



# I BIEG WOLNOŚCI, BIEG CHARYTATYWNY DLA OLIWKI - NORDIC WALKING - 5.3 KM

B4SPORT

**Wydarzenie:** I BIEG WOLNOŚCI, BIEG CHARYTATYWNY DLA OLIWKI  
**Organizator:** Urząd Gminy i Miasta w Jastrowiu, Ośrodek Kultury Jastrowie, Rozbiegane Jastrowie, Zabiegani Nocą, Kijowe Siostry, Herkules, Freedom  
**Data:** 2019-08-11  
**Miejsce:** Jastrowie  
**Dystans:** 5.3 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5.3km	Różn	Tempo min/km	Tempo km/h
1	<b>PYREK Krzysztof</b>	<b>81</b>	1 RBLOG	M-Open	1	<b>00:35:10.20</b>		6:38	9 (100%)
2	<b>LENARTOWICZ Stanisław</b>	<b>165</b>	DERBY STARA ŁUBIANKA	M-Open	2	<b>00:36:03.45</b>	+00:00:53 (2.5%)	6:48	8.8 (97.8%)
3	<b>LAJTER Jerzy</b>	<b>243</b>	4 RUN TEAM PIŁA	M-Open	3	<b>00:38:25.05</b>	+00:03:14 (8.5%)	7:14	8.3 (92.2%)
4	<b>RATKA Michał</b>	<b>99</b>	E-FIZJO TEAM	M-Open	4	<b>00:39:08.85</b>	+00:03:58 (10.2%)	7:23	8.1 (90.0%)
5	<b>WEISTOCK Dagmara</b>	<b>321</b>		K-Open	1	<b>00:39:26.20</b>	+00:04:16 (10.8%)	7:26	8.1 (90.0%)
6	<b>KUKLINSKA Joanna</b>	<b>10</b>	METROŻERCY	K-Open	2	<b>00:40:42.85</b>	+00:05:32 (13.6%)	7:40	7.8 (86.7%)
7	<b>ZIÓŁKOWSKI Andrzej</b>	<b>309</b>	OSP SYPNIEWO	M-Open	5	<b>00:40:48.30</b>	+00:05:38 (13.8%)	7:41	7.8 (86.7%)
8	<b>PIEC Małgorzata</b>	<b>106</b>		K-Open	3	<b>00:41:02.85</b>	+00:05:52 (14.3%)	7:44	7.7 (85.6%)
9	<b>KORPAL Cezary</b>	<b>253</b>	WYCHODZĘ Z KIJAMI KOSZALIN	M-Open	6	<b>00:41:16.40</b>	+00:06:06 (14.8%)	7:47	7.7 (85.6%)
10	<b>WIŚNIK Agnieszka</b>	<b>183</b>		K-Open	4	<b>00:41:45.85</b>	+00:06:35 (15.8%)	7:52	7.6 (84.4%)
11	<b>KOWALIK Renata</b>	<b>282</b>		K-Open	5	<b>00:41:48.65</b>	+00:06:38 (15.9%)	7:53	7.6 (84.4%)
12	<b>MICHALSKA Małgorzata</b>	<b>184</b>		K-Open	6	<b>00:41:54.85</b>	+00:06:44 (16.1%)	7:54	7.6 (84.4%)
13	<b>TORSKA-SZABAŁOWSKA Iwona</b>	<b>182</b>		K-Open	7	<b>00:42:25.90</b>	+00:07:15 (17.1%)	8:00	7.5 (83.3%)
14	<b>KABATTEK Sylwia</b>	<b>287</b>		K-Open	8	<b>00:42:26.45</b>	+00:07:16 (17.1%)	8:00	7.5 (83.3%)
15	<b>PAWŁOWSKA Anna</b>	<b>153</b>		K-Open	9	<b>00:42:39.40</b>	+00:07:29 (17.6%)	8:02	7.5 (83.3%)
16	<b>BRONOWICKA Angelika</b>	<b>55</b>		K-Open	10	<b>00:42:56.20</b>	+00:07:46 (18.1%)	8:06	7.4 (82.2%)
17	<b>KOWALSKA Katarzyna</b>	<b>122</b>		K-Open	11	<b>00:42:57.05</b>	+00:07:46 (18.1%)	8:06	7.4 (82.2%)
18	<b>NOWAK Beata</b>	<b>43</b>	SAILING TEAM FERAJNA 2	K-Open	12	<b>00:43:30.75</b>	+00:08:20 (19.2%)	8:12	7.3 (81.1%)
19	<b>OSTROWSKA Anita</b>	<b>118</b>	TUCZNO	K-Open	13	<b>00:43:38.45</b>	+00:08:28 (19.4%)	8:13	7.3 (81.1%)
20	<b>HERC Joanna</b>	<b>322</b>		K-Open	14	<b>00:43:45.70</b>	+00:08:35 (19.6%)	8:15	7.3 (81.1%)
21	<b>WIĄCEK Beata</b>	<b>129</b>		K-Open	15	<b>00:44:00.35</b>	+00:08:50 (20.1%)	8:18	7.2 (80.0%)
22	<b>WAJDA Waldemar</b>	<b>197</b>	1977	M-Open	7	<b>00:44:19.85</b>	+00:09:09 (20.7%)	8:21	7.2 (80.0%)
23	<b>WAJDA Izabela</b>	<b>113</b>		K-Open	16	<b>00:44:37.00</b>	+00:09:26 (21.2%)	8:25	7.1 (78.9%)
24	<b>KACZMAREK Jolanta</b>	<b>308</b>		K-Open	17	<b>00:44:38.10</b>	+00:09:27 (21.2%)	8:25	7.1 (78.9%)
25	<b>CELEBAN Karolina</b>	<b>163</b>		K-Open	18	<b>00:44:45.45</b>	+00:09:35 (21.4%)	8:26	7.1 (78.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5.3km	Różn	Tempo min/km	Tempo km/h
26	<b>POGRZEBSKI Roman</b>	<b>203</b>	HERBALIFE	M-Open	8	<b>00:45:02.50</b>	+00:09:52 (21.9%)	8:29	7.1 (78.9%)
27	<b>KRZYK Mateusz</b>	<b>192</b>		M-Open	9	<b>00:45:11.05</b>	+00:10:00 (22.2%)	8:31	7 (77.8%)
28	<b>PRZYBYŁ Marianna</b>	<b>241</b>		K-Open	19	<b>00:45:17.65</b>	+00:10:07 (22.4%)	8:32	7 (77.8%)
29	<b>OLSZYŃSKA Marzena</b>	<b>228</b>	WYCHODZĘ Z KIJAMI KOSZALIN	K-Open	20	<b>00:45:27.90</b>	+00:10:17 (22.6%)	8:34	7 (77.8%)
30	<b>ŁASECKA Katarzyna</b>	<b>299</b>		K-Open	21	<b>00:45:35.80</b>	+00:10:25 (22.9%)	8:36	7 (77.8%)
31	<b>STAWIARZ-WACHOWICZ Izabela</b>	<b>47</b>		K-Open	22	<b>00:45:40.30</b>	+00:10:30 (23.0%)	8:36	7 (77.8%)
32	<b>HAWETO Janina</b>	<b>132</b>	KIJOWE SIOSTRY	K-Open	23	<b>00:45:46.55</b>	+00:10:36 (23.2%)	8:38	6.9 (76.7%)
33	<b>WARZEWSKA Agnieszka</b>	<b>196</b>		K-Open	24	<b>00:45:58.85</b>	+00:10:48 (23.5%)	8:40	6.9 (76.7%)
34	<b>SARNA Bożena</b>	<b>128</b>		M-Open	10	<b>00:46:10.30</b>	+00:11:00 (23.8%)	8:42	6.9 (76.7%)
35	<b>CHAŃKO Joanna</b>	<b>130</b>		K-Open	25	<b>00:46:10.35</b>	+00:11:00 (23.8%)	8:42	6.9 (76.7%)
36	<b>KORPAL Grażyna</b>	<b>254</b>	WYCHODZĘ Z KIJAMI KOSZALIN	K-Open	26	<b>00:46:20.30</b>	+00:11:10 (24.1%)	8:44	6.9 (76.7%)
37	<b>KOWALCZUK Aleksandra</b>	<b>6</b>	KIJOWA RODZINA 1	K-Open	27	<b>00:46:21.30</b>	+00:11:11 (24.1%)	8:44	6.9 (76.7%)
38	<b>PIEC Tomasz</b>	<b>107</b>		M-Open	11	<b>00:46:56.05</b>	+00:11:45 (25.1%)	8:51	6.8 (75.6%)
39	<b>CICHAŃSKA Anita</b>	<b>305</b>	FITCLUB24	K-Open	28	<b>00:46:59.95</b>	+00:11:49 (25.2%)	8:51	6.8 (75.6%)
40	<b>KRAUSE Małgorzata</b>	<b>156</b>		K-Open	29	<b>00:47:00.65</b>	+00:11:50 (25.2%)	8:52	6.8 (75.6%)
41	<b>PRZYPOLSKI Miłosz</b>	<b>51</b>	KIJOWA RODZINA 1	M-Open	12	<b>00:47:47.60</b>	+00:12:37 (26.4%)	9:00	6.7 (74.4%)
42	<b>ŁUGOWSKA Anna</b>	<b>50</b>	KIJOWE SIOSTRY I BRAT	K-Open	30	<b>00:47:59.25</b>	+00:12:49 (26.7%)	9:03	6.6 (73.3%)
43	<b>SZOT Krystyna</b>	<b>101</b>		K-Open	31	<b>00:48:29.30</b>	+00:13:19 (27.5%)	9:08	6.6 (73.3%)
44	<b>BIELAWSKA Paulina</b>	<b>302</b>		K-Open	32	<b>00:48:35.80</b>	+00:13:25 (27.6%)	9:10	6.5 (72.2%)
45	<b>BIELAWSKA Adela</b>	<b>307</b>		K-Open	33	<b>00:48:36.05</b>	+00:13:25 (27.6%)	9:10	6.5 (72.2%)
46	<b>STRZELECKA Antonina</b>	<b>221</b>	SAILING TEAM FERAJNA	K-Open	34	<b>00:48:56.35</b>	+00:13:46 (28.1%)	9:13	6.5 (72.2%)
47	<b>GOTLIB Halina</b>	<b>245</b>		K-Open	35	<b>00:49:26.10</b>	+00:14:15 (28.9%)	9:19	6.4 (71.1%)
48	<b>ZIĘBA Halina</b>	<b>76</b>	PSEUDOBIEGACZKI	K-Open	36	<b>00:49:29.10</b>	+00:14:18 (28.9%)	9:20	6.4 (71.1%)
49	<b>WRONA Jolanta</b>	<b>78</b>	PSEUDOBIEGACZKI	K-Open	37	<b>00:49:29.55</b>	+00:14:19 (28.9%)	9:20	6.4 (71.1%)
50	<b>ZIÓŁKOWSKI Swietłana</b>	<b>310</b>	OSP SYPNIEWO	K-Open	38	<b>00:50:05.25</b>	+00:14:55 (29.8%)	9:26	6.3 (70.0%)
51	<b>KULCZYCKI Jan</b>	<b>191</b>	1950	M-Open	13	<b>00:50:21.20</b>	+00:15:11 (30.2%)	9:30	6.3 (70.0%)
52	<b>KLÓSKA Adam</b>	<b>224</b>		M-Open	14	<b>00:51:53.50</b>	+00:16:43 (32.2%)	9:47	6.1 (67.8%)
53	<b>SYKUTERA-ŚWIERCZYŃSKA Katarzyna Anna</b>	<b>67</b>	SAILING TEAM FERAJNA	K-Open	39	<b>00:52:37.50</b>	+00:17:27 (33.2%)	9:55	6 (66.7%)
54	<b>KOWALCZUK Maria</b>	<b>13</b>	KIJOWE SIOSTRY	K-Open	40	<b>00:52:41.45</b>	+00:17:31 (33.3%)	9:56	6 (66.7%)
55	<b>PAWŁOWSKA Sylwia</b>	<b>180</b>		K-Open	41	<b>00:52:42.45</b>	+00:17:32 (33.3%)	9:56	6 (66.7%)
56	<b>SZEWS Julia</b>	<b>73</b>	KIJOWA RODZINA 1	K-Open	42	<b>00:54:09.15</b>	+00:18:58 (35.1%)	10:13	5.9 (65.6%)
57	<b>SZEWS Jakub</b>	<b>72</b>	KIJOWA RODZINA 1	M-Open	15	<b>00:54:10.45</b>	+00:19:00 (35.1%)	10:13	5.9 (65.6%)
58	<b>KĄCKOWSKA-SZKLARZ Beata</b>	<b>115</b>	JEZIORKI AKTYWNA WIEŚ	K-Open	43	<b>00:54:11.25</b>	+00:19:01 (35.1%)	10:13	5.9 (65.6%)
59	<b>BOŁTRYK Małgorzata</b>	<b>301</b>	JEZIORKI AKTYWNA WIEŚ	K-Open	44	<b>00:54:27.35</b>	+00:19:17 (35.4%)	10:16	5.8 (64.4%)
60	<b>KĄCKOWSKI Marek</b>	<b>116</b>	JEZIORKI AKTYWNA WIEŚ	M-Open	16	<b>00:54:27.45</b>	+00:19:17 (35.4%)	10:16	5.8 (64.4%)
61	<b>BARTCZAK Stanisław</b>	<b>140</b>	JEZIORKI AKTYWNA WIEŚ	M-Open	17	<b>00:57:12.55</b>	+00:22:02 (38.5%)	10:47	5.6 (62.2%)
62	<b>BARTCZAK Iwona</b>	<b>141</b>	JEZIORKI AKTYWNA WIEŚ	K-Open	45	<b>00:57:12.75</b>	+00:22:02 (38.5%)	10:47	5.6 (62.2%)
63	<b>DANIELEWICZ Henryka</b>	<b>142</b>	JEZIORKI AKTYWNA WIEŚ	K-Open	46	<b>00:57:13.30</b>	+00:22:03 (38.5%)	10:47	5.6 (62.2%)

Znaleziono 63 wynik(ów)