

BIEG PO SKRZYDŁA - 5 KM

B4SPORT

Wydarzenie: BIEG PO SKRZYDŁA
Organizator: I Liceum Ogólnokształcącego im. Księżnej Elżbiety
 w Szczecinku
Data: 2020-08-30
Miejsce: Szczecinek
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	CERK Łukasz	18	BIEGAJ Z CERKIEM	M-Open	1	00:17:23.95		3:28	17.2 (100%)
2	SZACHO-GŁUCHOWICZ Ryszard	240		M-Open	2	00:17:34.05	+00:00:10 (1.0%)	3:30	17.1 (99.4%)
3	NOCEK Paweł	177		M-Open	3	00:17:44.50	+00:00:20 (2.0%)	3:33	16.9 (98.3%)
4	POŁUBIŃSKI Paweł	200	BORNE BIEGA	M-Open	4	00:17:51.90	+00:00:28 (2.6%)	3:34	16.8 (97.7%)
5	FOLTYNIEWICZ Maciej	294		M-Open	5	00:17:53.85	+00:00:30 (2.8%)	3:34	16.8 (97.7%)
6	LASAK Konrad	138		M-Open	6	00:17:54.80	+00:00:31 (2.9%)	3:35	16.7 (97.1%)
7	SZABAŁOWSKA Małgorzata	115	MKL SZCZECINEK	K-Open	1	00:18:55.05	+00:01:32 (8.1%)	3:47	15.9 (92.4%)
8	CUBER Wojciech	23	#ZABIEGANINOCA	M-Open	7	00:19:00.25	+00:01:38 (8.6%)	3:48	15.8 (91.9%)
9	NIEWIADOWSKI Patryk	305		M-Open	8	00:19:15.40	+00:01:53 (9.8%)	3:51	15.6 (90.7%)
10	CHMIELEWSKI Tomasz	19		M-Open	9	00:19:17.65	+00:01:55 (9.9%)	3:51	15.5 (90.1%)
11	JAKIMIEC Tadeusz	80	HUSARIA RACE TEAM	M-Open	10	00:19:23.65	+00:02:00 (10.3%)	3:52	15.5 (90.1%)
12	DUCHNOWSKI Tomasz	39	BIEGAJ Z CERKIEM	M-Open	11	00:19:29.40	+00:02:05 (10.7%)	3:54	15.4 (89.5%)
13	KOŃCZAK Magdalena	108	PRO DYSTANS KASPEROWICZ	K-Open	2	00:19:29.05	+00:02:06 (10.7%)	3:53	15.4 (89.5%)
14	RYNDAK Mariusz	101	TEAM BIEGOWY SZCZECINEK	M-Open	12	00:20:20.55	+00:02:58 (14.6%)	4:04	14.7 (85.5%)
15	DRAŻKOWSKI Tomasz	37	MIEJSKI KLUB PŁYWACKI SZCZECINEK	M18	1	00:20:26.85	+00:03:04 (14.9%)	4:05	14.7 (85.5%)
16	KUKLINSKI Maciej	130	METROŻERCY	M-Open	13	00:19:56.90	+00:03:22 (16.2%)	3:59	15 (87.2%)
17	MAZUR Tomasz	153	I LO SZCZECINEK	M-Open	14	00:20:17.95	+00:03:42 (17.5%)	4:03	14.8 (86.0%)
18	KASPEROWICZ Zdzisław	91	PRO DYSTANS KASPEROWICZ	M-Open	15	00:21:24.35	+00:04:01 (18.7%)	4:17	14 (81.4%)
19	KRAUZE Damian	122		M-Open	16	00:20:55.75	+00:04:21 (20.0%)	4:11	14.3 (83.1%)
20	FOLTYNIEWICZ Hanna	199	MKP SZCZECINEK	K18	1	00:20:55.50	+00:04:22 (20.1%)	4:11	14.3 (83.1%)
21	JABŁOŃSKI Andrzej	79		M-Open	17	00:21:48.60	+00:04:27 (20.3%)	4:21	13.8 (80.2%)
22	REDLICKI Piotr	211		M-Open	18	00:21:10.70	+00:04:35 (20.8%)	4:14	14.2 (82.6%)
23	THOMAS Daniel	256	PRECON POLSKA	M-Open	19	00:21:40.95	+00:05:07 (22.7%)	4:20	13.8 (80.2%)
24	ZAKIELARZ Jan	288	PRECON POLSKA JASTROWIE	M-Open	20	00:21:49.40	+00:05:14 (23.1%)	4:22	13.7 (79.7%)
25	SUCHANOWSKI Zygmunt	237	RESPECT LOTYŃ	M-Open	21	00:21:54.95	+00:05:19 (23.4%)	4:23	13.7 (79.7%)
26	SZKOPEK Krzysztof	246		M-Open	22	00:22:15.35	+00:05:39 (24.5%)	4:27	13.5 (78.5%)
27	CIECHAŃSKI Michał	22	ZDARTE PODESZWY	M-Open	23	00:22:29.25	+00:05:55 (25.3%)	4:29	13.3 (77.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto		Tempo min/km	Tempo km/h
						5km	Różn		
28	KOCIK Janusz	106	TEAM BIEGOWY SZCZECINEK	M-Open	24	00:22:47.95	+00:06:15 (26.4%)	4:33	13.2 (76.7%)
29	ZAKIELARZ Piotr	286	PRECON POLSKA	M-Open	25	00:23:00.40	+00:06:26 (27.0%)	4:36	13 (75.6%)
30	GRĘŻLIKOWSKI Adam	298		M-Open	26	00:23:05.75	+00:06:29 (27.1%)	4:37	13 (75.6%)
31	GOTOWIEC Tomasz	53		M-Open	27	00:23:08.65	+00:06:36 (27.5%)	4:37	13 (75.6%)
32	WEJNER-POLASIK Ewelina	43	TEAM BIEGOWY SZCZECINEK	K-Open	3	00:23:09.90	+00:06:36 (27.5%)	4:38	12.9 (75.0%)
32	KLUPŚ Monika	102	ROZBIEGANEJASTROWIE	K-Open	3	00:23:07.30	+00:06:36 (27.5%)	4:37	13 (75.6%)
34	KLUPŚ Janusz	103	ROZBIEGANEJASTROWIE	M-Open	28	00:23:09.35	+00:06:38 (27.6%)	4:38	12.9 (75.0%)
35	GAWORECKI Sławomir	49	HUSARIA RACE TEAM	M-Open	29	00:22:06.80	+00:06:43 (27.8%)	4:25	13.6 (79.1%)
36	ROLIK Anna	216		K-Open	5	00:23:25.10	+00:06:55 (28.4%)	4:41	12.8 (74.4%)
37	BUTOWICZ Adam	302		M-Open	30	00:23:18.10	+00:07:43 (30.7%)	4:39	12.9 (75.0%)
38	JASIEK Paweł	84	#ZABIEGANINOCA	M-Open	31	00:24:30.65	+00:07:55 (31.2%)	24:31	2.4 (14.0%)
39	FIRAZA Monika	249	HUSARIA SZCZECINEK	K-Open	6	00:23:29.55	+00:07:57 (31.3%)	4:41	12.8 (74.4%)
40	KURZAWIŃSKA-JABŁOŃSKA Kasia	132	CZARNE BIEGA	K-Open	7	00:25:00.45	+00:08:27 (32.7%)	5:00	12 (69.8%)
41	BARTON Krystyna	9	PRZECHELEWO	K-Open	8	00:25:00.80	+00:08:27 (32.7%)	5:00	12 (69.8%)
42	ORLIKOWSKA Dorota	182		K-Open	9	00:25:05.60	+00:08:32 (32.9%)	5:01	12 (69.8%)
43	DENESZEWSKI Tomasz	30	DENESIE NA TARASIE	M-Open	32	00:25:10.20	+00:08:39 (33.2%)	5:02	11.9 (69.2%)
44	DOLAT Justyna	33	HUSARIA SZCZECINEK	K-Open	10	00:24:42.20	+00:09:09 (34.4%)	4:56	12.1 (70.3%)
45	JANKOWSKA Natalia	306		K-Open	11	00:25:05.35	+00:09:32 (35.3%)	5:01	12 (69.8%)
46	SKONIECZNY Krzysztof	226	HUSARIA SZCZECINEK	M-Open	33	00:25:15.30	+00:09:43 (35.8%)	5:03	11.9 (69.2%)
47	POKUSA Adam	198	CROSSTEAMSZCZECINEK	M-Open	34	00:26:38.15	+00:10:05 (36.6%)	5:19	11.3 (65.7%)
48	ŚWIĘCIASZEK Zuzanna	251		K18	2	00:25:41.75	+00:10:07 (36.7%)	25:42	2.3 (13.4%)
49	STRZELECKA Małgorzata	232	SAILING TEAM FERAJNA	K-Open	12	00:26:43.75	+00:10:11 (36.9%)	5:20	11.2 (65.1%)
50	JAROSZEWICZ Andrzej	82		M-Open	35	00:25:50.10	+00:10:16 (37.0%)	5:10	11.6 (67.4%)
51	KOCIK Magdalena	107	TEAM BIEGOWY SZCZECINEK	K-Open	13	00:26:47.90	+00:10:18 (37.1%)	5:21	11.2 (65.1%)
52	DENESZEWSKA Elżbieta	28	DENESIE NA TRASIE	K-Open	14	00:26:48.35	+00:10:18 (37.1%)	5:21	11.2 (65.1%)
53	JASTRZĘBSKA Anna	85	HUSARIA SZCZECINEK	K-Open	15	00:25:44.65	+00:10:21 (37.3%)	5:09	11.7 (68.0%)
54	WIELGUS Paweł	277	PRO DYSTANS KASPEROWICZ	M-Open	36	00:26:00.50	+00:10:28 (37.5%)	5:12	11.5 (66.9%)
55	LEONIAK Łucja	139	TSUNAMI SZCZECINEK	K-Open	16	00:26:13.15	+00:10:41 (38.0%)	5:14	11.4 (66.3%)
56	FECULAK Bartosz	42		M18	2	00:26:11.00	+00:10:43 (38.0%)	5:14	11.5 (66.9%)
57	ADAMOWICZ Kinga	2		K-Open	17	00:26:13.20	+00:10:43 (38.0%)	5:14	11.4 (66.3%)
58	PESTKA Wojciech	271		M18	3	00:26:12.15	+00:10:44 (38.1%)	5:14	11.5 (66.9%)
59	SZERSZEŃ Rafał	242	HUSARIA SZCZECINEK/HORNET TEAM	M-Open	37	00:26:20.90	+00:10:57 (38.5%)	5:16	11.4 (66.3%)
60	KĘSIK Michał	98	ZDARTE PODESZWY	M-Open	38	00:26:25.60	+00:11:04 (38.8%)	5:17	11.4 (66.3%)
61	KARWAT Stanisław	301	PARKRUN	M-Open	39	00:26:35.40	+00:11:08 (38.9%)	5:19	11.3 (65.7%)
62	HOŁOWACZ Kamil	73	HUSARIA RACE TEAM	M-Open	40	00:26:41.85	+00:11:10 (39.0%)	5:20	11.2 (65.1%)
63	RYNKIEWICZ Piotr	304	TB WALDEK	M-Open	41	00:26:47.15	+00:11:21 (39.4%)	5:21	11.2 (65.1%)
64	SZOPA Łukasz	247		M-Open	42	00:27:01.20	+00:11:32 (39.8%)	5:24	11.1 (64.5%)
65	KOWALSKA Anna	116		K-Open	18	00:27:08.70	+00:11:34 (39.9%)	5:25	11.1 (64.5%)
66	ZAKIELARZ Adriana	285		K-Open	19	00:27:43.00	+00:12:12 (41.2%)	5:32	10.8 (62.8%)
67	NERĆ Anna	170		K-Open	20	00:28:02.50	+00:12:33 (41.8%)	5:36	10.7 (62.2%)
68	HOROJDKO Magdalena	227		K-Open	21	00:28:11.50	+00:12:40 (42.1%)	5:38	10.6 (61.6%)
69	HRYNIEWICZ Rafał	141	TEAM BIEGOWY SZCZECINEK	M-Open	43	00:28:16.90	+00:12:47 (42.3%)	5:39	10.6 (61.6%)
70	MRUGALSKI Stanisław	167		M-Open	44	00:28:22.20	+00:13:00 (42.7%)	5:40	10.6 (61.6%)
71	MAZUR Tomasz	155	ROZBIEGANE JASTROWIE	M-Open	45	00:28:33.30	+00:13:04 (42.8%)	5:42	10.5 (61.0%)

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72	MĘCINA Viola	158	DRAKO	K-Open	22	00:28:54.55	+00:13:20 (43.3%)	5:47	10.4 (60.5%)
73	LEWKOWICZ Agnieszka	319		K-Open	23	00:28:54.25	+00:13:28 (43.5%)	5:46	10.4 (60.5%)
74	JAROSZEWICZ Joanna	81		K-Open	24	00:29:02.40	+00:13:29 (43.6%)	5:48	10.3 (59.9%)
75	SZTECHMILER Katarzyna	248	KLUB SPORTOWY HUSARIA SZCZECINEK	K-Open	25	00:28:52.60	+00:13:29 (43.6%)	5:46	10.4 (60.5%)
76	GRZYSTEK Kasia	62	TEAM BIEGOWY SZCZECINEK	K-Open	26	00:29:30.45	+00:13:57 (44.4%)	5:54	10.2 (59.3%)
77	MAZUR Anna	154	ROZBIEGANE JASTROWIE	K-Open	27	00:29:29.90	+00:13:59 (44.5%)	5:54	10.2 (59.3%)
78	DRZAZGA Zbigniew	38	SZKOŁA PODSTAWOWA NR 1 W SZCZECINKU	M-Open	46	00:29:29.20	+00:14:00 (44.5%)	5:53	10.2 (59.3%)
79	KIEDOS Dariusz	99	JW1223	M-Open	47	00:30:36.45	+00:14:02 (44.6%)	6:07	9.8 (57.0%)
80	DOGODA Kasia	32		K-Open	28	00:29:32.70	+00:14:02 (44.6%)	5:54	10.2 (59.3%)
81	BRZEZIŃSKI Paweł	15	PAB TRI KOSZALIN	M-Open	48	00:29:33.20	+00:14:03 (44.6%)	5:54	10.2 (59.3%)
82	SZERSZEŃ Anna	243	HUSARIA SZCZECINEK/HORNET TEAM	K-Open	29	00:29:34.25	+00:14:10 (44.8%)	5:54	10.1 (58.7%)
83	ANDRUSZKIEWICZA Grzegorz	4	PARKRUN SZCZECINEK	M-Open	49	00:29:41.45	+00:14:14 (44.9%)	5:56	10.1 (58.7%)
84	HELLER Zdzisław	72	HERBMARATONOW.PL	M-Open	50	00:29:36.95	+00:14:14 (44.9%)	5:55	10.1 (58.7%)
85	ANDRUSZKIEWICZ Paweł	3	MORS SZCZECINEK	M-Open	51	00:29:40.70	+00:14:15 (45.0%)	5:56	10.1 (58.7%)
86	PODGÓRSKA Agata	197	KLUB SPORTOWY HUSARIA SZCZECINEK	K-Open	30	00:30:25.45	+00:15:02 (46.3%)	6:05	9.9 (57.6%)
87	MAZUR Gabrysia	156	GWDA PIŁA	K18	3	00:31:27.60	+00:15:56 (47.7%)	6:17	9.5 (55.2%)
88	PAWLUŚ Kamilla	187		K-Open	31	00:31:38.75	+00:16:06 (48.0%)	6:19	9.5 (55.2%)
89	WIECHOWICZ Agnieszka	275		K-Open	32	00:31:47.20	+00:16:14 (48.2%)	6:21	9.4 (54.7%)
90	STRZELECKI Sebastian 'Kaszana'	233	SAILING TEAM FERAJNA	M-Open	52	00:31:47.45	+00:16:16 (48.2%)	6:21	9.4 (54.7%)
91	WALKOWIAK Dariusz	272		M-Open	53	00:31:53.60	+00:16:24 (48.5%)	6:22	9.4 (54.7%)
92	BUCHOWSKI Marek	16	PARKRUN	M-Open	54	00:32:01.20	+00:16:34 (48.7%)	6:24	9.4 (54.7%)
93	GRONOWSKA Żaklina	56	GMJ	K18	4	00:34:43.10	+00:19:09 (52.3%)	6:56	8.6 (50.0%)
94	MYLKE Katarzyna	168		K-Open	33	00:35:12.60	+00:19:44 (53.1%)	7:02	8.5 (49.4%)
95	MYLKE Marcin	169		M-Open	55	00:35:11.95	+00:19:44 (53.1%)	7:02	8.5 (49.4%)
96	OSIPOWICZ Anna	183	GMJ	K-Open	34	00:41:49.65	+00:26:16 (60.1%)	8:21	7.2 (41.9%)
97	GRONOWSKA Sylwia	57	GMJ	K-Open	35	00:41:49.25	+00:26:16 (60.1%)	8:21	7.2 (41.9%)

Znaleziono 97 wynik(ów)