

# CHARYTATYWNY BIEG

B4SPORT  
INTELIGENTNE ZAWODY SPORTOWE

**Wydarzenie:** Charytatywny Bieg Wolności  
**Organizator:** Stowarzyszenie Pozytywni z Pasją  
**Data:** 2022-08-07  
**Miejsce:** Jastrowie  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	KUŚMIDER Andrzej	119	CZAPLINEK	OPEN-M	1	00:18:17.28		3:39	16.4 (100%)
2	WOŹNIAK Grzegorz	165	12BWOT/MOSKRAJENKA	OPEN-M	2	00:19:32.56	+00:01:15 (6.4%)	3:54	15.4 (93.9%)
3	SZACHO - GŁUCHOWICZ Ryszard	148	ZRYW SYPNIEWO	OPEN-M	3	00:20:00.56	+00:01:43 (8.6%)	4:00	15 (91.5%)
4	MICHAŁOWSKI Piotr	110		OPEN-M	4	00:20:12.41	+00:01:55 (9.5%)	4:02	14.9 (90.9%)
5	ZDRENKA Mateusz	171		OPEN-M	5	00:20:38.68	+00:02:21 (11.4%)	4:07	14.5 (88.4%)
6	LECKI Mateusz	103	SZCZECINECCY BIEGACZE	OPEN-M	6	00:20:48.89	+00:02:31 (12.1%)	4:09	14.4 (87.8%)
7	IGNATOWICZ Radosław	180		OPEN-M	7	00:20:53.47	+00:02:36 (12.5%)	4:10	14.4 (87.8%)
8	WAŁDOCH Rafał	157	TEAM TERMINATORUN	OPEN-M	8	00:20:59.39	+00:02:42 (12.9%)	4:11	14.3 (87.2%)
9	CUBER Wojciech	195	#ZABIEGANINOCA	OPEN-M	9	00:21:04.58	+00:02:47 (13.2%)	4:12	14.2 (86.6%)
10	KACZMARZEWSKI Piotr	83	3:33 TEAM	OPEN-M	10	00:21:37.20	+00:03:19 (15.4%)	4:19	13.9 (84.8%)
11	SZABAŁOWSKA Małgorzata	147	SZCZECINECCY BIEGACZE	OPEN-K	1	00:22:08.87	+00:03:51 (17.4%)	4:25	13.6 (82.9%)
12	TRĘBSKI Krzysztof	155	#ZABIEGANINOCA	OPEN-M	11	00:22:14.95	+00:03:57 (17.8%)	4:26	13.5 (82.3%)
13	KUBIAK Piotr	96	PRECON POLSKA	OPEN-M	12	00:22:21.20	+00:04:03 (18.2%)	4:28	13.4 (81.7%)
14	KUKLINSKI Maciej	99	METROŻERCY	OPEN-M	13	00:22:21.77	+00:04:04 (18.2%)	4:28	13.4 (81.7%)
15	RYNDAK Mariusz	140		OPEN-M	14	00:22:24.41	+00:04:07 (18.4%)	4:28	13.4 (81.7%)
16	KOŃCZAK Magdalena	114		OPEN-K	2	00:22:27.54	+00:04:10 (18.6%)	4:29	13.4 (81.7%)
17	JABŁOŃSKI Andrzej	78	CZARNE BIEGA	OPEN-M	15	00:22:31.58	+00:04:14 (18.8%)	4:30	13.3 (81.1%)
18	JAWORUCKI Krystian	82		OPEN-M	16	00:22:54.29	+00:04:37 (20.2%)	4:34	13.1 (79.9%)
19	CYRUK Łukasz	70	RADNY RADY MIEJSKIEJ W JASTROWIU	OPEN-M	17	00:22:56.84	+00:04:39 (20.3%)	4:35	13.1 (79.9%)
20	CHOJECKI Grzegorz	68		OPEN-M	18	00:23:08.49	+00:04:51 (21.0%)	4:37	13 (79.3%)
21	WAŁDOCH Mateusz	158	TEAM TERMINATORUN	OPEN-M	19	00:23:15.13	+00:04:57 (21.3%)	4:39	12.9 (78.7%)
22	MERKEL Łukasz	115		OPEN-M	20	00:23:21.33	+00:05:04 (21.7%)	4:40	12.8 (78.0%)
23	KUBIŚ Paweł	97		OPEN-M	21	00:23:28.06	+00:05:10 (22.1%)	4:41	12.8 (78.0%)
24	PICZAK Łukasz	130	BRACIAK TEAM	OPEN-M	22	00:23:37.43	+00:05:20 (22.6%)	4:43	12.7 (77.4%)
25	KŁUNDUKOWSKA Paulina	87		OPEN-K	3	00:23:47.91	+00:05:30 (23.2%)	4:45	12.6 (76.8%)
26	BIELECKI Andrzej	63	3:33 TEAM	OPEN-M	23	00:24:04.81	+00:05:47 (24.1%)	4:48	12.5 (76.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
27	<b>WIELGUS Grzegorz</b>	<b>161</b>	MZWIK ŻŁOTÓW	OPEN-M	24	<b>00:24:20.88</b>	+00:06:03 (24.9%)	4:52	12.3 (75.0%)
28	<b>SKRENTNY Franciszek</b>	<b>143</b>		OPEN-M	25	<b>00:24:24.06</b>	+00:06:06 (25.1%)	4:52	12.3 (75.0%)
29	<b>SOBECKI Grzegorz</b>	<b>193</b>	LKS TARNOWIA TARNÓWKO	OPEN-M	26	<b>00:24:35.78</b>	+00:06:18 (25.6%)	4:55	12.2 (74.4%)
30	<b>ŁUC Bożena</b>	<b>120</b>		OPEN-K	4	<b>00:24:41.20</b>	+00:06:23 (25.9%)	4:56	12.2 (74.4%)
31	<b>PRZYBYŁOWICZ Małgorzata</b>	<b>134</b>	SZCZECINECCY BIEGACZE	OPEN-K	5	<b>00:24:45.45</b>	+00:06:28 (26.1%)	4:57	12.1 (73.8%)
32	<b>PTAK Aneta</b>	<b>135</b>	TEAM TERMINATORUN	OPEN-K	6	<b>00:25:02.67</b>	+00:06:45 (27.0%)	5:00	12 (73.2%)
33	<b>KOMORSKI Jacek</b>	<b>90</b>	TEAM TERMINATORUN	OPEN-M	27	<b>00:25:19.95</b>	+00:07:02 (27.8%)	5:03	11.8 (72.0%)
34	<b>OSTROWSKI Marian</b>	<b>118</b>		OPEN-M	28	<b>00:25:22.40</b>	+00:07:05 (27.9%)	5:04	11.8 (72.0%)
35	<b>KUICH Piotr</b>	<b>189</b>	GANKWIST	OPEN-M	29	<b>00:25:24.40</b>	+00:07:07 (28.0%)	5:04	11.8 (72.0%)
36	<b>GÓRA Agnieszka</b>	<b>45</b>	#ZABIEGANINOCA	OPEN-K	7	<b>00:25:29.95</b>	+00:07:12 (28.3%)	5:05	11.8 (72.0%)
37	<b>MELON Jacek</b>	<b>109</b>	BIEGAM	OPEN-M	30	<b>00:25:30.42</b>	+00:07:13 (28.3%)	5:06	11.8 (72.0%)
38	<b>TOWSTOKORY Marek</b>	<b>154</b>		OPEN-M	31	<b>00:25:39.17</b>	+00:07:21 (28.7%)	5:07	11.7 (71.3%)
39	<b>HOFFMANN Małgorzata</b>	<b>76</b>	TEAM TERMINATORUN	OPEN-K	8	<b>00:25:48.11</b>	+00:07:30 (29.1%)	5:09	11.6 (70.7%)
40	<b>BRONOWICKI Karol</b>	<b>196</b>		OPEN-M	32	<b>00:26:26.61</b>	+00:08:09 (30.8%)	5:17	11.3 (68.9%)
41	<b>SZYMCZAK Radosław</b>	<b>28</b>	PROTEKTOR	OPEN-M	33	<b>00:26:29.13</b>	+00:08:11 (31.0%)	5:17	11.3 (68.9%)
42	<b>URBAŃSKI Paweł</b>	<b>156</b>	TEAM TERMINATORUN	OPEN-K	9	<b>00:26:54.60</b>	+00:08:37 (32.0%)	5:22	11.2 (68.3%)
43	<b>KOZIEŁ Maciej</b>	<b>198</b>		OPEN-M	34	<b>00:26:58.39</b>	+00:08:41 (32.2%)	5:23	11.1 (67.7%)
44	<b>OCHNIO Ryszard</b>	<b>197</b>	POLONIA JASTROWIE START	OPEN-M	35	<b>00:27:06.96</b>	+00:08:49 (32.6%)	5:25	11.1 (67.7%)
45	<b>MICHNOWICZ Michał</b>	<b>111</b>		OPEN-M	36	<b>00:27:08.44</b>	+00:08:51 (32.6%)	5:25	11.1 (67.7%)
46	<b>KASZUBA Artur</b>	<b>84</b>	OSP ŁUGI	OPEN-M	37	<b>00:27:11.93</b>	+00:08:54 (32.8%)	5:26	11 (67.1%)
47	<b>DŁUGA Magdalena</b>	<b>71</b>		OPEN-K	10	<b>00:27:14.96</b>	+00:08:57 (32.9%)	5:26	11 (67.1%)
48	<b>BOBRYK Joanna</b>	<b>65</b>	SZCZECINECCY BIEGACZE	OPEN-K	11	<b>00:27:38.77</b>	+00:09:21 (33.8%)	5:31	10.9 (66.5%)
49	<b>KOKOWSKA Anna</b>	<b>88</b>	BBL ŻŁOTÓW	OPEN-K	12	<b>00:27:52.48</b>	+00:09:35 (34.4%)	5:34	10.8 (65.9%)
50	<b>SZKODA Mariusz</b>	<b>150</b>	3:33 TEAM	OPEN-M	38	<b>00:27:53.60</b>	+00:09:36 (34.4%)	5:34	10.8 (65.9%)
51	<b>ZIEMIAŃSKI Jacek</b>	<b>172</b>		OPEN-M	39	<b>00:27:55.75</b>	+00:09:38 (34.5%)	5:35	10.7 (65.2%)
52	<b>JARCZYŃSKI Roman</b>	<b>81</b>	REMOFLEX	OPEN-M	40	<b>00:27:56.23</b>	+00:09:38 (34.5%)	5:35	10.7 (65.2%)
53	<b>STEMLER Dariusz</b>	<b>144</b>	SPEED-DREW	OPEN-M	41	<b>00:28:04.89</b>	+00:09:47 (34.9%)	5:36	10.7 (65.2%)
54	<b>WENCKA Paweł</b>	<b>159</b>		OPEN-M	42	<b>00:28:19.50</b>	+00:10:02 (35.4%)	5:39	10.6 (64.6%)
55	<b>BOŁBOŁ Marcin</b>	<b>200</b>		OPEN-M	43	<b>00:28:30.98</b>	+00:10:13 (35.9%)	5:42	10.5 (64.0%)
56	<b>HERMANOWICZ Danuta</b>	<b>75</b>		OPEN-K	13	<b>00:28:46.65</b>	+00:10:29 (36.4%)	5:45	10.4 (63.4%)
57	<b>KOWALSKI Paweł</b>	<b>149</b>	TEAM TERMINATOR	OPEN-M	44	<b>00:28:57.13</b>	+00:10:39 (36.8%)	5:47	10.4 (63.4%)
58	<b>KUŻAJ Sławomir</b>	<b>102</b>	SAILING TEAM FERAJNA	OPEN-M	45	<b>00:29:04.65</b>	+00:10:47 (37.1%)	5:48	10.3 (62.8%)
59	<b>STRZELECKA Małgorzata</b>	<b>145</b>	SAILING TEAM FERAJNA	OPEN-K	14	<b>00:29:42.86</b>	+00:11:25 (38.5%)	5:56	10.1 (61.6%)
60	<b>KURKOWSKI Mateusz</b>	<b>121</b>		OPEN-M	46	<b>00:29:43.25</b>	+00:11:25 (38.5%)	5:56	10.1 (61.6%)
61	<b>SKRENTNY Andrzej</b>	<b>142</b>		OPEN-M	47	<b>00:29:44.24</b>	+00:11:26 (38.5%)	5:56	10.1 (61.6%)
62	<b>MACIEJCZAK Karolina</b>	<b>106</b>	SAILING TEAM FERAJNA	OPEN-K	15	<b>00:29:59.93</b>	+00:11:42 (39.0%)	5:59	10 (61.0%)
63	<b>LEDA Grzegorz</b>	<b>199</b>		OPEN-M	48	<b>00:30:19.21</b>	+00:12:01 (39.7%)	6:03	9.9 (60.4%)
64	<b>BANACZYK Wioletta</b>	<b>192</b>		OPEN-K	16	<b>00:30:33.87</b>	+00:12:16 (40.2%)	6:06	9.8 (59.8%)
65	<b>BUTOWICZ Adam</b>	<b>113</b>		OPEN-M	49	<b>00:30:34.58</b>	+00:12:17 (40.2%)	6:06	9.8 (59.8%)
66	<b>SZTECHMILER Katarzyna</b>	<b>151</b>	KLUB SPORTOWY HUSARIA SZCZECINEK	OPEN-K	17	<b>00:30:37.83</b>	+00:12:20 (40.3%)	6:07	9.8 (59.8%)
67	<b>SZULC Izabela</b>	<b>184</b>	MK-BUD ATLAS RACING TEAM	OPEN-K	18	<b>00:30:55.12</b>	+00:12:37 (40.9%)	6:11	9.7 (59.1%)
68	<b>KONIEC Krzysztof</b>	<b>91</b>		OPEN-M	50	<b>00:30:55.14</b>	+00:12:37 (40.9%)	6:11	9.7 (59.1%)
69	<b>ZAKIELARZ Jan</b>	<b>169</b>	PRECON POLSKA JASTROWIE	OPEN-M	51	<b>00:30:57.36</b>	+00:12:40 (40.9%)	6:11	9.7 (59.1%)
70	<b>ZAKIELARZ Piotr</b>	<b>168</b>	TEAM TERMINATORUN	OPEN-M	52	<b>00:30:59.13</b>	+00:12:41 (41.0%)	6:11	9.7 (59.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
71	<b>OGONOWSKI Marek</b>	<b>127</b>	OGON TEAM	OPEN-M	53	<b>00:31:21.24</b>	+00:13:03 (41.7%)	6:16	9.6 (58.5%)
72	<b>BARTON Krystyna</b>	<b>62</b>	PRZECHLEWO	OPEN-K	19	<b>00:31:23.36</b>	+00:13:06 (41.7%)	6:16	9.6 (58.5%)
73	<b>OGONOWSKA Ania</b>	<b>126</b>	OGON TEAM	OPEN-K	20	<b>00:31:23.88</b>	+00:13:06 (41.8%)	6:16	9.6 (58.5%)
74	<b>ROLA Weronika</b>	<b>138</b>	KLUB BIEGOWY TSK ORZEŁ OSIEK	OPEN-K	21	<b>00:31:43.13</b>	+00:13:25 (42.3%)	6:20	9.5 (57.9%)
75	<b>DZIERZAWA Tomasz</b>	<b>72</b>	BBL	OPEN-M	54	<b>00:31:47.37</b>	+00:13:30 (42.5%)	6:21	9.4 (57.3%)
76	<b>KULCZYŃSKA Alicja</b>	<b>100</b>		OPEN-K	22	<b>00:32:03.92</b>	+00:13:46 (43.0%)	6:24	9.4 (57.3%)
77	<b>BOROWIAK Agnieszka</b>	<b>67</b>		OPEN-K	23	<b>00:32:39.98</b>	+00:14:22 (44.0%)	6:31	9.2 (56.1%)
78	<b>KOZŁOWSKI Piotr</b>	<b>94</b>		OPEN-M	55	<b>00:32:50.80</b>	+00:14:33 (44.3%)	6:34	9.1 (55.5%)
79	<b>NDZIERZAWA Aleksandra</b>	<b>125</b>	BBL ŻŁOTÓW	OPEN-K	24	<b>00:33:02.17</b>	+00:14:44 (44.6%)	6:36	9.1 (55.5%)
80	<b>ZAKIELARZ Adriana</b>	<b>167</b>	TEAM TERMINATORUN	OPEN-K	25	<b>00:33:11.00</b>	+00:14:53 (44.9%)	6:38	9 (54.9%)
81	<b>KOMORSKA Sylwia</b>	<b>89</b>	TEAM TERMINATORUN	OPEN-K	26	<b>00:33:11.45</b>	+00:14:54 (44.9%)	6:38	9 (54.9%)
82	<b>PRZYBYŁ Kacper</b>	<b>64</b>	POLONIA JASTROWIE	OPEN-M	56	<b>00:33:20.33</b>	+00:15:03 (45.1%)	6:40	9 (54.9%)
83	<b>GABRYSZEWSKI Gracjan</b>	<b>139</b>	MKS POLONIA JASTROWIE	OPEN-M	57	<b>00:33:32.02</b>	+00:15:14 (45.5%)	6:42	8.9 (54.3%)
84	<b>SADOWSKA Mariola</b>	<b>141</b>		OPEN-K	27	<b>00:33:33.22</b>	+00:15:15 (45.5%)	6:42	8.9 (54.3%)
85	<b>WALENCIEJCZYK Agnieszka</b>	<b>191</b>		OPEN-K	28	<b>00:33:35.45</b>	+00:15:18 (45.6%)	6:43	8.9 (54.3%)
86	<b>BOŁBOT Jakub</b>	<b>66</b>	POLONIA JASTROWIE .	OPEN-M	58	<b>00:33:37.09</b>	+00:15:19 (45.6%)	6:43	8.9 (54.3%)
87	<b>NOWAK Barbara</b>	<b>123</b>		OPEN-K	29	<b>00:33:38.10</b>	+00:15:20 (45.6%)	6:43	8.9 (54.3%)
88	<b>NOWAK Sebastian</b>	<b>124</b>		OPEN-M	59	<b>00:33:39.24</b>	+00:15:21 (45.7%)	6:43	8.9 (54.3%)
89	<b>SOBIERAJ Aleksander</b>	<b>95</b>	MKS POLONIA JASTROWIE	OPEN-M	60	<b>00:33:39.41</b>	+00:15:22 (45.7%)	6:43	8.9 (54.3%)
90	<b>STRZELECKI Sebastian 'Kaszana'</b>	<b>146</b>	SAILING TEAM FERAJNA	OPEN-M	61	<b>00:33:52.59</b>	+00:15:35 (46.0%)	6:46	8.9 (54.3%)
91	<b>KURZAWIŃSKA-JABŁOŃSKA Kasia</b>	<b>101</b>	CZARNE BIEGA	OPEN-K	30	<b>00:33:53.84</b>	+00:15:36 (46.0%)	6:46	8.9 (54.3%)
92	<b>LIPIŃSKI Konrad</b>	<b>105</b>	MKS POLONIA JASTROWIE	OPEN-M	62	<b>00:33:55.19</b>	+00:15:37 (46.1%)	6:47	8.8 (53.7%)
93	<b>SZCZERBA Michał</b>	<b>170</b>	MKS POLONIA JASTROWIE	OPEN-M	63	<b>00:33:56.12</b>	+00:15:38 (46.1%)	6:47	8.8 (53.7%)
94	<b>JANKOWSKI Konrad</b>	<b>80</b>	POLONIA JASTROWIE	OPEN-M	64	<b>00:33:57.98</b>	+00:15:40 (46.2%)	6:47	8.8 (53.7%)
95	<b>KASZUBA Agnieszka</b>	<b>85</b>	OSP ŁUGI	OPEN-K	31	<b>00:34:39.25</b>	+00:16:21 (47.2%)	6:55	8.7 (53.0%)
96	<b>HOTOWIECKA Kinga</b>	<b>182</b>		OPEN-K	32	<b>00:34:49.54</b>	+00:16:32 (47.5%)	6:57	8.6 (52.4%)
97	<b>HOŁOWIECKI Marek</b>	<b>77</b>	CZERWONA CZAPKA HETMANA	OPEN-M	65	<b>00:34:49.58</b>	+00:16:32 (47.5%)	6:57	8.6 (52.4%)
98	<b>WIELGUS Jacek</b>	<b>162</b>	KAMIDO ŻŁOTÓW	OPEN-M	66	<b>00:34:58.27</b>	+00:16:40 (47.7%)	6:59	8.6 (52.4%)
99	<b>MATYSEK Ireneusz</b>	<b>116</b>		OPEN-M	67	<b>00:37:11.45</b>	+00:18:54 (50.8%)	7:26	8.1 (49.4%)
100	<b>MAZUR Gabriela</b>	<b>108</b>		OPEN-K	33	<b>00:38:05.77</b>	+00:19:48 (52.0%)	7:37	7.9 (48.2%)
101	<b>MAZUR Anna</b>	<b>107</b>		OPEN-K	34	<b>00:38:09.22</b>	+00:19:51 (52.1%)	7:37	7.9 (48.2%)
102	<b>CIOK Justyna</b>	<b>69</b>		OPEN-K	35	<b>00:38:39.60</b>	+00:20:22 (52.7%)	7:43	7.8 (47.6%)
103	<b>PROJS Sabina</b>	<b>128</b>		OPEN-K	36	<b>00:40:08.32</b>	+00:21:51 (54.4%)	8:01	7.5 (45.7%)
104	<b>TOMKOWIAK Aleksandra</b>	<b>152</b>	3:33 TEAM	OPEN-K	37	<b>00:41:38.53</b>	+00:23:21 (56.1%)	8:19	7.2 (43.9%)
105	<b>TOMKOWIAK Sławomir</b>	<b>153</b>	3:33 TEAM	OPEN-M	68	<b>00:41:39.11</b>	+00:23:21 (56.1%)	8:19	7.2 (43.9%)
106	<b>WRONA Józef</b>	<b>166</b>		OPEN-M	69	<b>00:42:48.08</b>	+00:24:30 (57.3%)	8:33	7 (42.7%)

Znaleziono 106 wynik(ów)