

V OGÓLNOPOLSKI BIEG ULICZNY IM. BRACI MIKRUT

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Organizator: Gmina Koronowo
Data: 2015-04-25
Miejsce: Koronowo
Dystans: 10 km

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Klasyfikacja: M40-49

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	3km	7km	9.6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	WOJTAS Marek	279	TUCHOLANKA TUCHOLA	M40-49	1	00:10:20	00:23:56	00:33:17	00:34:32	00:34:35		3:27	17.4 (100%)
2	SZCZYGŁOWSKI Jacek	115	PAGED SKLEJKA MORĄG	M40-49	2	00:11:26	00:26:43	00:36:59	00:38:10	00:38:13	+00:03:38 (9.5%)	3:49	15.7 (90.2%)
3	PIEKARSKI Marek	47	FIDES-TRAVEL	M40-49	3	00:11:49	00:27:29	00:37:49	00:39:09	00:39:13	+00:04:38 (11.8%)	3:54	15.3 (87.9%)
4	GOŁEMBIEWSKI Marek	132	B4SPORT	M40-49	4	00:11:49	00:27:36	00:38:15	00:39:31	00:39:35	+00:05:00 (12.6%)	3:57	15.2 (87.4%)
5	CHRUSZCZEWSKI Andrzej	335		M40-49	5	00:12:00	00:28:15	00:39:00	00:40:18	00:40:22	+00:05:47 (14.3%)	4:01	14.9 (85.6%)
6	WYSMOLIŃSKI Piotr	121		M40-49	6	00:12:33	00:29:05	00:40:04	00:41:28	00:41:35	+00:07:00 (16.8%)	4:08	14.5 (83.3%)
7	CHOLEWIŃSKI Dariusz	303		M40-49	7	00:12:17	00:29:06	00:40:25	00:41:44	00:41:48	+00:07:13 (17.3%)	4:10	14.4 (82.8%)
8	ZYGAROWICZ Janusz	264		M40-49	8	00:13:05	00:29:31	00:40:26	00:41:39	00:41:50	+00:07:15 (17.3%)	4:09	14.4 (82.8%)
9	SZOCH Tomasz	252		M40-49	9	00:12:22	00:29:12	00:40:34	00:41:51	00:41:55	+00:07:20 (17.5%)	4:11	14.3 (82.2%)
10	BRZEZIŃSKI Maciej	56	KB TOKIO 64	M40-49	10	00:12:33	00:29:06	00:40:38	00:41:54	00:42:03	+00:07:28 (17.8%)	4:11	14.3 (82.2%)
11	SKARBEEK Marek	244		M40-49	11	00:12:28	00:29:29	00:41:03	00:42:25	00:42:31	+00:07:56 (18.7%)	4:14	14.1 (81.0%)
12	BRACHOWSKI Tomasz	222	NIEZRZESZONY	M40-49	12	00:12:25	00:29:54	00:41:58	00:43:26	00:43:32	+00:08:57 (20.6%)	4:20	13.8 (79.3%)
13	FRAĆKOWIAK Marek	130		M40-49	13	00:12:44	00:30:23	00:42:25	00:43:55	00:44:00	+00:09:25 (21.4%)	4:23	13.7 (78.7%)
14	PAWLAK Robert	162	IPA	M40-49	14	00:13:42	00:31:32	00:43:02	00:44:22	00:44:38	+00:10:03 (22.5%)	4:26	13.5 (77.6%)
15	DREWS Grzegorz	129		M40-49	15	00:13:27	00:31:40	00:43:44	00:45:06	00:45:15	+00:10:40 (23.6%)	4:30	13.3 (76.4%)
16	PIOTROWSKI Dariusz	290		M40-49	16	00:13:23	00:31:56	00:44:11	00:45:26	00:45:36	+00:11:01 (24.2%)	4:32	13.2 (75.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	3km	7km	9.6km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
17	CIRSON Marek	336		M40-49	17	00:13:26	00:32:00	00:44:45	00:46:18	00:46:23	+00:11:48 (25.4%)	4:37	13 (74.7%)
18	KOCHAŃSKI Dariusz	145		M40-49	18	00:13:39	00:32:00	00:44:44	00:46:16	00:46:25	+00:11:50 (25.5%)	4:37	13 (74.7%)
19	MUSIAŁ Marek			M40-49	19	00:13:41	00:32:14	00:44:54	00:46:21	00:46:28	+00:11:53 (25.6%)	4:38	12.9 (74.1%)
20	PAKULSKI Rafał	160		M40-49	20	00:13:53	00:32:53	00:45:10	00:46:28	00:46:34	+00:11:59 (25.7%)	4:38	12.9 (74.1%)
21	GIERSZ Krzysztof	316		M40-49	21	00:14:34	00:33:02	00:45:14	00:46:40	00:46:50	+00:12:15 (26.2%)	4:40	12.9 (74.1%)
22	RYDLEWSKI Marek	109	RUN BYDGOSZCZ	M40-49	22	00:13:42	00:32:42	00:45:31	00:47:06	00:47:16	+00:12:41 (26.8%)	4:42	12.7 (73.0%)
23	DOBEK Tomasz	127		M40-49	23	00:13:57	00:32:43	00:45:34	00:47:14	00:47:22	+00:12:47 (27.0%)	4:43	12.7 (73.0%)
24	MIKRUT Jarosław	293	AKADEMIA BIEGANIA GRUDZIĄDZ	M40-49	24	00:14:42	00:33:41	00:46:17	00:47:55	00:48:17	+00:13:42 (28.4%)	4:47	12.5 (71.8%)
25	JASINIEWSKI Sławomir	140	NIEZRZESZONY	M40-49	25	00:15:01	00:34:26	00:47:03	00:48:24	00:48:44	+00:14:09 (29.0%)	4:50	12.4 (71.3%)
26	PRZYGODA Artur	164		M40-49	26	00:13:55	00:33:31	00:46:56	00:48:36	00:48:46	+00:14:11 (29.1%)	4:51	12.3 (70.7%)
27	WASZAK Ireneusz	273		M40-49	27	00:15:28	00:35:10	00:47:31	00:48:52	00:49:08	+00:14:33 (29.6%)	4:53	12.3 (70.7%)
28	BIRKHOLZ Paweł	333		M40-49	28	00:14:45	00:34:26	00:47:27	00:49:02	00:49:13	+00:14:38 (29.7%)	4:54	12.2 (70.1%)
29	NAGÓRKA Artur	258	DECATHLON FORDON	M40-49	29	00:14:54	00:34:48	00:47:50	00:49:14	00:49:26	+00:14:51 (30.0%)	4:55	12.2 (70.1%)
30	MIKOŁAJCZYK Dariusz	99		M40-49	30	00:14:44	00:34:42	00:48:13	00:49:51	00:50:02	+00:15:27 (30.9%)	4:59	12 (69.0%)
31	KAMIŃSKI Paweł	319		M40-49	31	00:15:10	00:35:30	00:48:58	00:50:36	00:50:47	+00:16:12 (31.9%)	5:03	11.9 (68.4%)
32	SCIGOCKI Waldemar	287		M40-49	32	00:15:03	00:35:44	00:49:50	00:51:26	00:51:38	+00:17:03 (33.0%)	5:08	11.7 (67.2%)
33	ROGOŚ Renek	217	VECTRA WŁOCŁAWEK	M40-49	33	00:15:26	00:36:09	00:50:02	00:51:32	00:51:56	+00:17:21 (33.4%)	5:09	11.6 (66.7%)
34	SUCHOMSKI Marek	172	OPENTAX24.PL	M40-49	34	00:16:10	00:36:54	00:50:41	00:52:11	00:52:26	+00:17:51 (34.0%)	5:13	11.5 (66.1%)
35	KARWACKI Dariusz	204		M40-49	35	00:15:21	00:36:56	00:51:33	00:52:55	00:53:03	+00:18:28 (34.8%)	5:17	11.3 (64.9%)
36	SYCZUK Grzegorz	71		M40-49	36	00:16:22	00:37:56	00:52:42	00:54:13	00:54:42	+00:20:07 (36.8%)	5:25	11.1 (63.8%)
37	TWARDOWSKI Wojciech	176	RUN BYDGOSZCZ	M40-49	37	00:15:21	00:37:05	00:52:27	00:54:25	00:54:44	+00:20:09 (36.8%)	5:26	11 (63.2%)
38	STANKIEWICZ Dariusz	114		M40-49	38	00:15:22	00:38:19	00:53:32	00:55:17	00:55:35	+00:21:00 (37.8%)	5:31	10.9 (62.6%)
39	KACZYŃSKI Maciej	193	ZESPÓŁ SZKÓŁ ZAWODOWYCH IM. GENERAŁA STANISŁAWA MACZKA	M40-49	39	00:16:04	00:38:13	00:53:29	00:55:17	00:55:39	+00:21:04 (37.9%)	5:31	10.9 (62.6%)

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40	KEMPA Arkadiusz	94	RUN BYDGOSZCZ	M40-49	40	00:17:11	00:39:42	00:54:21	00:55:58	00:56:20	+00:21:45 (38.6%)	5:35	10.7 (61.5%)
41	SCHMIDT Robert	110	RUN BDG	M40-49	41	00:16:30	00:39:47	00:55:07	00:57:08	00:57:27	+00:22:52 (39.8%)	5:42	10.5 (60.3%)
42	KOCHAŃSKI Roman	297		M40-49	42	00:16:28	00:39:52	00:55:58	00:57:44	00:57:50	+00:23:15 (40.2%)	5:46	10.4 (59.8%)
43	SŁAWETA Michał	216		M40-49	43	00:17:08	00:40:23	00:56:09	00:57:55	00:58:23	+00:23:48 (40.8%)	5:47	10.4 (59.8%)
44	BUCHOLC Andrzej	221		M40-49	44	00:17:23	00:41:51	00:58:01	00:59:55	01:00:10	+00:25:35 (42.5%)	5:59	10 (57.5%)
45	KANTAK Wojciech	201		M40-49	45	00:16:44	00:41:31	00:58:51	01:00:42	01:01:09	+00:26:34 (43.4%)	6:04	9.9 (56.9%)
46	HAFFKE Krzysztof			M40-49	46	00:18:14	00:44:24	01:02:00	01:04:16	01:04:35	+00:30:00 (46.5%)	6:25	9.3 (53.4%)

Znaleziono 46 wynik(ów)