



XII SŁUPSKI BIEG NIEPODLEGŁOŚCI

B4SPORT

Organizator: Słupski Ośrodek Sportu i Rekreacji
Data: 2024-11-11
Miejsce: Słupsk
Dystans: 10 km



Klasyfikacja: M4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	BURZYŃSKI Aleksander	35	STOPA SŁUPSK	M4	1	00:17:22	00:35:02.35		3:30	17.1 (100%)
2	KAMIENIECKI Rafał	127	TUPOT USTKA	M4	2	00:18:35	00:37:47.65	+00:02:45 (7.3%)	3:46	15.9 (93.0%)
3	CERAPIŃSKI Maciek	38	SŁUPSK	M4	3	00:19:14	00:38:28.85	+00:03:26 (8.9%)	3:50	15.6 (91.2%)
4	MAZUREK Marcin	227	XXX	M4	4	00:19:31	00:39:03.05	+00:04:00 (10.3%)	3:54	15.4 (90.1%)
5	BULCZAK Rafał	33	7BOW	M4	5	00:19:21	00:39:11.30	+00:04:08 (10.6%)	3:55	15.3 (89.5%)
6	SKĘPIEC Adam	312		M4	6	00:19:54	00:39:47.95	+00:04:45 (12.0%)	3:58	15.1 (88.3%)
7	KALETA Sebastian	122		M4	7	00:20:13	00:40:10.65	+00:05:08 (12.8%)	4:01	14.9 (87.1%)
8	BŁENCKI Piotr	25	AKTYWNA FABRYKA	M4	8	00:20:05	00:40:15.25	+00:05:12 (13.0%)	4:01	14.9 (87.1%)
9	GAJEWSKI Andrzej	77	STOPA SŁUPSK	M4	9	00:20:24	00:41:04.90	+00:06:02 (14.7%)	4:06	14.6 (85.4%)
10	DYŚKO Wojciech	71		M4	10	00:20:32	00:41:39.05	+00:06:36 (15.9%)	4:09	14.4 (84.2%)
11	NAGÓREK Kamil	243	STOPA SŁUPSK	M4	11	00:21:20	00:42:09.75	+00:07:07 (16.9%)	4:12	14.2 (83.0%)
12	CZYŻYKOWSKI Krzysztof	63		M4	12	00:20:37	00:42:22.20	+00:07:19 (17.3%)	4:14	14.2 (83.0%)
13	PIOTRKOWSKI Tomasz	401	STOPA SŁUPSK	M4	13	00:21:34	00:42:43.30	+00:07:40 (18.0%)	4:16	14 (81.9%)
14	BIERZANOWSKI Rafał	21		M4	14	00:21:52	00:43:37.30	+00:08:34 (19.7%)	4:21	13.8 (80.7%)
15	KLINKUSZ Adrian	143		M4	15	00:21:53	00:43:49.75	+00:08:47 (20.1%)	4:22	13.7 (80.1%)
16	KOWALCZYK Marcin	164	SKSK PIEKŁO PÓŁNOCY	M4	16	00:21:48	00:43:51.00	+00:08:48 (20.1%)	4:23	13.7 (80.1%)
17	WĄCHNICKI Marcin	103		M4	17	00:21:39	00:44:13.50	+00:09:11 (20.8%)	4:25	13.6 (79.5%)
18	PIŁAT Paweł	276	BEST BEASTS	M4	18	00:21:49	00:44:35.45	+00:09:33 (21.4%)	4:27	13.5 (78.9%)
19	SADOWSKI Paweł	113	STOPA SŁUPSK	M4	19	00:22:44	00:44:41.90	+00:09:39 (21.6%)	4:28	13.4 (78.4%)
20	KWIETNIEWSKI Daniel	202		M4	20	00:22:19	00:44:50.30	+00:09:47 (21.9%)	4:29	13.4 (78.4%)
21	MIECHÓWKA Michał	229		M4	21	00:22:12	00:45:02.15	+00:09:59 (22.2%)	4:30	13.3 (77.8%)
22	STEC Jakub	379	BEST BEASTS	M4	22	00:22:35	00:45:02.50	+00:10:00 (22.2%)	4:30	13.3 (77.8%)
23	SKORUPSKI Robert	315	STOPA SŁUPSK	M4	23	00:22:44	00:45:05.25	+00:10:02 (22.3%)	4:30	13.3 (77.8%)
24	PIETRZYK Paweł	275		M4	24	00:22:46	00:45:25.35	+00:10:23 (22.9%)	4:32	13.2 (77.2%)
25	SMOLIŃSKI Krzysztof	318		M4	25	00:22:49	00:45:32.90	+00:10:30 (23.1%)	4:33	13.2 (77.2%)
26	OBERT Paweł	253	STOPA SŁUPSK	M4	26	00:22:33	00:45:37.00	+00:10:34 (23.2%)	4:33	13.2 (77.2%)
27	KOS Krzysiek	152	WYBIEGANY KRZYCHU	M4	27	00:22:44	00:45:41.25	+00:10:38 (23.3%)	4:34	13.1 (76.6%)

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28	KAŁUŻNY Mariusz	126	NADMORSZY BIEGACZE KOŁOBRZEG	M4	28	00:23:18	00:45:43.50	+00:10:41 (23.4%)	4:34	13.1 (76.6%)
29	MIELCZAREK Andrzej	405	WODOCIĄGI SŁUPSK	M4	29	00:23:16	00:46:36.70	+00:11:34 (24.8%)	4:39	12.9 (75.4%)
30	KOWALCZUK Jakub	162		M4	30	00:23:29	00:46:47.60	+00:11:45 (25.1%)	4:40	12.8 (74.9%)
31	ROLBIECKI Łukasz	297		M4	31	00:24:24	00:47:32.10	+00:12:29 (26.3%)	4:45	12.6 (73.7%)
32	GŁASZCZ Mariusz	86	WWW.ART-DONICE.PL	M4	32	00:23:54	00:47:57.65	+00:12:55 (26.9%)	4:47	12.5 (73.1%)
33	KONSTANCZAK Bartosz	150	NSF REDZIKOWO (PWD)	M4	33	00:24:10	00:48:08.20	+00:13:05 (27.2%)	4:48	12.5 (73.1%)
34	KARGUL Jacek	410		M4	34	00:24:41	00:48:25.25	+00:13:22 (27.6%)	4:50	12.4 (72.5%)
35	GROTA Mariusz	94	AKTYWNA FABRYKA	M4	35	00:24:29	00:49:03.15	+00:14:00 (28.6%)	4:54	12.2 (71.3%)
36	GIEDROJĆ Tomasz	83	TG12.PL	M4	36	00:24:39	00:49:12.85	+00:14:10 (28.8%)	4:55	12.2 (71.3%)
37	TRUSIAK Miłosz	354		M4	37	00:24:21	00:49:33.80	+00:14:31 (29.3%)	4:57	12.1 (70.8%)
38	GRYGOROWICZ Tomasz	97	BIEGAM BO LUBIĘ SŁUPSK	M4	38	00:25:01	00:49:37.45	+00:14:35 (29.4%)	4:57	12.1 (70.8%)
39	MAZGIS Marcin	226		M4	39	00:25:16	00:49:37.80	+00:14:35 (29.4%)	4:57	12.1 (70.8%)
40	GORCZYCKI Grzegorz	87	ILONKA TEAM	M4	40	00:24:43	00:49:51.35	+00:14:49 (29.7%)	4:59	12 (70.2%)
41	KUPIS Wojciech	188		M4	41	00:24:11	00:50:06.70	+00:15:04 (30.1%)	5:00	12 (70.2%)
42	OKOŁOTOWICZ Sebastian	256		M4	42	00:24:04	00:50:15.65	+00:15:13 (30.3%)	5:01	11.9 (69.6%)
43	KLOC Dariusz	144	BEST BEASTS	M4	43	00:25:31	00:50:45.80	+00:15:43 (31.0%)	5:04	11.8 (69.0%)
44	TRAPP Sebastian	351	LION STRONG TEAM	M4	44	00:25:23	00:51:05.25	+00:16:02 (31.4%)	5:06	11.7 (68.4%)
45	KARGUL Rafał	134		M4	45	00:25:43	00:51:08.85	+00:16:06 (31.5%)	5:06	11.7 (68.4%)
46	TROCKI Łukasz	353		M4	46	00:25:31	00:51:19.80	+00:16:17 (31.7%)	5:07	11.7 (68.4%)
47	BODO Rafał	26	ZOZKOSZ KOSZALIN	M4	47	00:26:28	00:51:41.95	+00:16:39 (32.2%)	5:10	11.6 (67.8%)
48	FURMAN Tomasz	75	STOPA SŁUPSK	M4	48	00:25:39	00:51:45.45	+00:16:43 (32.3%)	5:10	11.6 (67.8%)
49	KWAPIS Wojciech	196	TP SKALAR SŁUPSK	M4	49	00:25:47	00:51:56.90	+00:16:54 (32.5%)	5:11	11.6 (67.8%)
50	KOSIEDOWSKI Sebastian	156	USB USTKA	M4	50	00:26:35	00:51:57.40	+00:16:55 (32.6%)	5:11	11.5 (67.3%)
51	ODIJA Leszek	255	KAWOSZE BIEGAJĄ	M4	51	00:26:43	00:51:58.90	+00:16:56 (32.6%)	5:11	11.5 (67.3%)
52	JAROS Adam	115		M4	52	00:26:36	00:52:28.90	+00:17:26 (33.2%)	5:14	11.4 (66.7%)
53	OSTROWSKI Paweł	264	NSJ SZALONE KIJE	M4	53	00:25:44	00:52:33.85	+00:17:31 (33.3%)	5:15	11.4 (66.7%)
54	GWIAZDA Jarosław	99	7BOW	M4	54	00:26:35	00:52:34.25	+00:17:31 (33.3%)	5:15	11.4 (66.7%)
55	WIECZOREK Sławomir	366		M4	55	00:25:56	00:52:50.20	+00:17:47 (33.7%)	5:17	11.4 (66.7%)
56	STASZKIEWICZ Mariusz	326		M4	56	00:27:05	00:52:50.80	+00:17:48 (33.7%)	5:17	11.4 (66.7%)
57	SAMSONOWICZ Krzysztof	306	CEDRUS TEAM	M4	57	00:27:00	00:52:52.30	+00:17:49 (33.7%)	5:17	11.3 (66.1%)
58	OLECHNOWICZ Sławomir	257	STOPA SŁUPSK	M4	58	00:27:04	00:53:10.65	+00:18:08 (34.1%)	5:19	11.3 (66.1%)
59	GUBERNAT Mirosław	98	NIEPUBLICZNA SZKOŁA PODSTAWOWA NR 7 W SŁUPSKU	M4	59	00:27:18	00:53:56.45	+00:18:54 (35.0%)	5:23	11.1 (64.9%)
60	SZYBUT Rafał	346	NIE LUBIĘ BIEGAĆ	M4	60	00:26:56	00:54:23.85	+00:19:21 (35.6%)	5:26	11 (64.3%)
61	BIAŁY Michał	17	...	M4	61	00:27:08	00:54:48.30	+00:19:45 (36.1%)	5:28	10.9 (63.7%)
62	KROPIŃSKI Adam	177	ŻÓŁWIK # NIE LUBIĘ BIEGAĆ	M4	62	00:26:58	00:55:17.55	+00:20:15 (36.6%)	5:31	10.9 (63.7%)
63	CHYBA Bartłomiej	48	WOJSKO POLSKIE	M4	63	00:27:11	00:56:39.75	+00:21:37 (38.2%)	5:39	10.6 (62.0%)
64	KŁUSEK Marek	145	FREE PALESTINE	M4	64	00:28:54	00:57:25.90	+00:22:23 (39.0%)	5:44	10.4 (60.8%)
65	BLUMA Tomasz	23	KRZYSIO TEAM	M4	65	00:28:00	00:57:29.50	+00:22:27 (39.1%)	5:44	10.4 (60.8%)
66	JAWORSKI Robert	6		M4	66	00:28:34	00:58:25.20	+00:23:22 (40.0%)	5:50	10.3 (60.2%)
67	RUTKOWSKI Marek	301		M4	67	00:28:52	00:58:36.10	+00:23:33 (40.2%)	5:51	10.2 (59.6%)
68	KOT Daniel	159	KOT TEAM	M4	68	00:29:42	00:59:11.60	+00:24:09 (40.8%)	5:55	10.1 (59.1%)
69	CZUCZAK Tomasz	62		M4	69	00:28:34	00:59:42.25	+00:24:39 (41.3%)	5:58	10.1 (59.1%)
70	JARZĄB Sebastian	116		M4	70	00:30:57	01:00:29.85	+00:25:27 (42.1%)	6:02	9.9 (57.9%)
71	SROKA Sławomir	321		M4	71	00:29:20	01:01:04.65	+00:26:02 (42.6%)	6:06	9.8 (57.3%)

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72	CZERWIŃSKI Rafał	61		M4	72	00:30:21	01:01:18.60	+00:26:16 (42.8%)	6:07	9.8 (57.3%)
73	SZYCKO Radosław	347		M4	73	00:30:22	01:01:41.55	+00:26:39 (43.2%)	6:10	9.7 (56.7%)
74	SŁUPCZEWSKI Michał	402		M4	74	00:31:12	01:02:01.50	+00:26:59 (43.5%)	6:12	9.7 (56.7%)
75	RAHOZA Szymon	294	LION STRONG TEAM	M4	75	00:30:22	01:02:27.65	+00:27:25 (43.9%)	6:14	9.6 (56.1%)
76	MACIEJEWSKI Tomasz	219		M4	76	00:29:57	01:02:42.75	+00:27:40 (44.1%)	6:16	9.6 (56.1%)
77	PIETRZYCKI Dariusz	273		M4	77	00:30:35	01:04:59.85	+00:29:57 (46.1%)	6:29	9.2 (53.8%)
78	KUCHARSKI Radek	184		M4	78	00:34:01	01:05:05.35	+00:30:03 (46.2%)	6:30	9.2 (53.8%)
DNC	MINCEWICZ Adam	231	AKTYWNA FABRYKA	M4		00:24:32				(0.0%)
	PIOTRASCHKE Paweł	282	AML SŁUPSK	M4		DNF	DNF		-	- (0.0%)

Znaleziono 80 wynik(ów)