



Organizator: Hotel Brzoza
Data: 2018-12-31
Miejsce: Brzoza
Dystans: 10 km

XII BIEG SYLWESTROWY

B4SPORT

B4SPORT
 INTELIGENTNE ZAWODY SPORTOWE

Klasyfikacja: M-60

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	CZUK Marek	29		M-60	1	00:00:02	00:09:47	00:19:06	00:28:20	00:37:33	00:39:16.35	00:39:18.40		3:55	15.3 (100%)
2	OLKOWSKI Jurek	131	THE RUNNERS ŚWIECIE	M-60	2	00:00:03	00:09:49	00:19:35	00:29:28	00:39:18	00:41:05.15	00:41:08.55	+00:01:48 (4.4%)	4:06	14.6 (95.4%)
3	KOSOWSKI Janusz	112	AKM OLSZTYN SKLEPBIEGACZA.PL	M-60	3	00:00:01	00:10:36	00:20:43	00:30:52	00:41:03	00:42:52.30	00:42:53.75	+00:03:35 (8.4%)	4:17	14 (91.5%)
4	CZEPEK Aleksander	413	BRZOZA BIEGA	M-60	4	00:00:03	00:10:59	00:21:17	00:31:24	00:41:38	00:43:29.00	00:43:32.70	+00:04:12 (9.7%)	4:20	13.8 (90.2%)
5	CICHOŃCZUK Antoni	9		M-60	5	00:00:04	00:10:52	00:21:16	00:31:48	00:42:15	00:44:11.15	00:44:15.30	+00:04:54 (11.1%)	4:25	13.6 (88.9%)
6	KOSAKOWSKI Marian	6		M-60	6	00:00:00	00:11:19	00:22:10	00:33:12	00:44:09	00:46:03.95	00:46:03.95	+00:06:47 (14.7%)	4:36	13 (85.0%)
7	SZATKOWSKI Józef	147	MORSY Z GRUDZIĄDZA	M-60	7	00:00:06	00:11:40	00:22:21	00:33:16	00:44:27	00:46:28.05	00:46:34.40	+00:07:11 (15.5%)	4:38	12.9 (84.3%)
8	SZARMACH Stanisław	72		M-60	8	00:00:08	00:11:25	00:22:24	00:33:40	00:45:10	00:47:13.40	00:47:22.25	+00:07:57 (16.8%)	4:43	12.7 (83.0%)
9	DOMAN Janusz	28	UKS SZABLA BRZOZA	M-60	9	00:00:03	00:11:23	00:22:38	00:34:00	00:45:28	00:47:31.60	00:47:35.35	+00:08:15 (17.4%)	4:45	12.6 (82.4%)
10	FRAŚCZAK Tadeusz	189	REMBIS JANIKOWO	M-60	10	00:00:02	00:14:57	00:29:48	00:45:20		00:48:06.45	00:48:08.70	+00:08:50 (18.4%)	4:48	12.5 (81.7%)
11	GÓRSKI Marian	181	SOLECCY BIEGACZE	M-60	11	00:00:03	00:12:11	00:23:34	00:34:57	00:46:32	00:48:33.70	00:48:37.15	+00:09:17 (19.1%)	4:51	12.4 (81.0%)
12	TOMCZAK Zbigniew	66	ALTOM GNIEZNO	M-60	12	00:00:06	00:12:08	00:23:33	00:35:04	00:46:46	00:48:51.75	00:48:58.60	+00:09:35 (19.6%)	4:53	12.3 (80.4%)
13	SIKORA Antoni	190	ŻNIŃSKI KLUB BIEGACZA 1992	M-60	13	00:00:13	00:12:21	00:23:59	00:35:41	00:47:22	00:49:29.90	00:49:42.90	+00:10:13 (20.7%)	4:56	12.1 (79.1%)
14	MAŁKIŃSKI Józef	155		M-60	14	00:00:20	00:12:33	00:24:12	00:36:05	00:48:07	00:50:21.30	00:50:42.25	+00:11:04 (22.0%)	5:02	11.9 (77.8%)
15	KRAWCZUK Andrzej	312	TEAMKARAŚ-ELBLĄG	M-60	15	00:00:02	00:12:39	00:24:32	00:36:37	00:48:47	00:50:53.60	00:50:55.90	+00:11:37 (22.8%)	5:05	11.8 (77.1%)
16	RYBAK Krzysztof	357		M-60	16	00:00:11	00:12:48	00:25:10	00:38:01	00:51:12	00:53:37.35	00:53:48.65	+00:14:21 (26.8%)	5:21	11.2 (73.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Split 2.5km	Split 4.85km	Split 7.2km	Split 9.55km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
17	STRABEL Piotr	68		M-60	17	00:00:18	00:13:53	00:26:44	00:39:30	00:51:49	00:53:55.70	00:54:14.30	+00:14:39 (27.2%)	5:23	11.1 (72.5%)
18	JAMNY Miłosz	359		M-60	18	00:00:16	00:12:44	00:25:09	00:38:17	00:51:44	00:54:08.70	00:54:25.35	+00:14:52 (27.5%)	5:24	11.1 (72.5%)
19	BUDZIK Kazimierz	171		M-60	19	00:00:15	00:14:00	00:26:56	00:39:52	00:52:49	00:55:10.60	00:55:26.25	+00:15:54 (28.8%)	5:31	10.9 (71.2%)
20	KUDŁA Krzysztof	177		M-60	20	00:00:07	00:13:47	00:27:40	00:41:52	00:56:14	00:58:47.50	00:58:55.00	+00:19:31 (33.2%)	5:52	10.2 (66.7%)
21	GAJZLER Jerzy	51		M-60	21	00:00:13	00:13:57	00:28:07	00:42:55	00:57:30	01:00:01.10	01:00:14.80	+00:20:44 (34.6%)	6:00	10 (65.4%)
22	WYKRZYKOWSKI Andrzej	305		M-60	22	00:00:08	00:14:21	00:29:00	00:44:11	00:59:04	01:01:50.80	01:01:59.45	+00:22:34 (36.5%)	6:11	9.7 (63.4%)
23	DĘBSKI Jan	89	SOŁTYS	M-60	23	00:00:13	00:14:32	00:28:43	00:43:49	00:59:13	01:02:06.95	01:02:19.95	+00:22:50 (36.8%)	6:12	9.7 (63.4%)
24	LENC Janusz	17	TKKF KOLEJARZ BYDGOSZCZ	M-60	24	00:00:24	00:16:38	00:31:36	00:46:30	01:01:25	01:03:52.20	01:04:17.15	+00:24:35 (38.5%)	6:23	9.4 (61.4%)
25	SWOBODA Krzysztof	139		M-60	25	00:00:19	00:19:32	00:38:13	00:57:19	01:17:28	01:21:20.00	01:21:39.95	+00:42:03 (51.7%)	8:08	7.4 (48.4%)

Znaleziono 25 wynik(ów)