

# MĘŻCZYŹNI 35-45 LAT - 5KM

B4SPORT  
INTELEGENE ZAWODY SPORTOWE

**Wydarzenie:** Mistrzostwa 7 BOW w biegach przełajowych  
**Organizator:** 1.Łęborski Batalion Zmechanizowany  
**Data:** 2023-02-02  
**Miejsce:** Łębork  
**Dystans:** 5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	1km	2km	3km	4km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	ST. SIERŻ. PELO Artur	115	DPLOT			00:03:27	00:07:02	00:10:39	00:14:16	<b>00:17:45.82</b>		3:33	16.9 (100%)
2	KPR. NOWICKI Artur	172	8 KZ			00:03:43	00:07:34	00:11:31	00:15:32	<b>00:19:44.40</b>	+00:01:58 (10.0%)	3:56	15.2 (89.9%)
3	KPR. TERMAN Dariusz	173	8 KZ			00:03:54	00:07:54	00:12:00	00:16:07	<b>00:20:16.74</b>	+00:02:30 (12.4%)	4:03	14.8 (87.6%)
4	ST.KPR. FIRKOWSKI Bartosz	179	2 BZ			00:03:45	00:07:56	00:12:23	00:16:44	<b>00:20:56.96</b>	+00:03:11 (15.2%)	4:11	14.3 (84.6%)
5	SIERŻ. MALINOWSKI Adam	161	2 KWSP			00:04:08	00:08:31	00:12:52	00:17:05	<b>00:21:00.69</b>	+00:03:14 (15.5%)	4:12	14.3 (84.6%)
6	PLUT. NAGÓREK Kamil	181	BDOW			00:04:06	00:08:27	00:12:47	00:17:05	<b>00:21:12.08</b>	+00:03:26 (16.2%)	4:14	14.2 (84.0%)
7	ST.SZER.SPECJ. HUS Arkadiusz	164	4 KDOW			00:04:08	00:08:31	00:12:53	00:17:26	<b>00:21:52.48</b>	+00:04:06 (18.8%)	4:22	13.7 (81.1%)
8	ST.SZER.DUTKIEWICZ Marcin	190	2 KWSP			00:04:07	00:08:30	00:12:52	00:17:24	<b>00:22:00.66</b>	+00:04:14 (19.3%)	4:24	13.6 (80.5%)
9	PLUT. MAKOŚ Emil	183	BLOG			00:04:20	00:08:56	00:13:41	00:18:19	<b>00:22:55.66</b>	+00:05:09 (22.5%)	4:35	13.1 (77.5%)
10	ST.SZER. ŻDANOW Oleksandr	176	3 BZ			00:04:29	00:09:05	00:13:43	00:18:23	<b>00:22:59.55</b>	+00:05:13 (22.7%)	4:35	13.1 (77.5%)
11	PPOR. FRANK Michał	171	7 KZ			00:04:21	00:09:03	00:13:57	00:18:42	<b>00:23:25.70</b>	+00:05:39 (24.2%)	4:41	12.8 (75.7%)
12	ST.SZER.SPECJ. CZERWIŃSKI Grzegorz	162	2 KWSP			00:04:17	00:08:54	00:13:42	00:18:40	<b>00:23:33.30</b>	+00:05:47 (24.6%)	4:42	12.7 (75.1%)
13	CHOR. RZEPKOWSKI Daniel	180	BDOW			00:04:49	00:09:45	00:14:40	00:19:30	<b>00:23:53.38</b>	+00:06:07 (25.6%)	4:46	12.6 (74.6%)
14	SIERŻ. IGLEWSKI Marek	178	2 BZ			00:04:20	00:09:02	00:13:58	00:19:05	<b>00:24:09.96</b>	+00:06:24 (26.5%)	4:49	12.4 (73.4%)
15	PPOR. POLAKOWSKI Wojciech	175	3 BZ			00:04:25	00:09:14	00:14:13	00:19:19	<b>00:24:17.28</b>	+00:06:31 (26.9%)	4:51	12.4 (73.4%)
16	ST.SZER. BEMBENISTA Andrzej	163	4 KDOW			00:04:30	00:09:22	00:14:25	00:19:35	<b>00:24:38.88</b>	+00:06:53 (27.9%)	4:55	12.2 (72.2%)
17	KPR. TUSZYŃSKI Michał	168	6 KZ			00:04:29	00:09:15	00:14:33	00:20:06	<b>00:25:28.43</b>	+00:07:42 (30.3%)	5:05	11.8 (69.8%)
18	KPR. DĘBICKI Sebastian	182	BLOG			00:04:48	00:09:55	00:15:08	00:20:27	<b>00:25:49.50</b>	+00:08:03 (31.2%)	5:09	11.6 (68.6%)
19	KPR. GŁOMSKI Rafał	169	7 KZ			00:04:53	00:10:16	00:15:32	00:20:54	<b>00:26:11.87</b>	+00:08:26 (32.2%)	5:14	11.5 (68.0%)
20	KPR. MANTAJ Rafał	165	5 KLOG			00:04:48	00:10:17	00:16:38	00:22:38	<b>00:28:27.70</b>	+00:10:41 (37.6%)	5:41	10.5 (62.1%)

Znaleziono 20 wynik(ów)