

## 4. BIEG "STARGARD DLA NIEPODLEGŁEJ" - 5 KM

B4SPORT  
INTELEGENE ZAWODY SPORTOWE

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

4. BIEG "STARGARD DLA NIEPODLEGŁEJ"  
Ośrodek Sportu i Rekreacji OSiR Stargard Sp. z o.o.  
2021-11-11  
Stargard  
5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	WASZCZUK Tomasz	189	WASZCZUK TEAM	OPEN -M	1	00:09:36	<b>00:18:58.85</b>		3:47	15.8 (100%)
2	ŁUKASZEWSKI Sebastian	170	SKL STARGARD	OPEN -M	2	00:09:38	<b>00:19:30.20</b>	+00:00:31 (2.7%)	3:54	15.4 (97.5%)
3	MARKIEWICZ Kamil	26	BRIDGESTONE STARGARD RUNNERS	OPEN -M	3	00:09:56	<b>00:20:02.65</b>	+00:01:04 (5.4%)	4:00	15 (94.9%)
4	TIETZ Przemysław	53		OPEN -M	4	00:09:56	<b>00:20:09.60</b>	+00:01:11 (5.9%)	4:01	14.9 (94.3%)
5	KACZOR Michał	200		OPEN -M	5	00:09:58	<b>00:20:55.30</b>	+00:01:56 (9.3%)	4:11	14.3 (90.5%)
6	POCHRANOWICZ Barbara	198		OPEN -K	1	00:11:08	<b>00:21:37.05</b>	+00:02:38 (12.2%)	4:19	13.9 (88.0%)
7	PANASIUK Krzysztof	37		OPEN -M	6	00:11:27	<b>00:21:50.65</b>	+00:02:53 (13.2%)	4:22	13.7 (86.7%)
8	KOSZTOWNY Agata	197		OPEN -K	2	00:11:07	<b>00:22:04.80</b>	+00:03:06 (14.0%)	4:24	13.6 (86.1%)
9	KRAJEWSKI Sławomir	33		OPEN -M	7	00:11:12	<b>00:22:15.40</b>	+00:03:17 (14.7%)	4:27	13.5 (85.4%)
10	PAUL Kuba	65		OPEN -M	8	00:12:22	<b>00:22:18.30</b>	+00:03:19 (14.9%)	4:27	13.5 (85.4%)
11	PIĄTEK Stanisław	172		OPEN -M	9	00:11:19	<b>00:22:25.00</b>	+00:03:30 (15.5%)	4:29	13.4 (84.8%)
12	KAZIDRÓG Robert	31	RK78	OPEN -M	10	00:11:20	<b>00:23:06.10</b>	+00:04:09 (17.9%)	4:37	13 (82.3%)
13	OSTROWSKI Sylwester	176		OPEN -M	11	00:11:49	<b>00:23:36.05</b>	+00:04:38 (19.6%)	4:43	12.7 (80.4%)
14	MAROWSKI Marcin	82		OPEN -M	12	00:11:49	<b>00:23:47.75</b>	+00:04:51 (20.3%)	4:45	12.6 (79.7%)
15	JADRYCH Zbigniew	23	STARGARD JA SIĘ NIE ŚCIGAM	OPEN -M	13	00:11:34	<b>00:23:49.20</b>	+00:04:51 (20.4%)	4:45	12.6 (79.7%)
16	KUĆ Dariusz	150		OPEN -M	14	00:12:04	<b>00:24:01.75</b>	+00:05:04 (21.1%)	4:48	12.5 (79.1%)
17	JANCZARA Sebastian	69	STARGARD. JA SIĘ NIE ŚCIGAM	OPEN -M	15	00:11:37	<b>00:24:18.70</b>	+00:05:20 (21.9%)	4:51	12.3 (77.8%)
18	SKUPINSKA Sandra	63		OPEN -K	3	00:12:22	<b>00:24:23.30</b>	+00:05:24 (22.2%)	4:52	12.3 (77.8%)
19	KRUPA Daniel	194		OPEN -M	16	00:11:42	<b>00:24:25.30</b>	+00:05:27 (22.3%)	4:53	12.3 (77.8%)
20	STRZYGA Mariusz	42		OPEN -M	17	00:12:18	<b>00:24:39.80</b>	+00:05:42 (23.1%)	4:55	12.2 (77.2%)
21	ZASADA Jarosław	169		OPEN -M	18	00:12:25	<b>00:24:49.15</b>	+00:05:54 (23.7%)	4:57	12.1 (76.6%)
22	BADOWSKI Marcin	43	NASZ STARGARD	OPEN -M	19	00:12:14	<b>00:25:03.25</b>	+00:06:07 (24.3%)	5:00	12 (75.9%)
23	HERTEL Andrzej	59		OPEN -M	20	00:12:01	<b>00:25:09.55</b>	+00:06:14 (24.7%)	5:01	11.9 (75.3%)
24	SUCHARSKA Ryszard	165		OPEN -K	4	00:12:21	<b>00:25:23.70</b>	+00:06:27 (25.4%)	5:04	11.8 (74.7%)
25	LACHOWICZ Blanka	62		OPEN -K	5	00:12:22	<b>00:25:35.45</b>	+00:06:40 (26.0%)	5:07	11.7 (74.1%)
26	POLAK Grzegorz	20		OPEN -M	21	00:12:46	<b>00:25:55.30</b>	+00:06:58 (26.8%)	5:11	11.6 (73.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas netto		Tempo min/km	Tempo km/h
							5km	Różn		
27	<b>TAŻBIERSKI Paweł</b>	<b>41</b>		OPEN -M	22	00:13:00	<b>00:25:52.35</b>	+00:07:02 (27.0%)	5:10	11.6 (73.4%)
28	<b>ŻAK Sebastian</b>	<b>30</b>		OPEN -M	23	00:12:58	<b>00:25:52.50</b>	+00:07:03 (27.1%)	5:10	11.6 (73.4%)
29	<b>KISIEL Łukasz</b>	<b>24</b>		OPEN -M	24	00:12:58	<b>00:26:37.60</b>	+00:07:49 (29.1%)	5:19	11.3 (71.5%)
30	<b>WASZAK Krzysztof</b>	<b>68</b>	STC	OPEN -M	25	00:13:32	<b>00:26:58.45</b>	+00:08:04 (29.8%)	5:23	11.1 (70.3%)
31	<b>KACZYŃSKA Patrycja</b>	<b>39</b>		OPEN -K	6	00:13:28	<b>00:27:26.25</b>	+00:08:29 (30.9%)	5:29	10.9 (69.0%)
32	<b>RYKIEL Marcin</b>	<b>87</b>		OPEN -M	26	00:13:18	<b>00:27:43.55</b>	+00:08:46 (31.5%)	5:32	10.8 (68.4%)
33	<b>KUBIAK-WÓJCIK Agnieszka</b>	<b>35</b>		OPEN -K	7	00:13:28	<b>00:27:58.40</b>	+00:09:00 (32.1%)	5:35	10.7 (67.7%)
34	<b>ŚCIEŻOR Rafał</b>	<b>66</b>		OPEN -M	27	00:13:54	<b>00:28:11.85</b>	+00:09:17 (32.8%)	5:38	10.6 (67.1%)
35	<b>KILAR Michał</b>	<b>28</b>	VERTEMED	OPEN -M	28	00:13:31	<b>00:28:21.10</b>	+00:09:25 (33.1%)	5:40	10.6 (67.1%)
36	<b>NADOBNA Kamila</b>	<b>61</b>	STARGARD JA SIĘ NIE ŚCIGAM	OPEN -K	8	00:13:57	<b>00:28:25.70</b>	+00:09:29 (33.3%)	5:41	10.6 (67.1%)
37	<b>URBAŃSKA-IZYDORCZYK Kinga</b>	<b>60</b>	STARGARD JA SIĘ NIE ŚCIGAM	OPEN -K	9	00:13:57	<b>00:28:26.25</b>	+00:09:30 (33.3%)	5:41	10.6 (67.1%)
38	<b>ŁAGONDA Norbert</b>	<b>64</b>		OPEN -M	29	00:13:28	<b>00:28:33.00</b>	+00:09:35 (33.5%)	5:42	10.5 (66.5%)
39	<b>MNICH Łukasz</b>	<b>29</b>		OPEN -M	30	00:15:32	<b>00:29:12.90</b>	+00:10:22 (35.3%)	5:50	10.3 (65.2%)
40	<b>WESOŁA Monika</b>	<b>34</b>		OPEN -K	10	00:15:32	<b>00:29:13.50</b>	+00:10:23 (35.3%)	5:50	10.3 (65.2%)
41	<b>MAKOWSKI Robert</b>	<b>47</b>	BRAK	OPEN -M	31	00:14:44	<b>00:29:24.70</b>	+00:10:35 (35.8%)	5:52	10.2 (64.6%)
42	<b>SZŁĘK Kamil</b>	<b>32</b>		OPEN -M	32	00:14:33	<b>00:29:43.15</b>	+00:10:53 (36.4%)	5:56	10.1 (63.9%)
43	<b>LEWANDOWSKA Marika</b>	<b>70</b>		OPEN -K	11	00:14:48	<b>00:29:57.80</b>	+00:11:01 (36.7%)	5:59	10 (63.3%)
44	<b>DURA-POMARAŃSKI Maciej</b>	<b>21</b>		OPEN -M	33	00:13:32	<b>00:29:57.00</b>	+00:11:02 (36.7%)	5:59	10 (63.3%)
45	<b>REKOWSKI Adam</b>	<b>103</b>		OPEN -M	34	00:14:49	<b>00:30:13.85</b>	+00:11:17 (37.2%)	6:02	9.9 (62.7%)
46	<b>KUCYRKA Marcin</b>	<b>58</b>	STARGARD	OPEN -M	35	00:13:56	<b>00:30:31.25</b>	+00:11:34 (37.8%)	6:06	9.8 (62.0%)
47	<b>KUDLA Gosia</b>	<b>45</b>		OPEN -K	12	00:15:07	<b>00:30:42.80</b>	+00:11:47 (38.3%)	6:08	9.8 (62.0%)
48	<b>STELMACH Artur</b>	<b>25</b>		OPEN -M	36	00:15:19	<b>00:30:36.20</b>	+00:11:47 (38.3%)	6:07	9.8 (62.0%)
49	<b>BORZYM Krzysztof</b>	<b>73</b>		OPEN -M	37	00:15:12	<b>00:31:01.30</b>	+00:12:06 (38.9%)	6:12	9.7 (61.4%)
50	<b>HAJDUK Jarosław</b>	<b>48</b>		OPEN -M	38	00:15:40	<b>00:31:02.35</b>	+00:12:12 (39.1%)	6:12	9.7 (61.4%)
51	<b>BORZYM Justyna</b>	<b>72</b>		OPEN -K	13	00:15:12	<b>00:31:17.10</b>	+00:12:22 (39.4%)	6:15	9.6 (60.8%)
52	<b>WYRWAŁ Bogdan</b>	<b>46</b>	BRAK	OPEN -M	39	00:15:08	<b>00:31:12.65</b>	+00:12:23 (39.4%)	6:14	9.6 (60.8%)
53	<b>STĘPIEŃ Mateusz</b>	<b>80</b>		OPEN -M	40	00:15:57	<b>00:32:01.65</b>	+00:13:12 (41.0%)	6:24	9.4 (59.5%)
54	<b>KACZMARCZYK Stanisław</b>	<b>96</b>		OPEN -K	14	00:15:52	<b>00:32:10.60</b>	+00:13:12 (41.0%)	6:26	9.3 (58.9%)
55	<b>HAJDUK Joanna</b>	<b>49</b>		OPEN -K	15	00:15:40	<b>00:32:05.50</b>	+00:13:16 (41.1%)	6:25	9.4 (59.5%)
56	<b>CHMIELEWSKI Maciej</b>	<b>51</b>	STC STARGARD	OPEN -M	41	00:13:09	<b>00:30:11.10</b>	+00:13:41 (41.8%)	6:02	9.9 (62.7%)
57	<b>SZOTOWICZ Monika</b>	<b>149</b>	STC STARGARD	OPEN -K	16	00:15:31	<b>00:32:32.55</b>	+00:13:41 (41.8%)	6:30	9.2 (58.2%)
58	<b>PŁACHECKI Piotr</b>	<b>55</b>		OPEN -M	42	00:16:22	<b>00:32:35.65</b>	+00:13:45 (41.9%)	6:31	9.2 (58.2%)
59	<b>JASIEWICZ Zbigniew</b>	<b>56</b>		OPEN -M	43	00:16:20	<b>00:32:33.80</b>	+00:13:45 (42.0%)	6:30	9.2 (58.2%)
60	<b>BASIAK Mirosław</b>	<b>199</b>		OPEN -M	44	00:15:33	<b>00:33:27.85</b>	+00:14:30 (43.3%)	6:41	9 (57.0%)
61	<b>JAROSZ Klaudia</b>	<b>75</b>		OPEN -K	17	00:16:23	<b>00:33:36.25</b>	+00:14:45 (43.7%)	6:43	8.9 (56.3%)
62	<b>FELISIAK Małgorzata</b>	<b>171</b>		OPEN -K	18	00:16:24	<b>00:33:59.85</b>	+00:15:04 (44.2%)	6:47	8.8 (55.7%)
63	<b>MALEC Mariusz</b>	<b>40</b>	NIEZDIAGNOZOWANI W SZALE	OPEN -M	45	00:17:22	<b>00:35:56.70</b>	+00:17:01 (47.2%)	7:11	8.3 (52.5%)
64	<b>ADAMCEWICZ Ewa</b>	<b>83</b>		OPEN -K	19	00:17:28	<b>00:36:12.60</b>	+00:17:22 (47.7%)	7:14	8.3 (52.5%)
65	<b>RUNO Ela</b>	<b>44</b>	STARGARD. JA SIĘ NIE ŚCIGAM	OPEN -K	20	00:18:59	<b>00:39:09.15</b>	+00:20:13 (51.5%)	7:49	7.7 (48.7%)
66	<b>KONIUSZANIEC Agata</b>	<b>167</b>		OPEN -K	21	00:19:44	<b>00:40:15.95</b>	+00:21:21 (52.9%)	8:03	7.5 (47.5%)
67	<b>NAWROCKA Wiktoria</b>	<b>88</b>		OPEN -K	22	00:20:22	<b>00:43:00.75</b>	+00:24:11 (56.0%)	8:36	7 (44.3%)
68	<b>SKRZYPOCZYŃSKI Rafał</b>	<b>89</b>		OPEN -M	46	00:14:25		+00:18:13	5:46	10.4 (65.8%)
DNC	<b>WÓJCIK Dawid</b>	<b>79</b>		OPEN -M						(0.0%)

