



Organizator:

Urząd Gminy Malechowo; Wójt Gminy
Malechowo;OSP Malechowo;SP w Malechowie.

Data:

2018-08-25

Miejsce:

Malechowo

Dystans:

10 km

I BIEG BEZ SPINY

B4SPORT



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	CZERNIEWSKI Marcin	471	BATALION OCHRONY BAZY	M18-29	1	00:33:26.73		3:20	17.9 (100%)
2	WITKOWSKI Mateusz	456	JW1223	M18-29	2	00:33:52.50	+00:00:25 (1.3%)	3:23	17.7 (98.9%)
3	ORZECOWSKI Kamil	265	TKKF KOSZALIN	M30-39	1	00:37:08.67	+00:03:42 (10.0%)	3:42	16.2 (90.5%)
4	WILCZEWSKI Krzysztof	297	KLUB BIEGACZA SPOKO SŁAWNO	M30-39	2	00:37:46.21	+00:04:20 (11.5%)	3:46	15.9 (88.8%)
5	KURKUL Przemysław	474	KB BRYZA POSTOMINO	M18-29	3	00:39:36.04	+00:06:09 (15.5%)	3:57	15.2 (84.9%)
6	KAMIENIECKI Rafał	227	TUPOT-USTKA	M30-39	3	00:39:40.87	+00:06:15 (15.8%)	3:58	15.1 (84.4%)
7	KRUKOWSKI Błażej	235		M30-39	4	00:39:55.70	+00:06:31 (16.3%)	3:59	15 (83.8%)
8	ZWOLIŃSKI Jan	457	TKKF KOSZALIN	M50-59	1	00:40:05.08	+00:06:39 (16.6%)	4:00	15 (83.8%)
9	KURKUL Jan	473	KB BRYZA POSTOMINO	M18-29	4	00:40:20.45	+00:06:54 (17.1%)	4:02	14.9 (83.2%)
10	GRZESIK Eugeniusz	220	STRAŻAK SAM	M50-59	2	00:40:49.92	+00:07:23 (18.1%)	4:05	14.7 (82.1%)
11	ROSIĄK Damian	277	SPOKO SŁAWNO	M18-29	5	00:40:53.37	+00:07:27 (18.2%)	4:05	14.7 (82.1%)
12	ZIEWOWICZ Michał	470		M18-29	6	00:40:55.40	+00:07:32 (18.4%)	4:05	14.7 (82.1%)
13	PRĘDKI Grzegorz	475	KB BRYZA POSTOMINO	M30-39	5	00:41:21.58	+00:07:56 (19.2%)	4:08	14.5 (81.0%)
14	SKIERKA Grzegorz	281	MKS ŚWIĘC SŁAWNO / KB SPOKO	M30-39	6	00:41:39.31	+00:08:17 (19.9%)	4:09	14.4 (80.4%)
15	OLESZCZUK Dominik	261		M30-39	7	00:42:07.54	+00:08:44 (20.7%)	4:12	14.2 (79.3%)
16	WIERNICKI Remigiusz	296	DARŁOWO	M30-39	8	00:42:14.69	+00:08:49 (20.9%)	4:13	14.2 (79.3%)
17	POWARZYŃSKI Krzysztof	273	17WOG(BARDZO FAJNA TRASA!!!)	M40-49	1	00:42:17.52	+00:08:53 (21.0%)	4:13	14.2 (79.3%)
18	NAGÓREK Krzysztof	256	TUPOT USTKA	M-60+	1	00:42:21.46	+00:08:55 (21.1%)	4:14	14.2 (79.3%)
19	PICK Tomasz	268	DEAF KOSZALIN	M40-49	2	00:42:45.47	+00:09:20 (21.8%)	4:16	14 (78.2%)
20	MAZUR Emilusz	247	ŻYJ Z ENERGIA	M40-49	3	00:43:06.45	+00:09:41 (22.5%)	4:18	13.9 (77.7%)
21	JABŁOŃSKI Tomasz	222	SPOKO MKS ŚWIĘC SŁAWNO	M30-39	9	00:43:20.33	+00:09:54 (22.8%)	4:20	13.8 (77.1%)
22	PROTASEWICZ Andrzej	274	SPOKO SŁAWNO	M40-49	4	00:44:02.30	+00:10:36 (24.1%)	4:24	13.6 (76.0%)
23	RYGIELSKI Arkadiusz	279	KLUB BIEGACZA SPOKO SŁAWNO	M30-39	10	00:44:16.43	+00:10:50 (24.5%)	4:25	13.6 (76.0%)
24	OKOŁOTOWICZ Sebastian	260		M30-39	11	00:44:17.20	+00:10:53 (24.5%)	4:25	13.5 (75.4%)
25	ANTOSIK Grzegorz	203	KB BRYZAPOSTOMINO/JW1223	M40-49	5	00:44:19.16	+00:10:54 (24.6%)	4:25	13.5 (75.4%)
26	CYPRYCH Katarzyna	209	BATALION OCHRONY BAZY	K30-39	1	00:44:21.32	+00:10:56 (24.6%)	4:26	13.5 (75.4%)
27	KUKIEŁA Tomasz	485		M30-39	12	00:44:34.78	+00:11:10 (25.0%)	4:27	13.5 (75.4%)

						Czas netto 10km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat				
28	KONKEL Agnieszka	230		K30-39	2	00:44:35.12	+00:11:11 (25.0%)	4:27	13.5 (75.4%)
29	KAMELSKI Piotr	226	SPOKO SŁAWNO	M40-49	6	00:44:43.17	+00:11:21 (25.3%)	4:28	13.4 (74.9%)
30	MUCHA Krzysztof	480		M40-49	7	00:44:58.13	+00:11:38 (25.8%)	4:29	13.3 (74.3%)
31	NOWAK Jacek	484		M40-49	8	00:45:06.19	+00:11:44 (26.0%)	4:30	13.3 (74.3%)
32	ŁAKOMSKI Wojciech	242	ŁAKOMSCY NA BIEGANIE	M30-39	13	00:45:12.37	+00:11:49 (26.1%)	4:31	13.3 (74.3%)
33	PĘKAŁA Piotr	267		M40-49	9	00:45:08.41	+00:11:49 (26.1%)	4:30	13.3 (74.3%)
34	JANKOWSKI Grzegorz	223	ŚWIAT PŁYTEK U KRYSPINA	M40-49	10	00:45:19.56	+00:11:55 (26.3%)	4:32	13.2 (73.7%)
35	SOMINA Andrzej	460	SCB	M50-59	3	00:45:19.22	+00:11:58 (26.3%)	4:31	13.2 (73.7%)
36	NIECKARZ Krzysztof	258		M30-39	14	00:45:24.61	+00:12:03 (26.5%)	4:32	13.2 (73.7%)
37	RYBICK Andrzej	463		M30-39	15	00:45:30.57	+00:12:08 (26.6%)	4:33	13.2 (73.7%)
38	WIELGAT Łukasz	477	KB BRYZA POSTOMINO	M30-39	16	00:45:33.90	+00:12:09 (26.6%)	4:33	13.2 (73.7%)
39	PUŚCIAN Krzysztof	276	SZKOŁA PODSTAWOWA W MANOWIE	M40-49	11	00:45:28.69	+00:12:10 (26.7%)	4:32	13.2 (73.7%)
40	KWIETNIEWSKI Daniel	237		M30-39	17	00:45:38.96	+00:12:17 (26.8%)	4:33	13.1 (73.2%)
41	KRUPIŃSKI Krzysztof	236	E-UROLOG.EU	M50-59	4	00:45:44.79	+00:12:21 (27.0%)	4:34	13.1 (73.2%)
42	LUPKE Marcin	240	DARŁOWSKIE CHARTY	M18-29	7	00:45:48.88	+00:12:29 (27.2%)	4:34	13.1 (73.2%)
43	MALINOWSKI Adam	244	MKS ŚWIĘC SŁAWNO	M-60+	2	00:45:54.70	+00:12:32 (27.2%)	4:35	13.1 (73.2%)
44	STRUŚ Artur	468	KB BRYZA POSTOMINO	M50-59	5	00:45:59.27	+00:12:34 (27.3%)	4:35	13 (72.6%)
45	WIATRZYK Krzysztof	295	DARŁOWO	M40-49	12	00:46:06.62	+00:12:44 (27.6%)	4:36	13 (72.6%)
46	DYŚKO Wojciech	211		M30-39	18	00:46:08.74	+00:12:46 (27.6%)	4:36	13 (72.6%)
47	WÓJCICKI Grzegorz	299	KLUB BIEGACZA SPOKO SŁAWNO	M30-39	19	00:46:14.25	+00:12:53 (27.8%)	4:37	13 (72.6%)
48	SZAŁAŚ Maciej	286		M30-39	20	00:46:37.09	+00:13:14 (28.3%)	4:39	12.9 (72.1%)
49	NOWAK Agnieszka I Maja	259		K30-39	3	00:46:38.28	+00:13:23 (28.6%)	4:39	12.9 (72.1%)
50	TOMCZAK Dominik	293	NIGHT RUNNERS SŁUPSK	M40-49	13	00:46:51.69	+00:13:27 (28.7%)	4:41	12.8 (71.5%)
51	STRZELECKI Zbigniew	284	KORZYBSKIE REKINY	M-60+	3	00:46:54.40	+00:13:32 (28.8%)	4:41	12.8 (71.5%)
52	ŻYLIS Katarzyna	452	KLUB BIEGACZA SPOKO SŁAWNO	K18-29	1	00:47:01.79	+00:13:38 (29.0%)	4:42	12.8 (71.5%)
53	MILEWSKI Tomasz	250		M30-39	21	00:47:07.29	+00:13:45 (29.1%)	4:42	12.7 (70.9%)
54	GAJEK Artur	214	KORZYBSKIE REKINY	M40-49	14	00:47:43.19	+00:14:21 (30.0%)	4:46	12.6 (70.4%)
55	BAJTEK Przemysław	478	SPOKO	M30-39	22	00:47:49.46	+00:14:31 (30.3%)	4:46	12.5 (69.8%)
56	SOŁTYS Rafał	283	JW 1223	M18-29	8	00:48:04.46	+00:14:43 (30.5%)	4:48	12.5 (69.8%)
57	NIECKARZ Monika	257	KLUB BIEGACZA SPOKO SŁAWNO	K30-39	4	00:48:18.05	+00:14:57 (30.9%)	4:49	12.4 (69.3%)
58	RÓG Bartosz	278	MKS ŚWIĘC SŁAWNO	M30-39	23	00:48:17.30	+00:14:58 (30.9%)	4:49	12.4 (69.3%)
59	ŻURAWIK Piotr	451	KORZYBSKIE REKINY	M40-49	15	00:48:20.83	+00:14:58 (30.9%)	4:50	12.4 (69.3%)
60	MOTYKOWSKA Ksenia	253		K30-39	5	00:48:20.25	+00:15:00 (30.9%)	4:50	12.4 (69.3%)
61	METERA Piotr	248	DARŁOWSKIE CHARTY	M30-39	24	00:48:24.63	+00:15:04 (31.0%)	4:50	12.4 (69.3%)
62	SZAŁAŚ Anna	285		K30-39	6	00:48:38.97	+00:15:15 (31.3%)	4:51	12.3 (68.7%)
63	PITUS Radosław	272	PITUSMEBLE	M40-49	16	00:48:39.78	+00:15:16 (31.3%)	4:52	12.3 (68.7%)
64	ART Kamila	204		K30-39	7	00:48:41.46	+00:15:18 (31.4%)	4:52	12.3 (68.7%)
65	WÓJCIK Damian	455	DARŁOWO	M40-49	17	00:48:53.22	+00:15:32 (31.7%)	4:53	12.3 (68.7%)
66	TELESIEWICZ Henryk	486	SPOLKO	M-60+	4	00:49:11.43	+00:15:44 (32.0%)	4:55	12.2 (68.2%)
67	MARCINIAK Aneta	245	ŁAKOMSCY NA BIEGANIE	K18-29	2	00:49:22.45	+00:15:59 (32.3%)	4:56	12.1 (67.6%)
68	PIETRZYK Paulina	269		K18-29	3	00:49:22.27	+00:15:59 (32.3%)	4:56	12.2 (68.2%)
69	KONKEL Łukasz	231		M30-39	25	00:49:29.35	+00:16:06 (32.5%)	4:56	12.1 (67.6%)
70	KULCZYK Katarzyna	476	KB BRYZA POSTOMINO	K30-39	8	00:49:48.22	+00:16:30 (33.0%)	4:58	12 (67.0%)
71	GOSTOMCZYK Krzysztof	218	KLUB BIEGACZA SPOKO SŁAWNO	M30-39	26	00:50:04.26	+00:16:38 (33.2%)	5:00	12 (67.0%)

						Czas netto 10km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat				
72	KACZMAREK Marta	224	SPOKO SŁAWNO	K30-39	9	00:49:58.13	+00:16:38 (33.2%)	4:59	12 (67.0%)
73	DZIESZUK Dariusz	212	TKKF KOSZALIN	M50-59	6	00:49:56.35	+00:16:38 (33.2%)	4:59	12 (67.0%)
74	BORYS Justyna	207		K30-39	10	00:49:59.65	+00:16:42 (33.3%)	5:00	12 (67.0%)
75	OSENKOWSKI Artur	266	JW 1223	M30-39	27	00:50:00.62	+00:16:44 (33.3%)	5:00	12 (67.0%)
76	PIETRZYK Mateusz	270		M18-29	9	00:50:13.33	+00:16:47 (33.4%)	5:01	11.9 (66.5%)
77	TOMCZAK Sebastian	454	USTKA	M40-49	18	00:50:20.75	+00:16:55 (33.6%)	5:02	11.9 (66.5%)
78	KĘSIK Agnieszka	482	ŚWIAT PŁYTEK U KRYSPINA	K30-39	11	00:50:22.23	+00:16:57 (33.6%)	5:02	11.9 (66.5%)
79	GOŁEK Karolina	217	FOR-REST-RUN	K18-29	4	00:50:45.16	+00:17:22 (34.2%)	5:04	11.8 (65.9%)
80	KOWALCZYK Krzysztof	233	OSIR SŁAWNO	M50-59	7	00:50:46.52	+00:17:26 (34.3%)	5:04	11.8 (65.9%)
81	BRUGIER Anna	464		K40-49	1	00:51:07.81	+00:17:47 (34.7%)	5:06	11.7 (65.4%)
82	BARSZCZEWSKI Sebastian	205	BŁĘKITNY PATROL WWF	M40-49	19	00:51:33.66	+00:18:11 (35.2%)	5:09	11.6 (64.8%)
83	HRYCIÓW Paweł	221	JW1223	M30-39	28	00:51:38.60	+00:18:18 (35.3%)	5:09	11.6 (64.8%)
84	LASKA Agnieszka	238		K40-49	2	00:51:44.09	+00:18:26 (35.5%)	5:10	11.6 (64.8%)
85	SZCZEPANIAK Jacek	287	KORZYBSKIE REKINY	M50-59	8	00:51:56.76	+00:18:33 (35.7%)	5:11	11.5 (64.2%)
86	MAREK Piotr	481		M40-49	20	00:52:06.75	+00:18:49 (36.0%)	5:12	11.5 (64.2%)
87	SKIERKA - KORDYLA Anna	453	KLUB BIEGACZA SPOKO SŁAWNO	K30-39	12	00:52:16.09	+00:18:55 (36.1%)	5:13	11.5 (64.2%)
88	MIKINKA Magdalena	249		K30-39	13	00:52:19.27	+00:19:01 (36.2%)	5:13	11.5 (64.2%)
89	MINKO Bartek	251		M18-29	10	00:52:30.43	+00:19:12 (36.5%)	5:15	11.4 (63.7%)
90	KONKEL Joanna	229	MKS 'ŚWIEĆ' SŁAWNO	K50-59	1	00:52:33.46	+00:19:13 (36.5%)	5:15	11.4 (63.7%)
91	ŁAKOMSKA Wanda	241	ŁAKOMSCY NA BIEGANIE.	K-60+	1	00:52:46.47	+00:19:24 (36.7%)	5:16	11.4 (63.7%)
92	NOREK Ryszard	472		M-60+	5	00:52:50.87	+00:19:31 (36.8%)	5:17	11.4 (63.7%)
93	SZYSZKOWSKI Tomasz	291		M30-39	29	00:53:45.26	+00:20:27 (37.9%)	5:22	11.2 (62.6%)
94	OLSZAR Grzegorz	262	MSWIA	M30-39	30	00:53:53.56	+00:20:35 (38.1%)	5:23	11.1 (62.0%)
95	ANTOSIK Grażyna	202	KS OLSZEWSKI I SYNOWIE	K30-39	14	00:54:06.14	+00:20:49 (38.3%)	5:24	11.1 (62.0%)
96	CZECH Roman	210	KB GOCH BYTÓW	M-60+	6	00:54:46.66	+00:21:30 (39.1%)	5:28	11 (61.5%)
97	MICKIEWICZ Grzegorz	469		M30-39	31	00:55:44.28	+00:22:25 (40.1%)	5:34	10.8 (60.3%)
98	ANDRZEJCZAK Sławomir	201	GRZESŁAW USTKA	M40-49	21	00:56:07.65	+00:22:46 (40.5%)	5:36	10.7 (59.8%)
99	BARCHANOWSKI Andrzej	465	SAMOTNY BUAŁY ZASIEC	M40-49	22	00:56:19.94	+00:23:02 (40.8%)	5:38	10.7 (59.8%)
100	ROGAŁA Tomasz	483	MALECHOWO	M30-39	32	00:56:26.25	+00:23:04 (40.8%)	5:38	10.6 (59.2%)
101	TOMCZYK Leszek	462	ŻEGOCINO	M40-49	23	00:56:27.83	+00:23:08 (40.9%)	5:38	10.6 (59.2%)
102	ŁAKOMSKI Janusz	243	ŁAKOMSCY NA BIEGANIE.	M-60+	7	00:56:33.10	+00:23:16 (41.0%)	5:39	10.6 (59.2%)
103	KOMAR Agnieszka	228	KLUB BIEGACZA SPOKO SŁAWNO	K30-39	15	00:57:14.73	+00:23:54 (41.7%)	5:43	10.5 (58.7%)
104	KLEJDYSZ Beata	467		K40-49	3	00:57:25.38	+00:24:03 (41.8%)	5:44	10.4 (58.1%)
105	BUZE Małgorzata	208	OLSZEWSKI I SYNOWIE	K40-49	4	00:57:43.49	+00:24:25 (42.2%)	5:46	10.4 (58.1%)
106	ORDAK Iwona	263	SAMASOBIE	K30-39	16	00:58:29.18	+00:25:10 (42.9%)	5:50	10.3 (57.5%)
107	BAJTEK Joanna	479	BANK SPÓŁDZIELCZY	K30-39	17	00:58:44.55	+00:25:26 (43.2%)	5:52	10.2 (57.0%)
108	KOROLCZUK Karolina	232		K30-39	18	00:58:43.26	+00:25:26 (43.2%)	5:52	10.2 (57.0%)
109	MURAWSKI Rafał	255	WATAHA-ŁĄCZY NAS BIEGANIE	M30-39	33	00:58:57.67	+00:25:37 (43.4%)	5:53	10.2 (57.0%)
110	MOTOWIDŁO-ZAWADZKA Izabella	252	NIGHT RUNNERS SŁUPSK	K40-49	5	00:59:01.86	+00:25:41 (43.4%)	5:54	10.2 (57.0%)
111	MARSZAŁKOWSKA Dorota	466	TKKF KOSZALIN	K50-59	2	00:59:53.18	+00:26:33 (44.2%)	5:59	10 (55.9%)
112	WOJANOWSKI Zbigniew	298	SPORT I REKREACJA DELFIN	M-60+	8	01:02:00.12	+00:28:42 (46.2%)	6:12	9.7 (54.2%)
113	HELLER Zdzisław	459	NIEZRZESZONY	M-60+	9	01:02:01.17	+00:28:44 (46.2%)	6:12	9.7 (54.2%)
114	PIOR Tomasz	271		M30-39	34	01:02:04.66	+00:28:46 (46.2%)	6:12	9.7 (54.2%)
115	KALETA Adam	225		M18-29	11	01:03:01.94	+00:29:42 (47.0%)	6:18	9.5 (53.1%)

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116	MURAWSKA Katarzyna	254	WATAHA-ŁĄCZY NAS BIEGANIE	K30-39	19	01:03:08.58	+00:29:48 (47.1%)	6:18	9.5 (53.1%)
117	ZAJĄC Piotr	461		M40-49	24	01:03:18.12	+00:29:59 (47.2%)	6:19	9.5 (53.1%)
118	ZDUNEK Katarzyna	300		K50-59	3	01:03:16.03	+00:29:59 (47.2%)	6:19	9.5 (53.1%)
119	GLISZCZYŃSKI Łukasz	216	ŚWIAT PŁYTEK U KRYSPINA	M18-29	12	01:03:43.21	+00:30:24 (47.6%)	6:22	9.4 (52.5%)
120	PROTASEWICZ Renata	275	SPOKO SŁAWNO	K30-39	20	01:04:06.23	+00:30:47 (47.9%)	6:24	9.4 (52.5%)
121	BARTNIK Marian	458	TKKF KOSZALIN	M-60+	10	01:10:43.17	+00:37:15 (52.7%)	7:04	8.5 (47.5%)
	SKOWYRSKI Janusz	282	TKKF KOSZALIN	M50-59		DNF		-	- (0.0%)

Znaleziono 122 wynik(ów)