

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

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

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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%)

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

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

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108	BARTNIK Marian	117	TKKF KOSZALIN	M60+	9	01:33:38.00	+00:55:59 (59.8%)	9:21	6.4 (40.3%)

Znaleziono 108 wynik(ów)