



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

## XXVI BIEG ŚWIĘCÓW

B4SPORT



Klasyfikacja: M-40

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	<b>BURZYŃSKI Aleksander</b>	<b>17</b>	STOPA SŁUPSK	M-40	1	00:00:02	00:11:42	00:23:37	<b>00:35:34.10</b>	<b>00:35:36.25</b>		3:33	16.9 (100%)
2	<b>MAKARSKI Marcin</b>	<b>62</b>	DARŁOWSKIE CHARTY	M-40	2	00:00:02	00:12:58	00:26:47	<b>00:40:58.15</b>	<b>00:41:00.45</b>	+00:05:24 (13.2%)	4:05	14.6 (86.4%)
3	<b>KRUKOWSKI Błażej</b>	<b>54</b>		M-40	3	00:00:04	00:13:27	00:27:12	<b>00:41:24.10</b>	<b>00:41:28.20</b>	+00:05:50 (14.1%)	4:08	14.5 (85.8%)
4	<b>ULBRYCH Marcin</b>	<b>103</b>	JEST LEPIEJ RUN TEAM	M-40	4	00:00:02	00:13:25	00:27:17	<b>00:41:33.50</b>	<b>00:41:36.35</b>	+00:05:59 (14.4%)	4:09	14.4 (85.2%)
5	<b>DUDA Grzegorz</b>	<b>28</b>	BEST BEASTS	M-40	5	00:00:02	00:13:28	00:27:42	<b>00:41:46.40</b>	<b>00:41:48.70</b>	+00:06:12 (14.9%)	4:10	14.4 (85.2%)
6	<b>WISNIEWSKI Piotr</b>	<b>110</b>	BIAŁOGARD BIEGA	M-40	6	00:00:03	00:13:26	00:27:25	<b>00:41:51.60</b>	<b>00:41:54.85</b>	+00:06:17 (15.0%)	4:11	14.3 (84.6%)
7	<b>JĘDRZEJEWSKI Łukasz</b>	<b>39</b>		M-40	7	00:00:03	00:13:58	00:28:17	<b>00:42:11.20</b>	<b>00:42:14.85</b>	+00:06:37 (15.7%)	4:13	14.2 (84.0%)
8	<b>JABŁOŃSKI Tomasz</b>	<b>34</b>	KB SPOKO SŁAWNO	M-40	8	00:00:03	00:13:32	00:28:17	<b>00:43:06.25</b>	<b>00:43:09.70</b>	+00:07:32 (17.5%)	4:18	13.9 (82.2%)
9	<b>BIERZANOWSKI Rafal</b>	<b>8</b>		M-40	9	00:00:05	00:14:28	00:28:51	<b>00:43:20.00</b>	<b>00:43:25.95</b>	+00:07:45 (17.9%)	4:20	13.8 (81.7%)
10	<b>KLOC Dariusz</b>	<b>45</b>	BEST BEASTS	M-40	10	00:00:04	00:14:06	00:28:57	<b>00:44:06.00</b>	<b>00:44:10.00</b>	+00:08:31 (19.3%)	4:24	13.6 (80.5%)
11	<b>TURCZYN Tomasz</b>	<b>102</b>	SLAWNO.NASZEMIASTO.PL	M-40	11	00:00:02	00:14:04	00:29:17	<b>00:44:42.30</b>	<b>00:44:45.05</b>	+00:09:08 (20.4%)	4:28	13.4 (79.3%)
12	<b>WIŚNIEWSKI Michał</b>	<b>111</b>	BEST BEASTS	M-40	12	00:00:07	00:15:12	00:30:20	<b>00:45:31.10</b>	<b>00:45:38.25</b>	+00:09:57 (21.9%)	4:33	13.2 (78.1%)
13	<b>ANTOSIK Grzegorz</b>	<b>2</b>	KB BRYZA POSTOMINO	M-40	13	00:00:02	00:14:26	00:30:28	<b>00:46:41.65</b>	<b>00:46:43.65</b>	+00:11:07 (23.8%)	4:40	12.9 (76.3%)
14	<b>SOBORAK Mariusz</b>	<b>91</b>	JLRT	M-40	14	00:00:05	00:14:06	00:29:19	<b>00:46:55.75</b>	<b>00:47:00.75</b>	+00:11:21 (24.2%)	4:41	12.8 (75.7%)
15	<b>TRZPIS Piotr</b>	<b>101</b>	BIEGORANEK DARŁOWO	M-40	15	00:00:09	00:15:35	00:31:17	<b>00:47:04.35</b>	<b>00:47:13.65</b>	+00:11:30 (24.4%)	4:42	12.7 (75.1%)
16	<b>LUDWIKOWSKI Marek</b>	<b>59</b>	BRYZA POSTOMINO	M-40	16	00:00:08	00:15:36	00:31:18	<b>00:47:05.90</b>	<b>00:47:14.25</b>	+00:11:31 (24.5%)	4:42	12.7 (75.1%)
17	<b>SMOLIŃSKI Krzysztof</b>	<b>88</b>	SMOLIŃSKI TEAM	M-40	17	00:00:11	00:15:36	00:32:05	<b>00:49:32.75</b>	<b>00:49:43.75</b>	+00:13:58 (28.2%)	4:57	12.1 (71.6%)
18	<b>ROGALSKI Piotr</b>	<b>79</b>		M-40	18	00:00:02	00:16:05	00:32:56	<b>00:50:16.55</b>	<b>00:50:19.20</b>	+00:14:42 (29.3%)	5:01	11.9 (70.4%)
19	<b>GOSTOMCZYK Krzysztof</b>	<b>31</b>	KB SPOKO SŁAWNO	M-40	19	00:00:02	00:15:43	00:32:42	<b>00:50:30.10</b>	<b>00:50:32.65</b>	+00:14:56 (29.6%)	5:03	11.9 (70.4%)
20	<b>ZAKRZEWSKI Paweł</b>	<b>118</b>	DARŁOWSKIE CHARTY	M-40	20	00:00:09	00:17:00	00:34:07	<b>00:52:09.35</b>	<b>00:52:18.95</b>	+00:16:35 (31.8%)	5:12	11.5 (68.0%)
21	<b>SZUBERT Marcin</b>	<b>138</b>	KOŁOBRZEG BIEGA	M-40	21	00:00:05	00:17:13	00:34:43	<b>00:52:14.95</b>	<b>00:52:19.95</b>	+00:16:40 (31.9%)	5:13	11.5 (68.0%)
22	<b>BOJARYN Marcin</b>	<b>15</b>	RADA MIEJSKA SŁAWNO	M-40	22	00:00:07	00:16:50	00:34:45	<b>00:52:55.95</b>	<b>00:53:03.60</b>	+00:17:21 (32.8%)	5:17	11.3 (66.9%)
23	<b>KANIOWSKI Jacek</b>	<b>42</b>	W.P.K SŁOŃ TEAM USTKA	M-40	23	00:00:08	00:17:07	00:34:50	<b>00:53:22.55</b>	<b>00:53:30.70</b>	+00:17:48 (33.4%)	5:20	11.2 (66.3%)
24	<b>OKOŁOTOWICZ Sebastian</b>	<b>73</b>		M-40	24	00:00:07	00:15:36	00:33:18	<b>00:53:23.95</b>	<b>00:53:31.80</b>	+00:17:49 (33.4%)	5:20	11.2 (66.3%)
25	<b>BAJTEK Przemek</b>	<b>5</b>	KB SPOKO SŁAWNO	M-40	25	00:00:09	00:16:14	00:35:29	<b>00:54:24.65</b>	<b>00:54:33.65</b>	+00:18:50 (34.6%)	5:26	11 (65.1%)
26	<b>BONISŁAWSKI Jarosław</b>	<b>126</b>	SUPER HEAVY WEIGHT	M-40	26	00:00:13	00:18:00	00:37:39	<b>00:58:18.85</b>	<b>00:58:31.85</b>	+00:22:44 (39.0%)	5:49	10.3 (60.9%)
27	<b>CZERWIŃSKI Rafał</b>	<b>24</b>	PASJA RODZI PROFESJONALIZM	M-40	27	00:00:11	00:19:10	00:39:23	<b>00:58:54.80</b>	<b>00:59:05.80</b>	+00:23:20 (39.6%)	5:53	10.2 (60.4%)

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
28	<b>WIERZBICKI Sylwester</b>	<b>108</b>	DARŁOWSKIE CHARTY	M-40	28	00:00:09	00:17:50	00:38:32	<b>00:59:18.40</b>	<b>00:59:27.40</b>	+00:23:44 (40.0%)	5:55	10.1 (59.8%)
29	<b>WINKOWSKI Andrzej</b>	<b>139</b>		M-40	29	00:00:10	00:18:26	00:38:27	<b>01:00:03.55</b>	<b>01:00:13.75</b>	+00:24:29 (40.8%)	6:00	10 (59.2%)
30	<b>JAWORSKI Robert</b>	<b>36</b>	KB BRYZA POSTOMINO	M-40	30	00:00:10	00:18:53	00:39:30	<b>01:02:06.40</b>	<b>01:02:16.90</b>	+00:26:32 (42.7%)	6:12	9.7 (57.4%)
31	<b>RECKI Adam</b>	<b>78</b>		M-40	31	00:00:08	00:19:43	00:41:17	<b>01:03:44.35</b>	<b>01:03:53.10</b>	+00:28:10 (44.2%)	6:22	9.4 (55.6%)

Znaleziono 31 wynik(ów)