



# XII SŁUPSKI BIEG NIEPODLEGŁOŚCI

B4SPORT

**Organizator:** Słupski Ośrodek Sportu i Rekreacji  
**Data:** 2024-11-11  
**Miejsce:** Słupsk  
**Dystans:** 10 km



Klasyfikacja: M60+

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	5km	Czas netto 10km	Różn	Tempo min/km	Tempo km/h
1	KULCZYK Jerzy	186		M60+	1	00:19:40	<b>00:39:34.50</b>		3:57	15.2 (100%)
2	NAGÓREK Krzysztof	242	TUPOT USTKA	M60+	2	00:21:22	<b>00:43:05.90</b>	+00:03:31 (8.2%)	4:18	13.9 (91.4%)
3	CHUDY Henryk	47	K SOLSZEWSKI I SYNOWIE	M60+	3	00:22:25	<b>00:46:04.05</b>	+00:06:29 (14.1%)	4:36	13 (85.5%)
4	KRAMEK Janusz	171		M60+	4	00:22:52	<b>00:47:00.05</b>	+00:07:25 (15.8%)	4:42	12.8 (84.2%)
5	KRUKOWSKI Tadeusz	180		M60+	5	00:24:00	<b>00:48:23.15</b>	+00:08:48 (18.2%)	4:50	12.4 (81.6%)
6	BONDARENKO Jan	27	POLSKA	M60+	6	00:24:42	<b>00:48:38.65</b>	+00:09:04 (18.6%)	4:51	12.3 (80.9%)
7	SOBOŃ Wojciech	320		M60+	7	00:24:49	<b>00:48:54.15</b>	+00:09:19 (19.1%)	4:53	12.3 (80.9%)
8	GOSŁAWSKI Stanisław	88	NIE	M60+	8	00:24:35	<b>00:49:29.65</b>	+00:09:55 (20.0%)	4:56	12.1 (79.6%)
9	NOREK Ryszard	250		M60+	9	00:26:25	<b>00:52:13.25</b>	+00:12:38 (24.2%)	5:13	11.5 (75.7%)
10	MUCHA Jerzy	238	TEAM OLA	M60+	10	00:26:47	<b>00:53:22.35</b>	+00:13:47 (25.9%)	5:20	11.2 (73.7%)
11	KOWALSKI Krzysztof	166	STOPA	M60+	11	00:27:31	<b>00:55:18.45</b>	+00:15:43 (28.4%)	5:31	10.8 (71.1%)
12	MATUSZYN Michał	225		M60+	12	00:28:55	<b>00:56:29.45</b>	+00:16:54 (29.9%)	5:38	10.6 (69.7%)
13	PIŁCZYŃSKI Zbigniew	278		M60+	13	00:28:24	<b>00:56:32.15</b>	+00:16:57 (30.0%)	5:39	10.6 (69.7%)
14	KOZŁOWIECKI Waldemar	169	TKKF KOSZALIN	M60+	14	00:28:35	<b>00:56:54.20</b>	+00:17:19 (30.5%)	5:41	10.5 (69.1%)
15	WOŹNIAKOWSKI Andrzej	385		M60+	15	00:29:23	<b>00:57:34.10</b>	+00:17:59 (31.3%)	5:45	10.4 (68.4%)
16	KWIATEK Jacek	198		M60+	16	00:29:45	<b>00:59:14.10</b>	+00:19:39 (33.2%)	5:55	10.1 (66.4%)
17	GAWEŁ Andrzej	80	POMERIDERS	M60+	17	00:29:26	<b>00:59:24.10</b>	+00:19:49 (33.4%)	5:56	10.1 (66.4%)
18	DOBOSZ Romuald	67	KB 'TUPOT' USTKA	M60+	18	00:29:34	<b>00:59:32.45</b>	+00:19:57 (33.5%)	5:57	10.1 (66.4%)
19	GAWEŁ Zbigniew	79	ANANASY Z 3 FAL	M60+	19	00:29:50	<b>01:00:55.25</b>	+00:21:20 (35.0%)	6:05	9.8 (64.5%)
20	NIWIŃSKI Grzegorz	248	K.B. TUPOT USTKA	M60+	20	00:30:32	<b>01:02:12.60</b>	+00:22:38 (36.4%)	6:13	9.6 (63.2%)
21	WERBIŃSKI Waldemar	364		M60+	21	00:31:01	<b>01:03:45.00</b>	+00:24:10 (37.9%)	6:22	9.4 (61.8%)
22	STANIASZEK Bogusław	323	TUPOTUSTKA	M60+	22	00:31:50	<b>01:04:01.35</b>	+00:24:26 (38.2%)	6:24	9.4 (61.8%)
23	PIETRZYCKI Andrzej	274		M60+	23	00:30:36	<b>01:04:59.20</b>	+00:25:24 (39.1%)	6:29	9.2 (60.5%)
24	IWANOWSKI Wojciech	107		M60+	24	00:30:43	<b>01:05:22.25</b>	+00:25:47 (39.5%)	6:32	9.2 (60.5%)
25	POKORNY Edward	288		M60+	25	00:34:13	<b>01:10:25.15</b>	+00:30:50 (43.8%)	7:02	8.5 (55.9%)

Znaleziono 25 wynik(ów)