



Organizator:
Data:
Miejsce:
Dystans:

Qualifit
2016-07-30
Nowa Wieś
10 km

SILESIA HIGHLAND MARATHON - 10 KM

B4SPORT

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	LABZIUK Oleksandr	240		M30	1	00:00:02	00:39:49.80	00:39:52.10		3:59	15.1 (100%)
2	NOWAK Andrzej	10	TRIATHLON X -TEAM	M30	2	00:00:02	00:40:53.45	00:40:55.75	+00:01:03 (2.6%)	4:05	14.7 (97.4%)
3	WILK Dariusz	275		M30	3	00:00:02	00:42:35.25	00:42:38.15	+00:02:45 (6.5%)	4:15	14.1 (93.4%)
4	KOŹDOŃ Jarek	229	INŻYNIERIA BIEGANIA / NIEWYMIĘKACZE	M30	4	00:00:02	00:46:57.65	00:47:00.25	+00:07:07 (15.2%)	4:41	12.8 (84.8%)
5	CIENIAWSKI Piotr	219	WĘGŁOKOKS KRAJ KWK PIEKARY	M30	5	00:00:05	00:47:03.85	00:47:09.55	+00:07:14 (15.4%)	4:42	12.7 (84.1%)
6	GARNOWSKI Maciej	93	BIEGIEMNAPOMOC.PL	M30	6	00:00:03	00:47:05.90	00:47:08.95	+00:07:16 (15.4%)	4:42	12.7 (84.1%)
7	BOBLA Walenty	272		M30	7	00:00:03	00:47:06.70	00:47:10.40	+00:07:16 (15.5%)	4:42	12.7 (84.1%)
8	GAJDA Marcin	215		M30	8	00:00:03	00:47:15.55	00:47:19.25	+00:07:25 (15.7%)	4:43	12.7 (84.1%)
9	HETMAN Radosław	232	GRUPA NOMAX	M30	9	00:00:05	00:51:33.15	00:51:38.95	+00:11:43 (22.7%)	5:09	11.6 (76.8%)
10	PALIGA Rafał	7		M30	10	00:00:04	00:51:46.50	00:51:51.25	+00:11:56 (23.1%)	5:10	11.6 (76.8%)
11	GRZAŚ Rafał	54		M30	11	00:00:05	00:51:48.70	00:51:53.90	+00:11:58 (23.1%)	5:10	11.6 (76.8%)
12	DZIERŻAWSKI Tomasz	248	BORSUKI BIEGAJĄ OLKUSZ	M30	12	00:00:05	00:51:59.75	00:52:04.80	+00:12:09 (23.4%)	5:11	11.5 (76.2%)
13	PSZCZOŁA Marcin	247		M30	13	00:00:02	00:52:47.50	00:52:50.25	+00:12:57 (24.6%)	5:16	11.4 (75.5%)
14	BLONSKI Lukasz	128		M30	14	00:00:15	00:53:45.55	00:54:01.50	+00:13:55 (25.9%)	5:22	11.2 (74.2%)
15	MIGZA Piotr	78	NIEPANIKUJ.PL	M30	15	00:00:14	00:54:14.80	00:54:29.35	+00:14:25 (26.6%)	5:25	11.1 (73.5%)
16	URBAŃSKI Karol	47	W POGONI ZA DUCHEM	M30	16	00:00:11	00:54:14.90	00:54:26.30	+00:14:25 (26.6%)	5:25	11.1 (73.5%)
17	ADAMOWSKI Zbigniew	242		M30	17	00:00:08	00:54:18.85	00:54:27.40	+00:14:29 (26.7%)	5:25	11 (72.8%)
18	KAŃTOCH Paweł	223	BRAK	M30	18	00:00:04	00:54:30.75	00:54:35.55	+00:14:40 (26.9%)	5:27	11 (72.8%)
19	TWARDOKĘS Krzysztof	101	AMATOR	M30	19	00:00:05	00:54:54.95	00:55:00.60	+00:15:05 (27.5%)	5:29	10.9 (72.2%)
20	WŁODARCZYK Mariusz	267		M30	20	00:00:14	00:55:14.90	00:55:29.15	+00:15:25 (27.9%)	5:31	10.9 (72.2%)
21	MOTYL Artur	34		M30	21	00:00:04	00:56:26.75	00:56:31.70	+00:16:36 (29.4%)	5:38	10.6 (70.2%)
22	SZAFRUGA Michał	30	W POGONI ZA DUCHEM	M30	22	00:00:11	00:57:03.55	00:57:14.65	+00:17:13 (30.2%)	5:42	10.5 (69.5%)
23	GĘGOTEK Jacek	28	OPEL ACTIVE TEAM	M30	23	00:00:09	00:57:21.05	00:57:31.00	+00:17:31 (30.6%)	5:44	10.5 (69.5%)
24	KRAWCZYK Łukasz	89		M30	24	00:00:11	00:59:09.95	00:59:21.80	+00:19:20 (32.7%)	5:55	10.1 (66.9%)
25	GALUSKIN Alexey	102	GRUPA NOMAX	M30	25	00:00:05	00:59:27.20	00:59:32.85	+00:19:37 (33.0%)	5:56	10.1 (66.9%)
26	KULIK Wojciech	20		M30	26	00:00:06	01:02:24.25	01:02:31.05	+00:22:34 (36.2%)	6:14	9.6 (63.6%)
27	SOSNA Grzegorz	48	W POGONI ZA DUCHEM	M30	27	00:00:09	01:03:06.65	01:03:16.45	+00:23:16 (36.9%)	6:18	9.5 (62.9%)
28	KAPŁAŁKA Adrian	25		M30	28	00:00:06	01:03:51.45	01:03:57.50	+00:24:01 (37.6%)	6:23	9.4 (62.3%)

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29	KAZEK Sebastian	33		M30	29	00:00:16	01:04:43.05	01:04:59.30	+00:24:53 (38.5%)	6:28	9.3 (61.6%)
30	SZPINDA Robert	103		M30	30	00:00:19	01:05:14.85	01:05:34.60	+00:25:25 (39.0%)	6:31	9.2 (60.9%)
31	MIL Sebastian	77	NIEPANIKUJ.PL	M30	31	00:00:14	01:05:20.45	01:05:34.45	+00:25:30 (39.0%)	6:32	9.2 (60.9%)
32	PIELOCH Grzegorz	244		M30	32	00:00:08	01:07:06.90	01:07:15.65	+00:27:17 (40.7%)	6:42	8.9 (58.9%)
33	NOELLE Dawid	46	W POGONI ZA DUCHEM	M30	33	00:00:10	01:07:12.85	01:07:22.95	+00:27:23 (40.7%)	6:43	8.9 (58.9%)
34	KOPPEL Bartłomiej	70	NIGHT RUNNERS GLIWICE	M30	34	00:00:08	01:07:23.95	01:07:32.70	+00:27:34 (40.9%)	6:44	8.9 (58.9%)
35	SADOWSKI Tomasz	80		M30	35	00:00:05	01:07:37.05	01:07:42.30	+00:27:47 (41.1%)	6:45	8.9 (58.9%)
36	KONIECZKO Tomasz	38	W POGONI ZA ROZUMEM	M30	36	00:00:16	01:08:34.50	01:08:50.60	+00:28:44 (41.9%)	6:51	8.8 (58.3%)
37	KOŚNIAK Sławomir	13	O CO BIEGA W KALETACH	M30	37	00:00:07	01:08:58.35	01:09:05.55	+00:29:08 (42.3%)	6:53	8.7 (57.6%)
38	KOZIEŁ Andrzej	264		M30	38	00:00:17	01:09:22.10	01:09:39.85	+00:29:32 (42.6%)	6:56	8.6 (57.0%)
39	SOJKA Maciej	228	#RUBYLOTEJ	M30	39	00:00:08	01:12:03.65	01:12:12.20	+00:32:13 (44.7%)	7:12	8.3 (55.0%)
40	KACZMAREK Daniel	32		M30	40	00:00:15	01:12:25.30	01:12:41.20	+00:32:35 (45.0%)	7:14	8.3 (55.0%)
41	BIAŁAS Bartosz	112	ORZEŁ DĄBIE	M30	41	00:00:20	01:15:53.75	01:16:14.00	+00:36:03 (47.5%)	7:35	7.9 (52.3%)
42	BANYŚ Damian	97		M30	42	00:00:15	01:18:29.85	01:18:45.05	+00:38:40 (49.3%)	7:51	7.6 (50.3%)
43	KNAPEK Przemysław	90		M30	43	00:00:08	01:20:19.10	01:20:27.20	+00:40:29 (50.4%)	8:01	7.5 (49.7%)
44	KRAWCZYK Michał	64		M30	44	00:00:12	01:25:16.25	01:25:28.95	+00:45:26 (53.3%)	8:31	7 (46.4%)

Znaleziono 44 wynik(ów)