

# BIEG NIEPODLEGŁOŚCI - 3 KM (MĘŻCZYŹNI)

B4SPORT

**Wydarzenie:** Bieg Niepodległości  
**Organizator:** OSiR Sławno  
**Data:** 2018-11-10  
**Miejsce:** Sławno  
**Dystans:** 3 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All 1.5km	Czas netto 3km	Różn	Tempo min/km	Tempo km/h
1	KAMIENIECKI Rafał	33	TUPOT-USTKA			00:05:06	<b>00:10:14.05</b>		3:24	17.6 (100%)
2	WILCZEWSKI Krzysztof	79				00:05:06	<b>00:10:16.59</b>	+00:00:02 (0.4%)	3:25	17.5 (99.4%)
3	ROSIAK Damian	62	SPOKO SŁAWNO			00:05:08	<b>00:10:28.07</b>	+00:00:14 (2.2%)	3:29	17.2 (97.7%)
4	GAŁKOWSKI Dariusz	15	BRAK			00:05:16	<b>00:10:34.34</b>	+00:00:20 (3.2%)	3:31	17 (96.6%)
5	DUDA Grzegorz	13	METALCORP TEAM			00:05:10	<b>00:10:39.64</b>	+00:00:25 (4.0%)	3:33	16.9 (96.0%)
6	PICK Tomasz	57	DEAF KOSZALIN			00:05:23	<b>00:10:40.42</b>	+00:00:26 (4.1%)	3:33	16.8 (95.5%)
7	KURKUL Janek	46	KB BRYZA POSTOMINO			00:05:06	<b>00:10:54.02</b>	+00:00:39 (6.1%)	3:38	16.5 (93.8%)
8	JABŁOŃSKI Tomasz	26	KB SPOKO SŁAWNO			00:05:25	<b>00:11:04.60</b>	+00:00:50 (7.6%)	3:41	16.2 (92.0%)
9	CHUDY Henryk	10	K SOLSZEWSKI I SYNOWIE			00:05:30	<b>00:11:26.69</b>	+00:01:12 (10.6%)	3:48	15.7 (89.2%)
10	RYGIELSKI Arkadiusz	64				00:05:31	<b>00:11:36.22</b>	+00:01:22 (11.8%)	3:52	15.5 (88.1%)
11	KRÓL Szymon	9				00:05:59	<b>00:11:48.85</b>	+00:01:34 (13.4%)	3:56	15.2 (86.4%)
12	KUCHAREK Marcin	45	STOPA SŁUPSK			00:06:00	<b>00:11:53.32</b>	+00:01:39 (13.9%)	3:57	15.1 (85.8%)
13	BANCEWICZ Tomasz	2	SALON KOSMETYCZNY DIAMENT SŁUPSK			00:05:47	<b>00:11:57.41</b>	+00:01:43 (14.4%)	3:59	15 (85.2%)
14	WÓJCICKI Grzegorz	82	SPOKO SŁAWNO			00:05:58	<b>00:11:57.77</b>	+00:01:43 (14.5%)	3:59	15 (85.2%)
15	KAMELSKI Piotr	32	SPOKO SŁAWNO			00:05:57	<b>00:12:00.42</b>	+00:01:46 (14.8%)	4:00	15 (85.2%)
16	OLESZEK Jerzy	55	SZKOŁA PODOFICERSKA MW			00:05:57	<b>00:12:00.55</b>	+00:01:46 (14.8%)	4:00	15 (85.2%)
17	NOWICKI Mateusz	54	CENTRUM SZKOLENIA MARYNARKI WOJENNEJ			00:05:44	<b>00:12:02.01</b>	+00:01:47 (15.0%)	4:00	15 (85.2%)
18	HOREGLAD Paweł	25	SPEEDY GONZALES			00:05:59	<b>00:12:03.23</b>	+00:01:49 (15.1%)	4:01	14.9 (84.7%)
19	WALOS Grzegorz	75	JW1223			00:06:00	<b>00:12:06.39</b>	+00:01:52 (15.5%)	4:02	14.9 (84.7%)
20	BURDA Bartosz	7				00:06:06	<b>00:12:16.02</b>	+00:02:01 (16.6%)	4:05	14.7 (83.5%)
21	BALICKI Michał	87				00:06:11	<b>00:12:16.34</b>	+00:02:02 (16.6%)	4:05	14.7 (83.5%)
22	WERRA Krzysztof	74	KLUB PRZYJACIÓŁ ZDROWIA			00:06:04	<b>00:12:18.70</b>	+00:02:04 (16.9%)	4:06	14.6 (83.0%)
23	TOMCZAK Dominik	72	NIGHT RUNNERS SŁUPSK			00:05:59	<b>00:12:21.14</b>	+00:02:07 (17.1%)	4:07	14.6 (83.0%)
24	SAPIEJA Dariusz	65				00:06:01	<b>00:12:25.94</b>	+00:02:11 (17.7%)	4:08	14.5 (82.4%)
25	ŁABEJSZA Łukasz	48	WOJOWNICY WODY			00:05:56	<b>00:12:27.23</b>	+00:02:13 (17.8%)	4:09	14.5 (82.4%)
26	PĘKAŁA Piotr	56				00:06:21	<b>00:12:28.71</b>	+00:02:14 (18.0%)	4:09	14.4 (81.8%)
27	BASSEL Marcin	4				00:06:26	<b>00:12:35.07</b>	+00:02:21 (18.7%)	4:11	14.3 (81.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All	Czas	Różn	Tempo	Tempo
						1.5km	netto		min/km	km/h
28	<b>STRZELECKI Zbigniew</b>	<b>89</b>	KORZYBSKIE REKINY			00:06:25	<b>00:12:38.35</b>	+00:02:24 (19.0%)	4:13	14.2 (80.7%)
29	<b>ŻURAWIK Piotr</b>	<b>86</b>	KORZYBSKIE REKINY			00:06:22	<b>00:12:43.98</b>	+00:02:29 (19.6%)	4:14	14.1 (80.1%)
30	<b>GLISZCZYŃSKI Łukasz</b>	<b>19</b>	ŚWIAT PŁYTEK U KRYSPIŃ			00:05:58	<b>00:12:44.61</b>	+00:02:30 (19.7%)	4:14	14.1 (80.1%)
31	<b>MICHALAK Marek</b>	<b>50</b>				00:06:22	<b>00:12:45.95</b>	+00:02:31 (19.8%)	4:15	14.1 (80.1%)
32	<b>GIERCZAK Piotr</b>	<b>18</b>	USTKA			00:06:04	<b>00:12:50.17</b>	+00:02:36 (20.3%)	4:16	14 (79.5%)
33	<b>KOS Krystian</b>	<b>41</b>	CENTRALNY POLIGON SIŁ POWIETRZNYCH			00:06:05	<b>00:12:51.04</b>	+00:02:36 (20.4%)	4:17	14 (79.5%)
34	<b>GOSTOMCZYK Krzysztof</b>	<b>20</b>	KB SPOKO SŁAWNO			00:06:19	<b>00:12:53.65</b>	+00:02:39 (20.6%)	4:17	14 (79.5%)
35	<b>BAKALARZ Adam</b>	<b>1</b>	REHA OMT			00:06:21	<b>00:12:58.17</b>	+00:02:44 (21.1%)	4:19	13.9 (79.0%)
36	<b>WOJCIECHOWSKI Andrzej</b>	<b>81</b>				00:06:26	<b>00:13:02.12</b>	+00:02:48 (21.5%)	4:20	13.8 (78.4%)
37	<b>GAWIECKI Piotr</b>	<b>17</b>	ROZBIEGANY KOSZALIN			00:06:25	<b>00:13:07.30</b>	+00:02:53 (22.0%)	4:22	13.7 (77.8%)
38	<b>BUKOWSKI Bartosz</b>	<b>6</b>				00:06:11	<b>00:13:09.33</b>	+00:02:55 (22.2%)	4:23	13.7 (77.8%)
39	<b>KANIEWSKI Jacek</b>	<b>34</b>	W.P.K. SŁOŃ TEAM USTKA			00:06:25	<b>00:13:13.49</b>	+00:02:59 (22.6%)	4:24	13.6 (77.3%)
40	<b>PIWOŃSKI Robert</b>	<b>59</b>				00:06:29	<b>00:13:18.73</b>	+00:03:04 (23.1%)	4:26	13.5 (76.7%)
41	<b>ZARZYCKI Dariusz</b>	<b>85</b>	W.P.K SŁOŃ TEAM USTKA			00:06:32	<b>00:13:19.90</b>	+00:03:05 (23.2%)	4:26	13.5 (76.7%)
42	<b>KAZIMIEROWICZ Radosław</b>	<b>36</b>	VTT KOSZALIN			00:06:26	<b>00:13:20.46</b>	+00:03:06 (23.3%)	4:27	13.5 (76.7%)
43	<b>BANCEWICZ Radek</b>	<b>3</b>	SALON KOSMETYCZNY DIAMENT SŁUPSK			00:06:36	<b>00:13:26.80</b>	+00:03:12 (23.9%)	4:29	13.4 (76.1%)
44	<b>WIECZOREK Jacek</b>	<b>77</b>	SŁAWNO			00:06:28	<b>00:13:30.68</b>	+00:03:16 (24.3%)	4:30	13.3 (75.6%)
45	<b>KACZMAREK Krzysztof</b>	<b>30</b>				00:06:34	<b>00:13:31.98</b>	+00:03:17 (24.4%)	4:30	13.3 (75.6%)
46	<b>WÓJCICKI Adrian</b>	<b>83</b>				00:06:26	<b>00:13:33.81</b>	+00:03:19 (24.5%)	4:31	13.3 (75.6%)
47	<b>JASIENIECKI Piotr</b>	<b>27</b>				00:06:46	<b>00:13:42.61</b>	+00:03:28 (25.4%)	4:34	13.1 (74.4%)
48	<b>SEWERYN Tomasz</b>	<b>66</b>	METALCORP TEAM			00:06:34	<b>00:13:45.73</b>	+00:03:31 (25.6%)	4:35	13.1 (74.4%)
49	<b>TELESIEWICZ Henryk</b>	<b>71</b>	KB SPOKO SŁAWNO			00:06:53	<b>00:13:57.79</b>	+00:03:43 (26.7%)	4:39	12.9 (73.3%)
50	<b>LEWANDOWSKI Adam</b>	<b>47</b>	W.P.K SŁOŃ TEAM			00:06:47	<b>00:13:59.26</b>	+00:03:45 (26.8%)	4:39	12.9 (73.3%)
51	<b>DOWNAR-ZAPOLSKI Paweł</b>	<b>12</b>				00:07:17	<b>00:14:05.67</b>	+00:03:51 (27.4%)	4:41	12.8 (72.7%)
52	<b>DEMIDOK Mariusz</b>	<b>11</b>	JW1223			00:06:49	<b>00:14:08.43</b>	+00:03:54 (27.6%)	4:42	12.7 (72.2%)
53	<b>GRĄBCZEWSKI Rafał</b>	<b>22</b>				00:06:49	<b>00:14:08.69</b>	+00:03:54 (27.6%)	4:42	12.7 (72.2%)
54	<b>MICKIEWICZ VEL MICKUS Grzegorz</b>	<b>51</b>				00:06:53	<b>00:14:11.66</b>	+00:03:57 (27.9%)	4:43	12.7 (72.2%)
55	<b>NOWACKI Mariusz</b>	<b>53</b>				00:07:04	<b>00:14:15.54</b>	+00:04:01 (28.2%)	4:45	12.6 (71.6%)
56	<b>GAWĘDA Emil</b>	<b>16</b>				00:06:56	<b>00:14:29.90</b>	+00:04:15 (29.4%)	4:50	12.4 (70.5%)
57	<b>KACZMAREK Łukasz</b>	<b>31</b>	WOJOWNICY WÓDY			00:06:58	<b>00:14:31.73</b>	+00:04:17 (29.6%)	4:50	12.4 (70.5%)
58	<b>SZMIGIERO Arkadiusz</b>	<b>70</b>	W.P.K. SŁOŃ TEAM			00:07:33	<b>00:14:42.56</b>	+00:04:28 (30.4%)	4:54	12.2 (69.3%)
59	<b>PRZYMORSKI Waldemar</b>	<b>61</b>	W.P.K. SŁOŃ TEAM USTKA			00:07:33	<b>00:14:47.98</b>	+00:04:33 (30.8%)	4:56	12.2 (69.3%)
60	<b>RYCHLIŃSKI Damian</b>	<b>63</b>	WATAHA - ŁĄCZY NAS BIEGANIE			00:07:21	<b>00:14:53.26</b>	+00:04:39 (31.3%)	4:57	12.1 (68.8%)
61	<b>BYSZEWSKI Arkadiusz</b>	<b>8</b>				00:07:05	<b>00:15:06.64</b>	+00:04:52 (32.3%)	5:02	11.9 (67.6%)
62	<b>GRZELAK Robert</b>	<b>24</b>				00:07:33	<b>00:15:08.44</b>	+00:04:54 (32.4%)	5:02	11.9 (67.6%)
63	<b>KRYGIER Ireneusz</b>	<b>44</b>	W.P.K.SŁOŃ TEAM			00:07:37	<b>00:15:12.54</b>	+00:04:58 (32.7%)	5:04	11.8 (67.0%)
64	<b>ANTOSIK Jacek</b>	<b>168</b>				00:07:39	<b>00:15:43.46</b>	+00:05:29 (34.9%)	5:14	11.4 (64.8%)
65	<b>JAŹDŹEWSKI Kamil</b>	<b>28</b>				00:07:26	<b>00:16:07.69</b>	+00:05:53 (36.5%)	5:22	11.2 (63.6%)
66	<b>FIRLEJ Michał</b>	<b>14</b>				00:07:27	<b>00:16:37.19</b>	+00:06:23 (38.4%)	5:32	10.8 (61.4%)
67	<b>KOZACZUK Jarosław</b>	<b>43</b>				00:08:10	<b>00:16:39.40</b>	+00:06:25 (38.6%)	5:33	10.8 (61.4%)
68	<b>KOS Oskar</b>	<b>40</b>				00:06:43	<b>00:16:49.08</b>	+00:06:35 (39.1%)	5:36	10.7 (60.8%)
69	<b>MACIEJEWSKI Tomasz</b>	<b>49</b>				00:08:35	<b>00:17:44.55</b>	+00:07:30 (42.3%)	5:54	10.2 (58.0%)
70	<b>STOJEWSKI Jarosław</b>	<b>68</b>	BYLIOTYLI			00:08:35	<b>00:17:59.10</b>	+00:07:45 (43.1%)	5:59	10 (56.8%)
71	<b>KAŹMIERCZAK Łukasz</b>	<b>37</b>				00:08:35	<b>00:17:59.63</b>	+00:07:45 (43.1%)	6:00	10 (56.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All 1.5km	Czas netto 3km	Różn	Tempo min/km	Tempo km/h
72	<b>ZAGOJEWSKI Rafał</b>	<b>88</b>	KORONA SZCZECIN			00:05:43		+00:00:38	3:48	15.7 (89.2%)

Znaleziono 72 wynik(ów)