



BIEG ŁĄDUJ NA OSOWEJ III EDYCJA

B4SPORT

Organizator: Stowarzyszenie Klub Sportowy Olimpia Osowa
Data: 2016-09-25
Miejsce: Gdańsk
Dystans: 10 km



Klasyfikacja: M 30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	KUJAWSKI Grzegorz	85		M 30-39	1	00:00:01	00:35:00.70	00:35:02.05		3:30	17.1 (100%)
2	GUŻ Andrzej	47	1980	M 30-39	2	00:00:01	00:35:48.70	00:35:50.65	+00:00:48 (2.2%)	3:34	16.8 (98.2%)
3	LIPKA Paweł	93	4F	M 30-39	3	00:00:01	00:36:15.30	00:36:16.35	+00:01:14 (3.4%)	3:37	16.6 (97.1%)
4	ALVARADO Juan Felipe	1		M 30-39	4	00:00:02	00:36:55.05	00:36:57.15	+00:01:54 (5.2%)	3:41	16.3 (95.3%)
5	MAZUREK Michał	104	FABER TEAM	M 30-39	5	00:00:02	00:37:59.35	00:38:01.80	+00:02:58 (7.8%)	3:47	15.8 (92.4%)
6	DOMBRZALSKI Bartosz	26	WLASNA STRZECHA	M 30-39	6	00:00:02	00:37:59.45	00:38:02.40	+00:02:58 (7.8%)	3:48	15.8 (92.4%)
7	LIDZBARSKI Marcin	92	ELA@MARCINTEAM	M 30-39	7	00:00:02	00:39:16.65	00:39:19.00	+00:04:15 (10.9%)	3:55	15.3 (89.5%)
8	GACH Maciej	36	POMORZE BIEGA I POMAGA	M 30-39	8	00:00:01	00:39:52.90	00:39:54.55	+00:04:52 (12.2%)	3:59	15 (87.7%)
9	MAKOWSKI Paweł	101	AWET PLUS	M 30-39	9	00:00:01	00:40:20.60	00:40:22.45	+00:05:19 (13.2%)	4:02	14.9 (87.1%)
10	WYSOCKI Dariusz	171	WOJSKO POLSKIE	M 30-39	10	00:00:03	00:43:18.90	00:43:22.40	+00:08:18 (19.2%)	4:19	13.9 (81.3%)
11	MADERSKI Rafał	99		M 30-39	11	00:00:03	00:43:20.05	00:43:23.95	+00:08:19 (19.2%)	4:20	13.8 (80.7%)
12	SZUMLAS Rafał	194		M 30-39	12	00:00:04	00:43:35.80	00:43:40.50	+00:08:35 (19.7%)	4:21	13.8 (80.7%)
13	PARUSZEWSKI Robert	116	BOJANO BIEGA	M 30-39	13	00:00:05	00:43:41.25	00:43:46.25	+00:08:40 (19.9%)	4:22	13.7 (80.1%)
14	WIŚNIEWSKI Marek	167	BOJANO BIEGA	M 30-39	14	00:00:02	00:44:16.40	00:44:19.25	+00:09:15 (20.9%)	4:25	13.5 (78.9%)
15	KANTECKI Tomasz	57		M 30-39	15	00:00:07	00:44:19.05	00:44:26.10	+00:09:18 (21.0%)	4:25	13.5 (78.9%)
16	LEWIŃSKI Michał	195		M 30-39	16	00:00:08	00:44:24.40	00:44:32.45	+00:09:23 (21.2%)	4:26	13.5 (78.9%)
17	LESZCZYŃSKI Piotr	90		M 30-39	17	00:00:03	00:44:41.60	00:44:44.65	+00:09:40 (21.7%)	4:28	13.4 (78.4%)
18	WODKOWSKI Adam	168		M 30-39	18	00:00:02	00:44:49.00	00:44:51.25	+00:09:48 (21.9%)	4:28	13.4 (78.4%)
19	KŁUDZIAK Andrzej	68	WYMIATACZE	M 30-39	19	00:00:04	00:44:56.80	00:45:00.90	+00:09:56 (22.1%)	4:29	13.4 (78.4%)
20	SITO Jakub	201	EATON RUNNING TEAM	M 30-39	20	00:00:04	00:45:09.55	00:45:14.15	+00:10:08 (22.5%)	4:31	13.3 (77.8%)
21	SMÓŁKOWSKI Marcin	140		M 30-39	21	00:00:03	00:45:30.00	00:45:33.30	+00:10:29 (23.1%)	4:33	13.2 (77.2%)
22	CIUNEL Łukasz	22		M 30-39	22	00:00:13	00:45:57.25	00:46:10.40	+00:10:56 (23.8%)	4:35	13.1 (76.6%)
23	REDUCHA Marcin	189		M 30-39	23	00:00:10	00:46:00.95	00:46:11.00	+00:11:00 (23.9%)	4:36	13 (76.0%)
24	ZAWADZKI Tomasz	176		M 30-39	24	00:00:18	00:46:21.45	00:46:40.25	+00:11:20 (24.5%)	4:38	12.9 (75.4%)
25	PAGA Marcin	113	PAGA	M 30-39	25	00:00:11	00:46:24.20	00:46:35.95	+00:11:23 (24.5%)	4:38	12.9 (75.4%)
26	HABAS Krzysztof	48		M 30-39	26	00:00:13	00:46:42.00	00:46:55.25	+00:11:41 (25.0%)	4:40	12.8 (74.9%)
27	SITARCZUK Mariusz	138		M 30-39	27	00:00:06	00:46:55.95	00:47:02.85	+00:11:55 (25.4%)	4:41	12.8 (74.9%)

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28	KŁOSOWSKI Damian	67	WYMIATACZE	M 30-39	28	00:00:04	00:47:14.60	00:47:19.45	+00:12:13 (25.9%)	4:43	12.7 (74.3%)
29	PODJASKI Krzysztof	129	NAPIERAMY!	M 30-39	29	00:00:18	00:47:21.05	00:47:39.20	+00:12:20 (26.1%)	4:44	12.7 (74.3%)
30	ŻMUDZKI Adam	179		M 30-39	30	00:00:08	00:47:34.25	00:47:42.50	+00:12:33 (26.4%)	4:45	12.6 (73.7%)
31	PODJASKI Andrzej	128		M 30-39	31	00:00:04	00:47:40.55	00:47:45.40	+00:12:39 (26.6%)	4:46	12.6 (73.7%)
32	GRESZCZUK Jarosław	45		M 30-39	32	00:00:07	00:47:49.95	00:47:57.50	+00:12:49 (26.8%)	4:47	12.5 (73.1%)
33	LANG Marcin	88	LANG TEAM ZABIANKA	M 30-39	33	00:00:19	00:48:40.45	00:49:00.35	+00:13:39 (28.1%)	4:52	12.3 (71.9%)
34	PLEWIŃSKI Rafał	126	KUJATT RUNNERS TEAM	M 30-39	34	00:00:06	00:48:43.45	00:48:50.20	+00:13:42 (28.1%)	4:52	12.3 (71.9%)
35	SZCZERBUK Rafał	143		M 30-39	35	00:00:17	00:48:57.55	00:49:14.85	+00:13:56 (28.5%)	4:53	12.3 (71.9%)
36	MAJEWSKI Paweł	100		M 30-39	36	00:00:17	00:49:17.95	00:49:35.90	+00:14:17 (29.0%)	4:55	12.2 (71.3%)
37	SPISAK Piotr	141	RENK	M 30-39	37	00:00:17	00:50:07.30	00:50:24.85	+00:15:06 (30.1%)	5:00	12 (70.2%)
38	KARLIKOWSKI Maciej	58	GLC	M 30-39	38	00:00:13	00:50:53.70	00:51:07.35	+00:15:53 (31.2%)	5:05	11.8 (69.0%)
39	SZYMAŃSKI Marek	186		M 30-39	39	00:00:08	00:51:51.80	00:52:00.50	+00:16:51 (32.5%)	5:11	11.6 (67.8%)
40	TRETYN Piotr	184		M 30-39	40	00:00:19	00:53:59.95	00:54:19.05	+00:18:59 (35.2%)	5:24	11.1 (64.9%)
41	MATUSEWICZ Michał	103	MATILEO	M 30-39	41	00:00:16	00:54:35.05	00:54:51.20	+00:19:34 (35.9%)	5:27	11 (64.3%)
42	PAWLAK Lezsek	121	MATI LEO	M 30-39	42	00:00:17	00:54:58.05	00:55:15.50	+00:19:57 (36.3%)	5:29	10.9 (63.7%)
43	SKURTYS Cezary	139	KUJATT RUNNERS TEAM	M 30-39	43	00:00:12	00:55:36.85	00:55:49.10	+00:20:36 (37.0%)	5:33	10.8 (63.2%)
44	DŻUGAN Jarosław	33	THYSSENKRUPP ELEVATOR	M 30-39	44	00:00:20	00:55:49.75	00:56:10.25	+00:20:49 (37.3%)	5:35	10.7 (62.6%)
45	TUSZYŃSKI Maciek	159	POSEJDON	M 30-39	45	00:00:18	00:56:14.60	00:56:32.95	+00:21:13 (37.7%)	5:37	10.7 (62.6%)
46	KOSTKA Tomasz	73		M 30-39	46	00:00:16	00:56:27.45	00:56:44.40	+00:21:26 (38.0%)	5:38	10.6 (62.0%)
47	WIRKUS Piotr	164	BIGYELLOWFOOT ADVENTURE TEAM	M 30-39	47	00:00:15	00:56:34.15	00:56:49.90	+00:21:33 (38.1%)	5:39	10.6 (62.0%)
48	ŁANGOWSKI Wojciech	94		M 30-39	48	00:00:16	00:56:45.15	00:57:01.75	+00:21:44 (38.3%)	5:40	10.6 (62.0%)
49	WIĘCKOWSKI Grzegorz	163		M 30-39	49	00:00:18	00:56:50.45	00:57:08.75	+00:21:49 (38.4%)	5:41	10.6 (62.0%)
50	GOŁĘBIEWSKI Michał	41		M 30-39	50	00:00:17	00:58:21.75	00:58:38.75	+00:23:21 (40.0%)	5:50	10.3 (60.2%)
51	KWIECIEŃ Marzena	197		M 30-39	51	00:00:11	01:01:26.00	01:01:37.75	+00:26:25 (43.0%)	6:08	9.8 (57.3%)
52	KUBAWSKA Agnieszka	82	WYMIATACZE	M 30-39	52	00:00:09	01:01:52.85	01:02:02.75	+00:26:52 (43.4%)	6:11	9.7 (56.7%)
53	CHOMNICKI Marek	21		M 30-39	53	00:00:15	01:02:48.60	01:03:03.85	+00:27:47 (44.3%)	6:16	9.6 (56.1%)
54	KUCHARSKI Sławomir	84		M 30-39	54	00:00:06	01:03:24.45	01:03:31.00	+00:28:23 (44.8%)	6:20	9.5 (55.6%)

Znaleziono 54 wynik(ów)