

## II BIEG PAŁACOWY - 5KM

B4SPORT

**Wydarzenie:**  
**Organizator:**

II Bieg Pałacowy  
ABI /Akceptacja-Bezinteresowność-Inkluzja/  
Stowarzyszenie przy Specjalnym Ośrodku Szkolno-  
Wychowawczym w Damnicy; Fundacja Wspierania  
Inicjatyw Niekonwencjonalnych „Sub ventum”

**Data:**  
**Miejsce:**  
**Dystans:**

2019-05-12  
Damnica  
5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>SOKOŁOWSKI Ryszard</b>	<b>90</b>	7 BOW SŁUPSK	M-Open	1	<b>00:19:59.05</b>		3:59	15 (100%)
2	<b>GRACHEL Przemek</b>	<b>14</b>	NA TRASIE TEAM.PL	M-Open	2	<b>00:22:22.60</b>	+00:02:23 (10.7%)	4:28	13.4 (89.3%)
3	<b>WĘGRZYN Rafał</b>	<b>61</b>		M-Open	3	<b>00:23:32.70</b>	+00:03:33 (15.1%)	4:42	12.7 (84.7%)
4	<b>BASARAB Piotr</b>	<b>3</b>	SPONTAN POTĘGOWO	M-Open	4	<b>00:23:39.45</b>	+00:03:40 (15.5%)	4:44	12.7 (84.7%)
5	<b>SZCZERBATY Paweł</b>	<b>123</b>		M-Open	5	<b>00:23:43.55</b>	+00:03:44 (15.8%)	4:44	12.6 (84.0%)
6	<b>ŻYLICZ Paweł</b>	<b>67</b>	STOPA SŁUPSK / USB USTKA	M-Open	6	<b>00:23:47.35</b>	+00:03:48 (16.0%)	4:45	12.6 (84.0%)
7	<b>WILUSZ Krzysztof</b>	<b>64</b>	SUB VENTUM TEAM	M-Open	7	<b>00:23:52.15</b>	+00:03:53 (16.3%)	4:46	12.6 (84.0%)
8	<b>PILCZYŃSKI Paweł</b>	<b>39</b>		M-Open	8	<b>00:23:57.65</b>	+00:03:58 (16.6%)	4:47	12.5 (83.3%)
9	<b>PIŁCZYŃSKI Zbigniew</b>	<b>40</b>		M-Open	9	<b>00:24:05.65</b>	+00:04:06 (17.1%)	4:49	12.4 (82.7%)
10	<b>BOGDANOWICZ Paula</b>	<b>111</b>	DECATHLON POWER	K-Open	1	<b>00:24:19.15</b>	+00:04:20 (17.8%)	4:51	12.3 (82.0%)
11	<b>OBERT Paweł</b>	<b>37</b>	P.O.LSKA	M-Open	10	<b>00:25:05.20</b>	+00:05:06 (20.3%)	5:01	12 (80.0%)
12	<b>SKUZA Grzegorz</b>	<b>109</b>		M-Open	11	<b>00:25:40.10</b>	+00:05:41 (22.1%)	5:08	11.7 (78.0%)
13	<b>WALUŚ Szczepan</b>	<b>60</b>		M-Open	12	<b>00:25:52.10</b>	+00:05:53 (22.7%)	5:10	11.6 (77.3%)
14	<b>ZIELONKA Mateusz</b>	<b>66</b>	BALTIC SEALS	M-Open	13	<b>00:26:10.60</b>	+00:06:11 (23.7%)	5:14	11.5 (76.7%)
15	<b>WILKOWSKI Wojciech</b>	<b>70</b>		M-Open	14	<b>00:26:11.40</b>	+00:06:12 (23.7%)	5:14	11.5 (76.7%)
16	<b>TOMCZAK Dominik</b>	<b>57</b>	NIGHT RUNNERS SŁUPSK	M-Open	15	<b>00:26:28.85</b>	+00:06:29 (24.5%)	5:17	11.3 (75.3%)
17	<b>KORDYLAS Michał</b>	<b>110</b>		M-Open	16	<b>00:26:30.60</b>	+00:06:31 (24.6%)	5:18	11.3 (75.3%)
18	<b>SMOLIŃSKI Krzysztof</b>	<b>47</b>	SMOLIŃSCY TEAM	M-Open	17	<b>00:26:35.10</b>	+00:06:36 (24.8%)	5:19	11.3 (75.3%)
19	<b>LITWIN Barbara</b>	<b>113</b>	STOPA SŁUPSK	K-Open	2	<b>00:26:43.60</b>	+00:06:44 (25.2%)	5:20	11.2 (74.7%)
20	<b>KOSTRZEWSKI Adrian</b>	<b>19</b>		M-Open	18	<b>00:26:47.50</b>	+00:06:48 (25.4%)	5:21	11.2 (74.7%)
21	<b>WĘSIERKKA- MUŁYK Marzena</b>	<b>94</b>	NIGHT RUNNERS SŁUPSK	K-Open	3	<b>00:26:56.65</b>	+00:06:57 (25.8%)	5:23	11.1 (74.0%)
22	<b>KOZAK Krzysztof</b>	<b>21</b>	SPONTAN POTĘGOWO	M-Open	19	<b>00:27:03.10</b>	+00:07:04 (26.1%)	5:24	11.1 (74.0%)
23	<b>KOS Krzysztof</b>	<b>18</b>	SPONTAN POTĘGOWO	M-Open	20	<b>00:27:14.70</b>	+00:07:15 (26.7%)	5:26	11 (73.3%)
24	<b>MAJCHRZAK Dariusz</b>	<b>130</b>		M-Open	21	<b>00:27:17.90</b>	+00:07:18 (26.8%)	5:27	11 (73.3%)
25	<b>MAJCHRZAK Łukasz</b>	<b>131</b>		M-Open	22	<b>00:27:18.15</b>	+00:07:19 (26.8%)	5:27	11 (73.3%)
26	<b>BOŚ Grzegorz</b>	<b>4</b>	SUB VENTUM TEAM	M-Open	23	<b>00:27:41.20</b>	+00:07:42 (27.8%)	5:32	10.8 (72.0%)
27	<b>STĘPIEŃ Stanisław</b>	<b>86</b>		M-Open	24	<b>00:27:42.25</b>	+00:07:43 (27.9%)	5:32	10.8 (72.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Tempo min/km	Tempo km/h
						netto	Różn		
						5km			
28	<b>TOMCZAK Sebastian</b>	<b>58</b>	USTKA	M-Open	25	<b>00:28:12.55</b>	+00:08:13 (29.2%)	5:38	10.6 (70.7%)
29	<b>KSIĄŻEK Waldemar</b>	<b>112</b>		M-Open	26	<b>00:28:26.90</b>	+00:08:27 (29.8%)	5:41	10.5 (70.0%)
30	<b>MAZEPUS Jerzy</b>	<b>107</b>		M-Open	27	<b>00:28:31.95</b>	+00:08:32 (30.0%)	5:42	10.5 (70.0%)
31	<b>LEWANDOWSKI Adam</b>	<b>27</b>	W.P.K SŁOŃ TEAM USTKA	M-Open	28	<b>00:28:33.60</b>	+00:08:34 (30.0%)	5:42	10.5 (70.0%)
32	<b>ZANIEWSKI Grzegorz</b>	<b>65</b>		M-Open	29	<b>00:28:34.75</b>	+00:08:35 (30.1%)	5:43	10.5 (70.0%)
33	<b>PIWOŃSKI Robert</b>	<b>41</b>	CSMW	M-Open	30	<b>00:28:50.50</b>	+00:08:51 (30.7%)	5:46	10.4 (69.3%)
34	<b>MAJKOWSKI Stanisław</b>	<b>98</b>	K. B. GOCH	M-Open	31	<b>00:28:53.65</b>	+00:08:54 (30.8%)	5:46	10.4 (69.3%)
35	<b>TRUSIAK Agnieszka</b>	<b>84</b>	SUB VENTUM TEAM	K-Open	4	<b>00:28:55.00</b>	+00:08:55 (30.9%)	5:47	10.4 (69.3%)
36	<b>GRABOWSKI Grzegorz</b>	<b>132</b>		M-Open	32	<b>00:29:09.70</b>	+00:09:10 (31.5%)	5:49	10.3 (68.7%)
37	<b>LEWANDOWSKA Maria</b>	<b>114</b>	WPK SŁOŃ USTKA	K-Open	5	<b>00:29:16.65</b>	+00:09:17 (31.7%)	5:51	10.2 (68.0%)
38	<b>KOWALCZYK Wojciech</b>	<b>101</b>		M-Open	33	<b>00:29:27.45</b>	+00:09:28 (32.2%)	5:53	10.2 (68.0%)
39	<b>KOWALSKI Krzysztof</b>	<b>20</b>	STOPA SŁUPSK	M-Open	34	<b>00:29:30.40</b>	+00:09:31 (32.3%)	5:54	10.2 (68.0%)
40	<b>SIBIŃSKI Krzysztof</b>	<b>87</b>		M-Open	35	<b>00:29:30.45</b>	+00:09:31 (32.3%)	5:54	10.2 (68.0%)
41	<b>KUBIŃSKA Beata</b>	<b>22</b>	NIGHT RUNNERS SŁUPSK	K-Open	6	<b>00:29:31.05</b>	+00:09:32 (32.3%)	5:54	10.2 (68.0%)
42	<b>KUBIŃSKI Rafał</b>	<b>23</b>	NIGHT RUNNERS SŁUPSK	M-Open	36	<b>00:29:31.30</b>	+00:09:32 (32.3%)	5:54	10.2 (68.0%)
43	<b>BRODACKA Katarzyna</b>	<b>103</b>		K-Open	7	<b>00:29:31.70</b>	+00:09:32 (32.3%)	5:54	10.2 (68.0%)
44	<b>WERNER Katarzyna</b>	<b>100</b>		K-Open	8	<b>00:29:34.40</b>	+00:09:35 (32.4%)	5:55	10.1 (67.3%)
45	<b>KŁUSEK Marek</b>	<b>69</b>		M-Open	37	<b>00:29:47.30</b>	+00:09:48 (32.9%)	5:57	10.1 (67.3%)
46	<b>DOWNAR-ZAPOLSKI Paweł</b>	<b>8</b>		M-Open	38	<b>00:29:50.70</b>	+00:09:51 (33.0%)	5:58	10.1 (67.3%)
47	<b>WEILAND Cyprian</b>	<b>89</b>	NIGHT WOLVES SŁUPSK	M-Open	39	<b>00:29:52.05</b>	+00:09:53 (33.1%)	5:58	10 (66.7%)
48	<b>JAŹDŻEWSKAQ Elżbieta</b>	<b>74</b>		K-Open	9	<b>00:30:14.00</b>	+00:10:14 (33.9%)	6:02	9.9 (66.0%)
49	<b>ANDRZEJCZAK Sławomir</b>	<b>1</b>	GRZESŁAW USTKA	M-Open	40	<b>00:30:53.50</b>	+00:10:54 (35.3%)	6:10	9.7 (64.7%)
50	<b>TRUSIAK Miłosz</b>	<b>85</b>	SUB VENTUM TEAM	M-Open	41	<b>00:30:55.05</b>	+00:10:56 (35.4%)	6:11	9.7 (64.7%)
51	<b>KANIUK Maja</b>	<b>16</b>		K-Open	10	<b>00:31:07.40</b>	+00:11:08 (35.8%)	6:13	9.6 (64.0%)
52	<b>KONKEL Joanna</b>	<b>17</b>	MKS ' ŚWIĘC' SŁAWNO	K-Open	11	<b>00:31:09.20</b>	+00:11:10 (35.9%)	6:13	9.6 (64.0%)
53	<b>ZUBEL Beata</b>	<b>77</b>		K-Open	12	<b>00:31:12.65</b>	+00:11:13 (36.0%)	6:14	9.6 (64.0%)
54	<b>MOLIS Joanna</b>	<b>35</b>	BEST BEASTS	K-Open	13	<b>00:31:25.50</b>	+00:11:26 (36.4%)	6:17	9.5 (63.3%)
55	<b>DAWIDOWICZ Żaneta</b>	<b>92</b>	BEST BEASTS	K-Open	14	<b>00:31:45.05</b>	+00:11:46 (37.1%)	6:21	9.4 (62.7%)
56	<b>WILKOWSKA Mariola</b>	<b>71</b>		K-Open	15	<b>00:31:47.15</b>	+00:11:48 (37.1%)	6:21	9.4 (62.7%)
57	<b>GRABOWSKA Kinga</b>	<b>13</b>	SŁUPSKI SERWIS ANTENOWY	K-Open	16	<b>00:31:53.10</b>	+00:11:54 (37.3%)	6:22	9.4 (62.7%)
58	<b>BALIŃSKA Marta</b>	<b>99</b>		K-Open	17	<b>00:32:17.40</b>	+00:12:18 (38.1%)	6:27	9.3 (62.0%)
59	<b>FRUBA Karina</b>	<b>11</b>	STOPA SŁUPSK	K-Open	18	<b>00:32:26.70</b>	+00:12:27 (38.4%)	6:29	9.2 (61.3%)
60	<b>SKIBIŃSKI Rafał</b>	<b>88</b>		M-Open	42	<b>00:32:26.80</b>	+00:12:27 (38.4%)	6:29	9.2 (61.3%)
61	<b>WIELGUS Aleksandra</b>	<b>62</b>	SPONTAN POTĘGOWO	K-Open	19	<b>00:33:01.20</b>	+00:13:02 (39.5%)	6:36	9.1 (60.7%)
62	<b>CZECH Roman</b>	<b>6</b>	GOCH BYTÓW	M-Open	43	<b>00:33:04.55</b>	+00:13:05 (39.6%)	6:37	9.1 (60.7%)
63	<b>MARCZAK Małgorzata</b>	<b>30</b>		K-Open	20	<b>00:33:59.60</b>	+00:14:00 (41.2%)	6:47	8.8 (58.7%)
64	<b>GRABOWSKA Joanna</b>	<b>125</b>		K-Open	21	<b>00:34:26.55</b>	+00:14:27 (42.0%)	6:53	8.7 (58.0%)
65	<b>KMITA Dorota</b>	<b>124</b>		K-Open	22	<b>00:34:26.70</b>	+00:14:27 (42.0%)	6:53	8.7 (58.0%)
66	<b>GAJEWSKA Dorota</b>	<b>68</b>		K-Open	23	<b>00:34:45.60</b>	+00:14:46 (42.5%)	6:57	8.6 (57.3%)
67	<b>BUDZYŃSKA Elżbieta</b>	<b>5</b>		K-Open	24	<b>00:35:13.50</b>	+00:15:14 (43.3%)	7:02	8.5 (56.7%)
68	<b>BIEGAŃSKI Paweł</b>	<b>135</b>	ZEGA	M-Open	44	<b>00:35:18.70</b>	+00:15:19 (43.4%)	7:03	8.5 (56.7%)
69	<b>SKWAREK Monika</b>	<b>44</b>		K-Open	25	<b>00:35:19.75</b>	+00:15:20 (43.4%)	7:04	8.5 (56.7%)
70	<b>SKWAREK Grzegorz</b>	<b>45</b>		M-Open	45	<b>00:35:21.20</b>	+00:15:22 (43.5%)	7:04	8.5 (56.7%)
71	<b>ZEGA- BIEGAŃSKA Anna</b>	<b>136</b>		K-Open	26	<b>00:35:27.05</b>	+00:15:28 (43.6%)	7:05	8.5 (56.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
72	<b>WAWRZYNIAK Jarosław</b>	<b>116</b>		M-Open	46	<b>00:36:30.00</b>	+00:16:30 (45.2%)	7:18	8.2 (54.7%)
73	<b>MALINOWSKA Monika</b>	<b>29</b>		K-Open	27	<b>00:36:30.55</b>	+00:16:31 (45.3%)	7:18	8.2 (54.7%)
74	<b>SETNIK Monika</b>	<b>78</b>		K-Open	28	<b>00:37:15.30</b>	+00:17:16 (46.4%)	7:27	8.1 (54.0%)
75	<b>KSIĄŻEK Małgorzata</b>	<b>80</b>		K-Open	29	<b>00:37:21.70</b>	+00:17:22 (46.5%)	7:28	8 (53.3%)
76	<b>ŚMIETAŃSKI Krzysztof</b>	<b>56</b>	BRAVE TEAM	M-Open	47	<b>00:37:26.35</b>	+00:17:27 (46.6%)	7:29	8 (53.3%)
77	<b>SMOLIŃSKA Edyta</b>	<b>46</b>	SMOLIŃSCY TEAM	K-Open	30	<b>00:37:56.30</b>	+00:17:57 (47.3%)	7:35	7.9 (52.7%)
78	<b>ŚMIETAŃSKI Ireneusz</b>	<b>55</b>	BRAVE TEAM	M-Open	48	<b>00:38:05.10</b>	+00:18:06 (47.5%)	7:37	7.9 (52.7%)
79	<b>DERDA Julia</b>	<b>7</b>	STAROSTWO POWIATOWE SŁUPSK	K-Open	31	<b>00:38:16.95</b>	+00:18:17 (47.8%)	7:39	7.8 (52.0%)
80	<b>SETNIK Daniel</b>	<b>121</b>		M-Open	49	<b>00:38:22.55</b>	+00:18:23 (47.9%)	7:40	7.8 (52.0%)
81	<b>FRUBA Andrzej</b>	<b>10</b>		M-Open	50	<b>00:38:29.25</b>	+00:18:30 (48.1%)	7:41	7.8 (52.0%)
82	<b>CHEŁMIKOWSKA- WAWRZYM Agata</b>	<b>115</b>		K-Open	32	<b>00:38:43.15</b>	+00:18:44 (48.4%)	7:44	7.7 (51.3%)
83	<b>MOJSYM Wioleta</b>	<b>117</b>		K-Open	33	<b>00:38:43.30</b>	+00:18:44 (48.4%)	7:44	7.7 (51.3%)
84	<b>SZMIGIEWO Agnieszka</b>	<b>128</b>	WPK SŁOŃ TEAM	K-Open	34	<b>00:38:51.00</b>	+00:18:51 (48.6%)	7:46	7.7 (51.3%)
85	<b>BANCEWICZ Radek</b>	<b>127</b>		M-Open	51	<b>00:39:20.75</b>	+00:19:21 (49.2%)	7:52	7.6 (50.7%)
86	<b>MICHALSKA Agnieszka</b>	<b>33</b>	METALCORP	K-Open	35	<b>00:39:21.80</b>	+00:19:22 (49.2%)	7:52	7.6 (50.7%)
87	<b>SAŁAJ Angelika</b>	<b>43</b>	STAROSTWO POWIATOWE SŁUPSK	K-Open	36	<b>00:39:22.20</b>	+00:19:23 (49.2%)	7:52	7.6 (50.7%)
88	<b>SULL Kacper</b>	<b>108</b>	NIGHT RUNNERS SŁUPSK	M-Open	52	<b>00:39:33.35</b>	+00:19:34 (49.5%)	7:54	7.6 (50.7%)
89	<b>DAMPS Julita</b>	<b>102</b>	NIGHT RUNNERS SŁUPSK	K-Open	37	<b>00:39:34.30</b>	+00:19:35 (49.5%)	7:54	7.6 (50.7%)
90	<b>BENTKOWSKA Lidia</b>	<b>96</b>		K-Open	38	<b>00:41:12.70</b>	+00:21:13 (51.5%)	8:14	7.3 (48.7%)
91	<b>JARZEMBIŃSKA Beata</b>	<b>97</b>	K. B. GOCH	K-Open	39	<b>00:46:39.30</b>	+00:26:40 (57.2%)	9:20	6.4 (42.7%)
92	<b>SETNIK Piotr</b>	<b>122</b>	DECATHLON POWER	M-Open	53	<b>00:46:59.25</b>	+00:27:00 (57.5%)	9:24	6.4 (42.7%)
93	<b>KOCH Katarzyna</b>	<b>73</b>		K-Open	40	<b>00:47:22.70</b>	+00:27:23 (57.8%)	9:28	6.3 (42.0%)
94	<b>SZNIGREWICZ Beata</b>	<b>79</b>		K-Open	41	<b>00:47:23.10</b>	+00:27:24 (57.8%)	9:28	6.3 (42.0%)
95	<b>RUŻYCKA Patrycja</b>	<b>42</b>		K-Open	42	<b>00:52:18.90</b>	+00:32:19 (61.8%)	10:27	5.7 (38.0%)
96	<b>GODULA Sabina Maria</b>	<b>72</b>		K-Open	43	<b>00:52:25.55</b>	+00:32:26 (61.9%)	10:29	5.7 (38.0%)

Znaleziono 96 wynik(ów)