



# I CROSS JASTROWSKI - 5.36KM

B4SPORT

**Organizator:**  
**Data:**  
**Miejsce:**  
**Dystans:**

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



Klasyfikacja: M-40

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	<b>POCZEWSKI Piotr</b>	<b>343</b>		M-40	1	00:00:15	00:18:25	<b>00:19:49.15</b>	<b>00:20:05.10</b>		3:42	16.2 (100%)
2	<b>POCZEWSKI Paweł</b>	<b>344</b>		M-40	2	00:00:16	00:19:44	<b>00:21:21.05</b>	<b>00:21:37.10</b>	+00:01:31 (7.2%)	3:58	15.1 (93.2%)
3	<b>GÓRA Sylwester</b>	<b>318</b>		M-40	3	00:00:15	00:19:57	<b>00:21:36.60</b>	<b>00:21:52.20</b>	+00:01:47 (8.3%)	4:01	14.9 (92.0%)
4	<b>GALANT Adam</b>	<b>313</b>	MARATOŃCZYK OKONEK	M-40	4	00:00:16	00:21:47	<b>00:23:22.75</b>	<b>00:23:39.60</b>	+00:03:33 (15.2%)	4:21	13.8 (85.2%)
5	<b>WNUK Sławomir</b>	<b>396</b>		M-40	5	00:00:17	00:22:03	<b>00:23:41.30</b>	<b>00:23:58.35</b>	+00:03:52 (16.3%)	4:25	13.6 (84.0%)
6	<b>POPIEL Dariusz</b>	<b>347</b>	100 BATALION ŁĄCZNOŚCI	M-40	6	00:00:19	00:22:34	<b>00:24:18.35</b>	<b>00:24:37.35</b>	+00:04:29 (18.5%)	4:32	13.2 (81.5%)
7	<b>NITA Wiesław</b>	<b>337</b>	VILLAGE PUNK RUN	M-40	7	00:00:25	00:25:07	<b>00:27:07.45</b>	<b>00:27:32.75</b>	+00:07:18 (26.9%)	5:03	11.9 (73.5%)
8	<b>RODZIEWICZ Dariusz</b>	<b>383</b>	JW. 1223	M-40	8	00:00:32	00:27:51	<b>00:30:06.50</b>	<b>00:30:38.60</b>	+00:10:17 (34.2%)	5:36	10.7 (66.0%)
9	<b>GAWROŃSKI Grzegorz</b>	<b>371</b>	STOWARZYSZENIE BIEGACZY GMINY SZYDŁOWO	M-40	9	00:00:24	00:28:26	<b>00:30:36.50</b>	<b>00:31:00.90</b>	+00:10:47 (35.2%)	5:42	10.5 (64.8%)
10	<b>PONICKI Tomasz</b>	<b>346</b>		M-40	10	00:00:29	00:28:46	<b>00:31:07.25</b>	<b>00:31:37.15</b>	+00:11:18 (36.3%)	5:48	10.3 (63.6%)
11	<b>GŁOWACKI Robert</b>	<b>315</b>		M-40	11	00:00:18	00:29:59	<b>00:32:20.70</b>	<b>00:32:39.35</b>	+00:12:31 (38.7%)	6:02	9.9 (61.1%)
12	<b>WYRWIŃSKI Robert</b>	<b>368</b>		M-40	12	00:00:27	00:32:08	<b>00:34:39.95</b>	<b>00:35:07.30</b>	+00:14:50 (42.8%)	6:28	9.3 (57.4%)

Znaleziono 12 wynik(ów)