



## BIEG ŚLADAMI MORSA - 5 KM

B4SPORT

**Organizator:** Fundacja Herkules All Sports  
**Data:** 2021-06-06  
**Miejsce:** Mielno  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>PYSHNIAK Kostantyn</b>	<b>50</b>	TKKF KOSZALIN	M14-29	1	00:11:17	<b>00:23:45.10</b>		4:45	12.6 (100%)
2	<b>HUBERT Łukasz</b>	<b>49</b>	TKKF KOSZALIN	M30-39	1	00:11:48	<b>00:24:56.25</b>	+00:01:11 (4.8%)	4:59	12 (95.2%)
3	<b>WALEŃSKI Michał</b>	<b>39</b>	TKKF KOSZALIN	M40-49	1	00:13:37	<b>00:27:06.60</b>	+00:03:21 (12.4%)	5:25	11.1 (88.1%)
4	<b>JANISZEWSKI Waldemar</b>	<b>34</b>	NOVUM PLUS	M50-59	1	00:14:18	<b>00:27:52.70</b>	+00:04:07 (14.8%)	5:34	10.8 (85.7%)
5	<b>OSTAJEWSKI Tomasz</b>	<b>33</b>	NOVUM PLUS	M40-49	2	00:13:37	<b>00:28:16.45</b>	+00:04:31 (16.0%)	5:39	10.6 (84.1%)
6	<b>OSTROWSKI Marcin</b>	<b>36</b>	PZU SPORT TEAM	M30-39	2	00:14:18	<b>00:28:33.60</b>	+00:04:48 (16.8%)	5:42	10.5 (83.3%)
7	<b>CHUPTYŚ Adrian</b>	<b>4</b>	RUNDORFINA	M30-39	3	00:14:19	<b>00:29:28.25</b>	+00:05:43 (19.4%)	5:53	10.2 (81.0%)
8	<b>PICK Tomek</b>	<b>21</b>	BIEGOLAS/ KORONA SZCZECIN	M50-59	2	00:14:17	<b>00:29:52.90</b>	+00:06:07 (20.5%)	5:58	10 (79.4%)
9	<b>BOBKOWSKI Kamil</b>	<b>35</b>		M30-39	4	00:14:57	<b>00:29:55.55</b>	+00:06:10 (20.6%)	5:59	10 (79.4%)
10	<b>MAZUR Emilusz</b>	<b>18</b>	PĘDZĄCY OGR	M40-49	3	00:15:06	<b>00:30:20.50</b>	+00:06:35 (21.7%)	6:04	9.9 (78.6%)
11	<b>ZIELIŃSKA Anna</b>	<b>32</b>	TRUCHT ŁOBEZ	K40-49	1	00:14:26	<b>00:30:27.85</b>	+00:06:42 (22.0%)	6:05	9.9 (78.6%)
12	<b>WYDMUCH Czesław</b>	<b>31</b>	-	M60-69	1	00:14:24	<b>00:30:57.80</b>	+00:07:12 (23.3%)	6:11	9.7 (77.0%)
13	<b>SĘDZIK Aleksander.</b>	<b>23</b>		M50-59	3	00:15:04	<b>00:31:18.20</b>	+00:07:33 (24.1%)	6:15	9.6 (76.2%)
14	<b>HANDZIUK Kinga</b>	<b>43</b>		K14-29	1	00:15:10	<b>00:31:30.85</b>	+00:07:45 (24.6%)	6:18	9.5 (75.4%)
15	<b>OBARA Żaneta</b>	<b>19</b>		K40-49	2	00:15:20	<b>00:31:47.30</b>	+00:08:02 (25.3%)	6:21	9.4 (74.6%)
16	<b>TULEJA Adam</b>	<b>25</b>	SAYONARA CHORZOW	M50-59	4	00:15:37	<b>00:32:11.20</b>	+00:08:26 (26.2%)	6:26	9.3 (73.8%)
17	<b>HAŁKA Justyna</b>	<b>10</b>	TRUCHT ŁOBEZ	K40-49	3	00:15:28	<b>00:32:18.65</b>	+00:08:33 (26.5%)	6:27	9.3 (73.8%)
18	<b>WIECZORKOWSKI Władysław</b>	<b>27</b>		M60-69	2	00:15:51	<b>00:33:24.95</b>	+00:09:39 (28.9%)	6:40	9 (71.4%)
19	<b>PAWŁOWSKI Grzegorz</b>	<b>41</b>	GIAMMAX	M40-49	4	00:15:57	<b>00:33:37.90</b>	+00:09:52 (29.4%)	6:43	8.9 (70.6%)
20	<b>KUBIAK Grzegorz</b>	<b>15</b>	LETNIA PRZYGODA MIELENKO	M40-49	5	00:16:16	<b>00:33:57.20</b>	+00:10:12 (30.0%)	6:47	8.8 (69.8%)
21	<b>FURMANIUK Artur</b>	<b>6</b>		M40-49	6	00:17:02	<b>00:36:25.10</b>	+00:12:40 (34.8%)	7:17	8.2 (65.1%)
22	<b>RYBAK Daria</b>	<b>22</b>		K40-49	4	00:17:36	<b>00:37:07.00</b>	+00:13:21 (36.0%)	7:25	8.1 (64.3%)
23	<b>PAWŁOWSKA Magdalena</b>	<b>20</b>	GAMMAX	K40-49	5	00:17:39	<b>00:37:07.65</b>	+00:13:22 (36.0%)	7:25	8.1 (64.3%)
24	<b>STAŃCZYK Sławomir</b>	<b>37</b>		M30-39	5	00:17:41	<b>00:38:23.85</b>	+00:14:38 (38.1%)	7:40	7.8 (61.9%)
25	<b>GRZELAK Łukasz</b>	<b>8</b>		M30-39	6	00:18:26	<b>00:39:54.25</b>	+00:16:09 (40.5%)	7:58	7.5 (59.5%)
26	<b>SZMYT Marcin</b>	<b>24</b>	SZWAGRY BIEGAJĄ	M40-49	7	00:19:00	<b>00:40:19.85</b>	+00:16:34 (41.1%)	8:03	7.4 (58.7%)
27	<b>WITAN Krzysztof</b>	<b>30</b>		M50-59	5	00:19:05	<b>00:40:37.80</b>	+00:16:52 (41.5%)	8:07	7.4 (58.7%)

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28	<b>KOWALSKI Michał</b>	<b>38</b>		M40-49	8	00:18:12	<b>00:40:43.50</b>	+00:16:58 (41.7%)	8:08	7.4 (58.7%)
29	<b>JUSZCZAK Krzysztof</b>	<b>13</b>		M60-69	3	00:20:02	<b>00:42:49.40</b>	+00:19:04 (44.5%)	8:33	7 (55.6%)
30	<b>JENDA Michał</b>	<b>12</b>		M14-29	2	00:20:53	<b>00:44:41.25</b>	+00:20:56 (46.8%)	8:56	6.7 (53.2%)
31	<b>GRUNWALD Karolina</b>	<b>7</b>		K30-39	1	00:21:53	<b>00:44:44.30</b>	+00:20:59 (46.9%)	8:56	6.7 (53.2%)
32	<b>ADASZYNSKI Wiesław</b>	<b>1</b>	BOBOLICCYMORSJANIE	M50-59	6	00:21:29	<b>00:45:01.60</b>	+00:21:16 (47.2%)	9:00	6.7 (53.2%)
33	<b>WINKOWSKA Izabela</b>	<b>28</b>		K40-49	6	00:21:34	<b>00:45:02.10</b>	+00:21:17 (47.3%)	9:00	6.7 (53.2%)
34	<b>CIESELSKI Krzysztof</b>	<b>5</b>	FAST WALKER	M60-69	4	00:22:01	<b>00:45:30.35</b>	+00:21:45 (47.8%)	9:06	6.6 (52.4%)
35	<b>JARCZEWSKA Renata</b>	<b>11</b>		K50-59	1	00:22:58	<b>00:47:52.45</b>	+00:24:07 (50.4%)	9:34	6.3 (50.0%)
36	<b>LEWANDOWSKA Karolina</b>	<b>16</b>		K30-39	2	00:24:06	<b>00:50:42.85</b>	+00:26:57 (53.2%)	10:08	5.9 (46.8%)
37	<b>WALKOWIAK Dariusz</b>	<b>26</b>		M40-49	9	00:29:11	<b>01:03:01.40</b>	+00:39:16 (62.3%)	12:36	4.8 (38.1%)
38	<b>WINKOWSKI Ireneusz</b>	<b>29</b>		M40-49	10	00:21:30		+00:10:13	8:36	7 (55.6%)
39	<b>BARTNIK Marian</b>	<b>40</b>		M70+	1	00:38:25		+00:27:08	15:22	3.9 (31.0%)

Znaleziono 39 wynik(ów)