



I OTWARTE PRZEŁAJOWE MISTRZOSTWA SIANOWA - 5KM

B4SPORT

Organizator: Sianowska Fundacja Jesteśmy Razem, Urząd Gminy Sianów, KTKKF
Data: 2017-04-01
Miejsce: Kłos k. Sianowa
Dystans: 5 km



Klasyfikacja: M30-39

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | Czas netto 5km | Czas brutto 5km | Różn | Tempo min/km | Tempo km/h |
|-----|-------------------------------|------------|---|-----------|------|-------------|--------------------|--------------------|-------------------|--------------|--------------|
| 1 | BEDNARZ Paweł | 8 | 13-TY FUN CLUB ASI CHMIEL :* | M30-39 | 1 | 00:00:01 | 00:17:37.75 | 00:17:39.55 | | 3:31 | 17 (100%) |
| 2 | RYBACZEK Sebastian | 173 | JW 1223/3DPLOT - FORMA ROSNOWO | M30-39 | 2 | 00:00:02 | 00:17:52.45 | 00:17:54.95 | +00:00:14 (1.4%) | 3:34 | 16.8 (98.8%) |
| 3 | FAMULSKI Cezary | 35 | JW 1223 KOSZALIN | M30-39 | 3 | 00:00:02 | 00:18:40.10 | 00:18:42.80 | +00:01:02 (5.6%) | 3:44 | 16.1 (94.7%) |
| 4 | SZEWCZUK Paweł | 192 | | M30-39 | 4 | 00:00:03 | 00:19:10.85 | 00:19:14.30 | +00:01:33 (8.1%) | 3:50 | 15.6 (91.8%) |
| 5 | KALKOWSKI Paweł | 76 | JW1223 KOSZALIN | M30-39 | 5 | 00:00:03 | 00:19:41.20 | 00:19:45.00 | +00:02:03 (10.5%) | 3:56 | 15.2 (89.4%) |
| 6 | RAJNER Krzysztof | 163 | | M30-39 | 6 | 00:00:03 | 00:20:12.30 | 00:20:16.25 | +00:02:34 (12.7%) | 4:02 | 14.8 (87.1%) |
| 7 | ROKOSZ Radosław | 236 | JW 1223 | M30-39 | 7 | 00:00:04 | 00:20:30.10 | 00:20:34.60 | +00:02:52 (14.0%) | 4:06 | 14.6 (85.9%) |
| 8 | PSTRĄGOWSKI Marcin | 160 | DZIKI KOSZALIN | M30-39 | 8 | 00:00:06 | 00:21:25.55 | 00:21:31.90 | +00:03:47 (17.7%) | 4:17 | 14 (82.4%) |
| 9 | OLCZAK Krzysztof | 139 | | M30-39 | 9 | 00:00:15 | 00:21:35.40 | 00:21:50.65 | +00:03:57 (18.3%) | 4:19 | 13.9 (81.8%) |
| 10 | KONCEWICZ Robert | 91 | MRS&MR PERFECT KASPEROWICZ | M30-39 | 10 | 00:00:02 | 00:21:40.35 | 00:21:43.20 | +00:04:02 (18.7%) | 4:20 | 13.8 (81.2%) |
| 11 | WIELGUS Paweł | 211 | MRS&MR PERFECT KASPEROWICZ | M30-39 | 11 | 00:00:02 | 00:21:44.45 | 00:21:47.20 | +00:04:06 (18.9%) | 4:21 | 13.8 (81.2%) |
| 12 | WICHER Krzysztof | 235 | ADWOKATURA | M30-39 | 12 | 00:00:05 | 00:21:53.15 | 00:21:58.30 | +00:04:15 (19.4%) | 4:22 | 13.7 (80.6%) |
| 13 | RUSINEK Artur | 170 | | M30-39 | 13 | 00:00:05 | 00:22:10.85 | 00:22:16.50 | +00:04:33 (20.5%) | 4:26 | 13.5 (79.4%) |
| 14 | METERA Piotr | 125 | RUNNERSWALDE | M30-39 | 14 | 00:00:05 | 00:22:20.05 | 00:22:25.40 | +00:04:42 (21.1%) | 4:28 | 13.4 (78.8%) |
| 15 | LEWANDOWSKI Adam | 116 | | M30-39 | 15 | 00:00:05 | 00:23:11.20 | 00:23:17.05 | +00:05:33 (24.0%) | 4:38 | 12.9 (75.9%) |
| 16 | ZDROWIECKI Artur | 228 | | M30-39 | 16 | 00:00:04 | 00:23:23.10 | 00:23:27.95 | +00:05:45 (24.6%) | 4:40 | 12.8 (75.3%) |
| 17 | KAMYK Piotr | 78 | MH IT SERWIS KOSZALIN WWW.MH-INFORMATYKA.PL | M30-39 | 17 | 00:00:04 | 00:23:29.05 | 00:23:33.30 | +00:05:51 (24.9%) | 4:41 | 12.8 (75.3%) |
| 18 | KUŹMA Jarosław | 114 | | M30-39 | 18 | 00:00:24 | 00:23:39.80 | 00:24:04.50 | +00:06:02 (25.5%) | 4:44 | 12.7 (74.7%) |
| 19 | HOŁUBASZ Paweł | 54 | | M30-39 | 19 | 00:00:11 | 00:23:43.70 | 00:23:55.25 | +00:06:05 (25.7%) | 4:44 | 12.6 (74.1%) |
| 20 | HUBERT Łukasz | 56 | | M30-39 | 20 | 00:00:03 | 00:23:47.75 | 00:23:51.35 | +00:06:10 (25.9%) | 4:45 | 12.6 (74.1%) |
| 21 | GRÓDECKI Krzysztof | 48 | DJ KRIS GRÓDECKI AGENCJA MUZYCZNA | M30-39 | 21 | 00:00:03 | 00:23:48.00 | 00:23:51.60 | +00:06:10 (25.9%) | 4:45 | 12.6 (74.1%) |
| 22 | SZAŁACHA Norbert | 190 | | M30-39 | 22 | 00:00:05 | 00:24:06.50 | 00:24:12.25 | +00:06:28 (26.9%) | 4:49 | 12.4 (72.9%) |
| 23 | RYGIELSKI Bartosz | 174 | | M30-39 | 23 | 00:00:05 | 00:24:21.00 | 00:24:26.75 | +00:06:43 (27.6%) | 4:52 | 12.3 (72.4%) |
| 24 | KAZIMIEROWICZ Radosław | 84 | VTT KOSZALIN | M30-39 | 24 | 00:00:12 | 00:24:24.40 | 00:24:36.70 | +00:06:46 (27.8%) | 4:52 | 12.3 (72.4%) |
| 25 | OSENKOWSKI Artur | 144 | JW1223 | M30-39 | 25 | 00:00:04 | 00:25:20.60 | 00:25:24.65 | +00:07:42 (30.4%) | 5:04 | 11.8 (69.4%) |
| 26 | OLIŃSKI Arek | 140 | WIDZEW ŁÓDŹ | M30-39 | 26 | 00:00:10 | 00:25:33.75 | 00:25:44.70 | +00:07:56 (31.0%) | 5:06 | 11.7 (68.8%) |
| 27 | URBAŃSKI Adrian | 241 | | M30-39 | 27 | 00:00:10 | 00:25:56.95 | 00:26:07.90 | +00:08:19 (32.1%) | 5:11 | 11.6 (68.2%) |

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|-----|------------------------------|------------|-------------------------|-----------|------|-------------|--------------------|--------------------|-------------------|--------------|--------------|
| 28 | ORLOWSKI Maciej | 141 | | M30-39 | 28 | 00:00:14 | 00:26:28.00 | 00:26:42.00 | +00:08:50 (33.4%) | 5:17 | 11.3 (66.5%) |
| 29 | PACAN Bartosz | 147 | ŚWIAT PŁYTEK U KRYSPINA | M30-39 | 29 | 00:00:05 | 00:26:45.45 | 00:26:51.40 | +00:09:07 (34.1%) | 5:21 | 11.2 (65.9%) |
| 30 | WILKOWSKI Krzysztof | 215 | | M30-39 | 30 | 00:00:11 | 00:26:46.65 | 00:26:57.90 | +00:09:08 (34.2%) | 5:21 | 11.2 (65.9%) |
| 31 | KUPREWICZ Grzegorz | 111 | JW 1223 KOSZALIN | M30-39 | 31 | 00:00:07 | 00:26:48.45 | 00:26:55.90 | +00:09:10 (34.2%) | 5:21 | 11.2 (65.9%) |
| 32 | LASOTA Rafał | 115 | | M30-39 | 32 | 00:00:15 | 00:29:02.00 | 00:29:17.95 | +00:11:24 (39.3%) | 5:48 | 10.3 (60.6%) |
| 33 | GARDZIEJEWSZKI Tomasz | 242 | | M30-39 | 33 | 00:00:12 | 00:30:46.75 | 00:30:58.75 | +00:13:09 (42.7%) | 6:09 | 9.8 (57.6%) |
| 34 | JAROSIEWICZ Tomasz | 65 | GRACIE BARRA POZNAŃ | M30-39 | 34 | 00:00:11 | 00:30:47.45 | 00:30:58.60 | +00:13:09 (42.7%) | 6:09 | 9.7 (57.1%) |

Znaleziono 34 wynik(ów)