



ZIMOWA ZA-DYSZKA - MIASTKO - 10KM

B4SPORT

Organiser: Miasteckie Towarzystwo Sportowe HAMER w Miastku
Date: 2016-02-21
Place: Miastko
Distance: 10 km



Classification: M-2

Place	Participant	Number	Club	Category	MCat	Start time	Net time 10km	Czas brutto 10km	Gap	Pace min/km	Pace km/h
1	ZBLEWSKI Tadeusz	209	4 RUN TEAM BYTÓW	M-2	1	00:00:07	00:34:06.35	00:34:13.75		3:24	17.6 (100%)
2	WENT Jakub	205		M-2	2	00:00:08	00:36:43.90	00:36:51.90	+00:02:37 (7.1%)	3:40	16.3 (92.6%)
3	SZOPIŃSKI Dariusz	110	URZĄD GMINY PRZECHELEWO	M-2	3	00:00:08	00:37:47.00	00:37:55.50	+00:03:40 (9.7%)	3:46	15.9 (90.3%)
4	ULDYNOWICZ Łukasz	119	MLUKS MOKASYN PŁOTY	M-2	4	00:00:07	00:39:54.80	00:40:02.10	+00:05:48 (14.6%)	3:59	15 (85.2%)
5	GAJLEWICZ Dominik	26	MTS HAMER MIASTKO	M-2	5	00:00:08	00:40:46.45	00:40:55.20	+00:06:40 (16.4%)	4:04	14.7 (83.5%)
6	SIEMIĄTKOWSKI Robert	97	RUNNERSWALDE	M-2	6	00:00:10	00:42:04.55	00:42:15.30	+00:07:58 (18.9%)	4:12	14.3 (81.3%)
7	FERENC Rafał	146		M-2	7	00:00:10	00:43:19.10	00:43:29.40	+00:09:12 (21.3%)	4:19	13.9 (79.0%)
8	JASKÓLSKI Piotr	43	NIGHT RUNNERS SŁUPSK	M-2	8	00:00:11	00:43:39.85	00:43:51.60	+00:09:33 (21.9%)	4:22	13.7 (77.8%)
9	OKOŁOTOWICZ Sebastian	83		M-2	9	00:00:14	00:44:01.75	00:44:16.50	+00:09:55 (22.5%)	4:24	13.6 (77.3%)
10	PIOTRKOWSKI Tomasz	91	STOPA SŁUPSK	M-2	10	00:00:09	00:44:26.55	00:44:35.90	+00:10:20 (23.3%)	4:26	13.5 (76.7%)
11	SMAGOWSKI Wojciech	99	K.B.SPRINT ŚWIDWIN	M-2	11	00:00:14	00:45:11.30	00:45:25.75	+00:11:04 (24.5%)	4:31	13.3 (75.6%)
12	JAŹDŹEWSKI Sebastian	159	KB GOCH BYTÓW	M-2	12	00:00:13	00:45:21.55	00:45:34.90	+00:11:15 (24.8%)	4:32	13.2 (75.0%)
13	MAKOWIECKI Marcin	69	MLUKS MOKASYN PŁOTY	M-2	13	00:00:07	00:45:23.35	00:45:30.75	+00:11:17 (24.9%)	4:32	13.2 (75.0%)
14	MERDA Piotr	73	MTS HAMER MIASTKO	M-2	14	00:00:09	00:46:40.50	00:46:50.40	+00:12:34 (26.9%)	4:40	12.9 (73.3%)
15	JAKUBOWSKI Krystian	38		M-2	15	00:00:10	00:46:41.35	00:46:52.25	+00:12:35 (27.0%)	4:40	12.8 (72.7%)
16	CHYREK Łukasz	222	NIGHT RUNNERS SŁUPSK	M-2	16	00:00:12	00:47:19.30	00:47:31.35	+00:13:12 (27.9%)	4:43	12.7 (72.2%)
17	BARANOWSKI Piotr	136	SFX	M-2	17	00:00:20	00:47:29.00	00:47:49.10	+00:13:22 (28.2%)	4:44	12.6 (71.6%)
18	MYDŁOWSKI Maciej	76	TEAM BIEGOWY SZCZECINEK	M-2	18	00:00:26	00:47:47.90	00:48:14.45	+00:13:41 (28.6%)	4:46	12.6 (71.6%)
19	GRZYSTEK Marcin	149		M-2	19	00:00:17	00:48:08.30	00:48:26.25	+00:14:01 (29.2%)	4:48	12.5 (71.0%)
20	SOKOŁOWSKI Maciej	100		M-2	20	00:00:15	00:48:13.50	00:48:28.70	+00:14:07 (29.3%)	4:49	12.4 (70.5%)
21	ŻYWIICKI Bartosz	135	DZIKI KOSZALIN	M-2	21	00:00:21	00:48:38.95	00:49:00.15	+00:14:32 (29.9%)	4:51	12.3 (69.9%)
22	WILKOWSKI Krzysztof	127		M-2	22	00:00:10	00:48:46.95	00:48:57.25	+00:14:40 (30.1%)	4:52	12.3 (69.9%)
23	NOWAK Piotr	79	CZARNE BIEGA	M-2	23	00:00:23	00:49:23.75	00:49:47.05	+00:15:17 (31.0%)	4:56	12.1 (68.8%)
24	ZBLEWSKI Patryk	132	NIGHT RUNNERS SŁUPSK	M-2	24	00:00:11	00:50:23.60	00:50:35.05	+00:16:17 (32.3%)	5:02	11.9 (67.6%)
25	IWASZKO Krzysztof	35	MTS HAMER, ZOCHAN TEAM	M-2	25	00:00:26	00:50:31.00	00:50:57.70	+00:16:24 (32.5%)	5:03	11.9 (67.6%)
26	JABŁOŃSKI Krzysztof	37		M-2	26	00:00:14	00:50:52.70	00:51:06.85	+00:16:46 (33.0%)	5:05	11.8 (67.0%)
27	ROGAŁSKI Roberto	191	TKKF KOSZALIN	M-2	27	00:00:10	00:51:35.95	00:51:46.10	+00:17:29 (33.9%)	5:09	11.6 (65.9%)

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28	HRYCIÓW Paweł	33	BIAŁOGARD	M-2	28	00:00:24	00:52:34.00	00:52:58.85	+00:18:27 (35.1%)	5:15	11.4 (64.8%)
29	KUŁAKOWSKI Dawid	62	AMATORES	M-2	29	00:00:14	00:52:40.85	00:52:55.05	+00:18:34 (35.3%)	5:16	11.4 (64.8%)
30	KARGUL Jacek	161	NIGHT RUNNERS SŁUPSK	M-2	30	00:00:10	00:52:56.80	00:53:07.10	+00:18:50 (35.6%)	5:17	11.3 (64.2%)
31	MIKOWSKI Kamil	215		M-2	31	00:00:24	00:53:07.50	00:53:32.35	+00:19:01 (35.8%)	5:18	11.3 (64.2%)
32	REMBARZ Piotr	96		M-2	32	00:00:16	00:53:11.00	00:53:27.15	+00:19:04 (35.9%)	5:19	11.3 (64.2%)
33	SOROKA Tomasz	101	NIGHT RUNNERS SŁUPSK	M-2	33	00:00:10	00:53:24.25	00:53:34.80	+00:19:17 (36.1%)	5:20	11.2 (63.6%)
34	SZYMAŃSKI Mateusz	113		M-2	34	00:00:24	00:54:11.90	00:54:36.00	+00:20:05 (37.1%)	5:25	11.1 (63.1%)
35	BAK Zbigniew	2	RUNNERSWALDE	M-2	35	00:00:22	00:57:47.45	00:58:09.60	+00:23:41 (41.0%)	5:46	10.4 (59.1%)
36	ANDRUSZKIEWICZ Grzegorz	1	PARKRUN SZCZECINEK	M-2	36	00:00:27	00:59:08.60	00:59:36.20	+00:25:02 (42.3%)	5:54	10.1 (57.4%)
37	BORYS Przemysław	5	BIEGNIJMY.PL	M-2	37	00:00:23	00:59:33.30	00:59:56.30	+00:25:26 (42.7%)	5:57	10.1 (57.4%)
38	GAWLIK Artur	28	BIEGNIJMY.PL	M-2	38	00:00:27	01:00:28.65	01:00:55.95	+00:26:22 (43.6%)	6:02	9.9 (56.3%)
39	KOWALENKO Robert	55	BIAŁOGARD	M-2	39	00:00:25	01:00:46.40	01:01:12.15	+00:26:40 (43.9%)	6:04	9.9 (56.3%)
40	BASIAK Krystian	138	KOSZALIN	M-2	40	00:00:24	01:01:32.75	01:01:57.35	+00:27:26 (44.6%)	6:09	9.7 (55.1%)
41	RUDNIK Tomasz	192		M-2	41	00:00:19	01:04:10.85	01:04:30.55	+00:30:04 (46.9%)	6:25	9.3 (52.8%)

Total 41 results.