

# 4 CROSS PRECON POLSKA JASTROWIE - 10,6KM

B4SPORT

**Wydarzenie:** 4 CROSS PRECON POLSKA JASTROWIE  
**Organizator:** Urząd Gminy i Miasta w Jastrowiu  
**Data:** 2019-04-06  
**Miejsce:** Jastrowie  
**Dystans:** 10.6 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All 5.3km	Czas netto 10.6km	Różn	Tempo min/km	Tempo km/h
1	WIRKUS Łukasz	239	HUSARIA RACE TEAM	M-30	1	00:18:22	<b>00:37:10.40</b>		3:30	17.1 (100%)
2	HOFFMAN Aleksander	64	PRECON POLSKA	M-40	1	00:19:34	<b>00:39:32.72</b>	+00:02:22 (6.0%)	3:43	16.1 (94.2%)
3	RADTKA Tomasz	178	LZS 'JEDNOŚĆ' ŁOBZENICA	M-40	2	00:20:37	<b>00:41:18.60</b>	+00:04:08 (10.0%)	3:53	15.4 (90.1%)
4	ŁAWECKI Darek	126	TRIPAKA	M-40	3	00:20:23	<b>00:41:41.89</b>	+00:04:31 (10.9%)	3:56	15.3 (89.5%)
5	DAJNOWSKI Mateusz	26	CHŁOPAK ZE WSI	M-16	1	00:20:43	<b>00:42:30.87</b>	+00:05:20 (12.6%)	4:00	15 (87.7%)
6	HOFMAN Dariusz	65	WOLF TEAM	M-30	2	00:20:49	<b>00:42:52.22</b>	+00:05:41 (13.3%)	4:02	14.8 (86.5%)
7	CENTKA Jakub	18	ŚWIĘTA TEAM	M-16	2	00:21:06	<b>00:43:06.44</b>	+00:05:56 (13.8%)	4:03	14.8 (86.5%)
8	SZADZIŃSKI Kacper	207		M-16	3	00:21:57	<b>00:43:23.37</b>	+00:06:12 (14.3%)	4:05	14.7 (86.0%)
9	WOŹNIAK Grzegorz	247	AKTYWNA KRAJENKA	M-30	3	00:21:37	<b>00:43:30.33</b>	+00:06:19 (14.6%)	4:06	14.6 (85.4%)
10	WIRKUS Antonina	238	MKL SZCZECINEK	K-30	1	00:21:51	<b>00:44:24.34</b>	+00:07:13 (16.3%)	4:11	14.3 (83.6%)
11	WIECZOREK Daniel	233	BIEGAJ Z CERKIEM	M-40	4	00:22:34	<b>00:45:17.17</b>	+00:08:06 (17.9%)	4:16	14 (81.9%)
12	CUBER Wojciech	25	#ZABIEGANINOCA	M-30	4	00:22:49	<b>00:45:17.30</b>	+00:08:06 (17.9%)	4:16	14 (81.9%)
13	ŚWITAL Leszek	218	MORSY MARGONIN	M-40	5	00:22:56	<b>00:45:29.91</b>	+00:08:19 (18.3%)	4:17	14 (81.9%)
14	KRAUSE Robert	102	PRECON POLSKA	M-40	6	00:22:42	<b>00:45:55.69</b>	+00:08:45 (19.1%)	4:20	13.8 (80.7%)
15	KRYZEL Tomasz	108	WIKING RYCHNOWY	M-16	4	00:22:17	<b>00:45:56.95</b>	+00:08:46 (19.1%)	4:20	13.8 (80.7%)
16	TRĘBSKI Krzysztof	172	#ZABIEGANINOCA	M-40	7	00:22:49	<b>00:46:08.29</b>	+00:08:57 (19.4%)	4:21	13.8 (80.7%)
17	LESZCZYSZYN Paweł	122		M-40	8	00:22:55	<b>00:46:21.41</b>	+00:09:11 (19.8%)	4:22	13.7 (80.1%)
18	MROZIK Daniel	143		M-30	5	00:22:57	<b>00:46:40.16</b>	+00:09:29 (20.3%)	4:24	13.6 (79.5%)
19	KASIELSKI Rafał	85	TERMINATORUN	M-16	5	00:21:59	<b>00:47:02.98</b>	+00:09:52 (21.0%)	4:26	13.5 (78.9%)
20	KOSIŃSKI Maciej	96	SPORTOWY CZŁUCHÓW	M-16	6	00:23:11	<b>00:47:04.86</b>	+00:09:54 (21.0%)	4:26	13.5 (78.9%)
21	SARNOWSKI Janusz	188	LILLSPORT	M-50	1	00:23:25	<b>00:47:13.06</b>	+00:10:02 (21.3%)	4:27	13.5 (78.9%)
22	BRALSKI Andrzej	260		M-30	6	00:22:52	<b>00:47:16.47</b>	+00:10:06 (21.4%)	4:27	13.5 (78.9%)
23	GÓRA Sylwester	53	#ZABIEGANINOCA	M-40	9	00:22:52	<b>00:47:17.96</b>	+00:10:07 (21.4%)	4:27	13.4 (78.4%)
24	SULIK Krzysztof	202	TRIPAKA	M-40	10	00:23:11	<b>00:47:20.79</b>	+00:10:10 (21.5%)	4:28	13.4 (78.4%)
25	CIASTOŃ Tomasz	24	ORSKOV FOODS TEAM	M-30	7	00:23:07	<b>00:47:24.56</b>	+00:10:14 (21.6%)	4:28	13.4 (78.4%)
26	GAŁAN Leszek	45		M-50	2	00:23:55	<b>00:47:38.99</b>	+00:10:28 (22.0%)	4:29	13.3 (77.8%)
27	PIECHOTA Mariusz	165	WATAHA WAŁCZ	M-50	3	00:23:43	<b>00:47:58.93</b>	+00:10:48 (22.5%)	4:31	13.3 (77.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All 5.3km	Czas		Tempo min/km	Tempo km/h
							netto 10.6km	Różn		
28	ECKERT Zbigniew	36	TEAM BIEGOWY SZCZECINEK	M-50	4	00:23:55	00:48:33.94	+00:11:23 (23.5%)	4:34	13.1 (76.6%)
29	WIELGUS Grzegorz	235		M-40	11	00:23:35	00:48:39.51	+00:11:29 (23.6%)	4:35	13.1 (76.6%)
30	RYCERSKI Rafał	186		M-30	8	00:24:12	00:48:48.19	+00:11:37 (23.8%)	4:36	13 (76.0%)
31	GOS Piotr	50	NARAMOWICE BIEGAJĄ	M-40	12	00:24:03	00:49:00.32	+00:11:49 (24.1%)	4:37	13 (76.0%)
32	TRZEPACZ Gabriela	221	PRECON POLSKA	K-16	1	00:24:04	00:49:05.92	+00:11:55 (24.3%)	4:37	13 (76.0%)
33	MICHAŁOWSKI Dariusz	137	CZARNE BIEGA	M-40	13	00:24:12	00:49:15.01	+00:12:04 (24.5%)	4:38	12.9 (75.4%)
34	JAGODZIŃSKI Robert	70	JAGODA TEAM	M-40	14	00:25:11	00:49:30.27	+00:12:19 (24.9%)	4:40	12.8 (74.9%)
35	CHORAŻY Karolina	21	LEO-TEAM	K-30	2	00:24:47	00:49:42.77	+00:12:32 (25.2%)	4:41	12.8 (74.9%)
36	POGRZEBSKI Hubert	171	TERMINATORUN	M-16	7	00:24:03	00:49:54.66	+00:12:44 (25.5%)	4:42	12.7 (74.3%)
37	ŁAWNICZAK Justyna	127	#ZABIEGANINOCA	K-30	3	00:24:52	00:50:00.30	+00:12:49 (25.7%)	4:43	12.7 (74.3%)
38	GÓRA Agnieszka	52	#ZABIEGANINOCA	K-40	1	00:24:58	00:50:03.32	+00:12:52 (25.7%)	4:43	12.7 (74.3%)
39	JESIONKA Jarosław	80	STOWARZYSZENIE NASZA ŚWIERCZYNA	M-40	15	00:25:17	00:50:08.69	+00:12:58 (25.9%)	4:43	12.7 (74.3%)
40	KATRYCZ Zbigniew	86	TRIPAKA	M-50	5	00:24:13	00:50:11.19	+00:13:00 (25.9%)	4:44	12.7 (74.3%)
41	OCHNIO Ryszard	154	POLONIA JASTROWIE WTZ JASTROWIE	M-40	16	00:24:17	00:50:28.46	+00:13:18 (26.4%)	4:45	12.6 (73.7%)
42	FIŁONOWICZ Monika	37		K-40	2	00:24:51	00:50:34.20	+00:13:23 (26.5%)	4:46	12.6 (73.7%)
43	ZIELIŃSKI Grzegorz	258	GRUPA BIEGOWA SUSE-Ł	M-30	9	00:24:22	00:50:53.23	+00:13:42 (26.9%)	4:48	12.5 (73.1%)
44	MINCEWICZ Piotr	140	TERMINATORUN	M-30	10	00:25:20	00:50:59.95	+00:13:49 (27.1%)	4:48	12.5 (73.1%)
45	ROKITA Michał	183	CZARNE BIEGA	M-30	11	00:24:14	00:51:00.38	+00:13:49 (27.1%)	4:48	12.5 (73.1%)
46	MAZUR Tomasz	135	I LO SZCZECINEK	M-40	17	00:24:47	00:51:01.92	+00:13:51 (27.2%)	4:48	12.5 (73.1%)
47	PADUCH Ewa	158		K-50+	1	00:25:21	00:51:10.64	+00:14:00 (27.4%)	4:49	12.4 (72.5%)
48	RADWAŃSKI Adam	180		M-30	12	00:25:19	00:51:12.88	+00:14:02 (27.4%)	4:49	12.4 (72.5%)
49	KUICH Piotr	115	LILLSPORT	M-50	6	00:24:53	00:51:45.59	+00:14:35 (28.2%)	4:52	12.3 (71.9%)
50	NIEWCZAS Sławomir	146	JEDNEGO SERCA	M-30	13	00:25:56	00:51:58.18	+00:14:47 (28.5%)	4:54	12.2 (71.3%)
51	PYREK Krzysztof	176	1 RBLOG	M-30	14	00:25:12	00:52:15.82	+00:15:05 (28.9%)	4:55	12.2 (71.3%)
52	KRÓLIKOWSKI Bartłomiej	106		M-16	8	00:26:04	00:52:37.98	+00:15:27 (29.4%)	4:57	12.1 (70.8%)
53	WACHOWIAK Radosław	224		M-16	9	00:25:47	00:52:46.64	+00:15:36 (29.6%)	4:58	12 (70.2%)
54	JANKOWSKI Mariusz	73		M-40	18	00:25:42	00:52:49.57	+00:15:39 (29.6%)	4:58	12 (70.2%)
55	GRZYB Magdalena	58	RUNDORFINA	K-16	2	00:26:34	00:53:06.35	+00:15:55 (30.0%)	5:00	12 (70.2%)
56	PAWŁOWSKI Michał	160	PRECON POLSKA	M-40	19	00:25:54	00:53:10.53	+00:16:00 (30.1%)	5:00	12 (70.2%)
57	IDZIAK Paweł	68	SZCZECINECKIE BRAC'TWO BIEGOWE	M-30	15	00:26:21	00:53:11.21	+00:16:00 (30.1%)	5:01	12 (70.2%)
58	KOŁODZIEJCZAK Grzegorz	94		M-40	20	00:27:23	00:53:36.28	+00:16:25 (30.7%)	5:03	11.9 (69.6%)
59	GRZYSTEK Marcin	59		M-30	16	00:27:33	00:53:36.90	+00:16:26 (30.7%)	5:03	11.9 (69.6%)
60	JOCHYM Mariusz	82		M-30	17	00:26:48	00:53:49.84	+00:16:39 (30.9%)	5:04	11.8 (69.0%)
61	JAROSZ Dariusz	262	TKKF KOSZALIN	M-40	21	00:26:26	00:54:02.30	+00:16:51 (31.2%)	5:05	11.8 (69.0%)
62	CHODOR Izabela	20	TRIPAKA	K-30	4	00:26:27	00:54:02.41	+00:16:52 (31.2%)	5:05	11.8 (69.0%)
63	SZYMAŃSKI Piotr	213		M-40	22	00:27:44	00:54:05.64	+00:16:55 (31.3%)	5:06	11.8 (69.0%)
64	KUZAN Sławek	118	CZARNE BIEGA	M-30	18	00:25:59	00:54:07.21	+00:16:56 (31.3%)	5:06	11.8 (69.0%)
65	TYLMAN Piotr	223	RUNDORFINA	M-30	19	00:25:59	00:54:43.52	+00:17:33 (32.1%)	5:09	11.6 (67.8%)
66	BUDZIŃSKI Dariusz	15		M-40	23	00:27:07	00:54:57.80	+00:17:47 (32.4%)	5:11	11.6 (67.8%)
67	WNUK Miłosz	243		M-30	20	00:26:19	00:55:33.22	+00:18:22 (33.1%)	5:14	11.4 (66.7%)
68	REMPLAKOWSKI Krzysztof	181	WE RUN	M-40	24	00:27:48	00:55:48.16	+00:18:37 (33.4%)	5:15	11.4 (66.7%)
69	ZAKIELARZ Jan	252	PRECON POLSKA	M-60	1	00:27:31	00:56:30.77	+00:19:20 (34.2%)	5:19	11.3 (66.1%)
70	DYCKOWSKI Andrzej	33	HUSARIA RACE TEAM	M-40	25	00:27:38	00:56:56.95	+00:19:46 (34.7%)	5:22	11.2 (65.5%)
71	JAGODZIŃSKA Aleksandra	69	JAGODA TEAM	K-40	3	00:28:14	00:57:12.14	+00:20:01 (35.0%)	5:23	11.1 (64.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All 5.3km	Czas		Tempo min/km	Tempo km/h
							netto 10.6km	Różn		
72	<b>OSOBNIAK Ryszard</b>	<b>157</b>	KOSZALIN	M-60	2	00:28:00	<b>00:57:16.55</b>	+00:20:06 (35.1%)	5:24	11.1 (64.9%)
73	<b>TWARDOWSKI Jacek</b>	<b>222</b>		M-60	3	00:28:42	<b>00:57:22.04</b>	+00:20:11 (35.2%)	5:24	11.1 (64.9%)
74	<b>ROME CZ-KAZIK Gabriela</b>	<b>184</b>		K-40	4	00:28:03	<b>00:57:26.59</b>	+00:20:16 (35.3%)	5:25	11.1 (64.9%)
75	<b>KRZYWICKI Krzysztof</b>	<b>109</b>	ZALATANY PLASTROL	M-30	21	00:27:54	<b>00:57:57.23</b>	+00:20:46 (35.9%)	5:28	11 (64.3%)
76	<b>ZAKIELARZ Piotr</b>	<b>254</b>	PRECON POLSKA	M-30	22	00:28:09	<b>00:57:58.48</b>	+00:20:48 (35.9%)	5:28	11 (64.3%)
77	<b>KLUPŚ Mariusz</b>	<b>92</b>	ROZBIEGANE JASTROWIE	M-40	26	00:29:05	<b>00:58:35.53</b>	+00:21:25 (36.6%)	5:31	10.9 (63.7%)
78	<b>DOLAT Justyna</b>	<b>29</b>	HUSARIA RACE TEAM	K-30	5	00:29:15	<b>00:58:49.80</b>	+00:21:39 (36.8%)	5:33	10.8 (63.2%)
79	<b>DEM CZAR Jacek</b>	<b>27</b>	ACTIVE TEAM	M-40	27	00:29:38	<b>00:58:58.02</b>	+00:21:47 (37.0%)	5:33	10.8 (63.2%)
80	<b>KLUPŚ Janusz</b>	<b>91</b>	ROZBIEGANE JASTROWIE	M-40	28	00:29:10	<b>00:59:10.13</b>	+00:21:59 (37.2%)	5:34	10.7 (62.6%)
81	<b>KONIE CZKA Paweł</b>	<b>95</b>		M-16	10	00:29:10	<b>00:59:33.34</b>	+00:22:22 (37.6%)	5:37	10.7 (62.6%)
82	<b>SŁOMKA Maciej</b>	<b>197</b>	STOWARZYSZENIE NASZA ŚWIER CZYNA	M-40	29	00:28:55	<b>01:00:07.37</b>	+00:22:56 (38.2%)	5:40	10.6 (62.0%)
83	<b>CENTKA Katarzyna</b>	<b>17</b>	ŚWIĘTA TEAM	K-40	5	00:29:36	<b>01:00:07.55</b>	+00:22:57 (38.2%)	5:40	10.6 (62.0%)
84	<b>KLUPŚ Monika</b>	<b>90</b>	ROZBIEGANE JASTROWIE	K-40	6	00:29:29	<b>01:00:12.11</b>	+00:23:01 (38.3%)	5:40	10.6 (62.0%)
85	<b>MARTUSZEWSKI Ryszard</b>	<b>132</b>		M-40	30	00:27:57	<b>01:00:18.15</b>	+00:23:07 (38.4%)	5:41	10.5 (61.4%)
86	<b>KAPECKA Małgorzata</b>	<b>84</b>		K-30	6	00:30:10	<b>01:00:19.13</b>	+00:23:08 (38.4%)	5:41	10.5 (61.4%)
87	<b>ZAKIELARZ Anna</b>	<b>253</b>	PRECON POLSKA	K-30	7	00:29:25	<b>01:00:28.45</b>	+00:23:18 (38.5%)	5:42	10.5 (61.4%)
88	<b>ROKITA Emilia</b>	<b>182</b>	CZARNE BIEGA	K-30	8	00:29:18	<b>01:00:59.06</b>	+00:23:48 (39.0%)	5:45	10.4 (60.8%)
89	<b>GAŁAN Joanna</b>	<b>44</b>		K-50+	2	00:30:40	<b>01:01:05.35</b>	+00:23:54 (39.1%)	5:45	10.4 (60.8%)
90	<b>KOZŁOWSKI Piotr</b>	<b>100</b>	HUSARIA RACE TEAM	M-40	31	00:29:28	<b>01:01:19.36</b>	+00:24:08 (39.4%)	5:47	10.4 (60.8%)
91	<b>RADWAŃSKA Agnieszka</b>	<b>179</b>		K-16	3	00:29:55	<b>01:01:45.73</b>	+00:24:35 (39.8%)	5:49	10.3 (60.2%)
92	<b>SZYMIKOWSKI Jarek</b>	<b>215</b>		M-30	23	00:30:56	<b>01:02:07.83</b>	+00:24:57 (40.2%)	5:51	10.2 (59.6%)
93	<b>SZYMIKOWSKA Magdalena</b>	<b>214</b>		K-30	9	00:30:57	<b>01:02:08.30</b>	+00:24:57 (40.2%)	5:51	10.2 (59.6%)
94	<b>SUCHANOWSKI Zygmunt</b>	<b>201</b>	RESPECT LOTYŃ	M-50	7	00:29:39	<b>01:02:28.05</b>	+00:25:17 (40.5%)	5:53	10.2 (59.6%)
95	<b>JASIEK Paweł</b>	<b>78</b>		M-30	24	00:30:37	<b>01:02:42.64</b>	+00:25:32 (40.7%)	5:54	10.1 (59.1%)
96	<b>DUCHNOWSKA Kamila</b>	<b>31</b>	HUSARIA RACE TEAM	K-30	10	00:30:43	<b>01:02:46.91</b>	+00:25:36 (40.8%)	5:55	10.1 (59.1%)
97	<b>PYREK Iwona</b>	<b>177</b>		K-30	11	00:30:39	<b>01:03:03.49</b>	+00:25:53 (41.0%)	5:56	10.1 (59.1%)
98	<b>SZABALOWSKI Marek</b>	<b>205</b>		M-50	8	00:31:18	<b>01:03:04.29</b>	+00:25:53 (41.1%)	5:57	10.1 (59.1%)
99	<b>BANACZYK Wioletta</b>	<b>5</b>	LILLSPORT	K-50+	3	00:31:03	<b>01:03:25.31</b>	+00:26:14 (41.4%)	5:59	10 (58.5%)
100	<b>GAWROŃSKA Weronika</b>	<b>46</b>	TERMINATORUN	K-16	4	00:30:45	<b>01:03:29.14</b>	+00:26:18 (41.4%)	5:59	10 (58.5%)
101	<b>BODZIONY Amelia</b>	<b>10</b>		K-30	12	00:32:09	<b>01:03:40.28</b>	+00:26:29 (41.6%)	6:00	10 (58.5%)
102	<b>GOŁDON Mariusz</b>	<b>49</b>		M-30	25	00:30:47	<b>01:03:42.28</b>	+00:26:31 (41.6%)	6:00	10 (58.5%)
103	<b>PIERZAK Jakub</b>	<b>166</b>	STOWARZYSZENIE NASZA ŚWIER CZYNA	M-40	32	00:31:07	<b>01:04:26.37</b>	+00:27:15 (42.3%)	6:04	9.9 (57.9%)
104	<b>SKOCZYLAS Bożena</b>	<b>195</b>	BIEGAM BO LUBIĘ	K-40	7	00:29:22	<b>01:04:29.00</b>	+00:27:18 (42.4%)	6:05	9.9 (57.9%)
105	<b>WIELGUS Jacek</b>	<b>234</b>		M-40	33	00:31:09	<b>01:04:45.19</b>	+00:27:34 (42.6%)	6:06	9.8 (57.3%)
106	<b>BODZIONY Grzegorz</b>	<b>11</b>		M-30	26	00:32:54	<b>01:05:56.67</b>	+00:28:46 (43.6%)	6:13	9.6 (56.1%)
107	<b>ZAKIELARZ Adriana</b>	<b>255</b>	ROZBIEGANE JASTROWIE	K-30	13	00:32:55	<b>01:06:22.35</b>	+00:29:11 (44.0%)	6:15	9.6 (56.1%)
108	<b>PLECETY Andrzej</b>	<b>168</b>	PRECON POLSKA	M-50	9	00:30:37	<b>01:07:25.55</b>	+00:30:15 (44.9%)	6:21	9.4 (55.0%)
109	<b>STRÓŻYŃSKA-ZDZIABEK Magdalena</b>	<b>199</b>	ABERDEENSHIRE	K-50+	4	00:34:05	<b>01:09:00.32</b>	+00:31:49 (46.1%)	6:30	9.2 (53.8%)
110	<b>KUBIAK Danuta</b>	<b>112</b>	CZARNE BIEGA	K-50+	5	00:34:12	<b>01:10:27.81</b>	+00:33:17 (47.2%)	6:38	9 (52.6%)
111	<b>ZDZIABEK Jarosław</b>	<b>256</b>	ABERDEENSHIRE	M-50	10	00:34:05	<b>01:14:08.02</b>	+00:36:57 (49.9%)	6:59	8.6 (50.3%)

Znaleziono 111 wynik(ów)