



## BIEG NIEPODLEGŁOŚCI - OKONEK - 5KM

B4SPORT

**Organizator:** Burmistrz Okonka  
**Data:** 2016-11-06  
**Miejsce:** Okonek  
**Dystans:** 5 km

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

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike_All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>SIÓDMIAK Igor</b>	<b>138</b>	MKP SZCZECINEK	M-OPEN	1	00:00:01	00:09:23	<b>00:17:38.00</b>	<b>00:17:39.95</b>		3:31	17 (100%)
2	<b>LECKI Mateusz</b>	<b>128</b>	TEAM BIEGOWY SZCZECINEK	M-OPEN	2	00:00:01	00:09:25	<b>00:17:59.10</b>	<b>00:18:01.05</b>	+00:00:21 (2.0%)	3:36	16.7 (98.2%)
3	<b>MARCINIAK Tomasz</b>	<b>129</b>		M-OPEN	3	00:00:02	00:09:38	<b>00:18:16.90</b>	<b>00:18:19.05</b>	+00:00:38 (3.5%)	3:39	16.4 (96.5%)
4	<b>CUBER Wojciech</b>	<b>151</b>	#ZARAZQA	M-OPEN	4	00:00:02	00:10:51	<b>00:20:28.75</b>	<b>00:20:31.15</b>	+00:02:50 (13.9%)	4:05	14.6 (85.9%)
5	<b>GRZEŚ Kacper</b>	<b>149</b>	MKP SZCZECINEK	M-OPEN	5	00:00:03	00:10:56	<b>00:21:13.95</b>	<b>00:21:17.25</b>	+00:03:35 (17.0%)	4:14	14.1 (82.9%)
6	<b>ZIÓLKOWSKI Wojciech</b>	<b>148</b>	KB GOCH BYTÓW	M-OPEN	6	00:00:02	00:10:55	<b>00:21:30.50</b>	<b>00:21:33.05</b>	+00:03:52 (18.0%)	4:18	13.9 (81.8%)
7	<b>PYREK Krzysztof</b>	<b>135</b>	1 RBLOG	M-OPEN	7	00:00:05	00:11:08	<b>00:21:42.65</b>	<b>00:21:48.20</b>	+00:04:04 (18.8%)	4:20	13.8 (81.2%)
8	<b>WIELGUS Grzegorz</b>	<b>144</b>		M-OPEN	8	00:00:09	00:11:20	<b>00:21:44.80</b>	<b>00:21:53.90</b>	+00:04:06 (18.9%)	4:20	13.8 (81.2%)
9	<b>FRONTCZAK Izabela</b>	<b>125</b>	TKKF KOSZALIN	K-OPEN	1	00:00:05	00:11:21	<b>00:21:57.50</b>	<b>00:22:03.25</b>	+00:04:19 (19.7%)	4:23	13.7 (80.6%)
10	<b>SKROBANEK Hanna</b>	<b>139</b>	MIEJSKI KLUB PŁYWACKI SZCZECINEK	K-OPEN	2	00:00:02	00:11:24	<b>00:22:22.70</b>	<b>00:22:24.80</b>	+00:04:44 (21.2%)	4:28	13.4 (78.8%)
11	<b>TRĘBSKI Krzysztof</b>	<b>142</b>		M-OPEN	9	00:00:03	00:11:26	<b>00:22:31.20</b>	<b>00:22:34.90</b>	+00:04:53 (21.7%)	4:30	13.3 (78.2%)
12	<b>BARANEK Aleksandra</b>	<b>123</b>	MIEJSKI KLUB PŁYWACKI SZCZECINEK	K-OPEN	3	00:00:02	00:11:24	<b>00:22:39.05</b>	<b>00:22:41.50</b>	+00:05:01 (22.2%)	4:31	13.2 (77.6%)
13	<b>BUZAŁA Walery</b>	<b>150</b>	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M-OPEN	10	00:00:03	00:12:12	<b>00:23:31.15</b>	<b>00:23:34.50</b>	+00:05:53 (25.0%)	4:42	12.8 (75.3%)
14	<b>NOWICKI Marcin</b>	<b>134</b>	KPP PIŁA	M-OPEN	11	00:00:05	00:12:04	<b>00:23:37.70</b>	<b>00:23:42.75</b>	+00:05:59 (25.4%)	4:43	12.7 (74.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike_All 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
15	<b>ANKUDOWICZ Damian</b>	<b>121</b>		M-OPEN	12	00:00:07	00:12:28	<b>00:23:57.50</b>	<b>00:24:04.65</b>	+00:06:19 (26.4%)	4:47	12.5 (73.5%)
16	<b>MIKIETYŃSKI Michał</b>	<b>131</b>		M-OPEN	13	00:00:07	00:12:37	<b>00:24:48.10</b>	<b>00:24:55.20</b>	+00:07:10 (28.9%)	4:57	12.1 (71.2%)
17	<b>ARAMOWICZ Urszula</b>	<b>122</b>		K-OPEN	4	00:00:04	00:12:44	<b>00:24:53.20</b>	<b>00:24:57.30</b>	+00:07:15 (29.1%)	4:58	12.1 (71.2%)
18	<b>RYBAK Krzysztof</b>	<b>157</b>		M-OPEN	14	00:00:08	00:13:22	<b>00:26:13.00</b>	<b>00:26:21.05</b>	+00:08:35 (32.7%)	5:14	11.4 (67.1%)
19	<b>SKROBANEK Zofia</b>	<b>140</b>	MIEJSKI KLUB PŁYWACKI SZCZECINEK	K-OPEN	5	00:00:03	00:13:39	<b>00:26:21.30</b>	<b>00:26:24.30</b>	+00:08:43 (33.1%)	5:16	11.4 (67.1%)
20	<b>NERC Patrycja</b>	<b>133</b>	MIEJSKI KLUB PŁYWACKI SZCZECINEK	K-OPEN	6	00:00:03	00:13:39	<b>00:26:24.95</b>	<b>00:26:27.95</b>	+00:08:46 (33.2%)	5:16	11.4 (67.1%)
21	<b>JASKÓŁKA-STANISZ Paweł</b>	<b>127</b>		M-OPEN	15	00:00:10	00:13:47	<b>00:26:32.00</b>	<b>00:26:42.00</b>	+00:08:54 (33.5%)	5:18	11.3 (66.5%)
22	<b>WIELGUS Jacek</b>	<b>143</b>		M-OPEN	16	00:00:09	00:13:49	<b>00:26:34.65</b>	<b>00:26:44.60</b>	+00:08:56 (33.7%)	5:19	11.3 (66.5%)
23	<b>PYREK Iwona</b>	<b>136</b>		K-OPEN	7	00:00:06	00:13:43	<b>00:26:53.65</b>	<b>00:27:00.35</b>	+00:09:15 (34.4%)	5:22	11.2 (65.9%)
24	<b>BUTRYŃSKI Łukasz</b>	<b>153</b>	KORONA WAŁCZ	M-OPEN	17	00:00:03	00:13:10	<b>00:26:56.90</b>	<b>00:27:00.70</b>	+00:09:18 (34.6%)	5:23	11.1 (65.3%)
25	<b>DEJA Wojciech</b>	<b>124</b>		M-OPEN	18	00:00:09	00:13:52	<b>00:27:20.35</b>	<b>00:27:29.55</b>	+00:09:42 (35.5%)	5:28	11 (64.7%)
26	<b>TOMASIK Monika</b>	<b>141</b>		K-OPEN	8	00:00:08	00:13:53	<b>00:27:20.40</b>	<b>00:27:29.30</b>	+00:09:42 (35.5%)	5:28	11 (64.7%)
27	<b>KIEŁTYKA Tomasz</b>	<b>154</b>		M-OPEN	19	00:00:10	00:14:10	<b>00:27:59.80</b>	<b>00:28:09.85</b>	+00:10:21 (37.0%)	5:35	10.7 (62.9%)
28	<b>CZARNECZA Małgorzata</b>	<b>152</b>		K-OPEN	9	00:00:09	00:14:39	<b>00:28:29.85</b>	<b>00:28:39.05</b>	+00:10:51 (38.1%)	5:42	10.5 (61.8%)
29	<b>HELLER Zdzisław</b>	<b>126</b>	NIEZRZESZONY	M-OPEN	20	00:00:09	00:15:05	<b>00:28:43.30</b>	<b>00:28:53.05</b>	+00:11:05 (38.6%)	5:44	10.4 (61.2%)
30	<b>MRUGALSKI Stanisław</b>	<b>132</b>		M-OPEN	21	00:00:10	00:15:05	<b>00:28:48.10</b>	<b>00:28:58.60</b>	+00:11:10 (38.8%)	5:45	10.4 (61.2%)
31	<b>SAWCZUK Bogdan</b>	<b>137</b>		M-OPEN	22	00:00:10	00:14:25	<b>00:28:58.05</b>	<b>00:29:09.00</b>	+00:11:20 (39.1%)	5:47	10.4 (61.2%)
32	<b>CZEKAŁA Jan</b>	<b>147</b>	KLUB EMERYTÓW	M-OPEN	23	00:00:08	00:16:02	<b>00:31:48.85</b>	<b>00:31:57.35</b>	+00:14:10 (44.6%)	6:21	9.4 (55.3%)
33	<b>MAŁACHOWSKA Anna</b>	<b>159</b>		K-OPEN	10	00:00:04	00:16:32	<b>00:32:04.85</b>	<b>00:32:09.80</b>	+00:14:26 (45.0%)	6:25	9.4 (55.3%)
34	<b>ZIÓŁKOWSKI Andrzej</b>	<b>145</b>	OSP SYPNIEWO	M-OPEN	24	00:00:05	00:15:46	<b>00:32:55.60</b>	<b>00:33:01.50</b>	+00:15:17 (46.4%)	6:35	9.1 (53.5%)
35	<b>ZIÓŁKOWSKA Swietłana</b>	<b>158</b>	OSP SYPNIEWO	K-OPEN	11	00:00:05	00:16:31	<b>00:32:55.75</b>	<b>00:33:01.20</b>	+00:15:17 (46.5%)	6:35	9.1 (53.5%)
36	<b>JAKIEL-CZYŻEWSKA Jadwiga</b>	<b>155</b>		K-OPEN	12	00:00:09	00:16:27	<b>00:34:03.95</b>	<b>00:34:13.90</b>	+00:16:25 (48.2%)	6:48	8.8 (51.8%)
37	<b>BARTNIK Marian</b>	<b>146</b>	TKKF KOSZALIN	M-OPEN	25	00:00:01	00:20:23	<b>00:41:55.65</b>	<b>00:41:57.55</b>	+00:24:17 (57.9%)	8:23	7.2 (42.4%)

Znaleziono 37 wynik(ów)