



SIANOWSKI BIEG EKSTREMALNY SIAN RUN 10KM

B4SPORT

Wydarzenie: Sianowski Bieg Ekstremalny „Sian Run” 5km i 10km
Organizator: Urząd Gminy i Miasta w Sianowie
Data: 2019-05-01
Miejsce: Sianów
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Finish_All 4.1km	Czas netto 8.2km	Różn	Tempo min/km	Tempo km/h
1	JAROSZ Wiesław	15	JW. 1223/POLITECHNIKA KOSZALIŃSKA	M-40	1	00:18:25	00:38:00.91		4:38	12.9 (100%)
2	POŁUBIŃSKI Paweł	48	CROSSTEAM SZCZECINEK	M-40	2	00:18:52	00:38:24.32	+00:00:23 (1.0%)	4:40	12.8 (99.2%)
3	RYKIEL Michał	58		M-30	1	00:18:56	00:38:30.62	+00:00:29 (1.3%)	4:41	12.8 (99.2%)
4	STEBELSKI Jasiek	64	YOGA LIFE CLUB	M-30	2	00:18:55	00:38:46.33	+00:00:45 (2.0%)	4:43	12.7 (98.4%)
5	ROKOSZ Radosław	52	JW 1223 KOSZALIN	M-30	3	00:19:11	00:39:14.99	+00:01:14 (3.1%)	4:47	12.5 (96.9%)
6	JAROSZ Przemysław	49	JW1223	M-18	1	00:20:13	00:42:23.89	+00:04:22 (10.3%)	5:10	11.6 (89.9%)
7	TOKARSKI Szymon	68		M-40	3	00:22:36	00:44:46.14	+00:06:45 (15.1%)	5:27	11 (85.3%)
8	POLAŃSKI Krzysztof	82	FITNESSACJA	M-30	4	00:22:23	00:44:56.34	+00:06:55 (15.4%)	5:28	10.9 (84.5%)
9	HOREGLAD Paweł	13	SPEEDY GONZALES	M-18	2	00:23:17	00:46:08.49	+00:08:07 (17.6%)	5:37	10.7 (82.9%)
10	PLATA Robert	46	GOŚCINO	M-40	4	00:22:53	00:46:31.80	+00:08:30 (18.3%)	5:40	10.6 (82.2%)
11	KUŹMA Mariusz	25	CROSS TEAM SZCZECINEK	M-40	5	00:23:49	00:47:41.86	+00:09:40 (20.3%)	5:49	10.3 (79.8%)
12	STARZOMSKI Tomasz	63	CROSSFIT SZCZECINEK	M-40	6	00:23:53	00:47:42.28	+00:09:41 (20.3%)	5:49	10.3 (79.8%)
13	PODAWCA Łukasz	92		M-30	5	00:24:44	00:48:57.98	+00:10:57 (22.4%)	5:58	10 (77.5%)
14	KUBIŚ Paweł	22	RUNDORFINA	M-30	6	00:24:42	00:48:59.08	+00:10:58 (22.4%)	5:58	10 (77.5%)
15	GRZELĄZKA Sylwester	10		M-30	7	00:24:00	00:50:05.61	+00:12:04 (24.1%)	6:06	9.8 (76.0%)
16	CZAJA Piotr	6	CROSSTEAM SZCZECINEK	M-40	7	00:25:11	00:50:34.52	+00:12:33 (24.8%)	6:10	9.7 (75.2%)
17	SKOWYRSKI Janusz	61	TKKF KOSZALIN	M-50	1	00:25:16	00:50:45.33	+00:12:44 (25.1%)	6:11	9.7 (75.2%)
18	JAROSZ Jakub	81	TKKF KOSZALIN	M-18	3	00:25:50	00:51:37.28	+00:13:36 (26.4%)	6:17	9.5 (73.6%)
19	RESPONDEK Dariusz	51		M-40	8	00:26:29	00:51:46.77	+00:13:45 (26.6%)	6:18	9.5 (73.6%)
20	WEJNER-POLASIK Ewelina	74	CROSSTEAM SZCZECINEK	K-30	1	00:25:45	00:51:54.37	+00:13:53 (26.8%)	6:19	9.5 (73.6%)
21	PIETRZYK Paulina	44		K-18	1	00:26:30	00:51:55.96	+00:13:55 (26.8%)	6:20	9.5 (73.6%)
22	RUDZIŃSKI Radosław	55	4FIT CROSS BIAŁOGARD	M-30	8	00:25:47	00:52:19.25	+00:14:18 (27.3%)	6:22	9.4 (72.9%)
23	PIETRZYK Mateusz	89		M-18	4	00:26:30	00:53:20.96	+00:15:20 (28.7%)	6:30	9.2 (71.3%)
24	JANKOWSKA Monika	14	CROSSTEAM SZCZECINEK	K-18	2	00:28:33	00:56:53.19	+00:18:52 (33.2%)	6:56	8.6 (66.7%)
25	RUTKOWSKI Artur	57	RUNKING	M-18	5	00:27:52	00:56:54.05	+00:18:53 (33.2%)	6:56	8.6 (66.7%)
26	MURAWSKI Rafał	34	DECATHLON POWER	M-30	9	00:28:32	00:56:54.61	+00:18:53 (33.2%)	6:56	8.6 (66.7%)
27	WEILAND Adrian	72	NIGHT WOLVES SŁUPSK	M-30	10	00:28:33	00:57:15.31	+00:19:14 (33.6%)	6:59	8.6 (66.7%)

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28	WEILAND Agnieszka	73	NIGHT WOLVES SŁUPSK	K-30	2	00:28:32	00:57:15.65	+00:19:14 (33.6%)	6:59	8.6 (66.7%)
29	KAZIMIEROWICZ Radosław	18	VTT KOSZALIN	M-30	11	00:28:28	00:57:17.32	+00:19:16 (33.6%)	6:59	8.6 (66.7%)
30	HAŁAJKO Magdalena	11		K-30	3	00:28:43	00:58:30.86	+00:20:29 (35.0%)	7:08	8.4 (65.1%)
31	MARKOWSKA Iwona	31	4FIT CROSS BIAŁOGARD	K-40	1	00:29:24	00:59:56.45	+00:21:55 (36.6%)	7:18	8.2 (63.6%)
32	PLATA Tomek	47	4FIT CROSS BIAŁOGARD	M-18	6	00:30:34	01:01:26.12	+00:23:25 (38.1%)	7:29	8 (62.0%)
33	LEWANDOWSKI Piotr	26	FUNDACJA ZASTOPUJ	M-40	9	00:33:59	01:09:56.13	+00:31:55 (45.6%)	8:31	7 (54.3%)
34	HARASYM Daniel	12		M-40	10	00:33:05	01:09:56.95	+00:31:56 (45.7%)	8:31	7 (54.3%)

Znaleziono 34 wynik(ów)