



Organizator:
Data:
Miejsce:
Dystans:

BIEG NIEPODLEGŁOŚCI - OKONEK - 10KM

Burmistrz Okonka
2016-11-06
Okonek
10 km

B4SPORT

 **HERKULES**
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Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Bike_All 2.5km	Bike_All 7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	SZOPIŃSKI Dariusz	65	URZĄD GMINY PRZECHLEWO	M-30	1	00:00:01	00:09:27	00:27:40	00:36:16.65	00:36:18.15		3:37	16.5 (100%)
2	HOFFMAN Aleksander	34		M-40	1	00:00:01	00:09:40	00:27:46	00:36:16.95	00:36:18.60	+00:00:00 (0.0%)	3:37	16.5 (100%)
3	GOLIŃSKI Łukasz	18	K.B. SPRINT SWIDWIN	M-30	2	00:00:02	00:10:05	00:29:43	00:39:13.45	00:39:16.15	+00:02:56 (7.5%)	3:55	15.3 (92.7%)
4	KUBIAK Piotr	38	PRECON POLSKA-JASTROWIE	M-30	3	00:00:02	00:10:10	00:30:05	00:39:56.70	00:39:58.85	+00:03:40 (9.2%)	3:59	15 (90.9%)
5	GROCHOWALSKI Rafał	19	K.B SPRINT ŚWIDWIN	M-30	4	00:00:03	00:10:22	00:31:01	00:40:52.15	00:40:55.30	+00:04:35 (11.2%)	4:05	14.7 (89.1%)
6	KRAUSE Robert	37	PRECON POLSKA-JASTROWIE	M-40	2	00:00:03	00:10:30	00:31:07	00:40:58.85	00:41:01.90	+00:04:42 (11.5%)	4:05	14.6 (88.5%)
7	GRZESIK Eugeniusz	20	TKKF KOSZALIN	M-50	1	00:00:01	00:10:55	00:32:01	00:42:11.25	00:42:13.10	+00:05:54 (14.0%)	4:13	14.2 (86.1%)
8	OSTROWSKI Marian	77	SENIOR	M-60	1	00:00:03	00:10:58	00:32:02	00:42:26.75	00:42:29.90	+00:06:10 (14.5%)	4:14	14.1 (85.5%)
9	DZIADCZYK Krzysztof	10	FLORIAN	M-50	2	00:00:08	00:11:00	00:32:19	00:42:38.65	00:42:47.15	+00:06:22 (14.9%)	4:15	14.1 (85.5%)
10	LINDA Jan	43	BIEGAM BO LUBIĘ	M-30	5	00:00:03	00:11:02	00:32:45	00:43:42.25	00:43:46.15	+00:07:25 (17.0%)	4:22	13.7 (83.0%)
11	PIKULIK Jarosław	50	LZS 'JEDNOŚĆ' ŁOBŻENICA	M-18	1	00:00:07	00:11:31	00:33:21	00:43:51.55	00:43:58.55	+00:07:34 (17.3%)	4:23	13.7 (83.0%)
12	ECKERT Zbigniew	12	TEAM BIEGOWY SZCZECINEK	M-40	3	00:00:07	00:11:14	00:33:12	00:43:58.00	00:44:05.05	+00:07:41 (17.5%)	4:23	13.6 (82.4%)
13	MROZIK Daniel	47	DANIEL MROZIK	M-30	6	00:00:01	00:11:23	00:33:22	00:44:13.25	00:44:14.75	+00:07:56 (18.0%)	4:25	13.6 (82.4%)

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14	WERNER Kamila	69	WERNER END WERNER SZCZECINEK	K-30	1	00:00:02	00:11:12	00:33:20	00:44:22.50	00:44:25.20	+00:08:05 (18.2%)	4:26	13.5 (81.8%)
15	PEKAŁA Piotr	49	ROZBIEGANY KOSZALIN	M-40	4	00:00:06	00:11:51	00:33:50	00:44:30.75	00:44:37.25	+00:08:14 (18.5%)	4:27	13.5 (81.8%)
16	ORZEŁ Przemysław	48		M-30	7	00:00:06	00:11:24	00:33:43	00:44:41.20	00:44:47.45	+00:08:24 (18.8%)	4:28	13.4 (81.2%)
17	MADAJCZAK Jarosław	44		M-40	5	00:00:03	00:11:24	00:34:09	00:45:02.35	00:45:05.35	+00:08:45 (19.5%)	4:30	13.3 (80.6%)
18	JAROSZ Dariusz	76	TKKF KOSZALIN	M-40	6	00:00:04	00:11:57	00:34:15	00:45:03.30	00:45:08.25	+00:08:46 (19.5%)	4:30	13.3 (80.6%)
19	SŁOTAŁA Dariusz	58	LEŚNY LUDEK	M-50	3	00:00:04	00:11:38	00:34:06	00:45:08.90	00:45:13.00	+00:08:52 (19.6%)	4:30	13.3 (80.6%)
20	CENTKA Jakub	5	ŚWIĘTA TEAM.	M-18	2	00:00:03	00:11:54	00:34:17	00:45:12.70	00:45:16.35	+00:08:56 (19.8%)	4:31	13.3 (80.6%)
21	SKOCZYŁAS Henryk	82		M-40	7	00:00:04	00:11:37	00:34:25	00:45:15.60	00:45:20.45	+00:08:58 (19.8%)	4:31	13.3 (80.6%)
22	RUDNIK Jerzy	54	FLORIAN	M-60	2	00:00:03	00:11:38	00:34:25	00:45:21.30	00:45:24.80	+00:09:04 (20.0%)	4:32	13.2 (80.0%)
23	CHODOR Martyna	81	TKKF KOSZALIN	K-30	2	00:00:06	00:11:56	00:34:27	00:45:21.45	00:45:28.15	+00:09:04 (20.0%)	4:32	13.2 (80.0%)
24	NOWAK Marian	80		M-30	8	00:00:03	00:11:34	00:34:14	00:45:26.75	00:45:30.55	+00:09:10 (20.2%)	4:32	13.2 (80.0%)
25	FIŁONOWICZ Monika	79		K-30	3	00:00:03	00:11:37	00:34:20	00:45:37.75	00:45:41.55	+00:09:21 (20.5%)	4:33	13.1 (79.4%)
26	ŚWIETLIK Tomasz	66		M-50	4	00:00:04	00:11:58	00:34:51	00:45:53.70	00:45:58.05	+00:09:37 (21.0%)	4:35	13.1 (79.4%)
27	KAPUSTA Leszek	25	WP	M-30	9	00:00:05	00:11:57	00:34:56	00:46:38.10	00:46:43.65	+00:10:21 (22.2%)	4:39	12.9 (78.2%)
28	WILKOWSKI Krzysztof	71		M-30	10	00:00:05	00:11:56	00:35:45	00:47:15.15	00:47:20.90	+00:10:58 (23.2%)	4:43	12.7 (77.0%)
29	POLGUJ Piotr Roman	52	PARKRUN MKL	M-60	3	00:00:07	00:11:53	00:35:16	00:47:15.25	00:47:23.15	+00:10:58 (23.2%)	4:43	12.7 (77.0%)
30	DUDZIAK Piotr	9	ROZBIEGANY KOSZALIN	M-40	8	00:00:03	00:12:22	00:36:06	00:47:28.85	00:47:32.80	+00:11:12 (23.6%)	4:44	12.6 (76.4%)
31	CZARNECKI Mirosław	7		M-50	5	00:00:04	00:12:11	00:35:54	00:47:38.30	00:47:43.05	+00:11:21 (23.8%)	4:45	12.6 (76.4%)
32	STORCZYK-RAK Agnieszka	62		K-30	4	00:00:06	00:12:33	00:36:11	00:47:47.05	00:47:53.10	+00:11:30 (24.1%)	4:46	12.6 (76.4%)
33	TOWSTOKORY Marek	78		M-40	9	00:00:07	00:12:14	00:36:34	00:48:29.70	00:48:37.60	+00:12:13 (25.2%)	4:51	12.4 (75.2%)
34	CENTKA Michał	3	ŚWIĘTA TEAM.	M-30	11	00:00:03	00:12:04	00:37:01	00:48:40.55	00:48:43.55	+00:12:23 (25.5%)	4:52	12.3 (74.5%)
35	GEMZA Marcin	17		M-30	12	00:00:02	00:12:05	00:37:02	00:48:41.05	00:48:43.60	+00:12:24 (25.5%)	4:52	12.3 (74.5%)
36	SZABLA Ewelina	64		K-30	5	00:00:05	00:12:14	00:36:47	00:48:41.45	00:48:46.90	+00:12:24 (25.5%)	4:52	12.3 (74.5%)

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37	PUŚCIAN Krzysztof	53	GIMNAZJUM W MANOWIE	M-40	10	00:00:03	00:12:48	00:37:12	00:48:44.95	00:48:48.65	+00:12:28 (25.6%)	4:52	12.3 (74.5%)
38	SIKORSKI Witold	56	KB RUN 42	M-50	6	00:00:04	00:12:41	00:37:19	00:48:51.05	00:48:55.10	+00:12:34 (25.7%)	4:53	12.3 (74.5%)
39	STANASIUK Edyta	59	OKONEK	K-30	6	00:00:09	00:12:47	00:37:14	00:49:08.00	00:49:17.10	+00:12:51 (26.2%)	4:54	12.2 (73.9%)
40	BRALSKI Andrzej	2	KPP ZŁOTÓW	M-30	13	00:00:08	00:12:48	00:37:15	00:49:13.30	00:49:22.00	+00:12:56 (26.3%)	4:55	12.2 (73.9%)
41	KLOSKOWSKI Dariusz	29	NIGHT RUNNERS	M-40	11	00:00:04	00:12:18	00:37:08	00:49:21.05	00:49:25.90	+00:13:04 (26.5%)	4:56	12.2 (73.9%)
42	KISIELIŃSKI Igor	28		M-50	7	00:00:05	00:12:41	00:37:13	00:49:28.50	00:49:33.95	+00:13:11 (26.7%)	4:56	12.1 (73.3%)
43	DZIEMIAŃCZYK Mieczysław	11		M-50	8	00:00:08	00:12:29	00:37:16	00:49:40.65	00:49:49.15	+00:13:24 (27.0%)	4:58	12.1 (73.3%)
44	ŻMIJA Dariusz	75		M-40	12	00:00:09	00:12:27	00:37:22	00:49:46.70	00:49:56.05	+00:13:30 (27.1%)	4:58	12.1 (73.3%)
45	LATOS Piotr	42	PRECON POLSKA-JASTROWIE	M-50	9	00:00:06	00:12:27	00:37:38	00:50:00.35	00:50:07.15	+00:13:43 (27.5%)	5:00	12 (72.7%)
46	IDZIAK Paweł	22	TEAM BIEGOWY SZCZECINEK	M-30	14	00:00:07	00:12:52	00:38:05	00:50:02.95	00:50:10.40	+00:13:46 (27.5%)	5:00	12 (72.7%)
47	WICHA Rafał	70	PRECON PRECON-JASTROWIE	M-30	15	00:00:06	00:12:27	00:37:40	00:50:10.05	00:50:16.60	+00:13:53 (27.7%)	5:01	12 (72.7%)
48	RUDZIŃSKI Tomasz	55	PIEKARNIA JAN WANDA TOMKOWSKA	M-30	16	00:00:02	00:12:40	00:38:09	00:50:17.10	00:50:19.70	+00:14:00 (27.9%)	5:01	11.9 (72.1%)
49	KĘPKA Mirosław	27	K.B SPRINT ŚWIDWIN	M-40	13	00:00:07	00:13:17	00:39:26	00:52:29.15	00:52:37.10	+00:16:12 (30.9%)	5:15	11.4 (69.1%)
50	STURMOWSKI Adam	63	PIWO TO MOJE PALIWO	M-30	17	00:00:06	00:13:10	00:39:27	00:52:30.55	00:52:37.25	+00:16:13 (30.9%)	5:15	11.4 (69.1%)
51	LAJTER Jerzy	40	4 RUN TEAM PIŁA	M-60	4	00:00:07	00:13:17	00:39:38	00:52:32.80	00:52:40.30	+00:16:16 (31.0%)	5:15	11.4 (69.1%)
52	CHRZANOWSKI Piotr	6	TEAM BIEGOWY SZCZECINEK	M-30	18	00:00:07	00:13:28	00:39:57	00:52:34.85	00:52:42.80	+00:16:18 (31.0%)	5:15	11.4 (69.1%)
53	KAŁUŻNY Paweł	24		M-30	19	00:00:07	00:12:52	00:39:43	00:52:45.25	00:52:52.85	+00:16:28 (31.2%)	5:16	11.4 (69.1%)
54	KOŁAKOWSKI Dariusz	32	K.B.SPRINT ŚWIDWIN	M-40	14	00:00:08	00:13:15	00:39:37	00:52:53.05	00:53:01.45	+00:16:36 (31.4%)	5:17	11.3 (68.5%)
55	KOZŁOWIECKI Waldemar	36	TKKF KOSZALIN	M-60	5	00:00:06	00:13:42	00:40:16	00:53:05.50	00:53:11.65	+00:16:48 (31.7%)	5:18	11.3 (68.5%)
56	STEFANOWICZ Joanna	60		K-18	1	00:00:04	00:13:41	00:40:18	00:53:12.20	00:53:16.80	+00:16:55 (31.8%)	5:19	11.3 (68.5%)
57	LASOTA Jakub	41	FC BARCELONA	M-30	20	00:00:09	00:12:49	00:39:34	00:53:14.60	00:53:24.05	+00:16:57 (31.9%)	5:19	11.3 (68.5%)
58	POCZĄTEK Michał	51	NIEZRZESZONY	M-60	6	00:00:05	00:13:54	00:40:58	00:53:57.50	00:54:02.70	+00:17:40 (32.8%)	5:23	11.1 (67.3%)
59	KLUPŚ Monika	30		K-40	1	00:00:05	00:14:27	00:41:18	00:54:17.15	00:54:23.00	+00:18:00 (33.2%)	5:25	11 (66.7%)

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60	KUPREWICZ Grzegorz	39	JW1223	M-30	21	00:00:08	00:13:39	00:41:14	00:54:30.35	00:54:38.40	+00:18:13 (33.4%)	5:27	11 (66.7%)
61	ZIACH Kamil	74	MAW	M-40	15	00:00:10	00:13:39	00:41:19	00:54:33.00	00:54:43.65	+00:18:16 (33.5%)	5:27	11 (66.7%)
62	TROJANOWSKI Zbigniew	68	ZŁOTÓW	M-40	16	00:00:07	00:13:41	00:41:19	00:54:36.05	00:54:43.20	+00:18:19 (33.6%)	5:27	11 (66.7%)
63	GWIAZDA Mariusz	21		M-40	17	00:00:08	00:13:58	00:41:29	00:54:58.70	00:55:07.65	+00:18:42 (34.0%)	5:29	10.9 (66.1%)
64	STIPPA Marzena	61		K-30	7	00:00:07	00:13:57	00:41:31	00:55:00.70	00:55:07.80	+00:18:44 (34.1%)	5:30	10.9 (66.1%)
65	MAŃKOWSKA Janina	45	-	K-50	1	00:00:05	00:13:39	00:41:27	00:55:31.05	00:55:36.95	+00:19:14 (34.7%)	5:33	10.8 (65.5%)
66	KLUPŚ Janusz	31		M-40	18	00:00:06	00:14:26	00:41:41	00:55:52.95	00:55:59.35	+00:19:36 (35.1%)	5:35	10.7 (64.8%)
67	GAWROŃSKI Grzegorz	16	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M-40	19	00:00:10	00:14:21	00:42:13	00:55:53.05	00:56:03.30	+00:19:36 (35.1%)	5:35	10.7 (64.8%)
68	SKOCZYLAS Bożena	83		K-40	2	00:00:04	00:13:58	00:42:04	00:56:11.90	00:56:16.55	+00:19:55 (35.4%)	5:37	10.7 (64.8%)
69	KOŁODZIEJCZAK Grzegorz	33	PARKRUN SZCZECINEK	M-40	20	00:00:07	00:15:25	00:43:24	00:56:43.35	00:56:51.25	+00:20:26 (36.0%)	5:40	10.6 (64.2%)
70	BEKTA Ryszard	1	NIEZRZESZONY	M-50	10	00:00:10	00:14:23	00:42:57	00:57:08.10	00:57:18.75	+00:20:51 (36.5%)	5:42	10.5 (63.6%)
71	KOWALSKA Anna	35		K-18	2	00:00:07	00:14:45	00:43:40	00:57:37.75	00:57:45.05	+00:21:21 (37.1%)	5:45	10.4 (63.0%)
72	CENTKA Katarzyna	4	ŚWIĘTA TEAM.	K-30	8	00:00:09	00:43:53		00:57:53.75	00:58:02.75	+00:21:37 (37.3%)	5:47	10.4 (63.0%)
73	KARNICKI Zygmunt	26	TKKF KOSZALIN	M-60	7	00:00:06	00:14:02	00:43:45	00:58:31.65	00:58:38.05	+00:22:15 (38.0%)	5:51	10.3 (62.4%)
74	ZAKIELARZ Jan	72	PRECON POLSKA-JASTROWIE	M-50	11	00:00:04	00:14:49	00:44:32	00:59:33.45	00:59:37.65	+00:23:16 (39.1%)	5:57	10.1 (61.2%)
74	ZAKIELARZ Anna	73	PRECON POLSKA-JASTROWIE	K-30	9	00:00:04	00:14:50	00:44:32	00:59:33.45	00:59:37.80	+00:23:16 (39.1%)	5:57	10.1 (61.2%)
76	SKOWROŃSKA Wanda	57	WANDZIA TEAM	K-60	1	00:00:05	00:15:19	00:45:51	01:01:10.80	01:01:16.55	+00:24:54 (40.7%)	6:07	9.8 (59.4%)
77	DANIELSKA Monika	8	CONTRA PRIMEFOOD	K-40	3	00:00:09	00:16:02	00:47:51	01:03:52.80	01:04:02.25	+00:27:36 (43.2%)	6:23	9.4 (57.0%)

Znaleziono 77 wynik(ów)