



Organizator:

Stowarzyszenie Walki z Rakiem Płuca Oddział
Szczecin

Data:

2021-10-02

Miejsce:

Szczecin

Dystans:

5 km

V BIEG POGOŃ RAKA - SZCZECIN

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	RUSEK Kamil	293	FEHLAU RUN TEAM	M Open	1	00:00:00	00:18:48.50	00:18:49.15		3:45	16 (100%)
2	TROĆ Daniel	239	RAZ SZCZECIN	M Open	2	00:00:01	00:19:02.40	00:19:03.40	+00:00:13 (1.2%)	3:48	15.8 (98.8%)
3	BRYKCZYŃSKI Filip	16	RAZ SZCZECIN	M Open	3	00:00:01	00:19:19.40	00:19:20.55	+00:00:30 (2.7%)	3:51	15.5 (96.9%)
4	SIECZKOWSKI Michał	200	KB PIONIER SZCZECIN	M Open	4	00:00:01	00:19:50.10	00:19:51.10	+00:01:01 (5.2%)	3:58	15.1 (94.4%)
5	OPAS Adam	143		M Open	5	00:00:01	00:20:33.25	00:20:34.85	+00:01:44 (8.5%)	4:06	14.6 (91.3%)
6	ŁAZOWSKI Marcin	286	POGOŃ	M Open	6	00:00:01	00:21:15.50	00:21:17.30	+00:02:27 (11.5%)	4:15	14.1 (88.1%)
7	WOŹNIAK Marek	268	BOSMAN SZCZECIN	M Open	7	00:00:01	00:21:19.40	00:21:21.00	+00:02:30 (11.8%)	4:15	14.1 (88.1%)
8	STASZEWSKI Kamil	217		M Open	8	00:00:02	00:21:44.35	00:21:46.70	+00:02:55 (13.5%)	4:20	13.8 (86.3%)
9	TWAROGAL Kamil	241	WIECZORNE BIEGANIE W SZCZECINIE	M Open	9	00:00:02	00:21:55.40	00:21:57.50	+00:03:06 (14.2%)	4:23	13.7 (85.6%)
10	SKRZYPKOWIAK Marcin	207	(ZLDR)	M Open	10	00:00:01	00:21:57.75	00:21:59.05	+00:03:09 (14.4%)	4:23	13.7 (85.6%)
11	SARAN Tomasz	295		M Open	11	00:00:02	00:22:03.20	00:22:05.25	+00:03:14 (14.7%)	4:24	13.6 (85.0%)
12	TOPOREK Przemysław	238		M Open	12	00:00:03	00:22:27.30	00:22:30.70	+00:03:38 (16.2%)	4:29	13.4 (83.8%)
13	PROCIAK Krzysztof	297	SKB DZIK	M Open	13	00:00:02	00:22:47.85	00:22:50.70	+00:03:59 (17.5%)	4:33	13.2 (82.5%)
14	LEWANDOWSKI Daniel	294	AKTYWNE LISEWO	M Open	14	00:00:02	00:23:15.35	00:23:17.75	+00:04:26 (19.1%)	4:39	12.9 (80.6%)
15	PODWYSZYŃSKI Sylwester	165		M Open	15	00:00:02	00:23:24.60	00:23:26.70	+00:04:36 (19.7%)	4:40	12.8 (80.0%)
16	WALAWSKI Marcin	243	WWW.KANCELARIA-WALAWSKI.PL	M Open	16	00:00:01	00:23:40.25	00:23:41.45	+00:04:51 (20.5%)	4:44	12.7 (79.4%)
17	PELC Marek	152	12 BZ	M Open	17	00:00:02	00:23:50.30	00:23:52.45	+00:05:01 (21.1%)	4:46	12.6 (78.8%)
18	RADZIWOŃ Łukasz	177		M Open	18	00:00:04	00:23:54.45	00:23:58.75	+00:05:05 (21.3%)	4:46	12.6 (78.8%)
19	PUCHALSKI Grzegorz	173	MOBILNA WULKANIZACJA 536-226-226	M Open	19	00:00:01	00:24:14.15	00:24:16.10	+00:05:25 (22.4%)	4:50	12.4 (77.5%)
20	WOJTASIAK Kajetan	289		M Open	20	00:00:19	00:24:15.10	00:24:34.25	+00:05:26 (22.4%)	4:51	12.4 (77.5%)
21	ŚLIWA Marek	232	NUTRILITE XS SPORT TEAM	M Open	21	00:00:16	00:24:17.45	00:24:34.00	+00:05:28 (22.6%)	4:51	12.4 (77.5%)
22	SZYŁOWICZ Daniel	228	TYMTRITEAM	M Open	22	00:00:03	00:24:18.25	00:24:22.10	+00:05:29 (22.6%)	4:51	12.3 (76.9%)
23	SZYMAŃSKI Sławomir	229		M Open	23	00:00:05	00:24:31.65	00:24:36.65	+00:05:43 (23.3%)	4:54	12.2 (76.3%)
24	KURPIEWSKI Piotr	296		M Open	24	00:00:08	00:24:34.75	00:24:43.35	+00:05:46 (23.5%)	4:54	12.2 (76.3%)
25	TYMUL Jakub	242	#TYMTRITEAM	M Open	25	00:00:03	00:25:00.05	00:25:03.90	+00:06:11 (24.8%)	5:00	12 (75.0%)
26	DAWID Marcin	28		M Open	26	00:00:08	00:25:06.20	00:25:15.10	+00:06:17 (25.1%)	5:01	12 (75.0%)
27	BANASIEWICZ Zbigniew	5		M Open	27	00:00:05	00:25:10.00	00:25:15.75	+00:06:21 (25.3%)	5:02	11.9 (74.4%)
28	POGORZELSKI Daniel	290		M Open	28	00:00:13	00:25:33.00	00:25:46.05	+00:06:44 (26.4%)	5:06	11.7 (73.1%)
29	MAJEWSKI Maciej	288		M Open	29	00:00:18	00:25:38.80	00:25:57.45	+00:06:50 (26.7%)	5:07	11.7 (73.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
							5km	5km			
30	KRAWCZYK Mateusz	91	KB PIONIER SZCZECIN	M Open	30	00:00:02	00:25:39.05	00:25:42.00	+00:06:50 (26.7%)	5:07	11.7 (73.1%)
31	RADCZUK Mariusz	175		M Open	31	00:00:08	00:25:39.95	00:25:48.10	+00:06:51 (26.7%)	5:07	11.7 (73.1%)
32	LITWIŃSKI Jakub	287	WIECZORNE BIEGANIE W SZCZECINIE	M Open	32	00:00:18	00:25:47.90	00:26:06.55	+00:06:59 (27.1%)	5:09	11.6 (72.5%)
33	WOLSKI Tomasz	266		M Open	33	00:00:12	00:26:00.50	00:26:12.85	+00:07:12 (27.7%)	5:12	11.5 (71.9%)
34	SKOCZYLAS Kacper	206	TRIGYM SZCZECIN	M Open	34	00:00:13	00:26:17.55	00:26:30.90	+00:07:29 (28.5%)	5:15	11.4 (71.3%)
35	WRZOSEK Kamil	270		M Open	35	00:00:02	00:26:21.95	00:26:24.60	+00:07:33 (28.7%)	5:16	11.4 (71.3%)
36	GARBACIAK Tomasz	50		M Open	36	00:00:27	00:26:22.75	00:26:50.05	+00:07:34 (28.7%)	5:16	11.4 (71.3%)
37	BIELECKI Wojciech	10		M Open	37	00:00:02	00:26:22.95	00:26:25.40	+00:07:34 (28.7%)	5:16	11.4 (71.3%)
38	BARANOWSKI Dominik	6		M Open	38	00:00:14	00:26:23.40	00:26:37.65	+00:07:34 (28.7%)	5:16	11.4 (71.3%)
39	DUDZIŃSKI Wojtek	36		M Open	39	00:00:03	00:26:32.65	00:26:36.40	+00:07:44 (29.1%)	5:18	11.3 (70.6%)
40	SZYMCZAK Robert	231		M Open	40	00:00:15	00:26:37.90	00:26:52.90	+00:07:49 (29.4%)	5:19	11.3 (70.6%)
41	NEJMAN Rafał	136		M Open	41	00:00:00	00:26:39.00	00:26:39.00	+00:07:50 (29.4%)	5:19	11.3 (70.6%)
42	SOBIERAJ Marcin	213		M Open	42	00:00:09	00:26:43.40	00:26:52.80	+00:07:54 (29.6%)	5:20	11.2 (70.0%)
43	ZAŁEJSKI Tomasz	274		M Open	43	00:00:08	00:26:57.90	00:27:06.65	+00:08:09 (30.2%)	5:23	11.1 (69.4%)
44	GŁÓWCZYŃSKI Bartosz	282	ZLDR	M Open	44	00:00:09	00:27:00.95	00:27:10.40	+00:08:12 (30.4%)	5:24	11.1 (69.4%)
45	SKRZYPKOWIAK Jakub	208		M Open	45	00:00:04	00:27:01.50	00:27:05.50	+00:08:13 (30.4%)	5:24	11.1 (69.4%)
46	SZYDŁOWSKI Krzysztof	291		M Open	46	00:00:31	00:27:08.50	00:27:39.65	+00:08:20 (30.7%)	5:25	11.1 (69.4%)
47	LEŚNIAK Piotr	101		M Open	47	00:00:03	00:27:15.85	00:27:19.60	+00:08:27 (31.0%)	5:27	11 (68.8%)
48	SŁODOWNIK Konrad	210	SZKOŁA JĘZYKÓW OBCYCH	M Open	48	00:00:03	00:27:21.35	00:27:25.00	+00:08:32 (31.2%)	5:28	11 (68.8%)
49	CIEŚLA Paweł	24		M Open	49	00:00:33	00:27:34.05	00:28:07.60	+00:08:45 (31.8%)	5:30	10.9 (68.1%)
50	RATAJCZAK Paweł	179	NIE MA	M Open	50	00:00:04	00:27:36.10	00:27:40.60	+00:08:47 (31.9%)	5:31	10.9 (68.1%)
51	STĘPNIAK Lesław	219		M Open	51	00:00:14	00:27:43.85	00:27:58.80	+00:08:55 (32.2%)	5:32	10.8 (67.5%)
52	WITORZĘĆ Dariusz	259		M Open	52	00:00:09	00:28:05.05	00:28:14.10	+00:09:16 (33.0%)	5:37	10.7 (66.9%)
53	SZYMCZAK Marcin	230		M Open	53	00:00:21	00:28:23.25	00:28:44.60	+00:09:34 (33.7%)	5:40	10.6 (66.3%)
54	WIECZOREK Jakub	250	WKURW_TEAM	M Open	54	00:00:21	00:28:35.85	00:28:57.35	+00:09:47 (34.2%)	5:43	10.5 (65.6%)
55	OLEŚKIEWICZ Michał	142		M Open	55	00:00:27	00:28:37.95	00:29:05.75	+00:09:49 (34.3%)	5:43	10.5 (65.6%)
56	WOJTAT Adam	263		M Open	56	00:00:13	00:28:56.35	00:29:09.40	+00:10:07 (35.0%)	5:47	10.4 (65.0%)
57	SYC Rafał	220		M Open	57	00:00:27	00:29:18.20	00:29:45.30	+00:10:29 (35.8%)	5:51	10.2 (63.8%)
58	DOMAGALSKI Sławomir	32		M Open	58	00:00:15	00:29:22.55	00:29:37.55	+00:10:34 (36.0%)	5:52	10.2 (63.8%)
59	KRĘGIEL Bartosz	92		M Open	59	00:00:13	00:29:30.70	00:29:43.75	+00:10:42 (36.3%)	5:54	10.2 (63.8%)
60	PRUSINOWSKI Marcin	172		M Open	60	00:00:28	00:29:30.90	00:29:59.25	+00:10:42 (36.3%)	5:54	10.2 (63.8%)
61	BOGDAŃSKI Zbigniew	13		M Open	61	00:00:23	00:29:53.95	00:30:17.70	+00:11:05 (37.1%)	5:58	10 (62.5%)
62	CARŁO Marcin	20	WIECZORNE BIEGANIE W SZCZECINIE	M Open	62	00:00:17	00:29:57.85	00:30:14.85	+00:11:09 (37.2%)	5:59	10 (62.5%)
63	SAWICZ Mariusz	192		M Open	63	00:00:26	00:30:07.05	00:30:33.70	+00:11:18 (37.6%)	6:01	10 (62.5%)
64	RUDZEWICZ Mariusz	184	BIZON TEAM	M Open	64	00:00:24	00:30:16.40	00:30:40.90	+00:11:27 (37.9%)	6:03	9.9 (61.9%)
65	SELIGA Sebastian	194		M Open	65	00:00:15	00:30:18.65	00:30:34.20	+00:11:30 (37.9%)	6:03	9.9 (61.9%)
66	WONDOŁOWSKI Stanisław	267	WIECZORNE BIEGANIE SZCZECIN	M Open	66	00:00:11	00:30:21.15	00:30:32.85	+00:11:32 (38.0%)	6:04	9.9 (61.9%)
67	KOMOROWSKI Michał	83		M Open	67	00:00:38	00:30:25.15	00:31:03.45	+00:11:36 (38.2%)	6:05	9.9 (61.9%)
68	KUBASIK Waldemar	97	BOSMAN	M Open	68	00:00:05	00:30:30.70	00:30:35.80	+00:11:42 (38.4%)	6:06	9.8 (61.3%)
69	STACHECKI Krzysztof	214		M Open	69	00:00:31	00:30:47.70	00:31:19.55	+00:11:59 (38.9%)	6:09	9.7 (60.6%)
70	WOLIŃSKI Krzysztof	265		M Open	70	00:00:12	00:30:58.40	00:31:10.95	+00:12:09 (39.3%)	6:11	9.7 (60.6%)
71	KRUSZEWICZ Aleksander	96		M Open	71	00:00:10	00:31:11.40	00:31:21.90	+00:12:22 (39.7%)	6:14	9.6 (60.0%)
72	SKIBA Michał	204		M Open	72	00:00:10	00:31:20.75	00:31:30.75	+00:12:32 (40.0%)	6:16	9.6 (60.0%)
73	SENEJKO Marcin	197		M Open	73	00:22:35	00:31:27.40	00:54:02.40	+00:12:38 (40.2%)	6:17	9.5 (59.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
74	MISIASZEK Mirosław	127		M Open	74	00:00:24	00:31:33.70	00:31:57.75	+00:12:45 (40.4%)	6:18	9.5 (59.4%)
75	PAWELCZAK Cezary	150	WIECZORNE BIEGANIE W SZCZECINIE	M Open	75	00:00:18	00:31:47.20	00:32:05.35	+00:12:58 (40.8%)	6:21	9.4 (58.8%)
76	GŁOGOWSKI Jan	52		M Open	76	00:00:07	00:32:16.40	00:32:23.65	+00:13:27 (41.7%)	6:27	9.3 (58.1%)
77	KURZYMSKI Piotr	100	BIZON TEAM	M Open	77	00:00:28	00:32:56.45	00:33:24.80	+00:14:07 (42.9%)	6:35	9.1 (56.9%)
78	SEJ Paweł	193		M Open	78	00:01:24	00:32:58.40	00:34:23.00	+00:14:09 (43.0%)	6:35	9.1 (56.9%)
79	MACIBORSKI Mirosław	110	WIECZORNE BIEGANIE W SZCZECINIE	M Open	79	00:00:14	00:32:59.20	00:33:14.10	+00:14:10 (43.0%)	6:35	9.1 (56.9%)
80	DZBANUSZEK Mariusz	37	SPARTAKUS	M Open	80	00:00:17	00:33:06.45	00:33:23.80	+00:14:17 (43.2%)	6:37	9.1 (56.9%)
81	PIOTROWSKI Krzysztof	161	AMPIO TEAM	M Open	81	00:00:11	00:33:20.85	00:33:32.10	+00:14:32 (43.6%)	6:40	9 (56.3%)
82	MAHACZEK Adam	113		M Open	82	00:00:07	00:33:38.25	00:33:46.20	+00:14:49 (44.1%)	6:43	8.9 (55.6%)
83	PIEKARZEWICZ Tomasz	157	BOBOLICKIE BRACTWO BIEGOWE	M Open	83	00:00:13	00:34:22.40	00:34:36.05	+00:15:33 (45.3%)	6:52	8.7 (54.4%)
84	TALAREK Robert	235	SMT SZCZECIN	M Open	84	00:00:49	00:34:45.30	00:35:35.05	+00:15:56 (45.9%)	6:57	8.6 (53.8%)
85	KOZŁOWSKI Marcin	88	UKS DIAMENT GODÓW	M Open	85	00:00:10	00:35:22.60	00:35:33.50	+00:16:34 (46.8%)	7:04	8.5 (53.1%)
86	STACHOWSKI Andrzej	216	MONIA GYM	M Open	86	00:00:23	00:35:26.20	00:35:49.65	+00:16:37 (46.9%)	7:05	8.5 (53.1%)
87	DUDA Piotr	34		M Open	87	00:00:15	00:35:46.65	00:36:02.35	+00:16:58 (47.4%)	7:09	8.4 (52.5%)
88	KOŚCIŃSKI Jacek	86	WOJSKOWY KLUB HDK SZCZECIN	M Open	88	00:00:18	00:35:54.00	00:36:12.05	+00:17:05 (47.6%)	7:10	8.4 (52.5%)
89	WIECZOREK Wojciech	251		M Open	89	00:00:38	00:35:56.85	00:36:35.35	+00:17:08 (47.7%)	7:11	8.3 (51.9%)
90	MEDZIŃSKI Dariusz	284		M Open	90	00:00:02	00:38:57.65	00:39:00.35	+00:20:09 (51.7%)	7:47	7.7 (48.1%)
91	PIONTKE Jakub	292		M Open	91	00:00:00	00:39:08.75	00:39:08.75	+00:20:20 (52.0%)	7:49	7.7 (48.1%)
92	SZURA Wojciech	226		M Open	92	00:00:54	00:39:11.60	00:40:05.65	+00:20:23 (52.0%)	7:50	7.7 (48.1%)
93	JANKOWSKI Michał	66		M Open	93	00:00:06	00:40:42.40	00:40:48.90	+00:21:53 (53.8%)	8:08	7.4 (46.3%)
94	BANASIAK Andrzej	4		M Open	94	00:00:06	00:42:13.15	00:42:19.25	+00:23:24 (55.5%)	8:26	7.1 (44.4%)
95	GAPINSKI Rafal	49		M Open	95	00:00:37	00:43:14.90	00:43:52.60	+00:24:26 (56.5%)	8:38	6.9 (43.1%)
96	GUBERNIAK Andrzej	56	TURKEYS TEAM	M Open	96	00:00:29	00:43:40.55	00:44:10.20	+00:24:52 (56.9%)	8:44	6.9 (43.1%)
97	PARCHIMOWICZ Janusz	149		M Open	97	00:00:28	00:46:25.10	00:46:53.50	+00:27:36 (59.5%)	9:17	6.5 (40.6%)
98	WASIELEWSKI Mariusz	246		M Open	98	00:00:31	00:46:51.25	00:47:22.35	+00:28:02 (59.9%)	9:22	6.4 (40.0%)
99	NIEDŹWIECKI Paweł	138	PRZĘSOCIN NA PROGRAMIE PANI FUTYMKA	M Open	99	00:00:28	00:55:13.70	00:55:42.35	+00:36:25 (65.9%)	11:02	5.4 (33.8%)

Znaleziono 99 wynik(ów)