



Wydarzenie:
Organizator:

Data:
Miejsce:
Dystans:

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

BIEG GŁÓWNY - 5 KM

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: OPEN Mężczyźni

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Półmetek 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	ZABIELSKI Józef	179		M50	1	00:09:30	00:19:22.00	00:19:22.00		3:52	15.5 (100%)
2	ŁUKASZEWSKI Sebastian	83	STARGARDZKI KLUB LEKKOATLETYCZNY	M40	1	00:09:26	00:19:33.30	00:19:33.30	+00:00:11 (1.0%)	3:54	15.3 (98.7%)
3	STANISZCZAK Łukasz	150		M30	1	00:09:50	00:19:48.50	00:19:48.50	+00:00:26 (2.2%)	3:57	15.2 (98.1%)
4	CHIŻYK Krzysztof	15	NOWE WARPNO TRI	M40	2	00:09:55	00:20:29.50	00:20:29.50	+00:01:07 (5.5%)	4:05	14.6 (94.2%)
5	HARŁUKOWICZ Krzysztof	44	ULTRAKAZIK	M40	3	00:10:07	00:20:54.85	00:20:54.85	+00:01:32 (7.4%)	4:10	14.4 (92.9%)
6	MACIĄGOWSKI Adam	84	KP CHEMIK POLICE	M20	1	00:10:01	00:21:17.15	00:21:17.15	+00:01:55 (9.0%)	4:15	14.1 (91.0%)
7	SADOWSKI Kamil	132	OKS TANOWO	M20	2	00:10:33	00:21:19.70	00:21:19.70	+00:01:57 (9.2%)	4:15	14.1 (91.0%)
8	POGORZELSKI Daniel	114	#FIEGEBIEGA	M40	4	00:10:17	00:21:28.00	00:21:28.00	+00:02:06 (9.8%)	4:17	14 (90.3%)
9	HARHAJ Piotr	43		M30	2	00:10:22	00:21:39.50	00:21:39.50	+00:02:17 (10.6%)	4:19	13.9 (89.7%)
10	GRECZUK Jan	40		M20	3	00:10:58	00:21:47.45	00:21:47.45	+00:02:25 (11.1%)	4:21	13.8 (89.0%)
11	OLEJNIK Przemek	102		M50	2	00:10:51	00:22:09.65	00:22:09.65	+00:02:47 (12.6%)	4:25	13.5 (87.1%)
12	DOBROWOLSKI Adam	24		M40	5	00:10:59	00:22:24.10	00:22:24.10	+00:03:02 (13.5%)	4:28	13.4 (86.5%)
13	KOTARSKI Wiesław	60	GRUPA AZOTY	M60+	1	00:10:57	00:22:25.00	00:22:25.00	+00:03:03 (13.6%)	4:29	13.4 (86.5%)
14	ARLUKIEWICZ Grzegorz	4	TOST I PIWO	M30	3	00:11:24	00:22:39.00	00:22:39.00	+00:03:17 (14.5%)	4:31	13.2 (85.2%)
15	ZELEK Darek	182		M40	6	00:11:00	00:22:44.30	00:22:44.30	+00:03:22 (14.8%)	4:32	13.2 (85.2%)
16	LEWANDOWSKI Daniel	79	WY-BIEGANI SZCZECIN	M30	4	00:11:10	00:22:54.40	00:22:54.40	+00:03:32 (15.5%)	4:34	13.1 (84.5%)
17	WICHROWSKI Grzegorz	173	FIZJOBIEGACZE SZCZECIN	M40	7	00:11:33	00:23:06.60	00:23:06.60	+00:03:44 (16.2%)	4:37	13 (83.9%)
18	HETMAŃSKI Arkadiusz	47	LOVELASY	M40	8	00:11:10	00:23:15.00	00:23:15.00	+00:03:53 (16.7%)	4:39	12.9 (83.2%)
19	KRUPIŃSKI Marcin	65		M40	9	00:11:29	00:23:30.75	00:23:30.75	+00:04:08 (17.6%)	4:42	12.8 (82.6%)
20	GOZDEK Marcin	38	LOVELASY	M30	5	00:11:26	00:23:35.15	00:23:35.15	+00:04:13 (17.9%)	4:43	12.7 (81.9%)
21	PODWYSZYŃSKI Sylwester	112		M50	3	00:11:21	00:23:37.85	00:23:37.85	+00:04:15 (18.0%)	4:43	12.7 (81.9%)
22	SZCZYGIELSKI Radosław	157		M30	6	00:11:37	00:23:40.55	00:23:40.55	+00:04:18 (18.2%)	4:44	12.7 (81.9%)
23	HAŁGAS Piotr	41	OKS TANOWO	M30	7	00:11:01	00:23:50.00	00:23:50.00	+00:04:28 (18.7%)	4:46	12.6 (81.3%)
24	BOJKO Marek	12		M50	4	00:11:28	00:23:52.60	00:23:52.60	+00:04:30 (18.9%)	4:46	12.6 (81.3%)
25	SĘK Bartosz	137		M20	4	00:11:58	00:24:06.60	00:24:06.60	+00:04:44 (19.7%)	4:49	12.4 (80.0%)
25	ZABŁOCKI Bartosz	180	BIEGNIJWAŚCWSTYDUOSZCZĘDŹ	M30	8	00:11:40	00:24:06.60	00:24:06.60	+00:04:44 (19.7%)	4:49	12.4 (80.0%)
27	SIERADZAN Kamil	140	WY-BIEGANI SZCZECIN	M20	5	00:11:27	00:24:09.00	00:24:09.00	+00:04:47 (19.8%)	4:49	12.4 (80.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Półmetek	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						2.5km	5km	5km			
28	LASZKIEWICZ Waldemar	75		M50	5	00:11:46	00:24:20.30	00:24:20.30	+00:04:58 (20.4%)	4:52	12.3 (79.4%)
29	SOBOLEWSKI -SZWED Wojciech	186	TRIGYM	M20	6	00:12:12	00:24:28.55	00:24:28.55	+00:05:06 (20.9%)	4:53	12.3 (79.4%)
30	LUBASIŃSKI Tomasz	82		M40	10	00:11:25	00:24:38.00	00:24:38.00	+00:05:16 (21.4%)	4:55	12.2 (78.7%)
31	REJBICZ Daniel	126		M30	9	00:12:10	00:24:40.90	00:24:40.90	+00:05:18 (21.5%)	4:56	12.2 (78.7%)
32	GOZDOWSKI Daniel	39	#FIEGEBIEGA	M20	7	00:12:05	00:24:42.50	00:24:42.50	+00:05:20 (21.6%)	4:56	12.1 (78.1%)
33	WEINAR Wojciech	170	OLA & WOJTEK	M30	10	00:12:11	00:25:18.80	00:25:18.80	+00:05:56 (23.5%)	5:03	11.9 (76.8%)
34	FALEŃSKI Dawid	28		M20	8	00:13:06	00:25:24.50	00:25:24.50	+00:06:02 (23.8%)	5:04	11.8 (76.1%)
35	PAWŁASZEK Lech	108	SWIM2TRI	M40	11	00:13:15	00:26:07.35	00:26:07.35	+00:06:45 (25.9%)	5:13	11.5 (74.2%)
36	SZERSZEŃ Michał	158		M30	11	00:12:35	00:26:10.15	00:26:10.15	+00:06:48 (26.0%)	5:14	11.5 (74.2%)
37	STANISZCZAK Zenon	151		M60+	2	00:12:46	00:26:24.70	00:26:24.70	+00:07:02 (26.7%)	5:16	11.4 (73.5%)
38	BAIZERT Krzysztof	6		M20	9	00:13:26	00:26:34.05	00:26:34.05	+00:07:12 (27.1%)	5:18	11.3 (72.9%)
39	WOLSKI Tomasz	176	WIECZORNE BIEGANIE W SZCZECINIE	M50	6	00:13:22	00:26:55.30	00:26:55.30	+00:07:33 (28.1%)	5:23	11.1 (71.6%)
40	MARCINKIEWICZ Jan	87		M60+	3	00:13:26	00:26:57.10	00:26:57.10	+00:07:35 (28.1%)	5:23	11.1 (71.6%)
41	KUFEL Dariusz	73		M60+	4	00:13:22	00:27:01.75	00:27:01.75	+00:07:39 (28.3%)	5:24	11.1 (71.6%)
42	CZERWIŃSKI Dariusz	19	LOVELASY	M50	7	00:13:29	00:27:49.00	00:27:49.00	+00:08:27 (30.4%)	5:33	10.8 (69.7%)
43	KAROL Piotr	53	TEAM KAROLKI	M30	12	00:13:33	00:27:56.15	00:27:56.15	+00:08:34 (30.7%)	5:35	10.7 (69.0%)
44	MAJEWSKI Krzysztof	86	ZDROWY WARIAT	M30	13	00:14:19	00:28:28.05	00:28:28.05	+00:09:06 (32.0%)	5:41	10.5 (67.7%)
45	TARGOSIŃSKI Artur	165		M50	8	00:13:57	00:28:31.05	00:28:31.05	+00:09:09 (32.1%)	5:42	10.5 (67.7%)
46	BOBER Łukasz	10		M40	12	00:14:21	00:28:32.80	00:28:32.80	+00:09:10 (32.2%)	5:42	10.5 (67.7%)
47	BINDAS Mateusz	8	RAZ SZCZECIN	M20	10	00:13:57	00:28:46.55	00:28:46.55	+00:09:24 (32.7%)	5:45	10.4 (67.1%)
48	GIERLINSKI Tomasz	36		M40	13	00:13:50	00:28:51.15	00:28:51.15	+00:09:29 (32.9%)	5:46	10.4 (67.1%)
49	KLIMEK Paweł	56		M40	14	00:13:58	00:28:52.70	00:28:52.70	+00:09:30 (32.9%)	5:46	10.4 (67.1%)
50	PILAWSKI Piotr	110	TIP POLICE	M30	14	00:14:00	00:29:02.20	00:29:02.20	+00:09:40 (33.3%)	5:48	10.3 (66.5%)
51	RASIAK Rafał	123		M30	15	00:13:11	00:29:10.40	00:29:10.40	+00:09:48 (33.6%)	5:50	10.3 (66.5%)
52	KUBASIK Waldemar	72	BOSMAN	M60+	5	00:14:00	00:29:46.75	00:29:46.75	+00:10:24 (35.0%)	5:57	10.1 (65.2%)
53	STACHOWSKI Andrzej	148	MONIAGYM	M50	9	00:13:45	00:29:51.25	00:29:51.25	+00:10:29 (35.1%)	5:58	10.1 (65.2%)
54	ADAMIAK Artur	1	AMPIO TEAM	M30	16	00:14:44	00:30:17.65	00:30:17.65	+00:10:55 (36.1%)	6:03	9.9 (63.9%)
55	JASIŃSKI Robert	50	FLEKS	M40	15	00:15:09	00:30:18.85	00:30:18.85	+00:10:56 (36.1%)	6:03	9.9 (63.9%)
56	ŚWIERCZ Sylwester	164		M40	16	00:15:32	00:30:20.45	00:30:20.45	+00:10:58 (36.2%)	6:04	9.9 (63.9%)
57	MATCZAK Krystian	88	#FIEGEBIEGA	M30	17	00:15:39	00:30:47.30	00:30:47.30	+00:11:25 (37.1%)	6:09	9.7 (62.6%)
58	RADCZUK Mariusz	120	GANG MARIANA	M40	17	00:15:12	00:31:01.05	00:31:01.05	+00:11:39 (37.6%)	6:12	9.7 (62.6%)
59	STANEK Paweł	149	KRESOWABIEGA	M50	10	00:15:53	00:31:15.80	00:31:15.80	+00:11:53 (38.1%)	6:15	9.6 (61.9%)
60	SZAJEK Gabor	155	HULK TEAM POLICE	M20	11	00:16:06	00:31:21.40	00:31:21.40	+00:11:59 (38.2%)	6:16	9.6 (61.9%)
61	ANDRUSZKIEWICZ Maciej	2	AMPIO TEAM	M40	18	00:16:31	00:31:37.65	00:31:37.65	+00:12:15 (38.8%)	6:19	9.5 (61.3%)
62	RUDZEWICZ Mariusz	130		M30	18	00:15:09	00:31:38.05	00:31:38.05	+00:12:16 (38.8%)	6:19	9.5 (61.3%)
63	PAWLIŃSKI Przemysław	107		M20	12	00:15:07	00:31:52.45	00:31:52.45	+00:12:30 (39.2%)	6:22	9.4 (60.6%)
64	KRUSZEWICZ Aleksander	67	AMPIOTEAM	M40	19	00:16:22	00:32:17.65	00:32:17.65	+00:12:55 (40.0%)	6:27	9.3 (60.0%)
65	CYBULSKI Tomasz	18		M30	19	00:15:29	00:32:32.30	00:32:32.30	+00:13:10 (40.5%)	6:30	9.2 (59.4%)
66	POGODA Rafał	113	TIP	M30	20	00:15:56	00:32:34.90	00:32:34.90	+00:13:12 (40.6%)	6:30	9.2 (59.4%)
67	DENISIUK Krzysztof	22	NIEZRZESZONY	M60+	6	00:16:37	00:32:50.20	00:32:50.20	+00:13:28 (41.0%)	6:34	9.1 (58.7%)
68	SOBOCIŃSKI Maksymilian	144		M40	20	00:16:30	00:32:55.70	00:32:55.70	+00:13:33 (41.2%)	6:35	9.1 (58.7%)
69	GADOMSKI Szymon	32		M20	13	00:16:56	00:33:10.70	00:33:10.70	+00:13:48 (41.6%)	6:38	9 (58.1%)
70	MATECKI Adrian	89		M20	14	00:17:31	00:33:23.25	00:33:23.25	+00:14:01 (42.0%)	6:40	9 (58.1%)
71	ANDRUSZKIEWICZ Jakub	3	AMPIO TEAM	M20	15	00:16:31	00:33:48.00	00:33:48.00	+00:14:26 (42.7%)	6:45	8.9 (57.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Półmetek 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
72	LISICKI Jan	80	PARKRUN SZCZECIN	M60+	7	00:17:23	00:34:05.40	00:34:05.40	+00:14:43 (43.2%)	6:49	8.8 (56.8%)
73	CABAJ Tomasz	14	#FIEGEBIEGA	M20	16	00:16:24	00:34:17.45	00:34:17.45	+00:14:55 (43.5%)	6:51	8.8 (56.8%)
74	ĆWIKLIŃSKI Łukasz	21	AMPIO TEAM	M30	21	00:17:05	00:34:19.60	00:34:19.60	+00:14:57 (43.6%)	6:51	8.7 (56.1%)
75	TOMASZEWSKI Radosław	166		M30	22	00:18:01	00:34:33.25	00:34:33.25	+00:15:11 (44.0%)	6:54	8.7 (56.1%)
76	STARZYŃSKI Konrad	152	SOSW NR 1 DNR	M20	17	00:15:09	00:34:42.70	00:34:42.70	+00:15:20 (44.2%)	6:56	8.6 (55.5%)
77	KRYNICKI Błażej	70	SOPFIXTEAM	M30	23	00:16:55	00:34:57.35	00:34:57.35	+00:15:35 (44.6%)	6:59	8.6 (55.5%)
78	MAZUR Kamil	90	SOSW NR 1 DNR	M20	18	00:16:55	00:34:57.45	00:34:57.45	+00:15:35 (44.6%)	6:59	8.6 (55.5%)
79	KŁONOWSKI Bartosz	57		M20	19	00:17:40	00:35:27.75	00:35:27.75	+00:16:05 (45.4%)	7:05	8.5 (54.8%)
80	KOZANECKI Łukasz	63		M40	21	00:18:45	00:37:18.95	00:37:18.95	+00:17:56 (48.1%)	7:27	8 (51.6%)
81	PORĘBSKI Tomasz	116		M30	24	00:18:19	00:38:03.00	00:38:03.00	+00:18:41 (49.1%)	7:36	7.9 (51.0%)
82	AUGUSTYNIAK Łukasz	5		M20	20	00:18:13	00:38:46.65	00:38:46.65	+00:19:24 (50.1%)	7:45	7.7 (49.7%)
83	NIZIO Grzegorz	99		M30	25	00:19:14	00:39:07.85	00:39:07.85	+00:19:45 (50.5%)	7:49	7.7 (49.7%)
84	HAWRYŁAK Marcin	46	DRUŻYNA KORCZAKA	M50	11	00:21:14	00:47:58.05	00:47:58.05	+00:28:36 (59.6%)	9:35	6.3 (40.6%)
85	SMOŁOWIK Ernest	143	SOSW NR 1 DNR	M20	21	00:16:09			+00:06:39	6:28	9.3 (60.0%)
	JASIŃSKI Patryk	49	SOSW NR 1 DNR	M20		DNF	DNF	DNF		-	- (0.0%)

Znaleziono 86 wynik(ów)