

VII BIEG - 5KM

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Event: VII BIEG "POGOŃ RAKA"
Organiser: Stowarzyszenie Walki z Rakiem Płuca Oddział Szczecin
Date: 2023-10-07
Place: SZCZECIN
Distance: 5 km



Classification: M-40

Place	Participant	Number	Club	Category	MCat	Net time 5km	Gap	Pace min/km	Pace km/h
1	WASILEWSKI Andrzej	272	WILKI Z CIECHOCINKA	M-40	1	00:19:45.50		3:57	15.2 (100%)
2	ŁAZOWSKI Marcin	1	POGOŃ SZCZECIN	M-40	2	00:21:08.90	+00:01:23 (6.6%)	4:13	14.2 (93.4%)
3	POGORZELSKI Daniel	206	#FIEGEBIEGA	M-40	3	00:22:45.65	+00:03:00 (13.2%)	4:33	13.2 (86.8%)
4	KRZEŚNIEWSKI Marcin	120	RAZ SZCZECIN	M-40	4	00:22:46.75	+00:03:01 (13.3%)	4:33	13.2 (86.8%)
5	ANTOSIK Bartosz	13	NA PRZYPALE ALBO WCALE!!!	M-40	5	00:23:00.75	+00:03:15 (14.1%)	4:36	13 (85.5%)
6	MICHALCZYSZYN Tomasz	2	POGOŃ SZCZECIN	M-40	6	00:23:01.25	+00:03:15 (14.2%)	4:36	13 (85.5%)
7	MALINOWSKI Norbert	154		M-40	7	00:23:02.90	+00:03:17 (14.3%)	4:36	13 (85.5%)
8	TALAREK Robert	258	SMT SZCZECIN	M-40	8	00:23:44.80	+00:03:59 (16.8%)	4:44	12.6 (82.9%)
9	CHARĘZA Marcin	34	ZAWADZKIEGO SZCZECIN	M-40	9	00:24:17.45	+00:04:31 (18.7%)	4:51	12.4 (81.6%)
10	PELC Marek	195		M-40	10	00:24:20.75	+00:04:35 (18.8%)	4:52	12.3 (80.9%)
11	KONDRAT Krzysztof	99		M-40	11	00:24:23.00	+00:04:37 (19.0%)	4:52	12.3 (80.9%)
12	BANASIEWICZ Zbigniew	16		M-40	12	00:24:25.30	+00:04:39 (19.1%)	4:53	12.3 (80.9%)
13	ŁUSZCZEWSKI Sebastian	146		M-40	13	00:25:31.65	+00:05:46 (22.6%)	5:06	11.8 (77.6%)
14	KIERNOŻYCKI Mateusz	91		M-40	14	00:25:32.35	+00:05:46 (22.6%)	5:06	11.7 (77.0%)
15	SZUBARTOWSKI Grzegorz	253	#FIEGEBIEGA	M-40	15	00:25:52.00	+00:06:06 (23.6%)	5:10	11.6 (76.3%)
16	ZINKIEWICZ Jarek	300	BIEGOHOLICA	M-40	16	00:26:34.85	+00:06:49 (25.7%)	5:18	11.3 (74.3%)
17	MIKA Tomasz	169		M-40	17	00:27:07.20	+00:07:21 (27.1%)	5:25	11.1 (73.0%)
18	PIOTROWSKI Marek	201	BIEGAMBOLUBIE GOLENIÓW	M-40	18	00:27:12.60	+00:07:27 (27.4%)	5:26	11 (72.4%)
19	GLINKA Bogusz	59		M-40	19	00:27:16.85	+00:07:31 (27.6%)	5:27	11 (72.4%)
20	ROGAŁSKI Maksymilian	3	POGOŃ SZCZECIN	M-40	20	00:27:30.20	+00:07:44 (28.2%)	5:30	10.9 (71.7%)
21	MILER Marcin	170		M-40	21	00:27:50.20	+00:08:04 (29.0%)	5:34	10.8 (71.1%)
22	CARŁO Marcin	33		M-40	22	00:28:53.25	+00:09:07 (31.6%)	5:46	10.4 (68.4%)
23	BOŃDOS Andrzej	28		M-40	23	00:29:22.45	+00:09:36 (32.7%)	5:52	10.2 (67.1%)
24	SZAJEK Artur	248	HULK TEAM POLICE	M-40	24	00:29:29.65	+00:09:44 (33.0%)	5:53	10.2 (67.1%)
25	WOLIŃSKI Krzysztof	289		M-40	25	00:30:10.70	+00:10:25 (34.5%)	6:02	9.9 (65.1%)
26	OLEŚKIEWICZ Michał	183	WY-BIEGANI SZCZECIN	M-40	26	00:30:28.85	+00:10:43 (35.2%)	6:05	9.8 (64.5%)

Place	Participant	Number	Club	Category	MCat	Net time 5km	Gap	Pace min/km	Pace km/h
27	WITCZAK Łukasz	283	BIEGNĘ PO ROMPERA	M-40	27	00:31:05.50	+00:11:20 (36.5%)	6:13	9.7 (63.8%)
28	JASIŃSKI Robert	81	FLEKS	M-40	28	00:31:14.45	+00:11:28 (36.8%)	6:14	9.6 (63.2%)
29	LASEK Marcin	128	WEEKENDOWE KOKSY	M-40	29	00:31:42.55	+00:11:57 (37.7%)	6:20	9.5 (62.5%)
30	KOZŁOWSKI Marcin	108		M-40	30	00:33:34.80	+00:13:49 (41.2%)	6:42	8.9 (58.6%)
31	MARCHEWKA Dawid	157	WEEKNDOWE KOKSY	M-40	31	00:36:43.30	+00:16:57 (46.2%)	7:20	8.2 (53.9%)
32	WOJNACH Paweł	286	BIEGOHOLLIKA	M-40	32	00:37:06.95	+00:17:21 (46.8%)	7:25	8.1 (53.3%)
33	WIECZOREK Wojciech	312	WIECZORKI 3	M-40	33	00:37:08.60	+00:17:23 (46.8%)	7:25	8.1 (53.3%)
34	WYROSTEK Radek	296		M-40	34	00:37:20.40	+00:17:34 (47.1%)	7:28	8 (52.6%)
35	MINER Artur	171		M-40	35	00:37:40.30	+00:17:54 (47.6%)	7:32	8 (52.6%)
36	KRYCHOWIAK Piotr	116	WIOSŁO	M-40	36	00:38:17.25	+00:18:31 (48.4%)	7:39	7.8 (51.3%)
37	SZYMCZAK Marcin	255	WKURW_TEAM	M-40	37	00:38:49.50	+00:19:04 (49.1%)	7:45	7.7 (50.7%)
38	SEJ Paweł	227		M-40	38	00:38:56.00	+00:19:10 (49.3%)	7:47	7.7 (50.7%)
39	GAPINSKI Rafal	57		M-40	39	00:42:34.15	+00:22:48 (53.6%)	8:30	7 (46.1%)

Total 39 results.