

MISTRZOSTWA MASTERS W BIEGU GÓRSKIM - 10KM

B4SPORT
INTELLIGENTNE ZAWODY SPORTOWE

Event: Mistrzostwa Polski Masters w Anglosaskim Biegu Górskim - XV
Organiser: Bieg Górski - 10km i 5km
Date: Koszalińskie Towarzystwo Krzewienia Kultury Fizycznej
 2024-04-13
Place: Koszalin
Distance: 10 km



Classification: M-40

Place	Participant	Number	Club	Category	MCat	5km	Net time 10km	Gap	Pace min/km	Pace km/h
1	WASZCZUK Tomasz	88	WASZCZUK TEAM	M-40	1	00:19:07	00:39:05.90		3:54	15.4 (100%)
2	ORGANKA Marcin	57	LŁKB TRUCHT ŁOBEZ	M-40	2	00:19:49	00:40:16.85	+00:01:10 (2.9%)	4:01	14.9 (96.8%)
3	HUBERT Łukasz	23	7 PRO SIÓDMIAK TEAM/BIEGOLAS	M-40	3	00:19:38	00:40:22.70	+00:01:16 (3.2%)	4:02	14.9 (96.8%)
4	DŁUGOSZ Jacek	14	LKB RUDNIK	M-40	4	00:20:06	00:41:23.60	+00:02:17 (5.5%)	4:08	14.5 (94.2%)
5	STARSZAK Marcin	78	DĘBOWA GÓRA RUN!	M-40	5	00:20:53	00:42:03.50	+00:02:57 (7.0%)	4:12	14.3 (92.9%)
6	WOJTALIK Łukasz	93		M-40	6	00:21:44	00:44:07.25	+00:05:01 (11.4%)	4:24	13.6 (88.3%)
7	CHMIELEWSKI Tomasz	11		M-40	7	00:22:17	00:45:49.25	+00:06:43 (14.7%)	4:34	13.1 (85.1%)
8	NOWAK Dariusz	54	AGC	M-40	8	00:22:53	00:46:57.90	+00:07:52 (16.8%)	4:41	12.8 (83.1%)
9	KOCIOŁOWICZ Łukasz	31	WOJTEK KOTARBA ULTRAWAY TEAM	M-40	9	00:22:26	00:47:10.70	+00:08:04 (17.1%)	4:43	12.7 (82.5%)
10	KOZAR Krzysztof	36	AGC	M-40	10	00:24:19	00:48:44.35	+00:09:38 (19.8%)	4:52	12.3 (79.9%)
11	BARUTOWICZ Grzegorz	4	BIEGACZE ROZRABIACZE	M-40	11	00:24:56	00:50:54.20	+00:11:48 (23.2%)	5:05	11.8 (76.6%)
12	ŚLIWIŃSKI Krzysztof	101		M-40	12	00:26:51	00:55:00.20	+00:15:54 (28.9%)	5:30	10.9 (70.8%)
13	ZŁOTNIK Paweł	96	SZCZECIN	M-40	13	00:26:49	00:55:42.20	+00:16:36 (29.8%)	5:34	10.8 (70.1%)
14	SEROWSKI Łukasz	69	BIEGLAS KOSZALIN	M-40	14	00:27:58	00:57:36.60	+00:18:30 (32.1%)	5:45	10.4 (67.5%)
15	SUDER-MAKSYMOWICZ Grzegorz	80		M-40	15	00:28:04	00:57:38.45	+00:18:32 (32.2%)	5:45	10.4 (67.5%)
16	ŻULICKI Juliusz	98	AGC	M-40	16	00:28:25	00:57:52.80	+00:18:46 (32.4%)	5:47	10.4 (67.5%)
17	MACIĄG Piotr	43		M-40	17	00:28:31	00:58:45.75	+00:19:39 (33.5%)	5:52	10.2 (66.2%)
18	JANKOJĆ Dominik	24		M-40	18	00:30:00	00:59:35.70	+00:20:29 (34.4%)	5:57	10.1 (65.6%)
19	ŚLEDŹ Przemysław	84		M-40	19	00:29:29	01:03:09.15	+00:24:03 (38.1%)	6:18	9.5 (61.7%)
20	GARNCAREK Paweł	17		M-40	20	00:31:59	01:05:24.75	+00:26:18 (40.2%)	6:32	9.2 (59.7%)
21	MACIĄG Paweł	44		M-40	21	00:29:57	01:05:42.15	+00:26:36 (40.5%)	6:34	9.1 (59.1%)
22	KRUK Michał	102	FUNDACJA ZASTOPIJ	M-40	22	00:40:20	01:20:58.10	+00:41:52 (51.7%)	8:05	7.4 (48.1%)
23	PAUL Andrzej	62	FUNDACJA ZASTOPIJ	M-40	23	00:40:22	01:20:59.05	+00:41:53 (51.7%)	8:05	7.4 (48.1%)

Total 23 results.