



I BIEG PRZEŁAJOWY "MARYNARSKA DYCHA" IM. ADMIRAŁA FLOTY ANDRZEJA KARWETY - 10 KM

B4SPORT

Organizator: CENTRUM SZKOLENIA MARYNARKI WOJENNEJ
(CSMW)
Data: 2016-04-09
Miejsce: Ustka
Dystans: 10 km

 **HERKULES**
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Klasyfikacja: M-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	BONISŁAWSKI Jarosław	10	FADOMODA TEAM	M-20	1	00:00:01	00:42:53.80	00:42:55.75		4:17	14 (100%)
2	CHUDY Henryk	18	K SOLSZEWSKI I SYNOWIE	M-60	1	00:00:01	00:42:57.95	00:42:59.65	+00:00:04 (0.2%)	4:17	14 (100%)
3	MŁYNARCZYK Zbyszek	80		M-30	1	00:00:12	00:43:46.30	00:43:58.35	+00:00:52 (2.0%)	4:22	13.7 (97.9%)
4	PACHOLCZYK Krzysztof	88		M-20	2	00:00:03	00:45:32.35	00:45:35.40	+00:02:38 (5.8%)	4:33	13.2 (94.3%)
5	SADOWSKI Paweł	169	STOPA SŁUPSK	M-30	2	00:00:12	00:45:47.70	00:46:00.55	+00:02:53 (6.3%)	4:34	13.1 (93.6%)
6	ŻYLICZ Paweł	151	STOPA SŁUPSK	M-20	3	00:00:02	00:46:30.35	00:46:32.65	+00:03:36 (7.8%)	4:39	12.9 (92.1%)
7	DEGA Ryszard	20	TUPOT USTKA	M-60	2	00:00:01	00:47:07.80	00:47:08.85	+00:04:14 (9.0%)	4:42	12.7 (90.7%)
8	JASKÓLSKI Piotr	167		M-30	3	00:00:04	00:47:12.75	00:47:17.60	+00:04:18 (9.1%)	4:43	12.7 (90.7%)
9	PRUS Mikołaj	165		M-OPEN	1	00:00:01	00:47:17.90	00:47:19.45	+00:04:24 (9.3%)	4:43	12.7 (90.7%)
10	KUBIŃSKI Rafał	58	ALLIANZ RUNNING TEAM	M-50	1	00:00:02	00:47:53.70	00:47:56.00	+00:04:59 (10.4%)	4:47	12.5 (89.3%)
11	NIWIŃSKI Grzegorz	83	KB TUPOT USTKA	M-50	2	00:00:14	00:48:21.40	00:48:35.85	+00:05:27 (11.3%)	4:50	12.4 (88.6%)
12	SCHULZ Szymon	159	SZULIK TEAM	M-20	4	00:00:14	00:48:38.60	00:48:52.75	+00:05:44 (11.8%)	4:51	12.3 (87.9%)
13	DUDZIAK Piotr	21	BIEGNIJMY.PL	M-40	1	00:00:02	00:49:32.75	00:49:34.85	+00:06:38 (13.4%)	4:57	12.1 (86.4%)
14	JÓSKOWSKI Seweryn	38	REKOWO BIEGA	M-20	5	00:00:00	00:49:59.40	00:50:00.35	+00:07:05 (14.2%)	5:00	12 (85.7%)
15	ŚWIETLIK Tomasz	130		M-50	3	00:00:00	00:50:14.00	00:50:14.75	+00:07:20 (14.6%)	5:01	11.9 (85.0%)
16	ZBLEWSKI Patryk	171	NIGHT RUNNERS SŁUPSK	M-30	4	00:00:04	00:51:06.35	00:51:10.95	+00:08:12 (16.1%)	5:06	11.7 (83.6%)
17	SKOWROŃSKI Łukasz	112	STOPA SŁUPSK	M-40	2	00:00:08	00:51:16.70	00:51:25.20	+00:08:22 (16.3%)	5:07	11.7 (83.6%)
18	KOTUSIEWICZ Karol	51	KSP CSMW USTKA	M-20	6	00:00:12	00:52:11.20	00:52:23.70	+00:09:17 (17.8%)	5:13	11.5 (82.1%)
19	WOJCIEKIAN Stanisław	140	WATAHA	M-60	3	00:00:08	00:52:20.65	00:52:29.25	+00:09:26 (18.0%)	5:14	11.5 (82.1%)
20	KARAŚ Radosław	41	NIGHT RUNNERS SŁUPSK	M-40	3	00:00:06	00:52:33.40	00:52:39.60	+00:09:39 (18.4%)	5:15	11.4 (81.4%)
21	KWIECIŃSKI Damian	62	SALUGEO.COM	M-30	5	00:00:07	00:52:40.80	00:52:48.10	+00:09:47 (18.6%)	5:16	11.4 (81.4%)
22	MIELCZAREK Mateusz	168		M-30	6	00:00:03	00:52:41.75	00:52:45.25	+00:09:47 (18.6%)	5:16	11.4 (81.4%)
23	KARGUL Jacek	43	NIGHT RUNNERS SŁUPSK	M-30	7	00:00:05	00:52:42.60	00:52:48.05	+00:09:48 (18.6%)	5:16	11.4 (81.4%)
24	SOROKA Tomasz	114	NIGHT RUNNERS SŁUPSK	M-30	8	00:00:05	00:52:42.85	00:52:48.00	+00:09:49 (18.6%)	5:16	11.4 (81.4%)
25	BARCHANOWSKI Andrzej	7	SAMOTNY BIAŁY ŻAGIEL	M-40	4	00:00:11	00:54:03.25	00:54:14.95	+00:11:09 (20.6%)	5:24	11.1 (79.3%)
26	ANDRZEJCZAK Sławomir	5	GRZESŁAW USTKA	M-40	5	00:00:04	00:54:57.05	00:55:01.80	+00:12:03 (21.9%)	5:29	10.9 (77.9%)

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27	JANUSZEWSKI Jacek	36	17 WOG KOSZALIN	M-50	4	00:00:11	00:55:03.95	00:55:15.65	+00:12:10 (22.1%)	5:30	10.9 (77.9%)
28	KULIK Waldemar	60	BERLIN-MARATHON JUBILEE-CLUB	M-50	5	00:00:03	00:55:15.35	00:55:18.45	+00:12:21 (22.4%)	5:31	10.9 (77.9%)
29	NAPIERALSKI Piotr	156	GRZESŁAW USTKA	M-30	9	00:00:02	00:55:16.70	00:55:19.60	+00:12:22 (22.4%)	5:31	10.9 (77.9%)
30	KRYGIER Ireneusz	54	W.P.K. SŁOŃ TEAM	M-30	10	00:00:08	00:55:37.35	00:55:45.95	+00:12:43 (22.9%)	5:33	10.8 (77.1%)
31	WOŹNIAK Grzegorz	141	GRZESŁAW USTKA	M-40	6	00:00:03	00:55:37.55	00:55:41.50	+00:12:43 (22.9%)	5:33	10.8 (77.1%)
32	KAPA Emil	30		M-20	7	00:00:10	00:56:09.40	00:56:19.55	+00:13:15 (23.6%)	5:36	10.7 (76.4%)
33	SULL Kacper	123	NIGHT RUNNERS SŁUPSK	M-20	8	00:00:08	00:56:12.40	00:56:20.75	+00:13:18 (23.7%)	5:37	10.7 (76.4%)
34	MARCZAK Andrzej	70		M-50	6	00:00:02	00:56:31.25	00:56:33.65	+00:13:37 (24.1%)	5:39	10.6 (75.7%)
35	ROBAK Grzegorz	107		M-30	11	00:00:07	00:56:56.50	00:57:04.45	+00:14:02 (24.7%)	5:41	10.5 (75.0%)
36	GREBIENIK Andrzej	29		M-40	7	00:00:13	00:57:01.10	00:57:14.30	+00:14:07 (24.8%)	5:42	10.5 (75.0%)
37	STANIASZEK Bogusław	117	TUPOT USTKA	M-60	4	00:00:03	00:57:18.35	00:57:21.40	+00:14:24 (25.1%)	5:43	10.5 (75.0%)
38	WENCŁAWSKI Michał	137	ARAGORTEAM	M-20	9	00:00:04	00:57:33.85	00:57:38.70	+00:14:40 (25.5%)	5:45	10.4 (74.3%)
39	ZAWADZKI Jacek	145		M-40	8	00:00:10	00:57:47.05	00:57:57.40	+00:14:53 (25.8%)	5:46	10.4 (74.3%)
40	TÓRZ Andrzej	132		M-60	5	00:00:09	00:58:05.70	00:58:14.85	+00:15:11 (26.2%)	5:48	10.3 (73.6%)
41	CHYREK Łukasz	172	NIGHT RUNNERS SŁUPSK	M-30	12	00:00:04	00:58:11.10	00:58:15.10	+00:15:17 (26.3%)	5:49	10.3 (73.6%)
42	JAROSIŃSKI Andrzej	170		M-30	13	00:00:06	00:58:51.00	00:58:57.10	+00:15:57 (27.1%)	5:53	10.2 (72.9%)
43	ROGAŁA Łukasz	108		M-30	14	00:00:10	00:59:53.00	01:00:03.05	+00:16:59 (28.4%)	5:59	10 (71.4%)
44	PRACOŃ Maciej	100		M-40	9	00:00:12	00:59:58.50	01:00:10.75	+00:17:04 (28.5%)	5:59	10 (71.4%)
45	BARANOWSKI Sławomir	155	GRZESŁAW USTKA	M-40	10	00:00:03	01:02:18.00	01:02:21.45	+00:19:24 (31.1%)	6:13	9.6 (68.6%)
46	WARDAK Robert	161		M-30	15	00:00:11	01:07:00.60	01:07:11.65	+00:24:06 (36.0%)	6:42	9 (64.3%)
47	KULA Szymon	59	1RBLOG SKŁAD GDYNIA	M-40	11	00:00:16	01:10:07.90	01:10:24.10	+00:27:14 (38.8%)	7:00	8.6 (61.4%)
48	KOSA .	2		M-OPEN	2	00:00:10	01:11:51.70	01:12:02.25	+00:28:57 (40.3%)	7:11	8.3 (59.3%)
49	KABACIŃSKI Bronisław	163		M-60	6	00:00:12	01:29:05.85	01:29:18.65	+00:46:12 (51.9%)	8:54	6.7 (47.9%)

Znaleziono 49 wynik(ów)