

# BIEG IM. ASI KENIG - BIEG 10KM

B4SPORT  
INTELEGENCIE 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	<b>KĘPKA Adrian</b>	<b>44</b>	DARŁOWSKIE CHARTY	M-18	1	<b>00:35:08.44</b>		3:30	17.1 (100%)
2	<b>RUDNIK Krzysztof</b>	<b>64</b>		M-40	1	<b>00:35:46.36</b>	+00:00:37 (1.8%)	3:34	16.8 (98.2%)
3	<b>RYBARCZYK Jan</b>	<b>66</b>	ŻYJ Z ENERGIA	M-50	1	<b>00:35:53.93</b>	+00:00:45 (2.1%)	3:35	16.7 (97.7%)
4	<b>OSIŃSKI Wojciech</b>	<b>56</b>	TEAM ZABIEGANEDNI	M-30	1	<b>00:36:27.48</b>	+00:01:19 (3.6%)	3:38	16.5 (96.5%)
5	<b>ROSIAK Damian</b>	<b>63</b>	KB SPOKO SŁAWNO	M-30	2	<b>00:37:24.88</b>	+00:02:16 (6.1%)	3:44	16 (93.6%)
6	<b>WILCZEWSKI Krzysztof</b>	<b>88</b>	KB SPOKO SŁAWNO	M-30	3	<b>00:37:59.13</b>	+00:02:50 (7.5%)	3:47	15.8 (92.4%)
7	<b>RUDNIKOWSKI Maciej</b>	<b>65</b>	BIEGUZDROWISKOWY.PL / DARŁOWSKIE CHARTY	M-40	2	<b>00:38:22.24</b>	+00:03:13 (8.4%)	3:50	15.6 (91.2%)
8	<b>SMOŁUCH Marcin</b>	<b>84</b>	KB BRYZA POSTOMINO	M-30	4	<b>00:39:14.26</b>	+00:04:05 (10.4%)	3:55	15.3 (89.5%)
9	<b>FEDORCZAK Łukasz</b>	<b>29</b>	BIEGOLAS KOSZALIN	M-30	5	<b>00:39:16.19</b>	+00:04:07 (10.5%)	3:55	15.3 (89.5%)
10	<b>SMAGOWSKI Wojtek</b>	<b>67</b>	OSP RĄBINO	M-40	3	<b>00:39:23.71</b>	+00:04:15 (10.8%)	3:56	15.2 (88.9%)
11	<b>WITKIEWICZ Eryk</b>	<b>71</b>	KB 10 BIAŁOGARD	M-40	4	<b>00:40:25.70</b>	+00:05:17 (13.1%)	4:02	14.8 (86.5%)
12	<b>JABŁOŃSKI Tomasz</b>	<b>89</b>	KB SPOKO SŁAWNO	M-40	5	<b>00:41:14.33</b>	+00:06:05 (14.8%)	4:07	14.6 (85.4%)
13	<b>KOWALSKI Damian</b>	<b>86</b>	KB SPOKO SŁAWNO	M-30	6	<b>00:41:44.51</b>	+00:06:36 (15.8%)	4:10	14.4 (84.2%)
14	<b>JÓŻWIK Adam</b>	<b>40</b>	K SOLSZEWSKI I SYNOWIE	M-30	7	<b>00:41:57.18</b>	+00:06:48 (16.2%)	4:11	14.3 (83.6%)
15	<b>JUSZCZAK Jarosław</b>	<b>41</b>		M-30	8	<b>00:42:14.57</b>	+00:07:06 (16.8%)	4:13	14.2 (83.0%)
16	<b>KONKEL Agnieszka</b>	<b>46</b>		K-30	1	<b>00:43:05.96</b>	+00:07:57 (18.5%)	4:18	13.9 (81.3%)
17	<b>WILUSZ Krzysztof</b>	<b>70</b>	STOPA SŁUPSK	M-40	6	<b>00:43:14.52</b>	+00:08:06 (18.7%)	4:19	13.9 (81.3%)
18	<b>KLUCZEWSKA Emilia</b>	<b>96</b>	RUNTASYCZNI TEAM BYTÓW	K-30	2	<b>00:43:34.63</b>	+00:08:26 (19.4%)	4:21	13.8 (80.7%)
19	<b>NOWODWORSKA Justyna</b>	<b>95</b>	RUNTASYCZNI TEAM BYTÓW	K-30	3	<b>00:43:35.42</b>	+00:08:26 (19.4%)	4:21	13.8 (80.7%)
20	<b>GAWĘDA Emil</b>	<b>33</b>	DARŁOWSKIE CHARTY	M-30	9	<b>00:44:12.36</b>	+00:09:03 (20.5%)	4:25	13.6 (79.5%)
21	<b>ŻURAWIK Piotr</b>	<b>76</b>	GM KĘPICE	M-50	2	<b>00:44:25.95</b>	+00:09:17 (20.9%)	4:26	13.5 (78.9%)
22	<b>HARBUTIAK Monika</b>	<b>38</b>	MKRAWCZYŃSKA TEAM	K-30	4	<b>00:44:36.53</b>	+00:09:28 (21.2%)	4:27	13.5 (78.9%)
23	<b>TURCZYŃ Tomasz</b>	<b>68</b>	SŁAWNO.NASZEMIASTO.PL	M-40	7	<b>00:44:52.56</b>	+00:09:44 (21.7%)	4:29	13.4 (78.4%)
24	<b>ŁAGUTKO Kamila</b>	<b>81</b>	ŻYJ Z ENERGIA	K-40	1	<b>00:45:09.72</b>	+00:10:01 (22.2%)	4:30	13.3 (77.8%)
25	<b>KUKLIŃSKA-NURKOWSKA Lucyna</b>	<b>77</b>	USB USTKA	K-50	1	<b>00:45:16.02</b>	+00:10:07 (22.4%)	4:31	13.3 (77.8%)
26	<b>PACZUŁA Stanisław</b>	<b>58</b>	BIEGAJĄCY DIETETYK TEAM	M-50	3	<b>00:45:57.13</b>	+00:10:48 (23.5%)	4:35	13.1 (76.6%)

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

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

Znaleziono 74 wynik(ów)