

XXXI PÓŁMARATON LIPCOWY OKONEK

B4SPORT

Wydarzenie: XXXI PÓŁMARATON LIPCOWY OKONEK
Organizator: Gmina Okonek
Data: 2018-07-14
Miejsce: Okonek
Dystans: 21.1 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All 5.27km	Start_All 10.54km	Start_All 15.81km	Czas netto 21.1km	Różn	Tempo min/km	Tempo km/h
1	MAZUR Michał	61		M18-29	1	00:19:52	00:40:00	01:00:27	01:19:58.15		3:47	15.8 (100%)
2	GEHRKE Robert	18	PCH_RUN	M30-39	1	00:19:35	00:40:00	01:00:31	01:21:57.55	+00:01:59 (2.4%)	3:53	15.4 (97.5%)
3	ROĆKO Krzysztof	95		M30-39	2	00:20:20	00:41:07	01:02:10	01:23:29.45	+00:03:31 (4.2%)	3:57	15.2 (96.2%)
4	KĘDZIERSKI Andrzej	56		M30-39	3	00:19:54	00:41:18	01:02:57	01:24:31.35	+00:04:33 (5.4%)	4:00	15 (94.9%)
5	GOSTKOWSKI Łukasz	76	KB GOCH BYTÓW	M30-39	4	00:21:17	00:42:25	01:03:42	01:25:10.45	+00:05:12 (6.1%)	4:02	14.9 (94.3%)
6	WILMONT Krzysztof	13		M30-39	5	00:20:31	00:41:52	01:03:40	01:25:20.00	+00:05:21 (6.3%)	4:02	14.8 (93.7%)
7	WOŹNIAK Grzegorz	39	AKTYWNA KRAJENKA	M30-39	6	00:20:25	00:42:05	01:04:25	01:26:40.70	+00:06:42 (7.7%)	4:06	14.6 (92.4%)
8	KRÓLIKOWSKI Edward	92	TRI POSNANIA	M45-49	1	00:21:44	00:43:56	01:06:11	01:28:15.80	+00:08:17 (9.4%)	4:10	14.3 (90.5%)
9	KACZMAREK Jędrzej	49	KP PSP MILICZ	M18-29	2	00:22:39	00:45:07	01:07:43	01:30:33.85	+00:10:35 (11.7%)	4:17	14 (88.6%)
10	MILACHOWSKI Sebastian	27		M30-39	7	00:21:16	00:43:59	01:07:22	01:30:41.65	+00:10:43 (11.8%)	4:17	14 (88.6%)
11	KAMIONKA Mateusz	77		M18-29	3	00:21:14	00:44:30	01:08:23	01:31:09.10	+00:11:10 (12.3%)	4:19	13.9 (88.0%)
12	SITOWSKI Marcin	81	PROMED SZCZECINEK	M18-29	4	00:22:34	00:45:11	01:07:45	01:31:43.00	+00:11:44 (12.8%)	4:20	13.8 (87.3%)
13	ŚLIWIŃSKI Marek	35	PCH_RUN	M30-39	8	00:22:31	00:45:12	01:08:28	01:31:56.45	+00:11:58 (13.0%)	4:21	13.8 (87.3%)
14	MROZIK Daniel	37		M30-39	9	00:22:37	00:45:15	01:08:30	01:32:30.70	+00:12:32 (13.6%)	4:23	13.7 (86.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All	Start_All	Start_All	Czas	Różn	Tempo	Tempo
						5.27km	10.54km	15.81km	netto		21.1km	min/km
15	SKOWERA Dariusz	53	LOKATOR NIERUCHOMOŚCI PIŁA	M50-54	1	00:22:55	00:46:00	01:09:13	01:33:07.95	+00:13:09 (14.1%)	4:24	13.6 (86.1%)
16	SAWICKI Eligiusz	46		M55-59	1	00:23:20	00:46:50	01:10:35	01:33:54.55	+00:13:56 (14.8%)	4:27	13.5 (85.4%)
17	MYSZKOWSKI Jan	72		M60-64	1	00:22:51	00:46:05	01:10:12	01:34:21.70	+00:14:23 (15.3%)	4:28	13.4 (84.8%)
18	GŁOGOWSKI Krzysztof	75	KORONOWO NA BIEGOWO	M40-44	1	00:22:27	00:45:31	01:09:29	01:34:23.40	+00:14:25 (15.3%)	4:28	13.4 (84.8%)
19	ROMANOWSKI Przemysław	83	PROMAN	M30-39	10	00:22:52	00:46:23	01:10:11	01:34:23.75	+00:14:25 (15.3%)	4:28	13.4 (84.8%)
20	BRALSKI Andrzej	101	#ZABIEGANINOCA	M30-39	11	00:23:39	00:47:30	01:11:14	01:34:49.95	+00:14:51 (15.7%)	4:29	13.3 (84.2%)
21	KRÓL Darek	98	HERNIK TEAM	M50-54	2	00:23:18	00:47:34	01:11:29	01:35:15.20	+00:15:17 (16.0%)	4:30	13.3 (84.2%)
22	DAJNOWSKI Mateusz	45	CHŁOPAK ZE WSI	M18-29	5	00:22:16	00:45:59	01:10:50	01:35:30.90	+00:15:32 (16.3%)	4:31	13.3 (84.2%)
23	WRÓBLEWSKI Mateusz	5	KORZYBSKIE REKINY	M18-29	6	00:22:42	00:45:38	01:10:06	01:35:44.00	+00:15:45 (16.5%)	4:32	13.2 (83.5%)
24	KWIATEK Wojciech	24		M45-49	2	00:22:55	00:47:29	01:12:03	01:36:18.70	+00:16:20 (17.0%)	4:33	13.1 (82.9%)
25	STACHOWIAK Marek	97	ROKIETNICA BIEGA	M40-44	2	00:23:34	00:47:52	01:12:19	01:36:47.15	+00:16:49 (17.4%)	4:35	13.1 (82.9%)
26	MUSIELAK Piotr	65	PGB SPORTOWA PACZKA UP-PŃ 56	M45-49	3	00:23:38	00:48:18	01:13:32	01:38:21.30	+00:18:23 (18.7%)	4:39	12.9 (81.6%)
27	MAJEWSKI Robert	82		M30-39	12	00:23:52	00:49:01	01:13:41	01:38:34.85	+00:18:36 (18.9%)	4:40	12.8 (81.0%)
28	ECKERT Zbigniew	38	TEAM BIEGOWY SZCZECINEK	M45-49	4	00:24:18	00:49:03	01:13:36	01:38:42.50	+00:18:44 (19.0%)	4:40	12.8 (81.0%)
29	BIAŁCZYK Mariusz	71	LOKATOR PIŁA	M40-44	3	00:24:41	00:49:46	01:14:58	01:40:15.70	+00:20:17 (20.2%)	4:45	12.6 (79.7%)
30	ZDRENKA Mateusz	50		M18-29	7	00:23:51	00:49:23	01:14:48	01:40:25.60	+00:20:27 (20.4%)	4:45	12.6 (79.7%)
31	JAROSZ Dariusz	80	TKKF KOSZALIN	M40-44	4	00:24:45	00:48:52	01:13:43	01:41:19.10	+00:21:20 (21.1%)	4:48	12.5 (79.1%)
32	PRZYBYSZ Maciej	86	PCH_RUN	M30-39	13	00:24:17	00:49:09	01:15:19	01:42:30.80	+00:22:32 (22.0%)	4:51	12.3 (77.8%)
33	JASZCZUK Piotr	90	PADI	M18-29	8	00:24:45	00:49:45	01:15:40	01:42:44.05	+00:22:45 (22.2%)	4:52	12.3 (77.8%)
34	DOBAK Stefan	79	KB SZAMOTUŁY	M70+	1	00:26:19	00:51:59	01:17:34	01:42:54.00	+00:22:55 (22.3%)	4:52	12.3 (77.8%)
35	OCHNIO Ryszard	26	POLONIA JASTROWIE WTZ JASTROWIE	M40-44	5	00:25:18	00:50:43	01:16:56	01:43:56.10	+00:23:57 (23.1%)	4:55	12.2 (77.2%)
36	STRĄCZEK Michał	21		M40-44	6	00:24:49	00:50:21	01:16:33	01:43:56.55	+00:23:58 (23.1%)	4:55	12.2 (77.2%)
37	KARCZEWSKI Krzysztof	19	PGB SPORTOWA PACZKA	M55-59	2	00:24:54	00:50:26	01:16:38	01:44:32.85	+00:24:34 (23.5%)	4:57	12.1 (76.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All 5.27km	Start_All 10.54km	Start_All 15.81km	Czas		Tempo min/km	Tempo km/h
									netto 21.1km	Różn		
38	WIĘZIK Henryk	100		M70+	2	00:26:22	00:52:31	01:19:07	01:46:05.10	+00:26:06 (24.6%)	5:01	11.9 (75.3%)
39	ŚWIETLIK Tomasz	40	LEO TEAM	M55-59	3	00:26:11	00:52:29	01:19:27	01:46:38.80	+00:26:40 (25.0%)	5:03	11.9 (75.3%)
40	HAŁA Marta	57	TARNOWO PODGÓRNE BIEGA	K30-39	1	00:24:53	00:51:52	01:19:23	01:46:49.50	+00:26:51 (25.1%)	5:03	11.9 (75.3%)
41	KUBIŚ Paweł	23	APTEKARZE	M30-39	14	00:27:15	00:54:13	01:20:38	01:47:03.60	+00:27:05 (25.3%)	5:04	11.8 (74.7%)
42	GAJEK Artur	1	KORZYBSKIE REKINY	M40-44	7	00:26:37	00:53:11	01:20:09	01:48:20.10	+00:28:21 (26.2%)	5:08	11.7 (74.1%)
43	KOŁODZIEJCZAK Grzegorz	31		M40-44	8	00:26:30	00:53:07	01:20:26	01:48:42.05	+00:28:43 (26.4%)	5:09	11.6 (73.4%)
44	SNIEGOCKI Paweł	54	TARNOWO PODGÓRNE BIEGA/POMORSKI TEAM BIEGOWY	M40-44	9	00:25:10	00:51:12	01:18:21	01:48:43.05	+00:28:44 (26.4%)	5:09	11.6 (73.4%)
45	JANKOWSKA Monika	58		K18-29	1	00:26:08	00:53:34	01:21:34	01:48:52.20	+00:28:54 (26.5%)	5:09	11.6 (73.4%)
46	STRZELECKI Zbigniew	16	KORZYBSKIE REKINY	M60-64	2	00:25:13	00:51:58	01:19:59	01:49:08.10	+00:29:09 (26.7%)	5:10	11.6 (73.4%)
47	STEMPNIAK Krzysztof	78		M45-49	5	00:25:38	00:53:03	01:21:19	01:49:26.90	+00:29:28 (26.9%)	5:11	11.6 (73.4%)
48	KOWALCZYK Seweryn	44	TEAM BIEGOWY SZCZECINEK	M18-29	9	00:24:04	00:52:01	01:20:27	01:50:25.20	+00:30:27 (27.6%)	5:13	11.5 (72.8%)
49	WOSZTYL Alicja	63	KLASS DESIGN	K30-39	2	00:25:15	00:52:20	01:21:26	01:50:26.40	+00:30:28 (27.6%)	5:14	11.5 (72.8%)
50	PODAWCA Łukasz	62	JW 1223 KOSZALIN	M30-39	15	00:25:16	00:52:21	01:21:27	01:50:27.05	+00:30:28 (27.6%)	5:14	11.5 (72.8%)
51	SIKORSKI Marcin	96	KMC	M30-39	16	00:24:48	00:50:30	01:20:29	01:51:23.75	+00:31:25 (28.2%)	5:16	11.4 (72.2%)
52	WIŚNIEWSKA Anna	99	HERNIK TEAM	K30-39	3	00:26:48	00:55:02	01:23:22	01:51:35.40	+00:31:37 (28.3%)	5:17	11.3 (71.5%)
53	STACHOWIAK Danuta	91	ROKIETNICA BIEGA	K40-44	1	00:26:27	00:54:41	01:23:24	01:52:08.70	+00:32:10 (28.7%)	5:18	11.3 (71.5%)
54	BIK Stanisław	94	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	M55-59	4	00:27:25	00:55:35	01:24:21	01:53:42.30	+00:33:44 (29.7%)	5:23	11.1 (70.3%)
55	LEWANDOWSKI Grzegorz	42	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M40-44	10	00:26:42	00:53:17	01:21:16	01:54:06.50	+00:34:08 (29.9%)	5:24	11.1 (70.3%)
56	MALICKI Grzegorz	66	SCYZORYK	M45-49	6	00:24:58	00:53:45	01:24:08	01:54:21.25	+00:34:23 (30.1%)	5:25	11.1 (70.3%)
57	PIETRZYK Szymon	64		M18-29	10	00:22:44	00:48:51	01:20:35	01:54:46.35	+00:34:48 (30.3%)	5:26	11 (69.6%)
58	LASOTA Mirosław	88		M65-69	1	00:27:45	00:56:54	01:26:13	01:56:07.20	+00:36:09 (31.1%)	5:30	10.9 (69.0%)
59	KUJATT Wojciech	3	HERBMARATONOW.PL	M40-44	11	00:27:48	00:56:57	01:26:16	01:56:10.10	+00:36:11 (31.2%)	5:30	10.9 (69.0%)
60	CHOJNIAK Wiesław	29	PARKRUN POZNAŃ	M45-49	7	00:27:34	00:55:42	01:25:24	01:58:12.80	+00:38:14 (32.4%)	5:36	10.7 (67.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start_All	Start_All	Start_All	Czas	Różn	Tempo min/km	Tempo km/h
						5.27km	10.54km	15.81km	netto 21.1km			
61	PLUTA Katarzyna	69	ZABIEGANINOCA OKONEK	K18-29	2	00:29:15	00:58:46	01:28:33	01:58:19.75	+00:38:21 (32.4%)	5:36	10.7 (67.7%)
62	ŻURAWIK Piotr	70	KORZYBSKIE REKINY	M45-49	8	00:29:22	00:59:25	01:29:46	01:59:12.00	+00:39:13 (32.9%)	5:38	10.6 (67.1%)
63	SZUMSKI Łukasz	33		M40-44	12	00:25:25	00:52:58	01:23:50	01:59:57.10	+00:39:58 (33.3%)	5:41	10.6 (67.1%)
64	JĘCZEŃ Kornela	74	ZABIEGANI NOCA	K18-29	3	00:29:15	00:58:47	01:28:53	02:00:26.85	+00:40:28 (33.6%)	5:42	10.5 (66.5%)
65	SZULC Edyta	60		K40-44	2	00:30:06	01:00:12	01:31:07	02:00:55.45	+00:40:57 (33.9%)	5:43	10.5 (66.5%)
66	LASOTA Irena	89		K60+	1	00:30:39	01:01:48	01:32:45	02:04:08.00	+00:44:09 (35.6%)	5:52	10.2 (64.6%)
67	JUSZCZAK Krzysztof	47		M60-64	3	00:28:58	00:58:59	01:31:22	02:06:12.80	+00:46:14 (36.6%)	5:58	10 (63.3%)
68	JASKÓŁKA-STANISZ Paweł	12		M18-29	11	00:28:40	00:59:24	01:32:04	02:06:40.10	+00:46:41 (36.9%)	6:00	10 (63.3%)
69	KORNIEWICZ Katarzyna	67		K40-44	3	00:29:34	01:01:00	01:33:15	02:07:08.75	+00:47:10 (37.1%)	6:01	10 (63.3%)
70	KIEŁTYKA Tomasz	84	#ZABIEGANINOCA	M30-39	17	00:29:46	01:00:28	01:32:05	02:07:53.80	+00:47:55 (37.5%)	6:03	9.9 (62.7%)
71	SAWCZUK Rafał	9	#ZABIEGANINOCA	M30-39	18	00:31:22	01:03:26	01:36:19	02:11:49.10	+00:51:50 (39.3%)	6:14	9.6 (60.8%)
72	SAWCZUK Bogdan	8	#ZABIEGANINOCA	M60-64	4	00:31:22	01:03:26	01:36:20	02:11:49.35	+00:51:51 (39.3%)	6:14	9.6 (60.8%)
73	KOCH Antoni	28		M55-59	5	00:30:44	01:04:34	01:40:13	02:14:50.20	+00:54:52 (40.7%)	6:23	9.4 (59.5%)
74	KOSECKA Helena	85	104 B.LOG	K30-39	4	00:29:52	01:03:30	01:41:15	02:18:07.80	+00:58:09 (42.1%)	6:32	9.2 (58.2%)
75	SULEJA Joanna	52	SZWLA STARGARD	K55-59	1	00:30:37	01:04:31	01:40:37	02:18:20.95	+00:58:22 (42.2%)	6:33	9.2 (58.2%)
76	PORWICH Henryk	73	TARNOWO PODGÓRNE BIEGA	M70+	3	00:28:59	01:00:31	01:38:07	02:18:32.25	+00:58:34 (42.3%)	6:33	9.1 (57.6%)
77	SZUMSKA Lidia	34		K40-44	4	00:32:41	01:05:59	01:42:08	02:18:36.40	+00:58:38 (42.3%)	6:34	9.1 (57.6%)
78	HELLER Zdzisław	15	NIEZRZESZONY	M60-64	5	00:32:45	01:07:06	01:42:42	02:20:14.70	+01:00:16 (43.0%)	6:38	9 (57.0%)
79	HETEL Beata	36		K30-39	5	00:32:00	01:08:26	01:44:31	02:20:50.40	+01:00:52 (43.2%)	6:40	9 (57.0%)
80	HETEL Adam	87		M30-39	19	00:32:01	01:08:27	01:44:31	02:20:50.95	+01:00:52 (43.2%)	6:40	9 (57.0%)
81	KOŁDA Halina	68	PCH_RUN	K55-59	2	00:30:39	01:06:19	01:44:49	02:22:09.85	+01:02:11 (43.7%)	6:44	8.9 (56.3%)
82	BUJAK Justyna	4	HERBMARATONOW.PL	K30-39	6	00:35:06	01:10:48	01:49:00	02:28:58.70	+01:09:00 (46.3%)	7:03	8.5 (53.8%)
83	MOŹDŹEŃ Barbara	93		K55-59	3	00:35:11	01:10:52	01:49:04	02:29:03.70	+01:09:05 (46.4%)	7:03	8.5 (53.8%)

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						5.27km	10.54km	15.81km	netto		21.1km	min/km
84	PRAŻNIEWSKI Zbigniew	17	NIEZRZESZONY	M50-54	3	00:29:47	01:03:25			+00:23:25	5:58	10 (63.3%)

Znaleziono 84 wynik(ów)