

## 5. BIEG FORSYCJI 5KM

**Wydarzenie:** 5. BIEG FORSYCJI  
**Organizator:** OSIR Stargard Sp. z o.o.  
**Data:** 2021-05-12  
**Miejsce:** Stargard  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Fala	Dyscyplina	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	ŁUKASZEWSKI Sebastian	69	SZWLA	Fala 1	1	1	B	00:17:58.45		3:35	16.7 (100%)
2	HARHAJ Piotr	159		Fala 3	1	3	B	00:20:35.85	+00:02:37 (12.7%)	4:07	14.6 (87.4%)
3	ANDRUSZKIEWICZ Adrian	152		Fala 3	2	3	B	00:20:37.05	+00:02:38 (12.8%)	4:07	14.6 (87.4%)
4	GORSZKA Damian	157		Fala 3	3	3	B	00:20:57.40	+00:02:58 (14.2%)	4:11	14.3 (85.6%)
5	SOBCZAK Robert	78		Fala 1	2	1	B	00:21:33.85	+00:03:35 (16.6%)	4:18	13.9 (83.2%)
6	KRAJEWSKI Sławomir	161	SZWLA	Fala 3	4	3	B	00:22:02.05	+00:04:03 (18.4%)	4:24	13.6 (81.4%)
7	HAŁKA Justyna	104	TRUCHT ŁOBEZ	Fala 2	1	2	B	00:22:14.65	+00:04:16 (19.2%)	4:26	13.5 (80.8%)
8	JANCZULEWICZ Sławomir	172		Fala 3	5	3	B	00:22:59.30	+00:05:00 (21.8%)	4:35	13.1 (78.4%)
9	OSTROWSKI Sylwester	164	STARGARD	Fala 3	6	3	B	00:23:03.80	+00:05:05 (22.1%)	4:36	13 (77.8%)
10	CHAWRYŁO Michał	54		Fala 1	3	1	B	00:23:04.55	+00:05:06 (22.1%)	4:36	13 (77.8%)
11	PODOLAK Borys	167		Fala 3	7	3	B	00:23:15.40	+00:05:16 (22.7%)	4:39	12.9 (77.2%)
12	MARKIEWICZ Kamil	109	BRIDGESTONE STARGARD RUNNERS	Fala 2	2	2	B	00:23:26.85	+00:05:28 (23.3%)	4:41	12.8 (76.6%)
13	STRZYGA Mariusz	169		Fala 3	8	3	B	00:23:55.90	+00:05:57 (24.9%)	4:47	12.5 (74.9%)
14	STELMACH Konrad	80	WOLVES STARGARD	Fala 2	3	2	B	00:24:21.60	+00:06:23 (26.2%)	4:52	12.3 (73.7%)
15	JADRYCH Zbigniew	105		Fala 2	4	2	B	00:24:22.65	+00:06:24 (26.3%)	4:52	12.3 (73.7%)
16	WASZAK Krzysztof	118	STC STARGARD	Fala 2	5	2	B	00:24:24.70	+00:06:26 (26.4%)	4:52	12.3 (73.7%)
17	BANASIEWICZ Zbigniew	52		Fala 1	4	1	B	00:24:31.50	+00:06:33 (26.7%)	4:54	12.2 (73.1%)
18	WILIŃSKI Szymon	171		Fala 3	9	3	B	00:24:42.70	+00:06:44 (27.3%)	4:56	12.1 (72.5%)
19	STAŃCZYK Sławomir	168		Fala 3	10	3	B	00:25:01.10	+00:07:02 (28.2%)	5:00	12 (71.9%)
20	PIEKARSKI Damian	166		Fala 3	11	3	B	00:25:02.15	+00:07:03 (28.2%)	5:00	12 (71.9%)
21	GMITROWICZ Marcin	156	14 BUJ	Fala 3	12	3	B	00:25:05.00	+00:07:06 (28.3%)	5:01	12 (71.9%)
22	ANDRUSZKIEWICZ Damian	51		Fala 1	5	1	B	00:25:07.95	+00:07:09 (28.5%)	5:01	11.9 (71.3%)
23	JANCZULEWICZ Magdalena	160		Fala 3	13	3	B	00:25:16.30	+00:07:17 (28.9%)	5:03	11.9 (71.3%)
24	OLESZEK Krzysztof	73	STARGARD JA SIĘ NIE ŚCIGAM	Fala 1	6	1	B	00:25:59.75	+00:08:01 (30.9%)	5:11	11.5 (68.9%)
25	BORKOWSKI Andrzej	153	BS FAMILY TEAM	Fala 3	14	3	B	00:26:16.30	+00:08:17 (31.6%)	5:15	11.4 (68.3%)
26	KUBIAK-WÓJCIK Agnieszka	89		Fala 1	7	1	B	00:27:20.95	+00:09:22 (34.3%)	5:28	11 (65.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Fala	Dyscyplina	Czas netto		Tempo min/km	Tempo km/h
								5km	Różn		
27	<b>COBKĄŁOWSKI Jakub</b>	<b>155</b>		Fala 3	15	3	B	<b>00:27:27.90</b>	+00:09:29 (34.6%)	5:29	10.9 (65.3%)
28	<b>URBAŃSKI Jakub</b>	<b>85</b>	OSIW OHP STARGARD	Fala 1	8	1	B	<b>00:27:39.20</b>	+00:09:40 (35.0%)	5:31	10.8 (64.7%)
29	<b>GURAK Tomasz</b>	<b>158</b>	STARGARD	Fala 3	16	3	B	<b>00:27:58.75</b>	+00:10:00 (35.8%)	5:35	10.7 (64.1%)
30	<b>STELMACH Artur</b>	<b>113</b>		Fala 2	6	2	B	<b>00:28:11.90</b>	+00:10:13 (36.3%)	5:38	10.6 (63.5%)
31	<b>OPINSKA Liudmyła</b>	<b>163</b>		Fala 3	17	3	B	<b>00:28:39.65</b>	+00:10:41 (37.3%)	5:43	10.5 (62.9%)
32	<b>KWARCIAK Natalia</b>	<b>65</b>		Fala 1	9	1	B	<b>00:28:55.70</b>	+00:10:57 (37.9%)	5:47	10.4 (62.3%)
33	<b>DOBROWOLSKA Anna</b>	<b>55</b>	SZALONE WILCZYCE	Fala 1	10	1	B	<b>00:29:12.35</b>	+00:11:13 (38.5%)	5:50	10.3 (61.7%)
34	<b>WOJTKUM Rafał</b>	<b>92</b>	KLUCZEWIA	Fala 1	11	1	B	<b>00:29:27.20</b>	+00:11:28 (39.0%)	5:53	10.2 (61.1%)
35	<b>RYBICKI Marcin</b>	<b>91</b>		Fala 1	12	1	B	<b>00:30:00.05</b>	+00:12:01 (40.1%)	6:00	10 (59.9%)
36	<b>ŁAGIEWKA Jacek</b>	<b>67</b>	WOJSKOWY KLUB HDK PCK SAPER	Fala 1	13	1	B	<b>00:30:26.55</b>	+00:12:28 (41.0%)	6:05	9.9 (59.3%)
37	<b>KRÓL Janusz</b>	<b>64</b>	WOJSKOWY KLUB HDK PCK 'SAPER' STARGARD	Fala 1	14	1	B	<b>00:30:27.00</b>	+00:12:28 (41.0%)	6:05	9.9 (59.3%)
38	<b>KOLCZYŃSKA Anna</b>	<b>106</b>		Fala 2	7	2	B	<b>00:30:41.85</b>	+00:12:43 (41.4%)	6:08	9.8 (58.7%)
39	<b>TIETZ Monika</b>	<b>116</b>	STARGARD - JA SIĘ NIE ŚCIGAM	Fala 2	8	2	B	<b>00:31:20.45</b>	+00:13:22 (42.6%)	6:16	9.6 (57.5%)
40	<b>FIDOSZ Lidia</b>	<b>103</b>	STARGARD - JA SIĘ NIE ŚCIGAM	Fala 2	9	2	B	<b>00:31:20.80</b>	+00:13:22 (42.7%)	6:16	9.6 (57.5%)
41	<b>RYJEWSKA Gabriela</b>	<b>112</b>		Fala 2	10	2	B	<b>00:31:21.25</b>	+00:13:22 (42.7%)	6:16	9.6 (57.5%)
42	<b>PARSZUTO Krystyna</b>	<b>165</b>		Fala 3	18	3	B	<b>00:31:41.50</b>	+00:13:43 (43.3%)	6:20	9.5 (56.9%)
43	<b>RUBAJ - FIEDZIUSZKO Anna</b>	<b>77</b>	SZALONE WILCZYCE	Fala 1	15	1	B	<b>00:31:54.60</b>	+00:13:56 (43.7%)	6:22	9.4 (56.3%)
44	<b>BASIAK Mirosław</b>	<b>53</b>	MIEDWIANIE	Fala 1	16	1	B	<b>00:32:44.00</b>	+00:14:45 (45.1%)	6:32	9.2 (55.1%)
45	<b>GÓRSKA Agnieszka</b>	<b>60</b>	SZALONE WILCZYCE	Fala 1	17	1	B	<b>00:34:05.55</b>	+00:16:07 (47.3%)	6:49	8.8 (52.7%)
46	<b>BUDZOWSKI Roman</b>	<b>102</b>		Fala 2	11	2	NW	<b>00:34:40.20</b>	+00:16:41 (48.2%)	6:56	8.7 (52.1%)
47	<b>BIELAŃSKI Mirosław</b>	<b>101</b>	STARGARD	Fala 2	12	2	NW	<b>00:34:40.35</b>	+00:16:41 (48.2%)	6:56	8.7 (52.1%)
48	<b>LESZCZYŃSKI Sebastian</b>	<b>162</b>		Fala 3	19	3	B	<b>00:35:50.75</b>	+00:17:52 (49.9%)	7:10	8.4 (50.3%)
49	<b>OLSZOWY Wiktor</b>	<b>74</b>	OSIW OHP STARGARD	Fala 1	18	1	B	<b>00:37:12.45</b>	+00:19:14 (51.7%)	7:26	8.1 (48.5%)
50	<b>ANDALKIEWICZ Marcel</b>	<b>151</b>		Fala 3	20	3	B	<b>00:37:35.20</b>	+00:19:36 (52.2%)	7:31	8 (47.9%)
51	<b>JARCZEWSKA Renata</b>	<b>62</b>		Fala 1	19	1	NW	<b>00:37:50.00</b>	+00:19:51 (52.5%)	7:34	7.9 (47.3%)
52	<b>WOŹNIEWSKA Grażyna</b>	<b>87</b>	SZALONE WILCZYCE	Fala 1	20	1	NW	<b>00:38:08.45</b>	+00:20:10 (52.9%)	7:37	7.9 (47.3%)
53	<b>TROJANOWSKI Krzysztof</b>	<b>117</b>	SKM MIEDWIANIE	Fala 2	13	2	NW	<b>00:38:09.80</b>	+00:20:11 (52.9%)	7:37	7.9 (47.3%)
54	<b>PARCHIMOWICZ Janusz</b>	<b>110</b>		Fala 1	21	1	NW	<b>00:38:51.40</b>	+00:20:52 (53.7%)	7:46	7.7 (46.1%)
55	<b>TALAREK Agata</b>	<b>115</b>		Fala 2	14	2	NW	<b>00:40:16.40</b>	+00:22:17 (55.4%)	8:03	7.5 (44.9%)
56	<b>SZULC Elżbieta</b>	<b>83</b>		Fala 1	22	1	NW	<b>00:41:12.25</b>	+00:23:13 (56.4%)	8:14	7.3 (43.7%)
57	<b>KOWALSKA Joanna</b>	<b>107</b>		Fala 2	15	2	NW	<b>00:41:46.25</b>	+00:23:47 (57.0%)	8:21	7.2 (43.1%)
58	<b>WRÓBEL Agnieszka</b>	<b>88</b>		Fala 1	23	1	NW	<b>00:41:47.05</b>	+00:23:48 (57.0%)	8:21	7.2 (43.1%)
59	<b>GARDYGAJŁO Justyna</b>	<b>59</b>		Fala 1	24	1	NW	<b>00:41:47.55</b>	+00:23:49 (57.0%)	8:21	7.2 (43.1%)
60	<b>SZCZERBIŃSKA Barbara</b>	<b>114</b>		Fala 2	16	2	NW	<b>00:42:34.05</b>	+00:24:35 (57.8%)	8:30	7 (41.9%)
61	<b>ŁAGIEWKA Paulina</b>	<b>68</b>	ATOMÓWKI STARGARD	Fala 1	25	1	NW	<b>00:42:50.05</b>	+00:24:51 (58.0%)	8:34	7 (41.9%)
62	<b>MACIEJEWSKA Grazyna</b>	<b>108</b>		Fala 2	17	2	NW	<b>00:44:41.10</b>	+00:26:42 (59.8%)	8:56	6.7 (40.1%)
63	<b>RYBAK Czesława</b>	<b>111</b>		Fala 2	18	2	NW	<b>00:44:51.10</b>	+00:26:52 (59.9%)	8:58	6.7 (40.1%)
64	<b>KOŁACKA Anita</b>	<b>63</b>		Fala 1	26	1	NW	<b>00:45:02.60</b>	+00:27:04 (60.1%)	9:00	6.7 (40.1%)
65	<b>MIKSZA Katarzyna</b>	<b>71</b>		Fala 1	27	1	NW	<b>00:45:02.85</b>	+00:27:04 (60.1%)	9:00	6.7 (40.1%)
66	<b>SZYMAŃSKA Joanna</b>	<b>84</b>		Fala 1	28	1	NW	<b>00:45:03.35</b>	+00:27:04 (60.1%)	9:00	6.7 (40.1%)
67	<b>PIEKARSKA Katarzyna</b>	<b>76</b>		Fala 1	29	1	NW	<b>00:46:01.85</b>	+00:28:03 (61.0%)	9:12	6.5 (38.9%)
68	<b>PIĄTEK Władysława</b>	<b>75</b>		Fala 1	30	1	NW	<b>00:48:14.85</b>	+00:30:16 (62.7%)	9:38	6.2 (37.1%)
69	<b>SZARŻANOWICZ Małgorzata</b>	<b>81</b>		Fala 1	31	1	NW	<b>00:48:14.95</b>	+00:30:16 (62.7%)	9:38	6.2 (37.1%)
70	<b>SULEZA Joanna</b>	<b>90</b>		Fala 1	32	1	NW	<b>00:48:15.25</b>	+00:30:16 (62.8%)	9:39	6.2 (37.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Fala	Dyscyplina	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
71	<b>LIDACKA Irena</b>	<b>66</b>	OSIW OHP STARGARD	Fala 1	33	1	NW	<b>00:48:23.05</b>	+00:30:24 (62.9%)	9:40	6.2 (37.1%)
72	<b>SOWA Klaudia</b>	<b>79</b>	OSIW OHP STARGARD	Fala 1	34	1	NW	<b>00:48:23.20</b>	+00:30:24 (62.9%)	9:40	6.2 (37.1%)
73	<b>MARZYŃSKA Marika</b>	<b>70</b>		Fala 1	35	1	NW	<b>00:48:36.10</b>	+00:30:37 (63.0%)	9:43	6.2 (37.1%)
74	<b>GAJDA Wioletta</b>	<b>58</b>		Fala 1	36	1	NW	<b>00:48:37.15</b>	+00:30:38 (63.0%)	9:43	6.2 (37.1%)
75	<b>WOJTAŚ Jolanta</b>	<b>86</b>		Fala 1	37	1	NW	<b>00:48:37.45</b>	+00:30:39 (63.0%)	9:43	6.2 (37.1%)
76	<b>NIKIEL Irena</b>	<b>72</b>	STARGARD JA SIĘ NIE ŚCIGAM	Fala 1	38	1	NW	<b>00:49:27.40</b>	+00:31:28 (63.7%)	9:53	6.1 (36.5%)
77	<b>CHWESICKI Adam</b>	<b>82</b>		Fala 1	39	1	NW	<b>00:50:08.30</b>	+00:32:09 (64.2%)	10:01	6 (35.9%)
78	<b>JANUSZKIEWICZ Zbigniew</b>	<b>61</b>		Fala 1	40	1	NW	<b>00:50:08.65</b>	+00:32:10 (64.2%)	10:01	6 (35.9%)
78	<b>FURMAŃCZYK Ewelina</b>	<b>57</b>		Fala 1	40	1	NW	<b>00:50:08.65</b>	+00:32:10 (64.2%)	10:01	6 (35.9%)
80	<b>DUBICKI Krzysztof</b>	<b>56</b>		Fala 1	42	1	NW	<b>00:50:09.95</b>	+00:32:11 (64.2%)	10:01	6 (35.9%)

Znaleziono 80 wynik(ów)