



BIEG GŁÓWNY - 5 KM

B4SPORT

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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: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Półmetek 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	ŁUKASZEWSKI Sebastian	83	STARGARDZKI KLUB LEKKOATLETYCZNY	M40	1	00:09:26	00:19:33.30	00:19:33.30		3:54	15.3 (100%)
2	CHIŻYK Krzysztof	15	NOWE WARPNO TRI	M40	2	00:09:55	00:20:29.50	00:20:29.50	+00:00:56 (4.6%)	4:05	14.6 (95.4%)
3	HARŁUKOWICZ Krzysztof	44	ULTRAKAZIK	M40	3	00:10:07	00:20:54.85	00:20:54.85	+00:01:21 (6.5%)	4:10	14.4 (94.1%)
4	POGORZELSKI Daniel	114	#FIEGEBIEGA	M40	4	00:10:17	00:21:28.00	00:21:28.00	+00:01:54 (8.9%)	4:17	14 (91.5%)
5	DOBROWOLSKI Adam	24		M40	5	00:10:59	00:22:24.10	00:22:24.10	+00:02:50 (12.7%)	4:28	13.4 (87.6%)
6	ZELEK Darek	182		M40	6	00:11:00	00:22:44.30	00:22:44.30	+00:03:11 (14.0%)	4:32	13.2 (86.3%)
7	WICHROWSKI Grzegorz	173	FIZJOBIEGACZE SZCZECIN	M40	7	00:11:33	00:23:06.60	00:23:06.60	+00:03:33 (15.4%)	4:37	13 (85.0%)
8	HETMAŃSKI Arkadiusz	47	LOVELASY	M40	8	00:11:10	00:23:15.00	00:23:15.00	+00:03:41 (15.9%)	4:39	12.9 (84.3%)
9	KRUPIŃSKI Marcin	65		M40	9	00:11:29	00:23:30.75	00:23:30.75	+00:03:57 (16.8%)	4:42	12.8 (83.7%)
10	LUBASIŃSKI Tomasz	82		M40	10	00:11:25	00:24:38.00	00:24:38.00	+00:05:04 (20.6%)	4:55	12.2 (79.7%)
11	PAWŁASZEK Lech	108	SWIM2TRI	M40	11	00:13:15	00:26:07.35	00:26:07.35	+00:06:34 (25.1%)	5:13	11.5 (75.2%)
12	BOBER Łukasz	10		M40	12	00:14:21	00:28:32.80	00:28:32.80	+00:08:59 (31.5%)	5:42	10.5 (68.6%)
13	GIERLINSKI Tomasz	36		M40	13	00:13:50	00:28:51.15	00:28:51.15	+00:09:17 (32.2%)	5:46	10.4 (68.0%)
14	KLIMEK Paweł	56		M40	14	00:13:58	00:28:52.70	00:28:52.70	+00:09:19 (32.3%)	5:46	10.4 (68.0%)
15	JASIŃSKI Robert	50	FLEKS	M40	15	00:15:09	00:30:18.85	00:30:18.85	+00:10:45 (35.5%)	6:03	9.9 (64.7%)
16	ŚWIERCZ Sylwester	164		M40	16	00:15:32	00:30:20.45	00:30:20.45	+00:10:47 (35.5%)	6:04	9.9 (64.7%)
17	RADCZUK Mariusz	120	GANG MARIANA	M40	17	00:15:12	00:31:01.05	00:31:01.05	+00:11:27 (37.0%)	6:12	9.7 (63.4%)
18	ANDRUSZKIEWICZ Maciej	2	AMPIO TEAM	M40	18	00:16:31	00:31:37.65	00:31:37.65	+00:12:04 (38.2%)	6:19	9.5 (62.1%)
19	KRUSZEWICZ Aleksander	67	AMPIOTEAM	M40	19	00:16:22	00:32:17.65	00:32:17.65	+00:12:44 (39.4%)	6:27	9.3 (60.8%)
20	SOBOCIŃSKI Maksymilian	144		M40	20	00:16:30	00:32:55.70	00:32:55.70	+00:13:22 (40.6%)	6:35	9.1 (59.5%)
21	KOZANECKI Łukasz	63		M40	21	00:18:45	00:37:18.95	00:37:18.95	+00:17:45 (47.6%)	7:27	8 (52.3%)

Znaleziono 21 wynik(ów)