

# III BIEG POGOŃ RAKA - SZCZECIN

B4SPORT  
INTELLIGENTNE ZAWODY SPORTOWE

**Organizator:** Stowarzyszenie Walki z Rakiem Płuca Oddział Szczecin  
**Data:** 2019-10-05  
**Miejsce:** Szczecin  
**Dystans:** 5 km

**B4SPORT**  
INTELLIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	SIECZKOWSKI Michał	447	KB PIONIER SZCZECIN	M30	1	00:00:00	00:18:01.70	00:18:02.45		3:36	16.6
2	OLEJARZ Damian	351		M30	2	00:00:01	00:19:55.95	00:19:57.35	+00:01:54	3:59	15.1
3	ILCEWICZ Wojciech	143		M30	3	00:00:03	00:20:33.95	00:20:37.20	+00:02:32	4:06	14.6
4	TOPOREK Przemysław	518		M30	4	00:00:03	00:20:57.70	00:21:00.80	+00:02:56	4:11	14.3
5	PELC Marek	604	12B2	M30	5	00:00:01	00:21:20.40	00:21:21.65	+00:03:18	4:16	14.1
6	LIPERTOWICZ Sebastian	276	LOVELASY/WIECZORNE BIEGANIE W SZCZECINIE	M30	6	00:00:01	00:21:45.05	00:21:46.65	+00:03:43	4:21	13.8
7	CHARĘZA Marcin	49	ZAWADZKIEGO SZCZECIN	M30	7	00:00:05	00:21:58.50	00:22:03.65	+00:03:56	4:23	13.7
8	KUZNIEWSKI Andrzej	257	KUZITEAM	M30	8	00:00:03	00:22:32.65	00:22:36.05	+00:04:30	4:30	13.3
9	WAHN Przemysław	529		M30	9	00:00:10	00:22:43.60	00:22:53.75	+00:04:41	4:32	13.2
10	ROJEWSKI Mateusz	421		M30	10	00:00:03	00:22:46.85	00:22:50.60	+00:04:45	4:33	13.2
11	BARANOWSKI Dominik	111		M30	11	00:00:05	00:22:54.10	00:22:59.25	+00:04:52	4:34	13.1
12	MOCNY Tomasz	332		M30	12	00:00:09	00:22:57.60	00:23:06.60	+00:04:55	4:35	13.1
13	SROGA Maciej	466		M30	13	00:00:00	00:23:11.95	00:23:12.20	+00:05:10	4:38	12.9
14	STEFANIAK Paweł	475	14BUJ	M30	14	00:00:40	00:23:20.25	00:24:00.50	+00:05:18	4:40	12.9
15	TYLMAN Piotr	525	RUNDORFINA	M30	15	00:00:03	00:23:24.85	00:23:28.40	+00:05:23	4:41	12.8
16	KRZYWIEC Marcin	242		M30	16	00:00:04	00:23:28.55	00:23:33.50	+00:05:26	4:41	12.8
17	KOMAN Michał	202		M30	17	00:00:03	00:23:57.90	00:24:01.05	+00:05:56	4:47	12.5
18	KOWALCZYK Krzysztof	217		M30	18	00:00:01	00:24:00.15	00:24:01.55	+00:05:58	4:48	12.5
19	STAŃCZYK Sławomir	470	STARGARD. JA SIĘ NIE ŚCIGAM	M30	19	00:00:10	00:24:01.95	00:24:12.15	+00:06:00	4:48	12.5
20	SIWAK Łukasz	451		M30	20	00:00:01	00:24:45.40	00:24:46.65	+00:06:43	4:57	12.1
21	BARTOSZEWSKI Paweł	20	L-BUG RUN	M30	21	00:00:02	00:24:51.85	00:24:54.55	+00:06:50	4:58	12.1
22	JACYKOWSKI Konrad	148		M30	22	00:00:08	00:24:55.30	00:25:03.30	+00:06:53	4:59	12
23	DĘBCZYŃSKI Michał	72	WILD HORSE ZÜRICH	M30	23	00:00:05	00:24:56.55	00:25:02.20	+00:06:54	4:59	12
24	LENCEWICZ Grzegorz	268	HUSARIA RACE SZCZECIN	M30	24	00:00:25	00:24:58.45	00:25:23.90	+00:06:56	4:59	12
25	MISZCZAK Damian	329		M30	25	00:00:11	00:25:13.65	00:25:24.80	+00:07:11	5:02	11.9
26	PLUTO-PRĄDZYŃSKI Piotr	395		M30	26	00:00:37	00:25:38.55	00:26:15.95	+00:07:36	5:07	11.7
27	ZDUNEK Piotr	588		M30	27	00:00:45	00:25:46.95	00:26:32.40	+00:07:45	5:09	11.6
28	DZBANUSZEK Mariusz	86	SPORTOWE WARSZEWO	M30	28	00:00:08	00:25:48.55	00:25:57.20	+00:07:46	5:09	11.6
29	FURMAŃSKI Marcin	97		M30	29	00:00:27	00:26:08.60	00:26:36.50	+00:08:06	5:13	11.5
30	SENDEROWSKI Maciej	440		M30	30	00:00:21	00:26:12.00	00:26:33.80	+00:08:10	5:14	11.5

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
31	GUTOWSKI Paweł	128	EMKA STARGARD	M30	31	00:00:35	00:26:23.00	00:26:58.85	+00:08:21	5:16	11.4
32	PIEKARSKI Kamil	380		M30	32	00:00:11	00:26:28.65	00:26:40.35	+00:08:26	5:17	11.3
33	ZEMANKIEWICZ Łukasz	589	KANAŁ 6 AM	M30	33	00:00:10	00:26:29.45	00:26:40.30	+00:08:27	5:18	11.3
34	PATALAS Bartosz	373		M30	34	00:00:19	00:26:34.45	00:26:54.10	+00:08:32	5:19	11.3
35	GARBACIAK Łukasz	104		M30	35	00:00:21	00:26:54.70	00:27:16.50	+00:08:53	5:23	11.1
36	WOLNY Mariusz	568		M30	36	00:00:13	00:26:55.45	00:27:09.40	+00:08:53	5:23	11.1
37	SIKORA Tomasz	450		M30	37	00:00:05	00:27:08.55	00:27:13.80	+00:09:06	5:25	11.1
38	ŁEBKOWSKI Karol	278		M30	38	00:00:14	00:27:13.70	00:27:27.80	+00:09:12	5:26	11
39	KOSZUTA Bartosz	214		M30	39	00:00:12	00:27:21.50	00:27:33.50	+00:09:19	5:28	11
40	SEPIOTEK Kamil	443	RUNDORFINA	M30	40	00:00:14	00:27:24.75	00:27:39.05	+00:09:23	5:29	10.9
41	WAWROWSKI Paweł	537		M30	41	00:00:16	00:27:36.25	00:27:52.60	+00:09:34	5:31	10.9
42	SŁODOWNIK Konrad	458	SZKOŁA JĘZYKÓW OBCYCH PROFESSIONAL SCHOOL CHOJNA	M30	42	00:00:05	00:27:39.00	00:27:44.25	+00:09:37	5:31	10.8
43	JÓŻWIK Tomasz	163		M30	43	00:00:40	00:27:40.45	00:28:21.00	+00:09:38	5:32	10.8
44	OLEŚKIEWICZ Michał	354	WIECZORNE BIEGANIE W SZCZECINIE	M30	44	00:00:43	00:27:44.05	00:28:27.15	+00:09:42	5:32	10.8
45	BOBER Kamil	33		M30	45	00:00:33	00:27:44.40	00:28:17.55	+00:09:42	5:32	10.8
46	ANIELSKI Michał	11		M30	46	00:00:46	00:27:47.00	00:28:33.25	+00:09:45	5:33	10.8
47	BORTNIK Bartosz	39		M30	47	00:00:08	00:27:52.75	00:28:00.80	+00:09:51	5:34	10.8
48	KOMOROWSKI Michał	203		M30	48	00:00:51	00:28:04.20	00:28:55.80	+00:10:02	5:36	10.7
49	WOŁOWIEC Łukasz	571		M30	49	00:00:25	00:28:10.95	00:28:36.40	+00:10:09	5:38	10.6
50	REJBICZ Daniel	416		M30	50	00:00:07	00:28:27.75	00:28:35.30	+00:10:26	5:41	10.5
51	WOROCH Dave	573	TOP-PLANT	M30	51	00:00:02	00:28:39.70	00:28:41.90	+00:10:38	5:43	10.5
52	RUDZEWICZ Mariusz	429		M30	52	00:00:18	00:28:42.35	00:29:00.75	+00:10:40	5:44	10.5
53	CIEŚLIK Paweł	610		M30	53	00:00:26	00:29:21.40	00:29:47.75	+00:11:19	5:52	10.2
54	WÓJCIK Dariusz	578		M30	54	00:00:12	00:29:24.05	00:29:36.35	+00:11:22	5:52	10.2
55	DESZ Sebastian	71		M30	55	00:00:05	00:29:55.35	00:30:01.30	+00:11:53	5:59	10
56	PTAK Krzysztof	409		M30	56	00:00:38	00:30:00.60	00:30:38.80	+00:11:58	6:00	10
57	JARCZEWSKI Damian	156		M30	57	00:00:47	00:30:09.20	00:30:56.75	+00:12:07	6:01	10
58	MAĆKOWIAK Łukasz	291		M30	58	00:00:37	00:30:39.90	00:31:17.15	+00:12:38	6:08	9.8
59	KROSMAN Grzegorz	230		M30	59	00:00:46	00:30:44.35	00:31:30.80	+00:12:42	6:08	9.8
60	SKIBA Michał	454	PARKRUN SZCZECIN	M30	60	00:00:29	00:31:02.50	00:31:31.70	+00:13:00	6:12	9.7
61	KAMIONKA Andrzej	175	WIECZORNE BIEGANIE W SZCZECINIE	M30	61	00:00:09	00:31:11.15	00:31:21.00	+00:13:09	6:14	9.6
62	LEMANSKI Marcin	267		M30	62	00:00:19	00:31:34.65	00:31:53.95	+00:13:32	6:18	9.5
63	PASEK Adam	369		M30	63	00:00:29	00:31:43.00	00:32:12.80	+00:13:41	6:20	9.5
64	SĘK Marcin	445		M30	64	00:00:38	00:31:51.35	00:32:29.65	+00:13:49	6:22	9.4
65	KISZKIELEWICZ Krzysztof	190	ZET GOLD TEAM DRAWSKO POMORSKIE	M30	65	00:00:15	00:31:57.70	00:32:13.65	+00:13:56	6:23	9.4
66	RUTKOWSKI Konrad	432	RAGNAROK SZCZECIN	M30	66	00:00:11	00:32:55.40	00:33:07.20	+00:14:53	6:35	9.1
67	STASZEWSKI Łukasz	473		M30	67	00:00:20	00:33:40.50	00:34:01.05	+00:15:38	6:44	8.9
68	FIEDZIUSZKO Jasiu	94		M30	68	00:00:23	00:35:15.60	00:35:39.35	+00:17:13	7:03	8.5
69	SEJ Paweł	439		M30	69	00:00:48	00:37:43.55	00:38:31.65	+00:19:41	7:32	8
70	JEMIELITY Robert	162	WYDZIAŁ POŚCIGOWY	M30	70	00:00:51	00:42:12.55	00:43:03.60	+00:24:10	8:26	7.1