



IV ZIMOWY CROSS BOCIANA BIEG 5 KM

B4SPORT

Wydarzenie: IV Zimowy Cross Bociana
Organizator: Stowarzyszenie Team Biegowy Szczecinek
Data: 2019-12-28
Miejsce: Szczecinek
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	SIÓDMIAK Igor	167	7PRO SIÓDMIAK TEAM	M-OPEN	1	00:19:45.70		3:57	15.2 (100%)
2	SZELIGOWSKI Tomasz	181		M-OPEN	2	00:19:51.70	+00:00:06 (0.5%)	3:58	15.1 (99.3%)
3	KORDEK Marcin	65	BOBOLICE	M-OPEN	3	00:19:53.45	+00:00:07 (0.6%)	3:58	15.1 (99.3%)
4	LECKI Mateusz	84	TEAM BIEGOWY SZCZECINEK	M-OPEN	4	00:20:12.80	+00:00:27 (2.2%)	4:02	14.9 (98.0%)
5	PAWŁOWICZ Roland	129	7PRO TEAM	M-OPEN	5	00:20:21.40	+00:00:35 (2.9%)	4:04	14.7 (96.7%)
6	SZYPCIO Piotr	190	BIEGAJ Z CIERKIEM	M-OPEN	6	00:21:09.45	+00:01:23 (6.6%)	4:13	14.2 (93.4%)
7	PODŁYSKA Tadeusz	144	ZASAPANI	M-OPEN	7	00:21:21.30	+00:01:35 (7.5%)	4:16	14.1 (92.8%)
8	KACZOR Agnieszka	54		K-OPEN	1	00:21:26.05	+00:01:40 (7.8%)	4:17	14 (92.1%)
9	KUBIAK Daniel	75	PRECON POLSKA	M-OPEN	8	00:21:30.35	+00:01:44 (8.1%)	4:18	14 (92.1%)
10	BORDON Krzysztof	8	CROSSTEAM SZCZECINEK	M-OPEN	9	00:21:48.70	+00:02:03 (9.4%)	4:21	13.8 (90.8%)
11	RYNDAK Mariusz	160		M-OPEN	10	00:21:51.55	+00:02:05 (9.6%)	4:22	13.7 (90.1%)
12	SZABAŁOWSKA Małgorzata	179	MKL SZCZECINEK	K-OPEN	2	00:21:54.75	+00:02:09 (9.8%)	4:22	13.7 (90.1%)
13	KAWCZYŃSKI Hubert	221	BUCZEK TEAM	M-OPEN	11	00:22:00.20	+00:02:14 (10.2%)	4:24	13.6 (89.5%)
14	CHMIELEWSKI Tomasz	18		M-OPEN	12	00:22:07.40	+00:02:21 (10.7%)	4:25	13.6 (89.5%)
15	SPRINGER Marcin	172	TEAMDRESS	M-OPEN	13	00:22:09.90	+00:02:24 (10.8%)	4:25	13.5 (88.8%)
16	MASTYŁA Radosław	98	HUSARIA RACE TEAM	M-OPEN	14	00:22:40.05	+00:02:54 (12.8%)	4:32	13.2 (86.8%)
17	MOSZCZYŃSKI Dawid	111	BOBOLICE	M-OPEN	15	00:22:41.20	+00:02:55 (12.9%)	4:32	13.2 (86.8%)
18	GRZELAK Damian	34		M-OPEN	16	00:22:48.50	+00:03:02 (13.4%)	4:33	13.2 (86.8%)
19	RADOMSKI Hieronim	154	CZARNE BIEGA	M-OPEN	17	00:22:52.70	+00:03:07 (13.6%)	4:34	13.1 (86.2%)
20	REDLICKI Piotr	155		M-OPEN	18	00:23:07.45	+00:03:21 (14.5%)	4:37	13 (85.5%)
21	ŻYJEWSKI Piotr	217	TEAM BIEGOWY SZCZECINEK	M-OPEN	19	00:23:10.70	+00:03:25 (14.7%)	4:38	12.9 (84.9%)
22	ROKITA Michał	157	ZAKŁAD KARNY W CZARNEM	M-OPEN	20	00:23:29.05	+00:03:43 (15.9%)	4:41	12.8 (84.2%)
23	ŁOCHOCKI Łukasz	88	TEAM BIEGOWY SZCZECINEK	M-OPEN	21	00:23:44.20	+00:03:58 (16.7%)	4:44	12.6 (82.9%)
24	KARCZEWSKI Andrzej	57		M-OPEN	22	00:23:55.60	+00:04:09 (17.4%)	4:47	12.5 (82.2%)
25	ŁUCZKO Wiesław	89	CROSS TEAM SZCZECINEK	M-OPEN	23	00:25:06.80	+00:05:21 (21.3%)	5:01	12 (78.9%)
26	JURJEWICZ Łukasz	52		M-OPEN	24	00:25:14.35	+00:05:28 (21.7%)	5:02	11.9 (78.3%)
27	WEJNER-POLASIK Ewelina	204	TEAM BIEGOWY SZCZECINEK	K-OPEN	3	00:25:17.90	+00:05:32 (21.9%)	5:03	11.9 (78.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
28	BRZEZIŃSKI Michał	218		M-OPEN	25	00:25:18.60	+00:05:32 (21.9%)	5:03	11.9 (78.3%)
29	PAWŁOWSKI Michał	132	PRECON - POLSKA	M-OPEN	26	00:25:20.25	+00:05:34 (22.0%)	5:04	11.8 (77.6%)
30	GUTOWSKA Dorota	38	TEAM BIEGOWY SZCZECINEK	K-OPEN	4	00:25:36.35	+00:05:50 (22.8%)	5:07	11.7 (77.0%)
31	KONIECZNY Krzysztof	64		M-OPEN	27	00:25:38.65	+00:05:52 (22.9%)	5:07	11.7 (77.0%)
32	KOCIK Janusz	60	TEAM BIEGOWY SZCZECINEK	M-OPEN	28	00:26:09.95	+00:06:24 (24.5%)	5:13	11.5 (75.7%)
33	UJWARY Jakub	222		M-OPEN	29	00:26:21.60	+00:06:35 (25.0%)	5:16	11.4 (75.0%)
34	REDEK Damian	39	HUSARIA RACE TEAM	M-OPEN	30	00:26:27.80	+00:06:42 (25.3%)	5:17	11.3 (74.3%)
35	BROŚ Przemysław	11		M-OPEN	31	00:26:37.50	+00:06:51 (25.8%)	5:19	11.3 (74.3%)
36	BAŃKA Agata	5	TEAM BIEGOWY SZCZECINEK	K-OPEN	5	00:26:47.30	+00:07:01 (26.2%)	5:21	11.2 (73.7%)
37	MORDACZ Mikołaj	109		M-OPEN	32	00:26:50.05	+00:07:04 (26.4%)	5:22	11.2 (73.7%)
38	MAŁEK Piotr	97	SILVER TEAM BARWICE	M-OPEN	33	00:27:08.25	+00:07:22 (27.2%)	5:25	11.1 (73.0%)
39	KOZŁOWSKI Adrian	70	POLCZYN ZDROJ BIEGA , OSP POŁCZYN-ZDRÓJ	M-OPEN	34	00:27:19.00	+00:07:33 (27.7%)	5:27	11 (72.4%)
40	OSUCH Wojciech	123		M-OPEN	35	00:27:24.40	+00:07:38 (27.9%)	5:28	10.9 (71.7%)
41	JASKÓŁKA-STANISZ Paweł	48	OSP LOTYŃ	M-OPEN	36	00:27:32.45	+00:07:46 (28.2%)	5:30	10.9 (71.7%)
42	TRYBUŁA Magdalena	193	WATAHA	K-OPEN	6	00:27:37.15	+00:07:51 (28.4%)	5:31	10.9 (71.7%)
43	RYNKIEWICZ Piotr	162	TB WALDEK	M-OPEN	37	00:27:45.10	+00:07:59 (28.8%)	5:33	10.8 (71.1%)
44	STOCKA-PODŁYSKA Żaneta	175		K-OPEN	7	00:27:46.65	+00:08:00 (28.9%)	5:33	10.8 (71.1%)
45	PRALICZ Grzegorz	149		M-OPEN	38	00:27:47.70	+00:08:02 (28.9%)	5:33	10.8 (71.1%)
46	KACZMARCZYK Łukasz	53	SILVER TEAM BARWICE	M-OPEN	39	00:28:00.00	+00:08:14 (29.4%)	5:36	10.7 (70.4%)
47	NOWAK Emil	118		M-OPEN	40	00:28:01.70	+00:08:16 (29.5%)	5:36	10.7 (70.4%)
48	PINDRAL Piotr	142	NORDIC WALKING SZCZECINEK	M-OPEN	41	00:28:06.20	+00:08:20 (29.7%)	5:37	10.7 (70.4%)
49	FIAŁKOWSKI Paweł	25	OSP CZARNE	M-OPEN	42	00:28:18.75	+00:08:33 (30.2%)	5:39	10.6 (69.7%)
50	BUTOWICZ Adam	16		M-OPEN	43	00:28:32.00	+00:08:46 (30.7%)	5:42	10.5 (69.1%)
51	MIKA Przemysław	104	FULCRUM SZCZECINEK	M-OPEN	44	00:28:33.35	+00:08:47 (30.8%)	5:42	10.5 (69.1%)
52	OTOLSKI Łukasz	227		M-OPEN	45	00:28:35.25	+00:08:49 (30.9%)	5:43	10.5 (69.1%)
53	PACZKA Marcin	124	CROSSTEAM SZCZECINEK	M-OPEN	46	00:28:35.95	+00:08:50 (30.9%)	5:43	10.5 (69.1%)
54	POKUSA Adam	146	TEAM BIEGOWY SZCZECINEK	M-OPEN	47	00:28:36.30	+00:08:50 (30.9%)	5:43	10.5 (69.1%)
55	KOZIEŁ Rafał	68	PRUMER RALLY TEAM/4X4SZCZECINEK	M-OPEN	48	00:28:39.45	+00:08:53 (31.0%)	5:43	10.5 (69.1%)
56	SUCHANOWSKI Zygmunt	177	RESPECT LOTYŃ	M-OPEN	49	00:28:53.90	+00:09:08 (31.6%)	5:46	10.4 (68.4%)
57	PYREK Iwona	153		K-OPEN	8	00:28:58.90	+00:09:13 (31.8%)	5:47	10.4 (68.4%)
58	STAŚ Adrianna	173		K-OPEN	9	00:28:59.10	+00:09:13 (31.8%)	5:47	10.4 (68.4%)
59	GRZYSTEK Sławomir	37		M-OPEN	50	00:29:01.65	+00:09:15 (31.9%)	5:48	10.3 (67.8%)
60	BRACH Karolina	10	TEAM BIEGOWY SZCZECINEK	K-OPEN	10	00:29:22.15	+00:09:36 (32.7%)	5:52	10.2 (67.1%)
61	SUPROŃ Izabela	178	NADLEŚNICTWO MIASTKO	K-OPEN	11	00:29:43.15	+00:09:57 (33.5%)	5:56	10.1 (66.4%)
62	PIWECKA Ewa	143		K-OPEN	12	00:29:46.60	+00:10:00 (33.6%)	5:57	10.1 (66.4%)
63	KRAMKOWSKI Łukasz	71		M-OPEN	51	00:29:51.30	+00:10:05 (33.8%)	5:58	10.1 (66.4%)
64	ROKITA Emilia	156		K-OPEN	13	00:30:08.55	+00:10:22 (34.4%)	6:01	10 (65.8%)
65	LITWINIUK Katarzyna	86		K-OPEN	14	00:30:31.05	+00:10:45 (35.2%)	6:06	9.8 (64.5%)
66	HOŁOWACZ Kamil	42	HUSARIA RACE TEAM	M-OPEN	52	00:30:42.30	+00:10:56 (35.6%)	6:08	9.8 (64.5%)
67	ZASUWA Mirosław	212	OSP CZARNE	M-OPEN	53	00:30:48.45	+00:11:02 (35.9%)	6:09	9.7 (63.8%)
68	KURZAWIŃSKA-JABŁOŃSKA Kasia	78	CZARNE BIEGA	K-OPEN	15	00:31:06.25	+00:11:20 (36.5%)	6:13	9.6 (63.2%)
69	KOZŁOWSKI Piotr	69	HUSARIA RACE TEAM	M-OPEN	54	00:31:14.75	+00:11:29 (36.8%)	6:14	9.6 (63.2%)
70	SERAFIN Justyna	165		K-OPEN	16	00:31:20.55	+00:11:34 (36.9%)	6:16	9.6 (63.2%)
71	PRZYBYŁOWICZ Małgorzata	151		K-OPEN	17	00:31:33.00	+00:11:47 (37.4%)	6:18	9.5 (62.5%)

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72	FIJAŁKOWSKA Małgorzata	26	TEAM BIEGOWY SZCZECINEK	K-OPEN	18	00:31:41.30	+00:11:55 (37.6%)	6:20	9.5 (62.5%)
72	KARCZEWSKA Agnieszka	56	TEAM BIEGOWY SZCZECINEK	K-OPEN	18	00:31:41.30	+00:11:55 (37.6%)	6:20	9.5 (62.5%)
74	SOKÓŁ Monika	171	HUSARIA RACE TEAM	K-OPEN	20	00:32:09.95	+00:12:24 (38.6%)	6:25	9.3 (61.2%)
75	SZEWCZYK Paweł	184		M-OPEN	55	00:32:17.35	+00:12:31 (38.8%)	6:27	9.3 (61.2%)
76	PAWŁOWICZ Izabela	130	HUSARIA RACE TEAM	K-OPEN	21	00:32:23.80	+00:12:38 (39.0%)	6:28	9.3 (61.2%)
77	PODOLAŃCZYK Magdalena	145	HUSARIA SZCZECINEK	K-OPEN	22	00:32:27.20	+00:12:41 (39.1%)	6:29	9.2 (60.5%)
77	SZERSZEŃ Łukasz	224	HUSARIA SZCZECINEK	M-OPEN	56	00:32:27.20	+00:12:41 (39.1%)	6:29	9.2 (60.5%)
79	PAWŁOWICZ Dariusz	128	HUSARIA RACE TEAM	M-OPEN	57	00:32:31.45	+00:12:45 (39.2%)	6:30	9.2 (60.5%)
80	RYNKIEWICZ Sylwia	161		K-OPEN	23	00:32:38.35	+00:12:52 (39.5%)	6:31	9.2 (60.5%)
81	JASTRZĘBSKA Anna	49	HUSARIA RACE TEAM	K-OPEN	24	00:33:00.75	+00:13:15 (40.1%)	6:36	9.1 (59.9%)
82	CIURA Anna	19		K-OPEN	25	00:33:18.15	+00:13:32 (40.7%)	6:39	9 (59.2%)
83	BUGAJ Marta	15	HUSARIA RACE TEAM	K-OPEN	26	00:33:18.25	+00:13:32 (40.7%)	6:39	9 (59.2%)
84	SZERSZEŃ Rafał	183	HUSARIA RACE TEAM	M-OPEN	58	00:33:27.60	+00:13:41 (40.9%)	6:41	9 (59.2%)
85	SZERSZEŃ Anna	182	HUSARIA RACE TEAM	K-OPEN	27	00:33:27.95	+00:13:42 (40.9%)	6:41	9 (59.2%)
86	PRZEDNÓWEK Mariola	150		K-OPEN	28	00:34:15.90	+00:14:30 (42.3%)	6:51	8.8 (57.9%)
87	PIĘNKOS Lidia	139		K-OPEN	29	00:34:18.60	+00:14:32 (42.4%)	6:51	8.7 (57.2%)
88	FIRLEJ Agnieszka	28	RUNDORFINA	K-OPEN	30	00:35:05.95	+00:15:20 (43.7%)	7:01	8.6 (56.6%)
89	SEPIOTEK Kamil	164	RUNDORFINA	M-OPEN	59	00:35:06.40	+00:15:20 (43.7%)	7:01	8.5 (55.9%)
90	BUCHOWSKI Marek	13	PARKRUN	M-OPEN	60	00:35:22.10	+00:15:36 (44.1%)	7:04	8.5 (55.9%)
91	GRZYSTEK Kasia	36	TEAM BIEGOWY SZCZECINEK	K-OPEN	31	00:35:55.60	+00:16:09 (45.0%)	7:11	8.4 (55.3%)
92	WALECKA Katarzyna	202		K-OPEN	32	00:35:59.55	+00:16:13 (45.1%)	7:11	8.3 (54.6%)
93	SOKOŁOWSKA Anna	170		K-OPEN	33	00:35:59.70	+00:16:14 (45.1%)	7:11	8.3 (54.6%)
94	PAWLUŚ Kamilla	127		K-OPEN	34	00:36:01.30	+00:16:15 (45.1%)	7:12	8.3 (54.6%)
95	KWIATKOWSKA Agnieszka	81	RESPECT LOTYŃ	K-OPEN	35	00:36:45.40	+00:16:59 (46.2%)	7:21	8.2 (53.9%)
96	WALKOWIAK Dariusz	203		M-OPEN	61	00:37:41.20	+00:17:55 (47.6%)	7:32	8 (52.6%)
97	SUCHANOWSKA Anna	176	RESPECT LOTYŃ	K-OPEN	36	00:38:16.10	+00:18:30 (48.4%)	7:39	7.8 (51.3%)
98	ŁUKASIK Ewa	91	TEAM BIEGOWY SZCZECINEK	K-OPEN	37	00:39:41.95	+00:19:56 (50.2%)	7:56	7.6 (50.0%)
99	WOŁEJKO Justyna	207		K-OPEN	38	00:39:42.15	+00:19:56 (50.2%)	7:56	7.6 (50.0%)
100	WALCZYK-GAWORECKA Maria	201	HUSARIA RACE TEAM	K-OPEN	39	00:39:49.15	+00:20:03 (50.4%)	7:57	7.5 (49.3%)
101	GAWORECKI Sławomir	32	HUSARIA RACE TEAM	M-OPEN	62	00:39:49.80	+00:20:04 (50.4%)	7:57	7.5 (49.3%)

Znaleziono 101 wynik(ów)