



XI BIEG SYLWESTROWY

B4SPORT

Organiser: Hotel Brzoza
Date: 2017-12-31
Place: Brzoza
Distance: 10 km

B4SPORT
INTELIGENTNE ZAWODY SPORTOWE

Classification: M-60

| Place | Participant | Number | Club | Category | MCat | Start time | Split 2.5km | Split 4.85km | Split 7.2km | Split 9.55km | Net time 10km | Czas brutto 10km | Gap | Pace min/km | Pace km/h |
|-------|-----------------------------|------------|------|----------|------|------------|----------------|-----------------|----------------|-----------------|---------------------|------------------------|-------------------|----------------|--------------|
| 1 | CZUK Marek | 167 | | M-60 | 1 | 00:00:02 | 00:09:49 | 00:19:17 | 00:28:51 | 00:38:25 | 00:40:05.50 | 00:40:07.85 | | 4:00 | 15 (100%) |
| 2 | OLKOWSKI Jurek | 310 | | M-60 | 2 | 00:00:02 | 00:09:56 | 00:19:55 | 00:30:02 | 00:39:54 | 00:41:36.60 | 00:41:39.55 | +00:01:31 (3.6%) | 4:09 | 14.4 (96.0%) |
| 3 | CICHOŃCZYK Antoni | 14 | | M-60 | 3 | 00:00:04 | 00:10:28 | 00:20:26 | 00:30:47 | 00:40:58 | 00:42:42.00 | 00:42:46.50 | +00:02:36 (6.1%) | 4:16 | 14.1 (94.0%) |
| 4 | KOSAKOWSKI Marian | 15 | | M-60 | 4 | 00:00:02 | 00:10:39 | 00:20:49 | 00:31:00 | 00:41:07 | 00:42:50.05 | 00:42:52.40 | +00:02:44 (6.4%) | 4:17 | 14 (93.3%) |
| 5 | TORCHALSKI Krzysztof | 517 | | M-60 | 5 | 00:00:10 | 00:11:04 | 00:21:31 | 00:32:15 | 00:42:46 | 00:44:36.25 | 00:44:47.00 | +00:04:30 (10.1%) | 4:27 | 13.4 (89.3%) |
| 6 | CZEPEK Aleksander | 138 | | M-60 | 6 | 00:00:08 | 00:11:00 | 00:21:38 | 00:32:36 | 00:43:37 | 00:45:26.95 | 00:45:35.15 | +00:05:21 (11.8%) | 4:32 | 13.2 (88.0%) |
| 7 | GÓRSKI Marian | 366 | | M-60 | 7 | 00:00:03 | 00:11:13 | 00:21:51 | 00:32:46 | 00:43:42 | 00:45:38.10 | 00:45:41.95 | +00:05:32 (12.1%) | 4:33 | 13.1 (87.3%) |
| 8 | WYRĄBKIEWICZ Janusz | 568 | | M-60 | 8 | 00:00:06 | 00:11:34 | 00:22:30 | 00:33:32 | 00:44:37 | 00:46:32.25 | 00:46:38.75 | +00:06:26 (13.9%) | 4:39 | 12.9 (86.0%) |
| 9 | MAŁKIŃSKI Józef | 118 | | M-60 | 9 | 00:00:09 | 00:11:44 | 00:22:46 | 00:33:53 | 00:45:10 | 00:47:09.90 | 00:47:19.10 | +00:07:04 (15.0%) | 4:43 | 12.7 (84.7%) |
| 10 | JANIK Roman | 85 | | M-60 | 10 | 00:00:02 | 00:11:58 | 00:23:26 | 00:34:49 | 00:46:10 | 00:48:07.30 | 00:48:10.20 | +00:08:01 (16.7%) | 4:48 | 12.5 (83.3%) |
| 11 | SUCHOMSKI Eugeniusz | 124 | | M-60 | 11 | 00:00:00 | 00:11:50 | 00:23:10 | 00:34:57 | 00:46:21 | 00:48:13.00 | 00:48:13.00 | +00:08:07 (16.9%) | 4:49 | 12.4 (82.7%) |
| 12 | ROBINSON Paul | 113 | | M-60 | 12 | 00:00:13 | 00:12:29 | 00:23:48 | 00:35:06 | 00:46:25 | 00:48:26.85 | 00:48:40.25 | +00:08:21 (17.2%) | 4:50 | 12.4 (82.7%) |
| 13 | TOMCZAK Zbigniew | 74 | | M-60 | 13 | 00:00:27 | 00:12:25 | 00:23:51 | 00:35:15 | 00:46:52 | 00:48:52.20 | 00:49:20.00 | +00:08:46 (18.0%) | 4:53 | 12.3 (82.0%) |
| 14 | DOMAN Janusz | 112 | | M-60 | 14 | 00:00:03 | 00:11:46 | 00:23:20 | 00:35:12 | 00:47:12 | 00:49:12.30 | 00:49:16.15 | +00:09:06 (18.5%) | 4:55 | 12.2 (81.3%) |
| 15 | GORDON Roman | 121 | | M-60 | 15 | 00:00:11 | 00:12:10 | 00:23:46 | 00:35:24 | 00:47:32 | 00:49:32.90 | 00:49:44.15 | +00:09:27 (19.1%) | 4:57 | 12.1 (80.7%) |
| 16 | SIKORA Antoni | 393 | | M-60 | 16 | 00:00:08 | 00:12:04 | 00:23:47 | 00:35:43 | 00:47:37 | 00:49:39.40 | 00:49:47.50 | +00:09:33 (19.3%) | 4:57 | 12.1 (80.7%) |
| 17 | KRÓL Ireneusz | 599 | | M-60 | 17 | 00:00:15 | 00:12:58 | 00:24:30 | 00:36:01 | 00:47:59 | 00:49:57.45 | 00:50:12.60 | +00:09:51 (19.7%) | 4:59 | 12 (80.0%) |
| 18 | KRAWCZUK Andrzej | 311 | | M-60 | 18 | 00:00:01 | 00:11:59 | 00:23:52 | 00:36:04 | 00:48:31 | 00:50:34.90 | 00:50:36.15 | +00:10:29 (20.7%) | 5:03 | 11.9 (79.3%) |
| 19 | TRZCIŃSKI Eugeniusz | 230 | | M-60 | 19 | 00:00:19 | 00:12:21 | 00:24:11 | 00:36:13 | 00:48:39 | 00:50:42.95 | 00:51:02.40 | +00:10:37 (20.9%) | 5:04 | 11.8 (78.7%) |
| 20 | RAUT Wiesław | 307 | | M-60 | 20 | 00:00:27 | 00:13:02 | 00:25:17 | 00:37:18 | 00:48:51 | 00:50:53.70 | 00:51:21.40 | +00:10:48 (21.2%) | 5:05 | 11.8 (78.7%) |
| 21 | JAMNY Miłosz | 585 | | M-60 | 21 | 00:00:30 | 00:12:07 | 00:23:47 | 00:35:43 | 00:49:30 | 00:51:32.00 | 00:52:02.10 | +00:11:26 (22.2%) | 5:09 | 11.6 (77.3%) |
| 22 | ANDRZEJEWSKI Ryszard | 49 | | M-60 | 22 | 00:00:06 | 00:12:24 | 00:24:22 | 00:37:00 | 00:50:02 | 00:52:14.15 | 00:52:21.00 | +00:12:08 (23.2%) | 5:13 | 11.5 (76.7%) |
| 23 | SOŁDON Bogusław | 171 | | M-60 | 23 | 00:00:27 | 00:13:24 | 00:25:56 | 00:38:45 | 00:51:46 | 00:54:01.50 | 00:54:29.20 | +00:13:56 (25.8%) | 5:24 | 11.1 (74.0%) |
| 24 | SIEKIERKA Zbigniew | 220 | | M-60 | 24 | 00:00:29 | 00:13:29 | 00:26:04 | 00:39:04 | 00:52:06 | 00:54:16.05 | 00:54:45.20 | +00:14:10 (26.1%) | 5:25 | 11.1 (74.0%) |
| 25 | KUDŁA Krzysztof | 306 | | M-60 | 25 | 00:00:13 | 00:13:11 | 00:26:13 | 00:39:37 | 00:53:16 | 00:55:35.95 | 00:55:49.50 | +00:15:30 (27.9%) | 5:33 | 10.8 (72.0%) |
| 26 | RYBAK Krzysztof | 464 | | M-60 | 26 | 00:00:30 | 00:14:20 | 00:27:17 | 00:40:20 | 00:53:26 | 00:55:37.00 | 00:56:07.70 | +00:15:31 (27.9%) | 5:33 | 10.8 (72.0%) |
| 27 | WOŁOSZYŃ Kazimierz | 13 | | M-60 | 27 | 00:00:18 | 00:13:42 | 00:26:54 | 00:40:46 | 00:55:13 | 00:56:30.30 | 00:56:49.15 | +00:16:24 (29.0%) | 5:39 | 10.6 (70.7%) |
| 28 | STAWNIAK Karol | 290 | | M-60 | 28 | 00:00:31 | 00:14:22 | 00:27:48 | 00:41:17 | 00:54:51 | 00:57:05.10 | 00:57:36.50 | +00:16:59 (29.8%) | 5:42 | 10.5 (70.0%) |
| 29 | GAJZLER Jerzy | 261 | | M-60 | 29 | 00:00:16 | 00:13:53 | 00:28:12 | 00:43:02 | 00:58:02 | 01:00:37.70 | 01:00:54.25 | +00:20:32 (33.9%) | 6:03 | 9.9 (66.0%) |
| 30 | FRĄSZCZAK Tadeusz | 569 | | M-60 | 30 | 00:00:02 | 00:14:13 | 00:28:38 | 00:43:38 | 00:58:42 | 01:01:11.65 | 01:01:13.70 | +00:21:06 (34.5%) | 6:07 | 9.8 (65.3%) |

| Place | Participant | Number | Club | Category | MCat | Start time | Split 2.5km | Split 4.85km | Split 7.2km | Split 9.55km | Net time 10km | Czas brutto 10km | Gap | Pace min/km | Pace km/h |
|-------|-----------------------------|------------|------|----------|------|------------|----------------|-----------------|----------------|-----------------|---------------------|------------------------|-------------------|----------------|--------------|
| 31 | UCIŃSKI Edward | 348 | | M-60 | 31 | 00:00:07 | 00:14:27 | 00:29:10 | 00:44:06 | 00:58:58 | 01:01:39.80 | 01:01:47.05 | +00:21:34 (35.0%) | 6:10 | 9.7 (64.7%) |
| 32 | SZARSZEWSKI Witold | 346 | | M-60 | 32 | 00:00:20 | 00:14:59 | 00:30:31 | 00:45:41 | 01:00:04 | 01:02:30.45 | 01:02:51.05 | +00:22:24 (35.9%) | 6:15 | 9.6 (64.0%) |
| 33 | LENC Janusz | 123 | | M-60 | 33 | 00:00:49 | 00:15:46 | 00:30:24 | 00:45:18 | 01:00:29 | 01:03:05.85 | 01:03:54.90 | +00:23:00 (36.5%) | 6:18 | 9.5 (63.3%) |
| 34 | SZPOTANSKI Zbigniew | 361 | | M-60 | 34 | 00:00:06 | 00:15:13 | 00:30:26 | 00:45:37 | 01:00:47 | 01:03:22.55 | 01:03:28.65 | +00:23:17 (36.7%) | 6:20 | 9.5 (63.3%) |
| 35 | CZASOWIEC Andrzej | 166 | | M-60 | 35 | 00:00:00 | 00:17:00 | 00:32:42 | 00:47:17 | 01:02:47 | 01:06:07.50 | 01:06:07.50 | +00:26:02 (39.4%) | 6:36 | 9.1 (60.7%) |
| 36 | WYKRZYKOWSKI Andrzej | 235 | | M-60 | 36 | 00:00:38 | 00:16:51 | 00:31:41 | 00:47:22 | 01:03:35 | 01:06:35.80 | 01:07:14.45 | +00:26:30 (39.8%) | 6:39 | 9 (60.0%) |
| 37 | DĘBSKI Jan | 116 | | M-60 | 37 | 00:00:20 | 00:13:02 | 00:25:31 | 00:38:07 | 00:51:09 | 01:06:40.75 | 01:07:01.50 | +00:26:35 (39.9%) | 6:40 | 9 (60.0%) |
| 38 | DĄBROWSKI Janusz | 342 | | M-60 | 38 | 00:00:20 | 00:16:47 | 00:32:50 | 00:49:16 | 01:05:52 | 01:08:44.85 | 01:09:05.45 | +00:28:39 (41.7%) | 6:52 | 8.7 (58.0%) |
| 39 | FUDAŁA Marek | 326 | | M-60 | 39 | 00:00:23 | 00:16:48 | 00:33:26 | 00:50:40 | 01:07:53 | 01:10:41.70 | 01:11:04.70 | +00:30:36 (43.3%) | 7:04 | 8.5 (56.7%) |

Total 39 results.