



# DOBRA PIĄTKA - NW

B4SPORT

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

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>NAKONIECZNY Grzegorz</b>	<b>224</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	M40	1	<b>00:30:28.75</b>	<b>00:30:48.25</b>		6:05	9.8 (100%)
2	<b>LIPIŃSKI Karol</b>	<b>178</b>		M40	2	<b>00:30:54.35</b>	<b>00:31:17.45</b>	+00:00:29 (1.6%)	6:10	9.7 (99.0%)
3	<b>ZDANUK Artur</b>	<b>360</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	M40	3	<b>00:30:58.55</b>	<b>00:31:23.30</b>	+00:00:35 (1.9%)	6:11	9.7 (99.0%)
4	<b>KAŻMIERCZAK Norbert</b>	<b>132</b>	TUPTUP TEAM	M40	4	<b>00:32:29.05</b>	<b>00:32:54.95</b>	+00:02:06 (6.4%)	6:29	9.2 (93.9%)
5	<b>SZYMSKA Małgorzata</b>	<b>323</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K30	1	<b>00:32:47.55</b>	<b>00:33:09.50</b>	+00:02:21 (7.1%)	6:33	9.1 (92.9%)
6	<b>GŁADZIK Aleksander</b>	<b>82</b>	KOMPAS TEAM	M30	1	<b>00:33:08.45</b>	<b>00:33:32.20</b>	+00:02:43 (8.1%)	6:37	9 (91.8%)
7	<b>ŁEMPKOWSKI Janusz</b>	<b>188</b>	BBL POLICE	M40	5	<b>00:34:11.85</b>	<b>00:34:18.55</b>	+00:03:30 (10.2%)	6:50	8.8 (89.8%)
8	<b>LIPIŃSKA Karolina</b>	<b>177</b>		K30	2	<b>00:34:03.25</b>	<b>00:34:29.30</b>	+00:03:41 (10.7%)	6:48	8.8 (89.8%)
9	<b>PALIWODA Kasia</b>	<b>240</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	K40	1	<b>00:34:20.35</b>	<b>00:34:41.10</b>	+00:03:52 (11.2%)	6:52	8.7 (88.8%)
10	<b>LENER Sławomir</b>	<b>174</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50	1	<b>00:34:17.85</b>	<b>00:34:42.40</b>	+00:03:54 (11.2%)	6:51	8.7 (88.8%)
11	<b>GUZIKOWSKI Tomasz</b>	<b>100</b>	GUZIK TEAM SZCZECIN	M40	6	<b>00:34:27.30</b>	<b>00:34:50.85</b>	+00:04:02 (11.6%)	6:53	8.7 (88.8%)
12	<b>KAMIŃSKA Magdalena</b>	<b>125</b>	PUM SZCZECIN	K30	3	<b>00:34:29.80</b>	<b>00:34:51.75</b>	+00:04:03 (11.6%)	6:54	8.7 (88.8%)
13	<b>STACHOWICZ-HAWRYLAK Sylwia</b>	<b>293</b>	ZACHODNIOPM.CENTRUM ONKOLOGII	K40	2	<b>00:35:24.10</b>	<b>00:35:44.55</b>	+00:04:56 (13.8%)	7:04	8.5 (86.7%)
14	<b>CHOJNACKI Paweł</b>	<b>377</b>		M40	7	<b>00:35:33.45</b>	<b>00:36:01.00</b>	+00:05:12 (14.5%)	7:06	8.4 (85.7%)
15	<b>KUPNIEWSKA Aleksandra</b>	<b>166</b>	KOMPAS TEAM	K30	4	<b>00:36:20.15</b>	<b>00:36:47.75</b>	+00:05:59 (16.3%)	7:16	8.3 (84.7%)
16	<b>PARCHIMOWICZ Janusz</b>	<b>242</b>		M50	2	<b>00:36:41.70</b>	<b>00:36:56.40</b>	+00:06:08 (16.6%)	7:20	8.2 (83.7%)
17	<b>WOŹNIEWSKA Grażyna</b>	<b>350</b>	NORDICOWELOVE POLICE	K50	1	<b>00:36:35.95</b>	<b>00:36:56.55</b>	+00:06:08 (16.6%)	7:19	8.2 (83.7%)
18	<b>MADRAK Anna</b>	<b>193</b>		K40	3	<b>00:37:19.00</b>	<b>00:37:19.00</b>	+00:06:30 (17.5%)	7:27	8 (81.6%)
19	<b>GÓRSKA Dorota</b>	<b>90</b>		K50	2	<b>00:36:59.85</b>	<b>00:37:25.55</b>	+00:06:37 (17.7%)	7:24	8.1 (82.7%)
20	<b>GÓRSKA Agnieszka</b>	<b>89</b>	NORDICOWE LOVE POLICE	K40	4	<b>00:37:34.65</b>	<b>00:37:57.60</b>	+00:07:09 (18.9%)	7:31	8 (81.6%)
21	<b>NIEZGODA Adam</b>	<b>228</b>	KOMPAS TEAM	M40	8	<b>00:37:39.20</b>	<b>00:38:04.90</b>	+00:07:16 (19.1%)	7:31	8 (81.6%)
22	<b>BIELAWA Anna</b>	<b>21</b>		K40	5	<b>00:37:55.90</b>	<b>00:38:28.40</b>	+00:07:40 (19.9%)	7:35	7.9 (80.6%)
23	<b>LITWINIAK Klaudia</b>	<b>180</b>		K20	1	<b>00:38:12.35</b>	<b>00:38:28.80</b>	+00:07:40 (19.9%)	7:38	7.9 (80.6%)
24	<b>SOCHACKA Sylwia</b>	<b>288</b>		K20	2	<b>00:38:38.55</b>	<b>00:38:59.70</b>	+00:08:11 (21.0%)	7:43	7.8 (79.6%)
25	<b>RYBCZYK Paweł</b>	<b>276</b>	KOMPAS TEAM	M40	9	<b>00:39:01.40</b>	<b>00:39:27.20</b>	+00:08:38 (21.9%)	7:48	7.7 (78.6%)
26	<b>WALENT Marta</b>	<b>334</b>	WIECZORNE BIEGANIE W SZCZECINIE	K30	5	<b>00:39:15.55</b>	<b>00:39:36.90</b>	+00:08:48 (22.2%)	7:51	7.6 (77.6%)
27	<b>LATAŃSKA-WALENT Małgorzata</b>	<b>173</b>		K50	3	<b>00:39:13.75</b>	<b>00:39:37.35</b>	+00:08:49 (22.3%)	7:50	7.6 (77.6%)
28	<b>WYSOCKA Izabela</b>	<b>353</b>		K40	6	<b>00:39:19.85</b>	<b>00:39:40.60</b>	+00:08:52 (22.4%)	7:52	7.6 (77.6%)
29	<b>BOROWSKA Magdalena</b>	<b>27</b>		K40	7	<b>00:39:36.30</b>	<b>00:39:59.50</b>	+00:09:11 (23.0%)	7:55	7.6 (77.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
30	<b>KOTARSKA Małgorzata</b>	<b>145</b>	NORDICOWELOVEPOLICE	K50	4	<b>00:39:49.50</b>	<b>00:40:08.70</b>	+00:09:20 (23.3%)	7:57	7.5 (76.5%)
31	<b>ROSNER Bożena</b>	<b>270</b>	ALS SZCZECIN	K50	5	<b>00:39:41.35</b>	<b>00:40:11.45</b>	+00:09:23 (23.4%)	7:56	7.6 (77.6%)
32	<b>RUBAJ- FIEDZIUSZKO Anna</b>	<b>271</b>		K30	6	<b>00:39:52.00</b>	<b>00:40:16.05</b>	+00:09:27 (23.5%)	7:58	7.5 (76.5%)
33	<b>SIENKIEWICZ Malgorzata</b>	<b>283</b>	ROZBIEGANY ZAŁOM	K20	3	<b>00:40:03.60</b>	<b>00:40:19.10</b>	+00:09:30 (23.6%)	8:00	7.5 (76.5%)
34	<b>JAWORSKA Justyna</b>	<b>113</b>	JUSTYNA JAWORSKA	K30	7	<b>00:40:13.00</b>	<b>00:40:27.70</b>	+00:09:39 (23.9%)	8:02	7.5 (76.5%)
35	<b>BIELECKA Monika</b>	<b>22</b>	TUPTUP TEAM	K40	8	<b>00:40:10.15</b>	<b>00:40:29.15</b>	+00:09:40 (23.9%)	8:02	7.5 (76.5%)
36	<b>FALEŃSKI Rafał</b>	<b>72</b>		M40	10	<b>00:40:04.55</b>	<b>00:40:31.95</b>	+00:09:43 (24.0%)	8:00	7.5 (76.5%)
37	<b>KACA Jarosław</b>	<b>120</b>	SKB DZIK	M20	1	<b>00:40:16.25</b>	<b>00:40:42.25</b>	+00:09:54 (24.3%)	8:03	7.5 (76.5%)
38	<b>MICHALCZYK Katarzyna</b>	<b>213</b>		K30	8	<b>00:40:17.25</b>	<b>00:40:42.40</b>	+00:09:54 (24.3%)	8:03	7.4 (75.5%)
39	<b>SZWICHTENBERG Andrzej</b>	<b>321</b>	DKKS	M40	11	<b>00:40:33.15</b>	<b>00:40:52.15</b>	+00:10:03 (24.6%)	8:06	7.4 (75.5%)
40	<b>FUTYMA Karolina</b>	<b>76</b>		K30	9	<b>00:40:42.15</b>	<b>00:40:59.80</b>	+00:10:11 (24.9%)	8:08	7.4 (75.5%)
41	<b>CEBEREK - PŁOJCZYK Marcelina</b>	<b>395</b>		K50	6	<b>00:40:47.70</b>	<b>00:41:14.60</b>	+00:10:26 (25.3%)	8:09	7.4 (75.5%)
42	<b>ŻABOKLIICKA Monika</b>	<b>366</b>		K40	9	<b>00:40:56.45</b>	<b>00:41:26.85</b>	+00:10:38 (25.7%)	8:11	7.3 (74.5%)
43	<b>MALICKA Marzena</b>	<b>204</b>		K30	10	<b>00:41:18.85</b>	<b>00:41:39.75</b>	+00:10:51 (26.1%)	8:15	7.3 (74.5%)
44	<b>DASZKIEWICZ Beata</b>	<b>53</b>		K40	10	<b>00:41:22.05</b>	<b>00:41:42.60</b>	+00:10:54 (26.1%)	8:16	7.3 (74.5%)
45	<b>DOBROWOLSKA Dorota</b>	<b>60</b>	ALS SZCZECIN	K50	7	<b>00:41:28.10</b>	<b>00:41:56.55</b>	+00:11:08 (26.6%)	8:17	7.2 (73.5%)
46	<b>FRONTCZAK Ireneusz</b>	<b>75</b>		M40	12	<b>00:41:32.30</b>	<b>00:41:56.80</b>	+00:11:08 (26.6%)	8:18	7.2 (73.5%)
47	<b>JANOWSKA Czesława Urszula</b>	<b>109</b>		K50	8	<b>00:41:46.15</b>	<b>00:42:14.30</b>	+00:11:26 (27.1%)	8:21	7.2 (73.5%)
48	<b>JANOWSKA-SZYBIAK Karolina</b>	<b>110</b>		K30	11	<b>00:41:45.10</b>	<b>00:42:14.40</b>	+00:11:26 (27.1%)	8:21	7.2 (73.5%)
49	<b>MAIK Magdalena</b>	<b>195</b>	DKS POZIOMKOWA	K40	11	<b>00:42:32.85</b>	<b>00:42:46.90</b>	+00:11:58 (28.0%)	8:30	7.1 (72.4%)
50	<b>KLITYŃSKA Agnieszka</b>	<b>137</b>		K30	12	<b>00:42:23.25</b>	<b>00:42:54.40</b>	+00:12:06 (28.2%)	8:28	7.1 (72.4%)
51	<b>SZUĆKO Ilona</b>	<b>318</b>		K30	13	<b>00:42:28.05</b>	<b>00:42:54.85</b>	+00:12:06 (28.2%)	8:29	7.1 (72.4%)
52	<b>GŁADZIK Anna</b>	<b>83</b>	KOMPAS TEAM	K30	14	<b>00:42:39.80</b>	<b>00:42:55.95</b>	+00:12:07 (28.2%)	8:31	7 (71.4%)
53	<b>ŻARCZYŃSKA Iwona</b>	<b>368</b>		K40	12	<b>00:42:48.35</b>	<b>00:43:09.50</b>	+00:12:21 (28.6%)	8:33	7 (71.4%)
54	<b>LITWINIAK Patrycja</b>	<b>181</b>		K20	4	<b>00:42:48.75</b>	<b>00:43:10.20</b>	+00:12:21 (28.6%)	8:33	7 (71.4%)
55	<b>KARCZEWSKA Danuta</b>	<b>128</b>		K40	13	<b>00:42:52.90</b>	<b>00:43:18.00</b>	+00:12:29 (28.9%)	8:34	7 (71.4%)
56	<b>KARCZEWSKI Jarosław</b>	<b>129</b>		M50	3	<b>00:42:53.25</b>	<b>00:43:18.40</b>	+00:12:30 (28.9%)	8:34	7 (71.4%)
57	<b>ZAGRODZKA Magdalena</b>	<b>356</b>	STOWARZYSZENIE MY W GMINIE DOBRA	K40	14	<b>00:42:58.90</b>	<b>00:43:21.40</b>	+00:12:33 (29.0%)	8:35	7 (71.4%)
58	<b>SZULC Magdalena</b>	<b>319</b>		K50	9	<b>00:42:53.55</b>	<b>00:43:23.00</b>	+00:12:34 (29.0%)	8:34	7 (71.4%)
59	<b>SZCZUROWSKI Łukasz</b>	<b>309</b>		M20	2	<b>00:43:03.55</b>	<b>00:43:32.15</b>	+00:12:43 (29.2%)	8:36	7 (71.4%)
60	<b>ŁABĘDŹ Małgorzata</b>	<b>172</b>		K40	15	<b>00:43:01.60</b>	<b>00:43:33.90</b>	+00:12:45 (29.3%)	8:36	7 (71.4%)
61	<b>WRÓBEL Karolina</b>	<b>352</b>		K30	15	<b>00:43:04.15</b>	<b>00:43:34.05</b>	+00:12:45 (29.3%)	8:37	7 (71.4%)
62	<b>SIBILA Aneta</b>	<b>280</b>		K30	16	<b>00:43:22.85</b>	<b>00:43:48.50</b>	+00:13:00 (29.7%)	8:40	6.9 (70.4%)
63	<b>MOTYL Olga</b>	<b>220</b>		K30	17	<b>00:43:29.40</b>	<b>00:43:49.65</b>	+00:13:01 (29.7%)	8:41	6.9 (70.4%)
64	<b>CEGLARSKA-ZACHA Liliana</b>	<b>290</b>		K50	10	<b>00:43:29.90</b>	<b>00:43:50.00</b>	+00:13:01 (29.7%)	8:42	6.9 (70.4%)
65	<b>DROZD-DĄBROWSKA Marzena</b>	<b>67</b>		K40	16	<b>00:43:31.65</b>	<b>00:43:50.50</b>	+00:13:02 (29.7%)	8:42	6.9 (70.4%)
66	<b>CZUDEK Agnieszka</b>	<b>49</b>		K30	18	<b>00:43:59.90</b>	<b>00:44:20.15</b>	+00:13:31 (30.5%)	8:48	6.8 (69.4%)
67	<b>ZIÓŁKO Ewelina</b>	<b>365</b>		K20	5	<b>00:43:47.65</b>	<b>00:44:20.95</b>	+00:13:32 (30.5%)	8:45	6.9 (70.4%)
68	<b>KOWALEWSKA Kinga</b>	<b>149</b>		K20	6	<b>00:43:48.05</b>	<b>00:44:21.15</b>	+00:13:32 (30.5%)	8:45	6.8 (69.4%)
69	<b>PIECHOTA Katarzyna</b>	<b>246</b>	ZMĘCZONA SEZONEM	K40	17	<b>00:44:01.40</b>	<b>00:44:25.55</b>	+00:13:37 (30.7%)	8:48	6.8 (69.4%)
70	<b>SZKUDLAREK Elżbieta</b>	<b>311</b>		K50	11	<b>00:44:04.20</b>	<b>00:44:26.65</b>	+00:13:38 (30.7%)	8:48	6.8 (69.4%)
71	<b>DĄBKOWSKA Ewa</b>	<b>54</b>		K40	18	<b>00:44:00.65</b>	<b>00:44:27.40</b>	+00:13:39 (30.7%)	8:48	6.8 (69.4%)
72	<b>GRZYBOWSKA Agnieszka</b>	<b>98</b>		K30	19	<b>00:44:07.00</b>	<b>00:44:34.80</b>	+00:13:46 (30.9%)	8:49	6.8 (69.4%)
73	<b>MILEWSKA Gosia</b>	<b>217</b>	1979	K40	19	<b>00:44:13.45</b>	<b>00:44:41.15</b>	+00:13:52 (31.1%)	8:50	6.8 (69.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
74	<b>WOJTAL Anna</b>	<b>348</b>	NORDICOWELOVE	K50	12	<b>00:44:27.45</b>	<b>00:44:44.15</b>	+00:13:55 (31.1%)	8:53	6.7 (68.4%)
75	<b>SZCZUROWSKA Joanna</b>	<b>308</b>		K40	20	<b>00:44:17.90</b>	<b>00:44:46.30</b>	+00:13:58 (31.2%)	8:51	6.8 (69.4%)
76	<b>JUCHA Iza</b>	<b>116</b>		K50	13	<b>00:44:16.60</b>	<b>00:44:47.25</b>	+00:13:59 (31.2%)	8:51	6.8 (69.4%)
77	<b>KOWALEWSKA Beata</b>	<b>150</b>		K50	14	<b>00:44:34.35</b>	<b>00:45:04.45</b>	+00:14:16 (31.7%)	8:54	6.7 (68.4%)
78	<b>ŻARCZYŃSKA Klaudia</b>	<b>367</b>		K20	7	<b>00:44:57.35</b>	<b>00:45:17.45</b>	+00:14:29 (32.0%)	8:59	6.7 (68.4%)
79	<b>SZWICHTENBERG Ewa</b>	<b>320</b>		K40	21	<b>00:45:04.00</b>	<b>00:45:22.10</b>	+00:14:33 (32.1%)	9:00	6.7 (68.4%)
80	<b>ANTOSIK Renata</b>	<b>8</b>		K50	15	<b>00:45:53.95</b>	<b>00:46:16.85</b>	+00:15:28 (33.4%)	9:10	6.5 (66.3%)
81	<b>TATYS Katarzyna</b>	<b>329</b>		K30	20	<b>00:46:17.70</b>	<b>00:46:45.10</b>	+00:15:56 (34.1%)	9:15	6.5 (66.3%)
82	<b>GRALAK Joanna</b>	<b>91</b>		K30	21	<b>00:46:18.55</b>	<b>00:46:45.60</b>	+00:15:57 (34.1%)	9:15	6.5 (66.3%)
83	<b>SIENKIEWICZ Jolanta</b>	<b>284</b>	ROZBIEGANY ZAŁOM	K50	16	<b>00:46:53.55</b>	<b>00:47:09.55</b>	+00:16:21 (34.7%)	9:22	6.4 (65.3%)
84	<b>SZLARB Zofia</b>	<b>315</b>		K50	17	<b>00:46:51.70</b>	<b>00:47:14.60</b>	+00:16:26 (34.8%)	9:22	6.4 (65.3%)
85	<b>NIJAK Monika</b>	<b>229</b>	DZIEWCZYNY Z KOSODRZEWINY	K30	22	<b>00:46:55.35</b>	<b>00:47:26.05</b>	+00:16:37 (35.1%)	9:23	6.4 (65.3%)
86	<b>PUCHAŁA Marta</b>	<b>258</b>		K20	8	<b>00:47:50.55</b>	<b>00:48:20.90</b>	+00:17:32 (36.3%)	9:34	6.3 (64.3%)
87	<b>BUDEK Urszula</b>	<b>30</b>		K50	18	<b>00:47:51.80</b>	<b>00:48:21.20</b>	+00:17:32 (36.3%)	9:34	6.3 (64.3%)
88	<b>MĄDRASZEWSKA Wioletta</b>	<b>211</b>		K50	19	<b>00:48:04.60</b>	<b>00:48:33.90</b>	+00:17:45 (36.6%)	9:36	6.2 (63.3%)
89	<b>ANTCZAK Mateusz</b>	<b>7</b>		M20	3	<b>00:48:32.65</b>	<b>00:48:48.30</b>	+00:18:00 (36.9%)	9:42	6.2 (63.3%)
90	<b>WIOLETA REĆKO Wioleta</b>	<b>345</b>		K30	23	<b>00:48:26.60</b>	<b>00:48:48.90</b>	+00:18:00 (36.9%)	9:41	6.2 (63.3%)
91	<b>MIKUŁA Bogumiła</b>	<b>216</b>		K50	20	<b>00:48:25.55</b>	<b>00:48:56.50</b>	+00:18:08 (37.1%)	9:41	6.2 (63.3%)
92	<b>ANTOSIK Joanna</b>	<b>9</b>		K30	24	<b>00:50:03.70</b>	<b>00:50:25.20</b>	+00:19:36 (38.9%)	10:00	6 (61.2%)
93	<b>SZYSZKOWSKA Katarzyna</b>	<b>324</b>	KALMAR RUNNERS	K30	25	<b>00:50:41.45</b>	<b>00:51:13.35</b>	+00:20:25 (39.9%)	10:08	5.9 (60.2%)
94	<b>GĄGALSKA Weronika</b>	<b>81</b>		K30	26	<b>00:50:42.85</b>	<b>00:51:13.65</b>	+00:20:25 (39.9%)	10:08	5.9 (60.2%)
94	<b>KROTECKA Anna</b>	<b>156</b>	1986	K30	27	<b>00:50:41.35</b>	<b>00:51:13.65</b>	+00:20:25 (39.9%)	10:08	5.9 (60.2%)
96	<b>KIELISZEK Gabriela</b>	<b>136</b>		K50	21	<b>00:51:08.50</b>	<b>00:51:37.40</b>	+00:20:49 (40.3%)	10:13	5.9 (60.2%)
97	<b>DĄBROWSKA Edyta</b>	<b>55</b>	STOWARZYSZENIE MY W GMINIE DOBRA	K40	22					(0.0%)
98	<b>PUCHAŁA Halina</b>	<b>259</b>		K40	23					(0.0%)

Znaleziono 98 wynik(ów)