

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



Klasyfikacja: M-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
1	MIERZWA Witold	177	DARŁOWO	M-40	1	00:28:41.10	00:28:41.10		3:49	15.7 (100%)
2	HERMAN Arkadiusz	70		M-40	2	00:29:38.25	00:29:38.25	+00:00:57 (3.2%)	3:57	15.2 (96.8%)
3	POWARZYŃSKI Krzysztof	233	6 WOG	M-40	3	00:30:57.30	00:30:57.30	+00:02:16 (7.3%)	4:07	14.5 (92.4%)
4	DĄBROWSKI Robert	267	MARATOŃCZYK.PL	M-40	4	00:31:15.75	00:31:15.75	+00:02:34 (8.2%)	4:10	14.4 (91.7%)
5	MICHALSKI Adam	328	KB SOBÓTKA	M-40	5	00:31:41.85	00:31:41.85	+00:03:00 (9.5%)	4:13	14.2 (90.4%)
6	DUDZIAK Piotr	46	BIEGNIJMY.PL	M-40	6	00:32:13.95	00:32:13.95	+00:03:32 (11.0%)	4:17	14 (89.2%)
7	GOŁĘBIEWSKI Jacek	336	KB SOBÓTKA	M-40	7	00:32:15.15	00:32:15.15	+00:03:34 (11.1%)	4:18	14 (89.2%)
8	RYBA Paweł	250		M-40	8	00:32:41.45	00:32:41.45	+00:04:00 (12.3%)	4:21	13.8 (87.9%)
9	SZYMAŃSKI Tomasz	283		M-40	9	00:33:04.45	00:33:04.45	+00:04:23 (13.3%)	4:24	13.6 (86.6%)
10	KROEHNKE Artur	124		M-40	10	00:33:06.85	00:33:06.85	+00:04:25 (13.4%)	4:24	13.6 (86.6%)
11	PĘKAŁA Piotr	215	SOSW KOSZALIN	M-40	11	00:33:23.95	00:33:23.95	+00:04:42 (14.1%)	4:27	13.5 (86.0%)
12	OLESEK Jerzy	205		M-40	12	00:33:24.25	00:33:24.25	+00:04:43 (14.1%)	4:27	13.5 (86.0%)
13	KULAS Rafał	134	KS KROTOSZ KROTOSZYN	M-40	13	00:33:36.15	00:33:36.15	+00:04:55 (14.6%)	4:28	13.4 (85.4%)
14	MAMLA Zbigniew	161	TRUCHT TARCHOMIN TEAM	M-40	14	00:34:11.65	00:34:11.65	+00:05:30 (16.1%)	4:33	13.2 (84.1%)
15	RUMIŃSKI Wojtek	245	STOPA SŁUPSK	M-40	15	00:34:48.95	00:34:48.95	+00:06:07 (17.6%)	4:38	12.9 (82.2%)
16	SOMINKA Andrzej	263	SOBIESAMBIEGAM	M-40	16	00:35:22.25	00:35:22.25	+00:06:41 (18.9%)	4:42	12.7 (80.9%)
17	WIATRZYK Krzysztof	301		M-40	17	00:35:54.70	00:35:54.70	+00:07:13 (20.1%)	4:47	12.5 (79.6%)
18	ZDUŃCZYK Tomasz	327		M-40	18	00:36:13.90	00:36:13.90	+00:07:32 (20.8%)	4:49	12.4 (79.0%)
19	KILAR Tomasz	103	HILL KILER	M-40	19	00:36:20.45	00:36:20.45	+00:07:39 (21.1%)	4:50	12.4 (79.0%)
20	MODRZEJEWSKI Roman	182	KINGS OF METAL	M-40	20	00:36:42.35	00:36:42.35	+00:08:01 (21.9%)	4:53	12.3 (78.3%)
21	GAWIECKI Piotr	59	ROZBIEGANY KOSZALIN	M-40	21	00:37:12.40	00:37:12.40	+00:08:31 (22.9%)	4:57	12.1 (77.1%)
22	MICHALAK Wojciech	173	MKS ŚWIĘC SŁAWNO	M-40	22	00:37:22.85	00:37:22.85	+00:08:41 (23.3%)	4:58	12 (76.4%)
23	NOWAK Dariusz	202	ŻYJ Z ENERGIA	M-40	23	00:37:24.55	00:37:24.55	+00:08:43 (23.3%)	4:59	12 (76.4%)
24	KANIOWSKI Jacek	90	W.P.K SŁOŃ TEAM USTKA	M-40	24	00:37:41.30	00:37:41.30	+00:09:00 (23.9%)	5:01	11.9 (75.8%)
25	MICERSKI Tomasz	172		M-40	25	00:37:46.20	00:37:46.20	+00:09:05 (24.1%)	5:02	11.9 (75.8%)
26	KOWALCZYK Mariusz	120		M-40	26	00:38:15.30	00:38:15.30	+00:09:34 (25.0%)	5:06	11.8 (75.2%)
27	CZAPLICKI Paweł	36	SUREM	M-40	27	00:39:01.40	00:39:01.40	+00:10:20 (26.5%)	5:12	11.5 (73.2%)

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28	PUDŁO Paweł	214	NIGHT RUNNERS SŁUPSK	M-40	28	00:39:06.75	00:39:06.75	+00:10:25 (26.7%)	5:12	11.5 (73.2%)
29	NOREK Tomek	199		M-40	29	00:39:47.25	00:39:47.25	+00:11:06 (27.9%)	5:18	11.3 (72.0%)
30	JELIŃSKI Adam	82		M-40	30	00:40:05.70	00:40:05.70	+00:11:24 (28.5%)	5:20	11.2 (71.3%)
31	BŁAŻUTYCZ Paweł	10	KS KROTOSZ KROTOSZYN	M-40	31	00:40:13.50	00:40:13.50	+00:11:32 (28.7%)	5:21	11.2 (71.3%)
32	DEMIDOK Mariusz	43		M-40	32	00:40:46.10	00:40:46.10	+00:12:05 (29.6%)	5:26	11 (70.1%)
33	WIDAWSKI Łukasz	304		M-40	33	00:41:31.60	00:41:31.60	+00:12:50 (30.9%)	5:32	10.8 (68.8%)
34	ZIĘBA Paweł	333		M-40	34	00:45:09.75	00:45:09.75	+00:16:28 (36.5%)	6:01	10 (63.7%)
35	KAMELSKI Piotr	88	KS OLSZEWSKI I SYNOWIE SŁAWSKO	M-40	35	00:52:18.30	00:52:18.30	+00:23:37 (45.2%)	6:58	8.6 (54.8%)

Znaleziono 35 wynik(ów)