

## II BIEG WOLNOŚCI - BIEG

B4SPORT  
INTELEGENE ZAWODY SPORTOWE

**Wydarzenie:** III BIEG WOLNOŚCI  
**Organizator:** Stowarzyszenie „Pozytywni Z Pasją, Gmina i Miasto Jastrowie  
**Data:** 2021-08-07  
**Miejsce:** Jastrowie  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>MANIKOWSKI Piotr</b>	<b>107</b>		M - OPEN	1	<b>00:19:12.90</b>		3:50	15.6 (100%)
2	<b>WOŹNIAK Grzegorz</b>	<b>83</b>	MŁODZIEŻOWY OŚRODEK SOCJOTERAPII W KRAJENCE	M - OPEN	2	<b>00:19:36.40</b>	+00:00:23 (2.0%)	3:55	15.3 (98.1%)
3	<b>PALICKI Marcin</b>	<b>51</b>		M - OPEN	3	<b>00:19:42.20</b>	+00:00:29 (2.5%)	3:56	15.2 (97.4%)
4	<b>LECKI Mateusz</b>	<b>35</b>	SZCZECINECCY BIEGACZE	M - OPEN	4	<b>00:19:56.85</b>	+00:00:43 (3.7%)	3:59	15.1 (96.8%)
5	<b>SZACHO-GŁUCHOWICZ Ryszard</b>	<b>71</b>		M - OPEN	5	<b>00:20:06.85</b>	+00:00:53 (4.5%)	4:01	14.9 (95.5%)
6	<b>WALEŃSKI Michał</b>	<b>80</b>	TKKF KOSZALIN	M - OPEN	6	<b>00:20:45.80</b>	+00:01:32 (7.5%)	4:09	14.5 (92.9%)
7	<b>RATAJ Artur</b>	<b>58</b>	3:33 TEAM	M - OPEN	7	<b>00:21:11.65</b>	+00:01:58 (9.3%)	4:14	14.2 (91.0%)
8	<b>KOWALCZYK KRZYSCIN Maciej</b>	<b>30</b>	STRUS KAKOLEWICE	M - OPEN	8	<b>00:21:29.80</b>	+00:02:16 (10.6%)	4:17	14 (89.7%)
9	<b>SZABAŁOWSKA Małgorzata</b>	<b>70</b>		K-OPEN	1	<b>00:21:30.50</b>	+00:02:17 (10.7%)	4:18	14 (89.7%)
10	<b>ŚWITAL Leszek</b>	<b>74</b>	MORSY MARGONIN	M - OPEN	9	<b>00:21:57.80</b>	+00:02:44 (12.5%)	4:23	13.7 (87.8%)
11	<b>KOŃCZAK Magdalena</b>	<b>29</b>	CHABOWSKI ATHLETIC TRAINING SYSTEM	K-OPEN	2	<b>00:22:02.60</b>	+00:02:49 (12.8%)	4:24	13.6 (87.2%)
12	<b>KUBIŚ Paweł</b>	<b>33</b>		M - OPEN	10	<b>00:22:04.55</b>	+00:02:51 (13.0%)	4:24	13.6 (87.2%)
13	<b>CUBER Wojciech</b>	<b>110</b>		M - OPEN	11	<b>00:22:13.45</b>	+00:03:00 (13.5%)	4:26	13.5 (86.5%)
14	<b>CYRUK Łukasz</b>	<b>8</b>	JASTROWIE	M - OPEN	12	<b>00:22:18.90</b>	+00:03:06 (13.9%)	4:27	13.5 (86.5%)
15	<b>CZAJKA Bartłomiej</b>	<b>9</b>	UKS AP START JASTROWIE	M - OPEN	13	<b>00:22:59.70</b>	+00:03:46 (16.4%)	4:35	13.1 (84.0%)
16	<b>KUBIAK Daniel</b>	<b>32</b>		M - OPEN	14	<b>00:23:09.00</b>	+00:03:56 (17.0%)	4:37	13 (83.3%)
17	<b>PROKOPOWICZ Marcin</b>	<b>56</b>	3:33 TEAM	M - OPEN	15	<b>00:23:21.15</b>	+00:04:08 (17.7%)	4:40	12.8 (82.1%)
18	<b>JAWORUCKI Krystian</b>	<b>24</b>		M - OPEN	16	<b>00:23:37.00</b>	+00:04:24 (18.6%)	4:43	12.7 (81.4%)
19	<b>ODWROT Hubert</b>	<b>49</b>	3:33 TEAM	M - OPEN	17	<b>00:23:41.10</b>	+00:04:28 (18.9%)	4:44	12.7 (81.4%)
20	<b>JANKOWSKI Konrad</b>	<b>21</b>	MKS POLONIA JASTROWIE	M - OPEN	18	<b>00:23:54.75</b>	+00:04:41 (19.6%)	4:46	12.6 (80.8%)
21	<b>KŁUNDUKOWSKA Paulina</b>	<b>28</b>		K-OPEN	3	<b>00:24:08.20</b>	+00:04:55 (20.4%)	4:49	12.4 (79.5%)
22	<b>SZCZUKOCKI Marcin</b>	<b>72</b>	TEAM TERMINATORUN	M - OPEN	19	<b>00:24:24.55</b>	+00:05:11 (21.3%)	4:52	12.3 (78.8%)
23	<b>TRĘBSKI Krzysztof</b>	<b>117</b>	#ZABIEGANINOCA	M - OPEN	20	<b>00:24:25.50</b>	+00:05:12 (21.3%)	4:53	12.3 (78.8%)
24	<b>OLEJNICZAK Jakub</b>	<b>50</b>	JASTROWIE	M - OPEN	21	<b>00:24:34.15</b>	+00:05:21 (21.8%)	4:54	12.2 (78.2%)
25	<b>WACHOWIAK Radosław</b>	<b>79</b>		M - OPEN	22	<b>00:24:35.00</b>	+00:05:22 (21.8%)	4:55	12.2 (78.2%)
26	<b>MELON Jacek</b>	<b>43</b>	POZYTYWNI Z PASJĄ	M - OPEN	23	<b>00:24:46.30</b>	+00:05:33 (22.4%)	4:57	12.1 (77.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
27	<b>POLCYN Czesław</b>	<b>106</b>		M - OPEN	24	<b>00:24:59.80</b>	+00:05:46 (23.1%)	4:59	12 (76.9%)
28	<b>ŁAWNICZAK Justyna</b>	<b>40</b>	#ZABIEGANINOCA	K-OPEN	4	<b>00:25:01.25</b>	+00:05:48 (23.2%)	5:00	12 (76.9%)
29	<b>KUICH Piotr</b>	<b>34</b>	LILL-SPORT	M - OPEN	25	<b>00:25:16.65</b>	+00:06:03 (24.0%)	5:03	11.9 (76.3%)
30	<b>GOLEC Waldemar</b>	<b>16</b>	CSWL DRAWSKO	M - OPEN	26	<b>00:25:21.25</b>	+00:06:08 (24.2%)	5:04	11.8 (75.6%)
31	<b>ZAKIELARZ Jan</b>	<b>86</b>	PRECON POLSKA JASTROWIE	M - OPEN	27	<b>00:25:22.60</b>	+00:06:09 (24.3%)	5:04	11.8 (75.6%)
32	<b>PAWŁOWSKI Michał</b>	<b>53</b>	PRECON POLSKA JASTROWIE	M - OPEN	28	<b>00:25:38.40</b>	+00:06:25 (25.1%)	5:07	11.7 (75.0%)
33	<b>JANOWICZ Kacper</b>	<b>22</b>		M - OPEN	29	<b>00:25:51.15</b>	+00:06:38 (25.7%)	5:10	11.6 (74.4%)
34	<b>THOMAS Daniel</b>	<b>75</b>	PRECON POLSKA	M - OPEN	30	<b>00:26:05.45</b>	+00:06:52 (26.4%)	5:13	11.5 (73.7%)
35	<b>GÓRA Agnieszka</b>	<b>88</b>		K-OPEN	5	<b>00:26:05.50</b>	+00:06:52 (26.4%)	5:13	11.5 (73.7%)
36	<b>MEJER Jacek</b>	<b>42</b>	DRUŻYNA SZPIKU / ZDROWA KULTURA	M - OPEN	31	<b>00:26:12.35</b>	+00:06:59 (26.7%)	5:14	11.5 (73.7%)
37	<b>BIELECKI Andrzej</b>	<b>4</b>	3:33 TEAM	M - OPEN	32	<b>00:26:13.45</b>	+00:07:00 (26.7%)	5:14	11.4 (73.1%)
38	<b>ZAKRZEWSKI Krzysztof</b>	<b>87</b>	3:33 TEAM	M - OPEN	33	<b>00:26:14.30</b>	+00:07:01 (26.8%)	5:14	11.4 (73.1%)
39	<b>BAK Marcin</b>	<b>3</b>		M - OPEN	34	<b>00:26:16.85</b>	+00:07:03 (26.9%)	5:15	11.4 (73.1%)
40	<b>TROJANOWSKI Grzegorz</b>	<b>115</b>		M - OPEN	35	<b>00:26:20.90</b>	+00:07:08 (27.1%)	5:16	11.4 (73.1%)
41	<b>RATKA Michał</b>	<b>59</b>	ZRYTE JELENIE	M - OPEN	36	<b>00:26:26.25</b>	+00:07:13 (27.3%)	5:17	11.3 (72.4%)
42	<b>CYPEL Remigiusz</b>	<b>112</b>		M - OPEN	37	<b>00:26:27.65</b>	+00:07:14 (27.4%)	5:17	11.3 (72.4%)
43	<b>GRUSZCZYŃSKA Daria</b>	<b>17</b>	KLUB BALANCE ODŻYWIANIE I SPORT	K-OPEN	6	<b>00:26:30.55</b>	+00:07:17 (27.5%)	5:18	11.3 (72.4%)
44	<b>MIKIETYŃSKI Michał</b>	<b>44</b>	ZABIEGANI NOCĄ /ARKADIUSZ GARDZIELEWSKI RUNNING TEAM	M - OPEN	38	<b>00:26:35.15</b>	+00:07:22 (27.7%)	5:19	11.3 (72.4%)
45	<b>PEPLIŃSKI Rafał</b>	<b>54</b>		M - OPEN	39	<b>00:26:37.70</b>	+00:07:24 (27.8%)	5:19	11.3 (72.4%)
46	<b>PLUTA Magdalena</b>	<b>55</b>		K-OPEN	7	<b>00:26:48.60</b>	+00:07:35 (28.3%)	5:21	11.2 (71.8%)
47	<b>OCHNIO Ryszard</b>	<b>118</b>		M - OPEN	40	<b>00:26:48.75</b>	+00:07:35 (28.3%)	5:21	11.2 (71.8%)
48	<b>KUCHARCZYK Damian</b>	<b>119</b>		M - OPEN	41	<b>00:27:09.15</b>	+00:07:56 (29.2%)	5:25	11 (70.5%)
49	<b>ROMECZ-KAZIK Gabriela</b>	<b>62</b>		K-OPEN	8	<b>00:27:20.30</b>	+00:08:07 (29.7%)	5:28	11 (70.5%)
50	<b>KOPYTEK Daria</b>	<b>97</b>		K-OPEN	9	<b>00:27:30.15</b>	+00:08:17 (30.1%)	5:30	10.9 (69.9%)
51	<b>WARZEWSKI Grzegorz</b>	<b>81</b>		M - OPEN	42	<b>00:27:43.35</b>	+00:08:30 (30.7%)	5:32	10.8 (69.2%)
52	<b>NOWAK Anna</b>	<b>48</b>	-----	K-OPEN	10	<b>00:27:47.10</b>	+00:08:34 (30.8%)	5:33	10.8 (69.2%)
53	<b>STĘPIEŃ Marcin</b>	<b>69</b>		M - OPEN	43	<b>00:27:49.85</b>	+00:08:36 (31.0%)	5:33	10.8 (69.2%)
54	<b>GÓRA Sylwester</b>	<b>89</b>		M - OPEN	44	<b>00:27:56.55</b>	+00:08:43 (31.2%)	5:35	10.7 (68.6%)
55	<b>GÓRA Wiktoria</b>	<b>90</b>		K-OPEN	11	<b>00:27:56.80</b>	+00:08:43 (31.2%)	5:35	10.7 (68.6%)
56	<b>KLUPŚ Monika</b>	<b>27</b>	POZYTWNI Z PASJĄ	K-OPEN	12	<b>00:28:05.85</b>	+00:08:52 (31.6%)	5:37	10.7 (68.6%)
57	<b>SZOSTAŁ Daniel</b>	<b>108</b>		M - OPEN	45	<b>00:28:17.65</b>	+00:09:04 (32.1%)	5:39	10.6 (67.9%)
58	<b>GZUBICKI Piotr</b>	<b>19</b>	EL TORO DE ORO	M - OPEN	46	<b>00:28:18.00</b>	+00:09:05 (32.1%)	5:39	10.6 (67.9%)
59	<b>JARCZYŃSKI Roman</b>	<b>23</b>		M - OPEN	47	<b>00:28:26.30</b>	+00:09:13 (32.4%)	5:41	10.6 (67.9%)
60	<b>KOMORSKI Jacek</b>	<b>103</b>		M - OPEN	48	<b>00:28:43.10</b>	+00:09:30 (33.1%)	5:44	10.4 (66.7%)
61	<b>KURKOWSKI Mateusz</b>	<b>99</b>		M - OPEN	49	<b>00:28:56.00</b>	+00:09:43 (33.6%)	5:47	10.4 (66.7%)
62	<b>PATRIAK Damian</b>	<b>113</b>		M - OPEN	50	<b>00:29:00.65</b>	+00:09:47 (33.8%)	5:48	10.3 (66.0%)
63	<b>GRZEJSZCZYK Karol</b>	<b>18</b>	AP START JASTROWIE	M - OPEN	51	<b>00:29:19.35</b>	+00:10:06 (34.5%)	5:51	10.2 (65.4%)
64	<b>ORNOCH Natalia</b>	<b>98</b>		K-OPEN	13	<b>00:29:20.40</b>	+00:10:07 (34.5%)	5:52	10.2 (65.4%)
65	<b>KLUPŚ Janusz</b>	<b>26</b>	POZYTWNI Z PASJĄ	M - OPEN	52	<b>00:29:22.20</b>	+00:10:09 (34.6%)	5:52	10.2 (65.4%)
66	<b>NITA Wiesław</b>	<b>46</b>	VILLAGE PUNK RUN	M - OPEN	53	<b>00:29:23.95</b>	+00:10:11 (34.6%)	5:52	10.2 (65.4%)
67	<b>GIEDRYS Wojtek</b>	<b>14</b>	3:33 TEAM	M - OPEN	54	<b>00:29:35.55</b>	+00:10:22 (35.1%)	5:55	10.1 (64.7%)
68	<b>GIEDRYS Marta</b>	<b>15</b>	3:33 TEAM	K-OPEN	14	<b>00:29:36.05</b>	+00:10:23 (35.1%)	5:55	10.1 (64.7%)
69	<b>STEFANOWSKI Krzysztof</b>	<b>67</b>		M - OPEN	55	<b>00:29:47.95</b>	+00:10:35 (35.5%)	5:57	10.1 (64.7%)
70	<b>TŁOK Damian</b>	<b>76</b>		M - OPEN	56	<b>00:30:01.90</b>	+00:10:49 (36.0%)	6:00	10 (64.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
71	<b>DŁUGA Magdalena</b>	<b>10</b>		K-OPEN	15	<b>00:30:05.80</b>	+00:10:52 (36.2%)	6:01	10 (64.1%)
72	<b>TROJANOWSKA Lucyna</b>	<b>101</b>		K-OPEN	16	<b>00:30:11.35</b>	+00:10:58 (36.4%)	6:02	9.9 (63.5%)
73	<b>BOBRYK Joanna</b>	<b>5</b>		K-OPEN	17	<b>00:30:25.75</b>	+00:11:12 (36.9%)	6:05	9.9 (63.5%)
74	<b>BANACZYK Wioletta</b>	<b>2</b>	LILL-SPORT	K-OPEN	18	<b>00:30:40.55</b>	+00:11:27 (37.4%)	6:08	9.8 (62.8%)
75	<b>WACHOWIAK Martyna</b>	<b>78</b>		K-OPEN	19	<b>00:31:22.70</b>	+00:12:09 (38.8%)	6:16	9.6 (61.5%)
76	<b>MAZUR Gabriela</b>	<b>102</b>		K-OPEN	20	<b>00:31:46.00</b>	+00:12:33 (39.5%)	6:21	9.4 (60.3%)
77	<b>ZIELINSKA Zuzanna</b>	<b>93</b>		K-OPEN	21	<b>00:31:49.60</b>	+00:12:36 (39.6%)	6:21	9.4 (60.3%)
78	<b>PATRYK- KURKOWSKA Anata</b>	<b>100</b>		K-OPEN	22	<b>00:32:04.40</b>	+00:12:51 (40.1%)	6:24	9.4 (60.3%)
79	<b>NITA Katarzyna</b>	<b>45</b>	VILLAGE PUNK RUN	K-OPEN	23	<b>00:32:12.70</b>	+00:12:59 (40.3%)	6:26	9.3 (59.6%)
80	<b>WÓDECKA Dorota</b>	<b>114</b>		K-OPEN	24	<b>00:32:13.00</b>	+00:13:00 (40.4%)	6:26	9.3 (59.6%)
81	<b>BUTOWICZ Adam</b>	<b>6</b>		M - OPEN	57	<b>00:32:14.75</b>	+00:13:01 (40.4%)	6:26	9.3 (59.6%)
82	<b>MAJCHER Alicja</b>	<b>94</b>		K-OPEN	25	<b>00:32:39.70</b>	+00:13:26 (41.2%)	6:31	9.2 (59.0%)
83	<b>BYLEWSKI Jarosław</b>	<b>7</b>	3:33 TEAM	M - OPEN	58	<b>00:32:53.10</b>	+00:13:40 (41.6%)	6:34	9.1 (58.3%)
84	<b>DZIERZAWA Tomasz</b>	<b>11</b>		M - OPEN	59	<b>00:32:56.75</b>	+00:13:43 (41.7%)	6:35	9.1 (58.3%)
85	<b>KRAUSE Anita</b>	<b>116</b>		K-OPEN	26	<b>00:33:49.00</b>	+00:14:36 (43.2%)	6:45	8.9 (57.1%)
86	<b>LUDEWICZ Mateusz</b>	<b>37</b>	START JASTROWIE	M - OPEN	60	<b>00:33:57.05</b>	+00:14:44 (43.4%)	6:47	8.8 (56.4%)
87	<b>LUDEWICZ Dorota</b>	<b>38</b>	START JASTROWIE	K-OPEN	27	<b>00:33:57.25</b>	+00:14:44 (43.4%)	6:47	8.8 (56.4%)
88	<b>DZIERZAWA Aleksandra</b>	<b>12</b>		K-OPEN	28	<b>00:34:38.90</b>	+00:15:26 (44.5%)	6:55	8.7 (55.8%)
89	<b>REJMENT Mateusz</b>	<b>60</b>		M - OPEN	61	<b>00:35:24.70</b>	+00:16:11 (45.7%)	7:04	8.5 (54.5%)
90	<b>WOJTECZKO Magdalena</b>	<b>82</b>	EL TORO DE ORO	K-OPEN	29	<b>00:35:28.75</b>	+00:16:15 (45.8%)	7:05	8.5 (54.5%)
91	<b>LUDEWICZ Ryszard</b>	<b>36</b>	AP START JASTROWIE	M - OPEN	62	<b>00:35:34.85</b>	+00:16:21 (46.0%)	7:06	8.4 (53.8%)
92	<b>KUŁAKOWSKA Barbara</b>	<b>109</b>		K-OPEN	30	<b>00:36:03.30</b>	+00:16:50 (46.7%)	7:12	8.3 (53.2%)
93	<b>WIKBOLD Wiktoria</b>	<b>96</b>		K-OPEN	31	<b>00:36:22.50</b>	+00:17:09 (47.2%)	7:16	8.2 (52.6%)
94	<b>PYREK Iwona</b>	<b>57</b>		K-OPEN	32	<b>00:36:25.75</b>	+00:17:12 (47.3%)	7:17	8.2 (52.6%)
95	<b>WIELGUS Jacek</b>	<b>111</b>		M - OPEN	63	<b>00:37:13.40</b>	+00:18:00 (48.4%)	7:26	8.1 (51.9%)
96	<b>SIDWA Katarzyna</b>	<b>95</b>	MOS WOLA WARSZAWA	K-OPEN	33	<b>00:37:54.95</b>	+00:18:42 (49.3%)	7:34	7.9 (50.6%)
97	<b>STEFANOWSKI Konrad</b>	<b>68</b>		M - OPEN	64	<b>00:39:41.00</b>	+00:20:28 (51.6%)	7:56	7.6 (48.7%)
98	<b>WRONA Józef</b>	<b>85</b>	DZIECI WOJNY	M - OPEN	65	<b>00:39:45.80</b>	+00:20:32 (51.7%)	7:57	7.5 (48.1%)
99	<b>HOŁUBEK Daria</b>	<b>20</b>	AKADEMIA PIŁKARSKA START JASTROWIE	K-OPEN	34	<b>00:42:51.00</b>	+00:23:38 (55.2%)	8:34	7 (44.9%)
100	<b>ROLA Karolina</b>	<b>61</b>	AKADEMIA PIŁKARSKA START JASTROWIE	K-OPEN	35	<b>00:42:51.35</b>	+00:23:38 (55.2%)	8:34	7 (44.9%)
101	<b>KOZŁOWSKA Helena</b>	<b>91</b>		K-OPEN	36	<b>00:46:46.85</b>	+00:27:33 (58.9%)	9:21	6.4 (41.0%)
102	<b>KOŁAK Maja</b>	<b>92</b>		K-OPEN	37	<b>00:46:47.05</b>	+00:27:34 (58.9%)	9:21	6.4 (41.0%)
103	<b>CZAJA Magda</b>	<b>105</b>		K-OPEN	38	<b>00:47:35.80</b>	+00:28:22 (59.6%)	9:31	6.3 (40.4%)
104	<b>KOMORSKA Sylwia</b>	<b>104</b>		K-OPEN	39	<b>00:52:22.05</b>	+00:33:09 (63.3%)	10:28	5.7 (36.5%)
105	<b>SAWCZUK-KRUK Ilona</b>	<b>64</b>	POZYTYWNI Z PASJĄ	K-OPEN	40	<b>00:52:22.45</b>	+00:33:09 (63.3%)	10:28	5.7 (36.5%)
106	<b>FRYDRYCHOWICZ Kinga</b>	<b>13</b>	AKADEMIA PIŁKARSKA START JASTROWIE	K-OPEN	41	<b>00:52:28.80</b>	+00:33:15 (63.4%)	10:29	5.7 (36.5%)

Znaleziono 106 wynik(ów)