



# BIEG NIEPODLEGŁOŚCI - OKONEK - 10KM

B4SPORT

**Organizator:** Burmistrz Okonka  
**Data:** 2015-11-07  
**Miejsce:** Okonek  
**Dystans:** 10 km

 **HERKULES**  
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Klasyfikacja: M-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>HOFFMAN Aleksander</b>	<b>33</b>	PRECON POLSKA-JASTROWIE	M-40	1	00:00:03	<b>00:35:33.85</b>	<b>00:35:36.95</b>		3:33	16.9 (100%)
2	<b>GRÓŃSKI Rafał</b>	<b>101</b>		M-40	2	00:00:04	<b>00:40:38.25</b>	<b>00:40:42.80</b>	+00:05:04 (12.5%)	4:03	14.8 (87.6%)
3	<b>BARCZAK Rafał</b>	<b>10</b>	KPP ZŁOTÓW	M-40	3	00:00:04	<b>00:40:42.25</b>	<b>00:40:46.45</b>	+00:05:08 (12.6%)	4:04	14.7 (87.0%)
4	<b>OCHNIO Ryszard</b>	<b>34</b>	PRECON POLSKA-JASTROWIE	M-40	4	00:00:03	<b>00:41:31.55</b>	<b>00:41:35.30</b>	+00:05:57 (14.4%)	4:09	14.4 (85.2%)
5	<b>ANDRZEJCZAK Mariusz</b>	<b>94</b>	4RUN TEAM PIŁA	M-40	5	00:00:03	<b>00:41:52.00</b>	<b>00:41:55.90</b>	+00:06:18 (15.1%)	4:11	14.3 (84.6%)
6	<b>ECKERT Zbigniew</b>	<b>41</b>	TEAM BIEGOWY SZCZECINEK	M-40	6	00:00:03	<b>00:42:11.90</b>	<b>00:42:15.65</b>	+00:06:38 (15.7%)	4:13	14.2 (84.0%)
7	<b>ŁOŻYŃSKI Jacek</b>	<b>108</b>	FLORIAN CHOJNICE	M-40	7	00:00:04	<b>00:42:56.95</b>	<b>00:43:01.30</b>	+00:07:23 (17.2%)	4:17	14 (82.8%)
8	<b>MEJGIER Paweł</b>	<b>23</b>	TKKF WODNIK WIĘCIBORK	M-40	8	00:00:04	<b>00:45:11.95</b>	<b>00:45:16.60</b>	+00:09:38 (21.3%)	4:31	13.3 (78.7%)
9	<b>PINDRAL Piotr</b>	<b>32</b>		M-40	9	00:00:04	<b>00:45:15.70</b>	<b>00:45:20.55</b>	+00:09:41 (21.4%)	4:31	13.3 (78.7%)
10	<b>ZIĘBA Maciej</b>	<b>35</b>	SZCZECINEK	M-40	10	00:00:03	<b>00:45:49.95</b>	<b>00:45:52.95</b>	+00:10:16 (22.4%)	4:34	13.1 (77.5%)
11	<b>ZWOLIŃSKI Jan</b>	<b>69</b>	4RUN TKKF KOSZALIN	M-40	11	00:00:06	<b>00:45:55.25</b>	<b>00:46:01.95</b>	+00:10:21 (22.6%)	4:35	13.1 (77.5%)
12	<b>KOŁODZIEJCZAK Grzegorz</b>	<b>55</b>		M-40	12	00:00:05	<b>00:46:59.80</b>	<b>00:47:04.90</b>	+00:11:25 (24.3%)	4:41	12.8 (75.7%)
13	<b>MAŃKOWSKI Dariusz</b>	<b>77</b>	JASTROWIE	M-40	13	00:00:08	<b>00:47:40.75</b>	<b>00:47:49.40</b>	+00:12:06 (25.4%)	4:46	12.6 (74.6%)
14	<b>GÓRZYŃSKI Krzysztof</b>	<b>26</b>	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M-40	14	00:00:07	<b>00:49:00.90</b>	<b>00:49:08.15</b>	+00:13:27 (27.4%)	4:54	12.2 (72.2%)
15	<b>PUŚCIAN Krzysztof Kamil</b>	<b>25</b>	GIMNAZJUM W MANOWIE	M-40	15	00:00:04	<b>00:49:47.55</b>	<b>00:49:51.85</b>	+00:14:13 (28.6%)	4:58	12.1 (71.6%)
16	<b>JAROSZ Dariusz</b>	<b>17</b>	4RUN TKKF KOSZALIN	M-40	16	00:00:06	<b>00:50:30.75</b>	<b>00:50:37.40</b>	+00:14:56 (29.6%)	5:03	11.9 (70.4%)
17	<b>KRÓL Piotr</b>	<b>75</b>		M-40	17	00:00:08	<b>00:50:40.60</b>	<b>00:50:48.85</b>	+00:15:06 (29.8%)	5:04	11.8 (69.8%)
18	<b>BORYSIEWICZ Grzegorz</b>	<b>16</b>		M-40	18	00:00:06	<b>00:50:50.20</b>	<b>00:50:56.85</b>	+00:15:16 (30.0%)	5:05	11.8 (69.8%)
19	<b>TROJANOWSKI Zbigniew</b>	<b>116</b>	STOWARZYSZENIE BIEGACZY ZIEMI ZŁOTOWSKIEJ	M-40	19	00:00:06	<b>00:52:55.85</b>	<b>00:53:02.00</b>	+00:17:22 (32.8%)	5:17	11.3 (66.9%)
20	<b>SKOCZYLAS Henryk</b>	<b>78</b>		M-40	20	00:00:08	<b>00:53:26.80</b>	<b>00:53:35.75</b>	+00:17:52 (33.5%)	5:20	11.2 (66.3%)
21	<b>MARKOWSKI Jarosław</b>	<b>96</b>		M-40	21	00:00:11	<b>00:54:27.10</b>	<b>00:54:38.45</b>	+00:18:53 (34.7%)	5:26	11 (65.1%)
22	<b>PAECH Ziemowit</b>	<b>24</b>	TRI4FUN ZŁOTÓW	M-40	22	00:00:10	<b>00:55:27.25</b>	<b>00:55:37.45</b>	+00:19:53 (35.9%)	5:32	10.8 (63.9%)
23	<b>GAWROŃSKI Grzegorz</b>	<b>27</b>	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M-40	23	00:01:06	<b>00:55:44.85</b>	<b>00:56:51.40</b>	+00:20:11 (36.2%)	5:34	10.8 (63.9%)
24	<b>SZYMAŃSKI Tomasz</b>	<b>36</b>	TEAM BIEGOWY SZCZECINEK	M-40	24	00:00:09	<b>00:57:49.70</b>	<b>00:57:58.90</b>	+00:22:15 (38.5%)	5:46	10.4 (61.5%)

