

Organiser: Ośrodek Sportu i Rekreacji w Sławnie
Date: 2016-07-02
Place: Sławno
Distance: 7.5 km



Classification: M-Miasto

Place	Participant	Number	Club	Category	MCat	Net time 7.5km	Czas brutto 7.5km	Gap	Pace min/km	Pace km/h
1	KRUKOWSKI Błażej	127	MKS ŚWIĘC SŁAWNO	M-30	10	00:29:54.55	00:29:54.55		3:59	15.1 (100%)
2	BIERNAT Kamil	7	MKS ŚWIĘC SŁAWNO	M-20	11	00:31:09.65	00:31:09.65	+00:01:15 (4.0%)	4:09	14.4 (95.4%)
3	BONISŁAWSKI Jarosław	13	FADOMODA TEAM	M-30	12	00:31:25.05	00:31:25.05	+00:01:30 (4.8%)	4:11	14.3 (94.7%)
4	RÓG Bartosz	242	MKS ŚWIĘC SŁAWNO	M-30	16	00:33:23.40	00:33:23.40	+00:03:28 (10.4%)	4:27	13.5 (89.4%)
5	STOJEWSKI Jarosław	268		M-30	24	00:34:03.50	00:34:03.50	+00:04:08 (12.2%)	4:32	13.2 (87.4%)
6	WICENS Jacek	302	JACEK -BIEGAM BO LUBIĘ	M-30	26	00:34:29.95	00:34:29.95	+00:04:35 (13.3%)	4:35	13 (86.1%)
7	BIERNAT Marcin	192	MKS ŚWIĘC SŁAWNO	M-20	17	00:34:59.00	00:34:59.00	+00:05:04 (14.5%)	4:39	12.9 (85.4%)
8	TELESIEWICZ Henryk	292	KS OLSZEWSKI I SYNOWIE SŁAWSKO	M-60	5	00:35:25.05	00:35:25.05	+00:05:30 (15.6%)	4:43	12.7 (84.1%)
9	GOSTOMCZYK Krzysztof	64		M-30	31	00:35:56.90	00:35:56.90	+00:06:02 (16.8%)	4:47	12.5 (82.8%)
10	PIOTROWSKI Karol	228		M-20	20	00:37:00.25	00:37:00.25	+00:07:05 (19.2%)	4:56	12.2 (80.8%)
11	KURCZYK Zbigniew	140	MKS ŚWIĘC SŁAWNO	M-30	35	00:37:04.95	00:37:04.95	+00:07:10 (19.3%)	4:56	12.1 (80.1%)
12	MICHALAK Wojciech	173	MKS ŚWIĘC SŁAWNO	M-40	22	00:37:22.85	00:37:22.85	+00:07:28 (20.0%)	4:58	12 (79.5%)
13	KANIOWSKI Jacek	90	W.P.K SŁOŃ TEAM USTKA	M-40	24	00:37:41.30	00:37:41.30	+00:07:46 (20.6%)	5:01	11.9 (78.8%)
14	TWOREK Józef	294	MKS ŚWIĘC SŁAWNO	M-50	10	00:39:24.15	00:39:24.15	+00:09:29 (24.1%)	5:15	11.4 (75.5%)
15	WITKOWSKI Krzysztof	314	MKS ŚWIĘC SŁAWNO	M-50	11	00:40:06.30	00:40:06.30	+00:10:11 (25.4%)	5:20	11.2 (74.2%)
16	DEMIDOK Mariusz	43		M-40	32	00:40:46.10	00:40:46.10	+00:10:51 (26.6%)	5:26	11 (72.8%)
17	SZYMCZEWSKI Szymon	285		M-17	6	00:41:04.55	00:41:04.55	+00:11:10 (27.2%)	5:28	11 (72.8%)
18	SZYMCZEWSKI Rafał	284		M-20	22	00:41:06.70	00:41:06.70	+00:11:12 (27.2%)	5:28	10.9 (72.2%)
19	BIERNAT Krzysztof	8	MKS ŚWIĘC SŁAWNO	M-30	44	00:41:10.45	00:41:10.45	+00:11:15 (27.4%)	5:29	10.9 (72.2%)
20	BYSZEWSKI Arkadiusz	24		M-20	24	00:41:29.10	00:41:29.10	+00:11:34 (27.9%)	5:31	10.8 (71.5%)
21	MALINOWSKI Adam	157	MKS ŚWIĘC SŁAWNO	M-50	13	00:42:01.85	00:42:01.85	+00:12:07 (28.8%)	5:36	10.7 (70.9%)
22	MALINOWSKI Artur	318		M-50	14	00:43:19.20	00:43:19.20	+00:13:24 (31.0%)	5:46	10.4 (68.9%)
23	KAMELSKI Piotr	88	KS OLSZEWSKI I SYNOWIE SŁAWSKO	M-40	35	00:52:18.30	00:52:18.30	+00:22:23 (42.8%)	6:58	8.6 (57.0%)

Total 23 results.