



## BIEG GŁÓWNY - 5 KM

B4SPORT

**Wydarzenie:** 3 BIEG KORCZAKA  
**Organizator:** Specjalny Ośrodek Szkolno-Wychowawczy nr 1 dla Dzieci Niepełnosprawnych Ruchowo w Policach im. Marii Grzegorzewskiej  
**Data:** 2022-04-09  
**Miejsce:** Police  
**Dystans:** 5 km

**B4SPORT**  
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	ZACZKO Jacek	200	ZDARTE PODESZWY	M40	1		00:09:33	00:19:14.65	00:19:16.70		3:50	15.6 (100%)
2	OPAS Adam	126	UKŁ ÓSEMKA POLICE	M40	2	UKŁ Ósemka Police	00:09:34	00:19:33.55	00:19:34.80	+00:00:18 (1.5%)	3:54	15.3 (98.1%)
3	ŁUKASZEWSKI Sebastian	106	STARGARDZKI KLUB LEKKOATLETYCZNY	M40	3		00:09:44	00:20:06.40	00:20:08.05	+00:00:51 (4.3%)	4:01	14.9 (95.5%)
4	BORGER Krzysztof	19	UKŁ ÓSEMKA POLICE	M40	4	UKŁ Ósemka Police	00:10:41	00:21:20.45	00:21:24.20	+00:02:07 (9.9%)	4:16	14.1 (90.4%)
5	CHENON Guillaume	215		M40	5		00:10:53	00:22:30.70	00:22:38.60	+00:03:21 (14.9%)	4:30	13.3 (85.3%)
6	FILIPOWICZ Robert	49		M40	6		00:11:15	00:22:51.10	00:22:55.65	+00:03:38 (15.9%)	4:34	13.1 (84.0%)
7	ZELEK Darek	205		M40	7		00:11:17	00:22:59.20	00:23:01.40	+00:03:44 (16.3%)	4:35	13.1 (84.0%)
8	WICHROWSKI Grzegorz	188	FIZJOBIEGACZE	M40	8		00:11:14	00:23:00.80	00:23:04.40	+00:03:47 (16.4%)	4:36	13 (83.3%)
9	PODWYSZYŃSKI Sylwester	141	KW PSP SZCZECIN	M40	9		00:11:28	00:23:31.30	00:23:33.15	+00:04:16 (18.1%)	4:42	12.8 (82.1%)
10	KLAUZIŃSKI Arkadiusz	82		M40	10		00:11:33	00:24:00.55	00:24:04.00	+00:04:47 (19.9%)	4:48	12.5 (80.1%)
11	RYTTEL Marcin	159	14ZBOT/142 BLP TRZEBIATÓW	M40	11	14ZBOT/142 BLP Drużyna Bravo	00:11:41	00:24:09.50	00:24:15.10	+00:04:58 (20.5%)	4:49	12.4 (79.5%)
12	PODYMA Marek	142		M40	12		00:12:24	00:24:48.30	00:24:54.05	+00:05:37 (22.6%)	4:57	12.1 (77.6%)
13	ŁAWNICZAK Sebastian	105		M40	13		00:12:29	00:25:02.85	00:25:11.65	+00:05:54 (23.5%)	5:00	12 (76.9%)
14	ZABORA Paweł	199	SPINER-POLICE	M40	14		00:12:30	00:25:21.55	00:25:32.65	+00:06:15 (24.5%)	5:04	11.8 (75.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Drużyna 1	2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
15	<b>BARTOSZEWSKI Paweł</b>	<b>11</b>	L-BUG RUN	M40	15		00:13:09	<b>00:26:15.10</b>	<b>00:26:29.25</b>	+00:07:12 (27.2%)	5:15	11.4 (73.1%)
16	<b>STĘPNIAK Lesław</b>	<b>222</b>	14ZBOT/SKB DZIK	M40	16		00:13:02	<b>00:26:37.50</b>	<b>00:26:44.80</b>	+00:07:28 (27.9%)	5:19	11.3 (72.4%)
17	<b>ŚWIERCZ Sylwester</b>	<b>179</b>		M40	17		00:13:01	<b>00:26:54.05</b>	<b>00:27:04.10</b>	+00:07:47 (28.8%)	5:22	11.2 (71.8%)
18	<b>WITORZĘĆ Dariusz</b>	<b>193</b>		M40	18		00:13:34	<b>00:27:26.90</b>	<b>00:27:35.40</b>	+00:08:18 (30.1%)	5:29	10.9 (69.9%)
19	<b>STRZELEC Tomasz</b>	<b>916</b>	KB HERMES GRYFINO	M40	19		00:13:46	<b>00:27:25.75</b>	<b>00:27:37.20</b>	+00:08:20 (30.2%)	5:29	10.9 (69.9%)
20	<b>PAWLUŚ Tomasz</b>	<b>133</b>	5 PUŁK INŻYNIERYJNY / BIEG KORCZAKA	M40	20	Wirtualny Bieg	00:13:41	<b>00:27:27.25</b>	<b>00:27:38.95</b>	+00:08:22 (30.3%)	5:29	10.9 (69.9%)
21	<b>GUŁAJEWSKI Rafał</b>	<b>63</b>	14ZBOT/142 BLP TRZEBIATÓW	M40	21	14ZBOT/142 BLP Drużyna Alfa	00:13:24	<b>00:27:47.50</b>	<b>00:27:55.15</b>	+00:08:38 (30.9%)	5:33	10.8 (69.2%)
22	<b>ZEMANKIEWICZ Łukasz</b>	<b>206</b>		M40	22		00:13:30	<b>00:28:28.30</b>	<b>00:28:34.35</b>	+00:09:17 (32.5%)	5:41	10.5 (67.3%)
23	<b>DZBANUSZEK Krzysztof</b>	<b>41</b>	BKS SKORPION	M40	23		00:14:08	<b>00:28:34.30</b>	<b>00:28:39.15</b>	+00:09:22 (32.7%)	5:42	10.5 (67.3%)
24	<b>JAGIELSKI Karol</b>	<b>72</b>	FCB	M40	24		00:14:17	<b>00:29:44.70</b>	<b>00:29:58.20</b>	+00:10:41 (35.7%)	5:56	10.1 (64.7%)
25	<b>BOBER Łukasz</b>	<b>17</b>		M40	25		00:15:35	<b>00:30:43.05</b>	<b>00:30:55.85</b>	+00:11:39 (37.7%)	6:08	9.8 (62.8%)
26	<b>KRUSZEWICZ Aleksander</b>	<b>94</b>	AMPIO TEAM	M40	26	AMPIO Team 4	00:15:57	<b>00:30:51.75</b>	<b>00:31:07.95</b>	+00:11:51 (38.1%)	6:10	9.7 (62.2%)
27	<b>PIOTROWSKI Krzysztof</b>	<b>138</b>	AMPIO TEAM	M40	27	AMPIO Team 4	00:15:46	<b>00:31:24.45</b>	<b>00:31:39.40</b>	+00:12:22 (39.1%)	6:16	9.6 (61.5%)
28	<b>ANDRUSZKIEWICZ Maciej</b>	<b>5</b>	AMPIO TEAM	M40	28	AMPIO Team 5	00:16:12	<b>00:32:14.75</b>	<b>00:32:25.30</b>	+00:13:08 (40.5%)	6:26	9.3 (59.6%)
29	<b>GADOMSKI Marcin</b>	<b>56</b>	AMPIO TEAM	M40	29	Ampio Team 1	00:16:55	<b>00:34:25.05</b>	<b>00:34:35.75</b>	+00:15:19 (44.3%)	6:53	8.7 (55.8%)
30	<b>GETKA Seweryn</b>	<b>58</b>	AMPIO TEAM	M40	30	Ampio Team 1	00:16:29	<b>00:36:28.85</b>	<b>00:36:44.40</b>	+00:17:27 (47.5%)	7:17	8.2 (52.6%)

Znaleziono 30 wynik(ów)