

KOSZALIN JUMP & RUN CLASSIC

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Organizator: Akademia Rozrywki Iwona Sierotko
Data: 2021-08-21
Miejsce: Koszalin
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Fala	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	RYKIEL Michał	115		Fala 1	1	1	00:26:42.00		5:20	11.2 (100%)
2	WEBER Paweł	200		Fala 3	1	3	00:31:04.20	+00:04:22 (14.1%)	6:12	9.7 (86.6%)
3	KRÓL Artur	183		Fala 2	1	2	00:31:26.90	+00:04:44 (15.1%)	6:17	9.5 (84.8%)
4	JARZĘBSKI Łukasz	233		Fala 3	2	3	00:32:17.75	+00:05:35 (17.3%)	6:27	9.3 (83.0%)
5	SOBIERAJ Rafał	195		Fala 3	3	3	00:32:24.75	+00:05:42 (17.6%)	6:28	9.3 (83.0%)
6	PROSKI Krzysztof	117		Fala 1	2	1	00:32:57.00	+00:06:15 (19.0%)	6:35	9.1 (81.3%)
7	SZCZYPEK Arkadiusz	107	ZASTOPUJ	Fala 1	3	1	00:33:24.05	+00:06:42 (20.1%)	6:40	9 (80.4%)
8	KOSA Jacek	201		Fala 3	4	3	00:33:36.20	+00:06:54 (20.5%)	6:43	8.9 (79.5%)
9	MALATYŃSKI Maciej	161		Fala 1	4	1	00:33:41.55	+00:06:59 (20.8%)	6:44	8.9 (79.5%)
10	OTTO Michał	116		Fala 1	5	1	00:33:54.55	+00:07:12 (21.3%)	6:46	8.8 (78.6%)
11	ANGRYŚ Maciej	112		Fala 1	6	1	00:34:35.55	+00:07:53 (22.8%)	6:55	8.7 (77.7%)
12	RATA Marcin	231		Fala 3	5	3	00:35:18.60	+00:08:36 (24.4%)	7:03	8.5 (75.9%)
13	RUTZ Norbert	177		Fala 1	7	1	00:35:39.75	+00:08:57 (25.1%)	7:07	8.4 (75.0%)
14	HAWRANIAK Piotr	122		Fala 1	8	1	00:35:55.60	+00:09:13 (25.7%)	7:11	8.4 (75.0%)
15	NOWAKOWSKI Kamil	186		Fala 3	6	3	00:36:04.25	+00:09:22 (26.0%)	7:12	8.3 (74.1%)
16	BARTOSIŃSKI Mateusz	176		Fala 1	9	1	00:36:08.25	+00:09:26 (26.1%)	7:13	8.3 (74.1%)
17	BIELAWA Piotr	174		Fala 2	2	2	00:36:10.60	+00:09:28 (26.2%)	7:14	8.3 (74.1%)
18	JÓŃSKA Martyna	168		Fala 1	10	1	00:36:18.80	+00:09:36 (26.5%)	7:15	8.3 (74.1%)
19	MACIEJEWSKI Radosław	126		Fala 1	11	1	00:36:41.00	+00:09:59 (27.2%)	7:20	8.2 (73.2%)
20	GRABAREK Ewelina	196		Fala 3	7	3	00:37:28.90	+00:10:46 (28.8%)	7:29	8 (71.4%)
21	ZIELIŃSKI Damian	119	SZABEL TEAM	Fala 1	12	1	00:38:14.75	+00:11:32 (30.2%)	7:38	7.8 (69.6%)
22	JAWORSKI Przemysław	245		Fala 4	1	4	00:38:22.85	+00:11:40 (30.4%)	7:40	7.8 (69.6%)
23	HAŁAJKO Magdalena	153		Fala 1	13	1	00:38:31.90	+00:11:49 (30.7%)	7:42	7.8 (69.6%)
24	TOCICKI Hubert	215		Fala 3	8	3	00:39:15.00	+00:12:33 (32.0%)	7:51	7.6 (67.9%)
25	DMYTERKO Karina	225		Fala 3	9	3	00:39:20.95	+00:12:38 (32.1%)	7:52	7.6 (67.9%)
26	MATERA Piotr	120	SZEBEL TEAM	Fala 1	14	1	00:39:39.15	+00:12:57 (32.7%)	7:55	7.6 (67.9%)

							Czas netto 5km	Różn	Tempo min/km	Tempo km/h
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Fala				
27	KOLUYIC Mateusz	236		Fala 3	10	3	00:39:58.20	+00:13:16 (33.2%)	7:59	7.5 (67.0%)
28	WOLF Beata	123		Fala 1	15	1	00:40:33.35	+00:13:51 (34.2%)	8:06	7.4 (66.1%)
29	ZANIEWICZ Roman	217		Fala 3	11	3	00:41:10.30	+00:14:28 (35.1%)	8:14	7.3 (65.2%)
30	ZANIEWICZ Barbara	214		Fala 3	12	3	00:41:10.70	+00:14:28 (35.2%)	8:14	7.3 (65.2%)
31	STANKIEWICZ Artur	179		Fala 2	3	2	00:41:22.00	+00:14:40 (35.5%)	8:16	7.3 (65.2%)
32	ROSOWICZ Natalia	178		Fala 2	4	2	00:41:34.20	+00:14:52 (35.8%)	8:18	7.2 (64.3%)
33	SAMORAJCZYK Piotr	113	ZASTOPUJ	Fala 1	16	1	00:41:37.65	+00:14:55 (35.9%)	8:19	7.2 (64.3%)
34	BAREJKO Łukasz	127		Fala 1	17	1	00:41:43.85	+00:15:01 (36.0%)	8:20	7.2 (64.3%)
35	GRZSESIEK Magdalena	204		Fala 3	13	3	00:42:00.90	+00:15:18 (36.5%)	8:24	7.1 (63.4%)
36	KUBIAK Monika	148		Fala 1	18	1	00:42:17.90	+00:15:35 (36.9%)	8:27	7.1 (63.4%)
37	POBUSKA Urszula	149		Fala 1	19	1	00:42:17.95	+00:15:35 (36.9%)	8:27	7.1 (63.4%)
38	RZE? Jacek	121		Fala 1	20	1	00:42:19.20	+00:15:37 (36.9%)	8:27	7.1 (63.4%)
39	ROGAŁA Jacek	114	ZASTOPUJ	Fala 1	21	1	00:42:21.65	+00:15:39 (37.0%)	8:28	7.1 (63.4%)
40	GRABOWSKI Patryk	227		Fala 3	14	3	00:42:36.10	+00:15:54 (37.3%)	8:31	7 (62.5%)
41	SZAŁA Angelika	220		Fala 3	15	3	00:42:39.85	+00:15:57 (37.4%)	8:31	7 (62.5%)
42	KULAK Dominik	187		Fala 3	16	3	00:42:53.55	+00:16:11 (37.8%)	8:34	7 (62.5%)
43	PYRKA Marta	188		Fala 3	17	3	00:42:53.85	+00:16:11 (37.8%)	8:34	7 (62.5%)
44	DOMAŃSKA Justyna	155		Fala 1	22	1	00:43:09.95	+00:16:27 (38.1%)	8:37	7 (62.5%)
45	MAKSYMIUK Agnieszka	235		Fala 3	18	3	00:43:32.50	+00:16:50 (38.7%)	8:42	6.9 (61.6%)
46	RADZISZEWSKA Katarzyna	224		Fala 3	19	3	00:43:51.20	+00:17:09 (39.1%)	8:46	6.8 (60.7%)
47	OSMÓLSKA Wiktoria	209		Fala 3	20	3	00:44:11.35	+00:17:29 (39.6%)	8:50	6.8 (60.7%)
48	MOLENDĄ Magdalena	101		Fala 1	23	1	00:44:29.50	+00:17:47 (40.0%)	8:53	6.7 (59.8%)
49	RYBKA Martyna	156		Fala 1	24	1	00:44:46.30	+00:18:04 (40.4%)	8:57	6.7 (59.8%)
50	MOLENDĄ Grzegorz	102		Fala 1	25	1	00:44:51.05	+00:18:09 (40.5%)	8:58	6.7 (59.8%)
51	GLISZCZYŃSKA Pola	211		Fala 3	21	3	00:44:53.15	+00:18:11 (40.5%)	8:58	6.7 (59.8%)
52	GAŁAJ Halina	152		Fala 1	26	1	00:45:21.85	+00:18:39 (41.1%)	9:04	6.6 (58.9%)
53	MAKSYMIUK Karol	232		Fala 3	22	3	00:45:25.55	+00:18:43 (41.2%)	9:05	6.6 (58.9%)
54	GRABAREK Kacper	197		Fala 3	23	3	00:45:28.65	+00:18:46 (41.3%)	9:05	6.6 (58.9%)
55	MACIŃSKI Maciej	199		Fala 3	24	3	00:45:34.20	+00:18:52 (41.4%)	9:06	6.6 (58.9%)
56	DBUCHOWSKA Magdalena	166		Fala 1	27	1	00:45:42.15	+00:19:00 (41.6%)	9:08	6.6 (58.9%)
57	RUTKOWSKI Artur	109		Fala 1	28	1	00:45:46.00	+00:19:04 (41.7%)	9:09	6.6 (58.9%)
58	JANOWICZ Przemysław	202		Fala 3	25	3	00:46:20.20	+00:19:38 (42.4%)	9:16	6.5 (58.0%)
59	KRYSTOWCZYK Piotr	244		Fala 4	2	4	00:46:22.25	+00:19:40 (42.4%)	9:16	6.5 (58.0%)
60	ŁOPATKA Joanna	191		Fala 3	26	3	00:46:33.00	+00:19:51 (42.6%)	9:18	6.4 (57.1%)
61		193					00:46:38.40	+00:19:56 (42.8%)	9:19	6.4 (57.1%)
62	MACHNIKOWSKA Monika	134		Fala 1	29	1	00:46:39.20	+00:19:57 (42.8%)	9:19	6.4 (57.1%)
63	POTEJKO Julia	165		Fala 1	30	1	00:46:42.05	+00:20:00 (42.8%)	9:20	6.4 (57.1%)
64	MALTYWSKA Luiza	162		Fala 1	31	1	00:46:51.30	+00:20:09 (43.0%)	9:22	6.4 (57.1%)
65	WOSZYKOWSKA Katarzyna	159		Fala 1	32	1	00:46:53.80	+00:20:11 (43.1%)	9:22	6.4 (57.1%)
66	WALKOWIAK Daria	128		Fala 1	33	1	00:47:04.85	+00:20:22 (43.3%)	9:24	6.4 (57.1%)
67	KLIMOWSKA Katarzyna	160		Fala 1	34	1	00:47:13.10	+00:20:31 (43.5%)	9:26	6.4 (57.1%)
68	GŁADYSZ Marlena	219		Fala 3	27	3	00:47:24.20	+00:20:42 (43.7%)	9:28	6.3 (56.3%)
69	SZANEK Agnieszka	145		Fala 1	35	1	00:47:36.75	+00:20:54 (43.9%)	9:31	6.3 (56.3%)
70	BRYNKIEWICZ Anna	222		Fala 3	28	3	00:48:15.35	+00:21:33 (44.7%)	9:39	6.2 (55.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Fala	Czas netto	Różn	Tempo min/km	Tempo km/h
							5km			
71	TETLOCH Adam	154	SZWAGRY BIEGAJĄ	Fala 1	36	1	00:48:30.50	+00:21:48 (45.0%)	9:42	6.2 (55.4%)
72	BALONIS Justyna	139		Fala 1	37	1	00:48:45.85	+00:22:03 (45.2%)	9:45	6.2 (55.4%)
73	SZMYT Marcin	103		Fala 1	38	1	00:48:49.15	+00:22:07 (45.3%)	9:45	6.1 (54.5%)
74	POŁOCZAŃSKI Piotr	104		Fala 1	39	1	00:48:49.25	+00:22:07 (45.3%)	9:45	6.1 (54.5%)
75	OSIŃSKI Jacek	210		Fala 3	29	3	00:48:54.85	+00:22:12 (45.4%)	9:46	6.1 (54.5%)
76	SOŁOMSKA Martyna	208		Fala 3	30	3	00:48:55.35	+00:22:13 (45.4%)	9:47	6.1 (54.5%)
77	WOJTALIK Jacek	130		Fala 1	40	1	00:49:13.70	+00:22:31 (45.8%)	9:50	6.1 (54.5%)
78	JAWORSKI Marek	131	SZABEL TEAM	Fala 1	41	1	00:49:22.10	+00:22:40 (45.9%)	9:52	6.1 (54.5%)
79	KAI Jacek	129		Fala 1	42	1	00:49:22.80	+00:22:40 (45.9%)	9:52	6.1 (54.5%)
80	WOJSK Daniel	108		Fala 1	43	1	00:49:32.25	+00:22:50 (46.1%)	9:54	6.1 (54.5%)
81	SAŃKO Anna	138		Fala 1	44	1	00:49:41.50	+00:22:59 (46.3%)	9:56	6 (53.6%)
82	WALKOWIAK Dariusz	150		Fala 1	45	1	00:49:51.95	+00:23:09 (46.5%)	9:58	6 (53.6%)
83	TURALSKA Monika	249		Fala 4	3	4	00:50:19.65	+00:23:37 (46.9%)	10:03	6 (53.6%)
84	FIR Beata	230		Fala 3	31	3	00:50:32.65	+00:23:50 (47.2%)	10:06	5.9 (52.7%)
85	MAKSYMIUK Natalia	228		Fala 3	32	3	00:50:58.15	+00:24:16 (47.6%)	10:11	5.9 (52.7%)
86	KRAWCZYK Magdalena	207		Fala 3	33	3	00:51:00.30	+00:24:18 (47.7%)	10:12	5.9 (52.7%)
87	ZIEMANN Natalia	143		Fala 1	46	1	00:51:34.30	+00:24:52 (48.2%)	10:18	5.8 (51.8%)
88	BINAŚ Damian	185	SZABEL TEAM	Fala 3	34	3	00:51:41.95	+00:24:59 (48.4%)	10:20	5.8 (51.8%)
89	BRODECKI Igor	184		Fala 2	5	2	00:51:44.50	+00:25:02 (48.4%)	10:20	5.8 (51.8%)
90	BRODECKA Agata	181		Fala 2	6	2	00:51:45.35	+00:25:03 (48.4%)	10:21	5.8 (51.8%)
91	ZIEMANN Żaneta	142		Fala 1	47	1	00:52:09.80	+00:25:27 (48.8%)	10:25	5.8 (51.8%)
92	GILITA Damian	246		Fala 4	4	4	00:52:27.45	+00:25:45 (49.1%)	10:29	5.7 (50.9%)
93	WACNOWSKI Mariusz	248		Fala 4	5	4	00:52:30.10	+00:25:48 (49.1%)	10:30	5.7 (50.9%)
94	MOŁDAWA Małgorzata	171		Fala 1	48	1	00:52:30.60	+00:25:48 (49.2%)	10:30	5.7 (50.9%)
95	KRAWCZYK Marta	203		Fala 3	35	3	00:52:47.15	+00:26:05 (49.4%)	10:33	5.7 (50.9%)
96	JAKUBOWSKA Roksana	205		Fala 3	36	3	00:53:29.35	+00:26:47 (50.1%)	10:41	5.6 (50.0%)
97	POSIAPAŁA Agnieszka	223		Fala 3	37	3	00:53:38.05	+00:26:56 (50.2%)	10:43	5.6 (50.0%)
98	KOSTRZWA Dorota	226	SZABEL TEAM	Fala 3	38	3	00:54:00.30	+00:27:18 (50.6%)	10:48	5.6 (50.0%)
99	SERAFIN Sylwia	124		Fala 1	49	1	00:54:18.50	+00:27:36 (50.8%)	10:51	5.5 (49.1%)
100	JARMUŻ Łukasz	125		Fala 1	50	1	00:54:18.70	+00:27:36 (50.8%)	10:51	5.5 (49.1%)
101	STASZAŁEK Łukasz	194		Fala 3	39	3	00:54:24.75	+00:27:42 (50.9%)	10:52	5.5 (49.1%)
102	CERAJEWSKI Dawid	192		Fala 3	40	3	00:54:25.10	+00:27:43 (50.9%)	10:53	5.5 (49.1%)
103	SUCHARSKA Ewa	229		Fala 3	41	3	00:54:27.45	+00:27:45 (51.0%)	10:53	5.5 (49.1%)
104	URBAŃSKI Cezary	206		Fala 3	42	3	00:54:40.85	+00:27:58 (51.2%)	10:56	5.5 (49.1%)
105	CZUBOWICZ Arkadiusz	234		Fala 3	43	3	00:55:49.20	+00:29:07 (52.2%)	11:09	5.4 (48.2%)
106	JUDERZEJ Paweł	110		Fala 1	51	1	00:56:13.50	+00:29:31 (52.5%)	11:14	5.3 (47.3%)
107	MARUCIK Łukasz	151		Fala 1	52	1	00:56:59.15	+00:30:17 (53.1%)	11:23	5.3 (47.3%)
108	CIEŚLAK Kamil	118	SZABEL TEAM	Fala 1	53	1	00:56:59.35	+00:30:17 (53.1%)	11:23	5.3 (47.3%)
109	JASTRZĘBSKA Karolina	141		Fala 1	54	1	00:57:22.20	+00:30:40 (53.5%)	11:28	5.2 (46.4%)
110	FIJOŁEK Aleksandra	135		Fala 1	55	1	00:58:02.85	+00:31:20 (54.0%)	11:36	5.2 (46.4%)
111	SOKOŁOWSKA Tola	170		Fala 1	56	1	00:58:24.75	+00:31:42 (54.3%)	11:40	5.1 (45.5%)
112	JANISIAK Magdalena	146		Fala 1	57	1	00:59:14.90	+00:32:32 (54.9%)	11:50	5.1 (45.5%)
113	BROVCHENKO Sylwia	175		Fala 1	58	1	00:59:19.80	+00:32:37 (55.0%)	11:51	5.1 (45.5%)
114	BALONIS Agnieszka	137		Fala 1	59	1	00:59:30.45	+00:32:48 (55.1%)	11:54	5 (44.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Fala	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
115	BECZKOWICZ Agata	105	BECZKA I PIRAT	Fala 1	60	1	00:59:36.95	+00:32:54 (55.2%)	11:55	5 (44.6%)
116	BRAŃKA Anna	140		Fala 1	61	1	00:59:45.95	+00:33:03 (55.3%)	11:57	5 (44.6%)
117	ADAMOWICZ Klaudia	158		Fala 1	62	1	01:00:10.75	+00:33:28 (55.6%)	12:02	5 (44.6%)
118	WICHER Agnieszka	144		Fala 1	63	1	01:00:11.40	+00:33:29 (55.6%)	12:02	5 (44.6%)
119	JĘDRASZCZYK Justyna	147		Fala 1	64	1	01:00:24.85	+00:33:42 (55.8%)	12:04	5 (44.6%)
120	BRZEZIŃSKA Magdalena	111		Fala 1	65	1	01:00:26.85	+00:33:44 (55.8%)	12:05	5 (44.6%)
121	KLIMEWICZ Ilona	190		Fala 3	44	3	01:00:26.95	+00:33:44 (55.8%)	12:05	5 (44.6%)
122	ZANIEWICZ Patrycja	213		Fala 3	45	3	01:00:28.45	+00:33:46 (55.8%)	12:05	5 (44.6%)
123	ZANIEWICZ Karol	212		Fala 3	46	3	01:00:30.75	+00:33:48 (55.9%)	12:06	5 (44.6%)
124	ZANIEWICZ Jolanta	216		Fala 3	47	3	01:00:30.95	+00:33:48 (55.9%)	12:06	5 (44.6%)
125	ZIFTARSKA Julia	169		Fala 1	66	1	01:01:07.35	+00:34:25 (56.3%)	12:13	4.9 (43.8%)
126	JÓZEFOWSKI Mariusz	157		Fala 1	67	1	01:01:09.75	+00:34:27 (56.3%)	12:13	4.9 (43.8%)
127	OBLEMSKA Katarzyna	133		Fala 1	68	1	01:01:13.90	+00:34:31 (56.4%)	12:14	4.9 (43.8%)
128	MICHALAK Grzegorz	136		Fala 1	69	1	01:01:14.80	+00:34:32 (56.4%)	12:14	4.9 (43.8%)
129	ŁESTOWSKI Paweł	132		Fala 1	70	1	01:01:15.65	+00:34:33 (56.4%)	12:15	4.9 (43.8%)
130		164					01:01:21.40	+00:34:39 (56.5%)	12:16	4.9 (43.8%)
131	LEOCKO Iwona	167		Fala 1	71	1	01:01:21.95	+00:34:39 (56.5%)	12:16	4.9 (43.8%)
132	MAKAREWICZ Anna	163		Fala 1	72	1	01:01:22.45	+00:34:40 (56.5%)	12:16	4.9 (43.8%)
133	BORKOWSKI Arkadiusz	106		Fala 1	73	1	01:01:25.70	+00:34:43 (56.5%)	12:17	4.9 (43.8%)
134	ŻMUDA Anna	180		Fala 2	7	2	01:01:27.05	+00:34:45 (56.6%)	12:17	4.9 (43.8%)
135	MOŁDAWA Karolina	173		Fala 1	74	1	01:02:11.70	+00:35:29 (57.1%)	12:26	4.8 (42.9%)
136	BIELAK Marcelina	182		Fala 2	8	2	01:04:18.60	+00:37:36 (58.5%)	12:51	4.7 (42.0%)
137	STRZYŻ Dorota	172		Fala 1	75	1	01:04:49.15	+00:38:07 (58.8%)	12:57	4.6 (41.1%)
138	ZAGDAŃSKA Agnieszka	221		Fala 3	48	3	01:05:55.55	+00:39:13 (59.5%)	13:11	4.6 (41.1%)
139	TREPILA Aleksandra	238		Fala 4	6	4	01:06:17.35	+00:39:35 (59.7%)	13:15	4.5 (40.2%)
140	FAŁAT Monika	239		Fala 4	7	4	01:07:21.65	+00:40:39 (60.4%)	13:28	4.5 (40.2%)
141	CZAJKOWSKI Paweł	218		Fala 3	49	3	01:28:23.10	+01:01:41 (69.8%)	17:40	3.4 (30.4%)
142	CZAJKOWSKA Anna	198		Fala 3	50	3	01:28:23.40	+01:01:41 (69.8%)	17:40	3.4 (30.4%)
143	REISKE Adrian	250		Fala 3	51	3	01:32:52.50	+01:06:10 (71.3%)	18:34	3.2 (28.6%)
144	POŁOWIAK Katarzyna	237		Fala 4	8	4	01:36:27.60	+01:09:45 (72.3%)	19:17	3.1 (27.7%)
145	KRAJEWSKA Agnieszka	243		Fala 4	9	4	01:37:11.25	+01:10:29 (72.5%)	19:26	3.1 (27.7%)
146	MOLENDĄ Marcin	241		Fala 4	10	4	01:38:15.90	+01:11:33 (72.8%)	19:39	3.1 (27.7%)

Znaleziono 146 wynik(ów)