



XXIX PÓŁMARATON LIPCOWY OKONEK

B4SPORT

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

 **HERKULES**
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Klasyfikacja: M30-39

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	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		3:40	16.3 (100%)
2	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	+00:07:03 (8.3%)	4:00	15 (92.0%)
3	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	+00:14:55 (16.1%)	4:23	13.7 (84.0%)
4	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	+00:15:59 (17.1%)	4:26	13.5 (82.8%)
5	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	+00:16:57 (17.9%)	4:28	13.4 (82.2%)
6	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	+00:17:09 (18.1%)	4:29	13.4 (82.2%)
7	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	+00:18:43 (19.4%)	4:33	13.1 (80.4%)
8	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	+00:20:28 (20.9%)	4:38	12.9 (79.1%)
9	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	+00:20:52 (21.2%)	4:40	12.9 (79.1%)
10	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	+00:20:53 (21.2%)	4:40	12.9 (79.1%)
11	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	+00:22:49 (22.7%)	4:45	12.6 (77.3%)
12	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	+00:22:52 (22.8%)	4:45	12.6 (77.3%)
13	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	+00:23:43 (23.4%)	4:48	12.5 (76.7%)

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
14	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	+00:24:33 (24.0%)	4:50	12.4 (76.1%)
15	ZIÓŁKOWSKI 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	+00:25:25 (24.7%)	4:52	12.3 (75.5%)
16	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	+00:25:27 (24.7%)	4:53	12.3 (75.5%)
17	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	+00:26:29 (25.4%)	4:56	12.2 (74.8%)
18	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	+00:26:47 (25.7%)	4:56	12.1 (74.2%)
19	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	+00:27:50 (26.4%)	4:59	12 (73.6%)
20	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	+00:29:50 (27.8%)	5:05	11.8 (72.4%)
21	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	+00:32:10 (29.3%)	5:12	11.5 (70.6%)
22	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	+00:36:39 (32.1%)	5:24	11.1 (68.1%)
23	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	+00:39:04 (33.5%)	5:31	10.9 (66.9%)
24	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	+00:40:21 (34.2%)	5:35	10.7 (65.6%)
25	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	+00:40:37 (34.4%)	5:36	10.7 (65.6%)
26	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	+00:43:26 (35.9%)	5:44	10.5 (64.4%)
27	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	+00:46:05 (37.3%)	5:51	10.2 (62.6%)
28	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	+00:50:59 (39.7%)	6:05	9.8 (60.1%)
29	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	+00:53:44 (40.9%)	6:13	9.6 (58.9%)

Znaleziono 29 wynik(ów)