

# XVIII BIEG 12 MOSTÓW - 5KM

B4SPORT  
INTELIGENTNE ZAWODY SPORTOWE

**Wydarzenie:** XVIII BIEG 12 MOSTÓW  
**Organizator:** OSIR SŁAWNO  
**Data:** 2022-06-25  
**Miejsce:** SŁAWNO  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>GARSKI Dawid</b>	<b>68</b>	AML SŁUPSK	OPEN -M	1	<b>00:17:01.30</b>		3:24	17.6 (100%)
2	<b>WIRKUS Łukasz</b>	<b>58</b>	LKB IM. BRACI PETK LEBORK	OPEN -M	2	<b>00:17:13.60</b>	+00:00:12 (1.2%)	3:26	17.4 (98.9%)
3	<b>PAPROCKI Krzysztof</b>	<b>37</b>		OPEN -M	3	<b>00:17:37.10</b>	+00:00:35 (3.4%)	3:31	17 (96.6%)
4	<b>GUZOWSKI Denis</b>	<b>14</b>	PRAWIE JAK HERMES	OPEN -M	4	<b>00:18:06.55</b>	+00:01:05 (6.0%)	3:37	16.6 (94.3%)
5	<b>WILCZEWSKI Krzysztof</b>	<b>57</b>	KB SPOKO SŁAWNO	MIASTO M	1	<b>00:18:41.55</b>	+00:01:40 (8.9%)	3:44	16.1 (91.5%)
6	<b>TWARDOWSKI Mateusz</b>	<b>53</b>	AML SŁUPSK	OPEN -M	5	<b>00:19:07.05</b>	+00:02:05 (11.0%)	3:49	15.7 (89.2%)
7	<b>JABŁOŃSKI Tomasz</b>	<b>17</b>	KB SPOKO SŁAWNO	MIASTO M	2	<b>00:19:20.50</b>	+00:02:19 (12.0%)	3:52	15.5 (88.1%)
8	<b>PAPROCKA Ewelina</b>	<b>36</b>	KASZUBI LUZINO	OPEN -K	1	<b>00:19:25.15</b>	+00:02:23 (12.3%)	3:53	15.5 (88.1%)
9	<b>WIRKUS Antonina</b>	<b>59</b>	LKB. IM.BRACI PETK	OPEN -K	2	<b>00:19:43.80</b>	+00:02:42 (13.7%)	3:56	15.2 (86.4%)
10	<b>SZOPIŃSKI Tomasz</b>	<b>48</b>	KB BRYZA POSTOMINO	OPEN -M	6	<b>00:19:49.30</b>	+00:02:48 (14.1%)	3:57	15.1 (85.8%)
11	<b>SMOŁUCH Marcin</b>	<b>45</b>	KB BRYZA POSTOMINO	OPEN -M	7	<b>00:19:50.80</b>	+00:02:49 (14.2%)	3:58	15.1 (85.8%)
12	<b>WITKIEWICZ Eryk</b>	<b>60</b>	KB 10 BIALOGARD	OPEN -M	8	<b>00:20:03.40</b>	+00:03:02 (15.1%)	4:00	15 (85.2%)
13	<b>ROSIAK Damian</b>	<b>40</b>	KB SPOKO SŁAWNO	MIASTO M	3	<b>00:20:11.15</b>	+00:03:09 (15.7%)	4:02	14.9 (84.7%)
14	<b>GUZIK Piotr</b>	<b>13</b>	USB USTKA	OPEN -M	9	<b>00:20:34.45</b>	+00:03:33 (17.3%)	4:06	14.6 (83.0%)
15	<b>CHUDY Henryk</b>	<b>9</b>	KS OLSZEWSKI I SYNOWIE SŁAWSKO	OPEN -M	10	<b>00:20:55.00</b>	+00:03:53 (18.6%)	4:11	14.3 (81.3%)
16	<b>BRZozowski Piotr</b>	<b>6</b>	AKTYWNI POSTOMINO	MIASTO M	4	<b>00:20:59.25</b>	+00:03:57 (18.9%)	4:11	14.3 (81.3%)
17	<b>TURCZYN Tomasz</b>	<b>52</b>		MIASTO M	5	<b>00:21:20.00</b>	+00:04:18 (20.2%)	4:16	14.1 (80.1%)
18	<b>KOZDRA Piotr</b>	<b>23</b>	KB SPOKO SŁAWNO	MIASTO M	6	<b>00:21:28.20</b>	+00:04:26 (20.7%)	4:17	14 (79.5%)
19	<b>NOWAK Jacek</b>	<b>32</b>		OPEN -M	11	<b>00:21:44.75</b>	+00:04:43 (21.7%)	4:20	13.8 (78.4%)
20	<b>WIELGAT Łukasz</b>	<b>69</b>	KB BRYZA POSTOMINO	OPEN -M	12	<b>00:22:02.30</b>	+00:05:01 (22.8%)	4:24	13.6 (77.3%)
21	<b>MAZIEC Beata</b>	<b>26</b>	BIEGOLAS KOSZALIN/ TKKF KOSZALIN	OPEN -K	3	<b>00:22:04.85</b>	+00:05:03 (22.9%)	4:24	13.6 (77.3%)
22	<b>BIERNAT Szymon</b>	<b>65</b>		MIASTO M	7	<b>00:22:24.85</b>	+00:05:23 (24.1%)	4:28	13.4 (76.1%)
23	<b>HARBUTIAK Monika</b>	<b>72</b>		OPEN -K	4	<b>00:22:48.15</b>	+00:05:46 (25.4%)	4:33	13.2 (75.0%)
24	<b>KACZMAREK Marta</b>	<b>18</b>	KB SPOKO SŁAWNO	MIASTO K	1	<b>00:23:09.35</b>	+00:06:08 (26.5%)	4:37	13 (73.9%)
25	<b>ANTOSIK Grzegorz</b>	<b>2</b>		OPEN -M	13	<b>00:23:11.70</b>	+00:06:10 (26.6%)	4:38	12.9 (73.3%)
26	<b>GOSTOMCZYK Krzysztof</b>	<b>12</b>	KB SPOKO	MIASTO M	8	<b>00:23:17.15</b>	+00:06:15 (26.9%)	4:39	12.9 (73.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
27	<b>OLSZAR Grzegorz</b>	<b>33</b>	DARŁOWSKIE CHARTY	OPEN -M	14	<b>00:23:38.80</b>	+00:06:37 (28.0%)	4:43	12.7 (72.2%)
28	<b>GAWĘDA Emil</b>	<b>10</b>	DARŁOWSKIE CHARTY	OPEN -M	15	<b>00:23:49.80</b>	+00:06:48 (28.6%)	4:45	12.6 (71.6%)
29	<b>PROTASEWICZ Andrzej</b>	<b>38</b>	KB SPOKO SŁAWNO	MIASTO M	9	<b>00:24:01.95</b>	+00:07:00 (29.2%)	4:48	12.5 (71.0%)
30	<b>NOSAL Emilia</b>	<b>31</b>	DARŁOWSKIE CHARTY	OPEN -K	5	<b>00:24:02.75</b>	+00:07:01 (29.2%)	4:48	12.5 (71.0%)
31	<b>BOGACKI Tomasz</b>	<b>5</b>	TKKF KOSZALIN	OPEN -M	16	<b>00:24:13.75</b>	+00:07:12 (29.7%)	4:50	12.4 (70.5%)
32	<b>KOWALCZYK Aleksandra</b>	<b>22</b>		MIASTO K	2	<b>00:24:21.35</b>	+00:07:20 (30.1%)	4:52	12.3 (69.9%)
33	<b>KULCZYK Katarzyna</b>	<b>24</b>	KB BRYZA POSTOMINO	OPEN -K	6	<b>00:24:31.90</b>	+00:07:30 (30.6%)	4:54	12.2 (69.3%)
34	<b>WITKOWSKI Dawid</b>	<b>61</b>		MIASTO M	10	<b>00:24:47.80</b>	+00:07:46 (31.4%)	4:57	12.1 (68.8%)
35	<b>PACHUTA Damian</b>	<b>35</b>		OPEN -M	17	<b>00:24:52.70</b>	+00:07:51 (31.6%)	4:58	12.1 (68.8%)
36	<b>WALCZAK Anna</b>	<b>55</b>		OPEN -K	7	<b>00:25:02.15</b>	+00:08:00 (32.0%)	5:00	12 (68.2%)
37	<b>KANIOWSKI Jacek</b>	<b>19</b>	W.P.K SŁOŃ TEAM USTKA	MIASTO M	11	<b>00:25:04.90</b>	+00:08:03 (32.1%)	5:00	12 (68.2%)
38	<b>KONECKI Dariusz</b>	<b>20</b>	KB SPOKO SŁAWNO	MIASTO M	12	<b>00:25:14.30</b>	+00:08:13 (32.6%)	5:02	11.9 (67.6%)
39	<b>SZYMBORSKI Wojciech</b>	<b>50</b>		MIASTO M	13	<b>00:25:53.00</b>	+00:08:51 (34.2%)	5:10	11.6 (65.9%)
40	<b>GERTIG Anna</b>	<b>11</b>	ADIDAS RUNNERS POZNAŃ	MIASTO K	3	<b>00:26:06.80</b>	+00:09:05 (34.8%)	5:13	11.5 (65.3%)
41	<b>NOWACKI Zbigniew</b>	<b>66</b>		OPEN -M	18	<b>00:26:16.15</b>	+00:09:14 (35.2%)	5:15	11.4 (64.8%)
42	<b>ANTOSIK Grazyna</b>	<b>1</b>	KS OLSZEWSKI I SYNOWIE	KB Olszewscy i Synowie K	1	<b>00:26:26.25</b>	+00:09:24 (35.6%)	5:17	11.3 (64.2%)
43	<b>BOGACKA Lucyna</b>	<b>4</b>	TKKF KOSZALIN	OPEN -K	8	<b>00:26:39.75</b>	+00:09:38 (36.2%)	5:19	11.3 (64.2%)
44	<b>HANC Michal</b>	<b>16</b>	HAJALE16	MIASTO M	14	<b>00:27:06.90</b>	+00:10:05 (37.2%)	5:25	11.1 (63.1%)
45	<b>RZECZKOWSKA Edyta</b>	<b>42</b>		MIASTO K	4	<b>00:27:09.80</b>	+00:10:08 (37.3%)	5:25	11 (62.5%)
46	<b>CHRYSZYNIUK Piotr</b>	<b>74</b>		OPEN -M	19	<b>00:27:17.10</b>	+00:10:15 (37.6%)	5:27	11 (62.5%)
47	<b>KOMAR Agnieszka</b>	<b>70</b>	KB SPOKO SŁAWNO	MIASTO K	5	<b>00:27:38.70</b>	+00:10:37 (38.4%)	5:31	10.9 (61.9%)
48	<b>SUŁEK Dorota</b>	<b>47</b>	KB BRYZA POSTOMINO	OPEN -K	9	<b>00:28:03.75</b>	+00:11:02 (39.3%)	5:36	10.7 (60.8%)
49	<b>KONKEL Joanna</b>	<b>21</b>	MKS ŚWIĘC SŁAWNO	MIASTO K	6	<b>00:28:12.50</b>	+00:11:11 (39.7%)	5:38	10.6 (60.2%)
50	<b>BUZE Małgorzata</b>	<b>8</b>	KB OLSZEWSKI I SYNOWIE	MIASTO K	7	<b>00:28:29.75</b>	+00:11:28 (40.3%)	5:41	10.5 (59.7%)
51	<b>MAJ Agnieszka</b>	<b>25</b>		MIASTO K	8	<b>00:28:29.80</b>	+00:11:28 (40.3%)	5:41	10.5 (59.7%)
52	<b>WOZNIAK Dariusz</b>	<b>62</b>	WWW.LIMO300C.COM	MIASTO M	15	<b>00:28:40.25</b>	+00:11:38 (40.6%)	5:44	10.5 (59.7%)
53	<b>TELESIEWICZ Henryk</b>	<b>51</b>	KB SPOKO	MIASTO M	16	<b>00:28:47.20</b>	+00:11:45 (40.9%)	5:45	10.4 (59.1%)
54	<b>SZCZECIŃSKA Katarzyna</b>	<b>73</b>		MIASTO K	9	<b>00:29:02.20</b>	+00:12:00 (41.4%)	5:48	10.3 (58.5%)
55	<b>MOTOWIDŁO-ZAWADZKA Izabella</b>	<b>29</b>		OPEN -K	10	<b>00:29:07.35</b>	+00:12:06 (41.6%)	5:49	10.3 (58.5%)
56	<b>OSTROWSKI Paweł</b>	<b>34</b>	PARAFIA ŚW. ANTONIEGO :-)	MIASTO M	17	<b>00:30:24.80</b>	+00:13:23 (44.0%)	6:04	9.9 (56.3%)
57	<b>BIERNAT Karolina</b>	<b>3</b>		MIASTO K	10	<b>00:30:54.35</b>	+00:13:53 (44.9%)	6:10	9.7 (55.1%)
58	<b>BUTOWICZ Adam</b>	<b>7</b>		OPEN -M	20	<b>00:32:00.45</b>	+00:14:59 (46.8%)	6:24	9.4 (53.4%)
59	<b>WACHHOLZ Beata</b>	<b>54</b>	KB BRYZA POSTOMINO	OPEN -K	11	<b>00:32:57.55</b>	+00:15:56 (48.4%)	6:35	9.1 (51.7%)
60	<b>SŁUPECKA Aneta</b>	<b>43</b>		OPEN -K	12	<b>00:33:27.20</b>	+00:16:25 (49.1%)	6:41	9 (51.1%)
60	<b>SŁUPECKI Maciej</b>	<b>44</b>		OPEN -M	21	<b>00:33:27.20</b>	+00:16:25 (49.1%)	6:41	9 (51.1%)
62	<b>STĘPIEŃ Karolina</b>	<b>46</b>		MIASTO K	11	<b>00:34:09.35</b>	+00:17:08 (50.2%)	6:49	8.8 (50.0%)
63	<b>PROTASEWICZ Renata</b>	<b>39</b>	KB SPOKO SŁAWNO	MIASTO K	12	<b>00:34:16.70</b>	+00:17:15 (50.3%)	6:51	8.8 (50.0%)
64	<b>KRAKOWSKA Małgorzata</b>	<b>67</b>		OPEN -K	13	<b>00:34:17.50</b>	+00:17:16 (50.4%)	6:51	8.8 (50.0%)
65	<b>MAŁEK Weronika</b>	<b>101</b>		MIASTO K	13	<b>00:34:35.35</b>	+00:17:34 (50.8%)	6:55	8.7 (49.4%)
66	<b>MIKLASIŃSKA - KAMELSKA Monika</b>	<b>28</b>	KB SPOKO SŁAWNO	MIASTO K	14	<b>00:34:36.80</b>	+00:17:35 (50.8%)	6:55	8.7 (49.4%)
66	<b>ZDUNEK Katarzyna</b>	<b>63</b>		MIASTO K	14	<b>00:34:36.80</b>	+00:17:35 (50.8%)	6:55	8.7 (49.4%)

Znaleziono 67 wynik(ów)