

# III BIEG POGOŃ RAKA - SZCZECIN

B4SPORT  
INTELEGENTNE ZAWODY SPORTOWE

**Organizator:** Stowarzyszenie Walki z Rakiem Płuca Oddział Szczecin  
**Data:** 2019-10-05  
**Miejsce:** Szczecin  
**Dystans:** 5 km

**B4SPORT**  
INTELEGENTNE ZAWODY SPORTOWE

Klasyfikacja: M50

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	HAWRYLAK Marcin	135	AMPIO TEAM	M50	1	00:00:01	00:23:14.80	00:23:16.40		4:39	12.9
2	MICHALAK Jacek	321		M50	2	00:00:02	00:23:38.55	00:23:40.55	+00:00:23	4:43	12.7
3	GRYGIELEWICZ Leszek	122		M50	3	00:00:05	00:24:43.10	00:24:48.45	+00:01:28	4:56	12.1
4	WASIELEWSKI Maciej	534	KOTOBA	M50	4	00:00:09	00:25:46.40	00:25:56.35	+00:02:31	5:09	11.6
5	KLEINOWSKI Krzysztof	66		M50	5	00:00:02	00:25:59.90	00:26:02.40	+00:02:45	5:12	11.5
6	BARTOSIŃSKI Piotr	19	TIME55	M50	6	00:00:08	00:26:07.90	00:26:16.20	+00:02:53	5:13	11.5
7	WOJTAT Adam	564	WATAHA ŁĄCZY NAS BIEGANIE	M50	7	00:00:27	00:26:11.05	00:26:38.70	+00:02:56	5:14	11.5
8	STACHOWSKI Andrzej	468	MONIA GYM	M50	8	00:00:27	00:27:23.25	00:27:50.95	+00:04:08	5:28	11
9	ZARZYCKI Piotr	587		M50	9	00:00:10	00:27:34.15	00:27:44.75	+00:04:19	5:30	10.9
10	CHABROS Jacek	47	EXTREMWOLF	M50	10	00:00:12	00:28:05.35	00:28:17.75	+00:04:50	5:37	10.7
11	KRUCZKOWSKI Maciej	235		M50	11	00:00:11	00:28:10.25	00:28:21.40	+00:04:55	5:38	10.7
12	PIETRUSZKA Sławomir	387	BBL SZCZECIN	M50	12	00:00:27	00:29:42.00	00:30:09.30	+00:06:27	5:56	10.1
13	ROMANOWICZ Marek	422		M50	13	00:00:15	00:29:47.80	00:30:03.75	+00:06:33	5:57	10.1
14	MACIBORSKI Mirosław	289	WIECZORNE BIEGANIE W SZCZECINIE	M50	14	00:00:35	00:30:55.25	00:31:31.10	+00:07:40	6:11	9.7
15	DROZDEK Tomasz	82		M50	15	00:00:19	00:31:10.25	00:31:30.20	+00:07:55	6:14	9.6
16	GŁOGOWSKI Jan	108		M50	16	00:00:21	00:32:38.50	00:32:59.80	+00:09:23	6:31	9.2
17	GAJDZIŃSKI Ryszard	101		M50	17	00:00:29	00:32:41.30	00:33:10.50	+00:09:26	6:32	9.2
18	PAWELCZAK Cezary	374	PARKRUN SZCZECIN	M50	18	00:00:36	00:37:14.60	00:37:51.05	+00:13:59	7:27	8.1
19	GUBERNIAK Andrzej	125	TURKEYS TEAM	M50	19	00:00:21	00:37:54.50	00:38:16.00	+00:14:39	7:35	7.9
20	CIESLAK Adam	57	LEGENDARY POWER SZEWC	M50	20	00:00:38	00:37:58.40	00:38:37.05	+00:14:43	7:35	7.9
21	KOPYŚ Mirosław	210		M50	21	00:00:29	00:45:35.65	00:46:04.65	+00:22:20	9:07	6.6

Znaleziono 21 wynik(ów)