



SILESIA HIGHLAND MARATHON - 10 KM

B4SPORT

Organizator:
Data:
Miejsce:
Dystans:

Qualifit
2016-07-30
Nowa Wieś
10 km

B4SPORT
INTELIĞENTNE ZAWODY SPORTOWE

Klasyfikacja: Gminy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	PALIGA Rafał	7		M30	10	00:00:04	00:51:46.50	00:51:51.25		5:10	11.6 (100%)
2	GRZAŚ Rafał	54		M30	11	00:00:05	00:51:48.70	00:51:53.90	+00:00:02 (0.1%)	5:10	11.6 (100%)
3	KĄTOCH Paweł	223	BRAK	M30	18	00:00:04	00:54:30.75	00:54:35.55	+00:02:44 (5.0%)	5:27	11 (94.8%)
4	GWÓDZ Piotr	222		M40	5	00:00:05	00:54:32.55	00:54:37.90	+00:02:46 (5.1%)	5:27	11 (94.8%)
5	JAGLARZ Jarosław	95	VILAMALIA	M50+	4	00:00:18	00:56:34.05	00:56:52.60	+00:04:47 (8.5%)	5:39	10.6 (91.4%)
6	CICHOŃ Joanna	225	BRAK	K30	4	00:00:04	00:58:56.80	00:59:01.55	+00:07:10 (12.2%)	5:53	10.2 (87.9%)
7	ZOWADA Robert	59		M40	12	00:00:11	01:01:49.35	01:02:01.15	+00:10:02 (16.3%)	6:11	9.7 (83.6%)
8	SYGUŁA Paweł	68		M18	16	00:00:07	01:04:39.90	01:04:47.85	+00:12:53 (19.9%)	6:28	9.3 (80.2%)
9	GAJEWSKI Paweł	111		M40	17	00:00:08	01:07:05.70	01:07:14.45	+00:15:19 (22.8%)	6:42	8.9 (76.7%)
10	NOELLE Dawid	46	W POGONI ZA DUCHEM	M30	33	00:00:10	01:07:12.85	01:07:22.95	+00:15:26 (23.0%)	6:43	8.9 (76.7%)
11	KONIECZKO Tomasz	38	W POGONI ZA ROZUMEM	M30	36	00:00:16	01:08:34.50	01:08:50.60	+00:16:48 (24.5%)	6:51	8.8 (75.9%)
12	ŁOPIAN Michał	39		M18	18	00:00:15	01:09:01.60	01:09:16.75	+00:17:15 (25.0%)	6:54	8.7 (75.0%)
13	KOCOT Patrycja	249		K30	12	00:00:13	01:09:09.20	01:09:22.95	+00:17:22 (25.1%)	6:54	8.7 (75.0%)
14	KOZIEŁ Andrzej	264		M30	38	00:00:17	01:09:22.10	01:09:39.85	+00:17:35 (25.4%)	6:56	8.6 (74.1%)
15	WOJDAS Izabela			K30	13	00:00:09	01:09:33.75	01:09:43.10	+00:17:47 (25.6%)	6:57	8.6 (74.1%)
16	MAZAN Justyna	214		K30	14	00:00:18	01:09:39.50	01:09:58.15	+00:17:53 (25.7%)	6:58	8.6 (74.1%)
17	ZEMŁA Krzysztof	3		M50+	11	00:00:14	01:11:08.00	01:11:22.00	+00:19:21 (27.2%)	7:06	8.4 (72.4%)
18	NAWŁOKA Tomasz	35		M18	20	00:00:15	01:12:26.05	01:12:41.35	+00:20:39 (28.5%)	7:14	8.3 (71.6%)
19	COP Martyna	50		K18	10	00:00:08	01:12:46.95	01:12:55.20	+00:21:00 (28.9%)	7:16	8.2 (70.7%)
20	WICHER Katarzyna	14		K18	15	00:00:10	01:29:49.80	01:30:00.25	+00:38:03 (42.4%)	8:59	6.7 (57.8%)

Znaleziono 20 wynik(ów)