



45 OGÓLNOPOLSKIE BIEGI ULICZNE - 5000M - BIEG OTWARTY 1997 I STARSI / WSPÓLNY KOBIETY I MĘŻCZYŹNI

B4SPORT

Organiser: MLKS Nadwiślanin Chełmno
Date: 2016-04-10
Place: Chełmno
Distance: 5 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Classification: M40

Place	Participant	Number	Club	Category	MCat	Start time	1.7km	3.4km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	WALENDZIAK Klaudiusz	100	RUNNERS TEAM JEŻEWO	M40	1	00:00:02	00:05:37	00:11:26	00:17:05.70	00:17:07.70		3:25	17.6 (100%)
2	JAGIEŁA Jarosław	39	TKKF KOLEJARZ BYDGOSZCZ	M40	2	00:00:02	00:05:36	00:11:28	00:17:19.95	00:17:22.55	+00:00:14 (1.4%)	3:28	17.3 (98.3%)
3	JĘDRAL Janusz	107	RUNNERS TEAM JEŻEWO	M40	3	00:00:02	00:06:03	00:12:19	00:18:37.30	00:18:40.00	+00:01:31 (8.2%)	3:43	16.1 (91.5%)
4	ŁASTOWSKI Waldemar	21	4RUN TEAM PIŁA	M40	4	00:00:03	00:06:03	00:12:30	00:18:56.20	00:18:59.40	+00:01:50 (9.7%)	3:47	15.8 (89.8%)
5	ŚPICA Leszek	143		M40	5	00:00:03	00:06:30	00:13:08	00:19:32.00	00:19:35.75	+00:02:26 (12.5%)	3:54	15.4 (87.5%)
6	JANOWSKI Adam	131		M40	6	00:00:04	00:06:24	00:13:07	00:19:42.50	00:19:47.05	+00:02:36 (13.3%)	3:56	15.2 (86.4%)
7	BOJKE Mirosław	3		M40	7	00:00:05	00:06:17	00:13:03	00:19:55.70	00:20:00.75	+00:02:50 (14.2%)	3:59	15.1 (85.8%)
8	GRZENKOWITZ Dariusz	43		M40	8	00:00:03	00:06:36	00:13:30	00:20:17.70	00:20:21.05	+00:03:12 (15.8%)	4:03	14.8 (84.1%)
9	WALENDZIAK Ryszard	114		M40	9	00:00:05	00:06:50	00:13:59	00:20:53.85	00:20:59.45	+00:03:48 (18.2%)	4:10	14.4 (81.8%)
10	ŻUCHOWSKI Józef	58		M40	10	00:00:04	00:06:49	00:14:00	00:20:59.15	00:21:03.30	+00:03:53 (18.5%)	4:11	14.3 (81.3%)
11	ZAJAC Marcin	33		M40	11	00:00:05	00:06:51	00:14:01	00:21:00.60	00:21:05.70	+00:03:54 (18.6%)	4:12	14.3 (81.3%)
12	KALISZEWSKI Daniel	15		M40	12	00:00:05	00:06:41	00:13:59	00:21:06.15	00:21:11.30	+00:04:00 (19.0%)	4:13	14.2 (80.7%)
13	STYKAŁA Sebastian	50		M40	13	00:00:07	00:07:16	00:14:34	00:21:38.35	00:21:45.90	+00:04:32 (21.0%)	4:19	13.9 (79.0%)
14	KUBIS Roman	19	RUN PASJA BYDGOSZCZ	M40	14	00:03:22	00:07:04	00:14:40	00:22:04.65	00:25:27.30	+00:04:58 (22.6%)	4:25	13.6 (77.3%)
15	GOŁAWSKI Andrzej	61		M40	15	00:00:04	00:06:57	00:14:37	00:22:07.50	00:22:12.35	+00:05:01 (22.7%)	4:25	13.6 (77.3%)
16	PULKOWSKI Sławomir	31		M40	16	00:00:05	00:07:01	00:14:50	00:22:11.05	00:22:16.50	+00:05:05 (22.9%)	4:26	13.5 (76.7%)
17	BŁĄŻEJEWSKI Dariusz	59		M40	17	00:00:08	00:07:07	00:15:02	00:23:07.10	00:23:15.35	+00:06:01 (26.1%)	4:37	13 (73.9%)
18	KADOW Ryszard	22	RUN PASJA BYDGOSZCZ	M40	18	00:00:05	00:07:52	00:16:02	00:23:57.40	00:24:02.55	+00:06:51 (28.6%)	4:47	12.5 (71.0%)
19	WALENCIAK Jarosław	56		M40	19	00:00:08	00:08:19	00:16:46	00:24:51.75	00:25:00.15	+00:07:46 (31.2%)	4:58	12.1 (68.8%)
20	PODBORNY Piotr	93		M40	20	00:00:08	00:08:02	00:16:49	00:25:42.35	00:25:50.65	+00:08:36 (33.5%)	5:08	11.7 (66.5%)
21	WITKOWSKI Artur	130		M40	21	00:00:03	00:08:25	00:17:58	00:27:44.35	00:27:47.55	+00:10:38 (38.4%)	5:32	10.8 (61.4%)
22	KAWA Marcin	25		M40	22	00:00:09	00:09:27	00:19:25	00:29:15.05	00:29:24.20	+00:12:09 (41.6%)	5:51	10.3 (58.5%)
23	TOBOLSKI Marek	70		M40	23	00:00:06	00:10:13	00:21:56	00:33:23.90	00:33:30.70	+00:16:18 (48.8%)	6:40	9 (51.1%)

Total 23 results.