

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



Klasyfikacja: M-Powiat

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	MIERZWA Witold	204	DARŁOWO	M-40	2	00:00:10	00:12:18	00:24:49	00:37:17.65	00:37:17.65		3:43	16.1 (100%)
2	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	+00:00:16 (0.7%)	3:45	16 (99.4%)
3	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	+00:00:26 (1.2%)	3:46	15.9 (98.8%)
4	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	+00:00:51 (2.3%)	3:48	15.7 (97.5%)
5	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	+00:01:25 (3.7%)	3:52	15.5 (96.3%)
6	GAŁKOWSKI Dariusz	399		M-40	7	00:00:10	00:12:34	00:25:28	00:38:50.35	00:38:50.35	+00:01:32 (4.0%)	3:53	15.5 (96.3%)
7	CHUDY Henryk	40	K SOLSZEWSKI I SYNOWIE	M-60	1	00:00:16	00:12:52	00:25:48	00:38:58.40	00:38:58.40	+00:01:40 (4.3%)	3:53	15.4 (95.7%)
8	PANCEWICZ Piotr	235		M-30	11	00:00:15	00:12:53	00:26:14	00:39:21.45	00:39:21.45	+00:02:03 (5.2%)	3:56	15.2 (94.4%)
9	MAZUR Emiliusz	196		M-40	8	00:00:14	00:12:59	00:26:13	00:39:40.60	00:39:40.60	+00:02:22 (6.0%)	3:58	15.1 (93.8%)
10	BIERNAT Kamil	15	MKS ŚWIĘC SŁAWNO	M-18	5	00:00:17	00:12:47	00:26:18	00:40:06.70	00:40:06.70	+00:02:49 (7.0%)	4:00	15 (93.2%)
11	ADAMEŁAK Krzysztof	2		M-40	9	00:00:22	00:13:35	00:27:07	00:40:24.50	00:40:24.50	+00:03:06 (7.7%)	4:02	14.9 (92.5%)
12	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	+00:03:25 (8.4%)	4:04	14.7 (91.3%)
13	BIERNAT Marcin	72	MKS ŚWIĘC SŁAWNO	M-18	8	00:00:16	00:13:12	00:27:47	00:41:42.90	00:41:42.90	+00:04:25 (10.6%)	4:10	14.4 (89.4%)
14	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	+00:04:27 (10.7%)	4:10	14.4 (89.4%)
15	BŁASZCZYK Tadeusz	19		M-50	4	00:00:19	00:13:57	00:28:03	00:42:04.05	00:42:04.05	+00:04:46 (11.3%)	4:12	14.3 (88.8%)
16	SOMINKA Andrzej	289		M-40	15	00:00:24	00:14:24	00:28:50	00:43:09.35	00:43:09.35	+00:05:51 (13.6%)	4:18	13.9 (86.3%)
17	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	+00:06:01 (13.9%)	4:19	13.9 (86.3%)
18	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	+00:06:15 (14.4%)	4:21	13.8 (85.7%)
18	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	+00:06:15 (14.4%)	4:21	13.8 (85.7%)
20	CZACH Sebastian	41	RUNNERSWALDE DARŁOWO	M-18	9	00:00:21	00:14:36	00:29:22	00:43:49.40	00:43:49.40	+00:06:31 (14.9%)	4:22	13.7 (85.1%)
21	ROSIĄK Damian	263		M-18	10	00:00:19	00:13:36	00:28:39	00:43:51.65	00:43:51.65	+00:06:34 (15.0%)	4:23	13.7 (85.1%)
22	BILEK Sebastian	387	DORIAN TEAM	M-18	11	00:00:27	00:14:36	00:29:36	00:43:59.80	00:43:59.80	+00:06:42 (15.2%)	4:23	13.6 (84.5%)
23	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	+00:06:50 (15.5%)	4:24	13.6 (84.5%)
24	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	+00:07:11 (16.2%)	4:26	13.5 (83.9%)
25	WEŁNIŃSKI Bartłomiej	382	DORIAN TEAM	M-18	12	00:00:27	00:14:35	00:29:36	00:44:31.65	00:44:31.65	+00:07:14 (16.2%)	4:27	13.5 (83.9%)
26	WITKOWSKI Krzysztof	355	MKS ŚWIĘC SM WYBRZEŻE SŁAWNO	M-50	9	00:00:19	00:14:53	00:30:05	00:45:10.10	00:45:10.10	+00:07:52 (17.4%)	4:31	13.3 (82.6%)
27	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	+00:08:10 (18.0%)	4:32	13.2 (82.0%)

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	WIERZBICKI Sylwester	344	RUNNERSWALDE	M-30	25	00:00:21	00:15:02	00:30:34	00:45:56.00	00:45:56.00	+00:08:38 (18.8%)	4:35	13.1 (81.4%)
29	TELESIEWICZ Henryk	324	KLUB WIELKA STOPA	M-60	4	00:00:16	00:14:47	00:30:23	00:46:01.20	00:46:01.20	+00:08:43 (19.0%)	4:36	13 (80.7%)
30	KURCZYK Zbigniew	170		M-30	26	00:00:16	00:15:03	00:30:45	00:46:28.95	00:46:28.95	+00:09:11 (19.8%)	4:38	12.9 (80.1%)
31	WITKOWSKI Dawid	354		M-18	15	00:00:32	00:15:43	00:31:02	00:46:59.05	00:46:59.05	+00:09:41 (20.6%)	4:41	12.8 (79.5%)
32	GOSTOMCZYK Krzysztof	82		M-30	31	00:00:18	00:15:18	00:31:00	00:47:15.25	00:47:15.25	+00:09:57 (21.1%)	4:43	12.7 (78.9%)
33	SZYMCZEWSKI Szymon	319		M-18	17	00:00:27	00:15:49	00:31:49	00:47:43.35	00:47:43.35	+00:10:25 (21.9%)	4:46	12.6 (78.3%)
34	SZYMCZEWSKI Dariusz	318		M-50	11	00:00:27	00:16:02	00:32:17	00:48:01.40	00:48:01.40	+00:10:43 (22.3%)	4:48	12.5 (77.6%)
35	KAZUSEK Jan	380	BRYZA POSTOMINO	M-60	7	00:00:24	00:16:22	00:32:15	00:48:26.45	00:48:26.45	+00:11:08 (23.0%)	4:50	12.4 (77.0%)
36	KRUSZYŃSKI Stanisław	160	DARŁOWOBIEGA	M-50	13	00:00:35	00:16:30	00:32:47	00:48:53.10	00:48:53.10	+00:11:35 (23.7%)	4:53	12.3 (76.4%)
37	KANIOWSKI 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	+00:11:40 (23.8%)	4:53	12.3 (76.4%)
38	GOSTOMCZYK Marek	83	ŚWIĘC	M-40	35	00:00:18	00:15:39	00:33:17	00:49:53.20	00:49:53.20	+00:12:35 (25.2%)	4:59	12 (74.5%)
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	+00:12:42 (25.4%)	5:00	12 (74.5%)
40	MALINOWSKI Adam	189	MKS ŚWIĘC SŁAWNO	M-50	14	00:00:21	00:16:22	00:33:32	00:50:27.65	00:50:27.65	+00:13:10 (26.1%)	5:02	11.9 (73.9%)
41	KOPERSKI Jan	141	MKS ŚWIĘC SŁAWNO	M-50	16	00:00:27	00:16:32	00:33:41	00:50:41.90	00:50:41.90	+00:13:24 (26.4%)	5:04	11.8 (73.3%)
42	PAKMUR Michał	234		M-30	41	00:00:31	00:16:35	00:33:38	00:50:52.60	00:50:52.60	+00:13:34 (26.7%)	5:05	11.8 (73.3%)
43	TWOREK Józef	330	ŚWIĘC SŁAWNO	M-50	17	00:00:19	00:16:40	00:33:45	00:50:55.65	00:50:55.65	+00:13:38 (26.8%)	5:05	11.8 (73.3%)
44	NOREK Ryszard	222		M-60	8	00:00:34	00:17:10	00:34:10	00:51:22.80	00:51:22.80	+00:14:05 (27.4%)	5:08	11.7 (72.7%)
45	KOWALSKI Konrad	384	DORIAN TEAM	M-18	22	00:00:28	00:16:36	00:33:55	00:51:38.95	00:51:38.95	+00:14:21 (27.8%)	5:09	11.6 (72.0%)
45	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	+00:14:21 (27.8%)	5:09	11.6 (72.0%)
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	+00:15:26 (29.3%)	5:16	11.4 (70.8%)
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	+00:15:41 (29.6%)	5:17	11.3 (70.2%)
49	BYSZEWSKI Arkadiusz	36		M-18	24	00:00:28	00:17:53	00:35:40	00:53:04.65	00:53:04.65	+00:15:47 (29.7%)	5:18	11.3 (70.2%)
50	RUCHEWICZ Michał	265	ZSZYWACZ	M-18	25	00:00:30	00:17:14	00:34:59	00:53:04.90	00:53:04.90	+00:15:47 (29.7%)	5:18	11.3 (70.2%)
51	HANC Michał	91		M-30	49	00:00:31	00:17:31	00:35:48	00:53:23.15	00:53:23.15	+00:16:05 (30.1%)	5:20	11.2 (69.6%)
52	KAWECKI Józef	130		M-50	18	00:00:23	00:17:53	00:35:40	00:53:37.15	00:53:37.15	+00:16:19 (30.4%)	5:21	11.2 (69.6%)
53	SENIUK Wojciech	279	WOLNO ALE DOSTOJNIE	M-18	27	00:00:17	00:17:04	00:35:44	00:53:58.40	00:53:58.40	+00:16:40 (30.9%)	5:23	11.1 (68.9%)
54	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	+00:17:11 (31.5%)	5:26	11 (68.3%)
55	JABŁOŃSKI Tomasz	101		M-30	52	00:00:23	00:17:11	00:36:21	00:55:07.95	00:55:07.95	+00:17:50 (32.4%)	5:30	10.9 (67.7%)
56	SENIUK Bartosz	278	WOLNO ALE DOSTOJNIE	M-18	28	00:00:18	00:17:04	00:35:44	00:55:17.60	00:55:17.60	+00:17:59 (32.6%)	5:31	10.9 (67.7%)
57	BAK Zbigniew	7	RUNNERSWALDE	M-30	53	00:00:32	00:18:49	00:38:02	00:57:32.95	00:57:32.95	+00:20:15 (35.2%)	5:45	10.4 (64.6%)
58	BRESZKA Paweł	28	DARŁOWO	M-40	39	00:00:35	00:20:08	00:39:39	00:58:15.30	00:58:15.30	+00:20:57 (36.0%)	5:49	10.3 (64.0%)
59	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	+00:20:58 (36.0%)	5:49	10.3 (64.0%)
60	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	+00:20:59 (36.0%)	5:49	10.3 (64.0%)
61	PACHUTA Damian	233		M-18	29	00:00:30	00:20:36	00:39:46	00:58:40.40	00:58:40.40	+00:21:22 (36.4%)	5:52	10.2 (63.4%)
62	WOŹNIAK Dariusz	360	WWW.LIMO300C.COM	M-40	42	00:00:13					+00:00:02	3:05	19.4 (120.5%)

Znaleziono 62 wynik(ów)