



XII BIEG SZLAKIEM DZIKA, VIII PRZEŁAJOWE MISTRZOSTWA POLSKI STRAŻAKÓW

B4SPORT

Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

Festiwal Biegowy Dzik Weekend 2022
Stowarzyszenie Klub Biegowy Dzik
2022-08-20
Police
10 km

 **HERKULES**
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Klasyfikacja: M-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	PLESNER Krzysztof	386	VO2MAX RACING TEAM	M-40	1	00:45:34.45		4:33	13.2 (100%)
2	HUBERT Łukasz	352	BIEGOLAS KOSZALIN	M-40	2	00:48:13.90	+00:02:39 (5.5%)	4:49	12.4 (93.9%)
3	WASZKIEWICZ Tomasz	372	12BZ	M-40	3	00:49:00.25	+00:03:25 (7.0%)	4:54	12.2 (92.4%)
4	WASILEWSKI Andrzej	188		M-40	4	00:50:00.30	+00:04:25 (8.9%)	5:00	12 (90.9%)
5	KRZEŚNIEWSKI Marcin	211	VO2MAX RACING TEAM	M-40	5	00:50:04.45	+00:04:30 (9.0%)	5:00	12 (90.9%)
6	KAMIŃSKI Łukasz	355	KAMIŃSKI TEAM	M-40	6	00:51:19.90	+00:05:45 (11.2%)	5:07	11.7 (88.6%)
7	WRÓBLEWSKI Michał	202	DZIKIE WRÓBLE	M-40	7	00:51:22.75	+00:05:48 (11.3%)	5:08	11.7 (88.6%)
8	CHMIELEWSKI Tomasz	30	VO2MAX RACING TEAM	M-40	8	00:51:38.95	+00:06:04 (11.8%)	5:09	11.6 (87.9%)
9	CHENON Guillaume	29		M-40	9	00:52:36.65	+00:07:02 (13.4%)	5:15	11.4 (86.4%)
10	ZELEK Darek	207		M-40	10	00:53:07.10	+00:07:32 (14.2%)	5:18	11.3 (85.6%)
11	GOŁĘBIEWSKI Tomasz	48	PSP SZCZECIN	M-40	11	00:54:30.85	+00:08:56 (16.4%)	5:27	11 (83.3%)
12	WOSZCZYK Sebastian	197	GRUPA MALBORK	M-40	12	00:56:38.85	+00:11:04 (19.5%)	5:39	10.6 (80.3%)
13	CZYŻEWSKI Tomasz	31	TENET	M-40	13	00:56:41.20	+00:11:06 (19.6%)	5:40	10.6 (80.3%)
14	SZULC Marcin	181	BOLI BOLI	M-40	14	00:56:51.20	+00:11:16 (19.8%)	5:41	10.6 (80.3%)
15	RYTTEL Marcin	149	14ZBOT/142BLP	M-40	15	00:57:17.15	+00:11:42 (20.4%)	5:43	10.5 (79.5%)
16	MAJKA Jarek	361	FAMILIAMAJKA	M-40	16	00:57:56.10	+00:12:21 (21.3%)	5:47	10.4 (78.8%)
17	OSTOJSKI Ireneusz	120	DLL PARTNERS	M-40	17	00:58:06.95	+00:12:32 (21.6%)	5:48	10.3 (78.0%)
18	GRUDZIŃSKI Tomasz	56	TEAM SPIRIT NOWA SÓL	M-40	18	00:58:07.20	+00:12:32 (21.6%)	5:48	10.3 (78.0%)
19	DUDENKO Jerzy	36	DZIKIEDUDKI	M-40	19	00:58:44.50	+00:13:10 (22.4%)	5:52	10.2 (77.3%)
20	FURMANIAK Piotr	42	GRUPA MALBORK	M-40	20	00:59:05.15	+00:13:30 (22.9%)	5:54	10.2 (77.3%)
21	GRALEWICZ Robert	52		M-40	21	00:59:33.60	+00:13:59 (23.5%)	5:57	10.1 (76.5%)
22	MIKA Tomasz	363		M-40	22	01:00:03.45	+00:14:29 (24.1%)	6:00	10 (75.8%)
23	SOBCZAK Paweł	167		M-40	23	01:00:03.50	+00:14:29 (24.1%)	6:00	10 (75.8%)
24	SZESZKOWSKI Tomasz	178		M-40	24	01:00:34.35	+00:14:59 (24.8%)	6:03	9.9 (75.0%)
25	KOKOWSKI Jacek	381		M-40	25	01:00:46.60	+00:15:12 (25.0%)	6:04	9.9 (75.0%)
26	BUCHOLC Zbigniew	21	GRUPA AZOTY	M-40	26	01:02:04.80	+00:16:30 (26.6%)	6:12	9.7 (73.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
27	BOCK Udo	12	BRAUNSCHWEIG HASH HOUSE HARRIERS	M-40	27	01:02:25.85	+00:16:51 (27.0%)	6:14	9.6 (72.7%)
28	SAWICKI Paweł	154	ŻANDARMERIA WOJSKOWA	M-40	28	01:02:41.85	+00:17:07 (27.3%)	6:16	9.6 (72.7%)
29	SENDEROWSKI Maciej	161	GRUPA AZOTY	M-40	29	01:02:53.15	+00:17:18 (27.5%)	6:17	9.5 (72.0%)
30	KLEPACKI Bartek	76		M-40	30	01:03:09.85	+00:17:35 (27.8%)	6:18	9.5 (72.0%)
31	BYCZKOWSKI Jan	26	DZIKIE DUDKI	M-40	31	01:03:16.95	+00:17:42 (28.0%)	6:19	9.5 (72.0%)
32	STĘPNIAK Lesław	174		M-40	32	01:04:08.65	+00:18:34 (29.0%)	6:24	9.4 (71.2%)
33	ŁAWNICZAK Sebastian	97	ALUHAK	M-40	33	01:04:14.35	+00:18:39 (29.1%)	6:25	9.3 (70.5%)
34	DUDA Krzysztof	35	GPTW	M-40	34	01:04:29.05	+00:18:54 (29.3%)	6:26	9.3 (70.5%)
35	DOBRYCKI Piotr	346	BRIDGESTONE STARGARD RUNNERS	M-40	35	01:04:33.65	+00:18:59 (29.4%)	6:27	9.3 (70.5%)
36	MATUSIAK Mariusz	103		M-40	36	01:05:17.30	+00:19:42 (30.2%)	6:31	9.2 (69.7%)
37	PAWLUŚ Tomasz	127		M-40	37	01:05:36.45	+00:20:02 (30.5%)	6:33	9.1 (68.9%)
38	MĄDRAWSKI Tomasz	108		M-40	38	01:06:18.00	+00:20:43 (31.3%)	6:37	9 (68.2%)
39	WITORZĘĆ Dariusz	196		M-40	39	01:07:30.30	+00:21:55 (32.5%)	6:45	8.9 (67.4%)
40	SOLIS Mariusz	168	OŻW SZCZECIN	M-40	40	01:08:00.25	+00:22:25 (33.0%)	6:48	8.8 (66.7%)
41	BRILLA Andrzej	20	ŻANDARMERIA WOJSKOWA	M-40	41	01:08:18.60	+00:22:44 (33.3%)	6:49	8.8 (66.7%)
42	GUŁAJEWSKI Rafał	58	14ZBOT/142BLP	M-40	42	01:09:00.10	+00:23:25 (34.0%)	6:54	8.7 (65.9%)
43	ZALEWSKI Sylwester	205		M-40	43	01:09:53.05	+00:24:18 (34.8%)	6:59	8.6 (65.2%)
44	WÓJCICKI Łukasz	200	HELL’S HEAVEN SZCZECIN	M-40	44	01:10:26.70	+00:24:52 (35.3%)	7:02	8.5 (64.4%)
45	KUNIKOWSKI Patryk	90	STARGARD JA SIĘ NIE ŚCIGAM	M-40	45	01:11:16.05	+00:25:41 (36.1%)	7:07	8.4 (63.6%)
46	JADRYCH Zbigniew	69	STARGARD JA SIĘ NIE ŚCIGAM	M-40	46	01:11:17.20	+00:25:42 (36.1%)	7:07	8.4 (63.6%)
47	MROZIK Mariusz	111	DZIKIE DZIKI GORZÓW	M-40	47	01:12:00.45	+00:26:26 (36.7%)	7:12	8.3 (62.9%)
48	PAWŁOWSKI Karol	128		M-40	48	01:12:36.35	+00:27:01 (37.2%)	7:15	8.3 (62.9%)
49	MAZUR Karol	107	CSB DRAWSKO	M-40	49	01:12:42.60	+00:27:08 (37.3%)	7:16	8.3 (62.9%)
50	BOHONOS Adam	15		M-40	50	01:28:11.45	+00:42:37 (48.3%)	8:49	6.8 (51.5%)
51	RÓZGA Michał	145		M-40	51	01:30:10.35	+00:44:35 (49.5%)	9:01	6.7 (50.8%)
52	PRABUCKI Jarosław	137		M-40	52	01:32:22.70	+00:46:48 (50.7%)	9:14	6.5 (49.2%)
53	WIECZOREK Wojciech	190		M-40	53	01:41:35.45	+00:56:01 (55.1%)	10:09	5.9 (44.7%)

Znaleziono 53 wynik(ów)