



AKTYWNA KOLBUSZOWA "SPINACZ 2019" - BIEG 10 KM

B4SPORT

Wydarzenie: AKTYWNA KOLBUSZOWA "SPINACZ 2019"
Organizator: Fundacja na Rzecz Kultury Fizycznej i Sportu w Kolbuszowej, Fundacja Herkules All Sports
Data: 2019-08-03
Miejsce: Kolbuszowa
Dystans: 10 km



Klasyfikacja: Wszyscy

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|------------------------|-------|--------------------------------------|-----------|------|-----------------|-------------------|--------------|--------------|
| 1 | WOJCIECHOWSKI Michał | 47 | | M-30 | 1 | 00:36:53.62 | | 3:41 | 16.3 (100%) |
| 2 | WÓJCIK Tomasz | 50 | | M-40 | 1 | 00:39:07.26 | +00:02:13 (5.7%) | 3:54 | 15.3 (93.9%) |
| 3 | SZCZUDRAWA Dariusz | 35 | | M-40 | 2 | 00:39:13.21 | +00:02:19 (5.9%) | 3:55 | 15.3 (93.9%) |
| 4 | ŚLASKI Radosław | 36 | | M-40 | 3 | 00:39:30.79 | +00:02:37 (6.6%) | 3:57 | 15.2 (93.3%) |
| 5 | GUT Jacek | 13 | BLACK JACK REMONTY | M-18 | 1 | 00:39:32.34 | +00:02:38 (6.7%) | 3:57 | 15.2 (93.3%) |
| 6 | KSIĄŻEK Paweł | 20 | | M-30 | 2 | 00:39:44.00 | +00:02:50 (7.1%) | 3:58 | 15.1 (92.6%) |
| 7 | SKAWIŃSKI Tomasz | 33 | | M-30 | 3 | 00:40:14.76 | +00:03:21 (8.3%) | 4:01 | 14.9 (91.4%) |
| 8 | BRONHARDT Rafał | 44 | TKKF SOKÓŁ | M-30 | 4 | 00:40:16.55 | +00:03:22 (8.4%) | 4:01 | 14.9 (91.4%) |
| 9 | SIEMBIDA Małgorzata | 31 | STALOWOWOLSKI KLUB BIEGACZA | K-40 | 1 | 00:40:43.26 | +00:03:49 (9.4%) | 4:04 | 14.7 (90.2%) |
| 10 | KIDA Rafał | 17 | SOKOŁÓW TEAM | M-30 | 5 | 00:40:54.63 | +00:04:01 (9.8%) | 4:05 | 14.7 (90.2%) |
| 11 | BYSTREK Bernard | 3 | FARTLEK GO | M-18 | 2 | 00:41:16.04 | +00:04:22 (10.6%) | 4:07 | 14.5 (89.0%) |
| 12 | DEC Dominik | 6 | SOKOŁÓW TEAM | M-18 | 3 | 00:41:19.23 | +00:04:25 (10.7%) | 4:07 | 14.5 (89.0%) |
| 13 | WRÓBEL Jakub | 39 | | M-30 | 6 | 00:41:56.62 | +00:05:02 (12.0%) | 4:11 | 14.3 (87.7%) |
| 14 | INDYK Kamil | 14 | HUSARIA RACE TEAM | M-18 | 4 | 00:43:32.19 | +00:06:38 (15.3%) | 4:21 | 13.8 (84.7%) |
| 15 | WILCZAK Grzegorz | 38 | | M-18 | 5 | 00:43:55.23 | +00:07:01 (16.0%) | 4:23 | 13.7 (84.0%) |
| 16 | SIEMBIDA Grzegorz | 30 | | M-40 | 4 | 00:44:40.24 | +00:07:46 (17.4%) | 4:28 | 13.4 (82.2%) |
| 17 | RYCHLAK - BOŻEK Monika | 29 | STALOWOWOLSKI KLUB BIEGACZA | K-40 | 2 | 00:45:49.63 | +00:08:56 (19.5%) | 4:35 | 13.1 (80.4%) |
| 18 | BLAJER Maciej | 48 | | M-40 | 5 | 00:46:18.12 | +00:09:24 (20.3%) | 4:37 | 13 (79.8%) |
| 19 | PALUCH Lucyna | 27 | RUN LUCY | K-18 | 1 | 00:46:20.03 | +00:09:26 (20.4%) | 4:38 | 12.9 (79.1%) |
| 20 | KORZENIOWSKI Tomasz | 19 | FARTLEKGO | M-30 | 7 | 00:46:38.42 | +00:09:44 (20.9%) | 4:39 | 12.9 (79.1%) |
| 21 | GAWĘŁ-MYCZKO Agnieszka | 10 | | K-30 | 1 | 00:46:42.35 | +00:09:48 (21.0%) | 4:40 | 12.8 (78.5%) |
| 22 | KUBICKI Łukasz | 21 | | M-30 | 8 | 00:46:45.16 | +00:09:51 (21.1%) | 4:40 | 12.8 (78.5%) |
| 23 | ĆWIERTNIA Krzysztof | 5 | | M-60 | 1 | 00:46:47.03 | +00:09:53 (21.1%) | 4:40 | 12.8 (78.5%) |
| 24 | ZBĘK Paweł | 40 | KOŁO ŁOWIECKIE 'KNIEJA' STALOWA WOLA | M-30 | 9 | 00:46:55.41 | +00:10:01 (21.4%) | 4:41 | 12.8 (78.5%) |
| 25 | DOMARADZKI Grzegorz | 8 | BT WAGABUNDA | M-50 | 1 | 00:47:17.33 | +00:10:23 (22.0%) | 4:43 | 12.7 (77.9%) |
| 26 | BRZYSKI Piotr | 2 | | M-40 | 6 | 00:48:02.30 | +00:11:08 (23.2%) | 4:48 | 12.5 (76.7%) |
| 27 | ZUBER Karolina | 43 | | K-18 | 2 | 00:48:23.59 | +00:11:29 (23.8%) | 4:50 | 12.4 (76.1%) |

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|-----|----------------------------------|-----------|----------------------------------|-----------|------|--------------------|-------------------|--------------|--------------|
| 28 | GIERLASIŃSKI Krzysztof | 11 | KLUB BIEGACZA ATHLETIC ZRĘCIN | M-50 | 2 | 00:48:49.27 | +00:11:55 (24.4%) | 4:52 | 12.3 (75.5%) |
| 29 | DOMARADZKA Małgorzata | 9 | BT WAGABUNDA | K-50+ | 1 | 00:49:00.70 | +00:12:07 (24.7%) | 4:54 | 12.2 (74.8%) |
| 30 | ORŁOWSKI Wojciech | 26 | LANS LAS | M-40 | 7 | 00:49:14.18 | +00:12:20 (25.1%) | 4:55 | 12.2 (74.8%) |
| 31 | PAŁKA Karolina | 43 | | K-18 | 3 | 00:49:44.30 | +00:12:50 (25.8%) | 4:58 | 12.1 (74.2%) |
| 32 | RĘPALSKA Agata | 28 | | K-30 | 2 | 00:49:48.79 | +00:12:55 (25.9%) | 4:58 | 12 (73.6%) |
| 33 | RYBIŃSKI Grzegorz | 42 | | M-40 | 8 | 00:49:54.14 | +00:13:00 (26.1%) | 4:59 | 12 (73.6%) |
| 34 | JEDNACZ Kamil | 16 | | M-18 | 6 | 00:50:22.04 | +00:13:28 (26.8%) | 5:02 | 11.9 (73.0%) |
| 35 | SIEMBIDA Gertruda | 46 | STALOWOWOLSKI KLUB BIEGACZA | K-40 | 3 | 00:50:31.84 | +00:13:38 (27.0%) | 5:03 | 11.9 (73.0%) |
| 36 | GERLACH Sylwia | 53 | | K-30 | 3 | 00:50:43.16 | +00:13:49 (27.3%) | 5:04 | 11.8 (72.4%) |
| 37 | CZACHOR Marcin | 4 | | M-18 | 7 | 00:51:16.64 | +00:14:23 (28.1%) | 5:07 | 11.7 (71.8%) |
| 38 | MORAWCZYŃSKI Konrad | 24 | | M-40 | 9 | 00:51:48.13 | +00:14:54 (28.8%) | 5:10 | 11.6 (71.2%) |
| 39 | KOWALKI - NEUKIRCH Henryk | 41 | | M-70+ | 1 | 00:52:11.98 | +00:15:18 (29.3%) | 5:13 | 11.5 (70.6%) |
| 40 | BLAJER Elżbieta | 49 | | K-40 | 4 | 00:55:16.08 | +00:18:22 (33.2%) | 5:31 | 10.9 (66.9%) |
| 41 | SKAWIŃSKA Justyna | 32 | | K-30 | 4 | 00:55:40.54 | +00:18:46 (33.7%) | 5:34 | 10.8 (66.3%) |
| 42 | ŚLASKI Paweł | 37 | TEAM BIEGOWY PRZEBIEGLI STRZYŻÓW | M-70+ | 2 | 00:58:06.84 | +00:21:13 (36.5%) | 5:48 | 10.3 (63.2%) |
| 43 | MORAWCZYŃSKA Jolanta | 23 | MARATOŃCZYK DĘBICA | K-50+ | 2 | 00:58:22.48 | +00:21:28 (36.8%) | 5:50 | 10.3 (63.2%) |
| 44 | MALIK Aleksandra | 22 | RZESZOWSKI HASACZ | K-50+ | 3 | 00:58:38.47 | +00:21:44 (37.1%) | 5:51 | 10.2 (62.6%) |
| 45 | AGAZZI Roberto | 1 | | M-18 | 8 | 00:59:58.37 | +00:23:04 (38.5%) | 5:59 | 10 (61.3%) |

Znaleziono 45 wynik(ów)