



# SIANOWSKI BIEG EKSTREMALNY SIAN RUN 5KM

B4SPORT

**Wydarzenie:** Sianowski Bieg Ekstremalny „Sian Run” 5km i 10km  
**Organizator:** Urząd Gminy i Miasta w Sianowie  
**Data:** 2019-05-01  
**Miejsce:** Sianów  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 4.1km	Różn	Tempo min/km	Tempo km/h
1	MAJKOWICZ Rafał	29		M-Open	1	00:18:36.79		4:32	13.2 (100%)
2	ZWOLIŃSKI Jan	80	GZK SIANÓW / TKKF KOSZALIN	M-Gmina	1	00:18:45.49	+00:00:08 (0.8%)	4:34	13.1 (99.2%)
3	SZULC Arek	83	DAREZ TRI	M-Open	2	00:19:18.13	+00:00:41 (3.6%)	4:42	12.7 (96.2%)
4	PAWŁOWICZ Roland	41	7PRO SIÓDMIĄK TRIATHLON TEAM	M-Open	3	00:19:55.80	+00:01:19 (6.6%)	4:51	12.3 (93.2%)
5	STRZYŻ Łukasz	65	ART IT	M-Open	4	00:22:23.65	+00:03:46 (16.9%)	5:27	11 (83.3%)
6	PICK Tomasz	43	DEAF KOSZALIN	M-Open	5	00:22:48.40	+00:04:11 (18.4%)	5:33	10.8 (81.8%)
7	WEBER Paweł	71	ENERGON	M-Open	6	00:22:50.34	+00:04:13 (18.5%)	5:34	10.8 (81.8%)
8	BIEŃKOWSKI Tomasz	3	IQ CONSULTING	M-Open	7	00:23:11.75	+00:04:34 (19.8%)	5:39	10.6 (80.3%)
9	KUKIEŁA Tomasz	23	FAN CLUB KAROLINKI I MATYLDKI K.	M-Open	8	00:23:48.83	+00:05:12 (21.8%)	5:48	10.3 (78.0%)
10	BARUTOWICZ Grzegorz	1		M-Open	9	00:23:58.10	+00:05:21 (22.3%)	5:50	10.3 (78.0%)
11	OLCZAK Krzysztof	38		M-Gmina	2	00:24:10.99	+00:05:34 (23.0%)	5:53	10.2 (77.3%)
12	NACZK Wiktoria	85	LKB IM. BRACI PETK	K-Open	1	00:24:55.09	+00:06:18 (25.3%)	6:04	9.9 (75.0%)
13	KUŹMA Jarosław	24		M-Open	10	00:25:00.42	+00:06:23 (25.6%)	6:06	9.8 (74.2%)
14	MADERA Dariusz	90	UKS MORSKI SIANÓW	M-Open	11	00:25:05.66	+00:06:28 (25.8%)	6:07	9.8 (74.2%)
15	KORZENIOWSKA Ewa	20	JW 1223	K-Open	2	00:25:21.23	+00:06:44 (26.6%)	6:10	9.7 (73.5%)
16	MYK Paweł	35	JW 1223	M-Open	12	00:25:21.38	+00:06:44 (26.6%)	6:10	9.7 (73.5%)
17	KRASIŃSKI Witold	21		M-Open	13	00:25:26.77	+00:06:49 (26.9%)	6:12	9.7 (73.5%)
18	KACZMAREK Łukasz	17	WOJOWNICYWÓDY	M-Open	14	00:25:43.84	+00:07:07 (27.7%)	6:16	9.6 (72.7%)
19	KOPANIA Marek	19	UKS MORSKI SIANÓW	M-Open	15	00:25:50.90	+00:07:14 (28.0%)	6:18	9.5 (72.0%)
20	ŁABEJSZA Łukasz	91	WOJOWNICYWÓDY	M-Open	16	00:25:52.20	+00:07:15 (28.1%)	6:18	9.5 (72.0%)
21	DACYSZYN Paulina	7		K-Gmina	1	00:27:36.99	+00:09:00 (32.6%)	6:44	8.9 (67.4%)
22	HOŁOWACZ Kamil	28	HUSARIA RACE TEAM	M-Open	17	00:27:55.28	+00:09:18 (33.3%)	6:48	8.8 (66.7%)
23	TWORSKA Magdalena	84	OSP SIANÓW	K-Gmina	2	00:27:55.87	+00:09:19 (33.4%)	6:48	8.8 (66.7%)
24	ORYSZCZYN Arkadiusz	40		M-Open	18	00:28:28.70	+00:09:51 (34.6%)	6:56	8.6 (65.2%)
25	ZAKRZEWSKI Michał	88		M-Open	19	00:28:28.99	+00:09:52 (34.7%)	6:56	8.6 (65.2%)
26	DORAWA-ZIOMEK Anna	8	ZABIEGANE	K-Open	3	00:28:29.64	+00:09:52 (34.7%)	6:56	8.6 (65.2%)
27	ZALECH Tomasz	79		M-Open	20	00:28:58.47	+00:10:21 (35.8%)	7:04	8.5 (64.4%)

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28	<b>BEDNAREK Krzysztof</b>	<b>2</b>	BIURO UBEZPIECZENIOWO-FINANSOWE 'KRIS' KRZYSZTOF BEDNAREK	M-Open	21	<b>00:29:00.56</b>	+00:10:23 (35.8%)	7:04	8.5 (64.4%)
29	<b>NAWROCKA Anna</b>	<b>95</b>		K-Open	4	<b>00:29:18.85</b>	+00:10:42 (36.5%)	7:08	8.4 (63.6%)
30	<b>WOJCIECHOWSKI Adam</b>	<b>76</b>		M-Open	22	<b>00:29:28.53</b>	+00:10:51 (36.9%)	7:11	8.3 (62.9%)
31	<b>PLAK Łukasz</b>	<b>45</b>		M-Open	23	<b>00:29:35.61</b>	+00:10:58 (37.1%)	7:13	8.3 (62.9%)
32	<b>NOWAK Piotr</b>	<b>37</b>		M-Open	24	<b>00:30:13.16</b>	+00:11:36 (38.4%)	7:22	8.1 (61.4%)
33	<b>SZMAJDZIAK Katarzyna</b>	<b>67</b>		K-Gmina	3	<b>00:30:15.68</b>	+00:11:38 (38.5%)	7:22	8.1 (61.4%)
34	<b>WĄSOWICZ Anna</b>	<b>70</b>		K-Open	5	<b>00:30:15.85</b>	+00:11:39 (38.5%)	7:22	8.1 (61.4%)
35	<b>NIEWIADOWSKI Robert</b>	<b>36</b>		M-Open	25	<b>00:30:22.01</b>	+00:11:45 (38.7%)	7:24	8.1 (61.4%)
36	<b>RUSIECKI Paweł</b>	<b>56</b>	WSPL SP ZOZ W KOSZALINIE	M-Open	26	<b>00:30:56.22</b>	+00:12:19 (39.8%)	7:32	8 (60.6%)
37	<b>ROMANOWICZ Monika</b>	<b>53</b>		K-Open	6	<b>00:31:07.76</b>	+00:12:30 (40.2%)	7:35	7.9 (59.8%)
38	<b>WIOREK Katarzyna</b>	<b>75</b>		K-Gmina	4	<b>00:31:13.03</b>	+00:12:36 (40.4%)	7:36	7.9 (59.8%)
39	<b>JANUSZEWSKI Jacek</b>	<b>94</b>	17WOG	M-Open	27	<b>00:31:21.35</b>	+00:12:44 (40.6%)	7:38	7.8 (59.1%)
40	<b>GAJDA Jakub</b>	<b>9</b>		M-Open	28	<b>00:31:55.13</b>	+00:13:18 (41.7%)	7:47	7.7 (58.3%)
41	<b>ZAKOŚCIELNA Katarzyna</b>	<b>78</b>		K-Open	7	<b>00:31:55.33</b>	+00:13:18 (41.7%)	7:47	7.7 (58.3%)
42	<b>MIERZYNEK Mateusz</b>	<b>93</b>		M-Open	29	<b>00:31:55.69</b>	+00:13:18 (41.7%)	7:47	7.7 (58.3%)
43	<b>WALKOWIAK Daria</b>	<b>69</b>		K-Open	8	<b>00:32:45.80</b>	+00:14:09 (43.2%)	7:59	7.5 (56.8%)
44	<b>SEEWALD Agnieszka</b>	<b>60</b>	ZAKWAS	K-Open	9	<b>00:32:46.76</b>	+00:14:09 (43.2%)	7:59	7.5 (56.8%)
45	<b>PODSIEDLIK Zuzanna</b>	<b>87</b>	1.B.LOG	K-Open	10	<b>00:32:58.08</b>	+00:14:21 (43.5%)	8:02	7.5 (56.8%)
46	<b>PODSIEDLIK Zbigniew</b>	<b>86</b>	22ODN	M-Open	30	<b>00:32:58.48</b>	+00:14:21 (43.6%)	8:02	7.5 (56.8%)
47	<b>PAWŁOWICZ Izabela</b>	<b>42</b>	HUSARIA RACE TEAM	K-Open	11	<b>00:32:58.78</b>	+00:14:21 (43.6%)	8:02	7.5 (56.8%)
48	<b>SAWICKA-WERS Urszula</b>	<b>59</b>		K-Open	12	<b>00:33:27.27</b>	+00:14:50 (44.4%)	8:09	7.4 (56.1%)
49	<b>MACIEJEWSKI Tomasz</b>	<b>27</b>		M-Open	31	<b>00:33:41.40</b>	+00:15:04 (44.8%)	8:12	7.3 (55.3%)
50	<b>JEŻYNA Igor</b>	<b>16</b>		M-Open	32	<b>00:33:42.86</b>	+00:15:06 (44.8%)	8:13	7.3 (55.3%)
51	<b>SUDER-MAKSYMOWICZ Monika</b>	<b>66</b>		K-Open	13	<b>00:33:47.66</b>	+00:15:10 (44.9%)	8:14	7.3 (55.3%)
52	<b>MARCIOCHA Piotr</b>	<b>30</b>		M-Open	33	<b>00:33:54.05</b>	+00:15:17 (45.1%)	8:16	7.3 (55.3%)
53	<b>WÓJCIK Kamila</b>	<b>77</b>		K-Open	14	<b>00:33:54.12</b>	+00:15:17 (45.1%)	8:16	7.3 (55.3%)
54	<b>SPICA Łukasz</b>	<b>62</b>		M-Open	34	<b>00:33:57.85</b>	+00:15:21 (45.2%)	8:17	7.2 (54.5%)
55	<b>RUDZIŃSKA Marlena</b>	<b>54</b>		K-Open	15	<b>00:33:57.99</b>	+00:15:21 (45.2%)	8:17	7.2 (54.5%)

Znaleziono 55 wynik(ów)