



BIEG ZIELONYCH SZNUROWADEŁ 10 KM

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Bieg Zielonych Sznurowadeł
Jak Nie My To Kto?
2025-03-15
Puławy
10 km

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	ŁOIŃSKI Andrzej	1058		M-40	1	00:25:05	00:51:26.70		5:08	11.7 (100%)
2	GRAJ Arkadiusz	1014		M-30	1	00:25:43	00:53:31.00	+00:02:04 (3.9%)	5:21	11.2 (95.7%)
3	STAWECKI Karol	1052		M-20	1	00:26:56	00:56:18.25	+00:04:51 (8.6%)	5:37	10.7 (91.5%)
4	BIERNAT Robert	1043		M-30	2	00:27:17	00:57:12.00	+00:05:45 (10.1%)	5:43	10.5 (89.7%)
5	MADEJSKI Sławomir	1036		M-40	2	00:28:17	00:57:29.95	+00:06:03 (10.5%)	5:44	10.4 (88.9%)
6	ZALEWSKI Dominik	1032		M-30	3	00:28:05	00:58:27.30	+00:07:00 (12.0%)	5:50	10.3 (88.0%)
7	KONDRACIUK Michał	1021		M-40	3	00:28:08	00:58:38.60	+00:07:11 (12.3%)	5:51	10.2 (87.2%)
8	KRASKA Arkadiusz	1008		M-40	4	00:28:09	01:00:06.45	+00:08:39 (14.4%)	6:00	10 (85.5%)
9	SZUBA Maciej	1053		M-40	5	00:29:58	01:00:37.45	+00:09:10 (15.1%)	6:03	9.9 (84.6%)
10	ANTCZAK Jolanta	1005		K-30	1	00:29:33	01:01:17.20	+00:09:50 (16.1%)	6:07	9.8 (83.8%)
11	FURTAK Krzysztof	1002		M-40	6	00:30:01	01:01:34.65	+00:10:07 (16.5%)	6:09	9.7 (82.9%)
12	POPIEL-POPIELEĆ Jakub	1068		M-40	7	00:31:38	01:03:42.60	+00:12:15 (19.3%)	6:22	9.4 (80.3%)
13	MAZUREK Grzegorz	1016		M-20	2	00:30:43	01:04:09.75	+00:12:43 (19.8%)	6:24	9.4 (80.3%)
14	ŚLIWA Anna	1035		K-40	1	00:31:27	01:05:58.00	+00:14:31 (22.0%)	6:35	9.1 (77.8%)
15	BOCHEŃSKI Krzysztof	1064		M-50	1	00:34:14	01:11:04.60	+00:19:37 (27.6%)	7:06	8.4 (71.8%)
16	BILUŚ Piotr	1110		M-50	2	00:34:17	01:11:35.00	+00:20:08 (28.1%)	7:09	8.4 (71.8%)
17	MROZIK Michał	1037		M-40	8	00:34:58	01:11:41.75	+00:20:15 (28.2%)	7:10	8.4 (71.8%)
18	STEFANIUK Roman	1006		M-60	1	00:34:29	01:11:45.65	+00:20:18 (28.3%)	7:10	8.4 (71.8%)
19	REJMAK Renata	1057		K-40	2	00:34:30	01:11:48.70	+00:20:22 (28.4%)	7:10	8.4 (71.8%)
20	NOWAK Arkadiusz	1017		M-30	4	00:33:17	01:12:16.05	+00:20:49 (28.8%)	7:13	8.3 (70.9%)
21	ZMYŚŁOWSKI Marek	1040		M-40	9	00:34:23	01:12:27.55	+00:21:00 (29.0%)	7:14	8.3 (70.9%)
22	SZCZEPANIAK Jakub	1059		M-40	10	00:35:02	01:12:45.55	+00:21:18 (29.3%)	7:16	8.2 (70.1%)
23	KOWALSKA Magdalena	1047		K-30	2	00:35:27	01:12:52.80	+00:21:26 (29.4%)	7:17	8.2 (70.1%)
24	SIONEK Korneliusz	2240		M-40	11	00:35:40	01:15:33.60	+00:24:06 (31.9%)	7:33	7.9 (67.5%)
25	BARAN Tomasz	1033		M-40	12	00:38:28	01:16:13.50	+00:24:46 (32.5%)	7:37	7.9 (67.5%)
26	NOWAK Łukasz	1075		M-40	13	00:37:45	01:16:40.90	+00:25:14 (32.9%)	7:40	7.8 (66.7%)
27	POPEK Bogusław	1073		M-50	3	00:37:22	01:16:45.15	+00:25:18 (33.0%)	7:40	7.8 (66.7%)
28	LIPIŃSKI Tomasz	1030		M-40	14	00:37:15	01:17:21.80	+00:25:55 (33.5%)	7:44	7.8 (66.7%)
29	CHOMIK Marcin	1055		M-40	15	00:38:17	01:17:41.05	+00:26:14 (33.8%)	7:46	7.7 (65.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
30	OLSAK Wojciech	1038		M-40	16	00:36:50	01:17:50.85	+00:26:24 (33.9%)	7:47	7.7 (65.8%)
31	WÓJCIK Wikotoria	1083		K-20	1	00:38:16	01:17:57.50	+00:26:30 (34.0%)	7:47	7.7 (65.8%)
32	KUNIAK Sylwester	1080		M-50	4	00:37:15	01:18:12.15	+00:26:45 (34.2%)	7:49	7.7 (65.8%)
33	JASIŃSKA Magdalena	1048		K-50	1	00:37:57	01:18:16.55	+00:26:49 (34.3%)	7:49	7.7 (65.8%)
34	KASPERSKA Emilia	1076		K-30	3	00:37:29	01:19:00.40	+00:27:33 (34.9%)	7:54	7.6 (65.0%)
35	KLEJNOWSKI Paweł	1042		M-40	17	00:38:37	01:19:25.75	+00:27:59 (35.2%)	7:56	7.6 (65.0%)
36	BIESIADECKI Piotr	1072		M-30	5	00:39:04	01:19:37.15	+00:28:10 (35.4%)	7:57	7.5 (64.1%)
37	MATEREK Maria	1023		K-30	4	00:38:50	01:20:05.70	+00:28:39 (35.8%)	8:00	7.5 (64.1%)
38	KASPRZYK Tomasz	1029		M-30	6	00:39:36	01:20:15.00	+00:28:48 (35.9%)	8:01	7.5 (64.1%)
39	LATANOWICZ Rafał	1003		M-40	18	00:39:13	01:20:46.75	+00:29:20 (36.3%)	8:04	7.4 (63.2%)
40	WIERCIAK-NOWAK Kinga	1009		K-30	5	00:39:03	01:20:50.35	+00:29:23 (36.4%)	8:05	7.4 (63.2%)
41	WASZKIEWICZ Tomasz	1102		M-Open	1	00:38:59	01:21:17.70	+00:29:51 (36.7%)	8:07	7.4 (63.2%)
42	ZAWÓŁ Paweł	1070		M-40	19	00:38:10	01:21:25.45	+00:29:58 (36.8%)	8:08	7.4 (63.2%)
43	BOCHEŃSKA Justyna	1063		K-50	2	00:37:50	01:21:30.75	+00:30:04 (36.9%)	8:09	7.4 (63.2%)
44	PUCHACZ Andrzej	1067		M-40	20	00:39:44	01:21:59.30	+00:30:32 (37.3%)	8:11	7.3 (62.4%)
45	KAMIŃSKI Łukasz	1066		M-40	21		01:22:04.00	+00:30:37 (37.3%)	8:12	7.3 (62.4%)
46	ŻUROWSKI Jacek	1022		M-50	5	00:39:42	01:22:12.45	+00:30:45 (37.4%)	8:13	7.3 (62.4%)
47	K Jan	1079		M-Open	2	00:40:29	01:23:15.70	+00:31:49 (38.2%)	8:19	7.2 (61.5%)
48	CZERSKA-BAKIERA Kinga	1044		K-30	6	00:39:46	01:23:37.65	+00:32:10 (38.5%)	8:21	7.2 (61.5%)
49	MOTYL Martyna	1031		K-30	7	00:40:06	01:23:49.15	+00:32:22 (38.6%)	8:22	7.2 (61.5%)
50	CHUDZIK Honorata	1019		K-20	2	00:39:35	01:24:28.00	+00:33:01 (39.1%)	8:26	7.1 (60.7%)
51	ŁUKASIEWICZ Aleksandra	1061		K-40	3	00:40:24	01:24:32.65	+00:33:05 (39.2%)	8:27	7.1 (60.7%)
52	STASIAK Marcin	1050		M-40	22	00:40:35	01:25:55.60	+00:34:28 (40.1%)	8:35	7 (59.8%)
53	WENERSKI Andrzej	1001		M-40	23	00:43:23	01:28:01.00	+00:36:34 (41.6%)	8:48	6.8 (58.1%)
54	NOWAK Adrianna	1018		K-30	8	00:39:19	01:28:37.45	+00:37:10 (42.0%)	8:51	6.8 (58.1%)
55	DACHNO Daniel	1013		M-60	2	00:43:16	01:28:42.55	+00:37:15 (42.0%)	8:52	6.8 (58.1%)
56	BAKIERA Małgorzata	1039		K-30	9	00:40:32	01:28:45.95	+00:37:19 (42.0%)	8:52	6.8 (58.1%)
57	BURAK Ewelina	1069		K-40	4	00:43:41	01:29:28.60	+00:38:01 (42.5%)	8:56	6.7 (57.3%)
58	STĘPNIEWSKA Agnieszka	1062		K-40	5	00:40:35	01:30:01.85	+00:38:35 (42.9%)	9:00	6.7 (57.3%)
59	LATAŃSKA Iwona	1007		K-50	3	00:43:34	01:30:20.00	+00:38:53 (43.0%)	9:02	6.6 (56.4%)
60	LATANOWICZ Milena	1004		K-40	6	00:42:51	01:30:50.80	+00:39:24 (43.4%)	9:05	6.6 (56.4%)
61	KRAWCZYK Mateusz	1094		M-Open	3	00:43:01	01:35:00.60	+00:43:33 (45.9%)	9:30	6.3 (53.8%)
62	WIERZBOWICZ Krzysztof	2152		M-30	7	00:46:11	01:35:51.30	+00:44:24 (46.3%)	9:35	6.3 (53.8%)
63	KANIA Jolanta	1026		K-40	7	00:46:15	01:36:58.85	+00:45:32 (47.0%)	9:41	6.2 (53.0%)
64	MITRUCZUK Marcin	1051		M-40	24	00:45:58	01:37:17.00	+00:45:50 (47.1%)	9:43	6.2 (53.0%)
65	BRAVO Dżony	1041		M-20	3	00:44:55	01:39:29.95	+00:48:03 (48.3%)	9:56	6 (51.3%)
66	PAŁKA Sylwester	1077		M-40	25	00:43:15	01:39:46.55	+00:48:19 (48.4%)	9:58	6 (51.3%)
67	BANY Piotr	1065		M-30	8	00:47:27	01:41:32.20	+00:50:05 (49.3%)	10:09	5.9 (50.4%)
68	NOWOSAD Kamil	1093		M-30	9	00:48:26	01:46:26.50	+00:54:59 (51.7%)	10:38	5.6 (47.9%)
69	BIERNAT Katarzyna	1045		K-40	8	00:48:35	01:46:29.70	+00:55:03 (51.7%)	10:38	5.6 (47.9%)
70	BEDNARZAK Tadeusz	1078		M-60	3	00:50:52	01:48:49.85	+00:57:23 (52.7%)	10:52	5.5 (47.0%)
71	SKORUPKA Anna	1049		K-40	9	00:50:43	01:50:42.40	+00:59:15 (53.5%)	11:04	5.4 (46.2%)
72	ŻARNICKA Anna	1060		K-40	10	00:45:48	01:52:09.00	+01:00:42 (54.1%)	11:12	5.3 (45.3%)
73	MAJEWSKI Andrzej	1027		M-60	4	00:30:43	02:06:35.20	+01:15:08 (59.4%)	12:39	4.7 (40.2%)

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74	KŁOS Jarosław	1015		M-30	10	00:31:10	02:06:45.55	+01:15:18 (59.4%)	12:40	4.7 (40.2%)
75	RUŁKA Cezary	1107		M-40	26	00:34:15	02:16:40.45	+01:25:13 (62.4%)	13:40	4.4 (37.6%)
76	PRYSTUPA Tomasz	1071		M-40	27	00:44:44	03:11:18.65	+02:19:51 (73.1%)	19:07	3.1 (26.5%)

Znaleziono 76 wynik(ów)