



## 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: M-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start All 5.3km	Czas netto 10.6km	Różn	Tempo min/km	Tempo km/h
1	<b>WIRKUS Łukasz</b>	<b>239</b>	HUSARIA RACE TEAM	M-30	1	00:18:22	<b>00:37:10.40</b>		3:30	17.1 (100%)
2	<b>HOFFMAN Aleksander</b>	<b>64</b>	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	<b>RADTKA Tomasz</b>	<b>178</b>	LZS 'JEDNOŚĆ' ŁOBŻENICA	M-40	2	00:20:37	<b>00:41:18.60</b>	+00:04:08 (10.0%)	3:53	15.4 (90.1%)
4	<b>ŁAWECKI Darek</b>	<b>126</b>	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	<b>DAJNOWSKI Mateusz</b>	<b>26</b>	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	<b>HOFMAN Dariusz</b>	<b>65</b>	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	<b>CENTKA Jakub</b>	<b>18</b>	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	<b>SZADZIŃSKI Kacper</b>	<b>207</b>		M-16	3	00:21:57	<b>00:43:23.37</b>	+00:06:12 (14.3%)	4:05	14.7 (86.0%)
9	<b>WOŹNIAK Grzegorz</b>	<b>247</b>	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	<b>WIECZOREK Daniel</b>	<b>233</b>	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%)
11	<b>CUBER Wojciech</b>	<b>25</b>	#ZABIEGANINOCA	M-30	4	00:22:49	<b>00:45:17.30</b>	+00:08:06 (17.9%)	4:16	14 (81.9%)
12	<b>ŚWITAL Leszek</b>	<b>218</b>	MORSY MARGONIN	M-40	5	00:22:56	<b>00:45:29.91</b>	+00:08:19 (18.3%)	4:17	14 (81.9%)
13	<b>KRAUSE Robert</b>	<b>102</b>	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%)
14	<b>KRYZEL Tomasz</b>	<b>108</b>	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%)
15	<b>TRĘBSKI Krzysztof</b>	<b>172</b>	#ZABIEGANINOCA	M-40	7	00:22:49	<b>00:46:08.29</b>	+00:08:57 (19.4%)	4:21	13.8 (80.7%)
16	<b>LESZCZYSZYN Paweł</b>	<b>122</b>		M-40	8	00:22:55	<b>00:46:21.41</b>	+00:09:11 (19.8%)	4:22	13.7 (80.1%)
17	<b>MROZIK Daniel</b>	<b>143</b>		M-30	5	00:22:57	<b>00:46:40.16</b>	+00:09:29 (20.3%)	4:24	13.6 (79.5%)
18	<b>KASIELSKI Rafał</b>	<b>85</b>	TERMINATORUN	M-16	5	00:21:59	<b>00:47:02.98</b>	+00:09:52 (21.0%)	4:26	13.5 (78.9%)
19	<b>KOSIŃSKI Maciej</b>	<b>96</b>	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%)
20	<b>SARNOWSKI Janusz</b>	<b>188</b>	LILLSPORT	M-50	1	00:23:25	<b>00:47:13.06</b>	+00:10:02 (21.3%)	4:27	13.5 (78.9%)
21	<b>BRALSKI Andrzej</b>	<b>260</b>		M-30	6	00:22:52	<b>00:47:16.47</b>	+00:10:06 (21.4%)	4:27	13.5 (78.9%)
22	<b>GÓRA Sylwester</b>	<b>53</b>	#ZABIEGANINOCA	M-40	9	00:22:52	<b>00:47:17.96</b>	+00:10:07 (21.4%)	4:27	13.4 (78.4%)
23	<b>SULIK Krzysztof</b>	<b>202</b>	TRIPAKA	M-40	10	00:23:11	<b>00:47:20.79</b>	+00:10:10 (21.5%)	4:28	13.4 (78.4%)
24	<b>CIASTOŃ Tomasz</b>	<b>24</b>	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%)
25	<b>GAŁAN Leszek</b>	<b>45</b>		M-50	2	00:23:55	<b>00:47:38.99</b>	+00:10:28 (22.0%)	4:29	13.3 (77.8%)
26	<b>PIECHOTA Mariusz</b>	<b>165</b>	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%)
27	<b>ECKERT Zbigniew</b>	<b>36</b>	TEAM BIEGOWY SZCZECINEK	M-50	4	00:23:55	<b>00:48:33.94</b>	+00:11:23 (23.5%)	4:34	13.1 (76.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All	Czas	Różn	Tempo min/km	Tempo km/h
						5.3km	netto 10.6km			
28	<b>WIELGUS Grzegorz</b>	<b>235</b>		M-40	11	00:23:35	<b>00:48:39.51</b>	+00:11:29 (23.6%)	4:35	13.1 (76.6%)
29	<b>RYCERSKI Rafał</b>	<b>186</b>		M-30	8	00:24:12	<b>00:48:48.19</b>	+00:11:37 (23.8%)	4:36	13 (76.0%)
30	<b>GOS Piotr</b>	<b>50</b>	NARAMOWICE BIEGAJĄ	M-40	12	00:24:03	<b>00:49:00.32</b>	+00:11:49 (24.1%)	4:37	13 (76.0%)
31	<b>MICHAŁOWSKI Dariusz</b>	<b>137</b>	CZARNE BIEGA	M-40	13	00:24:12	<b>00:49:15.01</b>	+00:12:04 (24.5%)	4:38	12.9 (75.4%)
32	<b>JAGODZIŃSKI Robert</b>	<b>70</b>	JAGODA TEAM	M-40	14	00:25:11	<b>00:49:30.27</b>	+00:12:19 (24.9%)	4:40	12.8 (74.9%)
33	<b>POGRZEBSKI Hubert</b>	<b>171</b>	TERMINATORUN	M-16	7	00:24:03	<b>00:49:54.66</b>	+00:12:44 (25.5%)	4:42	12.7 (74.3%)
34	<b>JESIONKA Jarosław</b>	<b>80</b>	STOWARZYSZENIE NASZA ŚWIERCZYNA	M-40	15	00:25:17	<b>00:50:08.69</b>	+00:12:58 (25.9%)	4:43	12.7 (74.3%)
35	<b>KATRYCZ Zbigniew</b>	<b>86</b>	TRIPAKA	M-50	5	00:24:13	<b>00:50:11.19</b>	+00:13:00 (25.9%)	4:44	12.7 (74.3%)
36	<b>OCHNIO Ryszard</b>	<b>154</b>	POLONIA JASTROWIE WTZ JASTROWIE	M-40	16	00:24:17	<b>00:50:28.46</b>	+00:13:18 (26.4%)	4:45	12.6 (73.7%)
37	<b>ZIELIŃSKI Grzegorz</b>	<b>258</b>	GRUPA BIEGOWA SUSE-Ł	M-30	9	00:24:22	<b>00:50:53.23</b>	+00:13:42 (26.9%)	4:48	12.5 (73.1%)
38	<b>MINCEWICZ Piotr</b>	<b>140</b>	TERMINATORUN	M-30	10	00:25:20	<b>00:50:59.95</b>	+00:13:49 (27.1%)	4:48	12.5 (73.1%)
39	<b>ROKITA Michał</b>	<b>183</b>	CZARNE BIEGA	M-30	11	00:24:14	<b>00:51:00.38</b>	+00:13:49 (27.1%)	4:48	12.5 (73.1%)
40	<b>MAZUR Tomasz</b>	<b>135</b>	I LO SZCZECINEK	M-40	17	00:24:47	<b>00:51:01.92</b>	+00:13:51 (27.2%)	4:48	12.5 (73.1%)
41	<b>RADWAŃSKI Adam</b>	<b>180</b>		M-30	12	00:25:19	<b>00:51:12.88</b>	+00:14:02 (27.4%)	4:49	12.4 (72.5%)
42	<b>KUICH Piotr</b>	<b>115</b>	LILLSPORT	M-50	6	00:24:53	<b>00:51:45.59</b>	+00:14:35 (28.2%)	4:52	12.3 (71.9%)
43	<b>NIEWCZAS Sławomir</b>	<b>146</b>	JEDNEGO SERCA	M-30	13	00:25:56	<b>00:51:58.18</b>	+00:14:47 (28.5%)	4:54	12.2 (71.3%)
44	<b>PYREK Krzysztof</b>	<b>176</b>	1 RBLOG	M-30	14	00:25:12	<b>00:52:15.82</b>	+00:15:05 (28.9%)	4:55	12.2 (71.3%)
45	<b>KRÓLIKOWSKI Bartłomiej</b>	<b>106</b>		M-16	8	00:26:04	<b>00:52:37.98</b>	+00:15:27 (29.4%)	4:57	12.1 (70.8%)
46	<b>WACHOWIAK Radosław</b>	<b>224</b>		M-16	9	00:25:47	<b>00:52:46.64</b>	+00:15:36 (29.6%)	4:58	12 (70.2%)
47	<b>JANKOWSKI Mariusz</b>	<b>73</b>		M-40	18	00:25:42	<b>00:52:49.57</b>	+00:15:39 (29.6%)	4:58	12 (70.2%)
48	<b>PAWŁOWSKI Michał</b>	<b>160</b>	PRECON POLSKA	M-40	19	00:25:54	<b>00:53:10.53</b>	+00:16:00 (30.1%)	5:00	12 (70.2%)
49	<b>IDZIAK Paweł</b>	<b>68</b>	SZCZECINECKIE BRACtwo BIEGOWE	M-30	15	00:26:21	<b>00:53:11.21</b>	+00:16:00 (30.1%)	5:01	12 (70.2%)
50	<b>KOŁODZIEJCZAK Grzegorz</b>	<b>94</b>		M-40	20	00:27:23	<b>00:53:36.28</b>	+00:16:25 (30.7%)	5:03	11.9 (69.6%)
51	<b>GRZYSTEK Marcin</b>	<b>59</b>		M-30	16	00:27:33	<b>00:53:36.90</b>	+00:16:26 (30.7%)	5:03	11.9 (69.6%)
52	<b>JOCHYM Mariusz</b>	<b>82</b>		M-30	17	00:26:48	<b>00:53:49.84</b>	+00:16:39 (30.9%)	5:04	11.8 (69.0%)
53	<b>JAROSZ Dariusz</b>	<b>262</b>	TKKF KOSZALIN	M-40	21	00:26:26	<b>00:54:02.30</b>	+00:16:51 (31.2%)	5:05	11.8 (69.0%)
54	<b>SZYMAŃSKI Piotr</b>	<b>213</b>		M-40	22	00:27:44	<b>00:54:05.64</b>	+00:16:55 (31.3%)	5:06	11.8 (69.0%)
55	<b>KUZAN Sławek</b>	<b>118</b>	CZARNE BIEGA	M-30	18	00:25:59	<b>00:54:07.21</b>	+00:16:56 (31.3%)	5:06	11.8 (69.0%)
56	<b>TYLMAN Piotr</b>	<b>223</b>	RUNDORFINA	M-30	19	00:25:59	<b>00:54:43.52</b>	+00:17:33 (32.1%)	5:09	11.6 (67.8%)
57	<b>BUDZIŃSKI Dariusz</b>	<b>15</b>		M-40	23	00:27:07	<b>00:54:57.80</b>	+00:17:47 (32.4%)	5:11	11.6 (67.8%)
58	<b>WNUK Miłosz</b>	<b>243</b>		M-30	20	00:26:19	<b>00:55:33.22</b>	+00:18:22 (33.1%)	5:14	11.4 (66.7%)
59	<b>REPLAKOWSKI Krzysztof</b>	<b>181</b>	WE RUN	M-40	24	00:27:48	<b>00:55:48.16</b>	+00:18:37 (33.4%)	5:15	11.4 (66.7%)
60	<b>ZAKIELARZ Jan</b>	<b>252</b>	PRECON POLSKA	M-60	1	00:27:31	<b>00:56:30.77</b>	+00:19:20 (34.2%)	5:19	11.3 (66.1%)
61	<b>DYCKOWSKI Andrzej</b>	<b>33</b>	HUSARIA RACE TEAM	M-40	25	00:27:38	<b>00:56:56.95</b>	+00:19:46 (34.7%)	5:22	11.2 (65.5%)
62	<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%)
63	<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%)
64	<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%)
65	<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%)
66	<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%)
67	<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%)
68	<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%)
69	<b>KONIECZKA 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%)
70	<b>SŁOMKA Maciej</b>	<b>197</b>	STOWARZYSZENIE NASZA ŚWIERCZYNA	M-40	29	00:28:55	<b>01:00:07.37</b>	+00:22:56 (38.2%)	5:40	10.6 (62.0%)
71	<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%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All 5.3km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 10.6km				
72	<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%)	
73	<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%)	
74	<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%)	
75	<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%)	
76	<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%)	
77	<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%)	
78	<b>PIERZAK Jakub</b>	<b>166</b>	STOWARZYSZENIE NASZA ŚWIERCZYNA	M-40	32	00:31:07	<b>01:04:26.37</b>	+00:27:15 (42.3%)	6:04	9.9 (57.9%)	
79	<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%)	
80	<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%)	
81	<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%)	
82	<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 82 wynik(ów)