



## II BIEG BEZ SPINY

B4SPORT

**Organizator:** Urząd Gminy Malechowo; Wójt Gminy Malechowo; OSP Malechowo; SP w Malechowie.  
**Data:** 2019-08-31  
**Miejsce:** Malechowo  
**Dystans:** 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>BURZYŃSKI Aleksander</b>	<b>9</b>	TATA BAŚKI	M40-49	1	<b>00:37:38.35</b>		3:45	15.9 (100%)
2	<b>JANISZEWSKI Marek</b>	<b>118</b>	DRUTEX	M30-39	1	<b>00:38:28.10</b>	+00:00:49 (2.2%)	3:50	15.6 (98.1%)
3	<b>MAJKOWICZ Rafał</b>	<b>46</b>		M30-39	2	<b>00:38:39.45</b>	+00:01:01 (2.6%)	3:51	15.5 (97.5%)
4	<b>RUDNIKOWSKI Maciej</b>	<b>75</b>	KLUB BIEGACZA DARŁOWSKIE CHARTY / BIEGUZDROWISKOWY.PL	M40-49	2	<b>00:39:00.85</b>	+00:01:22 (3.5%)	3:54	15.4 (96.9%)
5	<b>RYKIEL Michał</b>	<b>79</b>	DĄBROWSKI TEAM	M30-39	3	<b>00:40:06.40</b>	+00:02:28 (6.2%)	4:00	15 (94.3%)
6	<b>CHRUSZCZ Dominik</b>	<b>124</b>		M30-39	4	<b>00:40:49.20</b>	+00:03:10 (7.8%)	4:04	14.7 (92.5%)
7	<b>ROKOSZ Radosław</b>	<b>128</b>	JW1223	M30-39	5	<b>00:41:29.30</b>	+00:03:50 (9.3%)	4:08	14.5 (91.2%)
8	<b>ZWOLIŃSKI Jan</b>	<b>102</b>	TKKF KOSZALIN	M50-59	1	<b>00:41:38.00</b>	+00:03:59 (9.6%)	4:09	14.4 (90.6%)
9	<b>CHRUSZCZ Mateusz</b>	<b>125</b>	GROWO RUSINOWO	M18-29	1	<b>00:42:04.40</b>	+00:04:26 (10.5%)	4:12	14.3 (89.9%)
10	<b>PŁAZA Ryszard</b>	<b>66</b>		M40-49	3	<b>00:42:36.95</b>	+00:04:58 (11.7%)	4:15	14.1 (88.7%)
11	<b>CZUPA Oskar</b>	<b>126</b>		M18-29	2	<b>00:42:41.80</b>	+00:05:03 (11.8%)	4:16	14.1 (88.7%)
12	<b>KURKUL Janek</b>	<b>107</b>	KB BRYZA POSTOMINO	M18-29	3	<b>00:42:43.60</b>	+00:05:05 (11.9%)	4:16	14 (88.1%)
13	<b>PICK Tomek</b>	<b>65</b>	SKSG KORONA SZCZECIN	M40-49	4	<b>00:42:46.80</b>	+00:05:08 (12.0%)	4:16	14 (88.1%)
14	<b>WALEŃSKI Michał</b>	<b>115</b>		M40-49	5	<b>00:42:57.75</b>	+00:05:19 (12.4%)	4:17	14 (88.1%)
15	<b>MAZUR Emiliusz</b>	<b>49</b>	ŻYJ Z ENERGIA	M40-49	6	<b>00:43:25.05</b>	+00:05:46 (13.3%)	4:20	13.8 (86.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
16	<b>JABŁOŃSKI Tomasz</b>	<b>18</b>	KB SPOKO SŁAWNO	M40-49	7	<b>00:43:33.00</b>	+00:05:54 (13.6%)	4:21	13.8 (86.8%)
17	<b>JANKOWSKI Grzegorz</b>	<b>19</b>	ŚWIAT PŁYTEK U KRYSPIŃSKA	M40-49	8	<b>00:43:47.05</b>	+00:06:08 (14.0%)	4:22	13.7 (86.2%)
18	<b>RYBICKI Andrzej</b>	<b>78</b>	KB SPOKO SŁAWNO	M30-39	6	<b>00:43:50.90</b>	+00:06:12 (14.2%)	4:23	13.7 (86.2%)
19	<b>KRAWCZUK Szymon</b>	<b>39</b>	DARŁOWSKIE CHARTY	M30-39	7	<b>00:44:58.40</b>	+00:07:20 (16.3%)	4:29	13.3 (83.6%)
20	<b>TŁUSTEK Łukasz</b>	<b>112</b>	KB BRYZA POSTOMINO	M30-39	8	<b>00:45:18.10</b>	+00:07:39 (16.9%)	4:31	13.2 (83.0%)
21	<b>KORMAN Kamil</b>	<b>34</b>		M18-29	4	<b>00:45:37.25</b>	+00:07:58 (17.5%)	4:33	13.2 (83.0%)
22	<b>POWARZYŃSKI Krzysztof</b>	<b>67</b>		M40-49	9	<b>00:45:41.70</b>	+00:08:03 (17.6%)	4:34	13.1 (82.4%)
23	<b>SKOWROŃSKI Tomasz</b>	<b>83</b>		M30-39	9	<b>00:46:01.25</b>	+00:08:22 (18.2%)	4:36	13 (81.8%)
24	<b>NIECKARZ Krzysztof</b>	<b>58</b>	KB SPOKO SŁAWNO	M30-39	10	<b>00:46:02.85</b>	+00:08:24 (18.3%)	4:36	13 (81.8%)
25	<b>MUCHA Krzysztof</b>	<b>55</b>	JW 1223	M40-49	10	<b>00:46:20.50</b>	+00:08:42 (18.8%)	4:38	12.9 (81.1%)
26	<b>NIECKARZ Monika</b>	<b>57</b>	KB SPOKO SŁAWNO	K30-39	1	<b>00:46:40.60</b>	+00:09:02 (19.4%)	4:40	12.9 (81.1%)
27	<b>KONKEL Agnieszka</b>	<b>31</b>		K30-39	2	<b>00:46:44.85</b>	+00:09:06 (19.5%)	4:40	12.8 (80.5%)
28	<b>BIEŃKOWSKI Tomasz</b>	<b>4</b>	IQ CONSULTING	M30-39	11	<b>00:46:47.00</b>	+00:09:08 (19.5%)	4:40	12.8 (80.5%)
29	<b>MORDACZ Mikołaj</b>	<b>53</b>	NKS DARŻEWO	M18-29	5	<b>00:46:54.90</b>	+00:09:16 (19.8%)	4:41	12.8 (80.5%)
30	<b>SOMINKA Andrzej</b>	<b>85</b>	SSB(SOBIESAMBIEGAM)	M50-59	2	<b>00:47:08.10</b>	+00:09:29 (20.1%)	4:42	12.7 (79.9%)
31	<b>PERLIK Katarzyna</b>	<b>64</b>	MTS HAMER MIASTKO	K18-29	1	<b>00:47:12.10</b>	+00:09:33 (20.3%)	4:43	12.7 (79.9%)
32	<b>KAMIŃSKI Sławomir</b>	<b>22</b>	KMP ŚWINOUJŚCIE	M30-39	12	<b>00:47:26.20</b>	+00:09:47 (20.7%)	4:44	12.6 (79.2%)
33	<b>KWIETNIEWSKI Daniel</b>	<b>108</b>		M40-49	11	<b>00:47:46.05</b>	+00:10:07 (21.2%)	4:46	12.6 (79.2%)
34	<b>KAMIŃSKI Antoni</b>	<b>23</b>		M60+	1	<b>00:47:47.50</b>	+00:10:09 (21.2%)	4:46	12.6 (79.2%)
35	<b>KRUPIŃSKI Krzysztof</b>	<b>40</b>	WWW.E-UROLOG.EU	M50-59	3	<b>00:47:50.65</b>	+00:10:12 (21.3%)	4:47	12.5 (78.6%)
36	<b>ŻURAWIK Piotr</b>	<b>103</b>		M40-49	12	<b>00:48:00.25</b>	+00:10:21 (21.6%)	4:48	12.5 (78.6%)
37	<b>WIELGAT Łukasz</b>	<b>114</b>	KB BRYZA POSTOMINO	M30-39	13	<b>00:48:08.05</b>	+00:10:29 (21.8%)	4:48	12.5 (78.6%)
38	<b>GAWEŁ Zbigniew</b>	<b>14</b>	POMERIDERS SŁUPSK	M60+	2	<b>00:48:17.85</b>	+00:10:39 (22.1%)	4:49	12.4 (78.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
39	WIKTOROWSKI Maciej	98		M40-49	13	00:48:25.25	+00:10:46 (22.3%)	4:50	12.4 (78.0%)
40	STRUŚ Artur	110	KB BRYZA POSTOMINO	M50-59	4	00:48:38.00	+00:10:59 (22.6%)	4:51	12.3 (77.4%)
41	MICERSKI Tomasz	50	TKKF KOSZALIN	M40-49	14	00:48:43.45	+00:11:05 (22.8%)	4:52	12.3 (77.4%)
42	STRZELECKI Zbigniew	87	KORZYBSKIE REKINY	M60+	3	00:48:56.95	+00:11:18 (23.1%)	4:53	12.3 (77.4%)
43	MUDŹ Anna	56	CENTRUM SZKOLENIA MARYNARKI WOJENNEJ	K18-29	2	00:49:03.45	+00:11:25 (23.3%)	4:54	12.2 (76.7%)
44	TOMCZAK Dominik	89	NIGHT RUNNERS SŁUPSK	M40-49	15	00:49:03.60	+00:11:25 (23.3%)	4:54	12.2 (76.7%)
45	KRZEWIŃSKA Małgorzata	41	TKKF KOSZALIN	K60+	1	00:49:09.80	+00:11:31 (23.4%)	4:54	12.2 (76.7%)
46	WIATRZYK Krzysztof	88	KORZYBSKIE REKINY	M40-49	16	00:49:25.70	+00:11:47 (23.9%)	4:56	12.1 (76.1%)
47	PROTASEWICZ Andrzej	68	KB SPOKO SŁAWNO	M40-49	17	00:49:35.90	+00:11:57 (24.1%)	4:57	12.1 (76.1%)
48	UJWARY Jakub	94	NKS DARŻEWO	M30-39	14	00:49:46.75	+00:12:08 (24.4%)	4:58	12.1 (76.1%)
49	KACZMAREK Marta	20	KB SPOKO SŁAWNO	K30-39	3	00:50:14.90	+00:12:36 (25.1%)	5:01	11.9 (74.8%)
50	KAMELSKI Piotr	21	KB SPOKO SŁAWNO	M40-49	18	00:50:15.40	+00:12:37 (25.1%)	5:01	11.9 (74.8%)
51	NOWAK Jacek	61		M50-59	5	00:50:30.75	+00:12:52 (25.5%)	5:03	11.9 (74.8%)
52	RASZPLA Radosław	74		M40-49	19	00:50:45.50	+00:13:07 (25.8%)	5:04	11.8 (74.2%)
53	GAJEK Artur	13	KORZYBSKIE REKINY	M40-49	20	00:50:48.90	+00:13:10 (25.9%)	5:04	11.8 (74.2%)
54	KULCZYK Katarzyna	106	KB BRYZA POSTOMINO	K30-39	4	00:50:51.55	+00:13:13 (26.0%)	5:05	11.8 (74.2%)
55	WIECZOREK Jacek	96	SŁAWNO	M40-49	21	00:51:10.70	+00:13:32 (26.5%)	5:07	11.7 (73.6%)
56	PUŚCIAN Krzysztof	72	SZKOŁA PODSTAWOWA W MANOWIE	M40-49	22	00:51:12.30	+00:13:33 (26.5%)	5:07	11.7 (73.6%)
57	STOPA Marcin	86	OSP KARSINO	M30-39	15	00:52:12.70	+00:14:34 (27.9%)	5:13	11.5 (72.3%)
58	TURCZYN Tomasz	92	DZIENNIK SŁAWIEŃSKI	M40-49	23	00:52:25.15	+00:14:46 (28.2%)	5:14	11.4 (71.7%)
59	KANIOWSKI Jacek	24	W.P.K SŁOŃ TEAM USTKA	M40-49	24	00:52:36.70	+00:14:58 (28.5%)	5:15	11.4 (71.7%)
60	OLSZAR Grzegorz	62	DARŁOWSKIE CHARTY	M30-39	16	00:52:44.50	+00:15:06 (28.6%)	5:16	11.4 (71.7%)
61	GOSTOMCZYK Krzysztof	15	KB SPOKO SŁAWNO	M40-49	25	00:52:46.05	+00:15:07 (28.7%)	5:16	11.4 (71.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
62	<b>DRULIK-HOŁUB Marta</b>	<b>11</b>	TORNADO KOSZALIN	K40-49	1	<b>00:53:26.10</b>	+00:15:47 (29.6%)	5:20	11.2 (70.4%)
63	<b>KOZŁOWIECKI Waldemar</b>	<b>37</b>	TKKF KOSZALIN	M60+	4	<b>00:53:26.15</b>	+00:15:47 (29.6%)	5:20	11.2 (70.4%)
64	<b>KUSZAK Arkadiusz</b>	<b>120</b>		M40-49	26	<b>00:53:47.85</b>	+00:16:09 (30.0%)	5:22	11.2 (70.4%)
65	<b>NOWAK Marek</b>	<b>59</b>		M30-39	17	<b>00:54:03.95</b>	+00:16:25 (30.4%)	5:24	11.1 (69.8%)
66	<b>ZIELIŃSKI Damian</b>	<b>101</b>		M30-39	18	<b>00:54:14.75</b>	+00:16:36 (30.6%)	5:25	11.1 (69.8%)
67	<b>SARAPUK Piotr</b>	<b>81</b>		M40-49	27	<b>00:54:23.00</b>	+00:16:44 (30.8%)	5:26	11 (69.2%)
68	<b>KONKEL Łukasz</b>	<b>32</b>		M40-49	28	<b>00:55:00.00</b>	+00:17:21 (31.6%)	5:30	10.9 (68.6%)
69	<b>SARAPUK Gabriela</b>	<b>80</b>	TKKF KOSZALIN	K40-49	2	<b>00:55:06.40</b>	+00:17:28 (31.7%)	5:30	10.9 (68.6%)
70	<b>ANTOSIK Grzegorz</b>	<b>104</b>	KB BRYZA POSTOMINO	M40-49	29	<b>00:55:06.55</b>	+00:17:28 (31.7%)	5:30	10.9 (68.6%)
71	<b>TREDER Marian</b>	<b>91</b>	TEAM TREDER	M50-59	6	<b>00:55:46.30</b>	+00:18:07 (32.5%)	5:34	10.8 (67.9%)
72	<b>APANEL Marta</b>	<b>2</b>		K30-39	5	<b>00:56:15.95</b>	+00:18:37 (33.1%)	5:37	10.7 (67.3%)
73	<b>ANTOSIK Grażyna</b>	<b>1</b>	KS OLSZEWSKI I SYNOWIE	K30-39	6	<b>00:56:35.90</b>	+00:18:57 (33.5%)	5:39	10.6 (66.7%)
74	<b>BARSZCZEWSKI Sebastian</b>	<b>3</b>	BŁĘKITNY PATROL WWF	M40-49	30	<b>00:57:27.65</b>	+00:19:49 (34.5%)	5:44	10.4 (65.4%)
75	<b>TOMCZAK Sebastian</b>	<b>127</b>	USTKA	M40-49	31	<b>00:57:49.90</b>	+00:20:11 (34.9%)	5:46	10.4 (65.4%)
76	<b>PRYZWAN Karolina</b>	<b>70</b>		K30-39	7	<b>00:58:08.60</b>	+00:20:30 (35.3%)	5:48	10.3 (64.8%)
77	<b>KARNICKI Zygmunt</b>	<b>25</b>	TKKF KOSZALIN	M60+	5	<b>00:58:51.95</b>	+00:21:13 (36.1%)	5:53	10.2 (64.2%)
78	<b>GLISZCZYŃSKI Łukasz</b>	<b>123</b>	ŚWIAT PŁYTEK U KRYSPIŃ	M18-29	6	<b>00:58:58.25</b>	+00:21:19 (36.2%)	5:53	10.2 (64.2%)
79	<b>BUTOWICZ Adam</b>	<b>121</b>		M50-59	7	<b>00:59:10.55</b>	+00:21:32 (36.4%)	5:55	10.1 (63.5%)
80	<b>RUTKOWSKI Artur</b>	<b>77</b>	RUNKING	M18-29	7	<b>00:59:33.30</b>	+00:21:54 (36.8%)	5:57	10.1 (63.5%)
81	<b>ŁUBKOWSKA Magdalena</b>	<b>44</b>		K40-49	3	<b>01:01:19.60</b>	+00:23:41 (38.6%)	6:07	9.8 (61.6%)
82	<b>PRZYBYŁ Marcin</b>	<b>71</b>	NKS DARŻEWO	M18-29	8	<b>01:01:27.35</b>	+00:23:49 (38.8%)	6:08	9.8 (61.6%)
83	<b>KONKEL Joanna</b>	<b>33</b>	MKS 'ŚWIĘC' SŁAWNO	K50-59	1	<b>01:01:34.40</b>	+00:23:56 (38.9%)	6:09	9.7 (61.0%)
84	<b>ANDRZEJCZAK Sławomir</b>	<b>119</b>		M40-49	32	<b>01:01:35.55</b>	+00:23:57 (38.9%)	6:09	9.7 (61.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
85	<b>MOTYKOWSKA Ksenia</b>	<b>54</b>	KB SPOKO SŁAWNO	K30-39	8	<b>01:02:37.10</b>	+00:24:58 (39.9%)	6:15	9.6 (60.4%)
86	<b>ZARZYCKA Izabela</b>	<b>100</b>	W.P.K SŁOŃ TEAM USTKA	K40-49	4	<b>01:03:00.70</b>	+00:25:22 (40.3%)	6:18	9.5 (59.7%)
87	<b>SAWICKI Piotr</b>	<b>82</b>		M40-49	33	<b>01:03:01.25</b>	+00:25:22 (40.3%)	6:18	9.5 (59.7%)
88	<b>TELESIEWICZ Henryk</b>	<b>122</b>	KB SPOKO SŁAWNO	M60+	6	<b>01:03:11.25</b>	+00:25:32 (40.4%)	6:19	9.5 (59.7%)
89	<b>JAWORSKI Robert</b>	<b>105</b>	KB BRYZA POSTOMINO	M40-49	34	<b>01:03:14.00</b>	+00:25:35 (40.5%)	6:19	9.5 (59.7%)
90	<b>DRZEWIECKA Justyna</b>	<b>12</b>	DARŁOWSKIE CHARTY	K30-39	9	<b>01:03:21.85</b>	+00:25:43 (40.6%)	6:20	9.5 (59.7%)
91	<b>MARCZAK Małgorzata</b>	<b>48</b>		K50-59	2	<b>01:03:30.15</b>	+00:25:51 (40.7%)	6:21	9.4 (59.1%)
92	<b>WERNER Dominika</b>	<b>95</b>	NKS DARŻEWO	K18-29	3	<b>01:03:36.60</b>	+00:25:58 (40.8%)	6:21	9.4 (59.1%)
93	<b>KAZIMIEROWICZ Radosław</b>	<b>28</b>	VTT	M30-39	19	<b>01:04:06.90</b>	+00:26:28 (41.3%)	6:24	9.4 (59.1%)
94	<b>BUDZYŃSKA Elżbieta</b>	<b>7</b>		K50-59	3	<b>01:04:15.90</b>	+00:26:37 (41.4%)	6:25	9.3 (58.5%)
95	<b>SUŁEK Dorota</b>	<b>111</b>	KB BRYZA POSTOMINO	K30-39	10	<b>01:04:57.25</b>	+00:27:18 (42.1%)	6:29	9.2 (57.9%)
96	<b>KRAWCZUK Aleksandra</b>	<b>38</b>	GEPARD GLEŹNOWO	K30-39	11	<b>01:05:24.40</b>	+00:27:46 (42.5%)	6:32	9.2 (57.9%)
97	<b>PROTASEWICZ Renata</b>	<b>69</b>	KB SPOKO SŁAWNO	K30-39	12	<b>01:06:59.90</b>	+00:29:21 (43.8%)	6:41	9 (56.6%)
98	<b>HARASIMOWICZ-POLAKOWSKA Małgorzata</b>	<b>16</b>	NIEZRZESZONA	K40-49	5	<b>01:09:22.65</b>	+00:31:44 (45.7%)	6:56	8.6 (54.1%)
99	<b>WACHHOLZ Beata</b>	<b>113</b>	KB BRYZA POSTOMINO	K40-49	6	<b>01:10:23.55</b>	+00:32:45 (46.5%)	7:02	8.5 (53.5%)
100	<b>KOZŁOWIECKA Małgorzata</b>	<b>36</b>		K50-59	4	<b>01:10:40.45</b>	+00:33:02 (46.7%)	7:04	8.5 (53.5%)
101	<b>KOMAR Agnieszka</b>	<b>30</b>	KB SPOKO SŁAWNO	K30-39	13	<b>01:12:14.05</b>	+00:34:35 (47.9%)	7:13	8.3 (52.2%)
102	<b>KURŁOWICZ Krzysztof</b>	<b>116</b>		M40-49	35	<b>01:12:16.00</b>	+00:34:37 (47.9%)	7:13	8.3 (52.2%)
103	<b>HELLER Zdzisław</b>	<b>17</b>	NIEZRZESZONY	M60+	7	<b>01:13:44.90</b>	+00:36:06 (49.0%)	7:22	8.1 (50.9%)
104	<b>TYRKA Małgorzata</b>	<b>93</b>		K30-39	14	<b>01:14:13.35</b>	+00:36:35 (49.3%)	7:25	8.1 (50.9%)
105	<b>PEŁKA Iwona</b>	<b>63</b>		K50-59	5	<b>01:21:33.90</b>	+00:43:55 (53.9%)	8:09	7.4 (46.5%)
106	<b>CZECH Roman</b>	<b>10</b>	GOCH BYTÓW	M60+	8	<b>01:22:00.75</b>	+00:44:22 (54.1%)	8:12	7.3 (45.9%)
107	<b>KARNICKI Artur</b>	<b>26</b>		M40-49	36	<b>01:23:25.45</b>	+00:45:47 (54.9%)	8:20	7.2 (45.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
108	<b>BARTNIK Marian</b>	<b>117</b>	TKKF KOSZALIN	M60+	9	<b>01:33:38.00</b>	+00:55:59 (59.8%)	9:21	6.4 (40.3%)

Znaleziono 108 wynik(ów)