

XIII BIEG 12 MOSTÓW

B4SPORT

Organizator: Ośrodek Sportu i Rekreacji w Sławnie
Data: 2015-07-04
Miejsce: Sławno
Dystans: 7 km



Klasyfikacja: M40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7km	Czas brutto 7km	Różn	Tempo min/km	Tempo km/h
1	DRWAL Piotr	24		M40	1	00:24:23	00:24:23		3:29	17.2 (100%)
2	KOZAK Arkadiusz	31	4RUN TKKF KOSZALIN	M40	2	00:27:47	00:27:47	+00:03:24 (12.2%)	3:58	15.1 (87.8%)
3	POWARZYŃSKI Krzysztof	231		M40	3	00:30:15	00:30:15	+00:05:52 (19.4%)	4:19	13.9 (80.8%)
4	NIKLAS Karol	86		M40	4	00:31:58	00:31:58	+00:07:35 (23.7%)	4:34	13.1 (76.2%)
5	WILKOWSKI Wojtek	76	SSI AKTYWNI DAMNICA	M40	5	00:32:41	00:32:41	+00:08:18 (25.4%)	4:40	12.9 (75.0%)
6	OLESEK Jerzy	132		M40	6	00:34:09	00:34:09	+00:09:46 (28.6%)	4:52	12.3 (71.5%)
7	SZYMAŃSKI Tomasz	112		M40	7	00:34:11	00:34:11	+00:09:48 (28.7%)	4:53	12.3 (71.5%)
8	DRUMOWICZ Sławomir	126	WKB META LUBLINIEC	M40	8	00:34:21	00:34:21	+00:09:58 (29.0%)	4:54	12.2 (70.9%)
9	ZIOMKO Rafał	142	NIEZRZESZONY	M40	9	00:34:28	00:34:28	+00:10:05 (29.3%)	4:55	12.2 (70.9%)
10	MAMLA Zbigniew	69		M40	10	00:34:44	00:34:44	+00:10:21 (29.8%)	4:57	12.1 (70.3%)
11	PLEWA Mariusz	73	SSI AKTYWNI DAMNICA	M40	11	00:34:58	00:34:58	+00:10:35 (30.3%)	4:59	12 (69.8%)
12	KROEHNKE Artur	110		M40	12	00:35:58	00:35:58	+00:11:35 (32.2%)	5:08	11.7 (68.0%)
13	SOCHA Andrzej	127		M40	13	00:36:16	00:36:16	+00:11:53 (32.8%)	5:10	11.6 (67.4%)
14	KILAR Tomasz	70	HILL KILER	M40	14	00:36:28	00:36:28	+00:12:05 (33.1%)	5:12	11.5 (66.9%)
15	ANDRZEJCZAK Sławomir	44		M40	15	00:38:59	00:38:59	+00:14:36 (37.5%)	5:34	10.8 (62.8%)
16	WOŹNIAK Grzegorz	45		M40	16	00:41:44	00:41:44	+00:17:21 (41.6%)	5:57	10.1 (58.7%)
17	NOREK Tomek	133		M40	17	00:41:55	00:41:55	+00:17:32 (41.8%)	5:59	10 (58.1%)
18	PUŚCIAN Krzysztof	80	GIMNAZJUM W MANOWIE	M40	18	00:42:27	00:42:27	+00:18:04 (42.6%)	6:03	9.9 (57.6%)
19	MICHALAK Wojciech	10		M40	19	00:43:44	00:43:44	+00:19:21 (44.2%)	6:14	9.6 (55.8%)
20	MODRZEJEWSKI Roman	116		M40	20	00:44:58	00:44:58	+00:20:35 (45.8%)	6:25	9.3 (54.1%)
21	SOBOLEWSKI Marek	147		M40	21	00:44:59	00:44:59	+00:20:36 (45.8%)	6:25	9.3 (54.1%)
22	GAWIECKI Piotr	67	ROWERIA	M40	22	00:48:18	00:48:18	+00:23:55 (49.5%)	6:54	8.7 (50.6%)
23	BRZYKCY Tomasz	93		M40	23	00:49:05	00:49:05	+00:24:42 (50.3%)	7:00	8.6 (50.0%)

Znaleziono 23 wynik(ów)