

4 CROSS PRECON POLSKA JASTROWIE - 5,3 KM

B4SPORT

Wydarzenie: 4 CROSS PRECON POLSKA JASTROWIE
Organizator: Urząd Gminy i Miasta w Jastrowiu
Data: 2019-04-06
Miejsce: Jastrowie
Dystans: 5.3 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5.3km	Różn	Tempo min/km	Tempo km/h
1	KUŚMIDER Andrzej	117	RUNDORFINA	M-OPEN	1	00:18:09.05		3:25	17.5 (100%)
2	POCZEWSKI Jan	169	ANKO SPORT	M-OPEN	2	00:18:30.29	+00:00:21 (1.9%)	3:29	17.2 (98.3%)
3	CICHOCKI Jaroslaw	264		M-OPEN	3	00:18:43.71	+00:00:34 (3.1%)	3:32	17 (97.1%)
4	GEHRKE Robert	48		M-OPEN	4	00:19:18.08	+00:01:09 (6.0%)	3:38	16.5 (94.3%)
5	POCZEWSKI Piotr	170	ANKO SPORT	M-OPEN	5	00:19:30.26	+00:01:21 (6.9%)	3:40	16.3 (93.1%)
6	CERK Łukasz	19	BIEGAJ Z CERKIEM	M-OPEN	6	00:19:36.88	+00:01:27 (7.5%)	3:42	16.2 (92.6%)
7	SZYŁO Michał	211	'BIEGAJ Z CERKIEM'	M-OPEN	7	00:20:19.99	+00:02:10 (10.7%)	3:50	15.6 (89.1%)
8	POŁUBIŃSKI Paweł	173	BORNE BIEGA	M-OPEN	8	00:20:51.45	+00:02:42 (13.0%)	3:56	15.2 (86.9%)
9	LEWANDOWSKI Bogdan	124	MKL SZCZECINEK	M-OPEN	9	00:21:37.37	+00:03:28 (16.1%)	4:04	14.7 (84.0%)
10	SZABAŁOWSKA Małgorzata	206	MKL SZCZECINEK	K-OPEN	1	00:22:00.19	+00:03:51 (17.5%)	4:09	14.4 (82.3%)
11	KOWALCZUK Grzegorz	97	UKS TUCZNO	M-OPEN	10	00:22:05.95	+00:03:56 (17.9%)	4:10	14.4 (82.3%)
12	KUBIAK Daniel	111	PRECON POLSKA	M-OPEN	11	00:22:07.57	+00:03:58 (18.0%)	4:10	14.4 (82.3%)
13	KUBIAK Piotr	110	PRECON POLSKA	M-OPEN	12	00:22:08.36	+00:03:59 (18.0%)	4:10	14.4 (82.3%)
14	CENTKA Michał	16	ŚWIĘTA TEAM	M-OPEN	13	00:22:29.14	+00:04:20 (19.3%)	4:14	14.1 (80.6%)
15	PROKOPOWICZ Marcin	174	3:33 TEAM	M-OPEN	14	00:22:33.44	+00:04:24 (19.5%)	4:15	14.1 (80.6%)
16	KOWALIK Natalia	98	MKL SZCZECINEK	K-OPEN	2	00:22:36.18	+00:04:27 (19.7%)	4:16	14.1 (80.6%)
17	ZIELIŃSKA Anna	257	TRUCHT ŁOBEZ	K-OPEN	3	00:22:37.55	+00:04:28 (19.8%)	4:16	14.1 (80.6%)
18	WERNER Kamila	230	BIEGAJ Z CERKIEM	K-OPEN	4	00:22:43.53	+00:04:34 (20.1%)	4:17	14 (80.0%)
19	GDANIEC Wojciech	47	MOW JASTROWIE	M-OPEN	15	00:23:18.86	+00:05:09 (22.1%)	4:23	13.6 (77.7%)
20	PIETRZAK Michał	167		M-OPEN	16	00:23:51.22	+00:05:42 (23.9%)	4:30	13.3 (76.0%)
21	SZMAGLIŃSKA Karolina	209	FLORIAN CHOJNICE	K-OPEN	5	00:24:11.07	+00:06:02 (24.9%)	4:33	13.1 (74.9%)
22	SAWCZUK Piotr	190		M-OPEN	17	00:24:17.27	+00:06:08 (25.3%)	4:34	13.1 (74.9%)
23	WEJMAN Mariusz	229	KOPEĆ TEAM	M-OPEN	18	00:24:36.91	+00:06:27 (26.3%)	4:38	12.9 (73.7%)
24	THOMAS Daniel	219	PRECON POLSKA	M-OPEN	19	00:25:18.63	+00:07:09 (28.3%)	4:46	12.6 (72.0%)
25	ŁAWNICZAK Łukasz	128		M-OPEN	20	00:25:37.48	+00:07:28 (29.2%)	4:50	12.4 (70.9%)
26	MIKIETYŃSKI Michał	138	ZABIEGANI NOCĄ OKONEK	M-OPEN	21	00:25:39.09	+00:07:30 (29.2%)	4:50	12.4 (70.9%)
27		261				00:25:40.41	+00:07:31 (29.3%)	4:50	12.4 (70.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						5.3km	Różn		
28	MAŃKOWSKI Dariusz	189	JASTROWIE	M-OPEN	22	00:25:43.32	+00:07:34 (29.4%)	4:51	12.4 (70.9%)
29	JANOWICZ Kacper	74	PRECON POLSKA	M-OPEN	23	00:26:21.43	+00:08:12 (31.1%)	4:58	12.1 (69.1%)
30	NITA Wiesław	147	VILLAGE PUNK RUN	M-OPEN	24	00:27:15.76	+00:09:06 (33.4%)	5:08	11.7 (66.9%)
31	STĘPIEŃ Marcin	198		M-OPEN	25	00:27:26.81	+00:09:17 (33.9%)	5:10	11.6 (66.3%)
32	ZIEMIAŃSKI Jacek	259		M-OPEN	26	00:27:41.67	+00:09:32 (34.5%)	5:13	11.5 (65.7%)
33	FRANKOWSKI Krzysztof	41		M-OPEN	27	00:27:44.07	+00:09:35 (34.6%)	5:13	11.5 (65.7%)
34	GOSZCZYK Sebastian	51		M-OPEN	28	00:27:49.02	+00:09:39 (34.7%)	5:14	11.4 (65.1%)
35	JESIONOWSKA-ŁASKAWIEC Agnieszka	81	JW 4580	K-OPEN	6	00:28:04.63	+00:09:55 (35.4%)	5:17	11.3 (64.6%)
36	KUŚMIDER Katarzyna	203	RUNDORFINA	K-OPEN	7	00:28:07.58	+00:09:58 (35.5%)	5:18	11.3 (64.6%)
37	WEDEL Krystian	228		M-OPEN	29	00:28:10.98	+00:10:01 (35.6%)	5:19	11.3 (64.6%)
38	SYSKA Ewa	204	TAKE RUN	K-OPEN	8	00:28:12.48	+00:10:03 (35.7%)	5:19	11.3 (64.6%)
39	BILL Łukasz	8		M-OPEN	30	00:28:21.79	+00:10:12 (36.0%)	5:21	11.2 (64.0%)
40	DUDZIŃSKA Patrycja	32	ZASAPANI - HYDRO TRZCIANKA	K-OPEN	9	00:28:44.88	+00:10:35 (36.9%)	5:25	11.1 (63.4%)
41	GRZELAK Sebastian	57	PRECON POLSKA	M-OPEN	31	00:28:47.21	+00:10:38 (36.9%)	5:25	11 (62.9%)
42	ŚWIERCZ Dariusz	216		M-OPEN	32	00:28:50.40	+00:10:41 (37.1%)	5:26	11 (62.9%)
43	KURZAWIŃSKA-JABŁOŃSKA Kasia	116	CZARNE BIEGA	K-OPEN	10	00:29:10.09	+00:11:01 (37.8%)	5:30	10.9 (62.3%)
44	WAJDA Waldemar	225		M-OPEN	33	00:29:13.08	+00:11:04 (37.9%)	5:30	10.9 (62.3%)
45	HAŁKA Arkadiusz	61	TRUCHT ŁOBEZ	M-OPEN	34	00:29:18.37	+00:11:09 (38.1%)	5:31	10.9 (62.3%)
46	MŁYNARCZYK Adam	141		M-OPEN	35	00:29:24.81	+00:11:15 (38.3%)	5:33	10.8 (61.7%)
47	KAZIK Piotr	87		M-OPEN	36	00:29:28.87	+00:11:19 (38.4%)	5:33	10.8 (61.7%)
48	WICHA Rafał	231	PRECON POLSKA	M-OPEN	37	00:29:48.66	+00:11:39 (39.1%)	5:37	10.7 (61.1%)
49	WICHA Marzena	232		K-OPEN	11	00:29:51.47	+00:11:42 (39.2%)	5:37	10.7 (61.1%)
50	KRISS Krzysiek	103	BORNE BIEGA	M-OPEN	38	00:29:57.68	+00:11:48 (39.4%)	5:39	10.6 (60.6%)
51	SERWATKA Ewelina	194	BORNE BIEGA	K-OPEN	12	00:30:00.28	+00:11:51 (39.5%)	5:39	10.6 (60.6%)
52	GROBELNY Andrzej	55		M-OPEN	39	00:30:27.04	+00:12:17 (40.4%)	5:44	10.4 (59.4%)
53	JARNO Wojciech	77	AKTYWNA KRAJENKA	M-OPEN	40	00:30:33.52	+00:12:24 (40.6%)	5:45	10.4 (59.4%)
54	OLSZEWSKA Paulina	156	ATHLETIC GYM FITNESS	K-OPEN	13	00:30:56.51	+00:12:47 (41.3%)	5:50	10.3 (58.9%)
55	WÓDECKA Dorota	248		K-OPEN	14	00:31:06.74	+00:12:57 (41.7%)	5:52	10.2 (58.3%)
56	BOGDANOWICZ Piotr	12		M-OPEN	41	00:31:11.85	+00:13:02 (41.8%)	5:53	10.2 (58.3%)
57	GZUBICKI Piotr	60	RUNDORFINA	M-OPEN	42	00:31:15.19	+00:13:06 (41.9%)	5:53	10.2 (58.3%)
58	MRUGALSKI Stanisław	144	MTS HAMER MIASTKO	M-OPEN	43	00:31:16.86	+00:13:07 (42.0%)	5:54	10.2 (58.3%)
59	WITKOWSKA Aleksandra	242	MOW JASTROWIE	K-OPEN	15	00:31:20.54	+00:13:11 (42.1%)	5:54	10.1 (57.7%)
60	WOŁOWIEC Przemek	245		M-OPEN	44	00:31:31.37	+00:13:22 (42.4%)	5:56	10.1 (57.7%)
61	WOŁOWIEC Monika	246		K-OPEN	16	00:31:31.84	+00:13:22 (42.4%)	5:56	10.1 (57.7%)
62	KLUPŚ Agata	89		K-OPEN	17	00:31:33.39	+00:13:24 (42.5%)	5:57	10.1 (57.7%)
63	NITA Katarzyna	148	VILLAGE PUNK RUN	K-OPEN	18	00:31:36.70	+00:13:27 (42.6%)	5:57	10.1 (57.7%)
64	MATUSZAK Justyna	133	RUNDORFINA	K-OPEN	19	00:31:43.17	+00:13:34 (42.8%)	5:59	10 (57.1%)
65	HAPKE Piotr	63	WAŁECKA ŚCIEMA	M-OPEN	45	00:31:44.59	+00:13:35 (42.8%)	5:59	10 (57.1%)
66	SZOPIERAJ Danuta	210		K-OPEN	20	00:31:58.32	+00:13:49 (43.2%)	6:01	9.9 (56.6%)
67	KOSECKI Marcin	4		M-OPEN	46	00:32:00.84	+00:13:51 (43.3%)	6:02	9.9 (56.6%)
68	MAŃKOWSKA Janina	130	-	K-OPEN	21	00:32:16.46	+00:14:07 (43.8%)	6:05	9.9 (56.6%)
69	PFAIFER Aleksandra	163		K-OPEN	22	00:32:20.54	+00:14:11 (43.9%)	6:06	9.8 (56.0%)
70	PRZEDNÓWEK Mariola	175	CZARNE BIEGA	K-OPEN	23	00:32:47.15	+00:14:38 (44.6%)	6:11	9.7 (55.4%)
71	NIEDZIELA Dorota	145	LILLSPORT	K-OPEN	24	00:32:53.92	+00:14:44 (44.8%)	6:12	9.7 (55.4%)

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						5.3km	Różn		
72	DEPTUŁA-BILL Bożena	28		K-OPEN	25	00:32:59.36	+00:14:50 (45.0%)	6:13	9.6 (54.9%)
73	MATYSEK Ireneusz	263		M-OPEN	47	00:33:39.78	+00:15:30 (46.1%)	6:21	9.4 (53.7%)
74	WOJTECZKO Magdalena	244	RUNDORFINA	K-OPEN	26	00:34:11.47	+00:16:02 (46.9%)	6:26	9.3 (53.1%)
75	FIRLEJ Agnieszka	38	RUNDORFINA	K-OPEN	27	00:34:14.71	+00:16:05 (47.0%)	6:27	9.3 (53.1%)
76	SKRZYPA Dariusz	196	PRECON POLSKA	M-OPEN	48	00:34:21.10	+00:16:12 (47.2%)	6:28	9.3 (53.1%)
77	BĄBIŃSKI Grzegorz	7		M-OPEN	49	00:34:51.18	+00:16:42 (47.9%)	6:34	9.1 (52.0%)
78	KRÓLIKOWSKA Katarzyna	105		K-OPEN	28	00:35:09.96	+00:17:00 (48.4%)	6:38	9 (51.4%)
79	RYNGWELSKI Bartosz	187		M-OPEN	50	00:35:10.11	+00:17:01 (48.4%)	6:38	9 (51.4%)
80	PIECHOTA Elżbieta	164	WATAHA WAŁCZ	K-OPEN	29	00:35:12.17	+00:17:03 (48.4%)	6:38	9 (51.4%)
81	BUCHOWSKI Marek	14		M-OPEN	51	00:35:20.15	+00:17:11 (48.6%)	6:40	9 (51.4%)
82	WRONA Ryszard	249	LILLSPORT	M-OPEN	52	00:35:28.39	+00:17:19 (48.8%)	6:41	9 (51.4%)
83	DUBISZ Joanna	30	LILLSPORT	K-OPEN	30	00:35:29.31	+00:17:20 (48.9%)	6:41	9 (51.4%)
84	PAWŁOWSKA Anna	159		K-OPEN	31	00:35:30.08	+00:17:21 (48.9%)	6:41	9 (51.4%)
85	GROBELNA Katarzyna	54		K-OPEN	32	00:35:33.22	+00:17:24 (48.9%)	6:42	8.9 (50.9%)
86	MAZUR Anna	134		K-OPEN	33	00:35:50.79	+00:17:41 (49.4%)	6:45	8.9 (50.9%)
87	WIŚNIK Joanna	241	ROZBIEGANE JASTROWIE	K-OPEN	34	00:35:52.29	+00:17:43 (49.4%)	6:46	8.9 (50.9%)
88	KOWALSKA Magdalena	99		K-OPEN	35	00:36:01.98	+00:17:52 (49.6%)	6:47	8.8 (50.3%)
89	KUC-BREJNA Anna	113		K-OPEN	36	00:36:04.02	+00:17:54 (49.7%)	6:48	8.8 (50.3%)
90	PAZIO Magdalena	162		K-OPEN	37	00:36:12.50	+00:18:03 (49.9%)	6:49	8.8 (50.3%)
91	KWIATKOWSKA Agnieszka	119	RESPECT LOTYŃ	K-OPEN	38	00:37:01.61	+00:18:52 (51.0%)	6:59	8.6 (49.1%)
92	NOWOSLAWSKI Daniel	153		M-OPEN	53	00:37:01.89	+00:18:52 (51.0%)	6:59	8.6 (49.1%)
93	KUICH Anna	114	LILLSPORT	K-OPEN	39	00:37:02.01	+00:18:52 (51.0%)	6:59	8.6 (49.1%)
94	WAWRZONOWSKA Katarzyna	227		K-OPEN	40	00:37:02.17	+00:18:53 (51.0%)	6:59	8.6 (49.1%)
95	MOWCZAN Regina	142		K-OPEN	41	00:37:04.28	+00:18:55 (51.0%)	6:59	8.6 (49.1%)
96	FRANKOWSKI Tomasz	40	UGIM JASTROWIE	M-OPEN	54	00:37:25.21	+00:19:16 (51.5%)	7:03	8.5 (48.6%)
97	CHYBIŃSKA Katarzyna	23	ENDORFINY WAŁCZ	K-OPEN	42	00:38:10.86	+00:20:01 (52.5%)	7:12	8.3 (47.4%)
98	RYCERSKA Magdalena	185		K-OPEN	43	00:38:15.56	+00:20:06 (52.6%)	7:13	8.3 (47.4%)
99	KWIATKOWSKA Magdalena	120	ENDORFINY WAŁCZ	K-OPEN	44	00:38:17.38	+00:20:08 (52.6%)	7:13	8.3 (47.4%)
100	NOWACKA Ewa	149	ENDORFINY WALCZ	K-OPEN	45	00:38:17.90	+00:20:08 (52.6%)	7:13	8.3 (47.4%)
101	ANDRYSZEWSKA Sandra	3	MOW JASTROWIE	K-OPEN	46	00:38:41.50	+00:20:32 (53.1%)	7:17	8.2 (46.9%)
102	KRASOWSKI Tomasz	101	IDA TEAM	M-OPEN	55	00:38:57.73	+00:20:48 (53.4%)	7:21	8.2 (46.9%)
103	TORSKA-SZABAŁOWSKA Iwona	220		K-OPEN	47	00:39:07.76	+00:20:58 (53.6%)	7:23	8.1 (46.3%)
104	OGIŃSKI Dawid	155		M-OPEN	56	00:39:25.53	+00:21:16 (54.0%)	7:26	8.1 (46.3%)
105	MADZIŃSKA Agnieszka	129	ENDORFINY WAŁCZ	K-OPEN	48	00:39:27.23	+00:21:18 (54.0%)	7:26	8.1 (46.3%)
106	SUCHANOWSKA Anna	200	RESPECT LOTYŃ	K-OPEN	49	00:39:30.01	+00:21:20 (54.0%)	7:27	8.1 (46.3%)
107	KOGUCIUK Małgorzata	93	JAGODA TEAM	K-OPEN	50	00:39:39.37	+00:21:30 (54.2%)	7:29	8 (45.7%)
108	ŁABĄDŹ Katarzyna	125	LILLSPORT	K-OPEN	51	00:39:52.72	+00:21:43 (54.5%)	7:31	8 (45.7%)
109	JARECKA Aleksandra	76		K-OPEN	52	00:39:53.73	+00:21:44 (54.5%)	7:31	8 (45.7%)
110	JANUSZKIEWICZ Michał	75		M-OPEN	57	00:40:01.34	+00:21:52 (54.6%)	7:33	7.9 (45.1%)
111	KRÓLIKOWSKI Andrzej	107		M-OPEN	58	00:40:49.34	+00:22:40 (55.5%)	7:42	7.8 (44.6%)
112	KRÓLIKOWSKA Jadwiga	104		K-OPEN	53	00:40:49.96	+00:22:40 (55.5%)	7:42	7.8 (44.6%)
113	KĘDZIORA Lucyna	88	ENDORFINY WAŁCZ	K-OPEN	54	00:40:55.44	+00:22:46 (55.6%)	7:43	7.8 (44.6%)
114	BRZEZINSKA Marta	13	WAŁCZ	K-OPEN	55	00:40:56.63	+00:22:47 (55.7%)	7:43	7.8 (44.6%)
115	FRĄTCZAK Marzena	42		K-OPEN	56	00:40:57.49	+00:22:48 (55.7%)	7:43	7.8 (44.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5.3km	Różn	Tempo min/km	Tempo km/h
116	KANIECKA Joanna	83	ENDORFINY WAŁCZ	K-OPEN	57	00:40:57.92	+00:22:48 (55.7%)	7:43	7.8 (44.6%)
117	SZCZECHOWSKI Adrian	208	STOWARZYSZENIE AKTYWNEGO WAŁU POMORSKIEGO	M-OPEN	59	00:41:34.31	+00:23:25 (56.3%)	7:50	7.7 (44.0%)
118	GRONOWSKA Sylwia	56		K-OPEN	58	00:42:29.65	+00:24:20 (57.3%)	8:00	7.5 (42.9%)
119	ADAMSKA Magdalena	1		K-OPEN	59	00:42:32.73	+00:24:23 (57.3%)	8:01	7.5 (42.9%)
120	WILCZYŃSKA Agata	236		K-OPEN	60	00:44:00.95	+00:25:51 (58.8%)	8:18	7.2 (41.1%)
121	WILCZYŃSKA Katarzyna	237		K-OPEN	61	00:44:01.53	+00:25:52 (58.8%)	8:18	7.2 (41.1%)
122	ŚWIERCZ Beata	217		K-OPEN	62	00:44:02.66	+00:25:53 (58.8%)	8:18	7.2 (41.1%)
123	DZIUBCZYŃSKA Ewa	35		K-OPEN	63	00:44:03.60	+00:25:54 (58.8%)	8:18	7.2 (41.1%)
124	ZABŁOCKA Marika	251	MOW JASTROWIE	K-OPEN	64	00:52:36.83	+00:34:27 (65.5%)	9:55	6 (34.3%)
125	JASKULAK Aleksandra	79	MOW JASTROWIE	K-OPEN	65	00:54:22.24	+00:36:13 (66.6%)	10:15	5.8 (33.1%)

Znaleziono 125 wynik(ów)