



DYSZKA NA ZDROWIU 22.09.2018



MIEJSCE	NR	IMIĘ	NAZWISKO	PLEĆ	PLEĆ/ MIEJSCE	Rocznik	Drużyna/Klub	LAP1	LAP2	LAP3	LAP4	META	NETTO
1	1	Tomasz	Osmulski	M	1	1982	Trucht.com	00:08:07	00:15:45	00:23:17	00:30:26	00:36:43	00:36:43
2	159	Robert	Sobczak	M	2	1982		00:08:07	00:15:45	00:23:17	00:30:26	00:37:17	00:37:17
3	4	Karol	Bernasiak	M	3	1978	MPK ŁÓDŹ	00:08:08	00:15:45	00:23:17	00:30:53	00:38:23	00:38:22
4	43	Robert	Wójcik	M	4	1973	Razem Tworzymy Się	00:08:19	00:16:14	00:24:04	00:31:45	00:39:24	00:39:23
5	109	Maciej	Konwerski	M	5	1986		00:08:13	00:16:04	00:24:11	00:32:15	00:40:09	00:40:07
6	162	Michał	Karwowski	M	6	1981	Epoka Nordica Łódź	00:08:23	00:16:21	00:24:31	00:32:29	00:40:24	00:40:22
7	55	Michał	Adamkiewicz	M	7	1985	ReebokRunCrew LDZ	00:08:14	00:16:05	00:24:11	00:32:45	00:41:11	00:41:11
8	34	Grzegorz	Kwiesielewicz	M	8	1974	Reebok Run Crew Idz	00:08:14	00:16:05	00:24:11	00:32:45	00:41:11	00:41:10
9	103	Krzysztof	Dryja	M	9	1979		00:08:17	00:16:24	00:24:47	00:33:10	00:41:13	00:41:09
10	49	Maciej	Ruta	M	10	1977	ReebokRunCrew LDZ	00:08:49	00:17:08	00:25:26	00:33:43	00:41:43	00:41:40
11	81	Dawid	Ratajek	M	11	1986	Łódź Kochanie Sport	00:08:52	00:17:14	00:25:38	00:33:59	00:42:01	00:41:58
12	168	Michał	Strzelecki	M	12	1981	Smashing Pąpkins	00:08:33	00:16:53	00:25:29	00:34:08	00:42:22	00:42:19
13	174	Włodek Andrzej	Dziedzic	M	13	1985		00:08:21	00:16:42	00:25:18	00:34:00	00:42:26	00:42:20
14	44	Patryk	Patucha	M	14	1978		00:08:35	00:17:00	00:25:31	00:34:08	00:42:52	00:42:49
15	194	Dominik	Wojtczak	M	15	1988	Morena Czołowa	00:08:36	00:17:00	00:25:31	00:34:14	00:43:06	00:43:04
16	122	Witold	Sabanda	M	16	1973	RYSIOTEAM	00:09:13	00:17:57	00:26:33	00:35:07	00:43:19	00:43:18
17	41	Arkadiusz	Matusiak	M	17	1972		00:08:39	00:17:03	00:25:47	00:34:38	00:43:21	00:43:16
18	195	Krzysztof	Kawnik	M	18	1978		00:09:21	00:17:57	00:26:54	00:35:49	00:44:27	00:44:24
19	22	Marcin	Gorący	M	19	1982		00:08:41	00:17:33	00:26:35	00:35:40	00:44:32	00:44:25
20	90	Marek	Doniec	M	20	1974	Piotrkowski Klub Biegacza Endorfina	00:08:53	00:17:49	00:26:53	00:35:58	00:44:55	00:44:50
21	175	Włodek Jan	Dziedzic	M	21	1957		00:08:38	00:17:34	00:26:34	00:35:59	00:45:09	00:45:04
22	108	Aleksandra	Szpoton	F	1	1984		00:09:24	00:18:17	00:27:18	00:36:32	00:45:34	00:45:29
23	157	Jakub	Skrobański	M	22	1992		00:09:16	00:18:26	00:27:48	00:36:56	00:45:40	00:45:34
24	156	Kamil	Stanios	M	23	1983		00:09:39	00:19:01	00:28:06	00:37:12	00:45:50	00:45:47
25	9	Michał	Kowalczykowski	M	24	1973	RYSIOTEAM	00:09:24	00:18:16	00:27:29	00:36:49	00:45:57	00:45:55
26	75	Beata	Świątłowska	F	2	1994		00:09:25	00:18:23	00:27:33	00:36:51	00:45:59	00:45:55
27	94	Adam	Pietrzko	M	25	1981		00:08:39	00:17:37	00:27:01	00:36:39	00:46:04	00:46:03
28	39	Artur	Prasal	M	26	1975		00:09:27	00:18:32	00:27:50	00:37:06	00:46:17	00:46:13
29	100	Bogusz	Raczyński	M	27	1983	TIGERS TEAM	00:09:17	00:18:24	00:27:51	00:37:25	00:46:23	00:46:22
30	114	Marcin	Górecki	M	28	1977	WiR	00:09:04	00:18:23	00:27:57	00:37:25	00:46:27	00:46:25
31	117	Władysław	Kisiel	M	29	1967		00:09:31	00:18:50	00:28:15	00:37:39	00:47:01	00:46:57
32	147	Remigiusz	Musiał	M	30	1995		00:09:45	00:19:09	00:28:19	00:37:43	00:47:06	00:46:58
33	7	Karol	Frickert	M	31	1991	Razem Trenujemy Sport	00:09:47	00:19:16	00:28:46	00:38:02	00:47:13	00:47:07
34	153	Elwira	Samborska	F	3	1984		00:09:48	00:19:17	00:28:46	00:38:07	00:47:26	00:47:20
35	120	Maciej	Pawlikowski	M	32	1994		00:08:30	00:17:48	00:27:34	00:37:42	00:48:03	00:48:00
36	59	Michał	Dzięgielewski	M	33	1987		00:10:18	00:19:47	00:29:21	00:39:01	00:48:15	00:48:04

37	24	Mariusz	Janicki	M	34	1983	Vera Running Team	00:10:18	00:19:48	00:29:22	00:39:02	00:48:15	00:48:10
38	171	Tomasz	Lorek	M	35	1982	Gillette run	00:10:45	00:20:20	00:29:48	00:39:29	00:48:47	00:48:40
39	30	Ewa	Pietruszewska	F	4	1988	RYSIOTEAM	00:10:28	00:20:12	00:29:52	00:39:32	00:48:57	00:48:52
40	105	Cyprian	Zimoń	M	36	1995		00:10:32	00:20:14	00:30:00	00:39:55	00:49:09	00:49:01
41	106	Radosław	Kakowski	M	37	1972		00:09:44	00:19:27	00:29:23	00:39:22	00:49:23	00:49:20
42	88	Artur	Niezgoda	M	38	1986	Łódź Kocha Sport	00:09:55	00:19:45	00:29:50	00:39:54	00:49:40	00:49:33
43	199	Bartek	Borowicz	M	39	1983	Szuwary Ostrzeszów	00:09:59	00:20:01	00:30:15	00:40:29	00:50:22	00:50:18
44	196	Katarzyna	Dwojak	F	5	1971		00:10:27	00:20:16	00:30:16	00:40:15	00:50:36	00:50:29
45	198	Barbara	Fronczkowska	F	6	1984		00:10:56	00:20:56	00:31:13	00:41:15	00:50:39	00:50:39
46	29	Kami	Milinsji	M	40	1981		00:09:23	00:19:27	00:29:54	00:40:27	00:50:39	00:50:34
47	160	Mariusz	Włodarski	M	41	1966	www.mariogo.pl	00:10:15	00:20:26	00:30:34	00:40:45	00:50:40	00:50:36
48	127	Marcin	Markowski	M	42	1980		00:10:04	00:20:10	00:30:40	00:41:09	00:51:08	00:51:07
49	99	Piotr	Puchała	M	43	1981		00:10:14	00:20:33	00:31:14	00:41:23	00:51:34	00:51:33
50	60	Artur	Jarocki	M	44	1980		00:10:28	00:20:27	00:30:47	00:41:16	00:51:46	00:51:38
51	25	Paweł	Przywara	M	45	1978	VitaDiet Sport Team	00:10:02	00:20:05	00:30:55	00:41:40	00:52:16	00:52:12
52	102	Grzegorz	Pawelczyk	M	46	1973		00:10:58	00:21:20	00:31:49	00:42:26	00:52:20	00:52:09
53	142	Miłosz	Mikorenda	M	47	2001		00:10:59	00:21:20	00:31:48	00:42:25	00:52:31	00:52:21
54	141	Piotr	Mikorenda	M	48	1970	Morena Czołowa	00:11:01	00:21:21	00:31:48	00:42:25	00:52:33	00:52:18
55	137	Bartosz	Dawidowicz	M	49	1991	ReebokRunCrew LDZ	00:11:25	00:22:21	00:32:55	00:43:17	00:52:34	00:52:25
56	46	Robert	Podlasiak	M	50	1979	RYSIOTEAM	00:11:07	00:21:45	00:32:14	00:42:38	00:52:50	00:52:40
57	57	Natalia	Adamkiewicz	F	7	1989	ReebokRunCrew LDZ	00:11:25	00:22:22	00:32:56	00:43:18	00:53:00	00:52:51
58	53	Krzysztof	Lewandowski	M	51	1977	ReebokRunCrew LDZ	00:11:25	00:22:21	00:32:55	00:43:18	00:53:01	00:52:52
59	12	Anna	Marszałek	F	8	1982	Noc runners	00:11:25	00:22:21	00:32:55	00:43:18	00:53:01	00:52:51
60	15	Sylvia	Białecka	M	52	1973	Tabun	00:11:31	00:22:22	00:32:56	00:43:18	00:53:02	00:52:52
61	104	Izabela	Baryła	F	9	1987		00:10:44	00:21:21	00:31:59	00:42:46	00:53:09	00:52:58
62	163	Ryszard	KOZIELSKI	M	53	1958	Eterne juna	00:10:33	00:20:56	00:31:44	00:42:41	00:53:42	00:53:40
63	152	Łukasz	Kwiatkowski	M	54	1983		00:11:27	00:22:23	00:32:56	00:43:18	00:53:50	00:53:38
64	27	Andrzej	Janicki	M	55	1962		00:10:26	00:20:44	00:31:45	00:43:04	00:54:04	00:53:58
65	165	Robert	Wolski	M	56	1979	VitaDiet Sport Team	00:11:09	00:22:06	00:32:58	00:43:45	00:54:10	00:54:06
66	173	Elżbieta	Madej	F	10	1960	xxx	00:10:57	00:21:32	00:32:09	00:43:07	00:54:16	00:54:11
67	64	Mariusz	Pietrucha	M	57	1986		00:10:23	00:21:34	00:32:58	00:44:33	00:55:28	00:55:27
68	92	Tadeusz	Janusz	M	58	1957	Piotrkowski klub biegacza Endorfina	00:10:30	00:21:09	00:32:24	00:44:04	00:55:31	00:55:25
69	3	Agnieszka	Średniak	F	11	1978	Szakale Bałut Łódź	00:11:08	00:22:12	00:33:15	00:44:59	00:56:52	00:56:41
70	129	Piotr	Borwin	M	59	1987		00:11:36	00:22:56	00:34:19	00:45:41	00:56:57	00:56:43
71	87	Monika	Pawlik	F	12	1985		00:11:18	00:22:30	00:33:56	00:45:30	00:57:04	00:56:58
72	186	Janusz	Mroczkowski	M	60	1951	Epoka Nordica Łódź	00:12:26	00:23:54	00:35:17	00:46:40	00:57:48	00:57:41
73	154	Małgorzata	Pietrusz	F	13	1972		00:11:46	00:23:04	00:34:32	00:46:12	00:57:53	00:57:45
74	61	Jakub	Borowski	M	61	1983	ReebokRunCrew LDZ	00:11:26	00:22:48	00:34:43	00:46:33	00:58:21	00:58:12
75	42	Martyna	Matusiak	F	14	1997		00:10:55	00:22:08	00:34:09	00:46:46	00:58:39	00:58:34
76	40	Anna	Matusiak	F	15	1962		00:11:19	00:22:22	00:34:12	00:46:46	00:58:48	00:58:41
77	191	Tadeusz	Kwiatkowski	M	62	1957		00:12:47	00:24:11	00:35:54	00:47:22	00:58:54	00:58:43
78	180	Paulina	Kolbe	F	16	1988		00:12:06	00:24:05	00:36:06	00:47:56	00:59:17	00:59:11
79	193	Łukasz	Januszewski	M	63	1984	Żandarmeria Wojskowa	00:10:58	00:21:19	00:32:17	00:44:14	00:59:26	00:59:14
80	118	Agnieszka	Sterczewska	F	17	1978		00:12:19	00:24:08	00:35:54	00:47:59	00:59:30	00:59:19

81	155	Anna	Korc	F	18	1976		00:12:03	00:23:51	00:35:46	00:47:51	00:59:41	00:59:33
82	35	Marek	Czubiński	M	64	1950		00:11:55	00:23:32	00:35:46	00:48:43	01:01:23	01:01:18
83	37	Lidia	Jucha	F	19	1972		00:11:55	00:23:32	00:35:46	00:48:43	01:01:28	01:01:23
84	110	Małgorzata	Cuper-Konwerska	F	20	1986		00:12:01	00:24:09	00:36:22	00:48:57	01:01:41	01:01:35
85	192	Aleksandrz	Bakalarz	F	21	1961	Epoka Nordica Łódź	00:13:52	00:26:29	00:38:29	00:50:44	01:02:52	01:02:45
86	16	Jolanta	Micor	F	22	1992	Tabun	00:11:38	00:23:07	00:35:16	00:49:11	01:03:47	01:03:37
87	36	Dorota	Ptak	F	23	1971		00:13:19	00:25:57	00:38:51	00:51:36	01:04:00	01:03:55
88	96	Mikołaj	Tracz	M	65	2004	VEGE RUNNERS	00:13:23	00:25:41	00:38:28	00:51:31	01:04:07	01:03:58
89	121	Julia	Suliga	F	24	2001		00:13:23	00:25:41	00:38:28	00:51:31	01:04:07	01:03:58
90	11	Tatiana	Nagodzka	F	25	1963	RYSIOTEAM	00:13:30	00:26:05	00:38:28	00:51:08	01:04:21	01:04:14
91	107	Katarzyna	Kowalczyk-Chruszcz	F	26	1963	Slow Jogging Łódź	00:13:52	00:26:29	00:39:18	00:52:09	01:04:41	01:04:33
92	197	Aneta	Szadkowska	F	27	1981		00:13:14	00:26:10	00:39:01	00:52:37	01:05:15	01:05:08
93	134	Kacper	Konarczak	M	66	1991		00:12:11	00:24:32	00:38:03	00:52:01	01:06:00	01:05:47
94	26	Katarzyna	Przywara	M	67	1978		00:14:59	00:28:22	00:41:32	00:55:24	01:08:53	01:08:41
95	200	Katarzyna	Gawłos	F	28	1984		00:15:09	00:29:12	00:42:28	00:55:22	01:09:21	01:09:15
96	136	Agnieszka	Spychalska	F	29	1988		00:15:09	00:29:12	00:42:29	00:56:12	01:10:13	01:10:07
97	62	Anna	Wyplosz	F	30	1969	RYSIOTEAM	00:15:00	00:29:40	00:45:18	01:01:26	01:17:11	01:17:03
98	63	Jacek	Bauer	M	68	1959	Slow Jogging Łódź	00:15:13	00:30:02	00:45:21	01:01:04	01:17:25	01:17:16
DNF	76	Andrzej	Rzeźnicki	M	DNF	1951	Biegacz Nowosolna	00:15:59	00:30:47	DNF	DNF	DNF	DNF