



# NORDIC WALKING | XII BIEG SIEDLECKIEGO JACKA

B4SPORT

**Wydarzenie:** XII Bieg Siedleckiego Jacka  
**Organizator:** Agencja Rozwoju Miasta Siedlce sp. z o.o.  
**Data:** 2021-08-29  
**Miejsce:** Siedlce  
**Dystans:** 5 km

**B4SPORT**  
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: Wszyscy

| Msc | Zawodnik                   | Numer      | Klub                          | Kategoria | Mkat | Czas startu | Czas netto 5km     | Czas brutto 5km    | Różn              | Tempo min/km | Tempo km/h  |
|-----|----------------------------|------------|-------------------------------|-----------|------|-------------|--------------------|--------------------|-------------------|--------------|-------------|
| 1   | <b>BORKOWSKI Dariusz</b>   | <b>536</b> | NOWI SIEDLCE                  | M50       | 1    | 00:00:02    | <b>00:33:27.75</b> | <b>00:33:30.25</b> |                   | 6:41         | 9 (100%)    |
| 2   | <b>DANIELSKI Waldemar</b>  | <b>544</b> | RUNNERSKI.PL                  | M50       | 2    | 00:00:02    | <b>00:33:39.95</b> | <b>00:33:42.00</b> | +00:00:12 (0.6%)  | 6:43         | 8.9 (98.9%) |
| 3   | <b>PIETRUCZANIS Paweł</b>  | <b>509</b> | KS AKTYWNI WĘGRÓW             | M40       | 1    | 00:00:01    | <b>00:34:09.50</b> | <b>00:34:11.15</b> | +00:00:41 (2.0%)  | 6:49         | 8.8 (97.8%) |
| 4   | <b>SZEWCZAK Wojciech</b>   | <b>524</b> |                               | M50       | 3    | 00:00:01    | <b>00:35:49.35</b> | <b>00:35:50.70</b> | +00:02:21 (6.6%)  | 7:09         | 8.4 (93.3%) |
| 5   | <b>MIKICIUK Jakub</b>      | <b>535</b> | NOWI                          | M20       | 1    | 00:00:02    | <b>00:36:04.70</b> | <b>00:36:07.20</b> | +00:02:36 (7.3%)  | 7:12         | 8.3 (92.2%) |
| 6   | <b>MIKICIUK Krzysztof</b>  | <b>525</b> | NOWI                          | M50       | 4    | 00:00:02    | <b>00:36:34.45</b> | <b>00:36:36.65</b> | +00:03:06 (8.5%)  | 7:18         | 8.2 (91.1%) |
| 7   | <b>ZAPĄŁOWSKA Jolanta</b>  | <b>511</b> |                               | K50       | 1    | 00:00:01    | <b>00:36:34.60</b> | <b>00:36:36.35</b> | +00:03:06 (8.5%)  | 7:18         | 8.2 (91.1%) |
| 8   | <b>KOWALCZUK Adam</b>      | <b>263</b> |                               | M50       | 5    | 00:00:04    | <b>00:37:23.15</b> | <b>00:37:28.05</b> | +00:03:55 (10.5%) | 7:28         | 8 (88.9%)   |
| 9   | <b>ZBIEĆ Janusz</b>        | <b>532</b> | DARFIK TEAM                   | M50       | 6    | 00:00:02    | <b>00:37:32.30</b> | <b>00:37:35.15</b> | +00:04:04 (10.9%) | 7:30         | 8 (88.9%)   |
| 10  | <b>SOBICZEWSKA Ewa</b>     | <b>518</b> |                               | K40       | 1    | 00:00:02    | <b>00:37:48.75</b> | <b>00:37:50.95</b> | +00:04:21 (11.5%) | 7:33         | 7.9 (87.8%) |
| 11  | <b>MAZURCZAK Jakub</b>     | <b>520</b> |                               | M50       | 7    | 00:00:03    | <b>00:38:40.25</b> | <b>00:38:43.80</b> | +00:05:12 (13.5%) | 7:44         | 7.8 (86.7%) |
| 12  | <b>ZACHARCZUK Zofia</b>    | <b>514</b> |                               | K50       | 2    | 00:00:02    | <b>00:38:47.55</b> | <b>00:38:49.95</b> | +00:05:19 (13.7%) | 7:45         | 7.7 (85.6%) |
| 13  | <b>GOWOREK Krzysztof</b>   | <b>528</b> | NOWI                          | M50       | 8    | 00:00:01    | <b>00:38:51.15</b> | <b>00:38:53.10</b> | +00:05:23 (13.9%) | 7:46         | 7.7 (85.6%) |
| 14  | <b>MAZURCZAK Grażyna</b>   | <b>521</b> |                               | K50       | 3    | 00:00:03    | <b>00:39:54.65</b> | <b>00:39:57.75</b> | +00:06:26 (16.2%) | 7:58         | 7.5 (83.3%) |
| 15  | <b>SANDURSKI Mariusz</b>   | <b>526</b> |                               | M40       | 2    | 00:00:07    | <b>00:39:57.30</b> | <b>00:40:04.40</b> | +00:06:29 (16.2%) | 7:59         | 7.5 (83.3%) |
| 16  | <b>PREKURAT Marzena</b>    | <b>515</b> |                               | K50       | 4    | 00:00:04    | <b>00:40:09.45</b> | <b>00:40:14.10</b> | +00:06:41 (16.7%) | 8:01         | 7.5 (83.3%) |
| 17  | <b>ZAGALSKA Aldona</b>     | <b>516</b> | NOWI SIEDLCE                  | K50       | 5    | 00:00:03    | <b>00:40:10.05</b> | <b>00:40:13.45</b> | +00:06:42 (16.7%) | 8:02         | 7.5 (83.3%) |
| 18  | <b>BORKOWSKI Leszek</b>    | <b>513</b> |                               | M50       | 9    | 00:00:06    | <b>00:40:14.85</b> | <b>00:40:21.20</b> | +00:06:47 (16.9%) | 8:02         | 7.5 (83.3%) |
| 19  | <b>WYSOCKA Magdalena</b>   | <b>444</b> | KLUB AKTYWNYCH PRKRUN SKÓRZEC | K40       | 2    | 00:00:05    | <b>00:40:15.55</b> | <b>00:40:21.00</b> | +00:06:47 (16.9%) | 8:03         | 7.5 (83.3%) |
| 20  | <b>ZBIEĆ Bożena</b>        | <b>531</b> | DARFIK TEAM                   | K50       | 6    | 00:00:03    | <b>00:40:39.05</b> | <b>00:40:42.05</b> | +00:07:11 (17.7%) | 8:07         | 7.4 (82.2%) |
| 21  | <b>SZEWCZAK Iwona</b>      | <b>523</b> |                               | K50       | 7    | 00:00:03    | <b>00:42:05.85</b> | <b>00:42:09.65</b> | +00:08:38 (20.5%) | 8:25         | 7.1 (78.9%) |
| 22  | <b>PUCHOWSKA Krystyna</b>  | <b>542</b> |                               | K50       | 8    | 00:00:04    | <b>00:42:51.65</b> | <b>00:42:56.50</b> | +00:09:23 (21.9%) | 8:34         | 7 (77.8%)   |
| 23  | <b>DEJDA Piotr</b>         | <b>534</b> | NOWI                          | M50       | 10   | 00:00:03    | <b>00:44:36.25</b> | <b>00:44:40.20</b> | +00:11:08 (25.0%) | 8:55         | 6.7 (74.4%) |
| 24  | <b>MITURA Jerzy</b>        | <b>460</b> | FC HELMUTY                    | M50       | 11   | 00:00:04    | <b>00:44:46.35</b> | <b>00:44:50.65</b> | +00:11:18 (25.3%) | 8:57         | 6.7 (74.4%) |
| 25  | <b>RZEWUSKI Andrzej</b>    | <b>547</b> |                               | M50       | 12   | 00:00:05    | <b>00:46:09.40</b> | <b>00:46:14.65</b> | +00:12:41 (27.5%) | 9:13         | 6.5 (72.2%) |
| 26  | <b>GIERSZEWSKA Anna</b>    | <b>512</b> |                               | K30       | 1    | 00:00:04    | <b>00:47:03.70</b> | <b>00:47:08.65</b> | +00:13:35 (28.9%) | 9:24         | 6.4 (71.1%) |
| 27  | <b>SIENKIEWICZ Barbara</b> | <b>533</b> | NOWI SIEDLCE                  | K40       | 3    | 00:00:04    | <b>00:47:43.90</b> | <b>00:47:48.20</b> | +00:14:16 (29.9%) | 9:32         | 6.3 (70.0%) |
| 28  | <b>KUŹNIARSKI Jacek</b>    | <b>527</b> | NOWI SIEDLCE                  | M50       | 13   | 00:00:05    | <b>00:48:48.85</b> | <b>00:48:53.90</b> | +00:15:21 (31.4%) | 9:45         | 6.1 (67.8%) |
| 29  | <b>CICHOCKI Henryk</b>     | <b>548</b> |                               | M50       | 14   | 00:00:02    | <b>00:54:01.15</b> | <b>00:54:03.50</b> | +00:20:33 (38.1%) | 10:48        | 5.6 (62.2%) |

| Msc | Zawodnik                  | Numer      | Klub       | Kategoria | Mkat | Czas startu | Czas netto 5km        | Czas brutto 5km    | Różn              | Tempo min/km | Tempo km/h  |
|-----|---------------------------|------------|------------|-----------|------|-------------|-----------------------|--------------------|-------------------|--------------|-------------|
| 30  | <b>CICHOCKA Irena</b>     | <b>546</b> |            | K50       | 9    | 00:00:03    | <b>00:54:26.90</b>    | <b>00:54:30.15</b> | +00:20:59 (38.5%) | 10:53        | 5.5 (61.1%) |
| DQ  | <b>BORKOWSKA Małgosia</b> | <b>541</b> | NW SIEDLCE | K50       |      | DQ          | <b>00:34:07.35 DQ</b> | <b>DQ</b>          |                   | 0:00         | 8.8 (97.8%) |

Znaleziono 31 wynik(ów)