

# XVIII OGÓLNOPOLSKI BIEG IM. RYSZARDA TARGASZEWSKIEGO - 5KM

B4SPORT

**Organizator:** FUNDACJA JESTEŚMY RAZEM  
**Data:** 2015-05-01  
**Miejsce:** Sianów  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	WITKOWSKI Mateusz	18	4 RUN TKKF KOSZALIN	Mężczyźni	1	00:16:57	00:16:59		3:23	17.7 (100%)
2	MATUŁA Adam	47	1BRYGADA LOGISTYCZNA	Mężczyźni	2	00:17:16	00:17:18	+00:00:19 (1.8%)	3:27	17.4 (98.3%)
3	KAMIŃSKI Daniel	36	TRZEBIELE	Mężczyźni	3	00:17:31	00:17:33	+00:00:34 (3.2%)	3:30	17.1 (96.6%)
4	SZYMAJDA Grzegorz	40	4 RUN TKKF KOSZALIN	Mężczyźni	4	00:18:43	00:18:46	+00:01:47 (9.5%)	3:44	16 (90.4%)
5	WILCZEWSKI Mariusz	12	MKS ŚWIĘC SŁAWNO	Mężczyźni	5	00:19:17	00:19:20	+00:02:21 (12.2%)	3:51	15.6 (88.1%)
6	WILCZEWSKI Krzysztof	14		Mężczyźni	6	00:19:41	00:19:43	+00:02:44 (13.9%)	3:56	15.2 (85.9%)
7	SKIERKA Grzegorz	23	MKS ŚWIĘC SŁAWNO	Mężczyźni	7	00:19:45	00:19:48	+00:02:49 (14.2%)	3:57	15.2 (85.9%)
8	OLCZAK Krzysztof	13	GO-GO	Mężczyźni	8	00:19:46	00:20:00	+00:03:01 (15.1%)	3:57	15.2 (85.9%)
9	BIERKUS Mirosław	17	4 RUN TKKF KOSZALIN	Mężczyźni	9	00:20:05	00:20:07	+00:03:08 (15.6%)	4:01	14.9 (84.2%)
10	KOŚCIELNIAK Robert	64		Mężczyźni	10	00:20:32	00:20:34	+00:03:35 (17.4%)	4:06	14.6 (82.5%)
11	KAPUSTA Roksana	37		Kobiety	1	00:20:37	00:20:39	+00:03:40 (17.8%)	4:07	14.6 (82.5%)
12	RAJNER Krzysztof	56		Mężczyźni	11	00:20:53	00:20:56	+00:03:57 (18.9%)	4:10	14.4 (81.4%)
13	OGRODNIK Grzegorz	78		Mężczyźni	12	00:21:42	00:21:44	+00:04:45 (21.9%)	4:20	13.8 (78.0%)
14	SKÓRA Michał	100		Mężczyźni	13	00:21:51	00:22:07	+00:05:08 (23.2%)	4:22	13.7 (77.4%)
15	NACHYŁA Paweł	95		Mężczyźni	14	00:22:04	00:22:09	+00:05:10 (23.3%)	4:24	13.6 (76.8%)
16	KAJKOWSKI Rafał	106		Mężczyźni	15	00:22:14	00:22:15	+00:05:16 (23.7%)	4:26	13.5 (76.3%)
17	KAPUSTA Adrian	38		Mężczyźni	16	00:22:14	00:22:17	+00:05:18 (23.8%)	4:26	13.5 (76.3%)
18	KRUK Marcin	63	BRAK	Mężczyźni	17	00:22:27	00:22:32	+00:05:33 (24.6%)	4:29	13.4 (75.7%)
19	FRONTCZAK Izabela	31		Kobiety	2	00:22:42	00:22:47	+00:05:48 (25.5%)	4:32	13.2 (74.6%)
20	LUBAWIŃSKI Jerzy	4	K.B.SPRINT ŚWIDWIN	Mężczyźni	18	00:22:43	00:22:48	+00:05:49 (25.5%)	4:32	13.2 (74.6%)
21	GRĄBCZEWSKI Dawid	74		Mężczyźni	19	00:22:55	00:23:01	+00:06:02 (26.2%)	4:35	13.1 (74.0%)
22	IWANIEC Dariusz	42	OSP SIERAKOWO	Mężczyźni	20	00:23:14	00:23:20	+00:06:21 (27.2%)	4:38	12.9 (72.9%)
23	SMÓŁKA Damian	112		Mężczyźni	21	00:23:28	00:23:40	+00:06:41 (28.2%)	4:41	12.8 (72.3%)
24	CHOŁUJ Karol	91		Mężczyźni	22	00:23:42	00:23:47	+00:06:48 (28.6%)	4:44	12.7 (71.8%)
25	SKIERKA Anna	24	MKS ŚWIĘC SŁAWNO	Kobiety	3	00:23:45	00:23:50	+00:06:51 (28.7%)	4:45	12.6 (71.2%)
26	MĘDEL Marta	75		Kobiety	4	00:24:06	00:24:10	+00:07:11 (29.7%)	4:49	12.4 (70.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
27	<b>MĘDEL Cezary</b>	<b>76</b>		Mężczyźni	23	<b>00:24:09</b>	<b>00:24:13</b>	+00:07:14 (29.9%)	4:49	12.4 (70.1%)
28	<b>MRUGALSKI Stanisław</b>	<b>53</b>		Mężczyźni	24	<b>00:24:13</b>	<b>00:24:16</b>	+00:07:17 (30.0%)	4:50	12.4 (70.1%)
29	<b>KAPUŚCIŃSKA Marzena</b>	<b>108</b>		Kobiety	5	<b>00:24:13</b>	<b>00:24:17</b>	+00:07:18 (30.1%)	4:50	12.4 (70.1%)
30	<b>MARUSZEWSKI Marcin</b>	<b>9</b>		Mężczyźni	25	<b>00:24:28</b>	<b>00:24:33</b>	+00:07:34 (30.8%)	4:53	12.3 (69.5%)
31	<b>PSTRĄGOWSKI Marcin</b>			Mężczyźni	26	<b>00:24:35</b>	<b>00:24:41</b>	+00:07:42 (31.2%)	4:55	12.2 (68.9%)
32	<b>LUBICZ-KROŚNICKA Anna</b>	<b>10</b>		Kobiety	6	<b>00:24:47</b>	<b>00:24:51</b>	+00:07:52 (31.7%)	4:57	12.1 (68.4%)
33	<b>HAŁAJKO Magdalena</b>	<b>70</b>	BABECZKI KOSZALIN	Kobiety	7	<b>00:25:02</b>	<b>00:25:08</b>	+00:08:09 (32.4%)	5:00	12 (67.8%)
34	<b>CINCIO Robert</b>	<b>84</b>	TKKF TRIATHLON KOSZALIN	Mężczyźni	27	<b>00:25:21</b>	<b>00:25:24</b>	+00:08:25 (33.1%)	5:04	11.8 (66.7%)
35	<b>PODAWCA Łukasz</b>	<b>68</b>	JW 1223 KOSZALIN	Mężczyźni	28	<b>00:25:25</b>	<b>00:25:33</b>	+00:08:34 (33.5%)	5:05	11.8 (66.7%)
36	<b>CHUDZIK Zbigniew</b>	<b>35</b>	4 RUN TKKF KOSZALIN	Mężczyźni	29	<b>00:25:30</b>	<b>00:25:35</b>	+00:08:36 (33.6%)	5:06	11.8 (66.7%)
37	<b>KIRKO Mariusz</b>	<b>81</b>		Mężczyźni	30	<b>00:25:31</b>	<b>00:25:36</b>	+00:08:37 (33.7%)	5:06	11.8 (66.7%)
38	<b>GRĄBCZEWSKI Rafał</b>	<b>55</b>		Mężczyźni	31	<b>00:25:31</b>	<b>00:25:39</b>	+00:08:40 (33.8%)	5:06	11.8 (66.7%)
38	<b>GORGOL Piotr</b>	<b>50</b>		Mężczyźni	32	<b>00:25:31</b>	<b>00:25:39</b>	+00:08:40 (33.8%)	5:06	11.8 (66.7%)
40	<b>DYRCZ Marika</b>	<b>22</b>	MKS ŚWIĘC SŁAWNO	Kobiety	8	<b>00:25:42</b>	<b>00:25:47</b>	+00:08:48 (34.1%)	5:08	11.7 (66.1%)
41	<b>SOBOLEWSKI Marek</b>	<b>90</b>		Mężczyźni	33	<b>00:26:17</b>	<b>00:26:19</b>	+00:09:20 (35.5%)	5:15	11.4 (64.4%)
42	<b>DĄBROWSKA Alicja</b>	<b>48</b>		Kobiety	9	<b>00:26:17</b>	<b>00:26:25</b>	+00:09:26 (35.7%)	5:15	11.4 (64.4%)
43	<b>SZYŁKA Justyna</b>	<b>109</b>	BIEGNIJMY.PL ROZBIEGANY KOSZALIN	Kobiety	10	<b>00:26:23</b>	<b>00:26:34</b>	+00:09:35 (36.1%)	5:16	11.4 (64.4%)
44	<b>BASIAK Krystian</b>	<b>45</b>		Mężczyźni	34	<b>00:26:32</b>	<b>00:26:40</b>	+00:09:41 (36.3%)	5:18	11.3 (63.8%)
45	<b>MAZUREK Barbara</b>	<b>86</b>	BABECZKI KOSZALIN	Kobiety	11	<b>00:26:42</b>	<b>00:26:47</b>	+00:09:48 (36.6%)	5:20	11.2 (63.3%)
45	<b>WILKOWSKI Piotr</b>	<b>34</b>		Mężczyźni	35	<b>00:26:40</b>	<b>00:26:47</b>	+00:09:48 (36.6%)	5:20	11.3 (63.8%)
47	<b>RDZANEK-NOWAK Sabina</b>	<b>114</b>		Kobiety	12	<b>00:27:14</b>	<b>00:27:19</b>	+00:10:20 (37.8%)	5:26	11 (62.1%)
48	<b>KURZYŃSKA Natalia</b>	<b>89</b>		Kobiety	13	<b>00:27:42</b>	<b>00:27:44</b>	+00:10:45 (38.8%)	5:32	10.8 (61.0%)
49	<b>WALCZAK Agnieszka</b>	<b>111</b>		Kobiety	14	<b>00:27:40</b>	<b>00:27:46</b>	+00:10:47 (38.8%)	5:32	10.8 (61.0%)
49	<b>RADECKI Przemysław</b>	<b>41</b>		Mężczyźni	36	<b>00:27:38</b>	<b>00:27:46</b>	+00:10:47 (38.8%)	5:31	10.9 (61.6%)
51	<b>BRĘK Anna</b>	<b>113</b>		Kobiety	15	<b>00:28:15</b>	<b>00:28:22</b>	+00:11:23 (40.1%)	5:39	10.6 (59.9%)
52	<b>GŁOWACKI Włodzimierz</b>	<b>67</b>		Mężczyźni	37	<b>00:28:26</b>	<b>00:28:28</b>	+00:11:29 (40.3%)	5:41	10.6 (59.9%)
53	<b>MALESZA-HOUSIN Joanna</b>	<b>65</b>		Kobiety	16	<b>00:28:23</b>	<b>00:28:32</b>	+00:11:33 (40.5%)	5:40	10.6 (59.9%)
54	<b>WIERZBICKI Kacper</b>	<b>44</b>		Mężczyźni	38	<b>00:28:47</b>	<b>00:28:56</b>	+00:11:57 (41.3%)	5:45	10.4 (58.8%)
55	<b>DĄBROWSKA Katarzyna</b>	<b>49</b>		Kobiety	17	<b>00:28:54</b>	<b>00:29:02</b>	+00:12:03 (41.5%)	5:46	10.4 (58.8%)
56	<b>KIPER Jarosław</b>	<b>62</b>	JW 1223	Mężczyźni	39	<b>00:29:04</b>	<b>00:29:10</b>	+00:12:11 (41.8%)	5:48	10.3 (58.2%)
57	<b>NAWROT Dorota</b>	<b>46</b>		Kobiety	18	<b>00:29:19</b>	<b>00:29:27</b>	+00:12:28 (42.3%)	5:51	10.2 (57.6%)
58	<b>KIRKO Marzena</b>	<b>80</b>		Kobiety	19	<b>00:29:28</b>	<b>00:29:34</b>	+00:12:35 (42.6%)	5:53	10.2 (57.6%)
59	<b>JĄŁYŃSKI Adam</b>	<b>96</b>	OGIEŃ W SZOPIE	Mężczyźni	40	<b>00:29:29</b>	<b>00:29:36</b>	+00:12:37 (42.6%)	5:53	10.2 (57.6%)
60	<b>GRĄBCZEWSKA Aleksandra</b>	<b>73</b>		Kobiety	20	<b>00:31:10</b>	<b>00:31:18</b>	+00:14:19 (45.7%)	6:14	9.6 (54.2%)
61	<b>KIELIAŃSKA Edyta</b>	<b>97</b>	PRYWATNIE	Kobiety	21	<b>00:31:35</b>	<b>00:31:41</b>	+00:14:42 (46.4%)	6:19	9.5 (53.7%)
62	<b>WALO Zbigniew</b>	<b>32</b>		Mężczyźni	41	<b>00:32:05</b>	<b>00:32:12</b>	+00:15:13 (47.3%)	6:25	9.4 (53.1%)
63	<b>KOZŁOWIECKI Waldemar</b>	<b>26</b>	4 RUN TKKF KOSZALIN	Mężczyźni	42	<b>00:32:15</b>	<b>00:32:18</b>	+00:15:19 (47.4%)	6:27	9.3 (52.5%)
63	<b>ŁUKASIEWICZ Aleksandra</b>	<b>94</b>		Kobiety	22	<b>00:32:13</b>	<b>00:32:18</b>	+00:15:19 (47.4%)	6:26	9.3 (52.5%)
65	<b>KOZŁOWIECKA Małgorzata</b>	<b>28</b>		Kobiety	23	<b>00:32:12</b>	<b>00:32:19</b>	+00:15:20 (47.4%)	6:26	9.3 (52.5%)
66	<b>PEŁKA Iwona</b>	<b>2</b>		Kobiety	24	<b>00:33:07</b>	<b>00:33:14</b>	+00:16:15 (48.9%)	6:37	9.1 (51.4%)
67	<b>MAZUREK Hanna</b>	<b>87</b>	BABECZKI KOSZALIN	Kobiety	25	<b>00:37:12</b>	<b>00:37:17</b>	+00:20:18 (54.4%)	7:26	8.1 (45.8%)
68	<b>GWÓŹDŹ Katarzyna</b>	<b>20</b>	TKKF WODNIK WIĘCBORK	Kobiety	26	<b>00:37:13</b>	<b>00:37:23</b>	+00:20:24 (54.6%)	7:26	8.1 (45.8%)
69	<b>BARTNIK Marian</b>	<b>16</b>	4 RUN TKKF KOSZALIN	Mężczyźni	43	<b>00:38:25</b>	<b>00:38:27</b>	+00:21:28 (55.8%)	7:41	7.8 (44.1%)

