



# 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: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	MARYNOWSKI Marcin	210	ENEA SZCZECIN	M40	1	00:18:17.20	00:18:19.40		3:39	16.4 (100%)
2	GAŁAMAGA Radosław	79	GRUPA AZOTY POLICE / LOVELASY	M40	2	00:18:29.90	00:18:32.10	+00:00:12 (1.1%)	3:42	16.2 (98.8%)
3	KUCZYŃSKI Paweł	163		M40	3	00:18:44.65	00:18:47.00	+00:00:27 (2.4%)	3:45	16 (97.6%)
4	DOLEŻEK Krystian	61		M40	4	00:19:10.55	00:19:14.15	+00:00:54 (4.7%)	3:50	15.6 (95.1%)
5	TOMCZAK Tomasz	330		M40	5	00:19:17.00	00:19:19.60	+00:01:00 (5.2%)	3:51	15.6 (95.1%)
6	KOLASA Konrad	138		M40	6	00:20:12.95	00:20:15.10	+00:01:55 (9.5%)	4:02	14.8 (90.2%)
7	PAŁOSZ Daniel	241	WEGAS WOLIN	M40	7	00:20:41.40	00:20:43.70	+00:02:24 (11.6%)	4:08	14.5 (88.4%)
8	WARCZALOWSKI Arkadiusz	336		M40	8	00:20:40.95	00:20:44.40	+00:02:25 (11.7%)	4:08	14.5 (88.4%)
9	KRASNODĘBSKI Konrad	155	BBL POLICE	M40	9	00:20:44.85	00:20:46.05	+00:02:26 (11.8%)	4:09	14.5 (88.4%)
10	MAKUCH Marcin	202		M40	10	00:20:42.30	00:20:47.65	+00:02:28 (11.9%)	4:08	14.5 (88.4%)
11	WAWRZYŃIAK Mariusz	339		M40	11	00:20:48.35	00:20:51.00	+00:02:31 (12.1%)	4:09	14.4 (87.8%)
12	SAMOTYJA Paweł	389	PAMAR MYJNIA	M40	12	00:21:03.00	00:21:05.90	+00:02:46 (13.2%)	4:12	14.3 (87.2%)
13	BULSA Marcin	35	PYRZYCE BIEGAJĄ	M40	13	00:21:21.20	00:21:25.50	+00:03:06 (14.5%)	4:16	14.1 (86.0%)
14	SZCZEŚNIAK Piotr	383		M40	14	00:21:20.60	00:21:31.35	+00:03:11 (14.9%)	4:16	14.1 (86.0%)
15	KOWALCZYK Jan	148		M40	15	00:21:29.40	00:21:33.10	+00:03:13 (15.0%)	4:18	14 (85.4%)
16	MÓWIŃSKI Tomasz	222		M40	16	00:21:26.35	00:21:33.45	+00:03:14 (15.0%)	4:17	14 (85.4%)
17	MARKS Maciej	208		M40	17	00:21:45.65	00:21:49.65	+00:03:30 (16.1%)	4:21	13.8 (84.1%)
18	PIWOWARSKI Darek	247	WIECZORNE BIEGANIE W SZCZECINIE	M40	18	00:21:51.55	00:21:54.75	+00:03:35 (16.4%)	4:22	13.7 (83.5%)
19	KRYWALD Rafał	161		M40	19	00:22:03.85	00:22:04.05	+00:03:44 (17.0%)	4:24	13.6 (82.9%)
20	ŁAWNICZAK Sebastian	185		M40	20	00:22:08.70	00:22:13.60	+00:03:54 (17.6%)	4:25	13.5 (82.3%)
21	KOWAL Tomasz	146		M40	21	00:22:09.60	00:22:25.40	+00:04:06 (18.3%)	4:26	13.5 (82.3%)
22	CEBULA Karol	37		M40	22	00:22:34.55	00:22:41.60	+00:04:22 (19.3%)	4:30	13.3 (81.1%)
23	HUSZCZA Piotrek	104	PYRZYCE BIEGAJĄ	M40	23	00:22:46.20	00:22:50.30	+00:04:30 (19.8%)	4:33	13.2 (80.5%)
24	WITORZĘĆ Dariusz	347		M40	24	00:22:49.10	00:22:53.85	+00:04:34 (20.0%)	4:33	13.1 (79.9%)
25	WIRZMAN Rafał	372		M40	25	00:23:15.95	00:23:18.95	+00:04:59 (21.4%)	4:39	12.9 (78.7%)
26	BUKOWIECKI Adam	34		M40	26	00:23:47.05	00:23:51.80	+00:05:32 (23.2%)	4:45	12.6 (76.8%)
27	DĄBROWSKI Grzegorz	57		M40	27	00:23:43.00	00:23:58.80	+00:05:39 (23.6%)	4:44	12.6 (76.8%)
28	ŚLUBOWSKI Dariusz	327		M40	28	00:23:56.35	00:24:08.80	+00:05:49 (24.1%)	4:47	12.5 (76.2%)
29	JAKUBIAK Tomasz	374		M40	29	00:24:10.75	00:24:15.95	+00:05:56 (24.5%)	4:50	12.4 (75.6%)

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30	<b>BEREŚ Sylwester</b>	<b>18</b>		M40	30	<b>00:24:01.90</b>	<b>00:24:16.20</b>	+00:05:56 (24.5%)	4:48	12.5 (76.2%)
31	<b>POGRANICZNY Paweł</b>	<b>253</b>		M40	31	<b>00:24:24.70</b>	<b>00:24:38.15</b>	+00:06:18 (25.6%)	4:53	12.3 (75.0%)
32	<b>ŁUKASIEWICZ Robert</b>	<b>189</b>		M40	32	<b>00:24:35.70</b>	<b>00:24:43.00</b>	+00:06:23 (25.9%)	4:55	12.2 (74.4%)
33	<b>DĄBROWSKI Sławek</b>	<b>58</b>		M40	33	<b>00:24:46.90</b>	<b>00:24:52.85</b>	+00:06:33 (26.4%)	4:57	12.1 (73.8%)
34	<b>DOMAGALSKI Sławomir</b>	<b>64</b>		M40	34	<b>00:24:50.85</b>	<b>00:25:01.95</b>	+00:06:42 (26.8%)	4:58	12.1 (73.8%)
35	<b>BACHMATIUK Sławek</b>	<b>11</b>		M40	35	<b>00:24:56.60</b>	<b>00:25:09.70</b>	+00:06:50 (27.2%)	4:59	12 (73.2%)
36	<b>SZCZEPAŃSKI Artur</b>	<b>305</b>	FREDKI	M40	36	<b>00:25:13.15</b>	<b>00:25:24.35</b>	+00:07:04 (27.9%)	5:02	11.9 (72.6%)
37	<b>MAJCHRZAK Piotr</b>	<b>198</b>		M40	37	<b>00:25:48.80</b>	<b>00:25:57.95</b>	+00:07:38 (29.4%)	5:09	11.6 (70.7%)
38	<b>ŚLIWA Marek</b>	<b>398</b>		M40	38	<b>00:25:59.10</b>	<b>00:25:59.10</b>	+00:07:39 (29.5%)	5:11	11.5 (70.1%)
39	<b>POTASZ Robert</b>	<b>255</b>		M40	39	<b>00:27:18.05</b>	<b>00:27:28.20</b>	+00:09:08 (33.3%)	5:27	11 (67.1%)
40	<b>MLECZEK Roman</b>	<b>384</b>	BABINEK BIEGA	M40	40	<b>00:27:14.35</b>	<b>00:27:28.60</b>	+00:09:09 (33.3%)	5:26	11 (67.1%)
41	<b>DANKIEWICZ Jarosław</b>	<b>52</b>		M40	41	<b>00:27:17.05</b>	<b>00:27:30.95</b>	+00:09:11 (33.4%)	5:27	11 (67.1%)
42	<b>SZOSTAK Daniel</b>	<b>316</b>		M40	42	<b>00:27:45.65</b>	<b>00:28:03.95</b>	+00:09:44 (34.7%)	5:33	10.8 (65.9%)
43	<b>REWERS Artur</b>	<b>267</b>	STOWARZYSZENIE BLIŻEJ SIEBIE	M40	43	<b>00:28:37.00</b>	<b>00:28:41.90</b>	+00:10:22 (36.2%)	5:43	10.5 (64.0%)
44	<b>STANIAK Maciej</b>	<b>294</b>		M40	44	<b>00:30:23.15</b>	<b>00:30:41.35</b>	+00:12:21 (40.3%)	6:04	9.9 (60.4%)
45	<b>KACZYŃSKI Artur</b>	<b>122</b>		M40	45	<b>00:33:06.50</b>	<b>00:33:17.20</b>	+00:14:57 (45.0%)	6:37	9.1 (55.5%)
46	<b>OLECH Zbigniew</b>	<b>231</b>	MHTZ	M40	46	<b>00:34:58.25</b>	<b>00:35:11.75</b>	+00:16:52 (47.9%)	6:59	8.6 (52.4%)
47	- -	<b>46</b>		M40	47	<b>00:37:16.50</b>	<b>00:37:24.80</b>	+00:19:05 (51.0%)	7:27	8.1 (49.4%)

Znaleziono 47 wynik(ów)