

# MISTRZOSTWA 12 DZ W BIEGU NA DYSTANSIE 5KM

B4SPORT  
INTELIGENTNE ZAWODY SPORTOWE

**Organizator:** 7 BOW  
**Data:** 2023-10-19  
**Miejsce:** Ustka  
**Dystans:** 5 km



Klasyfikacja: M36-45

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>ST.KPR. CZERNAK Robert</b>	<b>24</b>	7 BOW	M36-45	1	<b>00:16:50.30</b>		3:22	17.8 (100%)
2	<b>SZER. SIECZKOWSKI Michał</b>	<b>16</b>	12 BZ	M36-45	2	<b>00:16:51.30</b>	+00:00:01 (0.1%)	3:22	17.8 (100%)
3	<b>KPR. WILK Rafał</b>	<b>18</b>	12 BZ	M36-45	3	<b>00:17:02.70</b>	+00:00:12 (1.2%)	3:24	17.6 (98.9%)
4	<b>MŁ.CHOR. PELO Artur</b>	<b>23</b>	7 BOW	M36-45	4	<b>00:17:14.70</b>	+00:00:24 (2.4%)	3:26	17.4 (97.8%)
5	<b>KPR. POKRZYWIŃSKI Zbigniew</b>	<b>19</b>	12 BZ	M36-45	5	<b>00:18:07.25</b>	+00:01:16 (7.1%)	3:37	16.6 (93.3%)
6	<b>KPR.TERMAN Dariusz</b>	<b>25</b>	7 BOW	M36-45	6	<b>00:18:10.40</b>	+00:01:20 (7.3%)	3:38	16.5 (92.7%)
7	<b>ST.SIERZ. FEDORCZAK Łukasz</b>	<b>50</b>	2 BZ	M36-45	7	<b>00:18:15.55</b>	+00:01:25 (7.8%)	3:39	16.4 (92.1%)
8	<b>KPR. KOŁUDZKI Arkadiusz</b>	<b>17</b>	12 BZ	M36-45	8	<b>00:18:29.85</b>	+00:01:39 (9.0%)	3:41	16.2 (91.0%)
9	<b>MJR SZOPIŃSKI Tomasz</b>	<b>59</b>	CPSP USTKA	M36-45	9	<b>00:18:39.95</b>	+00:01:49 (9.8%)	3:43	16.1 (90.4%)
10	<b>SIERŻ. ORLIKOWSKI Arkadiusz</b>	<b>22</b>	BDOW	M36-45	10	<b>00:19:06.35</b>	+00:02:16 (11.9%)	3:49	15.7 (88.2%)
11	<b>MJR MUSIAŁ Krzysztof</b>	<b>35</b>	8 PPLOT	M36-45	11	<b>00:19:16.25</b>	+00:02:25 (12.6%)	3:51	15.6 (87.6%)
12	<b>KPR. BUCZKO Krystian</b>	<b>38</b>	8 PPLOT	M36-45	12	<b>00:19:34.50</b>	+00:02:44 (14.0%)	3:54	15.3 (86.0%)
13	<b>CHOR. RETKA Bartosz</b>	<b>36</b>	8 PPLOT	M36-45	13	<b>00:19:56.80</b>	+00:03:06 (15.6%)	3:59	15.1 (84.8%)
14	<b>KPR. PIŃSKI Paweł</b>	<b>37</b>	8 PPLOT	M36-45	14	<b>00:20:01.55</b>	+00:03:11 (15.9%)	4:00	15 (84.3%)
15	<b>SIERŻ. KOBIEROWSKI Sławomir</b>	<b>51</b>	7 BOW	M36-45	15	<b>00:22:11.95</b>	+00:05:21 (24.1%)	4:26	13.5 (75.8%)
16	<b>CHOR. RZEPKOWSKI Daniel</b>	<b>52</b>	7 BOW	M36-45	16	<b>00:22:18.95</b>	+00:05:28 (24.5%)	4:27	13.5 (75.8%)

Znaleziono 16 wynik(ów)