

# IX EKSTREMALNY DZIKOBIEG

B4SPORT  
INTELEGENE ZAWODY SPORTOWE

**Wydarzenie:** DZIKI WEEKEND 2023  
**Organizator:** Stowarzyszenie Klub Biegowy Dzik  
**Data:** 2023-08-20  
**Miejsce:** Police  
**Dystans:** 7.5 km



Klasyfikacja: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mundurowi	Czas netto 7.5km	Różn	Tempo min/km	Tempo km/h
1	<b>PLESNER Krzysztof</b>	<b>420</b>	VO2MAX RACING TEAM	M40	1	Tak	<b>00:56:33.15</b>		7:32	8 (100%)
2	<b>SZYPKOWSKI Marek</b>	<b>223</b>	SPORT	M40	2	Tak	<b>01:01:32.40</b>	+00:04:59 (8.1%)	8:12	7.3 (91.3%)
3	<b>NIERZWICKI Grzegorz</b>	<b>176</b>	GRUPA MALBORK	M40	3	Tak	<b>01:03:51.55</b>	+00:07:18 (11.4%)	8:30	7 (87.5%)
4	<b>PAPLICKI Michał</b>	<b>185</b>	DZIKIE DZIKI GORZÓW	M40	4	Tak	<b>01:07:14.35</b>	+00:10:41 (15.9%)	8:57	6.7 (83.8%)
5	<b>GOŁĘBIEWSKI Tomasz</b>	<b>103</b>	PSP SZCZECIN	M40	5	Tak	<b>01:07:48.00</b>	+00:11:14 (16.6%)	9:02	6.6 (82.5%)
6	<b>CHMIELEWSKI Tomasz</b>	<b>81</b>	VO2MAX RACING TEAM	M40	6		<b>01:09:57.90</b>	+00:13:24 (19.2%)	9:19	6.4 (80.0%)
7	<b>SZULC Marcin</b>	<b>222</b>	BOLI BOLI	M40	7		<b>01:10:56.20</b>	+00:14:23 (20.3%)	9:27	6.3 (78.8%)
8	<b>WÓJCICKI Paweł</b>	<b>245</b>	GRUPA MALBORK	M40	8	Tak	<b>01:11:22.85</b>	+00:14:49 (20.8%)	9:30	6.3 (78.8%)
9	<b>KNIAŻ Tomasz</b>	<b>131</b>	HELL'S HEAVEN SZCZECIN	M40	9		<b>01:11:58.85</b>	+00:15:25 (21.4%)	9:35	6.3 (78.8%)
10	<b>POSADZKI Paweł</b>	<b>423</b>	35 BLP SANOK	M40	10	Tak	<b>01:12:44.30</b>	+00:16:11 (22.3%)	9:41	6.2 (77.5%)
11	<b>NAPIERAŁSKI Krzysztof</b>	<b>175</b>	DZIKIE DZIKI GORZÓW	M40	11		<b>01:12:51.90</b>	+00:16:18 (22.4%)	9:42	6.2 (77.5%)
12	<b>KIELISZEK Grzegorz</b>	<b>342</b>		M40	12		<b>01:13:15.70</b>	+00:16:42 (22.8%)	9:46	6.1 (76.3%)
13	<b>SARAN Tomasz</b>	<b>230</b>	SKB DZIK	M40	13		<b>01:13:34.10</b>	+00:17:00 (23.1%)	9:48	6.1 (76.3%)
14	<b>OSTOJSKI Ireneusz</b>	<b>183</b>	DLL PARTNERS	M40	14		<b>01:15:54.80</b>	+00:19:21 (25.5%)	10:07	5.9 (73.8%)
15	<b>ZELEK Dariusz</b>	<b>252</b>		M40	15		<b>01:16:59.90</b>	+00:20:26 (26.6%)	10:15	5.8 (72.5%)
16	<b>WOSZCZYK Sebastian</b>	<b>243</b>	GRUPA MALBORK	M40	16	Tak	<b>01:17:09.25</b>	+00:20:36 (26.7%)	10:17	5.8 (72.5%)
17	<b>WOJDYŁA Michał</b>	<b>242</b>	SPINZ	M40	17	Tak	<b>01:17:11.70</b>	+00:20:38 (26.7%)	10:17	5.8 (72.5%)
18	<b>LEŻYŃSKI Jarosław</b>	<b>157</b>		M40	18		<b>01:17:58.00</b>	+00:21:24 (27.5%)	10:23	5.8 (72.5%)
19	<b>FURMANIAK Piotr</b>	<b>97</b>	GRUPA MALBORK	M40	19		<b>01:19:42.25</b>	+00:23:09 (29.0%)	10:37	5.6 (70.0%)
20	<b>NOWICKI Maciej</b>	<b>405</b>		M40	20	Tak	<b>01:20:00.25</b>	+00:23:27 (29.3%)	10:40	5.6 (70.0%)
21	<b>STĘPŃIAK Lesław</b>	<b>218</b>	SKB DZIK	M40	21		<b>01:21:51.25</b>	+00:25:18 (30.9%)	10:54	5.5 (68.8%)
22	<b>SURMA Kamil</b>	<b>236</b>	ZALATANI 1.BLTR	M40	22	Tak	<b>01:25:40.75</b>	+00:29:07 (34.0%)	11:25	5.3 (66.3%)
23	<b>RYKAŁA Krzysztof</b>	<b>436</b>	HELENKA TEAM	M40	23		<b>01:25:55.15</b>	+00:29:22 (34.2%)	11:27	5.2 (65.0%)
24	<b>BARANOWSKI Maciej</b>	<b>270</b>	SAVAGES	M40	24		<b>01:27:21.20</b>	+00:30:48 (35.3%)	11:38	5.2 (65.0%)
25	<b>KLEPACKI Bartosz</b>	<b>256</b>		M40	25		<b>01:34:46.15</b>	+00:38:13 (40.3%)	12:38	4.7 (58.8%)
26	<b>PŁUCIENNIK Piotr</b>	<b>269</b>	SAVAGES	M40	26		<b>01:35:10.95</b>	+00:38:37 (40.6%)	12:41	4.7 (58.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mundurowi	Czas netto 7.5km	Różn	Tempo min/km	Tempo km/h
27	<b>ANTOSIK Bartosz</b>	<b>62</b>	NA PRZYPALE ALBO WCALE!!!	M40	27		<b>01:37:15.85</b>	+00:40:42 (41.9%)	12:58	4.6 (57.5%)
28	<b>WAHN Przemysław</b>	<b>460</b>		M40	28		<b>01:40:18.80</b>	+00:43:45 (43.6%)	13:22	4.5 (56.3%)
29	<b>DYWELSKI Marcin</b>	<b>303</b>	BRIDGESTONE STARGARD RUNNERS	M40	29		<b>01:40:19.75</b>	+00:43:46 (43.6%)	13:22	4.5 (56.3%)
30	<b>DZIEPAK Piotr</b>	<b>95</b>	ZALATANI 1.BLTR	M40	30	Tak	<b>01:41:06.35</b>	+00:44:33 (44.1%)	13:28	4.5 (56.3%)
31	<b>ZDUŃCZYK Paweł</b>	<b>485</b>		M40	31		<b>01:43:15.65</b>	+00:46:42 (45.2%)	13:46	4.4 (55.0%)
32	<b>MROZIK Mariusz</b>	<b>173</b>	DZIKIE DZIKI GORZÓW	M40	32		<b>01:43:46.85</b>	+00:47:13 (45.5%)	13:50	4.3 (53.8%)
33	<b>GRALEWICZ Robert</b>	<b>106</b>		M40	33		<b>01:45:14.10</b>	+00:48:40 (46.3%)	14:01	4.3 (53.8%)
34	<b>MATUSIAK Mariusz</b>	<b>166</b>		M40	34		<b>01:48:06.60</b>	+00:51:33 (47.7%)	14:24	4.2 (52.5%)
35	<b>FILIPOWICZ Robert</b>	<b>308</b>	HULK TEAM POLICE	M40	35		<b>01:48:55.45</b>	+00:52:22 (48.1%)	14:31	4.1 (51.3%)
36	<b>ZYGMUNT Tomasz</b>	<b>489</b>		M40	36		<b>01:49:22.75</b>	+00:52:49 (48.3%)	14:34	4.1 (51.3%)
37	<b>WIECZOREK Wojciech</b>	<b>237</b>		M40	37		<b>01:51:40.60</b>	+00:55:07 (49.4%)	14:53	4 (50.0%)
38	<b>ZALEWSKI Sylwester</b>	<b>249</b>	VO2MAX RACING TEAM	M40	38		<b>01:55:40.55</b>	+00:59:07 (51.1%)	15:25	3.9 (48.8%)
39	<b>DOBRYCKI Piotr</b>	<b>89</b>	BRIDGESTONE STARGARD RUNNERS	M40	39		<b>01:56:50.85</b>	+01:00:17 (51.6%)	15:34	3.9 (48.8%)
40	<b>JEŻYK Artur</b>	<b>333</b>	KP NIEBUSZEWO	M40	40	Tak	<b>01:57:42.40</b>	+01:01:09 (52.0%)	15:41	3.8 (47.5%)
41	<b>SZYDŁOWSKI Krzysztof</b>	<b>453</b>	KP NIEBUSZEWO	M40	41	Tak	<b>01:57:42.80</b>	+01:01:09 (52.0%)	15:41	3.8 (47.5%)
42	<b>WRÓBLEWSKI Tomasz</b>	<b>247</b>		M40	42		<b>02:00:04.80</b>	+01:03:31 (52.9%)	16:00	3.7 (46.3%)
43	<b>WOJSZNIS Rafał</b>	<b>472</b>		M40	43		<b>02:00:31.45</b>	+01:03:58 (53.1%)	16:04	3.7 (46.3%)
44	<b>JADRYCH Zbigniew</b>	<b>117</b>	STARGARD JA SIĘ NIE ŚCIGAM	M40	44		<b>02:00:40.80</b>	+01:04:07 (53.1%)	16:05	3.7 (46.3%)
45	<b>WASILEWSKI Andrzej</b>	<b>233</b>	WILKI Z CIECHOCINKA	M40	45		<b>02:01:35.50</b>	+01:05:02 (53.5%)	16:12	3.7 (46.3%)
46	<b>WYSOCKI Grzegorz</b>	<b>479</b>		M40	46		<b>02:01:54.80</b>	+01:05:21 (53.6%)	16:15	3.7 (46.3%)
47	<b>CZYŻEWSKI Tomasz</b>	<b>86</b>	TENET	M40	47		<b>02:01:59.40</b>	+01:05:26 (53.6%)	16:15	3.7 (46.3%)
48	<b>NOWAK Grzegorz</b>	<b>177</b>	GRUPA AZOTY	M40	48		<b>02:04:53.35</b>	+01:08:20 (54.7%)	16:39	3.6 (45.0%)
49	<b>WISZNIEWSKI Marcin</b>	<b>239</b>		M40	49	Tak	<b>02:05:39.25</b>	+01:09:06 (55.0%)	16:45	3.6 (45.0%)
50	<b>SZAJEK Artur</b>	<b>452</b>	HULK TEAM POLICE	M40	50		<b>02:05:48.50</b>	+01:09:15 (55.0%)	16:46	3.6 (45.0%)
51	<b>GIETKO Piotr</b>	<b>101</b>	MIĘTUSY	M40	51		<b>02:09:15.35</b>	+01:12:42 (56.2%)	17:14	3.5 (43.8%)
52	<b>SĘK Dariusz</b>	<b>441</b>		M40	52		<b>02:09:16.25</b>	+01:12:43 (56.3%)	17:14	3.5 (43.8%)
53	<b>BRZOZA Maciek</b>	<b>282</b>	TOST I PIWO	M40	53		<b>02:09:19.35</b>	+01:12:46 (56.3%)	17:14	3.5 (43.8%)
54	<b>JABŁONKA Mariusz</b>	<b>115</b>	DZIADY OCR	M40	54		<b>02:10:38.95</b>	+01:14:05 (56.7%)	17:25	3.4 (42.5%)
55	<b>CIEŻKI Mariusz</b>	<b>288</b>		M40	55		<b>02:10:58.95</b>	+01:14:25 (56.8%)	17:27	3.4 (42.5%)
56	<b>JAŚKIEWICZ Krzysztof</b>	<b>120</b>		M40	56		<b>02:15:19.10</b>	+01:18:45 (58.2%)	18:02	3.3 (41.3%)
57	<b>KOZACZUK Grzegorz</b>	<b>136</b>		M40	57		<b>02:16:59.75</b>	+01:20:26 (58.7%)	18:15	3.3 (41.3%)
58	<b>PASZKO Daniel</b>	<b>187</b>	WIECZORNE BIEGANIE W SZCZECINIE	M40	58		<b>02:17:35.70</b>	+01:21:02 (58.9%)	18:20	3.3 (41.3%)
59	<b>CZERKASOW Piotr</b>	<b>294</b>		M40	59		<b>02:19:00.00</b>	+01:22:26 (59.3%)	18:32	3.2 (40.0%)
60	<b>CHENON Guillaume</b>	<b>80</b>	WIECZORNE BIEGANIE W SZCZECINIE	M40	60		<b>02:19:41.95</b>	+01:23:08 (59.5%)	18:37	3.2 (40.0%)
61	<b>ŁAWNICZAK Sebastian</b>	<b>159</b>		M40	61		<b>02:20:12.30</b>	+01:23:39 (59.7%)	18:41	3.2 (40.0%)
62	<b>PRABUCKI Jarosław</b>	<b>197</b>		M40	62		<b>02:21:28.80</b>	+01:24:55 (60.0%)	18:51	3.2 (40.0%)
63	<b>ROZGA Michał</b>	<b>201</b>		M40	63	Tak	<b>02:33:56.35</b>	+01:37:23 (63.3%)	20:31	2.9 (36.3%)
64	<b>PŁOSA Arkadiusz</b>	<b>422</b>		M40	64		<b>02:38:57.30</b>	+01:42:24 (64.4%)	21:11	2.8 (35.0%)

Znaleziono 64 wynik(ów)