

BIEG ŚNIADANIOWY / KLUBOWE MISTRZOSTWA MORSÓW

B4SPORT

Organizator: Centrum Kultury Mielno
Data: 2023-02-11
Miejsce: Mielno
Dystans: 5 km



Klasyfikacja: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	ZIELINSKI Sławomir	279	MORSY ROSKILDE.DK	M40	1	00:19:07.15		3:49	15.7 (100%)
2	OKUNIEWICZ Wojciech	164	STRZEGOMSKA DWUNASTKA	M40	2	00:19:27.20	+00:00:20 (1.7%)	3:53	15.4 (98.1%)
3	TROCHIMIUK Andrzej	246	MORSY JELENIN	M40	3	00:19:50.55	+00:00:43 (3.6%)	3:58	15.1 (96.2%)
4	GROBELNY Sebastian	66	FOLLOW MORS	M40	4	00:21:46.60	+00:02:39 (12.2%)	4:21	13.8 (87.9%)
5	DUMIŃSKI Tomasz	42	STRZEGOMSKA DWUNASTKA	M40	5	00:21:47.10	+00:02:39 (12.2%)	4:21	13.8 (87.9%)
6	BARSZCZEWSKI Sebastian	12		M40	6	00:21:52.10	+00:02:44 (12.6%)	4:22	13.7 (87.3%)
7	SOSNOWSKI Rafał	212	KLUB MORSZA BESKID MAŁY	M40	7	00:21:53.15	+00:02:46 (12.6%)	4:22	13.7 (87.3%)
8	WIENCEK Artur	263	KAMERALNE MORSY RASZKÓW	M40	8	00:21:57.95	+00:02:50 (13.0%)	4:23	13.7 (87.3%)
9	RUDZIEWICZ Mariusz	198	RUDE MORSY	M40	9	00:22:26.45	+00:03:19 (14.8%)	4:29	13.4 (85.4%)
10	PIASKOWSKI Artur	175		M40	10	00:22:34.50	+00:03:27 (15.3%)	4:30	13.3 (84.7%)
11	WEGNER Tomasz	298		M40	11	00:22:47.50	+00:03:40 (16.1%)	4:33	13.2 (84.1%)
12	WĘCLEWSKI Robert	260	ŚREMSKI KLUB MORSÓW MROZIK	M40	12	00:23:16.15	+00:04:09 (17.8%)	4:39	12.9 (82.2%)
13	IWON Marcin	75	BARTOSZYCKI KLUB MORSÓW POLAR	M40	13	00:23:45.70	+00:04:38 (19.5%)	4:45	12.6 (80.3%)
14	KOSMALA Waldemar	111		M40	14	00:23:57.75	+00:04:50 (20.2%)	4:47	12.5 (79.6%)
15	BOCHEŃSKI Rafał	20	KKM KALORYFER	M40	15	00:23:58.85	+00:04:51 (20.3%)	4:47	12.5 (79.6%)
16	SUDER-MAKSYMOWICZ Grzegorz	233		M40	16	00:24:06.95	+00:04:59 (20.7%)	4:49	12.4 (79.0%)
17	RUDEK Marcin	196	MORSY RACIBÓRZ	M40	17	00:24:07.35	+00:05:00 (20.7%)	4:49	12.4 (79.0%)
18	RUSINEK Łukasz	292		M40	18	00:24:13.75	+00:05:06 (21.1%)	4:50	12.4 (79.0%)
19	STRZELECKI Grzegorz	231	FIGA PRACOWNIA PROJEKTOWA	M40	19	00:24:17.00	+00:05:09 (21.3%)	4:51	12.4 (79.0%)
20	GUZEK Mariusz	70	BIAŁE MORSY GOSTYNIN-KUTNO	M40	20	00:24:25.75	+00:05:18 (21.7%)	4:53	12.3 (78.3%)
21	REIMAN Marcin	204		M40	21	00:24:36.50	+00:05:29 (22.3%)	4:55	12.2 (77.7%)
22	WOJDAT Robert	270	DRUŻYNA SZPIKU	M40	22	00:24:54.20	+00:05:47 (23.2%)	4:58	12 (76.4%)
23	KALETA Krzysztof	90	KAMERALNE MORSY RASZKÓW	M40	23	00:24:55.25	+00:05:48 (23.3%)	4:59	12 (76.4%)
24	TYLUS Rafał	251		M40	24	00:24:56.55	+00:05:49 (23.3%)	4:59	12 (76.4%)
25	PODBYLSKI Łukasz	183		M40	25	00:24:59.05	+00:05:51 (23.5%)	4:59	12 (76.4%)
26	JANAS Mariusz	297		M40	26	00:25:36.05	+00:06:28 (25.3%)	5:07	11.7 (74.5%)
27	ADAMUS Daniel	6	STRZEGOMSKA DWUNASTKA	M40	27	00:27:00.55	+00:07:53 (29.2%)	5:24	11.1 (70.7%)

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28	MATŁOSZ Juliusz	144		M40	28	00:27:06.20	+00:07:59 (29.5%)	5:25	11.1 (70.7%)
29	KOZŁOWSKI Adam	114		M40	29	00:27:18.50	+00:08:11 (30.0%)	5:27	11 (70.1%)
30	STRONGOWSKI Krzysztof	229	MORSJANKI & MORSJANIE	M40	30	00:27:32.15	+00:08:25 (30.6%)	5:30	10.9 (69.4%)
31	PŁACZKOWSKI Krzysztof	180		M40	31	00:27:45.60	+00:08:38 (31.1%)	5:33	10.8 (68.8%)
32	STACHNIK Bartłomiej	214	SOPOCKI KLUB MORSÓW	M40	32	00:27:46.55	+00:08:39 (31.2%)	5:33	10.8 (68.8%)
33	ZBOREK Adam	288		M40	33	00:28:09.10	+00:09:01 (32.1%)	5:37	10.7 (68.2%)
34	WIŚNIEWSKI Rafał	248		M40	34	00:28:22.20	+00:09:15 (32.6%)	5:40	10.6 (67.5%)
35	PIOTROWSKI Grzegorz	221	STRZEGOMSKA DWUNASTKA	M40	35	00:28:33.10	+00:09:25 (33.0%)	5:42	10.5 (66.9%)
36	GOŁĘBIEWSKI Kazimierz	62	KEMPER TEAM	M40	36	00:28:34.70	+00:09:27 (33.1%)	5:42	10.5 (66.9%)
37	MARCINIAK Michał	141	ŚREMSKI KLUB MORSÓW MROZIK	M40	37	00:29:05.00	+00:09:57 (34.3%)	5:49	10.3 (65.6%)
38	STRAWA Arkadiusz	227	POZYTYWNIEM ZMORSOWANI	M40	38	00:29:34.70	+00:10:27 (35.4%)	5:54	10.1 (64.3%)
39	SOCZEWKA Daniel	210	MORSY SIEDLCE	M40	39	00:29:40.00	+00:10:32 (35.6%)	5:56	10.1 (64.3%)
40	ŚMIGIEL Arkadiusz	290		M40	40	00:30:04.35	+00:10:57 (36.4%)	6:00	10 (63.7%)
41	ADAMSKI Mariusz	5	KAMERALNE MORSY RASZKÓW	M40	41	00:30:11.15	+00:11:04 (36.7%)	6:02	9.9 (63.1%)
42	DUDA Marek	40	JUTROSINSKI KLUB MORSÓW	M40	42	00:30:24.35	+00:11:17 (37.1%)	6:04	9.9 (63.1%)
43	KOMRUS Sławek	280		M40	43	00:30:31.30	+00:11:24 (37.4%)	6:06	9.8 (62.4%)
44	MIELCZAREK Kazimierz	283		M40	44	00:30:55.65	+00:11:48 (38.2%)	6:11	9.7 (61.8%)
45	GWIZDAŁA Daniel	71	ROCK BALANCING ICE	M40	45	00:31:01.80	+00:11:54 (38.4%)	6:12	9.7 (61.8%)
46	ANZEL Paweł	10	MORSY ŚRODA ŚLĄSKA	M40	46	00:31:12.85	+00:12:05 (38.7%)	6:14	9.6 (61.1%)
47	STACHOWIAK Rafał	217	KAMERALNE MORSY RASZKÓW	M40	47	00:31:22.20	+00:12:15 (39.1%)	6:16	9.6 (61.1%)
48	BANASZKIEWICZ Rafał	11	MORSY ROSKILDE.DK	M40	48	00:31:50.15	+00:12:43 (39.9%)	6:22	9.4 (59.9%)
49	FLAK Robert	51		M40	49	00:32:08.00	+00:13:00 (40.5%)	6:25	9.3 (59.2%)
50	SZLAFKA Arek	239	ŚREMSKI KLUB MORSÓW MROZIK	M40	50	00:32:58.05	+00:13:50 (42.0%)	6:35	9.1 (58.0%)
51	WALENDOWSKI Tomek	256	ŚREMSKI KLUB MORSÓW MROZIK	M40	51	00:32:58.40	+00:13:51 (42.0%)	6:35	9.1 (58.0%)
52	KOZAK Maciej	113	ŚREMSKI KLUB MORSÓW MROZIK	M40	52	00:33:08.45	+00:14:01 (42.3%)	6:37	9.1 (58.0%)
53	STRAUBE Bogumił	226	ŚRODA ŚLĄSKA	M40	53	00:34:43.65	+00:15:36 (44.9%)	6:56	8.6 (54.8%)
54	GRUSZCZYŃSKI Kacper	68	MORSY ŚRODA ŚLĄSKA	M40	54	00:34:44.70	+00:15:37 (45.0%)	6:56	8.6 (54.8%)
55	WACHOWIAK Sławomir	254	SZAMOTULSKI KLUB MORSÓW GÓRA LODOWA	M40	55	00:36:46.00	+00:17:38 (48.0%)	7:21	8.2 (52.2%)
56	SZUSTER Jakub	287		M40	56	00:36:55.35	+00:17:48 (48.2%)	7:23	8.1 (51.6%)
57	WARSZAWSKI Rafał	258	OSTROWSKIE MORSY	M40	57	00:37:43.20	+00:18:36 (49.3%)	7:32	8 (51.0%)
58	PIETRZAK Dawid	215		M40	58	00:38:04.75	+00:18:57 (49.8%)	7:36	7.9 (50.3%)
59	SZENDZIELORZ Marek	237	KEMPER TEAM	M40	59	00:40:17.80	+00:21:10 (52.6%)	8:03	7.4 (47.1%)
60	FRYDRYCH Przemysław	52	KEMPER TEAM	M40	60	00:40:18.20	+00:21:11 (52.6%)	8:03	7.4 (47.1%)
61	JARZĄBEK Krzysztof	82	RUDE MORSY	M40	61	00:40:31.75	+00:21:24 (52.8%)	8:06	7.4 (47.1%)
62	SZYMAŃSKI Radosław	242		M40	62	00:43:27.45	+00:24:20 (56.0%)	8:41	6.9 (43.9%)
63	KLIMCZAK Krzysztof	105	WODNE NIEBO OSTRORÓG	M40	63	00:43:31.80	+00:24:24 (56.1%)	8:42	6.9 (43.9%)

Znaleziono 63 wynik(ów)