



Wydarzenie:
Organizator:
Data:
Miejsce:
Dystans:

BIEG NIEPODLEGŁOŚCI - OKONEK - 10KM

Bieg Niepodległości Okonek - 03.11.2018r
Gmina Okonek
2018-11-03
Okonek
10 km

B4SPORT



Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Herk_All 2.5km	Herk_All 7.5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	ROĆKO Krzysztof	243		M-30	1	00:08:49	00:26:44	00:35:26.89		3:32	16.9 (100%)
2	WOŹNIAK Grzegorz	225	AKTYWNA KRAJENKA	M-30	2	00:08:53	00:28:05	00:37:39.19	+00:02:12 (5.9%)	3:46	15.9 (94.1%)
3	BRALSKI Andrzej	136	#ZABIEGANINOCA	M-30	3	00:09:52	00:29:44	00:39:22.89	+00:03:56 (10.0%)	3:56	15.2 (89.9%)
4	WIELGUS Grzegorz	223		M-30	4	00:10:02	00:30:32	00:40:27.42	+00:05:00 (12.4%)	4:02	14.8 (87.6%)
5	ROGAŁA Krystian	203	MTS HAMER MIASTKO	M-30	5	00:10:17	00:32:21	00:43:04.74	+00:07:37 (17.7%)	4:18	13.9 (82.2%)
6	CHUPTYŚ Adrian	139	RUNDORFINA	M-30	6	00:10:45	00:33:12	00:44:04.88	+00:08:37 (19.6%)	4:24	13.6 (80.5%)
7	STAŃCZYK Sławomir	211	STARGARD. JA SIĘ NIE ŚCIGAM	M-30	7	00:11:35	00:35:04	00:46:14.27	+00:10:47 (23.3%)	4:37	13 (76.9%)
8	LIPKA Wojciech	185		M-30	8	00:11:45	00:35:53	00:46:59.46	+00:11:32 (24.6%)	4:42	12.8 (75.7%)
9	JERSZ Bartosz	228		M-30	9	00:11:51	00:35:38	00:47:01.55	+00:11:34 (24.6%)	4:42	12.8 (75.7%)
10	STĘPIEŃ Marcin	212	21 CPL NADARZYCE	M-30	10	00:11:05	00:35:26	00:47:16.11	+00:11:49 (25.0%)	4:43	12.7 (75.1%)
11	ŁEPEK Kamil	188	KAMARO TEAM	M-30	11	00:12:05	00:35:53	00:47:17.66	+00:11:50 (25.0%)	4:43	12.7 (75.1%)
12	SAWCZUK Rafał	207		M-30	12	00:10:48	00:35:28	00:47:36.39	+00:12:09 (25.5%)	4:45	12.6 (74.6%)
13	NITA Krzysztof	194	OGIEŃ W SZOPIE	M-30	13	00:11:36	00:36:34	00:48:42.43	+00:13:15 (27.2%)	4:52	12.3 (72.8%)
14	HUDANIEC Paweł	161		M-30	14	00:11:46	00:37:26	00:49:26.31	+00:13:59 (28.3%)	4:56	12.1 (71.6%)
15	GEMZA Marcin	149		M-30	15	00:11:56	00:37:41	00:49:41.63	+00:14:14 (28.7%)	4:58	12.1 (71.6%)
16	KAZIMIEROWICZ Radosław	172	VTT KOSZALIIN	M-30	16	00:11:58	00:38:03	00:50:31.96	+00:15:05 (29.9%)	5:03	11.9 (70.4%)
17	DREWNIAK Maciej	232		M-30	17	00:12:10	00:38:24	00:51:17.71	+00:15:50 (30.9%)	5:07	11.7 (69.2%)
18	WÓJCICKI Adrian	237		M-30	18	00:11:48	00:38:43	00:51:37.09	+00:16:10 (31.3%)	5:09	11.6 (68.6%)
19	GOŁEK-NARZĘCKI Jakub	244		M-30	19	00:13:01	00:39:51	00:52:40.75	+00:17:13 (32.7%)	5:16	11.4 (67.5%)
20	ORLIKOWSKI Robert	196	POŁCZYŃ	M-30	20	00:11:47	00:39:09	00:52:46.16	+00:17:19 (32.8%)	5:16	11.4 (67.5%)
21	RAMUTKOWSKI Zbigniew	202		M-30	21	00:13:19	00:40:48	00:53:14.15	+00:17:47 (33.4%)	5:19	11.3 (66.9%)
22	NOWAK Piotr	250		M-30	22	00:13:12	00:40:34	00:54:26.07	+00:18:59 (34.9%)	5:26	11 (65.1%)
23	BILL Łukasz	229		M-30	23	00:12:36	00:40:18	00:54:29.11	+00:19:02 (34.9%)	5:26	11 (65.1%)
24	GORCZYCA Tomasz	152		M-30	24	00:13:40	00:41:30	00:54:31.05	+00:19:04 (35.0%)	5:27	11 (65.1%)
25	KOPKIEWICZ Konrad	178	OSP LOTYŃ	M-30	25	00:13:37	00:42:01	00:55:03.31	+00:19:36 (35.6%)	5:30	10.9 (64.5%)

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26	GRZYSTEK Marcin	155		M-30	26	00:15:34	00:48:06	00:55:04.58	+00:19:37 (35.6%)	5:30	10.9 (64.5%)
27	KRZYWICKI Krzysztof	180		M-30	27	00:13:33	00:42:42	00:56:23.48	+00:20:56 (37.1%)	5:38	10.6 (62.7%)

Znaleziono 27 wynik(ów)