

# XI ĆWIERĆMARATON BIELIKA - BIEG

B4SPORT  
INTELEGENTE ZAWODY SPORTOWE

**Event:** XI Ćwierćmaraton Bielika  
**Organiser:** Gmina Kołbaskowo  
**Date:** 2022-05-28  
**Place:** Gmina Kołbaskowo  
**Distance:** 11 km



Classification: M45+

Place	Participant	Number	Club	Category	MCat	Gmina	Net time 11km	Gap	Pace min/km	Pace km/h
1	KONARSKI Bartosz	20	ERAKAWY	M45+	1		00:41:37.69		3:47	15.9 (100%)
2	PORWICH Radosław	256	TT SZCZECIN	M45+	2		00:45:19.30	+00:03:41 (8.1%)	4:07	14.6 (91.8%)
3	KOLENDA Krzysztof	263	FIZJOBIEGACZE SZCZECIN/KALMAR RUNNERS	M45+	3		00:45:27.41	+00:03:49 (8.4%)	4:07	14.5 (91.2%)
4	KUFEL Tomasz	46	PITER@TOMI TEAM	M45+	4	Tak	00:46:55.94	+00:05:18 (11.3%)	4:15	14.1 (88.7%)
5	OLEJNIK Przemek	99		M45+	5		00:47:48.27	+00:06:10 (12.9%)	4:20	13.8 (86.8%)
6	ADAMSKI Janusz	123		M45+	6		00:50:05.25	+00:08:27 (16.9%)	4:33	13.2 (83.0%)
7	GRZYBOWSKI Robert	170		M45+	7		00:50:29.18	+00:08:51 (17.5%)	4:35	13.1 (82.4%)
8	B Jarek	244		M45+	8		00:50:47.16	+00:09:09 (18.0%)	4:37	13 (81.8%)
9	JUDKIEWICZ Piotr	124		M45+	9		00:51:40.05	+00:10:02 (19.4%)	4:41	12.8 (80.5%)
10	BOJKO Marek	258		M45+	10		00:51:56.75	+00:10:19 (19.9%)	4:43	12.7 (79.9%)
11	WARCZALOWSKI Arkadiusz	290		M45+	11		00:51:56.76	+00:10:19 (19.9%)	4:43	12.7 (79.9%)
12	PRAWDA Sebastian	220		M45+	12		00:52:21.92	+00:10:44 (20.5%)	4:45	12.6 (79.2%)
13	DZICZEK Ireneusz	18	RAZ SZCZECIN	M45+	13		00:52:26.79	+00:10:49 (20.6%)	4:46	12.6 (79.2%)
14	GRZELAK Ryszard	227	KB HERMES GRYFINO	M45+	14		00:53:42.83	+00:12:05 (22.5%)	4:52	12.3 (77.4%)
15	WOLSKI Tomasz	235		M45+	15		00:53:59.54	+00:12:21 (22.9%)	4:54	12.2 (76.7%)
16	KOŁTUN Wojtek	228		M45+	16		00:54:07.84	+00:12:30 (23.1%)	4:55	12.2 (76.7%)
17	ZALEJSKI Tomasz	278		M45+	17		00:54:09.88	+00:12:32 (23.1%)	4:55	12.2 (76.7%)
18	CZAPSKI Sławomir	248		M45+	18		00:54:40.39	+00:13:02 (23.9%)	4:58	12.1 (76.1%)
19	PŁUCIENNIK Piotr	197		M45+	19		00:54:54.28	+00:13:16 (24.2%)	4:59	12 (75.5%)
20	ŁAWNICZAK Sebastian	219		M45+	20		00:55:51.75	+00:14:14 (25.5%)	5:04	11.8 (74.2%)
21	SZYMCZAK Robert	148	DPT RUN TEAM SZCZECIN	M45+	21		00:55:53.23	+00:14:15 (25.5%)	5:04	11.8 (74.2%)
22	RAK Darek	23	TYMTRITEAM	M45+	22		00:55:56.45	+00:14:18 (25.6%)	5:05	11.8 (74.2%)
23	MONCZKA Robert	100	TYMTRITEAM	M45+	23		00:55:58.86	+00:14:21 (25.6%)	5:05	11.8 (74.2%)
24	KRUGLIŃSKI Tomasz	284	HELLAS TEAM	M45+	24	Tak	00:56:30.02	+00:14:52 (26.3%)	5:08	11.7 (73.6%)
25	KWIATKOWSKI Dariusz	10	MODLITWA BIEGANIA GRYFINO	M45+	25		00:56:50.74	+00:15:13 (26.8%)	5:10	11.6 (73.0%)
26	GÓRSKI Jacek	253		M45+	26		00:57:27.35	+00:15:49 (27.5%)	5:13	11.5 (72.3%)

Place	Participant	Number	Club	Category	MCat	Gmina	Net time 11km	Gap	Pace min/km	Pace km/h
27	<b>KACZKOWSKI Roman</b>	<b>86</b>		M45+	27	bieg	<b>00:58:02.85</b>	+00:16:25 (28.3%)	5:16	11.4 (71.7%)
28	<b>SELWASIUK Tomasz</b>	<b>165</b>		M45+	28		<b>00:58:08.97</b>	+00:16:31 (28.4%)	5:17	11.4 (71.7%)
29	<b>MASŁYK Dariusz</b>	<b>164</b>		M45+	29		<b>00:58:23.51</b>	+00:16:45 (28.7%)	5:18	11.3 (71.1%)
30	<b>ZARZYCKI Piotr</b>	<b>151</b>		M45+	30		<b>00:59:12.69</b>	+00:17:35 (29.7%)	5:22	11.1 (69.8%)
31	<b>BŁACHNIO Krzysztof</b>	<b>8</b>	RAZ SZCZECIN	M45+	31		<b>00:59:17.81</b>	+00:17:40 (29.8%)	5:23	11.1 (69.8%)
32	<b>PASZKO Daniel</b>	<b>28</b>	WIECZORNE BIEGANIE W SZCZECINIE	M45+	32		<b>00:59:56.50</b>	+00:18:18 (30.6%)	5:26	11 (69.2%)
33	<b>KRACZOWSKI Mirosław</b>	<b>202</b>		M45+	33		<b>01:00:59.65</b>	+00:19:21 (31.8%)	5:32	10.8 (67.9%)
34	<b>SZYMAŃSKI Artur</b>	<b>233</b>	BS FAMILY TEAM	M45+	34		<b>01:01:04.98</b>	+00:19:27 (31.8%)	5:33	10.8 (67.9%)
35	<b>PASTERNAK Ryszard</b>	<b>136</b>		M45+	35	Tak	<b>01:01:26.67</b>	+00:19:48 (32.3%)	5:35	10.7 (67.3%)
36	<b>DŹWIGAŁ Tomasz</b>	<b>215</b>	SKS HUSARIA	M45+	36		<b>01:01:26.88</b>	+00:19:49 (32.3%)	5:35	10.7 (67.3%)
37	<b>SKÓRA Robert</b>	<b>67</b>		M45+	37		<b>01:01:30.91</b>	+00:19:53 (32.3%)	5:35	10.7 (67.3%)
38	<b>KORELL Klaus</b>	<b>52</b>	JUST CRAZY	M45+	38	bieg	<b>01:01:39.28</b>	+00:20:01 (32.5%)	5:36	10.7 (67.3%)
39	<b>STACHOWSKI Andrzej</b>	<b>85</b>	MONIA GYM	M45+	39		<b>01:01:47.93</b>	+00:20:10 (32.6%)	5:37	10.7 (67.3%)
40	<b>WITORZĘĆ Dariusz</b>	<b>47</b>		M45+	40		<b>01:01:50.72</b>	+00:20:13 (32.7%)	5:37	10.7 (67.3%)
41	<b>ZADURSKI Robert</b>	<b>281</b>		M45+	41		<b>01:02:49.70</b>	+00:21:12 (33.7%)	5:42	10.5 (66.0%)
42	<b>CZERWIŃSKI Dariusz</b>	<b>205</b>	LOVELASY	M45+	42		<b>01:03:39.68</b>	+00:22:01 (34.6%)	5:47	10.4 (65.4%)
43	<b>SURDACKI Jerzy</b>	<b>92</b>	DRUŻYNA SZPIKU	M45+	43		<b>01:04:14.43</b>	+00:22:36 (35.2%)	5:50	10.3 (64.8%)
44	<b>WITKOWSKI Artur</b>	<b>127</b>		M45+	44		<b>01:04:29.16</b>	+00:22:51 (35.4%)	5:51	10.2 (64.2%)
45	<b>ADAMCZUK Feliks</b>	<b>199</b>		M45+	45		<b>01:05:08.10</b>	+00:23:30 (36.1%)	5:55	10.1 (63.5%)
46	<b>JĘDRUCH Rafał</b>	<b>98</b>		M45+	46		<b>01:05:43.15</b>	+00:24:05 (36.7%)	5:58	10 (62.9%)
47	<b>DEJER Rafał</b>	<b>103</b>		M45+	47		<b>01:06:50.47</b>	+00:25:12 (37.7%)	6:04	9.9 (62.3%)
48	<b>KROMRYCH Maciej</b>	<b>30</b>		M45+	48		<b>01:07:04.05</b>	+00:25:26 (37.9%)	6:05	9.8 (61.6%)
49	<b>JANOWICZ Tomasz</b>	<b>36</b>	MORSY SIADLO DOLNE	M45+	49	Tak	<b>01:07:19.33</b>	+00:25:41 (38.2%)	6:07	9.8 (61.6%)
50	<b>PAWELCZAK Cezary</b>	<b>82</b>	GO2TRI	M45+	50		<b>01:07:50.96</b>	+00:26:13 (38.6%)	6:10	9.7 (61.0%)
51	<b>WOLSKI Krzysztof</b>	<b>172</b>		M45+	51		<b>01:08:54.11</b>	+00:27:16 (39.6%)	6:15	9.6 (60.4%)
52	<b>GŁOGOWSKI Jan</b>	<b>203</b>		M45+	52		<b>01:09:20.63</b>	+00:27:42 (40.0%)	6:18	9.5 (59.7%)
53	<b>BEDNARZ Maciej</b>	<b>25</b>		M45+	53	Tak	<b>01:14:20.77</b>	+00:32:43 (44.0%)	6:45	8.9 (56.0%)
54	<b>PIOTROWSKI Krzysztof</b>	<b>131</b>	AMPIO TEAM	M45+	54		<b>01:14:51.00</b>	+00:33:13 (44.4%)	6:48	8.8 (55.3%)
55	<b>OCIEPKA Paweł</b>	<b>56</b>		M45+	55		<b>01:16:24.75</b>	+00:34:47 (45.5%)	6:56	8.6 (54.1%)
56	<b>MAZUR Michał</b>	<b>133</b>		M45+	56		<b>01:17:43.39</b>	+00:36:05 (46.4%)	7:03	8.5 (53.5%)
57	<b>ROLLA Dorian</b>	<b>173</b>		M45+	57		<b>01:18:09.87</b>	+00:36:32 (46.7%)	7:06	8.4 (52.8%)
58	<b>SZARAPANOWSKI Andrzej</b>	<b>222</b>		M45+	58		<b>01:26:36.09</b>	+00:44:58 (51.9%)	7:52	7.6 (47.8%)

Total 58 results.