



6 ĆWIERĆMARATON KOMANDOSA - KATEGORIA SPORTOWA (BEZ MUNDURU) - 10.55 KM

B4SPORT

Wydarzenie: 6 ĆWIERĆMARATON KOMANDOSA
Organizator: Fundacja Wspierania Inicjatyw Niekonwencjonalnych "Sub ventum", Słupski Ośrodek Sportu i Rekreacji
Data: 2020-01-25
Miejsce: Słupsk
Dystans: 10.55 km

 **HERKULES**
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Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Lap 5.1km	Czas netto 10.55km	Różn	Tempo min/km	Tempo km/h
1	BURZYŃSKI Aleksander	283	BEST BEASTS	M40-49	1	00:20:50	00:40:42.60		3:51	15.6 (100%)
2	RUDNIK Krzysztof	320	BEST BEASTS	M40-49	2	00:21:04	00:42:21.00	+00:01:38 (3.9%)	4:00	14.9 (95.5%)
3	MUSIAŁ Łukasz	311	RUNNERS SŁOŃSK	M18-39	1	00:21:55	00:43:39.20	+00:02:56 (6.7%)	4:08	14.5 (92.9%)
4	DUDA Grzegorz	288	BEST BEASTS	M40-49	3	00:22:51	00:45:37.05	+00:04:54 (10.8%)	4:19	13.9 (89.1%)
5	PICK Tomasz	316	SKSG KORONA SZCZECIN	M50-59	1	00:23:33	00:46:20.55	+00:05:37 (12.2%)	4:23	13.7 (87.8%)
6	HAŁUN Łukasz	293	15 GIŻYCKA BRYGADA ZMECHANIZOWANA	M18-39	2	00:24:05	00:47:50.25	+00:07:07 (14.9%)	4:32	13.2 (84.6%)
7	CZERCHAWSKI Janusz	285		M50-59	2	00:25:01	00:47:55.55	+00:07:12 (15.1%)	4:32	13.2 (84.6%)
8	MAZUR Emilusz	308	PEDZACY OGR	M40-49	4	00:25:29	00:50:23.25	+00:09:40 (19.2%)	4:46	12.6 (80.8%)
9	KIEŁCZYŃSKI Dawid	299	TEAM DAVE BUKÓWKA	M18-39	3	00:26:27	00:51:15.50	+00:10:32 (20.6%)	4:51	12.3 (78.8%)
10	GAWEŁ Zbigniew	292	POMERIDERS SŁUPSK	M60+	1	00:26:38	00:51:44.65	+00:11:02 (21.3%)	4:54	12.2 (78.2%)
11	WIELGAT Łukasz	333	KB BRYZA POSTOMINO	M18-39	4	00:26:45	00:51:56.20	+00:11:13 (21.6%)	4:55	12.2 (78.2%)
12	PEKAŁA Piotr	313	SP MANOWO	M40-49	5	00:27:14	00:51:59.30	+00:11:16 (21.7%)	4:55	12.2 (78.2%)
13	RADOMSKI Heronim	318	MEG&HIRO CREW	M50-59	3	00:26:12	00:52:06.20	+00:11:23 (21.9%)	4:56	12.1 (77.6%)
14	TRZEBIATOWSKA Kinga	329		K18-39	1	00:26:26	00:52:18.25	+00:11:35 (22.2%)	4:57	12.1 (77.6%)
15	KORYZNA Kamil	301	135.	M18-39	5	00:26:49	00:54:20.15	+00:13:37 (25.1%)	5:09	11.7 (75.0%)
16	FIGURSKI Andrzej	289		M50-59	4	00:27:37	00:55:00.60	+00:14:18 (26.0%)	5:12	11.5 (73.7%)
17	ROCLAWSKI Grzegorz	319	BIEGAJĄCE GASTRO DZIKI	M18-39	6	00:27:54	00:55:22.95	+00:14:40 (26.5%)	5:14	11.4 (73.1%)
18	CZERWIŃSKI Szczęśny	286		M40-49	6	00:27:59	00:55:29.75	+00:14:47 (26.6%)	5:15	11.4 (73.1%)
19	JAROS Adam	294		M40-49	7	00:28:43	00:55:46.70	+00:15:04 (27.0%)	5:17	11.3 (72.4%)
20	KWAŚNIAK Zdzisław	305	SŁUPSK	M60+	2	00:28:37	00:56:22.85	+00:15:40 (27.8%)	5:20	11.2 (71.8%)
21	MAŁECKI Tomasz	321	VACU ACTIV GYM	M40-49	8	00:29:32	00:57:19.60	+00:16:37 (29.0%)	5:26	11 (70.5%)
22	KARAŚ Radosław	298	NIGHT RUNNERS SŁUPSK	M18-39	7	00:28:17	00:57:22.05	+00:16:39 (29.0%)	5:26	11 (70.5%)
23	USTJANOWSKA Katarzyna	330		K18-39	2	00:29:10	00:57:38.00	+00:16:55 (29.4%)	5:27	11 (70.5%)
24	NOWACKI Zbigniew	312		M50-59	5	00:28:57	00:57:57.05	+00:17:14 (29.8%)	5:29	10.9 (69.9%)
25	BORDUN Barbara	281		K18-39	3	00:29:53	00:58:51.40	+00:18:08 (30.8%)	5:34	10.8 (69.2%)
26	PIASZCZYŃSKA Magdalena	315	MEG&HIRO CREW	K18-39	4	00:29:53	00:58:51.65	+00:18:09 (30.8%)	5:34	10.8 (69.2%)

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27	PRZEWROCKI Andrzej	317	USB USTKA	M18-39	8	00:28:25	00:59:36.90	+00:18:54 (31.7%)	5:39	10.6 (67.9%)
28	SZYSZKOWSKI Tomasz	328	FOR-REST-RUN KOSZALIN	M18-39	9	00:30:33	00:59:48.35	+00:19:05 (31.9%)	5:40	10.6 (67.9%)
29	KRZACZKOWSKI Lech	303		M50-59	6	00:29:25	01:00:27.40	+00:19:44 (32.7%)	5:43	10.5 (67.3%)
30	KRAWIEC Dariusz	302	7 BOW	M18-39	10	00:30:27	01:01:47.15	+00:21:04 (34.1%)	5:51	10.2 (65.4%)
31	KANIA Brajan	297	-/AKADEMIA POMORSKA W SŁUPSKU	M18-39	11	00:30:47	01:02:42.65	+00:22:00 (35.1%)	5:56	10.1 (64.7%)
32	MONIUSZKO Iwona	310		K18-39	5	00:31:28	01:02:57.75	+00:22:15 (35.3%)	5:58	10.1 (64.7%)
33	KUBÓW Paweł	304	7 BOW	M40-49	9	00:31:27	01:04:09.20	+00:23:26 (36.5%)	6:04	9.9 (63.5%)
34	FOLMER Weronika	290	AWFIS GDAŃSK	K18-39	6	00:32:59	01:04:38.65	+00:23:56 (37.0%)	6:07	9.8 (62.8%)
35	SYCHLA Mateusz	326	VACU ACTIV GYM	M18-39	12	00:32:05	01:05:01.10	+00:24:18 (37.4%)	6:09	9.7 (62.2%)
36	RYGAS Marta	322	PKB KMP KALISZ	K18-39	7	00:34:06	01:06:52.95	+00:26:10 (39.1%)	6:20	9.5 (60.9%)
37	KOCIOŁEK Robert	300		M50-59	7	00:33:11	01:07:56.50	+00:27:13 (40.1%)	6:26	9.3 (59.6%)
38	MARCZAK Małgorzata	307	MARCZAK BIEGA	K60+	1	00:33:28	01:08:54.00	+00:28:11 (40.9%)	6:31	9.2 (59.0%)
39	SYCHLA Monika	327		K18-39	8	00:35:16	01:10:04.35	+00:29:21 (41.9%)	6:38	9 (57.7%)
40	KAŁUZIŃSKA Katarzyna	296	VACU ACTIV GYM	K18-39	9	00:35:13	01:10:05.10	+00:29:22 (41.9%)	6:38	9 (57.7%)
41	MICHALAK-MAŁECKA Anna	309	VACU ACTIV GYM	K40-49	1	00:35:13	01:10:05.60	+00:29:23 (41.9%)	6:38	9 (57.7%)
42	FRUBA Karina	291	STOPA SŁUPSK / KORONA SZCZECIN	K18-39	10	00:35:54	01:12:40.00	+00:31:57 (44.0%)	6:53	8.7 (55.8%)
43	BUDZYŃSKA Elżbieta	282		K50-59	1	00:39:05	01:19:07.85	+00:38:25 (48.6%)	7:30	8 (51.3%)

Znaleziono 43 wynik(ów)