



**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

## BIEG NIEPODLEGŁOŚCI - OKONEK - 10KM

Burmistrz Okonka  
2016-11-06  
Okonek  
10 km

B4SPORT



Klasyfikacja: M-40

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	<b>HOFFMAN Aleksander</b>	<b>34</b>		M-40	1	00:00:01	00:09:40	00:27:46	<b>00:36:16.95</b>	<b>00:36:18.60</b>		3:37	16.5 (100%)
2	<b>KRAUSE Robert</b>	<b>37</b>	PRECON POLSKA-JASTROWIE	M-40	2	00:00:03	00:10:30	00:31:07	<b>00:40:58.85</b>	<b>00:41:01.90</b>	+00:04:41 (11.5%)	4:05	14.6 (88.5%)
3	<b>ECKERT Zbigniew</b>	<b>12</b>	TEAM BIEGOWY SZCZECINEK	M-40	3	00:00:07	00:11:14	00:33:12	<b>00:43:58.00</b>	<b>00:44:05.05</b>	+00:07:41 (17.5%)	4:23	13.6 (82.4%)
4	<b>PĘKAŁA Piotr</b>	<b>49</b>	ROZBIEGANY KOSZALIN	M-40	4	00:00:06	00:11:51	00:33:50	<b>00:44:30.75</b>	<b>00:44:37.25</b>	+00:08:13 (18.5%)	4:27	13.5 (81.8%)
5	<b>MADAJCZAK Jarosław</b>	<b>44</b>		M-40	5	00:00:03	00:11:24	00:34:09	<b>00:45:02.35</b>	<b>00:45:05.35</b>	+00:08:45 (19.4%)	4:30	13.3 (80.6%)
6	<b>JAROSZ Dariusz</b>	<b>76</b>	TKKF KOSZALIN	M-40	6	00:00:04	00:11:57	00:34:15	<b>00:45:03.30</b>	<b>00:45:08.25</b>	+00:08:46 (19.5%)	4:30	13.3 (80.6%)
7	<b>SKOCZYLAS Henryk</b>	<b>82</b>		M-40	7	00:00:04	00:11:37	00:34:25	<b>00:45:15.60</b>	<b>00:45:20.45</b>	+00:08:58 (19.8%)	4:31	13.3 (80.6%)
8	<b>DUDZIAK Piotr</b>	<b>9</b>	ROZBIEGANY KOSZALIN	M-40	8	00:00:03	00:12:22	00:36:06	<b>00:47:28.85</b>	<b>00:47:32.80</b>	+00:11:11 (23.6%)	4:44	12.6 (76.4%)
9	<b>TOWSTOKORY Marek</b>	<b>78</b>		M-40	9	00:00:07	00:12:14	00:36:34	<b>00:48:29.70</b>	<b>00:48:37.60</b>	+00:12:12 (25.2%)	4:51	12.4 (75.2%)
10	<b>PUŚCIAN Krzysztof</b>	<b>53</b>	GIMNAZJUM W MANOWIE	M-40	10	00:00:03	00:12:48	00:37:12	<b>00:48:44.95</b>	<b>00:48:48.65</b>	+00:12:28 (25.6%)	4:52	12.3 (74.5%)
11	<b>KLOSKOWSKI Dariusz</b>	<b>29</b>	NIGHT RUNNERS	M-40	11	00:00:04	00:12:18	00:37:08	<b>00:49:21.05</b>	<b>00:49:25.90</b>	+00:13:04 (26.5%)	4:56	12.2 (73.9%)
12	<b>ŻMIJA Dariusz</b>	<b>75</b>		M-40	12	00:00:09	00:12:27	00:37:22	<b>00:49:46.70</b>	<b>00:49:56.05</b>	+00:13:29 (27.1%)	4:58	12.1 (73.3%)
13	<b>KĘPKA Mirosław</b>	<b>27</b>	K.B SPRINT ŚWIDWIN	M-40	13	00:00:07	00:13:17	00:39:26	<b>00:52:29.15</b>	<b>00:52:37.10</b>	+00:16:12 (30.9%)	5:15	11.4 (69.1%)

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
14	<b>KOŁAKOWSKI Dariusz</b>	<b>32</b>	K.B.SPRINT ŚWIDWIN	M-40	14	00:00:08	00:13:15	00:39:37	<b>00:52:53.05</b>	<b>00:53:01.45</b>	+00:16:36 (31.4%)	5:17	11.3 (68.5%)
15	<b>ZIACH Kamil</b>	<b>74</b>	MAW	M-40	15	00:00:10	00:13:39	00:41:19	<b>00:54:33.00</b>	<b>00:54:43.65</b>	+00:18:16 (33.5%)	5:27	11 (66.7%)
16	<b>TROJANOWSKI Zbigniew</b>	<b>68</b>	ZŁOTÓW	M-40	16	00:00:07	00:13:41	00:41:19	<b>00:54:36.05</b>	<b>00:54:43.20</b>	+00:18:19 (33.5%)	5:27	11 (66.7%)
17	<b>GWIAZDA Mariusz</b>	<b>21</b>		M-40	17	00:00:08	00:13:58	00:41:29	<b>00:54:58.70</b>	<b>00:55:07.65</b>	+00:18:41 (34.0%)	5:29	10.9 (66.1%)
18	<b>KLUPŚ Janusz</b>	<b>31</b>		M-40	18	00:00:06	00:14:26	00:41:41	<b>00:55:52.95</b>	<b>00:55:59.35</b>	+00:19:36 (35.1%)	5:35	10.7 (64.8%)
19	<b>GAWROŃSKI Grzegorz</b>	<b>16</b>	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M-40	19	00:00:10	00:14:21	00:42:13	<b>00:55:53.05</b>	<b>00:56:03.30</b>	+00:19:36 (35.1%)	5:35	10.7 (64.8%)
20	<b>KOŁODZIEJCZAK Grzegorz</b>	<b>33</b>	PARKRUN SZCZECINEK	M-40	20	00:00:07	00:15:25	00:43:24	<b>00:56:43.35</b>	<b>00:56:51.25</b>	+00:20:26 (36.0%)	5:40	10.6 (64.2%)

Znaleziono 20 wynik(ów)