

BIEG ŚNIADANIOWY / KLUBOWE MISTRZOSTWA MORSÓW

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Organizator: Centrum Kultury Mielno
Data: 2022-02-11
Miejsce: Mielno
Dystans: 5 km



Klasyfikacja: OPEN -M

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	BIEDROWSKI Konrad	8	MORSY OPOCZNO	M18	1	00:20:01.34		4:00	15 (100%)
2	JABŁOŃSKI Tomasz	201	SPOKO SŁAWNO	M40	1	00:21:03.00	+00:01:01 (4.9%)	4:12	14.3 (95.3%)
3	ZIELIŃSKI Sławomir	202	MORSY ROSKILDE	M40	2	00:21:12.00	+00:01:10 (5.6%)	4:14	14.2 (94.7%)
4	PICK Tomasz	130	BIEGOLAS KOSZALIN / KORONA SZCZECIN	M40	3	00:21:30.66	+00:01:29 (6.9%)	4:18	14 (93.3%)
5	WIENCEK Artur	179	KAMERALNE MORSY RASZKÓW	M40	4	00:21:59.35	+00:01:58 (8.9%)	4:23	13.6 (90.7%)
6	KRÓLIK Waldemar	76	MOCZYMORDY Z CZATOWA	M40	5	00:22:25.04	+00:02:23 (10.7%)	4:29	13.4 (89.3%)
7	MALEWICZ Grzegorz	102	BE ACTIVE LEŚNA	M40	6	00:22:25.28	+00:02:23 (10.7%)	4:29	13.4 (89.3%)
8	PERŁOWSKI Kamil	129	ŻYRARDOWSKIE MORSY	M18	2	00:22:37.87	+00:02:36 (11.5%)	4:31	13.3 (88.7%)
9	MAZUR Emilusz	105		M40	7	00:23:11.01	+00:03:09 (13.6%)	4:38	12.9 (86.0%)
10	MASZTALER Przemysław	104		M40	8	00:23:19.52	+00:03:18 (14.2%)	4:39	12.9 (86.0%)
11	CIUPAK Rafał	15	BE ACTIVE LEŚNA	M40	9	00:23:30.15	+00:03:28 (14.8%)	4:42	12.8 (85.3%)
12	NAWORYTA Wojciech	116	KKM KALORYFER	M40	10	00:23:31.81	+00:03:30 (14.9%)	4:42	12.8 (85.3%)
13	KRACZYŃSKI Łukasz	73		M40	11	00:23:37.49	+00:03:36 (15.2%)	4:43	12.7 (84.7%)
14	OKUNIEWICZ Wojciech	24	STRZEGOMSKA DWUNASTKA	M40	12	00:23:46.47	+00:03:45 (15.8%)	4:45	12.6 (84.0%)
15	JAREMA Piotr	54	KKM KALORYFER	M18	3	00:24:05.59	+00:04:04 (16.9%)	4:49	12.5 (83.3%)
16	PUSTUŁKA Adam	138		M40	13	00:24:09.96	+00:04:08 (17.1%)	4:49	12.4 (82.7%)
17	PAKOWSKI Robert	125	KS AMBER	M40	14	00:24:17.98	+00:04:16 (17.6%)	4:51	12.4 (82.7%)
18	SĘK Michał	142	KS AMBER	M18	4	00:24:28.04	+00:04:26 (18.2%)	4:53	12.3 (82.0%)
19	TYLKA Tomasz	170	BE ACTIVE LEŚNA	M18	5	00:24:36.83	+00:04:35 (18.7%)	4:55	12.2 (81.3%)
20	GUZEK Mariusz	42	BIAŁE MORSY	M40	15	00:24:40.31	+00:04:38 (18.8%)	4:56	12.2 (81.3%)
21	WRÓBEL Oliwier	196	BE ACTIVE LEŚNA	M18	6	00:24:50.63	+00:04:49 (19.4%)	4:58	12.1 (80.7%)
22	WOŁSOWICZ Włodzimierz	135	MORSY OPOCZNO	M40	16	00:24:55.97	+00:04:54 (19.7%)	4:59	12 (80.0%)
23	NOWAK Jarosław	118	KKM KALORYFER	M40	17	00:24:56.34	+00:04:54 (19.7%)	4:59	12 (80.0%)
24	WANDYCZ Mariusz	174	BE ACTIVE LEŚNA	M18	7	00:24:58.75	+00:04:57 (19.8%)	4:59	12 (80.0%)
25	SZEREMETA Wojciech	155	ZGIERZOLUDY	M18	8	00:25:06.22	+00:05:04 (20.2%)	5:01	12 (80.0%)
26	SZEREMETA Adam	153	ZGIERZOLUDY	M40	18	00:25:07.35	+00:05:06 (20.3%)	5:01	11.9 (79.3%)

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						5km			
27	BOCHEŃSKI Rafał	10	KKM KALORYFER	M40	19	00:25:13.30	+00:05:11 (20.6%)	5:02	11.9 (79.3%)
28	DUDEK Krzysztof	185	STRZEGOMSKA DWUNASTKA	M40	20	00:25:14.17	+00:05:12 (20.7%)	5:02	11.9 (79.3%)
29	SZEREMETA Maciej	154	ZGIERZOLUDY	M18	9	00:25:19.42	+00:05:18 (20.9%)	5:03	11.8 (78.7%)
30	ŻYŁA Daniel	194	BE ACTIVE LEŚNA	M40	21	00:25:25.51	+00:05:24 (21.2%)	5:05	11.8 (78.7%)
31	ADAMUS Daniel	3	STRZEGOMSKA DWUNASTKA	M40	22	00:25:27.72	+00:05:26 (21.4%)	5:05	11.8 (78.7%)
32	ZDZIECHOWICZ Jakub	189	MORSY ROSKILDE	M18	10	00:25:42.14	+00:05:40 (22.1%)	5:08	11.7 (78.0%)
33	SZYMAŃSKI Michał	162	STRZEGOMSKA DWUNASTKA	M18	11	00:26:16.97	+00:06:15 (23.8%)	5:15	11.4 (76.0%)
34	GOJŻEWSKI Leszek	33		M40	23	00:26:19.49	+00:06:18 (23.9%)	5:15	11.4 (76.0%)
35	ZIELIŃSKI Michał	190	MORSY GOŁUCHÓW	M40	24	00:26:29.13	+00:06:27 (24.4%)	5:17	11.3 (75.3%)
36	ZAPAŚNIK Miłosz	187	STRZEGOMSKA DWUNASTKA	M18	12	00:26:38.53	+00:06:37 (24.8%)	5:19	11.3 (75.3%)
37	PIOTROWSKI Grzegorz	134	STRZEGOMSKA DWUNASTKA	M40	25	00:26:38.92	+00:06:37 (24.9%)	5:19	11.3 (75.3%)
38	BARTKÓW Damian	7		M18	13	00:26:45.95	+00:06:44 (25.2%)	5:21	11.2 (74.7%)
39	KALETA Krzysztof	59	KAMERALNE MORSY RASZKÓW	M40	26	00:27:00.54	+00:06:59 (25.9%)	5:24	11.1 (74.0%)
40	LESIAK Paweł	91	MORSY OPOCZNO	M40	27	00:27:05.30	+00:07:03 (26.1%)	5:25	11.1 (74.0%)
41	ŻĄDŁO Krystian	197	BE ACTIVE LEŚNA	M18	14	00:27:27.53	+00:07:26 (27.1%)	5:29	10.9 (72.7%)
42	PIŁAT Daniel	133		M40	28	00:27:29.26	+00:07:27 (27.2%)	5:29	10.9 (72.7%)
43	PIECHOTA Robert	131	POSEJDON KOSZALIN	M40	29	00:27:40.05	+00:07:38 (27.6%)	5:32	10.8 (72.0%)
44	HOROSIEWICZ Maciej	48	LECH POZNAŃ	M18	15	00:28:00.71	+00:07:59 (28.5%)	5:36	10.7 (71.3%)
45	BORKOWSKI Bogdan	12	BE ACTIVE LEŚNA	M40	30	00:28:06.34	+00:08:04 (28.8%)	5:37	10.7 (71.3%)
46	GOŁĘBIEWSKI Kazimierz	34	KEMPER TEAM	M40	31	00:28:17.21	+00:08:15 (29.2%)	5:39	10.6 (70.7%)
47	DUDA Marek	21		M40	32	00:28:24.65	+00:08:23 (29.5%)	5:40	10.6 (70.7%)
48	OPARA Krzysztof	123	ZALEWAJKOWE ŚWIRY PIŃCZÓW	M18	16	00:28:31.88	+00:08:30 (29.8%)	5:42	10.5 (70.0%)
49	PASTUCHEWICZ Przemysław	126	BE ACTIVE LEŚNA	M40	33	00:28:36.20	+00:08:34 (30.0%)	5:43	10.5 (70.0%)
50	LAREK Tomasz	86	MORSY GŁOGÓW	M40	34	00:28:44.15	+00:08:42 (30.3%)	5:44	10.4 (69.3%)
51	KMITA Włodzimierz	68	MORSY OPOCZNO	M40	35	00:28:45.96	+00:08:44 (30.4%)	5:45	10.4 (69.3%)
52	KĘDZIERSKI Mirosław	64		Kluby	1	00:28:50.62	+00:08:49 (30.6%)	5:46	10.4 (69.3%)
53	KALEMBA Tadeusz	58	KKM KALORYFER	Kluby	3	00:28:51.40	+00:08:50 (30.6%)	5:46	10.4 (69.3%)
54	HELIŃSKI Arkadiusz	39		M18	17	00:28:53.20	+00:08:51 (30.7%)	5:46	10.4 (69.3%)
55	SIERPOWSKI Mieczysław	35	JUTROSIN	M18	18	00:28:53.64	+00:08:52 (30.7%)	5:46	10.4 (69.3%)
56	KILAN Adrian	65		M18	19	00:29:19.59	+00:09:18 (31.7%)	5:51	10.2 (68.0%)
57	TERESZKIEWICZ Łukasz	168	STRZEGOMSKA DWUNASTKA	M18	20	00:29:22.76	+00:09:21 (31.8%)	5:52	10.2 (68.0%)
58	JANIAK Leszek	51	BIĄŁE MORSY / KUTNO BIEGA	M18	21	00:29:35.50	+00:09:34 (32.3%)	5:55	10.1 (67.3%)
59	KAZIMIERCZAK Ryszard	169	MORSY PAKOŚĆ	M40	36	00:29:36.50	+00:09:35 (32.4%)	5:55	10.1 (67.3%)
60	PŁUSA Adam	113	KILOMETRY POMOCY	M18	22	00:29:44.51	+00:09:43 (32.7%)	5:56	10.1 (67.3%)
61	ŁĄCZ Rafał	95		M18	23	00:29:44.82	+00:09:43 (32.7%)	5:56	10.1 (67.3%)
62	HORDYJEWICZ Mirosław	47	MORSY NA KOKSIE	M40	37	00:29:45.16	+00:09:43 (32.7%)	5:57	10.1 (67.3%)
63	KRAJEWSKI Tomasz	75		M40	38	00:29:48.43	+00:09:47 (32.8%)	5:57	10.1 (67.3%)
64	ULIJASZ Grzegorz	41	WARECKIE MORSY	Kluby	4	00:29:52.74	+00:09:51 (33.0%)	5:58	10 (66.7%)
65	GĘBSKI Sławomir	31	KKM KALORYFER	Kluby	5	00:29:57.23	+00:09:55 (33.2%)	5:59	10 (66.7%)
66	NAZIM Tadeusz	55	KKM KALORYFER	Kluby	6	00:30:01.12	+00:09:59 (33.3%)	6:00	10 (66.7%)
67	MOŃKA Andrzej	112	ZMORSOWANI CZĘSTOCHOWA	M40	39	00:30:05.72	+00:10:04 (33.5%)	6:01	10 (66.7%)
68	MIZUŁA Jakub	109	MORSY POŁCZYN-ZDRÓJ	M18	24	00:30:24.86	+00:10:23 (34.2%)	6:04	9.9 (66.0%)
69	OBARZANEK Kamil	121	BKM POLAR	M18	25	00:30:33.23	+00:10:31 (34.5%)	6:06	9.8 (65.3%)
70	GRAFIK Grzegorz	37		Kluby	8	00:30:54.89	+00:10:53 (35.2%)	6:10	9.7 (64.7%)

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71	JUSZCZAK Krzysztof	56		Kluby	9	00:31:15.64	+00:11:14 (36.0%)	6:15	9.6 (64.0%)
72	PRZYBYŁO Sławek	137	STRZEGOMSKA DWUNASTKA	M40	40	00:31:39.13	+00:11:37 (36.7%)	6:19	9.5 (63.3%)
73	DUMIŃSKI Stanisław	23		Kluby	10	00:31:39.38	+00:11:38 (36.8%)	6:19	9.5 (63.3%)
74	JAGŁA Jakub	50		M18	26	00:32:09.23	+00:12:07 (37.7%)	6:25	9.3 (62.0%)
75	ULBIN Jan	172	MORSY GŁOGÓW	Kluby	11	00:32:12.99	+00:12:11 (37.9%)	6:26	9.3 (62.0%)
76	FRĄTCZAK Bartosz	30	SZARE MORSY	M18	27	00:32:15.64	+00:12:14 (37.9%)	6:27	9.3 (62.0%)
77	LECHOWICZ Tadeusz	90	SZARE MORSY	Kluby	12	00:32:15.98	+00:12:14 (37.9%)	6:27	9.3 (62.0%)
78	SZEWCZYK Łukasz	157	KS AMBER	M18	28	00:32:57.79	+00:12:56 (39.3%)	6:35	9.1 (60.7%)
79	KUBICKI Jan	78		Kluby	15	00:33:08.71	+00:13:07 (39.6%)	6:37	9.1 (60.7%)
80	CZERNIK Tomasz	17	KILOMETRY POMOCY	M40	41	00:33:11.06	+00:13:09 (39.7%)	6:38	9 (60.0%)
81	STAYKOV Nikolay	150		Kluby	16	00:33:14.56	+00:13:13 (39.8%)	6:38	9 (60.0%)
82	ŁUKOWICZ Ireneusz	98		M40	42	00:33:16.47	+00:13:15 (39.8%)	6:39	9 (60.0%)
83	WARDEGA Damian	176	MORSY LUBIN	M40	43	00:33:24.35	+00:13:23 (40.1%)	6:40	9 (60.0%)
84	ŁAZAROWICZ Piotr	94		Kluby	17	00:33:31.40	+00:13:30 (40.3%)	6:42	9 (60.0%)
85	MATUSIAK Dariusz	198	MORSY PAKOŚĆ	M40	44	00:33:41.24	+00:13:39 (40.6%)	6:44	8.9 (59.3%)
86	PIETRZAK Dawid	132	KLIMA MORSY WRZEŚNIA	M40	45	00:34:52.67	+00:14:51 (42.6%)	6:58	8.6 (57.3%)
87	STACHURSKI Ireneusz	149	SKIERNIEWICKI KLUB ZIMORODKA	M40	46	00:35:35.11	+00:15:33 (43.7%)	7:07	8.4 (56.0%)
88	ADAMSKI Mariusz	2	KAMERALNE MORSY RASZKÓW	M40	47	00:35:41.65	+00:15:40 (43.9%)	7:08	8.4 (56.0%)
89	SOBOLEWSKI Rafał	145	ZALEWAJKOWE ŚWIRY	M40	48	00:36:39.27	+00:16:37 (45.4%)	7:19	8.2 (54.7%)
90	KUŚNIERZ Dariusz	82	BARTOSZYCKI KLUB MORSÓW POLAR	Kluby	18	00:36:55.15	+00:16:53 (45.8%)	7:23	8.1 (54.0%)
91	SZEWCZYK Piotr	159	MORSUJĄCY KŁOBUCK	M40	49	00:37:20.27	+00:17:18 (46.4%)	7:28	8 (53.3%)
92	BULTROWICZ Marcin	13	W2M	M40	50	00:38:07.68	+00:18:06 (47.5%)	7:37	7.9 (52.7%)
93	DŁUGOŁECKI Jakub	19	MORSY PRZASNYSZ	M18	29	00:38:42.41	+00:18:41 (48.3%)	7:44	7.8 (52.0%)
94	KURZYWILK Dawid	81		M18	30	00:38:44.31	+00:18:42 (48.3%)	7:44	7.7 (51.3%)
95	KULIK Paweł	79	MORSY SIEDLCE	M18	31	00:38:44.52	+00:18:43 (48.3%)	7:44	7.7 (51.3%)
96	PEŁKA Tomek	128	KILOMETRY POMOCY	M40	51	00:39:12.77	+00:19:11 (48.9%)	7:50	7.7 (51.3%)
97	STACHOWIAK Rafał	147		M40	52	00:39:23.06	+00:19:21 (49.2%)	7:52	7.6 (50.7%)
98	ŚLEDŹ Janusz	165	SZARE MORSY	M40	53	00:39:41.67	+00:19:40 (49.6%)	7:56	7.6 (50.7%)
99	ALCER Krzysztof	5		M40	54	00:39:52.24	+00:19:50 (49.8%)	7:58	7.5 (50.0%)
100	ZYSKOWSKI Marek	192	KKM KALORYFER	Kluby	22	00:41:18.17	+00:21:16 (51.5%)	8:15	7.3 (48.7%)
101	FIEDUR Zbigniew	167	MORSY PAKOŚĆ	M40	55	00:43:04.57	+00:23:03 (53.5%)	8:36	7 (46.7%)
102	SZYMAŃSKI Radosław	163	MORSY KLIMA WRZEŚNIA	M40	56	00:44:21.26	+00:24:19 (54.9%)	8:52	6.8 (45.3%)
103	KORUBA Robert	70		Kluby	23	00:45:08.24	+00:25:06 (55.6%)	9:01	6.6 (44.0%)
104	MAMROT Artur	67	TKKF KOSZALIN	M40	57	00:45:08.86	+00:25:07 (55.7%)	9:01	6.6 (44.0%)
105	STRZAŁKOWSKI Michał	107	MORSY SIEDLCE	Kluby	24	00:47:15.51	+00:27:14 (57.6%)	9:27	6.3 (42.0%)
106	HAŁKA Jan	44	KILOMETRY POMOCY	M40	58	00:50:25.99	+00:30:24 (60.3%)	10:05	6 (40.0%)

Znaleziono 106 wynik(ów)