

Organizator: Ośrodek Sportu i Rekreacji w Sławnie
Data: 2017-05-13
Miejsce: Sławno
Dystans: 10 km



Klasyfikacja: M-Miasto

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 0.07km	Finish_All 3.38km	Finish_All 6.69km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	KRUKOWSKI Błażej	134	MKS 'ŚWIĘC' SŁAWNO	M-30	7	00:00:05	00:00:15	00:13:02	00:26:16	00:39:34.55	00:39:40.00		3:57	15.2 (100%)
2	KAMELSKI Piotr	98	SŁAWNO	M-40	14	00:00:04	00:00:17	00:14:03	00:28:46	00:43:22.10	00:43:26.75	+00:03:47 (8.7%)	4:20	13.8 (90.8%)
3	RYGIELSKI Arkadiusz	231	MKS 'ŚWIĘC' SŁAWNO	M-18	10	00:00:04	00:00:14	00:13:49	00:29:01	00:44:04.40	00:44:08.65	+00:04:29 (10.2%)	4:24	13.6 (89.5%)
4	STOJEWSKI Jarosław	248	JA_BEZ_SILNA	M-30	26	00:00:12	00:00:19	00:14:56	00:30:29	00:46:11.85	00:46:23.85	+00:06:37 (14.3%)	4:37	13 (85.5%)
5	KURCZYK Zbigniew	143	MKS 'ŚWIĘC' SŁAWNO	M-40	28	00:00:07	00:00:22	00:15:22	00:30:45	00:46:12.90	00:46:20.45	+00:06:38 (14.4%)	4:37	13 (85.5%)
6	WÓJCICKI Grzegorz	301	1983.	M-30	28	00:00:09	00:00:21	00:15:02	00:30:32	00:46:17.45	00:46:27.15	+00:06:42 (14.5%)	4:37	13 (85.5%)
7	RÓG Bartosz	224	MKS 'ŚWIĘC' SŁAWNO	M-30	29	00:00:10	00:00:20	00:14:29	00:30:25	00:46:37.65	00:46:47.90	+00:07:03 (15.1%)	4:39	12.9 (84.9%)
8	TELESIEWICZ Henryk	269	MKS 'ŚWIĘC' SŁAWNO	M-70+	1	00:00:03	00:00:17	00:15:12	00:31:00	00:46:51.10	00:46:55.00	+00:07:16 (15.5%)	4:41	12.8 (84.2%)
9	ROSIAK Damian	223		M-18	14	00:00:03	00:00:16	00:13:50	00:30:07	00:47:15.95	00:47:19.85	+00:07:41 (16.3%)	4:43	12.7 (83.6%)
10	PROTASEWICZ Andrzej	214		M-40	32	00:00:07	00:00:19	00:15:39	00:31:30	00:47:16.85	00:47:23.85	+00:07:42 (16.3%)	4:43	12.7 (83.6%)
11	BIERNAT Marcin	318		M-18	15	00:00:07	00:00:21	00:14:27	00:30:56	00:47:30.50	00:47:38.45	+00:07:55 (16.7%)	4:45	12.6 (82.9%)
12	WITKOWSKI Krzysztof	298	MKS 'ŚWIĘC' SŁAWNO	M-50	8	00:00:18	00:00:22	00:15:29	00:31:42	00:48:12.55	00:48:30.60	+00:08:38 (17.9%)	4:49	12.4 (81.6%)
13	KOZŁOWSKI Adrian	129	MKS 'ŚWIĘC' SŁAWNO	M-18	19	00:00:04	00:00:16	00:14:23	00:31:04	00:48:25.75	00:48:30.40	+00:08:51 (18.3%)	4:50	12.4 (81.6%)
14	KANIEWSKI Jacek	99	W.P.K. SŁOŃ TEAM USTKA	M-40	44	00:00:16	00:00:27	00:16:24	00:33:25	00:49:50.70	00:50:07.10	+00:10:16 (20.6%)	4:59	12 (78.9%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Finish_All 0.07km	Finish_All 3.38km	Finish_All 6.69km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
15	TOMCZYK Mateusz	274		M-18	21	00:00:21	00:00:25	00:16:08	00:33:11	00:50:07.35	00:50:28.75	+00:10:32 (21.0%)	5:00	12 (78.9%)
16	MAZUR Bartosz	64		M-18	22	00:00:08	00:00:20	00:15:43	00:32:19	00:50:12.85	00:50:21.00	+00:10:38 (21.2%)	5:01	11.9 (78.3%)
17	GRZEGORCZYK Piotr	61		M-30	39	00:00:14	00:00:21	00:14:32	00:34:01	00:50:30.00	00:50:44.00	+00:10:55 (21.6%)	5:03	11.9 (78.3%)
18	MARIAK Adrian	326		M-30	41	00:00:12	00:00:23	00:16:15	00:33:39	00:50:55.05	00:51:07.85	+00:11:20 (22.3%)	5:05	11.8 (77.6%)
19	WITKOWSKI Dawid	297		M-18	24	00:00:20	00:00:26	00:16:09	00:33:26	00:51:11.75	00:51:32.55	+00:11:37 (22.7%)	5:07	11.7 (77.0%)
20	KAZUSEK Jan	104	'BRYZA' POSTOMINO	M-60	6	00:00:15	00:00:24	00:16:56	00:33:55	00:51:22.55	00:51:37.85	+00:11:48 (23.0%)	5:08	11.7 (77.0%)
21	BIERNAT Krzysztof	317	MKS 'ŚWIĘC' SŁAWNO	M-30	50	00:00:12	00:00:24	00:16:49	00:34:16	00:52:05.35	00:52:17.90	+00:12:30 (24.0%)	5:12	11.5 (75.7%)
22	NOREK Ryszard	188		M-60	7	00:00:04	00:00:18	00:16:58	00:34:43	00:52:44.30	00:52:48.80	+00:13:09 (25.0%)	5:16	11.4 (75.0%)
23	JABŁOŃSKI Tomasz	76	AR SPOKO SŁAWNO	M-30	53	00:00:04	00:00:16	00:16:04	00:34:24	00:52:48.50	00:52:53.25	+00:13:13 (25.1%)	5:16	11.4 (75.0%)
24	TOPOLIŃSKI Ireneusz	323	KB BRYZA POSTOMINO	M-30	54	00:00:11	00:00:24	00:17:09	00:34:59	00:53:00.80	00:53:12.60	+00:13:26 (25.3%)	5:18	11.3 (74.3%)
25	BUKOWSKI Bartosz	14		M-30	56	00:00:17	00:00:28	00:18:02	00:35:47	00:53:12.50	00:53:29.60	+00:13:37 (25.6%)	5:19	11.3 (74.3%)
26	MICHALAK Wojciech	174	MKS 'ŚWIĘC' SŁAWNO	M-40	52	00:00:03	00:00:11	00:17:16	00:35:36	00:53:42.90	00:53:46.15	+00:14:08 (26.3%)	5:22	11.2 (73.7%)
27	GOSTOMCZYK Marek	55	MKS 'ŚWIĘC' SŁAWNO	M-40	53	00:00:05	00:00:18	00:16:16	00:34:57	00:54:09.40	00:54:15.30	+00:14:34 (26.9%)	5:25	11.1 (73.0%)
28	PAKMUR Michał	200		M-30	59	00:00:12	00:00:24	00:17:33	00:36:19	00:55:09.15	00:55:22.00	+00:15:34 (28.2%)	5:31	10.9 (71.7%)
29	TWOREK Józef	321	MKS 'ŚWIĘC' SŁAWNO	M-50	19	00:00:14	00:00:26	00:18:04	00:36:46	00:56:19.65	00:56:34.55	+00:16:45 (29.7%)	5:38	10.7 (70.4%)
30	KOPERSKI Jan	117	MKS 'ŚWIĘC' SŁAWNO	M-50	20	00:00:19	00:00:26	00:18:04	00:36:51	00:56:23.25	00:56:42.70	+00:16:48 (29.8%)	5:38	10.6 (69.7%)
31	DEMIDOK Mariusz	28	JW 1223	M-40	57	00:00:18	00:00:26	00:17:07	00:36:21	00:57:20.45	00:57:38.90	+00:17:45 (31.0%)	5:44	10.5 (69.1%)
32	WOŹNIAK Dariusz	300	WWW.LIMO300C.COM	M-40	59	00:00:06	00:00:18	00:18:01	00:37:21	00:57:52.65	00:57:58.65	+00:18:18 (31.6%)	5:47	10.4 (68.4%)
33	BUKOWSKI Adam	15		M-40	61	00:00:19	00:00:28	00:19:32	00:39:26	00:59:51.30	01:00:10.45	+00:20:16 (33.9%)	5:59	10 (65.8%)
34	WIECZOREK Jacek	285		M-30	64	00:00:23	00:00:27	00:18:52	00:39:45	01:04:12.20	01:04:36.15	+00:24:37 (38.4%)	6:25	9.3 (61.2%)

Znaleziono 34 wynik(ów)