



# ZAWODY BIEGOWE „PO PIERWSZE ZDROWIE” BIEG 5KM

B4SPORT

**Organizator:** Fundacja „Po Pierwsze”  
**Data:** 2017-03-25  
**Miejsce:** Wasilków  
**Dystans:** 5 km



Klasyfikacja: M30-45

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Czas startu	Czas netto 5km	Czas brutto 5km	Różn	Tempo min/km	Tempo km/h
1	<b>BOCHENKO Daniel</b>	<b>5</b>	MZUNGU UGALI	M30-45	1	00:00:07	<b>00:15:54.00</b>	<b>00:16:01.80</b>		3:10	18.9 (100%)
2	<b>CZERWIŃSKI Andrzej</b>	<b>10</b>	KS STUDZIANKI	M30-45	2	00:00:08	<b>00:16:23.95</b>	<b>00:16:32.15</b>	+00:00:29 (3.0%)	3:16	18.3 (96.8%)
3	<b>KIEŁCZEWSKI Konrad</b>	<b>23</b>		M30-45	3	00:00:15	<b>00:17:52.45</b>	<b>00:18:08.05</b>	+00:01:58 (11.0%)	3:34	16.8 (88.9%)
4	<b>LEWKO Mariusz</b>	<b>31</b>		M30-45	4	00:00:18	<b>00:19:04.45</b>	<b>00:19:23.20</b>	+00:03:10 (16.6%)	3:49	15.7 (83.1%)
5	<b>MADEJA Adam</b>	<b>37</b>		M30-45	5	00:00:17	<b>00:19:08.05</b>	<b>00:19:25.35</b>	+00:03:14 (16.9%)	3:49	15.7 (83.1%)
6	<b>BOSIACKI Jarosław</b>	<b>7</b>		M30-45	6	00:00:13	<b>00:19:23.75</b>	<b>00:19:37.00</b>	+00:03:29 (18.0%)	3:52	15.5 (82.0%)
7	<b>CHMIELEWSKI Karol</b>	<b>150</b>	BIAŁOSTOCKA SEKTA BIEGACZY	M30-45	7	00:00:15	<b>00:19:52.80</b>	<b>00:20:07.95</b>	+00:03:58 (20.0%)	3:58	15.1 (79.9%)
8	<b>KIERZKOWSKI Marcin</b>	<b>26</b>	BIAŁOSTOCKA SEKTA BIEGACZY	M30-45	8	00:00:14	<b>00:20:35.70</b>	<b>00:20:50.50</b>	+00:04:41 (22.8%)	4:07	14.6 (77.2%)
9	<b>ŚWIDERSKI Cezary</b>	<b>77</b>		M30-45	9	00:00:18	<b>00:20:58.90</b>	<b>00:21:17.35</b>	+00:05:04 (24.2%)	4:11	14.3 (75.7%)
10	<b>OCHOCKI Michał</b>	<b>48</b>		M30-45	10	00:00:15	<b>00:21:47.85</b>	<b>00:22:03.05</b>	+00:05:53 (27.1%)	4:21	13.8 (73.0%)
11	<b>BAJDA Marcin</b>	<b>1</b>	BIAŁOSTOCKA SEKTA BIEGACZY	M30-45	11	00:00:14	<b>00:21:56.30</b>	<b>00:22:11.15</b>	+00:06:02 (27.5%)	4:23	13.7 (72.5%)
12	<b>MILEWSKI Marcin</b>	<b>41</b>		M30-45	12	00:00:12	<b>00:22:30.65</b>	<b>00:22:43.30</b>	+00:06:36 (29.4%)	4:30	13.3 (70.4%)
13	<b>JUSZCZAK Grzegorz</b>	<b>101</b>		M30-45	13	00:00:13	<b>00:22:30.80</b>	<b>00:22:44.75</b>	+00:06:36 (29.4%)	4:30	13.3 (70.4%)
14	<b>SKOWROŃSKI Paweł</b>	<b>107</b>		M30-45	14	00:00:15	<b>00:23:06.40</b>	<b>00:23:22.00</b>	+00:07:12 (31.2%)	4:37	13 (68.8%)
15	<b>SADOWSKI Wojciech</b>	<b>61</b>		M30-45	15	00:00:17	<b>00:23:56.05</b>	<b>00:24:13.65</b>	+00:08:02 (33.6%)	4:47	12.5 (66.1%)
16	<b>TARASIUK Adam</b>	<b>79</b>		M30-45	16	00:00:14	<b>00:24:08.00</b>	<b>00:24:22.00</b>	+00:08:14 (34.1%)	4:49	12.4 (65.6%)
17	<b>MYSZKOWSKI Paweł</b>	<b>45</b>	ŻYWCEM NAS NIE WEZMA	M30-45	17	00:00:15	<b>00:24:55.30</b>	<b>00:25:10.60</b>	+00:09:01 (36.2%)	4:59	12 (63.5%)
18	<b>MATYS Marek</b>	<b>39</b>		M30-45	18	00:00:18	<b>00:25:05.50</b>	<b>00:25:23.70</b>	+00:09:11 (36.6%)	5:01	12 (63.5%)
19	<b>DĄBROWSKI Rafał</b>	<b>11</b>		M30-45	19	00:00:16	<b>00:25:31.85</b>	<b>00:25:48.05</b>	+00:09:37 (37.7%)	5:06	11.7 (61.9%)
20	<b>SZEWELUK Krzysztof</b>	<b>74</b>		M30-45	20	00:00:14	<b>00:26:31.50</b>	<b>00:26:46.40</b>	+00:10:37 (40.1%)	5:18	11.3 (59.8%)
21	<b>BĄBCZYŃSKI Marcin</b>	<b>3</b>		M30-45	21	00:00:11	<b>00:27:24.15</b>	<b>00:27:35.75</b>	+00:11:30 (42.0%)	5:28	10.9 (57.7%)

Znaleziono 21 wynik(ów)