



4 CROSS PRECON POLSKA JASTROWIE - 10,6KM

B4SPORT

Wydarzenie: 4 CROSS PRECON POLSKA JASTROWIE
Organizator: Urząd Gminy i Miasta w Jastrowiu
Data: 2019-04-06
Miejsce: Jastrowie
Dystans: 10.6 km



Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Start All 5.3km	Czas netto 10.6km	Różn	Tempo min/km	Tempo km/h
1	WIRKUS Łukasz	239	HUSARIA RACE TEAM	M-30	1	00:18:22	00:37:10.40		3:30	17.1 (100%)
2	HOFMAN Dariusz	65	WOLF TEAM	M-30	2	00:20:49	00:42:52.22	+00:05:41 (13.3%)	4:02	14.8 (86.5%)
3	WOŹNIAK Grzegorz	247	AKTYWNA KRAJENKA	M-30	3	00:21:37	00:43:30.33	+00:06:19 (14.6%)	4:06	14.6 (85.4%)
4	CUBER Wojciech	25	#ZABIEGANINOCA	M-30	4	00:22:49	00:45:17.30	+00:08:06 (17.9%)	4:16	14 (81.9%)
5	MROZIK Daniel	143		M-30	5	00:22:57	00:46:40.16	+00:09:29 (20.3%)	4:24	13.6 (79.5%)
6	BRALSKI Andrzej	260		M-30	6	00:22:52	00:47:16.47	+00:10:06 (21.4%)	4:27	13.5 (78.9%)
7	CIASTOŃ Tomasz	24	ORSKOV FOODS TEAM	M-30	7	00:23:07	00:47:24.56	+00:10:14 (21.6%)	4:28	13.4 (78.4%)
8	RYCERSKI Rafał	186		M-30	8	00:24:12	00:48:48.19	+00:11:37 (23.8%)	4:36	13 (76.0%)
9	ZIELIŃSKI Grzegorz	258	GRUPA BIEGOWA SUSE-Ł	M-30	9	00:24:22	00:50:53.23	+00:13:42 (26.9%)	4:48	12.5 (73.1%)
10	MINCEWICZ Piotr	140	TERMINATORUN	M-30	10	00:25:20	00:50:59.95	+00:13:49 (27.1%)	4:48	12.5 (73.1%)
11	ROKITA Michał	183	CZARNE BIEGA	M-30	11	00:24:14	00:51:00.38	+00:13:49 (27.1%)	4:48	12.5 (73.1%)
12	RADWAŃSKI Adam	180		M-30	12	00:25:19	00:51:12.88	+00:14:02 (27.4%)	4:49	12.4 (72.5%)
13	NIEWCZAS Sławomir	146	JEDNEGO SERCA	M-30	13	00:25:56	00:51:58.18	+00:14:47 (28.5%)	4:54	12.2 (71.3%)
14	PYREK Krzysztof	176	1 RBLOG	M-30	14	00:25:12	00:52:15.82	+00:15:05 (28.9%)	4:55	12.2 (71.3%)
15	IDZIAK Paweł	68	SZCZECINECKIE BRACtwo BIEGOWE	M-30	15	00:26:21	00:53:11.21	+00:16:00 (30.1%)	5:01	12 (70.2%)
16	GRZYSTEK Marcin	59		M-30	16	00:27:33	00:53:36.90	+00:16:26 (30.7%)	5:03	11.9 (69.6%)
17	JOCHYM Mariusz	82		M-30	17	00:26:48	00:53:49.84	+00:16:39 (30.9%)	5:04	11.8 (69.0%)
18	KUZAN Sławek	118	CZARNE BIEGA	M-30	18	00:25:59	00:54:07.21	+00:16:56 (31.3%)	5:06	11.8 (69.0%)
19	TYLMAN Piotr	223	RUNDORFINA	M-30	19	00:25:59	00:54:43.52	+00:17:33 (32.1%)	5:09	11.6 (67.8%)
20	WNUK Miłosz	243		M-30	20	00:26:19	00:55:33.22	+00:18:22 (33.1%)	5:14	11.4 (66.7%)
21	KRZYWICKI Krzysztof	109	ZALATANY PLASTROL	M-30	21	00:27:54	00:57:57.23	+00:20:46 (35.9%)	5:28	11 (64.3%)
22	ZAKIELARZ Piotr	254	PRECON POLSKA	M-30	22	00:28:09	00:57:58.48	+00:20:48 (35.9%)	5:28	11 (64.3%)
23	SZYMIKOWSKI Jarek	215		M-30	23	00:30:56	01:02:07.83	+00:24:57 (40.2%)	5:51	10.2 (59.6%)
24	JASIEK Paweł	78		M-30	24	00:30:37	01:02:42.64	+00:25:32 (40.7%)	5:54	10.1 (59.1%)
25	GOŁDON Mariusz	49		M-30	25	00:30:47	01:03:42.28	+00:26:31 (41.6%)	6:00	10 (58.5%)
26	BODZIONY Grzegorz	11		M-30	26	00:32:54	01:05:56.67	+00:28:46 (43.6%)	6:13	9.6 (56.1%)

