

VII DRAWSKI BIEG PRZEŁAJOWY 7,5 KM

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie: VII DRAWSKI BIEG PRZEŁAJOWY
Organizator: Stowarzyszenie ZDRUN EXTREME
Data: 2023-06-18
Miejsce: Drawsko Pomorskie
Dystans: 7.5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Apek	Czas netto 7.5km	Różn	Tempo min/km	Tempo km/h
1	WASZCZUK Tomasz	147	WASZCZUK TEAM	M-40	1		00:29:32.25		3:56	15.2 (100%)
2	KOZAK Arkadiusz	156	WASZCZUK TEAM	M-50	1		00:29:49.75	+00:00:17 (1.0%)	3:58	15.1 (99.3%)
3	WOJTONISZAK Łukasz	155	WASZCZUK TEAM	M-30	1		00:30:52.60	+00:01:20 (4.3%)	4:06	14.6 (96.1%)
4	BŁASZCZYK Piotr	76		M-40	2		00:33:43.85	+00:04:11 (12.4%)	4:29	13.3 (87.5%)
5	KĘDZIERSKA Karolina	103		K-40	1		00:36:34.85	+00:07:02 (19.3%)	4:52	12.3 (80.9%)
6	KATRYCZ Zbigniew	100	STOWARZYSZENIE NASZA ŚWIERCZYNA	M-60	1		00:36:48.35	+00:07:16 (19.7%)	4:54	12.2 (80.3%)
7	MACIEJEWSKA Katarzyna	117		K-20	1		00:37:26.15	+00:07:53 (21.1%)	4:59	12 (78.9%)
8	OGONOWSKI Marek	127	BOJOWI AMATORZY	M-50	2		00:37:47.45	+00:08:15 (21.8%)	5:02	11.9 (78.3%)
9	RUDZIŃSKI Józef	141		M-60	2		00:38:56.35	+00:09:24 (24.1%)	5:11	11.6 (76.3%)
10	PRECA Maria	136	KLUB OLIMPIJCZYKA IM. IRENY SZEWIŃSKIEJ W KALISZU POMORSKIM	K-40	2		00:38:57.60	+00:09:25 (24.2%)	5:11	11.6 (76.3%)
11	AUGUSTOWSKI Krzysztof	74	STOWARZYSZENIE NASZA ŚWIERCZYNA	M-50	3		00:39:09.65	+00:09:37 (24.6%)	5:13	11.5 (75.7%)
12	WAWRZYŃIAK Mariusz	148		M-40	3		00:39:40.90	+00:10:08 (25.6%)	5:17	11.3 (74.3%)
13	TYLKA Andrzej	145	MUKS OYAMA	M-40	4		00:39:42.70	+00:10:10 (25.6%)	5:17	11.3 (74.3%)
14	ANTONIAK Krzysztof	71	BOJOWI AMATORZY	M-40	5		00:39:45.75	+00:10:13 (25.7%)	5:18	11.3 (74.3%)
15	BOREK Alicja	77	WASZCZUK TEAM	K-16	1		00:39:47.85	+00:10:15 (25.8%)	5:18	11.3 (74.3%)
16	LATUSEK Filip	112	MUKS OYAMA	M-16	1		00:40:09.70	+00:10:37 (26.5%)	5:21	11.2 (73.7%)
17	PAWŁOWSKI Michał	134	UGIM JASTROWIE	M-40	6		00:40:36.30	+00:11:04 (27.3%)	5:24	11.1 (73.0%)
18	OSTROWSKI Marian	158	SENIOR	M-60	3		00:40:49.35	+00:11:17 (27.6%)	5:26	11 (72.4%)
19	ZŁOTNIK Paweł	153		M-40	7		00:41:46.00	+00:12:13 (29.3%)	5:34	10.8 (71.1%)
20	LATUSEK Szymon	113	MUKS OYAMA	M-16	2		00:41:50.55	+00:12:18 (29.4%)	5:34	10.8 (71.1%)
21	PYTEL Adam	139	MKS DRAWA DRAWSKO POMORSKIE	M-20	1		00:42:19.00	+00:12:46 (30.2%)	5:38	10.6 (69.7%)
22	MIGALSKA STANKIEWICZ Lucyna	120	GRYFICKA SIŁA BIEGOWA	K-40	3		00:42:31.40	+00:12:59 (30.5%)	5:40	10.6 (69.7%)
23	WITEK Andrzej	151		M-50	4		00:42:34.45	+00:13:02 (30.6%)	5:40	10.6 (69.7%)
24	JĘDRZEJCZYK Łukasz	96		M-30	2	Tak	00:42:57.55	+00:13:25 (31.2%)	5:43	10.5 (69.1%)
25	GRABCZEWSKA Ewa	87	BOJOWI AMATORZY	K-30	1		00:43:30.00	+00:13:57 (32.1%)	5:48	10.3 (67.8%)
26	HUDECKI Dominik	92		M-30	3		00:43:36.55	+00:14:04 (32.3%)	5:48	10.3 (67.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Apek	Czas		Tempo min/km	Tempo km/h
							netto 7.5km	Różn		
27	KILIJĄSKI Andrzej	104	BOJOWI AMATORZY	M-40	8		00:44:24.00	+00:14:51 (33.5%)	5:55	10.1 (66.4%)
28	DEJNAK Mariola	82		K-60	1		00:44:33.30	+00:15:01 (33.7%)	5:56	10.1 (66.4%)
29	LOREK Jakub	115		M-30	4	Tak	00:45:33.00	+00:16:00 (35.2%)	6:04	9.9 (65.1%)
30	HEISE Edmund	1		M-50	5	Tak	00:45:33.05	+00:16:00 (35.2%)	6:04	9.9 (65.1%)
31	LATUSEK Kacper	111	MUKS OYAMA	M-16	3		00:46:18.05	+00:16:45 (36.2%)	6:10	9.7 (63.8%)
32	DRZEWIECKA Danuta	83	KLUB OLIMPIJCZYKA IM. IRENY SZEWIŃSKIEJ W KALISZU POMORSKIM	K-30	2		00:46:27.70	+00:16:55 (36.4%)	6:11	9.7 (63.8%)
33	DRZEWIECKI Mariusz	157	KLUB OLIMPIJCZYKA IM. IRENY SZEWIŃSKIEJ W KALISZU POMORSKIM	M-40	9		00:46:49.25	+00:17:17 (36.9%)	6:14	9.6 (63.2%)
34	NIEMIEC Krzysztof	123		M-16	4		00:46:53.15	+00:17:20 (37.0%)	6:15	9.6 (63.2%)
35	GAŁAN Joanna	86		K-50	1		00:47:11.95	+00:17:39 (37.4%)	6:17	9.5 (62.5%)
36	KAMIŃSKA Marta	97	ZET UNITED KINGS JIU JITSU	K-30	3		00:47:46.25	+00:18:14 (38.2%)	6:22	9.4 (61.8%)
37	PIETRZYK Rafał	135	KLUB OLIMPIJCZYKA IM. IRENY SZEWIŃSKIEJ W KALISZU POMORSKIM	M-30	5		00:48:18.50	+00:18:46 (38.9%)	6:26	9.3 (61.2%)
38	LEŚNIAK Roman	114	ABEK	M-50	6	Tak	00:48:37.75	+00:19:05 (39.3%)	6:28	9.3 (61.2%)
39	OGONOWSKA Anna	126	TERMINATORUN	K-16	2		00:48:47.75	+00:19:15 (39.5%)	6:30	9.2 (60.5%)
40	OGONOWSKA Renata	125	TERMINATORUN	K-16	3		00:48:48.45	+00:19:16 (39.5%)	6:30	9.2 (60.5%)
41	BANY Mirela	75	MUKS OYAMA	K-30	4		00:49:12.90	+00:19:40 (40.0%)	6:33	9.1 (59.9%)
42	JANISZEWSKA Karolina	94		K-30	5		00:50:24.95	+00:20:52 (41.4%)	6:43	8.9 (58.6%)
43	ANTONIAK Justyna	72		K-40	4		00:50:26.65	+00:20:54 (41.4%)	6:43	8.9 (58.6%)
44	MACIEJEWSKA Lucyna	116		K-50	2		00:50:44.05	+00:21:11 (41.8%)	6:45	8.9 (58.6%)
45	MACIEJEWSKI Andrzej	118		M-50	7		00:50:44.15	+00:21:11 (41.8%)	6:45	8.9 (58.6%)
46	TYLKA Agnieszka	146	MUKS OYAMA	K-40	5		00:50:57.65	+00:21:25 (42.0%)	6:47	8.8 (57.9%)
47	KAZIMIERSKI Jan	102	ZET UNITED KINGS JIU JITSU	M-16	5		00:52:44.90	+00:23:12 (44.0%)	7:01	8.5 (55.9%)
48	JAKSZUK Kamil	93	DRAWSKIE NIERUCHOMOŚCI	M-30	6		00:54:16.25	+00:24:44 (45.6%)	7:14	8.3 (54.6%)
49	KORDJAREK Justyna	106	DRAWSKIE NIERUCHOMOŚCI	K-40	6		00:54:16.90	+00:24:44 (45.6%)	7:14	8.3 (54.6%)
50	PROBOLA Monika	137	PROMONIX	K-40	7		00:54:38.30	+00:25:06 (45.9%)	7:17	8.2 (53.9%)
51	MYLKE Marcin	121		M-40	10		00:55:38.95	+00:26:06 (46.9%)	7:25	8.1 (53.3%)
52	CZEREŚNIAK Iwona	81		K-50	3		00:55:50.85	+00:26:18 (47.1%)	7:26	8.1 (53.3%)
53	WROBLEWSKI Jerzy Stanislaw	154	PARKRUN SZCZECINEK	M-60	4		00:56:39.20	+00:27:06 (47.9%)	7:33	7.9 (52.0%)
54	OLCZAK Angelika	129	ABEK	K-20	2	Tak	00:57:54.10	+00:28:21 (49.0%)	7:43	7.8 (51.3%)
55	KAZIMIERSKA Magdalena	101	ZET UNITED KINGS JIU JITSU	K-30	6		00:58:11.50	+00:28:39 (49.2%)	7:45	7.7 (50.7%)
56	SKOWYRA Wioletta	142	RUNGRYF GRYFICE	K-50	4		01:02:16.05	+00:32:43 (52.6%)	8:18	7.2 (47.4%)
57	JANISZEWSKA Aleksandra	95	ABEK	K-20	3	Tak	01:02:58.25	+00:33:26 (53.1%)	8:23	7.1 (46.7%)
58	ŻUPIŃSKA Ania	152	RUNGRYF GRYFICE	K-40	8		01:03:39.90	+00:34:07 (53.6%)	8:29	7.1 (46.7%)
59	PYTEL Ewa	138	ABEK	K-20	4	Tak	01:03:49.95	+00:34:17 (53.7%)	8:30	7.1 (46.7%)
60	HUDECKA Evelyn	91		K-30	7		01:04:37.80	+00:35:05 (54.3%)	8:36	7 (46.1%)
61	MYLKE Katarzyna	122		K-40	9	Tak	01:06:32.20	+00:36:59 (55.6%)	8:52	6.8 (44.7%)
62	ARCIUCH Anna	73		K-16	4		01:07:11.65	+00:37:39 (56.0%)	8:57	6.7 (44.1%)
63	KUCHARCZYK Elżbieta	109	RUNGRYF GRYFICE	K-50	5		01:08:32.20	+00:38:59 (56.9%)	9:08	6.6 (43.4%)
64	KOŁOSOWSKI Bartosz	105		M-16	6		01:09:49.70	+00:40:17 (57.7%)	9:18	6.4 (42.1%)
65	OLESZAK Przemysław	130		M-16	7		01:09:49.90	+00:40:17 (57.7%)	9:18	6.4 (42.1%)
66	NIEMIEC Małgorzata	124		K-16	5		01:09:53.00	+00:40:20 (57.7%)	9:19	6.4 (42.1%)
67	HOFMAN Nadia	89	ZET UNITED KINGS JIU JITSU	K-16	6		01:12:48.00	+00:43:15 (59.4%)	9:42	6.2 (40.8%)
68	SZCZETYŃSKI Michał	143		M-30	7		01:12:48.20	+00:43:15 (59.4%)	9:42	6.2 (40.8%)
69	HOFMAN Paweł	90	ABEK	M-40	11	Tak	01:12:49.05	+00:43:16 (59.4%)	9:42	6.2 (40.8%)
70	RADZIO Kamila	140		K-30	8	Tak	01:15:09.15	+00:45:36 (60.7%)	10:01	6 (39.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Apek	Czas netto 7.5km	Różn	Tempo min/km	Tempo km/h
71	PAROL Jolanta	132		K-60	2					(0.0%)
72	PAROL Mirosław	133		M-60	5					(0.0%)
73	KRASUSKI Zbigniew	107		M-50	8					(0.0%)
74	BUŁCZYŃSKA Filomena	79		K-60	3					(0.0%)
75	MATUJZA Monika	119		K-30	9					(0.0%)

Znaleziono 75 wynik(ów)