

BIEG ŚNIADANIOWY / KLUBOWE MISTRZOSTWA MORSÓW

B4SPORT
INTELEGENE ZAWODY SPORTOWE

Organizator: Centrum Kultury Mielno
Data: 2024-02-10
Miejsce: Mielno
Dystans: 5 km



Klasyfikacja: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	HOŁUB Kamil	308	MLUKS TRZEBIATÓW	M40	1	00:18:30.60		3:42	16.2 (100%)
2	ZIELINSKI Sławomir	297	MORSY ROSKILDE .DK	M40	2	00:18:44.80	+00:00:14 (1.3%)	3:44	16 (98.8%)
3	TROCHIMIUK Andrzej	309	MORSY JELENIN	M40	3	00:18:51.90	+00:00:21 (1.9%)	3:46	15.9 (98.1%)
4	OKUNIEWICZ Wojciech	163	STRZEGOMSKA DWUNASTKA	M40	4	00:18:56.55	+00:00:25 (2.3%)	3:47	15.8 (97.5%)
5	MARZEC Adam	247		M40	5	00:19:52.85	+00:01:22 (6.9%)	3:58	15.1 (93.2%)
6	ŁUKASIEWICZ Wojtek	132		M40	6	00:20:09.90	+00:01:39 (8.2%)	4:01	14.9 (92.0%)
7	KOMRAUS Sławomir	97		M40	7	00:20:21.70	+00:01:51 (9.1%)	4:04	14.7 (90.7%)
8	DUMIŃSKI Tomasz	43	STRZEGOMSKA DWUNASTKA	M40	8	00:21:00.40	+00:02:29 (11.9%)	4:12	14.3 (88.3%)
9	TUŁACZ Bohdan	255	KALISKIE MORSY	M40	9	00:21:16.00	+00:02:45 (13.0%)	4:15	14.1 (87.0%)
10	PERŁOWSKI Kamil	178	ŻYRARDOWSKIE MORSY	M40	10	00:21:20.30	+00:02:49 (13.3%)	4:16	14.1 (87.0%)
11	RUDEK Marcin	206	ZDROWE MORSY DĘBOWA	M40	11	00:21:34.00	+00:03:03 (14.2%)	4:18	13.9 (85.8%)
12	KRYMSKI Tomasz	110	STRZEGOMSKA DWUNASTKA	M40	12	00:21:38.35	+00:03:07 (14.5%)	4:19	13.9 (85.8%)
13	SPRANCEL Marcin	221	MORSY NA KOKSIE	M40	13	00:21:40.40	+00:03:09 (14.6%)	4:20	13.8 (85.2%)
14	PIASKOWSKI Artur	179		M40	14	00:22:00.00	+00:03:29 (15.9%)	4:24	13.6 (84.0%)
15	KOMINEK Sebastian	96		M40	15	00:22:07.70	+00:03:37 (16.4%)	4:25	13.6 (84.0%)
16	WIENCEK Artur	278	KAMERALNE MORSY RASZKÓW	M40	16	00:22:09.65	+00:03:39 (16.5%)	4:25	13.5 (83.3%)
17	OLEJNICZAK Artur	165		M40	17	00:22:15.70	+00:03:45 (16.9%)	4:27	13.5 (83.3%)
18	LOCHNO Kornel	125		M40	18	00:22:32.90	+00:04:02 (17.9%)	4:30	13.3 (82.1%)
19	STRZELECKI Grzegorz	230	FIGA PRACOWNIA PROJEKTOWA	M40	19	00:22:42.50	+00:04:11 (18.5%)	4:32	13.2 (81.5%)
20	BOBELA Krzysztof	18	STRZEGOMSKA DWUNASTKA	M40	20	00:22:51.95	+00:04:21 (19.0%)	4:34	13.1 (80.9%)
21	RUSINEK Łukasz	209	LUBARTOWSKIE MORSY	M40	21	00:23:02.60	+00:04:32 (19.7%)	4:36	13 (80.2%)
22	BABICZ Paweł	8	BABKI Z KLASĄ I PAWEŁ	M40	22	00:23:11.40	+00:04:40 (20.2%)	4:38	12.9 (79.6%)
23	PODBYLSKI Łukasz	189	ZMĘCZENI NA STARCIE	M40	23	00:23:12.65	+00:04:42 (20.3%)	4:38	12.9 (79.6%)
24	JANAS Mariusz	70	LECZYMY DURŚ	M40	24	00:23:15.35	+00:04:44 (20.4%)	4:39	12.9 (79.6%)
25	PIOTROWSKI Grzegorz	183	STRZEGOMSKA DWUNASTKA	M40	25	00:23:20.55	+00:04:49 (20.7%)	4:40	12.9 (79.6%)
26	WEGNER Tomasz	273	LECZYMY DURŚ	M40	26	00:23:23.85	+00:04:53 (20.9%)	4:40	12.8 (79.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Tempo min/km	Tempo km/h
						netto	Różn		
						5km			
27	RUDZIEWICZ Mariusz	207	RUDE MORSY	M40	27	00:23:24.60	+00:04:54 (20.9%)	4:40	12.8 (79.0%)
28	WARDZIAK Bogdan	268	ŻYRARDOWSKIE MORSY	M40	28	00:23:27.05	+00:04:56 (21.1%)	4:41	12.8 (79.0%)
29	WĘCLEWSKI Robert	275	ŚREMSKI KLUB MORSÓW MROZIK	M40	29	00:23:37.10	+00:05:06 (21.6%)	4:43	12.7 (78.4%)
30	OZIĘBŁO Marcin	174	ŻYRARDOWSKIE MORSY	M40	30	00:24:23.70	+00:05:53 (24.1%)	4:52	12.3 (75.9%)
31	ŁAKOMIAK Artur	127		M40	31	00:24:37.65	+00:06:07 (24.8%)	4:55	12.2 (75.3%)
32	KALETA Krzysztof	83	KAMERALNE MORSY RASZKÓW	M40	32	00:24:39.55	+00:06:08 (24.9%)	4:55	12.2 (75.3%)
33	ZIELIŃSKI Michał	298	22 ODN	M40	33	00:24:43.60	+00:06:13 (25.1%)	4:56	12.1 (74.7%)
34	WOJDAT Robert	286	DRUŻYNA SZPIKU	M40	34	00:24:50.20	+00:06:19 (25.5%)	4:58	12.1 (74.7%)
35	SIKORA Grzegorz	215	KKM KALORYFER	M40	35	00:24:59.25	+00:06:28 (25.9%)	4:59	12 (74.1%)
36	DORYWALSKI Artur	41	FIGA PRACOWNIA PROJEKTOWA	M40	36	00:24:59.35	+00:06:28 (25.9%)	4:59	12 (74.1%)
37	IWON Marcin	69	BARTOSZYCKI KLUB MORSÓW 'POLAR'	M40	37	00:25:11.70	+00:06:41 (26.5%)	5:02	11.9 (73.5%)
38	PRAŻANOWSKI Mariusz	195		M40	38	00:25:11.85	+00:06:41 (26.5%)	5:02	11.9 (73.5%)
39	MARCINIAK Rafał	138		M40	39	00:25:21.85	+00:06:51 (27.0%)	5:04	11.8 (72.8%)
40	GARUS Tomasz	53	HABCORE	M40	40	00:25:26.75	+00:06:56 (27.3%)	5:05	11.8 (72.8%)
41	MIKULEC Robert	50	STRZEGOMSKA DWUNASTKA	M40	41	00:25:30.80	+00:07:00 (27.4%)	5:06	11.8 (72.8%)
42	SUDER-MAKSYMOWICZ Grzegorz	232		M40	42	00:25:53.90	+00:07:23 (28.5%)	5:10	11.6 (71.6%)
43	MARCINIAK Michał	139	ŚREMSKI KLUB MORSÓW MROZIK	M40	43	00:26:00.05	+00:07:29 (28.8%)	5:12	11.5 (71.0%)
44	SZAFRAŃSKI Jakub	236	ŚREMSKI KLUB MORSÓW MROZIK	M40	44	00:26:47.85	+00:08:17 (30.9%)	5:21	11.2 (69.1%)
45	PIETRASZEK Paweł	182	ŻYRARDOWSKIE MORSY	M40	45	00:26:54.65	+00:08:24 (31.2%)	5:22	11.2 (69.1%)
46	KOWALEWICZ Bartłomiej	101	MORSY CHOCEŃ	M40	46	00:27:14.35	+00:08:43 (32.0%)	5:26	11 (67.9%)
47	ZAJĄC Marcin	292	MORSY PMI	M40	47	00:27:20.80	+00:08:50 (32.3%)	5:28	11 (67.9%)
48	WALENDOESKI Tomasz	264	ŚREMSKI KLUB MORSÓW MROZIK	M40	48	00:27:25.95	+00:08:55 (32.5%)	5:29	10.9 (67.3%)
49	ŻELAZKO Jarosław	304	MORSIKI PSARSKIE	M40	49	00:27:27.30	+00:08:56 (32.6%)	5:29	10.9 (67.3%)
50	MAĆZKA Michał	145	HAPPYRUNNERS	M40	50	00:27:32.00	+00:09:01 (32.8%)	5:30	10.9 (67.3%)
51	ZALEWSKI Sylwester	294	VO2MAX RACING TEAM	M40	51	00:27:44.60	+00:09:14 (33.3%)	5:32	10.8 (66.7%)
52	KOZAK Maciej	102	ŚREMSKI KLUB MORSÓW MROZIK	M40	52	00:27:53.75	+00:09:23 (33.6%)	5:34	10.8 (66.7%)
53	POLIKOWSKI Patryk	192		M40	53	00:27:56.25	+00:09:25 (33.7%)	5:35	10.7 (66.0%)
54	ADAMSKI Mariusz	4	KAMERALNE MORSY RASZKÓW	M40	54	00:28:21.30	+00:09:50 (34.7%)	5:40	10.6 (65.4%)
55	MACIOROWSKI Adam	134	ZIMNOLUBNI ISLANDIA	M40	55	00:28:22.60	+00:09:52 (34.8%)	5:40	10.6 (65.4%)
56	GOŁĘBIEWSKI Kazimierz	58		M40	56	00:28:36.70	+00:10:06 (35.3%)	5:43	10.5 (64.8%)
57	CZAPSKI Paweł	34	MORSY GOŁUCHÓW	M40	57	00:29:11.15	+00:10:40 (36.6%)	5:50	10.3 (63.6%)
58	MAZURCZAK Mariusz	142	MORSY GOLUCHÓW	M40	58	00:29:11.40	+00:10:40 (36.6%)	5:50	10.3 (63.6%)
59	KALINOWSKI Jakub	85	MORSY GOŁUCHÓW	M40	59	00:29:11.65	+00:10:41 (36.6%)	5:50	10.3 (63.6%)
60	CZAPSKI Piotr	33	MORSY GOŁUCHÓW	M40	60	00:29:11.75	+00:10:41 (36.6%)	5:50	10.3 (63.6%)
61	STRAUBE Bogumił	228	MORSY ŚRODA ŚLĄSKA	M40	61	00:29:39.35	+00:11:08 (37.6%)	5:55	10.1 (62.3%)
62	BĄK Tomasz	16	STOWARZYSZENIE WROCŁAWSKIE MORSY	M40	62	00:30:23.30	+00:11:52 (39.1%)	6:04	9.9 (61.1%)
63	OLESIAK Piotr	166	STOWARZYSZENIE WROCŁAWSKIE MORSY	M40	63	00:30:25.00	+00:11:54 (39.1%)	6:05	9.9 (61.1%)
64	TRZEBINSKI Robert	253	ZIMNOLUBNI ISLANDIA	M40	64	00:30:30.90	+00:12:00 (39.3%)	6:06	9.8 (60.5%)
65	GRUSZCZYŃSKI Kacper	61	MORSY ŚRODA ŚLĄSKA	M40	65	00:30:48.05	+00:12:17 (39.9%)	6:09	9.7 (59.9%)
66	SKONIECZNY Karol	218	MORSY GOŁUCHÓW	M40	66	00:32:13.05	+00:13:42 (42.5%)	6:26	9.3 (57.4%)
67	KLECIEK Arkadiusz	92	MORSY NA JURZE	M40	67	00:32:30.85	+00:14:00 (43.1%)	6:30	9.2 (56.8%)
68	ZBIGNIEW Mazur	128		M40	68	00:32:51.25	+00:14:20 (43.7%)	6:34	9.1 (56.2%)
69	ADAMUS Daniel	5	STRZEGOMSKA DWUNASTKA	M40	69	00:34:02.90	+00:15:32 (45.6%)	6:48	8.8 (54.3%)
70	SZLAFKA Arkadiusz	239	ŚREMSKI KLUB MORSÓW MROZIK	M40	70	00:34:04.35	+00:15:33 (45.7%)	6:48	8.8 (54.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
71	WARSZAWSKI Rafał	270	OSTROWSKIE MORSY	M40	71	00:37:22.40	+00:18:51 (50.5%)	7:28	8 (49.4%)
72	SURMACZ Marcin	234	NAGŁE MORSOWANIA BYDGOSZCZ	M40	72	00:38:05.85	+00:19:35 (51.4%)	7:37	7.9 (48.8%)
73	FRYDRYCH Przemysław	52	KEMPER TEAM	M40	73	00:38:50.10	+00:20:19 (52.3%)	7:46	7.7 (47.5%)
74	SZENDZIELORZ Marek	237		M40	74	00:38:50.60	+00:20:20 (52.3%)	7:46	7.7 (47.5%)
75	KOCISZEWSKI Jarek	204	MORSY PAKOSC	M40	75	00:41:19.75	+00:22:49 (55.2%)	8:15	7.3 (45.1%)
76	SZYMAŃSKI Radosław	245	KLIMA MORSY WRZEŚNIA	M40	76	00:44:45.00	+00:26:14 (58.6%)	8:57	6.7 (41.4%)
77	GREGORCZYK Jarosław	59	MORSY Z JEZIORA KRAKSY	M40	77	00:49:50.50	+00:31:19 (62.9%)	9:58	6 (37.0%)

Znaleziono 77 wynik(ów)