

MISTRZOSTWA IWSZ RP W BIEGU ULICZNYM - 10KM

B4SPORT
INTELEGENE ZAWODY SPORTOWE

Organizator: 1BLog
Data: 2022-11-16
Miejsce: Bydgoszcz
Dystans: 10 km



Klasyfikacja: M45

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	ST.SZER.FLAGA Przemysław	37	2 RBLOG	M45	1	00:16:47	00:33:28.30	00:33:30.75		3:20	17.9 (100%)
2	SIERŻ.KŁOPOTEK Damian	26	CENTRUM SZKOLENIA LOGISTYKI	M45	2	00:17:05	00:34:18.20	00:34:21.10	+00:00:50 (2.4%)	3:25	17.5 (97.8%)
3	ST.SZER.SZYSZKA Mariusz	100	1BLOG	M45	3	00:18:06	00:36:35.20	00:36:38.10	+00:03:07 (8.5%)	3:39	16.4 (91.6%)
4	SZER. SZOT Bartosz	99	1BLOG	M45	4	00:18:06	00:36:58.85	00:37:01.80	+00:03:31 (9.5%)	3:41	16.2 (90.5%)
5	ST.SZER.SKOWRONEK Kamil	64	10 BLOG	M45	5	00:18:23	00:37:05.90	00:37:09.45	+00:03:38 (9.8%)	3:42	16.2 (90.5%)
6	SIERŻ.FROM Piotr	24	CENTRUM SZKOLENIA LOGISTYKI	M45	6	00:18:50	00:38:29.50	00:38:33.55	+00:05:02 (13.1%)	3:50	15.6 (87.2%)
7	ST.KPR.NOCEK Paweł	87	1BLOG	M45	7	00:18:59	00:38:39.35	00:38:39.35	+00:05:08 (13.3%)	3:51	15.5 (86.6%)
8	PLUT.RADOMSKI Kamil	36	2 RBLOG	M45	8	00:19:59	00:40:23.40	00:40:28.80	+00:06:58 (17.2%)	4:02	14.9 (83.2%)
9	MŁ.CHOR.ŁOPUSZYŃSKI Rafał	54	1 RBLOG	M45	9	00:19:59	00:40:31.10	00:40:35.60	+00:07:04 (17.4%)	4:03	14.8 (82.7%)
10	SIERŻ.GÓRNY Maciej	25	CENTRUM SZKOLENIA LOGISTYKI	M45	10	00:19:49	00:40:35.65	00:40:39.90	+00:07:09 (17.6%)	4:03	14.8 (82.7%)
11	POR.GAŁKA Piotr	8	BDOW IWSP SZ	M45	11	00:19:58	00:40:41.05	00:40:46.95	+00:07:16 (17.8%)	4:04	14.7 (82.1%)
12	MŁ.CHOR.ŻYŁKA Paweł	65	10 BLOG	M45	12	00:20:38	00:41:07.65	00:41:12.05	+00:07:41 (18.7%)	4:06	14.6 (81.6%)
13	KMDR.POR.ŻAL Robert	4	BDOW IWSP SZ	M45	13	00:20:48	00:41:50.20	00:41:58.15	+00:08:27 (20.1%)	4:11	14.3 (79.9%)
14	MŁ. CHOR.ROZUMEK Adam	77	4 RBLOG	M45	14	00:21:07	00:42:06.65	00:42:11.30	+00:08:40 (20.6%)	4:12	14.3 (79.9%)
15	ST.SZER.CZUSZEL Marcin	34	2 RBLOG	M45	15	00:20:42	00:42:20.50	00:42:20.50	+00:08:49 (20.9%)	4:14	14.2 (79.3%)
16	ST.KPR.SOLICH Paweł	66	10 BLOG - PK	M45	16	00:20:45	00:42:48.40	00:42:53.10	+00:09:22 (21.9%)	4:16	14 (78.2%)
17	SZER.KACZOR Krystian	85	4 RBLOG	M45	17	00:21:40	00:44:09.15	00:44:16.60	+00:10:45 (24.3%)	4:24	13.6 (76.0%)
18	SIERŻ.KIEDA Łukasz	23	CENTRUM SZKOLENIA LOGISTYKI	M45	18	00:21:36	00:44:21.55	00:44:26.75	+00:10:56 (24.6%)	4:26	13.5 (75.4%)
19	ST.SZER.REMBECKI Marcin	48	1 RBLOG	M45	19	00:22:26	00:44:42.60	00:44:47.00	+00:11:16 (25.2%)	4:28	13.4 (74.9%)
20	MŁ. CHOR.KUŻMIAK Jarosław	79	4 RBLOG	M45	20	00:22:30	00:45:51.40	00:45:58.60	+00:12:27 (27.1%)	4:35	13.1 (73.2%)
21	ST.SIERŻ.DUDA Adam	35	2 RBLOG	M45	21	00:22:51	00:46:20.70	00:46:27.45	+00:12:56 (27.9%)	4:38	12.9 (72.1%)
22	ST.SZER.KLOSKOWSKI Adam	9	BDOW IWSP SZ	M45	22	00:25:47	00:52:53.95	00:53:01.60	+00:19:30 (36.8%)	5:17	11.3 (63.1%)
23	PPOR.LAZAROWSKI Leszek	33	2 RBLOG	M45	23	00:26:34	00:54:28.00	00:54:35.65	+00:21:04 (38.6%)	5:26	11 (61.5%)
24	ST.SZER.SETLAK Michał	16	BDOW IWSP SZ - PK	M45	24	00:26:46	00:54:55.25	00:55:02.90	+00:21:32 (39.1%)	5:29	10.9 (60.9%)
25	SZER.KULWICKI Karol	15	BDOW IWSP SZ	M45	25	00:26:47	00:54:55.05	00:55:03.20	+00:21:32 (39.1%)	5:29	10.9 (60.9%)
26	ST. SZER.PACIOREK Marcin	83	4 RBLOG	M45	26	00:27:49	00:56:21.50	00:56:29.30	+00:22:58 (40.7%)	5:38	10.6 (59.2%)

Znaleziono 26 wynik(ów)