

Organizator: Ośrodek Sportu i Rekreacji w Sławnie
Data: 2019-05-18
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	Różn	Tempo min/km	Tempo km/h
1	DRWAL Piotr	30	USB USTKA	M-40	1	00:00:14	00:11:02	00:22:00	00:33:06.55		3:18	18.1 (100%)
2	BURZYŃSKI Aleksander	19	TADMOT HURTOWNIA MOTORYZACYJNA	M-40	2	00:00:14	00:12:03	00:24:03	00:36:17.90	+00:03:11 (8.8%)	3:37	16.5 (91.2%)
3	MIERZWA Witold	144		M-40	3	00:00:18	00:12:37	00:25:26	00:38:25.90	+00:05:19 (13.8%)	3:50	15.6 (86.2%)
4	RUDNIKOWSKI Maciej	196	DARŁOWSKIE CHARTY / BIEGUZDROWISKOWY.PL	M-40	4	00:00:16	00:12:54	00:26:04	00:39:11.05	+00:06:04 (15.5%)	3:55	15.3 (84.5%)
5	GLAZIK Dariusz	43	ŚCIGAŁ TEAM	M-40	5	00:00:16	00:13:18	00:26:36	00:39:42.65	+00:06:36 (16.6%)	3:58	15.1 (83.4%)
6	WEGNER Przemysław	242		M-40	6	00:00:19	00:13:26	00:26:39	00:39:52.35	+00:06:45 (17.0%)	3:59	15.1 (83.4%)
7	KRUKOWSKI Błażej	103	KB SPOKO SŁAWNO	M-40	7	00:00:20	00:13:34	00:26:56	00:40:42.65	+00:07:36 (18.7%)	4:04	14.7 (81.2%)
8	RYBA Paweł	199	USB USTKA	M-40	8	00:00:19	00:13:49	00:27:30	00:41:01.60	+00:07:55 (19.3%)	4:06	14.6 (80.7%)
9	PŁAZA Ryszard	180		M-40	9	00:00:19	00:13:22	00:27:06	00:41:01.95	+00:07:55 (19.3%)	4:06	14.6 (80.7%)
10	JABŁOŃSKI Tomasz	57	KB SPOKO SŁAWNO	M-40	10	00:00:15	00:13:18	00:27:16	00:41:04.55	+00:07:58 (19.4%)	4:06	14.6 (80.7%)
11	MANIKOWSKI Przemysław	132		M-40	11	00:00:25	00:14:19	00:28:05	00:41:51.90	+00:08:45 (20.9%)	4:11	14.3 (79.0%)
12	PĘKAŁA Piotr	175		M-40	12	00:00:26	00:14:15	00:28:34	00:42:33.95	+00:09:27 (22.2%)	4:15	14.1 (77.9%)
13	WIKTOROWICZ Sławomir	250	JW 1223 /BLOG	M-40	13	00:00:16	00:13:13	00:27:21	00:42:40.40	+00:09:33 (22.4%)	4:16	14.1 (77.9%)
14	WĘGRZYN Rafał	244		M-40	14	00:00:21	00:14:03	00:28:17	00:42:45.55	+00:09:39 (22.6%)	4:16	14 (77.3%)
15	JANKOWSKI Grzegorz	59	ŚWIAT PŁYTEK U KRYSPIŃSKA	M-40	15	00:00:17	00:14:09	00:29:07	00:43:57.50	+00:10:50 (24.7%)	4:23	13.7 (75.7%)
16	KUCHAREK Marcin	107	STOPA SŁUPSK	M-40	16	00:00:20	00:14:36	00:29:32	00:44:14.10	+00:11:07 (25.2%)	4:25	13.6 (75.1%)
17	OLESZEK Jerzy	164	SZKOŁA PODOFICERSKA MW	M-40	17	00:00:19	00:14:43	00:29:37	00:44:29.10	+00:11:22 (25.6%)	4:26	13.5 (74.6%)
18	ROSIĄK Jacek	195		M-40	18	00:00:25	00:14:41	00:29:36	00:44:41.95	+00:11:35 (25.9%)	4:28	13.4 (74.0%)
19	ANTOSIK Grzegorz	6	KB BRYZA POSTOMINO	M-40	19	00:00:19	00:14:10	00:29:20	00:44:49.25	+00:11:42 (26.1%)	4:28	13.4 (74.0%)
20	ŻURAWIK Piotr	268	KORZYBSKIE REKINY	M-40	20	00:00:22	00:14:40	00:29:45	00:45:05.60	+00:11:59 (26.6%)	4:30	13.3 (73.5%)
21	KAMELSKI Piotr	274	KB SPOKO SŁAWNO	M-40	21	00:00:19	00:14:34	00:29:51	00:45:21.25	+00:12:14 (27.0%)	4:32	13.2 (72.9%)
22	KUŁAKOWSKI Dawid	110	TKKF KOSZALIN	M-40	22	00:00:20	00:14:45	00:29:59	00:45:32.50	+00:12:25 (27.3%)	4:33	13.2 (72.9%)
23	KACHLICKI Kamil	66		M-40	23	00:00:23	00:15:18	00:30:32	00:45:44.55	+00:12:38 (27.6%)	4:34	13.1 (72.4%)
24	MATUSZYŃSKI Mirosław	138	KB GOCH BYTÓW	M-40	24	00:00:28	00:15:09	00:30:20	00:45:52.45	+00:12:45 (27.8%)	4:35	13.1 (72.4%)
25	PROTASEWICZ Andrzej	183	KB SPOKO SŁAWNO	M-40	25	00:00:17	00:15:37	00:31:07	00:46:15.10	+00:13:08 (28.4%)	4:37	13 (71.8%)
26	TOMCZAK Dominik	231	NIGHT RUNNERS SŁUPSK	M-40	26	00:00:20	00:15:19	00:30:51	00:46:24.00	+00:13:17 (28.6%)	4:38	12.9 (71.3%)
27	TURCZYN Tomasz	236	'DZIENNIK SŁAWIEŃSKI'	M-40	27	00:00:17	00:14:14	00:29:56	00:46:32.85	+00:13:26 (28.9%)	4:39	12.9 (71.3%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	First_All 0.07km	End_All 3.38km	End_All 6.69km	Czas		Tempo min/km	Tempo km/h
									netto 10km	Różn		
28	GOSTOMCZYK Krzysztof	44	KB SPOKO SŁAWNO	M-40	28	00:00:16	00:14:50	00:31:00	00:47:15.95	+00:14:09 (30.0%)	4:43	12.7 (70.2%)
29	DERLIŃSKI Adam	27	TORNADO KOSZALIN	M-40	29	00:00:24	00:15:40	00:31:31	00:47:38.85	+00:14:32 (30.5%)	4:45	12.6 (69.6%)
30	HORBACZ Grzegorz	56		M-40	30	00:00:30	00:16:16	00:32:39	00:48:16.80	+00:15:10 (31.4%)	4:49	12.4 (68.5%)
31	KLEBBA Artur	80	DRUTEX	M-40	31	00:00:26	00:15:35	00:31:43	00:48:30.20	+00:15:23 (31.7%)	4:51	12.4 (68.5%)
32	ANTKOWIAK Sebastian	3	DB - ACTIVE	M-40	32	00:00:31	00:15:56	00:32:43	00:49:23.85	+00:16:17 (33.0%)	4:56	12.1 (66.9%)
33	GAJEK Artur	34	KORZYBSKIE REKINY	M-40	33	00:00:29	00:16:09	00:32:29	00:49:26.35	+00:16:19 (33.0%)	4:56	12.1 (66.9%)
34	MAREK Piotr	134		M-40	34	00:00:32	00:16:45	00:33:27	00:49:31.85	+00:16:25 (33.2%)	4:57	12.1 (66.9%)
35	RASZPLA Radosław	191	BBL	M-40	35	00:00:22	00:15:44	00:32:43	00:49:37.30	+00:16:30 (33.3%)	4:57	12.1 (66.9%)
36	HANN Grzegorz	51	STOPA SŁUPSK	M-40	36	00:00:22	00:16:05	00:32:56	00:49:42.55	+00:16:36 (33.4%)	4:58	12.1 (66.9%)
37	BOROWIEC Mariusz	14		M-40	37	00:00:40	00:17:11	00:33:54	00:50:04.20	+00:16:57 (33.9%)	5:00	12 (66.3%)
38	KARGUL Jacek	73	NIGHT RUNNERS SŁUPSK	M-40	38	00:00:34	00:16:20	00:32:59	00:50:06.85	+00:17:00 (33.9%)	5:00	12 (66.3%)
39	KANIOWSKI Jacek	71	W.P.K SŁOŃ TEAM USTKA	M-40	39	00:00:35	00:16:23	00:33:14	00:50:35.55	+00:17:29 (34.6%)	5:03	11.9 (65.7%)
40	ZĘBALA Dariusz	263	DRUTEX	M-40	40	00:00:26	00:16:19	00:33:31	00:50:46.45	+00:17:39 (34.8%)	5:04	11.8 (65.2%)
41	BARYŁA Tomasz	9		M-40	41	00:00:29	00:16:13	00:33:22	00:51:07.05	+00:18:00 (35.2%)	5:06	11.7 (64.6%)
42	ZARZYCKI Dariusz	261	W.P.K SŁOŃ TEAM USTKA	M-40	42	00:00:36	00:16:48	00:34:18	00:51:51.00	+00:18:44 (36.1%)	5:11	11.6 (64.1%)
43	SZYMAŃSKI Tomasz	225		M-40	43	00:00:35	00:16:34	00:33:54	00:51:57.35	+00:18:50 (36.3%)	5:11	11.5 (63.5%)
44	JAWORSKI Robert	62	KB BRYZA POSTOMINO	M-40	44	00:00:22	00:16:17	00:33:48	00:52:06.10	+00:18:59 (36.5%)	5:12	11.5 (63.5%)
45	HAŁKA Arkadiusz	49	TRUCHT ŁOBEZ	M-40	45	00:00:38	00:17:19	00:35:00	00:53:03.95	+00:19:57 (37.6%)	5:18	11.3 (62.4%)
46	KOT Daniel	94	KOT TEAM	M-40	46	00:00:36	00:18:11	00:35:43	00:53:52.85	+00:20:46 (38.6%)	5:23	11.1 (61.3%)
47	REDLAK Tomasz	193		M-40	47	00:00:28	00:17:12	00:35:24	00:53:54.95	+00:20:48 (38.6%)	5:23	11.1 (61.3%)
48	KAMIŃSKI Tomasz	70	JW 1223	M-40	48	00:00:33	00:17:11	00:35:48	00:54:07.35	+00:21:00 (38.8%)	5:24	11.1 (61.3%)
49	KULAWIŃSKI Marek	108		M-40	49	00:00:41	00:18:03	00:36:18	00:54:57.80	+00:21:51 (39.8%)	5:29	10.9 (60.2%)
50	ANDRZEJCZAK Sławomir	2	GRZESŁAW USTKA	M-40	50	00:00:28	00:17:25	00:36:03	00:55:48.90	+00:22:42 (40.7%)	5:34	10.8 (59.7%)
51	JAROSZEWICZ Mirek	60		M-40	51	00:00:37	00:18:10	00:37:02	00:56:00.05	+00:22:53 (40.9%)	5:36	10.7 (59.1%)
52	KRASIŃSKI Witold	100		M-40	52	00:00:35	00:17:09	00:36:39	00:56:43.20	+00:23:36 (41.6%)	5:40	10.6 (58.6%)
53	PUŚCIAN Krzysztof	189	SZKOŁA PODSTAWOWA W MANOWIE	M-40	53	00:00:38	00:17:59	00:38:01	00:56:43.55	+00:23:37 (41.6%)	5:40	10.6 (58.6%)
54	KOWALSKI Bartosz	97	SAMOLEJ ZTS	M-40	54	00:00:39	00:18:36	00:37:39	00:56:48.20	+00:23:41 (41.7%)	5:40	10.6 (58.6%)
55	WOŹNIAK Dariusz	258	WWW.LIMO300C.COM	M-40	55	00:00:16	00:18:00	00:37:25	00:57:20.30	+00:24:13 (42.3%)	5:44	10.5 (58.0%)
56	MIELNICZEK Janusz	143		M-40	56	00:00:41	00:19:39	00:38:53	00:57:55.15	+00:24:48 (42.8%)	5:47	10.4 (57.5%)
57	CHAMERA Tomasz	21		M-40	57	00:00:33	00:19:18	00:39:20	01:00:51.95	+00:27:45 (45.6%)	6:05	9.9 (54.7%)
58	MICHALAK Wojciech	141	MKS ŚWIĘC SŁAWNO	M-40	58	00:00:43	00:21:14	00:44:14	01:07:24.50	+00:34:17 (50.9%)	6:44	8.9 (49.2%)

Znaleziono 58 wynik(ów)