



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

B4SPORT

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



Klasyfikacja: MTS HAMER - M

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>KRYCZKA Stanisław</b>	<b>71</b>	MTS HAMER MIASTKO	M-40	1	00:00:03	00:02:34	00:14:22	00:26:30	<b>00:38:35.20</b>	<b>00:38:38.20</b>		3:51	15.6 (100%)
2	<b>BEDNARZ Jakub</b>	<b>6</b>	MTS HAMER MIASTKO	M-20	8	00:00:03	00:02:34	00:14:23	00:26:36	<b>00:38:40.25</b>	<b>00:38:43.40</b>	+00:00:05 (0.2%)	3:52	15.5 (99.4%)
3	<b>JURA Krzysztof</b>	<b>54</b>	MTS HAMER MIASTKO	M-40	3	00:00:03	00:02:35	00:14:40	00:27:46	<b>00:40:21.80</b>	<b>00:40:25.25</b>	+00:01:46 (4.4%)	4:02	14.9 (95.5%)
4	<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>	+00:03:27 (8.2%)	4:12	14.3 (91.7%)
5	<b>KROPIDŁOWSKI Zdzisław</b>	<b>69</b>	MTS HAMER MIASTKO	M-40	8	00:00:03	00:02:50	00:16:02	00:29:39	<b>00:43:20.45</b>	<b>00:43:24.05</b>	+00:04:45 (11.0%)	4:20	13.8 (88.5%)
6	<b>DWULIT Dariusz</b>	<b>23</b>	MTS HAMER MIASTKO	M-40	11	00:00:14	00:02:56	00:16:31	00:30:37	<b>00:44:49.20</b>	<b>00:45:03.85</b>	+00:06:14 (13.9%)	4:28	13.4 (85.9%)
7	<b>JAMNIAK Bartosz</b>	<b>44</b>	MTS HAMER MIASTKO	M-20	15	00:00:03	00:02:34	00:16:10	00:30:36	<b>00:44:54.00</b>	<b>00:44:57.60</b>	+00:06:18 (14.1%)	4:29	13.4 (85.9%)
8	<b>JANKIEWICZ Tomasz</b>	<b>46</b>	MTS HAMER MIASTKO	M-40	12	00:00:05	00:02:52	00:16:38	00:30:48	<b>00:44:58.20</b>	<b>00:45:03.20</b>	+00:06:23 (14.2%)	4:29	13.3 (85.3%)
9	<b>JURA Michał</b>	<b>56</b>	MTS HAMER MIASTKO	M-20	16	00:00:05	00:03:00	00:17:27	00:32:13	<b>00:46:01.65</b>	<b>00:46:07.10</b>	+00:07:26 (16.2%)	4:36	13 (83.3%)
10	<b>SPALIK Michał</b>	<b>143</b>	MTS HAMER MIASTKO	M-20	17	00:00:03	00:02:34	00:16:10	00:31:25	<b>00:46:03.35</b>	<b>00:46:07.00</b>	+00:07:28 (16.2%)	4:36	13 (83.3%)
11	<b>MAJEWSKI Andrzej</b>	<b>89</b>	MTS HAMER MIASTKO	M-40	15	00:00:15	00:03:17	00:17:28	00:31:54	<b>00:46:04.95</b>	<b>00:46:20.15</b>	+00:07:29 (16.3%)	4:36	13 (83.3%)
12	<b>SPALIK Mariusz</b>	<b>142</b>	MTS HAMER MIASTKO	M-40	16	00:00:03	00:02:44	00:16:40	00:31:24	<b>00:46:35.90</b>	<b>00:46:39.05</b>	+00:08:00 (17.2%)	4:39	12.9 (82.7%)

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
13	<b>ŚWIĄTEK-BRZEZIŃSKI Hubert</b>	<b>173</b>	MTS HAMER MIASTKO	M-20	18	00:00:05	00:03:00	00:17:28	00:32:39	<b>00:47:35.60</b>	<b>00:47:40.75</b>	+00:09:00 (18.9%)	4:45	12.6 (80.8%)
14	<b>PETA Andrzej</b>	<b>116</b>	MTS HAMER MIASTKO	M-40	17	00:00:04	00:02:57	00:17:18	00:32:18	<b>00:47:42.95</b>	<b>00:47:47.35</b>	+00:09:07 (19.1%)	4:46	12.6 (80.8%)
15	<b>BOHDAN Jakub</b>	<b>9</b>	MTS HAMER MIASTKO	M-20	19	00:00:06	00:02:59	00:17:25	00:32:15	<b>00:48:03.15</b>	<b>00:48:09.20</b>	+00:09:27 (19.7%)	4:48	12.5 (80.1%)
16	<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>	+00:11:13 (22.5%)	4:58	12 (76.9%)
17	<b>CYBULSKI Robert</b>	<b>19</b>	MTS HAMER MIASTKO	M-40	27	00:00:05	00:03:18	00:19:07	00:35:48	<b>00:52:37.65</b>	<b>00:52:42.95</b>	+00:14:02 (26.7%)	5:15	11.4 (73.1%)
18	<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>	+00:15:11 (28.3%)	5:22	11.2 (71.8%)
19	<b>JURA Kazimierz</b>	<b>55</b>	MTS HAMER MIASTKO	M-60	6	00:00:14	00:03:41	00:20:13	00:37:47	<b>00:54:58.90</b>	<b>00:55:13.85</b>	+00:16:23 (29.8%)	5:29	10.9 (69.9%)

Znaleziono 19 wynik(ów)