



# 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: M40-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>KOZAK Arkadiusz</b>	<b>100</b>	TKKF KOSZALIN	M40-49	1	00:00:01	<b>00:17:24.55</b>	<b>00:17:26.40</b>		3:29	17.2 (100%)
2	<b>GOLECKI Mirosław</b>	<b>43</b>	CSSP KOSZALIN	M40-49	2	00:00:03	<b>00:17:40.80</b>	<b>00:17:44.10</b>	+00:00:16 (1.5%)	3:32	17 (98.8%)
3	<b>ZABORSKI Ryszard</b>	<b>224</b>	TKKF KOSZALIN	M40-49	3	00:00:01	<b>00:18:16.10</b>	<b>00:18:18.05</b>	+00:00:51 (4.7%)	3:39	16.4 (95.3%)
4	<b>GARSKI Kryspin</b>	<b>39</b>	ŚWIAT PŁYTEK/SEXYRUNNERS	M40-49	4	00:00:02	<b>00:18:21.00</b>	<b>00:18:23.70</b>	+00:00:56 (5.1%)	3:40	16.3 (94.8%)
5	<b>JAROSZ Wiesław</b>	<b>68</b>	JW. 1223/BLOG KOSZALIN	M40-49	5	00:00:02	<b>00:18:25.30</b>	<b>00:18:27.75</b>	+00:01:00 (5.5%)	3:41	16.3 (94.8%)
6	<b>ZWOLIŃSKI Jan</b>	<b>233</b>	TKKF KOSZALIN	M40-49	6	00:00:03	<b>00:19:19.90</b>	<b>00:19:23.20</b>	+00:01:55 (9.9%)	3:52	15.5 (90.1%)
7	<b>WÓJCIK Damian</b>	<b>220</b>	RUNNERSWALDE DARŁOWO	M40-49	7	00:00:03	<b>00:19:59.80</b>	<b>00:20:03.40</b>	+00:02:35 (12.9%)	4:00	15 (87.2%)
8	<b>GRZELAK Ryszard</b>	<b>50</b>		M40-49	8	00:00:04	<b>00:20:36.75</b>	<b>00:20:40.85</b>	+00:03:12 (15.5%)	4:07	14.6 (84.9%)
9	<b>MAZUR Emilusz</b>	<b>124</b>	ŻYJ Z ENERGIA	M40-49	9	00:00:03	<b>00:20:49.80</b>	<b>00:20:52.95</b>	+00:03:25 (16.4%)	4:09	14.4 (83.7%)
10	<b>CHOŁUJ Jarek</b>	<b>24</b>		M40-49	10	00:00:09	<b>00:20:55.20</b>	<b>00:21:04.35</b>	+00:03:30 (16.8%)	4:11	14.3 (83.1%)
11	<b>KRAKOWIAK Sławomir</b>	<b>102</b>		M40-49	11	00:00:04	<b>00:21:10.60</b>	<b>00:21:14.90</b>	+00:03:46 (17.8%)	4:14	14.2 (82.6%)
12	<b>IWANIEC Dariusz</b>	<b>58</b>	TKKF KOSZALIN	M40-49	12	00:00:06	<b>00:21:29.50</b>	<b>00:21:35.55</b>	+00:04:04 (19.0%)	4:17	14 (81.4%)
13	<b>KAMELSKI Piotr</b>	<b>77</b>	SŁAWNO	M40-49	13	00:00:04	<b>00:21:50.15</b>	<b>00:21:54.70</b>	+00:04:25 (20.3%)	4:22	13.7 (79.7%)
14	<b>KUŁAKOWSKI Dawid</b>	<b>110</b>	TKKF KOSZALIN	M40-49	14	00:00:06	<b>00:21:57.70</b>	<b>00:22:04.45</b>	+00:04:33 (20.7%)	4:23	13.7 (79.7%)
15	<b>ROGOŻA Ireneusz</b>	<b>168</b>		M40-49	15	00:00:09	<b>00:22:18.40</b>	<b>00:22:27.70</b>	+00:04:53 (22.0%)	4:27	13.5 (78.5%)
16	<b>KASPEROWICZ Zdzisław</b>	<b>81</b>	MRS&MR PERFECT KASPEROWICZ	M40-49	16	00:00:02	<b>00:22:19.95</b>	<b>00:22:22.50</b>	+00:04:55 (22.0%)	4:28	13.4 (77.9%)
17	<b>KOWALCZYK Mariusz</b>	<b>99</b>		M40-49	17	00:00:08	<b>00:22:23.95</b>	<b>00:22:32.15</b>	+00:04:59 (22.3%)	4:28	13.4 (77.9%)
18	<b>MICHALCZYK Mariusz</b>	<b>127</b>	JW 1223	M40-49	18	00:00:05	<b>00:22:48.90</b>	<b>00:22:54.40</b>	+00:05:24 (23.7%)	4:33	13.1 (76.2%)
19	<b>MICERSKI Tomasz</b>	<b>126</b>	TKKF KOSZALIN	M40-49	19	00:00:06	<b>00:22:55.35</b>	<b>00:23:01.90</b>	+00:05:30 (24.1%)	4:35	13.1 (76.2%)
20	<b>JANKOWSKI Grzegorz</b>	<b>62</b>	ŚWIAT PŁYTEK U KRYSPINA	M40-49	20	00:00:05	<b>00:22:56.00</b>	<b>00:23:01.45</b>	+00:05:31 (24.1%)	4:35	13.1 (76.2%)
21	<b>JAROSZ Dariusz</b>	<b>67</b>	TKKF KOSZALIN	M40-49	21	00:00:07	<b>00:23:29.80</b>	<b>00:23:37.10</b>	+00:06:05 (25.9%)	4:42	12.8 (74.4%)
22	<b>WIATRZYK Krzysztof</b>	<b>209</b>		M40-49	22	00:00:04	<b>00:23:32.25</b>	<b>00:23:37.10</b>	+00:06:07 (26.0%)	4:42	12.7 (73.8%)
23	<b>KILAR Tomasz</b>	<b>89</b>	HILL KILLER	M40-49	23	00:00:09	<b>00:23:40.45</b>	<b>00:23:49.95</b>	+00:06:15 (26.5%)	4:44	12.7 (73.8%)
24	<b>NOREK Tomek</b>	<b>138</b>		M40-49	24	00:00:10	<b>00:23:47.75</b>	<b>00:23:57.85</b>	+00:06:23 (26.8%)	4:45	12.6 (73.3%)
25	<b>WAWRZYN Grzegorz</b>	<b>205</b>		M40-49	25	00:00:09	<b>00:24:20.20</b>	<b>00:24:29.80</b>	+00:06:55 (28.5%)	4:52	12.3 (71.5%)
26	<b>PAWLICKI Krzysztof</b>	<b>150</b>		M40-49	26	00:00:07	<b>00:25:17.20</b>	<b>00:25:24.50</b>	+00:07:52 (31.2%)	5:03	11.9 (69.2%)
27	<b>GRZYBOWSKI Piotr</b>	<b>66</b>	TKKF KOSZALIN	M40-49	27	00:00:10	<b>00:25:51.70</b>	<b>00:26:02.15</b>	+00:08:27 (32.7%)	5:10	11.6 (67.4%)

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28	<b>ZUKAL Piotr</b>	<b>239</b>		M40-49	28	00:00:18	<b>00:26:19.45</b>	<b>00:26:38.35</b>	+00:08:54 (33.9%)	5:16	11.4 (66.3%)
29	<b>ZIĘBA Paweł</b>	<b>240</b>	TKKF KOSZALIN	M40-49	29	00:00:18	<b>00:28:09.65</b>	<b>00:28:27.95</b>	+00:10:45 (38.2%)	5:37	10.7 (62.2%)

Znaleziono 29 wynik(ów)