



I CROSS JASTROWSKI - 5.36KM

B4SPORT

Organizator: Urząd Gminy i Miasta w Jastrowiu
Data: 2016-04-16
Miejsce: Jastrowie
Dystans: 5.36 km



Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5km	Czas netto 5.36km	Czas brutto 5.36km	Różn	Tempo min/km	Tempo km/h
1	KACZMAREK Tomasz	324	JW 4094 / TEAM BIEGOWY SZCZECINEK	M-30	1	00:00:16	00:18:34	00:19:57.65	00:20:14.10		3:43	16.1 (100%)
2	PROKOPOWICZ Marcin	348	3:33 TEAM JASTROWIE	M-30	2	00:00:16	00:20:41	00:22:10.70	00:22:27.35	+00:02:13 (10.0%)	4:08	14.5 (90.1%)
3	MUSIAŁ Krzysztof	384	JW. 1223/TKKF KOSZALIN	M-30	3	00:00:17	00:20:42	00:22:11.10	00:22:28.80	+00:02:13 (10.0%)	4:08	14.5 (90.1%)
4	SZULC Arek	394	ROZBIEGANY KOSZALIN	M-30	4	00:00:21	00:21:49	00:23:35.15	00:23:56.75	+00:03:37 (15.4%)	4:23	13.6 (84.5%)
5	LESZCZYSZYN Paweł	329		M-30	5	00:00:21	00:22:27	00:24:09.45	00:24:30.70	+00:04:11 (17.4%)	4:30	13.3 (82.6%)
6	NOWAK Rafał	338		M-30	6	00:00:17	00:22:47	00:24:26.25	00:24:43.85	+00:04:28 (18.3%)	4:33	13.2 (82.0%)
7	ŁABEJSZA Łukasz	331	WOJOWNICY WÓDY	M-30	7	00:00:20	00:22:53	00:24:39.30	00:25:00.00	+00:04:41 (19.0%)	4:36	13 (80.7%)
8	PAWŁOWSKI Michał	340	PRECON POLSKA- JASTROWIE	M-30	8	00:00:20	00:24:08	00:26:10.10	00:26:30.75	+00:06:12 (23.7%)	4:52	12.3 (76.4%)
9	RÓG Michał	382	JW. 1223	M-30	9	00:00:30	00:24:54	00:26:41.50	00:27:11.50	+00:06:43 (25.2%)	4:58	12.1 (75.2%)
10	KORCZYŃSKI Michał	381	JW. 1223	M-30	10	00:00:23	00:25:02	00:26:59.90	00:27:23.00	+00:07:02 (26.1%)	5:02	11.9 (73.9%)
11	JURKIEWICZ Andrzej	380	JW. 1223	M-30	11	00:00:30	00:26:03	00:28:02.95	00:28:33.85	+00:08:05 (28.8%)	5:13	11.5 (71.4%)
12	SZYMAŃSKI Michał	356		M-30	12	00:00:20	00:26:31	00:28:30.15	00:28:50.20	+00:08:32 (30.0%)	5:19	11.3 (70.2%)
13	KACZMAREK Łukasz	323		M-30	13	00:00:25	00:26:38	00:28:33.20	00:28:58.65	+00:08:35 (30.1%)	5:19	11.3 (70.2%)
14	GOŁDON Mariusz	317		M-30	14	00:00:31	00:26:50	00:28:39.75	00:29:11.45	+00:08:42 (30.4%)	5:20	11.2 (69.6%)
15	ANKUDOWICZ Damian	300	STAROSTWO POWIATOWE W ŻŁOTOWIE	M-30	15	00:00:24	00:27:02	00:29:13.65	00:29:37.75	+00:09:16 (31.7%)	5:27	11 (68.3%)
16	KOWALSKI Tomasz	389	JW. 1223	M-30	16	00:00:19	00:27:28	00:29:33.30	00:29:52.85	+00:09:35 (32.5%)	5:30	10.9 (67.7%)
17	GRĄBCZEWSKI Rafał	379	JW. 1223	M-30	17	00:00:17	00:28:14	00:30:26.20	00:30:43.20	+00:10:28 (34.4%)	5:40	10.6 (65.8%)
18	TAMŁOWSKI Daniel	358		M-30	18	00:00:24	00:29:08	00:31:13.00	00:31:37.80	+00:11:15 (36.1%)	5:49	10.3 (64.0%)
19	FORTUNA Damian	311		M-30	19	00:00:30	00:29:23	00:31:37.25	00:32:08.00	+00:11:39 (36.9%)	5:54	10.2 (63.4%)
20	ZIEMIAŃSKI Karol	370		M-30	20	00:00:28	00:31:41	00:33:53.45	00:34:22.35	+00:13:55 (41.1%)	6:19	9.5 (59.0%)
21	KAJA Michał	325		M-30	21	00:00:29	00:34:59	00:37:34.90	00:38:04.40	+00:17:37 (46.9%)	7:00	8.6 (53.4%)
22	WILKOWSKI Krzysztof	363	ROZBIEGANY KOSZALIN	M-30	22	00:00:30	00:35:42	00:38:21.90	00:38:52.45	+00:18:24 (48.0%)	7:09	8.4 (52.2%)

Znaleziono 22 wynik(ów)