

BIEG - 5KM

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie: BIEG NIEPODLEGŁOŚCI
Organizator: Stowarzyszenie Pozytywni z Pasją Jastrowie
Data: 2024-11-10
Miejsce: Jastrowie
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	ZODROW Norbert	144	PCH_RUN	M OPEN	1	00:20:37.69		4:07	14.6 (100%)
2	SZULC Patryk	128	PCH_RUN	M OPEN	2	00:20:48.88	+00:00:11 (0.9%)	4:09	14.4 (98.6%)
3	KUCNER Krystian	71		M OPEN	3	00:21:30.67	+00:00:52 (4.1%)	4:18	14 (95.9%)
4	SZYPKOWSKI Marek	131	NOTEĆ OCR CZARNKÓW	M OPEN	4	00:22:00.73	+00:01:23 (6.3%)	4:24	13.6 (93.2%)
5	BŁASZCZYK Piotr	7		M OPEN	5	00:22:08.28	+00:01:30 (6.8%)	4:25	13.6 (93.2%)
6	SZCZUKOCKI Marcin	123	TEAM TERMINATORUN	M OPEN	6	00:24:06.59	+00:03:28 (14.4%)	4:49	12.4 (84.9%)
7	MASSEL Mateusz	83		M OPEN	7	00:24:11.40	+00:03:33 (14.7%)	4:50	12.4 (84.9%)
8	KOPCZAK Paweł	59	FAJNAFABRYKA.PL	M OPEN	8	00:24:30.07	+00:03:52 (15.8%)	4:54	12.2 (83.6%)
9	KACZOR Agnieszka	161	KRAJEWSCY RUNNERS	K OPEN	1	00:24:50.54	+00:04:12 (17.0%)	4:58	12.1 (82.9%)
10	LATANSKI Radoslaw	75		M OPEN	9	00:25:10.68	+00:04:32 (18.1%)	5:02	11.9 (81.5%)
11	KOZŁOWSKI Sebastian	65	MTB JASTROWIE	M OPEN	10	00:25:11.07	+00:04:33 (18.1%)	5:02	11.9 (81.5%)
12	MOSZKOWICZ Grzegorz	86	POZYTYWNI Z PASJĄ	M OPEN	11	00:26:20.06	+00:05:42 (21.7%)	5:16	11.4 (78.1%)
13	KOKOWSKI Jakub	160	BBL ZŁOTÓW	M OPEN	12	00:26:28.59	+00:05:50 (22.1%)	5:17	11.3 (77.4%)
14	POGRZEBSKI Roman	99	WOLF TEAM	M OPEN	13	00:26:56.24	+00:06:18 (23.4%)	5:23	11.1 (76.0%)
15	KUBIŚ Paweł	70		M OPEN	14	00:27:22.79	+00:06:45 (24.7%)	5:28	11 (75.3%)
16	ŁAWNICZAK Justyna	78	KRAJNA OCR & NINJA TRENING	K OPEN	2	00:27:23.70	+00:06:46 (24.7%)	5:28	11 (75.3%)
17	OSTROWSKI Kacper	93	SZYDŁOWO	M OPEN	15	00:27:43.80	+00:07:06 (25.6%)	5:32	10.8 (74.0%)
18	WYLEGAŁA Karolina	141	TEAM UJŚCIE	K OPEN	3	00:28:11.82	+00:07:34 (26.8%)	5:38	10.6 (72.6%)
19	KUICH Piotr	72	LILL-SPORT	M OPEN	16	00:28:26.83	+00:07:49 (27.5%)	5:41	10.6 (72.6%)
20	FORTUNA Cezary	30		M OPEN	17	00:28:59.88	+00:08:22 (28.9%)	5:47	10.4 (71.2%)
21	KĘDZIA Paweł	52		M OPEN	18	00:29:06.79	+00:08:29 (29.1%)	5:49	10.3 (70.5%)
22	BEDNARZ Sylwia	5		K OPEN	4	00:29:45.34	+00:09:07 (30.7%)	5:57	10.1 (69.2%)
23	DŁUGA Magdalena	23		K OPEN	5	00:30:03.87	+00:09:26 (31.4%)	6:00	10 (68.5%)
24	SZCZYGIEL Marcin	126		M OPEN	19	00:30:06.05	+00:09:28 (31.5%)	6:01	10 (68.5%)
25	ŁAZIŃSKI Andrzej	157		M OPEN	20	00:30:10.36	+00:09:32 (31.6%)	6:02	9.9 (67.8%)
26	BRONOWICKI Karol	10		M OPEN	21	00:30:11.51	+00:09:33 (31.7%)	6:02	9.9 (67.8%)

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27	FORTUNA Cezary Junior	31		M OPEN	22	00:30:54.69	+00:10:16 (33.3%)	6:10	9.7 (66.4%)
28	KOZIEŁ Maciej	63	NADLEŚNICTWO JASTROWIE	M OPEN	23	00:31:34.22	+00:10:56 (34.7%)	6:18	9.5 (65.1%)
29	KOPCZAK Dawid	60	WWW.FAJNAFABRYKA.PL	M OPEN	24	00:31:56.00	+00:11:18 (35.4%)	6:23	9.4 (64.4%)
30	LASAK Konrad	74	CROSSTEAM SZCZECINEK	M OPEN	25	00:32:00.83	+00:11:23 (35.6%)	6:24	9.4 (64.4%)
31	JAKUBOWSKI Marek	46		M OPEN	26	00:32:04.22	+00:11:26 (35.7%)	6:24	9.4 (64.4%)
32	SAWICZ-ŁUŃSKA Emilia	113	KRAJNA OCR&NINJA TRENING	K OPEN	6	00:32:17.70	+00:11:40 (36.1%)	6:27	9.3 (63.7%)
33	SZCZYGIĘŁ Małgorzata	125		K OPEN	7	00:32:21.33	+00:11:43 (36.2%)	6:28	9.3 (63.7%)
34	NITA Kasia	90		K OPEN	8	00:32:29.95	+00:11:52 (36.5%)	6:29	9.2 (63.0%)
35	BANACZYK Wioletta	3	LILL SPORT	K OPEN	9	00:32:55.71	+00:12:18 (37.4%)	6:35	9.1 (62.3%)
36	MUĆKA Marta	87		K OPEN	10	00:33:20.70	+00:12:43 (38.1%)	6:40	9 (61.6%)
37	NITA Wiesław	91		M OPEN	27	00:34:36.65	+00:13:58 (40.4%)	6:55	8.7 (59.6%)
38	POSPIESZNA Sandra	100		K OPEN	11	00:34:45.85	+00:14:08 (40.7%)	6:57	8.6 (58.9%)
39	BRUSKI Beniamin	11		M OPEN	28	00:34:46.49	+00:14:08 (40.7%)	6:57	8.6 (58.9%)
40	GAŁAN Joanna	32		K OPEN	12	00:35:10.73	+00:14:33 (41.4%)	7:02	8.5 (58.2%)
41	KOZŁOWIECKI Waldemar	64	TKKF KOSZALIN	M OPEN	29	00:35:20.30	+00:14:42 (41.6%)	7:04	8.5 (58.2%)
42	GRZYSTEK Kasia	39		K OPEN	13	00:35:32.23	+00:14:54 (42.0%)	7:06	8.4 (57.5%)
43	MALINOWSKA Natalia	80		K OPEN	14	00:35:45.15	+00:15:07 (42.3%)	7:09	8.4 (57.5%)
44	HRYNIEWICZ Rafał	43	TEAM BIEGOWY	M OPEN	30	00:35:46.12	+00:15:08 (42.3%)	7:09	8.4 (57.5%)
45	NIEDZIELA Dorota	89	LILL SPORT	K OPEN	15	00:35:58.85	+00:15:21 (42.7%)	7:11	8.3 (56.8%)
46	SADOWSKA Maria	110	BBL ZŁOTÓW	K OPEN	16	00:37:23.56	+00:16:45 (44.8%)	7:28	8 (54.8%)
47	DZIERZAWA Aleksandra	28	BBL ZŁOTÓW	K OPEN	17	00:37:40.91	+00:17:03 (45.3%)	7:32	8 (54.8%)
48	KOZŁOWSKI Piotr	66	KLUB SPORTOWY HUSARIA SZCZECINEK	M OPEN	31	00:38:26.03	+00:17:48 (46.3%)	7:41	7.8 (53.4%)
49	JARECKA Aleksandra	49		K OPEN	18	00:38:54.46	+00:18:16 (47.0%)	7:46	7.7 (52.7%)
50	BIAŁAS Grzegorz	6		M OPEN	32	00:39:51.47	+00:19:13 (48.2%)	7:58	7.5 (51.4%)
51	KĘDZIA Katarzyna	53		K OPEN	19	00:39:58.61	+00:19:20 (48.4%)	7:59	7.5 (51.4%)
52	CZEREŚNIAK Iwona	21	RUNDORFINA	K OPEN	20	00:40:10.27	+00:19:32 (48.6%)	8:02	7.5 (51.4%)
53	GRABOWSKA Elżbieta	36	BBL ZŁOTÓW	K OPEN	21	00:41:24.17	+00:20:46 (50.2%)	8:16	7.2 (49.3%)
54	MATYSEK Ireneusz	84	KOMANDOS WAŁECKI	M OPEN	33	00:43:18.27	+00:22:40 (52.4%)	8:39	6.9 (47.3%)
55	SZWEDA Marek	129		M OPEN	34	00:43:58.57	+00:23:20 (53.1%)	8:47	6.8 (46.6%)
56	CIECHANOWSKI Maciej	17	GASZĄCE ŚWIATŁO	M OPEN	35	00:44:40.68	+00:24:02 (53.8%)	8:56	6.7 (45.9%)
57	BORKOWSKA Katarzyna	8	GASZĄCE ŚWIATŁO	K OPEN	22	00:44:41.45	+00:24:03 (53.8%)	8:56	6.7 (45.9%)

Znaleziono 57 wynik(ów)