

BIEG PAŁACOWY - 5KM

Organizator: ABI /Akceptacja-Bezinteresowność-Inkluzja/ Stowarzyszenie przy Specjalnym Ośrodku Szkolno-Wychowawczym w Damnicy
 Data: 2018-04-15
 Miejsce: Damnica
 Dystans: 5 km
 Klasyfikacja wg czasów netto.


BIEG PAŁACOWY - 5KM, OPEN

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|---------------------|-----|------------------------------------|-------------------|------|--------|--------|------|-------------|--------|------|
| 1 | SOKOŁOWSKI RYSZARD | 147 | FENX SŁUPSK | ZAGÓRZYCA | POL | M-OPEN | 1 | M 1 | 00:16:55.85 | 3:23 | 17.7 |
| 2 | PELO ARTUR | 137 | 7 BRYGADA OBRONY WYBRZEŻA SŁUPSK | SŁUPSK | POL | M-OPEN | 2 | M 2 | 00:17:04.80 | 3:25 | 17.6 |
| 3 | JEFIMCZYK NORBERT | 31 | | DAMNICA | POL | M-OPEN | 3 | M 3 | 00:17:27.20 | 3:29 | 17.2 |
| 4 | ZACHARCZUK ALBIN | 122 | UNIA HRUBIESZÓW | SŁUPSK | POL | M-OPEN | 4 | M 4 | 00:17:48.10 | 3:33 | 16.9 |
| 5 | SZOPIŃSKI TOMASZ | 103 | KB BRYZA POSTOMINO / JW 3672 | DARŁOWO | POL | M-OPEN | 5 | M 5 | 00:18:44.45 | 3:44 | 16 |
| 6 | GRACHEL PRZEMEK | 24 | NATRASIETEAM | ŚWIECICHOWO | POL | M-OPEN | 6 | M 6 | 00:19:06.55 | 3:49 | 15.7 |
| 7 | ZIELIŃSKI KACPER | 126 | PWSZ KOSZALIN | KOSZALIN | POL | M-OPEN | 7 | M 7 | 00:20:03.15 | 4:00 | 15 |
| 8 | GRODZKI MATEUSZ | 25 | | SŁUPSK | POL | M-OPEN | 8 | M 8 | 00:20:36.35 | 4:07 | 14.6 |
| 9 | STEFANIAK MARCIN | 92 | | ŁĘCZYCE | POL | M-OPEN | 9 | M 9 | 00:20:55.50 | 4:11 | 14.3 |
| 10 | BORYCHOWSKI MARIUSZ | 146 | 7 BOW SŁUPSK | KOBYLNICIA | POL | M-OPEN | 10 | M 10 | 00:20:58.60 | 4:11 | 14.3 |
| 11 | BORYCHOWSKA MARLENA | 136 | 7 BOW SŁUPSK | KOBYLNICIA | POL | K-OPEN | 1 | K 1 | 00:20:58.65 | 4:11 | 14.3 |
| 12 | NOWAK AGNIESZKA | 145 | 7 BOW SŁUPSK | SŁUPOSK | POL | K-OPEN | 2 | K 2 | 00:21:06.65 | 4:13 | 14.2 |
| 13 | KONKEL AGNIESZKA | 40 | | KOSZALIN | POL | K-OPEN | 3 | K 3 | 00:21:10.15 | 4:14 | 14.2 |
| 14 | KAMELSKI PIOTR | 32 | | SŁAWNO | POL | M-OPEN | 11 | M 11 | 00:21:19.65 | 4:16 | 14.1 |
| 15 | PYTLAK MICHAŁ | 143 | | SIEMIANICE | POL | M-OPEN | 12 | M 12 | 00:21:46.25 | 4:21 | 13.8 |
| 16 | DREWNIAK TOMASZ | 16 | | SŁUPSK | POL | M-OPEN | 13 | M 13 | 00:21:47.05 | 4:21 | 13.8 |
| 17 | BASARAB PIOTR | 4 | OSP POTĘGOWO | POTĘGOWO | POL | M-OPEN | 14 | M 14 | 00:22:08.10 | 4:25 | 13.6 |
| 18 | JABŁOŃSKI TOMASZ | 29 | SPOKO SŁAWNO - MKS ŚWIĘC | SŁAWNO | POL | M-OPEN | 15 | M 15 | 00:22:14.85 | 4:27 | 13.5 |
| 19 | MEDWID MICHAŁ | 60 | BATALION OCHRONY BAZY W REDZIKOWIE | GŁOBINO | POL | M-OPEN | 16 | M 16 | 00:22:15.50 | 4:27 | 13.5 |
| 20 | BARGAŃSKA JUSTYNA | 3 | RUNTASTYCZNI TEAM BYTÓW | BYTÓW | POL | K-OPEN | 4 | K 4 | 00:22:34.70 | 4:31 | 13.3 |
| 21 | TOMCZAK DOMINIK | 109 | NIGHT RUNNERS SŁUPSK | SŁUPSK | POL | M-OPEN | 17 | M 17 | 00:22:41.60 | 4:32 | 13.2 |
| 22 | PIŁCZYŃSKI PAWEŁ | 75 | | WIDZINO | POL | M-OPEN | 18 | M 18 | 00:22:52.45 | 4:34 | 13.1 |
| 23 | ŁUKASZEWSKI DAWID | 57 | STOPA SŁUPSK | SŁUPSK | POL | M-OPEN | 19 | M 19 | 00:23:04.65 | 4:37 | 13 |
| 24 | DYJAS KLAUDIUSZ | 80 | | SŁUPSK | POL | M-OPEN | 20 | M 20 | 00:23:13.00 | 4:38 | 12.9 |
| 25 | PROTASEWICZ ANDRZEJ | 78 | SŁAWNO | SŁAWNO | POL | M-OPEN | 21 | M 21 | 00:23:20.95 | 4:40 | 12.8 |
| 26 | GAWEŁ ZBIGNIEW | 19 | MIASTO SŁUPSK | SŁUPSK | POL | M-OPEN | 22 | M 22 | 00:23:40.50 | 4:44 | 12.7 |
| 27 | KĘSIK AGNIESZKA | 36 | ŚWIAT PŁYTEK U KRYSPIŃNA | SŁUPSK | POL | K-OPEN | 5 | K 5 | 00:23:55.20 | 4:47 | 12.5 |
| 28 | KONKEL ŁUKASZ | 41 | | KOSZALIN | POL | M-OPEN | 23 | M 23 | 00:24:25.05 | 4:53 | 12.3 |
| 29 | JAWORSKI ROBERT | 30 | KB BRYZA POSTOMINO | PIESZCZ | POL | M-OPEN | 24 | M 24 | 00:24:35.40 | 4:55 | 12.2 |
| 30 | WEILAND ADRIAN | 114 | NOCNE WILKI | SŁUPSK | POL | M-OPEN | 25 | M 25 | 00:24:48.25 | 4:57 | 12.1 |
| 31 | ADRYAN ADAM | 1 | CKB SŁUPSK | SŁUPSK | POL | M-OPEN | 26 | M 26 | 00:24:52.40 | 4:58 | 12.1 |
| 32 | KUBIŃSKI RAFAŁ | 49 | NIGHT RUNNERS SŁUPSK | SŁUPSK | POL | M-OPEN | 27 | M 27 | 00:24:53.50 | 4:58 | 12.1 |
| 33 | KOŚLA JUSTYNA | 43 | NIGHT RUNNERS SŁUPSK | SŁUPSK | POL | K-OPEN | 6 | K 6 | 00:25:00.65 | 5:00 | 12 |
| 34 | GAJEWSKI ANDRZEJ | 18 | STOPA SŁUPSK | DAMNICA | POL | M-OPEN | 28 | M 28 | 00:25:00.75 | 5:00 | 12 |
| 35 | CZUBAK TOMASZ | 68 | BIEGAM BO LUBIĘ | SŁUPSK | POL | M-OPEN | 29 | M 29 | 00:25:05.85 | 5:01 | 12 |
| 36 | MAJCHRZAK DARIUSZ | 133 | CPSP USTKA | USTKA | POL | M-OPEN | 30 | M 30 | 00:25:12.90 | 5:02 | 11.9 |
| 37 | NOWICKI MATEUSZ | 66 | CSMW | KOBYLNICIA | POL | M-OPEN | 31 | M 31 | 00:25:17.05 | 5:03 | 11.9 |
| 38 | WEILAND CYPRIAN | 113 | NOCNE WILKI | SŁUPSK | POL | M-OPEN | 32 | M 32 | 00:25:20.45 | 5:04 | 11.8 |
| 39 | GLISZCZYŃSKI ŁUKASZ | 140 | ŚWIAT PŁYTEK U KRYSPIŃNA | BYTÓW | POL | M-OPEN | 33 | M 33 | 00:25:26.30 | 5:05 | 11.8 |
| 40 | KRAJEWSKI MARCIN | 45 | NADLEŚNICTWO DAMNICA | DĘBNICA KASZUBSKA | POL | M-OPEN | 34 | M 34 | 00:25:31.80 | 5:06 | 11.7 |
| 41 | BIELEWICZ ANNA | 5 | STOPA SŁUPSK | KOBYLNICIA | POL | K-OPEN | 7 | K 7 | 00:25:49.55 | 5:09 | 11.6 |
| 42 | DELIGA SZYMON | 14 | | SŁUPSK | POL | M-OPEN | 35 | M 35 | 00:25:51.60 | 5:10 | 11.6 |
| 43 | PATYNA PAWEŁ | 71 | | SŁUPSK | POL | M-OPEN | 36 | M 36 | 00:25:52.75 | 5:10 | 11.6 |
| 44 | ZIELONKA MATEUSZ | 127 | | SŁUPSK | POL | M-OPEN | 37 | M 37 | 00:25:55.25 | 5:11 | 11.6 |
| 45 | SZKATULSKI TOMASZ | 100 | DARŁOWSKIE CHARTY | DARŁOWO | POL | M-OPEN | 38 | M 38 | 00:25:58.70 | 5:11 | 11.5 |
| 46 | ZALEWSKI GRZEGORZ | 123 | W.P.K. SŁOŃ USTKA TEAM | USTKA | POL | M-OPEN | 39 | M 39 | 00:26:24.55 | 5:16 | 11.4 |

BIEG PAŁACOWY - 5KM, OPEN c.d.

| M-ce | Nazwisko i imię | Nr | Klub | M-scowość | Kraj | Kat. | M. kat | K/M | Netto | min/km | km/h |
|------|-----------------------------|-----|-----------------------------|-------------|------|--------|--------|------|-------------|--------|------|
| 47 | SPERA JAKUB | 90 | | SŁUPSK | POL | M-OPEN | 40 | M 40 | 00:26:24.90 | 5:17 | 11.4 |
| 48 | HAŁADEJ MIKOŁAJ | 28 | | DAMNICA | POL | M-OPEN | 41 | M 41 | 00:26:27.05 | 5:17 | 11.3 |
| 49 | WEILAND MATEUSZ | 135 | NIGHT WOLVES | SŁUPSK | POL | M-OPEN | 42 | M 42 | 00:26:36.50 | 5:19 | 11.3 |
| 50 | WOŚ PRZEMEK | 120 | RADIO GDAŃSK | POLSKA | POL | M-OPEN | 43 | M 43 | 00:26:58.70 | 5:23 | 11.1 |
| 51 | LEWANDOWSKA SYLWIA | 141 | ŚWIAT PŁYTEK U KRYSPIŃ | KOŚCIERZYNA | POL | K-OPEN | 8 | K 8 | 00:27:00.25 | 5:24 | 11.1 |
| 52 | SZAREK PAWEŁ | 76 | CSMW | SŁUPSK | POL | M-OPEN | 44 | M 44 | 00:27:05.45 | 5:25 | 11.1 |
| 53 | KŁUSEK MAREK | 38 | | SŁUPSK | POL | M-OPEN | 45 | M 45 | 00:27:07.35 | 5:25 | 11.1 |
| 54 | RYCHLIŃSKI DAMIAN | 84 | WATAHA - ŁĄCZY NAS BIEGANIE | SŁUPSK | POL | M-OPEN | 46 | M 46 | 00:27:16.40 | 5:27 | 11 |
| 55 | DUBACKI STANISŁAW KAZIMIERZ | 17 | NIGHT RUNNERS SŁUPSK | BORZĘCIN | POL | M-OPEN | 47 | M 47 | 00:27:17.35 | 5:27 | 11 |
| 56 | DOMASZK PAWEŁ | 15 | | GDAŃSK | POL | M-OPEN | 48 | M 48 | 00:27:54.70 | 5:35 | 10.7 |
| 57 | KANIUK MAJA | 33 | | RUMIA | POL | K-OPEN | 9 | K 9 | 00:28:13.55 | 5:38 | 10.6 |
| 58 | HAŁADEJ MIROŚŁAW | 27 | | DAMNICA | POL | M-OPEN | 49 | M 49 | 00:28:35.60 | 5:43 | 10.5 |
| 59 | CZYWIL RADOSŁAW | 12 | | MACHOWINO | POL | M-OPEN | 50 | M 50 | 00:28:37.25 | 5:43 | 10.5 |
| 60 | WEILAND AGNIESZKA | 112 | NOCNE WILKI | SŁUPSK | POL | K-OPEN | 10 | K 10 | 00:28:51.65 | 5:46 | 10.4 |
| 61 | ŻUKOWSKI KACPER | 130 | NOCNE WILKI | SŁUPSK | POL | M-OPEN | 51 | M 51 | 00:29:07.50 | 5:49 | 10.3 |
| 62 | KUSIAK MAREK | 51 | | SŁUPSK | POL | M-OPEN | 52 | M 52 | 00:29:09.30 | 5:50 | 10.3 |
| 63 | SZMIGIERO SEBASTIAN | 101 | W.P.K SŁOŃ TEAM | SŁUPSK | POL | M-OPEN | 53 | M 53 | 00:29:19.25 | 5:51 | 10.2 |
| 64 | MROZIK JOANNA | 63 | | SŁUPSK | POL | K-OPEN | 11 | K 11 | 00:29:26.60 | 5:53 | 10.2 |
| 65 | SZKATULSKA KAROLINA | 99 | DARŁOWSKIE CHARTY | DARŁOWO | POL | K-OPEN | 12 | K 12 | 00:29:41.85 | 5:56 | 10.1 |
| 66 | OKRÓJ SYLWIA | 67 | | POTĘGOWO | POL | K-OPEN | 13 | K 13 | 00:29:44.85 | 5:57 | 10.1 |
| 67 | SKWAREK MONIKA | 88 | | SŁUPSK | POL | K-OPEN | 14 | K 14 | 00:30:20.30 | 6:04 | 9.9 |
| 68 | GRABOWSKA KINGA | 22 | | SŁUPSK | POL | K-OPEN | 15 | K 15 | 00:30:24.30 | 6:04 | 9.9 |
| 69 | WUTTKA MARLENA | 153 | | KARŻNICZKA | POL | K-OPEN | 16 | K 16 | 00:30:27.55 | 6:05 | 9.8 |
| 70 | BUKIEL BARTOSZ | 155 | D D USTKA | USTKA | POL | M-OPEN | 54 | M 54 | 00:30:49.60 | 6:09 | 9.7 |
| 71 | LEWANDOWSKI ADAM | 55 | W.P.K SŁOŃ TEAM USTKA | USTKA | POL | M-OPEN | 55 | M 55 | 00:31:03.75 | 6:12 | 9.7 |
| 72 | MARCZAK MAŁGORZATA | 59 | AMATOR | ŻELKOWO | POL | K-OPEN | 17 | K 17 | 00:31:21.05 | 6:16 | 9.6 |
| 73 | ŻUKOWSKI MAKSYMILIAN | 131 | NOCNE WILKI | SŁUPSK | POL | M-OPEN | 56 | M 56 | 00:31:34.05 | 6:18 | 9.5 |
| 74 | PIEKARSKA ANETA | 73 | | KWAKOWO | POL | K-OPEN | 18 | K 18 | 00:31:56.25 | 6:23 | 9.4 |
| 75 | KRZACZKOWSKA IZABELA | 46 | | STĘŻYCA | POL | K-OPEN | 19 | K 19 | 00:32:06.45 | 6:25 | 9.3 |
| 76 | PROTASEWICZ RENATA | 77 | SŁAWNO | SŁAWNO | POL | K-OPEN | 20 | K 20 | 00:32:39.00 | 6:31 | 9.2 |
| 77 | BUDZYŃSKA ELŻBIETA | 7 | | SŁUPSK | POL | K-OPEN | 21 | K 21 | 00:33:06.00 | 6:37 | 9.1 |
| 78 | KIRKO DAMIAN | 144 | | WIATROWO | POL | M-OPEN | 57 | M 57 | 00:33:13.75 | 6:38 | 9 |
| 79 | KOŁTUN ŁUKASZ | 39 | REZERWOWE PSY | SŁUPSK | POL | M-OPEN | 58 | M 58 | 00:33:32.00 | 6:42 | 8.9 |
| 80 | DERDA JULIA | 148 | STAROSTWO POWIATOWE SŁUPSK | SŁUPSK | POL | K-OPEN | 22 | K 22 | 00:35:16.25 | 7:03 | 8.5 |
| 81 | SĄŁAJ ANGELIKA | 85 | STAROSTWO POWIATOWE SŁUPSK | ZBYSZEWO | POL | K-OPEN | 23 | K 23 | 00:35:16.35 | 7:03 | 8.5 |
| 82 | KOS KRYSZTIAN | 138 | CPSP USTKA | KOBYLNICZKA | POL | M-OPEN | 59 | M 59 | 00:36:19.90 | 7:16 | 8.3 |
| 83 | BARAŃSKA IZABELA | 2 | CPSP USTKA | ZŁAKOWO | POL | K-OPEN | 24 | K 24 | 00:36:19.95 | 7:16 | 8.3 |
| 84 | PUĆ ANNA | 79 | | SŁUPSK | POL | K-OPEN | 25 | K 25 | 00:36:26.95 | 7:17 | 8.2 |
| 85 | ŻUKOWSKI ARTUR | 129 | NOCNE WILKI | SŁUPSK | POL | M-OPEN | 60 | M 60 | 00:36:28.20 | 7:17 | 8.2 |
| 86 | SOBOLEWSKA IZABELA | 154 | | KARŻNICZKA | POL | K-OPEN | 26 | K 26 | 00:37:02.20 | 7:24 | 8.1 |
| 87 | KUBINA AGATA | 47 | | SŁUPSK | POL | K-OPEN | 27 | K 27 | 00:37:19.05 | 7:27 | 8 |
| 88 | MICHAŁSKA AGNIESZKA | 61 | | LULEMINO | POL | K-OPEN | 28 | K 28 | 00:37:19.85 | 7:28 | 8 |
| 89 | ŻUKOWSKA AGNIESZKA | 128 | NOCNE WILKI | SŁUPSK | POL | K-OPEN | 29 | K 29 | 00:37:41.45 | 7:32 | 8 |
| 90 | ZAGÓROWSKA ANNA | 139 | | DAMNICA | POL | K-OPEN | 30 | K 30 | 00:39:11.55 | 7:50 | 7.7 |
| 91 | CZERWIŃSKA KAMILA | 11 | CPSP USTKA | ZŁAKOWO | POL | K-OPEN | 31 | K 31 | 00:39:33.10 | 7:54 | 7.6 |
| 92 | WAGNER PAULINA | 111 | CPSP USTKA | GÓRSKO | POL | K-OPEN | 32 | K 32 | 00:40:24.65 | 8:05 | 7.4 |
| 93 | BAGIŃSKA MAGDA | 134 | CPSP USTKA | USTKA | POL | K-OPEN | 33 | K 33 | 00:40:26.50 | 8:05 | 7.4 |
| 94 | OLSZAK MAGDALENA | 69 | PLACKI | SŁUPSK | POL | K-OPEN | 34 | K 34 | 00:40:42.85 | 8:08 | 7.4 |
| 95 | SZYMKOWIAK PAULINA | 149 | PLACKI | SŁUPSK | POL | K-OPEN | 35 | K 35 | 00:40:43.10 | 8:08 | 7.4 |
| 96 | TRUBACZ DARIUSZ | 132 | CPSP USTKA | SŁUPSK | POL | M-OPEN | 61 | M 61 | 00:45:55.90 | 9:11 | 6.5 |
| 97 | ROZWADOWSKA MARTA | 83 | NIGHT RUNNERS SŁUPSK | SŁUPSK | POL | K-OPEN | 36 | K 36 | 00:46:59.60 | 9:24 | 6.4 |
| 98 | SULL AGNIESZKA | 94 | NIGHT RUNNERS SŁUPSK | WODNICA | POL | K-OPEN | 37 | K 37 | 00:47:00.00 | 9:24 | 6.4 |
| 99 | SULL KACPER | 96 | NIGHT RUNNERS SŁUPSK | WODNICA | POL | M-OPEN | 62 | M 62 | 00:47:00.40 | 9:24 | 6.4 |
| 100 | KUBIŃSKA BEATA | 48 | NIGHT RUNNERS SŁUPSK | SŁUPSK | POL | K-OPEN | 38 | K 38 | 00:47:00.50 | 9:24 | 6.4 |
| 101 | BOROWSKA IWONA | 151 | NIGHT RUNNERS SŁUPSK | SŁUPSK | | K-OPEN | 39 | K 39 | 00:47:00.80 | 9:24 | 6.4 |
| 102 | DAMPS JULITA | 13 | NIGHT RUNNERS SŁUPSK | SŁUPSK | POL | K-OPEN | 40 | K 40 | 00:47:01.80 | 9:24 | 6.4 |