

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

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

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

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

Znaleziono 71 wynik(ów)