

**Organizator:** Ośrodek Sportu i Rekreacji w Sławnie  
**Data:** 2017-07-01  
**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>907</b>	MK LUCHEK - LKB RUDNIK	M-30	1	<b>00:24:15.50</b>	<b>00:24:15.50</b>		3:14	18.6 (100%)
2	<b>OKSENIUK Oleksandr</b>	<b>910</b>	LKB RUDNIK	M-30	2	<b>00:25:43.15</b>	<b>00:25:43.15</b>	+00:01:27 (5.7%)	3:25	17.5 (94.1%)
3	<b>RUDNIK Krzysztof</b>	<b>846</b>	NIGHT RUNNERS SŁUPSK	M-30	3	<b>00:26:44.75</b>	<b>00:26:44.75</b>	+00:02:29 (9.3%)	3:33	16.8 (90.3%)
4	<b>WILCZEWSKI Krzysztof</b>	<b>904</b>	MKS 'ŚWIĘC' SŁAWNO	M-30	4	<b>00:27:49.55</b>	<b>00:27:49.55</b>	+00:03:34 (12.8%)	3:42	16.2 (87.1%)
5	<b>MUSIAŁ Krzysztof</b>	<b>829</b>	TKKF KOSZALIN	M-30	5	<b>00:28:41.30</b>	<b>00:28:41.30</b>	+00:04:25 (15.4%)	3:49	15.7 (84.4%)
6	<b>KRUKOWSKI Błażej</b>	<b>798</b>	MKS 'ŚWIĘC' SŁAWNO	M-30	6	<b>00:29:52.70</b>	<b>00:29:52.70</b>	+00:05:37 (18.8%)	3:58	15.1 (81.2%)
7	<b>BONISŁAWSKI Jarosław</b>	<b>756</b>	WWW.FADOMODA.PL TEAM	M-30	7	<b>00:30:08.05</b>	<b>00:30:08.05</b>	+00:05:52 (19.5%)	4:01	14.9 (80.1%)
8	<b>ROKOSZ Radosław</b>	<b>842</b>	JW 1223	M-30	8	<b>00:30:47.40</b>	<b>00:30:47.40</b>	+00:06:31 (21.2%)	4:06	14.6 (78.5%)
9	<b>RÓG Bartosz</b>	<b>844</b>	MKS 'ŚWIĘC' SŁAWNO	M-30	9	<b>00:31:56.80</b>	<b>00:31:56.80</b>	+00:07:41 (24.1%)	4:15	14.1 (75.8%)
10	<b>PIETRZAK Kamil</b>	<b>839</b>	ACTIVE MALBORK	M-30	10	<b>00:33:27.10</b>	<b>00:33:27.10</b>	+00:09:11 (27.5%)	4:27	13.5 (72.6%)
11	<b>KUKIEŁA Tomasz</b>	<b>801</b>		M-30	11	<b>00:33:47.00</b>	<b>00:33:47.00</b>	+00:09:31 (28.2%)	4:30	13.3 (71.5%)
12	<b>GIEŁDA Jędrzej</b>	<b>768</b>	SMASHING PĄPKINS	M-30	12	<b>00:33:56.10</b>	<b>00:33:56.10</b>	+00:09:40 (28.5%)	4:31	13.3 (71.5%)
13	<b>BULUK Grzegorz</b>	<b>760</b>	10 WROCŁAWSKI PUŁK DOWODZENIA JW1245	M-30	13	<b>00:33:58.60</b>	<b>00:33:58.60</b>	+00:09:43 (28.6%)	4:31	13.2 (71.0%)
14	<b>WICZUK Michał</b>	<b>867</b>	MKB DREPTAK	M-30	14	<b>00:34:32.10</b>	<b>00:34:32.10</b>	+00:10:16 (29.8%)	4:36	13 (69.9%)
15	<b>METERA Piotr</b>	<b>821</b>	RUNNERSWALDE	M-30	15	<b>00:34:33.75</b>	<b>00:34:33.75</b>	+00:10:18 (29.8%)	4:36	13 (69.9%)
16	<b>PAWLIK Grzegorz</b>	<b>835</b>	KS KROTOSZ KROTOSZYN	M-30	16	<b>00:34:35.50</b>	<b>00:34:35.50</b>	+00:10:20 (29.9%)	4:36	13 (69.9%)
17	<b>WÓJCICKI Grzegorz</b>	<b>870</b>		M-30	17	<b>00:34:42.30</b>	<b>00:34:42.30</b>	+00:10:26 (30.1%)	4:37	13 (69.9%)
18	<b>GRZEGORCZYK Piotr</b>	<b>773</b>		M-30	18	<b>00:35:18.90</b>	<b>00:35:18.90</b>	+00:11:03 (31.3%)	4:42	12.7 (68.3%)
19	<b>BŁOCHOWIAK Tomasz</b>	<b>915</b>		M-30	19	<b>00:35:21.30</b>	<b>00:35:21.30</b>	+00:11:05 (31.4%)	4:42	12.7 (68.3%)
20	<b>NIECKARZ Krzysztof</b>	<b>831</b>		M-30	20	<b>00:35:38.50</b>	<b>00:35:38.50</b>	+00:11:23 (31.9%)	4:45	12.6 (67.7%)
21	<b>GOSTOMCZYK Krzysztof</b>	<b>771</b>		M-30	21	<b>00:35:45.45</b>	<b>00:35:45.45</b>	+00:11:29 (32.2%)	4:46	12.6 (67.7%)
22	<b>JABŁOŃSKI Tomasz</b>	<b>882</b>	SPOKO SŁAWNO	M-30	22	<b>00:36:13.25</b>	<b>00:36:13.25</b>	+00:11:57 (33.0%)	4:49	12.4 (66.7%)
23	<b>SZTORMOWSKI Maciej</b>	<b>858</b>	'EKIPA Z POPRAWCZAKA'	M-30	23	<b>00:36:37.15</b>	<b>00:36:37.15</b>	+00:12:21 (33.8%)	4:52	12.3 (66.1%)
24	<b>KOSECKI Tomasz</b>	<b>793</b>	ZAKWAS	M-30	24	<b>00:37:12.55</b>	<b>00:37:12.55</b>	+00:12:57 (34.8%)	4:57	12.1 (65.1%)
25	<b>ORŁOWSKI Maciej</b>	<b>905</b>		M-30	25	<b>00:37:33.15</b>	<b>00:37:33.15</b>	+00:13:17 (35.4%)	5:00	12 (64.5%)
26	<b>KAZIMIEROWICZ Radosław</b>	<b>786</b>		M-30	26	<b>00:37:37.20</b>	<b>00:37:37.20</b>	+00:13:21 (35.5%)	5:00	12 (64.5%)
27	<b>BASSEL Marcin</b>	<b>754</b>		M-30	27	<b>00:38:21.35</b>	<b>00:38:21.35</b>	+00:14:05 (36.8%)	5:06	11.7 (62.9%)

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28	<b>KUPREWICZ Grzegorz</b>	<b>803</b>	JW 1223	M-30	28	<b>00:38:52.35</b>	<b>00:38:52.35</b>	+00:14:36 (37.6%)	5:10	11.6 (62.4%)
29	<b>ANTOSIK Jacek</b>	<b>922</b>	KB BRYZA POSTOMINO	M-30	29	<b>00:39:11.25</b>	<b>00:39:11.25</b>	+00:14:55 (38.1%)	5:13	11.5 (61.8%)
30	<b>KOWALCZYK Piotr</b>	<b>795</b>		M-30	30	<b>00:39:24.75</b>	<b>00:39:24.75</b>	+00:15:09 (38.5%)	5:15	11.4 (61.3%)
31	<b>WIECZOREK Jacek</b>	<b>868</b>		M-30	31	<b>00:40:05.15</b>	<b>00:40:05.15</b>	+00:15:49 (39.5%)	5:20	11.2 (60.2%)
32	<b>ROGALA Tomasz</b>	<b>897</b>		M-30	32	<b>00:40:26.80</b>	<b>00:40:26.80</b>	+00:16:11 (40.0%)	5:23	11.1 (59.7%)
33	<b>MADEJ Krzysztof</b>	<b>812</b>	MRÓWECZKI	M-30	33	<b>00:40:46.25</b>	<b>00:40:46.25</b>	+00:16:30 (40.5%)	5:26	11 (59.1%)
34	<b>BRYSIK Dariusz</b>	<b>757</b>		M-30	34	<b>00:41:32.15</b>	<b>00:41:32.15</b>	+00:17:16 (41.6%)	5:32	10.8 (58.1%)
35	<b>BIERNAT Krzysztof</b>	<b>901</b>		M-30	35	<b>00:43:20.90</b>	<b>00:43:20.90</b>	+00:19:05 (44.0%)	5:46	10.4 (55.9%)

Znaleziono 35 wynik(ów)