



**Organizator:** Gmina Malechowo  
**Data:** 2024-08-25  
**Miejsce:** Malechowo  
**Dystans:** 10 km

## V BIEG BEZ SPINY

B4SPORT



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Powiat Sławno	Gmina Malechowo	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>BORYCHOWSKI Mariusz</b>	<b>91</b>	7 BOW SŁUPSK	M-50	1	Tak	Tak	00:30:32	<b>00:37:07.65</b>	<b>01:07:40.25</b>		3:42	16.2 (100%)
2	<b>TOMKOWSKI Przemysław</b>	<b>63</b>	CHRYSTUS KRÓLEM	M-30	1			00:30:32	<b>00:40:12.35</b>	<b>01:10:44.95</b>	+00:03:04 (7.7%)	4:01	14.9 (92.0%)
3	<b>CHMIELEWSKI Tomasz</b>	<b>10</b>		M-40	1			00:30:34	<b>00:40:32.00</b>	<b>01:11:06.25</b>	+00:03:24 (8.4%)	4:03	14.8 (91.4%)
4	<b>WITKIEWICZ Eryk</b>	<b>66</b>		M-40	2			00:30:32	<b>00:40:54.25</b>	<b>01:11:26.55</b>	+00:03:46 (9.2%)	4:05	14.7 (90.7%)
5	<b>JÓŻWIK Adam</b>	<b>23</b>	MPGKIM SŁAWNO	M-30	2	Tak		00:30:32	<b>00:41:18.30</b>	<b>01:11:50.90</b>	+00:04:10 (10.1%)	4:07	14.5 (89.5%)
6	<b>SMAGOWSKI Wojtek</b>	<b>55</b>	FIGA TEAM BIAŁOGARD	M-40	3			00:30:33	<b>00:41:34.05</b>	<b>01:12:07.25</b>	+00:04:26 (10.7%)	4:09	14.4 (88.9%)
7	<b>MAJROWSKI Mariusz</b>	<b>40</b>	KB BRYZA POSTOMINO	M-18	1	Tak		00:30:33	<b>00:41:48.80</b>	<b>01:12:21.85</b>	+00:04:41 (11.2%)	4:10	14.4 (88.9%)
8	<b>PĘKAŁA Mikołaj</b>	<b>48</b>	INFERNO RUNNING TEAM	M-18	2			00:30:32	<b>00:41:54.35</b>	<b>01:12:27.25</b>	+00:04:46 (11.4%)	4:11	14.3 (88.3%)
9	<b>KOZIEŁ Paweł</b>	<b>33</b>	FIGA PRACOWNIA PROJEKTOWA	M-40	4			00:30:33	<b>00:42:10.90</b>	<b>01:12:44.10</b>	+00:05:03 (12.0%)	4:13	14.2 (87.7%)
10	<b>SROKA Paweł</b>	<b>57</b>	KOWARY BIEGAJĄ	M-50	2			00:30:33	<b>00:42:29.85</b>	<b>01:13:02.90</b>	+00:05:22 (12.6%)	4:14	14.1 (87.0%)
11	<b>JABŁOŃSKI Tomasz</b>	<b>21</b>	KB SPOKO SŁAWNO	M-40	5	Tak		00:30:32	<b>00:42:44.20</b>	<b>01:13:17.10</b>	+00:05:36 (13.1%)	4:16	14 (86.4%)
12	<b>MAKARSKI Marcin</b>	<b>41</b>	KLUB BIEGACZA DARŁOWSKIE CHARTY	M-40	6	Tak		00:30:32	<b>00:43:16.60</b>	<b>01:13:49.05</b>	+00:06:08 (14.2%)	4:19	13.9 (85.8%)
13	<b>SOCHA Przemysław</b>	<b>74</b>		M-40	7	Tak	Tak	00:30:36	<b>00:43:51.00</b>	<b>01:14:27.45</b>	+00:06:43 (15.3%)	4:23	13.7 (84.6%)
14	<b>WALEŃSKI Michał</b>	<b>86</b>	TKKF KOSZALIN	M-50	3			00:30:33	<b>00:44:07.00</b>	<b>01:14:40.20</b>	+00:06:59 (15.8%)	4:24	13.6 (84.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Powiat Sławno	Gmina Malechowo	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
15	<b>BACHLIŃSKI Daniel</b>	<b>4</b>		M-18	3			00:30:35	<b>00:45:03.55</b>	<b>01:15:39.25</b>	+00:07:55 (17.6%)	4:30	13.3 (82.1%)
16	<b>WILCZEWSKI Mariusz</b>	<b>81</b>	KB SPOKO	M-30	3			00:30:36	<b>00:45:33.25</b>	<b>01:16:09.80</b>	+00:08:25 (18.5%)	4:33	13.2 (81.5%)
17	<b>ZWOLIŃSKI Jan</b>	<b>83</b>	TKKF KOSZALIN	M-50	4			00:30:34	<b>00:46:10.45</b>	<b>01:16:44.65</b>	+00:09:02 (19.6%)	4:37	13 (80.2%)
18	<b>KONECKI Dariusz</b>	<b>31</b>	KB SPOKO SŁAWNO	M-50	5	Tak		00:30:37	<b>00:46:15.60</b>	<b>01:16:52.60</b>	+00:09:07 (19.7%)	4:37	13 (80.2%)
19	<b>RYBICKI Andrzej</b>	<b>78</b>	KBS SŁAWNO	M-40	8	Tak	Tak	00:30:36	<b>00:46:43.00</b>	<b>01:17:19.05</b>	+00:09:35 (20.5%)	4:40	12.8 (79.0%)
20	<b>TURCZYN Tomasz</b>	<b>64</b>		M-40	9	Tak		00:30:32	<b>00:46:52.55</b>	<b>01:17:25.00</b>	+00:09:44 (20.8%)	4:41	12.8 (79.0%)
21	<b>KRUK Marcin</b>	<b>34</b>	TKKF MASTERS KOSZALIN	M-40	10			00:30:35	<b>00:47:08.40</b>	<b>01:17:43.95</b>	+00:10:00 (21.2%)	4:42	12.7 (78.4%)
22	<b>WÓJCICKI Grzegorz</b>	<b>68</b>	KB SPOKO SŁAWNO	M-40	11	Tak		00:30:37	<b>00:47:51.40</b>	<b>01:18:28.70</b>	+00:10:43 (22.4%)	4:47	12.5 (77.2%)
23	<b>MOSZYŃSKI Jacek</b>	<b>82</b>	TKKF KOSZALIN	M-60	1			00:30:34	<b>00:48:06.55</b>	<b>01:18:40.80</b>	+00:10:58 (22.8%)	4:48	12.5 (77.2%)
24	<b>LEGIERSKI Andrzej</b>	<b>38</b>	WOLF TEAM SŁAWNO	M-40	12	Tak		00:30:34	<b>00:48:32.90</b>	<b>01:19:07.45</b>	+00:11:25 (23.5%)	4:51	12.4 (76.5%)
25	<b>PEKAŁA Piotr</b>	<b>49</b>	SOSW/SP4 KOSZALIN	M-50	6			00:30:35	<b>00:48:44.05</b>	<b>01:19:19.20</b>	+00:11:36 (23.8%)	4:52	12.3 (75.9%)
26	<b>BARUTOWICZ Grzegorz</b>	<b>5</b>	BIEGACZE ROZRABIACZE	M-40	13			00:30:37	<b>00:48:59.40</b>	<b>01:19:36.70</b>	+00:11:51 (24.2%)	4:53	12.2 (75.3%)
27	<b>WYCHOWALEK Damian</b>	<b>85</b>	BABORD	M-30	4			00:30:32	<b>00:49:06.45</b>	<b>01:19:39.05</b>	+00:11:58 (24.4%)	4:54	12.2 (75.3%)
28	<b>KRUPIŃSKI Krzysztof</b>	<b>36</b>	E-UROLOG.EU / BIEGACZE ROZRABIACZE	M-60	2			00:30:36	<b>00:49:09.15</b>	<b>01:19:45.80</b>	+00:12:01 (24.5%)	4:54	12.2 (75.3%)
29	<b>WITKOWSKI Dawid</b>	<b>67</b>	KBSPOKOSŁAWNO	M-30	5	Tak		00:30:38	<b>00:49:14.20</b>	<b>01:19:52.65</b>	+00:12:06 (24.6%)	4:55	12.2 (75.3%)
30	<b>PIETRZYK Paulina</b>	<b>50</b>	BIEGOLAS KOSZALIN	K-30	1			00:30:35	<b>00:49:52.50</b>	<b>01:20:27.55</b>	+00:12:44 (25.6%)	4:59	12 (74.1%)
31	<b>LENDZIOSZEK Ryszard</b>	<b>39</b>	KLUB BIEGACZA DARŁOWSKIE CHARTY	M-40	14	Tak		00:30:35	<b>00:50:11.10</b>	<b>01:20:46.15</b>	+00:13:03 (26.0%)	5:01	12 (74.1%)
32	<b>JĘDRZEJCZYK Mateusz</b>	<b>22</b>		M-30	6	Tak		00:30:34	<b>00:50:28.20</b>	<b>01:21:02.35</b>	+00:13:20 (26.4%)	5:02	11.9 (73.5%)
33	<b>CHYLEWSKA Aleksandra</b>	<b>12</b>		K-30	2			00:30:33	<b>00:50:32.45</b>	<b>01:21:05.85</b>	+00:13:24 (26.5%)	5:03	11.9 (73.5%)
34	<b>KARCZEWSKI Wojciech</b>	<b>28</b>		M-40	15			00:30:36	<b>00:51:25.55</b>	<b>01:22:02.50</b>	+00:14:17 (27.8%)	5:08	11.7 (72.2%)
35	<b>KAPAŁA Marek</b>	<b>27</b>		M-40	16	Tak		00:30:34	<b>00:51:58.00</b>	<b>01:22:32.00</b>	+00:14:50 (28.6%)	5:11	11.5 (71.0%)
36	<b>KAMIŃSKI Piotr</b>	<b>25</b>		M-50	7			00:30:37	<b>00:52:00.45</b>	<b>01:22:37.50</b>	+00:14:52 (28.6%)	5:12	11.5 (71.0%)
37	<b>KASPRZYK Bogdan</b>	<b>29</b>	KS WILKI POMORSKIE	M-50	8			00:30:36	<b>00:52:37.00</b>	<b>01:23:13.65</b>	+00:15:29 (29.4%)	5:15	11.4 (70.4%)

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38	<b>KRUPIŃSKA Beata</b>	<b>35</b>	E-UROLOG.EU / BIEGACZE ROZRABIACZE	K-50	1			00:30:37	<b>00:52:48.85</b>	<b>01:23:26.15</b>	+00:15:41 (29.7%)	5:16	11.4 (70.4%)
39	<b>ORŁOWSKI Paweł</b>	<b>46</b>		M-50	9			00:30:37	<b>00:52:49.60</b>	<b>01:23:26.60</b>	+00:15:41 (29.7%)	5:16	11.4 (70.4%)
40	<b>KONOPKA Lukasz</b>	<b>32</b>	KOLEGIUM SĘDZIÓW ZZPN	M-30	7			00:30:37	<b>00:53:24.45</b>	<b>01:24:01.95</b>	+00:16:16 (30.5%)	5:20	11.2 (69.1%)
41	<b>HAMULAZ Dariusz</b>	<b>73</b>	B.BIEGA	M-60	3			00:30:39	<b>00:54:18.55</b>	<b>01:24:57.55</b>	+00:17:10 (31.6%)	5:25	11 (67.9%)
42	<b>LEGIERSKA Anna</b>	<b>37</b>	WOLF TEAM SŁAWNO	K-40	1	Tak		00:30:34	<b>00:54:24.05</b>	<b>01:24:58.90</b>	+00:17:16 (31.8%)	5:26	11 (67.9%)
43	<b>WALCZAK Anna</b>	<b>65</b>		K-30	3	Tak	Tak	00:30:37	<b>00:55:03.35</b>	<b>01:25:40.65</b>	+00:17:55 (32.6%)	5:30	10.9 (67.3%)
44	<b>RAPSIEWICZ Łukasz</b>	<b>51</b>		M-40	17			00:30:39	<b>00:55:09.40</b>	<b>01:25:48.85</b>	+00:18:01 (32.7%)	5:30	10.9 (67.3%)
45	<b>RODZIŃSKI Damian</b>	<b>76</b>	STOPA SŁUPSK	M-40	18			00:30:37	<b>00:55:16.15</b>	<b>01:25:53.95</b>	+00:18:08 (32.8%)	5:31	10.9 (67.3%)
46	<b>APANEL Marta</b>	<b>2</b>		K-40	2			00:29:34	<b>00:55:26.00</b>	<b>01:25:00.00</b>	+00:18:18 (33.0%)	5:32	10.8 (66.7%)
47	<b>KOWALCZUK Jakub</b>	<b>71</b>		M-40	19	Tak	Tak	00:30:35	<b>00:55:26.85</b>	<b>01:26:02.25</b>	+00:18:19 (33.0%)	5:32	10.8 (66.7%)
48	<b>LICHOTA Mateusz</b>	<b>77</b>		M-30	8	Tak	Tak	00:30:39	<b>00:56:03.95</b>	<b>01:26:43.00</b>	+00:18:56 (33.8%)	5:36	10.7 (66.0%)
49	<b>ZAKRZEWSKI Paweł</b>	<b>69</b>	DARŁOWSKIE CHARTY	M-40	20	Tak		00:30:39	<b>00:56:24.65</b>	<b>01:27:03.65</b>	+00:19:17 (34.2%)	5:38	10.6 (65.4%)
50	<b>SZATYŁOWICZ Przemysław</b>	<b>58</b>	CHARTY	M-40	21			00:30:34	<b>00:56:32.35</b>	<b>01:27:06.95</b>	+00:19:24 (34.3%)	5:39	10.6 (65.4%)
51	<b>KOLIGAT Anna</b>	<b>30</b>		K-40	3			00:30:35	<b>00:56:44.80</b>	<b>01:27:20.50</b>	+00:19:37 (34.6%)	5:40	10.6 (65.4%)
52	<b>KAPAŁA Szymon</b>	<b>89</b>		M-18	4			00:29:38	<b>00:56:46.65</b>	<b>01:26:24.65</b>	+00:19:39 (34.6%)	5:40	10.6 (65.4%)
53	<b>RZECZKOWSKA Edyta</b>	<b>52</b>	KB SPOKO SŁAWNO	K-30	4			00:30:35	<b>00:56:55.20</b>	<b>01:27:30.65</b>	+00:19:47 (34.8%)	5:41	10.5 (64.8%)
54	<b>STOJEWSKA Katarzyna</b>	<b>59</b>	KLUB BIEGACZA SPOKO SŁAWNO	K-30	5	Tak		00:30:35	<b>00:56:55.70</b>	<b>01:27:30.80</b>	+00:19:48 (34.8%)	5:41	10.5 (64.8%)
55	<b>SIENKIEWICZ Bartosz</b>	<b>54</b>		M-30	9	Tak		00:30:38	<b>00:57:36.65</b>	<b>01:28:15.25</b>	+00:20:29 (35.6%)	5:45	10.4 (64.2%)
56	<b>MICKIEWICZ VEL MICKUS Grzegorz</b>	<b>45</b>	SPOKO SŁAWNO	M-40	22	Tak		00:30:37	<b>00:58:34.60</b>	<b>01:29:12.10</b>	+00:21:26 (36.6%)	5:51	10.2 (63.0%)
57	<b>KOWALCZYK Krzysztof</b>	<b>90</b>		M-50	10			00:30:38	<b>00:58:50.90</b>	<b>01:29:29.30</b>	+00:21:43 (36.9%)	5:53	10.2 (63.0%)
58	<b>BORUC Barbara</b>	<b>6</b>		K-50	2			00:30:35	<b>00:59:12.60</b>	<b>01:29:48.35</b>	+00:22:04 (37.3%)	5:55	10.1 (62.3%)
59	<b>SZCZEPANIK Anna</b>	<b>87</b>		K-30	6	Tak	Tak	00:30:36	<b>00:59:17.95</b>	<b>01:29:54.80</b>	+00:22:10 (37.4%)	5:55	10.1 (62.3%)
60	<b>SZCZEPANIK Konrad</b>	<b>88</b>		M-30	10	Tak	Tak	00:30:36	<b>00:59:18.55</b>	<b>01:29:54.95</b>	+00:22:10 (37.4%)	5:55	10.1 (62.3%)

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61	<b>ŁACINA Mariusz</b>	<b>92</b>		M-30	11	Tak	Tak	00:30:33	<b>00:59:32.90</b>	<b>01:30:06.55</b>	+00:22:25 (37.7%)	5:57	10.1 (62.3%)
62	<b>RUTKOWSKI Artur</b>	<b>56</b>	RUNKING	M-30	12			00:30:36	<b>00:59:36.10</b>	<b>01:30:12.85</b>	+00:22:28 (37.7%)	5:57	10.1 (62.3%)
63	<b>PERLIK Grzegorz</b>	<b>47</b>		M-60	4			00:30:37	<b>00:59:39.75</b>	<b>01:30:17.55</b>	+00:22:32 (37.8%)	5:57	10.1 (62.3%)
64	<b>SOCHA Patrycja</b>	<b>75</b>		K-30	7	Tak	Tak	00:30:35	<b>01:00:44.30</b>	<b>01:31:20.25</b>	+00:23:36 (38.9%)	6:04	9.9 (61.1%)
65	<b>PODGÓRSKI Maciej</b>	<b>80</b>		M-18	5	Tak	Tak	00:30:33	<b>01:01:02.10</b>	<b>01:31:35.75</b>	+00:23:54 (39.2%)	6:06	9.8 (60.5%)
66	<b>JAKUBIK - DAWIS Anton</b>	<b>79</b>		M-18	6	Tak	Tak	00:30:34	<b>01:01:04.75</b>	<b>01:31:39.00</b>	+00:23:57 (39.2%)	6:06	9.8 (60.5%)
67	<b>KARCZYŃSKI Rafał</b>	<b>84</b>	MBIK NIEMICA	M-40	23	Tak	tak	00:30:33	<b>01:01:42.30</b>	<b>01:32:15.50</b>	+00:24:34 (39.8%)	6:10	9.7 (59.9%)
68	<b>BUCZKO Katarzyna</b>	<b>8</b>	BIEGACZE ROZRABIACZE	K-18	1			00:30:36	<b>01:02:39.55</b>	<b>01:33:16.25</b>	+00:25:31 (40.7%)	6:15	9.6 (59.3%)
69	<b>ART Kamila</b>	<b>3</b>		K-30	8	Tak		00:30:40	<b>01:02:44.20</b>	<b>01:33:24.75</b>	+00:25:36 (40.8%)	6:16	9.6 (59.3%)
70	<b>BUTOWICZ Adam</b>	<b>9</b>		M-60	5			00:30:36	<b>01:04:37.60</b>	<b>01:35:14.05</b>	+00:27:29 (42.6%)	6:27	9.3 (57.4%)
71	<b>KAMIŃSKI Zbigniew</b>	<b>24</b>	ANANASY Z 3 FAL	M-60	6			00:30:40	<b>01:04:57.10</b>	<b>01:35:37.10</b>	+00:27:49 (42.8%)	6:29	9.2 (56.8%)
72	<b>CISEK-MUSOLF Stanisława</b>	<b>13</b>		K-30	9			00:30:34	<b>01:05:02.85</b>	<b>01:35:37.15</b>	+00:27:55 (42.9%)	6:30	9.2 (56.8%)
73	<b>ŁACINA Weronika</b>	<b>93</b>		K-30	10	Tak	Tak	00:30:33	<b>01:06:14.75</b>	<b>01:36:48.55</b>	+00:29:07 (44.0%)	6:37	9.1 (56.2%)
74	<b>SULEJA Joanna</b>	<b>60</b>	SKL	K-60	1			00:30:38	<b>01:07:40.30</b>	<b>01:38:19.20</b>	+00:30:32 (45.1%)	6:46	8.9 (54.9%)
75	<b>HELLER Zdzisław</b>	<b>19</b>		M-60	7			00:30:37	<b>01:07:42.60</b>	<b>01:38:19.60</b>	+00:30:34 (45.2%)	6:46	8.9 (54.9%)
76	<b>GOSTYŃSKA Angelika</b>	<b>16</b>		K-30	11			00:30:38	<b>01:12:38.00</b>	<b>01:43:16.25</b>	+00:35:30 (48.9%)	7:15	8.3 (51.2%)
77	<b>SEEWALD Agnieszka</b>	<b>53</b>		K-40	4			00:30:38	<b>01:13:03.05</b>	<b>01:43:41.80</b>	+00:35:55 (49.2%)	7:18	8.2 (50.6%)
78	<b>KOWALCZUK Danuta</b>	<b>72</b>		K-40	5	Tak	Tak	00:30:35	<b>01:13:28.70</b>	<b>01:44:04.35</b>	+00:36:21 (49.5%)	7:20	8.2 (50.6%)
79	<b>HOJDYCZ Jan</b>	<b>20</b>	POSEJDON	M-60	8			00:30:34	<b>01:14:56.85</b>	<b>01:45:31.10</b>	+00:37:49 (50.5%)	7:29	8 (49.4%)
80	<b>BUCZKO Maciej</b>	<b>7</b>	BIEGACZE ROZRABIACZE	M-30	13			00:30:37	<b>01:17:09.55</b>	<b>01:47:47.35</b>	+00:40:01 (51.9%)	7:42	7.8 (48.1%)
81	<b>CHRUSZCZ Marcin</b>	<b>11</b>	ZUMBA TEAM	M-40	24	Tak	Tak	00:30:35	<b>01:22:17.20</b>	<b>01:52:52.85</b>	+00:45:09 (54.9%)	8:13	7.3 (45.1%)
82	<b>DUDKO Joanna</b>	<b>14</b>	ZUMBA TEAM	K-40	6	Tak		00:30:35	<b>01:22:47.75</b>	<b>01:53:23.10</b>	+00:45:40 (55.2%)	8:16	7.2 (44.4%)
83	<b>MARCINIAK Malwina</b>	<b>43</b>	ZUMBA TEAM	K-30	12	Tak		00:30:35	<b>01:27:43.45</b>	<b>01:58:18.70</b>	+00:50:35 (57.7%)	8:46	6.8 (42.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Powiat Sławno	Gmina Malechowo	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
84	<b>DUDKO Zuzanna</b>	<b>15</b>	ZUMBA TEAM	K-18	2	Tak		00:30:34	<b>01:27:43.60</b>	<b>01:58:18.40</b>	+00:50:35 (57.7%)	8:46	6.8 (42.0%)
85	<b>KANIA Marlena</b>	<b>26</b>	ZUMBA TEAM	K-30	13	Tak	Tak	00:30:35	<b>01:27:43.90</b>	<b>01:58:19.15</b>	+00:50:36 (57.7%)	8:46	6.8 (42.0%)
86	<b>MICHNO Joanna</b>	<b>44</b>	ZUMBA TEAM	K-40	7	Tak		00:28:18	<b>01:30:00.40</b>	<b>01:58:19.20</b>	+00:52:52 (58.8%)	9:00	6.7 (41.4%)

Znaleziono 86 wynik(ów)