



ZAWODY BIEGOWE „PO PIERWSZE ZDROWIE” BIEG 5KM

B4SPORT

Organiser: Fundacja „Po Pierwsze”
Date: 2017-03-25
Place: Wasilków
Distance: 5 km



Classification: M-OPEN

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	CZECZKO Paweł	9	SOKOL	M10-29	1	00:00:12	00:14:22.50	00:14:34.95		2:52	20.9 (100%)
2	BRATUCHIN Maksym	98	SOKOL	M10-29	2	00:00:12	00:14:57.45	00:15:09.50	+00:00:34 (3.9%)	2:59	20.1 (96.2%)
3	KALINOWSKI Krystian	99	AGR PODLESIE	M10-29	3	00:00:07	00:15:45.00	00:15:52.50	+00:01:22 (8.7%)	3:09	19 (90.9%)
4	BOCHENKO Daniel	5	MZUNGU UGALI	M30-45	1	00:00:07	00:15:54.00	00:16:01.80	+00:01:31 (9.6%)	3:10	18.9 (90.4%)
5	CZERWIŃSKI Andrzej	10	KS STUDZIANKI	M30-45	2	00:00:08	00:16:23.95	00:16:32.15	+00:02:01 (12.3%)	3:16	18.3 (87.6%)
6	HRYSZKO Paweł	19		M10-29	4	00:00:10	00:16:52.40	00:17:02.70	+00:02:29 (14.8%)	3:22	17.8 (85.2%)
7	TURCZYŃSKI Paweł	84		M10-29	5	00:00:12	00:17:14.30	00:17:26.75	+00:02:51 (16.6%)	3:26	17.4 (83.3%)
8	JELSKI Dariusz	22	MPS BIKE TEAM	M46-59	1	00:00:11	00:17:20.35	00:17:32.10	+00:02:57 (17.1%)	3:28	17.3 (82.8%)
9	KIEŁCZEWSKI Konrad	23		M30-45	3	00:00:15	00:17:52.45	00:18:08.05	+00:03:29 (19.6%)	3:34	16.8 (80.4%)
10	KOCHAŃSKI Krystian	27	TAEKWONDO BIAŁYSTOK	M10-29	6	00:00:15	00:18:44.25	00:18:59.95	+00:04:21 (23.3%)	3:44	16 (76.6%)
11	MINIUK Paweł	42	PAŁĘ WROTKI	M10-29	7	00:00:12	00:18:54.25	00:19:06.45	+00:04:31 (24.0%)	3:46	15.9 (76.1%)
12	LEWKO Mariusz	31		M30-45	4	00:00:18	00:19:04.45	00:19:23.20	+00:04:41 (24.6%)	3:49	15.7 (75.1%)
13	MADEJA Adam	37		M30-45	5	00:00:17	00:19:08.05	00:19:25.35	+00:04:45 (24.9%)	3:49	15.7 (75.1%)
14	BOSIACKI Jarosław	7		M30-45	6	00:00:13	00:19:23.75	00:19:37.00	+00:05:01 (25.9%)	3:52	15.5 (74.2%)
15	WRZESIŃSKI Zdzisław	88	OSK SZAŁ	M46-59	2	00:00:08	00:19:42.20	00:19:50.70	+00:05:19 (27.0%)	3:56	15.2 (72.7%)
16	SZAWLUK Mateusz	73		M10-29	8	00:00:17	00:19:42.45	00:20:00.05	+00:05:19 (27.1%)	3:56	15.2 (72.7%)
17	CHMIELEWSKI Karol	150	BIAŁOSTOCKA SEKTA BIEGACZY	M30-45	7	00:00:15	00:19:52.80	00:20:07.95	+00:05:30 (27.7%)	3:58	15.1 (72.2%)
18	KIERZKOWSKI Marcin	26	BIAŁOSTOCKA SEKTA BIEGACZY	M30-45	8	00:00:14	00:20:35.70	00:20:50.50	+00:06:13 (30.2%)	4:07	14.6 (69.9%)
19	ŚWIDERSKI Cezary	77		M30-45	9	00:00:18	00:20:58.90	00:21:17.35	+00:06:36 (31.5%)	4:11	14.3 (68.4%)
20	GAWRYLUK Szymon	16		M10-29	9	00:00:18	00:20:59.90	00:21:17.95	+00:06:37 (31.5%)	4:11	14.3 (68.4%)
21	OCHOCKI Michał	48		M30-45	10	00:00:15	00:21:47.85	00:22:03.05	+00:07:25 (34.1%)	4:21	13.8 (66.0%)
22	BĄBCZYŃSKI Michał	4		M10-29	10	00:00:08	00:21:48.05	00:21:56.45	+00:07:25 (34.1%)	4:21	13.8 (66.0%)
23	BAJDA Marcin	1	BIAŁOSTOCKA SEKTA BIEGACZY	M30-45	11	00:00:14	00:21:56.30	00:22:11.15	+00:07:33 (34.5%)	4:23	13.7 (65.6%)
24	MILEWSKI Marcin	41		M30-45	12	00:00:12	00:22:30.65	00:22:43.30	+00:08:08 (36.1%)	4:30	13.3 (63.6%)
25	JUSZCZAK Grzegorz	101		M30-45	13	00:00:13	00:22:30.80	00:22:44.75	+00:08:08 (36.1%)	4:30	13.3 (63.6%)
26	SKOWROŃSKI Paweł	107		M30-45	14	00:00:15	00:23:06.40	00:23:22.00	+00:08:43 (37.8%)	4:37	13 (62.2%)
27	SOKÓŁ Przemysław	72		M10-29	11	00:00:18	00:23:34.40	00:23:52.55	+00:09:11 (39.0%)	4:42	12.7 (60.8%)

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
28	KOZIEJKO Stanisław	30	BIEGAM DLA JUSTYSI	M46-59	3	00:00:11	00:23:37.00	00:23:48.60	+00:09:14 (39.1%)	4:43	12.7 (60.8%)
29	SADOWSKI Wojciech	61		M30-45	15	00:00:17	00:23:56.05	00:24:13.65	+00:09:33 (39.9%)	4:47	12.5 (59.8%)
30	TARASIUK Adam	79		M30-45	16	00:00:14	00:24:08.00	00:24:22.00	+00:09:45 (40.4%)	4:49	12.4 (59.3%)
31	MYSZKOWSKI Paweł	45	ŻYWCEM NAS NIE WEZMĄ	M30-45	17	00:00:15	00:24:55.30	00:25:10.60	+00:10:32 (42.3%)	4:59	12 (57.4%)
32	ŚWIĘCICKI Kacper	78	TEAM BIAŁYSTOK	M10-29	12	00:00:13	00:24:56.65	00:25:09.90	+00:10:34 (42.4%)	4:59	12 (57.4%)
33	MATYS Marek	39		M30-45	18	00:00:18	00:25:05.50	00:25:23.70	+00:10:43 (42.7%)	5:01	12 (57.4%)
34	DĄBROWSKI Rafał	11		M30-45	19	00:00:16	00:25:31.85	00:25:48.05	+00:11:09 (43.7%)	5:06	11.7 (56.0%)
35	SZEWELUK Krzysztof	74		M30-45	20	00:00:14	00:26:31.50	00:26:46.40	+00:12:09 (45.8%)	5:18	11.3 (54.1%)
36	BĄBCZYŃSKI Marcin	3		M30-45	21	00:00:11	00:27:24.15	00:27:35.75	+00:13:01 (47.5%)	5:28	10.9 (52.2%)

Total 36 results.