



Organizator: Ośrodek Sportu i Rekreacji w Sławnie
Data: 2024-05-25
Miejsce: Sławno
Dystans: 10 km

XXVI BIEG ŚWIĘCÓW

B4SPORT



Klasyfikacja: M-30

| Msc | Zawodnik | Numer | Klub | Kategoria | Mkat | Czas startu | 3.4km | 6.7km | Czas netto 10km | Czas brutto 10km | Różn | Tempo min/km | Tempo km/h |
|-----|----------------------------|------------|--------------------|-----------|------|-------------|----------|----------|--------------------|--------------------|-------------------|--------------|--------------|
| 1 | ROSIAK Damian | 81 | KB SPOKO SŁAWNO | M-30 | 1 | 00:00:02 | 00:11:41 | 00:23:55 | 00:36:25.80 | 00:36:28.25 | | 3:38 | 16.5 (100%) |
| 2 | SMOŁUCH Marcin | 89 | BRYZA POSTOMINO | M-30 | 2 | 00:00:03 | 00:12:38 | 00:25:26 | 00:38:14.55 | 00:38:17.90 | +00:01:48 (4.7%) | 3:49 | 15.7 (95.2%) |
| 3 | KOWALSKI Damian | 52 | KB BRYZA POSTOMINO | M-30 | 3 | 00:00:03 | 00:13:19 | 00:26:55 | 00:40:50.45 | 00:40:54.05 | +00:04:24 (10.8%) | 4:05 | 14.7 (89.1%) |
| 4 | CZYŻYKOWSKI Mateusz | 25 | | M-30 | 4 | 00:00:03 | 00:13:17 | 00:27:16 | 00:41:11.90 | 00:41:15.05 | +00:04:46 (11.6%) | 4:07 | 14.6 (88.5%) |
| 5 | ANTOSIAK Grzegorz | 1 | | M-30 | 5 | 00:00:04 | 00:13:53 | 00:27:52 | 00:42:30.10 | 00:42:34.20 | +00:06:04 (14.3%) | 4:15 | 14.1 (85.5%) |
| 6 | RUCHLEWICZ Rafał | 83 | BAKAU BUCHLEWICZ | M-30 | 6 | 00:00:06 | 00:13:47 | 00:28:50 | 00:44:31.35 | 00:44:38.20 | +00:08:05 (18.2%) | 4:27 | 13.5 (81.8%) |
| 7 | BIŃCZYK Piotr | 9 | | M-30 | 7 | 00:00:06 | 00:15:17 | 00:30:13 | 00:45:17.75 | 00:45:24.35 | +00:08:51 (19.6%) | 4:31 | 13.2 (80.0%) |
| 8 | WILCZEWSKI Mariusz | 132 | KB SPOKO SŁAWNO | M-30 | 8 | 00:00:09 | 00:15:02 | 00:30:11 | 00:45:19.20 | 00:45:28.95 | +00:08:53 (19.6%) | 4:31 | 13.2 (80.0%) |
| 9 | TOMCZYK Mateusz | 100 | KB SPOKO SŁAWNO | M-30 | 9 | 00:00:04 | 00:14:47 | 00:30:13 | 00:45:44.50 | 00:45:48.95 | +00:09:18 (20.4%) | 4:34 | 13.1 (79.4%) |
| 10 | POCZĄTEK Mikołaj | 77 | | M-30 | 10 | 00:00:09 | 00:15:39 | 00:31:26 | 00:46:42.90 | 00:46:52.20 | +00:10:17 (22.0%) | 4:40 | 12.8 (77.6%) |
| 11 | WITKOWSKI Dawid | 113 | KB SPOKO SŁAWNO | M-30 | 11 | 00:00:04 | 00:14:26 | 00:30:31 | 00:48:25.40 | 00:48:29.55 | +00:11:59 (24.8%) | 4:50 | 12.4 (75.2%) |
| 12 | SITNIK Mikołaj | 87 | | M-30 | 12 | 00:00:06 | 00:15:17 | 00:31:54 | 00:48:55.65 | 00:49:01.90 | +00:12:29 (25.5%) | 4:53 | 12.3 (74.5%) |
| 13 | ORŁOWSKI Maciej | 74 | | M-30 | 13 | 00:00:07 | 00:16:19 | 00:32:41 | 00:49:15.60 | 00:49:23.10 | +00:12:49 (26.0%) | 4:55 | 12.2 (73.9%) |
| 14 | JANKOWSKI Krzysztof | 35 | KB SPOKO SŁAWNO | M-30 | 14 | 00:00:08 | 00:15:25 | 00:32:58 | 00:49:43.40 | 00:49:51.55 | +00:13:17 (26.7%) | 4:58 | 12.1 (73.3%) |

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|-----|--------------------------------|------------|------------------------------------|-----------|------|-------------|----------|----------|--------------------|--------------------|----------------------|--------------|-----------------|
| 15 | NARBUT Szymon | 70 | | M-30 | 15 | 00:00:10 | 00:16:44 | 00:33:27 | 00:51:42.50 | 00:51:53.30 | +00:15:16 (29.5%) | 5:10 | 11.6 (70.3%) |
| 16 | MROZEK Krzysztof | 69 | | M-30 | 16 | 00:00:06 | 00:17:27 | 00:35:32 | 00:52:57.20 | 00:53:03.60 | +00:16:31 (31.2%) | 5:17 | 11.3 (68.5%) |
| 17 | BIAŁECKI Rafał | 6 | | M-30 | 17 | 00:00:04 | 00:18:54 | 00:37:45 | 00:55:27.80 | 00:55:32.25 | +00:19:02 (34.3%) | 5:32 | 10.8 (65.5%) |
| 18 | RYBAK Paweł | 85 | | M-30 | 18 | 00:00:09 | 00:18:23 | 00:36:21 | 00:55:32.70 | 00:55:42.30 | +00:19:06 (34.4%) | 5:33 | 10.8 (65.5%) |
| 19 | NARBUT Łukasz | 71 | | M-30 | 19 | 00:00:10 | 00:18:25 | 00:37:24 | 00:56:38.20 | 00:56:48.85 | +00:20:12 (35.7%) | 5:39 | 10.6 (64.2%) |
| 20 | RUTKOWSKI Artur | 84 | RUNKING BIEGACZY / SPORTOWIEC.INFO | M-30 | 20 | 00:00:05 | 00:17:12 | 00:36:29 | 00:57:09.30 | 00:57:14.30 | +00:20:43 (36.3%) | 5:42 | 10.5 (63.6%) |
| 21 | BYSZEWSKI Arkadiusz | 19 | | M-30 | 21 | 00:00:09 | 00:19:06 | 00:38:25 | 00:57:58.50 | 00:58:07.55 | +00:21:32 (37.2%) | 5:47 | 10.4 (63.0%) |
| 22 | GAWĘDA Emil | 30 | DARŁOWSKIE CHARTY | M-30 | 22 | 00:00:08 | 00:17:50 | 00:38:32 | 00:59:18.90 | 00:59:27.55 | +00:22:53 (38.6%) | 5:55 | 10.1 (61.2%) |
| 23 | BUKOWSKI Bartosz | 16 | | M-30 | 23 | 00:00:10 | 00:18:31 | 00:39:30 | 01:02:06.35 | 01:02:16.70 | +00:25:40 (41.3%) | 6:12 | 9.7 (58.8%) |
| 24 | ZDZIŁOWIECKI Aleksander | 133 | | M-30 | 24 | 00:00:09 | 00:23:33 | 00:49:08 | 01:17:41.05 | 01:17:50.70 | +00:41:15 (53.1%) | 7:46 | 7.7 (46.7%) |

Znaleziono 24 wynik(ów)