



## II LETNI BIEG MTS HAMER - MIASTKO - 10KM

B4SPORT

**Organizator:** Miasteczkie Towarzystwo Sportowe HAMER w Miastku  
**Data:** 2016-07-17  
**Miejsce:** Miastko  
**Dystans:** 10 km

 **HERKULES**  
[www.herkules.org.pl](http://www.herkules.org.pl)

Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	0.7km	3.8km	6.9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	<b>VERKHAVODKIN Henadz</b>	<b>165</b>	GRODNOOBLSPORT	M-30	1	00:00:01	00:02:23	00:12:20	00:22:25	<b>00:32:26.00</b>	<b>00:32:27.25</b>		3:14	18.5 (100%)
2	<b>RUDNIK Krzysztof</b>	<b>132</b>	NIGHT RUNNERS SŁUPSK	M-30	2	00:00:02	00:02:29	00:13:39	00:24:52	<b>00:35:46.80</b>	<b>00:35:48.85</b>	+00:03:20 (9.4%)	3:34	16.8 (90.8%)
3	<b>WENT Jakub</b>	<b>168</b>		M-30	3	00:00:01	00:02:32	00:13:47	00:25:10	<b>00:36:04.80</b>	<b>00:36:06.75</b>	+00:03:38 (10.1%)	3:36	16.6 (89.7%)
4	<b>MASŁOWSKI Mateusz</b>	<b>95</b>	7 BRYGADA OBRONY WYBRZEŻA	M-30	4	00:00:02	00:02:32	00:14:04	00:25:58	<b>00:37:55.70</b>	<b>00:37:57.90</b>	+00:05:29 (14.5%)	3:47	15.8 (85.4%)
5	<b>SZOPIŃSKI Dariusz</b>	<b>156</b>	URZĄD GMINY PRZECHLEWO	M-30	5	00:00:02	00:02:27	00:13:54	00:26:03	<b>00:38:19.60</b>	<b>00:38:21.75</b>	+00:05:53 (15.4%)	3:49	15.7 (84.9%)
6	<b>KUŁAKOWSKI Artur</b>	<b>81</b>	FLORIAN CHOJNICE	M-30	6	00:00:04	00:02:40	00:14:22	00:26:22	<b>00:38:35.15</b>	<b>00:38:40.10</b>	+00:06:09 (15.9%)	3:51	15.5 (83.8%)
7	<b>WILCZEWSKI Krzysztof</b>	<b>196</b>	MKS ŚWIĘC SŁAWNO	M-30	7	00:00:04	00:02:48	00:14:44	00:26:49	<b>00:38:37.05</b>	<b>00:38:41.05</b>	+00:06:11 (16.0%)	3:51	15.5 (83.8%)
8	<b>WILCZEWSKI Mariusz</b>	<b>197</b>	MKS ŚWIĘC SŁAWNO	M-30	8	00:00:04	00:02:48	00:14:44	00:26:49	<b>00:38:44.45</b>	<b>00:38:48.95</b>	+00:06:18 (16.3%)	3:52	15.5 (83.8%)
9	<b>PANCEWICZ Piotr</b>	<b>111</b>	RUNNERSWALDE DARŁOWO	M-30	9	00:00:02	00:02:51	00:15:17	00:28:07	<b>00:40:38.05</b>	<b>00:40:40.90</b>	+00:08:12 (20.2%)	4:03	14.8 (80.0%)
10	<b>FERENC Rafał</b>	<b>27</b>		M-30	10	00:00:04	00:02:33	00:14:48	00:27:44	<b>00:40:51.75</b>	<b>00:40:55.80</b>	+00:08:25 (20.6%)	4:05	14.7 (79.5%)
11	<b>ŻUCHOWSKI Maciej</b>	<b>182</b>	KPPSP BYTÓW	M-30	11	00:00:03	00:02:42	00:15:07	00:28:14	<b>00:41:36.65</b>	<b>00:41:40.35</b>	+00:09:10 (22.1%)	4:09	14.4 (77.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	0.7km	3.8km	6.9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
12	<b>SIEMIĄTKOWSKI Robert</b>	<b>137</b>	RUNNERSWALDE DARŁOWO	M-30	12	00:00:05	00:02:48	00:15:24	00:28:48	<b>00:41:44.25</b>	<b>00:41:49.55</b>	+00:09:18 (22.3%)	4:10	14.4 (77.8%)
13	<b>JABŁOŃSKI Krzysztof</b>	<b>43</b>	MTS HAMER MIASTKO	M-30	13	00:00:04	00:02:48	00:15:24	00:28:41	<b>00:42:02.90</b>	<b>00:42:07.75</b>	+00:09:36 (22.9%)	4:12	14.3 (77.3%)
14	<b>BONISŁAWSKI Jarosław</b>	<b>10</b>	WWW.FADOMODA.PL	M-30	14	00:00:17	00:03:04	00:16:22	00:29:32	<b>00:42:31.35</b>	<b>00:42:48.55</b>	+00:10:05 (23.7%)	4:15	14.1 (76.2%)
15	<b>SAJKO Bartosz</b>	<b>88</b>		M-30	15	00:00:06	00:02:47	00:15:23	00:28:58	<b>00:42:37.45</b>	<b>00:42:43.70</b>	+00:10:11 (23.9%)	4:15	14.1 (76.2%)
16	<b>SKIERKA Grzegorz</b>	<b>195</b>	MKS ŚWIĘC SŁAWNO	M-30	16	00:00:13	00:03:14	00:16:27	00:29:45	<b>00:42:48.55</b>	<b>00:43:02.00</b>	+00:10:22 (24.2%)	4:16	14 (75.7%)
17	<b>KULPACZYŃSKI Patryk</b>	<b>78</b>	GOGGLE PAE TEAM	M-30	17	00:00:09	00:02:59	00:16:11	00:29:45	<b>00:43:25.75</b>	<b>00:43:35.30</b>	+00:10:59 (25.3%)	4:20	13.8 (74.6%)
18	<b>ZAWADZKI Damian</b>	<b>176</b>	KB WYGAN KOŁOBRZEG	M-30	18	00:00:07	00:02:53	00:16:05	00:29:57	<b>00:43:47.10</b>	<b>00:43:54.35</b>	+00:11:21 (25.9%)	4:22	13.7 (74.1%)
19	<b>RUSZCZYŃSKI Łukasz</b>	<b>133</b>	RWT BYDGOSZCZ/ WŁ SŁUPSK	M-30	19	00:00:05	00:02:58	00:16:39	00:30:44	<b>00:44:55.05</b>	<b>00:45:00.60</b>	+00:12:29 (27.8%)	4:29	13.4 (72.4%)
20	<b>WIERZBICKI Sylwester</b>	<b>169</b>	RUNNERSWALDE DARŁOWO	M-30	20	00:00:09	00:03:08	00:17:29	00:32:31	<b>00:47:42.35</b>	<b>00:47:51.35</b>	+00:15:16 (32.0%)	4:46	12.6 (68.1%)
21	<b>SZYMAŃSKI Mateusz</b>	<b>158</b>		M-30	21	00:00:09	00:03:25	00:18:21	00:33:19	<b>00:48:05.15</b>	<b>00:48:14.40</b>	+00:15:39 (32.6%)	4:48	12.5 (67.6%)
22	<b>KRUPKA Piotr</b>	<b>70</b>	TEAM OPTIM	M-30	22	00:00:13	00:03:16	00:18:16	00:33:13	<b>00:48:17.60</b>	<b>00:48:30.75</b>	+00:15:51 (32.8%)	4:49	12.4 (67.0%)
23	<b>POZORSKI Krzysztof</b>	<b>127</b>	NIGHT RUNNERS SŁUPSK	M-30	23	00:00:06	00:03:10	00:17:40	00:33:01	<b>00:48:30.85</b>	<b>00:48:37.20</b>	+00:16:04 (33.1%)	4:51	12.4 (67.0%)
24	<b>ZBLEWSKI Patryk</b>	<b>178</b>	NIGHT RUNNERS SŁUPSK	M-30	24	00:00:06	00:03:14	00:18:08	00:33:52	<b>00:49:27.30</b>	<b>00:49:33.85</b>	+00:17:01 (34.4%)	4:56	12.1 (65.4%)
25	<b>KUCHARSKI Przemysław</b>	<b>74</b>		M-30	25	00:00:10	00:03:22	00:18:22	00:33:39	<b>00:49:28.90</b>	<b>00:49:39.20</b>	+00:17:02 (34.5%)	4:56	12.1 (65.4%)
26	<b>IWASZKO Krzysztof</b>	<b>42</b>	MTS HAMER MIASTKO	M-30	26	00:00:15	00:03:37	00:18:59	00:34:04	<b>00:49:49.15</b>	<b>00:50:04.70</b>	+00:17:23 (34.9%)	4:58	12 (64.9%)
27	<b>KARGUL Jacek</b>	<b>59</b>	NIGHT RUNNERS SŁUPSK	M-30	27	00:00:07	00:03:12	00:18:03	00:34:00	<b>00:50:19.85</b>	<b>00:50:27.10</b>	+00:17:53 (35.6%)	5:02	11.9 (64.3%)
28	<b>ŻMIENKO Hubert</b>	<b>181</b>		M-30	28	00:00:10	00:03:11	00:18:10	00:34:33	<b>00:51:12.05</b>	<b>00:51:22.35</b>	+00:18:46 (36.7%)	5:07	11.7 (63.2%)
29	<b>KUŁAKOWSKI Dawid</b>	<b>80</b>	TKKF KOSZALIN	M-30	29	00:00:09	00:03:14	00:18:07	00:34:22	<b>00:51:24.15</b>	<b>00:51:33.25</b>	+00:18:58 (36.9%)	5:08	11.7 (63.2%)
30	<b>ŻWIROWSKI Andrzej</b>	<b>39</b>		M-30	30	00:00:06	00:03:17	00:18:37	00:34:43	<b>00:51:27.40</b>	<b>00:51:33.85</b>	+00:19:01 (37.0%)	5:08	11.7 (63.2%)
31	<b>BRUDKA Jacek</b>	<b>76</b>		M-30	31	00:00:12	00:03:15	00:18:35	00:35:05	<b>00:52:02.50</b>	<b>00:52:14.65</b>	+00:19:36 (37.7%)	5:12	11.5 (62.2%)
32	<b>HAŁAS Piotr</b>	<b>58</b>		M-30	32	00:00:06	00:03:16	00:18:31	00:35:23	<b>00:52:26.25</b>	<b>00:52:32.70</b>	+00:20:00 (38.1%)	5:14	11.4 (61.6%)
33	<b>HASULAK Łukasz</b>	<b>61</b>	MTS HAMER MIASTKO	M-30	33	00:00:10	00:03:28	00:18:52	00:35:30	<b>00:53:46.80</b>	<b>00:53:57.55</b>	+00:21:20 (39.7%)	5:22	11.2 (60.5%)
34	<b>SOROKA Tomasz</b>	<b>140</b>	NIGHT RUNNERS SŁUPSK / BBL SŁUPSK	M-30	34	00:00:03	00:03:17	00:19:13	00:36:35	<b>00:53:50.50</b>	<b>00:53:53.50</b>	+00:21:24 (39.8%)	5:23	11.1 (60.0%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	0.7km	3.8km	6.9km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
35	<b>KUPREWICZ Grzegorz</b>	<b>82</b>	ROZBIEGANY KOSZALIN	M-30	35	00:00:10	00:03:15	00:19:48	00:37:39	<b>00:54:22.65</b>	<b>00:54:33.10</b>	+00:21:56 (40.4%)	5:26	11 (59.5%)
36	<b>GAŚSIOR Paweł</b>	<b>33</b>	ROZBIEGANY SUSZ	M-30	36	00:00:08	00:03:42	00:20:31	00:38:20	<b>00:55:27.85</b>	<b>00:55:36.70</b>	+00:23:01 (41.5%)	5:32	10.8 (58.4%)
37	<b>BĄCZYK Adam</b>	<b>5</b>	MONIA TEAM	M-30	37	00:00:13	00:03:46	00:21:29	00:39:53	<b>00:57:58.40</b>	<b>00:58:11.50</b>	+00:25:32 (44.1%)	5:47	10.4 (56.2%)
38	<b>SZYSZKOWSKI Tomasz</b>	<b>159</b>		M-30	38	00:00:11	00:03:35	00:21:52	00:41:18	<b>00:59:40.70</b>	<b>00:59:52.30</b>	+00:27:14 (45.7%)	5:58	10.1 (54.6%)
39	<b>ZALEWSKI Grzegorz</b>	<b>175</b>		M-30	39	00:00:08	00:03:41	00:21:02	00:40:22	<b>01:00:29.60</b>	<b>01:00:38.40</b>	+00:28:03 (46.4%)	6:03	9.9 (53.5%)
40	<b>JĘDRASZKO Łukasz</b>	<b>52</b>		M-30	40	00:00:09	00:03:46	00:22:58	00:44:34	<b>01:06:33.85</b>	<b>01:06:43.70</b>	+00:34:07 (51.3%)	6:39	9 (48.6%)
	<b>BORDUN Michał</b>	<b>12</b>	NEKO	M-30		DNF	00:03:30 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Znaleziono 41 wynik(ów)