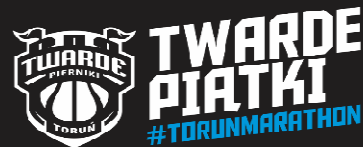


# Twarde Piątki 25.09.2015

Organizator: Toruński Związek TKKF  
 Data: 25.09.2015  
 Dystans: 5km  
 Miejsowość: Toruń

Klasyfikacja: OPEN



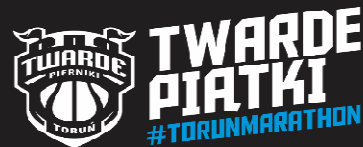
M-ce	Nr zaw.	Nazwisko Imię	Miejsowość	Klub	Czas startu	tempo min/km	tempo km/h	1km	2km	3km	4km	Wynik (netto)	M	K
1	234	KALINOWSKI GRZEGORZ	TORUŃ	MKL TORUŃ	00:00:01	3:21	17,9	00:03:28	00:06:50	00:10:15	00:13:31	00:16:42	1	
2	83	KANIGOWSKI MICHAŁ	TORUN		00:00:01	3:23	17,7	00:03:21	00:06:44	00:10:11	00:13:36	00:16:56	2	
3	208	WOŹNIAK JACEK	TORUŃ	MKL TORUŃ	00:00:01	3:29	17,2	00:03:29	00:06:51	00:10:23	00:13:59	00:17:24	3	
4	224	WOŹNIAK JANUSZ	TORUŃ		00:00:01	3:36	16,7	00:03:31	00:07:05	00:10:45	00:14:27	00:17:59	4	
5	38	DANIELEWSKI MARIUSZ	ZŁAWIEŚ WIELKA	DRUŻYNA SZPIKU	00:00:02	3:39	16,4	00:03:31	00:07:06	00:10:50	00:14:38	00:18:14	5	
6	158	RADTKE ŁUKASZ	CHEŁMŻA	KM UMK TORUŃ	00:00:01	3:40	16,4	00:03:28	00:07:03	00:10:48	00:14:39	00:18:17	6	
7	80	KAŁASKA KRZYSZTOF	ŁYSOMICE		00:00:02	3:42	16,2	00:03:28	00:07:09	00:10:58	00:14:47	00:18:29	7	
8	36	CZARNOWSKI PRZEMYSŁAW	TLEŃ	POTĘŻNY PONAD MIARE	00:00:01	3:44	16,1	00:03:28	00:07:06	00:10:58	00:14:58	00:18:38	8	
9	26	CHMIELEWSKI MARCIN	WŁOCŁAWEK		00:00:02	3:44	16,1	00:03:42	00:07:24	00:11:11	00:14:59	00:18:38	9	
10	106	KUBIAK TOMASZ	INOWROCŁAW	T.G.SOKÓŁ GNIEWKOWO	00:00:02	3:47	15,9	00:03:52	00:07:38	00:11:24	00:15:13	00:18:48	10	
11	236	KMIECIAK ROBERT	TORUŃ	TS OPATRUNKI TORUŃ	00:00:02	3:46	15,9	00:03:31	00:07:17	00:11:10	00:15:07	00:18:49	11	
12	46	DUTKIEWICZ MACIEJ	TORUŃ		00:00:03	3:48	15,8	00:03:46	00:07:30	00:11:18	00:15:10	00:18:56	12	
13	13	BERENT BARTŁOMIEJ	TORUŃ	CROSSFIT TORUŃ	00:00:05	3:52	15,5	00:03:48	00:07:38	00:11:36	00:15:35	00:19:16	13	
14	232	JARMOSZEWICZ ŁUKASZ	TORUŃ	TORUŃSKI KLUB TRIATHLONOWY	00:00:06	3:54	15,4	00:03:51	00:07:46	00:11:47	00:15:44	00:19:25	14	
15	196	WENDLAND MATEUSZ	LIPNO	LIPNO BIEGA	00:00:02	3:54	15,4	00:03:41	00:07:38	00:11:37	00:15:40	00:19:30	15	
16	168	SKOTARCZAK MATEUSZ	INOWROCŁAW	56 BAZA LOTNICZA	00:00:02	3:56	15,3	00:03:45	00:07:35	00:11:35	00:15:40	00:19:36	16	
17	75	JENCZEWSKI PATRYK	CIECHOCIN	ISKRA CIECHOCIN	00:00:02	3:56	15,3	00:03:31	00:07:16	00:11:25	00:15:40	00:19:37	17	
18	81	KAMIŃSKI PIOTR	TORUŃ		00:00:02	3:57	15,2	00:03:46	00:07:45	00:11:50	00:15:53	00:19:41	18	
19	70	JANCZARSKI MARCIN	TORUŃ	KM UMK TORUŃ	00:00:04	3:57	15,2	00:03:48	00:07:46	00:11:53	00:15:55	00:19:42	19	
20	62	GÓRALSKI KRZYSZTOF	TORUŃ	TS OPATRUNKI TORUŃ	00:00:02	3:57	15,2	00:03:42	00:07:40	00:11:46	00:15:51	00:19:45	20	
21	120	ŁĘGA TOMASZ	TORUŃ	BBL TORUŃ	00:00:04	3:58	15,1	00:03:53	00:07:52	00:11:54	00:15:57	00:19:46	21	
22	95	KOWALIK MARCIN	BUKOWIEC		00:00:03	3:59	15,0	00:03:46	00:07:42	00:11:48	00:15:57	00:19:54	22	
23	42	DOŁCHUN ARKADIUSZ	TORUŃ		00:00:05	4:02	14,9	00:03:54	00:07:57	00:12:08	00:16:16	00:20:07	23	
24	37	CZUBA ADAM	TORUŃ	BOOT CAMP POLSKA	00:00:03	4:03	14,8	00:03:46	00:07:45	00:11:53	00:16:06	00:20:14	24	
25	76	JENCZEWSKI SZYMON	CIECHOCIN	AZS UTP	00:00:02	4:06	14,6	00:03:40	00:07:43	00:11:57	00:16:16	00:20:28	25	
26	124	MAJCHER PAWEŁ	PĘDZEWO		00:00:05	4:07	14,6	00:03:55	00:07:57	00:12:06	00:16:21	00:20:28	26	
27	21	BORUCZENKO ARKADIUSZ	TORUŃ		00:00:07	4:07	14,6	00:04:04	00:08:05	00:12:11	00:16:25	00:20:29	27	
28	23	BUCZEL MICHAŁ	TORUŃ	BASKETBALL REFEREES	00:00:04	4:08	14,5	00:03:47	00:07:47	00:12:00	00:16:20	00:20:36	28	
29	143	NOWAKOWSKI DARIUSZ	TORUŃ		00:00:09	4:10	14,4	00:04:14	00:08:27	00:12:44	00:16:55	00:20:39	29	
30	84	KARAŚ MAREK	TORUŃ	BBL TORUŃ PODGÓRZ	00:00:04	4:09	14,5	00:03:59	00:08:11	00:12:24	00:16:36	00:20:40	30	
31	6	BALEWSKI TOMASZ	TORUŃ		00:00:08	4:10	14,4	00:04:05	00:08:12	00:12:24	00:16:40	00:20:42	31	
32	175	SOŁECKI MICHAŁ	TORUŃ	BBL TORUŃ	00:00:04	4:12	14,3	00:04:02	00:08:17	00:12:37	00:16:53	00:20:55	32	
33	78	KACZYŃSKI RAFAŁ	GNIEWKOWO		00:00:04	4:12	14,3	00:03:54	00:08:04	00:12:24	00:16:46	00:20:56	33	
34	231	DEMBKOWSKI RYSZARD	TORUN	TTC	00:00:03	4:12	14,3	00:04:06	00:08:19	00:12:37	00:16:53	00:20:57	34	
35	134	MIENIK ALEKSANDRA	TORUŃ	MKS AXEL TORUŃ	00:00:04	4:12	14,3	00:04:06	00:08:18	00:12:37	00:16:49	00:20:58		1
36	19	BONIECKI PIOTR	TORUŃ	KM TRUCHCIK LUBIANKA/ JW 1440 TORUŃ	00:00:04	4:13	14,2	00:04:04	00:08:14	00:12:31	00:16:52	00:21:02	35	



# Twarde Piątki 25.09.2015

Organizator: Toruński Związek TKKF  
 Data: 25.09.2015  
 Dystans: 5km  
 Miejsowość: Toruń

Klasyfikacja: OPEN



M-ce	Nr zaw.	Nazwisko Imię	Miejsowość	Klub	Czas startu	tempo min/km	tempo km/h	1km	2km	3km	4km	Wynik (netto)	M	K
37	113	LEWANDOWSKI RAFAŁ	TORUŃ	VENI, CUCURRI, VICI.	00:00:02	4:13	14,2	00:03:45	00:07:54	00:12:13	00:16:36	00:21:04	36	
38	189	TOKARSKI BARTOSZ	TORUŃ	AZS SGH WARSZAWA	00:00:06	4:17	14,0	00:04:00	00:08:09	00:12:32	00:16:55	00:21:17	37	
39	223	LASKOWSKI JAROSLAW	MALA NIESZAWKA	-	00:00:07	4:20	13,8	00:04:10	00:08:25	00:12:54	00:17:19	00:21:34	38	
40	233	PRZYBYTKOWSKI MAREK	BYDGOSZCZ		00:00:08	4:21	13,8	00:04:04	00:08:16	00:12:45	00:17:20	00:21:37	39	
41	222	SZPRĘGLEWSKI BARTOSZ	LISEWO		00:00:15	4:24	13,6	00:04:31	00:08:46	00:13:12	00:17:41	00:21:46	40	
42	116	LIPIŃSKI ARTUR	TORUŃ		00:00:08	4:23	13,7	00:04:26	00:08:42	00:13:04	00:17:30	00:21:48	41	
43	88	KOBĘDZA KAROL	TORUŃ		00:00:09	4:24	13,6	00:04:06	00:08:22	00:12:49	00:17:23	00:21:50	42	
44	65	GROL KRYSZTIAN	INOWROCŁAW	56. BAZA LOTNICZA	00:00:02	4:23	13,7	00:03:59	00:08:21	00:12:55	00:17:36	00:21:51	43	
45	217	ŻELISZCZAK ARTUR	TORUŃ		00:00:19	4:26	13,5	00:04:47	00:09:14	00:13:45	00:18:06	00:21:53	44	
46	117	LIPIŃSKI KRZYSZTOF	TORUŃ	TOTAL CROSS	00:00:30	4:29	13,4	00:04:49	00:09:07	00:13:33	00:18:01	00:21:54	45	
47	53	GABRYCH KAROLINA	CHEŁMNO		00:00:07	4:25	13,6	00:04:15	00:08:37	00:13:08	00:17:39	00:21:59		2
48	12	BENTKOWSKI MARCIN	BYDGOSZCZ	MARBEN	00:00:08	4:25	13,6	00:04:25	00:08:50	00:13:21	00:17:56	00:21:59	46	
49	170	SKRZYPIEC GRZEGORZ	TORUŃ		00:00:26	4:29	13,4	00:05:22	00:10:01	00:14:23	00:18:34	00:21:59	47	
50	201	WIĘCŁAWSKI DANIEL	PAPOWO TORUŃSKIE	FST SPORT TEAM	00:00:04	4:25	13,6	00:03:52	00:08:09	00:12:49	00:17:31	00:22:00	48	
51	11	BENTKOWSKA NATALIA	PRĄDOCIN	MARBEN	00:00:06	4:25	13,6	00:04:24	00:08:50	00:13:21	00:17:50	00:22:00		3
52	177	STARZYŃSKI JAROSŁAW	TORUŃ		00:00:12	4:27	13,5	00:04:27	00:08:41	00:13:11	00:17:56	00:22:04	49	
53	96	KOZŁOWSKI ZBIGNIEW	TORUŃ		00:00:21	4:30	13,3	00:04:44	00:09:08	00:13:40	00:18:12	00:22:09	50	
54	212	ZAWADZKI BARTOSZ	TORUŃ	REDNECK	00:00:05	4:27	13,5	00:04:12	00:08:38	00:13:13	00:17:54	00:22:11	51	
55	90	KOŁODZIEJSKI ŁUKASZ	LIPNO	LIPNO BIEGA	00:00:03	4:28	13,4	00:03:57	00:08:14	00:13:04	00:17:51	00:22:16	52	
56	131	MELKOWSKI ŁUKASZ	TORUN		00:00:09	4:30	13,3	00:04:46	00:09:28	00:14:06	00:18:16	00:22:22	53	
57	25	CENDROWSKI ARKADIUSZ	TORUN		00:00:07	4:30	13,3	00:04:13	00:08:42	00:13:22	00:18:08	00:22:24	54	
58	162	ROSA BARTOSZ	TORUŃ	NIEZRZESZONY	00:00:31	4:35	13,1	00:05:12	00:09:40	00:14:05	00:18:35	00:22:24	55	
59	145	PACUSZKA KRZYSZTOF	TORUŃ	ŁUBUDUBU	00:00:07	4:31	13,3	00:04:22	00:08:47	00:13:20	00:17:53	00:22:29	56	
60	192	TWARDOWSKI KRZYSZTOF	CHEŁMŹA		00:00:34	4:38	13,0	00:05:01	00:09:25	00:14:02	00:18:38	00:22:35	57	
61	1	ADAMCZYK KRZYSZTOF	TORUŃ	BASKETBALL REFEREES	00:00:10	4:35	13,1	00:04:30	00:08:59	00:13:36	00:18:18	00:22:43	58	
62	194	URBAŃCZYK MARCIN	TORUŃ		00:00:21	4:37	13,0	00:04:54	00:09:24	00:14:05	00:18:42	00:22:43	59	
63	203	WIŚNIEWSKI JANUSZ	TORUŃ	CARBON TEAM TORUŃ	00:00:13	4:36	13,1	00:04:29	00:08:53	00:13:34	00:18:17	00:22:45	60	
64	166	SARZAŁA ARTUR	TORUŃ		00:00:11	4:35	13,1	00:04:45	00:09:18	00:13:55	00:18:33	00:22:45	61	
65	142	NOWAK ŁUKASZ	TORUŃ	RUNNING SUCKS	00:00:12	4:36	13,0	00:04:41	00:09:17	00:13:55	00:18:30	00:22:48	62	
66	191	TUTAK ŁUKASZ	WYBCZ	CROSSFIT TORUŃ	00:00:06	4:36	13,0	00:04:26	00:08:47	00:13:33	00:18:28	00:22:54	63	
67	153	PIWOŃSKI ROBERT	TORUŃ	KM UMK TORUŃ	00:00:26	4:40	12,8	00:04:57	00:09:24	00:13:59	00:18:42	00:22:56	64	
68	43	DOMINIAK ARKADIUSZ	TORUŃ	BASKETBALL REFEREES	00:00:09	4:39	12,9	00:04:29	00:09:00	00:13:44	00:18:39	00:23:05	65	
69	205	WŁODARCZYK WOJCIECH	BYDGOSZCZ		00:00:06	4:38	12,9	00:04:31	00:09:10	00:13:49	00:18:36	00:23:06	66	
70	193	TWAROWSKI ARKADIUSZ	TORUŃ		00:00:20	4:41	12,8	00:04:54	00:09:23	00:13:58	00:18:42	00:23:06	67	
71	129	MARKIEWICZ MIREK	OTŁOCZYN	IMPULS TEAM	00:00:23	4:42	12,8	00:04:42	00:09:11	00:13:50	00:18:46	00:23:07	68	
72	55	GLEŃSKI MACIEJ	TORUŃ		00:00:15	4:42	12,8	00:04:48	00:09:24	00:14:10	00:18:56	00:23:13	69	

Sponsorzy główni: MIASTO TORUŃ

Sponsorzy: ŻYWIECZDRÓJ, CitoMed, STUDIO DRUKU, Bartkowsky

Partnerzy: beba line, STS, RUNTORUŃ, KLUB MAGAŁA OSŃSKI UMK

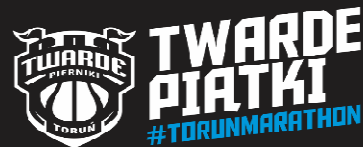
Patronat medialny: 88.8 FM UGRA, MARATONY POLSKIE.PL, bbl

Organizatorzy: Stowarzyszenie Kierowników Kultury Fizycznej w Toruniu, nate

# Twarde Piątki 25.09.2015

Organizator: Toruński Związek TKKF  
 Data: 25.09.2015  
 Dystans: 5km  
 Miejsowość: Toruń

Klasyfikacja: OPEN



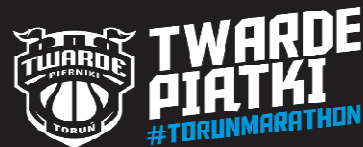
M-ce	Nr zaw.	Nazwisko Imię	Miejsowość	Klub	Czas startu	tempo min/km	tempo km/h	1km	2km	3km	4km	Wynik (netto)	M	K
73	230	PRÓCHNIAK NATALIA	TORUŃ	BBL TORUŃ	00:00:06	4:40	12,8	00:04:21	00:08:52	00:13:43	00:18:34	00:23:15		4
74	102	KRZEMIŃSKI ARKADIUSZ	TORUŃ		00:00:27	4:45	12,6	00:05:09	00:09:55	00:14:35	00:19:13	00:23:17	70	
75	16	BOCZULA KRZYSZTOF	TORUŃ		00:00:27	4:45	12,6	00:05:09	00:09:55	00:14:35	00:19:13	00:23:18	71	
76	202	WINIARSKI ŁUKASZ	TORUŃ	WOJSKOWA OCHRONA PRZECIWOPOŻAROWA	00:00:11	4:42	12,8	00:04:36	00:09:16	00:14:01	00:18:50	00:23:20	72	
77	111	LANKIEWICZ SEBASTIAN	TORUŃ		00:00:10	4:43	12,7	00:04:46	00:09:28	00:14:09	00:18:53	00:23:24	73	
78	150	PIOTRKOWSKI TOMASZ	CHEŁMŻA		00:00:08	4:43	12,7	00:04:33	00:09:06	00:13:54	00:18:52	00:23:27	74	
79	5	AUGUSTYNEK MIKOŁAJ	TORUŃ		00:00:12	4:45	12,6	00:04:44	00:09:13	00:14:01	00:19:01	00:23:31	75	
80	66	GRONOWSKI ADAM	INOWROCŁAW	56 BAZA LOTNICZA	00:00:15	4:47	12,6	00:05:16	00:10:05	00:14:51	00:19:41	00:23:38	76	
81	28	CHYŁA EDWARD	LUBICZ GÓRNY	CSAIU	00:00:23	4:49	12,5	00:04:49	00:09:30	00:14:24	00:19:18	00:23:41	77	
82	244	GUSTOWSKA MAGDALENA	TORUŃ		00:00:29	4:50	12,4	00:05:12	00:10:00	00:14:47	00:19:40	00:23:42	5	
83	144	NOWICKA-PIEKARSKA ALEKSANDRA	TORUŃ	CROSSFIT TORUŃ	00:00:07	4:48	12,5	00:04:46	00:09:30	00:14:25	00:19:17	00:23:53	6	
84	216	ŻBIKOWSKI MICHAŁ	ALEKSANDRÓW KUJAWSKI		00:00:20	4:51	12,4	00:05:03	00:09:51	00:14:42	00:19:34	00:23:54	78	
85	148	PIASECKI HUBERT	INOWROCŁAW	56 BAZA LOTNICZA	00:00:15	4:52	12,3	00:05:16	00:10:05	00:14:52	00:19:43	00:24:06	79	
86	114	LIPINSKI MACIEJ	TORUŃ	CRONIMET PL	00:00:21	4:54	12,2	00:05:24	00:10:12	00:15:08	00:19:53	00:24:10	80	
87	164	SADOWSKA KATARZYNA	STAJENCZYŃKI		00:00:10	4:52	12,3	00:04:45	00:09:30	00:14:24	00:19:24	00:24:12	7	
88	110	LADORUCKI JAROSŁAW	TORUŃ		00:00:06	4:54	12,2	00:04:30	00:09:24	00:14:32	00:19:41	00:24:26	81	
89	101	KRYSZEWSKI PIOTR	TORUŃ		00:00:30	4:59	12,0	00:05:35	00:10:38	00:15:32	00:20:31	00:24:27	82	
90	133	MIELCAREK MARCIN	TORUŃ		00:00:14	4:56	12,1	00:04:33	00:09:15	00:14:20	00:19:37	00:24:28	83	
91	178	STAWARSKA ELŻBIETA	TORUŃ		00:00:15	4:57	12,1	00:04:53	00:09:36	00:14:41	00:19:45	00:24:29	8	
92	210	WRÓBLEWSKI DAMIAN	TORUŃ		00:00:30	5:00	12,0	00:05:29	00:10:13	00:15:11	00:20:09	00:24:29	84	
93	218	MROZEK MICHAŁ	BYDGOSZCZ	RADIO GRA	00:00:29	5:00	12,0	00:05:41	00:10:33	00:15:13	00:20:10	00:24:32	85	
94	14	BIAŁOŁOCKI MAREK	TORUŃ		00:00:03	4:56	12,2	00:04:26	00:09:10	00:14:15	00:19:31	00:24:36	86	
95	180	STRZELECKI DAWID	TORUŃ	SETLER	00:00:15	4:59	12,0	00:04:41	00:09:19	00:14:27	00:19:44	00:24:39	87	
96	77	KACZOROWSKA ANNA	TORUŃ		00:00:18	5:00	12,0	00:05:14	00:10:12	00:15:17	00:20:16	00:24:42	9	
97	181	SZCZĘSNY PIOTR	TULISZKÓW	MVM	00:00:14	4:59	12,0	00:04:57	00:09:49	00:14:54	00:20:04	00:24:43	88	
98	190	TUSZYŃSKA MARCELA	TORUŃ	BYBZIBYBZI	00:00:14	4:59	12,0	00:04:57	00:09:49	00:14:54	00:20:04	00:24:43	10	
99	100	KRUSZKA STANISŁAW	WŁOCŁAWEK		00:00:14	5:00	12,0	00:04:51	00:09:43	00:14:45	00:19:55	00:24:44	89	
100	204	WIŚNIEWSKI WŁODZIMIERZ	TORUŃ		00:00:18	5:01	12,0	00:04:54	00:09:46	00:14:51	00:20:05	00:24:47	90	
101	176	STANISZEWSKI PATRYK	BŁENNA		00:00:20	5:02	11,9	00:05:05	00:09:43	00:14:44	00:19:56	00:24:50	91	
102	49	FOJUTOWSKI MARCIN	TORUŃ		00:00:09	5:00	12,0	00:04:32	00:09:14	00:14:33	00:19:53	00:24:50	92	
103	61	GÓRALSKI KRYSZTOF	TORUŃ	BASKETBALL REFEREES	00:00:04	5:00	12,0	00:04:17	00:09:11	00:14:26	00:19:49	00:24:57	93	
104	221	POŁOMSKI RAFAŁ	TORUŃ	JW144	00:00:12	5:03	11,9	00:05:12	00:10:09	00:15:17	00:20:15	00:25:01	94	
105	74	JASIŃSKI MAREK	TORUŃ	KUJAWSKO-POMORSKIE.PL	00:00:20	5:04	11,8	00:05:04	00:10:07	00:15:15	00:20:28	00:25:01	95	
106	32	CIESIELSKI TOMASZ	TORUŃ	UMWKP	00:00:19	5:04	11,8	00:05:03	00:10:02	00:15:14	00:20:28	00:25:03	96	
107	183	SZYMAŃSKI TOMASZ	TORUŃ	KROK ZA GROSZ	00:00:23	5:05	11,8	00:05:06	00:10:06	00:15:11	00:20:23	00:25:03	97	
108	9	BELIŃSKI MACIEJ	BYDGOSZCZ		00:00:17	5:04	11,8	00:04:54	00:09:47	00:15:06	00:20:15	00:25:03	98	



# Twarde Piątki 25.09.2015

Organizator: Toruński Związek TKKF  
 Data: 25.09.2015  
 Dystans: 5km  
 Miejsowość: Toruń

Klasyfikacja: OPEN



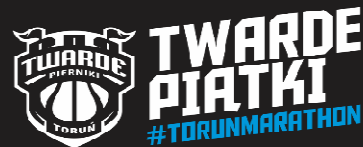
M-ce	Nr zaw.	Nazwisko Imię	Miejsowość	Klub	Czas startu	tempo min/km	tempo km/h	1km	2km	3km	4km	Wynik (netto)	M	K
109	89	KOLASIŃSKI SEBASTIAN	TORUŃ		00:00:20	5:05	11,8	00:04:56	00:09:51	00:14:59	00:20:14	00:25:05	99	
110	146	PAWLAK KRZYSZTOF	TORUŃ		00:00:28	5:07	11,7	00:05:59	00:11:20	00:16:07	00:20:57	00:25:06	100	
111	165	SAMEREK DARIUSZ	TORUŃ		00:00:18	5:06	11,8	00:05:00	00:10:06	00:15:16	00:20:27	00:25:10	101	
112	57	GOŁASZEWSKA JOLANTA	TORUŃ		00:00:17	5:06	11,8	00:05:00	00:10:06	00:15:16	00:20:27	00:25:11		11
113	147	PAWŁOWSKI KRZYSZTOF	TORUŃ		00:00:13	5:05	11,8	00:05:12	00:10:15	00:15:24	00:20:47	00:25:12	102	
114	151	PIÓRKOWSKI ALEKSANDER	TORUŃ		00:00:23	5:07	11,7	00:05:16	00:10:10	00:15:19	00:20:31	00:25:12	103	
115	155	PODOLSKA JOANNA	TORUŃ		00:00:10	5:04	11,8	00:05:19	00:10:17	00:15:22	00:20:27	00:25:12		12
116	213	ZAWADZKI ŁUKASZ	PIWNICE	MEUARNA TORPIDOS	00:00:27	5:10	11,6	00:04:43	00:09:34	00:15:11	00:20:49	00:25:22	104	
117	20	BONSELEWSKI RAFAŁ	TORUŃ		00:00:23	5:09	11,7	00:05:26	00:10:32	00:15:38	00:20:52	00:25:22	105	
118	167	SIKORSKI ŁUKASZ	TORUŃ		00:00:24	5:11	11,6	00:05:20	00:10:22	00:15:30	00:20:48	00:25:31	106	
119	220	PAWŁOWSKI MICHAŁ	TORUŃ		00:00:21	5:11	11,6	00:05:19	00:10:07	00:15:19	00:20:36	00:25:32	107	
120	198	WESOŁOWSKI TOMASZ	TORUŃ		00:00:31	5:13	11,5	00:06:06	00:11:17	00:16:19	00:21:14	00:25:33	108	
121	107	KUCHARSKI JACEK	TORUŃ		00:00:21	5:11	11,6	00:05:29	00:10:36	00:15:54	00:21:10	00:25:35	109	
122	235	BOGDAN WACŁAW	TORUŃ		00:00:15	5:10	11,6	00:05:04	00:10:16	00:15:29	00:20:47	00:25:37	110	
123	159	RAUCHFLEISZ ANDRZEJ	ALEKSANDRÓW KUJ.	CZOPKI KOLCZASTE	00:00:27	5:13	11,5	00:05:46	00:10:49	00:15:52	00:21:04	00:25:38	111	
124	141	NIEWIADOMSKA-BOCHENEK MONIKA	TORUŃ	BIEGOWE MAMY	00:00:26	5:13	11,5	00:05:46	00:10:48	00:15:53	00:21:06	00:25:39		13
125	92	KORNECKA NINA	TORUŃ		00:00:16	5:11	11,6	00:05:15	00:10:24	00:15:42	00:21:03	00:25:39		14
126	136	MILEWSKI MATEUSZ	TORUŃ	RUN4FUN	00:00:16	5:14	11,5	00:05:31	00:10:43	00:15:55	00:21:11	00:25:52	112	
127	51	FRYDRYSZEK MICHAŁ	BYDGOSZCZ		00:00:08	5:13	11,5	00:04:56	00:10:01	00:15:19	00:20:49	00:25:55	113	
128	139	NADOLNY MARCIN	TORUŃ		00:00:16	5:14	11,5	00:05:31	00:10:43	00:15:55	00:21:11	00:25:55	114	
129	137	MISZ MACIEJ	TORUN		00:00:16	5:15	11,4	00:05:15	00:10:16	00:15:29	00:20:52	00:25:57	115	
130	2	ADASZAK KATARZYNA	BYDGOSZCZ	XT24 RUN	00:00:18	5:15	11,4	00:05:14	00:10:20	00:15:38	00:21:02	00:25:58		15
131	63	GÓRZYŃSKI BARTOSZ	TORUŃ		00:00:24	5:19	11,3	00:05:23	00:10:26	00:15:46	00:21:12	00:26:10	116	
132	127	MARACH PIOTR	TORUŃ	AKPB MARMEL TORUŃ	00:00:26	5:21	11,2	00:05:56	00:11:15	00:16:23	00:21:37	00:26:19	117	
133	112	LEWANDOWSKA MARTA	TORUŃ		00:00:26	5:22	11,2	00:05:49	00:11:09	00:16:22	00:21:43	00:26:26		16
134	225	LEWANDOWSKI PIOTR	TORUŃ	ZSE	00:00:29	5:23	11,1	00:05:55	00:11:13	00:16:33	00:21:56	00:26:28	118	
135	227	WYRZYKOWSKI DARIUSZ	TORUŃ		00:00:19	5:22	11,2	00:05:30	00:10:40	00:15:56	00:21:24	00:26:33	119	
136	229	LEWICKI PIOTR	TORUŃ		00:00:17	5:22	11,2	00:05:29	00:10:45	00:16:03	00:21:36	00:26:35	120	
137	152	PISKORSKA MARTA	SOLEC KUJAWSKI		00:00:13	5:22	11,2	00:05:18	00:10:33	00:16:01	00:21:28	00:26:37		17
138	103	KRZYWDZIŃSKA AGATA	TORUŃ		00:00:31	5:27	11,0	00:05:51	00:11:09	00:16:35	00:22:01	00:26:42	121	
139	35	CZARNECKA JOANNA	CHELMNO		00:00:22	5:27	11,0	00:05:43	00:11:13	00:16:43	00:22:14	00:26:55	122	
140	60	GOTOWALSKI MACIEJ	INOWROCŁAW		00:00:16	5:30	10,9	00:05:49	00:11:16	00:16:46	00:22:16	00:27:13	121	
141	207	WOLSKI WOJTEK	TORUŃ		00:00:31	5:33	10,8	00:05:53	00:11:12	00:16:33	00:22:14	00:27:14	122	
142	67	GUMOWSKI MIKOŁAJ	TORUŃ		00:00:31	5:33	10,8	00:06:13	00:11:47	00:17:12	00:22:35	00:27:14	123	
143	68	INCZEWSKA ADRIANNA	TORUŃ		00:00:24	5:32	10,9	00:05:50	00:11:08	00:16:30	00:22:06	00:27:14		20
144	29	CHYŁEK AGNIESZKA	TORUŃ	BOOTCAMP POLSKA	00:00:11	5:30	10,9	00:05:32	00:11:03	00:16:31	00:22:08	00:27:19		21



# Twarde Piątki 25.09.2015

Organizator: Toruński Związek TKKF  
 Data: 25.09.2015  
 Dystans: 5km  
 Miejsowość: Toruń

Klasyfikacja: OPEN



M-ce	Nr zaw.	Nazwisko Imię	Miejsowość	Klub	Czas startu	tempo min/km	tempo km/h	1km	2km	3km	4km	Wynik (netto)	M	K
145	123	MAGDOWSKA IZABELLA	TORUŃ		00:00:12	5:31	10,9	00:05:17	00:10:35	00:16:13	00:21:54	00:27:23		22
146	7	BAPRAWSKI PIOTR	GRĘBOCIN		00:00:14	5:31	10,9	00:05:21	00:10:51	00:16:40	00:22:32	00:27:23	124	
147	69	INSADOWSKA BEATA	GRĘBOCIN		00:00:21	5:36	10,7	00:05:35	00:10:52	00:16:32	00:22:21	00:27:39		23
148	197	WESOŁOWSKI MAREK	TORUŃ		00:00:32	5:38	10,6	00:06:10	00:11:47	00:17:16	00:22:43	00:27:40	125	
149	4	ANTOS MARTA	TORUŃ		00:00:10	5:36	10,7	00:05:21	00:10:45	00:16:34	00:22:25	00:27:49		24
150	206	WOJCIUK WERONIKA	TORUŃ		00:00:25	5:40	10,6	00:06:05	00:11:42	00:17:19	00:22:56	00:27:54		25
151	200	WIERZBOWSKA WERONIKA	TORUŃ		00:00:24	5:40	10,6	00:06:05	00:11:42	00:17:19	00:22:56	00:27:55		26
152	209	WÓJCIK MARIA	TORUN	WWW.RUNNINGSUCKS.PL	00:00:25	5:40	10,6	00:05:36	00:11:07	00:17:00	00:22:55	00:27:57		27
153	18	BOMASTEK KATARZYNA	TORUŃ		00:00:16	5:39	10,6	00:05:35	00:11:07	00:16:48	00:22:35	00:27:58		28
154	85	KĄTNIK DOROTA	BYDGOSZCZ	XT24 RUN	00:00:18	5:40	10,6	00:05:17	00:10:49	00:16:45	00:22:46	00:28:03		29
155	156	POTURALSKI SZYMON	INOWROCŁAW	---	00:00:17	5:40	10,6	00:05:48	00:11:16	00:16:58	00:22:40	00:28:04	126	
156	109	KURPIŃSKA SYLWIA	WŁOCŁAWEK		00:00:18	5:45	10,4	00:05:58	00:11:44	00:17:39	00:23:32	00:28:29		30
157	52	FURKA-BULLER DANIELA	29	-	00:00:17	5:47	10,4	00:05:21	00:10:39	00:16:34	00:22:43	00:28:38		31
158	115	LIPIŃSKA MAŁGORZATA	TORUŃ		00:00:12	5:46	10,4	00:05:36	00:11:08	00:16:51	00:22:58	00:28:40		32
159	54	GEZELA TOMASZ	TORUŃ		00:00:13	5:47	10,4	00:05:35	00:11:12	00:16:59	00:22:58	00:28:42	127	
160	33	CZAJKA JUDYTA	TORUŃ	BOOT CAMP POLSKA	00:00:14	5:48	10,3	00:05:34	00:11:11	00:16:58	00:23:05	00:28:47		33
161	24	BURDA SYLWIA	TORUŃ		00:00:28	5:51	10,3	00:05:59	00:11:46	00:17:36	00:23:30	00:28:47		34
162	104	KRZYŻANOWSKI DARIUSZ	TORUŃ		00:00:28	5:51	10,3	00:05:59	00:11:46	00:17:37	00:23:29	00:28:47	128	
163	71	JANKOWSKA IGA	TORUŃ		00:00:29	5:52	10,2	00:06:19	00:12:08	00:18:14	00:24:24	00:28:52		35
164	228	WYRZYKOWSKI ŁUKASZ	TORUŃ		00:00:18	5:51	10,3	00:05:34	00:11:06	00:17:06	00:23:21	00:28:55	129	
165	82	KANIEWSKA DOMINIKA	BADKOWO		00:00:18	5:52	10,2	00:05:58	00:11:45	00:17:39	00:23:33	00:29:01		36
166	140	NIEDZIAŁKOWSKA LILLA	TORUŃ		00:00:22	5:55	10,1	00:06:00	00:11:46	00:17:51	00:23:50	00:29:15		37
167	119	LUDWIK KRZYSTYNA	ŁYSOMICE		00:00:21	5:55	10,1	00:05:55	00:11:47	00:17:50	00:23:50	00:29:16		38
168	215	ŻAK SŁAWOMIR	BYDGOSZCZ		00:00:27	5:57	10,1	00:05:39	00:11:46	00:17:53	00:24:02	00:29:17	130	
169	179	STRAMEK JOANNA	TORUŃ		00:00:22	5:57	10,1	00:06:03	00:11:52	00:17:52	00:23:57	00:29:25		39
170	8	BAK ANDRZEJ	LUBICZ	BOOT CAMP POLSKA	00:00:11	5:58	10,1	00:05:34	00:11:44	00:17:49	00:23:53	00:29:38	131	
171	219	MODZELEWSKA KAROLINA	TORUŃ	BOOT CAMP POLSKA	00:00:11	5:58	10,1	00:05:34	00:11:44	00:17:49	00:23:53	00:29:38		40
172	211	ZAKRZEWSKA MARTYNA	LIPNO		00:00:05	5:59	10,0	00:05:23	00:11:15	00:17:35	00:23:44	00:29:50		41
173	27	CHWEDECZKO KAROLINA	TORUŃ		00:00:13	6:01	10,0	00:05:22	00:11:21	00:17:37	00:24:01	00:29:50		42
174	50	FOKS ALEKSANDRA	BYDGOSZCZ		00:00:24	6:03	9,9	00:05:56	00:11:45	00:17:50	00:23:59	00:29:52		43
175	125	MALINOWSKA EWA	GOLUB-DOBRYŃ		00:00:21	6:05	9,9	00:05:50	00:11:50	00:18:01	00:24:19	00:30:03		44
176	186	TANDECKA MAJA	TORUŃ		00:00:12	6:03	9,9	00:05:17	00:11:06	00:17:29	00:24:01	00:30:04		45
177	73	JARUSZEWSKA ANNA	TORUŃ		00:00:13	6:04	9,9	00:05:37	00:11:38	00:17:58	00:24:15	00:30:09		46
178	135	MIKOŁAJEWSKA DOROTA	TORUŃ		00:00:11	6:05	9,9	00:05:53	00:11:52	00:17:59	00:24:12	00:30:12		47
179	30	CHYŁEK WOJCIECH	TORUŃ	BBL TORUŃ	00:00:26	6:08	9,8	00:06:07	00:12:05	00:18:30	00:24:43	00:30:16	132	
180	188	TARASZKA OLGA	GNIEWKOWO	UMK TORUŃ	00:00:28	6:10	9,7	00:06:18	00:12:13	00:18:29	00:24:50	00:30:22		48



# Twarde Piątki 25.09.2015

Organizator: Toruński Związek TKKF  
 Data: 25.09.2015  
 Dystans: 5km  
 Miejscowość: Toruń

Klasyfikacja: OPEN



M-ce	Nr zaw.	Nazwisko Imię	Miejscowość	Klub	Czas startu	tempo min/km	tempo km/h	1km	2km	3km	4km	Wynik (netto)	M	K
181	187	TARASZKA IRENEUSZ	GNIEWKOWO	JRG 1 INOWROCLAW	00:00:28	6:10	9,7	00:06:17	00:12:11	00:18:27	00:24:50	00:30:23	133	
182	130	MARSZAŁEK IGA	TORUŃ		00:00:19	6:13	9,7	00:05:59	00:12:11	00:18:35	00:24:55	00:30:46	49	
183	161	ROGALSKA MARTA	TORUŃ		00:00:26	6:16	9,6	00:06:34	00:12:54	00:19:15	00:25:34	00:30:52	50	
184	91	KONIECZKA MARTA	TORUŃ		00:00:25	6:16	9,6	00:06:11	00:12:14	00:18:40	00:25:17	00:30:57	51	
185	47	ECKERT-ZACZKIEWICZ PATRYCJA	PAPOWO TORUŃSKIE-OSIEKI		00:00:27	6:17	9,5	00:06:11	00:12:06	00:18:49	00:25:22	00:30:58	52	
186	160	REDMERSKI DAWID	TORUŃ		00:00:23	6:16	9,6	00:05:57	00:11:56	00:18:18	00:24:52	00:30:59	134	
187	105	KUBIAK MAŁGORZATA	SOLEC KUJAWSKI		00:00:14	6:17	9,5	00:06:04	00:12:12	00:18:38	00:25:06	00:31:12	53	
188	226	NOWAK DARIUSZ	TORUŃ		00:00:19	6:48	8,8	00:05:50	00:12:17	00:19:37	00:27:02	00:33:40	135	
189	195	WALINOWICZ AGATA	TORUŃ	BELLA LINE TEAM	00:00:25	6:54	8,7	00:07:18	00:14:08	00:21:04	00:28:05	00:34:06	54	
190	172	SOCHA ALEKSANDRA	ZŁAWIEŚ MAŁA		00:00:26	6:59	8,6	00:07:15	00:14:08	00:21:08	00:28:10	00:34:30	55	
191	79	KALISZEWSKA KATARZYNA	TORUŃ		00:00:22	6:59	8,6	00:06:22	00:13:07	00:20:39	00:27:53	00:34:31	56	
192	169	SKOWROŃSKA-LISIEWICZ MARYLA	TORUŃ		00:00:00	7:07	8,4	00:06:40	00:13:37	00:20:56	00:28:11	00:35:37	57	
193	154	PODLASZEWSKI JACEK	TORUŃ	VENI,CUCURRI,VICI	00:00:23	7:13	8,3	00:06:58	00:13:54	00:21:17	00:28:41	00:35:42	136	
194	99	KRUSZKA ANETTA	WŁOCŁAWEK		00:00:32	7:16	8,3	00:06:59	00:13:59	00:21:21	00:29:02	00:35:46	58	
195	185	TABAŁA KATARZYNA	ZŁOCENIEC		00:00:31	7:30	8,0	00:08:10	00:15:27	00:23:20	00:30:46	00:37:00	59	
196	182	SZMIDT BEATA	BYDGOSZCZ		00:00:30	7:30	8,0	00:08:11	00:15:27	00:23:23	00:30:47	00:37:02	60	
197	173	SOCHA JOANNA	ZŁAWIEŚ MAŁA		00:00:25	7:31	8,0	00:07:25	00:14:56	00:22:40	00:30:21	00:37:12	61	

