



Organizator: Burmistrz Okonka
Data: 2015-11-07
Miejsce: Okonek
Dystans: 10 km

BIEG NIEPODLEGŁOŚCI - OKONEK - 10KM

B4SPORT



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	HOFFMAN Aleksander	33	PRECON POLSKA-JASTROWIE	M-40	1	00:00:03	00:35:33.85	00:35:36.95		3:33	16.9 (100%)
2	DZIUBA Piotr	3	MARATOŃCZYK OKONEK	M-30	1	00:00:03	00:36:01.70	00:36:04.75	+00:00:27 (1.3%)	3:36	16.7 (98.8%)
3	TEUSZ Bartek	46	KOWALSKI TEAM	M-18	1	00:00:03	00:36:45.20	00:36:48.60	+00:01:11 (3.2%)	3:40	16.3 (96.4%)
4	KAMINSKI Daniel	14	KL ISKRA BIAŁOGARD	M-30	2	00:00:02	00:36:52.80	00:36:55.75	+00:01:18 (3.6%)	3:41	16.3 (96.4%)
5	ŻYLSKI Władysław	82	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M-18	2	00:00:02	00:39:14.30	00:39:17.15	+00:03:40 (9.4%)	3:55	15.3 (90.5%)
6	GUZAL Kamil	103	100 BATALION ŁĄCZNOŚCI	M-18	3	00:00:03	00:39:42.20	00:39:45.45	+00:04:08 (10.4%)	3:58	15.1 (89.3%)
7	RETKA Bartosz	49		M-18	4	00:00:03	00:40:08.00	00:40:11.00	+00:04:34 (11.4%)	4:00	15 (88.8%)
8	DRÓZDŹ Wojciech	39		M-30	3	00:00:05	00:40:28.90	00:40:34.35	+00:04:55 (12.1%)	4:02	14.8 (87.6%)
9	ŚNIADECKI Dawid	83		M-18	5	00:00:03	00:40:33.45	00:40:36.80	+00:04:59 (12.3%)	4:03	14.8 (87.6%)
10	GRÓŃSKI Rafał	101		M-40	2	00:00:04	00:40:38.25	00:40:42.80	+00:05:04 (12.5%)	4:03	14.8 (87.6%)
11	BARCZAK Rafał	10	KPP ZŁOTÓW	M-40	3	00:00:04	00:40:42.25	00:40:46.45	+00:05:08 (12.6%)	4:04	14.7 (87.0%)
12	MANIKOWSKI Piotr	8	KP PSP ZŁOTÓW	M-30	4	00:00:04	00:40:43.40	00:40:47.45	+00:05:09 (12.7%)	4:04	14.7 (87.0%)
13	WIECZOREK Wojciech	115	ROWEROWY SZCZECINEK	M-30	5	00:00:03	00:40:53.55	00:40:56.95	+00:05:19 (13.0%)	4:05	14.7 (87.0%)
14	SKWIERAWSKI Wiesław	109	FLORIAN CHOJNICE	M-50	1	00:00:03	00:41:05.55	00:41:09.00	+00:05:31 (13.5%)	4:06	14.6 (86.4%)
15	POLCYN Czesław	100	LZS CZARNKÓW	M-30	6	00:00:03	00:41:12.10	00:41:15.25	+00:05:38 (13.7%)	4:07	14.6 (86.4%)
16	OCHNIO Ryszard	34	PRECON POLSKA-JASTROWIE	M-40	4	00:00:03	00:41:31.55	00:41:35.30	+00:05:57 (14.4%)	4:09	14.4 (85.2%)
17	ANDRZEJCZAK Mariusz	94	4RUN TEAM PIŁA	M-40	5	00:00:03	00:41:52.00	00:41:55.90	+00:06:18 (15.1%)	4:11	14.3 (84.6%)
18	POLLEY Adam	29	LZS 'JEDNOŚĆ' ŁOBŻENICA	M-30	7	00:00:04	00:41:57.05	00:42:01.75	+00:06:23 (15.2%)	4:11	14.3 (84.6%)
19	DEPTA Krzysztof	71	PBWUK: 4RUN TEAM	M-18	6	00:00:04	00:42:01.45	00:42:06.00	+00:06:27 (15.4%)	4:12	14.3 (84.6%)
20	ECKERT Zbigniew	41	TEAM BIEGOWY SZCZECINEK	M-40	6	00:00:03	00:42:11.90	00:42:15.65	+00:06:38 (15.7%)	4:13	14.2 (84.0%)
21	PIKULIK Jarek	28	LZS 'JEDNOŚĆ' ŁOBŻENICA	M-18	7	00:00:04	00:42:36.95	00:42:41.80	+00:07:03 (16.5%)	4:15	14.1 (83.4%)
22	ŁOŻYŃSKI Jacek	108	FLORIAN CHOJNICE	M-40	7	00:00:04	00:42:56.95	00:43:01.30	+00:07:23 (17.2%)	4:17	14 (82.8%)
23	KATRYCZ Zbigniew	68		M-50	2	00:00:04	00:42:58.80	00:43:03.75	+00:07:24 (17.3%)	4:17	14 (82.8%)
24	BRONOWICKI Jarosław	110	MARATON LESZNO	M-30	8	00:00:04	00:43:08.00	00:43:12.20	+00:07:34 (17.5%)	4:18	13.9 (82.2%)
25	SOCHA Łukasz	105	100 BATALION ŁĄCZNOŚCI	M-30	9	00:00:03	00:43:16.30	00:43:19.35	+00:07:42 (17.8%)	4:19	13.9 (82.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
26	OSTROWSKI Marian	102		M-60	1	00:00:05	00:44:28.05	00:44:33.60	+00:08:54 (20.0%)	4:26	13.5 (79.9%)
27	DEUS Grzegorz	92	ROLLA SPEED TEAM - ROLKI SZYBKIE	M-30	10	00:00:03	00:44:56.95	00:45:00.85	+00:09:23 (20.9%)	4:29	13.3 (78.7%)
28	MEJGIER Paweł	23	TKKF WODNIK WIĘCBOBK	M-40	8	00:00:04	00:45:11.95	00:45:16.60	+00:09:38 (21.3%)	4:31	13.3 (78.7%)
29	PINDRAL Piotr	32		M-40	9	00:00:04	00:45:15.70	00:45:20.55	+00:09:41 (21.4%)	4:31	13.3 (78.7%)
30	KUKLIŃSKI Bartosz	61	PRECON POLSKA JASTROWIE	M-30	11	00:00:07	00:45:31.80	00:45:39.65	+00:09:57 (21.9%)	4:33	13.2 (78.1%)
31	SŁOTAŁA Dariusz	52	LEŚNY LUDEK	M-50	3	00:00:10	00:45:33.65	00:45:44.10	+00:09:59 (21.9%)	4:33	13.2 (78.1%)
32	ZIĘBA Maciej	35	SZCZECINEK	M-40	10	00:00:03	00:45:49.95	00:45:52.95	+00:10:16 (22.4%)	4:34	13.1 (77.5%)
33	ZWOLIŃSKI Jan	69	4RUN TKKF KOSZALIN	M-40	11	00:00:06	00:45:55.25	00:46:01.95	+00:10:21 (22.6%)	4:35	13.1 (77.5%)
34	RUDNIK Jerzy	106	FLORIAN CHOJNICE	M-60	2	00:00:03	00:46:20.90	00:46:24.85	+00:10:47 (23.3%)	4:38	12.9 (76.3%)
35	CZARNECKI Mirosław	54		M-50	4	00:00:04	00:46:22.65	00:46:26.90	+00:10:48 (23.3%)	4:38	12.9 (76.3%)
36	GÓRA Agnieszka	19	PHILIPS-PIŁA	K-30	1	00:00:05	00:46:27.45	00:46:33.00	+00:10:53 (23.4%)	4:38	12.9 (76.3%)
37	ROGALSKI Roberto	11	ZAWSZE SIĘGAJ WYŻEJ	M-30	12	00:00:05	00:46:48.80	00:46:53.90	+00:11:14 (24.0%)	4:40	12.8 (75.7%)
38	BUTOWICZ Adam	113		M-50	5	00:00:05	00:46:55.40	00:47:00.50	+00:11:21 (24.2%)	4:41	12.8 (75.7%)
39	KOŁODZIEJCZAK Grzegorz	55		M-40	12	00:00:05	00:46:59.80	00:47:04.90	+00:11:25 (24.3%)	4:41	12.8 (75.7%)
40	CHODOR Martyna	66	4RUN TKKF KOSZALIN	K-30	2	00:00:06	00:47:00.30	00:47:06.35	+00:11:26 (24.3%)	4:42	12.8 (75.7%)
41	BUZAŁA Walenty	42	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M-50	6	00:00:07	00:47:17.50	00:47:24.65	+00:11:43 (24.8%)	4:43	12.7 (75.1%)
42	MAŃKOWSKI Dariusz	77	JASTROWIE	M-40	13	00:00:08	00:47:40.75	00:47:49.40	+00:12:06 (25.4%)	4:46	12.6 (74.6%)
43	SIKORSKI Witold	43	KB RUN 42	M-50	7	00:00:07	00:47:41.70	00:47:49.55	+00:12:07 (25.4%)	4:46	12.6 (74.6%)
44	LINDA Jan	51	LEŚNY LUDEK	M-30	13	00:00:10	00:47:46.55	00:47:56.85	+00:12:12 (25.6%)	4:46	12.6 (74.6%)
45	SOŁTYS Zbigniew	70	KLUB SPORTÓW WALKI SZCZECINEK	M-30	14	00:00:06	00:47:58.10	00:48:04.50	+00:12:24 (25.9%)	4:47	12.5 (74.0%)
46	WIELGUS Paweł	4	OKONEK	M-30	15	00:00:04	00:48:30.45	00:48:35.25	+00:12:56 (26.7%)	4:51	12.4 (73.4%)
47	SZABLA Ewelina	80		K-30	3	00:00:05	00:48:57.60	00:49:03.45	+00:13:23 (27.4%)	4:53	12.3 (72.8%)
48	WILKOWSKI Krzysztof	18		M-30	16	00:00:05	00:48:58.60	00:49:04.50	+00:13:24 (27.4%)	4:53	12.2 (72.2%)
49	GÓRZYŃSKI Krzysztof	26	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M-40	14	00:00:07	00:49:00.90	00:49:08.15	+00:13:27 (27.4%)	4:54	12.2 (72.2%)
50	LEMBOWICZ Marek	104	FUHRMANN	M-60	3	00:00:07	00:49:08.10	00:49:15.35	+00:13:34 (27.6%)	4:54	12.2 (72.2%)
51	DZIEMIAŃCZYK Mieczysław	63		M-50	8	00:00:08	00:49:18.00	00:49:26.30	+00:13:44 (27.9%)	4:55	12.2 (72.2%)
52	PUŚCIAN Krzysztof Kamil	25	GIMNAZJUM W MANOWIE	M-40	15	00:00:04	00:49:47.55	00:49:51.85	+00:14:13 (28.6%)	4:58	12.1 (71.6%)
53	LENARTOWICZ Stanisław	9	KS DERBY	M-50	9	00:00:07	00:50:01.55	00:50:09.40	+00:14:27 (28.9%)	5:00	12 (71.0%)
54	KAŁUŻNY Paweł	31	TEAM BIEGOWY SZCZECINEK	M-30	17	00:00:08	00:50:11.35	00:50:19.70	+00:14:37 (29.1%)	5:01	12 (71.0%)
55	DRACZYŃSKI Zygmunt	72	LŁKB TRUCHT ŁOBEZ	M-60	4	00:00:07	00:50:20.80	00:50:28.65	+00:14:46 (29.4%)	5:02	11.9 (70.4%)
56	JAROSZ Dariusz	17	4RUN TKKF KOSZALIN	M-40	16	00:00:06	00:50:30.75	00:50:37.40	+00:14:56 (29.6%)	5:03	11.9 (70.4%)
57	CUBER Wojciech	50		M-30	18	00:00:08	00:50:34.20	00:50:43.05	+00:15:00 (29.7%)	5:03	11.9 (70.4%)
58	KOZŁOWIECKI Waldemar	67	4RUN TKKF KOSZALIN	M-60	5	00:00:06	00:50:37.00	00:50:43.65	+00:15:03 (29.7%)	5:03	11.9 (70.4%)
59	KRÓL Piotr	75		M-40	17	00:00:08	00:50:40.60	00:50:48.85	+00:15:06 (29.8%)	5:04	11.8 (69.8%)
60	DZIOCH Maciej	21		M-18	8	00:00:09	00:50:44.40	00:50:53.55	+00:15:10 (29.9%)	5:04	11.8 (69.8%)
61	GORGOL Piotr	62	GRUPA MILITARNA KRZEMIENIEWO	M-18	9	00:00:10	00:50:46.00	00:50:56.50	+00:15:12 (29.9%)	5:04	11.8 (69.8%)
62	BORYSIEWICZ Grzegorz	16		M-40	18	00:00:06	00:50:50.20	00:50:56.85	+00:15:16 (30.0%)	5:05	11.8 (69.8%)
63	NAKONIECZNY Rafał	57	BAJADERKI KOSZALIN	M-30	19	00:00:06	00:51:01.90	00:51:08.10	+00:15:28 (30.3%)	5:06	11.8 (69.8%)
64	JANICKA Katarzyna	56	BAJADERKI KOSZALIN	K-30	4	00:00:05	00:51:02.20	00:51:07.90	+00:15:28 (30.3%)	5:06	11.8 (69.8%)
65	GWIAZDA Mariusz	114		M-30	20	00:00:09	00:51:50.45	00:52:00.15	+00:16:16 (31.4%)	5:11	11.6 (68.6%)
66	KRÓLIKOWSKI Andrzej	47	SBZZ ZŁOTÓW	M-50	10	00:00:09	00:51:50.50	00:52:00.20	+00:16:16 (31.4%)	5:11	11.6 (68.6%)
67	PAWLAK Marek	22		M-30	21	00:00:06	00:52:07.20	00:52:14.15	+00:16:33 (31.8%)	5:12	11.5 (68.0%)
68	POCZĄTEK Michał	20	NIEZRZESZONY	M-60	6	00:00:06	00:52:45.90	00:52:52.60	+00:17:12 (32.6%)	5:16	11.4 (67.5%)
69	FELKOWSKI Tomasz	6		M-30	22	00:00:11	00:52:54.65	00:53:05.75	+00:17:20 (32.8%)	5:17	11.3 (66.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
70	TROJANOWSKI Zbigniew	116	STOWARZYSZENIE BIEGACZY ZIEMI ŻŁOTOWSKIEJ	M-40	19	00:00:06	00:52:55.85	00:53:02.00	+00:17:22 (32.8%)	5:17	11.3 (66.9%)
71	SKOCZYŁAS Henryk	78		M-40	20	00:00:08	00:53:26.80	00:53:35.75	+00:17:52 (33.5%)	5:20	11.2 (66.3%)
72	KOŚKA Marek	65	PRECON POLSKA JASTROWIE	M-30	23	00:00:07	00:53:48.65	00:53:56.50	+00:18:14 (33.9%)	5:22	11.1 (65.7%)
73	KUPREWICZ Grzegorz	13		M-30	24	00:00:06	00:53:55.00	00:54:01.40	+00:18:21 (34.0%)	5:23	11.1 (65.7%)
74	KOWALCZYK Bernard	30	TEAM BIEGOWY SZCZECINEK	M-50	11	00:00:09	00:53:59.65	00:54:08.80	+00:18:25 (34.1%)	5:23	11.1 (65.7%)
75	MARKOWSKI Jarosław	96		M-40	21	00:00:11	00:54:27.10	00:54:38.45	+00:18:53 (34.7%)	5:26	11 (65.1%)
76	KARNICKI Zygmunt	64	4RUN TKKF KOSZALIN	M-60	7	00:00:05	00:54:42.25	00:54:48.15	+00:19:08 (35.0%)	5:28	11 (65.1%)
77	PAECH Ziemowit	24	TRI4FUN ŻŁOTÓW	M-40	22	00:00:10	00:55:27.25	00:55:37.45	+00:19:53 (35.9%)	5:32	10.8 (63.9%)
78	GAWROŃSKI Grzegorz	27	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M-40	23	00:01:06	00:55:44.85	00:56:51.40	+00:20:11 (36.2%)	5:34	10.8 (63.9%)
79	SKRZYPA Dariusz	74	PRECON POLSKA JASTROWIE	M-30	25	00:00:08	00:56:22.20	00:56:30.25	+00:20:48 (36.9%)	5:38	10.6 (62.7%)
80	AUGUSTYNIAK Bartłomiej	76	PRECON POLSKA-JASTROWIE	M-18	10	00:00:07	00:56:23.50	00:56:30.65	+00:20:49 (36.9%)	5:38	10.6 (62.7%)
81	ŁOPIŃSKI Aleksy	59	4RUN TEAM PIŁA	M-60	8	00:00:09	00:56:26.00	00:56:35.25	+00:20:52 (37.0%)	5:38	10.6 (62.7%)
82	MAŃKOWSKA Janina	93		K-50	1	00:00:08	00:56:34.20	00:56:43.10	+00:21:00 (37.1%)	5:39	10.6 (62.7%)
83	MRUGALSKI Stanisław	1	MTS HAMER	M-50	12	00:00:06	00:56:38.20	00:56:44.30	+00:21:04 (37.2%)	5:39	10.6 (62.7%)
84	BARABASZ Agnieszka	12	TYGODNIK NOWY	K-30	5	00:00:08	00:56:43.00	00:56:51.35	+00:21:09 (37.3%)	5:40	10.6 (62.7%)
85	WIŚNIEWSKI Zbigniew	107	FLORIAN CHOJNICE	M-70	1	00:00:04	00:57:19.10	00:57:23.40	+00:21:45 (38.0%)	5:43	10.5 (62.1%)
86	CZARNECKA Małgorzata	53		K-40	1	00:00:07	00:57:47.70	00:57:54.95	+00:22:13 (38.5%)	5:46	10.4 (61.5%)
87	SZYMAŃSKI Tomasz	36	TEAM BIEGOWY SZCZECINEK	M-40	24	00:00:09	00:57:49.70	00:57:58.90	+00:22:15 (38.5%)	5:46	10.4 (61.5%)
88	FIJĄLKOWSKA Małgorzata	37	TEAM BIEGOWY SZCZECINEK	K-30	6	00:00:08	00:57:50.55	00:57:58.90	+00:22:16 (38.5%)	5:47	10.4 (61.5%)
89	KOWALSKA Anna	15		K-18	1	00:00:10	00:58:29.80	00:58:40.55	+00:22:55 (39.2%)	5:51	10.3 (60.9%)
90	RETKA Natalia	48		K-18	2	00:00:06	00:58:34.40	00:58:41.25	+00:23:00 (39.3%)	5:51	10.2 (60.4%)
91	ZIÓŁKOWSKI Wojciech	2	KB 'GOCH' BYTÓW	M-30	26	00:00:05	00:59:52.75	00:59:58.45	+00:24:18 (40.6%)	5:59	10 (59.2%)
92	JANICKA-LONT Joanna	73	LŁKB TRUCHT	K-40	2	00:00:07	01:00:09.80	01:00:17.55	+00:24:35 (40.9%)	6:01	10 (59.2%)
93	BEKTA Ryszard	38		M-50	13	00:00:09	01:00:35.30	01:00:45.15	+00:25:01 (41.3%)	6:03	9.9 (58.6%)
94	SALITA Lech	45	ALTOM GNIEZNO	M-50	14	00:00:09	01:03:30.20	01:03:39.45	+00:27:56 (44.0%)	6:21	9.4 (55.6%)
95	JABŁOŃSKA Renata	40	TEAM BIEGOWY SZCZECINEK	K-30	7	00:00:08	01:04:07.60	01:04:16.55	+00:28:33 (44.5%)	6:24	9.4 (55.6%)
96	BARTOSIK Bogusia	44	TEAM BIEGOWY SZCZECINEK	K-30	8	00:00:08	01:04:08.40	01:04:16.75	+00:28:34 (44.6%)	6:24	9.4 (55.6%)
97	PLATA Katarzyna	7		K-30	9	00:00:10	01:04:27.50	01:04:37.80	+00:28:53 (44.8%)	6:26	9.3 (55.0%)
98	TREJDER Maria	60	BAJADERKI KOSZALIN	K-40	3	00:00:05	01:05:18.70	01:05:24.55	+00:29:44 (45.5%)	6:31	9.2 (54.4%)
99	FELKOWSKA Karolina	5		K-30	10	00:00:10	01:05:42.45	01:05:53.15	+00:30:08 (45.9%)	6:34	9.1 (53.8%)
100	JAKIEL-CZYŻEWSKA Jadwiga	111		K-50	2	00:00:10	01:13:12.50	01:13:23.20	+00:37:38 (51.4%)	7:19	8.2 (48.5%)
101	BAGIŃSKA Agnieszka	58	BAJADERKI KOSZALIN	K-18	3	00:00:10	01:13:28.15	01:13:39.10	+00:37:54 (51.6%)	7:20	8.2 (48.5%)
102	KOZŁOWSKA Karolina	112		K-30	11	00:00:10	01:13:40.35	01:13:50.85	+00:38:06 (51.7%)	7:22	8.1 (47.9%)

Znaleziono 102 wynik(ów)