



BIEG GŁÓWNY - 5 KM

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie:
Organizator:

4. BIEG KORCZAKA
Specjalny Ośrodek Szkolno-Wychowawczy nr 1 dla
Dzieci Niepełnosprawnych Ruchowo w Policach im.
Marii Grzegorzewskiej
2023-04-22
Police
5 km

Data:
Miejsce:
Dystans:

Klasyfikacja: M30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Półmetek 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	STANISZCZAK Łukasz	150		M30	1	00:09:50	00:19:48.50	00:19:48.50		3:57	15.2 (100%)
2	HARHAJ Piotr	43		M30	2	00:10:22	00:21:39.50	00:21:39.50	+00:01:51 (8.5%)	4:19	13.9 (91.4%)
3	ARLUKIEWICZ Grzegorz	4	TOST I PIWO	M30	3	00:11:24	00:22:39.00	00:22:39.00	+00:02:50 (12.5%)	4:31	13.2 (86.8%)
4	LEWANDOWSKI Daniel	79	WY-BIEGANI SZCZECIN	M30	4	00:11:10	00:22:54.40	00:22:54.40	+00:03:05 (13.5%)	4:34	13.1 (86.2%)
5	GOZDEK Marcin	38	LOVELASY	M30	5	00:11:26	00:23:35.15	00:23:35.15	+00:03:46 (16.0%)	4:43	12.7 (83.6%)
6	SZCZYGIELSKI Radosław	157		M30	6	00:11:37	00:23:40.55	00:23:40.55	+00:03:52 (16.3%)	4:44	12.7 (83.6%)
7	HAŁGAS Piotr	41	OKS TANOWO	M30	7	00:11:01	00:23:50.00	00:23:50.00	+00:04:01 (16.9%)	4:46	12.6 (82.9%)
8	ZABŁOCKI Bartosz	180	BIEGNIJWAŚĆWSTYDUOSZCZĘDŹ	M30	8	00:11:40	00:24:06.60	00:24:06.60	+00:04:18 (17.8%)	4:49	12.4 (81.6%)
9	REJBICZ Daniel	126		M30	9	00:12:10	00:24:40.90	00:24:40.90	+00:04:52 (19.7%)	4:56	12.2 (80.3%)
10	WEINAR Wojciech	170	OLA & WOJTEK	M30	10	00:12:11	00:25:18.80	00:25:18.80	+00:05:30 (21.7%)	5:03	11.9 (78.3%)
11	SZERSZEŃ Michał	158		M30	11	00:12:35	00:26:10.15	00:26:10.15	+00:06:21 (24.3%)	5:14	11.5 (75.7%)
12	KAROL Piotr	53	TEAM KAROLKI	M30	12	00:13:33	00:27:56.15	00:27:56.15	+00:08:07 (29.1%)	5:35	10.7 (70.4%)
13	MAJEWSKI Krzysztof	86	ZDROWY WARIAT	M30	13	00:14:19	00:28:28.05	00:28:28.05	+00:08:39 (30.4%)	5:41	10.5 (69.1%)
14	PILAWSKI Piotr	110	TIP POLICE	M30	14	00:14:00	00:29:02.20	00:29:02.20	+00:09:13 (31.8%)	5:48	10.3 (67.8%)
15	RASIAK Rafał	123		M30	15	00:13:11	00:29:10.40	00:29:10.40	+00:09:21 (32.1%)	5:50	10.3 (67.8%)
16	ADAMIAK Artur	1	AMPIO TEAM	M30	16	00:14:44	00:30:17.65	00:30:17.65	+00:10:29 (34.6%)	6:03	9.9 (65.1%)
17	MATCZAK Krystian	88	#FIEGEBIEGA	M30	17	00:15:39	00:30:47.30	00:30:47.30	+00:10:58 (35.7%)	6:09	9.7 (63.8%)
18	RUDZEWICZ Mariusz	130		M30	18	00:15:09	00:31:38.05	00:31:38.05	+00:11:49 (37.4%)	6:19	9.5 (62.5%)
19	CYBULSKI Tomasz	18		M30	19	00:15:29	00:32:32.30	00:32:32.30	+00:12:43 (39.1%)	6:30	9.2 (60.5%)
20	POGODA Rafał	113	TIP	M30	20	00:15:56	00:32:34.90	00:32:34.90	+00:12:46 (39.2%)	6:30	9.2 (60.5%)
21	ĆWIKLIŃSKI Łukasz	21	AMPIO TEAM	M30	21	00:17:05	00:34:19.60	00:34:19.60	+00:14:31 (42.3%)	6:51	8.7 (57.2%)
22	TOMASZEWSKI Radosław	166		M30	22	00:18:01	00:34:33.25	00:34:33.25	+00:14:44 (42.7%)	6:54	8.7 (57.2%)
23	KRYNICKI Błażej	70	SOPFIXTEAM	M30	23	00:16:55	00:34:57.35	00:34:57.35	+00:15:08 (43.3%)	6:59	8.6 (56.6%)
24	PORĘBSKI Tomasz	116		M30	24	00:18:19	00:38:03.00	00:38:03.00	+00:18:14 (47.9%)	7:36	7.9 (52.0%)
25	NIZIO Grzegorz	99		M30	25	00:19:14	00:39:07.85	00:39:07.85	+00:19:19 (49.4%)	7:49	7.7 (50.7%)

