁ | GDAŃSK | RYCHLICZY TEAM | POLSKA | 1988 | M30 | 108 | 00:00:35 | 5:45 | 10,4 | 00:56:58 | 00:57:33 | 281 | |
| 352 | 180 | SŁOWIK PRZEMYSŁAW | GDAŃSK | KEEP RUNNING | POLSKA | 1986 | M30 | 109 | 00:00:25 | 5:44 | 10,5 | 00:56:59 | 00:57:24 | 282 | |
| 353 | 348 | MICHALCZUK MICHAŁ | GDAŃSK | | POLSKA | 1988 | M30 | 110 | 00:00:42 | 5:47 | 10,4 | 00:57:10 | 00:57:53 | 283 | |
| 354 | 242 | CHARYTONIUK MIROSŁAW | GDAŃSK | | POLSKA | 1970 | M40 | 76 | 00:01:19 | 5:51 | 10,3 | 00:57:11 | 00:58:30 | 284 | |
| 355 | 532 | RU CZKO SŁAWOMIR | GDYNIA | USAA RUCZKO | POLSKA | 1977 | M40 | 77 | 00:01:05 | 5:50 | 10,3 | 00:57:11 | 00:58:16 | 285 | |
| 356 | 257 | DUDANIEC EMILIA | GDAŃSK | ŻARTA WATAHA | POLSKA | 1980 | K30 | 23 | 00:00:51 | 5:49 | 10,3 | 00:57:16 | 00:58:07 | | 71 |
| 357 | 341 | MAĆKOWIAK ANNA | GDAŃSK | MAĆKOWIAKI | POLSKA | 1981 | K30 | 24 | 00:00:39 | 5:48 | 10,4 | 00:57:19 | 00:57:58 | | 72 |
| 358 | 249 | CZECHLEWSKA IWONA | GDAŃSK | | POLSKA | 1983 | K30 | 25 | 00:00:36 | 5:48 | 10,4 | 00:57:21 | 00:57:56 | | 73 |
| 359 | 250 | CZERNIA JERZY | STRASZYN | CZERNIA TEAM | POLSKA | 1970 | M40 | 78 | 00:01:23 | 5:53 | 10,2 | 00:57:26 | 00:58:50 | 286 | |
| 360 | 621 | LOREK MACIEJ | BANINO | | POLSKA | 1969 | M50 | 40 | 00:00:35 | 5:48 | 10,3 | 00:57:26 | 00:58:02 | 287 | |
| 361 | 304 | KLECHA MICHAŁ | GDAŃSK | | POLSKA | 1978 | M40 | 79 | 00:01:25 | 5:55 | 10,1 | 00:57:44 | 00:59:09 | 288 | |
| 362 | 374 | PASIERB ALICJA | GDAŃSK | | POLSKA | 1982 | K30 | 26 | 00:00:44 | 5:51 | 10,3 | 00:57:45 | 00:58:30 | | 74 |
| 363 | 241 | CHALECKA JOLANTA | BRANIEWO | | POLSKA | 1977 | K40 | 27 | 00:00:28 | 5:50 | 10,3 | 00:57:47 | 00:58:16 | | 75 |
| 364 | 245 | CICHOWSKA JOANNA | GDAŃSK | S4A | POLSKA | 1993 | K20 | 16 | 00:00:46 | 5:51 | 10,2 | 00:57:49 | 00:58:35 | | 76 |
| 365 | 333 | LIPSKI ŁUKASZ | GDAŃSK | MKP SZLACHTA | POLSKA | 1983 | M30 | 111 | 00:00:48 | 5:53 | 10,2 | 00:58:00 | 00:58:48 | 289 | |
| 366 | 597 | WITKOWSKI JAROSŁAW | GDAŃSK | RMDC | POLSKA | 1958 | M60 | 8 | 00:00:58 | 5:54 | 10,2 | 00:58:03 | 00:59:01 | 290 | |
| 367 | 522 | PAŚ ALEKSANDRA | GŁOGÓW | | POLSKA | 1989 | K30 | 27 | 00:02:44 | 6:05 | 9,9 | 00:58:05 | 01:00:49 | | 77 |
| 368 | 365 | OLESIJUK MARTA | GDYNIA | C.U.G | POLSKA | 1985 | K30 | 28 | 00:00:56 | 5:54 | 10,2 | 00:58:09 | 00:59:05 | | 78 |
| 369 | 230 | BELADZED VITA | GDAŃSK | GETRESPONSE WARRIORS | POLSKA | 1991 | K20 | 17 | 00:01:07 | 5:56 | 10,1 | 00:58:11 | 00:59:18 | | 79 |
| 370 | 463 | WYRWIŃSKA KAROLINA | GDAŃSK | | POLSKA | 1992 | K20 | 18 | 00:00:36 | 5:53 | 10,2 | 00:58:19 | 00:58:55 | | 80 |

Opracowanie: JACEK GRZYBOWSKI

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6 BIEG DO ŹRÓDEŁ

Organizator: Gdańska Infrastruktura Wodociągowo-Kanalizacyjna

Data: 15 czerwca 2019 r.

Dystans: 10 km

Miejscowość: Gdańsk

Klasyfikacja: OPEN



| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Kraj | Rok urodz. | Kat wiek. | M-ce w kat | Czas startu | tempo min/km | tempo km/h | Czas netto | Czas brutto | M | K |
|------|---------|--------------------------|-----------------|-----------------|--------|------------|-----------|------------|-------------|--------------|------------|------------|-------------|-----|-----|
| 371 | 347 | MIĄCZYŃSKA JUSTYNA | GDAŃSK | SMOKI WAWELSKIE | POLSKA | 1983 | K30 | 29 | 00:00:33 | 5:53 | 10,2 | 00:58:20 | 00:58:53 | | 81 |
| 372 | 444 | UBOWSKA MONIKA | TCZEW | | POLSKA | 1975 | K40 | 28 | 00:00:54 | 5:55 | 10,1 | 00:58:20 | 00:59:14 | | 82 |
| 373 | 464 | WYRWIŃSKA OLGA | GDAŃSK | | POLSKA | 1993 | K20 | 19 | 00:00:38 | 5:54 | 10,2 | 00:58:22 | 00:59:00 | | 83 |
| 374 | 487 | DĄBROWSKI KRZYSZTOF | GDAŃSK | | POLSKA | 2003 | M16 | 7 | 00:01:16 | 5:59 | 10,0 | 00:58:35 | 00:59:51 | 291 | |
| 375 | 524 | PAWELEC ANNA | GDAŃSK | | POLSKA | 1972 | K40 | 29 | 00:01:19 | 6:00 | 10,0 | 00:58:38 | 00:59:58 | | 84 |
| 376 | 394 | ROGOWSKA MAŁGORZATA | PRUSZCZ GDAŃSKI | | POLSKA | 1992 | K20 | 20 | 00:00:37 | 5:56 | 10,1 | 00:58:44 | 00:59:22 | | 85 |
| 377 | 326 | LATEK KAROLINA | GDAŃSK | | POLSKA | 1999 | K20 | 21 | 00:00:43 | 5:58 | 10,1 | 00:58:53 | 00:59:36 | | 86 |
| 378 | 420 | STALICA BOGUSŁAWA | NOWE | | POLSKA | 1971 | K40 | 30 | 00:00:44 | 5:58 | 10,1 | 00:58:53 | 00:59:36 | | 87 |
| 379 | 475 | ALEKSANDROWICZ SEBASTIAN | ŁÓDŹ | | POLSKA | 1982 | M30 | 112 | 00:01:13 | 6:01 | 10,0 | 00:59:01 | 01:00:14 | 292 | |
| 380 | 279 | GROCHOWSKI TOMASZ | GDAŃSK | KASIA&TOMEK | POLSKA | 1986 | M30 | 113 | 00:01:01 | 6:00 | 10,0 | 00:59:02 | 01:00:03 | 293 | |
| 381 | 278 | GROCHOWSKA KATARZYNA | GDAŃSK | KASIA&TOMEK | POLSKA | 1987 | K30 | 30 | 00:01:01 | 6:00 | 10,0 | 00:59:03 | 01:00:04 | | 88 |
| 382 | 591 | TARCZEWSKI JAKUB | GDAŃSK | | POLSKA | 2003 | M16 | 8 | 00:01:27 | 6:03 | 9,9 | 00:59:03 | 01:00:31 | 294 | |
| 383 | 359 | NICEWICZ MALWINA | GDAŃSK | KOMEDIANCI | POLSKA | 1991 | K20 | 22 | 00:00:44 | 5:59 | 10,0 | 00:59:06 | 00:59:50 | | 89 |
| 384 | 259 | DUŻYŃSKA AGATA | GDAŃSK | SPORTEVO | POLSKA | 1986 | K30 | 31 | 00:00:59 | 6:01 | 10,0 | 00:59:11 | 01:00:11 | | 90 |
| 385 | 161 | POLINCUSZ MALGORZATA | GDAŃSK | | POLSKA | 1953 | K60 | 2 | 00:00:29 | 5:58 | 10,1 | 00:59:12 | 00:59:40 | | 91 |
| 386 | 293 | JURAS KAROLINA | GDAŃSK | WATAHA | POLSKA | 1990 | K20 | 23 | 00:00:45 | 6:01 | 10,0 | 00:59:23 | 01:00:08 | | 92 |
| 387 | 645 | TEMPLIN AGNIESZKA | GDANSK | | POLSKA | 1982 | K30 | 32 | 00:01:03 | 6:03 | 9,9 | 00:59:23 | 01:00:26 | | 93 |
| 388 | 369 | PAŁUBICKA ANNA | GDAŃSK | POCOMITO | POLSKA | 1972 | K40 | 31 | 00:00:57 | 6:02 | 9,9 | 00:59:23 | 01:00:20 | | 94 |
| 389 | 620 | KAWECKA AGNIESZKA | GDAŃSK | | POLSKA | 1974 | K40 | 32 | 00:01:03 | 6:03 | 9,9 | 00:59:23 | 01:00:27 | | 95 |
| 390 | 491 | EWERTOWSKI DOMINIK | GDYNIA | JOHNNY'S TEAM | POLSKA | 1986 | M30 | 114 | 00:01:14 | 6:04 | 9,9 | 00:59:24 | 01:00:37 | 295 | |
| 391 | 248 | CZAPA MAGDALENA | GDAŃSK | NEXUS TEAM | POLSKA | 1973 | K40 | 33 | 00:00:31 | 6:00 | 10,0 | 00:59:26 | 00:59:56 | | 96 |
| 392 | 328 | LEHMANN MONIKA | GDAŃSK | | POLSKA | 1985 | K30 | 33 | 00:00:29 | 6:00 | 10,0 | 00:59:27 | 00:59:57 | | 97 |
| 393 | 617 | GORBATIUK ROMAN | GDAŃSK | GIWK | POLSKA | 1975 | M40 | 80 | 00:00:10 | 5:58 | 10,1 | 00:59:29 | 00:59:38 | 296 | |
| 394 | 450 | WAWRZYŃSKI JOLANTA | GDAŃSK | | POLSKA | 1982 | K30 | 34 | 00:00:51 | 6:02 | 9,9 | 00:59:33 | 01:00:24 | | 98 |
| 395 | 526 | POZNACHOWSKA MILENA | GDAŃSK | | POLSKA | 1978 | K40 | 34 | 00:01:12 | 6:05 | 9,9 | 00:59:39 | 01:00:51 | | 99 |
| 396 | 229 | BEDNARZ KAROL | TRZCIANA | SSPS RESOVIA | POLSKA | 1972 | M40 | 81 | 00:01:21 | 6:07 | 9,8 | 00:59:45 | 01:01:07 | 297 | |
| 397 | 275 | GOLECKA BLANKA | GDYNIA | VARD | POLSKA | 1988 | K30 | 35 | 00:01:03 | 6:05 | 9,9 | 00:59:46 | 01:00:49 | | 100 |
| 398 | 315 | KORNILUK MARCIN | GDAŃSK | VARD | POLSKA | 1976 | M40 | 82 | 00:01:02 | 6:05 | 9,9 | 00:59:47 | 01:00:49 | 298 | |
| 399 | 571 | LIS WALDEMAR | GDANSK | NIE DOTYCZY | POLSKA | 1957 | M60 | 9 | 00:01:24 | 6:08 | 9,8 | 00:59:55 | 01:01:19 | 299 | |
| 400 | 437 | SZYDŁOWSKI MIROSLAW | GDAŃSK | | POLSKA | 1969 | M50 | 41 | 00:01:01 | 6:06 | 9,8 | 00:59:57 | 01:00:57 | 300 | |
| 401 | 424 | STAWIARSKI FRANCISZEK | GDAŃSK | FRANC | POLSKA | 1974 | M40 | 83 | 00:01:09 | 6:07 | 9,8 | 00:59:57 | 01:01:06 | 301 | |
| 402 | 407 | SĄGIN AGNIESZKA | GDYNIA | ENTERTEAM | POLSKA | 1987 | K30 | 36 | 00:00:35 | 6:03 | 9,9 | 00:59:57 | 01:00:32 | | 101 |
| 403 | 511 | KRÓLIK KATARZYNA | GDAŃSK | IRON TEAM | POLSKA | 1980 | K30 | 37 | 00:01:13 | 6:07 | 9,8 | 00:59:58 | 01:01:11 | | 102 |
| 404 | 317 | KOZŁOWSKA MARTA | GDAŃSK | ENTERTEAM | POLSKA | 1987 | K30 | 38 | 00:00:35 | 6:03 | 9,9 | 00:59:58 | 01:00:33 | | 103 |
| 405 | 485 | DALKE JOWITA | GDAŃSK | ZABIEGANE DWIE | POLSKA | 1983 | K30 | 39 | 00:00:55 | 6:06 | 9,8 | 01:00:03 | 01:00:58 | | 104 |
| 406 | 548 | WIŚNIEWSKA KORNELIA | GDAŃSK | ZABIEGANE DWIE | POLSKA | 1974 | K40 | 35 | 00:00:55 | 6:06 | 9,8 | 01:00:03 | 01:00:58 | | 105 |
| 407 | 234 | BOGUCA MAGDALENA | SOPOT | | POLSKA | 1983 | K30 | 40 | 00:01:03 | 6:07 | 9,8 | 01:00:05 | 01:01:08 | | 106 |

Opracowanie: JACEK GRZYBOWSKI
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6 BIEG DO ŹRÓDEŁ

Organizator: Gdańska Infrastruktura Wodociągowo-Kanalizacyjna

Data: 15 czerwca 2019 r.

Dystans: 10 km

Miejscowość: Gdańsk

Klasyfikacja: OPEN



| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Kraj | Rok urodz. | Kat wiek. | M-ce w kat | Czas startu | tempo min/km | tempo km/h | Czas netto | Czas brutto | M | K |
|------|---------|-----------------------------|-------------|------------------------------------|--------|------------|-----------|------------|-------------|--------------|------------|------------|-------------|-----|-----|
| 408 | 506 | KIERSNOWSKI HENRYK | GDAŃSK | DZIADKOWY KLUB SPORTOWY | POLSKA | 1945 | M70 | 2 | 00:01:20 | 6:09 | 9,8 | 01:00:06 | 01:01:27 | 302 | |
| 409 | 518 | NIWADZIOŁ PAWEŁ | GDAŃSK | POLA TEAM | POLSKA | 1983 | M30 | 115 | 00:00:57 | 6:07 | 9,8 | 01:00:12 | 01:01:08 | 303 | |
| 410 | 368 | PACHURA SŁAWOMIR | GDAŃSK | | POLSKA | 1973 | M40 | 84 | 00:01:00 | 6:08 | 9,8 | 01:00:17 | 01:01:17 | 304 | |
| 411 | 428 | SZARMACH MAŁGORZATA | GDAŃSK | | POLSKA | 1981 | K30 | 41 | 00:00:56 | 6:07 | 9,8 | 01:00:18 | 01:01:14 | | 107 |
| 412 | 227 | BARANOWSKA SANDRA | GDAŃSK | ST RUNNERS | POLSKA | 1992 | K20 | 24 | 00:00:39 | 6:06 | 9,8 | 01:00:20 | 01:00:59 | | 108 |
| 413 | 465 | WYSOCKA GABRIELA | GDAŃSK | | POLSKA | 2001 | K16 | 2 | 00:00:51 | 6:07 | 9,8 | 01:00:20 | 01:01:11 | | 109 |
| 414 | 454 | WITT ELŻBIETA | ŻUKOWO | | POLSKA | 1970 | K40 | 36 | 00:00:46 | 6:07 | 9,8 | 01:00:24 | 01:01:09 | | 110 |
| 415 | 264 | FILIPOWICZ WOJCIECH | GDYNIA | | POLSKA | 1986 | M30 | 116 | 00:00:39 | 6:07 | 9,8 | 01:00:32 | 01:01:11 | 305 | |
| 416 | 477 | BLEJA MICHAŁ | GDAŃSK | | POLSKA | 1983 | M30 | 117 | 00:00:54 | 6:09 | 9,8 | 01:00:32 | 01:01:26 | 306 | |
| 417 | 258 | DUDZIK ANNA | GDYNIA | | POLSKA | 1988 | K30 | 42 | 00:01:14 | 6:11 | 9,7 | 01:00:36 | 01:01:50 | | 111 |
| 418 | 517 | MLECZKO DOROTA | GDAŃSK | PADŁ NA RYJ TEAM | POLSKA | 1980 | K30 | 43 | 00:01:13 | 6:11 | 9,7 | 01:00:40 | 01:01:52 | | 112 |
| 419 | 549 | WIŚNIEWSKA KINGA | GDAŃSK | | POLSKA | 1981 | K30 | 44 | 00:01:10 | 6:11 | 9,7 | 01:00:40 | 01:01:50 | | 113 |
| 420 | 530 | RESZCZYŃSKA MONIKA | GDAŃSK | | POLSKA | 1975 | K40 | 37 | 00:01:25 | 6:13 | 9,6 | 01:00:46 | 01:02:11 | | 114 |
| 421 | 557 | BARANOWSKA ANNA | GDAŃSK | | POLSKA | 1983 | K30 | 45 | 00:01:14 | 6:13 | 9,6 | 01:00:57 | 01:02:11 | | 115 |
| 422 | 573 | MAZUREK ALICJA | KIELCE | BIEGAM BO CHCĘ | POLSKA | 1992 | K20 | 25 | 00:01:26 | 6:14 | 9,6 | 01:00:58 | 01:02:24 | | 116 |
| 423 | 527 | PRYŁOWSKA EWA | GDYNIA | | POLSKA | 1972 | K40 | 38 | 00:01:20 | 6:14 | 9,6 | 01:00:59 | 01:02:19 | | 117 |
| 424 | 246 | CUDNOWSKI LESZEK | GDAŃSK | GDAŃSK POŁUDNIE / BIEGAMBOWARTO.PI | POLSKA | 1970 | M40 | 85 | 00:00:46 | 6:11 | 9,7 | 01:01:01 | 01:01:47 | 307 | |
| 425 | 400 | RUTKOWSKA MARTA | GDAŃSK | ANIMAL | POLSKA | 1996 | K20 | 26 | 00:01:14 | 6:14 | 9,6 | 01:01:05 | 01:02:19 | | 118 |
| 426 | 512 | LIS-TARNÓWKA MAGDALENA | GDAŃSK | | POLSKA | 1983 | K30 | 46 | 00:01:21 | 6:16 | 9,6 | 01:01:22 | 01:02:42 | | 119 |
| 427 | 508 | KOSMAŁSKA MAŁGORZATA | GDAŃSK | | POLSKA | 1985 | K30 | 47 | 00:01:17 | 6:16 | 9,6 | 01:01:24 | 01:02:41 | | 120 |
| 428 | 543 | TARNÓWKA SZYMON | GDAŃSK | | POLSKA | 1982 | M30 | 118 | 00:01:18 | 6:16 | 9,6 | 01:01:25 | 01:02:43 | 308 | |
| 429 | 296 | KALLAS PIOTR | GDAŃSK | VEGETIM | POLSKA | 1975 | M40 | 86 | 00:01:06 | 6:15 | 9,6 | 01:01:25 | 01:02:31 | 309 | |
| 430 | 332 | LIPIŃSKA IZABELA | GDAŃSK | | POLSKA | 1986 | K30 | 48 | 00:00:57 | 6:14 | 9,6 | 01:01:28 | 01:02:24 | | 121 |
| 431 | 295 | KALLAS MAŁGORZATA | GDAŃSK | VEGATIM | POLSKA | 1979 | K40 | 39 | 00:01:03 | 6:15 | 9,6 | 01:01:28 | 01:02:31 | | 122 |
| 432 | 281 | XXXXXXXXXXXX | | | POLSKA | 1997 | K20 | 27 | 00:00:37 | 6:14 | 9,6 | 01:01:40 | 01:02:17 | | 123 |
| 433 | 580 | PILECKI PIOTR | BORKOWO | | POLSKA | 1978 | M40 | 87 | 00:01:29 | 6:20 | 9,5 | 01:01:46 | 01:03:16 | 310 | |
| 434 | 536 | STANISZEWSKI JERZY | GDAŃSK | | POLSKA | 1959 | M60 | 10 | 00:01:07 | 6:18 | 9,5 | 01:01:50 | 01:02:57 | 311 | |
| 435 | 486 | DALKOWSKA JOANNA | GDAŃSK | | POLSKA | 1977 | K40 | 40 | 00:01:09 | 6:18 | 9,5 | 01:01:51 | 01:03:00 | | 124 |
| 436 | 592 | WERBOWA MALWINA | KOWALE | | POLSKA | 1986 | K30 | 49 | 00:01:09 | 6:18 | 9,5 | 01:01:51 | 01:02:59 | | 125 |
| 437 | 388 | PYŻ SŁAWOMIR | GDAŃSK | GAIT | POLSKA | 1982 | M30 | 119 | 00:01:12 | 6:18 | 9,5 | 01:01:52 | 01:03:04 | 312 | |
| 438 | 432 | SZMIDT BARBARA | GDAŃSK | | POLSKA | 1988 | K30 | 50 | 00:00:55 | 6:18 | 9,5 | 01:02:03 | 01:02:58 | | 126 |
| 439 | 273 | GŁOWACKI MARCIN | INOWROCŁAW | INOWROCŁAWSKI KLUB SPORTOWY KARAT | POLSKA | 1978 | M40 | 88 | 00:00:37 | 6:16 | 9,6 | 01:02:07 | 01:02:44 | 313 | |
| 440 | 409 | SERAFINOWSKA-WYSMYK JADWIGA | GDYNIA | | POLSKA | 1957 | K60 | 3 | 00:00:41 | 6:17 | 9,5 | 01:02:14 | 01:02:55 | | 127 |
| 441 | 247 | CZAJA ŁUKASZ | GDAŃSK | PKS GDAŃSK OLIWA | POLSKA | 1976 | M40 | 89 | 00:00:55 | 6:19 | 9,5 | 01:02:14 | 01:03:09 | 314 | |
| 442 | 460 | WOŹNIAK MIROŚLAW | GDAŃSK | | POLSKA | 1988 | M30 | 120 | 00:00:33 | 6:17 | 9,5 | 01:02:21 | 01:02:54 | 315 | |
| 443 | 484 | CZARZASTY DARIUSZ | GDAŃSK | BBMLW | POLSKA | 1970 | M40 | 90 | 00:01:22 | 6:22 | 9,4 | 01:02:23 | 01:03:45 | 316 | |
| 444 | 648 | TARASEWICZ AGNIESZKA | GDAŃSK | GIWK BIEGA | POLSKA | 1975 | K40 | 41 | 00:01:26 | 6:23 | 9,4 | 01:02:23 | 01:03:49 | | 128 |

Opracowanie: JACEK GRZYBOWSKI

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6 BIEG DO ŹRÓDEŁ

Organizator: Gdańska Infrastruktura Wodociągowo-Kanalizacyjna

Data: 15 czerwca 2019 r.

Dystans: 10 km

Miejscowość: Gdańsk

Klasyfikacja: OPEN



| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Kraj | Rok urodz. | Kat wiek. | M-ce w kat | Czas startu | tempo min/km | tempo km/h | Czas netto | Czas brutto | M | K |
|------|---------|-----------------------|-------------|----------------------|--------|------------|-----------|------------|-------------|--------------|------------|------------|-------------|-----|-----|
| 445 | 405 | SAWICKA MARTA | GDAŃSK | | POLSKA | 1991 | K20 | 28 | 00:00:30 | 6:17 | 9,5 | 01:02:25 | 01:02:55 | | 129 |
| 446 | 633 | SZYPRYT ZBIGNIEW | GDAŃSK | | POLSKA | 1968 | M50 | 42 | 00:00:50 | 6:20 | 9,5 | 01:02:26 | 01:03:16 | 317 | |
| 447 | 631 | SKARBK MARTA | GDAŃSK | | POLSKA | 1985 | K30 | 51 | 00:00:57 | 6:21 | 9,5 | 01:02:30 | 01:03:27 | | 130 |
| 448 | 354 | MIKOŁAJCZYK MARTA | GDAŃSK | | POLSKA | 1991 | K20 | 29 | 00:00:49 | 6:20 | 9,5 | 01:02:34 | 01:03:23 | | 131 |
| 449 | 260 | DYBUK AGNIESZKA | GDAŃSK | | POLSKA | 1977 | K40 | 42 | 00:01:25 | 6:24 | 9,4 | 01:02:38 | 01:04:03 | | 132 |
| 450 | 584 | SEMENOVA VALERIYA | GDAŃSK | | POLSKA | 1991 | K20 | 30 | 00:01:26 | 6:26 | 9,3 | 01:02:55 | 01:04:21 | | 133 |
| 451 | 576 | OLCHOWY EWELINA | GDAŃSK | 0.5 PIĄTEJ GALAKTYKI | POLSKA | 1982 | K30 | 52 | 00:01:23 | 6:26 | 9,3 | 01:02:57 | 01:04:20 | | 134 |
| 452 | 641 | KOWALSKA WIOLETTA | GDYNIA | | POLSKA | 1967 | K50 | 6 | 00:01:17 | 6:26 | 9,3 | 01:02:58 | 01:04:16 | | 135 |
| 453 | 431 | SZCZUROWSKI BOGUSLAW | GDANSK | RAT TEAM | POLSKA | 1972 | M40 | 91 | 00:00:49 | 6:23 | 9,4 | 01:03:00 | 01:03:49 | 318 | |
| 454 | 627 | PUCHALSKA ANNA | JUSZKOWO | GIWK BIEGA | POLSKA | 1983 | K30 | 53 | 00:01:06 | 6:25 | 9,4 | 01:03:05 | 01:04:10 | | 136 |
| 455 | 46 | AMBROZIAK ADAM | KOWALE | TAKA RYBA | POLSKA | 1980 | M30 | 121 | 00:00:05 | 6:19 | 9,5 | 01:03:08 | 01:03:13 | 319 | |
| 456 | 389 | RADAWIEC MARCIN | GDAŃSK | RADAWCE | POLSKA | 1972 | M40 | 92 | 00:01:23 | 6:27 | 9,3 | 01:03:11 | 01:04:34 | 320 | |
| 457 | 343 | MARCZUK JOANNA | GDAŃSK | | POLSKA | 1987 | K30 | 54 | 00:00:51 | 6:24 | 9,4 | 01:03:14 | 01:04:05 | | 137 |
| 458 | 417 | SKOTARCZAK RAFAŁ | GDAŃSK | ART-TEAM | POLSKA | 1975 | M40 | 93 | 00:00:29 | 6:22 | 9,4 | 01:03:15 | 01:03:43 | 321 | |
| 459 | 640 | KOWALSKA ANNA | GDYNIA | | POLSKA | 1993 | K20 | 31 | 00:01:15 | 6:27 | 9,3 | 01:03:17 | 01:04:33 | | 138 |
| 460 | 395 | ROGOWSKA MARTYNA | SOPOT | M&M | POLSKA | 1987 | K30 | 55 | 00:00:58 | 6:26 | 9,3 | 01:03:22 | 01:04:20 | | 139 |
| 461 | 556 | ARENDT AGNIESZKA | GDANSK | ŻARTA WATAHA | POLSKA | 1975 | K40 | 43 | 00:01:29 | 6:30 | 9,2 | 01:03:30 | 01:04:59 | | 140 |
| 462 | 312 | KOPER AGATA | WARSZAWA | | POLSKA | 1992 | K20 | 32 | 00:00:32 | 6:24 | 9,4 | 01:03:30 | 01:04:02 | | 141 |
| 463 | 585 | SERAFIN MACIEJ | GDAŃSK | | POLSKA | 1990 | M20 | 46 | 00:01:30 | 6:30 | 9,2 | 01:03:34 | 01:05:04 | 322 | |
| 464 | 416 | SKOPCZYŃSKA KASIA | GDAŃSK | | POLSKA | 1978 | K40 | 44 | 00:00:59 | 6:27 | 9,3 | 01:03:34 | 01:04:33 | | 142 |
| 465 | 588 | SYNOWIEC PAWEŁ | GDAŃSK | | POLSKA | 1984 | M30 | 122 | 00:01:29 | 6:30 | 9,2 | 01:03:36 | 01:05:05 | 323 | |
| 466 | 581 | PIOTROWSKA MIROŚLAWA | GDAŃSK | | POLSKA | 1982 | K30 | 56 | 00:01:34 | 6:31 | 9,2 | 01:03:37 | 01:05:12 | | 143 |
| 467 | 376 | PAŃCZEK ANDRZEJ | GDAŃSK | COOKIES | POLSKA | 1970 | M40 | 94 | 00:01:00 | 6:28 | 9,3 | 01:03:38 | 01:04:37 | 324 | |
| 468 | 353 | MIGZA SŁAWOMIR | GDAŃSK | | POLSKA | 1972 | M40 | 95 | 00:01:22 | 6:30 | 9,2 | 01:03:42 | 01:05:04 | 325 | |
| 469 | 539 | SUSKO ANNA | GDYNIA | | POLSKA | 1985 | K30 | 57 | 00:01:26 | 6:31 | 9,2 | 01:03:42 | 01:05:08 | | 144 |
| 470 | 468 | ZAKRZEWSKA RENATA | GRUDZIĄDZ | | POLSKA | 1977 | K40 | 45 | 00:00:32 | 6:25 | 9,3 | 01:03:42 | 01:04:14 | | 145 |
| 471 | 578 | OSTĘP KATARZYNA | GDANSK | | POLSKA | 1991 | K20 | 33 | 00:01:26 | 6:31 | 9,2 | 01:03:44 | 01:05:09 | | 146 |
| 472 | 544 | TOBOŁA MICHAŁ | GDAŃSK | SZYBKÍ SKŁAD | POLSKA | 1979 | M40 | 96 | 00:01:21 | 6:34 | 9,1 | 01:04:15 | 01:05:35 | 326 | |
| 473 | 642 | SZCZEPAŃSKI LEONARD | GDAŃSK | GIWK BIEGA | POLSKA | 1973 | M40 | 97 | 00:01:08 | 6:33 | 9,2 | 01:04:21 | 01:05:30 | 327 | |
| 474 | 572 | LYASHKEVICH ALEXEY | GDAŃSK | | POLSKA | 1992 | M20 | 47 | 00:01:27 | 6:35 | 9,1 | 01:04:22 | 01:05:49 | 328 | |
| 475 | 504 | KAPŁAN AGNIESZKA | KRAKÓW | | POLSKA | 1973 | K40 | 46 | 00:00:39 | 6:31 | 9,2 | 01:04:31 | 01:05:10 | | 147 |
| 476 | 274 | GOFRON KRZYSZTOF | GDAŃSK | | POLSKA | 2002 | M16 | 9 | 00:00:44 | 6:32 | 9,2 | 01:04:34 | 01:05:19 | 329 | |
| 477 | 430 | SZCZĘSŃY TADEUSZ | GDAŃSK | KACPERY | POLSKA | 1955 | M60 | 11 | 00:00:45 | 6:33 | 9,2 | 01:04:46 | 01:05:31 | 330 | |
| 478 | 415 | SIĘKOWSKA SANDRA | SWARZEWO | AIC TEAM | POLSKA | 1988 | K30 | 58 | 00:01:02 | 6:37 | 9,1 | 01:05:10 | 01:06:13 | | 148 |
| 479 | 510 | KOŚCIUCH GRAŻYNA | GDAŃSK | ASAPHALTE | POLSKA | 1979 | K40 | 47 | 00:01:25 | 6:40 | 9,0 | 01:05:17 | 01:06:41 | | 149 |
| 480 | 282 | HANDZLIK- ROSUŁ MARTA | GDAŃSK | BONBON | POLSKA | 1981 | K30 | 59 | 00:00:35 | 6:35 | 9,1 | 01:05:20 | 01:05:55 | | 150 |
| 481 | 499 | GŁOWICKA-OSIAK JOANNA | GDAŃSK | | POLSKA | 1987 | K30 | 60 | 00:01:19 | 6:41 | 9,0 | 01:05:28 | 01:06:47 | | 151 |

Opracowanie: JACEK GRZYBOWSKI

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6 BIEG DO ŹRÓDEŁ

Organizator: Gdańska Infrastruktura Wodociągowo-Kanalizacyjna

Data: 15 czerwca 2019 r.

Dystans: 10 km

Miejscowość: Gdańsk

Klasyfikacja: OPEN



| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Kraj | Rok urodz. | Kat wiek. | M-ce w kat | Czas startu | tempo min/km | tempo km/h | Czas netto | Czas brutto | M | K |
|------|---------|--------------------------|------------------|-------------------------------------|--------|------------|-----------|------------|-------------|--------------|------------|------------|-------------|-----|-----|
| 482 | 470 | ZALEWSKI MATEUSZ | GDAŃSK | SMART4AVIATION | POLSKA | 1990 | M20 | 48 | 00:01:18 | 6:41 | 9,0 | 01:05:31 | 01:06:49 | 331 | |
| 483 | 439 | SZYMANIUK MAŁGORZATA | SOPOT | | POLSKA | 1973 | K40 | 48 | 00:00:41 | 6:37 | 9,1 | 01:05:32 | 01:06:13 | | 152 |
| 484 | 419 | SMORCZEWSKI ADAM | GDYNIA | | POLSKA | 1970 | M40 | 98 | 00:01:07 | 6:40 | 9,0 | 01:05:34 | 01:06:41 | 332 | |
| 485 | 340 | ŁUKAWSKA ALEKSANDRA | GDYNIA | | POLSKA | 1984 | K30 | 61 | 00:01:07 | 6:40 | 9,0 | 01:05:36 | 01:06:43 | | 153 |
| 486 | 337 | ŁUDCZAK SYLWIA | GDAŃSK | VANOS - BIEGAMY NA GAZIE/ PARKRUN G | POLSKA | 1973 | K40 | 49 | 00:00:38 | 6:38 | 9,0 | 01:05:45 | 01:06:23 | | 154 |
| 487 | 403 | SALEEM MONIKA | GDAŃSK | WATAHA-ŁĄCZY NAS BIEGANIE | POLSKA | 1980 | K30 | 62 | 00:01:04 | 6:41 | 9,0 | 01:05:48 | 01:06:51 | | 155 |
| 488 | 473 | ABRAMIK MARIA | GDAŃSK | | POLSKA | 1973 | K40 | 50 | 00:01:02 | 6:42 | 9,0 | 01:05:53 | 01:06:55 | | 156 |
| 489 | 443 | TROJANOWSKA BOGUMIŁA | GDAŃSK | BIEGAJ Z GŁOWĄ | POLSKA | 1963 | K50 | 7 | 00:01:16 | 6:44 | 8,9 | 01:06:01 | 01:07:16 | | 157 |
| 490 | 545 | TOWARNICKA IZABELA | GDYNIA | | POLSKA | 1972 | K40 | 51 | 00:01:26 | 6:49 | 8,8 | 01:06:44 | 01:08:10 | | 158 |
| 491 | 553 | WYSOCKI MIECZYŚLAW | GDAŃSK | | POLSKA | 1961 | M50 | 43 | 00:01:18 | 6:50 | 8,8 | 01:06:57 | 01:08:15 | 333 | |
| 492 | 552 | WYSOCKA DOROTA | GDAŃSK | | POLSKA | 1966 | K50 | 8 | 00:01:17 | 6:50 | 8,8 | 01:06:58 | 01:08:15 | | 159 |
| 493 | 480 | BRZEZINSKA PAULINA | GDAŃSK | | POLSKA | 1991 | K20 | 34 | 00:01:17 | 6:50 | 8,8 | 01:07:00 | 01:08:17 | | 160 |
| 494 | 551 | WOJTOWICZ DAWID | GDAŃSK | | POLSKA | 1990 | M20 | 49 | 00:01:16 | 6:50 | 8,8 | 01:07:00 | 01:08:17 | 334 | |
| 495 | 537 | STARCZEWSKA MILENA | GDYNIA | REFINITIV | POLSKA | 1988 | K30 | 63 | 00:01:22 | 6:51 | 8,8 | 01:07:05 | 01:08:27 | | 161 |
| 496 | 533 | SIKORSKA ANNA | GDAŃSK | POKER FACE | POLSKA | 1981 | K30 | 64 | 00:01:30 | 6:52 | 8,7 | 01:07:13 | 01:08:43 | | 162 |
| 497 | 520 | NIJAK MACIEJ | GDAŃSK | | POLSKA | 1984 | M30 | 123 | 00:01:20 | 6:51 | 8,8 | 01:07:14 | 01:08:33 | 335 | |
| 498 | 593 | WRÓBEL MAŁGORZATA | GDAŃSK | | POLSKA | 1996 | K20 | 35 | 00:01:34 | 6:53 | 8,7 | 01:07:15 | 01:08:49 | | 163 |
| 499 | 351 | MICHAŁOWSKA KASIA | GDAŃSK | | POLSKA | 1983 | K30 | 65 | 00:01:26 | 6:52 | 8,7 | 01:07:15 | 01:08:41 | | 164 |
| 500 | 519 | NIJAK JOLANTA | GDAŃSK | | POLSKA | 1988 | K30 | 66 | 00:01:18 | 6:51 | 8,8 | 01:07:15 | 01:08:33 | | 165 |
| 501 | 542 | SZYMAŃSKA IZABELA | GDAŃSK | LOTOS RUNNING TEAM | POLSKA | 1988 | K30 | 67 | 00:01:23 | 6:55 | 8,7 | 01:07:48 | 01:09:11 | | 166 |
| 502 | 472 | ŻYDEK KATARZYNA | KĘDZIERZYN-KOŹLE | | POLSKA | 1992 | K20 | 36 | 00:00:50 | 6:53 | 8,7 | 01:07:55 | 01:08:45 | | 167 |
| 503 | 268 | GARSZTKA MATEUSZ | BORKOWO | | POLSKA | 1986 | M30 | 124 | 00:00:51 | 6:53 | 8,7 | 01:07:56 | 01:08:47 | 336 | |
| 504 | 646 | GALAN DE LA OLIVA ANA | GDANSK | | POLSKA | 1981 | K30 | 68 | 00:01:11 | 6:56 | 8,7 | 01:08:04 | 01:09:15 | | 168 |
| 505 | 540 | SZCZEPAŃSKA NATALIA | GDAŃSK | GIWK BIEGA | POLSKA | 2000 | K16 | 3 | 00:01:08 | 6:56 | 8,7 | 01:08:08 | 01:09:16 | | 169 |
| 506 | 502 | JAKIMIĄK-RYCHLIĆKA BEATA | GDAŃSK | RYCHLICCY TEAM | POLSKA | 1988 | K30 | 69 | 00:01:17 | 6:57 | 8,6 | 01:08:12 | 01:09:29 | | 170 |
| 507 | 559 | CICHY KRZYSZTOF | GDAŃSK | | POLSKA | 1979 | M40 | 99 | 00:01:29 | 7:00 | 8,6 | 01:08:28 | 01:09:57 | 337 | |
| 508 | 547 | WIELGÓRSKI PIOTR | GDAŃSK | | POLSKA | 1965 | M50 | 44 | 00:01:34 | 7:03 | 8,5 | 01:08:56 | 01:10:30 | 338 | |
| 509 | 7 | GRZESIUK-GAPSKA PATRYCJA | JUSZKOWO | | POLSKA | 1985 | K30 | 70 | 00:00:36 | 6:59 | 8,6 | 01:09:18 | 01:09:54 | | 171 |
| 510 | 495 | FRATCZAK WIOLA | GDANSK | | POLSKA | 1981 | K30 | 71 | 00:01:17 | 7:04 | 8,5 | 01:09:19 | 01:10:36 | | 172 |
| 511 | 375 | PASZKOT MAGDALENA | KONIN | | POLSKA | 1988 | K30 | 72 | 00:00:38 | 7:00 | 8,6 | 01:09:26 | 01:10:04 | | 173 |
| 512 | 489 | DRAWSKA WIOLETA | GDAŃSK | MAGAZYNIER | GDANSK | 1984 | K30 | 73 | 00:01:21 | 7:05 | 8,5 | 01:09:28 | 01:10:50 | | 174 |
| 513 | 541 | SZUSTAKIEWICZ ŻANETA | GDYNIA | | POLSKA | 1993 | K20 | 37 | 00:01:11 | 7:06 | 8,4 | 01:09:54 | 01:11:05 | | 175 |
| 514 | 554 | ZIĘCZUK PIOTR | GDAŃSK | GAIT - GDAŃSKIE AUTOBUSY I TRAMWAJE | POLSKA | 1976 | M40 | 100 | 00:01:14 | 7:08 | 8,4 | 01:10:08 | 01:11:22 | 339 | |
| 515 | 534 | SŁOWIK MAGDA | KRAKÓW | | POLSKA | 1972 | K40 | 52 | 00:01:27 | 7:14 | 8,3 | 01:10:51 | 01:12:18 | | 176 |
| 516 | 562 | GAJDA BEATA | KRAKÓW | | POLSKA | 1965 | K50 | 9 | 00:01:28 | 7:14 | 8,3 | 01:10:51 | 01:12:19 | | 177 |
| 517 | 516 | MICHAŁOWSKI JAKUB | GDYNIA | | POLSKA | 1990 | M20 | 50 | 00:01:04 | 7:12 | 8,3 | 01:10:56 | 01:12:00 | 340 | |
| 518 | 528 | PRZYCHODZEŃ MICHAŁ | GDAŃSK | LUDZIE Z LASU | POLSKA | 1993 | M20 | 51 | 00:01:16 | 7:13 | 8,3 | 01:10:58 | 01:12:14 | 341 | |

Opracowanie: JACEK GRZYBOWSKI

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6 BIEG DO ŹRÓDEŁ

Organizator: Gdańska Infrastruktura Wodociągowo-Kanalizacyjna

Data: 15 czerwca 2019 r.

Dystans: 10 km

Miejscowość: Gdańsk

Klasyfikacja: OPEN



| M-ce | Nr zaw. | Nazwisko Imię | Miejscowość | Klub | Kraj | Rok urodz. | Kat wiek. | M-ce w kat | Czas startu | tempo min/km | tempo km/h | Czas netto | Czas brutto | M | K |
|------|---------|----------------------|-----------------|-----------------------------------|--------|------------|-----------|------------|-------------|--------------|------------|------------|-------------|-----|-----|
| 519 | 538 | STRZELECKA ANNA | ŻUKOWO | ŁUDZIE Z LASU | POLSKA | 1981 | K30 | 74 | 00:01:14 | 7:13 | 8,3 | 01:11:01 | 01:12:15 | | 178 |
| 520 | 589 | SZYMANOWSKA LUCYNA | RUMIA | INDYWIDUALNIE | POLSKA | 1955 | K60 | 4 | 00:01:31 | 7:18 | 8,2 | 01:11:32 | 01:13:02 | | 179 |
| 521 | 566 | JAŚKOWIAK LUCYNA | PRUSZCZ GDAŃSKI | | POLSKA | 1959 | K60 | 5 | 00:01:11 | 7:16 | 8,3 | 01:11:33 | 01:12:44 | | 180 |
| 522 | 550 | WOJNAROWSKI PIOTR | GDAŃSK | | POLSKA | 1984 | M30 | 125 | 00:01:21 | 7:18 | 8,2 | 01:11:38 | 01:12:59 | 342 | |
| 523 | 501 | GRAGOWSKA SYLWIA | JUSZKOWO | IRON TEAM | POLSKA | 1980 | K30 | 75 | 00:01:11 | 7:17 | 8,2 | 01:11:43 | 01:12:53 | | 181 |
| 524 | 496 | GAWLIK JANUSZ | GDAŃSK | | POLSKA | 1961 | M50 | 45 | 00:01:03 | 7:17 | 8,2 | 01:11:48 | 01:12:51 | 343 | |
| 525 | 647 | HOROWSKI KRZYSZTOF | GDAŃSK | | POLSKA | 1987 | M30 | 126 | 00:01:32 | 7:21 | 8,2 | 01:11:54 | 01:13:26 | 344 | |
| 526 | 521 | ODERSKA DANIELA | GDAŃSK | | POLSKA | 1995 | K20 | 38 | 00:01:20 | 7:21 | 8,2 | 01:12:09 | 01:13:29 | | 182 |
| 527 | 498 | GILEWSKI DARIUSZ | GDAŃSK | | POLSKA | 1988 | M30 | 127 | 00:01:20 | 7:21 | 8,2 | 01:12:09 | 01:13:29 | 345 | |
| 528 | 509 | KOSTRZEWA ADRIAN | PRUSZCZ GDAŃSKI | | POLSKA | 1986 | M30 | 128 | 00:01:17 | 7:24 | 8,1 | 01:12:43 | 01:14:00 | 346 | |
| 529 | 574 | MICHALAK MAGDALENA | GDAŃSK | ŻARTA WATAHA | POLSKA | 1977 | K40 | 53 | 00:01:29 | 7:29 | 8,0 | 01:13:20 | 01:14:49 | | 183 |
| 530 | 570 | KOWALSKI DAREK | ROJEWO | KOVALSKY TEAM | POLSKA | 1980 | M30 | 129 | 00:01:31 | 7:33 | 8,0 | 01:13:57 | 01:15:27 | 347 | |
| 531 | 569 | KOWALSKA ALEKSANDRA | GDAŃSK | KOVALSKY TEAM | POLSKA | 1990 | K20 | 39 | 00:01:31 | 7:33 | 8,0 | 01:13:57 | 01:15:28 | | 184 |
| 532 | 546 | WIECZOREK MAŁGORZATA | BANINO | | POLSKA | 1968 | K50 | 10 | 00:01:25 | 7:34 | 7,9 | 01:14:19 | 01:15:44 | | 185 |
| 533 | 292 | JĘDRZEJCZAK DARIUSZ | WŁOCLAWEK | | POLSKA | 1961 | M50 | 46 | 00:01:13 | 7:35 | 7,9 | 01:14:37 | 01:15:50 | 348 | |
| 534 | 583 | ROGIŃSKA KATARZYNA | GDAŃSK | WKURW_TEAM | POLSKA | 1964 | K50 | 11 | 00:01:27 | 7:39 | 7,8 | 01:15:00 | 01:16:27 | | 186 |
| 535 | 500 | GRABOWSKA ILONA | BYDGOSZCZ | WATAHA - ŁĄCZY NAS BIEGANIE | POLSKA | 1980 | K30 | 76 | 00:01:06 | 7:38 | 7,9 | 01:15:10 | 01:16:16 | | 187 |
| 536 | 563 | GARBOWSKA EWA | BANINO | BANINO BIEGA | POLSKA | 1969 | K50 | 12 | 00:01:27 | 7:43 | 7,8 | 01:15:42 | 01:17:08 | | 188 |
| 537 | 478 | BORCOWSKA PAULINA | ROKITKI | | POLSKA | 1989 | K30 | 77 | 00:01:16 | 7:43 | 7,8 | 01:15:53 | 01:17:10 | | 189 |
| 538 | 586 | STOPA NATALIA | GDAŃSK | | POLSKA | 1991 | K20 | 40 | 00:01:27 | 7:47 | 7,7 | 01:16:20 | 01:17:47 | | 190 |
| 539 | 479 | BORCOWSKA SYLWIA | GDAŃSK | BURACZKI | POLSKA | 1992 | K20 | 41 | 00:01:16 | 7:46 | 7,7 | 01:16:21 | 01:17:37 | | 191 |
| 540 | 575 | NIWINSKI STANISLAW | GDAŃSK | POM.KLUB WETERANOW L.A. W SOPOCIE | POLSKA | 1934 | M70 | 3 | 00:01:11 | 8:15 | 7,3 | 01:21:20 | 01:22:31 | 349 | |