

Wydarzenie: BIEG WIKINGA - WOLIN 2019
Organizator: Uczniowski Klub Sportowy „WYSPA”, Gmina Wolin.
Data: 2019-09-29
Miejsce: Wolin
Dystans: 10 km



Klasyfikacja: M40-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina Wolin	Lap 5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	ZACZKO Jacek	293	TURBO ŚLIMAK	M40-49	1		00:17:53	00:36:13.25		3:37	16.6 (100%)
2	FILIPOWSKI Dariusz	71	ŚWIAT BIEGACZA FEHLARUNTEAM	M40-49	2		00:17:54	00:36:40.25	+00:00:27 (1.2%)	3:40	16.4 (98.8%)
3	GIBA Jacek	80	MKL MARATON ŚWINOUJŚCIE	M40-49	3		00:19:30	00:39:22.50	+00:03:09 (8.0%)	3:56	15.2 (91.6%)
4	KRZEŚNIEWSKI Marcin	139	ROWEROWY ZAŁOM	M40-49	4		00:20:22	00:41:44.45	+00:05:31 (13.2%)	4:10	14.4 (86.7%)
5	PIETRAS Marcin	204		M40-49	5		00:21:01	00:43:30.55	+00:07:17 (16.8%)	4:21	13.8 (83.1%)
6	BOJKO Marek	25		M40-49	6		00:22:11	00:44:25.80	+00:08:12 (18.5%)	4:26	13.5 (81.3%)
7	MAJEWSKI Borys	161		M40-49	7		00:22:08	00:44:34.35	+00:08:21 (18.7%)	4:27	13.5 (81.3%)
8	JUSZYŃSKI Rafał	109		M40-49	8		00:21:47	00:44:50.80	+00:08:37 (19.2%)	4:29	13.4 (80.7%)
9	WARCZALOWSKI Arkadiusz	268		M40-49	9		00:22:08	00:45:09.40	+00:08:56 (19.8%)	4:30	13.3 (80.1%)
10	BRZĄKAŁA Waldemar	27	KB KAMIEŃ POMORSKI	M40-49	10		00:22:22	00:45:39.10	+00:09:25 (20.7%)	4:33	13.1 (78.9%)
11	KRYSZCZUK Sławomir	138		M40-49	11		00:22:36	00:45:39.70	+00:09:26 (20.7%)	4:34	13.1 (78.9%)
12	HENGIELSKI Piotr	99		M40-49	12	Tak	00:22:36	00:46:15.70	+00:10:02 (21.7%)	4:37	13 (78.3%)
13	PAKURA Krzysztof	196		M40-49	13		00:23:25	00:46:18.60	+00:10:05 (21.8%)	4:37	13 (78.3%)
14	JUDKIEWICZ Piotr	108		M40-49	14	Tak	00:22:57	00:46:52.10	+00:10:38 (22.7%)	4:41	12.8 (77.1%)
15	GAWRYSIAK Przemysław	78		M40-49	15		00:23:31	00:47:32.85	+00:11:19 (23.8%)	4:45	12.6 (75.9%)
16	BEKIER Szymon	15		M40-49	16		00:23:51	00:48:56.30	+00:12:43 (26.0%)	4:53	12.3 (74.1%)
17	KULA Sambor	144		M40-49	17		00:24:55	00:48:58.20	+00:12:44 (26.0%)	4:53	12.2 (73.5%)
18	BUKOWIECKI Adam	32		M40-49	18		00:25:13	00:49:48.80	+00:13:35 (27.3%)	4:58	12 (72.3%)
19	KOWALCZYK Paweł	133	HOŻA TEAM	M40-49	19		00:25:15	00:49:58.50	+00:13:45 (27.5%)	4:59	12 (72.3%)
20	WEREMIJ Sławek	272	BIEGACZE ŚWINOUJŚCIE	M40-49	20		00:24:49	00:50:18.65	+00:14:05 (28.0%)	5:01	11.9 (71.7%)
21	WRĘBIAK Dariusz	287		M40-49	21		00:25:43	00:51:12.30	+00:14:59 (29.3%)	5:07	11.7 (70.5%)
22	LISZNIAŃSKI Daniel	154	CELOWY ZWIĄZEK GMIN RXXI NOWOGARD	M40-49	22		00:26:12	00:51:48.90	+00:15:35 (30.1%)	5:10	11.6 (69.9%)
23	MICHAŁOWSKI Daniel	173		M40-49	23		00:25:16	00:51:50.70	+00:15:37 (30.1%)	5:11	11.6 (69.9%)
24	KARASEK Krzysztof	118	NAUKA JAZDY KARASEK	M40-49	24		00:25:23	00:51:51.10	+00:15:37 (30.1%)	5:11	11.6 (69.9%)
25	CZERNIACHOWSKI Jacek	45		M40-49	25		00:26:22	00:51:59.05	+00:15:45 (30.3%)	5:11	11.5 (69.3%)
26	BĄCZYK Adam	14	MONIA GYM	M40-49	26		00:26:00	00:52:21.05	+00:16:07 (30.8%)	5:14	11.5 (69.3%)
27	GROSICKI Marcin	89	SPRINT LOGISTYKA POLSKA	M40-49	27		00:26:15	00:52:40.55	+00:16:27 (31.2%)	5:16	11.4 (68.7%)

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28	BIERNACKI Andrzej	22		M40-49	28		00:26:10	00:52:41.25	+00:16:28 (31.3%)	5:16	11.4 (68.7%)
29	PIETRUCZYK Arek	205		M40-49	29		00:25:37	00:53:07.35	+00:16:54 (31.8%)	5:18	11.3 (68.1%)
30	POTERAŁSKI Radosław	212	PARKRUNŚWINOUJŚCIE	M40-49	30		00:25:28	00:53:13.60	+00:17:00 (31.9%)	5:19	11.3 (68.1%)
31	KĄKOLEWSKI Marek	122	BIEGACZE ŚWINOUJŚCIE	M40-49	31		00:26:59	00:53:21.30	+00:17:08 (32.1%)	5:20	11.2 (67.5%)
32	KUCHARCZYK Mariusz	140		M40-49	32	Tak	00:26:59	00:54:31.20	+00:18:17 (33.6%)	5:27	11 (66.3%)
33	ADAMCZYK Piotr	1		M40-49	33		00:27:09	00:54:32.55	+00:18:19 (33.6%)	5:27	11 (66.3%)
34	DENEKO Maciej	56	SPRINT LOGISTYKA POLSKA	M40-49	34		00:27:14	00:55:37.15	+00:19:23 (34.9%)	5:33	10.8 (65.1%)
35	SZARYŃSKI Adam	251	IRONMAN	M40-49	35		00:28:27	00:55:44.75	+00:19:31 (35.0%)	5:34	10.8 (65.1%)
36	HARŁUKOWICZ Krzysztof	96	EXTREMEWOLF	M40-49	36		00:28:26	00:55:45.00	+00:19:31 (35.0%)	5:34	10.8 (65.1%)
37	PASZKIEWICZ Paweł	198		M40-49	37		00:27:20	00:55:45.30	+00:19:32 (35.0%)	5:34	10.8 (65.1%)
38	POGORZELSKI Daniel	208	WIECZORNE BIEGANIE W SZCZECINIE	M40-49	38		00:28:41	00:57:56.10	+00:21:42 (37.5%)	5:47	10.4 (62.7%)
39	SERDECZNY Artur	230	KLUB KOKOSA	M40-49	39		00:29:42	00:58:22.00	+00:22:08 (37.9%)	5:50	10.3 (62.0%)
40	SZCZEPANOWSKI Andrzej	252		M40-49	40		00:29:12	00:58:57.50	+00:22:44 (38.6%)	5:53	10.2 (61.4%)
41	LUBITZ André	156	LAUFMÜTZEN USEDOM	M40-49	41		00:30:01	00:59:44.55	+00:23:31 (39.4%)	5:58	10 (60.2%)
42	PAWŁOWSKI Marcin	199	WIECZORNE BIEGANIE W SZCZECINIE	M40-49	42		00:29:59	01:00:07.85	+00:23:54 (39.8%)	6:00	10 (60.2%)
43	JANKOWSKI Piotr	104		M40-49	43		00:29:41	01:01:05.10	+00:24:51 (40.7%)	6:06	9.8 (59.0%)
44	RÓZGA Zbigniew	223	VIKING 88	M40-49	44		00:30:57	01:03:16.50	+00:27:03 (42.8%)	6:19	9.5 (57.2%)
45	TOMALAK Marcin	267		M40-49	45		00:30:34	01:03:45.25	+00:27:32 (43.2%)	6:22	9.4 (56.6%)
46	KACZYŃSKI Artur	110		M40-49	46		00:31:34	01:04:49.50	+00:28:36 (44.1%)	6:28	9.3 (56.0%)
47	BZDAWKA Rafał	35	KPW ŚWINOUJŚCIE	M40-49	47		00:32:50	01:06:22.90	+00:30:09 (45.4%)	6:38	9 (54.2%)
48	BARSZCZEWSKI Stanisław	10	BIEGACZE ŚWINOUJŚCIE	M40-49	48		00:31:28	01:06:23.65	+00:30:10 (45.4%)	6:38	9 (54.2%)
49	WOJCIECHOWSKI Jacek	277	MH AUTOMATYKA	M40-49	49		00:32:56	01:07:54.45	+00:31:41 (46.7%)	6:47	8.8 (53.0%)
50	SZCZYPEK Sławomir	255		M40-49	50		00:33:53	01:10:11.85	+00:33:58 (48.4%)	7:01	8.5 (51.2%)
51	RÓZGA Jerzy	224	VIKING 88	M40-49	51		00:36:19	01:13:55.60	+00:37:42 (51.0%)	7:23	8.1 (48.8%)
52	SZPULAK Jarosław	258		M40-49	52		00:37:03	01:18:16.20	+00:42:02 (53.7%)	7:49	7.7 (46.4%)
53	DROZDEK Daniel	60		M40-49	53		00:30:30		+00:12:37	6:06	9.8 (59.0%)

Znaleziono 53 wynik(ów)