

# BIEG GŁÓWNY - 3.8KM

B4SPORT  
INTELEGENNE ZAWODY SPORTOWE

**Wydarzenie:** Bieg z Okazji Dni Krajenki  
**Organizator:** Krajeński Ośrodek Kultury  
**Data:** 2023-07-29  
**Miejsce:** Krajenka  
**Dystans:** 3.8 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Krajenka	Czas netto 3.8km	Różn	Tempo min/km	Tempo km/h
1	STARSZAK Marcin	20	DĘBOWA GÓRA RUN!	M40-49	1		00:13:11.30		3:28	17.3 (100%)
2	WOŹNIAK Grzegorz	26	MOS KRAJENKA/12WBOT	M30-39	1	Tak	00:13:16.20	+00:00:04 (0.6%)	3:29	17.2 (99.4%)
3	ZDREBKA Mateusz	46		M30-39	2		00:14:28.10	+00:01:16 (8.8%)	3:48	15.8 (91.3%)
4	KŁUNDUKOWSKA Paulina	9		K30-39	1		00:15:15.05	+00:02:03 (13.5%)	4:00	15 (86.7%)
5	TRZASKA Andżelika	29		K18-29	1		00:15:50.65	+00:02:39 (16.8%)	4:10	14.4 (83.2%)
6	WITKOWSKI Bartłomiej	50		M30-39	3		00:16:21.65	+00:03:10 (19.4%)	4:18	13.9 (80.3%)
7	MASSEL Mateusz	15	ISKRA KRAJENKA	M18-29	1		00:16:22.00	+00:03:10 (19.4%)	4:18	13.9 (80.3%)
8	KOWALCZYK Michał	32		M18-29	2		00:16:26.10	+00:03:14 (19.8%)	4:19	13.9 (80.3%)
9	OGONOWSKI Marek	16		M50-59	1		00:16:48.60	+00:03:37 (21.5%)	4:25	13.6 (78.6%)
10	PAWLAK Marcin	38		M40-49	2		00:16:56.80	+00:03:45 (22.2%)	4:27	13.5 (78.0%)
11	JAKÓBCZYK Sławomir	47		M40-49	3		00:17:04.25	+00:03:52 (22.7%)	4:29	13.4 (77.5%)
12	ŻUJEW Andrzej	27	AKTYWNA KRAJENKA	M50-59	2	Tak	00:17:04.75	+00:03:53 (22.8%)	4:29	13.4 (77.5%)
13	MANIKOWSKI Piotr	13		M14-17	1		00:17:17.55	+00:04:06 (23.7%)	4:32	13.2 (76.3%)
14	WIŚNIEWSKA Iwona	40		K30-39	2		00:17:19.20	+00:04:07 (23.9%)	4:33	13.2 (76.3%)
15	UEBERFLUSS Rajmund	59		M60-69	1		00:17:36.95	+00:04:25 (25.1%)	4:37	13 (75.1%)
16	BUDNIK Daniel	1	ISKRA KRAJENKA	M18-29	3		00:17:43.20	+00:04:31 (25.6%)	4:39	12.9 (74.6%)
17	KLUKŚ Janusz	49		M40-49	4		00:17:44.90	+00:04:33 (25.7%)	4:40	12.9 (74.6%)
18	TRZASKA Adam	30		M18-29	4		00:17:53.25	+00:04:41 (26.3%)	4:42	12.7 (73.4%)
19	CHUDZIK Piotr	42	LZSJEDNOŚĆ ŁOBŻENICA	M50-59	3		00:17:54.45	+00:04:43 (26.4%)	4:42	12.7 (73.4%)
20	KOWALSKI Dawid	31		M18-29	5		00:17:56.25	+00:04:44 (26.5%)	4:43	12.7 (73.4%)
21	SAWICKI Leszek	18		M40-49	5	Tak	00:17:56.95	+00:04:45 (26.5%)	4:43	12.7 (73.4%)
22	KASZUBA Artur	7	OSP ŁUGI	M30-39	4		00:17:57.00	+00:04:45 (26.5%)	4:43	12.7 (73.4%)
23	PAWLAK Zuzanna	39		K14-17	1		00:17:57.30	+00:04:46 (26.5%)	4:43	12.7 (73.4%)
24	SKIERA Kazimierz	19	LZSJEDNOŚĆ ŁOBŻENICA	M60-69	2		00:18:01.95	+00:04:50 (26.9%)	4:44	12.7 (73.4%)
25	WERS Paulina	36		K18-29	2		00:18:03.95	+00:04:52 (27.0%)	4:45	12.6 (72.8%)
26	MARCINIAK Darek	14		M40-49	6		00:18:04.70	+00:04:53 (27.0%)	4:45	12.6 (72.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Krajenka	Czas netto 3.8km	Różn	Tempo min/km	Tempo km/h
27	<b>KOKOWSKA Anna</b>	<b>10</b>	BBL ZŁOTÓW	K30-39	3		<b>00:18:09.75</b>	+00:04:58 (27.4%)	4:46	12.6 (72.8%)
28	<b>KLUKŚ Monika</b>	<b>48</b>		K40-49	1		<b>00:18:16.00</b>	+00:05:04 (27.8%)	4:48	12.5 (72.3%)
29	<b>KRZEMIŃSKA Emilia</b>	<b>33</b>		K30-39	4		<b>00:18:35.45</b>	+00:05:24 (29.1%)	4:53	12.3 (71.1%)
30	<b>SZCZEPANIK Alicja</b>	<b>23</b>		K30-39	5	Tak	<b>00:18:45.50</b>	+00:05:34 (29.7%)	4:56	12.2 (70.5%)
31	<b>STRZELECKA Małgorzata</b>	<b>21</b>	SAILING TEAM FERAJNA	K50-59	1		<b>00:19:07.60</b>	+00:05:56 (31.0%)	5:01	11.9 (68.8%)
32	<b>SZPULECKA Marta</b>	<b>45</b>		K18-29	3		<b>00:19:57.75</b>	+00:06:46 (33.9%)	5:15	11.4 (65.9%)
33	<b>STRZELECKI Sebastian 'Kaszana'</b>	<b>22</b>	SAILING TEAM FERAJNA	M50-59	4		<b>00:21:04.55</b>	+00:07:53 (37.4%)	5:32	10.8 (62.4%)
34	<b>KASZUBA Agnieszka</b>	<b>8</b>	OSP ŁUGI	K30-39	6		<b>00:21:12.05</b>	+00:08:00 (37.8%)	5:34	10.8 (62.4%)
35	<b>DZIERZAWA Tomasz</b>	<b>2</b>	BBL ZŁOTÓW	M50-59	5		<b>00:21:12.35</b>	+00:08:01 (37.8%)	5:34	10.8 (62.4%)
36	<b>DZIERZAWA Aleksandra</b>	<b>3</b>	BBL ZŁOTÓW	K40-49	2		<b>00:21:20.95</b>	+00:08:09 (38.2%)	5:36	10.7 (61.8%)
37	<b>JANKOWSKI Dawid</b>	<b>5</b>		M30-39	5		<b>00:21:26.15</b>	+00:08:14 (38.5%)	5:38	10.6 (61.3%)
38	<b>ROCHE Matthieu</b>	<b>34</b>		M30-39	6		<b>00:21:49.90</b>	+00:08:38 (39.6%)	5:44	10.5 (60.7%)
39	<b>SAWICKA Aleksandra</b>	<b>17</b>		K40-49	3	Tak	<b>00:21:53.80</b>	+00:08:42 (39.8%)	5:45	10.4 (60.1%)
40	<b>WIEBSKOWSKA Anna</b>	<b>24</b>		K30-39	7	Tak	<b>00:21:54.10</b>	+00:08:42 (39.8%)	5:45	10.4 (60.1%)
41	<b>SZYMAŃSKA Hanna</b>	<b>44</b>		K40-49	4		<b>00:21:59.80</b>	+00:08:48 (40.0%)	5:47	10.4 (60.1%)
42	<b>SZYMAŃSKI Jacek</b>	<b>43</b>		M50-59	6		<b>00:22:04.30</b>	+00:08:53 (40.2%)	5:48	10.3 (59.5%)
43	<b>JASIEK Karolina</b>	<b>35</b>		K30-39	8		<b>00:22:12.75</b>	+00:09:01 (40.6%)	5:50	10.3 (59.5%)
44	<b>GNIOT Anna</b>	<b>4</b>		K40-49	5	Tak	<b>00:22:13.95</b>	+00:09:02 (40.7%)	5:50	10.3 (59.5%)
45	<b>KOZŁOWSKI Piotr</b>	<b>11</b>	KLUB SPORTOWY HUSARIA SZCZECINEK	M40-49	7		<b>00:22:59.45</b>	+00:09:48 (42.6%)	6:02	9.9 (57.2%)
46	<b>HEINRYCHS Nadine</b>	<b>28</b>		K18-29	4					(0.0%)

Znaleziono 46 wynik(ów)