

NETIA ZICO RACING 20KM - ROLKI

Klasyfikacja: M 30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	4km	8km	12km	16km	Czas netto 20km	Czas brutto 20km	Różn	Tempo min/km	Tempo km/h
1	FLEJSZER Łukasz	129	U.K.S. 'ZWOLEŃ-TEAM'	M 30-39	1	00:00:01	00:06:57	00:14:39	00:22:11	00:29:37	00:36:57.95	00:36:59.30		1:50	32.5 (100%)
2	GRACZYK Piotr	111	ZICO RACING SPEED TEAM	M 30-39	2	00:00:01	00:07:17	00:14:58	00:22:15	00:29:37	00:36:58.90	00:37:00.85	+00:00:00 (0.0%)	1:50	32.4 (99.7%)
3	JURCZUK Piotr	166	LEGIA WARSZAWA MASTERS	M 30-39	3	00:00:02	00:07:16	00:14:58	00:22:14	00:29:49	00:38:18.55	00:38:20.65	+00:01:20 (3.5%)	1:54	31.3 (96.3%)
4	BUKOWSKI Maciej	87	BST/SPORT4LIFE	M 30-39	4	00:00:04	00:07:35	00:15:22	00:23:10	00:31:06	00:38:41.65	00:38:46.40	+00:01:43 (4.5%)	1:56	31 (95.4%)
5	MAŁACHOWSKI Oz	179	ZICO RACING SPEED TEAM	M 30-39	5	00:00:01	00:07:38	00:15:25	00:23:14	00:31:09	00:38:45.25	00:38:46.30	+00:01:47 (4.6%)	1:56	31 (95.4%)
6	SAPIJASZKO Łukasz	64	LEGIA MASTERS	M 30-39	6	00:00:04	00:07:34	00:15:22	00:23:10	00:31:06	00:38:45.65	00:38:49.75	+00:01:47 (4.6%)	1:56	31 (95.4%)
7	ADAMSKI Jan	109	LEGIA WARSZAWA MASTERS	M 30-39	7	00:00:02	00:07:34	00:15:22	00:23:10	00:31:05	00:38:47.90	00:38:50.75	+00:01:49 (4.7%)	1:56	30.9 (95.1%)
8	NIEMIAROWSKI Jarosław	170	ZŁO-DZI 461	M 30-39	8	00:00:02	00:07:38	00:15:25	00:23:13	00:31:09	00:38:49.20	00:38:52.10	+00:01:51 (4.8%)	1:56	30.9 (95.1%)
9	KARAŚ Tomasz	14	LEGIA WARSZAWA MASTERS	M 30-39	9	00:00:02	00:07:35	00:15:24	00:23:11	00:31:07	00:38:53.15	00:38:55.55	+00:01:55 (4.9%)	1:56	30.9 (95.1%)
10	ZNAJDEK Paweł	86	BST	M 30-39	10	00:00:04	00:07:56	00:16:47	00:25:35	00:34:14	00:42:17.45	00:42:21.90	+00:05:19 (12.6%)	2:06	28.4 (87.4%)
11	DZIK Jakub	38		M 30-39	11	00:00:04	00:07:51	00:16:27	00:25:17	00:34:09	00:42:18.10	00:42:22.40	+00:05:20 (12.6%)	2:06	28.4 (87.4%)
12	WALCZAK Rafał	66		M 30-39	12	00:00:03	00:08:12	00:16:54	00:25:36	00:34:17	00:44:10.75	00:44:13.80	+00:07:12 (16.3%)	2:12	27.2 (83.7%)
13	KRYCH Jakub	115		M 30-39	13	00:00:04	00:08:29	00:17:58	00:27:44	00:37:56	00:49:08.70	00:49:12.75	+00:12:10 (24.8%)	2:27	24.4 (75.1%)
14	KIEJDA Łukasz	125		M 30-39	14	00:00:08	00:09:59	00:19:59	00:29:49	00:39:50	00:49:55.35	00:50:03.50	+00:12:57 (26.0%)	2:29	24 (73.8%)
15	TROMBALA Adam	112		M 30-39	15	00:00:06	00:10:07	00:20:21	00:30:20	00:40:21	00:50:07.75	00:50:14.35	+00:13:09 (26.3%)	2:30	23.9 (73.5%)
16	LUKASIS Luka	176		M 30-39	16	00:00:05	00:09:30	00:20:02	00:30:06	00:40:27	00:50:18.75	00:50:24.15	+00:13:20 (26.5%)	2:30	23.8 (73.2%)

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17	ZAWADZKI Michał	51		M 30-39	17	00:00:05	00:09:28	00:19:32	00:30:06	00:40:25	00:50:35.10	00:50:41.05	+00:13:37 (26.9%)	2:31	23.7 (72.9%)
18	HAMPEL Rafał	151	LEGIA MASTERS	M 30-39	18	00:00:05	00:09:55	00:20:00	00:30:18	00:41:10	00:52:12.00	00:52:17.20	+00:15:14 (29.2%)	2:36	23 (70.8%)
19	LASKOWSKI Przemysław	94		M 30-39	19	00:00:06	00:10:19	00:21:14	00:32:30	00:44:13	00:55:55.10	00:56:01.95	+00:18:57 (33.9%)	2:47	21.5 (66.2%)
20	SZMYT Krzysztof	126		M 30-39	20	00:00:09	00:10:46	00:22:26	00:34:15	00:45:40	00:56:39.45	00:56:48.60	+00:19:41 (34.8%)	2:49	21.2 (65.2%)
21	RÓŻAŁSKI Sławek	95	XB	M 30-39	21	00:00:06	00:11:47	00:24:36	00:36:52	00:49:01	01:01:19.30	01:01:26.15	+00:24:21 (39.7%)	3:04	19.6 (60.3%)
22	KLUJ Adam	1		M 30-39	22	00:00:12	00:14:24	00:28:46	00:43:22	00:55:56	01:08:35.95	01:08:47.95	+00:31:38 (46.1%)	3:25	17.5 (53.8%)
23	MELLER Piotr	27		M 30-39	23	00:00:10	00:12:23	00:25:23	00:39:01	00:53:39	01:09:05.75	01:09:16.30	+00:32:07 (46.5%)	3:27	17.4 (53.5%)
24	KRZYZANOWSKI Grzegorz	74		M 30-39	24	00:00:07	00:13:55	00:29:00	00:44:05	00:59:01	01:13:07.35	01:13:14.40	+00:36:09 (49.4%)	3:39	16.4 (50.5%)

Znaleziono 24 wynik(ów)