

# BIEG ASTERIXA 12 KM

B4SPORT

**Organizator:** Sianowska Fundacja Jesteśmy Razem, Urząd Gminy Sianów  
**Data:** 2017-05-01  
**Miejsce:** Sianów  
**Dystans:** 12 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start All 3km	Start All 6km	Start All 9km	Czas netto 12km	Czas brutto 12km	Różn	Tempo min/km	Tempo km/h
1	<b>KOZAK Arkadiusz</b>	<b>39</b>	TKKF KOSZALIN	M40-49	1	00:00:08	00:18:06	00:35:01	00:52:12	<b>01:07:36.00</b>	<b>01:07:44.00</b>		5:38	10.7 (100%)
2	<b>JAROSZ Wiesław</b>	<b>8</b>	JW. 1223 KOSZALIN/BLOG	M40-49	2	00:00:08	00:18:06	00:35:01	00:52:15	<b>01:09:06.60</b>	<b>01:09:14.95</b>	+00:01:30 (2.2%)	5:45	10.4 (97.2%)
3	<b>USTIANOWSKI Wojciech</b>	<b>33</b>	JW 1223 (ROZBIEGANY KOSZALIN)	M18-39	1	00:00:08	00:19:09	00:38:10	00:57:02	<b>01:15:15.90</b>	<b>01:15:24.45</b>	+00:07:39 (10.2%)	6:16	9.6 (89.7%)
4	<b>BYKOWSKI Robert</b>	<b>40</b>	CSSP KOSZALIN	M50-59	1	00:00:10	00:20:15	00:40:03	01:00:00	<b>01:19:54.45</b>	<b>01:20:04.60</b>	+00:12:18 (15.4%)	6:39	9 (84.1%)
5	<b>CIUPA Marcin</b>	<b>4</b>	H2DESIGN	M40-49	3	00:00:11	00:21:46	00:41:38	01:02:02	<b>01:23:02.05</b>	<b>01:23:13.20</b>	+00:15:26 (18.6%)	6:55	8.7 (81.3%)
6	<b>ROKOSZ Radosław</b>	<b>27</b>	JW 1223	M18-39	2	00:00:08	00:21:00	00:41:00	01:01:03	<b>01:23:30.25</b>	<b>01:23:39.20</b>	+00:15:54 (19.0%)	6:57	8.6 (80.4%)
7	<b>POLENICA Piotr</b>	<b>89</b>		M18-39	3	00:00:08	00:20:27	00:40:42	01:02:20	<b>01:25:45.85</b>	<b>01:25:54.50</b>	+00:18:09 (21.2%)	7:08	8.4 (78.5%)
8	<b>MOKSA Dariusz</b>	<b>18</b>		M18-39	4	00:00:08	00:21:14	00:41:12	01:02:40	<b>01:26:44.75</b>	<b>01:26:53.50</b>	+00:19:08 (22.1%)	7:13	8.3 (77.6%)
9	<b>PSTRAĞOWSKI Marcin</b>	<b>22</b>	DZIKI KOSZALIN	M18-39	5	00:00:10	00:21:47	00:43:41	01:05:19	<b>01:27:08.75</b>	<b>01:27:19.70</b>	+00:19:32 (22.4%)	7:15	8.3 (77.6%)
10	<b>BIL Adrian</b>	<b>3</b>		M18-39	6	00:00:10	00:23:07	00:45:33	01:07:27	<b>01:29:30.80</b>	<b>01:29:41.75</b>	+00:21:54 (24.5%)	7:27	8 (74.8%)
11	<b>ŁUCKI Kacper</b>	<b>16</b>	OSP SIANÓW	M18-39	7	00:00:12	00:24:26	00:45:42	01:08:03	<b>01:30:01.35</b>	<b>01:30:13.65</b>	+00:22:25 (24.9%)	7:30	8 (74.8%)
12	<b>RESPONDEK Dariusz</b>	<b>26</b>		M40-49	4	00:00:12	00:24:47	00:47:34	01:10:13	<b>01:33:06.30</b>	<b>01:33:18.40</b>	+00:25:30 (27.4%)	7:45	7.7 (72.0%)
13	<b>MISZCZYK Jan</b>	<b>17</b>	ROZBIEGANY KOSZALIN	M18-39	8	00:00:11	00:25:50	00:47:37	01:11:14	<b>01:34:10.05</b>	<b>01:34:21.85</b>	+00:26:34 (28.2%)	7:50	7.6 (71.0%)
14	<b>KORMAN Kamil</b>	<b>12</b>		M18-39	9	00:00:10	00:24:28	00:47:02	01:10:18	<b>01:34:45.60</b>	<b>01:34:55.95</b>	+00:27:09 (28.7%)	7:53	7.6 (71.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start All 3km	Start All 6km	Start All 9km	Czas netto 12km	Czas brutto 12km	Różn	Tempo min/km	Tempo km/h
15	<b>KRASIŃSKI Witold</b>	<b>14</b>		M40-49	5	00:00:09	00:24:28	00:47:39	01:11:09	<b>01:35:03.30</b>	<b>01:35:12.75</b>	+00:27:27 (28.9%)	7:55	7.6 (71.0%)
16	<b>PODAWCA Łukasz</b>	<b>37</b>	JW 1223	M18-39	10	00:00:09	00:24:35	00:48:03	01:11:43	<b>01:35:42.40</b>	<b>01:35:51.95</b>	+00:28:06 (29.4%)	7:58	7.5 (70.1%)
17	<b>POLENICA Paweł</b>	<b>21</b>		M18-39	11	00:00:09	00:24:31	00:48:03	01:11:43	<b>01:35:50.35</b>	<b>01:35:59.70</b>	+00:28:14 (29.5%)	7:59	7.5 (70.1%)
18	<b>WIATRZYK Krzysztof</b>	<b>36</b>	DARŁOWO	M40-49	6	00:00:09	00:24:28	00:47:58	01:11:38	<b>01:36:52.00</b>	<b>01:37:01.90</b>	+00:29:16 (30.2%)	8:04	7.4 (69.2%)
19	<b>KAMIŃSKI Tomasz</b>	<b>10</b>		M18-39	12	00:00:09	00:24:47	00:48:52	01:12:44	<b>01:38:10.90</b>	<b>01:38:20.45</b>	+00:30:34 (31.1%)	8:10	7.3 (68.2%)
20	<b>RYCHŁOWSKI Piotr</b>	<b>30</b>	LENIWE BUŁY MIERZYN	M18-39	13	00:00:12	00:27:21	00:53:29	01:17:53	<b>01:42:13.05</b>	<b>01:42:25.05</b>	+00:34:37 (33.9%)	8:31	7 (65.4%)
21	<b>KOWALCZYK Piotr</b>	<b>13</b>		M18-39	14	00:00:10	00:27:08	00:52:21	01:17:15	<b>01:42:27.90</b>	<b>01:42:38.80</b>	+00:34:51 (34.0%)	8:32	7 (65.4%)
22	<b>KUPREWICZ Grzegorz</b>	<b>15</b>	JW1223	M18-39	15	00:00:11	00:26:55	00:52:37	01:17:30	<b>01:42:42.30</b>	<b>01:42:53.30</b>	+00:35:06 (34.2%)	8:33	7 (65.4%)
23	<b>ŁUCKI Jarosław</b>	<b>38</b>		M40-49	7	00:00:12	00:26:20	00:51:35	01:17:30	<b>01:44:08.55</b>	<b>01:44:21.10</b>	+00:36:32 (35.1%)	8:40	6.9 (64.5%)
24	<b>WALCZAK Rafał</b>	<b>35</b>		M40-49	8	00:00:10	00:25:50	00:52:56	01:20:03	<b>01:46:37.45</b>	<b>01:46:48.10</b>	+00:39:01 (36.6%)	8:53	6.8 (63.6%)
25	<b>JUSZCZAK Krzysztof</b>	<b>9</b>		M60+	1	00:00:11	00:27:29	00:53:50	01:20:16	<b>01:47:13.15</b>	<b>01:47:24.80</b>	+00:39:37 (37.0%)	8:56	6.7 (62.6%)
26	<b>RUSINEK Artur</b>	<b>28</b>		M18-39	16	00:00:10	00:26:31	00:53:26	01:20:36	<b>01:48:16.25</b>	<b>01:48:26.70</b>	+00:40:40 (37.6%)	9:01	6.7 (62.6%)
27	<b>ADRYAN Adam</b>	<b>1</b>		M40-49	9	00:00:10	00:27:49	00:54:17	01:20:47	<b>01:48:32.15</b>	<b>01:48:42.35</b>	+00:40:56 (37.7%)	9:02	6.6 (61.7%)
28	<b>BIELEWICZ Anna</b>	<b>2</b>	CENTRUM KETTELBEL SŁUPSK/STOPA SŁUPSK	K35-49	1	00:00:09	00:27:50	00:54:18	01:20:48	<b>01:48:32.50</b>	<b>01:48:42.40</b>	+00:40:56 (37.7%)	9:02	6.6 (61.7%)
29	<b>HRYCIÓW Paweł</b>	<b>7</b>	BIAŁOGARD	M18-39	17	00:00:09	00:26:05	00:52:53	01:21:15	<b>01:51:21.00</b>	<b>01:51:30.70</b>	+00:43:45 (39.3%)	9:16	6.5 (60.7%)
30	<b>RATAJEWSKA Agnieszka</b>	<b>24</b>	FITOSKI	K35-49	2	00:00:10	00:27:26	00:54:38	01:23:00	<b>01:52:58.25</b>	<b>01:53:08.95</b>	+00:45:22 (40.2%)	9:24	6.4 (59.8%)
31	<b>RATAJEWSKI Arkadiusz</b>	<b>25</b>		M18-39	18	00:00:10	00:27:25	00:54:38	01:22:59	<b>01:52:58.75</b>	<b>01:53:09.50</b>	+00:45:22 (40.2%)	9:24	6.4 (59.8%)
32	<b>KARWASZ Krzysztof</b>	<b>11</b>		M40-49	10	00:00:11	00:29:46	00:57:35	01:25:20	<b>01:53:58.50</b>	<b>01:54:10.15</b>	+00:46:22 (40.7%)	9:29	6.3 (58.9%)
33	<b>GRZYBOWSKI Krzysztof</b>	<b>6</b>	BREAK DANCE N.A.S.A TKKF KOSZALIN	M18-39	19	00:00:10	00:29:51	00:58:35	01:29:06	<b>02:05:39.70</b>	<b>02:05:50.25</b>	+00:58:03 (46.2%)	10:28	5.7 (53.3%)
34	<b>VON BARDELEBEN Agnieszka</b>	<b>34</b>	BABECZKI KOSZALIN	K35-49	3	00:00:12	00:35:46	01:09:48	01:43:38	<b>02:18:03.80</b>	<b>02:18:15.80</b>	+01:10:27 (51.0%)	11:30	5.2 (48.6%)

Znaleziono 34 wynik(ów)