

# III ZIMOWY CROSS BOCIANA BIEG 5 KM

B4SPORT

**Wydarzenie:** III Zimowy Cross Bociana w Nadleśnictwie Czarnobór  
**Organizator:** Stowarzyszenie Team Biegowy Szczecinek  
**Data:** 2018-12-30  
**Miejsce:** Szczecinek  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>SIÓDMIAK Igor</b>	<b>154</b>	7PRO SIÓDMIAK TRIATHLON TEAM / MBC / MKP	M-OPEN	1	<b>00:18:57.17</b>		3:47	15.8 (100%)
2	<b>ORZECHOWSKI Kamil</b>	<b>105</b>	TKKF KOSZALIN	M-OPEN	2	<b>00:19:39.88</b>	+00:00:42 (3.6%)	3:55	15.3 (96.8%)
3	<b>JABŁOŃSKI Adam</b>	<b>44</b>		M-OPEN	3	<b>00:20:17.34</b>	+00:01:20 (6.6%)	4:03	14.8 (93.7%)
4	<b>KOWALSKI Mirosław</b>	<b>63</b>	SZCZECINECKIE BRACtwo BIEGOWE	M-OPEN	4	<b>00:20:49.75</b>	+00:01:52 (9.0%)	4:09	14.4 (91.1%)
5	<b>BORYS Antoni</b>	<b>6</b>	7PRO SIÓDMIAK TRIATHLON TEAM / MKP	M-OPEN	5	<b>00:20:51.42</b>	+00:01:54 (9.1%)	4:10	14.4 (91.1%)
6	<b>DĄBKOWSKI Maciek</b>	<b>14</b>	7PRO SIÓDMIAK TRIATHLON TEAM / MKP	M-OPEN	6	<b>00:20:53.95</b>	+00:01:56 (9.3%)	4:10	14.4 (91.1%)
7	<b>OPIELA Paweł</b>	<b>102</b>	7PRO SIÓDMIAK TRIATHLON TEAM	M-OPEN	7	<b>00:21:16.95</b>	+00:02:19 (10.9%)	4:15	14.1 (89.2%)
8	<b>TRĘBSKI Krzysztof</b>	<b>52</b>	#ZABIEGANINOCA	M-OPEN	8	<b>00:21:21.49</b>	+00:02:24 (11.3%)	4:16	14.1 (89.2%)
9	<b>PAWŁOWICZ Roland</b>	<b>114</b>	7PRO SIÓDMIAK TRIATHLON TEAM	M-OPEN	9	<b>00:21:47.42</b>	+00:02:50 (13.0%)	4:21	13.8 (87.3%)
10	<b>POŁUBIŃSKI Paweł</b>	<b>132</b>	BORNE BIEGA	M-OPEN	10	<b>00:22:09.81</b>	+00:03:12 (14.5%)	4:25	13.5 (85.4%)
11	<b>KACZOR Agnieszka</b>	<b>50</b>		K-OPEN	1	<b>00:22:12.30</b>	+00:03:15 (14.6%)	4:26	13.5 (85.4%)
12	<b>SZABAŁOWSKA Małgorzata</b>	<b>169</b>	MKL SZCZECINEK	K-OPEN	2	<b>00:22:16.23</b>	+00:03:19 (14.9%)	4:27	13.5 (85.4%)
13	<b>KOWALIK Natalia</b>	<b>200</b>	MKL SZCZECINEK	K-OPEN	3	<b>00:22:26.12</b>	+00:03:28 (15.5%)	4:29	13.4 (84.8%)
14	<b>ŚWIGOŃSKI Piotr</b>	<b>181</b>	HUSARIA RACE TEAM	M-OPEN	11	<b>00:22:33.17</b>	+00:03:36 (16.0%)	4:30	13.3 (84.2%)
15	<b>RAKOWSKI Paweł</b>	<b>141</b>		M-OPEN	12	<b>00:22:47.99</b>	+00:03:50 (16.9%)	4:33	13.2 (83.5%)
16	<b>PODŁYSKA Tadeusz</b>	<b>129</b>	ZA:SAPA:NI	M-OPEN	13	<b>00:23:24.61</b>	+00:04:27 (19.0%)	4:40	12.8 (81.0%)
17	<b>KOWALCZYK Seweryn</b>	<b>61</b>	TEAM BIEGOWY SZCZECINEK	M-OPEN	14	<b>00:24:36.86</b>	+00:05:39 (23.0%)	4:55	12.2 (77.2%)
18	<b>ROKITA Michał</b>	<b>143</b>		M-OPEN	15	<b>00:24:49.24</b>	+00:05:52 (23.6%)	4:57	12.1 (76.6%)
19	<b>WEJMAN Mariusz</b>	<b>186</b>	KOPEĆ TEAM	M-OPEN	16	<b>00:25:26.56</b>	+00:06:29 (25.5%)	5:05	11.8 (74.7%)
20	<b>ŁUCZKO Wiesław</b>	<b>82</b>	HUSARIA RACE TEAM	M-OPEN	17	<b>00:25:35.70</b>	+00:06:38 (26.0%)	5:07	11.7 (74.1%)
21	<b>REDEK Damian</b>	<b>142</b>	HUSARIA RACE TEAM	M-OPEN	18	<b>00:25:53.32</b>	+00:06:56 (26.8%)	5:10	11.6 (73.4%)
22	<b>PIOTROWICZ Adam</b>	<b>125</b>		M-OPEN	19	<b>00:26:21.39</b>	+00:07:24 (28.1%)	5:16	11.4 (72.2%)
23	<b>MASTYŁA Radosław</b>	<b>89</b>	HUSARIA RACE TEAM	M-OPEN	20	<b>00:26:25.01</b>	+00:07:27 (28.3%)	5:17	11.4 (72.2%)
24	<b>NOWAK Emil</b>	<b>98</b>		M-OPEN	21	<b>00:26:39.05</b>	+00:07:41 (28.9%)	5:19	11.3 (71.5%)
25	<b>DEPTUŁA Tobiasz</b>	<b>18</b>		M-OPEN	22	<b>00:26:45.00</b>	+00:07:47 (29.1%)	5:21	11.2 (70.9%)
26	<b>ŁUKOMSKI Łukasz</b>	<b>84</b>		M-OPEN	23	<b>00:26:46.22</b>	+00:07:49 (29.2%)	5:21	11.2 (70.9%)
27	<b>ŁUKOMSKA Anna</b>	<b>83</b>		K-OPEN	4	<b>00:26:48.89</b>	+00:07:51 (29.3%)	5:21	11.2 (70.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Tempo min/km	Tempo km/h
						netto	Różn		
28	SKIBICKA Marta	155		K-OPEN	5	00:26:51.61	+00:07:54 (29.4%)	5:22	11.2 (70.9%)
29	BRZEZIŃSKI Michał	9		M-OPEN	24	00:27:12.61	+00:08:15 (30.3%)	5:26	11 (69.6%)
30	STERCZEWSKA Agata	124		K-OPEN	6	00:27:23.81	+00:08:26 (30.8%)	5:28	11 (69.6%)
31	GAPPA Michał	35		M-OPEN	25	00:27:35.00	+00:08:37 (31.3%)	5:31	10.9 (69.0%)
32	GORBACZ Urszula	37		K-OPEN	7	00:27:35.69	+00:08:38 (31.3%)	5:31	10.9 (69.0%)
33	LEWANDOWSKI Rafał	75	HUSARIA RACE TEAM	M-OPEN	26	00:27:51.37	+00:08:54 (32.0%)	5:34	10.8 (68.4%)
34	ROZPERSKI Jacek	145		M-OPEN	27	00:29:21.51	+00:10:24 (35.4%)	5:52	10.2 (64.6%)
35	BRACH Karolina	7		K-OPEN	8	00:29:21.89	+00:10:24 (35.5%)	5:52	10.2 (64.6%)
36	FARYNSKA Martyna	26		K-OPEN	9	00:29:50.28	+00:10:53 (36.5%)	5:58	10.1 (63.9%)
37	POKUSA Adam	130		M-OPEN	28	00:30:02.05	+00:11:04 (36.9%)	6:00	10 (63.3%)
38	SZCZYGIĘŁ Patryk	170		M-OPEN	29	00:30:04.08	+00:11:06 (37.0%)	6:00	10 (63.3%)
39	STOCKA-PODŁYSKA Żaneta	159	NIE BOSKIE BIEGACZKI	K-OPEN	10	00:30:09.45	+00:11:12 (37.2%)	6:01	10 (63.3%)
40	USZYŁO Agnieszka	182		K-OPEN	11	00:30:13.79	+00:11:16 (37.3%)	6:02	9.9 (62.7%)
41	MAKSYMIOUK Monika	88		K-OPEN	12	00:30:13.82	+00:11:16 (37.3%)	6:02	9.9 (62.7%)
42	MATEJKO Hanna	90		K-OPEN	13	00:30:14.28	+00:11:17 (37.3%)	6:02	9.9 (62.7%)
43	LUTYŃSKA Ewa	78	RUNDORFINA	K-OPEN	14	00:30:14.71	+00:11:17 (37.3%)	6:02	9.9 (62.7%)
44	PODHAJNY Maciej	128		M-OPEN	30	00:30:16.20	+00:11:19 (37.4%)	6:03	9.9 (62.7%)
45	PIOTROWICZ Anna	123	2PI	K-OPEN	15	00:30:16.90	+00:11:19 (37.4%)	6:03	9.9 (62.7%)
46	SATYŁA Tomasz	150	TEAM CZARNEBIEGA	M-OPEN	31	00:30:17.45	+00:11:20 (37.4%)	6:03	9.9 (62.7%)
47	KURZAWIŃSKA-JABŁOŃSKA Kasia	70	CZARNE BIEGA	K-OPEN	16	00:30:23.49	+00:11:26 (37.6%)	6:04	9.9 (62.7%)
48	SUCHANOWSKI Zygmunt	161	RESPECT LOTYŃ	M-OPEN	32	00:30:28.94	+00:11:31 (37.8%)	6:05	9.8 (62.0%)
49	DĘGA Piotr	19	TEAM CZARNE BIEGA	M-OPEN	33	00:31:09.35	+00:12:12 (39.2%)	6:13	9.6 (60.8%)
50	SUPROŃ Izabela	165		K-OPEN	17	00:31:20.60	+00:12:23 (39.5%)	6:16	9.6 (60.8%)
51	LEŚNIEWSKI Dariusz	74	CROSS TEAM SZCZECINEK	M-OPEN	34	00:31:26.23	+00:12:29 (39.7%)	6:17	9.5 (60.1%)
52	CERK Karolina	12	' BIEGAJ Z CERKIEM '	K-OPEN	18	00:31:34.58	+00:12:37 (40.0%)	6:18	9.5 (60.1%)
53	OSIŃSKA Sylwia	107		K-OPEN	19	00:32:07.05	+00:13:09 (41.0%)	6:25	9.3 (58.9%)
54	OSINSKI Marcin	106		M-OPEN	35	00:32:07.51	+00:13:10 (41.0%)	6:25	9.3 (58.9%)
55	KUC - BREJNA Anna	69		K-OPEN	20	00:32:09.07	+00:13:11 (41.1%)	6:25	9.3 (58.9%)
56	WERNER Przemek	187		M-OPEN	36	00:32:10.56	+00:13:13 (41.1%)	6:26	9.3 (58.9%)
57	DZIEMIANKO Ilona	23		K-OPEN	21	00:32:38.58	+00:13:41 (41.9%)	6:31	9.2 (58.2%)
58	KOZŁOWSKI Adrian	64	OSP	M-OPEN	37	00:32:38.86	+00:13:41 (41.9%)	6:31	9.2 (58.2%)
59	PAWŁOWSKI Jan	115	NIEPOKONANI	M-OPEN	38	00:32:47.72	+00:13:50 (42.2%)	6:33	9.2 (58.2%)
60	SURMA Joanna	166	NIEPOKONANI	K-OPEN	22	00:32:48.01	+00:13:50 (42.2%)	6:33	9.1 (57.6%)
61	PIEKARZEWICZ Sylwia	120	BOBOLICKIE BRACtwo BIEGOWE	K-OPEN	23	00:32:57.32	+00:14:00 (42.5%)	6:35	9.1 (57.6%)
62	CIOŁEK Kamila	13		K-OPEN	24	00:33:08.90	+00:14:11 (42.8%)	6:37	9.1 (57.6%)
63	PRZEDNÓWEK Mariola	133	CZARNE BIEGA	K-OPEN	25	00:33:12.28	+00:14:15 (42.9%)	6:38	9 (57.0%)
64	PAWŁOWICZ Dariusz	112	HUSARIA RACE TEAM	M-OPEN	39	00:33:25.01	+00:14:27 (43.3%)	6:41	9 (57.0%)
65	ZIOJŁA Violetta	197	BIEGAM BO LUBIĘ :-)	K-OPEN	26	00:33:29.59	+00:14:32 (43.4%)	6:41	9 (57.0%)
66	LITWINIUK Katarzyna	77		K-OPEN	27	00:33:32.00	+00:14:34 (43.5%)	6:42	8.9 (56.3%)
67	ŁOCHOCKA Paulina	79		K-OPEN	28	00:33:53.32	+00:14:56 (44.1%)	6:46	8.9 (56.3%)
68	PIWECKA Ewa	127		K-OPEN	29	00:34:35.96	+00:15:38 (45.2%)	6:55	8.7 (55.1%)
69	PYDYN Andrzej	136		M-OPEN	40	00:34:47.60	+00:15:50 (45.5%)	6:57	8.6 (54.4%)
70	PAWŁOWICZ Izabela	113	HUSARIA RACE TEAM	K-OPEN	30	00:35:03.99	+00:16:06 (46.0%)	7:00	8.6 (54.4%)
71	DRZAZGA Zbigniew	21	SP NR 1 W SZCZECINKU	M-OPEN	41	00:35:23.32	+00:16:26 (46.4%)	7:04	8.5 (53.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
72	<b>SMUKOWSKI Krzysztof</b>	<b>156</b>	OSP SZCZECINEK	M-OPEN	42	<b>00:35:23.53</b>	+00:16:26 (46.4%)	7:04	8.5 (53.8%)
73	<b>STAŚ Adrianna</b>	<b>158</b>		K-OPEN	31	<b>00:36:08.41</b>	+00:17:11 (47.6%)	7:13	8.3 (52.5%)
74	<b>GRUBIZNA Marta</b>	<b>38</b>	RUNDORFINA	K-OPEN	32	<b>00:36:34.32</b>	+00:17:37 (48.2%)	7:18	8.2 (51.9%)
75	<b>WOJTECZKO Magdalena</b>	<b>192</b>	RUNDORFINA	K-OPEN	33	<b>00:36:39.88</b>	+00:17:42 (48.3%)	7:19	8.2 (51.9%)
76	<b>SYDOR Katarzyna</b>	<b>168</b>	RUNDORFINA	K-OPEN	34	<b>00:36:48.14</b>	+00:17:50 (48.5%)	7:21	8.2 (51.9%)
77	<b>FIRLEJ Agnieszka</b>	<b>28</b>	RUNDORFINA	K-OPEN	35	<b>00:36:48.15</b>	+00:17:50 (48.5%)	7:21	8.2 (51.9%)
78	<b>DĄBROWSKA Katarzyna</b>	<b>15</b>	RUNDORFINA	K-OPEN	36	<b>00:36:48.37</b>	+00:17:51 (48.5%)	7:21	8.2 (51.9%)
79	<b>BUCHOWSKI Marek</b>	<b>10</b>	PARKRUN	M-OPEN	43	<b>00:37:08.99</b>	+00:18:11 (49.0%)	7:25	8.1 (51.3%)
80	<b>ROMANIUK Krzysztof</b>	<b>144</b>		M-OPEN	44	<b>00:37:13.56</b>	+00:18:16 (49.1%)	7:26	8.1 (51.3%)
81	<b>WALKOWIAK Dariusz</b>	<b>183</b>		M-OPEN	45	<b>00:37:23.25</b>	+00:18:26 (49.3%)	7:28	8 (50.6%)
82	<b>ORŁOWSKA-OBARZANEK Karina</b>	<b>104</b>		K-OPEN	37	<b>00:38:51.31</b>	+00:19:54 (51.2%)	7:46	7.7 (48.7%)
83	<b>SOKOŁOWSKA Anna</b>	<b>157</b>	ATOMOWKI	K-OPEN	38	<b>00:38:52.53</b>	+00:19:55 (51.2%)	7:46	7.7 (48.7%)
84	<b>SUCHANOWSKA Anna</b>	<b>160</b>	RESPECT LOTYŃ	K-OPEN	39	<b>00:40:30.41</b>	+00:21:33 (53.2%)	8:06	7.4 (46.8%)
85	<b>KWIATKOWSKA Agnieszka</b>	<b>72</b>	RESPECT LOTYŃ	K-OPEN	40	<b>00:40:30.46</b>	+00:21:33 (53.2%)	8:06	7.4 (46.8%)
86	<b>KRÓLIKOWSKA Jadwiga</b>	<b>65</b>		K-OPEN	41	<b>00:42:18.99</b>	+00:23:21 (55.2%)	8:27	7.1 (44.9%)
87	<b>BORKOWSKA Ewa</b>	<b>5</b>		K-OPEN	42	<b>00:44:19.22</b>	+00:25:22 (57.2%)	8:51	6.8 (43.0%)

Znaleziono 87 wynik(ów)