

# CHARYTATYWNY BIEG NIEPODLEGŁOŚCI - BIEG 5KM

B4SPORT  
INTELEGENE ZAWODY SPORTOWE

**Wydarzenie:** Charytatywny Bieg Niepodległości  
**Organizator:** Stowarzyszenie Pozytywni z Pasją  
**Data:** 2022-11-13  
**Miejsce:** Jastrowie  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>SIÓDMIĄK Igor</b>	<b>174</b>	7PRO SIÓDMIĄK TEAM / PENTATHLON / MBC	Open -M	1	<b>00:21:40.50</b>		4:20	13.8 (100%)
2	<b>PAWŁOWICZ Roland</b>	<b>169</b>	7PRO SIÓDMIĄK TEAM	Open -M	2	<b>00:21:42.02</b>	+00:00:01 (0.1%)	4:20	13.8 (100%)
3	<b>SZACHO-GŁUCHOWICZ Ryszard</b>	<b>180</b>	ZRYW SYPNIEWO	Open -M	3	<b>00:22:09.75</b>	+00:00:30 (2.3%)	4:25	13.5 (97.8%)
4	<b>BŁASZCZYK Piotr</b>	<b>133</b>		Open -M	4	<b>00:22:50.72</b>	+00:01:11 (5.2%)	4:34	13.1 (94.9%)
5	<b>FOLTYNIEWICZ Hanna</b>	<b>37</b>		Open -K	1	<b>00:23:07.60</b>	+00:01:27 (6.3%)	4:37	13 (94.2%)
6	<b>WILK Daniel</b>	<b>187</b>		Open -M	5	<b>00:23:28.87</b>	+00:01:48 (7.7%)	4:41	12.8 (92.8%)
7	<b>PRZYSIWEK Piotr</b>	<b>29</b>		Open -M	6	<b>00:23:48.55</b>	+00:02:08 (9.0%)	4:45	12.6 (91.3%)
8	<b>CZAJKA Bartłomiej</b>	<b>138</b>	UKS AP START JASTROWIE	Open -M	7	<b>00:24:15.54</b>	+00:02:43 (11.1%)	4:51	12.4 (89.9%)
9	<b>MINCEWICZ Piotr</b>	<b>165</b>	TEAM TERMINATORUN	Open -M	8	<b>00:24:24.20</b>	+00:02:43 (11.2%)	4:52	12.3 (89.1%)
10	<b>BANIA Edward</b>	<b>131</b>		Open -M	9	<b>00:24:36.82</b>	+00:02:59 (12.1%)	4:55	12.2 (88.4%)
11	<b>STROMIDŁO Sebastian</b>	<b>177</b>	BR - W STRONĘ ULTRA (PODCAST)	Open -M	10	<b>00:25:26.52</b>	+00:03:46 (14.8%)	5:05	11.8 (85.5%)
12	<b>MARCHEL Łukasz</b>	<b>162</b>	TERMINATORRUN	Open -M	11	<b>00:25:36.49</b>	+00:03:58 (15.4%)	5:07	11.7 (84.8%)
13	<b>KŁUNDUKOWSKA Paulina</b>	<b>155</b>	GDAŃSKI BIEGACZ TEAM	Open -K	2	<b>00:26:00.12</b>	+00:04:21 (16.7%)	5:12	11.5 (83.3%)
14	<b>ŁAWNICZAK Justyna</b>	<b>15</b>	WOLF TEAM	Open -K	3	<b>00:26:27.52</b>	+00:04:47 (18.1%)	5:17	11.3 (81.9%)
15	<b>SKRODZKI Paweł</b>	<b>175</b>		Open -M	12	<b>00:26:41.81</b>	+00:04:55 (18.5%)	5:20	11.2 (81.2%)
16	<b>ZAKIELARZ Piotr</b>	<b>193</b>	TEAM TERMINATORUN	Open -M	13	<b>00:27:24.28</b>	+00:05:47 (21.0%)	5:28	10.9 (79.0%)
17	<b>KUCHTA Jarosław</b>	<b>63</b>	SRS SZCZECINEK	Open -M	14	<b>00:27:52.67</b>	+00:06:21 (22.6%)	5:34	10.8 (78.3%)
18	<b>PICZAK Łukasz</b>	<b>170</b>	BRACIAK TEAM	Open -M	15	<b>00:28:10.10</b>	+00:06:32 (23.1%)	5:38	10.7 (77.5%)
19	<b>BRONOWICKI Karol</b>	<b>135</b>		Open -M	16	<b>00:28:21.06</b>	+00:06:47 (23.8%)	5:40	10.6 (76.8%)
20	<b>OPRZĄDEK Anna</b>	<b>167</b>		Open -K	4	<b>00:28:27.51</b>	+00:06:49 (23.9%)	5:41	10.5 (76.1%)
21	<b>GÓRA Agnieszka</b>	<b>129</b>	ZABIEGANI NOCĄ	Open -K	5	<b>00:28:35.83</b>	+00:06:56 (24.2%)	5:43	10.5 (76.1%)
22	<b>SZYMCZAK Radosław</b>	<b>183</b>	PROTEKTOR	Open -M	17	<b>00:29:04.78</b>	+00:07:31 (25.7%)	5:48	10.3 (74.6%)
23	<b>SZCZUKOCKI Marcin</b>	<b>181</b>	TEAM TERMINATORUN	Open -M	18	<b>00:29:48.73</b>	+00:08:11 (27.3%)	5:57	10.1 (73.2%)
24	<b>FORTUNA Cezary</b>	<b>146</b>		Open -M	19	<b>00:30:09.07</b>	+00:08:36 (28.3%)	6:01	10 (72.5%)
25	<b>DŁUGA Magdalena</b>	<b>142</b>	TEAM TERMINATORUN	Open -K	6	<b>00:30:27.12</b>	+00:08:48 (28.8%)	6:05	9.9 (71.7%)
26	<b>FORTUNA JUNIOR Cezary</b>	<b>147</b>		Open -M	20	<b>00:30:26.72</b>	+00:08:54 (29.0%)	6:05	9.9 (71.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
27	<b>KAJTOWSKI Piotr</b>	<b>194</b>		Open -M	21	<b>00:31:29.90</b>	+00:09:53 (31.2%)	6:17	9.5 (68.8%)
28	<b>BIEGAŃSKI Jacek</b>	<b>132</b>	CROSSTEAM SZCZECINEK	Open -M	22	<b>00:31:51.61</b>	+00:10:19 (32.2%)	6:22	9.4 (68.1%)
29	<b>BOBRYK Joanna</b>	<b>134</b>	SZCZECINECCY BIEGACZE	Open -K	7	<b>00:32:13.69</b>	+00:10:35 (32.7%)	6:26	9.3 (67.4%)
30	<b>KLUPŚ Agata</b>	<b>154</b>	POZYTYWNI Z PASJĄ	Open -K	8	<b>00:32:31.00</b>	+00:10:45 (33.1%)	6:30	9.2 (66.7%)
31	<b>STROMIDŁO Anna</b>	<b>178</b>	BROWAR DOMOWY HATAK	Open -K	9	<b>00:32:35.32</b>	+00:10:59 (33.6%)	6:31	9.2 (66.7%)
32	<b>TŁOK Damian</b>	<b>184</b>		Open -M	23	<b>00:33:21.58</b>	+00:11:46 (35.1%)	6:40	9 (65.2%)
33	<b>DYCKOWSKI Andrzej</b>	<b>143</b>	KLUB SPORTOWY HUSARIA SZCZECINEK	Open -M	24	<b>00:33:29.12</b>	+00:11:53 (35.3%)	6:41	9 (65.2%)
34	<b>ZAKIELARZ Adriana</b>	<b>192</b>	TEAM TERMINATORUN	Open -K	10	<b>00:33:37.84</b>	+00:12:00 (35.6%)	6:43	8.9 (64.5%)
35	<b>ROMECZ-KAZIK Gabriela</b>	<b>171</b>		Open -K	11	<b>00:33:53.18</b>	+00:12:14 (36.0%)	6:46	8.9 (64.5%)
36	<b>KURZAWIŃSKA Kasia</b>	<b>159</b>	CZARNE BIEGA	Open -K	12	<b>00:33:51.84</b>	+00:12:22 (36.2%)	6:46	8.9 (64.5%)
37	<b>LAJTER Jerzy</b>	<b>160</b>	4RUNTEAM	Open -M	25	<b>00:34:21.87</b>	+00:12:46 (37.0%)	6:52	8.7 (63.0%)
38	<b>SZYPKOWSKI Marek</b>	<b>125</b>		Open -M	26	<b>00:34:30.47</b>	+00:12:56 (37.3%)	6:54	8.7 (63.0%)
39	<b>GROCHOWSKA Agnieszka</b>	<b>150</b>	LUŻNE MAJTY	Open -K	13	<b>00:34:52.04</b>	+00:13:13 (37.8%)	6:58	8.6 (62.3%)
40	<b>PASIECZNIK Bartłomiej</b>	<b>2</b>		Open -M	27	<b>00:34:48.35</b>	+00:13:15 (37.8%)	6:57	8.6 (62.3%)
41	<b>KUICH Piotr</b>	<b>58</b>		Open -M	28	<b>00:35:00.54</b>	+00:13:23 (38.1%)	7:00	8.6 (62.3%)
42	<b>GAŁAN Joanna</b>	<b>148</b>		Open -K	14	<b>00:35:45.06</b>	+00:14:09 (39.4%)	7:09	8.4 (60.9%)
43	<b>SUCHANOWSKA Anna</b>	<b>179</b>	RESPEKT LOTYŃ	Open -K	15	<b>00:36:27.29</b>	+00:14:52 (40.6%)	7:17	8.2 (59.4%)
44	<b>GRZYSTEK Kasia</b>	<b>152</b>		Open -K	16	<b>00:37:16.72</b>	+00:15:38 (41.8%)	7:27	8.1 (58.7%)
45	<b>MAZUR Tomasz</b>	<b>164</b>		Open -M	29	<b>00:37:39.54</b>	+00:16:04 (42.5%)	7:31	8 (58.0%)
46	<b>WROBLEWSKI Jerzy</b>	<b>191</b>	PARKRUN SZCZECINEK	Open -M	30	<b>00:38:17.05</b>	+00:16:42 (43.4%)	7:39	7.8 (56.5%)
47	<b>DZIERZAWA Aleksandra</b>	<b>144</b>		Open -K	17	<b>00:38:26.71</b>	+00:16:49 (43.6%)	7:41	7.8 (56.5%)
48	<b>GAWORECKI Sławomir</b>	<b>149</b>	KLUB SPORTOWY HUSARIA SZCZECINEK	Open -M	31	<b>00:39:19.94</b>	+00:17:46 (45.0%)	7:51	7.6 (55.1%)
49	<b>KOZŁOWSKI Piotr</b>	<b>157</b>	KLUB SPORTOWY HUSARIA SZCZECINEK	Open -M	32	<b>00:39:18.34</b>	+00:17:46 (45.0%)	7:51	7.6 (55.1%)
50	<b>CZEREŚNIAK Iwona</b>	<b>139</b>		Open -K	18	<b>00:40:06.17</b>	+00:18:27 (45.9%)	8:01	7.5 (54.3%)
51	<b>MATYSEK Ireneusz</b>	<b>99</b>	KOMANDOS WAŁECKI	Open -M	33	<b>00:40:11.02</b>	+00:18:37 (46.1%)	8:02	7.5 (54.3%)
52	<b>WIŚNIK Marcin</b>	<b>190</b>		Open -M	34	<b>00:40:22.22</b>	+00:18:48 (46.4%)	8:04	7.4 (53.6%)
53	<b>DZIERZAWA Tomasz</b>	<b>145</b>		Open -M	35	<b>00:40:51.86</b>	+00:19:14 (46.9%)	8:10	7.3 (52.9%)
54	<b>SAROSIK Anna</b>	<b>173</b>		Open -K	19	<b>00:41:41.87</b>	+00:20:06 (48.0%)	8:20	7.2 (52.2%)
55	<b>NITA Katarzyna</b>	<b>166</b>		Open -K	20	<b>00:42:34.72</b>	+00:20:58 (49.1%)	8:30	7 (50.7%)
56	<b>SZOPA Łukasz</b>	<b>182</b>		Open -M	36	<b>00:43:13.99</b>	+00:21:41 (49.9%)	8:38	6.9 (50.0%)
57	<b>SKRĘTNY Mariusz</b>	<b>46</b>		Open -M	37	<b>00:43:47.58</b>	+00:22:17 (50.6%)	8:45	6.9 (50.0%)

Znaleziono 57 wynik(ów)