

SIANOWSKA 5

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE**Organizator:**

Urząd Gminy Sianów, Ranking Biegaczy

Data:

2021-08-28

Miejsce:

Sianów

Dystans:

5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	WALEŃSKI Michał	187	TKKF KOSZALIN	OPEN -M	1	00:18:58.91	00:18:58.91		3:47	15.8 (100%)
2	SKLORZ Paweł	195		OPEN -M	2	00:19:20.48	00:19:20.48	+00:00:21 (1.9%)	3:52	15.5 (98.1%)
3	POLAK Szymon	209	ROZBIEGANY KOSZALIN	OPEN -M	3	00:19:23.35	00:19:23.35	+00:00:24 (2.1%)	3:52	15.5 (98.1%)
4	ZWOLIŃSKI Jan	171	TKKF KOSZALIN	OPEN -M	4	00:19:37.25	00:19:37.25	+00:00:38 (3.3%)	3:55	15.3 (96.8%)
5	WOJNIUSZ Adrian	113	ZASTOPIJ	OPEN -M	5	00:19:45.24	00:19:45.24	+00:00:46 (3.9%)	3:57	15.2 (96.2%)
6	KOZIEŁ Paweł	194		OPEN -M	6	00:20:06.31	00:20:06.31	+00:01:07 (5.6%)	4:01	14.9 (94.3%)
7	SMOŁUCH Marcin	180	KB BRYZA POSTOMINO	OPEN -M	7	00:20:12.59	00:20:12.59	+00:01:13 (6.1%)	4:02	14.9 (94.3%)
8	MAĆKOWIAK Krzysztof	166		OPEN -M	8	00:20:50.14	00:20:50.14	+00:01:51 (8.9%)	4:10	14.4 (91.1%)
9	BEDNARSKA-BARAN Anna	121		OPEN -K	1	00:21:35.87	00:21:35.87	+00:02:36 (12.1%)	4:19	13.9 (88.0%)
10	SPOLSKA Weronika	216	SOBAS TEAM	OPEN -K	2	00:21:39.93	00:21:39.93	+00:02:41 (12.4%)	4:19	13.9 (88.0%)
11	BARUTOWICZ Grzegorz	139	KB BRYZA POSTOMINO	OPEN -M	9	00:21:45.13	00:21:45.13	+00:02:46 (12.7%)	4:21	13.8 (87.3%)
12	MITUNIEWICZ Adrian	162	BIEGOLAS	OPEN -M	10	00:21:48.09	00:21:48.09	+00:02:49 (12.9%)	4:21	13.8 (87.3%)
13	BEDNARZ Sebastian	206		OPEN -M	11	00:21:49.22	00:21:49.22	+00:02:50 (13.0%)	4:21	13.8 (87.3%)
14	MAZIEC Beata	130	BIEGOLAS	OPEN -K	3	00:21:50.17	00:21:50.17	+00:02:51 (13.1%)	4:22	13.7 (86.7%)
15	SZCZUBLEWSKI Martin	214	BIEGOLAS/KORONA / KOSZALIN	OPEN -M	12	00:22:28.79	00:22:28.79	+00:03:29 (15.6%)	4:29	13.4 (84.8%)
16	KRUPIŃSKI Krzysztof	165	E-UROLOG.EU KOSZALIN	OPEN -M	13	00:22:30.82	00:22:30.82	+00:03:31 (15.7%)	4:30	13.3 (84.2%)
17	MILEWSKI Tomasz	211		OPEN -M	14	00:22:32.57	00:22:32.57	+00:03:33 (15.8%)	4:30	13.3 (84.2%)
18	WAWRZYN Grzegorz	145		OPEN -M	15	00:22:49.64	00:22:49.64	+00:03:50 (16.8%)	4:33	13.1 (82.9%)
19	SZCZYPEK Arkadiusz	224		OPEN -M	16	00:22:59.72	00:22:59.72	+00:04:00 (17.5%)	4:35	13.1 (82.9%)
20	KOZŁOWICZ Krzysztof	164		OPEN -M	17	00:23:01.53	00:23:01.53	+00:04:02 (17.6%)	4:36	13 (82.3%)
21	GRABAREK Ewelina	141		OPEN -K	4	00:23:07.83	00:23:07.83	+00:04:08 (17.9%)	4:37	13 (82.3%)
22	KRUK Marcin	178		OPEN -M	18	00:23:15.87	00:23:15.87	+00:04:16 (18.4%)	4:39	12.9 (81.6%)
23	PAWLIK Wioletta	217	TKKF KOSZALIN	OPEN -K	5	00:23:20.31	00:23:20.31	+00:04:21 (18.7%)	4:40	12.9 (81.6%)
24	HOREGLAD Paweł	193		OPEN -M	19	00:23:23.50	00:23:23.50	+00:04:24 (18.9%)	4:40	12.8 (81.0%)
25	WERSOCKI Artur	120		OPEN -M	20	00:23:23.57	00:23:23.57	+00:04:24 (18.9%)	4:40	12.8 (81.0%)
26	ORDA Marcin	179		OPEN -M	21	00:23:39.37	00:23:39.37	+00:04:40 (19.8%)	4:43	12.7 (80.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						5km	5km			
27	ROGALA Jacek	118	ZASTOPIJ	OPEN -M	22	00:23:43.75	00:23:43.75	+00:04:44 (20.0%)	4:44	12.6 (79.7%)
28	KUSNIERZ Julia	154		OPEN -K	6	00:23:45.86	00:23:45.86	+00:04:46 (20.1%)	4:45	12.6 (79.7%)
29	KULCZYK Katarzyna	161	KB BRYZA POSTOMINO	OPEN -K	7	00:23:50.30	00:23:50.30	+00:04:51 (20.4%)	4:46	12.6 (79.7%)
30	KLENIEWSKI Piotr	200		OPEN -M	23	00:23:56.35	00:23:56.35	+00:04:57 (20.7%)	4:47	12.5 (79.1%)
31	ZIELIŃSKI Michał	222		OPEN -M	24	00:23:59.16	00:23:59.16	+00:05:00 (20.9%)	4:47	12.5 (79.1%)
32	PANCERZYŃSKI Łukasz	170		OPEN -M	25	00:24:01.40	00:24:01.40	+00:05:02 (21.0%)	4:48	12.5 (79.1%)
33	RUTKOWSKI Ryszard	205	RUNKING.INFO	OPEN -M	26	00:24:02.96	00:24:02.96	+00:05:04 (21.1%)	4:48	12.5 (79.1%)
34	KILAR Tomasz	111		OPEN -M	27	00:24:06.22	00:24:06.22	+00:05:07 (21.2%)	4:49	12.4 (78.5%)
35	NOREK Tomek	213		OPEN -M	28	00:24:14.66	00:24:14.66	+00:05:15 (21.7%)	4:50	12.4 (78.5%)
36	KRUPIŃSKA Beata	129	E-UROLOG.EU KOSZALIN	OPEN -K	8	00:24:17.39	00:24:17.39	+00:05:18 (21.9%)	4:51	12.4 (78.5%)
37	PIECHOTA Robert	204	ROZBIEGANY KOSZALIN	OPEN -M	29	00:24:32.68	00:24:32.68	+00:05:33 (22.7%)	4:54	12.2 (77.2%)
38	KACPRZAK Magdalena	174		OPEN -K	9	00:24:56.96	00:24:56.96	+00:05:58 (23.9%)	4:59	12 (75.9%)
39	KUPCZAK Damian	134		OPEN -M	30	00:25:00.37	00:25:00.37	+00:06:01 (24.1%)	5:00	12 (75.9%)
40	SOBIENIAK Maciej	172		OPEN -M	31	00:25:02.00	00:25:02.00	+00:06:03 (24.2%)	5:00	12 (75.9%)
41	GARNCAREK Paweł	159	BIEGOLAS	OPEN -M	32	00:25:13.26	00:25:13.26	+00:06:14 (24.7%)	5:02	11.9 (75.3%)
42	NAWROCKI Michał	186		OPEN -M	33	00:25:17.65	00:25:17.65	+00:06:18 (25.0%)	5:03	11.9 (75.3%)
43	HAŁAJKO Magdalena	173		OPEN -K	10	00:25:36.41	00:25:36.41	+00:06:37 (25.9%)	5:07	11.7 (74.1%)
44	ANGRYS Maciej	116	ZASTOPIJ	OPEN -M	34	00:25:38.60	00:25:38.60	+00:06:39 (26.0%)	5:07	11.7 (74.1%)
45	RUTKOWSKI Artur	125	RUNKING.INFO	OPEN -M	35	00:25:43.38	00:25:43.38	+00:06:44 (26.2%)	5:08	11.7 (74.1%)
46	GUTOWSKI Marek	181		OPEN -M	36	00:25:59.61	00:25:59.61	+00:07:00 (27.0%)	5:11	11.5 (72.8%)
47	KUTOWICZ Jagoda	122		OPEN -K	11	00:26:06.43	00:26:06.43	+00:07:07 (27.3%)	5:13	11.5 (72.8%)
48	KOZŁOWIECKI Waldemar	215	TKKF KOSZALIN	OPEN -M	37	00:26:12.80	00:26:12.80	+00:07:13 (27.6%)	5:14	11.5 (72.8%)
49	KAMYK Piotr	199	BIEGOLAS	OPEN -M	38	00:26:15.30	00:26:15.30	+00:07:16 (27.7%)	5:15	11.4 (72.2%)
50	WYSOCKA Urszula	112	SPORTOWE BIELICE	OPEN -K	12	00:26:22.04	00:26:22.04	+00:07:23 (28.0%)	5:16	11.4 (72.2%)
51	KONKEL Łukasz	169		OPEN -M	39	00:26:26.62	00:26:26.62	+00:07:27 (28.2%)	5:17	11.3 (71.5%)
52	PEŁKA Iwona	149		OPEN -K	13	00:26:42.29	00:26:42.29	+00:07:43 (28.9%)	5:20	11.2 (70.9%)
53	JUSZCZAK Krzysztof	163		OPEN -M	40	00:26:42.82	00:26:42.82	+00:07:43 (28.9%)	5:20	11.2 (70.9%)
54	ANGRYS Maciej	226		OPEN -M	41	00:27:07.91	00:27:07.91	+00:08:09 (30.0%)	5:25	11.1 (70.3%)
55	GREMBLEWSKI Dariusz	137		OPEN -M	42	00:27:09.48	00:27:09.48	+00:08:10 (30.1%)	5:25	11 (69.6%)
56	RASZPLA Ilona	148	BIEGOLAS	OPEN -K	14	00:27:22.93	00:27:22.93	+00:08:24 (30.7%)	5:28	11 (69.6%)
57	KĘSIK Michał	185		OPEN -M	43	00:27:57.03	00:27:57.03	+00:08:58 (32.1%)	5:35	10.7 (67.7%)
58	GAWIECKI Piotr	198	ROZBIEGANY KOSZALIN	OPEN -M	44	00:28:06.22	00:28:06.22	+00:09:07 (32.5%)	5:37	10.7 (67.7%)
59	DOBOSZ Jarosław	152		OPEN -M	45	00:28:14.79	00:28:14.79	+00:09:15 (32.8%)	5:38	10.6 (67.1%)
60	ROGALA Jacek	228		OPEN -M	46	00:28:31.40	00:28:31.40	+00:09:32 (33.5%)	5:42	10.5 (66.5%)
61	DOGIEL Jacek	151	JUDO GWARDIA	OPEN -M	47	00:28:36.12	00:28:36.12	+00:09:37 (33.6%)	5:43	10.5 (66.5%)
62	GRZELAK Karina	158	ROZBIEGANY KOSZALIN	OPEN -K	15	00:28:37.33	00:28:37.33	+00:09:38 (33.7%)	5:43	10.5 (66.5%)
63	KUBALSKI Filip	142		OPEN -M	48	00:28:46.14	00:28:46.14	+00:09:47 (34.0%)	5:45	10.4 (65.8%)
64	SAMORAJCZYK Piotr	225		OPEN -M	49	00:28:56.43	00:28:56.43	+00:09:57 (34.4%)	5:47	10.4 (65.8%)
65	MERKIS Małgorzata	176	FPP KOSZALIN	OPEN -K	16	00:29:01.04	00:29:01.04	+00:10:02 (34.6%)	5:48	10.3 (65.2%)
66	STUDZIŃSKA Kasia	160		OPEN -K	17	00:29:17.38	00:29:17.38	+00:10:18 (35.2%)	5:51	10.2 (64.6%)
67	BOJAR Natalia	190		OPEN -K	18	00:29:17.64	00:29:17.64	+00:10:18 (35.2%)	5:51	10.2 (64.6%)
68	SZCZYPEK Arkadiusz	114	ZASTOPIJ	OPEN -M	50	00:30:02.03	00:30:02.03	+00:11:03 (36.8%)	6:00	10 (63.3%)
69	KAZIMIEROWICZ Radosław	201		OPEN -M	51	00:30:02.31	00:30:02.31	+00:11:03 (36.8%)	6:00	10 (63.3%)
70	GRABAREK Kacper	155		OPEN -M	52	00:30:18.13	00:30:18.13	+00:11:19 (37.4%)	6:03	9.9 (62.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
71	GŁOWACKI Włodzimierz	218		OPEN -M	53	00:30:42.66	00:30:42.66	+00:11:43 (38.2%)	6:08	9.8 (62.0%)
72	DOBOSZ Michał	184		OPEN -M	54	00:31:30.83	00:31:30.83	+00:12:31 (39.8%)	6:18	9.5 (60.1%)
73	WACHHOLZ Beata	131	KB BRYZA POSTOMINO	OPEN -K	19	00:31:30.87	00:31:30.87	+00:12:31 (39.8%)	6:18	9.5 (60.1%)
74	DOBOSZ Izabella	150		OPEN -K	20	00:31:54.48	00:31:54.48	+00:12:55 (40.5%)	6:22	9.4 (59.5%)
75	JARCEWSKA Renata	202		OPEN -K	21	00:32:34.69	00:32:34.69	+00:13:35 (41.7%)	6:30	9.2 (58.2%)
76	HARASYM Daniel	223		OPEN -M	55	00:33:00.62	00:33:00.62	+00:14:01 (42.5%)	6:36	9.1 (57.6%)
77	WALKOWIAK Dariusz	138		OPEN -M	56	00:33:12.82	00:33:12.82	+00:14:13 (42.8%)	6:38	9 (57.0%)
78	GAWIECKA Mariola	182	ROZBIEGANY KOSZALIN	OPEN -K	22	00:35:26.46	00:35:26.46	+00:16:27 (46.4%)	7:05	8.5 (53.8%)
79	SAMURAJCZYK Piotr	115	ZASTOPUJ	OPEN -M	57	00:35:26.51	00:35:26.51	+00:16:27 (46.4%)	7:05	8.5 (53.8%)
80	STAŃCZAK Kamila	156		OPEN -K	23	00:35:32.23	00:35:32.23	+00:16:33 (46.6%)	7:06	8.4 (53.2%)
81	WÓJCICKI Filip	143				00:39:06.91	00:39:06.91	+00:20:07 (51.5%)	7:49	7.7 (48.7%)
82	WÓJCICKA Sylwia	208				00:39:08.24	00:39:08.24	+00:20:09 (51.5%)	7:49	7.7 (48.7%)
83	HARASYM Michał	127		OPEN -M	58	00:40:45.63	00:40:45.63	+00:21:46 (53.4%)	8:09	7.4 (46.8%)
84	KACPRZAK Igor	124		OPEN -M	59	00:42:21.20	00:42:21.20	+00:23:22 (55.2%)	8:28	7.1 (44.9%)
85	RADZIUSZ Ilona	147				00:42:21.20	00:42:21.20	+00:23:22 (55.2%)	8:28	7.1 (44.9%)
86	PAŁASZ Karolina	229		OPEN -M	60	00:43:33.76	00:43:33.76	+00:24:34 (56.4%)	8:42	6.9 (43.7%)
87	JURALEWICZ Paweł	117	ZASTOPUJ	OPEN -M	61	00:43:33.96	00:43:33.96	+00:24:35 (56.4%)	8:42	6.9 (43.7%)
88	BOJAR Amelia	144		OPEN -K	24	00:43:34.11	00:43:34.11	+00:24:35 (56.4%)	8:42	6.9 (43.7%)
89	JURALEWICZ Paweł	227		OPEN -M	62	00:45:30.88	00:45:30.88	+00:26:31 (58.3%)	9:06	6.6 (41.8%)
90	DRUSZCZ Patryk	128		OPEN -M	63	00:45:32.41	00:45:32.41	+00:26:33 (58.3%)	9:06	6.6 (41.8%)
91	KUTOWICZ Monika	188				00:47:24.50	00:47:24.50	+00:28:25 (60.0%)	9:28	6.3 (39.9%)
92	KACPRZAK Sebastian	126		OPEN -M	64	00:51:17.02	00:51:17.02	+00:32:18 (63.0%)	10:15	5.8 (36.7%)
93	KACPRZAK Lena	123		OPEN -K	25	00:51:17.10	00:51:17.10	+00:32:18 (63.0%)	10:15	5.8 (36.7%)
94	JAWORSKI Marcin	177				00:52:12.95	00:52:12.95	+00:33:14 (63.6%)	10:26	5.7 (36.1%)
95	JAWORSKI Robert	203	KB BRYZA POSTOMINO			00:52:13.47	00:52:13.47	+00:33:14 (63.7%)	10:26	5.7 (36.1%)
96	JAWORSKA Ewa	140				00:52:13.75	00:52:13.75	+00:33:14 (63.7%)	10:26	5.7 (36.1%)

Znaleziono 96 wynik(ów)