

CHEŁMNO - 5000M - BIEG OTWARTY 1996 I STARSI / WSPÓLNY KOBIETY I MĘŻCZYŹNI

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Organiser: MLKS Nadwiślanin Chełmno
Date: 2015-04-19
Place: Chełmno
Distance: 5 km

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Classification: Mężczyźni

| Place | Participant | Number | Club | Category | MCat | 1.7km | 3.4km | Net time 5km | Czas brutto 5km | Gap | Pace min/km | Pace km/h |
|-------|-----------------------------|------------|--------------------------|-----------|------|----------|----------|-----------------|-----------------|-------------------|-------------|--------------|
| 1 | JOST Zbigniew | 437 | RODŁO KWIDZYN | Mężczyźni | 1 | 00:04:53 | 00:10:06 | 00:15:17 | 00:15:20 | | 3:03 | 19.6 (100%) |
| 2 | PIERNIKOWSKI Damian | 417 | VECTRA WŁOCLAWEK | Mężczyźni | 2 | 00:05:03 | 00:10:21 | 00:15:51 | 00:15:54 | +00:00:34 (3.6%) | 3:10 | 18.9 (96.4%) |
| 3 | KULPA Michał | 430 | ŚWIECIE | Mężczyźni | 3 | 00:05:15 | 00:10:41 | 00:16:10 | 00:16:13 | +00:00:53 (5.4%) | 3:14 | 18.6 (94.9%) |
| 4 | OSSOWSKI Jakub | 416 | JW 4260 ELBLĄG | Mężczyźni | 4 | 00:05:18 | 00:11:03 | 00:16:42 | 00:16:43 | +00:01:23 (8.3%) | 3:20 | 18 (91.8%) |
| 5 | OZGA Przemysław | 482 | RODŁO KWIDZYN | Mężczyźni | 5 | 00:05:15 | 00:11:04 | 00:17:01 | 00:17:04 | +00:01:44 (10.2%) | 3:24 | 17.6 (89.8%) |
| 6 | GÓRECKI Sławomir | 64 | ZSCKP GRUBNO | Mężczyźni | 6 | 00:05:29 | 00:11:34 | 00:17:54 | 00:17:57 | +00:02:37 (14.6%) | 3:34 | 16.8 (85.7%) |
| 7 | KRAKÓWKA Jacek | 409 | ZSCKP GRUBNO | Mężczyźni | 7 | 00:05:47 | 00:12:26 | 00:18:55 | 00:18:59 | +00:03:39 (19.2%) | 3:47 | 15.9 (81.1%) |
| 8 | RUSS Roman | 429 | NIEZRZESZONY | M40 | 1 | 00:06:13 | 00:12:41 | 00:18:57 | 00:19:01 | +00:03:41 (19.4%) | 3:47 | 15.8 (80.6%) |
| 9 | JANOWSKI Tomasz | 436 | RODŁO KWIDZYN | Mężczyźni | 8 | 00:06:20 | 00:12:57 | 00:19:20 | 00:19:24 | +00:04:04 (21.0%) | 3:52 | 15.5 (79.1%) |
| 10 | BOJKE Mirosław | 514 | | M40 | 2 | 00:06:20 | 00:13:27 | 00:20:11 | 00:20:16 | +00:04:56 (24.3%) | 4:02 | 14.9 (76.0%) |
| 11 | GRZEŚĆ Paweł | 403 | ZSCKP GRUBNO | Mężczyźni | 9 | 00:06:00 | 00:13:20 | 00:20:50 | 00:20:54 | +00:05:34 (26.6%) | 4:10 | 14.4 (73.5%) |
| 12 | MARCHLEWSKI Kamil | 412 | | Mężczyźni | 10 | 00:06:49 | 00:14:22 | 00:21:53 | 00:21:57 | +00:06:37 (30.1%) | 4:22 | 13.7 (69.9%) |
| 13 | CHEŁMIŃSKI Piotr | 495 | MLKS NADWIŚLANIN CHEŁMNO | M50 | 1 | 00:07:16 | 00:14:44 | 00:21:57 | 00:22:03 | +00:06:43 (30.5%) | 4:23 | 13.7 (69.9%) |
| 14 | CIĄSTEK Grzegorz | 289 | | M50 | 2 | 00:07:18 | 00:15:28 | 00:23:48 | 00:23:52 | +00:08:32 (35.8%) | 4:45 | 12.6 (64.3%) |
| 15 | GRACZ Sebastian | 402 | ZSCKP GRUBNO | Mężczyźni | 11 | 00:08:49 | 00:17:31 | 00:25:22 | 00:25:27 | +00:10:07 (39.8%) | 5:04 | 11.8 (60.2%) |
| 16 | STENKA Sławomir | 488 | RODŁO KWIDZYN | M40 | 3 | 00:08:07 | 00:17:02 | 00:25:57 | 00:25:59 | +00:10:39 (41.0%) | 5:11 | 11.6 (59.2%) |
| 17 | KILISZEK Jakub | 407 | ZSCKP GRUBNO | Mężczyźni | 12 | 00:08:50 | 00:17:41 | 00:26:01 | 00:26:05 | +00:10:45 (41.2%) | 5:12 | 11.5 (58.7%) |
| 18 | CIESZYŃSKI Krzysztof | 397 | ZSCKP GRUBNO | Mężczyźni | 13 | 00:08:51 | 00:17:40 | 00:26:01 | 00:26:06 | +00:10:46 (41.3%) | 5:12 | 11.5 (58.7%) |
| 19 | CHUDZIŃSKI Łukasz | 396 | ZSCKP GRUBNO | Mężczyźni | 14 | 00:08:50 | 00:18:46 | 00:28:23 | 00:28:29 | +00:13:09 (46.2%) | 5:40 | 10.6 (54.1%) |
| 20 | MOTYLEWSKI Marek | 433 | MONDI ŚWIECIE | M50 | 3 | 00:09:51 | 00:19:47 | 00:29:32 | 00:29:38 | +00:14:18 (48.3%) | 5:54 | 10.2 (52.0%) |
| 21 | OLSZEWSKI Jerzy | 428 | NIEZRZESZONY | M60 | 1 | 00:09:34 | 00:20:24 | 00:31:23 | 00:31:29 | +00:16:09 (51.3%) | 6:16 | 9.6 (49.0%) |

Total 21 results.