



BIEG PAŁACOWY - 5KM

B4SPORT

Wydarzenie: Bieg Pałacowy
Organizator: ABI /Akceptacja-Bezinteresowność-Inkluzja/
Stowarzyszenie przy Specjalnym Ośrodku Szkolno-
Wychowawczym w Damnicy
Data: 2018-04-15
Miejsce: Damnica
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	SOKOŁOWSKI Ryszard	147	FENX SŁUPSK	M-Open	1	00:16:55.85		3:23	17.7 (100%)
2	PELO Artur	137	7 BRYGADA OBRONY WYBRZEŻA SŁUPSK	M-Open	2	00:17:04.80	+00:00:08 (0.9%)	3:25	17.6 (99.4%)
3	JEFIMCZYK Norbert	31		M-Open	3	00:17:27.20	+00:00:31 (3.0%)	3:29	17.2 (97.2%)
4	ZACHARCZUK Albin	122	UNIA HRUBIESZÓW	M-Open	4	00:17:48.10	+00:00:52 (4.9%)	3:33	16.9 (95.5%)
5	SZOPIŃSKI Tomasz	103	KB BRYZA POSTOMINO / JW 3672	M-Open	5	00:18:44.45	+00:01:48 (9.7%)	3:44	16 (90.4%)
6	GRACHEL Przemek	24	NATRASIETEAM	M-Open	6	00:19:06.55	+00:02:10 (11.4%)	3:49	15.7 (88.7%)
7	ZIELIŃSKI Kacper	126	PWSZ KOSZALIN	M-Open	7	00:20:03.15	+00:03:07 (15.6%)	4:00	15 (84.7%)
8	GRODZKI Mateusz	25		M-Open	8	00:20:36.35	+00:03:40 (17.8%)	4:07	14.6 (82.5%)
9	STEFANIAK Marcin	92		M-Open	9	00:20:55.50	+00:03:59 (19.1%)	4:11	14.3 (80.8%)
10	BORYCHOWSKI Mariusz	146	7 BOW SŁUPSK	M-Open	10	00:20:58.60	+00:04:02 (19.3%)	4:11	14.3 (80.8%)
11	BORYCHOWSKA Marlena	136	7 BOW SŁUPSK	K-Open	1	00:20:58.65	+00:04:02 (19.3%)	4:11	14.3 (80.8%)
12	NOWAK Agnieszka	145	7 BOW SŁUPSK	K-Open	2	00:21:06.65	+00:04:10 (19.8%)	4:13	14.2 (80.2%)
13	KONKEL Agnieszka	40		K-Open	3	00:21:10.15	+00:04:14 (20.0%)	4:14	14.2 (80.2%)
14	KAMELSKI Piotr	32		M-Open	11	00:21:19.65	+00:04:23 (20.6%)	4:16	14.1 (79.7%)
15	PYTLAK Michał	143		M-Open	12	00:21:46.25	+00:04:50 (22.2%)	4:21	13.8 (78.0%)
16	DREWNIAK Tomasz	16		M-Open	13	00:21:47.05	+00:04:51 (22.3%)	4:21	13.8 (78.0%)
17	BASARAB Piotr	4	OSP POTĘGOWO	M-Open	14	00:22:08.10	+00:05:12 (23.5%)	4:25	13.6 (76.8%)
18	JABŁOŃSKI Tomasz	29	SPOKO SŁAWNO - MKS ŚWIĘC	M-Open	15	00:22:14.85	+00:05:19 (23.9%)	4:27	13.5 (76.3%)
19	MEDWID Michał	60	BATALION OCHRONY BAZY W REDZIKOWIE	M-Open	16	00:22:15.50	+00:05:19 (23.9%)	4:27	13.5 (76.3%)
20	BARGAŃSKA Justyna	3	RUNTASTYCZNI TEAM BYTÓW	K-Open	4	00:22:34.70	+00:05:38 (25.0%)	4:31	13.3 (75.1%)
21	TOMCZAK Dominik	109	NIGHT RUNNERS SŁUPSK	M-Open	17	00:22:41.60	+00:05:45 (25.4%)	4:32	13.2 (74.6%)
22	PIŁCZYŃSKI Paweł	75		M-Open	18	00:22:52.45	+00:05:56 (26.0%)	4:34	13.1 (74.0%)
23	ŁUKASZEWSKI Dawid	57	STOPA SŁUPSK	M-Open	19	00:23:04.65	+00:06:08 (26.6%)	4:37	13 (73.4%)
24	DYJAS Klaudiusz	80		M-Open	20	00:23:13.00	+00:06:17 (27.1%)	4:38	12.9 (72.9%)
25	PROTASEWICZ Andrzej	78	SŁAWNO	M-Open	21	00:23:20.95	+00:06:25 (27.5%)	4:40	12.8 (72.3%)
26	GAWEŁ Zbigniew	19	MIASTO SŁUPSK	M-Open	22	00:23:40.50	+00:06:44 (28.5%)	4:44	12.7 (71.8%)
27	KĘSIK Agnieszka	36	ŚWIAT PŁYTEK U KRYPINA	K-Open	5	00:23:55.20	+00:06:59 (29.2%)	4:47	12.5 (70.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						5km	Różn		
28	KONKEL Łukasz	41		M-Open	23	00:24:25.05	+00:07:29 (30.7%)	4:53	12.3 (69.5%)
29	JAWORSKI Robert	30	KB BRYZA POSTOMINO	M-Open	24	00:24:35.40	+00:07:39 (31.1%)	4:55	12.2 (68.9%)
30	WEILAND Adrian	114	NOCNE WILKI	M-Open	25	00:24:48.25	+00:07:52 (31.7%)	4:57	12.1 (68.4%)
31	ADRYAN Adam	1	CKB SŁUPSK	M-Open	26	00:24:52.40	+00:07:56 (31.9%)	4:58	12.1 (68.4%)
32	KUBIŃSKI Rafał	49	NIGHT RUNNERS SŁUPSK	M-Open	27	00:24:53.50	+00:07:57 (32.0%)	4:58	12.1 (68.4%)
33	KOŚLA Justyna	43	NIGHT RUNNERS SŁUPSK	K-Open	6	00:25:00.65	+00:08:04 (32.3%)	5:00	12 (67.8%)
34	GAJEWSKI Andrzej	18	STOPA SŁUPSK	M-Open	28	00:25:00.75	+00:08:04 (32.3%)	5:00	12 (67.8%)
35	CZUBAK Tomasz	68	BIEGAM BO LUBIĘ	M-Open	29	00:25:05.85	+00:08:10 (32.5%)	5:01	12 (67.8%)
36	MAJCHRZAK Dariusz	133	CSPS USTKA	M-Open	30	00:25:12.90	+00:08:17 (32.9%)	5:02	11.9 (67.2%)
37	NOWICKI Mateusz	66	CSMW	M-Open	31	00:25:17.05	+00:08:21 (33.0%)	5:03	11.9 (67.2%)
38	WEILAND Cyprian	113	NOCNE WILKI	M-Open	32	00:25:20.45	+00:08:24 (33.2%)	5:04	11.8 (66.7%)
39	GLISZCZYŃSKI Łukasz	140	ŚWIAT PŁYTEK U KRYPINA	M-Open	33	00:25:26.30	+00:08:30 (33.4%)	5:05	11.8 (66.7%)
40	KRAJEWSKI Marcin	45	NADLEŚNICTWO DAMNICA	M-Open	34	00:25:31.80	+00:08:35 (33.7%)	5:06	11.7 (66.1%)
41	BIELEWICZ Anna	5	STOPA SŁUPSK	K-Open	7	00:25:49.55	+00:08:53 (34.4%)	5:09	11.6 (65.5%)
42	DELIGA Szymon	14		M-Open	35	00:25:51.60	+00:08:55 (34.5%)	5:10	11.6 (65.5%)
43	PATYNA Paweł	71		M-Open	36	00:25:52.75	+00:08:56 (34.6%)	5:10	11.6 (65.5%)
44	ZIELONKA Mateusz	127		M-Open	37	00:25:55.25	+00:08:59 (34.7%)	5:11	11.6 (65.5%)
45	SZKATULSKI Tomasz	100	DARŁOWSKIE CHARTY	M-Open	38	00:25:58.70	+00:09:02 (34.8%)	5:11	11.5 (65.0%)
46	ZALEWSKI Grzegorz	123	W.P.K. SŁOŃ USTKA TEAM	M-Open	39	00:26:24.55	+00:09:28 (35.9%)	5:16	11.4 (64.4%)
47	SPERA Jakub	90		M-Open	40	00:26:24.90	+00:09:29 (35.9%)	5:17	11.4 (64.4%)
48	HAŁADEJ Mikołaj	28		M-Open	41	00:26:27.05	+00:09:31 (36.0%)	5:17	11.3 (63.8%)
49	WEILAND Mateusz	135	NIGHT WOLVES	M-Open	42	00:26:36.50	+00:09:40 (36.4%)	5:19	11.3 (63.8%)
50	WOŚ Przemek	120	RADIO GDAŃSK	M-Open	43	00:26:58.70	+00:10:02 (37.2%)	5:23	11.1 (62.7%)
51	LEWANDOWSKA Sylwia	141	ŚWIAT PŁYTEK U KRYPINA	K-Open	8	00:27:00.25	+00:10:04 (37.3%)	5:24	11.1 (62.7%)
52	SZAREK Paweł	76	CSMW	M-Open	44	00:27:05.45	+00:10:09 (37.5%)	5:25	11.1 (62.7%)
53	KŁUSEK Marek	38		M-Open	45	00:27:07.35	+00:10:11 (37.6%)	5:25	11.1 (62.7%)
54	RYCHLIŃSKI Damian	84	WATAHA - ŁĄCZY NAS BIEGANIE	M-Open	46	00:27:16.40	+00:10:20 (37.9%)	5:27	11 (62.1%)
55	DUBACKI Stanisław Kazimierz	17	NIGHT RUNNERS SŁUPSK	M-Open	47	00:27:17.35	+00:10:21 (38.0%)	5:27	11 (62.1%)
56	DOMASZK Paweł	15		M-Open	48	00:27:54.70	+00:10:58 (39.3%)	5:35	10.7 (60.5%)
57	KANIUK Maja	33		K-Open	9	00:28:13.55	+00:11:17 (40.0%)	5:38	10.6 (59.9%)
58	HAŁADEJ Mirosław	27		M-Open	49	00:28:35.60	+00:11:39 (40.8%)	5:43	10.5 (59.3%)
59	CZYWIL Radosław	12		M-Open	50	00:28:37.25	+00:11:41 (40.8%)	5:43	10.5 (59.3%)
60	WEILAND Agnieszka	112	NOCNE WILKI	K-Open	10	00:28:51.65	+00:11:55 (41.3%)	5:46	10.4 (58.8%)
61	ŻUKOWSKI Kacper	130	NOCNE WILKI	M-Open	51	00:29:07.50	+00:12:11 (41.9%)	5:49	10.3 (58.2%)
62	KUSIAK Marek	51		M-Open	52	00:29:09.30	+00:12:13 (41.9%)	5:50	10.3 (58.2%)
63	SZMIGIERO Sebastian	101	W.P.K SŁOŃ TEAM	M-Open	53	00:29:19.25	+00:12:23 (42.3%)	5:51	10.2 (57.6%)
64	MROZIK Joanna	63		K-Open	11	00:29:26.60	+00:12:30 (42.5%)	5:53	10.2 (57.6%)
65	SZKATULSKA Karolina	99	DARŁOWSKIE CHARTY	K-Open	12	00:29:41.85	+00:12:46 (43.0%)	5:56	10.1 (57.1%)
66	OKRÓJ Sylwia	67		K-Open	13	00:29:44.85	+00:12:49 (43.1%)	5:57	10.1 (57.1%)
67	SKWAREK Monika	88		K-Open	14	00:30:20.30	+00:13:24 (44.2%)	6:04	9.9 (55.9%)
68	GRABOWSKA Kinga	22		K-Open	15	00:30:24.30	+00:13:28 (44.3%)	6:04	9.9 (55.9%)
69	WUTTKA Marlena	153		K-Open	16	00:30:27.55	+00:13:31 (44.4%)	6:05	9.8 (55.4%)
70	BUKIEL Bartosz	155	D D USTKA	M-Open	54	00:30:49.60	+00:13:53 (45.1%)	6:09	9.7 (54.8%)
71	LEWANDOWSKI Adam	55	W.P.K SŁOŃ TEAM USTKA	M-Open	55	00:31:03.75	+00:14:07 (45.5%)	6:12	9.7 (54.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
72	MARCZAK Małgorzata	59	AMATOR	K-Open	17	00:31:21.05	+00:14:25 (46.0%)	6:16	9.6 (54.2%)
73	ŻUKOWSKI Maksymilian	131	NOCNE WILKI	M-Open	56	00:31:34.05	+00:14:38 (46.4%)	6:18	9.5 (53.7%)
74	PIEKARSKA Aneta	73		K-Open	18	00:31:56.25	+00:15:00 (47.0%)	6:23	9.4 (53.1%)
75	KRZACZKOWSKA Izabela	46		K-Open	19	00:32:06.45	+00:15:10 (47.3%)	6:25	9.3 (52.5%)
76	PROTASEWICZ Renata	77	SŁAWNO	K-Open	20	00:32:39.00	+00:15:43 (48.1%)	6:31	9.2 (52.0%)
77	BUDZYŃSKA Elżbieta	7		K-Open	21	00:33:06.00	+00:16:10 (48.8%)	6:37	9.1 (51.4%)
78	KIRKO Damian	144		M-Open	57	00:33:13.75	+00:16:17 (49.0%)	6:38	9 (50.8%)
79	KOŁTUN Łukasz	39	REZERWOWE PSY	M-Open	58	00:33:32.00	+00:16:36 (49.5%)	6:42	8.9 (50.3%)
80	DERDA Julia	148	STAROSTWO POWIATOWE SŁUPSK	K-Open	22	00:35:16.25	+00:18:20 (52.0%)	7:03	8.5 (48.0%)
81	SALAJ Angelika	85	STAROSTWO POWIATOWE SŁUPSK	K-Open	23	00:35:16.35	+00:18:20 (52.0%)	7:03	8.5 (48.0%)
82	KOS Krystian	138	CPSP USTKA	M-Open	59	00:36:19.90	+00:19:24 (53.4%)	7:16	8.3 (46.9%)
83	BARAŃSKA Izabela	2	CPSP USTKA	K-Open	24	00:36:19.95	+00:19:24 (53.4%)	7:16	8.3 (46.9%)
84	PUĆ Anna	79		K-Open	25	00:36:26.95	+00:19:31 (53.5%)	7:17	8.2 (46.3%)
85	ŻUKOWSKI Artur	129	NOCNE WILKI	M-Open	60	00:36:28.20	+00:19:32 (53.6%)	7:17	8.2 (46.3%)
86	SOBOLEWSKA Izabela	154		K-Open	26	00:37:02.20	+00:20:06 (54.3%)	7:24	8.1 (45.8%)
87	KUBINA Agata	47		K-Open	27	00:37:19.05	+00:20:23 (54.6%)	7:27	8 (45.2%)
88	MICHALSKA Agnieszka	61		K-Open	28	00:37:19.85	+00:20:24 (54.6%)	7:28	8 (45.2%)
89	ŻUKOWSKA Agnieszka	128	NOCNE WILKI	K-Open	29	00:37:41.45	+00:20:45 (55.1%)	7:32	8 (45.2%)
90	ZAGÓROWSKA Anna	139		K-Open	30	00:39:11.55	+00:22:15 (56.8%)	7:50	7.7 (43.5%)
91	CZERWIŃSKA Kamila	11	CPSP USTKA	K-Open	31	00:39:33.10	+00:22:37 (57.2%)	7:54	7.6 (42.9%)
92	WAGNER Paulina	111	CPSP USTKA	K-Open	32	00:40:24.65	+00:23:28 (58.1%)	8:05	7.4 (41.8%)
93	BAGIŃSKA Magda	134	CPSP USTKA	K-Open	33	00:40:26.50	+00:23:30 (58.1%)	8:05	7.4 (41.8%)
94	OLSZAK Magdalena	69	PLACKI	K-Open	34	00:40:42.85	+00:23:47 (58.4%)	8:08	7.4 (41.8%)
95	SZYMKOWIAK Paulina	149	PLACKI	K-Open	35	00:40:43.10	+00:23:47 (58.4%)	8:08	7.4 (41.8%)
96	TRUBACZ Dariusz	132	CPSP USTKA	M-Open	61	00:45:55.90	+00:29:00 (63.1%)	9:11	6.5 (36.7%)
97	ROZWADOWSKA Marta	83	NIGHT RUNNERS SŁUPSK	K-Open	36	00:46:59.60	+00:30:03 (64.0%)	9:24	6.4 (36.2%)
98	SULL Agnieszka	94	NIGHT RUNNERS SŁUPSK	K-Open	37	00:47:00.00	+00:30:04 (64.0%)	9:24	6.4 (36.2%)
99	SULL Kacper	96	NIGHT RUNNERS SŁUPSK	M-Open	62	00:47:00.40	+00:30:04 (64.0%)	9:24	6.4 (36.2%)
100	KUBIŃSKA Beata	48	NIGHT RUNNERS SŁUPSK	K-Open	38	00:47:00.50	+00:30:04 (64.0%)	9:24	6.4 (36.2%)
101	BOROWSKA Iwona	151	NIGHT RUNNERS SŁUPSK	K-Open	39	00:47:00.80	+00:30:04 (64.0%)	9:24	6.4 (36.2%)
102	DAMPS Julita	13	NIGHT RUNNERS SŁUPSK	K-Open	40	00:47:01.80	+00:30:05 (64.0%)	9:24	6.4 (36.2%)

Znaleziono 102 wynik(ów)