

Wydarzenie:
Organizator:

II Bieszczadzki Bieg Po Zdrowie
 Gminny Ośrodek Kultury, Sportu i Turystyki w
 Solinie
 2018-06-03
 Polańczyk
 10 km

Data:
Miejsce:
Dystans:



Klasyfikacja: M30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	MACHOWSKI Karol	294		M30-39	1	00:00:05	00:19:23	00:38:50.05	00:38:55.80		3:53	15.5 (100%)
2	AUGUSTYŃSKI Sylwester	335	LACHO TEAM	M30-39	2	00:00:06	00:19:21	00:39:00.70	00:39:06.80	+00:00:10 (0.5%)	3:54	15.4 (99.4%)
3	MACHOWSKI Bartłomiej	293		M30-39	3	00:00:05	00:20:01	00:40:13.95	00:40:19.55	+00:01:23 (3.5%)	4:01	14.9 (96.1%)
4	SUROWIEC Grzegorz	324		M30-39	4	00:00:05	00:20:02	00:40:44.05	00:40:49.80	+00:01:54 (4.7%)	4:04	14.7 (94.8%)
5	HOROSZKO Ernest	278		M30-39	5	00:00:06	00:19:53	00:40:48.85	00:40:55.05	+00:01:58 (4.9%)	4:04	14.7 (94.8%)
6	GUZIK Grzegorz	274		M30-39	6	00:00:06	00:20:51	00:42:38.35	00:42:44.55	+00:03:48 (8.9%)	4:15	14.1 (91.0%)
7	BRENDZOWSKI Adam	259		M30-39	7	00:00:07	00:21:19	00:42:55.35	00:43:02.50	+00:04:05 (9.5%)	4:17	14 (90.3%)
8	SZUMIST Szymon	333	ATHLETIC ZDĘCIN	M30-39	8	00:00:05	00:21:15	00:43:27.45	00:43:32.45	+00:04:37 (10.6%)	4:20	13.8 (89.0%)
9	GIEFERT Tomasz	273		M30-39	9	00:00:07	00:22:05	00:44:49.35	00:44:57.10	+00:05:59 (13.4%)	4:29	13.4 (86.5%)
10	GUDOWSKI Krystian	339		M30-39	10	00:00:10	00:23:01	00:46:21.70	00:46:32.60	+00:07:31 (16.2%)	4:38	12.9 (83.2%)
11	PASIERBEK Marek	308		M30-39	11	00:00:07	00:23:32	00:48:35.45	00:48:43.00	+00:09:45 (20.1%)	4:51	12.3 (79.4%)
12	BŁYSKAL Krzysztof	257		M30-39	12	00:00:08	00:24:07	00:48:45.20	00:48:53.90	+00:09:55 (20.3%)	4:52	12.3 (79.4%)
13	BIAŁOGŁOWSKI Paweł	255		M30-39	13	00:00:10	00:25:12	00:49:54.20	00:50:04.30	+00:11:04 (22.2%)	4:59	12 (77.4%)
14	GAWORECKI Tomasz	271		M30-39	14	00:00:13	00:25:31	00:51:13.40	00:51:26.40	+00:12:23 (24.2%)	5:07	11.7 (75.5%)
15	JANOCHA Przemysław	281		M30-39	15	00:00:07	00:26:06	00:53:57.10	00:54:04.25	+00:15:07 (28.0%)	5:23	11.1 (71.6%)
16	FERFECKI Paweł	270		M30-39	16	00:00:06	00:27:00	00:55:43.60	00:55:50.40	+00:16:53 (30.3%)	5:34	10.8 (69.7%)
17	PLESKACZ Miłosz	313		M30-39	17	00:00:10	00:27:01	00:58:47.10	00:58:57.40	+00:19:57 (33.9%)	5:52	10.2 (65.8%)
18	HAWRO Paweł	276		M30-39	18	00:00:10	00:29:29	01:02:27.40	01:02:38.00	+00:23:37 (37.8%)	6:14	9.6 (61.9%)
19	PAŁKA Marcin	307		M30-39	19	00:00:11	00:30:23	01:04:37.65	01:04:49.55	+00:25:47 (39.9%)	6:27	9.3 (60.0%)
20	ORŁOWSKI Piotr	304		M30-39	20	00:00:12	00:31:23	01:04:46.90	01:04:59.30	+00:25:56 (40.1%)	6:28	9.3 (60.0%)

Znaleziono 20 wynik(ów)