

# BIEG PRZEŁAJOWY ZIELONA DYCHA - 10 KM

B4SPORT

**Organizator:** Kępicki Ośrodek Sportu i Rekreacji Sp. z o.o.  
**Data:** 2020-09-05  
**Miejsce:** Okonek  
**Dystans:** 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>BORYCHOWSKI Mariusz</b>	<b>79</b>	HERKULES	M46-55	1	<b>00:35:37.40</b>		3:33	16.8 (100%)
2	<b>PERLIK Tomasz</b>	<b>15</b>		M26-35	1	<b>00:36:10.85</b>	+00:00:33 (1.5%)	3:37	16.6 (98.8%)
3	<b>WOJDASIEWICZ Tadeusz</b>	<b>16</b>		M26-35	2	<b>00:39:57.70</b>	+00:04:20 (10.9%)	3:59	15 (89.3%)
4	<b>PIEKARSKI Jacek</b>	<b>23</b>		M36-45	1	<b>00:40:05.85</b>	+00:04:28 (11.2%)	4:00	15 (89.3%)
5	<b>JABŁOŃSKI Tomasz</b>	<b>44</b>	KB SPOKO SŁAWNO	M36-45	2	<b>00:41:21.55</b>	+00:05:44 (13.9%)	4:08	14.5 (86.3%)
6	<b>KIERZK Arkadiusz</b>	<b>43</b>		M26-35	3	<b>00:42:15.85</b>	+00:06:38 (15.7%)	4:13	14.2 (84.5%)
7	<b>GAJLEWICZ Dominik</b>	<b>40</b>	MTS HAMER	M26-35	4	<b>00:42:32.15</b>	+00:06:54 (16.3%)	4:15	14.1 (83.9%)
8	<b>ROGOZA Mateusz</b>	<b>30</b>	NIEZRZESZONY	M26-35	5	<b>00:42:40.45</b>	+00:07:03 (16.5%)	4:16	14.1 (83.9%)
9	<b>PIŁCZYŃSKI Paweł</b>	<b>4</b>		M26-35	6	<b>00:42:45.45</b>	+00:07:08 (16.7%)	4:16	14 (83.3%)
10	<b>CZUPA Oskar</b>	<b>59</b>		M16-25	1	<b>00:43:40.95</b>	+00:08:03 (18.4%)	4:22	13.7 (81.5%)
11	<b>JANKOWSKI Grzegorz</b>	<b>3</b>		M36-45	3	<b>00:45:23.70</b>	+00:09:46 (21.5%)	4:32	13.2 (78.6%)
12	<b>IWANIEC Dariusz</b>	<b>33</b>	BIEGOLAS KOSZALIN	M36-45	4	<b>00:45:37.55</b>	+00:10:00 (21.9%)	4:33	13.2 (78.6%)
13	<b>MAZUREK Marcin</b>	<b>49</b>	XXX	M36-45	5	<b>00:45:38.45</b>	+00:10:01 (21.9%)	4:33	13.1 (78.0%)
14	<b>BRZEZIŃSKI Jan</b>	<b>48</b>	TEAM PIOTRUŚ	M46-55	2	<b>00:45:40.75</b>	+00:10:03 (22.0%)	4:34	13.1 (78.0%)
15	<b>TREDER Marian</b>	<b>1</b>	TEAM TREDER	M46-55	3	<b>00:46:02.75</b>	+00:10:25 (22.6%)	4:36	13 (77.4%)
16	<b>SZUBERT Marcin</b>	<b>53</b>		M36-45	6	<b>00:46:07.05</b>	+00:10:29 (22.8%)	4:36	13 (77.4%)
17	<b>ADAMCZAK Andrzej</b>	<b>25</b>	TRIATHLON KOSZALIN	M56+	1	<b>00:46:32.55</b>	+00:10:55 (23.5%)	4:39	12.9 (76.8%)
18	<b>PERLIK Katarzyna</b>	<b>14</b>		K26-35	1	<b>00:46:33.75</b>	+00:10:56 (23.5%)	4:39	12.9 (76.8%)
19	<b>HAŁKA Justyna</b>	<b>32</b>	TRUCHT ŁOBEZ	K36-45	1	<b>00:46:39.05</b>	+00:11:01 (23.6%)	4:39	12.9 (76.8%)
20	<b>MOTYKOWSKA Ksenia</b>	<b>50</b>	KB SPOKO SŁAWNO	K36-45	2	<b>00:46:45.95</b>	+00:11:08 (23.8%)	4:40	12.8 (76.2%)
21	<b>STELMACH Karol</b>	<b>78</b>	BASZTA	M16-25	2	<b>00:47:13.20</b>	+00:11:35 (24.6%)	4:43	12.7 (75.6%)
22	<b>RACZYŃSKA Anna</b>	<b>71</b>	BALTIC SEALS	K36-45	3	<b>00:47:16.80</b>	+00:11:39 (24.7%)	4:43	12.7 (75.6%)
23	<b>PIŁCZYŃSKI Zbigniew</b>	<b>22</b>		M56+	2	<b>00:47:29.45</b>	+00:11:52 (25.0%)	4:44	12.6 (75.0%)
24	<b>SKOWYRSKI Janusz</b>	<b>72</b>	TKKF KOSZALIN	M56+	3	<b>00:48:13.90</b>	+00:12:36 (26.1%)	4:49	12.4 (73.8%)
25	<b>BŁENCKI Piotr</b>	<b>37</b>	NIGHT RUNNERS SŁUPSK	M36-45	7	<b>00:48:27.45</b>	+00:12:50 (26.5%)	4:50	12.4 (73.8%)
26	<b>GOSTOMCZYK Krzysztof</b>	<b>46</b>	KB SPOKO SŁAWNO	M36-45	8	<b>00:48:52.60</b>	+00:13:15 (27.1%)	4:53	12.3 (73.2%)
27	<b>SZLACHETKA Piotr</b>	<b>21</b>	BBL	M46-55	4	<b>00:49:21.55</b>	+00:13:44 (27.8%)	4:56	12.2 (72.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
28	<b>STRZELECKI Zbigniew</b>	<b>7</b>	KORZYBSKIE REKINY	M56+	4	<b>00:49:43.45</b>	+00:14:06 (28.4%)	4:58	12.1 (72.0%)
29	<b>HAŁKA Arkadiusz</b>	<b>34</b>	TRUCHT ŁOBEZ	M36-45	9	<b>00:49:43.55</b>	+00:14:06 (28.4%)	4:58	12.1 (72.0%)
30	<b>KWAŚNIAK Zdzisław</b>	<b>39</b>		M56+	5	<b>00:50:31.55</b>	+00:14:54 (29.5%)	5:03	11.9 (70.8%)
31	<b>SZCZEPANIAK Jacek</b>	<b>11</b>	KORZYBSKIE REKINY	M46-55	5	<b>00:50:40.60</b>	+00:15:03 (29.7%)	5:04	11.8 (70.2%)
32	<b>STELMACH Rafal</b>	<b>13</b>		M36-45	10	<b>00:50:40.90</b>	+00:15:03 (29.7%)	5:04	11.8 (70.2%)
33	<b>GUDANIEC Radosław</b>	<b>28</b>	TRIATHLON KOSZALIN	M56+	6	<b>00:51:14.45</b>	+00:15:37 (30.5%)	5:07	11.7 (69.6%)
34	<b>BUTOWICZ Adam</b>	<b>31</b>		M56+	7	<b>00:51:28.90</b>	+00:15:51 (30.8%)	5:08	11.7 (69.6%)
35	<b>WÓJCIK Damian</b>	<b>76</b>	TRIGYM SZCZECIN	M46-55	6	<b>00:51:33.80</b>	+00:15:56 (30.9%)	5:09	11.6 (69.0%)
36	<b>SKĘPIEC Łukasz</b>	<b>19</b>		M16-25	3	<b>00:51:53.05</b>	+00:16:15 (31.3%)	5:11	11.6 (69.0%)
37	<b>KORYZNA Kamil</b>	<b>47</b>	135.SGR-D'ELITA'	M36-45	11	<b>00:53:02.65</b>	+00:17:25 (32.8%)	5:18	11.3 (67.3%)
38	<b>SZUBERT Julia</b>	<b>54</b>		K16-25	1	<b>00:53:09.00</b>	+00:17:31 (33.0%)	5:18	11.3 (67.3%)
39	<b>SZUBERT Agnieszka</b>	<b>52</b>		K36-45	4	<b>00:53:12.50</b>	+00:17:35 (33.0%)	5:19	11.3 (67.3%)
40	<b>MAJEWSKA Dorota</b>	<b>24</b>		K46-55	1	<b>00:53:35.55</b>	+00:17:58 (33.5%)	5:21	11.2 (66.7%)
41	<b>WINKOWSKI Andrzej</b>	<b>2</b>		M56+	8	<b>00:54:27.30</b>	+00:18:49 (34.6%)	5:26	11 (65.5%)
42	<b>DRACZYŃSKI Zygmunt</b>	<b>20</b>	TRUCHT ŁOBEZ	M56+	9	<b>00:55:14.55</b>	+00:19:37 (35.5%)	5:31	10.9 (64.9%)
43	<b>KANIA Brajan</b>	<b>10</b>	-/ROZBIEGANA AKADEMIA: AKADEMIA POMORSKA W SŁUPSKU	M16-25	4	<b>00:55:29.30</b>	+00:19:51 (35.8%)	5:32	10.8 (64.3%)
44	<b>KOŁODZIEJCZAK Marcin</b>	<b>12</b>		M36-45	12	<b>00:55:39.65</b>	+00:20:02 (36.0%)	5:33	10.8 (64.3%)
45	<b>FIRLONG Maciej</b>	<b>38</b>	MARKOS RUNNING TEAM	M36-45	13	<b>00:56:01.70</b>	+00:20:24 (36.4%)	5:36	10.7 (63.7%)
46	<b>PIEC Martyna</b>	<b>18</b>		K26-35	2	<b>00:56:06.35</b>	+00:20:28 (36.5%)	5:36	10.7 (63.7%)
47	<b>GUDANIEC Dorota</b>	<b>29</b>	TRIATHLON KOSZALIN	K56+	1	<b>00:57:03.75</b>	+00:21:26 (37.6%)	5:42	10.5 (62.5%)
48	<b>BOŁTRUCZYK Krzysztof</b>	<b>51</b>		M46-55	7	<b>00:57:05.45</b>	+00:21:28 (37.6%)	5:42	10.5 (62.5%)
49	<b>WASZAK Karol</b>	<b>42</b>	KORZYBSKIE REKINY	M26-35	7	<b>00:58:27.65</b>	+00:22:50 (39.1%)	5:50	10.3 (61.3%)
50	<b>BARTOSIAK Bartłomiej</b>	<b>5</b>	GMINA SŁUPSK	M26-35	8	<b>00:58:28.30</b>	+00:22:50 (39.1%)	5:50	10.3 (61.3%)
51	<b>URBAN Ewelina</b>	<b>6</b>	GMINA SŁUPSK	K26-35	3	<b>00:58:40.10</b>	+00:23:02 (39.3%)	5:52	10.2 (60.7%)
52	<b>JAROSZEWICZ Mirek</b>	<b>9</b>		M36-45	14	<b>01:01:20.05</b>	+00:25:42 (41.9%)	6:08	9.8 (58.3%)
53	<b>TELESIEWICZ Henryk</b>	<b>45</b>	KB SPOKO SŁAWNO	M56+	10	<b>01:01:52.90</b>	+00:26:15 (42.4%)	6:11	9.7 (57.7%)
54	<b>HELLER Zdzisław</b>	<b>26</b>	HERBMARATONOW.PL	M56+	11	<b>01:02:54.20</b>	+00:27:16 (43.4%)	6:17	9.5 (56.5%)
55	<b>GÓRA Roman</b>	<b>61</b>	BIEGOLAS KOSZALIN	M56+	12	<b>01:05:01.65</b>	+00:29:24 (45.2%)	6:30	9.2 (54.8%)
56	<b>STANKIEWICZ-MAJKOWSKA Joanna</b>	<b>74</b>		K46-55	2	<b>01:05:01.80</b>	+00:29:24 (45.2%)	6:30	9.2 (54.8%)
57	<b>NOWAK Katarzyna</b>	<b>8</b>	KORZYBSKIE REKINY	K36-45	5	<b>01:05:57.90</b>	+00:30:20 (46.0%)	6:35	9.1 (54.2%)
58	<b>POZORSKI Krzysztof</b>	<b>36</b>	MARKOS RUNNING TEAM	M36-45	15	<b>01:11:03.65</b>	+00:35:26 (49.9%)	7:06	8.4 (50.0%)
59	<b>MRUGALSKI Stanisław</b>	<b>17</b>		M56+	13	<b>01:11:08.35</b>	+00:35:30 (49.9%)	7:06	8.4 (50.0%)
60	<b>POZORSKI Zbigniew</b>	<b>35</b>	NIGHT RUNNERS SŁUPSK	M56+	14	<b>01:11:14.65</b>	+00:35:37 (50.0%)	7:07	8.4 (50.0%)
61	<b>CIŻMOWSKA Barbara</b>	<b>41</b>	MTS HAMER MIASTKO	K56+	2	<b>01:13:58.70</b>	+00:38:21 (51.8%)	7:23	8.1 (48.2%)

Znaleziono 61 wynik(ów)