

XIII BIEG 12 MOSTÓW

B4SPORT

Organiser: Ośrodek Sportu i Rekreacji w Sławnie
Date: 2015-07-04
Place: Sławno
Distance: 7 km



Classification: M30

| Place | Participant | Number | Club | Category | MCat | Net time 7km | Czas brutto 7km | Gap | Pace min/km | Pace km/h |
|-------|-----------------------------|------------|-----------------------|----------|------|-----------------|-----------------|-------------------|-------------|--------------|
| 1 | OKSENIUK Sergii | 62 | MK LUCHESK | M30 | 1 | 00:23:28 | 00:23:28 | | 3:21 | 17.9 (100%) |
| 2 | SZYMAJDA Grzegorz | 78 | 4RUN TKKF KOSZALIN | M30 | 2 | 00:27:51 | 00:27:51 | +00:04:23 (15.7%) | 3:58 | 15.1 (84.4%) |
| 3 | NOVOSAD Pavlo | 55 | SK KOVEL - LKB RUDNIK | M30 | 3 | 00:28:53 | 00:28:53 | +00:05:25 (18.8%) | 4:07 | 14.5 (81.0%) |
| 4 | ANTOSIK Grzegorz | 232 | | M30 | 4 | 00:29:36 | 00:29:36 | +00:06:08 (20.7%) | 4:13 | 14.2 (79.3%) |
| 5 | PANASIUK Sergii | 48 | SK KOVEL LKB RUDNIK | M30 | 5 | 00:29:39 | 00:29:39 | +00:06:11 (20.9%) | 4:14 | 14.2 (79.3%) |
| 6 | MUSIAŁ Krzysztof | 108 | | M30 | 6 | 00:29:47 | 00:29:47 | +00:06:19 (21.2%) | 4:15 | 14.1 (78.8%) |
| 7 | KAMIENIECKI Rafał | 158 | TUPOT-USTKA | M30 | 7 | 00:29:57 | 00:29:57 | +00:06:29 (21.6%) | 4:16 | 14 (78.2%) |
| 8 | BORUSIŃSKI Piotr | 111 | STOPA | M30 | 8 | 00:30:10 | 00:30:10 | +00:06:42 (22.2%) | 4:18 | 13.9 (77.7%) |
| 9 | JACHIMSKI Piotr | 103 | | M30 | 9 | 00:30:30 | 00:30:30 | +00:07:02 (23.1%) | 4:21 | 13.8 (77.1%) |
| 10 | WILCZEWSKI Krzysztof | 58 | | M30 | 10 | 00:30:57 | 00:30:57 | +00:07:29 (24.2%) | 4:25 | 13.6 (76.0%) |
| 11 | KRUKOWSKI Błażej | 15 | | M30 | 11 | 00:31:16 | 00:31:16 | +00:07:48 (24.9%) | 4:28 | 13.4 (74.9%) |
| 12 | ROGALSKI Roberto | 121 | | M30 | 12 | 00:31:37 | 00:31:37 | +00:08:09 (25.8%) | 4:31 | 13.3 (74.3%) |
| 13 | POLCYN Czesław | 7 | DEBIUT WIELEŃ | M30 | 13 | 00:32:13 | 00:32:13 | +00:08:45 (27.2%) | 4:36 | 13 (72.6%) |
| 14 | MRÓWKA Michał | 98 | | M30 | 14 | 00:32:46 | 00:32:46 | +00:09:18 (28.4%) | 4:40 | 12.8 (71.5%) |
| 15 | SMEREKA Tomasz | 100 | RUNNING TEAM MILICZ | M30 | 15 | 00:33:18 | 00:33:18 | +00:09:50 (29.5%) | 4:45 | 12.6 (70.4%) |
| 16 | HOŁUB Kamil | 138 | MLUKS TRZEBIATÓW | M30 | 16 | 00:33:31 | 00:33:31 | +00:10:03 (30.0%) | 4:47 | 12.5 (69.8%) |
| 17 | BRZOSKOWSKI Artur | 149 | | M30 | 17 | 00:33:43 | 00:33:43 | +00:10:15 (30.4%) | 4:49 | 12.5 (69.8%) |
| 18 | PAWLIK Grzegorz | 129 | KS.KROTOSZ KROTOSZYN | M30 | 18 | 00:34:02 | 00:34:02 | +00:10:34 (31.0%) | 4:51 | 12.3 (68.7%) |
| 19 | KUKIEŁA Tomasz | 144 | ROZBIEGANY KOSZALIN | M30 | 19 | 00:34:06 | 00:34:06 | +00:10:38 (31.2%) | 4:52 | 12.3 (68.7%) |
| 20 | PIEKAC Karol | 152 | KTP "MIKOŁAJEK" | M30 | 20 | 00:34:09 | 00:34:09 | +00:10:41 (31.3%) | 4:52 | 12.3 (68.7%) |
| 21 | ROMANÓW Przemek | 130 | | M30 | 21 | 00:34:45 | 00:34:45 | +00:11:17 (32.5%) | 4:57 | 12.1 (67.6%) |
| 22 | ŻYWICA Adam | 26 | | M30 | 22 | 00:34:59 | 00:34:59 | +00:11:31 (32.9%) | 4:59 | 12 (67.0%) |
| 23 | RÓG Bartosz | 102 | | M30 | 23 | 00:35:13 | 00:35:13 | +00:11:45 (33.4%) | 5:01 | 11.9 (66.5%) |
| 23 | SZWABA Marcin | 14 | | M30 | 24 | 00:35:13 | 00:35:13 | +00:11:45 (33.4%) | 5:01 | 11.9 (66.5%) |
| 25 | SZAŁKOWSKI Wojtek | 155 | TUPOT USTKA | M30 | 25 | 00:35:31 | 00:35:31 | +00:12:03 (33.9%) | 5:04 | 11.8 (65.9%) |
| 26 | DEREŃ Grzegorz | 83 | KB SPRINT ŚWIDWIN | M30 | 26 | 00:36:00 | 00:36:00 | +00:12:32 (34.8%) | 5:08 | 11.7 (65.4%) |
| 27 | KURCZYK Zbigniew | 36 | | M30 | 27 | 00:36:26 | 00:36:26 | +00:12:58 (35.6%) | 5:12 | 11.5 (64.2%) |

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|-------|----------------------------|------------|-----------------------|----------|------|-----------------|-----------------|-------------------|-------------|--------------|
| 28 | ZIÓŁKOWSKI Wojciech | 118 | KB GOCH BYTÓW | M30 | 28 | 00:37:04 | 00:37:04 | +00:13:36 (36.7%) | 5:17 | 11.3 (63.1%) |
| 29 | KOPOWICZ Oskar | 122 | | M30 | 29 | 00:37:56 | 00:37:56 | +00:14:28 (38.1%) | 5:25 | 11.1 (62.0%) |
| 30 | SALICKI Damian | 120 | | M30 | 30 | 00:38:05 | 00:38:05 | +00:14:37 (38.4%) | 5:26 | 11 (61.5%) |
| 30 | WILKOWSKI Krzysztof | 56 | | M30 | 31 | 00:38:05 | 00:38:05 | +00:14:37 (38.4%) | 5:26 | 11 (61.5%) |
| 32 | JODKO Adam | 154 | | M30 | 32 | 00:39:10 | 00:39:10 | +00:15:42 (40.1%) | 5:35 | 10.7 (59.8%) |
| 33 | RADANIEL Piotr | 12 | | M30 | 33 | 00:39:35 | 00:39:35 | +00:16:07 (40.7%) | 5:39 | 10.6 (59.2%) |
| 34 | WIDAWSKI Łukasz | 134 | | M30 | 34 | 00:40:07 | 00:40:07 | +00:16:39 (41.5%) | 5:43 | 10.5 (58.7%) |
| 35 | BIGUS Waldemar | 20 | | M30 | 35 | 00:40:19 | 00:40:19 | +00:16:51 (41.8%) | 5:45 | 10.4 (58.1%) |
| 36 | KAŻMIERCZAK Łukasz | 125 | | M30 | 36 | 00:42:23 | 00:42:23 | +00:18:55 (44.6%) | 6:03 | 9.9 (55.3%) |
| 37 | KRYGIER Ireneusz | 88 | W.P.K.SŁOŃ TEAM USTKA | M30 | 37 | 00:42:51 | 00:42:51 | +00:19:23 (45.2%) | 6:07 | 9.8 (54.7%) |
| 38 | BIERNAT Krzysztof | 141 | | M30 | 38 | 00:44:36 | 00:44:36 | +00:21:08 (47.4%) | 6:22 | 9.4 (52.5%) |
| 39 | BRZYKCY Wojciech | 95 | BIEGAM JAK DZIKI | M30 | 39 | 01:02:45 | 01:02:45 | +00:39:17 (62.6%) | 8:57 | 6.7 (37.4%) |

Total 39 results.