



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

X Bieg Mikołajkowy
Stowarzyszenie BiegamBoLubie Team Police
2022-12-04
Police
10 km

X BIEG MIKOŁAJKOWY

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat	Grupy	Mundurówi	Drużyna 1	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	LESIECKI Piotr	268	KS IRONMAN SZCZECIN	M-30	1					KS IRONMAN SZCZECIN	00:17:38	00:37:22.05	00:37:22.05		3:44	16.1 (100%)
2	GWÓŹDŹ Jacek	140		M-30	2						00:17:45	00:37:26.10	00:37:26.10	+00:00:04 (0.2%)	3:44	16 (99.4%)
3	APIECIONEK Mateusz	8	UKL ÓSEMKA POLICE	M-30	3		Tak			UKL Ósemka Police	00:18:39	00:39:35.45	00:39:35.45	+00:02:13 (5.6%)	3:57	15.2 (94.4%)
4	MACIEJSKI Łukasz	3	POLITOLOG TEAM	M-30	4						00:19:13	00:40:25.00	00:40:25.00	+00:03:02 (7.5%)	4:02	14.8 (91.9%)
5	WIŚNIEWSKI Bartłomiej	557	RUNFOURFUN	M-30	5					RunFourFun	00:19:23	00:40:56.65	00:40:56.65	+00:03:34 (8.7%)	4:05	14.7 (91.3%)
6	GRZEGÓRZEK Piotr	135	RAZ SZCZECIN	M-30	6						00:19:31	00:41:21.55	00:41:21.55	+00:03:59 (9.7%)	4:08	14.5 (90.1%)
7	SURMA Grzegorz	585	HARPAGAN	M-30	7						00:19:37	00:41:31.90	00:41:31.90	+00:04:09 (10.0%)	4:09	14.5 (90.1%)
8	HOŁYŃSKI Leszek	154	KM PSP SZCZECIN	M-30	8		Tak		Tak		00:19:53	00:41:51.25	00:41:51.25	+00:04:29 (10.7%)	4:11	14.3 (88.8%)
9	OLEJARZ Damian	357	POL-BUD POLICE	M-30	9		Tak				00:19:55	00:42:03.45	00:42:03.45	+00:04:41 (11.2%)	4:12	14.3 (88.8%)
10	HAŁGAS Piotr	143	OKS TANOWO	M-30	10		Tak			UKL Ósemka Police	00:19:57	00:42:22.75	00:42:22.75	+00:05:00 (11.8%)	4:14	14.2 (88.2%)
11	SKALSKI Mateusz	462		M-30	11		Tak	Tak		UKL Ósemka Police	00:21:07	00:42:42.20	00:42:42.20	+00:05:20 (12.5%)	4:16	14.1 (87.6%)
11	MIROWSKI Błażej	325	UKL OSEMKA	M-30	11		Tak			UKL Ósemka Police	00:21:07	00:42:42.20	00:42:42.20	+00:05:20 (12.5%)	4:16	14.1 (87.6%)
13	PIELECHOWSKI Piotr	388	DECATHLON SZCZECIN	M-30	13		Tak			Decathlon Szczecin	00:20:48	00:43:05.40	00:43:05.40	+00:05:43 (13.3%)	4:18	13.9 (86.3%)
14	BALCERZAK Przemysław	19	GRUPA AZOTY/UKL ÓSEMKA POLICE	M-30	14		Tak	Tak		UKL Ósemka Police	00:21:08	00:43:15.55	00:43:15.55	+00:05:53 (13.6%)	4:19	13.9 (86.3%)
15	PROCIAK Krzysztof	414	SKB DZIK	M-30	15					SKB DZIK	00:20:51	00:43:32.65	00:43:32.65	+00:06:10 (14.2%)	4:21	13.8 (85.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat	Grupy	Mundurowi	Drużyna	1	5 km	Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
												5km	10km	10km			
16	BEDNARSKI Marek	24		M-30	16			Tak		Biegam Bo		00:22:05	00:43:44.85	00:43:44.85	+00:06:22 (14.6%)	4:22	13.7 (85.1%)
17	OKIENCZUK Radek	354		M-30	17		Tak					00:21:03	00:43:46.05	00:43:46.05	+00:06:24 (14.6%)	4:22	13.7 (85.1%)
18	GANCARZ Piotr	112	DRUŻYNA G	M-30	18							00:21:17	00:43:57.00	00:43:57.00	+00:06:34 (15.0%)	4:23	13.7 (85.1%)
19	ŻARCZYŃSKI Błażej	594	BIEGAM U KOLESI	M-30	19		Tak		Tak			00:21:38	00:44:15.15	00:44:15.15	+00:06:53 (15.6%)	4:25	13.6 (84.5%)
20	PUCHALSKI Grzegorz	423	RUNFOURFUN	M-30	20					RunFourFun		00:21:04	00:44:27.45	00:44:27.45	+00:07:05 (15.9%)	4:26	13.5 (83.9%)
21	KACZMAREK Łukasz	183	KS IRONMAN SZCZECIN	M-30	21							00:21:36	00:44:48.20	00:44:48.20	+00:07:26 (16.6%)	4:28	13.4 (83.2%)
22	FĄFEREK Piotr	102		M-30	22					Wieczne Bieganie w Szczecinie		00:21:36	00:45:19.75	00:45:19.75	+00:07:57 (17.6%)	4:31	13.2 (82.0%)
23	ŻELAZNY Maciej	596	BOSMAN SZCZECIN	M-30	23					Bosman Szczecin		00:20:46	00:46:05.75	00:46:05.75	+00:08:43 (18.9%)	4:36	13 (80.7%)
24	PELC Marek	380	12 BZ	M-30	24				Tak			00:22:16	00:46:10.95	00:46:10.95	+00:08:48 (19.1%)	4:37	13 (80.7%)
25	ARLUKIEWICZ Grzegorz	15	T.I.P (TOST I PIWO)	M-30	25		Tak	Tak				00:22:47	00:46:54.00	00:46:54.00	+00:09:31 (20.3%)	4:41	12.8 (79.5%)
26	TOPOREK Przemysław	524		M-30	26							00:22:57	00:47:35.05	00:47:35.05	+00:10:13 (21.5%)	4:45	12.6 (78.3%)
27	FURMAŃSKI Marcin	109	WY-BIEGANI SZCZECIN	M-30	27					Wy-Biegani Szczecin		00:22:36	00:47:50.25	00:47:50.25	+00:10:28 (21.9%)	4:47	12.5 (77.6%)
28	KUCHTA Piotr	253	KB PIONIER SZCZECIN	M-30	28							00:25:50	00:48:10.40	00:48:10.40	+00:10:48 (22.4%)	4:49	12.5 (77.6%)
29	BUDZIŃSKI Bartosz	53	LABORATORIUM DROGOWE SZCZECIN	M-30	29							00:23:21	00:48:25.80	00:48:25.80	+00:11:03 (22.8%)	4:50	12.4 (77.0%)
30	BĘDKOWSKI Piotr	26		M-30	30							00:23:02	00:48:31.25	00:48:31.25	+00:11:09 (23.0%)	4:51	12.4 (77.0%)
31	ŚCIERKO Dawid	514	WY-BIEGANI SZCZECIN	M-30	31					Wy-Biegani Szczecin		00:23:00	00:49:07.25	00:49:07.25	+00:11:45 (23.9%)	4:54	12.2 (75.8%)
32	LEWANDOWSKI Daniel	271	AKTYWNE LISEWO	M-30	32							00:23:30	00:49:08.25	00:49:08.25	+00:11:46 (24.0%)	4:54	12.2 (75.8%)
33	FRANKIEWICZ Grzesiek	107		M-30	33							00:22:46	00:49:24.05	00:49:24.05	+00:12:02 (24.4%)	4:56	12.1 (75.2%)
34	SZCZYGIELSKI Radosław	496	DECATHLON SZCZECIN	M-30	34					Decathlon Szczecin		00:22:55	00:49:43.70	00:49:43.70	+00:12:21 (24.9%)	4:58	12.1 (75.2%)
35	WASILEWSKI Sylwester	544		M-30	35		Tak					00:23:37	00:49:59.65	00:49:59.65	+00:12:37 (25.3%)	4:59	12 (74.5%)
36	WOLANO Marcin	562	HATTON DARTS	M-30	36							00:24:12	00:50:34.00	00:50:34.00	+00:13:11 (26.1%)	5:03	11.9 (73.9%)
37	HAMAN Kacper	144	WY-BIEGANI SZCZECIN	M-30	37					Wy-Biegani Szczecin		00:23:27	00:50:35.05	00:50:35.05	+00:13:13 (26.1%)	5:03	11.9 (73.9%)
38	JUSZCZYK Radosław	628		M-30	38							00:24:48	00:50:50.10	00:50:50.10	+00:13:28 (26.5%)	5:05	11.8 (73.3%)
39	GÓRSKI Łukasz	127		M-30	39		Tak					00:25:22	00:50:55.50	00:50:55.50	+00:13:33 (26.6%)	5:05	11.8 (73.3%)
40	MISZCZYSZYN Oliwier	326		M-30	40							00:24:57	00:51:10.00	00:51:10.00	+00:13:47 (27.0%)	5:07	11.7 (72.7%)

												5 km	Czas netto	Czas brutto		Tempo	Tempo
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat	Grupy	Mundurowi	Drużyna	1	5km	10km	10km	Różn	min/km	km/h
41	KOSTKOWSKI Hubert	219		M-30	41							00:25:19	00:51:22.75	00:51:22.75	+00:14:00 (27.3%)	5:08	11.7 (72.7%)
42	TUSZYŃSKI Bartek	530		M-30	42		Tak					00:24:33	00:51:24.20	00:51:24.20	+00:14:02 (27.3%)	5:08	11.7 (72.7%)
43	ANDRUSZKIEWICZ Piotr	12		M-30	43							00:24:48	00:51:26.50	00:51:26.50	+00:14:04 (27.4%)	5:08	11.7 (72.7%)
44	SKWIRA Michał	464		M-30	44							00:25:15	00:51:30.95	00:51:30.95	+00:14:08 (27.5%)	5:09	11.7 (72.7%)
45	MATYS Michał	308		M-30	45							00:25:20	00:51:54.40	00:51:54.40	+00:14:32 (28.0%)	5:11	11.6 (72.0%)
46	HAŁUSZKO Szymon	610	DEMANT	M-30	46							00:25:56	00:52:01.10	00:52:01.10	+00:14:39 (28.2%)	5:12	11.5 (71.4%)
47	SKIBA Michał	463	WY-BIEGANI SZCZECIN	M-30	47					Wy-Biegani Szczecin 2		00:25:20	00:52:21.75	00:52:21.75	+00:14:59 (28.6%)	5:14	11.5 (71.4%)
48	KOTOWSKI Dominik	606	DEMANT	M-30	48							00:25:22	00:52:36.75	00:52:36.75	+00:15:14 (29.0%)	5:15	11.4 (70.8%)
49	JĘDRUSZEK Artur	169		M-30	49							00:26:02	00:52:51.85	00:52:51.85	+00:15:29 (29.3%)	5:17	11.4 (70.8%)
50	WOJSZCZYK Michał	561	BRIDGESTONE STARGARD RUNNERS	M-30	50							00:26:01	00:53:00.50	00:53:00.50	+00:15:38 (29.5%)	5:18	11.3 (70.2%)
51	PIOTROWSKI Arkadiusz	394		M-30	51							00:25:33	00:53:10.50	00:53:10.50	+00:15:48 (29.7%)	5:19	11.3 (70.2%)
52	ZIELIŃSKI Mariusz	587		M-30	52		Tak					00:25:12	00:53:49.45	00:53:49.45	+00:16:27 (30.6%)	5:22	11.1 (68.9%)
53	NOGAJ Krzysztof	346	WY-BIEGANI SZCZECIN	M-30	53					Wy-Biegani Szczecin 2		00:26:15	00:53:58.20	00:53:58.20	+00:16:36 (30.8%)	5:23	11.1 (68.9%)
54	PIECHOCKI Michał	384		M-30	54		Tak					00:25:25	00:54:12.85	00:54:12.85	+00:16:50 (31.1%)	5:25	11.1 (68.9%)
55	NOWAKOWSKI Dawid	350		M-30	55							00:26:29	00:54:47.50	00:54:47.50	+00:17:25 (31.8%)	5:28	11 (68.3%)
56	MILEWSKI Adrian	323	DECATHLON SZCZECIN	M-30	56					Decathlon Szczecin		00:27:19	00:54:53.75	00:54:53.75	+00:17:31 (31.9%)	5:29	10.9 (67.7%)
57	BRATKO Przemysław	47		M-30	57							00:26:29	00:55:04.50	00:55:04.50	+00:17:42 (32.2%)	5:30	10.9 (67.7%)
58	DUDZIŃSKI Kamil	91		M-30	58							00:27:28	00:55:27.55	00:55:27.55	+00:18:05 (32.6%)	5:32	10.8 (67.1%)
59	BRUNKE Jarosław	48		M-30	59							00:28:00	00:55:39.95	00:55:39.95	+00:18:17 (32.9%)	5:33	10.8 (67.1%)
60	NAREJKO Paweł	336		M-30	60		Tak					00:26:32	00:55:52.95	00:55:52.95	+00:18:30 (33.1%)	5:35	10.7 (66.5%)
61	OSMAN Marcin	365		M-30	61							00:28:09	00:55:56.60	00:55:56.60	+00:18:34 (33.2%)	5:35	10.7 (66.5%)
62	BARANOWSKI Maciej	22	SAVAGES	M-30	62		Tak			SAVAGES		00:27:25	00:55:59.70	00:55:59.70	+00:18:37 (33.3%)	5:35	10.7 (66.5%)
63	OSMAN Tomasz	366	FC ŻYRAFY	M-30	63		Tak					00:28:11	00:56:10.85	00:56:10.85	+00:18:48 (33.5%)	5:37	10.7 (66.5%)
64	HERMANOWICZ Miłosz	604	DEMANT	M-30	64							00:26:58	00:56:38.30	00:56:38.30	+00:19:16 (34.0%)	5:39	10.6 (65.8%)
65	SOWA Krzysztof	472	ZWIEDZANIE PRZEZ BIEGANIE / TRASHMAGEDDON	M-30	65							00:28:20	00:56:39.70	00:56:39.70	+00:19:17 (34.1%)	5:39	10.6 (65.8%)
66	LITRA Mateusz	278		M-30	66							00:27:43	00:56:59.30	00:56:59.30	+00:19:37 (34.4%)	5:41	10.5 (65.2%)

											Czas netto		Czas brutto			
Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat Police	Grupy Azoty	Mundurowi	Drużyna 1	5 km 5km	10km	10km	Różn	Tempo min/km	Tempo km/h
67	PRYMELSKI Jarosław	418		M-30	67						00:28:38	00:57:56.15	00:57:56.15	+00:20:34 (35.5%)	5:47	10.4 (64.6%)
68	RUDZEWICZ Mariusz	441		M-30	68				Tak		00:27:52	00:58:22.75	00:58:22.75	+00:21:00 (36.0%)	5:50	10.3 (64.0%)
69	KOMOROWSKI Michał	214		M-30	69						00:27:49	00:59:14.40	00:59:14.40	+00:21:52 (36.9%)	5:55	10.1 (62.7%)
70	KOŁUCKI Arkadiusz	213		M-30	70				Tak		00:28:16	00:59:19.25	00:59:19.25	+00:21:57 (37.0%)	5:55	10.1 (62.7%)
71	KUCA Łukasz	252		M-30	71						00:29:25	00:59:32.05	00:59:32.05	+00:22:10 (37.2%)	5:57	10.1 (62.7%)
72	PODWALSKI Piotr	404		M-30	72						00:28:53	01:00:42.10	01:00:42.10	+00:23:20 (38.4%)	6:04	9.9 (61.5%)
73	JARCZEWSKI Damian	160	KB DORACO	M-30	73		Tak				00:29:19	01:00:58.10	01:00:58.10	+00:23:36 (38.7%)	6:05	9.8 (60.9%)
74	PILAWSKI Piotr	389		M-30	74						00:28:51	01:01:04.80	01:01:04.80	+00:23:42 (38.8%)	6:06	9.8 (60.9%)
75	NAGOT Roger	335		M-30	75						00:28:39	01:01:13.30	01:01:13.30	+00:23:51 (39.0%)	6:07	9.8 (60.9%)
76	PUNA Artur	424		M-30	76		Tak				00:29:59	01:01:27.20	01:01:27.20	+00:24:05 (39.2%)	6:08	9.8 (60.9%)
77	ŁAWKIEL Ryszard	279		M-30	77						00:29:15	01:02:57.80	01:02:57.80	+00:25:35 (40.7%)	6:17	9.5 (59.0%)
78	MAĆKOWIAK Łukasz	291		M-30	78						00:28:47	01:03:22.30	01:03:22.30	+00:26:00 (41.0%)	6:20	9.5 (59.0%)
79	SZYMAŃSKI Marek	507	KB KAMIEŃ POMORSKI	M-30	79						00:29:50	01:03:41.35	01:03:41.35	+00:26:19 (41.3%)	6:22	9.4 (58.4%)
80	LER Łukasz	266		M-30	80						00:30:07	01:04:17.55	01:04:17.55	+00:26:55 (41.9%)	6:25	9.3 (57.8%)
81	ROSZATYCKI Cezary	440		M-30	81						00:29:32	01:04:27.75	01:04:27.75	+00:27:05 (42.0%)	6:26	9.3 (57.8%)
82	STACHECKI Adrian	475	DECATHLON SZCZECIN	M-30	82					Decathlon Szczecin	00:31:34	01:04:46.10	01:04:46.10	+00:27:24 (42.3%)	6:28	9.3 (57.8%)
83	CIERPISZEWSKI Tomasz	67		M-30	83						00:31:30	01:05:50.55	01:05:50.55	+00:28:28 (43.2%)	6:35	9.1 (56.5%)
84	ZIÓŁKOWSKI Tomasz	591		M-30	84						00:32:21	01:07:16.50	01:07:16.50	+00:29:54 (44.5%)	6:43	8.9 (55.3%)
85	GORGOL Łukasz	122		M-30	85		Tak				00:31:11	01:08:20.40	01:08:20.40	+00:30:58 (45.3%)	6:50	8.8 (54.7%)
86	GARBIEŃ Tomasz	114		M-30	86						00:33:20	01:10:39.05	01:10:39.05	+00:33:17 (47.1%)	7:03	8.5 (52.8%)
87	SZMAJDZIŃSKI Tomasz	498		M-30	87						00:33:46	01:12:41.20	01:12:41.20	+00:35:19 (48.6%)	7:16	8.3 (51.6%)
88	FIUK Jan	106		M-30	88					Wieczorne Bieganie w Szczecinie	00:36:25	01:14:03.65	01:14:03.65	+00:36:41 (49.5%)	7:24	8.1 (50.3%)
89	PISAŃSKI Kacper	397		M-30	89						00:36:12	01:14:03.90	01:14:03.90	+00:36:41 (49.5%)	7:24	8.1 (50.3%)
90	JAŁOWSKI Marcin	158	BBL LASY BOGDANIEC	M-30	90					Biegam Bo Lubię Lasy Bogdaniec	00:31:44			+00:14:05	6:20	9.5 (59.0%)
91	WISZNIAK Mateusz	555		M-30	91		Tak				00:31:58			+00:14:19	6:23	9.4 (58.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat	Grupy	Mundurowi	Drużyna 1	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
92	KRZYCH Paweł	247	EKSPERT SYSTEMY INFORMATYCZNE	M-30	92						00:33:14			+00:15:35	6:38	9 (55.9%)
93	ŁYDZIŃSKI Maciej	288	WIECZORNE BIEGANIE W SZCZECINIE	M-30	93						00:35:29			+00:17:50	7:05	8.5 (52.8%)

94	LIPERTOWICZ Sebastian	7		M-30	94		Tak			Wieczorne Bieganie w Szczecinie	00:55:18			+00:37:39	11:03	5.4 (33.5%)
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Znaleziono 94 wynik(ów)