

# BUKOŁAZ 21K EXTREMUM

B4SPORT

**Wydarzenie:** BUKOŁAZ 2019  
**Organizator:** Stowarzyszenie Kultury Fizycznej Biomaszyna  
**Data:** 2019-12-14  
**Miejsce:** Szczecin  
**Dystans:** 21 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
1	<b>MINKO Arkadiusz</b>	<b>137</b>		M-OPEN	1	<b>01:25:45.15</b>		4:05	14.7 (100%)
2	<b>KIEŁBASIEWICZ Dawid</b>	<b>125</b>	ER-TEAM WYPOCZYWAJ AKTYWNI	M-OPEN	2	<b>01:32:08.85</b>	+00:06:23 (6.9%)	4:23	13.7 (93.2%)
3	<b>SZCZEPAŃSKI Adam</b>	<b>160</b>	ALBATROSY	M-OPEN	3	<b>01:32:34.70</b>	+00:06:49 (7.4%)	4:24	13.6 (92.5%)
4	<b>WOJNACH Andrzej</b>	<b>170</b>	SZCZECIN	M40	1	<b>01:34:49.30</b>	+00:09:04 (9.6%)	4:30	13.3 (90.5%)
5	<b>ORZECHOWSKI Adam</b>	<b>145</b>	PATOPELETON	M-OPEN	4	<b>01:35:52.40</b>	+00:10:07 (10.6%)	4:33	13.1 (89.1%)
6	<b>WŁODARZ Marcin</b>	<b>168</b>		M40	2	<b>01:36:44.40</b>	+00:10:59 (11.4%)	4:36	13 (88.4%)
7	<b>ZGUTKA Tomasz</b>	<b>178</b>	HUSARIA RACE TEAM	M40	3	<b>01:42:28.35</b>	+00:16:43 (16.3%)	4:52	12.3 (83.7%)
8	<b>LIPERTOWICZ Sebastian</b>	<b>133</b>	LOVELASY/WIECZORNE BIEGANIE W SZCZECINIE ♥	M-OPEN	5	<b>01:44:16.65</b>	+00:18:31 (17.8%)	4:57	12.1 (82.3%)
9	<b>PŁUSA Robert</b>	<b>150</b>	KONTUZJA	M-OPEN	6	<b>01:44:16.70</b>	+00:18:31 (17.8%)	4:57	12.1 (82.3%)
10	<b>PELC Marek</b>	<b>148</b>	12 BRYGADA ZMECHANIZOWANA	M-OPEN	7	<b>01:44:17.30</b>	+00:18:32 (17.8%)	4:57	12.1 (82.3%)
11	<b>OSOJCA Mateusz</b>	<b>146</b>	KONGSBERG K-RUNNERS / PUSZCZYK BUKOWY	M-OPEN	8	<b>01:44:43.45</b>	+00:18:58 (18.1%)	4:59	12 (81.6%)
12	<b>UŁANOWICZ Tomasz</b>	<b>166</b>	WIECZORNE BIEGANIE W SZCZECINIE	M40	4	<b>01:46:49.20</b>	+00:21:04 (19.7%)	5:05	11.8 (80.3%)
13	<b>PIETRASIK Dawid</b>	<b>149</b>		M-OPEN	9	<b>01:47:56.10</b>	+00:22:10 (20.6%)	5:08	11.7 (79.6%)
14	<b>OLEJNIK Przemek</b>	<b>142</b>		M50	1	<b>01:47:58.10</b>	+00:22:12 (20.6%)	5:08	11.7 (79.6%)
15	<b>DZIEDZIC Paweł</b>	<b>115</b>	INPROJECTS	M-OPEN	10	<b>01:48:24.50</b>	+00:22:39 (20.9%)	5:09	11.6 (78.9%)
16	<b>YALTUSHENKA Vitali</b>	<b>176</b>		M-OPEN	11	<b>01:50:47.80</b>	+00:25:02 (22.6%)	5:16	11.4 (77.6%)
17	<b>KMIECIK Tomasz</b>	<b>127</b>		M40	5	<b>01:53:48.80</b>	+00:28:03 (24.7%)	5:25	11.1 (75.5%)
18	<b>WAHN Przemysław</b>	<b>167</b>		M-OPEN	12	<b>01:53:48.90</b>	+00:28:03 (24.7%)	5:25	11.1 (75.5%)
19	<b>MISARKO Arkadiusz</b>	<b>138</b>		M40	6	<b>01:53:55.90</b>	+00:28:10 (24.7%)	5:25	11.1 (75.5%)
20	<b>GANCARZ Piotr</b>	<b>116</b>	DRUŻYNA G	M-OPEN	13	<b>01:54:09.85</b>	+00:28:24 (24.9%)	5:26	11 (74.8%)
21	<b>OPASKA Marcin</b>	<b>144</b>	K-RUNNERS / PRZEBIEGŁE JENOTY	M-OPEN	14	<b>01:54:33.30</b>	+00:28:48 (25.1%)	5:27	11 (74.8%)
22	<b>MURAWSKA Wioletta</b>	<b>140</b>		K50	1	<b>01:54:59.75</b>	+00:29:14 (25.4%)	5:28	11 (74.8%)
23	<b>DROŹDZIŃSKI Konrad</b>	<b>114</b>	RAZ SZCZECIN	M-OPEN	15	<b>01:55:23.10</b>	+00:29:37 (25.7%)	5:29	10.9 (74.1%)
24	<b>KWIATKOWSKA Aleksandra</b>	<b>131</b>	WIECZORNE BIEGANIE W SZCZECINIE	K-OPEN	1	<b>01:55:36.85</b>	+00:29:51 (25.8%)	5:30	10.9 (74.1%)
25	<b>BARTOSIEWICZ Adam</b>	<b>105</b>		M40	7	<b>01:56:14.90</b>	+00:30:29 (26.2%)	5:32	10.8 (73.5%)
26	<b>WOLSKI Tomasz</b>	<b>173</b>	WIECZORNE BIEGANIE W SZCZECINIE	M40	8	<b>01:56:20.50</b>	+00:30:35 (26.3%)	5:32	10.8 (73.5%)
27	<b>BAŁAMĄCEK Tomasz</b>	<b>103</b>	PROGDAR MARATHON TEAM	M40	9	<b>01:56:49.75</b>	+00:31:04 (26.6%)	5:33	10.8 (73.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
28	ROLLA Dorian	153		M40	10	01:57:15.10	+00:31:29 (26.9%)	5:35	10.7 (72.8%)
29	CHLEWIŃSKI Łukasz	109		M-OPEN	16	01:58:34.70	+00:32:49 (27.7%)	5:38	10.6 (72.1%)
30	RYBICKI Janusz	155	POLICE	M60	1	02:02:53.40	+00:37:08 (30.2%)	5:51	10.3 (70.1%)
31	JARMOLIŃSKI Piotr	122	MARCINSWIERCTEAM	M40	11	02:03:24.35	+00:37:39 (30.5%)	5:52	10.2 (69.4%)
32	WYPYCH Maciej	175	K-RUNNERS / PRZEBIEGŁE JENOTY	M-OPEN	17	02:03:31.55	+00:37:46 (30.6%)	5:52	10.2 (69.4%)
33	STELMACH Mariusz	158		M-OPEN	18	02:03:35.55	+00:37:50 (30.6%)	5:53	10.2 (69.4%)
34	PANKOWSKI Jerzy	147		M-OPEN	19	02:03:43.65	+00:37:58 (30.7%)	5:53	10.2 (69.4%)
35	MICHALAK Jacek	136		M50	2	02:04:16.65	+00:38:31 (31.0%)	5:55	10.1 (68.7%)
36	STRĄK Izabela	159	WIECZORNE BIEGANIE W SZCZECINIE	K40	1	02:04:21.25	+00:38:36 (31.0%)	5:55	10.1 (68.7%)
37	ŻURAWSKI Michał	179	TOTALSHINE	M-OPEN	20	02:04:24.45	+00:38:39 (31.1%)	5:55	10.1 (68.7%)
38	KUĆ Dariusz	130		M50	3	02:04:24.80	+00:38:39 (31.1%)	5:55	10.1 (68.7%)
39	WÓJCIK Krzysztof	174	DĄBROWSKI TEAM	M-OPEN	21	02:04:32.85	+00:38:47 (31.1%)	5:55	10.1 (68.7%)
40	KIRIŁOW Piotr	126		M-OPEN	22	02:05:16.75	+00:39:31 (31.6%)	5:57	10.1 (68.7%)
41	SERWIN Krzysztof	156	WIECZORNE BIEGANIE W SZCZECINIE	M-OPEN	23	02:05:26.75	+00:39:41 (31.6%)	5:58	10 (68.0%)
42	ALABRUDZIŃSKA Agnieszka	102	SZWLĄ STARGARD	K-OPEN	2	02:05:30.80	+00:39:45 (31.7%)	5:58	10 (68.0%)
43	MACIASZCZYK Magdalena	134		K40	2	02:05:52.05	+00:40:06 (31.9%)	5:59	10 (68.0%)
44	BARANOWSKI Michał	104	KONTUZJA	M-OPEN	24	02:07:01.30	+00:41:16 (32.5%)	6:02	9.9 (67.3%)
45	SZCZEPAŃSKI Adam	161	KB PIONIER SZCZECIN	M-OPEN	25	02:08:48.25	+00:43:03 (33.4%)	6:08	9.8 (66.7%)
46	MAJDAN-ADAMSKA Agnieszka	135	HUSARIA RACE TEAM	K-OPEN	3	02:08:59.05	+00:43:13 (33.5%)	6:08	9.8 (66.7%)
47	SIDORKIEWICZ Anna	157	KLUB BIEGACZA KAMIEŃ POMORSKI	K40	3	02:09:35.55	+00:43:50 (33.8%)	6:10	9.7 (66.0%)
48	SZYMAŃSKI Sławomir	163		M-OPEN	26	02:09:40.85	+00:43:55 (33.9%)	6:10	9.7 (66.0%)
49	GIERASIMOWICZ Szymon	117	TOTALSPORT.PL	M40	12	02:10:11.55	+00:44:26 (34.1%)	6:11	9.7 (66.0%)
50	JAROSZEWICZ Grzegorz	123		M40	13	02:11:48.15	+00:46:03 (34.9%)	6:16	9.6 (65.3%)
51	SZELAĞIEWICZ Arek	162		M40	14	02:13:33.10	+00:47:47 (35.8%)	6:21	9.4 (63.9%)
52	GLEBKOWICZ Agnieszka	119	PRZEBIEGŁE JENOTY	K40	4	02:13:39.30	+00:47:54 (35.8%)	6:21	9.4 (63.9%)
53	GIERLIK Grzegorz	118	NCDC	M40	15	02:13:44.90	+00:47:59 (35.9%)	6:22	9.4 (63.9%)
54	KOZUBOWSKA Agnieszka	129		K-OPEN	4	02:13:50.35	+00:48:05 (35.9%)	6:22	9.4 (63.9%)
55	RADOŻYCKI Radek	152		M40	16	02:17:14.40	+00:51:29 (37.5%)	6:32	9.2 (62.6%)
56	ROMAŃSKA Karolina	154	BIEGACZE ŚWINOUJŚCIE	K-OPEN	5	02:17:18.85	+00:51:33 (37.6%)	6:32	9.2 (62.6%)
57	KOWALCZYK Paweł	128		M-OPEN	27	02:17:47.55	+00:52:02 (37.8%)	6:33	9.1 (61.9%)
58	LALIK Rafał	132	102 BATALION OCHRONY	M-OPEN	28	02:17:52.30	+00:52:07 (37.8%)	6:33	9.1 (61.9%)
59	CHOWAŃSKI Bartosz	111		M40	17	02:18:22.15	+00:52:37 (38.0%)	6:35	9.1 (61.9%)
60	JASAK Michał	124	ROYAL RUNNERS TEAM	M-OPEN	29	02:18:27.15	+00:52:42 (38.1%)	6:35	9.1 (61.9%)
61	BOBROWICZ Jakub	106	SGO SZCZECIN	M-OPEN	30	02:20:02.65	+00:54:17 (38.8%)	6:40	9 (61.2%)
62	ADAMCZYK Piotr	101		M40	18	02:21:50.60	+00:56:05 (39.5%)	6:45	8.9 (60.5%)
63	NIEWADZIK Ula	141	HUSARIA RACE TEAM	K40	5	02:23:13.80	+00:57:28 (40.1%)	6:49	8.8 (59.9%)
64	ŻYLUK Bożena	180	WIECZORNE BIEGANIE W SZCZECINIE	K40	6	02:23:25.65	+00:57:40 (40.2%)	6:49	8.8 (59.9%)
65	MOSIEJOWSKI Bartosz	139		M40	19	02:27:11.00	+01:01:25 (41.7%)	7:00	8.6 (58.5%)
66	WOJSZCZYK Marlena	172	TRYTON BIKE TEAM	K-OPEN	6	02:27:17.90	+01:01:32 (41.8%)	7:00	8.6 (58.5%)
67	WOJSZCZYK Michał	171	BRIDGESTONE STARGARD RUNERS	M-OPEN	31	02:27:18.20	+01:01:33 (41.8%)	7:00	8.6 (58.5%)
68	ZABROCKI Karol	177		M-OPEN	32	02:27:53.05	+01:02:07 (42.0%)	7:02	8.5 (57.8%)
69	UŁANOWICZ Katarzyna	165	WIECZORNE BIEGANIE W SZCZECINIE	K40	7	02:42:59.85	+01:17:14 (47.4%)	7:45	7.7 (52.4%)
70	BUDNA Anna	107		K40	8	02:44:10.55	+01:18:25 (47.8%)	7:49	7.7 (52.4%)
71	BUDNY Wojciech	108		M-OPEN	33	02:44:10.80	+01:18:25 (47.8%)	7:49	7.7 (52.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 21km	Różn	Tempo min/km	Tempo km/h
72	<b>CHROBOCINSKI Daniel</b>	<b>112</b>		M-OPEN	34	<b>02:54:55.65</b>	+01:29:10 (51.0%)	8:19	7.2 (49.0%)
73	<b>CHROBOCIŃSKA Elżbieta</b>	<b>113</b>		K50	2	<b>02:55:08.10</b>	+01:29:22 (51.0%)	8:20	7.2 (49.0%)
74	<b>OLEJNIK Marzena</b>	<b>143</b>		K50	3	<b>02:55:11.60</b>	+01:29:26 (51.1%)	8:20	7.2 (49.0%)

Znaleziono 74 wynik(ów)