

III BIEG POGOŃ RAKA - SZCZECIN

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Organizator: Stowarzyszenie Walki z Rakiem Płuca Oddział Szczecin
Data: 2019-10-05
Miejsce: Szczecin
Dystans: 5 km

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	FILIPOWSKI Dariusz	102		M40	1	00:00:00	00:19:12.05	00:19:12.40		3:50	15.6
2	WASILEWSKI Andrzej	535		M40	2	00:00:04	00:19:37.00	00:19:41.05	+00:00:24	3:55	15.3
3	HAŁACZKIEWICZ Adam	133	EXTREMEWOLF	M40	3	00:00:04	00:20:52.75	00:20:56.85	+00:01:40	4:10	14.4
4	KRZEŚNIEWSKI Marcin	241		M40	4	00:00:01	00:21:08.70	00:21:09.95	+00:01:56	4:13	14.2
5	KOZINIEC Krystian	221	DRUŻYN FILIPA	M40	5	00:00:02	00:21:22.40	00:21:25.20	+00:02:10	4:16	14
6	PIOTROWSKI Marek	392	ROZBIEGANY GOLENIÓW	M40	6	00:00:01	00:22:12.95	00:22:14.70	+00:03:00	4:26	13.5
7	BANASIAK Andrzej	15		M40	7	00:00:12	00:22:19.60	00:22:32.20	+00:03:07	4:28	13.4
8	ROGIEWICZ Remigiusz	419		M40	8	00:00:01	00:22:21.10	00:22:22.80	+00:03:09	4:28	13.4
9	WOLSKI Tomasz	570		M40	9	00:00:08	00:23:11.75	00:23:20.70	+00:03:59	4:38	12.9
10	PODWYSZYŃSKI Sylwester	400		M40	10	00:00:03	00:23:27.20	00:23:30.45	+00:04:15	4:41	12.8
11	HAJDUK Maciej	132		M40	11	00:00:03	00:23:59.05	00:24:02.35	+00:04:47	4:47	12.5
12	ŁAWNICZ Sebastian	365	CYRUPC AZOTY	M40	12	00:00:15	00:24:07.70	00:24:23.05	+00:04:55	4:49	12.4
13	PIWOWARSKI Darek	394	WIECZORNE BIEGANIE W SZCZECINIE	M40	13	00:00:12	00:24:39.55	00:24:52.15	+00:05:27	4:56	12.2
14	DZIEDZIC Michał	605	12B2	M40	14	00:00:01	00:24:40.35	00:24:41.70	+00:05:28	4:56	12.2
15	ŁUSZCZEWSKI Sebastian	283		M40	15	00:00:14	00:24:58.85	00:25:13.05	+00:05:46	4:59	12
16	WOJTKOWIAK Rafał	566		M40	16	00:00:02	00:25:02.75	00:25:05.25	+00:05:50	5:00	12
17	SOSNOWSKI Adrian	465		M40	17	00:00:36	00:25:31.75	00:26:07.90	+00:06:19	5:06	11.8
18	SZYMCZAK Marcin	504		M40	18	00:00:32	00:25:45.25	00:26:17.60	+00:06:33	5:09	11.7
19	BIERNACKI Andrzej	29		M40	19	00:00:07	00:25:46.45	00:25:54.05	+00:06:34	5:09	11.6
20	GIMINSKI Tomasz	106		M40	20	00:00:10	00:26:23.45	00:26:33.60	+00:07:11	5:16	11.4
21	WILKOSZ Tomasz	546	WILK SKOLWIN	M40	21	00:00:33	00:26:45.05	00:27:18.95	+00:07:33	5:21	11.2
22	GUZIKOWSKI Tomasz	130	GUZIK TEAM	M40	22	00:00:20	00:26:46.70	00:27:07.65	+00:07:34	5:21	11.2
23	TYMUL Jakub	526		M40	23	00:00:14	00:26:52.40	00:27:07.35	+00:07:40	5:22	11.2
24	PIERŚCIŃSKI Sławomir	382		M40	24	00:00:17	00:27:00.50	00:27:18.15	+00:07:48	5:24	11.1
25	MAJCHER Radek	296	PUSZCZA TEAM	M40	25	00:00:08	00:27:01.70	00:27:10.00	+00:07:49	5:24	11.1
26	KRUSZEWICZ Aleksander	240	AMPIO TEAM	M40	26	00:00:04	00:27:04.00	00:27:08.35	+00:07:51	5:24	11.1
27	SZOSTAK Daniel	501		M40	27	00:00:20	00:27:48.25	00:28:09.20	+00:08:36	5:33	10.8
28	NEJMAN Rafał	342		M40	28	00:00:10	00:28:13.95	00:28:24.70	+00:09:01	5:38	10.6
29	TROĆ Robert	519		M40	29	00:00:30	00:28:21.20	00:28:51.55	+00:09:09	5:40	10.6
30	MATULKA Łukasz	312		M40	30	00:00:24	00:28:56.75	00:29:21.00	+00:09:44	5:47	10.4

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
31	KACZMAREK Grzegorz	169		M40	31	00:00:39	00:29:34.80	00:30:14.75	+00:10:22	5:55	10.1
32	KURZYŃSKI Ryszard	254		M40	32	00:00:36	00:30:36.30	00:31:13.05	+00:11:24	6:07	9.8
33	GAPIŃSKI Rafał	103	PROGDAR MARATHON TEAM	M40	33	00:00:42	00:30:37.80	00:31:20.40	+00:11:25	6:07	9.8
34	PODWYSZYŃSKI Sebastian	100		M40	34	00:00:34	00:30:41.65	00:31:16.00	+00:11:29	6:08	9.8
35	JASIŃSKI Robert	159		M40	35	00:00:18	00:30:56.60	00:31:14.90	+00:11:44	6:11	9.7
36	DENEKO Maciej	69	SPRINT LOGISTYKA POLSKA	M40	36	00:00:35	00:31:37.65	00:32:13.60	+00:12:25	6:19	9.5
37	SŁADKIEWICZ Adam	459		M40	37	00:00:08	00:31:57.15	00:32:05.65	+00:12:45	6:23	9.4
38	CIECIOROWSKI Robert	56		M40	38	00:00:03	00:32:27.30	00:32:30.40	+00:13:15	6:29	9.2
39	MOSKWA Arkadiusz	548	WILK SKOLWIN	M40	39	00:00:33	00:32:52.50	00:33:25.75	+00:13:40	6:34	9.1
40	MIŚNIK Łukasz	330		M40	40	00:00:24	00:33:00.50	00:33:24.90	+00:13:48	6:36	9.1
41	NOJSZEWSKI Tomasz	346	TANCIA TEAM	M40	41	00:00:06	00:34:41.85	00:34:48.20	+00:15:29	6:56	8.6
42	PIOTROWSKI Krzysztof	393	AMPIO TEAM	M40	42	00:00:34	00:34:43.30	00:35:17.80	+00:15:31	6:56	8.6
43	NIEZGODA Adam	344		M40	43	00:00:19	00:36:27.40	00:36:46.70	+00:17:15	7:17	8.2
44	MEDZIŃSKI Dariusz	320		M40	44	00:00:19	00:37:15.55	00:37:34.75	+00:18:03	7:27	8.1
45	LEWAK Arkadiusz	272	LEWACZKI TEAM	M40	45	00:00:30	00:38:12.10	00:38:42.95	+00:19:00	7:38	7.9
46	SURDAKI Jerzy	486	DRUŻYNA SZPIKU/ ROYAL RUNNERS TEAM	M40	46	00:00:00	00:39:30.00	00:39:30.00	+00:20:17	7:54	7.6
47	PIOTROWSKI Bartłomiej	391	STOWARZYSZENIE DMUCHAWIEC	M40	47	00:00:32	00:41:30.45	00:42:02.45	+00:22:18	8:18	7.2
48	DOMAGALSKI Sławomir	76		M40	48	00:00:41	00:43:13.05	00:43:55.00	+00:24:01	8:38	6.9

Znaleziono 48 wynik(ów)