

# BIEG ASI KENIG - 10KM

B4SPORT



**Wydarzenie:** Bieg dla Asi  
**Organizator:** Szkoła Podstawowa im. Jana Kochanowskiego w Sławsku  
**Data:** 2024-04-20  
**Miejsce:** 2  
**Dystans:** 10 km



Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>OSIŃSKI Wojciech</b>	<b>100</b>	TEAM ZABIEGANEDNI	M-30	1	<b>00:34:44.97</b>		3:28	17.3 (100%)
2	<b>ROSIAK Damian</b>	<b>107</b>	KB SPOKO SŁAWNO	M-30	2	<b>00:35:28.00</b>	+00:00:43 (2.0%)	3:32	16.9 (97.7%)
3	<b>SMOŁUCH Marcin</b>	<b>111</b>	KB.BRYZA POSTOMINO	M-30	3	<b>00:38:05.06</b>	+00:03:20 (8.8%)	3:48	15.8 (91.3%)
4	<b>GOSTKOWSKI Łukasz</b>	<b>66</b>	KB GOCH BYTÓW	M-30	4	<b>00:38:10.91</b>	+00:03:25 (9.0%)	3:49	15.7 (90.8%)
5	<b>KOWALSKI Damian</b>	<b>82</b>	BRYZA POSTOMINO	M-30	5	<b>00:39:34.67</b>	+00:04:49 (12.2%)	3:57	15.2 (87.9%)
6	<b>JÓŻWIK Adam</b>	<b>70</b>	MPGKIM SŁAWNO	M-30	6	<b>00:40:49.28</b>	+00:06:04 (14.9%)	4:04	14.7 (85.0%)
7	<b>PIŁCZYŃSKI Paweł</b>	<b>101</b>		M-30	7	<b>00:41:30.97</b>	+00:06:46 (16.3%)	4:09	14.5 (83.8%)
8	<b>WIELGAT Łukasz</b>	<b>119</b>	KB BRYZA POSTOMINO	M-30	8	<b>00:42:40.62</b>	+00:07:55 (18.6%)	4:16	14.1 (81.5%)
9	<b>JUSZCZAK Jarosław</b>	<b>72</b>		M-30	9	<b>00:42:42.00</b>	+00:07:57 (18.6%)	4:16	14.1 (81.5%)
10	<b>KOZDRA Piotr</b>	<b>84</b>	KB SPOKO SŁAWNO	M-30	10	<b>00:43:06.72</b>	+00:08:21 (19.4%)	4:18	13.9 (80.3%)
11	<b>WITKOWSKI Dawid</b>	<b>125</b>	KB SPOKO SŁAWNO	M-30	11	<b>00:43:26.87</b>	+00:08:41 (20.0%)	4:20	13.8 (79.8%)
12	<b>WILCZEWSKI Mariusz</b>	<b>124</b>	KB SPOKO SŁAWNO	M-30	12	<b>00:44:26.65</b>	+00:09:41 (21.8%)	4:26	13.5 (78.0%)
13	<b>WILCZEWSKI Krzysztof</b>	<b>137</b>	KB SPOKO SŁAWNO	M-30	13	<b>00:44:28.54</b>	+00:09:43 (21.9%)	4:26	13.5 (78.0%)
14	<b>SIUDOWSKI Robert</b>	<b>110</b>		M-30	14	<b>00:46:08.00</b>	+00:11:23 (24.7%)	4:36	13 (75.1%)
15	<b>GAWĘDA Emil</b>	<b>65</b>	DARŁOWSKIE CHARTY	M-30	15	<b>00:47:55.18</b>	+00:13:10 (27.5%)	4:47	12.5 (72.3%)
16	<b>PRZYGÓCKI Sylwester</b>	<b>104</b>	LION STRONG TEAM	M-30	16	<b>00:50:46.52</b>	+00:16:01 (31.6%)	5:04	11.8 (68.2%)
17	<b>NARLOCH Bartłomiej</b>	<b>97</b>		M-30	17	<b>00:58:47.63</b>	+00:24:02 (40.9%)	5:52	10.2 (59.0%)

Znaleziono 17 wynik(ów)