



## II CROSS JASTROWSKI - 5.36KM

B4SPORT

**Organiser:** Urząd Gminy i Miasta w Jastrowiu  
**Date:** 2017-04-08  
**Place:** Jastrowie  
**Distance:** 5.36 km



Classification: M-30

Place	Participant	Number	Club	Category	MCat	Start time	Net time 5.36km	Czas brutto 5.36km	Gap	Pace min/km	Pace km/h
1	<b>DZIUBA Piotr</b>	<b>169</b>	100 BATALION ŁĄCZNOŚCI WAŁCZ	M-30	1	00:00:04	<b>00:18:40.85</b>	<b>00:18:45.65</b>		3:29	17.2 (100%)
2	<b>GEHRKE Robert</b>	<b>171</b>	PCH_RUN	M-30	2	00:00:05	<b>00:18:59.40</b>	<b>00:19:04.85</b>	+00:00:18 (1.6%)	3:32	16.9 (98.3%)
3	<b>MUSIAŁ Krzysztof</b>	<b>238</b>	TKKF KOSZALIN	M-30	3	00:00:00	<b>00:20:43.15</b>	<b>00:20:43.15</b>	+00:02:02 (9.8%)	3:51	15.5 (90.1%)
4	<b>PYREK Krzysztof</b>	<b>204</b>	1 RBLOG	M-30	4	00:00:06	<b>00:23:51.70</b>	<b>00:23:58.00</b>	+00:05:10 (21.7%)	4:27	13.5 (78.5%)
5	<b>MIKIETYŃSKI Michał</b>	<b>194</b>	OKONEK	M-30	5	00:00:09	<b>00:25:05.70</b>	<b>00:25:15.40</b>	+00:06:24 (25.6%)	4:40	12.8 (74.4%)
6	<b>WICHA Rafał</b>	<b>221</b>	PRECON POLSKA JASTROWIE	M-30	6	00:00:10	<b>00:26:19.90</b>	<b>00:26:30.00</b>	+00:07:39 (29.1%)	4:54	12.2 (70.9%)
7	<b>PAWŁOWSKI Michał</b>	<b>199</b>	PRECON POLSKA JASTROWIE	M-30	7	00:00:12	<b>00:26:40.25</b>	<b>00:26:52.25</b>	+00:07:59 (30.0%)	4:58	12.1 (70.3%)
8	<b>RAK Krzysztof</b>	<b>208</b>		M-30	8	00:00:15	<b>00:27:37.50</b>	<b>00:27:52.55</b>	+00:08:56 (32.4%)	5:09	11.6 (67.4%)
9	<b>CZECHOWSKI Grzegorz</b>	<b>161</b>	ROZBIEGANE JASTROWIE	M-30	9	00:00:10	<b>00:28:11.65</b>	<b>00:28:22.00</b>	+00:09:30 (33.7%)	5:15	11.4 (66.3%)
10	<b>TAMŁOWSKI Daniel</b>	<b>218</b>		M-30	10	00:00:11	<b>00:28:26.00</b>	<b>00:28:37.10</b>	+00:09:45 (34.3%)	5:18	11.3 (65.7%)
11	<b>ANKUDOWICZ Damian</b>	<b>152</b>	STAROSTWO ŻŁOTÓW	M-30	11	00:00:14	<b>00:29:22.60</b>	<b>00:29:37.05</b>	+00:10:41 (36.4%)	5:28	10.9 (63.4%)
12	<b>KIEŁTYKA Tomasz</b>	<b>179</b>	ZABIEGANINOĄ OKONEK	M-30	12	00:00:20	<b>00:30:55.45</b>	<b>00:31:16.30</b>	+00:12:14 (39.6%)	5:46	10.4 (60.5%)
13	<b>KISIEL Marcin</b>	<b>180</b>	ZABIEGANINOĄ OKONEK	M-30	13	00:00:21	<b>00:32:31.65</b>	<b>00:32:53.00</b>	+00:13:50 (42.6%)	6:04	9.9 (57.6%)
14	<b>FRANKOWSKI Tomasz</b>	<b>170</b>		M-30	14	00:00:19	<b>00:32:59.80</b>	<b>00:33:19.40</b>	+00:14:18 (43.4%)	6:09	9.7 (56.4%)
15	<b>KOZŁOWSKI Piotr</b>	<b>183</b>		M-30	15	00:00:19	<b>00:33:49.50</b>	<b>00:34:08.50</b>	+00:15:08 (44.8%)	6:18	9.5 (55.2%)

Total 15 results.