



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

EKSTREMALNY BIEG TERENOWY
Urząd Gminy Sianów
2018-05-01
Sianów
6.750 km

EKSTREMALNY BIEG TERENOWY

B4SPORT



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Finish_All 3.375km	Czas netto 6.75km	Różn	Tempo min/km	Tempo km/h
1	JAROSZ Wiesław	89	JW1223/BLOG	M-40	1	00:15:18	00:29:54.95		4:25	13.5 (100%)
2	STEBELSKI Jasiak	7		M-30	1	00:15:24	00:30:09.50	+00:00:14 (0.8%)	4:28	13.4 (99.3%)
3	USTIANOWSKI Wojciech	55	JW1223	M-30	2	00:16:20	00:31:48.60	+00:01:53 (6.0%)	4:42	12.7 (94.1%)
4	FAMULSKI Cezary	63	PWSZ KOSZALIN	M-30	3	00:16:41	00:32:07.50	+00:02:12 (6.9%)	4:45	12.6 (93.3%)
5	POŁUBIŃSKI Paweł	34	HUSARIA RACE TEAM	M-30	4	00:16:42	00:32:09.10	+00:02:14 (7.0%)	4:45	12.6 (93.3%)
6	ROKOSZ Radosław	60	8 KOSZALIŃSKI PUŁK PRZECIWLOTNICZY	M-30	5	00:16:43	00:33:22.70	+00:03:27 (10.4%)	4:56	12.1 (89.6%)
7	ZWOLIŃSKI Jan	52	TKKF KOSZALIN	M-50	1	00:17:28	00:33:39.20	+00:03:44 (11.1%)	4:59	12 (88.9%)
8	SIENIAWSKI Jarosław	43	MEDEN-INMED SPORTS TEAM	M-40	2	00:17:32	00:33:45.80	+00:03:50 (11.4%)	5:00	12 (88.9%)
9	SZULC Arek	4		M-40	3	00:17:35	00:33:56.45	+00:04:01 (11.9%)	5:01	11.9 (88.1%)
10	CZAPLIŃSKI Jacek	18	TAGER KOSZALIN	M-30	6	00:17:34	00:34:00.95	+00:04:06 (12.1%)	5:02	11.9 (88.1%)
11	KADEJ Szymon	23	LUFATEAM	M-16	1	00:17:31	00:34:07.30	+00:04:12 (12.3%)	5:03	11.9 (88.1%)
12	SOSNOWSKI Tomasz	39	MEDEN-INMED SPORTS TEAM	M-16	2	00:17:32	00:34:46.75	+00:04:51 (14.0%)	5:09	11.6 (85.9%)
13	PAWŁOWICZ Roland	35	HUSARIA RACE TEAM	M-16	3	00:18:07	00:35:03.00	+00:05:08 (14.6%)	5:11	11.6 (85.9%)
14	PICK Tomasz	80	DEAF KOSZALIN	M-40	4	00:17:50	00:35:06.90	+00:05:11 (14.8%)	5:12	11.5 (85.2%)
15	KUŁAKOWSKI Dawid	51	TKKF KOSZALIN	M-40	5	00:18:12	00:35:30.65	+00:05:35 (15.8%)	5:15	11.4 (84.4%)
16	GLAZER Piotr	86	MODLITWA BIEGANIA GRYFINO	M-16	4	00:18:12	00:35:51.70	+00:05:56 (16.6%)	5:18	11.3 (83.7%)
17	BŁĘDZKI Adam	32	LUBASZ	M-30	7	00:18:52	00:36:02.85	+00:06:07 (17.0%)	5:20	11.2 (83.0%)
18	DOMAŃSKI Andrzej	77		M-40	6	00:18:29	00:37:00.75	+00:07:05 (19.2%)	5:28	10.9 (80.7%)
19	CHOŁUJ Jarosław	5		M-40	7	00:19:10	00:37:15.95	+00:07:21 (19.7%)	5:31	10.9 (80.7%)
20	ŁABEJSZA Łukasz	9	WOJOWNICY WÓDY	M-30	8	00:19:06	00:37:36.15	+00:07:41 (20.4%)	5:34	10.8 (80.0%)
21	FRONTCZAK Izabela	64	HUSARIA RACE TEAM	K-30	1	00:18:51	00:38:07.35	+00:08:12 (21.5%)	5:38	10.6 (78.5%)
22	SZEWCZYK Paweł	20		M-16	5	00:20:23	00:38:09.95	+00:08:15 (21.6%)	5:39	10.6 (78.5%)
23	PODAWCA Łukasz	19	JW 1223 KOSZALIN	M-30	9	00:20:02	00:38:27.05	+00:08:32 (22.2%)	5:41	10.5 (77.8%)
24	JAROSZ Jakub	50	TKKF KOSZALIN	M-16	6	00:19:46	00:38:37.40	+00:08:42 (22.5%)	5:43	10.5 (77.8%)
25	RESPONDEK Dariusz	31		M-40	8	00:20:36	00:38:43.35	+00:08:48 (22.7%)	5:44	10.5 (77.8%)
26	SOKOŁOWSKI Maciej	76		M-30	10	00:19:51	00:38:52.35	+00:08:57 (23.0%)	5:45	10.4 (77.0%)
27	SADOSKI Tomasz	11		M-30	11	00:20:16	00:39:03.35	+00:09:08 (23.4%)	5:47	10.4 (77.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Finish_All 3.375km	Czas		Tempo min/km	Tempo km/h
							netto 6.75km	Różn		
28	BIĘKOWSKI Tomasz	28		M-30	12	00:18:48	00:39:12.40	+00:09:17 (23.7%)	5:48	10.3 (76.3%)
29	JASIUCHNA Marek	75	PIECZRKOWE ŁAPKI ŚWINOUJŚCIE	M-30	13	00:20:24	00:39:15.20	+00:09:20 (23.8%)	5:48	10.3 (76.3%)
30	MATYKIEWICZ Marek	37	LICHOTA TEAM	M-50	2	00:20:23	00:39:29.20	+00:09:34 (24.2%)	5:51	10.3 (76.3%)
31	MIŁASZEWSKI Przemek	25	TEAM HOLIDAY SPORT	M-30	14	00:20:03	00:39:52.95	+00:09:58 (25.0%)	5:54	10.2 (75.6%)
32	SKOWYRSKI Janusz	26	TKKF KOSZALIN	M-50	3	00:20:17	00:40:08.35	+00:10:13 (25.5%)	5:56	10.1 (74.8%)
33	STRZYŻ Łukasz	29		M-30	15	00:21:02	00:40:28.80	+00:10:33 (26.1%)	5:59	10 (74.1%)
34	CYGAN Adam	45		M-50	4	00:21:16	00:40:29.50	+00:10:34 (26.1%)	6:00	10 (74.1%)
35	POŁUMACKANYCZ Małgorzata	56		K-30	2	00:20:17	00:40:30.30	+00:10:35 (26.1%)	6:00	10 (74.1%)
36	NIKONOWICZ Łukasz	83	HUSARIA RACE TEAM	M-30	16	00:21:01	00:40:52.45	+00:10:57 (26.8%)	6:03	9.9 (73.3%)
37	NOWICKI Artur	24	JS 1373	M-16	7	00:21:01	00:41:22.95	+00:11:28 (27.7%)	6:07	9.8 (72.6%)
38	JAROSZEWSKI Daniel	71		M-30	17	00:20:55	00:41:29.55	+00:11:34 (27.9%)	6:08	9.8 (72.6%)
39	WALCZAK Rafał	44		M-40	9	00:21:26	00:41:35.20	+00:11:40 (28.1%)	6:09	9.7 (71.9%)
40	KACZMAREK Łukasz	14	WOJOWNICY WÓDY	M-30	18	00:21:17	00:41:45.75	+00:11:50 (28.4%)	6:11	9.7 (71.9%)
41	GAWIECKI Piotr	65	ROZBIEGANY KOSZALIN	M-40	10	00:22:06	00:41:56.25	+00:12:01 (28.7%)	6:12	9.7 (71.9%)
42	BRODOWSKI Mateusz	38	BEST BEASTS	M-16	8	00:22:20	00:42:06.25	+00:12:11 (28.9%)	6:14	9.6 (71.1%)
43	PITUS Radosław	2	PITUSMEBLE	M-40	11	00:22:35	00:42:21.00	+00:12:26 (29.4%)	6:16	9.6 (71.1%)
44	PIETRZYK Mateusz	47		M-16	9	00:21:26	00:42:26.75	+00:12:31 (29.5%)	6:17	9.5 (70.4%)
45	PIETRZYK Paulina	49		K-16	1	00:21:26	00:42:26.85	+00:12:31 (29.5%)	6:17	9.5 (70.4%)
46	PLATA Tomek	67		M-16	10	00:22:41	00:43:09.05	+00:13:14 (30.7%)	6:23	9.4 (69.6%)
47	GRABOWSKA-LESISZ Aneta	57		K-40	1	00:21:53	00:43:18.25	+00:13:23 (30.9%)	6:24	9.4 (69.6%)
48	ŚWIĘCICKI Marcin	90		M-30	19	00:22:30	00:43:28.00	+00:13:33 (31.2%)	6:26	9.3 (68.9%)
49	RUTKOWSKI Artur	17	RUTKOWSKI TEAM	M-16	11	00:22:24	00:44:26.80	+00:14:31 (32.7%)	6:35	9.1 (67.4%)
50	HOŁOWACZ Kamil	91	HUSARIA RACE TEAM	M-30	20	00:22:15	00:45:09.35	+00:15:14 (33.7%)	6:41	9 (66.7%)
51	KAMIŃSKI Tomasz	36	JW 1223 / TKKF KOSZALIN	M-40	12	00:23:05	00:45:19.70	+00:15:24 (34.0%)	6:42	8.9 (65.9%)
52	KLENIEWSKI Piotr	61	ZACHODNIOPOMORSKIE	M-50	5	00:22:55	00:45:21.45	+00:15:26 (34.0%)	6:43	8.9 (65.9%)
53	GALICKI Robert	54		M-40	13	00:23:04	00:46:03.30	+00:16:08 (35.0%)	6:49	8.8 (65.2%)
54	MARKOWSKA Iwona	1	4 FIT CROSS KARLINO BIEGAJ	K-40	2	00:23:28	00:46:26.95	+00:16:32 (35.6%)	6:52	8.7 (64.4%)
55	SVENSSON Anton	78		M-16	12	00:23:21	00:47:04.95	+00:17:10 (36.5%)	6:58	8.6 (63.7%)
56	GAWIECKA Mariola	59	ROZBIEGANY KOSZALIN	K-40	3	00:23:58	00:47:17.55	+00:17:22 (36.7%)	7:00	8.6 (63.7%)
57	JUSZCZAK Krzysztof	8		M-60	1	00:24:29	00:47:36.35	+00:17:41 (37.2%)	7:03	8.5 (63.0%)
58	ZAKRZEWSKI Michał	87		M-30	21	00:24:07	00:48:03.20	+00:18:08 (37.7%)	7:07	8.4 (62.2%)
59	SZCZEPAŃSKA-ZAKRZEWSKA Milena	53	DOM SENIORA W SIANOWIE :)	K-30	3	00:24:08	00:48:04.00	+00:18:09 (37.8%)	7:07	8.4 (62.2%)
60	PASEK Paula	15	KLUB BIEGOWY JANTAR ŚWIESZYNO	K-30	4	00:24:46	00:48:29.80	+00:18:34 (38.3%)	7:10	8.4 (62.2%)
61	SZEWczyk Paulina	10		K-16	2	00:24:48	00:49:09.10	+00:19:14 (39.1%)	7:16	8.2 (60.7%)
62	MICHALCZYK Małgorzata	27	WOJOWNICY WÓDY	K-16	3	00:25:10	00:49:34.00	+00:19:39 (39.6%)	7:20	8.2 (60.7%)
63	NIEWIADOWSKI Robert	30		M-30	22	00:25:03	00:49:38.85	+00:19:43 (39.7%)	7:21	8.2 (60.7%)
64	WĄSOWICZ Anna	42		K-30	5	00:25:59	00:49:46.05	+00:19:51 (39.9%)	7:22	8.1 (60.0%)
65	NOWAK Anna	21		K-40	4	00:25:26	00:49:49.70	+00:19:54 (40.0%)	7:22	8.1 (60.0%)
66	RYHANYCZ Paweł	22		M-40	14	00:25:27	00:49:50.60	+00:19:55 (40.0%)	7:22	8.1 (60.0%)
67	WEILAND Agnieszka	46	NOCNE WILKI	K-30	6	00:26:10	00:49:55.20	+00:20:00 (40.1%)	7:23	8.1 (60.0%)
68	WEILAND Adrian	12	NOCNE WILKI	M-30	23	00:26:09	00:49:55.40	+00:20:00 (40.1%)	7:23	8.1 (60.0%)
69	JANCZEWSKI Jacek	16	ROZBIEGANY KOSZALIN	M-40	15	00:25:56	00:50:06.25	+00:20:11 (40.3%)	7:25	8.1 (60.0%)
70	MAZUREK Barbara	41	ROZBIEGANY KOSZALIN	K-30	7	00:25:55	00:50:06.95	+00:20:12 (40.3%)	7:25	8.1 (60.0%)
71	NAWROCKA Anna	40	NIETOPERZE KOSZALIN	K-16	4	00:26:03	00:50:11.10	+00:20:16 (40.4%)	7:26	8.1 (60.0%)

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72	JANUSZEWSKI Jacek	73	17WOG	M-50	6	00:25:49	00:50:45.35	+00:20:50 (41.1%)	7:31	8 (59.3%)
73	JÓŹWIAK Kinga	33	LUFATEAM	K-16	5	00:27:00	00:50:53.30	+00:20:58 (41.2%)	7:32	8 (59.3%)
74	WAŃKOWICZ Adan	72		M-30	24	00:24:53	00:50:55.75	+00:21:00 (41.3%)	7:32	8 (59.3%)
75	JASIUCHNA Aleksandra	74	PIECZRKOWE ŁAPKI ŚWINOUJŚCIE	K-30	8	00:26:32	00:51:35.85	+00:21:40 (42.0%)	7:38	7.8 (57.8%)
76	WOLF Beata	88	TKKF KOSZALIN	K-40	5	00:26:04	00:52:17.95	+00:22:23 (42.8%)	7:44	7.7 (57.0%)
77	KUŹMA Jarosław	79		M-30	25	00:27:20	00:52:30.25	+00:22:35 (43.0%)	7:46	7.7 (57.0%)
78	KLIMCZYK Magdalena	48		K-30	9	00:27:25	00:52:34.80	+00:22:39 (43.1%)	7:47	7.7 (57.0%)
79	VON BARDELEBEN Agnieszka	81	BABECZKI KOSZALIN	K-40	6	00:27:12	00:52:42.70	+00:22:47 (43.2%)	7:48	7.7 (57.0%)
80	JEDLINA Gustaw	66		M-16	13	00:26:43	00:52:45.10	+00:22:50 (43.3%)	7:48	7.7 (57.0%)
81	CYGAN Marta	62		K-16	6	00:26:43	00:53:18.30	+00:23:23 (43.9%)	7:53	7.6 (56.3%)
82	BEDNARZ Katarzyna	13		K-40	7	00:27:46	00:53:42.65	+00:23:47 (44.3%)	7:57	7.5 (55.6%)
83	WILK Fabiola	68	JW1223	K-30	10	00:28:18	00:55:51.15	+00:25:56 (46.4%)	8:16	7.3 (54.1%)
84	RAZIK Monika	70	JW 1223 KOSZALIN	K-16	7	00:28:18	00:55:51.40	+00:25:56 (46.4%)	8:16	7.3 (54.1%)
85	MRUGALSKA Magdalena	69	JW1223	K-16	8	00:28:18	00:55:51.50	+00:25:56 (46.4%)	8:16	7.3 (54.1%)
86	MAŁEK Michał	82	LUFATEAM	M-16	14	00:31:23	01:02:06.05	+00:32:11 (51.8%)	9:12	6.5 (48.1%)
87	PODLASEK Aleksandra	58	LUFATEAM	K-16	9	00:31:22	01:02:06.20	+00:32:11 (51.8%)	9:12	6.5 (48.1%)
88	NIKONOWICZ Agnieszka	85		K-30	11	00:33:24	01:04:43.45	+00:34:48 (53.8%)	9:35	6.3 (46.7%)
	CZĘŚCIK Kinga	84	OF HORSE CEWLINO	K-16		00:32:56 DNF	DNF	-	-	- (0.0%)

Znaleziono 89 wynik(ów)