



## BIEG NIEPODLEGŁOŚCI - OKONEK - 10KM

B4SPORT

**Organiser:** Burmistrz Okonka  
**Date:** 2016-11-06  
**Place:** Okonek  
**Distance:** 10 km



Classification: M-OPEN

Place	Participant	Number	Club	Category	MCat	Start time	Bike_All 2.5km	Bike_All 7.5km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	<b>SZOPIŃSKI Dariusz</b>	<b>65</b>	URZĄD GMINY PRZECHELEWO	M-30	1	00:00:01	00:09:27	00:27:40	<b>00:36:16.65</b>	<b>00:36:18.15</b>		3:37	16.5 (100%)
2	<b>HOFFMAN Aleksander</b>	<b>34</b>		M-40	1	00:00:01	00:09:40	00:27:46	<b>00:36:16.95</b>	<b>00:36:18.60</b>	+00:00:00 (0.0%)	3:37	16.5 (100%)
3	<b>GOLIŃSKI Łukasz</b>	<b>18</b>	K.B. SPRINT SWIDWIN	M-30	2	00:00:02	00:10:05	00:29:43	<b>00:39:13.45</b>	<b>00:39:16.15</b>	+00:02:56 (7.5%)	3:55	15.3 (92.7%)
4	<b>KUBIAK Piotr</b>	<b>38</b>	PRECON POLSKA-JASTROWIE	M-30	3	00:00:02	00:10:10	00:30:05	<b>00:39:56.70</b>	<b>00:39:58.85</b>	+00:03:40 (9.2%)	3:59	15 (90.9%)
5	<b>GROCHOWALSKI Rafał</b>	<b>19</b>	K.B SPRINT ŚWIDWIN	M-30	4	00:00:03	00:10:22	00:31:01	<b>00:40:52.15</b>	<b>00:40:55.30</b>	+00:04:35 (11.2%)	4:05	14.7 (89.1%)
6	<b>KRAUSE Robert</b>	<b>37</b>	PRECON POLSKA-JASTROWIE	M-40	2	00:00:03	00:10:30	00:31:07	<b>00:40:58.85</b>	<b>00:41:01.90</b>	+00:04:42 (11.5%)	4:05	14.6 (88.5%)
7	<b>GRZESIK Eugeniusz</b>	<b>20</b>	TKKF KOSZALIN	M-50	1	00:00:01	00:10:55	00:32:01	<b>00:42:11.25</b>	<b>00:42:13.10</b>	+00:05:54 (14.0%)	4:13	14.2 (86.1%)
8	<b>OSTROWSKI Marian</b>	<b>77</b>	SENIOR	M-60	1	00:00:03	00:10:58	00:32:02	<b>00:42:26.75</b>	<b>00:42:29.90</b>	+00:06:10 (14.5%)	4:14	14.1 (85.5%)
9	<b>DZIADCZYK Krzysztof</b>	<b>10</b>	FLORIAN	M-50	2	00:00:08	00:11:00	00:32:19	<b>00:42:38.65</b>	<b>00:42:47.15</b>	+00:06:22 (14.9%)	4:15	14.1 (85.5%)
10	<b>LINDA Jan</b>	<b>43</b>	BIEGAM BO LUBIĘ	M-30	5	00:00:03	00:11:02	00:32:45	<b>00:43:42.25</b>	<b>00:43:46.15</b>	+00:07:25 (17.0%)	4:22	13.7 (83.0%)
11	<b>PIKULIK Jarosław</b>	<b>50</b>	LZS 'JEDNOŚĆ' ŁOBŻENICA	M-18	1	00:00:07	00:11:31	00:33:21	<b>00:43:51.55</b>	<b>00:43:58.55</b>	+00:07:34 (17.3%)	4:23	13.7 (83.0%)
12	<b>ECKERT Zbigniew</b>	<b>12</b>	TEAM BIEGOWY SZCZECINEK	M-40	3	00:00:07	00:11:14	00:33:12	<b>00:43:58.00</b>	<b>00:44:05.05</b>	+00:07:41 (17.5%)	4:23	13.6 (82.4%)
13	<b>MROZIK Daniel</b>	<b>47</b>	DANIEL MROZIK	M-30	6	00:00:01	00:11:23	00:33:22	<b>00:44:13.25</b>	<b>00:44:14.75</b>	+00:07:56 (18.0%)	4:25	13.6 (82.4%)

Place	Participant	Number	Club	Category	MCat	Start time	Bike_All 2.5km	Bike_All 7.5km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
14	<b>PĘKAŁA Piotr</b>	<b>49</b>	ROZBIEGANY KOSZALIN	M-40	4	00:00:06	00:11:51	00:33:50	<b>00:44:30.75</b>	<b>00:44:37.25</b>	+00:08:14 (18.5%)	4:27	13.5 (81.8%)
15	<b>ORZEŁ Przemysław</b>	<b>48</b>		M-30	7	00:00:06	00:11:24	00:33:43	<b>00:44:41.20</b>	<b>00:44:47.45</b>	+00:08:24 (18.8%)	4:28	13.4 (81.2%)
16	<b>MADAJCZAK Jarosław</b>	<b>44</b>		M-40	5	00:00:03	00:11:24	00:34:09	<b>00:45:02.35</b>	<b>00:45:05.35</b>	+00:08:45 (19.5%)	4:30	13.3 (80.6%)
17	<b>JAROSZ Dariusz</b>	<b>76</b>	TKKF KOSZALIN	M-40	6	00:00:04	00:11:57	00:34:15	<b>00:45:03.30</b>	<b>00:45:08.25</b>	+00:08:46 (19.5%)	4:30	13.3 (80.6%)
18	<b>SŁOTAŁA Dariusz</b>	<b>58</b>	LEŚNY LUDEK	M-50	3	00:00:04	00:11:38	00:34:06	<b>00:45:08.90</b>	<b>00:45:13.00</b>	+00:08:52 (19.6%)	4:30	13.3 (80.6%)
19	<b>CENTKA Jakub</b>	<b>5</b>	ŚWIĘTA TEAM.	M-18	2	00:00:03	00:11:54	00:34:17	<b>00:45:12.70</b>	<b>00:45:16.35</b>	+00:08:56 (19.8%)	4:31	13.3 (80.6%)
20	<b>SKOCZYŁAS Henryk</b>	<b>82</b>		M-40	7	00:00:04	00:11:37	00:34:25	<b>00:45:15.60</b>	<b>00:45:20.45</b>	+00:08:58 (19.8%)	4:31	13.3 (80.6%)
21	<b>RUDNIK Jerzy</b>	<b>54</b>	FLORIAN	M-60	2	00:00:03	00:11:38	00:34:25	<b>00:45:21.30</b>	<b>00:45:24.80</b>	+00:09:04 (20.0%)	4:32	13.2 (80.0%)
22	<b>NOWAK Marian</b>	<b>80</b>		M-30	8	00:00:03	00:11:34	00:34:14	<b>00:45:26.75</b>	<b>00:45:30.55</b>	+00:09:10 (20.2%)	4:32	13.2 (80.0%)
23	<b>ŚWIETLIK Tomasz</b>	<b>66</b>		M-50	4	00:00:04	00:11:58	00:34:51	<b>00:45:53.70</b>	<b>00:45:58.05</b>	+00:09:37 (21.0%)	4:35	13.1 (79.4%)
24	<b>KAPUSTA Leszek</b>	<b>25</b>	WP	M-30	9	00:00:05	00:11:57	00:34:56	<b>00:46:38.10</b>	<b>00:46:43.65</b>	+00:10:21 (22.2%)	4:39	12.9 (78.2%)
25	<b>WILKOWSKI Krzysztof</b>	<b>71</b>		M-30	10	00:00:05	00:11:56	00:35:45	<b>00:47:15.15</b>	<b>00:47:20.90</b>	+00:10:58 (23.2%)	4:43	12.7 (77.0%)
26	<b>POLGUJ Piotr Roman</b>	<b>52</b>	PARKRUN MKL	M-60	3	00:00:07	00:11:53	00:35:16	<b>00:47:15.25</b>	<b>00:47:23.15</b>	+00:10:58 (23.2%)	4:43	12.7 (77.0%)
27	<b>DUDZIAK Piotr</b>	<b>9</b>	ROZBIEGANY KOSZALIN	M-40	8	00:00:03	00:12:22	00:36:06	<b>00:47:28.85</b>	<b>00:47:32.80</b>	+00:11:12 (23.6%)	4:44	12.6 (76.4%)
28	<b>CZARNECKI Mirosław</b>	<b>7</b>		M-50	5	00:00:04	00:12:11	00:35:54	<b>00:47:38.30</b>	<b>00:47:43.05</b>	+00:11:21 (23.8%)	4:45	12.6 (76.4%)
29	<b>TOWSTOKORY Marek</b>	<b>78</b>		M-40	9	00:00:07	00:12:14	00:36:34	<b>00:48:29.70</b>	<b>00:48:37.60</b>	+00:12:13 (25.2%)	4:51	12.4 (75.2%)
30	<b>CENTKA Michał</b>	<b>3</b>	ŚWIĘTA TEAM.	M-30	11	00:00:03	00:12:04	00:37:01	<b>00:48:40.55</b>	<b>00:48:43.55</b>	+00:12:23 (25.5%)	4:52	12.3 (74.5%)
31	<b>GEMZA Marcin</b>	<b>17</b>		M-30	12	00:00:02	00:12:05	00:37:02	<b>00:48:41.05</b>	<b>00:48:43.60</b>	+00:12:24 (25.5%)	4:52	12.3 (74.5%)
32	<b>PUŚCIAN Krzysztof</b>	<b>53</b>	GIMNAZJUM W MANOWIE	M-40	10	00:00:03	00:12:48	00:37:12	<b>00:48:44.95</b>	<b>00:48:48.65</b>	+00:12:28 (25.6%)	4:52	12.3 (74.5%)
33	<b>SIKORSKI Witold</b>	<b>56</b>	KB RUN 42	M-50	6	00:00:04	00:12:41	00:37:19	<b>00:48:51.05</b>	<b>00:48:55.10</b>	+00:12:34 (25.7%)	4:53	12.3 (74.5%)
34	<b>BRALSKI Andrzej</b>	<b>2</b>	KPP ZŁOTÓW	M-30	13	00:00:08	00:12:48	00:37:15	<b>00:49:13.30</b>	<b>00:49:22.00</b>	+00:12:56 (26.3%)	4:55	12.2 (73.9%)
35	<b>KŁOSKOWSKI Dariusz</b>	<b>29</b>	NIGHT RUNNERS	M-40	11	00:00:04	00:12:18	00:37:08	<b>00:49:21.05</b>	<b>00:49:25.90</b>	+00:13:04 (26.5%)	4:56	12.2 (73.9%)
36	<b>KISIELIŃSKI Igor</b>	<b>28</b>		M-50	7	00:00:05	00:12:41	00:37:13	<b>00:49:28.50</b>	<b>00:49:33.95</b>	+00:13:11 (26.7%)	4:56	12.1 (73.3%)

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37	<b>DZIEMIAŃCZYK Mieczysław</b>	<b>11</b>		M-50	8	00:00:08	00:12:29	00:37:16	<b>00:49:40.65</b>	<b>00:49:49.15</b>	+00:13:24 (27.0%)	4:58	12.1 (73.3%)
38	<b>ŻMIJA Dariusz</b>	<b>75</b>		M-40	12	00:00:09	00:12:27	00:37:22	<b>00:49:46.70</b>	<b>00:49:56.05</b>	+00:13:30 (27.1%)	4:58	12.1 (73.3%)
39	<b>LATOS Piotr</b>	<b>42</b>	PRECON POLSKA-JASTROWIE	M-50	9	00:00:06	00:12:27	00:37:38	<b>00:50:00.35</b>	<b>00:50:07.15</b>	+00:13:43 (27.5%)	5:00	12 (72.7%)
40	<b>IDZIAK Paweł</b>	<b>22</b>	TEAM BIEGOWY SZCZECINEK	M-30	14	00:00:07	00:12:52	00:38:05	<b>00:50:02.95</b>	<b>00:50:10.40</b>	+00:13:46 (27.5%)	5:00	12 (72.7%)
41	<b>WICHA Rafał</b>	<b>70</b>	PRECON PRECON-JASTROWIE	M-30	15	00:00:06	00:12:27	00:37:40	<b>00:50:10.05</b>	<b>00:50:16.60</b>	+00:13:53 (27.7%)	5:01	12 (72.7%)
42	<b>RUDZIŃSKI Tomasz</b>	<b>55</b>	PIEKARNIA JAN WANDA TOMKOWSKA	M-30	16	00:00:02	00:12:40	00:38:09	<b>00:50:17.10</b>	<b>00:50:19.70</b>	+00:14:00 (27.9%)	5:01	11.9 (72.1%)
43	<b>KĘPKA Mirosław</b>	<b>27</b>	K.B.SPRINT ŚWIDWIN	M-40	13	00:00:07	00:13:17	00:39:26	<b>00:52:29.15</b>	<b>00:52:37.10</b>	+00:16:12 (30.9%)	5:15	11.4 (69.1%)
44	<b>STURMOWSKI Adam</b>	<b>63</b>	PIWO TO MOJE PALIWO	M-30	17	00:00:06	00:13:10	00:39:27	<b>00:52:30.55</b>	<b>00:52:37.25</b>	+00:16:13 (30.9%)	5:15	11.4 (69.1%)
45	<b>LAJTER Jerzy</b>	<b>40</b>	4 RUN TEAM PIŁA	M-60	4	00:00:07	00:13:17	00:39:38	<b>00:52:32.80</b>	<b>00:52:40.30</b>	+00:16:16 (31.0%)	5:15	11.4 (69.1%)
46	<b>CHRZANOWSKI Piotr</b>	<b>6</b>	TEAM BIEGOWY SZCZECINEK	M-30	18	00:00:07	00:13:28	00:39:57	<b>00:52:34.85</b>	<b>00:52:42.80</b>	+00:16:18 (31.0%)	5:15	11.4 (69.1%)
47	<b>KAŁUŻNY Paweł</b>	<b>24</b>		M-30	19	00:00:07	00:12:52	00:39:43	<b>00:52:45.25</b>	<b>00:52:52.85</b>	+00:16:28 (31.2%)	5:16	11.4 (69.1%)
48	<b>KOŁAKOWSKI Dariusz</b>	<b>32</b>	K.B.SPRINT ŚWIDWIN	M-40	14	00:00:08	00:13:15	00:39:37	<b>00:52:53.05</b>	<b>00:53:01.45</b>	+00:16:36 (31.4%)	5:17	11.3 (68.5%)
49	<b>KOZŁOWIECKI Waldemar</b>	<b>36</b>	TKKF KOSZALIN	M-60	5	00:00:06	00:13:42	00:40:16	<b>00:53:05.50</b>	<b>00:53:11.65</b>	+00:16:48 (31.7%)	5:18	11.3 (68.5%)
50	<b>LASOTA Jakub</b>	<b>41</b>	FC BARCELONA	M-30	20	00:00:09	00:12:49	00:39:34	<b>00:53:14.60</b>	<b>00:53:24.05</b>	+00:16:57 (31.9%)	5:19	11.3 (68.5%)
51	<b>POCZĄTEK Michał</b>	<b>51</b>	NIEZRZESZONY	M-60	6	00:00:05	00:13:54	00:40:58	<b>00:53:57.50</b>	<b>00:54:02.70</b>	+00:17:40 (32.8%)	5:23	11.1 (67.3%)
52	<b>KUPREWICZ Grzegorz</b>	<b>39</b>	JW1223	M-30	21	00:00:08	00:13:39	00:41:14	<b>00:54:30.35</b>	<b>00:54:38.40</b>	+00:18:13 (33.4%)	5:27	11 (66.7%)
53	<b>ZIACH Kamil</b>	<b>74</b>	MAW	M-40	15	00:00:10	00:13:39	00:41:19	<b>00:54:33.00</b>	<b>00:54:43.65</b>	+00:18:16 (33.5%)	5:27	11 (66.7%)
54	<b>TROJANOWSKI Zbigniew</b>	<b>68</b>	ZŁOTÓW	M-40	16	00:00:07	00:13:41	00:41:19	<b>00:54:36.05</b>	<b>00:54:43.20</b>	+00:18:19 (33.6%)	5:27	11 (66.7%)
55	<b>GWIAZDA Mariusz</b>	<b>21</b>		M-40	17	00:00:08	00:13:58	00:41:29	<b>00:54:58.70</b>	<b>00:55:07.65</b>	+00:18:42 (34.0%)	5:29	10.9 (66.1%)
56	<b>KLUPŚ Janusz</b>	<b>31</b>		M-40	18	00:00:06	00:14:26	00:41:41	<b>00:55:52.95</b>	<b>00:55:59.35</b>	+00:19:36 (35.1%)	5:35	10.7 (64.8%)
57	<b>GAWROŃSKI Grzegorz</b>	<b>16</b>	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M-40	19	00:00:10	00:14:21	00:42:13	<b>00:55:53.05</b>	<b>00:56:03.30</b>	+00:19:36 (35.1%)	5:35	10.7 (64.8%)
58	<b>KOŁODZIEJCZAK Grzegorz</b>	<b>33</b>	PARKRUN SZCZECINEK	M-40	20	00:00:07	00:15:25	00:43:24	<b>00:56:43.35</b>	<b>00:56:51.25</b>	+00:20:26 (36.0%)	5:40	10.6 (64.2%)
59	<b>BEKTA Ryszard</b>	<b>1</b>	NIEZRZESZONY	M-50	10	00:00:10	00:14:23	00:42:57	<b>00:57:08.10</b>	<b>00:57:18.75</b>	+00:20:51 (36.5%)	5:42	10.5 (63.6%)

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60	<b>KARNICKI Zygmunt</b>	<b>26</b>	TKKF KOSZALIN	M-60	7	00:00:06	00:14:02	00:43:45	<b>00:58:31.65</b>	<b>00:58:38.05</b>	+00:22:15 (38.0%)	5:51	10.3 (62.4%)
61	<b>ZAKIELARZ Jan</b>	<b>72</b>	PRECON POLSKA-JASTROWIE	M-50	11	00:00:04	00:14:49	00:44:32	<b>00:59:33.45</b>	<b>00:59:37.65</b>	+00:23:16 (39.1%)	5:57	10.1 (61.2%)

Total 61 results.