

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-OPEN

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	TROĆ Daniel	264	RAZ SZCZECIN	M-20	1	00:20:18.95	+00:00:33 (2.7%)	4:03	14.8 (97.4%)
3	ŁAZOWSKI Marcin	1	POGOŃ SZCZECIN	M-40	2	00:21:08.90	+00:01:23 (6.6%)	4:13	14.2 (93.4%)
4	GAWRYŚ Rafał	58		M-20	2	00:21:13.45	+00:01:27 (6.9%)	4:14	14.1 (92.8%)
5	ŻAK Mateusz	303	OŚ AZS POZNAŃ	M-20	3	00:21:25.95	+00:01:40 (7.8%)	4:17	14 (92.1%)
6	GIERCEWICZ Norbert	311	SWIM2TRI	M-30	1	00:21:36.20	+00:01:50 (8.5%)	4:19	13.9 (91.4%)
7	OLEJARZ Damian	180	POL-BUD POLICE	M-30	2	00:21:48.30	+00:02:02 (9.4%)	4:21	13.8 (90.8%)
8	STASZEWSKI Kamil	242		M-20	4	00:22:02.10	+00:02:16 (10.3%)	4:24	13.6 (89.5%)
9	POGORZELSKI Daniel	206	#FIEGEBIEGA	M-40	3	00:22:45.65	+00:03:00 (13.2%)	4:33	13.2 (86.8%)
10	KRZEŚNIEWSKI Marcin	120	RAZ SZCZECIN	M-40	4	00:22:46.75	+00:03:01 (13.3%)	4:33	13.2 (86.8%)
11	PUCHALSKI Grzegorz	211	RUNFOURFUN	M-30	3	00:22:47.05	+00:03:01 (13.3%)	4:33	13.2 (86.8%)
12	ANTOSIK Bartosz	13	NA PRZYPALE ALBO WCALE!!!	M-40	5	00:23:00.75	+00:03:15 (14.1%)	4:36	13 (85.5%)
13	MICHALCZYSZYN Tomasz	2	POGOŃ SZCZECIN	M-40	6	00:23:01.25	+00:03:15 (14.2%)	4:36	13 (85.5%)
14	MALINOWSKI Norbert	154		M-40	7	00:23:02.90	+00:03:17 (14.3%)	4:36	13 (85.5%)
15	TALAREK Robert	258	SMT SZCZECIN	M-40	8	00:23:44.80	+00:03:59 (16.8%)	4:44	12.6 (82.9%)
16	OLEJNIK Przemek	182		M-50	1	00:23:45.90	+00:04:00 (16.9%)	4:45	12.6 (82.9%)
17	TOPOREK Przemysław	262		M-30	4	00:23:48.55	+00:04:03 (17.0%)	4:45	12.6 (82.9%)
18	WRZOSEK Kamil	294		M-20	5	00:23:58.85	+00:04:13 (17.6%)	4:47	12.5 (82.2%)
19	FURMAŃSKI Marcin	56	WY-BIEGANI SZCZECIN	M-30	5	00:24:06.10	+00:04:20 (18.0%)	4:49	12.4 (81.6%)
20	CHARĘZA Marcin	34	ZAWADZKIEGO SZCZECIN	M-40	9	00:24:17.45	+00:04:31 (18.7%)	4:51	12.4 (81.6%)
21	PELC Marek	195		M-40	10	00:24:20.75	+00:04:35 (18.8%)	4:52	12.3 (80.9%)
22	KONDRAT Krzysztof	99		M-40	11	00:24:23.00	+00:04:37 (19.0%)	4:52	12.3 (80.9%)
23	BANASIEWICZ Zbigniew	16		M-40	12	00:24:25.30	+00:04:39 (19.1%)	4:53	12.3 (80.9%)
24	BARANOWSKI Dominik	19		M-30	6	00:25:01.65	+00:05:16 (21.1%)	5:00	12 (78.9%)
25	PIĄTEK Kamil	198		M-30	7	00:25:11.65	+00:05:26 (21.6%)	5:02	11.9 (78.3%)
26	JARCZAK Filip	78		M-30	8	00:25:22.40	+00:05:36 (22.1%)	5:04	11.8 (77.6%)

Place	Participant	Number	Club	Category	MCat	Net	Gap	Pace	Pace
						time			
						5km		min/km	km/h
27	ŁUSZCZEWSKI Sebastian	146		M-40	13	00:25:31.65	+00:05:46 (22.6%)	5:06	11.8 (77.6%)
28	KIERNOŻYCKI Mateusz	91		M-40	14	00:25:32.35	+00:05:46 (22.6%)	5:06	11.7 (77.0%)
29	CHRÓL Mateusz	94		M-20	6	00:25:32.90	+00:05:47 (22.7%)	5:06	11.7 (77.0%)
30	MIECZNIKOWSKI Patryk	166	#FIEGEBIEGA	M-20	7	00:25:34.40	+00:05:48 (22.7%)	5:06	11.7 (77.0%)
31	SZUBARTOWSKI Grzegorz	253	#FIEGEBIEGA	M-40	15	00:25:52.00	+00:06:06 (23.6%)	5:10	11.6 (76.3%)
32	CIEŚLA Paweł	37	HELL'S HEAVEN SZCZECIN	M-30	9	00:25:59.65	+00:06:14 (24.0%)	5:11	11.5 (75.7%)
33	LEOŃCZUK Filip	131	BT	M-20	8	00:26:01.55	+00:06:16 (24.1%)	5:12	11.5 (75.7%)
34	LEŚNIAK Piotr	132		M-20	9	00:26:03.65	+00:06:18 (24.2%)	5:12	11.5 (75.7%)
35	POTRAWSKI Michał	208		M-30	10	00:26:10.15	+00:06:24 (24.5%)	5:14	11.5 (75.7%)
36	ZINKIEWICZ Jarek	300	BIEGOHOLLICA	M-40	16	00:26:34.85	+00:06:49 (25.7%)	5:18	11.3 (74.3%)
37	MIKA Tomasz	169		M-40	17	00:27:07.20	+00:07:21 (27.1%)	5:25	11.1 (73.0%)
38	PIOTROWSKI Marek	201	BIEGAMBOLUBIE GOLENIÓW	M-40	18	00:27:12.60	+00:07:27 (27.4%)	5:26	11 (72.4%)
39	ZIMNY Wojciech	9		M-30	11	00:27:15.30	+00:07:29 (27.5%)	5:27	11 (72.4%)
40	GLINKA Bogusz	59		M-40	19	00:27:16.85	+00:07:31 (27.6%)	5:27	11 (72.4%)
41	PENTEŁA Mariusz	196	MORE	M-50	2	00:27:22.90	+00:07:37 (27.8%)	5:28	11 (72.4%)
42	ROGAŁSKI Maksymilian	3	POGOŃ SZCZECIN	M-40	20	00:27:30.20	+00:07:44 (28.2%)	5:30	10.9 (71.7%)
43	JANISZEWSKI Adrian	75		M-30	12	00:27:32.20	+00:07:46 (28.2%)	5:30	10.9 (71.7%)
44	BIELECKI Wojciech	23		M-30	13	00:27:33.40	+00:07:47 (28.3%)	5:30	10.9 (71.7%)
45	BRATKO Przemysław	30		M-30	14	00:27:34.40	+00:07:48 (28.3%)	5:30	10.9 (71.7%)
46	KRYGER Grzegorz	117	PARKRUNOWI GŁUPONACI	M-50	3	00:27:38.95	+00:07:53 (28.5%)	5:31	10.9 (71.7%)
47	MILER Marcin	170		M-40	21	00:27:50.20	+00:08:04 (29.0%)	5:34	10.8 (71.1%)
48	PASZKOWSKI Karol	190		M-30	15	00:27:51.75	+00:08:06 (29.1%)	5:34	10.8 (71.1%)
49	ŻÓŁTOWSKI Michał	305		M-30	16	00:28:25.30	+00:08:39 (30.5%)	5:41	10.6 (69.7%)
50	KLICH Janek	95	BIEGOHOLLICA	M-30	17	00:28:28.65	+00:08:43 (30.6%)	5:41	10.5 (69.1%)
51	DROP Sławomir	47		M-50	4	00:28:31.25	+00:08:45 (30.7%)	5:42	10.5 (69.1%)
52	KRUCZKOWSKI Maciej	112		M-50	5	00:28:52.70	+00:09:07 (31.6%)	5:46	10.4 (68.4%)
53	CARŁO Marcin	33		M-40	22	00:28:53.25	+00:09:07 (31.6%)	5:46	10.4 (68.4%)
54	STACHOWSKI Andrzej	241	MONIA GYM	M-50	6	00:28:57.75	+00:09:12 (31.8%)	5:47	10.4 (68.4%)
55	SMYK Bartosz	239	BIEGNĘ PO ROMPERA	M-30	18	00:29:04.75	+00:09:19 (32.1%)	5:48	10.3 (67.8%)
56	MASŁOCHA Szymon	162		M-20	10	00:29:08.25	+00:09:22 (32.2%)	5:49	10.3 (67.8%)
57	BOŃDOS Andrzej	28		M-40	23	00:29:22.45	+00:09:36 (32.7%)	5:52	10.2 (67.1%)
58	SIWAK Łukasz	236	KB PIONIER SZCZECIN	M-30	19	00:29:25.20	+00:09:39 (32.8%)	5:53	10.2 (67.1%)
59	BACHMATIUK Sławomir	15		M-50	7	00:29:28.25	+00:09:42 (33.0%)	5:53	10.2 (67.1%)
60	SZAJEK Artur	248	HULK TEAM POLICE	M-40	24	00:29:29.65	+00:09:44 (33.0%)	5:53	10.2 (67.1%)
61	SZAJEK Gabor	249	HULK TEAM POLICE	M-20	11	00:29:31.20	+00:09:45 (33.1%)	5:54	10.2 (67.1%)
62	IWANOWSKI Krzysztof	74		M-50	8	00:29:44.30	+00:09:58 (33.6%)	5:56	10.1 (66.4%)
63	WITORZĘĆ Dariusz	284		M-50	9	00:29:48.35	+00:10:02 (33.7%)	5:57	10.1 (66.4%)
64	FAFUŁA Bartłomiej	54		M-30	20	00:30:09.55	+00:10:24 (34.5%)	6:01	10 (65.8%)
65	WOLIŃSKI Krzysztof	289		M-40	25	00:30:10.70	+00:10:25 (34.5%)	6:02	9.9 (65.1%)
66	KAZANISZYN Radosław	88	BIEGNĘ PO ROMPERA	M-30	21	00:30:23.25	+00:10:37 (35.0%)	6:04	9.9 (65.1%)
67	ZIARNEK Krzysztof	297		M-50	10	00:30:24.55	+00:10:39 (35.0%)	6:04	9.9 (65.1%)
68	OLEŚKIEWICZ Michał	183	WY-BIEGANI SZCZECIN	M-40	26	00:30:28.85	+00:10:43 (35.2%)	6:05	9.8 (64.5%)
69	RUDZEWICZ Mariusz	217		M-30	22	00:30:29.30	+00:10:43 (35.2%)	6:05	9.8 (64.5%)
70	GRYGORCEWICZ Bartłomiej	68		M-30	23	00:30:42.30	+00:10:56 (35.7%)	6:08	9.8 (64.5%)

						Net time 5km		Pace min/km	Pace km/h
Place	Participant	Number	Club	Category	MCat		Gap		
71	KUBASIK Waldemar	124	BOSMAN SZCZECIN	M-60+	1	00:30:43.55	+00:10:58 (35.7%)	6:08	9.8 (64.5%)
72	MISIASZEK Mirosław	172	MAŁKOCIN	M-50	11	00:30:49.05	+00:11:03 (35.9%)	6:09	9.7 (63.8%)
73	KOWALSKI Tomasz	106		M-30	24	00:30:52.65	+00:11:07 (36.0%)	6:10	9.7 (63.8%)
74	WOJTAT Adam	288		M-60+	2	00:31:01.30	+00:11:15 (36.3%)	6:12	9.7 (63.8%)
75	WITCZAK Łukasz	283	BIEGNĘ PO ROMPERA	M-40	27	00:31:05.50	+00:11:20 (36.5%)	6:13	9.7 (63.8%)
76	KRZEMIŃSKI Paweł	119	EXTREME WOLF	M-30	25	00:31:06.50	+00:11:21 (36.5%)	6:13	9.6 (63.2%)
77	JASIŃSKI Robert	81	FLEKS	M-40	28	00:31:14.45	+00:11:28 (36.8%)	6:14	9.6 (63.2%)
78	WALCZYK Mateusz	268		M-30	26	00:31:16.85	+00:11:31 (36.8%)	6:15	9.6 (63.2%)
79	GONERSKI Piotr	61	BIEGNĘ PO ROMPERA	M-30	27	00:31:29.40	+00:11:43 (37.3%)	6:17	9.5 (62.5%)
80	SEKLECKI Bartosz	228		M-30	28	00:31:36.50	+00:11:51 (37.5%)	6:19	9.5 (62.5%)
81	LINK Karol	136		M-30	29	00:31:41.60	+00:11:56 (37.7%)	6:20	9.5 (62.5%)
82	LASEK Marcin	128	WEEKENDOWE KOKSY	M-40	29	00:31:42.55	+00:11:57 (37.7%)	6:20	9.5 (62.5%)
83	DZIWULSKI Jerzy	53		M-20	12	00:31:53.10	+00:12:07 (38.0%)	6:22	9.4 (61.8%)
84	WIŚNIEWSKI Arkadiusz	282	PARKRUN GORZÓW WIELKOPOLSKI	M-50	12	00:31:59.95	+00:12:14 (38.3%)	6:23	9.4 (61.8%)
85	KOVALOV Bohdan	105	#FIEGEBIEGA	M-20	13	00:32:02.50	+00:12:17 (38.3%)	6:24	9.4 (61.8%)
86	WASIELEWSKI Mariusz	271		M-30	30	00:32:06.65	+00:12:21 (38.5%)	6:25	9.3 (61.2%)
87	KOROBEJKO Jarosław	100		M-50	13	00:32:07.00	+00:12:21 (38.5%)	6:25	9.3 (61.2%)
88	STACHECKI Krzysztof	240		M-30	31	00:32:29.15	+00:12:43 (39.2%)	6:29	9.2 (60.5%)
89	RYBARCZYK Patryk	219		M-30	32	00:32:29.20	+00:12:43 (39.2%)	6:29	9.2 (60.5%)
90	SKORUPA Grzegorz	238		M-30	33	00:32:34.95	+00:12:49 (39.4%)	6:30	9.2 (60.5%)
91	CZEŻYK Paweł	40		M-30	34	00:32:40.70	+00:12:55 (39.5%)	6:32	9.2 (60.5%)
92	KĘPIŃSKI Adam	89		M-30	35	00:32:42.45	+00:12:56 (39.6%)	6:32	9.2 (60.5%)
93	SKIBA Michał	237	WY-BIEGANI SZCZECIN	M-30	36	00:32:45.00	+00:12:59 (39.7%)	6:33	9.2 (60.5%)
94	WRÓBLEWSKI Kamil	293		M-20	14	00:32:50.05	+00:13:04 (39.8%)	6:34	9.1 (59.9%)
95	WOCHNER Kamil	285		M-30	37	00:32:55.80	+00:13:10 (40.0%)	6:35	9.1 (59.9%)
96	DROZDEK Tomasz	49		M-50	14	00:33:00.30	+00:13:14 (40.1%)	6:36	9.1 (59.9%)
97	MADEJ Aleksander	149		M-30	38	00:33:21.30	+00:13:35 (40.8%)	6:40	9 (59.2%)
98	RUCZYŃSKI Dariusz	216	SPSK 1	M-50	15	00:33:23.45	+00:13:37 (40.8%)	6:40	9 (59.2%)
99	KOZŁOWSKI Marcin	108		M-40	30	00:33:34.80	+00:13:49 (41.2%)	6:42	8.9 (58.6%)
100	WONDOŁOWSKI Stanisław	290	WIECZORNE BIEGANIE	M-60+	3	00:34:10.10	+00:14:24 (42.2%)	6:50	8.8 (57.9%)
101	BARANOWSKI Konrad	18		M-30	39	00:34:12.85	+00:14:27 (42.3%)	6:50	8.8 (57.9%)
102	KRZYWOŃ Paweł	122		M-30	40	00:34:25.45	+00:14:39 (42.6%)	6:53	8.7 (57.2%)
103	SULIGA Łukasz	245		M-30	41	00:34:42.60	+00:14:57 (43.1%)	6:56	8.6 (56.6%)
104	BURCHACKI Maciej	32		M-30	42	00:35:55.20	+00:16:09 (45.0%)	7:11	8.4 (55.3%)
105	MARCHEWKA Dawid	157	WEEKNDOWE KOKSY	M-40	31	00:36:43.30	+00:16:57 (46.2%)	7:20	8.2 (53.9%)
106	ZIĘBA Norbert	299		M-30	43	00:36:55.15	+00:17:09 (46.5%)	7:23	8.1 (53.3%)
107	WOJNACH Paweł	286	BIEGOHOLLICA	M-40	32	00:37:06.95	+00:17:21 (46.8%)	7:25	8.1 (53.3%)
108	WIECZOREK Wojciech	312	WIECZORKI 3	M-40	33	00:37:08.60	+00:17:23 (46.8%)	7:25	8.1 (53.3%)
109	WYROSTEK Radek	296		M-40	34	00:37:20.40	+00:17:34 (47.1%)	7:28	8 (52.6%)
110	MICHAŁSKI Cezary	165		M-60+	4	00:37:26.55	+00:17:41 (47.2%)	7:29	8 (52.6%)
111	MINER Artur	171		M-40	35	00:37:40.30	+00:17:54 (47.6%)	7:32	8 (52.6%)
112	JANKOWSKI Michał	76		M-30	44	00:37:43.30	+00:17:57 (47.6%)	7:32	8 (52.6%)
113	KRYCHOWIAK Piotr	116	WIOSŁO	M-40	36	00:38:17.25	+00:18:31 (48.4%)	7:39	7.8 (51.3%)
114	OWCZAREK Patryk	185		M-30	45	00:38:21.80	+00:18:36 (48.5%)	7:40	7.8 (51.3%)

						Net time 5km		Pace min/km	Pace km/h
Place	Participant	Number	Club	Category	MCat		Gap		
115	DARUL Artur	41	ODDZIAŁ ŻANDARMERII WOJSKOWEJ SZCZECIN	M-50	16	00:38:24.50	+00:18:39 (48.6%)	7:40	7.8 (51.3%)
116	SZYMCZAK Marcin	255	WKURW_TEAM	M-40	37	00:38:49.50	+00:19:04 (49.1%)	7:45	7.7 (50.7%)
117	SEJ Paweł	227		M-40	38	00:38:56.00	+00:19:10 (49.3%)	7:47	7.7 (50.7%)
118	LEWANDOWSKI Janusz	134	PARKRUN SZCZECIN	M-60+	5	00:39:13.90	+00:19:28 (49.6%)	7:50	7.6 (50.0%)
118	PAWELCZAK Cezary	191	GO2TRI	M-50	17	00:39:13.90	+00:19:28 (49.6%)	7:50	7.6 (50.0%)
120	KOŚCIŃSKI Jacek	103	WOJSKOWY KLUB HDK PCK W SZCZECINIE	M-50	18	00:39:58.10	+00:20:12 (50.6%)	7:59	7.5 (49.3%)
121	HARWAT Tomasz	72	PARKRUN SZCZECIN	M-50	19	00:39:58.50	+00:20:13 (50.6%)	7:59	7.5 (49.3%)
122	MAHACZEK Adam	152		M-30	46	00:40:45.45	+00:20:59 (51.5%)	8:09	7.4 (48.7%)
123	SIEDLIKOWSKI Roman	234	WEEKENDOWE KOKSY	M-50	20	00:42:19.05	+00:22:33 (53.3%)	8:27	7.1 (46.7%)
124	GAPINSKI Rafal	57		M-40	39	00:42:34.15	+00:22:48 (53.6%)	8:30	7 (46.1%)
125	PARCHIMOWICZ Janusz	213		M-60+	6	00:43:41.50	+00:23:56 (54.8%)	8:44	6.9 (45.4%)
126	DOMAGALSKI Sławomir	45	SKB DZIK	M-50	21	00:45:14.35	+00:25:28 (56.3%)	9:02	6.6 (43.4%)
127	GUBERNIAK Andrzej	70	TURKEYS TEAM	M-50	22	00:46:06.65	+00:26:21 (57.2%)	9:13	6.5 (42.8%)
128	KIAKISZCZYK Marek	203		M-20	15	00:47:48.35	+00:28:02 (58.7%)	9:33	6.3 (41.4%)
129	JĘDRASZCZYK Rafał	83		M-30	47	00:48:12.00	+00:28:26 (59.0%)	9:38	6.2 (40.8%)

Total 129 results.