



## II CROSS JASTROWSKI - 10.72KM

B4SPORT

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

Urząd Gminy i Miasta w Jastrowiu  
2017-04-08  
Jastrowie  
10.72 km



Klasyfikacja: M-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 5.36km	Czas netto 10.72km	Czas brutto 10.72km	Różn	Tempo min/km	Tempo km/h
1	<b>HOFFMAN Aleksander</b>	<b>30</b>	PRECON POLSKA JASTROWIE	M-40	1	00:00:05	00:19:20	<b>00:39:17.35</b>	<b>00:39:22.45</b>		3:39	16.4 (100%)
2	<b>ŚLĘZAK Robert</b>	<b>98</b>	OLIMPIJCZYK SZCZEKOCINY	M-40	2	00:00:05	00:21:56	<b>00:43:34.60</b>	<b>00:43:39.70</b>	+00:04:17 (9.8%)	4:03	14.8 (90.2%)
3	<b>GÓRA Sylwester</b>	<b>24</b>	ZABIEGANINOCA	M-40	3	00:00:00	00:22:06	<b>00:44:35.85</b>	<b>00:44:35.85</b>	+00:05:18 (11.9%)	4:09	14.4 (87.8%)
4	<b>MAJEWSKI Artur</b>	<b>53</b>	NADLEŚNICTWO MIROSŁAWIEC / RUNMORS KALISZ POMORSKI	M-40	4	00:00:06	00:22:43	<b>00:44:39.70</b>	<b>00:44:45.85</b>	+00:05:22 (12.0%)	4:09	14.4 (87.8%)
5	<b>KRAUSE Robert</b>	<b>43</b>	PRECON POLSKA JASTROWIE	M-40	5	00:00:06	00:22:05	<b>00:45:22.10</b>	<b>00:45:29.05</b>	+00:06:04 (13.4%)	4:14	14.2 (86.6%)
6	<b>POPIEL Dariusz</b>	<b>80</b>	100 BATALION ŁĄCZNOŚCI	M-40	6	00:00:11	00:24:50	<b>00:47:58.30</b>	<b>00:48:10.00</b>	+00:08:40 (18.1%)	4:28	13.4 (81.7%)
7	<b>OCHNIO Ryszard</b>	<b>65</b>	POLONIA JASTROWIE BIEDRONKA BIEGA JASTROWIE	M-40	7	00:00:05	00:23:20	<b>00:47:59.60</b>	<b>00:48:05.15</b>	+00:08:42 (18.1%)	4:28	13.4 (81.7%)
8	<b>JAGODZIŃSKI Robert</b>	<b>32</b>	JAGODA TEAM	M-40	8	00:00:00	00:24:11	<b>00:48:02.20</b>	<b>00:48:02.20</b>	+00:08:44 (18.2%)	4:28	13.4 (81.7%)
9	<b>PIECHOTA Mariusz</b>	<b>69</b>	WAŁECKA ŚCIEMA	M-40	9	00:00:09	00:24:17	<b>00:48:02.60</b>	<b>00:48:12.45</b>	+00:08:45 (18.2%)	4:28	13.4 (81.7%)
10	<b>KASPERSKI Dariusz</b>	<b>36</b>		M-40	10	00:00:07	00:24:08	<b>00:48:25.55</b>	<b>00:48:33.40</b>	+00:09:08 (18.9%)	4:31	13.3 (81.1%)
11	<b>ZIÓŁKOWSKI Wojciech</b>	<b>109</b>	ZABIEGANINOCA	M-40	11	00:00:10	00:24:12	<b>00:49:31.10</b>	<b>00:49:42.00</b>	+00:10:13 (20.7%)	4:37	13 (79.3%)
12	<b>ZYGMUNT Marcin</b>	<b>111</b>	PZU SPORT TEAM	M-40	12	00:00:11	00:25:09	<b>00:50:48.00</b>	<b>00:50:59.50</b>	+00:11:30 (22.7%)	4:44	12.7 (77.4%)
13	<b>KOWALCZYK Mariusz</b>	<b>42</b>	ROZBIEGANY KOSZALIN	M-40	13	00:00:15	00:24:56	<b>00:51:33.10</b>	<b>00:51:48.90</b>	+00:12:15 (23.8%)	4:48	12.5 (76.2%)
14	<b>PLEWA Piotr</b>	<b>75</b>	4RUN TEAM PIŁA	M-40	14	00:00:07	00:25:36	<b>00:51:57.95</b>	<b>00:52:05.70</b>	+00:12:40 (24.4%)	4:50	12.4 (75.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 5.36km	Czas netto 10.72km	Czas brutto 10.72km	Różn	Tempo min/km	Tempo km/h
15	<b>TRĘBSKI Krzysztof</b>	<b>100</b>	ZABIEGANI NOCĄ OKONEK	M-40	15	00:00:17	00:27:42	<b>00:52:29.85</b>	<b>00:52:47.05</b>	+00:13:12 (25.2%)	4:53	12.3 (75.0%)
16	<b>TOWSKORY Marek</b>	<b>121</b>		M-40	16	00:00:06	00:25:34	<b>00:52:31.30</b>	<b>00:52:37.90</b>	+00:13:13 (25.2%)	4:53	12.2 (74.4%)
17	<b>WÓJCIK Wiesław</b>	<b>108</b>	KPP CZŁUCHÓW	M-40	17	00:00:11	00:26:00	<b>00:52:53.45</b>	<b>00:53:04.80</b>	+00:13:36 (25.7%)	4:55	12.2 (74.4%)
18	<b>CIERPIKOWSKI Paweł</b>	<b>10</b>		M-40	18	00:00:05	00:24:26	<b>00:52:57.25</b>	<b>00:53:02.35</b>	+00:13:39 (25.8%)	4:56	12.1 (73.8%)
19	<b>PIECHOTA Robert</b>	<b>70</b>		M-40	19	00:00:05	00:26:36	<b>00:55:24.90</b>	<b>00:55:30.60</b>	+00:16:07 (29.1%)	5:10	11.6 (70.7%)
20	<b>NITA Wiesław</b>	<b>63</b>	VILLAGE PUNK RUN	M-40	20	00:00:18	00:27:37	<b>00:55:32.70</b>	<b>00:55:51.25</b>	+00:16:15 (29.3%)	5:10	11.6 (70.7%)
21	<b>RATAJCZYK Grzegorz</b>	<b>83</b>	VILLIGE PUNK RUN	M-40	21	00:00:17	00:28:14	<b>00:56:41.60</b>	<b>00:56:59.25</b>	+00:17:24 (30.7%)	5:17	11.3 (68.9%)
22	<b>MARTUSZEWSKI Ryszard</b>	<b>57</b>	WAŁECKA ŚCIEMA	M-40	22	00:00:20	00:27:50	<b>00:58:09.10</b>	<b>00:58:29.85</b>	+00:18:51 (32.4%)	5:25	11.1 (67.7%)
23	<b>HAPKE Piotr</b>	<b>28</b>	WAŁECKA ŚCIEMA	M-40	23	00:00:10	00:28:09	<b>00:58:19.70</b>	<b>00:58:30.05</b>	+00:19:02 (32.6%)	5:26	11 (67.1%)
24	<b>PIOTROWSKI Andrzej</b>	<b>73</b>	IRONPILA.PL	M-40	24	00:00:13	00:29:41	<b>00:59:25.60</b>	<b>00:59:38.95</b>	+00:20:08 (33.9%)	5:32	10.8 (65.9%)
25	<b>KLUPŚ Janusz</b>	<b>39</b>		M-40	25	00:00:17	00:29:43	<b>00:59:52.90</b>	<b>01:00:10.05</b>	+00:20:35 (34.4%)	5:35	10.7 (65.2%)
26	<b>WIELGUS Jacek</b>	<b>104</b>		M-40	26	00:00:14	00:30:11	<b>01:00:23.20</b>	<b>01:00:37.90</b>	+00:21:05 (34.9%)	5:37	10.7 (65.2%)
27	<b>KOŁODZIEJCZAK Grzegorz</b>	<b>40</b>	PARKRUN SZCZECINEK	M-40	27	00:00:17	00:31:16	<b>01:01:24.70</b>	<b>01:01:42.00</b>	+00:22:07 (36.0%)	5:43	10.5 (64.0%)
28	<b>REMLAKOWSKI Krzysztof</b>	<b>85</b>	WE RUN	M-40	28	00:00:13	00:31:56	<b>01:05:49.65</b>	<b>01:06:02.80</b>	+00:26:32 (40.3%)	6:08	9.8 (59.8%)

Znaleziono 28 wynik(ów)