



XXIX PÓŁMARATON LIPCOWY OKONEK

B4SPORT

Organizator: Burmistrz Okonka
Data: 2016-07-17
Miejsce: Okonek
Dystans: 21.1 km

 **HERKULES**
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Klasyfikacja: M-OPEN

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	5.3km	10.6km	15.9km	Czas netto 21.1km	Czas brutto 21.1km	Różn	Tempo min/km	Tempo km/h
1	HOFFMAN Aleksander	331	PRECON POLSKA-JASTROWIE	M40-44	1	00:00:01	00:19:14	00:38:25	00:58:03	01:17:25.35	01:17:26.90		3:40	16.4 (100%)
2	ZWIĄZEK Paweł	400	WIECZORNE BIEGANIE W SZCZECINIE	M30-39	1	00:00:01	00:19:14	00:38:25	00:58:03	01:17:35.85	01:17:37.35	+00:00:10 (0.2%)	3:40	16.3 (99.4%)
3	GEHRKE Robert	327	PCH_RUN	M20-29	1	00:00:01	00:19:44	00:39:50	01:00:37	01:21:29.95	01:21:31.45	+00:04:04 (5.0%)	3:51	15.5 (94.5%)
4	OSIŃSKI Ryszard	370	ACTIVE MALBORK	M50-54	1	00:00:01	00:20:07	00:40:44	01:01:52	01:22:50.85	01:22:52.80	+00:05:25 (6.5%)	3:55	15.3 (93.3%)
5	BŁASZCZYK Zbigniew	306	TEAM BIEGOWY SZCZECINEK	M30-39	2	00:00:02	00:19:44	00:40:19	01:01:54	01:24:39.15	01:24:41.15	+00:07:13 (8.5%)	4:00	15 (91.5%)
6	GRZONKA Piotr	330		M20-29	2	00:00:02	00:21:32	00:43:51	01:05:21	01:26:24.05	01:26:26.55	+00:08:58 (10.4%)	4:05	14.7 (89.6%)
7	WIERZEJSKI Sławomir	395	KB GOCH BYTÓW	M45-49	1	00:00:02	00:21:00	00:42:36	01:04:47	01:26:26.80	01:26:28.95	+00:09:01 (10.4%)	4:05	14.6 (89.0%)
8	KRÓLIKOWSKI Edward	347	KB MANIAC POZNAŃ	M45-49	2	00:00:02	00:21:28	00:43:35	01:05:24	01:26:58.65	01:27:00.95	+00:09:33 (11.0%)	4:07	14.6 (89.0%)
9	GAŁAN Leszek	325		M50-54	2	00:00:03	00:21:31	00:43:54	01:05:36	01:27:21.30	01:27:25.05	+00:09:55 (11.4%)	4:08	14.5 (88.4%)
10	KOZŁÓW Wojciech	345	LKS ZANTYR SZTUM	M55-59	1	00:00:02	00:22:17	00:45:04	01:08:16	01:31:08.35	01:31:10.80	+00:13:43 (15.1%)	4:19	13.9 (84.8%)
11	MATUSIK Janusz	360	NIEZRZESZONY/TUCZNO	M60-64	1	00:00:03	00:22:27	00:45:27	01:08:48	01:31:52.50	01:31:55.85	+00:14:27 (15.7%)	4:21	13.8 (84.1%)
12	BARCZAK Rafał	304	KPP ZŁOTÓW	M40-44	2	00:00:03	00:22:28	00:45:25	01:08:48	01:32:26.15	01:32:29.25	+00:15:00 (16.2%)	4:22	13.7 (83.5%)
13	MROZIK Daniel	362		M30-39	3	00:00:03	00:22:28	00:45:25	01:08:48	01:32:31.50	01:32:35.15	+00:15:06 (16.3%)	4:23	13.7 (83.5%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas				Czas netto	Czas brutto	Różn	Tempo min/km	Tempo km/h
						startu	5.3km	10.6km	15.9km	21.1km	21.1km			
14	KUBIAK Piotr	348	PRECON POLSKA-JASTROWIE	M30-39	4	00:00:02	00:23:11	00:47:38	01:10:51	01:33:35.50	01:33:37.95	+00:16:10 (17.3%)	4:26	13.5 (82.3%)
15	ECKERT Zbigniew	320	TEAM BIEGOWY SZCZECINEK	M45-49	3	00:00:02	00:22:17	00:45:27	01:09:25	01:33:40.05	01:33:42.30	+00:16:14 (17.3%)	4:26	13.5 (82.3%)
16	MAJEWSKI Maciej	358	TEAM ASA	M50-54	3	00:00:02	00:22:29	00:46:05	01:10:28	01:34:01.50	01:34:04.00	+00:16:36 (17.7%)	4:27	13.5 (82.3%)
17	MYSZKOWSKI Jan	363		M55-59	2	00:00:03	00:23:01	00:46:55	01:10:51	01:34:09.75	01:34:13.60	+00:16:44 (17.8%)	4:27	13.4 (81.7%)
18	WIÓREK Maciej	409	RDZP SZCZECINEK	M30-39	5	00:00:03	00:22:49	00:46:44	01:10:50	01:34:33.45	01:34:36.85	+00:17:08 (18.1%)	4:28	13.4 (81.7%)
19	JANUZYK Tomasz	334		M30-39	6	00:00:04	00:23:54	00:47:45	01:10:58	01:34:45.70	01:34:50.10	+00:17:20 (18.3%)	4:29	13.4 (81.7%)
20	MADAJCZAK Jarosław	357		M40-44	3	00:00:03	00:23:08	00:46:57	01:11:02	01:35:46.40	01:35:50.25	+00:18:21 (19.2%)	4:32	13.2 (80.5%)
21	ORZEL Przemysław	369		M30-39	7	00:00:07	00:22:57	00:47:02	01:11:45	01:36:19.50	01:36:26.55	+00:18:54 (19.6%)	4:33	13.1 (79.9%)
22	WALTER Przemysław	392	KB 'DZIESIĄTKA' BIAŁOGARD	M40-44	4	00:00:06	00:24:12	00:47:59	01:12:10	01:36:41.15	01:36:47.55	+00:19:15 (19.9%)	4:34	13.1 (79.9%)
23	SAWICKI Eligiusz	379		M50-54	4	00:00:05	00:24:57	00:49:35	01:13:49	01:37:37.15	01:37:42.80	+00:20:11 (20.7%)	4:37	13 (79.3%)
24	NOWAK Marcin	365		M30-39	8	00:00:05	00:24:42	00:49:16	01:13:55	01:38:04.80	01:38:10.65	+00:20:39 (21.1%)	4:38	12.9 (78.7%)
25	AUGUSTYNIAK Grzegorz	303	WYGAN KOŁOBRZEG	M30-39	9	00:00:04	00:24:58	00:49:36	01:14:02	01:38:28.05	01:38:32.80	+00:21:02 (21.4%)	4:40	12.9 (78.7%)
26	KOPER Adam	405		M30-39	10	00:00:05	00:24:57	00:49:35	01:14:01	01:38:29.35	01:38:35.25	+00:21:04 (21.4%)	4:40	12.9 (78.7%)
27	RATAJCZAK Rajmund	376		M50-54	5	00:00:05	00:24:55	00:49:35	01:14:02	01:38:38.75	01:38:44.55	+00:21:13 (21.5%)	4:40	12.8 (78.0%)
28	OCHNIO Ryszard	366	POLONIA JASTROWIE BIEDRONKA BIEGA JASTROWIE	M40-44	5	00:00:03	00:23:55	00:47:48	01:12:57	01:39:04.70	01:39:08.10	+00:21:39 (21.9%)	4:41	12.8 (78.0%)
29	RUDNIK Jerzy	377	FLORIAN CHOJNICE	M60-64	2	00:00:02	00:23:53	00:48:25	01:13:59	01:39:35.30	01:39:38.25	+00:22:09 (22.3%)	4:43	12.7 (77.4%)
30	WILCZYŃSKI Jarosław	397	JEDNA CHWILA	M30-39	11	00:00:05	00:23:45	00:49:01	01:14:34	01:40:25.00	01:40:30.80	+00:22:59 (22.9%)	4:45	12.6 (76.8%)
31	PIETRZAK Kamil	373	ACTIVE MALBORK	M30-39	12	00:00:02	00:23:08	00:48:45	01:15:00	01:40:28.45	01:40:31.00	+00:23:03 (22.9%)	4:45	12.6 (76.8%)
32	CUBER Wojciech	314	#ZARAZQA	M30-39	13	00:00:14	00:26:18	00:52:14	01:17:51	01:41:19.50	01:41:33.55	+00:23:54 (23.6%)	4:48	12.5 (76.2%)
33	GRZEGORZEWSKI Rafał	328	BRZOZA BIEGA	M40-44	6	00:00:07	00:25:17	00:50:45	01:15:56	01:41:31.20	01:41:39.00	+00:24:05 (23.7%)	4:48	12.5 (76.2%)
34	WILKOWSKI Krzysztof	398	ROZBIEGANY KOSZALIN	M30-39	14	00:00:06	00:23:55	00:49:14	01:15:24	01:42:09.25	01:42:15.55	+00:24:43 (24.2%)	4:50	12.4 (75.6%)
35	ZIÓLKOWSKI Wojciech	410	GOCH BYTÓW	M30-39	15	00:00:11	00:26:21	00:52:17	01:17:53	01:43:00.85	01:43:12.80	+00:25:35 (24.8%)	4:52	12.3 (75.0%)
36	BOCH Marcin	307		M30-39	16	00:00:06	00:23:26	00:48:53	01:15:42	01:43:02.90	01:43:09.05	+00:25:37 (24.9%)	4:53	12.3 (75.0%)

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						startu	5.3km	10.6km	15.9km					
37	PIECHOWSKI Krzysztof	371	LOKATOR NIERUCHOMOŚCI PIŁA	M40-44	7	00:00:11	00:26:21	00:52:16	01:17:53	01:43:09.10	01:43:21.05	+00:25:43 (24.9%)	4:53	12.3 (75.0%)
38	KAPUSTA Leszek	339	WP	M30-39	17	00:00:08	00:25:19	00:50:47	01:17:14	01:44:05.20	01:44:14.10	+00:26:39 (25.6%)	4:56	12.2 (74.4%)
39	TOMCZAK Zbigniew	389	ALTOM GNIEZNO	M60-64	3	00:00:07	00:25:23	00:51:11	01:17:33	01:44:17.90	01:44:24.95	+00:26:52 (25.8%)	4:56	12.1 (73.8%)
40	SZUMSKI Łukasz	386		M30-39	18	00:00:08	00:25:48	00:51:08	01:17:18	01:44:23.30	01:44:31.50	+00:26:57 (25.8%)	4:56	12.1 (73.8%)
41	PRZYBYŁO Leonard	404	STALOWE ŁYDKI	M40-44	8	00:00:09	00:25:58	00:52:04	01:18:34	01:44:32.35	01:44:42.10	+00:27:07 (25.9%)	4:57	12.1 (73.8%)
42	DUDZIAK Piotr	319	ROZBIEGANY KOSZALIN	M40-44	9	00:00:07	00:27:13	00:53:32	01:17:29	01:45:01.25	01:45:09.00	+00:27:35 (26.3%)	4:58	12.1 (73.8%)
43	OKOŁOTOWICZ Sebastian	406		M30-39	19	00:00:09	00:24:45	00:49:32	01:14:18	01:45:25.90	01:45:35.25	+00:28:00 (26.6%)	4:59	12 (73.2%)
44	ŚWIETLIK Tomasz	388		M55-59	3	00:00:08	00:25:40	00:51:06	01:18:33	01:46:37.95	01:46:46.50	+00:29:12 (27.4%)	5:03	11.9 (72.6%)
45	LASAOTA Mirosław	353		M60-64	4	00:00:09	00:25:17	00:51:05	01:18:32	01:46:48.80	01:46:58.55	+00:29:23 (27.5%)	5:03	11.9 (72.6%)
46	KOLENDO Arkadiusz	342	ROGOZIŃSKI KLUB BIEGACZA	M30-39	20	00:00:11	00:26:40	00:52:27	01:19:56	01:47:26.35	01:47:37.35	+00:30:01 (27.9%)	5:05	11.8 (72.0%)
47	OKONEK Kazimierz	367		M65-69	1	00:00:10	00:25:17	00:51:49	01:18:38	01:47:50.80	01:48:00.85	+00:30:25 (28.2%)	5:06	11.7 (71.3%)
48	PIKULIK Jarosław	374	LZS 'JEDNOŚĆ' ŁOBŻENICA	M20-29	3	00:00:05	00:23:53	00:47:45	01:15:39	01:48:43.15	01:48:48.65	+00:31:17 (28.8%)	5:09	11.6 (70.7%)
49	BOCHEŃSKI Wojciech	407		M40-44	10	00:00:09	00:27:26	00:54:49	01:22:18	01:49:08.85	01:49:18.00	+00:31:43 (29.1%)	5:10	11.6 (70.7%)
50	HETEL Adam	403		M30-39	21	00:00:08	00:26:55	00:54:24	01:21:55	01:49:46.15	01:49:55.10	+00:32:20 (29.5%)	5:12	11.5 (70.1%)
51	GAJEK Artur	324	KORZYBSKIE REKINY	M40-44	11	00:00:08	00:26:14	00:53:08	01:21:14	01:49:50.35	01:49:59.10	+00:32:25 (29.5%)	5:12	11.5 (70.1%)
52	KOZŁOWIECKI Waldemar	344	TKKF KOSZALIN	M65-69	2	00:00:04	00:26:45	00:54:21	01:21:51	01:49:56.85	01:50:01.50	+00:32:31 (29.6%)	5:12	11.5 (70.1%)
53	WIĘZIK Henryk	396		M70+	1	00:00:10	00:26:55	00:54:14	01:21:45	01:50:48.05	01:50:58.55	+00:33:22 (30.1%)	5:15	11.4 (69.5%)
54	FISCHER Łukasz	323	KOCHAM GABRYŚIA I SANDRĘ	M20-29	4	00:00:09	00:26:25	00:53:54	01:22:12	01:52:18.10	01:52:27.45	+00:34:52 (31.1%)	5:19	11.3 (68.9%)
55	DRACZYŃSKI Zygmunt	318	LŁKB TRUCHT	M65-69	3	00:00:08	00:27:27	00:54:50	01:22:56	01:53:00.50	01:53:08.80	+00:35:35 (31.5%)	5:21	11.2 (68.3%)
56	NAPIERAŁA Bogumił	364	KORA KOSZALIN	M50-54	6	00:00:08	00:25:48	00:53:36	01:22:22	01:53:20.35	01:53:28.80	+00:35:55 (31.7%)	5:22	11.2 (68.3%)
57	CZARNECKI Mirosław	315		M50-54	7	00:00:03	00:25:58	00:54:02	01:23:29	01:53:40.20	01:53:44.15	+00:36:14 (31.9%)	5:23	11.1 (67.7%)
58	DORSZEWSKI Przemysław	317	KS. ALBISIA	M30-39	22	00:00:10	00:26:53	00:54:15	01:22:36	01:54:15.55	01:54:25.70	+00:36:50 (32.2%)	5:24	11.1 (67.7%)
59	KOŁODZIEJCZAK Grzegorz	343	PARKRUN SZCZECINEK	M40-44	12	00:00:06	00:29:55	00:59:21	01:27:53	01:55:49.90	01:55:56.20	+00:38:24 (33.2%)	5:29	10.9 (66.5%)

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60	SIKORSKI Witold	380	KB RUN 42	M55-59	4	00:00:06	00:25:20	00:51:53	01:27:20	01:56:19.90	01:56:26.60	+00:38:54 (33.4%)	5:30	10.9 (66.5%)
61	LASOTA Jakub	354		M30-39	23	00:00:11	00:29:22	00:58:44	01:27:47	01:56:40.25	01:56:51.85	+00:39:14 (33.6%)	5:31	10.9 (66.5%)
62	LAJTER Jerzy	352	4 RUN TEAM PIŁA	M65-69	4	00:00:09	00:28:44	00:58:24	01:26:27	01:56:45.05	01:56:54.50	+00:39:19 (33.7%)	5:31	10.8 (65.9%)
63	IDZIAK Paweł	333	TEAM BIEGOWY SZCZECINEK	M30-39	24	00:00:03	00:29:59	00:59:43	01:29:37	01:57:57.75	01:58:00.90	+00:40:32 (34.4%)	5:35	10.7 (65.2%)
64	STURMOWSKI Adam	383		M30-39	25	00:00:08	00:26:56	00:55:26	01:25:55	01:58:13.50	01:58:22.05	+00:40:48 (34.5%)	5:36	10.7 (65.2%)
65	WIATR Tomasz	394		M40-44	13	00:00:12	00:27:56	00:56:42	01:26:43	01:58:32.50	01:58:45.35	+00:41:07 (34.7%)	5:37	10.7 (65.2%)
66	KAŁUŻNY Paweł	338		M30-39	26	00:00:05	00:27:38	00:58:02	01:28:58	02:01:02.80	02:01:08.30	+00:43:37 (36.0%)	5:44	10.5 (64.0%)
67	KARNICKI Zygmunt	340	TKKF KOSZALIN	M60-64	5	00:00:07	00:29:07	01:00:11	01:31:44	02:03:40.80	02:03:48.60	+00:46:15 (37.4%)	5:51	10.2 (62.2%)
68	RYMER Adam	378		M30-39	27	00:00:12	00:29:59	01:00:26	01:31:52	02:03:41.10	02:03:53.65	+00:46:15 (37.4%)	5:51	10.2 (62.2%)
69	ANDRUSZKIEWICZ Grzegorz	302	PARKRUN SZCZECINEK	M30-39	28	00:00:11	00:29:23	00:59:03	01:32:19	02:08:35.20	02:08:46.20	+00:51:09 (39.8%)	6:05	9.8 (59.8%)
70	MICHALAK Marcin	361		M30-39	29	00:00:07	00:27:06	00:58:25	01:31:25	02:11:20.50	02:11:27.50	+00:53:55 (41.1%)	6:13	9.6 (58.5%)

Znaleziono 70 wynik(ów)