



Ludowy Klub Sportowy
OSTROMECKO

II OSTROMECKI DUATHLON MTB

B4SPORT

Wydarzenie:

Weekend sportowy - Ostromecko, Dąbrowa

Chełmińska

Organizator:

Ludowy Klub Sportowy Ostromecko

Data:

2022-10-01

Miejsce:

Ostromecko

Dystans:

27.5 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec Gminy Dąbrowa Chełmińska	Bieg 5 5km	5.05km	Rower 20 25km	25.05km	Czas netto 27.5km	Czas brutto 27.5km	Różn	Tempo min/km	Tempo km/h
1	ŁYSIAK Norbert	104	NORBERTLYSIK.PL	M40	1		00:20:29	00:21:38	01:09:07	01:09:51	01:20:43.90	01:20:43.90		2:56	20.4 (100%)
2	SOSNOWSKI Krzysztof	84	SP 17 BYDGOSZCZ / WISŁA FORDON	M40	2		00:20:05	00:20:58	01:12:19	01:13:04	01:23:31.20	01:23:31.20	+00:02:47 (3.3%)	3:02	19.8 (97.1%)
3	GOŁATA Wojciech	26	AKADEMIA MISTRZÓW SPORTU	M40	3	Tak	00:19:57	00:20:54	01:13:35	01:14:23	01:24:46.35	01:24:46.35	+00:04:02 (4.8%)	3:04	19.5 (95.6%)
4	CIMACHOWSKI Jakub	13	CIMATECH	M40	4		00:20:12	00:20:46	01:14:17	01:14:45	01:25:27.00	01:25:27.00	+00:04:43 (5.5%)	3:06	19.3 (94.6%)
5	PRADZYŃSKI Marcin	73	AKADEMIAMISTRZOWSPORTU	M40	5		00:20:33	00:21:52	01:16:43	01:17:37	01:28:44.80	01:28:44.80	+00:08:00 (9.0%)	3:13	18.6 (91.2%)
6	GILL Daniel	25	LKS OSTROMECKO	M40	6		00:21:02	00:22:15	01:19:19	01:20:26	01:31:23.50	01:31:23.50	+00:10:39 (11.7%)	3:19	18.1 (88.7%)
7	GRUBICH Arkadiusz	32		M40	7		00:22:03	00:22:45	01:20:35	01:21:11	01:32:44.30	01:32:44.30	+00:12:00 (12.9%)	3:22	17.8 (87.3%)
8	SMYKOWSKI Marcin	83		M40	8		00:23:28	00:24:19	01:20:29	01:21:10	01:32:48.45	01:32:48.45	+00:12:04 (13.0%)	3:22	17.8 (87.3%)
9	GALICKI Jakub	21	AKADEMIA MISTRZÓW SPORTU	M40	9		00:24:11	00:24:59	01:21:14	01:21:57	01:34:07.85	01:34:07.85	+00:13:23 (14.2%)	3:25	17.5 (85.8%)
10	MOROSZCZAK Bogumił	62	PGB SPORTOWA PACZKA	M40	10		00:21:50	00:23:17	01:22:05	01:23:11	01:35:50.35	01:35:50.35	+00:15:06 (15.8%)	3:29	17.2 (84.3%)
11	STANIEC Tomasz	111		M40	11		00:20:10	00:21:56	01:23:49	01:25:18	01:36:18.70	01:36:18.70	+00:15:34 (16.2%)	3:30	17.1 (83.8%)
12	GÓRSKI Mariusz	29	HOPE4YOU	M40	12		00:21:50	00:22:58	01:23:32	01:24:29	01:36:34.75	01:36:34.75	+00:15:50 (16.4%)	3:30	17.1 (83.8%)
13	GIERACH Marcin	22		M40	13		00:22:04	00:22:44	01:24:02	01:24:40	01:37:29.80	01:37:29.80	+00:16:45 (17.2%)	3:32	16.9 (82.8%)
14	ROCHOWIAK Grzegorz	80	ALTOM GNIEZNO	M40	14		00:24:10	00:25:17	01:23:54	01:24:51	01:37:32.00	01:37:32.00	+00:16:48 (17.2%)	3:32	16.9 (82.8%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Mieszkaniec	Bieg 5	5.05km	Rower	25km	25.05km	Czas	Czas	Różn	Tempo	Tempo
						Gminy			20			netto	brutto			
						Dąbrowa	5km					27.5km	27.5km		min/km	km/h
						Chełmińska										
15	SUDER Michał	86	BEZNAPINY	M40	15		00:23:18	00:25:03	01:23:34	01:25:08		01:37:50.90	01:37:50.90	+00:17:07 (17.5%)	3:33	16.9 (82.8%)
16	DRABJEWSKI Paweł	17	TKKF WODNIK WIĘCIBORK	M40	16		00:24:13	00:25:34	01:25:24	01:26:22		01:39:09.70	01:39:09.70	+00:18:25 (18.6%)	3:36	16.6 (81.4%)
17	ROBACZEWSKI Artur	79		M40	17		00:24:01	00:25:05	01:25:29	01:26:03		01:39:20.85	01:39:20.85	+00:18:36 (18.7%)	3:36	16.6 (81.4%)
18	KONIEC Piotr	45		M40	18		00:25:34	00:27:34	01:24:43	01:25:38		01:39:27.45	01:39:27.45	+00:18:43 (18.8%)	3:36	16.6 (81.4%)
19	KOWALSKI Jacek	47		M40	19		00:21:35	00:22:31	01:27:49	01:28:36		01:40:00.95	01:40:00.95	+00:19:17 (19.3%)	3:38	16.5 (80.9%)
20	KALINOWSKI Sławomir	69		M40	20		00:25:21	00:26:41	01:24:39	01:25:49		01:40:08.70	01:40:08.70	+00:19:24 (19.4%)	3:38	16.5 (80.9%)
21	MROTEK Michał	64	AMS AKADEMIA MISTRZOW SPORTU	M40	21		00:21:41	00:22:37	01:28:25	01:29:04		01:40:35.05	01:40:35.05	+00:19:51 (19.7%)	3:39	16.4 (80.4%)
22	KACZMAREK Sebastian	38	PARKRUN GRUDZIĄDZ	M40	22		00:23:13	00:24:25	01:29:38	01:30:32		01:42:36.70	01:42:36.70	+00:21:52 (21.3%)	3:43	16.1 (78.9%)
23	MICHALAK Paweł	58	ASSECO ACTIVE TEAM	M40	23		00:24:24	00:26:29	01:28:23	01:29:23		01:42:46.30	01:42:46.30	+00:22:02 (21.4%)	3:44	16.1 (78.9%)
24	JASINIECKI Wojciech	36	ŻÓŁTOKRÓLEWSCY	M40	24		00:26:09	00:27:19	01:27:20	01:28:28		01:43:00.00	01:43:00.00	+00:22:16 (21.6%)	3:44	16 (78.4%)
25	KAŁAMAJSKI Grzegorz	43		M40	25		00:25:55	00:27:23	01:29:36	01:30:48		01:46:22.00	01:46:22.00	+00:25:38 (24.1%)	3:52	15.5 (76.0%)
26	CZARNECKI Marek	14		M40	26		00:24:20	00:25:33	01:34:44	01:35:29		01:48:19.25	01:48:19.25	+00:27:35 (25.5%)	3:56	15.2 (74.5%)
27	PRZYBYLSKI Robert	74		M40	27		00:27:36	00:28:46	01:32:46	01:34:02		01:48:33.95	01:48:33.95	+00:27:50 (25.6%)	3:56	15.2 (74.5%)
28	BIEL Marek	3	1% DLA DARII BIEL / #B3K	M40	28		00:24:04	00:24:56	01:32:02	01:32:45		01:48:52.10	01:48:52.10	+00:28:08 (25.8%)	3:57	15.2 (74.5%)
29	DZIERŻAWSKI Jacek	20	TRIPIG TEAM	M40	29		00:26:05	00:28:06	01:33:00	01:34:27		01:49:36.00	01:49:36.00	+00:28:52 (26.3%)	3:59	15.1 (74.0%)
30	STANEK Marek	85		M40	30		00:30:52	00:32:08	01:36:21	01:37:04		01:52:51.55	01:52:51.55	+00:32:07 (28.5%)	4:06	14.6 (71.6%)
31	MYŚLINSKI Łukasz	65		M40	31		00:26:51	00:27:54	01:37:48	01:39:12		01:54:41.20	01:54:41.20	+00:33:57 (29.6%)	4:10	14.4 (70.6%)
32	BINKOWSKI Cezary	5		M40	32	Tak	00:29:49	00:30:58	01:38:32	01:39:57		01:56:21.05	01:56:21.05	+00:35:37 (30.6%)	4:13	14.2 (69.6%)
33	OLSZÓWKA Michał	68		M40	33		00:26:10	00:28:57	01:52:02	01:53:03		02:06:20.05	02:06:20.05	+00:45:36 (36.1%)	4:35	13.1 (64.2%)
34	BUDZIAK Bartek	8		M40	34		00:27:10	00:29:22	01:49:08	01:49:53		02:09:20.85	02:09:20.85	+00:48:36 (37.6%)	4:42	12.8 (62.7%)
35	TUMIŁOWICZ Piotr	108		M40	35		00:27:23	00:30:00	01:53:32	01:54:59		02:12:43.75	02:12:43.75	+00:51:59 (39.2%)	4:49	12.4 (60.8%)