

**Organizator:** Ośrodek Sportu i Rekreacji w Sławnie  
**Data:** 2016-07-02  
**Miejsce:** Sławno  
**Dystans:** 7.5 km

Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
1	<b>OKSENIUK Sergii</b>	<b>340</b>	MK LUCESK	M-30	1	<b>00:23:49.80</b>	<b>00:23:49.80</b>		3:10	18.9 (100%)
2	<b>SAVCHUK Ruslan</b>	<b>343</b>	MK LUCESK	M-30	2	<b>00:23:50.00</b>	<b>00:23:50.00</b>	+00:00:00 (0.0%)	3:10	18.9 (100%)
3	<b>KOSIANCHUK Victor</b>	<b>347</b>	MK LUCESK	M-30	3	<b>00:25:09.85</b>	<b>00:25:09.85</b>	+00:01:20 (5.3%)	3:21	17.9 (94.7%)
4	<b>BURZYŃSKI Aleksander</b>	<b>22</b>	STOPA SŁUPSK	M-30	4	<b>00:28:32.35</b>	<b>00:28:32.35</b>	+00:04:42 (16.5%)	3:48	15.8 (83.6%)
5	<b>MASŁOWSKI Mateusz</b>	<b>165</b>	7 BRYGADA OBRONY WYBRZEŻA	M-30	5	<b>00:28:38.15</b>	<b>00:28:38.15</b>	+00:04:48 (16.8%)	3:49	15.7 (83.1%)
6	<b>WILCZEWSKI Krzysztof</b>	<b>308</b>	MKS ŚWIĘC SŁAWNO	M-30	6	<b>00:28:54.50</b>	<b>00:28:54.50</b>	+00:05:04 (17.6%)	3:51	15.6 (82.5%)
7	<b>WILCZEWSKI Mariusz</b>	<b>307</b>	MKS ŚWIĘC SŁAWNO	M-30	7	<b>00:29:07.00</b>	<b>00:29:07.00</b>	+00:05:17 (18.2%)	3:52	15.5 (82.0%)
8	<b>PFAJFER Marek</b>	<b>218</b>	SPÓJNIA BIAŁE BŁOTA	M-30	8	<b>00:29:32.05</b>	<b>00:29:32.05</b>	+00:05:42 (19.3%)	3:56	15.2 (80.4%)
9	<b>CABAJ Damian</b>	<b>325</b>	KB SOBÓTKA	M-30	9	<b>00:29:46.15</b>	<b>00:29:46.15</b>	+00:05:56 (20.0%)	3:58	15.1 (79.9%)
10	<b>KRUKOWSKI Błażej</b>	<b>127</b>	MKS ŚWIĘC SŁAWNO	M-30	10	<b>00:29:54.55</b>	<b>00:29:54.55</b>	+00:06:04 (20.3%)	3:59	15.1 (79.9%)
11	<b>ANTOSIK Grzegorz</b>	<b>320</b>	KB BRYZA POSTOMINO	M-30	11	<b>00:30:03.75</b>	<b>00:30:03.75</b>	+00:06:13 (20.7%)	4:00	15 (79.4%)
12	<b>BONISŁAWSKI Jarosław</b>	<b>13</b>	FADOMODA TEAM	M-30	12	<b>00:31:25.05</b>	<b>00:31:25.05</b>	+00:07:35 (24.2%)	4:11	14.3 (75.7%)
13	<b>SIWIK Stanisław</b>	<b>256</b>		M-30	13	<b>00:31:35.80</b>	<b>00:31:35.80</b>	+00:07:46 (24.6%)	4:12	14.2 (75.1%)
14	<b>DOLYNSKI Ihor</b>	<b>344</b>	MK LUCESK	M-30	14	<b>00:32:08.15</b>	<b>00:32:08.15</b>	+00:08:18 (25.8%)	4:17	14 (74.1%)
15	<b>SMEREKA Tomasz</b>	<b>261</b>	RUNNING TEAM MILICZ	M-30	15	<b>00:32:50.45</b>	<b>00:32:50.45</b>	+00:09:00 (27.4%)	4:22	13.7 (72.5%)
16	<b>RÓG Bartosz</b>	<b>242</b>	MKS ŚWIĘC SŁAWNO	M-30	16	<b>00:33:23.40</b>	<b>00:33:23.40</b>	+00:09:33 (28.6%)	4:27	13.5 (71.4%)
17	<b>SZYMAJDA Grzegorz</b>	<b>282</b>	TKKF KOSZALIN	M-30	17	<b>00:33:36.95</b>	<b>00:33:36.95</b>	+00:09:47 (29.1%)	4:28	13.4 (70.9%)
18	<b>KAŁUŻNY Karol</b>	<b>87</b>	KS KROTOSZ KROTOSZYN	M-30	18	<b>00:33:37.40</b>	<b>00:33:37.40</b>	+00:09:47 (29.1%)	4:28	13.4 (70.9%)
19	<b>LESZCZYŃSKI Tomasz</b>	<b>148</b>		M-30	19	<b>00:33:38.45</b>	<b>00:33:38.45</b>	+00:09:48 (29.2%)	4:29	13.4 (70.9%)
20	<b>PIETRZAK Kamil</b>	<b>222</b>	ACTIVE MALBORK	M-30	20	<b>00:33:41.35</b>	<b>00:33:41.35</b>	+00:09:51 (29.3%)	4:29	13.4 (70.9%)
21	<b>WICZUK Michał</b>	<b>303</b>	MKB DREPTAK	M-30	21	<b>00:33:42.15</b>	<b>00:33:42.15</b>	+00:09:52 (29.3%)	4:29	13.4 (70.9%)
22	<b>ŁABEJSZA Łukasz</b>	<b>150</b>	WOJOWNICY WÓDY	M-30	22	<b>00:33:54.80</b>	<b>00:33:54.80</b>	+00:10:05 (29.7%)	4:31	13.3 (70.4%)
23	<b>MACHTYL Grzegorz</b>	<b>154</b>		M-30	23	<b>00:34:00.00</b>	<b>00:34:00.00</b>	+00:10:10 (29.9%)	4:32	13.2 (69.8%)
24	<b>STOJEWSKI Jarosław</b>	<b>268</b>		M-30	24	<b>00:34:03.50</b>	<b>00:34:03.50</b>	+00:10:13 (30.0%)	4:32	13.2 (69.8%)
25	<b>KASPRZAK Jacek</b>	<b>97</b>	KS KROTOSZ KROTOSZYN	M-30	25	<b>00:34:22.65</b>	<b>00:34:22.65</b>	+00:10:32 (30.7%)	4:34	13.1 (69.3%)
26	<b>WICENS Jacek</b>	<b>302</b>	JACEK -BIEGAM BO LUBIĘ	M-30	26	<b>00:34:29.95</b>	<b>00:34:29.95</b>	+00:10:40 (30.9%)	4:35	13 (68.8%)
27	<b>OBAL Marcin`</b>	<b>204</b>	KS KROTOSZ KROTOSZYN	M-30	27	<b>00:34:37.95</b>	<b>00:34:37.95</b>	+00:10:48 (31.2%)	4:36	13 (68.8%)

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28	<b>ROGALSKI Roberto</b>	<b>240</b>	TKKF KOSZALIN	M-30	28	<b>00:35:10.30</b>	<b>00:35:10.30</b>	+00:11:20 (32.2%)	4:41	12.8 (67.7%)
29	<b>ZIÓLKOWSKI Wojciech</b>	<b>334</b>	KB 'GOCH' BYTÓW	M-30	29	<b>00:35:14.45</b>	<b>00:35:14.45</b>	+00:11:24 (32.4%)	4:41	12.8 (67.7%)
30	<b>WILKOWSKI Krzysztof</b>	<b>310</b>	ROZBIEGANY KOSZALIN	M-30	30	<b>00:35:33.30</b>	<b>00:35:33.30</b>	+00:11:43 (33.0%)	4:44	12.7 (67.2%)
31	<b>GOSTOMCZYK Krzysztof</b>	<b>64</b>		M-30	31	<b>00:35:56.90</b>	<b>00:35:56.90</b>	+00:12:07 (33.7%)	4:47	12.5 (66.1%)
32	<b>PAWLIK Grzegorz</b>	<b>213</b>	KS KROTOSZ KROTOSZYN	M-30	32	<b>00:36:16.65</b>	<b>00:36:16.65</b>	+00:12:26 (34.3%)	4:50	12.4 (65.6%)
33	<b>MALIS Artur</b>	<b>158</b>		M-30	33	<b>00:36:29.55</b>	<b>00:36:29.55</b>	+00:12:39 (34.7%)	4:51	12.3 (65.1%)
34	<b>KUŁAKOWSKI Dawid</b>	<b>137</b>		M-30	34	<b>00:36:54.15</b>	<b>00:36:54.15</b>	+00:13:04 (35.4%)	4:55	12.2 (64.6%)
35	<b>KURCZYK Zbigniew</b>	<b>140</b>	MKS ŚWIĘC SŁAWNO	M-30	35	<b>00:37:04.95</b>	<b>00:37:04.95</b>	+00:13:15 (35.7%)	4:56	12.1 (64.0%)
36	<b>KARGUL Jacek</b>	<b>91</b>	NIGHT RUNNERS SŁUPSK	M-30	36	<b>00:37:17.45</b>	<b>00:37:17.45</b>	+00:13:27 (36.1%)	4:58	12.1 (64.0%)
37	<b>KOPREK Łukasz</b>	<b>111</b>	SŁONECZNY PATROL KOSZALIN	M-30	37	<b>00:37:27.05</b>	<b>00:37:27.05</b>	+00:13:37 (36.4%)	4:59	12 (63.5%)
38	<b>KUPREWICZ Grzegorz</b>	<b>138</b>		M-30	38	<b>00:38:54.55</b>	<b>00:38:54.55</b>	+00:15:04 (38.8%)	5:11	11.6 (61.4%)
39	<b>FELKOWSKI Tomasz</b>	<b>51</b>		M-30	39	<b>00:39:38.05</b>	<b>00:39:38.05</b>	+00:15:48 (39.9%)	5:17	11.4 (60.3%)
40	<b>SZMIGIERO Sebastian</b>	<b>280</b>	W.P.K SŁOŃ TEAM USTKA	M-30	40	<b>00:40:07.10</b>	<b>00:40:07.10</b>	+00:16:17 (40.6%)	5:20	11.2 (59.3%)
41	<b>HRYCIÓW Paweł</b>	<b>74</b>	BIĄŁOGARD	M-30	41	<b>00:40:19.15</b>	<b>00:40:19.15</b>	+00:16:29 (40.9%)	5:22	11.2 (59.3%)
42	<b>KOWALCZYK Piotr</b>	<b>119</b>		M-30	42	<b>00:40:33.70</b>	<b>00:40:33.70</b>	+00:16:43 (41.2%)	5:24	11.1 (58.7%)
43	<b>JODKO Adam</b>	<b>234</b>		M-30	43	<b>00:40:38.05</b>	<b>00:40:38.05</b>	+00:16:48 (41.4%)	5:25	11.1 (58.7%)
44	<b>BIERNAT Krzysztof</b>	<b>8</b>	MKS ŚWIĘC SŁAWNO	M-30	44	<b>00:41:10.45</b>	<b>00:41:10.45</b>	+00:17:20 (42.1%)	5:29	10.9 (57.7%)
45	<b>KRYGIER Ireneusz</b>	<b>129</b>	W.P.K SŁOŃ TEAM USTKA	M-30	45	<b>00:41:37.95</b>	<b>00:41:37.95</b>	+00:17:48 (42.8%)	5:32	10.8 (57.1%)
46	<b>TOMCZAK Grzegorz</b>	<b>350</b>		M-30	46	<b>00:45:08.00</b>	<b>00:45:08.00</b>	+00:21:18 (47.2%)	6:01	10 (52.9%)
47	<b>SZYSZKOWSKI Tomasz</b>	<b>286</b>		M-30	47	<b>00:46:36.95</b>	<b>00:46:36.95</b>	+00:22:47 (48.9%)	6:12	9.7 (51.3%)
48	<b>LANGE Tomasz</b>	<b>146</b>	GNIEZNO BIEGA I OKOLICE	M-30	48	<b>00:46:52.00</b>	<b>00:46:52.00</b>	+00:23:02 (49.2%)	6:14	9.6 (50.8%)
49	<b>RADZKI Radomir</b>	<b>238</b>		M-30	49	<b>00:48:22.25</b>	<b>00:48:22.25</b>	+00:24:32 (50.7%)	6:26	9.3 (49.2%)

Znaleziono 49 wynik(ów)