



## BIEG PRZYJAŹNI - BIEG - 5 KM

B4SPORT

**Wydarzenie:** Bieg Przyjaźni  
**Organizator:** Gmina Słupsk, Fundacja Wspierania Inicjatyw Niekonwencjonalnych „Sub ventum”  
**Data:** 2019-10-05  
**Miejsce:** Redzikowo  
**Dystans:** 5 km



Klasyfikacja: M-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	RUDNIK Krzysztof	138	SP 8 SŁUPSK	M-Open	1	00:17:30.11		3:30	17.1 (100%)
2	BURZYŃSKI Aleksander	21	SP 8 SŁUPSK BTTEAM	M-Open	2	00:17:40.46	+00:00:10 (1.0%)	3:32	17 (99.4%)
3	PACHOLCZYK Krzysztof	125		M-Open	3	00:18:20.63	+00:00:50 (4.6%)	3:40	16.3 (95.3%)
4	DUDA Grzegorz	35	BEST BEASTS	M-Open	4	00:18:42.22	+00:01:12 (6.4%)	3:44	16 (93.6%)
5	CEJKO Dawid	22	BALTIC SEALS	M-Open	5	00:18:48.31	+00:01:18 (6.9%)	3:45	16 (93.6%)
6	NAGÓREK Kamil	132	STOPA SŁUPSK	M-Open	6	00:19:36.09	+00:02:05 (10.7%)	3:55	15.3 (89.5%)
7	JĘCEK Krzysztof	214	MARKOS	M-Open	7	00:20:18.99	+00:02:48 (13.9%)	4:03	14.8 (86.5%)
8	PIEKARSKI Jacek	127		M-Open	8	00:20:32.62	+00:03:02 (14.8%)	4:06	14.6 (85.4%)
9	GRACHEL Przemek	53	NA TRASIE TEAM	M-Open	9	00:20:42.15	+00:03:12 (15.5%)	4:08	14.5 (84.8%)
10	ŚRODA Maciej	175		M-Open	10	00:21:10.49	+00:03:40 (17.3%)	4:14	14.2 (83.0%)
11	PANEK Ireneusz	126		M-Open	11	00:21:24.03	+00:03:53 (18.2%)	4:16	14 (81.9%)
12	KIEŁCZYŃSKI Dawid	75	TEAM DAVE	M-Open	12	00:21:28.71	+00:03:58 (18.5%)	4:17	14 (81.9%)
13	GRACHEL Darek	219		M-Open	13	00:21:30.22	+00:04:00 (18.6%)	4:18	14 (81.9%)
14	WIELGAT Łukasz	189	KB BRYZA POSTOMINO	M-Open	14	00:21:50.04	+00:04:19 (19.8%)	4:22	13.7 (80.1%)
15	KOSTKA Rafał	83		M-Open	15	00:21:51.87	+00:04:21 (20.0%)	4:22	13.7 (80.1%)
16	CHMIELEWSKI Marcin	23	PĘDZĄCE ŻÓŁWIE	M-Open	16	00:21:58.69	+00:04:28 (20.4%)	4:23	13.6 (79.5%)
17	CZARNECKI Grzegorz	27	DRUŻYNA SP 8 SŁUPSK	M-Open	17	00:22:18.88	+00:04:48 (21.6%)	4:27	13.4 (78.4%)
18	TOMCZAK Dominik	177	NIGHT RUNNERS SŁUPSK	M-Open	18	00:22:22.07	+00:04:51 (21.8%)	4:28	13.4 (78.4%)
19	HORBACZ Grzegorz	60		M-Open	19	00:22:27.51	+00:04:57 (22.1%)	4:29	13.4 (78.4%)
20	ANTOSIAK Grzegorz	5	DECATHLON POWER SŁUPSK	M-Open	20	00:22:30.71	+00:05:00 (22.3%)	4:30	13.3 (77.8%)
21	GUSMANN Zbigniew	58		M-Open	21	00:22:47.64	+00:05:17 (23.2%)	4:33	13.2 (77.2%)
22	GIERCZAK Piotr	47		M-Open	22	00:22:49.09	+00:05:18 (23.3%)	4:33	13.1 (76.6%)
23	DADACZ Rafał	31	W.P.K SŁOŃ TEAM USTKA	M-Open	23	00:22:53.99	+00:05:23 (23.6%)	4:34	13.1 (76.6%)
24	WIERZBIŃSKI Krzysztof	191		M-Open	24	00:22:57.88	+00:05:27 (23.8%)	4:35	13.1 (76.6%)
25	SZLACHETKA Piotr	167		M-Open	25	00:23:08.34	+00:05:38 (24.4%)	4:37	13 (76.0%)
26	KOWALCZYK Wojciech	87		M-Open	26	00:23:21.69	+00:05:51 (25.1%)	4:40	12.8 (74.9%)
27	PIWOŃSKI Robert	130	NIGHT RUNNERS SŁUPSK	M-Open	27	00:23:23.40	+00:05:53 (25.2%)	4:40	12.8 (74.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
28	<b>SMOLIŃSKI Krzysztof</b>	<b>156</b>		M-Open	28	<b>00:23:28.45</b>	+00:05:58 (25.4%)	4:41	12.8 (74.9%)
29	<b>HANN Grzegorz</b>	<b>59</b>	FISKARS TEAM	M-Open	29	<b>00:23:29.06</b>	+00:05:58 (25.5%)	4:41	12.8 (74.9%)
30	<b>SIBIŃSKI Krzysztof</b>	<b>11</b>	AJ TEAM	M-Open	30	<b>00:23:29.73</b>	+00:05:59 (25.5%)	4:42	12.8 (74.9%)
31	<b>USOWICZ Łukasz</b>	<b>108</b>		M-Open	31	<b>00:23:35.57</b>	+00:06:05 (25.8%)	4:43	12.7 (74.3%)
32	<b>ŻAK Lech</b>	<b>204</b>		M-Open	32	<b>00:23:37.46</b>	+00:06:07 (25.9%)	4:43	12.7 (74.3%)
33	<b>KSIĄŻEK Waldemar</b>	<b>93</b>		M-Open	33	<b>00:23:37.60</b>	+00:06:07 (25.9%)	4:43	12.7 (74.3%)
34	<b>ZDUNEK Krzysztof</b>	<b>199</b>	W.P.K. SŁOŃ TEAM USTKA	M-Open	34	<b>00:23:40.26</b>	+00:06:10 (26.1%)	4:44	12.7 (74.3%)
35	<b>KOWALSKI Konrad</b>	<b>89</b>	SAMOLEJ ZTS	M-Open	35	<b>00:23:40.99</b>	+00:06:10 (26.1%)	4:44	12.7 (74.3%)
36	<b>ADAMIEC Marek</b>	<b>2</b>	W.P.K. SŁOŃ TEAM	M-Open	36	<b>00:23:46.14</b>	+00:06:16 (26.4%)	4:45	12.6 (73.7%)
37	<b>BECK Tomasz</b>	<b>12</b>	FISKARS TEAM	M-Open	37	<b>00:23:57.01</b>	+00:06:26 (26.9%)	4:47	12.5 (73.1%)
38	<b>TOMCZAK Sebastian</b>	<b>178</b>	USTKA	M-Open	38	<b>00:24:03.06</b>	+00:06:32 (27.2%)	4:48	12.5 (73.1%)
39	<b>ZIELONKA Mateusz</b>	<b>200</b>	BALTIC SEALS	M-Open	39	<b>00:24:15.43</b>	+00:06:45 (27.8%)	4:51	12.4 (72.5%)
40	<b>CZERWIŃSKI Bogdan</b>	<b>29</b>	RADA SENIORÓW GMINY SŁUPSK	M-Open	40	<b>00:24:23.65</b>	+00:06:53 (28.3%)	4:52	12.3 (71.9%)
41	<b>SZAPIEL Piotr</b>	<b>166</b>		M-Open	41	<b>00:24:41.58</b>	+00:07:11 (29.1%)	4:56	12.2 (71.3%)
42	<b>BANCEWICZ Radek</b>	<b>9</b>	SALON KOSMETYCZNY „Z MIŁOŚCI DO PAZNOKCI” ALEKSANDRA GAC	M-Open	42	<b>00:24:42.44</b>	+00:07:12 (29.2%)	4:56	12.1 (70.8%)
43	<b>SIDOR Mariusz</b>	<b>151</b>	DECATHLON POWER SŁUPSK	M-Open	43	<b>00:24:52.51</b>	+00:07:22 (29.6%)	4:58	12.1 (70.8%)
44	<b>KANIA Brajan</b>	<b>70</b>	- / AKADEMIA POMORSKA W SŁUPSKU	M-Open	44	<b>00:25:00.98</b>	+00:07:30 (30.0%)	5:00	12 (70.2%)
45	<b>KAMIŃSKI Witold</b>	<b>69</b>	STOPA SŁUPSK	M-Open	45	<b>00:25:09.34</b>	+00:07:39 (30.4%)	5:02	11.9 (69.6%)
46	<b>STEFANOWSKI Krzysztof</b>	<b>161</b>		M-Open	46	<b>00:25:18.87</b>	+00:07:48 (30.9%)	5:03	11.8 (69.0%)
47	<b>FRANCZAK Krzysztof</b>	<b>42</b>		M-Open	47	<b>00:25:25.48</b>	+00:07:55 (31.2%)	5:05	11.8 (69.0%)
48	<b>BACH Paweł</b>	<b>6</b>		M-Open	48	<b>00:25:34.37</b>	+00:08:04 (31.6%)	5:07	11.7 (68.4%)
49	<b>SZMIGIERO Sebastian</b>	<b>168</b>		M-Open	49	<b>00:25:34.82</b>	+00:08:04 (31.6%)	5:07	11.7 (68.4%)
50	<b>GROCHOWSKI Piotr</b>	<b>54</b>	SAMOLEJ ZTS	M-Open	50	<b>00:25:44.38</b>	+00:08:14 (32.0%)	5:08	11.7 (68.4%)
51	<b>ORSZULAK Damian</b>	<b>124</b>	SAMOLEJ ZTS	M-Open	51	<b>00:25:51.76</b>	+00:08:21 (32.3%)	5:10	11.6 (67.8%)
52	<b>WILCZYŃSKI Piotr</b>	<b>192</b>		M-Open	52	<b>00:25:54.45</b>	+00:08:24 (32.4%)	5:10	11.6 (67.8%)
53	<b>DRUŻBA Maciej</b>	<b>217</b>	BOCHB	M-Open	53	<b>00:26:09.47</b>	+00:08:39 (33.1%)	5:13	11.5 (67.3%)
54	<b>MRUGALSKI Stanisław</b>	<b>118</b>	MTS HAMER	M-Open	54	<b>00:26:15.82</b>	+00:08:45 (33.4%)	5:15	11.4 (66.7%)
55	<b>GUBERNAT Mirosław</b>	<b>55</b>	NIEPUBLICZNA SZKOŁA PODSTAWOWA NR 7 W SŁUPSKU	M-Open	55	<b>00:26:25.36</b>	+00:08:55 (33.8%)	5:17	11.4 (66.7%)
56	<b>STEREŃCZAK Kamil</b>	<b>162</b>	FISKARS TEAM	M-Open	56	<b>00:26:28.21</b>	+00:08:58 (33.9%)	5:17	11.3 (66.1%)
57	<b>CZERWIŃSKI Szczyśny</b>	<b>30</b>		M-Open	57	<b>00:26:29.21</b>	+00:08:59 (33.9%)	5:18	11.3 (66.1%)
58	<b>NALEWAJEK Dawid</b>	<b>119</b>	WATAHA	M-Open	58	<b>00:26:30.10</b>	+00:08:59 (34.0%)	5:18	11.3 (66.1%)
59	<b>CZĘSTOCHOWSKI Arkadiusz</b>	<b>218</b>		M-Open	59	<b>00:27:04.34</b>	+00:09:34 (35.4%)	5:24	11.1 (64.9%)
60	<b>BRONK Robert</b>	<b>16</b>		M-Open	60	<b>00:27:19.79</b>	+00:09:49 (36.0%)	5:28	11 (64.3%)
61	<b>KARWASZ Krzysztof</b>	<b>73</b>		M-Open	61	<b>00:27:22.43</b>	+00:09:52 (36.1%)	5:28	11 (64.3%)
62	<b>ROŚLAWSKI Grzegorz</b>	<b>136</b>	SZOP&JITSUKUŹNIA SPORTU	M-Open	62	<b>00:27:37.64</b>	+00:10:07 (36.7%)	5:31	10.9 (63.7%)
63	<b>BARTOSIAK Bartłomiej</b>	<b>207</b>	WŁYŃKÓWKO	M-Open	63	<b>00:27:41.72</b>	+00:10:11 (36.8%)	5:32	10.8 (63.2%)
64	<b>KOWALSKI Bartosz</b>	<b>88</b>	SAMOLEJ ZTS	M-Open	64	<b>00:27:56.52</b>	+00:10:26 (37.4%)	5:35	10.7 (62.6%)
65	<b>ROGALA Łukasz</b>	<b>137</b>		M-Open	65	<b>00:27:57.13</b>	+00:10:27 (37.4%)	5:35	10.7 (62.6%)
66	<b>WINIARSKI Grzegorz</b>	<b>193</b>	AMATOR -DEBIUTANT	M-Open	66	<b>00:28:23.05</b>	+00:10:52 (38.3%)	5:40	10.6 (62.0%)
67	<b>LEWANDOWSKI Adam</b>	<b>102</b>	W.P.K SŁOŃ TEAM USTKA	M-Open	67	<b>00:28:33.71</b>	+00:11:03 (38.7%)	5:42	10.5 (61.4%)
68	<b>ANDRZEJCZAK Sławomir</b>	<b>3</b>		M-Open	68	<b>00:28:36.90</b>	+00:11:06 (38.8%)	5:43	10.5 (61.4%)
69	<b>SKIBIŃSKI Rafał</b>	<b>153</b>	AJ TEAM	M-Open	69	<b>00:28:37.56</b>	+00:11:07 (38.9%)	5:43	10.5 (61.4%)
70	<b>KOT Daniel</b>	<b>86</b>	KOT TEAM	M-Open	70	<b>00:28:40.65</b>	+00:11:10 (39.0%)	5:44	10.5 (61.4%)
71	<b>ADACH Łukasz</b>	<b>1</b>	SAMOLEJ ZTS	M-Open	71	<b>00:28:56.40</b>	+00:11:26 (39.5%)	5:47	10.4 (60.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
72	<b>JODZIEWICZ Tomasz</b>	<b>65</b>		M-Open	72	<b>00:29:25.76</b>	+00:11:55 (40.5%)	5:53	10.2 (59.6%)
73	<b>FUDRO Piotr</b>	<b>44</b>		M-Open	73	<b>00:29:28.87</b>	+00:11:58 (40.6%)	5:53	10.2 (59.6%)
74	<b>LEMAŃCZYK Sebastian</b>	<b>99</b>		M-Open	74	<b>00:30:05.59</b>	+00:12:35 (41.8%)	6:01	10 (58.5%)
75	<b>KŁOŚ Przemek</b>	<b>223</b>	RADIO GDAŃSK	M-Open	75	<b>00:30:15.70</b>	+00:12:45 (42.2%)	6:03	9.9 (57.9%)
76	<b>SZPAKOWICZ Adrian</b>	<b>169</b>	SAMOLEJ ZTS	M-Open	76	<b>00:30:21.56</b>	+00:12:51 (42.4%)	6:04	9.9 (57.9%)
77	<b>LEWICKI Marcin</b>	<b>103</b>	SAMOLEJ ZTS	M-Open	77	<b>00:30:21.79</b>	+00:12:51 (42.4%)	6:04	9.9 (57.9%)
78	<b>SYSKA-GODLEWSKI Maksymilian</b>	<b>165</b>		M-Open	78	<b>00:30:57.64</b>	+00:13:27 (43.5%)	6:11	9.7 (56.7%)
79	<b>LEWICZ Szymon</b>	<b>105</b>		M-Open	79	<b>00:31:31.06</b>	+00:14:00 (44.5%)	6:18	9.5 (55.6%)
80	<b>SĘDZIŃSKI Adam</b>	<b>149</b>	GMINA SŁUPSK	M-Open	80	<b>00:31:39.25</b>	+00:14:09 (44.7%)	6:20	9.5 (55.6%)
81	<b>SETNIK Daniel</b>	<b>148</b>	DECATHLON POWER	M-Open	81	<b>00:32:26.42</b>	+00:14:56 (46.0%)	6:29	9.2 (53.8%)
82	<b>WALKOWIAK Dariusz</b>	<b>185</b>		M-Open	82	<b>00:32:53.37</b>	+00:15:23 (46.8%)	6:34	9.1 (53.2%)
83	<b>GIERCZAK Dariusz</b>	<b>46</b>	NIEPUBLICZNA SZKOŁA PODSTAWOWA NR 7 W SŁUPSKU	M-Open	83	<b>00:33:41.82</b>	+00:16:11 (48.1%)	6:44	8.9 (52.0%)
84	<b>TURCZYN Grzegorz</b>	<b>180</b>	NIGHT RUNNERS	M-Open	84	<b>00:34:14.46</b>	+00:16:44 (48.9%)	6:51	8.8 (51.5%)
85	<b>KURKOWSKI Mateusz</b>	<b>95</b>	FISKARS TEAM	M-Open	85	<b>00:35:29.02</b>	+00:17:58 (50.7%)	7:05	8.5 (49.7%)
86	<b>STANIASZEK Bogusław</b>	<b>160</b>	TUPOT USTKA	M-Open	86	<b>00:35:39.85</b>	+00:18:09 (50.9%)	7:08	8.4 (49.1%)

Znaleziono 86 wynik(ów)