



I CROSS JASTROWSKI - 10.72KM

B4SPORT

Organizator:
Data:
Miejsce:
Dystans:

Urząd Gminy i Miasta w Jastrowiu
2016-04-16
Jastrowie
10.72 km



Klasyfikacja: M-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5km	5.36km	10.36km	Czas netto 10.72km	Czas brutto 10.72km	Różn	Tempo min/km	Tempo km/h
1	SZYMAŃSKI Sylwester	485	TEAM BIEGOWY SZCZECINEK - ULKS BARWICE	M-40	1	00:00:15	00:17:53	00:19:16	00:37:10	00:38:22.45	00:38:37.90		3:34	16.8 (100%)
2	HOFFMAN Aleksander	428	PRECON POLSKA-JASTROWIE	M-40	2	00:00:16	00:17:52	00:19:17	00:37:08	00:38:22.90	00:38:39.15	+00:00:00 (0.0%)	3:34	16.8 (100%)
3	RADTKA Tomasz	473	LZS 'JEDNOŚĆ' ŁOBŻENICA	M-40	3	00:00:16	00:18:43	00:20:11	00:39:08	00:40:37.60	00:40:54.00	+00:02:15 (5.5%)	3:47	15.8 (94.0%)
4	RADTKA Artur	474	LZS 'JEDNOŚĆ' ŁOBŻENICA	M-40	4	00:00:16	00:19:55	00:21:30	00:41:38	00:43:08.10	00:43:24.10	+00:04:45 (11.0%)	4:01	14.9 (88.7%)
5	KRAUSE Robert	440	PRECON POLSKA-JASTROWIE	M-40	5	00:00:17	00:20:41	00:22:18	00:44:28	00:46:00.70	00:46:17.95	+00:07:38 (16.6%)	4:17	14 (83.3%)
6	SARNOWSKI Janusz	480		M-40	6	00:00:17	00:20:50	00:22:33	00:44:26	00:46:01.55	00:46:18.55	+00:07:39 (16.6%)	4:17	14 (83.3%)
7	BRĄCZYK Krzysztof	404	TKKF WODNIK WIĘCIBORK	M-40	7	00:00:16	00:21:18	00:23:04	00:45:05	00:46:45.25	00:47:01.50	+00:08:22 (17.9%)	4:21	13.8 (82.1%)
8	ŁOŻYŃSKI Jacek	504	FLORIAN	M-40	8	00:00:19	00:21:18	00:23:07	00:46:22	00:48:06.00	00:48:25.20	+00:09:43 (20.2%)	4:29	13.4 (79.8%)
9	PODKOWA Piotr	503	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M-40	9	00:00:19	00:21:19	00:23:08	00:47:06	00:48:50.75	00:49:09.95	+00:10:28 (21.4%)	4:33	13.2 (78.6%)
10	CHOŁUJ Jarosław	409	ROZBIEGANY KOSZALIN	M-40	10	00:00:22	00:22:40	00:24:25	00:47:13	00:48:59.75	00:49:21.95	+00:10:37 (21.7%)	4:34	13.1 (78.0%)
11	CHUDZIK Piotr	410		M-40	11	00:00:20	00:22:58	00:24:51	00:48:19	00:50:06.45	00:50:27.40	+00:11:44 (23.4%)	4:40	12.8 (76.2%)
12	CIOZDA Mariusz	411		M-40	12	00:00:19	00:22:28	00:24:18	00:48:25	00:50:10.15	00:50:29.35	+00:11:47 (23.5%)	4:40	12.8 (76.2%)
13	JAROSZ Dariusz	433	TKKF KOSZALIN	M-40	13	00:00:20	00:22:45	00:24:38	00:48:45	00:50:30.70	00:50:51.25	+00:12:08 (24.0%)	4:42	12.7 (75.6%)
14	OCHNIO Ryszard	460	POLONIA JASTROWIE PRECON POLSKA JASTROWIE	M-40	14	00:00:16	00:22:27	00:24:19	00:49:29	00:51:24.30	00:51:41.25	+00:13:01 (25.3%)	4:47	12.5 (74.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5km	5.36km	10.36km	Czas netto 10.72km	Czas brutto 10.72km	Różn	Tempo min/km	Tempo km/h
15	LEWANDOWSKI Grzegorz	511	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M-40	15	00:00:20	00:23:21	00:25:18	00:49:29	00:51:25.35	00:51:45.55	+00:13:02 (25.4%)	4:47	12.5 (74.4%)
16	DUDZIAK Piotr	413	BIEGNIJMY.PL	M-40	16	00:00:17	00:23:00	00:25:01	00:50:14	00:52:13.55	00:52:30.60	+00:13:51 (26.5%)	4:52	12.3 (73.2%)
17	WALENDZIAK Ryszard	495	22. BLT MALBORK	M-40	17	00:00:18	00:23:41	00:25:39	00:50:40	00:52:30.30	00:52:48.60	+00:14:07 (26.9%)	4:53	12.3 (73.2%)
18	ZIOMEK Darek	515	TKKF KOSZALIN	M-40	18	00:00:19	00:23:41	00:25:34	00:50:48	00:52:40.05	00:52:59.15	+00:14:17 (27.1%)	4:54	12.2 (72.6%)
19	WÓJCIK Wiesław	500	KPP CZŁUCHÓW	M-40	19	00:00:21	00:25:16	00:27:16	00:52:35	00:54:28.75	00:54:50.60	+00:16:06 (29.6%)	5:04	11.8 (70.2%)
20	JABŁOŃSKI Andrzej	431		M-40	20	00:00:26	00:24:01	00:26:02	00:52:36	00:54:39.70	00:55:06.30	+00:16:17 (29.8%)	5:05	11.8 (70.2%)
21	TOWSTOKORY Marek	491		M-40	21	00:00:29	00:25:50	00:27:56	00:53:22	00:55:20.50	00:55:49.60	+00:16:58 (30.7%)	5:09	11.6 (69.0%)
22	GWIAZDA Mariusz	393		M-40	22	00:00:26	00:25:49	00:27:55	00:54:21	00:56:12.05	00:56:39.00	+00:17:49 (31.7%)	5:14	11.4 (67.9%)
23	RASZPLA Radosław	514		M-40	23	00:00:20	00:24:46	00:26:48	00:54:35	00:56:37.80	00:56:58.65	+00:18:15 (32.2%)	5:16	11.4 (67.9%)
24	BUDZIŃSKI Dariusz	406		M-40	24	00:00:23	00:26:48	00:28:56	00:54:54	00:56:51.55	00:57:15.15	+00:18:29 (32.5%)	5:18	11.3 (67.3%)
25	KLUPŚ Janusz	438		M-40	25	00:00:26	00:27:10	00:29:22	00:57:12	00:59:12.85	00:59:39.05	+00:20:50 (35.2%)	5:31	10.9 (64.9%)
26	TROJANOWSKI Zbigniew	492	SBZZ	M-40	26	00:00:22	00:26:29	00:28:45	00:57:32	00:59:36.00	00:59:58.80	+00:21:13 (35.6%)	5:33	10.8 (64.3%)
27	KIPER Jarosław	436	JW1223	M-40	27	00:00:27	00:30:47	00:33:14	01:06:21	01:08:56.30	01:09:23.70	+00:30:33 (44.3%)	6:25	9.3 (55.4%)

Znaleziono 27 wynik(ów)