

5 BIAŁOGARDZKI BIEG SZLAKIEM GRYFA - 5 KM

B4SPORT
INTELEGENE ZAWODY SPORTOWE

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

5 BIAŁOGARDZKI BIEG SZLAKIEM GRYFA
Białogardzkie Stowarzyszenie Aktywności Sportowej
2024-04-14
Białogard
5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Fala	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	MAKUCH Krzysztof	86	EL TORO DE ORO	M-Open	1	FALA III	00:36:12.85		7:14	8.3 (100%)
2	KOSZKO Damian	64	EL TORO DE ORO	M-Open	2	FALA II	00:38:20.50	+00:02:07 (5.5%)	7:40	7.8 (94.0%)
3	OLEJARZ Damian	101	POL-BUD POLICE	M-Open	3	FALA I	00:38:31.55	+00:02:18 (6.0%)	7:42	7.8 (94.0%)
4	KOZIEŁ Sebastian	66	FIGA TEAM	M-Open	4	FALA I	00:39:50.10	+00:03:37 (9.1%)	7:58	7.5 (90.4%)
5	CHMIELEWSKI Tomasz	17	VO2 MAX RACING TEAM	M-Open	5	FALA III	00:39:59.20	+00:03:46 (9.4%)	7:59	7.5 (90.4%)
6	OWCZARZ Marcin	102	FIGA TEAM	M-Open	6	FALA I	00:41:17.10	+00:05:04 (12.3%)	8:15	7.3 (88.0%)
7	STRZELECKI Grzegorz	142	FIGA TEAM	M-Open	7	FALA I	00:41:24.10	+00:05:11 (12.5%)	8:16	7.2 (86.7%)
8	RODZOŚ Nikodem	121	□	M-Open	8	FALA III	00:41:32.70	+00:05:19 (12.8%)	8:18	7.2 (86.7%)
9	PARADZIŃSKI Dawid	105	OCR NOWOGARD	M-Open	9	FALA I	00:42:02.05	+00:05:49 (13.8%)	8:24	7.1 (85.5%)
10	KAPKOWSKI Paweł	55	EL TORO DE ORO	M-Open	10	FALA III	00:42:13.15	+00:06:00 (14.2%)	8:26	7.1 (85.5%)
11	TOMCZYK Przemysław	153	.	M-Open	11	FALA IV	00:42:29.65	+00:06:16 (14.8%)	8:29	7.1 (85.5%)
12	JUSZCZAK Jarosław	51	BRĄK	M-Open	12	FALA I	00:42:43.60	+00:06:30 (15.2%)	8:32	7 (84.3%)
13	BRZEZIŃSKI Krystian	154	TEAM DIABLO	M-Open	13	FALA III	00:42:59.35	+00:06:46 (15.8%)	8:35	7 (84.3%)
14	MILCZAREK Karol	107	MORDOR	M-Open	14	FALA II	00:43:14.65	+00:07:01 (16.3%)	8:38	6.9 (83.1%)
15	SŁOWIŃSKI Grzegorz	136	.	M-Open	15	FALA II	00:44:21.00	+00:08:08 (18.3%)	8:52	6.8 (81.9%)
16	PIRÓG Ewa	111	NIE	K-Open	1	FALA IV	00:45:43.55	+00:09:30 (20.8%)	9:08	6.6 (79.5%)
17	MLECZKO Mariusz	95	MARITIM	M-Open	16	FALA I	00:45:52.15	+00:09:39 (21.0%)	9:10	6.5 (78.3%)
18	DORYWALSKI Artur	26	FIGA TEAM	M-Open	17	FALA I	00:46:32.65	+00:10:19 (22.2%)	9:18	6.4 (77.1%)
19	SZYPULSKI Michał	146	FIGA TEAM	M-Open	18	FALA I	00:46:42.65	+00:10:29 (22.5%)	9:20	6.4 (77.1%)
20	WIECHOWSKA Agata	158	ZAKRĘCONE	K-Open	2	FALA IV	00:47:10.40	+00:10:57 (23.2%)	9:26	6.4 (77.1%)
21	GÓRSKI Jacek	40	N	M-Open	19	FALA I	00:47:19.15	+00:11:06 (23.5%)	9:27	6.3 (75.9%)
22	TOMCZAK Łukasz	6	FIGA TEAM	M-Open	20	FALA I	00:47:38.95	+00:11:26 (24.0%)	9:31	6.3 (75.9%)
23	BACHLIŃSKI Daniel	8	PARKRUN KOSZALIN	M-Open	21	FALA IV	00:47:41.10	+00:11:28 (24.1%)	9:32	6.3 (75.9%)
24	KUPIS Aleksandra	74	^.^	K-Open	3	FALA II	00:48:18.25	+00:12:05 (25.0%)	9:39	6.2 (74.7%)
25	WITKIEWICZ Magda	162	KB	K-Open	4	FALA III	00:49:36.55	+00:13:23 (27.0%)	9:55	6 (72.3%)
26	RUDZIŃSKI Maciek	126	RABINO	M-Open	22	FALA III	00:49:38.55	+00:13:25 (27.1%)	9:55	6 (72.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Fala	Czas netto		Tempo min/km	Tempo km/h
							5km	Różn		
27	SPYCHALSKI Przemysław	139	TEAM DIABLO	M-Open	23	FALA III	00:50:11.05	+00:13:58 (27.8%)	10:02	6 (72.3%)
28	SIELATYCKA Olga	134	EL TORO DE ORO	K-Open	5	FALA III	00:50:20.60	+00:14:07 (28.1%)	10:04	6 (72.3%)
29	FEDOROWIAT-NOWACKA Małgorzata	30	EL TORO DE ORO	K-Open	6	FALA III	00:50:20.90	+00:14:08 (28.1%)	10:04	6 (72.3%)
30	ANTONIAK Krzysztof	7	EL TORO DE ORO	M-Open	24	FALA III	00:50:21.50	+00:14:08 (28.1%)	10:04	6 (72.3%)
31	KŁACZKIEWICZ Alicja	61	WY-BIEGANI SZCZECIN	K-Open	7	FALA III	00:51:27.25	+00:15:14 (29.6%)	10:17	5.8 (69.9%)
32	MAZEPA Izabela	90	-	K-Open	8	FALA IV	00:53:51.30	+00:17:38 (32.8%)	10:46	5.6 (67.5%)
33	BARAN Łukasz	9	MORDOR	M-Open	25	FALA II	00:54:01.00	+00:17:48 (33.0%)	10:48	5.6 (67.5%)
34	WODNICKI Łukasz	164	.	M-Open	26	FALA IV	00:54:30.75	+00:18:17 (33.6%)	10:54	5.5 (66.3%)
35	CYBULSKI Grzegorz	19	NK&JG	M-Open	27	FALA I	00:54:43.90	+00:18:31 (33.8%)	10:56	5.5 (66.3%)
36	NOWAKOWSKA Marta	99	SAMA DLA SIEBIE :)	K-Open	9	FALA II	00:55:01.70	+00:18:48 (34.2%)	11:00	5.5 (66.3%)
37	JAWOROWSKI Krystian	48	:P	M-Open	28	FALA III	00:55:10.95	+00:18:58 (34.4%)	11:02	5.4 (65.1%)
38	MARKOWSKA Iwona	88	TEAM DIABLO	K-Open	10	FALA III	00:55:19.50	+00:19:06 (34.5%)	11:03	5.4 (65.1%)
39	DYWELSKI Marcin	29	WOLF TEAM	M-Open	29	FALA I	00:55:45.55	+00:19:32 (35.1%)	11:09	5.4 (65.1%)
40	DURA Monika	28	.	K-Open	11	FALA IV	00:56:07.40	+00:19:54 (35.5%)	11:13	5.3 (63.9%)
41	WITKOWSKA Malwina	163	SUPER DZIEWCZYNY	K-Open	12	FALA II	00:56:50.50	+00:20:37 (36.3%)	11:22	5.3 (63.9%)
42	WIECZOREK Agata	159	SUPER DZIEWCZYNY	K-Open	13	FALA II	00:56:50.55	+00:20:37 (36.3%)	11:22	5.3 (63.9%)
43	CEGIEŁKA Anna	16	□	K-Open	14	FALA III	00:56:53.30	+00:20:40 (36.3%)	11:22	5.3 (63.9%)
44	PIETRZYKOWSKI Mateusz	109	WŚCIEKŁE PIĘŚCI MOPSA	M-Open	30	FALA IV	01:00:14.35	+00:24:01 (39.9%)	12:02	5 (60.2%)
45	FLIS Anna	31	WŚCIEKŁE PIĘŚCI MOPSA	K-Open	15	FALA IV	01:00:15.20	+00:24:02 (39.9%)	12:03	5 (60.2%)
46	ŚLEDŹ Przemysław	147	LESZCZE	M-Open	31	FALA IV	01:00:19.75	+00:24:06 (40.0%)	12:03	5 (60.2%)
47	SILSKI Michał	135		M-Open	32	FALA IV	01:00:20.20	+00:24:07 (40.0%)	12:04	5 (60.2%)
48	KARUT Natalia	56	FAKTOZA	K-Open	16	FALA III	01:00:52.60	+00:24:39 (40.5%)	12:10	4.9 (59.0%)
49	BUJAK Paulina	14	FAKTOZA	K-Open	17	FALA III	01:00:58.35	+00:24:45 (40.6%)	12:11	4.9 (59.0%)
50	KARUT Ernest	57	FAKTOZA	M-Open	33	FALA III	01:01:06.15	+00:24:53 (40.7%)	12:13	4.9 (59.0%)
51	BRYNKIEWICZ Anna	198		K-Open	18	FALA I	01:01:59.55	+00:25:46 (41.6%)	12:23	4.8 (57.8%)
52	KOPEĆ Dawid	63	FAKTOZA	M-Open	34	FALA III	01:02:13.45	+00:26:00 (41.8%)	12:26	4.8 (57.8%)
53	FRĄCZCZAK Tomasz	33	MORDOR	M-Open	35	FALA II	01:02:40.00	+00:26:27 (42.2%)	12:32	4.8 (57.8%)
54	FRACZCZAK Gosia	32	MORDOR	K-Open	19	FALA II	01:02:40.15	+00:26:27 (42.2%)	12:32	4.8 (57.8%)
55	ŁUKASZEWICZ Alicja	81	TEAM DIABLO	K-Open	20	FALA III	01:04:42.15	+00:28:29 (44.0%)	12:56	4.6 (55.4%)
56	SWOROBOWICZ Magdalena	143	TEAM DIABLO	K-Open	21	FALA III	01:04:44.90	+00:28:32 (44.1%)	12:56	4.6 (55.4%)
57	RÓJ Barbara	122	TEAM DIABLO	K-Open	22	FALA III	01:04:47.25	+00:28:34 (44.1%)	12:57	4.6 (55.4%)
58	DEBERT Milena	22	WILKI	K-Open	23	FALA II	01:04:50.65	+00:28:37 (44.2%)	12:58	4.6 (55.4%)
59	JASIŃSKA Dominika	47	WILKI	K-Open	24	FALA II	01:04:52.75	+00:28:39 (44.2%)	12:58	4.6 (55.4%)
60	ŻUBER Anna	172	TEXAS	K-Open	25	FALA III	01:05:04.05	+00:28:51 (44.3%)	13:00	4.6 (55.4%)
61	PYTŁARCZYK Justyna	116	TEXAS	K-Open	26	FALA III	01:05:04.75	+00:28:51 (44.4%)	13:00	4.6 (55.4%)
62	GAŁWA Marek	37	TEXAS	M-Open	36	FALA III	01:05:06.15	+00:28:53 (44.4%)	13:01	4.6 (55.4%)
63	PYTŁARCZYK Łukasz	117	TEXAS	M-Open	37	FALA III	01:05:15.50	+00:29:02 (44.5%)	13:03	4.6 (55.4%)
64	RADZIMSKI Marcel	119	RADZIMSCY.PL	M-Open	38	FALA I	01:05:21.55	+00:29:08 (44.6%)	13:04	4.6 (55.4%)
65	KILJAN Sylwia	60	WILKI	K-Open	27	FALA II	01:06:18.10	+00:30:05 (45.4%)	13:15	4.5 (54.2%)
66	PAWŁOWSKA Urszula	106	WILKI	K-Open	28	FALA II	01:06:18.40	+00:30:05 (45.4%)	13:15	4.5 (54.2%)
67	MADAJCZYK Katarzyna	82	BIAŁOGARD	K-Open	29	FALA III	01:06:20.10	+00:30:07 (45.4%)	13:16	4.5 (54.2%)
67	RACZYŃSKA-ZAJĄC Patrycja	118	BIAŁOGARD	K-Open	29	FALA III	01:06:20.10	+00:30:07 (45.4%)	13:16	4.5 (54.2%)
69	DAMIŃSKA Paulina	21	BIAŁOGARD	K-Open	31	FALA III	01:06:20.65	+00:30:07 (45.4%)	13:16	4.5 (54.2%)
70	PILARCZYK Mirosław	110	NOREW KOWALKI	M-Open	39	FALA I	01:06:48.55	+00:30:35 (45.8%)	13:21	4.5 (54.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Fala	Czas netto		Tempo min/km	Tempo km/h
							5km	Różn		
71	PIETRZAK Marcin	108	TEAM DIABLO	M-Open	40	FALA III	01:07:03.95	+00:30:51 (46.0%)	13:24	4.5 (54.2%)
72	GABRIEL Piotr	35	TEAM DIABLO	M-Open	41	FALA III	01:07:04.55	+00:30:51 (46.0%)	13:24	4.5 (54.2%)
73	GABRIEL Julia	36	TEAM DIABLO	K-Open	32	FALA III	01:07:05.00	+00:30:52 (46.0%)	13:25	4.5 (54.2%)
74	OZIMKOWSKA Ada	104	^.^	K-Open	33	FALA II	01:07:28.60	+00:31:15 (46.3%)	13:29	4.4 (53.0%)
75	STAWSKA Angelika	140	ZAKRĘCONE	K-Open	34	FALA IV	01:07:38.20	+00:31:25 (46.5%)	13:31	4.4 (53.0%)
76	OZIMKOWSKA Dobrosia	103	HNGMNCLB	K-Open	35	FALA II	01:07:56.40	+00:31:43 (46.7%)	13:35	4.4 (53.0%)
77	CZERNIAK Magdalena	20	HNGMNCLB	K-Open	36	FALA II	01:07:56.70	+00:31:43 (46.7%)	13:35	4.4 (53.0%)
78	MOLENDĄ Emil	96	NK&JG	M-Open	42	FALA I	01:07:58.90	+00:31:46 (46.7%)	13:35	4.4 (53.0%)
79	MAKSYMIOUK Natalia	85	NK&JG	K-Open	37	FALA I	01:08:04.40	+00:31:51 (46.8%)	13:36	4.4 (53.0%)
80	WERNER Justyna	156	NK&JG	K-Open	38	FALA I	01:08:05.00	+00:31:52 (46.8%)	13:37	4.4 (53.0%)
81	MAKSYMIOUK Karol	84	NK&JG	M-Open	43	FALA I	01:08:06.75	+00:31:53 (46.8%)	13:37	4.4 (53.0%)
82	MAŁKOWSKA Edyta	87	ENDOR.FINKA IŃSKO	K-Open	39	FALA II	01:08:23.10	+00:32:10 (47.0%)	13:40	4.4 (53.0%)
83	ŚWIĘTLICKA Iwona	149	BIEGAM BO LUBIĘ	K-Open	40	FALA II	01:08:45.25	+00:32:32 (47.3%)	13:45	4.4 (53.0%)
84	WRÓTNIK Robert	167	PASJONATA	M-Open	44	FALA II	01:09:05.60	+00:32:52 (47.6%)	13:49	4.3 (51.8%)
85	BURY Emilia	15	.	K-Open	41	FALA I	01:09:05.90	+00:32:53 (47.6%)	13:49	4.3 (51.8%)
86	WRÓTNIK Katarzyna	166	NOWICJUSZ	K-Open	42	FALA II	01:09:06.15	+00:32:53 (47.6%)	13:49	4.3 (51.8%)
87	WÓJCIK Magdalena	165	TEAM DIABLO	K-Open	43	FALA III	01:11:00.70	+00:34:47 (49.0%)	14:12	4.2 (50.6%)
88	KIJEWSKA Małgorzata	59	TEAM DIABLO	K-Open	44	FALA III	01:11:00.90	+00:34:48 (49.0%)	14:12	4.2 (50.6%)
89	DUCZYŃSKI Tomasz	27	SZUWARKI	M-Open	45	FALA I	01:11:35.45	+00:35:22 (49.4%)	14:19	4.2 (50.6%)
90	HEBDA Milena	44	SZUWARKI	K-Open	45	FALA I	01:11:38.00	+00:35:25 (49.4%)	14:19	4.2 (50.6%)
91	ŻEBRYK Joanna	171	SZUWARKI	K-Open	46	FALA I	01:11:42.25	+00:35:29 (49.5%)	14:20	4.2 (50.6%)
92	KUCHARCZYK Elżbieta	73	RUNGRYF	K-Open	47	FALA I	01:12:00.25	+00:35:47 (49.7%)	14:24	4.2 (50.6%)
93	KUCHARCZYK Robert	72	RUNGRYF	M-Open	46	FALA I	01:12:00.75	+00:35:47 (49.7%)	14:24	4.2 (50.6%)
94	SOBIERAJSKA Karolina	137	KSIĘGOWE TWOJEGO KOLEGI	K-Open	48	FALA I	01:12:30.75	+00:36:17 (50.1%)	14:30	4.1 (49.4%)
95	WIDAWSKA Paulina	157	KSIĘGOWE TWOJEGO KOLEGI	K-Open	49	FALA I	01:12:31.55	+00:36:18 (50.1%)	14:30	4.1 (49.4%)
96	KASPRZAK Małgorzata	58	:-)	K-Open	50	FALA I	01:12:43.50	+00:36:30 (50.2%)	14:32	4.1 (49.4%)
97	GRUSZEWSKA Edyta	42	:)	K-Open	51	FALA I	01:12:43.70	+00:36:30 (50.2%)	14:32	4.1 (49.4%)
98	GAWRON Paweł	38		M-Open	47	FALA II	01:13:11.20	+00:36:58 (50.5%)	14:38	4.1 (49.4%)
99	KONDAK Anna	62	BRAK	K-Open	52	FALA II	01:13:22.65	+00:37:09 (50.6%)	14:40	4.1 (49.4%)
100	GUZOWSKA Aleksandra	43		K-Open	53	FALA II	01:14:03.00	+00:37:50 (51.1%)	14:48	4.1 (49.4%)
101	MICH Krzysztof	93	MORDOR	M-Open	48	FALA II	01:15:38.90	+00:39:26 (52.1%)	15:07	4 (48.2%)
102	POTEJKO Julita	113	MORDOR	K-Open	54	FALA II	01:15:39.70	+00:39:26 (52.1%)	15:07	4 (48.2%)
103	MICH Kamila	92	MORDOR	K-Open	55	FALA II	01:15:40.25	+00:39:27 (52.1%)	15:08	4 (48.2%)
104	ŚCIBISZ Paweł	199		M-Open	49	FALA IV	01:16:08.10	+00:39:55 (52.4%)	15:13	3.9 (47.0%)
105	ZINCZENKO Oleg	170	FIT BABECZKI	M-Open	50	FALA IV	01:16:08.35	+00:39:55 (52.4%)	15:13	3.9 (47.0%)
106	PISKUNOWICZ Aleksander	200		M-Open	51		01:16:08.90	+00:39:56 (52.4%)	15:13	3.9 (47.0%)
107	LASKOWSKA-ZINCZENKO Katarzyna	77	FIT BABECZKI	K-Open	56	FALA IV	01:16:09.15	+00:39:56 (52.4%)	15:13	3.9 (47.0%)
108	ŚMIAŁKOWSKA Wioleta	148	FIT BABECZKI	K-Open	57	FALA IV	01:16:09.50	+00:39:56 (52.4%)	15:13	3.9 (47.0%)
109	WIEWIÓRA Julia	160	FIT BABECZKI	K-Open	58	FALA IV	01:16:09.95	+00:39:57 (52.5%)	15:13	3.9 (47.0%)
110	PSUJA Katarzyna	115	FIT BABECZKI	K-Open	59	FALA IV	01:16:10.30	+00:39:57 (52.5%)	15:14	3.9 (47.0%)
111	CICHOŃ Ewa	18	FIT BABECZKI	K-Open	60	FALA IV	01:16:10.35	+00:39:57 (52.5%)	15:14	3.9 (47.0%)
112	KRÓLIKOWSKA Anna	68	FITBABECZKI	K-Open	61	FALA IV	01:16:10.50	+00:39:57 (52.5%)	15:14	3.9 (47.0%)
113	WALKOWIAK Daria	155	SG	K-Open	62	FALA I	01:16:58.15	+00:40:45 (52.9%)	15:23	3.9 (47.0%)
114	SEEWALD Agnieszka	133	ZAKWAS	K-Open	63	FALA I	01:16:58.55	+00:40:45 (53.0%)	15:23	3.9 (47.0%)

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115	MEDZINSKI Emil	91	.	M-Open	52	FALA I	01:18:55.10	+00:42:42 (54.1%)	15:47	3.8 (45.8%)
116	MICHNOWSKA Dominika	94	BIAŁOGARD	K-Open	64	FALA III	01:20:40.05	+00:44:27 (55.1%)	16:08	3.7 (44.6%)
117	ŻYŁKA Roksana	176	BIAŁOGARD	K-Open	65	FALA III	01:20:40.30	+00:44:27 (55.1%)	16:08	3.7 (44.6%)
118	DŁUTEK Katarzyna	25	.	K-Open	66	FALA I	01:20:57.55	+00:44:44 (55.3%)	16:11	3.7 (44.6%)
119	JABŁOŃSKA Dorota	46	.	K-Open	67	FALA I	01:20:57.80	+00:44:44 (55.3%)	16:11	3.7 (44.6%)
120	KRZEPICKA Ilona	70	BIAŁOGARD	K-Open	68	FALA I	01:22:21.25	+00:46:08 (56.0%)	16:28	3.6 (43.4%)
121	ŚWITOŃ Magda	151	CRAZYFISCH	K-Open	69	FALA II	01:23:31.40	+00:47:18 (56.6%)	16:42	3.6 (43.4%)
122	SZYMAŃSKA Monika	145	BRAK	K-Open	70	FALA II	01:23:32.40	+00:47:19 (56.7%)	16:42	3.6 (43.4%)
123	ŻUCHOWSKA Izabela	173	SIOSTRY SAŚIADKI	K-Open	71	FALA II	01:25:20.20	+00:49:07 (57.6%)	17:04	3.5 (42.2%)
124	ŻUCHOWSKI Kamil	174	BRAT SIÓSTR SAŚIADEK	M-Open	53	FALA II	01:25:20.35	+00:49:07 (57.6%)	17:04	3.5 (42.2%)
125	KRÓL Magdalena	69	SIOSTRY SAŚIADKI	K-Open	72	FALA II	01:25:23.80	+00:49:10 (57.6%)	17:04	3.5 (42.2%)
126	ŻUKOWSKA Joanna	175	SIOSTRY SAŚIADKI	K-Open	73	FALA II	01:25:24.60	+00:49:11 (57.6%)	17:04	3.5 (42.2%)

Znaleziono 126 wynik(ów)