

Organizator: Ośrodek Sportu i Rekreacji w Sławnie
Data: 2019-05-18
Miejsce: Sławno
Dystans: 10 km



Klasyfikacja: M-Miasto

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	WILCZEWSKI Krzysztof	252	KB SPOKO SŁAWNO	M-Open	6	00:00:15	00:12:16	00:24:45	00:37:29.10		3:44	16 (100%)
2	KRUKOWSKI Błażej	103	KB SPOKO SŁAWNO	M-40	7	00:00:20	00:13:34	00:26:56	00:40:42.65	+00:03:13 (7.9%)	4:04	14.7 (91.9%)
3	JABŁOŃSKI Tomasz	57	KB SPOKO SŁAWNO	M-40	10	00:00:15	00:13:18	00:27:16	00:41:04.55	+00:03:35 (8.7%)	4:06	14.6 (91.3%)
4	ROSIĄK Damian	194	KB SPOKO SŁAWNO	M-Open	10	00:00:17	00:13:01	00:27:09	00:41:14.85	+00:03:45 (9.1%)	4:07	14.6 (91.3%)
5	RYGIELSKI Arkadiusz	204		M-Open	11	00:00:18	00:13:20	00:27:28	00:41:47.20	+00:04:18 (10.3%)	4:10	14.4 (90.0%)
6	BRZOZOWSKI Piotr	105	AKTYWNI POTOMINO	M-Open	16	00:00:19	00:14:08	00:28:41	00:43:08.95	+00:05:39 (13.1%)	4:18	13.9 (86.9%)
7	KOPLIN Maciej	90		M-Open	22	00:00:18	00:14:01	00:29:02	00:44:32.95	+00:07:03 (15.9%)	4:27	13.5 (84.4%)
8	WÓJCICKI Grzegorz	259	KB SPOKO SŁAWNO	M-Open	23	00:00:15	00:13:58	00:30:05	00:45:00.15	+00:07:31 (16.7%)	4:30	13.3 (83.1%)
9	NIECKARZ Krzysztof	156	KB SPOKO SŁAWNO	M-Open	24	00:00:20	00:14:40	00:29:51	00:45:06.20	+00:07:37 (16.9%)	4:30	13.3 (83.1%)
10	KAMELSKI Piotr	274	KB SPOKO SŁAWNO	M-40	21	00:00:19	00:14:34	00:29:51	00:45:21.25	+00:07:52 (17.4%)	4:32	13.2 (82.5%)
11	STRUŚ Artur	215	KB BRYZA POSTOMINO	M-50	8	00:00:25	00:15:07	00:30:21	00:45:49.35	+00:08:20 (18.2%)	4:34	13.1 (81.9%)
12	PROTASEWICZ Andrzej	183	KB SPOKO SŁAWNO	M-40	25	00:00:17	00:15:37	00:31:07	00:46:15.10	+00:08:46 (19.0%)	4:37	13 (81.3%)
13	TURCZYŃ Tomasz	236	'DZIENNIK SŁAWIEŃSKI'	M-40	27	00:00:17	00:14:14	00:29:56	00:46:32.85	+00:09:03 (19.5%)	4:39	12.9 (80.6%)
14	GOSTOMCZYK Krzysztof	44	KB SPOKO SŁAWNO	M-40	28	00:00:16	00:14:50	00:31:00	00:47:15.95	+00:09:46 (20.7%)	4:43	12.7 (79.4%)
15	BAJTEK Przemysław	277	KB SPOKO SŁAWNO	M-Open	30	00:00:30	00:15:11	00:30:41	00:47:26.90	+00:09:57 (21.0%)	4:44	12.6 (78.8%)
16	BONISŁAWSKI Jarosław	13	KB SPOKO SŁAWNO	M-Open	33	00:00:42	00:15:25	00:31:26	00:48:01.15	+00:10:32 (21.9%)	4:48	12.5 (78.1%)
17	BUKOWSKI Bartosz	18		M-Open	41	00:00:29	00:15:45	00:32:31	00:50:02.30	+00:12:33 (25.1%)	5:00	12 (75.0%)
18	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	+00:13:06 (25.9%)	5:03	11.9 (74.4%)
19	NAGÓRNY Sławomir	154		M-50	12	00:00:17	00:15:53	00:33:26	00:51:35.15	+00:14:06 (27.3%)	5:09	11.6 (72.5%)
20	DERLIŃSKI Jacek	28	AKADEMIA POMORSKA	M-Open	48	00:00:30	00:16:07	00:33:53	00:51:44.70	+00:14:15 (27.6%)	5:10	11.6 (72.5%)
21	TELESIEWICZ Henryk	229	KB SPOKO SŁAWNO	M-70+	2	00:00:23	00:16:48	00:34:41	00:53:21.65	+00:15:52 (29.8%)	5:20	11.2 (70.0%)
22	WITKOWSKI Krzysztof	257	MKS ŚWIĘC SŁAWNO	M-50	14	00:00:38	00:18:27	00:36:20	00:54:26.10	+00:16:57 (31.1%)	5:26	11 (68.8%)
23	KACZMAREK Krzysztof	68		M-Open	58	00:00:27	00:17:10	00:35:51	00:54:38.75	+00:17:09 (31.4%)	5:27	11 (68.8%)
24	LEŚNIEWSKI Bartosz	119	JW 3411	M-Open	60	00:00:39	00:17:43	00:36:51	00:56:29.20	+00:19:00 (33.6%)	5:38	10.6 (66.3%)
25	WOŹNIAK Dariusz	258	WWW.LIMO300C.COM	M-40	55	00:00:16	00:18:00	00:37:25	00:57:20.30	+00:19:51 (34.6%)	5:44	10.5 (65.6%)
26	WITKOWSKI Dawid	255		M-Open	61	00:00:38	00:18:49	00:37:26	00:57:29.40	+00:20:00 (34.8%)	5:44	10.4 (65.0%)
27	STEFANOWSKI Kamil	213		M-Open	62	00:00:39	00:18:36	00:37:57	00:57:41.85	+00:20:12 (35.0%)	5:46	10.4 (65.0%)

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28	SZYMBORSKI Wojciech	271		M-Open	64	00:00:41	00:19:38	00:38:52	00:57:44.55	+00:20:15 (35.1%)	5:46	10.4 (65.0%)
29	MIELNICZEK Janusz	143		M-40	56	00:00:41	00:19:39	00:38:53	00:57:55.15	+00:20:26 (35.3%)	5:47	10.4 (65.0%)
30	SZYMCZEWSKI Szymon	227		M-Open	65	00:00:38	00:17:27	00:37:28	00:58:36.05	+00:21:06 (36.0%)	5:51	10.2 (63.8%)
31	MARIAK Adrian	135		M-Open	71	00:00:41	00:18:57	00:39:40	01:01:07.75	+00:23:38 (38.7%)	6:06	9.8 (61.3%)
32	TWOREK Józef	273		M-50	19	00:00:38	00:20:59	00:42:01	01:03:48.45	+00:26:19 (41.3%)	6:22	9.4 (58.8%)
33	MICHALAK Wojciech	141	MKS ŚWIĘC SŁAWNO	M-40	58	00:00:43	00:21:14	00:44:14	01:07:24.50	+00:29:55 (44.4%)	6:44	8.9 (55.6%)
34	ŻUKOWSKI Władysław	267		M-60	11	00:00:43	00:22:53	00:46:00	01:09:23.75	+00:31:54 (46.0%)	6:56	8.6 (53.8%)

Znaleziono 34 wynik(ów)