



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

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

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

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

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84	DUDKO Zuzanna	15	ZUMBA TEAM	K-18	2	Tak		00:30:34	01:27:43.60	01:58:18.40	+00:50:35 (57.7%)	8:46	6.8 (42.0%)
85	KANIA Marlena	26	ZUMBA TEAM	K-30	13	Tak	Tak	00:30:35	01:27:43.90	01:58:19.15	+00:50:36 (57.7%)	8:46	6.8 (42.0%)
86	MICHNO Joanna	44	ZUMBA TEAM	K-40	7	Tak		00:28:18	01:30:00.40	01:58:19.20	+00:52:52 (58.8%)	9:00	6.7 (41.4%)

Znaleziono 86 wynik(ów)