



IX BIEGI ULICZNE - BIEG GŁÓWNY 5KM

B4SPORT

Wydarzenie: IX Biegi Uliczne im. Antoniego Nawrockiego
Organizator: MUKS „Start” Solec Kujawski
Data: 2023-06-11
Miejsce: Solec Kujawski
Dystans: 5 km

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: M 30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Gmina Solec Kujawski	Pętla 1 2.5km	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	PRZYBYŁA Adrian	420	RUN GOKU TEAM - PLANY BIEGOWE	M 30-39	1		00:07:25	00:15:51.00	00:15:51.60		3:10	18.9 (100%)
2	BONIFACE Wambua	473		M 30-39	2		00:08:04	00:16:45.80	00:16:47.00	+00:00:55 (5.5%)	3:21	17.9 (94.7%)
3	FLOREK Paweł	348	RUNADDICTS	M 30-39	3		00:08:54	00:18:18.35	00:18:19.35	+00:02:27 (13.4%)	3:39	16.4 (86.8%)
4	WIECZOREK Mateusz	453	HYDRAPRES TEAM	M 30-39	4		00:09:36	00:19:28.40	00:19:32.15	+00:03:40 (18.8%)	3:53	15.4 (81.5%)
5	WALDA Łukasz	451		M 30-39	5		00:09:46	00:19:34.75	00:19:36.20	+00:03:44 (19.1%)	3:54	15.3 (81.0%)
6	OKOŃSKI Jarosław	403		M 30-39	6		00:09:38	00:20:04.90	00:20:06.20	+00:04:14 (21.1%)	4:00	15 (79.4%)
7	POTAKOWSKI Łukasz	419		M 30-39	7		00:10:54	00:22:23.55	00:22:30.20	+00:06:38 (29.5%)	4:28	13.4 (70.9%)
8	JAKÓBEK Piotr	356	RUNADDICTS	M 30-39	8		00:11:15	00:22:20.65	00:22:31.20	+00:06:39 (29.6%)	4:28	13.4 (70.9%)
9	JANCZAR Tomasz	472		M 30-39	9		00:11:58	00:24:48.90	00:24:52.80	+00:09:01 (36.3%)	4:57	12.1 (64.0%)
10	BOJAROWSKI Krzysztof	338		M 30-39	10		00:12:28	00:25:14.85	00:25:27.00	+00:09:35 (37.7%)	5:02	11.9 (63.0%)
11	WACHOWIAK Krzysztof	470		M 30-39	11		00:12:44	00:25:37.55	00:25:49.90	+00:09:58 (38.6%)	5:07	11.7 (61.9%)
12	SIEKIERKA Jarosław	428	PASACO	M 30-39	12		00:13:15	00:25:40.90	00:25:52.95	+00:10:01 (38.7%)	5:08	11.7 (61.9%)
13	STUDZIŃSKI Krzysztof	437	PASACO	M 30-39	13		00:13:58	00:26:41.80	00:26:49.35	+00:10:57 (40.9%)	5:20	11.2 (59.3%)
14	BIELSKI Dawid	476		M 30-39	14		00:12:39	00:26:50.20	00:27:02.55	+00:11:10 (41.4%)	5:22	11.2 (59.3%)
15	IDCZAK Piotr	354	ACTIVEXTREME	M 30-39	15		00:13:48	00:26:49.85	00:27:04.60	+00:11:13 (41.4%)	5:21	11.2 (59.3%)
16	KRÓL Maciej	372	MK PROJEKT	M 30-39	16	Tak	00:13:13	00:26:56.15	00:27:07.55	+00:11:15 (41.5%)	5:23	11.1 (58.7%)

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17	RATKE Artur	422		M 30-39	17	Tak		00:13:32	00:27:31.90	00:27:37.50	+00:11:45 (42.6%)	5:30	10.9 (57.7%)
18	PAWEŁCZAK Kamil	407	PASACO	M 30-39	18			00:13:23	00:27:35.75	00:27:46.45	+00:11:54 (42.9%)	5:31	10.9 (57.7%)
19	JARZĘCZKA Jakub	357		M 30-39	19	Tak		00:13:00	00:27:45.25	00:27:49.40	+00:11:57 (43.0%)	5:33	10.8 (57.1%)
20	NIEDBALSKI Krzysztof	397	BIEGAJĄCE BEBOKI	M 30-39	20			00:14:19	00:29:53.35	00:30:07.90	+00:14:16 (47.4%)	5:58	10 (52.9%)
21	SIEMIANOWSKI Jan	429	SIEMJAN TEAM	M 30-39	21	Tak		00:17:59	00:37:23.85	00:37:37.10	+00:21:45 (57.8%)	7:28	8 (42.3%)
22	MARCINIAK Oskar	388		M 30-39	22			00:18:47	00:40:01.45	00:40:16.25	+00:24:24 (60.6%)	8:00	7.5 (39.7%)
23	LISEWSKI Jacek	380	TRI ŚWINKI	M 30-39	23			00:18:48	00:40:02.30	00:40:16.50	+00:24:24 (60.6%)	8:00	7.5 (39.7%)

Znaleziono 23 wynik(ów)