

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



Klasyfikacja: M-OPEN

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

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
14	<b>DZIEDZIC Krystian</b>	<b>692</b>		M30-39	6	00:00:06	00:10:30	00:21:36	00:33:07	<b>00:43:59.35</b>	<b>00:44:05.65</b>	+00:07:16 (16.6%)	4:23	13.6 (83.4%)
15	<b>MAZIAKOWSKI Adam</b>	<b>680</b>	MAZIAKOWSKI RUNNING TEAM	M19-29	6	00:00:09	00:10:52	00:21:59	00:33:15	<b>00:44:17.15</b>	<b>00:44:26.35</b>	+00:07:34 (17.1%)	4:25	13.5 (82.8%)
16	<b>HNAT Kamil</b>	<b>627</b>		M19-29	7	00:00:07	00:10:54	00:21:39	00:33:06	<b>00:44:19.05</b>	<b>00:44:26.25</b>	+00:07:36 (17.2%)	4:25	13.5 (82.8%)
17	<b>KASZUBA Jakub</b>	<b>635</b>		M30-39	7	00:00:08	00:10:53	00:22:32	00:34:17	<b>00:45:13.90</b>	<b>00:45:22.05</b>	+00:08:31 (18.8%)	4:31	13.3 (81.6%)
18	<b>MŁYNARCZYK Arkadiusz</b>	<b>651</b>		M30-39	8	00:00:11	00:11:29	00:22:53	00:34:23	<b>00:45:20.10</b>	<b>00:45:32.00</b>	+00:08:37 (19.0%)	4:32	13.2 (81.0%)
19	<b>MORAŃSKI Wojciech</b>	<b>652</b>		M30-39	9	00:00:09	00:10:35	00:22:09	00:34:09	<b>00:45:28.45</b>	<b>00:45:37.50</b>	+00:08:46 (19.3%)	4:32	13.2 (81.0%)
20	<b>CZERWIŃSKI Rafał</b>	<b>619</b>	KB LUPUS OLEŚNICA	M30-39	10	00:00:14	00:11:21	00:22:48	00:34:22	<b>00:45:43.95</b>	<b>00:45:58.30</b>	+00:09:01 (19.7%)	4:34	13.1 (80.4%)
21	<b>BYŚ Mateusz</b>	<b>679</b>		M19-29	8	00:00:10	00:11:16	00:22:52	00:34:36	<b>00:45:47.95</b>	<b>00:45:58.75</b>	+00:09:05 (19.9%)	4:34	13.1 (80.4%)
22	<b>CIESIELSKI Maciej</b>	<b>685</b>	CIESIN TEAM	M30-39	11	00:00:06	00:11:03	00:22:38	00:34:30	<b>00:45:53.90</b>	<b>00:46:00.70</b>	+00:09:11 (20.0%)	4:35	13.1 (80.4%)
23	<b>STAWIŃSKI Adam</b>	<b>670</b>	SANTANDER CONSUMER BANK	M40-49	3	00:00:04	00:10:56	00:22:28	00:34:18	<b>00:46:05.15</b>	<b>00:46:09.75</b>	+00:09:22 (20.3%)	4:36	13 (79.8%)
24	<b>BIK Stanisław</b>	<b>608</b>	BIEGAJĄCA KASTA MIEDZIOWEGO MIASTA	M50-59	2	00:00:07	00:11:08	00:22:54	00:34:52	<b>00:46:36.95</b>	<b>00:46:44.55</b>	+00:09:54 (21.3%)	4:39	12.9 (79.1%)
25	<b>PACIOREK Marcin</b>	<b>654</b>		M30-39	12	00:00:06	00:10:52	00:22:57	00:35:06	<b>00:46:43.50</b>	<b>00:46:49.50</b>	+00:10:01 (21.4%)	4:40	12.8 (78.5%)
26	<b>AUGUSTYN Adam</b>	<b>601</b>		M30-39	13	00:00:13	00:11:32	00:23:17	00:35:23	<b>00:47:13.55</b>	<b>00:47:26.80</b>	+00:10:31 (22.3%)	4:43	12.7 (77.9%)
27	<b>FEDKO Mariusz</b>	<b>677</b>	SANTANDER CONSUMER BANK	M30-39	14	00:00:08	00:11:17	00:23:26	00:35:57	<b>00:48:01.25</b>	<b>00:48:10.00</b>	+00:11:18 (23.6%)	4:48	12.5 (76.7%)
28	<b>KORFA Maciej</b>	<b>687</b>	NAPÓR STARYCH GRZYBÓW	M30-39	15	00:00:09	00:11:47	00:23:50	00:36:04	<b>00:48:03.05</b>	<b>00:48:12.60</b>	+00:11:20 (23.6%)	4:48	12.5 (76.7%)
29	<b>PLEŚNIARSKI Jakub</b>	<b>659</b>		M19-29	9	00:00:11	00:11:32	00:23:40	00:36:00	<b>00:48:03.60</b>	<b>00:48:15.25</b>	+00:11:21 (23.6%)	4:48	12.5 (76.7%)
30	<b>LENK Krzysztof</b>	<b>644</b>		M30-39	16	00:00:14	00:11:15	00:23:41	00:36:31	<b>00:49:07.30</b>	<b>00:49:21.85</b>	+00:12:24 (25.3%)	4:54	12.2 (74.8%)
31	<b>KMIECIK Łukasz</b>	<b>697</b>		M30-39	17	00:00:12	00:12:03	00:24:29	00:37:13	<b>00:49:17.45</b>	<b>00:49:30.40</b>	+00:12:35 (25.5%)	4:55	12.2 (74.8%)
32	<b>WOLIŃSKI Andrzej</b>	<b>683</b>	DAMLEN	M30-39	18	00:00:13	00:11:58	00:24:12	00:36:51	<b>00:49:29.40</b>	<b>00:49:43.35</b>	+00:12:46 (25.8%)	4:57	12.1 (74.2%)
33	<b>MINKOWSKI Kamil</b>	<b>650</b>	SANTANDER CONSUMER BANK	M19-29	10	00:00:10	00:10:58	00:23:53	00:37:09	<b>00:49:29.45</b>	<b>00:49:40.05</b>	+00:12:47 (25.8%)	4:57	12.1 (74.2%)
34	<b>LECHOWSKI Jan</b>	<b>643</b>	VOLVO POLSKA	M50-59	3	00:00:09	00:11:54	00:24:18	00:37:10	<b>00:49:40.15</b>	<b>00:49:49.20</b>	+00:12:57 (26.1%)	4:58	12.1 (74.2%)
35	<b>JACH Paweł Maciek</b>	<b>696</b>	MACIEK BIEGA!	M50-59	4	00:00:19	00:11:54	00:24:20	00:37:06	<b>00:49:51.80</b>	<b>00:50:11.05</b>	+00:13:09 (26.4%)	4:59	12 (73.6%)
36	<b>HRYŃCZUK Piotr</b>	<b>628</b>		M19-29	11	00:00:10	00:12:14	00:24:58	00:37:58	<b>00:49:54.40</b>	<b>00:50:04.75</b>	+00:13:11 (26.4%)	4:59	12 (73.6%)

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
37	<b>ROTKO Tomasz</b>	<b>688</b>		M40-49	4	00:00:13	00:12:10	00:24:43	00:37:19	<b>00:50:01.00</b>	<b>00:50:14.45</b>	+00:13:18 (26.6%)	5:00	12 (73.6%)
38	<b>CZAJKOWSKI Stanisław</b>	<b>690</b>		M60-69	1	00:00:04	00:12:02	00:24:52	00:37:57	<b>00:50:47.80</b>	<b>00:50:52.35</b>	+00:14:05 (27.7%)	5:04	11.8 (72.4%)
39	<b>PÓŁTORZYCKI Piotr</b>	<b>661</b>		M30-39	19	00:00:16	00:12:32	00:25:25	00:38:26	<b>00:50:54.25</b>	<b>00:51:10.35</b>	+00:14:11 (27.9%)	5:05	11.8 (72.4%)
40	<b>UNIEJEWSKI Piotr</b>	<b>673</b>		M30-39	20	00:00:09	00:12:14	00:24:59	00:38:04	<b>00:51:08.35</b>	<b>00:51:18.20</b>	+00:14:25 (28.2%)	5:06	11.7 (71.8%)
41	<b>DOBOSZ Łukasz</b>	<b>620</b>	SANTANDER CONSUMER BANK	M30-39	21	00:00:09	00:12:12	00:24:58	00:38:06	<b>00:51:16.35</b>	<b>00:51:26.15</b>	+00:14:33 (28.4%)	5:07	11.7 (71.8%)
42	<b>JÓZEFIAK Dariusz</b>	<b>632</b>		M40-49	5	00:00:10	00:12:12	00:24:55	00:38:18	<b>00:52:10.65</b>	<b>00:52:20.75</b>	+00:15:28 (29.6%)	5:13	11.5 (70.6%)
43	<b>CEGIELSKI Paweł</b>	<b>615</b>		M40-49	6	00:00:08	00:12:39	00:25:36	00:38:57	<b>00:52:43.70</b>	<b>00:52:52.15</b>	+00:16:01 (30.4%)	5:16	11.4 (69.9%)
44	<b>FILIPCZAK Włodzimierz</b>	<b>622</b>		M50-59	5	00:00:05	00:12:43	00:26:15	00:39:42	<b>00:53:06.30</b>	<b>00:53:12.15</b>	+00:16:23 (30.9%)	5:18	11.3 (69.3%)
45	<b>JANICKI Wojciech</b>	<b>629</b>		M40-49	7	00:00:11	00:12:33	00:25:33	00:39:32	<b>00:53:24.05</b>	<b>00:53:36.00</b>	+00:16:41 (31.3%)	5:20	11.2 (68.7%)
46	<b>TWARÓG Wojciech</b>	<b>672</b>		M19-29	12	00:00:18	00:12:43	00:26:04	00:40:21	<b>00:53:55.00</b>	<b>00:54:13.15</b>	+00:17:12 (31.9%)	5:23	11.1 (68.1%)
47	<b>GROCHOWSKI Łukasz</b>	<b>625</b>		M30-39	22	00:00:12	00:12:49	00:26:32	00:41:11	<b>00:55:42.75</b>	<b>00:55:55.25</b>	+00:19:00 (34.1%)	5:34	10.8 (66.3%)
48	<b>BRYCHCY Karol</b>	<b>612</b>		M30-39	23	00:00:12	00:13:01	00:27:32	00:41:58	<b>00:56:12.60</b>	<b>00:56:24.60</b>	+00:19:30 (34.7%)	5:37	10.7 (65.6%)
49	<b>DZIEDZIC Paweł</b>	<b>621</b>		M40-49	8	00:00:16	00:13:59	00:28:15	00:43:12	<b>00:57:58.10</b>	<b>00:58:14.80</b>	+00:21:15 (36.7%)	5:47	10.4 (63.8%)
50	<b>DROBNIK Krzysztof</b>	<b>684</b>	SANTANDER CONSUMER BANK	M30-39	24	00:00:17	00:14:23	00:28:49	00:43:53	<b>00:59:04.80</b>	<b>00:59:21.90</b>	+00:22:22 (37.9%)	5:54	10.2 (62.6%)
51	<b>BARYSKI Maciej</b>	<b>603</b>		M30-39	25	00:00:15	00:13:10	00:27:56	00:43:25	<b>00:59:18.55</b>	<b>00:59:33.90</b>	+00:22:36 (38.1%)	5:55	10.1 (62.0%)
52	<b>KOWALSKI Piotr</b>	<b>639</b>	SANTANDER CONSUMER BANK	M19-29	13	00:00:14	00:13:56	00:28:50	00:44:24	<b>00:59:29.00</b>	<b>00:59:43.05</b>	+00:22:46 (38.3%)	5:56	10.1 (62.0%)
53	<b>CHORZĘPA Marcin</b>	<b>617</b>		M19-29	14	00:00:06	00:13:55	00:28:56	00:44:31	<b>01:00:35.35</b>	<b>01:00:41.40</b>	+00:23:52 (39.4%)	6:03	9.9 (60.7%)
54	<b>WIECZOREK Marian</b>	<b>682</b>	DOLAMEL WROCŁAW	M50-59	6	00:00:12	00:13:14	00:28:06	00:44:58	<b>01:01:12.30</b>	<b>01:01:24.80</b>	+00:24:29 (40.0%)	6:07	9.8 (60.1%)
55	<b>BIŁYK Ryszard</b>	<b>610</b>	SANTANDER CONSUMER BANK	M40-49	9	00:00:12	00:14:07	00:30:49	00:47:44	<b>01:05:13.15</b>	<b>01:05:25.55</b>	+00:28:30 (43.7%)	6:31	9.2 (56.4%)
56	<b>WAWRZY尼亚K Krzysztof</b>	<b>675</b>		M30-39	26	00:00:07	00:15:19	00:31:04	00:48:27	<b>01:05:34.90</b>	<b>01:05:42.65</b>	+00:28:52 (44.0%)	6:33	9.1 (55.8%)

Znaleziono 56 wynik(ów)