

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-50

Place	Participant	Number	Club	Category	MCat	Net time 5km	Gap	Pace min/km	Pace km/h
1	OLEJNIK Przemek	182		M-50	1	00:23:45.90		4:45	12.6 (100%)
2	PENTELA Mariusz	196	MORE	M-50	2	00:27:22.90	+00:03:37 (13.2%)	5:28	11 (87.3%)
3	KRYGER Grzegorz	117	PARKRUNOWI GŁUPONACI	M-50	3	00:27:38.95	+00:03:53 (14.0%)	5:31	10.9 (86.5%)
4	DROP Sławomir	47		M-50	4	00:28:31.25	+00:04:45 (16.7%)	5:42	10.5 (83.3%)
5	KRUCZKOWSKI Maciej	112		M-50	5	00:28:52.70	+00:05:06 (17.7%)	5:46	10.4 (82.5%)
6	STACHOWSKI Andrzej	241	MONIA GYM	M-50	6	00:28:57.75	+00:05:11 (17.9%)	5:47	10.4 (82.5%)
7	BACHMATIUK Sławomir	15		M-50	7	00:29:28.25	+00:05:42 (19.4%)	5:53	10.2 (81.0%)
8	IWANOWSKI Krzysztof	74		M-50	8	00:29:44.30	+00:05:58 (20.1%)	5:56	10.1 (80.2%)
9	WITORZĘĆ Dariusz	284		M-50	9	00:29:48.35	+00:06:02 (20.3%)	5:57	10.1 (80.2%)
10	ZIARNEK Krzysztof	297		M-50	10	00:30:24.55	+00:06:38 (21.8%)	6:04	9.9 (78.6%)
11	MISIASZEK Mirosław	172	MAŁKOCIN	M-50	11	00:30:49.05	+00:07:03 (22.9%)	6:09	9.7 (77.0%)
12	WIŚNIEWSKI Arkadiusz	282	PARKRUN GORZÓW WIELKOPOLSKI	M-50	12	00:31:59.95	+00:08:14 (25.7%)	6:23	9.4 (74.6%)
13	KOROBEJKO Jarosław	100		M-50	13	00:32:07.00	+00:08:21 (26.0%)	6:25	9.3 (73.8%)
14	DROZDEK Tomasz	49		M-50	14	00:33:00.30	+00:09:14 (28.0%)	6:36	9.1 (72.2%)
15	RUCZYŃSKI Dariusz	216	SPSK 1	M-50	15	00:33:23.45	+00:09:37 (28.8%)	6:40	9 (71.4%)
16	DARUL Artur	41	ODDZIAŁ ŻANDARMERII WOJSKOWEJ SZCZECIN	M-50	16	00:38:24.50	+00:14:38 (38.1%)	7:40	7.8 (61.9%)
17	PAWELCZAK Cezary	191	GO2TRI	M-50	17	00:39:13.90	+00:15:28 (39.4%)	7:50	7.6 (60.3%)
18	KOŚCIŃSKI Jacek	103	WOJSKOWY KLUB HDK PCK W SZCZECINIE	M-50	18	00:39:58.10	+00:16:12 (40.5%)	7:59	7.5 (59.5%)
19	HARWAT Tomasz	72	PARKRUN SZCZECIN	M-50	19	00:39:58.50	+00:16:12 (40.6%)	7:59	7.5 (59.5%)
20	SIEDLIKOWSKI Roman	234	WEEKENDOWE KOKSY	M-50	20	00:42:19.05	+00:18:33 (43.8%)	8:27	7.1 (56.3%)
21	DOMAGALSKI Sławomir	45	SKB DZIK	M-50	21	00:45:14.35	+00:21:28 (47.5%)	9:02	6.6 (52.4%)
22	GUBERNIAK Andrzej	70	TURKEYS TEAM	M-50	22	00:46:06.65	+00:22:20 (48.5%)	9:13	6.5 (51.6%)

Total 22 results.