

BIEG ŚNIADANIOWY - 5 KM

B4SPORT

Wydarzenie: Bieg Śniadaniowy
Organizator: Urząd Gminy w Ustroniu Morskim
Data: 2019-07-24
Miejsce: Ustronie Morskie
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	KWESTOROWSKI Bartosz	50	TEAM DRACZYŃSKI - KWESTORUN	M-Open	1	00:18:42.95		3:44	16 (100%)
2	BARAŃSKI Przemysław	1	KM PSP SZCZECIN / MLUKS TRZEBIATÓW	M-Open	2	00:19:55.94	+00:01:12 (6.1%)	3:59	15.1 (94.4%)
3	POŁUBIŃSKI Paweł	80	BORNE BIEGA	M-Open	3	00:20:28.27	+00:01:45 (8.6%)	4:05	14.7 (91.9%)
4	JAGIEŁA Adam	22	KRS TKKF JASTRZĄB RUDA ŚLĄSKA	M-Open	4	00:20:38.41	+00:01:55 (9.3%)	4:07	14.5 (90.6%)
5	WIŚNIEWSKI Tomasz	109	PG TEAM	M-Open	5	00:20:46.47	+00:02:03 (9.9%)	4:09	14.4 (90.0%)
6	HOŁUB Kamil	19	MLUKSTRZEBIATÓW	M-Open	6	00:20:56.39	+00:02:13 (10.6%)	4:11	14.3 (89.4%)
7	ROKOSZ Radosław	87	JW 1223 KOSZALIN	M-Open	7	00:21:00.57	+00:02:17 (10.9%)	4:12	14.3 (89.4%)
8	MICHALAK Mariusz	61		M-Open	8	00:21:06.61	+00:02:23 (11.3%)	4:13	14.2 (88.8%)
9	KULCZEWSKI Łukasz	46	KB VAMOS AMIGOS WROCŁAW	M-Open	9	00:21:25.85	+00:02:42 (12.7%)	4:17	14 (87.5%)
10	PICK Tomasz	74	SKSG KORONA SZCZECIN	M-Open	10	00:21:57.35	+00:03:14 (14.8%)	4:23	13.7 (85.6%)
11	CEGLAREK Tomasz	5	WOLSZTYN	M-Open	11	00:22:49.14	+00:04:06 (18.0%)	4:34	13.1 (81.9%)
12	PEKAŁA Piotr	73	SZKOŁA PODSTAWOWA W MANOWIE	M-Open	12	00:22:56.39	+00:04:13 (18.4%)	4:35	13.1 (81.9%)
13	SUCHOROWSKI Jakub	101	PRO366	M-Open	13	00:23:20.44	+00:04:37 (19.8%)	4:40	12.9 (80.6%)
14	KUREK Krzysztof	48	PRZEBIEGLI MIŁKOWICE	M-Open	14	00:23:34.04	+00:04:51 (20.6%)	4:42	12.7 (79.4%)
15	MICHALAK Maja	62		K-Open	1	00:24:19.15	+00:05:36 (23.0%)	4:51	12.3 (76.9%)
16	BULANDA Grzegorz	4	WKZ KOZIENICE BBL	M-Open	15	00:24:21.17	+00:05:38 (23.1%)	4:52	12.3 (76.9%)
17	SZYMSKI Tomasz	2		M-Open	16	00:24:24.38	+00:05:41 (23.3%)	4:52	12.3 (76.9%)
18	STELMACH Kamil	97		M-Open	17	00:24:27.58	+00:05:44 (23.5%)	4:53	12.3 (76.9%)
19	KLIMASZEWSKI Jacek	34	OD PONIEDZIAŁKU KRZEMIENIEWO	M-Open	18	00:24:28.11	+00:05:45 (23.5%)	4:53	12.3 (76.9%)
20	KOPROWSKI Marcin	38	KOPER :)	M-Open	19	00:24:28.39	+00:05:45 (23.5%)	4:53	12.3 (76.9%)
21	OLCZAK Krzysztof	69		M-Open	20	00:24:29.40	+00:05:46 (23.6%)	4:53	12.3 (76.9%)
22	WANDACHOWICZ Mariusz	108	ŁÓDŹ KOCHA SPORT	M-Open	21	00:24:30.29	+00:05:47 (23.6%)	4:54	12.2 (76.3%)
23	KRÓLIKOWSKI Piotr	41	BERGSON TEAM RUN	M-Open	22	00:24:47.52	+00:06:04 (24.5%)	4:57	12.1 (75.6%)
24	STAŃCZYK Sławomir	96	STARGARD. JA SIĘ NIE ŚCIGAM	M-Open	23	00:24:47.90	+00:06:04 (24.5%)	4:57	12.1 (75.6%)
25	POLAK Katarzyna	78	-	K-Open	2	00:25:13.75	+00:06:30 (25.8%)	5:02	11.9 (74.4%)
26	RASZEWSKI Grzegorz	18		M-Open	24	00:25:41.51	+00:06:58 (27.2%)	5:08	11.7 (73.1%)
27	CIEŚLEWICZ Karol	7	OLAFCREW	M-Open	25	00:25:42.55	+00:06:59 (27.2%)	5:08	11.7 (73.1%)

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28	HAŁKA Justyna	16	TRUCHT ŁOBEZ	K-Open	3	00:26:05.77	+00:07:22 (28.3%)	5:13	11.5 (71.9%)
29	SAŁAPATEK Robert	92		M-Open	26	00:26:26.28	+00:07:43 (29.2%)	5:17	11.3 (70.6%)
30	GRZĘDA Michał	15		M-Open	27	00:26:27.38	+00:07:44 (29.3%)	5:17	11.3 (70.6%)
31	SĘDKOWSKI Grzegorz	95		M-Open	28	00:26:31.04	+00:07:48 (29.4%)	5:18	11.3 (70.6%)
32	GRENADIER Damian	13	EDUKACJA LUBASZ	M-Open	29	00:26:45.52	+00:08:02 (30.1%)	5:21	11.2 (70.0%)
33	MIKA Józef	66	POLITECHNIKA POZNAŃSKA	M-Open	30	00:26:45.80	+00:08:02 (30.1%)	5:21	11.2 (70.0%)
34	CIAPA Marcin	6	RAJSPOORT ACTIVE	M-Open	31	00:26:50.19	+00:08:07 (30.3%)	5:22	11.2 (70.0%)
35	PUŚCIAN Krzysztof	84	SZKOŁA PODSTAWOWA W MANOWIE	M-Open	32	00:26:51.30	+00:08:08 (30.3%)	5:22	11.2 (70.0%)
36	WYTYKOWSKI Mariusz	113		M-Open	33	00:26:57.64	+00:08:14 (30.6%)	5:23	11.1 (69.4%)
37	DĘBSKI Dominik	12		M-Open	34	00:27:09.67	+00:08:26 (31.1%)	5:26	11 (68.8%)
38	NOREK Tomek	68		M-Open	35	00:27:17.66	+00:08:34 (31.4%)	5:27	11 (68.8%)
39	OCHNIO Krzysztof	116		M-Open	36	00:27:55.92	+00:09:12 (33.0%)	5:35	10.7 (66.9%)
40	STĘPKOWSKI Marek	28		M-Open	37	00:28:14.79	+00:09:31 (33.7%)	5:39	10.6 (66.3%)
41	RAUBO Emilia	86	RELAX NA URLOPIE :-)	K-Open	4	00:28:21.87	+00:09:38 (34.0%)	5:40	10.6 (66.3%)
42	ORYSZCZYN Arkadiusz	72		M-Open	38	00:28:28.37	+00:09:45 (34.3%)	5:41	10.5 (65.6%)
43	STOLARCZYK Daniel	98	ZABIEGANY SKARYSZEW	M-Open	39	00:28:29.62	+00:09:46 (34.3%)	5:41	10.5 (65.6%)
44	GAŁECKI Jacek	9	TEAM MATEUSZ POLSKI	M-Open	40	00:28:31.69	+00:09:48 (34.4%)	5:42	10.5 (65.6%)
45	MICHALAK Miłosz	63		M-Open	41	00:28:47.88	+00:10:04 (35.0%)	5:45	10.4 (65.0%)
46	PRZEMYŚLAK Wiktoria	81	SMS SZKLARSKA PORĘBA	K-Open	5	00:29:01.11	+00:10:18 (35.5%)	5:48	10.3 (64.4%)
47	WRONIAK Paweł	111		M-Open	42	00:29:13.19	+00:10:30 (35.9%)	5:50	10.3 (64.4%)
48	SUCHOROWSKI Damian	102		M-Open	43	00:29:23.47	+00:10:40 (36.3%)	5:52	10.2 (63.8%)
49	PRZEMYŚLAK Weronika	82	SMS SZKLARSKA PORĘBA	K-Open	6	00:29:34.76	+00:10:51 (36.7%)	5:55	10.1 (63.1%)
50	WACH Anna	106		K-Open	7	00:30:07.71	+00:11:24 (37.9%)	6:01	10 (62.5%)
51	MAŁYSZ Adam	59		M-Open	44	00:30:17.83	+00:11:34 (38.2%)	6:03	9.9 (61.9%)
52	KARNICKI Zygmunt	31	TKKF KOSZALIN	M-Open	45	00:30:27.10	+00:11:44 (38.5%)	6:05	9.9 (61.9%)
53	SAWIŃSKI Jacek	94		M-Open	46	00:30:57.11	+00:12:14 (39.5%)	6:11	9.7 (60.6%)
54	SAWICKA Dorota	93	REEBOOKRUNCREW LDZ	K-Open	8	00:31:06.48	+00:12:23 (39.8%)	6:13	9.6 (60.0%)
55	WANDACHOWICZ Ewa	107	ŁÓDŹ KOCHA SPORT	K-Open	9	00:31:27.29	+00:12:44 (40.5%)	6:17	9.5 (59.4%)
56	JASZCZAK Filip	70		M-Open	47	00:31:42.98	+00:13:00 (41.0%)	6:20	9.5 (59.4%)
57	EGLER Michał	53		M-Open	48	00:32:01.68	+00:13:18 (41.6%)	6:24	9.4 (58.8%)
58	SUCHODOLSKA Aleksandra	100	ZABIEGANE :)	K-Open	10	00:32:01.88	+00:13:18 (41.6%)	6:24	9.4 (58.8%)
59	NAGUCKI Mateusz	67	NAGUCKA MAT GOŹDZIK	M-Open	49	00:32:14.18	+00:13:31 (41.9%)	6:26	9.3 (58.1%)
60	ROMANOWICZ Monika	91	ZABIEGANE :)	K-Open	11	00:32:27.73	+00:13:44 (42.3%)	6:29	9.2 (57.5%)
61	JASZCZAK Radek	65		M-Open	50	00:32:37.96	+00:13:55 (42.6%)	6:31	9.2 (57.5%)
62	SUDER-MAKSYMOWICZ Filip	104	UKS SOKÓŁ USTRONIE MORSKIE	M-Open	51	00:33:38.67	+00:14:55 (44.4%)	6:43	8.9 (55.6%)
63	SUDER-MAKSYMOWICZ Monika	103		K-Open	12	00:34:24.43	+00:15:41 (45.6%)	6:52	8.7 (54.4%)
64	KOTYNIA Jacek	39		M-Open	52	00:34:46.64	+00:16:03 (46.2%)	6:57	8.6 (53.8%)
65	MANTERYS Izabela	60		K-Open	13	00:35:26.13	+00:16:43 (47.2%)	7:05	8.5 (53.1%)
66	GRONOWSKI Waldemar	14	SPARTANIE DZIECIOM	M-Open	53	00:35:26.46	+00:16:43 (47.2%)	7:05	8.5 (53.1%)
67	KACZMAREK Ania	29	PG TEAM	K-Open	14	00:36:55.44	+00:18:12 (49.3%)	7:23	8.1 (50.6%)
68	KRYSTOSIK Paulina	42	BIEGAM BO LUBIE,BIEGAM DLA SIEBIE	K-Open	15	00:39:50.90	+00:21:07 (53.0%)	7:58	7.5 (46.9%)
69	KARNICKI Artur	32		M-Open	54	00:41:46.74	+00:23:03 (55.2%)	8:21	7.2 (45.0%)
	KĘDZIERSKA Anna	10		K-Open		DNF		-	- (0.0%)

