



# 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: M-OPEN

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
2	<b>PERLIK Tomasz</b>	<b>15</b>		M26-35	1	<b>00:36:10.85</b>	+00:00:33	3:37	16.6
3	<b>WOJDASIEWICZ Tadeusz</b>	<b>16</b>		M26-35	2	<b>00:39:57.70</b>	+00:04:20	3:59	15
4	<b>PIEKARSKI Jacek</b>	<b>23</b>		M36-45	1	<b>00:40:05.85</b>	+00:04:28	4:00	15
5	<b>JABŁOŃSKI Tomasz</b>	<b>44</b>	KB SPOKO SŁAWNO	M36-45	2	<b>00:41:21.55</b>	+00:05:44	4:08	14.5
6	<b>KIERZK Arkadiusz</b>	<b>43</b>		M26-35	3	<b>00:42:15.85</b>	+00:06:38	4:13	14.2
7	<b>GAJLEWICZ Dominik</b>	<b>40</b>	MTS HAMER	M26-35	4	<b>00:42:32.15</b>	+00:06:54	4:15	14.1
8	<b>ROGOZA Mateusz</b>	<b>30</b>	NIEZRZESZONY	M26-35	5	<b>00:42:40.45</b>	+00:07:03	4:16	14.1
9	<b>PIŁCZYŃSKI Paweł</b>	<b>4</b>		M26-35	6	<b>00:42:45.45</b>	+00:07:08	4:16	14
10	<b>CZUPA Oskar</b>	<b>59</b>		M16-25	1	<b>00:43:40.95</b>	+00:08:03	4:22	13.7
11	<b>JANKOWSKI Grzegorz</b>	<b>3</b>		M36-45	3	<b>00:45:23.70</b>	+00:09:46	4:32	13.2
12	<b>IWANIEC Dariusz</b>	<b>33</b>	BIEGOLAS KOSZALIN	M36-45	4	<b>00:45:37.55</b>	+00:10:00	4:33	13.2
13	<b>MAZUREK Marcin</b>	<b>49</b>	XXX	M36-45	5	<b>00:45:38.45</b>	+00:10:01	4:33	13.1
14	<b>BRZEZIŃSKI Jan</b>	<b>48</b>	TEAM PIOTRUŚ	M46-55	2	<b>00:45:40.75</b>	+00:10:03	4:34	13.1
15	<b>TREDER Marian</b>	<b>1</b>	TEAM TREDER	M46-55	3	<b>00:46:02.75</b>	+00:10:25	4:36	13
16	<b>SZUBERT Marcin</b>	<b>53</b>		M36-45	6	<b>00:46:07.05</b>	+00:10:29	4:36	13
17	<b>ADAMCZAK Andrzej</b>	<b>25</b>	TRIATHLON KOSZALIN	M56+	1	<b>00:46:32.55</b>	+00:10:55	4:39	12.9
18	<b>STELMACH Karol</b>	<b>78</b>	BASZTA	M16-25	2	<b>00:47:13.20</b>	+00:11:35	4:43	12.7
19	<b>PIŁCZYŃSKI Zbigniew</b>	<b>22</b>		M56+	2	<b>00:47:29.45</b>	+00:11:52	4:44	12.6
20	<b>SKOWYRSKI Janusz</b>	<b>72</b>	TKKF KOSZALIN	M56+	3	<b>00:48:13.90</b>	+00:12:36	4:49	12.4
21	<b>BŁENCKI Piotr</b>	<b>37</b>	NIGHT RUNNERS SŁUPSK	M36-45	7	<b>00:48:27.45</b>	+00:12:50	4:50	12.4
22	<b>GOSTOMCZYK Krzysztof</b>	<b>46</b>	KB SPOKO SŁAWNO	M36-45	8	<b>00:48:52.60</b>	+00:13:15	4:53	12.3
23	<b>SZLACHETKA Piotr</b>	<b>21</b>	BBL	M46-55	4	<b>00:49:21.55</b>	+00:13:44	4:56	12.2
24	<b>STRZELECKI Zbigniew</b>	<b>7</b>	KORZYBSKIE REKINY	M56+	4	<b>00:49:43.45</b>	+00:14:06	4:58	12.1
25	<b>HAŁKA Arkadiusz</b>	<b>34</b>	TRUCHT ŁOBEZ	M36-45	9	<b>00:49:43.55</b>	+00:14:06	4:58	12.1
26	<b>KWAŚNIAK Zdzisław</b>	<b>39</b>		M56+	5	<b>00:50:31.55</b>	+00:14:54	5:03	11.9
27	<b>SZCZEPANIAK Jacek</b>	<b>11</b>	KORZYBSKIE REKINY	M46-55	5	<b>00:50:40.60</b>	+00:15:03	5:04	11.8

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
28	<b>STELMACH Rafał</b>	<b>13</b>		M36-45	10	<b>00:50:40.90</b>	+00:15:03	5:04	11.8
29	<b>GDANIEC Radosław</b>	<b>28</b>	TRIATHLON KOSZALIN	M56+	6	<b>00:51:14.45</b>	+00:15:37	5:07	11.7
30	<b>BUTOWICZ Adam</b>	<b>31</b>		M56+	7	<b>00:51:28.90</b>	+00:15:51	5:08	11.7
31	<b>WÓJCIK Damian</b>	<b>76</b>	TRIGYM SZCZECIN	M46-55	6	<b>00:51:33.80</b>	+00:15:56	5:09	11.6
32	<b>SKĘPIEC Łukasz</b>	<b>19</b>		M16-25	3	<b>00:51:53.05</b>	+00:16:15	5:11	11.6
33	<b>KORYZNA Kamil</b>	<b>47</b>	135.SGR-D'ELITA'	M36-45	11	<b>00:53:02.65</b>	+00:17:25	5:18	11.3
34	<b>WINKOWSKI Andrzej</b>	<b>2</b>		M56+	8	<b>00:54:27.30</b>	+00:18:49	5:26	11
35	<b>DRACZYŃSKI Zygmunt</b>	<b>20</b>	TRUCHT ŁOBEZ	M56+	9	<b>00:55:14.55</b>	+00:19:37	5:31	10.9
36	<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	5:32	10.8
37	<b>KOŁODZIEJCZAK Marcin</b>	<b>12</b>		M36-45	12	<b>00:55:39.65</b>	+00:20:02	5:33	10.8
38	<b>FIRLONG Maciej</b>	<b>38</b>	MARKOS RUNNING TEAM	M36-45	13	<b>00:56:01.70</b>	+00:20:24	5:36	10.7
39	<b>BOŁTRUCZYK Krzysztof</b>	<b>51</b>		M46-55	7	<b>00:57:05.45</b>	+00:21:28	5:42	10.5
40	<b>WASZAK Karol</b>	<b>42</b>	KORZYBSKIE REKINY	M26-35	7	<b>00:58:27.65</b>	+00:22:50	5:50	10.3
41	<b>BARTOSIAK Bartłomiej</b>	<b>5</b>	GMINA SŁUPSK	M26-35	8	<b>00:58:28.30</b>	+00:22:50	5:50	10.3
42	<b>JAROSZEWICZ Mirek</b>	<b>9</b>		M36-45	14	<b>01:01:20.05</b>	+00:25:42	6:08	9.8
43	<b>TELESIEWICZ Henryk</b>	<b>45</b>	KB SPOKO SŁAWNO	M56+	10	<b>01:01:52.90</b>	+00:26:15	6:11	9.7
44	<b>HELLER Zdzisław</b>	<b>26</b>	HERBMARATONOW.PL	M56+	11	<b>01:02:54.20</b>	+00:27:16	6:17	9.5
45	<b>GÓRA Roman</b>	<b>61</b>	BIEGOLAS KOSZALIN	M56+	12	<b>01:05:01.65</b>	+00:29:24	6:30	9.2
46	<b>POZORSKI Krzysztof</b>	<b>36</b>	MARKOS RUNNING TEAM	M36-45	15	<b>01:11:03.65</b>	+00:35:26	7:06	8.4
47	<b>MRUGALSKI Stanisław</b>	<b>17</b>		M56+	13	<b>01:11:08.35</b>	+00:35:30	7:06	8.4
48	<b>POZORSKI Zbigniew</b>	<b>35</b>	NIGHT RUNNERS SŁUPSK	M56+	14	<b>01:11:14.65</b>	+00:35:37	7:07	8.4

Znaleziono 48 wynik(ów)