

# I BIEG ZIEMNIAKA - 5 KM

B4SPORT

**Organizator:** Stowarzyszenie „Sportowe Bielice”  
**Data:** 2021-10-23  
**Miejsce:** Nowe Bielice  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>WITKOWSKI Mateusz</b>	<b>81</b>		M18-29	1	00:00:02	<b>00:16:12.58</b>	<b>00:16:14.95</b>		3:14	18.5 (100%)
2	<b>CZERNIEWSKI Marcin</b>	<b>83</b>	AML SŁUPSK	M30-39	1	00:00:02	<b>00:16:20.35</b>	<b>00:16:23.02</b>	+00:00:07 (0.8%)	3:16	18.4 (99.5%)
3	<b>HOŁOWIENKO Jan</b>	<b>85</b>	AML SŁUPSK	M18-29	2	00:00:02	<b>00:16:36.71</b>	<b>00:16:39.43</b>	+00:00:24 (2.4%)	3:19	18.1 (97.8%)
4	<b>MAJKOWICZ Rafał</b>	<b>72</b>	BIEGOLAS KOSZALIN	M30-39	2	00:00:03	<b>00:18:13.26</b>	<b>00:18:16.66</b>	+00:02:00 (11.0%)	3:38	16.5 (89.2%)
5	<b>POLAK Szymon</b>	<b>87</b>		M40-49	1	00:00:03	<b>00:18:17.85</b>	<b>00:18:21.48</b>	+00:02:05 (11.4%)	3:39	16.4 (88.6%)
6	<b>HUBERT Łukasz</b>	<b>82</b>	TKKF KOSZALIN	M30-39	3	00:00:02	<b>00:18:43.85</b>	<b>00:18:46.69</b>	+00:02:31 (13.5%)	3:44	16 (86.5%)
7	<b>WITKIEWICZ Eryk</b>	<b>58</b>	KB 10 BIAŁOGARD	M40-49	2	00:00:03	<b>00:19:12.94</b>	<b>00:19:16.10</b>	+00:03:00 (15.6%)	3:50	15.6 (84.3%)
8	<b>GRZESIK Eugeniusz</b>	<b>75</b>	TKKF KOSZALIN	M50-59	1	00:00:02	<b>00:19:28.53</b>	<b>00:19:30.95</b>	+00:03:15 (16.8%)	3:53	15.4 (83.2%)
9	<b>LUBLEWSKI Dawid</b>	<b>2</b>		M30-39	4	00:00:04	<b>00:19:36.17</b>	<b>00:19:41.07</b>	+00:03:23 (17.3%)	3:55	15.3 (82.7%)
10	<b>ZATOŃ Olga</b>	<b>77</b>	BIEGAJ Z MAKIEM TEAM	K30-39	1	00:00:03	<b>00:19:41.23</b>	<b>00:19:45.11</b>	+00:03:28 (17.7%)	3:56	15.2 (82.2%)
11	<b>SIENIAWSKI Jarosław</b>	<b>60</b>	MEDEN-INMED SPORTS TEAM	M40-49	3	00:00:04	<b>00:19:53.12</b>	<b>00:19:57.51</b>	+00:03:40 (18.5%)	3:58	15.1 (81.6%)
12	<b>URBAŃSKI Tomasz</b>	<b>53</b>	BIAŁOGARD BIEGA	M40-49	4	00:00:04	<b>00:20:03.35</b>	<b>00:20:08.22</b>	+00:03:50 (19.2%)	4:00	15 (81.1%)
13	<b>KOZIEŁ Paweł</b>	<b>70</b>		M40-49	5	00:00:03	<b>00:20:07.54</b>	<b>00:20:10.97</b>	+00:03:54 (19.5%)	4:01	14.9 (80.5%)
14	<b>JABŁOŃSKI Andrzej</b>	<b>50</b>		M50-59	2	00:00:03	<b>00:20:26.94</b>	<b>00:20:30.13</b>	+00:04:14 (20.7%)	4:05	14.7 (79.5%)
15	<b>WICHER Krzysztof</b>	<b>88</b>	ADWOKATURA	M40-49	6	00:00:04	<b>00:20:27.79</b>	<b>00:20:32.32</b>	+00:04:15 (20.8%)	4:05	14.7 (79.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
16	<b>SOSNOWSKI Tomasz</b>	<b>78</b>	FPP	M18-29	3	00:00:03	<b>00:20:44.57</b>	<b>00:20:48.36</b>	+00:04:31 (21.9%)	4:08	14.5 (78.4%)
17	<b>MACIEJCZYK Mateusz</b>	<b>35</b>		M30-39	5	00:00:02	<b>00:20:47.26</b>	<b>00:20:49.82</b>	+00:04:34 (22.0%)	4:09	14.4 (77.8%)
18	<b>BASIŃSKI Łukasz</b>	<b>79</b>	ELENSPORT.PL	M18-29	4	00:00:02	<b>00:20:53.31</b>	<b>00:20:56.31</b>	+00:04:40 (22.4%)	4:10	14.4 (77.8%)
19	<b>MITUNIEWICZ Adrian</b>	<b>30</b>	BIEGOLAS KOSZALIN	M30-39	6	00:00:04	<b>00:21:15.27</b>	<b>00:21:19.65</b>	+00:05:02 (23.7%)	4:15	14.1 (76.2%)
20	<b>PEKAŁA Piotr</b>	<b>6</b>	SP MANOWO/SOSW KOSZALIN	M50-59	3	00:00:06	<b>00:21:19.24</b>	<b>00:21:25.78</b>	+00:05:06 (24.0%)	4:15	14.1 (76.2%)
21	<b>JANKOWSKI Mariusz</b>	<b>37</b>	TEAMBIEGOWYSZCZECINEK/JW1223KOSZALIN	M40-49	7	00:00:03	<b>00:21:29.99</b>	<b>00:21:33.68</b>	+00:05:17 (24.6%)	4:17	14 (75.7%)
22	<b>MAZIEC Beata</b>	<b>83</b>	BIEGOLAS KOSZALIN	K30-39	2	00:00:03	<b>00:21:38.05</b>	<b>00:21:42.04</b>	+00:05:25 (25.1%)	4:19	13.9 (75.1%)
23	<b>KATA Marcin</b>	<b>57</b>		M30-39	7	00:00:03	<b>00:22:02.14</b>	<b>00:22:05.58</b>	+00:05:49 (26.4%)	4:24	13.6 (73.5%)
24	<b>KLEMANN Paweł</b>	<b>8</b>	TKKF KOSZALIN	M40-49	8	00:00:05	<b>00:22:15.61</b>	<b>00:22:20.76</b>	+00:06:03 (27.2%)	4:27	13.5 (73.0%)
25	<b>ZIELIŃSKI Rafał</b>	<b>41</b>		M40-49	9	00:00:08	<b>00:22:23.93</b>	<b>00:22:32.08</b>	+00:06:11 (27.6%)	4:28	13.4 (72.4%)
26	<b>WILKOWSKI Krzysztof</b>	<b>14</b>	FOR-REST-RUN KOSZALIN	M40-49	10	00:00:06	<b>00:22:29.22</b>	<b>00:22:35.68</b>	+00:06:16 (27.9%)	4:29	13.3 (71.9%)
27	<b>STRZYŻ Łukasz</b>	<b>44</b>		M30-39	8	00:00:06	<b>00:22:31.44</b>	<b>00:22:37.46</b>	+00:06:18 (28.0%)	4:30	13.3 (71.9%)
28	<b>MONGIAŁO Marcin</b>	<b>38</b>	KĘPKA-NA-TRASIE	M40-49	11	00:00:10	<b>00:22:35.55</b>	<b>00:22:45.69</b>	+00:06:22 (28.3%)	4:31	13.3 (71.9%)
29	<b>KRUK Marcin</b>	<b>12</b>		M30-39	9	00:00:05	<b>00:23:06.78</b>	<b>00:23:12.12</b>	+00:06:54 (29.9%)	4:37	13 (70.3%)
30	<b>BRODECKI Artur</b>	<b>66</b>		M30-39	10	00:00:08	<b>00:23:17.49</b>	<b>00:23:25.72</b>	+00:07:04 (30.4%)	4:39	12.9 (69.7%)
31	<b>RADZIMSKI Marcel</b>	<b>9</b>		M18-29	5	00:00:06	<b>00:23:30.40</b>	<b>00:23:36.51</b>	+00:07:17 (31.0%)	4:42	12.8 (69.2%)
32	<b>PUŚCIAN Krzysztof</b>	<b>33</b>	SP MANOWO	M40-49	12	00:00:06	<b>00:23:31.16</b>	<b>00:23:37.28</b>	+00:07:18 (31.1%)	4:42	12.8 (69.2%)
33	<b>DANIELAK Tomasz</b>	<b>36</b>		M18-29	6	00:00:06	<b>00:23:32.64</b>	<b>00:23:39.43</b>	+00:07:20 (31.2%)	4:42	12.7 (68.6%)
34	<b>SACHARZEWSKA Anna</b>	<b>73</b>		K40-49	1	00:00:04	<b>00:23:38.91</b>	<b>00:23:43.71</b>	+00:07:26 (31.5%)	4:43	12.7 (68.6%)
35	<b>GIEDROWICZ Aleksandra</b>	<b>10</b>		K30-39	3	00:00:09	<b>00:23:42.46</b>	<b>00:23:52.38</b>	+00:07:29 (31.6%)	4:44	12.7 (68.6%)
36	<b>RUTKOWSKI Ryszard</b>	<b>63</b>	RUNKING.INFO	M50-59	4	00:00:03	<b>00:23:52.17</b>	<b>00:23:56.10</b>	+00:07:39 (32.1%)	4:46	12.6 (68.1%)
37	<b>SZYSZKOWSKI Tomasz</b>	<b>46</b>	FOR-REST-RUN KOSZALIN	M40-49	13	00:00:06	<b>00:23:58.45</b>	<b>00:24:04.92</b>	+00:07:45 (32.4%)	4:47	12.5 (67.6%)
38	<b>KOPCZYŃSKA Natalia</b>	<b>54</b>	BIAŁOGARD BIEGA	K40-49	2	00:00:05	<b>00:24:00.10</b>	<b>00:24:05.62</b>	+00:07:47 (32.5%)	4:48	12.5 (67.6%)

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39	<b>KULCZYK Katarzyna</b>	<b>71</b>	KB BRYZA POSTOMINO	K30-39	4	00:00:05	<b>00:24:08.68</b>	<b>00:24:14.31</b>	+00:07:56 (32.9%)	4:49	12.4 (67.0%)
40	<b>KURZAWIŃSKA-JABŁOŃSKA Kasia</b>	<b>51</b>		K40-49	3	00:00:05	<b>00:24:08.72</b>	<b>00:24:14.28</b>	+00:07:56 (32.9%)	4:49	12.4 (67.0%)
41	<b>MONGIAŁO Aleksandra</b>	<b>39</b>	KĘPKA-NA-TRASIE	K30-39	5	00:00:09	<b>00:24:12.90</b>	<b>00:24:22.48</b>	+00:08:00 (33.1%)	4:50	12.4 (67.0%)
42	<b>WYSOCKA Urszula</b>	<b>1</b>	SPORTOWE BIELICE	K30-39	6	00:00:06	<b>00:24:42.66</b>	<b>00:24:48.67</b>	+00:08:30 (34.4%)	4:56	12.1 (65.4%)
43	<b>RUTKOWSKI Artur</b>	<b>21</b>		M30-39	11	00:00:04	<b>00:24:52.43</b>	<b>00:24:57.09</b>	+00:08:39 (34.8%)	4:58	12.1 (65.4%)
44	<b>SZKOŁUDA Michał</b>	<b>56</b>		M40-49	14	00:00:11	<b>00:25:00.61</b>	<b>00:25:11.90</b>	+00:08:48 (35.2%)	5:00	12 (64.9%)
45	<b>ADAMSKI Dariusz</b>	<b>4</b>	POLANOW	M30-39	12	00:00:11	<b>00:25:00.70</b>	<b>00:25:11.78</b>	+00:08:48 (35.2%)	5:00	12 (64.9%)
46	<b>LEWICZ Ewa</b>	<b>31</b>		K30-39	7	00:00:04	<b>00:25:04.54</b>	<b>00:25:09.38</b>	+00:08:51 (35.4%)	5:00	12 (64.9%)
47	<b>SZYSZKOWSKA Kasia</b>	<b>47</b>	FOR-REST-RUN KOSZALIN	K30-39	8	00:00:06	<b>00:25:05.70</b>	<b>00:25:12.34</b>	+00:08:53 (35.4%)	5:01	12 (64.9%)
48	<b>WĄSOWSKI Mateusz</b>	<b>45</b>		M18-29	7	00:00:07	<b>00:25:08.67</b>	<b>00:25:16.54</b>	+00:08:56 (35.5%)	5:01	11.9 (64.3%)
49	<b>MAJEWSKA Dorota</b>	<b>40</b>	BIEGOLAS KOSZALIN	K50-59	1	00:00:05	<b>00:25:27.65</b>	<b>00:25:33.16</b>	+00:09:15 (36.3%)	5:05	11.8 (63.8%)
50	<b>KOZŁOWIECKI Waldemar</b>	<b>5</b>	TKKF KOSZALIN	M70+	1	00:00:06	<b>00:25:30.05</b>	<b>00:25:36.25</b>	+00:09:17 (36.4%)	5:06	11.8 (63.8%)
51	<b>OSIOWY Ewa</b>	<b>11</b>		K30-39	9	00:00:07	<b>00:25:31.50</b>	<b>00:25:39.41</b>	+00:09:18 (36.5%)	5:06	11.8 (63.8%)
52	<b>WECLAWIAK Marek</b>	<b>3</b>		M40-49	15	00:00:12	<b>00:25:52.76</b>	<b>00:26:04.78</b>	+00:09:40 (37.4%)	5:10	11.6 (62.7%)
53	<b>BRZEZIŃSKI Jan</b>	<b>55</b>	BIAŁOGARD BIEGA	M50-59	5	00:00:07	<b>00:26:10.35</b>	<b>00:26:17.64</b>	+00:09:57 (38.1%)	5:14	11.5 (62.2%)
54	<b>BRZEZIŃSKA Beata</b>	<b>59</b>	BIAŁOGARD BIEGA	K50-59	2	00:00:07	<b>00:26:10.57</b>	<b>00:26:17.79</b>	+00:09:57 (38.1%)	5:14	11.5 (62.2%)
55	<b>KACZMARZYK Katarzyna</b>	<b>68</b>	WANDA PANFIL TEAM	K30-39	10	00:00:08	<b>00:26:54.67</b>	<b>00:27:02.78</b>	+00:10:42 (39.8%)	5:22	11.2 (60.5%)
56	<b>ŻARNA Ryszard</b>	<b>19</b>		M60-69	1	00:00:05	<b>00:26:57.38</b>	<b>00:27:02.54</b>	+00:10:44 (39.9%)	5:23	11.1 (60.0%)
57	<b>NIEWIADOWSKI Robert</b>	<b>42</b>		M40-49	16	00:00:06	<b>00:27:03.74</b>	<b>00:27:10.16</b>	+00:10:51 (40.1%)	5:24	11.1 (60.0%)
58	<b>ZIELIŃSKI Grzegorz</b>	<b>26</b>		M70+	2	00:00:08	<b>00:27:14.76</b>	<b>00:27:23.12</b>	+00:11:02 (40.5%)	5:26	11 (59.5%)
59	<b>KONKEL Joanna</b>	<b>48</b>	MKS 'ŚWIĘC' SŁAWNO	K50-59	3	00:00:08	<b>00:27:26.47</b>	<b>00:27:35.33</b>	+00:11:13 (40.9%)	5:29	10.9 (58.9%)
60	<b>NOWICKA Marta</b>	<b>27</b>		K30-39	11	00:00:10	<b>00:27:29.56</b>	<b>00:27:40.39</b>	+00:11:16 (41.0%)	5:29	10.9 (58.9%)
61	<b>WALKOWIAK Dariusz</b>	<b>32</b>	ZEN SPORT TEAM	M40-49	17	00:00:10	<b>00:28:29.71</b>	<b>00:28:40.28</b>	+00:12:17 (43.1%)	5:41	10.5 (56.8%)

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62	<b>MRÓZ Małgorzata</b>	<b>69</b>		K30-39	12	00:00:05	<b>00:28:44.85</b>	<b>00:28:49.97</b>	+00:12:32 (43.6%)	5:44	10.4 (56.2%)
63	<b>BRODECKA Monika</b>	<b>67</b>		K30-39	13	00:00:08	<b>00:29:13.65</b>	<b>00:29:22.52</b>	+00:13:01 (44.5%)	5:50	10.3 (55.7%)
64	<b>NAKONIECZNA Katarzyna</b>	<b>18</b>	BIEGOLAS KOSZALIN	K30-39	14	00:00:08	<b>00:29:13.74</b>	<b>00:29:22.40</b>	+00:13:01 (44.5%)	5:50	10.3 (55.7%)
65	<b>TREJDER Maria</b>	<b>17</b>	BAJADERKI KOSZALIN	K40-49	4	00:00:09	<b>00:31:49.76</b>	<b>00:31:58.93</b>	+00:15:37 (49.1%)	6:21	9.4 (50.8%)
66	<b>JARCZEWSKA Renata</b>	<b>65</b>		K50-59	4	00:00:07	<b>00:32:14.90</b>	<b>00:32:22.32</b>	+00:16:02 (49.7%)	6:26	9.3 (50.3%)
67	<b>BRĘK Ania</b>	<b>74</b>		K30-39	15	00:00:09	<b>00:33:15.81</b>	<b>00:33:25.19</b>	+00:17:03 (51.3%)	6:39	9 (48.6%)
68	<b>HOŁOWATY Tomasz</b>	<b>22</b>		M40-49	18	00:00:15	<b>00:33:19.74</b>	<b>00:33:34.99</b>	+00:17:07 (51.4%)	6:39	9 (48.6%)
69	<b>KOSOWSKA Małgorzata</b>	<b>7</b>		K30-39	16	00:00:10	<b>00:33:51.70</b>	<b>00:34:01.71</b>	+00:17:39 (52.1%)	6:46	8.9 (48.1%)
70	<b>STACHOWSKA Monika</b>	<b>76</b>		K40-49	5	00:00:11	<b>00:34:44.14</b>	<b>00:34:55.49</b>	+00:18:31 (53.3%)	6:56	8.6 (46.5%)
71	<b>KOWALSKI Kamil</b>	<b>80</b>		M30-39	13	00:00:09	<b>00:37:36.03</b>	<b>00:37:45.35</b>	+00:21:23 (56.9%)	7:31	8 (43.2%)

Znaleziono 71 wynik(ów)