

BIEG IM. ASI KENIG - BIEG 10KM

B4SPORT
INTELEGENCNE ZAWODY SPORTOWE

Wydarzenie: Bieg im. Asi Kenig
Organizator: Szkoła Podstawowa im. Jana Kochanowskiego w Sławsku
Data: 2023-04-22
Miejsce: Sławsko
Dystans: 10 km



Klasyfikacja: M-30

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas netto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|-----------------------------|-----------|------------------------|-----------|------|--------------------|-------------------|--------------|--------------|
| 1 | OSIŃSKI Wojciech | 56 | TEAM ZABIEGANEDNI | M-30 | 1 | 00:36:27.48 | | 3:38 | 16.5 (100%) |
| 2 | ROSIAK Damian | 63 | KB SPOKO SŁAWNO | M-30 | 2 | 00:37:24.88 | +00:00:57 (2.6%) | 3:44 | 16 (97.0%) |
| 3 | WILCZEWSKI Krzysztof | 88 | KB SPOKO SŁAWNO | M-30 | 3 | 00:37:59.13 | +00:01:31 (4.0%) | 3:47 | 15.8 (95.8%) |
| 4 | SMOŁUCH Marcin | 84 | KB BRYZA POSTOMINO | M-30 | 4 | 00:39:14.26 | +00:02:46 (7.1%) | 3:55 | 15.3 (92.7%) |
| 5 | FEDORCZAK Łukasz | 29 | BIEGOLAS KOSZALIN | M-30 | 5 | 00:39:16.19 | +00:02:48 (7.2%) | 3:55 | 15.3 (92.7%) |
| 6 | KOWALSKI Damian | 86 | KB SPOKO SŁAWNO | M-30 | 6 | 00:41:44.51 | +00:05:17 (12.7%) | 4:10 | 14.4 (87.3%) |
| 7 | JÓŻWIK Adam | 40 | K SOLSZEWSKI I SYNOWIE | M-30 | 7 | 00:41:57.18 | +00:05:29 (13.1%) | 4:11 | 14.3 (86.7%) |
| 8 | JUSZCZAK Jarosław | 41 | | M-30 | 8 | 00:42:14.57 | +00:05:47 (13.7%) | 4:13 | 14.2 (86.1%) |
| 9 | GAWĘDA Emil | 33 | DARŁOWSKIE CHARTY | M-30 | 9 | 00:44:12.36 | +00:07:44 (17.5%) | 4:25 | 13.6 (82.4%) |
| 10 | WIELGAT Łukasz | 93 | KB BRYZA POSTOMINO | M-30 | 10 | 00:47:08.02 | +00:10:40 (22.6%) | 4:42 | 12.7 (77.0%) |
| 11 | CHRUSZCZ Mateusz | 92 | KB BRYZA POSTOMINO | M-30 | 11 | 00:47:28.68 | +00:11:01 (23.2%) | 4:44 | 12.6 (76.4%) |
| 12 | HADRYŚ Bartosz | 36 | | M-30 | 12 | 00:47:55.66 | +00:11:28 (23.9%) | 4:47 | 12.5 (75.8%) |
| 13 | POPRAWSKI Adam | 60 | KB SPOKO SŁAWNO | M-30 | 13 | 00:48:35.57 | +00:12:08 (25.0%) | 4:51 | 12.3 (74.5%) |
| 14 | ORŁOWSKI Maciej | 55 | | M-30 | 14 | 00:49:03.15 | +00:12:35 (25.7%) | 4:54 | 12.2 (73.9%) |
| 15 | BAKALARZ Adam | 23 | DARŁOWSKIE CHARTY | M-30 | 15 | 00:52:22.98 | +00:15:55 (30.4%) | 5:14 | 11.5 (69.7%) |
| 16 | KĘSIK Agnieszka | 82 | ŚWIAT PŁYTEK U KRYSPIŃ | M-30 | 16 | 00:52:56.68 | +00:16:29 (31.1%) | 5:17 | 11.3 (68.5%) |
| 17 | BURMAN Tomasz | 80 | ANANASY Z 3 FAL | M-30 | 17 | 00:53:02.79 | +00:16:35 (31.3%) | 5:18 | 11.3 (68.5%) |
| 18 | HANC Michał | 37 | HAJALE19 | M-30 | 18 | 01:08:11.67 | +00:31:44 (46.5%) | 6:49 | 8.8 (53.3%) |

Znaleziono 18 wynik(ów)