

BIEG DLA TYMKA

Organizator: Komitet Społeczny Czyńmy Cuda
Data: 2017-04-02
Miejsce: Myślęcinek
Dystans: 5 km

Klasyfikacja: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	MRUK Tomasz	100	CZARNE STOPY.SM	M40	1	00:00:01	00:17:35.30	00:17:36.90		3:31	17.1 (100%)
2	KOWALSKI Jacek	382		M40	2	00:00:04	00:19:38.65	00:19:42.95	+00:02:03 (10.5%)	3:55	15.3 (89.5%)
3	RYBARCZYK Wojciech	153		M40	3	00:00:04	00:19:50.25	00:19:54.25	+00:02:14 (11.3%)	3:58	15.1 (88.3%)
4	SKRZYPCZYK Andrzej	168	GOCHA68	M40	4	00:00:18	00:21:17.25	00:21:35.75	+00:03:41 (17.4%)	4:15	14.1 (82.5%)
5	LEWICKI Artur	112	GOCHA68	M40	5	00:00:10	00:21:49.30	00:21:59.95	+00:04:14 (19.4%)	4:21	13.8 (80.7%)
6	FILIPEK Piotr	477		M40	6	00:00:05	00:22:10.30	00:22:15.95	+00:04:35 (20.7%)	4:26	13.5 (78.9%)
7	SZWARC Mariusz	80		M40	7	00:00:07	00:22:15.15	00:22:22.80	+00:04:39 (21.0%)	4:27	13.5 (78.9%)
8	WĘGRZYNOWSKI Sławomir	397	KABEL TEAM BYDGOSZCZ	M40	8	00:00:05	00:22:26.90	00:22:32.35	+00:04:51 (21.6%)	4:29	13.4 (78.4%)
9	SZUBERT Maciej	401		M40	9	00:00:28	00:22:30.20	00:22:58.75	+00:04:54 (21.8%)	4:30	13.3 (77.8%)
10	NAGOW Michał	288		M40	10	00:00:07	00:22:34.90	00:22:42.25	+00:04:59 (22.1%)	4:31	13.3 (77.8%)
11	KOWALCZYK Rafał	335	RUN BYDGOSZCZ	M40	11	00:00:08	00:22:42.70	00:22:50.90	+00:05:07 (22.6%)	4:32	13.2 (77.2%)
12	KANIEWSKI Maciej	117		M40	12	00:00:07	00:22:43.30	00:22:50.30	+00:05:08 (22.6%)	4:32	13.2 (77.2%)
13	STĘPSKI Marek	381		M40	13	00:00:05	00:22:44.65	00:22:49.70	+00:05:09 (22.7%)	4:32	13.2 (77.2%)
14	TUBAJA Albert	456	KABEL TEAM BYDGOSZCZ	M40	14	00:00:05	00:22:55.05	00:23:01.00	+00:05:19 (23.3%)	4:35	13.1 (76.6%)
15	KOSZAREK Artur	287		M40	15	00:00:15	00:23:06.30	00:23:21.55	+00:05:31 (23.9%)	4:37	13 (76.0%)
16	LEWICKI Maciej	188	BYDGOSZCZ NA START !	M40	16	00:00:05	00:23:39.55	00:23:45.15	+00:06:04 (25.7%)	4:44	12.7 (74.3%)
17	KARSKI Marcin	356		M40	17	00:00:31	00:24:18.40	00:24:49.55	+00:06:43 (27.6%)	4:51	12.3 (71.9%)
18	WALENCIAK Jarosław	185	CZARNE STOPY.SM	M40	18	00:00:13	00:24:25.35	00:24:39.15	+00:06:50 (28.0%)	4:53	12.3 (71.9%)
19	STAWCZYK Dariusz	305		M40	19	00:00:11	00:24:26.65	00:24:38.60	+00:06:51 (28.0%)	4:53	12.3 (71.9%)
20	HEIDAK Piotr	402		M40	20	00:00:12	00:24:29.10	00:24:41.30	+00:06:53 (28.2%)	4:53	12.3 (71.9%)
21	DOLATA Grzegorz	11		M40	21	00:00:10	00:24:31.00	00:24:41.35	+00:06:55 (28.3%)	4:54	12.2 (71.3%)
22	WOJCIECHOWSKI Jarosław	129		M40	22	00:00:08	00:24:35.55	00:24:43.90	+00:07:00 (28.5%)	4:55	12.2 (71.3%)
23	PNIEWSKI Maciej	405	AGROLOK SPORT TEAM	M40	23	00:00:13	00:25:14.25	00:25:27.45	+00:07:38 (30.3%)	5:02	11.9 (69.6%)
24	KOLASIŃSKI Artur	243		M40	24	00:00:16	00:25:21.95	00:25:38.75	+00:07:46 (30.7%)	5:04	11.8 (69.0%)
25	MARKOWSKI Sebastian	175	ASSECO ACTIVE TEAM	M40	25	00:00:26	00:25:43.55	00:26:09.80	+00:08:08 (31.6%)	5:08	11.7 (68.4%)
26	GOŁCZYŃSKI Tomasz	351		M40	26	00:00:24	00:25:52.80	00:26:17.55	+00:08:17 (32.0%)	5:10	11.6 (67.8%)
27	SZAFKOWSKI Arkadiusz	157	SOLECCY BIEGACZE	M40	27	00:00:34	00:26:01.10	00:26:35.60	+00:08:25 (32.4%)	5:12	11.5 (67.3%)
28	KORNACKI Artur	396		M40	28	00:00:29	00:26:02.00	00:26:31.70	+00:08:26 (32.4%)	5:12	11.5 (67.3%)
29	DOLNY Marcin	584		M40	29	00:00:35	00:26:19.30	00:26:54.45	+00:08:44 (33.2%)	5:15	11.4 (66.7%)
30	ZAPARUCHA Mikołaj	354		M40	30	00:00:43	00:26:27.70	00:27:10.80	+00:08:52 (33.5%)	5:17	11.3 (66.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
31	MIKOŁAJEWSKI Piotr	360		M40	31	00:00:10	00:26:33.35	00:26:44.20	+00:08:58 (33.8%)	5:18	11.3 (66.1%)
32	JANCZUKOWICZ Ryszard	386	ŻYJ-ZDROWO.COM	M40	32	00:00:32	00:26:48.05	00:27:20.10	+00:09:12 (34.4%)	5:21	11.2 (65.5%)
33	SZYMAŃSKI Tomasz	291		M40	33	00:00:12	00:27:15.45	00:27:28.25	+00:09:40 (35.5%)	5:27	11 (64.3%)
34	ĆWIKLIŃSKI Marian	62	KLONIKTEAM	M40	34	00:00:29	00:27:40.10	00:28:09.50	+00:10:04 (36.4%)	5:32	10.8 (63.2%)
35	MATUSZAK Radosław	565	JFTC SU	M40	35	00:00:10	00:27:43.80	00:27:53.85	+00:10:08 (36.6%)	5:32	10.8 (63.2%)
36	STASZKIEWICZ Radosław	152	CZARNE STOPY SM	M40	36	00:00:21	00:28:13.20	00:28:34.90	+00:10:37 (37.7%)	5:38	10.6 (62.0%)
37	PIETRASZAK Tomasz	92	RUN BYDGOSZCZ	M40	37	00:00:22	00:28:56.65	00:29:19.30	+00:11:21 (39.2%)	5:47	10.4 (60.8%)
38	SOSNOWSKI Tomasz	517		M40	38	00:00:25	00:29:26.05	00:29:51.85	+00:11:50 (40.2%)	5:53	10.2 (59.6%)
39	KOZIŃSKI Tomasz	196	BYDGOSKIE ŻÓŁWIE	M40	39	00:00:47	00:30:17.20	00:31:05.00	+00:12:41 (41.9%)	6:03	9.9 (57.9%)
40	GRZĘBOWSKI Andreo	266	BIURO PODRÓŻNIKÓW FLUGO	M40	40	00:00:23	00:30:54.10	00:31:17.90	+00:13:18 (43.1%)	6:10	9.7 (56.7%)
41	BUKOWSKI Rafał	406		M40	41	00:00:28	00:30:54.60	00:31:23.30	+00:13:19 (43.1%)	6:11	9.7 (56.7%)
42	KAWALERSKI Krzysztof	215	N BIKE ACADEMY	M40	42	00:00:26	00:30:57.55	00:31:23.55	+00:13:22 (43.2%)	6:11	9.7 (56.7%)
43	KEMPA Arkadiusz	283	RUN BYDGOSZCZ	M40	43	00:00:32	00:32:09.85	00:32:42.20	+00:14:34 (45.3%)	6:26	9.3 (54.4%)
44	KONIEC Piotr	507	BLACKSTARMTB	M40	44	00:01:09	00:32:10.15	00:33:19.60	+00:14:34 (45.3%)	6:26	9.3 (54.4%)
45	MIKOŁAJCZYK Arkadiusz	239	BYDGOSKA SEKCJA KARATE KYOKUSHINKAIKAN	M40	45	00:01:08	00:32:47.30	00:33:55.30	+00:15:12 (46.4%)	6:33	9.2 (53.8%)
46	PACHOLSKI Tomasz	550		M40	46	00:00:04	00:32:59.50	00:33:04.20	+00:15:24 (46.7%)	6:36	9.1 (53.2%)
47	SĄDOWSKI Bogusław	232	BYDGOSKA SEKCJA KARATE KYOKUSHINKAIKAN	M40	47	00:00:55	00:33:36.15	00:34:31.85	+00:16:00 (47.7%)	6:43	8.9 (52.0%)
48	MIROWSKI Mariusz	530		M40	48	00:00:35	00:33:49.35	00:34:24.55	+00:16:14 (48.0%)	6:45	8.9 (52.0%)
49	RÓŻYCKI Dariusz	352		M40	49	00:00:49	00:34:27.90	00:35:17.10	+00:16:52 (49.0%)	6:53	8.7 (50.9%)
50	GERLACH Waldemar	328		M40	50	00:00:41	00:34:49.10	00:35:30.50	+00:17:13 (49.5%)	6:57	8.6 (50.3%)
51	TULIŃSKI Sławomir	513		M40	51	00:00:47	00:37:10.65	00:37:58.45	+00:19:35 (52.7%)	7:26	8.1 (47.4%)
52	MICHALAK Piotr	413		M40	52	00:00:52	00:40:33.25	00:41:25.90	+00:22:57 (56.6%)	8:06	7.4 (43.3%)
53	CYBUL Wojciech	47		M40	53	00:01:11	00:43:04.65	00:44:16.00	+00:25:29 (59.2%)	8:37	7 (40.9%)
54	NOWACKI Rafał	249		M40	54	00:00:37	00:44:29.60	00:45:06.85	+00:26:54 (60.5%)	8:53	6.7 (39.2%)
55	GORZYCKI Dariusz	222	BYDGOSKA SEKCJA KARATE KYOKUSHINKAIKAN	M40	55	00:01:00	00:45:10.70	00:46:10.90	+00:27:35 (61.1%)	9:02	6.6 (38.6%)
56	CEGIELSKI Maciej	286	SZKARŁATNI TEAM	M40	56	00:00:31	00:49:40.20	00:50:11.95	+00:32:04 (64.6%)	9:56	6 (35.1%)

Znaleziono 56 wynik(ów)