



# DOBRA PIĄTKA - NW

B4SPORT

**Wydarzenie:** Dobra Piątka  
**Organizator:** Stowarzyszenie BiegamBoLubię Team Police  
**Data:** 2019-04-27  
**Miejsce:** Dobra  
**Dystans:** 5nw km

**B4SPORT**  
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: M-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>NAKONIECZNY Grzegorz</b>	<b>224</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	M40	1	<b>00:30:28.75</b>	<b>00:30:48.25</b>		6:05	9.8 (100%)
2	<b>LIPIŃSKI Karol</b>	<b>178</b>		M40	2	<b>00:30:54.35</b>	<b>00:31:17.45</b>	+00:00:29 (1.6%)	6:10	9.7 (99.0%)
3	<b>ZDANUK Artur</b>	<b>360</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	M40	3	<b>00:30:58.55</b>	<b>00:31:23.30</b>	+00:00:35 (1.9%)	6:11	9.7 (99.0%)
4	<b>KAŻMIERCZAK Norbert</b>	<b>132</b>	TUPTUP TEAM	M40	4	<b>00:32:29.05</b>	<b>00:32:54.95</b>	+00:02:06 (6.4%)	6:29	9.2 (93.9%)
5	<b>GŁADZIK Aleksander</b>	<b>82</b>	KOMPAS TEAM	M30	1	<b>00:33:08.45</b>	<b>00:33:32.20</b>	+00:02:43 (8.1%)	6:37	9 (91.8%)
6	<b>ŁEMPKOWSKI Janusz</b>	<b>188</b>	BBL POLICE	M40	5	<b>00:34:11.85</b>	<b>00:34:18.55</b>	+00:03:30 (10.2%)	6:50	8.8 (89.8%)
7	<b>LENER Sławomir</b>	<b>174</b>	EKSPEDYCJA NORDIC TEAM SZCZECIN	M50	1	<b>00:34:17.85</b>	<b>00:34:42.40</b>	+00:03:54 (11.2%)	6:51	8.7 (88.8%)
8	<b>GUZIKOWSKI Tomasz</b>	<b>100</b>	GUZIK TEAM SZCZECIN	M40	6	<b>00:34:27.30</b>	<b>00:34:50.85</b>	+00:04:02 (11.6%)	6:53	8.7 (88.8%)
9	<b>CHOJNACKI Paweł</b>	<b>377</b>		M40	7	<b>00:35:33.45</b>	<b>00:36:01.00</b>	+00:05:12 (14.5%)	7:06	8.4 (85.7%)
10	<b>PARCHIMOWICZ Janusz</b>	<b>242</b>		M50	2	<b>00:36:41.70</b>	<b>00:36:56.40</b>	+00:06:08 (16.6%)	7:20	8.2 (83.7%)
11	<b>NIEZGODA Adam</b>	<b>228</b>	KOMPAS TEAM	M40	8	<b>00:37:39.20</b>	<b>00:38:04.90</b>	+00:07:16 (19.1%)	7:31	8 (81.6%)
12	<b>RYBCZYK Paweł</b>	<b>276</b>	KOMPAS TEAM	M40	9	<b>00:39:01.40</b>	<b>00:39:27.20</b>	+00:08:38 (21.9%)	7:48	7.7 (78.6%)
13	<b>FALEŃSKI Rafał</b>	<b>72</b>		M40	10	<b>00:40:04.55</b>	<b>00:40:31.95</b>	+00:09:43 (24.0%)	8:00	7.5 (76.5%)
14	<b>KACA Jarosław</b>	<b>120</b>	SKB DZIK	M20	1	<b>00:40:16.25</b>	<b>00:40:42.25</b>	+00:09:54 (24.3%)	8:03	7.5 (76.5%)
15	<b>SZWICHTENBERG Andrzej</b>	<b>321</b>	DKKS	M40	11	<b>00:40:33.15</b>	<b>00:40:52.15</b>	+00:10:03 (24.6%)	8:06	7.4 (75.5%)
16	<b>FRONTCZAK Ireneusz</b>	<b>75</b>		M40	12	<b>00:41:32.30</b>	<b>00:41:56.80</b>	+00:11:08 (26.6%)	8:18	7.2 (73.5%)
17	<b>KARCZEWSKI Jarosław</b>	<b>129</b>		M50	3	<b>00:42:53.25</b>	<b>00:43:18.40</b>	+00:12:30 (28.9%)	8:34	7 (71.4%)
18	<b>SZCZUROWSKI Łukasz</b>	<b>309</b>		M20	2	<b>00:43:03.55</b>	<b>00:43:32.15</b>	+00:12:43 (29.2%)	8:36	7 (71.4%)
19	<b>ANTCZAK Mateusz</b>	<b>7</b>		M20	3	<b>00:48:32.65</b>	<b>00:48:48.30</b>	+00:18:00 (36.9%)	9:42	6.2 (63.3%)

Znaleziono 19 wynik(ów)