



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

B4SPORT

**Organiser:** Miasteczkie Towarzystwo Sportowe HAMER w Miastko  
**Date:** 2016-07-17  
**Place:** Miastko  
**Distance:** 10 km

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

Classification: M-50

Place	Participant	Number	Club	Category	MCat	Start time	0.7km	3.8km	6.9km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	<b>POBŁOCKI Piotr</b>	<b>125</b>	UKS EKONOMIK-MARATOŃCZYK LĘBORK	M-50	1	00:00:01	00:02:25	00:12:53	00:23:09	<b>00:33:49.70</b>	<b>00:33:51.55</b>		3:23	17.7 (100%)
2	<b>JASKULSKI Kazimierz</b>	<b>50</b>	AKADEMIA BIEGANIA GRUDZIĄDZ	M-50	2	00:00:02	00:02:40	00:14:41	00:27:10	<b>00:39:26.90</b>	<b>00:39:29.25</b>	+00:05:37 (14.2%)	3:56	15.2 (85.9%)
3	<b>GRZESIK Eugeniusz</b>	<b>37</b>	TKKF KOSZALIN	M-50	3	00:00:02	00:02:35	00:14:40	00:27:09	<b>00:39:36.25</b>	<b>00:39:38.90</b>	+00:05:46 (14.6%)	3:57	15.2 (85.9%)
4	<b>HINC Waldemar</b>	<b>40</b>	ZACISZE PRZECHELEWO	M-50	4	00:00:03	00:02:47	00:15:14	00:28:09	<b>00:41:12.30</b>	<b>00:41:15.30</b>	+00:07:22 (17.9%)	4:07	14.6 (82.5%)
5	<b>DIADCZYK Krzysztof</b>	<b>199</b>	FLORIAN CHOJNICE	M-50	5	00:00:12	00:02:38	00:15:19	00:28:12	<b>00:41:17.05</b>	<b>00:41:29.05</b>	+00:07:27 (18.1%)	4:07	14.5 (81.9%)
6	<b>WNUK Stanisław</b>	<b>193</b>	MARATOŃCZYK WIELKI KLINCZ	M-50	6	00:00:05	00:02:46	00:15:40	00:28:55	<b>00:42:16.00</b>	<b>00:42:21.70</b>	+00:08:26 (20.0%)	4:13	14.2 (80.2%)
7	<b>CZAJA Andrzej</b>	<b>38</b>	UKS EKONOMIK-MARATOŃCZYK LĘBORK	M-50	7	00:00:09	00:03:06	00:16:28	00:30:18	<b>00:44:29.85</b>	<b>00:44:38.95</b>	+00:10:40 (24.0%)	4:26	13.5 (76.3%)
8	<b>KUBIŃSKI Rafał</b>	<b>73</b>	NIGHT RUNNERS SŁUPSK	M-50	8	00:00:03	00:02:45	00:16:24	00:30:34	<b>00:45:14.80</b>	<b>00:45:17.90</b>	+00:11:25 (25.2%)	4:31	13.3 (75.1%)
9	<b>PIŁCZYŃSKI Zbigniew</b>	<b>120</b>	NIEZRZESZONY	M-50	9	00:00:05	00:03:02	00:16:31	00:30:55	<b>00:45:31.30</b>	<b>00:45:37.10</b>	+00:11:41 (25.7%)	4:33	13.2 (74.6%)
10	<b>SKOWYRSKI Janusz</b>	<b>138</b>	TKKF KOSZALIN ROWERIA KOSZALIN	M-50	10	00:00:10	00:03:13	00:17:39	00:32:31	<b>00:47:38.00</b>	<b>00:47:48.00</b>	+00:13:48 (29.0%)	4:45	12.6 (71.2%)
11	<b>ŁASZCZ Dariusz</b>	<b>87</b>		M-50	11	00:00:13	00:03:46	00:19:13	00:34:31	<b>00:49:40.65</b>	<b>00:49:53.90</b>	+00:15:50 (31.9%)	4:58	12.1 (68.4%)

Place	Participant	Number	Club	Category	MCat	Start time	0.7km	3.8km	6.9km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
12	<b>ŁASZCZ Adam</b>	<b>83</b>		M-50	12	00:00:12	00:03:47	00:19:27	00:35:38	<b>00:51:31.50</b>	<b>00:51:44.10</b>	+00:17:41 (34.3%)	5:09	11.6 (65.5%)
13	<b>BUTKIEWICZ Wojciech</b>	<b>16</b>		M-50	13	00:00:07	00:03:23	00:19:46	00:37:13	<b>00:55:11.70</b>	<b>00:55:18.95</b>	+00:21:22 (38.7%)	5:31	10.9 (61.6%)
14	<b>MARCZAK Andrzej</b>	<b>94</b>	AMATOR	M-50	14	00:00:08	00:03:39	00:20:50	00:38:23	<b>00:56:17.80</b>	<b>00:56:25.80</b>	+00:22:28 (39.9%)	5:37	10.7 (60.5%)
	<b>KŁOSIŃSKI Stanisław</b>	<b>190</b>		M-50		DNF	00:04:34 DNF	DNF	DNF	<b>DNF</b>	<b>DNF</b>		-	- (0.0%)

Total 15 results.