

IV BIEG BEZ SPINY - 10KM

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Wydarzenie: IV BIEG BEZ SPINY
Organizator: Gmina Malechowo
Data: 2023-08-20
Miejsce: NIEMICA
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	BORYCHOWSKI Mariusz	70	HERKULES	M-50	1	00:36:34.00		3:39	16.4 (100%)
2	RYBARCZYK Jan	43	ŻYJ Z ENERGIA	M-50	2	00:36:56.06	+00:00:21 (1.0%)	3:41	16.2 (98.8%)
3	KĘPKA Adrian	24	DARŁOWSKIE CHARTY	M-18	1	00:38:25.17	+00:01:51 (4.8%)	3:50	15.6 (95.1%)
4	TOMKOWSKI Przemysław	51	CHRYSTUS KRÓLEM	M-30	1	00:41:53.01	+00:05:19 (12.7%)	4:11	14.3 (87.2%)
5	BAKALARZ Adam	3	DARŁOWSKIE CHARTY	M-30	2	00:42:59.82	+00:06:29 (15.1%)	4:17	14 (85.4%)
6	HENDRICH Rafał	68		M-40	1	00:43:34.71	+00:07:01 (16.1%)	4:21	13.8 (84.1%)
7	WALEŃSKI Michał	53	TKKF KOSZALIN	M-40	2	00:43:47.82	+00:07:14 (16.5%)	4:22	13.7 (83.5%)
8	BŁASZCZYK Karol	6		M-18	2	00:44:13.42	+00:07:44 (17.5%)	4:25	13.6 (82.9%)
9	JABŁOŃSKI Tomasz	64	KB SPOKO SŁAWNO	M-40	3	00:44:20.93	+00:07:47 (17.5%)	4:26	13.5 (82.3%)
10	GRZESIK Eugeniusz	12	STRAŻAK SAM	M-50	3	00:44:41.46	+00:08:08 (18.2%)	4:28	13.4 (81.7%)
11	MAZUR Emilisz	34		M-40	4	00:46:02.18	+00:09:29 (20.6%)	4:36	13 (79.3%)
12	MAKARSKI Marcin	33	DARŁOWSKIE CHARTY	M-40	5	00:46:13.68	+00:09:44 (21.0%)	4:37	13 (79.3%)
13	JÓŻWIK Adam	73	KS OLSZEWCY I SYNOWIE	M-30	3	00:46:40.66	+00:10:07 (21.7%)	4:40	12.9 (78.7%)
14	BŁASZCZYK Tadeusz	5		M-60+	1	00:47:21.25	+00:10:51 (22.9%)	4:44	12.7 (77.4%)
15	PĘKAŁA Mikołaj	38		M-18	3	00:48:20.34	+00:11:51 (24.5%)	4:50	12.4 (75.6%)
16	TURCZYN Tomasz	52	SLAWNO.NASZEMIASTO.PL	M-40	6	00:49:05.73	+00:12:32 (25.5%)	4:54	12.2 (74.4%)
17	CHURSZCZ Mateusz	81	KB BRYZA POSTOMINO	M-30	4	00:49:07.25	+00:12:37 (25.7%)	4:54	12.2 (74.4%)
18	JĘDRZEJEWSKI Łukasz	18		M-30	5	00:49:20.17	+00:12:48 (25.9%)	4:56	12.2 (74.4%)
19	CHUDY Henryk	9	K SOLSZEWSKI I SYNOWIE	M-60+	2	00:49:24.21	+00:12:50 (26.0%)	4:56	12.1 (73.8%)
20	KACZMAREK Marta	19	KB SPOKO SŁAWNO	K-30	1	00:49:23.10	+00:12:51 (26.0%)	4:56	12.1 (73.8%)
21	WIELGAT Łukasz	54	KB BRYZA POSTOMINO	M-30	6	00:49:31.70	+00:13:01 (26.2%)	4:57	12.1 (73.8%)
22	KWIETNIEWSKI Daniel	31		M-40	7	00:49:33.84	+00:13:05 (26.3%)	4:57	12.1 (73.8%)
23	JANKOWSKI Krzysztof	17	SPOKO	M-30	7	00:49:53.68	+00:13:25 (26.8%)	4:59	12 (73.2%)
24	KONKEL Bonita	25		K-30	2	00:50:18.53	+00:13:48 (27.4%)	5:01	11.9 (72.6%)
25	PRĘDKI Grzegorz	41	KB BRYZA POSTOMINO	M-30	8	00:50:37.57	+00:14:08 (27.9%)	5:03	11.9 (72.6%)
26	SZOPIŃSKI Tomasz	47	KB BRYZA POSTOMINO	M-40	8	00:50:37.69	+00:14:08 (27.9%)	5:03	11.9 (72.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas	Różn	Tempo	Tempo
						netto		min/km	km/h
						10km			
27	NOWAK Agnieszka	60		K-30	3	00:50:44.27	+00:14:14 (28.0%)	5:04	11.8 (72.0%)
28	SKOWYRSKI Janusz	44	TKKF KOSZALIN	M-60+	3	00:51:05.37	+00:14:34 (28.5%)	5:06	11.7 (71.3%)
29	PĘKAŁA Piotr	37		M-50	4	00:51:33.32	+00:15:05 (29.2%)	5:09	11.6 (70.7%)
30	PIETRZYK Paulina	39	BIEGOLAS	K-30	4	00:51:36.91	+00:15:06 (29.2%)	5:09	11.6 (70.7%)
31	ŚWIERCZ Jacek	49	BYLEDOBIEC ANIN	M-50	5	00:51:52.58	+00:15:23 (29.6%)	5:11	11.6 (70.7%)
32	ŚLĘCZKA Piotr	72		M-40	9	00:52:09.59	+00:15:40 (30.0%)	5:12	11.5 (70.1%)
33	NOWACKI Piotr	36		M-18	4	00:52:13.50	+00:15:46 (30.1%)	5:13	11.5 (70.1%)
34	ŚWIERCZ Iwona	48	BYLEDOBIEC ANIN	K-50	1	00:52:44.36	+00:16:13 (30.7%)	5:16	11.4 (69.5%)
35	JURYCEWICZ Roman	62		M-40	10	00:53:19.85	+00:16:46 (31.4%)	5:19	11.3 (68.9%)
36	BAKALARZ Katarzyna	4	DARŁOWSKIE CHARTY	K-30	5	00:53:25.84	+00:16:55 (31.6%)	5:20	11.2 (68.3%)
37	KAPAŁA Marek	22	BRAK	M-40	11	00:53:43.70	+00:17:15 (32.0%)	5:22	11.2 (68.3%)
38	MOTYKOWSKA Ksenia	82		K-40	1	00:53:54.45	+00:17:22 (32.2%)	5:23	11.1 (67.7%)
39	KASPRZYK Bogdan	23	WILKI POMORSKIE	M-50	6	00:54:03.17	+00:17:31 (32.4%)	5:24	11.1 (67.7%)
40	GOSTOMCZYK Krzysztof	11	KB SPOKO SŁAWNO	M-40	12	00:54:10.90	+00:17:38 (32.5%)	5:25	11.1 (67.7%)
41	JAKUSZEWSKI Andrzej	16		M-30	9	00:54:35.94	+00:18:06 (33.1%)	5:27	11 (67.1%)
42	KRZEWIŃSKA Małgorzata	30	TKKF KOSZALIN	K-60+	1	00:54:40.75	+00:18:09 (33.2%)	5:28	11 (67.1%)
43	ANTOSIK Grazyna	1	K SOLSZEWSKI I SYNOWIE	K-40	2	00:55:11.80	+00:18:40 (33.8%)	5:31	10.9 (66.5%)
44	DRULIK-HOŁUB Marta	10		K-40	3	00:55:37.30	+00:19:07 (34.3%)	5:33	10.8 (65.9%)
45	ART Kamila	2		K-30	6	00:57:37.02	+00:21:12 (36.7%)	5:45	10.4 (63.4%)
46	MIECZKOWSKA Małgorzata	74	DARŁOWSKIE CHARTY	K-40	4	00:59:40.14	+00:23:12 (38.8%)	5:58	10.1 (61.6%)
47	MAJ Agnieszka	32		K-40	5	00:59:50.41	+00:23:18 (38.9%)	5:59	10 (61.0%)
48	KONECKI Dariusz	71	KB SPOKO SŁAWNO	M-50	7	00:59:47.19	+00:23:18 (38.9%)	5:58	10 (61.0%)
49	BUCZKO Katarzyna	8	BIEGACZE ROZRABIACZE	K-18	1	01:00:01.34	+00:23:29 (39.1%)	6:00	10 (61.0%)
50	KACZMARSKA Natalia	20		K-30	7	01:00:12.92	+00:23:42 (39.3%)	6:01	10 (61.0%)
51	CHMIELEWSKA Malwina	75	DARŁOSKIE CHARTY	K-30	8	01:00:21.93	+00:23:54 (39.5%)	6:02	9.9 (60.4%)
52	WOJNIUSZ Kamila	57	DARŁOWSKIE CHARTY	K-30	9	01:00:22.57	+00:23:55 (39.5%)	6:02	9.9 (60.4%)
53	ZAKRZEWSKI Paweł	59		M-40	13	01:01:06.66	+00:24:39 (40.3%)	6:06	9.8 (59.8%)
54	KARCZEWSKI Wojciech	69		M-40	14	01:01:31.92	+00:25:04 (40.7%)	6:09	9.8 (59.8%)
55	SOCHA Ewa	45		K-40	6	01:03:12.53	+00:26:44 (42.2%)	6:19	9.5 (57.9%)
56	MIKOŁAJCZAK Emilia	35	FOR-REST-RUN	K-40	7	01:03:33.45	+00:27:05 (42.5%)	6:21	9.4 (57.3%)
57	WILKOWSKI Krzysztof	55	FOR-REST-RUN	M-40	15	01:03:33.87	+00:27:05 (42.5%)	6:21	9.4 (57.3%)
58	PODBEREŻNA Monika	80		K-40	8	01:05:37.84	+00:29:06 (44.3%)	6:33	9.1 (55.5%)
59	HELLER Zdzisław	15		M-60+	4	01:08:05.46	+00:31:37 (46.4%)	6:48	8.8 (53.7%)
60	CHMIELEWSKI Wojciech	76	DARŁOWSKIE CHARTY	M-30	10	01:09:20.33	+00:32:53 (47.3%)	6:56	8.7 (53.0%)
61	WOŹNIAK Dariusz	58	WWW.LIMO300C.COM	M-50	8	01:12:05.25	+00:35:34 (49.3%)	7:12	8.3 (50.6%)
62	BUCZKO Maciej	7	BIEGACZE ROZRABIACZE	M-18	5	01:14:03.29	+00:37:32 (50.6%)	7:24	8.1 (49.4%)
63	CHMIELEWSKA Agnieszka	77	DARŁOWSKIE CHARTY	K-30	10	01:16:51.34	+00:40:25 (52.5%)	7:41	7.8 (47.6%)
64	CHRUSZCZ Marcin	65	ZUMBA TEAM	M-40	16	01:21:51.90	+00:45:21 (55.3%)	8:11	7.3 (44.5%)
65	GAŁKA Marta	66	ZUMBA TEAM	K-40	9	01:27:34.30	+00:51:02 (58.2%)	8:45	6.9 (42.1%)
66	OSTROWSKA Emilia	78		K-18	2	01:27:32.77	+00:51:02 (58.2%)	8:45	6.9 (42.1%)
67	MICHNO Joanna	63	ZUMBA TEAM	K-40		01:27:34.42	+00:51:02 (58.2%)	8:45	6.9 (42.1%)
68	KUBICKA Magdalena	67	ZUMBA TEAM	K-40		01:27:34.66	+00:51:02 (58.2%)	8:45	6.9 (42.1%)
69	ZDYR Natalia	79		K-30		01:27:34.46	+00:51:02 (58.2%)	8:45	6.9 (42.1%)
70	KANIA Marlena	61	ZUMBA TEAM	K-30		01:27:33.69	+00:51:02 (58.2%)	8:45	6.9 (42.1%)

Znaleziono 70 wynik(ów)