

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

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

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

Znaleziono 106 wynik(ów)