

# I BIEG KRYNICKI - 10KM

B4SPORT

**Wydarzenie:** Bieg Krynicki  
**Organizator:** Fundacja Silni Ciałem Niezłomni Duchem; Sportevo Triathlon Team  
**Data:** 2018-05-05  
**Miejsce:** Krynica Morska  
**Dystans:** 10 km



Klasyfikacja: Wszyscy

| Msc | Zawodnik                | Numer | Klub                                  | Kategoria | Mkat | Czas netto 10km | Różn              | Tempo min/km | Tempo km/h   |
|-----|-------------------------|-------|---------------------------------------|-----------|------|-----------------|-------------------|--------------|--------------|
| 1   | BAGROWSKI Tomasz        | 4     | RADOŚĆ BIEGANIA                       | M30-39    | 1    | 00:34:35.10     |                   | 3:27         | 17.3 (100%)  |
| 2   | RAKOCZY Marcin          | 89    |                                       | M18-29    | 1    | 00:35:47.05     | +00:01:11 (3.4%)  | 3:34         | 16.8 (97.1%) |
| 3   | GODLEWSKI Łukasz        | 21    | GODLEWSKI RUNNERS                     | M30-39    | 2    | 00:36:03.20     | +00:01:28 (4.1%)  | 3:36         | 16.6 (96.0%) |
| 4   | LEWOCHA Rafał           | 46    | WOŹNIAK RUNNING TEAM                  | M30-39    | 3    | 00:36:35.20     | +00:02:00 (5.5%)  | 3:39         | 16.4 (94.8%) |
| 5   | BRZEZIŃSKI Andrzej      | 10    | RYKOWISKO                             | M40-49    | 1    | 00:38:56.15     | +00:04:21 (11.2%) | 3:53         | 15.4 (89.0%) |
| 6   | CHUDEWNIAK Tomasz       | 12    | WILKIŻUŁAWSKIE                        | M18-29    | 2    | 00:39:22.45     | +00:04:47 (12.2%) | 3:56         | 15.2 (87.9%) |
| 7   | GRADZI Dariusz          | 114   |                                       | M30-39    | 4    | 00:40:49.25     | +00:06:14 (15.3%) | 4:04         | 14.7 (85.0%) |
| 8   | KUBILUS Robert          | 43    | BIEGAMYRAZEM.PL&FRYZJERZY Z GARNIZONU | M40-49    | 2    | 00:40:51.65     | +00:06:16 (15.4%) | 4:05         | 14.7 (85.0%) |
| 9   | KOWALSKI Jacek          | 40    | ELAKTYWNY MARATOŃCZYK TEAM            | M40-49    | 3    | 00:40:57.80     | +00:06:22 (15.6%) | 4:05         | 14.6 (84.4%) |
| 10  | SANECKI Piotr           | 105   | KS BIEGAM BO LUBIĘ PASŁĘK             | M30-39    | 5    | 00:41:42.05     | +00:07:06 (17.1%) | 4:10         | 14.4 (83.2%) |
| 11  | KOS Sławomir            | 39    | DCT DRUŻYNA BIEGOWA                   | M40-49    | 4    | 00:41:46.45     | +00:07:11 (17.2%) | 4:10         | 14.4 (83.2%) |
| 12  | SOBIESIAK Gabriel       | 66    |                                       | M40-49    | 5    | 00:42:09.60     | +00:07:34 (18.0%) | 4:13         | 14.2 (82.1%) |
| 13  | MICHALSKI Dominik       | 52    |                                       | M18-29    | 3    | 00:42:38.80     | +00:08:03 (18.9%) | 4:15         | 14.1 (81.5%) |
| 14  | BŁASZAK Roman           | 8     |                                       | M40-49    | 6    | 00:43:06.85     | +00:08:31 (19.8%) | 4:18         | 13.9 (80.3%) |
| 15  | STĘPIEŃ Adam            | 71    | ANANASY                               | M30-39    | 6    | 00:43:12.80     | +00:08:37 (20.0%) | 4:19         | 13.9 (80.3%) |
| 16  | ARTER- KRZYŻEK Angelika | 113   |                                       | K30-39    | 1    | 00:43:38.30     | +00:09:03 (20.7%) | 4:21         | 13.7 (79.2%) |
| 17  | GORĄCY Marcin           | 22    | ROSSBIEGANI                           | M30-39    | 7    | 00:43:55.35     | +00:09:20 (21.3%) | 4:23         | 13.7 (79.2%) |
| 18  | WLIZŁO Paweł            | 86    | MUZEUM W ELBLĄGU                      | M18-29    | 4    | 00:45:21.05     | +00:10:45 (23.7%) | 4:32         | 13.2 (76.3%) |
| 19  | SOKÓŁ Sebastian         | 67    | JARZYNKA                              | M18-29    | 5    | 00:45:25.55     | +00:10:50 (23.9%) | 4:32         | 13.2 (76.3%) |
| 20  | CZARNECKA Joanna        | 14    |                                       | K30-39    | 2    | 00:45:26.20     | +00:10:51 (23.9%) | 4:32         | 13.2 (76.3%) |
| 21  | PŁODZICKI Tomek         | 56    | IŁAWA BIEGA                           | M30-39    | 8    | 00:45:36.15     | +00:11:01 (24.2%) | 4:33         | 13.2 (76.3%) |
| 22  | WASZKIEWICZ Marcin      | 109   | SĄ WOLNIEJSI                          | M30-39    | 9    | 00:45:54.95     | +00:11:19 (24.7%) | 4:35         | 13.1 (75.7%) |
| 23  | HAJDUK Mieczysław       | 29    | ANGELA                                | M40-49    | 7    | 00:46:06.30     | +00:11:31 (25.0%) | 4:36         | 13 (75.1%)   |
| 24  | SWAJDA Krzysztof        | 74    | WILKI ŻUŁAWSKIE                       | M40-49    | 8    | 00:46:35.50     | +00:12:00 (25.8%) | 4:39         | 12.9 (74.6%) |
| 25  | BARCIKOWSKA Wioletta    | 91    |                                       | K40-49    | 1    | 00:46:43.70     | +00:12:08 (26.0%) | 4:40         | 12.8 (74.0%) |
| 26  | LIBAN Zygfryd           | 47    | BIEGAJACYTCZEW                        | M70+      | 1    | 00:47:25.60     | +00:12:50 (27.1%) | 4:44         | 12.6 (72.8%) |
| 27  | SUSZYŃSKI Michał        | 73    |                                       | M18-29    | 6    | 00:47:45.20     | +00:13:10 (27.6%) | 4:46         | 12.6 (72.8%) |

| Msc | Zawodnik                         | Numer      | Klub                             | Kategoria | Mkat | Czas netto 10km    | Różn              | Tempo min/km | Tempo km/h   |
|-----|----------------------------------|------------|----------------------------------|-----------|------|--------------------|-------------------|--------------|--------------|
| 28  | <b>ROGULSKI Rafał</b>            | <b>111</b> |                                  | M40-49    | 9    | <b>00:47:51.60</b> | +00:13:16 (27.7%) | 4:47         | 12.5 (72.3%) |
| 29  | <b>FURTAK Arkadiusz</b>          | <b>17</b>  |                                  | M50-59    | 1    | <b>00:48:22.05</b> | +00:13:46 (28.5%) | 4:50         | 12.4 (71.7%) |
| 30  | <b>CZEREMAŃSKI Rafał</b>         | <b>15</b>  | KB IM. P. SĘKOWSKIEGO            | M30-39    | 10   | <b>00:48:26.65</b> | +00:13:51 (28.6%) | 4:50         | 12.4 (71.7%) |
| 31  | <b>DĄBROWSKI Krzysztof</b>       | <b>110</b> |                                  | M40-49    | 10   | <b>00:48:42.30</b> | +00:14:07 (29.0%) | 4:52         | 12.3 (71.1%) |
| 32  | <b>WURMAŃSKI Wiktor</b>          | <b>87</b>  | RC WURMANSCY                     | M30-39    | 11   | <b>00:48:42.75</b> | +00:14:07 (29.0%) | 4:52         | 12.3 (71.1%) |
| 33  | <b>MATLEWSKA Marzena</b>         | <b>51</b>  | NIEZRZESZONA                     | K40-49    | 2    | <b>00:49:03.45</b> | +00:14:28 (29.5%) | 4:54         | 12.2 (70.5%) |
| 34  | <b>WITT Grażyna</b>              | <b>84</b>  | MARATONYPOLSKIE.PL TEAM          | K60-69    | 1    | <b>00:49:38.15</b> | +00:15:03 (30.3%) | 4:57         | 12.1 (69.9%) |
| 35  | <b>KESZ-KARCZEWSKA Magdalena</b> | <b>37</b>  |                                  | K40-49    | 3    | <b>00:50:06.70</b> | +00:15:31 (31.0%) | 5:00         | 12 (69.4%)   |
| 36  | <b>KUSTRA Łukasz</b>             | <b>117</b> | STREETRUN RADOM                  | M30-39    | 12   | <b>00:50:26.20</b> | +00:15:51 (31.4%) | 5:02         | 11.9 (68.8%) |
| 37  | <b>BARANOWSKI Maciej</b>         | <b>6</b>   | KS PIDRINA GDYNIA                | M40-49    | 11   | <b>00:50:30.55</b> | +00:15:55 (31.5%) | 5:03         | 11.9 (68.8%) |
| 38  | <b>BARANOWSKA Kornelia</b>       | <b>5</b>   | SPORTEVO                         | K40-49    | 4    | <b>00:50:30.70</b> | +00:15:55 (31.5%) | 5:03         | 11.9 (68.8%) |
| 39  | <b>MOLASY Dorota</b>             | <b>112</b> |                                  | K30-39    | 3    | <b>00:51:11.50</b> | +00:16:36 (32.4%) | 5:07         | 11.7 (67.6%) |
| 40  | <b>GRABOWSKA Dagmara</b>         | <b>26</b>  | STRASZYN BIEGA                   | K30-39    | 4    | <b>00:52:08.60</b> | +00:17:33 (33.7%) | 5:12         | 11.5 (66.5%) |
| 41  | <b>WŁADYMIRUK Dariusz</b>        | <b>93</b>  | PRUSZCZ BIEGA/STRASZYN BIEGA     | M30-39    | 13   | <b>00:52:14.60</b> | +00:17:39 (33.8%) | 5:13         | 11.5 (66.5%) |
| 42  | <b>KACHNIARZ Żaneta</b>          | <b>34</b>  | PRUSZCZ BIEGA/STRASZYN BIEGA     | K30-39    | 5    | <b>00:52:19.20</b> | +00:17:44 (33.9%) | 5:14         | 11.5 (66.5%) |
| 43  | <b>KARCZEWSKI Andrzej</b>        | <b>36</b>  |                                  | M40-49    | 12   | <b>00:52:22.40</b> | +00:17:47 (34.0%) | 5:14         | 11.5 (66.5%) |
| 44  | <b>ŁUKASZEWICZ Barbara</b>       | <b>48</b>  | MARATONYPOLSKIE.PL TEAM          | K40-49    | 5    | <b>00:52:26.50</b> | +00:17:51 (34.1%) | 5:14         | 11.4 (65.9%) |
| 45  | <b>SZKLARSKI Andrzej</b>         | <b>79</b>  |                                  | M40-49    | 13   | <b>00:53:01.90</b> | +00:18:26 (34.8%) | 5:18         | 11.3 (65.3%) |
| 46  | <b>LENKIEWICZ Ryszard</b>        | <b>45</b>  | MARATONYPOLSKIE.PL TEAM          | M60-69    | 1    | <b>00:53:53.15</b> | +00:19:18 (35.8%) | 5:23         | 11.1 (64.2%) |
| 47  | <b>SOWA Sylwek</b>               | <b>69</b>  | IKS ATAK ELBLĄG                  | M40-49    | 14   | <b>00:54:06.45</b> | +00:19:31 (36.1%) | 5:24         | 11.1 (64.2%) |
| 48  | <b>LEDZION Hubert</b>            | <b>95</b>  |                                  | M30-39    | 14   | <b>00:54:20.20</b> | +00:19:45 (36.4%) | 5:26         | 11 (63.6%)   |
| 49  | <b>GOS Jan</b>                   | <b>24</b>  |                                  | M40-49    | 15   | <b>00:54:25.40</b> | +00:19:50 (36.5%) | 5:26         | 11 (63.6%)   |
| 50  | <b>WALKIEWICZ Bartłomiej</b>     | <b>101</b> |                                  | M30-39    | 15   | <b>00:55:18.00</b> | +00:20:42 (37.5%) | 5:31         | 10.8 (62.4%) |
| 51  | <b>GNYP Daniel</b>               | <b>20</b>  |                                  | M40-49    | 16   | <b>00:56:56.35</b> | +00:22:21 (39.3%) | 5:41         | 10.5 (60.7%) |
| 52  | <b>ZAMBRZYCKI Tomasz</b>         | <b>115</b> |                                  | M40-49    | 17   | <b>00:58:04.00</b> | +00:23:28 (40.4%) | 5:48         | 10.3 (59.5%) |
| 53  | <b>WITEK Sylwia</b>              | <b>116</b> |                                  | K40-49    | 6    | <b>00:58:22.50</b> | +00:23:47 (40.8%) | 5:50         | 10.3 (59.5%) |
| 54  | <b>IZAK Aneta</b>                | <b>32</b>  | WILLA CHABROWA                   | K18-29    | 1    | <b>00:59:19.05</b> | +00:24:43 (41.7%) | 5:55         | 10.1 (58.4%) |
| 55  | <b>IZAK Wojciech</b>             | <b>31</b>  | WILLA CHABROWA                   | M18-29    | 7    | <b>00:59:19.25</b> | +00:24:44 (41.7%) | 5:55         | 10.1 (58.4%) |
| 56  | <b>KOZIARA Grzegorz</b>          | <b>41</b>  | SREBRNI BIEGACZE TARNOWSKIE GÓRY | M60-69    | 2    | <b>00:59:51.35</b> | +00:25:16 (42.2%) | 5:59         | 10 (57.8%)   |
| 57  | <b>BARCIKOWSKA Agnieszka</b>     | <b>90</b>  |                                  | K18-29    | 2    | <b>01:00:35.35</b> | +00:26:00 (42.9%) | 6:03         | 9.9 (57.2%)  |
| 58  | <b>MIECHOWSKA Iwona</b>          | <b>53</b>  |                                  | K40-49    | 7    | <b>01:00:43.00</b> | +00:26:07 (43.0%) | 6:04         | 9.9 (57.2%)  |
| 59  | <b>CHUDAŚ Aleksandra</b>         | <b>11</b>  |                                  | K30-39    | 6    | <b>01:04:46.60</b> | +00:30:11 (46.6%) | 6:28         | 9.3 (53.8%)  |
| 60  | <b>GOS Elżbieta</b>              | <b>23</b>  | AKTYWNIEM Z MOLKAMI              | K40-49    | 8    | <b>01:07:39.80</b> | +00:33:04 (48.9%) | 6:46         | 8.9 (51.4%)  |
| 61  | <b>SZKLARSKA Alicja</b>          | <b>78</b>  |                                  | K40-49    | 9    | <b>01:08:17.60</b> | +00:33:42 (49.4%) | 6:49         | 8.8 (50.9%)  |

Znaleziono 61 wynik(ów)