

Organizator: Ośrodek Sportu i Rekreacji w Sławnie
Data: 2017-07-01
Miejsce: Sławno
Dystans: 7.5 km



Klasyfikacja: M-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
1	OKSENIUK Sergii	907	MK LUCHEK - LKB RUDNIK	M-30	1	00:24:15.50	00:24:15.50		3:14	18.6 (100%)
2	STARŻYŃSKI Andrzej	894	CENTRUM EKSPORTU KLEMENTYNKA	M-20	1	00:24:15.80	00:24:15.80	+00:00:00 (0.0%)	3:14	18.6 (100%)
3	STEPANUNKO Pavlo	909	MK LUCHEK - LKB RUDNIK	M-20	2	00:25:25.50	00:25:25.50	+00:01:10 (4.6%)	3:23	17.7 (95.2%)
4	OKSENIUK Oleksandr	910	LKB RUDNIK	M-30	2	00:25:43.15	00:25:43.15	+00:01:27 (5.7%)	3:25	17.5 (94.1%)
5	GŁOGOWSKI Adam	917	ATGCARGO TEAM	M-20	3	00:25:57.70	00:25:57.70	+00:01:42 (6.6%)	3:27	17.3 (93.0%)
6	DRWAL Piotr	885		M-40	1	00:26:01.45	00:26:01.45	+00:01:45 (6.8%)	3:28	17.3 (93.0%)
7	RUDNIK Krzysztof	846	NIGHT RUNNERS SŁUPSK	M-30	3	00:26:44.75	00:26:44.75	+00:02:29 (9.3%)	3:33	16.8 (90.3%)
8	HOLOWNYTSKYI Oleksandr	911	MK LUCHEK - LKB RUDNIK	M-40	2	00:27:00.90	00:27:00.90	+00:02:45 (10.2%)	3:36	16.7 (89.8%)
9	WILCZEWSKI Krzysztof	904	MKS 'ŚWIĘC' SŁAWNO	M-30	4	00:27:49.55	00:27:49.55	+00:03:34 (12.8%)	3:42	16.2 (87.1%)
10	ORZECOWSKI Kamil	833	TKKF KOSZALIN	M-20	4	00:27:54.25	00:27:54.25	+00:03:38 (13.1%)	3:43	16.1 (86.6%)
11	KĘPKA Adrian	787		M-20	5	00:28:05.85	00:28:05.85	+00:03:50 (13.7%)	3:44	16 (86.0%)
12	KURKUL Przemysław	806	9 DYWIZJON PRZECIWLOTNICZY	M-20	6	00:28:10.05	00:28:10.05	+00:03:54 (13.9%)	3:45	16 (86.0%)
13	JAKUBEK Patryk	777	ŚWIAT PŁYTEK U KRYSPINA	M-20	7	00:28:15.55	00:28:15.55	+00:04:00 (14.2%)	3:46	15.9 (85.5%)
14	BARAŃSKI Przemysław	880	KM PSP SZCZECIN/ MLUKS TRZEBIATÓW	M-20	8	00:28:22.65	00:28:22.65	+00:04:07 (14.5%)	3:46	15.9 (85.5%)
15	MIERZWA Witold	825	DARŁOWO	M-40	3	00:28:23.45	00:28:23.45	+00:04:07 (14.6%)	3:47	15.9 (85.5%)
16	MUSIAŁ Krzysztof	829	TKKF KOSZALIN	M-30	5	00:28:41.30	00:28:41.30	+00:04:25 (15.4%)	3:49	15.7 (84.4%)
17	KUCHTA Piotr	800	KB PIONIER SZCZECIN	M-20	9	00:28:50.75	00:28:50.75	+00:04:35 (15.9%)	3:50	15.6 (83.9%)
18	GARSKI Kryspin	920	ŚWIAT PŁYTEK U KRYSPINA	M-40	4	00:28:58.15	00:28:58.15	+00:04:42 (16.3%)	3:51	15.5 (83.3%)
19	SZKOŁUDA Miłosz	923	DECATHLON KOSZALIN	M-20	10	00:29:13.15	00:29:13.15	+00:04:57 (17.0%)	3:53	15.4 (82.8%)
20	KURKUL Janek	804	KB BRYZA POSTOMINO	M-17	1	00:29:26.80	00:29:26.80	+00:05:11 (17.6%)	3:55	15.3 (82.3%)
21	ANTOSIK Grzegorz	916	KB BRYZA POSTOMINO	M-40	5	00:29:39.25	00:29:39.25	+00:05:23 (18.2%)	3:57	15.2 (81.7%)
22	ELENDT Tomasz	765		M-20	11	00:29:40.45	00:29:40.45	+00:05:24 (18.3%)	3:57	15.2 (81.7%)
23	KRUKOWSKI Błażej	798	MKS 'ŚWIĘC' SŁAWNO	M-30	6	00:29:52.70	00:29:52.70	+00:05:37 (18.8%)	3:58	15.1 (81.2%)
24	ZAGAJEWSKI Rafał	899	KL ISKRA BIAŁOGARD	M-20	12	00:29:58.50	00:29:58.50	+00:05:43 (19.1%)	3:59	15 (80.6%)
25	BONISŁAWSKI Jarosław	756	WWW.FADOMODA.PL TEAM	M-30	7	00:30:08.05	00:30:08.05	+00:05:52 (19.5%)	4:01	14.9 (80.1%)
26	ROKOSZ Radosław	842	JW 1223	M-30	8	00:30:47.40	00:30:47.40	+00:06:31 (21.2%)	4:06	14.6 (78.5%)
27	GORSZKA Damian	770	WIECZORNE BIEGANIE W SZCZECINIE	M-20	13	00:30:53.50	00:30:53.50	+00:06:38 (21.5%)	4:07	14.6 (78.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas		Różn	Tempo min/km	Tempo km/h
						netto 7.5km	brutto 7.5km			
28	SZAMREJ Wojciech	857		M-50	1	00:31:00.55	00:31:00.55	+00:06:45 (21.8%)	4:08	14.5 (78.0%)
29	ŚWITOŃ Marian	896	BUKOWNICA BIEGA	M-50	2	00:31:10.40	00:31:10.40	+00:06:54 (22.2%)	4:09	14.4 (77.4%)
30	RYGIELSKI Arkadiusz	887	MKS 'ŚWIĘC' SŁAWNO	M-20	14	00:31:14.80	00:31:14.80	+00:06:59 (22.4%)	4:09	14.4 (77.4%)
31	SIENKIEWICZ Czesław	851	KS KROTOSZ KROTOSZYN	M-50	3	00:31:26.35	00:31:26.35	+00:07:10 (22.8%)	4:11	14.3 (76.9%)
32	WÓJCIK Damian	893	RUNNERSWALDE	M-40	6	00:31:45.20	00:31:45.20	+00:07:29 (23.6%)	4:14	14.2 (76.3%)
33	BARAŃSKI Bogusław	876	MLUKS TRZEBIATÓW	M-50	4	00:31:46.75	00:31:46.75	+00:07:31 (23.7%)	4:14	14.2 (76.3%)
34	RÓG Bartosz	844	MKS 'ŚWIĘC' SŁAWNO	M-30	9	00:31:56.80	00:31:56.80	+00:07:41 (24.1%)	4:15	14.1 (75.8%)
35	SMEREKA Tomasz	852	RUNNING TEAM MILICZ	M-40	7	00:31:59.95	00:31:59.95	+00:07:44 (24.2%)	4:15	14.1 (75.8%)
36	ROSIAK Damian	843		M-20	15	00:32:10.15	00:32:10.15	+00:07:54 (24.6%)	4:17	14 (75.3%)
37	OSTROWSKI Marian	890		M-60+	1	00:32:22.20	00:32:22.20	+00:08:06 (25.1%)	4:18	13.9 (74.7%)
38	MAZUR Emilusz	819	ŻYJ Z ENERGIA	M-40	8	00:32:44.65	00:32:44.65	+00:08:29 (25.9%)	4:21	13.7 (73.7%)
39	KAMELSKI Piotr	783	KS OLSZEWSKI I SYNOWIE	M-40	9	00:32:47.55	00:32:47.55	+00:08:32 (26.0%)	4:22	13.7 (73.7%)
40	GIERLACH Jacek	900	STOPA SŁUPSK	M-20	16	00:32:53.85	00:32:53.85	+00:08:38 (26.3%)	4:23	13.7 (73.7%)
41	KASPERSKI Dariusz	785		M-40	10	00:32:56.30	00:32:56.30	+00:08:40 (26.4%)	4:23	13.7 (73.7%)
42	CZARNOWSKI Kamil	763	KASZEBE	M-20	17	00:33:03.15	00:33:03.15	+00:08:47 (26.6%)	4:24	13.6 (73.1%)
43	OLESZEK Jerzy	832	GRZESŁAW USTKA	M-40	11	00:33:04.35	00:33:04.35	+00:08:48 (26.7%)	4:24	13.6 (73.1%)
44	WIKTOROWICZ Jacek	878	OPOCZNO	M-50	5	00:33:14.15	00:33:14.15	+00:08:58 (27.0%)	4:25	13.5 (72.6%)
45	MAJCHRZAK Łukasz	814	CENTRALNY POLIGON SIŁ POWIETRZNYCH USTKA	M-20	18	00:33:21.80	00:33:21.80	+00:09:06 (27.3%)	4:26	13.5 (72.6%)
46	IWANIEC Dariusz	776	TKKF KOSZALIN	M-40	12	00:33:24.35	00:33:24.35	+00:09:08 (27.4%)	4:27	13.5 (72.6%)
47	PIETRZAK Kamil	839	ACTIVE MALBORK	M-30	10	00:33:27.10	00:33:27.10	+00:09:11 (27.5%)	4:27	13.5 (72.6%)
48	KUKIEŁA Tomasz	801		M-30	11	00:33:47.00	00:33:47.00	+00:09:31 (28.2%)	4:30	13.3 (71.5%)
49	MAZUR Bartosz	818		M-20	19	00:33:51.25	00:33:51.25	+00:09:35 (28.3%)	4:30	13.3 (71.5%)
50	OLECHNOWICZ Sławomir	892	STOPA SŁUPSK	M-40	13	00:33:55.70	00:33:55.70	+00:09:40 (28.5%)	4:31	13.3 (71.5%)
51	JANKOWSKI Grzegorz	779	ŚWIAT PŁYTEK U KRYSPIŃNA	M-40	14	00:33:55.75	00:33:55.75	+00:09:40 (28.5%)	4:31	13.3 (71.5%)
52	GIEŁDA Jędrzej	768	SMASHING PĄPKINS	M-30	12	00:33:56.10	00:33:56.10	+00:09:40 (28.5%)	4:31	13.3 (71.5%)
53	BULUK Grzegorz	760	10 WROCŁAWSKI PUŁK DOWODZENIA JW1245	M-30	13	00:33:58.60	00:33:58.60	+00:09:43 (28.6%)	4:31	13.2 (71.0%)
54	DWULIT Dominik	764	KORZYBSKIE REKINY	M-20	20	00:34:11.30	00:34:11.30	+00:09:55 (29.0%)	4:33	13.2 (71.0%)
55	KULAS Rafał	802	KS KROTOSZ KROTOSZYN	M-40	15	00:34:15.60	00:34:15.60	+00:10:00 (29.2%)	4:34	13.1 (70.4%)
56	JANKOWSKI Eugeniusz	895	OPEC-PUŁAWY	M-60+	2	00:34:30.35	00:34:30.35	+00:10:14 (29.7%)	4:36	13 (69.9%)
57	WICZUK Michał	867	MKB DREPTAK	M-30	14	00:34:32.10	00:34:32.10	+00:10:16 (29.8%)	4:36	13 (69.9%)
58	METERA Piotr	821	RUNNERSWALDE	M-30	15	00:34:33.75	00:34:33.75	+00:10:18 (29.8%)	4:36	13 (69.9%)
59	PAWLIK Grzegorz	835	KS KROTOSZ KROTOSZYN	M-30	16	00:34:35.50	00:34:35.50	+00:10:20 (29.9%)	4:36	13 (69.9%)
60	WÓJCICKI Grzegorz	870		M-30	17	00:34:42.30	00:34:42.30	+00:10:26 (30.1%)	4:37	13 (69.9%)
61	MAJCHRZAK Dariusz	815	CENTRALNY POLIGON SIŁ POWIETRZNYCH USTKA	M-50	6	00:34:45.35	00:34:45.35	+00:10:29 (30.2%)	4:38	12.9 (69.4%)
62	ŚWIETLIK Tomasz	861		M-50	7	00:34:50.70	00:34:50.70	+00:10:35 (30.4%)	4:38	12.9 (69.4%)
63	MODRZEJEWSKI Roman	827	KINGS OF METAL	M-50	8	00:34:54.75	00:34:54.75	+00:10:39 (30.5%)	4:39	12.9 (69.4%)
64	MICERSKI Tomasz	822	TKKF KOSZALIN	M-40	16	00:34:57.05	00:34:57.05	+00:10:41 (30.6%)	4:39	12.9 (69.4%)
65	TOMCZAK Dominik	864	CSMW USTKA	M-40	17	00:35:13.80	00:35:13.80	+00:10:58 (31.1%)	4:41	12.8 (68.8%)
66	GRZEGORCZYK Piotr	773		M-30	18	00:35:18.90	00:35:18.90	+00:11:03 (31.3%)	4:42	12.7 (68.3%)
67	BŁOCHOWIAK Tomasz	915		M-30	19	00:35:21.30	00:35:21.30	+00:11:05 (31.4%)	4:42	12.7 (68.3%)
68	MICHALCZYK Mariusz	824	JW 1223	M-40	18	00:35:23.80	00:35:23.80	+00:11:08 (31.5%)	4:43	12.7 (68.3%)
69	PROTASEWICZ Andrzej	841	SŁAWNO	M-40	19	00:35:24.55	00:35:24.55	+00:11:09 (31.5%)	4:43	12.7 (68.3%)
70	MARCINIAK Michał	924		M-20	21	00:35:25.45	00:35:25.45	+00:11:09 (31.5%)	4:43	12.7 (68.3%)
71	TOMCZAK Zbigniew	863	ALTOM GNIEZNO	M-60+	3	00:35:26.80	00:35:26.80	+00:11:11 (31.6%)	4:43	12.7 (68.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas netto 7.5km	Czas brutto 7.5km	Różn	Tempo min/km	Tempo km/h
72	NIECKARZ Krzysztof	831		M-30	20	00:35:38.50	00:35:38.50	+00:11:23 (31.9%)	4:45	12.6 (67.7%)
73	KROEHNKE Artur	797		M-40	20	00:35:38.80	00:35:38.80	+00:11:23 (31.9%)	4:45	12.6 (67.7%)
74	GLISZCZYŃSKI Łukasz	898	UKSN SPRINT SŁAWNO	M-17	2	00:35:42.70	00:35:42.70	+00:11:27 (32.1%)	4:45	12.6 (67.7%)
75	GOSTOMCZYK Krzysztof	771		M-30	21	00:35:45.45	00:35:45.45	+00:11:29 (32.2%)	4:46	12.6 (67.7%)
76	CHUDY Henryk	762	KS OLSZEWSKI I SYNOWIE	M-60+	4	00:35:52.20	00:35:52.20	+00:11:36 (32.4%)	4:46	12.5 (67.2%)
77	KRUPIŃSKI Krzysztof	799	E-UROLOG.EU	M-50	9	00:35:58.35	00:35:58.35	+00:11:42 (32.6%)	4:47	12.5 (67.2%)
78	TELESIEWICZ Henryk	862	KS OLSZEWSKI I SYNOWIE	M-60+	5	00:36:03.80	00:36:03.80	+00:11:48 (32.7%)	4:48	12.5 (67.2%)
79	ANDRZEJCZAK Sławomir	752	GRZESŁAW USTKA	M-40	21	00:36:06.85	00:36:06.85	+00:11:51 (32.8%)	4:48	12.5 (67.2%)
80	JABŁOŃSKI Tomasz	882	SPOKO SŁAWNO	M-30	22	00:36:13.25	00:36:13.25	+00:11:57 (33.0%)	4:49	12.4 (66.7%)
81	STASIAK Jarosław	853		M-20	22	00:36:21.80	00:36:21.80	+00:12:06 (33.3%)	4:50	12.4 (66.7%)
82	WIATRZYK Krzysztof	866	DARŁOWO	M-40	22	00:36:30.20	00:36:30.20	+00:12:14 (33.5%)	4:52	12.3 (66.1%)
83	SZTORMOWSKI Maciej	858	'EKIPA Z POPRAWCZAKA'	M-30	23	00:36:37.15	00:36:37.15	+00:12:21 (33.8%)	4:52	12.3 (66.1%)
84	RUMIŃSKI Wojciech	906		M-40	23	00:36:51.35	00:36:51.35	+00:12:35 (34.2%)	4:54	12.2 (65.6%)
85	TURCZYN Tomasz	902	DZIENNIK SŁAWIEŃSKI	M-40	24	00:37:05.75	00:37:05.75	+00:12:50 (34.6%)	4:56	12.1 (65.1%)
86	BEDNARCZYK Arkadiusz	875	STOPA SŁUPSK	M-40	25	00:37:11.05	00:37:11.05	+00:12:55 (34.8%)	4:57	12.1 (65.1%)
87	OSOBNIAK Ryszard	834	ROZBIEGANY KOSZALIN	M-60+	6	00:37:12.35	00:37:12.35	+00:12:56 (34.8%)	4:57	12.1 (65.1%)
88	KOSECKI Tomasz	793	ZAKWAS	M-30	24	00:37:12.55	00:37:12.55	+00:12:57 (34.8%)	4:57	12.1 (65.1%)
89	MICHALAK Wojciech	823	MKS 'ŚWIĘC' SŁAWNO	M-40	26	00:37:13.50	00:37:13.50	+00:12:58 (34.8%)	4:57	12.1 (65.1%)
90	ORŁOWSKI Maciej	905		M-30	25	00:37:33.15	00:37:33.15	+00:13:17 (35.4%)	5:00	12 (64.5%)
91	KAZIMIEROWICZ Radosław	786		M-30	26	00:37:37.20	00:37:37.20	+00:13:21 (35.5%)	5:00	12 (64.5%)
92	BASSEL Marcin	754		M-30	27	00:38:21.35	00:38:21.35	+00:14:05 (36.8%)	5:06	11.7 (62.9%)
93	SEEWALD Jan	849	ZAKWAS	M-40	27	00:38:34.50	00:38:34.50	+00:14:19 (37.1%)	5:08	11.7 (62.9%)
94	GREBIENIK Andrzej	772	W.P.K. SŁOŃ TEAM USTKA	M-40	28	00:38:36.10	00:38:36.10	+00:14:20 (37.2%)	5:08	11.7 (62.9%)
95	KUPREWICZ Grzegorz	803	JW 1223	M-30	28	00:38:52.35	00:38:52.35	+00:14:36 (37.6%)	5:10	11.6 (62.4%)
96	KLENIEWSKI Piotr	789	ZACHODNIOPOMORSKIE	M-50	10	00:39:03.05	00:39:03.05	+00:14:47 (37.9%)	5:12	11.5 (61.8%)
97	ANTOSIK Jacek	922	KB BRYZA POSTOMINO	M-30	29	00:39:11.25	00:39:11.25	+00:14:55 (38.1%)	5:13	11.5 (61.8%)
98	KOWALCZYK Piotr	795		M-30	30	00:39:24.75	00:39:24.75	+00:15:09 (38.5%)	5:15	11.4 (61.3%)
99	ADRYAN Adam	751	CKB SŁUPSK	M-40	29	00:40:02.30	00:40:02.30	+00:15:46 (39.4%)	5:20	11.2 (60.2%)
100	WIECZOREK Jacek	868		M-30	31	00:40:05.15	00:40:05.15	+00:15:49 (39.5%)	5:20	11.2 (60.2%)
101	ROGAŁA Tomasz	897		M-30	32	00:40:26.80	00:40:26.80	+00:16:11 (40.0%)	5:23	11.1 (59.7%)
102	JAWORSKI Robert	918		M-40	30	00:40:42.10	00:40:42.10	+00:16:26 (40.4%)	5:25	11.1 (59.7%)
103	MADEJ Krzysztof	812	MRÓWECZKI	M-30	33	00:40:46.25	00:40:46.25	+00:16:30 (40.5%)	5:26	11 (59.1%)
104	MRUGALSKI Stanisław	828		M-50	11	00:41:19.85	00:41:19.85	+00:17:04 (41.3%)	5:30	10.9 (58.6%)
105	BRYSIK Dariusz	757		M-30	34	00:41:32.15	00:41:32.15	+00:17:16 (41.6%)	5:32	10.8 (58.1%)
106	SALITA Lech	848		M-50	12	00:42:26.10	00:42:26.10	+00:18:10 (42.8%)	5:39	10.6 (57.0%)
107	BIERNAT Krzysztof	901		M-30	35	00:43:20.90	00:43:20.90	+00:19:05 (44.0%)	5:46	10.4 (55.9%)
108	MARCZAK Andrzej	816	AMATOR	M-50	13	00:43:22.65	00:43:22.65	+00:19:07 (44.1%)	5:46	10.4 (55.9%)
109	WRONA Józef	871	PORTO BRYGIER	M-60+	7	00:44:17.75	00:44:17.75	+00:20:02 (45.2%)	5:54	10.2 (54.8%)
110	HELLER Zdzisław	775	NIEZRZESZONY	M-60+	8	00:44:32.35	00:44:32.35	+00:20:16 (45.5%)	5:56	10.1 (54.3%)
111	FILIPOWICZ Marian	767	NIEZRZESZONY	M-60+	9	00:45:57.90	00:45:57.90	+00:21:42 (47.2%)	6:07	9.8 (52.7%)
112	LISIAK Ryszard	888		M-40	31	00:48:01.35	00:48:01.35	+00:23:45 (49.5%)	6:24	9.4 (50.5%)

Znaleziono 112 wynik(ów)