



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

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						netto 10km	Różn		
28	WILCZEWSKI Krzysztof	137	KB SPOKO SŁAWNO	M-30	13	00:44:28.54	+00:09:54 (22.3%)	4:26	13.5 (77.6%)
29	KONECKI Dariusz	79	KB SPOKO SŁAWNO	M-50	3	00:44:31.11	+00:09:56 (22.3%)	4:27	13.5 (77.6%)
30	BŁASZCZYK Tadeusz	58		M-60	1	00:45:02.18	+00:10:27 (23.2%)	4:30	13.3 (76.4%)
31	WIZE Małgorzata	126		K-40	2	00:45:06.73	+00:10:32 (23.4%)	4:30	13.3 (76.4%)
32	ANTOSIK Grzegorz	51	KB BRYZA POSTOMINO	M-40	8	00:45:13.07	+00:10:38 (23.5%)	4:31	13.3 (76.4%)
33	SEKULSKI Oliwier	138		M-16	4	00:45:29.89	+00:10:55 (24.0%)	4:32	13.2 (75.9%)
34	LEGIERSKI Andrzej	90	WOLF TEAM SŁAWNO	M-40	9	00:45:38.63	+00:11:04 (24.3%)	4:33	13.1 (75.3%)
35	KACZMAREK Marta	73	KB SPOKO SŁAWNO	K-30	2	00:45:53.53	+00:11:19 (24.7%)	4:35	13.1 (75.3%)
36	CHUDY Henryk	63	K SOLSZEWSKI I SYNOWIE	M-60	2	00:45:54.01	+00:11:19 (24.7%)	4:35	13.1 (75.3%)
37	KLIMCZAK Agnieszka	135	BBL SŁUPSK	K-50	1	00:46:04.28	+00:11:29 (25.0%)	4:36	13 (74.7%)
38	SIUDOWSKI Robert	110		M-30	14	00:46:08.00	+00:11:33 (25.1%)	4:36	13 (74.7%)
39	RADECKA Katarzyna	105		K-40	3	00:47:04.25	+00:12:29 (26.6%)	4:42	12.7 (73.0%)
40	GAWĘDA Emil	65	DARŁOWSKIE CHARTY	M-30	15	00:47:55.18	+00:13:20 (27.9%)	4:47	12.5 (71.8%)
41	ANTOSIK Grażyna	52	K SOLSZEWSKI I SYNOWIE	K-40	4	00:48:01.12	+00:13:26 (28.0%)	4:48	12.5 (71.8%)
42	NACHYŁA Piotr	142	STOPA	M-50	4	00:48:11.58	+00:13:37 (28.3%)	4:49	12.5 (71.8%)
43	BŁASZCZYK Tomasz	56		M-16	5	00:48:22.71	+00:13:48 (28.5%)	4:50	12.4 (71.3%)
44	ROGALSKI Piotr	106		M-40	10	00:49:03.83	+00:14:29 (29.5%)	4:54	12.2 (70.1%)
45	JUSIEL Maksymilian	71		M-16	6	00:49:20.04	+00:14:45 (29.9%)	4:56	12.2 (70.1%)
46	MAMROT Filip	139		M-16	7	00:50:19.76	+00:15:45 (31.3%)	5:01	11.9 (68.4%)
47	KSYCKI Krystian	87		M-16	8	00:50:26.17	+00:15:51 (31.5%)	5:02	11.9 (68.4%)
48	ZAKRZEWSKI Paweł	132	DARŁOWSKIE CHARTY	M-40	11	00:50:30.11	+00:15:55 (31.5%)	5:03	11.9 (68.4%)
49	KULCZYK Katarzyna	88	KB BRYZA POSTOMINO	K-40	5	00:50:40.35	+00:16:06 (31.8%)	5:04	11.8 (67.8%)
50	LENDZIOSZEK Ryszard	91	DARŁOWSKIE CHARTY	M-40	12	00:50:40.56	+00:16:06 (31.8%)	5:04	11.8 (67.8%)
51	SIELECKI Michał	109		M-16	9	00:50:41.39	+00:16:07 (31.8%)	5:04	11.8 (67.8%)
52	PRZYGÓCKI Sylwester	104	LION STRONG TEAM	M-30	16	00:50:46.52	+00:16:12 (31.9%)	5:04	11.8 (67.8%)
53	MICKIEWICZ VEL MICKUS Grzegorz	145	KB SPOKO SŁAWNO	M-40	13	00:51:20.86	+00:16:46 (32.7%)	5:08	11.7 (67.2%)
54	BOJARYN Marcin	59		M-40	14	00:51:35.48	+00:17:01 (33.0%)	5:09	11.6 (66.7%)
55	KANIEWSKI Jacek	75	W.P.K SŁOŃ TEAM USTKA	M-40	15	00:51:52.00	+00:17:17 (33.3%)	5:11	11.6 (66.7%)
56	KAMELSKI Piotr	74	KB SPOKO SŁAWNO	M-50	5	00:52:33.56	+00:17:59 (34.2%)	5:15	11.4 (65.5%)
57	WIERZBICKA Monika	120	DARŁOWSKIE CHARTY	K-30	3	00:52:47.00	+00:18:12 (34.5%)	5:16	11.4 (65.5%)
58	WIERZBICKI Sylwester	121	DARŁOWSKIE CHARTY	M-40	16	00:52:49.00	+00:18:14 (34.5%)	5:16	11.4 (65.5%)
59	NOREK Ryszard	98		M-70	1	00:52:50.86	+00:18:16 (34.6%)	5:17	11.4 (65.5%)
60	LEGIERSKA Anna	89	WOLF TEAM SŁAWNO	K-40	6	00:52:55.77	+00:18:21 (34.7%)	5:17	11.3 (64.9%)
61	TRAPP Sebastian	117		M-40	17	00:54:02.91	+00:19:28 (36.0%)	5:24	11.1 (63.8%)
62	SUŁEK Dorota	113	KB BRYZA POSTOMINO	K-40	7	00:54:17.83	+00:19:43 (36.3%)	5:25	11.1 (63.8%)
63	RADKO Sylwia	144	BIEGI KOLACYJNE	K-40	8	00:54:46.54	+00:20:12 (36.9%)	5:28	11 (63.2%)
64	LEWANDOWSKA Maria	92	W.P.K. SŁOŃ TEAM USTKA	K-30	4	00:54:49.06	+00:20:14 (36.9%)	5:28	10.9 (62.6%)
65	LEWANDOWSKI Adam	93	W.P.K. SŁOŃ TEAM USTKA	M-40	18	00:54:49.23	+00:20:14 (36.9%)	5:28	10.9 (62.6%)
66	RAHOZA Szymon	143	LION STRONG TEAM	M-40	19	00:55:29.80	+00:20:55 (37.7%)	5:32	10.8 (62.1%)
67	BUZE Małgorzata	61	OLSZEWSKI I SYNOWIE	K-40	9	00:55:48.63	+00:21:14 (38.1%)	5:34	10.8 (62.1%)
68	WOZNIAK Dariusz	130	WWW.LIMO300C.COM	M-50	6	00:58:09.94	+00:23:35 (40.6%)	5:48	10.3 (59.2%)
69	PORĘBSKA Karolina	103		K-16	2	00:58:41.10	+00:24:06 (41.1%)	5:52	10.2 (58.6%)
70	BIŃCZYK Tomasz	55		M-16	10	00:58:44.00	+00:24:09 (41.1%)	5:52	10.2 (58.6%)
71	ZARZYCKA Izabela	133	W.P.K SŁOŃ TEAM USTKA	K-40	10	00:58:45.82	+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	NARLOCH Bartłomiej	97		M-30	17	00:58:47.63	+00:24:13 (41.2%)	5:52	10.2 (58.6%)
73	WOJNOWSKI Tomasz	129		M-40	20	00:59:35.00	+00:25:00 (42.0%)	5:57	10.1 (58.0%)
74	KOZŁOWSKI Adrian	85		M-16	11	00:59:50.65	+00:25:16 (42.2%)	5:59	10 (57.5%)
75	ZARZYCKI Dariusz	134	W.P.K SŁOŃ TEAM USTKA	M-40	21	01:00:34.13	+00:25:59 (42.9%)	6:03	9.9 (56.9%)
76	KOWALCZYK Krzysztof	80	OSIR SŁAWNO	M-50	7	01:02:10.00	+00:27:35 (44.4%)	6:13	9.7 (55.7%)
77	SIUDEK Klaudia	140		K-16	3	01:02:27.09	+00:27:52 (44.6%)	6:14	9.6 (55.2%)
78	HELLER Zdzisław	67		M-60	3	01:03:44.25	+00:29:09 (45.8%)	6:22	9.4 (54.0%)
79	MARCZAK Małgorzata	95		K-60	1	01:04:31.59	+00:29:57 (46.4%)	6:27	9.3 (53.4%)
80	JĘDRASZCZYK Kamil	69	WWW.LIMO300C.COM	M-16	12	01:06:10.88	+00:31:36 (47.8%)	6:37	9.1 (52.3%)
81	STANIASZEK Bogusław	112	TUPOTUSTKA	M-70	2	01:06:57.43	+00:32:23 (48.4%)	6:41	9 (51.7%)
82	MUSIAŁ Klaudia	96		K-16	4	01:16:33.60	+00:41:59 (54.8%)	7:39	7.8 (44.8%)
83	KENIG Agnieszka	76		K-16	5	01:16:33.91	+00:41:59 (54.8%)	7:39	7.8 (44.8%)

Znaleziono 83 wynik(ów)