

2 BIAŁOGARDZKI BIEG SZLAKIEM GRYFA - 10 KM

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

2 Białogardzki Bieg Szlakiem Gryfa
Białogardzkie Stowarzyszenie Aktywności Sportowej
2020-10-03
Białogard
10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	ĆWIRZEŃ Marcin	217	WOLF TEAM	1 Fala	1	00:49:06.50		4:54	12.2 (100%)
2	OLICHOWSKI Mateusz	288	SURVIWAŁTEAM	1 Fala	2	00:51:24.55	+00:02:18 (4.5%)	5:08	11.7 (95.9%)
3	WITKIEWICZ Eryk	347	KB 10 BIAŁOGARD	1 Fala	3	00:55:05.05	+00:05:58 (10.8%)	5:30	10.9 (89.3%)
4	MICHALAK Grzegorz	280	KARLINO BIEGAJ!	2 Fala	1	00:56:19.80	+00:07:13 (12.8%)	5:37	10.7 (87.7%)
5	WRÓBLEWSKI Michał	355	LIFE4FIT	1 Fala	4	00:56:56.65	+00:07:50 (13.8%)	5:41	10.5 (86.1%)
6	BERNACKI Grzegorz	205	WOLF TEAM	2 Fala	2	00:59:05.15	+00:09:58 (16.9%)	5:54	10.2 (83.6%)
7	BLIZNA Rafał	207		3 Fala	1	00:59:23.95	+00:10:17 (17.3%)	5:56	10.1 (82.8%)
8	KOZAK Grzegorz	251	FPP	3 Fala	2	00:59:50.90	+00:10:44 (17.9%)	5:59	10 (82.0%)
9	KUŚ Maciej	260		3 Fala	3	01:00:08.75	+00:11:02 (18.4%)	6:00	10 (82.0%)
10	KNIOŁA Łukasz	248	WOLF TEAM	2 Fala	3	01:00:53.25	+00:11:46 (19.3%)	6:05	9.9 (81.1%)
11	KOWALEWSKI Andrzej	250	WOLF TEAM	2 Fala	4	01:02:17.15	+00:13:10 (21.2%)	6:13	9.6 (78.7%)
12	ŚLIZ Arkadiusz	333	WOLF TEAM	2 Fala	5	01:02:23.10	+00:13:16 (21.3%)	6:14	9.6 (78.7%)
13	WOJTALIK Łukasz	350	POŁCZYN BIEGA	2 Fala	6	01:02:35.40	+00:13:28 (21.5%)	6:15	9.6 (78.7%)
14	KRUSZCZYŃSKA Marzena	256	SURVIWAŁTEAM	1 Fala	5	01:02:38.15	+00:13:31 (21.6%)	6:15	9.6 (78.7%)
15	WINKOWSKI Ireneusz	345		2 Fala	7	01:05:16.25	+00:16:09 (24.8%)	6:31	9.2 (75.4%)
16	PIĘTKA Grzegorz	294	HELL'S HEAVEN SZCZECIN	1 Fala	6	01:05:40.35	+00:16:33 (25.2%)	6:34	9.1 (74.6%)
17	NOWICKI Marcin	285	WOLF TEAM	3 Fala	4	01:07:13.30	+00:18:06 (26.9%)	6:43	8.9 (73.0%)
18	PILAWSKI Ryszard	297	KAMA RUN CZARNKÓW	1 Fala	7	01:07:31.75	+00:18:25 (27.3%)	6:45	8.9 (73.0%)
19	WIERZBIŃSKI Rafał	343		1 Fala	8	01:07:41.10	+00:18:34 (27.4%)	6:46	8.9 (73.0%)
20	WOŁK Marcin	353	KSF	1 Fala	9	01:07:56.75	+00:18:50 (27.7%)	6:47	8.8 (72.1%)
21	ZARZYCKI Kuba	362	FPP	3 Fala	5	01:08:15.15	+00:19:08 (28.0%)	6:49	8.8 (72.1%)
22	MAJEWSKA Dorota	273		2 Fala	8	01:08:41.95	+00:19:35 (28.5%)	6:52	8.7 (71.3%)
23	BUSZMAN Mateusz	213	BOSIR	3 Fala	6	01:08:43.95	+00:19:37 (28.6%)	6:52	8.7 (71.3%)
24	PAŁASZEWSKA Karolina	293		2 Fala	9	01:09:09.50	+00:20:03 (29.0%)	6:54	8.7 (71.3%)
25	LENCEWICZ Grzegorz	263	HUSARIA SZCZECIN	3 Fala	7	01:10:01.80	+00:20:55 (29.9%)	7:00	8.6 (70.5%)
26	SOBIERAJSKI Jacek	319		3 Fala	8	01:10:12.85	+00:21:06 (30.1%)	7:01	8.5 (69.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Tempo min/km	Tempo km/h
						netto 10km	Różn		
27	MAJDAN-ADAMSKA Agnieszka	272		1 Fala	10	01:10:59.50	+00:21:53 (30.8%)	7:05	8.5 (69.7%)
28	WITKIEWICZ Magdalena	348	KB 10 BIAŁOGARD	1 Fala	11	01:11:07.95	+00:22:01 (31.0%)	7:06	8.4 (68.9%)
29	KRACZOWSKI Mirosław	253	HELL'S HEAVEN SZCZECIN	1 Fala	12	01:11:54.55	+00:22:48 (31.7%)	7:11	8.3 (68.0%)
30	KANIA Aleksandra	243	BOSIR	3 Fala	9	01:13:22.85	+00:24:16 (33.1%)	7:20	8.2 (67.2%)
31	SZULC Szymon	330	BOSIR	3 Fala	10	01:13:35.35	+00:24:28 (33.3%)	7:21	8.2 (67.2%)
32	PISKUNOWICZ Aleksandra	298	KSP URZĄD MIASTA BIAŁOGARD	3 Fala	11	01:14:49.45	+00:25:42 (34.4%)	7:28	8 (65.6%)
33	ŁUŃSKI Maciej	270	WOLF TEAM	2 Fala	10	01:15:17.60	+00:26:11 (34.8%)	7:31	8 (65.6%)
34	WEINAR Wojciech	341		1 Fala	13	01:15:32.35	+00:26:25 (35.0%)	7:33	7.9 (64.8%)
35	GOGACZ Jacek	225		3 Fala	12	01:17:08.70	+00:28:02 (36.3%)	7:42	7.8 (63.9%)
36	ZALOT Małgorzata	361		2 Fala	11	01:17:25.30	+00:28:18 (36.6%)	7:44	7.8 (63.9%)
37	WOŹNICKI Rafał	354		2 Fala	12	01:17:25.90	+00:28:19 (36.6%)	7:44	7.8 (63.9%)
38	KWILIŃSKA Weronika	261		2 Fala	13	01:20:57.90	+00:31:51 (39.3%)	8:05	7.4 (60.7%)
39	BARAŃSKI Grzegorz	203	SAR-BSR KOŁOBRZEG MARATON TEAM	1 Fala	14	01:21:16.75	+00:32:10 (39.6%)	8:07	7.4 (60.7%)
40	KOZIEŁ Katarzyna	368		1 Fala	15	01:21:17.05	+00:32:10 (39.6%)	8:07	7.4 (60.7%)
41	KWILIŃSKI Miłosz	262	BOSIR	3 Fala	13	01:22:52.85	+00:33:46 (40.7%)	8:17	7.2 (59.0%)
42	KOPCZYŃSKA Natalia	249	BOSIR	3 Fala	14	01:23:02.05	+00:33:55 (40.9%)	8:18	7.2 (59.0%)
43	CISZYN Michał	216	BOSIR	3 Fala	15	01:23:05.40	+00:33:58 (40.9%)	8:18	7.2 (59.0%)
44	BOIŃSKA Agnieszka	209	WOLF TEAM	2 Fala	14	01:23:09.40	+00:34:02 (40.9%)	8:18	7.2 (59.0%)
45	SAWICZ-ŁUŃSKA Emilia	313	WOLF TEAM	2 Fala	15	01:23:10.15	+00:34:03 (41.0%)	8:19	7.2 (59.0%)
46	SZYMAŃSKI Piotr	331		2 Fala	16	01:23:36.75	+00:34:30 (41.3%)	8:21	7.2 (59.0%)
47	PŁOSAJ Kamila	299	LKS PRZECŁAW	2 Fala	17	01:23:42.00	+00:34:35 (41.3%)	8:22	7.2 (59.0%)
48	PŁOSAJ Przemysław	300	LKS PRZECŁAW	2 Fala	18	01:23:42.25	+00:34:35 (41.3%)	8:22	7.2 (59.0%)
49	BIELECKI Hubert	206		1 Fala	16	01:23:52.50	+00:34:46 (41.5%)	8:23	7.2 (59.0%)
50	ZAGALSKA Paulina	358		1 Fala	17	01:23:57.45	+00:34:50 (41.5%)	8:23	7.1 (58.2%)
51	DZIEMIANKO Ilona	222		1 Fala	18	01:23:57.70	+00:34:51 (41.5%)	8:23	7.1 (58.2%)
52	KUROWSKI Artur	259		1 Fala	19	01:26:55.95	+00:37:49 (43.5%)	8:41	6.9 (56.6%)
53	WILIŃSKI Marek	344		2 Fala	19	01:29:01.10	+00:39:54 (44.8%)	8:54	6.7 (54.9%)
54	MATKOWSKA Martyna	277		2 Fala	20	01:29:02.10	+00:39:55 (44.8%)	8:54	6.7 (54.9%)
55	ŚLUSAKOWICZ Jakub	369	MIST	3 Fala	16	01:29:12.25	+00:40:05 (44.9%)	8:55	6.7 (54.9%)
56	ŚLIZ Mariusz	334	WOLF TEAM	2 Fala	21	01:30:56.75	+00:41:50 (46.0%)	9:05	6.6 (54.1%)
57	SOWA Krzysztof	321		2 Fala	22	01:31:11.15	+00:42:04 (46.1%)	9:07	6.6 (54.1%)
58	JUTRZENKA Agnieszka	242	BOSIR	3 Fala	17	01:33:12.95	+00:44:06 (47.3%)	9:19	6.4 (52.5%)
59	ORLIKOWSKI Robert	370	POŁCZYN BIEGA	3 Fala	18	01:33:15.20	+00:44:08 (47.3%)	9:19	6.4 (52.5%)
60	DRABKOWSKA Agnieszka	371	CUDAKI	3 Fala	19	01:33:15.40	+00:44:08 (47.3%)	9:19	6.4 (52.5%)
61	RUDKA Katarzyna	306	BOSIR	3 Fala	20	01:33:17.00	+00:44:10 (47.4%)	9:19	6.4 (52.5%)
62	OCHENKOWSKI Rafał	287	BOSIR	3 Fala	21	01:33:51.45	+00:44:44 (47.7%)	9:23	6.4 (52.5%)
63	OCHENKOWSKA Iwona	286	BOSIR	3 Fala	22	01:33:51.90	+00:44:45 (47.7%)	9:23	6.4 (52.5%)
64	LIPIŃSKI Piotr	267		3 Fala	23	01:34:09.35	+00:45:02 (47.8%)	9:24	6.4 (52.5%)
65	RZESZOTARSKI Jacek	308	SAR-BSR KOŁOBRZEG MARATON TEAM	1 Fala	20	01:34:59.35	+00:45:52 (48.3%)	9:29	6.3 (51.6%)
66	SACZKA Aneta	309	SAR-BSR KOŁOBRZEG MARATON TEAM	1 Fala	21	01:34:59.70	+00:45:53 (48.3%)	9:29	6.3 (51.6%)
67	CIECIERSKI Albin	215		3 Fala	24	01:35:41.45	+00:46:34 (48.7%)	9:34	6.3 (51.6%)
68	MARTUSZEWSKI Ryszard	276		3 Fala	25	01:35:43.60	+00:46:37 (48.7%)	9:34	6.3 (51.6%)
69	GRZESIAK Magdalena	230	MAMUŚKI	2 Fala	23	01:41:28.80	+00:52:22 (51.6%)	10:08	5.9 (48.4%)
70	SALAWA Anna	311	MAMUŚKI	2 Fala	24	01:41:29.15	+00:52:22 (51.6%)	10:08	5.9 (48.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
71	KRAWCZYK Marta	254	MAMUŚKI	2 Fala	25	01:41:29.40	+00:52:22 (51.6%)	10:08	5.9 (48.4%)
72	BEDNARZ Katarzyna	204	NESSI TEAM	2 Fala	26	01:41:37.85	+00:52:31 (51.7%)	10:09	5.9 (48.4%)
73	WOŁEJSZO Aleksandra	352		2 Fala	27	01:41:38.15	+00:52:31 (51.7%)	10:09	5.9 (48.4%)
74	SAWICKA - WERS Urszula	312		2 Fala	28	01:41:38.95	+00:52:32 (51.7%)	10:09	5.9 (48.4%)
75	BORKOWSKI Roger	210	BOSIR	3 Fala	26	01:44:30.80	+00:55:24 (53.0%)	10:27	5.7 (46.7%)
76	ROMANOWICZ Monika	304	BOSIR	3 Fala	27	01:44:31.45	+00:55:24 (53.0%)	10:27	5.7 (46.7%)
77	MATYSEK Ireneusz	278		1 Fala	22	02:06:00.65	+01:16:54 (61.0%)	12:36	4.8 (39.3%)
78	SAKOSIK Janina	310		1 Fala	23	02:06:01.00	+01:16:54 (61.0%)	12:36	4.8 (39.3%)
79	BURAS Radosław	212	HELL'S HEAVEN SZCZECIN	2 Fala	29				(0.0%)
80	BODNAR Zbigniew	208	BIEG KORCZAKA	1 Fala	24				(0.0%)
81	HALECZKO Mateusz	232	DZIKIE DZIKI GORZÓW	1 Fala	25				(0.0%)

Znaleziono 81 wynik(ów)