



# III MIKOŁAJKOWY KROSS GÓRSKI Z KOMANDORKIEM U KANTEGO

B4SPORT

**Wydarzenie:** III MIKOŁAJKOWY KROSS GÓRSKI Z KOMANDORKIEM U KANTEGO  
**Organizator:** Parafia pw. Św. Jana Kantego w Słupsku  
**Data:** 2018-12-08  
**Miejsce:** Słupsk  
**Dystans:** 6 km

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Klasyfikacja: M-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 6km	Różn	Tempo min/km	Tempo km/h
1	PELO Artur	237	7 BRYGADA OBRONY WYBRZEŻA	M-OPEN	1	00:24:32.60		4:05	14.7 (100%)
2	PACHOLCZYK Krzysztof	132		M-OPEN	2	00:27:06.20	+00:02:33 (9.4%)	4:31	13.3 (90.5%)
3	GARSKI Kryspin	245	ŚWIAT PŁYTEK U KRYSPIŃA	M-OPEN	3	00:27:12.50	+00:02:39 (9.8%)	4:32	13.2 (89.8%)
4	JĘCEK Krzysztof	64	MARKOS RUNNING TEAM	M-OPEN	4	00:27:37.90	+00:03:05 (11.2%)	4:36	13 (88.4%)
5	MASŁOWSKI Mateusz	120	MASŁO_BIEGA	M-OPEN	5	00:27:42.15	+00:03:09 (11.4%)	4:37	13 (88.4%)
6	JURCZYSZYN Rafał	66		M-OPEN	6	00:27:42.55	+00:03:09 (11.4%)	4:37	13 (88.4%)
7	KAWKA Adrian	78		M-OPEN	7	00:27:55.10	+00:03:22 (12.1%)	4:39	12.9 (87.8%)
8	ŻYLICZ Paweł	221	STOPA SŁUPSK / USB USTKA	M-OPEN	8	00:27:59.55	+00:03:26 (12.3%)	4:40	12.9 (87.8%)
9	KAMIENIECKI Rafał	69	TUPOT-USTKA	M-OPEN	9	00:28:07.45	+00:03:34 (12.7%)	4:41	12.8 (87.1%)
10	ŻUCHOWSKI Maciej	219	KP PSP BYTÓW	M-OPEN	10	00:28:21.05	+00:03:48 (13.4%)	4:43	12.7 (86.4%)
11	CHOLEWIŃSKI Artur	23	SPRINT TEAM	M-OPEN	11	00:28:21.75	+00:03:49 (13.5%)	4:43	12.7 (86.4%)
12	CZYŻYKOWSKI Mateusz	26	CZYŻYKI	M-OPEN	12	00:28:26.50	+00:03:53 (13.7%)	4:44	12.7 (86.4%)
13	PAKUŁA Mateusz	133		M-OPEN	13	00:28:26.95	+00:03:54 (13.7%)	4:44	12.7 (86.4%)
14	OKOŁOTOWICZ Sebastian	129		M-OPEN	14	00:28:35.05	+00:04:02 (14.1%)	4:45	12.6 (85.7%)
15	CENDER Szymon	186		M-OPEN	15	00:28:38.75	+00:04:06 (14.3%)	4:46	12.6 (85.7%)
16	HERMAN Arkadiusz	56		M-OPEN	16	00:28:54.00	+00:04:21 (15.1%)	4:49	12.5 (85.0%)
17	MEDWID Michał	121	BATALION OCHRONY BAZY W REDZIKOWIE	M-OPEN	17	00:30:24.10	+00:05:51 (19.3%)	5:04	11.8 (80.3%)
18	OSIŃSKI Wojciech	240		M-OPEN	18	00:30:38.20	+00:06:05 (19.9%)	5:06	11.8 (80.3%)
19	WIELGAT Łukasz	202	KB BRYZA POSTOMINO	M-OPEN	19	00:30:42.10	+00:06:09 (20.1%)	5:07	11.7 (79.6%)
20	WILUSZ Krzysztof	204	STOPA SŁUPSK	M-OPEN	20	00:30:44.30	+00:06:11 (20.2%)	5:07	11.7 (79.6%)
21	KLINKUSZ Adrian	76		M-OPEN	21	00:31:10.45	+00:06:37 (21.3%)	5:11	11.6 (78.9%)
22	WILMONT Krzysztof	97		M-OPEN	22	00:31:14.45	+00:06:41 (21.4%)	5:12	11.5 (78.2%)
23	OLESEK Jerzy	130	SZKOŁA PODOFICERSKA MW	M-OPEN	23	00:31:22.20	+00:06:49 (21.8%)	5:13	11.5 (78.2%)
24	CHUDY Henryk	24	K S OLSZEWSKI I SYNOWIE	M-OPEN	24	00:31:39.85	+00:07:07 (22.5%)	5:16	11.4 (77.6%)
25	DREWNIAK Tomasz	31		M-OPEN	25	00:31:43.50	+00:07:10 (22.6%)	5:17	11.3 (76.9%)
26	SZEWCZUK Piotr	177		M-OPEN	26	00:32:04.05	+00:07:31 (23.5%)	5:20	11.2 (76.2%)
27	FURMAN Tomasz	41	STOPA SŁUPSK	M-OPEN	27	00:32:05.85	+00:07:33 (23.5%)	5:20	11.2 (76.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 6km	Różn	Tempo min/km	Tempo km/h
28	GROTA Mariusz	50		M-OPEN	28	00:32:08.00	+00:07:35 (23.6%)	5:21	11.2 (76.2%)
29	FABICH Adrian	112		M-OPEN	29	00:32:16.90	+00:07:44 (24.0%)	5:22	11.2 (76.2%)
30	STĘPNIOWSKI Marcin	167	MARKOS RUNNING TEAM	M-OPEN	30	00:32:32.70	+00:08:00 (24.6%)	5:25	11.1 (75.5%)
31	CZYŻYKOWSKI Krzysztof	25		M-OPEN	31	00:32:36.65	+00:08:04 (24.7%)	5:26	11 (74.8%)
32	PIETRZYK Paweł	248		M-OPEN	32	00:32:48.75	+00:08:16 (25.2%)	5:28	11 (74.8%)
33	ŻURAWIK Piotr	185		M-OPEN	33	00:32:50.10	+00:08:17 (25.3%)	5:28	11 (74.8%)
34	GAWĘŁ Zbigniew	42	MIASTO SŁUPSK	M-OPEN	34	00:32:56.15	+00:08:23 (25.5%)	5:29	10.9 (74.1%)
35	SIDOR Mariusz	7	SALON KOSMETYCZNY DIAMENT SŁUPSK	M-OPEN	35	00:32:56.35	+00:08:23 (25.5%)	5:29	10.9 (74.1%)
36	DADACZ Rafał	27		M-OPEN	36	00:33:16.90	+00:08:44 (26.3%)	5:32	10.8 (73.5%)
37	SULL Kacper	168	NIGHT RUNNERS SŁUPSK	M-OPEN	37	00:33:25.00	+00:08:52 (26.6%)	5:34	10.8 (73.5%)
38	KOPCZYŃSKI Sebastian	84		M-OPEN	38	00:33:32.50	+00:08:59 (26.8%)	5:35	10.7 (72.8%)
39	FIC Marcin	38		M-OPEN	39	00:33:34.75	+00:09:02 (26.9%)	5:35	10.7 (72.8%)
40	GLISZCZYŃSKI Łukasz	37	ŚWIAT PŁYTEK U KRYSPIŃSKA	M-OPEN	40	00:33:35.05	+00:09:02 (26.9%)	5:35	10.7 (72.8%)
41	TOMCZAK Dominik	191	NIGHT RUNNERS SŁUPSK	M-OPEN	41	00:33:39.10	+00:09:06 (27.1%)	5:36	10.7 (72.8%)
42	GREGORCZYK Piotr	48		M-OPEN	42	00:33:59.10	+00:09:26 (27.8%)	5:40	10.6 (72.1%)
43	WIATRZYK Krzysztof	201	DARŁOWO	M-OPEN	43	00:33:59.40	+00:09:26 (27.8%)	5:40	10.6 (72.1%)
44	KWAŚNIAK Zdzisław	106		M-OPEN	44	00:33:59.60	+00:09:27 (27.8%)	5:39	10.6 (72.1%)
45	BONDARENKO Jan	12	BIEGAJŁO	M-OPEN	45	00:34:03.05	+00:09:30 (27.9%)	5:40	10.6 (72.1%)
46	ŁUKASZEWSKI Dawid	116	STOPA SŁUPSK	M-OPEN	46	00:34:14.75	+00:09:42 (28.3%)	5:42	10.5 (71.4%)
47	SZAREK Paweł	174	7 BRYGADA OBRONY WYBRZEŻA	M-OPEN	47	00:34:14.80	+00:09:42 (28.3%)	5:42	10.5 (71.4%)
48	JAROS Adam	224		M-OPEN	48	00:34:14.95	+00:09:42 (28.3%)	5:42	10.5 (71.4%)
49	GROCHOWSKI Henryk	49		M-OPEN	49	00:34:39.25	+00:10:06 (29.2%)	5:46	10.4 (70.7%)
50	DYŚKO Wojciech	34	AKTYWNA FABRYKA	M-OPEN	50	00:34:56.00	+00:10:23 (29.7%)	5:49	10.3 (70.1%)
51	HARASIM Tomasz	54		M-OPEN	51	00:35:12.45	+00:10:39 (30.3%)	5:52	10.2 (69.4%)
52	BUBEŁA Łukasz	18		M-OPEN	52	00:35:38.00	+00:11:05 (31.1%)	5:56	10.1 (68.7%)
53	MINKO Bartosz	122		M-OPEN	53	00:35:38.20	+00:11:05 (31.1%)	5:56	10.1 (68.7%)
54	SZMIGIERO Arkadiusz	179	W.P.K SŁOŃ TEAM USTKA	M-OPEN	54	00:35:43.75	+00:11:11 (31.3%)	5:57	10.1 (68.7%)
55	GIERCZAK Piotr	58		M-OPEN	55	00:35:45.65	+00:11:13 (31.4%)	5:57	10.1 (68.7%)
56	GUSMANN Zbigniew	52		M-OPEN	56	00:35:55.20	+00:11:22 (31.7%)	5:59	10 (68.0%)
57	KACZMAREK Eugeniusz	67		M-OPEN	57	00:36:01.95	+00:11:29 (31.9%)	6:00	10 (68.0%)
58	LEWICZ Jan	113	CPSP USTKA	M-OPEN	58	00:36:06.65	+00:11:34 (32.0%)	6:01	10 (68.0%)
59	KASZOWSKI Rafał	231		M-OPEN	59	00:36:13.35	+00:11:40 (32.2%)	6:02	9.9 (67.3%)
60	WYSZOMIRSKI Marek	227		M-OPEN	60	00:36:21.85	+00:11:49 (32.5%)	6:03	9.9 (67.3%)
61	WOŁOCH Mateusz	208	MARKOS RUNNING TEAM	M-OPEN	61	00:36:25.85	+00:11:53 (32.6%)	6:04	9.9 (67.3%)
62	ADAMSKI Dariusz	3		M-OPEN	62	00:36:30.55	+00:11:57 (32.8%)	6:05	9.9 (67.3%)
63	ZBLEWSKI Patryk	216	NIGHT RUNNERS SŁUPSK	M-OPEN	63	00:36:31.75	+00:11:59 (32.8%)	6:05	9.9 (67.3%)
64	PIWOŃSKI Robert	138	CSMW	M-OPEN	64	00:36:41.40	+00:12:08 (33.1%)	6:07	9.8 (66.7%)
65	GOSUANN Paweł	238		M-OPEN	65	00:36:42.85	+00:12:10 (33.2%)	6:07	9.8 (66.7%)
66	KUBIŃSKI Rafał	105	NIGHT RUNNERS SŁUPSK	M-OPEN	66	00:36:54.60	+00:12:22 (33.5%)	6:09	9.8 (66.7%)
67	REDLAK Tomasz	145		M-OPEN	67	00:37:01.95	+00:12:29 (33.7%)	6:10	9.7 (66.0%)
68	KANIOWSKI Jacek	72	W.P.K SŁOŃ TEAM USTKA	M-OPEN	68	00:37:02.95	+00:12:30 (33.8%)	6:10	9.7 (66.0%)
69	ZARZYCKI Dariusz	233		M-OPEN	69	00:37:04.40	+00:12:31 (33.8%)	6:10	9.7 (66.0%)
70	KRZACZKOWSKI Lech	102		M-OPEN	70	00:37:12.00	+00:12:39 (34.0%)	6:12	9.7 (66.0%)
71	KRZACZKOWSKI Paweł	101		M-OPEN	71	00:37:12.20	+00:12:39 (34.0%)	6:12	9.7 (66.0%)

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72	<b>PATYNA Paweł</b>	<b>134</b>		M-OPEN	72	<b>00:37:32.25</b>	+00:12:59 (34.6%)	6:15	9.6 (65.3%)
73	<b>MRUGALSKI Stanisław</b>	<b>125</b>	WILKI KOSZALIN	M-OPEN	73	<b>00:38:05.20</b>	+00:13:32 (35.6%)	6:20	9.5 (64.6%)
74	<b>MAŚLANKA Tomasz</b>	<b>250</b>		M-OPEN	74	<b>00:38:23.50</b>	+00:13:50 (36.1%)	6:24	9.4 (63.9%)
75	<b>KOWALSKI Krzysztof</b>	<b>93</b>	STOPA SŁUPSK	M-OPEN	75	<b>00:38:25.20</b>	+00:13:52 (36.1%)	6:24	9.4 (63.9%)
76	<b>TÓRZ Andrzej</b>	<b>192</b>	USTKA	M-OPEN	76	<b>00:38:25.25</b>	+00:13:52 (36.1%)	6:24	9.4 (63.9%)
77	<b>DOWNAR-ZAPOLSKI Paweł</b>	<b>30</b>		M-OPEN	77	<b>00:38:28.00</b>	+00:13:55 (36.2%)	6:24	9.4 (63.9%)
78	<b>ZANIEWSKI Grzegorz</b>	<b>213</b>		M-OPEN	78	<b>00:38:34.50</b>	+00:14:01 (36.4%)	6:25	9.3 (63.3%)
79	<b>ORŁOWSKI Edward</b>	<b>131</b>		M-OPEN	79	<b>00:38:51.05</b>	+00:14:18 (36.8%)	6:28	9.3 (63.3%)
80	<b>TRUSIAK Miłosz</b>	<b>195</b>	NIGHT RUNNERS SŁUPSK MUAY	M-OPEN	80	<b>00:39:03.65</b>	+00:14:31 (37.2%)	6:30	9.2 (62.6%)
81	<b>WOŚ Przemek</b>	<b>228</b>		M-OPEN	81	<b>00:39:04.90</b>	+00:14:32 (37.2%)	6:30	9.2 (62.6%)
82	<b>JUNGLING Piotr</b>	<b>65</b>		M-OPEN	82	<b>00:39:11.70</b>	+00:14:39 (37.4%)	6:31	9.2 (62.6%)
83	<b>KAMIŃSKI Marcin</b>	<b>70</b>	MOCZYMORDY TEAM	M-OPEN	83	<b>00:39:12.75</b>	+00:14:40 (37.4%)	6:32	9.2 (62.6%)
84	<b>ANDRZEJCZAK Sławomir</b>	<b>4</b>	GRZESŁAW USTKA	M-OPEN	84	<b>00:39:43.65</b>	+00:15:11 (38.2%)	6:37	9.1 (61.9%)
85	<b>BOŚ Grzegorz</b>	<b>15</b>	NIGHT RUNNERS SŁUPSK MUAY	M-OPEN	85	<b>00:40:07.15</b>	+00:15:34 (38.8%)	6:41	9 (61.2%)
86	<b>PRZYMORSKI Waldemar</b>	<b>142</b>	W.P.K SŁOŃ TEAM USTKA	M-OPEN	86	<b>00:40:27.15</b>	+00:15:54 (39.3%)	6:44	8.9 (60.5%)
87	<b>FURSEWICH Bartłomiej</b>	<b>230</b>		M-OPEN	87	<b>00:40:33.50</b>	+00:16:00 (39.5%)	6:45	8.9 (60.5%)
88	<b>KĘSIK Łukasz</b>	<b>86</b>		M-OPEN	88	<b>00:41:04.85</b>	+00:16:32 (40.3%)	6:50	8.8 (59.9%)
89	<b>RYCHLIŃSKI Damian</b>	<b>156</b>	WATAHA - ŁĄCZY NAS BIEGANIE	M-OPEN	89	<b>00:41:11.05</b>	+00:16:38 (40.4%)	6:51	8.7 (59.2%)
90	<b>GRABARCZYK Wojciech</b>	<b>45</b>	BEST BEASTS	M-OPEN	90	<b>00:41:16.90</b>	+00:16:44 (40.5%)	6:52	8.7 (59.2%)
91	<b>SEWERYN Tomasz</b>	<b>162</b>		M-OPEN	91	<b>00:41:24.90</b>	+00:16:52 (40.7%)	6:54	8.7 (59.2%)
92	<b>DYJAS Klaudiusz</b>	<b>32</b>	MOPR SŁUPSK	M-OPEN	92	<b>00:41:45.70</b>	+00:17:13 (41.2%)	6:57	8.6 (58.5%)
93	<b>KARWASZ Krzysztof</b>	<b>75</b>		M-OPEN	93	<b>00:42:08.85</b>	+00:17:36 (41.8%)	7:01	8.5 (57.8%)
94	<b>WENCŁAWSKI Michał</b>	<b>200</b>	DECATHLON SŁUPSK	M-OPEN	94	<b>00:42:09.35</b>	+00:17:36 (41.8%)	7:01	8.5 (57.8%)
95	<b>RUTKOWSKI Mateusz</b>	<b>155</b>		M-OPEN	95	<b>00:42:11.50</b>	+00:17:38 (41.8%)	7:02	8.5 (57.8%)
96	<b>LEWANDOWSKI Adam</b>	<b>111</b>	W.P.K SŁOŃ TEAM USTKA	M-OPEN	96	<b>00:42:45.90</b>	+00:18:13 (42.6%)	7:07	8.4 (57.1%)
97	<b>KRYGIER Ireneusz</b>	<b>99</b>	W.P.K SŁOŃ TEAM USTKA	M-OPEN	97	<b>00:42:48.80</b>	+00:18:16 (42.7%)	7:08	8.4 (57.1%)
98	<b>KOT Daniel</b>	<b>89</b>	KOT TEAM	M-OPEN	98	<b>00:43:41.20</b>	+00:19:08 (43.8%)	7:16	8.2 (55.8%)
99	<b>FRUBA Andrzej</b>	<b>40</b>		M-OPEN	99	<b>00:43:42.50</b>	+00:19:09 (43.8%)	7:17	8.2 (55.8%)
100	<b>KOWIESKI Paweł</b>	<b>94</b>		M-OPEN	100	<b>00:43:54.05</b>	+00:19:21 (44.1%)	7:19	8.2 (55.8%)
101	<b>SZPONARSKI Leszek</b>	<b>184</b>	LĘBORSKIE TOWARZYSTWO SPORTOWE ORZEŁ BIAŁY	M-OPEN	101	<b>00:44:50.80</b>	+00:20:18 (45.3%)	7:28	8 (54.4%)
102	<b>JEŻYNA Igor</b>	<b>63</b>		M-OPEN	102	<b>00:45:23.15</b>	+00:20:50 (45.9%)	7:33	7.9 (53.7%)
103	<b>PLUTA Marcin</b>	<b>139</b>	VACU ACTIV GYM	M-OPEN	103	<b>00:45:42.25</b>	+00:21:09 (46.3%)	7:37	7.9 (53.7%)
104	<b>BURDA Sebastian</b>	<b>20</b>	W.P.K SŁOŃ TEAM USTKA	M-OPEN	104	<b>00:46:39.05</b>	+00:22:06 (47.4%)	7:46	7.7 (52.4%)
105	<b>WOŹNIAK Grzegorz</b>	<b>209</b>	GRZESŁAW IGMAR WPK SŁOŃ TEAM	M-OPEN	105	<b>00:48:59.95</b>	+00:24:27 (49.9%)	8:09	7.3 (49.7%)
106	<b>RUTKOWSKI Krzysztof</b>	<b>154</b>	REBELLION OF FREE RUNNERS	M-OPEN	106	<b>00:52:48.55</b>	+00:28:15 (53.5%)	8:48	6.8 (46.3%)
107	<b>PEMUS Janusz</b>	<b>225</b>		M-OPEN	107	<b>00:52:56.35</b>	+00:28:23 (53.6%)	8:49	6.8 (46.3%)
108	<b>BAR Adam</b>	<b>8</b>		M-OPEN	108	<b>00:53:42.90</b>	+00:29:10 (54.3%)	8:57	6.7 (45.6%)
109	<b>PUDŁO Paweł</b>	<b>241</b>		M-OPEN	109	<b>00:54:25.40</b>	+00:29:52 (54.9%)	9:04	6.6 (44.9%)
110	<b>TURCZYN Grzegorz</b>	<b>199</b>		M-OPEN	110	<b>00:54:26.15</b>	+00:29:53 (54.9%)	9:04	6.6 (44.9%)
111	<b>BORÓWKO Dawid</b>	<b>14</b>		M-OPEN	111				(0.0%)

Znaleziono 111 wynik(ów)