

# BIEG GŁÓWNY - 5KM

B4SPORT



**Wydarzenie:** XIV Bieg Charytatywny im. chor. Kazimierza Masiowskiego  
**Organizator:** STOWARZYSZENIE SPORTOWE GRUPA BIEGOWA RUNDORFINA  
**Data:** 2024-03-10  
**Miejsce:** Siemczyno  
**Dystans:** 5.7 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5.7km	Różn	Tempo min/km	Tempo km/h
1	KOZAK Arkadiusz	63		OPEN -M	1	00:19:58.55		3:30	17.1 (100%)
2	HOFMAN Dariusz	44		OPEN -M	2	00:21:13.90	+00:01:15 (5.9%)	3:43	16.1 (94.2%)
3	ŁUKASZEWSKI Sebastian	67	STARGARDZKI KLUB LEKKOATLETYCZNY	OPEN -M	3	00:21:23.00	+00:01:24 (6.6%)	3:45	16 (93.6%)
4	CHMIELEWSKI Tomasz	140		OPEN -M	4	00:22:19.90	+00:02:21 (10.5%)	3:54	15.3 (89.5%)
5	CIASTOŃ Tomasz	17		OPEN -M	5	00:23:39.20	+00:03:40 (15.5%)	4:08	14.5 (84.8%)
6	KUBIŚ Paweł	62		OPEN -M	6	00:23:46.05	+00:03:47 (16.0%)	4:10	14.4 (84.2%)
7	SZLAPAK Krzysztof	114		OPEN -M	7	00:23:49.45	+00:03:50 (16.2%)	4:10	14.4 (84.2%)
8	GOŁKA Piotr	32		OPEN -M	8	00:24:40.25	+00:04:41 (19.0%)	4:19	13.9 (81.3%)
9	STRENK Przemek	107		OPEN -M	9	00:24:47.50	+00:04:48 (19.4%)	4:20	13.8 (80.7%)
10	OLKOWSKI Tomasz	87	OSP CZARNE WIELKIE	OPEN -M	10	00:24:55.10	+00:04:56 (19.8%)	4:22	13.7 (80.1%)
11	SZCZUKOCKI Marcin	112	TEAM TERMINATORUN	OPEN -M	11	00:24:59.40	+00:05:00 (20.1%)	4:22	13.7 (80.1%)
12	KOSZKO Damian	57	EL TORO DE ORO	OPEN -M	12	00:25:01.00	+00:05:02 (20.1%)	4:23	13.7 (80.1%)
13	MAŁEK Piotr	138		OPEN -M	13	00:25:14.10	+00:05:15 (20.8%)	4:25	13.6 (79.5%)
14	CHUPTYŚ Adrian	16	RUNDORFINA	OPEN -M	14	00:25:21.10	+00:05:22 (21.2%)	4:26	13.5 (78.9%)
15	MACIEJEWSKA Katarzyna	69		OPEN -K	1	00:25:40.90	+00:05:42 (22.2%)	4:30	13.3 (77.8%)
16	WIŚNIEWSKA Magdalena	117		OPEN -K	2	00:25:41.15	+00:05:42 (22.2%)	4:30	13.3 (77.8%)
17	KAPKOWSKI Paweł	45	EL TORO DE ORO	OPEN -M	15	00:25:46.85	+00:05:48 (22.5%)	4:31	13.3 (77.8%)
18	KRUKOWSKI Adam	82		OPEN -M	16	00:25:48.10	+00:05:49 (22.6%)	4:31	13.3 (77.8%)
19	SIELATYCKA Olga	103	EL TORO DE ORO	OPEN -K	3	00:26:10.55	+00:06:12 (23.7%)	4:35	13.1 (76.6%)
20	BARANOWSKI Łukasz	6	EL TORO DE ORO	OPEN -M	17	00:26:10.80	+00:06:12 (23.7%)	4:35	13.1 (76.6%)
21	KATRYCZ Zbigniew	47	STOWARZYSZENIE NASZA ŚWIERCZYNA	OPEN -M	18	00:26:34.80	+00:06:36 (24.8%)	4:39	12.9 (75.4%)
22	HOFFMANN Małgorzata	37	TEAM TERMINATORUN	OPEN -K	4	00:26:54.30	+00:06:55 (25.8%)	4:43	12.7 (74.3%)
23	BOREK Krzysztof	11	MKS JUNIOR ZŁOCIENIEC	OPEN -M	19	00:27:00.30	+00:07:01 (26.0%)	4:44	12.7 (74.3%)
24	BOREK Alicja	12	MKS JUNIOR ZŁOCIENIEC	OPEN -K	5	00:27:11.15	+00:07:12 (26.5%)	4:46	12.6 (73.7%)
25	AUGUSTOWSKI Krzysztof	3	STOWARZYSZENIE NASZA ŚWIERCZYNA	OPEN -M	20	00:27:14.35	+00:07:15 (26.7%)	4:46	12.6 (73.7%)
26	KOZIARZ Mirosław	59		OPEN -M	21	00:27:25.65	+00:07:27 (27.2%)	4:48	12.5 (73.1%)
27	SAPIŃSKI Robert	101		OPEN -M	22	00:27:44.90	+00:07:46 (28.0%)	4:51	12.3 (71.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						5.7km	Różn		
28	SKRODZKI Paweł	104		OPEN -M	23	00:27:53.75	+00:07:55 (28.4%)	4:53	12.3 (71.9%)
29	KILIJĄSKI Andrzej	53	BOJOWI AMATORZY	OPEN -M	24	00:28:04.80	+00:08:06 (28.9%)	4:55	12.2 (71.3%)
30	RYCERSKI Rafał	100	ULTRA FAMILIA	OPEN -M	25	00:28:10.25	+00:08:11 (29.1%)	4:56	12.1 (70.8%)
31	SZKOPEK Krzysztof	113		OPEN -M	26	00:28:17.00	+00:08:18 (29.4%)	4:57	12.1 (70.8%)
32	JEŻEWSKI Wiktor	42		OPEN -M	27	00:28:17.05	+00:08:18 (29.4%)	4:57	12.1 (70.8%)
33	OSTROWSKI Marian	88		OPEN -M	28	00:28:22.70	+00:08:24 (29.6%)	4:58	12.1 (70.8%)
34	GAŁAN Leszek	27		OPEN -M	29	00:28:32.75	+00:08:34 (30.0%)	5:00	12 (70.2%)
35	SUSKA Tomasz	109		OPEN -M	30	00:28:39.35	+00:08:40 (30.3%)	5:01	11.9 (69.6%)
36	MAKUCH Katarzyna	73	EL TORO DE ORO	OPEN -K	6	00:28:46.80	+00:08:48 (30.6%)	5:02	11.9 (69.6%)
37	MAKUCH Krzysztof	72	EL TORO DE ORO	OPEN -M	31	00:28:48.25	+00:08:49 (30.6%)	5:03	11.9 (69.6%)
38	BOŃKOWSKI Jakub	9		OPEN -M	32	00:28:56.80	+00:08:58 (31.0%)	5:04	11.8 (69.0%)
39	ANTONIAK Krzysztof	1	BOJOWI AMATORZY	OPEN -M	33	00:28:59.30	+00:09:00 (31.1%)	5:05	11.8 (69.0%)
40	OGONOWSKI Marek	84	BOJOWI AMATORZY	OPEN -M	34	00:29:00.75	+00:09:02 (31.1%)	5:05	11.8 (69.0%)
41	GRABCZEWSKA Ewa	34	BOJOWI AMATORZY	OPEN -K	7	00:29:00.80	+00:09:02 (31.1%)	5:05	11.8 (69.0%)
42	SIEK Milena	102	RUNDORFINA	OPEN -K	8	00:29:11.90	+00:09:13 (31.6%)	5:07	11.7 (68.4%)
43	GZUBICKI Piotr	36	EL TORO DE ORO	OPEN -M	35	00:29:14.40	+00:09:15 (31.7%)	5:07	11.7 (68.4%)
44	ZIMNICKI Tomasz	127		OPEN -M	36	00:29:51.70	+00:09:53 (33.1%)	5:14	11.5 (67.3%)
45	KONISZEWSKI Marcin	56		OPEN -M	37	00:29:57.00	+00:09:58 (33.3%)	5:15	11.4 (66.7%)
46	SŁUPIAK Beata	139		OPEN -K	9	00:30:28.90	+00:10:30 (34.5%)	5:20	11.2 (65.5%)
47	BAK Tomasz	7	NA PRZYPALE ALBO WCAL!!!	OPEN -M	38	00:30:42.20	+00:10:43 (34.9%)	5:23	11.1 (64.9%)
48	ŁUKASZEWICZ Adam	66	CZCIBŐR	OPEN -M	39	00:31:07.15	+00:11:08 (35.8%)	5:27	11 (64.3%)
49	PATRARCHA Jakub	89		OPEN -M	40	00:31:07.45	+00:11:08 (35.8%)	5:27	11 (64.3%)
50	GŁADKOWSKI Grzegorz	31		OPEN -M	41	00:31:08.85	+00:11:10 (35.9%)	5:27	11 (64.3%)
51	GZAJEC Grzegorz	24	WOLFTEAM	OPEN -M	42	00:31:25.75	+00:11:27 (36.4%)	5:30	10.9 (63.7%)
52	WOJDAN Iwona	120	RUNDORFINA	OPEN -K	10	00:31:59.75	+00:12:01 (37.6%)	5:36	10.7 (62.6%)
53	GIERA Sandra	30		OPEN -K	11	00:32:56.55	+00:12:58 (39.4%)	5:46	10.4 (60.8%)
54	KĘPIŃSKI Adam	51		OPEN -M	43	00:33:06.35	+00:13:07 (39.7%)	5:48	10.3 (60.2%)
55	LUTYŃSKA Ewa	65	EL TORO DE ORO	OPEN -K	12	00:33:16.10	+00:13:17 (40.0%)	5:50	10.3 (60.2%)
56	NIEMIENIONEK Małgorzata	81		OPEN -K	13	00:33:31.70	+00:13:33 (40.4%)	5:52	10.2 (59.6%)
57	DARMOID Michał	21	KOMPANIA	OPEN -M	44	00:33:37.70	+00:13:39 (40.6%)	5:53	10.2 (59.6%)
58	ANTONIAK Justyna	2	EL TORO DE ORO	OPEN -K	14	00:33:39.10	+00:13:40 (40.6%)	5:54	10.2 (59.6%)
59	BORKOWSKA Alicja	13		OPEN -K	15	00:33:43.75	+00:13:45 (40.8%)	5:54	10.1 (59.1%)
60	GAŁAN Joanna	28		OPEN -K	16	00:33:55.90	+00:13:57 (41.1%)	5:57	10.1 (59.1%)
61	WAŚNIEWSKI Arek	116	RUNDORFINA	OPEN -M	45	00:34:31.35	+00:14:32 (42.1%)	6:03	9.9 (57.9%)
62	KSIĄŻEK Teresa	61	EKIPA ZDROWEGO...	OPEN -K	17	00:34:44.90	+00:14:46 (42.5%)	6:05	9.8 (57.3%)
63	NATKANIEC Wiesława	79		OPEN -K	18	00:34:53.85	+00:14:55 (42.8%)	6:07	9.8 (57.3%)
64	KAZIMIERSKI Norbert	49		OPEN -M	46	00:35:18.95	+00:15:20 (43.4%)	6:11	9.7 (56.7%)
65	MACIEJEWSKA Lucyna	68		OPEN -K	19	00:35:55.60	+00:15:57 (44.4%)	6:18	9.5 (55.6%)
66	MACIEJEWSKI Andrzej	70		OPEN -M	47	00:35:55.70	+00:15:57 (44.4%)	6:18	9.5 (55.6%)
67	WRÓBEL Nikodem	123		OPEN -M	48	00:36:02.95	+00:16:04 (44.6%)	6:19	9.5 (55.6%)
68	KUŚMIDER Katarzyna	135		OPEN -K	20	00:37:44.95	+00:17:46 (47.1%)	6:37	9.1 (53.2%)
69	CZARNECKA Renata	18		OPEN -K	21	00:38:22.25	+00:18:23 (47.9%)	6:43	8.9 (52.0%)
70	CZEREŚNIAK Iwona	20		OPEN -K	22	00:38:46.95	+00:18:48 (48.5%)	6:48	8.8 (51.5%)
71	OKONIEWSKA Joanna	85		OPEN -K	23	00:43:30.90	+00:23:32 (54.1%)	7:37	7.9 (46.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5.7km	Różn	Tempo min/km	Tempo km/h
72	<b>CHARUSTA Dagmara</b>	<b>15</b>		OPEN -K	24	<b>00:45:55.80</b>	+00:25:57 (56.5%)	8:03	7.4 (43.3%)
73	<b>KĘPIŃSKA Paulina</b>	<b>50</b>		OPEN -K	25	<b>00:45:57.30</b>	+00:25:58 (56.5%)	8:03	7.4 (43.3%)
74	<b>KUZIO Justyna</b>	<b>64</b>		OPEN -K	26	<b>00:46:30.20</b>	+00:26:31 (57.0%)	8:09	7.4 (43.3%)
75	<b>PIETRZAK Agata</b>	<b>90</b>		OPEN -K	27	<b>00:46:30.35</b>	+00:26:31 (57.0%)	8:09	7.4 (43.3%)
76	<b>SMOLAREK Jakub</b>	<b>105</b>		OPEN -M	49	<b>00:46:45.10</b>	+00:26:46 (57.3%)	8:12	7.3 (42.7%)
77	<b>ŻARECKA Marysia</b>	<b>129</b>		OPEN -K	28	<b>00:47:06.40</b>	+00:27:07 (57.6%)	8:15	7.3 (42.7%)
78	<b>SZUMSKA Grazyna</b>	<b>136</b>		OPEN -K	29	<b>01:02:28.25</b>	+00:42:29 (68.0%)	10:57	5.5 (32.2%)
79	<b>DOŁHY Karolina</b>	<b>22</b>		OPEN -K	30	<b>01:07:30.60</b>	+00:47:32 (70.4%)	11:50	5.1 (29.8%)
80	<b>ZĄBCZYK Marta</b>	<b>125</b>		OPEN -K	31	<b>01:07:30.95</b>	+00:47:32 (70.4%)	11:50	5.1 (29.8%)
81	<b>ŚWIT Ewa</b>	<b>134</b>		OPEN -K	32				(0.0%)

Znaleziono 81 wynik(ów)