

# BIEGNIEMY WYGRAĆ Z CHOROBA JAKUBA - 5 KM

B4SPORT  
INTELIGENTNE ZAWODY SPORTOWE

**Wydarzenie:**  
**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

„BIEGNIEMY WYGRAĆ Z CHOROBA JAKUBA”  
Rada Rodziców przy Szkole Podstawowej w Krajenka  
2018-10-27  
Krajenka  
5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herkmat_All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	ANGER Wojciech	132	AKTYWNA KRAJENKA	M30-39	1	00:10:15	<b>00:19:24.12</b>		3:52	15.5 (100%)
2	PIKULIK Jarek	192	LZS JEDNOŚĆ ŁOBŻENICA	M30-39	2	00:10:47	<b>00:20:58.74</b>	+00:01:34 (7.5%)	4:11	14.3 (92.3%)
3	TRZASKA Andżelika	184		K18-29	1	00:10:48	<b>00:21:15.37</b>	+00:01:51 (8.7%)	4:15	14.1 (91.0%)
4	ŻUJEW Andrzej	228		M40-49	1	00:10:47	<b>00:21:21.12</b>	+00:01:57 (9.1%)	4:16	14 (90.3%)
5	MADEJ Tomasz	178	KOMAR	M30-39	3	00:11:12	<b>00:22:17.29</b>	+00:02:53 (12.9%)	4:27	13.5 (87.1%)
6	DASZKIEWICZ Maciej	145	SATORII	M18-29	1	00:10:57	<b>00:22:33.73</b>	+00:03:09 (14.0%)	4:30	13.3 (85.8%)
7	KRÓL Patryk	168		M30-39	4	00:12:17	<b>00:23:15.16</b>	+00:03:51 (16.6%)	4:39	12.9 (83.2%)
8	GOŹDZIKOWSKA Monika	148		K30-39	1	00:11:53	<b>00:23:30.89</b>	+00:04:06 (17.5%)	4:42	12.8 (82.6%)
9	SELL Mieczysław	199		M40-49	2	00:12:02	<b>00:23:43.54</b>	+00:04:19 (18.2%)	4:44	12.6 (81.3%)
10	FĄS Dariusz	146	PIŁA	M40-49	3		<b>00:23:47.73</b>	+00:04:23 (18.5%)	4:45	12.6 (81.3%)
11	KOWALSKI Artur	165		M40-49	4	00:12:01	<b>00:23:58.20</b>	+00:04:34 (19.1%)	4:47	12.5 (80.6%)
12	KARABASZ Sylwia	159		K40-49	1	00:12:04	<b>00:24:09.61</b>	+00:04:45 (19.7%)	4:50	12.4 (80.0%)
13	SAWICKI Leszek	198	UZALEŻNIA MNIE TYLKO SPORT	M30-39	5	00:13:44	<b>00:24:18.74</b>	+00:04:54 (20.2%)	4:51	12.3 (79.4%)
14	GZIEL Piotr	154	ZGRUPKA LUBOŃ	M40-49	5	00:12:30	<b>00:24:23.58</b>	+00:04:59 (20.5%)	4:52	12.3 (79.4%)
15	GRUPIŃSKI Grzegorz	152		M40-49	6	00:13:02	<b>00:25:17.11</b>	+00:05:52 (23.3%)	5:03	11.9 (76.8%)
16	SZWEDA Marek	233		M60-69	1	00:12:32	<b>00:25:41.62</b>	+00:06:17 (24.5%)	5:08	11.7 (75.5%)
17	MAŁKOWSKI Maciej	229		M30-39	6	00:12:48	<b>00:25:54.01</b>	+00:06:29 (25.1%)	5:10	11.6 (74.8%)
18	WITKOWSKI Romuald	222		M50-59	1	00:12:53	<b>00:26:04.92</b>	+00:06:40 (25.6%)	5:13	11.5 (74.2%)
19	KARABASZ Krzysztof	160		M40-49	7	00:13:34	<b>00:26:17.74</b>	+00:06:53 (26.2%)	5:15	11.4 (73.5%)
20	KĘPIŃSKA Karolina	161		K18-29	2	00:13:25	<b>00:26:19.33</b>	+00:06:55 (26.3%)	5:16	11.4 (73.5%)
21	BARANOWSKI Paweł	137		M18-29	2	00:14:01	<b>00:26:23.18</b>	+00:06:59 (26.5%)	5:16	11.4 (73.5%)
22	WABERSKA Beata	213		K40-49	2	00:13:11	<b>00:26:23.35</b>	+00:06:59 (26.5%)	5:16	11.4 (73.5%)
23	GREŃ Bartłomiej	150		M30-39	7	00:13:15	<b>00:26:24.72</b>	+00:07:00 (26.5%)	5:17	11.4 (73.5%)
24	SKÓRNICKI Paweł	230		M30-39	8	00:13:23	<b>00:26:27.81</b>	+00:07:03 (26.7%)	5:17	11.3 (72.9%)
25	WOLSKI Piotr	224		M50-59	2	00:12:56	<b>00:26:34.38</b>	+00:07:10 (27.0%)	5:18	11.3 (72.9%)
26	MICHNIACKI Łukasz	236		M30-39	9	00:13:43	<b>00:26:39.34</b>	+00:07:15 (27.2%)	5:20	11.3 (72.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herkmat All		Czas netto		Tempo min/km	Tempo km/h
						2.5km	5km	Różn			
27	MARTIN-KOTULLA Katarzyna	181	AKTYWNA KRAJENKA	K30-39	2	00:13:26	<b>00:26:54.36</b>	+00:07:30 (27.9%)	5:22	11.2 (72.3%)	
28	LATTA Rafał	171		M30-39	10	00:14:45	<b>00:27:02.54</b>	+00:07:38 (28.3%)	5:24	11.1 (71.6%)	
29	JAWORSKI Tomasz	235		M18-29	3	00:13:11	<b>00:27:02.57</b>	+00:07:38 (28.3%)	5:24	11.1 (71.6%)	
30	WAGNER Monika	214		K18-29	3	00:13:28	<b>00:27:02.85</b>	+00:07:38 (28.3%)	5:24	11.1 (71.6%)	
31	JAWORSKA Żaneta	234		K18-29	4	00:13:28	<b>00:27:03.08</b>	+00:07:38 (28.3%)	5:24	11.1 (71.6%)	
32	KOZŁOWSKA Karolina	166	ZABIEGANI NOCĄ	K30-39	3	00:13:39	<b>00:27:07.99</b>	+00:07:43 (28.5%)	5:25	11.1 (71.6%)	
33	KĘPIŃSKI Bartosz	162		M30-39	11	00:13:56	<b>00:27:10.93</b>	+00:07:46 (28.6%)	5:26	11 (71.0%)	
34	BARANOWSKI Jacek	136		M50-59	3	00:13:33	<b>00:27:20.60</b>	+00:07:56 (29.0%)	5:28	11 (71.0%)	
35	FILIPIAK Damian	147		M18-29	4	00:13:58	<b>00:27:27.15</b>	+00:08:03 (29.3%)	5:29	10.9 (70.3%)	
36	ZAŁACHOWSKI Krzysztof	232		M30-39	12		<b>00:27:31.16</b>	+00:08:07 (29.5%)	5:30	10.9 (70.3%)	
37	RYDZIŃSKA Monika	196	AKTYWNA KRAJENKA	K30-39	4	00:13:36	<b>00:27:33.61</b>	+00:08:09 (29.6%)	5:30	10.9 (70.3%)	
38	JAWORSKA Daria	158	IKANO INDUSTRY	K18-29	5	00:13:46	<b>00:27:36.55</b>	+00:08:12 (29.7%)	5:31	10.9 (70.3%)	
39	TRZASKA Adam	175		K18-29	6	00:13:53	<b>00:28:05.87</b>	+00:08:41 (30.9%)	5:37	10.7 (69.0%)	
40	ŁODKOWSKI Mateusz	173		M18-29	5	00:14:03	<b>00:28:06.07</b>	+00:08:41 (31.0%)	5:37	10.7 (69.0%)	
41	BEKIERSKI Marcin	139		M30-39	13	00:13:41	<b>00:28:18.17</b>	+00:08:54 (31.4%)	5:39	10.6 (68.4%)	
42	SZDZUIJ Krzysztof	207		M40-49	8	00:14:17	<b>00:28:37.34</b>	+00:09:13 (32.2%)	5:43	10.5 (67.7%)	
43	NOWAK Dariusz	191		M40-49	9	00:14:44	<b>00:28:48.18</b>	+00:09:24 (32.6%)	5:45	10.4 (67.1%)	
44	BACHMATIUK Magdalena	133		K30-39	5	00:14:16	<b>00:29:19.21</b>	+00:09:55 (33.8%)	5:51	10.2 (65.8%)	
45	KULIN Paweł	169	AKTYWNA KRAJENKA	M30-39	14	00:14:10	<b>00:29:39.55</b>	+00:10:15 (34.6%)	5:56	10.1 (65.2%)	
46	PRZYTUŁA Gabriela	195	IKANO INDUSTRY	K40-49	3	00:14:34	<b>00:29:44.55</b>	+00:10:20 (34.8%)	5:57	10.1 (65.2%)	
47	JASIEK Paweł	157		M18-29	6	00:14:23	<b>00:30:00.06</b>	+00:10:35 (35.3%)	6:00	10 (64.5%)	
48	WENDLAND Sławomir	216		M30-39	15	00:14:48	<b>00:30:01.59</b>	+00:10:37 (35.4%)	6:00	10 (64.5%)	
49	SAWICKA Aleksandra	197		K30-39	6	00:15:39	<b>00:30:07.60</b>	+00:10:43 (35.6%)	6:01	10 (64.5%)	
50	NIEDŹWIECKA Joanna	186	IKANO INDUSTRY	K18-29	7	00:14:37	<b>00:30:07.88</b>	+00:10:43 (35.6%)	6:01	10 (64.5%)	
51	LATTA Małgorzata	172		K30-39	7	00:15:38	<b>00:30:07.91</b>	+00:10:43 (35.6%)	6:01	10 (64.5%)	
52	SZOPIERAJ Danuta	208		K18-29	8	00:14:30	<b>00:30:42.25</b>	+00:11:18 (36.8%)	6:08	9.8 (63.2%)	
53	MARTIN-BORZYCH Agnieszka	180		K30-39	8	00:15:19	<b>00:31:34.28</b>	+00:12:10 (38.5%)	6:18	9.5 (61.3%)	
54	WIŚNIEWSKA Iwona	220		K30-39	9	00:16:03	<b>00:32:12.71</b>	+00:12:48 (39.8%)	6:26	9.3 (60.0%)	
55	ALEXEWICZ Magdalena	131	UZALEŻNIA MNIE TYLKO SPORT	K30-39	10	00:16:03	<b>00:32:12.94</b>	+00:12:48 (39.8%)	6:26	9.3 (60.0%)	
56	WIEBSKOWSKA Anna	219	UZALEŻNIA MNIE TYLKO SPORT	K30-39	11	00:16:02	<b>00:32:13.63</b>	+00:12:49 (39.8%)	6:26	9.3 (60.0%)	
57	KOWALSKA Beata	164	IKANO INDUSTRY	K50-59	1	00:15:50	<b>00:32:20.76</b>	+00:12:56 (40.0%)	6:28	9.3 (60.0%)	
58	BEHRENDT Bernadeta	138		K50-59	2	00:15:38	<b>00:32:21.44</b>	+00:12:57 (40.0%)	6:28	9.3 (60.0%)	
59	NAPIÓRKOWSKA Iwona	185		K40-49	4	00:15:48	<b>00:32:41.98</b>	+00:13:17 (40.7%)	6:32	9.2 (59.4%)	
60	TYBORSKI Seweryn	210		M40-49	10	00:15:43	<b>00:32:42.05</b>	+00:13:17 (40.7%)	6:32	9.2 (59.4%)	
61	ZIĘBA BŁASZKIEWICZ Agnieszka	227	PSEUDOBIEGACZKI	K30-39	12	00:16:50	<b>00:33:51.50</b>	+00:14:27 (42.7%)	6:46	8.9 (57.4%)	
62	CERANOWSKA Aga	143	PSEUDOBIEGACZKI	K40-49	5	00:16:49	<b>00:33:51.70</b>	+00:14:27 (42.7%)	6:46	8.9 (57.4%)	
63	STURMOWSKA Monika	206		K30-39	13	00:17:05	<b>00:34:12.87</b>	+00:14:48 (43.3%)	6:50	8.8 (56.8%)	
64	NOWAK Aleksandra	190		K40-49	6	00:16:34	<b>00:34:13.81</b>	+00:14:49 (43.3%)	6:50	8.8 (56.8%)	
65	GUMIENNA Bogumiła	153		K18-29	9	00:17:34	<b>00:34:28.93</b>	+00:15:04 (43.7%)	6:53	8.7 (56.1%)	
66	GRUPIŃSKA Katarzyna	151		K30-39	14	00:18:02	<b>00:36:57.61</b>	+00:17:33 (47.5%)	7:23	8.1 (52.3%)	
67	BALICKI Artur	134	LECHPOL	M18-29	7	00:17:22	<b>00:37:06.73</b>	+00:17:42 (47.7%)	7:25	8.1 (52.3%)	
68	BRYZIK Radosław	142	LECHPOL	M30-39	16	00:17:23	<b>00:37:06.87</b>	+00:17:42 (47.7%)	7:25	8.1 (52.3%)	
69	JASIAK Dominika	156	LECHPOL	K18-29	10	00:17:44	<b>00:37:06.91</b>	+00:17:42 (47.7%)	7:25	8.1 (52.3%)	
70	SENDŁAK Lucyna Belka	200	GMINA IMIASTO KRAJENKA	K50-59	3	00:18:17	<b>00:37:25.06</b>	+00:18:00 (48.1%)	7:29	8 (51.6%)	

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herkmat_All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
71	<b>SENDŁAK Szymon</b>	<b>201</b>	AKTYWNA KRAJENKA	M18-29	8	00:18:16	<b>00:37:26.13</b>	+00:18:02 (48.2%)	7:29	8 (51.6%)
72	<b>POŻARSKA Justyna</b>	<b>193</b>		K30-39	15	00:18:59	<b>00:38:55.15</b>	+00:19:31 (50.1%)	7:47	7.7 (49.7%)
73	<b>SMODIS Andrzej</b>	<b>204</b>		M40-49	11	00:19:00	<b>00:40:46.03</b>	+00:21:21 (52.4%)	8:09	7.4 (47.7%)
74	<b>MARTIN Krzysztof</b>	<b>179</b>		M50-59	4	00:19:05	<b>00:40:49.79</b>	+00:21:25 (52.5%)	8:10	7.3 (47.1%)
75	<b>GOŹDZIKOWSKA Natalia</b>	<b>149</b>		K30-39	16					(0.0%)

Znaleziono 75 wynik(ów)