



DOBRA PIĄTKA - BIEG

B4SPORT

Wydarzenie: Dobra Piątka
Organizator: Stowarzyszenie BiegamBoLubię Team Police
Data: 2019-04-27
Miejsce: Dobra
Dystans: 5 km

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: M-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	SITARZ Damian	382		M20	1	00:16:26.20	00:16:27.10		3:17	18.2 (100%)
2	WILK Rafał	378		M30	1	00:16:47.10	00:16:48.95	+00:00:21 (2.2%)	3:21	17.9 (98.4%)
3	RUSEK Kamil	274		M30	2	00:16:56.05	00:16:57.45	+00:00:30 (3.0%)	3:23	17.7 (97.3%)
4	SIECZKOWSKI Michał	281	KB PIONIER SZCZECIN	M30	3	00:17:00.50	00:17:02.25	+00:00:35 (3.4%)	3:24	17.6 (96.7%)
5	DYCZYŃSKI Leszek	71	1BPZMOT/12BZ	M30	4	00:17:30.00	00:17:32.20	+00:01:05 (6.2%)	3:30	17.1 (94.0%)
6	KAPŁANIAK Adrian	127	WIECZORNE BIEGANIE W SZCZECINIE	M30	5	00:18:05.90	00:18:06.55	+00:01:39 (9.2%)	3:37	16.6 (91.2%)
7	GORSZKA Damian	87	PARKRUN SZCZECIN	M20	2	00:18:12.70	00:18:13.80	+00:01:46 (9.8%)	3:38	16.5 (90.7%)
8	MARYNOWSKI Marcin	210	ENEA SZCZECIN	M40	1	00:18:17.20	00:18:19.40	+00:01:52 (10.2%)	3:39	16.4 (90.1%)
9	GAŁAMAGA Radosław	79	GRUPA AZOTY POLICE / LOVELASY	M40	2	00:18:29.90	00:18:32.10	+00:02:05 (11.2%)	3:42	16.2 (89.0%)
10	OLEJARZ Damian	232		M30	6	00:18:43.30	00:18:45.30	+00:02:18 (12.3%)	3:44	16 (87.9%)
11	KUCZYŃSKI Paweł	163		M40	3	00:18:44.65	00:18:47.00	+00:02:19 (12.4%)	3:45	16 (87.9%)
12	GWARDIAK Bartłomiej	101	PRIME CARGO POLAND	M20	3	00:18:53.20	00:18:53.80	+00:02:26 (12.9%)	3:46	15.9 (87.4%)
13	HOPPE Grzegorz	103	WIECZORNE BIEGANIE W SZCZECINIE	M30	7	00:18:53.35	00:18:56.85	+00:02:29 (13.2%)	3:46	15.9 (87.4%)
14	DOLEŻEK Krystian	61		M40	4	00:19:10.55	00:19:14.15	+00:02:47 (14.5%)	3:50	15.6 (85.7%)
15	TOMCZAK Tomasz	330		M40	5	00:19:17.00	00:19:19.60	+00:02:52 (14.9%)	3:51	15.6 (85.7%)
16	KRASKIEWICZ Tomasz	152	BULK-CARGO PORT SZCZECIN	M50	1	00:19:29.05	00:19:32.70	+00:03:05 (15.8%)	3:53	15.4 (84.6%)
17	PRZYBYSZ Marcin	257		M30	8	00:19:37.55	00:19:45.90	+00:03:18 (16.8%)	3:55	15.3 (84.1%)
18	KANTORSKI Michał	126		M20	4	00:19:49.95	00:19:52.60	+00:03:25 (17.2%)	3:58	15.1 (83.0%)
19	ADAMSKI Janusz	5	DUOLIFE TEAM	M50	2	00:20:07.45	00:20:10.25	+00:03:43 (18.4%)	4:01	14.9 (81.9%)
20	KOLASA Konrad	138		M40	6	00:20:12.95	00:20:15.10	+00:03:48 (18.8%)	4:02	14.8 (81.3%)
21	GRYGORCEWICZ Jan	94		M50	3	00:20:28.15	00:20:30.35	+00:04:03 (19.8%)	4:05	14.7 (80.8%)
22	PAŁOSZ Daniel	241	WEGAS WOLIN	M40	7	00:20:41.40	00:20:43.70	+00:04:16 (20.6%)	4:08	14.5 (79.7%)
23	WARCZALOWSKI Arkadiusz	336		M40	8	00:20:40.95	00:20:44.40	+00:04:17 (20.7%)	4:08	14.5 (79.7%)
24	NAWROCKI Piotr	226	KB PIONIER	M50	4	00:20:41.70	00:20:44.45	+00:04:17 (20.7%)	4:08	14.5 (79.7%)
25	KRASNODEBSKI Konrad	155	BBL POLICE	M40	9	00:20:44.85	00:20:46.05	+00:04:18 (20.8%)	4:09	14.5 (79.7%)
26	MAKUCH Marcin	202		M40	10	00:20:42.30	00:20:47.65	+00:04:20 (20.9%)	4:08	14.5 (79.7%)
27	KRUK Bartosz	158		M30	9	00:20:44.90	00:20:49.15	+00:04:22 (21.0%)	4:09	14.5 (79.7%)
28	WAWRZYŃIAK Mariusz	339		M40	11	00:20:48.35	00:20:51.00	+00:04:23 (21.1%)	4:09	14.4 (79.1%)
29	ŚCIERKO Dawid	325	DZIKIE WIEPRZE	M20	5	00:20:44.30	00:20:53.50	+00:04:26 (21.3%)	4:08	14.5 (79.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
30	KURPIEWSKI Piotr	168		M20	6	00:20:44.80	00:20:57.80	+00:04:30 (21.5%)	4:08	14.5 (79.7%)
31	SAMOTYJA Paweł	389	PAMAR MYJNIA	M40	12	00:21:03.00	00:21:05.90	+00:04:38 (22.0%)	4:12	14.3 (78.6%)
32	BUDZIŃSKI Bartosz	31		M30	10	00:21:10.60	00:21:15.40	+00:04:48 (22.6%)	4:14	14.2 (78.0%)
33	BAGIŃSKI Marcin	13	KONIUCHY OCR	M30	11	00:21:18.70	00:21:19.30	+00:04:52 (22.8%)	4:15	14.1 (77.5%)
34	BULSA Marcin	35	PYRZYCE BIEGAJĄ	M40	13	00:21:21.20	00:21:25.50	+00:04:58 (23.2%)	4:16	14.1 (77.5%)
35	CHMIELEWSKI Janusz	40	CHMIELEWSKI TEAM-BBL POLICE	M60	1	00:21:28.10	00:21:28.85	+00:05:01 (23.4%)	4:17	14 (76.9%)
36	SZCZEŚNIAK Piotr	383		M40	14	00:21:20.60	00:21:31.35	+00:05:04 (23.6%)	4:16	14.1 (77.5%)
37	KOWALCZYK Jan	148		M40	15	00:21:29.40	00:21:33.10	+00:05:06 (23.7%)	4:18	14 (76.9%)
38	MÓWIŃSKI Tomasz	222		M40	16	00:21:26.35	00:21:33.45	+00:05:06 (23.7%)	4:17	14 (76.9%)
39	CHYTRA Daniel	43	LZS GROM STOLEC	M20	7	00:21:16.90	00:21:36.30	+00:05:09 (23.9%)	4:15	14.1 (77.5%)
40	KULIS Piotr	165		M20	8	00:21:43.15	00:21:44.90	+00:05:17 (24.4%)	4:20	13.8 (75.8%)
41	MARKS Maciej	208		M40	17	00:21:45.65	00:21:49.65	+00:05:22 (24.6%)	4:21	13.8 (75.8%)
42	HAWRYLAK Marcin	102	WOLNI W BIEGU/SOSW NR 1 DNR	M50	5	00:21:47.50	00:21:49.80	+00:05:22 (24.6%)	4:21	13.8 (75.8%)
43	DOŁĘGOWSKI Mariusz	63	BBL POLICE	M30	12	00:21:43.30	00:21:49.95	+00:05:22 (24.6%)	4:20	13.8 (75.8%)
44	PIWOWARSKI Darek	247	WIECZORNE BIEGANIE W SZCZECINIE	M40	18	00:21:51.55	00:21:54.75	+00:05:27 (24.9%)	4:22	13.7 (75.3%)
45	GALANT Ryszard	78		M20	9	00:21:48.95	00:21:57.15	+00:05:30 (25.1%)	4:21	13.8 (75.8%)
46	KRYWALD Rafal	161		M40	19	00:22:03.85	00:22:04.05	+00:05:36 (25.4%)	4:24	13.6 (74.7%)
47	STEFANIAK Paweł	295	14BUJ/12BZ	M30	13	00:22:01.95	00:22:10.65	+00:05:43 (25.8%)	4:24	13.6 (74.7%)
48	ŁAWNICZAK Sebastian	185		M40	20	00:22:08.70	00:22:13.60	+00:05:46 (26.0%)	4:25	13.5 (74.2%)
49	MISZCZAK Damian	218		M30	14	00:22:02.40	00:22:19.60	+00:05:52 (26.3%)	4:24	13.6 (74.7%)
50	SOCHACKI Krzysztof	289		M30	15	00:22:12.25	00:22:20.45	+00:05:53 (26.4%)	4:26	13.5 (74.2%)
51	KOWAL Tomasz	146		M40	21	00:22:09.60	00:22:25.40	+00:05:58 (26.6%)	4:26	13.5 (74.2%)
52	SZKUDLAREK Krzysztof	312		M50	6	00:22:29.60	00:22:34.10	+00:06:07 (27.1%)	4:30	13.3 (73.1%)
53	CEBULA Karol	37		M40	22	00:22:34.55	00:22:41.60	+00:06:14 (27.5%)	4:30	13.3 (73.1%)
54	HUSZCZA Piotrek	104	PYRZYCE BIEGAJĄ	M40	23	00:22:46.20	00:22:50.30	+00:06:23 (28.0%)	4:33	13.2 (72.5%)
55	WITORZĘĆ Dariusz	347		M40	24	00:22:49.10	00:22:53.85	+00:06:26 (28.2%)	4:33	13.1 (72.0%)
56	ZEMANKIEWICZ Łukasz	362	KANAŁ 6AM	M30	16	00:23:01.60	00:23:05.30	+00:06:38 (28.7%)	4:36	13 (71.4%)
57	ŻMUDA Krzysztof	369	HUSARIA RACE TEAM	M30	17	00:23:03.20	00:23:11.60	+00:06:44 (29.1%)	4:36	13 (71.4%)
58	WIRZMAN Rafał	372		M40	25	00:23:15.95	00:23:18.95	+00:06:51 (29.4%)	4:39	12.9 (70.9%)
59	KURLEJ Mariusz	167	KB HERMES GRYFINO	M50	7	00:23:13.25	00:23:22.90	+00:06:55 (29.6%)	4:38	12.9 (70.9%)
60	GRYGORCEWICZ Władysław	95	SKB DZIK POLICE	M60	2	00:23:22.15	00:23:27.20	+00:07:00 (29.9%)	4:40	12.8 (70.3%)
61	KOMAN Michał	140		M30	18	00:23:27.20	00:23:31.30	+00:07:04 (30.1%)	4:41	12.8 (70.3%)
62	CZERWIŃSKI Dariusz	48	LOVELASY	M50	8	00:23:32.30	00:23:33.70	+00:07:06 (30.2%)	4:42	12.7 (69.8%)
63	GRYGIELEWICZ Leszek	92		M50	9	00:23:35.25	00:23:40.75	+00:07:13 (30.5%)	4:43	12.7 (69.8%)
64	BOGACKI Jan	26	FREDKI	M20	10	00:23:38.85	00:23:48.25	+00:07:21 (30.9%)	4:43	12.7 (69.8%)
65	BUKOWIECKI Adam	34		M40	26	00:23:47.05	00:23:51.80	+00:07:24 (31.1%)	4:45	12.6 (69.2%)
66	URZĘDOWSKI Piotr	333		M30	19	00:23:53.90	00:23:55.50	+00:07:28 (31.2%)	4:46	12.6 (69.2%)
67	KOSZUTA Bartosz	144		M30	20	00:23:49.35	00:23:57.35	+00:07:30 (31.3%)	4:45	12.6 (69.2%)
68	DĄBROWSKI Grzegorz	57		M40	27	00:23:43.00	00:23:58.80	+00:07:31 (31.4%)	4:44	12.6 (69.2%)
69	ŚLUBOWSKI Dariusz	327		M40	28	00:23:56.35	00:24:08.80	+00:07:41 (31.9%)	4:47	12.5 (68.7%)
70	ZAGÓRSKI Paweł	355		M20	11	00:24:03.80	00:24:09.30	+00:07:42 (31.9%)	4:48	12.5 (68.7%)
71	JAKUBIAK Tomasz	374		M40	29	00:24:10.75	00:24:15.95	+00:07:48 (32.2%)	4:50	12.4 (68.1%)
72	BEREŚ Sylwester	18		M40	30	00:24:01.90	00:24:16.20	+00:07:49 (32.2%)	4:48	12.5 (68.7%)
73	BRATKO Przemysław	29		M20	12	00:24:26.60	00:24:30.80	+00:08:03 (32.9%)	4:53	12.3 (67.6%)

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74	JUCHA Kuba	117		M20	13	00:24:20.60	00:24:37.25	+00:08:10 (33.2%)	4:52	12.3 (67.6%)
75	SITEK Alfred	286		M30	21	00:24:23.05	00:24:37.85	+00:08:10 (33.2%)	4:52	12.3 (67.6%)
76	POGRANICZNY Paweł	253		M40	31	00:24:24.70	00:24:38.15	+00:08:11 (33.2%)	4:53	12.3 (67.6%)
77	ŁUKASIEWICZ Robert	189		M40	32	00:24:35.70	00:24:43.00	+00:08:15 (33.4%)	4:55	12.2 (67.0%)
78	DENISIUK Krzysztof	59	SZCZECIN	M60	3	00:24:40.70	00:24:45.30	+00:08:18 (33.5%)	4:56	12.2 (67.0%)
79	DĄBROWSKI Sławek	58		M40	33	00:24:46.90	00:24:52.85	+00:08:25 (33.9%)	4:57	12.1 (66.5%)
80	GOCAL Andrzej	85	UKL ÓSEMKA POLICE	M50	10	00:24:40.20	00:24:58.10	+00:08:31 (34.1%)	4:56	12.2 (67.0%)
81	DOMAGALSKI Sławomir	64		M40	34	00:24:50.85	00:25:01.95	+00:08:34 (34.3%)	4:58	12.1 (66.5%)
82	BACHMATIUK Sławek	11		M40	35	00:24:56.60	00:25:09.70	+00:08:42 (34.6%)	4:59	12 (65.9%)
83	SZCZEPAŃSKI Artur	305	FREDKI	M40	36	00:25:13.15	00:25:24.35	+00:08:57 (35.2%)	5:02	11.9 (65.4%)
84	PEDA Leszek	244		M60	4	00:25:18.40	00:25:30.25	+00:09:03 (35.5%)	5:03	11.8 (64.8%)
85	GAZIŃSKI Przemysław	80	BYLE(DO)JECHAĆ	M30	22	00:25:36.30	00:25:48.90	+00:09:21 (36.3%)	5:07	11.7 (64.3%)
86	MAJCHRZAK Piotr	198		M40	37	00:25:48.80	00:25:57.95	+00:09:30 (36.6%)	5:09	11.6 (63.7%)
87	ŚLIWA Marek	398		M40	38	00:25:59.10	00:25:59.10	+00:09:32 (36.7%)	5:11	11.5 (63.2%)
88	CALY Przemek	36		M30	23	00:26:14.10	00:26:19.20	+00:09:52 (37.5%)	5:14	11.4 (62.6%)
89	MOFINA Piotr	219		M20	14	00:26:28.10	00:26:36.20	+00:10:09 (38.2%)	5:17	11.3 (62.1%)
90	BEJSTER Przemysław	17	WIECZORNE BIEGANIE W SZCZECINIE	M60	5	00:26:34.90	00:26:41.35	+00:10:14 (38.4%)	5:19	11.3 (62.1%)
91	BUGAJ Marcin	32		M30	24	00:26:36.80	00:26:42.65	+00:10:15 (38.4%)	5:19	11.3 (62.1%)
92	ROMANOWICZ Marek	268		M50	11	00:26:45.75	00:26:48.25	+00:10:21 (38.6%)	5:21	11.2 (61.5%)
93	LICHT Michał	176	EMEL ATHLETIC TEAM	M30	25	00:26:41.00	00:26:56.00	+00:10:28 (38.9%)	5:20	11.2 (61.5%)
94	CEMBIK Artur	39	EMEL ATHLETIC TEAM	M50	12	00:26:42.15	00:26:56.20	+00:10:29 (38.9%)	5:20	11.2 (61.5%)
95	OLEŚKIEWICZ Michał	234		M30	26	00:26:53.15	00:27:02.20	+00:10:35 (39.2%)	5:22	11.2 (61.5%)
96	POTASZ Robert	255		M40	39	00:27:18.05	00:27:28.20	+00:11:01 (40.1%)	5:27	11 (60.4%)
97	MLECZEK Roman	384	BABINEK BIEGA	M40	40	00:27:14.35	00:27:28.60	+00:11:01 (40.1%)	5:26	11 (60.4%)
98	DANKIEWICZ Jarosław	52		M40	41	00:27:17.05	00:27:30.95	+00:11:03 (40.2%)	5:27	11 (60.4%)
99	SZOSTAK Daniel	316		M40	42	00:27:45.65	00:28:03.95	+00:11:36 (41.4%)	5:33	10.8 (59.3%)
100	MAJEWSKI Karol	200		M30	27	00:28:16.55	00:28:24.55	+00:11:57 (42.1%)	5:39	10.6 (58.2%)
101	REWERS Artur	267	STOWARZYSZENIE BLIŻEJ SIEBIE	M40	43	00:28:37.00	00:28:41.90	+00:12:14 (42.7%)	5:43	10.5 (57.7%)
102	STELMACH Andrzej	296		M30	28	00:28:51.00	00:29:03.45	+00:12:36 (43.4%)	5:46	10.4 (57.1%)
103	BRZYSKI Łukasz	381		M30	29	00:29:03.25	00:29:07.70	+00:12:40 (43.5%)	5:48	10.3 (56.6%)
104	DOMINIAK Kamil	65	TRIGYM SZCZECIN	M30	30	00:28:50.55	00:29:08.15	+00:12:41 (43.5%)	5:46	10.4 (57.1%)
105	ZAMARIA Jerzy	357		M60	6	00:29:47.90	00:30:01.50	+00:13:34 (45.2%)	5:57	10.1 (55.5%)
106	KAWKA Arkadiusz	131		M50	13	00:29:43.55	00:30:02.65	+00:13:35 (45.2%)	5:56	10.1 (55.5%)
107	KUTTER Christoph	170	VFB PREUSSEN GMW	M60	7	00:30:19.35	00:30:22.65	+00:13:55 (45.8%)	6:03	9.9 (54.4%)
108	OCHAŁ Artur	391		M50	14	00:30:18.10	00:30:33.60	+00:14:06 (46.2%)	6:03	9.9 (54.4%)
109	STANIAK Maciej	294		M40	44	00:30:23.15	00:30:41.35	+00:14:14 (46.4%)	6:04	9.9 (54.4%)
110	CORCUERA Carlos	47		M50	15	00:31:42.15	00:31:49.20	+00:15:22 (48.3%)	6:20	9.5 (52.2%)
111	ŚWISTAK Grzegorz	328		M50	16	00:31:44.30	00:31:53.95	+00:15:26 (48.4%)	6:20	9.5 (52.2%)
112	RADZISZEWICZ Tomasz	262		M50	17	00:31:53.05	00:32:10.95	+00:15:43 (48.9%)	6:22	9.4 (51.6%)
113	ORLEWICZ Piotr	236	WIECZORNE BIEGANIE	M30	31	00:32:20.45	00:32:32.30	+00:16:05 (49.4%)	6:28	9.3 (51.1%)
114	STĘPIEŃ Hubert	297		M30	32	00:32:27.55	00:32:35.50	+00:16:08 (49.5%)	6:29	9.2 (50.5%)
115	ZBORALSKI Tomasz	379		M30	33	00:32:47.55	00:32:54.05	+00:16:26 (50.0%)	6:33	9.1 (50.0%)
116	KACZYŃSKI Artur	122		M40	45	00:33:06.50	00:33:17.20	+00:16:50 (50.6%)	6:37	9.1 (50.0%)
116	SZLARB Paweł	313	RAZ SZCZECIN	M50	18	00:33:02.25	00:33:17.20	+00:16:50 (50.6%)	6:36	9.1 (50.0%)

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118	OLECH Zbigniew	231	MHTZ	M40	46	00:34:58.25	00:35:11.75	+00:18:44 (53.3%)	6:59	8.6 (47.3%)
119	- -	46		M40	47	00:37:16.50	00:37:24.80	+00:20:57 (56.0%)	7:27	8.1 (44.5%)
120	ROSA Braian	269		M20	15	00:37:26.95	00:37:31.40	+00:21:04 (56.2%)	7:29	8 (44.0%)

Znaleziono 120 wynik(ów)