

# 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	<b>SIÓDIAK Igor</b>	<b>211</b>	MKP SZCZECINKE / TRIATHLON	M-OPEN	1	<b>00:18:20.15</b>		3:27	17.3 (100%)
2	<b>POCZEWSKI Jan</b>	<b>202</b>	NIDAS SPORTS	M-OPEN	2	<b>00:18:25.45</b>	+00:00:05 (0.5%)	3:28	17.3 (100%)
3	<b>GEHRKE Robert</b>	<b>158</b>	PCH_RUN	M-OPEN	3	<b>00:18:32.90</b>	+00:00:12 (1.1%)	3:30	17.1 (98.8%)
4	<b>SZYMAŃSKI Krystian</b>	<b>217</b>	NIDAS SPORTS	M-OPEN	4	<b>00:18:34.80</b>	+00:00:14 (1.3%)	3:30	17.1 (98.8%)
5	<b>ORZECHOWSKI Kamil</b>	<b>198</b>	TKKF KOSZALIN	M-OPEN	5	<b>00:19:03.65</b>	+00:00:43 (3.8%)	3:35	16.7 (96.5%)
6	<b>POCZEWSKI Piotr</b>	<b>201</b>		M-OPEN	6	<b>00:20:05.50</b>	+00:01:45 (8.7%)	3:47	15.8 (91.3%)
7	<b>WARDEGA Mateusz</b>	<b>220</b>	ULKS BARWICE	M-OPEN	7	<b>00:20:26.65</b>	+00:02:06 (10.3%)	3:51	15.6 (90.2%)
8	<b>CERK Łukasz</b>	<b>142</b>		M-OPEN	8	<b>00:20:56.15</b>	+00:02:36 (12.4%)	3:56	15.2 (87.9%)
9	<b>HOFMAN Darek</b>	<b>162</b>	GOGGLE PAE/WATAHA WAŁCZ	M-OPEN	9	<b>00:21:11.80</b>	+00:02:51 (13.5%)	4:00	15 (86.7%)
10	<b>SZABAŁOWSKA Małgorzata</b>	<b>213</b>	MKL SZCZECINEK	K-OPEN	1	<b>00:21:57.85</b>	+00:03:37 (16.5%)	4:08	14.5 (83.8%)
11	<b>SZYMCZAK Arkadiusz</b>	<b>218</b>	SYSTEM 11 WAŁCZ DRUGI	M-OPEN	10	<b>00:21:57.95</b>	+00:03:37 (16.5%)	4:08	14.5 (83.8%)
12	<b>KOWALSKI Maciej</b>	<b>174</b>	AKTYWNA KRAJENKA / PAŃSTWOWA STRAŻ POŻARNA PIŁA	M-OPEN	11	<b>00:22:14.05</b>	+00:03:53 (17.5%)	4:11	14.3 (82.7%)
13	<b>KADEJ Szymon</b>	<b>169</b>		M-OPEN	12	<b>00:22:28.50</b>	+00:04:08 (18.4%)	4:14	14.1 (81.5%)
14	<b>KRYZEL Tomasz</b>	<b>178</b>		M-OPEN	13	<b>00:22:53.15</b>	+00:04:33 (19.9%)	4:19	13.9 (80.3%)
15	<b>MAKOWIECKA Michalina</b>	<b>189</b>		K-OPEN	2	<b>00:22:55.75</b>	+00:04:35 (20.0%)	4:19	13.9 (80.3%)
16	<b>LESZCZYSZYN Paweł</b>	<b>186</b>		M-OPEN	14	<b>00:23:07.65</b>	+00:04:47 (20.7%)	4:21	13.8 (79.8%)
17	<b>PAWŁOWICZ Roland</b>	<b>243</b>	HUSARIA RACE TEAM	M-OPEN	15	<b>00:23:20.80</b>	+00:05:00 (21.5%)	4:24	13.6 (78.6%)
18	<b>PRZYBYSZ Łukasz</b>	<b>242</b>	#ZABIEGANI NOCĄ	M-OPEN	16	<b>00:23:35.95</b>	+00:05:15 (22.3%)	4:27	13.5 (78.0%)
19	<b>KASPEROWICZ Zdzisław</b>	<b>172</b>	MRS&MR PERFECT KASPEROWICZ	M-OPEN	17	<b>00:23:48.20</b>	+00:05:28 (23.0%)	4:29	13.4 (77.5%)
20	<b>KACZOR Agnieszka</b>	<b>168</b>		K-OPEN	3	<b>00:24:01.85</b>	+00:05:41 (23.7%)	4:32	13.2 (76.3%)
21	<b>WOŹNIAK Grzegorz</b>	<b>226</b>	AKTYWNA KRAJENKA	M-OPEN	18	<b>00:24:04.80</b>	+00:05:44 (23.9%)	4:32	13.2 (76.3%)
22	<b>WUJTIUK Piotr</b>	<b>228</b>	BASKET SZCZECINEK	M-OPEN	19	<b>00:24:13.50</b>	+00:05:53 (24.3%)	4:34	13.1 (75.7%)
23	<b>PODŁYSKA Tadeusz</b>	<b>204</b>		M-OPEN	20	<b>00:24:29.20</b>	+00:06:09 (25.1%)	4:37	13 (75.1%)
24	<b>WIELGUS Paweł</b>	<b>222</b>	MRS&MR PERFECT KASPEROWICZ	M-OPEN	21	<b>00:24:31.55</b>	+00:06:11 (25.2%)	4:37	13 (75.1%)
25	<b>LACHOWSKI Krzysztof</b>	<b>185</b>		M-OPEN	22	<b>00:24:52.40</b>	+00:06:32 (26.3%)	4:41	12.8 (74.0%)
26	<b>SZMAGLIŃSKA Karolina</b>	<b>215</b>	FLORIAN CHOJNICE	K-OPEN	4	<b>00:25:05.05</b>	+00:06:44 (26.9%)	4:43	12.7 (73.4%)
27	<b>ZADROŻNY Szymon</b>	<b>230</b>	WATAHA WAŁCZ	M-OPEN	23	<b>00:25:43.00</b>	+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	<b>LATOS Piotr</b>	<b>238</b>	PRECON POLSKA	M-OPEN	24	<b>00:25:47.25</b>	+00:07:27 (28.9%)	4:51	12.3 (71.1%)
29	<b>KUŹMA Mariusz</b>	<b>183</b>	HUSARIA RACE TEAM	M-OPEN	25	<b>00:25:53.60</b>	+00:07:33 (29.2%)	4:53	12.3 (71.1%)
30	<b>BEDNARSKI Piotr</b>	<b>133</b>		M-OPEN	26	<b>00:25:57.45</b>	+00:07:37 (29.4%)	4:53	12.3 (71.1%)
31	<b>CENTKA Jakub</b>	<b>141</b>	TEAM ŚWIĘTA	M-OPEN	27	<b>00:26:09.40</b>	+00:07:49 (29.9%)	4:56	12.2 (70.5%)
32	<b>RUTKOWSKA Anna</b>	<b>209</b>	WATAHA WAŁCZ	K-OPEN	5	<b>00:26:12.85</b>	+00:07:52 (30.1%)	4:56	12.1 (69.9%)
33	<b>LEWANDOWSKI Remigiusz</b>	<b>187</b>	TSK ORZEŁ OSIEK	M-OPEN	28	<b>00:26:14.10</b>	+00:07:53 (30.1%)	4:56	12.1 (69.9%)
34	<b>CENTKA Michał</b>	<b>140</b>	TEAM ŚWIĘTA	M-OPEN	29	<b>00:26:35.60</b>	+00:08:15 (31.1%)	5:01	12 (69.4%)
35	<b>CHODOR Izabela</b>	<b>143</b>	TKKF KOSZALIN	K-OPEN	6	<b>00:26:39.55</b>	+00:08:19 (31.2%)	5:01	11.9 (68.8%)
36	<b>GORBACZ Urszula</b>	<b>159</b>		K-OPEN	7	<b>00:26:45.55</b>	+00:08:25 (31.5%)	5:03	11.9 (68.8%)
37	<b>ANKUDOWICZ Damian</b>	<b>131</b>	STAROSTWO POWIATOWE W ZŁOTOWIE	M-OPEN	30	<b>00:26:55.30</b>	+00:08:35 (31.9%)	5:04	11.8 (68.2%)
38	<b>MIGORA Renata</b>	<b>250</b>		K-OPEN	8	<b>00:27:29.80</b>	+00:09:09 (33.3%)	5:11	11.6 (67.1%)
39	<b>KUKLIŃSKI Bartosz</b>	<b>235</b>	PRECON POLSKA	M-OPEN	31	<b>00:27:54.90</b>	+00:09:34 (34.3%)	5:15	11.4 (65.9%)
40	<b>ZAKIELARZ Jan</b>	<b>236</b>	PRECON POLSKA	K-OPEN	9	<b>00:27:57.30</b>	+00:09:37 (34.4%)	5:16	11.4 (65.9%)
41	<b>PODLASEK Stanisław</b>	<b>203</b>		M-OPEN	32	<b>00:28:25.20</b>	+00:10:05 (35.5%)	5:21	11.2 (64.7%)
42	<b>PYREK Krzysztof</b>	<b>206</b>	1 RBLOG	M-OPEN	33	<b>00:28:26.90</b>	+00:10:06 (35.5%)	5:22	11.2 (64.7%)
43	<b>PYREK Iwona</b>	<b>207</b>		K-OPEN	10	<b>00:28:27.35</b>	+00:10:07 (35.6%)	5:22	11.2 (64.7%)
44	<b>GRZELAK Sebastian</b>	<b>237</b>		M-OPEN	34	<b>00:28:32.15</b>	+00:10:12 (35.7%)	5:23	11.1 (64.2%)
45	<b>PIECHOTA Elżbieta</b>	<b>200</b>	WATAHA WAŁCZ	K-OPEN	11	<b>00:28:36.85</b>	+00:10:16 (35.9%)	5:23	11.1 (64.2%)
46	<b>DOBROWOLSKI Marek</b>	<b>148</b>		M-OPEN	35	<b>00:28:37.65</b>	+00:10:17 (36.0%)	5:23	11.1 (64.2%)
47	<b>ZIEMIAŃSKI Jacek</b>	<b>233</b>		M-OPEN	36	<b>00:28:42.15</b>	+00:10:22 (36.1%)	5:24	11.1 (64.2%)
48	<b>ŚWIERCZ Dariusz</b>	<b>245</b>	WAŁECKA ŚCIEMA	M-OPEN	37	<b>00:28:49.20</b>	+00:10:29 (36.4%)	5:26	11 (63.6%)
49	<b>THOMAS Daniel</b>	<b>246</b>		M-OPEN	38	<b>00:28:49.65</b>	+00:10:29 (36.4%)	5:26	11 (63.6%)
50	<b>SKRZYPA Dariusz</b>	<b>234</b>		M-OPEN	39	<b>00:29:06.65</b>	+00:10:46 (37.0%)	5:29	10.9 (63.0%)
51	<b>KARABASZ Sylwia</b>	<b>170</b>		K-OPEN	12	<b>00:29:30.20</b>	+00:11:10 (37.9%)	5:33	10.8 (62.4%)
52	<b>MAŁYSZEWICZ Andrzej</b>	<b>191</b>		M-OPEN	40	<b>00:29:38.00</b>	+00:11:17 (38.1%)	5:35	10.7 (61.8%)
53	<b>STOCKA-PODŁYSKA Żaneta</b>	<b>212</b>		K-OPEN	13	<b>00:29:43.05</b>	+00:11:22 (38.3%)	5:36	10.7 (61.8%)
54	<b>KARABASZ Krzysztof</b>	<b>171</b>		M-OPEN	41	<b>00:29:51.20</b>	+00:11:31 (38.6%)	5:37	10.7 (61.8%)
55	<b>KOZŁOWSKI Piotr</b>	<b>177</b>	HUSARIA RACE TEAM	M-OPEN	42	<b>00:29:51.70</b>	+00:11:31 (38.6%)	5:37	10.7 (61.8%)
56	<b>FRANKOWSKI Krzysztof</b>	<b>155</b>	NIEZRZESZONY	M-OPEN	43	<b>00:29:52.15</b>	+00:11:32 (38.6%)	5:38	10.6 (61.3%)
57	<b>MATEJKO Hanna</b>	<b>192</b>		K-OPEN	14	<b>00:30:12.85</b>	+00:11:52 (39.3%)	5:42	10.5 (60.7%)
58	<b>REKOWSKI Robert</b>	<b>208</b>	PRECON POLSKA	M-OPEN	44	<b>00:30:20.70</b>	+00:12:00 (39.6%)	5:43	10.5 (60.7%)
59	<b>JÓŹWIAK Kinga</b>	<b>167</b>		K-OPEN	15	<b>00:30:21.80</b>	+00:12:01 (39.6%)	5:43	10.5 (60.7%)
60	<b>KONIECZKA Paweł</b>	<b>173</b>		M-OPEN	45	<b>00:31:11.80</b>	+00:12:51 (41.2%)	5:53	10.2 (59.0%)
61	<b>JAROSZEWICZ Joanna</b>	<b>166</b>		K-OPEN	16	<b>00:31:17.50</b>	+00:12:57 (41.4%)	5:54	10.2 (59.0%)
62	<b>GAŚSIOROWSKA Paulina</b>	<b>157</b>		K-OPEN	17	<b>00:31:17.90</b>	+00:12:57 (41.4%)	5:54	10.2 (59.0%)
63	<b>GALIMSKA Marta</b>	<b>156</b>		K-OPEN	18	<b>00:31:17.95</b>	+00:12:57 (41.4%)	5:54	10.2 (59.0%)
64	<b>PIĘTKA Agnieszka</b>	<b>244</b>		K-OPEN	19	<b>00:31:18.35</b>	+00:12:58 (41.4%)	5:54	10.2 (59.0%)
65	<b>RUSIECKI Marcin</b>	<b>239</b>	STOWARZYSZENIE AKTYWNEGO WAŁU POMORSKIEGO	M-OPEN	46	<b>00:31:21.30</b>	+00:13:01 (41.5%)	5:54	10.1 (58.4%)
66	<b>RYKAŁA Justyna</b>	<b>111</b>		K-OPEN	20	<b>00:31:33.05</b>	+00:13:12 (41.9%)	5:57	10.1 (58.4%)
67	<b>KUBIAK Mariusz</b>	<b>180</b>	HURAGAN JASTROWIE	M-OPEN	47	<b>00:31:41.95</b>	+00:13:21 (42.2%)	5:58	10 (57.8%)
68	<b>TAMŁOWSKI Daniel</b>	<b>219</b>	HURAGAN	M-OPEN	48	<b>00:31:52.15</b>	+00:13:32 (42.5%)	6:00	10 (57.8%)
69	<b>DZIEMIAŃCZYK Justyna</b>	<b>114</b>		K-OPEN	21	<b>00:31:55.90</b>	+00:13:35 (42.6%)	6:01	10 (57.8%)
70	<b>BUŚKO Wioletta</b>	<b>139</b>		K-OPEN	22	<b>00:31:56.35</b>	+00:13:36 (42.6%)	6:01	10 (57.8%)
71	<b>WIGIA Marzena</b>	<b>248</b>		K-OPEN	23	<b>00:32:13.75</b>	+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	<b>WICHA Rafał</b>	<b>221</b>	PRECON POLSKA	M-OPEN	49	<b>00:32:14.15</b>	+00:13:54 (43.1%)	6:04	9.9 (57.2%)
73	<b>ZALESKI Tomasz</b>	<b>232</b>		M-OPEN	50	<b>00:32:24.40</b>	+00:14:04 (43.4%)	6:06	9.8 (56.6%)
74	<b>MISIAK Andrzej</b>	<b>241</b>	#ZABIEGANI NOCĄ OKONEK	M-OPEN	51	<b>00:32:24.90</b>	+00:14:04 (43.4%)	6:06	9.8 (56.6%)
75	<b>DUDZIŃSKA Patrycja</b>	<b>150</b>		K-OPEN	24	<b>00:32:38.95</b>	+00:14:18 (43.8%)	6:09	9.7 (56.1%)
76	<b>NIEDZIELA Dorota</b>	<b>195</b>	LILL-SPORT	K-OPEN	25	<b>00:32:40.15</b>	+00:14:20 (43.9%)	6:09	9.7 (56.1%)
77	<b>NOWAK-GEMZA Monika</b>	<b>196</b>		K-OPEN	26	<b>00:32:42.15</b>	+00:14:22 (43.9%)	6:10	9.7 (56.1%)
78	<b>FRANKOWSKI Tomasz</b>	<b>154</b>	UNITED GYMNASTICS JASTROWIE	M-OPEN	52	<b>00:32:43.55</b>	+00:14:23 (44.0%)	6:10	9.7 (56.1%)
79	<b>WODZYŃSKA Katarzyna</b>	<b>225</b>	#ZABIEGANI NOCĄ OKONEK	K-OPEN	27	<b>00:32:46.00</b>	+00:14:25 (44.0%)	6:10	9.7 (56.1%)
80	<b>SZCZECHOWSKI Adrian</b>	<b>214</b>	STOWARZYSZENIE AKTYWNEGO WAŁU POMORSKIEGO	M-OPEN	53	<b>00:32:54.25</b>	+00:14:34 (44.3%)	6:12	9.7 (56.1%)
81	<b>BILL Łukasz</b>	<b>134</b>		M-OPEN	54	<b>00:33:05.15</b>	+00:14:45 (44.6%)	6:14	9.6 (55.5%)
82	<b>JARNO Wojciech</b>	<b>165</b>	AKTYWNA KRAJENKA	M-OPEN	55	<b>00:33:38.15</b>	+00:15:18 (45.5%)	6:20	9.5 (54.9%)
83	<b>BĄBIŃSKI Grzegorz</b>	<b>132</b>		M-OPEN	56	<b>00:34:22.15</b>	+00:16:02 (46.7%)	6:29	9.3 (53.8%)
84	<b>DEPTUŁA-BILL Bożena</b>	<b>147</b>		K-OPEN	28	<b>00:34:47.40</b>	+00:16:27 (47.3%)	6:33	9.1 (52.6%)
85	<b>KUICH Anna</b>	<b>181</b>	LILL-SPORT	K-OPEN	29	<b>00:34:50.15</b>	+00:16:30 (47.4%)	6:34	9.1 (52.6%)
86	<b>ZIÓŁKOWSKI Andrzej</b>	<b>249</b>		M-OPEN	57	<b>00:35:04.75</b>	+00:16:44 (47.7%)	6:37	9.1 (52.6%)
87	<b>DZIADUCH Elżbieta</b>	<b>151</b>		K-OPEN	30	<b>00:35:16.20</b>	+00:16:56 (48.0%)	6:39	9 (52.0%)
88	<b>DUBISZ Joanna</b>	<b>149</b>	LILL-SPORT	K-OPEN	31	<b>00:35:22.25</b>	+00:17:02 (48.2%)	6:40	9 (52.0%)
89	<b>WRONA Ryszard</b>	<b>227</b>	LILL-SPORT	M-OPEN	58	<b>00:35:23.00</b>	+00:17:02 (48.2%)	6:40	9 (52.0%)
90	<b>KUKLIŃSKA Joanna</b>	<b>182</b>	METROŻERCY	K-OPEN	32	<b>00:35:35.60</b>	+00:17:15 (48.5%)	6:42	8.9 (51.4%)
91	<b>ŁABĘDŹ Katarzyna</b>	<b>188</b>	LILL-SPORT	K-OPEN	33	<b>00:35:54.95</b>	+00:17:34 (48.9%)	6:46	8.9 (51.4%)
92	<b>MAŁYSZEWICZ Teresa</b>	<b>190</b>		K-OPEN	34	<b>00:36:24.25</b>	+00:18:04 (49.6%)	6:52	8.7 (50.3%)
93	<b>DĄBROWSKA Katarzyna</b>	<b>146</b>		K-OPEN	35	<b>00:36:31.75</b>	+00:18:11 (49.8%)	6:53	8.7 (50.3%)
94	<b>FIRLEJ Agnieszka</b>	<b>153</b>	RUNDORFINA	K-OPEN	36	<b>00:36:32.10</b>	+00:18:11 (49.8%)	6:53	8.7 (50.3%)
95	<b>GÓRSKI Bolesław</b>	<b>160</b>	A KUKU	M-OPEN	59	<b>00:36:38.50</b>	+00:18:18 (50.0%)	6:54	8.7 (50.3%)
96	<b>BOŻEK Marta</b>	<b>136</b>		K-OPEN	37	<b>00:36:47.65</b>	+00:18:27 (50.2%)	6:56	8.6 (49.7%)
97	<b>KWIATKOWSKA Agnieszka</b>	<b>184</b>		K-OPEN	38	<b>00:38:08.05</b>	+00:19:47 (51.9%)	7:11	8.3 (48.0%)
98	<b>WILCZYŃSKA Agata</b>	<b>247</b>		K-OPEN	39	<b>00:39:01.50</b>	+00:20:41 (53.0%)	7:21	8.2 (47.4%)
99	<b>MOWCZAN Regina</b>	<b>193</b>	WAŁCZ	K-OPEN	40	<b>00:39:01.55</b>	+00:20:41 (53.0%)	7:21	8.1 (46.8%)
100	<b>WIŚNIEWSKI Daniel</b>	<b>224</b>		M-OPEN	60	<b>00:39:29.80</b>	+00:21:09 (53.6%)	7:27	8.1 (46.8%)
101	<b>ZAGAJA Janusz</b>	<b>231</b>	WESOŁY BORSUK TEAM	M-OPEN	61	<b>00:39:52.15</b>	+00:21:32 (54.0%)	7:31	8 (46.2%)
102	<b>BARTOSIK Bogusława</b>	<b>240</b>	TEAM BIEGOWY SZCZECINEK	K-OPEN	41	<b>00:40:48.85</b>	+00:22:28 (55.1%)	7:41	7.8 (45.1%)
103	<b>BRONOWICKA Angela</b>	<b>137</b>		K-OPEN	42	<b>00:42:26.15</b>	+00:24:06 (56.8%)	8:00	7.5 (43.4%)
104	<b>ILECKA Joanna</b>	<b>163</b>		K-OPEN	43	<b>00:42:28.30</b>	+00:24:08 (56.8%)	8:00	7.5 (43.4%)
105	<b>NOWAKOWSKA Agnieszka</b>	<b>197</b>		K-OPEN	44	<b>00:42:54.90</b>	+00:24:34 (57.3%)	8:05	7.4 (42.8%)
106	<b>SZYDŁOWSKI Łukasz</b>	<b>216</b>		M-OPEN	62	<b>00:42:55.20</b>	+00:24:35 (57.3%)	8:05	7.4 (42.8%)

Znaleziono 106 wynik(ów)