

V OGÓLNOPOLSKI BIEG ULICZNY IM. BRACI MIKRUT

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Organiser: Gmina Koronowo
Date: 2015-04-25
Place: Koronowo
Distance: 10 km

B4SPORT
INTELEGENNE ZAWODY SPORTOWE

Classification: M50-59

Place	Participant	Number	Club	Category	MCat	3km	7km	9.6km	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	JENDRYKA Marek	306		M50-59	1	00:11:19	00:26:11	00:36:20	00:37:35	00:37:38		3:45	16 (100%)
2	CHMIELEWSKI Tomasz	314	FIT-MAX BYDGOSZCZ	M50-59	2	00:12:13	00:28:42	00:39:37	00:40:56	00:41:04	+00:03:26 (8.4%)	4:05	14.7 (91.9%)
3	WESOŁOWSKI Zbigniew	265	STOWARZYSZENIE AKRTRYWNI KOCIEWIACY	M50-59	3	00:12:05	00:28:45	00:39:46	00:41:10	00:41:16	+00:03:38 (8.8%)	4:07	14.6 (91.3%)
4	OKONEK Grzegorz	256		M50-59	4	00:12:38	00:29:25	00:40:42	00:42:02	00:42:07	+00:04:29 (10.6%)	4:12	14.3 (89.4%)
5	LIS Janusz	150	TKKF CHEŁMNO	M50-59	5	00:12:27	00:30:07	00:42:13	00:43:46	00:43:50	+00:06:12 (14.1%)	4:22	13.7 (85.6%)
6	CIEŚLIK Marek	57	NIEZRZESZONY	M50-59	6	00:13:12	00:30:55	00:42:44	00:44:10	00:44:21	+00:06:43 (15.1%)	4:25	13.6 (85.0%)
7	GAWRYSIAK Mariusz	225		M50-59	7	00:13:55	00:32:43	00:45:16	00:46:48	00:46:56	+00:09:18 (19.8%)	4:40	12.8 (80.0%)
8	BIAŁOUS Krzysztof	332	NIEZRZESZONY	M50-59	8	00:14:02	00:33:14	00:46:24	00:47:59	00:48:08	+00:10:30 (21.8%)	4:47	12.5 (78.1%)
9	HENICZ Grzegorz	135		M50-59	9	00:14:09	00:33:38	00:47:03	00:48:42	00:48:58	+00:11:20 (23.1%)	4:52	12.3 (76.9%)
10	WIESE Grzegorz	281	TKKF KOLEJARZ BYDGOSZCZ	M50-59	10	00:14:37	00:33:49	00:47:07	00:48:41	00:49:02	+00:11:24 (23.2%)	4:52	12.3 (76.9%)
11	FOTEK Roman	78		M50-59	11	00:14:06	00:34:26	00:48:07	00:49:47	00:49:52	+00:12:14 (24.5%)	4:58	12.1 (75.6%)
12	JACIUBEK Andrzej	136		M50-59	12	00:15:12	00:35:23	00:48:54	00:50:39	00:51:02	+00:13:24 (26.3%)	5:03	11.8 (73.8%)
13	KOLANOWSKI Wojciech	147		M50-59	13	00:15:10	00:35:58	00:49:52	00:51:30	00:51:42	+00:14:04 (27.2%)	5:09	11.7 (73.1%)
14	GODZIUK Roman	80		M50-59	14	00:15:10	00:36:02	00:50:09	00:51:56	00:52:09	+00:14:31 (27.8%)	5:11	11.6 (72.5%)
15	WEGNER Roman	255		M50-59	15	00:15:06	00:36:36	00:52:00	00:53:52	00:54:06	+00:16:28 (30.4%)	5:23	11.1 (69.4%)
16	BYCZKOWSKI Zenon	75		M50-59	16	00:15:07	00:36:53	00:52:13	00:54:13	00:54:27	+00:16:49 (30.9%)	5:25	11.1 (69.4%)
17	SIĘNSKI Jacek	113	RUN BYDGOSZCZ	M50-59	17	00:16:56	00:39:24	00:54:22	00:56:04	00:56:25	+00:18:47 (33.3%)	5:36	10.7 (66.9%)
18	SZYMCZAK Tomasz	118		M50-59	18	00:16:58	00:39:48	00:55:35	00:57:15	00:57:35	+00:19:57 (34.6%)	5:43	10.5 (65.6%)
19	WIŚNIEWSKI Włodzimierz	182		M50-59	19	00:16:27	00:42:02	00:58:15	00:59:51	01:00:14	+00:22:36 (37.5%)	5:59	10 (62.5%)
20	SZYMAŃSKI Zbigniew	249		M50-59	20	00:17:11	00:40:53	00:58:38	01:00:49	01:01:10	+00:23:32 (38.5%)	6:04	9.9 (61.9%)

Total 20 results.