



45 OGÓLNOPOLSKIE BIEGI ULICZNE - 5000M - BIEG OTWARTY 1997 I STARSI / WSPÓLNY KOBIETY I MĘŻCZYŹNI

B4SPORT

Organiser: MLKS Nadwiślanin Chełmno
Date: 2016-04-10
Place: Chełmno
Distance: 5 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Classification: M50

Place	Participant	Number	Club	Category	MCat	Start time	1.7km	3.4km	Net time 5km	Czas brutto 5km	Gap	Pace min/km	Pace km/h
1	KASZUBOWSKI Zenon	98		M50	1	00:00:03	00:05:45	00:11:45	00:17:34.45	00:17:37.90		3:30	17.1 (100%)
2	MACZYŃSKI Grzegorz	40	TKKF KOLEJARZ BYDGOSZCZ	M50	2	00:00:02	00:05:43	00:11:46	00:17:43.20	00:17:45.65	+00:00:08 (0.8%)	3:32	16.9 (98.8%)
3	SEROCKI Zbigniew	132	ZSP LZS SPARTA ŁASIN	M50	3	00:00:03	00:06:30	00:13:08	00:19:41.75	00:19:45.05	+00:02:07 (10.8%)	3:56	15.2 (88.9%)
4	WNUK Stanisław	109	MARATONCZYK WIELKI KLINCZ	M50	4	00:00:05	00:06:20	00:13:03	00:19:46.05	00:19:51.05	+00:02:11 (11.1%)	3:57	15.2 (88.9%)
5	KOCHAŃSKI Dariusz	62		M50	5	00:00:04	00:06:39	00:13:52	00:21:03.20	00:21:07.90	+00:03:28 (16.5%)	4:12	14.3 (83.6%)
6	CIASZTEK Grzegorz	123		M50	6	00:00:02	00:06:36	00:14:04	00:21:52.65	00:21:55.55	+00:04:18 (19.7%)	4:22	13.7 (80.1%)
7	CHEŁMIŃSKI Piotr	36		M50	7	00:00:08	00:07:21	00:14:44	00:22:07.50	00:22:15.95	+00:04:33 (20.6%)	4:25	13.6 (79.5%)
8	ROGOWSKI Zbigniew	91		M50	8	00:00:06	00:09:51	00:19:57	00:30:13.30	00:30:19.50	+00:12:38 (41.8%)	6:02	9.9 (57.9%)

Total 8 results.