

Organizator: Gmina Mielno, Centrum Kultury w Mielnie
Data: 2018-08-11
Miejsce: Mielno
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	PIETRUCZUK Christopher	114	MBC TEAM	M-18	1	00:20:37.05		4:07	14.6 (100%)
2	ORZECHOWSKI Kamil	58	TKKF KOSZALIN	M-30	1	00:21:40.70	+00:01:03 (4.9%)	4:20	13.8 (94.5%)
3	GRELA Wojciech	20	(Z)WARTY	M-18	2	00:21:50.50	+00:01:13 (5.6%)	4:22	13.7 (93.8%)
4	ROĆKO Krzysztof	107	CZAPLA	M-30	2	00:21:55.30	+00:01:18 (5.9%)	4:23	13.7 (93.8%)
5	GUZOWSKI Denis	22	PRAWIE JAK HERMES	M-18	3	00:22:41.15	+00:02:04 (9.1%)	4:32	13.2 (90.4%)
6	STACHOWICZ Marcin	99	AZS SGH	M-30	3	00:23:01.95	+00:02:24 (10.5%)	4:36	13 (89.0%)
7	KOZIOŁ Sylwester	101		M-40	1	00:23:31.00	+00:02:53 (12.3%)	4:42	12.8 (87.7%)
8	SENGER Michał	71	SOKÓŁ GAŚAWA	M-30	4	00:23:39.25	+00:03:02 (12.8%)	4:43	12.7 (87.0%)
9	ZYCH Marcin	97	#SOBASTEAM	M-30	5	00:23:42.85	+00:03:05 (13.1%)	4:44	12.6 (86.3%)
10	PRZEWŁOCKI Michał	64	TKKF KOSZALIN	M-30	6	00:23:55.95	+00:03:18 (13.9%)	4:47	12.5 (85.6%)
11	GRZESIK Eugeniusz	21	TKKF KOSZALIN	M-50	1	00:24:14.75	+00:03:37 (15.0%)	4:51	12.4 (84.9%)
12	SURKÓW Adrian	76	NIE MA LIPY SWARZĘDZ TEAM	M-30	7	00:24:30.15	+00:03:53 (15.9%)	4:54	12.2 (83.6%)
13	OBOLEWICZ Kuba	54	MLKS SOKÓŁ LUBIN	M-18	4	00:24:42.55	+00:04:05 (16.6%)	4:56	12.1 (82.9%)
14	KALKOWSKI Paweł	27	JW1223	M-30	8	00:24:44.15	+00:04:07 (16.6%)	4:56	12.1 (82.9%)
15	HOREGLAD Paweł	24	SPEEDY GONZALES	M-18	5	00:24:53.65	+00:04:16 (17.2%)	4:58	12 (82.2%)
16	PIETRZAK Artur	110	KB SZERSZEŃ OLEŚNICA	M-30	9	00:25:04.15	+00:04:27 (17.8%)	5:00	12 (82.2%)
17	MOSZYŃSKI Jacek	51	TKKF KOSZALIN	M-50	2	00:25:06.80	+00:04:29 (17.9%)	5:01	11.9 (81.5%)
18	SITOWSKI Marcin	72	PROMED SZCZECINEK	M-18	6	00:25:11.95	+00:04:34 (18.2%)	5:02	11.9 (81.5%)
19	BRZEZIŃSKI Jan	8	TEAM PIOTRUŚ	M-50	3	00:25:16.10	+00:04:39 (18.4%)	5:03	11.9 (81.5%)
20	KUBIT Piotr	37	KROSNO GLASS RUNNING TEAM	M-30	10	00:25:18.25	+00:04:41 (18.5%)	5:03	11.9 (81.5%)
21	PICK Tomasz	61	DEAF KOSZALIN	M-40	2	00:25:25.65	+00:04:48 (18.9%)	5:05	11.8 (80.8%)
22	BIĘNKOWSKI Tomasz	5		M-30	11	00:25:37.80	+00:05:00 (19.6%)	5:07	11.7 (80.1%)
23	MUCHA Krzysztof	52		M-40	3	00:25:43.60	+00:05:06 (19.9%)	5:08	11.7 (80.1%)
24	ROMANOWICZ Łukasz	68	NO SUGAR CAFE ŚWIDNICA	M-30	12	00:25:45.45	+00:05:08 (20.0%)	5:09	11.7 (80.1%)
25	ZYCH Adam	98	ZYCHUTEAM	M-60+	1	00:26:38.50	+00:06:01 (22.6%)	5:19	11.3 (77.4%)
26	LECH Robert	44	POZYTYWNIIE ZAKRĘCENI	M-40	4	00:26:54.50	+00:06:17 (23.4%)	5:23	11.1 (76.0%)
27	BRYNKIEWICZ Dorota	106	POLISH TRIATHLETES IN UK	K-30	1	00:26:57.90	+00:06:20 (23.5%)	5:23	11.1 (76.0%)

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28	HUSYK Jakub	96	NOA	M-30	13	00:27:07.00	+00:06:29 (24.0%)	5:25	11.1 (76.0%)
29	PAŃKOW Maciej	95		M-40	5	00:27:13.30	+00:06:36 (24.3%)	5:26	11 (75.3%)
30	ZBYRYT Marek	105	AKTYWNA NOWA RUDA	M-50	4	00:27:17.30	+00:06:40 (24.4%)	5:27	11 (75.3%)
31	BAGIEŃSKI Mateusz	1	STC STARGARD	M-18	7	00:27:18.80	+00:06:41 (24.5%)	5:27	11 (75.3%)
32	BRODA Adam	91		M-40	6	00:27:34.75	+00:06:57 (25.2%)	5:30	10.9 (74.7%)
33	KRAJEWSKI Witold	90	KEMBIA JOGGERS	M-60+	2	00:27:40.60	+00:07:03 (25.5%)	5:32	10.8 (74.0%)
34	RÓG Michał	70		M-30	14	00:27:44.60	+00:07:07 (25.7%)	5:32	10.8 (74.0%)
35	KUFEL Dariusz	38	PYRZYCE BIEGAJĄ	M-50	5	00:27:55.75	+00:07:18 (26.2%)	5:35	10.7 (73.3%)
36	JABŁOŃSKI Andrzej	25		M-40	7	00:28:03.05	+00:07:26 (26.5%)	5:36	10.7 (73.3%)
37	STAŃCZYK Sławomir	73	STARGARD. JA SIĘ NIE ŚCIGAM	M-30	15	00:28:09.65	+00:07:32 (26.8%)	5:37	10.7 (73.3%)
38	ŻYLIS Katarzyna	87	SPOKO SŁAWNO	K-18	1	00:28:16.00	+00:07:38 (27.1%)	5:39	10.6 (72.6%)
39	CHODOR Martyna	12	TKKF KOSZALIN	K-30	2	00:28:21.00	+00:07:43 (27.3%)	5:40	10.6 (72.6%)
40	OLCZAK Krzysztof	55		M-30	16	00:28:36.80	+00:07:59 (27.9%)	5:43	10.5 (71.9%)
41	SKOWYRSKI Janusz	108	TKKF KOSZALIN	M-50	6	00:28:56.00	+00:08:18 (28.7%)	5:47	10.4 (71.2%)
42	ZDUNIEWICZ Marcin	84		M-40	8	00:28:58.75	+00:08:21 (28.9%)	5:47	10.4 (71.2%)
43	ROSZAK-SURKÓW Sylwia	69	NIE MA LIPY SWARZĘDZ TEAM	K-40	1	00:29:09.30	+00:08:32 (29.3%)	5:50	10.3 (70.5%)
44	KUKUŁA Janusz	109	BIEGAJĄCY TCZEW	M-50	7	00:29:17.60	+00:08:40 (29.6%)	5:51	10.2 (69.9%)
45	KOWALCZYK Marcin	33		M-30	17	00:29:26.95	+00:08:49 (30.0%)	5:53	10.2 (69.9%)
46	DEL VALLE Luis Enrique	15		M-30	18	00:29:28.85	+00:08:51 (30.1%)	5:53	10.2 (69.9%)
47	CHODOR Izabela	11	TKKF KOSZALIN	K-30	3	00:29:32.50	+00:08:55 (30.2%)	5:54	10.2 (69.9%)
48	PUSZKARSKA Kinga	65		K-30	4	00:29:49.70	+00:09:12 (30.9%)	5:57	10.1 (69.2%)
49	NIEDBAŁA Michał	53		M-40	9	00:29:49.90	+00:09:12 (30.9%)	5:58	10.1 (69.2%)
50	BLIZAŁA Walenty	92	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWA	M-50	8	00:29:50.95	+00:09:13 (30.9%)	5:58	10.1 (69.2%)
51	GOŹDZIK-ZARĘBA Aneta	18	ŁKS ŁÓDŹ	K-30	5	00:29:53.05	+00:09:16 (31.0%)	5:58	10 (68.5%)
52	GAŁECKI Jacek	103		M-50	9	00:29:58.30	+00:09:21 (31.2%)	5:59	10 (68.5%)
53	WINIARSKI Kacper	81		M-13	1	00:29:58.35	+00:09:21 (31.2%)	5:59	10 (68.5%)
54	ZAGALSKA Paulina	82		K-30	6	00:30:15.85	+00:09:38 (31.9%)	6:03	9.9 (67.8%)
55	KOSSOWSKI Mariusz	32	PIĄTKOWO NA BIEGOWO	M-40	10	00:30:31.80	+00:09:54 (32.5%)	6:06	9.8 (67.1%)
56	SOBCZAK Gabriela	88		K-30	7	00:30:42.20	+00:10:05 (32.8%)	6:08	9.8 (67.1%)
57	URLICH Łukasz	78	WKB MARATOŃCZYK WŁOCŁAWEK	M-30	19	00:30:52.00	+00:10:14 (33.2%)	6:10	9.7 (66.4%)
58	DĄBROWSKA Alicja	14	TKKF KOSZALIN	K-50	1	00:30:54.85	+00:10:17 (33.3%)	6:11	9.7 (66.4%)
59	KARNICKA Iwona	28		K-40	2	00:30:57.70	+00:10:20 (33.4%)	6:11	9.7 (66.4%)
60	WINIARSKI Hieronim	80		M-40	11	00:31:01.40	+00:10:24 (33.5%)	6:12	9.7 (66.4%)
61	LEMIEC Agnieszka	94		K-50	2	00:31:03.80	+00:10:26 (33.6%)	6:12	9.7 (66.4%)
62	MASTALERZ Rafał	49		M-30	20	00:31:07.00	+00:10:29 (33.7%)	6:13	9.6 (65.8%)
63	MAĆKOWIAK Adrian	48	ANONIMOWI BIEGACZE	M-30	21	00:31:13.85	+00:10:36 (34.0%)	6:14	9.6 (65.8%)
64	MILIŃSKI Kamil	50		M-30	22	00:31:16.15	+00:10:39 (34.1%)	6:15	9.6 (65.8%)
65	DANIUK Kasia	13	CITYZEN	K-40	3	00:31:24.60	+00:10:47 (34.4%)	6:16	9.6 (65.8%)
66	KRASIŃSKI Witold	34		M-40	12	00:31:28.90	+00:10:51 (34.5%)	6:17	9.5 (65.1%)
67	LENARTOWICZ Stanisław	45		M-50	10	00:31:42.90	+00:11:05 (35.0%)	6:20	9.5 (65.1%)
68	ORYSZCZYN Arkadiusz	57		M-30	23	00:32:07.45	+00:11:30 (35.8%)	6:25	9.3 (63.7%)
69	MATALERZ Konrad	112	DECATHLON KOSZALIN	M-18	8	00:32:09.50	+00:11:32 (35.9%)	6:25	9.3 (63.7%)
70	PODSIADŁO Marcin	63		M-40	13	00:32:16.85	+00:11:39 (36.1%)	6:27	9.3 (63.7%)
71	LARA Miroslaw	42	EASY RUN	M-50	11	00:32:43.15	+00:12:06 (37.0%)	6:32	9.2 (63.0%)

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72	WIATRZYK Krzysztof	79		M-40	14	00:32:53.05	+00:12:16 (37.3%)	6:34	9.1 (62.3%)
73	KONKEL Joanna	30	MKS 'ŚWIĘC' SŁAWNO	K-50	3	00:32:53.30	+00:12:16 (37.3%)	6:34	9.1 (62.3%)
74	ZAKUTYŃSKA-KOWALCZYK Karolina	83	MATNER RUNNING TEAM	K-40	4	00:33:04.60	+00:12:27 (37.7%)	6:36	9.1 (62.3%)
75	GRABOWSKA-LESISZ Aneta	19		K-40	5	00:33:31.80	+00:12:54 (38.5%)	6:42	8.9 (61.0%)
76	ZARBOCK Krzysztof	113		M-50	12	00:33:39.85	+00:13:02 (38.8%)	6:44	8.9 (61.0%)
77	KARPOWICZ Joanna	29	AMATOR	K-30	8	00:33:43.00	+00:13:05 (38.9%)	6:44	8.9 (61.0%)
78	KORYTO Dariusz	31		M-30	24	00:33:56.05	+00:13:19 (39.2%)	6:47	8.8 (60.3%)
79	JANUSZEWSKI Jacek	26	17 WOG KOSZALIN	M-50	13	00:33:59.20	+00:13:22 (39.3%)	6:47	8.8 (60.3%)
80	STRZELECKA Dorota	115		K-30	9	00:33:59.50	+00:13:22 (39.3%)	6:47	8.8 (60.3%)
81	KUREK Aneta	39		K-40	6	00:34:06.60	+00:13:29 (39.6%)	6:49	8.8 (60.3%)
82	PUŚCIAN Krzysztof	66	SZKOŁA PODSTAWOWA W MANOWIE	M-40	15	00:34:06.85	+00:13:29 (39.6%)	6:49	8.8 (60.3%)
83	ZIMNY Rafał	86		M-18	9	00:34:14.60	+00:13:37 (39.8%)	6:51	8.8 (60.3%)
84	WOLF Magdalena	93		K-30	10	00:34:34.25	+00:13:57 (40.4%)	6:54	8.7 (59.6%)
85	KURZAWIŃSKA-JABŁOŃSKA Kasia	41		K-40	7	00:34:43.35	+00:14:06 (40.6%)	6:56	8.6 (58.9%)
86	PASEK Paula	59	KLUB BIEGOWY JANTAR ŚWIESZYNO	K-30	11	00:34:55.40	+00:14:18 (41.0%)	6:59	8.6 (58.9%)
87	MARKOWSKA Iwona	102	4FIT CROSS BIAŁOGRAD	K-40	8	00:35:38.80	+00:15:01 (42.2%)	7:07	8.4 (57.5%)
88	ROMANOWICZ Monika	67		K-30	12	00:35:47.85	+00:15:10 (42.4%)	7:09	8.4 (57.5%)
89	GLIWA Llewelyn	89		K-30	13	00:36:00.40	+00:15:23 (42.7%)	7:12	8.3 (56.8%)
90	KRZYSZTOWCZYK Joanna	36	KIWKA BIEGA	K-30	14	00:36:10.95	+00:15:33 (43.0%)	7:14	8.3 (56.8%)
91	CHILLA Danuta	10		K-30	15	00:36:29.40	+00:15:52 (43.5%)	7:17	8.2 (56.2%)
92	BANYŚ Damian	2		M-30	25	00:36:33.55	+00:15:56 (43.6%)	7:18	8.2 (56.2%)
93	WOJTASZEK Mieczysław	43	EASY RUN	M-60+	3	00:37:52.75	+00:17:15 (45.6%)	7:34	7.9 (54.1%)
94	GŁOWACKI Jerzy	16		M-18	10	00:37:59.00	+00:17:21 (45.7%)	7:35	7.9 (54.1%)
95	OLCZAK Magdalena	56		K-18	2	00:39:01.85	+00:18:24 (47.2%)	7:48	7.7 (52.7%)
96	BEHOUNEK Magdalena	100	TG SOKÓŁ ZAKOPANE	K-30	16	00:39:13.55	+00:18:36 (47.4%)	7:50	7.6 (52.1%)
97	ZBYRYT Halina	104	AKTYWNA NOWA RUDA	K-40	9	00:39:21.25	+00:18:44 (47.6%)	7:52	7.6 (52.1%)
98	KRYSTOSIK Paulina	35	WIECZORNE BIEGANIE W SZCZECINIE 8 KM	K-18	3	00:39:36.35	+00:18:59 (47.9%)	7:55	7.6 (52.1%)
99	NAPIERAŁA Jarosław	111		M-30	26	00:40:34.40	+00:19:57 (49.2%)	8:07	7.4 (50.7%)
100	PASEK Jan	60	KLUB BIEGOWY JANTAR ŚWIESZYNO	M-60+	4	00:42:27.10	+00:21:50 (51.4%)	8:29	7.1 (48.6%)
101	ŁĘŻNIAK Arkadiusz	47		M-40	16	00:42:44.75	+00:22:07 (51.8%)	8:33	7 (47.9%)
102	PIETRASZEWSKA Elodie	62		K-18	4	00:47:08.70	+00:26:31 (56.3%)	9:25	6.4 (43.8%)
103	HAŁAS Renata	23	SZYBCIEJ NIE MOGĘ	K-40	10	00:48:33.65	+00:27:56 (57.5%)	9:42	6.2 (42.5%)

Znaleziono 103 wynik(ów)