



NOCNY BIEG SZLAKIEM DZIKA

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Dziki Weekend 2020
Stowarzyszenie Klub Biegowy Dzik
2020-08-21
Police
5 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M3 40-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	WRÓBLEWSKI Michał	983	LIFE4FIT	M3 40-49	1	00:01:44	00:24:19.80	00:26:03.90		4:51	12.3 (100%)
2	WASILEWSKI Andrzej	826		M3 40-49	2	00:10:50	00:24:53.50	00:35:44.40	+00:00:33 (2.3%)	4:58	12 (97.6%)
3	ZYGMUNT Tomasz	798	OŻW SZCZECIN	M3 40-49	3	00:06:35	00:25:04.15	00:31:39.30	+00:00:44 (2.9%)	5:00	12 (97.6%)
4	JASTAK Paweł	665		M3 40-49	4	00:01:50	00:25:05.65	00:26:56.60	+00:00:45 (3.0%)	5:01	12 (97.6%)
5	MAZUR Emilusz	955	KM PSP KOSZALIN	M3 40-49	5	00:25:35	00:25:29.20	00:51:04.20	+00:01:09 (4.5%)	5:05	11.8 (95.9%)
6	ZELEK Darek	965		M3 40-49	6	00:26:50	00:25:54.65	00:52:45.05	+00:01:34 (6.1%)	5:11	11.6 (94.3%)
7	KRZEŚNIEWSKI Marcin	646	ROWEROWY ZAŁOM	M3 40-49	7	00:01:29	00:26:11.30	00:27:40.95	+00:01:51 (7.1%)	5:14	11.5 (93.5%)
8	WOSZCZYK Sebastian	621		M3 40-49	8	00:09:47	00:26:28.10	00:36:15.25	+00:02:08 (8.1%)	5:17	11.3 (91.9%)
9	TOMICZAK Krzysztof	660		M3 40-49	9	00:04:28	00:26:46.55	00:31:14.65	+00:02:26 (9.1%)	5:21	11.2 (91.1%)
10	BABICZ Wojtek	884	BRIDGESTONE STARGARD RUNNERS	M3 40-49	10	00:02:31	00:26:47.05	00:29:18.60	+00:02:27 (9.2%)	5:21	11.2 (91.1%)
11	OSTOJSKI Ireneusz	966	DLL PARTNERS	M3 40-49	11	00:28:38	00:27:00.15	00:55:38.30	+00:02:40 (9.9%)	5:24	11.1 (90.2%)
12	PIĘTKA Grzegorz	655	HELL'S HEAVEN SZCZECIN	M3 40-49	12	00:07:24	00:27:25.50	00:34:49.85	+00:03:05 (11.3%)	5:29	10.9 (88.6%)
13	IWANIEC Dariusz	713	BIEGOLAS KOSZALIN	M3 40-49	13	00:11:30	00:27:28.80	00:38:59.00	+00:03:09 (11.5%)	5:29	10.9 (88.6%)
14	KUŁAKOWSKI Dawid	676	BIEGOLAS KOSZALIN	M3 40-49	14	00:11:28	00:28:25.35	00:39:53.60	+00:04:05 (14.4%)	5:41	10.6 (86.2%)
15	BARTOSIEWICZ Adam	1119		M3 40-49	15	00:37:47	00:28:27.40	01:06:15.00	+00:04:07 (14.5%)	5:41	10.5 (85.4%)
16	MICERSKI Tomasz	666	BIEGOLAS KOSZALIN	M3 40-49	16	00:11:23	00:28:30.15	00:39:53.30	+00:04:10 (14.6%)	5:42	10.5 (85.4%)
17	LÜCKOFF Marc Steffen	748	BRAUNSCHWEIG HASH HOUSE HARRIERS	M3 40-49	17	00:07:30	00:29:01.75	00:36:32.70	+00:04:41 (16.2%)	5:48	10.3 (83.7%)
18	KRUSZYNA Robert	761		M3 40-49	18	00:12:01	00:29:07.00	00:41:08.15	+00:04:47 (16.4%)	5:49	10.3 (83.7%)
19	PYREK Krzysztof	663	JOKER	M3 40-49	19	00:44:03	00:29:15.95	01:13:19.05	+00:04:56 (16.9%)	5:51	10.3 (83.7%)

							Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu					
20	KNIOŁA Łukasz	603	PIŁA TEAM	M3 40-49	20	00:01:39	00:29:22.10	00:31:01.55	+00:05:02 (17.2%)	5:52	10.2 (82.9%)
21	PODOLAK Mirosław	907		M3 40-49	21	00:05:42	00:29:31.60	00:35:14.00	+00:05:11 (17.6%)	5:54	10.2 (82.9%)
22	PASZKO Daniel	872	WIECZORNE BIEGANIE SZCZECIN / KOMPAS TEAM POLICE	M3 40-49	22	00:03:51	00:29:43.25	00:33:35.15	+00:05:23 (18.1%)	5:56	10.1 (82.1%)
23	LEWANDOWSKI Piotr	1154	SKB DZIK	M3 40-49	23	00:12:59	00:29:49.25	00:42:48.45	+00:05:29 (18.4%)	5:57	10.1 (82.1%)
24	WITORZĘĆ Dariusz	710		M3 40-49	24	00:04:22	00:30:17.60	00:34:39.60	+00:05:57 (19.7%)	6:03	9.9 (80.5%)
25	ŁAWNICZAK Sebastian	845		M3 40-49	25	00:02:24	00:30:36.85	00:33:01.20	+00:06:17 (20.5%)	6:07	9.8 (79.7%)
26	CZAPLA Tomasz	977		M3 40-49	26	00:32:55	00:30:50.00	01:03:45.40	+00:06:30 (21.1%)	6:10	9.7 (78.9%)
27	KONDELA Paweł	612	OŻW SZCZECIN	M3 40-49	27	00:15:03	00:30:52.70	00:45:55.70	+00:06:32 (21.2%)	6:10	9.7 (78.9%)
28	DOBRYCKI Piotr	1133	BRIDGESTONE STARGARD RUNNERS	M3 40-49	28	00:05:37	00:30:57.55	00:36:34.55	+00:06:37 (21.4%)	6:11	9.7 (78.9%)
29	GRALEWICZ Robert	600		M3 40-49	29	00:06:39	00:30:58.15	00:37:37.25	+00:06:38 (21.4%)	6:11	9.7 (78.9%)
30	GÓSKI Tomasz	886	TEAM SPIRIT NOWA SÓL	M3 40-49	30	00:08:51	00:31:00.60	00:39:52.20	+00:06:40 (21.5%)	6:12	9.7 (78.9%)
31	DYWELSKI Marcin	1078	BRIDGESTONE STARGARD RUNNERS	M3 40-49	31	00:04:30	00:31:01.70	00:35:32.25	+00:06:41 (21.6%)	6:12	9.7 (78.9%)
32	PEDZIWIATR Marek	717		M3 40-49	32	00:09:19	00:31:11.30	00:40:30.60	+00:06:51 (22.0%)	6:14	9.6 (78.0%)
33	KRACZOWSKI Mirosław	1052		M3 40-49	33	00:03:18	00:31:17.50	00:34:36.10	+00:06:57 (22.2%)	6:15	9.6 (78.0%)
34	NIEWCZAS Tomasz	937	DZIKA SIGMA	M3 40-49	34	00:04:52	00:32:00.20	00:36:52.85	+00:07:40 (24.0%)	6:24	9.4 (76.4%)
35	RADCZUK Mariusz	1075	KOMPAS TEAM	M3 40-49	35	00:03:23	00:32:24.35	00:35:47.95	+00:08:04 (24.9%)	6:28	9.3 (75.6%)
36	BOCK Udo	729	BRAUNSCHWEIG HASH HOUSE HARRIERS	M3 40-49	36	00:06:18	00:32:44.50	00:39:02.65	+00:08:24 (25.7%)	6:32	9.2 (74.8%)
37	DOMAGALSKI Sławomir	919	SKB DZIK	M3 40-49	37	00:03:14	00:32:49.60	00:36:03.60	+00:08:29 (25.9%)	6:33	9.1 (74.0%)
38	BUBEŁA Tomasz	1073		M3 40-49	38	00:38:34	00:32:54.00	01:11:28.75	+00:08:34 (26.0%)	6:34	9.1 (74.0%)
39	GANCKE Grzegorz	1005		M3 40-49	39	00:50:25	00:33:14.65	01:23:39.70	+00:08:54 (26.8%)	6:38	9 (73.2%)
40	PAWŁOWSKI Karol	938	DZIKA SIGMA	M3 40-49	40	00:04:40	00:33:15.85	00:37:56.05	+00:08:56 (26.9%)	6:39	9 (73.2%)
41	HNAT Rafał	616	DECATHLON PIŁA	M3 40-49	41	00:08:12	00:33:25.60	00:41:37.70	+00:09:05 (27.2%)	6:41	9 (73.2%)
42	ŁEBKOWSKI Karol	689		M3 40-49	42	00:10:48	00:33:51.55	00:44:40.05	+00:09:31 (28.1%)	6:46	8.9 (72.4%)

							Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu					
43	PAWLUŚ Tomasz	589	SSPS CHEMIK POLICE	M3 40-49	43	00:02:26	00:33:53.15	00:36:20.05	+00:09:33 (28.2%)	6:46	8.8 (71.5%)
44	MĄDRAWSKI Tomasz	680		M3 40-49	44	00:19:20	00:33:59.95	00:53:20.10	+00:09:40 (28.4%)	6:48	8.8 (71.5%)
45	KWILIŃSKI Emil	993		M3 40-49	45	00:03:11	00:34:04.00	00:37:15.65	+00:09:44 (28.6%)	6:48	8.8 (71.5%)
46	TUMANOWICZ Tomasz	834		M3 40-49	46	00:12:16	00:34:18.35	00:46:34.55	+00:09:58 (29.1%)	6:51	8.7 (70.7%)
47	ŁEMPKOWSKI Janusz	982	DLL PARTNERS	M3 40-49	47	00:28:31	00:34:47.30	01:03:18.70	+00:10:27 (30.1%)	6:57	8.6 (69.9%)
48	CHUDZIŃSKI Bartosz	718	OŻW W SZCZECINIE	M3 40-49	48	00:14:54	00:35:29.40	00:50:24.35	+00:11:09 (31.4%)	7:06	8.5 (69.1%)
49	CARŁO Marcin	801	WIECZORNE BIEGANIE W SZCZECINIE	M3 40-49	49	00:03:49	00:35:39.75	00:39:29.15	+00:11:19 (31.8%)	7:08	8.4 (68.3%)
50	STOCK Heiko	743	BRAUNSCHWEIG HASH HOUSE HARRIERS	M3 40-49	50	00:06:46	00:35:52.30	00:42:38.50	+00:11:32 (32.2%)	7:10	8.4 (68.3%)
51	GRODZIŃSKI Arkadiusz	640	STARGARDZKI KLUB MORSÓW MIEDWIANIE	M3 40-49	51	00:03:54	00:36:01.05	00:39:55.70	+00:11:41 (32.4%)	7:12	8.3 (67.5%)
52	MURAWSKI Rafał	921	ŁOSOŚ TEAM	M3 40-49	52	00:11:34	00:36:07.65	00:47:42.40	+00:11:47 (32.7%)	7:13	8.3 (67.5%)
53	SZYSZKO Artur	1140	DLL PARTNERS	M3 40-49	53	00:30:47	00:36:19.10	01:07:06.95	+00:11:59 (33.0%)	7:15	8.3 (67.5%)
54	LEŚNIEWSKI Wojciech	1136	DLL PARTNERS	M3 40-49	54	00:30:43	00:36:23.95	01:07:07.35	+00:12:04 (33.2%)	7:16	8.2 (66.7%)
55	SITEK Alfred	789		M3 40-49	55	00:50:59	00:36:43.40	01:27:43.25	+00:12:23 (33.7%)	7:20	8.2 (66.7%)
56	SYCH Zbigniew	839	KB KAMIEŃ POMORSKI	M3 40-49	56	00:14:42	00:36:53.85	00:51:36.35	+00:12:34 (34.1%)	7:22	8.1 (65.9%)
57	WOJTKOWIAK Rafał	999		M3 40-49	57	00:36:35	00:36:58.30	01:13:33.30	+00:12:38 (34.2%)	7:23	8.1 (65.9%)
58	MLECZEK Roman	775		M3 40-49	58	00:16:03	00:37:13.70	00:53:17.35	+00:12:53 (34.6%)	7:26	8.1 (65.9%)
59	NASIADEK Arkadiusz	725		M3 40-49	59	00:14:57	00:37:18.10	00:52:15.70	+00:12:58 (34.8%)	7:27	8 (65.0%)
60	KLIMEK Krzysztof	726		M3 40-49	60	00:43:42	00:38:32.05	01:22:14.40	+00:14:12 (36.9%)	7:42	7.8 (63.4%)
61	SIDORCZUK Tomasz	929	KLUB BIEGAJĄCYCH LEŚNIKÓW	M3 40-49	61	00:28:03	00:38:47.25	01:06:50.85	+00:14:27 (37.3%)	7:45	7.7 (62.6%)
62	JADRYCH Zbigniew	915		M3 40-49	62	00:15:28	00:38:56.20	00:54:24.25	+00:14:36 (37.5%)	7:47	7.7 (62.6%)
63	JAŚKIEWICZ Krzysztof	682	MSPORT	M3 40-49	63	00:05:54	00:39:47.45	00:45:41.95	+00:15:27 (38.9%)	7:57	7.5 (61.0%)
64	KŁYS Robert	829	WDŚ KMP	M3 40-49	64	00:18:04	00:40:54.45	00:58:58.55	+00:16:34 (40.5%)	8:10	7.3 (59.3%)
65	WIECZOREK Wojciech	654		M3 40-49	65	00:06:15	00:41:10.70	00:47:26.25	+00:16:50 (40.9%)	8:14	7.3 (59.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
66	MRÓZ Tomek	698		M3 40-49	66	01:15:21	00:41:11.40	01:56:33.35	+00:16:51 (40.9%)	8:14	7.3 (59.3%)
67	ZAWISZA Tomasz	889	BRIDGESTONE STARGARD RUNNERS	M3 40-49	67	00:02:34	00:41:24.75	00:43:59.00	+00:17:04 (41.2%)	8:17	7.2 (58.5%)
68	STEMPNIAK Zbigniew	675	REBELS LEGION TEAM	M3 40-49	68	00:05:33	00:41:38.70	00:47:12.05	+00:17:18 (41.6%)	8:19	7.2 (58.5%)
69	ZADROŻNY Szymon	657		M3 40-49	69	00:43:52	00:42:38.15	01:26:30.65	+00:18:18 (42.9%)	8:31	7 (56.9%)
70	NIEZGODA Adam	619	KOMPAS TEAM	M3 40-49	70	00:06:58	00:43:19.70	00:50:18.65	+00:18:59 (43.8%)	8:40	6.9 (56.1%)
71	ULASS Robert	787		M3 40-49	71	00:51:26	00:43:21.35	01:34:48.25	+00:19:01 (43.9%)	8:40	6.9 (56.1%)
72	ZABROCKI Karol	633		M3 40-49	72	00:36:09	00:44:07.10	01:20:16.55	+00:19:47 (44.9%)	8:49	6.8 (55.3%)
73	PŁOSA Arkadiusz	780		M3 40-49	73	00:12:11	00:47:49.35	01:00:00.70	+00:23:29 (49.1%)	9:33	6.3 (51.2%)
74	PRABUCKI Jarosław	1128	UKL OSEMKA POLICE	M3 40-49	74	00:25:38	00:50:38.45	01:16:16.55	+00:26:18 (52.0%)	10:07	5.9 (48.0%)

Znaleziono 74 wynik(ów)