

# MISTRZOSTWA 7 BOW - 5KM

B4SPORT  
INTELIGENTNE ZAWODY SPORTOWE

**Organizator:** 7BOW  
**Data:** 2023-10-04  
**Miejsce:** SŁUPSK  
**Dystans:** 5 km



Klasyfikacja: M 36-45

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	1.25km	2.5km	3.75km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>MŁ.CHOR. PELO Artur</b>	<b>201</b>	DPLOT	M 36-45	1	00:04:10	00:08:25	00:12:35	<b>00:17:09.49</b>		3:25	17.5 (100%)
2	<b>ST.KPR. CZERNIAK Robert</b>	<b>161</b>	1BZ	M 36-45	2	00:04:11	00:08:28	00:12:59	<b>00:17:25.07</b>	+00:00:15 (1.5%)	3:29	17.2 (98.3%)
3	<b>KPR. TERMAN Dariusz</b>	<b>162</b>	1BZ	M 36-45	3	00:04:21	00:09:02	00:13:50	<b>00:18:29.67</b>	+00:01:20 (7.2%)	3:41	16.2 (92.6%)
4	<b>PLUT. FIRKOWSKI Bartosz</b>	<b>303</b>	2 BZ	M 36-45	4	00:04:45	00:10:09	00:15:53	<b>00:21:43.05</b>	+00:04:33 (21.0%)	4:20	13.8 (78.9%)
5	<b>PLUT. ŁASKA Piotr</b>	<b>5</b>	3 BZ	M 36-45	5	00:05:15	00:10:48	00:16:24	<b>00:21:52.64</b>	+00:04:43 (21.6%)	4:22	13.7 (78.3%)
6	<b>PLUT. MAKOŚ Emil</b>	<b>228</b>	BLOG	M 36-45	6	00:05:54	00:11:38	00:17:11	<b>00:22:43.30</b>	+00:05:33 (24.5%)	4:32	13.2 (75.4%)
7	<b>KOBIEROWSKI Sławomir</b>	<b>378</b>	BDOW	M 36-45	7	00:05:52	00:11:33	00:17:18	<b>00:22:53.00</b>	+00:05:43 (25.0%)	4:34	13.1 (74.9%)
8	<b>KPR. WOJTYSIAK Daniel</b>	<b>282</b>	BDOW	M 36-45	8	00:05:55	00:11:34	00:17:19	<b>00:22:55.48</b>	+00:05:45 (25.2%)	4:35	13.1 (74.9%)
9	<b>CHOR. RZEPKOWSKI Daniel</b>	<b>341</b>	BDOW	M 36-45	9	00:06:03	00:12:01	00:17:56	<b>00:23:21.13</b>	+00:06:11 (26.5%)	4:40	12.8 (73.1%)
10	<b>SZER. DUL Arkadiusz</b>	<b>33</b>	DAS	M 36-45	10	00:06:09	00:12:38	00:18:25	<b>00:23:37.90</b>	+00:06:28 (27.4%)	4:43	12.7 (72.6%)
11	<b>MŁ.CHOR. RYDZEWSKI Piotr</b>	<b>264</b>	BDOW	M 36-45	11	00:05:55	00:11:32	00:17:33	<b>00:23:39.12</b>	+00:06:29 (27.5%)	4:43	12.7 (72.6%)
12	<b>KPR. POTASIŃSKI Roman</b>	<b>10</b>	DAS	M 36-45	12	00:06:04	00:11:50	00:17:45	<b>00:23:41.45</b>	+00:06:31 (27.6%)	4:44	12.7 (72.6%)
13	<b>PLUT. KOSTECKI Mariusz</b>	<b>7</b>	SZTAB	M 36-45	13	00:05:18	00:11:10	00:17:24	<b>00:23:54.77</b>	+00:06:45 (28.2%)	4:46	12.6 (72.0%)
14	<b>SZER. KOZUB Sławomir</b>	<b>27</b>	DAS	M 36-45	14	00:06:24	00:12:10	00:19:00	<b>00:23:55.12</b>	+00:06:45 (28.3%)	4:47	12.5 (71.4%)
15	<b>ST.SZER. PAWLAK Marcin</b>	<b>206</b>	DPLOT	M 36-45	15	00:05:51	00:11:42	00:17:53	<b>00:24:01.65</b>	+00:06:52 (28.6%)	4:48	12.5 (71.4%)
16	<b>KPR. ZAKRZEWSKI Rafał</b>	<b>96</b>	2 BZ	M 36-45	16	00:05:57	00:12:00	00:18:01	<b>00:24:04.53</b>	+00:06:55 (28.7%)	4:48	12.5 (71.4%)
17	<b>SZER. TOROWICZ Adam</b>	<b>127</b>	2 BZ	M 36-45	17	00:05:57	00:11:50	00:18:11	<b>00:24:07.44</b>	+00:06:57 (28.9%)	4:49	12.4 (70.9%)
18	<b>SIERŻ. CUDZIŁO Paweł</b>	<b>287</b>	BDOW	M 36-45	18	00:06:12	00:12:20	00:18:29	<b>00:24:18.68</b>	+00:07:09 (29.4%)	4:51	12.3 (70.3%)
19	<b>ST.SIERŻ. CUDZIŁO Piotr</b>	<b>227</b>	BLOG	M 36-45	19	00:06:13	00:12:17	00:18:32	<b>00:24:26.10</b>	+00:07:16 (29.8%)	4:53	12.3 (70.3%)
20	<b>ST.SIERŻ. DUDKA Piotr</b>	<b>226</b>	BLOG	M 36-45	20	00:05:22	00:11:29	00:18:05	<b>00:24:30.00</b>	+00:07:20 (30.0%)	4:54	12.2 (69.7%)
21	<b>SZER. DZSW SZCZECIŃSKI Arkadiusz</b>	<b>382</b>	DPLOT	M 36-45	21	00:06:31	00:12:38	00:18:42	<b>00:24:35.46</b>	+00:07:25 (30.2%)	4:55	12.2 (69.7%)
22	<b>PPOR. BIELAK Adrian</b>	<b>259</b>	BDOW	M 36-45	22	00:06:26	00:12:36	00:18:44	<b>00:24:35.67</b>	+00:07:26 (30.2%)	4:55	12.2 (69.7%)
23	<b>PPOR. KOSICKI Łukasz</b>	<b>285</b>	BDOW	M 36-45	23	00:06:21	00:12:37	00:18:45	<b>00:24:41.72</b>	+00:07:32 (30.5%)	4:56	12.2 (69.7%)
24	<b>SZER. DZSW KOLANOWSKI Jacek</b>	<b>211</b>	K.SZKOL.	M 36-45	24	00:06:08	00:12:24	00:18:44	<b>00:24:47.06</b>	+00:07:37 (30.8%)	4:57	12.1 (69.1%)
25	<b>ST. KPR. PETRYSZYN Marcin</b>	<b>346</b>	DAS	M 36-45	25	00:06:36	00:12:56	00:19:03	<b>00:24:49.49</b>	+00:07:39 (30.9%)	4:57	12.1 (69.1%)
26	<b>SIERŻ. IGLEWSKI Marek</b>	<b>83</b>	2 BZ	M 36-45	26	00:06:57	00:12:38	00:17:12	<b>00:24:54.24</b>	+00:07:44 (31.1%)	4:58	12 (68.6%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto					Tempo min/km	Tempo km/h
						1.25km	2.5km	3.75km	5km	Różn		
27	ST.SZER. ZABŁOCKI Artur	232	BLOG	M 36-45	27	00:06:29	00:12:42	00:18:50	<b>00:24:55.63</b>	+00:07:46 (31.2%)	4:59	12 (68.6%)
28	KPR. PANEK Ireneusz	46	DAS	M 36-45	28	00:05:53	00:12:01	00:18:38	<b>00:25:00.72</b>	+00:07:51 (31.4%)	5:00	12 (68.6%)
29	PPOR. POLAK Radosław	179	DPLOT	M 36-45	29	00:06:05	00:12:25	00:17:36	<b>00:25:01.26</b>	+00:07:51 (31.4%)	5:00	12 (68.6%)
30	SZER. GOŁĄB Michał	192	DPLOT	M 36-45	30	00:06:04	00:12:49	00:19:19	<b>00:25:07.88</b>	+00:07:58 (31.7%)	5:01	11.9 (68.0%)
31	PPŁK KWIATKOWSKI Stanisław	8	DAS	M 36-45	31	00:06:13	00:12:21	00:18:51	<b>00:25:18.59</b>	+00:08:09 (32.2%)	5:03	11.9 (68.0%)
32	ST.SZER. KACPERSKI Marek	203	DPLOT	M 36-45	32	00:05:53	00:12:23	00:19:18	<b>00:25:55.36</b>	+00:08:45 (33.8%)	5:11	11.6 (66.3%)
33	KPR. KAMIŃSKI Krzysztof	95	2 BZ	M 36-45	33	00:06:51	00:13:20	00:19:53	<b>00:25:59.05</b>	+00:08:49 (34.0%)	5:11	11.5 (65.7%)
34	ST.CHOR.SZT. BORYS Krzysztof	14	DAS	M 36-45	34	00:06:42	00:13:12	00:19:47	<b>00:26:16.21</b>	+00:09:06 (34.7%)	5:15	11.4 (65.1%)
35	PLUT. ZEMRYS Janusz	326	BDOW	M 36-45	35	00:06:26	00:13:17	00:20:06	<b>00:26:24.64</b>	+00:09:15 (35.0%)	5:16	11.4 (65.1%)
36	KPR. STAŃCZYK Arkadiusz	94	2 BZ	M 36-45	36	00:06:38	00:13:07	00:19:55	<b>00:26:36.66</b>	+00:09:27 (35.5%)	5:19	11.3 (64.6%)
37	KPR. URBANIAK Łukasz	92	2 BZ	M 36-45	37	00:07:08	00:13:53	00:20:36	<b>00:26:56.45</b>	+00:09:46 (36.3%)	5:23	11.1 (63.4%)
38	KPR. BORKOWICZ Marcin	93	2 BZ	M 36-45	38	00:07:05	00:13:55	00:20:50	<b>00:27:08.09</b>	+00:09:58 (36.8%)	5:25	11.1 (63.4%)
39	KPR. DĘBICKI Sebastian	270	BLOG	M 36-45	39	00:06:54	00:13:37	00:20:29	<b>00:27:12.68</b>	+00:10:03 (36.9%)	5:26	11 (62.9%)
40	SZER. DZSW MUSIAŁ Piotr	256	K.SZKOL.	M 36-45	40	00:07:18	00:14:07	00:20:55	<b>00:27:22.08</b>	+00:10:12 (37.3%)	5:28	11 (62.9%)
41	SIERZ. ROSTEK Tomasz	78	SZTAB	M 36-45	41	00:06:34	00:13:06	00:20:27	<b>00:27:42.15</b>	+00:10:32 (38.1%)	5:32	10.8 (61.7%)
42	SZER. WRÓŃSKI Paweł	338	BDOW	M 36-45	42	00:06:59	00:13:56	00:20:54	<b>00:27:48.14</b>	+00:10:38 (38.3%)	5:33	10.8 (61.7%)
43	KPR. ZAKRZEWSKI Damian	279	BDOW	M 36-45	43	00:07:27	00:14:21	00:21:42	<b>00:28:11.46</b>	+00:11:01 (39.1%)	5:38	10.6 (60.6%)
44	ST.SZER. SZWARK Mateusz	202	DPLOT	M 36-45	44	00:06:28	00:13:44	00:21:21	<b>00:28:16.80</b>	+00:11:07 (39.3%)	5:39	10.6 (60.6%)
45	POR. KOZEKO Kamil	6	BDOW	M 36-45	45	00:07:22	00:14:33	00:21:26	<b>00:28:16.91</b>	+00:11:07 (39.3%)	5:39	10.6 (60.6%)
46	SZER. DZSW BRZESKI Zbigniew	147	2 BZ	M 36-45	46	00:06:28	00:13:38	00:21:09	<b>00:28:23.41</b>	+00:11:13 (39.6%)	5:40	10.6 (60.6%)
47	KPR. KĘPIŃSKI Dawid	300	BDOW	M 36-45	47	00:06:39	00:14:08	00:21:43	<b>00:28:24.17</b>	+00:11:14 (39.6%)	5:40	10.6 (60.6%)
48	ST.SZER.SPEC. KULESZA Dominik	298	BDOW	M 36-45	48	00:07:48	00:15:18	00:22:27	<b>00:28:50.30</b>	+00:11:40 (40.5%)	5:46	10.4 (59.4%)
49	KPR. JERZYK Krzysztof	87	2 BZ	M 36-45	49	00:06:36	00:13:53	00:21:33	<b>00:28:54.06</b>	+00:11:44 (40.6%)	5:46	10.4 (59.4%)
50	KPR. BAKSALERSKI Michał	263	BDOW	M 36-45	50	00:07:37	00:14:49	00:22:04	<b>00:28:57.56</b>	+00:11:48 (40.8%)	5:47	10.4 (59.4%)
51	PPOR. RABOWSKI Krzysztof	321	2 BZ	M 36-45	51	00:06:50	00:13:47	00:21:23	<b>00:29:00.49</b>	+00:11:51 (40.9%)	5:48	10.3 (58.9%)
52	SZER. MATUSZEWSKI Piotr	128	2 BZ	M 36-45	52	00:07:24	00:14:22	00:21:41	<b>00:29:00.65</b>	+00:11:51 (40.9%)	5:48	10.3 (58.9%)
53	SZER. GOPLAREK Przemysław	267	BDOW	M 36-45	53	00:07:10	00:14:26	00:21:50	<b>00:29:10.08</b>	+00:12:00 (41.2%)	5:50	10.3 (58.9%)
54	PLUT. ŁASKA Piotr	29	3 BZ	M 36-45	54	00:07:31	00:14:29	00:22:02	<b>00:29:16.97</b>	+00:12:07 (41.4%)	5:51	10.3 (58.9%)
55	SZER. STYK Piotr	331	BDOW	M 36-45	55	00:06:26	00:15:13	00:22:22	<b>00:29:32.94</b>	+00:12:23 (41.9%)	5:54	10.2 (58.3%)
56	SZER. HEJDYNRAJCH Konrad	47	DAS	M 36-45	56	00:07:40	00:14:49	00:22:18	<b>00:29:42.59</b>	+00:12:33 (42.2%)	5:56	10.1 (57.7%)
57	KPR. KAMIŃSKI Piotr	274	BDOW	M 36-45	57	00:07:27	00:15:00	00:22:09	<b>00:30:08.23</b>	+00:12:58 (43.1%)	6:01	10 (57.1%)
58	ST.KPR. SUCHARSKI Daniel	265	BDOW	M 36-45	58	00:07:28	00:15:01	00:22:55	<b>00:30:45.53</b>	+00:13:36 (44.2%)	6:09	9.8 (56.0%)
59	KPR. KUZEMKO Marcin	230	BLOG	M 36-45	59	00:07:30	00:14:58	00:22:36	<b>00:30:48.00</b>	+00:13:38 (44.3%)	6:09	9.7 (55.4%)
60	SZER. DZSW KASZUBOWSKI Karol	360	BDOW	M 36-45	60	00:07:50	00:15:16	00:23:08	<b>00:30:56.92</b>	+00:13:47 (44.6%)	6:11	9.7 (55.4%)
61	SIERŻ. PRZYDACZ Mariusz	24	DAS	M 36-45	61	00:07:37	00:14:52	00:21:20	<b>00:30:59.72</b>	+00:13:50 (44.6%)	6:11	9.7 (55.4%)
62	SZER. DZSW KOWALCZYK Filip	372	DAS	M 36-45	62	00:07:24	00:14:39	00:21:54	<b>00:31:18.35</b>	+00:14:08 (45.2%)	6:15	9.6 (54.9%)
63	KPR. BUJWID Wojciech	271	BDOW	M 36-45	63	00:07:29	00:15:15	00:23:27	<b>00:31:25.52</b>	+00:14:16 (45.4%)	6:17	9.5 (54.3%)
64	ST.SZER. BACHTA Bartłomiej	22	DAS	M 36-45	64	00:06:42	00:14:39	00:21:34	<b>00:31:27.00</b>	+00:14:17 (45.4%)	6:17	9.5 (54.3%)
65	SZER. DZSW STEFANICKI Dawid	243	K.SZKOL.	M 36-45	65	00:06:32	00:15:05	00:23:46	<b>00:31:36.52</b>	+00:14:27 (45.7%)	6:19	9.5 (54.3%)
66	SZER. ELENDET Wojciech	120	2 BZ	M 36-45	66	00:07:58	00:16:00	00:23:44	<b>00:31:44.96</b>	+00:14:35 (46.0%)	6:20	9.5 (54.3%)
67	SZER. DZSW JACEWICZ Aleksandra	312	DAS	M 36-45	67	00:07:07	00:15:58	00:24:19	<b>00:31:55.41</b>	+00:14:45 (46.3%)	6:23	9.4 (53.7%)
68	SZER. KOŚCIÓŁEK Mateusz	71	DPLOT	M 36-45	68	00:06:36	00:15:13	00:24:12	<b>00:32:03.00</b>	+00:14:53 (46.5%)	6:24	9.4 (53.7%)
69	SZER. DZSW FIEDOR Bartosz	145	2 BZ	M 36-45	69	00:06:59	00:15:59	00:24:06	<b>00:32:04.17</b>	+00:14:54 (46.5%)	6:24	9.4 (53.7%)
70	PLUT. JAROSZEWSKI Jacek	85	2 BZ	M 36-45	70	00:05:43	00:11:40	00:17:53	<b>00:34:01.47</b>	+00:16:51 (49.6%)	6:48	8.8 (50.3%)

Znaleziono 70 wynik(ów)