



# IV BIEG BOCIANA W NADLEŚNICTWIE CZARNOBÓR - BIEG 5 KM

B4SPORT

**Wydarzenie:** IV Bieg Bociana w Nadleśnictwie Czarnobór  
**Organizator:** Nadleśnictwo Czarnobór  
**Data:** 2019-06-08  
**Miejsce:** Szczecinek  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	CERK Łukasz	17	BIEGAJ Z CERKIEM	M-OPEN	1	00:17:30.73		3:30	17.1 (100%)
2	POŁUBIŃSKI Paweł	186		M-OPEN	2	00:18:53.31	+00:01:22 (7.3%)	3:46	15.9 (93.0%)
3	RYNDAK Mariusz	199		M-OPEN	3	00:19:40.33	+00:02:09 (11.0%)	3:56	15.3 (89.5%)
4	PAWŁOWICZ Roland	134	7PRO SIÓDMIAK TRIATHLON TEAM	M-OPEN	4	00:19:45.12	+00:02:14 (11.3%)	3:57	15.2 (88.9%)
5	ŚWIGOŃSKI Piotr	126		M-OPEN	5	00:20:03.80	+00:02:33 (12.7%)	4:00	15 (87.7%)
6	WIECZOREK Daniel	8		M-OPEN	6	00:20:47.35	+00:03:16 (15.8%)	4:09	14.4 (84.2%)
7	SUCHOŃSKI Tomasz	175		M-OPEN	7	00:21:27.42	+00:03:56 (18.4%)	4:17	14 (81.9%)
8	GEMZA Marcin	39		M-OPEN	8	00:21:37.46	+00:04:06 (19.0%)	4:19	13.9 (81.3%)
9	ŁUCZEW Wiesław	146		M-OPEN	9	00:21:56.96	+00:04:26 (20.2%)	4:23	13.7 (80.1%)
10	ZIOJŁA Zbigniew	182		M-OPEN	10	00:22:16.03	+00:04:45 (21.4%)	4:27	13.5 (78.9%)
11	STARZOMSKI Tomasz	168	CROSSTEAM SZCZECINEK	M-OPEN	11	00:22:19.16	+00:04:48 (21.5%)	4:27	13.4 (78.4%)
12	IDZIAK Paweł	46	100 LAT POLSKIEJ KURATELI SĄDOWEJ	M-OPEN	12	00:23:18.73	+00:05:47 (24.9%)	4:39	12.9 (75.4%)
13	PERLIK Katarzyna	136	MTS HAMER MIASTKO	K-OPEN	1	00:23:24.27	+00:05:53 (25.2%)	4:40	12.8 (74.9%)
14	MROZIK Mariusz	191		M-OPEN	13	00:23:25.70	+00:05:54 (25.3%)	4:41	12.8 (74.9%)
15	KOZŁOWSKI Dariusz	84	ZAKŁAD KARNY W CZARNEM	M-OPEN	14	00:23:30.04	+00:05:59 (25.5%)	4:42	12.8 (74.9%)
16	POLGUJ Piotr	147	PARKRUN SZCZECINEK	M-OPEN	15	00:23:35.07	+00:06:04 (25.7%)	4:43	12.7 (74.3%)
17	SKIBICKA Marta	164		K-OPEN	2	00:23:38.56	+00:06:07 (25.9%)	4:43	12.7 (74.3%)
18	KOCIK Janusz	185	CROSSTEAM SZCZECINEK	M-OPEN	16	00:24:36.42	+00:07:05 (28.8%)	4:55	12.2 (71.3%)
19	BEDNARSKI Piotr	185		K-OPEN	3	00:24:48.04	+00:07:17 (29.4%)	4:57	12.1 (70.8%)
20	ROKITA Emilia	153	CZARNE BIEGA	K-OPEN	4	00:25:01.15	+00:07:30 (30.0%)	5:00	12 (70.2%)
21	KUSIAK Joanna	184		K-OPEN	5	00:25:21.38	+00:07:50 (30.9%)	5:04	11.8 (69.0%)
22	TRYBUŁA Magdalena	187		K-OPEN	6	00:25:31.64	+00:08:00 (31.4%)	5:06	11.8 (69.0%)
23	GORBACZ Urszula	40		K-OPEN	7	00:25:44.11	+00:08:13 (32.0%)	5:08	11.7 (68.4%)
24	KOWALSKI Sebastian	25	SP NR 1 SZCZECINEK	M-OPEN	17	00:25:50.65	+00:08:19 (32.2%)	5:10	11.6 (67.8%)
25	DOLAT Justyna	24	HUSARIA RACE TEAM	K-OPEN	8	00:25:57.06	+00:08:26 (32.5%)	5:11	11.6 (67.8%)
26	BRACH Karolina	12		K-OPEN	9	00:25:57.67	+00:08:26 (32.5%)	5:11	11.6 (67.8%)
27	SUCHANOWSKI Zygmunt	173	RESPECT LOTYŃ	M-OPEN	18	00:26:18.68	+00:08:47 (33.4%)	5:15	11.4 (66.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Tempo min/km	Tempo km/h
						netto	Różn		
						5km			
28	<b>BUTOWICZ Adam</b>	<b>112</b>		M-OPEN	19	<b>00:26:33.33</b>	+00:09:02 (34.1%)	5:18	11.3 (66.1%)
29	<b>KUŚMIDER Katarzyna</b>	<b>94</b>	RUNDOLFINA	K-OPEN	10	<b>00:26:37.60</b>	+00:09:06 (34.2%)	5:19	11.3 (66.1%)
30	<b>METKOWSKA Beata</b>	<b>115</b>	HUSARIA RACE TEAM	K-OPEN	11	<b>00:26:38.82</b>	+00:09:08 (34.3%)	5:19	11.3 (66.1%)
31	<b>RYNKIEWICZ Piotr</b>	<b>160</b>	TEAM BIEGOWY WALDEK	M-OPEN	20	<b>00:27:18.49</b>	+00:09:47 (35.9%)	5:27	11 (64.3%)
32	<b>RYNKIEWICZ Aleksandra</b>	<b>161</b>		K-OPEN	12	<b>00:27:24.95</b>	+00:09:54 (36.1%)	5:28	10.9 (63.7%)
33	<b>LUTYŃSKA Ewa</b>	<b>104</b>	RUNDORFINA	K-OPEN	13	<b>00:27:37.33</b>	+00:10:06 (36.6%)	5:31	10.9 (63.7%)
34	<b>BANACZYK Wioletta</b>	<b>7</b>	LILL-SPORT	K-OPEN	14	<b>00:27:53.62</b>	+00:10:22 (37.2%)	5:34	10.8 (63.2%)
35	<b>JANKOWSKA Monika</b>	<b>51</b>	TEAM BIEGOWY SZCZECINEK	K-OPEN	15	<b>00:27:57.61</b>	+00:10:26 (37.4%)	5:35	10.7 (62.6%)
36	<b>RADDATZ Alicja</b>	<b>151</b>	HUSARIA RACE TEAM	K-OPEN	16	<b>00:27:58.72</b>	+00:10:27 (37.4%)	5:35	10.7 (62.6%)
37	<b>ADAMCZYK Milena</b>	<b>100</b>		K-OPEN	17	<b>00:28:04.05</b>	+00:10:33 (37.6%)	5:36	10.7 (62.6%)
38	<b>JUSZCZAK Karolina</b>	<b>59</b>	RUNDORFINA	K-OPEN	18	<b>00:28:17.17</b>	+00:10:46 (38.1%)	5:39	10.6 (62.0%)
39	<b>SUPROŃ Izabela</b>	<b>176</b>	NADLEŚNICTWO TRZEBIELINO	K-OPEN	19	<b>00:28:27.23</b>	+00:10:56 (38.5%)	5:41	10.5 (61.4%)
40	<b>KRASIŃSKA-GARSZTKA Anna</b>	<b>87</b>	STRONG BY ZUMBA BASIA KALENIK	K-OPEN	20	<b>00:28:58.43</b>	+00:11:27 (39.6%)	5:47	10.4 (60.8%)
41	<b>KALENIK Barbara</b>	<b>60</b>	ZUMBA SZCZECINEK	K-OPEN	21	<b>00:28:58.52</b>	+00:11:27 (39.6%)	5:47	10.4 (60.8%)
42	<b>PIOTROWICZ Anna</b>	<b>141</b>	2PI	K-OPEN	22	<b>00:28:58.59</b>	+00:11:27 (39.6%)	5:47	10.4 (60.8%)
43	<b>JANKOWSKA Bożena</b>	<b>50</b>		K-OPEN	23	<b>00:28:58.71</b>	+00:11:27 (39.6%)	5:47	10.4 (60.8%)
44	<b>KUŹNIECKA Sylwia</b>	<b>97</b>		K-OPEN	24	<b>00:28:59.00</b>	+00:11:28 (39.6%)	5:47	10.4 (60.8%)
45	<b>KOŁODZIEJCZAK Grzegorz</b>	<b>76</b>	PARKRUN SZCZECINEK	M-OPEN	21	<b>00:29:12.20</b>	+00:11:41 (40.0%)	5:50	10.3 (60.2%)
46	<b>PAWŁOWICZ Izabela</b>	<b>133</b>	HUSARIA RACE TEAM	K-OPEN	25	<b>00:29:23.41</b>	+00:11:52 (40.4%)	5:52	10.2 (59.6%)
47	<b>ANDRUSZKIEWICZ Grzegorz</b>	<b>2</b>	PARKRUN SZCZECINEK	M-OPEN	22	<b>00:29:26.52</b>	+00:11:55 (40.5%)	5:53	10.2 (59.6%)
48	<b>KOCIK Magdalena</b>	<b>189</b>	CROSSTEAM SZCZECINEK	K-OPEN	26	<b>00:29:33.06</b>	+00:12:02 (40.7%)	5:54	10.2 (59.6%)
49	<b>KOZIEŁ Rafał</b>	<b>82</b>	ZAZ CZARNE /4X4 SZCZECINEK	M-OPEN	23	<b>00:29:41.21</b>	+00:12:10 (41.0%)	5:56	10.1 (59.1%)
50	<b>NIEDZIELA Dorota</b>	<b>119</b>	LILL-SPORT	K-OPEN	27	<b>00:30:05.29</b>	+00:12:34 (41.8%)	6:01	10 (58.5%)
51	<b>BRODZINSKA Barbara</b>	<b>103</b>		K-OPEN	28	<b>00:30:19.83</b>	+00:12:49 (42.3%)	6:03	9.9 (57.9%)
52	<b>NOWAK-GEMZA Monika</b>	<b>127</b>		K-OPEN	29	<b>00:30:20.07</b>	+00:12:49 (42.3%)	6:04	9.9 (57.9%)
53	<b>WDOWIAK Kasia</b>	<b>190</b>		K-OPEN	30	<b>00:30:47.96</b>	+00:13:17 (43.1%)	6:09	9.7 (56.7%)
54	<b>WOJDAN Iwona</b>	<b>194</b>	RUNDORFINA	K-OPEN	31	<b>00:30:49.93</b>	+00:13:19 (43.2%)	6:09	9.7 (56.7%)
55	<b>STAŚ Adrianna</b>	<b>169</b>		K-OPEN	32	<b>00:30:50.24</b>	+00:13:19 (43.2%)	6:10	9.7 (56.7%)
56	<b>ZIOJŁA Violetta</b>	<b>190</b>		K-OPEN	33	<b>00:30:56.12</b>	+00:13:25 (43.4%)	6:11	9.7 (56.7%)
57	<b>SZPIEC Krystyna</b>	<b>183</b>		K-OPEN	34	<b>00:31:25.04</b>	+00:13:54 (44.3%)	6:17	9.5 (55.6%)
58	<b>ŁOCHOCKA Paulina</b>	<b>107</b>		K-OPEN	35	<b>00:31:33.44</b>	+00:14:02 (44.5%)	6:18	9.5 (55.6%)
59	<b>RUDNICKA Mariola</b>	<b>157</b>		K-OPEN	36	<b>00:31:42.21</b>	+00:14:11 (44.8%)	6:20	9.5 (55.6%)
60	<b>KISIEL Kasia</b>	<b>66</b>		K-OPEN	37	<b>00:31:58.91</b>	+00:14:28 (45.2%)	6:23	9.4 (55.0%)
61	<b>WIŚNIK Asia</b>	<b>192</b>	ROZBIEGANE JASTROWIE	K-OPEN	38	<b>00:32:20.80</b>	+00:14:50 (45.9%)	6:28	9.3 (54.4%)
62	<b>BUCHOWSKI Marek</b>	<b>16</b>	PARKRUN	M-OPEN	24	<b>00:32:33.49</b>	+00:15:02 (46.2%)	6:30	9.2 (53.8%)
63	<b>DUBISZ Joanna</b>	<b>26</b>	LILL-SPORT	K-OPEN	39	<b>00:33:15.28</b>	+00:15:44 (47.3%)	6:39	9 (52.6%)
64	<b>WRONA Ryszard</b>	<b>196</b>	LILL-SPORT	M-OPEN	25	<b>00:33:15.40</b>	+00:15:44 (47.3%)	6:39	9 (52.6%)
65	<b>NOCEK Joanna</b>	<b>121</b>		K-OPEN	40	<b>00:33:26.40</b>	+00:15:55 (47.6%)	6:41	9 (52.6%)
66	<b>NOCEK Paweł</b>	<b>120</b>		M-OPEN	26	<b>00:33:27.20</b>	+00:15:56 (47.7%)	6:41	9 (52.6%)
67	<b>PAWLUŚ Kamilla</b>	<b>132</b>		K-OPEN	41	<b>00:33:42.81</b>	+00:16:12 (48.1%)	6:44	8.9 (52.0%)
68	<b>GRZYSTEK Katarzyna</b>	<b>45</b>		K-OPEN	42	<b>00:33:50.35</b>	+00:16:19 (48.2%)	6:46	8.9 (52.0%)
69	<b>BOGDAN Joanna</b>	<b>10</b>		K-OPEN	43	<b>00:33:51.47</b>	+00:16:20 (48.3%)	6:46	8.9 (52.0%)
70	<b>KUC - BREJNA Anna</b>	<b>89</b>		K-OPEN	44	<b>00:33:55.00</b>	+00:16:24 (48.4%)	6:47	8.8 (51.5%)
71	<b>MAZUR Anna</b>	<b>114</b>	ROZBIEGANE JASTROWIE	K-OPEN	45	<b>00:33:56.82</b>	+00:16:26 (48.4%)	6:47	8.8 (51.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
72	<b>KĘDZIORA Lucyna</b>	<b>63</b>	ENDORFINY WAŁCZ	K-OPEN	46	<b>00:34:15.46</b>	+00:16:44 (48.9%)	6:51	8.8 (51.5%)
73	<b>KĘDZIORA Grzegorz</b>	<b>64</b>		M-OPEN	27	<b>00:34:17.13</b>	+00:16:46 (48.9%)	6:51	8.8 (51.5%)
74	<b>ROMANIUK Krzysztof</b>	<b>73</b>		M-OPEN	28	<b>00:34:22.40</b>	+00:16:51 (49.1%)	6:52	8.7 (50.9%)
75	<b>FIRLEJ Agnieszka</b>	<b>33</b>	RUNDORFINA	K-OPEN	47	<b>00:35:02.61</b>	+00:17:31 (50.0%)	7:00	8.6 (50.3%)
76	<b>DĄBROWSKA Katarzyna</b>	<b>20</b>	RUNDORFINA	K-OPEN	48	<b>00:35:02.67</b>	+00:17:31 (50.0%)	7:00	8.6 (50.3%)
77	<b>KOCIK Arleta</b>	<b>70</b>	ZUMBA	K-OPEN	49	<b>00:35:25.90</b>	+00:17:55 (50.6%)	7:05	8.5 (49.7%)
78	<b>KWIATKOWSKA Agnieszka</b>	<b>98</b>	RESPECT LOTYŃ	K-OPEN	50	<b>00:38:11.48</b>	+00:20:40 (54.1%)	7:38	7.9 (46.2%)
79	<b>WIŚNIK Marcin</b>	<b>193</b>	ROZBIEGANE JASTROWIE	M-OPEN	29	<b>00:38:23.19</b>	+00:20:52 (54.4%)	7:40	7.8 (45.6%)
80	<b>SUCHANOWSKA Anna</b>	<b>172</b>	RESPECT LOTYŃ	K-OPEN	51	<b>00:38:23.27</b>	+00:20:52 (54.4%)	7:40	7.8 (45.6%)
81	<b>SZYŁO Michał</b>	<b>184</b>	BIEGAJ Z CERKIEM	M-OPEN	30		+	3:36	16.6 (97.1%)
82	<b>KIEŁTYKA Rafał</b>	<b>65</b>		M-OPEN	31		+	4:28	13.4 (78.4%)
83	<b>GRZYSTEK Marcin</b>	<b>43</b>		M-OPEN	32		+	5:50	10.3 (60.2%)

Znaleziono 83 wynik(ów)