



BIEG NA DYSTANSIE 7.5 KM

B4SPORT

Wydarzenie: VIII DRAWSKI BIEG PRZEŁAJOWY IM. JANA
BUŁCZYŃSKIEGO
Organizator: Stowarzyszenie ZDRUN EXTREME
Data: 2024-06-16
Miejsce: Drawsko Pomorskie
Dystans: 7.5 km

 **HERKULES**
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Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	ABEK	Czas netto 7.5km	Różn	Tempo min/km	Tempo km/h
1	WOJTONISZAK Łukasz	141	MKS	M-30	1		00:30:45.95		4:06	14.6 (100%)
2	BACHANEK Paweł	69	2 BRYGADA ZMECHANIZOWANA	M-30	2		00:32:22.75	+00:01:36 (5.0%)	4:18	13.9 (95.2%)
3	MACIEJEWICZ Robert	104	FIZJOBIEGACZE	M-50	1		00:32:56.55	+00:02:10 (6.6%)	4:23	13.7 (93.8%)
4	BŁASZCZYK Piotr	74		M-40	1		00:33:09.60	+00:02:23 (7.2%)	4:25	13.6 (93.2%)
5	WIĘCŁAW Mateusz	138		M-30	3		00:33:28.60	+00:02:42 (8.1%)	4:27	13.4 (91.8%)
6	NOWAK Iwona	115	POWER BODY	K-30	1		00:33:46.75	+00:03:00 (8.9%)	4:30	13.3 (91.1%)
7	ZYGOŃ Artur	61		M-30	4		00:34:57.70	+00:04:11 (12.0%)	4:39	12.9 (88.4%)
8	KĘDZIERSKA Karolina	91	FIZJOBIEGACZE SZCZECIN	K-40	1		00:35:16.00	+00:04:30 (12.8%)	4:42	12.8 (87.7%)
9	CHUPTYŚ Adrian	78	MKS	M-40	2		00:36:07.40	+00:05:21 (14.8%)	4:48	12.5 (85.6%)
10	BENECKI Krzysztof	65	MKS	M-40	3		00:36:34.00	+00:05:48 (15.9%)	4:52	12.3 (84.2%)
11	BOREK Alicja	75	MKS	K-16	1		00:36:54.40	+00:06:08 (16.6%)	4:55	12.2 (83.6%)
12	TYLKA Andrzej	133	MUKS OYAMA DRAWSKO POM	M-40	4		00:36:54.50	+00:06:08 (16.6%)	4:55	12.2 (83.6%)
13	MACIEJEWSKA Katarzyna	106		K-20	1		00:37:26.40	+00:06:40 (17.8%)	4:59	12 (82.2%)
14	OGONOWSKI Marek	116	BOJOWI AMATORZY	M-50	2		00:37:25.85	+00:06:39 (17.8%)	4:59	12 (82.2%)
15	KAROW Grzegorz	88		M-30	5		00:38:53.20	+00:08:07 (20.9%)	5:11	11.6 (79.5%)
16	OSTROWSKI Marian	119		M-60	1		00:39:36.30	+00:08:50 (22.3%)	5:16	11.4 (78.1%)
17	ANTONIAK Krzysztof	68	BOJOWI AMATORZY	M-40	5		00:41:02.70	+00:10:16 (25.0%)	5:28	11 (75.3%)
18	RUDZIŃSKI Józef	126		M-60	2		00:41:14.80	+00:10:28 (25.4%)	5:29	10.9 (74.7%)
19	JĘDRZEJCZYK Łukasz	14	ABEK	M-30	6	Tak	00:41:32.50	+00:10:46 (25.9%)	5:32	10.8 (74.0%)
20	SZKOPEK Krzysztof	130		M-60	3		00:41:47.40	+00:11:01 (26.4%)	5:34	10.8 (74.0%)
21	GRABCZEWSKA Ewa	82	BOJOWI AMATORZY	K-30	2		00:42:23.25	+00:11:37 (27.4%)	5:39	10.6 (72.6%)
22	GZUBICKI Piotr	83	EL TORO DE ORO	M-40	6		00:42:28.00	+00:11:42 (27.6%)	5:39	10.6 (72.6%)
23	JUSZKIEWICZ Wojciech	85	BOJOWI AMATORZY	M-40	7		00:42:36.35	+00:11:50 (27.8%)	5:40	10.6 (72.6%)
24	BARTOSIAK Marcin	71	RUNGRYF GRZYFICE	M-40	8		00:42:46.90	+00:12:00 (28.1%)	5:42	10.5 (71.9%)
25	KACZYŃSKI Artur	87		M-30	7		00:44:34.50	+00:13:48 (31.0%)	5:56	10.1 (69.2%)
26	BORKOWSKA Alicja	23		K-50	1		00:45:17.45	+00:14:31 (32.1%)	6:02	9.9 (67.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	ABEK	Czas		Tempo min/km	Tempo km/h
							netto 7.5km	Różn		
27	BĄK Tomasz	72	NA PRZYPALE ALBO WCALE!!!	M-40	9		00:45:36.50	+00:14:50 (32.5%)	6:04	9.9 (67.8%)
28	MAKUCH Katarzyna	108	EL TORO DE ORO	K-40	2		00:46:05.10	+00:15:19 (33.2%)	6:08	9.8 (67.1%)
29	BIERNAT Marcelina	73	EL TORO DE ORO	K-30	3		00:46:04.40	+00:15:18 (33.2%)	6:08	9.8 (67.1%)
30	ANTONOWICZ Radosław	6	ABEK	M-40	10	Tak	00:46:46.20	+00:16:00 (34.2%)	6:14	9.6 (65.8%)
31	LESNIAK Romek	103		M-50	3		00:47:18.10	+00:16:32 (35.0%)	6:18	9.5 (65.1%)
32	BANY Mirela	70		K-30	4		00:47:20.10	+00:16:34 (35.0%)	6:18	9.5 (65.1%)
33	GAŁAN Joanna	81		K-50	2		00:47:32.75	+00:16:46 (35.3%)	6:20	9.5 (65.1%)
34	KUCHTA Mariusz	99	RUNGRYF GRYFICE	M-40	11		00:47:43.00	+00:16:57 (35.5%)	6:21	9.4 (64.4%)
35	KSIĄŻEK Teresa	95		K-60	1		00:49:08.10	+00:18:22 (37.4%)	6:33	9.2 (63.0%)
36	PLEWA Paulina	122		K-20	2		00:49:20.60	+00:18:34 (37.6%)	6:34	9.1 (62.3%)
37	KURŁOWICZ Patryk	100	MUKS OYAMA DRAWSKO POM.	M-16	1		00:49:32.05	+00:18:46 (37.9%)	6:36	9.1 (62.3%)
38	ANTONIAK Justyna	67	EL TORO DE ORO	K-40	3		00:49:46.60	+00:19:00 (38.2%)	6:38	9 (61.6%)
39	BUTOWICZ Adam	76		M-60	4		00:50:52.45	+00:20:06 (39.5%)	6:46	8.8 (60.3%)
40	MACIEJEWSKI Andrzej	107		M-50	4		00:51:17.90	+00:20:31 (40.0%)	6:50	8.8 (60.3%)
41	MACIEJEWSKA Lucyna	105		K-50	3		00:51:30.00	+00:20:44 (40.3%)	6:52	8.7 (59.6%)
42	MATUSIAK Aurelia	111	MUKS OYAMA DRAWSKO POMORSKIE	K-16	2		00:52:41.75	+00:21:55 (41.6%)	7:01	8.5 (58.2%)
43	TYLKA Agnieszka	134	MUKS OYAMA DRAWSKO POM.	K-40	4		00:52:59.40	+00:22:13 (41.9%)	7:03	8.5 (58.2%)
44	KUŚMIDER Katarzyna	101		K-30	5		00:53:08.25	+00:22:22 (42.1%)	7:05	8.5 (58.2%)
45	KORDJAREK Justyna	93		K-40	5		00:53:17.85	+00:22:31 (42.3%)	7:06	8.4 (57.5%)
46	KISIEL Anna	92	FIZJOBIEGACZE SZCZECIN	K-40	6		00:53:35.30	+00:22:49 (42.6%)	7:08	8.4 (57.5%)
47	ŻUKOWSKA Martyna	142		K-16	3		00:53:40.15	+00:22:54 (42.7%)	7:09	8.4 (57.5%)
48	PROBOLA Monika	123		K-40	7		00:53:57.65	+00:23:11 (43.0%)	7:11	8.3 (56.8%)
49	MATUSIAK Ilona	110		K-30	6		00:54:03.90	+00:23:17 (43.1%)	7:12	8.3 (56.8%)
50	MILCZ Szymon	112		M-16	2		00:54:04.85	+00:23:18 (43.1%)	7:12	8.3 (56.8%)
51	DROŹDŹYK Sylwia	11	ABEK	K-30	7	Tak	00:54:26.80	+00:23:40 (43.5%)	7:15	8.3 (56.8%)
52	KOZIOŁ Rafał	94	MUKS OYAMA DRAWSKO POM.	M-40	12		00:54:56.05	+00:24:10 (44.0%)	7:19	8.2 (56.2%)
53	CZEREŚNIAK Iwona	79		K-50	4		00:55:08.55	+00:24:22 (44.2%)	7:21	8.2 (56.2%)
54	WOJTECZKO Magdalena	140		K-40	8		00:55:53.60	+00:25:07 (45.0%)	7:27	8.1 (55.5%)
55	WESOŁOWSKA Katarzyna	137		K-20	3		00:57:57.55	+00:27:11 (46.9%)	7:43	7.8 (53.4%)
56	KUCHARCZYK Elżbieta	97	RUNGRYF GRYFICE	K-50	5		00:58:06.70	+00:27:20 (47.1%)	7:44	7.7 (52.7%)
57	ORZEPOWSKA Joanna	118		K-40	9		00:58:43.10	+00:27:57 (47.6%)	7:49	7.7 (52.7%)
58	KLIMCZAK Kamila	3	ABEK SP.ZO.O	K-40	10	Tak	01:00:52.85	+00:30:06 (49.5%)	8:06	7.4 (50.7%)
59	CHMIELECKA Martyna	16	ABEK	K-20	4	Tak	01:00:43.10	+00:29:57 (49.3%)	8:05	7.4 (50.7%)
60	JAŃCZAK Maciej	13	ABEK	M-30	8	Tak	01:00:43.15	+00:29:57 (49.3%)	8:05	7.4 (50.7%)
61	MYLKE Marcin	114		M-40	13		01:01:00.85	+00:30:14 (49.6%)	8:08	7.4 (50.7%)
62	MYLKE Katarzyna	113		K-40	11		01:01:00.55	+00:30:14 (49.6%)	8:08	7.4 (50.7%)
63	SKOWYRA Wioletta	127	RUNGRYF	K-50	6		01:04:23.90	+00:33:37 (52.2%)	8:35	7 (47.9%)
64	GOLEC Anna	9	ABEK	K-30	8	Tak	01:20:32.20	+00:49:46 (61.8%)	10:44	5.6 (38.4%)
65	REDŹKO Patrycja	8	ABEK	K-30	9	Tak	01:20:33.70	+00:49:47 (61.8%)	10:44	5.6 (38.4%)
66	WAWRZYNIAK Natalia	135		K-20	5		02:12:12.65	+01:41:26 (76.7%)	17:37	3.4 (23.3%)

Znaleziono 66 wynik(ów)