



## XXIX PÓŁMARATON LIPCOWY OKONEK

B4SPORT

**Organiser:** Burmistrz Okonka  
**Date:** 2016-07-17  
**Place:** Okonek  
**Distance:** 21.1 km



Classification: M60-64

Place	Participant	Number	Club	Category	MCat	Start time	5.3km	10.6km	15.9km	Net time 21.1km	Czas brutto 21.1km	Gap	Pace min/km	Pace km/h
1	<b>MATUSIK Janusz</b>	<b>360</b>	NIEZRZESZONY/TUCZNO	M60-64	1	00:00:03	00:22:27	00:45:27	01:08:48	<b>01:31:52.50</b>	<b>01:31:55.85</b>		4:21	13.8 (100%)
2	<b>RUDNIK Jerzy</b>	<b>377</b>	FLORIAN CHOJNICE	M60-64	2	00:00:02	00:23:53	00:48:25	01:13:59	<b>01:39:35.30</b>	<b>01:39:38.25</b>	+00:07:42 (7.7%)	4:43	12.7 (92.0%)
3	<b>TOMCZAK Zbigniew</b>	<b>389</b>	ALTOM GNIEZNO	M60-64	3	00:00:07	00:25:23	00:51:11	01:17:33	<b>01:44:17.90</b>	<b>01:44:24.95</b>	+00:12:25 (11.9%)	4:56	12.1 (87.7%)
4	<b>LASAOTA Mirosław</b>	<b>353</b>		M60-64	4	00:00:09	00:25:17	00:51:05	01:18:32	<b>01:46:48.80</b>	<b>01:46:58.55</b>	+00:14:56 (14.0%)	5:03	11.9 (86.2%)
5	<b>KARNICKI Zygmunt</b>	<b>340</b>	TKKF KOSZALIN	M60-64	5	00:00:07	00:29:07	01:00:11	01:31:44	<b>02:03:40.80</b>	<b>02:03:48.60</b>	+00:31:48 (25.7%)	5:51	10.2 (73.9%)

Total 5 results.