

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



Klasyfikacja: M-Powiat

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
1	<b>GAŁKOWSKI Damian</b>	<b>57</b>	GMINA SŁAWNO	M-20	4	<b>00:26:21.10</b>	<b>00:26:21.10</b>		3:30	17.1 (100%)
2	<b>KĘPKA Adrian</b>	<b>102</b>		M-20	6	<b>00:28:38.90</b>	<b>00:28:38.90</b>	+00:02:17 (8.0%)	3:49	15.7 (91.8%)
3	<b>MIERZWA Witold</b>	<b>177</b>	DARŁOWO	M-40	1	<b>00:28:41.10</b>	<b>00:28:41.10</b>	+00:02:20 (8.1%)	3:49	15.7 (91.8%)
4	<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>	+00:02:33 (8.8%)	3:51	15.6 (91.2%)
5	<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>	+00:02:45 (9.5%)	3:52	15.5 (90.6%)
6	<b>CHUDY Henryk</b>	<b>30</b>	KS OLSZEWSKI I SYNOWIE SŁAWSKO	M-60	1	<b>00:29:28.65</b>	<b>00:29:28.65</b>	+00:03:07 (10.6%)	3:55	15.3 (89.5%)
7	<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>	+00:03:33 (11.9%)	3:59	15.1 (88.3%)
8	<b>ZAGAJEWSKI Rafał</b>	<b>323</b>		M-17	1	<b>00:30:02.65</b>	<b>00:30:02.65</b>	+00:03:41 (12.3%)	4:00	15 (87.7%)
9	<b>KAWECKI Józef</b>	<b>99</b>		M-50	1	<b>00:30:44.70</b>	<b>00:30:44.70</b>	+00:04:23 (14.3%)	4:05	14.6 (85.4%)
10	<b>POWARZYŃSKI Krzysztof</b>	<b>233</b>	6 WOG	M-40	3	<b>00:30:57.30</b>	<b>00:30:57.30</b>	+00:04:36 (14.9%)	4:07	14.5 (84.8%)
11	<b>KURKUL Przemek</b>	<b>142</b>	KB BRYZA POSTOMINO	M-20	10	<b>00:31:08.85</b>	<b>00:31:08.85</b>	+00:04:47 (15.4%)	4:09	14.5 (84.8%)
12	<b>BIERNAT Kamil</b>	<b>7</b>	MKS ŚWIĘC SŁAWNO	M-20	11	<b>00:31:09.65</b>	<b>00:31:09.65</b>	+00:04:48 (15.4%)	4:09	14.4 (84.2%)
13	<b>BONISŁAWSKI Jarosław</b>	<b>13</b>	FADOMODA TEAM	M-30	12	<b>00:31:25.05</b>	<b>00:31:25.05</b>	+00:05:03 (16.1%)	4:11	14.3 (83.6%)
14	<b>KURKUL Janek</b>	<b>141</b>	KB BRYZA POSTOMINO	M-17	3	<b>00:32:32.00</b>	<b>00:32:32.00</b>	+00:06:10 (19.0%)	4:20	13.8 (80.7%)
15	<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>	+00:07:02 (21.1%)	4:27	13.5 (78.9%)
16	<b>STOJEWSKI Jarosław</b>	<b>268</b>		M-30	24	<b>00:34:03.50</b>	<b>00:34:03.50</b>	+00:07:42 (22.6%)	4:32	13.2 (77.2%)
17	<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>	+00:08:08 (23.6%)	4:35	13 (76.0%)
18	<b>BIERNAT Marcin</b>	<b>192</b>	MKS ŚWIĘC SŁAWNO	M-20	17	<b>00:34:59.00</b>	<b>00:34:59.00</b>	+00:08:37 (24.7%)	4:39	12.9 (75.4%)
19	<b>SOMINKA Andrzej</b>	<b>263</b>	SOBIESAMBIEGAM	M-40	16	<b>00:35:22.25</b>	<b>00:35:22.25</b>	+00:09:01 (25.5%)	4:42	12.7 (74.3%)
20	<b>TELESIEWICZ Henryk</b>	<b>292</b>	KS OLSZEWSKI I SYNOWIE SŁAWSKO	M-60	5	<b>00:35:25.05</b>	<b>00:35:25.05</b>	+00:09:03 (25.6%)	4:43	12.7 (74.3%)
21	<b>WIATRZYK Krzysztof</b>	<b>301</b>		M-40	17	<b>00:35:54.70</b>	<b>00:35:54.70</b>	+00:09:33 (26.6%)	4:47	12.5 (73.1%)
22	<b>GOSTOMCZYK Krzysztof</b>	<b>64</b>		M-30	31	<b>00:35:56.90</b>	<b>00:35:56.90</b>	+00:09:35 (26.7%)	4:47	12.5 (73.1%)
23	<b>PIOTROWSKI Karol</b>	<b>228</b>		M-20	20	<b>00:37:00.25</b>	<b>00:37:00.25</b>	+00:10:39 (28.8%)	4:56	12.2 (71.3%)
24	<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>	+00:10:43 (28.9%)	4:56	12.1 (70.8%)
25	<b>MICHALAK Wojciech</b>	<b>173</b>	MKS ŚWIĘC SŁAWNO	M-40	22	<b>00:37:22.85</b>	<b>00:37:22.85</b>	+00:11:01 (29.5%)	4:58	12 (70.2%)
26	<b>NOWAK Dariusz</b>	<b>202</b>	ŻYJ Z ENERGIA	M-40	23	<b>00:37:24.55</b>	<b>00:37:24.55</b>	+00:11:03 (29.6%)	4:59	12 (70.2%)
27	<b>KANIEWSKI Jacek</b>	<b>90</b>	W.P.K SŁOŃ TEAM USTKA	M-40	24	<b>00:37:41.30</b>	<b>00:37:41.30</b>	+00:11:20 (30.1%)	5:01	11.9 (69.6%)

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28	<b>TWOREK Józef</b>	<b>294</b>	MKS ŚWIĘC SŁAWNO	M-50	10	<b>00:39:24.15</b>	<b>00:39:24.15</b>	+00:13:03 (33.1%)	5:15	11.4 (66.7%)
29	<b>WITKOWSKI Krzysztof</b>	<b>314</b>	MKS ŚWIĘC SŁAWNO	M-50	11	<b>00:40:06.30</b>	<b>00:40:06.30</b>	+00:13:45 (34.3%)	5:20	11.2 (65.5%)
30	<b>DEMIDOK Mariusz</b>	<b>43</b>		M-40	32	<b>00:40:46.10</b>	<b>00:40:46.10</b>	+00:14:25 (35.4%)	5:26	11 (64.3%)
31	<b>SZYMCZEWSKI Szymon</b>	<b>285</b>		M-17	6	<b>00:41:04.55</b>	<b>00:41:04.55</b>	+00:14:43 (35.8%)	5:28	11 (64.3%)
32	<b>SZYMCZEWSKI Rafał</b>	<b>284</b>		M-20	22	<b>00:41:06.70</b>	<b>00:41:06.70</b>	+00:14:45 (35.9%)	5:28	10.9 (63.7%)
33	<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>	+00:14:49 (36.0%)	5:29	10.9 (63.7%)
34	<b>BYSZEWSKI Arkadiusz</b>	<b>24</b>		M-20	24	<b>00:41:29.10</b>	<b>00:41:29.10</b>	+00:15:08 (36.5%)	5:31	10.8 (63.2%)
35	<b>WIDAWSKI Łukasz</b>	<b>304</b>		M-40	33	<b>00:41:31.60</b>	<b>00:41:31.60</b>	+00:15:10 (36.5%)	5:32	10.8 (63.2%)
36	<b>MALINOWSKI Adam</b>	<b>157</b>	MKS ŚWIĘC SŁAWNO	M-50	13	<b>00:42:01.85</b>	<b>00:42:01.85</b>	+00:15:40 (37.3%)	5:36	10.7 (62.6%)
37	<b>MALINOWSKI Artur</b>	<b>318</b>		M-50	14	<b>00:43:19.20</b>	<b>00:43:19.20</b>	+00:16:58 (39.2%)	5:46	10.4 (60.8%)
38	<b>KAMELSKI Piotr</b>	<b>88</b>	KS OLSZEWSKI I SYNOWIE SŁAWSKO	M-40	35	<b>00:52:18.30</b>	<b>00:52:18.30</b>	+00:25:57 (49.6%)	6:58	8.6 (50.3%)

Znaleziono 38 wynik(ów)