



**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

## BIEG NIEPODLEGŁOŚCI - OKONEK - 10KM

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

B4SPORT

 **HERKULES**  
[www.herkules.org.pl](http://www.herkules.org.pl)

Klasyfikacja: M-OPEN

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

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herk		Czas		Tempo min/km	Tempo km/h
						All 2.5km	All 7.5km	netto 10km	Różn		
26	KOCLEJDA Grzegorz	176	RUNDORFINA	M-40	10	00:10:51	00:33:31	<b>00:44:09.10</b>	+00:10:21 (23.5%)	4:24	13.6 (76.4%)
27	JABŁOŃSKI Andrzej	162		M-40	11	00:10:35	00:33:22	<b>00:44:35.99</b>	+00:10:48 (24.2%)	4:27	13.5 (75.8%)
28	SAWKA Maurycy	248		M-18	7	00:11:07	00:34:49	<b>00:46:02.18</b>	+00:12:14 (26.6%)	4:36	13 (73.0%)
29	STAŃCZYK Sławomir	211	STARGARD. JA SIĘ NIE ŚCIGAM	M-30	7	00:11:35	00:35:04	<b>00:46:14.27</b>	+00:12:26 (26.9%)	4:37	13 (73.0%)
30	KOŁODZIEJCZAK Grzegorz	177		M-40	12	00:11:28	00:35:09	<b>00:46:27.67</b>	+00:12:40 (27.3%)	4:38	12.9 (72.5%)
31	JAROSZ Roman	163		M-50	4	00:11:15	00:35:20	<b>00:46:51.45</b>	+00:13:04 (27.9%)	4:41	12.8 (71.9%)
32	JANKOWSKI Mariusz	318		M-40	13	00:11:37	00:35:32	<b>00:46:58.11</b>	+00:13:10 (28.1%)	4:41	12.8 (71.9%)
33	LIPKA Wojciech	185		M-30	8	00:11:45	00:35:53	<b>00:46:59.46</b>	+00:13:12 (28.1%)	4:42	12.8 (71.9%)
34	JERSZ Bartosz	228		M-30	9	00:11:51	00:35:38	<b>00:47:01.55</b>	+00:13:14 (28.1%)	4:42	12.8 (71.9%)
35	STĘPIEŃ Marcin	212	21 CPL NADARZYCE	M-30	10	00:11:05	00:35:26	<b>00:47:16.11</b>	+00:13:28 (28.5%)	4:43	12.7 (71.3%)
36	ŁEPEK Kamil	188	KAMARO TEAM	M-30	11	00:12:05	00:35:53	<b>00:47:17.66</b>	+00:13:30 (28.6%)	4:43	12.7 (71.3%)
37	SAWCZUK Rafał	207		M-30	12	00:10:48	00:35:28	<b>00:47:36.39</b>	+00:13:49 (29.0%)	4:45	12.6 (70.8%)
38	ADRYAN Adam	131		M-40	14	00:11:47	00:36:32	<b>00:48:14.46</b>	+00:14:27 (30.0%)	4:49	12.4 (69.7%)
39	NITA Krzysztof	194	OGIEŃ W SZOPIE	M-30	13	00:11:36	00:36:34	<b>00:48:42.43</b>	+00:14:55 (30.6%)	4:52	12.3 (69.1%)
40	GEMZA Mariusz	148		M-18	8	00:11:19	00:37:40	<b>00:49:25.40</b>	+00:15:38 (31.6%)	4:56	12.1 (68.0%)
41	OSOBNIAK Ryszard	197	KOSZALIN - NIEZRZESZONY	M-60	2	00:12:07	00:37:25	<b>00:49:25.69</b>	+00:15:38 (31.6%)	4:56	12.1 (68.0%)
42	HUDANIEC Paweł	161		M-30	14	00:11:46	00:37:26	<b>00:49:26.31</b>	+00:15:38 (31.7%)	4:56	12.1 (68.0%)
43	GEMZA Marcin	149		M-30	15	00:11:56	00:37:41	<b>00:49:41.63</b>	+00:15:54 (32.0%)	4:58	12.1 (68.0%)
44	HAŁKA Arkadiusz	158	TRUCHT ŁOBEZ	M-40	15	00:12:44	00:38:14	<b>00:50:15.62</b>	+00:16:28 (32.8%)	5:01	11.9 (66.9%)
45	KAZIMIEROWICZ Radosław	172	VTT KOSZALIIN	M-30	16	00:11:58	00:38:03	<b>00:50:31.96</b>	+00:16:44 (33.1%)	5:03	11.9 (66.9%)
46	DREWNIAK Maciej	232		M-30	17	00:12:10	00:38:24	<b>00:51:17.71</b>	+00:17:30 (34.1%)	5:07	11.7 (65.7%)
47	BASSA Adrian	173		M-18	9	00:11:59	00:38:43	<b>00:51:34.40</b>	+00:17:47 (34.5%)	5:09	11.6 (65.2%)
48	WÓJCICKI Adrian	237		M-30	18	00:11:48	00:38:43	<b>00:51:37.09</b>	+00:17:49 (34.5%)	5:09	11.6 (65.2%)
49	GOŁEK-NARZĘCKI Jakub	244		M-30	19	00:13:01	00:39:51	<b>00:52:40.75</b>	+00:18:53 (35.9%)	5:16	11.4 (64.0%)
50	ORLIKOWSKI Robert	196	POŁCZYN	M-30	20	00:11:47	00:39:09	<b>00:52:46.16</b>	+00:18:58 (36.0%)	5:16	11.4 (64.0%)
51	WAJDA Waldemar	221	BORNE BIEGA	M-40	16	00:12:39	00:39:45	<b>00:53:00.04</b>	+00:19:12 (36.2%)	5:18	11.3 (63.5%)
52	BARSZCZEWSKI Sebastian	132	BŁĘKITNY PATROL WWF	M-40	17	00:12:04	00:39:16	<b>00:53:06.22</b>	+00:19:18 (36.4%)	5:18	11.3 (63.5%)
53	SUCHANOWSKI Zygmunt	216		M-50	5	00:12:23	00:39:31	<b>00:53:12.98</b>	+00:19:25 (36.5%)	5:19	11.3 (63.5%)
54	RAMUTKOWSKI Zbigniew	202		M-30	21	00:13:19	00:40:48	<b>00:53:14.15</b>	+00:19:26 (36.5%)	5:19	11.3 (63.5%)
55	DOPYTAŁA Robert	246	KAMARO TEAM	M-40	18	00:13:06	00:40:19	<b>00:53:29.59</b>	+00:19:42 (36.8%)	5:20	11.2 (62.9%)
56	POCZĄTEK Michał	199	NIEZRZESZONY	M-60	3	00:12:50	00:40:15	<b>00:53:31.50</b>	+00:19:44 (36.9%)	5:21	11.2 (62.9%)
57	SKOCZYLAS Henryk	208	BIEGAM BO LUBIĘ	M-40	19	00:12:12	00:39:39	<b>00:53:58.56</b>	+00:20:11 (37.4%)	5:23	11.1 (62.4%)
58	JASKÓŁKA-STANISZ Paweł	164	OSP LOTYŃ	M-18	10	00:13:11	00:41:15	<b>00:54:22.68</b>	+00:20:35 (37.9%)	5:26	11 (61.8%)
59	NOWAK Piotr	250		M-30	22	00:13:12	00:40:34	<b>00:54:26.07</b>	+00:20:38 (37.9%)	5:26	11 (61.8%)
60	BILL Łukasz	229		M-30	23	00:12:36	00:40:18	<b>00:54:29.11</b>	+00:20:41 (38.0%)	5:26	11 (61.8%)
61	GORCZYCA Tomasz	152		M-30	24	00:13:40	00:41:30	<b>00:54:31.05</b>	+00:20:43 (38.0%)	5:27	11 (61.8%)
62	KOPKIEWICZ Konrad	178	OSP LOTYŃ	M-30	25	00:13:37	00:42:01	<b>00:55:03.31</b>	+00:21:15 (38.6%)	5:30	10.9 (61.2%)
63	GRZYSTEK Marcin	155		M-30	26	00:15:34	00:48:06	<b>00:55:04.58</b>	+00:21:17 (38.7%)	5:30	10.9 (61.2%)
64	JÓZEFKO Mateusz	167		M-18	11	00:12:53	00:40:55	<b>00:55:08.56</b>	+00:21:21 (38.7%)	5:30	10.9 (61.2%)
65	KARABASZ Krzysztof	169	KRISS TEAM	M-40	20	00:13:39	00:42:04	<b>00:55:35.85</b>	+00:21:48 (39.2%)	5:33	10.8 (60.7%)
66	KRZYWICKI Krzysztof	180		M-30	27	00:13:33	00:42:42	<b>00:56:23.48</b>	+00:22:36 (40.1%)	5:38	10.6 (59.6%)
67	DRZAZGA Zbigniew	142	SP NR 1 W SZCZECINKU	M-50	6	00:13:39	00:42:45	<b>00:56:41.78</b>	+00:22:54 (40.4%)	5:40	10.6 (59.6%)
68	ROŹKOWSKI Roman	205	RUNNER'S POWER ŚREM	M-60	4	00:13:24	00:42:42	<b>00:56:47.73</b>	+00:23:00 (40.5%)	5:40	10.6 (59.6%)
69	WIELGUS Jacek	224		M-40	21	00:14:04	00:42:52	<b>00:57:15.05</b>	+00:23:27 (41.0%)	5:43	10.5 (59.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herk_All 2.5km	Herk_All 7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
70	<b>ŁOPIŃSKI Aleksy</b>	<b>189</b>	SAILING TEAM FERAJNA	M-70+	1	00:15:30	00:46:51	<b>01:01:41.50</b>	+00:27:54 (45.2%)	6:10	9.7 (54.5%)
71	<b>HELLER Zdzisław</b>	<b>159</b>	NIEZRZESZONY	M-60	5	00:15:05	00:47:29	<b>01:03:09.73</b>	+00:29:22 (46.5%)	6:19	9.5 (53.4%)
72	<b>WALKOWIAK Dariusz</b>	<b>222</b>		M-40	22	00:14:40	00:49:12	<b>01:05:51.26</b>	+00:32:03 (48.7%)	6:35	9.1 (51.1%)

Znaleziono 72 wynik(ów)