

# BIEG PAMIĘCI ŻOŁNIERZY WYKLĘTYCH - STARGARD - 5KM

B4SPORT

**Wydarzenie:** Bieg Pamięci Żołnierzy Wyklętych  
**Organizator:** Ośrodek Sportu i Rekreacji OSiR Stargard Sp. z o.o.  
**Data:** 2022-03-06  
**Miejsce:** Stargard  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria Mkat	1km	2km	3km	4km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>PRZEKUPOWICZ Bartosz</b>	<b>182</b>	WOJSKO POLSKIE		00:03:17	00:06:46	00:10:25	00:14:03	<b>00:17:42.90</b>	<b>00:17:45.55</b>		3:32	16.9 (100%)
2	<b>PANASIUK Krzysztof</b>	<b>117</b>			00:03:54	00:07:51	00:11:50	00:15:56	<b>00:20:00.45</b>	<b>00:20:03.40</b>	+00:02:17 (11.5%)	4:00	15 (88.8%)
3	<b>TARNAWSKI Marcin</b>	<b>153</b>	MUSTANGI KOBYLANKA		00:04:01	00:08:27	00:12:47	00:17:10	<b>00:21:19.35</b>	<b>00:21:22.85</b>	+00:03:37 (16.9%)	4:15	14.1 (83.4%)
4	<b>PUCHAŁA Michał</b>	<b>125</b>			00:04:12	00:08:38	00:13:00	00:17:20	<b>00:21:22.70</b>	<b>00:21:26.50</b>	+00:03:40 (17.2%)	4:16	14 (82.8%)
5	<b>SIATKOWSKI Karol</b>	<b>133</b>			00:04:09	00:08:31	00:12:53	00:17:19	<b>00:21:40.30</b>	<b>00:21:44.85</b>	+00:03:59 (18.3%)	4:20	13.8 (81.7%)
6	<b>HOFFA Krzysztof</b>	<b>32</b>			00:04:12	00:08:33	00:12:58	00:17:25	<b>00:21:47.75</b>	<b>00:21:52.20</b>	+00:04:06 (18.8%)	4:21	13.8 (81.7%)
7	<b>KOCZKODAJ Kamil</b>	<b>56</b>	ŻANDARMERIA WOJSKOWA		00:04:16	00:08:45	00:13:11	00:17:41	<b>00:22:05.20</b>	<b>00:22:10.25</b>	+00:04:24 (19.9%)	4:25	13.6 (80.5%)
8	<b>LUBASIŃSKI Tomasz</b>	<b>83</b>			00:04:16	00:08:46	00:13:31	00:18:22	<b>00:23:04.50</b>	<b>00:23:08.20</b>	+00:05:22 (23.2%)	4:36	13 (76.9%)
9	<b>WIŚNIEWSKI Paweł</b>	<b>168</b>			00:04:34	00:09:26	00:14:06	00:18:53	<b>00:23:12.85</b>	<b>00:23:21.00</b>	+00:05:35 (23.9%)	4:38	12.9 (76.3%)
10	<b>ŁENTEK Wiesław</b>	<b>86</b>			00:04:26	00:09:09	00:13:53	00:18:43	<b>00:23:18.20</b>	<b>00:23:22.35</b>	+00:05:36 (24.0%)	4:39	12.9 (76.3%)
11	<b>PODOLAK Borys</b>	<b>188</b>			00:04:59	00:09:16	00:14:12	00:18:50	<b>00:23:56.55</b>	<b>00:23:59.05</b>	+00:06:13 (26.0%)	4:47	12.5 (74.0%)
12	<b>STRZYGA Mariusz</b>	<b>144</b>			00:04:42	00:09:31	00:14:25	00:19:15	<b>00:23:53.45</b>	<b>00:24:00.25</b>	+00:06:14 (26.0%)	4:46	12.6 (74.6%)
13	<b>JANCZARA Sebastian</b>	<b>33</b>	STARGARD.JA SIĘ NA NIE ŚCIGAM		00:04:25	00:09:14	00:14:13	00:19:08	<b>00:23:52.80</b>	<b>00:24:04.25</b>	+00:06:18 (26.2%)	4:46	12.6 (74.6%)
14	<b>DYWELSKI Marcin</b>	<b>23</b>			00:04:39	00:09:40	00:14:37	00:19:37	<b>00:24:32.60</b>	<b>00:24:37.85</b>	+00:06:52 (27.9%)	4:54	12.2 (72.2%)

Msc	Zawodnik	Numer	Klub	Kategoria Mkat	1km	2km	3km	4km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
15	<b>RĘBISZ Grzegorz</b>	<b>130</b>			00:04:50	00:09:43	00:14:44	00:19:49	<b>00:24:40.70</b>	<b>00:24:45.70</b>	+00:07:00 (28.3%)	4:56	12.2 (72.2%)
16	<b>TAŻBIERSKI Paweł</b>	<b>154</b>			00:04:50	00:09:44	00:14:44	00:19:49	<b>00:24:41.35</b>	<b>00:24:46.90</b>	+00:07:01 (28.3%)	4:56	12.2 (72.2%)
17	<b>RĘBISZ Jan</b>	<b>129</b>			00:04:51	00:09:50	00:14:49	00:19:55	<b>00:24:46.15</b>	<b>00:24:50.70</b>	+00:07:05 (28.5%)	4:57	12.1 (71.6%)
18	<b>LITWIN Grzegorz</b>	<b>82</b>			00:04:50	00:09:48	00:14:49	00:19:58	<b>00:24:45.35</b>	<b>00:24:51.60</b>	+00:07:06 (28.6%)	4:57	12.1 (71.6%)
19	<b>RYBICKI Marcin</b>	<b>186</b>			00:04:29	00:09:30	00:14:46	00:20:00	<b>00:24:54.95</b>	<b>00:24:57.80</b>	+00:07:12 (28.9%)	4:58	12 (71.0%)
20	<b>TROJANOWSKA-BARAN Aleksandra</b>	<b>156</b>			00:04:37	00:09:42	00:14:46	00:19:58	<b>00:24:54.40</b>	<b>00:24:59.65</b>	+00:07:14 (28.9%)	4:58	12 (71.0%)
21	<b>CZAPSKI Łukasz</b>	<b>16</b>			00:05:00	00:10:01	00:15:02	00:19:56	<b>00:24:58.10</b>	<b>00:25:05.65</b>	+00:07:20 (29.2%)	4:59	12 (71.0%)
22	<b>GURAK Wojciech</b>	<b>30</b>			00:04:55	00:09:56	00:15:00	00:20:05	<b>00:25:01.30</b>	<b>00:25:07.80</b>	+00:07:22 (29.3%)	5:00	12 (71.0%)
22	<b>SPŁAWSKI Piotr</b>	<b>137</b>	OJ SPŁAWSCY		00:04:28	00:09:24	00:14:33	00:19:57	<b>00:25:01.00</b>	<b>00:25:07.80</b>	+00:07:22 (29.3%)	5:00	12 (71.0%)
24	<b>BODER Malwina</b>	<b>7</b>			00:04:41	00:09:46	00:14:57	00:20:06	<b>00:25:08.80</b>	<b>00:25:11.30</b>	+00:07:25 (29.5%)	5:01	11.9 (70.4%)
25	<b>WARTKE Eryk</b>	<b>162</b>	MOS STARGARD		00:04:50	00:09:58	00:15:02	00:20:18	<b>00:25:38.40</b>	<b>00:25:41.40</b>	+00:07:55 (30.9%)	5:07	11.7 (69.2%)
26	<b>MUSZALIK Szymon</b>	<b>103</b>	MOS STARGARD		00:04:10	00:09:10	00:15:03	00:21:10	<b>00:26:24.60</b>	<b>00:26:26.95</b>	+00:08:41 (32.9%)	5:16	11.4 (67.5%)
27	<b>RAMOTOWSKI Daniel</b>	<b>128</b>			00:04:34	00:09:26	00:15:47	00:21:28	<b>00:26:20.05</b>	<b>00:26:28.05</b>	+00:08:42 (32.9%)	5:16	11.4 (67.5%)
28	<b>URBAŃSKA-IZYDORCZYK Kinga</b>	<b>161</b>	STARGARD JA SIĘ NIE ŚCIGAM		00:05:22	00:10:56	00:16:34	00:22:16	<b>00:27:47.25</b>	<b>00:27:52.90</b>	+00:10:07 (36.3%)	5:33	10.8 (63.9%)
29	<b>NADOBNA Kamila</b>	<b>104</b>	STARGARD JA SIĘ NIE SCIGAM		00:05:21	00:10:55	00:16:34	00:22:16	<b>00:27:46.95</b>	<b>00:27:52.95</b>	+00:10:07 (36.3%)	5:33	10.8 (63.9%)
30	<b>KACZYŃSKA Patrycja</b>	<b>46</b>			00:05:11	00:10:46	00:16:30	00:22:13	<b>00:27:53.75</b>	<b>00:27:57.00</b>	+00:10:11 (36.5%)	5:34	10.8 (63.9%)
31	<b>OSTROWSKI Sylwester</b>	<b>114</b>			00:04:48	00:09:42	00:14:33	00:19:10	<b>00:23:26.60</b>	<b>00:28:16.00</b>	+00:10:30 (37.2%)	4:41	12.8 (75.7%)
32	<b>KRÓL Janusz</b>	<b>61</b>	WT STARGARD		00:05:20	00:10:57	00:16:48	00:22:41	<b>00:28:13.65</b>	<b>00:28:18.50</b>	+00:10:32 (37.3%)	5:38	10.6 (62.7%)
33	<b>OLEJNIK Klaudia</b>	<b>110</b>			00:05:53	00:11:48	00:17:35	00:23:16	<b>00:28:29.00</b>	<b>00:28:37.80</b>	+00:10:52 (38.0%)	5:41	10.5 (62.1%)
34	<b>GURAK Tomadz</b>	<b>29</b>	STARGARD		00:05:16	00:10:47	00:16:30	00:22:32	<b>00:28:35.05</b>	<b>00:28:41.85</b>	+00:10:56 (38.1%)	5:43	10.5 (62.1%)
35	<b>CHMARA Magdalena</b>	<b>14</b>			00:05:53	00:11:45	00:17:28	00:23:09	<b>00:28:38.35</b>	<b>00:28:44.20</b>	+00:10:58 (38.2%)	5:43	10.5 (62.1%)
36	<b>SZCZYGIEŁ Paweł</b>	<b>148</b>			00:05:53	00:11:46	00:17:28	00:23:09	<b>00:28:38.90</b>	<b>00:28:44.55</b>	+00:10:59 (38.2%)	5:43	10.5 (62.1%)
37	<b>OCHNIO Marta</b>	<b>109</b>			00:05:30	00:11:17	00:17:03	00:22:57	<b>00:28:41.75</b>	<b>00:28:46.40</b>	+00:11:00 (38.3%)	5:44	10.5 (62.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	1km	2km	3km	4km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
38	<b>SPŁAWSKI Szymon</b>	<b>138</b>	OJSPŁAWSCY			00:05:26	00:11:01	00:16:48	00:22:51	<b>00:28:40.60</b>	<b>00:28:48.05</b>	+00:11:02 (38.3%)	5:44	10.5 (62.1%)
39	<b>BRUDŁO Artur</b>	<b>10</b>	MORS			00:04:51	00:10:25	00:16:35	00:22:47	<b>00:28:50.30</b>	<b>00:28:53.85</b>	+00:11:08 (38.5%)	5:46	10.4 (61.5%)
40	<b>STELMACH Konrad</b>	<b>142</b>				00:05:22	00:11:13	00:17:08	00:23:05	<b>00:28:55.00</b>	<b>00:29:01.95</b>	+00:11:16 (38.8%)	5:47	10.4 (61.5%)
41	<b>GUTOWSKI Paweł</b>	<b>31</b>	EMKA			00:05:22	00:11:14	00:17:08	00:23:06	<b>00:28:56.45</b>	<b>00:29:03.25</b>	+00:11:17 (38.9%)	5:47	10.4 (61.5%)
42	<b>GRZESZCZYK Andrzej</b>	<b>28</b>				00:05:32	00:11:14	00:17:09	00:23:09	<b>00:29:04.50</b>	<b>00:29:13.15</b>	+00:11:27 (39.2%)	5:48	10.3 (60.9%)
43	<b>MEDYŃSKI Maciej</b>	<b>94</b>				00:05:48	00:11:16	00:17:08	00:23:11	<b>00:29:30.60</b>	<b>00:29:42.10</b>	+00:11:56 (40.2%)	5:54	10.2 (60.4%)
44	<b>PUCHAŁA Katarzyna</b>	<b>126</b>				00:05:43	00:11:59	00:18:20	00:24:40	<b>00:30:42.70</b>	<b>00:30:47.05</b>	+00:13:01 (42.3%)	6:08	9.8 (58.0%)
45	<b>ZJADEWICZ Joanna</b>	<b>177</b>				00:05:55	00:12:07	00:18:36	00:25:10	<b>00:31:30.75</b>	<b>00:31:36.75</b>	+00:13:51 (43.8%)	6:18	9.5 (56.2%)
46	<b>SZOT-SOSNOWSKA Marta</b>	<b>150</b>				00:06:00	00:12:37	00:19:31	00:28:08	<b>00:34:42.30</b>	<b>00:34:52.55</b>	+00:17:07 (49.1%)	6:56	8.6 (50.9%)

Znaleziono 46 wynik(ów)