

Organizator: Ośrodek Sportu i Rekreacji w Sławnie
Data: 2018-05-19
Miejsce: Sławno
Dystans: 10 km



Klasyfikacja: M-40

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	First_All 0.07km	End_All 3.38km	End_All 6.69km	Czas netto 10km	Czas brutto 10km	Różn	Tempo min/km	Tempo km/h
1	DRWAL Piotr	639		M-40	1	00:00:13	00:11:09	00:22:06	00:33:10.00	00:33:10.00		3:19	18.1 (100%)
2	ZWOLSKI Andrzej	860		M-40	2	00:00:14	00:11:53	00:23:56	00:35:45.70	00:35:45.70	+00:02:35 (7.3%)	3:34	16.8 (92.8%)
3	SYWANYCZ Ireneusz	812		M-40	3	00:00:15	00:12:18	00:24:38	00:36:50.25	00:36:50.25	+00:03:40 (10.0%)	3:41	16.3 (90.1%)
4	WIERZEJSKI Sławomir	840	KLUB BIEGACZA GOCH BYTÓW	M-40	4	00:00:14	00:12:17	00:24:39	00:36:52.10	00:36:52.10	+00:03:42 (10.0%)	3:41	16.3 (90.1%)
5	HERMAN Arkadiusz	665		M-40	5	00:00:16	00:12:47	00:25:31	00:38:13.45	00:38:13.45	+00:05:03 (13.2%)	3:49	15.7 (86.7%)
6	GLAZIK Dariusz	651	ZWOLAK TEAM	M-40	6	00:00:15	00:12:56	00:25:46	00:38:31.20	00:38:31.20	+00:05:21 (13.9%)	3:51	15.6 (86.2%)
7	WIKTOROWICZ Sławomir	841	JW 1223/BLOG	M-40	7	00:00:18	00:13:10	00:26:10	00:39:07.30	00:39:07.30	+00:05:57 (15.2%)	3:54	15.3 (84.5%)
8	WEGNER Przemysław	834		M-40	8	00:00:24	00:13:06	00:26:18	00:39:30.15	00:39:30.15	+00:06:20 (16.0%)	3:57	15.2 (84.0%)
9	ANTOSIK Grzegorz	605	KB BRYZA POSTOMINO, JW 1223	M-40	9	00:00:18	00:12:52	00:26:47	00:40:43.00	00:40:43.00	+00:07:33 (18.5%)	4:04	14.7 (81.2%)
10	NOWAKOWSKI Rafał	759		M-40	10	00:00:20	00:13:49	00:27:44	00:41:32.35	00:41:32.35	+00:08:22 (20.2%)	4:09	14.4 (79.6%)
11	GÓRALSKI Jan	655	12.SDZ	M-40	11	00:00:21	00:13:52	00:27:52	00:41:48.40	00:41:48.40	+00:08:38 (20.7%)	4:10	14.4 (79.6%)
12	CZERCHAWSKI Janusz	632		M-40	12	00:00:23	00:14:04	00:28:08	00:42:07.35	00:42:07.35	+00:08:57 (21.3%)	4:12	14.2 (78.5%)
13	MAZUR Emiliusz	739	ŻYJ Z ENERGIA	M-40	13	00:00:18	00:13:53	00:28:11	00:42:34.45	00:42:34.45	+00:09:24 (22.1%)	4:15	14.1 (77.9%)
14	ADAMELAK Krzysztof	601	GRUPA LOTNICZA DARŁOWO	M-40	14	00:00:27	00:14:24	00:28:41	00:42:45.40	00:42:45.40	+00:09:35 (22.4%)	4:16	14 (77.3%)

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15	JAKUSZCZONEK Zbigniew	670		M-40	15	00:00:26	00:13:52	00:29:02	00:43:27.65	00:43:27.65	+00:10:17 (23.7%)	4:20	13.8 (76.2%)
16	JANKOWSKI Grzegorz	671	ŚWIAT PŁYTEK U KRYSPINA	M-40	16	00:00:25	00:14:18	00:28:52	00:43:44.00	00:43:44.00	+00:10:34 (24.2%)	4:22	13.7 (75.7%)
17	KAMELSKI Piotr	682	KS OLSZEWSKI I SYNOWIE	M-40	17	00:00:23	00:14:29	00:29:08	00:43:47.80	00:43:47.80	+00:10:37 (24.3%)	4:22	13.7 (75.7%)
18	OLESZEK Jerzy	764	SZKOŁA PODOFICERSKA MW	M-40	18	00:00:19	00:14:20	00:29:04	00:43:51.95	00:43:51.95	+00:10:41 (24.4%)	4:23	13.7 (75.7%)
19	GARSKI Kryspin	875	ŚWIAT PŁYTEK U KRYSPINA	M-40	19	00:00:25	00:14:18	00:30:32	00:44:07.85	00:44:07.85	+00:10:57 (24.8%)	4:24	13.6 (75.1%)
20	KANDUŁA Mariusz	685	WĘŻEŁEK SŁUPSK	M-40	20	00:00:34	00:14:53	00:29:31	00:44:08.25	00:44:08.25	+00:10:58 (24.9%)	4:24	13.6 (75.1%)
21	PROTASEWICZ Andrzej	782	SŁAWNO	M-40	21	00:00:19	00:14:42	00:29:44	00:44:36.70	00:44:36.70	+00:11:26 (25.7%)	4:27	13.5 (74.6%)
22	KASPERSKI Dariusz	688		M-40	22	00:00:34	00:14:50	00:29:41	00:44:47.35	00:44:47.35	+00:11:37 (25.9%)	4:28	13.4 (74.0%)
23	MUCHA Krzysztof	752		M-40	23	00:00:25	00:14:47	00:30:07	00:45:19.15	00:45:19.15	+00:12:09 (26.8%)	4:31	13.2 (72.9%)
24	TURCZYN Tomasz	830	'DZIENNIK SŁAWIEŃSKI'	M-40	24	00:00:18	00:14:30	00:29:55	00:45:35.40	00:45:35.40	+00:12:25 (27.3%)	4:33	13.2 (72.9%)
25	JĘDRASZCZYK Marek	678	WĘŻEŁEK SŁUPSK	M-40	25	00:00:32	00:15:16	00:30:33	00:45:40.50	00:45:40.50	+00:12:30 (27.4%)	4:34	13.1 (72.4%)
26	PUŚCIAN Krzysztof	784	SZKOŁA PODSTAWOWA W MANOWIE	M-40	26	00:00:27	00:15:34	00:30:43	00:46:01.45	00:46:01.45	+00:12:51 (27.9%)	4:36	13 (71.8%)
27	WIATRZYK Krzysztof	836		M-40	27	00:00:26	00:15:04	00:30:38	00:46:05.90	00:46:05.90	+00:12:55 (28.1%)	4:36	13 (71.8%)
28	ROGOŻA Ireneusz	787		M-40	28	00:00:25	00:15:31	00:30:58	00:46:06.00	00:46:06.00	+00:12:56 (28.1%)	4:36	13 (71.8%)
29	GAJEK Artur	645	KORZYBSKIE REKINY	M-40	29	00:00:27	00:15:44	00:31:01	00:46:11.95	00:46:11.95	+00:13:01 (28.2%)	4:37	13 (71.8%)
30	BURKIET Marek	623	JW 1223	M-40	30	00:00:27	00:15:20	00:30:48	00:46:53.55	00:46:53.55	+00:13:43 (29.3%)	4:41	12.8 (70.7%)
31	KUCHAREK Marcin	712	STOPA SŁUPSK	M-40	31	00:00:25	00:15:57	00:31:27	00:46:56.20	00:46:56.20	+00:13:46 (29.3%)	4:41	12.8 (70.7%)
32	PŁOSKI Krzysztof	779	DARŁOWSKIE CHARTY	M-40	32	00:00:30	00:15:14	00:31:15	00:47:04.35	00:47:04.35	+00:13:54 (29.5%)	4:42	12.7 (70.2%)
33	ADRYAN Adam	602	CKB SŁUPSK	M-40	33	00:00:29	00:16:17	00:31:50	00:47:10.75	00:47:10.75	+00:14:00 (29.7%)	4:43	12.7 (70.2%)
34	PEKAŁA Piotr	775	ROZBIEGANY KOSZALIN	M-40	34	00:00:41	00:17:03	00:32:40	00:47:19.00	00:47:19.00	+00:14:09 (29.9%)	4:43	12.7 (70.2%)
35	MORDASZEWSKI Jarosław	870		M-40	35	00:00:38	00:16:14	00:32:11	00:48:17.15	00:48:17.15	+00:15:07 (31.3%)	4:49	12.4 (68.5%)
36	JAWORSKI Robert	675	KB BRYZA POSTOMINO	M-40	36	00:00:25	00:15:28	00:31:37	00:48:21.15	00:48:21.15	+00:15:11 (31.4%)	4:50	12.4 (68.5%)
37	KANIOWSKI Jacek	684	W.P.K. SŁOŃ TEAM USTKA	M-40	37	00:00:32	00:16:19	00:32:30	00:48:55.75	00:48:55.75	+00:15:45 (32.2%)	4:53	12.3 (68.0%)

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38	CZERWIŃSKI Szczesny	633		M-40	38	00:00:39	00:16:21	00:33:06	00:49:13.10	00:49:13.10	+00:16:03 (32.6%)	4:55	12.2 (67.4%)
39	SZYMAŃSKI Tomasz	882		M-40	39	00:00:31	00:16:33	00:33:05	00:49:49.40	00:49:49.40	+00:16:39 (33.4%)	4:58	12 (66.3%)
40	DUDZIAK Piotr	642	FOR-REST-RUN KOSZALIN	M-40	40	00:00:23	00:16:03	00:33:08	00:51:03.95	00:51:03.95	+00:17:53 (35.1%)	5:06	11.8 (65.2%)
41	DEMIDOK Mariusz	637	JEN 1223	M-40	41	00:00:36	00:17:14	00:34:24	00:51:20.10	00:51:20.10	+00:18:10 (35.4%)	5:08	11.7 (64.6%)
42	BARSZCZEWSKI Sebastian	611	BŁĘKITNY PATROL WWF	M-40	42	00:00:24	00:16:46	00:34:24	00:52:53.10	00:52:53.10	+00:19:43 (37.3%)	5:17	11.3 (62.4%)
43	MICHALAK Wojciech	742	MKS 'ŚWIĘC' SŁAWNO	M-40	43	00:00:39	00:17:35	00:35:13	00:53:18.40	00:53:18.40	+00:20:08 (37.8%)	5:19	11.3 (62.4%)
44	SITKIEWICZ Mariusz	872		M-40	44	00:00:38	00:17:57	00:35:44	00:54:07.80	00:54:07.80	+00:20:57 (38.7%)	5:24	11.1 (61.3%)
45	ŻURAWIK Piotr	862		M-40	45	00:00:28	00:18:05	00:36:19	00:54:27.60	00:54:27.60	+00:21:17 (39.1%)	5:26	11 (60.8%)
46	ANDRZEJCZAK Sławomir	603	GRZESŁAW USTKA	M-40	46	00:00:30	00:17:40	00:36:06	00:54:47.35	00:54:47.35	+00:21:37 (39.5%)	5:28	11 (60.8%)
47	KOWALEWSKI Jacek	883		M-40	47	00:00:39	00:18:09	00:36:33	00:54:50.45	00:54:50.45	+00:21:40 (39.5%)	5:29	10.9 (60.2%)
48	KRYGIER Ireneusz	711	W.P.K. SŁOŃ TEAM USTKA	M-40	48	00:00:30	00:17:59	00:36:36	00:55:22.35	00:55:22.35	+00:22:12 (40.1%)	5:32	10.8 (59.7%)
49	OGRODNICZUK Marek	761		M-40	49	00:00:39	00:18:19	00:37:04	00:55:31.90	00:55:31.90	+00:22:21 (40.3%)	5:33	10.8 (59.7%)
50	CHRISTYNIUK Piotr	889		M-40	50	00:00:32	00:17:37	00:36:31	00:56:09.65	00:56:09.65	+00:22:59 (40.9%)	5:36	10.7 (59.1%)
51	TRUSIAK Miłosz	827		M-40	51	00:00:30	00:18:21	00:37:22	00:56:30.00	00:56:30.00	+00:23:20 (41.3%)	5:39	10.6 (58.6%)
52	WOŹNIAK Dariusz	846	WWW.LIMO300C.COM	M-40	52	00:00:30	00:18:04	00:37:29	00:56:47.95	00:56:47.95	+00:23:37 (41.6%)	5:40	10.6 (58.6%)
53	GRZELAK Robert	660		M-40	53	00:00:32	00:18:16	00:37:08	00:56:51.00	00:56:51.00	+00:23:41 (41.7%)	5:41	10.6 (58.6%)
54	BRESZKA Paweł	617	DARŁOWSKIE CHARTY	M-40	54	00:00:40	00:19:58	00:39:46	00:59:04.90	00:59:04.90	+00:25:54 (43.9%)	5:54	10.2 (56.4%)
55	ŚLEDŹ Andrzej	821	WĘZEŁEK SŁUPSK	M-40	55	00:00:37	00:18:55	00:38:56	00:59:17.65	00:59:17.65	+00:26:07 (44.1%)	5:55	10.1 (55.8%)
56	KOPCZYŃSKI Michał	698	JW 1223	M-40	56	00:00:37	00:20:17	00:40:39	01:01:27.75	01:01:27.75	+00:28:17 (46.0%)	6:08	9.8 (54.1%)
	WÓJCIK Damian	849	RUNNERSWALDE DARŁOWO	M-40		00:00:42 DNF	DNF	DNF	DNF	DNF		-	- (0.0%)

Znaleziono 57 wynik(ów)