

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



Klasyfikacja: M-40

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	GUZOWSKI Dariusz	87	CARRY PETFOOD TRZEBIELINO	M-40	1	00:00:10	00:11:43	00:23:26	00:35:07.40	00:35:07.40		3:30	17.1 (100%)
2	MIERZWA Witold	204	DARŁOWO	M-40	2	00:00:10	00:12:18	00:24:49	00:37:17.65	00:37:17.65	+00:02:10 (5.8%)	3:43	16.1 (94.2%)
3	ŻMUDA Tomasz	376	CW FANZA KOŁOBRZEG	M-40	3	00:00:11	00:12:30	00:25:09	00:37:51.25	00:37:51.25	+00:02:43 (7.2%)	3:47	15.9 (93.0%)
4	KRYCZKA Stanisław	161	MTSHAMER MIASTKO	M-40	4	00:00:16	00:12:36	00:25:17	00:38:01.30	00:38:01.30	+00:02:53 (7.6%)	3:48	15.8 (92.4%)
5	HERMAN Arkadiusz	93		M-40	5	00:00:11	00:12:49	00:25:45	00:38:30.60	00:38:30.60	+00:03:23 (8.8%)	3:51	15.6 (91.2%)
6	RUDNIKOWSKI Maciej	268	BIEGUZDROWISKOWY.PL	M-40	6	00:00:11	00:12:35	00:25:40	00:38:43.10	00:38:43.10	+00:03:35 (9.3%)	3:52	15.5 (90.6%)
7	GAŁKOWSKI Dariusz	399		M-40	7	00:00:10	00:12:34	00:25:28	00:38:50.35	00:38:50.35	+00:03:42 (9.6%)	3:53	15.5 (90.6%)
8	MAZUR Emilusz	196		M-40	8	00:00:14	00:12:59	00:26:13	00:39:40.60	00:39:40.60	+00:04:33 (11.5%)	3:58	15.1 (88.3%)
9	ADAMELAK Krzysztof	2		M-40	9	00:00:22	00:13:35	00:27:07	00:40:24.50	00:40:24.50	+00:05:17 (13.1%)	4:02	14.9 (87.1%)
10	WIDONIAK Rafał	342	BIEGNIJMY.PL	M-40	10	00:00:13	00:13:31	00:26:58	00:40:34.10	00:40:34.10	+00:05:26 (13.4%)	4:03	14.8 (86.5%)
11	RYBA Paweł	273		M-40	11	00:00:15	00:13:41	00:27:30	00:40:52.10	00:40:52.10	+00:05:44 (14.1%)	4:05	14.7 (86.0%)
12	WÓJCIK Damian	362	RUNNERSWALDE DARŁOWO	M-40	12	00:00:15	00:13:40	00:27:42	00:41:45.00	00:41:45.00	+00:06:37 (15.9%)	4:10	14.4 (84.2%)
13	OLESEK Jerzy	229		M-40	13	00:00:15	00:13:51	00:27:52	00:41:52.00	00:41:52.00	+00:06:44 (16.1%)	4:11	14.3 (83.6%)
14	SZYMAŃSKI Tomasz	316		M-40	14	00:00:23	00:14:28	00:28:47	00:42:53.90	00:42:53.90	+00:07:46 (18.1%)	4:17	14 (81.9%)

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15	SOMINKA Andrzej	289		M-40	15	00:00:24	00:14:24	00:28:50	00:43:09.35	00:43:09.35	+00:08:01 (18.6%)	4:18	13.9 (81.3%)
16	DUDZIAK Piotr	60	BIEGNIJMY.PL	M-40	16	00:00:20	00:14:28	00:29:19	00:44:11.75	00:44:11.75	+00:09:04 (20.5%)	4:25	13.6 (79.5%)
17	KAMELSKI Piotr	120	B/K	M-40	17	00:00:19	00:14:50	00:29:43	00:44:29.45	00:44:29.45	+00:09:22 (21.1%)	4:26	13.5 (78.9%)
18	SZCZEPANIAK Jacek	308	KORZYBSKIE REKINY	M-40	18	00:00:22	00:14:45	00:30:03	00:45:19.35	00:45:19.35	+00:10:11 (22.5%)	4:31	13.2 (77.2%)
19	JAŚNIEWSKI Mariusz	111		M-40	19	00:00:28	00:15:44	00:30:49	00:45:25.35	00:45:25.35	+00:10:17 (22.7%)	4:32	13.2 (77.2%)
20	STĘPNIEWSKI Marcin	301		M-40	20	00:00:33	00:15:39	00:30:42	00:45:31.20	00:45:31.20	+00:10:23 (22.8%)	4:33	13.2 (77.2%)
21	WIATRZYK Krzysztof	339		M-40	21	00:00:22	00:15:00	00:30:12	00:45:33.60	00:45:33.60	+00:10:26 (22.9%)	4:33	13.2 (77.2%)
22	ROGOŻA Ireneusz	260	BIEGNIJMY.PL	M-40	22	00:00:22	00:15:36	00:31:11	00:45:56.30	00:45:56.30	+00:10:48 (23.5%)	4:35	13.1 (76.6%)
23	KRASIŃSKI Witold	153		M-40	23	00:00:16	00:14:58	00:30:37	00:46:22.85	00:46:22.85	+00:11:15 (24.3%)	4:38	12.9 (75.4%)
24	GAJEK Artur	70	KORZYBSKIE REKINY	M-40	24	00:00:25	00:15:49	00:31:25	00:46:25.60	00:46:25.60	+00:11:18 (24.3%)	4:38	12.9 (75.4%)
25	KILAR Tomasz	132	HILL KILER	M-40	25	00:00:26	00:15:29	00:30:58	00:46:25.75	00:46:25.75	+00:11:18 (24.4%)	4:38	12.9 (75.4%)
26	KLEBANOWSKI Artur	135		M-40	26	00:00:17	00:14:57	00:30:48	00:46:37.20	00:46:37.20	+00:11:29 (24.7%)	4:39	12.9 (75.4%)
27	DYŚ Jarosław	63	MARKOS SPORT TEAM	M-40	27	00:00:33	00:15:41	00:30:55	00:46:44.50	00:46:44.50	+00:11:37 (24.9%)	4:40	12.8 (74.9%)
28	MŁODZIEJEWSKI Krzysztof	209	KB WYGAN	M-40	28	00:00:32	00:15:47	00:31:12	00:46:54.15	00:46:54.15	+00:11:46 (25.1%)	4:41	12.8 (74.9%)
29	PEKAŁA Piotr	239	SOSW KOSZALIN	M-40	29	00:00:19	00:15:27	00:31:31	00:47:13.95	00:47:13.95	+00:12:06 (25.6%)	4:43	12.7 (74.3%)
30	GAWIECKI Piotr	74	ROZBIEGANY KOSZALIN	M-40	30	00:00:19	00:15:34	00:32:08	00:48:22.15	00:48:22.15	+00:13:14 (27.4%)	4:50	12.4 (72.5%)
31	NOREK Tomek	221		M-40	31	00:00:22	00:15:54	00:32:20	00:48:54.35	00:48:54.35	+00:13:46 (28.2%)	4:53	12.3 (71.9%)
32	KANIEWSKI Jacek	125	W.P.K SŁOŃ TEAM USTKA	M-40	32	00:00:28	00:15:58	00:32:35	00:48:58.10	00:48:58.10	+00:13:50 (28.3%)	4:53	12.3 (71.9%)
33	MICERSKI Tomasz	200	BRAK	M-40	33	00:00:15	00:16:10	00:32:25	00:49:00.55	00:49:00.55	+00:13:53 (28.3%)	4:54	12.2 (71.3%)
34	GWIAZDA Mariusz	88		M-40	34	00:00:35	00:16:39	00:32:53	00:49:04.20	00:49:04.20	+00:13:56 (28.4%)	4:54	12.2 (71.3%)
35	GOSTOMCZYK Marek	83	ŚWIĘC	M-40	35	00:00:18	00:15:39	00:33:17	00:49:53.20	00:49:53.20	+00:14:45 (29.6%)	4:59	12 (70.2%)
36	PODSIEDLIK Zbigniew	251	22 OŚRODEK DOWODZENIA I NAPROWADZANIA BYDGOSZCZ	M-40	36	00:00:23	00:16:47	00:33:51	00:51:08.75	00:51:08.75	+00:16:01 (31.3%)	5:06	11.7 (68.4%)
37	ZIĘBA Paweł	372		M-40	37	00:00:15	00:16:20	00:34:47	00:53:48.80	00:53:48.80	+00:18:41 (34.7%)	5:22	11.2 (65.5%)

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38	MICHALAK Wojciech	201	MKS ŚWIĘC SŁAWNO	M-40	38	00:00:12	00:17:46	00:36:07	00:54:28.90	00:54:28.90	+00:19:21 (35.5%)	5:26	11 (64.3%)
39	BRESZKA Paweł	28	DARŁOWO	M-40	39	00:00:35	00:20:08	00:39:39	00:58:15.30	00:58:15.30	+00:23:07 (39.7%)	5:49	10.3 (60.2%)
40	TWITCHETT Iain	329	LONE BADGER	M-40	40	00:00:31	00:19:14	00:38:46	00:59:07.10	00:59:07.10	+00:23:59 (40.6%)	5:54	10.1 (59.1%)
41	LISIAK Ryszard	389		M-40	41	00:00:29	00:26:29				+00:14:45	7:50	7.7 (45.0%)
42	WOŹNIAK Dariusz	360	WWW.LIMO300C.COM	M-40	42	00:00:13					+00:00:03	3:05	19.4 (113.5%)

Znaleziono 42 wynik(ów)