

BIEG NIEPODLEGŁOŚCI - OKONEK - 10KM

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Bieg Niepodległości Okonek - 03.11.2018r
Gmina Okonek
2018-11-03
Okonek
10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herk_All 2.5km	Herk_All 7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	HOFFMAN Aleksander	160	PRECON POLSKA	M-40	1	00:08:45	00:25:35	00:33:47.33		3:22	17.8 (100%)
2	FABIAŃSKI Łukasz	144	REHABALANCE TEAM	M-18	1	00:08:49	00:26:45	00:35:19.82	+00:01:32 (4.4%)	3:32	17 (95.5%)
3	ROĆKO Krzysztof	243		M-30	1	00:08:49	00:26:44	00:35:26.89	+00:01:39 (4.7%)	3:32	16.9 (94.9%)
4	SZYMAŃSKI Sylwester	219	ULKS BARWICE	M-40	2	00:08:53	00:26:59	00:35:39.32	+00:01:51 (5.2%)	3:33	16.8 (94.4%)
5	WOŹNIAK Grzegorz	225	AKTYWNA KRAJENKA	M-30	2	00:08:53	00:28:05	00:37:39.19	+00:03:51 (10.3%)	3:46	15.9 (89.3%)
6	CENTKA Jakub	137		M-18	2	00:09:11	00:28:46	00:38:07.33	+00:04:20 (11.4%)	3:48	15.7 (88.2%)
7	WITKIEWICZ Eryk	390		M-40	3	00:09:23	00:28:54	00:38:22.48	+00:04:35 (12.0%)	3:50	15.6 (87.6%)
8	KAMIONKA Mateusz	247		M-18	3	00:09:26	00:29:44	00:39:09.69	+00:05:22 (13.7%)	3:54	15.3 (86.0%)
9	TRĘBSKI Krzysztof	220	#ZABIEGANINOCA	M-40	4	00:09:43	00:29:35	00:39:11.00	+00:05:23 (13.8%)	3:55	15.3 (86.0%)
10	BRALSKI Andrzej	136	#ZABIEGANINOCA	M-30	3	00:09:52	00:29:44	00:39:22.89	+00:05:35 (14.2%)	3:56	15.2 (85.4%)
11	ŁASKAWIEC Paweł	187	JW 4580	M-18	4	00:09:58	00:30:35	00:40:19.81	+00:06:32 (16.2%)	4:01	14.9 (83.7%)
12	WIELGUS Grzegorz	223		M-30	4	00:10:02	00:30:32	00:40:27.42	+00:06:40 (16.5%)	4:02	14.8 (83.1%)
13	PICK Tomasz	198	DEAF KOSZALIN	M-40	5	00:10:10	00:31:08	00:40:50.96	+00:07:03 (17.3%)	4:05	14.7 (82.6%)
14	GŁOGOWSKI Krzysztof	151	KORONOWO NA BIEGOWO	M-40	6	00:09:55	00:30:44	00:40:52.90	+00:07:05 (17.3%)	4:05	14.7 (82.6%)
15	GAŁAN Leszek	147		M-50	1	00:10:27	00:31:29	00:41:18.18	+00:07:30 (18.2%)	4:07	14.5 (81.5%)
16	NOWAK Marcin	195		M-40	7			00:41:18.38	+00:07:31 (18.2%)	4:07	14.5 (81.5%)
17	SUBERLAK Damian	214	RUNDORFINA	M-18	5	00:10:36	00:32:03	00:42:22.72	+00:08:35 (20.3%)	4:14	14.2 (79.8%)
18	MICHAŁOWSKI Dariusz	192		M-40	8	00:10:26	00:32:10	00:42:32.41	+00:08:45 (20.6%)	4:15	14.1 (79.2%)
19	OSTROWSKI Marian	242	SENIOR 54	M-60	1	00:10:28	00:31:50	00:42:47.65	+00:09:00 (21.0%)	4:16	14 (78.7%)
20	KUKLINSKI Maciej	183	METROŻERCY	M-40	9	00:10:12	00:32:02	00:42:57.12	+00:09:09 (21.3%)	4:17	14 (78.7%)
21	ROGAŁA Krystian	203	MTS HAMER MIASTKO	M-30	5	00:10:17	00:32:21	00:43:04.74	+00:09:17 (21.6%)	4:18	13.9 (78.1%)
22	RYNDAK Mariusz	206		M-50	2	00:10:06	00:32:15	00:43:15.65	+00:09:28 (21.9%)	4:19	13.9 (78.1%)
23	KRYZEL Tomasz	179		M-18	6	00:10:19	00:32:25	00:43:20.89	+00:09:33 (22.1%)	4:20	13.8 (77.5%)
24	KATRYCZ Zbigniew	171	ŚWIERCZYNA	M-50	3	00:10:33	00:32:30	00:43:21.22	+00:09:33 (22.1%)	4:20	13.8 (77.5%)
25	CYGAN Małgorzata	141	BORNE BIEGA	K-30	1	00:10:42	00:33:03	00:44:03.83	+00:10:16 (23.3%)	4:24	13.6 (76.4%)
26	CHUPTYŚ Adrian	139	RUNDORFINA	M-30	6	00:10:45	00:33:12	00:44:04.88	+00:10:17 (23.3%)	4:24	13.6 (76.4%)
27	KOCLEJDA Grzegorz	176	RUNDORFINA	M-40	10	00:10:51	00:33:31	00:44:09.10	+00:10:21 (23.5%)	4:24	13.6 (76.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herk_All		Czas		Tempo min/km	Tempo km/h
						2.5km	7.5km	10km	Różn		
28	JABŁOŃSKI Andrzej	162		M-40	11	00:10:35	00:33:22	00:44:35.99	+00:10:48 (24.2%)	4:27	13.5 (75.8%)
29	SAWKA Maurycy	248		M-18	7	00:11:07	00:34:49	00:46:02.18	+00:12:14 (26.6%)	4:36	13 (73.0%)
30	STAŃCZYK Sławomir	211	STARGARD. JA SIĘ NIE ŚCIGAM	M-30	7	00:11:35	00:35:04	00:46:14.27	+00:12:26 (26.9%)	4:37	13 (73.0%)
31	KOŁODZIEJCZAK Grzegorz	177		M-40	12	00:11:28	00:35:09	00:46:27.67	+00:12:40 (27.3%)	4:38	12.9 (72.5%)
32	JAROSZ Roman	163		M-50	4	00:11:15	00:35:20	00:46:51.45	+00:13:04 (27.9%)	4:41	12.8 (71.9%)
33	JANKOWSKI Mariusz	318		M-40	13	00:11:37	00:35:32	00:46:58.11	+00:13:10 (28.1%)	4:41	12.8 (71.9%)
34	LIPKA Wojciech	185		M-30	8	00:11:45	00:35:53	00:46:59.46	+00:13:12 (28.1%)	4:42	12.8 (71.9%)
35	JERSZ Bartosz	228		M-30	9	00:11:51	00:35:38	00:47:01.55	+00:13:14 (28.1%)	4:42	12.8 (71.9%)
36	STĘPIEŃ Marcin	212	21 CPL NADARZYCE	M-30	10	00:11:05	00:35:26	00:47:16.11	+00:13:28 (28.5%)	4:43	12.7 (71.3%)
37	ŁEPEK Kamil	188	KAMARO TEAM	M-30	11	00:12:05	00:35:53	00:47:17.66	+00:13:30 (28.6%)	4:43	12.7 (71.3%)
38	SAWCZUK Rafał	207		M-30	12	00:10:48	00:35:28	00:47:36.39	+00:13:49 (29.0%)	4:45	12.6 (70.8%)
39	GRZYB Magdalena	154	RUNDORFINA	K-18	1	00:11:57	00:36:12	00:48:08.38	+00:14:21 (29.8%)	4:48	12.5 (70.2%)
40	ADRYAN Adam	131		M-40	14	00:11:47	00:36:32	00:48:14.46	+00:14:27 (30.0%)	4:49	12.4 (69.7%)
41	HAŁKA Justyna	157	TRUCHT ŁOBEZ	K-30	2	00:11:46	00:36:18	00:48:17.59	+00:14:30 (30.0%)	4:49	12.4 (69.7%)
42	NITA Krzysztof	194	OGIEŃ W SZOPIE	M-30	13	00:11:36	00:36:34	00:48:42.43	+00:14:55 (30.6%)	4:52	12.3 (69.1%)
43	GEMZA Mariusz	148		M-18	8	00:11:19	00:37:40	00:49:25.40	+00:15:38 (31.6%)	4:56	12.1 (68.0%)
44	OSOBNIAK Ryszard	197	KOSZALIN - NIEZRZESZONY	M-60	2	00:12:07	00:37:25	00:49:25.69	+00:15:38 (31.6%)	4:56	12.1 (68.0%)
45	HUDANIEC Paweł	161		M-30	14	00:11:46	00:37:26	00:49:26.31	+00:15:38 (31.7%)	4:56	12.1 (68.0%)
46	GEMZA Marcin	149		M-30	15	00:11:56	00:37:41	00:49:41.63	+00:15:54 (32.0%)	4:58	12.1 (68.0%)
47	BIELEŃ Agnieszka	134	MUAY RUNNING TEAM	K-30	3	00:12:23	00:37:59	00:49:58.53	+00:16:11 (32.4%)	4:59	12 (67.4%)
48	KARABASZ Sylwia	168	KRISS TEAM	K-40	1	00:12:32	00:38:02	00:50:04.41	+00:16:17 (32.5%)	5:00	12 (67.4%)
49	HAŁKA Arkadiusz	158	TRUCHT ŁOBEZ	M-40	15	00:12:44	00:38:14	00:50:15.62	+00:16:28 (32.8%)	5:01	11.9 (66.9%)
50	ROLIK Anna	204		K-30	4	00:12:15	00:37:54	00:50:17.53	+00:16:30 (32.8%)	5:01	11.9 (66.9%)
51	KLESSA Monika	175	NIE BOSKIE BIEGACZKI	K-40	2	00:12:55	00:38:08	00:50:18.33	+00:16:31 (32.8%)	5:01	11.9 (66.9%)
52	STOCKA-PODŁYSKA Żaneta	213	(NIE)BOSKIE BIEGACZKI	K-30	5	00:12:55	00:38:09	00:50:20.34	+00:16:33 (32.9%)	5:02	11.9 (66.9%)
53	SKOCZYLAS Bożena	209	BIEGAM BO LUBIĘ	K-40	3	00:12:12	00:37:52	00:50:26.21	+00:16:38 (33.0%)	5:02	11.9 (66.9%)
54	KAZIMIEROWICZ Radosław	172	VTT KOSZALIIN	M-30	16	00:11:58	00:38:03	00:50:31.96	+00:16:44 (33.1%)	5:03	11.9 (66.9%)
55	JESIONOWSKA-ŁASKAWIEC Agnieszka	165	JW 4580	K-18	2	00:12:15	00:38:08	00:50:37.11	+00:16:49 (33.2%)	5:03	11.9 (66.9%)
56	GARBOWSKA Anna	241		K-30	6	00:12:55	00:38:09	00:50:42.15	+00:16:54 (33.4%)	5:04	11.8 (66.3%)
57	DREWNIAK Maciej	232		M-30	17	00:12:10	00:38:24	00:51:17.71	+00:17:30 (34.1%)	5:07	11.7 (65.7%)
58	SŁAPCZYŃSKA Marta	210		K-18	3	00:12:17	00:38:47	00:51:33.74	+00:17:46 (34.5%)	5:09	11.6 (65.2%)
59	BASSA Adrian	173		M-18	9	00:11:59	00:38:43	00:51:34.40	+00:17:47 (34.5%)	5:09	11.6 (65.2%)
60	WÓJCICKI Adrian	237		M-30	18	00:11:48	00:38:43	00:51:37.09	+00:17:49 (34.5%)	5:09	11.6 (65.2%)
61	JĘCZEŃ Kornela	166	ZABIEGANI NOCĄ	K-18	4	00:12:52	00:39:34	00:52:13.78	+00:18:26 (35.3%)	5:13	11.5 (64.6%)
62	KAROLCZAK Katarzyna	170	ZABIEGANINOCĄ OKONEK	K-18	5	00:12:47	00:39:24	00:52:21.50	+00:18:34 (35.5%)	5:14	11.5 (64.6%)
63	GOŁEK-NARZĘCKI Jakub	244		M-30	19	00:13:01	00:39:51	00:52:40.75	+00:18:53 (35.9%)	5:16	11.4 (64.0%)
64	ORLIKOWSKI Robert	196	POŁCZYN	M-30	20	00:11:47	00:39:09	00:52:46.16	+00:18:58 (36.0%)	5:16	11.4 (64.0%)
65	WAJDA Waldemar	221	BORNE BIEGA	M-40	16	00:12:39	00:39:45	00:53:00.04	+00:19:12 (36.2%)	5:18	11.3 (63.5%)
66	KWIATKOWSKA Dominika	231		K-18	6	00:12:46	00:40:07	00:53:02.13	+00:19:14 (36.3%)	5:18	11.3 (63.5%)
67	BARSZCZEWSKI Sebastian	132	BŁĘKITNY PATROL WWF	M-40	17	00:12:04	00:39:16	00:53:06.22	+00:19:18 (36.4%)	5:18	11.3 (63.5%)
68	SUCHANOWSKI Zygmunt	216		M-50	5	00:12:23	00:39:31	00:53:12.98	+00:19:25 (36.5%)	5:19	11.3 (63.5%)
69	RAMUTKOWSKI Zbigniew	202		M-30	21	00:13:19	00:40:48	00:53:14.15	+00:19:26 (36.5%)	5:19	11.3 (63.5%)
70	PYREK Iwona	201		K-30	7	00:12:59	00:40:27	00:53:24.39	+00:19:37 (36.7%)	5:20	11.2 (62.9%)
71	DOPYTAŁA Robert	246	KAMARO TEAM	M-40	18	00:13:06	00:40:19	00:53:29.59	+00:19:42 (36.8%)	5:20	11.2 (62.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herk_All		Czas	Różn	Tempo min/km	Tempo km/h
						2.5km	7.5km	netto 10km			
72	POCZĄTEK Michał	199	NIEZRZESZONY	M-60	3	00:12:50	00:40:15	00:53:31.50	+00:19:44 (36.9%)	5:21	11.2 (62.9%)
73	SKOCZYŁAS Henryk	208	BIEGAM BO LUBIĘ	M-40	19	00:12:12	00:39:39	00:53:58.56	+00:20:11 (37.4%)	5:23	11.1 (62.4%)
74	BIELEWICZ Anna	135	STOPA SŁUPSK	K-40	4	00:12:51	00:40:31	00:54:04.28	+00:20:16 (37.5%)	5:24	11.1 (62.4%)
75	JASKÓŁKA-STANISZ Paweł	164	OSP LOTYŃ	M-18	10	00:13:11	00:41:15	00:54:22.68	+00:20:35 (37.9%)	5:26	11 (61.8%)
76	GAŁAN Janna	146		K-50	1	00:13:39	00:41:04	00:54:24.87	+00:20:37 (37.9%)	5:26	11 (61.8%)
77	NOWAK Piotr	250		M-30	22	00:13:12	00:40:34	00:54:26.07	+00:20:38 (37.9%)	5:26	11 (61.8%)
78	BILL Łukasz	229		M-30	23	00:12:36	00:40:18	00:54:29.11	+00:20:41 (38.0%)	5:26	11 (61.8%)
79	GORCZYCA Tomasz	152		M-30	24	00:13:40	00:41:30	00:54:31.05	+00:20:43 (38.0%)	5:27	11 (61.8%)
80	METKOWSKA Beata	191	HUSARIA RACE TEAM	K-50	2	00:13:45	00:41:31	00:54:47.36	+00:21:00 (38.3%)	5:28	10.9 (61.2%)
81	KOPKIEWICZ Konrad	178	OSP LOTYŃ	M-30	25	00:13:37	00:42:01	00:55:03.31	+00:21:15 (38.6%)	5:30	10.9 (61.2%)
82	GRZYSTEK Marcin	155		M-30	26	00:15:34	00:48:06	00:55:04.58	+00:21:17 (38.7%)	5:30	10.9 (61.2%)
83	GRZYSTEK Madzia	156		K-30	8	00:15:34	00:48:07	00:55:06.65	+00:21:19 (38.7%)	5:30	10.9 (61.2%)
84	JÓZEFKO Mateusz	167		M-18	11	00:12:53	00:40:55	00:55:08.56	+00:21:21 (38.7%)	5:30	10.9 (61.2%)
85	SUBIETA Magdalena	215		K-30	9	00:13:39	00:41:28	00:55:21.69	+00:21:34 (39.0%)	5:32	10.8 (60.7%)
86	BARTON Krystyna	133	TRIPAKA PRZECHLEWO	K-50	3	00:12:47	00:41:23	00:55:28.34	+00:21:41 (39.1%)	5:32	10.8 (60.7%)
87	KARABASZ Krzysztof	169	KRISS TEAM	M-40	20	00:13:39	00:42:04	00:55:35.85	+00:21:48 (39.2%)	5:33	10.8 (60.7%)
88	KRZYWICKI Krzysztof	180		M-30	27	00:13:33	00:42:42	00:56:23.48	+00:22:36 (40.1%)	5:38	10.6 (59.6%)
89	MUSIAŁ Mirela	193		K-40	5	00:14:01	00:42:24	00:56:30.51	+00:22:43 (40.2%)	5:39	10.6 (59.6%)
90	DRZAZGA Zbigniew	142	SP NR 1 W SZCZECINKU	M-50	6	00:13:39	00:42:45	00:56:41.78	+00:22:54 (40.4%)	5:40	10.6 (59.6%)
91	ROŹKOWSKI Roman	205	RUNNER'S POWER ŚREM	M-60	4	00:13:24	00:42:42	00:56:47.73	+00:23:00 (40.5%)	5:40	10.6 (59.6%)
92	WIELGUS Jacek	224		M-40	21	00:14:04	00:42:52	00:57:15.05	+00:23:27 (41.0%)	5:43	10.5 (59.0%)
93	POCZĄTEK Anna	200	NIEZRZESZONA	K-60	1	00:14:15	00:43:34	00:57:48.35	+00:24:01 (41.5%)	5:46	10.4 (58.4%)
94	SUPROŃ Izabela	217		K-30	10	00:13:49	00:43:33	00:58:20.86	+00:24:33 (42.1%)	5:50	10.3 (57.9%)
95	FIRLEJ Agnieszka	145	RUNDORFINA	K-40	6	00:14:04	00:44:38	00:59:46.49	+00:25:59 (43.5%)	5:58	10 (56.2%)
96	DEPTUŁA-BILL Bożena	230		K-30	11	00:14:02	00:44:32	00:59:57.67	+00:26:10 (43.6%)	5:59	10 (56.2%)
97	GIERSZEWSKA Urszula	150		K-50	4	00:14:06	00:44:59	01:00:02.57	+00:26:15 (43.7%)	6:00	10 (56.2%)
98	DUCHNOWSKA Kamila	143	HUSARIA RACE TEAM	K-30	12	00:14:49	00:45:50	01:00:57.01	+00:27:09 (44.6%)	6:05	9.8 (55.1%)
99	KUBIAK Danuta	181	WK PTTK HUSARIA CZARNE	K-60	2	00:14:46	00:46:33	01:01:35.11	+00:27:47 (45.1%)	6:09	9.7 (54.5%)
100	ŁOPIŃSKI Aleksy	189	SAILING TEAM FERAJNA	M-70+	1	00:15:30	00:46:51	01:01:41.50	+00:27:54 (45.2%)	6:10	9.7 (54.5%)
101	HELLER Zdzisław	159	NIEZRZESZONY	M-60	5	00:15:05	00:47:29	01:03:09.73	+00:29:22 (46.5%)	6:19	9.5 (53.4%)
102	WALKOWIAK Dariusz	222		M-40	22	00:14:40	00:49:12	01:05:51.26	+00:32:03 (48.7%)	6:35	9.1 (51.1%)
103	KWIATKOWSKA Agnieszka	184		K-40	7	00:17:05	00:54:05	01:12:05.53	+00:38:18 (53.1%)	7:12	8.3 (46.6%)

Znaleziono 103 wynik(ów)