



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: M40-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	DRWAL Piotr	44		M40-49	1	00:36:17.70		3:37	16.5 (100%)
2	NOWAK Artur	158	A&G CARP TEAM	M40-49	2	00:45:17.25	+00:08:59 (19.9%)	4:31	13.2 (80.0%)
3	JANKOWSKI Grzegorz	80	ŚWIAT PŁYTEK U KRYSPIŃ	M40-49	3	00:45:42.90	+00:09:25 (20.6%)	4:34	13.1 (79.4%)
4	OLESEK Jerzy	324	SZKOŁA PODOFICERSKA MARYNARKI WOJENNEJ	M40-49	4	00:45:53.15	+00:09:35 (20.9%)	4:35	13.1 (79.4%)
5	PĘKAŁA Piotr	171	ROZBIEGANY KOSZALIN	M40-49	5	00:47:45.90	+00:11:28 (24.0%)	4:46	12.6 (76.4%)
6	STEFANIAK Marcin	221		M40-49	6	00:48:01.40	+00:11:43 (24.4%)	4:48	12.5 (75.8%)
7	KRZACZKOWSKI Paweł	116	LYNX	M40-49	7	00:49:01.25	+00:12:43 (26.0%)	4:54	12.2 (73.9%)
8	KOCZOROWSKI Paweł	98	W.P.K. SŁOŃ TEAM USTKA	M40-49	8	00:49:06.00	+00:12:48 (26.1%)	4:54	12.2 (73.9%)
9	NADOLNY Piotr	155	BALTIC SEALS	M40-49	9	00:50:07.10	+00:13:49 (27.6%)	5:00	12 (72.7%)
10	WÓJCIK Damian	299	RUNNERWALDE	M40-49	10	00:50:19.50	+00:14:01 (27.9%)	5:02	11.9 (72.1%)
11	PROTASEWICZ Andrzej	185	SŁAWNO	M40-49	11	00:50:32.90	+00:14:15 (28.2%)	5:03	11.9 (72.1%)
12	SZAŁKOWSKI Wojtek	226	TUPOT USTKA	M40-49	12	00:52:37.60	+00:16:19 (31.0%)	5:15	11.4 (69.1%)
13	SZMIGIERO Arkadiusz	231	W.P.K. SŁOŃ TEAM	M40-49	13	00:52:38.95	+00:16:21 (31.1%)	5:15	11.4 (69.1%)
14	ZYGLER Zbigniew	269		M40-49	14	00:52:46.05	+00:16:28 (31.2%)	5:16	11.4 (69.1%)
15	GRULKOWSKI Damian	69		M40-49	15	00:53:12.35	+00:16:54 (31.8%)	5:19	11.3 (68.5%)
16	KANIEWSKI Jacek	86	W.P.K. SŁOŃ TEAM USTKA	M40-49	16	00:54:37.10	+00:18:19 (33.5%)	5:27	11 (66.7%)
17	ZGANIACZ Andrzej	268	STOPA SŁUPSK	M40-49	17	00:54:44.90	+00:18:27 (33.7%)	5:28	11 (66.7%)
18	PŁAZA Ryszard	179		M40-49	18	00:55:29.80	+00:19:12 (34.6%)	5:32	10.8 (65.5%)
19	STAWICKI Marek	220	OSP SMOŁDZINO	M40-49	19	00:55:30.05	+00:19:12 (34.6%)	5:33	10.8 (65.5%)
20	ADRYAN Adam	6	CKB SŁUPSK	M40-49	20	00:55:40.55	+00:19:22 (34.8%)	5:34	10.8 (65.5%)
21	GREBIENIK Andrzej	68	W.P.K. SŁOŃ TEAM	M40-49	21	00:56:35.75	+00:20:18 (35.9%)	5:39	10.6 (64.2%)
22	SUTOWSKI Sebastian	224		M40-49	22	00:57:24.00	+00:21:06 (36.8%)	5:44	10.5 (63.6%)
23	BURDA Sebastian	23	WPK SŁOŃ TEAM	M40-49	23	00:57:57.70	+00:21:40 (37.4%)	5:47	10.4 (63.0%)
24	NOWACKI Marek	73		M40-49	24	00:58:17.25	+00:21:59 (37.7%)	5:49	10.3 (62.4%)
25	KRYGIER Ireneusz	115	W.P.K. SŁOŃ TEAM USTKA	M40-49	25	01:00:06.35	+00:23:48 (39.6%)	6:00	10 (60.6%)
26	ZANIEWSKI Grzegorz	262		M40-49	26	01:00:25.85	+00:24:08 (39.9%)	6:02	9.9 (60.0%)
27	KARWASZ Krzysztof	90		M40-49	27	01:00:50.70	+00:24:33 (40.3%)	6:05	9.9 (60.0%)

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28	PRZYMORSKI Waldemar	188	W.P.K. SŁOŃ TEAM USTKA	M40-49	28	01:00:57.00	+00:24:39 (40.5%)	6:05	9.8 (59.4%)
29	TURCZYN Grzegorz	240	NIGHT RUNNERS SŁUPSK	M40-49	29	01:01:53.20	+00:25:35 (41.4%)	6:11	9.7 (58.8%)
30	SZMIGIERO Sebastian	232	WOLNO PRZEMIERZAM KILOMETRY	M40-49	30	01:02:27.90	+00:26:10 (41.9%)	6:14	9.6 (58.2%)
31	ANDRZEJCZAK Sławomir	8	GRZESŁAW USTKA	M40-49	31	01:02:45.70	+00:26:28 (42.2%)	6:16	9.6 (58.2%)
32	REMUS Janusz	196	BEST BEASTS	M40-49	32	01:04:26.85	+00:28:09 (43.7%)	6:26	9.3 (56.4%)
33	KOT Daniel	106	KOT TEAM	M40-49	33	01:08:51.35	+00:32:33 (47.3%)	6:53	8.7 (52.7%)
34	KUSIAK Marek	72	CSMW	M40-49	34	01:08:57.50	+00:32:39 (47.4%)	6:53	8.7 (52.7%)
35	ANDRZEJEWSKI Rafał	10	DALEKO JESZCZE	M40-49	35	01:13:43.70	+00:37:26 (50.8%)	7:22	8.1 (49.1%)
36	ZAWADZKI Jacek	264		M40-49	36	01:13:43.85	+00:37:26 (50.8%)	7:22	8.1 (49.1%)
37	KULA Szymon	120		M40-49	37	01:16:41.05	+00:40:23 (52.7%)	7:40	7.8 (47.3%)
38	ŚMIETAŃSKI Ireneusz	75	CSMW	M40-49	38	01:22:53.20	+00:46:35 (56.2%)	8:17	7.2 (43.6%)

Znaleziono 38 wynik(ów)