

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

Klasyfikacja: M-Powiat

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	<b>WILCZEWSKI Krzysztof</b>	<b>290</b>	MKS 'ŚWIĘC' SŁAWNO	M-30	2	00:00:04	00:00:13	00:12:21	00:24:42	<b>00:36:59.95</b>	<b>00:37:04.10</b>		3:42	16.2 (100%)
2	<b>KURKUL Przemysław</b>	<b>144</b>	KB BRYZA POSTOMINO	M-18	2	00:00:04	00:00:15	00:12:35	00:25:07	<b>00:37:30.15</b>	<b>00:37:34.30</b>	+00:00:30 (1.3%)	3:45	16 (98.8%)
3	<b>WILCZEWSKI Mariusz</b>	<b>291</b>	MKS 'ŚWIĘC' SŁAWNO	M-30	4	00:00:04	00:00:14	00:12:38	00:25:58	<b>00:39:25.90</b>	<b>00:39:30.05</b>	+00:02:25 (6.2%)	3:56	15.2 (93.8%)
4	<b>SAJKO Bartosz</b>	<b>232</b>	ŻYJ Z ENERGIA	M-30	5	00:00:05	00:00:17	00:13:12	00:26:19	<b>00:39:26.70</b>	<b>00:39:32.50</b>	+00:02:26 (6.2%)	3:56	15.2 (93.8%)
5	<b>KRUKOWSKI Błażej</b>	<b>134</b>	MKS 'ŚWIĘC' SŁAWNO	M-30	7	00:00:05	00:00:15	00:13:02	00:26:16	<b>00:39:34.55</b>	<b>00:39:40.00</b>	+00:02:34 (6.5%)	3:57	15.2 (93.8%)
6	<b>DURMAN Dawid</b>	<b>32</b>		M-18	4	00:00:04	00:00:16	00:12:56	00:26:09	<b>00:39:42.30</b>	<b>00:39:46.45</b>	+00:02:42 (6.8%)	3:58	15.1 (93.2%)
7	<b>PANCEWICZ Piotr</b>	<b>201</b>	RUNNERSWALDE DARŁOWO	M-30	9	00:00:03	00:00:16	00:13:22	00:27:13	<b>00:41:03.30</b>	<b>00:41:06.70</b>	+00:04:03 (9.9%)	4:06	14.6 (90.1%)
8	<b>ADAMELAK Krzysztof</b>	<b>1</b>	GRUPA LOTNICZA DARŁOWO	M-40	9	00:00:16	00:00:23	00:13:51	00:27:54	<b>00:41:38.25</b>	<b>00:41:54.35</b>	+00:04:38 (11.1%)	4:09	14.4 (88.9%)
9	<b>ANTOSIK Grzegorz</b>	<b>35</b>	KB BRYZA POSTOMINO	M-40	10	00:00:03	00:00:15	00:13:26	00:27:43	<b>00:41:49.30</b>	<b>00:41:52.60</b>	+00:04:49 (11.5%)	4:10	14.3 (88.3%)
10	<b>WÓJCIK Damian</b>	<b>302</b>	RUNNERSWALDE DARŁOWO	M-40	11	00:00:05	00:00:17	00:13:31	00:27:35	<b>00:41:57.10</b>	<b>00:42:02.60</b>	+00:04:57 (11.8%)	4:11	14.3 (88.3%)
11	<b>CHUDY Henryk</b>	<b>20</b>	KS OLSZEWSKI I SYNOWIE	M-60	1	00:00:04	00:00:16	00:13:09	00:27:13	<b>00:42:19.20</b>	<b>00:42:23.70</b>	+00:05:19 (12.6%)	4:13	14.2 (87.7%)
12	<b>SIEMIĄTKOWSKI Robert</b>	<b>234</b>	DROGERIE JASMIN DARŁOWO	M-30	13	00:00:07	00:00:19	00:14:07	00:28:43	<b>00:42:58.05</b>	<b>00:43:05.65</b>	+00:05:58 (13.9%)	4:17	14 (86.4%)
13	<b>PŁAZA Ryszard</b>	<b>212</b>	DARŁOWO	M-40	13	00:00:13	00:00:23	00:13:59	00:28:18	<b>00:42:59.00</b>	<b>00:43:12.00</b>	+00:05:59 (13.9%)	4:17	14 (86.4%)
14	<b>KAMELSKI Piotr</b>	<b>98</b>	SŁAWNO	M-40	14	00:00:04	00:00:17	00:14:03	00:28:46	<b>00:43:22.10</b>	<b>00:43:26.75</b>	+00:06:22 (14.7%)	4:20	13.8 (85.2%)

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	<b>MAZUR Emilusz</b>	<b>168</b>	ŻYJ Z ENERGIA	M-40	15	00:00:05	00:00:18	00:14:04	00:28:21	<b>00:43:29.10</b>	<b>00:43:34.50</b>	+00:06:29 (14.9%)	4:20	13.8 (85.2%)
16	<b>NOWACZYK Christian</b>	<b>189</b>		M-18	6	00:00:06	00:00:20	00:14:23	00:29:11	<b>00:43:49.00</b>	<b>00:43:55.90</b>	+00:06:49 (15.6%)	4:22	13.7 (84.6%)
17	<b>RYGIELSKI Arkadiusz</b>	<b>231</b>	MKS 'ŚWIĘC' SŁAWNO	M-18	10	00:00:04	00:00:14	00:13:49	00:29:01	<b>00:44:04.40</b>	<b>00:44:08.65</b>	+00:07:04 (16.1%)	4:24	13.6 (84.0%)
18	<b>BRESZKA Tomek</b>	<b>11</b>	CAPTAIN AMERICA VS THE FLASH	M-30	20	00:00:05	00:00:17	00:14:32	00:29:46	<b>00:44:49.95</b>	<b>00:44:55.35</b>	+00:07:50 (17.5%)	4:29	13.4 (82.7%)
19	<b>WIERZBICKI Sylwester</b>	<b>288</b>		M-30	24	00:00:16	00:00:23	00:15:18	00:30:45	<b>00:45:55.80</b>	<b>00:46:12.10</b>	+00:08:55 (19.4%)	4:35	13.1 (80.9%)
20	<b>STOJEWSKI Jarosław</b>	<b>248</b>	JA_BEZ_SILNA	M-30	26	00:00:12	00:00:19	00:14:56	00:30:29	<b>00:46:11.85</b>	<b>00:46:23.85</b>	+00:09:11 (19.9%)	4:37	13 (80.2%)
21	<b>KURCZYK Zbigniew</b>	<b>143</b>	MKS 'ŚWIĘC' SŁAWNO	M-40	28	00:00:07	00:00:22	00:15:22	00:30:45	<b>00:46:12.90</b>	<b>00:46:20.45</b>	+00:09:12 (19.9%)	4:37	13 (80.2%)
22	<b>WÓJCICKI Grzegorz</b>	<b>301</b>	1983.	M-30	28	00:00:09	00:00:21	00:15:02	00:30:32	<b>00:46:17.45</b>	<b>00:46:27.15</b>	+00:09:17 (20.1%)	4:37	13 (80.2%)
23	<b>LUPKE Marcin</b>	<b>152</b>	STUDIO13DARLOWO	M-18	13	00:00:08	00:00:20	00:14:53	00:30:43	<b>00:46:23.05</b>	<b>00:46:31.35</b>	+00:09:23 (20.2%)	4:38	12.9 (79.6%)
24	<b>RÓG Bartosz</b>	<b>224</b>	MKS 'ŚWIĘC' SŁAWNO	M-30	29	00:00:10	00:00:20	00:14:29	00:30:25	<b>00:46:37.65</b>	<b>00:46:47.90</b>	+00:09:37 (20.6%)	4:39	12.9 (79.6%)
25	<b>TELESIEWICZ Henryk</b>	<b>269</b>	MKS 'ŚWIĘC' SŁAWNO	M-70+	1	00:00:03	00:00:17	00:15:12	00:31:00	<b>00:46:51.10</b>	<b>00:46:55.00</b>	+00:09:51 (21.0%)	4:41	12.8 (79.0%)
26	<b>KRAWCZUK Szymon</b>	<b>131</b>	GEPARD GLEŻNOWO	M-30	30	00:00:22	00:00:26	00:16:30	00:32:08	<b>00:46:56.40</b>	<b>00:47:18.50</b>	+00:09:56 (21.2%)	4:41	12.8 (79.0%)
27	<b>ROSIAK Damian</b>	<b>223</b>		M-18	14	00:00:03	00:00:16	00:13:50	00:30:07	<b>00:47:15.95</b>	<b>00:47:19.85</b>	+00:10:16 (21.7%)	4:43	12.7 (78.4%)
28	<b>PROTASEWICZ Andrzej</b>	<b>214</b>		M-40	32	00:00:07	00:00:19	00:15:39	00:31:30	<b>00:47:16.85</b>	<b>00:47:23.85</b>	+00:10:16 (21.7%)	4:43	12.7 (78.4%)
29	<b>METERA Piotr</b>	<b>172</b>	RUNNERSWALDE DARŁOWO	M-30	32	00:00:16	00:00:23	00:15:20	00:31:19	<b>00:47:27.85</b>	<b>00:47:44.15</b>	+00:10:27 (22.0%)	4:44	12.6 (77.8%)
30	<b>BIERNAT Marcin</b>	<b>318</b>		M-18	15	00:00:07	00:00:21	00:14:27	00:30:56	<b>00:47:30.50</b>	<b>00:47:38.45</b>	+00:10:30 (22.1%)	4:45	12.6 (77.8%)
31	<b>MISZCZYK Jan</b>	<b>178</b>	ROZBIEGANY KOSZALIN	M-18	18	00:00:24	00:00:23	00:15:12	00:31:33	<b>00:48:03.45</b>	<b>00:48:28.25</b>	+00:11:03 (23.0%)	4:48	12.5 (77.2%)
32	<b>WITKOWSKI Krzysztof</b>	<b>298</b>	MKS 'ŚWIĘC' SŁAWNO	M-50	8	00:00:18	00:00:22	00:15:29	00:31:42	<b>00:48:12.55</b>	<b>00:48:30.60</b>	+00:11:12 (23.3%)	4:49	12.4 (76.5%)
33	<b>WIELGAT Łukasz</b>	<b>286</b>	KB BRYZA POSTOMINO	M-30	34	00:00:13	00:00:24	00:15:27	00:31:42	<b>00:48:23.65</b>	<b>00:48:37.45</b>	+00:11:23 (23.5%)	4:50	12.4 (76.5%)
34	<b>KOZŁOWSKI Adrian</b>	<b>129</b>	MKS 'ŚWIĘC' SŁAWNO	M-18	19	00:00:04	00:00:16	00:14:23	00:31:04	<b>00:48:25.75</b>	<b>00:48:30.40</b>	+00:11:25 (23.6%)	4:50	12.4 (76.5%)
35	<b>KANIOWSKI Jacek</b>	<b>99</b>	W.P.K. SŁOŃ TEAM USTKA	M-40	44	00:00:16	00:00:27	00:16:24	00:33:25	<b>00:49:50.70</b>	<b>00:50:07.10</b>	+00:12:50 (25.8%)	4:59	12 (74.1%)
36	<b>WICENS Jacek</b>	<b>283</b>	BOLESZEWO	M-30	38	00:00:13	00:00:24	00:16:53	00:33:46	<b>00:50:06.10</b>	<b>00:50:19.65</b>	+00:13:06 (26.2%)	5:00	12 (74.1%)
37	<b>TOMCZYK Mateusz</b>	<b>274</b>		M-18	21	00:00:21	00:00:25	00:16:08	00:33:11	<b>00:50:07.35</b>	<b>00:50:28.75</b>	+00:13:07 (26.2%)	5:00	12 (74.1%)

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38	<b>MAZUR Bartosz</b>	<b>64</b>		M-18	22	00:00:08	00:00:20	00:15:43	00:32:19	<b>00:50:12.85</b>	<b>00:50:21.00</b>	+00:13:12 (26.3%)	5:01	11.9 (73.5%)
39	<b>GRZEGORCZYK Piotr</b>	<b>61</b>		M-30	39	00:00:14	00:00:21	00:14:32	00:34:01	<b>00:50:30.00</b>	<b>00:50:44.00</b>	+00:13:30 (26.7%)	5:03	11.9 (73.5%)
40	<b>KRUSZYŃSKI Stanisław</b>	<b>135</b>	RUNNERSWALDE DARŁOWO	M-50	11	00:00:18	00:00:25	00:17:12	00:34:08	<b>00:50:30.40</b>	<b>00:50:48.80</b>	+00:13:30 (26.7%)	5:03	11.9 (73.5%)
41	<b>MARIAK Adrian</b>	<b>326</b>		M-30	41	00:00:12	00:00:23	00:16:15	00:33:39	<b>00:50:55.05</b>	<b>00:51:07.85</b>	+00:13:55 (27.3%)	5:05	11.8 (72.8%)
42	<b>WITKOWSKI Dawid</b>	<b>297</b>		M-18	24	00:00:20	00:00:26	00:16:09	00:33:26	<b>00:51:11.75</b>	<b>00:51:32.55</b>	+00:14:11 (27.7%)	5:07	11.7 (72.2%)
43	<b>ROBAK Grzegorz</b>	<b>218</b>		M-30	42	00:00:25	00:00:27	00:16:56	00:33:55	<b>00:51:13.45</b>	<b>00:51:38.80</b>	+00:14:13 (27.8%)	5:07	11.7 (72.2%)
44	<b>WIATRZYK Krzysztof</b>	<b>282</b>	DARŁOWO	M-40	47	00:00:14	00:00:25	00:16:06	00:33:08	<b>00:51:14.30</b>	<b>00:51:28.95</b>	+00:14:14 (27.8%)	5:07	11.7 (72.2%)
44	<b>SKIERKA Grzegorz</b>	<b>236</b>	MKS 'ŚWIĘC' SŁAWNO	M-30	43	00:00:14	00:00:25	00:16:06	00:33:08	<b>00:51:14.30</b>	<b>00:51:29.00</b>	+00:14:14 (27.8%)	5:07	11.7 (72.2%)
46	<b>KAZUSEK Jan</b>	<b>104</b>	'BRYZA' POSTOMINO	M-60	6	00:00:15	00:00:24	00:16:56	00:33:55	<b>00:51:22.55</b>	<b>00:51:37.85</b>	+00:14:22 (28.0%)	5:08	11.7 (72.2%)
47	<b>DUDEK Bartłomiej</b>	<b>308</b>	KB BRYZA POSTOMINO	M-40	49	00:00:14	00:00:24	00:16:54	00:34:25	<b>00:51:48.80</b>	<b>00:52:02.95</b>	+00:14:48 (28.6%)	5:10	11.6 (71.6%)
48	<b>BIERNAT Krzysztof</b>	<b>317</b>	MKS 'ŚWIĘC' SŁAWNO	M-30	50	00:00:12	00:00:24	00:16:49	00:34:16	<b>00:52:05.35</b>	<b>00:52:17.90</b>	+00:15:05 (29.0%)	5:12	11.5 (71.0%)
49	<b>NOREK Ryszard</b>	<b>188</b>		M-60	7	00:00:04	00:00:18	00:16:58	00:34:43	<b>00:52:44.30</b>	<b>00:52:48.80</b>	+00:15:44 (29.8%)	5:16	11.4 (70.4%)
50	<b>JABŁOŃSKI Tomasz</b>	<b>76</b>	AR SPOKO SŁAWNO	M-30	53	00:00:04	00:00:16	00:16:04	00:34:24	<b>00:52:48.50</b>	<b>00:52:53.25</b>	+00:15:48 (29.9%)	5:16	11.4 (70.4%)
51	<b>TOPOLIŃSKI Ireneusz</b>	<b>323</b>	KB BRYZA POSTOMINO	M-30	54	00:00:11	00:00:24	00:17:09	00:34:59	<b>00:53:00.80</b>	<b>00:53:12.60</b>	+00:16:00 (30.2%)	5:18	11.3 (69.8%)
52	<b>BUKOWSKI Bartosz</b>	<b>14</b>		M-30	56	00:00:17	00:00:28	00:18:02	00:35:47	<b>00:53:12.50</b>	<b>00:53:29.60</b>	+00:16:12 (30.5%)	5:19	11.3 (69.8%)
53	<b>MICHALAK Wojciech</b>	<b>174</b>	MKS 'ŚWIĘC' SŁAWNO	M-40	52	00:00:03	00:00:11	00:17:16	00:35:36	<b>00:53:42.90</b>	<b>00:53:46.15</b>	+00:16:42 (31.1%)	5:22	11.2 (69.1%)
54	<b>GOSTOMCZYK Marek</b>	<b>55</b>	MKS 'ŚWIĘC' SŁAWNO	M-40	53	00:00:05	00:00:18	00:16:16	00:34:57	<b>00:54:09.40</b>	<b>00:54:15.30</b>	+00:17:09 (31.7%)	5:25	11.1 (68.5%)
55	<b>PAKMUR Michał</b>	<b>200</b>		M-30	59	00:00:12	00:00:24	00:17:33	00:36:19	<b>00:55:09.15</b>	<b>00:55:22.00</b>	+00:18:09 (32.9%)	5:31	10.9 (67.3%)
56	<b>TWOREK Józef</b>	<b>321</b>	MKS 'ŚWIĘC' SŁAWNO	M-50	19	00:00:14	00:00:26	00:18:04	00:36:46	<b>00:56:19.65</b>	<b>00:56:34.55</b>	+00:19:19 (34.3%)	5:38	10.7 (66.0%)
57	<b>KOPERSKI Jan</b>	<b>117</b>	MKS 'ŚWIĘC' SŁAWNO	M-50	20	00:00:19	00:00:26	00:18:04	00:36:51	<b>00:56:23.25</b>	<b>00:56:42.70</b>	+00:19:23 (34.4%)	5:38	10.6 (65.4%)
58	<b>WIDAWSKI Łukasz</b>	<b>284</b>		M-40	56	00:00:22	00:00:26	00:17:58	00:36:50	<b>00:56:31.75</b>	<b>00:56:54.45</b>	+00:19:31 (34.5%)	5:39	10.6 (65.4%)
59	<b>DEMIDOK Mariusz</b>	<b>28</b>	JW 1223	M-40	57	00:00:18	00:00:26	00:17:07	00:36:21	<b>00:57:20.45</b>	<b>00:57:38.90</b>	+00:20:20 (35.5%)	5:44	10.5 (64.8%)
60	<b>WOŹNIAK Dariusz</b>	<b>300</b>	WWW.LIMO300C.COM	M-40	59	00:00:06	00:00:18	00:18:01	00:37:21	<b>00:57:52.65</b>	<b>00:57:58.65</b>	+00:20:52 (36.1%)	5:47	10.4 (64.2%)

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
61	<b>SZKATULSKI Tomasz</b>	<b>259</b>	RUNNERSWALDE DARŁOWO	M-18	27	00:00:20	00:00:28	00:18:31	00:38:35	<b>00:57:59.40</b>	<b>00:58:20.20</b>	+00:20:59 (36.2%)	5:48	10.3 (63.6%)
62	<b>BRESZKA Paweł</b>	<b>10</b>	DARŁOWO	M-40	60	00:00:20	00:00:27	00:19:21	00:39:03	<b>00:58:04.15</b>	<b>00:58:24.85</b>	+00:21:04 (36.3%)	5:48	10.3 (63.6%)
63	<b>BALCERZAK Bogdan</b>	<b>4</b>	ZSM DARŁOWO	M-50	22	00:00:21	00:00:26	00:19:12	00:38:51	<b>00:58:30.70</b>	<b>00:58:51.75</b>	+00:21:30 (36.8%)	5:51	10.3 (63.6%)
64	<b>BUKOWSKI Adam</b>	<b>15</b>		M-40	61	00:00:19	00:00:28	00:19:32	00:39:26	<b>00:59:51.30</b>	<b>01:00:10.45</b>	+00:22:51 (38.2%)	5:59	10 (61.7%)
65	<b>WIECZOREK Jacek</b>	<b>285</b>		M-30	64	00:00:23	00:00:27	00:18:52	00:39:45	<b>01:04:12.20</b>	<b>01:04:36.15</b>	+00:27:12 (42.4%)	6:25	9.3 (57.4%)

Znaleziono 65 wynik(ów)