SIANOWSKA 5

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Organizator: Gmina Sianów
Data: 2021-11-27
Miejsce: Kłos
Dystans: 5 km

HERKULES
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Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	**SIÓDMIAK Igor**	**68**		OPEN -M	1	00:00:01	**00:17:15.10**	**00:17:16.85**		3:27	17.4 (100%)
2	**RUDNIK Krzysztof**	**61**		OPEN -M	2	00:00:01	**00:17:24.88**	**00:17:26.50**	+00:00:09 (0.9%)	3:28	17.2 (98.9%)
3	**USS Miłosz**	**107**		OPEN -M	3	00:00:02	**00:17:31.55**	**00:17:33.81**	+00:00:16 (1.6%)	3:30	17.1 (98.3%)
4	**BURZYŃSKI Aleksander**	**101**		OPEN -M	4	00:00:01	**00:17:54.79**	**00:17:56.53**	+00:00:39 (3.7%)	3:34	16.8 (96.6%)
5	**RYKIEL Michał**	**63**		OPEN -M	5	00:00:02	**00:18:30.68**	**00:18:32.74**	+00:01:15 (6.8%)	3:42	16.2 (93.1%)
6	**MAJKOWICZ Rafał**	**41**		OPEN -M	6	00:00:02	**00:18:44.07**	**00:18:46.49**	+00:01:28 (7.9%)	3:44	16 (92.0%)
7	**PAWŁOWICZ Roland**	**54**		OPEN -M	7	00:00:02	**00:18:49.82**	**00:18:51.84**	+00:01:34 (8.4%)	3:45	15.9 (91.4%)
8	**ZUKAL Piotr**	**94**		OPEN -M	8	00:00:02	**00:19:38.80**	**00:19:41.22**	+00:02:23 (12.2%)	3:55	15.3 (87.9%)
9	**FEDORCZAK Łukasz**	**11**		OPEN -M	9	00:00:01	**00:19:48.31**	**00:19:50.25**	+00:02:33 (12.9%)	3:57	15.2 (87.4%)
10	**PICK Tomek**	**56**		OPEN -M	10	00:00:03	**00:20:09.13**	**00:20:12.21**	+00:02:54 (14.4%)	4:01	14.9 (85.6%)
11	**CHMIELEWSKI Tomasz**	**8**		OPEN -M	11	00:00:02	**00:20:25.72**	**00:20:27.82**	+00:03:10 (15.6%)	4:05	14.7 (84.5%)
12	**OSTROWSKI Robert**	**42**		OPEN -M	12	00:00:10	**00:20:33.89**	**00:20:44.56**	+00:03:18 (16.1%)	4:06	14.6 (83.9%)
13	**LIDMAŃSKI Kamil**	**4**		OPEN -M	13	00:00:10	**00:20:46.79**	**00:20:56.93**	+00:03:31 (17.0%)	4:09	14.4 (82.8%)
14	**URBAŃSKI Tomasz**	**80**		OPEN -M	14	00:00:05	**00:21:09.83**	**00:21:15.05**	+00:03:54 (18.5%)	4:13	14.2 (81.6%)
15	**OLCZAK Krzysztof**	**47**		Mieszkańcy Gminy Sianów	1	00:00:14	**00:21:19.30**	**00:21:34.24**	+00:04:04 (19.1%)	4:15	14.1 (81.0%)
16	**TALKOWSKA Oliwia**	**77**		OPEN -K	1	00:00:01	**00:22:02.77**	**00:22:04.55**	+00:04:47 (21.7%)	4:24	13.6 (78.2%)
17	**KMITA Michał**	**29**		OPEN -M	15	00:00:04	**00:22:07.21**	**00:22:11.79**	+00:04:52 (22.0%)	4:25	13.6 (78.2%)
18	**ADASZYNSKI Wieslaw**	**1**		OPEN -M	16	00:00:03	**00:22:13.63**	**00:22:17.08**	+00:04:58 (22.4%)	4:26	13.5 (77.6%)
19	**STENKA Rafał**	**72**		OPEN -M	17	00:00:04	**00:22:27.60**	**00:22:32.23**	+00:05:12 (23.2%)	4:29	13.4 (77.0%)
20	**SIKORSKI Michał**	**67**		Mieszkańcy Gminy Sianów	2	00:00:02	**00:22:36.17**	**00:22:39.13**	+00:05:21 (23.7%)	4:31	13.3 (76.4%)
21	**PAWŁOWSKI Grzegorz**	**112**		OPEN -M	18	00:00:03	**00:22:46.03**	**00:22:49.41**	+00:05:30 (24.2%)	4:33	13.2 (75.9%)
22	**WERNER Kamila**	**85**		OPEN -K	2	00:00:01	**00:22:46.36**	**00:22:47.98**	+00:05:31 (24.2%)	4:33	13.2 (75.9%)
23	**WERSOCKI Artur**	**86**		OPEN -M	19	00:00:11	**00:23:10.88**	**00:23:22.84**	+00:05:55 (25.6%)	4:38	12.9 (74.1%)
24	**MILEWSKI Tomasz**	**103**		OPEN -M	20	00:00:09	**00:23:12.36**	**00:23:22.25**	+00:05:57 (25.7%)	4:38	12.9 (74.1%)
25	**KUPCZAK Damian**	**39**		Mieszkańcy Gminy Sianów	3	00:00:05	**00:23:17.96**	**00:23:23.94**	+00:06:02 (26.0%)	4:39	12.9 (74.1%)
26	**GIEDROWICZ Aleksandra**	**15**		OPEN -K	3	00:00:04	**00:23:21.78**	**00:23:26.63**	+00:06:06 (26.2%)	4:40	12.8 (73.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
27	**KRUK Marcin**	**36**		OPEN -M	21	00:00:04	**00:23:22.41**	**00:23:26.89**	+00:06:07 (26.2%)	4:40	12.8 (73.6%)
28	**KOZŁOWICZ Krzysztof**	**238**		OPEN -M	22	00:00:01	**00:23:46.46**	**00:23:47.46**	+00:06:31 (27.4%)	4:45	12.6 (72.4%)
29	**ŁĘKOWSKI Andrzej**	**40**		OPEN -M	23	00:00:06	**00:23:47.61**	**00:23:53.95**	+00:06:32 (27.5%)	4:45	12.6 (72.4%)
30	**KASPRZYK Bogdan**	**26**		OPEN -M	24	00:00:05	**00:23:57.92**	**00:24:03.26**	+00:06:42 (28.0%)	4:47	12.5 (71.8%)
31	**MIGUN Szymon**	**43**		OPEN -M	25	00:00:03	**00:24:02.05**	**00:24:05.47**	+00:06:46 (28.2%)	4:48	12.5 (71.8%)
32	**OLEARCZYK Arkadiusz**	**48**		OPEN -M	26	00:00:03	**00:24:05.22**	**00:24:09.08**	+00:06:50 (28.4%)	4:49	12.5 (71.8%)
33	**GRUNWALD Karolina**	**19**		OPEN -K	4	00:00:03	**00:24:05.24**	**00:24:08.72**	+00:06:50 (28.4%)	4:49	12.5 (71.8%)
34	**GARNCAREK Paweł**	**12**		OPEN -M	27	00:00:07	**00:24:06.60**	**00:24:13.68**	+00:06:51 (28.4%)	4:49	12.4 (71.3%)
35	**PEŁECHATA Julita**	**55**		Mieszkańcy Gminy Sianów	4	00:00:04	**00:24:14.54**	**00:24:18.64**	+00:06:59 (28.8%)	4:50	12.4 (71.3%)
36	**KLENIEWSKI Piotr**	**28**		OPEN -M	28	00:00:04	**00:24:22.34**	**00:24:26.62**	+00:07:07 (29.2%)	4:52	12.3 (70.7%)
37	**ZACHAREWICZ Damian**	**92**		OPEN -M	29	00:00:02	**00:24:41.42**	**00:24:44.00**	+00:07:26 (30.1%)	4:56	12.2 (70.1%)
38	**STASZAK Paweł**	**71**		OPEN -M	30	00:00:03	**00:24:51.02**	**00:24:54.18**	+00:07:35 (30.6%)	4:58	12.1 (69.5%)
39	**TWORSKA Magdalena**	**79**		Mieszkańcy Gminy Sianów	5	00:00:06	**00:24:55.08**	**00:25:01.58**	+00:07:39 (30.8%)	4:59	12 (69.0%)
40	**RUTKOWSKI Ryszard**	**62**		Mieszkańcy Gminy Sianów	6	00:00:02	**00:24:59.46**	**00:25:02.40**	+00:07:44 (31.0%)	4:59	12 (69.0%)
41	**KONISZEWSKI Marcin**	**33**		OPEN -M	31	00:00:11	**00:25:12.30**	**00:25:23.98**	+00:07:57 (31.6%)	5:02	11.9 (68.4%)
42	**KUNCMAN Łukasz**	**38**		Mieszkańcy Gminy Sianów	7	00:00:07	**00:25:20.43**	**00:25:28.34**	+00:08:05 (31.9%)	5:04	11.8 (67.8%)
43	**GAWIECKI Piotr**	**14**		OPEN -M	32	00:00:05	**00:25:25.47**	**00:25:31.23**	+00:08:10 (32.1%)	5:05	11.8 (67.8%)
44	**WĄSOWSKI Robert**	**84**		OPEN -M	33	00:00:07	**00:25:27.40**	**00:25:34.99**	+00:08:12 (32.2%)	5:05	11.8 (67.8%)
45	**PIECHOTA Robert**	**57**		OPEN -M	34	00:00:05	**00:25:28.75**	**00:25:33.93**	+00:08:13 (32.3%)	5:05	11.8 (67.8%)
46	**GRABAREK Ewelina**	**16**		Mieszkańcy Gminy Sianów	8	00:00:04	**00:25:28.99**	**00:25:33.20**	+00:08:13 (32.3%)	5:05	11.8 (67.8%)
47	**OSOBNIAK Ryszard**	**50**		OPEN -M	35	00:00:08	**00:25:29.55**	**00:25:37.97**	+00:08:14 (32.3%)	5:05	11.8 (67.8%)
48	**RYŹLAK Sebastian**	**64**		OPEN -M	36	00:00:12	**00:25:38.94**	**00:25:51.16**	+00:08:23 (32.7%)	5:07	11.7 (67.2%)
49	**PAWŁOWSKA Magdalena**	**111**		OPEN -K	5	00:00:03	**00:25:42.55**	**00:25:46.54**	+00:08:27 (32.9%)	5:08	11.7 (67.2%)
50	**TOMASZEWSKI Grzegorz**	**78**		Mieszkańcy Gminy Sianów	9	00:00:04	**00:25:44.75**	**00:25:48.88**	+00:08:29 (33.0%)	5:08	11.7 (67.2%)
51	**ANGRYS Maciej**	**2**		Mieszkańcy Gminy Sianów	10	00:00:07	**00:25:46.80**	**00:25:54.68**	+00:08:31 (33.1%)	5:09	11.6 (66.7%)
52	**DOBEL Jacek**	**110**		OPEN -M	37	00:00:07	**00:25:48.37**	**00:25:55.90**	+00:08:33 (33.1%)	5:09	11.6 (66.7%)
53	**SAMOIŁ-KOWALSKA Gerda**	**109**		OPEN -K	6	00:00:11	**00:25:59.60**	**00:26:10.97**	+00:08:44 (33.6%)	5:11	11.5 (66.1%)
54	**KORMAN Kamil**	**120**		OPEN -M	38	00:00:10	**00:26:04.41**	**00:26:15.25**	+00:08:49 (33.8%)	5:12	11.5 (66.1%)
55	**KOLIGAT Anna**	**31**		OPEN -K	7	00:00:10	**00:26:10.55**	**00:26:21.06**	+00:08:55 (34.1%)	5:14	11.5 (66.1%)
56	**KAMYK Piotr**	**25**		OPEN -M	39	00:00:06	**00:26:12.47**	**00:26:18.78**	+00:08:57 (34.2%)	5:14	11.5 (66.1%)
57	**BOREJKO Paulina**	**7**		Mieszkańcy Gminy Sianów	11	00:00:04	**00:26:15.97**	**00:26:20.70**	+00:09:00 (34.3%)	5:15	11.4 (65.5%)
58	**KOŁODZIEJCZYK Danuta**	**32**		OPEN -K	8	00:00:07	**00:26:20.58**	**00:26:27.86**	+00:09:05 (34.5%)	5:16	11.4 (65.5%)
59	**WYSOCKA Urszula**	**91**		OPEN -K	9	00:00:05	**00:26:22.10**	**00:26:27.20**	+00:09:06 (34.6%)	5:16	11.4 (65.5%)
60	**CZAPLIŃSKI Piotr**	**9**		Mieszkańcy Gminy Sianów	12	00:00:16	**00:26:27.49**	**00:26:44.21**	+00:09:12 (34.8%)	5:17	11.3 (64.9%)
61	**GREMBLEWSKI Dariusz**	**18**		OPEN -M	40	00:00:02	**00:26:37.11**	**00:26:39.29**	+00:09:22 (35.2%)	5:19	11.3 (64.9%)
62	**KOZŁOWIECKI Waldemar**	**102**				00:00:04	**00:26:41.48**	**00:26:45.98**	+00:09:26 (35.4%)	5:20	11.2 (64.4%)
63	**BORUSIŃSKA Marta**	**113**		OPEN -K	10	00:00:04	**00:26:55.13**	**00:26:59.56**	+00:09:40 (35.9%)	5:23	11.1 (63.8%)
64	**OLEARCZYK Patryk**	**49**		OPEN -M	41	00:00:09	**00:27:03.37**	**00:27:13.31**	+00:09:48 (36.2%)	5:24	11.1 (63.8%)
65	**BOJAR Natalia**	**5**		OPEN -K	11	00:00:06	**00:27:23.87**	**00:27:30.00**	+00:10:08 (37.0%)	5:28	11 (63.2%)
66	**BOJAR Łukasz**	**6**		OPEN -M	42	00:00:06	**00:27:24.46**	**00:27:30.62**	+00:10:09 (37.1%)	5:28	10.9 (62.6%)
67	**CZERWIŃSKA Katarzyna**	**108**		OPEN -K	12	00:00:09	**00:27:25.06**	**00:27:34.31**	+00:10:09 (37.1%)	5:29	10.9 (62.6%)
68	**SZMYT Marcin**	**74**		OPEN -M	43	00:00:06	**00:27:48.50**	**00:27:55.37**	+00:10:33 (38.0%)	5:33	10.8 (62.1%)
69	**KĘSIK Michał**	**27**		OPEN -M	44	00:00:12	**00:28:06.46**	**00:28:18.92**	+00:10:51 (38.6%)	5:37	10.7 (61.5%)
70	**GUTOWSKI Marek**	**20**		OPEN -M	45	00:00:05	**00:28:09.10**	**00:28:14.21**	+00:10:53 (38.7%)	5:37	10.7 (61.5%)

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71	**PAŁKA Gabriela**	**51**		OPEN -K	13	00:00:06	**00:28:31.23**	**00:28:37.89**	+00:11:16 (39.5%)	5:42	10.5 (60.3%)
72	**HARASYM Daniel**	**21**		Mieszkańcy Gminy Sianów	13	00:00:16	**00:28:33.05**	**00:28:49.15**	+00:11:17 (39.6%)	5:42	10.5 (60.3%)
73	**SZMYT Hubert**	**73**		OPEN -M	46	00:00:05	**00:28:46.45**	**00:28:52.29**	+00:11:31 (40.0%)	5:45	10.4 (59.8%)
74	**KOTARA-PAŁKA Małgorzata**	**35**		OPEN -K	14	00:00:07	**00:28:49.63**	**00:28:56.64**	+00:11:34 (40.2%)	5:45	10.4 (59.8%)
75	**ZAWISKA Anna**	**93**		OPEN -K	15	00:00:11	**00:29:04.90**	**00:29:16.83**	+00:11:49 (40.7%)	5:48	10.3 (59.2%)
76	**KOBUS-MAŁANECZ Agnieszka**	**30**		OPEN -K	16	00:00:08	**00:29:39.26**	**00:29:48.19**	+00:12:24 (41.8%)	5:55	10.1 (58.0%)
77	**SOBOTA Adrianna**	**69**		OPEN -K	17	00:00:09	**00:30:07.24**	**00:30:16.28**	+00:12:52 (42.7%)	6:01	10 (57.5%)
78	**GIL Remigiusz**	**99**		OPEN -M	47	00:00:08	**00:30:07.88**	**00:30:16.69**	+00:12:52 (42.7%)	6:01	10 (57.5%)
79	**HELLER Zdzisław**	**22**		OPEN -M	48	00:00:09	**00:31:27.86**	**00:31:37.43**	+00:14:12 (45.2%)	6:17	9.5 (54.6%)
80	**HUDAK Małgorzata**	**23**		OPEN -K	18	00:00:08	**00:31:58.76**	**00:32:07.58**	+00:14:43 (46.1%)	6:23	9.4 (54.0%)
81	**PAŃCZYK Justyna**	**52**		OPEN -K	19	00:00:09	**00:32:13.66**	**00:32:23.12**	+00:14:58 (46.5%)	6:26	9.3 (53.4%)
82	**NADULSKI Dariusz**	**46**		OPEN -M	49	00:00:15	**00:32:21.20**	**00:32:36.91**	+00:15:06 (46.7%)	6:28	9.3 (53.4%)
83	**STAŃCZAK Kamila**	**70**		OPEN -K	20	00:00:08	**00:32:44.72**	**00:32:52.96**	+00:15:29 (47.3%)	6:32	9.2 (52.9%)
84	**KOPCZYŃSKA Natalia**	**34**		OPEN -K	21	00:00:02	**00:32:51.59**	**00:32:54.13**	+00:15:36 (47.5%)	6:34	9.1 (52.3%)
85	**GAWIECKA Mariola**	**13**		OPEN -K	22	00:00:06	**00:34:32.31**	**00:34:39.25**	+00:17:17 (50.1%)	6:54	8.7 (50.0%)
86	**GRABSKA Daria**	**17**		OPEN -K	23	00:00:03	**00:40:44.54**	**00:40:48.27**	+00:23:29 (57.7%)	8:08	7.4 (42.5%)

Znaleziono 86 wynik(ów)