



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

BIEG PRZEŁAJOWY ZIELONA DYCHA - 10 KM

B4SPORT



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	BORYCHOWSKI Mariusz	79	HERKULES	M46-55	1	00:35:37.40		3:33	16.8 (100%)
2	PERLIK Tomasz	15		M26-35	1	00:36:10.85	+00:00:33 (1.5%)	3:37	16.6 (98.8%)
3	WOJDASIEWICZ Tadeusz	16		M26-35	2	00:39:57.70	+00:04:20 (10.9%)	3:59	15 (89.3%)
4	PIEKARSKI Jacek	23		M36-45	1	00:40:05.85	+00:04:28 (11.2%)	4:00	15 (89.3%)
5	JABŁOŃSKI Tomasz	44	KB SPOKO SŁAWNO	M36-45	2	00:41:21.55	+00:05:44 (13.9%)	4:08	14.5 (86.3%)
6	KIERZK Arkadiusz	43		M26-35	3	00:42:15.85	+00:06:38 (15.7%)	4:13	14.2 (84.5%)
7	GAJLEWICZ Dominik	40	MTS HAMER	M26-35	4	00:42:32.15	+00:06:54 (16.3%)	4:15	14.1 (83.9%)
8	ROGOZA Mateusz	30	NIEZRZESZONY	M26-35	5	00:42:40.45	+00:07:03 (16.5%)	4:16	14.1 (83.9%)
9	PIŁCZYŃSKI Paweł	4		M26-35	6	00:42:45.45	+00:07:08 (16.7%)	4:16	14 (83.3%)
10	CZUPA Oskar	59		M16-25	1	00:43:40.95	+00:08:03 (18.4%)	4:22	13.7 (81.5%)
11	JANKOWSKI Grzegorz	3		M36-45	3	00:45:23.70	+00:09:46 (21.5%)	4:32	13.2 (78.6%)
12	IWANIEC Dariusz	33	BIEGOLAS KOSZALIN	M36-45	4	00:45:37.55	+00:10:00 (21.9%)	4:33	13.2 (78.6%)
13	MAZUREK Marcin	49	XXX	M36-45	5	00:45:38.45	+00:10:01 (21.9%)	4:33	13.1 (78.0%)
14	BRZEZIŃSKI Jan	48	TEAM PIOTRUŚ	M46-55	2	00:45:40.75	+00:10:03 (22.0%)	4:34	13.1 (78.0%)
15	TREDER Marian	1	TEAM TREDER	M46-55	3	00:46:02.75	+00:10:25 (22.6%)	4:36	13 (77.4%)
16	SZUBERT Marcin	53		M36-45	6	00:46:07.05	+00:10:29 (22.8%)	4:36	13 (77.4%)
17	ADAMCZAK Andrzej	25	TRIATHLON KOSZALIN	M56+	1	00:46:32.55	+00:10:55 (23.5%)	4:39	12.9 (76.8%)
18	PERLIK Katarzyna	14		K26-35	1	00:46:33.75	+00:10:56 (23.5%)	4:39	12.9 (76.8%)
19	HAŁKA Justyna	32	TRUCHT ŁOBEZ	K36-45	1	00:46:39.05	+00:11:01 (23.6%)	4:39	12.9 (76.8%)
20	MOTYKOWSKA Ksenia	50	KB SPOKO SŁAWNO	K36-45	2	00:46:45.95	+00:11:08 (23.8%)	4:40	12.8 (76.2%)
21	STELMACH Karol	78	BASZTA	M16-25	2	00:47:13.20	+00:11:35 (24.6%)	4:43	12.7 (75.6%)
22	RACZYŃSKA Anna	71	BALTIC SEALS	K36-45	3	00:47:16.80	+00:11:39 (24.7%)	4:43	12.7 (75.6%)
23	PIŁCZYŃSKI Zbigniew	22		M56+	2	00:47:29.45	+00:11:52 (25.0%)	4:44	12.6 (75.0%)
24	SKOWYRSKI Janusz	72	TKKF KOSZALIN	M56+	3	00:48:13.90	+00:12:36 (26.1%)	4:49	12.4 (73.8%)
25	BŁENCKI Piotr	37	NIGHT RUNNERS SŁUPSK	M36-45	7	00:48:27.45	+00:12:50 (26.5%)	4:50	12.4 (73.8%)
26	GOSTOMCZYK Krzysztof	46	KB SPOKO SŁAWNO	M36-45	8	00:48:52.60	+00:13:15 (27.1%)	4:53	12.3 (73.2%)
27	SZLACHETKA Piotr	21	BBL	M46-55	4	00:49:21.55	+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	STRZELECKI Zbigniew	7	KORZYBSKIE REKINY	M56+	4	00:49:43.45	+00:14:06 (28.4%)	4:58	12.1 (72.0%)
29	HAŁKA Arkadiusz	34	TRUCHT ŁOBEZ	M36-45	9	00:49:43.55	+00:14:06 (28.4%)	4:58	12.1 (72.0%)
30	KWAŚNIAK Zdzisław	39		M56+	5	00:50:31.55	+00:14:54 (29.5%)	5:03	11.9 (70.8%)
31	SZCZEPANIAK Jacek	11	KORZYBSKIE REKINY	M46-55	5	00:50:40.60	+00:15:03 (29.7%)	5:04	11.8 (70.2%)
32	STELMACH Rafal	13		M36-45	10	00:50:40.90	+00:15:03 (29.7%)	5:04	11.8 (70.2%)
33	GUDANIEC Radosław	28	TRIATHLON KOSZALIN	M56+	6	00:51:14.45	+00:15:37 (30.5%)	5:07	11.7 (69.6%)
34	BUTOWICZ Adam	31		M56+	7	00:51:28.90	+00:15:51 (30.8%)	5:08	11.7 (69.6%)
35	WÓJCIK Damian	76	TRIGYM SZCZECIN	M46-55	6	00:51:33.80	+00:15:56 (30.9%)	5:09	11.6 (69.0%)
36	SKĘPIEC Łukasz	19		M16-25	3	00:51:53.05	+00:16:15 (31.3%)	5:11	11.6 (69.0%)
37	KORYZNA Kamil	47	135.SGR-D'ELITA'	M36-45	11	00:53:02.65	+00:17:25 (32.8%)	5:18	11.3 (67.3%)
38	SZUBERT Julia	54		K16-25	1	00:53:09.00	+00:17:31 (33.0%)	5:18	11.3 (67.3%)
39	SZUBERT Agnieszka	52		K36-45	4	00:53:12.50	+00:17:35 (33.0%)	5:19	11.3 (67.3%)
40	MAJEWSKA Dorota	24		K46-55	1	00:53:35.55	+00:17:58 (33.5%)	5:21	11.2 (66.7%)
41	WINKOWSKI Andrzej	2		M56+	8	00:54:27.30	+00:18:49 (34.6%)	5:26	11 (65.5%)
42	DRACZYŃSKI Zygmunt	20	TRUCHT ŁOBEZ	M56+	9	00:55:14.55	+00:19:37 (35.5%)	5:31	10.9 (64.9%)
43	KANIA Brajan	10	-/ROZBIEGANA AKADEMIA: AKADEMIA POMORSKA W SŁUPSKU	M16-25	4	00:55:29.30	+00:19:51 (35.8%)	5:32	10.8 (64.3%)
44	KOŁODZIEJCZAK Marcin	12		M36-45	12	00:55:39.65	+00:20:02 (36.0%)	5:33	10.8 (64.3%)
45	FIRLONG Maciej	38	MARKOS RUNNING TEAM	M36-45	13	00:56:01.70	+00:20:24 (36.4%)	5:36	10.7 (63.7%)
46	PIEC Martyna	18		K26-35	2	00:56:06.35	+00:20:28 (36.5%)	5:36	10.7 (63.7%)
47	GUDANIEC Dorota	29	TRIATHLON KOSZALIN	K56+	1	00:57:03.75	+00:21:26 (37.6%)	5:42	10.5 (62.5%)
48	BOŁTRUCZYK Krzysztof	51		M46-55	7	00:57:05.45	+00:21:28 (37.6%)	5:42	10.5 (62.5%)
49	WASZAK Karol	42	KORZYBSKIE REKINY	M26-35	7	00:58:27.65	+00:22:50 (39.1%)	5:50	10.3 (61.3%)
50	BARTOSIAK Bartłomiej	5	GMINA SŁUPSK	M26-35	8	00:58:28.30	+00:22:50 (39.1%)	5:50	10.3 (61.3%)
51	URBAN Ewelina	6	GMINA SŁUPSK	K26-35	3	00:58:40.10	+00:23:02 (39.3%)	5:52	10.2 (60.7%)
52	JAROSZEWICZ Mirek	9		M36-45	14	01:01:20.05	+00:25:42 (41.9%)	6:08	9.8 (58.3%)
53	TELESIEWICZ Henryk	45	KB SPOKO SŁAWNO	M56+	10	01:01:52.90	+00:26:15 (42.4%)	6:11	9.7 (57.7%)
54	HELLER Zdzisław	26	HERBMARATONOW.PL	M56+	11	01:02:54.20	+00:27:16 (43.4%)	6:17	9.5 (56.5%)
55	GÓRA Roman	61	BIEGOLAS KOSZALIN	M56+	12	01:05:01.65	+00:29:24 (45.2%)	6:30	9.2 (54.8%)
56	STANKIEWICZ-MAJKOWSKA Joanna	74		K46-55	2	01:05:01.80	+00:29:24 (45.2%)	6:30	9.2 (54.8%)
57	NOWAK Katarzyna	8	KORZYBSKIE REKINY	K36-45	5	01:05:57.90	+00:30:20 (46.0%)	6:35	9.1 (54.2%)
58	POZORSKI Krzysztof	36	MARKOS RUNNING TEAM	M36-45	15	01:11:03.65	+00:35:26 (49.9%)	7:06	8.4 (50.0%)
59	MRUGALSKI Stanisław	17		M56+	13	01:11:08.35	+00:35:30 (49.9%)	7:06	8.4 (50.0%)
60	POZORSKI Zbigniew	35	NIGHT RUNNERS SŁUPSK	M56+	14	01:11:14.65	+00:35:37 (50.0%)	7:07	8.4 (50.0%)
61	CIŻMOWSKA Barbara	41	MTS HAMER MIASTKO	K56+	2	01:13:58.70	+00:38:21 (51.8%)	7:23	8.1 (48.2%)

Znaleziono 61 wynik(ów)