



SIANOWSKI BIEG EKSTREMALNY SIAN RUN 10KM

B4SPORT

Event: Sianowski Bieg Ekstremalny „Sian Run” 5km i 10km
Organiser: Urząd Gminy i Miasta w Sianowie
Date: 2019-05-01
Place: Sianów
Distance: 10 km



Classification: M-30

Place	Participant	Number	Club	Category	MCat	Finish_All 4.1km	Net time 8.2km	Gap	Pace min/km	Pace km/h
1	RYKIEL Michał	58		M-30	1	00:18:56	00:38:30.62		4:41	12.8 (100%)
2	STEBELSKI Jasiak	64	YOGA LIFE CLUB	M-30	2	00:18:55	00:38:46.33	+00:00:15 (0.7%)	4:43	12.7 (99.2%)
3	ROKOSZ Radosław	52	JW 1223 KOSZALIN	M-30	3	00:19:11	00:39:14.99	+00:00:44 (1.9%)	4:47	12.5 (97.7%)
4	POLAŃSKI Krzysztof	82	FITNESSACJA	M-30	4	00:22:23	00:44:56.34	+00:06:25 (14.3%)	5:28	10.9 (85.2%)
5	PODAWCA Łukasz	92		M-30	5	00:24:44	00:48:57.98	+00:10:27 (21.4%)	5:58	10 (78.1%)
6	KUBIŚ Paweł	22	RUNDORFINA	M-30	6	00:24:42	00:48:59.08	+00:10:28 (21.4%)	5:58	10 (78.1%)
7	GRZELĄZKA Sylwester	10		M-30	7	00:24:00	00:50:05.61	+00:11:34 (23.1%)	6:06	9.8 (76.6%)
8	RUDZIŃSKI Radosław	55	4FIT CROSS BIAŁOGARD	M-30	8	00:25:47	00:52:19.25	+00:13:48 (26.4%)	6:22	9.4 (73.4%)
9	MURAWSKI Rafał	34	DECATHLON POWER	M-30	9	00:28:32	00:56:54.61	+00:18:23 (32.3%)	6:56	8.6 (67.2%)
10	WEILAND Adrian	72	NIGHT WOLVES SŁUPSK	M-30	10	00:28:33	00:57:15.31	+00:18:44 (32.7%)	6:59	8.6 (67.2%)
11	KAZIMIEROWICZ Radosław	18	VTT KOSZALIN	M-30	11	00:28:28	00:57:17.32	+00:18:46 (32.8%)	6:59	8.6 (67.2%)

Total 11 results.