



I BIEG PRZEŁAJOWY "MARYNARSKA DYCHA" IM. ADMIRAŁA FLOTY ANDRZEJA KARWETY - 10 KM

B4SPORT

Organiser: CENTRUM SZKOLENIA MARYNARKI WOJENNEJ
(CSMW)
Date: 2016-04-09
Place: Ustka
Distance: 10 km

 **HERKULES**
www.herkules.org.pl

Classification: M-40

Place	Participant	Number	Club	Category	MCat	Start time	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	DUDZIAK Piotr	21	BIEGNIJMY.PL	M-40	1	00:00:02	00:49:32.75	00:49:34.85		4:57	12.1 (100%)
2	SKOWROŃSKI Łukasz	112	STOPA SŁUPSK	M-40	2	00:00:08	00:51:16.70	00:51:25.20	+00:01:43 (3.4%)	5:07	11.7 (96.7%)
3	KARAŚ Radosław	41	NIGHT RUNNERS SŁUPSK	M-40	3	00:00:06	00:52:33.40	00:52:39.60	+00:03:00 (5.7%)	5:15	11.4 (94.2%)
4	BARCHANOWSKI Andrzej	7	SAMOTNY BIAŁY ŻAGIEL	M-40	4	00:00:11	00:54:03.25	00:54:14.95	+00:04:30 (8.3%)	5:24	11.1 (91.7%)
5	ANDRZEJCZAK Sławomir	5	GRZESŁAW USTKA	M-40	5	00:00:04	00:54:57.05	00:55:01.80	+00:05:24 (9.8%)	5:29	10.9 (90.1%)
6	WOŹNIAK Grzegorz	141	GRZESŁAW USTKA	M-40	6	00:00:03	00:55:37.55	00:55:41.50	+00:06:04 (10.9%)	5:33	10.8 (89.3%)
7	GREBIENIK Andrzej	29		M-40	7	00:00:13	00:57:01.10	00:57:14.30	+00:07:28 (13.1%)	5:42	10.5 (86.8%)
8	ZAWADZKI Jacek	145		M-40	8	00:00:10	00:57:47.05	00:57:57.40	+00:08:14 (14.3%)	5:46	10.4 (86.0%)
9	PRACOŃ Maciej	100		M-40	9	00:00:12	00:59:58.50	01:00:10.75	+00:10:25 (17.4%)	5:59	10 (82.6%)
10	BARANOWSKI Sławomir	155	GRZESŁAW USTKA	M-40	10	00:00:03	01:02:18.00	01:02:21.45	+00:12:45 (20.5%)	6:13	9.6 (79.3%)
11	KULA Szymon	59	1RBLOG SKŁAD GDYNIA	M-40	11	00:00:16	01:10:07.90	01:10:24.10	+00:20:35 (29.4%)	7:00	8.6 (71.1%)

Total 11 results.