



III CROSS PRECON POLSKA JASTROWIE - 5,3 KM

B4SPORT

Wydarzenie: III CROSS PRECON POLSKA JASTROWIE
Organizator: Urząd Gminy i Miasta w Jastrowiu
Data: 2018-04-07
Miejsce: Jastrowie
Dystans: 5.3 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5.3km	Różn	Tempo min/km	Tempo km/h
1	SIÓDMIAK Igor	211	MKP SZCZECINKE / TRIATHLON	M-OPEN	1	00:18:20.15		3:27	17.3 (100%)
2	POCZEWSKI Jan	202	NIDAS SPORTS	M-OPEN	2	00:18:25.45	+00:00:05 (0.5%)	3:28	17.3 (100%)
3	GEHRKE Robert	158	PCH_RUN	M-OPEN	3	00:18:32.90	+00:00:12 (1.1%)	3:30	17.1 (98.8%)
4	SZYMAŃSKI Krystian	217	NIDAS SPORTS	M-OPEN	4	00:18:34.80	+00:00:14 (1.3%)	3:30	17.1 (98.8%)
5	ORZECHOWSKI Kamil	198	TKKF KOSZALIN	M-OPEN	5	00:19:03.65	+00:00:43 (3.8%)	3:35	16.7 (96.5%)
6	POCZEWSKI Piotr	201		M-OPEN	6	00:20:05.50	+00:01:45 (8.7%)	3:47	15.8 (91.3%)
7	WARDEGA Mateusz	220	ULKS BARWICE	M-OPEN	7	00:20:26.65	+00:02:06 (10.3%)	3:51	15.6 (90.2%)
8	CERK Łukasz	142		M-OPEN	8	00:20:56.15	+00:02:36 (12.4%)	3:56	15.2 (87.9%)
9	HOFMAN Darek	162	GOGGLE PAE/WATAHA WAŁCZ	M-OPEN	9	00:21:11.80	+00:02:51 (13.5%)	4:00	15 (86.7%)
10	SZABAŁOWSKA Małgorzata	213	MKL SZCZECINEK	K-OPEN	1	00:21:57.85	+00:03:37 (16.5%)	4:08	14.5 (83.8%)
11	SZYMCZAK Arkadiusz	218	SYSTEM 11 WAŁCZ DRUGI	M-OPEN	10	00:21:57.95	+00:03:37 (16.5%)	4:08	14.5 (83.8%)
12	KOWALSKI Maciej	174	AKTYWNA KRAJENKA / PAŃSTWOWA STRAŻ POŻARNA PIŁA	M-OPEN	11	00:22:14.05	+00:03:53 (17.5%)	4:11	14.3 (82.7%)
13	KADEJ Szymon	169		M-OPEN	12	00:22:28.50	+00:04:08 (18.4%)	4:14	14.1 (81.5%)
14	KRYZEL Tomasz	178		M-OPEN	13	00:22:53.15	+00:04:33 (19.9%)	4:19	13.9 (80.3%)
15	MAKOWIECKA Michalina	189		K-OPEN	2	00:22:55.75	+00:04:35 (20.0%)	4:19	13.9 (80.3%)
16	LESZCZYSZYN Paweł	186		M-OPEN	14	00:23:07.65	+00:04:47 (20.7%)	4:21	13.8 (79.8%)
17	PAWŁOWICZ Roland	243	HUSARIA RACE TEAM	M-OPEN	15	00:23:20.80	+00:05:00 (21.5%)	4:24	13.6 (78.6%)
18	PRZYBYSZ Łukasz	242	#ZABIEGANI NOCĄ	M-OPEN	16	00:23:35.95	+00:05:15 (22.3%)	4:27	13.5 (78.0%)
19	KASPEROWICZ Zdzisław	172	MRS&MR PERFECT KASPEROWICZ	M-OPEN	17	00:23:48.20	+00:05:28 (23.0%)	4:29	13.4 (77.5%)
20	KACZOR Agnieszka	168		K-OPEN	3	00:24:01.85	+00:05:41 (23.7%)	4:32	13.2 (76.3%)
21	WOŹNIAK Grzegorz	226	AKTYWNA KRAJENKA	M-OPEN	18	00:24:04.80	+00:05:44 (23.9%)	4:32	13.2 (76.3%)
22	WUJTIUK Piotr	228	BASKET SZCZECINEK	M-OPEN	19	00:24:13.50	+00:05:53 (24.3%)	4:34	13.1 (75.7%)
23	PODŁYSKA Tadeusz	204		M-OPEN	20	00:24:29.20	+00:06:09 (25.1%)	4:37	13 (75.1%)
24	WIELGUS Paweł	222	MRS&MR PERFECT KASPEROWICZ	M-OPEN	21	00:24:31.55	+00:06:11 (25.2%)	4:37	13 (75.1%)
25	LACHOWSKI Krzysztof	185		M-OPEN	22	00:24:52.40	+00:06:32 (26.3%)	4:41	12.8 (74.0%)
26	SZMAGLIŃSKA Karolina	215	FLORIAN CHOJNICE	K-OPEN	4	00:25:05.05	+00:06:44 (26.9%)	4:43	12.7 (73.4%)
27	ZADROŻNY Szymon	230	WATAHA WAŁCZ	M-OPEN	23	00:25:43.00	+00:07:22 (28.7%)	4:51	12.4 (71.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Tempo min/km	Tempo km/h
						netto 5.3km	Różn		
28	LATOS Piotr	238	PRECON POLSKA	M-OPEN	24	00:25:47.25	+00:07:27 (28.9%)	4:51	12.3 (71.1%)
29	KUŹMA Mariusz	183	HUSARIA RACE TEAM	M-OPEN	25	00:25:53.60	+00:07:33 (29.2%)	4:53	12.3 (71.1%)
30	BEDNARSKI Piotr	133		M-OPEN	26	00:25:57.45	+00:07:37 (29.4%)	4:53	12.3 (71.1%)
31	CENTKA Jakub	141	TEAM ŚWIĘTA	M-OPEN	27	00:26:09.40	+00:07:49 (29.9%)	4:56	12.2 (70.5%)
32	RUTKOWSKA Anna	209	WATAHA WAŁCZ	K-OPEN	5	00:26:12.85	+00:07:52 (30.1%)	4:56	12.1 (69.9%)
33	LEWANDOWSKI Remigiusz	187	TSK ORZEŁ OSIEK	M-OPEN	28	00:26:14.10	+00:07:53 (30.1%)	4:56	12.1 (69.9%)
34	CENTKA Michał	140	TEAM ŚWIĘTA	M-OPEN	29	00:26:35.60	+00:08:15 (31.1%)	5:01	12 (69.4%)
35	CHODOR Izabela	143	TKKF KOSZALIN	K-OPEN	6	00:26:39.55	+00:08:19 (31.2%)	5:01	11.9 (68.8%)
36	GORBACZ Urszula	159		K-OPEN	7	00:26:45.55	+00:08:25 (31.5%)	5:03	11.9 (68.8%)
37	ANKUDOWICZ Damian	131	STAROSTWO POWIATOWE W ZŁOTOWIE	M-OPEN	30	00:26:55.30	+00:08:35 (31.9%)	5:04	11.8 (68.2%)
38	MIGORA Renata	250		K-OPEN	8	00:27:29.80	+00:09:09 (33.3%)	5:11	11.6 (67.1%)
39	KUKLIŃSKI Bartosz	235	PRECON POLSKA	M-OPEN	31	00:27:54.90	+00:09:34 (34.3%)	5:15	11.4 (65.9%)
40	ZAKIELARZ Jan	236	PRECON POLSKA	K-OPEN	9	00:27:57.30	+00:09:37 (34.4%)	5:16	11.4 (65.9%)
41	PODLASEK Stanisław	203		M-OPEN	32	00:28:25.20	+00:10:05 (35.5%)	5:21	11.2 (64.7%)
42	PYREK Krzysztof	206	1 RBLOG	M-OPEN	33	00:28:26.90	+00:10:06 (35.5%)	5:22	11.2 (64.7%)
43	PYREK Iwona	207		K-OPEN	10	00:28:27.35	+00:10:07 (35.6%)	5:22	11.2 (64.7%)
44	GRZELAK Sebastian	237		M-OPEN	34	00:28:32.15	+00:10:12 (35.7%)	5:23	11.1 (64.2%)
45	PIECHOTA Elżbieta	200	WATAHA WAŁCZ	K-OPEN	11	00:28:36.85	+00:10:16 (35.9%)	5:23	11.1 (64.2%)
46	DOBROWOLSKI Marek	148		M-OPEN	35	00:28:37.65	+00:10:17 (36.0%)	5:23	11.1 (64.2%)
47	ZIEMIAŃSKI Jacek	233		M-OPEN	36	00:28:42.15	+00:10:22 (36.1%)	5:24	11.1 (64.2%)
48	ŚWIERCZ Dariusz	245	WAŁECKA ŚCIEMA	M-OPEN	37	00:28:49.20	+00:10:29 (36.4%)	5:26	11 (63.6%)
49	THOMAS Daniel	246		M-OPEN	38	00:28:49.65	+00:10:29 (36.4%)	5:26	11 (63.6%)
50	SKRZYPA Dariusz	234		M-OPEN	39	00:29:06.65	+00:10:46 (37.0%)	5:29	10.9 (63.0%)
51	KARABASZ Sylwia	170		K-OPEN	12	00:29:30.20	+00:11:10 (37.9%)	5:33	10.8 (62.4%)
52	MAŁYSZEWICZ Andrzej	191		M-OPEN	40	00:29:38.00	+00:11:17 (38.1%)	5:35	10.7 (61.8%)
53	STOCKA-PODŁYSKA Żaneta	212		K-OPEN	13	00:29:43.05	+00:11:22 (38.3%)	5:36	10.7 (61.8%)
54	KARABASZ Krzysztof	171		M-OPEN	41	00:29:51.20	+00:11:31 (38.6%)	5:37	10.7 (61.8%)
55	KOZŁOWSKI Piotr	177	HUSARIA RACE TEAM	M-OPEN	42	00:29:51.70	+00:11:31 (38.6%)	5:37	10.7 (61.8%)
56	FRANKOWSKI Krzysztof	155	NIEZRZESZONY	M-OPEN	43	00:29:52.15	+00:11:32 (38.6%)	5:38	10.6 (61.3%)
57	MATEJKO Hanna	192		K-OPEN	14	00:30:12.85	+00:11:52 (39.3%)	5:42	10.5 (60.7%)
58	REKOWSKI Robert	208	PRECON POLSKA	M-OPEN	44	00:30:20.70	+00:12:00 (39.6%)	5:43	10.5 (60.7%)
59	JÓŹWIAK Kinga	167		K-OPEN	15	00:30:21.80	+00:12:01 (39.6%)	5:43	10.5 (60.7%)
60	KONIECZKA Paweł	173		M-OPEN	45	00:31:11.80	+00:12:51 (41.2%)	5:53	10.2 (59.0%)
61	JAROSZEWICZ Joanna	166		K-OPEN	16	00:31:17.50	+00:12:57 (41.4%)	5:54	10.2 (59.0%)
62	GAŚSIOROWSKA Paulina	157		K-OPEN	17	00:31:17.90	+00:12:57 (41.4%)	5:54	10.2 (59.0%)
63	GALIMSKA Marta	156		K-OPEN	18	00:31:17.95	+00:12:57 (41.4%)	5:54	10.2 (59.0%)
64	PIĘTKA Agnieszka	244		K-OPEN	19	00:31:18.35	+00:12:58 (41.4%)	5:54	10.2 (59.0%)
65	RUSIECKI Marcin	239	STOWARZYSZENIE AKTYWNEGO WAŁU POMORSKIEGO	M-OPEN	46	00:31:21.30	+00:13:01 (41.5%)	5:54	10.1 (58.4%)
66	RYKAŁA Justyna	111		K-OPEN	20	00:31:33.05	+00:13:12 (41.9%)	5:57	10.1 (58.4%)
67	KUBIAK Mariusz	180	HURAGAN JASTROWIE	M-OPEN	47	00:31:41.95	+00:13:21 (42.2%)	5:58	10 (57.8%)
68	TAMŁOWSKI Daniel	219	HURAGAN	M-OPEN	48	00:31:52.15	+00:13:32 (42.5%)	6:00	10 (57.8%)
69	DZIEMIAŃCZYK Justyna	114		K-OPEN	21	00:31:55.90	+00:13:35 (42.6%)	6:01	10 (57.8%)
70	BUŚKO Wioletta	139		K-OPEN	22	00:31:56.35	+00:13:36 (42.6%)	6:01	10 (57.8%)
71	WIGIA Marzena	248		K-OPEN	23	00:32:13.75	+00:13:53 (43.1%)	6:04	9.9 (57.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5.3km	Różn	Tempo min/km	Tempo km/h
72	WICHA Rafał	221	PRECON POLSKA	M-OPEN	49	00:32:14.15	+00:13:54 (43.1%)	6:04	9.9 (57.2%)
73	ZALESKI Tomasz	232		M-OPEN	50	00:32:24.40	+00:14:04 (43.4%)	6:06	9.8 (56.6%)
74	MISIAK Andrzej	241	#ZABIEGANI NOCĄ OKONEK	M-OPEN	51	00:32:24.90	+00:14:04 (43.4%)	6:06	9.8 (56.6%)
75	DUDZIŃSKA Patrycja	150		K-OPEN	24	00:32:38.95	+00:14:18 (43.8%)	6:09	9.7 (56.1%)
76	NIEDZIELA Dorota	195	LILL-SPORT	K-OPEN	25	00:32:40.15	+00:14:20 (43.9%)	6:09	9.7 (56.1%)
77	NOWAK-GEMZA Monika	196		K-OPEN	26	00:32:42.15	+00:14:22 (43.9%)	6:10	9.7 (56.1%)
78	FRANKOWSKI Tomasz	154	UNITED GYMNASTICS JASTROWIE	M-OPEN	52	00:32:43.55	+00:14:23 (44.0%)	6:10	9.7 (56.1%)
79	WODZYŃSKA Katarzyna	225	#ZABIEGANI NOCĄ OKONEK	K-OPEN	27	00:32:46.00	+00:14:25 (44.0%)	6:10	9.7 (56.1%)
80	SZCZECHOWSKI Adrian	214	STOWARZYSZENIE AKTYWNEGO WAŁU POMORSKIEGO	M-OPEN	53	00:32:54.25	+00:14:34 (44.3%)	6:12	9.7 (56.1%)
81	BILL Łukasz	134		M-OPEN	54	00:33:05.15	+00:14:45 (44.6%)	6:14	9.6 (55.5%)
82	JARNO Wojciech	165	AKTYWNA KRAJENKA	M-OPEN	55	00:33:38.15	+00:15:18 (45.5%)	6:20	9.5 (54.9%)
83	BĄBIŃSKI Grzegorz	132		M-OPEN	56	00:34:22.15	+00:16:02 (46.7%)	6:29	9.3 (53.8%)
84	DEPTUŁA-BILL Bożena	147		K-OPEN	28	00:34:47.40	+00:16:27 (47.3%)	6:33	9.1 (52.6%)
85	KUICH Anna	181	LILL-SPORT	K-OPEN	29	00:34:50.15	+00:16:30 (47.4%)	6:34	9.1 (52.6%)
86	ZIÓŁKOWSKI Andrzej	249		M-OPEN	57	00:35:04.75	+00:16:44 (47.7%)	6:37	9.1 (52.6%)
87	DZIADUCH Elżbieta	151		K-OPEN	30	00:35:16.20	+00:16:56 (48.0%)	6:39	9 (52.0%)
88	DUBISZ Joanna	149	LILL-SPORT	K-OPEN	31	00:35:22.25	+00:17:02 (48.2%)	6:40	9 (52.0%)
89	WRONA Ryszard	227	LILL-SPORT	M-OPEN	58	00:35:23.00	+00:17:02 (48.2%)	6:40	9 (52.0%)
90	KUKLIŃSKA Joanna	182	METROŻERCY	K-OPEN	32	00:35:35.60	+00:17:15 (48.5%)	6:42	8.9 (51.4%)
91	ŁABĘDŹ Katarzyna	188	LILL-SPORT	K-OPEN	33	00:35:54.95	+00:17:34 (48.9%)	6:46	8.9 (51.4%)
92	MAŁYSZEWICZ Teresa	190		K-OPEN	34	00:36:24.25	+00:18:04 (49.6%)	6:52	8.7 (50.3%)
93	DĄBROWSKA Katarzyna	146		K-OPEN	35	00:36:31.75	+00:18:11 (49.8%)	6:53	8.7 (50.3%)
94	FIRLEJ Agnieszka	153	RUNDORFINA	K-OPEN	36	00:36:32.10	+00:18:11 (49.8%)	6:53	8.7 (50.3%)
95	GÓRSKI Bolesław	160	A KUKU	M-OPEN	59	00:36:38.50	+00:18:18 (50.0%)	6:54	8.7 (50.3%)
96	BOŻEK Marta	136		K-OPEN	37	00:36:47.65	+00:18:27 (50.2%)	6:56	8.6 (49.7%)
97	KWIATKOWSKA Agnieszka	184		K-OPEN	38	00:38:08.05	+00:19:47 (51.9%)	7:11	8.3 (48.0%)
98	WILCZYŃSKA Agata	247		K-OPEN	39	00:39:01.50	+00:20:41 (53.0%)	7:21	8.2 (47.4%)
99	MOWCZAN Regina	193	WAŁCZ	K-OPEN	40	00:39:01.55	+00:20:41 (53.0%)	7:21	8.1 (46.8%)
100	WIŚNIEWSKI Daniel	224		M-OPEN	60	00:39:29.80	+00:21:09 (53.6%)	7:27	8.1 (46.8%)
101	ZAGAJA Janusz	231	WESOŁY BORSUK TEAM	M-OPEN	61	00:39:52.15	+00:21:32 (54.0%)	7:31	8 (46.2%)
102	BARTOSIK Bogusława	240	TEAM BIEGOWY SZCZECINEK	K-OPEN	41	00:40:48.85	+00:22:28 (55.1%)	7:41	7.8 (45.1%)
103	BRONOWICKA Angela	137		K-OPEN	42	00:42:26.15	+00:24:06 (56.8%)	8:00	7.5 (43.4%)
104	ILECKA Joanna	163		K-OPEN	43	00:42:28.30	+00:24:08 (56.8%)	8:00	7.5 (43.4%)
105	NOWAKOWSKA Agnieszka	197		K-OPEN	44	00:42:54.90	+00:24:34 (57.3%)	8:05	7.4 (42.8%)
106	SZYDŁOWSKI Łukasz	216		M-OPEN	62	00:42:55.20	+00:24:35 (57.3%)	8:05	7.4 (42.8%)

Znaleziono 106 wynik(ów)