

VII BIEG - 5KM

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Wydarzenie:

VII BIEG "POGOŃ RAKA"

Organizator:

Stowarzyszenie Walki z Rakiem Płuca Oddział Szczecin

Data:

2023-10-07

Miejsce:

SZCZECIN

Dystans:

5 km



Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	GIERCEWICZ Norbert	311	SWIM2TRI	M-30	1	00:21:36.20		4:19	13.9 (100%)
2	OLEJARZ Damian	180	POL-BUD POLICE	M-30	2	00:21:48.30	+00:00:12 (0.9%)	4:21	13.8 (99.3%)
3	PUCHALSKI Grzegorz	211	RUNFOURFUN	M-30	3	00:22:47.05	+00:01:10 (5.2%)	4:33	13.2 (95.0%)
4	TOPOREK Przemysław	262		M-30	4	00:23:48.55	+00:02:12 (9.3%)	4:45	12.6 (90.6%)
5	FURMAŃSKI Marcin	56	WY-BIEGANI SZCZECIN	M-30	5	00:24:06.10	+00:02:29 (10.4%)	4:49	12.4 (89.2%)
6	BARANOWSKI Dominik	19		M-30	6	00:25:01.65	+00:03:25 (13.7%)	5:00	12 (86.3%)
7	PIĄTEK Kamil	198		M-30	7	00:25:11.65	+00:03:35 (14.3%)	5:02	11.9 (85.6%)
8	JARCZAK Filip	78		M-30	8	00:25:22.40	+00:03:46 (14.9%)	5:04	11.8 (84.9%)
9	CIEŚLA Paweł	37	HELL'S HEAVEN SZCZECIN	M-30	9	00:25:59.65	+00:04:23 (16.9%)	5:11	11.5 (82.7%)
10	POTRAWSKI Michał	208		M-30	10	00:26:10.15	+00:04:33 (17.4%)	5:14	11.5 (82.7%)
11	ZIMNY Wojciech	9		M-30	11	00:27:15.30	+00:05:39 (20.7%)	5:27	11 (79.1%)
12	JANISZEWSKI Adrian	75		M-30	12	00:27:32.20	+00:05:56 (21.5%)	5:30	10.9 (78.4%)
13	BIELECKI Wojciech	23		M-30	13	00:27:33.40	+00:05:57 (21.6%)	5:30	10.9 (78.4%)
14	BRATKO Przemysław	30		M-30	14	00:27:34.40	+00:05:58 (21.7%)	5:30	10.9 (78.4%)
15	PASZKOWSKI Karol	190		M-30	15	00:27:51.75	+00:06:15 (22.5%)	5:34	10.8 (77.7%)
16	ŻÓŁTOWSKI Michał	305		M-30	16	00:28:25.30	+00:06:49 (24.0%)	5:41	10.6 (76.3%)
17	KLICH Janek	95	BIEGOHOLICA	M-30	17	00:28:28.65	+00:06:52 (24.1%)	5:41	10.5 (75.5%)
18	SMYK Bartosz	239	BIEGNĘ PO ROMPERA	M-30	18	00:29:04.75	+00:07:28 (25.7%)	5:48	10.3 (74.1%)
19	SIWAK Łukasz	236	KB PIONIER SZCZECIN	M-30	19	00:29:25.20	+00:07:49 (26.6%)	5:53	10.2 (73.4%)
20	FAFUŁA Bartłomiej	54		M-30	20	00:30:09.55	+00:08:33 (28.4%)	6:01	10 (71.9%)
21	KAZANISZYN Radosław	88	BIEGNĘ PO ROMPERA	M-30	21	00:30:23.25	+00:08:47 (28.9%)	6:04	9.9 (71.2%)
22	RUDZEWICZ Mariusz	217		M-30	22	00:30:29.30	+00:08:53 (29.1%)	6:05	9.8 (70.5%)
23	GRYGORCEWICZ Bartłomiej	68		M-30	23	00:30:42.30	+00:09:06 (29.6%)	6:08	9.8 (70.5%)
24	KOWALSKI Tomasz	106		M-30	24	00:30:52.65	+00:09:16 (30.0%)	6:10	9.7 (69.8%)
25	KRZEMIŃSKI Paweł	119	EXTREME WOLF	M-30	25	00:31:06.50	+00:09:30 (30.6%)	6:13	9.6 (69.1%)
26	WALCZYK Mateusz	268		M-30	26	00:31:16.85	+00:09:40 (30.9%)	6:15	9.6 (69.1%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
27	GONERSKI Piotr	61	BIEGNĘ PO ROMPERA	M-30	27	00:31:29.40	+00:09:53 (31.4%)	6:17	9.5 (68.3%)
28	SEKLECKI Bartosz	228		M-30	28	00:31:36.50	+00:10:00 (31.7%)	6:19	9.5 (68.3%)
29	LINK Karol	136		M-30	29	00:31:41.60	+00:10:05 (31.8%)	6:20	9.5 (68.3%)
30	WASIELEWSKI Mariusz	271		M-30	30	00:32:06.65	+00:10:30 (32.7%)	6:25	9.3 (66.9%)
31	STACHECKI Krzysztof	240		M-30	31	00:32:29.15	+00:10:52 (33.5%)	6:29	9.2 (66.2%)
32	RYBARCZYK Patryk	219	WY-BIEGANI SZCZECIN	M-30	32	00:32:29.20	+00:10:53 (33.5%)	6:29	9.2 (66.2%)
33	SKORUPA Grzegorz	238		M-30	33	00:32:34.95	+00:10:58 (33.7%)	6:30	9.2 (66.2%)
34	CZEŻYK Paweł	40		M-30	34	00:32:40.70	+00:11:04 (33.9%)	6:32	9.2 (66.2%)
35	KĘPIŃSKI Adam	89		M-30	35	00:32:42.45	+00:11:06 (33.9%)	6:32	9.2 (66.2%)
36	SKIBA Michał	237		M-30	36	00:32:45.00	+00:11:08 (34.0%)	6:33	9.2 (66.2%)
37	WOCHNER Kamil	285		M-30	37	00:32:55.80	+00:11:19 (34.4%)	6:35	9.1 (65.5%)
38	MADEJ Aleksander	149		M-30	38	00:33:21.30	+00:11:45 (35.2%)	6:40	9 (64.7%)
39	BARANOWSKI Konrad	18		M-30	39	00:34:12.85	+00:12:36 (36.9%)	6:50	8.8 (63.3%)
40	KRZYWOŃ Paweł	122		M-30	40	00:34:25.45	+00:12:49 (37.2%)	6:53	8.7 (62.6%)
41	SULIGA Łukasz	245		M-30	41	00:34:42.60	+00:13:06 (37.8%)	6:56	8.6 (61.9%)
42	BURCHACKI Maciej	32		M-30	42	00:35:55.20	+00:14:19 (39.9%)	7:11	8.4 (60.4%)
43	ZIĘBA Norbert	299		M-30	43	00:36:55.15	+00:15:18 (41.5%)	7:23	8.1 (58.3%)
44	JANKOWSKI Michał	76		M-30	44	00:37:43.30	+00:16:07 (42.7%)	7:32	8 (57.6%)
45	OWCZAREK Patryk	185		M-30	45	00:38:21.80	+00:16:45 (43.7%)	7:40	7.8 (56.1%)
46	MAHACZEK Adam	152		M-30	46	00:40:45.45	+00:19:09 (47.0%)	8:09	7.4 (53.2%)
47	JĘDRASZCZYK Rafał	83		M-30	47	00:48:12.00	+00:26:35 (55.2%)	9:38	6.2 (44.6%)

Znaleziono 47 wynik(ów)