

VII MIKOŁAJKOWY KROSS GÓRSKI Z KOMANDORKIEM U KANTEGO

B4SPORT
INTELEGENE ZAWODY SPORTOWE

Wydarzenie: VII Mikołajkowy Kross Górski z Komandorkiem u Kantego
Organizator: Fundacja "Sub ventum" w Słupsku
Data: 2022-12-10
Miejsce: Słupsk
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	PELO Artur	139	7 BRYGADA OBRONY WYBRZEŻA	OPEN -M	1	00:32:36.50		6:31	9.2 (100%)
2	WENT Jakub	125		OPEN -M	2	00:33:36.95	+00:01:00 (3.0%)	6:43	8.9 (96.7%)
3	WRÓBLEWSKI Leszek	128	ŚWIAT PŁYTEK U KRYSPIŃ	OPEN -M	3	00:34:38.65	+00:02:02 (5.9%)	6:55	8.7 (94.6%)
4	MICHAŁOWSKI Piotr	77		OPEN -M	4	00:35:43.10	+00:03:06 (8.7%)	7:08	8.4 (91.3%)
5	OSIŃSKI Wojciech	79	TEAM ZABIEGANE DNI	OPEN -M	5	00:35:55.30	+00:03:18 (9.2%)	7:11	8.4 (91.3%)
6	PIEKARSKI Jacek	84		OPEN -M	6	00:36:15.90	+00:03:39 (10.1%)	7:15	8.3 (90.2%)
7	DUDA Grzegorz	148	BEST BEASTS	OPEN -M	7	00:36:40.65	+00:04:04 (11.1%)	7:20	8.2 (89.1%)
8	WALEŃSKI Michał	123	TKKF KOSZALIN	OPEN -M	8	00:37:14.70	+00:04:38 (12.4%)	7:26	8.1 (88.0%)
9	BARAN Radosław	5	POLONEZ BOBROWNIKI	OPEN -M	9	00:37:55.40	+00:05:18 (14.0%)	7:35	7.9 (85.9%)
10	KNOP Szymon	54		OPEN -M	10	00:38:12.35	+00:05:35 (14.7%)	7:38	7.9 (85.9%)
11	GŁOMBIOWSKA Zuzanna	33	RUNPASSION.PL TEAM	OPEN -K	1	00:39:03.90	+00:06:27 (16.5%)	7:48	7.7 (83.7%)
12	KOSICKI Tomasz	58	AML SŁUPSK	OPEN -M	11	00:39:21.00	+00:06:44 (17.1%)	7:52	7.6 (82.6%)
13	WILUSZ Krzysztof	127	STOPA SŁUPSK	OPEN -M	12	00:39:45.80	+00:07:09 (18.0%)	7:57	7.5 (81.5%)
14	METLICKA Wiktoria	75	ULKS TALEX BORZYTUCHOM	OPEN -K	2	00:40:18.65	+00:07:42 (19.1%)	8:03	7.4 (80.4%)
15	CZYŻYKOWSKI Mateusz	22		OPEN -M	13	00:41:09.65	+00:08:33 (20.8%)	8:13	7.3 (79.3%)
16	PIŁAT Paweł	86	BEST BEASTS	OPEN -M	14	00:41:10.75	+00:08:34 (20.8%)	8:14	7.3 (79.3%)
17	JANKOWSKI Grzegorz	43	POZYTYWNIENIE NAKRĘCONY	OPEN -M	15	00:41:18.80	+00:08:42 (21.1%)	8:15	7.3 (79.3%)
18	BADOWSKI Krzysztof	144		OPEN -M	16	00:41:28.05	+00:08:51 (21.4%)	8:17	7.2 (78.3%)
19	WĄCHNICKI Marcin	124		OPEN -M	17	00:41:36.80	+00:09:00 (21.6%)	8:19	7.2 (78.3%)
20	ŻYLICZ Paweł	135	STOPA SŁUPSK	OPEN -M	18	00:41:50.00	+00:09:13 (22.1%)	8:22	7.2 (78.3%)
21	RACZYŃSKA Anna	88	7 BRYGADA OBRONY WYBRZEŻA	OPEN -K	3	00:41:56.45	+00:09:19 (22.3%)	8:23	7.2 (78.3%)
22	CZYŻYKOWSKI Krzysztof	21		OPEN -M	19	00:42:05.55	+00:09:29 (22.5%)	8:25	7.1 (77.2%)
23	SZCZERBATY Paweł	107		OPEN -M	20	00:42:17.40	+00:09:40 (22.9%)	8:27	7.1 (77.2%)
24	SITEK Mariusz	93		OPEN -M	21	00:42:18.70	+00:09:42 (22.9%)	8:27	7.1 (77.2%)
25	STANKIEWICZ Oskar	137	ZESPÓŁ SZKÓŁ MUNDUROWYCH W SŁUPSKU	OPEN -M	22	00:42:20.85	+00:09:44 (23.0%)	8:28	7.1 (77.2%)
26	JĘCEK Krzysztof	44	MARKOS RUNNING TEAME	OPEN -M	23	00:42:25.60	+00:09:49 (23.1%)	8:29	7.1 (77.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
27	ŚCISŁY Łukasz	115		OPEN -M	24	00:42:30.50	+00:09:54 (23.3%)	8:30	7.1 (77.2%)
28	SZEWCZUK Piotr	109		OPEN -M	25	00:42:38.15	+00:10:01 (23.5%)	8:31	7 (76.1%)
29	SOBOLEWSKI Tomasz	99	BBL SŁUPSK	OPEN -M	26	00:42:40.25	+00:10:03 (23.6%)	8:32	7 (76.1%)
30	GRYGOROWICZ Marta	38	BIEGAM BO LUBIĘ SŁUPSK	OPEN -K	4	00:42:48.00	+00:10:11 (23.8%)	8:33	7 (76.1%)
31	HORBACZ Grzegorz	41		OPEN -M	27	00:42:50.35	+00:10:13 (23.9%)	8:34	7 (76.1%)
32	KAWALEC Konrad	52		OPEN -M	28	00:42:55.20	+00:10:18 (24.0%)	8:35	7 (76.1%)
33	GRYGOROWICZ Tomasz	39	BIEGAM BO LUBIĘ SŁUPSK	OPEN -M	29	00:43:19.15	+00:10:42 (24.7%)	8:39	6.9 (75.0%)
34	GROTA Mariusz	37	AKTYWNA FABRYKA	OPEN -M	30	00:43:25.15	+00:10:48 (24.9%)	8:41	6.9 (75.0%)
35	ANTOSIAK Grzegorz	3		OPEN -M	31	00:43:28.85	+00:10:52 (25.0%)	8:41	6.9 (75.0%)
36	NARKUN Maciej	78	EMMAROL	OPEN -M	32	00:43:30.40	+00:10:53 (25.0%)	8:42	6.9 (75.0%)
37	FIGURSKI Andrzej	27		OPEN -M	33	00:43:30.90	+00:10:54 (25.1%)	8:42	6.9 (75.0%)
38	KARWASZ Kacper	51	IKMF PIŁA	OPEN -M	34	00:43:34.90	+00:10:58 (25.2%)	8:42	6.9 (75.0%)
39	SZLACHETKA Piotr	110	BBL SŁUPSK	OPEN -M	35	00:43:49.80	+00:11:13 (25.6%)	8:45	6.8 (73.9%)
40	MAZGAJ-KNOP Beata	73		OPEN -K	5	00:44:18.05	+00:11:41 (26.4%)	8:51	6.8 (73.9%)
41	CHABOWSKA Agnieszka	13		OPEN -K	6	00:44:50.30	+00:12:13 (27.3%)	8:58	6.7 (72.8%)
42	GAWEL Zbigniew	30	ANANASY Z 3 FAL	OPEN -M	36	00:45:12.85	+00:12:36 (27.9%)	9:02	6.6 (71.7%)
43	KRUKOWSKI Tadeusz	61	BRAK	OPEN -M	37	00:45:43.95	+00:13:07 (28.7%)	9:08	6.6 (71.7%)
44	GOSŁAWSKI Stanisław	35	AMATOR	OPEN -M	38	00:45:53.70	+00:13:17 (29.0%)	9:10	6.5 (70.7%)
45	SOBOLEWSKI Albert	100	ZESPÓŁ SZKÓŁ MECHANIK W SŁUPSKU	OPEN -M	39	00:45:54.30	+00:13:17 (29.0%)	9:10	6.5 (70.7%)
46	GAWĘŁ Iza	31	ANANASY Z 3 FAL	OPEN -K	7	00:45:55.95	+00:13:19 (29.0%)	9:11	6.5 (70.7%)
47	SZCZYGIĘŁ Marcin	108		OPEN -M	40	00:46:00.60	+00:13:24 (29.1%)	9:12	6.5 (70.7%)
48	MAZUREK Paweł	74		OPEN -M	41	00:46:15.35	+00:13:38 (29.5%)	9:15	6.5 (70.7%)
49	KĘSIK Agnieszka	53	ŚWIAT PŁYTEK U KRYSPIŃA	OPEN -K	8	00:46:36.00	+00:13:59 (30.0%)	9:19	6.4 (69.6%)
50	DOMARUS Kamila	23		OPEN -K	9	00:47:09.50	+00:14:33 (30.9%)	9:25	6.4 (69.6%)
51	WYSIECKI Jarosław	129		OPEN -M	42	00:47:17.35	+00:14:40 (31.0%)	9:27	6.3 (68.5%)
52	OSOWSKA Magdalena	80		OPEN -K	10	00:47:31.30	+00:14:54 (31.4%)	9:30	6.3 (68.5%)
53	MACHAŁA Fabian	69		OPEN -M	43	00:47:37.20	+00:15:00 (31.5%)	9:31	6.3 (68.5%)
54	JAKUBEK Łukasz	42		OPEN -M	44	00:47:46.45	+00:15:09 (31.7%)	9:33	6.3 (68.5%)
55	SZAFIRSKI Marek	106	BIEGAM BO LUBIĘ - SŁUPSK	OPEN -M	45	00:47:48.00	+00:15:11 (31.8%)	9:33	6.3 (68.5%)
56	KNUTH Stanisław	55		OPEN -M	46	00:47:56.50	+00:15:20 (32.0%)	9:35	6.3 (68.5%)
57	FURMAN Tomasz	29	STOP?A SŁUPSK	OPEN -M	47	00:48:04.00	+00:15:27 (32.2%)	9:36	6.2 (67.4%)
58	PACHUTA Damian	82		OPEN -M	48	00:48:05.60	+00:15:29 (32.2%)	9:37	6.2 (67.4%)
59	KAMIŃSKA Justyna	47	STOPA SŁUPSK	OPEN -K	11	00:48:06.35	+00:15:29 (32.2%)	9:37	6.2 (67.4%)
60	ZIELIŃSKA Marzena	132		OPEN -K	12	00:48:29.85	+00:15:53 (32.8%)	9:41	6.2 (67.4%)
61	KOSICKA Iwona	57	STOPA SŁUPSK	OPEN -K	13	00:49:07.50	+00:16:31 (33.6%)	9:49	6.1 (66.3%)
62	TRUSIAK Miłosz	119	NIGHT WOLVESULTRA RUNNERS SŁUPSK	OPEN -M	49	00:49:07.80	+00:16:31 (33.6%)	9:49	6.1 (66.3%)
63	BRACISZEWSKI Patryk	10		OPEN -M	50	00:49:15.60	+00:16:39 (33.8%)	9:51	6.1 (66.3%)
64	КОНОНОВ Олександр	136		OPEN -M	51	00:49:31.75	+00:16:55 (34.2%)	9:54	6.1 (66.3%)
65	KANIA Brajan	49	-/BIEGAM BO LUBIĘ - SŁUPSK	OPEN -M	52	00:49:40.05	+00:17:03 (34.3%)	9:56	6 (65.2%)
66	BOGUSZEWSKI Michał -Misiek	7		OPEN -M	53	00:49:47.65	+00:17:11 (34.5%)	9:57	6 (65.2%)
67	KWAŚNIAK Zdzisław	65		OPEN -M	54	00:50:06.20	+00:17:29 (34.9%)	10:01	6 (65.2%)
68	SŁAWSKI Adrian	96		OPEN -M	55	00:50:37.10	+00:18:00 (35.6%)	10:07	5.9 (64.1%)
69	CHYLEWSKA-MUCHA Aleksandra	16		OPEN -K	14	00:50:47.35	+00:18:10 (35.8%)	10:09	5.9 (64.1%)
70	ZGODA Rafał	131		OPEN -M	56	00:51:12.60	+00:18:36 (36.3%)	10:14	5.9 (64.1%)

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71	DUBACKI Kazimierz Stanisław	25	NIGHT RUNNERS SŁUPSKU	OPEN -M	57	00:51:17.45	+00:18:40 (36.4%)	10:15	5.8 (63.0%)
72	SZAFIRSKA Joanna	105	BIEGAM BO LUBIĘ - SŁUPSK	OPEN -K	15	00:51:22.55	+00:18:46 (36.5%)	10:16	5.8 (63.0%)
73	NIEMIERZYCKI Piotr	138	ZESPÓŁ SZKÓŁ MUNDUROWYCH W SŁUPSKU	OPEN -M	58	00:51:40.85	+00:19:04 (36.9%)	10:20	5.8 (63.0%)
74	SKĘPIEC Adrian	94	AJ RUNNING	OPEN -M	59	00:52:01.80	+00:19:25 (37.3%)	10:24	5.8 (63.0%)
75	DOMASZK Zbigniew	172	ŚWIAT PŁYTEK U KRYPINA	OPEN -M	60	00:52:05.80	+00:19:29 (37.4%)	10:25	5.8 (63.0%)
76	SAGAŁA Patrycja	92	ANANASY Z 3 FAL	OPEN -K	16	00:52:06.15	+00:19:29 (37.4%)	10:25	5.8 (63.0%)
77	FRUBA Karina	28	STOPA SŁUPSK / KORONA SZCZECIN	OPEN -K	17	00:52:30.55	+00:19:54 (37.9%)	10:30	5.7 (62.0%)
78	SZYBUT Wioleta	114		OPEN -K	18	00:52:30.70	+00:19:54 (37.9%)	10:30	5.7 (62.0%)
79	KAMIŃSKI Witold	48	STOPA SŁUPSK	OPEN -M	61	00:52:35.65	+00:19:59 (38.0%)	10:31	5.7 (62.0%)
80	BARTON Krystyna	6	PRZECHELEWO	OPEN -K	19	00:52:56.00	+00:20:19 (38.4%)	10:35	5.7 (62.0%)
81	HEC Tomasz	40		OPEN -M	62	00:53:05.00	+00:20:28 (38.6%)	10:37	5.7 (62.0%)
82	ZALEWSKI Grzegorz	142	W.P.K. SŁOŃ TEAM	OPEN -M	63	00:53:06.05	+00:20:29 (38.6%)	10:37	5.6 (60.9%)
83	TARASIEWICZ Lidia	116		OPEN -K	20	00:54:41.80	+00:22:05 (40.4%)	10:56	5.5 (59.8%)
84	BRZEZIŃSKA Agnieszka	11		OPEN -K	21	00:55:32.30	+00:22:55 (41.3%)	11:06	5.4 (58.7%)
85	KOŁODZIEJCZYK Lucyna	56		OPEN -K	22	00:56:57.20	+00:24:20 (42.7%)	11:23	5.3 (57.6%)
86	SOKOŁOWSKI Jan	101		OPEN -M	64	00:56:57.90	+00:24:21 (42.8%)	11:23	5.3 (57.6%)
87	SZUFRAJDA Szymon	171		OPEN -M	65	00:57:53.80	+00:25:17 (43.7%)	11:34	5.2 (56.5%)
88	BRACISZEWSKI Daniel	9		OPEN -M	66	00:57:53.90	+00:25:17 (43.7%)	11:34	5.2 (56.5%)
89	ŻĄDEŁEK Jarek	134		OPEN -M	67	00:58:14.25	+00:25:37 (44.0%)	11:38	5.2 (56.5%)
90	DYRMO Ania	26	BRAK	OPEN -K	23	00:58:18.05	+00:25:41 (44.1%)	11:39	5.1 (55.4%)
91	SKIBIŃSKI Rafał	95	AJ TEAM	OPEN -M	68	00:58:36.05	+00:25:59 (44.4%)	11:43	5.1 (55.4%)
92	OSTROWSKI Paweł	81	NSJ SŁUPSK	OPEN -M	69	00:59:04.95	+00:26:28 (44.8%)	11:48	5.1 (55.4%)
93	ZABORSKA Magdalena	130		OPEN -K	24	00:59:38.95	+00:27:02 (45.3%)	11:55	5 (54.3%)
94	PŁODZIEN Karolina	87		OPEN -K	25	01:00:22.35	+00:27:45 (46.0%)	12:04	5 (54.3%)
95	CZARNY Aleksandra	20		OPEN -K	26	01:00:23.40	+00:27:46 (46.0%)	12:04	5 (54.3%)
96	BORODZIUK Aneta	8		OPEN -K	27	01:00:24.10	+00:27:47 (46.0%)	12:04	5 (54.3%)
97	KLIMEN Marcin	149		OPEN -M	70	01:01:15.05	+00:28:38 (46.8%)	12:15	4.9 (53.3%)
98	KUBICA Agnieszka	63		OPEN -K	28	01:01:15.45	+00:28:38 (46.8%)	12:15	4.9 (53.3%)
99	SŁOWIK Katarzyna	97		OPEN -K	29	01:01:15.90	+00:28:39 (46.8%)	12:15	4.9 (53.3%)
100	KROPIŃSKI Adam	60		OPEN -M	71	01:02:06.25	+00:29:29 (47.5%)	12:25	4.8 (52.2%)
101	ROKUSZEWSKI Piotr	89	APATOR TELEMETRIA	OPEN -M	72	01:02:58.60	+00:30:22 (48.2%)	12:35	4.8 (52.2%)
102	GRACHEL Justyna	36	APATOR TELEMETRIA	OPEN -K	30	01:02:59.70	+00:30:23 (48.2%)	12:35	4.8 (52.2%)
103	ROSIŃSKA Paulina	90		OPEN -K	31	01:03:39.65	+00:31:03 (48.8%)	12:43	4.7 (51.1%)
104	STANIASZEK Bogusław	102	TUPOTUSTKA	OPEN -M	73	01:03:52.35	+00:31:15 (48.9%)	12:46	4.7 (51.1%)
105	MARCZAK Małgorzata	71		OPEN -K	32	01:04:10.45	+00:31:33 (49.2%)	12:50	4.7 (51.1%)
106	SOBOLEWSKA Małgorzata	98	BBL SŁUPSK	OPEN -K	33	01:04:11.80	+00:31:35 (49.2%)	12:50	4.7 (51.1%)
107	ZIĘBA Agnieszka	133		OPEN -K	34	01:06:43.40	+00:34:06 (51.1%)	13:20	4.5 (48.9%)
108	BANNACH Monika	4		OPEN -K	35	01:07:38.00	+00:35:01 (51.8%)	13:31	4.4 (47.8%)
109	SZYBUT Rafał	113		OPEN -M	74	01:07:48.30	+00:35:11 (51.9%)	13:33	4.4 (47.8%)
110	MAJKOWSKA Anita	70		OPEN -K	36	01:08:30.30	+00:35:53 (52.4%)	13:42	4.4 (47.8%)
111	SYCHLA Monika	104		OPEN -K	37	01:08:37.65	+00:36:01 (52.5%)	13:43	4.4 (47.8%)
112	ANDRZEJEWSKA Paulina	2		OPEN -K	38	01:08:38.20	+00:36:01 (52.5%)	13:43	4.4 (47.8%)
113	KAŁUZIŃSKA Katarzyna	46		OPEN -K	39	01:08:39.10	+00:36:02 (52.5%)	13:43	4.4 (47.8%)
114	KORWIN-PIOTROWSKA Paulina	117	ANANASY Z 3 FAL	OPEN -K	40	01:08:42.65	+00:36:06 (52.5%)	13:44	4.4 (47.8%)

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115	MICHALAK-MAŁECKA Anna	76		OPEN -K	41	01:08:45.05	+00:36:08 (52.6%)	13:45	4.4 (47.8%)
116	SZMIGIERO Sebastian	111	WUPEKA SŁOŃ TIM	OPEN -M	75	01:09:17.45	+00:36:40 (52.9%)	13:51	4.3 (46.7%)
117	KOWALCZYK Justyna	59	W.P.K. SŁOŃ TEAM USTKA	OPEN -K	42	01:09:17.65	+00:36:41 (52.9%)	13:51	4.3 (46.7%)
117	KRYGIER Ireneusz	62	W.P.K. SŁOŃ TEAM	OPEN -M	76	01:09:17.65	+00:36:41 (52.9%)	13:51	4.3 (46.7%)
119	TOMCZAK Dominik	118	W.P.K SŁOŃ TEAM	OPEN -M	77	01:09:20.35	+00:36:43 (53.0%)	13:52	4.3 (46.7%)
120	TURCZYN Grzegorz	121	W.P.K. SŁOŃ TEAM	OPEN -M	78	01:09:20.70	+00:36:44 (53.0%)	13:52	4.3 (46.7%)
121	BURDA Sebastian	12	WPK SŁOŃ TEAM	OPEN -M	79	01:09:34.30	+00:36:57 (53.1%)	13:54	4.3 (46.7%)
122	GOEBEL Karolina	34		OPEN -K	43	01:09:35.30	+00:36:58 (53.1%)	13:55	4.3 (46.7%)
123	SADURSKA - MARCINIAK Karolina	91		OPEN -K	44	01:09:36.90	+00:37:00 (53.2%)	13:55	4.3 (46.7%)
124	ANDRZEJCZYK Ewelina	1	ANANASY Z 3FAL	OPEN -K	45	01:09:37.60	+00:37:01 (53.2%)	13:55	4.3 (46.7%)
125	URBAN Ewelina	122	ANANASY Z 3 FAL	OPEN -K	46	01:09:38.20	+00:37:01 (53.2%)	13:55	4.3 (46.7%)
126	LEWANDOWSKA Agata	66		OPEN -K	47	01:13:34.80	+00:40:58 (55.7%)	14:42	4.1 (44.6%)
127	WACHOWICZ Szymon	146	WILKI ZAGÓRZYCE	OPEN -M	80	01:13:59.40	+00:41:22 (55.9%)	14:47	4.1 (44.6%)
128	KULECZKA Katarzyna	64	SUB VENTUM	OPEN -K	48	01:14:18.00	+00:41:41 (56.1%)	14:51	4 (43.5%)
129	WOJCIŃSKA Iwona	140		OPEN -K	49	01:14:18.10	+00:41:41 (56.1%)	14:51	4 (43.5%)
130	WYSZECKA Anna	141	SUB VENTUM	OPEN -K	50	01:14:18.30	+00:41:41 (56.1%)	14:51	4 (43.5%)
131	KRAWICZYŃSKA Amelia	147	WILKI ZAGÓRZYCE	OPEN -K	51	01:17:46.05	+00:45:09 (58.1%)	15:33	3.9 (42.4%)
132	TRUSIAK Agnieszka	120	NIGHT WOLVES ULTRA RUNNERS	OPEN -K	52	01:18:40.70	+00:46:04 (58.6%)	15:44	3.8 (41.3%)
132	KOSIOR Weronika	145	WILKI ZAGÓRZYCE	OPEN -K	52	01:18:40.70	+00:46:04 (58.6%)	15:44	3.8 (41.3%)
134	CHYLEWSKA Aleksandra	15		OPEN -K	54	01:19:31.00	+00:46:54 (59.0%)	15:54	3.8 (41.3%)
135	JUSTEK Adam	45		OPEN -M	81	01:22:24.05	+00:49:47 (60.4%)	16:28	3.6 (39.1%)
136	KARAŚ Radosław	174		OPEN -M	82	01:37:00.60	+01:04:24 (66.4%)	19:24	3.1 (33.7%)

Znaleziono 136 wynik(ów)