



BIEG NIEPODLEGŁOŚCI - OKONEK - 5 KM

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

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



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herk_All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	BORYCHOWSKI Mariusz	396	HERKULES RUN TEAM	M-Open	1	00:08:03	00:16:01.48		3:12	18.7 (100%)
2	SIÓDMIAK Igor	364	7PRO - SIÓDMIAK TRIATHLON TEAM / MKP SZCZECINEK	M-Open	2	00:08:04	00:16:32.72	+00:00:31 (3.1%)	3:18	18.1 (96.8%)
3	ORZECZOWSKI Kamil	395		M-Open	3	00:08:50	00:17:42.51	+00:01:41 (9.5%)	3:32	16.9 (90.4%)
4	WARDĘGA Mateusz	374	ULKS BARWICE	M-Open	4	00:08:59	00:18:42.98	+00:02:41 (14.4%)	3:44	16 (85.6%)
5	OPIELA Paweł	347	7PRO - SIÓDMIAK TRIATHLON TEAM	M-Open	5	00:09:15	00:18:56.98	+00:02:55 (15.4%)	3:47	15.8 (84.5%)
6	CENTKA Michał	307	MAM TĘ MOC	M-Open	6	00:09:25	00:19:11.09	+00:03:09 (16.4%)	3:50	15.6 (83.4%)
7	SZABAŁOWSKA Małgorzata	370	MKL SZCZECINEK	K-Open	1	00:09:34	00:19:11.97	+00:03:10 (16.5%)	3:50	15.6 (83.4%)
8	BORYS Antoni	304	7PRO - SIÓDMIAK TRIATHLON TEAM / MKP SZCZECINEK	M-Open	7	00:09:25	00:19:19.03	+00:03:17 (17.0%)	3:51	15.5 (82.9%)
9	DĄBKOWSKI Maciek	309	7PRO - SIÓDMIAK TRIATHLON TEAM / MKP SZCZECINEK	M-Open	8	00:09:17	00:19:27.09	+00:03:25 (17.6%)	3:53	15.4 (82.4%)
10	CUBER Wojciech	369	#ZABIEGANINOCA	M-Open	9	00:09:48	00:20:09.86	+00:04:10 (20.6%)	4:02	14.9 (79.7%)
11	PRZEMYSŁAW Jarosz	354	JW 1223/BLOG	M-Open	10	00:09:44	00:20:12.57	+00:04:11 (20.7%)	4:02	14.9 (79.7%)
12	KACZOR Agnieszka	320		K-Open	2	00:09:51	00:20:12.26	+00:04:11 (20.7%)	4:02	14.9 (79.7%)
13	KOWALIK Natalia	397	MKL SZCZECINEK	K-Open	3	00:09:49	00:20:14.89	+00:04:13 (20.8%)	4:03	14.8 (79.1%)
14	PODŁYSKA Tadeusz	351	ZA:SAPA:NI	M-Open	11	00:10:19	00:20:21.47	+00:04:20 (21.3%)	4:04	14.7 (78.6%)
15	KUBIAK Daniel	325	PRECON POLSKA JASTROWIE	M-Open	12	00:10:12	00:20:47.19	+00:04:48 (23.0%)	4:09	14.4 (77.0%)
16	KUBIŚ Paweł	182	RUNDORFINA	M-Open	13	00:10:46	00:21:06.22	+00:05:06 (24.1%)	4:13	14.2 (75.9%)
17	PRZYBYSZ Łukasz	355	#ZABIEGANINOCA	M-Open	14	00:10:15	00:21:10.25	+00:05:09 (24.3%)	4:14	14.2 (75.9%)
18	PIETRZAK Michał	348		M-Open	15	00:10:48	00:21:16.43	+00:05:15 (24.7%)	4:15	14.1 (75.4%)
19	RUDNIKOWICZ Aleksandra	360	ULKS BARWICE	K-Open	4	00:10:28	00:21:19.29	+00:05:18 (24.8%)	4:16	14.1 (75.4%)
20	SKROBANEK Hanna	366	MKP SZCZECINEK	K-Open	5	00:10:28	00:21:27.73	+00:05:28 (25.4%)	4:17	14 (74.9%)
21	SYDORENKO Aleksander	392		M-Open	16	00:10:34	00:21:37.75	+00:05:36 (25.9%)	4:19	13.9 (74.3%)
22	ŁAWNICZAK Justyna	329	MAM TĘ MOC	K-Open	6	00:10:55	00:22:01.60	+00:06:00 (27.2%)	4:24	13.6 (72.7%)
23	MIKIETYŃSKI Michał	338	ZABIEGANI NOCĄ	M-Open	17	00:11:02	00:22:06.64	+00:06:08 (27.7%)	4:25	13.6 (72.7%)
24	TOWSTOKORY Marek	391		M-Open	18	00:11:04	00:22:30.18	+00:06:30 (28.8%)	4:30	13.3 (71.1%)
25	ROKITA Michał	359		M-Open	19	00:10:23	00:22:10.59	+00:07:02 (30.5%)	4:26	13.5 (72.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herk_All 2.5km	Czas		Różn	Tempo min/km	Tempo km/h
							netto 5km				
26	SEPIOTEK Kamil	363	RUNDORFINA	M-Open	20	00:11:56	00:23:10.88	+00:07:15 (31.1%)	4:38	12.9 (69.0%)	
27	WARDEGA Angelika	375	ULKS BARWICE	K-Open	7	00:11:30	00:23:16.02	+00:07:15 (31.1%)	4:39	12.9 (69.0%)	
28	NOSAL Mariusz	340		M-Open	21	00:11:39	00:23:20.65	+00:07:20 (31.4%)	4:40	12.9 (69.0%)	
29	FIECEK Łukasz	311		M-Open	22	00:12:08	00:23:18.97	+00:07:22 (31.5%)	4:39	12.9 (69.0%)	
30	SKIBICKA Marta	365		K-Open	8	00:11:58	00:23:24.17	+00:07:23 (31.5%)	4:40	12.8 (68.4%)	
31	NOWAK Emil	343		M-Open	23	00:11:56	00:23:26.02	+00:07:29 (31.8%)	4:41	12.8 (68.4%)	
32	NOWICKI Marcin	399		M-Open	24	00:11:06	00:22:42.56	+00:07:34 (32.0%)	4:32	13.2 (70.6%)	
33	GLISZCZYŃSKI Łukasz	385	ŚWIAT PŁYTEK U KRYPINA	M-Open	25	00:12:10	00:23:37.96	+00:07:42 (32.4%)	4:43	12.7 (67.9%)	
34	MASTYŁA Radosław	334	HUSARIA RACE TEAM	M-Open	26	00:11:38	00:24:00.70	+00:08:02 (33.4%)	4:48	12.5 (66.8%)	
35	SZYJA Klaudia	372	ULKS BARWICE	K-Open	9	00:11:58	00:24:10.64	+00:08:10 (33.7%)	4:50	12.4 (66.3%)	
36	CENTKA Katarzyna	308		K-Open	10	00:11:57	00:24:14.49	+00:08:14 (33.9%)	4:51	12.4 (66.3%)	
37	ROKITA Emilia	357		K-Open	11	00:11:54	00:24:18.10	+00:08:18 (34.1%)	4:51	12.3 (65.8%)	
38	SKUZA Piotr	367	COS OPO WAŁCZ BUKOWINA	M-Open	27	00:12:21	00:24:28.63	+00:08:31 (34.7%)	4:53	12.3 (65.8%)	
39	PIĘTOSA Daniel	349	RUNDORFINA	M-Open	28	00:12:16	00:24:39.29	+00:08:40 (35.1%)	4:55	12.2 (65.2%)	
40	KURZAWIŃSKA-JABŁOŃSKA Kasia	327		K-Open	12	00:12:17	00:24:41.29	+00:08:42 (35.1%)	4:56	12.2 (65.2%)	
41	STERCZEWSKA Agata	13	HUSARIA RACE TEAM	K-Open	13	00:12:13	00:24:55.80	+00:08:57 (35.8%)	4:59	12 (64.2%)	
42	GOLEC Anna	313		K-Open	14	00:12:52	00:25:21.83	+00:09:21 (36.8%)	5:04	11.8 (63.1%)	
43	GRZELAK Sebastian	393		M-Open	29	00:12:41	00:25:29.51	+00:09:29 (37.1%)	5:05	11.8 (63.1%)	
44	KOZŁOWSKI Krzysztof	324		M-Open	30	00:12:12	00:25:38.96	+00:09:39 (37.5%)	5:07	11.7 (62.6%)	
45	ROKITA Joanna	358		K-Open	15	00:12:40	00:26:02.99	+00:10:04 (38.5%)	5:12	11.5 (61.5%)	
46	DYMECKA Natalia	383	MKP SZCZECINEK	K-Open	16	00:12:39	00:26:17.76	+00:10:19 (39.1%)	5:15	11.4 (61.0%)	
47	PLATH-KOPERSKA Krystyna	350		K-Open	17	00:13:17	00:26:22.88	+00:10:25 (39.4%)	5:16	11.4 (61.0%)	
48	SATYŁA Tomasz	361	OSP CZARNE	M-Open	31	00:13:32	00:26:28.55	+00:10:33 (39.6%)	5:17	11.3 (60.4%)	
49	DĘGA Piotr	310		M-Open	32	00:13:31	00:26:29.42	+00:10:33 (39.6%)	5:17	11.3 (60.4%)	
50	LUTYŃSKA Ewa	328		K-Open	18	00:13:05	00:26:41.78	+00:10:40 (39.9%)	5:20	11.2 (59.9%)	
51	BOLDYSZ Iwona	303	RUNDORFINA	K-Open	19	00:13:15	00:26:40.91	+00:10:42 (40.0%)	5:20	11.2 (59.9%)	
52	KOZŁOWSKA Karolina	384	#ZABIEGANINOCA	K-Open	20	00:13:30	00:26:49.63	+00:10:50 (40.3%)	5:22	11.2 (59.9%)	
53	ZARBOCK Krzysztof	378	SPORTY WALKI PILA	M-Open	33	00:13:33	00:26:53.02	+00:10:55 (40.5%)	5:22	11.2 (59.9%)	
54	ZBOROWSKA-SKROBANEK Justyna	380		K-Open	21	00:13:37	00:27:00.31	+00:11:01 (40.7%)	5:24	11.1 (59.4%)	
55	FIECEK Dorota	312		K-Open	22	00:13:31	00:27:01.25	+00:11:05 (40.8%)	5:24	11.1 (59.4%)	
56	PRZEDNÓWEK Mariola-Dorota	398		K-Open	23	00:13:25	00:27:16.36	+00:11:17 (41.3%)	5:27	11 (58.8%)	
57	GÓRA Wiktoria	314	#ZABIEGANINOCA	K-Open	24	00:14:16	00:27:12.64	+00:11:17 (41.3%)	5:26	11 (58.8%)	
58	POKUSA Adam	352		M-Open	34	00:13:02	00:26:30.59	+00:11:22 (41.4%)	5:18	11.3 (60.4%)	
59	KUKLINSKA Joanna	326	METROŻERCY	K-Open	25	00:13:32	00:27:28.74	+00:11:28 (41.7%)	5:29	10.9 (58.3%)	
60	BARTOSIAK Tomasz	301		M-Open	35	00:14:06	00:27:28.55	+00:11:31 (41.8%)	5:29	10.9 (58.3%)	
61	MALINOWSKA-BURDA Aleksandra	330		K-Open	26	00:13:36	00:27:38.10	+00:11:37 (42.0%)	5:31	10.9 (58.3%)	
62	NOWAK Hubert	342	BOHATER NIEZALEŻNY	M-Open	36	00:14:11	00:27:49.57	+00:11:51 (42.5%)	5:33	10.8 (57.8%)	
63	MARSZAŁEK Sławomir	331		M-Open	37	00:13:04	00:27:08.70	+00:12:01 (42.8%)	5:25	11.1 (59.4%)	
64	SZILKE Marlena	371		K-Open	27	00:14:02	00:28:03.22	+00:12:08 (43.0%)	5:36	10.7 (57.2%)	
65	RĘBIŚ Monika	356	SP3 TEAM	K-Open	28	00:14:10	00:28:06.87	+00:12:08 (43.0%)	5:37	10.7 (57.2%)	
66	PROCAK Mateusz	353	OSP BIŃCZE	M-Open	38	00:13:50	00:28:06.84	+00:12:11 (43.1%)	5:37	10.7 (57.2%)	
67	NOWAK Waldemar	344	TRIAMATOR EWELINA NOWAK	M-Open	39	00:14:15	00:28:14.46	+00:12:19 (43.4%)	5:39	10.6 (56.7%)	
68	BUCHOWSKI Marek	306	PARKRUN	M-Open	40	00:13:37	00:27:56.08	+00:12:46 (44.3%)	5:35	10.7 (57.2%)	
69	SAWCZUK Bogdan	362	#ZABIEGANINOCA	M-Open	41	00:13:36	00:28:01.41	+00:12:54 (44.5%)	5:36	10.7 (57.2%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herk_All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
70	NOSAL Anna	341		K-Open	29	00:14:14	00:28:55.39	+00:12:56 (44.6%)	5:47	10.4 (55.6%)
71	SMUKOWSKI Krzysztof	368	OSP SZCZECINEK	M-Open	42	00:14:27	00:28:52.26	+00:12:56 (44.6%)	5:46	10.4 (55.6%)
72	WOJTECZKO Magdalena	388		K-Open	30	00:14:16	00:28:57.67	+00:12:56 (44.6%)	5:47	10.4 (55.6%)
73	KOPERSKI Jan	323		M-Open	43	00:14:24	00:29:01.56	+00:13:04 (44.9%)	5:48	10.3 (55.1%)
74	JASIEK Paweł	319		M-Open	44	00:13:46	00:29:03.77	+00:13:04 (44.9%)	5:48	10.3 (55.1%)
75	SATOR Alan	287		M-Open	45	00:14:09	00:29:10.88	+00:13:12 (45.1%)	5:50	10.3 (55.1%)
76	KISIEL Marcin	321	#ZABIEGANINOCA	M-Open	46	00:14:22	00:29:15.69	+00:13:17 (45.3%)	5:51	10.3 (55.1%)
77	KISIEL Agnieszka	322	#ZABIEGANINOCA	K-Open	31	00:14:23	00:29:15.48	+00:13:17 (45.3%)	5:51	10.3 (55.1%)
78	SYDOR Kasia	218	RUNDORFINA CZAPLINEK	K-Open	32	00:14:20	00:29:20.75	+00:13:20 (45.3%)	5:52	10.2 (54.5%)
79	NOWAK-GEMZA Monika	345		K-Open	33	00:14:38	00:29:56.39	+00:13:58 (46.5%)	5:59	10 (53.5%)
80	MICHALAK Malgorzata	336		K-Open	34	00:15:10	00:30:05.93	+00:14:06 (46.7%)	6:01	10 (53.5%)
81	NOWICKA Żaneta	400		K-Open	35	00:15:08	00:30:18.77	+00:14:21 (47.2%)	6:03	9.9 (52.9%)
82	BIERNAT Tomasz	302	RUNDORFINA	M-Open	47	00:14:41	00:30:56.06	+00:15:00 (48.3%)	6:11	9.7 (51.9%)
83	WYPYCH-KLUNDER Katarzyna	377		K-Open	36	00:15:49	00:31:49.09	+00:15:51 (49.7%)	6:21	9.4 (50.3%)
84	HETMAŃCZYK Katarzyna	317	HETMANTEAM	K-Open	37	00:15:59	00:32:21.16	+00:16:22 (50.5%)	6:28	9.3 (49.7%)
85	ZIĘBA-BŁASZKIEWICZ Agnieszka	381	PSEUDOBIEGACZKI	K-Open	38	00:16:14	00:32:22.52	+00:16:25 (50.5%)	6:28	9.3 (49.7%)
86	WODZYŃSKA Katarzyna	376	ZABIEGANI NOCĄ OKONEK	K-Open	39	00:15:41	00:32:29.74	+00:16:30 (50.7%)	6:29	9.2 (49.2%)
87	MICKIEWICZ Kinga	337	ZABIEGANI NOCĄ	K-Open	40	00:15:44	00:32:30.07	+00:16:30 (50.7%)	6:30	9.2 (49.2%)
88	SUCHANOWSKA Anna	389		K-Open	41	00:16:33	00:33:14.93	+00:17:15 (51.8%)	6:39	9 (48.1%)
89	PINDRAL Piotr	394		M-Open	48	00:17:26	00:36:04.91	+00:22:02 (57.8%)	7:13	8.3 (44.4%)
90	SZCZEBLEWSKI Józef	382		M-Open	49	00:20:55	00:42:55.00	+00:26:53 (62.6%)	8:35	7 (37.4%)
91	BARTNIAK Marian	387		M-Open	50	00:21:38	00:44:18.35	+00:28:17 (63.8%)	8:51	6.8 (36.4%)
92	MILACHOWSKA Agnieszka	339		K-Open	42	00:22:49	00:46:52.35	+00:30:52 (65.8%)	9:22	6.4 (34.2%)
93	X X	373		K-Open	43	00:23:10	00:45:47.51	+00:31:48 (66.4%)	9:09	6.6 (35.3%)

Znaleziono 93 wynik(ów)