

EKSTREMALNY BIEG TERENOWY

B4SPORT

Wydarzenie: EKSTREMALNY BIEG TERENOWY
Organizator: Urząd Gminy Sianów
Data: 2018-05-01
Miejsce: Sianów
Dystans: 6.750 km



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 | BIĘNKOWSKI 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%) |

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Finish_All 3.375km | Czas netto 6.75km | Różn | Tempo min/km | Tempo km/h |
|-----|---------------------------------|-----------|------------------------------|-----------|------|-----------------------|-------------------------|-------------------|-----------------|---------------|
| 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)