

ŁĄDUJ NA OSOWEJ - 10KM

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Organizator: Stowarzyszenie Klub Sportowy Olimpia Osowa
Data: 2015-09-26
Miejsce: Gdańsk / Osowa
Dystans: 10 km



Klasyfikacja: M30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	KWIATKOWSKI Artur	99		M30	1	00:35:28.25	00:35:51.30		3:32	16.9 (100%)
2	MATUŁA Adam	121		M30	2	00:35:35.10	00:35:58.25	+00:00:06 (0.3%)	3:33	16.9 (100%)
3	SIKORA Sebastian	169		M30	3	00:37:00.45	00:37:23.70	+00:01:32 (4.1%)	3:42	16.2 (95.9%)
4	GAVIN Ciaran	40		M30	4	00:37:03.30	00:37:26.35	+00:01:35 (4.2%)	3:42	16.2 (95.9%)
5	DOMBRZALSKI Bartosz	30		M30	5	00:38:05.40	00:38:29.55	+00:02:38 (6.9%)	3:48	15.8 (93.5%)
6	PEPLIŃSKI Grzegorz	138		M30	6	00:38:44.50	00:39:08.05	+00:03:16 (8.4%)	3:52	15.5 (91.7%)
7	CZAJKOWSKI Paweł	231		M30	7	00:40:01.50	00:40:25.45	+00:04:34 (11.3%)	4:00	15 (88.8%)
8	SIKORA Roger	168		M30	8	00:40:02.95	00:40:27.10	+00:04:35 (11.4%)	4:00	15 (88.8%)
9	HENDRICH Rafał	57		M30	9	00:40:08.25	00:40:30.95	+00:04:39 (11.5%)	4:00	15 (88.8%)
10	BIL Paweł	12		M30	10	00:40:20.40	00:40:46.60	+00:04:55 (12.1%)	4:02	14.9 (88.2%)
11	PALMA Paweł	134		M30	11	00:40:27.25	00:40:51.80	+00:05:00 (12.3%)	4:02	14.8 (87.6%)
12	GACH Maciej	39		M30	12	00:41:20.45	00:41:45.15	+00:05:53 (14.1%)	4:08	14.5 (85.8%)
13	GRABOWSKI Grzegorz	46		M30	13	00:42:01.40	00:42:25.30	+00:06:34 (15.5%)	4:12	14.3 (84.6%)
14	GRZEGORZEK Bartłomiej	51		M30	14	00:43:15.70	00:43:40.40	+00:07:49 (17.9%)	4:19	13.9 (82.2%)
15	SZUMLAS Rafał	184		M30	15	00:43:20.85	00:43:46.35	+00:07:55 (18.1%)	4:20	13.8 (81.7%)
16	LEWANDOWSKI Kajetan	104		M30	16	00:43:47.75	00:44:13.10	+00:08:21 (18.9%)	4:22	13.7 (81.1%)
17	NERKOWSKI Paweł	129		M30	17	00:44:12.15	00:44:38.50	+00:08:47 (19.7%)	4:25	13.6 (80.5%)
18	MADERSKI Rafał	119		M30	18	00:44:32.10	00:44:55.75	+00:09:04 (20.2%)	4:27	13.5 (79.9%)
19	ŚMIGIELSKI Arkadiusz	190		M30	19	00:44:48.05	00:45:19.55	+00:09:28 (20.9%)	4:28	13.4 (79.3%)
20	SZLAS Radosław	183		M30	20	00:44:58.40	00:45:23.70	+00:09:32 (21.0%)	4:29	13.3 (78.7%)
21	DAMPS Sylwester	29		M30	21	00:44:56.60	00:45:24.85	+00:09:33 (21.0%)	4:29	13.4 (79.3%)
22	RUDNIK Tomasz	154		M30	22	00:45:16.45	00:45:40.30	+00:09:49 (21.5%)	4:31	13.2 (78.1%)
23	PASCHKE Roman	135		M30	23	00:45:46.30	00:46:13.45	+00:10:22 (22.4%)	4:34	13.1 (77.5%)
24	KOWALKOWSKI Krzysztof	85		M30	24	00:45:45.00	00:46:16.10	+00:10:24 (22.5%)	4:34	13.1 (77.5%)
25	WIŚNIEWSKI Marek	206		M30	25	00:45:54.30	00:46:18.50	+00:10:27 (22.6%)	4:35	13.1 (77.5%)
26	PĘSKO Michał	140		M30	26	00:46:02.30	00:46:27.90	+00:10:36 (22.8%)	4:36	13 (76.9%)

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27	CIUNEL Łukasz	25		M30	27	00:46:38.90	00:47:07.95	+00:11:16 (23.9%)	4:39	12.9 (76.3%)
28	GRESZCZUK Jarosław	50		M30	28	00:46:47.80	00:47:14.15	+00:11:22 (24.1%)	4:40	12.8 (75.7%)
29	LANG Marcin	101		M30	29	00:47:02.80	00:47:36.05	+00:11:44 (24.7%)	4:42	12.8 (75.7%)
30	HEBANOWSKI Łukasz	55		M30	30	00:47:29.15	00:48:03.15	+00:12:11 (25.4%)	4:44	12.6 (74.6%)
31	PODJASKI Krzysztof	142		M30	31	00:48:04.55	00:48:38.40	+00:12:47 (26.3%)	4:48	12.5 (74.0%)
32	KWAŚNICKI Wojciech	98		M30	32	00:48:39.80	00:49:05.40	+00:13:14 (27.0%)	4:52	12.3 (72.8%)
33	MUSZYŃSKI Jakub	127		M30	33	00:48:40.05	00:49:05.80	+00:13:14 (27.0%)	4:52	12.3 (72.8%)
34	CIECIERSKI Wojciech	218		M30	34	00:49:02.40	00:49:34.35	+00:13:43 (27.7%)	4:54	12.2 (72.2%)
35	THAL Mariusz	222		M30	35	00:49:33.45	00:50:01.40	+00:14:10 (28.3%)	4:57	12.1 (71.6%)
36	WIŚNIEWSKI Paweł	205		M30	36	00:49:54.40	00:50:23.70	+00:14:32 (28.9%)	4:59	12 (71.0%)
37	SPISAK Piotr	179		M30	37	00:50:06.20	00:50:45.45	+00:14:54 (29.4%)	5:00	12 (71.0%)
38	PODJASKI Andrzej	143		M30	38	00:50:47.25	00:51:19.80	+00:15:28 (30.1%)	5:04	11.8 (69.8%)
39	KULCZYŃSKI Michał	94		M30	39	00:50:46.80	00:51:21.65	+00:15:30 (30.2%)	5:04	11.8 (69.8%)
40	KOPEĆ Igor	83		M30	40	00:50:58.65	00:51:36.50	+00:15:45 (30.5%)	5:05	11.8 (69.8%)
41	BURZAK Mariusz	22		M30	41	00:51:30.70	00:52:06.15	+00:16:14 (31.2%)	5:09	11.6 (68.6%)
42	SZYMAŃSKI Marek	189		M30	42	00:52:48.70	00:53:15.95	+00:17:24 (32.7%)	5:16	11.4 (67.5%)
43	TUSZYŃSKI Maciej	195		M30	43	00:53:04.30	00:53:35.55	+00:17:44 (33.1%)	5:18	11.3 (66.9%)
44	ROCZYŃSKI Rafał	150		M30	44	00:53:11.10	00:53:42.35	+00:17:51 (33.2%)	5:19	11.3 (66.9%)
45	CZERWIŃSKI Michał	27		M30	45	00:55:03.05	00:55:36.40	+00:19:45 (35.5%)	5:30	10.9 (64.5%)
46	KUCHARSKI Sławomir	93		M30	46	00:55:39.60	00:56:12.30	+00:20:21 (36.2%)	5:34	10.8 (63.9%)
47	KARLIKOWSKI Maciej	70		M30	47	00:56:36.25	00:57:11.20	+00:21:19 (37.3%)	5:39	10.6 (62.7%)
48	LEWICKI Adam	107		M30	48	00:56:36.35	00:57:12.75	+00:21:21 (37.3%)	5:39	10.6 (62.7%)
49	KUŹMIŃSKI Jakub	97		M30	49	00:59:16.15	00:59:44.90	+00:23:53 (40.0%)	5:55	10.1 (59.8%)
50	BARCZAK Karol	7		M30	50	01:00:12.65	01:00:45.75	+00:24:54 (41.0%)	6:01	10 (59.2%)
51	SIKORSKI Bartłomiej	223		M30	51	01:00:17.05	01:00:52.75	+00:25:01 (41.1%)	6:01	10 (59.2%)
52	ZAJĄC Leszek	214		M30	52	01:00:24.80	01:00:55.05	+00:25:03 (41.1%)	6:02	9.9 (58.6%)
53	RYMARKIEWICZ Karol	160		M30	53	01:01:00.05	01:01:31.05	+00:25:39 (41.7%)	6:06	9.8 (58.0%)
54	LEJK Marcin	102		M30	54	01:01:01.05	01:01:36.45	+00:25:45 (41.8%)	6:06	9.8 (58.0%)
55	LEWAŃSKI Andrzej	106		M30	55	01:02:45.15	01:03:21.50	+00:27:30 (43.4%)	6:16	9.6 (56.8%)
56	WRÓBLEWSKI Jarosław	220		M30	56	01:03:00.00	01:03:32.65	+00:27:41 (43.6%)	6:18	9.5 (56.2%)
57	DYMAŃSKI Bartosz	226		M30	57	01:13:07.30	01:13:55.30	+00:38:04 (51.5%)	7:18	8.2 (48.5%)

Znaleziono 57 wynik(ów)