



III CROSS PRECON POLSKA JASTROWIE - 10,6KM

B4SPORT

Event: III CROSS PRECON POLSKA JASTROWIE
Organiser: Urząd Gminy i Miasta w Jastrowiu
Date: 2018-04-07
Place: Jastrowie
Distance: 10.6 km



Classification: All

Place	Participant	Number	Club	Category	MCat	Start All 5.3km	Net time 10.6km	Gap	Pace min/km	Pace km/h
1	WIRKUS Łukasz	104	MKS TALEX	M-30	1	00:18:19	00:37:45.30		3:33	16.8 (100%)
2	HOFFMAN Aleksander	21	PRECON POLSKA	M-40	1	00:19:07	00:38:58.20	+00:01:12 (3.1%)	3:40	16.3 (97.0%)
3	ŁAWECKI Darek	42	WWW.LAWECY.PL	M-30	2	00:20:01	00:40:39.90	+00:02:54 (7.2%)	3:50	15.6 (92.9%)
4	KUBIAK Piotr	37	PRECON POLSKA	M-30	3	00:20:15	00:41:50.50	+00:04:05 (9.8%)	3:56	15.2 (90.5%)
5	TALAR Patrycja	77	KB UE POZNAŃ/RUNNERSWORLDPOZNAŃ	K-30	1	00:21:39	00:43:22.95	+00:05:37 (13.0%)	4:05	14.7 (87.5%)
6	ŚLĘZAK Robert	76	OLIMPIJCZYK SZCZEKOCINY	M-40	2	00:21:43	00:43:30.75	+00:05:45 (13.2%)	4:06	14.6 (86.9%)
7	KĘDZIERSKI Andrzej	29		M-30	4	00:21:35	00:43:54.35	+00:06:09 (14.0%)	4:08	14.5 (86.3%)
8	WIRKUS Antonina	103	MKS TALEX	K-30	2	00:21:45	00:43:58.50	+00:06:13 (14.1%)	4:08	14.5 (86.3%)
9	GÓRA Sylwek	89	#ZABIEGANI NOCĄ	M-40	3	00:22:31	00:45:24.95	+00:07:39 (16.9%)	4:17	14 (83.3%)
9	TRĘBSKI Krzysztof	93	#ZABIEGANI NOCĄ	M-40	4	00:22:32	00:45:24.95	+00:07:39 (16.9%)	4:17	14 (83.3%)
11	CUBER Wojciech	92	#ZABIEGANI NOCĄ	M-30	5	00:22:33	00:46:12.00	+00:08:26 (18.3%)	4:21	13.8 (82.1%)
12	RAMS Tadeusz	30	OLIMPIJCZYK SZCZEKOCINY	M-50	1	00:23:18	00:46:32.15	+00:08:46 (18.9%)	4:23	13.7 (81.5%)
13	RAK Adam	64		M-40	5	00:22:18	00:46:34.40	+00:08:49 (18.9%)	4:23	13.7 (81.5%)
14	PIECHOTA Mariusz	57	WATAHA WAŁCZ	M-50	2	00:22:39	00:47:03.50	+00:09:18 (19.8%)	4:26	13.5 (80.4%)
15	DZIADCZYK Krzysztof	8	FLORIAN CHOJNICE	M-50	3	00:23:06	00:47:05.45	+00:09:20 (19.8%)	4:26	13.5 (80.4%)
16	ŚWITAŁ Leszek	96	PCH_RUN	M-40	6	00:23:37	00:47:36.45	+00:09:51 (20.7%)	4:29	13.4 (79.8%)
17	JANIAK Sebastian	24	TEAM BIEGOWY SZCZECINEK	M-30	6	00:23:46	00:48:06.45	+00:10:21 (21.5%)	4:32	13.2 (78.6%)
18	SYDORENKO Oleksandr	70		M-18	1	00:24:06	00:48:08.90	+00:10:23 (21.6%)	4:32	13.2 (78.6%)
19	SAWICKI Eligiusz	66		M-50	4	00:23:46	00:48:11.35	+00:10:26 (21.7%)	4:32	13.2 (78.6%)
20	SULIK Krzysztof	69		M-40	7	00:24:06	00:48:31.20	+00:10:45 (22.2%)	4:34	13.1 (78.0%)
21	SZWEDA Tomasz	71	STOWARZYSZENIE LUDZI W BIEGU	M-30	7	00:23:55	00:48:46.65	+00:11:01 (22.6%)	4:36	13 (77.4%)
22	WIELGUS Grzegorz	85		M-30	8	00:24:42	00:48:47.40	+00:11:02 (22.6%)	4:36	13 (77.4%)
23	ZDZENKA Kamil	91		M-30	9	00:23:50	00:48:53.00	+00:11:07 (22.8%)	4:36	13 (77.4%)
24	PODLECKA Agnieszka	60	4 RUN TEAM PIŁA	K-30	3	00:24:09	00:49:00.85	+00:11:15 (23.0%)	4:37	13 (77.4%)
25	SZYMCZAK Krzysztof	101	SYSTEM 11	M-50	5	00:24:15	00:49:18.45	+00:11:33 (23.4%)	4:39	12.9 (76.8%)
26	JAROSZ Dariusz	100	TKKF KOSZALIN	M-40	8	00:25:21	00:49:34.05	+00:11:48 (23.8%)	4:40	12.8 (76.2%)
27	KUBIAK Daniel	113		M-30	10	00:24:56	00:49:38.95	+00:11:53 (24.0%)	4:41	12.8 (76.2%)

Place	Participant	Number	Club	Category	MCat	Start	Net time		Pace min/km	Pace km/h
						All 5.3km	10.6km	Gap		
28	GRZONKA Kamila	17	KB ZBLEWO	K-30	4	00:24:07	00:49:39.75	+00:11:54 (24.0%)	4:41	12.8 (76.2%)
29	OSTROWSKI Marian	106	SENIOR 54	M-60	1	00:24:51	00:49:51.95	+00:12:06 (24.3%)	4:42	12.8 (76.2%)
30	KWASIGROCH Marcin	40	FIRE RESCU TEAM	M-18	2	00:25:26	00:50:35.45	+00:12:50 (25.4%)	4:46	12.6 (75.0%)
31	OCHNIO Ryszard	53	POLONIA JASTROWIE	M-40	9	00:24:20	00:50:52.15	+00:13:06 (25.8%)	4:47	12.5 (74.4%)
32	NAPIÓRKOWSKI Sławomir	97	TRIPAKA PRZECHLEWO	M-30	11	00:25:20	00:50:56.25	+00:13:10 (25.9%)	4:48	12.5 (74.4%)
33	GÓRA Agnieszka	90	#ZABIEGANI NOCĄ	K-40	1	00:25:29	00:51:03.20	+00:13:17 (26.0%)	4:48	12.5 (74.4%)
34	KASPERSKI Dariusz	28		M-40	10	00:24:54	00:51:12.45	+00:13:27 (26.3%)	4:49	12.4 (73.8%)
35	KUBIŚ Paweł	38	APTEKARZE	M-30	12	00:25:56	00:51:21.20	+00:13:35 (26.5%)	4:50	12.4 (73.8%)
36	ŁAWNICZAK Justyna	43	RAGE RUN	K-30	5	00:25:26	00:52:15.95	+00:14:30 (27.8%)	4:55	12.2 (72.6%)
37	HAŁKA Justyna	19	TRUCHT ŁOBEZ	K-30	6	00:26:26	00:53:29.25	+00:15:43 (29.4%)	5:02	11.9 (70.8%)
38	JUSZKIEWICZ Wojciech	26		M-40	11	00:26:03	00:53:30.70	+00:15:45 (29.4%)	5:02	11.9 (70.8%)
39	PAWŁOWSKI Michał	56	PRECON-POLSKA	M-30	13	00:25:57	00:53:32.45	+00:15:47 (29.5%)	5:03	11.9 (70.8%)
40	KOWALCZYK Seweryn	35	TEAM BIEGOWY SZCZECINEK	M-18	3	00:25:51	00:53:35.95	+00:15:50 (29.6%)	5:03	11.9 (70.8%)
41	GAWIN Rafał	13		M-40	12	00:26:40	00:53:50.45	+00:16:05 (29.9%)	5:04	11.8 (70.2%)
42	WNUK Miłosz	86		M-30	14	00:26:04	00:53:50.50	+00:16:05 (29.9%)	5:04	11.8 (70.2%)
43	RAK Anna	63		K-40	2	00:26:08	00:53:51.70	+00:16:06 (29.9%)	5:04	11.8 (70.2%)
44	MAŃKOWSKI Dariusz	47	JASTROWIE	M-50	6	00:26:08	00:53:55.00	+00:16:09 (30.0%)	5:05	11.8 (70.2%)
45	NIEMCZEWSKA Angelika	51	LZS 'JEDNOŚĆ' ŁOBŻENICA	K-40	3	00:26:17	00:54:02.45	+00:16:17 (30.1%)	5:05	11.8 (70.2%)
46	SEYDAK Maciej	68	BOSCO TEAM DEBRZNO	M-18	4	00:27:04	00:54:21.85	+00:16:36 (30.6%)	5:07	11.7 (69.6%)
47	DYCKZOWSKI Andrzej	7	HUSARIA RACE TEAM	M-40	13	00:26:37	00:54:36.05	+00:16:50 (30.9%)	5:09	11.6 (69.0%)
48	KUICH Piotr	39	LILL-SPORT	M-50	7	00:26:24	00:54:42.50	+00:16:57 (31.0%)	5:09	11.6 (69.0%)
49	ROME CZ-KAZIK Gabriela	65		K-30	7	00:26:24	00:54:45.50	+00:17:00 (31.1%)	5:09	11.6 (69.0%)
50	GEMZA Marcin	14	RAGE RUN	M-30	15	00:25:07	00:54:59.50	+00:17:14 (31.3%)	5:11	11.6 (69.0%)
51	PLUTA Magdalena	59		K-30	8	00:26:56	00:55:05.15	+00:17:19 (31.5%)	5:11	11.5 (68.5%)
52	MRÓZ Przemysław	50	RAGE RUN	M-30	16	00:27:08	00:55:07.15	+00:17:21 (31.5%)	5:11	11.5 (68.5%)
53	GAJDA Ilona	12	LILL-SPORT	K-30	9	00:26:40	00:55:25.35	+00:17:40 (31.9%)	5:13	11.5 (68.5%)
54	GRACZKOWSKI Damian	15	BWM	M-18	5	00:26:54	00:55:26.95	+00:17:41 (31.9%)	5:13	11.5 (68.5%)
55	TWARDOWSKI Jacek	78		M-60	2	00:28:05	00:55:47.25	+00:18:01 (32.3%)	5:15	11.4 (67.9%)
56	WIELGOSZ Ania	83		K-18	1	00:26:41	00:55:55.65	+00:18:10 (32.5%)	5:16	11.4 (67.9%)
57	SZWEDA Marek	72		M-60	3	00:27:27	00:56:43.65	+00:18:58 (33.4%)	5:21	11.2 (66.7%)
58	PIECHOTA Robert	58	ROZBIEGANY KOSZALIN	M-40	14	00:27:44	00:56:52.65	+00:19:07 (33.6%)	5:21	11.2 (66.7%)
59	BUDZIŃSKI Dariusz	99		M-40	15	00:28:51	00:57:14.55	+00:19:29 (34.0%)	5:24	11.1 (66.1%)
60	MAKOWIECKA Angelina	45		K-18	2	00:27:59	00:57:15.05	+00:19:29 (34.1%)	5:24	11.1 (66.1%)
61	GALICKI Robert	112		M-40	16	00:28:46	00:57:26.40	+00:19:41 (34.3%)	5:25	11.1 (66.1%)
62	KLUPŚ Janusz	32		M-40	17	00:28:47	00:57:45.90	+00:20:00 (34.6%)	5:26	11 (65.5%)
63	ŁUŃSKI Maciej	44		M-30	17	00:28:40	00:58:04.75	+00:20:19 (35.0%)	5:28	10.9 (64.9%)
64	TYLMAN Piotr	79		M-30	18	00:27:44	00:58:29.80	+00:20:44 (35.5%)	5:31	10.9 (64.9%)
65	KWIATKOWSKA Dominika	41		K-18	3	00:28:07	00:58:33.35	+00:20:48 (35.5%)	5:31	10.9 (64.9%)
66	OSOBNIAK Ryszard	54	NIEZRZESZONY	M-60	4	00:29:05	00:58:52.40	+00:21:07 (35.9%)	5:33	10.8 (64.3%)
67	SZYŃKARUK Marek	75	TEAM BIEGOWY SZCZECINEK	M-30	19	00:29:39	00:58:59.95	+00:21:14 (36.0%)	5:33	10.8 (64.3%)
68	SZYMAŃSKI Tomasz	73	TEAM BIEGOWY SZCZECINEK	M-50	8	00:28:58	00:59:07.05	+00:21:21 (36.1%)	5:34	10.8 (64.3%)
69	JASKÓŁKA-STANISZ Paweł	25		M-18	6	00:29:34	00:59:22.20	+00:21:36 (36.4%)	5:36	10.7 (63.7%)
70	HAŁKA Arkadiusz	20	TRUCHT ŁOBEZ	M-40	18	00:28:54	00:59:29.40	+00:21:44 (36.5%)	5:36	10.7 (63.7%)
71	WAJDA Waldemar	80	BORNE BIEGA	M-40	19	00:29:40	00:59:32.85	+00:21:47 (36.6%)	5:37	10.7 (63.7%)

Place	Participant	Number	Club	Category	MCat	Start_All	Net	Gap	Pace	Pace
						5.3km	time			
72	KLUPŚ Monika	31		K-40	4	00:29:16	00:59:34.90	+00:21:49 (36.6%)	5:37	10.7 (63.7%)
73	KOŁODZIEJCZAK Grzegorz	34	PARKRUN SZCZECINEK	M-40	20	00:30:53	00:59:51.75	+00:22:06 (36.9%)	5:38	10.6 (63.1%)
74	GRZYSTEK Marcin	18		M-30	20	00:30:52	00:59:52.95	+00:22:07 (37.0%)	5:38	10.6 (63.1%)
75	KOKOT Izabela	33	ORŁY BORNEGO	K-30	10	00:29:57	01:00:49.95	+00:23:04 (37.9%)	5:44	10.5 (62.5%)
76	SEYDAK Agata	210	BOSCO TEAM DEBRZNO	K-30	11	00:29:24	01:00:57.15	+00:23:11 (38.1%)	5:45	10.4 (61.9%)
77	BARTON Krystyna	4	TRIPAKA PRZECHLEWO	K-50+	1	00:29:05	01:01:22.20	+00:23:36 (38.5%)	5:47	10.4 (61.9%)
78	BANACZYK Wioletta	3	LILL-SPORT	K-50+	2	00:30:08	01:01:44.10	+00:23:58 (38.8%)	5:49	10.3 (61.3%)
79	WIŚNIEWSKA Iwona	98		K-30	12	00:30:40	01:02:12.65	+00:24:27 (39.3%)	5:52	10.2 (60.7%)
80	MAŃKOWSKA Janina	46	-	K-50+	3	00:30:57	01:03:13.95	+00:25:28 (40.3%)	5:57	10.1 (60.1%)
81	KOPKIEWICZ Konrad	105		M-30	21	00:30:55	01:03:40.55	+00:25:55 (40.7%)	6:00	10 (59.5%)
82	PLECETY Andrzej	87	PRECON POLSKA	M-50	9	00:30:42	01:03:50.15	+00:26:04 (40.9%)	6:01	10 (59.5%)
83	RYKAŁA Justyna	111		K-18	4	00:31:33	01:04:58.30	+00:27:13 (41.9%)	6:07	9.8 (58.3%)
84	PAPROCKA Eliza	95		K-18	5	00:31:35	01:05:22.95	+00:27:37 (42.3%)	6:10	9.7 (57.7%)
85	JABŁOŃSKA Renata	23	TEAM BIEGOWY SZCZECINEK	K-30	13	00:31:37	01:05:33.90	+00:27:48 (42.4%)	6:11	9.7 (57.7%)
86	SAWICZ-ŁUŃSKA Emilia	67		K-30	14	00:30:05	01:07:18.20	+00:29:32 (43.9%)	6:20	9.5 (56.5%)
87	WIELGUS Jacek	84		M-40	21	00:32:43	01:07:27.85	+00:29:42 (44.0%)	6:21	9.4 (56.0%)
88	PACHUC Kamila	55	RAGE RUN	K-18	6	00:32:27	01:08:41.55	+00:30:56 (45.0%)	6:28	9.3 (55.4%)
89	SZYMCZAK Anna	102	SYSTEM 12	K-40	5	00:33:52	01:09:13.20	+00:31:27 (45.5%)	6:31	9.2 (54.8%)
90	PRYMON Ewa	62		K-40	6	00:33:56	01:09:48.55	+00:32:03 (45.9%)	6:35	9.1 (54.2%)
91	POTURALSKA Katarzyna	61		K-40	7	00:37:11	01:19:37.80	+00:41:52 (52.6%)	7:30	8 (47.6%)
92	WALCZAK Henryk	82	OCTOPUS SUCHY LAS	M-70+	1	00:46:54	01:36:13.00	+00:58:27 (60.8%)	9:04	6.6 (39.3%)
93	WALCZAK Grzegorz	81	OCTOPUS SUCHY LAS	M-40	22	00:46:53	01:36:13.75	+00:58:28 (60.8%)	9:04	6.6 (39.3%)
94	PAPROCKA Sylwia	94		K-18	7	00:36:42		+00:18:23	6:55	8.7 (51.8%)
95	BRONOWICKI Karol	5		M-30	22	00:42:26		+00:24:08	8:00	7.5 (44.6%)

Total 95 results.