

Bieg Warciański

Miejsce: Koło
Data: 24.10.2010



| M | Mkat | Nr | Kategoria | Nazwisko | Imię | Miejscowość | Team | Wynik | V-śr | Straty |
|----|------|-----|-------------|---------------|------------|----------------|---------------------------|----------|------------|----------------------|
| 1 | 1 | 403 | n.w.Åłzki M | Graczyk | Artur | Golina | START Bielsko Biala | 00:24:31 | 24.47 km/h | 00:00:00 00:00:00 |
| 2 | 2 | 312 | n.w.Åłzki M | Banok* | Kamil | Wroclaw | handcikling.pl | 00:25:40 | 23.37 km/h | 00:01:09 00:01:09 |
| 3 | 3 | 424 | n.w.Åłzki M | Kulik | Jerzy | Plock | - | 00:26:11 | 22.91 km/h | 00:01:40 00:00:31 |
| 4 | | 449 | M20 | Gardzielewski | Arkadiusz | Rzeżęcin | WKS Śląsk | 00:29:54 | 20.06 km/h | 00:05:23 00:03:43 |
| 5 | | 577 | M20 | Nduva | Boniface | machakos | zawisza bydgoszcz | 00:30:24 | 19.73 km/h | 00:05:53 00:00:29 |
| 6 | | 351 | M30 | Mazerski | Bartosz | Sztum | ZANTYR SZTUM | 00:30:45 | 19.51 km/h | 00:06:14 00:00:20 |
| 7 | 1 | 357 | M20 | Timaszow | Wladimir | Doneck | ZARIEWO | 00:32:08 | 18.67 km/h | 00:07:36 00:01:22 |
| 8 | 1 | 406 | M19 | Nowak | Jakub | Śmigiel | LKS Sana Kościan | 00:32:44 | 18.32 km/h | 00:08:13 00:00:36 |
| 9 | 2 | 464 | M20 | Sobczak | Henryk | Nowy Targ | niezrzeszony | 00:33:20 | 18 km/h | 00:08:48 00:00:35 |
| 10 | 1 | 345 | M30 | Botorowicz | Tomasz | tulce | - | 00:33:22 | 17.98 km/h | 00:08:50 00:00:02 |
| 11 | 1 | 345 | n.inne M | Łukaszewski | Patryk | Gniezno | Cross Warszawa/ Altom Gni | 00:33:22 | 17.98 km/h | 00:08:50 |
| 12 | 2 | 498 | M30 | Kler | Sebastian | dobrodzień | KS Start Dobrodzień | 00:34:07 | 17.58 km/h | 00:09:36 00:00:45 |
| 13 | 3 | 487 | M30 | Kamiński | Artur | Plock | TKKF Plock | 00:34:26 | 17.42 km/h | 00:09:54 00:00:18 |
| 1 | | 356 | K30 | Barwanowa | Ilona | Simferopol | Ahilles Leszno | 00:34:31 | 17.38 km/h | 00:00:00 00:00:00 |
| 14 | 4 | 338 | M30 | Olejniczak | Sergiusz | Łódź | RKS Łódź | 00:34:51 | 17.21 km/h | 00:10:19 00:00:25 |
| 15 | 2 | 409 | M19 | Szymanowski | Krzysztof | Kościan | LKS SANA KOŚCIAN | 00:34:59 | 17.15 km/h | 00:10:27 00:00:07 |
| 16 | 5 | 533 | M30 | Matuszewski | Maciej | Środa Wlkp. | KB. Środa Wlkp. | 00:35:00 | 17.14 km/h | 00:10:28 00:00:00 |
| 17 | 1 | 531 | M50 | Stańczak | Janusz | Poznań | - | 00:35:19 | 16.99 km/h | 00:10:47 00:00:19 |
| 2 | | 320 | K40 | Kryza | Wioletta | Gronity | ULKS ZSO Żelów | 00:35:21 | 16.97 km/h | 00:00:49 00:00:49 |
| 18 | 6 | 557 | M30 | Sarniak | Piotr | Koło | MLUKS Triathlon Koło | 00:35:31 | 16.89 km/h | 00:11:00 00:00:12 |
| 19 | 3 | 358 | M20 | Kujawski | Witold | Włocławek | - | 00:35:39 | 16.83 km/h | 00:11:07 00:00:07 |
| 20 | 1 | 321 | M40 | Malich | Dariusz | Gronity | ULKS ZSO Żelów | 00:35:42 | 16.8 km/h | 00:11:11 00:00:03 |
| 21 | 2 | 509 | M50 | Dąbrowski | Sylwester | GOSTYNIN | TKKF PŁOCK | 00:35:42 | 16.8 km/h | 00:11:11 00:00:00 |
| 22 | 2 | 479 | M40 | Piechna | Andrzej | Ojrzeń | KB TKKF Promyk Ciechanów | 00:35:52 | 16.72 km/h | 00:11:21 00:00:09 |
| 23 | 4 | 536 | M20 | Bałatka | Krzysztof | KUTNO | TKKF Plock | 00:35:53 | 16.72 km/h | 00:11:21 00:00:00 |
| 3 | | 495 | K40 | Karnatsevich | Halina | - | - | 00:35:57 | 16.69 km/h | 00:01:25 00:00:35 |
| 24 | 5 | 314 | M20 | Dudek | Mateusz* | BRODY | MISTRZOSTWA SOŁTYSÓW | 00:36:05 | 16.62 km/h | 00:11:34 00:00:12 |
| 25 | 6 | 563 | M20 | Adamkiewicz | Mariusz | Koło | MLUKS Triathlon Koło | 00:36:20 | 16.51 km/h | 00:11:49 00:00:14 |
| 26 | 3 | 500 | M19 | Siupa | Rafał | GOLINA | KB BEZFORMY KAZIMIERZ BIS | 00:36:22 | 16.49 km/h | 00:11:51 00:00:02 |
| 27 | 7 | 328 | M30 | Naskręt | Sławomir | Grzebieńsko | www.thestick.pl | 00:36:33 | 16.41 km/h | 00:12:02 00:00:10 |
| 28 | 7 | 359 | M20 | Ciarkowski | Krzysztof | Włocławek | - | 00:36:36 | 16.39 km/h | 00:12:04 00:00:02 |
| 29 | 3 | 332 | M50 | Brandenburg | Józef | Dopiewo | - | 00:36:38 | 16.37 km/h | 00:12:07 00:00:02 |
| 30 | 4 | 300 | M50 | Walczak | Eugeniusz | Sieroszewice | KS MARATON Ostrów Wlkp. | 00:36:54 | 16.26 km/h | 00:12:23 00:00:15 |
| 31 | 8 | 537 | M30 | Waś | Robert | Warszawa | - | 00:36:56 | 16.24 km/h | 00:12:25 00:00:02 |
| 32 | 3 | 554 | M40 | Brett | Tomasz | Koło | MLUKS Triathlon Koło | 00:37:22 | 16.05 km/h | 00:12:51 00:00:25 |
| 33 | 4 | 313 | M40 | Dudek | Sylwester* | BRODY | MISTRZOSTWA SOŁTYSÓW | 00:37:31 | 15.99 km/h | 00:13:00 00:00:09 |
| 34 | 5 | 428 | M40 | Kołodziejczyk | Jarosław | Częstochowa | ZABIEGANI Częstochowa | 00:37:35 | 15.96 km/h | 00:13:03 00:00:03 |
| 35 | 8 | 558 | M20 | Brzozowski | Roman | Koło | MLUKS Triathlon Koło/ ZS | 00:37:42 | 15.91 km/h | 00:13:11 00:00:07 |
| 36 | 6 | 302 | M40 | Adamus | Radosław | Ostrów | KS MARATON Ostrów Wlkp. | 00:37:50 | 15.86 km/h | 00:13:19 00:00:07 |
| 4 | 1 | 349 | K20 | Cytrowska | Izabela | Leźnica Wielka | Maraton Turek | 00:37:52 | 15.84 km/h | 00:03:20 00:01:54 |
| 37 | 4 | 581 | M19 | Kujawa | Wiktor | Kościelec | - | 00:37:54 | 15.83 km/h | 00:13:22 00:00:03 |
| 38 | 5 | 431 | M50 | Świtoń | Marian * | GRABÓW | MISTRZOSTWA SOŁTYSÓW | 00:37:54 | 15.83 km/h | 00:13:23 00:00:00 |
| 39 | 9 | 303 | M20 | Niemyt | Adam | Poznań | KB Maniak Poznań | 00:37:55 | 15.82 km/h | 00:13:24 00:00:01 |
| 40 | 5 | 408 | M19 | Mikołajczak | Piotr | DARNOWO | LKS SANA KOŚCIAN | 00:38:11 | 15.71 km/h | 00:13:39 00:00:15 |

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| M | Mkat | Nr | Kategoria | Nazwisko | Imię | Miejscowość | Team | Wynik | V-śr | Straty |
|----|------|-----|-----------|--------------|-----------|-------------------|---------------------------|----------|------------|----------------------|
| 41 | 10 | 413 | M20 | Kosmalski | Marcin | włocławek | - | 00:38:17 | 15.67 km/h | 00:13:45 00:00:06 |
| 42 | 9 | 587 | M30 | Kołydyka | Marcin | Poznań | TS Olimpia Triathlon Pozn | 00:38:25 | 15.61 km/h | 00:13:54 00:00:08 |
| 43 | 10 | 325 | M30 | Chmielewski | Andrzej | Włocławek | WKB Maratończyk Włocła | 00:38:39 | 15.52 km/h | 00:14:08 00:00:14 |
| 44 | 7 | 488 | M40 | Kmieciak | Mariusz | Łódź | KB Arturówek Łódź | 00:38:43 | 15.49 km/h | 00:14:12 00:00:03 |
| 45 | 11 | 515 | M20 | Horodyski | Piotr | Bydgoszcz | TKKF Kolarz Bydgoszcz | 00:38:48 | 15.46 km/h | 00:14:17 00:00:05 |
| 46 | 11 | 469 | M30 | Dyk | Mirosław | Sosnowiec | Pogoria Biega | 00:38:55 | 15.41 km/h | 00:14:24 00:00:07 |
| 47 | 6 | 405 | M19 | Mikołajczak | Hubert | DARNOWO | LKS SANA KOŚCIAN | 00:39:02 | 15.37 km/h | 00:14:30 00:00:06 |
| 48 | 12 | 546 | M30 | Kubicki | Grzegorz | Aleksandrów Łód | - | 00:39:05 | 15.35 km/h | 00:14:34 00:00:03 |
| 49 | 8 | 438 | M40 | Dawid | Zbigniew | Turek | Geotermia Uniejów | 00:39:08 | 15.33 km/h | 00:14:36 00:00:02 |
| 50 | 12 | 350 | M20 | Król | Hubert | Koło | - | 00:39:12 | 15.3 km/h | 00:14:41 00:00:04 |
| 51 | 13 | 476 | M30 | Mudziejewski | Jarosław | Bydgoszcz | brak | 00:39:13 | 15.3 km/h | 00:14:41 00:00:00 |
| 52 | 9 | 455 | M40 | Tomaszewski | Krzysztof | Turek | KB Geotermia Uniejów | 00:39:26 | 15.21 km/h | 00:14:54 00:00:13 |
| 53 | 14 | 477 | M30 | Kubiak | Tomasz | Inowrocław | T.G.SOKOL Inowrocław | 00:39:27 | 15.2 km/h | 00:14:56 00:00:01 |
| 54 | 7 | 415 | M19 | Sakowski | Marcin | Rychwał | - | 00:39:31 | 15.18 km/h | 00:14:59 00:00:03 |
| 55 | 13 | 548 | M20 | Andrzejewski | Mariusz | Koło | Era Running Team | 00:39:32 | 15.18 km/h | 00:15:00 00:00:01 |
| 56 | 10 | 485 | M40 | Pietrasiak | Janusz | Łódź | KB Arturówek Łódź | 00:39:39 | 15.13 km/h | 00:15:08 00:00:07 |
| 57 | 6 | 458 | M50 | Szczykowski | Hieronim | Ostrów Wielkopols | DRUŻYNA SZPIKU Ostrów W | 00:39:49 | 15.06 km/h | 00:15:18 00:00:10 |
| 58 | 8 | 541 | M19 | Krygier | Krzysztof | Grodzisko | KB Geotermia Uniejów | 00:39:54 | 15.03 km/h | 00:15:23 00:00:05 |
| 5 | 1 | 352 | K30 | Swoboda | Anna | POZNAŃ | - | 00:40:08 | 14.94 km/h | 00:05:37 00:02:16 |
| 59 | 11 | 456 | M40 | Werner | Czesław * | MALANÓW | MISTRZOSTWA SOŁTYSÓW | 00:40:13 | 14.92 km/h | 00:15:41 00:00:18 |
| 60 | 7 | 592 | M50 | Łaszkiwicz | Tadeusz | Koło | Mastersi Koło | 00:40:16 | 14.9 km/h | 00:15:45 00:00:03 |
| 61 | 12 | 530 | M40 | Strzyżewski | Andrzej | Gniezno | Altom Gniezno | 00:40:17 | 14.89 km/h | 00:15:46 00:00:01 |
| 62 | 15 | 337 | M30 | Wojewoda | Michał | Łódź | Szakale Bałut Łódź | 00:40:23 | 14.85 km/h | 00:15:52 00:00:06 |
| 63 | 13 | 483 | M40 | Małecki | Janusz | Ojrzeń | niezrzeszony | 00:40:26 | 14.84 km/h | 00:15:55 00:00:02 |
| 6 | 2 | 309 | K20 | Oleś | Katarzyna | Łódź | Szakale Bałut | 00:40:29 | 14.82 km/h | 00:05:57 00:00:20 |
| 64 | 8 | 579 | M50 | Litwa | Leszek | Koło | Mastersi Koło | 00:40:31 | 14.8 km/h | 00:16:00 00:00:05 |
| 65 | 14 | 543 | M40 | Tarnowski | Witold | Ciechanów | KB TKKF Promyk Ciechanów | 00:40:32 | 14.8 km/h | 00:16:01 00:00:00 |
| 66 | 15 | 532 | M40 | Przybył | Władysław | Środa Wlkp. | KB. Środa Wlkp. | 00:40:41 | 14.75 km/h | 00:16:10 00:00:08 |
| 67 | 16 | 468 | M30 | Kuglarz | Zbigniew | Uniejów | KB GEOTERMIA UNIEJÓW | 00:40:44 | 14.72 km/h | 00:16:13 00:00:03 |
| 68 | 9 | 584 | M50 | Chrzanowski | Krzysztof | Koło | Mastersi Koło | 00:40:46 | 14.71 km/h | 00:16:15 00:00:01 |
| 69 | 14 | 369 | M20 | Gałązka | Zbigniew | Kutno | - | 00:40:50 | 14.69 km/h | 00:16:19 00:00:03 |
| 70 | 17 | 542 | M30 | Sikora | Dawid | KOZIEGŁOWY | KB MANIAC POZNAŃ | 00:41:01 | 14.62 km/h | 00:16:30 00:00:11 |
| 71 | 1 | 481 | M60 | Opalka | Jan | Płońsk | KB im.Piotra Sękowskiego | 00:41:03 | 14.61 km/h | 00:16:32 00:00:02 |
| 72 | 16 | 416 | M40 | Jakubowski | Sławomir | Malanów | - | 00:41:07 | 14.59 km/h | 00:16:36 00:00:03 |
| 73 | 17 | 343 | M40 | Smug | Jerzy | Konin | - | 00:41:10 | 14.57 km/h | 00:16:39 00:00:03 |
| 74 | 10 | 301 | M50 | Ziemkowski | Paweł | Poznań | KB Maniac Poznań | 00:41:15 | 14.55 km/h | 00:16:43 00:00:04 |
| 75 | 18 | 361 | M30 | Herman | Rafał | Jozefosław | PowerSales Triathlon team | 00:41:18 | 14.52 km/h | 00:16:47 00:00:03 |
| 76 | 11 | 484 | M50 | Lisicki | Marek | Łódź | kb Arturówek | 00:41:21 | 14.51 km/h | 00:16:50 00:00:02 |
| 77 | 19 | 411 | M30 | Ignaczak | Marcin | Konin | - | 00:41:24 | 14.49 km/h | 00:16:52 00:00:02 |
| 78 | 20 | 429 | M30 | Kurkowiak | Grzegorz | Poznań | Team Saucony Bartoszak | 00:41:34 | 14.43 km/h | 00:17:02 00:00:09 |
| 79 | 18 | 516 | M40 | Milewski | Zbigniew | Bydgoszcz | TKKF Kolarz Bydgoszcz | 00:41:37 | 14.41 km/h | 00:17:06 00:00:03 |
| 80 | 9 | 348 | M19 | Hekert | Piotr | Dziewarków | - | 00:41:40 | 14.4 km/h | 00:17:08 00:00:02 |
| 81 | 19 | 310 | M40 | Frankowski | Andrzej | Ostrów Wielkopols | IM 2010 | 00:41:44 | 14.37 km/h | 00:17:13 00:00:04 |
| 82 | 12 | 507 | M50 | Stańczak | Edmund | PŁOCK | TKKF PŁOCK | 00:41:45 | 14.37 km/h | 00:17:14 00:00:01 |

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|-----|------|-----|-----------|----------------|--------------|--------------------|---------------------------|----------|------------|----------------------|
| 83 | 15 | 426 | M20 | Makula | Rafał | Konin | Copacabana Konin | 00:41:47 | 14.36 km/h | 00:17:16 00:00:01 |
| 84 | 13 | 521 | M50 | Różycki | Sławomir | Bydgoszcz | TKKF Kolejarz Bydgoszcz | 00:41:49 | 14.34 km/h | 00:17:18 00:00:02 |
| 85 | 14 | 508 | M50 | Matuszewski | Piotr | GOSTYNIN | TKKF PŁOCK | 00:41:50 | 14.34 km/h | 00:17:19 00:00:01 |
| 86 | 21 | 340 | M30 | Szczepaniak | Piotr | Łódź | KB Arturówek Łódź | 00:41:58 | 14.29 km/h | 00:17:27 00:00:07 |
| 87 | 22 | 410 | M30 | Żurowski | Maciej | Konin | - | 00:42:09 | 14.23 km/h | 00:17:37 00:00:10 |
| 88 | 15 | 430 | M50 | Dymacz | Ignacy | Kępno | Lupus Kępno | 00:42:15 | 14.2 km/h | 00:17:44 00:00:06 |
| 89 | 23 | 589 | M30 | Przybylski | Jarosław | Koło | - | 00:42:15 | 14.2 km/h | 00:17:44 00:00:00 |
| 90 | 20 | 574 | M40 | Bugajny | Andrzej | Koło | saint-gobain squad | 00:42:33 | 14.1 km/h | 00:18:01 00:00:17 |
| 91 | 21 | 501 | M40 | Cieszynski | Jacek | Szkocja | - | 00:42:34 | 14.09 km/h | 00:18:03 00:00:01 |
| 7 | 1 | 440 | K40 | Ludwiczak | Arieta | Gniezno | Altom Gniezno | 00:42:42 | 14.05 km/h | 00:08:10 00:02:12 |
| 92 | 16 | 535 | M50 | Jerzy | Kalicki | Witkowo | - | 00:42:43 | 14.04 km/h | 00:18:12 00:00:08 |
| 93 | 24 | 344 | M30 | Gajda | Sławomir | Łask | 32 BLoT Jastrząb | 00:42:44 | 14.04 km/h | 00:18:13 00:00:01 |
| 94 | 25 | 433 | M30 | Firadza | Michał | Krośniewice | TKKF Plock | 00:42:46 | 14.03 km/h | 00:18:15 00:00:01 |
| 95 | 22 | 437 | M40 | Bonawenturczak | Andrzej | Krośniewice | TKKF Plock | 00:42:48 | 14.01 km/h | 00:18:17 00:00:02 |
| 96 | 26 | 304 | M30 | Hadam | Michał | Luboń | KB Maniac Poznań | 00:42:55 | 13.98 km/h | 00:18:23 00:00:06 |
| 97 | 27 | 334 | M30 | Rybicki | Andrzej | Turek | - | 00:42:57 | 13.97 km/h | 00:18:25 00:00:02 |
| 98 | 16 | 475 | M20 | Zdunkowski | Marcin | Brodnica | KB Lech Rypin | 00:43:26 | 13.81 km/h | 00:18:55 00:00:29 |
| 99 | 23 | 319 | M40 | Wagenknecht | Robert | Tomaszów Maz. | - | 00:43:32 | 13.78 km/h | 00:19:01 00:00:05 |
| 100 | 24 | 463 | M40 | Błaszczuk | Andrzej | Wartkowice | Wartkowice | 00:43:42 | 13.73 km/h | 00:19:10 00:00:09 |
| 101 | 25 | 492 | M40 | Goszczyński | Jacek | Ciechanów | KB TKKF Promyk Ciechanów | 00:43:43 | 13.72 km/h | 00:19:12 00:00:01 |
| 8 | 1 | 434 | K19 | Grodecka | Dominika | Krośniewice | EXPOM Krośniewice | 00:43:53 | 13.67 km/h | 00:09:21 00:01:10 |
| 102 | 17 | 305 | M20 | Stanek | Bartosz | Śmigiel | KB Maniac Poznań | 00:43:56 | 13.65 km/h | 00:19:25 00:00:13 |
| 103 | 2 | 497 | M60 | Czerniak | Henryk | Borzykowo | Maratończyk Kołaczkowo | 00:44:03 | 13.62 km/h | 00:19:31 00:00:06 |
| 104 | 26 | 444 | M40 | Woźniak | Marek | Koło | - | 00:44:09 | 13.59 km/h | 00:19:38 00:00:06 |
| 9 | 3 | 443 | K20 | Woźniak | Dorota | Koło | - | 00:44:10 | 13.58 km/h | 00:09:38 00:00:16 |
| 105 | 28 | 308 | M30 | Torzewski | Roman | Boniewo | - | 00:44:13 | 13.57 km/h | 00:19:42 00:00:04 |
| 106 | 29 | 414 | M30 | Kosecki | Konrad | ALEKSANDROW ŁODZK- | - | 00:44:16 | 13.55 km/h | 00:19:45 00:00:03 |
| 107 | 30 | 439 | M30 | Żuberek | Piotr | Poznań | niezrzeszony | 00:44:28 | 13.49 km/h | 00:19:57 00:00:11 |
| 108 | 17 | 472 | M50 | Berebecki | Roman | Rypin | KB Lech Rypin | 00:44:30 | 13.48 km/h | 00:19:58 00:00:01 |
| 109 | 31 | 421 | M30 | Wojciechowski | Andrzej | Turek | - | 00:44:51 | 13.38 km/h | 00:20:20 00:00:21 |
| 110 | 18 | 454 | M20 | Kuleczka | Kamil | Łęczycza | Z.S im. Jadwigi Grodzkiej | 00:44:51 | 13.37 km/h | 00:20:20 00:00:00 |
| 111 | 19 | 474 | M20 | Grabkowski | Bartosz | Rypin | KB Lech Rypin | 00:44:51 | 13.37 km/h | 00:20:20 00:00:00 |
| 112 | 32 | 480 | M30 | Wentykier | Piotr | Płońsk | KB im. Piotra Sękowskiego | 00:45:07 | 13.3 km/h | 00:20:35 00:00:15 |
| 113 | 3 | 522 | M60 | Kocimski | Jan | Sochaczew | KM AKTYWNI SOCHACZEW | 00:45:16 | 13.25 km/h | 00:20:45 00:00:09 |
| 114 | 18 | 527 | M50 | Matuszewski | Jerzy | Strzałkowo | MaratonyPolskie.PL TEAM | 00:45:18 | 13.24 km/h | 00:20:47 00:00:01 |
| 115 | 19 | 493 | M50 | Jabłoński | Waldemar | Ciechanów | KB TKKF Promyk Ciechanów | 00:45:20 | 13.23 km/h | 00:20:49 00:00:02 |
| 116 | 2 | 486 | n.inne M | Ignasiak | Jan | Sieradz | IKS START | 00:45:21 | 13.23 km/h | 00:20:50 00:00:00 |
| 10 | 2 | 470 | K40 | Gackowska | Beata | Bydgoszcz | TKKF Kolejarz Bydgoszcz | 00:45:28 | 13.19 km/h | 00:10:56 00:01:18 |
| 117 | 20 | 525 | M50 | Lenc | Janusz | Bydgoszcz | TKKF Kolejarz Bydgoszcz | 00:45:30 | 13.18 km/h | 00:20:59 00:00:08 |
| 118 | 27 | 401 | M40 | Rożko | Robert | Koło | TKKF Sokół Koło | 00:45:31 | 13.18 km/h | 00:21:00 00:00:01 |
| 119 | 33 | 370 | M30 | Wyłębski | Jarosław | Bydgoszcz | - | 00:45:37 | 13.15 km/h | 00:21:06 00:00:05 |
| 120 | 34 | 490 | M30 | Wilk | Lucjan | Poznań | - | 00:45:39 | 13.14 km/h | 00:21:07 00:00:01 |
| 121 | 21 | 315 | M50 | Ireneusz | Niewiarowski | KŁODAWA | MISTRZOSTWA SOŁTYSÓW | 00:45:39 | 13.14 km/h | 00:21:08 00:00:00 |
| 122 | 28 | 591 | M40 | Wrześniński | Kazimierz | Włocławek | - | 00:45:44 | 13.12 km/h | 00:21:13 00:00:05 |

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|-----|------|-----|-----------|---------------|-------------|--------------------|--------------------------|----------|------------|----------------------|
| 123 | 10 | 448 | M19 | Niewiadomski | Mateusz | Łęczycza | - | 00:45:50 | 13.09 km/h | 00:21:19 00:00:06 |
| 124 | 4 | 442 | M60 | Leśniewski | Kazimierz | Włocławek | - | 00:45:53 | 13.08 km/h | 00:21:21 00:00:02 |
| 125 | 35 | 540 | M30 | Bielicki | Piotr | Kutno | TKKF Płock | 00:45:56 | 13.06 km/h | 00:21:24 00:00:03 |
| 126 | 5 | 460 | M60 | Waluszynski | Bogdan | gniezno osinieć | - | 00:46:07 | 13.01 km/h | 00:21:36 00:00:11 |
| 127 | 36 | 306 | M30 | Obodecki | Bartosz | Łódź | - | 00:46:12 | 12.98 km/h | 00:21:41 00:00:04 |
| 128 | 29 | 447 | M40 | Antkowiak | Mirosław | Konin | - | 00:46:15 | 12.97 km/h | 00:21:43 00:00:02 |
| 129 | 22 | 539 | M50 | Wrzesiński | Stefan | Włocławek | - | 00:46:20 | 12.95 km/h | 00:21:48 00:00:04 |
| 130 | 23 | 573 | M50 | Kalińczak | Kazimierz * | ŁUBOWO | MISTRZOSTWA SOŁTYSÓW | 00:46:29 | 12.9 km/h | 00:21:58 00:00:09 |
| 131 | 11 | 423 | M19 | Mopert | Kamil | Janowiec Wielkopol | ULKS Orty Temidy | 00:46:33 | 12.89 km/h | 00:22:01 00:00:03 |
| 132 | 12 | 402 | M19 | Kowalski | Łukasz | Druzbice | - | 00:46:33 | 12.89 km/h | 00:22:02 00:00:00 |
| 133 | 30 | 360 | M40 | Masztalesz | Zbigniew | Jerzykowo | - | 00:46:39 | 12.86 km/h | 00:22:08 00:00:06 |
| 134 | 6 | 467 | M60 | Orzechowski | Krzysztof | Sochaczew | KM AKTYWNI Sochaczew | 00:46:47 | 12.82 km/h | 00:22:16 00:00:07 |
| 135 | 37 | 466 | M30 | Piłka | Konrad | Koło | Drużyna Szpiku | 00:46:50 | 12.81 km/h | 00:22:19 00:00:02 |
| 136 | 31 | 551 | M40 | Świerczyński | Dariusz | Koło | - | 00:46:57 | 12.78 km/h | 00:22:26 00:00:07 |
| 137 | 7 | 478 | M60 | Sikora | Antoni | Gąsawa | Żniński Klub Biegacza 1 | 00:46:59 | 12.77 km/h | 00:22:27 00:00:01 |
| 138 | 8 | 316 | M60 | Wawrzyniak | Leon | Ostrów Wielkopols | Maraton Ostrów | 00:47:03 | 12.75 km/h | 00:22:32 00:00:04 |
| 139 | 38 | 491 | M30 | Brzoski | Piotr | Koło | - | 00:47:06 | 12.74 km/h | 00:22:34 00:00:02 |
| 140 | 39 | 565 | M30 | Kuty | Sebastian | Koło | MALINOWA MAMBA | 00:47:07 | 12.73 km/h | 00:22:35 00:00:00 |
| 141 | 32 | 572 | M40 | Felis | Paweł | Bobrowiec | - | 00:47:14 | 12.7 km/h | 00:22:43 00:00:07 |
| 142 | 33 | 511 | M40 | Wojciechowski | Waldemar | CZĘSTOCHOWA | ZABIEGANI Częstochowa | 00:47:19 | 12.68 km/h | 00:22:48 00:00:05 |
| 143 | 34 | 326 | M40 | Pilarski | Jacek | Konin | - | 00:47:22 | 12.66 km/h | 00:22:51 00:00:03 |
| 11 | 4 | 595 | K20 | Pecyna | Agata | Koło | MLUKS Triathlon Koło | 00:47:42 | 12.58 km/h | 00:13:10 00:02:13 |
| 144 | 35 | 482 | M40 | Świercz | Andrzej | Płońsk | niezrzeszony | 00:47:44 | 12.57 km/h | 00:23:13 00:00:22 |
| 145 | 20 | 570 | M20 | Sułkowski | Michał | Koło | - | 00:47:50 | 12.54 km/h | 00:23:19 00:00:05 |
| 12 | 5 | 553 | K20 | Sołtysiak | Joanna | Koło | MLUKS Triathlon Koło | 00:47:52 | 12.53 km/h | 00:13:21 00:00:10 |
| 146 | 21 | 327 | M20 | Milczarek | Dawid | Koło | - | 00:47:59 | 12.5 km/h | 00:23:28 00:00:08 |
| 147 | 40 | 425 | M30 | Michalec | Piotr | Łódź | - | 00:48:14 | 12.44 km/h | 00:23:43 00:00:14 |
| 148 | 13 | 552 | M19 | Kołodziejek | Kamil | Koło | Wiewiórki | 00:48:17 | 12.43 km/h | 00:23:45 00:00:02 |
| 149 | 24 | 510 | M50 | Wonko | Witold | Łódź | KB Olimp Tomaszów Maz. | 00:48:22 | 12.4 km/h | 00:23:51 00:00:05 |
| 150 | 25 | 518 | M50 | Bratek | Andrzej | BYDGOSZCZ | TKKF Kolarz Bydgoszcz | 00:48:29 | 12.37 km/h | 00:23:58 00:00:06 |
| 151 | 14 | 496 | M19 | Bartczak | Sebastian | Koło | - | 00:48:30 | 12.37 km/h | 00:23:59 00:00:01 |
| 152 | 36 | 547 | M40 | Walczak | Jacek | Koło | - | 00:48:32 | 12.36 km/h | 00:24:01 00:00:01 |
| 153 | 37 | 412 | M40 | Baran | Jacek | Golina | CWB S.A. | 00:48:36 | 12.34 km/h | 00:24:04 00:00:03 |
| 13 | 2 | 427 | K30 | Sobczyk | Wioletta | Witkowo | - | 00:48:40 | 12.33 km/h | 00:14:08 00:00:47 |
| 154 | 41 | 567 | M30 | Zakrocki | Marek | Koło | Mastersi Koło | 00:48:49 | 12.29 km/h | 00:24:18 00:00:13 |
| 155 | 22 | 514 | M20 | Dymek | Jakub | Poznań | KB INTREX POZNAŃ | 00:48:49 | 12.29 km/h | 00:24:18 00:00:00 |
| 156 | 26 | 418 | M50 | Marańda | Julian | Barłogi | - | 00:48:54 | 12.27 km/h | 00:24:23 00:00:04 |
| 157 | 23 | 568 | M20 | Milczarek | Maciej | Koło | - | 00:49:18 | 12.17 km/h | 00:24:47 00:00:24 |
| 158 | 42 | 450 | M30 | Bojanowski | Marcin | Poznań | - | 00:49:20 | 12.16 km/h | 00:24:48 00:00:01 |
| 159 | 27 | 502 | M50 | Przybykiewicz | Roman | Ościslowo | KB TKKF Promyk Ciechanów | 00:49:20 | 12.16 km/h | 00:24:49 00:00:00 |
| 14 | 1 | 331 | K50 | Wolna | Aleksandra | Poznań | - | 00:49:23 | 12.15 km/h | 00:14:51 00:00:42 |
| 160 | 38 | 489 | M40 | Kulig | Tomasz | Koło | - | 00:49:24 | 12.15 km/h | 00:24:52 00:00:03 |
| 161 | 43 | 534 | M30 | Hęś | Tomasz | TRZEMESZNO | - | 00:49:44 | 12.06 km/h | 00:25:13 00:00:20 |
| 162 | 15 | 582 | M19 | Senkowski | Damian | Koło | - | 00:49:50 | 12.04 km/h | 00:25:19 00:00:06 |

Bieg Warciański

Miejsce: Koło
Data: 24.10.2010



| M | Mkat | Nr | Kategoria | Nazwisko | Imię | Miejscowość | Team | Wynik | V-śr | Straty |
|-----|------|-----|-----------|----------------|-------------|-------------------|--------------------------|----------|------------|----------------------|
| 163 | 44 | 461 | M30 | Chwiłowicz | Tomasz | Słupca | - | 00:50:03 | 11.99 km/h | 00:25:32 00:00:13 |
| 164 | 28 | 473 | M50 | Gerka | Krzysztof | Brzuze | KB Iech Rypin | 00:50:09 | 11.96 km/h | 00:25:37 00:00:05 |
| 15 | 3 | 590 | K30 | Przybylska | Anna | Koło | - | 00:50:12 | 11.95 km/h | 00:15:41 00:00:49 |
| 165 | 45 | 400 | M30 | Szymczak | Zbigniew | Koło | TKKFSokół Koło | 00:50:15 | 11.94 km/h | 00:25:43 00:00:06 |
| 166 | 46 | 519 | M30 | Miniak | Rafał | Tomaszów Mazowiec | MaratonyPolskie.PL TEAM | 00:50:32 | 11.87 km/h | 00:26:00 00:00:16 |
| 167 | 24 | 596 | M20 | Śramkowski | Grzegorz | Koło | - | 00:50:34 | 11.86 km/h | 00:26:03 00:00:02 |
| 168 | 16 | 446 | M19 | Bejm | Bartosz | Koło | Corratec Team | 00:51:02 | 11.76 km/h | 00:26:30 00:00:27 |
| 169 | 39 | 555 | M40 | Meier | Markus | Powiercie Wieś | Wiewiórki | 00:51:12 | 11.72 km/h | 00:26:40 00:00:10 |
| 170 | 47 | 457 | M30 | Sznajder | Paweł | Słupca | - | 00:51:13 | 11.71 km/h | 00:26:41 00:00:00 |
| 16 | 1 | 499 | n.inne K | Czeraniak | Elżbieta | Borzykowo | Maratończyk Kolaczkowo | 00:51:25 | 11.67 km/h | 00:16:54 00:01:12 |
| 171 | 9 | 580 | M60 | Szymański | Zdzisław | Koło | Mastersi Koło | 00:51:38 | 11.62 km/h | 00:27:06 00:00:24 |
| 172 | 48 | 585 | M30 | Banasiak | Marek | Koło | - | 00:51:58 | 11.54 km/h | 00:27:27 00:00:20 |
| 173 | 25 | 462 | M20 | Marciniak | Sławomir | Łódź | - | 00:52:05 | 11.52 km/h | 00:27:34 00:00:06 |
| 174 | 40 | 575 | M40 | Kokorzycycki | Andrzej | Turek | - | 00:52:11 | 11.49 km/h | 00:27:40 00:00:06 |
| 175 | 49 | 538 | M30 | Giszczałak | Włodzimierz | Bielsk | Pegaz Drobin | 00:52:24 | 11.45 km/h | 00:27:53 00:00:12 |
| 17 | 6 | 586 | K20 | Idczak | Justyna | Koło | - | 00:52:24 | 11.45 km/h | 00:17:53 00:00:59 |
| 176 | 17 | 329 | M19 | Budziński | Marcin | Żuchów | - | 00:52:29 | 11.43 km/h | 00:27:58 00:00:04 |
| 177 | 26 | 419 | M20 | Marek | Leszek | Mrocza | SAINT-GOBAIN SQUAD | 00:52:29 | 11.43 km/h | 00:27:58 00:00:00 |
| 178 | 41 | 545 | M40 | Kazimierski | Artur | Sochaczew | KM AKTYWNI Sochaczew | 00:52:54 | 11.34 km/h | 00:28:23 00:00:24 |
| 179 | 27 | 341 | M20 | Zieliński | Bartłomiej | belchatów | - | 00:52:58 | 11.33 km/h | 00:28:26 00:00:03 |
| 180 | 29 | 569 | M50 | Plato | Ryszard | Koło | Mastersi Koło | 00:52:59 | 11.32 km/h | 00:28:27 00:00:01 |
| 181 | 28 | 342 | M20 | Szyberg | Marcin | pabianice | - | 00:52:59 | 11.32 km/h | 00:28:27 00:00:00 |
| 18 | 4 | 599 | K30 | Imilkowska | Joanna | Poznań | KB INTREX Poznań | 00:53:14 | 11.27 km/h | 00:18:42 00:00:49 |
| 182 | 29 | 452 | M20 | Bojanowski | Michał | Koło | - | 00:53:22 | 11.24 km/h | 00:28:50 00:00:22 |
| 183 | 50 | 333 | M30 | Kwarciński | Mariusz | Koło | MALINOWA MAMBA | 00:53:34 | 11.2 km/h | 00:29:02 00:00:11 |
| 184 | 30 | 520 | M50 | Gordon | Roman | Bydgoszcz | TKKF Kolejarz Bydgoszcz | 00:53:41 | 11.18 km/h | 00:29:09 00:00:07 |
| 185 | 51 | 561 | M30 | Walczak | Tomasz | Koło | - | 00:53:45 | 11.16 km/h | 00:29:14 00:00:04 |
| 19 | 3 | 453 | K40 | Wieczorkiewicz | Ewa | - | - | 00:53:48 | 11.15 km/h | 00:19:16 00:00:33 |
| 186 | 52 | 560 | M30 | Łojewski | Jakub | Kościelec | - | 00:53:51 | 11.14 km/h | 00:29:20 00:00:06 |
| 187 | 31 | 417 | M50 | Ignaczak | Ludwik | Witonia | - | 00:54:32 | 11 km/h | 00:30:01 00:00:41 |
| 188 | 42 | 503 | M40 | Banasiak | Piotr | OZORKÓW | KRZAL ADVENTURE TEAM | 00:54:32 | 11 km/h | 00:30:01 00:00:00 |
| 189 | 53 | 576 | M30 | Ciemny | Dominik | Koło | KOLSCY FANATYCY | 00:54:56 | 10.92 km/h | 00:30:24 00:00:23 |
| 190 | 54 | 524 | M30 | Wagenknecht | Radosław | Tomaszów Maz. | - | 00:54:59 | 10.91 km/h | 00:30:28 00:00:03 |
| 191 | 43 | 339 | M40 | Lis | Jan | Łódź | Biegacz Nowosolna | 00:55:00 | 10.91 km/h | 00:30:28 00:00:00 |
| 192 | 30 | 471 | M20 | Olesiński | Józef | Koło | - | 00:55:05 | 10.89 km/h | 00:30:33 00:00:04 |
| 193 | 31 | 355 | M20 | Kaniecki | Marcin | Turek | - | 00:55:26 | 10.82 km/h | 00:30:55 00:00:21 |
| 194 | 44 | 504 | M40 | Walczak | Grzegorz | Ozorków | - | 00:55:28 | 10.81 km/h | 00:30:57 00:00:01 |
| 195 | 32 | 354 | M20 | Pietrzak | Michał | Zakrzewo | - | 00:55:44 | 10.76 km/h | 00:31:13 00:00:15 |
| 196 | 55 | 353 | M30 | Pietrzak | Paweł | Brdów | - | 00:55:44 | 10.76 km/h | 00:31:13 00:00:00 |
| 197 | 33 | 564 | M20 | Krupiński | Krzysztof | Koło | MALINOWA MAMBA | 00:56:05 | 10.7 km/h | 00:31:34 00:00:20 |
| 20 | 2 | 324 | K19 | Chmielewska | Patrycja | Włocławek | - | 00:56:07 | 10.69 km/h | 00:21:35 00:02:18 |
| 21 | 4 | 544 | K40 | Iwańska | Monika | Ciechanów | KB TKKF Promyk Ciechanów | 00:56:09 | 10.68 km/h | 00:21:37 00:00:02 |
| 22 | 5 | 465 | K30 | Piłka | Alicja | Koło | Drużyna Szpiku | 00:56:12 | 10.67 km/h | 00:21:40 00:00:03 |
| 198 | 10 | 441 | M60 | Borowczyk | Henryk | Gniezno | Altom Gniezno | 00:56:17 | 10.66 km/h | 00:31:46 00:00:11 |



Bieg Warciański
Miejsce: Koło
Data: 24.10.2010



| M | Mkat | Nr | Kategoria | Nazwisko | Imię | Miejscowość | Team | Wynik | V-śr | Straty |
|-----|------|-----|-----------|----------------|------------|-----------------------|-------------------------|----------|------------|----------------------|
| 199 | 32 | 578 | M50 | Małecki | Ryszard | Koło | - | 00:56:23 | 10.64 km/h | 00:31:51 00:00:05 |
| 23 | 2 | 420 | K50 | Szurgot | Jolanta | Koło | - | 00:56:54 | 10.54 km/h | 00:22:22 00:00:41 |
| 200 | 45 | 556 | M40 | Kołodziejek | Jarosław | Koło | Wiewiórki | 00:57:10 | 10.49 km/h | 00:32:39 00:00:47 |
| 201 | 34 | 335 | M20 | Sutor | Krzysztof | Koło | - | 00:57:19 | 10.47 km/h | 00:32:48 00:00:09 |
| 202 | 35 | 336 | M20 | Nieznane | Żołnierz | - | - | 00:57:19 | 10.47 km/h | 00:32:48 00:00:00 |
| 203 | 46 | 528 | M40 | Mikołajczewski | Mariusz | ślupca | - | 00:57:25 | 10.45 km/h | 00:32:54 00:00:06 |
| 204 | 33 | 505 | M50 | Pomietto | Stanisław* | MIEKINIA | MISTRZOSTWA SOŁTYSÓW | 00:57:27 | 10.44 km/h | 00:32:56 00:00:01 |
| 24 | 5 | 517 | K40 | Lipiec | Ewa | KOZŁÓW BISKUPI | KM AKTYWNI Sochaczew | 00:57:40 | 10.4 km/h | 00:23:08 00:00:45 |
| 25 | 7 | 512 | K20 | Dymek | Marta | Poznań | KB INTREX POZNAŃ | 00:57:43 | 10.39 km/h | 00:23:11 00:00:03 |
| 205 | 47 | 317 | M40 | Wawrzyniak | Sławomir | Ostrów Wielkopols | Maraton Ostrów | 00:57:54 | 10.36 km/h | 00:33:22 00:00:26 |
| 206 | 11 | 436 | M60 | Szymański | Zbigniew | Koło | - | 00:58:04 | 10.33 km/h | 00:33:33 00:00:10 |
| 26 | 6 | 451 | K30 | Bojanowska | Bożena | Poznań | - | 00:58:34 | 10.24 km/h | 00:24:02 00:00:51 |
| 27 | 7 | 597 | K30 | Panfil | Joanna | Koło | SAINT-GOBAIN SQUAD | 00:58:59 | 10.17 km/h | 00:24:28 00:00:25 |
| 207 | 56 | 598 | M30 | Bąkowski | Jacek | Konin | - | 00:58:59 | 10.17 km/h | 00:34:28 00:00:55 |
| 208 | 48 | 432 | M40 | Zawadzki | Artur | Koło | - | 00:59:36 | 10.07 km/h | 00:35:05 00:00:36 |
| 209 | 34 | 529 | M50 | Grenz | Piotr | Bydgoszcz | TKKF Kolejarz Bydgoszcz | 01:00:33 | 9.91 km/h | 00:36:01 00:00:56 |
| 210 | 18 | 571 | M19 | Stegienta | Piotr | Konin | - | 01:00:57 | 9.84 km/h | 00:36:26 00:00:24 |
| 211 | 12 | 307 | M60 | Dzieweczyński | Józef | Milicz | - | 01:01:03 | 9.83 km/h | 00:36:31 00:00:05 |
| 28 | 8 | 422 | K30 | Mopert | Iwona | Janowiec Wielkopolski | - | 01:01:36 | 9.74 km/h | 00:27:04 00:02:36 |
| 29 | 3 | 435 | K19 | Krause | Sara | Krośnice | EXPOM Krośnice | 01:01:55 | 9.69 km/h | 00:27:23 00:00:18 |
| 212 | 36 | 562 | M20 | Szczesiak | Krzysztof | Koło | Saint Gobain Squad | 01:02:48 | 9.55 km/h | 00:38:16 00:01:44 |
| 30 | 9 | 311 | K30 | Pokojowczyk | Anita | Ślupca | Jaguar | 01:02:55 | 9.53 km/h | 00:28:23 00:01:00 |
| 213 | 57 | 459 | M30 | Michalski | Jakub | Strzałkowo | - | 01:02:55 | 9.53 km/h | 00:38:24 00:00:07 |
| 214 | 58 | 506 | M30 | Matusiewicz | Norbert* | MIEKINIA | MISTRZOSTWA SOŁTYSÓW | 01:03:39 | 9.43 km/h | 00:39:08 00:00:43 |
| 31 | 1 | 494 | K70 | Rosińska | Janina | Pabianice | AZS Łódź | 01:04:31 | 9.3 km/h | 00:29:59 00:01:36 |
| 215 | 49 | 593 | M40 | Jaworek | Jacek | Koło | - | 01:04:40 | 9.28 km/h | 00:40:09 00:01:01 |
| 216 | 50 | 346 | M40 | Furs | Wojciech | Koło | - | 01:04:45 | 9.27 km/h | 00:40:13 00:00:04 |
| 217 | 13 | 526 | M60 | Nowakowski | Ryszard | Sochaczew | KM AKTYWNI Sochaczew | 01:04:49 | 9.26 km/h | 00:40:17 00:00:03 |
| 218 | 59 | 513 | M30 | Szczesiak | Sebastian | Koło | Malinowa Mamba | 01:06:55 | 8.97 km/h | 00:42:23 00:02:06 |
| 32 | 10 | 318 | K30 | Miniak | Angelika | Tomaszów Mazowiec | - | 01:13:15 | 8.19 km/h | 00:38:43 00:08:44 |
| 33 | 3 | 322 | K50 | Konarzewska | Maria* | TWARDOGÓRA | MISTRZOSTWA SOŁTYSÓW | 01:16:50 | 7.81 km/h | 00:42:18 00:03:34 |
| 219 | 3 | 330 | n.inne M | Stefaniak | Zbigniew | Reszel | - | 01:58:03 | 5.08 km/h | 01:33:31 00:51:08 |