

# MISTRZOSTWA 12 DZ W BIEGU NA DYSTANSIE 5KM

B4SPORT  
INTELEGENE ZAWODY SPORTOWE

**Organizator:** 7 BOW  
**Data:** 2023-10-19  
**Miejsce:** Ustka  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	ST.SZER. JEFIMCZYK Norbert	4	7 BOW	M35	1	00:15:19.70		3:03	19.6 (100%)
2	ST.SZER.SPEC. KABAT Damian	10	12 BZ	M35	2	00:15:27.10	+00:00:07 (0.8%)	3:05	19.4 (99.0%)
3	ST.SZER. ADAMSKI Daniel	6	BDOW	M35	3	00:15:32.75	+00:00:13 (1.4%)	3:06	19.3 (98.5%)
4	ST.KPR. MURAWSKI Paweł	9	12 BZ	M35	4	00:15:41.05	+00:00:21 (2.3%)	3:08	19.1 (97.4%)
5	KPR. PYTLAK Michał	3	7 BOW	M35	5	00:15:55.35	+00:00:35 (3.7%)	3:11	18.8 (95.9%)
6	KPR. BŁASZCZYK Patryk	1	7 BOW	M35	6	00:16:07.75	+00:00:48 (5.0%)	3:13	18.6 (94.9%)
7	ST.SZER. CHRUSCIŃSKI Kacper	8	12 BZ	M35	7	00:16:09.35	+00:00:49 (5.1%)	3:13	18.6 (94.9%)
8	ST.SZER.SPEC. BARTKIEWICZ Krzysztof	26	7 BOW	M46+	1	00:16:47.45	+00:01:27 (8.7%)	3:21	17.9 (91.3%)
9	ST.KPR. CZERNIAK Robert	24	7 BOW	M36-45	1	00:16:50.30	+00:01:30 (9.0%)	3:22	17.8 (90.8%)
10	SZER. SIECZKOWSKI Michał	16	12 BZ	M36-45	2	00:16:51.30	+00:01:31 (9.1%)	3:22	17.8 (90.8%)
11	CHOR. BORYCHOWSKI Mariusz	27	7 BOW	M46+	2	00:16:57.85	+00:01:38 (9.6%)	3:23	17.7 (90.3%)
12	ST.SZER. BURZYŃSKI Aleksander	58	7 PBOT / 73.BLP	M46+	3	00:17:00.70	+00:01:41 (9.9%)	3:24	17.6 (89.8%)
13	KPR. WILK Rafał	18	12 BZ	M36-45	3	00:17:02.70	+00:01:43 (10.1%)	3:24	17.6 (89.8%)
14	MŁ.CHOR. PELO Artur	23	7 BOW	M36-45	4	00:17:14.70	+00:01:55 (11.1%)	3:26	17.4 (88.8%)
15	PLUT. SZCZEŚNIAK Zenon	20	12 BZ	M46+	4	00:17:34.90	+00:02:15 (12.8%)	3:30	17.1 (87.2%)
16	KPR. POKRZYWIŃSKI Zbigniew	19	12 BZ	M36-45	5	00:18:07.25	+00:02:47 (15.4%)	3:37	16.6 (84.7%)
17	KPR.TERMAN Dariusz	25	7 BOW	M36-45	6	00:18:10.40	+00:02:50 (15.7%)	3:38	16.5 (84.2%)
18	ST.SIERZ. FEDORCZAK Łukasz	50	2 BZ	M36-45	7	00:18:15.55	+00:02:55 (16.1%)	3:39	16.4 (83.7%)
19	SZER. SZTYLKA Karol	31	8 PLOT	M35	8	00:18:25.30	+00:03:05 (16.8%)	3:41	16.3 (83.2%)
20	ST.SZER.SPEC. KOWAL Tomasz	21	12 BZ	M46+	5	00:18:28.15	+00:03:08 (17.0%)	3:41	16.2 (82.7%)
21	KPR. KOŁUDZKI Arkadiusz	17	12 BZ	M36-45	8	00:18:29.85	+00:03:10 (17.1%)	3:41	16.2 (82.7%)
22	SZER. JĘDRZEJAK Wiktor	7	BDOW	M35	9	00:18:37.05	+00:03:17 (17.7%)	3:43	16.1 (82.1%)
23	MJR SZOPIŃSKI Tomasz	59	CPSP USTKA	M36-45	9	00:18:39.95	+00:03:20 (17.9%)	3:43	16.1 (82.1%)
24	SZER. KIEŁTYKA Grzegorz	33	8 PLOT	M35	10	00:18:41.85	+00:03:22 (18.0%)	3:44	16.1 (82.1%)
25	SZER. CEJKO Dawid	43	7 BOW	M35	11	00:18:49.80	+00:03:30 (18.6%)	3:45	15.9 (81.1%)
26	SZER. PAŃPUCH Dawid	32	8 PLOT	M35	12	00:18:57.85	+00:03:38 (19.2%)	3:47	15.8 (80.6%)

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27	<b>SIERŻ. ORLIKOWSKI Arkadiusz</b>	<b>22</b>	BDOW	M36-45	10	<b>00:19:06.35</b>	+00:03:46 (19.8%)	3:49	15.7 (80.1%)
28	<b>KPR. GRZĄDZIELA Wojciech</b>	<b>5</b>	BDOW	M35	13	<b>00:19:09.40</b>	+00:03:49 (20.0%)	3:49	15.7 (80.1%)
29	<b>MJR MUSIAŁ Krzysztof</b>	<b>35</b>	8 PLOT	M36-45	11	<b>00:19:16.25</b>	+00:03:56 (20.5%)	3:51	15.6 (79.6%)
30	<b>KPR. BUCZKO Krystian</b>	<b>38</b>	8 PLOT	M36-45	12	<b>00:19:34.50</b>	+00:04:14 (21.7%)	3:54	15.3 (78.1%)
31	<b>KPR. LEWICKI Krzysztof</b>	<b>34</b>	8 PLOT	M35	14	<b>00:19:41.85</b>	+00:04:22 (22.2%)	3:56	15.2 (77.6%)
32	<b>SZER. METLICKA Wiktoria</b>	<b>28</b>	7 BOW	K35	1	<b>00:19:45.35</b>	+00:04:25 (22.4%)	3:57	15.2 (77.6%)
33	<b>CHOR. RETKA Bartosz</b>	<b>36</b>	8 PLOT	M36-45	13	<b>00:19:56.80</b>	+00:04:37 (23.2%)	3:59	15.1 (77.0%)
34	<b>KPR. PIŃSKI Paweł</b>	<b>37</b>	8 PLOT	M36-45	14	<b>00:20:01.55</b>	+00:04:41 (23.5%)	4:00	15 (76.5%)
35	<b>SIERŻ. HAJEC Michał</b>	<b>39</b>	8 PLOT	M46+	6	<b>00:20:30.00</b>	+00:05:10 (25.2%)	4:06	14.6 (74.5%)
36	<b>ST.SZER. GIELNIK Katarzyna</b>	<b>13</b>	12 BZ	K35	2	<b>00:20:33.55</b>	+00:05:13 (25.4%)	4:06	14.6 (74.5%)
37	<b>ST.SZER.SPEC FLOREK Katarzyna</b>	<b>12</b>	BDOW	K35	3	<b>00:20:54.50</b>	+00:05:34 (26.7%)	4:10	14.4 (73.5%)
38	<b>POR. OCHAL Jakub</b>	<b>55</b>	7 PBOT / 73.BLP	M35	15	<b>00:20:55.60</b>	+00:05:35 (26.8%)	4:11	14.3 (73.0%)
39	<b>PPOR. JAROSZ Wiesław</b>	<b>56</b>	7 PBOT / 73.BLP	M46+	7	<b>00:20:55.65</b>	+00:05:35 (26.8%)	4:11	14.3 (73.0%)
40	<b>SZER. DAWID Ewelina</b>	<b>14</b>	12 BZ	K35	4	<b>00:21:00.95</b>	+00:05:41 (27.1%)	4:12	14.3 (73.0%)
41	<b>ST.KPR. BACHANEK Paweł</b>	<b>44</b>	2 BZ	M35	16	<b>00:21:08.30</b>	+00:05:48 (27.5%)	4:13	14.2 (72.4%)
42	<b>POR. BUDZYŃSKI Mateusz</b>	<b>53</b>	7 PBOT / 73.BLP	M35	17	<b>00:21:52.90</b>	+00:06:33 (29.9%)	4:22	13.7 (69.9%)
43	<b>SIERŻ. KOBIEROWSKI Sławomir</b>	<b>51</b>	7 BOW	M36-45	15	<b>00:22:11.95</b>	+00:06:52 (31.0%)	4:26	13.5 (68.9%)
44	<b>CHOR. RZEPKOWSKI Daniel</b>	<b>52</b>	7 BOW	M36-45	16	<b>00:22:18.95</b>	+00:06:59 (31.3%)	4:27	13.5 (68.9%)
45	<b>SZER. JONIEC Angelika</b>	<b>29</b>	7 BOW	K35	5	<b>00:22:22.75</b>	+00:07:03 (31.5%)	4:28	13.4 (68.4%)
46	<b>ST.SZER. NOWAK Agnieszka</b>	<b>30</b>	7 BOW	K36+	1	<b>00:22:50.45</b>	+00:07:30 (32.9%)	4:34	13.1 (66.8%)
47	<b>POR. MAJCHRZAK Łukasz</b>	<b>54</b>	7 PBOT / 73.BLP	M35	18	<b>00:22:59.10</b>	+00:07:39 (33.3%)	4:35	13.1 (66.8%)
48	<b>KPR. ALABRUDZIŃSKA-RYCHTER Agnieszka</b>	<b>15</b>	12 BZ	K36+	2	<b>00:23:00.65</b>	+00:07:40 (33.4%)	4:36	13 (66.3%)
49	<b>ST.SZER.SPEC. MRUGALSKA Magdalena</b>	<b>40</b>	8 PLOT	K35	6	<b>00:23:31.10</b>	+00:08:11 (34.8%)	4:42	12.8 (65.3%)
50	<b>KPR. GÓRECKA Małgorzata</b>	<b>46</b>	2 BZ	K36+	3	<b>00:24:13.70</b>	+00:08:54 (36.7%)	4:50	12.4 (63.3%)
51	<b>KPR. WYROŚLAK Karolina</b>	<b>41</b>	8 PLOT	K35	7	<b>00:24:18.85</b>	+00:08:59 (37.0%)	4:51	12.3 (62.8%)
52	<b>SZER. KUSZAJ-CZARNECKA Malwina</b>	<b>42</b>	8 PLOT	K36+	4	<b>00:25:06.10</b>	+00:09:46 (38.9%)	5:01	12 (61.2%)
53	<b>KPR.ŚNICIKOWSKA Patrycja</b>	<b>47</b>	2 BZ	K35	8	<b>00:25:25.70</b>	+00:10:06 (39.7%)	5:05	11.8 (60.2%)
54	<b>ST.SZER.SPEC. BILIŃSKI Mateusz</b>	<b>49</b>	2 BZ	M46+	8	<b>00:25:54.85</b>	+00:10:35 (40.8%)	5:10	11.6 (59.2%)
55	<b>KPR. GÓRECKA Dominika</b>	<b>48</b>	2 BZ	K35	9	<b>00:25:54.90</b>	+00:10:35 (40.9%)	5:10	11.6 (59.2%)

Znaleziono 55 wynik(ów)