

# IV BIEG BEZ SPINY - 10KM

B4SPORT  
INTELEGENE ZAWODY SPORTOWE

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



Klasyfikacja: OPEN-M

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>BORYCHOWSKI Mariusz</b>	<b>70</b>	HERKULES	M-50	1	<b>00:36:34.00</b>		3:39	16.4 (100%)
2	<b>RYBARCZYK Jan</b>	<b>43</b>	ŻYJ Z ENERGIA	M-50	2	<b>00:36:56.06</b>	+00:00:21 (1.0%)	3:41	16.2 (98.8%)
3	<b>KĘPKA Adrian</b>	<b>24</b>	DARŁOWSKIE CHARTY	M-18	1	<b>00:38:25.17</b>	+00:01:51 (4.8%)	3:50	15.6 (95.1%)
4	<b>TOMKOWSKI Przemysław</b>	<b>51</b>	CHRYSTUS KRÓLEM	M-30	1	<b>00:41:53.01</b>	+00:05:19 (12.7%)	4:11	14.3 (87.2%)
5	<b>BAKALARZ Adam</b>	<b>3</b>	DARŁOWSKIE CHARTY	M-30	2	<b>00:42:59.82</b>	+00:06:29 (15.1%)	4:17	14 (85.4%)
6	<b>HENDRICH Rafał</b>	<b>68</b>		M-40	1	<b>00:43:34.71</b>	+00:07:01 (16.1%)	4:21	13.8 (84.1%)
7	<b>WALEŃSKI Michał</b>	<b>53</b>	TKKF KOSZALIN	M-40	2	<b>00:43:47.82</b>	+00:07:14 (16.5%)	4:22	13.7 (83.5%)
8	<b>BŁASZCZYK Karol</b>	<b>6</b>		M-18	2	<b>00:44:13.42</b>	+00:07:44 (17.5%)	4:25	13.6 (82.9%)
9	<b>JABŁOŃSKI Tomasz</b>	<b>64</b>	KB SPOKO SŁAWNO	M-40	3	<b>00:44:20.93</b>	+00:07:47 (17.5%)	4:26	13.5 (82.3%)
10	<b>GRZESIK Eugeniusz</b>	<b>12</b>	STRAŻAK SAM	M-50	3	<b>00:44:41.46</b>	+00:08:08 (18.2%)	4:28	13.4 (81.7%)
11	<b>MAZUR Emilisz</b>	<b>34</b>		M-40	4	<b>00:46:02.18</b>	+00:09:29 (20.6%)	4:36	13 (79.3%)
12	<b>MAKARSKI Marcin</b>	<b>33</b>	DARŁOWSKIE CHARTY	M-40	5	<b>00:46:13.68</b>	+00:09:44 (21.0%)	4:37	13 (79.3%)
13	<b>JÓŻWIK Adam</b>	<b>73</b>	KS OLSZEWSKY I SYNOWIE	M-30	3	<b>00:46:40.66</b>	+00:10:07 (21.7%)	4:40	12.9 (78.7%)
14	<b>BŁASZCZYK Tadeusz</b>	<b>5</b>		M-60+	1	<b>00:47:21.25</b>	+00:10:51 (22.9%)	4:44	12.7 (77.4%)
15	<b>PĘKAŁA Mikołaj</b>	<b>38</b>		M-18	3	<b>00:48:20.34</b>	+00:11:51 (24.5%)	4:50	12.4 (75.6%)
16	<b>TURCZYN Tomasz</b>	<b>52</b>	SLAWNO.NASZEMIASTO.PL	M-40	6	<b>00:49:05.73</b>	+00:12:32 (25.5%)	4:54	12.2 (74.4%)
17	<b>CHURSZCZ Mateusz</b>	<b>81</b>	KB BRYZA POSTOMINO	M-30	4	<b>00:49:07.25</b>	+00:12:37 (25.7%)	4:54	12.2 (74.4%)
18	<b>JĘDRZEJEWSKI Łukasz</b>	<b>18</b>		M-30	5	<b>00:49:20.17</b>	+00:12:48 (25.9%)	4:56	12.2 (74.4%)
19	<b>CHUDY Henryk</b>	<b>9</b>	K SOLSZEWSKI I SYNOWIE	M-60+	2	<b>00:49:24.21</b>	+00:12:50 (26.0%)	4:56	12.1 (73.8%)
20	<b>WIELGAT Łukasz</b>	<b>54</b>	KB BRYZA POSTOMINO	M-30	6	<b>00:49:31.70</b>	+00:13:01 (26.2%)	4:57	12.1 (73.8%)
21	<b>KWIETNIEWSKI Daniel</b>	<b>31</b>		M-40	7	<b>00:49:33.84</b>	+00:13:05 (26.3%)	4:57	12.1 (73.8%)
22	<b>JANKOWSKI Krzysztof</b>	<b>17</b>	SPOKO	M-30	7	<b>00:49:53.68</b>	+00:13:25 (26.8%)	4:59	12 (73.2%)
23	<b>PRĘDKI Grzegorz</b>	<b>41</b>	KB BRYZA POSTOMINO	M-30	8	<b>00:50:37.57</b>	+00:14:08 (27.9%)	5:03	11.9 (72.6%)
24	<b>SZOPIŃSKI Tomasz</b>	<b>47</b>	KB BRYZA POSTOMINO	M-40	8	<b>00:50:37.69</b>	+00:14:08 (27.9%)	5:03	11.9 (72.6%)
25	<b>SKOWYRSKI Janusz</b>	<b>44</b>	TKKF KOSZALIN	M-60+	3	<b>00:51:05.37</b>	+00:14:34 (28.5%)	5:06	11.7 (71.3%)
26	<b>PĘKAŁA Piotr</b>	<b>37</b>		M-50	4	<b>00:51:33.32</b>	+00:15:05 (29.2%)	5:09	11.6 (70.7%)

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27	<b>ŚWIERCZ Jacek</b>	<b>49</b>	BYLEDOBIEC ANIN	M-50	5	<b>00:51:52.58</b>	+00:15:23 (29.6%)	5:11	11.6 (70.7%)
28	<b>ŚLĘCZKA Piotr</b>	<b>72</b>		M-40	9	<b>00:52:09.59</b>	+00:15:40 (30.0%)	5:12	11.5 (70.1%)
29	<b>NOWACKI Piotr</b>	<b>36</b>		M-18	4	<b>00:52:13.50</b>	+00:15:46 (30.1%)	5:13	11.5 (70.1%)
30	<b>JURYCEWICZ Roman</b>	<b>62</b>		M-40	10	<b>00:53:19.85</b>	+00:16:46 (31.4%)	5:19	11.3 (68.9%)
31	<b>KAPAŁA Marek</b>	<b>22</b>	BRAK	M-40	11	<b>00:53:43.70</b>	+00:17:15 (32.0%)	5:22	11.2 (68.3%)
32	<b>KASPRZYK Bogdan</b>	<b>23</b>	WILKI POMORSKIE	M-50	6	<b>00:54:03.17</b>	+00:17:31 (32.4%)	5:24	11.1 (67.7%)
33	<b>GOSTOMCZYK Krzysztof</b>	<b>11</b>	KB SPOKO SŁAWNO	M-40	12	<b>00:54:10.90</b>	+00:17:38 (32.5%)	5:25	11.1 (67.7%)
34	<b>JAKUSZEWSKI Andrzej</b>	<b>16</b>		M-30	9	<b>00:54:35.94</b>	+00:18:06 (33.1%)	5:27	11 (67.1%)
35	<b>KONECKI Dariusz</b>	<b>71</b>	KB SPOKO SŁAWNO	M-50	7	<b>00:59:47.19</b>	+00:23:18 (38.9%)	5:58	10 (61.0%)
36	<b>ZAKRZEWSKI Paweł</b>	<b>59</b>		M-40	13	<b>01:01:06.66</b>	+00:24:39 (40.3%)	6:06	9.8 (59.8%)
37	<b>KARCZEWSKI Wojciech</b>	<b>69</b>		M-40	14	<b>01:01:31.92</b>	+00:25:04 (40.7%)	6:09	9.8 (59.8%)
38	<b>WILKOWSKI Krzysztof</b>	<b>55</b>	FOR-REST-RUN	M-40	15	<b>01:03:33.87</b>	+00:27:05 (42.5%)	6:21	9.4 (57.3%)
39	<b>HELLER Zdzisław</b>	<b>15</b>		M-60+	4	<b>01:08:05.46</b>	+00:31:37 (46.4%)	6:48	8.8 (53.7%)
40	<b>CHMIELEWSKI Wojciech</b>	<b>76</b>	DARŁOWSKIE CHARTY	M-30	10	<b>01:09:20.33</b>	+00:32:53 (47.3%)	6:56	8.7 (53.0%)
41	<b>WOŹNIAK Dariusz</b>	<b>58</b>	WWW.LIMO300C.COM	M-50	8	<b>01:12:05.25</b>	+00:35:34 (49.3%)	7:12	8.3 (50.6%)
42	<b>BUCZKO Maciej</b>	<b>7</b>	BIEGACZE ROZRABIACZE	M-18	5	<b>01:14:03.29</b>	+00:37:32 (50.6%)	7:24	8.1 (49.4%)
43	<b>CHRUSZCZ Marcin</b>	<b>65</b>	ZUMBA TEAM	M-40	16	<b>01:21:51.90</b>	+00:45:21 (55.3%)	8:11	7.3 (44.5%)

Znaleziono 43 wynik(ów)