



# I CROSS JASTROWSKI - 5.36KM

B4SPORT

**Organizator:** Urząd Gminy i Miasta w Jastrowiu  
**Data:** 2016-04-16  
**Miejsce:** Jastrowie  
**Dystans:** 5.36 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5km	Czas netto 5.36km	Czas brutto 5.36km	Różn	Tempo min/km	Tempo km/h
1	<b>WESOŁOWSKI Damian</b>	<b>361</b>	AZS UAM POZNAŃ	M-18	1	00:00:15	00:17:41	<b>00:19:00.25</b>	<b>00:19:16.00</b>		3:32	16.9 (100%)
2	<b>POCZEWSKI Piotr</b>	<b>343</b>		M-40	1	00:00:15	00:18:25	<b>00:19:49.15</b>	<b>00:20:05.10</b>	+00:00:48 (4.1%)	3:42	16.2 (95.9%)
3	<b>KACZMAREK Tomasz</b>	<b>324</b>	JW 4094 / TEAM BIEGOWY SZCZECINEK	M-30	1	00:00:16	00:18:34	<b>00:19:57.65</b>	<b>00:20:14.10</b>	+00:00:57 (4.8%)	3:43	16.1 (95.3%)
4	<b>POCZEWSKI Paweł</b>	<b>344</b>		M-40	2	00:00:16	00:19:44	<b>00:21:21.05</b>	<b>00:21:37.10</b>	+00:02:20 (11.0%)	3:58	15.1 (89.3%)
5	<b>GÓRA Sylwester</b>	<b>318</b>		M-40	3	00:00:15	00:19:57	<b>00:21:36.60</b>	<b>00:21:52.20</b>	+00:02:36 (12.1%)	4:01	14.9 (88.2%)
6	<b>RYCHTER Antonina</b>	<b>392</b>	MKL SZCZECINEK	K-30	1	00:00:15	00:20:33	<b>00:22:08.20</b>	<b>00:22:24.00</b>	+00:03:07 (14.2%)	4:07	14.5 (85.8%)
7	<b>PROKOPOWICZ Marcin</b>	<b>348</b>	3:33 TEAM JASTROWIE	M-30	2	00:00:16	00:20:41	<b>00:22:10.70</b>	<b>00:22:27.35</b>	+00:03:10 (14.3%)	4:08	14.5 (85.8%)
8	<b>MUSIAŁ Krzysztof</b>	<b>384</b>	JW. 1223/TKKF KOSZALIN	M-30	3	00:00:17	00:20:42	<b>00:22:11.10</b>	<b>00:22:28.80</b>	+00:03:10 (14.3%)	4:08	14.5 (85.8%)
9	<b>SKWIERAWSKI Wiesław</b>	<b>374</b>	FLORIAN CHONICE	M-50	1	00:00:17	00:20:38	<b>00:22:14.55</b>	<b>00:22:32.25</b>	+00:03:14 (14.6%)	4:09	14.5 (85.8%)
10	<b>GDANIEC Wojciech</b>	<b>314</b>		M-18	2	00:00:23	00:21:19	<b>00:22:58.60</b>	<b>00:23:22.50</b>	+00:03:58 (17.3%)	4:17	14 (82.8%)
11	<b>KATRYCZ Zbigniew</b>	<b>378</b>		M-50	2	00:00:17	00:21:17	<b>00:22:59.40</b>	<b>00:23:17.30</b>	+00:03:59 (17.3%)	4:17	14 (82.8%)
12	<b>GALANT Adam</b>	<b>313</b>	MARATOŃCZYK OKONEK	M-40	4	00:00:16	00:21:47	<b>00:23:22.75</b>	<b>00:23:39.60</b>	+00:04:22 (18.7%)	4:21	13.8 (81.7%)
13	<b>SZULC Arek</b>	<b>394</b>	ROZBIEGANY KOSZALIN	M-30	4	00:00:21	00:21:49	<b>00:23:35.15</b>	<b>00:23:56.75</b>	+00:04:34 (19.4%)	4:23	13.6 (80.5%)
14	<b>WNUK Sławomir</b>	<b>396</b>		M-40	5	00:00:17	00:22:03	<b>00:23:41.30</b>	<b>00:23:58.35</b>	+00:04:41 (19.8%)	4:25	13.6 (80.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5km	Czas netto 5.36km	Czas brutto 5.36km	Różn	Tempo min/km	Tempo km/h
15	<b>LESZCZYSZYN Paweł</b>	<b>329</b>		M-30	5	00:00:21	00:22:27	<b>00:24:09.45</b>	<b>00:24:30.70</b>	+00:05:09 (21.3%)	4:30	13.3 (78.7%)
16	<b>POPIEL Dariusz</b>	<b>347</b>	100 BATALION ŁĄCZNOŚCI	M-40	6	00:00:19	00:22:34	<b>00:24:18.35</b>	<b>00:24:37.35</b>	+00:05:18 (21.8%)	4:32	13.2 (78.1%)
17	<b>NOWAK Rafał</b>	<b>338</b>		M-30	6	00:00:17	00:22:47	<b>00:24:26.25</b>	<b>00:24:43.85</b>	+00:05:26 (22.2%)	4:33	13.2 (78.1%)
18	<b>FORTUNA Kamil</b>	<b>310</b>		M-18	3	00:00:17	00:22:52	<b>00:24:28.00</b>	<b>00:24:45.35</b>	+00:05:27 (22.3%)	4:33	13.1 (77.5%)
19	<b>ŚWITLIŃSKI Damian</b>	<b>357</b>	RAMS TRAINING HOUSE	M-18	4	00:00:18	00:22:52	<b>00:24:28.35</b>	<b>00:24:46.85</b>	+00:05:28 (22.3%)	4:33	13.1 (77.5%)
20	<b>ŁABEJSZA Łukasz</b>	<b>331</b>	WOJOWNICY WÓDY	M-30	7	00:00:20	00:22:53	<b>00:24:39.30</b>	<b>00:25:00.00</b>	+00:05:39 (22.9%)	4:36	13 (76.9%)
21	<b>SZMAGLIŃSKA Karolina</b>	<b>385</b>	FLORIAN CHONICE	K-30	2	00:00:16	00:23:24	<b>00:25:18.00</b>	<b>00:25:34.75</b>	+00:06:17 (24.9%)	4:43	12.7 (75.1%)
22	<b>BUZAŁA Walenty</b>	<b>386</b>	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M-50	3	00:00:18	00:23:30	<b>00:25:24.35</b>	<b>00:25:42.45</b>	+00:06:24 (25.2%)	4:44	12.7 (75.1%)
23	<b>FRONTCZAK Izabela</b>	<b>312</b>	TKKF KOSZALIN	K-18	1	00:00:19	00:23:58	<b>00:25:47.50</b>	<b>00:26:07.05</b>	+00:06:47 (26.3%)	4:48	12.5 (74.0%)
24	<b>GÓRA Agnieszka</b>	<b>319</b>		K-30	3	00:00:19	00:24:04	<b>00:25:54.35</b>	<b>00:26:14.15</b>	+00:06:54 (26.6%)	4:50	12.4 (73.4%)
25	<b>STĘPIEŃ Marcin</b>	<b>375</b>		M-18	5	00:00:26	00:24:20	<b>00:26:04.85</b>	<b>00:26:31.20</b>	+00:07:04 (27.1%)	4:51	12.3 (72.8%)
26	<b>LEWANDOWSKI Remigiusz</b>	<b>330</b>	ZŁOTÓW	M-50	4	00:00:16	00:24:08	<b>00:26:05.35</b>	<b>00:26:21.40</b>	+00:07:05 (27.2%)	4:51	12.3 (72.8%)
27	<b>PAWŁOWSKI Michał</b>	<b>340</b>	PRECON POLSKA- JASTROWIE	M-30	8	00:00:20	00:24:08	<b>00:26:10.10</b>	<b>00:26:30.75</b>	+00:07:09 (27.4%)	4:52	12.3 (72.8%)
28	<b>OSTROWSKI Marian</b>	<b>510</b>		M-60	1	00:00:21	00:24:31	<b>00:26:25.05</b>	<b>00:26:46.80</b>	+00:07:24 (28.1%)	4:55	12.2 (72.2%)
29	<b>FABIŚ Izabela</b>	<b>372</b>	3:33 TEAM JASTROWIE	K-30	4	00:00:20	00:24:47	<b>00:26:40.60</b>	<b>00:27:01.55</b>	+00:07:40 (28.8%)	4:58	12.1 (71.6%)
30	<b>RÓG Michał</b>	<b>382</b>	JW. 1223	M-30	9	00:00:30	00:24:54	<b>00:26:41.50</b>	<b>00:27:11.50</b>	+00:07:41 (28.8%)	4:58	12.1 (71.6%)
31	<b>ROZMUS Malwina</b>	<b>352</b>		K-18	2	00:00:19	00:24:54	<b>00:26:46.70</b>	<b>00:27:06.45</b>	+00:07:46 (29.0%)	4:59	12 (71.0%)
32	<b>KORCZYŃSKI Michał</b>	<b>381</b>	JW. 1223	M-30	10	00:00:23	00:25:02	<b>00:26:59.90</b>	<b>00:27:23.00</b>	+00:07:59 (29.6%)	5:02	11.9 (70.4%)
33	<b>OSIÓW Aleksandra</b>	<b>388</b>		K-18	3	00:00:21	00:25:11	<b>00:27:00.55</b>	<b>00:27:22.15</b>	+00:08:00 (29.6%)	5:02	11.9 (70.4%)
34	<b>NITA Wiesław</b>	<b>337</b>	VILLAGE PUNK RUN	M-40	7	00:00:25	00:25:07	<b>00:27:07.45</b>	<b>00:27:32.75</b>	+00:08:07 (29.9%)	5:03	11.9 (70.4%)
35	<b>MICHAŁEK Mariusz</b>	<b>334</b>		M-18	6	00:00:20	00:25:13	<b>00:27:12.30</b>	<b>00:27:32.80</b>	+00:08:12 (30.1%)	5:04	11.8 (69.8%)
36	<b>LENARTOWICZ Stanisław</b>	<b>407</b>		M-50	5	00:00:21	00:25:28	<b>00:27:21.65</b>	<b>00:27:43.00</b>	+00:08:21 (30.5%)	5:06	11.8 (69.8%)
37	<b>WIŚNIEWSKI Daniel</b>	<b>365</b>		M-50	6	00:00:17	00:25:28	<b>00:27:33.00</b>	<b>00:27:50.90</b>	+00:08:32 (31.0%)	5:08	11.7 (69.2%)

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38	JURKIEWICZ Andrzej	380	JW. 1223	M-30	11	00:00:30	00:26:03	<b>00:28:02.95</b>	<b>00:28:33.85</b>	+00:09:02 (32.2%)	5:13	11.5 (68.0%)
39	SZYMAŃSKI Michał	356		M-30	12	00:00:20	00:26:31	<b>00:28:30.15</b>	<b>00:28:50.20</b>	+00:09:29 (33.3%)	5:19	11.3 (66.9%)
40	KACZMAREK Łukasz	323		M-30	13	00:00:25	00:26:38	<b>00:28:33.20</b>	<b>00:28:58.65</b>	+00:09:32 (33.4%)	5:19	11.3 (66.9%)
41	CHODOR Izabela	377		K-30	5	00:00:25	00:26:43	<b>00:28:38.40</b>	<b>00:29:04.30</b>	+00:09:38 (33.6%)	5:20	11.2 (66.3%)
42	GOŁDON Mariusz	317		M-30	14	00:00:31	00:26:50	<b>00:28:39.75</b>	<b>00:29:11.45</b>	+00:09:39 (33.7%)	5:20	11.2 (66.3%)
43	WALCZAK Agnieszka	391	TKKF KOSZALIN	K-40	1	00:00:27	00:26:40	<b>00:28:41.05</b>	<b>00:29:08.10</b>	+00:09:40 (33.7%)	5:21	11.2 (66.3%)
44	ANKUDOWICZ Damian	300	STAROSTWO POWIATOWE W ŻŁOTOWIE	M-30	15	00:00:24	00:27:02	<b>00:29:13.65</b>	<b>00:29:37.75</b>	+00:10:13 (35.0%)	5:27	11 (65.1%)
45	NITA Kasia	336	VILLAGE PUNK RUN	K-40	2	00:00:25	00:27:07	<b>00:29:14.50</b>	<b>00:29:39.60</b>	+00:10:14 (35.0%)	5:27	11 (65.1%)
46	KOWALSKI Tomasz	389	JW. 1223	M-30	16	00:00:19	00:27:28	<b>00:29:33.30</b>	<b>00:29:52.85</b>	+00:10:33 (35.7%)	5:30	10.9 (64.5%)
47	ZAKIELARZ Jan	369	PRECON POLSKA-JASTROWIE	M-50	7	00:00:28	00:27:30	<b>00:29:34.05</b>	<b>00:30:02.05</b>	+00:10:33 (35.7%)	5:30	10.9 (64.5%)
48	RODZIEWICZ Dariusz	383	JW. 1223	M-40	8	00:00:32	00:27:51	<b>00:30:06.50</b>	<b>00:30:38.60</b>	+00:11:06 (36.9%)	5:36	10.7 (63.3%)
49	GRĄBCZEWSKI Rafał	379	JW. 1223	M-30	17	00:00:17	00:28:14	<b>00:30:26.20</b>	<b>00:30:43.20</b>	+00:11:25 (37.6%)	5:40	10.6 (62.7%)
50	GAWROŃSKI Grzegorz	371	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M-40	9	00:00:24	00:28:26	<b>00:30:36.50</b>	<b>00:31:00.90</b>	+00:11:36 (37.9%)	5:42	10.5 (62.1%)
51	WNUK Żanetta	395		K-30	6	00:00:19	00:28:23	<b>00:30:38.60</b>	<b>00:30:57.60</b>	+00:11:38 (38.0%)	5:42	10.5 (62.1%)
52	MAZURKIEWICZ Grzegorz	332		M-50	8	00:00:26	00:28:30	<b>00:30:47.40</b>	<b>00:31:14.25</b>	+00:11:47 (38.3%)	5:44	10.4 (61.5%)
53	PONICKI Tomasz	346		M-40	10	00:00:29	00:28:46	<b>00:31:07.25</b>	<b>00:31:37.15</b>	+00:12:07 (38.9%)	5:48	10.3 (60.9%)
54	PONICKA Izabela	345		K-40	3	00:00:29	00:28:46	<b>00:31:07.30</b>	<b>00:31:37.00</b>	+00:12:07 (38.9%)	5:48	10.3 (60.9%)
55	STASZEWSKA Aneta	390		K-40	4	00:00:27	00:28:55	<b>00:31:10.45</b>	<b>00:31:38.20</b>	+00:12:10 (39.0%)	5:49	10.3 (60.9%)
56	TAMŁOWSKI Daniel	358		M-30	18	00:00:24	00:29:08	<b>00:31:13.00</b>	<b>00:31:37.80</b>	+00:12:12 (39.1%)	5:49	10.3 (60.9%)
57	BLICHARZ-GŁOWACKA Małgorzata	303		K-40	5	00:00:18	00:29:12	<b>00:31:29.65</b>	<b>00:31:48.30</b>	+00:12:29 (39.7%)	5:52	10.2 (60.4%)
58	CIEŚLIK Aneta	305		K-30	7	00:00:19	00:29:10	<b>00:31:31.10</b>	<b>00:31:50.55</b>	+00:12:30 (39.7%)	5:52	10.2 (60.4%)
59	PAWŁOWSKA Beata	339	DREAM TEAM	K-40	6	00:00:24	00:29:12	<b>00:31:33.00</b>	<b>00:31:57.15</b>	+00:12:32 (39.8%)	5:53	10.2 (60.4%)
60	FORTUNA Damian	311		M-30	19	00:00:30	00:29:23	<b>00:31:37.25</b>	<b>00:32:08.00</b>	+00:12:37 (39.9%)	5:54	10.2 (60.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5km	Czas netto 5.36km	Czas brutto 5.36km	Różn	Tempo min/km	Tempo km/h
61	WIŚNIEWSKI Zbigniew	373	FLORIAN CHONICE	M-70+	1	00:00:17	00:29:26	00:31:46.20	00:32:04.00	+00:12:45 (40.2%)	5:55	10.1 (59.8%)
62	POLACZEK Jolanta	376		K-30	8	00:00:24	00:29:29	00:31:46.30	00:32:10.75	+00:12:46 (40.2%)	5:55	10.1 (59.8%)
63	GŁOWACKI Robert	315		M-40	11	00:00:18	00:29:59	00:32:20.70	00:32:39.35	+00:13:20 (41.2%)	6:02	9.9 (58.6%)
64	RZEMYKOWSKA Katarzyna	353	DREAM TEAM	K-40	7	00:00:24	00:30:25	00:32:47.15	00:33:11.15	+00:13:46 (42.0%)	6:06	9.8 (58.0%)
65	BĄBIŃSKI Grzegorz	301		M-50	9	00:00:24	00:31:28	00:33:50.85	00:34:15.05	+00:14:50 (43.9%)	6:18	9.5 (56.2%)
66	ZIEMIAŃSKI Karol	370		M-30	20	00:00:28	00:31:41	00:33:53.45	00:34:22.35	+00:14:53 (43.9%)	6:19	9.5 (56.2%)
67	BIRECKA Beata	302		K-30	9	00:00:19	00:31:33	00:33:58.75	00:34:17.85	+00:14:58 (44.1%)	6:20	9.5 (56.2%)
68	BUZAŁA Jowita	387		K-18	4	00:00:19	00:31:37	00:34:00.85	00:34:20.60	+00:15:00 (44.1%)	6:20	9.5 (56.2%)
69	WYRWIŃSKI Robert	368		M-40	12	00:00:27	00:32:08	00:34:39.95	00:35:07.30	+00:15:39 (45.2%)	6:28	9.3 (55.0%)
70	DWORANOWSKA Karolina	309		K-18	5	00:00:28	00:32:41	00:35:01.65	00:35:30.05	+00:16:01 (45.7%)	6:32	9.2 (54.4%)
71	MICHALCZYK Małgorzata	333		K-18	6	00:00:26	00:32:33	00:35:13.75	00:35:39.90	+00:16:13 (46.1%)	6:34	9.1 (53.8%)
72	WINCASZEK Maria	364		K-40	8	00:00:19	00:33:05	00:35:44.80	00:36:04.35	+00:16:44 (46.8%)	6:40	9 (53.3%)
73	WYRWIŃSKA Adriana	367		K-40	9	00:00:26	00:33:49	00:36:15.15	00:36:41.95	+00:17:14 (47.6%)	6:45	8.9 (52.7%)
74	KAJA Michał	325		M-30	21	00:00:29	00:34:59	00:37:34.90	00:38:04.40	+00:18:34 (49.4%)	7:00	8.6 (50.9%)
75	WACHOWIEC Katarzyna	360		K-30	10	00:00:28	00:35:00	00:37:35.40	00:38:04.30	+00:18:35 (49.4%)	7:00	8.6 (50.9%)
76	SETLAK Agnieszka	354		K-30	11	00:00:19	00:34:57	00:37:38.65	00:37:58.20	+00:18:38 (49.5%)	7:01	8.5 (50.3%)
77	WILKOWSKA Małgorzata	362	ROZBIEGANY KOSZALIN	K-30	12	00:00:30	00:35:42	00:38:20.60	00:38:51.25	+00:19:20 (50.4%)	7:09	8.4 (49.7%)
78	WILKOWSKI Krzysztof	363	ROZBIEGANY KOSZALIN	M-30	22	00:00:30	00:35:42	00:38:21.90	00:38:52.45	+00:19:21 (50.5%)	7:09	8.4 (49.7%)
79	WNUK Jolanta	366		K-40	10	00:00:20	00:35:41	00:38:25.20	00:38:45.25	+00:19:24 (50.5%)	7:10	8.4 (49.7%)
80	PINKOWSKA Katarzyna	342		K-30	13	00:00:28	00:36:27	00:39:13.40	00:39:42.00	+00:20:13 (51.5%)	7:19	8.2 (48.5%)

Znaleziono 80 wynik(ów)