



# DOBRA PIĄTKA - BIEG

B4SPORT

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

**B4SPORT**  
INTELEGENTNE ZAWODY SPORTOWE

Klasyfikacja: M30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>WILK Rafał</b>	<b>378</b>		M30	1	<b>00:16:47.10</b>	<b>00:16:48.95</b>		3:21	17.9 (100%)
2	<b>RUSEK Kamil</b>	<b>274</b>		M30	2	<b>00:16:56.05</b>	<b>00:16:57.45</b>	+00:00:08 (0.8%)	3:23	17.7 (98.9%)
3	<b>SIECHKOWSKI Michał</b>	<b>281</b>	KB PIONIER SZCZECIN	M30	3	<b>00:17:00.50</b>	<b>00:17:02.25</b>	+00:00:13 (1.3%)	3:24	17.6 (98.3%)
4	<b>DYCZYŃSKI Leszek</b>	<b>71</b>	1BPZMOT/12BZ	M30	4	<b>00:17:30.00</b>	<b>00:17:32.20</b>	+00:00:43 (4.1%)	3:30	17.1 (95.5%)
5	<b>KAPŁANIAK Adrian</b>	<b>127</b>	WIECZORNE BIEGANIE W SZCZECINIE	M30	5	<b>00:18:05.90</b>	<b>00:18:06.55</b>	+00:01:17 (7.1%)	3:37	16.6 (92.7%)
6	<b>OLEJARZ Damian</b>	<b>232</b>		M30	6	<b>00:18:43.30</b>	<b>00:18:45.30</b>	+00:01:56 (10.3%)	3:44	16 (89.4%)
7	<b>HOPPE Grzegorz</b>	<b>103</b>	WIECZORNE BIEGANIE W SZCZECINIE	M30	7	<b>00:18:53.35</b>	<b>00:18:56.85</b>	+00:02:07 (11.3%)	3:46	15.9 (88.8%)
8	<b>PRZYBYSZ Marcin</b>	<b>257</b>		M30	8	<b>00:19:37.55</b>	<b>00:19:45.90</b>	+00:02:56 (14.9%)	3:55	15.3 (85.5%)
9	<b>KRUK Bartosz</b>	<b>158</b>		M30	9	<b>00:20:44.90</b>	<b>00:20:49.15</b>	+00:04:00 (19.2%)	4:09	14.5 (81.0%)
10	<b>BUDZIŃSKI Bartosz</b>	<b>31</b>		M30	10	<b>00:21:10.60</b>	<b>00:21:15.40</b>	+00:04:26 (20.9%)	4:14	14.2 (79.3%)
11	<b>BAGIŃSKI Marcin</b>	<b>13</b>	KONIUCHY OCR	M30	11	<b>00:21:18.70</b>	<b>00:21:19.30</b>	+00:04:30 (21.1%)	4:15	14.1 (78.8%)
12	<b>DOŁĘGOWSKI Mariusz</b>	<b>63</b>	BBL POLICE	M30	12	<b>00:21:43.30</b>	<b>00:21:49.95</b>	+00:05:01 (23.0%)	4:20	13.8 (77.1%)
13	<b>STEFANIAK Paweł</b>	<b>295</b>	14BUJ/12BZ	M30	13	<b>00:22:01.95</b>	<b>00:22:10.65</b>	+00:05:21 (24.2%)	4:24	13.6 (76.0%)
14	<b>MISZCZAK Damian</b>	<b>218</b>		M30	14	<b>00:22:02.40</b>	<b>00:22:19.60</b>	+00:05:30 (24.7%)	4:24	13.6 (76.0%)
15	<b>SOCHACKI Krzysztof</b>	<b>289</b>		M30	15	<b>00:22:12.25</b>	<b>00:22:20.45</b>	+00:05:31 (24.7%)	4:26	13.5 (75.4%)
16	<b>ZEMANKIEWICZ Łukasz</b>	<b>362</b>	KANAŁ 6AM	M30	16	<b>00:23:01.60</b>	<b>00:23:05.30</b>	+00:06:16 (27.2%)	4:36	13 (72.6%)
17	<b>ŻMUDA Krzysztof</b>	<b>369</b>	HUSARIA RACE TEAM	M30	17	<b>00:23:03.20</b>	<b>00:23:11.60</b>	+00:06:22 (27.5%)	4:36	13 (72.6%)
18	<b>KOMAN Michał</b>	<b>140</b>		M30	18	<b>00:23:27.20</b>	<b>00:23:31.30</b>	+00:06:42 (28.5%)	4:41	12.8 (71.5%)
19	<b>URZĘDOWSKI Piotr</b>	<b>333</b>		M30	19	<b>00:23:53.90</b>	<b>00:23:55.50</b>	+00:07:06 (29.7%)	4:46	12.6 (70.4%)
20	<b>KOSZUTA Bartosz</b>	<b>144</b>		M30	20	<b>00:23:49.35</b>	<b>00:23:57.35</b>	+00:07:08 (29.8%)	4:45	12.6 (70.4%)
21	<b>SITEK Alfred</b>	<b>286</b>		M30	21	<b>00:24:23.05</b>	<b>00:24:37.85</b>	+00:07:48 (31.7%)	4:52	12.3 (68.7%)
22	<b>GAZIŃSKI Przemysław</b>	<b>80</b>	BYLE(DO)JECHAĆ	M30	22	<b>00:25:36.30</b>	<b>00:25:48.90</b>	+00:08:59 (34.9%)	5:07	11.7 (65.4%)
23	<b>CALY Przemek</b>	<b>36</b>		M30	23	<b>00:26:14.10</b>	<b>00:26:19.20</b>	+00:09:30 (36.1%)	5:14	11.4 (63.7%)
24	<b>BUGAJ Marcin</b>	<b>32</b>		M30	24	<b>00:26:36.80</b>	<b>00:26:42.65</b>	+00:09:53 (37.0%)	5:19	11.3 (63.1%)
25	<b>LICHT Michał</b>	<b>176</b>	EMEL ATHLETIC TEAM	M30	25	<b>00:26:41.00</b>	<b>00:26:56.00</b>	+00:10:07 (37.6%)	5:20	11.2 (62.6%)
26	<b>OLEŚKIEWICZ Michał</b>	<b>234</b>		M30	26	<b>00:26:53.15</b>	<b>00:27:02.20</b>	+00:10:13 (37.8%)	5:22	11.2 (62.6%)
27	<b>MAJEWSKI Karol</b>	<b>200</b>		M30	27	<b>00:28:16.55</b>	<b>00:28:24.55</b>	+00:11:35 (40.8%)	5:39	10.6 (59.2%)
28	<b>STELMACH Andrzej</b>	<b>296</b>		M30	28	<b>00:28:51.00</b>	<b>00:29:03.45</b>	+00:12:14 (42.1%)	5:46	10.4 (58.1%)
29	<b>BRZYSKI Łukasz</b>	<b>381</b>		M30	29	<b>00:29:03.25</b>	<b>00:29:07.70</b>	+00:12:18 (42.3%)	5:48	10.3 (57.5%)

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30	<b>DOMINIAK Kamil</b>	<b>65</b>	TRIGYM SZCZECIN	M30	30	<b>00:28:50.55</b>	<b>00:29:08.15</b>	+00:12:19 (42.3%)	5:46	10.4 (58.1%)
31	<b>ORLEWICZ Piotr</b>	<b>236</b>	WIECZORNE BIEGANIE	M30	31	<b>00:32:20.45</b>	<b>00:32:32.30</b>	+00:15:43 (48.3%)	6:28	9.3 (52.0%)
32	<b>STĘPIEŃ Hubert</b>	<b>297</b>		M30	32	<b>00:32:27.55</b>	<b>00:32:35.50</b>	+00:15:46 (48.4%)	6:29	9.2 (51.4%)
33	<b>ZBORALSKI Tomasz</b>	<b>379</b>		M30	33	<b>00:32:47.55</b>	<b>00:32:54.05</b>	+00:16:05 (48.9%)	6:33	9.1 (50.8%)

Znaleziono 33 wynik(ów)