



Organizator:
Data:
Miejsce:
Dystans:

BIEG PRZEŁAJOWY ZIELONA DYCHA - 10 KM

Kępski Ośrodek Sportu i Rekreacji Sp. z o.o.
2020-09-05
Okonek
10 km

B4SPORT



Klasyfikacja: M36-45

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	PIEKARSKI Jacek	23		M36-45	1	00:40:05.85		4:00	15 (100%)
2	JABŁOŃSKI Tomasz	44	KB SPOKO SŁAWNO	M36-45	2	00:41:21.55	+00:01:15 (3.1%)	4:08	14.5 (96.7%)
3	JANKOWSKI Grzegorz	3		M36-45	3	00:45:23.70	+00:05:17 (11.7%)	4:32	13.2 (88.0%)
4	IWANIEC Dariusz	33	BIEGOLAS KOSZALIN	M36-45	4	00:45:37.55	+00:05:31 (12.1%)	4:33	13.2 (88.0%)
5	MAZUREK Marcin	49	XXX	M36-45	5	00:45:38.45	+00:05:32 (12.1%)	4:33	13.1 (87.3%)
6	SZUBERT Marcin	53		M36-45	6	00:46:07.05	+00:06:01 (13.1%)	4:36	13 (86.7%)
7	BŁENCKI Piotr	37	NIGHT RUNNERS SŁUPSK	M36-45	7	00:48:27.45	+00:08:21 (17.3%)	4:50	12.4 (82.7%)
8	GOSTOMCZYK Krzysztof	46	KB SPOKO SŁAWNO	M36-45	8	00:48:52.60	+00:08:46 (18.0%)	4:53	12.3 (82.0%)
9	HAŁKA Arkadiusz	34	TRUCHT ŁOBEZ	M36-45	9	00:49:43.55	+00:09:37 (19.4%)	4:58	12.1 (80.7%)
10	STELMACH Rafal	13		M36-45	10	00:50:40.90	+00:10:35 (20.9%)	5:04	11.8 (78.7%)
11	KORYZNA Kamil	47	135.SGR-D'ELITA'	M36-45	11	00:53:02.65	+00:12:56 (24.4%)	5:18	11.3 (75.3%)
12	KOŁODZIEJCZAK Marcin	12		M36-45	12	00:55:39.65	+00:15:33 (28.0%)	5:33	10.8 (72.0%)
13	FIRLONG Maciej	38	MARKOS RUNNING TEAM	M36-45	13	00:56:01.70	+00:15:55 (28.4%)	5:36	10.7 (71.3%)
14	JAROSZEWICZ Mirek	9		M36-45	14	01:01:20.05	+00:21:14 (34.6%)	6:08	9.8 (65.3%)
15	POZORSKI Krzysztof	36	MARKOS RUNNING TEAM	M36-45	15	01:11:03.65	+00:30:57 (43.6%)	7:06	8.4 (56.0%)

Znaleziono 15 wynik(ów)