



# IX BIEG CHARYTATYWNY IM. CHOR. KAZIMIERZA MASIOWSKIEGO

B4SPORT

**Wydarzenie:** IX Bieg Charytatywny im. chor. Kazimierza Masiowskiego  
**Organizator:** STOWARZYSZENIE SPORTOWE GRUPA BIEGOWA RUNDORFINA  
**Data:** 2019-03-10  
**Miejsce:** Czaplinek  
**Dystans:** 5 km



Klasyfikacja: M-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	KUŚMIDER Andrzej	90	RUNDORFINA	M-30	1	00:08:47	<b>00:17:51.23</b>		3:34	16.8 (100%)
2	BAZIMIEROWSKI Sylwester	9	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M-40	1	00:09:23	<b>00:19:15.00</b>	+00:01:23 (7.3%)	3:51	15.6 (92.9%)
3	CENTKA Jakub	194		M-20	1	00:09:24	<b>00:19:33.60</b>	+00:01:42 (8.7%)	3:54	15.3 (91.1%)
4	KRYZEL Tomasz	82	WIKING RYCHNOWY	M-20	2	00:09:58	<b>00:20:07.11</b>	+00:02:15 (11.3%)	4:01	14.9 (88.7%)
5	POŁUBIŃSKI Paweł	129	BORNE BIEGA	M-40	2	00:09:55	<b>00:20:11.68</b>	+00:02:20 (11.6%)	4:02	14.9 (88.7%)
6	KRUKOWSKI Adam	80		M-30	2	00:09:53	<b>00:20:27.67</b>	+00:02:36 (12.7%)	4:05	14.7 (87.5%)
7	CENTKA Michał	192		M-40	3	00:10:18	<b>00:21:13.38</b>	+00:03:22 (15.9%)	4:14	14.1 (83.9%)
8	CIASTOŃ Tomasz	23	ORSKOV FOODS TEAM	M-30	3	00:10:19	<b>00:21:18.61</b>	+00:03:27 (16.2%)	4:15	14.1 (83.9%)
9	CHWIAŁKOWSKI Cyprian	22		M-20	3	00:10:52	<b>00:21:39.91</b>	+00:03:48 (17.6%)	4:20	13.8 (82.1%)
10	LESZCZYSZYN Paweł	96		M-40	4	00:10:50	<b>00:21:56.42</b>	+00:04:05 (18.6%)	4:23	13.7 (81.5%)
11	PROKOPOWICZ Marcin	130	3:33 TEAM	M-40	5	00:10:48	<b>00:21:57.42</b>	+00:04:06 (18.7%)	4:23	13.7 (81.5%)
12	CHUPTYŚ Adrian	20	RUNDORFINA	M-30	4	00:10:45	<b>00:21:57.89</b>	+00:04:06 (18.7%)	4:23	13.7 (81.5%)
13	KUKLINSKI Maciej	86	METROŻERCY	M-40	6	00:10:55	<b>00:22:01.57</b>	+00:04:10 (18.9%)	4:24	13.6 (81.0%)
14	OSTROWSKI Marian	198		M-60	1	00:10:55	<b>00:22:06.27</b>	+00:04:15 (19.2%)	4:25	13.6 (81.0%)
15	KUBIŚ Paweł	83	RUNDORFINA	M-30	5	00:10:56	<b>00:22:09.95</b>	+00:04:18 (19.5%)	4:26	13.5 (80.4%)
16	KATRYCZ Zbigniew	63		M-50	1	00:10:54	<b>00:22:18.74</b>	+00:04:27 (20.0%)	4:27	13.4 (79.8%)
17	SPRINGER Marcin	146		M-40	7	00:10:48	<b>00:22:19.69</b>	+00:04:28 (20.0%)	4:28	13.4 (79.8%)
18	GRZELAK Ryszard	45	KB HERMES GRYFINO	M-40	8	00:10:55	<b>00:22:38.87</b>	+00:04:47 (21.2%)	4:31	13.2 (78.6%)
19	GAŁAN Leszek	37		M-50	2	00:11:23	<b>00:22:44.60</b>	+00:04:53 (21.5%)	4:32	13.2 (78.6%)
20	MAZUR Tomasz	110	I LO SZCZECINEK	M-40	9	00:11:10	<b>00:22:49.67</b>	+00:04:58 (21.8%)	4:34	13.1 (78.0%)
21	KOZIEŁ Paweł	75		M-40	10	00:11:18	<b>00:22:54.53</b>	+00:05:03 (22.1%)	4:34	13.1 (78.0%)
22	RYCERSKI Rafał	138		M-30	6	00:11:09	<b>00:23:00.44</b>	+00:05:09 (22.4%)	4:36	13 (77.4%)
23	KOCLEJDA Grzegorz	69	RUNDORFINA	M-40	11	00:11:13	<b>00:23:06.22</b>	+00:05:14 (22.7%)	4:37	13 (77.4%)
24	KUZAN Sławek	91	CZARNE BIEGA	M-30	7	00:11:42	<b>00:23:14.02</b>	+00:05:22 (23.2%)	4:38	12.9 (76.8%)
25	PASTUSZEK Szymon	118	SAIL&SURF	M-20	4	00:11:35	<b>00:23:15.19</b>	+00:05:23 (23.2%)	4:39	12.9 (76.8%)
26	KOŁATKA Mariusz	71	BORNE BIEGA	M-40	12	00:11:13	<b>00:23:15.70</b>	+00:05:24 (23.2%)	4:39	12.9 (76.8%)
27	MAZURSKI Paweł	200		M-30	8	00:11:19	<b>00:23:34.48</b>	+00:05:43 (24.3%)	4:42	12.7 (75.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start All	Czas netto	Różn	Tempo min/km	Tempo km/h
						2.5km	5km			
28	<b>BŁASZCZYK Piotr</b>	<b>13</b>		M-40	13	00:11:29	<b>00:23:37.20</b>	+00:05:45 (24.4%)	4:43	12.7 (75.6%)
29	<b>ŚWIĘCIASZEK Mariusz</b>	<b>159</b>		M-40	14	00:11:31	<b>00:23:38.44</b>	+00:05:47 (24.5%)	4:43	12.7 (75.6%)
30	<b>POGRZEBSKI Hubert</b>	<b>127</b>		M-20	5	00:11:31	<b>00:23:49.39</b>	+00:05:58 (25.1%)	4:45	12.6 (75.0%)
31	<b>SUCHOŃSKI Grzegorz</b>	<b>153</b>		M-40	15	00:11:30	<b>00:23:59.67</b>	+00:06:08 (25.6%)	4:48	12.5 (74.4%)
32	<b>LUTYŃSKI Kacper</b>	<b>97</b>	RUNDORFINA	M-OPEN	1	00:10:42	<b>00:24:05.88</b>	+00:06:14 (25.9%)	4:49	12.4 (73.8%)
33	<b>SERWATKA Krzysiek</b>	<b>143</b>	BORNE BIEGA	M-40	16	00:11:53	<b>00:24:13.36</b>	+00:06:22 (26.3%)	4:50	12.4 (73.8%)
34	<b>JUSZKIEWICZ Wojciech</b>	<b>60</b>		M-40	17	00:12:11	<b>00:24:16.21</b>	+00:06:24 (26.4%)	4:51	12.4 (73.8%)
35	<b>WUJTIUK Piotr</b>	<b>169</b>	BASKET SZCZECINEK	M-40	18	00:11:28	<b>00:24:16.72</b>	+00:06:25 (26.5%)	4:51	12.4 (73.8%)
36	<b>KOZIARZ Mirosław</b>	<b>74</b>		M-40	19	00:12:02	<b>00:24:37.48</b>	+00:06:46 (27.5%)	4:55	12.2 (72.6%)
37	<b>SAPIŃSKI Robert</b>	<b>139</b>		M-30	9	00:12:06	<b>00:24:44.53</b>	+00:06:53 (27.8%)	4:57	12.1 (72.0%)
38	<b>PAWŁOWSKI Michał</b>	<b>119</b>	PRECON-POLSKA	M-40	20	00:12:07	<b>00:24:48.62</b>	+00:06:57 (28.0%)	4:57	12.1 (72.0%)
39	<b>TYLMAN Piotr</b>	<b>161</b>	RUNDORFINA	M-30	10	00:12:12	<b>00:24:52.99</b>	+00:07:01 (28.2%)	4:58	12.1 (72.0%)
40	<b>SUCHONSKI Tomasz</b>	<b>152</b>		M-40	21	00:11:59	<b>00:24:55.86</b>	+00:07:04 (28.4%)	4:59	12 (71.4%)
41	<b>ZADROŻNY Szymon</b>	<b>170</b>	WATAHA WAŁCZ	M-40	22	00:12:28	<b>00:24:56.61</b>	+00:07:05 (28.4%)	4:59	12 (71.4%)
42	<b>RAPINCZUK Jan</b>	<b>131</b>	BDSUOT WARSZAWA	M-40	23	00:12:25	<b>00:25:01.90</b>	+00:07:10 (28.7%)	5:00	12 (71.4%)
43	<b>MIKUSZEWSKI Arkadiusz</b>	<b>112</b>		M-30	11	00:12:35	<b>00:25:08.57</b>	+00:07:17 (29.0%)	5:01	11.9 (70.8%)
44	<b>ANTONIAK Krzysztof</b>	<b>1</b>		M-30	12	00:12:17	<b>00:25:18.64</b>	+00:07:27 (29.5%)	5:03	11.8 (70.2%)
45	<b>PODLASEK Stanisław</b>	<b>125</b>	LUFATEAM	M-20	6	00:12:50	<b>00:25:27.31</b>	+00:07:36 (29.9%)	5:05	11.8 (70.2%)
46	<b>SKUZA Piotr</b>	<b>144</b>	COS OPO WAŁCZ BUKOWINA	M-30	13	00:13:01	<b>00:26:21.30</b>	+00:08:30 (32.3%)	5:16	11.4 (67.9%)
47	<b>BARANOWSKI Kamil</b>	<b>6</b>		M-30	14	00:13:25	<b>00:26:23.37</b>	+00:08:32 (32.3%)	5:16	11.4 (67.9%)
48	<b>GAPPA Michał</b>	<b>39</b>		M-40	24	00:12:42	<b>00:26:25.57</b>	+00:08:34 (32.4%)	5:17	11.3 (67.3%)
49	<b>HAŁKA Arkadiusz</b>	<b>48</b>	TRUCHT ŁOBEZ	M-40	25	00:13:02	<b>00:26:27.37</b>	+00:08:36 (32.5%)	5:17	11.3 (67.3%)
50	<b>SZWAJA Maciej</b>	<b>157</b>	BĘDĘ OSTATNI :D	M-30	15	00:13:23	<b>00:26:29.52</b>	+00:08:38 (32.6%)	5:18	11.3 (67.3%)
51	<b>ZIMNICKI Tomasz</b>	<b>177</b>		M-30	16	00:13:28	<b>00:26:43.80</b>	+00:08:52 (33.2%)	5:20	11.2 (66.7%)
52	<b>DROZD Michał</b>	<b>30</b>		M-30	17	00:13:01	<b>00:26:44.80</b>	+00:08:53 (33.2%)	5:21	11.2 (66.7%)
53	<b>OSMYK Artur</b>	<b>117</b>	100 BATALION LACZNOSCI	M-40	26	00:13:29	<b>00:26:46.61</b>	+00:08:55 (33.3%)	5:21	11.2 (66.7%)
54	<b>PIĘTOSA Daniel</b>	<b>122</b>	RUNDORFINA	M-40	27	00:13:04	<b>00:26:47.02</b>	+00:08:55 (33.3%)	5:21	11.2 (66.7%)
55	<b>CHMARA Grzegorz</b>	<b>19</b>	STM TEAM	M-50	3	00:13:19	<b>00:27:04.43</b>	+00:09:13 (34.1%)	5:24	11.1 (66.1%)
56	<b>ORLIKOWSKI Robert</b>	<b>199</b>		M-30	18	00:13:19	<b>00:27:04.68</b>	+00:09:13 (34.1%)	5:25	11.1 (66.1%)
57	<b>AUGUSTYNIAK Grzegorz</b>	<b>2</b>		M-40	28	00:13:41	<b>00:27:14.87</b>	+00:09:23 (34.5%)	5:27	11 (65.5%)
58	<b>JARNO Wojciech</b>	<b>54</b>	AKTYWNA KRAJENKA	M-20	7	00:13:35	<b>00:27:27.10</b>	+00:09:35 (35.0%)	5:29	10.9 (64.9%)
59	<b>SUSKA Tomasz</b>	<b>155</b>	IRAS	M-30	19	00:14:16	<b>00:27:30.00</b>	+00:09:38 (35.1%)	5:30	10.9 (64.9%)
60	<b>OGONOWSKI Marek</b>	<b>115</b>		M-40	29	00:14:13	<b>00:27:43.58</b>	+00:09:52 (35.6%)	5:32	10.8 (64.3%)
61	<b>GZUBICKI Piotr</b>	<b>46</b>	RUNDORFINA	M-30	20	00:13:01	<b>00:27:45.99</b>	+00:09:54 (35.7%)	5:33	10.8 (64.3%)
62	<b>KOZŁOWSKI Piotr</b>	<b>77</b>	HUSARIA RACE TEAM	M-40	30	00:13:54	<b>00:27:56.58</b>	+00:10:05 (36.1%)	5:35	10.7 (63.7%)
63	<b>SUCHANOWSKI Zygmunt</b>	<b>151</b>	RESPECT LOTYŃ	M-50	4	00:13:44	<b>00:28:07.52</b>	+00:10:16 (36.5%)	5:37	10.7 (63.7%)
64	<b>ZIELIŃSKI Maciej</b>	<b>176</b>		M-30	21	00:13:29	<b>00:28:11.83</b>	+00:10:20 (36.7%)	5:38	10.6 (63.1%)
65	<b>BILL Łukasz</b>	<b>12</b>		M-30	22	00:13:27	<b>00:28:12.33</b>	+00:10:21 (36.7%)	5:38	10.6 (63.1%)
66	<b>MARCZAK Adam</b>	<b>105</b>		M-30	23	00:14:12	<b>00:28:15.10</b>	+00:10:23 (36.8%)	5:39	10.6 (63.1%)
67	<b>SATYŁA Tomasz</b>	<b>140</b>	CZARNE BIEGA	M-30	24	00:14:06	<b>00:28:30.57</b>	+00:10:39 (37.4%)	5:42	10.5 (62.5%)
68	<b>GROMADA Bartosz</b>	<b>43</b>		M-30	25	00:13:28	<b>00:28:58.50</b>	+00:11:07 (38.4%)	5:47	10.4 (61.9%)
69	<b>MACIEJEWSKI Andrzej</b>	<b>101</b>		M-50	5	00:14:17	<b>00:29:39.69</b>	+00:11:48 (39.8%)	5:55	10.1 (60.1%)
70	<b>BOŃKOWSKI Cezar</b>	<b>15</b>	RUNDORFINA	M-30	26	00:14:43	<b>00:29:48.57</b>	+00:11:57 (40.1%)	5:57	10.1 (60.1%)
71	<b>WAŚNIEWSKI Arek</b>	<b>165</b>	RUNDORFINA CZAPLINEK	M-50	6	00:14:26	<b>00:29:57.45</b>	+00:12:06 (40.4%)	5:59	10 (59.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start All 2.5km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
72	<b>GÓRECKI Mirosław</b>	<b>40</b>	JW1223 KOSZALIN	M-40	31	00:14:12	<b>00:30:07.33</b>	+00:12:16 (40.7%)	6:01	10 (59.5%)
73	<b>GÓRECKI Fabian</b>	<b>41</b>		M-20	8	00:14:12	<b>00:30:07.58</b>	+00:12:16 (40.7%)	6:01	10 (59.5%)
74	<b>JAROSZEWICZ Andrzej</b>	<b>55</b>		M-40	32	00:14:55	<b>00:30:55.83</b>	+00:13:04 (42.3%)	6:11	9.7 (57.7%)
75	<b>BARTOSIAK Tomasz</b>	<b>8</b>	RUNNERS OF WAŁCZ	M-40	33	00:15:27	<b>00:31:03.23</b>	+00:13:11 (42.5%)	6:12	9.7 (57.7%)
76	<b>DZIEWIETKOWSKI Tomek</b>	<b>34</b>	RUNDORFINA	M-30	27	00:14:38	<b>00:31:16.39</b>	+00:13:25 (42.9%)	6:15	9.6 (57.1%)
77	<b>BEDNAREK Krzysztof</b>	<b>10</b>	KRIS	M-40	34	00:16:48	<b>00:31:54.91</b>	+00:14:03 (44.1%)	6:23	9.4 (56.0%)
78	<b>DAWIDOWICZ Wojciech</b>	<b>26</b>		M-20	9	00:15:12	<b>00:32:28.70</b>	+00:14:37 (45.0%)	6:29	9.2 (54.8%)
79	<b>WROBLEWSKI Jerzy Stanisław</b>	<b>168</b>	PARKRUN SZCZECINEK	M-60	2	00:15:52	<b>00:32:43.96</b>	+00:14:52 (45.5%)	6:32	9.2 (54.8%)
80	<b>BUCHOWSKI Marek</b>	<b>17</b>	PARKRUN	M-60	3	00:16:24	<b>00:33:14.02</b>	+00:15:22 (46.3%)	6:38	9 (53.6%)
81	<b>WALKOWIAK Dariusz</b>	<b>163</b>		M-40	35	00:16:01	<b>00:34:35.97</b>	+00:16:44 (48.4%)	6:55	8.7 (51.8%)
82	<b>RUSIECKI Paweł</b>	<b>135</b>	WSPL SP ZOZ W KOSZALINIE	M-40	36	00:17:08	<b>00:34:51.14</b>	+00:16:59 (48.8%)	6:58	8.6 (51.2%)
83	<b>MACISZEWSKI Łukasz</b>	<b>102</b>		M-30	28	00:17:35	<b>00:36:30.99</b>	+00:18:39 (51.1%)	7:18	8.2 (48.8%)

Znaleziono 83 wynik(ów)