

WROCLAW - FINAŁ AKADEMII ZDROWIA SANTANDERA - BIEG - 10KM

B4SPORT

Organizator: PFNW
Data: 2016-10-02
Miejsce: Wrocław
Dystans: 10 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Start_All 2.5km	Start_All 5km	Start_All 7.5km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	KACZMARCZYK Łukasz	633	KLUBROBOTOW.PL	M19-29	1	00:00:03	00:08:55	00:18:00	00:27:15	00:36:42.45	00:36:45.60		3:40	16.3 (100%)
2	PRZERWA Michał	662	KS ICE MAT TEAM OSTRÓW WIELKOPOLSKI	M19-29	2	00:00:02	00:08:56	00:18:09	00:27:41	00:37:19.65	00:37:22.30	+00:00:37 (1.7%)	3:44	16.1 (98.8%)
3	KRĘŻEL Krzysztof	691	NIGHT RUNNERS WROCLAW	M19-29	3	00:00:03	00:09:01	00:18:49	00:28:45	00:38:36.30	00:38:39.30	+00:01:53 (4.9%)	3:51	15.5 (95.1%)
4	KOŁOSIONEK Roman	693		M30-39	1	00:00:06	00:09:27	00:19:25	00:29:41	00:39:36.55	00:39:42.85	+00:02:54 (7.3%)	3:57	15.2 (93.3%)
5	BIALOWĄS Paweł	606		M30-39	2	00:00:04	00:09:26	00:19:20	00:29:34	00:39:38.10	00:39:42.65	+00:02:55 (7.4%)	3:57	15.1 (92.6%)
6	STERMACH Irek	671		M50-59	1	00:00:04	00:09:38	00:19:40	00:29:54	00:40:07.70	00:40:11.75	+00:03:25 (8.5%)	4:00	15 (92.0%)
7	POSŁUSZNY Paweł	695	AWF WROCLAW	M30-39	3	00:00:03	00:09:39	00:19:47	00:30:05	00:40:16.80	00:40:20.15	+00:03:34 (8.9%)	4:01	14.9 (91.4%)
8	HANDRYSIAK Przemysław	626	TRENUJZNAMI.PL/21K.PL	M19-29	4	00:00:03	00:09:40	00:20:02	00:30:38	00:41:00.85	00:41:04.80	+00:04:18 (10.5%)	4:06	14.6 (89.6%)
9	MARTOWSKI Maciej	647	EUROPA UBEZPIECZENIA	M40-49	1	00:00:03	00:09:53	00:20:28	00:31:11	00:41:12.45	00:41:16.15	+00:04:30 (10.9%)	4:07	14.6 (89.6%)
10	RZECZKOWSKI Dariusz	665	SKY TOWER RUNNERS / SOBAS TEAM	M40-49	2	00:00:02	00:10:05	00:20:40	00:31:13	00:41:39.60	00:41:42.55	+00:04:57 (11.9%)	4:10	14.4 (88.3%)
11	BEDNARSKI Adrian	681		M19-29	5	00:00:02	00:09:59	00:21:14	00:32:20	00:42:50.40	00:42:53.15	+00:06:07 (14.3%)	4:17	14 (85.9%)
12	BYTNIIEWSKI Paweł	614		M30-39	4	00:00:03	00:10:01	00:20:52	00:32:07	00:43:31.45	00:43:35.40	+00:06:49 (15.7%)	4:21	13.8 (84.7%)
13	PYPEĆ Tomasz	663		M30-39	5	00:00:06	00:10:06	00:21:11	00:32:26	00:43:43.00	00:43:49.35	+00:07:00 (16.0%)	4:22	13.7 (84.0%)

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14	DZIEDZIC Krystian	692		M30-39	6	00:00:06	00:10:30	00:21:36	00:33:07	00:43:59.35	00:44:05.65	+00:07:16 (16.6%)	4:23	13.6 (83.4%)
15	MAZIAKOWSKI Adam	680	MAZIAKOWSKI RUNNING TEAM	M19-29	6	00:00:09	00:10:52	00:21:59	00:33:15	00:44:17.15	00:44:26.35	+00:07:34 (17.1%)	4:25	13.5 (82.8%)
16	HNAT Kamil	627		M19-29	7	00:00:07	00:10:54	00:21:39	00:33:06	00:44:19.05	00:44:26.25	+00:07:36 (17.2%)	4:25	13.5 (82.8%)
17	ADAMSKA Joanna	600	MKS MOS WROCŁAW	K19-29	1	00:00:04	00:10:56	00:22:08	00:33:34	00:44:38.65	00:44:42.90	+00:07:56 (17.8%)	4:27	13.4 (82.2%)
18	KASZUBA Jakub	635		M30-39	7	00:00:08	00:10:53	00:22:32	00:34:17	00:45:13.90	00:45:22.05	+00:08:31 (18.8%)	4:31	13.3 (81.6%)
19	MŁYNARCZYK Arkadiusz	651		M30-39	8	00:00:11	00:11:29	00:22:53	00:34:23	00:45:20.10	00:45:32.00	+00:08:37 (19.0%)	4:32	13.2 (81.0%)
20	MORAŃSKI Wojciech	652		M30-39	9	00:00:09	00:10:35	00:22:09	00:34:09	00:45:28.45	00:45:37.50	+00:08:46 (19.3%)	4:32	13.2 (81.0%)
21	CZERWIŃSKI Rafał	619	KB LUPUS OLEŚNICA	M30-39	10	00:00:14	00:11:21	00:22:48	00:34:22	00:45:43.95	00:45:58.30	+00:09:01 (19.7%)	4:34	13.1 (80.4%)
22	BYŚ Mateusz	679		M19-29	8	00:00:10	00:11:16	00:22:52	00:34:36	00:45:47.95	00:45:58.75	+00:09:05 (19.9%)	4:34	13.1 (80.4%)
23	CIESIELSKI Maciej	685	CIESIN TEAM	M30-39	11	00:00:06	00:11:03	00:22:38	00:34:30	00:45:53.90	00:46:00.70	+00:09:11 (20.0%)	4:35	13.1 (80.4%)
24	STAWIŃSKI Adam	670	SANTANDER CONSUMER BANK	M40-49	3	00:00:04	00:10:56	00:22:28	00:34:18	00:46:05.15	00:46:09.75	+00:09:22 (20.3%)	4:36	13 (79.8%)
25	POLAK Michalina	686	MAŻIOWSKI RUNNING TEAM	K19-29	2	00:00:08	00:11:07	00:22:52	00:34:43	00:46:31.55	00:46:40.30	+00:09:49 (21.1%)	4:39	12.9 (79.1%)
26	BIK Stanisław	608	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	M50-59	2	00:00:07	00:11:08	00:22:54	00:34:52	00:46:36.95	00:46:44.55	+00:09:54 (21.3%)	4:39	12.9 (79.1%)
27	PACIOREK Marcin	654		M30-39	12	00:00:06	00:10:52	00:22:57	00:35:06	00:46:43.50	00:46:49.50	+00:10:01 (21.4%)	4:40	12.8 (78.5%)
28	AUGUSTYN Adam	601		M30-39	13	00:00:13	00:11:32	00:23:17	00:35:23	00:47:13.55	00:47:26.80	+00:10:31 (22.3%)	4:43	12.7 (77.9%)
29	FEDKO Mariusz	677	SANTANDER CONSUMER BANK	M30-39	14	00:00:08	00:11:17	00:23:26	00:35:57	00:48:01.25	00:48:10.00	+00:11:18 (23.6%)	4:48	12.5 (76.7%)
30	KORFA Maciej	687	NAPÓR STARYCH GRZYBÓW	M30-39	15	00:00:09	00:11:47	00:23:50	00:36:04	00:48:03.05	00:48:12.60	+00:11:20 (23.6%)	4:48	12.5 (76.7%)
31	PLEŚNIARSKI Jakub	659		M19-29	9	00:00:11	00:11:32	00:23:40	00:36:00	00:48:03.60	00:48:15.25	+00:11:21 (23.6%)	4:48	12.5 (76.7%)
32	PETRYNA Jagoda	657		K19-29	3	00:00:11	00:11:50	00:23:54	00:36:11	00:48:17.05	00:48:28.25	+00:11:34 (24.0%)	4:49	12.4 (76.1%)
33	LENK Krzysztof	644		M30-39	16	00:00:14	00:11:15	00:23:41	00:36:31	00:49:07.30	00:49:21.85	+00:12:24 (25.3%)	4:54	12.2 (74.8%)
34	KMIECIK Łukasz	697		M30-39	17	00:00:12	00:12:03	00:24:29	00:37:13	00:49:17.45	00:49:30.40	+00:12:35 (25.5%)	4:55	12.2 (74.8%)
35	WOLIŃSKI Andrzej	683	DAMLEN	M30-39	18	00:00:13	00:11:58	00:24:12	00:36:51	00:49:29.40	00:49:43.35	+00:12:46 (25.8%)	4:57	12.1 (74.2%)
36	MINKOWSKI Kamil	650	SANTANDER CONSUMER BANK	M19-29	10	00:00:10	00:10:58	00:23:53	00:37:09	00:49:29.45	00:49:40.05	+00:12:47 (25.8%)	4:57	12.1 (74.2%)

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37	LECHOWSKI Jan	643	VOLVO POLSKA	M50-59	3	00:00:09	00:11:54	00:24:18	00:37:10	00:49:40.15	00:49:49.20	+00:12:57 (26.1%)	4:58	12.1 (74.2%)
38	JACH Paweł Maciek	696	MACIEK BIEGA!	M50-59	4	00:00:19	00:11:54	00:24:20	00:37:06	00:49:51.80	00:50:11.05	+00:13:09 (26.4%)	4:59	12 (73.6%)
39	HRYŃCZUK Piotr	628		M19-29	11	00:00:10	00:12:14	00:24:58	00:37:58	00:49:54.40	00:50:04.75	+00:13:11 (26.4%)	4:59	12 (73.6%)
40	ROTKO Tomasz	688		M40-49	4	00:00:13	00:12:10	00:24:43	00:37:19	00:50:01.00	00:50:14.45	+00:13:18 (26.6%)	5:00	12 (73.6%)
41	BIAZIK Aneta	607		K30-39	1	00:00:07	00:12:09	00:24:42	00:37:24	00:50:17.60	00:50:25.45	+00:13:35 (27.0%)	5:01	11.9 (73.0%)
42	CZAJKOWSKI Stanisław	690		M60-69	1	00:00:04	00:12:02	00:24:52	00:37:57	00:50:47.80	00:50:52.35	+00:14:05 (27.7%)	5:04	11.8 (72.4%)
43	PÓŁTORZYCKI Piotr	661		M30-39	19	00:00:16	00:12:32	00:25:25	00:38:26	00:50:54.25	00:51:10.35	+00:14:11 (27.9%)	5:05	11.8 (72.4%)
44	UNIEJEWSKI Piotr	673		M30-39	20	00:00:09	00:12:14	00:24:59	00:38:04	00:51:08.35	00:51:18.20	+00:14:25 (28.2%)	5:06	11.7 (71.8%)
45	DOBOSZ Łukasz	620	SANTANDER CONSUMER BANK	M30-39	21	00:00:09	00:12:12	00:24:58	00:38:06	00:51:16.35	00:51:26.15	+00:14:33 (28.4%)	5:07	11.7 (71.8%)
46	BASZYŃSKA Agnieszka	605		K30-39	2	00:00:05	00:12:39	00:25:39	00:38:39	00:51:29.70	00:51:34.80	+00:14:47 (28.7%)	5:08	11.7 (71.8%)
47	JÓZEFIAK Dariusz	632		M40-49	5	00:00:10	00:12:12	00:24:55	00:38:18	00:52:10.65	00:52:20.75	+00:15:28 (29.6%)	5:13	11.5 (70.6%)
48	CEGIELSKI Paweł	615		M40-49	6	00:00:08	00:12:39	00:25:36	00:38:57	00:52:43.70	00:52:52.15	+00:16:01 (30.4%)	5:16	11.4 (69.9%)
49	MARTOWSKA Barbara	646		K30-39	3	00:00:04	00:12:56	00:26:01	00:39:28	00:52:52.35	00:52:57.30	+00:16:09 (30.6%)	5:17	11.3 (69.3%)
50	FILIPCZAK Włodzimierz	622		M50-59	5	00:00:05	00:12:43	00:26:15	00:39:42	00:53:06.30	00:53:12.15	+00:16:23 (30.9%)	5:18	11.3 (69.3%)
51	JANICKI Wojciech	629		M40-49	7	00:00:11	00:12:33	00:25:33	00:39:32	00:53:24.05	00:53:36.00	+00:16:41 (31.3%)	5:20	11.2 (68.7%)
52	BAJURA Sara	602		K19-29	4	00:00:15	00:13:43	00:26:57	00:41:00	00:53:53.40	00:54:08.70	+00:17:10 (31.9%)	5:23	11.1 (68.1%)
53	TWARÓG Wojciech	672		M19-29	12	00:00:18	00:12:43	00:26:04	00:40:21	00:53:55.00	00:54:13.15	+00:17:12 (31.9%)	5:23	11.1 (68.1%)
54	CHOMA Katarzyna	616		K30-39	4	00:00:03	00:12:56	00:26:38	00:40:54	00:54:29.25	00:54:33.10	+00:17:46 (32.6%)	5:27	11 (67.5%)
55	GROCHOWSKI Łukasz	625		M30-39	22	00:00:12	00:12:49	00:26:32	00:41:11	00:55:42.75	00:55:55.25	+00:19:00 (34.1%)	5:34	10.8 (66.3%)
56	RYCERZ-PAL Magdalena	664		K30-39	5	00:00:11	00:13:13	00:27:20	00:41:55	00:55:54.25	00:56:05.65	+00:19:11 (34.3%)	5:35	10.7 (65.6%)
57	BRYCHCY Karol	612		M30-39	23	00:00:12	00:13:01	00:27:32	00:41:58	00:56:12.60	00:56:24.60	+00:19:30 (34.7%)	5:37	10.7 (65.6%)
58	KOWALCZYK Bogusława	638		K50-59	1	00:00:05	00:13:20	00:27:36	00:42:11	00:56:47.10	00:56:53.00	+00:20:04 (35.4%)	5:40	10.6 (65.0%)
59	DZIEDZIC Paweł	621		M40-49	8	00:00:16	00:13:59	00:28:15	00:43:12	00:57:58.10	00:58:14.80	+00:21:15 (36.7%)	5:47	10.4 (63.8%)

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60	KISIELEWSKA-BORGUL Aneta	636		K19-29	5	00:00:12	00:13:15	00:28:06	00:43:41	00:59:00.40	00:59:13.15	+00:22:17 (37.8%)	5:54	10.2 (62.6%)
61	KOZAK Monika	640	WROCLAW MARATHON TEAM	K19-29	6	00:00:15	00:13:59	00:28:55	00:44:05	00:59:00.60	00:59:15.80	+00:22:18 (37.8%)	5:54	10.2 (62.6%)
62	WITTENBECK Patrycja	694	WROCLAW MARATHON TEAM	K19-29	7	00:00:14	00:14:00	00:28:56	00:44:07	00:59:00.85	00:59:15.80	+00:22:18 (37.8%)	5:54	10.2 (62.6%)
63	DROBNIK Krzysztof	684	SANTANDER CONSUMER BANK	M30-39	24	00:00:17	00:14:23	00:28:49	00:43:53	00:59:04.80	00:59:21.90	+00:22:22 (37.9%)	5:54	10.2 (62.6%)
64	BARYSKI Maciej	603		M30-39	25	00:00:15	00:13:10	00:27:56	00:43:25	00:59:18.55	00:59:33.90	+00:22:36 (38.1%)	5:55	10.1 (62.0%)
65	KOWALSKI Piotr	639	SANTANDER CONSUMER BANK	M19-29	13	00:00:14	00:13:56	00:28:50	00:44:24	00:59:29.00	00:59:43.05	+00:22:46 (38.3%)	5:56	10.1 (62.0%)
66	STAPIŃSKA Celina	669		K40-49	1	00:00:16	00:14:31	00:29:19	00:44:46	00:59:44.85	01:00:00.95	+00:23:02 (38.6%)	5:58	10 (61.3%)
67	BIŁEŃKIJ Joanna	609		K19-29	8	00:00:15	00:15:02	00:30:26	00:45:48	01:00:20.15	01:00:35.95	+00:23:37 (39.2%)	6:02	9.9 (60.7%)
68	ROSGA Anna	689		K40-49	2	00:00:06	00:14:22	00:29:57	00:47:00	01:00:22.40	01:00:28.40	+00:23:39 (39.2%)	6:02	9.9 (60.7%)
69	CHORZĘPA Joanna	618		K19-29	9	00:00:05	00:13:56	00:28:57	00:44:32	01:00:35.25	01:00:40.85	+00:23:52 (39.4%)	6:03	9.9 (60.7%)
70	CHORZĘPA Marcin	617		M19-29	14	00:00:06	00:13:55	00:28:56	00:44:31	01:00:35.35	01:00:41.40	+00:23:52 (39.4%)	6:03	9.9 (60.7%)
71	WIECZOREK Marian	682	DOLAMEL WROCLAW	M50-59	6	00:00:12	00:13:14	00:28:06	00:44:58	01:01:12.30	01:01:24.80	+00:24:29 (40.0%)	6:07	9.8 (60.1%)
72	BUBNOWICZ Ela	613		K30-39	6	00:00:05	00:14:07	00:29:45	00:45:53	01:01:28.20	01:01:33.75	+00:24:45 (40.3%)	6:08	9.8 (60.1%)
73	KOZAKIEWICZ Marzena	641		K30-39	7	00:00:06	00:14:09	00:29:28	00:45:38	01:01:42.55	01:01:49.05	+00:25:00 (40.5%)	6:10	9.7 (59.5%)
74	BIŁYK Ryszard	610	SANTANDER CONSUMER BANK	M40-49	9	00:00:12	00:14:07	00:30:49	00:47:44	01:05:13.15	01:05:25.55	+00:28:30 (43.7%)	6:31	9.2 (56.4%)
75	WAWRZYNIAK Krzysztof	675		M30-39	26	00:00:07	00:15:19	00:31:04	00:48:27	01:05:34.90	01:05:42.65	+00:28:52 (44.0%)	6:33	9.1 (55.8%)
76	JANUS Magdalena	631		K30-39	8	00:00:07	00:16:47	00:35:56	00:56:26	01:16:35.55	01:16:43.15	+00:39:53 (52.1%)	7:39	7.8 (47.9%)
77	BŁASZCZYK Róża	611	NIGHT RUNNERS WROCLAW	K19-29	10	00:00:14	00:18:59	00:39:20	00:59:19	01:18:59.60	01:19:14.05	+00:42:17 (53.5%)	7:54	7.6 (46.6%)

Znaleziono 77 wynik(ów)