

VIII BIEG IM. ASI KENIG - BIEG 10KM

B4SPORT

Wydarzenie: VIII Bieg im. Asi Kenig
Organizator: Szkoła Podstawowa im. Jana Kochanowskiego w Sławsku
Data: 2019-04-28
Miejsce: Sławsko
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	BORYCHOWSKI Mariusz	162	HERKULES TEAM	M-Open	1	00:32:17.90		3:13	18.6 (100%)
2	RUDNIK Krzysztof	170		M-Open	2	00:34:41.86	+00:02:23 (6.9%)	3:28	17.3 (93.0%)
3	KĘPKA Adrian	47	TAGER KOSZALIN	M-Open	3	00:35:28.46	+00:03:10 (9.0%)	3:32	16.9 (90.9%)
4	SZOPIŃSKI Tomasz	138	KB BRYZA POSTOMINO	M-Open	4	00:36:19.95	+00:04:02 (11.1%)	3:38	16.5 (88.7%)
5	KOZAK Arkadiusz	161	HERKULES TEAM	M-Open	5	00:37:05.52	+00:04:47 (12.9%)	3:42	16.2 (87.1%)
6	KURKUL Przemek	71	KB BRYZA POSTOMONO	M-Open	6	00:37:51.22	+00:05:33 (14.7%)	3:47	15.9 (85.5%)
7	SKORUPSKI Robert	128	STOPA SŁUPSK	M-Open	7	00:38:08.99	+00:05:51 (15.3%)	3:48	15.7 (84.4%)
8	RUDNIKOWSKI Maciej	119	DARŁOWSKIE CHARTY / BIEGUZDROWISKOWY.PL	M-Open	8	00:38:18.01	+00:06:00 (15.7%)	3:49	15.7 (84.4%)
9	KURKUL Janek	70	KB BRYZA POSTOMONO	M-Open	9	00:38:45.62	+00:06:27 (16.7%)	3:52	15.5 (83.3%)
10	CZAPLIŃSKI Jacek	19	TAGER KOSZALIN	M-Open	10	00:39:02.03	+00:06:44 (17.3%)	3:54	15.4 (82.8%)
11	ROSIAK Damian	118	KB SPOKO SŁAWNO	M-Open	11	00:39:58.44	+00:07:40 (19.2%)	3:59	15 (80.6%)
12	PRĘDKI Grzegorz	203	KB BRYZA POSTOMINO	M-Open	12	00:40:02.04	+00:07:44 (19.3%)	4:00	15 (80.6%)
13	JABŁOŃSKI Tomasz	100	KB SPOKO SŁAWNO	M-Open	13	00:40:12.67	+00:07:54 (19.7%)	4:01	14.9 (80.1%)
14	PŁAZA Ryszard	109		M-Open	14	00:40:42.40	+00:08:24 (20.7%)	4:04	14.7 (79.0%)
15	PICK Tomasz	106	DEAF KOSZALIN	M-Open	15	00:41:04.58	+00:08:46 (21.4%)	4:06	14.6 (78.5%)
16	GAŁKOWSKI Dariusz	166		M-Open	16	00:41:38.20	+00:09:20 (22.4%)	4:09	14.4 (77.4%)
17	ŻYLICZ Paweł	159	STOPA SŁUPSK / USB USTKA	M-Open	17	00:41:49.43	+00:09:31 (22.8%)	4:10	14.3 (76.9%)
18	RYBICKI Andrzej	122	KB SPOKO SŁAWNO	M-Open	18	00:41:58.02	+00:09:40 (23.0%)	4:11	14.3 (76.9%)
19	GIERLACH Jacek	25	STOPA SŁUPSK	M-Open	19	00:42:10.92	+00:09:53 (23.4%)	4:13	14.2 (76.3%)
20	TŁUSTEK Łukasz	141	KB BRYZA POSTOMONO	M-Open	20	00:42:15.52	+00:09:57 (23.6%)	4:13	14.2 (76.3%)
21	WILUSZ Krzysztof	152	STOPA SŁUPSK	M-Open	21	00:42:16.80	+00:09:58 (23.6%)	4:13	14.2 (76.3%)
22	KRUKOWSKI Błażej	63	KB SPOKO SŁAWNO	M-Open	22	00:42:36.30	+00:10:18 (24.2%)	4:15	14.1 (75.8%)
23	WILCZEWSKI Krzysztof	151	KB SPOKO SŁAWNO	M-Open	23	00:42:38.14	+00:10:20 (24.2%)	4:15	14.1 (75.8%)
24	JANKOWSKI Grzegorz	34	ŚWIAT PŁYTEK U KRYSPIŃSKA	M-Open	24	00:42:59.75	+00:10:41 (24.9%)	4:18	14 (75.3%)
25	GORZKOWSKI Paweł	172	STOPA SŁUPSK	M-Open	25	00:43:01.42	+00:10:43 (24.9%)	4:18	13.9 (74.7%)
26	WÓJCICKI Grzegorz	155	KB SPOKO SŁAWNO	M-Open	26	00:43:12.19	+00:10:54 (25.2%)	4:19	13.9 (74.7%)
27	ANTOSIK Grzegorz	1	KB BRYZA POSTOMONO	M-Open	27	00:43:30.81	+00:11:12 (25.8%)	4:21	13.8 (74.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
28	NIEWIADA Marek	95		M-Open	28	00:44:02.27	+00:11:44 (26.7%)	4:24	13.6 (73.1%)
29	BOGDANOWICZ Paula	7	7 PBOT	K-Open	1	00:44:07.55	+00:11:49 (26.8%)	4:24	13.6 (73.1%)
30	KUCHAREK Marcin	67	STOPA SŁUPSK	M-Open	29	00:44:09.68	+00:11:51 (26.9%)	4:24	13.6 (73.1%)
31	CHUDY Henryk	17	KS OLSZEWSKI I SYNOWIE	M-Open	30	00:44:39.74	+00:12:21 (27.7%)	4:28	13.4 (72.0%)
32	NIECKARZ Krzysztof	94	KB SPOKO SŁAWNO	M-Open	31	00:44:41.64	+00:12:23 (27.7%)	4:28	13.4 (72.0%)
33	MOSKWA Krzysztof	89		M-Open	32	00:44:41.85	+00:12:23 (27.7%)	4:28	13.4 (72.0%)
34	KOSICKI Tomasz	58	STOPA SŁUPSK	M-Open	33	00:44:42.25	+00:12:24 (27.8%)	4:28	13.4 (72.0%)
35	ORDAK Sławomir	101	SAMSOBIE	M-Open	34	00:44:49.09	+00:12:31 (27.9%)	4:28	13.4 (72.0%)
36	KRAWCZUK Szymon	62	DARŁOWSKIE CHARTY	M-Open	35	00:44:52.10	+00:12:34 (28.0%)	4:29	13.4 (72.0%)
37	URBANIAK Szymon	146	CSSP KOSZALIN	M-Open	36	00:44:59.16	+00:12:41 (28.2%)	4:30	13.3 (71.5%)
38	OKOŁOTOWICZ Sebastian	174		M-Open	37	00:45:05.01	+00:12:47 (28.4%)	4:30	13.3 (71.5%)
39	TURCZYN Tomasz	145	DZIENNIK SŁAWIEŃSKI	M-Open	38	00:45:11.06	+00:12:53 (28.5%)	4:31	13.3 (71.5%)
40	PĘKAŁA Piotr	105		M-Open	39	00:45:13.22	+00:12:55 (28.6%)	4:31	13.3 (71.5%)
41	TOMCZAK Dominik	142	NIGHT RUNNERS SŁUPSK	M-Open	40	00:45:16.44	+00:12:58 (28.7%)	4:31	13.3 (71.5%)
42	WIELGAT Łukasz	149	KB BRYZA POSTOMONO	M-Open	41	00:45:16.99	+00:12:59 (28.7%)	4:31	13.2 (71.0%)
43	KAMELSKI Piotr	38	KB SPOKO SŁAWNO	M-Open	42	00:45:23.32	+00:13:05 (28.8%)	4:32	13.2 (71.0%)
44	NIECKARZ Monika	93	KB SPOKO SŁAWNO	K-Open	2	00:45:25.41	+00:13:07 (28.9%)	4:32	13.2 (71.0%)
45	PROTASEWICZ Andrzej	112	KB SPOKO SŁAWNO	M-Open	43	00:45:26.97	+00:13:09 (28.9%)	4:32	13.2 (71.0%)
46	HAMALA Marcin	31	TAGER KOSZALIN	M-Open	44	00:45:30.43	+00:13:12 (29.0%)	4:33	13.2 (71.0%)
47	RUTKOWSKI Ryszard	121	KOSZALIŃSKI RANKING BIEGACZY	M-Open	45	00:45:32.00	+00:13:14 (29.1%)	4:33	13.2 (71.0%)
48	BAKALARZ Adam	4	REHA OMT	M-Open	46	00:45:39.48	+00:13:21 (29.3%)	4:33	13.1 (70.4%)
49	BONISŁAWSKI Jarosław	8	KB SPOKO SŁAWNO	M-Open	47	00:45:40.40	+00:13:22 (29.3%)	4:34	13.1 (70.4%)
50	KONKEL Agnieszka	53		K-Open	3	00:45:52.57	+00:13:34 (29.6%)	4:35	13.1 (70.4%)
51	OLSZAR Grzegorz	180	DARŁOWSKIE CHARTY	M-Open	48	00:45:54.36	+00:13:36 (29.6%)	4:35	13.1 (70.4%)
52	SOMINKA Andrzej	131	SSB (SOBIESAMBIEGAM)	M-Open	49	00:46:13.25	+00:13:55 (30.1%)	4:37	13 (69.9%)
53	GOSTOMCZYK Krzysztof	28	KB SPOKO SŁAWNO	M-Open	50	00:46:22.51	+00:14:04 (30.4%)	4:38	12.9 (69.4%)
54	CAŁA Bartosz	13	ŚWIAT PŁYTEK U KRYPINA	M-Open	51	00:46:47.43	+00:14:29 (31.0%)	4:40	12.8 (68.8%)
55	CAŁA Małgorzata	14		K-Open	4	00:46:47.52	+00:14:29 (31.0%)	4:40	12.8 (68.8%)
56	KARGUL Jacek	41	NIGHT RUNNERS SŁUPSK	M-Open	52	00:47:03.23	+00:14:45 (31.4%)	4:42	12.8 (68.8%)
57	WÓJCIK Damian	156	RUNNERSWALDE DARŁOWO	M-Open	53	00:47:03.56	+00:14:45 (31.4%)	4:42	12.7 (68.3%)
58	ORLOWSKI Maciej	103	DARŁOWSKIE CHARTY	M-Open	54	00:47:45.68	+00:15:27 (32.4%)	4:46	12.6 (67.7%)
59	OLECHNOWICZ Sławomir	98	STOPA SŁUPSK	M-Open	55	00:47:53.95	+00:15:36 (32.6%)	4:47	12.5 (67.2%)
60	RUDZKI Adam	176		M-Open	56	00:48:06.64	+00:15:48 (32.9%)	4:48	12.5 (67.2%)
61	KACZMAREK Marta	36	KB SPOKO SŁAWNO	K-Open	5	00:48:09.48	+00:15:51 (32.9%)	4:48	12.5 (67.2%)
62	KOCIENIEWSKI Damian	177		M-Open	57	00:48:13.51	+00:15:55 (33.0%)	4:49	12.4 (66.7%)
63	WIATRZYK Krzysztof	22	DARŁOWO	M-Open	58	00:48:14.56	+00:15:56 (33.0%)	4:49	12.4 (66.7%)
64	KONKEL Łukasz	54		M-Open	59	00:48:25.58	+00:16:07 (33.3%)	4:50	12.4 (66.7%)
65	KANIEWSKI Jacek	40	W.P.K SŁOŃ TEAM USTKA	M-Open	60	00:48:36.58	+00:16:18 (33.6%)	4:51	12.3 (66.1%)
66	KOWALCZYK Krzysztof	59	SŁAWNO	M-Open	61	00:48:36.75	+00:16:18 (33.6%)	4:51	12.3 (66.1%)
67	BUKOWSKI Bartosz	12		M-Open	62	00:48:48.84	+00:16:30 (33.8%)	4:52	12.3 (66.1%)
68	LEWANDOWSKA Beata	72	STOPA SŁUPSK	K-Open	6	00:48:49.85	+00:16:31 (33.9%)	4:53	12.3 (66.1%)
69	KULCZYK Katarzyna	69	KB BRYZA POSTOMONO	K-Open	7	00:49:30.60	+00:17:12 (34.8%)	4:57	12.1 (65.1%)
70	KAMIENIECKI Kacper	171		M-Open	63	00:49:31.29	+00:17:13 (34.8%)	4:57	12.1 (65.1%)
71	KAMIENIECKI Rafał	39	TUPOT USTKA	M-Open	64	00:49:32.01	+00:17:14 (34.8%)	4:57	12.1 (65.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
72	NOREK Tomek	96		M-Open	65	00:49:44.95	+00:17:27 (35.1%)	4:58	12.1 (65.1%)
73	CZYŻ Izabella	20	STOPA SŁUPSK	K-Open	8	00:50:14.18	+00:17:56 (35.7%)	5:01	11.9 (64.0%)
74	MOTYKOWSKA Ksenia	90	KB SPOKO SŁAWNO	K-Open	9	00:50:30.76	+00:18:12 (36.1%)	5:03	11.9 (64.0%)
75	TELESIEWICZ Henryk	140	KB SPOKO SŁAWNO	M-Open	66	00:50:31.98	+00:18:14 (36.1%)	5:03	11.9 (64.0%)
76	PRYZWAN Karolina	114		K-Open	10	00:50:48.05	+00:18:30 (36.4%)	5:04	11.8 (63.4%)
77	KOSICKA Iwona	57	STOPA SŁUPSK	K-Open	11	00:51:03.48	+00:18:45 (36.7%)	5:06	11.7 (62.9%)
78	DRZEWIECKA Justyna	175		K-Open	12	00:51:05.10	+00:18:47 (36.8%)	5:06	11.7 (62.9%)
79	MALINOWSKI Adam	80	MKS 'ŚWIĘC' SŁAWNO	M-Open	67	00:51:09.59	+00:18:51 (36.9%)	5:07	11.7 (62.9%)
80	GAŁKOWSKA Patrycja	23	KB BRYZA POSTOMONO	K-Open	13	00:51:13.24	+00:18:55 (36.9%)	5:07	11.7 (62.9%)
81	KOWALSKI Krzysztof	60	STOPA SŁUPSK	M-Open	68	00:51:22.33	+00:19:04 (37.1%)	5:08	11.7 (62.9%)
82	SAWICKI Piotr	125	DARŁOWO	M-Open	69	00:51:25.35	+00:19:07 (37.2%)	5:08	11.7 (62.9%)
83	LITWIN Barbara	76	STOPA SŁUPSK /NIGHT RUNNERS SŁUPSK	K-Open	14	00:51:25.96	+00:19:08 (37.2%)	5:08	11.7 (62.9%)
84	GLISZCZYŃSKI Łukasz	26	ŚWIAT PŁYTEK U KRYPINA	M-Open	70	00:51:29.15	+00:19:11 (37.3%)	5:08	11.7 (62.9%)
85	NOWAK Wioleta	163		K-Open	15	00:51:37.08	+00:19:19 (37.4%)	5:09	11.6 (62.4%)
86	NOWAK Marek	164		M-Open	71	00:51:37.23	+00:19:19 (37.4%)	5:09	11.6 (62.4%)
87	SOBCZYK Mariusz	130		M-Open	72	00:52:14.16	+00:19:56 (38.2%)	5:13	11.5 (61.8%)
88	KONKEL Joanna	52	MKS 'ŚWIĘC' SŁAWNO	K-Open	16	00:52:40.21	+00:20:22 (38.7%)	5:16	11.4 (61.3%)
89	OLESZCZUK Kamil	99		M-Open	73	00:52:41.83	+00:20:23 (38.7%)	5:16	11.4 (61.3%)
90	LEWANDOWSKA Maria	73	W.P.K SŁOŃ TEAM USTKA	K-Open	17	00:53:06.20	+00:20:48 (39.2%)	5:18	11.3 (60.8%)
91	PLACEK Patrz	165		M-Open	74	00:53:23.41	+00:21:05 (39.5%)	5:20	11.2 (60.2%)
92	RAWSKI Jarosław	117	STOPA SŁUPSK	M-Open	75	00:53:36.01	+00:21:18 (39.7%)	5:21	11.2 (60.2%)
93	SZMIGIERO Sebastian	137	W.P.K SŁOŃ TEAM USTKA	M-Open	76	00:53:47.98	+00:21:30 (40.0%)	5:22	11.2 (60.2%)
94	LEWANDOWSKI Adam	75	W.P.K SŁOŃ TEAM USTKA	M-Open	77	00:53:56.86	+00:21:38 (40.1%)	5:23	11.1 (59.7%)
95	ZARZYCKA Izabela	157	W.P.K SŁOŃ TEAM USTKA	K-Open	18	00:54:06.65	+00:21:48 (40.3%)	5:24	11.1 (59.7%)
96	GÓRSKI Michał	29		M-Open	78	00:54:06.86	+00:21:48 (40.3%)	5:24	11.1 (59.7%)
97	BIERNAT Kamil	168		M-Open	79	00:55:33.27	+00:23:15 (41.9%)	5:33	10.8 (58.1%)
98	PIETRZAK Mariola	107	ROZBIEGANY KOSZALIN	K-Open	19	00:56:25.65	+00:24:07 (42.8%)	5:38	10.6 (57.0%)
99	ORDAK Iwona	102	SAMASOBIE	K-Open	20	00:57:13.89	+00:24:55 (43.6%)	5:43	10.5 (56.5%)
100	MAJ Agnieszka	79		K-Open	21	00:57:48.00	+00:25:30 (44.1%)	5:46	10.4 (55.9%)
101	KOROLCZUK Karolina	56		K-Open	22	00:57:48.21	+00:25:30 (44.1%)	5:46	10.4 (55.9%)
102	BIERNAT Karolina	160		K-Open	23	00:58:11.20	+00:25:53 (44.5%)	5:49	10.3 (55.4%)
103	BRZOSTOWSKA Ewa	11	KB BRYZA POSTOMONO	K-Open	24	00:58:44.40	+00:26:26 (45.0%)	5:52	10.2 (54.8%)
104	SŁOMSKI Zenon	129	KORZYBSKIE REKINY	M-Open	80	00:59:54.90	+00:27:36 (46.1%)	5:59	10 (53.8%)
105	KOMAR Agnieszka	50	KB SPOKO SŁAWNO	K-Open	25	01:00:02.33	+00:27:44 (46.2%)	6:00	10 (53.8%)
106	SZPITER Tomasz	220	OLAWS ZŁOTORYJA	M-Open	81	01:00:08.95	+00:27:51 (46.3%)	6:00	10 (53.8%)
107	WACHHOLZ Beata	147	KB BRYZA POSTOMONO	K-Open	26	01:00:09.14	+00:27:51 (46.3%)	6:00	10 (53.8%)
108	SAŁAJ Angelika	178	POWIAT SŁUPSKI	K-Open	27	01:01:26.21	+00:29:08 (47.4%)	6:08	9.8 (52.7%)
109	SEWERYN Tomasz	179		M-Open	82	01:01:26.39	+00:29:08 (47.4%)	6:08	9.8 (52.7%)
110	PROTASEWICZ Renata	113	KB SPOKO SŁAWNO	K-Open	28	01:01:41.37	+00:29:23 (47.6%)	6:10	9.7 (52.2%)
111	MICHALAK Wojtek	173		M-Open	83	01:04:55.02	+00:32:37 (50.2%)	6:29	9.2 (49.5%)
112	MEGGER Agata	84		K-Open	29	01:06:19.80	+00:34:01 (51.3%)	6:38	9 (48.4%)
113	ANTOSIK Grażyna	2	KS OLSZEWSKI I SYNOWIE	K-Open	30	01:07:35.91	+00:35:18 (52.2%)	6:45	8.9 (47.8%)
114	STRUKIEL Anna	134		K-Open	31	01:07:37.44	+00:35:19 (52.2%)	6:45	8.9 (47.8%)

