



MARYNARSKA DYCHA - BIEG 10KM

B4SPORT

Wydarzenie: III BIEG PRZEŁAJOWY "MARYNARSKA DYCHA" im. admirała floty Andrzeja KARWETY
Organizator: CENTRUM SZKOLENIA MARYNARKI WOJENNEJ (CSMW)
Data: 2018-04-07
Miejsce: Ustka
Dystans: 10 km



Klasyfikacja: M30-39

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	RUDNIK Krzysztof	201	NIGHT RUNNERS SŁUPSK	M30-39	1	00:38:10.10		3:49	15.7 (100%)
2	PACHOLCZYK Krzysztof	164		M30-39	2	00:39:37.55	+00:01:27 (3.7%)	3:57	15.1 (96.2%)
3	NAGÓREK Kamil	296	STOPA SŁUPSK	M30-39	3	00:41:42.20	+00:03:32 (8.5%)	4:10	14.4 (91.7%)
4	KAMIENIECKI Rafał	85	TUPOT-USTKA	M30-39	4	00:41:47.80	+00:03:37 (8.7%)	4:10	14.4 (91.7%)
5	STENCEL Maciej	222	GTS CZARNA DĄBRÓWKA	M30-39	5	00:46:22.75	+00:08:12 (17.7%)	4:38	12.9 (82.2%)
6	FABICH Adrian	49	USB	M30-39	6	00:46:54.85	+00:08:44 (18.6%)	4:41	12.8 (81.5%)
7	PODLEŚNY Mieszko	327	AZS AWF KATOWICE	M30-39	7	00:47:31.50	+00:09:21 (19.7%)	4:45	12.6 (80.3%)
8	SKUMIAŁ Oskar	210	USB	M30-39	8	00:48:43.75	+00:10:33 (21.7%)	4:52	12.3 (78.3%)
9	GIERCZAK Paweł	58		M30-39	9	00:48:48.70	+00:10:38 (21.8%)	4:52	12.3 (78.3%)
10	SOBOLEWSKI Tomasz	347		M30-39	10	00:50:14.65	+00:12:04 (24.0%)	5:01	11.9 (75.8%)
11	ADAMCZYK Karol	4		M30-39	11	00:50:24.65	+00:12:14 (24.3%)	5:02	11.9 (75.8%)
12	MOROŃ Jarosław	152		M30-39	12	00:51:26.65	+00:13:16 (25.8%)	5:08	11.7 (74.5%)
13	KARAŚ Radosław	87	NIGHT RUNNERS SŁUPSK	M30-39	13	00:52:13.05	+00:14:02 (26.9%)	5:13	11.5 (73.2%)
14	BOWNIK Wojciech	21		M30-39	14	00:52:34.50	+00:14:24 (27.4%)	5:15	11.4 (72.6%)
15	BŁENCKI Piotr	16	NIGHTRUNNERS SŁUPSK	M30-39	15	00:52:59.15	+00:14:49 (28.0%)	5:17	11.3 (72.0%)
16	ZBLEWSKI Patryk	349	NIGHT RUNNERS SŁUPSK	M30-39	16	00:53:02.40	+00:14:52 (28.0%)	5:18	11.3 (72.0%)
17	BRYZIK Dariusz	297	W.P.K. SŁOŃ TEAM USTKA	M30-39	17	00:54:04.30	+00:15:54 (29.4%)	5:24	11.1 (70.7%)
18	POZORSKI Krzysztof	184	MARKOS RUNNING TEAM	M30-39	18	00:54:19.60	+00:16:09 (29.7%)	5:25	11 (70.1%)
19	WÓJCIK Sebastian	256		M30-39	19	00:56:16.25	+00:18:06 (32.2%)	5:37	10.7 (68.2%)
20	GIERCZAK Piotr	59		M30-39	20	00:57:55.80	+00:19:45 (34.1%)	5:47	10.4 (66.2%)
21	DELIGA Szymon	38		M30-39	21	00:57:59.85	+00:19:49 (34.2%)	5:48	10.3 (65.6%)
22	ŁAŃCUCKI Jarosław	135		M30-39	22	00:58:53.10	+00:20:43 (35.2%)	5:53	10.2 (65.0%)
23	PATYNA Paweł	167		M30-39	23	00:58:57.20	+00:20:47 (35.3%)	5:53	10.2 (65.0%)
24	ZALEWSKI Grzegorz	260	W.P.K SŁOŃ TEAM USTKA	M30-39	24	00:59:58.40	+00:21:48 (36.4%)	5:59	10 (63.7%)
25	ROGAŁA Łukasz	198	NIGHT RUNNERS SŁUPSK	M30-39	25	01:00:15.70	+00:22:05 (36.7%)	6:01	10 (63.7%)
26	SZYSZKOWSKI Tomasz	235	ROZBIEGANY KOSZALIN	M30-39	26	01:00:38.80	+00:22:28 (37.1%)	6:03	9.9 (63.1%)
27	FURSEWICZ Bartłomiej	52	KS BURZA	M30-39	27	01:02:23.90	+00:24:13 (38.8%)	6:14	9.6 (61.1%)

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28	SYNAKOWSKI Damian	225	WJBN TEAM	M30-39	28	01:02:35.95	+00:24:25 (39.0%)	6:15	9.6 (61.1%)
29	DOMAROS Marcin	289	NR	M30-39	29	01:02:45.80	+00:24:35 (39.2%)	6:16	9.6 (61.1%)
30	WESOŁEK Łukasz	247		M30-39	30	01:02:52.65	+00:24:42 (39.3%)	6:17	9.5 (60.5%)
31	ZALUSKI Adam	261		M30-39	31	01:03:00.25	+00:24:50 (39.4%)	6:18	9.5 (60.5%)
32	WASIAK Łukasz	244		M30-39	32	01:09:01.35	+00:30:51 (44.7%)	6:54	8.7 (55.4%)
33	WŁODARCZYK Tomasz	252		M30-39	33	01:09:01.65	+00:30:51 (44.7%)	6:54	8.7 (55.4%)
34	CZERWIŃSKI Waldemar	36	MARKOS RUNNING TEAM	M30-39	34	01:10:29.00	+00:32:18 (45.8%)	7:02	8.5 (54.1%)
35	KOZACZEK Krzysztof	356	MJR	M30-39	35	01:13:13.60	+00:35:03 (47.9%)	7:19	8.2 (52.2%)
36	LEWANDOWSKI Adam	130	W.P.K SŁOŃ TEAM USTKA	M30-39	36	01:15:31.50	+00:37:21 (49.5%)	7:33	7.9 (50.3%)
37	GZIK Radosław	76	W.P.K. SŁOŃ TEAM USTKA	M30-39	37	01:15:31.55	+00:37:21 (49.5%)	7:33	7.9 (50.3%)

Znaleziono 37 wynik(ów)