

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



Klasyfikacja: M-Miasto

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	KRUKOWSKI Błażej	159	MKS ŚWIĘC SŁAWNO	M-30	10	00:00:13	00:12:57	00:25:35	<b>00:38:09.40</b>	<b>00:38:09.40</b>		3:48	15.7 (100%)
2	BIERNAT Kamil	15	MKS ŚWIĘC SŁAWNO	M-18	5	00:00:17	00:12:47	00:26:18	<b>00:40:06.70</b>	<b>00:40:06.70</b>	+00:01:57 (4.9%)	4:00	15 (95.5%)
3	BONISŁAWSKI Jarosław	23	FADOMODA TEAM	M-30	15	00:00:20	00:12:47	00:26:30	<b>00:40:43.25</b>	<b>00:40:43.25</b>	+00:02:33 (6.3%)	4:04	14.7 (93.6%)
4	BIERNAT Marcin	72	MKS ŚWIĘC SŁAWNO	M-18	8	00:00:16	00:13:12	00:27:47	<b>00:41:42.90</b>	<b>00:41:42.90</b>	+00:03:33 (8.5%)	4:10	14.4 (91.7%)
5	RÓG Bartosz	264	MKS ŚWIĘC SŁAWNO	M-30	20	00:00:22	00:14:10	00:28:38	<b>00:43:33.20</b>	<b>00:43:33.20</b>	+00:05:23 (12.4%)	4:21	13.8 (87.9%)
6	ROSIĄK Damian	263		M-18	10	00:00:19	00:13:36	00:28:39	<b>00:43:51.65</b>	<b>00:43:51.65</b>	+00:05:42 (13.0%)	4:23	13.7 (87.3%)
7	BILEK Sebastian	387	DORIAN TEAM	M-18	11	00:00:27	00:14:36	00:29:36	<b>00:43:59.80</b>	<b>00:43:59.80</b>	+00:05:50 (13.3%)	4:23	13.6 (86.6%)
8	KAMELSKI Piotr	120	B/K	M-40	17	00:00:19	00:14:50	00:29:43	<b>00:44:29.45</b>	<b>00:44:29.45</b>	+00:06:20 (14.2%)	4:26	13.5 (86.0%)
9	WEŁNIŃSKI Bartłomiej	382	DORIAN TEAM	M-18	12	00:00:27	00:14:35	00:29:36	<b>00:44:31.65</b>	<b>00:44:31.65</b>	+00:06:22 (14.3%)	4:27	13.5 (86.0%)
10	WITKOWSKI Krzysztof	355	MKS ŚWIĘC SM WYBRZEŻE SŁAWNO	M-50	9	00:00:19	00:14:53	00:30:05	<b>00:45:10.10</b>	<b>00:45:10.10</b>	+00:07:00 (15.5%)	4:31	13.3 (84.7%)
11	STOJEWSKI Jarosław	303	B/K	M-30	24	00:00:24	00:15:08	00:30:30	<b>00:45:28.10</b>	<b>00:45:28.10</b>	+00:07:18 (16.1%)	4:32	13.2 (84.1%)
12	TELESIEWICZ Henryk	324	KLUB WIELKA STOPA	M-60	4	00:00:16	00:14:47	00:30:23	<b>00:46:01.20</b>	<b>00:46:01.20</b>	+00:07:51 (17.1%)	4:36	13 (82.8%)
13	KURCZYK Zbigniew	170		M-30	26	00:00:16	00:15:03	00:30:45	<b>00:46:28.95</b>	<b>00:46:28.95</b>	+00:08:19 (17.9%)	4:38	12.9 (82.2%)
14	WITKOWSKI Dawid	354		M-18	15	00:00:32	00:15:43	00:31:02	<b>00:46:59.05</b>	<b>00:46:59.05</b>	+00:08:49 (18.8%)	4:41	12.8 (81.5%)
15	GOSTOMCZYK Krzysztof	82		M-30	31	00:00:18	00:15:18	00:31:00	<b>00:47:15.25</b>	<b>00:47:15.25</b>	+00:09:05 (19.3%)	4:43	12.7 (80.9%)
16	SZYMCZEWSKI Szymon	319		M-18	17	00:00:27	00:15:49	00:31:49	<b>00:47:43.35</b>	<b>00:47:43.35</b>	+00:09:33 (20.0%)	4:46	12.6 (80.3%)
17	SZYMCZEWSKI Dariusz	318		M-50	11	00:00:27	00:16:02	00:32:17	<b>00:48:01.40</b>	<b>00:48:01.40</b>	+00:09:52 (20.5%)	4:48	12.5 (79.6%)
18	KAZUSEK Jan	380	BRYZA POSTOMINO	M-60	7	00:00:24	00:16:22	00:32:15	<b>00:48:26.45</b>	<b>00:48:26.45</b>	+00:10:17 (21.2%)	4:50	12.4 (79.0%)
19	KANIEWSKI Jacek	125	W.P.K SŁOŃ TEAM USTKA	M-40	32	00:00:28	00:15:58	00:32:35	<b>00:48:58.10</b>	<b>00:48:58.10</b>	+00:10:48 (22.1%)	4:53	12.3 (78.3%)
20	GOSTOMCZYK Marek	83	ŚWIĘC	M-40	35	00:00:18	00:15:39	00:33:17	<b>00:49:53.20</b>	<b>00:49:53.20</b>	+00:11:43 (23.5%)	4:59	12 (76.4%)
21	TOPOLIŃSKI Ireneusz	327	„BRYZA” POSTOMINO	M-30	39	00:00:23	00:16:26	00:33:18	<b>00:50:00.35</b>	<b>00:50:00.35</b>	+00:11:50 (23.7%)	5:00	12 (76.4%)
22	KOPERSKI Jan	141	MKS ŚWIĘC SŁAWNO	M-50	16	00:00:27	00:16:32	00:33:41	<b>00:50:41.90</b>	<b>00:50:41.90</b>	+00:12:32 (24.7%)	5:04	11.8 (75.2%)
23	PAKMUR Michał	234		M-30	41	00:00:31	00:16:35	00:33:38	<b>00:50:52.60</b>	<b>00:50:52.60</b>	+00:12:43 (25.0%)	5:05	11.8 (75.2%)
24	TWOREK Józef	330	ŚWIĘC SŁAWNO	M-50	17	00:00:19	00:16:40	00:33:45	<b>00:50:55.65</b>	<b>00:50:55.65</b>	+00:12:46 (25.1%)	5:05	11.8 (75.2%)
25	NOREK Ryszard	222		M-60	8	00:00:34	00:17:10	00:34:10	<b>00:51:22.80</b>	<b>00:51:22.80</b>	+00:13:13 (25.7%)	5:08	11.7 (74.5%)
26	KOWALSKI Konrad	384	DORIAN TEAM	M-18	22	00:00:28	00:16:36	00:33:55	<b>00:51:38.95</b>	<b>00:51:38.95</b>	+00:13:29 (26.1%)	5:09	11.6 (73.9%)
26	WANAGO Daniel	383	DORIAN TEAM	M-30	44	00:00:27	00:16:37	00:33:55	<b>00:51:38.95</b>	<b>00:51:38.95</b>	+00:13:29 (26.1%)	5:09	11.6 (73.9%)

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28	<b>BIERNAT Krzysztof</b>	<b>381</b>	MKS 'ŚWIĘC' SŁAWNO	M-30	47	00:00:32	00:17:22	00:35:21	<b>00:52:43.70</b>	<b>00:52:43.70</b>	+00:14:34 (27.6%)	5:16	11.4 (72.6%)
29	<b>BYSZEWSKI Arkadiusz</b>	<b>36</b>		M-18	24	00:00:28	00:17:53	00:35:40	<b>00:53:04.65</b>	<b>00:53:04.65</b>	+00:14:55 (28.1%)	5:18	11.3 (72.0%)
30	<b>RUCHLEWICZ Michał</b>	<b>265</b>	ZSZYWACZ	M-18	25	00:00:30	00:17:14	00:34:59	<b>00:53:04.90</b>	<b>00:53:04.90</b>	+00:14:55 (28.1%)	5:18	11.3 (72.0%)
31	<b>HANC Michał</b>	<b>91</b>		M-30	49	00:00:31	00:17:31	00:35:48	<b>00:53:23.15</b>	<b>00:53:23.15</b>	+00:15:13 (28.5%)	5:20	11.2 (71.3%)
32	<b>MICHALAK Wojciech</b>	<b>201</b>	MKS ŚWIĘC SŁAWNO	M-40	38	00:00:12	00:17:46	00:36:07	<b>00:54:28.90</b>	<b>00:54:28.90</b>	+00:16:19 (30.0%)	5:26	11 (70.1%)
33	<b>JABŁOŃSKI Tomasz</b>	<b>101</b>		M-30	52	00:00:23	00:17:11	00:36:21	<b>00:55:07.95</b>	<b>00:55:07.95</b>	+00:16:58 (30.8%)	5:30	10.9 (69.4%)
34	<b>SENIUK Bartosz</b>	<b>278</b>	WOLNO ALE DOSTOJNIE	M-18	28	00:00:18	00:17:04	00:35:44	<b>00:55:17.60</b>	<b>00:55:17.60</b>	+00:17:08 (31.0%)	5:31	10.9 (69.4%)
35	<b>WOŹNIAK Dariusz</b>	<b>360</b>	WWW.LIMO300C.COM	M-40	42	00:00:13					+00:00:00	3:05	19.4 (123.6%)

Znaleziono 35 wynik(ów)