

# MĘŻCZYŹNI OD 36 - 45 LAT - 4 KM

B4SPORT  
INTELEGENE ZAWODY SPORTOWE

**Wydarzenie:** Mistrzostwa 7 BOW w biegach przełajowych  
**Organizator:** 7 BOW  
**Data:** 2024-02-01  
**Miejsce:** Słupsk  
**Dystans:** 4 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	1km	2km	3km	Czas netto 4km	Różn	Tempo min/km	Tempo km/h
1	PLUT. CZERNIAK Robert	131	1 BZ			00:03:23	00:06:55	00:10:35	<b>00:14:07.62</b>		3:31	17 (100%)
2	ST.KPR. NOWICKI Artur	132	1 BZ			00:03:37	00:07:29	00:11:20	<b>00:15:03.62</b>	+00:00:55 (6.2%)	3:45	15.9 (93.5%)
3	PLUT. FIRKOWSKI Bartosz	134	2 BZ			00:03:46	00:08:04	00:12:34	<b>00:16:53.80</b>	+00:02:46 (16.4%)	4:13	14.2 (83.5%)
4	ST.SZER.SPEC. ŻDANOW Oleksandr	144	3 BZ			00:04:17	00:08:31	00:12:48	<b>00:17:03.12</b>	+00:02:55 (17.2%)	4:15	14.1 (82.9%)
5	SIERŻ. MASŁOWSKI Mateusz	143	73 BLP			00:04:07	00:08:29	00:12:56	<b>00:17:26.53</b>	+00:03:18 (19.0%)	4:21	13.8 (81.2%)
6	KPR. WIERZCHOWSKI Mariusz	99	3 BZ			00:04:09	00:08:47	00:13:18	<b>00:17:38.73</b>	+00:03:31 (19.9%)	4:24	13.6 (80.0%)
7	KPR. WDOWIAK Paweł	139	DPLOT			00:04:02	00:08:29	00:13:15	<b>00:17:57.91</b>	+00:03:50 (21.4%)	4:29	13.4 (78.8%)
8	CHOR. KUKIEŁKA Michał	141	DAS			00:04:34	00:09:12	00:13:44	<b>00:18:07.41</b>	+00:03:59 (22.1%)	4:31	13.2 (77.6%)
9	CHOR. RYDZEWSKI Piotr	165	DPLOT			00:04:41	00:09:27	00:14:14	<b>00:18:45.26</b>	+00:04:37 (24.7%)	4:41	12.8 (75.3%)
10	ST.CHOR. RZEPKOWSKI Daniel	146	BDOW			00:04:42	00:09:27	00:14:14	<b>00:18:45.72</b>	+00:04:38 (24.7%)	4:41	12.8 (75.3%)
11	KPR. ZACHARZEWSKI Rafał	135	2 BZ			00:04:35	00:09:29	00:14:21	<b>00:19:11.37</b>	+00:05:03 (26.4%)	4:47	12.5 (73.5%)
12	KPR. PANEK Ireneusz	142	DAS			00:04:36	00:09:24	00:14:29	<b>00:19:27.82</b>	+00:05:20 (27.4%)	4:51	12.3 (72.4%)
13	SIERŻ. IGLEWSKI Marek	133	2 BZ			00:04:53	00:09:51	00:14:50	<b>00:19:40.51</b>	+00:05:32 (28.2%)	4:55	12.2 (71.8%)
14	ST.SZER. CIEŚLA Henryk	195	BLOG			00:04:42	00:09:41	00:14:54	<b>00:19:55.35</b>	+00:05:47 (29.1%)	4:58	12.1 (71.2%)
15	KPR. STALIŚ Robert	145	3 BZ			00:04:34	00:09:41	00:15:01	<b>00:20:02.06</b>	+00:05:54 (29.5%)	5:00	12 (70.6%)
16	SZER. MŁOCZYŃSKI Krystian	102	BDOW			00:05:05	00:10:27	00:15:24	<b>00:20:08.38</b>	+00:06:00 (29.9%)	5:02	11.9 (70.0%)
17	SZER. JAWORSKI Piotr	138	DPLOT			00:04:47	00:09:55	00:15:14	<b>00:20:30.17</b>	+00:06:22 (31.1%)	5:07	11.7 (68.8%)
18	SZER. BAS Sławomir	104	BDOW			00:05:04	00:10:43	00:16:35	<b>00:22:13.22</b>	+00:08:05 (36.4%)	5:33	10.8 (63.5%)
19	SZER. SZEMPRUCH Tomasz	136	2 BZ			00:05:04	00:10:43	00:16:28	<b>00:22:17.73</b>	+00:08:10 (36.6%)	5:34	10.8 (63.5%)
20	KPR. STANIECKI Tomasz	71	BDOW			00:05:44	00:11:38	00:17:25	<b>00:22:58.62</b>	+00:08:50 (38.5%)	5:44	10.4 (61.2%)
21	ST.SZER.SOWIŃSKI Piotr	179	BLOG			00:05:18	00:11:09	00:17:31	<b>00:23:40.87</b>	+00:09:33 (40.3%)	5:55	10.1 (59.4%)

Znaleziono 21 wynik(ów)