



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

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

X BIEG MIKOŁAJKOWY

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat	Grupy	Police	Azoty	Mundurowi	Drużyna 1	5 km 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	WASILEWSKI Andrzej	543		M-40	1							RunFourFun	00:18:39	00:38:17.20	00:38:17.20		3:49	15.7 (100%)
2	ŁUKASZEWSKI Sebastian	286	STARGARDZKI KUB LEKKOATLETYCZNY	M-40	2								00:18:35	00:38:33.05	00:38:33.05	+00:00:15 (0.7%)	3:51	15.6 (99.4%)
3	HOŁUB Kamil	153	MLUKS TRZEBIATÓW	M-40	3							Żółwiki w pogoni	00:19:14	00:40:11.20	00:40:11.20	+00:01:54 (4.7%)	4:01	14.9 (94.9%)
4	PRYK Rafał	417	TRIATHLON GOLENIÓW	M-40	4								00:19:12	00:40:16.85	00:40:16.85	+00:01:59 (5.0%)	4:01	14.9 (94.9%)
5	CZOSNOWSKI Krzysztof	69	KB HERMES GRYFINO	M-40	5							KB Hermes Gryfino	00:20:09	00:41:50.35	00:41:50.35	+00:03:33 (8.5%)	4:11	14.3 (91.1%)
6	BERNACKI Mariusz	25	MODLITWA BIEGANIA GRYFINO	M-40	6								00:19:58	00:42:16.05	00:42:16.05	+00:03:58 (9.4%)	4:13	14.2 (90.4%)
7	GRZYBOWSKI Robert	136	GRUPA AZOTY POLICE / BOLI BOLI	M-40	7		Tak	Tak					00:20:19	00:42:49.40	00:42:49.40	+00:04:32 (10.6%)	4:16	14 (89.2%)
8	WOŹNIAK Marek	567	BOSMAN SZCZECIN	M-40	8							Bosman Szczecin	00:21:06	00:43:07.05	00:43:07.05	+00:04:49 (11.2%)	4:18	13.9 (88.5%)
9	EWERT- KRZEMIENIEWSKI Stanisław	99		M-40	9								00:21:48	00:44:14.00	00:44:14.00	+00:05:56 (13.4%)	4:25	13.6 (86.6%)
10	GAWLE Łukasz	116	UNITY LINE	M-40	10								00:21:29	00:44:29.80	00:44:29.80	+00:06:12 (14.0%)	4:26	13.5 (86.0%)
11	DĄBROWSKI Kamil	77	PROTOUR SZCZECIN	M-40	11		Tak						00:21:55	00:44:46.25	00:44:46.25	+00:06:29 (14.5%)	4:28	13.4 (85.4%)
12	NADOLNY Przemysław	333	PARKRUN SZCZECIN	M-40	12	Nadolni						Nadolny Team	00:21:48	00:44:49.80	00:44:49.80	+00:06:32 (14.6%)	4:28	13.4 (85.4%)
13	MAJKA Dariusz	297	BIEGACZE ŚWINOUJŚCIE	M-40	13								00:21:45	00:45:00.95	00:45:00.95	+00:06:43 (14.9%)	4:30	13.3 (84.7%)
14	DOBOSZ Piotr	81	PITER	M-40	14								00:22:11	00:45:17.60	00:45:17.60	+00:07:00 (15.5%)	4:31	13.2 (84.1%)
15	SZYMCZAK Marcin	511		M-40	15								00:22:01	00:45:31.25	00:45:31.25	+00:07:14 (15.9%)	4:33	13.2 (84.1%)
16	ZALEWSKI Maciej	578		M-40	16								00:22:10	00:45:32.50	00:45:32.50	+00:07:15 (15.9%)	4:33	13.2 (84.1%)
17	HETMAŃSKI Arkadiusz	148	LOVELASY	M-40	17		Tak					LoveLasy	00:21:55	00:45:44.35	00:45:44.35	+00:07:27 (16.3%)	4:34	13.1 (83.4%)

												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
18	PAWLICZAK Rafał	621		M-40	18							00:21:47	00:46:20.95	00:46:20.95	+00:08:03 (17.4%)	4:38	12.9 (82.2%)
19	WARCZALOWSKI Arkadiusz	538		M-40	19		Tak					00:22:38	00:46:32.95	00:46:32.95	+00:08:15 (17.8%)	4:39	12.9 (82.2%)
20	NEJMAN Rafał	338		M-40	20		Tak					00:22:48	00:47:41.55	00:47:41.55	+00:09:24 (19.7%)	4:46	12.6 (80.3%)
21	ZAWLIK Tomasz	582		M-40	21							00:23:47	00:47:50.05	00:47:50.05	+00:09:32 (20.0%)	4:47	12.5 (79.6%)
22	KUBERA Roman	250	EKSPERT SYSTEMY INFORMATYCZNE	M-40	22							00:23:50	00:47:56.40	00:47:56.40	+00:09:39 (20.1%)	4:47	12.5 (79.6%)
23	KRZEŚNIEWSKI Marcin	246	RUCHOWA AKADEMIA ZDROWIA RAZ SZCZECIN	M-40	23					Ruchowa Akademia Zdrowia RAZ SZCZECIN		00:22:29	00:48:07.00	00:48:07.00	+00:09:49 (20.4%)	4:48	12.5 (79.6%)
24	JASIŃSKI Arkadiusz	161		M-40	24							00:22:47	00:48:08.70	00:48:08.70	+00:09:51 (20.5%)	4:48	12.5 (79.6%)
25	CZYŻ Adam	72		M-40	25							00:23:50	00:48:59.85	00:48:59.85	+00:10:42 (21.9%)	4:53	12.2 (77.7%)
26	KONDELA Paweł	215	AKTYWNE CHOSZCZNO	M-40	26				Tak			00:24:02	00:49:00.50	00:49:00.50	+00:10:43 (21.9%)	4:54	12.2 (77.7%)
27	MIKA Tomasz	317		M-40	27		Tak					00:23:33	00:49:01.15	00:49:01.15	+00:10:43 (21.9%)	4:54	12.2 (77.7%)
28	WIEDRO Marcin	550		M-40	28							00:24:24	00:49:01.90	00:49:01.90	+00:10:44 (21.9%)	4:54	12.2 (77.7%)
29	LEWANDOWSKI Piotr	270	SKB DZIK	M-40	29		Tak			SKB DZIK		00:23:49	00:49:16.90	00:49:16.90	+00:10:59 (22.3%)	4:55	12.2 (77.7%)
30	TYMUL Jakub	531	#TYMTRITEAM	M-40	30					TymTriTeam		00:24:05	00:49:42.20	00:49:42.20	+00:11:25 (23.0%)	4:58	12.1 (77.1%)
31	KORDELA Marcin	622		M-40	31							00:24:40	00:49:55.85	00:49:55.85	+00:11:38 (23.3%)	4:59	12 (76.4%)
32	ECHAUST Artur	98	BOLIBOLI	M-40	32		Tak					00:22:33	00:50:03.40	00:50:03.40	+00:11:46 (23.5%)	5:00	12 (76.4%)
33	OSTROWSKI Sylwester	368	STARGARD JA SIĘ NIE ŚCIGAM	M-40	33							00:23:34	00:50:06.15	00:50:06.15	+00:11:48 (23.6%)	5:00	12 (76.4%)
34	HOŁOWCZAK Krzysztof	152		M-40	34							00:24:22	00:50:29.00	00:50:29.00	+00:12:11 (24.2%)	5:02	11.9 (75.8%)
35	PLUCIENNIK Piotr	403	SZCZECIŃSKA ENERGETYKA CIEPLNA	M-40	35		Tak					00:24:47	00:50:29.80	00:50:29.80	+00:12:12 (24.2%)	5:02	11.9 (75.8%)
36	ŁAWNICZAK Sebastian	280		M-40	36		Tak	Tak				00:24:24	00:50:49.70	00:50:49.70	+00:12:32 (24.7%)	5:04	11.8 (75.2%)
37	KULIG Krzysztof	259	MODLITWA BIEGANIA GRZYFINO	M-40	37							00:24:58	00:51:09.65	00:51:09.65	+00:12:52 (25.2%)	5:06	11.7 (74.5%)
38	ZALESKI Tomasz	577		M-40	38							00:24:38	00:51:15.95	00:51:15.95	+00:12:58 (25.3%)	5:07	11.7 (74.5%)
39	RADCZUK Mariusz	426	14 ZBOT	M-40	39		Tak	Tak	Tak	Grupa Azoty		00:24:25	00:51:21.15	00:51:21.15	+00:13:03 (25.4%)	5:08	11.7 (74.5%)
40	SZARMACH Dariusz	490	MARATOŃCZYK TEAM SZCZECIN	M-40	40							00:24:09	00:51:26.20	00:51:26.20	+00:13:09 (25.6%)	5:08	11.7 (74.5%)
41	BOŹEK Artur	45		M-40	41							00:24:41	00:51:26.40	00:51:26.40	+00:13:09 (25.6%)	5:08	11.7 (74.5%)
42	DRÓŹDŹ Mariusz	85	MJD TEAM	M-40	42							00:24:41	00:51:51.75	00:51:51.75	+00:13:34 (26.2%)	5:11	11.6 (73.9%)

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
43	NOWIK Arkadiusz	351		M-40	43							00:25:14	00:51:58.30	00:51:58.30	+00:13:41 (26.3%)	5:11	11.5 (73.2%)
44	PIĄTKOWSKI Mariusz	383	GRYFUS SZCZECIN	M-40	44		Tak					00:25:23	00:52:02.35	00:52:02.35	+00:13:45 (26.4%)	5:12	11.5 (73.2%)
45	POLECHONSKI Kamil	410	OSEMKOWA PETARDA	M-40	45		Tak					00:25:55	00:52:06.10	00:52:06.10	+00:13:48 (26.5%)	5:12	11.5 (73.2%)
46	BIS Michał	32		M-40	46							00:24:19	00:52:10.40	00:52:10.40	+00:13:53 (26.6%)	5:13	11.5 (73.2%)
47	TROJANOWSKI Tomasz	526		M-40	47							00:25:15	00:52:12.80	00:52:12.80	+00:13:55 (26.7%)	5:13	11.5 (73.2%)
48	PIOTROWSKI Piotr	395	TENET	M-40	48		Tak			Tenet		00:25:26	00:52:16.70	00:52:16.70	+00:13:59 (26.8%)	5:13	11.5 (73.2%)
49	PIĄTEK Krystian	382		M-40	49							00:26:06	00:52:20.85	00:52:20.85	+00:14:03 (26.9%)	5:14	11.5 (73.2%)
50	PENTEŁA Mariusz	381		M-40	50		Tak					00:25:32	00:52:48.95	00:52:48.95	+00:14:31 (27.5%)	5:16	11.4 (72.6%)
51	CHARĘŻA Marcin	62	ZAWADZKIEGO SZCZECIN	M-40	51							00:25:44	00:53:15.30	00:53:15.30	+00:14:58 (28.1%)	5:19	11.3 (72.0%)
52	GIETKO Piotr	120	MIĘTUSY	M-40	52			Tak				00:26:24	00:53:50.50	00:53:50.50	+00:15:33 (28.9%)	5:23	11.1 (70.7%)
53	SĘK Dariusz	457	MIĘTUSY	M-40	53							00:26:24	00:53:52.05	00:53:52.05	+00:15:34 (28.9%)	5:23	11.1 (70.7%)
54	ZAŁEJSKI Tomasz	576		M-40	54							00:25:10	00:53:52.50	00:53:52.50	+00:15:35 (28.9%)	5:23	11.1 (70.7%)
55	WÓJTOWICZ Jerzy	569	NIENAWIDZĘ BIEGAĆ	M-40	55							00:25:09	00:54:16.60	00:54:16.60	+00:15:59 (29.5%)	5:25	11.1 (70.7%)
56	STĘPNIAK Lesław	480		M-40	56					SKB DZIK		00:26:55	00:54:26.90	00:54:26.90	+00:16:09 (29.7%)	5:26	11 (70.1%)
57	KIERNOŻYCKI Mateusz	198		M-40	57		Tak					00:26:42	00:54:42.00	00:54:42.00	+00:16:24 (30.0%)	5:28	11 (70.1%)
58	RUMOWSKI Tomek	442	TE	M-40	58							00:25:35	00:54:43.60	00:54:43.60	+00:16:26 (30.0%)	5:28	11 (70.1%)
59	DOBRYCKI Piotr	83	BRIDGESTONE RUNNERS STARGARD	M-40	59							00:26:56	00:54:58.45	00:54:58.45	+00:16:41 (30.4%)	5:29	10.9 (69.4%)
60	SWOBODA Piotr	486	LOVELASY	M-40	60		Tak			LoveLasy		00:27:13	00:55:19.30	00:55:19.30	+00:17:02 (30.8%)	5:31	10.8 (68.8%)
61	STRZYGA Mariusz	483		M-40	61							00:26:21	00:55:22.70	00:55:22.70	+00:17:05 (30.9%)	5:32	10.8 (68.8%)
62	SZEWCZYK Tomek	497	WY-BIEGANI SZCZECIN	M-40	62					Wy-Biegani Szczecin 2		00:26:33	00:55:51.10	00:55:51.10	+00:17:33 (31.4%)	5:35	10.7 (68.2%)
63	ROSZATYCKI Łukasz	439		M-40	63							00:27:35	00:56:00.20	00:56:00.20	+00:17:43 (31.6%)	5:36	10.7 (68.2%)
64	AUGUSTYNIAK Grzegorz	16	UKŁ FENIKS ŚWIDWIN	M-40	64							00:28:35	00:56:12.80	00:56:12.80	+00:17:55 (31.9%)	5:37	10.7 (68.2%)
65	KLABAN Szymon	201		M-40	65							00:27:50	00:56:13.15	00:56:13.15	+00:17:55 (31.9%)	5:37	10.7 (68.2%)
66	BRZESKOT Marek	49		M-40	66							00:28:04	00:56:39.45	00:56:39.45	+00:18:22 (32.4%)	5:39	10.6 (67.5%)
67	ŁYDKA Sylwester	287		M-40	67				Tak			00:27:41	00:56:42.95	00:56:42.95	+00:18:25 (32.5%)	5:40	10.6 (67.5%)
68	OPALUCH Grzegorz	363	SZCZECIŃSKA ENERGETYKA CIEPLNA	M-40	68							00:28:19	00:56:48.65	00:56:48.65	+00:18:31 (32.6%)	5:40	10.6 (67.5%)

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
69	PRUSZANOW Marcin	416	KB HERMES GRYFINO	M-40	69					KB Hermes Gryfino	00:28:33	00:57:21.90	00:57:21.90	+00:19:04 (33.3%)	5:44	10.5 (66.9%)
70	ŁEBKOWSKI Karol	281	WILKI Z CIECHOCINKA	M-40	70						00:27:35	00:57:52.45	00:57:52.45	+00:19:35 (33.8%)	5:47	10.4 (66.2%)
71	DUDENKO Jerzy	88	DUDKITEAM	M-40	71						00:32:43	00:58:43.65	00:58:43.65	+00:20:26 (34.8%)	5:52	10.2 (65.0%)
72	PRZYBYSZ Marcin	421	PRZYBYSZ FAMILY	M-40	72				Tak		00:29:11	00:58:47.95	00:58:47.95	+00:20:30 (34.9%)	5:52	10.2 (65.0%)
73	WITORZĘĆ Dariusz	558		M-40	73		Tak				00:28:26	00:59:14.70	00:59:14.70	+00:20:57 (35.4%)	5:55	10.1 (64.3%)
74	KUBIAK Michał	251		M-40	74						00:29:03	00:59:21.55	00:59:21.55	+00:21:04 (35.5%)	5:56	10.1 (64.3%)
75	OLEŚKIEWICZ Michał	359	WY-BIEGANI SZCZECIN	M-40	75					Wy-Biegani Szczecin 3	00:28:37	00:59:23.20	00:59:23.20	+00:21:06 (35.5%)	5:56	10.1 (64.3%)
76	JĘDRUCH Rafał	168		M-40	76						00:29:08	00:59:39.45	00:59:39.45	+00:21:22 (35.8%)	5:57	10.1 (64.3%)
77	KOZACZUK Grzegorz	226		M-40	77						00:28:47	00:59:40.55	00:59:40.55	+00:21:23 (35.8%)	5:58	10.1 (64.3%)
78	SZOSTAK Daniel	503		M-40	78						00:28:50	01:00:32.40	01:00:32.40	+00:22:15 (36.8%)	6:03	9.9 (63.1%)
79	JENDRZEJCZAK Rafał	167		M-40	79		Tak				00:30:20	01:00:57.70	01:00:57.70	+00:22:40 (37.2%)	6:05	9.8 (62.4%)
80	SZMELING Grzegorz	499		M-40	80						00:29:58	01:01:18.20	01:01:18.20	+00:23:01 (37.5%)	6:07	9.8 (62.4%)
81	TOMCZYK Krzysztof	520		M-40	81		Tak				00:31:51	01:01:22.60	01:01:22.60	+00:23:05 (37.6%)	6:08	9.8 (62.4%)
82	KUKOWSKI Łukasz	257	ŚWINOUJSCIE	M-40	82				Tak		00:31:12	01:01:28.10	01:01:28.10	+00:23:10 (37.7%)	6:08	9.8 (62.4%)
83	KOWALCZYK Paweł	221		M-40	83						00:30:58	01:02:39.80	01:02:39.80	+00:24:22 (38.9%)	6:15	9.6 (61.1%)
84	BUDNY Wojciech	52	ZEMBORWACZE MOŃKI	M-40	84						00:30:13	01:03:04.55	01:03:04.55	+00:24:47 (39.3%)	6:18	9.5 (60.5%)
85	KĘDZIELEWSKI Łukasz	195		M-40	85					Wieczne Bieganie w Szczecinie	00:30:41	01:03:07.80	01:03:07.80	+00:24:50 (39.4%)	6:18	9.5 (60.5%)
86	ZEMANKIEWICZ Łukasz	631		M-40	86						00:30:29	01:03:17.55	01:03:17.55	+00:25:00 (39.5%)	6:19	9.5 (60.5%)
87	KRUSZEWICZ Aleksander	244	AMPIO TEAM	M-40	87						00:31:23	01:03:46.60	01:03:46.60	+00:25:29 (40.0%)	6:22	9.4 (59.9%)
88	KOZŁOWSKI Tomasz	231	BBL LASY BOGDANIEC	M-40	88					Biegam Bo Lubię Lasy Bogdaniec	00:31:45	01:04:28.80	01:04:28.80	+00:26:11 (40.6%)	6:26	9.3 (59.2%)
89	GAŁĄZKA Jarosław	111	BIEGAM BO LUBIĘ LASY BOGDANIEC	M-40	89					Biegam Bo Lubię Lasy Bogdaniec	00:31:45	01:04:28.85	01:04:28.85	+00:26:11 (40.6%)	6:26	9.3 (59.2%)
90	POKORSKI Rafał	408	GOLCZEWO	M-40	90						00:31:05	01:04:42.25	01:04:42.25	+00:26:25 (40.8%)	6:28	9.3 (59.2%)
91	MAGDZIK Marcin	294		M-40	91						00:32:07	01:04:44.05	01:04:44.05	+00:26:26 (40.9%)	6:28	9.3 (59.2%)
92	MASŁOWSKI Artur	305		M-40	92						00:31:30	01:04:53.45	01:04:53.45	+00:26:36 (41.0%)	6:29	9.2 (58.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Rodzina	Powiat	Grupy	Mundurowi	Drużyna	5 km	Czas netto	Czas brutto	Różn	Tempo	Tempo
										1	5km	10km	10km		min/km	km/h
93	WOŁKOŃSKI Adam	563		M-40	93						00:30:27	01:04:54.65	01:04:54.65	+00:26:37 (41.0%)	6:29	9.2 (58.6%)
94	BOROWSKI Marcin	43	EKSPERT SYSTEMY INFORMATYCZNE	M-40	94						00:30:37	01:06:33.50	01:06:33.50	+00:28:16 (42.5%)	6:39	9 (57.3%)
95	KUPIŃSKI Mieczysław	260	MODLITWA BIEGANIA GRYFINO	M-40	95						00:31:18	01:06:45.30	01:06:45.30	+00:28:28 (42.6%)	6:40	9 (57.3%)
96	RUSINEK Radosław	443		M-40	96						00:32:42	01:07:15.95	01:07:15.95	+00:28:58 (43.1%)	6:43	8.9 (56.7%)
97	BORKOWSKI Marek	41		M-40	97						00:32:56	01:08:04.05	01:08:04.05	+00:29:46 (43.8%)	6:48	8.8 (56.1%)
98	KRYCHOWIAK Piotr	638	WIOSŁO	M-40	98				Tak		00:31:53	01:08:33.35	01:08:33.35	+00:30:16 (44.2%)	6:51	8.8 (56.1%)
99	PIOTROWSKI Krzysztof	393		M-40	99					Ampio Team	00:32:05	01:09:11.70	01:09:11.70	+00:30:54 (44.7%)	6:55	8.7 (55.4%)
100	ROLLA Dorian	434		M-40	100		Tak				00:32:36	01:10:24.30	01:10:24.30	+00:32:07 (45.6%)	7:02	8.5 (54.1%)
101	MICHALAK Radosław	312	GRUPA EXPERT	M-40	101					Ekspert Systemy Informatyczne	00:37:40	01:19:55.35	01:19:55.35	+00:41:38 (52.1%)	7:59	7.5 (47.8%)
102	DOBERSZTYN Błażej	80	FIZJOBIEGACZE SZCZECIN	M-40	102						00:24:05			+00:05:25	4:49	12.5 (79.6%)
103	TELESIŃSKI Piotr	517	BBLLASYBOGDANIEC	M-40	103					Biegam Bo Lubię Lasy Bogdaniec	00:28:29			+00:09:49	5:41	10.5 (66.9%)
104	SZPILA Robert	629	BBL LASY BOGDANIEC	M-40	104						00:31:44			+00:13:04	6:20	9.5 (60.5%)
105	PASZKO Daniel	373	WIECZORNE BIEGANIE W SZCZECINIE	M-40	105		Tak	Tak			00:32:20			+00:13:40	6:28	9.3 (59.2%)
106	HNATKOWSKI Piotr	151	WATAHA	M-40	106					DEMBOWE NIEDŹWIEDZIE	00:32:26			+00:13:46	6:29	9.2 (58.6%)
107	KĘPKA Wojciech	10	WIECZORNE BIEGANIE W SZCZECINIE	M-40	107					Wieczorne Bieganie w Szczecinie	00:41:58			+00:23:18	8:23	7.1 (45.2%)
108	MAĆKOWIAK Radosław	635		M-40	108		Tak				00:54:19			+00:35:39	10:51	5.5 (35.0%)

Znaleziono 108 wynik(ów)