

# BIEG PRZEŁAJOWY "ZIELONA DYCHA"

B4SPORT  
INTELEGENE ZAWODY SPORTOWE

**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

Kępicki Ośrodek Sportu i Rekreacji  
2021-07-03  
Obłęża k/Kępic  
10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>SOKOŁOWSKI Ryszard</b>	<b>45</b>	JW 5718 REDZIKOWO	M26	1	<b>00:35:36.60</b>	<b>00:35:38.55</b>		3:33	16.9 (100%)
2	<b>KUJAWSKI Grzegorz</b>	<b>24</b>	LKS ZIEMI PUCKIEJ	M36	1	<b>00:35:47.20</b>	<b>00:35:49.30</b>	+00:00:10 (0.5%)	3:34	16.8 (99.4%)
3	<b>PYTLAK Michał</b>	<b>39</b>	7 BRYGADA OBRONY WYBRZEŻA	M26	2	<b>00:37:11.40</b>	<b>00:37:13.20</b>	+00:01:34 (4.2%)	3:43	16.1 (95.3%)
4	<b>WRÓBLEWSKI Leszek</b>	<b>53</b>	ŚWIAT PŁYTEK U KRYPINA	M26	3	<b>00:38:52.35</b>	<b>00:38:54.60</b>	+00:03:16 (8.4%)	3:53	15.4 (91.1%)
5	<b>ZIEMAN Michał</b>	<b>55</b>	RUNTASTYCZNI TEAM BYTÓW	M26	4	<b>00:39:19.15</b>	<b>00:39:21.60</b>	+00:03:43 (9.4%)	3:55	15.3 (90.5%)
6	<b>DUDA Grzegorz</b>	<b>7</b>	BEST BEASTS	M36	2	<b>00:40:10.40</b>	<b>00:40:13.10</b>	+00:04:34 (11.4%)	4:01	14.9 (88.2%)
7	<b>WOJTKIEWICZ Mateusz</b>	<b>58</b>	KB DZIESIĄTKA BIAŁOGARD	M26	5	<b>00:40:53.75</b>	<b>00:40:56.30</b>	+00:05:17 (12.9%)	4:05	14.7 (87.0%)
8	<b>JANISZEWSKI Marek</b>	<b>14</b>	DRUTEX	M36	3	<b>00:40:53.75</b>	<b>00:40:56.60</b>	+00:05:18 (12.9%)	4:05	14.7 (87.0%)
9	<b>WITKIEWICZ Eryk</b>	<b>52</b>		M36	4	<b>00:41:15.80</b>	<b>00:41:18.40</b>	+00:05:39 (13.7%)	4:07	14.5 (85.8%)
10	<b>PIEKARSKI Jacek</b>	<b>35</b>		M36	5	<b>00:41:27.35</b>	<b>00:41:30.20</b>	+00:05:51 (14.1%)	4:08	14.5 (85.8%)
11	<b>JABŁOŃSKI Tomasz</b>	<b>13</b>	KB SPOKO SŁAWNO	M36	6	<b>00:43:01.65</b>	<b>00:43:04.35</b>	+00:07:25 (17.2%)	4:18	13.9 (82.2%)
12	<b>ŻYLICZ Paweł</b>	<b>57</b>	STOPA SŁUPSK/ USB USTKA	M26	6	<b>00:43:49.35</b>	<b>00:43:52.95</b>	+00:08:14 (18.8%)	4:22	13.7 (81.1%)
13	<b>ROGOZA Mateusz</b>	<b>40</b>	NIEZRZESZONY	M26	7	<b>00:44:07.85</b>	<b>00:44:10.60</b>	+00:08:32 (19.3%)	4:24	13.6 (80.5%)
14	<b>CZUPA Oskar</b>	<b>6</b>		M16	1	<b>00:44:08.65</b>	<b>00:44:11.65</b>	+00:08:33 (19.4%)	4:24	13.6 (80.5%)
15	<b>CHOLEWIŃSKI Artur</b>	<b>4</b>	AML SŁUPSK	M36	7	<b>00:44:13.25</b>	<b>00:44:16.10</b>	+00:08:37 (19.5%)	4:25	13.6 (80.5%)
16	<b>JABŁOŃSKI Krzysztof</b>	<b>12</b>	MTS HAMER	M36	8	<b>00:44:16.90</b>	<b>00:44:19.50</b>	+00:08:40 (19.6%)	4:25	13.6 (80.5%)
17	<b>YALTUSHENKA Vitali</b>	<b>54</b>		M26	8	<b>00:44:27.15</b>	<b>00:44:31.20</b>	+00:08:52 (19.9%)	4:26	13.5 (79.9%)
18	<b>MERDA Katarzyna</b>	<b>30</b>	MTS HAMER MIASTKO	K36	1	<b>00:44:36.05</b>	<b>00:44:38.45</b>	+00:08:59 (20.2%)	4:27	13.5 (79.9%)
19	<b>WILUSZ Krzysztof</b>	<b>50</b>	STOPA SŁUPSK	M36	9	<b>00:44:45.20</b>	<b>00:44:49.60</b>	+00:09:11 (20.5%)	4:28	13.4 (79.3%)
20	<b>JANKIEWICZ Tomasz</b>	<b>15</b>	MTS HAMER	M46	1	<b>00:45:01.95</b>	<b>00:45:04.50</b>	+00:09:25 (20.9%)	4:30	13.3 (78.7%)
21	<b>MAZUREK Marcin</b>	<b>29</b>		M36	10	<b>00:45:24.00</b>	<b>00:45:31.30</b>	+00:09:52 (21.7%)	4:32	13.2 (78.1%)
22	<b>PIŁCZYŃSKI Paweł</b>	<b>36</b>		M26	9	<b>00:45:43.55</b>	<b>00:45:46.75</b>	+00:10:08 (22.1%)	4:34	13.1 (77.5%)
23	<b>KIEŁCZYŃSKI Dawid</b>	<b>18</b>	TEAM DAVE BUKÓWKA	M26	10	<b>00:46:50.15</b>	<b>00:46:53.45</b>	+00:11:14 (24.0%)	4:41	12.8 (75.7%)
24	<b>HORBACZ Grzegorz</b>	<b>11</b>		M46	2	<b>00:46:57.90</b>	<b>00:47:02.90</b>	+00:11:24 (24.2%)	4:41	12.8 (75.7%)
25	<b>GRACHEL Darek</b>	<b>10</b>	Z_PERSPEKTYWY_BIEGU	M26	11	<b>00:47:17.75</b>	<b>00:47:20.75</b>	+00:11:42 (24.7%)	4:43	12.7 (75.1%)
26	<b>MOTYKOWSKA Ksenia</b>	<b>32</b>	KB SPOKO SŁAWNO	K36	2	<b>00:47:43.95</b>	<b>00:47:47.50</b>	+00:12:08 (25.4%)	4:46	12.6 (74.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
27	<b>NIECKARZ Monika</b>	<b>33</b>	KB SPOKO SŁAWNO	K36	3	<b>00:48:15.55</b>	<b>00:48:18.55</b>	+00:12:40 (26.2%)	4:49	12.4 (73.4%)
28	<b>PIŁCZYŃSKI Zbigniew</b>	<b>37</b>		M56+	1	<b>00:49:10.05</b>	<b>00:49:13.25</b>	+00:13:34 (27.6%)	4:55	12.2 (72.2%)
29	<b>KWAŚNIAK Zdzisław</b>	<b>25</b>	3 FALE TEAM	M56+	2	<b>00:49:52.55</b>	<b>00:49:56.35</b>	+00:14:17 (28.6%)	4:59	12 (71.0%)
30	<b>TREDER Marian</b>	<b>49</b>	TEAM TREDER	M56+	3	<b>00:51:35.05</b>	<b>00:51:39.15</b>	+00:16:00 (31.0%)	5:09	11.6 (68.6%)
31	<b>JĘCEK Krzysztof</b>	<b>16</b>	MARKOS RUNNING TEAM	M36	11	<b>00:51:35.90</b>	<b>00:51:43.35</b>	+00:16:04 (31.1%)	5:09	11.6 (68.6%)
32	<b>ROKUSZEWSKI Piotr</b>	<b>41</b>	APATOR TELEMETRIA	M26	12	<b>00:51:48.80</b>	<b>00:51:53.90</b>	+00:16:15 (31.3%)	5:10	11.6 (68.6%)
33	<b>KUBAT Krzysztof</b>	<b>23</b>		M36	12	<b>00:52:05.60</b>	<b>00:52:09.50</b>	+00:16:30 (31.7%)	5:12	11.5 (68.0%)
34	<b>SZCZEPANIAK Jacek</b>	<b>48</b>	KEPICE	M46	3	<b>00:52:29.50</b>	<b>00:52:32.70</b>	+00:16:54 (32.2%)	5:14	11.4 (67.5%)
35	<b>MŁOCZYŃSKI Daniel</b>	<b>60</b>	KORZYBSKIE REKINY	M36	13	<b>00:52:49.10</b>	<b>00:52:58.15</b>	+00:17:19 (32.7%)	5:16	11.4 (67.5%)
36	<b>SPISAK Dariusz</b>	<b>46</b>		M46	4	<b>00:53:24.35</b>	<b>00:53:30.35</b>	+00:17:51 (33.4%)	5:20	11.2 (66.3%)
37	<b>SADZIŃSKI Karol</b>	<b>42</b>	3FALETEAM	M36	14	<b>00:53:28.30</b>	<b>00:53:33.40</b>	+00:17:54 (33.4%)	5:20	11.2 (66.3%)
38	<b>LEWANDOWSKA Sylwia</b>	<b>26</b>	ŚWIAT PŁYTEK U KRYSPIŃA	K26	1	<b>00:53:52.20</b>	<b>00:53:56.15</b>	+00:18:17 (33.9%)	5:23	11.1 (65.7%)
39	<b>BŁENCKI Piotr</b>	<b>2</b>	NIGHTRUNNERS SŁUPSK	M36	15	<b>00:55:09.60</b>	<b>00:55:16.30</b>	+00:19:37 (35.5%)	5:30	10.9 (64.5%)
40	<b>POZORSKI Krzysiek</b>	<b>38</b>	MARKOS RUNNING TEAM	M36	16	<b>00:55:18.65</b>	<b>00:55:26.10</b>	+00:19:47 (35.7%)	5:31	10.8 (63.9%)
41	<b>MAZUREK Sebastian</b>	<b>28</b>		M46	5	<b>00:55:32.25</b>	<b>00:55:39.40</b>	+00:20:00 (36.0%)	5:33	10.8 (63.9%)
42	<b>KRZYŻANEK Marta</b>	<b>22</b>		K36	4	<b>00:56:00.05</b>	<b>00:56:05.65</b>	+00:20:27 (36.5%)	5:36	10.7 (63.3%)
43	<b>SOBCZYK Patryk</b>	<b>44</b>	APATOR TELEMERIA	M26	13	<b>00:56:13.05</b>	<b>00:56:18.15</b>	+00:20:39 (36.7%)	5:37	10.7 (63.3%)
44	<b>WINKOWSKI Andrzej</b>	<b>51</b>		M56+	4	<b>00:56:45.30</b>	<b>00:56:51.55</b>	+00:21:13 (37.3%)	5:40	10.6 (62.7%)
45	<b>STRZELECKI Zbigniew</b>	<b>47</b>	KORZYBSKIE REKINY	M56+	5	<b>00:57:10.25</b>	<b>00:57:14.70</b>	+00:21:36 (37.7%)	5:43	10.5 (62.1%)
46	<b>KANIA Brajan</b>	<b>17</b>	—	M16	2	<b>01:00:57.00</b>	<b>01:01:02.60</b>	+00:25:24 (41.6%)	6:05	9.8 (58.0%)
47	<b>FIRLONG Maciej</b>	<b>8</b>		M36	17	<b>01:01:36.35</b>	<b>01:01:43.20</b>	+00:26:04 (42.3%)	6:09	9.7 (57.4%)
48	<b>KOŁODZIEJCZYK Danuta</b>	<b>19</b>		K56+	1	<b>01:01:41.75</b>	<b>01:01:45.90</b>	+00:26:07 (42.3%)	6:10	9.7 (57.4%)
49	<b>KRZOSKA Dorota</b>	<b>21</b>		K36	5	<b>01:03:00.70</b>	<b>01:03:06.75</b>	+00:27:28 (43.5%)	6:18	9.5 (56.2%)
50	<b>SKĘPIEC Łukasz</b>	<b>43</b>		M16	3	<b>01:05:47.55</b>	<b>01:05:52.30</b>	+00:30:13 (45.9%)	6:34	9.1 (53.8%)
51	<b>CIŻMOWSKA Barbara</b>	<b>5</b>	MTS HAMER MIASTKO	K56+	2	<b>01:16:02.45</b>	<b>01:16:11.50</b>	+00:40:32 (53.2%)	7:36	7.9 (46.7%)
52		<b>63</b>								(0.0%)
53		<b>68</b>								(0.0%)
54		<b>78</b>								(0.0%)
55		<b>75</b>								(0.0%)
56		<b>65</b>								(0.0%)
57		<b>76</b>								(0.0%)
58		<b>67</b>								(0.0%)
59		<b>80</b>								(0.0%)
60		<b>71</b>								(0.0%)
61	<b>MOTOWIDŁO-ZAWADZKA Izabella</b>	<b>31</b>	3FALE TEAM	K36	6					(0.0%)
62	<b>BOGUMIŁOW Marcin</b>	<b>3</b>	DZIK ZE SŁUPSKA	M26	14					(0.0%)
63		<b>73</b>								(0.0%)
64		<b>59</b>								(0.0%)
65		<b>79</b>								(0.0%)
66	<b>PERLIK Katarzyna</b>	<b>34</b>		K26	2					(0.0%)
67		<b>61</b>								(0.0%)
68	<b>KONOPKA Łukasz</b>	<b>20</b>	OSP KOWALEWICE	M36	18					(0.0%)
69		<b>77</b>								(0.0%)
70	<b>GAJLEWICZ Dominik</b>	<b>9</b>	MTS HAMER	M26	15					(0.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
71		<b>64</b>								(0.0%)
72		<b>69</b>								(0.0%)
73		<b>66</b>								(0.0%)
74		<b>62</b>								(0.0%)
75		<b>72</b>								(0.0%)
76	<b>ŻURAWIK Piotr</b>	<b>56</b>	GM KĘPICE	M46	6					(0.0%)

Znaleziono 76 wynik(ów)