

BIEG IM. ASI KENIG - BIEG 10KM

B4SPORT
INTELEGENE ZAWODY SPORTOWE

Wydarzenie: Bieg im. Asi Kenig
Organizator: Szkoła Podstawowa im. Jana Kochanowskiego w Sławsku
Data: 2023-04-22
Miejsce: Sławsko
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	KĘPKA Adrian	44	DARŁOWSKIE CHARTY	M-18	1	00:35:08.44		3:30	17.1 (100%)
2	RUDNIK Krzysztof	64		M-40	1	00:35:46.36	+00:00:37 (1.8%)	3:34	16.8 (98.2%)
3	RYBARCZYK Jan	66	ŻYJ Z ENERGIA	M-50	1	00:35:53.93	+00:00:45 (2.1%)	3:35	16.7 (97.7%)
4	OSIŃSKI Wojciech	56	TEAM ZABIEGANEDNI	M-30	1	00:36:27.48	+00:01:19 (3.6%)	3:38	16.5 (96.5%)
5	ROSIAK Damian	63	KB SPOKO SŁAWNO	M-30	2	00:37:24.88	+00:02:16 (6.1%)	3:44	16 (93.6%)
6	WILCZEWSKI Krzysztof	88	KB SPOKO SŁAWNO	M-30	3	00:37:59.13	+00:02:50 (7.5%)	3:47	15.8 (92.4%)
7	RUDNIKOWSKI Maciej	65	BIEGUZDROWISKOWY.PL / DARŁOWSKIE CHARTY	M-40	2	00:38:22.24	+00:03:13 (8.4%)	3:50	15.6 (91.2%)
8	SMOŁUCH Marcin	84	KB BRYZA POSTOMINO	M-30	4	00:39:14.26	+00:04:05 (10.4%)	3:55	15.3 (89.5%)
9	FEDORCZAK Łukasz	29	BIEGOLAS KOSZALIN	M-30	5	00:39:16.19	+00:04:07 (10.5%)	3:55	15.3 (89.5%)
10	SMAGOWSKI Wojtek	67	OSP RĄBINO	M-40	3	00:39:23.71	+00:04:15 (10.8%)	3:56	15.2 (88.9%)
11	WITKIEWICZ Eryk	71	KB 10 BIAŁOGARD	M-40	4	00:40:25.70	+00:05:17 (13.1%)	4:02	14.8 (86.5%)
12	JABŁOŃSKI Tomasz	89	KB SPOKO SŁAWNO	M-40	5	00:41:14.33	+00:06:05 (14.8%)	4:07	14.6 (85.4%)
13	KOWALSKI Damian	86	KB SPOKO SŁAWNO	M-30	6	00:41:44.51	+00:06:36 (15.8%)	4:10	14.4 (84.2%)
14	JÓŻWIK Adam	40	K SOLSZEWSKI I SYNOWIE	M-30	7	00:41:57.18	+00:06:48 (16.2%)	4:11	14.3 (83.6%)
15	JUSZCZAK Jarosław	41		M-30	8	00:42:14.57	+00:07:06 (16.8%)	4:13	14.2 (83.0%)
16	KONKEL Agnieszka	46		K-30	1	00:43:05.96	+00:07:57 (18.5%)	4:18	13.9 (81.3%)
17	WILUSZ Krzysztof	70	STOPA SŁUPSK	M-40	6	00:43:14.52	+00:08:06 (18.7%)	4:19	13.9 (81.3%)
18	KLUCZEWSKA Emilia	96	RUNTASYCZNI TEAM BYTÓW	K-30	2	00:43:34.63	+00:08:26 (19.4%)	4:21	13.8 (80.7%)
19	NOWODWORSKA Justyna	95	RUNTASYCZNI TEAM BYTÓW	K-30	3	00:43:35.42	+00:08:26 (19.4%)	4:21	13.8 (80.7%)
20	GAWĘDA Emil	33	DARŁOWSKIE CHARTY	M-30	9	00:44:12.36	+00:09:03 (20.5%)	4:25	13.6 (79.5%)
21	ŻURAWIK Piotr	76	GM KĘPICE	M-50	2	00:44:25.95	+00:09:17 (20.9%)	4:26	13.5 (78.9%)
22	HARBUTIAK Monika	38	MKRAWCZYŃSKA TEAM	K-30	4	00:44:36.53	+00:09:28 (21.2%)	4:27	13.5 (78.9%)
23	TURCZYN Tomasz	68	SŁAWNO.NASZEMIASTO.PL	M-40	7	00:44:52.56	+00:09:44 (21.7%)	4:29	13.4 (78.4%)
24	ŁAGUTKO Kamila	81	ŻYJ Z ENERGIA	K-40	1	00:45:09.72	+00:10:01 (22.2%)	4:30	13.3 (77.8%)
25	KUKLIŃSKA-NURKOWSKA Lucyna	77	USB USTKA	K-50	1	00:45:16.02	+00:10:07 (22.4%)	4:31	13.3 (77.8%)
26	PACZUŁA Stanisław	58	BIEGAJĄCY DIETETYK TEAM	M-50	3	00:45:57.13	+00:10:48 (23.5%)	4:35	13.1 (76.6%)

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27	CHUDY Henryk	27	K SOLSZEWSKI I SYNOWIE	M-60	1	00:46:14.42	+00:11:05 (24.0%)	4:37	13 (76.0%)
28	WIELGAT Łukasz	93	KB BRYZA POSTOMINO	M-30	10	00:47:08.02	+00:11:59 (25.4%)	4:42	12.7 (74.3%)
29	CHRUSZCZ Mateusz	92	KB BRYZA POSTOMINO	M-30	11	00:47:28.68	+00:12:20 (26.0%)	4:44	12.6 (73.7%)
30	WITKOWSKI Dawid	72	KSSPOKO SŁAWNO	M-18	2	00:47:53.42	+00:12:44 (26.6%)	4:47	12.5 (73.1%)
31	HADRYŚ Bartosz	36		M-30	12	00:47:55.66	+00:12:47 (26.7%)	4:47	12.5 (73.1%)
32	PŁOSKI Krzysztof	59	DOM RYBAKA BOBOLIN	M-40	8	00:47:57.81	+00:12:49 (26.7%)	4:47	12.5 (73.1%)
33	KACZMAREK Marta	42	KB SPOKO SŁAWNO	K-30	5	00:48:04.56	+00:12:56 (26.9%)	4:48	12.5 (73.1%)
34	KONECKI Dariusz	45	KB SPOKO SŁAWNO	M-50	4	00:48:06.72	+00:12:58 (27.0%)	4:48	12.5 (73.1%)
35	POPRAWSKI Adam	60	KB SPOKO SŁAWNO	M-30	13	00:48:35.57	+00:13:27 (27.7%)	4:51	12.3 (71.9%)
36	OLSZAR Grzegorz	54	KB DARŁOWSKIE CHARTY	M-40	9	00:48:43.85	+00:13:35 (27.9%)	4:52	12.3 (71.9%)
37	GAWĘŁ Zbigniew	31	ANANASY Z 3FAL	M-60	2	00:48:48.34	+00:13:39 (28.0%)	4:52	12.3 (71.9%)
38	ORŁOWSKI Maciej	55		M-30	14	00:49:03.15	+00:13:54 (28.4%)	4:54	12.2 (71.3%)
39	STRUŚ Artur	94	KB BRYZA POSTOMINO	M-50	5	00:49:03.72	+00:13:55 (28.4%)	4:54	12.2 (71.3%)
40	DRABKOWSKA Agnieszka	91	KRÓLOWA WŁASNEJ BRYKI	K-40	2	00:49:19.68	+00:14:11 (28.8%)	4:55	12.2 (71.3%)
41	FEDORCZAK Joanna	28	BIEGOLAS KOSZALIN	K-40	3	00:50:05.53	+00:14:57 (29.8%)	5:00	12 (70.2%)
42	GAWĘŁ Iza	32	ANANASY Z 3 FAL	K-30	6	00:50:19.67	+00:15:11 (30.2%)	5:01	11.9 (69.6%)
43	SEKULSKI Oliwier	21	OSP MASŁOWICE	M-40	10	00:50:20.52	+00:15:12 (30.2%)	5:02	11.9 (69.6%)
44	KULCZYK Katarzyna	90	KB BRYZA POSTOMINO	K-40	4	00:50:55.49	+00:15:47 (31.0%)	5:05	11.8 (69.0%)
45	GOSTOMCZYK Krzysztof	34	KB SPOKO SŁAWNO	M-40	11	00:51:29.31	+00:16:20 (31.8%)	5:08	11.7 (68.4%)
46	WOJNIUSZ Kamila	73	FEIFER TEAM	K-30	7	00:51:45.88	+00:16:37 (32.1%)	5:10	11.6 (67.8%)
47	PACHUTA Damian	57		M-18	3	00:51:53.59	+00:16:45 (32.3%)	5:11	11.6 (67.8%)
48	KOZDRA Dawid	48		M-18	4	00:52:07.07	+00:16:58 (32.6%)	5:12	11.5 (67.3%)
49	GRABOWSKA Kinga	35		K-40	5	00:52:17.03	+00:17:08 (32.8%)	5:13	11.5 (67.3%)
50	BAKALARZ Katarzyna	24	DARŁOWSKIE CHARTY	K-30	8	00:52:22.88	+00:17:14 (32.9%)	5:14	11.5 (67.3%)
51	BAKALARZ Adam	23	DARŁOWSKIE CHARTY	M-30	15	00:52:22.98	+00:17:14 (32.9%)	5:14	11.5 (67.3%)
52	KĘSIK Agnieszka	82	ŚWIAT PŁYTEK U KRYSPIŃA	M-30	16	00:52:56.68	+00:17:48 (33.6%)	5:17	11.3 (66.1%)
53	WÓJCICKI Grzegorz	75	SPOKO SŁAWNO	M-40	12	00:52:58.81	+00:17:50 (33.7%)	5:17	11.3 (66.1%)
54	BURMAN Tomasz	80	ANANASY Z 3 FAL	M-30	17	00:53:02.79	+00:17:54 (33.8%)	5:18	11.3 (66.1%)
55	URBAN Ewelina	69	ANANASY Z 3 FAL	K-30	9	00:53:02.98	+00:17:54 (33.8%)	5:18	11.3 (66.1%)
56	PROTASEWICZ Andrzej	61	KB SPOKO SŁAWNO	M-40	13	00:54:07.66	+00:18:59 (35.1%)	5:24	11.1 (64.9%)
57	KOWALSKI Rafał	47		M-18	5	00:55:58.00	+00:20:49 (37.2%)	5:35	10.7 (62.6%)
58	BRZOSTOWSKA Ewa	83	KB BRYZA POSTOMINO	K-40	6	00:56:18.23	+00:21:09 (37.6%)	5:37	10.7 (62.6%)
59	KOZŁOWIECKI Waldemar	87	TKKF	M-60	3	00:56:21.27	+00:21:12 (37.6%)	5:38	10.6 (62.0%)
60	NOREK Ryszard	53		M-60	4	00:56:26.72	+00:21:18 (37.7%)	5:38	10.6 (62.0%)
61	MAJ Agnieszka	50		K-40	7	00:56:27.15	+00:21:18 (37.8%)	5:38	10.6 (62.0%)
62	SUŁEK Dorota	85	KB BRYZA POSTOMINO	K-40	8	00:58:05.84	+00:22:57 (39.5%)	5:48	10.3 (60.2%)
63	PORĘBSKA Karolina	78		K-18	1	01:00:11.78	+00:25:03 (41.6%)	6:01	10 (58.5%)
64	KAMELSKI Piotr	43	KB SPOKO SŁAWNO	M-50	6	01:01:31.96	+00:26:23 (42.9%)	6:09	9.8 (57.3%)
65	BUZE Małgorzata	26	OLSZEWSKI ISYNOWIE	K-40	9	01:01:36.17	+00:26:27 (43.0%)	6:09	9.7 (56.7%)
66	HELLER Zdzisław	39	HERBMARATONOW.PL	M-60	5	01:04:08.30	+00:28:59 (45.2%)	6:24	9.4 (55.0%)
67	HANC Michał	37	HAJALE19	M-30	18	01:08:11.67	+00:33:03 (48.5%)	6:49	8.8 (51.5%)
68	WOZNIAK Dariusz	74		M-50	7	01:08:12.94	+00:33:04 (48.5%)	6:49	8.8 (51.5%)
69	FELIŃSKA Anna	30		K-30	10	01:08:55.94	+00:33:47 (49.0%)	6:53	8.7 (50.9%)
70	RAHOZA Szymon	62		M-40	14	01:08:56.93	+00:33:48 (49.0%)	6:53	8.7 (50.9%)

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71	MARCZAK Małgorzata	52		K-60	1	01:09:50.59	+00:34:42 (49.7%)	6:59	8.6 (50.3%)
72	MARCZAK Andrzej	51		M-60	6	01:15:21.53	+00:40:13 (53.4%)	7:32	8 (46.8%)
73	MUSIAŁ Klaudia	79		K-18	2	01:15:23.46	+00:40:15 (53.4%)	7:32	8 (46.8%)
74	ANTOSIK Grażyna	22	KS OLSZEWSKI I SYNOWIE	K-40	10	01:16:18.14	+00:41:09 (53.9%)	7:37	7.9 (46.2%)

Znaleziono 74 wynik(ów)