

Organizator: Ośrodek Sportu i Rekreacji w Sławnie
Data: 2016-05-14
Miejsce: Sławno
Dystans: 10 km



Klasyfikacja: M-30

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	0.07km	3.38km	6.69km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	DERBENYOV Evgeny	57	ACHILLES LESZNO	M-30	1	00:00:09	00:10:27	00:21:15	00:32:27.60	00:32:27.60		3:14	18.5 (100%)
2	LABZIUK Oleksandr	174	ACHILLES LESZNO	M-30	2	00:00:09	00:10:52	00:21:50	00:32:57.85	00:32:57.85	+00:00:30 (1.5%)	3:17	18.2 (98.4%)
3	BORZĘCKI Norbert	25		M-30	3	00:00:09	00:11:03	00:22:09	00:33:20.35	00:33:20.35	+00:00:52 (2.6%)	3:20	18 (97.3%)
4	BEDNARZ Paweł	8	MODEST. MAN.KOSZALI(N)ACŁAW	M-30	4	00:00:10	00:11:14	00:22:59	00:34:47.75	00:34:47.75	+00:02:20 (6.7%)	3:28	17.2 (93.0%)
5	RUDNIK Krzysztof	267	NIGHT RUNNERS SŁUPSK	M-30	5	00:00:10	00:11:43	00:23:36	00:35:27.80	00:35:27.80	+00:03:00 (8.5%)	3:32	16.9 (91.4%)
6	BURZYŃSKI Aleksander	34	STOPA SŁUPSK	M-30	6	00:00:10	00:11:49	00:23:46	00:35:51.05	00:35:51.05	+00:03:23 (9.5%)	3:35	16.7 (90.3%)
7	WILCZEWSKI Krzysztof	347	MKS ŚWIĘC SŁAWNO	M-30	7	00:00:13	00:12:57	00:25:34	00:37:34.35	00:37:34.35	+00:05:06 (13.6%)	3:45	16 (86.5%)
8	WILCZEWSKI Mariusz	346	MKS ŚWIĘC ABWOOD SŁAWNO	M-30	8	00:00:12	00:12:35	00:25:09	00:37:43.70	00:37:43.70	+00:05:16 (14.0%)	3:46	15.9 (85.9%)
9	NAGÓREK Kamil	217	NIGHT RUNNERS	M-30	9	00:00:12	00:12:42	00:25:34	00:38:00.95	00:38:00.95	+00:05:33 (14.6%)	3:48	15.8 (85.4%)
10	KRUKOWSKI Błażej	159	MKS ŚWIĘC SŁAWNO	M-30	10	00:00:13	00:12:57	00:25:35	00:38:09.40	00:38:09.40	+00:05:41 (14.9%)	3:48	15.7 (84.9%)
11	PANCEWICZ Piotr	235		M-30	11	00:00:15	00:12:53	00:26:14	00:39:21.45	00:39:21.45	+00:06:53 (17.5%)	3:56	15.2 (82.2%)
12	HOŁUB Kamil	96	MLUKS TRZEBIATÓW	M-30	12	00:00:11	00:12:52	00:26:23	00:39:43.25	00:39:43.25	+00:07:15 (18.3%)	3:58	15.1 (81.6%)
13	MŁYNARCZYK Zbyszek	210		M-30	13	00:00:17	00:13:08	00:26:30	00:40:07.80	00:40:07.80	+00:07:40 (19.1%)	4:00	15 (81.1%)
14	KAMIENIECKI Rafał	121	TUPOT-USTKA	M-30	14	00:00:18	00:13:52	00:27:36	00:40:32.55	00:40:32.55	+00:08:04 (19.9%)	4:03	14.8 (80.0%)
15	BONISŁAWSKI Jarosław	23	FADOMODA TEAM	M-30	15	00:00:20	00:12:47	00:26:30	00:40:43.25	00:40:43.25	+00:08:15 (20.3%)	4:04	14.7 (79.5%)
16	GAJEWSKI Andrzej	71		M-30	16	00:00:15	00:13:44	00:27:57	00:41:55.70	00:41:55.70	+00:09:28 (22.6%)	4:11	14.3 (77.3%)
17	KOSICKI Tomasz	145	STOPA SŁUPSK	M-30	17	00:00:20	00:14:13	00:28:20	00:42:11.60	00:42:11.60	+00:09:44 (23.1%)	4:13	14.2 (76.8%)
18	WICENS Jacek	340	JACEK -BIEGAM BO LUBIĘ	M-30	18	00:00:15	00:14:32	00:29:06	00:43:19.10	00:43:19.10	+00:10:51 (25.1%)	4:19	13.9 (75.1%)
19	SKIERKA Grzegorz	282	MKS ŚWIĘC SŁAWNO	M-30	19	00:00:20	00:14:10	00:28:38	00:43:33.20	00:43:33.20	+00:11:05 (25.5%)	4:21	13.8 (74.6%)
19	RÓG Bartosz	264	MKS ŚWIĘC SŁAWNO	M-30	20	00:00:22	00:14:10	00:28:38	00:43:33.20	00:43:33.20	+00:11:05 (25.5%)	4:21	13.8 (74.6%)
21	KRAWCZUK Szymon	154	GEPARD GLEŻNOWO	M-30	21	00:00:24	00:15:08	00:29:56	00:44:07.90	00:44:07.90	+00:11:40 (26.4%)	4:24	13.6 (73.5%)
22	SOROKA Piotr	291		M-30	22	00:00:18	00:14:43	00:30:14	00:45:22.75	00:45:22.75	+00:12:55 (28.5%)	4:32	13.2 (71.4%)
23	LESZCZYŃSKI Tomasz	179	JW 1223	M-30	23	00:00:34	00:15:28	00:30:23	00:45:25.35	00:45:25.35	+00:12:57 (28.5%)	4:32	13.2 (71.4%)
24	STOJEWSKI Jarosław	303	B/K	M-30	24	00:00:24	00:15:08	00:30:30	00:45:28.10	00:45:28.10	+00:13:00 (28.6%)	4:32	13.2 (71.4%)
25	WIERZBICKI Sylwester	344	RUNNERSWALDE	M-30	25	00:00:21	00:15:02	00:30:34	00:45:56.00	00:45:56.00	+00:13:28 (29.3%)	4:35	13.1 (70.8%)
26	KURCZYK Zbigniew	170		M-30	26	00:00:16	00:15:03	00:30:45	00:46:28.95	00:46:28.95	+00:14:01 (30.2%)	4:38	12.9 (69.7%)
27	KUZIO Waldemar	173	NIGHT RUNNERS SŁUPSK	M-30	27	00:00:33	00:15:37	00:31:12	00:46:47.40	00:46:47.40	+00:14:19 (30.6%)	4:40	12.8 (69.2%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	0.07km	3.38km	6.69km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
28	KACZMAREK Łukasz	119	WOJOWNICY WODY	M-30	28	00:00:26	00:15:34	00:31:20	00:46:57.05	00:46:57.05	+00:14:29 (30.9%)	4:41	12.8 (69.2%)
29	ŁABEJSZA Łukasz	183	WOJOWNICY WÓDY	M-30	29	00:00:26	00:16:11	00:31:55	00:47:07.15	00:47:07.15	+00:14:39 (31.1%)	4:42	12.7 (68.6%)
30	STELMASZCZYK Dominik	298		M-30	30	00:00:25	00:15:50	00:31:33	00:47:14.30	00:47:14.30	+00:14:46 (31.3%)	4:43	12.7 (68.6%)
31	GOSTOMCZYK Krzysztof	82		M-30	31	00:00:18	00:15:18	00:31:00	00:47:15.25	00:47:15.25	+00:14:47 (31.3%)	4:43	12.7 (68.6%)
32	WILKOWSKI Krzysztof	349	ROZBIEGANY KOSZALIN	M-30	32	00:00:19	00:15:19	00:31:11	00:47:25.20	00:47:25.20	+00:14:57 (31.5%)	4:44	12.7 (68.6%)
33	KUŁAKOWSKI Dawid	167		M-30	33	00:00:15	00:16:10	00:32:22	00:47:50.15	00:47:50.15	+00:15:22 (32.1%)	4:47	12.5 (67.6%)
34	GŁOWACZ Mariusz	76	KS OLSZEWSKI I SYNOWIE	M-30	34	00:00:30	00:16:10	00:32:15	00:48:02.50	00:48:02.50	+00:15:34 (32.4%)	4:48	12.5 (67.6%)
35	KUPREWICZ Grzegorz	168	ROZBIEGANY KOSZALIN	M-30	35	00:00:22	00:15:49	00:32:13	00:48:31.70	00:48:31.70	+00:16:04 (33.1%)	4:51	12.4 (67.0%)
36	SOROKA Tomasz	290	NIGHT RUNNERS SŁUPSK / BBL SŁUPSK	M-30	36	00:00:18	00:15:48	00:32:11	00:49:24.60	00:49:24.60	+00:16:57 (34.3%)	4:56	12.1 (65.4%)
37	ZARZYCKI Darek	368		M-30	37	00:00:21	00:15:21	00:31:59	00:49:26.30	00:49:26.30	+00:16:58 (34.3%)	4:56	12.1 (65.4%)
38	KARAŚ Radosław	126	NIGHT RUNNERS SŁUPSK	M-30	38	00:00:35	00:16:02	00:33:14	00:49:49.25	00:49:49.25	+00:17:21 (34.8%)	4:58	12 (64.9%)
39	TOPOLIŃSKI Ireneusz	327	„BRYZA" POSTOMINO	M-30	39	00:00:23	00:16:26	00:33:18	00:50:00.35	00:50:00.35	+00:17:32 (35.1%)	5:00	12 (64.9%)
40	KAZIMIERCZAK Leszek	131	CSSP KOSZALIN	M-30	40	00:00:28	00:16:45	00:33:54	00:50:35.30	00:50:35.30	+00:18:07 (35.8%)	5:03	11.9 (64.3%)
41	PAKMUR Michał	234		M-30	41	00:00:31	00:16:35	00:33:38	00:50:52.60	00:50:52.60	+00:18:25 (36.2%)	5:05	11.8 (63.8%)
42	KRYGIER Ireneusz	162	W.P.K.SŁOŃ TEAM	M-30	42	00:00:25	00:16:32	00:33:48	00:51:14.40	00:51:14.40	+00:18:46 (36.7%)	5:07	11.7 (63.2%)
43	ROGALSKI Roberto	259	TKKF KOSZALIN	M-30	43	00:00:26	00:17:59	00:36:00	00:51:19.30	00:51:19.30	+00:18:51 (36.8%)	5:07	11.7 (63.2%)
44	WANAGO Daniel	383	DORIAN TEAM	M-30	44	00:00:27	00:16:37	00:33:55	00:51:38.95	00:51:38.95	+00:19:11 (37.2%)	5:09	11.6 (62.7%)
45	GAFFKE Krzysztof	69		M-30	45	00:00:21	00:17:01	00:34:15	00:51:49.45	00:51:49.45	+00:19:21 (37.4%)	5:10	11.6 (62.7%)
46	KOWALCZYK Piotr	151		M-30	46	00:00:30	00:17:09	00:34:50	00:52:42.75	00:52:42.75	+00:20:15 (38.4%)	5:16	11.4 (61.6%)
47	BIERNAT Krzysztof	381	MKS 'ŚWIĘC' SŁAWNO	M-30	47	00:00:32	00:17:22	00:35:21	00:52:43.70	00:52:43.70	+00:20:16 (38.4%)	5:16	11.4 (61.6%)
48	TOMCZYK Leszek	326	JW 1223	M-30	48	00:00:34	00:18:04	00:35:52	00:52:59.55	00:52:59.55	+00:20:31 (38.7%)	5:17	11.3 (61.1%)
49	HANC Michał	91		M-30	49	00:00:31	00:17:31	00:35:48	00:53:23.15	00:53:23.15	+00:20:55 (39.2%)	5:20	11.2 (60.5%)
50	SZMIGIERO Sebastian	310		M-30	50	00:00:27	00:17:12	00:35:21	00:53:29.40	00:53:29.40	+00:21:01 (39.3%)	5:20	11.2 (60.5%)
51	CZYŻEWSKI Piotr	49	BIEGAMSAM.PL	M-30	51	00:00:33	00:18:19	00:36:29	00:54:36.45	00:54:36.45	+00:22:08 (40.6%)	5:27	11 (59.5%)
52	JABŁOŃSKI Tomasz	101		M-30	52	00:00:23	00:17:11	00:36:21	00:55:07.95	00:55:07.95	+00:22:40 (41.1%)	5:30	10.9 (58.9%)
53	BAK Zbigniew	7	RUNNERSWALDE	M-30	53	00:00:32	00:18:49	00:38:02	00:57:32.95	00:57:32.95	+00:25:05 (43.6%)	5:45	10.4 (56.2%)
54	JAKUBOWSKI Krystian	104	CAPTAIN AMERICA VS THE FLASH	M-30	54	00:00:36	00:20:07	00:39:39	00:58:16.45	00:58:16.45	+00:25:48 (44.3%)	5:49	10.3 (55.7%)
55	BRESZKA Tomek	26	DRUŻYNA KSIĘŻNEJ ZOFII	M-30	55	00:00:36	00:20:08	00:39:39	00:58:17.15	00:58:17.15	+00:25:49 (44.3%)	5:49	10.3 (55.7%)
56	MIELCZAREK Mateusz	203	NIGHT RUNNERS	M-30	56	00:00:25	00:18:45	00:39:02	00:59:26.30	00:59:26.30	+00:26:58 (45.4%)	5:56	10.1 (54.6%)
57	ZALEWSKI Grzegorz	365		M-30	57	00:00:23	00:18:17	00:38:39	00:59:49.85	00:59:49.85	+00:27:22 (45.7%)	5:58	10 (54.1%)
58	SZYSZKOWSKI Tomasz	320		M-30	58	00:00:22	00:20:25	00:41:14	01:01:27.10	01:01:27.10	+00:28:59 (47.2%)	6:08	9.8 (53.0%)

Znaleziono 58 wynik(ów)