

Klasyfikacja: M30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina Wolin	Lap 5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	NOWICKI Bartosz	191	BNOW SPORTS	M30-39	1		00:17:15	00:34:45.05		3:28	17.3 (100%)
2	MINKO Arkadiusz	177		M30-39	2		00:17:16	00:35:07.10	+00:00:22 (1.0%)	3:30	17.1 (98.8%)
3	BRESZKA Michał	26	LOTNICZA AKADEMIA WOJSKOWA	M30-39	3		00:17:35	00:35:23.05	+00:00:38 (1.8%)	3:32	17 (98.3%)
4	SIECZKOWSKI Michał	232		M30-39	4		00:18:10	00:36:59.25	+00:02:14 (6.0%)	3:41	16.2 (93.6%)
5	ŁUCZKO Grzegorz	157	NATURAL BORN RUNNERS TEAM	M30-39	5		00:18:52	00:37:59.55	+00:03:14 (8.5%)	3:48	15.8 (91.3%)
6	KAPŁANIAK Adrian	116	WIECZORNE BIEGANIE W SZCZECINIE	M30-39	6		00:18:46	00:38:20.50	+00:03:35 (9.4%)	3:50	15.6 (90.2%)
7	POKRZYWIŃSKI Zbigniew	209	BBL POLICE	M30-39	7		00:19:14	00:38:33.40	+00:03:48 (9.9%)	3:51	15.6 (90.2%)
8	SZALA Mateusz	249	N1 TRIATLON KLUB	M30-39	8		00:19:23	00:38:58.00	+00:04:12 (10.8%)	3:53	15.4 (89.0%)
9	MUSIAŁ Bartek	182	UKS AKTYWNI WYSOKA KAMIEŃSKA	M30-39	9		00:20:56	00:42:03.30	+00:07:18 (17.4%)	4:12	14.3 (82.7%)
10	CHWIEJ Marcin	38		M30-39	10		00:20:57	00:42:20.90	+00:07:35 (17.9%)	4:14	14.2 (82.1%)
11	NAWROCKI Konrad	187		M30-39	11		00:21:44	00:43:27.80	+00:08:42 (20.0%)	4:20	13.8 (79.8%)
12	PORZYCH Zbigniew	211	CALIBRA TIM	M30-39	12		00:22:07	00:43:51.70	+00:09:06 (20.8%)	4:23	13.7 (79.2%)
13	MIKOS Paweł	175		M30-39	13		00:21:46	00:44:05.70	+00:09:20 (21.2%)	4:24	13.6 (78.6%)
14	KAMIŃSKI Sławomir	113	KMP ŚWINOUJŚCIE	M30-39	14		00:22:14	00:44:45.15	+00:10:00 (22.3%)	4:28	13.4 (77.5%)
15	MAZUR Kamil	171		M30-39	15		00:22:14	00:44:45.20	+00:10:00 (22.4%)	4:28	13.4 (77.5%)
16	ADAMOWICZ Daniel	2	KB PIONIER	M30-39	16		00:22:04	00:45:11.40	+00:10:26 (23.1%)	4:31	13.3 (76.9%)
17	MAKAŚ Sebastian	164		M30-39	17		00:22:58	00:45:19.15	+00:10:34 (23.3%)	4:32	13.2 (76.3%)
18	GAWLE Łukasz	77		M30-39	18		00:22:30	00:45:28.80	+00:10:43 (23.6%)	4:32	13.2 (76.3%)
19	LANGE Damian	145	SON'S OF POSEIDON	M30-39	19		00:23:18	00:45:56.65	+00:11:11 (24.4%)	4:35	13.1 (75.7%)
20	NIEWIADA Marek	189	FLOTA ŚWINOUJŚCIE	M30-39	20		00:23:22	00:47:15.20	+00:12:30 (26.5%)	4:43	12.7 (73.4%)
21	KARCZMAREK Bartłomiej	119		M30-39	21		00:23:36	00:47:19.75	+00:12:34 (26.6%)	4:44	12.7 (73.4%)
22	ROJEWSKI Mateusz	220		M30-39	22		00:23:42	00:47:39.80	+00:12:54 (27.1%)	4:46	12.6 (72.8%)
23	OGRODZIŃSKI Przemysław	192		M30-39	23		00:22:57	00:47:55.25	+00:13:10 (27.5%)	4:47	12.5 (72.3%)
24	ZAJĄC Maciej	294		M30-39	24		00:23:54	00:47:56.65	+00:13:11 (27.5%)	4:47	12.5 (72.3%)
25	JAWORSKI Sylwek	106		M30-39	25		00:23:07	00:48:09.40	+00:13:24 (27.8%)	4:48	12.5 (72.3%)
26	LASKOWSKI Adam	148	UKS ALBATROS	M30-39	26		00:24:02	00:48:11.65	+00:13:26 (27.9%)	4:49	12.4 (71.7%)
27	JANCZARA Sebastian	102		M30-39	27		00:23:30	00:48:19.45	+00:13:34 (28.1%)	4:50	12.4 (71.7%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina Wolin	Lap 5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
28	DĘBCZYŃSKI Michał	57	WILD HORSE ZÜRICH	M30-39	28		00:23:35	00:48:25.30	+00:13:40 (28.2%)	4:50	12.4 (71.7%)
29	KUJAWA Mariusz	142		M30-39	29		00:23:58	00:48:26.60	+00:13:41 (28.3%)	4:50	12.4 (71.7%)
30	DZIĘGIELEWSKI Grzegorz	66		M30-39	30		00:24:45	00:49:29.45	+00:14:44 (29.8%)	4:57	12.1 (69.9%)
31	ZIENKE Piotr	296		M30-39	31		00:24:00	00:49:40.05	+00:14:55 (30.0%)	4:58	12.1 (69.9%)
32	WÓJCIK Wojciech	284	WKURW_TEAM	M30-39	32		00:24:55	00:49:50.55	+00:15:05 (30.3%)	4:59	12 (69.4%)
33	GŁADYSZ Jarosław	81		M30-39	33		00:25:06	00:50:44.05	+00:15:59 (31.5%)	5:04	11.8 (68.2%)
34	BIELAN Artur	19		M30-39	34		00:24:35	00:50:48.25	+00:16:03 (31.6%)	5:04	11.8 (68.2%)
35	GŁOWACKI Adrian	83		M30-39	35		00:24:32	00:50:59.60	+00:16:14 (31.9%)	5:06	11.8 (68.2%)
36	BUDZYŃSKI Radosław	30	BUDZYŃSCY TEAM	M30-39	36		00:25:29	00:51:23.65	+00:16:38 (32.4%)	5:08	11.7 (67.6%)
37	NARLOCH Maciej	184		M30-39	37		00:25:39	00:51:35.65	+00:16:50 (32.6%)	5:09	11.6 (67.1%)
38	PIEKARSKI Kamil	203		M30-39	38		00:26:02	00:51:50.20	+00:17:05 (33.0%)	5:11	11.6 (67.1%)
39	KAMIONKA Andrzej	115	WIECZORNE BIEGANIE W SZCZECINIE	M30-39	39		00:25:12	00:52:06.10	+00:17:21 (33.3%)	5:12	11.5 (66.5%)
40	KOŁYSZKO Piotr	128	BIEGACZE ŚWINOUJŚCIE	M30-39	40		00:25:52	00:52:12.40	+00:17:27 (33.4%)	5:13	11.5 (66.5%)
41	ZABROCKI Karol	291		M30-39	41		00:25:50	00:52:15.65	+00:17:30 (33.5%)	5:13	11.5 (66.5%)
42	DEPTUŁA Tobiasz	307		M30-39	42		00:26:11	00:52:50.20	+00:18:05 (34.2%)	5:17	11.4 (65.9%)
43	MAJKA Dariusz	162	HERR DARIUSZ	M30-39	43		00:27:15	00:53:13.80	+00:18:28 (34.7%)	5:19	11.3 (65.3%)
44	ANIELSKI Michał	4		M30-39	44		00:26:48	00:54:02.25	+00:19:17 (35.7%)	5:24	11.1 (64.2%)
45	SOWA Krzysztof	242		M30-39	45		00:26:02	00:54:49.20	+00:20:04 (36.6%)	5:29	10.9 (63.0%)
46	MORAWIAK Krzysztof	308	VIKING 88	M30-39	46		00:26:50	00:55:00.45	+00:20:15 (36.8%)	5:30	10.9 (63.0%)
47	SITEK Alfred	234		M30-39	47		00:27:19	00:55:06.35	+00:20:21 (36.9%)	5:30	10.9 (63.0%)
48	BIEGANSKI Tomasz	18		M30-39	48		00:26:51	00:56:00.50	+00:21:15 (38.0%)	5:36	10.7 (61.8%)
49	DEMKOWICZ Daniel	52		M30-39	49	Tak	00:27:52	00:56:09.00	+00:21:23 (38.1%)	5:36	10.7 (61.8%)
50	TARNOWSKI Krzysztof	265		M30-39	50		00:27:15	00:56:56.15	+00:22:11 (39.0%)	5:41	10.5 (60.7%)
51	ZIÓŁKOWSKI Rafał	298	BIEGACZE ŚWINOUJŚCIE	M30-39	51		00:27:51	00:57:05.85	+00:22:20 (39.1%)	5:42	10.5 (60.7%)
52	SMOGUR Damian	309	8-PAG POZNAŃ	M30-39	52		00:28:56	00:57:09.10	+00:22:24 (39.2%)	5:43	10.5 (60.7%)
53	RUDZEWICZ Mariusz	226		M30-39	53		00:28:30	00:57:40.05	+00:22:55 (39.7%)	5:46	10.4 (60.1%)
54	WOJTASINSKI Paweł	278		M30-39	54		00:27:43	00:58:02.60	+00:23:17 (40.1%)	5:48	10.3 (59.5%)
55	BOBER Kamil	23		M30-39	55		00:29:36	00:58:25.00	+00:23:39 (40.5%)	5:50	10.3 (59.5%)
56	KOŁODZIEJCZYK Paweł	127		M30-39	56		00:27:49	00:58:30.30	+00:23:45 (40.6%)	5:51	10.3 (59.5%)
57	KOTWICKI Tomasz	132	BIEGACZE ŚWINOUJŚCIE	M30-39	57		00:28:43	00:58:31.10	+00:23:46 (40.6%)	5:51	10.3 (59.5%)
58	DOMIŃSKI Karol	59		M30-39	58		00:29:00	00:59:14.75	+00:24:29 (41.3%)	5:55	10.1 (58.4%)
59	LEŚNIEWSKI Sebastian	150		M30-39	59		00:29:27	00:59:21.15	+00:24:36 (41.5%)	5:56	10.1 (58.4%)
60	RAJCHEL Marcin	216		M30-39	60		00:29:28	00:59:22.85	+00:24:37 (41.5%)	5:56	10.1 (58.4%)
61	SZMELING Grzes	256		M30-39	61		00:29:19	01:01:43.95	+00:26:58 (43.7%)	6:10	9.7 (56.1%)
62	OLEŚKÓW Marek	194		M30-39	62		00:29:56	01:01:55.45	+00:27:10 (43.9%)	6:11	9.7 (56.1%)
63	GREWLING Grzegorz	306		M30-39	63		00:29:34	01:02:08.70	+00:27:23 (44.1%)	6:12	9.7 (56.1%)
64	SZCZEPAŃSKI Przemysław	254		M30-39	64		00:29:43	01:03:21.95	+00:28:36 (45.2%)	6:20	9.5 (54.9%)
65	PEŁKA Piotr	201		M30-39	65		00:30:41	01:03:43.45	+00:28:58 (45.5%)	6:22	9.4 (54.3%)
66	GADOWSKI Paweł	74		M30-39	66		00:30:35	01:04:46.50	+00:30:01 (46.4%)	6:28	9.3 (53.8%)
67	BRZYSKI Łukasz	29	SEAT TEAM	M30-39	67		00:30:19	01:05:27.40	+00:30:42 (46.9%)	6:32	9.2 (53.2%)