



Wydarzenie: X Bieg Mikołajkowy
Organizator: Stowarzyszenie BiegamBoLubie Team Police
Data: 2022-12-04
Miejsce: Police
Dystans: 5 km

MARSZ MIKOŁAJKOWY

B4SPORT

B4SPORT
INTELEGNTE ZAWODY SPORTOWE

Klasyfikacja: M-Open

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Powiat Police	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	SZAMOTULSKI Henryk	874		M-40	1		Poparzeni Śniegiem	00:29:41.30	00:29:41.30		5:56	10.1 (100%)
2	DOŁĘGOWSKI Marek	650	GMINA WOLIN	M-50	1		Poparzeni Śniegiem	00:30:52.15	00:30:52.15	+00:01:10 (3.8%)	6:10	9.7 (96.0%)
3	LIPIŃSKI Karol	771	KS POGODNI NORDIKOWCY SZCZECIN	M-40	2		KS Pogodni Nordikowcy Szczecin	00:31:30.10	00:31:30.10	+00:01:48 (5.8%)	6:18	9.5 (94.1%)
4	MARCINIAK Tomasz	788		M-30	1		Poparzeni Śniegiem	00:34:04.90	00:34:04.90	+00:04:23 (12.9%)	6:48	8.8 (87.1%)
5	HAWRYŁAK Marcin	715	DRUŻYNA KORCZAKA	M-50	2		Drużyna Korczaka	00:34:11.20	00:34:11.20	+00:04:29 (13.2%)	6:50	8.8 (87.1%)
6	PAŁOSZ Daniel	369		M-40	3			00:35:11.95	00:35:11.95	+00:05:30 (15.7%)	7:02	8.5 (84.2%)
7	ZDANUK Artur	909	EKSPEDYCJA NORDIC TEAM SZCZECIN	M-50	3	Tak	Poparzeni Śniegiem	00:35:30.15	00:35:30.15	+00:05:48 (16.4%)	7:06	8.5 (84.2%)
8	KAROLAK Andrzej	736		M-60	1			00:35:31.90	00:35:31.90	+00:05:50 (16.4%)	7:06	8.4 (83.2%)
9	KRZYWOŃ Paweł	760		M-30	2			00:35:32.95	00:35:32.95	+00:05:51 (16.5%)	7:06	8.4 (83.2%)
10	STRZELEC Tomasz	868	KB HERMES GRYFINO	M-40	4			00:35:52.30	00:35:52.30	+00:06:11 (17.2%)	7:10	8.4 (83.2%)
11	SKORNIA Krzysztof	616	GRUPA AZOTY	M-40	5	Tak		00:38:14.30	00:38:14.30	+00:08:33 (22.4%)	7:38	7.8 (77.2%)
12	ADAMSKI Adrian	812		M-30	3			00:38:17.95	00:38:17.95	+00:08:36 (22.5%)	7:39	7.8 (77.2%)
13	PARCHIMOWICZ Janusz	823		M-60	2	Tak		00:38:59.35	00:38:59.35	+00:09:18 (23.9%)	7:47	7.7 (76.2%)
14	SZYMCZAK Przemysław	884		M-40	6			00:39:11.40	00:39:11.40	+00:09:30 (24.2%)	7:50	7.7 (76.2%)
15	ŻARNICKI Mirosław	914		M-60	3			00:39:38.60	00:39:38.60	+00:09:57 (25.1%)	7:55	7.6 (75.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Powiat	Police	Drużyna 1	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
16	BOJKO Marek	667		M-50	4				00:39:40.05	00:39:40.05	+00:09:58 (25.2%)	7:56	7.6 (75.2%)
17	GROCHOLSKI Marek	707		M-50	5				00:40:04.85	00:40:04.85	+00:10:23 (25.9%)	8:00	7.5 (74.3%)
18	LEDZION Robert	766		M-50	6				00:41:17.40	00:41:17.40	+00:11:36 (28.1%)	8:15	7.3 (72.3%)
19	FALEŃSKI Rafał	683		M-40	7			Walking Warriors	00:41:53.75	00:41:53.75	+00:12:12 (29.1%)	8:22	7.2 (71.3%)
20	GODEK Cezary	701		M-30	4				00:42:18.25	00:42:18.25	+00:12:36 (29.8%)	8:27	7.1 (70.3%)
21	CETERA Janusz	669		M-60	4				00:42:30.05	00:42:30.05	+00:12:48 (30.1%)	8:30	7.1 (70.3%)
22	WIELCIOSZEWSKI Konrad	923		M-40	8				00:42:43.35	00:42:43.35	+00:13:02 (30.5%)	8:32	7 (69.3%)
23	SAJEWICZ Piotr	848	WALKIN WARRIORS	M-40	9	Tak		Walking Warriors	00:43:05.45	00:43:05.45	+00:13:24 (31.1%)	8:37	7 (69.3%)
24	ŁEMPKOWSKI Janusz	780	BBL POLICE	M-40	10	Tak		Januszek Team BBL	00:43:11.90	00:43:11.90	+00:13:30 (31.3%)	8:38	6.9 (68.3%)
25	ZALEWSKI Paweł	907		M-50	7	Tak			00:43:14.70	00:43:14.70	+00:13:33 (31.3%)	8:38	6.9 (68.3%)
26	PUTRESZA Marcin	833		M-40	11				00:44:01.85	00:44:01.85	+00:14:20 (32.6%)	8:48	6.8 (67.3%)
27	SYCH Zbigniew	873	KB KAMIEN POMORSKI	M-50	8				00:44:19.05	00:44:19.05	+00:14:37 (33.0%)	8:51	6.8 (67.3%)
28	KRYCZKA Adam	758		M-40	12	Tak			00:44:24.05	00:44:24.05	+00:14:42 (33.1%)	8:52	6.8 (67.3%)
29	KARBOWSKI Łukasz	734		M-30	5				00:44:30.20	00:44:30.20	+00:14:48 (33.3%)	8:54	6.7 (66.3%)
30	STOMPE Jörg	866		M-30	6				00:45:18.95	00:45:18.95	+00:15:37 (34.5%)	9:03	6.6 (65.3%)
31	FRONTCZAK Ireneusz	693		M-50	9	Tak			00:45:41.95	00:45:41.95	+00:16:00 (35.0%)	9:08	6.6 (65.3%)
32	PANAS Tomasz	822		M-60	5	Tak			00:46:18.85	00:46:18.85	+00:16:37 (35.9%)	9:15	6.5 (64.4%)
33	PIOŁUNOWICZ Kacper	827		M-20	1	Tak			00:47:28.30	00:47:28.30	+00:17:47 (37.5%)	9:29	6.3 (62.4%)
34	BIESAGA Piotr	663	ALS	M-50	10				00:49:22.05	00:49:22.05	+00:19:40 (39.9%)	9:52	6.1 (60.4%)
35	CIEŚLAK Adam	673	LEGENDARY POWER SZEWC	M-60	6				00:49:27.85	00:49:27.85	+00:19:46 (40.0%)	9:53	6.1 (60.4%)
36	BASZURO Tomasz	654		M-60	7				00:49:37.95	00:49:37.95	+00:19:56 (40.2%)	9:55	6 (59.4%)
37	JAKUBOWSKI Jan	723		M-60	8				00:50:19.70	00:50:19.70	+00:20:38 (41.0%)	10:03	6 (59.4%)
38	GRZYWA Adam	712	FIZJOBIEGACZE	M-40	13				00:52:12.60	00:52:12.60	+00:22:31 (43.1%)	10:26	5.7 (56.4%)

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39	KRASNODEBSKI Konrad	755	BBL POLICE	M-40	14	Tak		00:53:12.45	00:53:12.45	+00:23:31 (44.2%)	10:38	5.6 (55.4%)
40	UFNIARZ Grzegorz	894	KS ZADYSZKA	M-40	15		KS Zadyszka	00:56:11.90	00:56:11.90	+00:26:30 (47.2%)	11:14	5.3 (52.5%)

Znaleziono 40 wynik(ów)