

# BIEG NIEPODLEGŁOŚCI - 10KM

B4SPORT  
INTELEGENE ZAWODY SPORTOWE

**Wydarzenie:** BIEG I MARSZ NIEPODLEGŁOŚCI  
**Organizator:** Stowarzyszenie Pozytywni z Pasją  
**Data:** 2021-11-14  
**Miejsce:** Jastrowie  
**Dystans:** 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	KUŚMIDER Andrzej	78	RUNDORFINA	OPEN -M	1	00:39:07.65		3:54	15.3 (100%)
2	MANIKOWSKI Piotr	86	RUN POLAND TEAM	OPEN -M	2	00:39:52.85	+00:00:45 (1.9%)	3:59	15.1 (98.7%)
3	POCZEWSKI Jan	165		OPEN -M	3	00:43:09.25	+00:04:01 (9.3%)	4:18	13.9 (90.8%)
4	MIELNIK Wojtek	93	TT SZCZECIN	OPEN -M	4	00:44:14.25	+00:05:06 (11.6%)	4:25	13.6 (88.9%)
5	SZACHO-GŁUCHOWICZ Ryszard	130		OPEN -M	5	00:44:35.80	+00:05:28 (12.3%)	4:27	13.5 (88.2%)
6	WOŹNIAK Grzegorz	153	12WBOT/ MŁODZIEŻOWY OŚRODEK SOCJOTERAPII W KRAJENCE	OPEN -M	6	00:45:32.90	+00:06:25 (14.1%)	4:33	13.2 (86.3%)
7	CUBER Wojciech	170	#ZABIEGANINOCA	OPEN -M	7	00:45:34.35	+00:06:26 (14.1%)	4:33	13.2 (86.3%)
8	RATAJ Artur	109	3:33 TEAM	OPEN -M	8	00:46:57.40	+00:07:49 (16.7%)	4:41	12.8 (83.7%)
9	JURJEWICZ Grzegorz	52		OPEN -M	9	00:48:37.35	+00:09:29 (19.5%)	4:51	12.3 (80.4%)
10	JABŁOŃSKI Andrzej	44		OPEN -M	10	00:48:57.85	+00:09:50 (20.1%)	4:53	12.3 (80.4%)
11	KACZOR Agnieszka	172		OPEN -K	1	00:49:02.45	+00:09:54 (20.2%)	4:54	12.2 (79.7%)
12	TRĘBSKI Krzysztof	163	#ZABIEGANINOCA	OPEN -M	11	00:49:34.95	+00:10:27 (21.1%)	4:57	12.1 (79.1%)
13	BYLEWSKI Michał	12	3:33 TEAM	OPEN -M	12	00:50:06.25	+00:10:58 (21.9%)	5:00	12 (78.4%)
14	ODWROT Hubert	100	3:33 TEAM	OPEN -M	13	00:51:23.25	+00:12:15 (23.9%)	5:08	11.7 (76.5%)
15	JAWORUCKI Krystian	50		OPEN -M	14	00:51:33.45	+00:12:25 (24.1%)	5:09	11.6 (75.8%)
16	SUCHANOWSKI Zygmunt	129	RESPECT LOTYŃ	OPEN -M	15	00:52:05.95	+00:12:58 (24.9%)	5:12	11.5 (75.2%)
17	KUBIŚ Paweł	74		OPEN -M	16	00:52:09.05	+00:13:01 (25.0%)	5:12	11.5 (75.2%)
18	KACZMARZEWSKI Piotr	55	3:33 TEAM	OPEN -M	17	00:52:19.15	+00:13:11 (25.2%)	5:13	11.5 (75.2%)
19	STROMIDŁO Sebastian	127	KB AKTYWNI KRZYŻ WLKP	OPEN -M	18	00:52:52.15	+00:13:44 (26.0%)	5:17	11.3 (73.9%)
20	JANKOWSKI Mariusz	48	TEAMBIEGOWYSZCZECINEK/	OPEN -M	19	00:53:06.00	+00:13:58 (26.3%)	5:18	11.3 (73.9%)
21	GÓRA Sylwester	166	#ZABIEGANINOCA	OPEN -M	20	00:53:09.95	+00:14:02 (26.4%)	5:18	11.3 (73.9%)
22	ECKERT Zbigniew	25	GLADIATOR	OPEN -M	21	00:53:10.40	+00:14:02 (26.4%)	5:19	11.3 (73.9%)
23	KOŁODZIEJCZAK Grzegorz	61		OPEN -M	22	00:53:47.15	+00:14:39 (27.3%)	5:22	11.2 (73.2%)
24	TOWSTOKORY Marek	145		OPEN -M	23	00:53:53.35	+00:14:45 (27.4%)	5:23	11.1 (72.5%)
25	ŁUC Bożena	83	STOWARZYSZENIE BIEGACZYGM. SZYDŁOWO	OPEN -K	2	00:54:02.90	+00:14:55 (27.6%)	5:24	11.1 (72.5%)
26	SKRENTNY Franciszek	118		OPEN -M	24	00:54:09.70	+00:15:02 (27.8%)	5:24	11.1 (72.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
27	<b>GAŁAN Leszek</b>	<b>29</b>		OPEN -M	25	<b>00:55:06.90</b>	+00:15:59 (29.0%)	5:30	10.9 (71.2%)
28	<b>FIŁONOWICZ Monika</b>	<b>27</b>	TEAM BIEGOWY SZCZECINEK	OPEN -K	3	<b>00:56:04.25</b>	+00:16:56 (30.2%)	5:36	10.7 (69.9%)
29	<b>DWORNICKI Mirosław</b>	<b>19</b>		OPEN -M	26	<b>00:56:18.85</b>	+00:17:11 (30.5%)	5:37	10.7 (69.9%)
30	<b>JAROSZEWSKI Adam</b>	<b>49</b>	SPORTOWY SZCZECINEK	OPEN -M	27	<b>00:57:02.90</b>	+00:17:55 (31.4%)	5:42	10.5 (68.6%)
31	<b>GÓRA Agnieszka</b>	<b>31</b>	#ZABIEGANINOCA	OPEN -K	4	<b>00:57:03.85</b>	+00:17:56 (31.4%)	5:42	10.5 (68.6%)
32	<b>MARCHEL Lukasz</b>	<b>87</b>	PMJŁ	OPEN -M	28	<b>00:57:10.85</b>	+00:18:03 (31.6%)	5:43	10.5 (68.6%)
33	<b>BIELECKI Andrzej</b>	<b>5</b>	3:33 TEAM	OPEN -M	29	<b>00:57:17.70</b>	+00:18:10 (31.7%)	5:43	10.5 (68.6%)
34	<b>WOLDAN Jakub</b>	<b>152</b>		OPEN -M	30	<b>00:57:17.80</b>	+00:18:10 (31.7%)	5:43	10.5 (68.6%)
35	<b>DYCKOWSKI Andrzej</b>	<b>22</b>	KLUB SPORTOWY HUSARIA SZCZECINEK	OPEN -M	31	<b>00:58:36.35</b>	+00:19:28 (33.2%)	5:51	10.2 (66.7%)
36	<b>WIŚNIEWSKA Iwona</b>	<b>149</b>	BIEGAM BO LUBIĘ	OPEN -K	5	<b>00:59:10.20</b>	+00:20:02 (33.9%)	5:55	10.1 (66.0%)
37	<b>WIŚNIEWSKI Rafał</b>	<b>150</b>	KWP POZNAŃ	OPEN -M	32	<b>00:59:10.75</b>	+00:20:03 (33.9%)	5:55	10.1 (66.0%)
38	<b>WARZEWSKI Grzegorz</b>	<b>146</b>		OPEN -M	33	<b>00:59:16.65</b>	+00:20:09 (34.0%)	5:55	10.1 (66.0%)
39	<b>LEONIAK Łucja</b>	<b>168</b>		OPEN -K	6	<b>00:59:20.15</b>	+00:20:12 (34.1%)	5:56	10.1 (66.0%)
40	<b>DNUCHOWSKI Tomasz</b>	<b>26</b>	PROTEKTOR SZWECJA	OPEN -M	34	<b>00:59:23.60</b>	+00:20:15 (34.1%)	5:56	10.1 (66.0%)
41	<b>JAKÓBCZYK Sławomir</b>	<b>47</b>		OPEN -M	35	<b>00:59:46.75</b>	+00:20:39 (34.5%)	5:58	10 (65.4%)
42	<b>KUSIAK Bartek</b>	<b>77</b>		OPEN -M	36	<b>01:00:28.05</b>	+00:21:20 (35.3%)	6:02	9.9 (64.7%)
43	<b>KUNYSZ Mieczysław</b>	<b>75</b>		OPEN -M	37	<b>01:00:39.90</b>	+00:21:32 (35.5%)	6:03	9.9 (64.7%)
44	<b>KLUPŚ Monika</b>	<b>56</b>	POZYTYWNI Z PASJĄ	OPEN -K	7	<b>01:01:22.05</b>	+00:22:14 (36.2%)	6:08	9.8 (64.1%)
45	<b>SMOLARCZYK Dominik</b>	<b>121</b>	SŁABY BIEGACZ	OPEN -M	38	<b>01:02:25.85</b>	+00:23:18 (37.3%)	6:14	9.6 (62.7%)
46	<b>SMOLARCZYK Dorota</b>	<b>122</b>		OPEN -K	8	<b>01:03:09.30</b>	+00:24:01 (38.0%)	6:18	9.5 (62.1%)
47	<b>SKRENTNY Andrzej</b>	<b>119</b>		OPEN -M	39	<b>01:04:07.35</b>	+00:24:59 (39.0%)	6:24	9.4 (61.4%)
48	<b>CZECHOWSKI Grzegorz</b>	<b>16</b>	BE ACTIVE TRUCKER	OPEN -M	40	<b>01:04:29.85</b>	+00:25:22 (39.3%)	6:26	9.3 (60.8%)
49	<b>PROKOPOWICZ Marcin</b>	<b>106</b>	3:33 TEAM	OPEN -M	41	<b>01:05:18.95</b>	+00:26:11 (40.1%)	6:31	9.2 (60.1%)
50	<b>BYLEWSKA Ewa</b>	<b>10</b>	3:33 TEAM	OPEN -K	9	<b>01:05:19.75</b>	+00:26:12 (40.1%)	6:31	9.2 (60.1%)
51	<b>SKOCZYLAŚ Bożena</b>	<b>117</b>	BIEGAM BO LUBIĘ	OPEN -K	10	<b>01:05:42.95</b>	+00:26:35 (40.5%)	6:34	9.1 (59.5%)
52	<b>ŚCIUBA Anita</b>	<b>138</b>		OPEN -K	11	<b>01:06:55.25</b>	+00:27:47 (41.5%)	6:41	9 (58.8%)
53	<b>RATKA Michał</b>	<b>110</b>	ZRYTE JELENIE	OPEN -M	42	<b>01:07:08.60</b>	+00:28:00 (41.7%)	6:42	8.9 (58.2%)
54	<b>STROMIDŁO Anna</b>	<b>126</b>	BROWAR DOMOWY HATAK	OPEN -K	12	<b>01:07:09.10</b>	+00:28:01 (41.7%)	6:42	8.9 (58.2%)
55	<b>BORUC Barbara</b>	<b>7</b>		OPEN -K	13	<b>01:09:26.55</b>	+00:30:18 (43.7%)	6:56	8.6 (56.2%)
56	<b>GAŁAN Joanna</b>	<b>28</b>		OPEN -K	14	<b>01:09:45.30</b>	+00:30:37 (43.9%)	6:58	8.6 (56.2%)
57	<b>MATYSEK Ireneusz</b>	<b>171</b>		OPEN -M	43	<b>01:11:20.55</b>	+00:32:12 (45.2%)	7:08	8.4 (54.9%)
58	<b>ZBIELSKA Agnieszka</b>	<b>156</b>		OPEN -K	15	<b>01:11:32.40</b>	+00:32:24 (45.3%)	7:09	8.4 (54.9%)

Znaleziono 58 wynik(ów)