

## 2 BIAŁOGARDZKI BIEG SZLAKIEM GRYFA - 5 KM

B4SPORT  
INTELIGENTNE ZAWODY SPORTOWE

**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

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



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>OLICHOWSKI Mateusz</b>	<b>289</b>	SURVIWAŁTEAM	1 Fala	1	<b>00:34:56.25</b>		6:59	8.6 (100%)
2	<b>SOSNOWSKI Tomasz</b>	<b>320</b>	FPP	1 Fala	2	<b>00:41:01.75</b>	+00:06:05 (14.8%)	8:12	7.3 (84.9%)
3	<b>KRZEŚNIEWSKI Marcin</b>	<b>257</b>	ROWEROWY ZAŁOM	1 Fala	3	<b>00:43:43.60</b>	+00:08:47 (20.1%)	8:44	6.9 (80.2%)
4	<b>WEBER Paweł</b>	<b>340</b>	FPP	3 Fala	1	<b>00:43:57.85</b>	+00:09:01 (20.5%)	8:47	6.8 (79.1%)
5	<b>MARKOWSKA Iwona</b>	<b>275</b>	4 FIT CROSS BIAŁOGARD	2 Fala	1	<b>00:49:57.45</b>	+00:15:01 (30.1%)	9:59	6 (69.8%)
6	<b>MAZURKIEWICZ Seweryn</b>	<b>279</b>		2 Fala	2	<b>00:50:30.70</b>	+00:15:34 (30.8%)	10:06	5.9 (68.6%)
7	<b>RADZIEJEWSKI Paweł</b>	<b>303</b>		1 Fala	4	<b>00:54:00.90</b>	+00:19:04 (35.3%)	10:48	5.6 (65.1%)
8	<b>ŁAKOMIEC Maciej</b>	<b>269</b>		2 Fala	3	<b>00:54:39.75</b>	+00:19:43 (36.1%)	10:55	5.5 (64.0%)
9	<b>ORLON Barbara</b>	<b>290</b>		1 Fala	5	<b>00:56:22.70</b>	+00:21:26 (38.0%)	11:16	5.3 (61.6%)
10	<b>NIKLAS Małgorzata</b>	<b>283</b>	KSF	3 Fala	2	<b>00:56:31.25</b>	+00:21:35 (38.2%)	11:18	5.3 (61.6%)
10	<b>WOLANSKA Anna</b>	<b>351</b>	KLUB SPORTOWY FITNESS	3 Fala	2	<b>00:56:31.25</b>	+00:21:35 (38.2%)	11:18	5.3 (61.6%)
12	<b>WOJTKIEWICZ Mateusz</b>	<b>364</b>		1 Fala	6	<b>00:58:04.15</b>	+00:23:07 (39.8%)	11:36	5.2 (60.5%)
13	<b>KEMPROWSKA Sylwia</b>	<b>245</b>		1 Fala	7	<b>00:59:11.15</b>	+00:24:14 (41.0%)	11:50	5.1 (59.3%)
14	<b>KEMPROWSKI Sylwek</b>	<b>246</b>		1 Fala	8	<b>00:59:11.40</b>	+00:24:15 (41.0%)	11:50	5.1 (59.3%)
15	<b>STACHNIK Mirosław</b>	<b>322</b>	KRIO-FAZA PRUSZKÓW	1 Fala	9	<b>00:59:26.00</b>	+00:24:29 (41.2%)	11:53	5 (58.1%)
16	<b>HEJZA Katarzyna</b>	<b>234</b>		1 Fala	10	<b>01:00:33.25</b>	+00:25:37 (42.3%)	12:06	5 (58.1%)
17	<b>ZALEWSKA Magdalena</b>	<b>359</b>	BUDIMET BIAŁOGARD	1 Fala	11	<b>01:01:07.45</b>	+00:26:11 (42.8%)	12:13	4.9 (57.0%)
17	<b>ZALEWSKI Krzysztof</b>	<b>360</b>	BUDIMET BIAŁOGARD	1 Fala	11	<b>01:01:07.45</b>	+00:26:11 (42.8%)	12:13	4.9 (57.0%)
19	<b>SZYPULSKI Michał</b>	<b>332</b>		2 Fala	4	<b>01:01:10.00</b>	+00:26:13 (42.9%)	12:14	4.9 (57.0%)
20	<b>STRZELECKI Grzegorz</b>	<b>327</b>	FIGA PRACOWNIA PROJEKTOWA	2 Fala	5	<b>01:01:10.85</b>	+00:26:14 (42.9%)	12:14	4.9 (57.0%)
21	<b>URBAN Joanna</b>	<b>336</b>	KŁOSIAKI	1 Fala	13	<b>01:01:18.45</b>	+00:26:22 (43.0%)	12:15	4.9 (57.0%)
22	<b>JANOWICZ Przemysław</b>	<b>237</b>	FPP	1 Fala	14	<b>01:01:26.30</b>	+00:26:30 (43.1%)	12:17	4.9 (57.0%)
23	<b>SZMYT Marcin</b>	<b>329</b>	SZWAGRY BIEGAJĄ	1 Fala	15	<b>01:01:32.95</b>	+00:26:36 (43.2%)	12:18	4.9 (57.0%)
24	<b>TATYS Krzysztof</b>	<b>335</b>		1 Fala	16	<b>01:01:36.85</b>	+00:26:40 (43.3%)	12:19	4.9 (57.0%)
25	<b>RUTKOWSKJ Tomasz</b>	<b>307</b>	KŁOSIAKI	1 Fala	17	<b>01:01:40.90</b>	+00:26:44 (43.4%)	12:20	4.9 (57.0%)
26	<b>POŁOCZAŃSKI Piotr</b>	<b>301</b>	SZWAGRY BIEGAJĄ	1 Fala	18	<b>01:01:43.35</b>	+00:26:47 (43.4%)	12:20	4.9 (57.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Tempo min/km	Tempo km/h
						netto	Różn		
						5km			
27	<b>WĄSOWICZ Ewa</b>	<b>339</b>		3 Fala	4	<b>01:01:53.90</b>	+00:26:57 (43.6%)	12:22	4.8 (55.8%)
28	<b>STEC Andrzej</b>	<b>323</b>	SZLACHETNA PACZKA WAŁCZ	3 Fala	5	<b>01:01:54.65</b>	+00:26:58 (43.6%)	12:22	4.8 (55.8%)
29	<b>WYSZOMIRSKA Sylwia</b>	<b>356</b>	PAINTBALL ML BYŚLAW	2 Fala	6	<b>01:02:43.40</b>	+00:27:47 (44.3%)	12:32	4.8 (55.8%)
30	<b>JANUSZEWSKI Tomasz</b>	<b>238</b>	PAINTBALL ML BYŚLAW	2 Fala	7	<b>01:02:43.55</b>	+00:27:47 (44.3%)	12:32	4.8 (55.8%)
31	<b>WYSZOMIRSKI Marek</b>	<b>357</b>	PAINTBALL ML BYŚLAW	2 Fala	8	<b>01:02:43.65</b>	+00:27:47 (44.3%)	12:32	4.8 (55.8%)
32	<b>LISOWSKA Monika</b>	<b>268</b>		1 Fala	19	<b>01:02:45.85</b>	+00:27:49 (44.3%)	12:33	4.8 (55.8%)
33	<b>GRZELAK Karina</b>	<b>229</b>		1 Fala	20	<b>01:02:45.90</b>	+00:27:49 (44.3%)	12:33	4.8 (55.8%)
34	<b>KURENDA Sylwia</b>	<b>258</b>		1 Fala	21	<b>01:02:45.95</b>	+00:27:49 (44.3%)	12:33	4.8 (55.8%)
35	<b>GÓRALSKA Monika</b>	<b>226</b>	CLUB FORMA BIAŁOGARD	2 Fala	9	<b>01:02:51.70</b>	+00:27:55 (44.4%)	12:34	4.8 (55.8%)
36	<b>WIDERA Anna</b>	<b>342</b>	CLUB FORMA BIAŁOGARD	2 Fala	10	<b>01:02:55.50</b>	+00:27:59 (44.5%)	12:35	4.8 (55.8%)
37	<b>BAMBERSKA Barbara</b>	<b>202</b>	CLUB FORMA BIAŁOGARD	2 Fala	11	<b>01:03:02.80</b>	+00:28:06 (44.6%)	12:36	4.8 (55.8%)
38	<b>CEGIEŁKA Anna</b>	<b>214</b>	CLUB FORMA BIAŁOGARD	2 Fala	12	<b>01:03:05.45</b>	+00:28:09 (44.6%)	12:37	4.8 (55.8%)
39	<b>GRZEGORZAK Monika</b>	<b>228</b>		2 Fala	13	<b>01:05:03.70</b>	+00:30:07 (46.3%)	13:00	4.6 (53.5%)
40	<b>DANOWSKI Maciek</b>	<b>218</b>	CLUB FORMA BIAŁOGARD	2 Fala	14	<b>01:05:19.25</b>	+00:30:23 (46.5%)	13:03	4.6 (53.5%)
41	<b>STRZĄBAŁA Tomasz</b>	<b>326</b>		1 Fala	22	<b>01:05:19.90</b>	+00:30:23 (46.5%)	13:03	4.6 (53.5%)
42	<b>MARCINIAK Agnieszka</b>	<b>274</b>	CLUB FORMA BIAŁOGARD	2 Fala	15	<b>01:05:20.55</b>	+00:30:24 (46.5%)	13:04	4.6 (53.5%)
43	<b>ANIELSKI Sławomir</b>	<b>201</b>		2 Fala	16	<b>01:05:37.50</b>	+00:30:41 (46.8%)	13:07	4.6 (53.5%)
44	<b>DĘBSKA Kamila</b>	<b>220</b>	KLUB SPORTOWY FITNESS	3 Fala	6	<b>01:07:24.25</b>	+00:32:28 (48.2%)	13:28	4.5 (52.3%)
45	<b>ZIĘCINA Monika</b>	<b>363</b>	KLUB SPORTOWY FITNESS	3 Fala	7	<b>01:07:24.30</b>	+00:32:28 (48.2%)	13:28	4.5 (52.3%)
46	<b>DUBICKA Marta</b>	<b>221</b>	KLUB SPORTOWY FITNESS	3 Fala	8	<b>01:07:25.15</b>	+00:32:28 (48.2%)	13:29	4.4 (51.2%)
47	<b>GUZOWSKA Marta</b>	<b>231</b>	KLUB SPORTOWY FITNESS	3 Fala	9	<b>01:07:26.25</b>	+00:32:30 (48.2%)	13:29	4.4 (51.2%)
48	<b>DERDOWSKI Krzysztof</b>	<b>219</b>		3 Fala	10	<b>01:07:37.30</b>	+00:32:41 (48.3%)	13:31	4.4 (51.2%)
49	<b>SMUKOWSKA Alicja</b>	<b>318</b>		3 Fala	11	<b>01:07:37.70</b>	+00:32:41 (48.3%)	13:31	4.4 (51.2%)
50	<b>SMUKOWSKA Magda</b>	<b>317</b>		3 Fala	12	<b>01:07:37.85</b>	+00:32:41 (48.3%)	13:31	4.4 (51.2%)
51	<b>IWASZKO Anna</b>	<b>235</b>		2 Fala	17	<b>01:10:46.80</b>	+00:35:50 (50.6%)	14:09	4.2 (48.8%)
52	<b>POŻYCZKA Aleksandra</b>	<b>302</b>		2 Fala	18	<b>01:10:46.90</b>	+00:35:50 (50.6%)	14:09	4.2 (48.8%)
53	<b>IWASZKO Tomasz</b>	<b>236</b>		2 Fala	19	<b>01:10:56.05</b>	+00:35:59 (50.7%)	14:11	4.2 (48.8%)
54	<b>PILARCZYK Mirosław</b>	<b>296</b>	NOREW KOWALKI	1 Fala	23	<b>01:12:06.75</b>	+00:37:10 (51.6%)	14:25	4.2 (48.8%)
55	<b>SKIBIŃSKI Grzegorz</b>	<b>315</b>		2 Fala	20	<b>01:14:33.45</b>	+00:39:37 (53.1%)	14:54	4 (46.5%)
56	<b>SKIBIŃSKA Natalia</b>	<b>314</b>		2 Fala	21	<b>01:14:34.00</b>	+00:39:37 (53.1%)	14:54	4 (46.5%)
57	<b>JUJKA Dariusz</b>	<b>241</b>	RAMS TRAINING HOUSE	3 Fala	13	<b>01:15:30.35</b>	+00:40:34 (53.7%)	15:06	4 (46.5%)
58	<b>OSTROWSKA Barbara</b>	<b>292</b>	RAMS TRAINING HOUSE	3 Fala	14	<b>01:15:30.65</b>	+00:40:34 (53.7%)	15:06	4 (46.5%)
59	<b>ŻUBER Anna</b>	<b>365</b>	TEXAS	2 Fala	22	<b>01:15:42.85</b>	+00:40:46 (53.9%)	15:08	4 (46.5%)
60	<b>GROS Ewa</b>	<b>227</b>		3 Fala	15	<b>01:16:02.00</b>	+00:41:05 (54.0%)	15:12	3.9 (45.3%)
61	<b>KĘDZIERSKA Ewelina</b>	<b>247</b>		3 Fala	16	<b>01:16:02.10</b>	+00:41:05 (54.1%)	15:12	3.9 (45.3%)
62	<b>WODNICKA Ewa</b>	<b>349</b>		3 Fala	17	<b>01:16:02.35</b>	+00:41:06 (54.1%)	15:12	3.9 (45.3%)
63	<b>LIPERTOWICZ Adrianna</b>	<b>266</b>	RUNBIKE GRYFICE	3 Fala	18	<b>01:16:03.65</b>	+00:41:07 (54.1%)	15:12	3.9 (45.3%)
64	<b>MIKOŁAJCZAK Alicja</b>	<b>281</b>		2 Fala	23	<b>01:16:15.15</b>	+00:41:18 (54.2%)	15:15	3.9 (45.3%)
65	<b>ŁUGOWSKA Agnieszka</b>	<b>337</b>	CLUB FORMA BIAŁOGARD	2 Fala	24	<b>01:16:15.40</b>	+00:41:19 (54.2%)	15:15	3.9 (45.3%)
66	<b>LEWANDOWSKI Janusz</b>	<b>265</b>		1 Fala	24	<b>01:16:30.90</b>	+00:41:34 (54.3%)	15:18	3.9 (45.3%)
67	<b>ORSZULSKA Magdalena</b>	<b>291</b>	WIECZORNE BIEGANIE W SZCZECINIE	1 Fala	25	<b>01:16:32.45</b>	+00:41:36 (54.4%)	15:18	3.9 (45.3%)
68	<b>GAŁWA Marek</b>	<b>223</b>	TEXAS	2 Fala	25	<b>01:21:08.50</b>	+00:46:12 (56.9%)	16:13	3.7 (43.0%)
69	<b>GAŁWA Oliwia</b>	<b>224</b>	TEXAS	2 Fala	26	<b>01:21:09.35</b>	+00:46:13 (57.0%)	16:13	3.7 (43.0%)
70	<b>HAŁAS Renata</b>	<b>233</b>		1 Fala	26	<b>01:22:43.75</b>	+00:47:47 (57.8%)	16:32	3.6 (41.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
71	<b>WASILEWSKI Rafał</b>	<b>338</b>	SETKA	1 Fala	27	<b>01:22:43.80</b>	+00:47:47 (57.8%)	16:32	3.6 (41.9%)
72	<b>JEŻYNA Igor</b>	<b>240</b>	SETKA	1 Fala	28	<b>01:22:44.35</b>	+00:47:48 (57.8%)	16:32	3.6 (41.9%)
73	<b>WASILEWSKA Karolina</b>	<b>244</b>	SETKA	1 Fala	29	<b>01:22:45.30</b>	+00:47:49 (57.8%)	16:33	3.6 (41.9%)
74	<b>BOROS-SMOLIŃSKA Ewelina</b>	<b>211</b>		1 Fala	30	<b>01:22:45.45</b>	+00:47:49 (57.8%)	16:33	3.6 (41.9%)
75	<b>ŻUKOWSKA Joanna</b>	<b>367</b>	SIOSTRY SAŚIADKI	2 Fala	27	<b>01:27:38.80</b>	+00:52:42 (60.1%)	17:31	3.4 (39.5%)
76	<b>KRÓL Magdalena</b>	<b>255</b>	SIOSTRY SAŚIADKI	2 Fala	28	<b>01:27:38.90</b>	+00:52:42 (60.1%)	17:31	3.4 (39.5%)
77	<b>ŻUCHOWSKA Izabela</b>	<b>366</b>	SIOSTRY SAŚIADKI	2 Fala	29	<b>01:27:39.40</b>	+00:52:43 (60.1%)	17:31	3.4 (39.5%)

Znaleziono 77 wynik(ów)