



# BIEG ASI KENIG - 10KM

B4SPORT

**Wydarzenie:**  
**Organizator:**

Bieg dla Asi  
Szkoła Podstawowa im. Jana Kochanowskiego w  
Sławsku

**Data:**  
**Miejsce:**  
**Dystans:**

2024-04-20  
2  
10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>RYBARCZYK Jan</b>	<b>108</b>	DARŁOWSKIE CHARTY	M-50	1	<b>00:34:34.33</b>		3:27	17.4 (100%)
2	<b>OSIŃSKI Wojciech</b>	<b>100</b>	TEAM ZABIEGANEDNI	M-30	1	<b>00:34:44.97</b>	+00:00:10 (0.5%)	3:28	17.3 (99.4%)
3	<b>KĘPKA Adrian</b>	<b>77</b>	DARŁOWSKIE CHARTY	M-16	1	<b>00:35:07.81</b>	+00:00:33 (1.6%)	3:30	17.1 (98.3%)
4	<b>ROSIAK Damian</b>	<b>107</b>	KB SPOKO SŁAWNO	M-30	2	<b>00:35:28.00</b>	+00:00:53 (2.5%)	3:32	16.9 (97.1%)
5	<b>WOJNIUSZ Adrian</b>	<b>128</b>	FEIFER TEAM / DARŁOWSKIE CHARTY	M-40	1	<b>00:37:54.31</b>	+00:03:19 (8.8%)	3:47	15.8 (90.8%)
6	<b>SMOŁUCH Marcin</b>	<b>111</b>	KB.BRYZA POSTOMINO	M-30	3	<b>00:38:05.06</b>	+00:03:30 (9.2%)	3:48	15.8 (90.8%)
7	<b>GOSTKOWSKI Łukasz</b>	<b>66</b>	KB GOCH BYTÓW	M-30	4	<b>00:38:10.91</b>	+00:03:36 (9.5%)	3:49	15.7 (90.2%)
8	<b>BAKALARZ Adam</b>	<b>53</b>	DARŁOWSKIE CHARTY/FEIFER TEAM	M-40	2	<b>00:38:46.36</b>	+00:04:12 (10.8%)	3:52	15.5 (89.1%)
9	<b>MAKARSKI Marcin</b>	<b>94</b>	DARŁOWSKIE CHARTY	M-40	3	<b>00:39:23.29</b>	+00:04:48 (12.2%)	3:56	15.2 (87.4%)
10	<b>KOWALSKI Damian</b>	<b>82</b>	BRYZA POSTOMINO	M-30	5	<b>00:39:34.67</b>	+00:05:00 (12.6%)	3:57	15.2 (87.4%)
11	<b>DOMARUS Kamila</b>	<b>64</b>		K-16	1	<b>00:40:14.21</b>	+00:05:39 (14.1%)	4:01	14.9 (85.6%)
12	<b>JABŁOŃSKI Tomasz</b>	<b>136</b>	KB SPOKO SŁAWNO	M-40	4	<b>00:40:27.52</b>	+00:05:53 (14.5%)	4:02	14.8 (85.1%)
13	<b>KRUKOWSKI Błażej</b>	<b>86</b>		M-40	5	<b>00:40:43.61</b>	+00:06:09 (15.1%)	4:04	14.7 (84.5%)
14	<b>JÓŻWIK Adam</b>	<b>70</b>	MPGKIM SŁAWNO	M-30	6	<b>00:40:49.28</b>	+00:06:14 (15.3%)	4:04	14.7 (84.5%)
15	<b>PIŁCZYŃSKI Paweł</b>	<b>101</b>		M-30	7	<b>00:41:30.97</b>	+00:06:56 (16.7%)	4:09	14.5 (83.3%)
16	<b>CHODOROWSKI Tomasz</b>	<b>141</b>	BEST BEASTS	M-16	2	<b>00:41:44.05</b>	+00:07:09 (17.2%)	4:10	14.4 (82.8%)
17	<b>TURCZYN Tomasz</b>	<b>118</b>		M-40	6	<b>00:42:08.89</b>	+00:07:34 (18.0%)	4:12	14.2 (81.6%)
18	<b>BŁASZCZYK Karol</b>	<b>57</b>		M-16	3	<b>00:42:27.23</b>	+00:07:52 (18.6%)	4:14	14.1 (81.0%)
19	<b>WIELGAT Łukasz</b>	<b>119</b>	KB BRYZA POSTOMINO	M-30	8	<b>00:42:40.62</b>	+00:08:06 (19.0%)	4:16	14.1 (81.0%)
20	<b>JUSZCZAK Jarosław</b>	<b>72</b>		M-30	9	<b>00:42:42.00</b>	+00:08:07 (19.0%)	4:16	14.1 (81.0%)
21	<b>KOZDRA Piotr</b>	<b>84</b>	KB SPOKO SŁAWNO	M-30	10	<b>00:43:06.72</b>	+00:08:32 (19.8%)	4:18	13.9 (79.9%)
22	<b>WIERZEJSKI Sławomir</b>	<b>123</b>	KLUB BIEGACZA GOCH BYTÓW	M-50	2	<b>00:43:08.83</b>	+00:08:34 (19.9%)	4:18	13.9 (79.9%)
23	<b>WITKOWSKI Dawid</b>	<b>125</b>	KB SPOKO SŁAWNO	M-30	11	<b>00:43:26.87</b>	+00:08:52 (20.4%)	4:20	13.8 (79.3%)
24	<b>BAKALARZ Kasia</b>	<b>54</b>	DARŁOWSKIE CHARTY/ FEIFER TEAM	K-40	1	<b>00:43:26.91</b>	+00:08:52 (20.4%)	4:20	13.8 (79.3%)
25	<b>WÓJCICKI Grzegorz</b>	<b>131</b>	KB SPOKO SŁAWNO	M-40	7	<b>00:43:52.14</b>	+00:09:17 (21.2%)	4:23	13.7 (78.7%)
26	<b>WOJNIUSZ Kamila</b>	<b>127</b>	ASICS FRONTRUNNER	K-30	1	<b>00:43:54.00</b>	+00:09:19 (21.2%)	4:23	13.7 (78.7%)
27	<b>WILCZEWSKI Mariusz</b>	<b>124</b>	KB SPOKO SŁAWNO	M-30	12	<b>00:44:26.65</b>	+00:09:52 (22.2%)	4:26	13.5 (77.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Tempo min/km	Tempo km/h
						netto 10km	Różn		
28	<b>WILCZEWSKI Krzysztof</b>	<b>137</b>	KB SPOKO SŁAWNO	M-30	13	<b>00:44:28.54</b>	+00:09:54 (22.3%)	4:26	13.5 (77.6%)
29	<b>KONECKI Dariusz</b>	<b>79</b>	KB SPOKO SŁAWNO	M-50	3	<b>00:44:31.11</b>	+00:09:56 (22.3%)	4:27	13.5 (77.6%)
30	<b>BŁASZCZYK Tadeusz</b>	<b>58</b>		M-60	1	<b>00:45:02.18</b>	+00:10:27 (23.2%)	4:30	13.3 (76.4%)
31	<b>WIZE Małgorzata</b>	<b>126</b>		K-40	2	<b>00:45:06.73</b>	+00:10:32 (23.4%)	4:30	13.3 (76.4%)
32	<b>ANTOSIK Grzegorz</b>	<b>51</b>	KB BRYZA POSTOMINO	M-40	8	<b>00:45:13.07</b>	+00:10:38 (23.5%)	4:31	13.3 (76.4%)
33	<b>SEKULSKI Oliwier</b>	<b>138</b>		M-16	4	<b>00:45:29.89</b>	+00:10:55 (24.0%)	4:32	13.2 (75.9%)
34	<b>LEGIERSKI Andrzej</b>	<b>90</b>	WOLF TEAM SŁAWNO	M-40	9	<b>00:45:38.63</b>	+00:11:04 (24.3%)	4:33	13.1 (75.3%)
35	<b>KACZMAREK Marta</b>	<b>73</b>	KB SPOKO SŁAWNO	K-30	2	<b>00:45:53.53</b>	+00:11:19 (24.7%)	4:35	13.1 (75.3%)
36	<b>CHUDY Henryk</b>	<b>63</b>	K SOLSZEWSKI I SYNOWIE	M-60	2	<b>00:45:54.01</b>	+00:11:19 (24.7%)	4:35	13.1 (75.3%)
37	<b>KLIMCZAK Agnieszka</b>	<b>135</b>	BBL SŁUPSK	K-50	1	<b>00:46:04.28</b>	+00:11:29 (25.0%)	4:36	13 (74.7%)
38	<b>SIUDOWSKI Robert</b>	<b>110</b>		M-30	14	<b>00:46:08.00</b>	+00:11:33 (25.1%)	4:36	13 (74.7%)
39	<b>RADECKA Katarzyna</b>	<b>105</b>		K-40	3	<b>00:47:04.25</b>	+00:12:29 (26.6%)	4:42	12.7 (73.0%)
40	<b>GAWĘDA Emil</b>	<b>65</b>	DARŁOWSKIE CHARTY	M-30	15	<b>00:47:55.18</b>	+00:13:20 (27.9%)	4:47	12.5 (71.8%)
41	<b>ANTOSIK Grażyna</b>	<b>52</b>	K SOLSZEWSKI I SYNOWIE	K-40	4	<b>00:48:01.12</b>	+00:13:26 (28.0%)	4:48	12.5 (71.8%)
42	<b>NACHYŁA Piotr</b>	<b>142</b>	STOPA	M-50	4	<b>00:48:11.58</b>	+00:13:37 (28.3%)	4:49	12.5 (71.8%)
43	<b>BŁASZCZYK Tomasz</b>	<b>56</b>		M-16	5	<b>00:48:22.71</b>	+00:13:48 (28.5%)	4:50	12.4 (71.3%)
44	<b>ROGALSKI Piotr</b>	<b>106</b>		M-40	10	<b>00:49:03.83</b>	+00:14:29 (29.5%)	4:54	12.2 (70.1%)
45	<b>JUSIEL Maksymilian</b>	<b>71</b>		M-16	6	<b>00:49:20.04</b>	+00:14:45 (29.9%)	4:56	12.2 (70.1%)
46	<b>MAMROT Filip</b>	<b>139</b>		M-16	7	<b>00:50:19.76</b>	+00:15:45 (31.3%)	5:01	11.9 (68.4%)
47	<b>KSYCKI Krystian</b>	<b>87</b>		M-16	8	<b>00:50:26.17</b>	+00:15:51 (31.5%)	5:02	11.9 (68.4%)
48	<b>ZAKRZEWSKI Paweł</b>	<b>132</b>	DARŁOWSKIE CHARTY	M-40	11	<b>00:50:30.11</b>	+00:15:55 (31.5%)	5:03	11.9 (68.4%)
49	<b>KULCZYK Katarzyna</b>	<b>88</b>	KB BRYZA POSTOMINO	K-40	5	<b>00:50:40.35</b>	+00:16:06 (31.8%)	5:04	11.8 (67.8%)
50	<b>LENDZIOSZEK Ryszard</b>	<b>91</b>	DARŁOWSKIE CHARTY	M-40	12	<b>00:50:40.56</b>	+00:16:06 (31.8%)	5:04	11.8 (67.8%)
51	<b>SIELECKI Michał</b>	<b>109</b>		M-16	9	<b>00:50:41.39</b>	+00:16:07 (31.8%)	5:04	11.8 (67.8%)
52	<b>PRZYGÓCKI Sylwester</b>	<b>104</b>	LION STRONG TEAM	M-30	16	<b>00:50:46.52</b>	+00:16:12 (31.9%)	5:04	11.8 (67.8%)
53	<b>MICKIEWICZ VEL MICKUS Grzegorz</b>	<b>145</b>	KB SPOKO SŁAWNO	M-40	13	<b>00:51:20.86</b>	+00:16:46 (32.7%)	5:08	11.7 (67.2%)
54	<b>BOJARYN Marcin</b>	<b>59</b>		M-40	14	<b>00:51:35.48</b>	+00:17:01 (33.0%)	5:09	11.6 (66.7%)
55	<b>KANIEWSKI Jacek</b>	<b>75</b>	W.P.K SŁOŃ TEAM USTKA	M-40	15	<b>00:51:52.00</b>	+00:17:17 (33.3%)	5:11	11.6 (66.7%)
56	<b>KAMELSKI Piotr</b>	<b>74</b>	KB SPOKO SŁAWNO	M-50	5	<b>00:52:33.56</b>	+00:17:59 (34.2%)	5:15	11.4 (65.5%)
57	<b>WIERZBICKA Monika</b>	<b>120</b>	DARŁOWSKIE CHARTY	K-30	3	<b>00:52:47.00</b>	+00:18:12 (34.5%)	5:16	11.4 (65.5%)
58	<b>WIERZBICKI Sylwester</b>	<b>121</b>	DARŁOWSKIE CHARTY	M-40	16	<b>00:52:49.00</b>	+00:18:14 (34.5%)	5:16	11.4 (65.5%)
59	<b>NOREK Ryszard</b>	<b>98</b>		M-70	1	<b>00:52:50.86</b>	+00:18:16 (34.6%)	5:17	11.4 (65.5%)
60	<b>LEGIERSKA Anna</b>	<b>89</b>	WOLF TEAM SŁAWNO	K-40	6	<b>00:52:55.77</b>	+00:18:21 (34.7%)	5:17	11.3 (64.9%)
61	<b>TRAPP Sebastian</b>	<b>117</b>		M-40	17	<b>00:54:02.91</b>	+00:19:28 (36.0%)	5:24	11.1 (63.8%)
62	<b>SUŁEK Dorota</b>	<b>113</b>	KB BRYZA POSTOMINO	K-40	7	<b>00:54:17.83</b>	+00:19:43 (36.3%)	5:25	11.1 (63.8%)
63	<b>RADKO Sylwia</b>	<b>144</b>	BIEGI KOLACYJNE	K-40	8	<b>00:54:46.54</b>	+00:20:12 (36.9%)	5:28	11 (63.2%)
64	<b>LEWANDOWSKA Maria</b>	<b>92</b>	W.P.K. SŁOŃ TEAM USTKA	K-30	4	<b>00:54:49.06</b>	+00:20:14 (36.9%)	5:28	10.9 (62.6%)
65	<b>LEWANDOWSKI Adam</b>	<b>93</b>	W.P.K. SŁOŃ TEAM USTKA	M-40	18	<b>00:54:49.23</b>	+00:20:14 (36.9%)	5:28	10.9 (62.6%)
66	<b>RAHOZA Szymon</b>	<b>143</b>	LION STRONG TEAM	M-40	19	<b>00:55:29.80</b>	+00:20:55 (37.7%)	5:32	10.8 (62.1%)
67	<b>BUZE Małgorzata</b>	<b>61</b>	OLSZEWSKI I SYNOWIE	K-40	9	<b>00:55:48.63</b>	+00:21:14 (38.1%)	5:34	10.8 (62.1%)
68	<b>WOZNIAK Dariusz</b>	<b>130</b>	WWW.LIMO300C.COM	M-50	6	<b>00:58:09.94</b>	+00:23:35 (40.6%)	5:48	10.3 (59.2%)
69	<b>PORĘBSKA Karolina</b>	<b>103</b>		K-16	2	<b>00:58:41.10</b>	+00:24:06 (41.1%)	5:52	10.2 (58.6%)
70	<b>BIŃCZYK Tomasz</b>	<b>55</b>		M-16	10	<b>00:58:44.00</b>	+00:24:09 (41.1%)	5:52	10.2 (58.6%)
71	<b>ZARZYCKA Izabela</b>	<b>133</b>	W.P.K SŁOŃ TEAM USTKA	K-40	10	<b>00:58:45.82</b>	+00:24:11 (41.2%)	5:52	10.2 (58.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
72	<b>NARLOCH Bartłomiej</b>	<b>97</b>		M-30	17	<b>00:58:47.63</b>	+00:24:13 (41.2%)	5:52	10.2 (58.6%)
73	<b>WOJNOWSKI Tomasz</b>	<b>129</b>		M-40	20	<b>00:59:35.00</b>	+00:25:00 (42.0%)	5:57	10.1 (58.0%)
74	<b>KOZŁOWSKI Adrian</b>	<b>85</b>		M-16	11	<b>00:59:50.65</b>	+00:25:16 (42.2%)	5:59	10 (57.5%)
75	<b>ZARZYCKI Dariusz</b>	<b>134</b>	W.P.K SŁOŃ TEAM USTKA	M-40	21	<b>01:00:34.13</b>	+00:25:59 (42.9%)	6:03	9.9 (56.9%)
76	<b>KOWALCZYK Krzysztof</b>	<b>80</b>	OSIR SŁAWNO	M-50	7	<b>01:02:10.00</b>	+00:27:35 (44.4%)	6:13	9.7 (55.7%)
77	<b>SIUDEK Klaudia</b>	<b>140</b>		K-16	3	<b>01:02:27.09</b>	+00:27:52 (44.6%)	6:14	9.6 (55.2%)
78	<b>HELLER Zdzisław</b>	<b>67</b>		M-60	3	<b>01:03:44.25</b>	+00:29:09 (45.8%)	6:22	9.4 (54.0%)
79	<b>MARCZAK Małgorzata</b>	<b>95</b>		K-60	1	<b>01:04:31.59</b>	+00:29:57 (46.4%)	6:27	9.3 (53.4%)
80	<b>JĘDRASZCZYK Kamil</b>	<b>69</b>	WWW.LIMO300C.COM	M-16	12	<b>01:06:10.88</b>	+00:31:36 (47.8%)	6:37	9.1 (52.3%)
81	<b>STANIASZEK Bogusław</b>	<b>112</b>	TUPOTUSTKA	M-70	2	<b>01:06:57.43</b>	+00:32:23 (48.4%)	6:41	9 (51.7%)
82	<b>MUSIAŁ Klaudia</b>	<b>96</b>		K-16	4	<b>01:16:33.60</b>	+00:41:59 (54.8%)	7:39	7.8 (44.8%)
83	<b>KENIG Agnieszka</b>	<b>76</b>		K-16	5	<b>01:16:33.91</b>	+00:41:59 (54.8%)	7:39	7.8 (44.8%)

Znaleziono 83 wynik(ów)