



XIX OGÓLNOPOLSKI BIEG IM. RYSZARDA TARGASZEWSKIEGO - 5KM

B4SPORT

Organizator: FUNDACJA JESTEŚMY RAZEM
Data: 2016-05-01
Miejsce: Sianów
Dystans: 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	WITKOWSKI Mateusz	72	KL ISKRA BIAŁOGARD	Mężczyźni	1	00:00:02	00:16:46.35	00:16:48.70		3:21	17.9 (100%)
2	RYBACZEK Sebastian	52	FORMA ROSNOWO / JW1223	Mężczyźni	2	00:00:02	00:18:28.05	00:18:30.55	+00:01:41 (9.2%)	3:41	16.2 (90.5%)
3	BARAŃSKI Przemysław	2	KM PSP SZCZECIN/ MLUKS TRZEBIATÓW	Mężczyźni	3	00:00:02	00:18:50.95	00:18:53.00	+00:02:04 (11.0%)	3:46	15.9 (88.8%)
4	WIDONIAK Rafał	62	BIEGNIJMY.PL	Mężczyźni	4	00:00:03	00:19:07.60	00:19:11.10	+00:02:21 (12.3%)	3:49	15.7 (87.7%)
5	MODRZEJEWSKI Mateusz	41	KOCHAM ASIE	Mężczyźni	5	00:00:03	00:19:28.40	00:19:32.05	+00:02:42 (13.9%)	3:53	15.4 (86.0%)
6	OLCZAK Krzysztof	44		Mężczyźni	6	00:00:05	00:19:37.80	00:19:43.75	+00:02:51 (14.6%)	3:55	15.3 (85.5%)
7	JAŻWIŃSKI Dawid	17	TKKF KOSZALIN	Mężczyźni	7	00:00:02	00:19:44.30	00:19:47.20	+00:02:57 (15.0%)	3:57	15.2 (84.9%)
8	CHWIAŁKOWSKI Cyprian	4		Mężczyźni	8	00:00:03	00:19:57.90	00:20:01.40	+00:03:11 (16.0%)	3:59	15 (83.8%)
9	JANIK Paulina	15	TS REGLE SZKLARSKA PORĘBA	Kobiety	1	00:00:02	00:20:10.95	00:20:13.25	+00:03:24 (16.9%)	4:02	14.9 (83.2%)
10	SZULC Arek	58	ROZBIEGANI KOSZALIN	Mężczyźni	9	00:00:02	00:20:51.90	00:20:54.80	+00:04:05 (19.6%)	4:10	14.4 (80.4%)
11	ŚNIEŻKO Marcin	49	DZIKI KOSZALIN	Mężczyźni	10	00:00:04	00:21:13.20	00:21:17.45	+00:04:26 (21.0%)	4:14	14.1 (78.8%)
12	LESZCZYSZYN Paweł	32		Mężczyźni	11	00:00:04	00:21:19.60	00:21:24.15	+00:04:33 (21.4%)	4:16	14.1 (78.8%)
13	ŁABEJSZA Łukasz	33	WOJOWNICY WÓDY	Mężczyźni	12	00:00:07	00:21:52.50	00:22:00.10	+00:05:06 (23.3%)	4:22	13.7 (76.5%)
14	MAJ-DZIUBAŃSKA Izabela	69	MAMA OSKARA	Kobiety	2	00:00:02	00:21:55.20	00:21:58.10	+00:05:08 (23.5%)	4:23	13.7 (76.5%)
15	CHUDZIŃSKI Dariusz	82		Mężczyźni	13	00:00:08	00:21:58.60	00:22:07.50	+00:05:12 (23.7%)	4:23	13.6 (76.0%)
16	KAJKOWSKI Rafał	19		Mężczyźni	14	00:00:05	00:21:59.20	00:22:04.45	+00:05:12 (23.7%)	4:23	13.6 (76.0%)
17	PSTRĄGOWSKI Marcin	23		Mężczyźni	15	00:00:05	00:22:02.80	00:22:08.35	+00:05:16 (23.9%)	4:24	13.6 (76.0%)
18	FRONTCZAK Izabela	6	TKKF KOSZALIN	Kobiety	3	00:00:03	00:22:12.20	00:22:16.00	+00:05:25 (24.5%)	4:26	13.5 (75.4%)
19	MĘDEL Marta	38		Kobiety	4	00:00:04	00:22:19.50	00:22:24.30	+00:05:33 (24.9%)	4:28	13.4 (74.9%)
20	SZABLA Ewelina	56	MTS HAMER MIASTKO	Kobiety	5	00:00:04	00:22:22.10	00:22:26.40	+00:05:35 (25.0%)	4:28	13.4 (74.9%)
21	MACHELSKA Sylwia	35	PGB SPORTOWA PACZKA	Kobiety	6	00:00:03	00:22:44.20	00:22:47.50	+00:05:57 (26.2%)	4:32	13.2 (73.7%)
22	WRÓBLEWSKI Jacek	66	GIMNAZJUM 7 KOSZALIN	Mężczyźni	16	00:00:03	00:23:14.25	00:23:17.95	+00:06:27 (27.8%)	4:38	12.9 (72.1%)
23	HUBERT Łukasz	28	FUNDACJA PROGRES	Mężczyźni	17	00:00:05	00:23:16.35	00:23:21.70	+00:06:30 (27.9%)	4:39	12.9 (72.1%)
24	ROG Michał	50	JW 1223	Mężczyźni	18	00:00:09	00:23:23.90	00:23:33.35	+00:06:37 (28.3%)	4:40	12.8 (71.5%)
25	RYGIELSKI Bartosz	53		Mężczyźni	19	00:00:04	00:23:44.50	00:23:49.40	+00:06:58 (29.4%)	4:45	12.6 (70.4%)
26	MĘDEL Cezary	39		Mężczyźni	20	00:00:04	00:23:50.85	00:23:55.70	+00:07:04 (29.7%)	4:46	12.6 (70.4%)

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							5km	5km			
27	JAROSZ Konrad	43	GIMNAZJUM NR 9	Mężczyźni	21	00:00:08	00:23:55.30	00:24:03.60	+00:07:08 (29.9%)	4:47	12.5 (69.8%)
28	JASIENIECKI Piotr	16		Mężczyźni	22	00:00:07	00:24:06.95	00:24:14.10	+00:07:20 (30.5%)	4:49	12.4 (69.3%)
29	JURKIEWICZ Andrzej	18	JW 1223	Mężczyźni	23	00:00:10	00:24:14.15	00:24:24.70	+00:07:27 (30.8%)	4:50	12.4 (69.3%)
30	ZIELENIEWICZ Weronika	67		Kobiety	7	00:00:03	00:24:30.25	00:24:34.15	+00:07:43 (31.6%)	4:54	12.2 (68.2%)
31	OSOBNIAK Ryszard	45	ROZBIEGANY KOSZALIN	Mężczyźni	24	00:00:05	00:24:32.50	00:24:37.55	+00:07:46 (31.7%)	4:54	12.2 (68.2%)
32	KAZIMIERCZAK Leszek	20	CSSP KOSZALIN	Mężczyźni	25	00:00:07	00:24:35.95	00:24:43.85	+00:07:49 (31.8%)	4:55	12.2 (68.2%)
33	KUPREWICZ Grzegorz	31	ROZBIEGANY KOSZALIN	Mężczyźni	26	00:00:06	00:24:40.80	00:24:46.80	+00:07:54 (32.0%)	4:56	12.2 (68.2%)
34	WALCZAK Agnieszka	60	TKKF KOSZALIN	Kobiety	8	00:00:09	00:25:34.85	00:25:44.30	+00:08:48 (34.4%)	5:07	11.7 (65.4%)
35	GŁOWACKI Włodzimierz	7		Mężczyźni	27	00:00:02	00:25:39.75	00:25:42.65	+00:08:53 (34.6%)	5:08	11.7 (65.4%)
36	POLAK Monika	149		Kobiety	9	00:00:02	00:25:40.15	00:25:42.15	+00:08:53 (34.7%)	5:08	11.7 (65.4%)
37	FILIPEK Marta	5		Kobiety	10	00:00:11	00:25:49.85	00:26:01.65	+00:09:03 (35.1%)	5:10	11.6 (64.8%)
38	KUBIŃSKA Beata	29		Kobiety	11	00:00:06	00:26:21.00	00:26:27.85	+00:09:34 (36.3%)	5:16	11.4 (63.7%)
39	KUBIŃSKI Rafał	30	RUNNING ALLIANZ TEAM	Mężczyźni	28	00:00:06	00:26:21.60	00:26:27.95	+00:09:35 (36.4%)	5:16	11.4 (63.7%)
40	WIERZBICKI Kacper	63		Mężczyźni	29	00:00:07	00:26:58.35	00:27:05.90	+00:10:12 (37.8%)	5:23	11.1 (62.0%)
41	JABŁOŃSKI Michał	36		Mężczyźni	30	00:00:10	00:27:44.15	00:27:54.45	+00:10:57 (39.5%)	5:32	10.8 (60.3%)
42	JABŁOŃSKI Konrad	59		Mężczyźni	31	00:00:10	00:27:44.65	00:27:54.70	+00:10:58 (39.5%)	5:32	10.8 (60.3%)
43	GRĄBCZEWSKI Rafał	11	JW1223	Mężczyźni	32	00:00:09	00:27:57.00	00:28:06.80	+00:11:10 (40.0%)	5:35	10.7 (59.8%)
44	KONIECZNY Patryk	42		Mężczyźni	33	00:00:10	00:28:07.60	00:28:17.65	+00:11:21 (40.4%)	5:37	10.7 (59.8%)
45	PIETRZYCKA Katarzyna	47	ERA KOBIET	Kobiety	12	00:00:11	00:28:22.70	00:28:34.30	+00:11:36 (40.9%)	5:40	10.6 (59.2%)
46	HELLER Zdzisław	13	NIEZRZESZONY	Mężczyźni	34	00:00:04	00:28:39.80	00:28:44.05	+00:11:53 (41.5%)	5:44	10.5 (58.7%)
47	BATYŃSKA Magdalena	3		Kobiety	13	00:00:05	00:29:19.45	00:29:24.70	+00:12:33 (42.8%)	5:51	10.2 (57.0%)
48	MICHALCZYK Małgosia	40		Kobiety	14	00:00:08	00:29:30.00	00:29:38.20	+00:12:43 (43.1%)	5:54	10.2 (57.0%)
49	KRAWCZUK-KIEŁB Anna	27		Kobiety	15	00:00:06	00:30:01.70	00:30:08.00	+00:13:15 (44.1%)	6:00	10 (55.9%)
50	KORPOWSKI Łukasz	22	---	Mężczyźni	35	00:00:11	00:30:05.60	00:30:16.65	+00:13:19 (44.3%)	6:01	10 (55.9%)
51	PSTRĄGOWSKA Marlena	48		Kobiety	16	00:00:06	00:30:14.40	00:30:20.50	+00:13:28 (44.5%)	6:02	9.9 (55.3%)
52	CHAŁAT Dorota	150	ERA KOBIET	Kobiety	17	00:00:11	00:30:33.60	00:30:45.40	+00:13:47 (45.1%)	6:06	9.8 (54.7%)
53	WALO Zbigniew	61		Mężczyźni	36	00:00:11	00:31:40.15	00:31:52.05	+00:14:53 (47.0%)	6:20	9.5 (53.1%)
54	KOZŁOWIECKA Małgorzata	24		Kobiety	18	00:00:08	00:31:47.85	00:31:55.85	+00:15:01 (47.3%)	6:21	9.4 (52.5%)
55	BAGIŃSKA Agnieszka	1	BAJADERKI KOSZALIN	Kobiety	19	00:00:13	00:31:55.75	00:32:09.10	+00:15:09 (47.5%)	6:23	9.4 (52.5%)
56	PEŁKA Iwona	46		Kobiety	20	00:00:12	00:32:09.45	00:32:21.70	+00:15:23 (47.8%)	6:25	9.3 (52.0%)
57	OZGA Aleksandra	73		Kobiety	21	00:00:05	00:32:25.00	00:32:30.00	+00:15:38 (48.3%)	6:29	9.3 (52.0%)
57	HAUSMAN Andrzej	12	KSR ROWERIA	Mężczyźni	37	00:00:09	00:32:25.00	00:32:34.00	+00:15:38 (48.3%)	6:29	9.3 (52.0%)
59	JAKUBOWSKA Anna	14		Kobiety	22	00:00:10	00:32:33.30	00:32:44.15	+00:15:46 (48.5%)	6:30	9.2 (51.4%)
60	RÓG Weronika	71		Kobiety	23	00:00:09	00:33:10.80	00:33:20.25	+00:16:24 (49.4%)	6:38	9 (50.3%)
61	ROG Krystyna	51	JW 1223	Kobiety	24	00:00:09	00:33:16.00	00:33:25.20	+00:16:29 (49.6%)	6:39	9 (50.3%)
62	KRAMARZ Aneta	25	ROSSBIEGANI	Kobiety	25	00:00:13	00:33:24.10	00:33:37.10	+00:16:37 (49.8%)	6:40	9 (50.3%)
63	WILKOWSKA Małgorzata	64	ROZBIEGANY KOSZALIN	Kobiety	26	00:00:10	00:33:50.00	00:34:00.35	+00:17:03 (50.4%)	6:46	8.9 (49.7%)
64	KRAMARZ Stanisław	26	ROSSBIEGANI	Mężczyźni	38	00:00:13	00:34:14.95	00:34:27.95	+00:17:28 (51.0%)	6:50	8.8 (49.2%)
65	KĘPKA Wioletta	21		Kobiety	27	00:00:12	00:34:30.85	00:34:43.10	+00:17:44 (51.4%)	6:54	8.7 (48.6%)
66	GÓRSKI Jakub	9	KB UE POZNAŃ	Mężczyźni	39	00:00:14	00:34:34.75	00:34:48.95	+00:17:48 (51.5%)	6:54	8.7 (48.6%)
67	SOKÓŁ Michał	75		Mężczyźni	40	00:00:08	00:35:25.75	00:35:34.30	+00:18:39 (52.7%)	7:05	8.5 (47.5%)
68	LOREK Filip	74		Mężczyźni	41	00:00:08	00:35:25.85	00:35:34.65	+00:18:39 (52.7%)	7:05	8.5 (47.5%)
69	SZCZEBLEWSKI Józef	57		Mężczyźni	42	00:00:02	00:36:32.05	00:36:34.55	+00:19:45 (54.1%)	7:18	8.2 (45.8%)
70	JĘDRZEJEWSKI Jakub	68		Mężczyźni	43	00:00:06	00:38:04.00	00:38:10.00	+00:21:17 (55.9%)	7:36	7.9 (44.1%)

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71	GÓRSKA Dorota	8		Kobiety	28	00:00:13	00:38:26.40	00:38:39.75	+00:21:40 (56.4%)	7:41	7.8 (43.6%)
72	GÓRSKI Mirosław	10		Mężczyźni	44	00:00:13	00:38:26.90	00:38:40.40	+00:21:40 (56.4%)	7:41	7.8 (43.6%)
73	BARTNIK Marian	70	TKKF KOSZALIN	Mężczyźni	45	00:00:02	00:40:39.05	00:40:42.00	+00:23:52 (58.7%)	8:08	7.4 (41.3%)
74	STASZEK Mariola	55	NIEZRZESZONA	Kobiety	29	00:00:02	00:40:56.55	00:40:59.35	+00:24:10 (59.0%)	8:11	7.3 (40.8%)
75	GRZELAK Karina	92	ROZBIEGANY KOSZALIN	Kobiety	30	00:00:09					(0.0%)

Znaleziono 75 wynik(ów)